

# 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](mailto:shughes@ymcawnc.org)  
Website: <http://healthylivingmcdowell.businesscatalyst.com/index.html>

**Together we are creating a  
healthier community.**

**1**

**Reduce  
Chronic Disease  
especially  
Tobacco Use**

**Where 1 is best**

**THE  
PROBLEM**

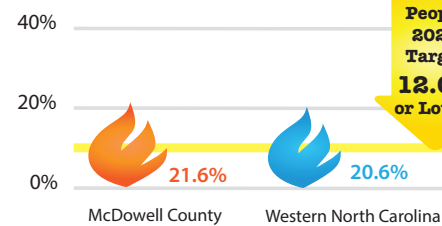
McDowell County has  
high rates of:

- Overweight adults and children
- Diabetes and other chronic diseases
- Tobacco related illnesses
- Unemployment & poverty



### Current Smokers

(WNC Healthy Impact Survey)



Health  
People  
2020  
Target  
12.0  
or Lower

**2**

**Increase  
Access to Care**

**THE  
PROBLEM**



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

Biennial Periods  
(2006 - 2010)

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, our County rank is 62nd out of 100 counties in North Carolina.



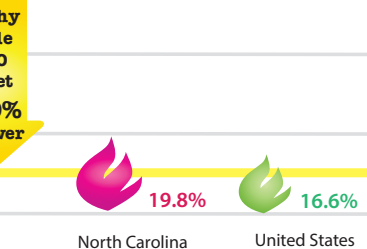
- Create more tobacco-free places & policies
- Increase access to care
- Promote use of greenways, walking trails/maps and play spaces
- Improve our local food system and farmers market

### McDowell County Rank via MATCH (2012)

County Rank (where 1 is best out of 100)



Source: County Health Rankings and Roadmaps, 2012. Available at <http://www.countyhealthrankings.org/app/north-carolina/2012/rankings/outcomes/overall>



**TOBACCO USE** is the single most **PREVENTABLE** cause of death and disease in the United States



### Call QuitlineNC

Telephone service is 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.



- Promote new health insurance
- Promote and support enrollment in health insurance
- Increase awareness of 211
- Increase health services and screenings
- Prevention programs

Geography	(2006 - 2007)	(2008 - 2009)	(2009 - 2010)
McDowell County	20.7%	20.0%	22.5%
Regional Arithmetic Mean	23.4%	22.3%	22.0%
State Total	19.5%	23.2%	23.6%

## 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](http://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.





# 3

**Increase  
Healthy Eating  
and Active  
Living and  
Reduce Diabetes**

## Diabetes



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

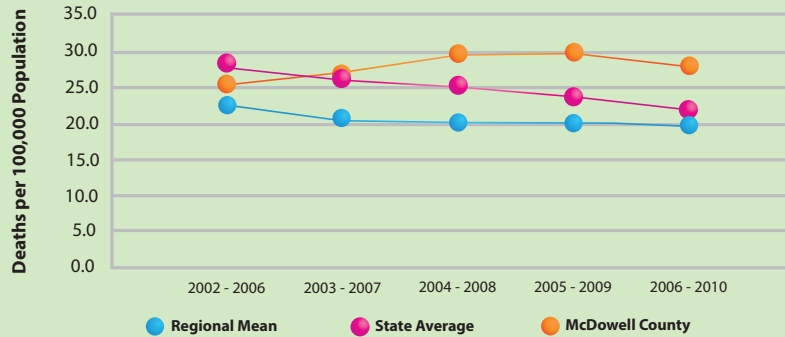


- Improve local food system and farmers market
- Encourage breastfeeding – Contact: bkoone@rpmhd.org
- Increase places to be active
- Add programs and education through McDowell Health Coalition partners



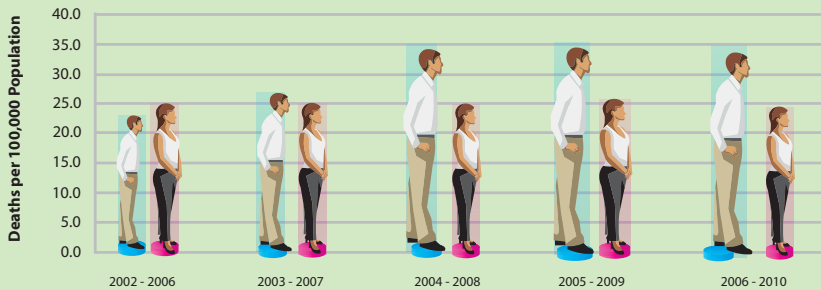
### Diabetes Mellitus Mortality Rate

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



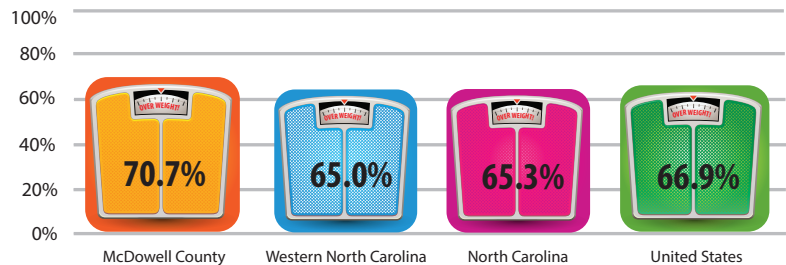
### Gender Disparities in Diabetes Mellitus Mortality McDowell County

(Five-Year Aggregates 2002 - 2006 through 2006 - 2010)



### Total Overweight Adults

Based on self-reported heights and weights



Sources:

- 012 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 78]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:

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