

POLK County

State of the County Health Report 2014

January 22, 2015

Rutherford Polk McDowell District Health Department

Marjorie Vestal, Public Health Consultant

Email: Marjorie.vestal@gmail.com

Phone: (828) 774-9330

Our Health Priorities were selected as a result of the most recent Community Health Assessment done in 2012.

Our Health Priorities are:

- 1) Reduce Chronic Disease (Diabetes) through Healthy Living, Physical Activity, Nutrition
- 2) Reduce Tobacco & Substance Abuse
- 3) Increase Access to Care

You can access the 2012 Community Health Assessment (CHA) at our website under Health Promotion:

www.rpmhd.org

Our Community Health Improvement Plan (CHIP) is also available on our website under Health Promotion:

www.rpmhd.org

Review of Current Data for Polk County (Where 1 is best)

County Rank (Out of 100) 2013							
Geography	Health Outcomes		Health Factors				Overall Rank
	Mortality	Morbidity	Health Behaviors	Clinical Care	Social & Economic Factors	Physical Environment	
Polk County	26	25	11	52	13	7	26

Source: County Health Rankings and Roadmaps 2014

Leading Causes of Death in Polk County 2012

Location: POLK

Race: all **Gender:** both

Rank	Cause	Number	%
1	Cancer	57	22.7
2	Diseases of heart	42	16.7
3	Chronic lower respiratory diseases	18	7.2
4	Alzheimer's disease	15	6.0
5	All other unintentional injuries	11	4.4
6	Cerebrovascular diseases	8	3.2
7	Influenza and pneumonia	8	3.2
8	Diabetes mellitus	6	2.4
9	Parkinson's disease	6	2.4
10	Chronic liver disease and cirrhosis	3	1.2
11	Septicemia	3	1.2
	All other causes (Residual)	74	29.4
	Total Deaths -- All Causes	251	100.0

Source: State Center for Health Statistics, North Carolina

Childhood Poverty in Polk

Western NC County Comparisons

Three 5-Year Estimates, 2006-2010, 2007-2011, and 2008-2012

County	2008-2012						
	Total Population			Children Under 18			# Individuals Below 200% Federal Poverty Level
	Population Estimate	# Population Below Poverty Level	% Population Below Poverty Level	Population Estimate	# Below Poverty Level	% Below Poverty Level	
Buncombe	232,919	39,049	16.8	48,238	11,546	23.9	87,767
McDowell	43,879	8,347	19.0	9,533	2,900	30.4	18,618
Polk	20,094	3,163	15.7	3,814	1,068	28.0	7,579
Rutherford	65,921	13,384	20.3	14,778	4,362	29.5	31,379
WNC (Regional) Total	740,062	125,104	16.9	150,464	37,777	25.1	289,452
WNC (Regional) Arithmetic Mean	n/a	n/a	17.8	n/a	n/a	26.7	18,091
State Total	9,289,467	1,563,464	16.8	2,245,364	535,502	23.8	3,485,135
Source	3	3	3	3	3	3	3

3 - Poverty Status in the Past 12 Months, 2008-2012 American Community Survey 5-Year Estimates (S1701). Retrieved January 6, 2014, from U.S. Census Bureau American FactFinder website: <http://factfinder2.census.gov>

Adult poverty rates are lower than the WNC region. But Polk Children below poverty level rate is 28% that represents 1068 children under 18 years old. This rate is higher than our region and higher than the state rate.

WNC HEALTHY IMPACT - SECONDARY DATA WORKBOOK
Unintentional Poisoning Mortality
Age-Adjusted Rate per 100,000 Population
Three 5-Year Aggregates, 2006-2010 and 2008-2012

County	2006-2010		2007-2011		2008-2012	
	# Deaths	Rate	# Deaths	Rate	# Deaths	Rate
McDowell	42	19.2	41	19.2	36	16.7
Polk	15	n/a	16	n/a	21	23.6
Rutherford	75	24.2	70	21.9	63	18.4
WNC (Regional) Total	560	-	576	-	583	-
WNC (Regional) Arithmetic Mean	35	23.1	36	22.6	36	22.7
State Total	n/a	n/a	5,040	10.8	5,262	11.1

Source: Data for Unintentional Poisoning Mortality Rate by County, 2008-2012. Retrieved July 9, 2014, from North Carolina Center for Health Statistics, HealthStats website: <http://healthstats.publichealth.nc.gov/indicator/index/Alphabetical.html>

Trend: Heart Disease Mortality
 Age-Adjusted Rates per 100,000 Population
 Standard Year = Year 2000 U.S. Population

Polk Heart Disease Mortality Rates improved in latest 5 year aggregate.

WNC HEALTHY IMPACT - SECONDARY DATA WORKBOOK

Western NC County Comparisons

5-Year Aggregates, 2006-2010 through 2008-2012

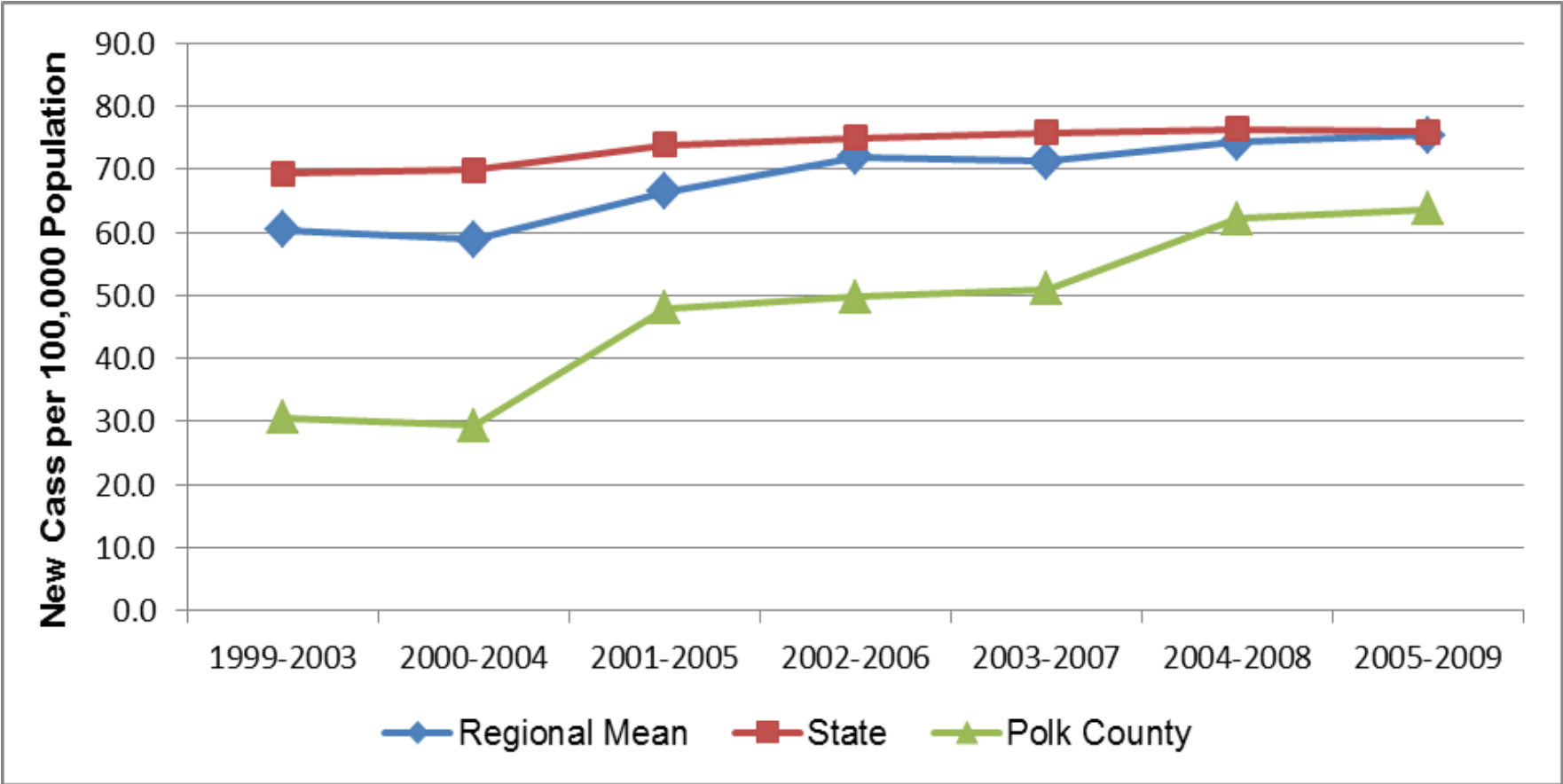
County	2006-2010						2007-2011						2008-2012					
	Male		Female		Overall		Male		Female		Overall		Male		Female		Overall	
	#	Rate	#	Rate	#	Rate	#	Rate	#	Rate	#	Rate	#	Rate	#	Rate	#	Rate
McDowell	287	267.3	245	148.0	532	195.7	290	260.5	248	147.7	538	194.1	292	253.3	261	150.5	553	195.8
Polk	177	224.3	155	116.6	332	161.7	170	212.0	158	119.0	328	157.8	158	189.4	146	110.6	304	142.8
Rutherford	486	289.5	485	176.3	971	223.7	486	281.8	470	170.6	956	217.0	479	268.2	429	157.8	908	203.9
WNC (Regional) Total	5,073	-	4,753	-	9,826	-	5,058	-	4,736	-	9,794	-	4,998	-	4,579	-	9,577	-
WNC (Regional) Arithmetic Mean	317	246.4	297	153.2	614	194.4	316	240.3	296	151.5	612	190.7	312	233.6	286	146.1	599	184.8
State Total	44,617	237.2	41,712	145.8	86,329	184.9	44,630	229.4	41,469	141.6	86,099	179.3	44,701	222.3	41,189	138.1	85,890	174.4
Source	5	5	5	5	5	5	6	6	6	6	6	6	7	7	7	7	7	7

5 - 2006-2010 Race-Specific and Sex-Specific Age-Adjusted Death Rates by County (CD21B). Retrieved on April 22, 2012, from North Carolina State Center for Health Statistics (NC SCHS), 2012 County Health Data Book website: <http://www.schs.state.nc.us/schs/data/databook/2012/>

6 - 2007-2011 Race-Specific and Sex-Specific Age-Adjusted Death Rates by County (CD21B). Retrieved on February 18, 2013, from North Carolina State Center for Health Statistics (NC SCHS), 2013 County Health Data Book website: <http://www.schs.state.nc.us/schs/data/databook/2013/>

7 - 2008-2012 Race-Specific and Sex-Specific Age-Adjusted Death Rates by County (CD21B). Retrieved on December 8, 2013, from North Carolina State Center for Health Statistics (NC SCHS), 2014 County Health Data Book website: <http://www.schs.state.nc.us/schs/data/databook/>

Incidence of Lung Cancer New Cases



65.2% 2007-2011

64.1% 2006-2010

Source: NC SCHS, NCHS

Estimated Non-Elderly (Age 64 and Younger) Uninsured Trend

Biennial Periods 2008-2009, 2009-2010 and 2010-2011 Age Profile, Biennial Period 2010-2011

County	Total (Age 19-64)					
	2008-2009	2009-2010	2010-2011		Adult (19-64)	
	%	%	Adults%	Children %	#	%
McDowell	20.0	22.5	18.9	7.8	6,000	18.9
Polk	21.0	20.8	18.6	8.0	2,000	18.6
Rutherford	22.0	23.3	20.2	7.9	9,000	20.2
WNC (Regional) Arithmetic Mean	22.3	22.0	19.3	7.9	-	19.3

Source:

3 - North Carolina County-Level Estimates of Non-Elderly Uninsured 2010-2011 Data Snapshot. Retrieved February 24, 2013, from North Carolina Institute of Medicine (NCIOM) website: <http://www.nciom.org/nc-health-data/uninsured-snapshots/>

This graph shows a decrease in the percentage of uninsured adults from 20.8% in 2010 to 18.6% in 2011.

Diabetes Prevalence Shows Slight Trend Upward in Polk. Diabetes Mortality Rates Show a Decline

WNC HEALTHY IMPACT - SECONDARY DATA WORKBOOK Western NC County Comparisons

Trend: Adult* Diagnosed Diabetes Prevalence *Estimate (CDC)*
Seven Single Years, 2005 through 2011

County	2008		2009		2010		2011	
	Estimated Number	Age-Adjusted Percent	Estimated Number	Age-Adjusted Percent	Estimated Number	Age-Adjusted Percent	Estimated Number	Age-Adjusted Percent
McDowell	3,712	10.0	4,048	10.6	4,590	11.6	4,782	12.1
Polk	1,461	7.5	1,467	7.0	1,651	7.5	1,778	8.0
Rutherford	5,376	9.9	5,537	9.9	6,327	10.5	6,487	10.8
WNC (Regional) Total	32,115	-	33,525	-	37,171	-	39,214	-
WNC (Regional) Arithmetic Mean	2,007	4.4	2,095	4.5	2,323	4.8	2,451	5.0
State Total	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a

* Adults are those who are 20 or older

This chart shows that the prevalence of diagnosed diabetes among adults in Polk rose from 7.5% in 2010 to 8% in 2011 – The following slide shows that Diabetes Mortality Rates have declined in the most recent 5 year aggregate period.

WNC HEALTHY IMPACT - SECONDARY DATA WORKBOOK

Western NC County Comparisons

Trend: Diabetes Mellitus Mortality

Age-Adjusted Rates per 100,000 Population

Standard Year = Year 2000 U.S. Population

Seven 5-Year Aggregates, 2006-2010 through 2008-2012

County	2006-2010						2007-2011						2008-2012					
	Male		Female		Overall		Male		Female		Overall		Male		Female		Overall	
	#	Rate	#	Rate	#	Rate	#	Rate	#	Rate	#	Rate	#	Rate	#	Rate	#	Rate
McDowell	39	34.9	38	24.4	77	28.7	45	37.5	41	27.0	86	30.9	42	34.6	46	28.9	88	31.1
Polk	18	n/a	21	17.7	39	20.6	20	26.3	16	n/a	36	19.8	14	n/a	20	16.3	34	16.1
Rutherford	53	29.9	37	14.4	90	21.4	52	28.5	38	15.4	90	21.1	54	27.3	50	19.7	104	23.1
WNC (Regional) Total	415	-	410	-	825	-	416	-	397	-	813	-	432	-	430	-	862	-
WNC (Regional) Arithmetic Mean	26	29.6	26	15.5	52	19.6	26	26.6	25	15.2	51	19.4	27	24.0	27	16.5	54	20.1
State Total	5,323	26.4	5,364	19.4	10,687	22.5	5,399	26.0	5,334	18.8	10,733	22.0	5,571	25.9	5,413	18.6	10,984	21.8
Source	5	5	5	5	5	5	6	6	6	6	6	6	7	7	7	7	7	7

Note: Rates for 5-year aggregates appearing in **bold** type are based on fewer than 20 deaths per five-year aggregate. Such rates are unstable and should be interpreted with caution. (NC SCHS used this notation through the 2004-2008 period.)

Note: Beginning in the 2005-2009 period NC SCHS began suppressing rates based on fewer than 20 cases (indicated by "n/a" instead) to indicate their instability.

Note: Regional arithmetic mean rates appearing in *italic* type include unstable county rates. Such mean rates likely are unstable and should be interpreted with caution.

5 - 2006-2010 Race-Specific and Sex-Specific Age-Adjusted Death Rates by County (CD21B). Retrieved on April 22, 2012, from North Carolina State Center for Health Statistics (NC SCHS), 2012 County Health Data Book website: <http://www.schs.state.nc.us/schs/data/databook/2012/>

6 - 2007-2011 Race-Specific and Sex-Specific Age-Adjusted Death Rates by County (CD21B). Retrieved on February 18, 2013, from North Carolina State Center for Health Statistics (NC SCHS), 2013 County Health Data Book website: <http://www.schs.state.nc.us/schs/data/databook/2013/>

7 - 2008-2012 Race-Specific and Sex-Specific Age-Adjusted Death Rates by County (CD21B). Retrieved on December 8, 2013, from North Carolina State Center for Health Statistics (NC SCHS), 2014 County Health Data Book website: <http://www.schs.state.nc.us/schs/data/databook/>

Priority 1 – Reduce Chronic Disease - Diabetes

- Strategy 1 – Increase Access to Fresh Fruits and Vegetables.
- Strategy 2 - Increase Physical Activity
- Strategy 3 - Increase Breastfeeding
- Strategy 4 - Diabetes Education and Prevention

Strategy 2 - Increase Opportunities for Physical Activity Progress Made in 2014

- Polk County Recreation Department and PF3 Coalition updated and distributed maps highlighting trails and other greenways.
- Local trails, Harmon Field and the Polk Recreation Complex were added to Google Maps and posted to the Parks and Rec. website to expand access and knowledge of local opportunities to access physical activity. Trails are now more accessible and “Map My Run” applications can be used.
- Saluda County Land Trust developed new Trails and posted maps to their website.
- Saluda adopted a Bike and Pedestrian Plan which includes Safe Routes to Schools.
- Saluda Elementary Participated in Walk to School Day in 2014.
- A New Greenway opened in Tryon along the Long Creek Greenway in a historic African American neighborhood. There is potential to expand this Greenway.
- Four local partners attended the WNC Healthy Kids Conference and were awarded a mini-grant to form a Trails Partnership. Their goal is to increase the Trails Network.
- Harmon Field continues to be well utilized free resource easily accessible to lower-income residents.

2015 Planned Highlights for Physical Activity

- Bike Jamboree is planned for youth in 2015 through PF3 Health Coalition, Active Routes to Schools, Cooperative Extension, Parks and Recreation.
- PF 3 Health Coalition plans to file as a NC 501 C 3 organization in 2015.
- Planning for better use of school facilities with Polk County Schools is in the early stages.
- Conservation lands are being acquired to create additional Nature Preserves.
- 5 -2- 1 Almost None Program is being introduced to pre-schoolers by Partnership For Children of the Foothills.
- Polk County expects to receive funding from the Polk Community Foundation for a Trails Coordinator through Americore for 11 months in 2015. This Full Time position will provide an opportunity for existing trails in the Green River Game Lands to be reopened. Currently they need maintenance. With a Trails Coordinator in place, mapping, maintenance and promotion of trails will be enhanced.

Reduce Chronic Disease - Key Strategic Partners

- Cooperative Extension, Polk Wellness, Thermal Belt Outreach give healthy food demonstrations and cooking classes – on going.
- Community Transformation Program will increase signage at Farmer's Markets – done.
- PF3 Health Coalition promotes and hosts health promotion events,
- PF3 and Recreation Department updated, printed and distributed 500 trail/walking maps and guides. Maps are now available on Google and websites.
- Mill Spring Ag Center expanded the offerings of produce at the farmers markets. We changed the rules to allow farmers to provide more produce throughout the season.
- Installed SNAP reader at the farmers markets in Columbus.
- Received a matching grant from the Polk County Community Foundation to double over \$750 at the markets in SNAP dollars.
- Afterschool programs at Polk Central Elementary on gardening, healthy cooking, and nature hikes on the trail behind the school with AmeriCorps Garden Program.
- Polk Wellness, Area Council on Aging, Cooperative Extension and St. Luke's Hospital offer Diabetes Self-management Programs – on going.
- Polk WIC Division will promote breastfeeding to clients – on going.
- Polk County Recreation Department works to increase opportunities for Physical Activity.
- Active Routes to School works to promote Walk to School Day and Pedestrian Plans in local schools.

2014 Progress in Reducing Chronic Disease/Diabetes

Strategy 1 – Increase Access to Fresh Fruits and Vegetables.

Strategy 3 - Increase Breastfeeding

Strategy 4 - Diabetes Education and Prevention

- Polk Wellness Center partners with St. Luke's Hospital and Cooperative Extension to provide diabetes self management education to 61 participants in 2014.
- Cooperative Extension and Polk Wellness have offered three cooking classes to a total of 44 participants in conjunction with the Cooperative Extension 'Dining With Diabetes' program.
- Thermal Belt Outreach teaches gardening skills, cooking classes and community garden demonstration projects in 2014.
- Cooperative Extension offered canning and preserving classes.
- Community Transformation Program has increased signage at Farmer's Markets.
- Mill Spring Ag Center/SNAP system.
- AmeriCorps Garden Program created gardens and programs in area schools.
- Polk WIC Division is promoting breastfeeding to increasing numbers of clients and offering consultation to Spanish speaking clients.

Priority 2 – Reduce Substance Abuse and Tobacco Use

Strategic Partners:

- Strategy 1 – Adopt Policy for Smokefree Campus
- Strategy 2 - Smoking Cessation Referral
- Strategy 3 – Promote NC Quit Line
- Strategy 4 - Increase Community Capacity for Prevention

- Rutherford Polk McDowell Health Department Healthy Communities Program
- PF3 Health Coalition
- Isothermal Community College - Polk
- Polk Health Department Nurse Family Partnership Staff and WIC Staff
- ARP Prevention Services
- Polk County Schools
- St. Luke's Hospital
- Polk Wellness Center
- Project Lazarus
- North Carolina Coalition Initiative

Tobacco Progress in 2014

Strategy 1 - Adopt Policy for Tobacco free College Campus

- Work on this strategy stalled in 2014 due to the ending of the CTG program.
- Resources on how to quit have been provided to partners.

Strategy 2 – Smoking Cessation Referrals & Promote NC Quit Line

- St. Luke’s Hospital offers Smoking Cessation classes and more referrals are being made by Providers.
- PF3 Health Coalition partners disseminated 1000 flyers promoting Quit line in January 2014.
- Polk Wellness Center is working with the Hospital to increase referrals to cessation classes

Strategy 3 - NFP – on track to reach their goal of increasing referrals and actively promoting Quit Line

- WIC - on track to reach their goal of increasing referrals and actively promoting Quit Line

SA Prevention Progress Made in 2014

Strategy 4 – Increase Community Capacity for Prevention

- Developmental Assets training was delivered by ARP Prevention Services to more than 40 Professionals including the: Ministerial Alliance, the Polk County School District, Sunny View Elementary and other key partners in schools and recreation services.
- Polk Youth Development Team was created to bring various sectors together to work on creating community-wide positive cultural changes for families.
- Project Lazarus launched January 22, 2014. 65 community partners attended the training to build awareness about the problem of prescription drug abuse, misuse and overdose in Polk.
- Substance Abuse (SA) and Tobacco Prevention Action Team leveraged Project Lazarus funds to organize and apply for capacity building grants. The Team won \$27,500 in grant funding through NC Coalition Initiative (NCCI) to hire a part time Substance Abuse Coalition Coordinator. Health Department serves as fiscal agent while the PF3 Health Coalition is the Hosting Body for the SA Coalition.
- SA Coalition Coordinator was hired and the name of SA Coalition was changed to Polk Substance Abuse Coalition – PSAC.
- PSAC members attended several trainings through Community Anti-Drug Coalitions of America (CADCA) to build capacity and conduct a Community Substance Abuse Assessment, Logic Model and Strategic Plan.

New Initiatives for 2015

- Mental Health Collaborative is forming to launch a Suicide Help Line in 2015.
- “Project Conserve” continues to expand conservation lands in Polk.
- Policy Work on E-Cigarettes is planned by the Rutherford Polk McDowell Health District in local schools, campus and public spaces.
- 2-1-1 Promotions are planned.
- PSAC plans to begin to work on its strategic plan to reduce substance abuse among adults and youth.
- PSAC is applying for a second year of funding through NCCI to implement a strategic plan to reduce substance abuse in Polk.
- PF3 Health Coalition plans to apply for 501 c-3 status to continue to build capacity.

New and Emerging Issues

- Saluda Clinic closed in 2014 leaving gap in services for uninsured.
- As a result of a gap in services for the uninsured and underinsured, Blue Ridge Health Systems submitted an application to become an Access Points in Polk County.
- Prescription Drug Abuse continues to rise. A strategic plan to address this is being developed by Polk Substance Abuse Coalition with help from NC Coalition Initiative funding, training and technical assistance.
- Use of Vapor Products are on the rise. Advocacy for vapor product policies is planned for 2015 through Rutherford Polk McDowell Health District.

Next Steps

- Continued updates with the Polk PF3 Health Coalition
- Continued capacity building among community sectors to address health issues.
- The Rutherford Polk McDowell District Health Department will continue to monitor our Community Health Improvement Plan.