



2016 State of the County's Health Report

Mitchell County

2016 State of the County's Health Report Scorecard - Mitchell County



The 2015 Community Health Assessment priority areas are:

- **Priority Issue #1** - Substance Abuse Prevention and Increasing Availability/Access of Mental Health Services
- **Priority Issue #2** - Healthy Living Behaviors/Lifestyles and Chronic Disease Prevention
- **Priority Issue #3** - Social Determinants of Health

The following SOTCH Scorecard was created and submitted March 6th, 2017 in order to meet the requirements for the Mitchell 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:

- [2017 County Health Data Book](#)
- [WNC Healthy Impact](#)

Substance Abuse Prevention AND Increasing Availability/Access to Mental Health Services

R	Mitchell	Mitchell County Free from Substance Abuse. Residents of Mitchell County Have Access to Mental Health Services.	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
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Progress Made in Last Year

The following progress was made in 2016 on Substance Abuse Prevention and Increasing Availability/ Access of Mental Health Services in Mitchell County.

- Submitted Mitchell News Journal **Monthly Health Page**, one page dedicated once a month to health topics, health related community events, and health education.
- Distributed **Medication Lockboxes** District-Wide (ongoing) – 186 total
- Received the **Drug Free Communities Grant** through the MYSATF (\$125k/5 years)
- Funded and Co-Hosted **Red Ribbon Week** (substance abuse prevention) with Mitchell and Yancey County Schools – 418 students participated and was surveyed. By far, the students' favorite activity during the week was Ty Sells' presentation. Dressing up and the sock hop, came in as second and third favorite activities. What the students learned was variable - though some messages from Ty's presentation seemed to stick, and the facts about

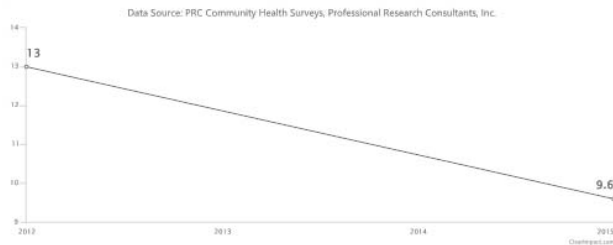
chemicals in cigarettes.

- Launched the **Naloxone Initiative** that immediately impacted saving lives, providing an opportunity for treatment and recovery, and avoiding family trauma associated with death that would otherwise result from opioid overdose. This initiative allowed law enforcement employees and emergency medical staff to attend a training on how to administer naloxone; approximately 50 employees attended across Mitchell and Yancey counties.
- Expanded marketing strategies to **increase awareness and education** on the dangers of substance abuse by increasing the amount of staff on the existing Substance Abuse Task Force (hired a full-time Program Coordinator and full time Youth Team Advisor). As a result, the task force has also increased the number of people reached across the two counties.
- Decreased Emergency Department visits by 10 percent by **holding hours for behavioral health crisis patients** at local hospital.
- Update a **Substance Abuse and Mental Health Resource Guide** annually for Mitchell and Yancey Counties. The information is helpful to agencies and residents. The task force prints multiple copies and makes the information available online.
- Host **Pain Management medical services** three days a week in spruce Pine to focus on procedural and therapeutic rehab programming, alternatives to medication for chronic pain and management of long term/chronic medication treatment plans.

I	Mitchell	Rate of drug overdoses in Mitchell County	2013	19.4%	—	→ 0	0% →
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I	Mitchell	% County residents have >7 poor mental health days in the past month	2015	9.6%	—	↘ 1	-26% ↓
			2012	13.0%	—	→ 0	0% →



P	Mitchell	Naloxone Initiative	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell	Marketing Strategies to Increase Awareness & Education on Dangers of Abuse	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell	Needle Exchange Program/Safe Needle Disposal Program	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell	Increase Behavioral Health Care	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell	Prevent substance use (Tobacco) initiation among youth and young adults	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change

P	Mitchell	Eliminate exposure to secondhand smoke	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell	Promote quitting among adults and youth	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change

Healthy Living Behaviors/Lifestyles AND Chronic Disease Prevention

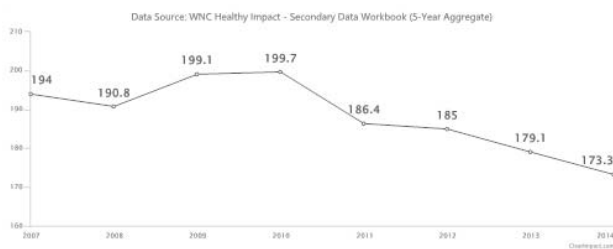
R	Mitchell	Healthy living behaviors/lifestyles in Mitchell County. Mitchell County free from chronic disease.	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
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Progress Made in Last Year

The following progress was made in 2016 on Health Living Behaviors/Lifestyles and Chronic Disease Prevention in Mitchell County.

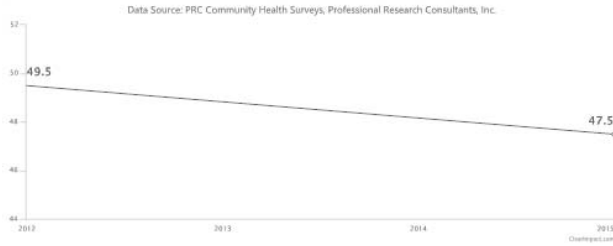
- Participated in **ChildFest** to promote health department services district-wide – 591 people (including parents and children) attended the event from all three counties
- Promoted children’s physical activity by giving them the opportunity of a week long **Summer Tennis Camp**. These children participate in a unique activity for our area that is fun and suits their interest, skills, and abilities. Yancey had 72 children and over 2-dozen volunteers; Mitchell had 17 children and two volunteers.
- Continue afterschool programming, **STAR Club**, for middle school students to gain understanding of a healthy life through physical activity, healthy snacks, and health education.
- Established “**HOPE for Mitchell County**”, a faith-based organization that will seek to serve needs through service and outreach projects and events, to increase connectedness and promote healthy behaviors in Mitchell County residents, especially youth, by providing fun, engaging activities periodically throughout each year for families – in 2016, HOPE provided a total of 6 events last year (Martial Arts Academy, BMX Bike Stunt Show, Sportsman Expo, Motorcycle Sunday, Wake Up Youth Conference, and a Back To School Bash)
- Instituted a **wellness program at the local hospital** including exercise, acupuncture, massage, and case management for hypertension, depression, diabetes, and hypercholesterolemia. If employees participate, it lowers the cost of their health insurance. – Approximately 300 employees enrolled in 2016.
- Started a **Senior Wellness Program** at the Senior Center – Approximately 30 to 40 older adults participated in exercise classes to prevent or better manage their chronic conditions, improve their quality of life, and lower their health care costs.
- Focused **nutrition education programming in elementary schools** by partnering with Cooperative Extension to increase the knowledge of all students on the importance of nutrition choices at an early age which will lead to better food choices and better overall health in the future.
- Visited local providers offices to invite nurses to **Lactation Training** in efforts to have more healthcare professionals able to provide assistance and support to breastfeeding mothers – a total of 6 healthcare professionals attended the training from the TRHD area

I	Mitchell	Cancer Mortality Rate	2014	173.3	—	↘ 4	-11%	↓
			2013	179.1	—	↘ 3	-8%	↓
			2012	185.0	—	↘ 2	-5%	↓
			2011	186.4	—	↘ 1	-5%	↓
			2010	199.7	—	↗ 2	2%	↑
			2009	199.1	—	↗ 1	2%	↑
			2008	190.8	—	↘ 2	-2%	↓
			2007	194.0	—	↘ 1	-1%	↓



2006 195.2 — → 0 0% →

I	Mitchell	Residents who meet physical activity recommendations	2015	47.5%	—	↘ 1	-4% ↓
			2012	49.5%	—	→ 0	0% →



P	Mitchell	STAR after school program with a nutrition and physical activity component	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell	Develop community-wide campaign to address chronic disease	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell	Hope for Mitchell County	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell	Summer Tennis Camp	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell	Senior Wellness Program	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change

Social Determinants of Health

R	Mitchell	Mitchell County Residents are Educated, Gainfully Employed, Food Secure, & have Health Insurance Coverage.	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
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Progress Made in Last Year

The following progress was made in 2016 on Social Determinants of Health in Mitchell County.

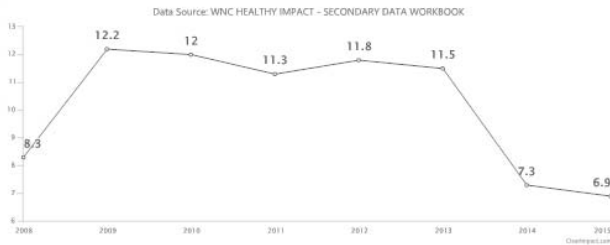
- Supplied **Dental Kits to WIC children** 0-5 years old district-wide through the Delta Dental Grant – 285 total Baby Dental Kits; 165 total Toddler Dental Kits; 420 total Child Dental Kits given out in the three-county area. The kits included toothbrushes w/covers, flossers, and age appropriate toothpaste and educational information on dental care for children
- Established a system for recognizing and assessing **Adverse Childhood Effects (ACEs) by providing two Resiliency Trainings** in the community for parents, families, teachers, providers, and any other agency.
- Raised funds through **Mountain Air Golf Tournament Annual Fundraiser to help eligible women** in Yancey, Mitchell, and Avery Counties receive clinical breast exams, screening mammograms, pap tests, and diagnostic procedures, such as diagnostic mammograms, ultrasounds, colposcopies, breast and cervical biopsies, and medical consultations - Approximately \$13,000 was raised for cancer screening and prevention services for women in the TRHD area.
- Mitchell vs. Mountain Heritage **PINK Volleyball Game to raise awareness and money** for breast cancer – TRHD staff decorated gym, talked to crowd between games about preventive care, and throughout the month of October. The volleyball team raised \$750 by selling shirts and donated it to Mitchell County Health Department to purchase gas cards for patients who needed to travel for further testing or treatment.
- Conducted **Dental Screening/Varnish to Intermountain Children Services** (HeadStart) students – approximately

200 students were screened and 25 varnishes were applied district wide in the HeadStart Centers.

- Launched a **Fatherhood Initiative through MY Healthy Families** Program- 7 sessions have been completed with consistent participation from at least five dads. In the first class there was only one father in attendance so we are pretty pleased with the growth of the initiative in the 7 weeks of its existence. Sessions are held bi-weekly. At the sessions, fathers are fed a meal and allowed an opportunity to have candid discussions about the struggles of being a father and also given support, education and guidance to address those issues by a skilled group facilitator. Transportation and child-care was available. MY HFA program is the only one in the state of NC that has implemented a fatherhood initiative.
- Educated parents on **First Aid Safety & Lice Prevention at Intermountain Children Services' (HeadStart) Parent Night** – a total of 76 parents attended across the district
- Provide an updated copy of the **Summer Resource Guide** to every student in Mitchell and Yancey County schools annually. This guide is helpful as parents plan summer activities for children. There are many free or low-cost activities in our community to help children stay active and be engaged while they are enjoying summer break.
- All elementary schools in Mitchell County is able to **offer breakfast in the classroom to every student each morning at no cost**. Children who live in poverty may not have the option of eating before school due to the lack of food in the home. Being free of charge to every student removes the stigma and ensures every child is fueled up and has had a healthy breakfast to start their day.
- More and more **food banks in the community are having to ramp up their supply of food** because of community need. These food banks are readily available and public use is increasing. The Mitchell County Community Garden continues to provide community members with a source of food and an opportunity to educate themselves to a new way of living; it also produces a harvest that assist food banks with fresh, healthy foods.
- Conducted a **diaper drive at Mitchell County Health Department** among employees for clients and community need – a total of 30 boxes were donated by staff, community members, and churches.
- Conducted a **food drive at Mitchell County Health Department** among employees for clients and community need – Ongoing efforts weekly by health department staff, community members, and churches. MCHD serves as a drop off site and food boxes are made based on need of patients.
- Presented **STD Education to all students at Mitchell High School** – 509 total students were reached.



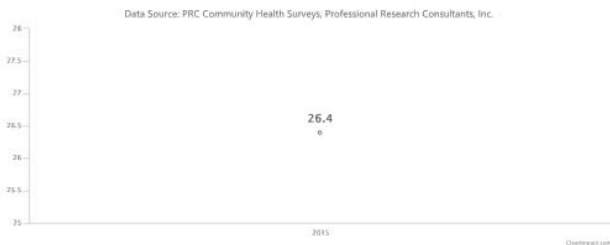
Mitchell Unemployment Rate



2015	6.9%	—	↓ 3	-4%	↓
2014	7.3%	—	↓ 2	1%	↑
2013	11.5%	—	↓ 1	60%	↑
2012	11.8%	—	↑ 1	64%	↑
2011	11.3%	—	↓ 2	57%	↑
2010	12.0%	—	↓ 1	67%	↑
2009	12.2%	—	↑ 2	69%	↑
2008	8.3%	—	↑ 1	15%	↑
2007	7.2%	—	→ 0	0%	→



Mitchell % Residents limited in activities due to a physical, mental or emotional problem



2015	26.4%	—	→ 0	0%	→
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I	Mitchell	% Residents lacking health insurance coverage	2015	18.4%	—	↘ 1	-9% ↓
			2012	20.3%	—	→ 0	0% →

Data Source: PRC Community Health Surveys, Professional Research Consultants, Inc.

Year	Percentage
2012	20.3%
2015	18.4%

P	Mitchell	Mitchell County Community Gardens and Programming	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell	ACE Assessments & Education	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell	Toe River Project Access and FQHC	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell	Utilizing outreach opportunities to assist citizens of Mitchell County	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell	Harvest Tables	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change

New and Emerging Issue & Initiatives

R	Mitchell	Monitor New and Emerging Issues	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
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Narrative

These are the new or emerging issues in our community that were not identified as priorities in our 2015 CHA.

- As the County Commissioner's prioritize farming as an economic driver and **TRACTOR seeks more farmers** to grow their business, access to farmland will be very important for the health of Mitchell County citizens. Here's why: if farmland is sold to development the land available to grow fresh, local food decreases. Moreover, development on that land becomes a higher strain on water resources, decreases natural habitat for insect and animal species. All of this directly impacts the health outcomes of Mitchell County citizens in terms of the kinds and qualities of food available to them, but also the environment they live in that supports their health.
- As population grows in Mitchell County, the residents will **need more primary care** practitioners, more **community centers able to provide indoor activities/ sports** for youth in order to promote healthy exercise all year round.
- New drugs and **drug use trends are emerging** across the area, especially with heroin and fentanyl in particular. There also seems to be an increasing number of drug related arrests in the county.
- Experiencing less and **less expecting mothers to attempt breastfeeding** their baby
- Preparing for the possible **loss of the Affordable Healthcare Act** that may threaten access to healthcare, leaving families with no health insurance in the coming year.
- Initiation of **Vaping** is becoming a new health risk in our area.
- Poverty and generational **poverty continues to plague a portion of the community**. People are still struggling with transportation, food, and medicine, among other essential daily needs.

Leading causes of death in Mitchell County 2015

Rank	Cause	Number	%
1	Cancer	48	19.7
2	Diseases of heart	45	18.4
3	Alzheimer's disease	19	7.8
4	Chronic lower respiratory diseases	17	7.0
5	All other unintentional injuries	12	4.9
	Diabetes mellitus	12	4.9
7	Cerebrovascular diseases	10	4.1
8	Nephritis, nephrotic syndrome and nephrosis	7	2.9
9	Influenza and pneumonia	5	2.0
	Intentional self-harm (suicide)	5	2.0
	All other causes (Residual)	64	26.3
Total Deaths -- All Causes		244	100.0

Source: State Center for Health Statistics, North Carolina



Mitchell

Keep Track of New Initiatives & Community Changes

Time Period

Actual Value

Target Value

Current Trend

Baseline % Change

Narrative

The following are new initiatives or changes in our community in 2016.

- Exploring a **Needle Exchange Program** to reduce the spread of IV drug-related diseases by providing a safe, stigma-free way to exchange needles; along with educate citizens on the harmful effects of drug misuse.
- Developing a team approach to include mental/behavioral health in primary healthcare visits in at least two local practices to increase the **access of mental/behavioral healthcare** in our area.
- Distributed **Radon Kits Free of Charge** to any resident in TRHD (ongoing) – 37 total district-wide
- Hosted **Parent Education Classes through Mitchell-Yancey Healthy Families** quarterly throughout the year for clients/families and celebrated their attendance in December with community partners – a total of 5 Skill Series classes were held with 136 attendees which is an average of 27 people at each class. A total of 56 attended the family holiday event in December.
- Offered **Car Seats to those in need, accompanied with Car Seat Education**, as a program at the health department – TRHD gave out approximately 40 seats last year. We charged a small fee of \$25-35 per seat unless the family could not afford it, and therefore traded for a small donation or gave it free of charge. (ongoing) Participated in ChildFest to promote health department services district-wide – 591 people (including parents and children) attended the event from all three counties
- Volunteered at **AMY Wee Trade Fundraiser for Imagination Library** - (Spring/Summer Sale) profit from the fundraiser totaled \$4,705; (Fall/Winter Sale) profit from the fundraiser totaled \$4,745 toward every child 0-5yrs old in all three counties receiving a book in the mail monthly until he/she starts kindergarten.
- Launched and promoted the **Hepatitis C Initiative** in each health department that provides free testing for those that meet the criteria – Approximately 50 flyers were distributed in each county
- Raised awareness of the **Zika Virus through an Educational Campaign** to community partners – Approximately 100 flyers were distributed per county
- Received **Full Accreditation** from the Department of Public Health
- Attended **Healthy Families America National Conference** in Cincinnati, Ohio. TRHD Mitchell-Yancey Healthy Families of America Program received national recognition at the conference. They invited us to produce a video highlighting our program and families. This video was shown at the conference. Our MYHFA Program received platinum status for data entry and was recognized for being an accredited program (not many receive this status nationally because it is so difficult to receive). TRHD MYHFA is a model for others to follow.
- Offered **Flu Vaccinations to Intermountain Children Services (HeadStart)** Agency's staff and students – a total of 52 flu vaccines were given district wide in the HeadStart Centers
- Offered **Flu Vaccinations to all Mitchell County Schools** students and staff – a total of 432 vaccines given
- Offered **Flu/Pneumonia Vaccinations at Mitchell County Senior Center** – Approximately 40 vaccines were given
- Offered **Flu/Pneumonia Vaccinations to Mitchell House staff and residents** – 63 flu vaccines were given; 34 pneumonia vaccines were given

- Offered **Flu Vaccinations to Mayland Community College staff and students** – a total of 43 flu vaccines were given to students and staff
- Offered **Flu Vaccinations to all Unimin employees** – 108 flu total vaccines were given at four different worksites
- Offered **Flu Vaccinations to all USG employees** – 10 flu vaccines were given
- Offered **Flu Vaccinations to all Mitchell County Schools students and staff** – a total of 432 vaccines were given
- Attended **Mitchell County Schools Kindergarten Registration** to verify required immunizations and provide information on health department services for children - reached approximately 140 families county wide
- Attended **Mitchell County Community Wide Easter Egg Hunt** to promote health department services - 450 children attended the event
- Invited to **Mitchell County Middle Schools to administer Tdap Vaccination** to rising 7th graders – 73 vaccines were given at the two middle schools
- Offering **new screenings at local hospital** including computerized tomography lung cancer screenings/examinations and #D tomography screenings of the breast.
- New partnership is forming between the AMY Library System and Vaya Mental Health to break down the stigma associated with mental illness. Vaya is in the process of **placing a kiosk at the library** to assist people in getting help for behavioral/mental health problems.
- Two **medical offices are merging** and combining services and is becoming an FQHC – one in Mitchell County and one in Yancey County. This is to better medically service the community around us.
- Support group began in Mitchell and Yancey County parents/guardians, **Relatives as Parents Program (RAPP)**. This group supports caregivers that may face a variety of problems, such as legal, social, financial, emotional, marital and physical health, in their efforts to raise a grandchild, younger sibling, niece or nephew. The first meeting will be held in February 2017
- Rallying/Fundraising is underway for **Project Lifesaver** introduced by HeadStart. Project Lifesaver is to provide timely response to save lives and reduce potential injury for adults and children who wander due to Alzheimer's, autism, and other related conditions or disorders. Project Lifesaver bridges the technological gap for "at risk" populations and public safety agencies. This will provide police, fire/rescue and other first responders with a comprehensive program on the use of specialized electronic search and rescue equipment, technology and procedures.
- Assembled and distributed **Graduation Bags for Mitchell High School Seniors** – total of 112 bags given to graduates. Community partners donated items to fill the graduation bags. TRHD provided 112 flash drives that included health department services
- Held **Tuberculous Skin Test Clinic** for Mayland Community College students – a total of 25 TB tests were given

All three health departments promote health in the community based on current need. Although it is not captured through a specific event, our public health employees work very closely with community agencies weekly on outreach addressing circumstances they are facing or are seeking guidance about. Some examples include:

- Working with Nursing Homes to track and communicate illness outbreaks such as Norovirus and Influenza
- Delivering immediate education on problematic issues at schools such as Hygiene Maintenance, Infectious Disease Prevention (from Push Pin Game), Lice Checks and Detections, and Immunizations recommended for Teens, etc.
- Making frequent visits to local providers and healthcare/social service agencies to promote services such as WIC, CC4C program, OBCM program, Child Health, and Women's Health Services