

Mitchell & Yancey

Blue Ridge Regional Hospital & Toe River Health District

Community Health Priorities & Key Strategies

Substance Abuse

- Establish Drug Drop boxes
- Distribute Medication Boxes or Cabinet Locks
- Offer STAR and COUGAR Afterschool Programs
- Conduct Youth Risk Behavior Survey in Middle and High Schools

Healthy Living Behaviors and Lifestyles

- Construction of a new playground
- Design county wide Greenway Plan
- Propose a community sports complex
- Creation of 9-hole outdoor Disc Golf Course
- Continue Summer Food Box Program

Cancer

- Host "SHOP TALKS" at local beauty salons
- Fundraise at the annual golf event and silent auction for BCCCP
- Promote awareness and prevention efforts at local events

Access and Assistance for Low-Income Households

- Support local food pantries and MANNA backpack program
- Publish and Distribute local Human Services Guide
- Create Volunteer Database
- Establish ECU School of Medicine Dental Clinic
- Back Affordable Healthcare Act efforts
- Collaborate with Community Gardens and Aggregation Center



Spotlight on Success

In Mitchell and Yancey Counties, where substance and tobacco use are high and healthy recreational options for young people are low, Blue Ridge Hospital is part of a dynamic program designed to provide stimulating after school activities for middle and high school students. The STAR program was developed by the Mitchell-Yancey Substance Abuse Task Force and Graham Children's Health Services (an outpatient service of Mission Children's Hospital in these counties) in cooperation with several interested community members and identifies students in need of supervised after-school activities. The High School program in Yancey County includes membership at the Blue Ridge Regional Fitness Center and each of the programs includes fitness consultations with staff members from the Blue Ridge Sports Medicine Clinic and BRRH Fitness and Rehabilitation staff. In Mitchell County, the pilot program works with students at the local middle schools, providing after school activities as well as equipment for the schools. The students learn about the importance of good nutrition and exercise, receive life skills instruction, and participate in service opportunities that enable these students to give back to their communities.

**For more information on
community health improvement in
Mitchell and Yancey Counties visit:**

www.wnchealthyimpact.com

> Local Stories > Mitchell

> Local Stories > Yancey