



In collaboration with [WNC Healthy Impact](#) and numerous community partners Yancey County Health Department completes a Community Health Assessment (CHA) every three years. The CHA is essential to improving and promoting Yancey County residents' health.

The [2021 Yancey County Community Health Assessment](#) priorities are:

- Behavioral Health
- Healthy Living Across the Lifespan
- Food Security and Access to Food

Navigate the Scorecard: Click anywhere on the Scorecard to learn more about programs and partners that are working together to improve the health and well-being of Yancey County. Use the "+" icon to expand items, or the "-" icon to contract items. Click on the "notepad" icon to read more.

Key:

- CA** Community Health Assessment
- R** Result – A condition of well-being for an entire population.
- I** Indicator – A measure that helps quantify the achievement of a population result.
- P** Program/ Strategy – A collection of actions that have a reasoned chance of improving results.
- PM** Performance Measure – A measure of how well a program is working, the quality of a program or whether clients or customers of the program are better off.
- SR** SOTCH Report – An annual report and update on the Community Health Improvement Plan.

If you have questions about this Scorecard or would like more information, please contact Morgan Peterson (morgan.peterson@yanceycountync.gov), Health Educator at the Yancey County Health Department.

Community Health Assessment (CHA) Report

CA 2021 Yancey Community Health Assessment

Most Recent
Period

Current Actual
Value

Current Trend

Baseline %
Change

Executive Summary

Yancey County 2021 Community Health Assessment Executive Summary

Community Results Statement

Our mission is to partner with local agencies to not only identify health needs of our community, but to also explore and develop possible solutions to address health concerns in order to work toward improving health for all residents.

Leadership for the Community Health Assessment Process

Many local organizations assisted the local health department with the creation of this document. Among those were community leaders, public health agencies, businesses, medical community, school systems, and local faith-based organizations and churches. This team worked to identify, collect, analyze, and disseminate information on community assets, strengths, resources, and needs. This document is the result of collaboration between Toe River Health District, WNC Healthy Impact, and the Healthy Yancey Health Partnership.

Partnerships

The Community Health Assessment team is comprised of many participants representing area agencies in Yancey County, North Carolina. A health department-led comprehensive Community Health Assessment (CHA) provides community insight into the health status of the county. Using surveys, focus groups, and interviews, community members, local government and business leaders, and health professionals came together to identify and prioritize health issues. Participating in the assessment process puts the county in a position to take the next steps in developing policy, environment, and system changes that support their concerns. Currently in Yancey County there is a coalition to bring together all the organizations and individuals that are committed to improving health in the county. This group consists of motivated individuals who are advocates on behalf of a broad range of community members and can represent appropriately the concerns of various populations within the county. The limited resources available in the county demonstrates a need for a coalition who will take responsibility and provide leadership for promoting and supporting policy, systems and environmental change that support healthy eating, and increase physical activity and prevent tobacco use throughout the county to combat most chronic disease conditions.

Membership of Healthy Yancey Health Partnership

- Jessica Farley, Yancey County Health Department
- Diane Creek, Yancey County Health Department
- Schell McCall, Partners Aligned Toward Health
- Jessica Zucchini, Partners Aligned Toward Health
- Lila Sheon, Partners Aligned Toward Health
- Sylvia Buchanan, Blue Ridge Partnership for Children
- Jennifer Simpson, Blue Ridge Partnership for Children
- Colby Boston, Blue Ridge Regional Hospital
- Amber Dillinger, Mountain Community Health Partnership
- Amy Earnheart, Mountain Community Health Partnership
- Casie Ledford, Mountain Community Health Partnership
- Cassie Burleson, Mountain Community Health Partnership
- Jessica Hensley, Yancey County Health Department
- Katherine Savage, Blue Ridge Partnership for Children
- Nickey Stamey, Blue Ridge Healthy Families
- Pam Snyder, Headstart/Intermountain Children Services Inc.
- Hannah Robinson, Partners Aligned Toward Health
- Lisa Pitman, Local Children's Developmental Services Agencies
- Amanda North, Health-e Schools/Center for Rural Health Innovation
- Angela Garner, VAYA Health
- Brian Buchanan, Burnsville Police Department
- Mike Sink, WKYK Radio Station
- Rick Tipton, Yancey DSS
- Peirce Bingham, Yancey County Cooperative Extension
- Jim Haaga, Retired Physician
- Shane Hilliard, Yancey County Sheriff's Office
- Niki Maness, Yancey County Cooperative Extension
- Patrick Bradford, Toe River Project Access
- Daniel Barron, Community Volunteer/ Substance Abuse Task Force

Regional/Contracted Services

Our county received support from WNC Healthy Impact, a partnership and coordinated process between hospitals, public health agencies, and key regional partners in western North Carolina working towards a vision of improved community health. We work together locally and regionally to assess health needs, develop collaborative plans, take action, and evaluate progress and impact. This innovative regional effort is coordinated and supported by WNC Health Network. WNC Health Network is the alliance of stakeholders working together to improve health and healthcare in western North Carolina. Learn more at www.WNCHN.org.

Theoretical Framework/Model

WNC Health Network provides local hospitals and public health agencies with tools and support to collect, visualize, and respond to complex community health data through Results-Based Accountability™ (RBA). RBA is a disciplined, common-sense approach to thinking and acting with a focus on how people, agencies, and communities are better off for our efforts.

Collaborative Process Summary

Yancey County's collaborative process is supported on a regional level by WNC Healthy Impact (WNCHI). Locally, our process is a community-wide and multi-faceted approach to completing the community health assessment and giving this information to the community.

The collaborative process includes input from the community as an important element of the community health assessment process. Our county included community input and engagement in a number of ways: (1) Partnership on conducting the health assessment process; (2) Through primary data collection efforts; (3) In the identification and prioritization of health issues. Community engagement is an ongoing focus for our CHA Leadership Team as we move forward to the collaborative action planning phase of the community health improvement process. Partners and stakeholders with current efforts or interest related to priority health issues will continue to be engaged. We also plan to work together with our partners to help assure programs and strategies in our community are developed and implemented with community members and partners.

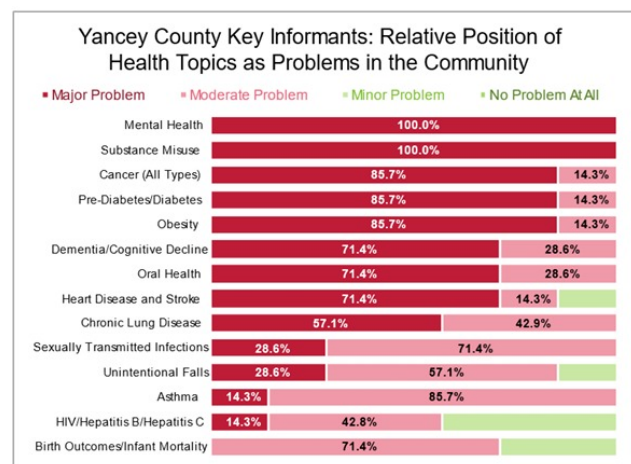
Phase 1 of the collaborative process began in January 2021 with the collection of community health data. For more details on this process see Chapter 1 – Community Health Assessment Process.

Key Findings

A community wide 75-questionnaire was conducted to give residents an opportunity to express concerns and opinions about the quality of life in Yancey County. This included questions about the quality of life, economy, education, health, housing, physical activity, social issues, transportation, and COVID. Surveys were conducted by telephone by a trained interviewer and efforts were made to reach a representative sample of the population. Self-administered surveys were also available online. A total of 264 Yancey County surveys were analyzed: 200 via telephone interview and 64 via the publicly available weblink.

Some of the major findings that the Healthy Yancey Health Partnership discussed in the prioritization process included the increasing proportion of respondents with more than seven days of poor mental health in the past month. Nearly 11% of respondents have considered suicide in the past year and 28% were taking medication or receiving treatment for mental health. A growing percentage of respondents have been diagnosed with heart disease and more than 15% have been diagnosed with diabetes or borderline diabetes. Seventy percent of Yancey County respondents had calculated BMIs in the overweight or obese range. A decreasing proportion of respondents eat the recommended servings of fruits and vegetables, approximately 19% reported food insecurity, and 20% got no leisure-time physical activity in the last month. Approximately 45% of respondents were current drinkers, 15% engaged in binge drinking, and 19% were classified as excessive drinkers. Twenty percent of respondents reported using opioids in the past year, with or without a prescription and 43% said their life had been negatively impacted by the own, or someone else's, substance use.

In addition to secondary data and survey collection, seven (7) community stakeholders participated in an online key informant survey. Individuals were asked to consider specific health issues, provide comments about social determinants of health, and evaluate the strengths and opportunities of the Yancey County community. The graphic below displays a summary of their ranking of health topics in the community.



During monthly meetings, standards for the Community Health Assessment Process and Accreditation were discussed and reviewed for publication in the 2021 Community Health Assessment. Each member reviewed and approved of the Community Health Assessment Survey and Community Resource Directory included in the assessment. After the analysis was completed, qualitative and quantitative data findings were presented to the CHA team. The team reviewed the data and developed the top ten major health issues based upon statistical data and community survey results. Based on findings from the community survey combined with secondary health data, in November 2021, Healthy Yancey members identified the chief health concerns for the county.

- Substance abuse/misuse/prevention
- Housing
- Mental Health
- Economic opportunities

- Food insecurity
- Aging/dementia/fall prevention
- Transportation
- Adverse Childhood Experiences
- Equity/Spanish translation
- Social Determinants of Health
- Chronic disease prevention/healthy lifestyles
- Oral Health
- Community resilience
- Cancer
- Domestic Violence
- Birth outcomes/infant mortality

Health Priorities

In November 2021, Healthy Yancey members along with the CHA Team members participated in a prioritization activity to determine the three leading health concerns to be addressed during this cycle. The worksheet asked that each of the concerns be ranked. The results from the prioritization process were reviewed and discussed at the meeting. The final health concerns are named as the focus for the next four-year cycle. Results of these worksheets were calculated to come up with the top three priorities, which are as follows:

1. **Behavioral Health:** Mental health, substance abuse, Adverse Childhood Experiences, domestic violence, and community resiliency
2. **Healthy Living Across the Lifespan:** Chronic disease prevention and management, healthy lifestyles, oral health, cancer, aging, dementia, fall prevention, and birth outcomes/infant mortality
3. **Food Insecurity and Access to Food**

Next Steps

The 2021 CHA will be disseminated in a variety of ways. To begin, the document will be made available online at <http://www.toeriverhealth.org>. Hard copies will also be available at the Health Department, local library, and printed upon request.

The CHA Facilitator will present the CHA data during a Board of Health Meeting, Healthy Yancey meeting, Yancey County Health Department staff meeting, and upon request. Further steps will be taken including the development of a community health improvement plan based on the findings from the CHA. The CHA Facilitator will convene community members and partners interested in moving forward on the selected health priorities. Action teams will emerge from the selected health priorities and the teams will begin brainstorming evidence-based strategies.

Collaborative action planning with hospitals and other community partners will result in the creation of a community-wide plan that outlines what will be aligned, supported and/or implemented to address the priority health issues identified through this assessment process. A key step in action planning will be to determine what is currently going on regarding the top health concerns, and what we would like to see going on regarding these health concerns.

The Healthy Yancey Health Partnership will create subcommittees for each health concern and these committees will work on creating collaborative action planning and implementation efforts. Upcoming meetings will be scheduled, and partners will be notified. We will conduct a root cause analyses and identify possible evidence-based strategies to tackle the health concerns during the action planning process.

While much work has already been done to improve the health of our community's residents, more work is left to do to ensure that Yancey County is the healthiest place to live, learn, work, and play.

Priorities

The 2021 Yancey County Community Health Assessment priorities are:

1. **Behavioral Health:** Mental health, substance abuse, Adverse Childhood Experiences, domestic violence, and community resiliency
2. **Healthy Living Across the Lifespan:** Chronic disease prevention and management, healthy lifestyles, oral health, cancer, aging, dementia, fall prevention, and birth outcomes/infant mortality
3. **Food Insecurity and Access to Food**

State of the County Health Reports

SR 2022 Yancey County State of the County Health Report

Progress on CHIPs

All Yancey County priorities are addressed in the Community Health Improvement Plan (CHIP). Specific progress on each strategy reported in the CHIP is addressed within the Scorecard above. Select "Progress in 2022" under each strategy to learn more, or follow the links below.

Most Recent
Period

Current Actual
Value

Current Trend

Baseline %
Change

Behavioral Health

Appalachian Youth to Youth

Community Paramedic Program

Mitchell-Yancey Substance Abuse Task Force

Healthy Living Across the Lifespan

A Matter of Balance

Healthy Living Education

Sizzlin' Summer Series

Food Security and Access to Food

Harvest Share

Reconciliation House Food Pantry

Summer Food Program

Significant Changes in Morbidity and Mortality

The following represent significant morbidity and mortality changes in our community.

- NC Opioid Dashboard
 - In 2022, there were 2 drug overdose deaths in Yancey County. This is a decrease from 3 drug overdose deaths in 2021 and 8 in 2020.
 - In 2022, there were 8 drug overdose ED visits in Yancey County. This is a decrease from 14 in 2021 and 2022.
- Robert Wood Johnson County Health Rankings
 - According to the Robert Wood Johnson County Health Rankings, Yancey County ranked 24 out of 100 counties in North Carolina.
 - According to health outcomes, Yancey is ranked among the healthiest counties in North Carolina (Highest 75%-100%).
 - According to health factors, Yancey is ranked in the higher middle range of counties in North Carolina (Higher 50%-75%).

Fifteen Leading Causes of Death

Age-Adjusted Death Rates per 100,000 Population

Standard Year = Year 2000 U.S. Population

Single 5-Year Aggregate, 2016-2020

Rank	Cause of Death	Yancey	
		# Deaths	Death Rate
1	Acquired Immune Deficiency Syndrome	1	
2	All Other Unintentional Injuries	46	41.1
3	Alzheimer's disease	74	47.4
4	Cancer	270	166.8
5	Cerebrovascular Disease	53	32.4
6	Chronic Liver Disease and Cirrhosis	21	17.3
7	Chronic Lower Respiratory Diseases	96	57.8
8	COVID-19	19	
9	Diabetes Mellitus	23	18.7
10	Diseases of Heart	259	168.4
11	Homicide	4	
12	Nephritis, Nephrotic Syndrome, and Nephrosis	23	15.2
13	Pneumonia and Influenza	16	
14	Septicemia	14	
15	Suicide	21	21.9
16	Unintentional Motor Vehicle Injuries	21	19.1
	All Causes (some not listed)	1,208	807.3

Emerging Issues Impacting Health

These are the new or emerging issues in our community in 2022 that were not identified as priorities in our CHA:

- Increase in fentanyl
- Increased need for developing health habits with kids as early as possible (schools do not have time to teach this type of information)
- Youth vape/e-cigarette use
- Youth mental health
- Suicide

New, Paused, or Discontinued Initiatives/Activities

The following are new initiatives or changes in our community in 2022:

- Yancey County Government received an opioid settlement planning grant from the Dogwood Health Trust
- Yancey County Health Department branched from the Toe River Health District in July
- The Expanded Food and Nutrition Education Program (EFNEP) has stopped

- The Empowering Youth and Families Program no longer has a full-time coordinator. Due to a lack of participation across the state, the program is shifting to an online option.
- WIC continued to offer its services via telephone
- The Suicide Prevention and Mental Health group was formed in December
- In 2022, a small group of volunteers at Higgins Memorial United Methodist Church began work to develop resources for dementia caregivers in Yancey County. "Friends of Dementia Caregivers" organized and hosted a free workshop for dementia caregivers, developed and disseminated a list of Dementia Resources for Yancey County Caregivers, and established a caregivers and friends email list to which resource information, tips and links to training and education was disseminated regularly. By year's end, Friends of Dementia Caregivers developed a plan to launch a Dementia Caregivers Support Group in 2023.
- TRACTOR Food & Farms relocated to Mitchell County in December.
- The Toe River Racquetees Summer Camp added a three-day pickleball camp.
- Community Ambassador Real Equality (CARE Team) began working with Yancey Sheriff's Department
- SEARCH WNC conducted listening sessions around substance use, issues, and experiences in the community with various stakeholder groups (ex: EMS)

SR 2023 Yancey County State of the County Health Report

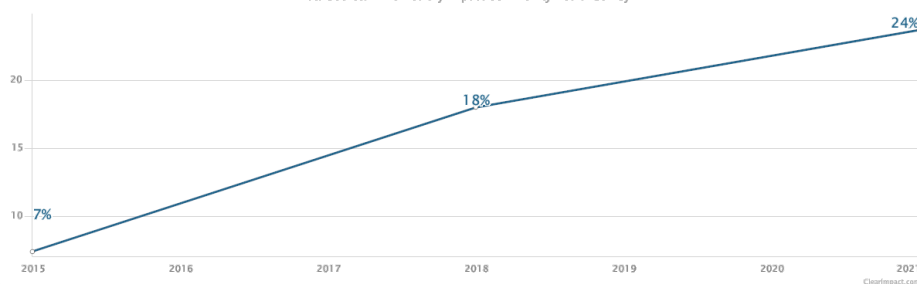
Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
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Behavioral Health

R All people in Yancey County are resilient, supported, and experience whole-person health and wellness

I Adults with more than seven days of poor mental health per month (Headline Measure)

Data Source: WNC Healthy Impact Community Health Survey



Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
2021	24%	↗ 2	35% ↗
2018	18%	↗ 1	3% ↗
2015	7%	↘ 1	-58% ↘
2012	18%	→ 0	0% →

Story Behind the Curve

The "Story Behind the Curve" helps us understand why the data on the percent of adults with more than 7 days of poor mental health per month is the way that it is in our community. When we understand the root causes of our community problems, we have a better chance of finding the right solutions, together.

What's Helping? *These are the positive forces at work in our community and beyond that influence this issue in our community.*

- Provider personnel who truly care
- Support from religious organizations
- Celebrate Recovery Group
- Mountain Community Health Partnership clinics and counseling services
- Medicaid expansion in North Carolina
- Local human service agencies that timely connect clients with appropriate resources
- Providers who focus on health as a whole, including behavioral health
- Willingness of agencies to collaborate
- Increased access to mental health management techniques in schools
- Increased use of mindfulness/meditation practices to deal with stress

What's Hurting? *These are the negative forces at work in our community and beyond that influence this issue in our community.*

- Lack of follow-up/ follow-through care

- Difficulty connecting clients to needed resources
- Stigma around mental health
- Financial barriers and poverty
- Lack of transportation
- Lack of available resources
- Programs exist but they aren't being utilized
- Not enough mental health providers locally and frequent turnover of providers
- Lack of telehealth options
- Lack of behavioral health education within the school system
- Lack of social connection opportunities for youth, teens, and adults
- Lack of community support
- Lack of information and education and awareness of the deep impacts of trauma
- Inconsistent use of prescription medications, particularly antidepressants
- Territoriality amongst agencies, people working in silos, political divisions

Partners

Partners with a Role in Helping Our Community Do Better on This Issue:

- Local Primary Care Providers
- Local Mental Health Providers
- Mountain Health Community Partnership (MCHP)
- Partners Aligned Towards Health (PATH)
- Yancey County Department of Social Services (DSS)
- School Counselors
- Mitchell Yancey Substance Abuse Task Force (MYSATF)
- Big Brothers Big Sisters
- Churches & Faith Communities
- RHA
- Drug Court
- County Recreation & Community Fitness Centers
- Community Paramedic & EMS
- VAYA Health
- Suicide Prevention and Mental Health Group

What Works

The following actions have been identified by the Healthy Yancey coalition and community members as ideas for what can work for our community to make a difference on Behavioral Health.

Actions and Approaches Identified by Our Partners *These are actions and approaches that our partners think can make a difference on Behavioral Health.*

- Cooperation between law enforcement, EMTs, hospital emergency room departments, and DSS
- Access to more hobbies/ outdoor activities for kids who may not be involved in school organizations
- More groups and community hobbies for adults

- Problem-solving sessions between involved agencies and providers focused on typical or frequently encountered scenarios
- Follow up after crisis by trusted person who can encourage change and be sure local resources are connected with the individual or family in need
- Nutrition counseling
- Access to health insurance, Medicaid, Medicare, etc.
- Education around mental health in school

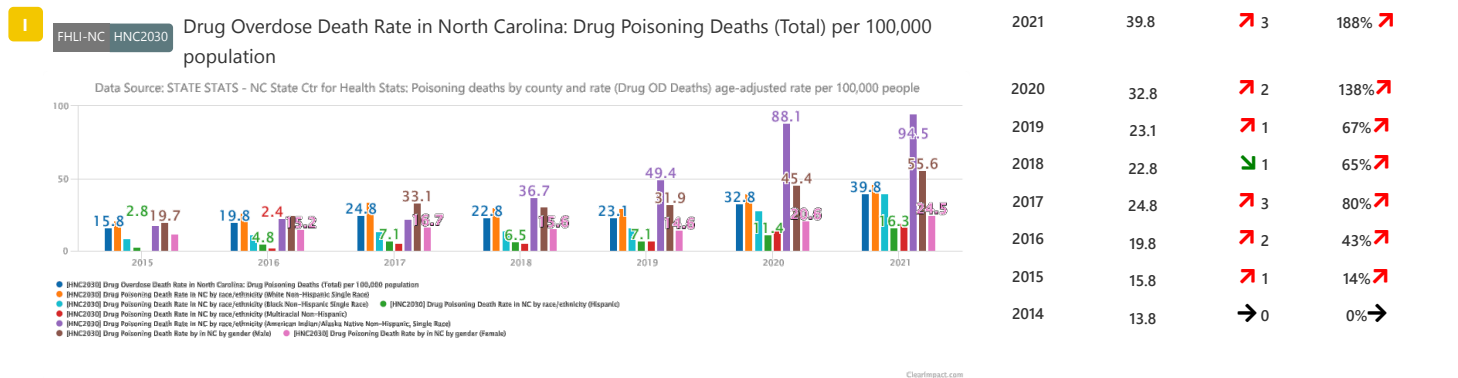
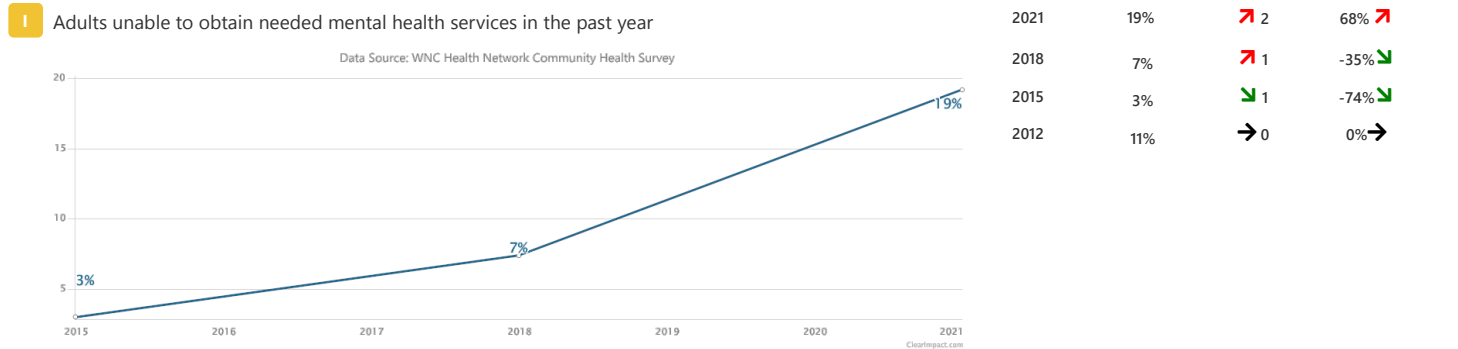
What is Currently Working in Our Community *These are actions and approaches that are currently in place in our community to make a difference on Behavioral Health.*

- Mitchell-Yancey Substance Abuse Task Force exists to address substance use
- Multigenerational play/exercise area
- Activities at the Senior Center
- Volunteer and active opportunities, like walking shelter dogs
- Continued funding of school counselors
- Mountain Community Health Partnership (MCHP) behavioral health counselors and outreach, including peer counselors
- Community Health Workers
- Community paramedic program
- Suicide Prevention and Mental Health Group
- Access to Narcan
- Celebrate Recovery Group
- Partners Aligned Toward Health (STOP grant, Drug Free Communities grant)
- Home Remedies Program
- Empowering Youth and Families programs (for middle school families)
- Mountain Challenge
- SafePlace
- Hope House
- RHA Mobile Crisis
- Opioid settlement planning
- Blue Ridge Partnership for Children

Evidence-Based Strategies *These are actions and approaches that have been shown to make a difference on Behavioral Health.*

Name of Strategy Reviewed	Level of Intervention
Public Awareness Campaign (Stigma)	Community
Telehealth	Interpersonal, organizational
Increase access to Narcan	Interpersonal, organizational, policy
Prevention and Community Education	Individual, interpersonal, community
Community ACEs and Trauma Awareness and Education	Individual, interpersonal, community
Community Paramedicine	Individual, interpersonal, community

Name of Strategy Reviewed	Level of Intervention
Community Health Workers/Peer Support	Interpersonal, organizational, community
School based violence and bullying prevention programs	Individual, interpersonal, organizational, policy
Mental health and faith community partnership	Interpersonal, organizational, policy
Medication Assisted Treatment (MAT)	Individual, interpersonal, organizational, policy
Community coalition prevention efforts	Organizational, community, policy
Drug courts	Organizational, policy



P Appalachian Youth to Youth

Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
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Partners

The partners for Appalachian Youth to Youth include:

Agency	Person	Role
Partners Aligned Toward Health (PATH)	Tara Wright, Youth Program Specialist	Lead
East Yancey Middle School	Monica Robison, School Counselor	Support
Cane River Middle School	Belinda Burleson, School Counselor	Support

What Is It?

Appalachian Youth to Youth was identified as an action, that when combined with other actions in our community, has a reasonable chance of making a difference in behavioral health outcomes in Yancey County. This is an ongoing program in our community. However, due to COVID-19, Appalachian Youth to Youth has not been offered since March of 2020.

The customers for this evidence-based youth program are middle school youth. Appalachian Youth to Youth aims to make a difference at the individual, interpersonal, organizational, and community change levels. Implementation will take place at East Yancey Middle School and Cane River Middle School.

Progress in 2022

Partners Aligned Toward Health (PATH) hired a new Youth Program Specialist in May to restart the Appalachian Youth to Youth (Y2Y) program. Y2Y successfully restarted programs at East Yancey Middle School and Cane River Middle School in September. Getting youth signed up for the program was challenging initially since it was a new program for students. Our focus in 2023 will be to increase participation in the programs.

PM	How Much	Participants	2022	18	→	0 0%
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Story Behind the Measure

The "Story Behind the Measure" helps us understand the causes and forces at work that explain the data behind participants in the Appalachian Youth to Youth program.

What's Helping What We Do? These are the positive forces at work in our strategy/program that influence how much we do.

- Youth empowerment is a central focus and participants are able to identify and select topic areas of focus
- Consistent Youth to Youth coordinator leading meetings each week
- Transportation is provided
- Meetings are hosted at their schools
- Registration materials are offered in English and Spanish

What's Hurting What We Do? These are the negative forces at work in our strategy/program that influence how much we do.

- Difficulty securing school-based and general community volunteers at the middle schools
- The program is new to students
- Sustainable funding
- Conflicting clubs and sports

What Works to Do Better?

P **New** Community Paramedic Program

Most Recent
PeriodCurrent Actual
Value

Current Trend

Baseline %
Change

Partners

The partners for the Community Paramedic Program include:

Agency	Person	Role
Yancey County Health Department	Evan Carroll, Community Paramedic	Lead
Mountain Community Health Partnership	Healthcare providers	Support
Blue Ridge Regional Hospital	Healthcare providers	Support
Yancey County EMS	Healthcare providers	Support

What Is It?

Establishing a Community Paramedic Program was identified as an action, that when combined with other actions in our community, has a reasonable chance of making a difference in behavioral health outcomes in Yancey County. This is a new program in our community.

The Community Paramedic Program will provide the following services:

- Fall Risk Assessment
- Home Safety Assessment
- CO/Smoke Detector Inspection
- Hypertension Follow Up
- 72hr Opioid Misuse Follow up
- Physical Assessment
- Vital Signs Assessment

- Blood Glucose Assessment
- Medication Compliance
- 12 Lead/ 15 Lead ECG
- Influenza Vaccination
- Education/ Review of Care Plan
- COVID-19 Vaccination
- COVID-19 Testing
- Blood Draw
- Urinalysis

The customers served by the Community Paramedic Program are Yancey County residents referred by health and human services agencies. The Community Paramedic aims to make a difference at the individual, interpersonal, and community change levels. The Community Paramedic will be based in the Yancey County Health Department and will conduct home visits with clients.

Progress in 2022

Yancey County Government/Yancey County Health Department hired a Community Paramedic. The Community Paramedic will begin supporting clients in January of 2023.

PM

How Much

Home Visits

Story Behind the Measure

What Works to Do Better?

P

Mitchell-Yancey Substance Abuse Task Force

Partners

The partners for the Mitchell-Yancey Substance Abuse Task Force include:

Agency	Person	Role
Partners Aligned Toward Health (PATH)	Jessica Zucchini, Substance Misuse Program Manager	Lead
Mountain Community Health Partnership	Meghan Graham, Cassie York, and Andrew Howell	Advisory Committee
	Dr. Dan Barron	Advisory Committee
	Mechelle Akers, Retired Pharmacist	Advisory Committee
NC Cooperative Extension	Niki Maness, Extension Agent, Family and Consumer Sciences	Advisory Committee
	Amy Earnheart, Behavioral Health Private Practice	Advisory Committee
RHA Health Services	Aimee Fambrough	Support
Center for Rural Health Innovation/Health-e-Schools	Amanda North, Executive Director	Support
Mitchell County Schools	Angela Atkins, Social Worker	Support
Yancey County Schools	Kristin Buchanan, Social Worker	Support
Yancey Sheriff's Department	Sheriff Shane Hilliard	Support
Blue Ridge Regional Hospital	Tonia Hale, CEO	Support
Spruce Pine Police Department	Chief Bill Summerlin	Support
Burnsville Police Department	Chief Brian Buchanan	Support
Mitchell Sheriff's Department	Sheriff Donald Street	Support
Burnsville ABC	Brian Franklin	Support
WKYK/WTOE	Bruce Ikard	Support
	Dr. Chad Smoker	Support

Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
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Agency	Person	Role
Yancey County Health Department	Morgan Peterson, Health Educator	Support
VAYA Health	Dustin Burleson	Support
Eleanor Health	Dr. Steve North	Support
Addiction Professionals of North Carolina	Hillary Belk	Support
Mitchell County DSS		Support
Yancey County DSS		Support
Mayland Community College	Monica Carpenter	Support
Never 2 Scarred	Jessica Williams	Support
Reconciliation House	John Miller, Executive Director	Support
Blue Ridge Partnership for Children		Support
Mitchell County Senior Center	Kathy Garland	Support
YMCA	Kate Willett, Director	Support
SEARCH	Lisa Schultz	Support
The Prescription Pad	Liz Elkins, Owner	Support
SMART Recovery	Michel Guicheney	Support
The Learning Shack	Pana Columbus, Executive Director	Support
Mitchell County Transportation	Sheila Blalock, Director	Support

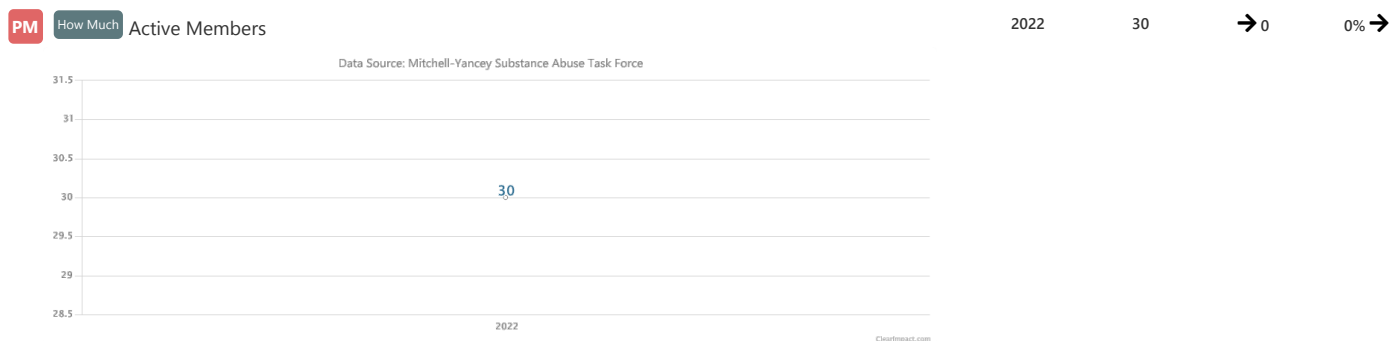
What Is It?

The Mitchell-Yancey Substance Abuse Task Force was identified as an action, that when combined with other actions in our community, has a reasonable chance of making a difference in behavioral health outcomes in Yancey County. This is an ongoing coalition in our community.

The customers for this coalition are all residents in Yancey and Mitchell counties. The Mitchell-Yancey Substance Abuse Task Force aims to make a difference at the individual, interpersonal, organizational, community, and policy change levels. Meetings take place at various locations in Mitchell and Yancey counties, as well as other initiatives and programs.

Progress in 2022

The Mitchell-Yancey Substance Abuse Task Force (MYSATF) transitioned from virtual to hybrid meetings in 2022 to increase attendance at coalition meetings. MYSATF began conversations with Yancey County Government regarding supporting the upcoming opioid settlement process. The group supported Drug Take Back days and support a wide range of educational events. The group also distributed medication lockboxes and safe drug disposal materials in the Yancey County community.



Story Behind the Measure

The "Story Behind the Measure" helps us understand the causes and forces at work that explain the data behind the number of active members in the Mitchell-Yancey Substance Abuse Task Force.

What's Helping What We Do? These are the positive forces at work in our strategy/program that influence how much we do.

- Transitioning to a hybrid meeting model where members can join meetings virtually or in-person
- Rotating meeting locations between Yancey and Mitchell counties
- No other groups are trying to do exactly what the Task Force is doing

What's Hurting What We Do? These are the negative forces at work in our strategy/program that influence how much we do.

- Unclear expectations about what engagement entails
- Meeting schedule does not work for everyone
- Members have competing priorities

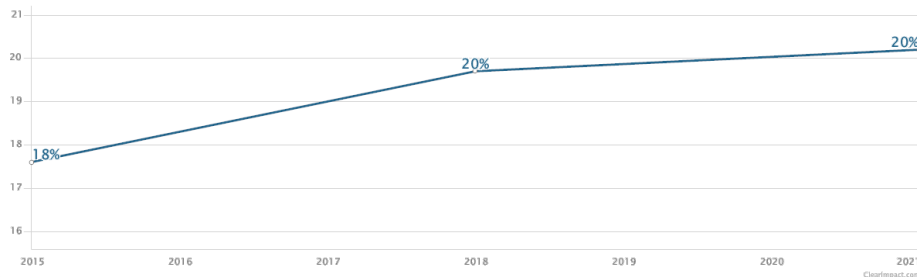
- Membership is primarily agency focused and does not include many general community members or youth

Healthy Living Across the Lifespan

R All people in Yancey County have access to opportunities that support physical, emotional, and social well-being across the lifespan 📄

I Adults with no leisure-time physical activity (Headline Measure)

Data Source: WNC Health Network Community Health Survey



Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
2021	20%	↗ 3	23% ↗
2018	20%	↗ 2	20% ↗
2015	18%	↗ 1	7% ↗
2012	16%	→ 0	0% →

Story Behind the Curve

The "Story Behind the Curve" helps us understand why the data on the percent of adults with no leisure-time physical activity is the way that it is in our community. When we understand the root causes of our community problems, we have a better chance of finding the right solutions, together.

What's Helping? *These are the positive forces at work in our community and beyond that influence this issue in our community.*

- Beautiful natural resources and temperate weather
- Several hiking trails and local paths for outdoor leisure time
- After school activities, sports leagues, etc.
- Access to pickleball and tennis courts, and track at Mountain Heritage High School
- Cane River Park
- Ray-Cort Park
- Outdoor Fitness Equipment
- Blue Ridge Fitness Center & Small Town Fitness offer classes to a wide variety of ages
- Blue Ridge Fitness Center offers childcare while you work out
- Sidewalk trail from Mountain Heritage High School to East Yancey Middle School
- PATH summer programs
- Two swimming pools for recreation
- Bike lane through town
- Senior Center has multiple activities provided
- Churches have various events and opportunities
- Increased communication between an individual's health providers
- Community paramedic
- YMCA classes in Spruce Pine 3 times per week
- Tai Chi for Arthritis
- Matter of Balance classes at Yancey Library
- Sizzlin' Summer Series
- 4-H programs
- Cougar Fit Club at Mountain Heritage High School

- Burnsville Fit Families 5K and the 5K Your Way training plan
- Yoga classes at Rec House and the Senior Center
- Senior baseball team

What's Hurting? *These are the negative forces at work in our community and beyond that influence this issue in our community.*

- Nice weather for outdoor activity is limited in our area due to seasonal changes
- Lack of winter activities
- No YMCA in Yancey County, have to drive to Mitchell or Avery counties
- Limited flat spaces to walk/run for older adults/ those with limited mobility
- Lack of knowledge about local hiking trails
- Lack of shaded walking trails and nature trails that are not hiking trails
- Financial barriers create difficulty joining local fitness centers
- Chronic pain and diseases that keep individuals from being physically active
- Lack of knowledge in the community about local health programs
- People have a lack of time or limited time to exercise, no work/life balance
- Limited Views of "Physical Activity"
- Lack of confidence to exercise, fear of embarrassment, etc.
- Lack of knowledge of dementia, in the community and in the medical field
- COVID-19
- Underutilization of the Yancey Senior Center
- Lack of safe places to ride bikes
- Transportation to public events/classes
- Financial resources to purchase fitness equipment or athletic clothing/shoes
- No open adult day care
- Lack of group classes/events for non-dominant affinity groups (bigger bodies, chronic pain, recovery groups, etc.)

Partners

Partners With a Role in Helping Our Community Do Better on This Issue:

- Public Schools
- Faith Communities
- Yancey County Parks & Recreation
- Local Fitness Centers
- Senior Center
- Primary Care Providers
- Behavioral Health Providers
- Partners Aligned Towards Health (PATH)
- NC Cooperative Extension
- High Country Agency on Aging
- Mountain Community Health Partnership (MCHP)

- Toe River Arts Council
- Penland School of Arts
- Town of Burnsville
- Yancey County Government
- Meridian Health & Wellness Center
- Fitness Instructors
- Community Health Workers
- US Forest Service
- Center for Pioneer Life
- Celo Community
- Mayland Community College
- NC High Peaks
- Mitchell YMCA
- Dementia Caregivers and friends
- RHA

What Works

The following actions have been identified by the Healthy Yancey coalition and community members as ideas for what can work for our community to make a difference on Healthy Living Across the Lifespan.

Actions and Approaches Identified by Our Partners *These are actions and approaches that our partners think can make a difference on Healthy Living Across the Lifespan.*

- Education about at-home options for activities
- Affordable at-home workout equipment
- Senior-focused classes at Blue Ridge Fitness Center
- Free entrance days to the Blue Ridge Fitness Center
- Grant funding
- Free events, low cost events, scholarships/sponsorships
- Education about health promoting behaviors in schools
- Provide incentives from employers to employees to stay healthy
- Affordable child care or available elder care that would allow parents/caregivers to participate in physical activities
- Indoor physical activity options for winter months
- Mental health resources
- "Mom and me" type fitness classes
- Bird walks with a naturalist, wildflower walks
- External incentives to exercise

What is Currently Working in Our Community *These are actions and approaches that are currently in place in our community to make a difference on Healthy Living Across the Lifespan.*

- Adult public sports teams
- Cougar Fit Club at Mountain Heritage High School

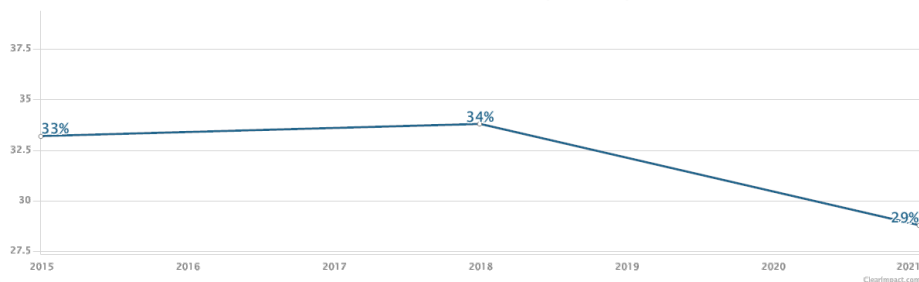
- Senior Center offerings
- Public pool/free pool days where entrance fee is waived
- Collaboration across agencies to implement programs such as the Sizzlin' Summer Series
- Clean public spaces
- 5K/biking events
- Summer Resource Guide
- Healthy Kids Day
- Dual membership collaboration between Blue Ridge Fitness Center and YMCA WNC
- Community gardens

Evidence-Based Strategies These are actions and approaches that have been shown to make a difference on Healthy Living Across the Lifespan.

Name of Strategy Reviewed	Level of Intervention
Behavioral health interventions to reduce screen time	Individual, interpersonal, organizational
Chronic disease self-management program	Individual, interpersonal, community
Creating or improving places for physical activity	Policy
School-based programs to increase physical activity	Individual, interpersonal, organizational
Activity programs for older adults	Individual, interpersonal, community
Community gardens	Community, policy
Community-wide physical activity campaigns	Community
Faith-based model for rural diabetes prevention and management	Individual, interpersonal, community

I Adults at a healthy weight

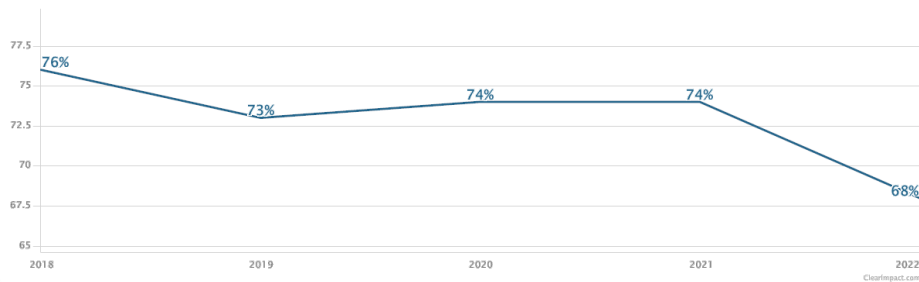
Data Source: WNC Health Network Community Health Survey



2021	29%	↓ 1	-23% ↓
2018	34%	↑ 1	-10% ↓
2015	33%	↓ 1	-11% ↓
2012	38%	→ 0	0% →

I FHLI-NC HNC2030 Access to Exercise Opportunities: Percent of People in North Carolina (Total) with Access to Exercise Opportunities

Data Source: County Health Rankings and Roadmaps <https://www.countyhealthrankings.org/app/north-carolina/2021/measure/factors/132/data>



2022	68%	↓ 1	0% →
2021	74%	→ 1	9% ↑
2020	74%	↑ 1	9% ↑
2019	73%	↓ 1	7% ↑
2018	76%	→ 0	12% ↑

P Healthy Living Education

Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
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Data Source: NC Cooperative Extension



Story Behind the Measure

The "Story Behind the Measure" helps us understand the causes and forces at work that explain the data behind participants in the Family and Consumer Sciences programs.

What's Helping What We Do? These are the positive forces at work in our strategy/program that influence how much we do.

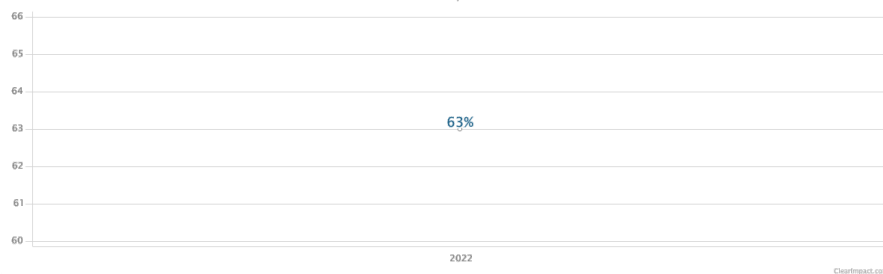
- The Family and Consumer Sciences Extension Agent only serves Yancey County
- Strong community partnerships
- The Extension Agent lives in Yancey County and can more easily develop relationships with participants
- Word of mouth promotion of program offerings
- Eventbrite software used for registration

What's Hurting What We Do? These are the negative forces at work in our strategy/program that influence how much we do.

- People are hesitant to change their habits
- Funding limitations and inflation

What Works to Do Better?

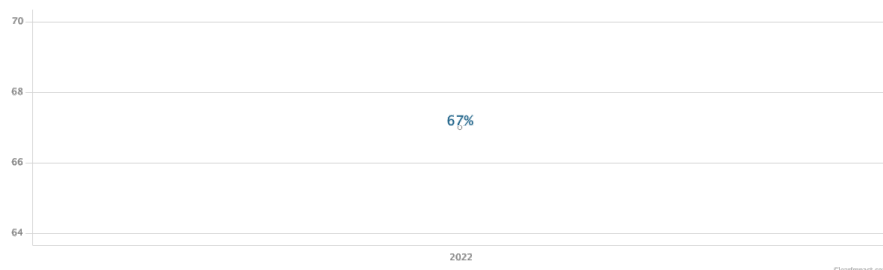
Data Source: NC Cooperative Extension



Story Behind the Measure

What Works to Do Better?

Data Source: NC Cooperative Extension



Story Behind the Measure

What Works to Do Better?

P Sizzlin' Summer Series

PM How Much Participants

Data Source: Partners Aligned Toward Health



Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
2022	1,900	→ 0	0% →

Story Behind the Measure

The "Story Behind the Measure" helps us understand the causes and forces at work that explain the data behind participants in the Sizzlin' Summer Series.

What's Helping What We Do? These are the positive forces at work in our strategy/program that influence how much we do.

- Strong partner and agency support
- Community support
- Volunteer support
- Burnsville Town Square is a central meeting hub
- Series coincides with the Yancey County Farmers Market

What's Hurting What We Do? These are the negative forces at work in our strategy/program that influence how much we do.

- Reintroduction of the Sizzlin' Summer Series after two years created an initial challenge
- Sustainable funding
- Transportation is a barrier to some members of the community participating in the Series

What Works to Do Better?

P New A Matter of Balance

PM How Much Participants

Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
—	—	—	—

Story Behind the Measure

What Works to Do Better?

Food Insecurity and Access to Food

R All people in Yancey County have equitable access to affordable, nutritious, culturally appropriate foods.

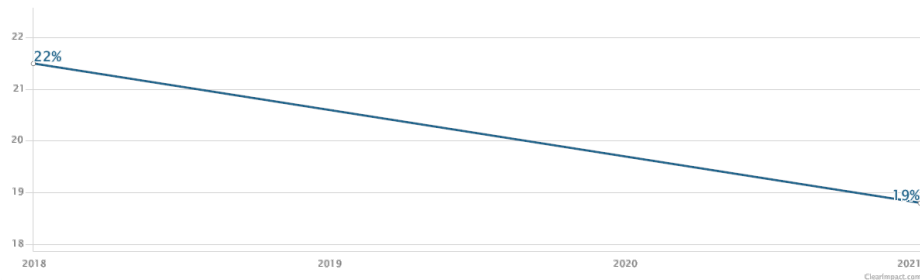
Importance

Reliable and sufficient nutrition is necessary in order to have a healthy, active life. Many rural communities, including Yancey County, were already struggling with low grocery store access and availability and low wages and poverty. The inflating cost of food, supply train disruptions, and employment impacts resulting from the COVID-19 pandemic have complicated the food environment in Yancey County.

Most Recent Period	Current Actual Value	Current Trend	Baseline % Change

I	Adults who ran out of food at least once and or worried about running out of food (Headline Measure)	2021	19%	↓ 1	-13% ↓
		2018	22%	→ 0	0% →

Data Source: WNC Healthy Impact Community Health Survey



Story Behind the Curve

The "Story Behind the Curve" helps us understand why the data on the percent of adults who ran out of food at least once and or worried about running out of food is the way that it is in our community. When we understand the root causes of our community problems, we have a better chance of finding the right solutions, together.

What's Helping? *These are the positive forces at work in our community and beyond that influence this issue in our community.*

- Communication and collaboration between organizations resulting in many community-powered food relief programs that target a variety of populations
- Providing increased access to high quality community grown foods
- Expansion of SNAP/EBT access for purchasing local foods (Farmers market, TRACTOR, etc.)
- Robust farming community that focuses on selling and sharing food within our community rather than regional markets
- Increased interest in home gardening
- Federal and State level increases in funding for food relief programs
- Community Gardens
- Addressing transportation and other barriers to available programs

What's Hurting? *These are the negative forces at work in our community and beyond that influence this issue in our community*

- Inflation and cost of living
- Access to food markets & grocery stores are generally limited to downtown Burnsville
- Aging farming community
- Price of land for new farmers is extremely high
- Lack of knowledge around food preservation & preparation
- Poverty
- Time consuming paperwork and process to access SNAP & EBT benefits
- Lack of knowledge about healthy eating
- Lack of transportation to food access
- Construction of fast food restaurants
- Lack of nutritional counseling
- Decreased funding for food relief programs after COVID-19

Partners

Partners With a Role in Helping Our Community Do Better on This Issue:

- TRACTOR Food & Farms
- MY Neighbors

- Senior Center (Meals on Wheels)
- Yancey County Health Department - WIC program
- Reconciliation House
- NC Cooperative Extension
- Dig In! Yancey Community Garden
- Learning Shack
- Older generations who know how to can and preserve foods
- Mountain Community Health Partnership (MCHP)
- Town of Burnsville
- Yancey County Government
- Blue Ridge Partnership for Children
- Grocery stores
- Produce Stands
- Local Farmers
- Family Life Center
- Churches
- Yancey Feed-A-Child
- Local food pantries
- Partners Aligned Toward Health (PATH)
- Farmer's Market
- Public Schools
- AMY Wellness Foundation

What Works

The following actions have been identified by the Healthy Yancey coalition and community members as ideas for what can work for our community to make a difference on Food Insecurity and Access to Food.

Actions and Approaches Identified by Our Partners *These are actions and approaches that our partners think can make a difference on Food Insecurity and Access to Food.*

- Further development of produce procurement funds for programs distributing locally grown food
- More decentralized distribution and other times for food programs to address transportation and work barriers (and continue delivery based programs)
- Ongoing attention to fidelity, equity, and dignity centered services in the community
- Trauma-informed food access programs
- Increased education and resources around how to grow, prepare, and preserve food
- More support and access to resources for emerging farmers and addressing transferring land/businesses from aging farmers to emerging farmers
- Double up food bucks at Farmer's Market
- Reinvigoration of Yancey Food Council to deepen and widen organizational collaboration
- Expansion of nutritious food production, support, and access out of the mountain growing season
- Commitment from Town and County governing bodies to agriculture as economic development

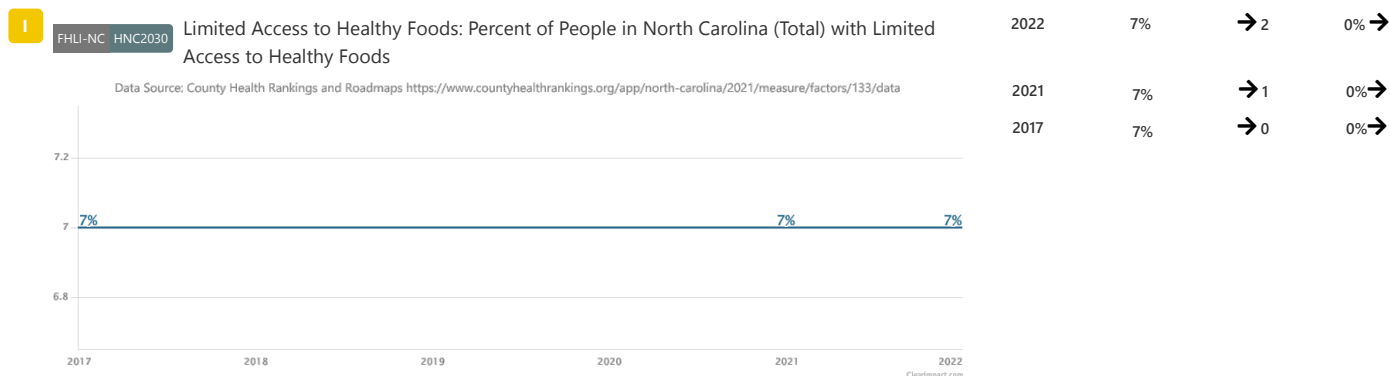
- Draw health restaurants to the area
- Support local farm to table restaurant efforts rather than chains and franchises

What is Currently Working in Our Community *These are actions and approaches that are currently in place in our community to make a difference on Food Insecurity and Access to Food.*

- Food Hub exists
- Some federal, state, local funding to subsidize access - SNAP/EBT at Farmer's Market and TRACTOR
- Organizations collaborate to tackle the issue as a team and reach a variety of populations
- Farmer's Market
- Community gardens
- Meals on Wheels
- Harvest Share
- Rec House food distribution
- Cosecha
- Summer Food Program
- Student choice markets
- Garden Share to increase access to fresh produce

Evidence-Based Strategies *These are actions and approaches that have been shown to make a difference on Food Insecurity and Access to Food.*

Name of Strategy Reviewed	Level of Intervention
Double-Up Food Bucks/healthy food incentives	Individual, community, policy
Healthy food in convenience stores	Individual
Home-delivered and congregate meal services for older adults	Individual, interpersonal
Food pantries and soup kitchens	Individual, interpersonal
Increase SNAP benefit recipients	Individual, policy
Community gardens	Community, policy



P Harvest Share

Partners

The partners for Harvest Share include:

Agency	Person	Role
Dig In! Yancey Community Garden	Andrew Weisberg, Food for All Coordinator	Lead

Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
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Agency	Person	Role
TRACTOR Food & Farms	Sierra Bryant, Operations Manager	Support
Rec House	John Miller, Executive Director	Collaborate
Community Volunteers		Support

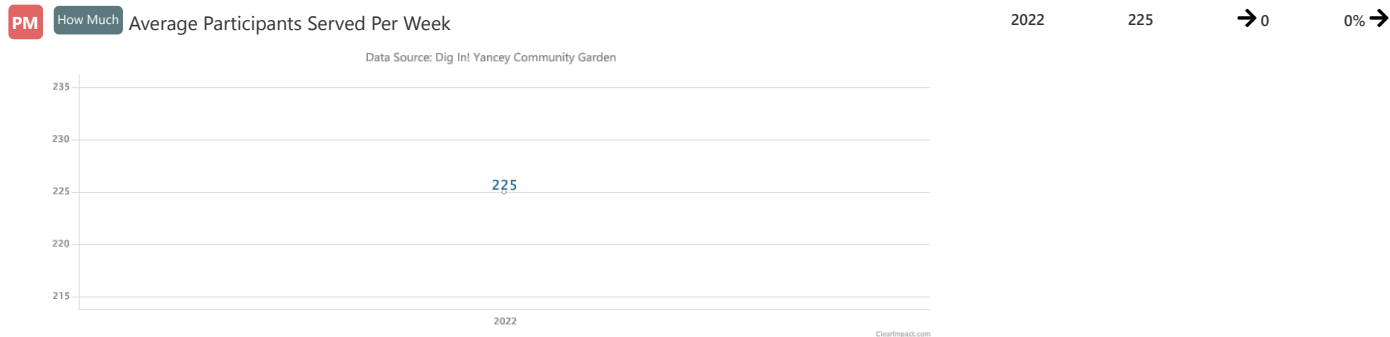
What Is It?

Harvest Share was identified as an action, that when combined with other actions in our community, has a reasonable chance of making a difference in food insecurity and access to food outcomes in Yancey County. This is an ongoing program in our community.

The customers for this program are all Yancey County residents. Harvest Share aims to make a difference at the individual, interpersonal, organizational, and community change levels. Implementation will take place at West Burnsville Baptist Church on Wednesdays during the growing season.

Progress in 2022

Harvest Share saw more families than ever before in 2022. Toward the end of the Harvest Share season, the program transitioned from an emergency food system distribution where food was pre-selected and back to a community food support model. Harvest Share participants could walk up to a community market-style distribution tent and self-select local produce to take home.



Story Behind the Measure

The "Story Behind the Measure" helps us understand the causes and forces at work that explain the data behind participants served through Harvest Share.

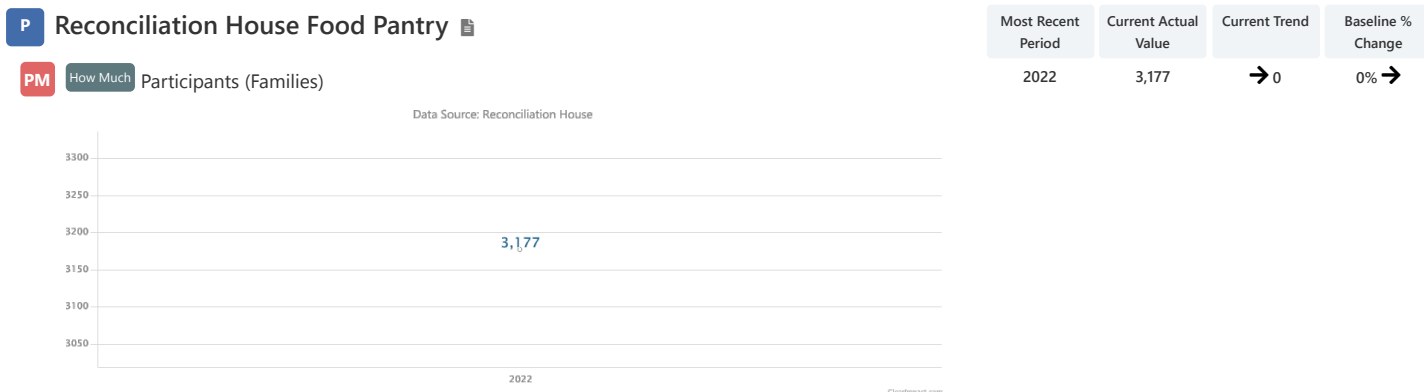
What's Helping What We Do? These are the positive forces at work in our strategy/program that influence how much we do.

- Volunteer support
- Support from regional farms that donate produce
- Strong partnerships in the community

What's Hurting What We Do? These are the negative forces at work in our strategy/program that influence how much we do.

- Sustainable funding
- Climate change for production of crops

What Works to Do Better?



Story Behind the Measure

The "Story Behind the Measure" helps us understand the causes and forces at work that explain the data behind participants served by the Reconciliation House

Food Pantry.

What's Helping What We Do? These are the positive forces at work in our strategy/program that influence how much we do.

- Overall grant funding - Bridge Foundation
- Community involvement through volunteers
- Strong partnerships with other agencies
- Collaboration

What's Hurting What We Do? These are the negative forces at work in our strategy/program that influence how much we do.

- Cost increase of food products
- Transportation to the Food Pantry
- Generational poverty

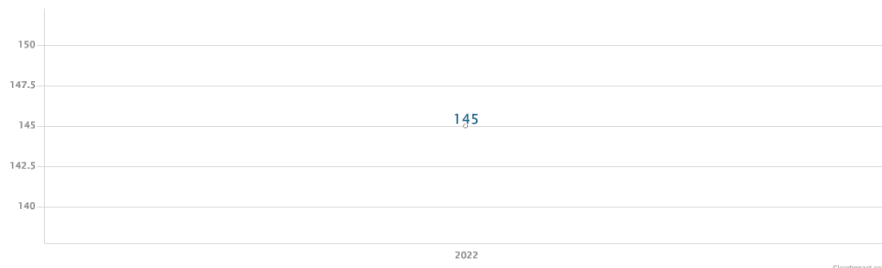
What Works to Do Better?

P Summer Food Program

PM **How Much** Participants (Families)

Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
2022	145	→ 0	0% →

Data Source: Partners Aligned Toward Health (PATH)



Story Behind the Measure

The "Story Behind the Measure" helps us understand the causes and forces at work that explain the data behind participants in the Summer Food Program.

What's Helping What We Do? These are the positive forces at work in our strategy/program that influence how much we do.

- Strong partnership support, especially with Yancey County Transportation and the AMY Regional Library Bookmobile
- Local farmers

What's Hurting What We Do? These are the negative forces at work in our strategy/program that influence how much we do.

- The program often struggles to find enough volunteers to help deliver food
- Sustainable funding

What Works to Do Better?
