



Macon County  
Public Health

# 2014 State of the County Health Report



# Review of Current Data

Demographic Profile and  
Key Mortality and Morbidity Data

## Macon County Resident Population Estimates by Age, Race and Sex (based on 2010 US Census)

	TOTAL	RACE/ETHNICITY				SEX	
		WHITE NON-HISPANIC	AF. AM. NON-HISPANIC	OTHER NON-HISPANIC	HISPANIC	MALE	FEMALE
<b>TOTAL</b>	33,869	30,665	581	388	2,235	16,422	17,447
<b>0-4</b>	1,654	1,237	43	34	340	839	815
<b>5-9</b>	1,779	1,423	38	26	292	894	885
<b>10-14</b>	1,917	1,639	36	25	217	1,002	915
<b>15-19</b>	1,852	1,560	115	28	149	982	870
<b>20-24</b>	1,680	1,394	87	53	146	882	798
<b>25-29</b>	1,651	1,394	22	24	211	846	805
<b>30-34</b>	1,651	1,380	25	9	237	800	851
<b>35-39</b>	1,515	1,287	22	26	180	785	730
<b>40-44</b>	1,837	1,626	41	27	143	931	906
<b>45-49</b>	2,027	1,894	22	28	83	958	1,069
<b>50-54</b>	2,441	2,319	30	15	77	1,183	1,258
<b>55-59</b>	2,503	2,424	23	21	35	1,156	1,347
<b>60-64</b>	2,835	2,768	22	20	25	1,337	1,498
<b>65-69</b>	2,698	2,608	22	22	46	1,258	1,440
<b>70-74</b>	2,124	2,081	12	18	13	979	1,145
<b>75-79</b>	1,603	1,566	11	8	18	757	846
<b>80-84</b>	1,131	1,116	6	1	8	504	627
<b>85+</b>	971	949	4	3	15	329	642

NC Center for Health Statistics website; Accessed December 1, 2014 at <http://www.schs.state.nc.us/schs/data/databook/>. July 1, 2012 POPULATION ESTIMATES\* BY AGE, RACE, AND SEX, North Carolina Resident Population Estimates as of July 1, 2012 (based on the 2010 census); Residence =Macon

## 2008 - 2012 Death Rates, Macon County vs. NC

Macon County Resident - Race/Ethnicity/Sex/Age-Adjusted Death Rates

Rates are per 100,000 population, based on the 2000 US Census population

Cause of Death	Top 5	Macon County Overall		NC Overall	
		Deaths	Rate	Deaths	Rate
<b>All Causes</b>		2,051	755.0	394,087	800.6
<b>Diseases of Heart</b>		478	168.3	85,890	174.4
<b>Acute Myocardial Infarction</b>		66	23.1	18,189	36.7
<b>Other Ischemic Heart Disease</b>	<b>1</b>	231	79.6	35,189	71.1
<b>Cerebrovascular Disease</b>	<b>4</b>	114	39.7	21,821	45.1
<b>Cancer</b>		463	165.1	89,505	175.9
<b>Colon, Rectum, and Anus</b>		32	11.2	7,561	14.9
<b>Pancreas</b>		25	8.6	5,330	10.4
<b>Trachea, Bronchus, and Lung</b>	<b>2</b>	164	55.8	27,204	52.8
<b>Breast</b>		37	29.8	6,415	22.4
<b>Prostate</b>		27	21.2	4,356	23.4
<b>Diabetes Mellitus</b>		47	16.8	10,984	21.8
<b>Pneumonia and Influenza</b>		40	14.4	8,710	18.0
<b>Chronic Lower Respiratory Diseases</b>	<b>3</b>	141	46.8	22,884	46.6
<b>Chronic Liver Disease and Cirrhosis</b>		34	15.3	4,926	9.3
<b>Septicemia</b>		22	8.6	6,597	13.4
<b>Nephritis, Nephrotic Syndrome, and Nephrosis</b>		44	14.6	8,795	18.0
<b>Unintentional Motor Vehicle Injuries</b>		22	12.6	6,875	14.3
<b>All Other Unintentional Injuries</b>		88	43.0	14,168	29.4
<b>Suicide</b>		34	20.2	5,958	12.2
<b>Homicide</b>		6	N/A	2,846	6.0
<b>Alzheimer's disease</b>	<b>5</b>	94	31.4	13,746	29.3
<b>Acquired Immune Deficiency Syndrome</b>		2	N/A	1,560	3.1

# MACON COUNTY 2014

## Macon County, NC INPATIENT HOSPITAL UTILIZATION AND CHARGES BY PRINCIPAL DIAGNOSIS, AND COUNTY OF RESIDENCE, NORTH CAROLINA, 2012 (EXCLUDING NEWBORNS & DISCHARGES FROM OUT OF STATE HOSPITALS)

DIAGNOSTIC CATEGORY	TOTAL CASES	DISCHARGE RATE (PER 1,000 POP)	AVERAGE DAYS STAY	DAYS STAY RATE (PER 1,000 POP)	TOTAL CHARGES	AVERAGE CHARGE PER DAY	AVERAGE CHARGE PER CASE
<b>INFECTIOUS &amp; PARASITIC DISEASES</b>	1,034	6.7	6.0	40.4	\$27,115,991	\$4,363	\$26,224
-- Septicemia	759	4.9	6.4	31.6	\$22,015,534	\$4,530	\$29,006
-- AIDS	25	0.2	11.3	1.8	\$1,325,437	\$4,684	\$53,017
<b>MALIGNANT NEOPLASMS</b>	491	3.2	5.9	18.9	\$16,708,997	\$5,758	\$34,031
-- Colon, Rectum, Anus	51	0.3	7.4	2.4	\$1,800,146	\$4,800	\$35,297
-- Trachea, Bronchus, Lung	80	0.5	5.2	2.7	\$2,238,093	\$5,419	\$27,976
-- Female Breast	12	0.1	4.7	0.4	\$283,448	\$5,062	\$23,621
-- Prostate	25	0.2	2.4	0.4	\$647,847	\$10,620	\$25,914
<b>BENIGN, UNCERTAIN &amp; OTHER NEOPLASMS</b>	127	0.8	3.7	3.1	\$3,106,044	\$6,581	\$24,457
<b>ENDOCRINE, METABOLIC &amp; NUTRIT. DISEASES</b>	587	3.8	3.6	13.7	\$12,019,068	\$5,710	\$20,581
-- Diabetes	296	1.9	3.9	7.6	\$5,627,032	\$4,822	\$19,205
<b>BLOOD &amp; HEMOPOETIC TISSUE DISEASES</b>	211	1.4	3.5	4.8	\$3,220,202	\$4,387	\$15,262
<b>NERVOUS SYSTEM &amp; SENSE ORGAN DISEASES</b>	355	2.3	5.1	11.7	\$9,116,499	\$5,082	\$25,680
<b>CARDIOVASCULAR &amp; CIRCULATORY DISEASES</b>	2,855	18.5	4.2	77.0	\$84,780,273	\$7,150	\$29,737
-- Heart Disease	1,864	12.1	4.2	50.9	\$60,011,465	\$7,662	\$32,230
-- Cerebrovascular Disease	572	3.7	4.0	14.9	\$13,155,003	\$5,717	\$23,039
<b>RESPIRATORY DISEASES</b>	1,473	9.6	5.5	53.1	\$36,613,888	\$4,482	\$24,857
-- Pneumonia/Influenza	396	2.6	4.7	12.2	\$6,877,221	\$3,674	\$17,367
-- Chronic Obstructive Pulmonary Disease (excl. Asthma)	222	1.4	3.5	5.0	\$3,483,467	\$4,489	\$15,691
-- Asthma	120	0.8	3.0	2.3	\$1,278,999	\$3,603	\$10,658
<b>DIGESTIVE SYSTEM DISEASES</b>	1,648	10.7	4.7	50.5	\$34,588,848	\$4,452	\$21,027
-- Chronic Liver Disease/Cirrhosis	46	0.3	5.7	1.7	\$1,306,066	\$4,966	\$28,393
<b>GENITOURINARY DISEASES</b>	677	4.4	4.3	18.9	\$10,471,722	\$3,597	\$15,491
-- Nephritis, Nephrosis, Nephrotic Synd.	340	2.2	5.2	11.5	\$5,696,117	\$3,218	\$16,753
<b>PREGNANCY &amp; CHILDBIRTH</b>	1,947	12.6	2.8	35.5	\$17,615,071	\$3,223	\$9,047
<b>SKIN &amp; SUBCUTANEOUS TISSUE DISEASES</b>	256	1.7	3.7	6.1	\$3,127,052	\$3,334	\$12,263
<b>MUSCULOSKELETAL SYSTEM DISEASES</b>	1,056	6.9	3.6	24.6	\$37,892,991	\$10,001	\$35,918
-- Arthropathies and Related Disorders	565	3.7	3.4	12.5	\$18,145,303	\$9,416	\$32,116
<b>CONGENITAL MALFORMATIONS</b>	69	0.4	7.8	3.5	\$5,623,373	\$10,452	\$81,498
<b>PERINATAL COMPLICATIONS</b>	71	0.5	19.8	9.1	\$5,772,455	\$4,106	\$81,302
<b>SYMPTOMS, SIGNS &amp; ILL-DEFINED CONDITIONS</b>	512	3.3	2.9	9.6	\$6,800,670	\$4,604	\$13,335
<b>INJURIES &amp; POISONING</b>	1,397	9.1	5.2	47.0	\$46,823,184	\$6,478	\$33,589
<b>OTHER DIAGNOSES (INCL. MENTAL DISORDERS)</b>	1,657	10.8	6.9	74.4	\$23,678,759	\$2,067	\$14,325
<b>ALL CONDITIONS</b>	16,423	106.7	4.7	501.7	\$385,075,087	\$4,986	\$23,479

NC Center for Health Statistics website; Accessed December 1, 2014 at <http://www.schs.state.nc.us/schs/data/databook/>. Inpatient Hospital Utilization and Charges by Principal Diagnosis, and County of Residence, NC 2012; Residence =Macon



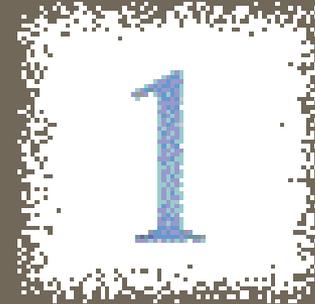
# Community Health Priorities & Improvement



# Our Health Priorities

Selected as a result of  
the 2011 and 2012  
Macon County  
Community Health  
Needs Assessments

[www.maconnc.org/healthy-carolinians](http://www.maconnc.org/healthy-carolinians)



Reduce the  
incidence of  
preventable  
chronic diseases  
related to obesity

...particularly diabetes and  
heart disease.

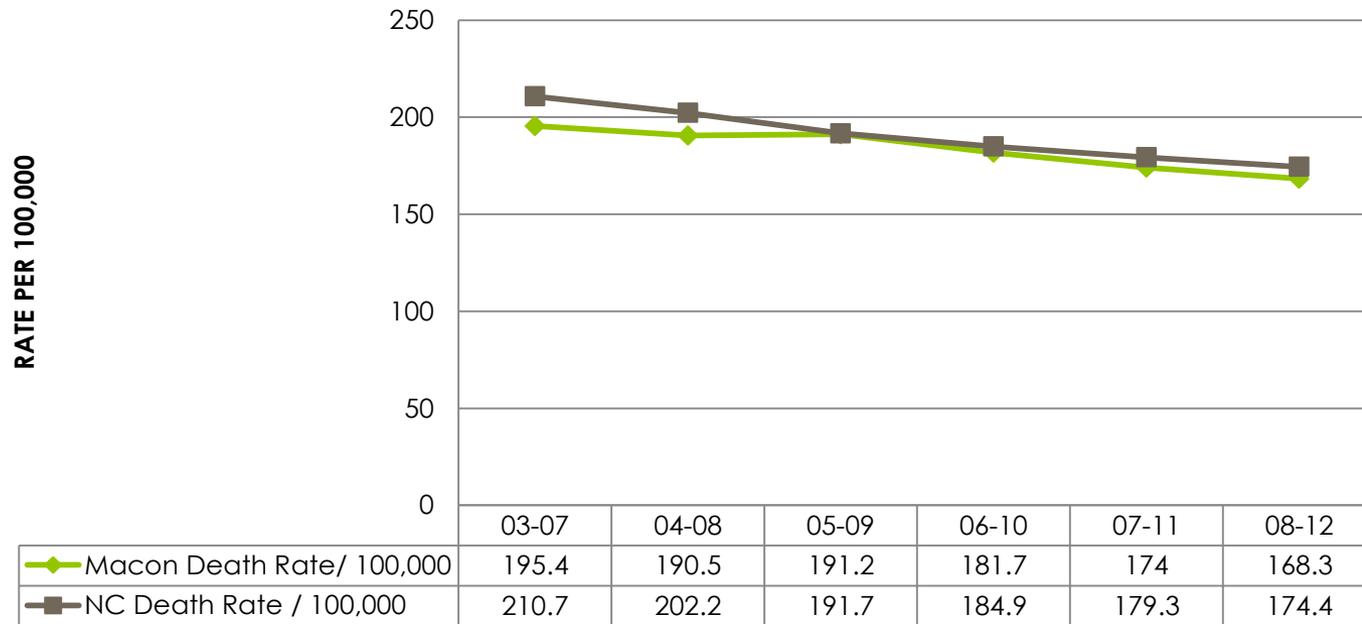
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# Priority 1 – 2014 Progress

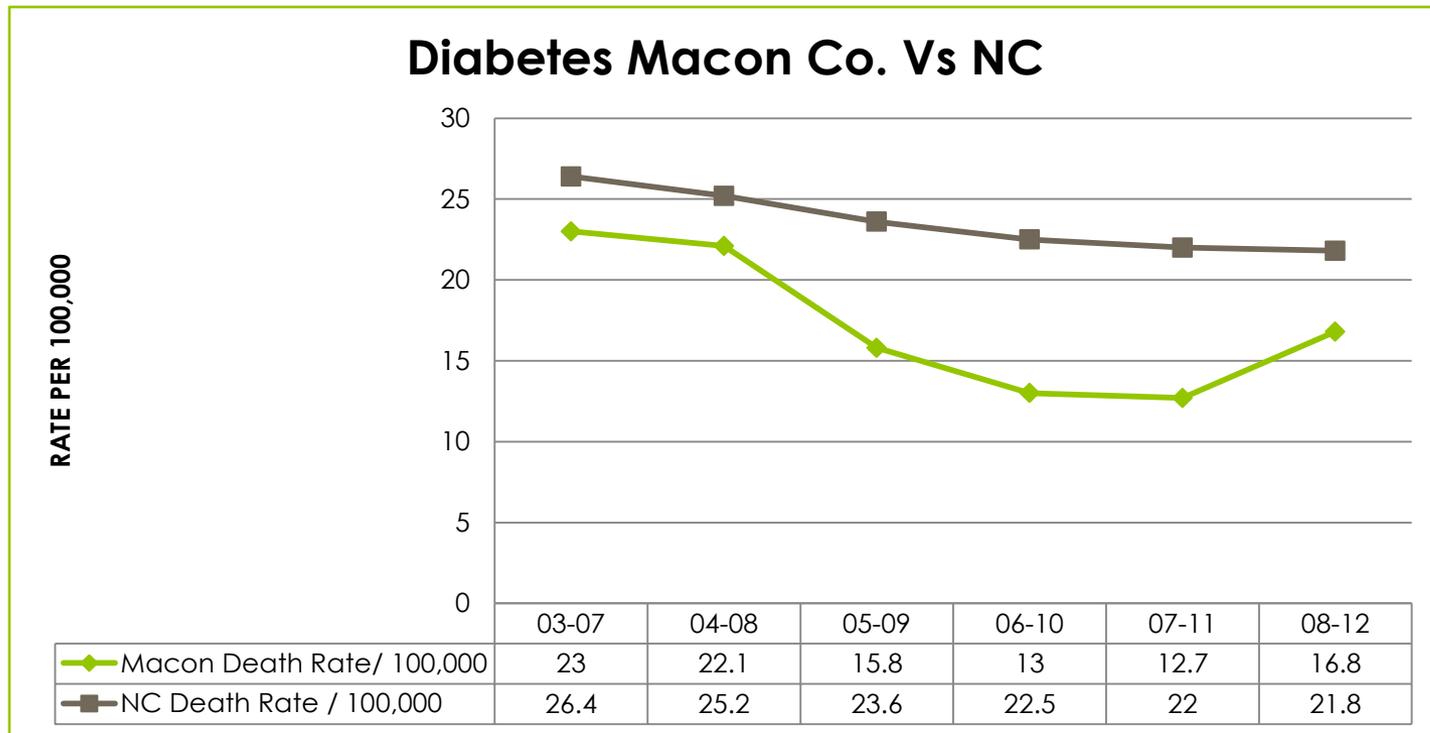
- ❑ “MountainWise” and Macon County Public Health have partnered to establish the first “Healthy Corner Store” initiative in Macon County(Community BP).
- ❑ Two churches in Macon County continue to expand their participation in faith-based chronic disease prevention initiatives, including participation in Macon County Public Health’s “Faithful Families Eating Smart Moving More” and “Walking to Jerusalem”. View details of this program at <http://www.youtube.com/watch?v=iNtc05T9vsg#t=13>.
- ❑ The 5-2-1-Almost None tool kit was used to promote the program at Macon County School Health Fairs; which reach all K-8 classes in Macon County Schools.
- ❑ “Leading the Way to Wellness” community wide walking event was sponsored in the Spring of 2014. 77 walkers enrolled in the event.
- ❑ Macon County Public Health & Macon County Senior Services collaborated to sponsor a joint diabetes and chronic disease self-management pilot project in the fall of 2014. To date, a total of 12 patients have each completed a total of 24 hours of self-management education.
- ❑ Angel Medical Center and Macon County Public Health continue to sponsor Diabetes-Self Management Education programs.
- ❑ “MountainWise” completed a regional environmental Health Impact Assessment which included Macon County. View more at <http://mountainwise.org/mountainelements/>
- ❑ Angel Medical Center and Highlands -Cashiers Hospital continued with community programs to help curb obesity-related chronic diseases, including Lighten Up 4 Life and Health Tracks.
- ❑ Macon County Public Health Sponsored a Diabetes Expo and Blood Glucose Screenings at the Macon County Fair and during National Diabetes Month. Over 134 individuals were screened and provided with education and/or referrals.
- ❑ A new farmer’s market opened at the old Cowee School, a community that is not currently serviced by a supermarket.
- ❑ In the fall of 2014, Macon County Public Health was able to add a Registered Dietitian & a part-time RN position to work on chronic disease prevention initiatives.

# Changes in Data: Heart Death Rates 2003-2012 Macon County vs. NC

**Heart Disease Macon Co. Vs NC**



# Changes in Data: Diabetes Death Rates 2003-2012 Macon County vs NC





Promote  
recruitment and  
retention of  
additional primary  
care physicians and  
dental practitioners

...serving Macon County  
residents.

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## Priority 2 – 2014 Progress

- ❑ Angel Medical Center has added 1 pediatrician, 2 family practitioners, and 1 family nurse practitioner since January 1, 2014.
- ❑ The Community Care Clinic of Franklin has received a \$30,000 “People in Need” grant from the Community Foundation of Western NC to provide case management services for its clients.
- ❑ Macon County Public Health's adult dental clinic added a full time contract dental assistant. This will allow the dentist to see more patients. The child dental clinic added a Baby Oral Health Program (BOHP) for ages 0-2 and the public health dental program also expanded its acceptance of 3<sup>rd</sup> party dental insurance; both of these actions improving access to care.
- ❑ The Appalachian Care Medical Mission, provided free healthcare services to many Macon County residents in 2014. From June 2 -12, U.S. Army personnel provided free dental, optometry, primary care, and behavioral health care.
- ❑ AMC/Mission Health System are collaborating with MAHEC to improve and expand access to primary care in Macon County. This relationship is also expected to improve health outcomes, reduce costs and provide a better patient experience by implementing evidence-based models of patient centered care within AMC/Mission primary care practices.



Reduce the  
incidence and  
mortality rates of  
breast, colon,  
and lung cancer

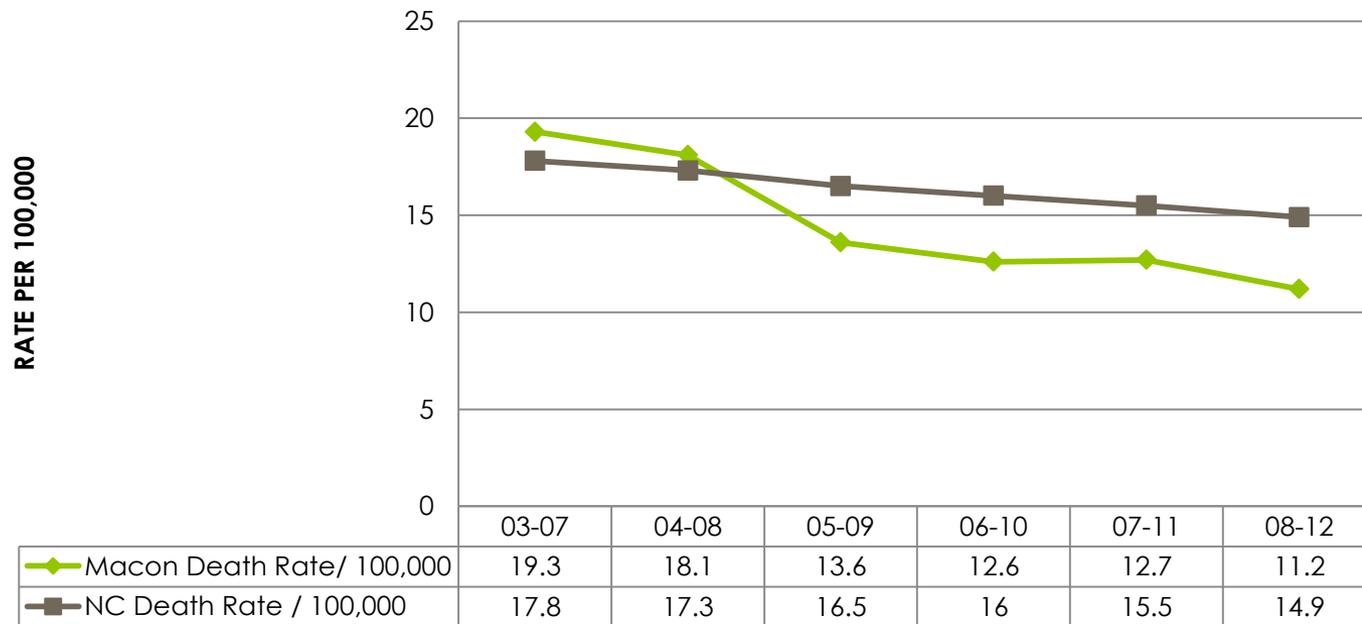
...through prevention and  
early intervention efforts.

## Priority 3 – 2014 Progress

- Angel Medical Center has sponsored free Fecal Occult Blood Screenings and referrals for the public throughout 2014.
- Angel Medical Center opened the new Angel Cancer Center in Macon County. The center provides local access to care. This helps patients save money which can be used for medication or other necessities. The center has also increased community referrals since it is local. The first day the center opened, was 4 people below capacity.
- Macon County Public Health promoted the Great American Smokeout in November.
- Angel Medical Center and Macon County Public Health continued to sponsor “Ladies’ Night Out” and “Men’s Night Out” educational programs. These programs focus on promoting cancer screenings and other early detection efforts. These programs combined average 100-200 in attendance on a monthly basis. Angel Medical Center was named “Public Health Partner of the Year” by the NC Public Health Association for their sponsorship of this initiative.

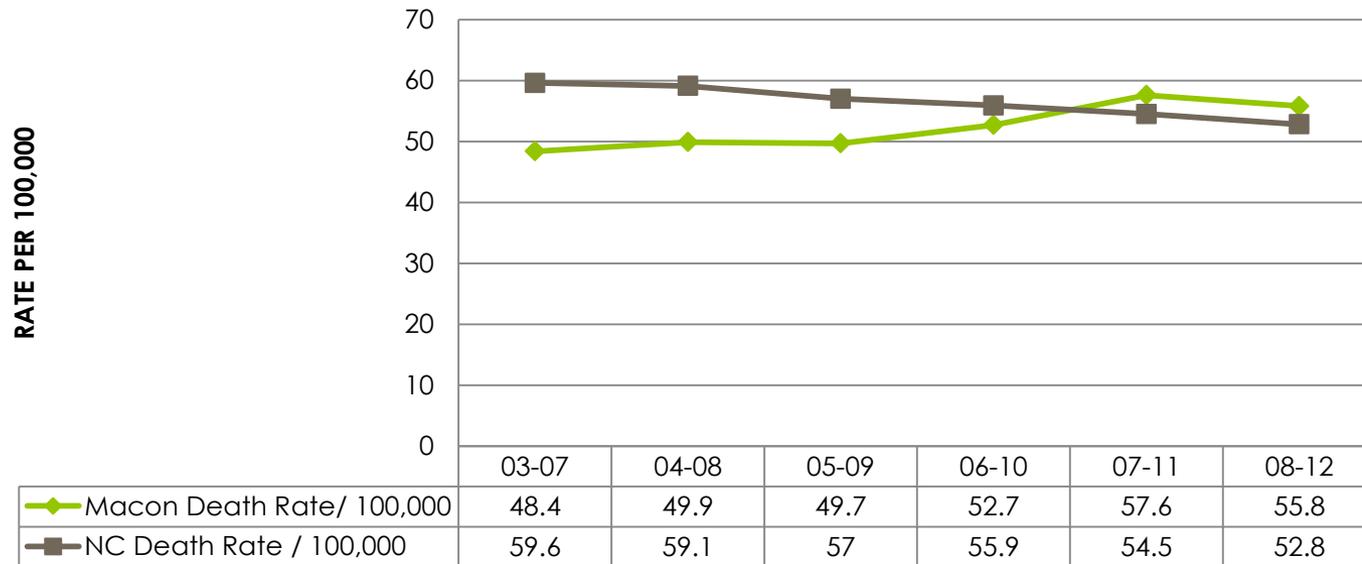
## Changes in Data: Cancer (colon, rectum, anus) Death Rates 2003 – 2012 Macon County vs NC

### Cancer (colon, rectum, anus) Macon Co. Vs NC



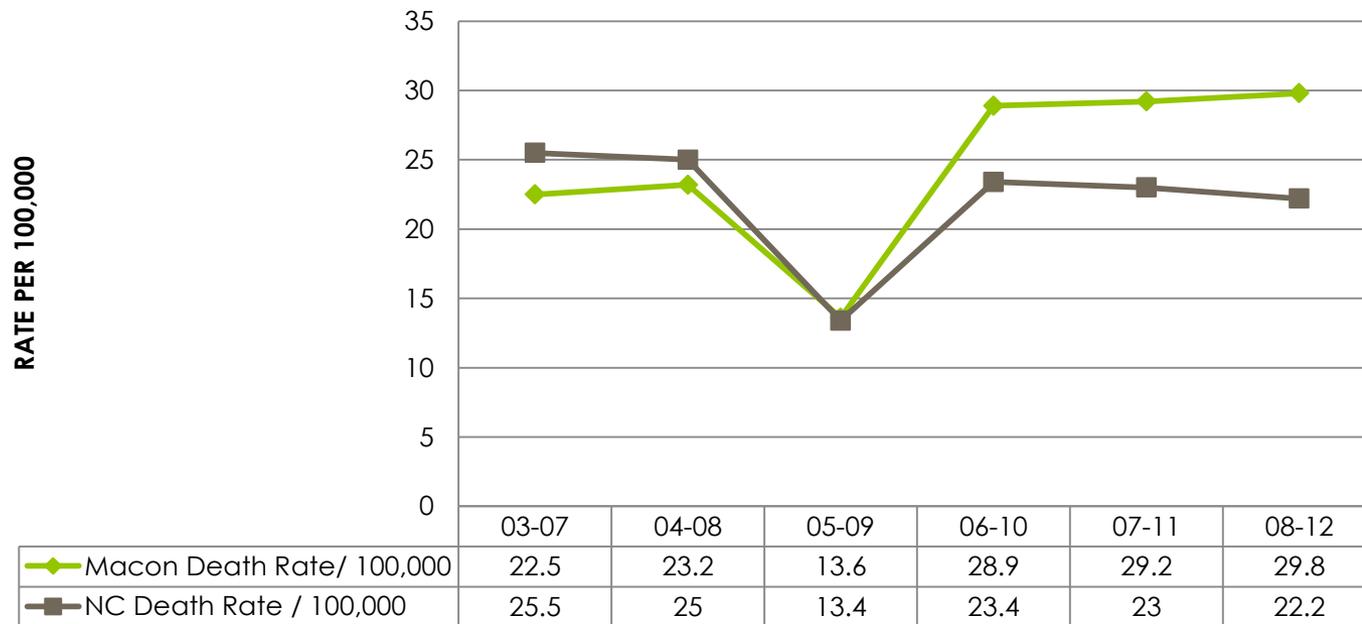
## Changes in Data: Cancer (trachea, bronchus, lung) Death Rates 2003-2012 Macon County vs NC

### Cancer (trachea, bronchus, lung) Macon Co. Vs NC



# Changes in Data: Cancer (breast) Death Rates 2003 – 2012 Macon County vs NC

**Cancer (breast) Macon Co. Vs NC**





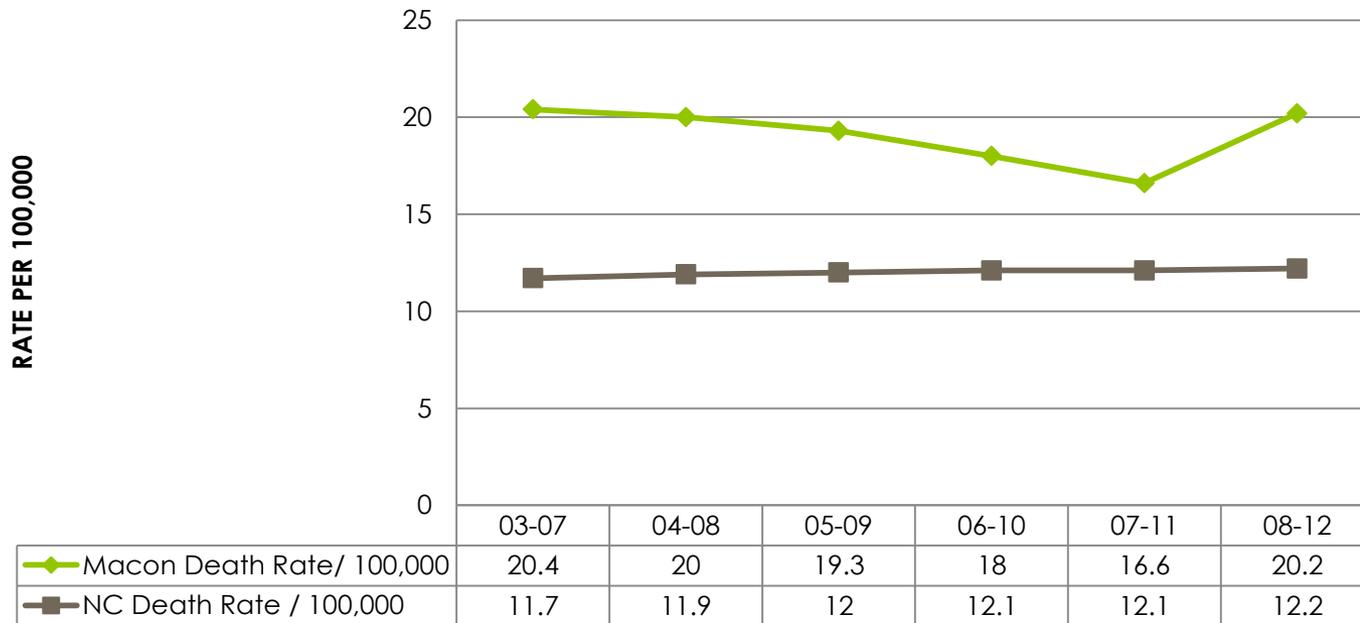
# Emerging Issues & Local Changes

## New & Emerging Issues

- 5 year suicide rates continue to climb and are higher than the state rates
- Ebola Preparation
- Vapor Products

# Macon County Suicides 5 Year Death Rates 2003-2012

**Suicide Macon Co. Vs NC**



# Ebola

- The recent Ebola crisis has significantly increased the health resources devoted to this issue in Macon County. These resources include staff time from public health, emergency services, and hospitals. Staff time has been allocated to FIT Testing, contact tracing training, meetings, conference calls, development of communications, etc.
- The Ebola management training, even if not needed for Ebola, will better prepare us for future crisis events.

## Vapor Products

- Current “smoking” and policies may not cover e-cigarettes.
- Nicotine Addiction ... viewed as a safe alternative by many, but may continue to be a “gateway” drug for youth.
- Health risks not established for the “smoker” or bystanders.
- Illicit drug delivery device... reported use of liquid and wax based cannabis as well as new synthetic drugs.
- Three New Vaping Retail Shops Opened in Macon County in 2014.

# New Initiatives & Other Changes That May Affect Health

- The Community Transformation Grant, also known as a “MountainWise” in our region ended in the Fall of 2014. Macon County Public Health is trying to keep positions in place until a new CDC chronic disease prevention grant (#1422) begins in the Spring of 2015.
- Highlands-Cashiers Hospital is now a Mission Hospital affiliate.
- Project Lazarus prescription drug overdose project began in Macon County.
- NC has mandated an increase in water testing fees. This price increase may affect the public’s ability to afford lead testing at a time when lead in drinking water is a public health concern in Macon County.
- Carbon Monoxide testing is now required by NC in all lodging facilities.
- A rule by the NC Alcoholic Beverage Control agency changed the definition of private club. This rule change now stipulates that for-profit private clubs are not subject to food inspections. Macon County has 3 for-profit private clubs.
- WIC may now qualify participants off-site using “Crossroads”. This may increase accessibility of WIC services to the public.
- Water Quality CEU training requirements have been reduced by the NC General Assembly. This may impact public health’s ability to protect the aquifer.

**For More Information  
Contact  
Macon County  
Public Health**

1830 Lakeside Drive  
Franklin, NC 28734  
828-349-2081

[www.maconnc.org](http://www.maconnc.org)  
or  
[www.facebook.com  
/MaconPublicHealth](http://www.facebook.com/MaconPublicHealth)



## What Next?

This document will be disseminated to libraries, the Board of Health, municipality leaders, schools, the Macon County website and other community venues.

To find out how you may become involved in the issues you have learned about here, please contact Becky Barr or Dawn Wilde at (828) 349-2081.