

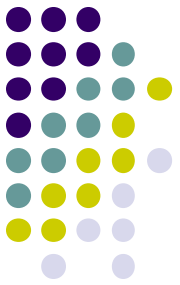
# Yancey County, NC 2010 State of the County Health Report

Prepared by:

Yancey County Health Department  
Toe River Health District

Healthy Carolinians Partnership

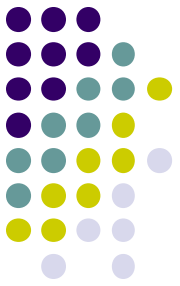




# Top three Health Priorities From the 2009 Community Health Assessment ...

## Why Were They Selected?

# I. High Cost and Lack of Health Insurance



Compared to North Carolina rates, the following shows that Yancey County residents are typically below state levels:

	<u>Yancey</u>	<u>N.C.</u>
Percent Uninsured Adults, ages 19-64	25.6% (high)*	19.5% <sup>1</sup>
Percent Uninsured Children, ages 0-18	12.3%	11.3% <sup>1</sup>
Poverty Rate	15.8%	12.3% <sup>2</sup>
Child Poverty Rate	22.1%	15.7% <sup>2</sup>
Unemployment rate (10/09)	11.4%	10.7% <sup>3</sup>
Per Capita Income	\$21,982	\$32,247 <sup>2</sup>

Rank of high= Yancey County is one of 25 counties with highest % of uninsured in the state

1 NC Institute of Medicine & Sheps Center for Health Services Research 2006-2007

2 NC Rural Economic Development Center, Raleigh, NC 2007

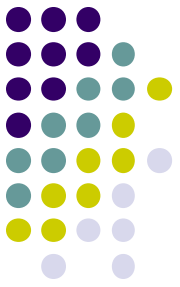
3 NC Employment Commission

# What has the community done so far?



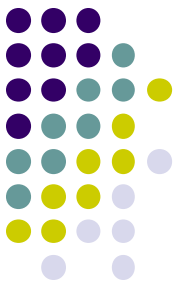
- Health Insurance Committee formed comprised of representatives from Toe River Project Access, Access II Care, Yancey County Health Department, Centro de Enlace, Diabetes Education, and School Based Health Centers
- Directory of Services is in progress showcasing organizations that serve the uninsured and underinsured.
- January, 2010: Toe River Project Access received a grant to increase access to health care for 90 Yancey County adult residents. Currently 41 uninsured patients have received medical care through this grant
- 50 uninsured adults have been referred to the Yancey County Diabetes Self-Management Education Program by local health care providers regardless of ability to pay and 28 have participated
- TRHD Farmworker Program provided primary care and specialty services to 48 Yancey County farmworkers for a total of 168 medical encounters at a low co-pay. The number of medical encounters has nearly doubled since 2009.

# High Cost & Lack of Health Insurance cont'd.



- The Yancey County Health Department (YCHD) has expanded access to care for uninsured adults by adding a nurse position to the Rural Health Clinic (RHC). YCHD RHC has increased the average number of patient visits per month from 143 to 190 by hiring an RN. The YCHD RHC also initiated a contract with a local private practice to offer after-hours coverage for 367 patients which began Oct 1, 2010.

# II. Mental Health & Prescription Drug Abuse



- Suicide is the 10<sup>th</sup> leading cause of death in Yancey County, claiming 15 lives between 2003-2007<sup>1</sup>
- Yancey County is understaffed for substance abuse counselors with much substance abuse going untreated<sup>2</sup>
- There is no child psychiatrist available through the MH system in Yancey County<sup>2</sup>
- Yancey County is below the State and Western NC average for dispensed outpatient prescriptions for controlled substances, however, is above the state rate and close to the WNC rate for unintentional & undetermined intent poisoning deaths<sup>3</sup>
- The number of prescriptions for these controlled substances is highest for ages 40-59<sup>3</sup>
- According to Yancey County Lieutenant Tom Farmer, the fastest growing group for prescription drug abuse is ages 13-19. The County's 2007 Youth Risk Behavioral Survey revealed that 6.8% of middle school students had taken prescription drugs to get high sometime during their life

## Mental Health cont'd.



- Compared to the state and its peer counties, Yancey has half the number of psychologists and counselors per 10,000 population<sup>4</sup>
- Western Highland Network, which includes Yancey has the highest hospital emergency room mental health admissions rate in the state; “Blue Ridge Regional Hospital is experiencing more emergency room use and admissions for the psychologically unstable, often without ability to pay.”<sup>5</sup>
- “Law enforcement is spending much of their time detaining, responding, and supervising emergency MH situations due to lack of local psychiatric support/resources. There are no psychiatric beds at Blue Ridge Regional Hospital.”<sup>6</sup>

<sup>1</sup> Mortality Data Source: NC State Center for Health Statistics, August 2009

<sup>2</sup> Ann Doucette, Former Regional Director of Alpha Omega Health, Key Informant Interview, 8/6/2009

<sup>3</sup> NC Controlled Substances Reporting System, NC Dept. of Health and Human Services, Div. Mental Health/Developmental Disabilities/Substance Abuse Services, 2008. 919-733-1765 ext. 248

<sup>4</sup> NC Catch, 2006 data

<sup>5</sup> Keith Holtzclaw, CEO, Blue Ridge Regional Hospital System, Key Informant Interview, 4/24/2009

<sup>6</sup> Tom Farmer, Lieutenant with Yancey County Sheriff's Dept., Key Informant Interview, 8/25/2009

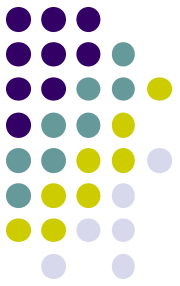
# What has the community done so far?



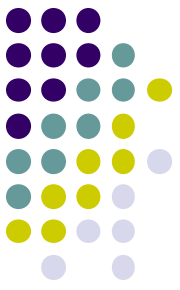
- Mental Health task force formed comprised of representatives from: Yancey County Schools, Blue Ridge Area Foundation, WHMNCFAC, Yancey Mental Health Association, RHA Behavioral Health, Western Highland Network, Families Together, Access II Care, Blue Ridge Fitness & Rehab, and private counselors
- Mental Health and Substance Abuse Directory to be distributed to the community in December, 2010
- June, 2010: Prescription Drug Abuse Community Forum held with 75 community members attending
- Prescription Drug Abuse task force formed, comprised of the following representatives: health care providers, mental health & substance abuse counselors, pharmacists, Healthy Yancey/Graham Children's Health Services non-profits, School System including teachers, administrators, school board members, and school counselors, youth group leaders, law enforcement, local government, health department, faith community, members of the recovery community, and a drug prevention/awareness group



# Mental Health cont'd

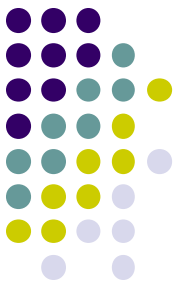


- Since June many task force and sub-committee meetings have taken place along with a large amount of media coverage
- September: Al-Anon & Al-Ateen group start-up through a local church offering two meetings per week
- September: Chief Deputy for County Law Enforcement announced substance abuse counseling now being provided at county jail
- September: Fifteen community members from Yancey and Mitchell Counties attended 2 1/2 days of training of FACE-IT (Facing Addiction Through Community Empowerment & Intervention Training)
- October: Red-Ribbon Week set aside for drug and alcohol abuse awareness, including schools; two showings of “The Dreamer” at local theatre, a movie about improving parent/child communications & written information about drug abuse and parenting passed out to parents, 250 adults and children attended
- Drug Turn-In Day in process of being planned
- Listening sessions for student groups at the high school to elicit thoughts on teen use of drugs & prevention planned for December



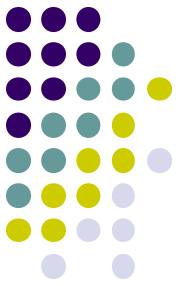
- Effort underway to convince all health care providers including pharmacists to voluntarily use the NC Control Substance Reporting System
- ARP has funded and filled 3.25 FTE substance abuse counselor positions for Mitchell and Yancey Counties for youth and adults. This is an increase from 1 position one year ago.
- A few years ago there were no substance abuse youth services in Yancey County: ARP/Families Together/Western Highland Network now partner to target and develop treatment resources for youth with substance abuse problems including outpatient services, group counseling and interventions in the schools
- ARP leads a community coalition for youth drug prevention in Yancey County
- Neil Dobbins Crisis Stabilization Unit , a free standing non-hospital facility located in Asheville provides substance abuse and mental health crisis services around the clock: Medical Director, psychiatric nurses, crisis beds, medical detox. Utilization of the crisis component is growing with 20 adults from Yancey County using the facility in the past year.

# III. Lifestyle Choices: Poor Nutrition, Tobacco Use, Lack of Physical Activity and Obesity



- According to data collected in 2008 by Yancey County school nurses and PE teachers, 18.5% of Kindergarten children, 25% of 3<sup>rd</sup> graders, and 30% of 6<sup>th</sup> graders are obese. Over half of adults in Yancey County are obese.<sup>1</sup>
- Only 26% of adults in the county report eating 5 servings of fruit/vegetables daily<sup>1</sup> and 28% of middle school children report eating fruit in the past 7 days one or more times per day.<sup>2</sup>
- Only 45% of middle school youth reported participating in aerobic exercise for 20 minutes 6-7 days per week.<sup>2</sup>
- 24% of middle school youth have chewed tobacco or snuff beginning as young as age 9 and smoking for some youth can also start at age 9.<sup>2</sup>

# What has the community done so far?



- Collaborative efforts between the Department of Transportation, Healthy Yancey, YCHD- Health Promotion, GCHS, the citizens of Yancey County and the Town of Burnsville resulted in the extension and completion of a sidewalk connecting North Main Street with a public park, May, 2010 in order to improve safety and encourage more walking between the two points. The addition of activities such as beach volleyball, and repair and upgrade of the park along with a reconfiguration of the parking lot, making the entrance and exit more safe and friendly has resulted in increased utilization by the Hispanic, African American, and Anglo communities.
- The Yancey County Transportation Task Force has been meeting since January, 2010. The pedestrian component has successfully advocated for a mile of paved walking and biking accessibility from town limits to the High School. (10' wide and 39 feet from the highway). 80% of the construction cost will be funded by DOT during the 4-lane expansion between 2012-2014
- During the same construction phase, sidewalks will be included within town limits



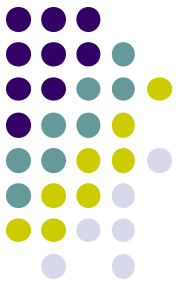
## Lifestyle cont'd.

Yancey County Schools have made these healthy changes in the breakfast and lunch menus school year 2010-2011: elimination of Little Debbie snacks at middle/high schools, following beverage recommendations from the Alliance for a Healthier Generation, elimination of sugary beverages at the middle schools, replacement of Pizza Hut pizza with chicken & school cheese pizza (no pepperoni), offering waffle “sunwich” for breakfast, whole grain spaghetti noodles, reduced sodium green beans, corn, and peas from USDA, dried Great Northern beans from USDA, reduced sugar vanilla flavored milk as a milk option, varying apple varieties every two weeks in the NC Farm to School program

- New policies for after-school programs at 5 school sites includes: only water or milk for beverages, only healthy snacks ( no chips and sweets), between 15- 75 minutes of aerobic type activity daily, including hip-hop
- BMI data continues to be collected for grades K, 3, and 6 by the Yancey County School System

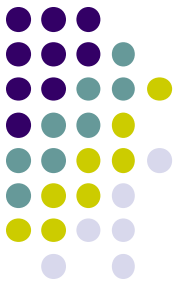
## Lifestyle cont'd.

- TRU Voices- is a high school club focusing on teen tobacco use prevention and cessation with funding from NC Health and Wellness Trust Fund. TRU youth in Yancey County are receiving training and participating in the following activities: Peer-to-peer education- educating youth about tobacco initiation, prevention, and cessation in schools and community centers; Advocacy- promoting 100% tobacco free schools policy; Media literacy- learning how the media affects teen tobacco use; Media advocacy- creating tobacco prevention media messages and materials; Merchant Education- educating local merchants about under-age tobacco sales
- Healthy Yancey Lifestyle subcommittee researched, designed and published a food assistance guide for anyone living in Yancey County who may need food, titled, "Hungry? We Can Help." Fourteen community agencies are listed. The guide was distributed community wide in November and December, 2010.



- Dig In! Yancey Community Garden broke ground April, 2010 organized by a group of volunteers, who have grown over 2000 pounds of fresh produce for hunger relief agencies, including a soup kitchen which feeds dinner to 170 people/week. It's educational mission is to offer youth and adults experiences in how to grow fresh, healthy food while volunteering in the garden.
- High Peaks Trail Association is a local organization dedicated to increasing access to popular trails in the county through improving trail head visibility, signage, trail maintenance, and organization of family friendly hikes. Through partnering with HY Lifestyle subcommittee the goal is to increase opportunities and motivation for people to be active.

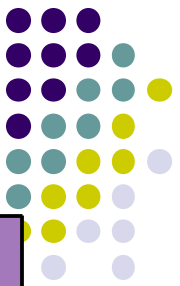




# **Review of Major Health Indicators for Yancey County...**



# Top Ten Leading Causes of Death in Yancey County, age-adjusted comparison



CAUSE OF DEATH: Per 100,000 population	YC 2005-2009	YC 2002-2006	YC 2001-2005	NC Death Rate 2005-2009	NC Death Rate 2002-2006
Heart Disease	169.9	195.2	199.9	191.7	217.9
Cancer	181.3	160.8	158.1	185.6	196.4
Chronic Lower Respiratory Disease	56.2	58.0	51.6	47	47.1
Cerebrovascular Disease	37.6	41.7	46.4	50.5	61.1
Other Unintentional Injuries	34.1	33.0	34	28.6	27.0
Alzheimer's Disease	28.1	29.6	26.3	28.3	27.7
Diabetes Mellitus	N/A (16)	28.9	29.1	23.6	27.1
Pneumonia/Influenza	18.7	18.8	15.2	19.4	22.5
Motor Vehicle Injuries	N/A(13)	13.0	12.9	17.6	19.1
Suicide	N/A(16)	13.0	12.3	12.0	11.6

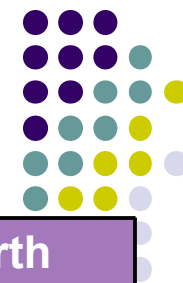
SCHS North Carolina Data Book 2008: Ranking, Number of Deaths, and Adjusted Death Rates per 100,000 Population  
 N/A indicates rates based on fewer than 20 cases    ( ) = # of actual deaths

# Top Ten Hospital Discharge Rates for Diseases, Injuries, and Disabilities (Morbidity) in Yancey County, A Comparison



Diagnostic Category (Ranked by Yancey Rate Data)	2009 Yancey Discharge Rate	2006 Yancey Discharge Rate	2009 NC Discharge Rate	2006 NC Discharge Rate
Cardiovascular/Circulatory Disease	16.9	22.5	17.1	18.6
Respiratory Diseases	18.9	18.8	10.5	10.6
Heart Disease	12.5	16.0	11.4	12.7
Digestive System Diseases	11.8	13.7	9.7	10.7
Pneumonia/Influenza	8.6	9.6	3.5	3.7
Injuries and Poisoning	10.3	9.5	8.3	8.6
Musculoskeletal System Diseases	7.0	7.5	6.1	6.0
Other Diagnoses (Mental Disorders)	5.0	6.9	8.9	8.7
Genitourinary	6.4	6.6	4.8	5.3
Malignant Neoplasms	4.7	5.1	3.4	3.9

# Other Health Related Information Pertinent to Yancey County



People Statistics	Yancey County	North Carolina
Total Population, 2007	18,853	8, 856,505
Population, under 5 yrs. old, 2007	5.5%	6.9%
Population 5-19, 2007	16.1%	20.7%
Population 20-64, 2007	60.4%	59.8%
Population 65+, 2007	18%	12.7%
% Estimate of Uninsured, Ages 0-17 yrs.	12.3%	11.3%
% Estimate of Uninsured, Ages 18-64 yrs.	25.6% high*	19.5%
Per Capita Income, 2005	\$21,238	\$32,234
% Unemployed, as of October, 2010	9.7%	9.1%
% Individuals Below Poverty Level	15.8%	14.9%
Teen Pregnancies per 1,000 Girls, Ages 15-17	16.7	33.6

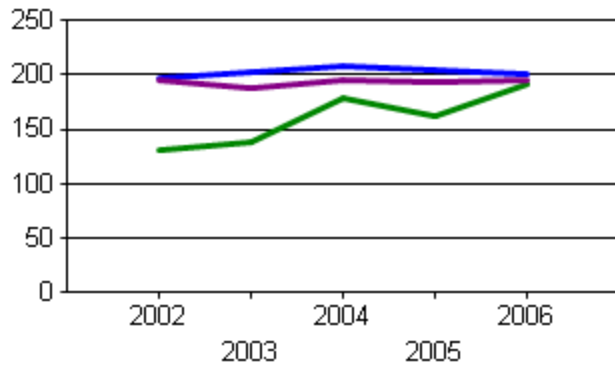
SCHS County Level Data Book 2005-2009 rate for Teen Pregnancies; University of Chapel Hill :The Institute of Medicine for all Uninsured Data; the U.S. Census Bureau and NC Dept. of Commerce for all other state and county level statistics

\*rank of high denotes 25 counties with highest % of uninsured

# Cancer Deaths per 100,000 Population

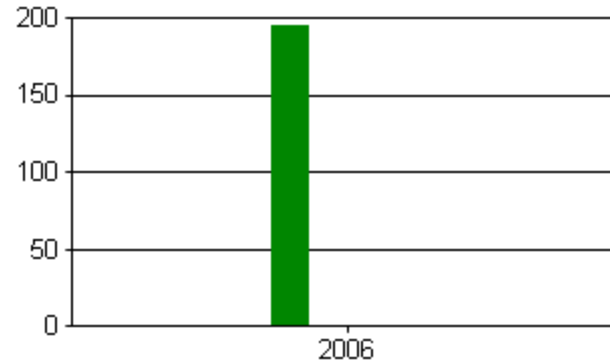


Rates Over Time



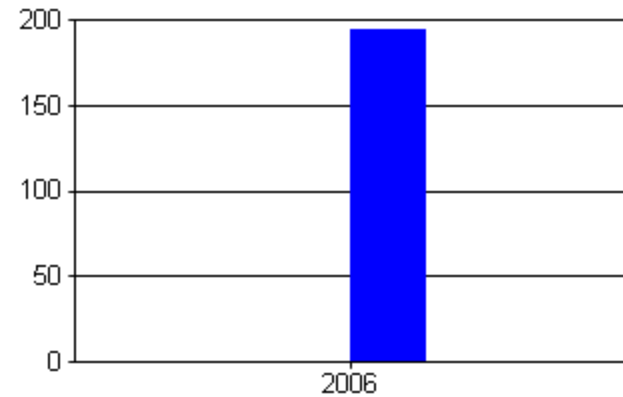
— County Rate    — State Rate  
— Peer Rate

Race Rate Graph

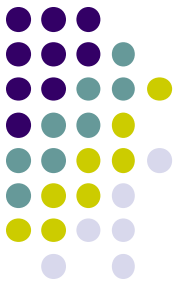


■ White                      ■ American Indian  
■ Black                         ■ Other

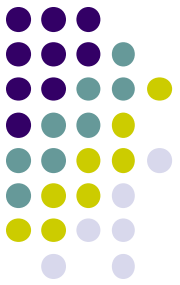
Ethnicity Rate Graph



■ Hispanic                      ■ Non Hispanic

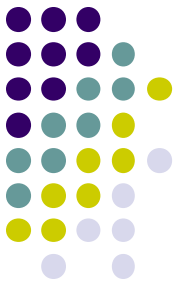


# **New & Emerging Issues Affecting Yancey County's Health...**



Of the top 10 leading causes of death in Yancey County **cancer** is emerging as a health issue for the community to further investigate. The Yancey County five-year rate has been steadily climbing for three successive years and has nearly reached the state rate which in the past was significantly higher than ours!

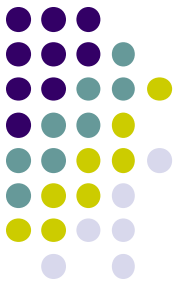
# Plans to Expand High Speed Broadband in the County



Country Cablevision has been awarded a \$25.3 million broadband stimulus grant for a Yancey-Mitchell Rural Broadband (YMBR) Project. The two-county project will provide high-speed internet to all areas of the counties upon completion. The grant will create jobs and provide access to improved service to rural residents. Broadband access plays a critical role in expanding economic, healthcare, educational and public safety services in underserved rural communities. This will give residents the tools they need to attract new businesses, jobs, healthcare and educational opportunities.

Although the construction of this project is in its very early planning stages, mapping and planning is already underway. A large amount of work will be contracted out to local firms to benefit the local economy.

# Status of New Initiatives...



The Yancey County Committee on Aging has completed floor plans for the new Senior Center. A building fund has been started including a \$100,000 contribution from county government and High Country Council of Government is assisting with grant applications.

County Government is attempting to secure grants for the development of the 26 acre multi-purpose, intergenerational recreational complex.



# Dissemination of SOTCH:

## The report will be disseminated in the following ways:

- The Toe River Health District Board of Health
- County Manager in January, 2011
- Healthy Yancey Steering Committee in January, 2011
- Posting on the Healthy Yancey web site: [www.healthyyancey.org](http://www.healthyyancey.org)
- Placement at the Yancey County Public Library
- Graham Children's Health Services of Toe River Board of Directors

*Community members are encouraged to join Healthy Yancey, a partnership of concerned citizens working together to improve the quality of health in Yancey County, which meets monthly. Semi-annual community task force meetings are designed to gain citizen input and support. Community opinions are welcomed and actively sought through surveys and listening sessions.*

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