

Macon County, NC

2009 State of the County Health Report

**Prepared by the Macon County Public Health Center
& Healthy Carolinians of Macon County**



What is the State Of The County Health Report (SOTCH)?

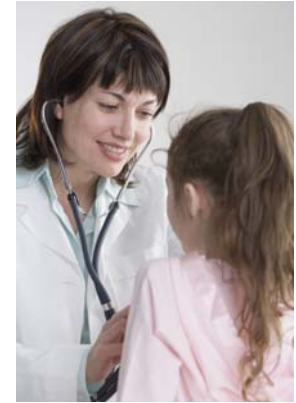


- Update of Macon County's health statistics.
- Review of the selected health priorities.
- Progress made in the last year.
- Community input regarding selected health priorities and progress made.



Health Priorities From the 2007 Community Health Assessment ... Why Were They Selected?

Access To Primary Care



- Macon County's seasonal residents are not counted in population numbers
- The number of primary care physicians who accept Medicaid patients and/or new patients is low
- The percent of Macon County adults who wanted to see an MD and couldn't was 18% vs. 16% for NC
- Macon County focus groups identified access to primary care as a prevalent concern.
- Macon County's uninsured rate for adults, ages 18-64, is 22.8%

Macon County Trend Data

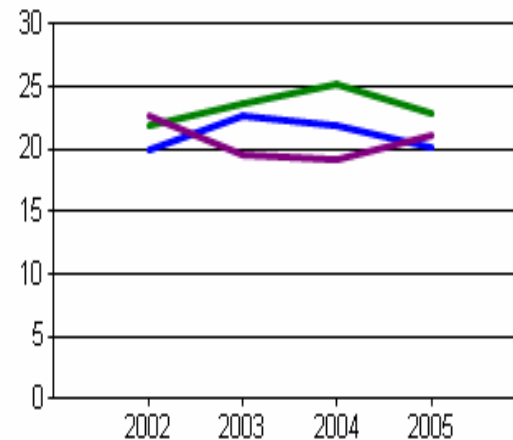
Rates Over Time



— County Rate — State Rate
— Peer Rate

% Estimate of Uninsured, Ages 0-17

Rates Over Time



— County Rate — State Rate
— Peer Rate

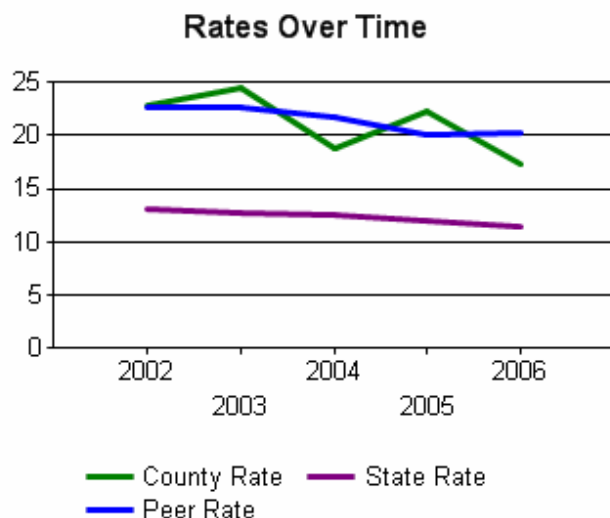
% Estimate of Uninsured, Ages 18-64

Strengthening Families to Reduce Youth Risky Behavior

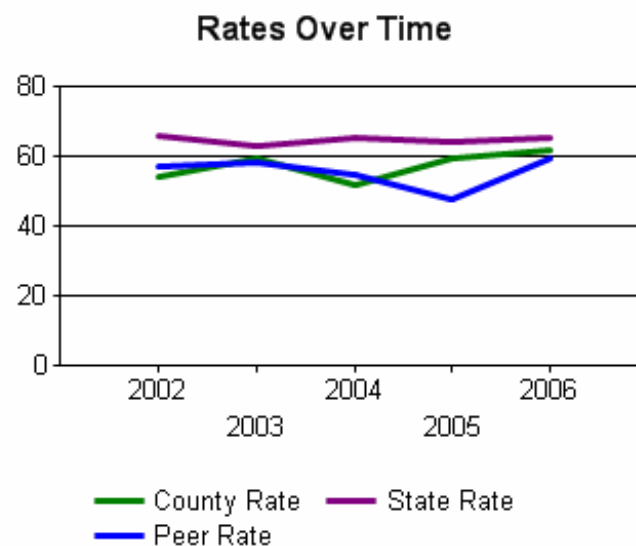


- ❑ High childhood obesity rates documented at school health fairs
- ❑ Increasing Teen Pregnancy Rates
- ❑ Tobacco Usage Among Youth and Pregnant Women
- ❑ Self-reported risky behaviors on the Youth Risk Behavior Survey
- ❑ Focus Groups and Interviews tied Youth Risky Behavior to Family Life

Macon County Trend Data

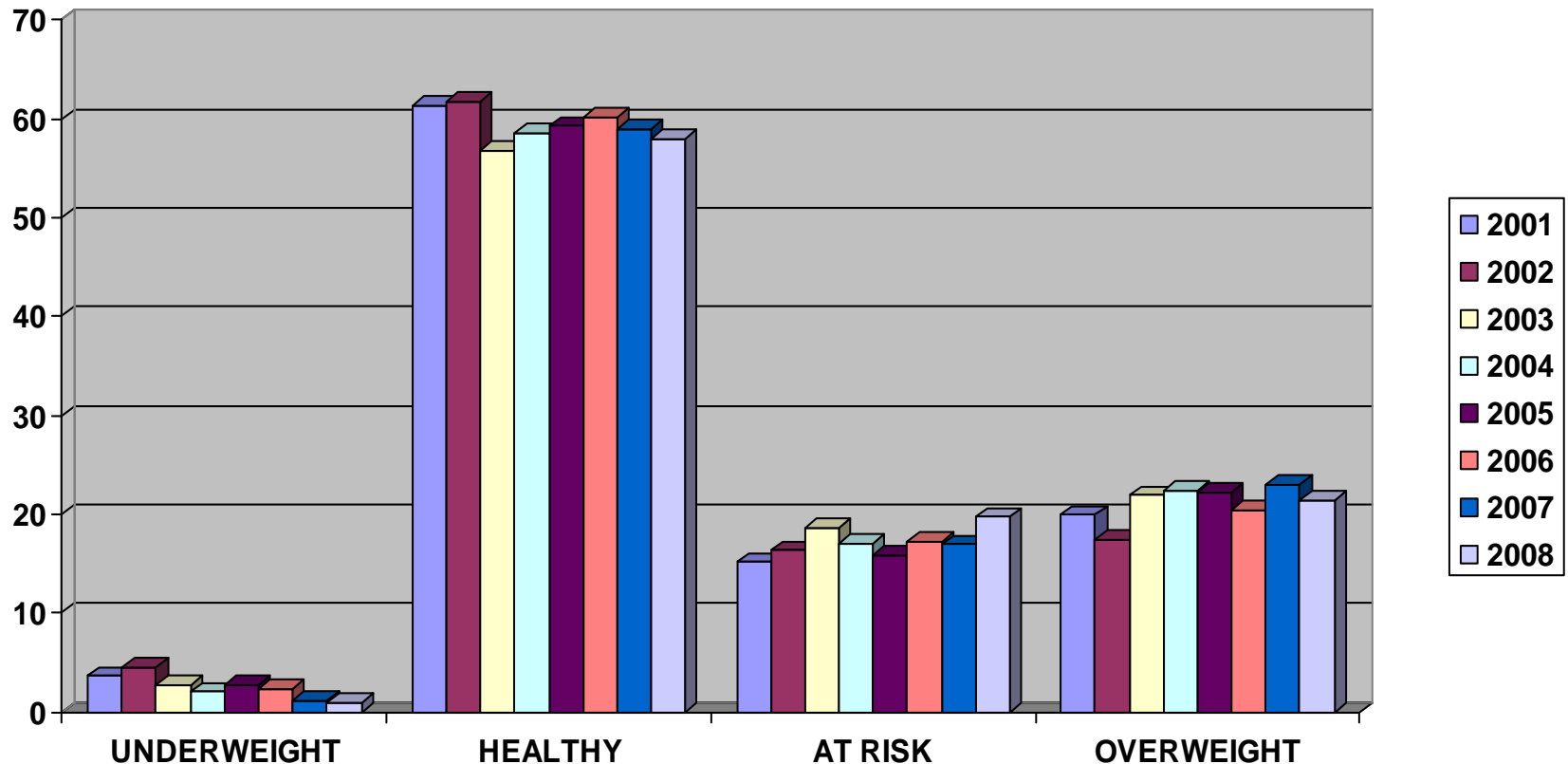


**% of Live Births Where the Mother
Smoked During Pregnancy**



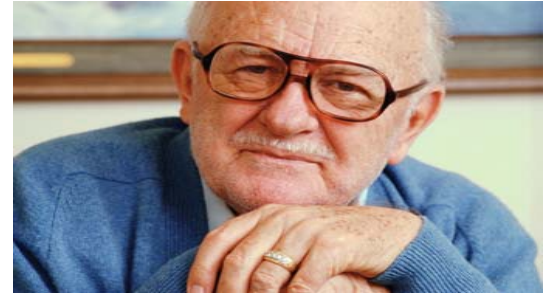
**Teen Pregnancies per 1,000 Girls
Ages 15-19**

MACON COUNTY ELEMENTARY SCHOOLS BODY MASS INDEX (BMI) TRENDS 2001-2008



UNDERWEIGHT = LESS THAN 5TH PERCENTILE
HEALTHY = 5TH TO 84TH PERCENTILE
AT RISK = 85TH TO 94TH PERCENTILE
OVERWEIGHT = MORE THAN 95TH PERCENTILE

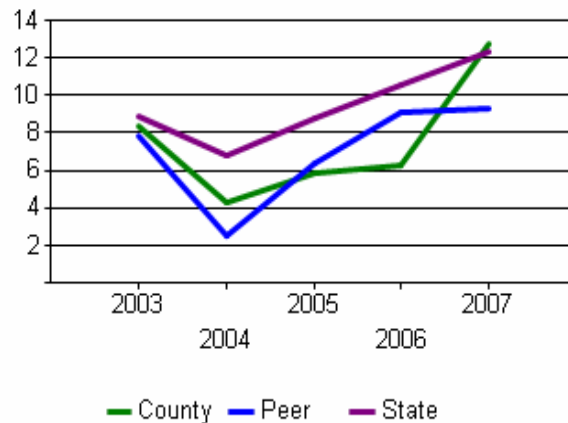
Planning for Future Senior Needs



- Projected population growth among seniors is one of the highest in the state
- Current percentage of elderly population is one of the highest in the state
- Focus Groups and Telephone Survey revealed that current senior needs are being met; however, there was a need to plan for future growth

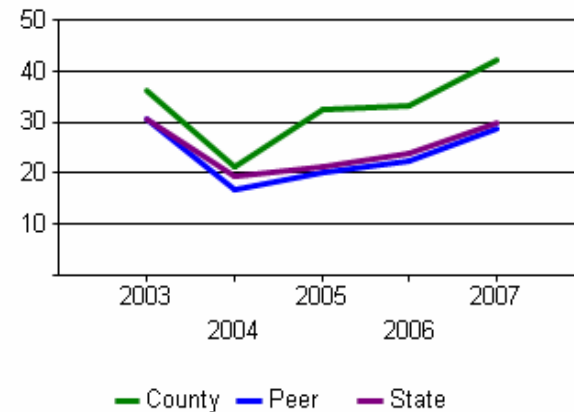
Macon County Trend Data

Percent of Population Change Since
Base Year 2000



**Population Change,
Age Group, 75-84**

Percent of Population Change Since
Base Year 2000



**Population Change,
Age Group, 85+**

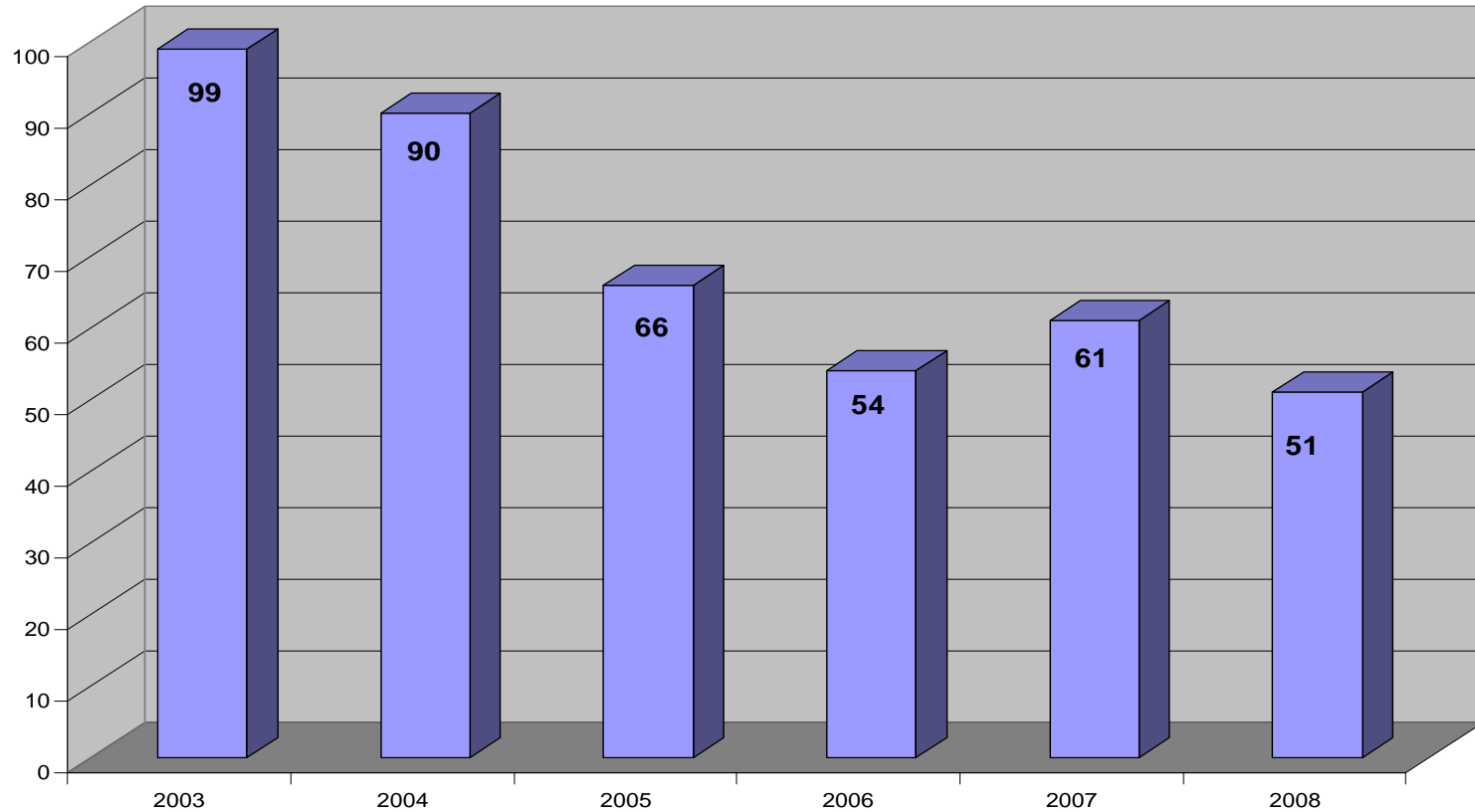
Environmental Quality



- Septic system failure rates expected to increase due to the age and number of systems
- Septic system application rates are in the top 10% statewide due to vacation / second home market

Macon County Trend Data

Macon County Repair Improvement Permits Issued



2009

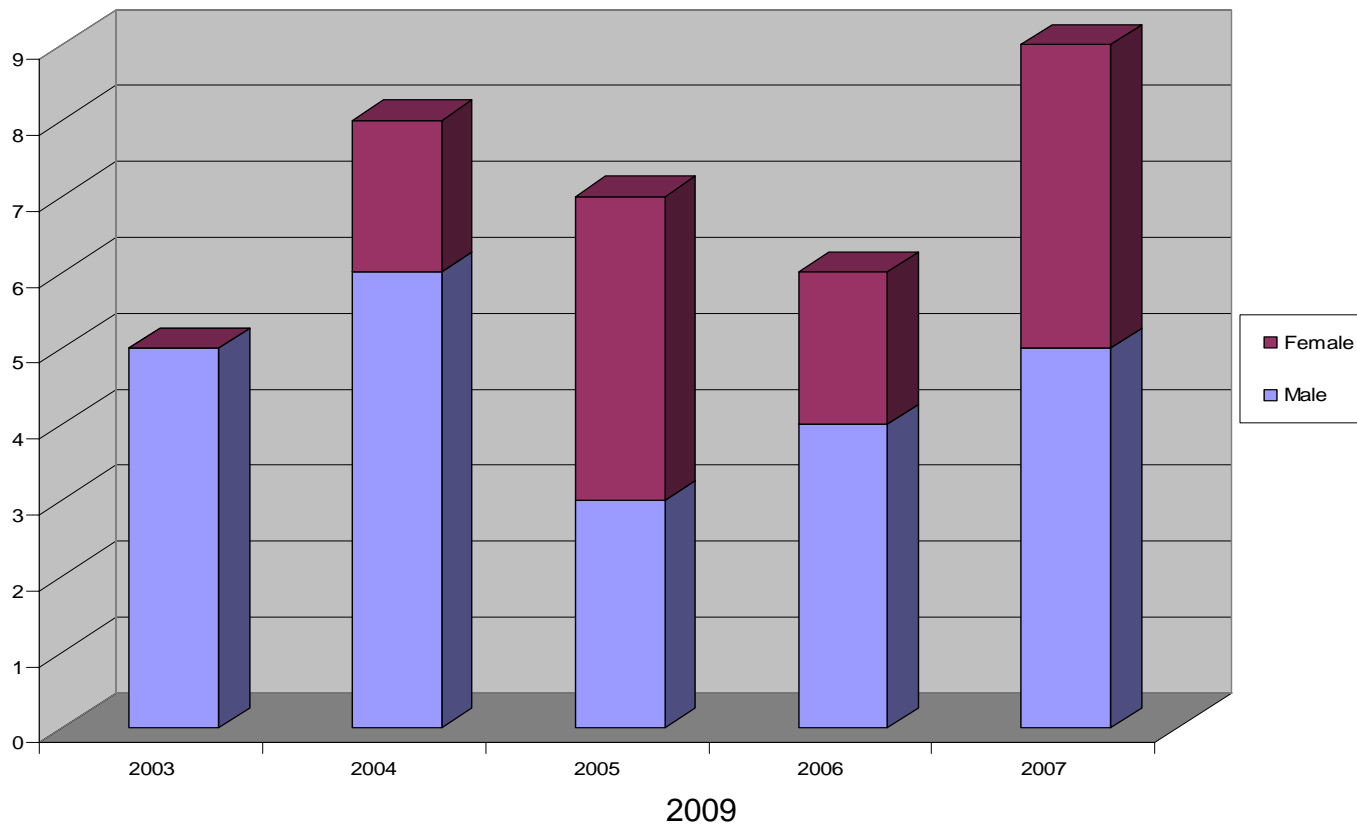
Mental Health / Substance Abuse

- Access to a psychologist rate in Macon County is 1.3 vs. 3.0 for NC
- Suicide rate is rising; increasingly split between male/female
- Results of telephone survey indicted access to care barriers



Macon County Trend Data

**Macon County Deaths due to Intentional Self Harm
(Suicide)**



Review of Major Health Indicators for Macon County



Top Ten Leading Causes of Death in Macon County

KEY				
	Rates or percentages include a numerator value less than 20 and are statistically unstable			Macon County's rate is a minimum of 15% higher than the state or peer counties.
	No significant statistical difference			Macon County's rate is a minimum of 15% lower than the state or peer counties

2004 - 2008 Age-Adjusted Rate Comparison

Leading Causes of Death	Macon Rate*	Change	Peer Rate*	NCRate*
Total Heart Disease	190.5	+	N/A	202.2
Total Cancer	180.1	+	N/A	192.5
Other Ischemic Heart Disease	94.5	N/A	N/A	86.7
All Other Unintentional Injuries	52.0	+	N/A	28.4
Trachea, Bronchus, and Lung Cancer	49.9	+	N/A	59.1
Cerebrovascular Disease	46.4	-	N/A	54.4
Chronic Lower Respiratory Diseases	36.7	-	N/A	47.8
Acute Myocardial Infarction	33.5	N/A	N/A	44.5
Prostate Cancer	30.8	N/A	N/A	27.3
Alzheimer's Disease	27.6	-	N/A	28.7

* Rates per 100,000 population

** "+" = no. increased since 2006, "-" = no. decreased since 2006

Peer Counties: Ashe, Haywood, Polk, & Transylvania

Top Ten Hospital Discharge Rates for Diseases, Injuries, and Disabilities (Morbidity) in Macon County

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	No significant statistical difference			Macon County's rate is a minimum of 15% lower than the state or peer counties.

2006 - 2007 Comparison

Incidence	Macon Rate*	Change	Peer Rate*	NC Rate*
Cardiovascular and Circulatory Diseases	183.2	-	216.9	180.0
Heart Disease	130.0	-	150.9	122.0
Respiratory Diseases	122.2	+	135.7	103.5
Digestive System Diseases	108.0	-	131.3	104.1
Injuries and Poisonings	84.8	-	116.4	86.0
Musculoskeletal System Diseases	83.6	+	94.1	61.5
Pneumonia and Influenza	47.9	-	51.9	34.3
Malignant Neoplasm	47.3	+	18.7	39.2
Other Diagnoses (Including Mental Disorders)	45.8	N/A	75.6	87.2
Arthropathies and Related Disorders	42.5	+	42.8	30.2

* Rates per 10,000 population


** "+" = no. increased since 2006, "-" = no. decreased since 2006

Peer Counties: Ashe, Haywood, Polk, & Transylvania

2009

Other Health Related Information Pertinent to Macon County

Incidence	Macon	**Prior Year Change	Peer	NC
Total Population, 2008	34,227	+	33,352	9,227,016
Population, Under 5 yrs. Old, 2008	5.3%	-	4.8%	6.7%
Population, 5 – 19, 2008	16.8%	-	16.8%	20.4%
Population, 20 – 64, 2008	56.2%	+	57.5%	60.4%
Population, 65+, 2008	21.5%	-	20.7%	12.3%
% Estimate of Uninsured, Ages 0-64, 2006	20.0%	-	17.7%	18.6%
% Estimate of Uninsured, Ages 0-17, 2006	11.6%	-	11.0%	12.4%
% Estimate of Uninsured, Ages 18-64, 2006	22.8%	-	19.9%	21.1%
Per Capita Income, 2007	\$25,008	-	N/A	\$33,735
% Unemployed, 2008	6.1%	N/A	N/A	6.3%
% Individuals Below Federal Poverty Level, 2007	14.7%	N/A	N/A	14.3%
Teen Pregnancies per 1,000 Girls, Ages 15-19, 2008	53.6	-	48.8	58.6
** “+” = no. increased from previous year, “-” = no. decreased from previous year Peer Counties: Ashe, Haywood, Polk, & Transylvania				



Status of the Selected Priorities at the End of 2009

Access to Care

■ Progress

- Angel Medical Center and Highlands-Cashiers Hospitals continue physician recruitment efforts. During 2009, AMC realized a net gain in physicians.
- A grant was submitted to the NC Department of Rural Health by the Macon County Public Health Center and the Community Care Clinic of Highlands-Cashiers to fund a community health clinic in the Franklin area.



Access to Primary Care

■ Barriers/Challenges

- Decrease in the number of patients seen at the Community Care Clinic of Highlands-Cashiers due to a decrease in physician and other provider volunteers.

Strengthening Families

■ Progress

- The Macon County Helpline telephone information line opened.
- Four new chronic disease initiatives were started by the Macon County Public Health Center including Ladies Night Out, Girls on the Run, Prevention Rx, and Diabetes Self-Management Education program.
- CareNet of Macon County increased their soup kitchen schedule from offering two lunches/week to four lunches/week
- Church wellness programs offered by the Macon County Public Health Center are expanded to five area congregations.
- A Community Resource Center was opened at the Macon County Senior Services Building
- BMI rates measured at school health fairs are stable or declining
- Macon County School Nutrition began posting nutrition analysis of school meals to their website
- NC Cooperative Extension Service initiated the EFNEP-Youth nutrition education program in all K-8 Macon County Schools. They also started the “Please Pass the Potatoes” program targeting pre-school age children and their parents with education on the benefits of family meal time.

Strengthening Families

■ Barriers/Challenges

- Number of pregnant women seen through WIC s who smoke is still higher than that state
- Habitat for Humanity did not develop the previously planned emergency housing program
- The Baby Think It Over educational program has not been funded (to date) for the 2010-2011 school year.
- North Carolina reduced funding for certain community support services such as Maternity Care Coordination and Child Service Coordination



Planning for Senior Needs

■ Progress

- The Macon County Senior Services Center relocated to a larger facility.
- Macon County Recreation created a Senior Games Coordinator position.

Environmental Quality

■ Progress

- House Bill 2 was passed by the NC Legislature in May limiting smoking in NC Bars and Restaurants.
- The Town of Franklin adopted a no smoking policy.
- Due to the economic downturn, there is no longer a shortage in Environmental Health staffing.
- Macon County Well Drillers formed an association which helps to facilitate communication between the Public Health Center and area drillers.
- In an effort to protect surface and groundwater, Macon County Environmental Health and Emergency Management began to identify local properties that store hazardous materials or have experienced hazardous materials releases. These properties will be identified via GIS mapping.
- Macon County opened a new animal control shelter and hired an animal control officer, resulting in improvements in the county's ability to detain and observe animals for symptoms of rabies.



Environmental Quality

- New Barriers/Challenges

- Distribution of Septic Maintenance Public Education Materials was post-poned due to technology limitations.

Mental Health / Substance Abuse

■ Progress

- County Commissioners appointed Healthy Carolinians to form a Mental Health committee to further develop Macon County's Mental Health Action Plan. This committee presented its action plan to the Macon County Board of County Commissioners on January 26, 2009. Certain components of the plan were adopted and some were postponed due to budget restraints.
- Smoky Mountain Mental Health initiated a mobile crisis unit to respond to mental health emergencies.
- Meridian Behavioral Health opened a recovery education center in Macon County.



Mental Health / Substance Abuse

■ Barriers/Challenges

- Macon County Schools did not received funding for a program to offer school-based mental health services.
- North Carolina reduced funding for Mental Health Community Support Services.



New and Emerging Health Issues

- H1N1 influenza has become a priority issue for public health and local medical providers.
- Immigrant immunization compliance rates
- Staph infections including Methicillin Resistant Staphylococcus Aureus (MRSA)
- Increased need for public transportation to health care services due to economic downturn



Questions and Comments?

We value your input and welcome any questions or suggestions!

Please feel free to e-mail us at

bbarr@maconnnc.org

or call (828) 349-2081