

THE STATE OF THE COUNTY HEALTH REPORT, 2016

**CLAY COUNTY,
NORTH CAROLINA**

WHAT IS THE STATE OF THE COUNTY HEALTH REPORT (SOTCH)

- **The 2016 State of the County Health Report (SOTCH) provides the people of Clay County with an update of the health of the County, and what is being done to improve on the health status of our citizens.**
- **The SOTCH highlights the County's work towards the Community Health Priorities outlined in the Community Health Assessment(CHA) completed in 2015.**

THE 2015 COMMUNITY HEALTH ASSESSMENT (CHA)

- The **CHA** is performed every 4 years and details data collected about the health of our citizens in order to identify the priority health needs of our **County**.
- The Priority Health Needs identified by the 2015 **CHA** include:
 - **Chronic Disease Control and Prevention**
 - **Access to Healthcare**
 - **Cancer Control and Prevention**

CHRONIC DISEASE CONTROL AND PREVENTION

According to the US Census Bureau

- 29.3% of the Population of Clay County is over 65 years old, compared to
- the state average of 15.1%.

This leaves us with a significant population at risk for Chronic Diseases.

- All of the top three causes of death for Clay County citizens
- Heart Disease
- Cancer
- Chronic Lower Respiratory Disease

are considered to be chronic diseases by the World Health Organization (WHO).

CHRONIC DISEASE CONTROL AND PREVENTION

DIABETES PREVENTION:

Project 24 is a CDC recognized lifestyle change program aimed at

- reducing the participants risk of becoming diabetic.
- Project 24 is also known as the Diabetes Prevention Program or DPP.
- The first group to complete Project 24 lost a combined total of 158 pounds at the end of their full year.

Funded through a regional CDC grant in Western 8 counties.

- Health Education and Promotion at local businesses and Health fairs.
- Newspaper Articles
- 5-2-1 Almost None Promotion in local schools and child care facilities
- Blood Pressure and vital sign checks in the community
- Adult Physical and Wellness Exams
- Expansion of Diabetes Self Management Education to include Diabetes Support Groups

LEADING CAUSES OF DEATH IN CLAY COUNTY

The Leading causes of death in Clay County have changed since the 2015 CHA. Diseases of the heart are no longer the number one killer of our citizens.

Cancer has surpassed heart disease as the number one killer with Chronic Lower Respiratory Disease and Cerebrovascular Disease holding the third and fourth spots respectively.

Rank	Cause of Death -Clay County	# Deaths 2011-2015	Age Adjusted Death Rate 2011-2015
1	Cancer	153	147.7
2	Diseases of Heart	131	140.7
3	Chronic Lower Respiratory Diseases	52	50.6
4	Cerebrovascular Disease	33	33.0

2015 North Carolina Vital Statistics, Volume 2

ACCESS TO HEALTHCARE

- **Access to Healthcare was identified as a priority on the 2015 Community Health Assessment.**
 - **Clay County is a medically underserved county that lacks an Urgent Care, Free Clinic, or Hospital within its borders.**
 - **There are no medical specialists in fields such as pediatrics, obstetrics, or cancer treatment.**
 - **Clay County citizens must travel to surrounding counties or travel up to two hours to reach a major medical facility for specialized hospitalization or treatment.**
- **Clay County Health Department opened for services at its new location on Courthouse Drive in November 2015.**
 - **The new Health Department offers 4 exam rooms**
 - **The expansion of exam rooms allows for staffing of two providers at the same time.**
 - **Clay County Health Department currently staffs a provider 5 days a week and a second provider two days a week.**
 - **Goal is to have two providers 5 days a week.**

ACCESS TO HEALTHCARE CONTINUED

- **Clay County's Dental Program** moved to the new facility in **November 2015**.
- The new facility increased from **4 dental chairs to 7**.
- **Oral Surgeon** contracted monthly to provide surgical extractions.
- Participation in **UNC-CH Dental School** student clinical rotation program.
- **Dr. Lima** serves as **Adjunct Professor** in the **UNC-CH School of Dentistry**.

- **The Clay County Health Department** offers county citizens a greater access to healthcare through the following programs:
- **Breast and Cancer Care Coordination Program (BCCCP)**
- **Adult Health Wellness Exams**
- **Commercial Drivers License Exams**
- **Health Net-Adult Case Management** and medication assistance.
- **Hep C Testing** and management

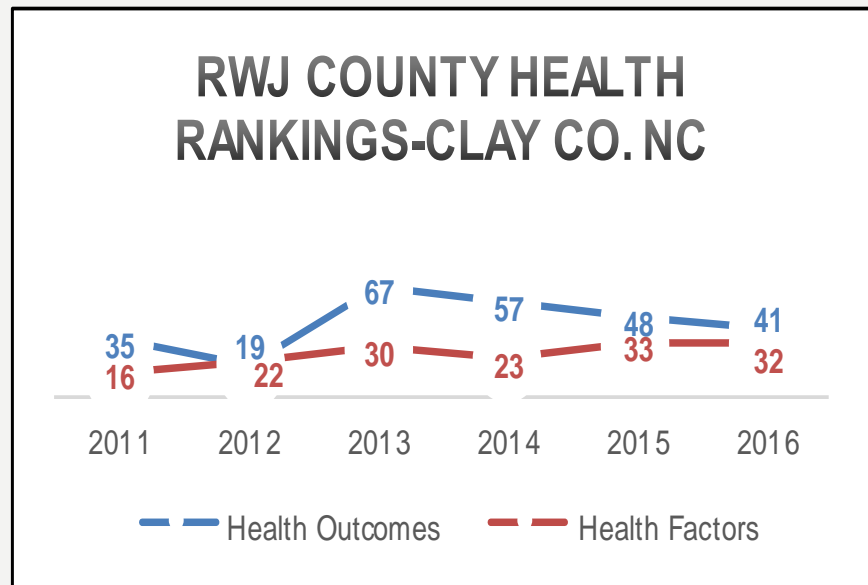
LEADING CAUSES OF HOSPITALIZATION IN CLAY COUNTY

- The leading causes of hospitalization for Clay County residents follows the leading causes of death with the top two being due to chronic diseases.
- These numbers only reflect the county residents who were seen at NC hospitals and do not count those who sought treatment in surrounding states.

Cause of Hospitalization	Total Cases	Average Cost/Case
Cardiovascular & Circulatory Disease	102	\$36,864
Heart Disease	81	\$40,429
Respiratory Disease	81	\$23,019
Injuries and Poisonings	65	\$33,786
Musculoskeletal Disease	63	\$44,980

CLAY COUNTY'S HEALTH RANKING

- The Robert Woods Johnson Foundation Ranks each county by health status every year. Two categories that are ranked are Health Outcomes (how healthy is the county), and Health Factors (what influences the health of the county).
- In 2012 Clay Co. was ranked 19th. In 2014 when the last SOTCH was completed Clay County Fell to 57th, however as the graph shows we have improved and are now ranked 41st in the State.



CANCER CONTROL AND PREVENTION

- Cancer is currently the leading cause of death for the citizens of Clay County, and the US as a whole, claiming over 584,000 lives per year nationwide. Clay County has continued to have significant cancer diagnosis and death rates for several years now. With the trend continuing unabated and despite the fact that cancer is considered a chronic disease by the WHO, it was identified as needing its own priority.

- Clay County's Colon, and Prostate Cancer rates are higher than the State's. That being said, our Lung Cancer rates have decreased over the past several years, however Lung Cancer is still the number one cause of Cancer death in Clay County.

	Colon	Lung	Female Breast	Prostate
NC	38.5	70.9	157.9	130.6
Clay	40.6	69.5	130.6	137.0

CANCER CONTROL AND PREVENTION CONT.

The Clay County Health Department has been working to address Cancer by:

- Working with Cooperative Extension to hand out Radon Test Kits
- Breast and Cervical Cancer Control Prevention Program (BCCCP)
- Switching to the more accurate Fecal Immunochemical Test (FIT) from Hemosure for Colorectal Cancer Screening

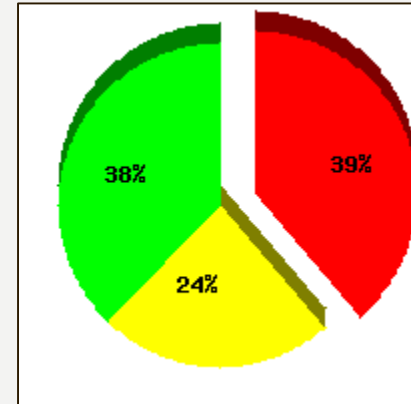
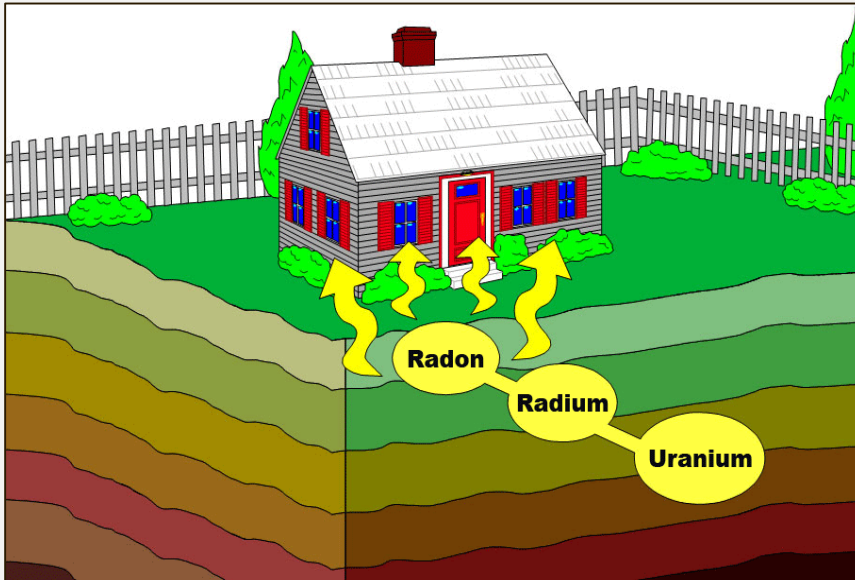
- Working with MountainWise to reduce our smoking mother rates.
- Promotion of and education on the need for Breast Cancer, Cervical Cancer, and Colorectal Cancer Screenings
- Smoke free Parks and Recreation facilities

RADON GAS IN WESTERN NORTH CAROLINA

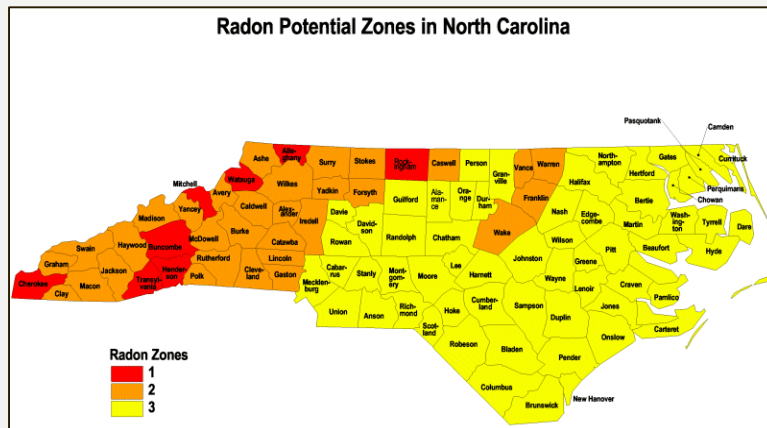
- Radon is an odorless, colorless, tasteless, naturally occurring radioactive gas.
- Radon is produced from the decay of Thorium and Uranium found naturally in the Earth.
- It seeps into homes through cracks in foundations, walls and joints and can also be found in ground and drinking water.
- Radon exposure is the highest cause of Lung Cancer in non-smokers, and claims around 21,000 lives per year according to EPA estimates.

- According to home testing, Clay County citizens have significant levels of Radon in their homes. The highest level among all houses tested in Clay County is 354pCi/L; it is recommended that a home be mitigated when rates exceed 4pCi/L.
- The Clay County Health Department has partnered with the Clay County Extension Office for the past several years to obtain Radon Tests at no charge to citizens of Clay County. The Health Department plans to work with the Building Department to encourage new home builds to include Radon Mitigation.

RADON IN CLAY COUNTY



Results under 2 pCi/L
 Results between 2 and 3.9 pCi/L
 Results 4 pCi/L and above



ABOUT RADON LEVELS IN CLAY COUNTY - NC

The following chart was generated from aggregate test data supplied by [Air Chek, Inc](https://www.airchek.com)

EMERGING ISSUES AND TOPICS

HEPATITIS C

Hepatitis C has emerged as a serious health threat to citizens of Clay County.

- According to a news release by www.drugfree.org, the CDC has identified 220 counties across the United States that are at risk of outbreaks of HIV and hepatitis C from injection drug use.
- Clay County is included as one of the rural counties identified in NC, along with 4 others. In response to this emergent threat, an intervention plan for Hepatitis C was chosen to be integrated into our Community Action Plans.

The Clay County Health Department is taking the following actions:

- Provide Hep C testing at no cost while state funds are available.
- Establish Educational Outreach with the goal of increasing the # of people seeking testing after understanding their personal risk.
- Establish in county providers trained to treat and manage patients with Hepatitis C through a mentorship with UNC-CH and Duke University Gastroenterology specialists.

EMERGING ISSUES AND TOPICS

HARM REDUCTION

North Carolina, like many other states, is in the midst of an overdose epidemic—primarily driven by prescription opioids and, increasingly, heroin. Medication and drug overdose deaths have increased substantially over the past several years. This crisis has prompted a response by public health and community partners

- Revitalization of the Safe and Drug Free Clay County Coalition to increase awareness of risky behaviors.
- Narcan supplied to EMS, law enforcement and first responders
- Narcan available by request through area pharmacies for patients and family.
- Mental Health kiosk placed in Health Department by Vaya.
- Utilization of the North Carolina Controlled Substance Reporting System (CSRS) by prescribers.
- Education for youth to prevent initiation of substance abuse.



SMOKY MOUNTAIN MEDICAL 2017 MISSION COMING TO CLAY COUNTY

In 2014 the Clay County Health Department assisted with the Appalachian Care Medical Mission which brought US Army, and Airforce Reserve Medical Providers to the area to provide much needed Dental, Medical, Optometry, and Veterinarian Services to Western North Carolina.

These providers saw 10,766 patients at no cost at an estimated treatment value of \$1,546, 409.

Clay County Health Department, and Swain County Health Department are partnering to bring this service back to our communities in early August 2017.

The Clay County Schools will host the military and partner with Clay County Health Department and other county partners.



GREAT AMERICAN ECLIPSE OF 2017

On August 21st 2017 Clay County will be in the path of a Total Solar Eclipse that will last approximately 2.5 minutes. Several issues of Public Health concerns:

- Clay County is expected to have an influx of visitors, and campers which could cause environmental health issues.
- Watching a solar eclipse with the naked eye could cause eye damage. Therefore the need for public health education on proper viewing of a solar eclipse may need to be conducted.



SPACE
www.SPACe.com

HOW TO LOOK AT THE SUN AND NOT GO BLIND

DO NOT look directly at the sun. Unfiltered sunlight will damage your eyes and could cause permanent blindness. Sunglasses will not provide sufficient protection. **ONLY** look at the sun through an approved solar filter. Even safer is to observe indirectly by projecting the sun's image with a pinhole or binoculars.

SAFE SOLAR VIEWING

- "Eclipse" glasses or welder's goggles rated 14 or higher
- Specially designed solar telescopes or solar binoculars
- Telescopes, cameras and binoculars **WITH** approved solar filters
- Pinhole projector

A card with a small hole punched in it will project an image of the sun

A pair of binoculars will also project a solar image. Leave the lens cap on the unused side.

"Eclipse" glasses

SOURCES: NASA, U.S. NATIONAL PARK SERVICE

KARL TATE / © SPACe.com

THE 2018 COMMUNITY HEALTH ASSESSMENT

The next Clay County Community Health Assessment will be conducted in the year 2018. During the years between Community Health Assessments, the Health Department will issue the State of the County Health Report (SOTCH) yearly. This report serves to inform the public of the Health Department's work on the needs identified in the CHA, and work outlined in the Community Action Plans. The Health Department continues to work to improve on these plans, and act on emerging health issues as they are identified.