

HNC 2030 Scorecard: Rutherford County 2021-2024



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The 2021 Community Health Assessment priority areas are:

- **Food Insecurity**
- **Diabetes**
- **Obesity**

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

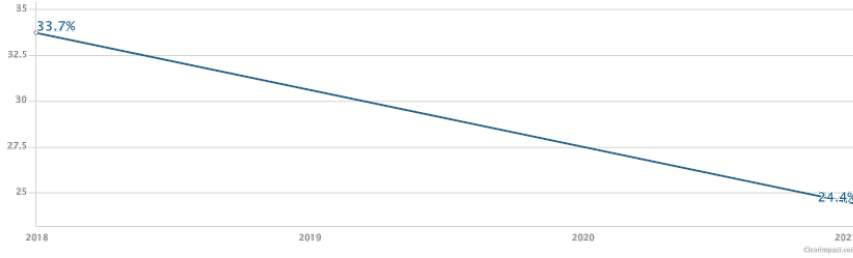
The following resources were used/reviewed in order to complete the Community Health Improvement Plan:

- [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
Food Insecurity					

I	% of Individuals food insecure In Rutherford County - Headline Indicator	2021	24.4%	1	-28%
		2018	33.7%	0	0%

Data Source: WNC Healthy Impact Data Workbook 2021



Story Behind the Indicator

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

- Backpack Programs at Schools
- Food pantries
- Community Food Drives
- Local Food Closets
- Farmers Market

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 nutritious food
- Lack of ability to afford 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:

- Farmers Market
- Food Pantries

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 food insecurity.

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

- Address root cause
- Mobile clinics
- Transportation

- Translation

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 food insecurity.

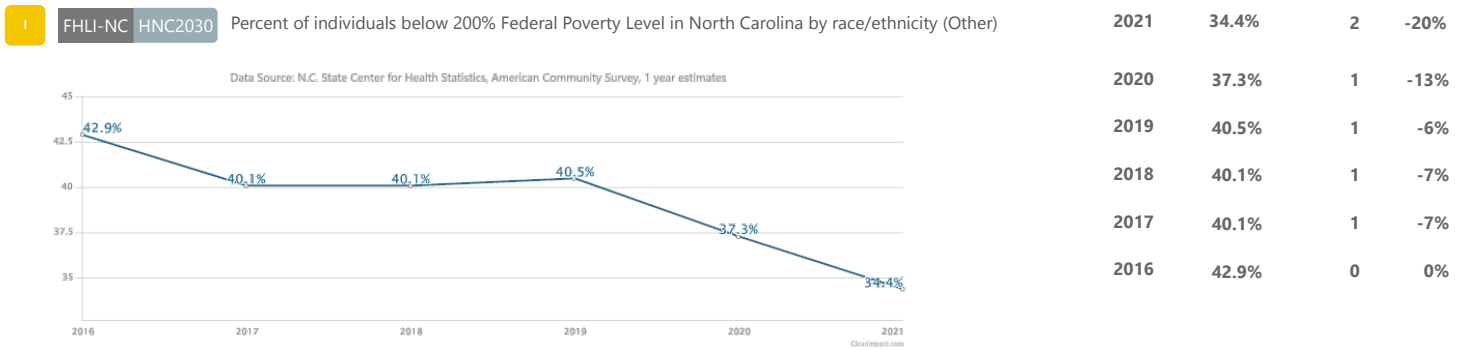
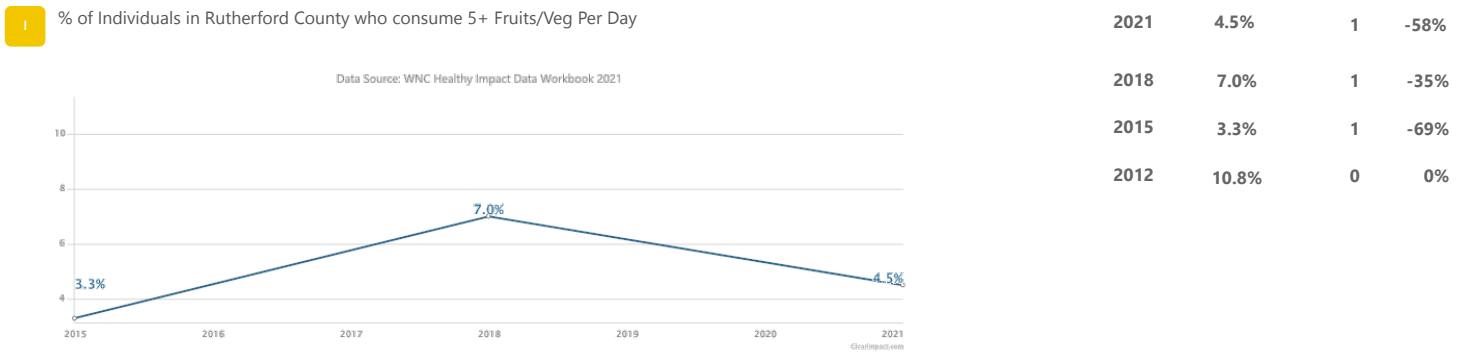
- Backpack programs
- Food banks
- Community & Faith centers

Evidence-Based Strategies These are actions and approaches that have been shown to make a difference on food insecurity.

Name of Strategy Reviewed	Level of Intervention
https://www.thecommunityguide.org/sites/default/files/assets/one-pager-nutrition-older-adult-meals-p.pdf	Individual, Community

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

- Having more access to healthy and affordable food



P	2022	BASICS Food Box Distribution	Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
PM	How Much	# Of Food Boxes Distributed				

Story Behind the Curve

The "Story Behind the Curve" helps us understand the causes and forces at that work that explain the data behind food insecurity and the resources the Foothills Health District 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 BASICS Food Pantry
- Volunteering time packing and distributing food boxes 2 days a month

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.*

- Transportation to appointments
- Transportation to BASICS

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 Food Insecurity.

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

- Food pantry inside health department
- Canned food drives
- Grocery gift card to patients

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 of program
- Advertising at Farmers Market

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.*

- Having access to healthier food options
- Learning how to eat healthier on a budget

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 learn or hear about BASICS

PM

Better Off Food Boxes Provided Healthy Food

Story Behind the Curve

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

- Educating on the healthy foods that are offered and where to find them.
- Educating why healthy foods are important.

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

- Multiple fast food options are available at cheaper rates than healthier options.
- Transportation to BASICS Food Pantry

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 Food Insecurity.

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

- Educating all individuals who receive a food box the importance of healthy foods.

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.*

- Educating what food are a healthy option.

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.*

- Explain the ways food inside the boxes can be used to be healthier.

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 there no healthy foods in the boxes?

PM How Well How Many Asked for fresh foods

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 vouchers used 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.*

- Educating on what are healthy and fresh foods

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.*

- Transportation
- BASICS Food Pantry Hours

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 food insecurity

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

- Making sure the location and hours of the food pantry is known.

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 of food pantry to remind individuals.

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.*

- Giving more assistance each month.

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.*

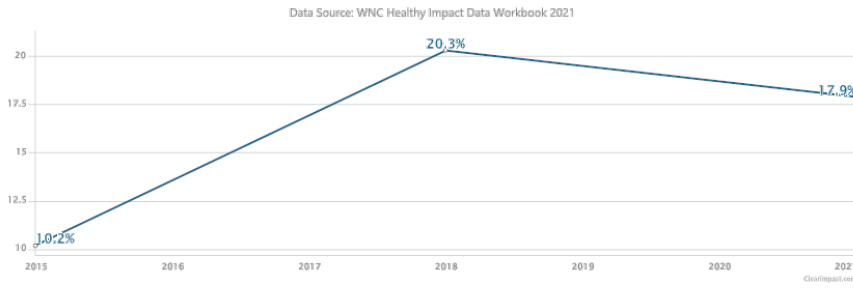
- Where there any questions asked by families on how to use healthy foods provided?

Prevalence of Diabetes

R A successful Diabetes Education and Management Program Will be Implemented for all Residents in Rutherford County

Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
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2021	17.9%	1	19%
2018	20.3%	1	34%
2015	10.2%	1	-32%
2012	15.1%	0	0%



Story Behind the Indicator

The "Story Behind the Curve" helps us understand why the data on why the prevalence of diabetes 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.

- Advocates in the community for diabetic resources

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

- Lack of Diabetic Education Classes
- Lack of Nutritious Food
- Lack of Nutrition education

Partners

Partners in our Community Health Improvement Process: Partner 1

- Foothills Health District
- WNC Healthy Impact

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

- Doctor offices

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 diabetes.

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

- Diabetes Education
- Health Screenings / Blood Glucose Checks
- Health Plan Literacy

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 diabetes.

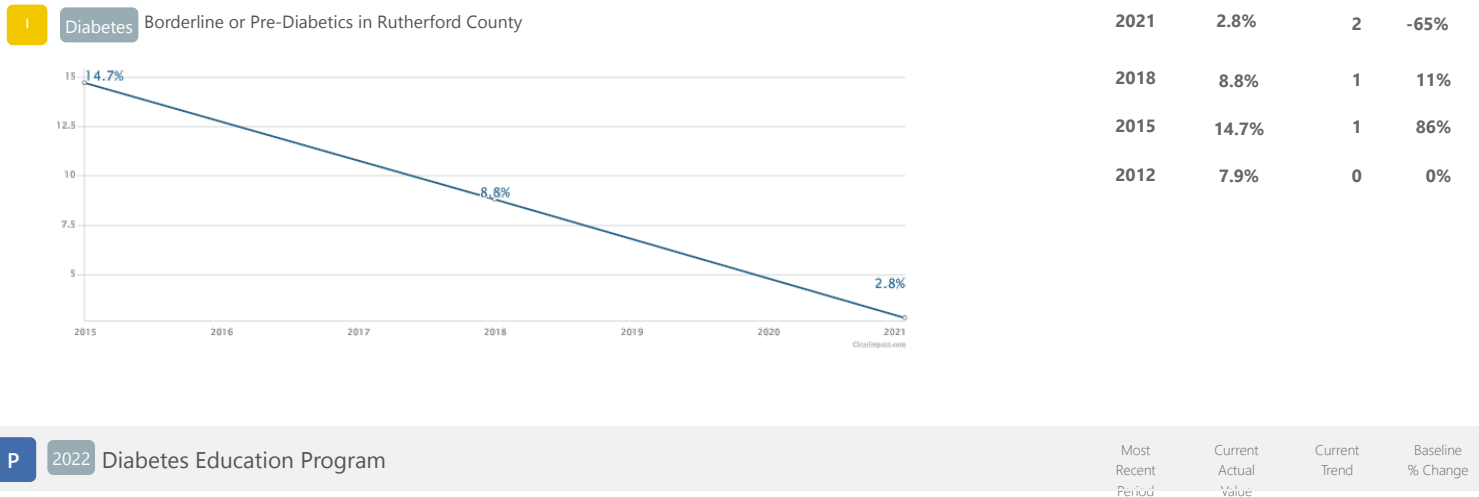
- Medication Management

Evidence-Based Strategies These are actions and approaches that have been shown to make a difference on [name health issue].

Name of Strategy Reviewed	Level of Intervention
https://www.thecommunityguide.org/resources/one-pager-intensive-lifestyle-interventions-patients-type-2-diabetes	Individual

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

- Providing educational classes



P	2022	Diabetes Education Program	Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
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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

How Well Percent of Participants who Completed the Program

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 individuals completed the program 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.*

- Building a relationship with the participants to encourage them to complete the program and feel supported.

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.*

- Transportations to the classes
 - Time availability of those enrolled in the program
-

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.*

- Following up frequently with each individual enrolled to see their progress and offer support.
- Offer group discussions in class to build a bond among participants.

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.*

- Send out weekly encouragement reminders to participants.

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.*

- Build one on one relationships

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 the participants complete the program?
-

PM

Better Off Percent of Participants With Lower A1C

Story Behind the Curve

The "Story Behind the Curve" helps us understand the causes and forces at that work that explain the data behind lowering A1c 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.*

- Frequent A1C Checks
- Education on importance of A1C levels

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

- Access and timing to get A1C checked frequently.

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.*

- Celebrate those with a lower A1C from starting point.

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.*

- Keep A1C log for the participant.

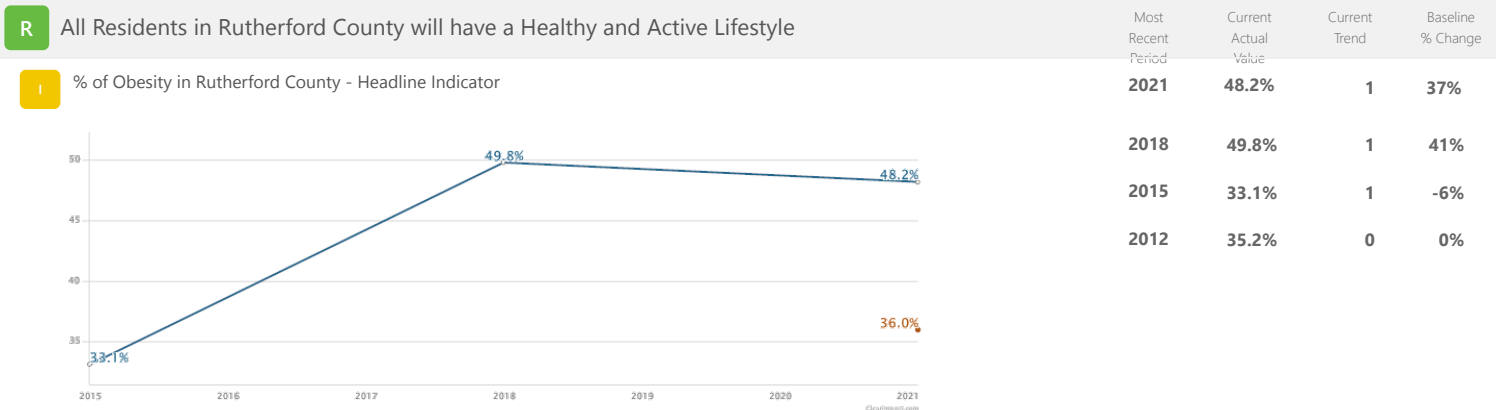
What our communities served/customers think would work to do better *These are actions and approaches that our communities served/customers think can make a difference for this performance measure.*

- A1C reminder pocket cards.

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 them keep their A1C down?
- What was a challenge to keep A1C down?

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

- More education



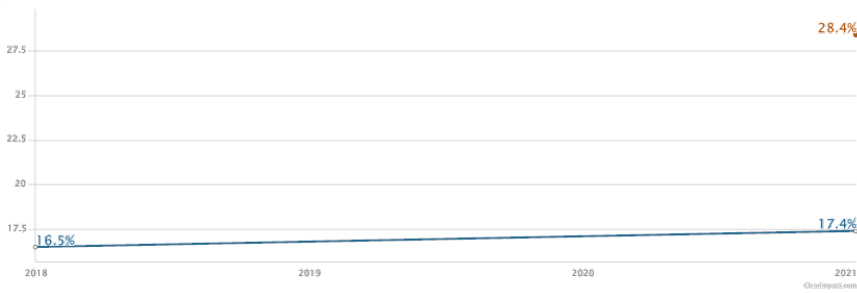
Meets Physical Activity Recommendations

2021

17.4%

1

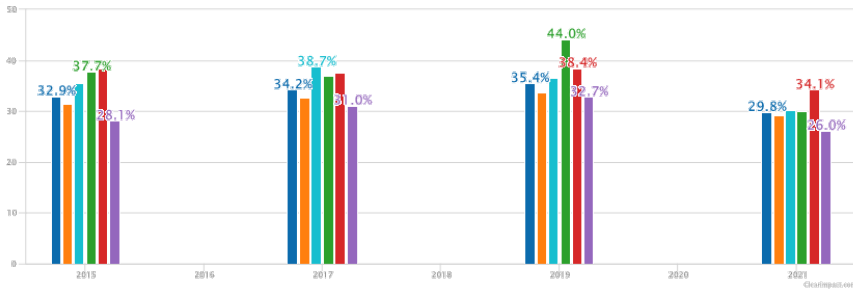
5%



2018 16.5% 0 0%

I FHLI-NC HNC2030 Adult Sugar-Sweetened Beverages (SSBs) Total

2021	29.8%	1	-9%
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 2022 Sugar Shock Program

Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
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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

How Much # of Events

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

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?

SOTCH Reports

S 2022 SOTCH Report

Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
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