


**Healthy  
Carolinians  
of**



**Macon  
County**



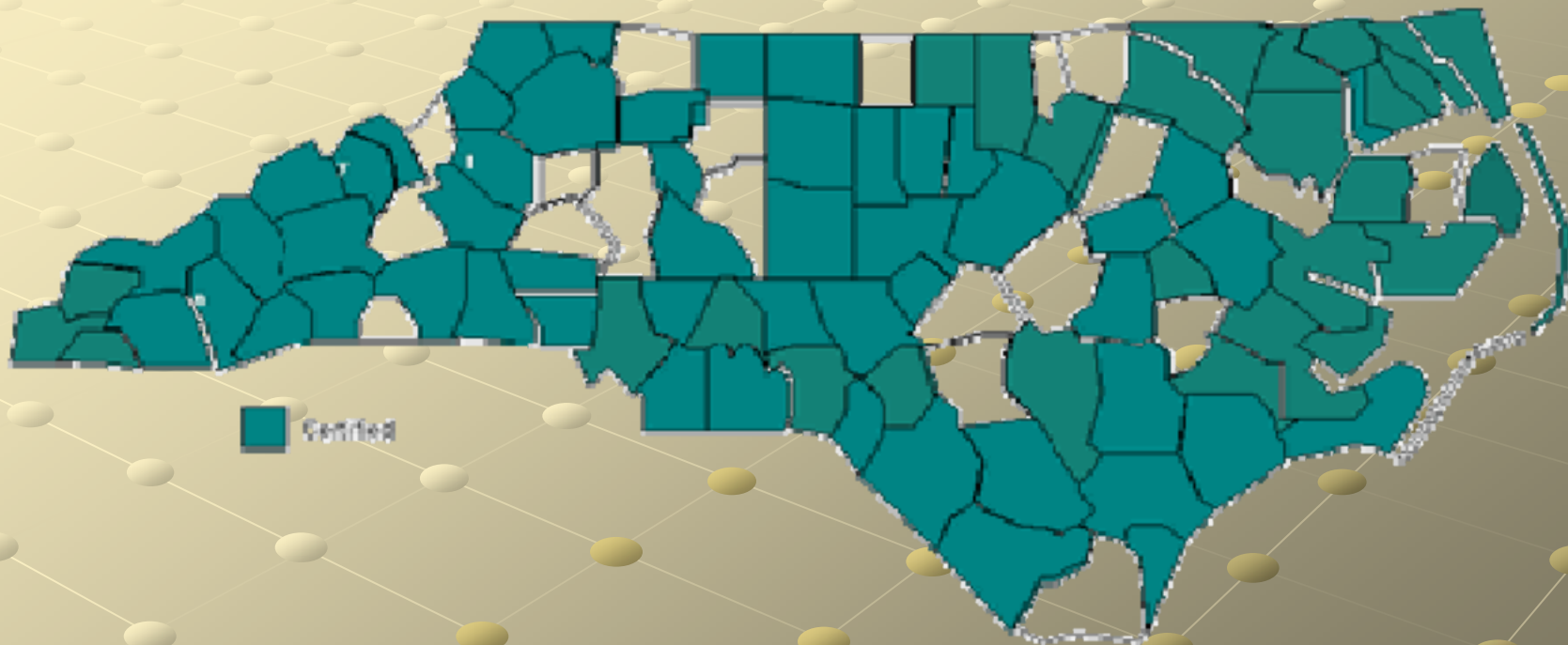
“There is no better way to  
build support for public  
health interventions  
than to engage  
community residents...”

**--State Center for Health Statistics**

# Who are Healthy Carolinians?

- Network of partnerships that address health and safety issues at the community level.
- Participants:
  - Key community representatives
  - Leaders
  - Agencies
  - Health care service providers
- Focus:
  - Eliminate health disparities
  - Expand access to health care services
  - Collaborate to best utilize limited resources

# Healthy Carolinians Partnerships October 2003



For more information, call the Office of Healthy Carolinians/Health Education  
(919) 719-4179 or see our website [www.HealthyCarolinians.org](http://www.HealthyCarolinians.org)

**The Mission of  
Healthy Carolinians of  
Macon County  
is to assess and develop  
health resources for  
Macon County residents.**

# Benefits of Healthy Carolinians

- Collaborative Leadership
- Coordinated Efforts and Services
- Avoidance of Duplication
- Increased Access to Health Care
- Expanded Health Promotion/Disease Prevention
- Reduction of Health Disparities
- Efficient Use of Resources



**Healthy Carolinians of Macon County, Inc.**  
Full Partnership  
Approximately 100 members

**Kenneth Ring**  
Health Director  
Permanent Board Member of HCMC  
MCPHC provides Adm. Staff under contract

**Anne Hyder**  
Asst. Health Director

**Kathy McGaha**  
Program Director

**Rhonda Blanton**  
Office Assistant

**Board of Directors**  
9 – 15 members

**Steering Committee**  
Includes BOD & Subcommittee Chairs

**Health Education**  
Combined with Child/Adol. Health Issues  
Committee to work on Childhood Obesity

**Child/Adolescent Health Issues**  
Combined with Health Ed. Committee to work  
on Childhood Obesity

**Chronic Disease**  
Tobacco  
Asthma Coalition

**Community Needs  
Assessment**  
Health Assessment  
Youth Risk Behavior Survey

**Access to Care**  
Dental Care  
Primary Care for Indigent Population

**Substance Abuse Task Force**

**Teenage Pregnancy Prevention  
Task Force**

# Funding has come from a variety of sources:

- Private Foundations
- State and County Appropriation
- In-kind contributions from partnering agencies
- Community Contributions



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# How Has Healthy Carolinians Worked for Macon County?

# Accomplishments

## ● School Health Program

- School Nurses
- Health Fair
- School Health Advisory Council
- Youth Risk Behavior Survey
- Groups involved:
  - MCPHC
  - Macon County Schools
  - Local MD's
  - Hospitals
  - DSS
  - Mental Health

## ● Medication Assistance Program

- First Baptist Church
- Angel Medical Center
- MCPHC
- DSS
- Carenet
- Local MDs

# Accomplishments, Cont.

- Dental Care for Uninsured & Under-insured
  - MCPHC
  - LBJ Job Corp
  - Macon County Schools
  - Highlands-Cashiers Hospital

- Asthma Coalition
  - Angel Medical Center
  - Macon County Schools
  - Local MD's
  - MCPHC
  - Parents of Asthmatic Children
  - Adults with Asthma


# Accomplishments, Cont.

## ● Tobacco Education

- MCPHC
- Macon County Schools
- Angel Medical Center
- Local MD's

## ● Substance Abuse Task Force

- Sheriff's Office
- Macon County Schools
- Mental Health
- DSS
- Emergency Services
- Recovering Addicts
- Hispanic Outreach Group

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# Community Health Assessment

Macon County, NC  
2003

# Assessment Process

- Assemble Team
- Study health statistics
- Gather opinions of community members through listening sessions and questionnaires
- Recognize community assets
- Identify health priorities
- Plan steps of action
- Report to the community



# The Team

- Macon County Public Health Center
  - Anne Hyder, Chair, Asst. Health Director
  - Stan Polanski, PA
  - Kay Key, RD
  - Kenneth Ring, Health Director
- Macon County Physicians
  - Carlos Vargas, MD
- Macon County Dept. of Social Services
  - Dianne Holbrook
- Mental Health
  - Donna McClure-Allen
- Dept. on Aging
  - Sheila Jenkins
- Hospital Representatives
  - Michael Zuliani, Adm., AMC
  - Martin Wadewitz, Assoc. Adm., AMC
  - Jane Yates, RN, HCH
  - Joan Cabe, RN, HCH
- Community Representatives
  - Buck Trott, Mayor, Highlands
- Educational Institutions
  - Rita deMaintenon, Southwestern Community College
- Business Representative
  - Barbara McRae, Franklin Press

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# Highlights from Health Statistics

# Statistical Subcommittee Report

## Sources of Statistical Data

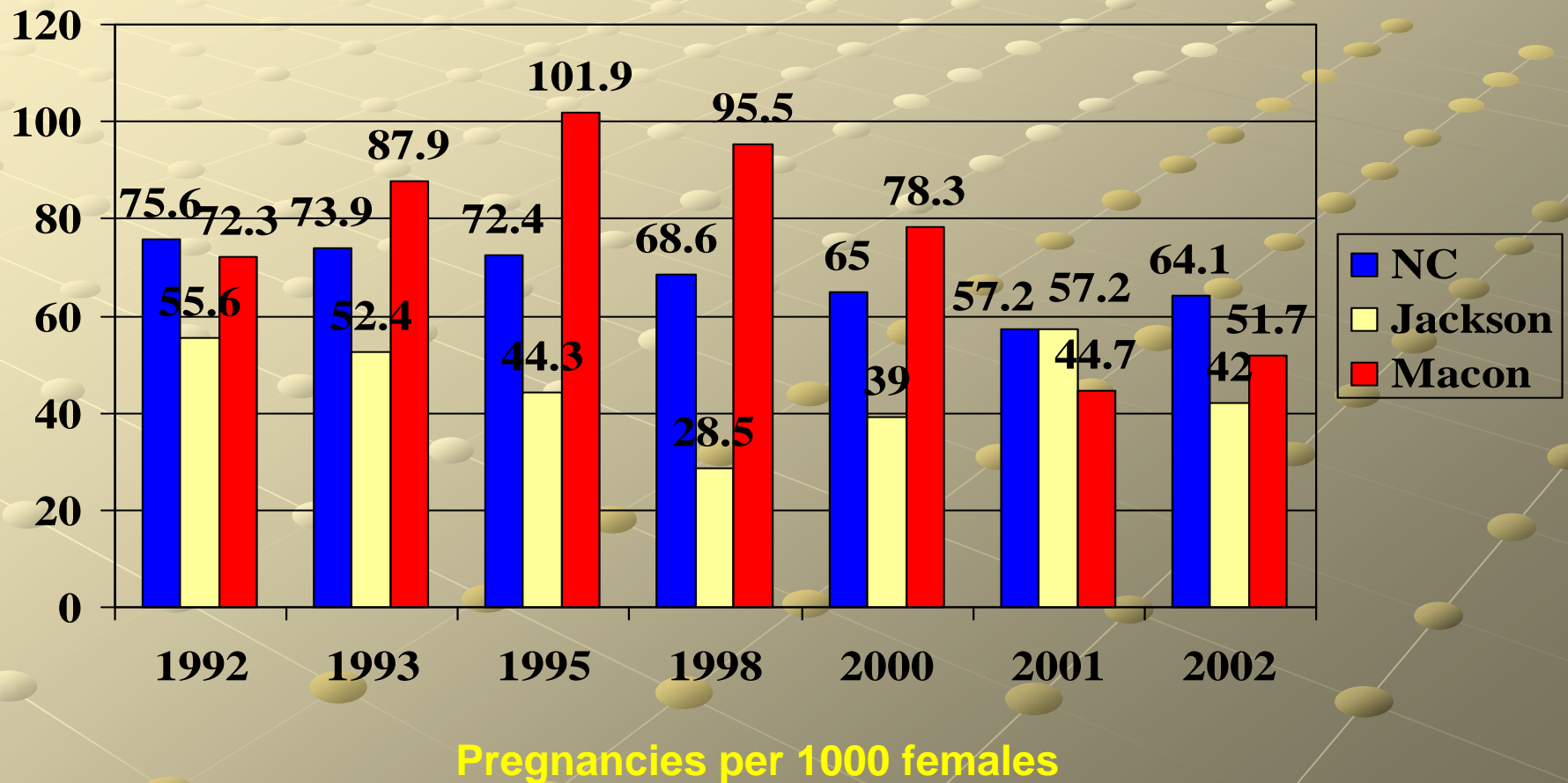
- County Health Data Book
  - State Center for Health Statistics, [www.schs.state.nc.us/SCHS/](http://www.schs.state.nc.us/SCHS/)
  - Office of Healthy Carolinians/Health Education
- US Census
- County Development Data
  - Economic Development University Center at WCU
- Emergency Medical Service Trip Stats
  - Macon County EMS
- Body Mass Index Data
  - Macon County School Health Fairs

# Statistical Subcommittee Report

## Macon County Strengths

- LOW age-adjusted death rates for heart disease, cancer, and all causes
- LOW property and violent crime rates
- LOW abortion rates
- LOW rate of hospitalization of children due to asthma
- **DECLINING** Teen Pregnancy Rate

# White Female Pregnancy Rates ages 15-19





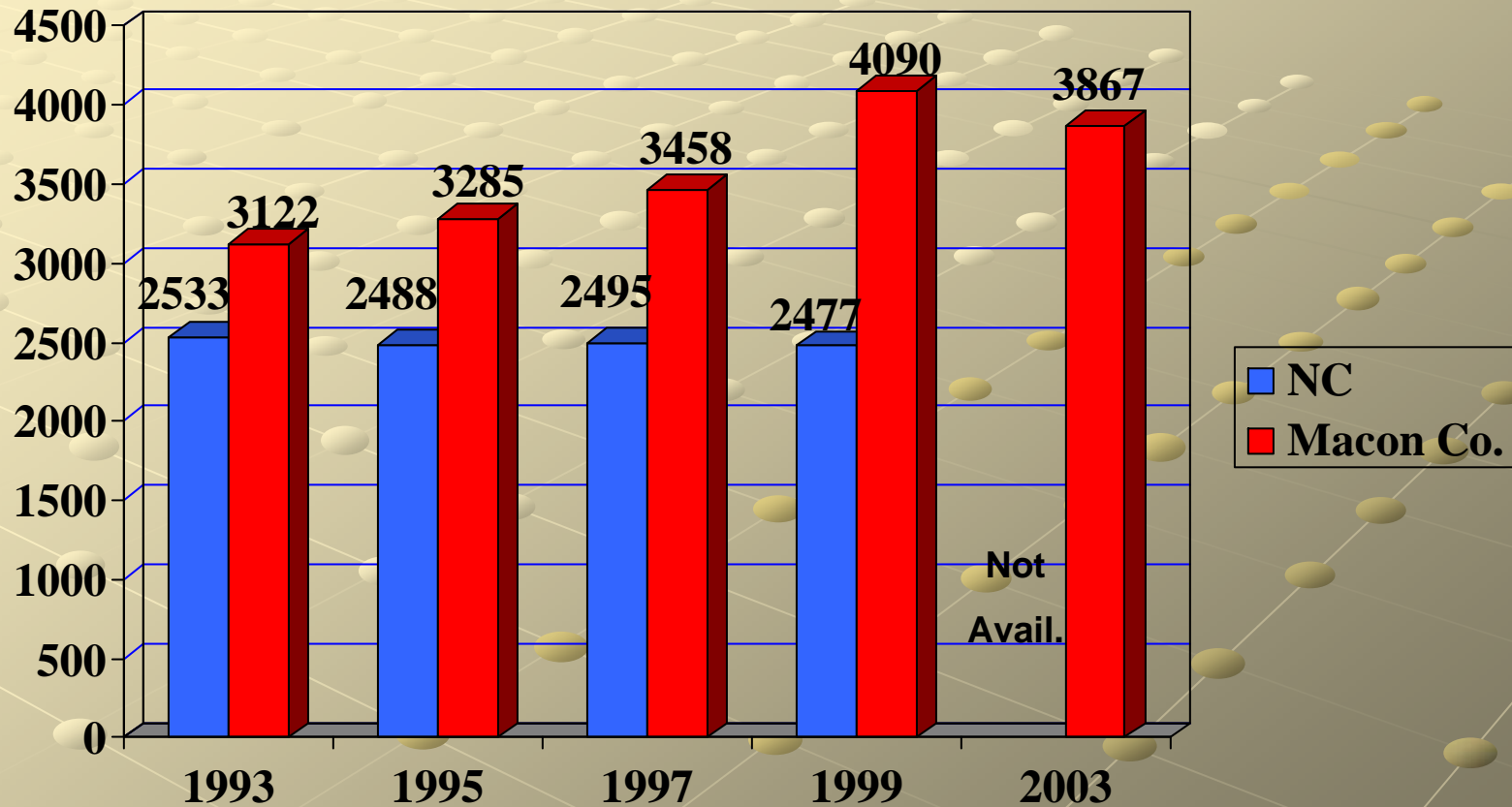
# Statistical Subcommittee Report

## Macon County Problems

- Strain on Health Care Resources
  - Shortage of Primary Care Physicians
  - Large Seasonal Influx of Part-time Residents
  - High Percentage of Elderly
  - Shortage of Dentists



# Shortage of Dentists



Population served by each dentist, NC vs. Macon County

# Statistical Subcommittee Report

## Macon County Problems, Cont.

### ● Lack of Indigent Care

- Residents without health insurance
  - Macon County - 19%
  - NC – 16.3%
- No primary care clinic for the medically indigent

# Statistical Subcommittee Report

## Macon County Problems, Cont.

### ● Medical Problems related to Substance Abuse

- Chronic Hepatitis C is a rapidly growing problem
- Death rate for liver disease/cirrhosis is higher than the statewide rate

# Statistical Subcommittee Report

## Macon County Problems, Cont.

### ● Smoking During Pregnancy

- Macon County - 26.2%
- NC – 14.8%

### ● Low Birth Weight

- Macon County – 8.5%
- NC – 7.1%

# Statistical Subcommittee Report

## Macon County Problems, Cont.

- Childhood Obesity, (Macon County School Health Fairs)
  - 2003 - 21.9% of elementary children overweight
  - 2002 – 17.4% of elementary children overweight
- Child Abuse/Neglect/Dependency
  - Substantiated reports of child abuse, neglect, and dependency
    - Macon County - 19 per 1000 children
    - NC - 16 per 1000 children

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# Highlights from Community Opinions



# Sources of Community Data

## ● Listening Sessions

- Franklin High School Students (Two Groups)
- Nantahala High School Students
- Franklin Fire Dept.
- Macon County Transit Clients
- Kiwanis Club of Franklin
- Otto Single Seniors Group
- Rotary Club of Highlands

## ● Questionnaire (82 returned)

- Listening Session Groups
- General Public
- MCPHC Staff
- DSS Staff
- Highlands-Cashiers Hospital Staff
- Scaly Mountain Fire Dept.
- Smoky Mountain Mental Health Ctr. Clients

# Additional Sources of Community Data

- 2002 Macon County Youth Risk Behavior Survey
- 2002 Hispanic Community Assessment
  - Conducted by Macon County Public Library

# What are the serious health problems in your community?

## ● Listening Sessions

- Elder Health Problems (Breathing, Diabetes, Heart Conditions)
- Cost of Health Care
- Substance Abuse
- Access to Quality Health Care
- Obesity

## ● Questionnaires

- Cancer
- Heart Disease
- Obesity
- Substance Abuse, including Tobacco
- Asthma/Breathing Problems

# Community Assets

- **Two Hospital Settings in Macon County (Angel Medical Center and Highlands-Cashiers Hospital) - the level of technology including the equipment, facilities and staff**
- **School System**
- **Recreational Activities**
- **Volunteer Spirit**
- **Open-mindedness and tolerance of the community**
- **Health Services for the Elderly**
- **Home Delivered Meals**
- **Specialized Adult Daycare**
- **Medication Assistance**
- **Well-trained EMS and First Responders**
- **Some MD's still do house calls**
- **Transportation programs**
- **Active and dynamic Healthy Carolinians group**
- **Effective Head Start Program**
- **Health Department**
- **Department of Social Services**

# Community Assets, Cont.

- **Monitoring of Air/Water Quality**
- **Specialists in the medical field**
- **Adequate Number of Pharmacies**
- **Family Restoration Services**
- **Law Enforcement**
- **REACH Support Group - (Resources, Education, Assistance, Counseling, and Housing for Domestic Violence Victims)**
- **Good infrastructure for healthy community (High Social Capital)**
- **Skilled Nursing Facilities**
- **Strong sense of history/culture**
- **Low Unemployment Rate**
- **Aesthetics**
- **Strong Capital Source**



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# Community Health Action Plan



# Macon County Health Priorities, 2003

- Access to Health Care
- Childhood Obesity
- Tobacco Use
- Substance Abuse
- Community Health

# Access to Health Care

- Continue to document the shortage of health professionals, including physicians, nurses, dentists, and mental health professionals, and the impact on permanent and seasonal populations.
  - Recruit when necessary.

# Access to Health Care, Cont.

- Establish a Primary Care Clinic for indigent residents, including OB/GYN services
- Continue to Advocate for the establishment of a Satellite Veterans Affairs Clinic

# Childhood Obesity

- Promote the establishment and use of additional Physical Education and Physical Activity facilities, focusing on public accessible facilities
- Advocate for addition Physical Education electives at the High School Level
- Advocate for the administration of the 2005 county-specific Youth Risk Behavior Survey

# Childhood Obesity, Cont.

- Continue Annual School Health Screening Fairs and expand them to the High School Level, including Body Mass Index screening
- Increase the nutritional value of child care and public school menus
- Educate parents/caregivers regarding nutrition and physical activity recommendations, including risks of being overweight or obese, appropriate nutrition and physical activity behaviors, etc.



# Tobacco Use

- Continue Tobacco Education efforts
- Advocate for additional Tobacco Cessation resources
- Advocate for Tobacco Free Campuses, including educational institutions, hospitals, businesses, etc.
- Advocate for the Administration of the 2005 county-specific Youth Risk Behavior Survey



# Substance Abuse

- Continue the Substance Abuse Task Force Activities
- Provide community members Substance Abuse education, including prevention skills, coping skills, and availability of resources, etc.
- Advocate for the administration of the 2005 county-specific Youth Risk Behavior Survey

# Substance Abuse, Cont.

- Advocate for additional Substance Abuse Detoxification Services
- Monitor the impact of the State Mental Health Reform on the local substance abuse population
- Research the feasibility of providing substance abuse counseling by laypeople

# Community Health

- Develop new media avenues for distributing health information
  - Dispatch Service Notices
  - Local Church Internet Network
- Develop and Maintain a county-wide Healthcare Resources Website

# Community Health, Cont.

- Research the feasibility of an Elder Care System that would promote the coordination of health services for elder residents
- Develop opportunities for learning Spanish as a second language

For More Information about the  
2003 Macon County Community Health Assessment, Contact:

Kathy McGaha, Program Director  
Healthy Carolinians of Macon County

1830 Lakeside Drive

Franklin, NC 28734

Phone (828) 349-2426

Fax (828) 349-9131

[kmcgaha@maconnc.org](mailto:kmcgaha@maconnc.org)



# Discussion