



2014 Yancey County

State of the County Health Report



A Review of Current Data

Key Mortality and Morbidity Data for
Yancey County

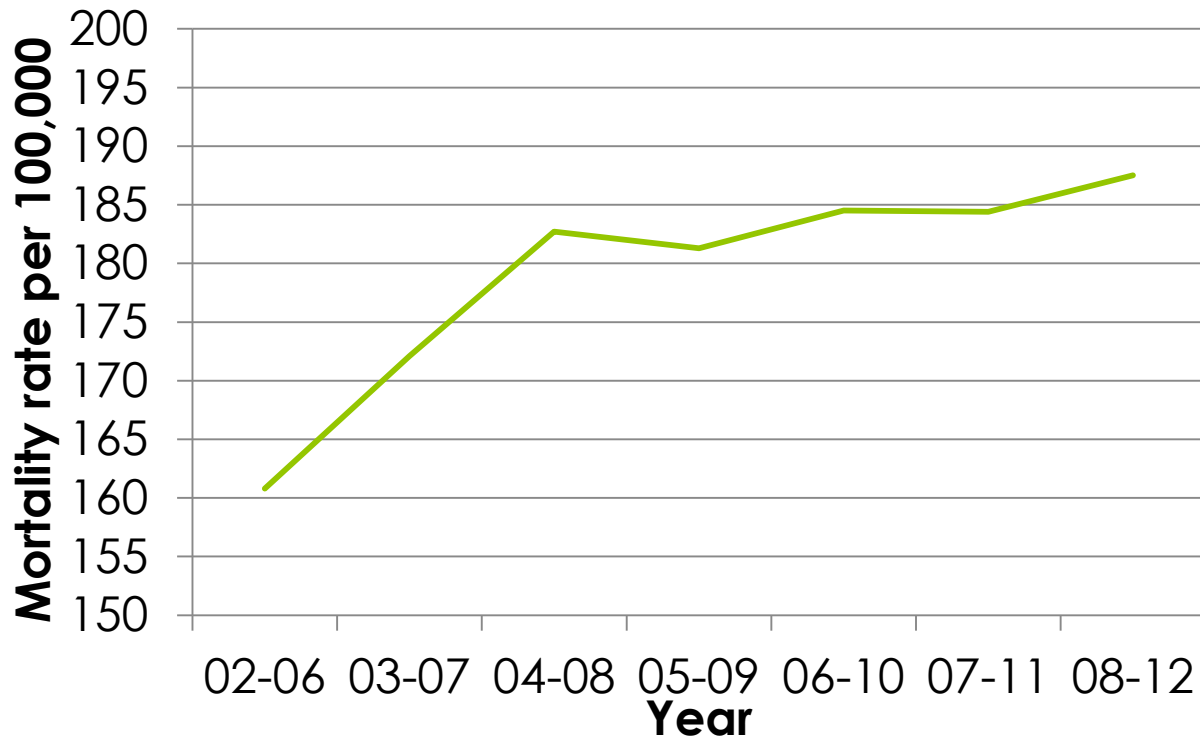
Leading Causes of Death

Rank	Cause	Number	%
1	Cancer	49	23.1
2	Disease of Heart	47	22.2
3	Chronic Lower Respiratory Disease	20	9.4
4	Alzheimer's Disease	12	5.7
5	All Other Unintentional Injuries	10	4.7
6	Influenza and Pneumonia	8	3.8
7	Cerebrovascular Disease	7	3.3
8	Diabetes Mellitus	6	2.8
9	Chronic Liver Disease and Cirrhosis	4	1.9
9	Parkinson's Disease	4	1.9

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

Mortality Rate Trends

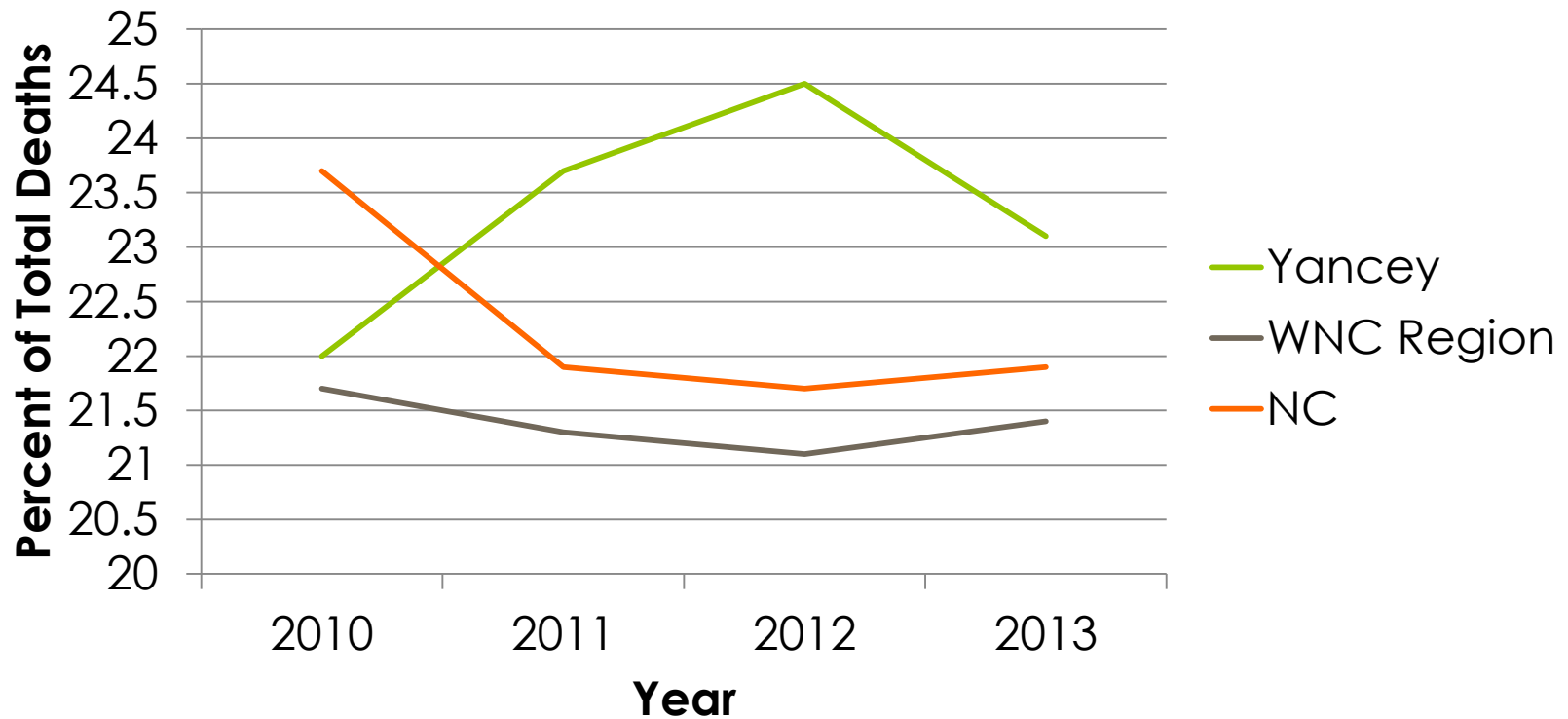
Cancer Leading Cause of Death in Yancey County



Source: SCHS State Center for Health Statistics, North Carolina 2002-2014

Mortality Rate Trends

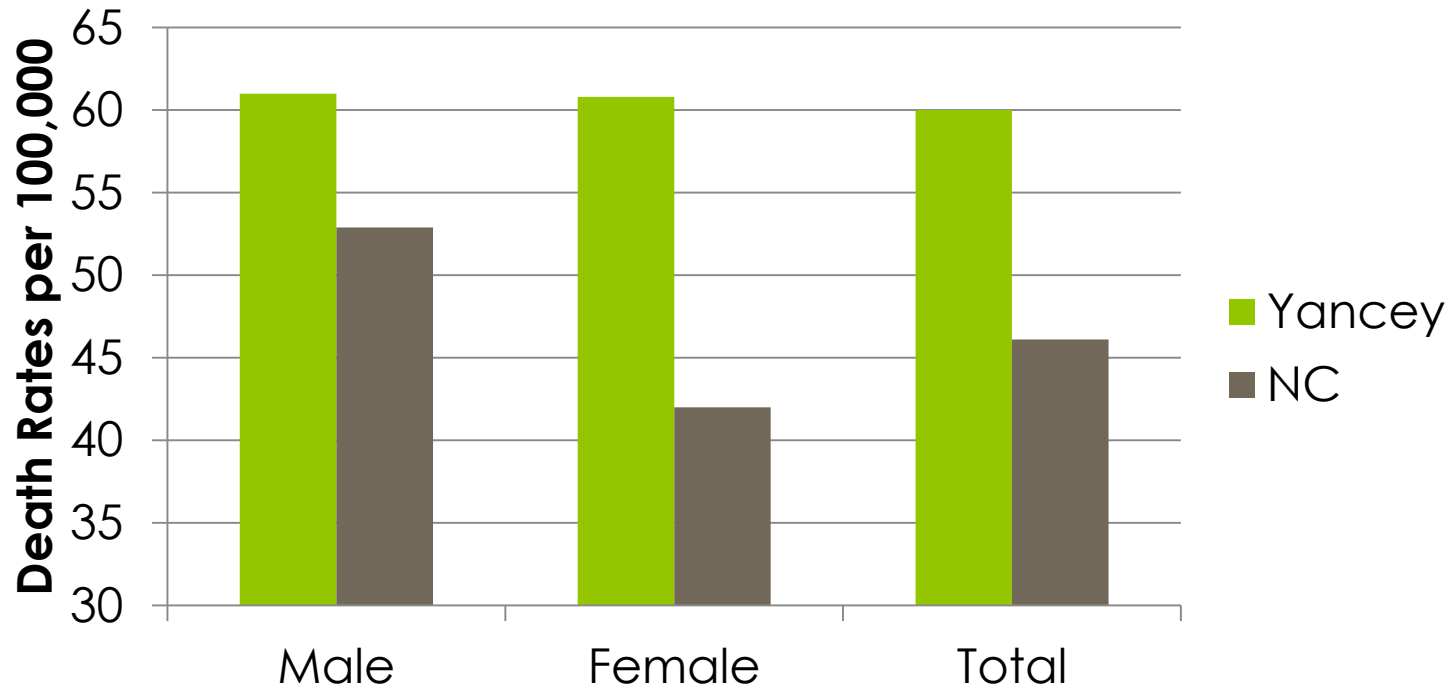
Heart Disease Second Leading Cause of Death in Yancey County



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

Respiratory Disease – Third Leading Cause of Death in Yancey County

Death Rates for Chronic Lower Respiratory Disease



2014 NC County Health Rankings

Health Outcomes
30th

Length of Life 13th
Quality of Life 60th

Health Factors
38th

Health Behaviors 16th
Clinical Care 76th
Social & Economic Factors
56th
Physical Environment 30th

Community Health Priorities & Improvement

- Substance Abuse Prevention and Increasing Ability/Access to Mental Health Services
- Cancer
- Healthy Living Behaviors and Lifestyles



Our Health Priorities

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

Find a copy:
www.wnchealthyimpact.org

Healthier Yancey County Citizens

Compared to the state and its peer counties, Yancey has half the number of psychologists and counselors per 10,000 population

30% of respondents reported that lack of insurance prevented them from getting needed mental health services



**Priority 1:
Substance Abuse
Prevention and
Increasing
Ability/Access to
Mental Health
Services**

Strategies

Address the growing problem of prescription drug abuse

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

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

- Yancey County's overdose rate was 16.2 in 2008, 33.7 in 2010, and 28.2 in 2011
- Yancey ranks second of 8 WNC counties in average number of pills given to patients per prescription at 75
- There were 501 drug related charges in 2009, 641 in 2010, and 1,754 in 2011

Source: SAMHSA, Yancey County Clerk of Court

Progress: Drug Take Back Day, Drop Boxes, and Lock Boxes

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



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

Progress: Tar Wars Program and Educational Materials

- Tar Wars: a youth tobacco prevention program was given to 5th graders across the county
 - Educates about the short-term and image-based consequences of tobacco use
- Educational Materials Distributed Through Graham Children's Health Services distributed Mitchell-Yancey substance abuse resource guide as well as a summer activity guide to every student

Healthier Yancey County Citizens

Cancer is the second leading cause of death in Western North Carolina, but the first leading cause of death in Yancey county.

The 4 types of cancer that cause the most deaths in Yancey county are lung, breast, prostate, and colon.

YANCEY COUNTY 2014



Priority 2: Cancer

Strategies

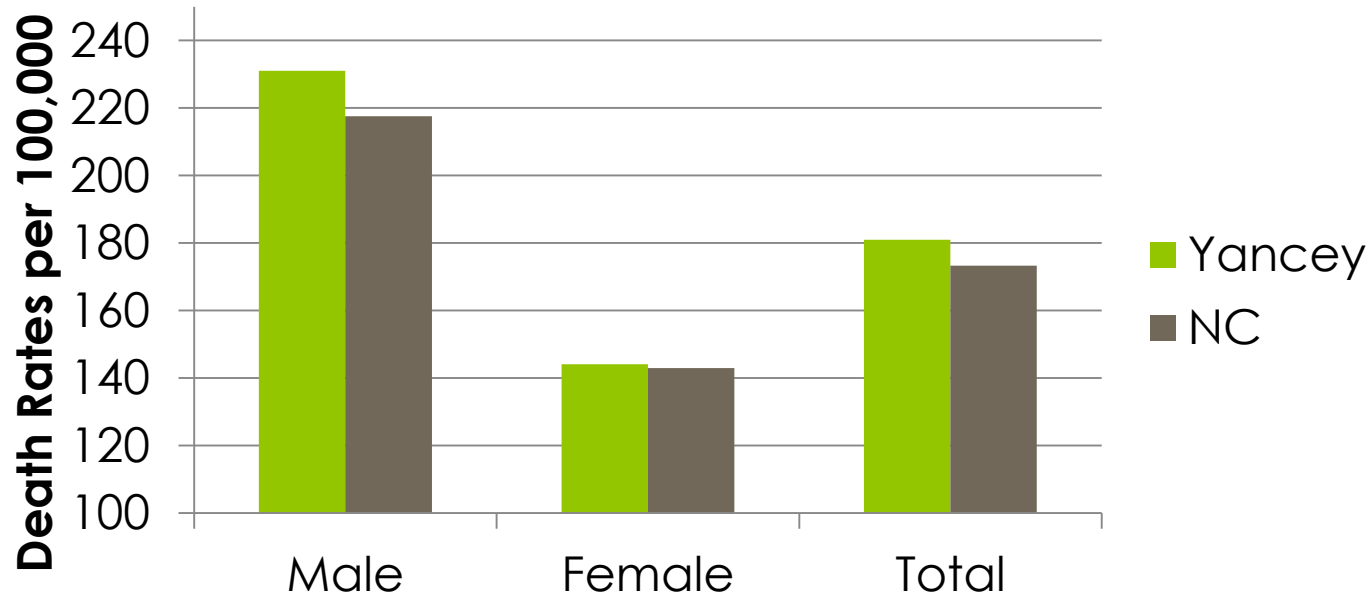
Provide educational opportunities for the community to learn about cancer prevention, treatment, and access to care

- Provide/Host a variety of educational materials, public relation messages, and face-to-face presentations
- Local hospitals and other agencies will provide state-of-the-art cancer care and awareness for patients, families, and the community

Lead Agency – Blue Ridge Regional Hospital

Priority 2: Cancer

2009-2013 Death Rates for Cancer



Progress: “SHOP TALKS” and Silent Auctions

- American Cancer Society’s Community Health Advisor (CHA) Program of Yancey County hosted “SHOP TALKS” where participating hair salons spoke their clients throughout the day about breast cancer awareness; informational materials were distributed to inform Yancey County uninsured women about the “Free and Easy” mammogram program



- The Mountain Air Ladies Golf Association sponsored the “Mountain Air Cancer Challenge” golf event and silent auction during the Fall of 2014. As a result of the Cancer Challenge and silent auction, \$10,790.00 was raised to support the Yancey and Mitchell County Breast and Cervical Cancer Control Program’s collaboration with the American Cancer Society’s Community Health Advisor Program.

Healthier Yancey County Citizens

16.4% of Yancey County Citizens reported getting no leisure-time physical activity

10.8% of Yancey County Citizens reported consuming an average of five or more servings of fruits/vegetables per day in the past week



Priority 3: Healthy Living Behaviors and Lifestyles

Strategies

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

- There will be at least 2 public places open for adults and children to use for physical activity
- Continue to support and promote ongoing activities, events, and efforts related to physical activity

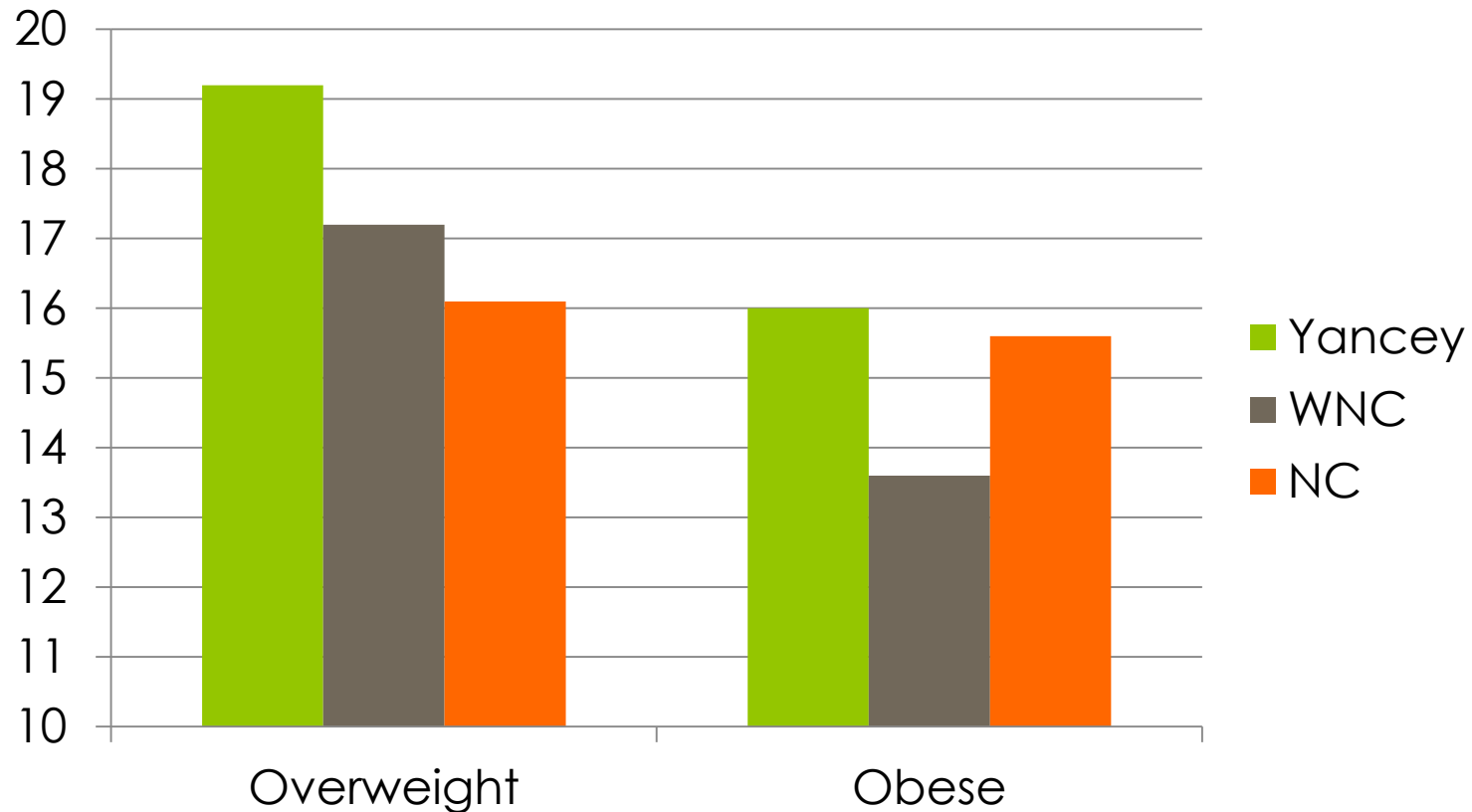
Lead Agency – Graham's Children Health Services and Healthy Yancey

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

- Implement 9 behavior change programs targeting children, adults, and families
- Provide at least 3 innovative methods to access fresh produce

Lead Agency – Yancey Cooperative Extension and Graham's Children Health Services

Priority 3: Healthy Living Behaviors and Lifestyles



Prevalence of Obesity, Overweight, Healthy Weight and Underweight in Children, North Carolina Nutrition and Physical Activity Surveillance System (NC-NPASS)

Progress: Disc Golf and Dance

- A nine hole **community disc golf course** was built at Mountain Heritage high school for students to enjoy and have an alternative to traditional sports
- Yancey County Public Library hosts **Family Dance Party**
 - Healthy snacks, photo booth, and costume parade
 - Sponsored by AMY Regional Library, Children's Services, and Yancey Teens and Tweens

Progress: 5k Training Program

- o Couch to Potato to BFF 5k training program, which is a 9 week training program ending with Burnsville Fit Families (BFF) 5k; Sponsored by Graham Children's Health Services. This is an event that continues to grow by the year!



Emerging Issues & Local Changes

Highlights

- Positive youth development workshops were given to Church leaders
- Living Healthy workshop was given to benefit people with ongoing health problems
- Free backpacks, school supplies, and clothing were given at the Liberty Hill Back at an event called “School Bash”
- New, safer soccer goals were purchased to support Yancey County Youth League
- Tri-county Pregnancy Center celebrates 20 years



Food Security

- Summer Food Program
 - Sponsored by Graham Children's Health Services and 12 other community organizations
 - 500 boxes of food were delivered to 100 Yancey County families with children



Safety

- Quake 2.0– The Aftershock all-hazards regional exercise was performed across 3 counties
 - Included numerous emergency management agencies
- Security systems were installed in each elementary and middle school
 - New audio/video community system

Domestic Violence

- Loss of funding for the Family Violence Coalition of Yancey County
 - The 24/7 Family Violence Coalition annually houses 125-140 people in the shelter
 - Includes victims of domestic violence and/or sexual assault and their children



New Initiatives

- Need of foster/adoptive parents
- Food security opportunities increase
- Expand telemedicine to rural sites
- Healthy Families Program grant continues
- Complete Youth Risk Behavior Surveillance (YRBS) surveys in school system
- Chronic Disease management classes conducted at local church
- Improve oral health of children using Delta Dental grant

This report will be disseminated in the following ways:

- Toe River District Board of Health
- County Manager and Burnsville Mayor
- Healthy Yancey Steering Committee
- Posting on the Healthy Yancey Website:
www.healthyyancey.org
- Posted on the local WKYK radio website
- Placement at the Yancey County Public Library
- Graham Children's Health Services Board of Directors
- 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)