

COMMUNITY HEALTH ASSESSMENT

2018 Polk 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

Mental Health is an important factor that affects overall health and people of all ages. Many partnering agencies have implemented efforts to increase education and awareness of available treatment and resources, and work towards eliminating the stigma surrounding this issue. The needle has moved in the right direction, but much work is still to be done.



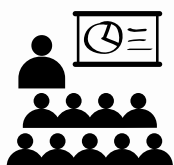
Health Priority 2: Healthy Eating and Active Living (HEAL)

HEAL was identified as a health priority in 2018, as it was in 2015. Much work has been done to improve this issue including healthy food access, community gardens, "walkability" and "bikeability," and community plans to improve recreation areas. Strategies and improvements are focused on increasing physical activity and making improvements to the local food system.

The CHA is a collaborative effort between the **Rutherford-Polk-McDowell Health District** and **St. Luke's Hospital**.



WHO'S INVOLVED?



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

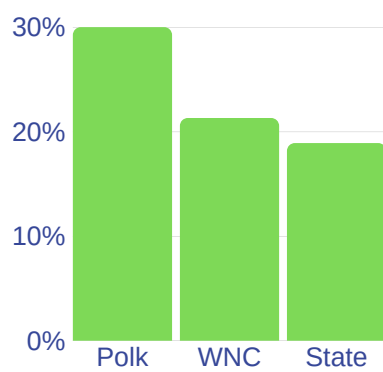


Polk County residents shared their input through surveys and additional local data collection.

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.

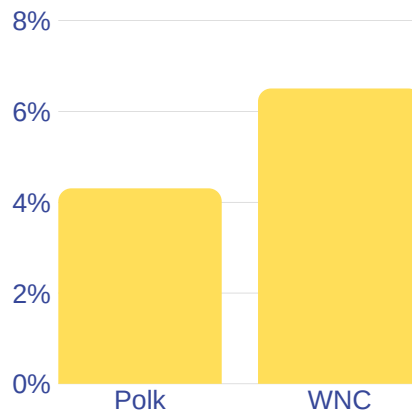
WNC**HEALTHY**IMPACT

Highlights



30% of residents meet recommended physical activity guidelines, which is greater than the WNC region and the state

4.3% of residents consume five or more servings of fruits/vegetables per day, less than the region



68.6%

Polk County adults are overweight or obese

25

Reported suicides during 2012-2016

36.6%

Adults who self-reported having experienced Adverse Childhood Experiences, including household emotional abuse, prior to age 18

RESOURCES

- Polk County Health Department
www.rpmhd.org
- St. Luke's Hospital
www.saintlukeshospital.com
- Polk Fit, Fresh and Friendly
www.polkfitfreshandfriendly.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.

"Agencies, organizations, and churches working together" is contributing to progress in the community.

- Community Leader

