

2017 State of the County's Health Report

Swain County

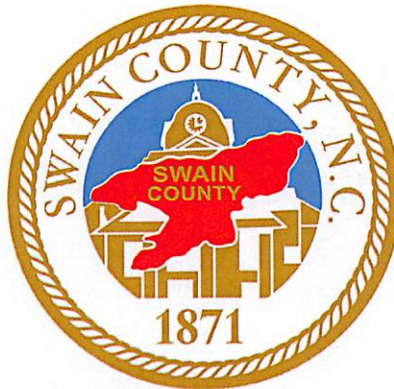


The 2015 Community Health Assessment Priorities are:

- **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 2017 SOTCH will be communicated to stakeholders, community partners, and the general population in the following ways:

- Posted on the Swain County Government website
<http://www.swaincountync.gov/Health/health-links.html>
- Available in Marianna Black Public Library
- Available as a hard copy in limited quantities – contact Trish Hipgrave at the Swain County Health Department



Swain County Health Department is pleased to present the 2017 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 2017 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

2017 State of the County's Health Report Scorecard - Swain County



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 5th** in order to meet the requirements for the **Swain County** annual State of the County's Health (SOTCH) Report.

The 2017 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 Statistic](#)

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:

- [WNC Healthy Impact](#)
- [2017 County Health Data Book](#)
 - The data in the **2017 County Health Data Book** are considered current for Community Health Assessments and State of the County's Health Reports due the first Monday of March, 2018.
- [WNC Healthy Impact Secondary Data Workbook Update](#)

Chronic Disease: Heart Disease, Stroke and Diabetes Prevention

R

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

Progress Made in 2017



The following progress was made in 2017 on our action plan interventions for Heart Disease, Stroke, Diabetes Prevention (Focus: Nutrition, Obesity, Physical Activity)

- **Action Plan Intervention: Results-based Accountability (RBA) approach to collaborative action planning process**
 - Public Health Educator/Dietitian attended a "Getting to Results" training
 - Public Health Educator/Dietitian attended four performance measure workshop study halls
 - Public Health Educator/Dietitian was introduced to RBA basic ideas
 - Public Health Educator/Dietitian created survey for past Lifestyle Change Program feedback which included RBA language
 - Swain County Health Department utilized Results Scorecard to develop a publicly available e-CHIP
- **Action Plan Intervention: National Diabetes Prevention Program**
 - February 2017 MDPP Class: This year-long class will graduate in February 2018. Thus far five participants will be graduating giving this class 100% retention rate. This class was in partnership with the Mariana Black Library
 - September 2017 DPP Class: This year-long class is the fourth pre-diabetes class to start in Swain County. There are five participants and currently has 100% retention rate. This class is in partnership with United Community Bank
 - Two graduating participants from the February Lifestyle Change Program became Lifestyle Change Program coaches
 - Swain County registered with CDC to become a nationally recognized CDC Diabetes Prevention Program (DPP), Swain County is currently pending recognition due to data (January 2018 Swain County became; Interim Preliminary Recognized).
 - October 2016 DPP Class: This year-long class ended in October 2017. Three participants graduated giving the class 100% retention rate.
- **Additionally, the following progress was made in 2017 on Heart Disease, Stroke, Diabetes Prevention in Swain.**
 - Four CDC Worksite Wellness Scorecards were completed by end of January 2017
 - Employee Wellness Program Pilot Program - The pilot program began in January 2017 with screenings/registration for the 62 employees. The Pilot program ended in June with a potluck awards banquet
 - Heart Health Event February 1, 2017
 - Heart Health Lecture Series (four lectures, starting the first Monday evening in February) February 2017
 - Swain County Health Department partnered with the Restoration House and Whole Life Challenge to create a Swain County Team and provide nutrition education along with grocery store tours and food prep demonstrations throughout the challenge held three times a year
 - Swain County Health Department partnered with Mariana Black Library to create an updated healthy book list for Nutrition Month, March 2017, as well as created and implemented an educational display section in the library for Nutrition Month
 - Swain Safe Multi-use Pathways and Greenways Committee was officially formed from the Community Wellness Action Team (the committee moved under Parks and Recreation in October 2017) meeting once a month
 - Swain Safe Multi-use Pathways and Greenways Committee hosted an open forum to gauge the communities view of safe multi-use pathways and greenways June 15th
 - Swain County Health Department attended a Racial Equity Workshop in May 2017
 - Blood Pressure Awareness Month (May)-Community Blood Pressure Checks once a week, checking blood pressure of community members (Bo Jangles, IGA, Ingles, Marianna Black Library)
 - May 2017 held the Swain County Health Department held a six week Cooking Matters course for those community members who have children in the home. Cooking Matters awarded the Swain County Health Department with a \$200. grant to implement the course
 - May 2017 the Swain County Health Department conducted a Fruit and Vegetable Outlet Inventory of Swain County
 - May 2017 kicked off the Produce Nutrition Voucher Program for WIC and CHORE participants at the Swain County Health Department
 - Employee Wellness Program - a year long program kicked off in July 2017 to coincide with Open-Enrollment, currently 47 employees participate
 - Multiple lunch and learns were conducted through the year in partnership with the Swain County Cooperative Extension Office
 - Growing Minds; Farm - to - School Campaign, an Appalachian Sustainable Agriculture Program (ASAP), was initiated August 2017. Bulletin Boards change quarterly in the cafeteria's of Swain East and West Elementary Schools, along with Swain County Middle School. This effort was a partnership between the Swain County Health Department, Swain Schools Nutrition Program and Western Carolina University Service Learning Program.
 - Clinical Director of the Health Department along with the Public Health Educator attend monthly meeting with the local SHAC
 - Chronic disease and nutritional educational booths were developed and displayed during the Smoky Mountain Medical IRT August 2017
 - August 2017 an Employee Wellness Peer-to-Peer Committee was formed meeting monthly
 - Public Health Educator joined a Regional Public Health/Mountain Wise group along with becoming the chair of two action teams
 - Swain County Health Department partnered with WCU nutrition service learning students and Caring Corners to develop a meal voucher program at a local restaurant for Caring Corners Chronic Disease patients
 - Swain County Health Department partnered with WCU with an intern to develop and implemented a Heart Health Lecture Series every Monday for four week in October 2017
 - Swain County Health Department provided multiple Grocery Store Tours for the public, Swain School Employee Wellness Program and Swain County Employee Wellness Program
 - Public Health Educator attended Know It! Control It! (a blood pressure program) training in October 2017, the first class is scheduled to start in January 2018 at the Senior Center for community members over 65 years of age
 - Swain County Health Department provided apples for the community "Trick-or-Treat" on the street in October 2017
 - Swain County Health Department provided nutrition education at the community "Baby Shower" in November 2017

I CDP % of adults in Swain County with Diabetes (All Populations)

2013 12.8% 9.0%  1 -20% 

I CDP Cardiovascular Disease Mortality Rate (per 100,000 population) in Swain County

2015 197.1 162.0  4 -22% 



2014 215.0 162.0  3 -15% 

2013 245.0 162.0  2 -3% 

2012 252.0 162.0  1 0% 

2011 264.0 162.0  3 5% 

2010 259.0 162.0  2 3% 

2009 253.0 162.0  1 0% 

2008 245.0 162.0  1 -3% 

2007 264.0 162.0  1 5% 

2006 254.0 162.0  0 1% 

I CDP Adult Obesity Prevalence in Swain County

2013 33.6%  1 2% 

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% 

P Action Plan Action Plan Intervention: Results-based Accountability (RBA) approach to collaborative action planning process

P Action Plan Action Plan Intervention: National Diabetes Prevention Program

Reduce Substance Abuse in our community

R e-Chip Residents of Swain County are free from infectious disease and STDs

Progress Made in 2017

The following progress was made in 2017 on our action plan interventions for Reduce Substance Abuse in our community in Swain County.

• Action Plan Intervention 1

- Coalition Vice Chair attended a training on RBA
- Coalition Vice Chair attended four performance measure workshop study halls
- Coalition Vice Chair introduced RBA basic ideas to its meetings
- 25% (Amber, Mark, Tobin, Myself out of 15 members) of Coalition for a Safe and Drug Free Swain County and Swain County Health Department members can talk about their program performance and how it contributes to population indicators
- A survey was developed using RBA language for Coalition members to show effectiveness of Coalition
- Swain County Health Department was unable to complete a Whole Distance Exercise; however, Coalition leadership has introduced RBA basic ideas to its meetings
- Swain County Health Department utilize Results Scorecard to develop a publicly available e-CHIP

• Action Plan Intervention 2

- Coalition for a Safe and Drug Free completed an environmental scan of Swain County - an Environmental scan is utilized to survey external factors (syringes & paraphernalia) that inform about a particular subject (IV drug use)
- Coalition hosted a Discussion Platform and presentation by Full Circle Recovery Center on Harm Reduction/Needle Exchange January 23, 2018
- Swain County Health Department provided education and material on drugs and drug use for the triennial Civil-Military Innovative Readiness Training Program August 2-10
- Swain County Health Department provided education and material on drugs and drug use for the 1st annual NC Med-Assist on September 30th

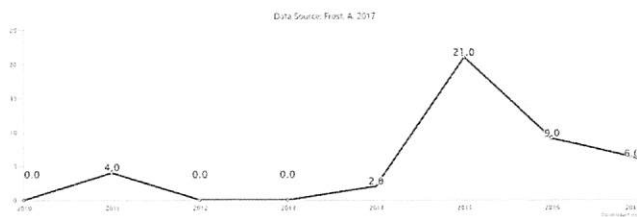
• Additionally, the following progress was made in 2017 on Reducing Substance Abuse in Swain County

- Syringe Exchange - The coalition has been in support of this initiative since attending the stakeholder meeting 1/23/17 Supplied over 15,000 Prescription Medication Disposal Stickers at Healthmart, Bryson City Pharmacy for use on Rx bag
- Coalition supplied Prescription Medication Disposal Flyers for Crisp Funeral Home - for inclusion in family planning packets
- Coalition completed an environmental scan of Swain County to determine where people are discarding needles and other paraphernalia
- The Health Department has Prescription Medication Lock Boxes available free of charge from a Project Lazarus Grant and Mountain

Projects, thus far we have supplied over 86 Lock Boxes or Bags to community members

- o Coalition and Swain County Health Department attended a Racial Equity Workshop May 2017
- o Coalition received a \$2000. Grant from Project Lazarus this year to install a new Prescription Medication Drop Box at Healthmart, Bryson City Pharmacy; to provide a Prescription Medication Drop Event to support the new Drop Box, which we Conducted in October; to provide an educational campaign on the two locations of Drop Boxes in Swain County; and to purchase a new scale for the Sheriff's Department (they have been using a personal scale and/or the Health Department scale, but needs one that will go down to grams.
- o Coalition participated in Red Ribbon Week/Month which is a National Drug Prevention Awareness Campaign providing education throughout the community and schools as well as hosting a poster competition for the 5th grade
- o Coalition attempted to set up meetings between Bryson City Police Department, Sheriff's Department, Stephanie Almeida and Mountain Projects to help with funding for replacement of Naloxone Kits.
- o Swain County Health Department attended a series of Opioid poisoning strategies conference calls starting in April
- o Coalition held a fundraiser to help with Bryson City Police Department's purchase of K—9 training kits, we are also working with connecting with Haywood Dog Fanciers Club to help support our K-9 units with other needs
- o Swain County Health Department attended an Opioid Round Table hosted by Cherokee Reservation on September 26th (Swain County completed their own Opioid Summit February 2018)
- o Medicine Abuse Project –planned for March 2018

I SA # of Reported Cases of Hepatitis B



| | | | | | |
|------|------|---|-----|------|---|
| 2017 | 6.0 | — | ↘ 2 | 200% | ↑ |
| 2016 | 9.0 | — | ↘ 1 | 350% | ↑ |
| 2015 | 21.0 | — | ↗ 2 | 950% | ↑ |
| 2014 | 2.0 | — | ↗ 1 | 0% | → |
| 2013 | 0.0 | — | → 1 | -50% | ↓ |
| 2012 | 0.0 | — | ↘ 1 | -50% | ↓ |
| 2011 | 4.0 | — | ↗ 1 | 100% | ↑ |
| 2010 | 0.0 | — | → 1 | -50% | ↓ |
| 2009 | 0.0 | — | ↘ 2 | -50% | ↓ |
| 2008 | 2.0 | — | ↘ 1 | 0% | → |

I SA # of Reported Chlamydia Cases

I SA # of Reported Gonorrhea Cases

I SA # of Reported HIV/AIDS Cases

| | | | | | |
|------|------|---|-----|------|---|
| 2017 | 85.0 | — | ↘ 1 | 118% | ↑ |
| 2017 | 35.0 | — | ↗ 2 | 218% | ↑ |
| 2017 | 0.0 | — | → 9 | 0% | → |

P Action Plan Action Plan Intervention: Results-based Accountability (RBA) approach to collaborative action planning process

P Action Plan Action Plan Intervention: Early Screenings and Environmental System Changes

Promote a Healthy Environment

R e-Chip Residents of Swain County are free from tobacco

Progress Made in 2017

The following progress was made in 2017 on our action plan interventions for Promote a health environment in Swain County.

• Action Plan Intervention 1

- o Coalition Vice Chair attended a training on RBA
- o Coalition Vice Chair attended four performance measure workshop study halls
- o 25% (Amber, Mark, Tobin, Myself out of 15 members) of Coalition for a Safe and Drug Free Swain County and Swain County Health Department members can talk about their program performance and how it contributes to population indicators
- o A survey was developed using RBA language for Coalition members to show effectiveness of Coalition
- o Swain County Health Department was unable to complete a Whole Distance Exercise; however, Coalition leadership has introduced RBA basic ideas to its meetings
- o Swain County Health Department utilized a Results Scorecard to develop a publicly available e-CHIP

• Action Plan Intervention 2

- o Coalition Vice Chair attended "You Quit, Two Quit", January 2017

- Coalition provided educational booth on tobacco use (specific information on pregnancy and teen smoking was provided) at the Swain County Heart Health Event February 1st
- Coalition attended Mountain Projects Initiative regarding tobacco, underage drinking and suicide meeting March 6, 2017
- Coalition initiated a government building Tobacco Free Sign Scan in Swain County, March 2017 - currently still in progress
- Coalition provided educational booth on tobacco and pregnancy at the Swain County Community Baby Shower April 18th
- Swain County Health Department attended the five day Mission Health & Duke-UNC Tobacco Treatment Specialist Training Certification
- Swain County Health Department provided education and material on tobacco for the triennial the Civil-Military Innovative Readiness Training Program August 2-10
- Swain County Health Department attended the Tobacco Media Spokesperson Training August 25th
- Swain County Health Department initiated the process of a Tobacco Cessation Policy at the Swain County Health Department - still in progress
- Swain County Health Department and Coalition attended a Swain County Tobacco Free Parks strategy meeting September 22nd
- Coalition provided education and material on tobacco for the 1st annual NC Med-Assist on September 30th
- Coalition provided educational booth on tobacco and pregnancy at the Swain County Community Baby Shower October 14th
- Swain County Health Department negotiated with the Swain County Manager to add a Tobacco Free Parks question to the Parks and Recreation's Master Plan Survey September 13th
- Coalition presented Tobacco Free Parks strategies to the Swain County Commissioners October 26th - Policy change is still in progress and waiting for results of Parks and Recreation Master Plan survey

• **Additionally, the following progress was made in 2017 on Promote a health environment in Swain County.**

- Swain County Health Department and Coalition attended a Racial Equity Workshop May 2017

| | | | | | | | | |
|---|-------------|---|------|-------|-------|---|------|---|
| I | HE | Rate of Births to Mothers Who Smoked Prenatally in Swain County | | | | | | |
| | | | 2015 | 25.1% | — | 1 | -10% | ↓ |
| | | | 2014 | 29.0% | — | 1 | 4% | ↑ |
| | | | 2013 | 26.7% | — | 1 | -4% | ↓ |
| | | | 2012 | 27.8% | — | 2 | 0% | → |
| | | | 2011 | 26.5% | — | 1 | -5% | ↓ |
| | | | 2009 | 18.6% | — | 1 | -33% | ↓ |
| | | | 2008 | 30.3% | — | 0 | 9% | ↑ |
| I | HE | Past 30-days tobacco use of Swain County 7th and 9th graders | 2015 | 5.5% | 15.0% | 1 | -72% | ↓ |
| I | HE | % of Swain County residents who are current tobacco users | 2015 | 28.6% | 12.0% | 1 | -1% | ↓ |
| P | Action Plan | Action Plan Intervention: Results-based Accountability (RBA) approach to collaborative action planning process. | | | | | | |
| P | Action Plan | Action Plan Intervention: The 5A's | | | | | | |

New and Emerging Issues & Initiatives

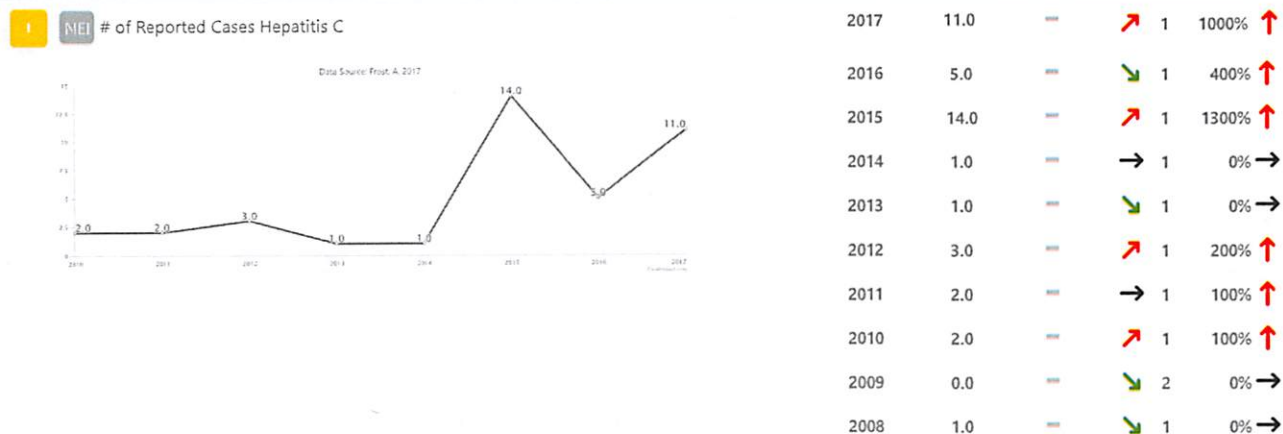
R **SOCH** Monitor New and Emerging Issues

Progress Made in 2017

These are the new or emerging issues in our community in 2017 that were not identified as priorities in our CHA.

- Heroin use has increased by 60% in recent years. Heroin and opioid use among persons who inject drugs may lead to an outbreak of HIV/Hepatitis B and C. According to a report from CDC there are 220 counties in the United States who are at increased risk for an outbreak of HIV and Hepatitis B and C. Counties in WNC are among those most at risk. <https://www.wsj.com/articles/c...> Swain County has also seen the increase in cases of Hepatitis B and C over the last few years. According to the CDC, Syringe Exchange Programs are "an effective component of a comprehensive, integrated approach to HIV prevention among PWID (persons who inject drugs). These programs have also been associated with reduced risk for infection with hepatitis C virus (CDC.gov, 2018). Syringe exchange programs offer prevention materials such as clean needles, alcohol swabs, and condoms but they also provide education, referral to mental health and substance abuse counseling, vaccinations, screening for communicable diseases and STD's, and referrals to other needed services <https://www.cdc.gov/hiv/risk/s...> Swain County leadership is focused on the opioid epidemic and its effect on our community. Syringe exchange programs are another avenue that may be considered to improve health outcomes for our population.
- Swain Safe Multi-use Pathways and Greenways Initiative has been gaining momentum to help create safe, vehicle-free pathways and

greenways improving the health and well-being of Swain County residents. Greenway Inc. states; improving health through active living, a county trail network will contribute to the overall health of residents by offering people attractive, safe, accessible places to bike, walk, hike, jog, skate, and possibly places to enjoy water-based trails. In short, trail networks create better opportunities for active lifestyles. The design of our county—including transportation systems, parks, trails and other public recreational facilities—affects people's ability to reach the recommended 30 minutes each day of moderately intense physical activity (60 minutes for youth). According to the Centers for Disease Control and Prevention (CDC), "Physical inactivity causes numerous physical and mental health problems, is responsible for an estimated 200,000 deaths per year, and contributes to the obesity epidemic". In identifying a solution, the CDC determined that by creating and improving places in our communities to be physically active, there could be a 25 percent increase in the percentage of people who exercise at least three times a week. This is significant considering that for people who are inactive, even small increases in physical activity can bring measurable health benefits. Additionally, as people become more physically active outdoors, they make connections with their neighbors that contribute to the health of their community. Many public agencies are teaming up with foundations, universities, and private companies to launch a new kind of health campaign that focuses on improving people's options instead of reforming their behavior. A 2005 Newsweek Magazine feature, Designing Heart-Healthy Communities, cites the goals of such programs. "The goals range from updating restaurant menus to restoring mass transit, but the most visible efforts focus on making the built environment more conducive to walking and cycling." Clearly, the connection between health and trails is becoming common knowledge. The Rails-to-Trails Conservancy puts it simply: "Individuals must choose to exercise, but communities can make that choice easier." <http://www.greenways.com/benef...>



Keep Track of New Initiatives & Community Changes

Progress Made in 2017

The following are new initiatives or changes in our community in 2017:

- NC Med-Assist - FREE Over the Counter (OTC) Medicine Give Away Day on Saturday, September 30th. The event was open to all Swain County residents and their families needing OTC medication. 667 Swain County residents were served.

The following are recurring initiatives in our community in 2017:

- 1st annual Heart Health Event and Lecture Series (2nd annual to be held February 2018) funded by a Great Smokies Foundation Grant
- Diabetes Prevention Program is on-going
- Swain County Health Department's Outreach Committee was re-formed April 2017
- Swain County Health Department's Outreach Committee designated and area in the waiting room for education and outreach, to be changed monthly
- Triennial Civil-Military Innovative Readiness Training (IRT) Program - Swain County Health Department hosted a Civil-Military Innovative Readiness Training (IRT) Program, administered by the United States Department of Defense (DOD) in our county. This consisted of free medical, optometry, dentistry and veterinary services to any person. An ARC grant was approved to provide resources and supplies for the IRT. The Smoky Mountain Medical started on August 2 and ended on August 10, 2017. The two week event treated more than 5,800 patients and conducted more than 14,500 medical and dental procedures and exams.
- Restoration Community Garden is on-going

Priority 1: Chronic Disease: Heart Disease, Stroke and Diabetes Prevention - Focus on:
(nutrition – obesity – physical activity)



Priority 3: Promote a Healthy Environment - Focus on: (Tobacco cessation in pregnant moms and youth)

[illegible]

IRT and
NC Med Assist