



State of the County Health Report

Transylvania County
December 2, 2013

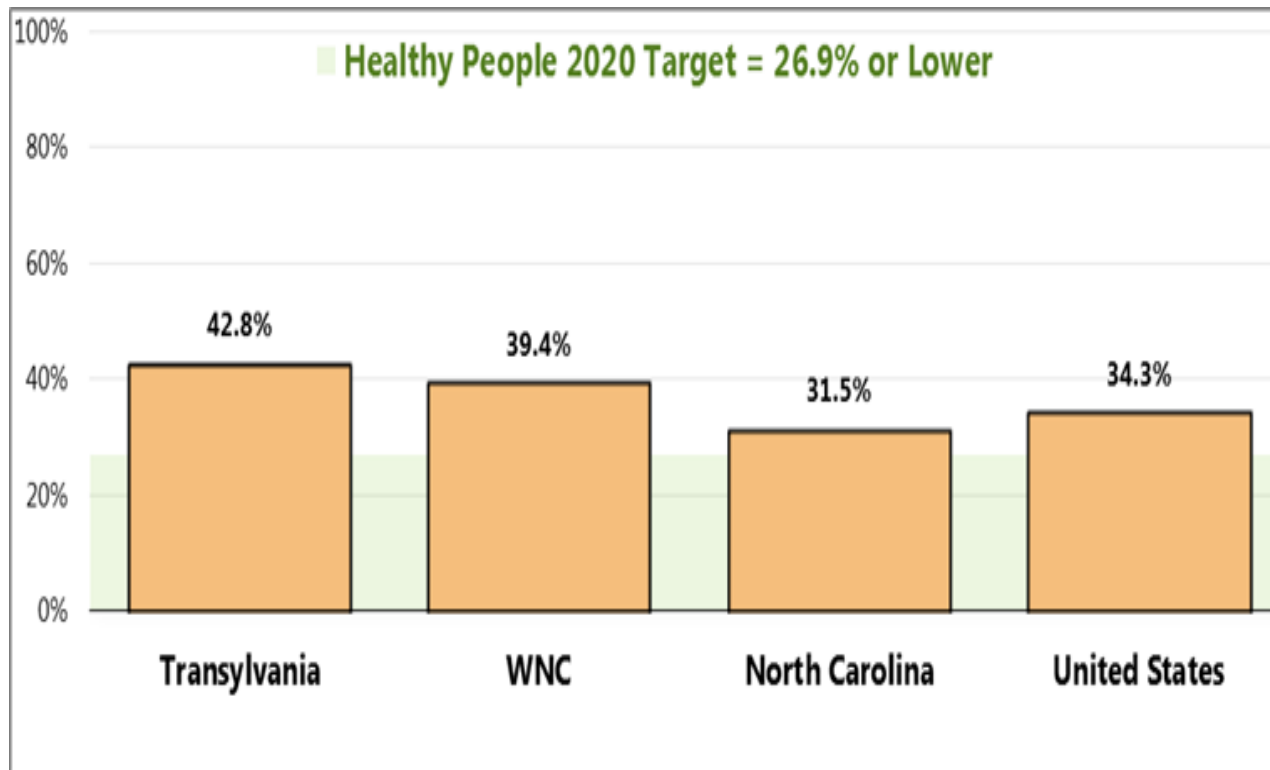
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Review of Current Data

Key Mortality and Morbidity Data for Transylvania County

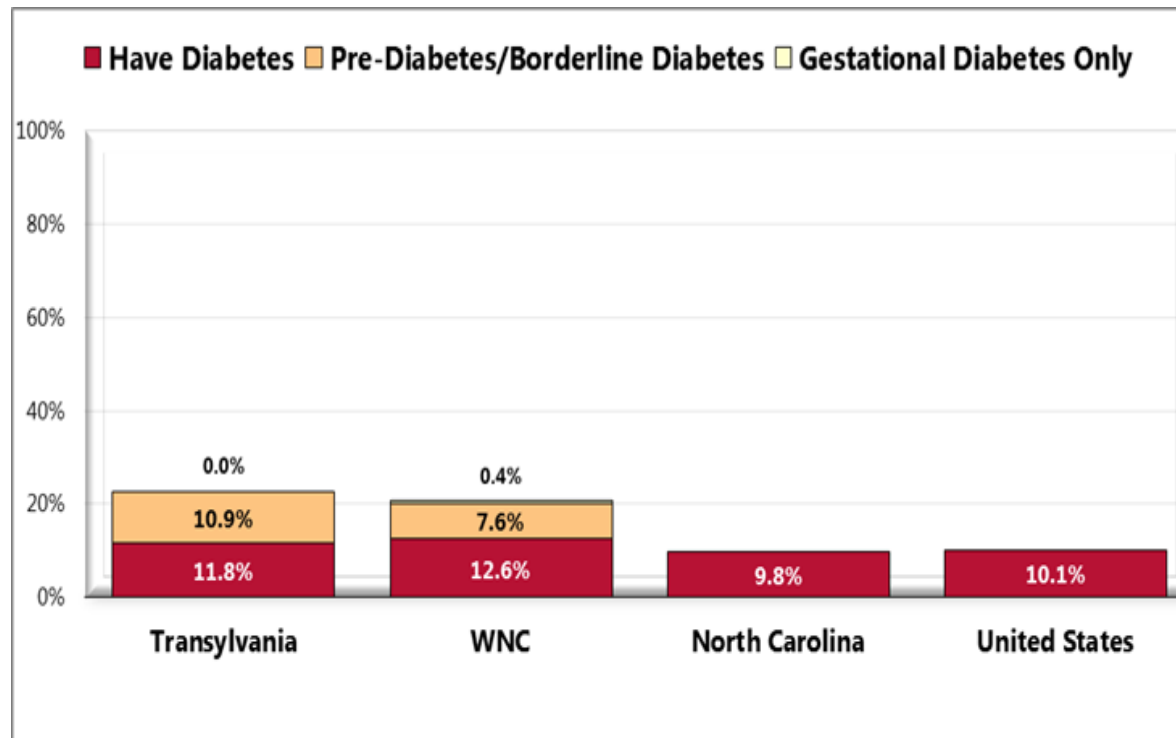
- Top 3 leading causes of death are diseases of the *heart, cancer (all sites)* and *chronic lower respiratory disease* (which also mirrors NC's leading causes of death)
- Top 3 causes of inpatient hospital utilization and charges were: 1) **cardiovascular and circulatory diseases**, 2) **digestive system diseases** and 3) **injuries and poisonings** (NC's statistics also included cardiovascular and circulatory diseases and digestive system diseases)

Prevalence of High Blood Pressure



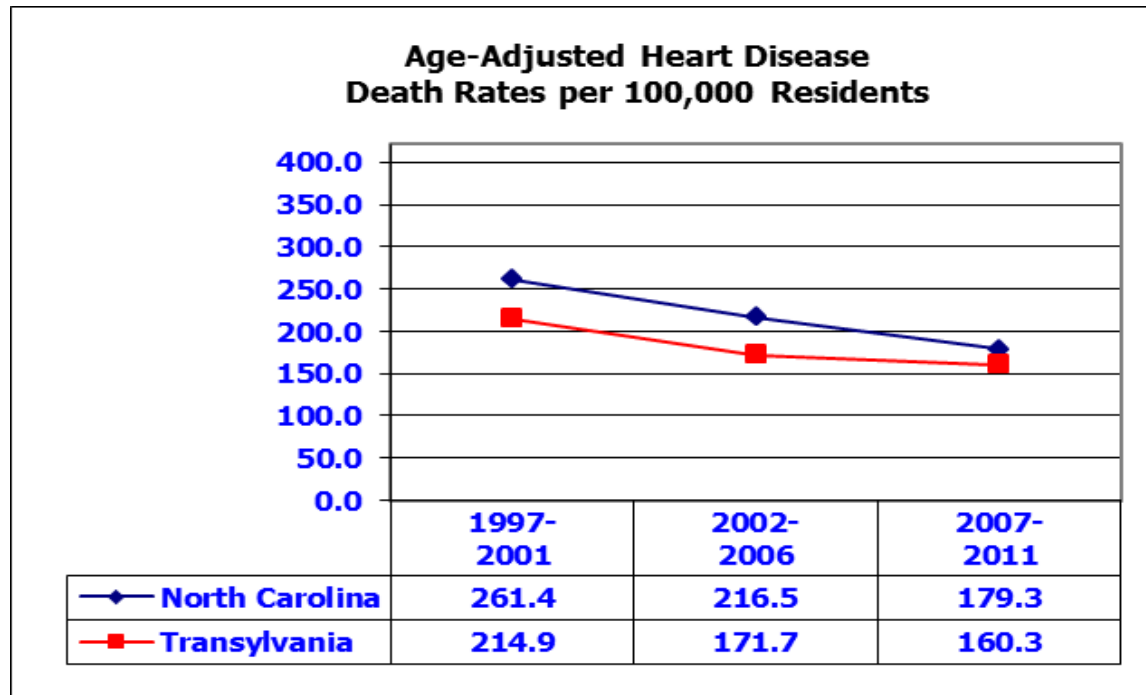
Source: 2012 WNC Healthy Impact Survey

Prevalence of Diabetes (Ever Diagnosed)

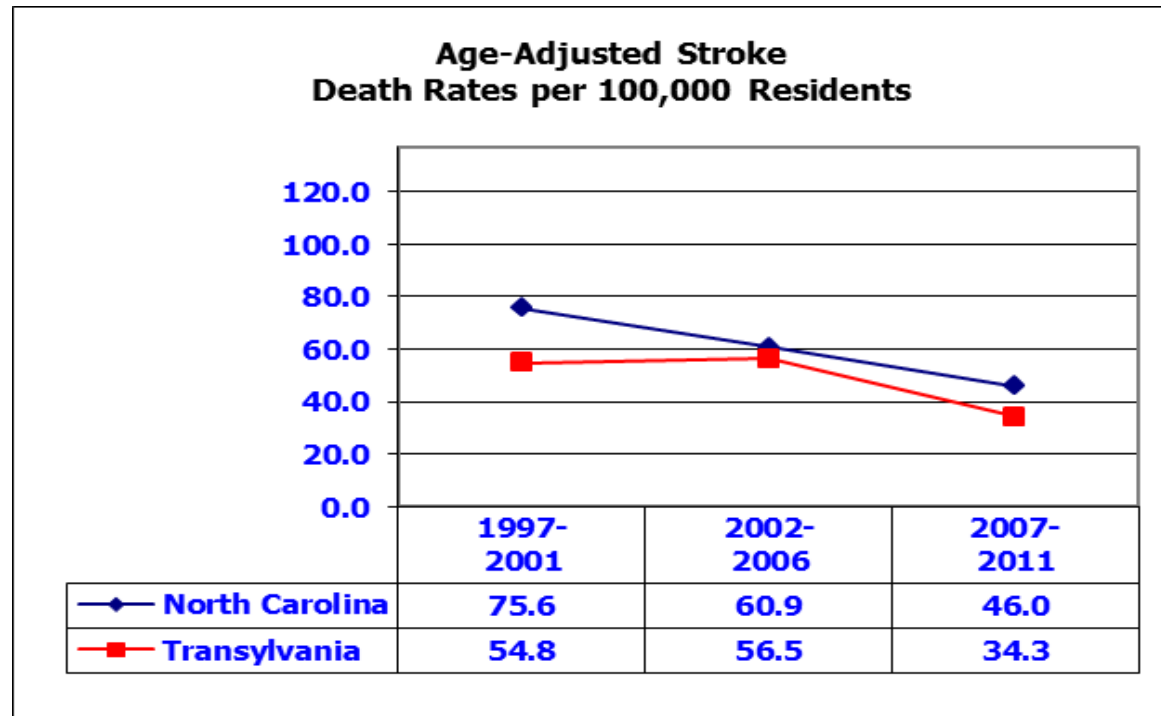


Source: 2012 WNC Healthy Impact Survey

Age Adjusted Heart Disease Death Rates per 100,000 Residents



Age-Adjusted Stroke Death Rates per 100,000 Residents



Source: NC State Center for Health Statistics <http://www.shs.state.nc.us/>

2008-2012 Ten Leading Causes of Death

Rank	Cause of Death	# of Deaths	Death Rate
1	Diseases of the Heart	469	300.2
2	Cancer - All Sites	415	265.6
3	Chronic Lower Respiratory Diseases	114	73.0
4	Cerebrovascular Disease	105	67.2
5	Alzheimer's Disease	88	56.3
6	Other Unintentional Injuries	76	48.6
7	Nephritis, nephrotic syndrome, & nephrosis	44	28.2
8	Diabetes Mellitus	30	19.2
9	Pneumonia and Influenza	28	17.9
10	Suicide	27	17.3
	TOTAL DEATHS	1, 914	1225.1

Source: NC State Center for Health Statistics <http://www.shs.state.nc.us/>

Community Health Priorities & Improvement

- Physical Activity and Nutrition
- Substance Abuse
- Dental Health



Our Health Priorities

Selected as a result of the most recent community health assessment

CHA (finalized March 2013) – <http://health.transylvaniacounty.org/>

CHIP (finalized August 2013) – <http://health.transylvaniacounty.org/>



Physical Activity and Nutrition

- **Goal:** Lower rates of chronic disease and preventable deaths associated with overweight/obesity

Physical Activity and Nutrition Strategies

- Disseminate 521Almost None message
- Encourage participation with Lighten Up 4 Life (free, web-based weight loss program)
- Support Expanded Food and Nutrition Program (EFNEP)
- Improve access to local produce and foods (i.e. Farmer's Market and healthy corner store campaign)
- Promote diabetes self-management education
- Increase opportunities for physical activity

Physical Activity and Nutrition

Key Strategic Partners

- Transylvania County Department of Public Health
- Community Transformation Project/Region 1
- NC Cooperative Extension
- City of Brevard
- NC Department of Transportation
- Transylvania County Farmers Market
- Transylvania Regional Hospital
- City and County Planning Offices
- WNC Healthy Kids
- Transylvania County Schools
- Appalachian Sustainable Agriculture Project

Self-Reported Height and Weight

	Healthy Weight	Prevalence of Total Overweight	Prevalence of Obesity (subset of Overweight)
	Percent of Adults With a Body Mass Index Between 18.5 and 24.9	Percent of Overweight or/Obese Adults; Body Mass Index of 25.0 or Higher	Percent of Obese Adults; Body Mass Index of 30.0 or Higher
Transylvania	31.1%	65%	23.9%
WNC	33.7%	65%	29.2%
NC	----	65.3%	28.6%
US	31.7%	66.9%	28.5%

Source: 2012 WNC Healthy Impact

Obesity

Key Data

- 1 out of every 3 children in are overweight or obese
- 2 out of every 3 adults are overweight or obese
- Only 13.3% eat the recommended minimum fruit and vegetable servings/day



Physical Activity and Nutrition Education Programming Progress Highlights - Part 1

EFNEP

Youth

In the 2012 – 2013 school year, 230 classroom lessons were taught to youth (K-8th grade).

- 86% percent improved their abilities to choose healthy foods
- 27% percent improved their physical activity practices

Adults

In 2012 - 2013, 50 classroom lessons were taught.

- 100% percent showed a positive dietary change in the consumption of any food group
- 83% percent improved in one or more nutrition practices (ie. plans meals, makes healthy food choices, prepares foods without added salt, reads nutrition labels, feeds children breakfast)

Physical Activity and Nutrition Education Programming Progress Highlights - Part 2 (Transylvania Regional Hospital)

Diabetes Self-Management Education

In 2012, 120 participants were enrolled in the diabetes self-management program.

- 92% learned to monitor their blood sugar
- Average improvement of 43-53 pts. in blood sugar

Lighten Up 4 Life

- To date, 462 individuals have participated in the program
- Total pounds lost by participants = 2,142

Physical Activity and Nutrition

Environmental Improvements

Enhancement of Farmers Market through Region 1 Community Transformation Project

- From April - November 2013, there were 60 registered vendors (a 150% increase from 2012)
- From April – November 2013, the customer base tripled as compared to the summer of 2012

HIA Planning Initiative

- City and county planning departments involved in regional HIA process to incorporate health into planning





Substance Abuse

GOAL: Lower rates of unintentional poisonings and deaths associated with prescription drug abuse

Substance Abuse Strategies

- Enhance policies for narcotic prescription
- Establish pain management clinic
- Implement CARE coalition strategic plan

<http://transylvaniacare.org/>

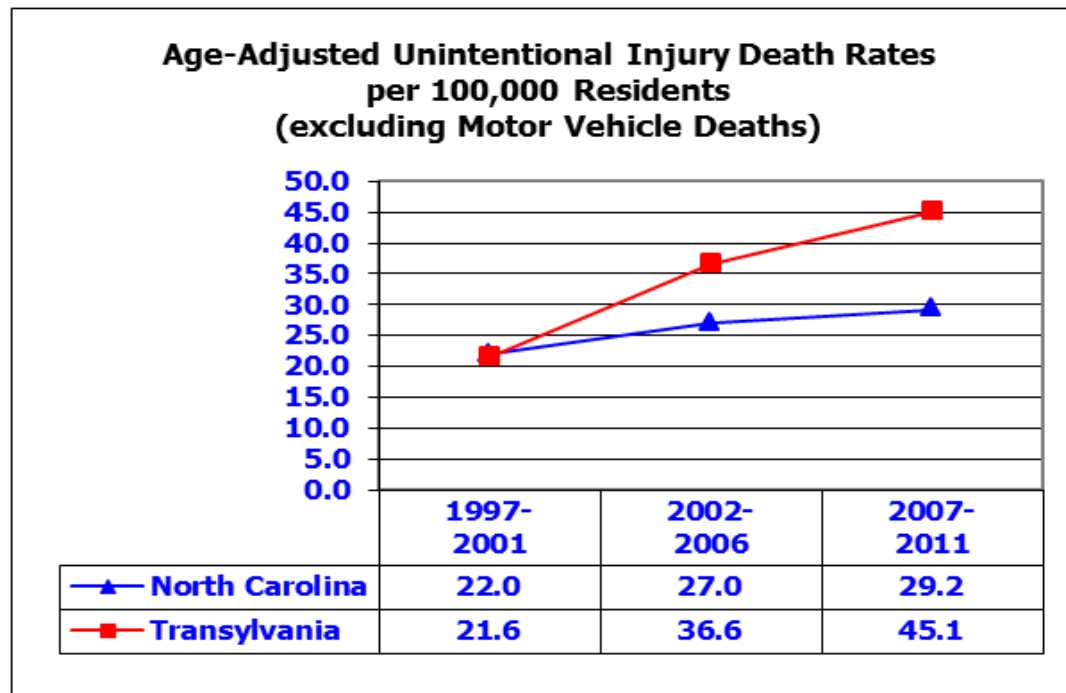


Substance Abuse

Key Strategic Partners

- ◉ Transylvania County Department of Public Health
- ◉ Transylvania Regional Hospital
- ◉ Transylvania County Public Health
- ◉ Project Lazarus
- ◉ Smoky Mountain Center

Age-adjusted Unintentional Injury Death Rates Per 100,000 Residents (excluding Motor Vehicle Deaths)



Substance Abuse

Key Data

- From 2009 to 2011, the # of drug overdoses increased from 117 to 131
- 32% of TC residents expressed concern that family member or friend were taking Rx without their knowledge
- 63% of surveyed residents said that they didn't lock up their controlled substances
- From 2008-2010, the # of Rxs for controlled substances increased from 67,381 to 75,538

Substance Abuse

Policy and Treatment Highlights

- Pain management clinic has been established
- Transylvania County Commissioners adopted a resolution for Red Ribbon Week

Substance Abuse

CARE Coalition Highlights

- Delivered several community-wide presentations about dangers of RX abuse, safe storage and
- Established parent support group for parents of Rx abusers
- Supported youth leadership/peer educator groups at local high schools

Red Ribbon Week Successes

- Distributed 80 lockboxes to community to promote safe storage of Rx
- Collected 40 lbs. of Rx to be safely disposed





Dental Health

Goal: Advance overall community health with improvement in dental health outcomes

Dental Health

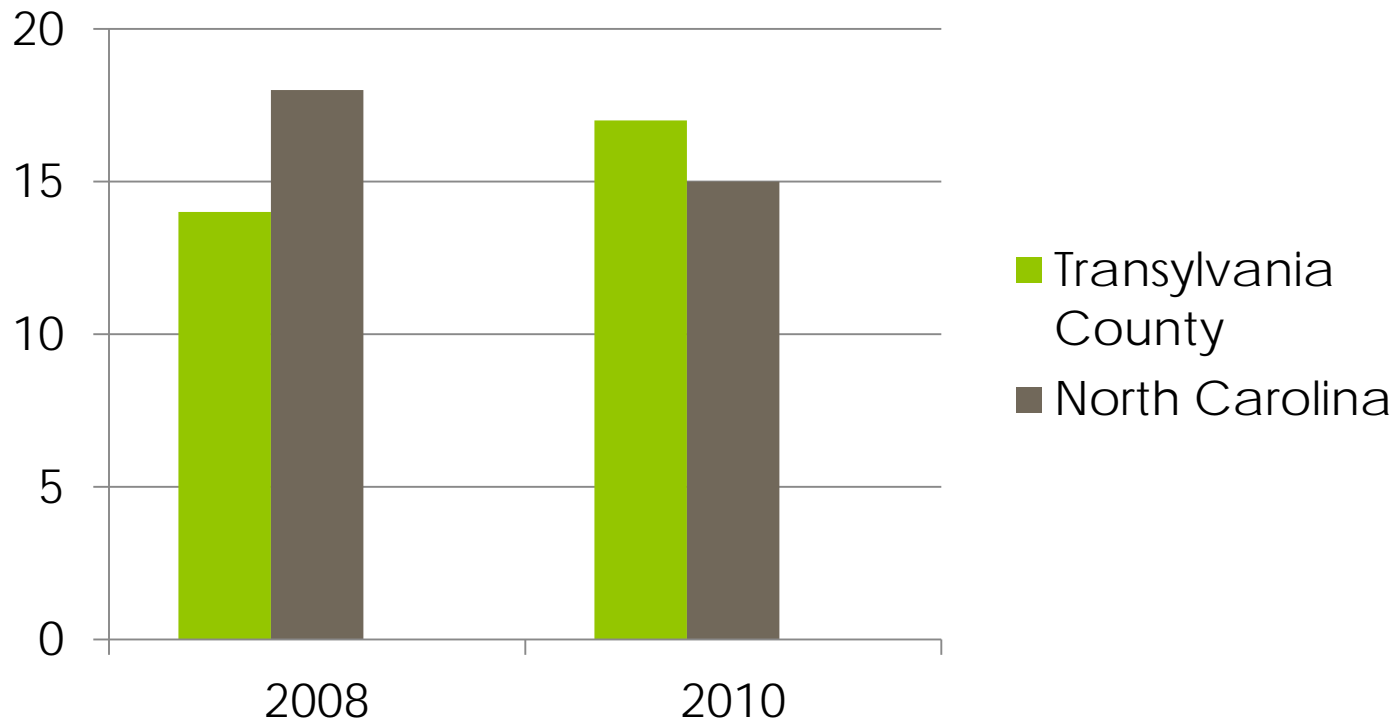
- Provide dental health and dental screenings in local child care centers and elementary schools; coordinate referrals to local dental practices; integrate efforts with child care health consultation
- Provide access to care and “dental home” for uninsured and Medicaid populations

Dental Health

Key Strategic Partners

- Local Dentists
- Blue Ridge Community Health Services
- Mission Hospital Tooth Bus
- NC Division of Public Health – Oral Health Section
- Smart Start of Transylvania County
- Transylvania Regional Hospital
- Transylvania County Public Health
- Transylvania County Schools
- Local Child Care Centers

Percentage of Children with Untreated Dental Decay in 2008 and 2010



Source: NC Oral Health Section

Dental Health

Key Data

- Only 51% of the population of Medicaid children ages 1-5 utilize any dental care services
- Dental pain as most common complaints for individuals visiting Transylvania Regional Hospital ER
- Dental caries as most common chronic infectious disease among children



Dental Health

Healthy Smiles Program Highlights

Preschool

- ◉ During the 2012-2013 school year, 615 students received dental health education
- ◉ During the 2012-2013 school year, 226 children received dental screenings
- ◉ Opportunity to partner with Smart Start through child care health consultation

Elementary Education

- ◉ From 2013 - present, over 376 children have received dental health education
- ◉ In Fall 2013, 513 children received dental screenings

Dental Health

Healthy Smiles Program Components

- Provide dental health education to children and families
- Provide tools for proper oral hygiene care
- Screen children for dental problems - refer those with dental problems to local dental provider and establish dental home

Emerging Issues & Local Changes

New & Emerging Issues

National

- Patient Protection and Affordable Care Act
- Ongoing deliberations about federal government budget/deficit

State

- NC not expanding Medicaid to date
- Governor's plan for statewide MCO model

Local

- Independent Economic Development Task Force
- Development of new Comprehensive Plan
- Enrollment for private insurance via Affordable Care Act
- Hunger/food insecurity

New Initiatives

HIA and Community Transformation Project's county and region-wide planning initiatives

- opportunity for city and county planning departments to incorporate health into planning
- Promote greater collaboration between the Transylvania County Department of Public Health and the city and county planning departments

This report will be presented/available at the following:

- Transylvania County Board of Health, November 2013
- Land of Waterfalls Partnership for Health, 2014
- Posted to the Transylvania County Department of Public Health's website
<http://health.transylvaniacounty.org>
- Electronic copy sent to County Commissioners and County Manager
- Press releases sent to the Transylvania Times and Mountain Voice
<http://www.mtnvoice.com/>
- Hardcopies will be available at the health department



What Next?

Continued attention to collective action and monitoring impact

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