

Haywood County Community Health Assessment 2008

Community Perspectives on Health



2177 Asheville Rd.
Waynesville, NC 28786

***“Promoting Healthy Lifestyles & A Safe
Environment”***

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The Community Health Assessment is a document prepared by Haywood County Health Department and the Healthy Haywood Coalition once every four years. The assessment takes a snap shot of the county’s actual health data and perceptions of the people of the community as to the leading health issues and potential ways to meet health needs of the public. It serves as a guiding tool for developing health action plans within the health department and through-out the community. Health priorities chosen by the Healthy Haywood Coalition were selected based on effect on overall health, urgency of the topic, and community concern about the issues. Haywood County’s health initiative team – Healthy Haywood, the Haywood County Board of Health and Management Team, and Haywood County Health Department’s Health Promotion section provide leadership in establishing health priorities for the county. This report highlights areas where public policy, community based initiatives, and resources have been implemented and where they are still needed to promote health in the county.

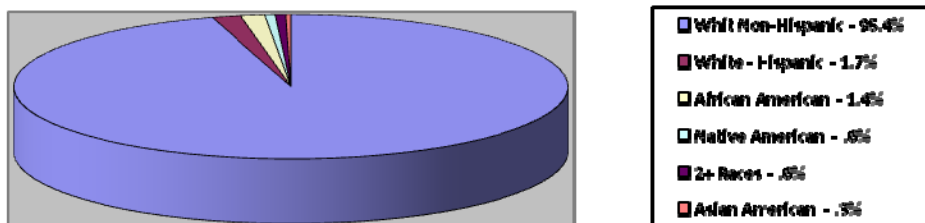
I. Community Picture

Haywood County is a rural area in the Southern Appalachian Mountains of Western North Carolina with 554 scenic square miles of mountains, fertile valleys, and rolling foothills. There are 18 peaks over 6,000 feet in elevation. Approximately 37% of the county is composed of the Great Smoky Mountains National Park, Pisgah National Forest, and the Blue Ridge Parkway (132,000 acres of federally owned land). The beautiful vistas attract tourists and new-comers to the area. The county is bordered by the state of Tennessee and five other North Carolina Counties: Madison, Buncombe, Transylvania, Jackson, and Swain. (1) See Map (Appendix A).

Demographics

Haywood County is outstanding in two population changes that are rapidly taking place: increase in average age and increase in the Hispanic population. The Caucasian race by far has the largest number of people in Haywood County (95.4%). There are many fewer minorities in this county as opposed to the average for the state of North Carolina overall (4.6% vs 25.9% minority population). In recent years, the Hispanic population (1.7%) has surpassed African Americans (1.4%) as the minority group with the most members. This has created a need for interpreter services by health care and other providers (See chart below for racial/ethnic group distribution).

Percent Population by Race/Ethnicity



(2) US Census Bureau: Quickfacts.census.gov

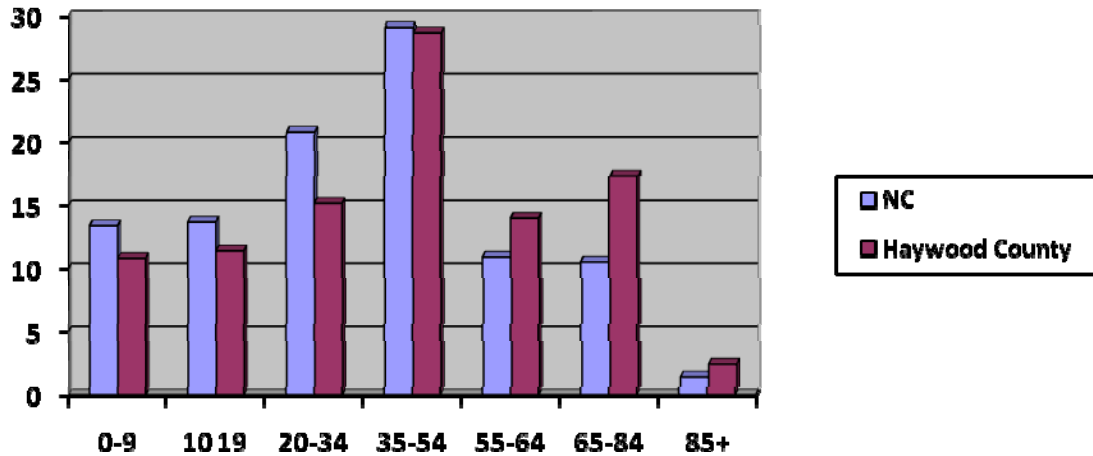
Whereas Haywood County is an attractive location for retirement, many older people are coming to the area. At the same time, younger people are leaving to seek higher paying jobs than those available in this rural county. Currently, Haywood has an elderly population rate nearly twice that of the state and is predicted by census estimates to remain at a high rate. (See chart below). This has a direct effect on health care services needed by our residents with managing chronic disease and multiple medications. According to the North Carolina Office of State Budget and Management, The 2007 population estimate for Haywood County is 57,031 with 52% females and 48% males.

Population Estimates

	Percent of Population 65 Years or Older		
	<u>2007</u>	<u>2010</u>	<u>2020</u>
Haywood County	20%	21%	24%
North Carolina	12%	12%	15%

(3) NC Office of State Budget and Management

Percent Population by Age 2007



Socio-Economic Risk Data

From 2004 to 2008, the labor force in Haywood County went from 27,062 to 28,039, an increase of 977 jobs on average. One new major manufacturing company (Consolidated Metco) made 180 new jobs available. The largest employers in the county include: Evergreen Paper Company, Haywood County Schools, and Haywood Regional Medical Center. (4)

In February of 2008, the local hospital, Haywood Regional Medical Center, lost its certification for reimbursement from Medicaid and Medicare due to not meeting federal

requirements. The suspended certification lasted through the month of June. Although the emergency department remained open and some services continued, many residents had to go out of county for surgeries and other hospital care. A total new management team was hired and some staff lost their jobs due to low patient census. In other areas this year, there have been no major job losses or lay-offs up to November 2008.

Recent economic downturns nationwide are a great concern as to what is looming in the coming year. According to the Employment Security Commission, the October 2008 unemployment rate was 5.5% in Haywood County as compared to 3.3% in October 2007. The North Carolina unemployment rate was 6.7% in October 2008. This number only reflects the 1540 individuals who are actively seeking employment and not those who are chronically unemployed in the county. (5) Fourth quarter 2007 reports cite the 2005 poverty rate in Haywood County to be 14.4% as compared to the NC rate of 14.9%. (6) A significant impact on health behaviors and health status is created by limited resources and access to health care.

2006 data showed Haywood County to have approximately 1400 children ages 0-17 and approximately 7500 adults ages 18-64 who were medically uninsured. This gives the county approximately 18.4% of the 0-64 year-olds without health insurance. The state had an uninsured percentage of approximately 19.5% for the same population. A rising concern is that several employers do not offer health care to their retirees. (7)

Lack of income, transportation, and access to care greatly influence the ability of individuals to maintain routine health care and to seek treatment for health problems before they become life-threatening.

There is no estimate for the number of homeless in Haywood County. A listening session was conducted at the Open Door, where people in need have daily meals. The following comments were made by participants: “I know a man who sleeps under the bridge on Russ Avenue, takes a bath in the creek, and then goes to work.” And “If you don’t have a home, you’re going to get sick.” Restoration House staff view homeless individuals as both those “on the street” as well as those living with family and friends in an unwanted situation. Many times their living situation is not safe and may involve drug using. (8)

Sheriff deputies cite breaking and entering to be one of the most reported crimes in Haywood County along with illegal use of prescription drugs. Law enforcement officers find these crimes to often continue in a cycle within certain families. They state that with little industry in the area, people have to be highly motivated or leave to find jobs. (9)

Domestic Violence

	<u>Ex-Parte & Protective Orders</u>	<u>Domestic Violence Warrants</u>
(2004)	309	463
(2005)	266	487
(2006)	304	424
(2007)	309	376

Ex-parte protective orders issued by law enforcement give immediate protection to someone worried about being harmed by another person. Warrants are issued for domestic violence where assault actually occurs. As above data shows, domestic violence is high in the county.

Haywood County REACH served approximately 1,500 adult, child, and elderly victims of violence and provided emergency shelter to 97 individuals during the 2007-2008 fiscal year. Service from REACH staff included 1,783 consultations, 1,028 court advocacy cases, 1,098 after-hours hotline calls, and work with 1,816 walk-ins. **(11)**

Child Specific Data

Reports made for child maltreatment (2007-2008)	1,426 ***
Children in DSS Custody-average number per month	124

*** The number of reports has risen dramatically from year 2006-2007 when reports numbered 1,238. Over the past ten years, Haywood County has been in the top five highest counties in the state for reported number of child maltreatment cases per 1,000 children. In the 2002-2003 fiscal year, the county was ranked fourth. Approximately one of every ten children was reported to be maltreated. **(12)**

Both abuse cases and children in DSS custody have risen steadily over the past few years.

* Juvenile Center Admissions		* Delinquent Rate per 1,000 age 6 –15 years old	
2006	68 admissions	16.18 (county)	36.21 (state)
2007	91 admissions	35.69 (county)	34.08 (state)

The delinquent rate has risen dramatically from last year (see above). **(13)**

- High School Drop-outs (2006-2007) 154 individuals 6.05% (county) 5.24% (state) **(14)**
- Teen Pregnancies - Age 15-19 Years Old **(15)**

<u>Fiscal Year</u>	<u>Individuals</u>	<u>County Rate per 1,000</u>	<u>State Rate per 1,000</u>
2003	87	53.6	61.0
2004	95	59.0	62.4
2005	84	54.7	61.7
2006	100	64.6	63.1
2007	81	53.1	63.0

The teen pregnancy rate has remained lower than the state rate and declined over the past five years except for a spike in fiscal year 2006-2007. One of eight babies born in 2007 was to a teenage mother. Of those babies, ten were a second child, and five were a third or fourth child to the same mother, increasing risk for poor health outcomes for both mother and baby. **(16)** Twelve teen pregnancies were aborted that year. **(17)**

Babies born to teenage mothers are at risk for low birth weight, prematurity, birth defects, lower IQ, learning disabilities, and infant mortality. These babies are also at risk of being neglected and/or abused by their young, inexperienced mothers. Pregnant teens are at high

risk of dropping out of school, thus making them less employable and increasing their probability of living in poverty. This presents a great risk for social, emotional, and financial stressors for both the mother and child. Teenage pregnancy is a health burden to the developing adolescent and risks the mother's health and that of her future babies. Children born to teenage mothers are at greater risk of poverty, lower education, and juvenile crime.

The Haywood County rate of smoking prenatals in years 2002-2006 was 23.7%, nearly twice the state rate of 12.4%. Approximately one of every four babies was born to a smoking mother. **(18)** Smoking during pregnancy is associated with having a baby who is premature, low birthweight, has learning difficulties, and is at risk for Sudden Infant Death Syndrome. Eighteen percent (28 babies) born to smokers in 2007 were low birthweight. **(19)**

Schools

The public school system includes nine elementary schools, three middle schools, and four high schools located strategically throughout the county to provide best access for the 7,871 student population. Eight public health nurses serve the students with a 1:984 nurse: student ratio. (Healthy Carolinians 2010 Objective is a 1:750 ratio.) Three private schools are registered with the NC Department of Public Instruction with a student population of 193 students in grades K-12. Also there are 395 home school sites in the county. **(20)**

Haywood Community College has several satellite locations and job-site trainings in addition to its on-campus offerings. Services include over 55 programs of study including manufacturing certification training, nursing, early childhood education, production crafts, forestry management, and others as well as General Education Diploma (GED), English As a Second Language (ESL), vocational training, college transfer, adult education and Haywood Early College.

Childcare

Thirty-three child care centers serve 1150 children throughout the county. Eleven of those have a 5 star rating, which means they excel in meeting all standards set by state. Other centers are as follows: 10 = 4-star, 5 = 3 star, 2 = 2-star, 2 have a temporary license. Haywood County Health Department provides consultation on health and safety issues and health-related training to all of the centers along with immunizations, screenings, and referrals through the Smart Start and Child Health Coordination programs led by a public health nurse. **(21)** According to health department social workers, there is a definite need for more affordable child care in the county.

Fitness Centers

Seven different entities provide fitness education/equipment/opportunities to Haywood County residents: Curves for Women (Waynesville, and Canton), Haywood Regional Health and Fitness Center (Clyde), Kim's Gym (Waynesville), Waynesville Recreation Center (Waynesville), Waynesville Old Armory Center (Waynesville), World Gym (Canton).

Health Care

Community listening sessions revealed that both low-income/uninsured individuals and those with health insurance have a hard time finding a doctor in Haywood County. There is a very long waiting period for appointments for new patients. Often new residents cannot find

medical care. Major gaps in service defined by community listening sessions for several years include the lack of providers for medical and dental care who accept Medicaid patients. The Department of Social services also sees a need for more doctors who would accept Medicaid patients (22). In November 2007, the health department began limited emergency dental care for adult Medicaid clients.

For nine years, the Good Samaritan Clinic (GSC) has served uninsured adults age 18 through 64 whose income level is 200% or less than the federal poverty level. In 2008, the GSC entered into an agreement with Mountaintop Healthcare and became able to receive Medicaid reimbursements. The two nonprofits work together to provide a “free medical clinic” in the county for both acute and chronic disease. In 2007, they had 5,040 office visits. (23)

The Good Samaritan clinic has a site in two locations in the county – Waynesville and Canton. It has a medication assistance program to help people who qualify receive free medications from pharmaceutical companies.

Mountaintop Healthcare (MH) offers a dermatology walk-in clinic for those with urgent dermatologic needs. The clinic treats many skin cancers and refers to local specialists for immediate treatment. There is a local shortage of dermatologists with an average wait time of nine months for an initial visit. The dermatology clinic, headed by a general practitioner with a certification in dermatology, bills Medicaid and Medicare. People without this coverage can come as a self-pay patient. (24)

Mental Health Services and a Suboxone treatment clinic to help patients recover from opiate drugs are part of the GSC/MH services. The Suboxone clinic is available to anyone in Western North Carolina on a sliding fee scale. The Mountaintop Clinic also provides marriage and family therapy counseling to patients with insurance, including Medicaid. (25)

Smoky Mountain Center, (SMC) is the local management entity responsible for contracting with private providers to meet the mental health, substance abuse, and developmental disability needs of individuals in the community. The center is mandated to provide or contract for emergency services 24/7. In addition, Smoky Mountain Center has developed two residential placements. The first center opened was the Balsam Center, a short-term placement for detox and crisis stabilization. As of October 2008, SMC also opened an in-patient hospital unit in partnership with Haywood Regional Medical Center located in the hospital. These two services are unique to SMC and not seen through-out the state. (26)

Faith-based clinical services are provided on a sliding fee scale/private insurance pay at New Covenant church in Clyde. There is also a substance abuse recovery group that meets weekly at Long’s Chapel United Methodist Church and Alcohol Anonymous groups at various locations in the county.

The Good Samaritan Clinic /Mountaintop Healthcare provides individual and group therapy for uninsured and Medicaid adults and refers to other providers as appropriate. Private providers are also available in the community for patients with insurance. It is unknown how

many individuals are in need of mental health services and do not have money for co-pays, or have no insurance of any kind.

Haywood Restoration House is a nonprofit organization that offers housing and counseling to adults with no place to live. This program requires that participants seek employment, stay drug-free, and participate in Christian study. The need is much greater than current resources can cover. (27)

Haywood County Health Department, located in Waynesville, provides services in maternal and child health, WIC nutrition, family planning, dental services, adult health services for low-income women, immunizations, blood pressure checks, sexually transmitted disease screening and treatment, school health education and services, health education, environmental health services, and disaster planning and management.

Haywood Regional Medical Center is our one hospital in the county. It is in Clyde, a central location for residents with easy access to the larger medical complex in neighboring Buncombe County in the city of Asheville. The hospital has an urgent care center located behind it with a second center in West Waynesville. Many health services are available through the hospital in addition to sick care. They also offer occupational health, wound care, physical therapy, cardiac rehabilitation, women's continence center, mammography, fitness and wellness education and equipment.

The hospital also provides Home Health, American Medical Alert, and Hospice care. These services are payable by Medicaid, Medicare, private insurance, workman's comp, and/or veteran's administration benefits. In October 2008, the hospital began in-patient mental health services in conjunction with Smoky Mountain Center.

Doctor's offices are located in Waynesville, Canton, Clyde, and West Waynesville. Allergy, oncology, dialysis, and orthopedic services are available in the central part of the county. The Haywood County Government opened a wellness clinic for county employees in Waynesville in 2008. Employees can go for medical care, including wellness check-ups on job time without a co-pay for services.

Dentists

Private dentists are located in Canton, Clyde, and Waynesville. A public health dentist provides care for Medicaid children. A private dental practice plans to open soon in Haywood County offering services to Medicaid children. There is great need for dental services for the uninsured and low income adult population. Emergency and limited routine dental care is provided for adult Medicaid patients once a week at the Health Department dental office. A Medicaid only dental clinic is available in Asheville, approximately 25 miles away. Numerous adults suffer from poor oral health with a lack of dental hygiene and abscesses from tooth decay. This contributes to great suffering, inability to eat properly, and could lead to more serious health conditions. (28)

Nursing Homes

Five skilled nursing homes and twelve adult care/assisted living facilities serve the Haywood County population. The nursing home that was lost in the 2004 flood has been replaced by a nursing home/rehab center. The county also has two Community Advisory Committees that makes walk-through visits quarterly through-out the year to assure quality care to clients in both nursing homes and adult care/assisted living facilities. The county currently has approximately a 95% occupancy of beds in both the 485 skilled nursing beds and the 310 adult care/assisted living beds. The regional long-term care Ombudsman serves on the Haywood County committees as a patient advocate. (29)

Environmental Health Services

An increasing concern of public health is the rise in the number of rabid animals throughout the state and in the number of animal bites in every county. Haywood County is one of the counties in which the state dispenses animal vaccine for wild animals from airplanes. This year, Haywood County held two rabies vaccination clinics for domestic animals. Over 1500 dogs and cats were vaccinated for rabies. (30) A total of 182 animal bites were reported for January through November 2008 in the county. The total number reported for the entire year 2007 was 132. (31) The health department staff works with the Animal Control department to investigate each animal bite. A more stringent animal control ordinance has recently been put into place.

In January 2008, Environmental Health Specialists began inspecting construction of new wells, taking water samples and educating homeowners regarding results. Haywood County began this service with local rules from January through June 2008. In July, state rules became mandated. From January through November 2008, 303 well permits were issued. Approximately 25% of those were due to drought causing wells or springs to run dry. (32)

Environmental Health Specialists perform numerous inspections throughout the county in restaurants, public water supplies, nursing homes, child care centers, pools, and tattoo parlors to assure the public of clean water, food, and lodging. Approximately 1200 inspections were completed in fiscal year 2007-2008. Private organizations and the Cooperative Extension Service provide food safety "Serve Safe" education for food handlers. The on-site permits for septic tanks in the county included 2,061 in fiscal year 2007-2008. (33)

Emergency Services

The Health Department, Emergency Medical Services, and other agencies have worked diligently to develop a strategic disaster plan that unites all agencies involved, including the Haywood County Volunteer Center and the initiation of a volunteer medical reserve corps. The county has a Local Emergency Planning Committee (LEPC) appointed by the board of commissioners which is composed of government employees, county citizens, and media. The LEPC meets quarterly and is active in making plans regarding disaster emergency preparedness, hazardous materials, and vulnerability.

Transportation

Haywood County has a transportation service through the Mountain Projects program. In 2008, the charge is \$3 per ride within the county. Haywood Transit does include service to Buncombe and Jackson Counties where many of the specialty physicians are located. Cost of the trip is determined by the number of passengers transported. Listening sessions

revealed that there are many elderly living in isolated areas who do not have anyone to transport them for health services or to complete daily necessities such as buying groceries or medicine. The population density is located in the townships of Waynesville, (the county seat), Canton, Clyde, and Maggie Valley. Smaller numbers live in the outlying areas of Bethel, Cruso, and Fines Creek, with a smaller number in the farthest reaches at Waterville near the Tennessee border and Lake Logan near Pisgah National Forest.
(See map/Appendix A)

II. Health Data

Leading Causes of Death 2002-2006

Total Population Age-Adjusted Death Rates per 100,000 People

Cause of Death	No. Deaths	County Rate	State Rate
Heart Disease	856	210.2	217.9
Cancer	766	187.6	196.4
Chronic Lower Respiratory Dis.*	216	51.4	47.1
Cerebrovascular Disease	191	46.7	61.1
Pneumonia & Influenza*	121	28.8	22.5
Unintentional Injuries*	121	38.5	27.0
Alzheimer's Disease	98	23.3	27.7
Diabetes	78	19.7	27.1
Kidney Disease	66	15.7	18.2
Motor Vehicle Injuries*	57	19.7	19.1
Suicide*	53	18.1	11.6
Chronic Liver Disease/Cirrhosis*	38	10.0	8.8

Age-adjusted rates make more accurate comparisons of various areas of the State.

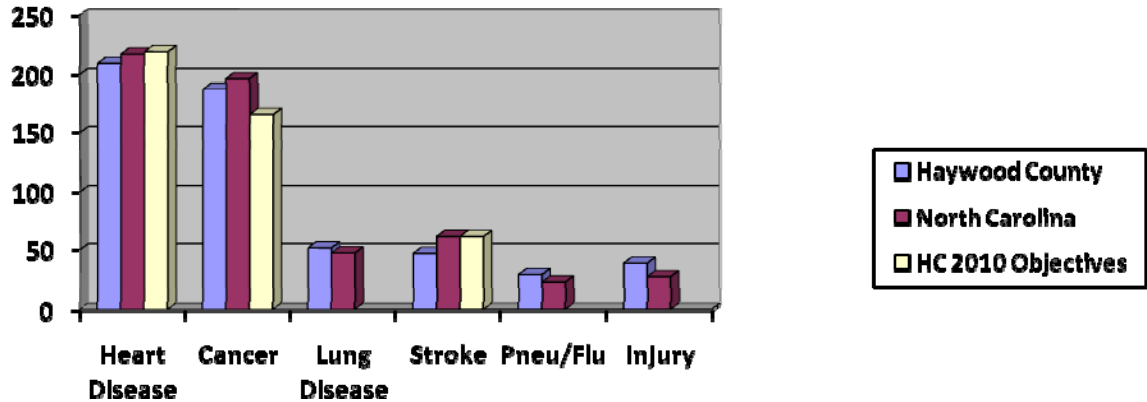
Cancer Specific Data

Lung Cancer*	254	61.8	59.8
Colon Cancer	66	16.2	18.2
Breast Cancer*	57	26.5	25.7

Although cancer deaths overall were not higher than the state rate, both lung and breast cancer death rates were higher for Haywood County than for the state.

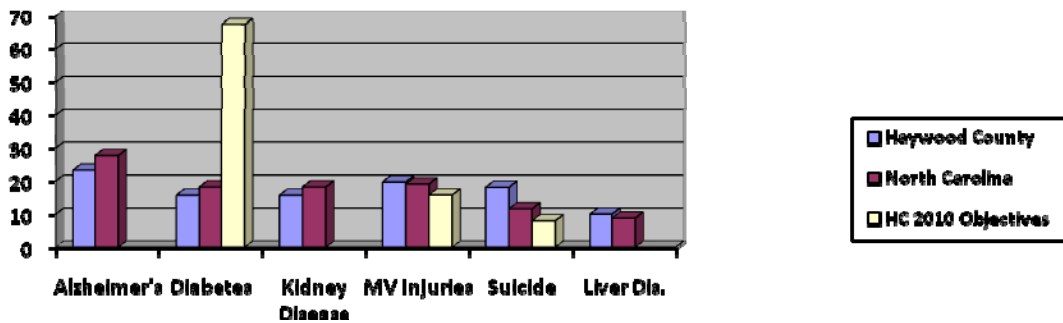
* Causes of death with county rate higher than state rate **(34)**

Comparison of Top Six Causes of Death 2002-2006
Haywood County, North Carolina, Healthy Carolinians 2010 Objectives
 Rate per 100,000 Population



As noted by the above graph, Haywood County has met the 2010 Objectives for heart disease and stroke. However, they remain as leading causes of death in our county, with heart disease as the number one killer. The county has a higher rate of deaths from lung disease, pneumonia/flu, and unintentional injury than the state. (35) (36)

Comparison of Seventh – Twelfth Leading Causes of Death 2002-2006
Haywood County, North Carolina, Healthy Carolinians 2010 Objectives
 Rate per 100,000 Population



The 7th through 12th leading causes of death in Haywood County are shown above in comparison with the death rates for each disease at the state level and as compared to the Healthy Carolinians 2010 Objectives (where available). Although the rate for deaths from diabetes is much lower than the HC 2010 objective, diabetes continues to be a formidable problem in the county. Diabetes is a major contributor to heart disease (the leading cause of death) and is the leading cause of blindness, renal failure, and non-traumatic amputations. Specialists say that diabetics who reside in medically underserved areas or are without adequate insurance often do not receive the preventive services of self-management training and eye-retina exams. Diabetes, especially its serious complications, disproportionately

affects certain racial/ethnic populations, older adults, and the rural and economically disadvantaged. It is approximately 57 percent more common in African Americans than whites. African Americans are approximately three times as likely to die from diabetes as are whites. Kidney disease from diabetes is 2 ½ times higher in Latinos than in Whites. Population studies also show that diabetes is a very high risk in Native Americans. (37) According to local pediatrician, Dr. Trew Stransky, Type II Diabetes is a disease that used to only be seen in older people. With overweight and obesity on the rise, this disease is now occurring in children. (38)

Leading causes of death that have a rate higher in Haywood County than the state rate include motor vehicle injuries, suicide, and liver disease. Over the past fifteen years, injury has remained a leading cause of death for Haywood County residents from birth through age 64. Other than perinatal conditions, motor vehicle injury has been the number one cause of death in the population less than 20 years old since 1994. Other unintentional injuries is now the third leading cause of death in that age group. The total population has experienced unintentional and motor vehicle injury in the top ten killers since 1991. (39) Year 2006 inpatient hospital utilization charges for injuries and poisoning was \$14,521,253, second in cost only to heart disease (a cost of \$23,574,890) - (*Inpatient hospitalization information for Haywood County residents by county of residence – excluding newborns and out-of-state hospital charges*) (40)

Suicide continues to be significantly higher in Haywood County than in the state overall. (see pages 16 and 17). Chronic liver disease and cirrhosis as a leading cause of death indicates high use of alcohol in our population. Alcohol is a risk factor for certain types of cancer, heart disease, and diabetes. Impairment from alcohol also contributes to injury rates from suicides, homicides, domestic violence, and motor vehicle crashes.

III. Health Issues

Overweight

Of all the health issues cited in the recent community listening sessions, the one most mentioned was overweight and poor nutrition. Haywood County public school children in grades k-5 have been measured by Health Department staff for height and weight and their body mass index interpreted for the past six years. This public health study documents overweight in this population to have gone from: 32% in 2002 to 39% in 2008. Obesity has grown from 16% to 21%. The number of morbidly obese children went from 54 in 2005 to 65 children in 2008. (41) Studies report that 50% of children ages 6 to 12 who are obese will remain so as adults. (42)

The percent of low income prenatal patients served by the Women, Infants, and Children's nutrition program who came to the program overweight was 40% in years 2003-2005 and 47.7% in 2006. (43) (44) That program documented 32.2% of its participants between ages two and five years as overweight. (45) In fiscal year 2007-2008, 37.2% of clinic patients at the health department were overweight or obese. One hundred and two (102) patients had a BMI of 40 or above. (46) Western NC data shows that 58% of adults are overweight or obese and 58% do not get recommended amounts of physical activity. (47) Overweight is defined as having a body mass index greater than 25, obese as having a body mass index over 30.

An overweight condition creates stress on the heart and circulatory system. The heart has increased miles of blood vessels to pump blood through and is often met with increased resistance in the blood vessels from elevated cholesterol and plaque formations. This leads to high blood pressure. Excess body fat also creates resistance to insulin use in the body, with the common result of the onset of diabetes. Cancer is associated with excess body weight, specifically cancer of the breast and colon (leading cancer killers in Haywood County). Excess weight makes breathing difficult upon exertion and burdens the skeletal system, leading to numerous joint problems. This contributes to discomfort when moving, causing the overweight person to limit activity- an aggravating factor to the weight problem. (The third highest cost for inpatient hospital utilization in 2006 was for musculoskeletal system diseases - \$13,774,326 in Haywood County.) **(48)**

Children are especially at risk as they develop poor eating habits and inactive lifestyles at a young age. Lack of physical fitness also leads to increased injuries, decreased academic performance, and poor self-esteem. This is a problem associated with all the leading causes of death in Haywood County and deserves great attention by citizens and professionals alike in prevention and curative efforts.

Contributive factors to the problem are widespread and systemic through-out our society. The public eats more and more high calorie, low nutrient foods and moves less and less. Restaurants promote high-fat, high-sugar foods and offer increasingly larger servings of food and beverages. For a few extra cents, a patron can purchase hundreds more calories in one meal or beverage. Vending machines make high calorie beverages and snack foods extremely available to the public – including children- even in schools and churches. Leisure activities are increasingly associated with spectator sports, watching TV and computer/video engagement.

There is a lack of physical activity in children as school sports are usually limited to a set team number. Also there is a limited number of walking trails, sidewalks, and bike paths within close proximity of much of the population. There are seven fitness/recreation centers (two of which allow limited access to children), one skateboard facility, and one ski resort in the county, but all require transportation and money for teens/preteens to access.

The Waynesville Recreation Center and Haywood Recreation Department provide opportunities for children to participate in soccer, baseball, basketball, and swim teams at a cost. There are also dance studios with many opportunities for those who can pay for them.

Haywood County Health Department, Healthy Haywood, and Haywood County Schools have worked together for nine years to improve opportunities for the public to participate in physical activity and to have access to better nutrition choices. Many of the activities of the physical activity coalition and the obesity prevention action team have focused on school settings with grant funds. During that time, grants have funded two school walking tracks for children and the public to use for walking, running, and biking (Clyde Elementary and North Canton Elementary), six climbing walls in local elementary schools, adaptive tricycles for use by special needs children at both elementary and high school level, activity boxes and

training for classroom teachers to use in all nine elementary schools to structure physical activity during classroom time, after-school biking clubs established at Jonathan Valley and North Canton Elementary Schools, Gamebikes for Jonathan Valley Elementary School and Dancepads for Meadowbrook and North Canton Elementary Schools to use in structured PE time and as a student reward.

The coalition has also sponsored four children to attend the weight loss programs at Haywood Regional Medical Center and Wellspring Camp for children and provided scholarships for four children to attend a new “Fit Kids” program at Waynesville Recreation Center for overweight elementary school age children.

The coalition introduced policies that have been created to allow children to ride bicycles at the following locations: Clyde Elementary School track, North Canton Elementary School track, and Waynesville Recreation track. Another important policy the coalition worked on was the approval of a walking/mountain biking trail on the Rough Creek Watershed owned by the Town of Canton. The Healthy Haywood team and Haywood County Health Department received funding from the NC Health and Wellness Trust Fund to build the trail which opened to the public in June 2008.

The State of North Carolina Department of Public Instruction requires that local public schools offer children in grades K - 8 thirty minutes of physical activity daily. This is accomplished in Haywood County with a combination of two days per week with a certified physical education teacher and three days with planned physical activity led by classroom teachers in elementary schools. Middle schools also meet this requirement with daily physical education classes or physical activity led by classroom teachers. (49)

In January 2007, the health department initially sponsored “Girls On The Run” at Bethel Elementary School with one nurse, one health educator, and one running volunteer serving as coaches for sixteen girls in grades three through six. In the fall of 2007, the county had 6 volunteers working with thirty-one girls at three sites – Waynesville Recreation Center, North Canton Elementary School, and Central United Methodist Church in Canton. The program grew to 10 volunteers serving 61 girls at 5 sites in 2008. “Girls On The Run” includes a 14-week curriculum that emphasizes self-esteem and healthy choices for girls in grades three through six. It also includes running and other physical activities that train the girls to participate in a final 5k run at the end of the program. A similar program, “Girls On Track” was offered in the Fall of 2008 at Canton Middle School with 2 volunteers and 10 girls. (50)

Other special projects of the Healthy Haywood physical activity /obesity prevention action teams have included:

- Fitness Challenge - annual event that allows residents to participate in numerous physical activities including hikes, exercise classes, and 24 visits to each of the fitness centers in the county for a small fee. In 2007, approximately 1,300 people participated.
- Family Fun Day - a health education and physical activity event for families with young children. 2008 was our tenth year presenting this event with approximately 300 participants.

- Inspiration of the Month - a special program to recognize individuals publicly who have made lifestyle changes that have greatly improved their health. The program allows the public to nominate individuals for this recognition and includes a major news article written about the individual. This serves as a reward to the individual and an example to others in the county so they too might decide to make healthy choices.
- Haywood County Fitness Finders - a resource booklet to help residents find programs and locations/facilities to be physically active. The booklet will soon be in its third printing.
- Co-sponsored Power of Pink walk/run event to raise funds for mammograms with Healthy Haywood Cancer Action Team, Haywood County Health Department, and Haywood Regional Medical Center. (*See Cancer Action Team for details*)

In addition, the coalition has worked to present numerous nutrition education campaigns in the schools, especially focusing on increasing fruit and vegetable intake and switching all milk from whole or 2% fat to 1% fat or less. In 2007, the NC Department of Public Instruction required all schools to eliminate whole and 2% fat milk. Flavored milks are still available in Haywood County, but all milk is 1% fat. Over the years, this will decrease fat and cholesterol intake and lead children to develop a lifetime habit of drinking low fat milk. The federal WIC program will implement a requirement for all participants over two years of age to receive 2% or less fat milk as of January 2009. In 2007, the health promotion section of the health department received a grant including funds for cooking equipment for teachers to use in the classroom and for cafeteria workers to make smoothies for children at Jonathan Valley Elementary School. A training workshop provided nutrition education and prepared staff to use the equipment.

Mental Health

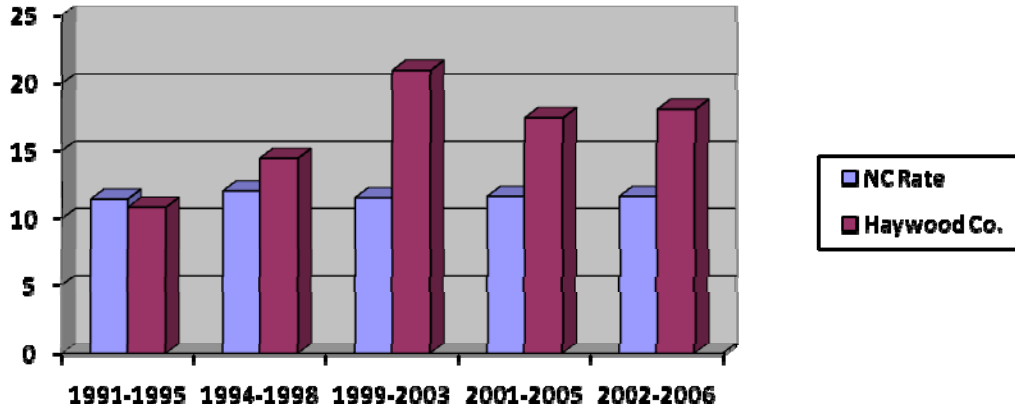
Mental Health was first chosen by Healthy Haywood as a health priority in 2000 and has remained a priority. As cited previously in this document, there are numerous economic and social factors that contribute to mental health issues. Financial and health concerns contribute to a sense of hopelessness and unhealthy lifestyles.

The suicide rate in Haywood County has steadily increased over the 15+ years since 1991. The rate of suicides during 2002-2006 remains higher than the state rate (18.1 vs 11.6 per 100,000 population).

The chart below depicts most recent suicide data with rates expressed per 100,000 population. (51)

	# Suicides	County Rate	State Rate
1991-1995	31	10.8	11.4
1994-1998	38	14.4	12.0
1999-2003	63	21.0	11.5
2001-2005	54	17.5	11.6
2002-2006	53	18.1	11.6

**Suicide Death Rate 1991-2006 Haywood County/NC Comparison
Rate per 100,000 Population**



According to the Haywood County Sheriff’s Department, illegal use of prescription drugs (usually pain killers) has increased in Haywood County. Cocaine use also continues to be a major problem. Haywood County has seen a dramatic decrease in methamphetamine labs in recent years. In 2007, law enforcement officers found four abandoned meth labs and no active meth labs (as opposed to 17 active labs three years ago). Law enforcement officers credit the new law requiring pseudoephedrine to be a “behind the counter” drug as making a great impact on meth production. Rising concern is the use of crystal meth, mostly trafficked from Mexico. (52)

Another substance abuse concern in the county is that of alcohol. Chronic liver disease/cirrhosis as a leading cause of death in the county indicates a high use of alcohol in our population. Alcohol has also been cited as a risk factor for certain types of cancer, heart disease, and diabetes. Impaired mental conditions contribute to injury rates from suicides, homicides, domestic violence and motor vehicle crashes.

In response to mental health concerns, Healthy Haywood formed a mental health action team in 2003. Since 2004, 65 high school students have been trained to present an anti-alcohol, anti-drug message to teens just before they begin driving. They call themselves TABU 21 (Teens Against Booze Under 21). They teach a two-hour component of the driver’s education classes at Pisgah and Tuscola High Schools. They also reach out to even younger students with this information by presenting to middle school and elementary age children in school and in after school programs. This is a project the action team hopes to keep going for many years.

Specific projects the mental health action team has completed this year include:

- creating a postpartum depression brochure for use at Haywood County Health Department
- promotion of the 211 service in county to help citizens be able to reach services they need

- distribution of key chain for new drivers with “don’t drink and drive” and suicide prevention hotline messages on it
- continuation of Teens Against Booze Under 21 (TABU 21) – *see above*
- serving on the newly-formed Safe and Drug Free Schools coalition in the county
- parenting education articles in local newspaper.

Lung Disease

According to the 2007-2008 End of Year NC School Health Nursing Report, asthma is the chronic condition that affects more children in the public school system than any other disease. (53) Asthma specialists say that children who go untreated risk developing scar tissue and permanent loss of lung function due to inflammation. According to the North Carolina State Center for Health Statistics, Western North Carolina has the highest rate of asthma in the state. (54) In 2006, Haywood County had 79 hospital discharges for asthma, a rate of 139.4 per 100,000 population. The state rate was 118.5. (55)

Smoking appears to be a major contributor to our respiratory death and disease rates. Haywood County Schools participated in the North Carolina Youth Tobacco Survey in 2005 with the following results:

<u>Current Use of Cigarettes</u>	<u>Haywood County</u>	<u>North Carolina</u>
High School	38.4%	20.3%
Middle School	10.0%	5.8% (56)

As cited previously in this report, one of four pregnant women in Haywood County smoke, contributing to personal health problems as well as allergies, asthma, and numerous potential health problems for their newborns and other family members. Overall adult smoking in Haywood County is estimated to be 24%. (57) Approximately one in three households (29.6%) allow smoking in the home. (58) The British Medical Journal published a study finding secondhand smoke to increase the risk of coronary heart disease by 50-60%, a serious cause of death and disease. (59) The Helena Heart Study found an immediate drop in heart attacks after the city of Helena, Montana enacted a smoke-free workplace law. (60)

Respiratory disease is a major cause of death and was a focus for Healthy Haywood for nine years. The Asthma Action Team sponsored several asthma education workshops for parents of children with asthma and daycare providers, and provided educational displays at various health fairs.

Accomplishments of the group include:

- 100% Tobacco-Free Health Department grounds, vehicles, and buildings policy passed and implemented by Haywood County Board of Health.
- 100% Tobacco-Free policy implemented by Central United Methodist Church in Canton.
- 100% Tobacco-Free policy implemented at Haywood Community College
 - * Great American Smoke-out event at Haywood Community College
 - * Provided 100 tobacco cessation kits to Haywood Community College

In 2004, the health department initiated TRU (Tobacco. Reality. Unfiltered.) Clubs at Pisgah and Tuscola High Schools to empower teens to ask for tobacco free environments, enable them to help their peers quit smoking, and to promote prevention of tobacco use initiation in youth. In 2007, 39 teens joined a TRU club at one of three high schools – Pisgah, Tuscola, Haywood Early College and participated in six hours of training to become presenters to the fifth grade students using the “Teens Against Tobacco Use” (TATU) curriculum. The health department has sponsored the TATU program for ten years.

Haywood TRU students

- First approached the Board of Education with a plea for Tobacco-Free Schools in May 2005. After many presentations to the board by the students, the Board adopted a 100% Tobacco-Free Schools policy in March 2006 with full implementation in August 2007. TRU students promoted the policy by putting up signs, making announcements at football games, and providing tobacco survivor stations at ballgames to help people not use tobacco during the event. The NC Health and Wellness Trust Fund provided funding for newspaper ads to remind the public about the 100% Tobacco-Free Schools policy and help seek compliance with the policy at all school events.
- The groups usually reach approximately 600 fifth grade students with their smoking/tobacco use prevention education program TATU (Teens Against Tobacco Use) each year.

Cancer

In 2007, the Cancer Action Team worked with the American Cancer Society to promote cancer prevention and early detection through numerous educational booths at health fairs in the county. Over 25,000 individuals were reached with information specifically about skin cancer with displays at two Relay for Life events and at the Haywood County Fair. The Teens Against Tobacco Use program included an emphasis on Spit tobacco as well as smoking. Haywood County statistics from the 2005 Youth Survey revealed:

<u>Current Spit Tobacco Use</u>	<u>Haywood County</u>	<u>North Carolina</u>
High School	19.0%	9.2%
Middle School	5.6%	2.7% (61)

Goals/accomplishments of the group include:

- Worked with Asthma Action Team to support implementation of 100% Tobacco-Free policies and to present Teens Against Tobacco Use programs in the schools. (*See Lung Disease Section of Report*)
- Skin cancer education programs for 40 daycare providers and for 100 daycare children.
- Power of Pink Event co-sponsored by Healthy Haywood, Haywood County Health Department, and Haywood Regional Medical Center to raise money for mammograms for low-income women in 2007 and 2008. Two hundred fifty participants and 50 volunteers worked together to raise \$20,000 for the program. The event included a 20-mile relay for women only (5 women per team), and for anyone, a 5k run and a one-mile

walk. This event can sponsor over 100 mammograms for women in need! We expect this annual event to grow over the years!

- Indoor Air Quality measure of 28 restaurants showed that restaurants with no smoking control policy had three times the level of hazardous particulates than is considered healthy levels by the US Environmental Protection Agency.

Colorectal cancer is the second leading cause of death from cancer in Haywood County. A major concern still evident is the need for doctors to give more recommendations for colorectal exams for patients over age 50. Thirty four percent of adults questioned in the 2005 Behavioral Risk Factor Surveillance System Study in Western North Carolina stated that their medical provider never suggested they get a colorectal screening. (62)

Injury

One of the major concerns in Haywood County is highway safety. Motor vehicle injury remains in the top ten leading causes of death as it has for many years.

The Haywood County Tourism Office cites rising motel occupancy taxes, increased traffic, and increased number of motels and restaurants open seasonally as indicators of a swell in the population of the county at certain times of the year. (63) Many people live here as summer/fall residents only. Also, numerous tourists visit the area in summer and fall due to the spectacular views and beautiful fall colors. As a rural area in the Southern Appalachian Mountains of Western North Carolina, Haywood County has many curvy roads that create concerns for travel safety for drivers unfamiliar with the roads. Winter snow and ice also create driving hazards. Interstate 40 goes through Haywood County from Buncombe County in the East to Tennessee in the North. The I-40 corridor that passes through the narrow and curvy Pigeon Gorge in Northern Haywood County is noted to be one of the most dangerous sections of Interstate in the United States. In recent years, the NC Highway Patrol has increased patrol efforts in that area to help decrease traffic crashes. Most crashes in Haywood County occur on secondary, NC, and US roads due to excess speed and following too closely. Western North Carolina has become a destination for motorcycle riders, increasing the need for vigilance by drivers in Haywood County. Major concerns also include the passage of bio-hazardous wastes on our roads through the county as well as drug trafficking. (64)

A November 2008 Mother's Against Drunk Driving report cites that 56 people were arrested in August for Driving While Impaired. On September 30, an alcohol-related highway death occurred in the county. Eighteen days later, another person was killed by a drunk driver. Thirty-nine DWI arrests in October had blood alcohol levels as high as .30, an extremely high level. (65)

IV. Community Assessment Process

From August 2007 through February 2008, 35 groups were surveyed regarding health concerns in Haywood County. Twenty-nine of those groups participated in listening sessions

and 6 groups participated by completing answers to the same questions on paper. The listening sessions were led by a team of 14 individuals including public health educators and volunteers from the Healthy Haywood Coalition. Team members were trained by experienced public health educators to conduct sessions that allowed participants to freely express their ideas without coaching for specific answers and without concerns about confidentiality. The team members designed the questionnaire that was used for listening sessions and also used as a paper questionnaire administered to the workers of our largest employers. Listening sessions were conducted strategically throughout the county with 404 participants. The 6 worksites collected paper questionnaires from 141 individuals. Thus, a total of 545 individuals gave input into the primary data used for the 2008 assessment.

Questions used for the listening sessions included (**Appendix B**):

1. Have you ever heard of Healthy Haywood?
2. Have you participated in any of our programs?
3. What do you do to stay healthy?
4. Do you get regular health care? If yes – Where? If no – Why not?
5. What keeps people in Haywood County from being healthy?
6. What are the serious health problems in Haywood County?
7. What could be done to solve these problems?
8. What makes it hard for people to get health information and care?
9. Additional Comments

Groups for the listening sessions were chosen to include all geographical regions of the county and to include diversity of the county population: including Hispanics, African Americans, native rural Appalachian residents, and individuals from a broad age span as well as all economic levels. The groups that participated in the surveys/listening sessions are listed below:

Geographic Representations:

Beaverdam Community Development Club
Bethel Rural Community Development Club
Crabtree/Ironduff Community Development Center
Cruso Community Development Club
Fines Creek Community Development Club
North Hominy Community Development Club
Pigeon Community Development Club
Saunook Fire Department

Targeted Populations:

African Americans – Pigeon Community Development Club
Elderly – Junalusks
Latinos – Manos Latinas, Hispanic Mother's Group
Limited Education – Haywood Community College ESL
Low Income – Open Door Clients
Medical Providers - Haywood County Health Department Employees, Haywood
Regional Medical Center Employees

Men – Man to Man Support Group, Waynesville and Saunook Fire Departments
Parents – Hispanic Mothers Group, Family Support Network
Teens – Haywood Early College, Pisgah and Tuscola High TRU Clubs
Women – Democratic Women

Paper Surveys:

Board of Health
Haywood Regional Medical Center Employees
Mountaineer Newspaper Employees
Walmart Employees

Data was gathered from each listening session. Answers were compiled for each question from all the groups and then listed in order by the frequency with which each response was mentioned. Findings were listed in order of frequency of responses along with notable quotes. This information in conjunction with outstanding health data from our community diagnosis statistics book and other resources for pertinent or sentinel data were presented in a priority-setting meeting. (**See power point presentation – Appendix C**). The meeting was attended by fifty-three people who represented the listening session groups, members of the Health Haywood Coalition Action Teams, and other community leaders and decision-makers including county commissioners, board of health members, and board of education members. Hispanic and African American populations were represented in the priority meeting as well. After seeing the data/health presentation, the group voted on the top health priorities that Healthy Haywood should focus on for the next four years. At each table, individuals completed a priority sheet (**See Appendix D**). Each table made a tally of the total count the individuals gave each of 10 health issues (**See Appendix E**). A representative of each table brought their table score to an over-all count sheet. (**See Appendix F**). The priorities chosen at the meeting by the county-wide group are listed below.

Healthy Haywood Priorities:

- (1) Overweight/Nutrition
- (2) Cardiovascular Disease
- (3) Substance Abuse
- (4) Cancer
- (5) Mental Health
- (6) Diabetes
- (7) Lack of Access to Care
- (8) Asthma and Lung Problems
- (9) Dental Health
- (10)STDs, AIDS, Communicable Disease

These topics were then presented to the Healthy Haywood Steering Committee to further define and put into a manageable number of action teams. The final Action Teams for Healthy Haywood, 2009-2012 include:

- (1) **Healthy Living Action Team** (primary focus - overweight/nutrition; secondary focus - cardiovascular disease, cancer, diabetes, and lack of access to care)

- (2) **Mental Health Action Team** (to include lack of access to care)
- (3) **Substance Abuse Action Team** (to include focus on alcohol, tobacco and other drugs and lack of access to care)

After the Healthy Haywood Steering Committee took a final vote on the action team formations, the Haywood County Board of Health reviewed the prioritization process and gave support to these topics recommended by the community.

V. Community Health Action Plan

Following is a list of the community action plans for Healthy Haywood for the coming four years. Details will be available in the Healthy Haywood application for recertification in May 2009.

Healthy Living Action Team

- Church healthy food choice program
- Continue (and expand) county-wide fitness challenge
- Update and distribute Haywood County Fitness Finder
- Sponsor “Fit Kids” after school program at Waynesville Recreation Center
- Pilot “Walk to School” program with at least one school
- Develop and distribute healthy cookbook
- Develop and distribute healthy menus and recipes through local grocers and WIC program
- Partner with Haywood County Recreation & Parks and Cooperative Extension To expand community gardens reaching populations in need
- Continue co-sponsorship of “Power of Pink” relay to raise funds for mammograms for low-income women

Mental Health Action Team

- Train faith-based community to enable their outreach re: mental health issues
- Promote healthy family/healthy environment counseling with “positive psychology”
- Develop anxiety awareness tool for distribution to children and adults
- Provide posters with stress management techniques throughout county
- Implement screening tools for depression in various populations and make referrals (ie; “Healthy Ideas” evidence-based model)
- Mental health awareness campaign for all socio-economic levels

Substance Abuse

Adult Services

- Identify providers to expand Suboxone treatment in Haywood County
- Develop system to obtain and disseminate accurate, thorough data re: substance abuse in Haywood County
- Resource list for public of access to care
- Education modules for specific populations (law enforcement, media..)
- Merchant education re: alcohol sales

- Holiday education campaign

Children's Services

- Provide community forums that focus on risky behaviors related to substance abuse and their effects
- Implement at least 4 evidence-based programs for youth and parents in various venues
- Continue Teens Against Booze Under 21 program (+ audiences, parent support group)
- Seek implementation of "Alternative To Suspension" policy with county school system for tobacco use offenders
- Implement "Healthy Living" summer and or spring camp for children in partnership with county agencies
- Pursue implementation of court-ordered substance abuse program for underage drug offenders
- Work with DSS to enforce mandated parenting classes as part of safety contract after domestic violence
- Establish media campaign targeting youth on alcohol and substance abuse
- Develop merchant program to include increased alcohol sales education for merchants and alcohol treatment education for public
- Pursue "Prevent Underage Drinking" (PUD) federal funding for local programs
- Continue Teens Against Tobacco Use program

VI. Report Out

A copy of this report will be sent to each county commissioner, town manager/mayor, board of education member, legislative representative, and coordinator for each of the community health assessment listening sessions. It will also be posted on the Haywood County website and be available to the public upon request.

VII. References

- (1) Haywood County Economic Development Commission Haywood County, NC Publication May 2008
- (2) US Census Bureau <http://quickfacts.census.gov>
- (3) NC Office of Budget and Management www.osbm.state.nc.us/ncosbm/facts_and_figures/socioeconomic_data/
- (4) Interview with Haywood County Economic Development Commission Director, Mark Clasby November 2008
- (5) NC Employment Security Commission <http://eslmi40.esc.state.nc.us/ThematicLAUS/clfasp/CLFAASY.asp>
- (6) Economic Development Commission http://edc.haywoodnc.net/econ_stats.html
- (7) North Carolina Institute of Medicine <http://www.nciom.org/data/uninsured.html>
- (8) Restoration House Newsletter April 2008
- (9) Interview with Deputy Ed Gregory, Haywood County Sherriff's Department November 2008
- (10) Haywood County Sherriff's Office 2007 Statistical Report
- (11) Interview with Tray Shapiro, REACH Counselor November 2008
- (12) Interview with Haywood County Department of Social Services staff Donna Lupton November 2008
- (13) 2006 and 2007 Annual Reports NC Dept. of Juvenile Justice and Delinquent Prevention www.ncdjjdp.org
- (14) 2007-2008 Annual Report on Dropout Events and Rates www.ncpublicschools.org
- (15) <http://www.schs.state.nc.us/SCHS/data/pregnancies/2007/>
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- (17) <http://www.schs.state.nc.us/SCHS/data/pregnancies/2007/>
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- (20) Interview with Fred Trantham, Health Services Director Haywood County Schools November 2008
- (21) Interview with Cheryl Lindsay, Public Health Nurse, Haywood County Health Department November 2008
- (22) Interview with Cindy Nichols, Income Maintenance Supervisor II, Haywood County Department of Social Services December 2008
- (23) Good Samaritan Clinic of Haywood County Newsletter December 2008
- (24) Interview with Donda Bennett, Executive Director, Mountaintop Healthcare November 2008
- (25) Interview with Donda Bennet, Executive Director, Mountaintop Healthcare November 2008
- (26) Interview with Laura Janson, Counselor, Smoky Mountain Center November 2008
- (27) Haywood Restoration House Newsletter April 2008
- (28) Interview with Dr. Hayley Burdette, Public Health Dentist, Haywood County Health Department November 2008
- (29) Interview with Sarah Melton, Ombudsman, Southwestern Planning Commission November 2008
- (30) Interview with Steve Valentine, Environmental Health Supervisor, Haywood County Health Department December 2008
- (31) Interview with Steve Valentine, Environmental Health Supervisor, Haywood County Health Department December 2008
- (32) Interview with Steve Valentine, Environmental Health Supervisor, Haywood County Health Department December 2008
- (33) Interview with Steve Valentine, Environmental Health Supervisor, Haywood County Health Department December 2008
- (34) 2008 County Health Data Book NC DHHS DPH SCHS
- (35) 2008 County Health Data Book NC DHHS DPH SCHS
- (36) *Healthy Carolinians 2010 Report of the Governor's Task Force For Healthy Carolinians 2000*
- (37) *Healthy Carolinians 2010 Report of the Governor's Task Force For Healthy Carolinians 2000*
- (38) Interview with Dr. Trew Stransky, Pediatrician, Haywood Pediatrics December 2008
- (39) 2008 County Health Data Book NC DHHS DPH SCHS
- (40) 2008 County Health Data Book NC DHHS DPH SCHS Inpatient Hospitalization & Charges by Principal Diagnosis
- (41) Haywood County Health Department School Age Population BMI Study 2007
- (42) *Underage and Overweight*, Frances Berg,MS,LN Hatherleigh Press 2005
- (43) 2006 North Carolina Pregnancy Nutrition Surveillance System NutritionNC.com
- (44) 2006 North Carolina Pregnancy Nutrition Surveillance System NutritionNC.com
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- (48) Interview with Dr. Trew Stransky, Pediatrician, Haywood Pediatrics December 2008
- (49) 2008 County Health Data Book NC DHHS DPH SCHS Inpatient Hospitalization & Charges by Principal Diagnosis
- (50) Interview with Fred Trantham, Director of Health Services, Haywood County Schools November 2008
- (51) Girls On the Run of WNC Report 2008
- (52) Interview with Haywood County Sherriff's Deputy Ed Gregory November 2008
- (53) 2008 County Health Data Book NC DHHS DPH SCHS
- (54) 2007-2008 End of Year NC School Health Nursing Report
- (55) Health Risks Among North Carolina Adults: 2005 A Report from the Behavioral Risk Factor Surveillance System
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- (58) www.schs.state.nc.us/SCHS/brfss/2006
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- (60) Heart Disease Studies – no smoke.org
- (61) Heart Disease Studies – no smoke.org
- (62) Youth Tobacco Survey Summary Tables 2005 Tobacco Prevention and Control Branch
- (63) Health Risks Among North Carolina Adults: 2005 A Report from the Behavioral Risk Factor Surveillance System
- (64) Interview with Sherry Warren Haywood County Tourism Office December 2008
- (65) Interview with Sgt. Brian Tucker, NC Highway Patrol December 2008
- (66) Mothers Against Drunk Driving November 2008 Report

Report Prepared by: Marcia Tate, Health Education Director, Haywood County Health Department

VIII. Appendices

A. Haywood County Map

B. Listening Session Questions for Health Prioritization

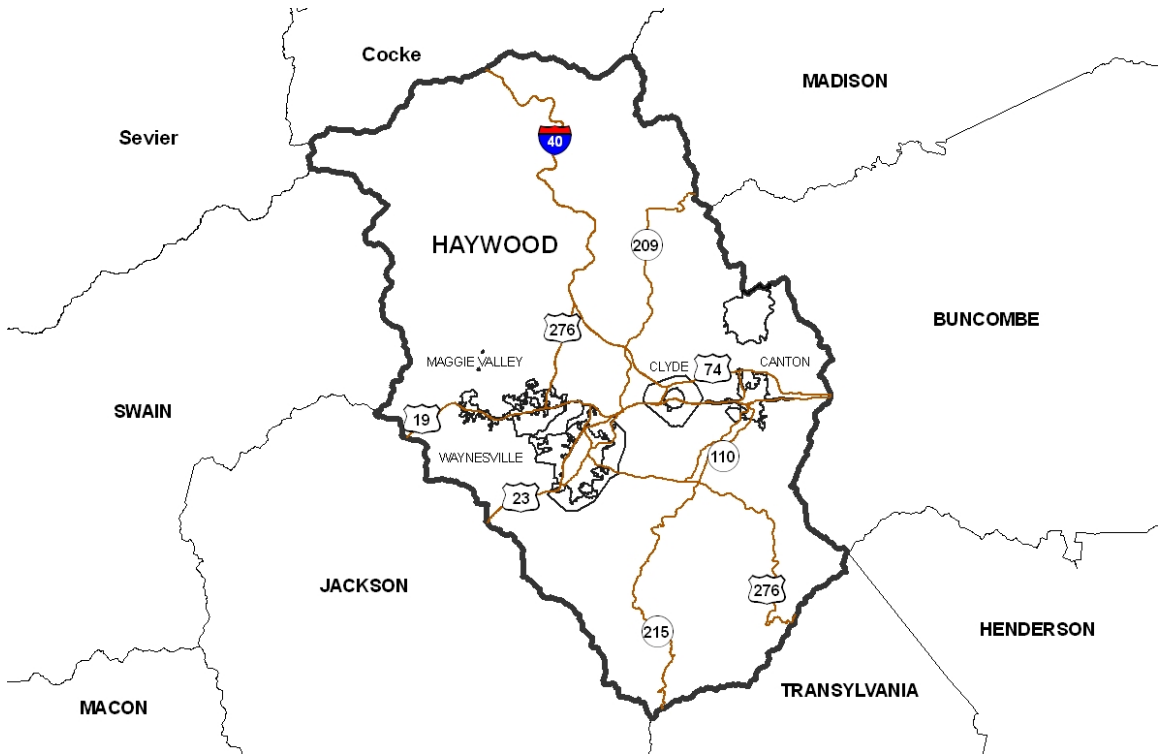
C. Community Perspectives on Health Power Point

D. Haywood County Health Priorities – Individual Ratings

E. Prioritization Meeting Table Tally Sheet

F. Prioritization Meeting Total County of Priorities

APPENDIX A. Haywood County Map



APPENDIX B. Listening Session Questions for Health Prioritization



Listening Sessions 2007 – 2008

1. Have you ever heard of Healthy Haywood? Yes No
2. Have you participated in any of our programs? Yes No
3. What do you do to stay healthy?
4. Do you get regular health care? Yes No
 If yes – Where?

 If no – Why not?
5. What keeps people in Haywood County from being healthy?
6. What are the serious health problems in Haywood County?
7. What could be done to solve these problems?
8. What makes it hard for people to get health information and care?
9. Additional Comments

We value your input and appreciate you taking the time to answer these questions.

APPENDIX C. Community Perspectives on Health Power Point

APPENDIX D. Haywood County Health Priorities – Individual Rating Sheet

APPENDIX E. Prioritization Meeting Table Tally Sheet

Haywood County Health Priorities 2009-2012 Table Tally Sheet

HEALTH ISSUES	TOTALS
1. Overweight/Poor Nutrition	
2. Substance Abuse (Drugs/Alcohol/Tobacco)	
3. Cardiovascular Disease	
4. Diabetes	
5. Mental Health	
6. Cancer	
7. Asthma & Lung Problems	
8. Lack of Access to Care	
9. STDs, AIDS, Communicable Disease	
10. Dental Health	

APPENDIX F. Prioritization Meeting Total County of Priorities

Haywood County Health Priorities 2009-2012

Total Count

HEALTH ISSUES	TOTALS
1. Overweight/Poor Nutrition	
2. Substance Abuse (Drugs/Alcohol/Tobacco)	
3. Cardiovascular Disease	
4. Diabetes	
5. Mental Health	
6. Cancer	
7. Asthma & Lung Problems	
8. Lack of Access to Care	
9. STDs, AIDS, Communicable Disease	
10. Dental Health	