Macon County, NC

2008 State of the County Health Report

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

% Estimate of Uninsured, Ages 0-17

% 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 2001-2007

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**

- **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

<table>
<thead>
<tr>
<th>Year</th>
<th>Permits Issued</th>
</tr>
</thead>
<tbody>
<tr>
<td>2003</td>
<td>99</td>
</tr>
<tr>
<td>2004</td>
<td>90</td>
</tr>
<tr>
<td>2005</td>
<td>66</td>
</tr>
<tr>
<td>2006</td>
<td>54</td>
</tr>
<tr>
<td>2007</td>
<td>61</td>
</tr>
</tbody>
</table>
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)

- 2003: Male 4, Female 1
- 2004: Male 5, Female 3
- 2005: Male 3, Female 2
- 2006: Male 4, Female 2
- 2007: Male 5, Female 3
Review of Major Health Indicators for Macon County
## Top Ten Leading Causes of Death in Macon County

**2005 - 2006 Age-Adjusted Rate Comparison**

<table>
<thead>
<tr>
<th>Leading Causes of Death</th>
<th>Macon Rate*</th>
<th>Change</th>
<th>Peer Rate*</th>
<th>NCRate*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Heart Disease</td>
<td>189.0</td>
<td>-</td>
<td>172.9</td>
<td>198.7</td>
</tr>
<tr>
<td>All Other Unintentional Injury Deaths</td>
<td>85.1</td>
<td>+</td>
<td>35.2</td>
<td>27.9</td>
</tr>
<tr>
<td>Cerebrovascular Disease</td>
<td>48.8</td>
<td>-</td>
<td>42.4</td>
<td>53.2</td>
</tr>
<tr>
<td>Trachea, Bronchus, and Lung Cancer</td>
<td>44.6</td>
<td>-</td>
<td>47.2</td>
<td>60.4</td>
</tr>
<tr>
<td>Chronic Lower Respiratory Diseases</td>
<td>37.1</td>
<td>-</td>
<td>41.0</td>
<td>46.4</td>
</tr>
<tr>
<td>Alzheimer’s Disease</td>
<td>29.7</td>
<td>+</td>
<td>24.5</td>
<td>27.0</td>
</tr>
<tr>
<td>Diabetes</td>
<td>22.8</td>
<td>-</td>
<td>17.5</td>
<td>25.4</td>
</tr>
<tr>
<td>Pneumonia and Influenza</td>
<td>20.5</td>
<td>+</td>
<td>15.4</td>
<td>20.0</td>
</tr>
<tr>
<td>Breast Cancer</td>
<td>19.3</td>
<td>-</td>
<td>19.3</td>
<td>24.9</td>
</tr>
<tr>
<td>Suicide</td>
<td>18.7</td>
<td>+</td>
<td>23.8</td>
<td>12.3</td>
</tr>
</tbody>
</table>

* Rates per 100,000 population
** “+” = no. increased since 2005, “-” = no. decreased since 2005

Peer Counties: Ashe, Haywood, Polk, & Transylvania
## Top Ten Hospital Discharge Rates for Diseases, Injuries, and Disabilities (Morbidity) in Macon County

### 2005 - 2006 Comparison

<table>
<thead>
<tr>
<th>Incidence</th>
<th>Macon Rate*</th>
<th>Change</th>
<th>Peer Rate*</th>
<th>NC Rate*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiovascular and Circulatory Diseases</td>
<td>206.4</td>
<td>+</td>
<td>211.6</td>
<td>189.9</td>
</tr>
<tr>
<td>Heart Disease</td>
<td>150.9</td>
<td>+</td>
<td>150.8</td>
<td>129.9</td>
</tr>
<tr>
<td>Digestive System Diseases</td>
<td>121.7</td>
<td>+</td>
<td>135.8</td>
<td>109.0</td>
</tr>
<tr>
<td>Respiratory Diseases</td>
<td>105.7</td>
<td>-</td>
<td>131.7</td>
<td>107.6</td>
</tr>
<tr>
<td>Injuries and Poisonings</td>
<td>96.6</td>
<td>-</td>
<td>105.0</td>
<td>87.3</td>
</tr>
<tr>
<td>Musculoskeletal System Diseases</td>
<td>82.2</td>
<td>+</td>
<td>88.1</td>
<td>60.6</td>
</tr>
<tr>
<td>Pneumonia and Influenza</td>
<td>48.6</td>
<td>-</td>
<td>47.4</td>
<td>37.7</td>
</tr>
<tr>
<td>Genitourinary Diseases</td>
<td>43.3</td>
<td>+</td>
<td>64.6</td>
<td>54.0</td>
</tr>
<tr>
<td>Malignant Neoplasm</td>
<td>42.3</td>
<td>+</td>
<td>49.5</td>
<td>39.9</td>
</tr>
<tr>
<td>Arthropathies and Related Disorders</td>
<td>39.8</td>
<td>+</td>
<td>40.1</td>
<td>28.1</td>
</tr>
</tbody>
</table>

* Rates per 10,000 population
** "+" = no. increased since 2005, "-" = no. decreased since 2005
Peer Counties: Ashe, Haywood, Polk, & Transylvania
Other Health Related Information Pertinent to Macon County

<table>
<thead>
<tr>
<th>Incidence</th>
<th>Macon</th>
<th>Prior Year Change</th>
<th>Peer</th>
<th>NC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Population, 2007</td>
<td>31,883</td>
<td>+</td>
<td>32,888</td>
<td>8,717,079</td>
</tr>
<tr>
<td>Population, Under 5 yrs. Old, 2007</td>
<td>4.9%</td>
<td>+</td>
<td>4.9%</td>
<td>6.8%</td>
</tr>
<tr>
<td>Population, 5 – 19, 2007</td>
<td>17.2%</td>
<td>+</td>
<td>16.9%</td>
<td>20.7%</td>
</tr>
<tr>
<td>Population, 20 – 64, 2007</td>
<td>54.0%</td>
<td>+</td>
<td>56.9%</td>
<td>59.8%</td>
</tr>
<tr>
<td>Population, 65+, 2007</td>
<td>23.9%</td>
<td>+</td>
<td>21.3%</td>
<td>12.7%</td>
</tr>
<tr>
<td>% Estimate of Uninsured, Ages 0-64, 2006</td>
<td>20.0%</td>
<td>-</td>
<td>17.7%</td>
<td>18.6%</td>
</tr>
<tr>
<td>% Estimate of Uninsured, Ages 0-17, 2006</td>
<td>11.6%</td>
<td>-</td>
<td>11.0%</td>
<td>12.4%</td>
</tr>
<tr>
<td>% Estimate of Uninsured, Ages 18-64, 2006</td>
<td>22.8%</td>
<td>-</td>
<td>19.9%</td>
<td>21.1%</td>
</tr>
<tr>
<td>Per Capita Income, 2006</td>
<td>$25,848</td>
<td>+</td>
<td>$29,414</td>
<td>$31,041</td>
</tr>
<tr>
<td>% Unemployed, 2006</td>
<td>4.5%</td>
<td>level</td>
<td>4.4%</td>
<td>4.8%</td>
</tr>
<tr>
<td>% Individuals Below Federal Poverty Level, 2005</td>
<td>14.0%</td>
<td>N/A</td>
<td>N/A</td>
<td>14.9%</td>
</tr>
<tr>
<td>% Individuals Below 200% Federal Poverty Level, 1999</td>
<td>35.8%</td>
<td>N/A</td>
<td>N/A</td>
<td>30.5%</td>
</tr>
<tr>
<td>Teen Pregnancies per 1,000 Girls, Ages 15-19, 2006</td>
<td>61.7</td>
<td>+</td>
<td>59.6</td>
<td>65.5</td>
</tr>
</tbody>
</table>

** ** “+” = 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 2008
Access to Primary Care

- **Progress**
  - Angel Medical Center continues recruitment efforts for primary care MDs and hospitalists
  - Highlands Free Clinic increased its patient capacity by adding a PA to its staff
  - August 2008, Veteran’s Administration Clinic opened in Franklin
  - Medication assistance programs are now available in both Franklin and Highlands
  - August & September 2008, Healthy Carolinians members met with stakeholders to assess Franklin’s capacity to increase local access to primary care for uninsured
Access to Primary Care

- Barriers/Challenges
  - Limited number of primary care providers accepting new Medicaid patients
  - Decrease in community capacity to provide primary care services due to relocation of providers
Strengthening Families

Progress

- Healthy Carolinians coalition established a subcommittee to develop a community resource center at the old library and to study the feasibility of creating a 211 information line.
- Habitat for Humanity is developing Emergency Housing Services.
- CareNet of Macon County added one lunch day/week to their soup kitchen schedule.
- K-8 PE teachers are participating in the SPARK and Fitnessgram trainings.
- Macon County schools pilot a staff wellness program.
- Access Care of Macon County is implementing pediatric clinical obesity tools in local MD offices.
- Church wellness programs offered by the public health center support families exercising together.
- BMI rates measured at school health fairs are stable or declining.
- Rates of youth tobacco have declined.
- A new health education position has been established at Franklin High School to teach reproductive health.
Strengthening Families

- **Barriers/Challenges**
  - Number of pregnant women seen through WICs who smoke is still higher than that state
  - Economic Downturn
Planning for Senior Needs

Progress

- Macon County Senior Services and the Southwest Area Agency on Aging have implemented the Senior Friendly Assessment and Planning Process
Environmental Quality

Progress

- Healthy Carolinians coalition developed an Environmental Quality task force in January
- Task Force has drafted an educational tool for maintenance of septic systems and drilled wells
- Public Health Center implemented a well inspection program
Environmental Quality

Barriers/Challenges

- The public health center continues to experience a staffing shortage and high turnover rate for Registered Sanitarians.
- Low awareness of the need for on-going septic and private drinking well-water system maintenance by the general public.
Mental Health / Substance Abuse

- **Progress**
  - A County Commissioner appointed Mental Health Task Force developed a county Mental Health Plan including six recommendations which is now posted on county website.
  - County Commissioners appointed Healthy Carolinians to form a Mental Health committee to further develop Macon County’s Mental Health Action Plan.
  - Macon County proposed an RFP to establish school-based mental health services in Macon County schools.
Mental Health / Substance Abuse

Barriers/Challenges

- NC Mental Health Reform continues to be complex and in perpetual flux
- In the absence of state mental health leadership, local officials have taken the initiative to education themselves about mental health issues and develop a local response plan
Changes in Macon County’s Economic and Political Environment Affecting Health

- Recent economic downturns may affect access to care and environmental quality priorities.
  - Local housing starts are down, which in turn affects local employment and wages. The unemployment rate in Macon County has increased from 4.5% in 2006 to 5.4% as of August, 2008.
  - Access to care could become more difficult in times of financial hardship due to fewer insured residents and increased need for Medicaid assistance.
  - Increased fuel costs may increase the need for public transportation to health care and decrease the ability of residents to heat their homes.
  - Impact on the environment may be positive if a corresponding reduction in the number of septic and well permit applications is seen.
New and Emerging Health Issues

- Animal control – Improvements expected since the 2008 adoption of an animal control ordinance and approval for a new animal shelter
- 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
- Digital mammography is now available at Angel Medical Center