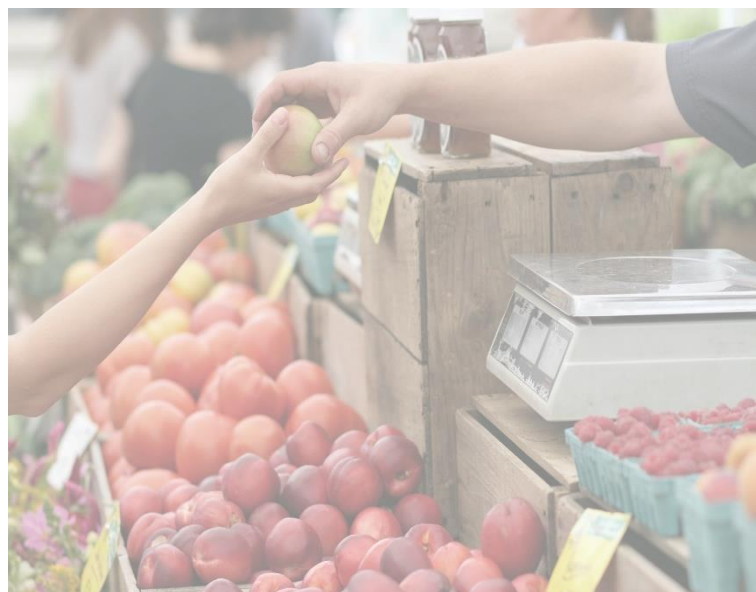




2019
Graham County
Community Health
Improvement Plan
(CHIP)



GRAHAM COUNTY
DEPARTMENT OF PUBLIC HEALTH

2019 Graham County e-CHIP

Graham County CHA Video

The 2018 Community Health Assessment priority areas are:

- **Mental Health**
- **Substance Abuse**
- **Cardiovascular Disease**

The following CHIP Scorecard was created and submitted **September 9th** in order to meet the requirements for the **Graham County** Long-Term Community Health Improvement Plans.

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 CHIP:

- [WNC Healthy Impact](#)
- [WNC Healthy Impact Data Workbook](#)
- [NC DHHS CHA Tools](#)
- [NC DHHS County Health Data Book](#)
- [NC DHHS/ DPH CHA Data Tools](#)

Mental Health - Long Term CHIP

R Residents of Graham County are Healthy, Safe, and Thriving.

Most Recent Period	Current Actual Value	Current Target Value	Current Trend	Baseline % Change
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Alignment

Mental Health and the related result "Residents of Graham County are Healthy, Safe, and Thriving." are aligned with the following Healthy NC 2020 Focus Areas/ Objectives.

- Reduce the suicide rate
- Decrease the average number of poor mental health days among adults in the past 30 days
- Reduce the rate of mental health-related visits to emergency departments

Experience and Importance

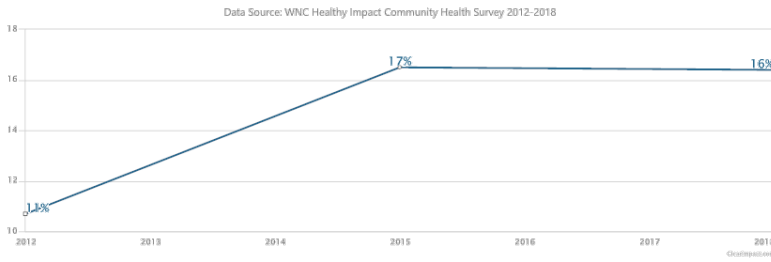
How would we experience healthy, safe, and thriving residents in our community?

Graham County would see fewer suicide attempts and suicide related deaths. There would be a reduction in crime and domestic violence. There would be a reduction in child neglect and abuse. It would increase the number of employment eligible individuals in the county, thus improving the draw for those employers and industry. There would be easily accessible mental health resources in the county. Graham County wants to see all residents free from the infliction of mental health issues and empowered to find hope.

What information led to the selection of this health issue and related result?

Suicide is the leading cause of death among youth ages 0-19 and the second leading cause of death in those age 20-39 in Graham County and occurs at a higher rate than the region and the state. It is the sixth leading cause of death overall. (CHA, 2018). When Key Informants were asked what is contributing to the problem of depression/anxiety/stress, responses included: "Lack of access to mental health services and care," "Lack of education," and "other social determinants of health" such as poverty and availability of illegal drugs. When asked what they felt was contributing to progress, responses included, "There is no progress" and "education for school staff." (WNCHN - Key Informant Survey, 2018).

2018	16%	—	↓ 1	53%	↑
2015	17%	—	↗ 1	54%	↑
2012	11%	—	→ 0	0%	→



Story Behind the Indicator

The "Story Behind the Curve" helps us understand why the data on poor mental health is the way that it is in our community. When we understand the root causes of our community problems, we have a better chance of finding the right solutions, together.

Mental health often stems from other social determinants of health, such as poverty, lack of access to care, and lack of a support network. It can also correspond with other health issues like substance use and chronic disease. Mental health affects all walks of life and can be exacerbated or inherent due to generational trauma (Graham County CHA 2018).

Mental health was selected as a priority to address in the Community Health Improvement Process due to it being a major overarching concern of the county. The team felt addressing mental health will begin to improve the issues with substance use and overall county wellbeing; this would have a vast positive impact on the county. While the feasibility of this priority is a concern, it is something that will have to be addressed (Graham County CHA 2018).

What's Helping? *These at the positive forces are work in our community and beyond that influence this issue in our community.*

- Celebrate Recovery
- Faith Based Community
- Strong Family Connections
- Appalachian Community Services

What's Hurting? *These at the negative forces are work in our community and beyond that influence this issue in our community.*

- Lack of resources
- Stigma
- Isolation
- No healthy living activities

Partners with a Role to Play

The partners for this adults with poor mental health days indicator include:

Agency	Person	Role
VAYA		Lead
Health Department		Collaborate
Graham County Schools		Collaborate
Celebrate Recovery		Collaborate

Strategies Considered & Process

The following actions have been identified by our Substance Use Coalition and community members as ideas for what can work for our community to make a difference on [name health problem].

Actions and Approaches Identified by Our Partners *These are actions and approaches that our partners think can make a difference on poor mental health.*

- Mental Health First Aid
- ACEs training
- Peer Support
- Strengthening Families Program

What is Currently Working in Our Community *These are actions and approaches that are currently in place in our community to make a difference on poor mental health.*

- Celebrate Recovery
- Appalachian Community Services

Evidence-Based Strategies *These are actions and approaches that have been shown to make a difference on poor mental health.*

Name of Strategy Reviewed	Level of Intervention
https://www.strengtheningfamiliesprogram.org/	Interpersonal
https://pss.unc.edu/ - Peer Support	Individual

What Community Members Most Affected by Poor Mental Health Say *These are the actions and approaches recommended by members of our community who are most affected by poor mental health.*




- Education for school staff

Process for Selecting Priority Strategies

During our group process, the following criteria were applied to the issues listed above to select priority health issues of focus for our community over the next three years:

- Criteria 1 – Relevant – How important is this issue? (Urgency to solve problem; community concern; Focus on equity; Linked to other important issues)
- Criteria 2 – Impactful – What will we get out of addressing this issue? (Availability of solutions/proven strategies; Builds on or enhances current work; Significant consequences of not addressing issue now)
- Criteria 3 – Feasible – Can we adequately address this issue? (Availability of resources (staff, community partners, time, money, equipment) to address the issue; political capacity/will; Community/social acceptability; Appropriate socio-culturally; Can identify easy, short-term wins)

Participants used a modified Hanlon method to rate the priorities using the criteria listed above. Then dot-voting techniques were used to narrow to the top 3 priority health issues.

 MH Suicide Mortality Rate	2016	29.6	–	→ 0	0% →
 MH Area Mental Health Utilization Trend (# Served)	2017	527.0	–	↗ 3	-7% ↓
 Strengthening Families Parenting Program	Time Period	Current Actual Value	Current Target Value	Current Trend	Baseline % Change
<p>What Is It?</p> <p>Strengthening Families Program was identified by Substance Use Coalition as an action, that when combined with other actions in our community, that has a reasonable chance of making a difference in mental health in our community. This is an ongoing program in our community.</p> <p>We just finished the first round of the Strengthening Families Program. Data is not yet available.</p>					

The priority population/customers for this Strengthening Families Program are parents with children ages 6-17, and the Strengthening Families Program aims to make a difference at the individual level. Implementation will take place at the Robbinsville United Methodist Church.

Partners

The partners for this Strengthening Families Program include:

Agency	Person	Role
Swain Family Resource Center		Lead
Health Department		Support
Department of Social Services		Support

Work Plan

Activity	Resources Needed	Agency/Person Responsible	Target Completion Date
Planning	Trainers/Educators	Swain Family Resource Center, Health Department	February 2019
Implementation	Space/Facility	Robbinsville United Methodist Church, Health Department, Swain Family Resource Center	March 2019-July 2019

Evaluation & Sustainability

Evaluation Plan:

We plan to evaluate the impact of Strengthening Families Program through the existing program evaluation tools of the Swain Family Resource Center.

Sustainability Plan:

The following is our sustainability plan for [insert program type]:

- Sustainability Component 1:
 - Funding for Strengthening Families Program continues through grants
- Sustainability Component 2:
 - County support to continue through DSS, health department, and the Methodist Church.

PM % of Meetings Attended

— — — — —

PM # of Participants

— — — — —

P Mental Health First Aid

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

What Is It?

Mental Health First Aid was identified by partners as an action, that when combined with other actions in our community, that has a reasonable chance of making a difference in mental health in our community. This is a ongoing program in our community.

This program was well attended by Health Department staff during spring trainings.

The priority population/customers for this Mental Health First Aid are people interested in recognizing mental health crisis, and professionals working in the public sector, and the Mental Health First Aid aims to make a difference at the interpersonal behavior level. Implementation will take place at Robbinsville United Methodist Church and Robbinsville School System.

Partners

The partners for this Mental Health First Aid include:

Agency	Person	Role
Health Department		Lead
DSS		Support
VAYA		Lead
Graham County Schools		Collaborate

Work Plan

Activity	Resources Needed	Agency/Person Responsible	Target Completion Date
Planning	Trainers/Educators	VAYA	April 2019
Implementation	Training Materials, Space	VAYA, Robbinsville United Methodist Church, DSS < Health Department	April 2019

Evaluation & Sustainability

Evaluation Plan:

We plan to evaluate the impact of Mental Health First Aid through existing program evaluation tools, which are distributed and tallied by VAYA.

Sustainability Plan:

The following is our sustainability plan for [insert program type]:

- Sustainability Component 1:
 - VAYA trains on Mental Health First Aid
 - A Graham County School Counselor train on Mental Health First Aid
- Sustainability Component 2:
 - Training fees paid by grants through Duke Endowment.

PM # of Trainings	-	-	-	-	-
PM # of Participants	-	-	-	-	-
P ACES Training in Schools	Time Period	Current Actual Value	Current Target Value	Current Trend	Baseline % Change

What Is It?

Aces Training in Schools was identified by the coalition as an action, that when combined with other actions in our community, that has a reasonable chance of making a difference in improving mental health in our community. This is a new program in our community.

The priority population/customers for this Aces Training in Schools are school-aged youth, and the Aces Training in Schools aims to make a difference at the interpersonal behavior change level. Implementation will take place in Graham County Schools.

Partners

The partners for this [insert program type] include:

Agency	Person	Role
Graham County Schools		Lead
Mountain Projects		Lead

Work Plan

Activity	Resources Needed	Agency/Person Responsible	Target Completion Date
Planning		Graham County Schools and Mountain Projects	June 2019

Evaluation & Sustainability

Evaluation Plan:

We plan to evaluate the impact of Aces Training in Schools through the existing tools established by Mountain Projects.

Sustainability Plan:

The following is our sustainability plan for Aces Training in Schools:

- Sustainability Component 1:
 - Grant-funded

PM # of Trainings	-	-	-	-	-
PM # of Participants	-	-	-	-	-
P Peer Support Program	Time Period	Current Actual Value	Current Target Value	Current Trend	Baseline % Change

What Is It?

Peer Support Program was identified by the coalition as an action, that when combined with other actions in our community, that has a reasonable chance of making a difference in improving mental health in our community. This is a new program in our community.

The priority population/customers for this Peer Support Program are those with mental health and substance use disorders, and the Peer Support Program aims to make a difference at the individual level. Implementation will take place throughout the community.

Partners

The partners for this Peer Support Program include:

Agency	Person	Role
VAYA		Lead
Hope Counseling and Recovery		Lead
Health Department		Collaborate
Sheriff's Department		Support

Work Plan

Activity	Resources Needed	Agency/Person Responsible	Target Completion Date
Planning		VAYA, Hope Counseling and Recovery, Health Department	October 2019

Evaluation & Sustainability

Evaluation Plan:

We plan to evaluate the impact of Peer Support Program through the use of Results-Based Accountability™ to monitor specific performance measures. We will be monitoring How Much, How Well and/or Better Off Performance Measures. Our evaluation activities will be tracked in the Work Plan table, above.

Sustainability Plan:

The following is our sustainability plan for Peer Support Program :

- Sustainability Component 1: using program performance measures to ensure ongoing effectiveness and demonstrate successes to funders and other key stakeholders.

PM # of Peer Support Specialists

PM # of Participants

Substance Abuse - Long Term CHIP

R Residents of Graham County are Free from Substance Use

Most Recent Period	Current Actual Value	Current Target Value	Current Trend	Baseline % Change
-	-	-	-	-

Alignment

Substance Use and the related result "Residents of Graham County are Free from Substance Use" are aligned with the following Healthy NC 2020 Focus Areas/ Objectives.

- Reduce the percentage of high school students who had alcohol on one or more of the past 30 days.
- Reduce the percentage of traffic crashes that are alcohol-related.
- Reduce the percentage of individuals aged 12 years and older reporting any illicit drug use in the past 30 days.

Experience and Importance

How would we experience decreased substance use in our community?

Graham County would see fewer overdoses, including both fatal and non-fatal. There would be a reduction in crime and domestic violence. We would see a reduction in child neglect and abuse. There would be fewer syringes in the county park, green spaces, and sidewalks. It would increase the number of employment eligible individuals in the county, thus improving the draw for those employers and industry.

What information led to the selection of this health issue and related result?

Substance use disorder was selected due to the alarmingly high rate of intravenous drug use, opioids, and methamphetamines. Graham County is in the top 5% in the nation for a Hepatitis C/HIV outbreak, so addressing SUD is a major health concern for the county. The impact of a successful intervention would be immense. Like mental health, feasibility is a concern, as no framework is in place. This will be developed from the ground up.

I Unintentional Poisoning Deaths Due to Medication/Drug Overdose (Headline)

2013 85.0 - → 0 0% →

Data Source: NC Division of Public Health, Chronic Disease and Injury Section, Injury and Violence Prevention Branch, Injury Epidemiology and Surveillance Unit. ing. [Data tables]. Unpublished Data



Story Behind the Indicator

The "Story Behind the Curve" helps us understand why the data on people dying from drug overdoses is the way that it is in our community. When we understand the root causes of our community problems, we have a better chance of finding the right solutions, together.

A listening session was held with a group to discuss the substance use issue. These discussions highlighted the relationship between early childhood experiences and drug use. Participants shared reasons why they began using, which included: drug use by their parents (generational), abuse as a child, and feeling inadequate, alone, or hopeless. There was a consensus around the lack of resources for youth to be engaged in healthy and productive activities; therefore they find relief from stress in drug use (Graham County CHA).

There is also a stigma around drug use and therefore some efforts to help the problem are not always effective. They feel that healthcare providers and counselors make you feel bad for using and act as if the problem is your fault. Focus group participants discussed the syringe drop boxes. One statement from the discussion was, "We want syringe drop boxes at the library, health department, and urgent care. People won't use the park drop box because of the cameras. They think the Sheriff's office will pull the tapes and arrest them when they see them on camera. People are afraid of arrest when dropping needles in the courthouse boxes as well." (Graham County CHA).

What's Helping? These are the positive forces at work in our community and beyond that influence this issue in our community.

- Celebrate Recovery 12 step program
- Celebrate Grace and Church Mouse thrift stores provide employment for those in recovery
- Appalachian Community Services substance use counseling

What's Hurting? These are the negative forces at work in our community and beyond that influence this issue in our community.

- Lack of resources for mental health and substance use
- Lack of sober living activities
- Stigma
- Lack of living wage/steady employment

Partners with a Role to Play

The partners for substance use include:

Agency	Person	Role
Health Department		Lead
Celebrate Recovery		Lead
Hope Counseling and Recovery		Lead
WNCAP		Support
Graham County Sheriff's Office		Collaborate
Graham County Library		Collaborate
Mountain Projects		Collaborate
Hinton Life Center		Support
NCWORKS		Support

Strategies Considered & Process

The following actions have been identified by our team and community members as ideas for what can work for our community to make a difference on Substance Use Disorder.

Actions and Approaches Identified by Our Partners *These are actions and approaches that our partners think can make a difference on Substance Use Disorder.*

- Strengthening Families program held at the Robbinsville United Methodist Church
- Substance Use Coalition work
- Drug Take Back Day in October 2019
- Evening Sports League
- ACE's training for teachers

What is Currently Working in Our Community *These are actions and approaches that are currently in place in our community to make a difference on Substance Use Disorder.*

- Celebrate Recovery 12 step program
- Grace Place, A Community Table

Evidence-Based Strategies *These are actions and approaches that have been shown to make a difference on Substance Use Disorder.*

Name of Strategy Reviewed	Level of Intervention
Strengthening Families	Individual
Drug Take Back Day	Community

Name of Strategy Reviewed	Level of Intervention
Mental Health First Aid Training	Community

What Community Members Most Affected by Substance Use Disorder Say *These are the actions and approaches recommended by members of our community who are most affected by Substance Use Disorder.*










- Reduce stigma
- Increase access to treatment
- Improve job availability
- Increase housing availability

Process for Selecting Priority Strategies

During our group process, the following criteria were applied to the issues listed above to select priority health issues of focus for our community over the next three years:

- Criteria 1 – Relevant – How important is this issue? (Urgency to solve problem; community concern; Focus on equity; Linked to other important issues)
- Criteria 2 – Impactful – What will we get out of addressing this issue? (Availability of solutions/proven strategies; Builds on or enhances current work; Significant consequences of not addressing issue now)
- Criteria 3 – Feasible – Can we adequately address this issue? (Availability of resources (staff, community partners, time, money, equipment) to address the issue; political capacity/will; Community/social acceptability; Appropriate socio-culturally; Can identify easy, short-term wins)

Participants used a modified Hanlon method to rate the priorities using the criteria listed above. Then dot-voting techniques were used to narrow to the top 3 priority health issues.

 Adults Binge Drinking in Past Month	2018	4.9%	—	 1	-51% 
 # Injury Mortality (Poisoning) Deaths	2016	11.0	—	 1	83% 
 Prescription Drug Misuse	2015	3.5%	—	 0	0% 

P	Lock Your Meds Take Back Event	Time Period	Current Actual Value	Current Target Value	Current Trend	Baseline % Change
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What Is It?

Lock Your Meds Take Back Event was identified by partners as an action, that when combined with other actions in our community, that has a reasonable chance of making a difference in substance use disorder in our community. This is a new program in our community.

The priority population/customers for this Lock Your Meds Take Back Event are all residents, and the Lock Your Meds Take Back Event aims to make a difference at the environmental level. Implementation will take place at the Graham County Sheriff's Office.

Partners

The partners for this [insert program type] include:

Agency	Person	Role
Sheriff's Office		Lead
Health Department		Collaborate

Work Plan

Activity	Resources Needed	Agency/Person Responsible	Target Completion Date
Begin planning		Health Department and Sheriff's Office	October 2019

Evaluation & Sustainability

Evaluation Plan:

We plan to evaluate the impact of Lock Your Meds Take Back Event through the use of Results-Based Accountability™ to monitor specific performance measures. We will be monitoring How Much, How Well and/or Better Off Performance Measures.

Sustainability Plan:

The following is our sustainability plan for Lock Your Meds Take Back Event:

- Sustainability Component 1:
 - Increasing community awareness on the issue and demonstrating the value of the program to the public

PM	Lbs of Pills Collected					
P	Lock Your Meds Media Campaign	Time Period	Current Actual Value	Current Target Value	Current Trend	Baseline % Change

What Is It?

Lock Your Meds Media Campaign was identified by the Substance Use Coalition as an action, that when combined with other actions in our community, that has a reasonable chance of making a difference in substance use disorder in our community. This is a new program in our community.

The priority population/customers for this Lock Your Meds Media Campaign are all residents, and the Lock Your Meds Media Campaign aims to make a difference at the environmental level. Implementation will take place in media outlets, and public displays.

Partners

The partners for this Lock Your Meds Media Campaign include:

Agency	Person	Role
Health Department		Lead
Mountain Projects		Collaborate

Work Plan

Activity	Resources Needed	Agency/Person Responsible	Target Completion Date
Planning	Campaign materials	Mountain Projects and Health Department	June 2019
Implementation	Campaign materials	Health Department	July 2019

Evaluation & Sustainability

Evaluation Plan:

We plan to evaluate the impact of Lock Your Meds Media Campaign through the number of posters and magnets distributed. The number of personnel and students at the school who see the posters. The number of personnel who see the posters at county offices. The number of views on Facebook.

Sustainability Plan:

The following is our sustainability plan for Lock Your Meds Media Campaign:

- Sustainability Component 1:
 - Lock Your Meds is a national campaign. Local support for the campaign is through the Sheriff's Office, county administration, and the health department.

PM	# of Flyers Distributed	-	-	-	-	-
PM	# of Lockboxes Distributed	-	-	-	-	-
PM	# of Facebook Interactions	-	-	-	-	-
PM	# of Rack Cards Distributed	-	-	-	-	-

P	Midnight Sports League for Families	Time Period	Current Actual Value	Current Target Value	Current Trend	Baseline % Change
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What Is It?

Midnight Sports League for Families was identified by the coalition as an action, that when combined with other actions in our community, that has a reasonable chance of making a difference in substance use disorder in our community. This is a new program in our community.

The priority population/customers for this Midnight Sports League for Families are youth ages 9-18 and their families, and the Midnight Sports League for Families aims to make a difference at the environmental level. Implementation will take place in Graham County Community Building.

Partners

The partners for this Midnight Sports League for Families include:

Agency	Person	Role
Sheriff's Office		Lead
Health Department		Collaborate
Graham County Library		Support

Work Plan

Activity	Resources Needed	Agency/Person Responsible	Target Completion Date
Planning		Health Department and Sheriff's Office	November 2019

Evaluation & Sustainability

Evaluation Plan:

We plan to evaluate the impact of [Midnight Sports League for Families through participation. Our evaluation activities will be tracked in the Work Plan table, above.

Sustainability Plan:

The following is our sustainability plan for Midnight Sports League for Families:

- Sustainability Component 1:
 - Steady volunteers through members of the substance use coalition, Sheriff's Office, and health department.
 - Will recruit additional volunteers through other organizations
- Sustainability Component 2:
 - Will seek funding through local private businesses, organizations and take donations

PM	# of Participants	-	-	-	-	-
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Cardiovascular Disease - Long Term CHIP

R	Graham County residents are healthy, active and have access to healthy food.	Most Recent Period	Current Actual Value	Current Target Value	Current Trend	Baseline % Change
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Alignment

Cardiovascular Disease and the related result "Graham County residents are healthy, active and have access to healthy food." aligned with the following Healthy NC 2020 Focus Areas/ Objectives.

- Reduce the cardiovascular disease mortality rate
- Decrease the percentage of adults with diabetes

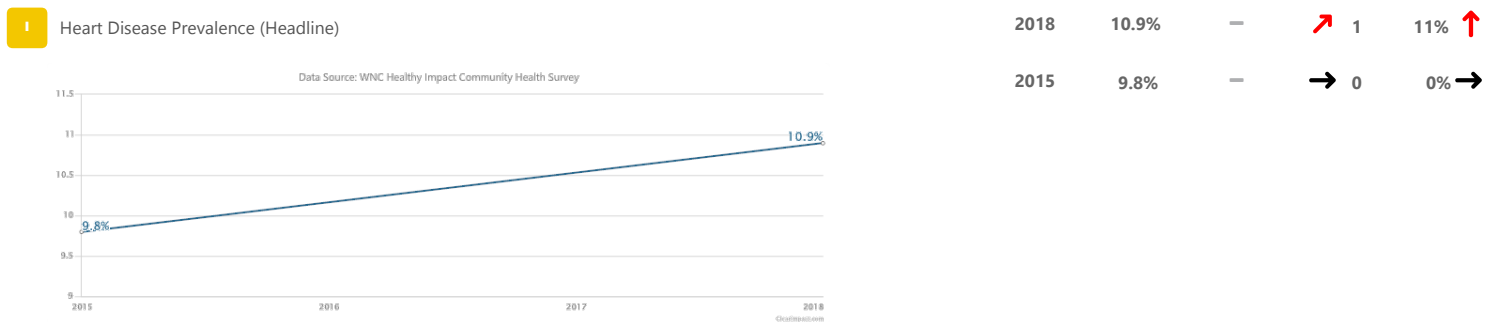
Experience and Importance

How would we experience reduced cardiovascular disease mortality in our community?

Graham County will be a healthier place, with healthier residents, with a reduce in cardiovascular disease. Heart disease has a number of comorbidities that negatively impact the health of county citizens. With a reduction in heart disease, we may see a reduction in diabetes and obesity, thus positively impacting mortality for other comorbidities.

What information led to the selection of this health issue and related result?

Cardiovascular disease is the leading cause of death in Graham County, and is preventable in most cases. The availability of resources surrounding heart disease education and prevention is extensive, and programs can be implemented with existing systems. This is the most feasible of the selected priorities in terms of implementation. However, decreasing the prevalence of heart disease takes years.



Story Behind the Indicator

The "Story Behind the Curve" helps us understand why the data on [state the indicator in plain language, e.g. adults with diabetes, children born addicted to drugs, or people dying from drug overdoses] is the way that it is in our community. When we understand the root causes of our community problems, we have a better chance of finding the right solutions, together.

Graham County is geographically isolated, with a small population. There is no gym, or organized physical activity for community participation. There is one primary care provider, and no specialists. There is one grocery store, and one farmer's market. Each of these limits the selection and availability of healthy choices in the community. Being central Appalachia, the food culture also impacts the healthy cooking methods that are used, as tradition doesn't lend to healthy cooking options. There are no existing policies or programming around healthy lifestyle, or heart disease.

There are several lifestyle factors that can be looked at to address heart disease, such as nutrition, physical activity, food access, and access to preventative healthcare services. We not only want to decrease the prevalence of heart disease, but focus on improving systems and environments to make healthy living the easier choice for all ages (Graham County CHA 2018).

Key informants were asked to identify what they believed to be contributing to the problem of heart disease and responses included, "eating and cooking habits," "oppression and depression," "poverty," and "lack of access to care and services" (WNCHN - Key Informant Survey, 2018). When asked what is contributing to progress, responses included, "a sports-minded community," "willingness to learn and practice," "urgent care clinic," and "more medical equipment" (WNCHN - Key Informant Survey, 2018).

What's Helping? *These at the positive forces are work in our community and beyond that influence this issue in our community.*

- MANNA FoodBank is working with Stecoah Valley Center to organize a monthly drop off of fresh produce through a "MANNA Pop Up Market".

- GREAT (Graham Revitalization Economic Action Team) is continuously working to improve access to walking trails, and healthy food choices. Currently, a grant supports food vouchers to a local organic farm for low-income individuals and families.
- Grace Plance, A Community Table offers a weekly community meal open to everyone.

What's Hurting? *These are the negative forces at work in our community and beyond that influence this issue in our community.*

- Geographic isolation
- Lack of availability
- Culture and tradition

Partners with a Role to Play

The partners for this Cardiovascular Disease priority include:

Agency	Person	Role
GREAT	Rick Davis	Lead and Collaborate
Health Department		Lead and Collaborate
Graham County Schools	Angie Knight	Support
MountainWise	Tobin Lee	Collaborate

Strategies Considered & Process

The following actions have been identified by our partners and community members as ideas for what can work for our community to make a difference on Cardiovascular Disease.

Actions and Approaches Identified by Our Partners *These are actions and approaches that our partners think can make a difference on cardiovascular disease.*

- Collaborate with MountainWise to provide tobacco education in the schools
- Collaborate with local health care providers and GREAT on the exploration of the COACH Program

What is Currently Working in Our Community *These are actions and approaches that are currently in place in our community to make a difference on cardiovascular disease.*

- GREAT continues to improve local walking trails and Way Finding signage for walking downtown Robbinsville.

Evidence-Based Strategies *These are actions and approaches that have been shown to make a difference on cardiovascular disease.*

Name of Strategy Reviewed	Level of Intervention
http://www.thecoachprogram.com/	Individual

What Community Members Most Affected by Cardiovascular Disease Say *These are the actions and approaches recommended by members of our community who are most affected by cardiovascular disease.*

- Elderly ages 65+
- Obese adults
- Those with diabetes
- Those who use tobacco products















Process for Selecting Priority Strategies

During our group process, the following criteria were applied to the issues listed above to select priority health issues of focus for our community over the next three years:

- Criteria 1 – Relevant – How important is this issue? (Urgency to solve problem; community concern; Focus on equity; Linked to other important issues)

- Criteria 2 – Impactful – What will we get out of addressing this issue? (Availability of solutions/proven strategies; Builds on or enhances current work; Significant consequences of not addressing issue now) □
- Criteria 3 – Feasible – Can we adequately address this issue? (Availability of resources (staff, community partners, time, money, equipment) to address the issue; political capacity/will; Community/social acceptability; Appropriate socio-culturally; Can identify easy, short-term wins)

Participants used a modified Hanlon method to rate the priorities using the criteria listed above. Then dot-voting techniques were used to narrow to the top 3 priority health issues.

	Adult Obesity Prevalence	2013	27.6%	–	 1	9% 
	Childhood Obesity Prevalence	2015	17.4%	–	 0	0% 
	Taking Action to Control High Blood Pressure	2018	95.7%	–	 1	1% 
	High Blood Cholesterol	2018	34.3%	–	 1	-12% 
	Percent No Leisure-Time Physical Activity	2018	22.0%	–	 1	12% 

P Health and Wellness Fair

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

What Is It?

Health and Wellness Fair was identified by partners as an action, that when combined with other actions in our community, that has a reasonable chance of making a difference in cardiovascular disease in our community. This is a ongoing program in our community.

The priority population/customers for this health fair are adults and youth, and the health fair aims to make a difference at the [individual level. Implementation will take place in October 2019.

The health fair is free, and open to the public. Local and regional health providers attend, which will allow citizens to make connections, and allow providers to begin identifying individuals who may need their services.

Partners

The partners for this Health Fair include:

Agency	Person	Role
Health Department		Lead
MountainWise		Support
Harris Regional Hospital		Support
Erlanger Murphy Medical Center		Support

Work Plan

Activity	Resources Needed	Agency/Person Responsible	Target Completion Date
Begin Planning		Health Department	September 2019

Evaluation & Sustainability

Evaluation Plan:

We plan to evaluate the impact of Health Fair through the use of a targeted survey. Our evaluation activities will be tracked in the Work Plan table, above.

Sustainability Plan:

The following is our sustainability plan for Health Fair:

- Sustainability Component 1:
 - The health fair is paid for with county funds.

- Sustainability Component 2:
 - Vendors bring their own incentives.

PM	# of Attendees	-	-	-	-	-
PM	Satisfaction Rating	-	-	-	-	-
PM	# of Blood Pressure Screenings	-	-	-	-	-

P Wise & Well Workplace Wellness Program Time Period Current Actual Value Current Target Value Current Trend Baseline % Change

What Is It?

Wise & Well Workplace Wellness Program was identified by partners as an action, that when combined with other actions in our community, that has a reasonable chance of making a difference in cardiovascular disease in our community. This is a ongoing program in our community.

The priority population/customers for this Wise & Well Woerkplace Wellness are Graham County employees, and the Wise & Well Workplace Wellness aims to make a difference at the individual level. Implementation will take place in Graham County workplaces.

Partners

The partners for this Wise & Well Workplace Wellness Program include:

Agency	Person	Role
Health Department		Lead
Graham County Administration		Collaborate
Other Graham County Offices		Target Population

Work Plan

Activity	Resources Needed	Agency/Person Responsible	Target Completion Date
Begin Planning		Health Department and Graham County Administration	October 2019

Evaluation & Sustainability

Evaluation Plan:

We plan to evaluate the impact of Wise & Well Workplace Wellness through the use of Results-Based Accountability™ to monitor specific performance measures. We will be monitoring How Much, How Well and/or Better Off Performance Measures. Our evaluation activities will be tracked in the Work Plan table, above.

Sustainability Plan:

The following is our sustainability plan for Wise & Well Workplace Wellness Program:

- Sustainability Component 1:
 - Funded by the Graham County Government

PM	% of Participants	-	-	-	-	-
PM	Satisfaction Rating	-	-	-	-	-