

# 2017 State of the County's Health Report Graham County



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The 2015 Community Health Assessment Priorities are:

**Access to Care**

**Chronic Disease**

**Physical Activity and Nutrition**

The 2017 SOTCH will be communicated to stakeholders, community partners, and the general population in the following ways:

- Present to stakeholders: Board of Health, Health Advisory Board, and Graham Revitalization Economic Action Team
- Available in Hardcopy, by request, at the Graham County Department of Public Health
- Available at the Graham County Public Library

# 2017 State of the County's Health Report Scorecard - Graham County



The 2015 Community Health Assessment priority areas for Graham County are:

- **Access to Care**
- **Chronic Disease**
- **Physical Activity and Nutrition**

The following SOTCH Scorecard was created and submitted **March 5, 2018** in order to meet the requirements for the Graham County annual State of the County's Health (SOTCH) Report.

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](#)
- [2017 County Health Data Book\(Update available in June 2017\)](#)
- [WNC Healthy Impact Secondary Data Workbook Update](#)

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## Access to Care

| R | Access to Care | All Residents of Graham County have Access to Care | Time Period | Actual Value | Target Value | Current Trend | Baseline % Change |
|---|----------------|--|-------------|--------------|--------------|---------------|-------------------|
|---|----------------|--|-------------|--------------|--------------|---------------|-------------------|

### Progress Made in 2017

The following progress was made in 2017 on our action plan interventions for Access to Care in Graham County.

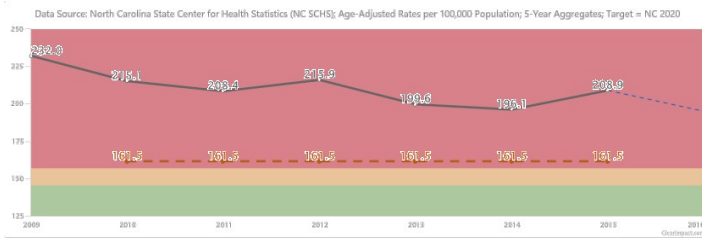
- **Heart 360 Check, Change Control**
  - This program was to be executed by the Health Educator. This position was vacated summer 2017, and has not been filled. The program was not implemented.
- **Quitline**
  - All Obstetrical Care Management clients that have a report of current or recent smoking history are provided the Quitline brochure along with an offer for a proactive referral that is faxed to Quitline. These type referrals are provided also during all clinical visits for Adult Health, Child Health, Breast Cancer and Cervical Cancer Prevention Program, STD, Walk Ins, and Family Planning. All nurses are trained in 5As Smoking Cessation Counseling and provide services to clients when indicated.

Additionally, the following progress was made in 2017 on Access to Care in Graham County.

- Continued partnership with Tallulah Health Center, the local Federally Qualified Health Center.
- Tallulah began having a Pediatrician onsite two days per week for preventative and primary care.
- December 18, 2017 Eastern Band of Cherokee Indians opened the Snowbird Residential Treatment Center for drug rehabilitation.
- Vaya Health cubicle is located in the front lobby of the health department for clients to self-screen for mental health concerns. Referrals are available as needed through a trained health department employee.



### Access to Care Cardiovascular Disease Mortality Rate



| Year | Actual Value | Target Value | Current Trend | Baseline % Change |
|------|--------------|--------------|---------------|-------------------|
| 2015 | 208.9        | 161.5        | ↑ 1           | -14% ↓            |
| 2014 | 196.1        | 161.5        | ↓ 2           | -19% ↓            |
| 2013 | 199.6        | 161.5        | ↓ 1           | -18% ↓            |
| 2012 | 215.9        | 161.5        | ↑ 1           | -11% ↓            |
| 2011 | 208.4        | 161.5        | ↓ 2           | -14% ↓            |
| 2010 | 215.1        | 161.5        | ↓ 1           | -11% ↓            |
| 2009 | 232.0        | —            | ↑ 2           | -4% ↓             |
| 2008 | 224.8        | —            | ↑ 1           | -7% ↓             |
| 2007 | 218.0        | —            | ↓ 1           | -10% ↓            |
| 2006 | 242.6        | —            | → 0           | 0% →              |



### Access to Care Heart 360 (Check, Change, Control)

| Time Period | Actual Value | Target Value | Current Trend | Baseline % Change |
|-------------|--------------|--------------|---------------|-------------------|
|-------------|--------------|--------------|---------------|-------------------|



### Access to Care Quitline

| Time Period | Actual Value | Target Value | Current Trend | Baseline % Change |
|-------------|--------------|--------------|---------------|-------------------|
|-------------|--------------|--------------|---------------|-------------------|

## Chronic Disease



### Chronic Disease All Residents of Graham County Prevent and/or Manage Chronic Disease

| Time Period | Actual Value | Target Value | Current Trend | Baseline % Change |
|-------------|--------------|--------------|---------------|-------------------|
|-------------|--------------|--------------|---------------|-------------------|

#### Progress Made in 2017

The following progress was made in 2017 on our action plan interventions for Chronic Disease in Graham County.

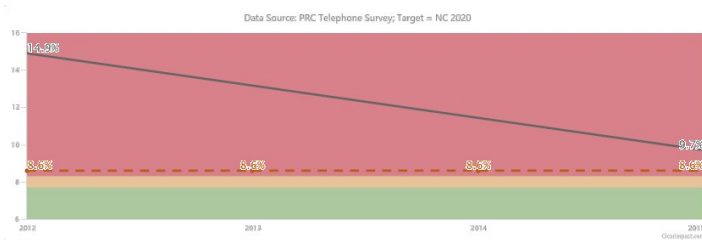
- **National Diabetes Prevention Program**
  - January 2017 DPP began with seven participants.
  - September 2017 DPP ended with three participants.
  - Two of the three participants lost weight (2.2% to 5.6% body weight lost).
  - The lead coach left Graham County employment in August 2017. The assistant coach completed the lesson plans in September. This has not been re-instituted, as the position continues to be vacant.
- **Faithful Families – Eating Smart and Moving More**
  - This program was to be executed by the Health Educator. This position was vacated summer 2017, and has not been filled. The program was not implemented.

Additionally, the following progress was made in 2017 on Chronic Disease in Graham County.

- Monthly blood pressure checks were conducted in collaboration with the Manna Food Bank distribution site at the First Baptist Church. This has been an active and successful partnership.
- The Health Department continued to host "Healthy Lifestyle Choices", an after school program for elementary and middle school students through March 2017. After March, the programs continue to be taught by the school.
- The 2017 Community Health and Wellness Fair was held in June. Multiple organizations participated
- STEP UP Diabetes Coalition of Graham County is creating and improving walking and hiking trails throughout Graham County to help combat diabetes through improved access to physical activity opportunities.



### Chronic Disease % Adults with Diabetes



|      |       |      |     |        |
|------|-------|------|-----|--------|
| 2015 | 9.7%  | 8.6% | ↓ 1 | -35% ↓ |
| 2012 | 14.9% | 8.6% | → 0 | 0% →   |



### Chronic Disease National Diabetes Prevention Program (DPP)

| Time Period | Actual Value | Target Value | Current Trend | Baseline % Change |
|-------------|--------------|--------------|---------------|-------------------|
|-------------|--------------|--------------|---------------|-------------------|

## Physical Activity and Nutrition

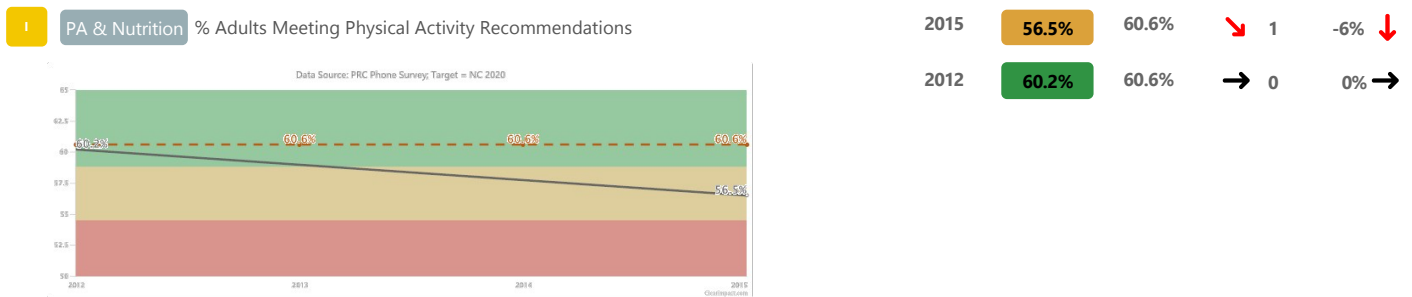
### Progress Made in 2017

The following progress was made in 2017 on our action plan interventions for Physical Activity and Nutrition in Graham County.

- **Faithful Families - Eating Smart and Moving More**
  - 2017, and has not been filled. The program was not implemented.
- **Work at Health**
  - In 2017, the employees continued to record steps, and have group exercise classes at lunch and after work. Healthy meal plans were given to the employees. Employees were given health recipes and exercises weekly from Spark People. Since the Health Educator position was vacated in the summer of 2017, the program ceased.

Additionally, the following progress was made in 2017 on Physical Activity and Nutrition in Graham County.

- January 2017 to March 2017 an exercise course for seniors, Matter of Balance, was offered at the Senior Center. It was well attended. A modified exercise class for seniors has continued, it continues to be a success.
- The Health Department continues to play an active role yearly in Relay for Life. They continue to sponsor a team to raise cancer awareness.
- April 2017 through September 2017, Graham Revitalization Economic Action Team (GREAT) in collaboration with the health department and Stoney Hollow Farm sustained a grant program that provided a cash voucher for fresh, organic fruits and vegetables. GREAT and the health department distributed the vouchers to families, and the farm maintained the garden for clients to cash the vouchers. The clients received an additional 10% discount on their purchase over the voucher amount. The farm also held cooking classes utilizing their available produce.
- Manna Food Bank continued its monthly distribution at Robbinsville First Baptist Church. It is very successful, and reports it is seeing a statistical increase in the number of larger families (four or more people in the household).



## New and Emerging Issues & Initiatives

### Notes

These are the new or emerging issues in our community in 2017 that were not identified as priorities in our CHA.

- The opioid epidemic continues to be a growing concern.
- Mental Health treatment and ongoing access to care is an emerging issue.
- Hepatitis B and C are growing concerns for Graham County.

**Leading Causes of Death in North Carolina 2016**

**Location:** GRAHAM

**Race:** all

**Gender:** both

**Hispanic Origin:** all (Hispanic, Non-Hispanic, and Unknown)

**Age:** 0 - 99 years

Note: Age 99 indicates age 99 years or older.

| Rank | Cause  | Number     | %            |
|------|--|------------|--------------|
| 1    | Cancer   | 28         | 27.2         |
| 2    | Diseases of heart  | 22         | 21.4         |
| 3    | Chronic lower respiratory diseases   | 7          | 6.8          |
| 4    | Cerebrovascular diseases   | 6          | 5.8          |
| 5    | All other unintentional injuries   | 5          | 4.9          |
|      | Nephritis, nephrotic syndrome and nephrosis  | 5          | 4.9          |
| 7    | Chronic liver disease and cirrhosis  | 4          | 3.9          |
| 8    | Diabetes mellitus  | 3          | 2.9          |
| 9    | In situ neoplasms, benign neoplasms and neoplasms of uncertain or unknown behavior | 2          | 1.9          |
| 10   | Aortic aneurysm and dissection   | 1          | 1.0          |
|      | Atherosclerosis  | 1          | 1.0          |
|      | Congenital malformations, deformations, and chromosomal abnormalities              | 1          | 1.0          |
|      | Essential (primary) hypertension and hypertensive renal disease                    | 1          | 1.0          |
|      | Intentional self-harm (suicide)  | 1          | 1.0          |
|      | Motor vehicle injuries   | 1          | 1.0          |
|      | Septicemia   | 1          | 1.0          |
|      | All other causes (Residual)  | 14         | 13.3         |
|      | <b>Total Deaths -- All Causes</b>  | <b>103</b> | <b>100.0</b> |

Source: State Center for Health Statistics, North Carolina

R SOTCH Keep Track of New Initiatives & Community Changes

Time Period Actual Value Target Value Current Trend Baseline % Change

**Notes**

The following are new initiatives or changes in our community in 2017

- The Prenatal and Substance Use Coalition was formed in 2017. This collaborative is between Cherokee, Graham, and Clay counties.
- The Graham County Health Department and Department of Social Services will be consolidated into one facility in the spring of 2018. They will remain separate entities, in one building.
- Graham County Health Department underwent health department consolidation in August of 2017.
- CC4C and DSS began partnering for the implementation of the Safe Plan of Care initiative. This was implemented related to the growing substance abuse issues with pregnant women. This plan of care is used for mothers and/or infants that test positive for illegal substances.
- Discussions are beginning between the Health Department and county government regarding the storage and distribution of Narcan in the Health Department.