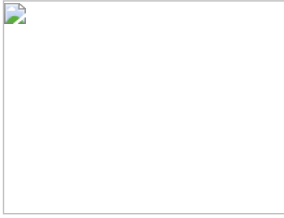


2019 Graham County State of the County Health Report Scorecard



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 **March 2nd** in order to meet the requirements for the **Graham County State of the County Health 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](#)
- [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 CHIP Residents of Graham County are Healthy, Safe, and Thriving.

	Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
I	MH	% Adults >7 Days of Poor Mental Health (Headline)		
	2018	16%	→ 1	45% ↑
	2015	16%	↗ 1	45% ↑
	2012	11%	→ 0	0% →

Data Source: WNC Healthy Impact Community Health Survey 2012-2018

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 are the positive forces at 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 are the negative forces at 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.*

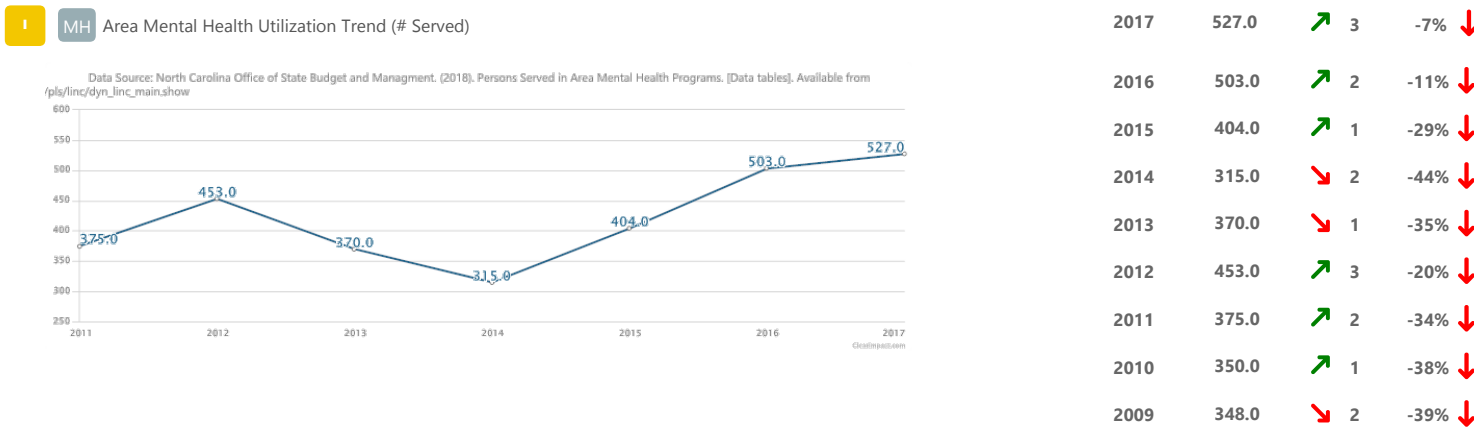
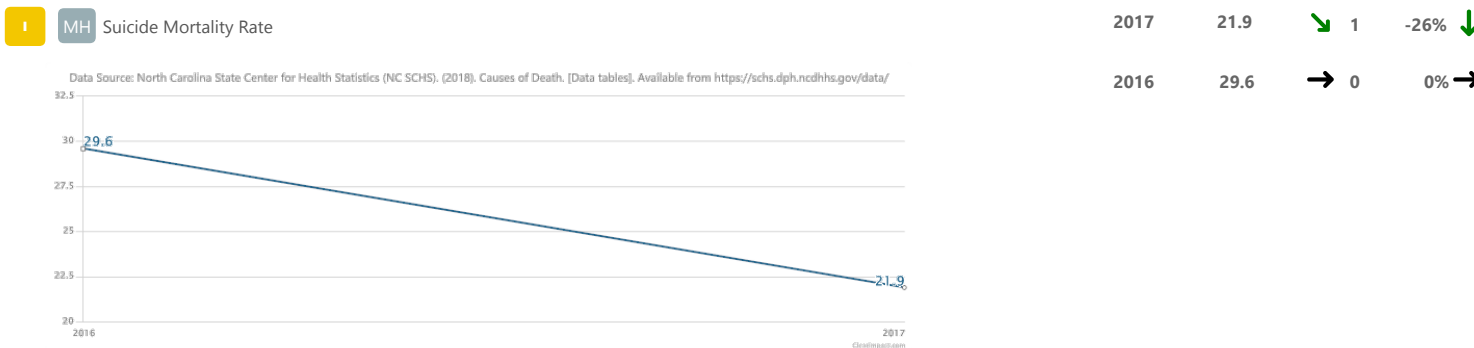
- Education for school staff

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.



PM % of Meetings Attended

Apr 2019 100

→ 0

0% →



PM # of Participants

Apr 2019 32

→ 0

0% →



P Mental Health First Aid

Time Period

Current Actual Value

Current Trend

Baseline % Change

PM # of Trainings

—

—

—

—

PM # of Participants

—

—

—

—

P ACES Training in Schools

Time Period

Current Actual Value

Current Trend

Baseline % Change

PM # of Trainings

—

—

—

—

PM # of Participants

—

—

—

—

P Peer Support Program

Time Period

Current Actual Value

Current Trend

Baseline % Change

PM # of Peer Support Specialists

—

—

—

—

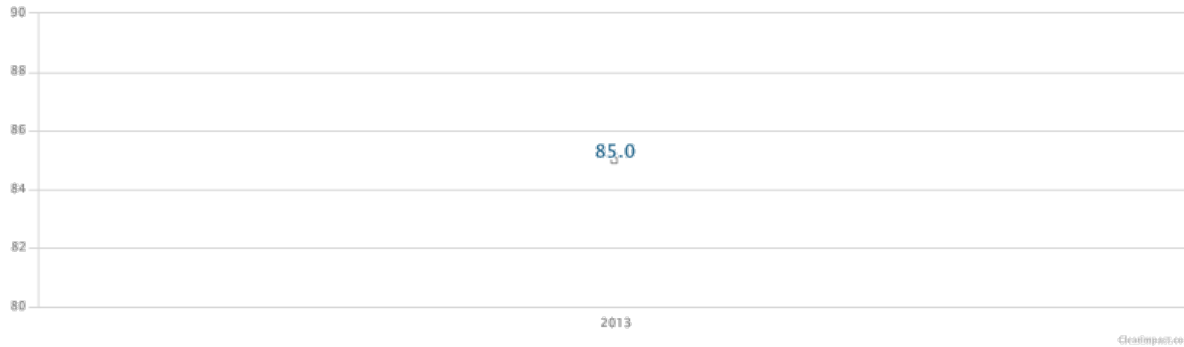
Substance Abuse - Long Term CHIP

R CHIP Residents of Graham County are Free from Substance Use

Most Recent Period Current Actual Value Current Trend Baseline % Change

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 that are working 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 that are working 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
Substance Recovery		Lead

Agency	Person	Role
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
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

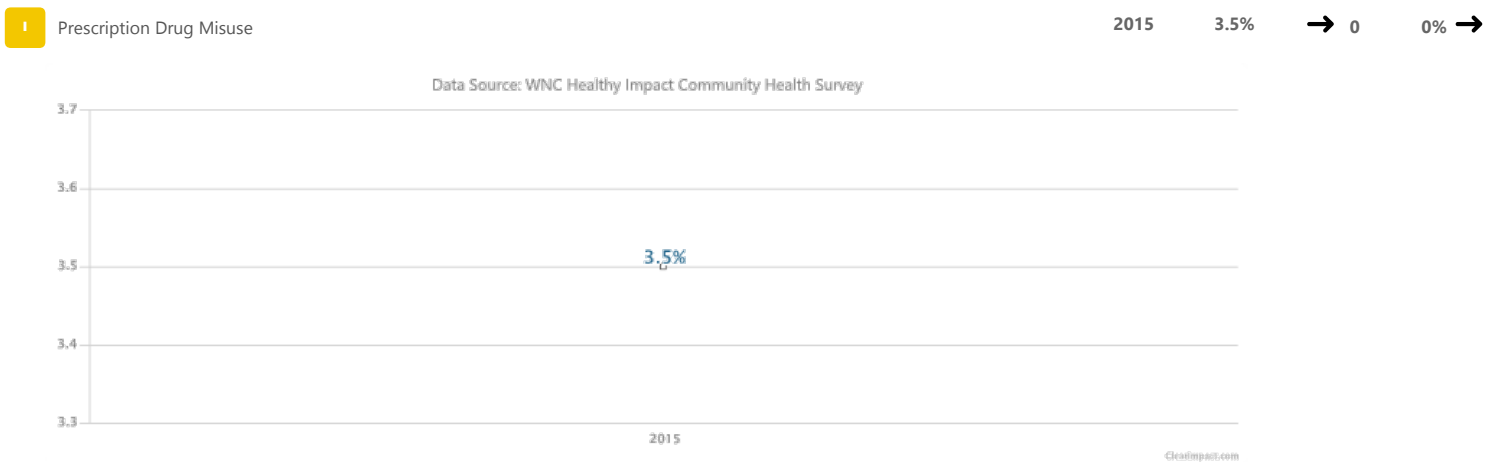
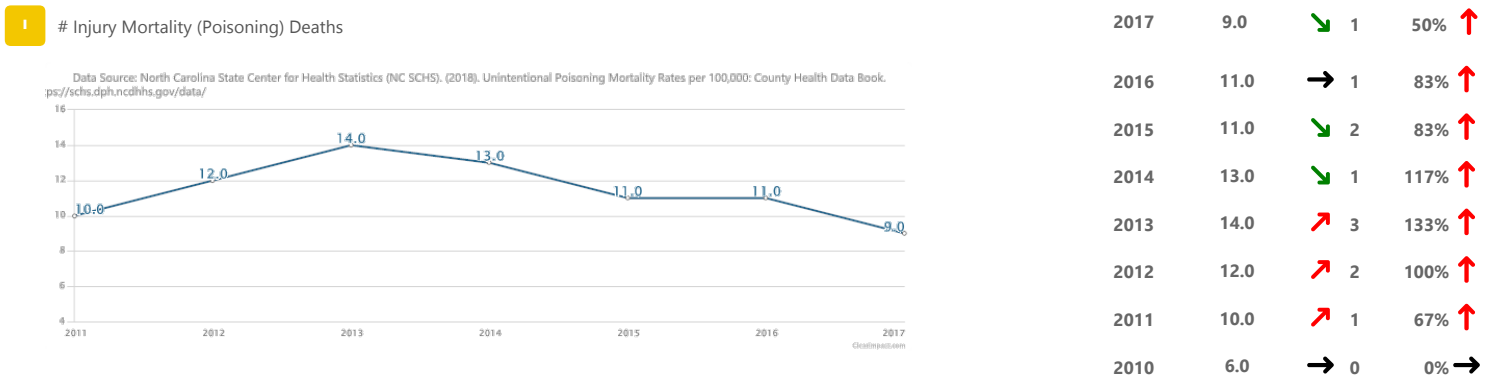
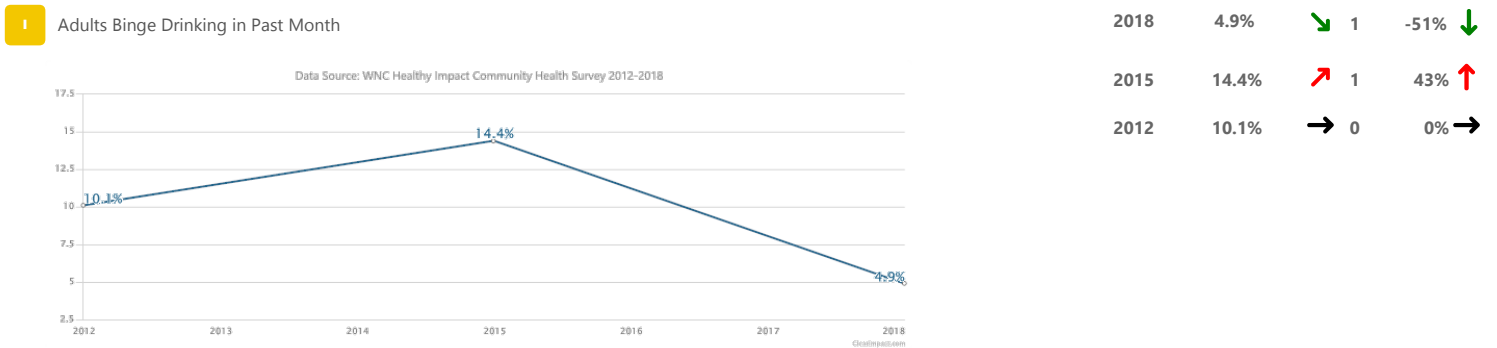
Process for Selecting Priority Strategies

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.



P Lock Your Meds Take Back Event	Time Period	Current Actual Value	Current Trend	Baseline % Change
PM Lbs of Pills Collected	2019	25.5	→ 0	0% →

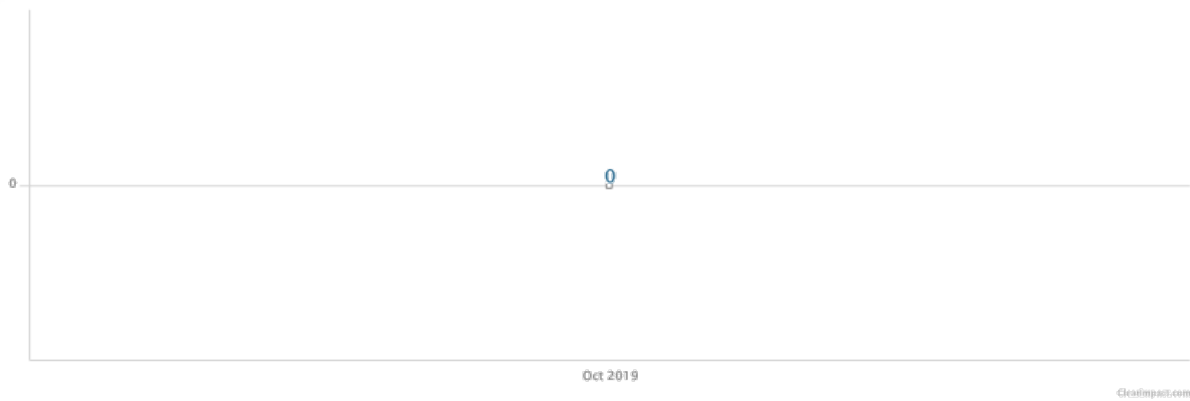


P Lock Your Meds Media Campaign

Time Period	Current Actual Value	Current Trend	Baseline % Change
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PM # of Flyers Distributed

Oct 2019	0	→ 0	0% →
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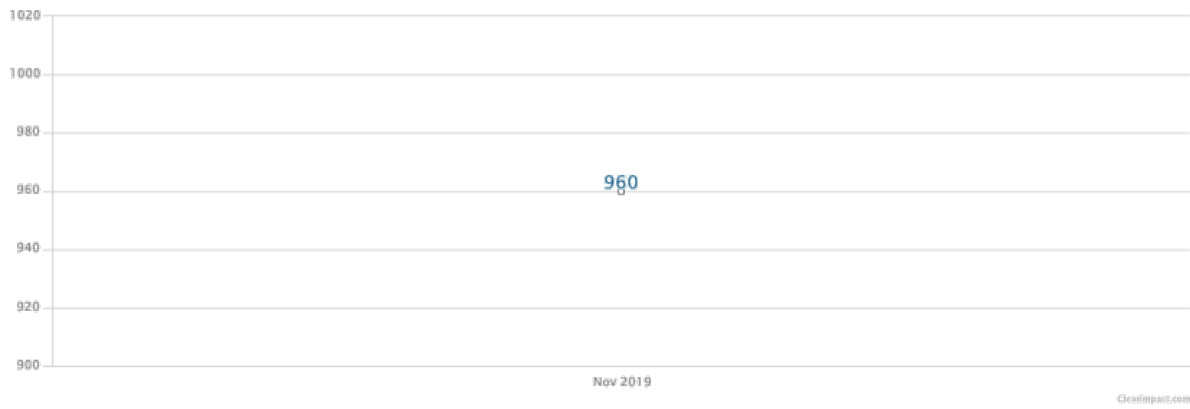
PM # of Lockboxes Distributed

Oct 2019	25	→ 0	0% →
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PM # of Facebook Interactions

Nov 2019	960	→ 0	0% →
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PM # of Rack Cards Distributed Oct 2019 58 → 0 0% →



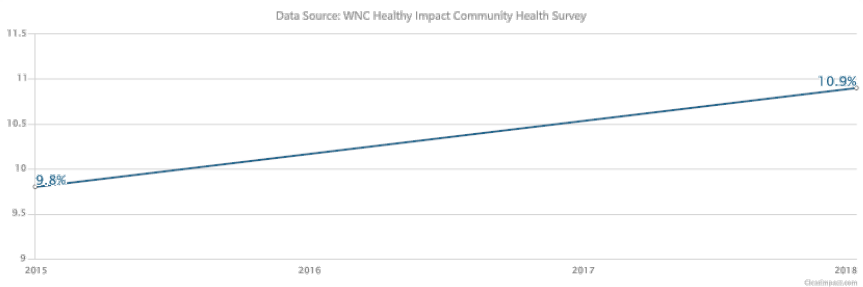
P Midnight Sports League for Families Time Period Current Actual Value Current Trend Baseline % Change

PM # of Participants - - - -

Cardiovascular Disease - Long Term CHIP

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

I Heart Disease Prevalence (Headline) 2018 10.9% ↗ 1 11% ↗



2015 9.8% → 0 0% →

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 are the positive forces at 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 Place, 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.*

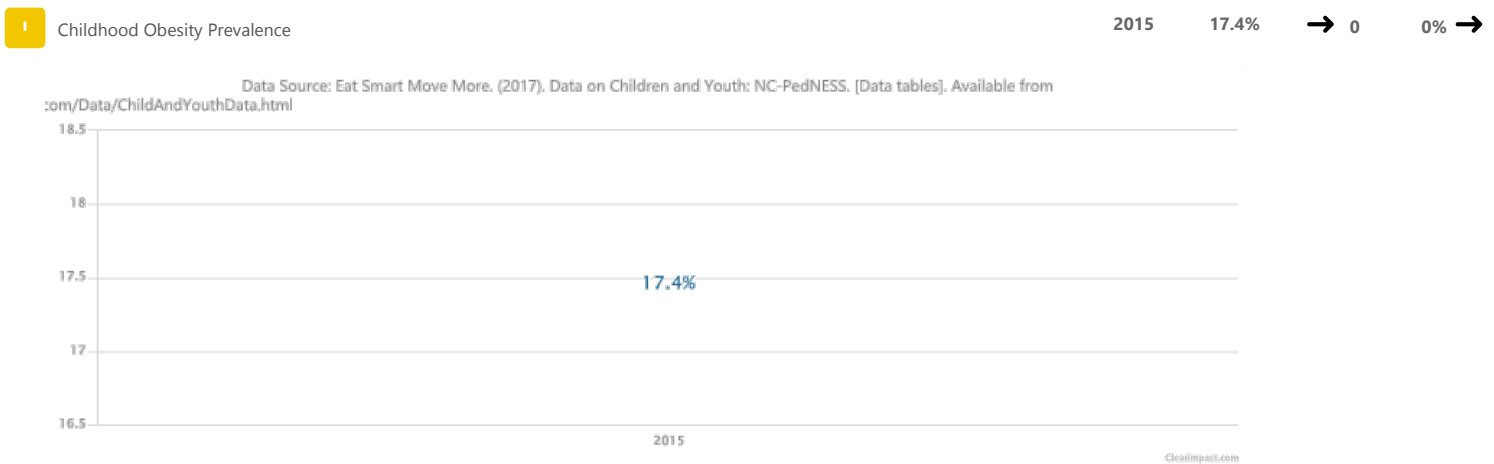
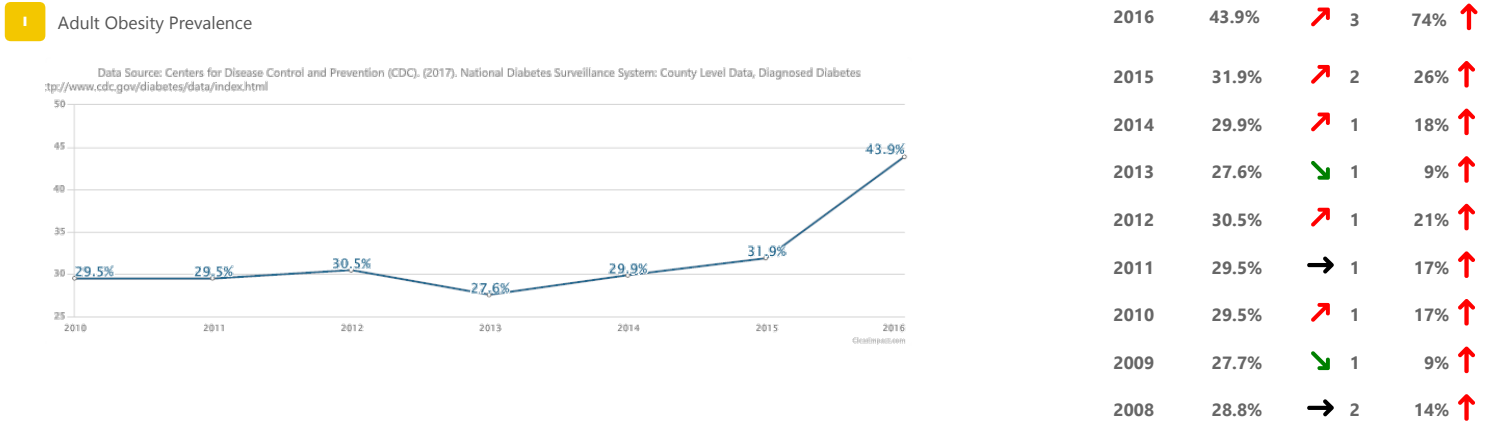
- Elderly ages 65+
- Obese adults
- Those with diabetes
- Those who use tobacco products

Process for Selecting Priority Strategies

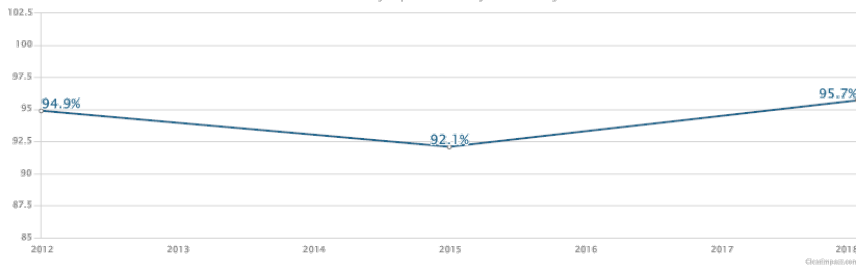
During our group process, the following criteria were applied to the issues listed above to select priority health issues of focus for our community over the next three years:

- 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.



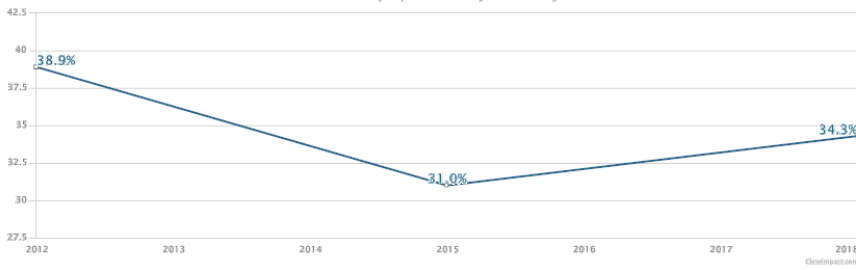
Data Source: WNC Healthy Impact Community Health Survey 2012-2018



2015	92.1%	↘ 1	-3% ↓
2012	94.9%	→ 0	0% →

I High Blood Cholesterol

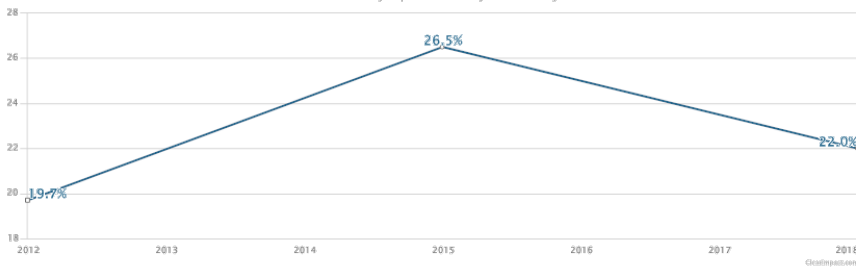
Data Source: WNC Healthy Impact Community Health Survey 2012-2018



2018	34.3%	↗ 1	-12% ↓
2015	31.0%	↘ 1	-20% ↓
2012	38.9%	→ 0	0% →

I Percent No Leisure-Time Physical Activity

Data Source: WNC Healthy Impact Community Health Survey 2012-2018



2018	22.0%	↘ 1	12% ↑
2015	26.5%	↗ 1	35% ↑
2012	19.7%	→ 0	0% →

P Health and Wellness Fair

Time Period	Current Actual Value	Current Trend	Baseline % Change
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PM # of Attendees

2019	250	→ 0	0% →
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PM Satisfaction Rating

2019	91	→ 0	0% →
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PM # of Blood Pressure Screenings Oct 2019 0 → 0 0% →



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

PM % of Participants Dec 2019 50 → 0 0% →



PM Satisfaction Rating Dec 2019 90 → 0 0% →



New and Emerging Issues and Initiatives

R	Monitor New and Emerging Issues	Most Recent Period	Current Actual Value	Current Trend	Baseline % Change

Notes

These are the new or emerging issues in our community in 2019 that were not identified as priorities in our CHA.

- Jail Health: HIV and Hepatitis C Testing, Immunizations, and Education for inmates
- School Based Health Center: To start in the 2020/2021 School Year
- Family Planning Outreach in Graham County Schools: Hold one or more sessions with students throughout the school year

R	Keep Track of New Initiatives and Community Changes	Most Recent Period	Current Actual Value	Current Trend	Baseline % Change

Notes

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

- County Recover to Work Grant
- Community Linkage to Care Grant
- Family Planning Services Grant