

HNC 2030 Scorecard: McDowell County

2021-2024



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The 2021 Community Health Assessment priority areas are:

- **Lack of Health Insurance**
- **Unintentional Injuries Focusing on Overdoses**
- **Obesity**

The following Community Health Improvement Plan (CHIP) Scorecard was created and submitted by September 12th, 2022, to meet the McDowell County Community Health Improvement Plan requirements.

A key to navigating this scorecard:

- CA** Community Health Assessment
- R** Result – A condition of well-being for an entire population.
- I** Indicator – A measure that helps quantify the achievement of a population result.
- P** Program/ Strategy – A collection of actions that have a reasoned chance of improving results.
- PM** Performance Measure – A measure of how well a program is working, the quality of a program or whether clients or customers of the program are better off.
- S** SOTCH Report – An annual report and update on the Community Health Improvement Plan.

The following resources were used/reviewed in order to complete the CHIP:

- [WNC Healthy Impact](#)
- WNC Healthy Impact Data Workbook - [Click Here to Download](#)
- [NC DHHS CHA Tools](#)
- [NC DHHS County Health Data Book](#)
- [NC DHHS/ DPH CHA Data Tools](#)
- Healthy North Carolina 2030: A Better State of Health
- Healthy People 2030

- CDC The Community Guide
- County Health Rankings - What Works for Health

Community Health Assessments

CA Community Health Assessment 2021-2024

Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
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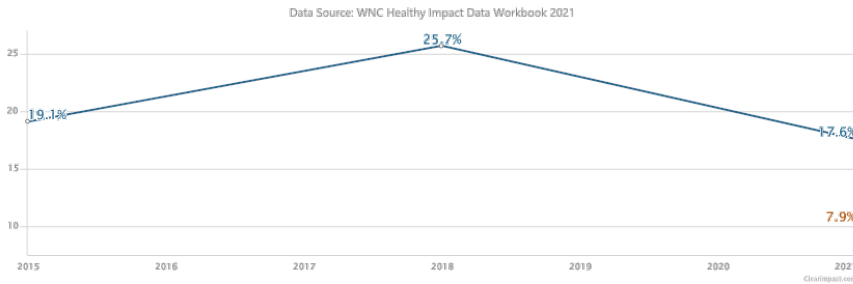
Lack of Health Insurance

R All Residents that lack Health Insurance in McDowell County will have Insurance

Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
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I McDowell Residents Lacking Health Insurance - Headline Indicator

2021	17.6%	1	-17%
2018	25.7%	1	21%
2015	19.1%	1	-10%
2012	21.3%	0	0%



Story Behind the Indicator

The "Story Behind the Curve" helps us understand why the data on the lack of health insurance 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.

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

- McDowell Access to Care and Health
- Health Department

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

- Cost of healthcare plans
- Undocumented Population
- Lack of health insurance understanding

Partners

Partners in our Community Health Improvement Process:

- Foothills Health District
- McDowell Access to Care and Health
- WNC Healthy Impact

Partners with a Role in Helping Our Community Do Better on This Issue:

- Care Providers

What Works to Do Better?

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 lack of health insurance.

Actions and Approaches Identified by Our Partners These are actions and approaches that our partners think can make a difference on lack of health insurance.

- Translation Services
- Healthcare Insurance Education

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 lack of health insurance.

- MATCH

Evidence-Based Strategies These are actions and approaches that have been shown to make a difference on lack of health insurance

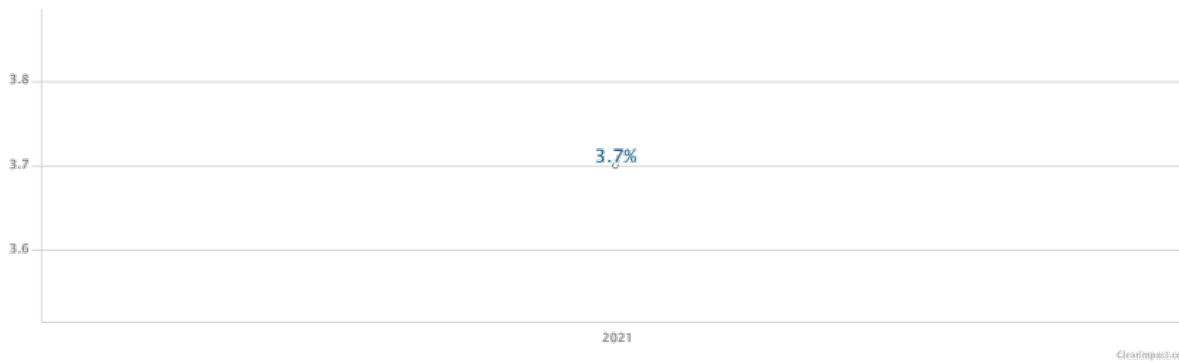
Name of Strategy Reviewed	Level of Intervention
https://www.thecommunityguide.org/sites/default/files/assets/Vaccination-Reducing-Out-of-Pocket-Costs.pdf	Individual, Community, Policy

What Community Members Most Affected by lacking health insurance Say These are the actions and approaches recommended by members of our community who are most affected by lacking health insurance

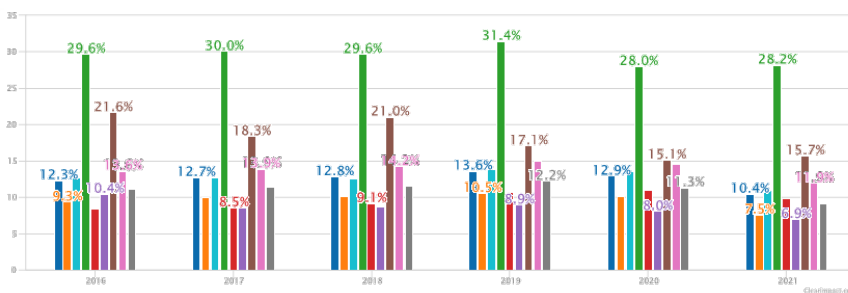
- Educating on health insurances offered.

I Lost Health Insurance Coverage During COVID Pandemic 2021 3.7% 0 0%

Data Source: WNC Healthy Impact Data Workbook 2021



I **FHLI-NC HNC2030** Under 65 Without Health Insurance Total 2021 10.4% 2 -15%



Why Is This Important?

For most people, access to affordable health care services is dependent upon whether they have health insurance coverage. Although uninsured rates in North Carolina decreased between 2013 and 2016, they have started to rise again. Policy options available to state lawmakers have the potential to greatly reduce the number of people who are uninsured in North Carolina.

Story Behind the Curve

Partners with a Role to Play

Health Equity/Disparity Comparison Data

P	2022 MATCH Partnership	Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
PM	Better Off % of New Insurance Clients				

Story Behind the Curve

The "Story Behind the Curve" helps us understand the causes and forces at that work that explain the data behind how many new insurance clients signed up and the resources the agency plans to commit to address the health issue.

What's Helping Communities Served/Customer Change? *These are the positive forces at work in our that influence customer change.*

- Promoting differnt insurance types and different types of coverages

What's Hurting Communities Served/Customer Change? *These are the negative forces at work in our that influence customer change.*

- Lack of understanding and knowledge of insurance from individuals.

What Works to Do Better?

The following actions have been identified by our agency as ideas for what can work for this performance measure to make a difference on lack of health insurance.

Actions and Approaches Identified by Our Agency *These are actions and approaches that we think can make a difference for this performance measure.*

- Provide trainings for employees on health insurance bascis to help the people we serve.

No-cost and Low-cost Ideas Identified by Our Agency *These are no-cost and low-cost actions and approaches that we think can make a difference for this performance measure.*

- Promote MATCH services in the community and provide handouts of insurance benefits and

What our communities served/customers think would work to do better *These are actions and approaches that our communities served/customers think can make a difference for this performance measure.*

- Reach young adults

List of Questions/Research Agenda *These are questions to follow-up on for this performance measure. If you still need more information about what works to do better, make these questions part of your information & research agenda.*

- What helped serve as the deciding factor to sign up for health insurance?

PM	How Well # of Individuals who Learned Something New About Health Insurance
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Story Behind the Curve

The "Story Behind the Curve" helps us understand the causes and forces at that work that explain the data behind the number of individuals who learn something new about health insurance and the resources the agency plans to commit to address the health issue.

What's Helping What We Do? *These are the positive forces at work that influence how much we do or how well we do it.*

- Attending health fairs and events within the community.
- Handing out health insurance fact sheets.

What's Hurting What We Do? *These are the negative forces at work that influence how much we do or how well we do it.*

- Not reaching the population of those in need or uneducated on health insurance.

What Works

The following actions have been identified by our agency as ideas for what can work for this performance measure to make a difference on lack of health insurance.

Actions and Approaches Identified by Our Agency *These are actions and approaches that we think can make a difference for this performance measure.*

- Post insurance fact sheet in offices in English and Spanish.

No-cost and Low-cost Ideas Identified by Our Agency *These are no-cost and low-cost actions and approaches that we think can make a difference for this performance measure.*

- Sharing MATCH informational topics on social media.

What communities served/customers think would work to do better *These are actions and approaches that our communities served/customers think can make a difference for this performance measure.*

- Getting the information to populations in need.

List of Questions/Research Agenda *These are questions to follow-up on for this performance measure. If you still need more information about what works to do better, make these questions part of your information & research agenda.*

- What was something new learned about health insurance?

PM

How Much # of Events where Health Insurance Information is Shared

Story Behind the Curve

The "Story Behind the Curve" helps us understand the causes and forces at that work that explain the data behind the number events where health insurance information is shared and the resources the agency plans to commit to address the health issue.

What's Helping What We Do? *These are the positive forces at work that influence how much we do or how well we do it.*

- MATCH partnership telling us of events they are holding
- Community partners inviting us to events
- Information is shared in multiple languages

What's Hurting What We Do? *These are the negative forces at work that influence how much we do or how well we do it.*

- Lack of staff availability

What Works

The following actions have been identified by our agency as ideas for what can work for this performance measure to make a difference on lack of health insurance.

Actions and Approaches Identified by Our Agency *These are actions and approaches that we think can make a difference for this performance measure.*

- Keep track on social media on all events in the county to make sure we are there with health insurance information.

No-cost and Low-cost Ideas Identified by Our Agency *These are no-cost and low-cost actions and approaches that we think can make a difference for this performance measure.*

- Have employees alert of any community activities they are aware of.

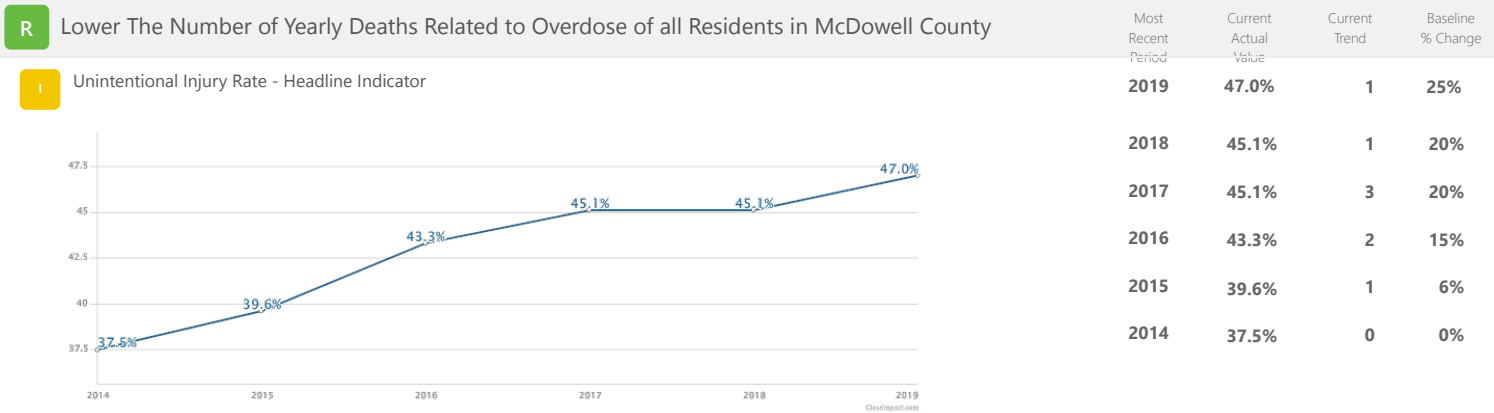
What communities served/customers think would work to do better *These are actions and approaches that our communities served/customers think can make a difference for this performance measure.*

- Attend events in populations with low insurance rates.

List of Questions/Research Agenda *These are questions to follow-up on for this performance measure. If you still need more information about what works to do better, make these questions part of your information & research agenda.*

- Where were most of the events notified from?

Unintentional Injuries



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.

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

- McDowell Substance Use Task Force
- Drug Education
- Narcan Access
- Poison Control

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

- Lack of access to substance use programs
- Lack of preparedness and safety

Partners

Partners in our Community Health Improvement Process:

- Foothills Health District
- McDowell Substance Use Task Force

- WNC Healthy Impact

Partners with a Role in Helping Our Community Do Better on This Issue:

- Local Government
- Law Enforcement
- Peer Support

What Works to Do Better?

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 unintentional drug overdoses.

Actions and Approaches Identified by Our Partners These are actions and approaches that our partners think can make a difference on unintentional drug overdoses.

- Groups in Schools
- Mentorship Programs
- Education

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 unintentional drug overdoses.

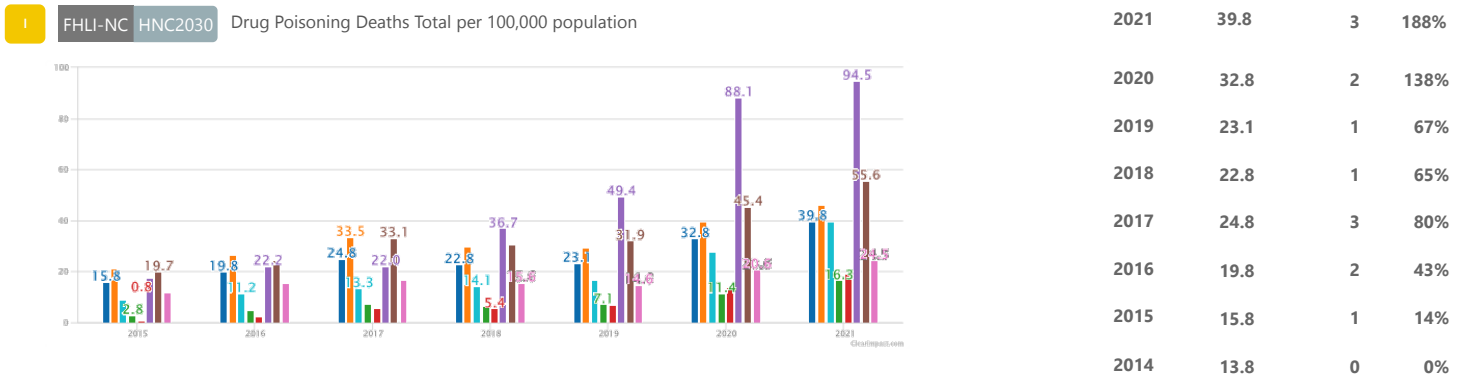
- Community awareness

Evidence-Based Strategies These are actions and approaches that have been shown to make a difference on unintentional drug overdoses.

Name of Strategy Reviewed	Level of Intervention
Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. (n.d.). Overdose prevention. Retrieved from https://www.cdc.gov/drugoverdose/prevention/index.html	Individual, Interpersonal, Organizational, Community, and Policy

What Community Members Most Affected by unintentional drug overdoses Say These are the actions and approaches recommended by members of our community who are most affected by unintentional drug overdoses

- Educating on overdose dangers



Why Is This Important?

As in other states, North Carolina has experienced a sharp increase in the number of drug overdose deaths over the last decade, largely due to the opioid epidemic. Substance Use Disorder has devastating impacts on the life of the people who experience it, their families, and their communities. HNC2030 pg. 66

Story Behind the Curve

Story Behind the Curve

The "Story Behind the Curve" helps us understand the causes and forces at that work that explain the data behind the number of individuals who are trained on using Narcan and the resources the agency plans to commit to address the health issue.

What's Helping What We Do? *These are the positive forces at work that influence how much we do or how well we do it.*

- Ability to purchase Narcan to hand out
- Community encouragement

What's Hurting What We Do? *These are the negative forces at work that influence how much we do or how well we do it.*

- Narcan Stigma
- Comfortability on using Narcan
- Waiting time on Narcan

What Works

The following actions have been identified by our agency as ideas for what can work for this performance measure to make a difference on unintentional overdoses.

Actions and Approaches Identified by Our Agency *These are actions and approaches that we think can make a difference for this performance measure.*

- Travel through the communities in need to provide education

No-cost and Low-cost Ideas Identified by Our Agency *These are no-cost and low-cost actions and approaches that we think can make a difference for this performance measure.*

- Reach out to community partners and organizations and offer narcan trainings

What communities served/customers think would work to do better *These are actions and approaches that our communities served/customers think can make a difference for this performance measure.*

- Provide narcan in populations with high number of overdoses

List of Questions/Research Agenda *These are questions to follow-up on for this performance measure. If you still need more information about what works to do better, make these questions part of your information & research agenda.*

- What event had the most individuals signed up for training?

Story Behind the Curve

The "Story Behind the Curve" helps us understand the causes and forces at that work that explain the data behind [state the performance measure] and the resources the [insert facility, agency, organization] plans to commit to address the health issue.

What's Helping Communities Served/Customer Change? *These are the positive forces at work that influence customer change.*

- Providing demonstrations and take home instructions on what to do if Narcan is used.

What's Hurting Communities Served/Customer Change? *These are the negative forces at work that influence customer change.*

- Worry of harming individual who is overdosing

What Works

The following actions have been identified by our agency as ideas for what can work for this performance measure to make a difference on unintentional overdoses.

Actions and Approaches Identified by Our Agency *These are actions and approaches that we think can make a difference for this performance measure.*

- Giving handout cards of instructions of how to use Narcan after training for a constant reminder.
- Offering refresher trainings.

No-cost and Low-cost Ideas Identified by Our Agency *These are no-cost and low-cost actions and approaches that we think can make a difference for this performance measure.*

- Posting reminders on social media on how to use narcan and when to.

What communities served/customers think would work to do better *These are actions and approaches that our communities served/customers think can make a difference for this performance measure.*

- Answer any questions newly narcan trainees have to ensure they feel confident.

List of Questions/Research Agenda *These are questions to follow-up on for this performance measure. If you still need more information about what works to do better, make these questions part of your information & research agenda.*

- What made individuals feel most safe when using Narcan?

PM

How Much # of Narcan Trainings

Story Behind the Curve

The "Story Behind the Curve" helps us understand the causes and forces at that work that explain the data behind the number of narcan trainings provided and the resources the agency plans to commit to address the health issue.

What's Helping What We Do? *These are the positive forces at work in our [insert program type] that influence how much we do or how well we do it.*

- Mobile unit can travel to any area to provide the training.

What's Hurting What We Do? *These are the negative forces at work in our [insert program type] that influence how much we do or how well we do it.*

- Availability of training staff
- Unwelcomness in community

What Works

The following actions have been identified by our agency as ideas for what can work for this performance measure to make a difference on unintentional overdoses.

Actions and Approaches Identified by Our Agency *These are actions and approaches that we think can make a difference for this performance measure.*

- Spend a couple days a month driving through communities offering narcan trainings and narcan.

No-cost and Low-cost Ideas Identified by Our Agency These are no-cost and low-cost actions and approaches that we think can make a difference for this performance measure.

- Advertise online and send a list of places we will be holding the trainings to the paper and community resources.

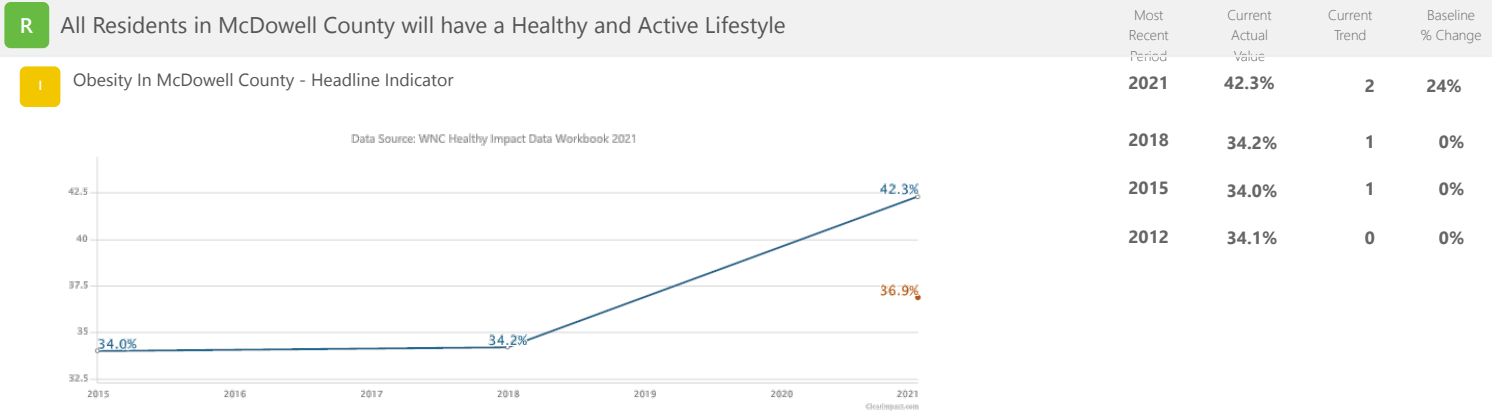
What communities served/customers think would work to do better These are actions and approaches that our communities served/customers think can make a difference for this performance measure.

- Reach populations with high overdose rates.

List of Questions/Research Agenda These are questions to follow-up on for this performance measure. If you still need more information about what works to do better, make these questions part of your information & research agenda.

- Where was the trainings advertised the most?

Obesity



Story Behind the Indicator

The "Story Behind the Curve" helps us understand why the data on obesity 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.

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

- Rail Trail
- Community Walking Trails
- Community Physical Events

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

- Lack of indoor recreation facilities
- Lack of nutritious food
- Lack of food education

Partners

Partners in our Community Health Improvement Process:

- Foothills Health District
- WNC Healthy Impact

Partners with a Role in Helping Our Community Do Better on This Issue:

- County Schools

What Works to Do Better?

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 obesity.

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

- Higher Motivation for Physical Activity
- Affordable Nutrition
- Nutrition Education
- Address what leads to obesity

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 obesity.

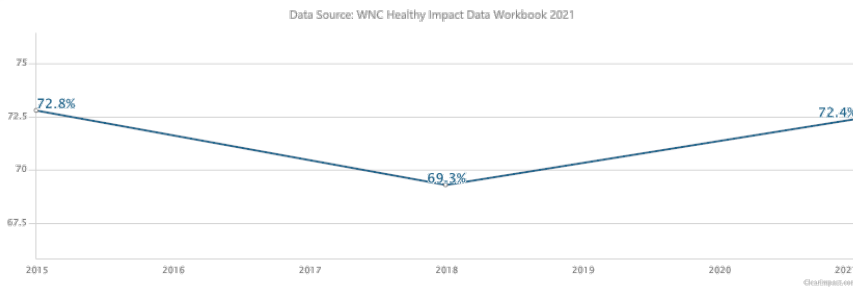
- Community Walking Trails

Name of Strategy Reviewed	Level of Intervention
https://www.thecommunityguide.org/sites/default/files/assets/One-Pager-Meal-Fruit-Vegetable_Physical-Activity-Schools-508.pdf	Individual, Community

What Community Members Most Affected by obesity Say These are the actions and approaches recommended by members of our community who are most affected by obesity

- Provide more education

Total Overweight in McDowell County 2021 72.4% 1 3%

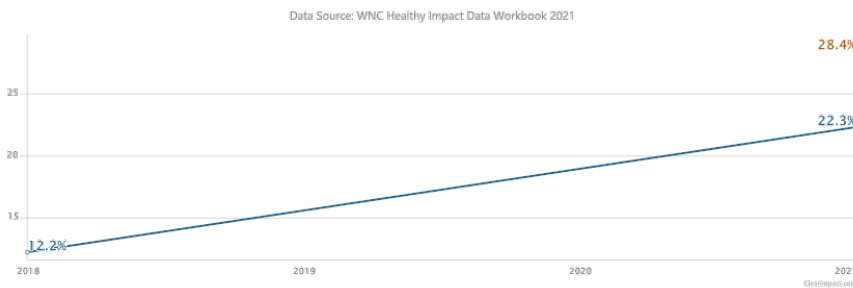


2018 69.3% 1 -1%

2015 72.8% 1 4%

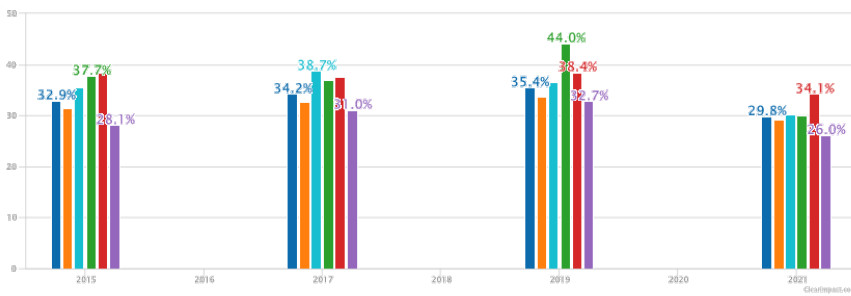
2012 70.2% 0 0%

Meets Physical Activity Recommendations 2021 22.3% 1 83%



2018 12.2% 0 0%

FHLI-NC HNC2030 Adult Sugar-Sweetened Beverages (SSBs) Total 2021 29.8% 1 -9%



Year	Obesity Rate (%)	Count	% Change
2019	35.4%	2	8%
2017	34.2%	1	4%
2015	32.9%	0	0%

Why Is This Important?

Obesity continues to be a concern in North Carolina. Sugar-sweetened beverages (SSB) are the leading source of calories and added sugars in the American diet. HNC2030 pg. 72

Story Behind the Curve

Partners with a Role to Play

Health Equity/Disparity Comparison Data

P Sugar Shock Program

PM How Much # of Events

Most Recent Period	Current Actual Value	Current Trend	Baseline % Change

Story Behind the Curve

The "Story Behind the Curve" helps us understand the causes and forces at that work that explain the data behind the number of events held and the resources the agency plans to commit to address the health issue.

What's Helping What We Do? *These are the positive forces at work that influence how much we do or how well we do it.*

- Working with schools to get into classes.

What's Hurting What We Do? *These are the negative forces at work that influence how much we do or how well we do it.*

- Availability of class time

What Works

The following actions have been identified by our agency as ideas for what can work for this performance measure to make a difference on obesity.

Actions and Approaches Identified by Our Agency *These are actions and approaches that we think can make a difference for this performance measure.*

- Meeting with schools to cover the materials.

No-cost and Low-cost Ideas Identified by Our Agency *These are no-cost and low-cost actions and approaches that we think can make a difference for this performance measure.*

- Build a event list with the schools with times and dates.

What communities served/customers think would work to do better *These are actions and approaches that our communities served/customers think can make a difference for this performance measure.*

- Have events at different grades and schools

List of Questions/Research Agenda *These are questions to follow-up on for this performance measure. If you still need more information about what works to do better, make these questions part of your information & research agenda.*

- What grades or schools were the most events held?

PM

How Much # Of Participants

Story Behind the Curve

The "Story Behind the Curve" helps us understand the causes and forces at that work that explain the data behind the number of participants and the resources the agency plans to commit to address the health issue.

What's Helping What We Do? *These are the positive forces at work that influence how much we do or how well we do it.*

- Advertising of the program
- Family members wanting to be educated on diabetes management
- Doctor offices sending referrals

What's Hurting What We Do? *These are the negative forces at work that influence how much we do or how well we do it.*

- Availability of those who are qualified for the program
- Room large enough to hold large classes

What Works to Do Better?

The following actions have been identified by our agency as ideas for what can work for this performance measure to make a difference on diabetes.

Actions and Approaches Identified by Our Agency *These are actions and approaches that we think can make a difference for this performance measure.*

- Advertising of the program with detailed explanation to reach those with diabetes.

No-cost and Low-cost Ideas Identified by Our Agency *These are no-cost and low-cost actions and approaches that we think can make a difference for this performance measure.*

- Advertising online and in the doctors offices of the program.
- Communicating one on one with doctors to understand the program.

What our communities served/customers think would work to do better *These are actions and approaches that our communities served/customers think can make a difference for this performance measure.*

- Reach out in areas where individuals with diabetes feel safe and encouraged to join the program.

List of Questions/Research Agenda *These are questions to follow-up on for this performance measure. If you still need more information about what works to do better, make these questions part of your information & research agenda.*

- Where did they hear of the program from?

PM

Better Off # of Students who Plan to Increase Physical Activity and Decrease Sugar Intake Through Drinks

Story Behind the Curve

The "Story Behind the Curve" helps us understand the causes and forces at that work that explain the data behind students who plan to increase their physical activity and the resources the agency plans to commit to address the health issue.

What's Helping Communities Served/Customer Change? *These are the positive forces at work that influence customer change.*

- Education on ways to get physical activity.
- How healthy eating works together with physical activity.

What's Hurting Communities Served/Customer Change? *These are the negative forces at work that influence customer change.*

- Environmental factors that allow for a child to get physical activity.
- Transportation to physical activities or areas where the child can be active.

What Works

The following actions have been identified by our agency as ideas for what can work for this performance measure to make a difference on obesity.

Actions and Approaches Identified by Our Agency *These are actions and approaches that we think can make a difference for this performance measure.*

- Advertising physical activity events in the community in the offices and on social media.

No-cost and Low-cost Ideas Identified by Our Agency *These are no-cost and low-cost actions and approaches that we think can make a difference for this performance measure.*

- Social media reminders to stay active targeting children.

What communities served/customers think would work to do better *These are actions and approaches that our communities served/customers think can make a difference for this performance measure.*

- Give facts on health issues that can occur from not being active.
- Encouraging students to do activities in groups.

List of Questions/Research Agenda *These are questions to follow-up on for this performance measure. If you still need more information about what works to do better, make these questions part of your information & research agenda.*

- What helped in encouraging children to get active?