

Rutherford-Polk-McDowell District Health Department 2007 ANNUAL STATE OF THE COUNTY HEALTH REPORT

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Carol Tribble, RN
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Health Department Locations

Rutherford County Health Department
221 Callahan-Koon Road
Spindale, NC 28160
Health Dept. (828) 287-6100
Home Health (828) 287-6016
Environmental Health (828) 287-6317
WIC (828) 287-6238
Dental Health (828) 287-6018

Polk County Health Department
161 Walker Street
Columbus, NC 28722
Health Dept. (828) 894-8271
Home Health (828) 894-5395
Environmental Health (828) 894-3557
WIC (828) 894-3888
Dental Health (828) 287-6018

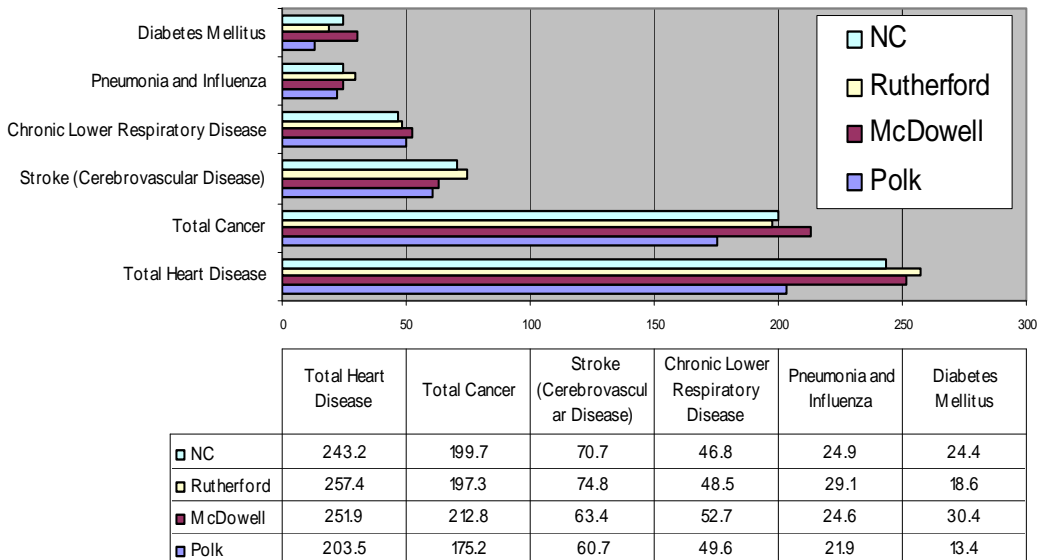
McDowell County Health Department
408 Spaulding Road
Marion, NC 28752
Health Dept. (828) 652-6811
Home Health (828) 659-6901
Environmental Health (828) 652-2921
WIC (828) 652-2922
Dental Health (828) 652-6811 ext. 1319

*Established to promote, protect
and maintain the public health
needs of the community*

LEADING CAUSES OF DEATH IN THE R-P-M DISTRICT

Heart Disease, Cancer, Stroke, COPD and Diabetes

Chronic degenerative diseases are conditions that develop over a long period of time and are characterized by progressive impairment or loss of function. Most of the deaths in the RPM Health District are due to these chronic degenerative diseases such as heart disease, stroke, respiratory disease, diabetes and cancer. Risk factors are those conditions that increase the chance of getting a disease. Cancer and heart disease risk factors include age, family history and gender. There are also several risk factors that a person can control to reduce their risks including: not using tobacco, eating healthily, being physically active and maintaining a healthy weight. If the current trend continues, obesity will overtake tobacco as the number one preventable cause of death in the United States. The percentage of overweight children in the country has doubled during the past two decades.



Health Priorities

The current health priorities listed below were created at the completion of three county-wide community health assessments in 2004. These priorities help guide the planning of public health programs and activities in Rutherford, Polk, and McDowell Counties.

1. Obesity
Nutrition
Physical Activity
2. Tobacco Use
3. Access To Health Care

2008 Emerging Health Issues

- **Pandemic Flu Planning**
- **Disaster Planning**
- **Increasing Environmental Health Services To Meet Housing/ Subdivision Expansion and Growth**
- **Water Quality and Quantity In Light of Population Increase & Drought**

This SOTCH Report Prepared by: Mary Smith, Health Educator
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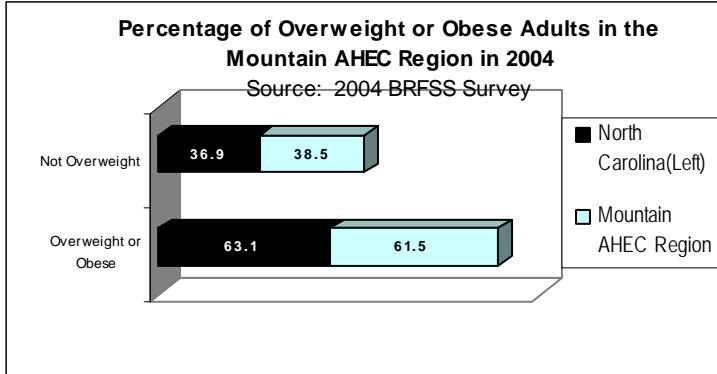
MORTALITY DATA

	Polk	McDowell	Rutherford	N C
Colon, Rectum, and Anus Cancer Age-Adjusted Rates Per 100,000 (Data Book), 2003	18.1	21.4	23.9	19.4
Breast Cancer Age-Adjusted Rates Per 100,000 (Data Book), 2003	17.6	14.6	24.8	25.6
Prostate Cancer Age-Adjusted Rates Per 100,000 (Data Book), 2003	15.9	18.3	27	32.7
Chronic Lower Respiratory Disease Age-Adjusted Rates Per 100,000 (Data Book), 2003	49.6	52.7	48.5	46.8
Septicemia Age-Adjusted Rates Per 100,000 (Data Book), 2003	6.3	14.7	14.4	14.1
Nephritis, Nephrosis, & Neph. Syndrome Age-Adjusted Rates Per 100,000 (Data Book), 2003	13.7	11.7	16.7	16.9
Motor Vehicle Unintentional Injuries Age-Adjusted Rates Per 100,000 (Data Book), 2003	19	22.6	25.3	19.5
All Other Unintentional Injuries Age-Adjusted Rates Per 100,000 (Data Book), 2002	29	17.9	29.3	23
Suicide Age-Adjusted Rates Per 100,000 (Data Book), 2003	21	15.8	17.6	11.5
Homicide Age-Adjusted Rates Per 100,000 (Data Book), 2003	4.2	5.8	8.1	7.5
HIV Age-Adjusted Rates Per 100,000 (Data Book), 2003	2.1	.5	1.6	5.6
Black Infant Mortality Rate per 1000 Live Births (Data Book), 2002	0	0	22.2	16
Percent Deaths Tested Positive for Alcohol (Data Book), 1998	11%	33%	35%	33%

MORBIDITY DATA

	Polk	McDowell	Rutherford	N C
Total AIDS Cases per 100,000 (Data Book), 2003	5	9	10	4,227
Total Vehicle Crashes on State Roads 2006 http://www.hsrc.unc.edu	335	762	1,223	220,307
Asthma Hospitalizations per 100,000 (Data Book), 2003	84.7	72	152.9	143.2
Asthma Hospitalizations per 100,000 Children 0-14 Years (Data Book), 2003	97.5	74.2	64.9	207.9
Percent 7th & 8th Graders with Diagnosed Current Asthma or Undiagnosed Current Wheeze (Data Book), 2000	27%	29%	29%	27%
Smoking in Middle School (Data Book), 2000	13.3%	21.1%	17.5%	16%
Alcohol/Drug Hospitalizations per 10,000 (98-00) (Data Book), 1998	74	107	148	134
Lead Screening: Percent of Cases > 10 ug/dl - Ages 1 & 2 Years (Data Book), 2000	2%	3%	4%	4%

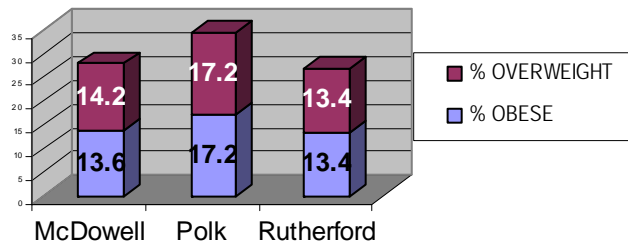
OBESITY



- 13.4-17.2% of the children served in RPM Dist. health departments were overweight in 2005
- 27.8% (McD), 29.1% (Ru), and 34.4% (Polk) children served in health depts. were overweight in 2005—NC-PASS 2005
- 42% of McDowell 6th graders were overweight in 2004
- Percentage of women that were overweight or obese during

Mountain Area Health Education Center (MAHEC): (Buncombe County excluded in this report), Cherokee, Clay, Graham, Haywood, Henderson, Jackson, McDowell, Macon, Madison, Mitchell, Polk, Rutherford, Swain, Transylvania, and Yancey counties.

2005 NC-NPASS Data (Gathered in Health Departments) On Childhood Overweight



OVERWEIGHT = BMI for age in between the 85th percentile to <95th percentile

OBESSE = BMI for age is greater than the > 95th percentile

COMMUNITY STRATEGIES TO REDUCE OBESITY

NUTRITION

- RPM Health Departments counsel their patients on BMI
- RPM Health Department's WIC Program provided nutrition education to 3,849 participants and mothers receive vouchers for nutritious foods for their families
- 3 WIC peer counselors provide education and support to breastfeeding mothers
- RPM Breastfeeding Task Force formed to support NC's Goal of 75% of babies born to be breastfed
- City of Marion opened a weekly farmers' market in warm months
- McDowell County Head Start constructed an outdoor learning center to learn about growing plants and vegetables.
- McDowell County Partnership for Children was awarded a grant to provide training and technical assistance to child care centers for improved nutrition and physical activity for children between ages 2 and 5
- Girls on the Run program was piloted in a school in McDowell and a school in Rutherford County
- A \$67,000 Baxter International Foundation grant provided funding in McDowell County Schools to provide
 - Food For Thought nutrition education curriculum and training for all elementary teachers
 - Nutrition Education resource kits for all schools
 - a school nutrition environment booklet for school staff to promote healthy options for fundraising, snacks, rewards and celebrations

NUTRITION STRATEGIES TO PREVENT OBESITY Continued:

- Health screenings, educational presentations and BMI assessments in all McDowell County schools
- Polk County Schools administered the Physical Activity, Nutrition and BMI Assessment Survey in 3 schools
- Through a Smart Start funded Technical Assistance project in Polk County, 50% of the child care centers received assistance in improving their breakfast, snack and lunch menus by learning to make wiser nutritional choices in menu planning. This resulted in reducing the sugar and white (simple) carbohydrates in the menus and increasing fresh fruits, vegetables and whole grains.
- Polk County pre-schools have added an “I and moving, I am Growing” component, via a grant focusing good nutrition and physical activity on kids > 95% and <5% BMI percentile.
- McDowell Partnership for Children/Smart Start’s Nutrition & Physical Activity Assessment (NAP SACC) was conducted in daycare centers and goals for increasing physical activity and healthy nutrition were made.
- McDowell County has begun a worksite wellness program and held a health fair for county employees
- *Healthy Tweens* program encouraged healthy lifestyles to Rutherford Middle School students and held an essay contest on what it means to be a *Healthy Tweens*.
- Sunshine Elementary School in Rutherford County, received the USDA Fruit and Veggie grant for 2007-2008
- Rutherford School Policy not to use candy for incentive or reward and not to sell candy during school hours
- Carolina Access II Care is targeting childhood obesity in its education efforts providing education outreach
- Polk County School’s summer “Builder’s Program” kindergarteners learned about eating healthy in a six week nutrition education program featuring “Food For Thought” curriculum

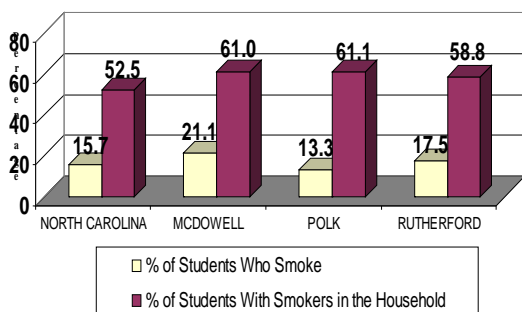
PHYSICAL ACTIVITY STRATEGIES TO PREVENT OBESITY

- RPM District Health Department’s Women Infants and Children Program (WIC) is promoting physical activity and distributing physical activity guides to all their clients. These 3 county specific guides tell where you can go to be physically active and explain the benefits of physical activity.
- Through a Smart Start funded project in Polk County, teachers in child care centers were challenged to increase daily physical activity of the infant/toddler/preschool children by incorporating more gross motor skill activities into all aspects of the daily classroom schedules. The overall average increase of physical activity in participating classrooms was slightly over 50%, with the range being 12% to 110%.
- Rutherford and Polk counties are working on a trails/greenway master plan
- McDowell County Commissioners voted to endorse the McDowell County Master Greenway Plan connecting greenway plans in Buncombe and Burke Counties.
- McDowell Trails Association received a \$5000 grant from NCDNR to construct a canoe launching site on the Catawba River.
- Foothills Conservancy purchased land that provides public access to Catawba Falls near Old Fort.
- Rutherford County has completed a 1/2 mile greenway that connects the senior center, library, health department, county administrative building and mental health.
- U.S. Representative Heath Shuler introduced legislation to budget money for the U.S. Forest Service to purchase 96 acres from Foothills Conservancy that would provide an access trail to Catawba Falls.
- Polk County completed the 1/2 mile Shuford Memorial Sanctuary Trail in October.
- Rutherford County schools trained their elementary teachers in the Boost Up program that uses movement to improve academic performance
- McDowell County Corpeneing YMCA and McDowell County Schools began the America On The Move Program with 5th and 6th graders with a goal of 2,000 steps each day and 100 calories less.
- Corpeneing YMCA in McDowell County invited all middle school students to attend the “Y” after school for free during the month of October and the schools provided transportation
- McDowell Trails Association was a partner in the National Park Service’s Rivers,



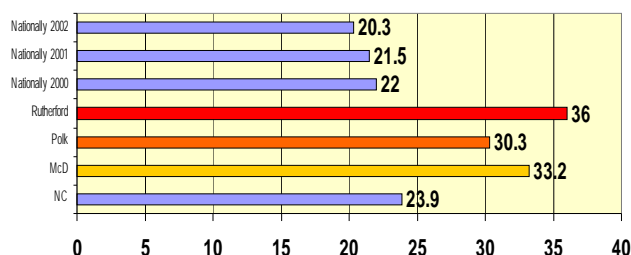
TOBACCO USE

NC Middle School Smoking Survey 1999-2000



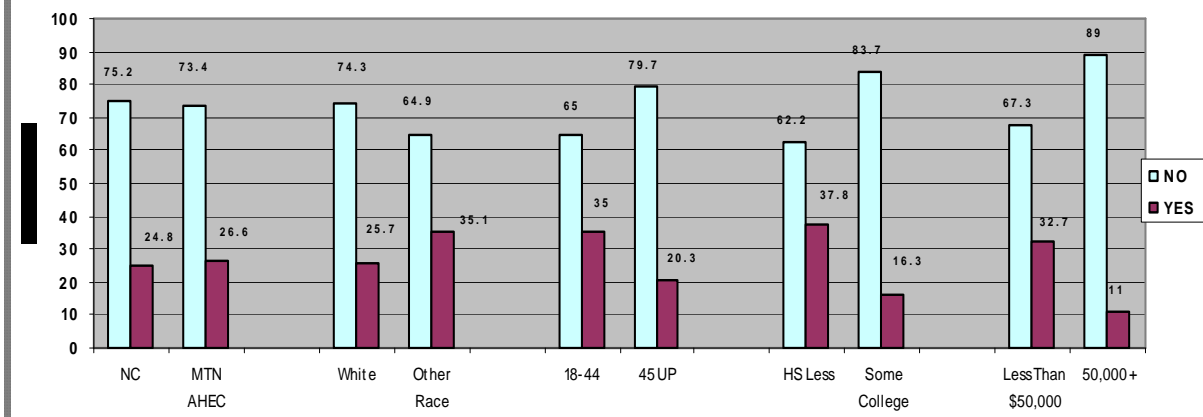
Percentage of Mothers Who Smoked During Pregnancy

Sources: NC Pregnancy & Nutrition Surveillance System and 2003 Pediatric Pregnancy and Nutrition Surveillance System



Current Smokers Data From MTN AHEC BRFSS 2003 Survey n = 1,308

McDowell, Rutherford, Polk, Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, Mitchell, Swain, Transylvania, and Yancey counties.



COMMUNITY STRATEGIES TO PREVENT TOBACCO USE

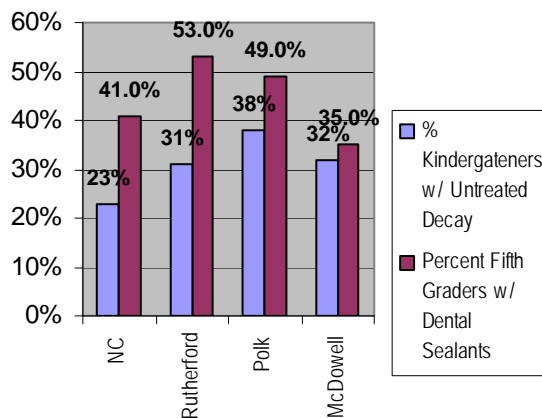
- Channel 13 Asheville feature story on McDowell County's Great American Smoke-Out Nov. 16, 2007
- 100% tobacco free school policies in all counties
- Tobacco prevention education and materials for students in grades 6-12 in Rutherford, Polk, & McDowell (NC Oral Health Section Program)
- McDowell Hospital 100% tobacco free February 2007
- Rutherford-Polk-McDowell District Health Department grounds now 100% tobacco free
- Rutherford Community Hospital presents the T.A.T.U. program is in Rutherford Schools & "Enough Snuff" Interactive CD program targets prevention of dip/chewing tobacco
- RPM District Health Department nurses counsel patients not to smoke provide resources and cessation clinics
- Health & Wellness Trust Funds full-time tobacco prevention specialist in McDowell County Schools to work with students and the community to create smoke-free policies, promotions and education for students.
- Promotion of smoke-free policies in restaurants and worksites
- Smoke-Free Dining Guide published by the McDowell Tobacco Free Coalition
- Tobacco free restaurants advertised on RPM District Health Department's web site:
www.rpmhd.org
- Promotion of Quit-lines and web-sites
- ARP/Phoenix Preventions Services provides *Question Why* to encourage empowerment of youth as leaders in building tobacco free communities in RPM District

ACCESS TO HEALTH CARE

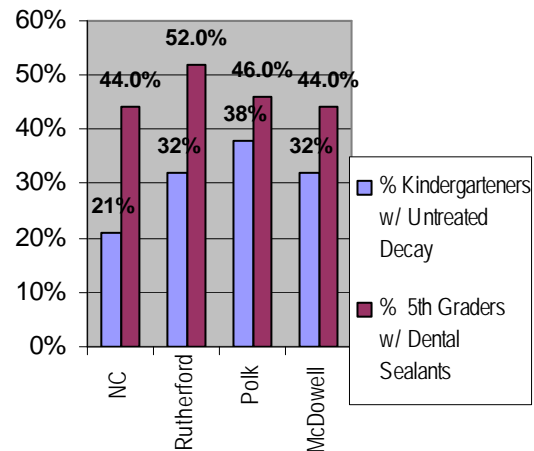
Difficulty accessing medical care is due to many reasons such as:

- **Poverty**
- **Unemployment**
- **Lack of health insurance**

2003-04 Oral Health Status
Source: NC Oral Health Section



2005-06 Oral Health Status
Source: NC Oral Health Section

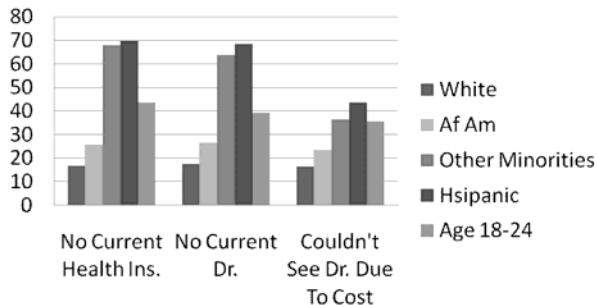


COMMUNITY STRATEGIES TO ADDRESS ACCESS TO DENTAL CARE

- Smart Start funds have been made available through the RPM Health Dept. to cover the cost of dental care for children birth to five years of age who live in Polk or Rutherford Counties and do not qualify for Medicaid, have no insurance or cannot afford their insurance co pay, and meet the Health Department's sliding fee scale income eligibility. This service covers the cost of transportation to the dental appointments, provides appointment reminder calls, follow up calls, and offers assistance in arranging appointments and transportation.
 - Through a Smart Start funded project at the RPM Health Dept., Medicaid families with birth to five year olds can access assistance with arranging dental appointments and transportation and also receive dental referrals, appointment reminder calls and follow up calls.
 - United Way provided funds for dental care for pre-schoolers to McDowell Partnership for children
 - Collins Dental Center Provides Dental Care to Polk and Rutherford Counties
- NC Oral Health Section's Program in Rutherford, Polk and McDowell**
- Fluoride Mouthrinse Program re-established in 8 high risk elementary schools
 - Oral health assessments, referral reports and follow-up for children in grades K and 5
 - Screenings for children enrolled in "More At Four" programs McSmiles program
 - Coordinated dental examinations for children enrolled in Polk Head Start
 - Coordinated "Give Kids a Smile" activities for Rutherford, McDowell & Polk Counties
 - Coordinated school based Sealant Projects at Forest Hunt and in Rutherford County and Pleasant Gardens in McDowell County
 - Provided, through grant funding, oral health ed. Materials/lesson plans and toothbrushes in R-P-M counties
 - Provided consultation and support for teachers grades K-5th
 - Serve on pre-school and school health councils in all three counties

ACCESS TO HEALTH CARE

2007 WNC Region BRFSS Adult Health Survey



Survey Includes: Cherokee, Clay, Graham, Haywood, Henderson, Jackson, McDowell, Macon, Madison, Mitchell, Polk, Rutherford, Swain, Transylvania, and Yancey counties.

North Carolina's Medicaid program serves approximately one out of every eight people residing in our state. Last year, Medicaid served approximately 1.5 million children, aged, blind and/or disabled individuals. This year's budget for the Medicaid program is \$10,262,267,093 – of which is supported by \$7.6B in revenue (predominately federal Medicaid funds) and just under \$2.6B in state appropriations. Medicaid's budget is one of the largest in NC government – second only to overall budget for

COMMUNITY STRATEGIES TO ADDRESS ACCESS TO CARE

- McDowell and Polk County Health Coalitions received certification from the Governor's Task Force for Healthy Carolinians
- RPM District HD and Smart Start Partnerships in all three counties submitted a grant application to the Duke Endowment and Kate B. Reynolds Charitable Trust to fund a Nurse-Family Partnership initiative for Rutherford, Polk and McDowell counties. This initiative is an evidence-based, nurse home visitation program has proven to improve the health, well-being and self-sufficiency of low-income, first-time parents and their children.
- One Rutherford school nurse added changing nurse to student ratio from 1:>3000 to 1:1500
- One Polk school nurse added changing nurse to student ratio from 1:2600 to 1:1257
- One Polk pre-school nurse added
- Rutherford Community Clinic provides access to medial care for uninsured and indigent
- The American Legion and McDowell County received NCDOT grant funding for 2007-08 to provide transportation for veterans to the VA Hospital an average of 20 trips per month. Volunteers donate over 75 hours monthly to drive veterans to Buncombe County for medical appointments.
- Polk County Access To Care Committee is working to increase the percentage of uninsured residents in who have access to primary care. Five hundred surveys assessed barriers to care and a public relations campaign will be developed to address available transportation, health services, and the importance of prevention.
- Health Check Program provides advocacy and outreach for children needing medical & dental care, education about the benefits of Health Check to recipient families, current lists of doctors and dentists accepting Medicaid patients, and promotes Health Choice Insurance for eligible children
- Health departments conduct *Shoo The Flu* Campaign, providing flu shots to the community
- Rutherford, Polk, McDowell Home Care Agency admitted 1392 patients who received intermittent skilled nursing care, therapies, social workers and home health aides. Their goal is to teach family caregivers the correct way to take care of their loved ones in the home. They serve as a liaison between the home bound patient and the physician.
- The Community Care of North Carolina program (formerly known as Access II and III) is building community health networks organized and operated by community physicians, hospitals, health departments, and departments of social services. By establishing regional networks, the program is establishing the local systems that are needed to achieve long-term quality, cost, access and utilization objectives in the management of care for Medicaid recipients.

Mental Health Services In McDowell County

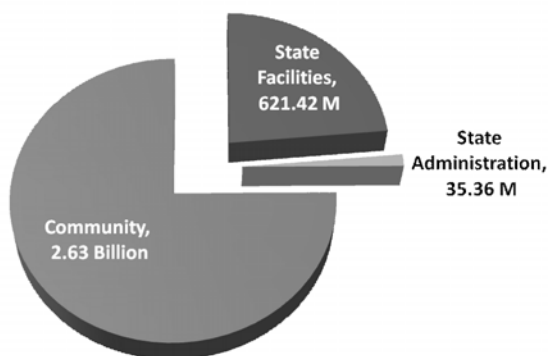
1. Since July 2006, Foothills Area Program has had a System of Care Coordinator (Jim Hamilton) who works in the McDowell, Caldwell, and Alexander Communities to assure that children in these counties get the Mental Health Services needed.
2. Also, since July 2006, a Child Care Coordinator was hired to assist with Mental Health issues in 4 McDowell County schools.
3. An Adult Collaborative of interagency folks was started in September 2007, which includes members of the hospital, Magistrate's office, DSS, Senior Center, Mental Health and others.
4. The Child Collaborative has increased this past year to include the School based Counselors.
5. Efforts have been successfully made to include more "in-home" services for children and families.
6. (2007) McDowell was awarded a Substance Abuse Grant of \$100,000 for the next 3 years (\$300,000 total) to reduce DWI's and deaths related to drunk driving.

Access to care

Foothills Local Management Entity has been providing "on call" mental health emergency personnel to assist the hospital and community with individuals who are a danger to self or others. However this year a unit called "Mobil Crisis" was contracted to provide this service as well as follow up and assistance with placement of individuals in need.

This unit can be contacted 24/7 at 1-866-327-4968.

Funding of Public MH/DD/SAS System by Setting SFY 2007 (3.28 Billion)



Funding of Public MH/DD/SAS System by Sources SFY 2007 (3.28 Billion)

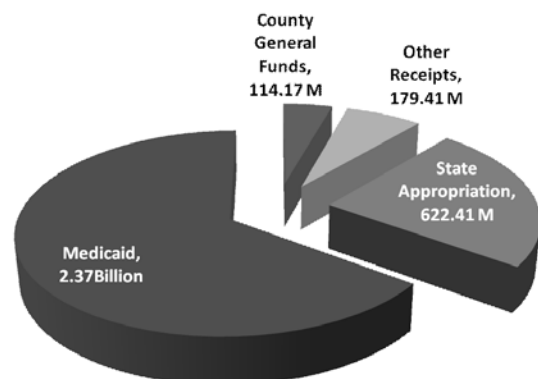


Chart Source: [DMH/DD/SAS Report SFY07](http://www.ncdhhs.gov/mhddsas/) from <http://www.ncdhhs.gov/mhddsas/>

Demographics of the R-P-M District Health Department

www.rpmhd.org



COUNTY AND STATE POPULATION CHANGE

Area	1990 Census Population	2000 Census Population	Percent Change 1990 to 2000	2010 Projected Population	Percent Change 2000 to 2010
McDowell	35,681	42,151	18.1%	48,664	15.5%
Polk	14,458	18,324	26.7%	21,939	19.7%
Rutherford	56,956	62,899	10.4%	68,277	8.6%
N.C.	6,632,448	8,049,313	21.4%	9,491,374	17.9%

DISTRIBUTION OF POPULATION BY RACE BY PERCENT FOR 2000

Race	McDowell	Polk	Rutherford	North Carolina
White	92.2%	92.3%	86.8%	72.1%
Black/African American	4.2%	5.9%	11.2%	21.6%
American Indian & Alaska Native	0.3%	0.2%	0.2%	1.2%
Asian	0.9%	0.2%	0.3%	1.4%
Hawaiian & Other Pacific Islander	0.0%	0%	0%	0%
Hispanic or Latino	2.9%	0.6%	0.7%	2.3%
Some Other Race	1.6%	0.8%	0.7%	1.3%
Two or More Races	0.8%	3.0%	1.8%	4.7%

ACTION ON 2006 EMERGING ISSUES

Lack Of Mental Health Services

- Mental Health-Substance Abuse Initiative organized to close the gaps in services and provide education in Polk County
- Saluda Medical Center received \$15,000 grant for prescription assistance for mental health patients.
- Foothills is working to form a collaboration to support adults impacted by mental disorders, substance abuse and/or developmental disabilities in McDowell.
- Support teams of nurses and counselors assist youth and families through the schools.

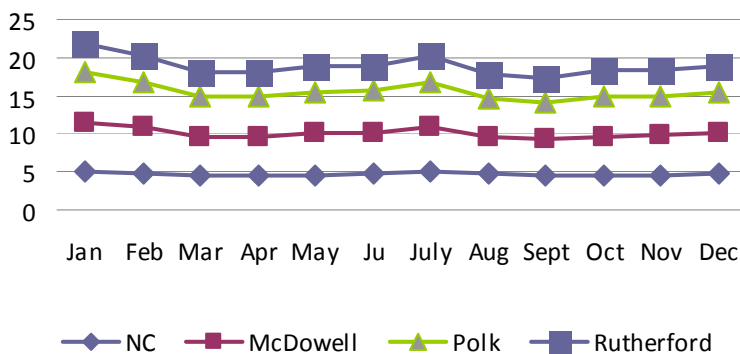
Lack of Hispanic Interpreters & Services

- RPM Dist. Health Department added 1.5 interpreters in 2007 and added signs in Spanish
- 2 interpreters added at McDowell Hospital
- Volunteer interpreter for McDowell "Parenting Matters" classes

Environmental Health Staffing Needs Due To Housing/Subdivision

2007 Unemployment Rates

Source NC Employment Security Commission



DATA SOURCES

- Rutherford, Polk, and McDowell 2004 Community Health Assessments
- North Carolina State Center for Health Statistics
- US Census
- Sheps Center for Health Services Research
- NC Oral Health Section of Public Health
- 2004 NC Children's Index
- NC Employment Security Commission
- NC Youth Risk Behavior Survey
- MAHEC 2003-4 Behavior Risk Factor Surveillance Survey
- 2003 NC Pregnancy & Nutrition Surveillance System
- <http://www.schs.state.nc.us/SCHS/pdf/BRFSSReport2005.pdf>