

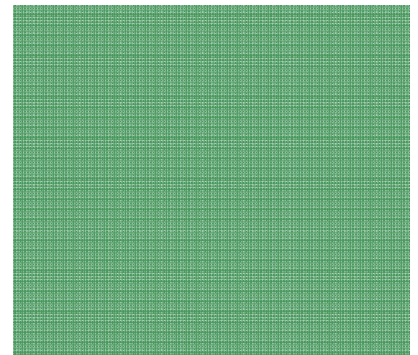


# POLK COUNTY HEALTH ASSESSMENT

2021

# OVERVIEW

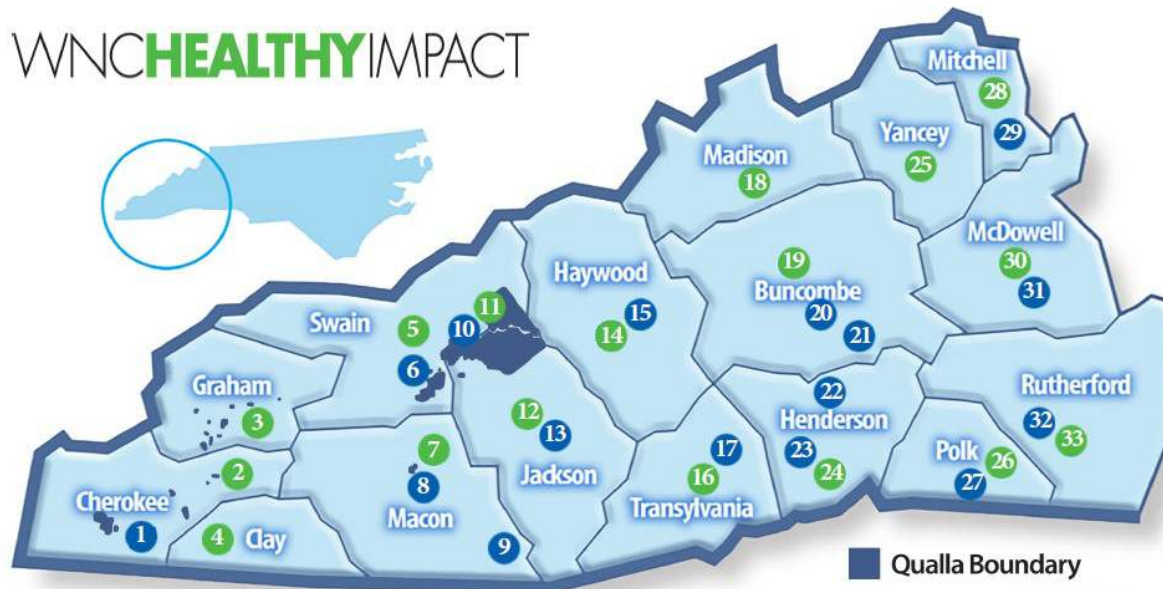
- CHA Process and WNC Healthy Impact
- Community Health Assessment
  - Data Collection Process
  - CHA Results
  - Community Strengths/ Positive Changes
  - Areas for Growth/ Negative or No Changes
- Local Process (Prioritization)
- County Health Priorities
  - 1. Mental Health
  - 2. Substance Misuse
  - 3. Prenatal Care
- Next Steps- CHIP
- Breakout Groups



# COMMUNITY HEALTH ASSESSMENT (CHA) CYCLE



# WNCHEALTHYIMPACT



- |  |  |   |   |
|--|--|---|---|
| 1 Erlanger Western Carolina Hospital   | 10 Cherokee Indian Hospital              | 17 Transylvania Regional Hospital               | 25 Toe River Health District- Yancey      |
| 2 Cherokee County Health Dept.         | 11 EBCI Public Health and Human Services | 18 Madison County Health Dept.                  | 26 Polk County Health Department          |
| 3 Graham County Dept. of Public Health | 12 Jackson County Dept. of Public Health | 19 Buncombe County Health and Human Services    | 27 Saint Luke's Hospital                  |
| 4 Clay County Health Dept.             | 13 Harris Regional Hospital              | 20 Mission Hospital                             | 28 Toe River Health District- Mitchell    |
| 5 Swain County Health Dept.            | 14 Haywood County Public Health Services | 21 CarePartners Health Services                 | 29 Blue Ridge Regional Hospital           |
| 6 Swain Community Hospital             | 15 Haywood Regional Medical Center       | 22 AdventHealth Hendersonville                  | 30 Foothills Health District - McDowell   |
| 7 Macon County Public Health           | 16 Transylvania Public Health            | 23 Pardee UNC Health Care                       | 31 Mission Hospital McDowell              |
| 8 Angel Medical Center                 |  | 24 Henderson County Department of Public Health | 32 Rutherford Regional Health System      |
| 9 Highlands-Cashiers Hospital          |  |   | 33 Foothills Health District - Rutherford |

# DATA COLLECTION

- I. Community Health Survey (cell phone, landline and internet-based survey) of a random sample of adults in the county
- II. Online key informant survey
- III. Comprehensive set of publicly available secondary data metrics with our county compared to the 16 county WNC region
- IV. Set of maps using Census and American Community Survey (ACS) Data

# METHODOLOGY

## Survey methodology

- 4,861 surveys throughout WNC
  - 2,971 surveys were completed via the telephone, both landlines (43.6%) and cell phones (56.4%); another 173 surveys were completed online by individuals invited through third-party providers to participate.
  - 1,717 were completed via a link to the online survey promoted by WNC Healthy Impact and community partners through social media, email campaigns, and various other outreach efforts.

Allows for high participation and random selection for a large portion of the sample

- These are critical to achieving a sample representative of county and regional populations by gender, age, race/ethnicity, and income
- English and Spanish

## METHODOLOGY

4,861 surveys throughout WNC

- Adults age 18+
- Gathered data for each of 16 counties
- Weights were added to enhance representativeness of data at county and regional levels

## SURVEY INSTRUMENT

Based largely on national survey models

- When possible, question wording from public surveys (e.g., CDC BRFSS)

75 questions asked of all counties

- Each county added three county-specific questions
- Approximately 15-minute interviews
- Questions determined by WNC Healthy Impact Data Workgroup and stakeholder input

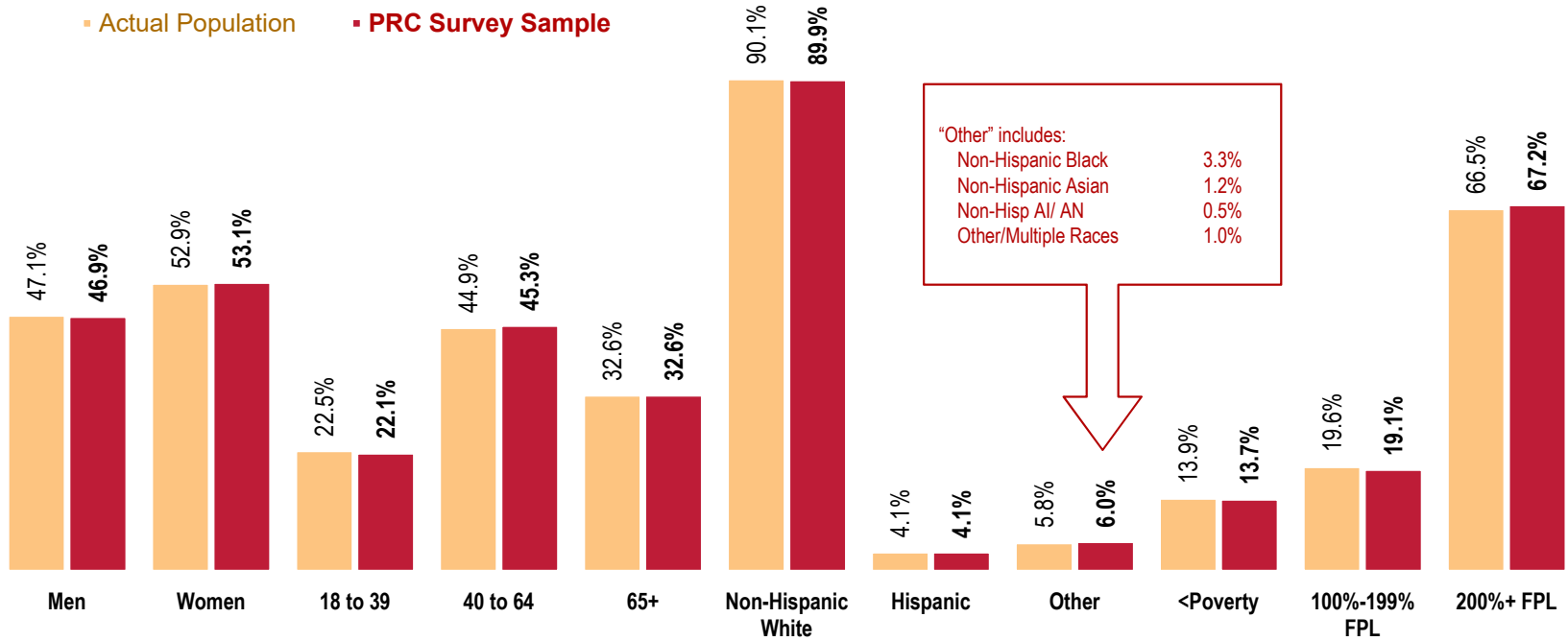


# KEEP IN MIND

Sampling levels allow for good local confidence intervals, but you should still keep in mind that error rates are larger at the county level than for WNC as a region

- Results for WNC regional data have maximum error rate of +1.3% at the 95% confidence level
- Results for Buncombe and Henderson counties have an approximate maximum error rate of +4.0% at the 95% confidence level
- Results for Polk County have an approximate maximum error rate of +4.6% at the 95% confidence level
- Results for Jackson and Madison counties have an approximate maximum error rate of +5.1% at the 95% confidence level
- Results for other individual counties have an approximate maximum error rate of +6.9% at the 95% confidence level

## Population & Survey Sample Characteristics (Age 18 and Older; Polk County, 2021)



Sources: 

- 2011-2015 American Community Survey. U.S. Census Bureau.
- PRC Community Health Survey, Professional Research Consultants, Inc.



# COMMUNITY HEALTH ASSESSMENT RESULTS

2021



# HEALTH DATA FINDINGS SUMMARY

# MORTALITY

**Death rate:** ratio of death to the population during a period of time. These are calculated by number of deaths per 100,000 people

Rank	Cause of Death	Polk	
		# Deaths	Death Rate
1	Diseases of Heart	364	146.3
2	Cancer	282	129.5
3	All Other Unintentional Injuries	69	55.0
4	Alzheimer's disease	109	39.2
5	Cerebrovascular Disease	93	37.5
6	Chronic Lower Respiratory Diseases	85	34.2
7	Suicide	28	25.9
8	Pneumonia and Influenza	40	15.7
9	Nephritis, Nephrotic Syndrome, and Nephrosis	25	12.6
10	Diabetes Mellitus	24	10.9
11	Chronic Liver Disease and Cirrhosis	<b>12</b>	<b>8.1</b>
12	Septicemia	<b>18</b>	<b>7.2</b>
13	Unintentional Motor Vehicle Injuries	<b>8</b>	<b>5.6</b>
14	Homicide	<b>2</b>	<b>2.3</b>
15	Acquired Immune Deficiency Syndrome	<b>1</b>	<b>1.0</b>
	All Causes (some not listed)	1,525	684.9

**2015-2019 NC Resident Race/Ethnicity-Specific and Sex-Specific Age-Adjusted Death Rates**

**Standard = Year 2000 U.S. Population ; \*Rates Per 100,000 Population**

Source: North Carolina State Center for Health Statistics (NC SCHS). (2020). *Causes of Death*. [Data tables].

Available from <https://schs.dph.ncdhhs.gov/data/>.

# MORTALITY

Polk County				
Age Group	Rank	Leading Cause of Death	# Deaths	Death Rate
00-19	1	Suicide	2	10.7
	2	Nephritis, nephrotic syndrome, & nephrosis	1	5.3
		Conditions originating in the perinatal period	1	5.3
		Motor vehicle injuries	1	5.3
		Homicide	1	5.3
		Other Unintentional injuries	1	5.3
20-39	1	Other Unintentional injuries	15	87.0
	2	Suicide	6	34.8
	3	Diseases of the heart	2	11.6
40-64	1	Cancer - All Sites	63	177.7
	2	Diseases of the heart	41	115.7
	3	Other Unintentional injuries	21	59.2
65-84	1	Cancer - All Sites	158	595.2
	2	Diseases of the heart	128	482.2
	3	Chronic lower respiratory diseases	43	162.0
85+	1	Diseases of the heart	193	4022.5
	2	Alzheimer's disease	78	1625.7
	3	Cancer - All Sites	60	1250.5

Source: North Carolina State Center for Health Statistics (NC SCHS). (2021). *Death Counts and Crude Death Rates per 100,000 Population for Leading Causes of Death*. [Data tables]. Available from <https://schs.dph.ncdhhs.gov/data/>.

# MORTALITY

Cause of Death	Polk		Comparison to WNC Regional Average Rate		Comparison to NC Rate	
	# Deaths	Death Rate	Regional Rate	% Difference	NC Rate	% Difference
Acquired Immune Deficiency Syndrome	1	1.0	0.9	8.1%	1.8	-44.4%
All Other Unintentional Injuries	69	55.0	50.7	8.5%	39.3	39.9%
Alzheimer's disease	109	39.2	33.0	18.8%	36.9	6.2%
Cancer	282	129.5	157.3	-17.7%	158.0	-18.0%
Cerebrovascular Disease	93	37.5	39.6	-5.2%	42.7	-12.2%
Chronic Liver Disease and Cirrhosis	12	8.1	15.2	-46.6%	10.6	-23.6%
Chronic Lower Respiratory Diseases	85	34.2	53.5	-36.0%	44.0	-22.3%
Diabetes Mellitus	24	10.9	22.2	-51.0%	23.8	-54.2%
Diseases of Heart	364	146.3	164.0	-10.8%	157.3	-7.0%
Homicide	2	2.3	4.2	-45.7%	6.8	-66.2%
Nephritis, Nephrotic Syndrome, and Nephrosis	25	12.6	15.1	-16.8%	16.5	-23.6%
Pneumonia and Influenza	40	15.7	17.8	-11.5%	16.7	-6.0%
Septicemia	18	7.2	10.8	-33.2%	12.7	-43.3%
Suicide	28	25.9	19.8	31.1%	13.4	93.3%
Unintentional Motor Vehicle Injuries	8	5.6	16.1	-65.1%	14.7	-61.9%
All Causes (some not listed)	1,525	684.9	805.5	-15.0%	780.0	-12.2%

Source: North Carolina State Center for Health Statistics (NC SCHS). (2020). *Causes of Death*. [Data tables]. Available from <https://schs.dph.ncdhhs.gov/data/>.



# SOCIAL DETERMINANTS OF HEALTH





HOUSING |

HAD A TIME IN THE PAST YEAR  
WHEN HOME WAS WITHOUT ELECTRICITY, WATER, OR HEATING  
(WESTERN NORTH CAROLINA, 2021; BY COUNTY)

■ 2021

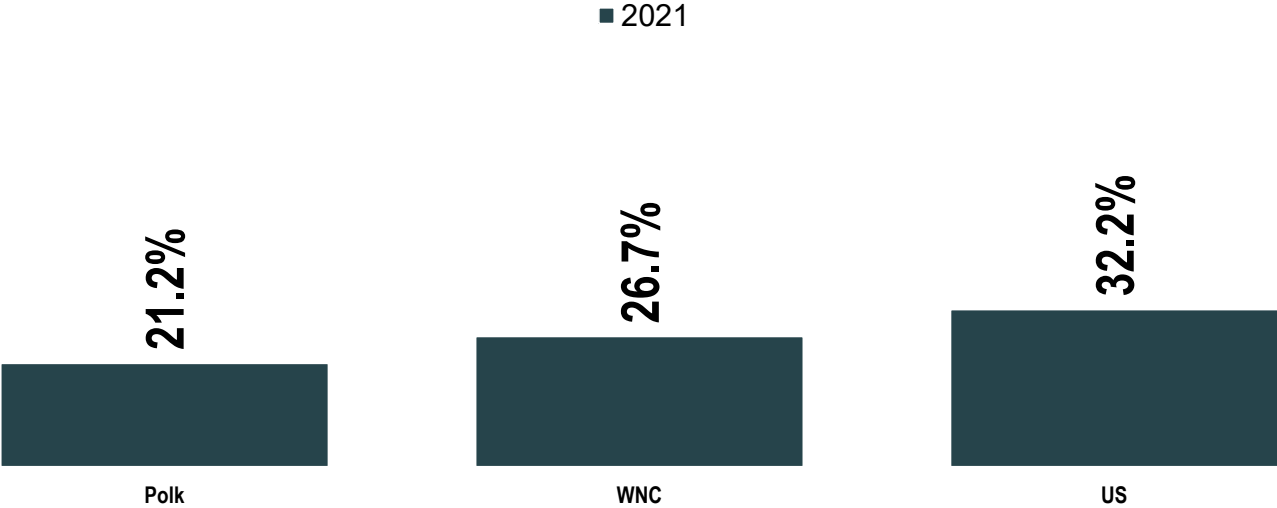


Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 42]

Notes: ● Asked of all respondents.

# WORRIED OR STRESSED ABOUT PAYING RENT OR MORTGAGE IN THE PAST YEAR

(“ALWAYS/USUALLY/SOMETIMES” RESPONSES; WESTERN NORTH CAROLINA, 2021; BY COUNTY)



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 43]  
● PRC National Health Survey, Professional Research Consultants, Inc.  
Notes: ● Asked of all respondents.

HAVE HAD TO LIVE WITH A FRIEND/RELATIVE  
IN THE PAST THREE YEARS DUE TO A HOUSING EMERGENCY  
(WESTERN NORTH CAROLINA, 2021; BY COUNTY)



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 44]

Notes: ● Asked of all respondents.

LIVED ON THE STREET, IN A CAR, OR IN A  
TEMPORARY SHELTER IN THE PAST THREE YEARS  
(WESTERN NORTH CAROLINA, 2021; BY COUNTY)



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 45]

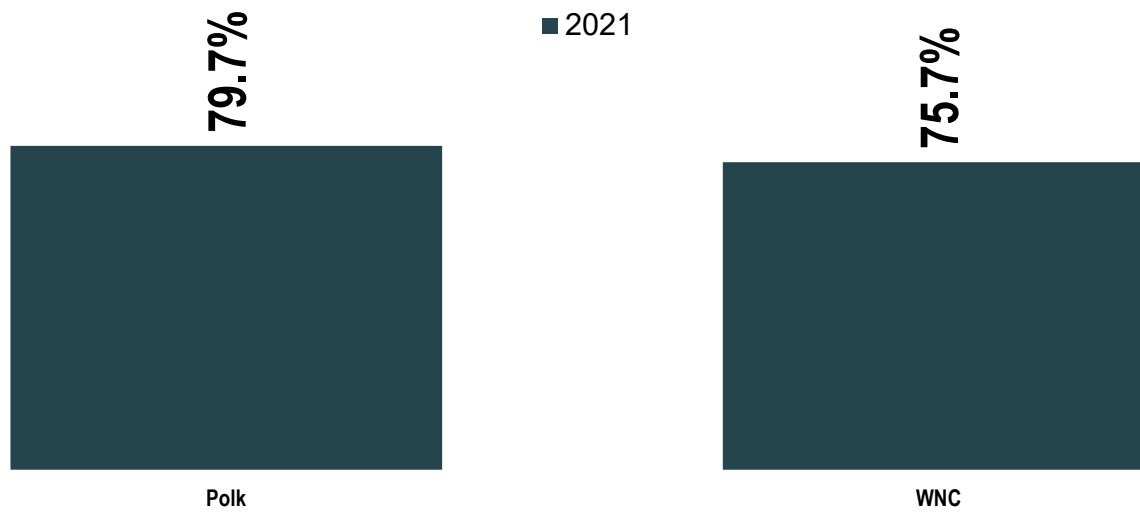
Notes: ● Asked of all respondents.





SUPPORT |

# HAVE SOMEONE TO RELY ON FOR HELP OR SUPPORT IF NEEDED (E.G. FOOD, TRANSPORTATION, CHILDCARE, ETC.; WESTERN NORTH CAROLINA, 2021; BY COUNTY)



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 62]

Notes: ● Includes "always" and "usually" responses.

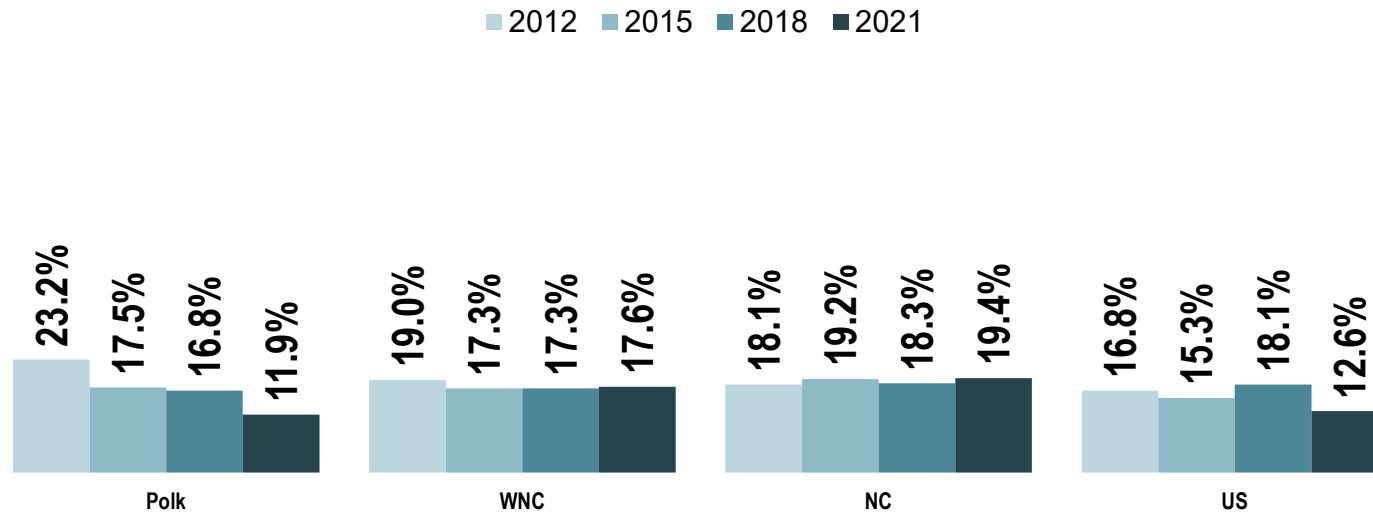


# SELF-REPORTED HEALTH STATUS



# OVERALL HEALTH

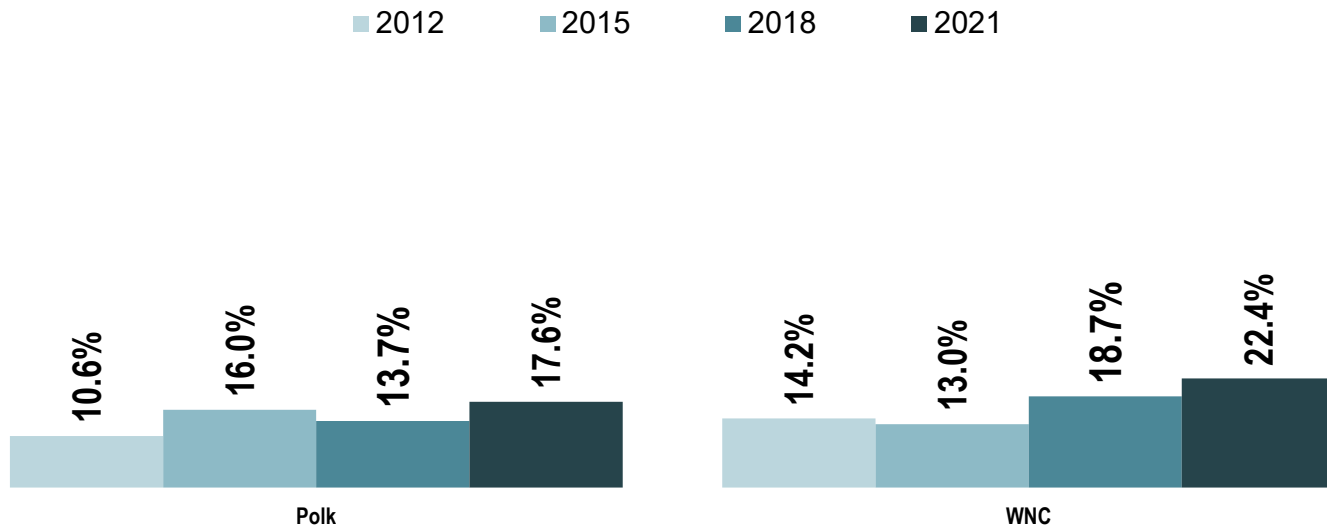
## EXPERIENCE “FAIR” OR “POOR” OVERALL HEALTH (BY COUNTY)



- Sources:
- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 6]
  - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): North Carolina data.
  - PRC National Health Survey, Professional Research Consultants, Inc.
- Notes:
- Asked of all respondents.

# MENTAL HEALTH & MENTAL DISORDERS

# MORE THAN SEVEN DAYS OF POOR MENTAL HEALTH IN THE PAST MONTH (BY COUNTY)



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 63]

Notes: ● Asked of all respondents.

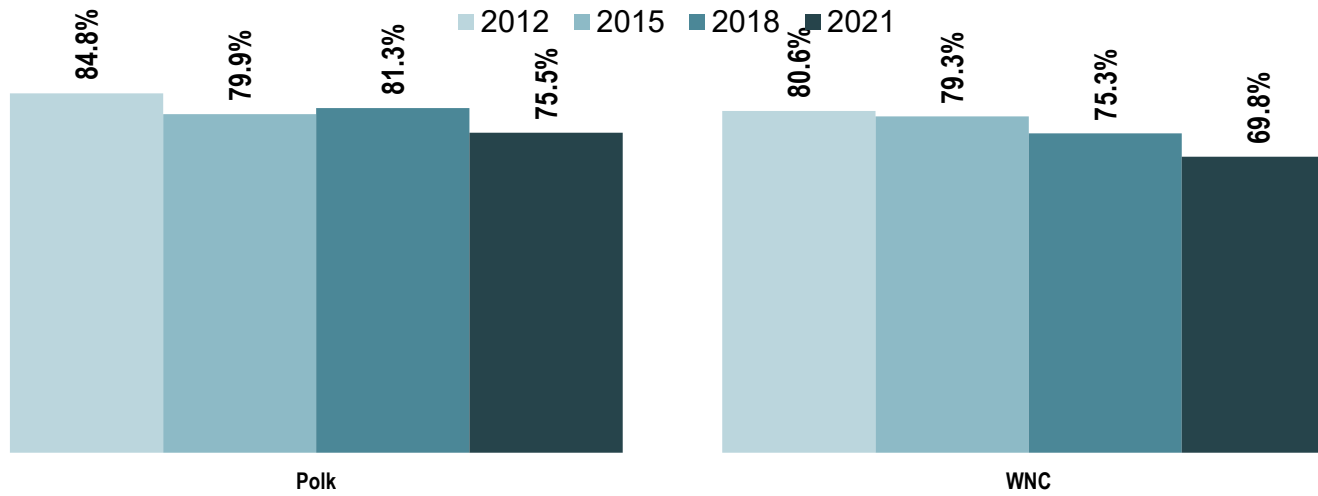
## HAVE CONSIDERED SUICIDE IN THE PAST YEAR (WESTERN NORTH CAROLINA, 2021; BY COUNTY)



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 69]

Notes: ● Asked of all respondents.

## “ALWAYS” OR “USUALLY” GET NEEDED SOCIAL/EMOTIONAL SUPPORT (BY COUNTY)



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 61]

Notes: ● Includes “always” and “usually” responses.

# TYPICAL DAY IS “EXTREMELY/VERY STRESSFUL” (BY COUNTY)

■ 2021



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 64]  
● PRC National Health Survey, Professional Research Consultants, Inc.

Notes: ● Asked of all respondents.

## CONFIDENT IN ABILITY TO MANAGE STRESS (BY COUNTY, 2021)



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 65]

- Notes:
- Asked of all respondents.
  - Includes "strongly agree" and "agree" responses.



## ABLE TO STAY HOPEFUL IN DIFFICULT TIMES (BY COUNTY, 2021)



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 66]

- Notes:
- Asked of all respondents.
  - Includes "strongly agree" and "agree" responses.

# CURRENTLY TAKING MEDICATION OR RECEIVING TREATMENT FOR MENTAL HEALTH

(WESTERN NORTH CAROLINA, 2021; BY COUNTY)

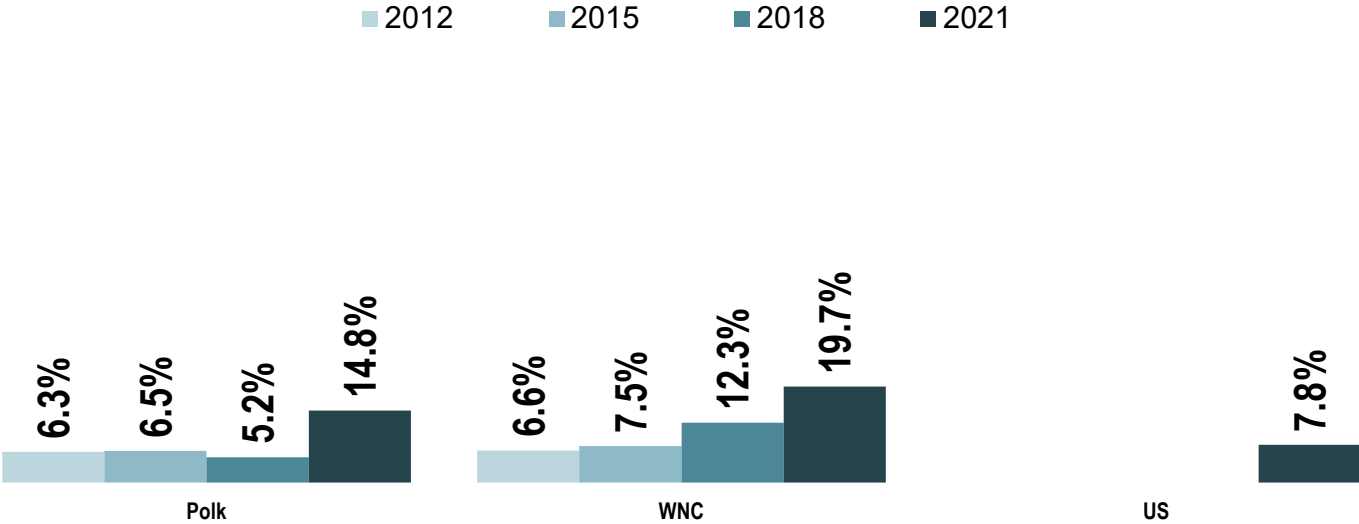


Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 68]

● PRC National Health Survey, Professional Research Consultants, Inc.

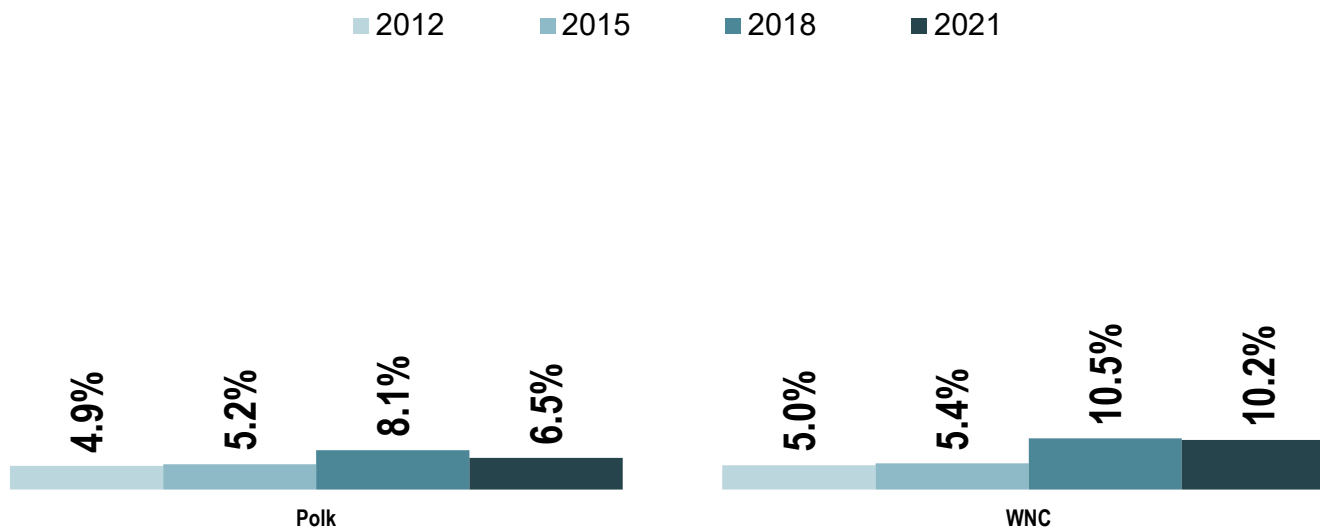
Notes: ● Asked of all respondents.

# DID NOT GET MENTAL HEALTH CARE OR COUNSELING THAT WAS NEEDED IN THE PAST YEAR (BY COUNTY)



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 67]  
● PRC National Health Survey, Professional Research Consultants, Inc.  
Notes: ● Asked of all respondents.

## DISSATISFIED WITH LIFE ("DISSATISFIED" AND "VERY DISSATISFIED" RESPONSES; BY COUNTY)

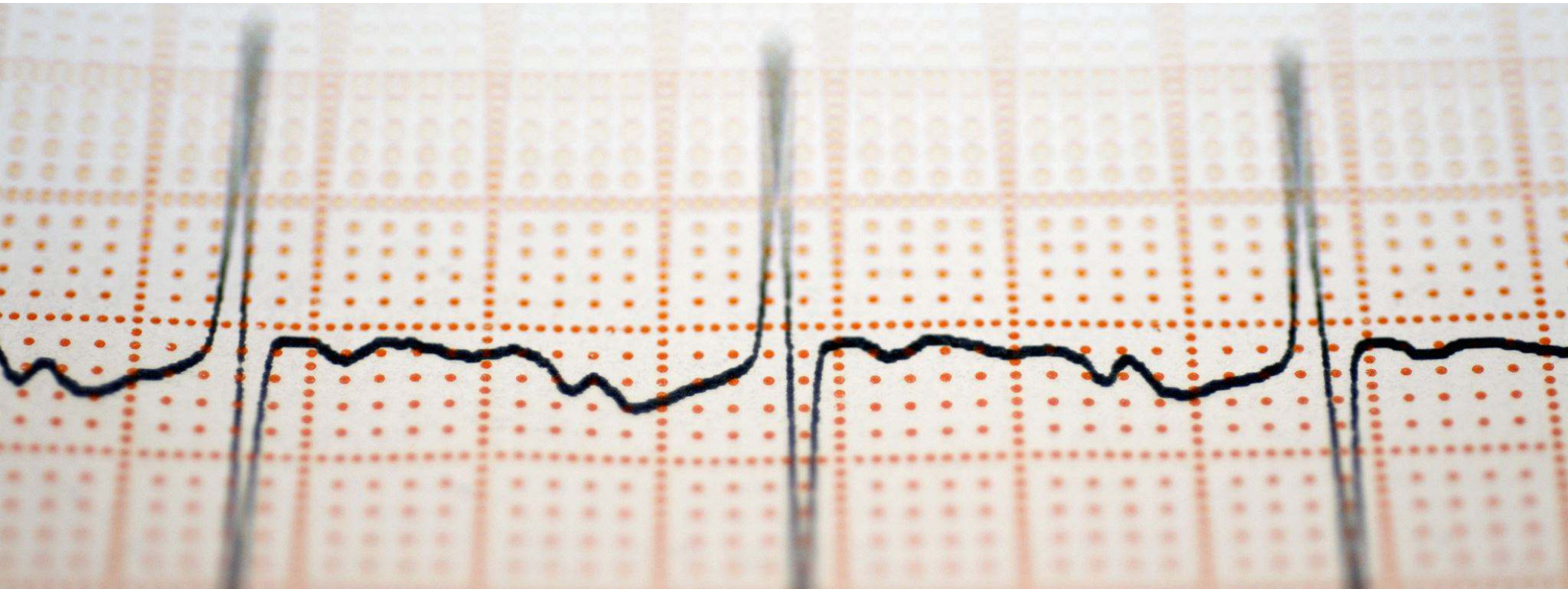


Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 60]

Notes: ● Asked of all respondents.



# CHRONIC CONDITIONS



CARDIOVASCULAR RISK |

## PREVALENCE OF HEART DISEASE (BY COUNTY)

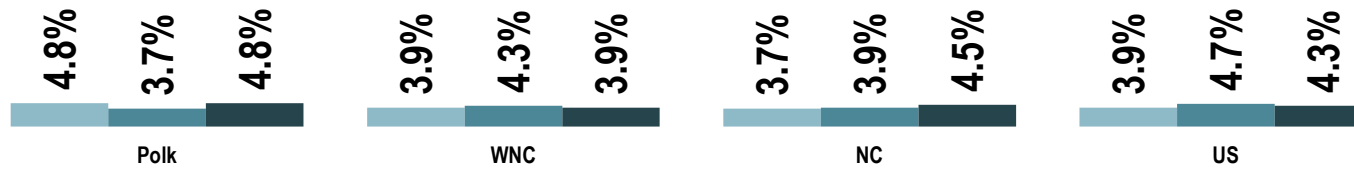
■ 2015 ■ 2018 ■ 2021



- Sources:
- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 10]
  - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): North Carolina data.
  - PRC National Health Survey, Professional Research Consultants, Inc.
- Notes:
- Asked of all respondents.

## PREVALENCE OF STROKE (BY COUNTY)

■ 2015 ■ 2018 ■ 2021



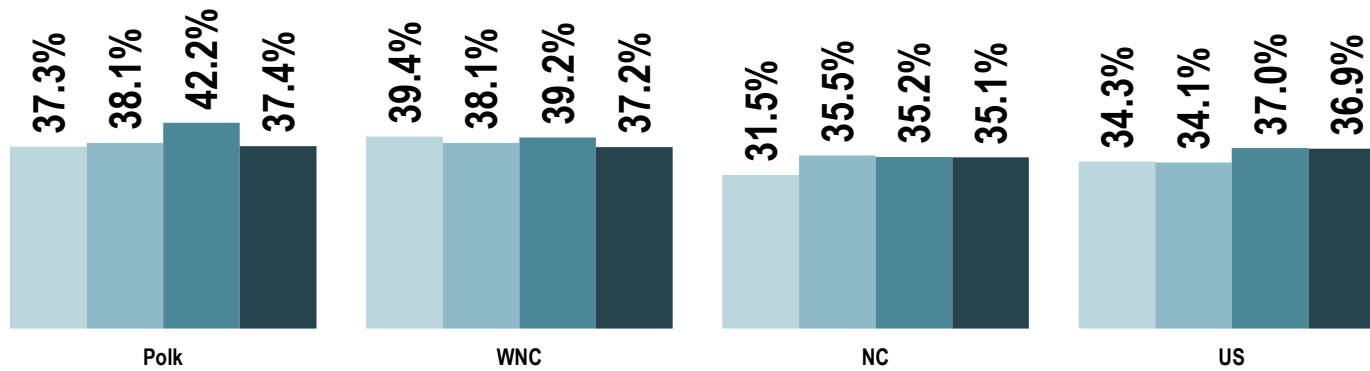
- Sources:
- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 11]
  - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): North Carolina data.
  - PRC National Health Survey, Professional Research Consultants, Inc.
- Notes:
- Asked of all respondents.



# PREVALENCE OF HIGH BLOOD PRESSURE (BY COUNTY)

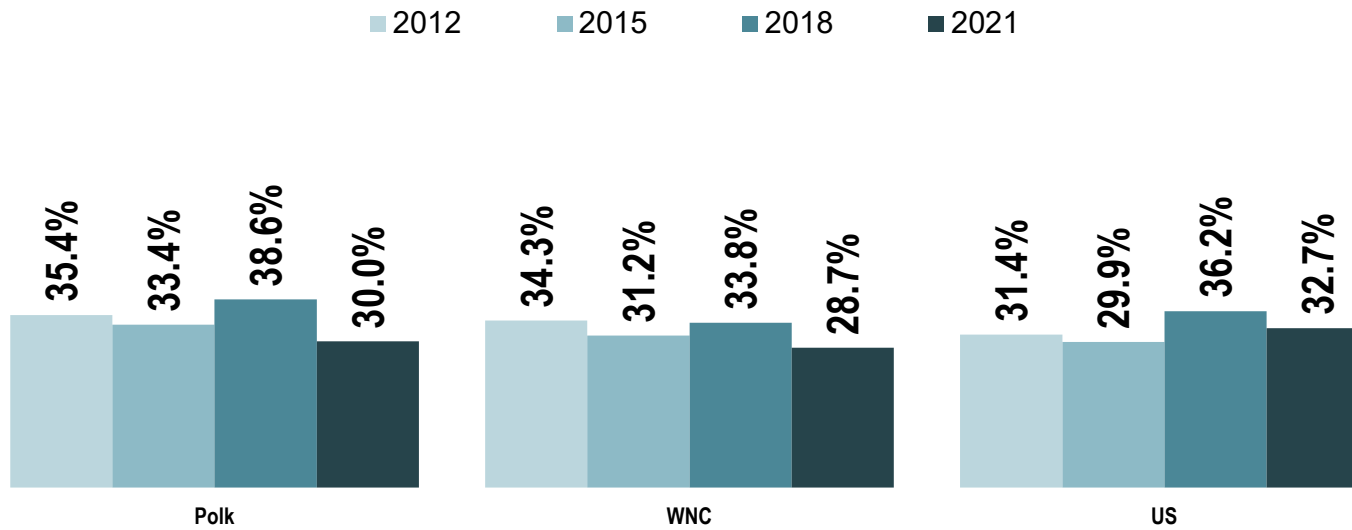
HEALTHY PEOPLE 2030 TARGET = 27.7% OR LOWER

2012 2015 2018 2021



- Sources:
- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 12]
  - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): North Carolina data.
  - PRC National Health Survey, Professional Research Consultants, Inc.
  - US Department of Health and Human Services. Healthy People 2030. <http://www.healthypeople.gov>.
- Notes:
- Asked of all respondents.

## PREVALENCE OF HIGH BLOOD CHOLESTEROL (BY COUNTY)



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 13]

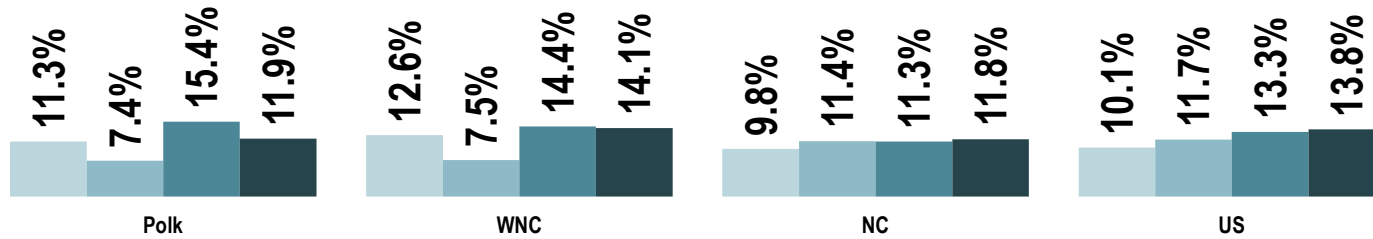
● PRC National Health Survey, Professional Research Consultants, Inc.

Notes: ● Asked of all respondents.

# DIABETES

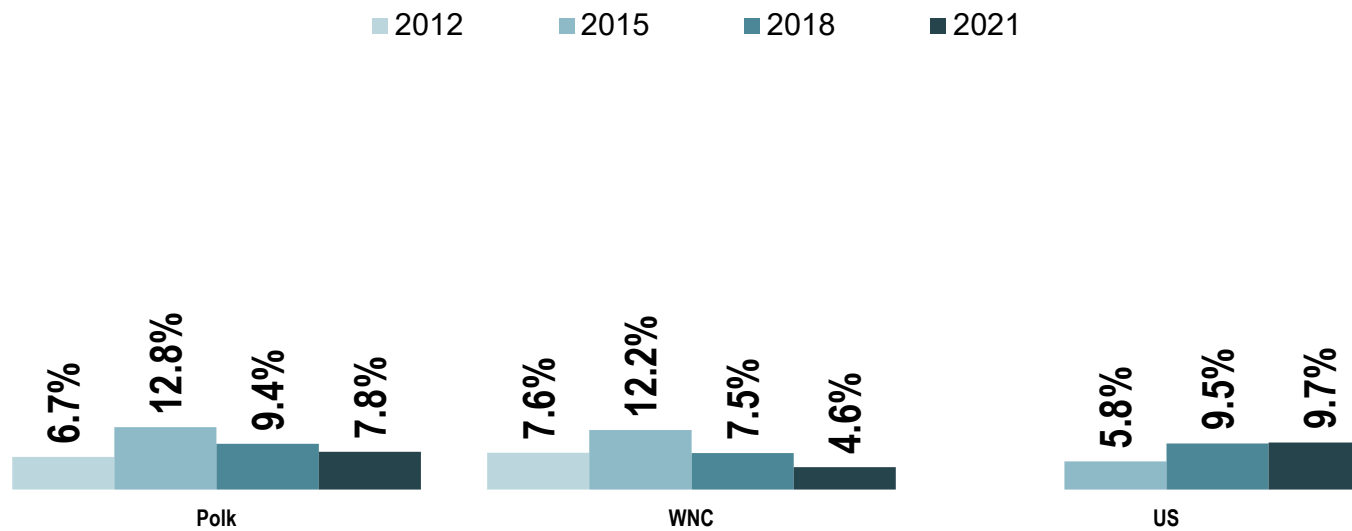
## PREVALENCE OF DIABETES (BY COUNTY)

■ 2012   ■ 2015   ■ 2018   ■ 2021



- Sources:
- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 85]
  - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): North Carolina data.
  - PRC National Health Survey, Professional Research Consultants, Inc.
- Notes:
- Asked of all respondents.

## PREVALENCE OF BORDERLINE OR PRE-DIABETES (BY COUNTY)



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 85]

● PRC National Health Survey, Professional Research Consultants, Inc.

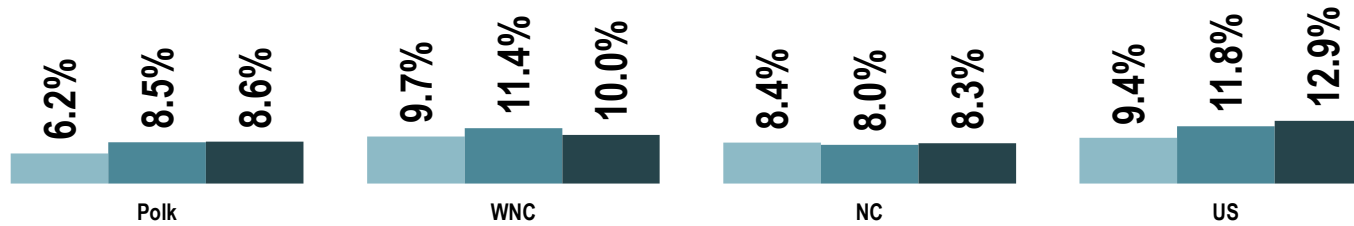
Notes: ● Asked of all respondents.



# RESPIRATORY CONDITIONS

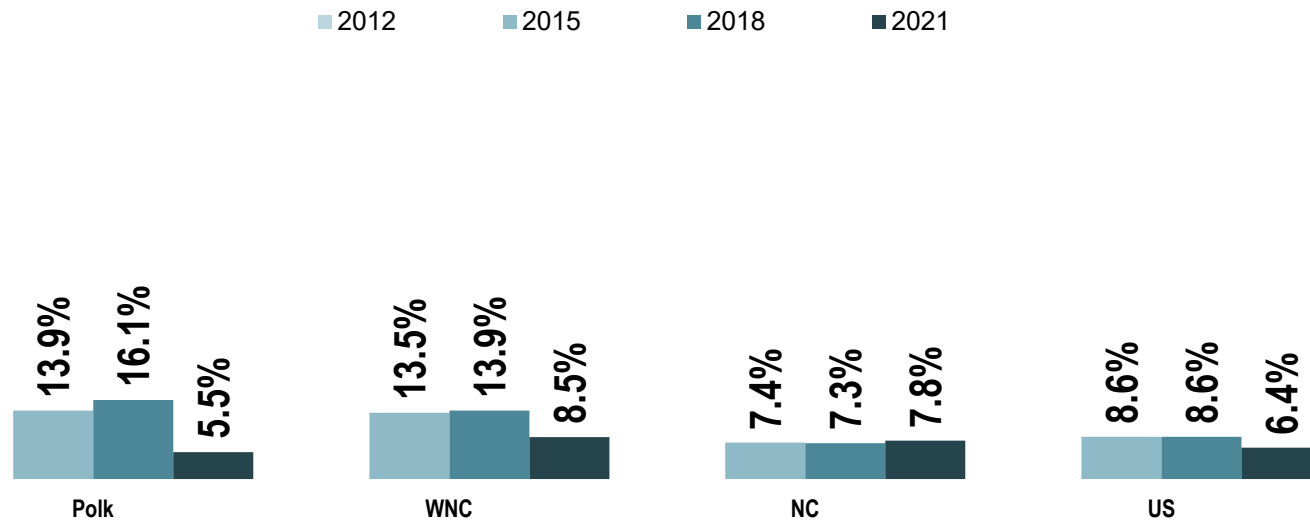
## PREVALENCE OF ASTHMA (BY COUNTY)

■ 2015 ■ 2018 ■ 2021



- Sources:
- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 83]
  - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): North Carolina data.
  - PRC National Health Survey, Professional Research Consultants, Inc.
- Notes:
- Asked of all respondents.

# PREVALENCE OF CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) (BY COUNTY)



- Sources:
- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 9]
  - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): North Carolina data.
  - PRC National Health Survey, Professional Research Consultants, Inc.
- Notes:
- Asked of all respondents.





COVID-19 |

# LOST A JOB DURING THE PANDEMIC

(WESTERN NORTH CAROLINA, 2021; BY COUNTY)



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 70]  
Notes: ● Asked of all respondents.

# LOST WORK HOURS OR WAGES DURING THE PANDEMIC (WESTERN NORTH CAROLINA, 2021; BY COUNTY)

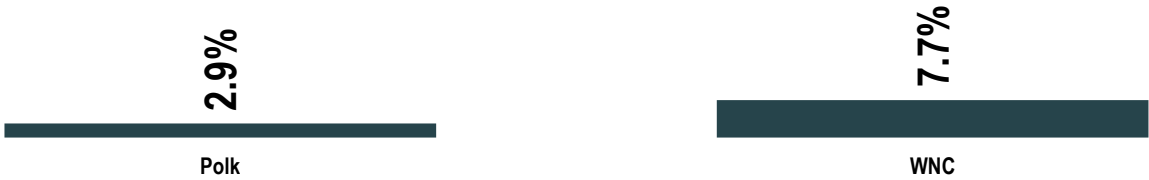


Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 71]

Notes: ● Asked of all respondents.

# LOST HEALTH INSURANCE COVERAGE DURING THE PANDEMIC

(WESTERN NORTH CAROLINA, 2021; BY COUNTY)



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 72]

Notes: ● Asked of all respondents.

# CHOSE TO GO WITHOUT NEEDED HEALTH CARE DURING THE PANDEMIC

(WESTERN NORTH CAROLINA, 2021; BY COUNTY)



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 73]  
Notes: ● Asked of all respondents.

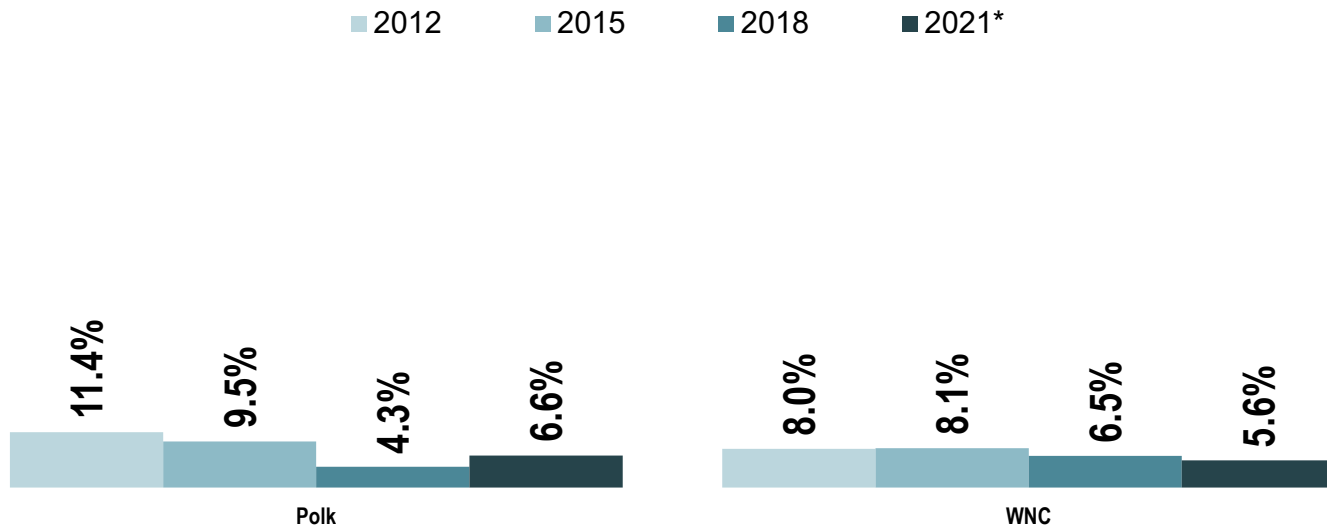


# MODIFIABLE HEALTH RISKS



NUTRITION |

# CONSUME FIVE OR MORE SERVINGS OF FRUITS/VEGETABLES PER DAY (BY COUNTY)



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 89]

Notes: ● Asked of all respondents.

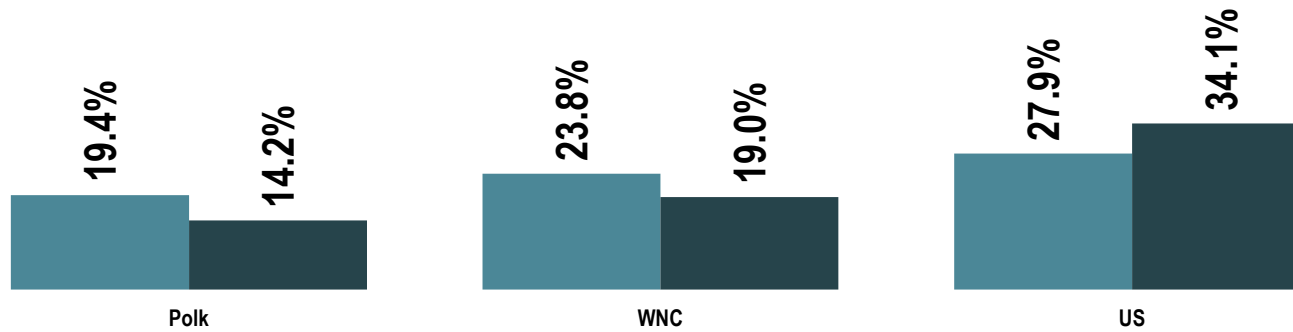
● For this issue, respondents were asked to recall their food intake during the previous week.

\*Reflects 1-cup servings of fruits and/or vegetables in the past week, excluding potatoes; note that the previous WNC surveys also excluded lettuce salads.



## FOOD INSECURITY (BY COUNTY, 2021)

■ 2018 ■ 2021



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 76]

● PRC National Health Survey, Professional Research Consultants, Inc.

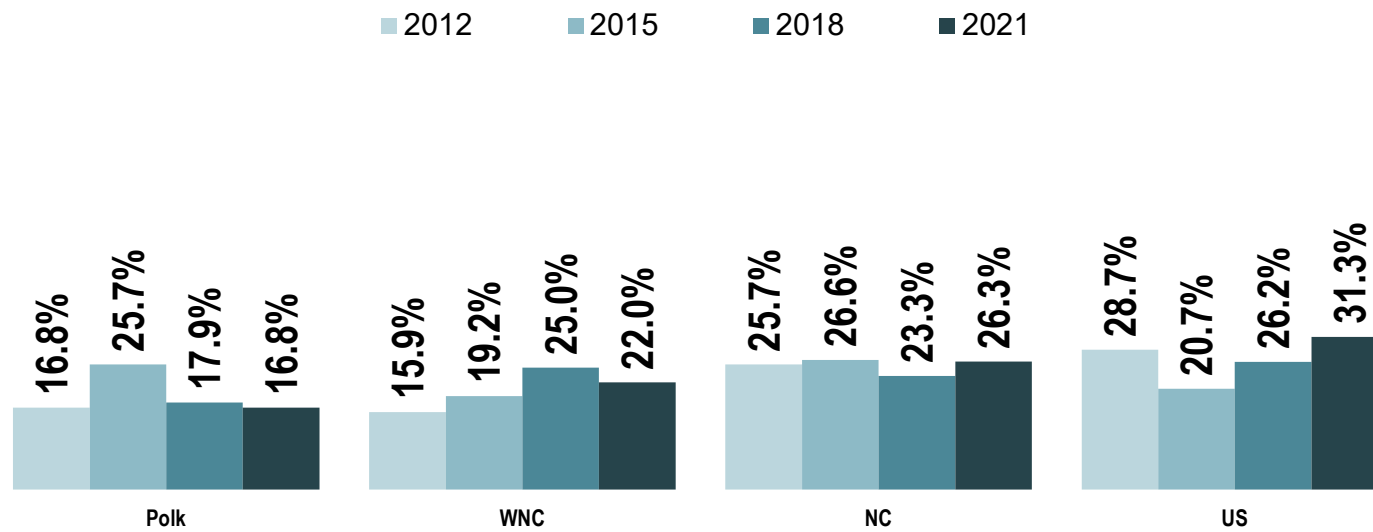
Notes: ● Asked of all respondents.

● Includes adults who A) ran out of food at least once in the past year and/or B) worried about running out of food in the past year.



# PHYSICAL ACTIVITY & FITNESS

## NO LEISURE-TIME PHYSICAL ACTIVITY IN THE PAST MONTH (BY COUNTY)



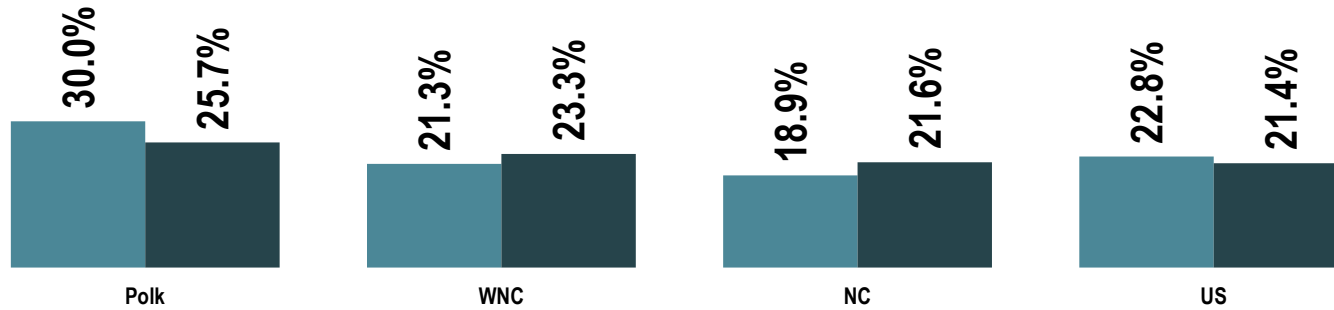
- Sources:
- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 52]
  - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): North Carolina data.
  - PRC National Health Survey, Professional Research Consultants, Inc.
- Notes:
- Asked of all respondents.

# MEETS PHYSICAL ACTIVITY RECOMMENDATIONS

(BY COUNTY, 2021)

HEALTHY PEOPLE 2030 TARGET = 28.4% OR HIGHER

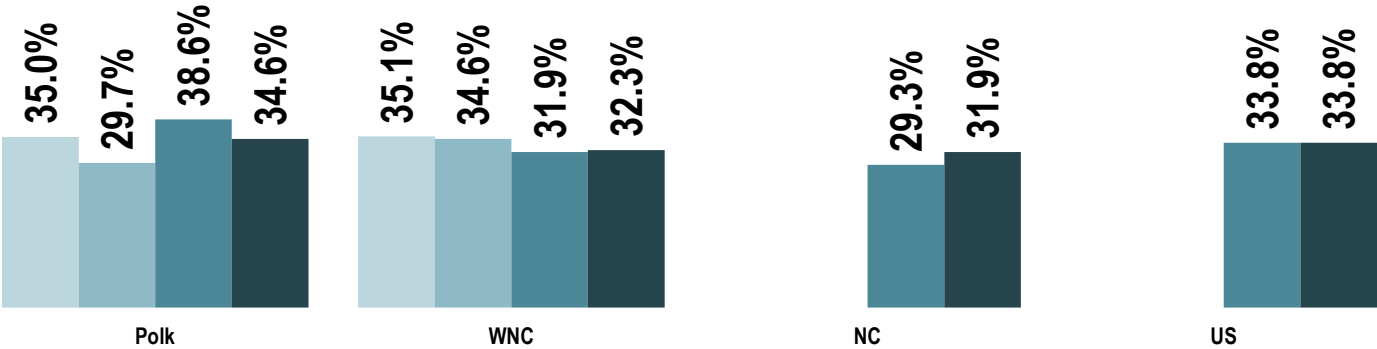
■ 2018 ■ 2021



- Sources:
- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 90]
  - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): North Carolina data.
  - PRC National Health Survey, Professional Research Consultants, Inc.
  - US Department of Health and Human Services. Healthy People 2030. <http://www.healthypeople.gov>.
- Notes:
- Asked of all respondents.

# STRENGTHENING PHYSICAL ACTIVITY (BY COUNTY)

2012 2015 2018 2021

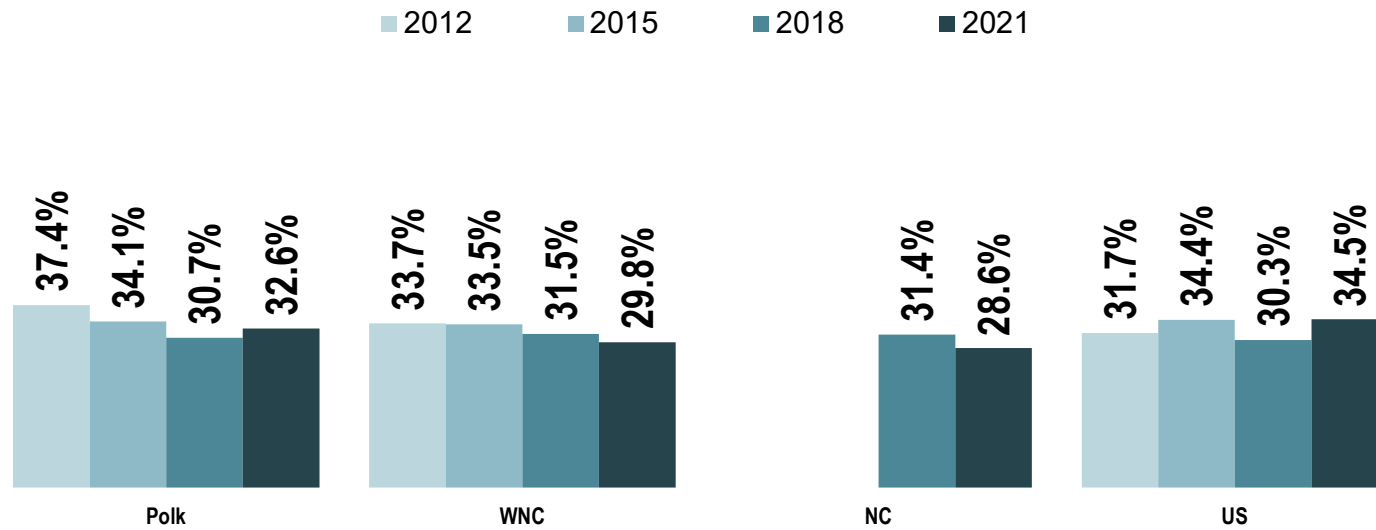


- Sources:
- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 59]
  - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): North Carolina data.
  - PRC National Health Survey, Professional Research Consultants, Inc.
- Notes:
- Asked of all respondents.
  - Takes part in physical activities or exercises that strengthen muscles at least 2 times per week.



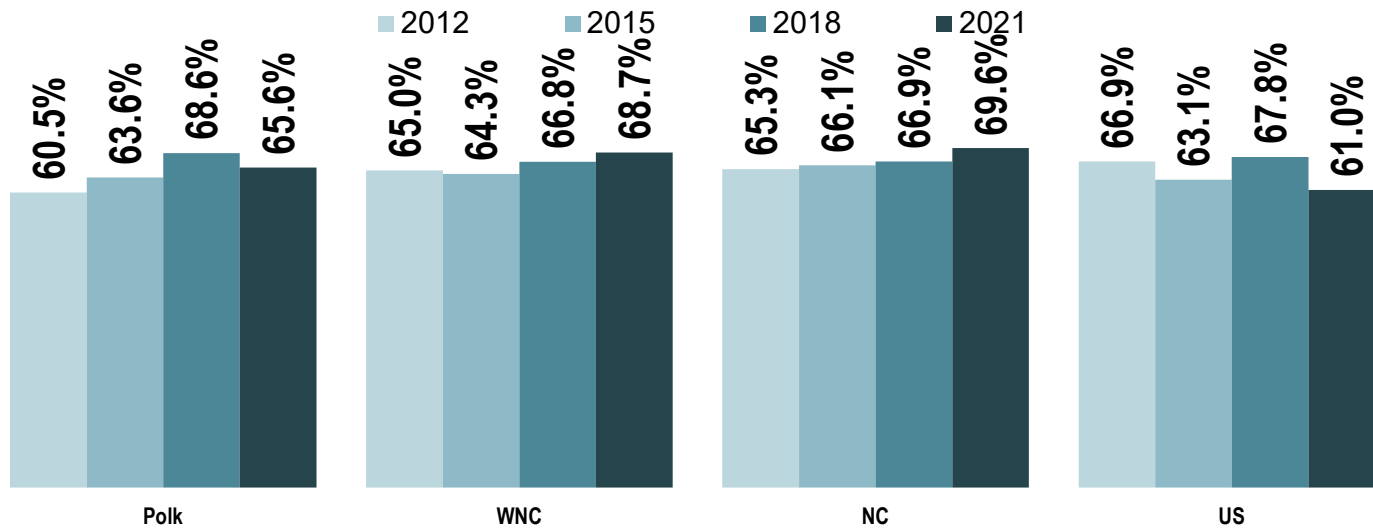
**BODY WEIGHT** |

## HEALTHY WEIGHT (BODY MASS INDEX BETWEEN 18.5 AND 24.9; BY COUNTY)



- Sources:
- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 92]
  - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): North Carolina data.
  - PRC National Health Survey, Professional Research Consultants, Inc.
- Notes:
- Based on reported heights and weights; asked of all respondents.
  - The definition of healthy weight is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), between 18.5 and 24.9.

## TOTAL OVERWEIGHT (OVERWEIGHT OR OBESE) (BODY MASS INDEX OF 25.0 OR HIGHER; BY COUNTY)



- Sources:
- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 92]
  - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): North Carolina data.
  - PRC National Health Survey, Professional Research Consultants, Inc.

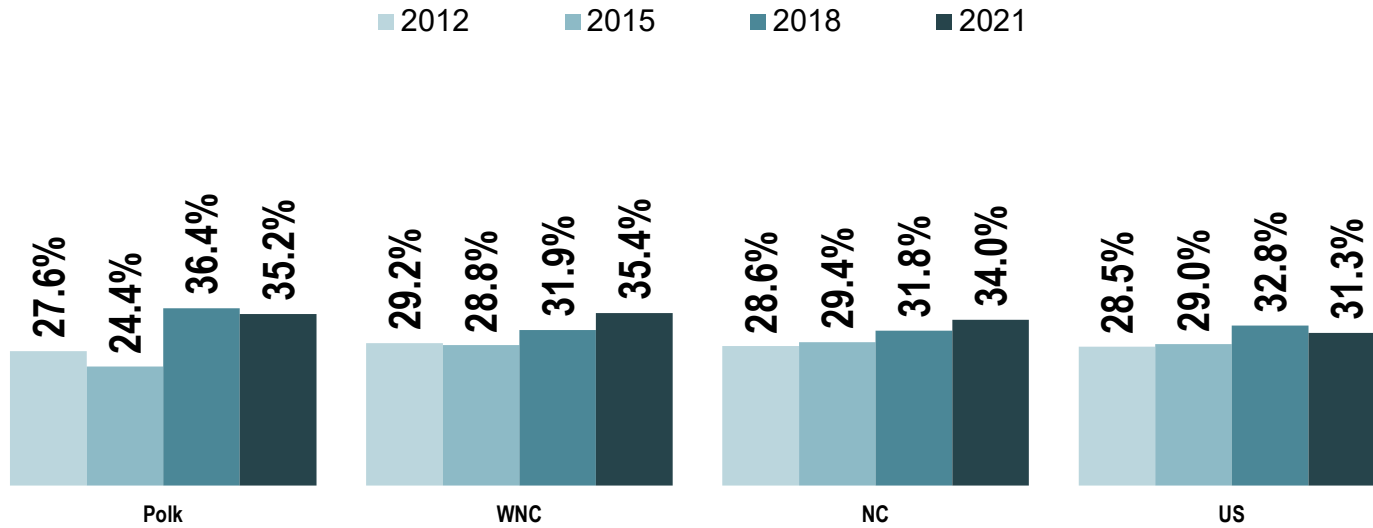
- Notes:
- Based on reported heights and weights; asked of all respondents.
  - The definition of overweight is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 25.0, regardless of gender. The definition for obesity is a BMI greater than or equal to 30.0.



## OBESITY

(BODY MASS INDEX OF 30.0 OR HIGHER; BY COUNTY)

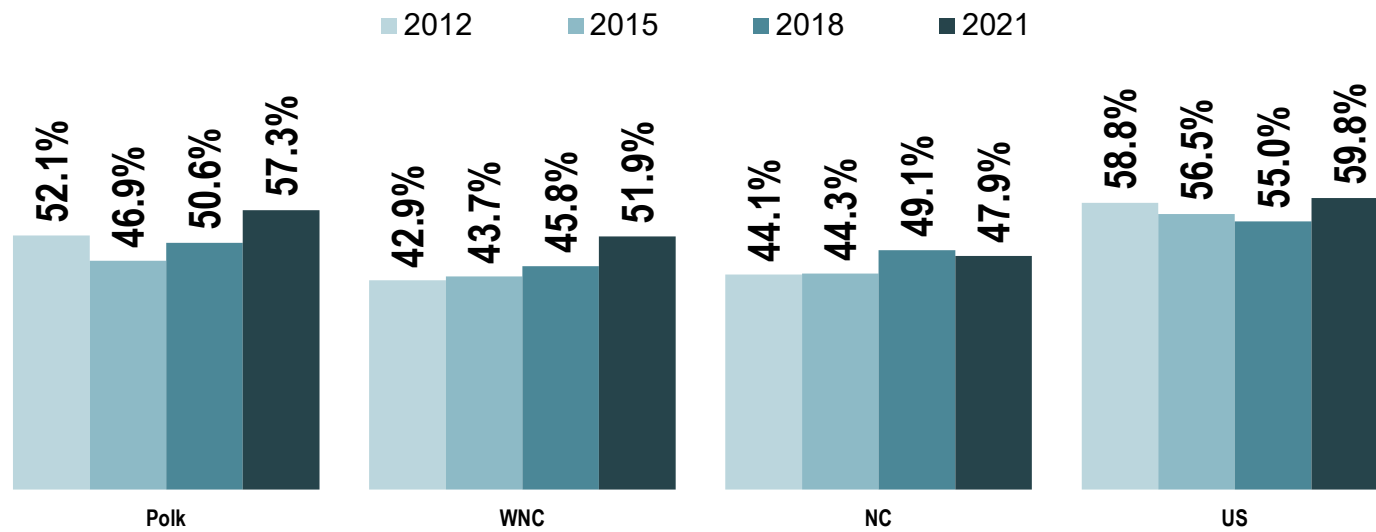
HEALTHY PEOPLE 2030 TARGET = 36.0% OR LOWER



- Sources:
- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 92]
  - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): North Carolina data.
  - PRC National Health Survey, Professional Research Consultants, Inc.
  - US Department of Health and Human Services. Healthy People 2030. <http://www.healthypeople.gov>.
- Notes:
- Based on reported heights and weights; asked of all respondents.
  - The definition of obesity is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 30.0, regardless of gender.

# SUBSTANCE ABUSE

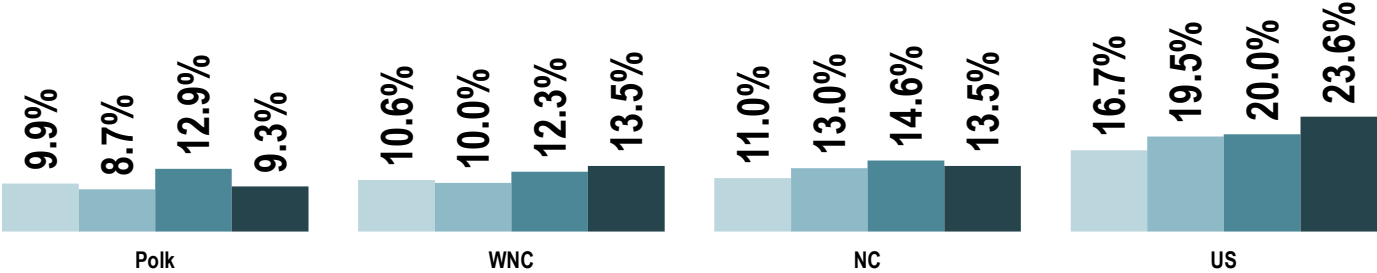
## CURRENT DRINKERS (BY COUNTY)



- Sources:
- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 23]
  - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): North Carolina data.
  - PRC National Health Survey, Professional Research Consultants, Inc.
- Notes:
- Asked of all respondents.
  - Current drinkers had at least one alcoholic drink in the past month.

# BINGE DRINKERS (BY COUNTY)

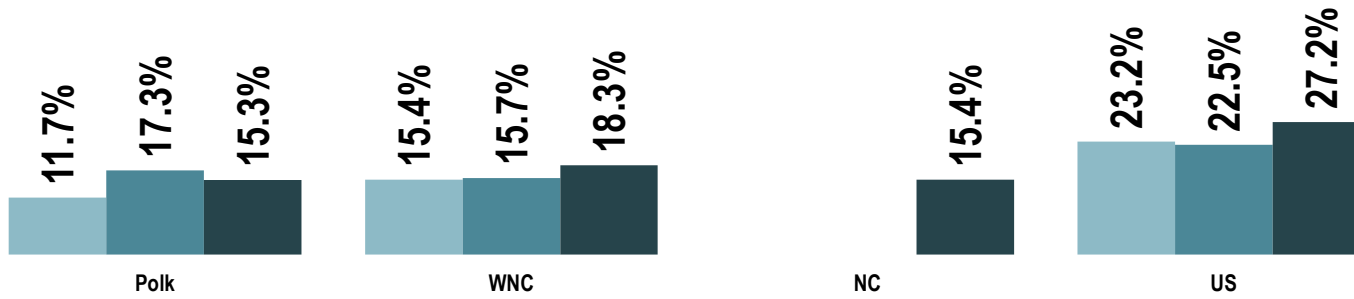
2012 2015 2018 2021



- Sources:
- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 25]
  - PRC National Health Survey, Professional Research Consultants, Inc.
  - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): North Carolina data.
- Notes:
- Asked of all respondents.
  - Binge drinkers are defined as men consuming 5+ alcoholic drinks on any one occasion in the past month or women consuming 4+ alcoholic drinks on any one occasion in the past month.
  - Previous survey data classified both men and women as binge drinkers if they had 5+ alcoholic drinks on one occasion in the past month.

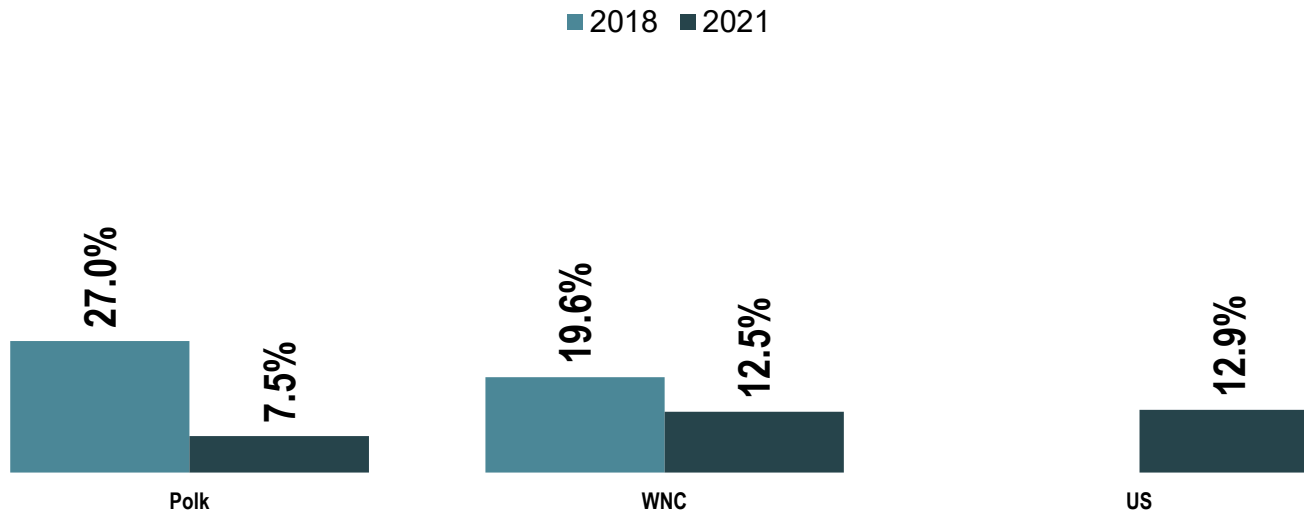
## EXCESSIVE DRINKERS (BY COUNTY)

■ 2015 ■ 2018 ■ 2021



- Sources:
- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 100]
  - PRC National Health Survey, Professional Research Consultants, Inc.
  - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): North Carolina data.
- Notes:
- Asked of all respondents.
  - Excessive drinking reflects the number of persons aged 18 years and over who drank more than two drinks per day on average (for men) or more than one drink per day on average (for women) OR who drank 5 or more drinks during a single occasion (for men) or 4 or more drinks during a single occasion (for women) during the past 30 days.

# USED PRESCRIPTION OPIATES/OPIOIDS IN THE PAST YEAR, WITH OR WITHOUT A PRESCRIPTION (BY COUNTY, 2021)



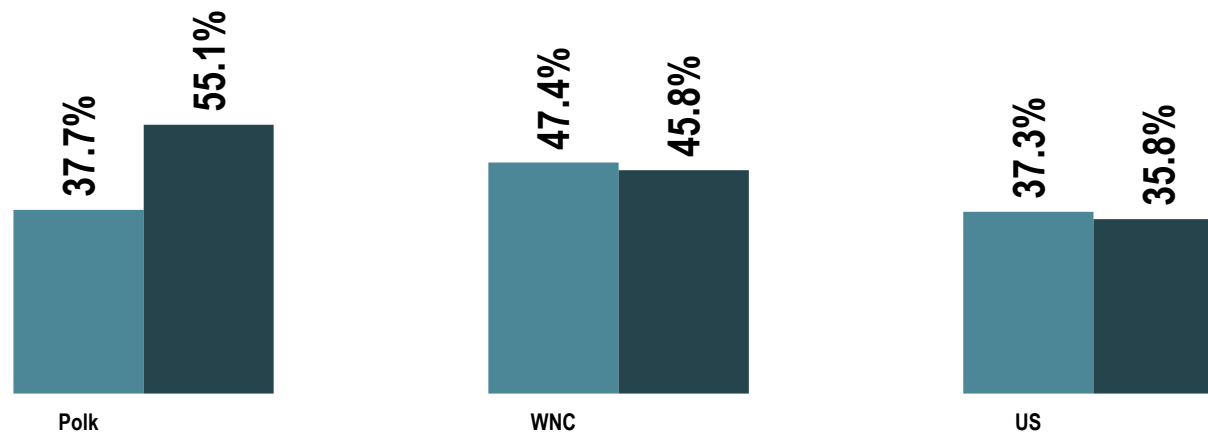
Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 26]

● PRC National Health Survey, Professional Research Consultants, Inc.

Notes: ● Asked of all respondents.

# LIFE HAS BEEN NEGATIVELY AFFECTED BY SUBSTANCE ABUSE (BY SELF OR SOMEONE ELSE) (BY COUNTY, 2021)

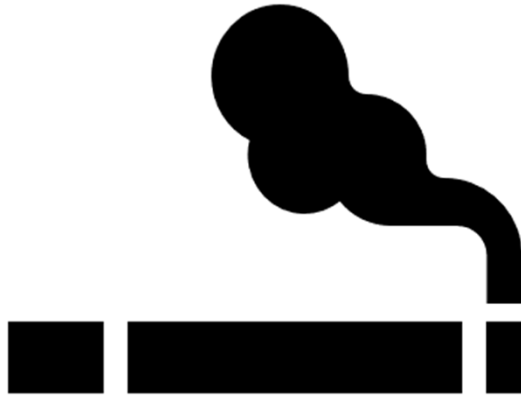
■ 2015 ■ 2018 ■ 2021



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 27]

● PRC National Health Survey, Professional Research Consultants, Inc.

Notes: ● Asked of all respondents.

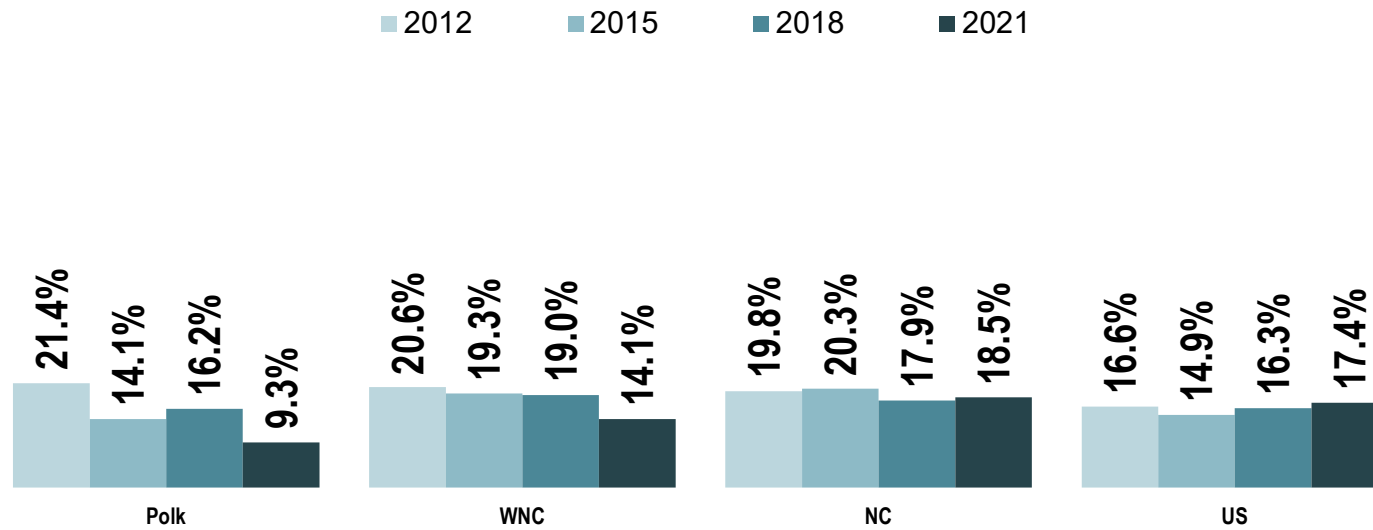


TOBACCO USE |



## CURRENT SMOKERS (BY COUNTY)

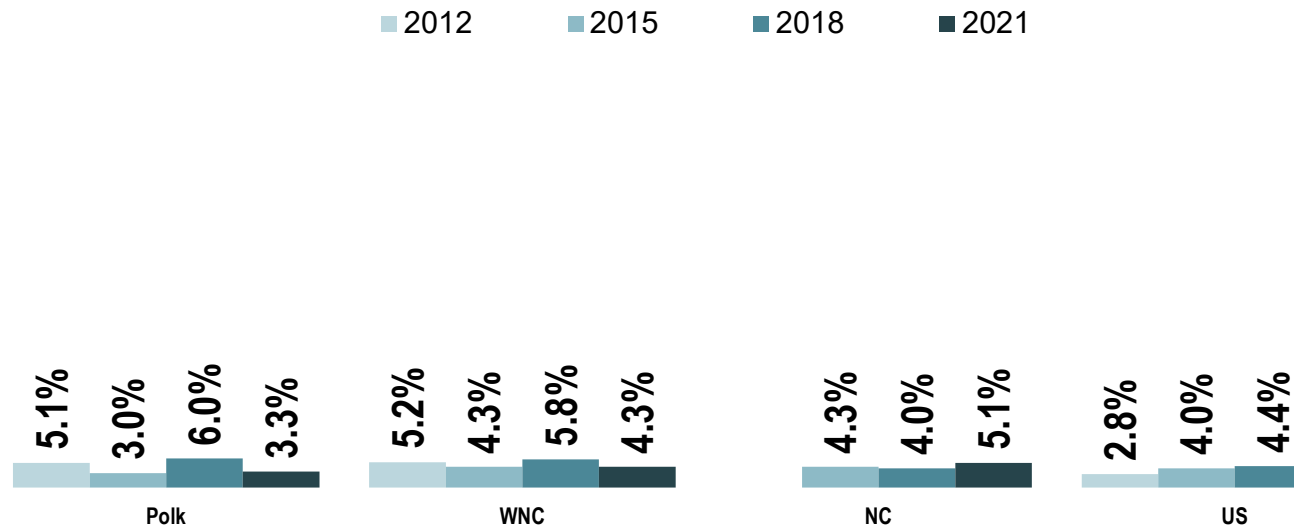
HEALTHY PEOPLE 2030 TARGET = 5.0% OR LOWER



- Sources:
- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 19]
  - PRC National Health Survey, Professional Research Consultants, Inc.
  - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): North Carolina data.
  - US Department of Health and Human Services. Healthy People 2030. <http://www.healthypeople.gov>.

- Notes:
- Asked of all respondents.
  - Includes regular and occasional smokers (everyday and some days).

## CURRENTLY USE SMOKELESS TOBACCO PRODUCTS (BY COUNTY)



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 21]

● PRC National Health Survey, Professional Research Consultants, Inc.

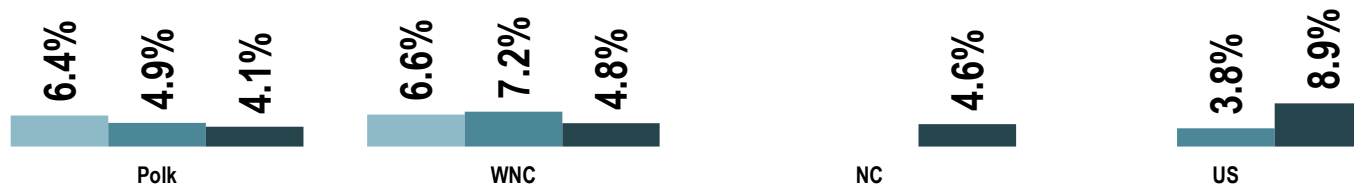
● Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): North Carolina data.

Notes: ● Asked of all respondents.

● Includes regular and occasional smokers (everyday and some days).

## CURRENTLY USE VAPING PRODUCTS (SUCH AS E-CIGARETTES) (BY COUNTY)

■ 2015 ■ 2018 ■ 2021



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 22]

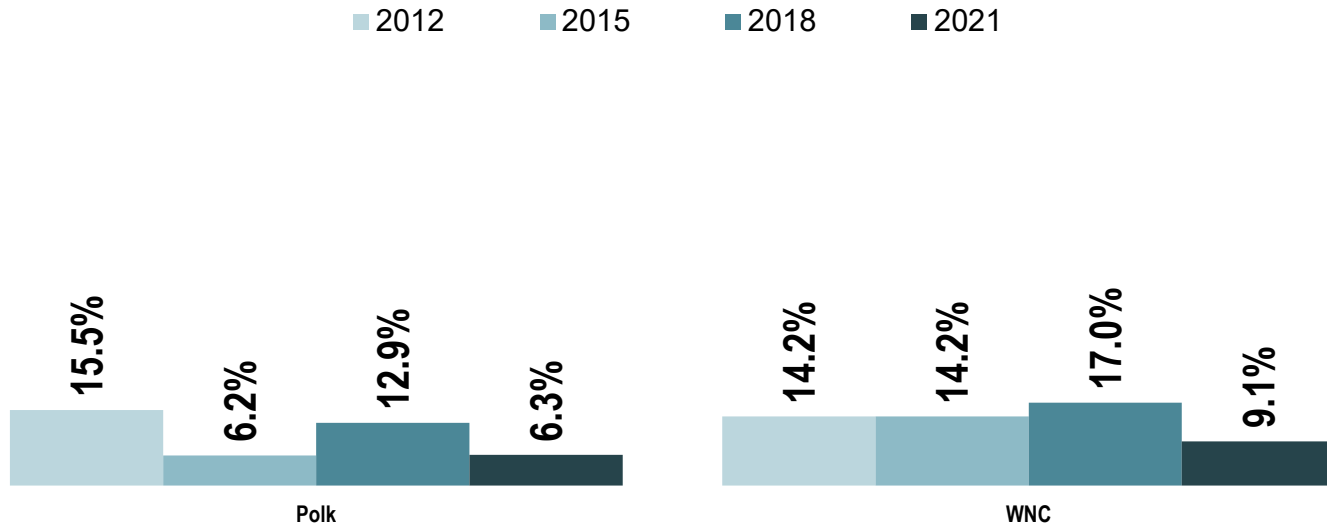
● PRC National Health Survey, Professional Research Consultants, Inc.

● Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): North Carolina data.

Notes: ● Vaping products (such as electronic cigarettes or e-cigarettes) are battery-operated devices that simulate traditional cigarette smoking but do not involve the burning of tobacco. The cartridge or liquid "e-juice" used in these devices produces vapor and comes in a variety of flavors.

● Includes regular and occasional smokers (everyday and some days).

# HAVE BREATHED SOMEONE ELSE'S SMOKE AT WORK IN THE PAST WEEK (EMPLOYED RESPONDENTS; BY COUNTY)



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 20]  
Notes: ● Asked of employed respondents.



# ACCESS TO HEALTH CARE

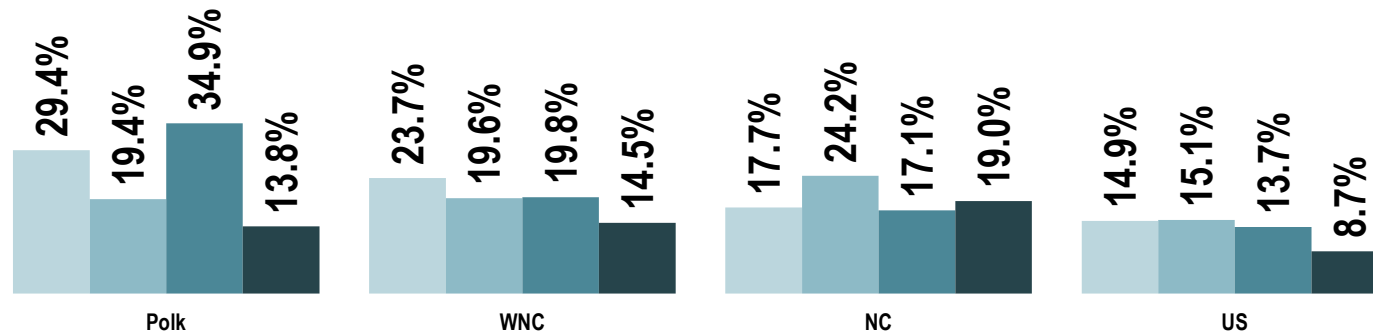
# HEALTH INSURANCE COVERAGE

## LACK OF HEALTHCARE INSURANCE COVERAGE

(ADULTS AGE 18-64; BY COUNTY)

HEALTHY PEOPLE 2030 TARGET = 7.9% OR LOWER

2012 2015 2018 2021

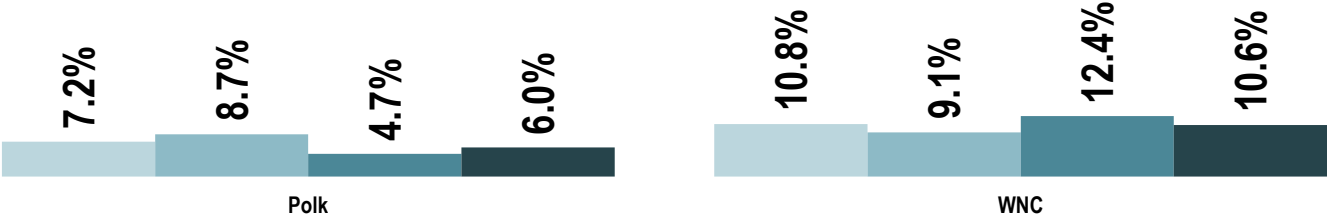


- Sources:
- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 101]
  - PRC National Health Survey, Professional Research Consultants, Inc.
  - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): North Carolina data.
  - US Department of Health and Human Services. Healthy People 2030. <http://www.healthypeople.gov>.

- Notes:
- Reflects all respondents under the age of 65.
  - Includes any type of insurance, such as traditional health insurance, prepaid plans such as HMOs, or government-sponsored coverage (e.g., Medicare, Medicaid, Indian Health Services, etc.).

WAS UNABLE TO GET NEEDED  
MEDICAL CARE AT SOME POINT IN THE PAST YEAR  
(WESTERN NORTH CAROLINA, 2021; BY COUNTY)

2012 2015 2018 2021



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 7]

Notes: ● Asked of all respondents.



# POSITIVE OUTCOME TRENDS: COMMUNITY STRENGTHS

- I. Polk County poverty trends are lower than the region and state average.
- II. Higher rate of college graduates than the region, though slightly lower than the state average.
- III. Heart disease and cancer mortality rates are both lower than the regional and state averages for Polk County
- IV. The number of non-smokers who are being exposed to secondhand smoke has significantly declined in Polk County and is much lower than the regional average. (2012: 15.5% compared to 2021: 6.3%)

# NEUTRAL & NEGATIVE OUTCOME TRENDS: *OUR* AREAS FOR GROWTH

- I. The suicide mortality rate has been steadily increasing since 2009-2013. The current age-adjusted rate is 25.9 per 100,000 population in 2015-2019. This is the highest rate in the region and higher than both the WNC regional mean (19.8) and the state (13.4) in 2015-2019.
- II. The prevalence of individuals whose life has been negatively affected by substance abuse indicates a significant increase in 2021 (55.1%) compared to 37.3% in 2018.
- III. Approximately 63% of pregnancies received prenatal care in the first trimester in Polk. This is one of the lowest percentages in the region and lower than both the WNC regional mean (77%) and the state (67.5) in 2019.

## NEUTRAL & NEGATIVE OUTCOME TRENDS: *OUR* AREAS FOR GROWTH

IV. Poverty in Polk County is unevenly distributed with families of children and minorities facing greater burden.

V. 17.4% of Polk respondents reported “yes” to the question “Was there a time in the past 12 months when you did not have electricity, water, or heating in your home?” compared to 11.5% of the region on average.

# PRIORITIZATION PROCESS

- I. Group meeting in January 2022
- II. Data handouts
- III. Prioritization rankings

# 2021 CHA PRIORITIES

- A. Mental Health
- B. Prenatal Care
- C. Substance Misuse



# MENTAL HEALTH

---

Polk County's Suicide Mortality Rate is the highest in the WNC region

---

Who's Impacted? All ages, older adults, children, frontline workers

---

Current Action: Polk County Mental Health Advisory Committee, RHA Mobile Crisis, Suicide Prevention Trainings, Peer Support Programs



# PRENATAL CARE

63% of pregnancies received prenatal care in the first trimester in Polk County.

Current Action: Prenatal Vitamin Program, Child Neglect and Fatality Committee, Blue Ridge Community Health Services

Who's impacted?  
Pregnant persons, low-income individuals, families, community as a whole



# SUBSTANCE MISUSE



---

The prevalence of individuals whose life has been negatively affected by Substance Abuse has increased significantly from 2018 until 2021.

---

Current Action- Increased access to Naloxone, Polk County Substance Abuse Coalition, Support Groups

---

Who's Impacted? All ages, children, uninsured individuals, caregivers



NEXT STEPS?

C.H.I.P. : COMMUNITY  
HEALTH  
IMPROVEMENT PLAN

---



# BREAKOUT GROUPS

## ○Goals for groups:

- I. Population Result
- II. What's Helping and What's Hurting?
- III. Partners with a role to play
- IV. What works to do better?  
Strategies!



# REPORT OUT

---

