

Macon

Angel Medical Center, Highlands-Cashiers Hospital & Macon County Department of Public Health

Community Health Priorities & Strategy Highlights

Diabetes and Heart Disease

- Advocate for the continued administration of the county-specific Youth Risk Behavior Surveillance Survey (YRBS).
- Promote *5-2-1-Almost None* message in Macon County.
- Encourage participation in Lighten Up 4 Life (LU4L).
- Faithful Families Eating Smart and Moving More.
- Increase the number of people who have access to active living (LTWTW)
- Increase the number of people with access to small retail stores that offer healthier food options and Farmer's Markets
- Work with convenience stores in two communities to tie in with churches and the community
- Diabetes Self-Management Education
- Employee Health Plan (Worksite Wellness)
- Employer Health and Wellness Management
- Diabetes Self-Management Education program during the summer season

Recruitment and retention of primary care & dental practitioners

- Primary care practitioner recruitment and retention
- Promote use of dental clinics – Adult Dental and Molar Roller
- Secure a dialysis center for Macon County
- Training medical providers to provide fluoride varnishing to high-risk children under the age of 3 (NC Access Care)
- Implement specific culture change training curricula at hospital to include a "Communications in Healthcare", designed to improve interaction and professional support
- Hospitals partnering with MAHEC to bring family practice residents to a Macon County



Spotlights of Success

In partnership with Highland-Cashiers Hospital's Health Tracks, through both the Obesity Prevention and Cancer Prevention and Support committees, Macon County Public Health developed a community walking program entitled Leading the Way to Wellness which incorporated support of county and city government officials. This program involves elected officials or government leaders leading walks in different areas of the community at set days and times for a specified time. As that phases out, the walks will become theme walks, such as Walk for Diabetes Awareness, or Heart Health, or Breast Cancer, depending on the awareness calendar of events. Goals include preparing participants to be able to enter local 5K Walk/Run events at set intervals to include short, mid and long-term goals. Another county is working with Macon County to duplicate this program.

For more information on community health improvement in Macon County, visit:

www.wnchealthyimpact.com

> Local Stories > Macon





Cancer Prevention and Early Intervention

- Provide free health education programs to women and men with an emphasis on early detection and screenings; provide mammograms at no cost to uninsured/underinsured residents of Macon County (Ladies Night Out)
- Advocate for Tobacco Free Parks
- Raise awareness about tobacco-free issues through use of media, consistent messaging
- Create educational tools based on the Tobacco Prevention and Control Branch smoke free implementation tool kit
- Provide fecal occult blood test kits to community at no charge
- Provide health fairs to public and businesses with a focus on preventive screenings, cessation programs, education and awareness
- Promote participation in Cancer Prevention Study-3
- Employer-based health and wellness management programs that are being developed by Mission Health and Angel Medical Center

Success Spotlight

Macon County Public Health and Angel Medical Center have partnered for the last six years on Ladies Night Out (LNO). LNO provides monthly programs on a variety of health topics for women with an emphasis on the importance of regular health screenings. The goal is to eradicate deaths from breast cancer. The breast and cervical cancer control program (BCCCP) information is shared at each event and LNO raises additional funds to assist uninsured/underinsured women and men get much needed mammograms and other breast health screenings. Corporate sponsors provide food, water, paper products and door prizes. Guest speakers include OB/GYN's; optometrists; registered dietitians; orthopedic specialists; oncologists; stress relief therapists; physical therapists; as well as other specialists, depending on the monthly topic. This program has grown from having about 25 participants to having over 200 participants and has developed into having two meetings per night to accommodate the growth. We have statistical data on the number of women who have been served through attendance and the breast cancer program. We very seldom have to contact speakers as they ask us if they can be a guest speaker. This program has been successfully duplicated in WNC counties and include the Qualla Boundary, McDowell County and Cherokee County. We are currently working with Jackson County to help them set up an LNO program.

This Ladies Night Out effort won the 2014 Public Health Partners Award from the North Carolina Association of Local Health Directors.