

2019 Transylvania County SOTCH Scorecard



This SOTCH Scorecard will be created and submitted by **March 2, 2020** to meet the requirements for the **Transylvania County** annual State of the County's Health (SOTCH) Report.

The 2018 Community Health Assessment priority areas are:

- Priority 1: Mental Health and Substance Use
- Priority 2: Healthy Lifestyle

Clear Impact Scorecard™ is a strategy and performance management software that is accessible through a web browser and designed to support collaboration both inside and outside organizations. WNC Healthy Impact is using Clear Impact Scorecard™ to support the development of electronic CHIPs, SOTCH Reports and Hospital Implementation Strategy scorecards in communities across the region.

Scorecard helps communities organize their community health improvement efforts:

- Develop and communicate shared vision
- Define clear measures of progress
- Share data internally or with partners
- Simplify the way you collect, monitor and report data on your results

The following resources were used/reviewed in order to complete the SOTCH:

- [WNC Healthy Impact Data Book](#)
- [2020 County Health Data Book](#) from the NC State Center for Health Statistics
- WNC Healthy Impact Secondary Data Workbook (updated June 2017)
- Transylvania Public Health's 2019 Annual Report and 2019 Communicable Disease Report
- C.A.R.E. Coalition 2018-2019 Annual Report

Priority 1: Mental Health and Substance Use

R	Transylvania County is a vibrant, engaged community that offers resources and leverages its inherent strengths to support the lifelong physical, emotional, and social well-being of all its residents.	Time Period	Current Actual Value	Current Target Value	Next Period Forecast Value	Current Trend	Baseline % Change
CHIP 19-21							

Why It Matters?

Mental health and substance use are interconnected to each other and to issues that include suicide deaths, overdose deaths, adverse childhood experiences, depression, anxiety, liver disease, alcohol-related motor vehicle crashes, lung cancer, COPD, and employment. However, residents have limited options for treatment and counseling options, especially for those who have lower incomes, no insurance, or transportation issues. Despite promising community efforts to address substance use and suicide, there is still much work to be done in this area.

Alignment

Mental Health and Substance Use and the related conditions of well-being are aligned with the following [Healthy NC 2020 Focus Areas](#).

- Mental Health: "Mental health, an integral component of individual health, is important throughout the lifespan. Individuals with poor mental health may have difficulties with interpersonal relationships, productivity in school or the workplace, and their overall sense of well-being. Depression is linked to lower productivity in the workplace, is a leading cause of suicide, and has been associated with increased use of health care services." (*North Carolina Institute of Medicine. Healthy North Carolina 2020: A Better State of Health. Morrisville, NC: North Carolina Institute of Medicine; 2011.*)
 - Objective 1. Reduce the suicide rate (per 100,000 population)
 - Objective 2. Decrease the average number of poor mental health days among adults in the past 30 days
 - Objective 3. Reduce the rate of mental health-related visits to emergency departments (per 10,000 population)
- Substance Use: "Substance use and abuse are major contributors to death and disability in North Carolina. Addiction to drugs or alcohol is a chronic health problem, and people who suffer from abuse or dependence are at risk for premature death, comorbid health conditions, injuries, and disability. Therefore, prevention of misuse and abuse of substances is critical. Furthermore, substance abuse has adverse consequences for families, communities, and society, contributing to family upheaval, the state's crime rate, and motor vehicle fatalities." (*North Carolina Institute of Medicine. Healthy North Carolina 2020: A Better State of Health. Morrisville, NC: North Carolina Institute of Medicine; 2011.*)
 - Objective 1. Reduce the percentage of high school students who had alcohol on one or more of the past 30 days
 - Objective 2. Reduce the percentage of traffic crashes that are alcohol-related 5.7%
 - Objective 3. Reduce the percentage of individuals aged 12 years and older reporting any illicit drug use in the past 30 days

T	MentalHealth	Emergency department visits for anxiety, mood, psychotic disorders	2018	4,312	—	—	↓ 1	606%
I	SubstanceUse	Medication and drug poisoning deaths	2017	8	—	—	→ 1	60%
P	Suicide	Support for suicide prevention training	Time Period	Current Actual Value	Current Target Value	Next Period Forecast Value	Current Trend	Baseline % Change

What Is It?

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop. Results demonstrate that ASIST helps participants become more willing, ready, and able to intervene with someone at risk of suicide. ASIST is also proven to reduce suicidality for those at risk. A 2013 study that monitored over 1,500 suicidal callers to crisis lines found that callers who spoke with ASIST-trained counselors were 74% less likely to be suicidal after the call, compared to callers who spoke with counselors trained in methods other than ASIST. Callers were also less overwhelmed, less depressed, and more hopeful after speaking with ASIST-trained counselors.

Speaker Fe Anam Avis is a nationally known figure in suicide prevention work and has trained thousands of people in suicide awareness and intervention skills. He is the creator of Soul Shop™, an international movement which trains clergy, ministry leaders, and community members to care for those impacted by suicidal desperation as a regular aspect of their life together.

The priority population for this training is any interested community members, and the training aims to make a difference at the interpersonal behavior level. However, this program would also have a profound impact on the priority population of people with existing mental health concerns and those with socioeconomic or other underlying conditions that increase the risk of mental and behavioral health concerns). Implementation of the training itself will take place in a local church, but those trained may work in a variety of community settings.

Updates

The Lutheran Church of the Good Shepherd's Reimaging Health Collaborative has been a partner with public health and other community organizations to promote and host outreach and education around important mental health and substance use topics. In October 2019, they hosted a Community Suicide Awareness Training with speaker Fe Anam Avis to provide attendees with basic conversational skills to help someone considering suicide.

In November, the Collaborative and the church's worship and music teams hosted a community Service of Hope and Assurance that focused on providing quiet, uplifting accompaniment for those who may have difficulty facing the impending holiday season.

In December, the Collaborative reached out to community groups to begin planning efforts to host a two-day ASIST training in Transylvania County. Transylvania Public Health's Healthy Communities coordinator offered support for the training, including funding through the Healthy Communities program. Planning meetings were set for January 2020, and the training for up to 30 people will be scheduled for April 2020.

Partners

The partners for this training include:

Agency	Person	Role
Lutheran Church of the Good Shepherd	Kimberly Dunbar	Lead
Transylvania Public Health	Beth Hyatt	Support

Priority 2: Healthy Lifestyle

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CHIP 19-21

Transylvania County is a vibrant, engaged community that offers affordable resources and leverages its inherent strengths to support the lifelong physical, emotional, and social well-being of all its residents.

Time Period	Current Actual Value	Current Target Value	Next Period Forecast Value	Current Trend	Baseline % Change

Why It Matters?

Transylvania County's top two causes of death and many of our morbidity statistics of concern including obesity, type 2 diabetes, high blood pressure, heart disease, certain cancers, and stroke are directly affected by nutrition and physical activity. Residents report having trouble accessing healthy food and getting the recommended amount of physical activity.

Alignment

Healthy Lifestyle and the related conditions of well-being are aligned with the following Healthy NC 2020 Focus Areas.

- Physical Activity and Nutrition: "Overweight and obesity pose significant health concerns for both children and adults. Excess weight increases an individual's risk of developing type 2 diabetes, high blood pressure, heart disease, certain cancers, and stroke.³⁹ For the first time in two centuries, the life expectancy of children in the United States is predicted to be lower than that of their parents. The root cause of this phenomenon is the increase in obesity.⁴⁰ Increased physical activity and improved nutrition are among the many factors that can help individuals reach and maintain a healthy weight." (North Carolina Institute of Medicine. *Healthy North Carolina 2020: A Better State of Health*. Morrisville, NC: North Carolina Institute of Medicine; 2011.)
 - Objective 1. Increase the percentage of high school students who are neither overweight nor obese.
 - Objective 2. Increase the percentage of adults getting the recommended amount of physical activity.
 - Objective 3. Increase the percentage of adults who consume five or more servings of fruits and vegetables per day.

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Obesity Age-adjusted percentage of obesity among adults ages 20+

2016	27	—	—	↓ 1	23% ↑
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Diabetes Prevention Programs (and/or Chronic Disease Self-Management Programs)

Time Period	Current Actual Value	Current Target Value	Next Period Forecast Value	Current Trend	Baseline % Change

What Is It?

Diabetes Prevention Programs are CDC-recognized lifestyle change programs that offer participants with a full year of support and tools to learn how to eat healthy, add physical activity to daily routines, manage stress, stay motivated, and solve problems that can get in the way of goals. This program is proven to prevent or delay type 2 diabetes. Participants who lost 5-7% of their body weight and added 150 minutes of exercise per week cut their risk of developing type 2 diabetes by up to 58% (71% for people over 60 years old).

DPP is an ongoing program in our community, but has never been offered at Brevard Housing Authority. The priority population for this program are residents of Brevard Housing apartments, who typically have low household incomes and are more likely to be African American. DPP aims to make a difference in individual and interpersonal behaviors. Implementation will take place in the neighborhood where most participants live.

Updates

TPH staff supported implementation of a Diabetes Prevention Program at Brevard Housing Authority. The initial classes concluded in 2019 and monthly follow-up classes are ongoing.

TPH also received funding from NC State to implement an additional DPP at a worksite, but the original worksite preferred an online DPP option and no other interested worksites have been identified to date.

Partners

The partners for this program include:

Agency	Person	Role
Transylvania Public Health	Julie Cunningham	Lead
Brevard Housing Authority	Nicola Karesh	Lead

New & Emerging Issues

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SOTCH Monitor New and Emerging Issues

Time Period	Current Actual Value	Current Target Value	Next Period Forecast Value	Current Trend	Baseline % Change
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Updates

NEW AND EMERGING ISSUES

These are the new or emerging issues in Transylvania County in 2019 that were not identified as priorities in our 2018 Community Health Assessment.

- Transylvania County residents (10 suspect and 3 confirmed cases) were involved in an outbreak of Legionella associated with the NC Mountain State Fair held in Fletcher, NC on September 6-15.
- Measles outbreaks continued in various locations across the nation and globe; TPH staff investigated two suspected cases of measles in May 2019.
- STD rates continue to rise in Transylvania County (up 35% from 2018 to 2019), similar to trends seen in the state and nation.
- TPH placements of long-acting reversible contraception (LARC) remained high in 2019 due to a TPH policy change in 2017 that allows same-day placement when medically indicated.

New Initiatives

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SOTCH Keep Track of New Initiatives & Community Changes

Time Period	Current Actual Value	Current Target Value	Next Period Forecast Value	Current Trend	Baseline % Change
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Updates

The following were new initiatives or changes in our community in 2019:

- Pisgah Health Foundation and Dogwood Health Trust, formed from the proceeds of the sale of Mission Hospital system to HCA, began awarding grants to Western North Carolina counties. These foundations represent a significant increase in potential funding for Transylvania County. Pisgah Health Foundation is focused on improving health and wellness by addressing healthy opportunities in targeted social determinants of health areas including health, food insecurity, housing, social cohesion, and education. Dogwood Health Trust funding will address substance use, as well as immediate needs and a "leverage fund" designed to help organizations bring in grants from other funders.
- Brevard joined the Blue Zones Project with support from Pisgah Health Foundation. The three-year project will focus on environmental interventions around social determinants of health. Three staff members have been hired and community feedback sessions are planned for January and February 2020 on the topics of built environment, food policy, and tobacco policy, which directly affect the community's selected health priorities.
- The C.A.R.E. Coalition of Transylvania County received a renewal of the Drug-Free Communities grant for 5 years. The new grant will focus on preventing alcohol and nicotine use among youth and continuing to support efforts to address opiate use in the larger community.
- TPH staff worked with community partners, schools, and university faculty to continue mosquito surveillance and community education and outreach efforts.
- Healthy Communities funding from NCDPH included strategies to address nicotine use and vaping in schools, and permission to continue efforts around healthy food access.
- TPH and the regional tobacco prevention specialist provided support to the Transylvania County employee wellness committee "Employee Wellness Everywhere" in requesting changes to tobacco policy. County Commissioners voted to adopt tobacco-free county buildings, grounds, and parks.
- TPH partnered with MountainWise to conduct worksite health fairs with funding from Appalachian Regional Commission.
- GetSet of Transylvania County began distributing toolkits of resources to families with preschoolers. TPH was responsible for the "Exploring Emotions and Handling Tantrums" toolkit in October 2019.
- Delta Dental awarded TPH's Healthy Smiles program with a \$3,800 grant to support education and screening in local child care centers, preschools, and elementary schools.
- TPH collaborated with Transylvania County Jail Health to administer Hepatitis A vaccine to 156 clients.
- TPH awarded RFP for custom environmental health software to HealthSpace, which will eventually house all food, lodging and institutions records as well as well and septic permits.
- TPH contracted with Formation PR to conduct listening sessions with current and former WIC clients and develop targeted outreach messaging to increase WIC participation.
- The NC Legislature did not pass a budget, resulting in a failure to pass funding that would have allowed Transylvania County to hire additional school nurses and communicable disease nurses. Transylvania County Commissioners also did not approve funding for additional school nurses due to the major expense of the county employee compensation and classification study.
- Due to delays in adopting a state budget, Medicare Transformation, due to go into effect in 2020, has been postponed and NC CARE 360 implementation has been significantly slowed.