

COMMUNITY HEALTH ASSESSMENT

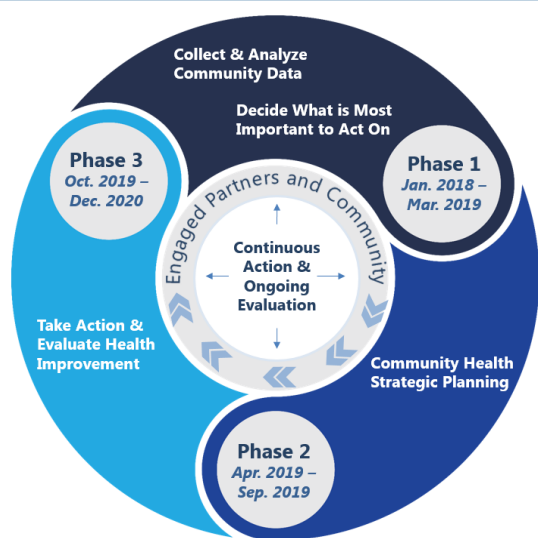
2018 Rutherford County

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: Active Living

Active living affects many different areas of an individual's wellbeing including their physical and emotional health. Healthy living, which includes active living, was part of the selected priorities during the 2015 CHA and although much progress has been made in this area, much is still to be done. This is based on physical inactivity rates, overweight/obesity rates, and mental health data.



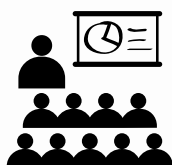
Health Priority 2: Substance Abuse Treatment & Recovery

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 treatment and recovery based on a notable lack of local resources to help community members combat substance abuse issues.

The CHA is a collaborative effort between the **Rutherford Health Department** and **Rutherford Regional Health System**.



WHO'S INVOLVED?



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

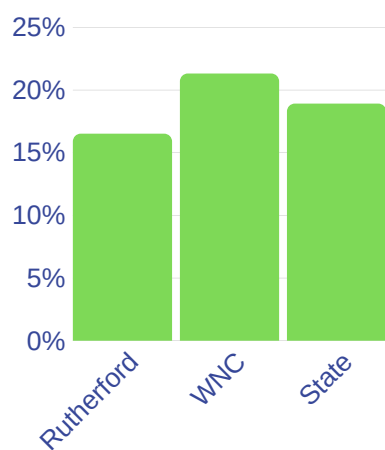


Rutherford County residents shared their input through surveys and additional local data collection.

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.

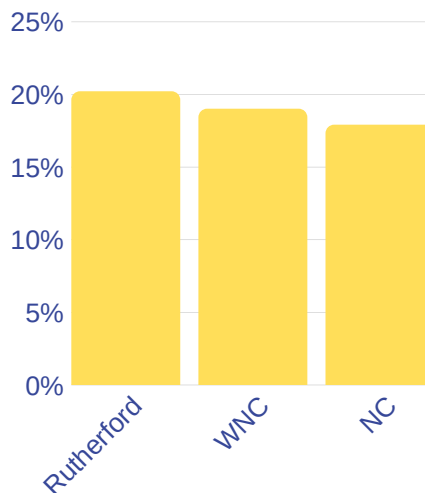
WNC**HEALTHY**IMPACT

Highlights



Only 16.5% of residents meet recommended physical activity guidelines, which is lower than the WNC region and the state

20.2% of residents are current smokers, greater than the region and the state. The Healthy People 2020 target is 12% or lower



77.1%

Rutherford County adults are overweight or obese

The average self-reported prevalence of Rutherford County adults with diabetes

20.3%

54.8%

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

RESOURCES

- Rutherford County Health Department www.rpmhd.org
- Rutherford Regional Health System www.myrutherfordregional.com
- Community Health Council of Rutherford County www.healthcouncilrc.com
- 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.



"Many agencies working together toward a common goal."
-Community Leader



RUTHERFORD
POLK
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