McDowell County

Community Health Improvement Plan

Priorities

RUTHERFORD POLK McDOWELL HEALTH DISTRICT
**What is CHIP?**

Community Health Improvement Plan based on health priorities chosen by the McDowell Health Coalition.

---

**We will be working to make these improvements:**

1. Reduce chronic disease especially tobacco use

2. Increase access to care

3. Increase healthy eating and active living and reduce diabetes

---

**Join us!**

Contact Sheree Hughes, McDowell Health Coalition Coordinator
Phone: 828-559-2410 • Email: shughes@ymcawnc.org
Website: http://healthylivingmcdowell.businesscatalyst.com/index.html

Together we are creating a healthier community.

---

**The Problem**

Reduce Chronic Disease especially Tobacco Use

McDowell County has high rates of:
- Overweight adults and children
- Diabetes and other chronic diseases
- Tobacco related illnesses
- Unemployment & poverty

---

**The Solution**

**McDowell County Rank via MATCH (2012)**

McDowell County Western North Carolina

---

**Current Smokers (WNC Healthy Impact Survey)**

<table>
<thead>
<tr>
<th>County</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>McDowell County</td>
<td>21.6%</td>
</tr>
<tr>
<td>Western North Carolina</td>
<td>20.6%</td>
</tr>
</tbody>
</table>

---

**Estimated Percent Uninsured Adults Ages 19-64**

Biennial Periods (2006 - 2010)
Reducing Chronic Disease, especially Tobacco Use, is the single most PREVENTABLE cause of death and disease in the United States. McDowell County, via MATCH (2012), ranks 62nd out of 100 counties in North Carolina. McDowell County's Health Outcomes include:

- McDowell County Rank (where 1 is best out of 100): Overall Rank 62
- County Rank (where 1 is best out of 100)
- Health Outcomes: Mortality (55), Morbidity (67), Health Behaviors (42), Clinical Care (59), Social & Economic Factors (66), Physical Environment (72)

Improving access to care, promoting use of greenways, walking trails/maps, and play spaces, and improving our local food system and farmers market are among the solutions. Call QuitlineNC, available 24/7 toll-free at 1-800-QUIT-NOW (1-800-784-8669). Quit Coaching is available by phone in English and Spanish, with translation service available for other languages.

Almost one out of every four adults does not have health insurance. 12% of McDowell adults were unable to get needed medical care last year. Access to quality health services improves overall health and prevents diseases that affect our bodies, minds, and emotions. Promoting new health insurance, promoting and supporting enrollment in health insurance, increasing awareness of 211, increasing health services and screenings, and prevention programs are among the solutions.

What is 211?
NC 211 is the place to call or search when you need help for yourself, your family, or someone you know. Dial 211 or search nc211.org to connect with a network of more than 18,000 resources in North Carolina that offer care, solutions, support, and hope when you need it most.
**THE PROBLEM**

McDowell County’s rate for diabetes is on the rise. Being overweight puts us at risk for diabetes.

**THE SOLUTION**

- Improve local food system and farmers market
- Encourage breastfeeding – Contact bkoone@rpmhd.org
- Increase places to be active
- Add programs and education through McDowell Health Coalition partners

---

**Diabetes Mellitus Mortality Rate**

Death per 100,000 Population
(Five-Year Aggregates 2002 - 2006 through 2006 - 2010)

**Gender Disparities in Diabetes Mellitus Mortality McDowell County**
(Five-Year Aggregates 2002 - 2006 through 2006 - 2010)

**Total Overweight Adults**

Based on self-reported heights and weights

---

**Sources:**

- 2012 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 74]2011 PR...C 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); 2010 North Carolina data.

**Notes:**

- Aged of all respondents.
- Local and national data exclude gestation diabetes (occurring only during pregnancy).