

2017 State of the County's Health Report Macon County



Macon County
Public Health

The 2015 Community Health Assessment Priorities are:

Priority 1- Heart Disease

Priority 2- Domestic Violence

Priority 3- Economic Development

The 2017 SOTCH will be communicated to stakeholders, community partners, and the general population in the following ways:

- Posted on the website: <http://maconnc.org/healthy-carolinians.html>
- Available in Macon County Public Library
- Available as a hard copy in limited quantities

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2017 State of the County's Health Report Scorecard - Macon County



Macon County Public Health

The 2015 Community Health Assessment priority areas are:

- **Priority 1 - Heart Disease - Reduce the incidence of preventable chronic disease related specifically to cardiovascular disease/heart disease to those that reside in the community.**
- **Priority 2 - Domestic Violence - Promote the reporting and appropriate resource referrals for domestic violence and reduce the incidence of domestic violence in the community.**
- **Priority 3 - Economic Development - Promote economic development opportunities that result in healthier lifestyle choices for individual communities.**

The following SOTCH Scorecard was created and submitted March 5, 2018 in order to meet the requirements for the Macon 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:

- [WNC Healthy Impact](#)
- [2017 County Health Data Book](#)
- WNC Healthy Impact Secondary Data Workbook Update (Update available in June 2017)
- REACH

Heart Disease

R	CHIP	Statement	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
		Maconians live long, active, and happy lives.					

Progress Made in 2017

The following progress was made in 2017 on our action plan interventions for heart disease in Macon County.

- **Action Plan Intervention: Results- Based Accountability (RBA) approach to collaborative action planning process.**
 - Health Educator was introduced to RBA basic ideas
 - Health Educator and Population Health Section Administrator attended a Getting to Results training
 - Health Educator and Population Health Section Administrator attended RBA Workgroups
- **Action Plan Intervention: National Diabetes Prevention Program**
 - Two Diabetes Prevention Program classes completed in 2017 with a total of 8 graduates
 - Five new Diabetes Prevention Program classes started in 2017
 - Diabetes Prevention Movie Screening and Community Conversation held at public library by Macon County Public Health's Registered Dietitian and Health Educator

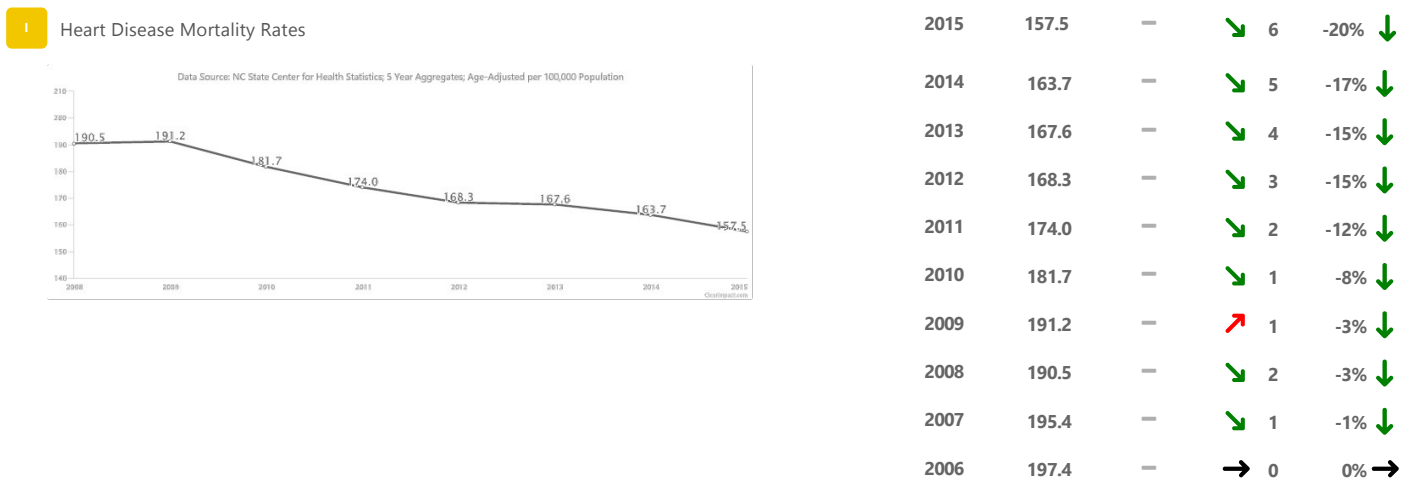
Additionally, the following progress was made in 2017 on heart disease in Macon County.

- **Task Force Update**
 - The economic development as it relates to health task force and the heart disease task force combined into one task force. Both shared similar interventions related to low or no cost physical activity opportunities in the community.
 - The intervention was designed as a group exercise program that met once per week for thirty minutes. This physical activity opportunity had a two part focus on low intensity cardio (walking) and muscle strengthening. The group exercise program, piloted as Weekly Walk on the Greenway, took place every Tuesday from 12:15 to 12:45 at the Big Bear Shelter/Wesley's Park section of the Little Tennessee River Greenway. This time and location was decided on based on the thirty minutes a day of recommended physical activity and no cost expense. The walk was interchanged with a Station Rotation, where muscle strengthening activities were performed, on the last Tuesday of every month. Target populations for the Walk on the Greenway include youth, families,

businesses and work sites.

- o The Walk on the Greenway launched on Tuesday, October 17th and the Station Rotation began Tuesday, October 31st. Activities such as "I Spy" and card games were incorporated to exercise muscle strengthening. Ten Weekly Walk on the Greenway/Station rotations took place before being suspended in the middle of December 2017 due to lack of participation.
- o Changed Program from "provide free community classes through the recreation center" to "provide free physical activity class for community."

- Safety Town of Macon County where tobacco education was presented
- Health Educator and Registered Dietitian attended quarterly Health Educator/Nutritionists meetings facilitated MountainWise
- Relay for Life of Macon County
- Ladies Night Out radio show and program(s) on Heart Disease, Tobacco Cessation, Nutrition, and Stroke Awareness
- Youth Night Out program on Body Image, Health and Nutrition
- Health department staff conducted nutrition skits at Franklin High School
- Two Faithful Families Eating Smart, Moving More classes were completed
- Walk on the Green Way for Public Health Week in April
- North Carolina Fruit and Vegetable Outlet Inventory completed in Macon County which identifies farmers' markets, produce stands and road-side stands with predictable location and hours where fruits and vegetables are sold
- Girls on the Run program at East Franklin Elementary School, Highlands School, and Mountain View Intermediate
- Angel Medical Center hosted health events and screenings throughout the year through a program called Passport to Wellness
- Yoga at the Brew House which offers one free hour of community style yoga class



P	Provide free physical activity class for community.	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
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Domestic Violence

R	CHIP	In Macon County we want a community that is safe and violence- free.	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
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Progress Made in 2017

The following progress was made in 2017 on our action plan interventions for domestic violence in Macon County.

- **Action Plan Intervention: Results- Based Accountability (RBA) approach to collaborative action planning process**
 - o Health Educator was introduced to RBA basic ideas
 - o Health Educator and Population Health Section Administrator attended a Getting to Results training
 - o Health Educator and Population Health Section Administrator attended RBA Workgroups
- **Action Plan Intervention: Seeking Safety for Adolescents**
 - o Due to the guidance and direction of the Macon Domestic Violence and Sexual Assault Coalition, the evidence-based strategy initially identified in the State Action Plan will not be used

Additionally, the following progress was made in 2017 on domestic violence in Macon County.

- **Task Force Update**
 - o The Macon Domestic Violence and Sexual Assault Coalition is in the process of developing a streamlined document for community agencies to reference protocol procedures related to domestic violence cases. The Coalition has so far developed a Mission Statement, created a Memorandum of Understanding, and has broke out into three subcommittees working on protocols related to fields of: judicial and law enforcement; human services, children, and schools; and medical, health, and mental health.
 - o REACH of Macon and Jackson County Accomplishments and Statistics July 1, 2015- June 30, 2016

- **Hotline Calls: 418**
- **Crisis Counseling Contacts: 689**
- **Domestic Violence Clients (Unduplicated): 614**
 - Number of Sessions: 3, 651
 - Average Duration of Sessions (Minutes): 49.55
 - Court Advocacy: 912
 - Hospital Accompaniment: 30
 - Transportation of Clients: 226
- **Sexual Assault Clients (Unduplicated): 170**
 - Number of Sessions: 601
 - Average Duration of Sessions (Minutes): 61
 - Court Advocacy: 155
 - Hospital Accompaniment: 11
 - Transportation of Clients: 37
- **Children Served (Unduplicated): 262**
- **Emergency Shelter**
 - Unduplicated Clients: 128
 - Duplicated Clients: 143
 - Nights: 2, 651
 - Meals: 7, 953
 - Full Capacity: 97 Days
 - Referrals (Out of County- due to lack of space): 72

- Ladies Night Out radio show and program on Domestic Violence and Sexual Abuse
- Women's Self Defense Class
- HIV/ CTR Training facilitated by Whetstone Consultations
- Serving LGBTQ Survivors of Relationship Violence Training
- Youth Night Out program on Stalking and Youth Violence, Teen Dating and Health Relationships, Teen Pregnancy, and Sexual Violence
- Vegas on the Greenway Run/Walk Benefit for REACH
- REACH's Annual Mardi Gras Dinner
- REACH's 9th Annual American Girl Tea Party
- Enhancing Rural Strategies (ERS): Local CCR/SART Survey
- REACH and Mission grant for the implementation of more extensive training for health care providers and employees on a larger scale- example: doctors and nurses to janitorial staff and cafeteria workers- on domestic violence cases



P Review protocols and develop a streamlined document for community agencies. Time Period Actual Value Target Value Current Trend Baseline % Change

Economic Development

R **CHIP** In Macon County we want a community that is healthier, happier, and a marketable place to be. Time Period Actual Value Target Value Current Trend Baseline % Change

Progress Made in 2017

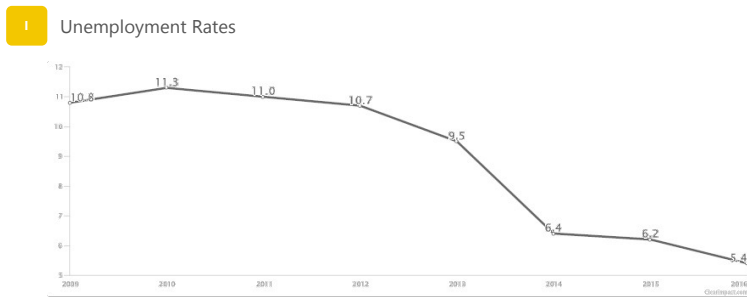
The following progress was made in 2017 on our action plan interventions for economic development as it relates to health in Macon County.

- **Action Plan Intervention : Results- Based Accountability (RBA) approach to collaborative action planning process.**
 - Health Educator was introduced to RBA basic ideas
 - Health Educator and Population Health Section Administrator attended a Getting to Results training
 - Health Educator and Population Health Section Administrator attended RBA Workgroups
 - Population Health Section Administrator presented on using RBA to identify action items and to improve the effectiveness of the Task Force

Additionally, the following progress was made in 2017 on economic development as it relates to health in Macon County.

● **Task Force Update**

- The economic development as it relates to health task force and the heart disease task force combined into one task force. Both shared similar interventions related to low or no cost physical activity opportunities in the community.
- The intervention was designed as a group exercise program that met once per week for thirty minutes. This physical activity opportunity had a two part focus on low intensity cardio (walking) and muscle strengthening. The group exercise program, piloted as Weekly Walk on the Greenway, took place every Tuesday from 12:15 to 12:45 at the Big Bear Shelter/Wesley's Park section of the Little Tennessee River Greenway. This time and location was decided on based on the thirty minutes a day of recommended physical activity and no cost expense. The walk was interchanged with a Station Rotation, where muscle strengthening activities were performed, on the last Tuesday of every month. Target populations for the Walk on the Greenway include youth, families, businesses and worksites.
- The Walk on the Greenway launched on Tuesday, October 17th and the Station Rotation began Tuesday, October 31st. Activities such as "I Spy" and card games were incorporated to exercise muscle strengthening. Ten Weekly Walk on the Greenway/Station rotations took place before being suspended in the middle of December 2017 due to lack of participation.
- CDC Scorecard was completed by the Town of Franklin and Drake Enterprises.
- Entegra Bank, Drake Enterprises, Old Edwards Inn, and Macon County had a Health Risk Assessment/ Health Screening for employees.
- Angel Medical Center hosted health events and screenings throughout the year through a program called Passport to Wellness.
- Health Educator and Registered Dietitian attended quarterly Health Educator/Nutritionists meetings facilitated MountainWise.
- Health Educator and Population Health Section Administrator attended Worksite Wellness Training from the NC Division of Public Health.



Year	Actual Value	Target Value	Current Trend	Baseline % Change
2016	5.4	—	↓ 6	32% ↑
2015	6.2	—	↓ 5	51% ↑
2014	6.4	—	↓ 4	56% ↑
2013	9.5	—	↓ 3	132% ↑
2012	10.7	—	↓ 2	161% ↑
2011	11.0	—	↓ 1	168% ↑
2010	11.3	—	↑ 3	176% ↑
2009	10.8	—	↑ 2	163% ↑
2008	6.1	—	↑ 1	49% ↑
2007	4.1	—	→ 0	0% →

P Provide a free to the public fitness class that takes place once per week.

Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
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New and Emerging Issues & Initiatives

R **SOTCH** Monitor New and Emerging Issues

Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
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Customer

These are the new or emerging issues in our community in 2017 that were not identified as priorities in our CHA.

- Substance Use

Leading Causes of Death in North Carolina 2016

Location: MACON

Race: all

Gender: both

Hispanic Origin: all (Hispanic, Non-Hispanic, and Unknown)

Age: 0 - 99 years

Note: Age 99 indicates age 99 years or older.

Rank	Cause	Number	%
1	Diseases of heart	98	20.0
2	Cancer	94	19.2
3	Chronic lower respiratory diseases	45	9.2
4	Alzheimer's disease	24	4.9
5	Cerebrovascular diseases	21	4.3
6	All other unintentional injuries	20	4.1
7	Motor vehicle injuries	14	2.9
8	Diabetes mellitus	12	2.4
9	Nephritis, nephrotic syndrome and nephrosis	11	2.2
10	Influenza and pneumonia	8	1.6
	All other causes (Residual)	143	29.2
Total Deaths -- All Causes		490	100.0

Source: State Center for Health Statistics, North Carolina

R **SOTCH** Keep Track of New Initiatives & Community Changes

Time Period Actual Value Target Value Current Trend Baseline % Change

Customer

The following are new initiatives or changes in our community in 2017:

- New super Ingles on Georiga Road
- Construction on Town Bridge
- Angel Medical Center's labor and delivery unit closed
- Integrated Primary Care at Macon County Public Health
- Needle Exchange Program
- Healthy Neighbor Network
- NCACC's Meeting in a Box