

COMMUNITY HEALTH ASSESSMENT

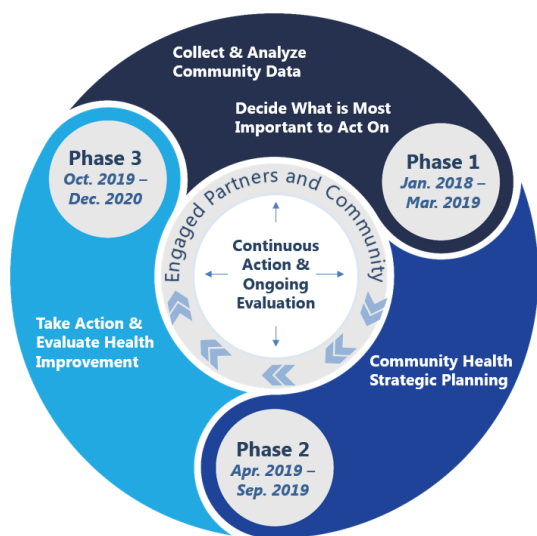
2018 Yancey County

WHAT IS THE COMMUNITY HEALTH ASSESSMENT?

The Community Health 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: Substance Abuse Prevention

Substance abuse prevention services is an ongoing issue in Yancey County. It was identified as a top health priority in both the 2009, 2013, and 2015 CHA. Substance abuse can include a number of substances, including alcohol, prescription drugs, and illicit drugs. Yancey County has had annual Drug-Take Back Days and has drug drop-boxes placed throughout the county. The Yancey County Health Department also got new drug drop boxes placed in their facility. There is also a part-time Substance Abuse Coordinator for a two county area (Mitchell and Yancey Counties). Improvement has been made on preventing substance abuse and increasing mental health services, but much more is to be done.

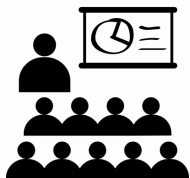
Health Priority 2: Healthy Living Behaviors

Healthy living behaviors/lifestyles and chronic disease prevention go hand in hand. Healthy living behaviors/lifestyles was also a health priority in the 2015 CHA. It is important to adapt healthy behaviors and lifestyles to prevent diseases from occurring. Primary prevention is the most effective form of prevention. Yancey County has a high prevalence and incidence of many chronic diseases such as heart disease, stroke, diabetes, respiratory diseases and cancer. It is important to combat these diseases to promote the health and well-being of the citizens of our County.

Health Priority 3: Social Determinants of Health

Access and assistance for low income households to healthcare was a priority on the 2015 CHA with a focus on lack of healthcare, insurance, and everyday items to survive. Access to healthcare has now been a priority on the 2013, 2015, and 2018 Community Health Assessments with social determinants of health being added to the most recent. Employment rate, poverty level, amount of education and income, and lack of resources needed all play a role in the health status of citizens. Availability of resources to meet daily needs such as food and clean water are a necessity to not only surviving. It is also important for citizens to have education job opportunities in order to make livable wages to be able to afford healthcare, food, and transportation.

The CHA is a collaborative effort between **Yancey County** and **Toe River Health District** and **Blue Ridge Regional Hospital**



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



Yancey 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

WHO'S INVOLVED?

Highlights

Health Priority #1- When asked if they have used opioids in the past year with or without a prescription 11.8% of Yancey County residents said that they had. This is compared to 19.6% in Western North Carolina. This is clearly an important issue regarding the use of opioids in our community, because with 11.8% of the population using with or without a prescription shows how embedded opioids are in Yancey County.

Health Priority #2- 21.7% of Yancey County residents meet physical activity recommendations. This percentage is higher than the WNC region and the state (21.3% and 18.9% respectively). Yancey County has seen a steep decline in physical activity recommendations from 2015 when 57.2% stated they meet activity recommendations and in 2018 21.7% of Yancey County stated they meet the recommendations. When you are not physically active, you increase your chances of heart disease, type II diabetes, high blood pressure, high blood cholesterol, and stroke (USDA ChooseMyPlate, 2018).

Health Priority #3- When asked if they were limited in activities in some way due to a physical, mental, or emotional problem, 27.6% of Yancey County residents responded that they were. This is less than WNC (30.7%) and greater than NC (21.6%). Many citizens in Yancey County are un- or under-insured. In the 2018 PRC Community Health Survey, 19.2% of respondents in Yancey County said that they lack healthcare insurance coverage. This is less than WNC (19.8%) and more than NC (17.1%), but still alarmingly high.



FOR MORE INFORMATION & TO GET INVOLVED...

Access the full Community Health Assessment at Toe River Health District's Website:

www.toeriverhealth.org

Action Plans for the Community Health Assessment will be coming soon!

PARTNERS

Healthy Yancey Group
Blue Ridge Regional Hospital
Blue Ridge Partnership for Children
Partners Aligned Toward Health
Yancey County Sheriff's Department
Intermountain Children Services
Yancey County DSS
Yancey County Transportation Department
Center for Rural Health Innovations
RHA Mental Health

"Families in Yancey County are healthy and safe; this county, and the health workers in it, strive to do the most for the individuals who reside here. We will not stop until everyone in the community is thriving and living their life to the best of their ability."

