



2014 Mitchell County

State of the County Health Report



A Review of Current Data

**Key Mortality and Morbidity Data for
Mitchell County**

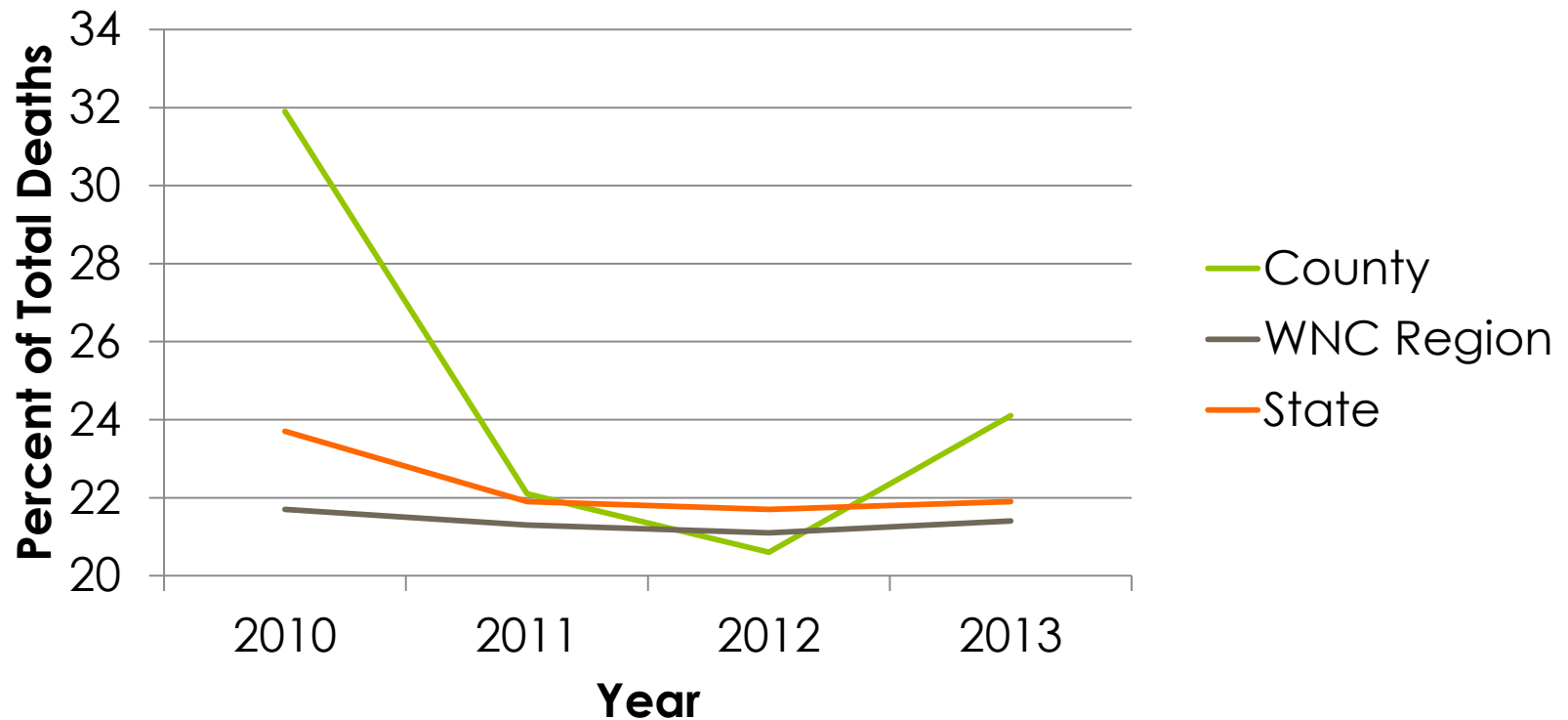
Leading Causes of Death

Rank	Cause	Number	%
1	Diseases of the heart	51	24.1
2	Cancer	44	20.8
3	Chronic lower respiratory disease	18	8.5
4	Alzheimer's disease	14	6.6
5	All other unintentional Injuries	9	4.2
	Cerebrovascular diseases	9	4.2
6	Influenza and pneumonia	6	2.8
7	Nephritis, nephrotic syndrome and nephrosis	5	2.4
8	Motor Vehicle Injuries	4	1.9
9	Intentional self-harm (suicide)	3	1.4
	Septicemia	3	1.4

Source: SCHS State Center for Health Statistics, North Carolina, 2013

Mortality Rate Trends

Heart Disease Leading Cause of Death in Mitchell County



Source: SCHS State Center for Health Statistics, North Carolina 2010-2013

2014 NC County Health Rankings

Health Outcomes
67th

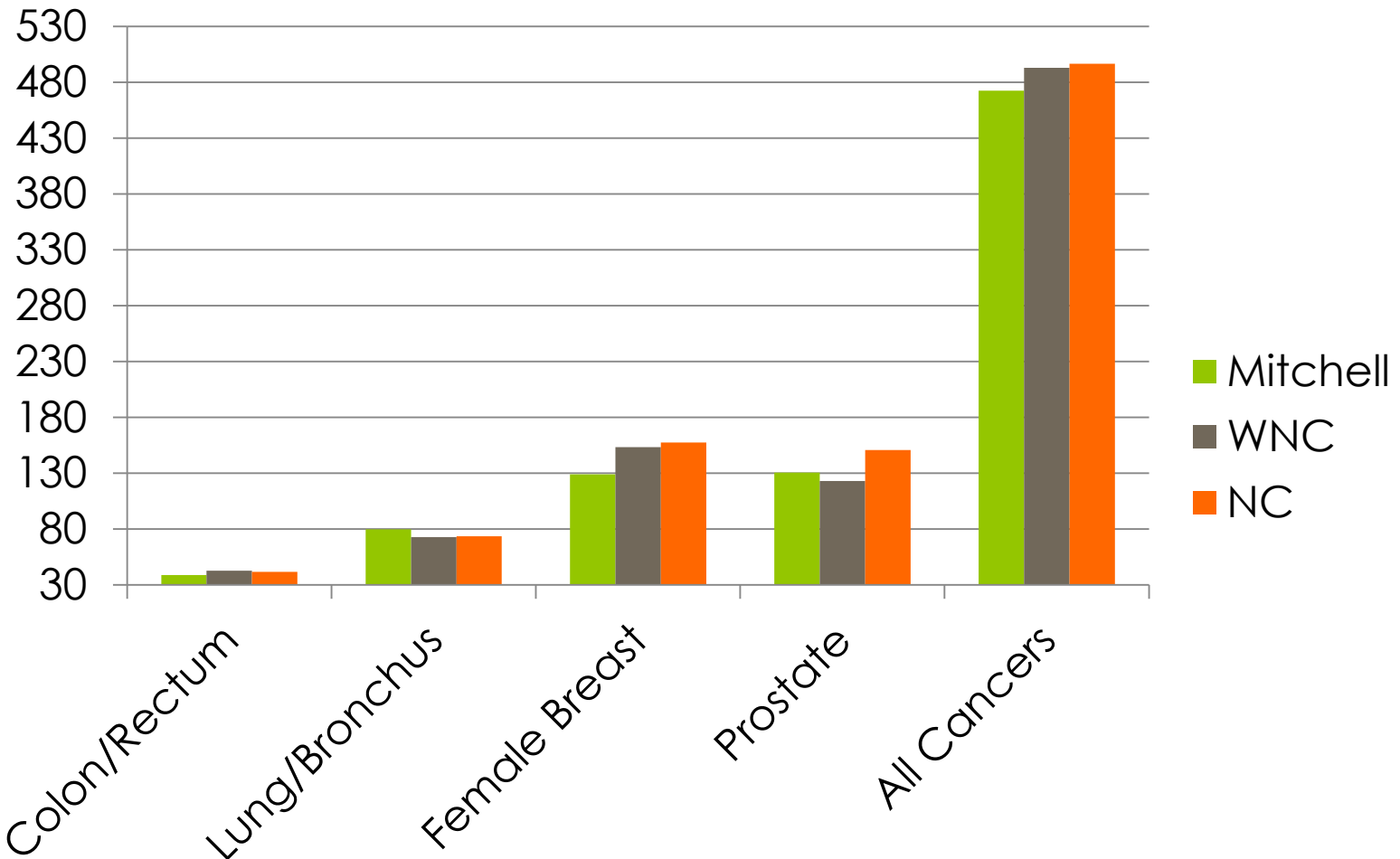
Length of Life 53rd
Quality of Life 72nd

Health Factors
52nd

Health Behaviors 35th
Clinical Care 71st
Social & Economic Factors
62nd
Physical Environment 43rd

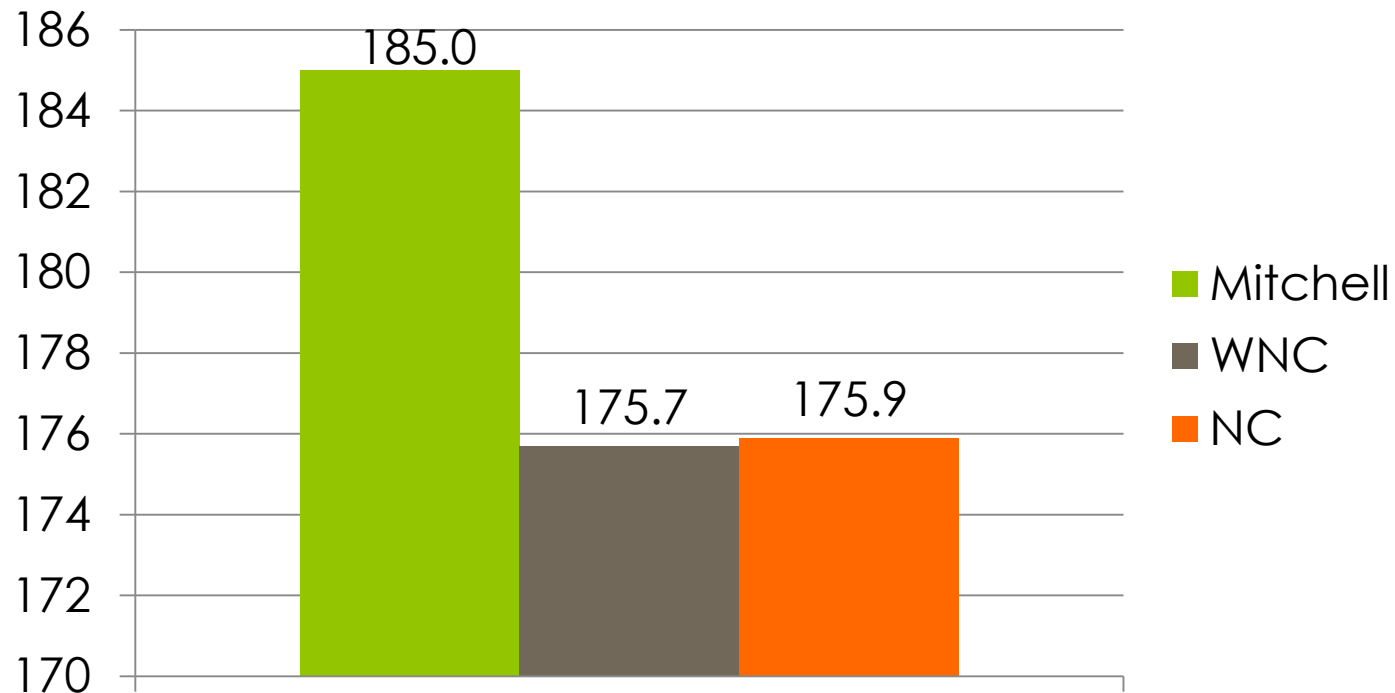
Cancer Incidence Rates by Site

*rates per 100,000



Cancer Mortality-All Cancer Types

*rates per 100,000



Community Health Priorities & Improvement

- Healthy Living Behaviors and Lifestyles
- Substance Abuse Prevention and Increasing Ability/Access to Mental Health Services
- Access and Assistance for Low Income Households



Our Health Priorities

Selected as a result of the most recent community health assessment (CHA and CHIP):

Find a copy at:

www.wnchealthyimpact.com

Healthier Mitchell County Citizens

54.4% citizens surveyed
thought recreational options
available to the community
were fair to poor

33.6% claimed to engage in
moderate physical activity

98.2% believed that it was at
least somewhat
important/very important that
community organizations
make PA spaces available for
public use after hours



Priority 1: Healthy Living Behaviors and Lifestyles

Strategies

Increase the number of safe places for people to be physically active

- Mitchell County Greenway plan created and implemented

Lead Agency – Mitchell
Community Health
Partnership

Decrease overweight and obesity in adults and children by use of positive health promotion programming and messaging

- Implement 9 behavior change programs (including ESMMWL, Healthy Living Classes, etc.)

Lead Agency – Mitchell
Cooperative Extension

Priority 1: Healthy Living Behaviors and Lifestyles

Trend of % Obese Adults in Mitchell County



Progress: Playground Construction at Bakersville Creek Walk



- **2,068 students voted on design of a 4,800 square foot playground. The playgrounds includes slides, rocking horses, a spinning seat, and several areas for climbing and hanging.**

Lead Agencies– *Mitchell Community Health Partnership, Mitchell County Cooperative Extension, Mitchell-Yancey Partnership to Children, Toe River Health District and many more...*

Progress: Physical Activity and Obesity

- **Girls on the Run:** Club formed at Deyton Elementary School that teaches positive peer interactions, making healthy choices, and exercising
- **Community Gym:** Very early planning and discussions are in place for a county-wide greenway and sports complex at MHS



Healthier Mitchell County Citizens

The death rate for unintentional poisonings due to prescription drug overdose in Mitchell County is one of the worst rates in the Nation

5.7% Mitchell county survey respondents stated they needed mental health counseling or care but did not get it

95% of DSS cases in Mitchell County are related to substance abuse

MITCHELL COUNTY 2014



**Priority 2:
Substance Abuse
Prevention and
Increasing
Ability/Access to
Mental Health
Services**

Strategies

Address the growing problem of prescription drug abuse among Mitchell and Yancey County residents

- Decrease the % of residents keeping unused prescription meds around the house

Lead Agency – Mitchell-Yancey Substance Abuse Task Force Executive Committee

Reduce Youth Substance Abuse

- Increase formal and written partnerships between agencies, community groups and businesses who have interest in reducing youth substance abuse
- Reduce past 30 days use of prescription drugs

Lead Agency – Mitchell-Yancey Substance Abuse Task Force Executive Committee

Priority 2: Substance Abuse Prevention and Increasing Ability/Access to Mental Health Services

- Mitchell County's overdose rate peaked at 38.2 per 100,000 in 2008, before hitting a plateau of 25.6 and 25.7 in 2009, followed by a drop to 12.9 in 2011.
- The Average number of pills given to patients per prescription in Mitchell was 76 (the highest out of 8 WNC counties).
- There were 708 drug charges in 2010 and 713 in 2011

Source: SAMHSA, Mitchell County Clerk of Court

Progress: Drug Take Back Day and Drop Boxes

- The Mitchell-Yancey Substance Abuse Task Force, along with local law enforcement successfully removed over 100,000 pills from circulation on April 27th, 2013
- Lock Box Program: Started a campaign to create awareness regarding safe disposal and storage of prescription medications



- In 2014, drug drop boxes are located at the Mitchell County Sheriff's Office, Burnsville Town Hall, and the Yancey Sheriff's Office.

Progress: My Health-e-Schools

- Students in Mitchell County Schools are able to see a centrally located Pediatric psychiatrist without leaving the school.
- High-definition videoconferencing is used using specially equipped cameras and stethoscopes



Healthier Mitchell County Citizens

13.8% of families in Mitchell County fall below the federal poverty line

The median monthly housing costs from homes with a mortgage is \$987 and without a mortgage is \$252



Priority 3: Access and Assistance for Low Income Households

Strategies

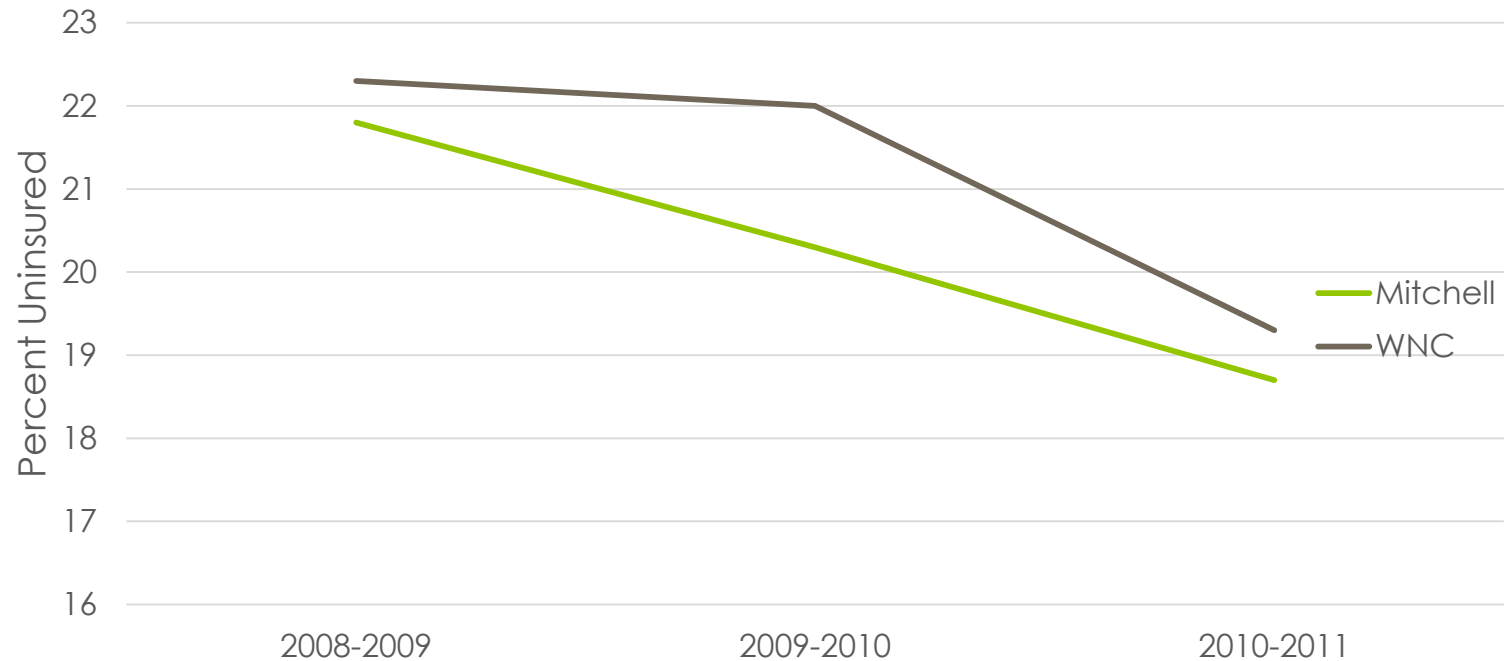
Launch media and outreach campaign to educate residents of accessible and available opportunities and resources locally

- Disseminate a variety of educational materials and public relation messages

Lead Agency – Mitchell County Dept. of Social Services

Priority 3: Access and Assistance to Low-income Households

Trend of % Uninsured in Mitchell County vs. WNC



Source: US Census Bureau

Progress: Food Delivery Programs

- o MANNA Foodbank's Pack for Kids Program:

120 students in schools are sent home with a backpack of food every week

- o Meals on Wheels
- o Local Food Pantries Grow
- o Snow Meals delivered to elderly



Progress: Help Uninsured Sign up for Health Insurance

- o Bakersville Health Clinic received a federal grant to help uninsured sign up for insurance under the Affordable Care Act. Community meetings were held to ask and answer questions.



Emerging Issues & Local Changes

Highlights

- Riverside baseball field was extended
- Commissioners passed two gun resolutions reaffirming the 2nd amendment and preventing public access to handgun permits
- Buladean Community Foundation bought school from County to use as a community center
- Naloxone Access Law was passed
- Spruce Pine gets a new Town Hall
- Pregnancy Center Celebrates 20 years
- Run for Holland 5k hosted to raise money for individuals with mental and physical disabilities
- Mitchell School system was ranked top 10 in the state by Niche.
- Mitchell moves up to a 2 tier status in county rankings

Safety in Public Buildings

- Addition of security measures in community buildings is a topic of discussion due to increasing numbers of substance abuse, domestic violence, and mental health.
- Mitchell County Schools completed security upgrades such as front-door buzzers, surveillance camera systems, and better doors, locks, and windows

Agriculture in Mitchell County

- **Toe River Aggregation Center Training Organization Regional Inc. (TRACTOR):**
 - Sets up meetings to educate farmers
 - Helps farmers access larger wholesalers
 - Allows farmers to rent equipment
- **Mitchell High School builds a barn and greenhouse**
 - Teach students sustainable farming and agribusiness practices
 - Grant from NC Dept. of Agriculture

New Initiatives

- Expansion of telemedicine in community
- Improve oral health of children using Delta Dental grant
- ECU School of Dental Medicine Community Service Learning Center will open in 2015
- Complete Youth Risk Behavior Surveillance (YRBS) surveys in school system

This report will be disseminated in the following ways:

- Presented to the Toe River District Board of Health
- Presented to the Mitchell Community Partnership Steering Committee
- Posted on the local WTOE radio website www.ourlocalcommunityonline.com
- Placement at the Mitchell County Public Libraries
- Posted on the Toe River Public Health District website www.toeriverhealth.org



What's Next?

Conduct the Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP)