

# 20 Transylvania County Department of Public Health 14 State of the County Health Report

## MORBIDITY & MORTALITY DATA

### Leading Causes of Death

Cause of Death, 2008-2012	County		State
	# of Deaths	Death Rates*	Death Rates*
Diseases of the heart	466	149.1	174.4
Cancer (all sites)	406	131.3	175.9
Chronic lower respiratory diseases	108	33.8	46.6
Cerebrovascular disease	100	30.9	45.1
Alzheimer's disease	82	24.5	29.3
All other unintentional injuries <i>(excludes motor vehicle injuries; includes unintentional poisonings, falls, burns, choking, animal bites, drowning, occupational and recreational injuries)</i>	81	44.8	29.4
Nephritis/nephrotic syndrome/nephrosis	45	13.6	18.0
Diabetes mellitus	33	12.0	21.8
Pneumonia and influenza	33	10.9	18.0
Unintentional motor vehicle injuries	28	16.5	14.3

\*Age-adjusted death rates

Source: NC State Center for Health Statistics, 2015

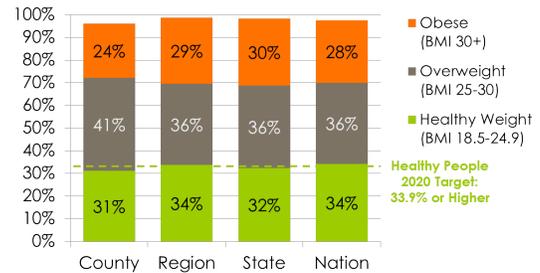
### Top Causes of Hospitalization

- Cardiovascular and circulatory diseases
- Digestive system diseases
- Injuries and poisonings

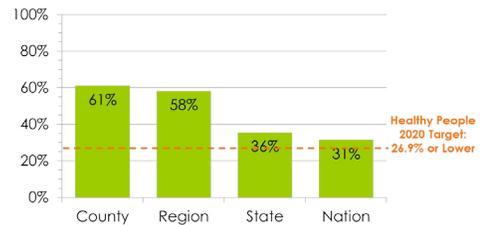
### Living with Chronic Disease

#### Overweight and Obesity

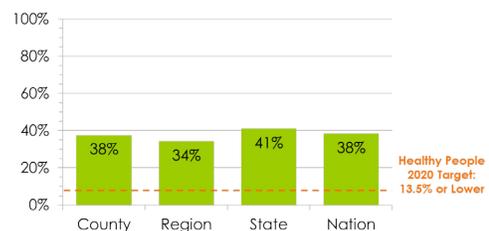
Based on weights and heights reported by respondents



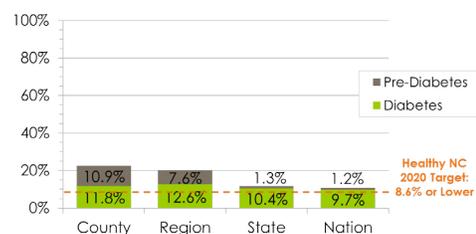
#### High Blood Pressure



#### High Blood Cholesterol



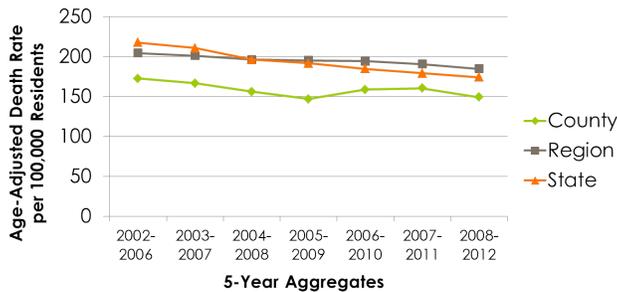
#### Diabetes



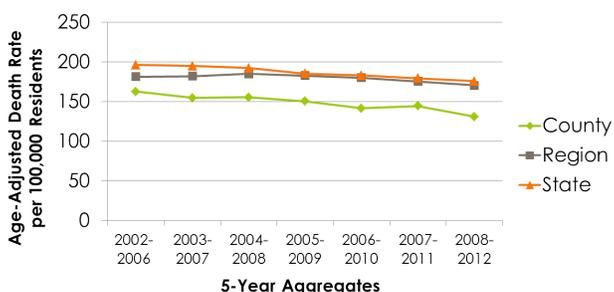
Source: WNC Healthy Impact Survey, 2012; CDC Behavioral Risk Factor Surveillance System, 2012, 2013

### Leading Mortality Trends

#### Heart Disease Mortality Trends



#### Cancer (all sites) Mortality Trends



Source: NC State Center for Health Statistics, 2015

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## 2014 Progress: PHYSICAL ACTIVITY & NUTRITION

Our top two causes of death and many of our morbidity statistics of concern are directly affected by physical activity and nutrition.

*We aren't moving enough...*

Only 61% of our residents get the recommended amount of physical activity and 37% of county residents say their physical activity is limited in some way (most commonly due to back or neck problems; fracture, bone, or joint injury; arthritis or rheumatism).

*...or eating enough healthful foods.*

Only 13% reported eating the recommended average of 5 fruits and vegetables per day in the past week.



### Encouraging Active Living

**Bike Rodeos** – teaching bike/helmet and pedestrian safety and encouraging physical activity: 4 schools, 1500 students

**Walking School Bus** – weekly at BES; working on route for BMS

**Physical Activity Class** – for preschoolers at county library

**Waterfalls to Waves** – walking initiative coordinated by county parks and rec dept.

**KidsGO Festival** – promoting fun ways to be active: 250 attendees of all ages

**BHS Health Fair** – physical activity vendors and nutrition information: 400 juniors and seniors

**NEW FACILITY: Transylvania County's Recreational Facility in Rosman** – sports fields and walking trail with restrooms

**NEW FACILITY: City of Brevard's Bracken Mountain Recreation Area** – 7.1 miles of mountain biking and hiking trails

### Supporting Good Nutrition

**Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP)** – provided education about basic nutrition, making healthy choices, food safety, and importance of physical activity

**917 limited-resource youth participants:**

- 100% showed improvement in core areas

**12 families** (17% also WIC participants; 92% enrolled in food assistance programs):

- 90% improved nutrition practices
- 70% improved food resource management practices
- 100% increased consumption of fruits, vegetables, or calcium-rich foods

**MountainWise's Healthy Corner Store Initiative** – assisted Jarrett Brothers store in Rosman with stocking more fresh fruits and vegetables

**Parent Chat at The Family Place** – about making healthy choices on a budget and ways to encourage families to try new things

*"I am really enjoying the classes and I'm so glad that we are taking them as a family. Now, I remind my kids what we learned in class about healthy eating and they don't argue with me as much about eating their vegetables. And my kids remind me to exercise. Now we go for a walk as a family almost every night!"*

*--Single mom with two children, taking EFNEP classes at Boys and Girls Club*

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## 2014 Progress: **SUBSTANCE ABUSE**

Most unintentional poisoning deaths occur because of the misuse of prescription narcotics; the age-adjusted death rate for unintentional poisonings in Transylvania County is 25.6 per 100,000 residents.

When county residents were surveyed in 2012, nearly 1/3 expressed concern that a family member or friend was taking prescription medications without their knowledge, but almost 2/3 said they did not lock up their controlled substances.

**C.A.R.E. (Community Awareness Recovery Effort) Coalition received \$125,000 from Drug Free Communities to reduce youth substance use, with a focus on underage drinking, prescription drug abuse, and emerging “designer” drugs.**

### Reducing Rx Drug Abuse

**Drug Take-Back** – efforts in April and September gathered more than 120 pounds of prescription medications for safe disposal; new large drop box in public safety building,

**Lockboxes** – partnered with local pharmacies to distribute 200 lockboxes to promote safe storage of medications

**Naloxone Kits** – available for local law enforcement, family members, pharmacies

**Education** – Red Ribbon Week activities at local schools and Fall Festival in downtown Brevard, at local schools

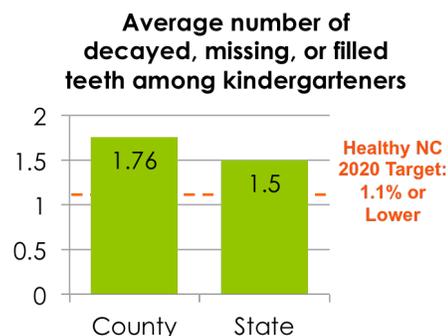
**Awareness** – held candlelight vigil for International Overdose Awareness Day and screened two films about drug addiction

## 2014 Progress: **DENTAL HEALTH**

Dental caries are the most common chronic infectious disease among children. The decay rate for kindergarteners in Transylvania County is higher than both the state average and the Healthy NC 2020 Target.

Dental pain is also among most common complaints in the local emergency room.

However, only 51% of Medicaid children ages 1-5 use any dental services.



Source: WNC Healthy Impact Survey, 2012; NC DPH Oral Health Section, 2009

### Providing Information, Tools, and Access to Dental Care

**Healthy Smiles Dental Health Program** – provides age-appropriate education, oral hygiene kits, screening for dental problems, referrals to a local provider, and help establishing a dental home

#### Preschoolers (infant to 5 years):

- 575 received 1 to 3 lessons
- 289 received dental screening
- 10 referred for dental treatment

#### Elementary students (2nd and 3rd grades):

- 521 received lesson & oral hygiene kits
- 525 students received dental screening
- 85 noted to have possible tooth decay
- 17 referred for dental treatment

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## LOOKING AHEAD

### New and Emerging Issues

- Leadership changes in county agencies
- Closure of hospital's birthing center
- Lack of mental health services for children
- Responses to outbreaks of communicable diseases (including ebola, pertussis, measles)
- New immunization laws in 2015
- Access to transportation to/from services
- Poverty as barrier to good health
- Legalization of marijuana

### New Initiatives

- C.A.R.E. to hire drug prevention specialist to work in county high schools
- Schenck Job Corps considering tobacco-free campus policy
- Community Transformation Project's Health Impact Assessment is complete and ready to be used
- Transylvania Hunger Coalition is working to bring more fresh foods to residents, especially in the upper end of the county
- Training for law enforcement on use of Naloxone kits

## OUR PARTNERS

Appalachian Sustainable Agriculture Project (ASAP)  
ARP Addiiction Recovery and Prevention  
Brevard College  
Blue Ridge Community Health Services / Brevard Health Clinic  
Boys and Girls Club of Transylvania County  
C.A.R.E. Coalition  
Childcare centers  
City of Brevard Fire Department  
City of Brevard Planning Department  
City of Brevard Police Department  
Churches  
Community Care of WNC

Community Transformation Project (MountainWise)  
Dentists  
The Family Place  
National Alliance on Mental Illness  
NC Cooperative Extension Service  
NC Department of Transportation  
NC Division of Public Health, Oral Health Section  
Jarrett Brothers Inc.  
Pharmacies  
Physician practices  
Mental health providers  
Mission Health  
Project Lazarus  
Smart Start of Transylvania County

Smoky Mountain Center  
Substance abuse treatment providers  
Sycamore Cycles  
Transylvania County Parks and Recreation  
Transylvania County Planning Department  
Transylvania County Schools  
Transylvania County Law Enforcement  
Transylvania Farmer's Market  
Transylvania Regional Hospital  
Western Highlands Network  
WNC Healthy Kids  
Youth groups

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