



# 2014 Yancey County

## State of the County Health Report



# A Review of Current Data

Key Mortality and Morbidity Data for  
Yancey County

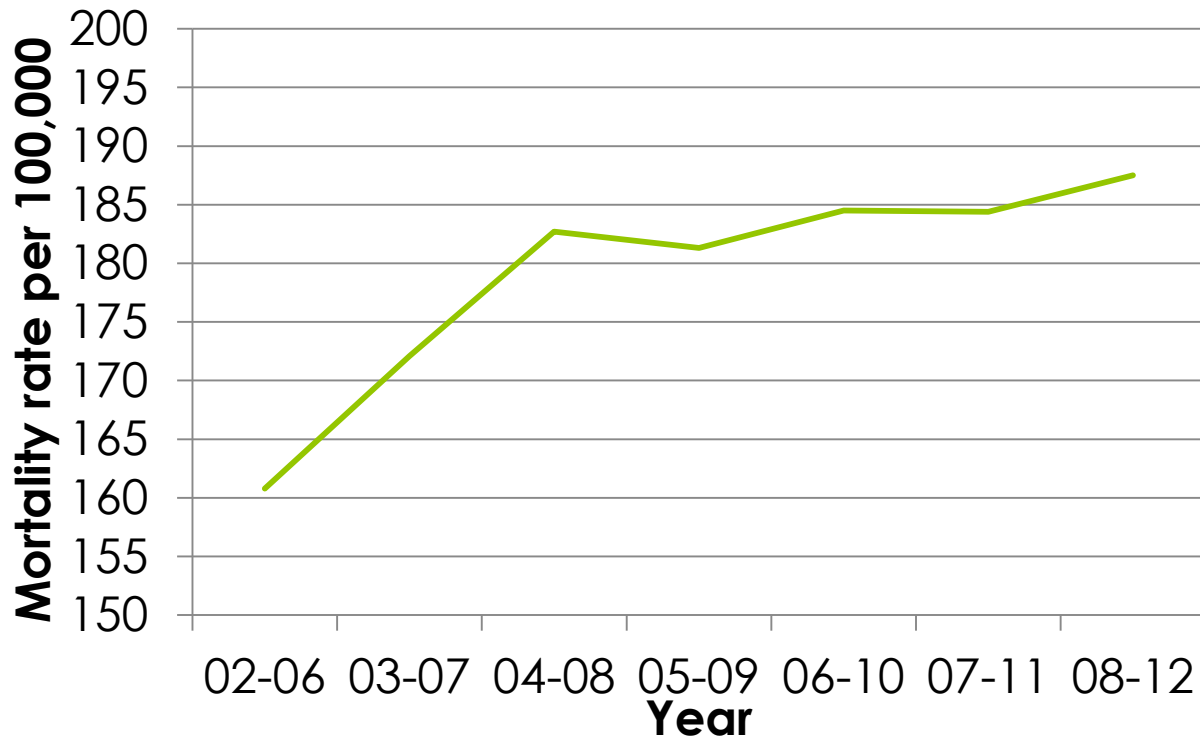
## Leading Causes of Death

Rank	Cause	Number	%
1	Cancer	49	23.1
2	Disease of Heart	47	22.2
3	Chronic Lower Respiratory Disease	20	9.4
4	Alzheimer's Disease	12	5.7
5	All Other Unintentional Injuries	10	4.7
6	Influenza and Pneumonia	8	3.8
7	Cerebrovascular Disease	7	3.3
8	Diabetes Mellitus	6	2.8
9	Chronic Liver Disease and Cirrhosis	4	1.9
9	Parkinson's Disease	4	1.9

Source: SCHS State Center for Health Statistics, North Carolina, 2013

# Mortality Rate Trends

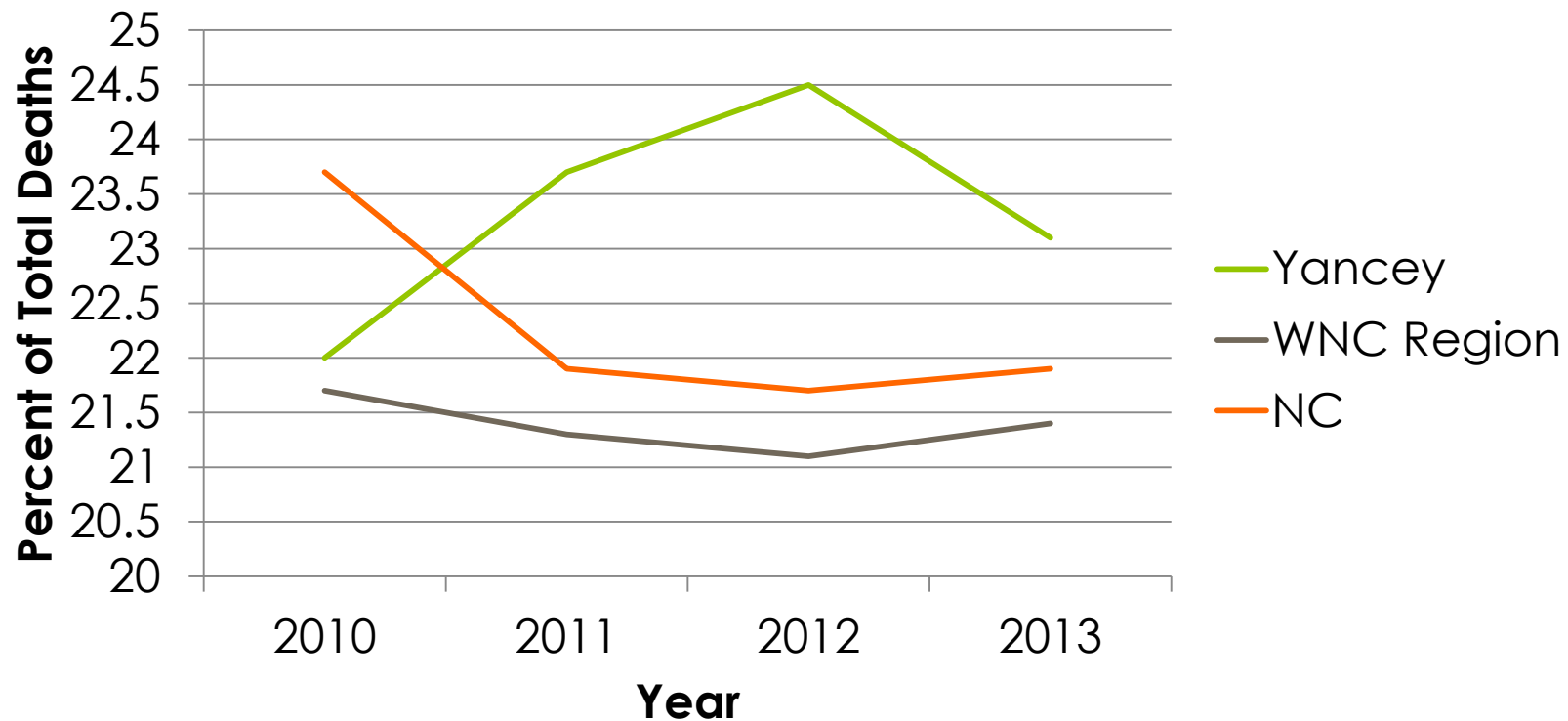
Cancer Leading Cause of Death in Yancey County



Source: SCHS State Center for Health Statistics, North Carolina 2002-2014

# Mortality Rate Trends

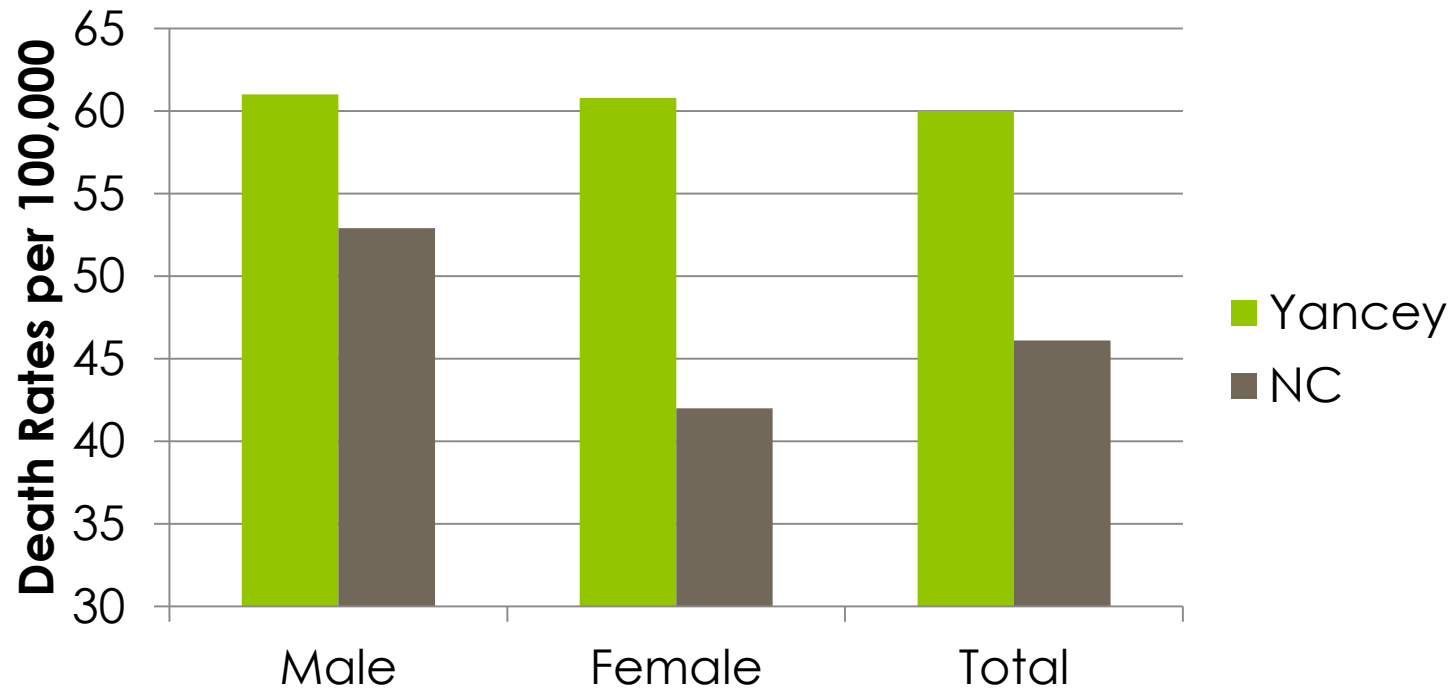
Heart Disease Second Leading Cause of Death in Yancey County



Source: SCHS State Center for Health Statistics, North Carolina 2010-2013

# Respiratory Disease – Third Leading Cause of Death in Yancey County

Death Rates for Chronic Lower Respiratory Disease



# 2014 NC County Health Rankings

Health Outcomes  
30th

Length of Life 13th  
Quality of Life 60th

Health Factors  
38th

Health Behaviors 16th  
Clinical Care 76th  
Social & Economic Factors  
56th  
Physical Environment 30th

# Community Health Priorities & Improvement



- Substance Abuse Prevention and Increasing Ability/Access to Mental Health Services
- Cancer
- Healthy Living Behaviors and Lifestyles



## Our Health Priorities

Selected as a result of the most recent community health assessment (CHA and CHIP)

Find a copy:  
[www.wnchealthyimpact.org](http://www.wnchealthyimpact.org)

# Healthier Yancey County Citizens

Compared to the state and its peer counties, Yancey has half the number of psychologists and counselors per 10,000 population

30% of respondents reported that lack of insurance prevented them from getting needed mental health services



**Priority 1:  
Substance Abuse  
Prevention and  
Increasing  
Ability/Access to  
Mental Health  
Services**

# Strategies

## **Address the growing problem of prescription drug abuse**

- Decrease the % of residents keeping unused prescription meds around the house or medicine cabinet

Lead Agency – Mitchell-Yancey Substance Abuse Task Force Executive Committee

## **Reduce Youth Substance Abuse**

- Increase formal and written partnerships between agencies, community groups and businesses who have interest in reducing youth substance abuse
- Reduce past 30 days use of prescription drugs

Lead Agency – Mitchell-Yancey Substance Abuse Task Force Executive Committee

## Priority 1: Substance Abuse Prevention and Increasing Ability/Access to Mental Health Services

- Yancey County's overdose rate was 16.2 in 2008, 33.7 in 2010, and 28.2 in 2011
- Yancey ranks second of 8 WNC counties in average number of pills given to patients per prescription at 75
- There were 501 drug related charges in 2009, 641 in 2010, and 1,754 in 2011

Source: SAMHSA, Yancey County Clerk of Court

# Progress: Drug Take Back Day, Drop Boxes, and Lock Boxes

- The Mitchell-Yancey Substance Abuse Task Force, along with local law enforcement successfully removed over 100,000 pills from circulation in April 2013.
- Lock Box Program: Started a campaign to create awareness regarding safe disposal and storage of prescription medications



- Drug drop boxes are located at the Yancey County Sheriff's Office, Burnsville Town Hall, and the Mitchell Sheriff's Office.

# Progress: Tar Wars Program and Educational Materials

- Tar Wars: a youth tobacco prevention program was given to 5<sup>th</sup> graders across the county
  - Educates about the short-term and image-based consequences of tobacco use
- Educational Materials Distributed Through Graham Children's Health Services distributed Mitchell-Yancey substance abuse resource guide as well as a summer activity guide to every student

# Healthier Yancey County Citizens

Cancer is the second leading cause of death in Western North Carolina, but the first leading cause of death in Yancey county.

The 4 types of cancer that cause the most deaths in Yancey county are lung, breast, prostate, and colon.

YANCEY COUNTY 2014



## Priority 2: Cancer

# Strategies

## **Provide educational opportunities for the community to learn about cancer prevention, treatment, and access to care**

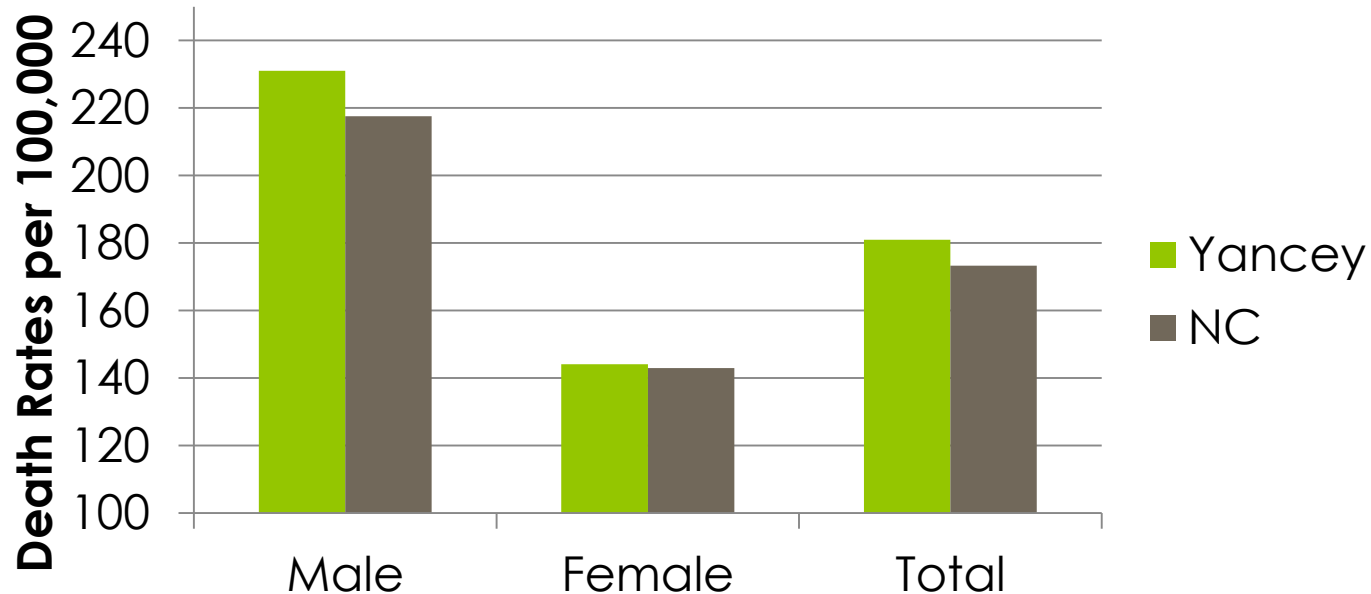
- Provide/Host a variety of educational materials, public relation messages, and face-to-face presentations
- Local hospitals and other agencies will provide state-of-the-art cancer care and awareness for patients, families, and the community

*Lead Agency – Blue Ridge Regional Hospital*



# Priority 2: Cancer

2009-2013 Death Rates for Cancer



# Progress: “SHOP TALKS” and Silent Auctions

- American Cancer Society's Community Health Advisor (CHA) Program of Yancey County hosted “SHOP TALKS” where participating hair salons spoke to their clients throughout the day about breast cancer awareness; informational materials were distributed to inform Yancey County uninsured women about the “Free and Easy” mammogram program



- The Mountain Air Ladies Golf Association sponsored the “Mountain Air Cancer Challenge” golf event and silent auction during the Fall of 2014. As a result of the Cancer Challenge and silent auction, \$10,790.00 was raised to support the Yancey and Mitchell County Breast and Cervical Cancer Control Program's collaboration with the American Cancer Society's Community Health Advisor Program.

# Healthier Yancey County Citizens

16.4% of Yancey County Citizens reported getting no leisure-time physical activity

10.8% of Yancey County Citizens reported consuming an average of five or more servings of fruits/vegetables per day in the past week



## Priority 3: Healthy Living Behaviors and Lifestyles

# Strategies

## **Increase the number of safe places for people to be physically active**

- There will be at least 2 public places open for adults and children to use for physical activity
- Continue to support and promote ongoing activities, events, and efforts related to physical activity

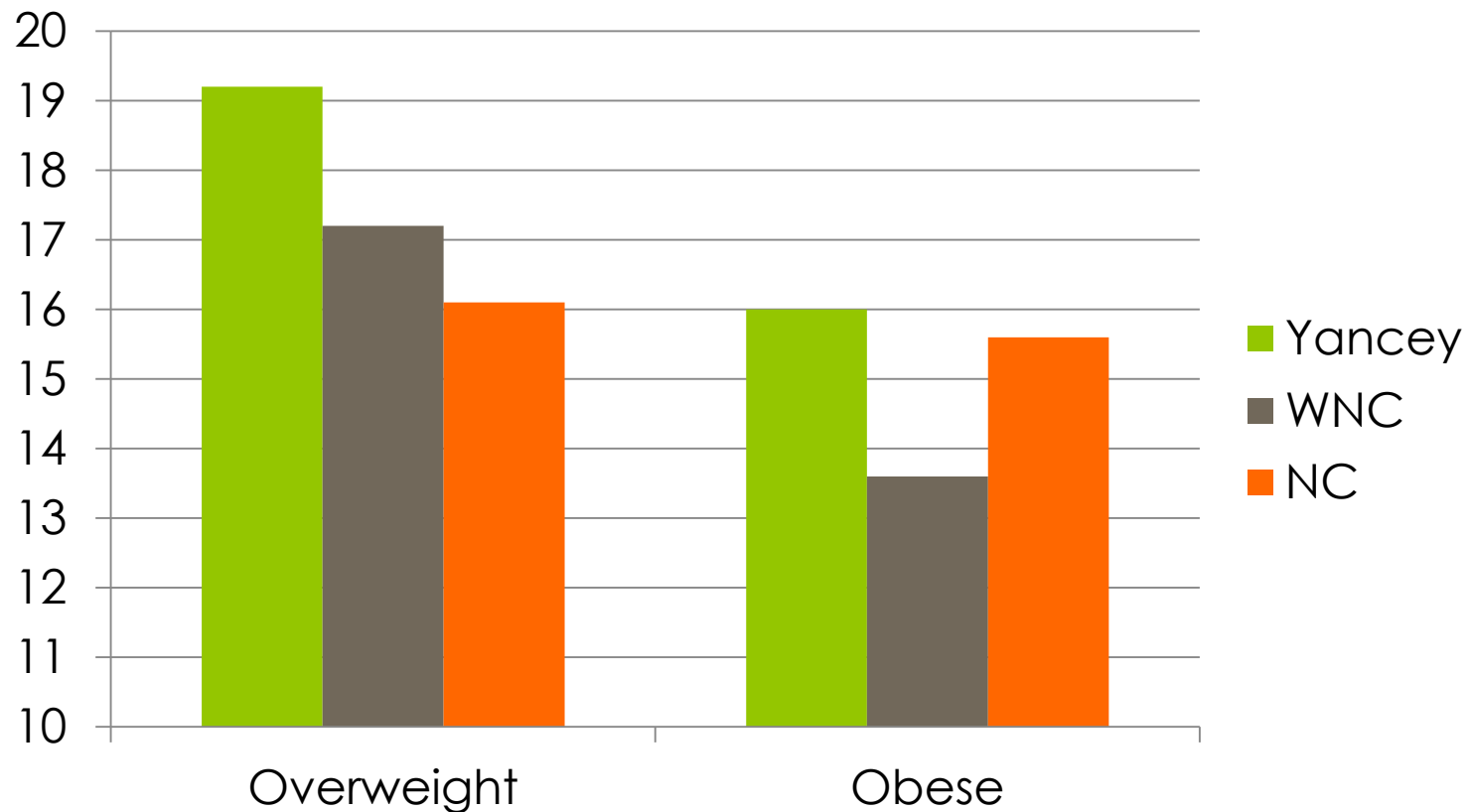
*Lead Agency – Graham's Children Health Services and Healthy Yancey*

## **Decrease overweight and obesity in adults and children by use of positive health promotion programming and messaging**

- Implement 9 behavior change programs targeting children, adults, and families
- Provide at least 3 innovative methods to access fresh produce

*Lead Agency – Yancey Cooperative Extension and Graham's Children Health Services*

# Priority 3: Healthy Living Behaviors and Lifestyles



Prevalence of Obesity, Overweight, Healthy Weight and Underweight in Children, North Carolina Nutrition and Physical Activity Surveillance System (NC-NPASS)

## Progress: Disc Golf and Dance

- A nine hole **community disc golf course** was built at Mountain Heritage high school for students to enjoy and have an alternative to traditional sports
- Yancey County Public Library hosts **Family Dance Party**
  - Healthy snacks, photo booth, and costume parade
  - Sponsored by AMY Regional Library, Children's Services, and Yancey Teens and Tweens

# Progress: 5k Training Program

- o Couch to Potato to BFF 5k training program, which is a 9 week training program ending with Burnsville Fit Families (BFF) 5k; Sponsored by Graham Children's Health Services. This is an event that continues to grow by the year!



# Emerging Issues & Local Changes



# Highlights

- Positive youth development workshops were given to Church leaders
- Living Healthy workshop was given to benefit people with ongoing health problems
- Free backpacks, school supplies, and clothing were given at the Liberty Hill Back at an event called “School Bash”
- New, safer soccer goals were purchased to support Yancey County Youth League
- Tri-county Pregnancy Center celebrates 20 years



# Food Security

- Summer Food Program
  - Sponsored by Graham Children's Health Services and 12 other community organizations
  - 500 boxes of food were delivered to 100 Yancey County families with children



# Safety

- Quake 2.0– The Aftershock all-hazards regional exercise was performed across 3 counties
  - Included numerous emergency management agencies
- Security systems were installed in each elementary and middle school
  - New audio/video community system



# New Initiatives

- Need of foster/adoptive parents
- Food security opportunities increase
- Expand telemedicine to rural sites
- Healthy Families Program grant continues
- Complete Youth Risk Behavior Surveillance (YRBS) surveys in school system
- Chronic Disease management classes conducted at local church
- Improve oral health of children using Delta Dental grant

## This report will be disseminated in the following ways:

- Toe River District Board of Health
- County Manager and Burnsville Mayor
- Healthy Yancey Steering Committee
- Posting on the Healthy Yancey Website:  
[www.healthyyancey.org](http://www.healthyyancey.org)
- Posted on the local WKYK radio website
- Placement at the Yancey County Public Library
- Graham Children's Health Services Board of Directors
- Posted on the Toe River Public Health District website  
[www.toeriverhealth.org](http://www.toeriverhealth.org)



## What's Next?

Conduct the Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP)