



This SOTCH Scorecard was created and submitted by **June 1st, 2021** to meet the requirements for the **Transylvania County** annual State of the County's Health (SOTCH) Report.

The 2018 Community Health Assessment priority areas are:

- Priority 1: Mental Health and Substance Use
- Priority 2: Healthy Lifestyle

Clear Impact Scorecard™ is a strategy and performance management software that is accessible through a web browser and designed to support collaboration both inside and outside organizations. WNC Healthy Impact is using Clear Impact Scorecard™ to support the development of electronic CHIPs, SOTCH Reports and Hospital Implementation Strategy scorecards in communities across the region.

Scorecard helps communities organize their community health improvement efforts:

- Develop and communicate shared vision
- Define clear measures of progress
- Share data internally or with partners
- Simplify the way you collect, monitor and report data on your results

The following resources were used/reviewed in order to complete the SOTCH:

- [WNC Healthy Impact Data Book](#)
- [2020 County Health Data Book](#) from the NC State Center for Health Statistics
- WNC Healthy Impact Secondary Data Workbook (updated June 2017)
- Transylvania Public Health's 2019 Annual Report and 2019 Communicable Disease Report
- C.A.R.E. Coalition 2018-2019 Annual Report

Priority 1: Mental Health and Substance Use

R	CHIP 19-21	Transylvania County is a vibrant, engaged community that offers resources and leverages its inherent strengths to support the lifelong physical, emotional, and social well-being of all its residents.	Time Period	Current Actual Value	Current Target Value	Next Period Forecast Value	Current Trend	Baseline % Change
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Why It Matters?

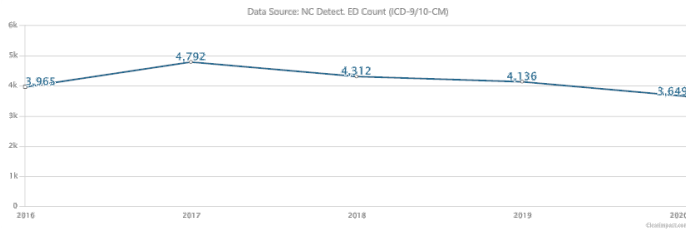
Mental health and substance use are interconnected to each other and to issues that include suicide deaths, overdose deaths, adverse childhood experiences, depression, anxiety, liver disease, alcohol-related motor vehicle crashes, lung cancer, COPD, and employment. However, residents have limited options for treatment and counseling options, especially for those who have lower incomes, no insurance, or transportation issues. Despite promising community efforts to address substance use and suicide, there is still much work to be done in this area.

Alignment

Mental Health and Substance Use and the related conditions of well-being are aligned with the following [Healthy NC 2020 Focus Areas](#).

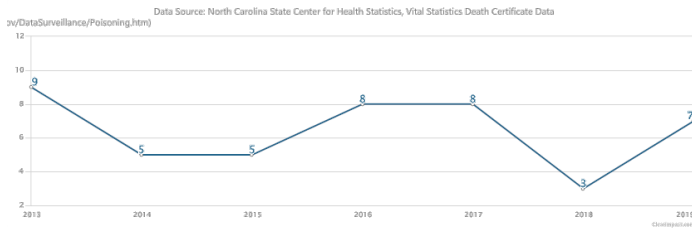
- **Mental Health:** "Mental health, an integral component of individual health, is important throughout the lifespan. Individuals with poor mental health may have difficulties with interpersonal relationships, productivity in school or the workplace, and their overall sense of well-being. Depression is linked to lower productivity in the workplace, is a leading cause of suicide, and has been associated with increased use of health care services." (*North Carolina Institute of Medicine. Healthy North Carolina 2020: A Better State of Health. Morrisville, NC: North Carolina Institute of Medicine; 2011.*)
 - Objective 1. Reduce the suicide rate (per 100,000 population)
 - Objective 2. Decrease the average number of poor mental health days among adults in the past 30 days
 - Objective 3. Reduce the rate of mental health-related visits to emergency departments (per 10,000 population)
- **Substance Use:** "Substance use and abuse are major contributors to death and disability in North Carolina. Addiction to drugs or alcohol is a chronic health problem, and people who suffer from abuse or dependence are at risk for premature death, comorbid health conditions, injuries, and disability. Therefore, prevention of misuse and abuse of substances is critical. Furthermore, substance abuse has adverse consequences for families, communities, and society, contributing to family upheaval, the state's crime rate, and motor vehicle fatalities." (*North Carolina Institute of Medicine. Healthy North Carolina 2020: A Better State of Health. Morrisville, NC: North Carolina Institute of Medicine; 2011.*)
 - Objective 1. Reduce the percentage of high school students who had alcohol on one or more of the past 30 days
 - Objective 2. Reduce the percentage of traffic crashes that are alcohol-related 5.7%
 - Objective 3. Reduce the percentage of individuals aged 12 years and older reporting any illicit drug use in the past 30 days

MentalHealth Emergency department visits for anxiety, mood, psychotic disorders



Year	Current Value	Current Target	Next Period Forecast	Current Trend	Baseline % Change
2020	3,649	-	-	↓ 3	-8%
2019	4,136	-	-	↓ 2	4%
2018	4,312	-	-	↓ 1	9%
2017	4,792	-	-	↑ 2	21%
2016	3,965	-	-	↑ 1	0%
2015	1,147	-	-	↓ 1	-71%
2014	1,260	-	-	↑ 1	-68%
2013	600	-	-	↓ 1	-85%
2012	718	-	-	↑ 2	-82%

SubstanceUse Medication and drug poisoning deaths



Year	Current Value	Current Target	Next Period Forecast	Current Trend	Baseline % Change
2019	7	-	-	↑ 1	40%
2018	3	-	-	↓ 1	-40%
2017	8	-	-	→ 1	60%
2016	8	-	-	↑ 1	60%
2015	5	-	-	→ 1	0%
2014	5	-	-	↓ 2	0%
2013	9	-	-	↓ 1	80%
2012	10	-	-	↑ 2	100%
2011	5	-	-	↑ 1	0%

Suicide Support for suicide prevention training

Updates

The Lutheran Church of the Good Shepherd's Reimaging Health Collaborative has been a partner with public health and other community organizations to promote and host outreach and education around important mental health and substance use topics. In October 2019, they hosted a Community Suicide Awareness Training with speaker Fe Anam Avis to provide attendees with basic conversational skills to help someone considering suicide.

In November 2019, the Collaborative and the church's worship and music teams hosted a community Service of Hope and Assurance that focused on providing quiet, uplifting accompaniment for those who may have difficulty facing the impending holiday season.

In December 2019, the Collaborative reached out to community groups to begin planning efforts to host a two-day ASIST training in Transylvania County. Transylvania Public Health's Healthy Communities coordinator offered support for the training, including funding through the Healthy Communities program. Planning meetings were set for January 2020, and the training for up to 30 people was scheduled for April 2020. Due to COVID-19 restrictions, the training was delayed and will be rescheduled for later in 2021.

Priority 2: Healthy Lifestyle

R CHIP 19-21

Transylvania County is a vibrant, engaged community that offers affordable resources and leverages its inherent strengths to support the lifelong physical, emotional, and social well-being of all its residents.

Why It Matters?

Transylvania County's top two causes of death and many of our morbidity statistics of concern including obesity, type 2 diabetes, high blood pressure, heart disease, certain cancers, and stroke are directly affected by nutrition and physical activity. Residents report having trouble accessing healthy food and getting the recommended amount of physical activity.

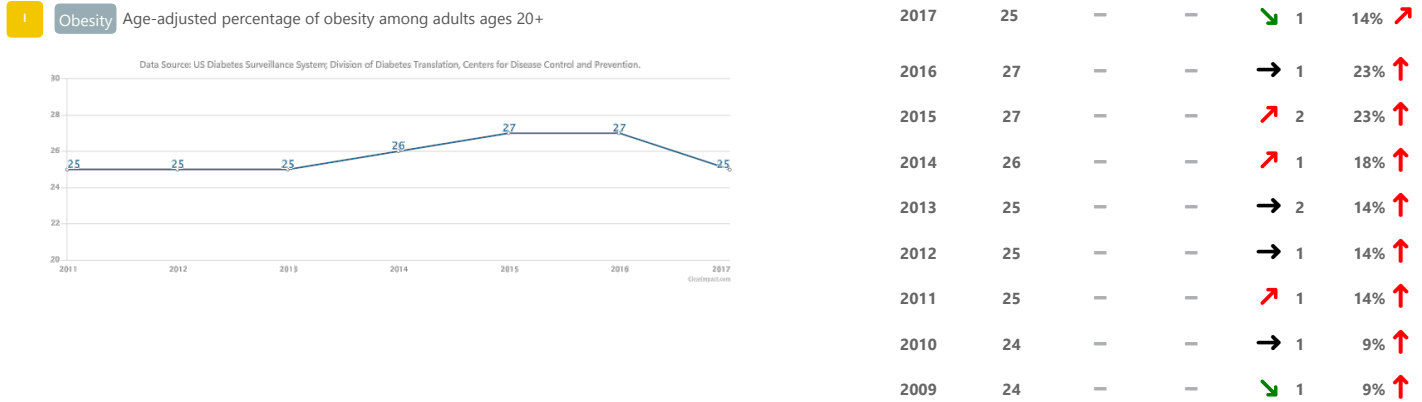
Alignment

Healthy Lifestyle and the related conditions of well-being are aligned with the following Healthy NC 2020 Focus Areas.

Time Period	Current Actual Value	Current Target Value	Next Period Forecast Value	Current Trend	Baseline % Change
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Time Period	Current Actual Value	Current Target Value	Next Period Forecast Value	Current Trend	Baseline % Change
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- Physical Activity and Nutrition: "Overweight and obesity pose significant health concerns for both children and adults. Excess weight increases an individual's risk of developing type 2 diabetes, high blood pressure, heart disease, certain cancers, and stroke.³⁹ For the first time in two centuries, the life expectancy of children in the United States is predicted to be lower than that of their parents. The root cause of this phenomenon is the increase in obesity.⁴⁰ Increased physical activity and improved nutrition are among the many factors that can help individuals reach and maintain a healthy weight." (North Carolina Institute of Medicine. *Healthy North Carolina 2020: A Better State of Health*. Morrisville, NC: North Carolina Institute of Medicine; 2011.)
 - Objective 1. Increase the percentage of high school students who are neither overweight nor obese.
 - Objective 2. Increase the percentage of adults getting the recommended amount of physical activity.
 - Objective 3. Increase the percentage of adults who consume five or more servings of fruits and vegetables per day.



P Diabetes Prevention Programs (and/or Chronic Disease Self-Management Programs)

Time Period: Current Actual Value, Current Target Value, Next Period Forecast Value, Current Trend, Baseline % Change

Updates

TPH staff supported implementation of a Diabetes Prevention Program at Brevard Housing Authority. The initial classes concluded in 2019 and monthly follow-up classes were ongoing into 2020. A virtual DPP option was offered in 2020 and follow-up classes will continue into 2021.

TPH also received funding from NC State to implement an additional DPP at a worksite, but the original worksite preferred an online DPP option and no other interested worksites have been identified to date.

New & Emerging Issues

R SOTCH Monitor New and Emerging Issues

Time Period: Current Actual Value, Current Target Value, Next Period Forecast Value, Current Trend, Baseline % Change

Updates

NEW AND EMERGING ISSUES

These are the new or emerging issues in Transylvania County in 2020 that were not identified as priorities in our 2018 Community Health Assessment.

- The COVID-19 pandemic caused disruptions to most aspects of life in Transylvania County. Primary areas of concern include restrictions on visits to nursing home residents, school and childcare closures (which affected parents' ability to work and access to meals for children), avoidance of healthcare provider and emergency department visits, and limitations on in-person services for a variety of social services. To address these new needs, long-term care facilities offered "window" visits and drive-by "parades" for residents, Transylvania County Schools offered bus delivery and pick-up options for meals, Transylvania County's Parks and Recreation began a weekday childcare camp for children of county employees, many healthcare providers began offering or enhanced access to telehealth visits, and other providers offered remote or parking lot options to receive services. Large proportions of public health staff time were diverted from CHA strategies and other chronic health activities into COVID-19 response activities.
- Transylvania County's United Way closed in January 2020, due to "a changing climate of philanthropy, reduced donations, and a myriad of new options for people to donate to charitable organizations." About 15 local non-profits that were receiving funding from United Way have had to seek funding from other sources or make changes to programming. The direct service programs associated with TRAIN (Transylvania Resource Access Information Network) have been transferred to other agencies: Transylvania County Library is now managing the monthly roundtable and newsletter for non-profit and governmental service agencies.

New Initiatives

R SOTCH Keep Track of New Initiatives & Community Changes

Time Period: Current Actual Value, Current Target Value, Next Period Forecast Value, Current Trend, Baseline % Change

The following were new initiatives or changes in our community in 2020:

- Pisgah Health Foundation and Dogwood Health Trust continued to offer grants to Western North Carolina counties. Pisgah Health Foundation is focused on improving health and wellness by addressing healthy opportunities in targeted social determinants of health areas including health, food insecurity, housing, social cohesion, and education. Dogwood Health Trust funding will address substance use, as well as immediate needs and a "leverage fund" designed to help organizations bring in grants from other funders.
- The Blue Zones Project conducted community feedback sessions in January and February 2020 on the topics of built environment, food policy, and tobacco policy, which directly affect the community's selected health priorities. The official kick-off was planned for May 2020, but was delayed until September due to COVID-19 limitations. Committees have been meeting remotely to develop plans and policies. The food policy committee is focused on improvements to school food service, restaurants, hospitals, and grocery stores. The tobacco policy committee began work to review and draft options for tobacco-free city buildings and public events.
- The C.A.R.E. Coalition of Transylvania County was awarded an additional grant to address substance use among county residents, with grantwriting assistance from the Dogwood Health leverage fund. All meetings shifted to remote format (Zoom) in April 2020, but participation and engagement remained high. The coalition is preparing to conduct its second mental health survey of middle and high school students in cooperation with Transylvania County Schools in spring 2021.
- Transylvania County Commissioners officially signed the ordinance to adopt tobacco-free county buildings, grounds, and parks in February 2020. New signage was installed on county campuses by fall 2020.
- Healthy Communities funding from NCDPH included strategies to address nicotine use and vaping in schools. An employee of Blue Ridge Community College who works in both county high schools was identified to take the Certified Tobacco Cessation Specialist training, which was completed in June 2020. Promotional materials were distributed to both Brevard and Rosman high schools about the services for students. Public health staff are also working on options for policies or pledges for coaches of youth and school sports to not use tobacco products while coaching and to encourage athletes not to use tobacco products.
- Healthy Communities strategies also allowed for continued efforts around healthy food access. Public health staff worked with the Transylvania County Hunger Coalition to support food pantries throughout the county. Food distribution continued, although some changes were needed to comply with COVID-19 limitations. A new food pantry was opened at Christ Church of the Nazarene, and hours of operations were extended at Silvermont and Quebec Senior Meal Sites. Public health staff also served on a county-wide feeding committee with representatives from Transylvania County Schools, non-profits, and food pantries. This group worked to distribute information about the school system's efforts to increase food access for students and helped coordinated food assistance for individual families affected by COVID-19.
- TPH partnered with MountainWise to continue worksite support with funding from Appalachian Regional Commission. Gaia Herbs received its full Breastfeeding-Friendly Workplaces Award designation in January 2020 by meeting all 3 required standards. Public health and Mountainwise staff also worked with Jarrett Brothers IGA Grocery in Rosman to begin offering "Double Up Food Bucks" that provide EBT recipients with \$5 coupons to be used for future fruit and vegetable purchases for every \$5 spent on produce. This program is also now being offered at the Transylvania Farmer's Market.
- TPH continued its work with HealthSpace to develop custom environmental health software to house all food, lodging and institutions records as well as well and septic permits.