

Rutherford-Polk-McDowell District Health Department

2006 ANNUAL HEALTH REPORT

Buck Wilson
Health Director

R-P-M District Board of Health Members

Rutherford County

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Mike Davidson, D.D.S.

McDowell County

Barry McPeters, Commissioner
Norman Guthrie, Vice Chairman
Carol Tribble
Reverend Jimmy Upton
Jeff Carver

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

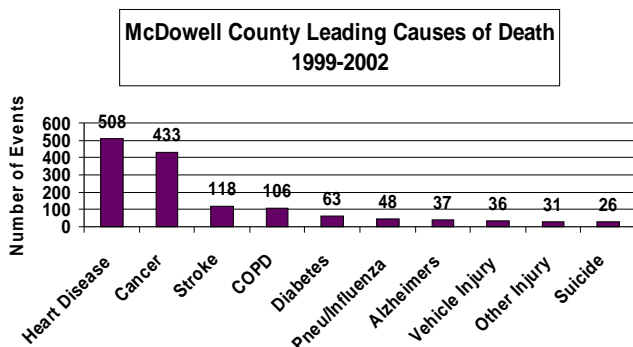
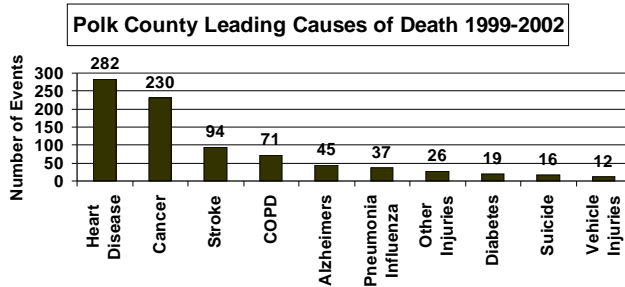
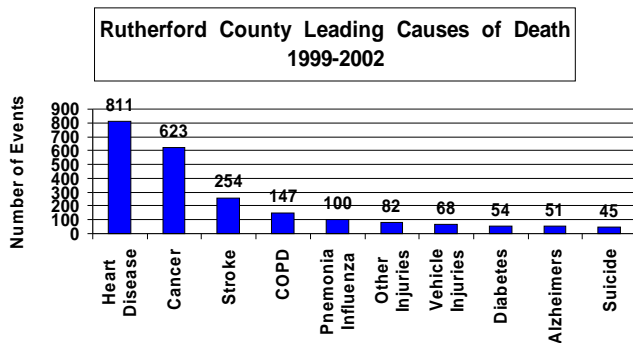
McDowell County Health Department
408 Spaulding Road
Marion, NC 28752
Health Dept. (828) 652-6811
Home Health (828) 659-6901
Environmental Health (828) 652-2921
WIC (828) 652-2922
Dental Health (828) 652-6811 ext. 1319

*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 of loss of function. Most of the deaths in the RPM Health District are due 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

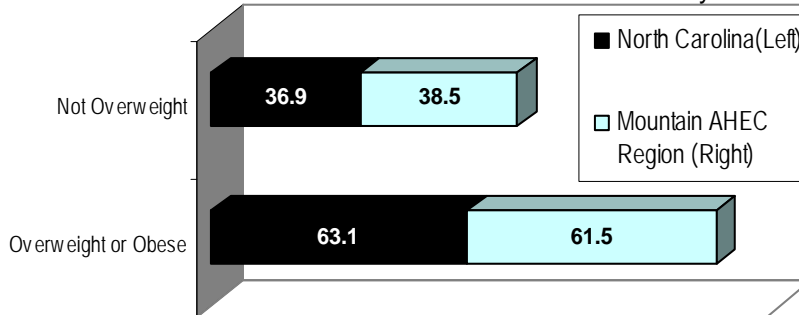
2007 Emerging Health Issues

- Lack Of Mental Health Services
- Lack of Hispanic Interpreters and Services
- Environmental Health Concerns From Unchecked Subdivision Expansion and Growth
- High Student To School Nurse Ratios

OBESITY

Percentage of Overweight or Obese Adults in the Mountain AHEC Region in 2004

Source: 2004 BRFSS Survey

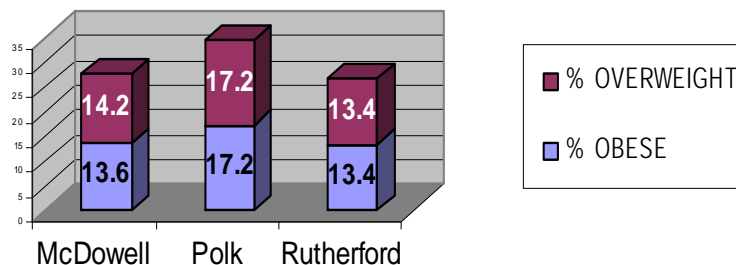


Mountain Area Health Education Center (MAHEC): (Buncombe County excluded in this report), Cherokee, Clay, Graham, Haywood, Henderson, Jackson, McDowell, Macon, Madison, Mitchell, Polk, Rutherford, Swain, Transylvania, and Yancey counties.

- 13.4-17.2% of the children served in RPM Dist. health departments were obese 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 or obese in 2004
- Percentage of women that were overweight or obese during pregnancy in Rutherford—42%, in Polk—40.3%, in McDowell—53.3%
- 57.4% of Rutherford County 2004 Health Survey respondents considered obesity to be a major community health issue
- 62% of McDowell County 2004 Health Survey respondents considered obesity to be a major health issue
- 47% of McDowell residents do not get the recommended amount of physical activity weekly
- 56% of Rutherford residents do not get the recommended amount of physical activity weekly
- 85% of McDowell and Rutherford residents support the creation of greenways and trails for walking and bicycling
- Increased time spent on testing issues reduces an emphasis on daily physical activity in schools
- Only half of adults eat the recommended number of fruits and vegetables daily
- 72% in the WNC Region consume less than 5 fruits and vegetables a day (2005 BRFSS Survey)
- Over 40% of assessment survey respondents regularly consume 2 or more sodas daily
- The rate of obesity among 55 to 64 year olds increased nearly 14 percentage points from 2000 to 2005;

Across the U.S., North Carolina had the 16th highest percentage of

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



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

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

COMMUNITY STRATEGIES TO ADDRESS OBESITY

NUTRITION

- RPM Health Departments counsel patients on BMI
- School Boards in all three counties adopted policies to establish child nutrition guidelines with the goal of promoting student health and reducing childhood obesity.
- All school districts have staff wellness promotions
- An \$18,500 Eat Smart Move More grant funded
 - Food For Thought nutrition education curriculum training for kindergarten and 4th grade teachers (piloted in one elementary school in each county)
 - Nutrition Education resource kits were made available through the school's library
 - three school gardening programs were piloted in Rutherford, Polk and McDowell Counties
- Eat Smart Move More Polk County sponsored a weight loss program, promoted healthy food choices, and published bi-monthly newspaper articles
- McDowell County Health Coalition formed an Obesity, Physical Activity and Nutrition Action Team
- Health Promotions provided nutrition education displays for bulletin boards in school cafeterias and created a booklet for school staff promoting healthy options for fundraising, snacks, rewards and celebrations
- *Healthy Tweens* program encouraged healthy lifestyles to Rutherford Middle School students
- MANNA Produce Distributions in Polk and McDowell Counties
- McDowell Schools and Health Department received a \$67,000 grant from Baxter International to increase health education/promotion in the schools and to offer parent education for children with diabetes.
- Rutherford Hospital is marketing healthy meals and snacks low in fat and sodium and containing nutritional information to elderly people . They also prepare frozen meals to go or hot meals.

PHYSICAL ACTIVITY

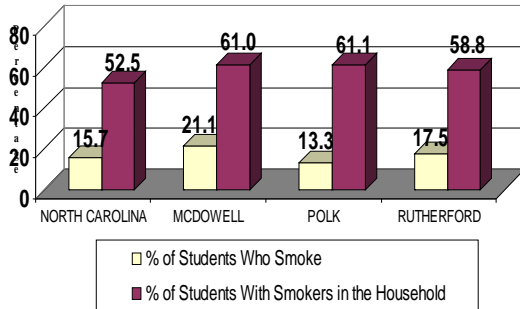
- All three counties are working on a trails/greenway plan
- McDowell County Trails Association is working on a 1.5 mile greenway, has raised over \$25,000 towards the effort and has over 300 members.
- Rutherford County working to extend their rail trail to 28 miles
- All school boards enacted policies requiring a minimum of 150 minutes of physical activity daily for k-8th and elementary and middle school teachers were trained in Energizers to increase physical activity in the classroom
- Rutherford County schools use of Brain Gym in the elementary schools to improve academic performance
- School walking programs are in schools throughout all three counties
- Eat Smart Move More grant funds \$10,500 to three elementary schools in three counties for climbing walls or trail development
- Keep McDowell Beautiful's Wheels of Love Program provided over 400 bicycles to needy children. Bicycles were recycled from the landfill, painted by McDowell Tech Community College's auto body shop students and refurbished by prison inmates.
- Corpening 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
- Non-profit Rutherford Outdoor Coalition increased opportunities for physical activity and advocated for the preservation of lands for public trail access
- Maps, brochures and web sites were created to encourage walking, hiking and bicycling
- Eat Smart Move More Polk County increased awareness for the need of physical activity through media, advocacy and hosted walking and dancing events.
- Polk County Schools are working to make their school grounds more accessible to the community to
- increase opportunities for physical activity
- Rutherford Hospital Foundation's physical exercise and support for pa-



Energy for Life program provides patients completing cancer treatment.

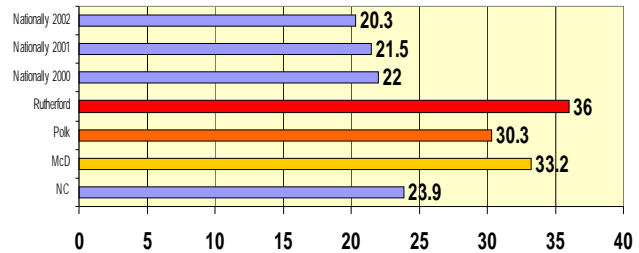
TOBACCO USE

NC Middle School Smoking Survey 1999-2000



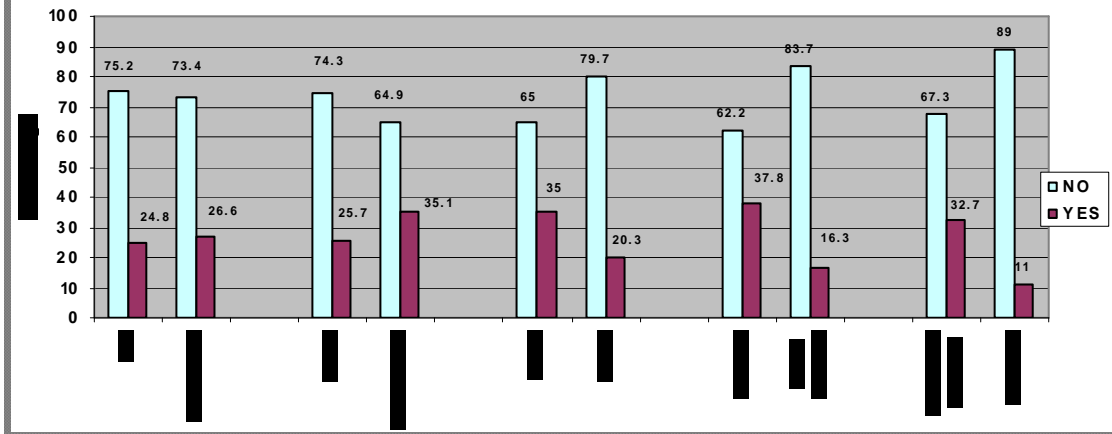
Percentage of Mothers Who Smoked During Pregnancy

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



Current Smokers Data From MTN AHEC BRFS 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

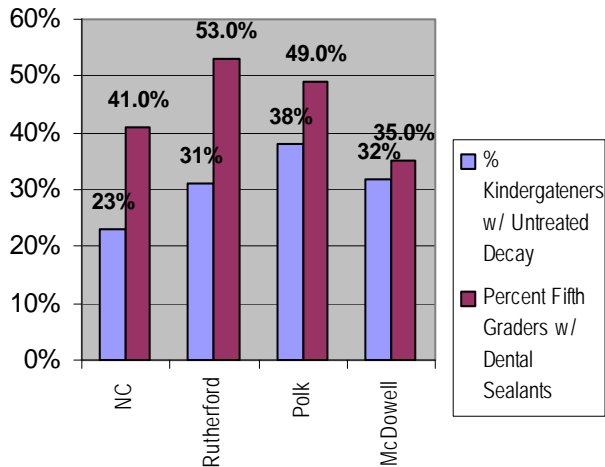
- Tobacco Free McDowell Coalition organized May 2006 and spearheaded production of a PSA by American Cancer Society that was distributed to TV stations in NC
- Channel 13 feature story on McDowell County's Great American Smoke-Out Nov. 16, 2006
- 100% tobacco free school policies in all counties
- Rutherford & St. Luke Hospitals are 100% tobacco free
- McDowell Hospital going 100% tobacco free February 2007
- Rutherford-Polk-McDowell District Board of Health passes 100% tobacco free campus policy
- Rutherford, McDowell & Polk Commissioners approve 100% tobacco free policies for health departments
- Smoking cessation programs offered in all three counties and T.A.T.U. program is in Rutherford Schools
- Health Department nurses counsel patients not to smoke
- Full-time tobacco prevention specialist in McDowell County Schools working with students and the community to create smoke-free policies
- Promotion of smoke-free policies in restaurants and worksites
- Tobacco free restaurants advertised on RPM District Health Department's web site: www.rpmhd.org
- Rutherford Health Department conducts survey of tobacco free restaurants in the county
- Promotion of Quit-lines and web-sites
- ARP/Phoenix Preventions Services provided *Question Why* to encourage empowerment of youth as leaders in building tobacco free communities in RPM District

ACCESS TO HEALTH CARE

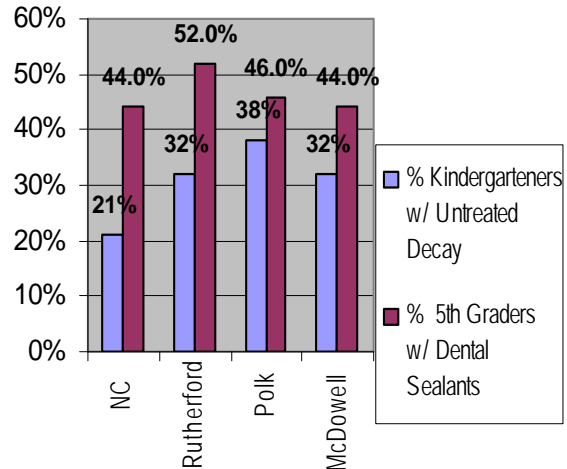
Difficulty accessing medical care is due to many reasons such as:

- Poverty
- Unemployment
- Lack of health insurance
- Single parent households
- Low education level
- No transportation

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

NC Oral Health Section's Program in Rutherford, Polk and McDowell

- Conducted Oral Health Assessments in grades K and 5
- Provided referral report for each child screened
- Provided follow-up for children with pain and infection
- Provided screenings for children enrolled in "More At Four" programs
- Provided screenings and parent consultations for McSmiles students
- Coordinated dental examinations for children enrolled in Head Start for Rutherford & Polk Co.
- Coordinated "Give Kids a Smile" activities for McDowell & Polk Counties
- Provided support and technical assistance for Collins Dental Center in Polk Co.
- Coordinated school based Sealant Projects at Ellenboro School and Sunshine School in Rutherford County, Polk Central School in Polk County, and Glenwood School in McDowell County
- Provided oral health educational materials/lesson plans with emphasis in plaque control, nutrition and tobacco prevention, along with toothbrushes/covers (all purchased with grant money) for grades K-2nd for the tri-county district
- Provided consultation and support for teachers in grades K through 5th
- Provided support along with tobacco prevention educational materials for grades 6-9 in Polk and Rutherford Counties
- Participated in school health matrix activities as appropriate and as requested by school nurses
- Served on School Health Advisory Councils in all three counties

ACCESS TO HEALTH CARE

Prioritized Lists Of Needed Services In Each County According To Community Assessments

Rutherford County

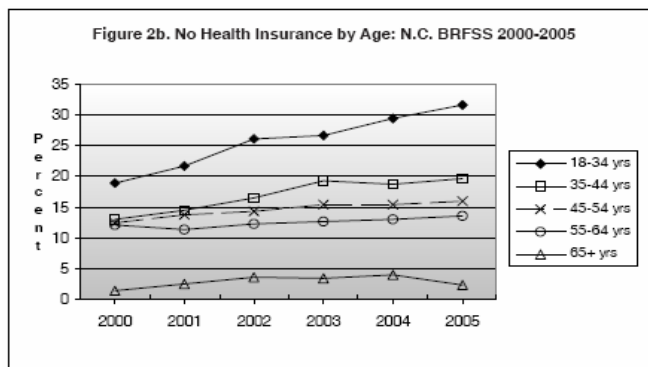
Dental care
 Counseling services
 Mental health
 Elderly care
 Medical Care
 Drug Treatment
 Finding health information
 Transportation
 Vision Care

Polk County

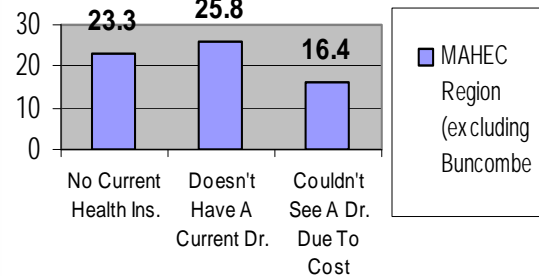
Prenatal care
 Drs. Accepting Medicaid patients
 Drs. accepting new patients
 Dental care
 Counseling & mental health services
 Vision care
 Nursing care in the home
 Elderly care
 Drs. Accepting Medicare patients

McDowell County

Medical care
 Dental care
 Drug/Alcohol treatment
 Mental health services
 Finding health information
 Drs. Accepting Medicaid patients
 Nursing homes for the elderly
 Nutrition information
 Drs. Accepting Medicare patients



2005 BRFSS Adult Health Survey



COMMUNITY STRATEGIES TO ADDRESS ACCESS TO CARE

- **Becky Collins Dental Clinic opened and provides services to Polk and Rutherford counties**
- Community Health Coalitions organized in Polk and McDowell County to address health issues identified in County Health Assessments
- Rutherford Community Clinic provides access to medical care for uninsured and indigent
- Polk and McDowell Counties have medication assistance for seniors and indigent people
- Annual free health and athletic school physicals provided for Rutherford 7th graders
- 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 provided low cost or sliding scale physicals to children entering kindergarten
- Health departments provide flu shots to at risk public, child check-ups and immunizations for income eligible children birth to 21 years
- Home Health Agency provides skilled nursing, physical and occupational therapy, speech language pathology services, and medical social work services to Medicare and Medicaid patients
- Health Department provides two public health nurses to serve in McDowell County Schools
- Rutherford Hospital Foundation's Parish nurses partnership with local churches to provide on-site preventative and diagnostic health care services to congregations
- AccessIIcare coordinated medical services for Carolina Access Medicaid clients in McDowell & Polk Co.
- Carolina Community Health Partnership provides access to care services in Rutherford County
- Community Health Network helps uninsured to obtain access to medical services and medications in Polk County
- Rutherford and Polk Counties are conducting a transportation study to provide better access to services

Demographics of the R-P-M District Health Department



COUNTY AND STATE POPULATION CHANGE

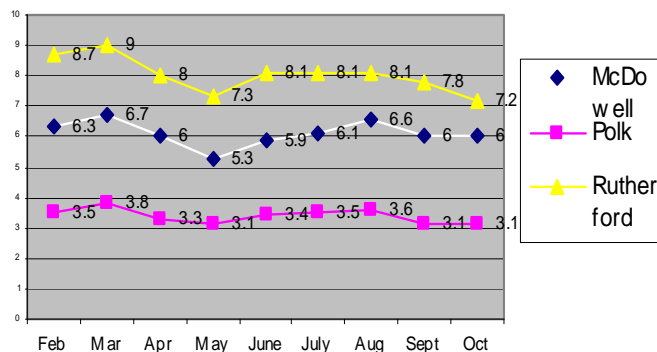
Area	1990 Census Population	2000 Census Population	Percent Change 1990 to 2000	2010 Projected Population	Percent Change 2000 to 2010
McDowell	35,681	42,151	18.1%	48,664	15.5%
Polk	14,458	18,324	26.7%	21,939	19.7%
Rutherford	56,956	62,899	10.4%	68,277	8.6%
N.C.	6,632,448	8,049,313	21.4%	9,491,374	17.9%

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%

2005 County Unemployment Rates

<http://eslmi40.esc.state.nc.us/ThematicLAUS/clf.asp/CLFaasy.asp>



SOTCH Report Prepared by:
Mary Smith, Health Educator
R-P-M District Health Department
Phone: 828-652-6811 Ext. 1344
E-mail: msmith@rpmhd.org

ACTION ON 2006 EMERGING ISSUES

Meth

- Law created requiring cold medicines containing pseudoephedrin to be placed behind pharmacy counters
- Stores required to log all sales of products containing pseudoephedrin
- 61 meth lab busts in 2005 fall to 25 in 2006

Influenza

- Health Departments offer Senior Citizens, High Risk & Children Flu Vaccine Clinics
- District Pandemic Flu Plan draft completed—final revision due 3/31/07
- EPI Team organized to determine which actions provide the best control measures of controlling outbreaks whether they are foodborne, environmental or substance in nature. The EPI Team meets quarterly to analyze and discuss current activities, review past investigations and prepare for future activities.

Bio-terrorism

- Preparedness information posted on health department web site: www.rpmhd.org
- Strategic National Pharmaceutical Stockpile plan completed
- Ongoing preparedness training and education for local health care providers & first

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>