



Swain County State of the County Health Report

December 2, 2013

Peterson 2013

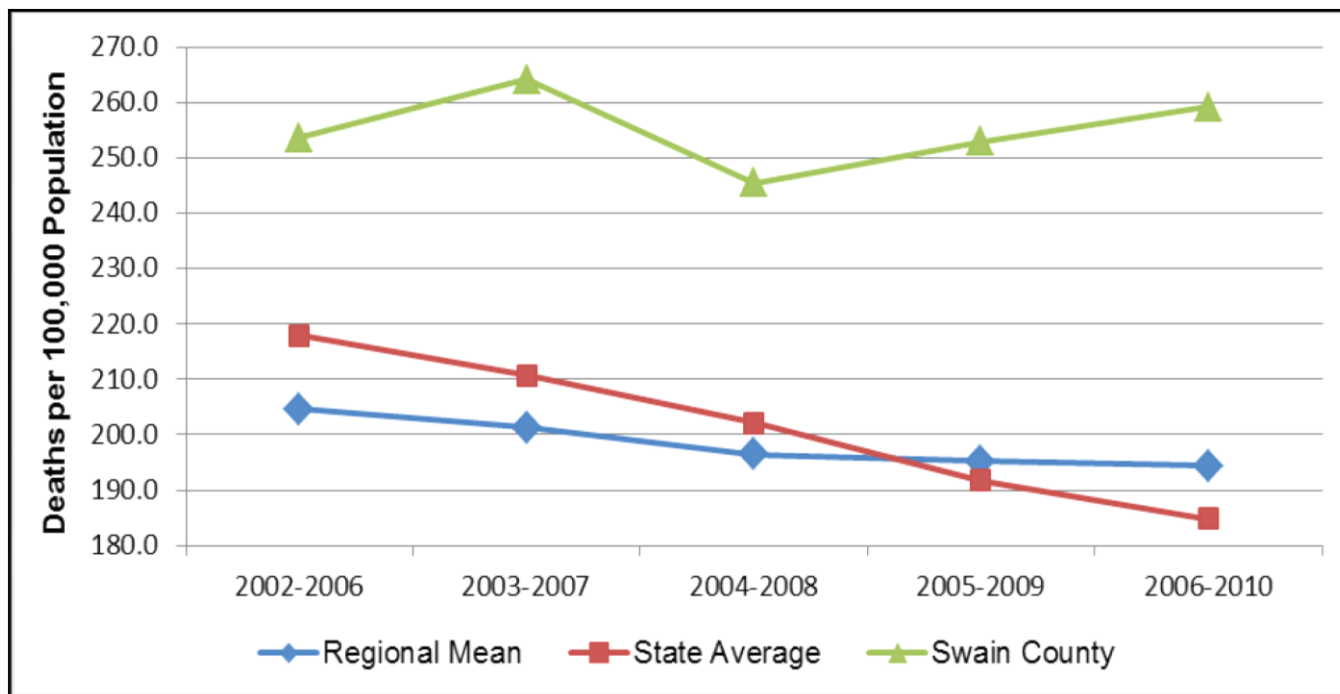


A Review of Current Data

**Key Mortality and Morbidity Data
for Swain County**

Mortality Rate Trends - Heart Disease Leading Cause of Death in Swain County

Deaths per 100,00 population Five year Aggregates (2002-2006 through 2006-2010)



- Updated – 2008-2012 --- Swain – 251.5 NC – 174.4 – B
Swain & NC have decreased slightly

Leading Causes of Death 2011

Race: all --- Gender: both ---- Ages: 0-99 --- -Updated

RANK	CAUSE	NUMBER	%
1	Diseases of heart	45	23.8
2	Cancer	41	21.7
3	Cerebrovascular diseases	13	6.9
4	Chronic Lower respiratory diseases	10	5.3
5	Diabetes mellitus	8	4.2
6	All other unintentional injuries	5	2.6
7	Chronic liver disease and cirrhosis	4	2.1
8	Influenza and pneumonia	4	2.1
9	Intentional self-harm (suicide)	3	1.6
10	Nephritis, nephrotic syndrome and nephrosis	3	1.6
	All Other Causes (Residual)	53	28.1
	Total Deaths –All Causes	189	100.0

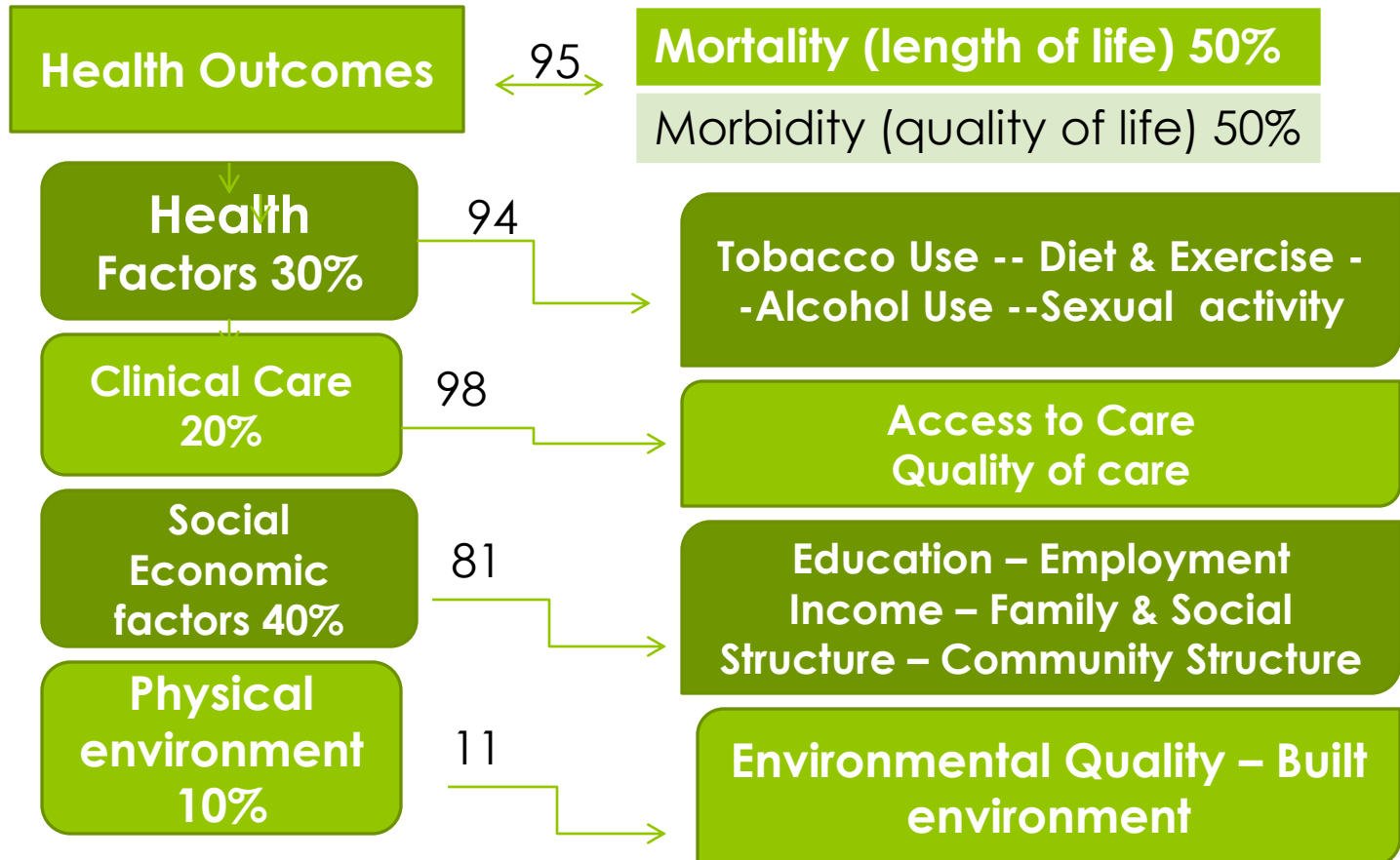
Source: SCHS State Center for Health Statistics, North Carolina

- **The top Causes of Mortality in Swain County are Influenced by Tobacco Use:**

- **Heart Disease**
- **Cancer**
- **Chronic Lower Respiratory Disease**

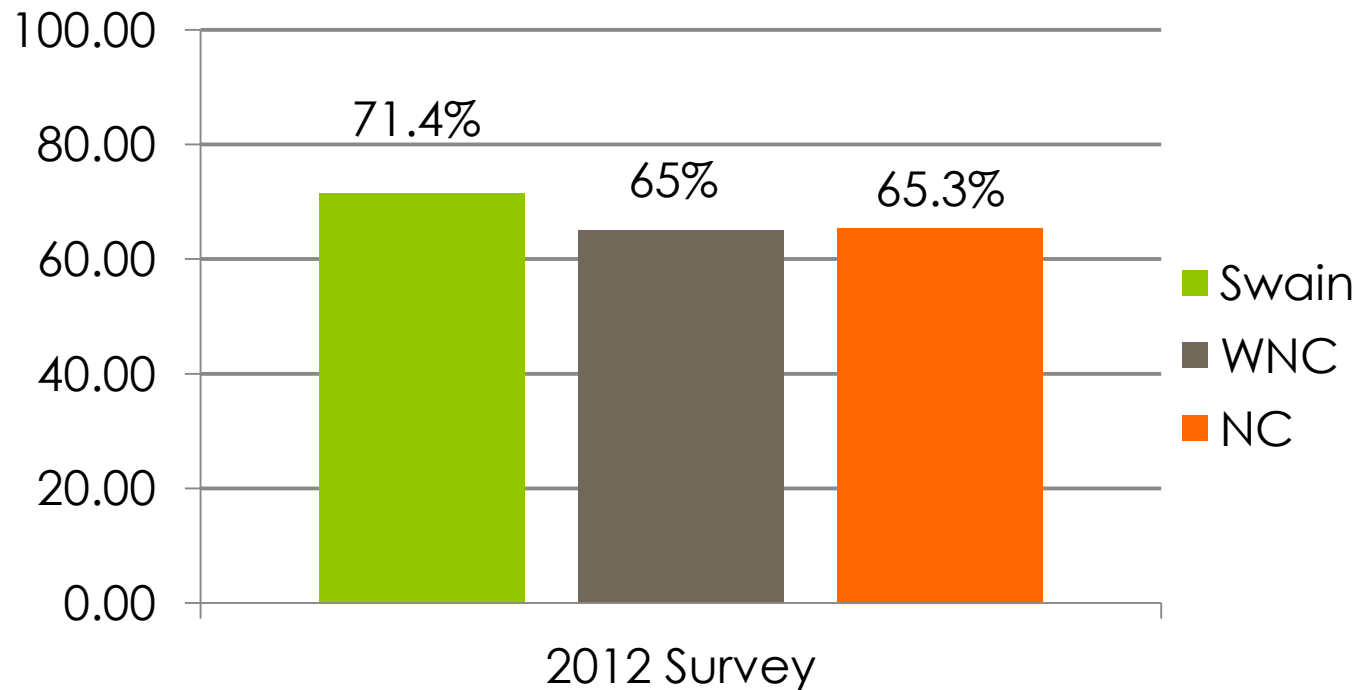
2012 Swain County Health Ranking – 95th out of 100 NC counties

Health outcomes rankings =



Prevalence of Total Overweight

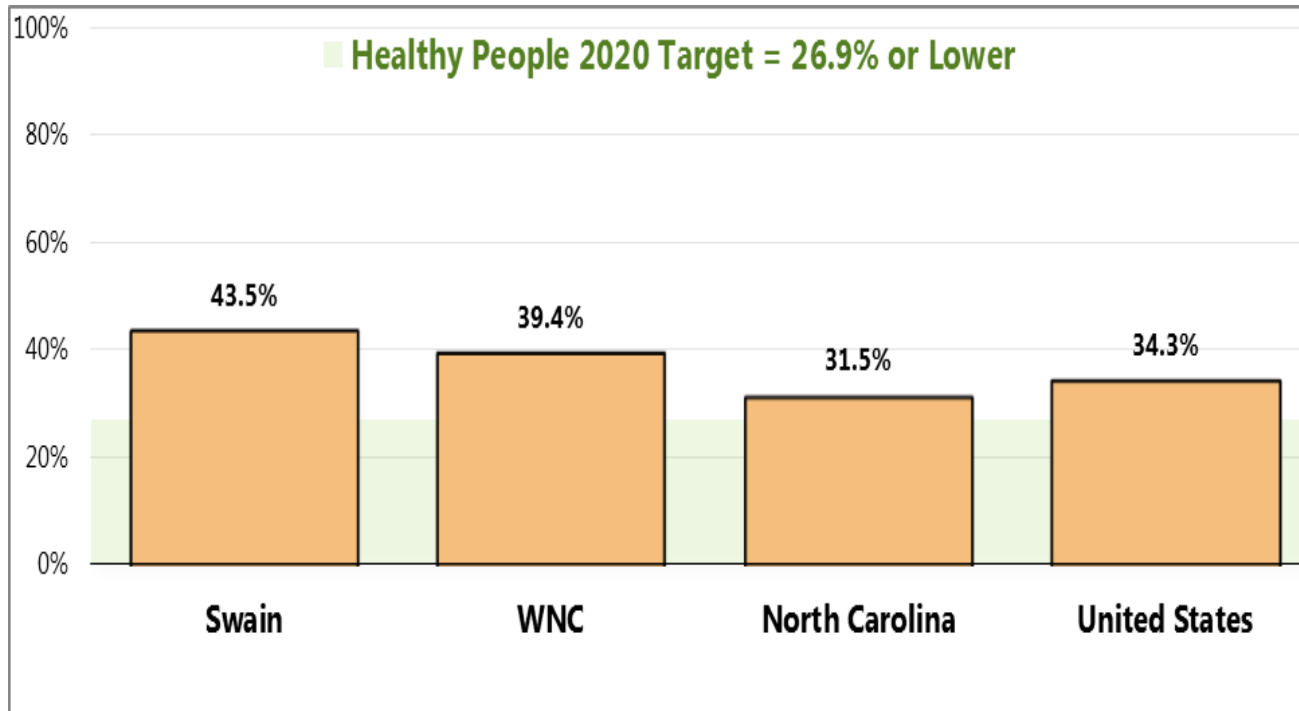
(Percent of Overweight or/Obese Adults; BMI 25.0 or >)



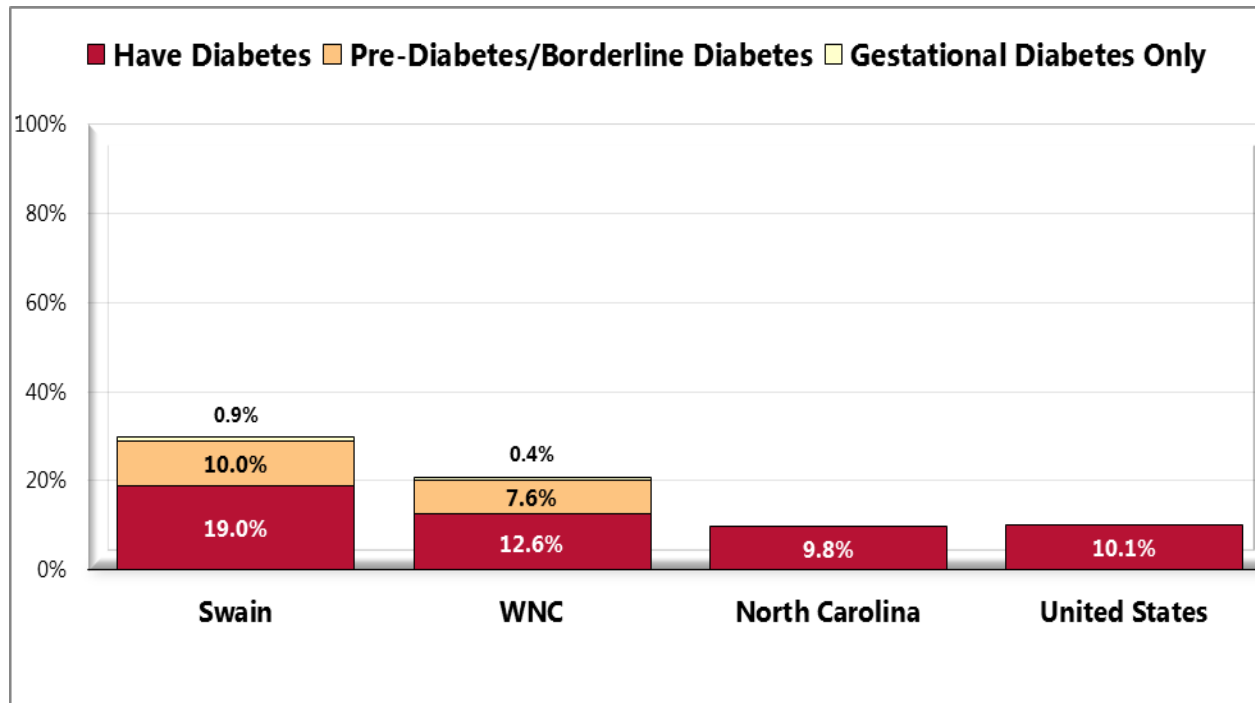
Source: IWNC Healthy Impact Survey 2012

Prevalence of High Blood Pressure

(WNC Healthy Impact Survey)



Prevalence of Diabetes (Ever Diagnosed)



2012 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 78]

Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2010 North Carolina data.



Age-Adjusted Diabetes Death Rates per 100,000 Residents

- Diabetes Death rate percentages are increasing
- Native American population in Swain County

Trend	1997-2001	2002-2006	2007-2011
North Carolina	26.7	26.8	22.0
Swain	61.8	45.2	45.5

- **TOBACCO USE**

- **OBESITY**

(Physical Activity &
Nutrition)
(Chronic Disease)



Our Health Priorities

Selected as a result of the
most recent community
health assessment

CHA – www.swaincountync.gov

CHIP – www.swaincountync.gov

Healthier Swain County citizens

- By increasing tobacco free environments
- Decreasing the use of tobacco through education, and policy change.

Tobacco Use

VISION

Priority 1 – TOBACCO USE

- Tobacco use is the #1 cause of preventable death in the United States.
- 29.0% Swain County citizens reported to be smoking compared to 19.8 in NC and 20.6 % regionally.



Priority 1 Strategies

TOBACCO FREE LIVING

- ◉ **Advocate for continued funding for TRU Coordinator in schools**
- ◉ **Increase tobacco-free environments for government grounds, including parks and recreational areas**

Priority 1 – Increase in Tobacco Free Environments

- **Lead Agency – Swain County Health Department**
- **Mountain Wise – (Community Transformation Grant Project)**
- **Hi-Top Assist**
- **Swain County Schools**
- **Swain County Recreation Department**

Progress Highlights

In April 2013, students at Swain High School Health Awareness Symposium, signed the poster, stating their desire for Swain County parks to be Tobacco Free. The information has been given to Swain County Recreation Director

Swain Hospital is having Tobacco cessation classes for employees & community



PHYSICAL ACTIVITY – NUTRITION – HEALTHY PEOPLE



SWAIN COUNTY 2013

Priority 2 -OBESITY

Chronic Disease
Physical Activity
Nutrition

VISION

Swain is a place where
people can eat smart
and move more,

by improved access for
physical activity, &
healthy foods,

having an increased
quality of living.

Priority 2 Strategies **OBESITY**

- Promote research based 5-2-1-Almost None message in Swain County
- Increase the number of Swain County residents who have access to opportunities for active living
- Diabetes Education through Endocrinology Support Services

Priority 2 **OBESITY** Con't.

- Appalachian Care Medical Mission
- Increase the number of Swain County residents with access to fresh fruits and vegetables through farmers markets, tail gate markets, and road side stands.
- Continue health interventions in schools facilitated through School Health Advisory Committee (SHAC)

Priority 2 – OBESITY Strategic Partners

- Swain County Health Department – Health Educator
- Swain County Schools - SHAC
- Community
- CTG – Mountain Wise
- Swain Hospital
- WCU
- US Department of Defense



Community Health Priorities & Improvement

Swain County Health Department is tracking community changes and progress on identified priorities through community partner update sessions.

Spotlight on Success

Addressing Priorities

Kate B. Reynolds Regional planning grant for Diabetes services

School nutrition sessions for 4th graders

“Walk and Talk” program at West Elementary School

Nutrition Education – Swain Hospital

Worksite wellness programs

Health Awareness Symposium at Swain High School

Farmers Market promotions

Mountain Wise Billboard – Media campaign for Active Living

SHAC (School Health Advisory Committee) student wellness party
policies, watch your drink awareness

Highlights



Swain County Farmer's Market is open on Friday's promoting access to healthy foods. The lot has recently been paved, presenting a convenient, pleasant location.



MOUNTAIN WISE

- ACTIVE LIVING
- TOBACCO-FREE LIVING
- HEALTHY LIVING



CDC grant focused on improving opportunities for active living, healthy eating, and support for tobacco-free places in the eight westernmost NC counties.

Table For Two Nutrition Education



Trish Hipgrave, Swain Co. Health Dept & Catherine Smith, Cooperative Extension are offering Cooking and Nutrition classes at Swain County Health Department.

Emerging Issues & Local Changes

Emerging Issues



Swain County Health Department submitted a Teen Pregnancy Prevention Initiative Grant coordinating with Swain County Schools. The grant was submitted November of 2013.

Local Change

- Linda White, Health Director retired December 2012.
- Alison Cochran, Interim Health Director
- Swain Hospital to be acquired by Duke LifePoint Healthcare.
- Hospital will become a for profit hospital.

New Initiatives

- ◉ Regional Diabetes Grant proposal to Kate B. Reynolds
- ◉ Swain Health Department – Diabetes Education to be implemented January 2014
- ◉ Department of Defense holding a medical mission, “Appalachian Care” in June 2014, offering free health care.

- Community Health Assessment is completed every 3 years, SOTCH done on the off years.
- Community Health Improvement Plan done in 2013. Continuous monitoring of our priorities with an update being released December 2014.



What Next?

Continued attention to collective action and monitoring community impact