



2016 State of the County's Health Report

Yancey County

2016 State of the County's Health Report Scorecard - Yancey County



The 2015 Community Health Assessment priority areas are:

- **Priority Issue #1** - Substance Abuse Prevention and Increasing Availability/Access of Mental Health Services
- **Priority Issue #2** - Healthy Living Behaviors/Lifestyles and Chronic Disease Prevention
- **Priority Issue #3** - Social Determinants of Health

The following SOTCH Scorecard was created and submitted March, 6th 2017 in order to meet the requirements for the Yancey County annual State of the County's Health (SOTCH) Report.

Clear Impact Scorecard™ is a strategy and performance management software that is accessible through a web browser and designed to support collaboration both inside and outside organizations. WNC Healthy Impact is using Clear Impact Scorecard™ to support the development of electronic CHIPs, SOTCH Reports and Hospital Implementation Strategy scorecards in communities across the region.

Scorecard helps communities organize their community health improvement efforts:

- Develop and communicate shared vision
- Define clear measures of progress
- Share data internally or with partners
- Simplify the way you collect, monitor and report data on your results

The following resources were used/reviewed in order to complete the SOTCH:

- [2017 County Health Data Book](#)
- [WNC Healthy Impact](#)

Substance Abuse Prevention AND Increasing Availability/Access to Mental Health Services

R	Yancey	Yancey County Free from Substance Abuse. Residents of Yancey County Have Access to Mental Health Services.	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
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Progress Made in Last Year

The following progress was made in 2016 on Substance Abuse Prevention and Increasing Availability/ Access of Mental Health Services in Yancey County.

- Submitted Yancey Journal Times **Monthly Health Page**, one page dedicated once a month to health topics, health related community events, and health education
- Distributed **Medication Lockboxes** District-Wide (ongoing) – 186 total
- Received the **Drug Free Communities Grant** through the MYSATF (\$125k/5 years)
- Funded and Co-Hosted **Red Ribbon Week** (substance abuse prevention) with Mitchell and Yancey County Schools – 418 students participated and was surveyed. By far, the students' favorite activity during the week was Ty Sells' presentation. Dressing up and the sock hop, came in as second and third favorite activities. What the students learned was variable - though some messages from Ty's presentation seemed to stick, and the facts about

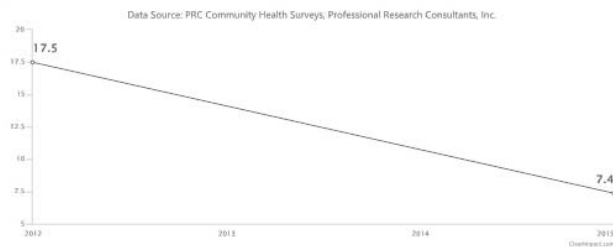
chemicals in cigarettes

- Launched the **Naloxone Initiative** that immediately impacted saving lives, providing an opportunity for treatment and recovery, and avoiding family trauma associated with death that would otherwise result from opioid overdose. This initiative allowed law enforcement employees and emergency medical staff to attend a training on how to administer naloxone; approximately 50 employees attended across Mitchell and Yancey counties.
- Expanded marketing strategies to **increase awareness and education** on the dangers of substance abuse by increasing the amount of staff on the existing Substance Abuse Task Force (hired a full-time Program Coordinator and full time Youth Team Advisor). As a result, the task force has also increased the number of people reached across the two counties
- Decreased Emergency Department visits by 10 percent by **holding hours for behavioral health crisis patients** at local hospital.
- Update a **Substance Abuse and Mental Health Resource Guide** annually for Mitchell and Yancey Counties. The information is helpful to agencies and residents. The task force prints multiple copies and makes the information available online.
- Held a **Drug Take Back Day** in September 2016 - resulted in the collection of 36 pounds of prescription drugs in addition to the 51 pounds that have been collected via permanent drug drop boxes since April. These efforts decrease the potential for prescription drug abuse and accidental poisonings in our community.

I Yancey Rate of drug overdoses in Yancey County **2013** **25.8%** — **→ 0** **0%** **→**



I Yancey % County residents have >7 poor mental health days in the past month **2015** **7.4%** — **↘ 1** **-58%** **↓**



P	Yancey	Naloxone Initiative	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Yancey	Marketing Strategies to Increase Awareness & Education on Dangers of Abuse	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Yancey	Needle Exchange Program/Safe Needle Disposal Program	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Yancey	Increase Behavioral Health Care	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Yancey	Prevent substance use (Tobacco) initiation among youth and young adults	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change

P	Yancey	Eliminate exposure to secondhand smoke	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Yancey	Promote quitting among adults and youth	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change

Healthy Living Behaviors/Lifestyles AND Chronic Disease Prevention

R	Yancey	Healthy living behaviors/lifestyles in Yancey County. Yancey County free from chronic disease.	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
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Progress Made in Last Year

The following progress was made in 2016 on Health Living Behaviors/Lifestyles and Chronic Disease Prevention in Yancey County.

- Participated in **ChildFest** to promote health department services district-wide – 591 people (including parents and children) attended the event from all three counties
- Sponsored Graham Children’s Health Services, **Burnsville Fit Families 5K** fund raiser - 176 Registered runners (149 actually participated)...70 Adults and 79 Children. Over 40 Volunteers helped pull the event off. Promoting health and wellness, TRHD gave 250 sample bottles of sunscreen to participants
- Promoted children’s physical activity by giving them the opportunity of a week long **Summer Tennis Camp**. These children participate in a unique activity for our area that is fun and suits their interest, skills, and abilities. Yancey had 72 children and over 2-dozen volunteers; Mitchell had 17 children and two volunteers.
- Continue afterschool programming, **Cougar Fit**, for high school students to gain understanding of a healthy life through physical activity, healthy snacks, and health education.
- Hosted a fundraiser event, **Yancey County School Health Centers Color Run 4 Healthy Fun 5K** - 195 participants checked into the race; 50 volunteers checked into the race; total amount of profit from the fundraiser was \$789. Promoting health and wellness, TRHD gave 100 sample bottles of sunscreen and service brochures to participants
- Hosted a **Cooking Demo at the Yancey County Farmer’s Market** on a Saturday morning in the Summer of 2016 – WIC nutritionist demonstrated how to prepare cooked fresh vegetables to approximately around 35 people passing through
- Visited local providers offices to invite nurses to **Lactation Training** in efforts to have more healthcare professionals able to provide assistance and support to breastfeeding mothers – a total of 6 healthcare professionals attended the training from the TRHD area
- Improved nutrition, increased access to fresh, low costing produce by providing **Dig In Community Garden**. Families have learned how to garden, grow their own food, and prepare food in a healthy manner
- Highlighted fun ways to get active with family and neighbors in the community by creating the 1st Annual Kick off of the **Sizzilin Summer Series** that the Yancey County Commissioners "co-sponsored" with the Town of Burnsville and Healthy Yancey - 1,050 participants for summer 2016, and are excited to be planning for 2017.

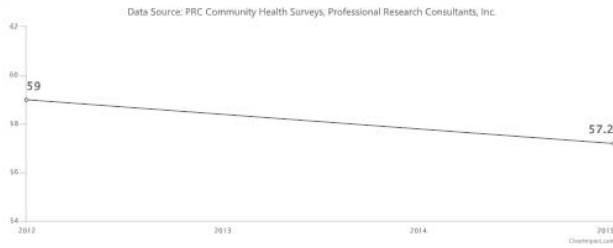
I	Yancey	Cancer Mortality Rate	2014	181.2	—	↗	1	13%	↑
			2013	181.0	—	↘	1	13%	↑
			2012	187.5	—	↗	1	17%	↑
			2011	184.4	—	↘	1	15%	↑
			2010	184.5	—	↗	1	15%	↑
			2009	181.3	—	↘	1	13%	↑
			2008	182.7	—	↗	2	14%	↑
			2007	172.1	—	↗	1	7%	↑



2006 160.8 — → 0 0% →

I Yancey Residents who meet physical activity recommendations

2015 57.2% — ↘ 1 -3% ↓
 2012 59.0% — → 0 0% →



Indicator	Yancey	Program Name	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Yancey	Cougar Fit Club	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Yancey	Sizzlin' Summer Series Physical Activity Campaign	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Yancey	Dig In! Gardening Program	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Yancey	Summer Tennis Camp	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change

Social Determinants of Health

R Yancey Yancey County Residents are Educated, Gainfully Employed, Food Secure, & have Health Insurance Coverage.

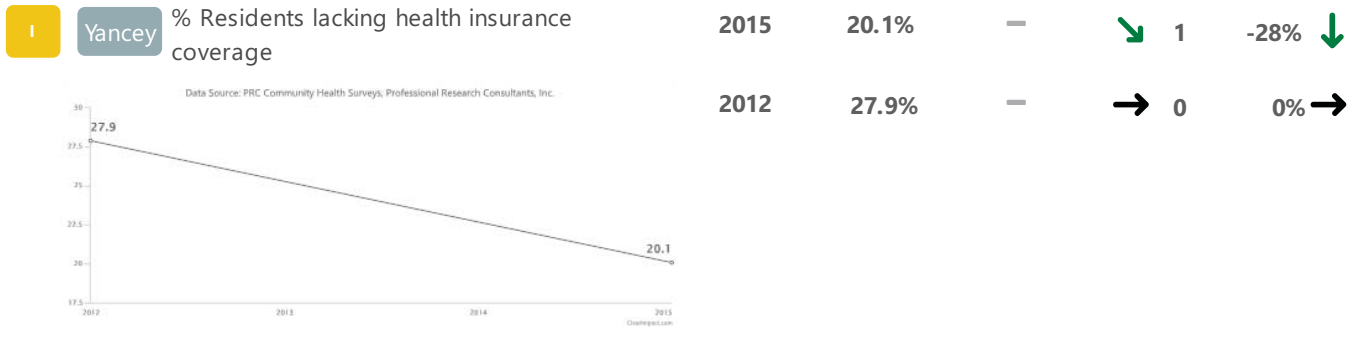
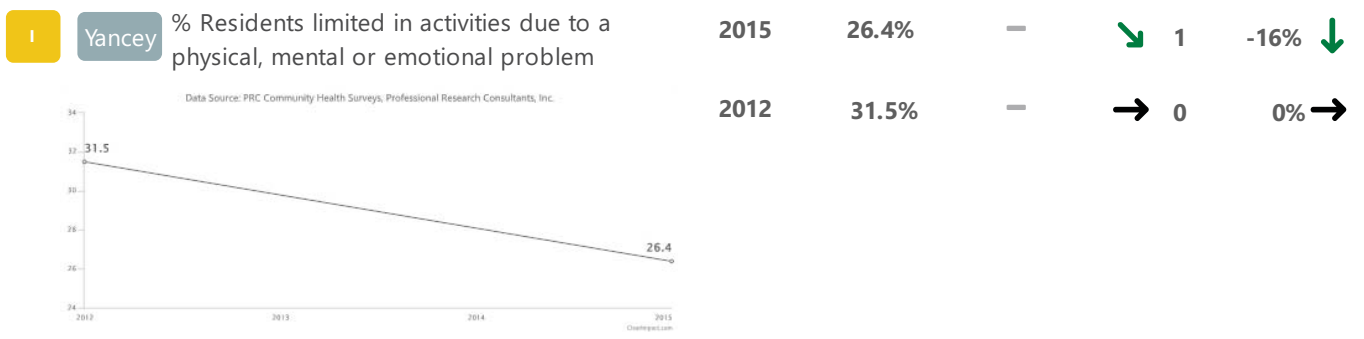
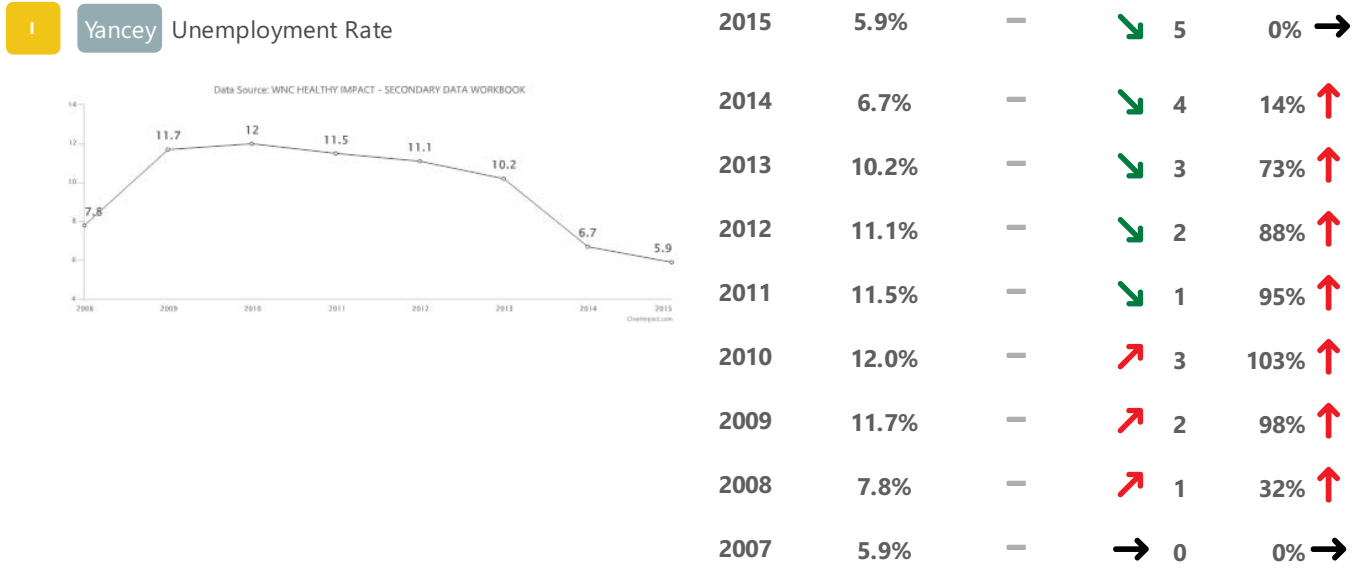
Progress Made in Last Year

The following progress was made in 2016 on Social Determinants of Health in Yancey County.

- Assisted Graham Children's Health Services with **Summer Food Program** – distributed 100 boxes of healthy food to families in need while school was not in session
- Supplied **Dental Kits to WIC children** 0-5 years old district-wide through the Delta Dental Grant – 285 total Baby Dental Kits; 165 total Toddler Dental Kits; 420 total Child Dental Kits given out in the three-county area. The kits included toothbrushes w/covers, flossers, and age appropriate toothpaste and educational information on dental care for children
- Established a system for recognizing and assessing **Adverse Childhood Effects (ACEs) by providing two Resiliency Trainings** in the community for parents, families, teachers, providers, and any other agency.
- Personalized **Community Harvest Tables** in four different neighborhoods throughout Yancey County. This is when neighbors share and receive food without the exchange of money; sharing what you can bring, bringing what you can from your garden, and taking what you need leaving enough for other neighbors. Giving what you can could include time and skills, tools, transportation, ideas, etc.
- Raised funds through **Mountain Air Golf Tournament Annual Fundraiser to help eligible women** in Yancey, Mitchell, and Avery Counties receive clinical breast exams, screening mammograms, pap tests, and diagnostic procedures, such as diagnostic mammograms, ultrasounds, colposcopies, breast and cervical biopsies, and medical consultations - Approximately \$13,000 was raised for cancer screening and prevention services for women in the TRHD area
- Mitchell vs. Mountain Heritage **PINK Volleyball Game to raise awareness and money** for breast cancer – TRHD staff decorated gym, talked to crowd between games about preventive care, and throughout the month of October. The volleyball team raised \$750 by selling shirts and donated it to Mitchell County Health Department to purchase gas cards for patients who needed to travel for further testing or treatment.
- Conducted **Dental Screening/Varnish to Intermountain Children Services** (HeadStart) students – approximately

200 students were screened and 25 varnishes were applied district wide in the HeadStart Centers

- Launched a **Fatherhood Initiative through MY Healthy Families** Program- 7 sessions have been completed with consistent participation from at least five dads. In the first class there was only one father in attendance so we are pretty pleased with the growth of the initiative in the 7 weeks of its existence. Sessions are held bi-weekly. At the sessions, fathers are fed a meal and allowed an opportunity to have candid discussions about the struggles of being a father and also given support, education and guidance to address those issues by a skilled group facilitator. Transportation and child-care was available. MY HFA program is the only one in the state of NC that has implemented a fatherhood initiative.
- Educated parents on **First Aid Safety & Lice Prevention at Intermountain Children Services' (HeadStart) Parent Night** – a total of 76 parents attended across the district
- Provide an updated copy of the **Summer Resource Guide** to every student in Mitchell and Yancey County schools annually. This guide is helpful as parents plan summer activities for children. There are many free or low-cost activities in our community to help children stay active and be engaged while they are enjoying summer break.



P Yancey Summer Food Program	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
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P	Yancey	ACE Assessments & Education	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Yancey	Toe River Project Access and FQHC	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Yancey	Utilizing outreach opportunities to assist citizens of Yancey County	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Yancey	Harvest Tables	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change

New and Emerging Issue & Initiatives

R		Monitor New and Emerging Issues	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
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Narrative

These are the new or emerging issues in our community that were not identified as priorities in our 2015 CHA.

- As the County Commissioner's prioritize farming as an economic driver and **TRACTOR seeks more farmers** to grow their business, access to farmland will be very important for the health of Yancey County citizens. Here's why: if farmland is sold to development the land available to grow fresh, local food decreases. Moreover, development on that land becomes a higher strain on water resources, decreases natural habitat for insect and animal species. All of this directly impacts the health outcomes of Yancey County citizens in terms of the kinds and qualities of food available to them, but also the environment they live in that supports their health.
- As population grows in Yancey County, the residents will **need more primary care** practitioners, more **community centers able to provide indoor activities/ sports** for youth in order to promote healthy exercise all year round.
- New drugs and **drug use trends are emerging** across the area, especially with heroin and fentanyl in particular.
- Experiencing less and **less expecting mothers to attempt breastfeeding** their baby
- Preparing for the possible **loss of the Affordable Healthcare Act** that may threaten access to healthcare, leaving families with no health insurance in the coming year.
- Initiation of **Vaping** is becoming a new health risk in our area.

Leading causes of death in Yancey County 2015

Rank	Cause	Number	%
1	Cancer	50	22.8
2	Diseases of heart	42	19.2
3	Alzheimer's disease	19	8.7
4	All other unintentional injuries	12	5.5
5	Chronic lower respiratory diseases	11	5.0
6	Influenza and pneumonia	10	4.6
7	Cerebrovascular diseases	9	4.1
8	Diabetes mellitus	5	2.3
	Nephritis, nephrotic syndrome and nephrosis	5	2.3
10	Chronic liver disease and cirrhosis	3	1.4
	Septicemia	3	1.4
	All other causes (Residual)	50	22.7
Total Deaths -- All Causes		219	100.0

Source: State Center for Health Statistics, North Carolina

Narrative

The following are new initiatives or changes in our community in 2016.

- Exploring a **Needle Exchange Program** to reduce the spread of IV drug-related diseases by providing a safe, stigma-free way to exchange needles; along with educate citizens on the harmful effects of drug misuse.
- Developing a team approach to include mental/behavioral health in primary healthcare visits in at least two local practices to increase the **access of mental/behavioral healthcare** in our area.
- Distributed **Radon Kits Free of Charge** to any resident in TRHD (ongoing) – 37 total district-wide
- Hosted **Parent Education Classes through Mitchell-Yancey Healthy Families** quarterly throughout the year for clients/families and celebrated their attendance in December with community partners – a total of 5 Skill Series classes were held with 136 attendees which is an average of 27 people at each class. A total of 56 attended the family holiday event in December.
- Offered **Car Seats to those in need, accompanied with Car Seat Education**, as a program at the health department – TRHD gave out approximately 40 seats last year. We charged a small fee of \$25-35 per seat unless the family could not afford it, and therefore traded for a small donation or gave it free of charge. (ongoing) Participated in ChildFest to promote health department services district-wide – 591 people (including parents and children) attended the event from all three counties
- Volunteered at **AMY Wee Trade Fundraiser for Imagination Library** - (Spring/Summer Sale) profit from the fundraiser totaled \$4,705; (Fall/Winter Sale) profit from the fundraiser totaled \$4,745 toward every child 0-5yrs old in all three counties receiving a book in the mail monthly until he/she starts kindergarten.
- Launched and promoted the **Hepatitis C Initiative** in each health department that provides free testing for those that meet the criteria – Approximately 50 flyers were distributed in each county
- Raised awareness of the **Zika Virus through an Educational Campaign** to community partners – Approximately 100 flyers were distributed per county
- Established the **Yancey Alliance for Young (YAY) Children** through the Community Foundation Grant - Creation of an Actions and Opportunities Plans and with the receipt of a grant from the Community Foundation of Western North Carolina to better reflect the collaborative nature of our initiative, the group formed and named themselves the Yancey Alliance for Young Children, or YAY Children. The Yancey Alliance for Young Children is a group of citizens who are committed to improving the systems of care to young children and their families through Community Outreach, Early Education, Parent Education, Health, and Intergenerational Activities.
- Received **Full Accreditation** from the Department of Public Health
- Offered **Flu Vaccinations to Genesis Academy** students and staff – Approximately 20 vaccines were given
- Offered **Tuberculosis Skin Test to Genesis Academy** staff – a total of 5 TB tests were given
- Partnered with Yancey County Sheriff's Department to serve as a drop off site for donations regarding **relief for Hurricane Matthew victims** – Several items such as cases of bottled water, gallons of Bleach, canned goods, diapers, baby food, and other baby supplies.
- Attended **Healthy Families America National Conference** in Cincinnati, Ohio. TRHD Mitchell-Yancey Healthy Families of America Program received national recognition at the conference. They invited us to produce a video highlighting our program and families. This video was shown at the conference. Our MYHFA Program received platinum status for data entry and was recognized for being an accredited program (not many receive this status nationally because it is so difficult to receive). TRHD MYHFA is a model for others to follow.
- Offered **Flu Vaccinations to Intermountain Children Services (HeadStart)** Agency's staff and students – a total of 52 flu vaccines were given district wide in the HeadStart Centers
- Offered **Flu Vaccinations to all Yancey County Schools** students and staff – a total of 450 vaccines given
- Offering **new screenings at local hospital** including computerized tomography lung cancer screenings/examinations and #D tomography screenings of the breast.
- Yancey Food Ministry is a group that is new and is partnering with Cooperative Extension to **organize a Master Food Volunteer program**.
- The largest community change is the **highway construction** being completed. This is an opportunity to assess how people are using the new sidewalks and bike lanes, and how we design our city/county to make it easier for people to get around using these resources. New sidewalk paths connect the local high school to the middle school.
- Discussions have begun about building an **intergenerational playground** in the community.
- New partnership is forming between the AMY Library System and Vaya Mental Health to break down the stigma associated with mental illness. Vaya is in the process of **placing a kiosk at the library** to assist people in getting

help for behavioral/mental health problems.

- Two **medical offices are merging** and combining services and is becoming an FQHC – one in Mitchell County and one in Yancey County. This is to better medically service the community around us.

All three health departments promote health in the community based on current need. Although it is not captured through a specific event, our public health employees work very closely with community agencies weekly on outreach addressing circumstances they are facing or are seeking guidance about. Some examples include:

- Working with Nursing Homes to track and communicate illness outbreaks such as Norovirus and Influenza
 - Delivering immediate education on problematic issues at schools such as Hygiene Maintenance, Infectious Disease Prevention (from Push Pin Game), Lice Checks and Detections, and Immunizations recommended for Teens, etc.
 - Making frequent visits to local providers and healthcare/social service agencies to promote services such as WIC, CC4C program, OBCM program, Child Health, and Women's Health Services
-