State of the County Health Report

Transylvania County
December 2, 2013

For more information please contact Keelin Schneider (828)884-3135 x 241 or keelin.schneider@transylvaniacounty.org
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).

Source: NC State Center for Health Statistics [http://www.shs.state.nc.us/](http://www.shs.state.nc.us/)
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

Source: NC State Center for Health Statistics http://www.shs.state.nc.us/
Age-Adjusted Stroke Death Rates per 100,000 Residents

<table>
<thead>
<tr>
<th>Year Range</th>
<th>North Carolina</th>
<th>Transylvania</th>
</tr>
</thead>
<tbody>
<tr>
<td>1997-2001</td>
<td>75.6</td>
<td>54.8</td>
</tr>
<tr>
<td>2002-2006</td>
<td>60.9</td>
<td>56.5</td>
</tr>
<tr>
<td>2007-2011</td>
<td>46.0</td>
<td>34.3</td>
</tr>
</tbody>
</table>

Source: NC State Center for Health Statistics [http://www.shs.state.nc.us/](http://www.shs.state.nc.us/)
## 2008-2012 Ten Leading Causes of Death

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

Source: NC State Center for Health Statistics [http://www.shs.state.nc.us/](http://www.shs.state.nc.us/)
Community Health Priorities & Improvement
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

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

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

Source: Transylvania County Community Health Assessment [http://www.health.transylvaniacounty.org/]
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://transylvania-care.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)

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

Sources: Transylvania Regional Hospital and 2012 Community Substance Abuse Survey
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 carries as most common chronic infectious disease among children.

Source: 2012 WNC Healthy Impact Survey
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.transylvania county.org](http://health.transylvania county.org)
- Electronic copy sent to County Commissioners and County Manager
- Hard copies will be available at the health department

What Next?

Continued attention to collective action and monitoring impact

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