



Swain County Health Department is pleased to present the 2016 State of the County Health Report (SOTCH). The SOTCH serves as a supplement to the 2015 Swain County Community Health Assessment (CHA) by providing annual updates for each health priority and related health indicator data. The SOTCH is used to establish priorities, leverage current resources, and/or develop additional resources such as grants and partnerships, to address health needs in Swain County. The purpose of the SOTCH report is to provide the most current information on the health status of the county, related to illness, death, and high-risk behaviors for that particular year, as well as the progress made during the last year in regard to the priority health issues identified during the 2015 CHA. Health concerns identified in the 2015 CHA were:

- **Chronic Disease: Heart Disease, Stroke and Diabetes Prevention** - Focus on (nutrition – obesity – physical activity)
- **Reduce Substance Abuse in our community** - Linking to: (mental health - infectious disease - STD's)
- **Promote a Healthy Environment** - Focus on (Tobacco cessation in pregnant moms and youth)

In addition, the 2016 SOTCH will be launched as an electronic live version via Results Scorecard™, 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 Results Scorecard™ to support the development of electronic CHIPs, SOTCH Reports and Hospital Implementation Strategy scorecards in communities across the region.

Results 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

Results Scorecard Terminology



Results Scorecard

A strategy and performance management software that is accessible through a web browser and designed to support collaboration both inside and outside organizations. It focuses on defining results you want to accomplish, indicators to determine if those results are being improved and defining programs or agencies that can help you achieve your goals through tracking their performance measures. All of this is done with powerful tools and methodology techniques to support your work.

Scorecard

A scorecard is a canvas that other scorecard objects (Results, Indicators, Programs, and Performance Measures) are placed onto. Scorecards allow you to create collections of similar information for reporting and presentations.

Result

A condition of well-being for children, adults, families, or communities (stated in plain language).

Indicator

A measure that helps quantify the achievement of a result.

Program

A program, agency, or service system responsible for helping reach the stated Results.

Tags

In various lists and reports you can use tags as a filter for finding the scorecard objects you want. Tags also help you keep track of scorecard objects that have the same name but belong to different geographical regions, departments, etc.

2016 Swain County State of the County's Health Report Scorecard



SWAIN COUNTY NORTH CAROLINA



Swain County strives to enhance the lives of its citizens through knowledge and better health. Through the [Swain County Health Department Community Health Assessment](#) process, health priorities have been established by the community. Swain County in collaboration with [WNC Healthy Impact](#) and other community partners will work together to impact the health of our community with positive action and education.

The following State of the County's Health Scorecard was created and submitted **March 6th** in order to meet the requirements for the **Swain County** annual State of the County's Health (SOTCH) Report.

The 2015 Community Health Assessment priority areas are:

- **Chronic Disease: Heart Disease, Stroke and Diabetes Prevention**
 - Focus on (nutrition – obesity – physical activity)
- **Reduce Substance Abuse in our community**
 - Linking to: (mental health - infectious disease - STD's)
- **Promote a Healthy Environment**
 - Focus on (Tobacco cessation in pregnant moms and youth)

The following resources were used/reviewed in order to complete the SOTCH:

- [2017 County Health Data Book](#)
- [Healthy People 2020](#)
- [Healthy NC 2020](#)
- [National Diabetes Prevention Program](#)
- [Lifestyle Change Program](#)
- [Centers for Disease Control and Prevention: Smoking & Tobacco Use](#)
- [The 5 A's](#)
- [North Carolina State Center for Health Statistics](#)

Health Priority 1 - Chronic Disease: Heart Disease, Stroke and Diabetes Prevention



Residents of Swain County are free from Heart Disease, Stroke and Diabetes

Time
Period

Actual
Value

Target
Value

Current
Trend

Baseline
% Change

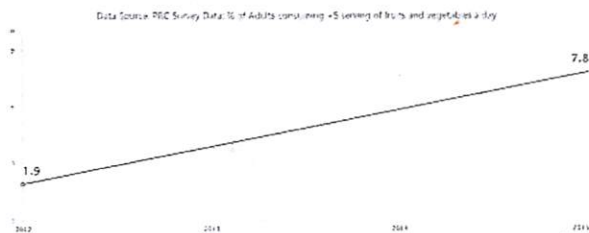
Progress Made in Last Year

The following progress was made in 2016 on Preventing Heart Disease, Stroke, and Diabetes in Swain County.

- Lifestyle Change Program marketing campaign began in January of 2016 to gain community involvement. Program provides educational classes addressing subjects such as: healthy eating, healthy strategies, physical activity, stress management, motivation and goal-setting.
- Swain County Health Department's Public Health Educator participated in three training sessions, beginning April 12, for Results Based Collaborative Action Planning using Results Based Accountability.
- Cooking Matters at the Store(grocery store tours) was initiated May 2016. Four tours have been completed.
- Produce Nutrition Voucher Program Continues, giving vouchers to all Women, Infant and Child Program (WIC) and CHORE participants.
- Conducted MyPlate education and taste test at West Elementary School on May 20, 2016 reaching 64 students.

- Created a Community Wellness Action Team, in July 2016 meetings held every month through 2016.
- On June 2, Results-based Accountability was incorporated into Coalition For a Drug Free Swain County meetings. RBA language utilized in 3 meetings.
- Nutrition Educational Sign Grant planning committee initiated July 7, 2016. Three meetings were conducted in 2016.
- Growing Minds; Farm - to - School Campaign, an Appalachian Sustainable Agriculture Program (ASAP), initiated August 2016. Bulletin Boards change quarterly in the cafeteria's of Swain East and West Elementary Schools, along with Swain County Middle School.
- Education provided on Fruits, Vegetables and MyPlate at all Swain County Schools August 18th and 19th, 2016 reaching 183 students.
- Provided assistance to Swain Community Hospital for Swain County School staff wellness screenings, September 6th and 7th, 2016.
- Cooking Matters Cooking Class for students and adults initiated November 3, 2016. Three cooking classes have been completed.
- Created Swain County Employee Wellness Action Team in November 2016 meetings held every month through 2016.
- First Lifestyle Change Program class initiated February 25, 2016 at the Swain County Health Department. Class Statistics show progress toward meeting 2017 goals - 9 of the 12 participants lost an average weight loss of 7.88 lbs. A total of 23 classes held in 2016.
- Second Lifestyle Change Program class initiated October 27, 2016.

I	CDP	% of adults in Swain County with Diabetes (All Populations)	2011	14.0%	9.0%	↗	4	0% →
I	CDP	Cardiovascular Disease Mortality Rate (per 100,000 population) in Swain County	2013	245.0	162.0	↘	2	0% →
I	CDP	Adult Obesity Prevalence in Swain County	2011	14.1%		↗	5	0% →
I	CDP	Access to Fruits & Vegetables in Swain County	2015	27.6%		↘	1	0% →
I	CDP	Adults getting 5 or more Fruit & Veg Servings a Day (PRC) in Swain County	2015	7.8%	29.3%	↗	1	0% →
			2012	1.9%	29.3%	→	0	-76% ↓



P	CDP	Action Plan Intervention: Results-based Accountability (RBA) approach to collaborative action planning process	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	CDP	Action Plan Intervention: National Diabetes Prevention Program	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change

Health Priority 2 - Reduce Substance Abuse in Our Community

R	e-Chip	Residents of Swain County are free from infectious disease and STDs	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 infectious disease and STD prevention in Swain County.

- Coalition for a Safe and Drug Free Swain County created in December 2016 a planning committee for a county wide Environmental scan
- Increased education among health department nurses to be aware of and look for STD symptoms
- Updated educational information has been passed on to community partners, including: Appalachian Community Services, Swain Family Care, Swain Urgent Care, Swain County Detention Center
- Free hepatitis C tests are now available, as of 2016, in Swain County for at risk populations
- Needle Exchange dialogue was started with Commissioners and Advisory Board during the September 20, 2016 meeting.
- STD presentation/talks were implemented at Swain County Middle School and High School October 2016.
- Swain County Law Enforcement attended the December 2016 Coalition for a Safe and Drug Free Swain County meeting, participating in a discussion concerning the necessity of a Needle Exchange program and also optimal locations for sharps dispensers.
- Swain Health Department held a meeting with the Swain County Caring Corner, a local free clinic, on needle exchange and the need for STD screenings in Swain County.
- Project Lazarus STD prevention training held on November 8, 2016. Using this grant money, Swain Health Department in partnership with the Coalition for a Safe and Drug Free Swain County also distributed 46 lock boxes to the public. The purpose of the lock boxes is to contain prescription medications to ensure only those for whom the meds are intended partake.

I	SA	# of Reported Cases of Hep B	2015	21.0			1	950%	
			2014	2.0			0	0%	
I	SA	# of Reported Chlamydia Cases	2014	53.0			1	36%	
I	SA	# of Reported Gonorrhea Cases	2014	22.0			1	100%	
I	SA	# of Reported HIV/AIDS Cases	2014	0.0			6	0%	
P	SA	Action Plan Intervention: Results-based Accountability (RBA) approach to collaborative action planning process	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change		
P	SA	Action Plan Intervention: Early Screenings and Environmental System Changes	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change		

Health Priority 3 - Promote a Healthy Environment

R	e-Chip	Residents of Swain County are free from tobacco	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
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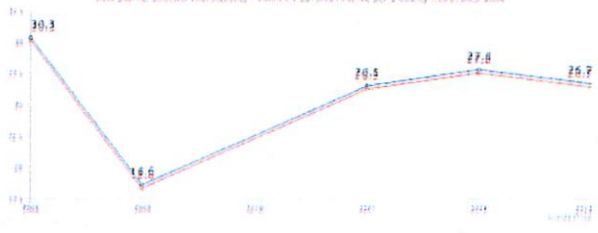
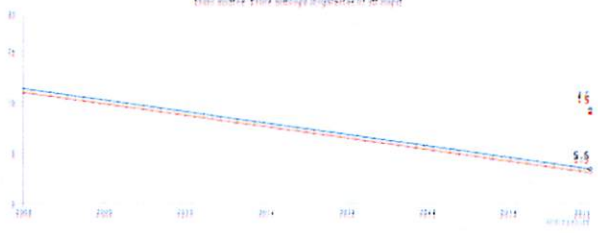
Progress Made in Last Year

The following progress was made in 2016 in pursuing Freedom from Tobacco in Swain County.

- Swain County Health Department's: Nurse supervisor, Director of the Health Department, and Public Health Educator trained in 5 A's tobacco cessation counseling methods March 7th, 2016.
- Swain County Health Department's Public Health Educator participated in three training sessions, beginning April 12,

for Results Based Collaborative Action Planning using Results Based Accountability.

- On June 2, Results-based Accountability was incorporated into Coalition For a Drug Free Swain County meetings. RBA language utilized in 3 meetings.
- An E-cigarette class was taught by WCU Nursing Professor Susan Hester on June 20, targeting pregnant mothers. This class was held at the Swain County Health Department.
- Swain County Health Department held a Quitline campaign at 4th of July Festival offering tobacco cessation materials to the community.
- Held county-wide Baby Shower, sharing education on tobacco and pregnancy with 15 pregnant mothers October 20 from 4:30-6:30 at the Swain County Health Department. Education included information concerning: Quitline, tobacco free education.
- Red Ribbon Week October 23-31: The Coalition for a Drug Free Swain County held a Red Ribbon Poster Contest available to 5th graders in 4 schools. Posters were judged by Commissioners and prizes were offered to winners.
- Quitline campaign presence at Trick-or-Treat on the Street, October 31st. Tobacco-free educational materials were distributed to older teens and adults, reaching over 300 families.

I	HE	Rate of Births to Mothers Who Smoked Prenatally in Swain County	2013	26.7%		1	0%	→
			2012	27.8%		2	4%	↑
			2011	26.5%		1	-1%	↓
			2009	18.6%		1	-30%	↓
			2008	30.3%		0	13%	↑
I	HE	Past 30-days tobacco use of Swain County 7th and 9th graders	2015	5.5%	15.0%	1	-72%	↓
			2007	19.9%		0	0%	→
								
I	HE	% of Swain County residents who are current tobacco users	2013	55.0%	13.0%	4	0%	→
P	HE	Action Plan Intervention: Results-based Accountability (RBA) approach to collaborative action planning process.	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change	
P	HE	Action Plan Intervention: The 5A's	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change	

New and Emerging Issue & Initiatives

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

In Swain County, the top 10 causes of mortality have shifted so that cerebrovascular disease is now the third leading cause of death, and diabetes the fifth. Data obtained for this analysis originates from the 2015 Swain County Community Health Assessment (CHA), which investigates the years 2011-2015 whereas previously current data focuses on the years 2009-2013. Despite this three year overlap, Swain County Health Department believes statistical shifts to be relevant and

intends to put more resources into education concerning diseases of the heart and their prevention, with a focus on modifiable risk factors. These are issues that were not identified as priorities in the 2016 CHA but have recently been identified, have increased severity, and had a large impact on the community.

The new or emerging issues in our community that were not identified as priorities in our 2015 CHA include:

- Diseases of the Heart
- Cerebrovascular Disease
- Diabetes Prevention has already been a focus in multiple programs, but severity has increased

Swain County's Top Mortality Causes from 2011-2015

		# OF DEATHS		DEATH RATE PER 100,000	
RANK	CAUSE OF DEATH:				
0	TOTAL DEATHS --- ALL CAUSES	899		1269.5	
1	Diseases of the heart	184		259.8	
2	Cancer - All Sites	180		254.2	
3	Chronic lower respiratory diseases	62		87.5	
4	Cerebrovascular disease	55		77.7	
TOTAL - ALL AGES	5	Diabetes mellitus	50	70.6	
	6	Other Unintentional injuries	33	46.6	
	7	Alzheimer's disease	32	45.2	
	8	Pneumonia & influenza	24	33.9	
	9	Nephritis, nephrotic syndrome, & nephrosis	20	28.2	
	10	Chronic liver disease & cirrhosis	18	25.4	



Keep Track of New Initiatives & Community Changes

Time
Period

Actual
Value

Target
Value

Current
Trend

Baseline
% Change

Notes

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

- Interfaith Food Shuttle bestowed Swain County with a grant to start an adult 6-week cooking class from the Cooking Matters "No Kid Hungry" Initiative.
- Community Wellness Action Team (CWAT) established and applied for a Farm to School Planning Grant
- A committee was also put in place to plan a Swain County Green way.
- A community garden was started- "Restoration Garden."
- Received Great Smokies Foundation Grant for a heart healthy event.