

COMMUNITY HEALTH ASSESSMENT

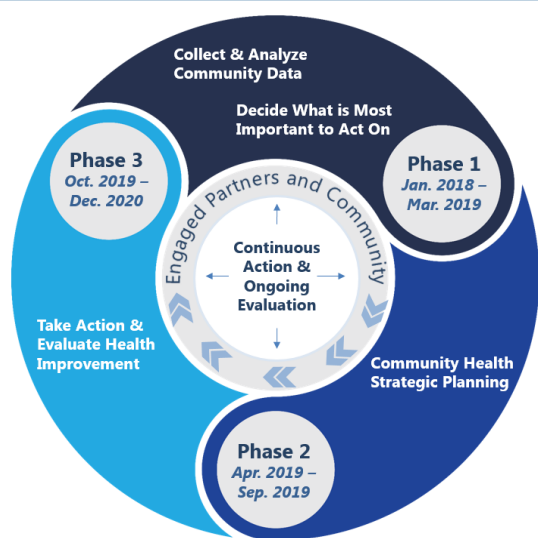
2018 McDowell County

WHAT IS THE COMMUNITY HEALTH ASSESSMENT?

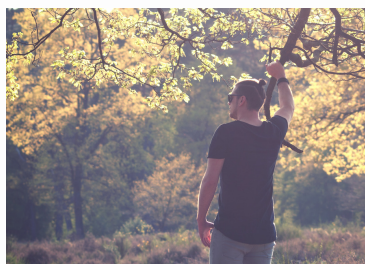
The Community Health Needs Assessment, or CHA leads to a better understanding of the health of our county's residents.

The CHA helps local agencies and organizations working on health issues to ensure that the most pressing health concerns are being addressed, and to plan and coordinate their efforts. It is also used by our Health Department in its strategic planning process.

Collaborating agencies in western NC have chosen to repeat this cycle every three years.



Health Priorities



Health Priority 1: Mental Health & Suicide Prevention

Mental Health and Suicide Prevention affects many different areas of an individual's wellbeing including their physical health. A healthy community encompasses all aspects of health and although much progress has been made in this area, many local leaders agree that much is still to be done. Supporting data of this health priority includes the increased percentage of adults reporting more than 7 days of poor mental health, dissatisfaction with life and not having received mental health care or counseling.



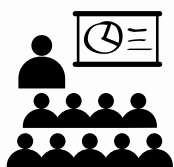
Health Priority 2: Substance Abuse Including Tobacco

Substance abuse emerged as a health priority during the 2015 CHA. During the 2018 CHA, the community decided to expand this health priority to include tobacco given the increase seen in use of smokeless tobacco products and rate of current smokers.

The CHA is a collaborative effort between McDowell Health Department and Mission Hospital McDowell.



WHO'S INVOLVED?



The **Steering Committee** led the CHA process and determined health priorities.

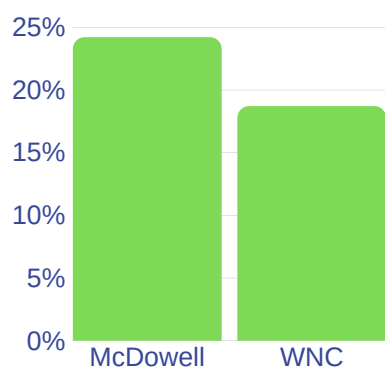


McDowell County residents shared their input through surveys and additional local data collection.

Support of this process was provided by **WNC Healthy Impact**, a partnership between hospitals and public health agencies to improve community health in western North Carolina.

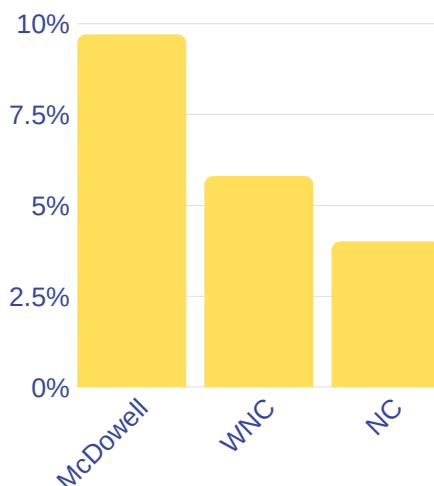
WNC**HEALTHY**IMPACT

Highlights



24.2% of residents self-reported having had more than 7 days of poor mental health in the past month, which is higher than the WNC region

9.7% of residents currently use smokeless tobacco products, greater than the region and the state. The Healthy People 2020 target is 0.3% or lower



3,303,000

The number of opioid pills dispensed to McDowell County residents in 2017

42

Reported suicides during 2012-2016

43.4%

Indicate their life has been negatively affected by substance abuse (by self or someone else)

RESOURCES

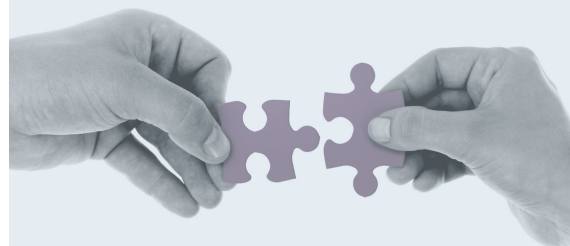
- McDowell County Health Department
www.rpmhd.org
- Mission Hospital McDowell
www.missionhealth.org/member-hospitals/mcdowell
- McDowell County Health Coalition
www.mcdowellhealthcoalition.org
- NC 2-1-1 Help Starts Here



FOR MORE INFORMATION & TO GET INVOLVED...

The CHA report will be posted on the Rutherford-Polk-McDowell Health District website. A link can be found at www.rpmhd.org/healthpromotion

For more information or to get involved please visit the Rutherford-Polk-McDowell Health District website at www.rpmhd.org or contact the CHA facilitator via phone at 828-287-6100.



"Collaboration and Communication" are contributing to progress in the community."
- Community Leader



**RUTHERFORD
POLK
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