

Swain County Health Department



Assessment Community Health

09

Community Health Assessment

I. Health Assessment Process

The Swain County Community Health Assessment Team consisted of 12 members: Linda White, Swain County Health Director; Sara Peterson, Health Educator; Vicki Carroll, Nursing Supervisor; Ronnie Sloan, Swain County Hospital Administrator; Teresa Pindur, Coordinator of Swain County Partnership for Health; David Russell, Chair Swain County Partnership for Health; Josh Hampster, Bryson City Ministerial Association; Ben Busyhead Community affiliations Cherokee Wellness Center ;Yvette Colmant, Cherokee Choices; Pattie Ward, Director of Nursing Swain County Hospital; Cenda Brown Safe Schools Healthy Students Supervisor also represented Swain County Schools and the School Health Advisory Committee; Brooke Postell, Child and Health Coordinator Swain County Health Department. The group worked together to discuss the survey methods, the survey process, and dissemination of the results. This group will also set health priorities for Swain County. The group participated in the Community health assessment survey listening session. The health assessment team participants provided feedback regarding demographics of the listening sessions and key informant interviews. This team was newly developed team for the purpose of having a diverse group for the health assessment process.

Six listening sessions were located strategically addressing different areas of Swain County. The listening sessions reached the above 50, retired population predominantly. They focused on the below areas:

Town of Bryson

Deep Creek Community

East – Whittier

Far West - Alarka, Almond, NOC

Partnership for Heath Board

Swain County School nurse/social worker team

The survey instrument was based on the example in the *Community Assessment Guide Book*. The team elected to use a multiple choice survey with some open ended questions. The basis for questions included gathering community opinion on various topics and the demographics of respondents. The survey gave respondents the opportunity to address issues that were not asked in the questionnaire and to propose solutions to areas of concerns. (Attachment A- CHA survey) The survey instrument could be taken on-line at Survey Monkey or by the traditional paper and pencil format. The survey was available on line to the community at large. The link to the survey was available on the Health Department web site as well as Swain County Schools' website. The survey was advertised through the local paper, "The Smoky Mountain Times". The health department staff took the survey and reported any corrections that needed to be made before the survey was open to the general public. The

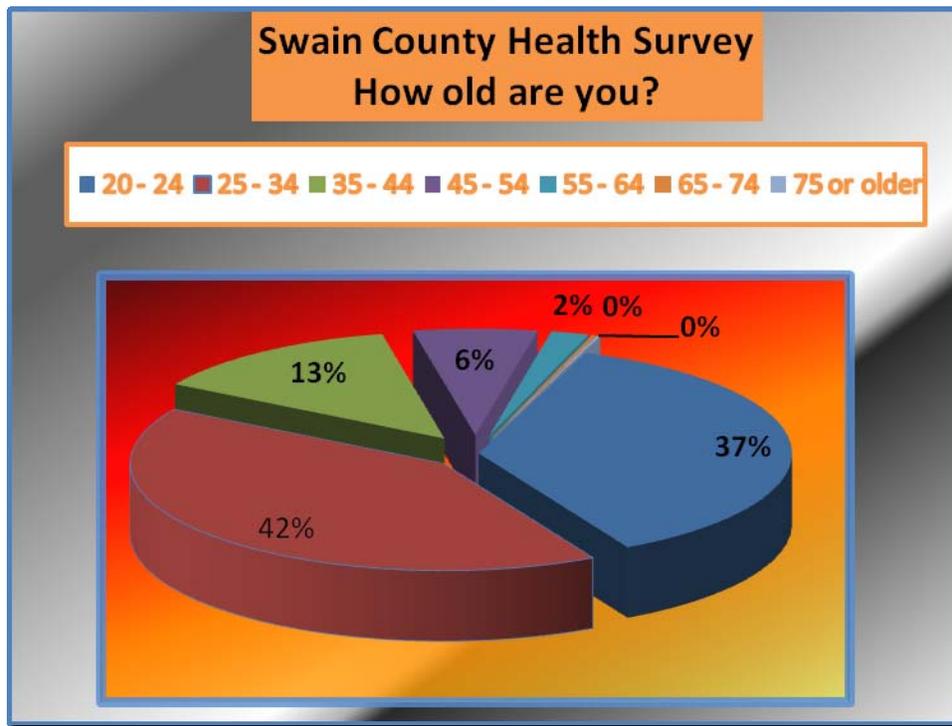
survey distribution plan was to reach as many Swain County residents as possible representing the overall population of Swain residents, in relation to socioeconomic status, community affiliation, education, race, and age to meet the goal of having a random size sample needed for statistically valid results, 1200 paper surveys were distributed.

The survey was given out and collected at the following locations:

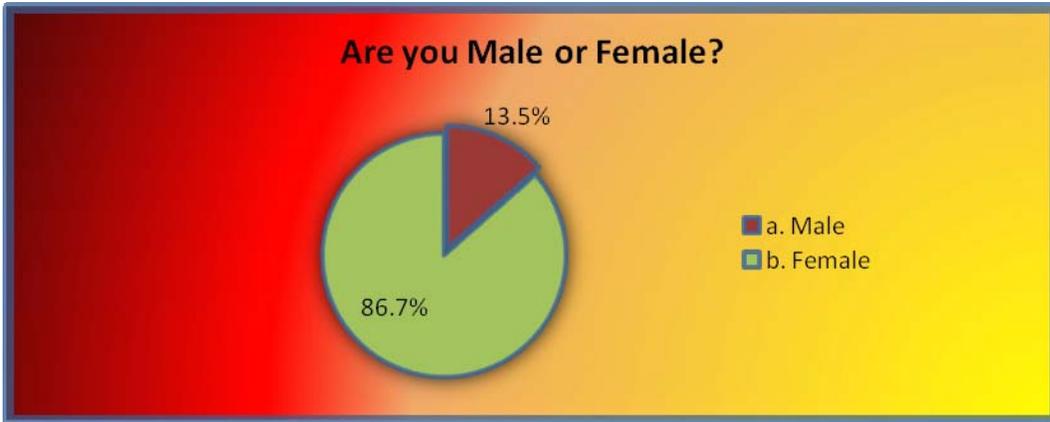
- | | |
|---------------------------------------|--|
| 1. Mariana Black Library | 11. Chamber of Commerce |
| 2. Swain Health Department | 13. East and West Elementary |
| 3. Swain Middle School | 14. First Baptist Church |
| 6. Cherokee Health Community | 15. Mt. Vernon Baptist Church |
| 7. Grace Christian Academy | 16. Bryson City United Methodist
Church |
| 8. Mountain Discovery School | 17. The Senior Center |
| 9. Department of Social Services | 18. The Swain County Health
Department |
| 10. Employment Security
Commission | 19. The Swain County Hospital |

Four hundred and thirty-eight surveys were returned and analyzed. The team was pleased with the community response to the survey in quantity and quality of feedback. Respondents were primarily female, between the ages of 25 and 44. The over 65 and male population was represented in the community listening sessions. All participants were assured that their comments were confidential.

Age of Survey Respondents

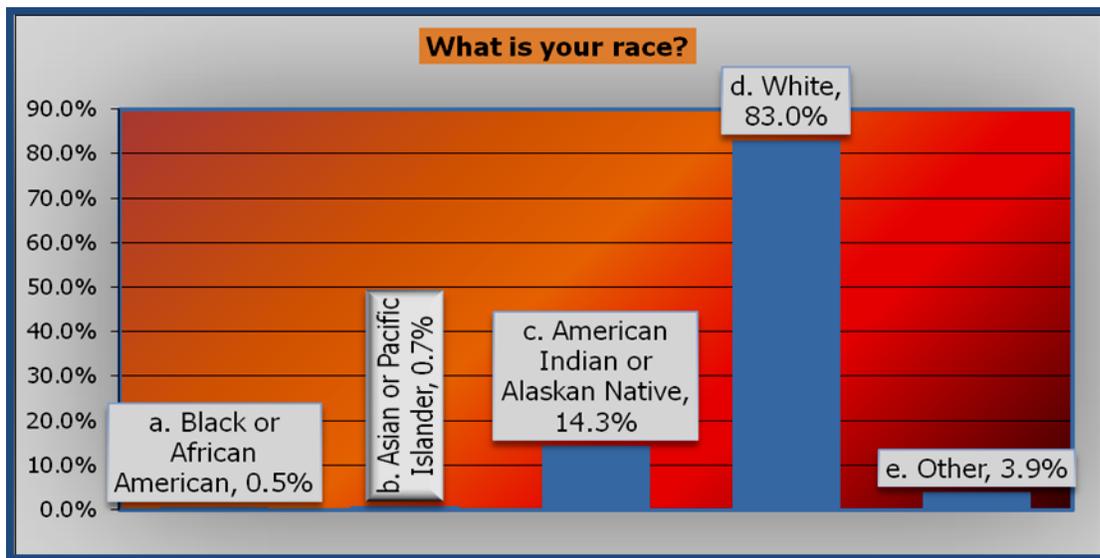


Sex of Survey Respondents



In reading the surveys, the female was answering questions for the family. In retrospect the male population was represented in a greater proportion than the data reflected.

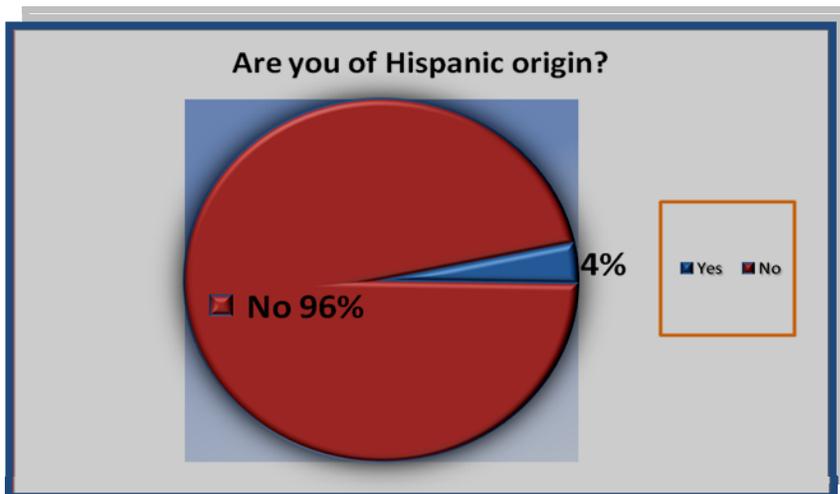
Ethnicity of Survey Respondents



The ethnic breakdown of survey respondents was very comparable to that of the Swain County, excluding the Qualla Boundary

Hispanic population survey results:

Four percent of the respondents were of Hispanic origitation. Swain county 2000 census data report indicates 2.9% of Swain population to be of Hispanic origin.



II. Swain County

A. Historical Information

The area that is now Swain County was home to the Cherokee Indians for many centuries before being settled by Europeans of mostly Scotch, Scotch-Irish, or English ancestry. In 1838, the infamous “Trail of Tears” moved most of the Cherokee to Oklahoma, with tragic results. About 1000 Cherokee stayed in the mountains, and became part of the group that is now recognized as the Eastern Band of Cherokee Indians.

Swain County was established in 1871 from portions of Jackson and Macon Counties. The land on which Bryson City is located was originally part of the Big Bear Reserve, deeded by Congress in 1819 to the Cherokee Chief Yonah. Passing through various hands, it became “Charleston” at the founding of the county, and renamed “Bryson City” in 1889. The Town of Bryson City was established as the county seat and was named in honor of Captain Thaddeus Dillard Bryson.

The coming of the railroad in 1884 opened up the mountainous region to the logging industry. Several good sized towns grew up around this industry, including Almond, Bushnell, Dorsey, Japan, Judson, Proctor, Fairfax, Forney Creek, Hazel Creek, and Noland Creek. (These

towns were inundated with the creation of Fontana Lake in 1945.) Lumber from Swain County found its way to far-flung markets, gracing some of Europe's grandest buildings.

In 1927, Congress passed enabling legislation for the creation of the Great Smoky Mountain National Park. Population levels, which had been steadily growing from 3400 in 1880 to 13,200 in 1920, dropped to under 10,000 by 1950 due to the creation of the Park in '27 and the Fontana Reservoir in '45. The creation of Fontana Lake is a long-standing sore point for Swain County citizens, as there remains an unfulfilled contract to complete a road along the north shore of the lake through the GSMNP (called the 1943 agreement).

Tourism has been a significant driving force in Swain County even before it's foundation as a county. William Bartram traveled through the area in the 1770s, drawn to explore the natural beauty and spectacular mountains. In the beginning of the 20th century, Horace Kephart, a renowned author and naturalist, lived and worked in Swain County for almost 25 years, exploring and writing about the wilderness. He worked hard to promote the formation of the GSMNP. The Fryemont Inn, built in 1923, was, for a time, the outstanding hotel west of Asheville. Other unique inns followed, including the Hemlock Inn and Nantahala Village, responding to the tourist demand.

In the early 1970's, a whitewater rafting industry grew up around the Nantahala River; over 600 people are seasonally employed on the river each year. Dubbed the "Outdoor Capital of the World", Swain County also has mountain biking, an excursion train, the southern start of the Blue Ridge Parkway, untold miles of hiking and equestrian trails within the National Park and National Forest, fishing streams with native trout, and a beautiful lake, not to mention all the development and activity in Cherokee.

People in Swain County have generally had a strong connection to the land, with many who farm, garden (which means raising vegetables, not flowers), hunt, and fish. The rugged mountains have isolated this community, but have also preserved many old customs, language, and handicrafts, both in the Cherokee people as well as the whites. There is a strong sense of heritage and pride, self-sufficiency and independence, because of or in spite of the high poverty rates.



B. Geographic Information

Swain County is one of the westernmost counties in North Carolina, containing a large portion of the Great Smoky Mountains National Park (GSMNP) and half of the Qualla Boundary of the Eastern Band of Cherokee Indians (EBCI). The rugged mountainous terrain has elevations ranging from 1600 to 6643 feet. There are four significant rivers (Tuckaseegee, Little Tennessee, Oconaluftee, Nantahala) and numerous creeks slicing through the land. Swain County is 540 square miles, with 83% of that land under federal or local ownership and out of the tax base: 217,451 acres (65%) is GSMNP, 22,296 acres (6.5%) US Forest Service, 29,477.46 acres (8.5%) Qualla Boundary managed by the EBCI, 7337 acres (2%) Fontana Reservoir managed by TVA, and 3800 acres (1%) local tax-exempt property.

Swain is bordered to the Southwest by Graham County, to the South by Macon County, to the Southeast by Jackson County and to the Northeast by Haywood County. Swain County residents can travel to 4 other state capitals quicker than they can drive to Raleigh. Fontana Lake is located partially in Swain County and also a portion of Fontana Dam. When the land was

taken away to build the dam and fill the reservoir, the families that were displaced were promised an access road to the cemeteries so they could return to visit the grave sites of their families. Construction started on the road but was halted because of the negative impact on the environment. This partial road has become known as “The Road to Nowhere” and has been a contentious subject for many in the county. Below: the tunnel at end of the “Road to Nowhere”.



In February Swain County commissioners are expected to accept a long-sought settlement. The National Park Service will pay Swain County \$52 million, approximating today’s cost of a county road. . Environmental and citizen groups that have long argued for settlement say it will close the decades-long fight to stop a proposed road through the most remote, wild area of the Great Smoky Mountains National Park.

Swain County is one of the poorest counties in North Carolina. Eighty-six percent of the land is owned by the State or Federal Government, which includes a large portion of the Cherokee Indian Reservation, resulting in a very low tax base. Swain County’s per capita income is \$21,109 in comparison with the state average of \$29,322 and is ranked 92nd in the state. The

land area is 2000 square miles with 24.6 persons per square mile compared to North Carolina at 165.2 per square mile.

Other communities existing in Swain County are: **Alarka, Almond, Conley's Creek, Deep Creek, Ela, Kirkland's Creek, Luada, Silvermine, Watia, Wesser, and Whittier**. Few have separate townships or postal codes. The Qualla Boundary straddles Swain and Jackson Counties and has a large town with a well-developed tourism industry, including a casino. It is governed by an elected Tribal Council, and has separate human services (Hospital, Health Department, DSS, Schools, Childcare, Senior Center) with separate Federal funding. All Cherokees who live in the Swain County part of the Reservation have the option of using Swain County services such as Schools and Health Department.



www.waywelivednc.com/maps/countymaps/maps/swain.htm

Three state or federal highways run through Swain County. Many county roads have steep grades and curves due to mountainous terrain. Season freezes and thaws leave some of our roads in poor condition. There are still a fair number of unpaved roads throughout the county, some with high traffic volumes such as the “River Road” along the north side of the Tuckasegee River.

Swain County housing is positioned 37 of 100 by percentage growth in residential real estate. The county is positioned 585 of 3,141 in terms of residential real estate percentage

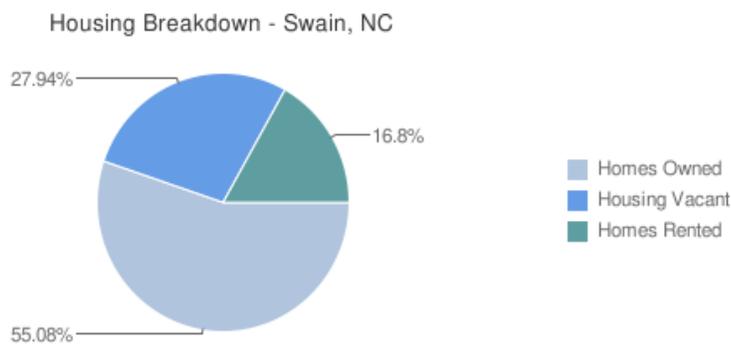
change in the United States. Housing varies from trailers to grand vacation homes on the lake. Since 1990, there have been at least 3 high-end housing developments on Fontana Lake or at the Smoky Mountain Country Club. There is inadequate low-income housing in the county, however.

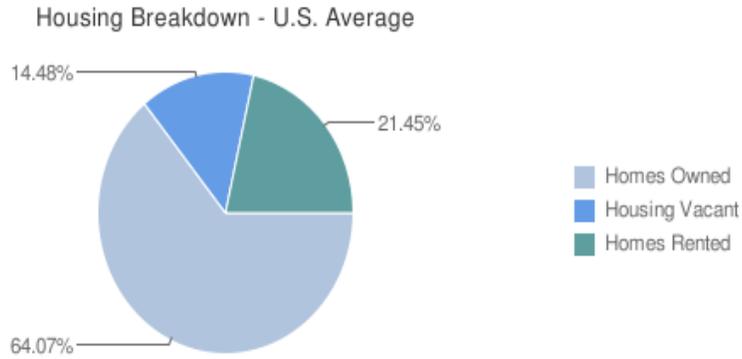
(Data Source: U.S. Census Bureau)

The median home value in Swain County, NC, is \$107,600. Home appreciation is -2.30% over the last year. The median age of Swain County, NC, real estate is 25 years. (2009)

Swain County, NC Apartments and Rentals

Renters make up 16.80% of the Swain County, NC, population. 27.94% of houses and apartments in Swain County, NC, are unoccupied (vacancy rate).





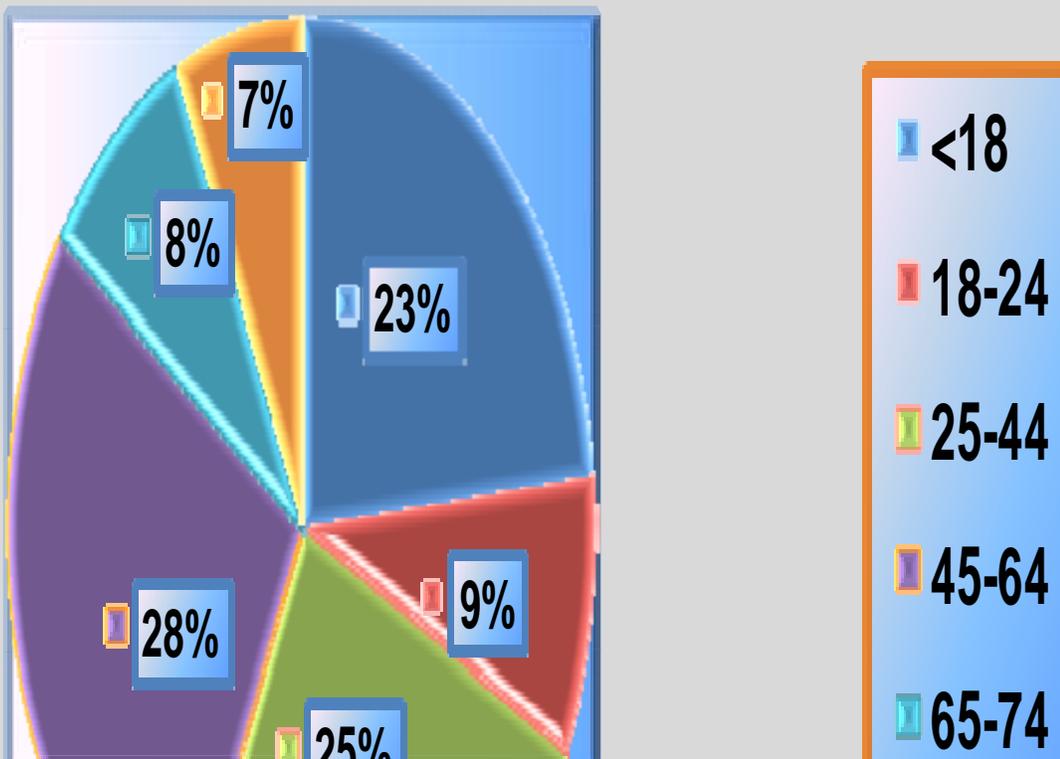
U.S. Census Bureau American Community Survey Current Population Survey

C. POPULATION

The population of Swain County is a little over 13,000. 28% of this population is enrolled members of the Eastern Band of Cherokee Indians.

I. Age

Total population = 13,585, Median Age 40.03

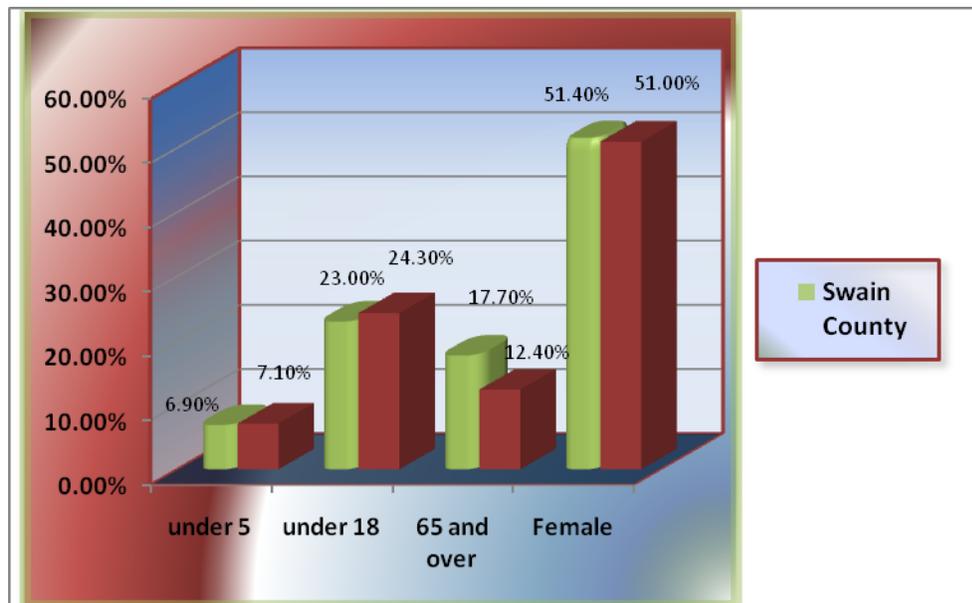


Swain County Population Age Breakdown overview July 1, 2005

Population Estimates 2008 - Swain County: 13,512 North Carolina: 9,222,414

II. Sex

Swain County and North Carolina Population by Age and Sex



<http://demog.state.nc.us/demog/c05sage.html>.

The largest population group in Swain is 45 – 64 followed by the 25 – 44 age range. The 65 year old population is higher in Swain County than In North Carolina. The higher rate of elderly affects public health. More services are needed to care for the elderly population. The

growing number of older adults increases demands on the public health system and on medical and social services. Chronic diseases, which affect older adults disproportionately, contribute to disability; diminish quality of life, and increased health- and long-term--care costs. Increased life expectancy reflects, in part, the success of public health interventions (2), but public health programs must now respond to the challenges created by this achievement, including the growing burden of chronic illnesses, injuries, and disabilities and increasing concerns about future caregiving and health-care costs. The Swain County Health Department in-home care program for the low-income consistently has a waiting list. The service is highly valued resource in the community.

U.S. Bureau of the Census, the World Health Organization, and the United Nations on U.S. and global trends in aging, including demographic and epidemiologic transitions, increasing medical and social costs related to aging, and the implications for public health.

III. Race/Ethnicity

2008 Population by Ethnicity-2008 Census

Ethnicity	Swain County	North Carolina
White persons	69.8%	73.9%

Black persons	1.5%	21.6%
*American Indian and Alaska Native	26.1%	1.3%
Asian persons	2%	1.9%
Two or more races	2.4%	1.2%
Persons of Hispanic or Latino origin	2.9%	7.4%
White persons not Hispanic	68.2%	67.2%

CDC People quick facts

The American Indian population percentage is significant to Swain County. Part of the Qualla Boundary, (the original land of the Cherokee Nation) is located in Swain County and part is boarding Jackson County. 29, 477.46 of the 48,300 acres of the Qualla Boundary is located in Swain County. The current number of enrolled members, as of this date, is 8,145. (BIA office, Cherokee, NC)

Swain County has a lower White population than NC or the U.S. Swain leads in the percent of Native American population, which is no surprise, since Swain County is home to the Cherokee Reservation. Swain is very low in African American population compared to North

Carolina. The Native American population is our highest minority population, influencing our diabetes disparities rate as far as health statistics. There has been an encephalitis concern also in Swain County located in the Qualla boundary.

The Hispanic population has increased, but not significantly as other areas of North Carolina.

IV. Swain County, NC Population and Components of Change

Date	Population	% Change	Components of Change				
			Total Population Change	Births	Deaths	Inter-national Immigration	Net Domestic Migration
2006	13,472	1.5	197	198	186	4	189
2007	13,416	-0.4	-56	182	172	3	-72

2008	13,512	0.7	96	198	168	2	60
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The population has over the period of 2006-2008 has not changed over 100 people taking into count births, deaths, immigration and migration. This fact shows that economic growth was not prevalent during this period to relocate people to this area.

V. Swain County Compared to border County, Graham, and state.

	Graham	Swain	State
Total population (2007)	7858	13,643	9,061,032
Persons per square mile (2000)	27.4	24.6	165.2

VI. Child population per race for years 2003-2007

Child Population, White, non-Hispanic	
2003	
	1,724

Child Population, Black, non-Hispanic

2003

2004

61

66

Child Population, Hispanic

2003

98

Child Population, American Indian, non-Hispanic

2003

1,283

Child Population, Asian/Pacific Islander, non-Hispanic

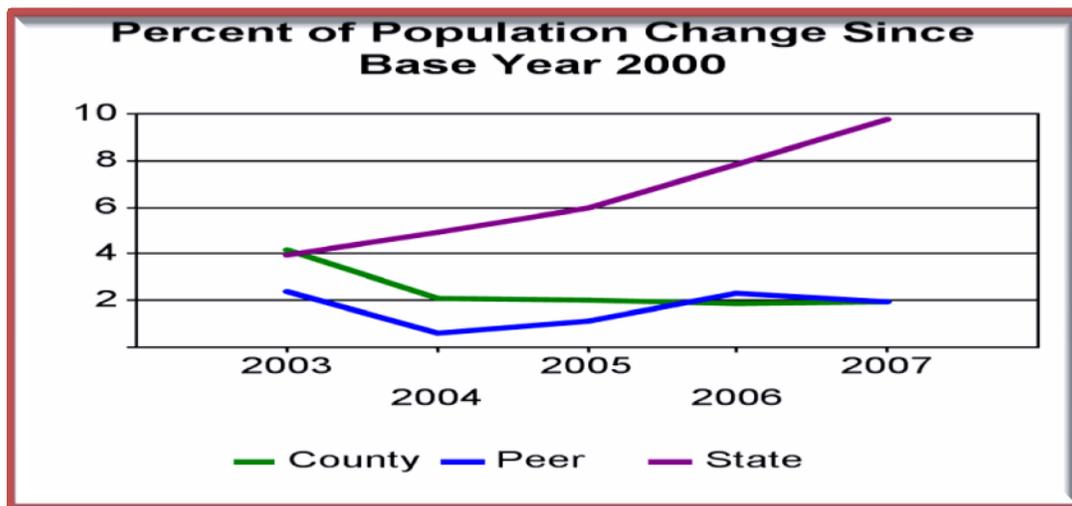
2003	2004	2005	2006	2007
	4	4	8	5

Definitions: Persons from birth through seventeen years of age residing in the county/state who were listed as white. This does not include those who listed white in addition to any other race. This also does not include any ethnic categories such as Native American or Pacific Islander. **Data Source:** Population Reference Bureau between CDC/NCHS and the U.S. Census Bureau.

The child population has increased in every ethnic group except Native American and Pacific

Islander from year 2006 to 2007.

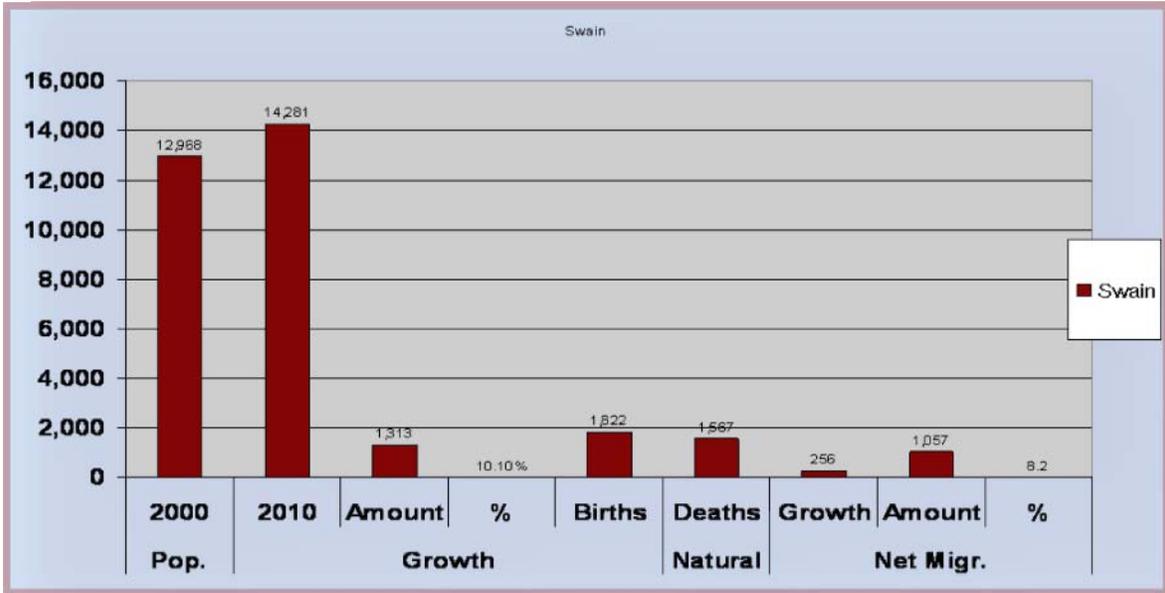
VII. Population change from 2003 to 2007 – Swain County, Graham County, North Carolina



VIII.

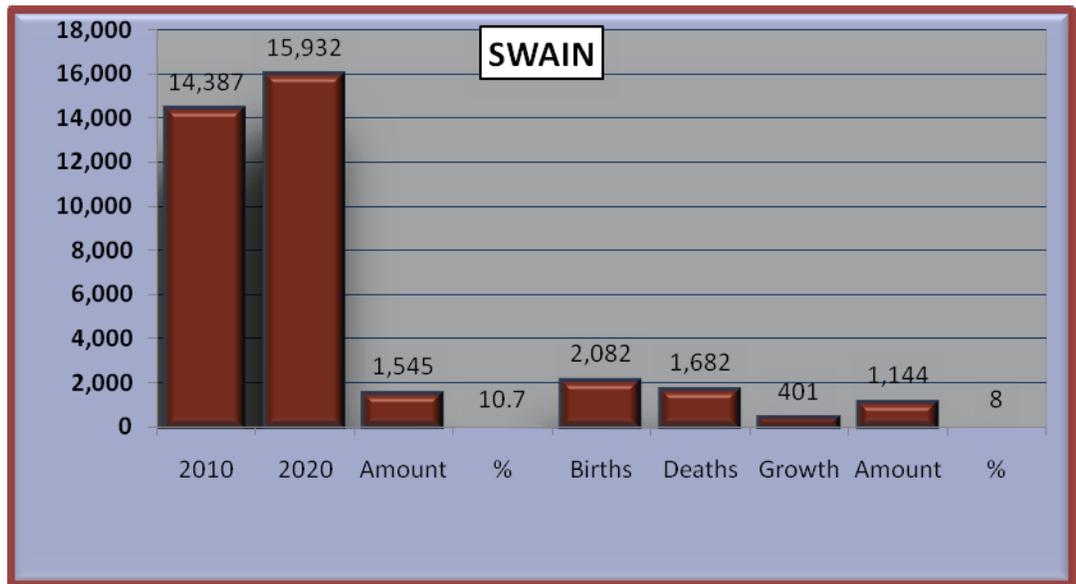
Population Projection Projected Population Growth for Swain County 2000 – 2010

(from NC State Demographic)



The projected population growth for 2010 was somewhat overestimated.

Projected Population Growth for Swain County 2010 – 2020 (from NC State Demographics)



Swain County ranked 40th in the state for projected net growth, rated 8.2 %. The highest ranked county in NC for projected growth is Camden at 47.8% and Onslow being the lowest at a negative 10.5%. Counties that ranked close to Swain were: Alamance at 8.8%, Transylvania at 8.6% and Madison at 8.1%.

The trend of growth from 1970 to 2006 was 4,595 people, a 52% increase in population. At an annual rate this represents an increase of 1.2%. Over the last 36 years population growth in Swain County, has been slower than North Carolina and faster than the nation. Population growth is not generally impacted by national recessions. In the latest recovery (2001 to 2006), population growth in North Carolina was up 1.6% which outpaced the United States at 0.9% and Swain County, at 0.8%.

ix. Highlight summary for Swain County in population:

- Population Growth (Annualized rate, 1870-2006) was somewhat fast.
- Median Age was somewhat old.
- These highlights are based on how this area compares to the distribution of all of the counties in the US.
- Swain County does have a seasonal population.

*2000 US Census **from Bureau of Labor Statistics

Swain County is rural which a challenge in offering services is. The majority of the population has well water, with springs still being prevalent, and on-site waste water systems. To access much of the property requires 4-wheel drive. Many people still do not come into town but once a week, which is colloquially referred to as coming “out town”.

Due to the economic status in Swain County, people were not able to drill new wells when necessary, such as in the drought situation over the last several summers.

D. Government

Swain County has been governed by a Board of Commissioners since 1871 and presently has 5 seats on the board. Swain County is a member of the Southwestern Commission council of governments. The commissioners employ a county manager to oversee the day-to-day operations of the county. Swain County website is <http://www.swaincountync.gov/> where information regarding the commissioners, public meetings, public announcements, general business, and departments of local government, various services, contacts, online mapping and other information about the county may be found. The town of Cherokee is located in Swain County but is run by the Eastern Band of Cherokee Indians and is therefore subject to tribal law rather than county or state. We do however have jurisdiction for the inspection of establishments permitted by the health department as well as Communicable Disease oversight.

E. Education

The Swain County Schools School District is located in Bryson City, NC and includes 6 schools that serve 1,896 students in grades KG through 12.

District Spending

The Swain County Schools School District spends \$8,767 per pupil in current expenditures. The district spends 61% on instruction, 32% on support services, and 6% on other elementary and secondary expenditures.

District Student Information

The Swain County Schools School District had a grades 9-12 dropout rate of 7% in 2005. The national grades 9-12 dropout rate in 2005 was 3.9%.

In the Swain County Schools School District, 16% of students have an IEP (Individualized Education Program). An IEP is a written plan for students eligible for special needs services.

The Swain County Schools School District serves 1% English Language Learners (ELL). ELL students are in the process of acquiring and learning English Language skills.

There is one Pre-School, 3 Elementary Schools, 1 Middle school, and 2 High Schools in Swain County's School System. One Elementary School and one of the High Schools are operated by the Eastern Band. Swain County has one Charter School and one private Christian School.

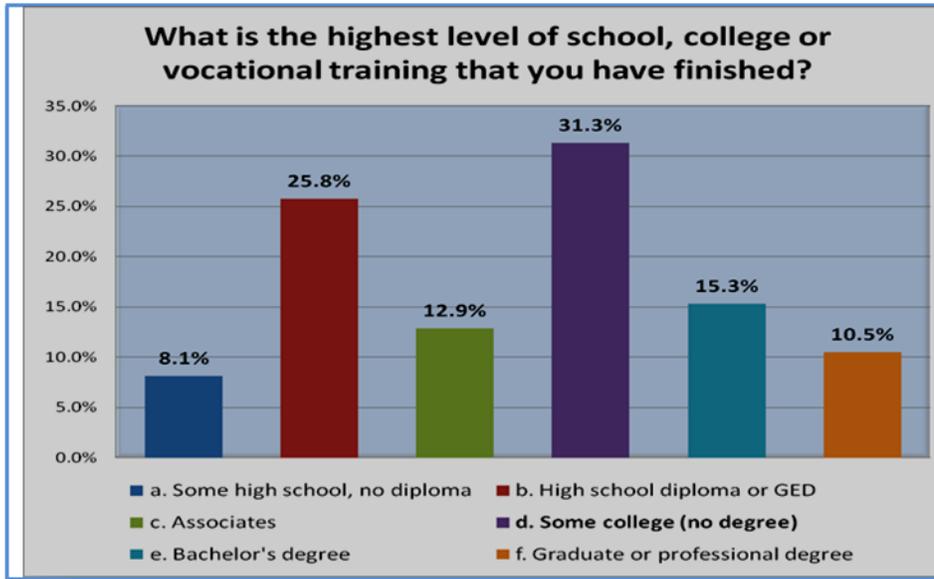
Southwestern Community College main campus is located in bordering Jackson County. SCC has two extension sites serving Cherokee and Bryson City. The Bryson City campus is located 5 ½ miles west of Bryson City on Highway 74 in the Luada Community, the Swain Center occupies the old Almond School. This charming old school building houses the Institute of Heritage Arts, the Small Business and Business and Industry Center, Sali Conference Center, the Outdoor

Leadership program, computer labs, general classrooms and an ITV classroom. The Cherokee Center is located on Aquoni Road in the Cherokee Boys Club Office Park in Cherokee and coordinates extension and curriculum needs of the Qualla Boundary. It contains a computer lab, personal development classroom, an ITV classroom, and two general classrooms.

i. Education Level

The education Rate of the population 25 and over who have a college degree was roughly average. The education rate of the population 25 and over who have less than a high school diploma was somewhat high.

Survey Respondents education level reflect the majority of respondents fell into the category of some college, no degree.



Significant details pertaining to risk behaviors are researched below. This data shows Swain with a higher percentage of dropouts and teen pregnancies than the state average. The below rates for Swain County are cumulative over several years. High dropout rates are correlated with teen pregnancy and other risky behaviors, which is and has been a concern in Swain County.

ii. Education levels – Dropout rates

	Graham	Swain	NC
County data on education level of adults-High school graduates	68.4%	70.5%	78.1%
Dropout rate	3.82%	7.45%	5.8%
Obesity rates-school aged children	39.5%	47%	
Native American population data	12.4%	25%	
Teen pregnancy rate per 1000	83.7	88.7	62.5

Swain County’s percent of high school graduates is lower than the state average. Swain County schools are diligently working to lower the number of dropouts.

Composite 3 rd -8 th EOG % scoring III or IV	2005-06	2006-07	2007-08
Swain County Reading	86.4	87.9	54.9
Swain County Math	63.3	71.5	76.8
Graham County Reading	65.3	87.6	58.1
Graham County Math	87.7	70	74.9

Sources: NC Rural Economic Development Center
Department US Census Bureau Employment Security Commission

NC DPI School Report Cards Swain County Health
Adolescent Pregnancy Prevention Coalition

The below table reflects a recent cohort example of the graduation rate and documented sex and race.

5-Year Cohort Graduation Rate Report
2004-05 Entering 9th Graders Graduating in 2008-09 or Earlier
Results by Subgroup
as of Oct 1, 2009

School: 870314

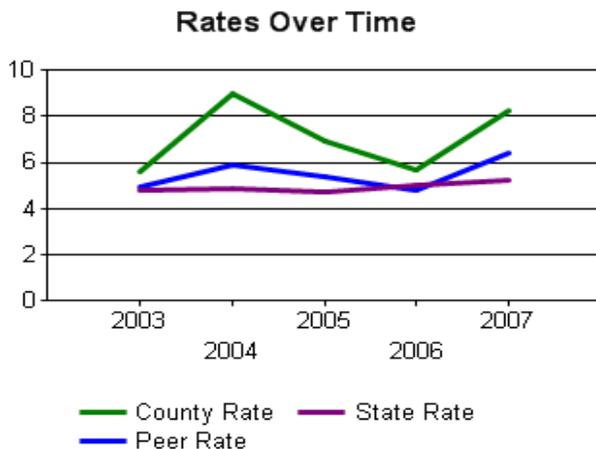
Name: Swain County High

Grade Span: 09-12

subgroup	denominator	numerator	pct
All Students	142	105	73.9
Male	76	56	73.7
Female	66	49	74.2
Native American	28	21	75.0
Asian	1	~	~
Hispanic	3	~	~
White	110	81	73.6
Economically Disadvantaged	47	29	61.7
Limited English Proficient	1	~	~
Students With Disabilities	14	7	50.0

~ = results are not shown if there are less than 5 students in the group or the percentage is <=5% or >=95% Subgroup information is based on data collected when a student is last seen in the cohort

Indicator: % High School Dropout Information Grades 9-12
County: Swain



*(Peer Counties: Caswell, Gates, Jones, Montgomery)

County	Peer Avg.	State	Swain County %	Peer %	State %
32	43	18,964	5.6	4.9	4.8
55	53	20,035	9	5.9	4.9
43	48	20,175	7	5.4	4.7
37	43	22,180	5.7	4.8	5
56	58	23,550	8.2	6.4	5.3

F. Crime Rates

Crime	Swain, NC	United States
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Swain County ranks #45 for violent crimes and #27 for crimes against property in the state. While it ranks #1,825 and #1,877 for violent and property related offenses respectively in the nation.

2007 Crime Statistics		
	Reported	Crime Rate*
Murder	0	0.00
Rape	1	7.34
Robbery	4	29.36
Assault	34	249.56
Burglary	84	616.56
Larceny	235	1724.90
Vehicle	17	124.78
Arson	0	0.0

The 2007 crime rate was 2,752.5 incidents per 100,000 people. A -26.8% change in the total crime rate from 2006 (3,760.2 incidents). There were 286.3 violent crimes reported per 100,000

people resulting in a -20.4% change (from 364.9 incidents). Property crimes changed -26.3% from (3,395.4) the previous year to 2,466.2 per 100,000 people.

Swain County ranks #45 for violent crimes and #27 for crimes against property in the state. While it ranks #1,825 and #1,877 for violent and property related offenses respectively in the nation.

A snapshot of the most current crime statistics are shown in the chart above and historical criminal data is shown in the charts below.

[Swain County Criminal Records](#)

[Swain County Jails](#)

[Swain County Courts](#)

Year	Murder	Murder Rate*	Rape	Rape Rate*	Robbery	Robbery Rate*	Agg. Assault	Agg. Asslt Rate*
2006	1	7.4	1	7.4	2	14.9	45	335.1
2005	3	22.4	4	29.9	0	0.0	61	456.4
Year	Burglary	Burglary Rate*	Larceny	Larceny Rate*	Vehicle Theft	Vehicle Theft Rate*	Arson	Arson Rate*
2006	88	655.2	336	2501.9	32	238.3	0	0.0
2005	58	434.0	238	1780.8	24	179.6	0	0.0

Crime Rate is based on number of reported cases per 100,000 population

G. Poverty Indicators

Indicators	Graham	Swain	NC
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Persons below poverty (2007)	22.2%	17.3%	14.3%
Child Poverty rate	24.3%	25.6%	17.4%
Percent receiving food stamps	12.1%	13.3%	9.9%
Population % change 4/1/00-7/1/07	-1.7%	5.2%	12.6%
F/R Lunch	RES-60.41%	East-67%	
	RMS-56.68%	West-64%	
	GCS-56.35%	SMS-61%	
		SCS-59%	

Swain County children living in poverty is much higher than North Carolina. This statistic plays into risk factors for our Swain County children.

The percentage of children enrolled in Free/Reduced School Meal is an indicator of poverty in Swain County. According to the National Center for Children in poverty, most families of four would have to make twice their assigned Poverty Threshold in order to provide their children with basic necessities, such as housing, food, and health care.

A. NUMBER OF PEOPLE RECEIVING FOODSTAMPS/

Swain food stamp distributions – 2003

- 620 Households
- 1544 Participants
- Value: \$113, 129

24.1% of children age 0-5 are in families receiving Food Stamps.

Note: Food stamp distribution information collected from area Departments of Social Services and the N.C. Department of Health and Human Services. Data is correct as of May 30, 2004.

C. Tooth Decay – the percentage of Swain county children entering kindergarten with untreated tooth decay (33.6%) is higher than the state average of 22.8%. Dental care was a high priority among of survey respondents.

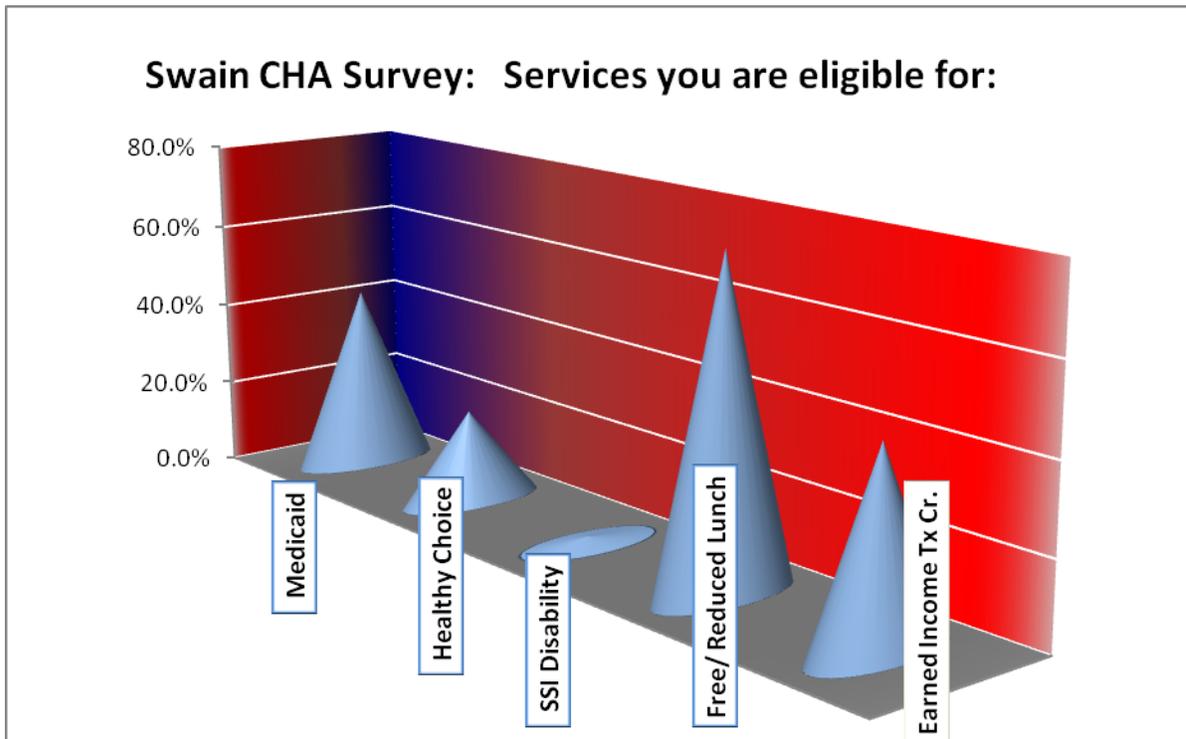
D. Child Abuse – Over the past 3 years the number of reports of child abuse and neglect increased by 49.2 % and the number of substantiated reports doubled (from 6 to 13 – or an increase of 116.7%).

E. Child Care Subsidy – Over half of the children attending regulated care receive a child care subsidy (55.4%), which is much higher than the state average of 41.8%.

(From early childhood needs and resources report 2003)

In the Community health survey you can see where the amount of services that respondents were eligible for was significant. The amount eligible for free or reduced lunch

being at 75 percent and 44% eligible for Medicaid and Earned Income Tax Credit 44 percent, tells a story of many Swain County residents fighting poverty.



H. Obesity

1. Swain County Elementary School's BMI report for 2009

Elementary school 2 BMI at risk and percent over 95th percentile was down from last year.

No specific contributing factors were identified. North Carolina is 5th in the country for high

obesity. This is an area which has been identified by Swain County as a high risk factor that needs to be addressed. Below are the elementary school K-5 BMI results for school year 2009-2010.

Elementary School #1 BMI'S

3

Grade	# Tested	BMI <5%	BMI 6-85%	BMI 86-94%	BMI >95%
Kindergarten	65	2	39	8	16
1st	51	0	35	4	12
2nd	51	0	31	9	11
3rd	61	0	33	11	21
4th	56	0	28	6	22
5th	50	0	27	7	16
Total %	334	1%	58%	13%	29%
High Risk %					42%

SCHD - SCP 4/1/2010

Elementary School #2 BMI's

2

Grade	# Tested	BMI <5%	BMI 6-85%	BMI 86-94%	BMI >95%
Kindergarten	52	0	40	8	4
1st	66	1	47	6	12
2nd	62	1	39	9	13
3rd	56	5	27	8	16
4th	75	0	47	5	23
5th	69	1	42	10	16
TOTAL	380	8	242	46	84
School %		2%	64%	12%	22%
High Risk %					34%

SCHD - SCP

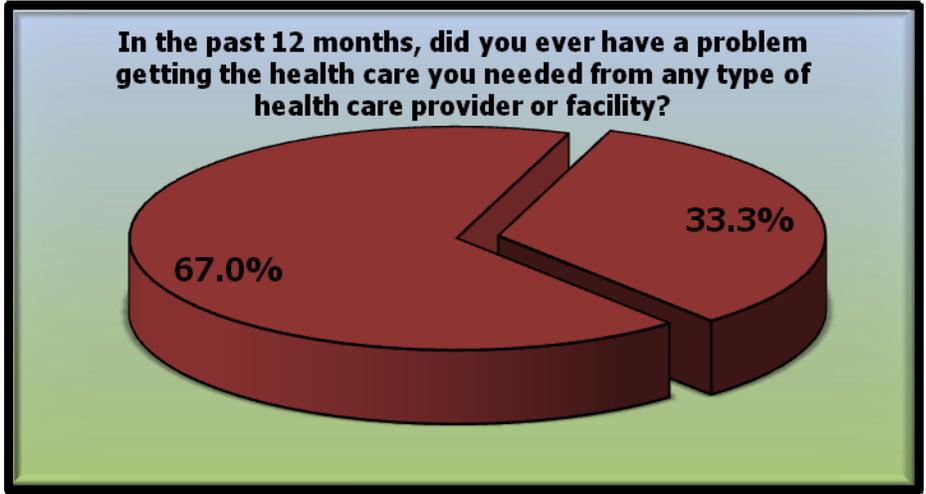
4/20/2010

I. Insurance Coverage

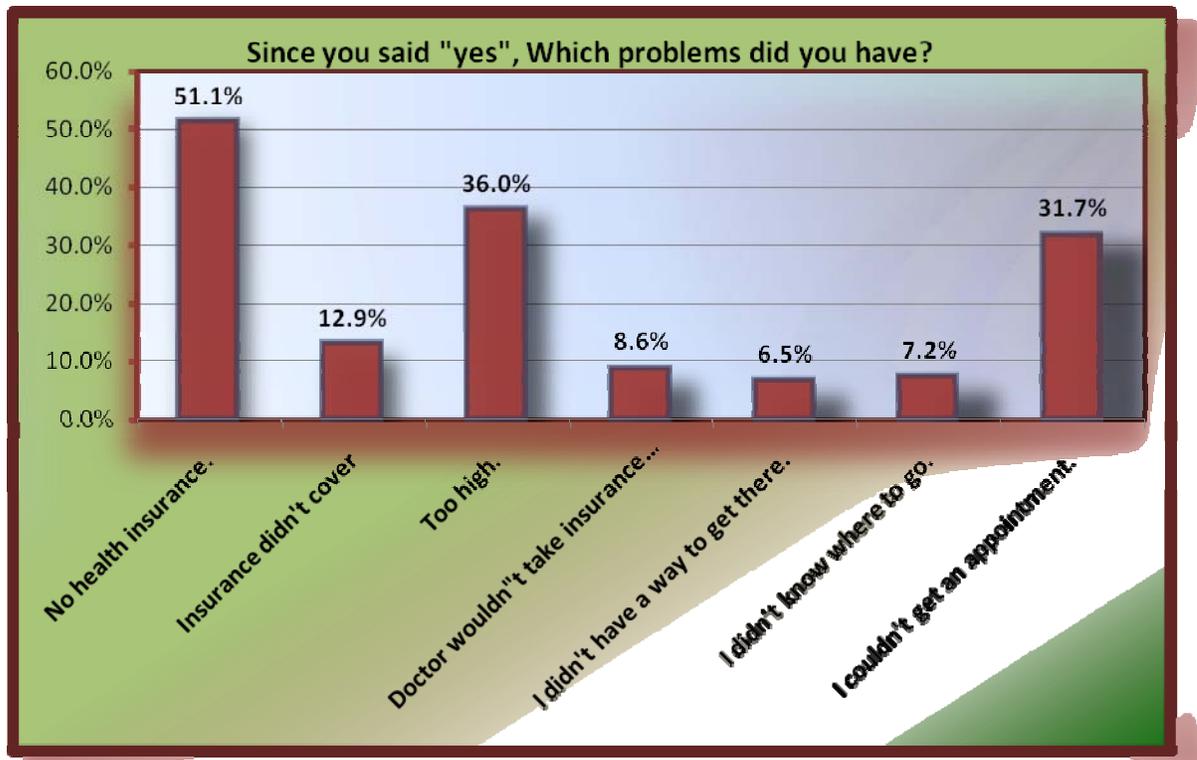
Insurance Coverage Type for Swain County Survey Respondents

Coverage Type	Total	Percent
Medicare	32	8.3%
Medicaid	73	19.0%
Private Insurance	237	59.0%
Other	49	12.1%

Results from the Swain County Health Survey

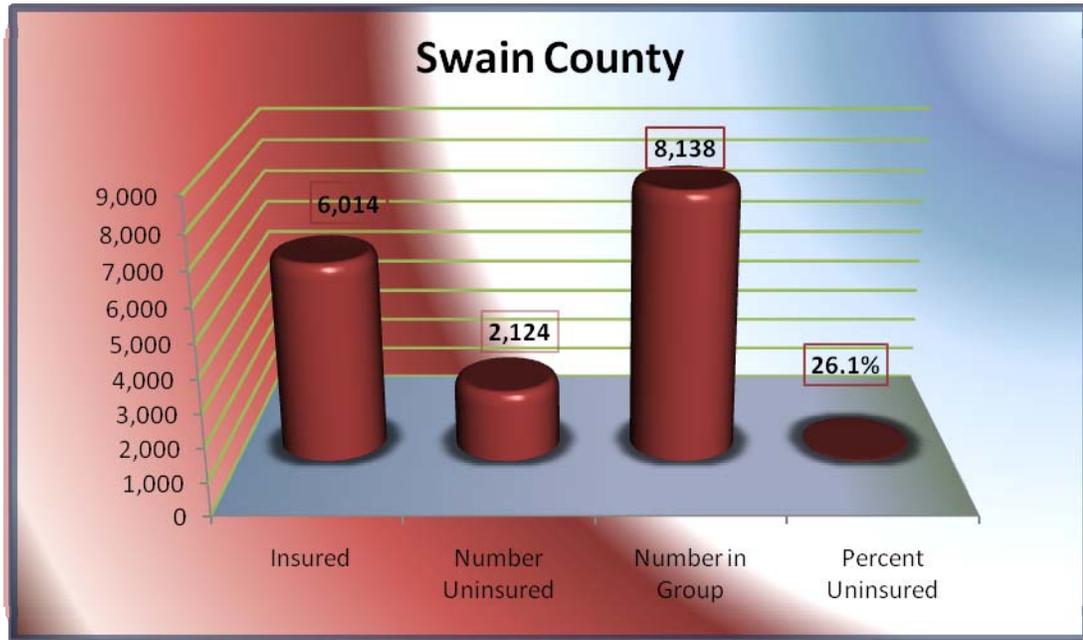


Sixty-seven percent of survey respondents reported having a problem getting needed health care.



Fifty-one percent of the survey respondents reported their problem in getting the healthcare they needed was **lack of insurance**. In the last year during the economic downturn the percentage of people without insurance coverage has increased significantly. During an informant interview the hospital reported many more cases reflecting no insurance coverage. In prior years, Swain County ranked good in their percentage of citizens with insurance coverage. Need remains the primary determinant of use of health services. Health insurance vital; it reduces barriers to health care.

The secondary data below reflects 26% of Swain County population uninsured, this data is from 2005. This figure has risen between 2005 and 2009, when last reported.



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Data Source: Small Area Health Insurance Estimates/County and State by Demographic and Income Characteristics/2005

5. Heath Factors

a. Lifestyles

Percentage and Estimated Number of Adults with Diabetes at risk of Complications due to Lifestyle or Socioeconomic Factors Swain County, 2008

Lifestyle or Socioeconomic Factors	Rate	Number
Overweight/Obese	85.3%	844
Consumed Less Than Five Fruits and Vegetables*	79.6%	787
No Moderate Physical Activity*	68.7%	680
Could not Buy Test Strips or Medicines Due to Lack of Money in the Previous Year	13.3%	132

*2007 BRFSS
 Source: NC BRFSS 2008, State Center for Health Statistics, DHHS
 Notes: Estimated numbers based on state prevalence.

January 2010

The Burden of Diabetes In Swain County, North Carolina 2010
 North Carolina Diabetes Prevention and Control Program



Percentage and Estimated Number of Adults With Diagnosed Diabetes by Age, Swain County, 2008

Age	Rate	Number
18-44	3.1%	140
45-64	12.9%	506
65+	21.1%	462
Overall	9.3%	989

Source: NC BRFSS 2008, State Center for Health Statistics, DHHS
 Notes: Estimated numbers based on state prevalence.

January 2010

The Burden of Diabetes In Swain County, North Carolina 2010
 North Carolina Diabetes Prevention and Control Program



Percentage and Estimated Number of Adults who did not Receive Preventive Care, Swain County, 2008

Preventive Care Practices	Rate	Number
No Diabetes Education Classes	45.4 %	449
Less than two A1c Exams in the Previous Year	24.2 %	239
No Dilated Eye Exam in the Previous Year	30.4 %	301
No Flu Shot in the Previous Year	36.4 %	360
No Pneumococcal Vaccine	46.2 %	457

Source: NC BRFSS 2008, State Center for Health Statistics, DHHS

Notes: Estimated numbers based on state prevalence.

January 2010

The Burden of Diabetes In Swain County, North Carolina 2010
North Carolina Diabetes Prevention and Control Program



b. Swain County – Physical Environment

Health	Swain, NC	United States
<u>Air Quality (100=best)</u>	94	48
<u>Water Quality (100=best)</u>	76	55
<u>Superfund Sites (100=best)</u>	99	71
<u>Physicians per 100k</u> (Number Includes Qualla Boundary)	83.5	169.7

Rabies 2007	1	
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www.bestplaces.net/County/Swain-North Carolina.

Swain County, NC Health Index

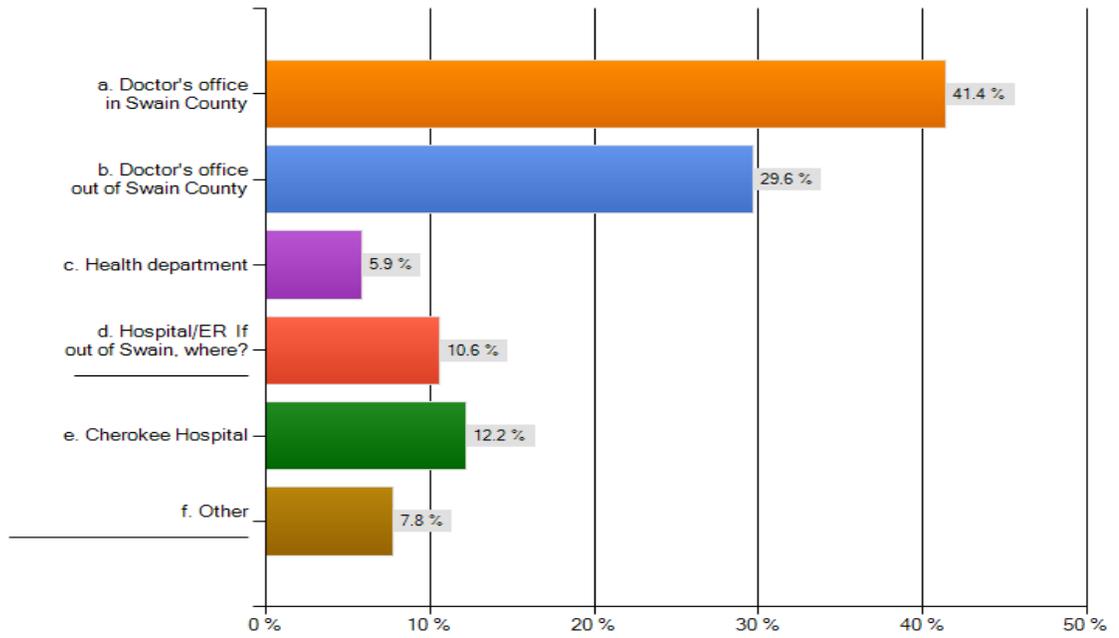
Air quality in Swain County, NC is 94 on a scale to 100 (higher is better). This is based on ozone alert days and number of pollutants in the air, as reported by the EPA.

Water quality in Swain County, NC is 76 on a scale to 100 (higher is better). The EPA has a complex method of measuring watershed quality using 15 indicators.

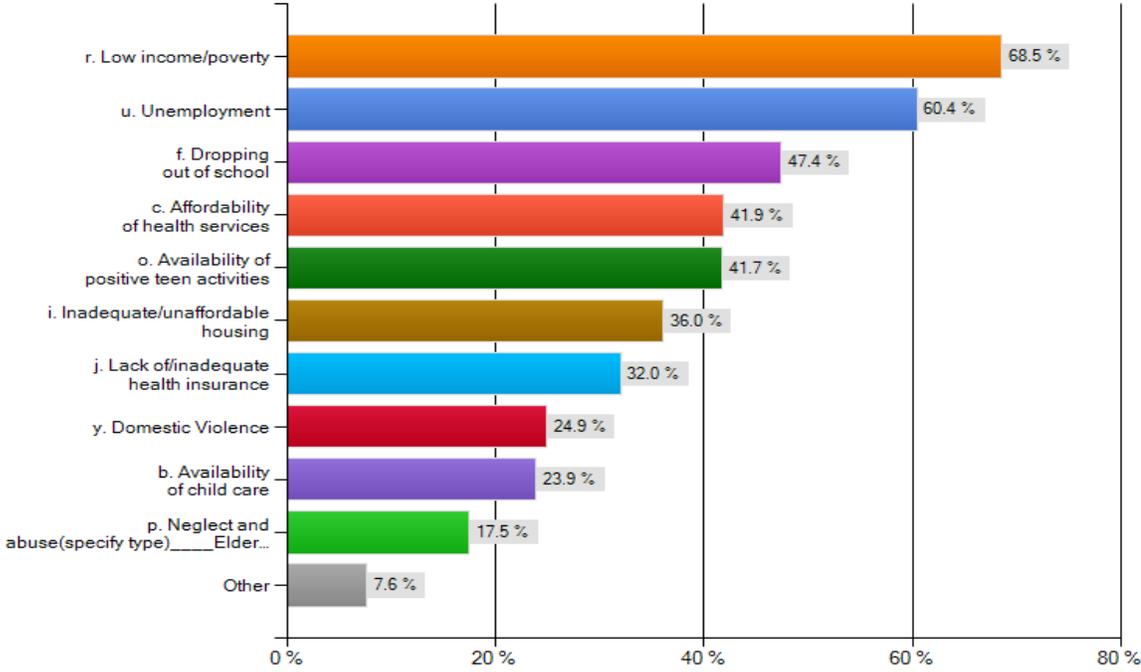
Superfund index is 99 on a scale to 100 (higher is better). This is upon the number and impact of EPA Superfund pollution sites in the county, including spending on the cleanup efforts.

B. Primary Data – Suvey Responses

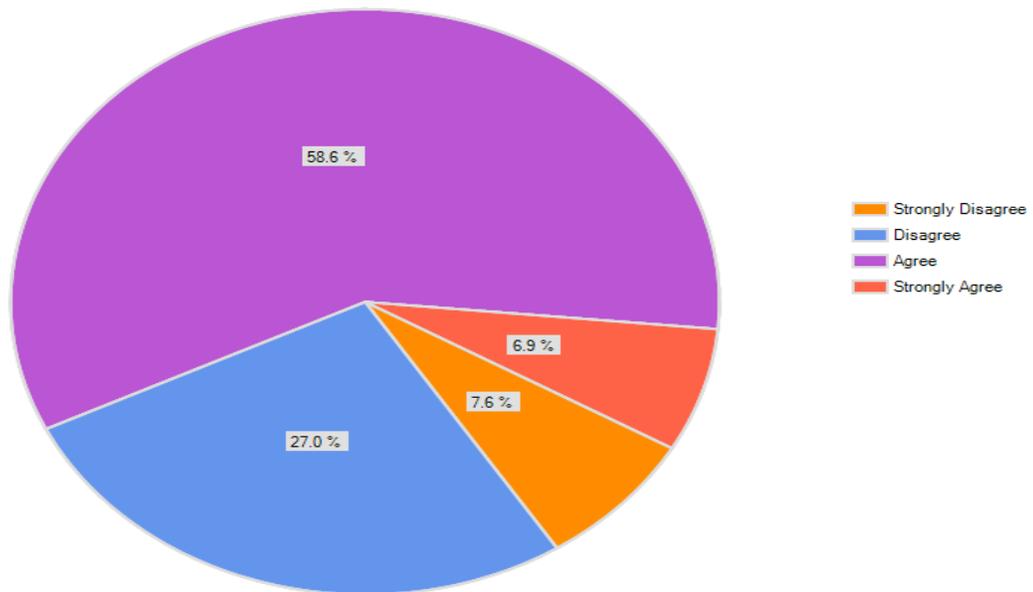
Where do you go most often when you are sick or need advice about your health?



**Pick 5 the community issues that have the greatest effect on quality of life in Swain County.
Remember this is your opinion and your choices will not be linked to you in any way.**



How do you feel about this statement. "There is plenty of help for individuals and families during times of need in Swain county"?(Consider social support in Swain County: neighbors, support groups, faith community outreach, community organizations, and emergency monetary assistance.)



Pick 5 of the problems that you feel has the largest impact on the community. (from health survey)

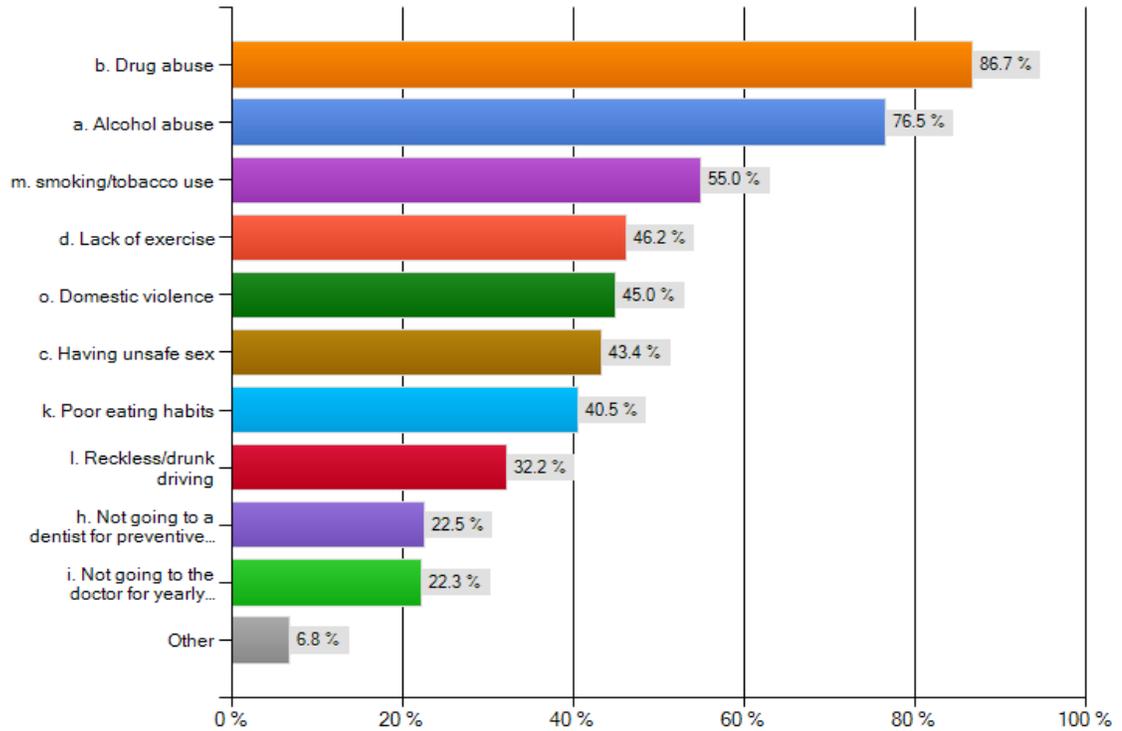
Aging problems	20.6%
Asthma	22.3%
Cancer	41.0%
Dental health	38.6%
Diabetes	52.1%

Heart disease/heart attacks	34.1%
Mental health	41.5%
Obesity	72.3%
(STDs)	14.9%
Teenage pregnancy	69.4%

The primary data from surveys and listening sessions reveal **Obesity, Diabetes and Teenage Pregnancy** to be at the top of the list for concern.

Have you ever been told by a doctor, nurse, or other health professional that you have any of the following conditions?		
Answer Options	Response Percent	Response Count
a. Asthma	28.8%	68
b. Depression or anxiety disorder	45.8%	108
c. High blood pressure	25.0%	59
d. High cholesterol	17.8%	42
e. Diabetes (not during pregnancy)	6.8%	16
f. Osteoporosis	2.5%	6
g. Overweight/Obesity	36.0%	85

Pick 5 unhealthy behaviors in Swain County that you feel has the largest impact on the community. Remember this is your opinion and your choices will not be linked to you in anyway.



Do you think your child is engaging in any of the following high risk behaviors?		
Answer Options	Response Percent	Response Count
a. Alcohol Use	1.7%	5
b. Tobacco Use	5.7%	17
c. Eating Disorders	7.7%	23
d. Sexual intercourse	6.4%	19
e. Drug Abuse	1.7%	5
f. Reckless driving/speeding	2.4%	7
g. I don't think my child is engaging in any high risk behaviors.	84.8%	252

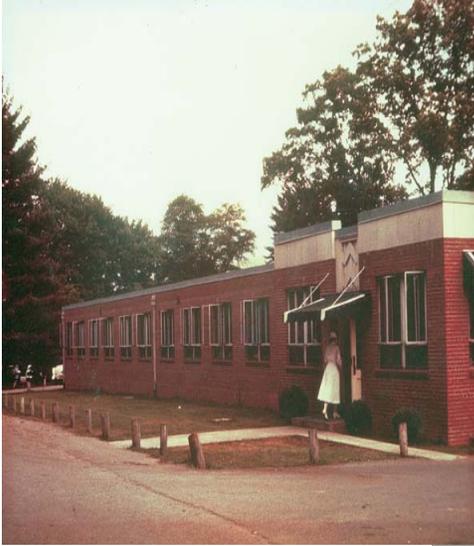
You can see a **discrepancy** in the figures of respondents stating their belief that their child is engaging in risky behaviors, with data from the Pride and YRBS survey. Data from the 2009 Youth Risk Behavior Survey results from Western NC. The results are averaged from 9th – 12th grade.

Students who had at least one drink of alcohol on one or more of the past 30 days.	37%
Students who used marijuana one or more times during their life	35.8%
Students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled.	14.9%
Students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months.	29.9%
Students who ever had sexual intercourse.	47.6%
Students who had sexual intercourse with four or more people during their life.	12.7%
Students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual Intercourse.	58%
Students who rode in a car or other vehicle driven by someone who had been recklessly speeding one or more times in the last 30 days	56%
Students who have seen other students being bullied in their school.	63.9%
Students who have taken a prescription drug (such as OxyContin, Percocet, Vicodin, Adderall, Ritalin, or Xanax) without a doctor's prescription one or more times during their life.	25.4%
Students who strongly agree or agree that drugs are a problem at their school.	50.9%

Do you think your child or children need more information about the following problems?		
Answer Options	Response Percent	Response Count
a. Alcohol	53.6%	97
b. Tobacco	52.5%	95
c. HIV	45.9%	83
d. Eating Disorders	47.0%	85
f. Sexual intercourse	61.3%	111
g. STDs	59.1%	107
h. Drug Abuse	68.0%	123
i. Reckless driving/speeding	54.7%	99
j. Mental health issues	38.7%	70
k. Other (please specify)		36

6. Health Facilities

A. Swain County Hospital has a small 48 acute bed hospital with limited capacity for surgery located in Bryson City and a 22 acute care bed hospital in Cherokee serving only enrolled members of the Eastern Band of Cherokee Indians.



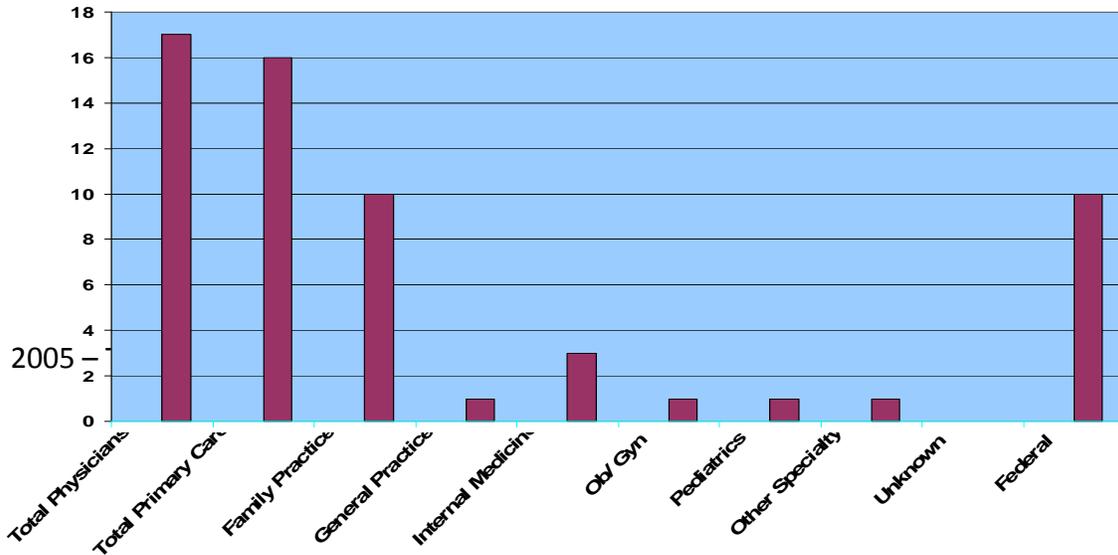
Swain County Hospital 1950



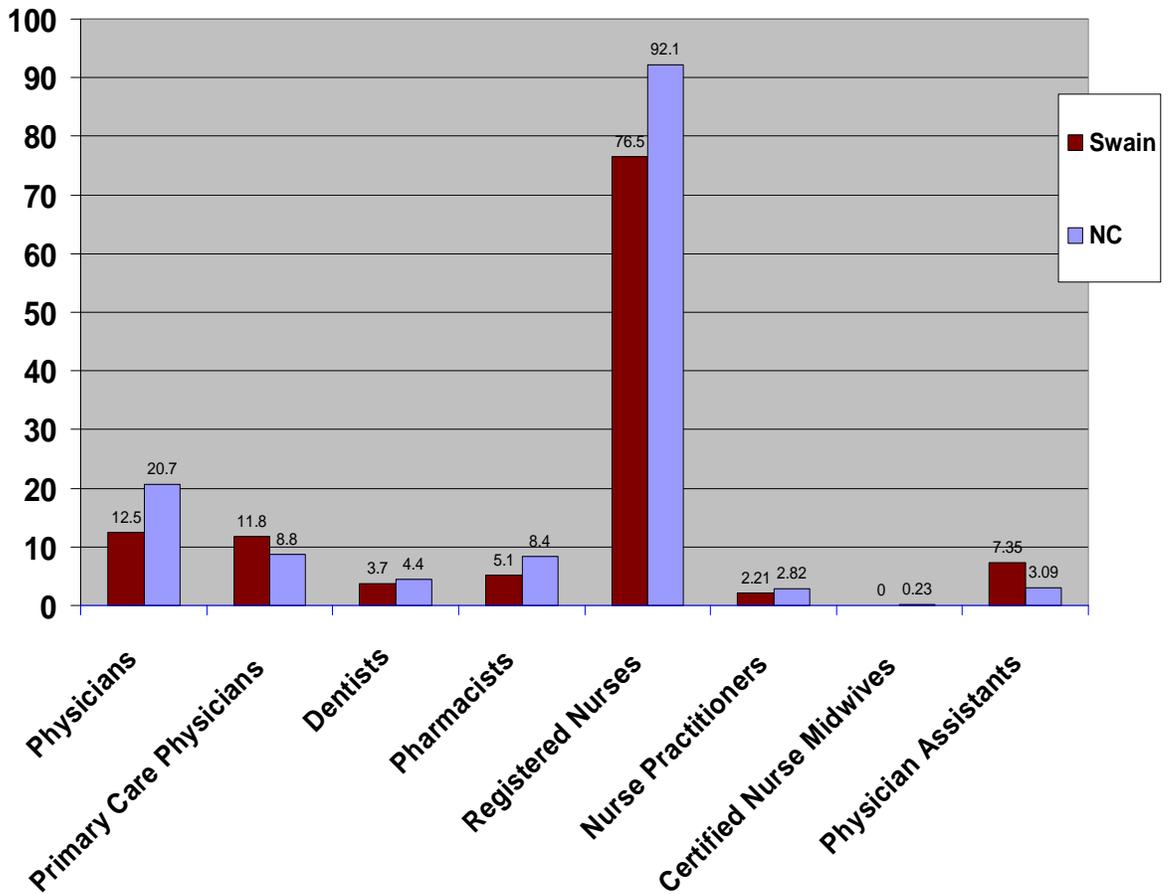
Swain County Hospital 2006

Swain County Hospital is located in Bryson City, North Carolina, twenty-five miles separates it from its sister hospital, Harris Regional in Sylva, North Carolina. The 48 bed, fully accredited hospital has been stable force in providing healthcare to the citizens of Swain and Graham Counties for over 50 years. The mission of Swain County Hospital has always been to provide the best primary medical care to residents and visitors in the Bryson City area. The Eastern Band has their own health care system located on the Qualla Boundary offering many of the same services as the health department. There are 7 general practice providers located in Swain Medical Center. Swain County also has rotating specialty doctors coming from outside Swain County. Sylva Pediatrics has an office in Swain County. Swain County has 2 nursing homes, one in Bryson City and one in Cherokee, and one rest home. Swain has only three

private practice dentists in Bryson City resulting in a significant need for dental care for Medicaid eligible children.



Swain County has been designated as a Health Professional Shortage Area. Residents face geographic and availability barriers in accessing health care. There are 84 physicians per 100,000 population in Swain County, NC. The US average is 170. Swain County rate is lower than North Carolina in all areas of health professions per 10,000 population, except primary care physicians and physician assistants which would directly impact access to care. The physician's assistants are located in the Cherokee Reservation Hospital.



2005 Health Professions per 10,000 Population (From NC Health Professionals Data System)

6. Swain County Health Department



Swain County Health Department has a staff of 43 with a total of 350 years of service to the discipline of Public Health. It is from this foundation of dedication that we deliver our services to the citizens of Swain County. We have excellent results from our WIC and Health Check programs and our annual immunization rate is consistently high. Our Breast and Cervical Cancer Prevention Program has some of the best rates in the state. Through our Health Education/Health Promotion program, we have made great strides in our school system to improve school nutrition. The Health Department has a continued presence in all of our schools and recently the entire staff participated in our “Eat Smart Move More” initiative. The health department also provides CAP and in-home aid services which are billed to Medicare. Medical Alert is provided through a grant program. We have a strong collaborative relationship with

Swain County Partnership for Health and Swain County Hospital, Swain County Schools, and the community working through projects.

IV. Socioeconomics

Swain County Top 5 Employers

Employer	Description	Employment
EASTERN BAND OF CHEROKEE INDIANS	Public Administration	1,000+ Swain
THE CHEROKEE BOYS CLUB INC	Education & Health Services	250-499 Swain
SWAIN COUNTY SCHOOLS	Education & Health Services	250-499 Swain
NANTAHALA OUTDOOR CENTER INC	Trade, Transportation, & Utilities	100-249 Swain
SWAIN COUNTY	Public Administration	100-249 Swain

	Per Capita Income 2007	Median Family Income	Median Household Income
Swain County	\$24,500	\$35,940	\$35,940
North Carolina	\$33,735	\$50,740	

<i>Swain County</i>	<i>Tier II County</i>
---------------------	-----------------------

Average Weekly Wage-State/County Comparison Quarter Ending Sept. 30, 2009	
	Average Wage
Swain County	\$559.00
North Carolina	\$745.00

<i>Commuting Patterns-2006 (LED)* (updated 11/2008)</i>	
<i>Residents Commuting out of and into Swain County</i>	
Total Workers Commuting Out of Swain County:	2,297
Total Workers Commuting Into Swain County:	2,978
Swain County Residents live and work in Swain County	2,307

Source: U.S.Census Bureau; *Local Employment Dynamics (LED) - Data extracted November

2008 Note:

	Swain	NC
Unemployment rate (March 2009)	14.5%	10.9%

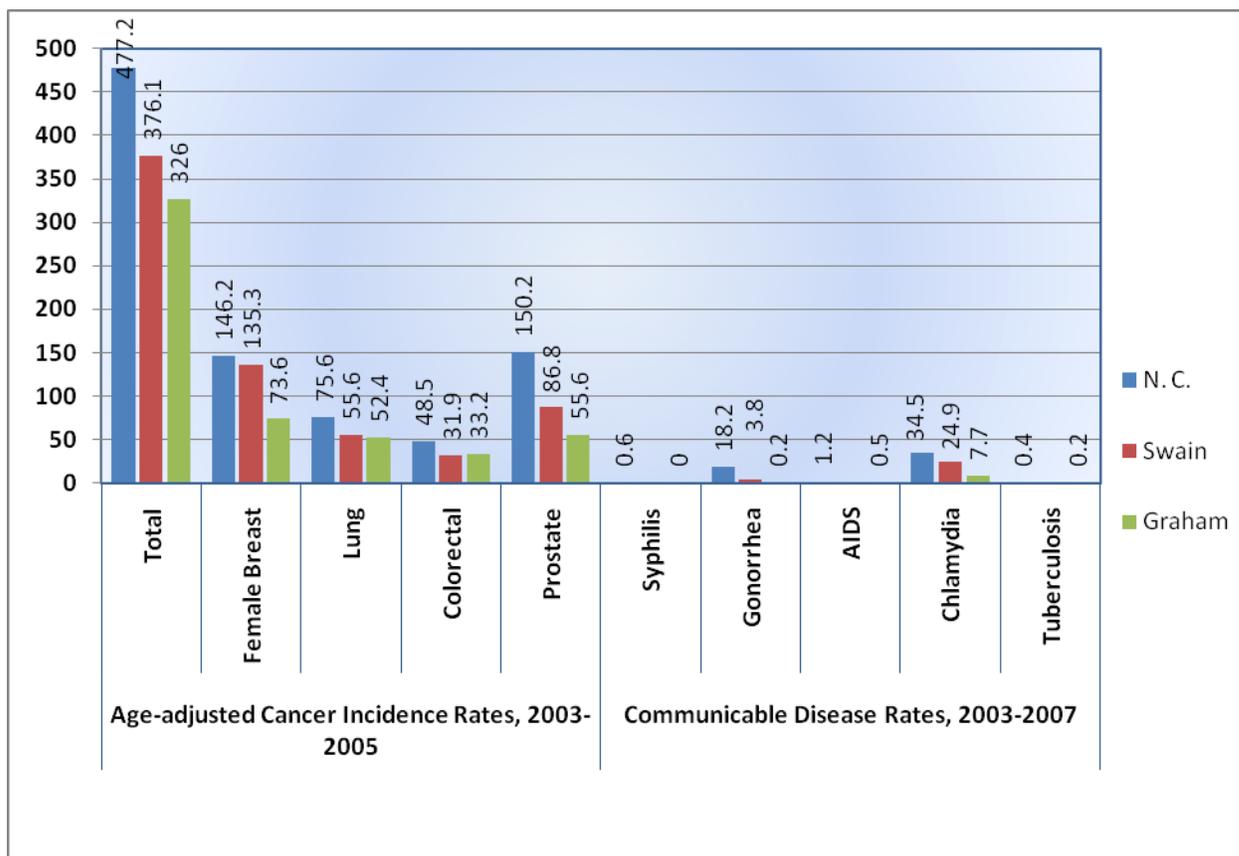
The unemployment rate for Swain County is higher than the rate for North Carolina. The rate for Swain County is significantly higher than prior years. The increased **rate affects the number of people uninsured**. Swain county unemployment rate adjusts seasonally.

Health Aging
Health professionals Shortage Area
Whole county designated as Primary Medical Care Shortage Area as of August, 2009
Whole county designated as Dental Care shortage Area as of August, 2009

	Swain	NC
Medicare beneficiaries immunized for influenza, 2000	18.5%	43.5%

V. Morbidity

A. Sexually Transmitted Diseases and Cancer Rates in North Carolina, Swain County and bordering county Graham



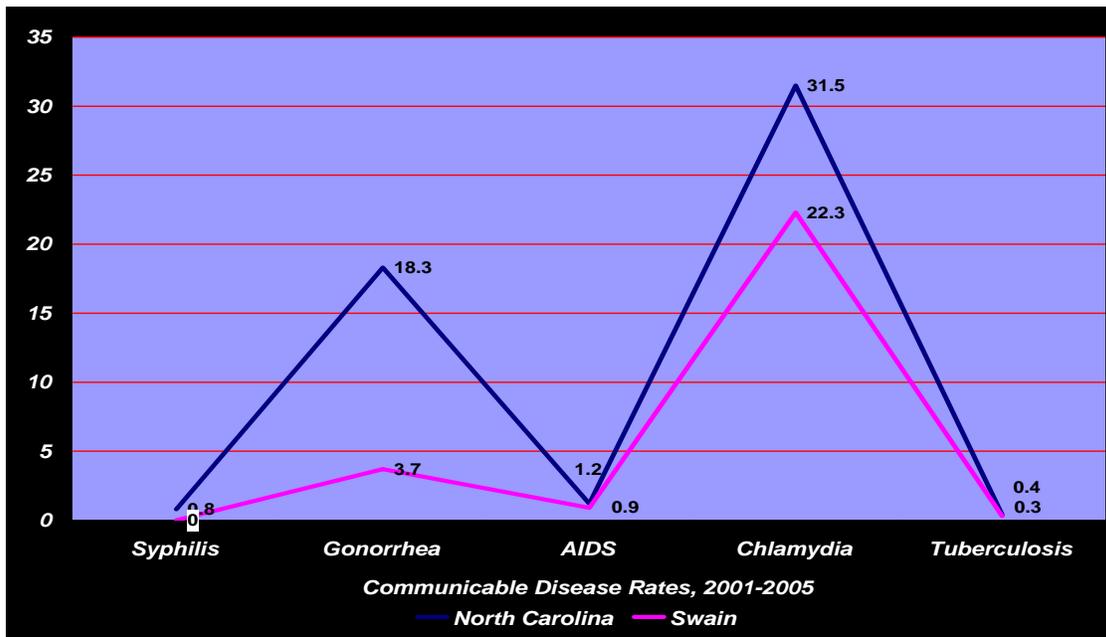
Rate age-adjusted to the 2000 U.S. population.

17. 2003-2005 reported cases per 100,000 population. The female breast cancer rate uses the female population and the prostate cancer rate uses the male population in the denominator.

18. Cases per 10,000 population.

Swain incidence of cancer falls lower than North Carolina on average. In communicable disease Swain does have incidence of Chlamydia and Gonorrhea.

Communicable Disease Rates 2001 – 2005



HIV – 2001 to 2005, Increased by 15% compared to statewide increase of 16%

Chlamydia 2001-2005 – Increase of 45% for WNCHAC region compared to 41% statewide

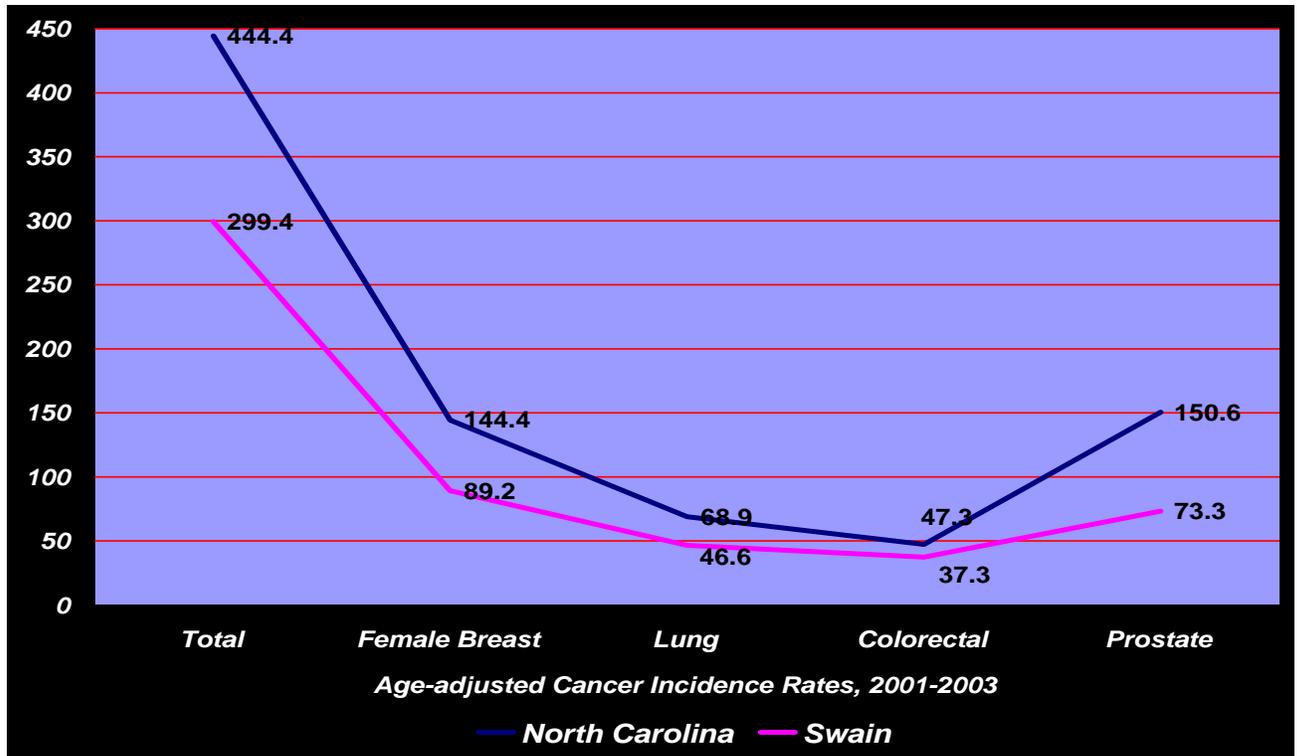
Gonorrhea 2001-2005 increased in WNCHAC 48% compared to a decrease statewide of 10%

Summary – Prevalence rates of STD’s are lower than the central and eastern parts of the state. Gonorrhea is increasing at a much higher rate in the WNCHAC region compared to the state.

(from WNCHAC 2006)

B. Cancer Rates

Age- adjusted Cancer incidence Rates 2001-2003 (From DHHS statistics)



SWAIN vs. NC

These rates are the age adjusted incidence rates of cancers in Swain County as compared to North Carolina for the period 2001 – 2003. Across the board Swain County, at this date in time, rates lower than NC for cancer incidence rates.

C. Hospital Charges

Inpatient Hospital Utilization and Charges by principal Diagnosis, and county of residence, NC, 2008 (Excluding newborns & discharges from out of state hospitals)

DIAGNOSTIC CATEGORY	TOTAL CASES	AVERAGE DAYS STAY	TOTAL CHARGES	AVERAGE CHARGE PER CASE
INFECTIOUS & PARASITIC DISEASES	81	5.6	\$1,457,610	\$17,995
-- Septicemia	48	6.1	\$955,388	\$19,904
-- AIDS	1	5.0	\$9,023	\$9,023
MALIGNANT NEOPLASMS	52	4.7	\$1,067,246	\$20,524
-- Colon, Rectum, Anus	5	4.0	\$93,290	\$18,658
-- Trachea, Bronchus, Lung	7	7.3	\$192,715	\$27,531
-- Female Breast	6	1.3	\$73,023	\$12,171
-- Prostate	2	2.0	\$68,280	\$34,140
BENIGN, UNCERTAIN & OTHER NEOPLASMS	5	3.0	\$127,912	\$25,582
ENDOCRINE, METABOLIC & NUTRIT. DISEASES	125	3.7	\$1,316,256	\$10,530

-- Diabetes	72	4.6	\$972,374	\$13,505
BLOOD & HEMOPOETIC TISSUE DISEASES	23	3.3	\$235,323	\$10,231
NERVOUS SYSTEM & SENSE ORGAN DISEASES	47	4.3	\$724,270	\$15,410
<i>CARDIOVASCULAR & CIRCULATORY DISEASES</i>	341	4.1	\$8,577,286	\$25,153
-- <i>Heart Disease</i>	239	4.4	\$6,929,194	\$28,992
-- Cerebrovascular Disease	46	4.2	\$954,785	\$20,756
RESPIRATORY DISEASES	379	4.2	\$4,689,600	\$12,374
-- Pneumonia/Influenza	167	3.5	\$1,440,835	\$8,628
-- Chronic Obstructive Pulmonary Disease	75	2.8	\$512,549	\$6,834
DIGESTIVE SYSTEM DISEASES	248	3.6	\$2,938,349	\$11,848
-- Chronic Liver Disease/Cirrhosis	7	4.3	\$107,690	\$15,384
GENITOURINARY DISEASES	145	3.0	\$1,458,263	\$10,057
-- Nephritis, Nephrosis, Nephrotic Synd.	26	4.5	\$292,786	\$11,261
PREGNANCY & CHILDBIRTH	269	2.8	\$1,781,321	\$6,622
SKIN & SUBCUTANEOUS TISSUE DISEASES	50	5.3	\$657,955	\$13,159
*MUSCULOSKELETAL SYSTEM DISEASES	108	3.7	\$3,339,173	\$30,918
-- Arthropathies and Related Disorders	43	3.8	\$1,227,802	\$28,554
CONGENITAL MALFORMATIONS	11	3.0	\$280,490	\$25,499
PERINATAL COMPLICATIONS	19	8.8	\$520,913	\$27,416

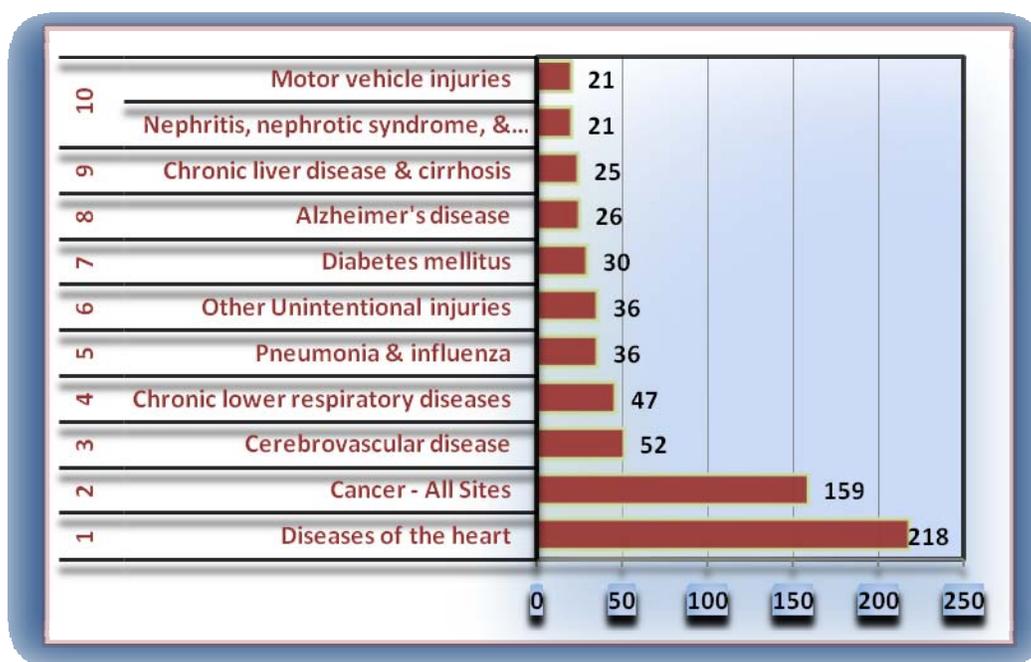
SYMPTOMS, SIGNS & ILL-DEFINED CONDITIONS	147	2.3	\$1,068,249	\$7,267
INJURIES & POISONING	201	4.7	\$6,074,759	\$30,223
OTHER DIAGNOSES (INCL. MENTAL DISORDERS)	121	7.4	\$1,622,206	\$13,407
ALL CONDITIONS	2,372	4.0	\$37,937,180	\$15,994

Source: Health Data Book 2010

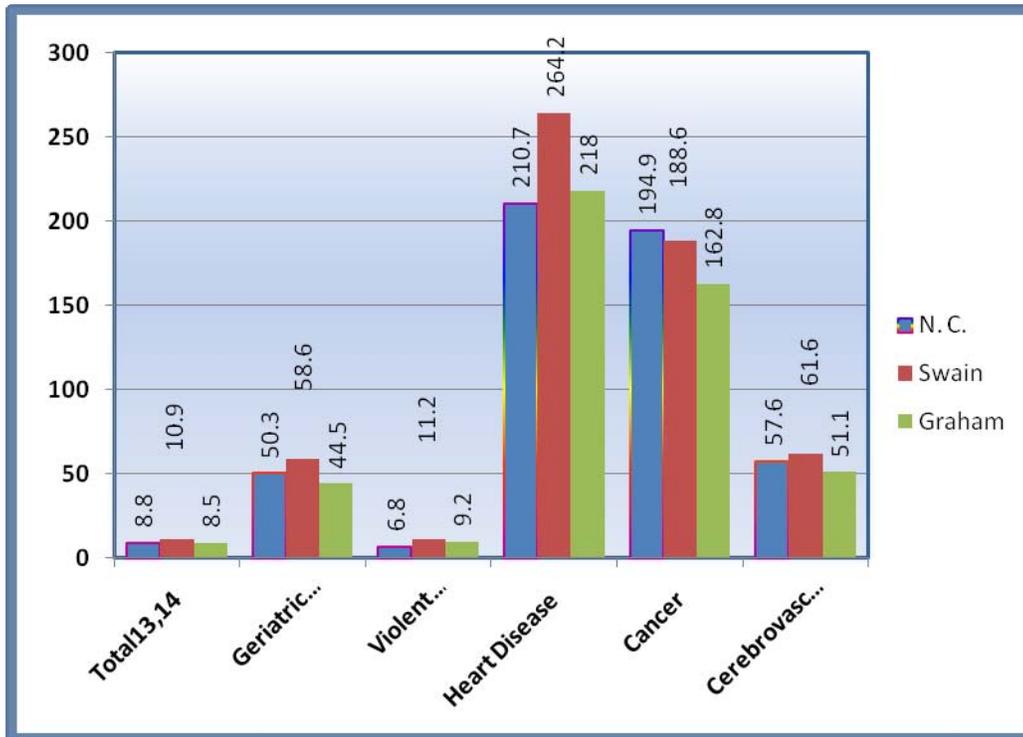
V. Mortality

2003-2007 Ten Leading Causes of Death

SWAIN County

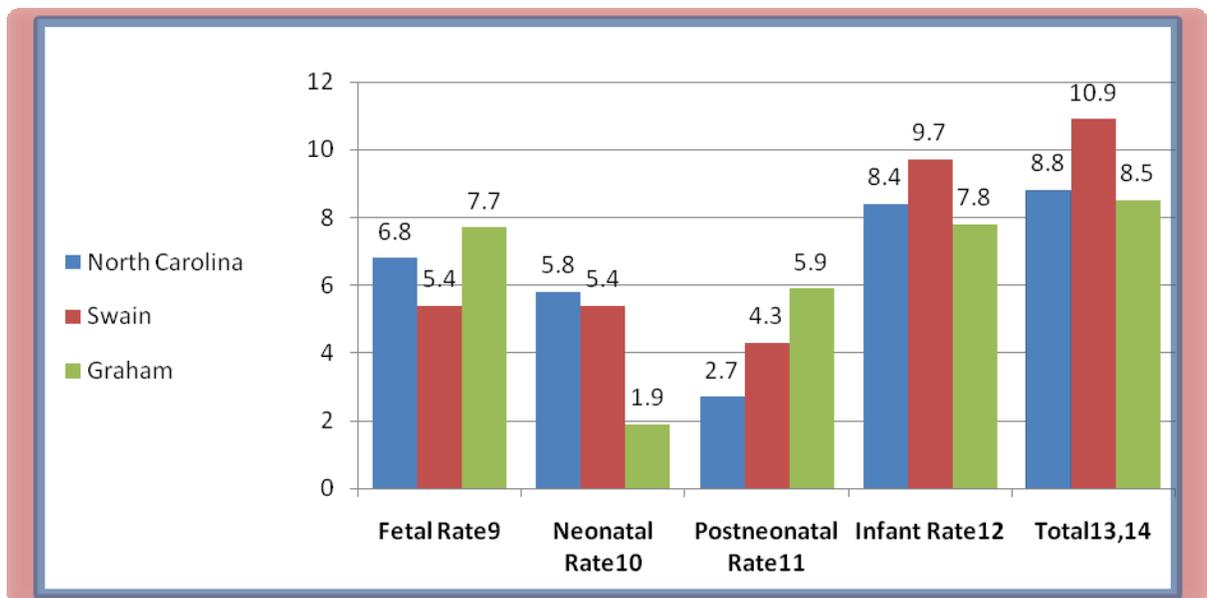


Swain County's highest mortality rates were categorized as diseases of the heart and cancer.



Swain County mortality rates compared to North Carolina and bordering Graham County
Swain County heart disease is much higher than NC and Graham County.

Population-based Infant Mortality Rates, 2003-2007



Swain County infant death rate was higher than North Carolina and border county, which is a public health concern. Below are some teen pregnancy rates which reflect a higher rate of prevalence in Swain County.

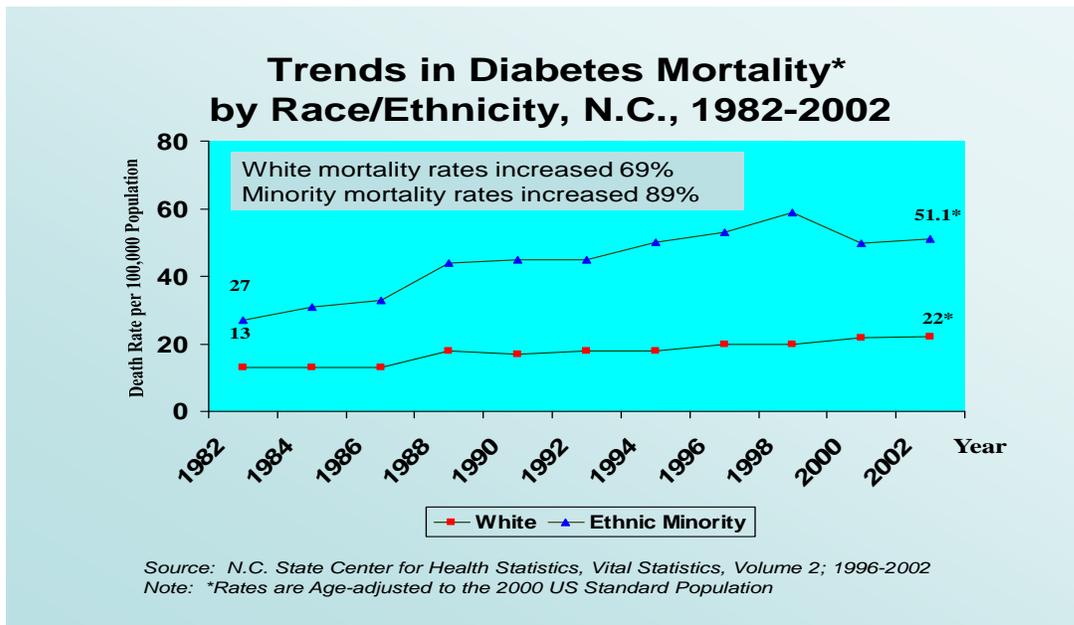
**% of Live Births to Mothers Less Than Age 18 County:
Swain**

Indicator Rate Raw Value

Year	County	Peer Avg.	State	County	Peer	State
2004	11	9	4,711	5.6	4.6	3.9
2005	14	11	4,774	7.7	5.1	3.9
2006	9	10	4,860	4.8	4.9	3.8
2007	12	10	5,013	6.2	5.0	3.8
2008	11	8	4,965	5.9	3.8	3.8

Swain County’s teen pregnancy rate for years 2004 – 2008 has been higher than the state and peer counties average. The peer counties in above table and graph are reflective of a group of NC counties that are similar to Swain County (not Graham in this example)

Diabetes is very prevalent in Swain County.



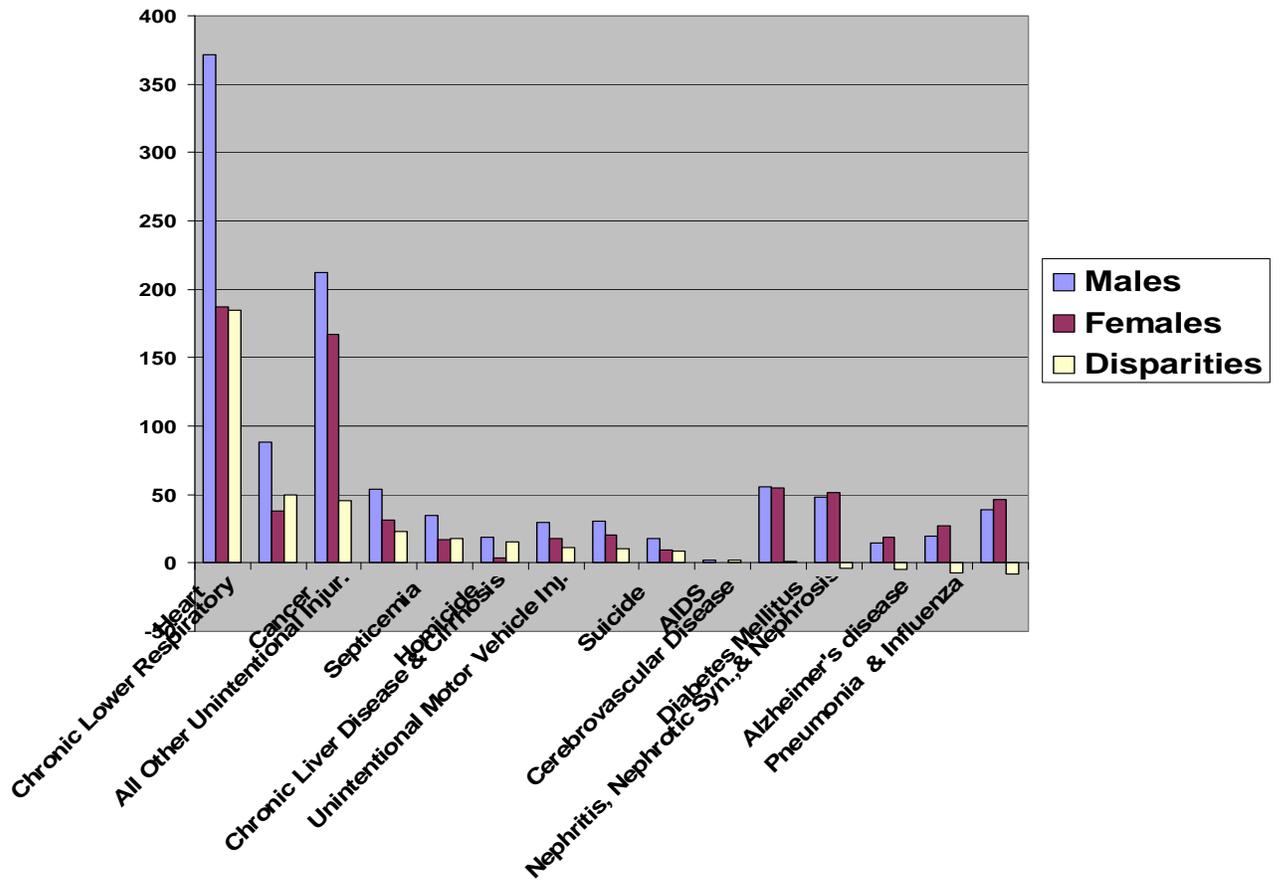
Leading Causes of Death in NC 2007			
<u>Rank</u>	<u>Cause</u>	<u># of deaths</u>	<u>Percent</u>
1	Diseases of the heart	45	23.9%
2	Cancer	34	18.1%
3	Cerebrovascular disease	15	8%

4	All other Unintentional injuries	9	4.8%
5	Alzheimer's disease	9	4.8%
6	Chronic liver disease & cirrhosis	8	4.3%
7	Diabetes	8	4.3%
8	Influenza and Pneumonia	8	4.3%
9	Chronic lower respiratory disease	7	3.7%
10	Nephritis, nephritic syndrome	6	3.2%
	All other causes (Residual)	39	20.6%
	Total Deaths- All Causes	188	100%

Source: for Health Statistics

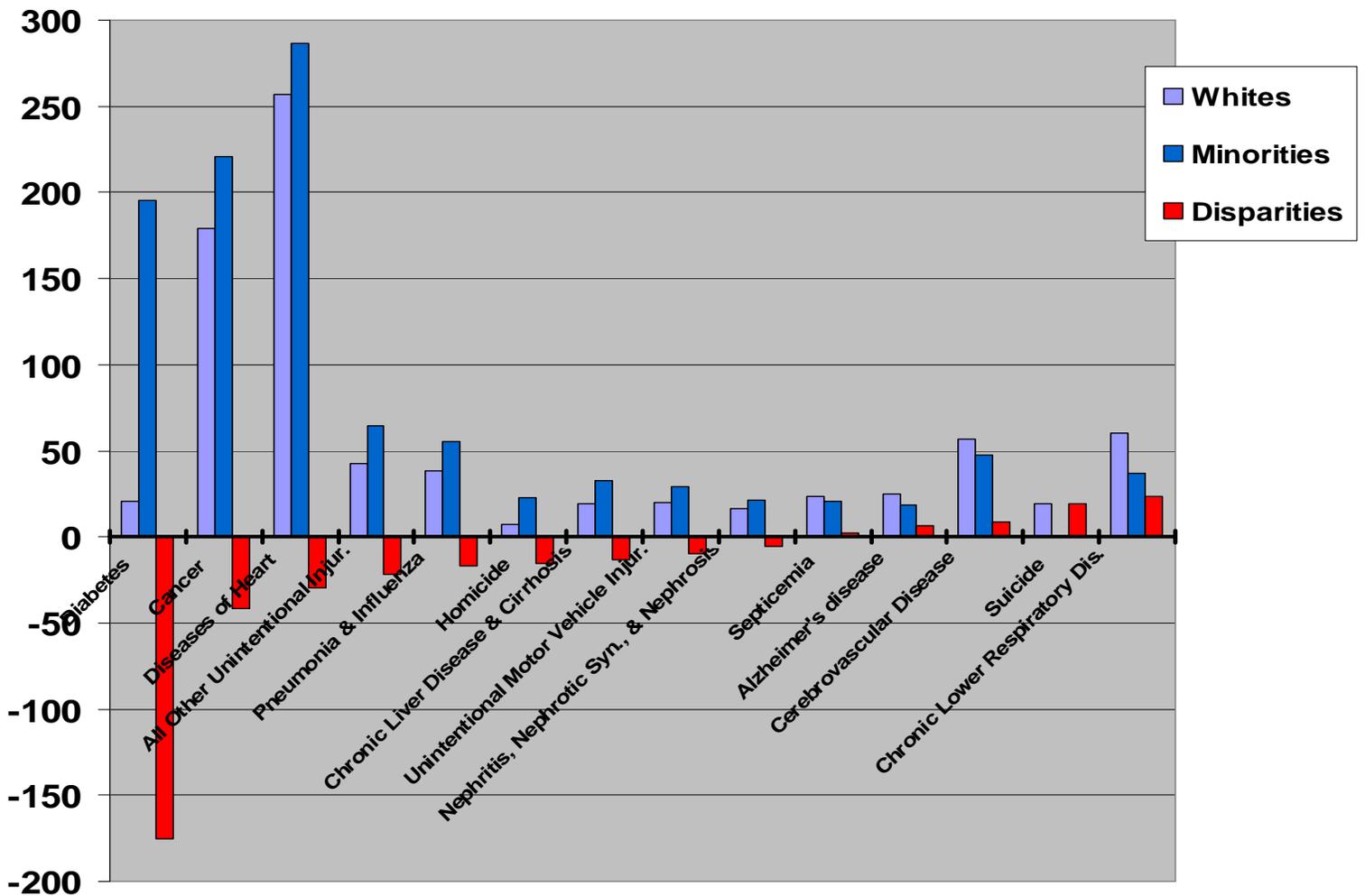
Currently in North Carolina, cancer is the leading cause of death for people under the age of 85. Cancer is expected to surpass heart disease and become the leading cause of death in North Carolina and the nation by the year 2015. The majority of cancer deaths occur at five sites: lung, colon, female breast, prostate, and pancreas

VI. Health Disparities - Males and Females (From County Health Data Book)



In Swain County we found disparities in males and females, with males having a higher overall incidence with significant disparities in Heart, Chronic respiratory and cancer diseases.

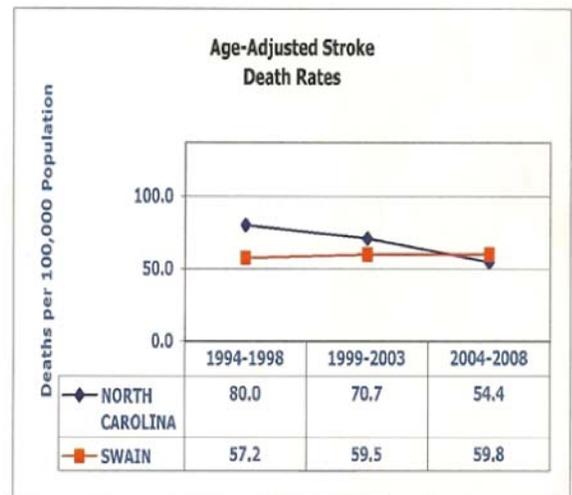
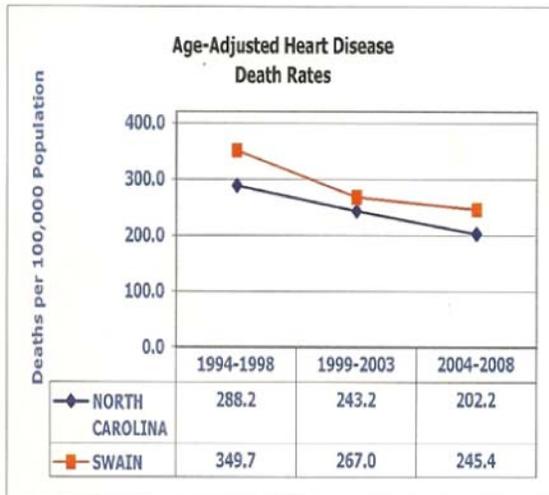
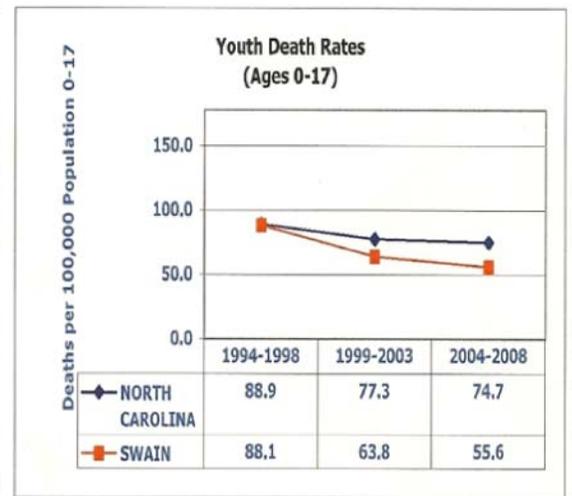
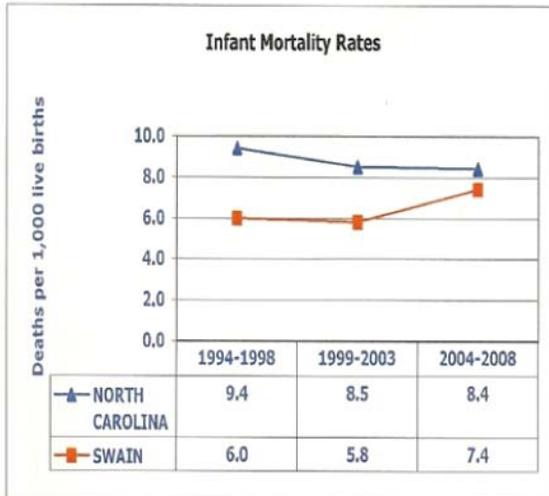
Disparities between Minorities & Whites 2000 -2004 (From County Data Book)



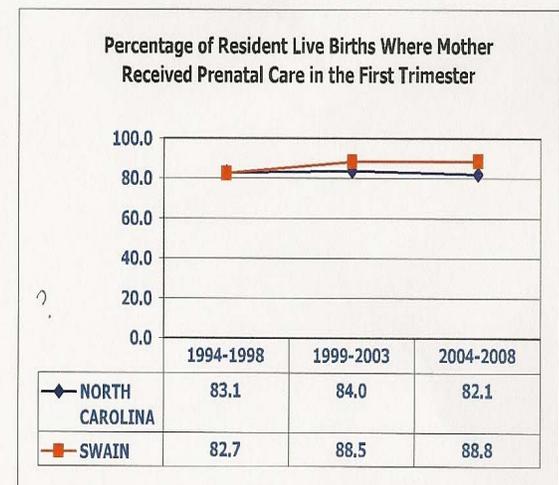
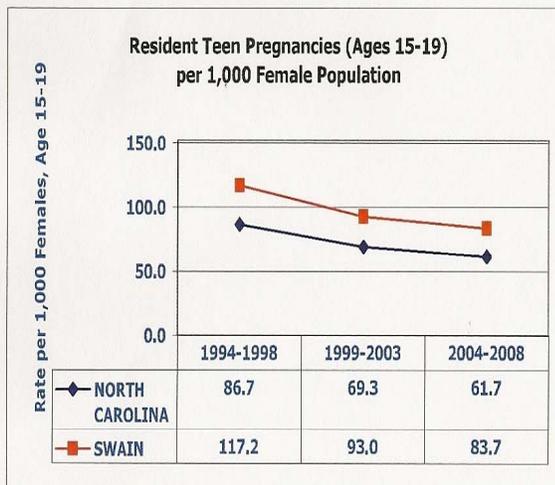
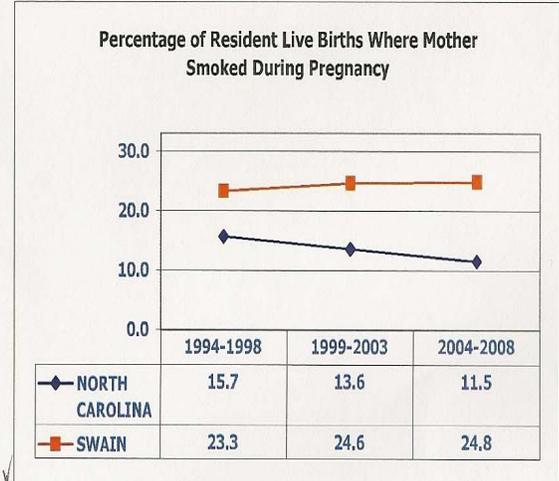
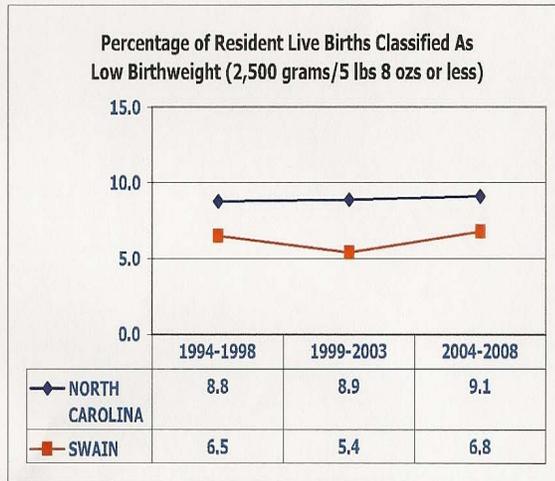
The minority population in Swain County is the Native American population. The Native American shows a great disparity in diabetes. Cherokee has many programs focusing on diabetes care and prevention.

VII. Statewide and County Health Trend Data

**NORTH CAROLINA STATEWIDE AND COUNTY TRENDS IN KEY HEALTH INDICATORS:
SWAIN COUNTY**



**NORTH CAROLINA STATEWIDE AND COUNTY TRENDS IN KEY HEALTH INDICATORS:
SWAIN COUNTY**

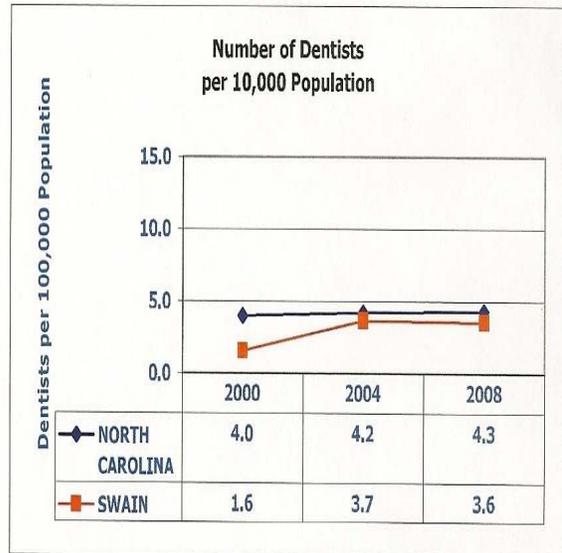
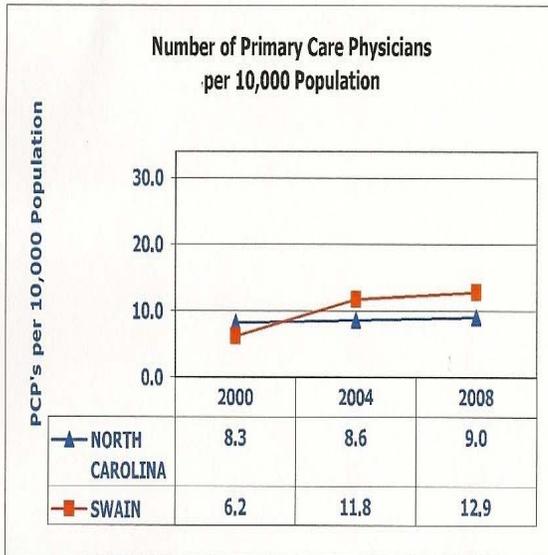
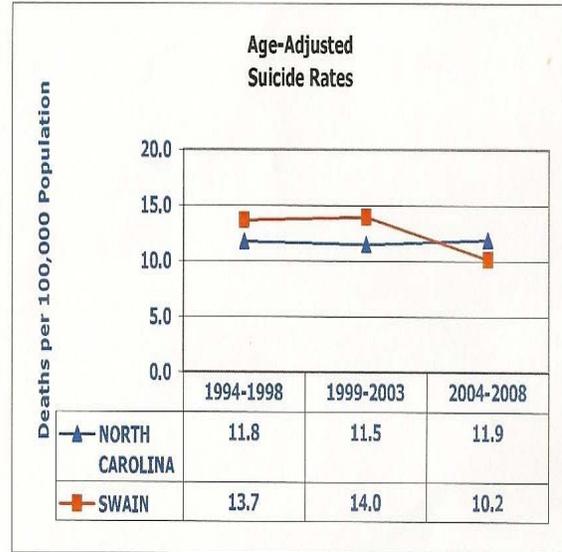
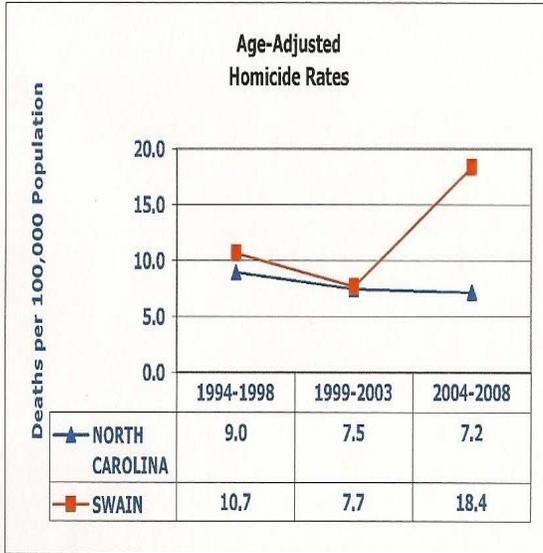


2008 Total Population: 13,982 Percentage Population Ages 65+: 14.9 Percentage Population Minority: 33.6

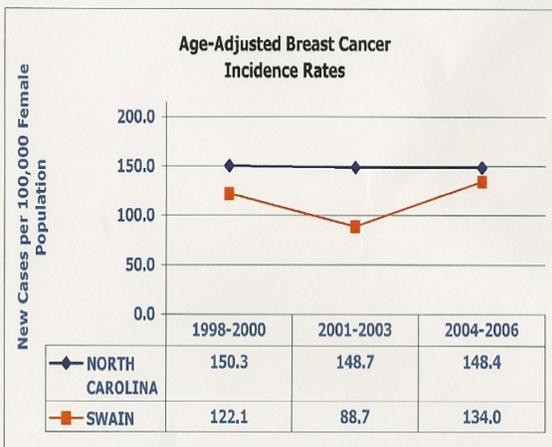
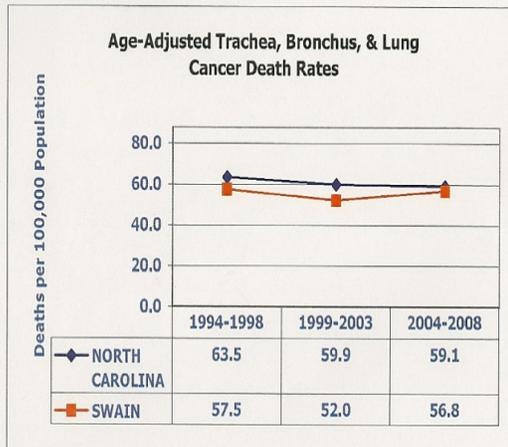
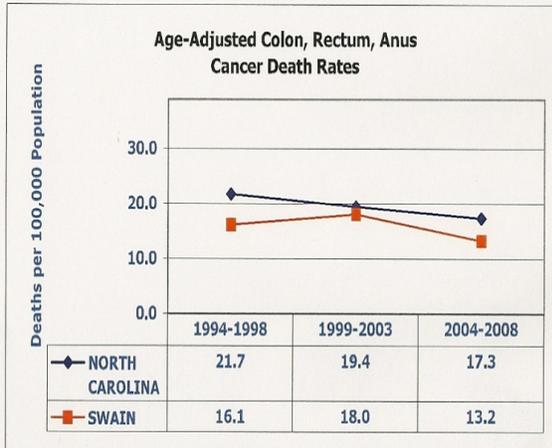
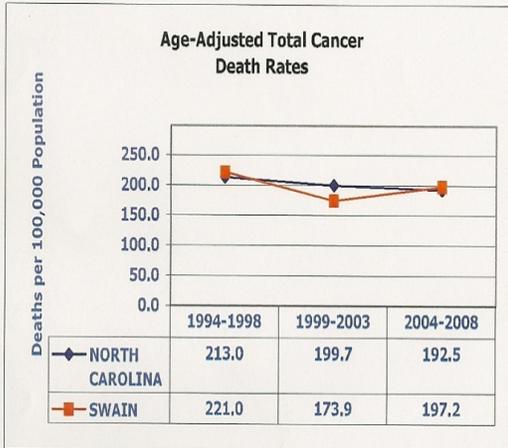
North Carolina County Trends Reports
North Carolina Department of Health and Human Services

Division of Public Health
State Center for Health Statistics

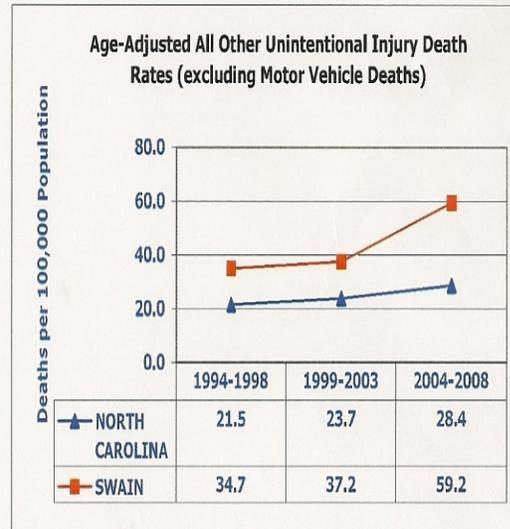
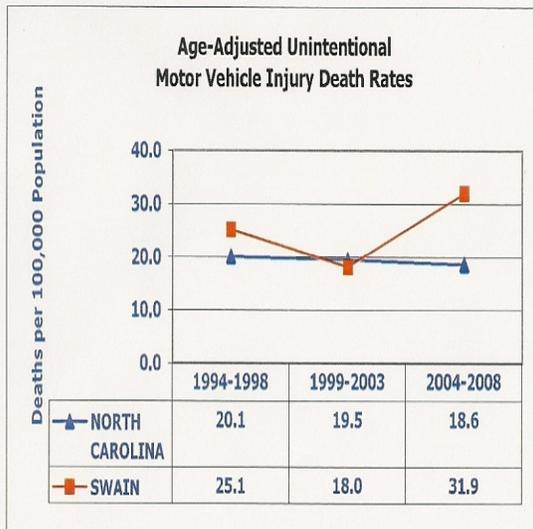
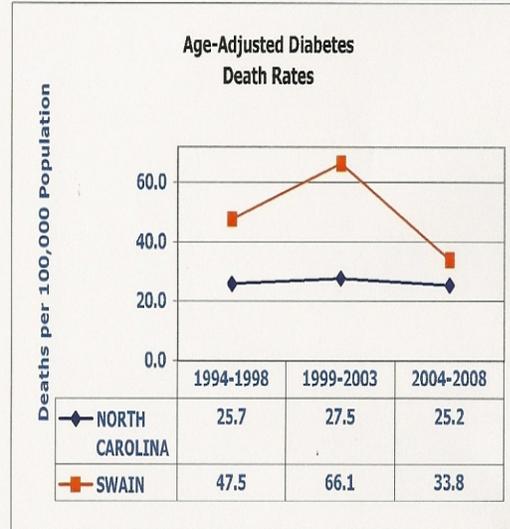
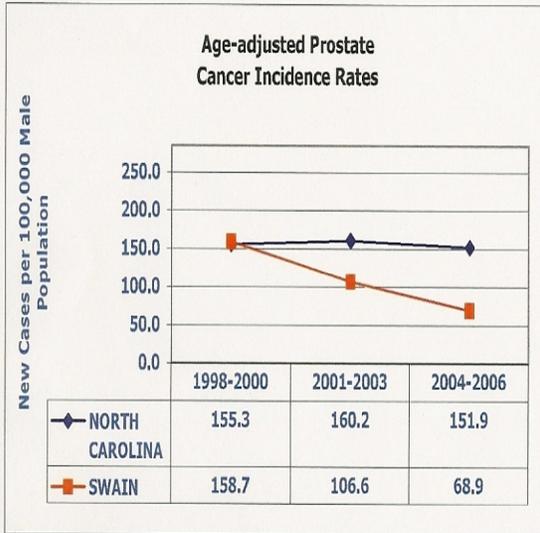
**NORTH CAROLINA STATEWIDE AND COUNTY TRENDS IN KEY HEALTH INDICATORS:
SWAIN COUNTY**



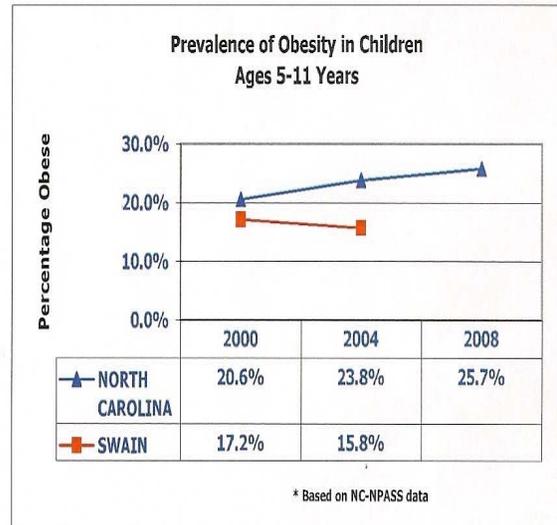
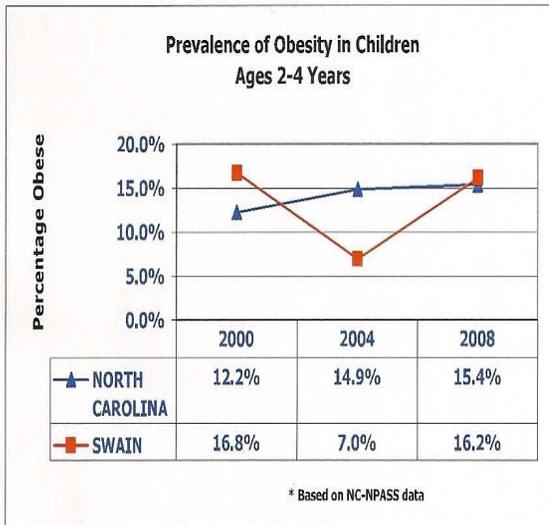
**NORTH CAROLINA STATEWIDE AND COUNTY TRENDS IN KEY HEALTH INDICATORS:
SWAIN COUNTY**



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SWAIN COUNTY**



**NORTH CAROLINA STATEWIDE AND COUNTY TRENDS IN KEY HEALTH INDICATORS:
SWAIN COUNTY**



E. Summary from primary data

We received data from four hundred thirty-eight surveys that were grouped, filtered, analyzed using survey monkey, then compiled into graphs and cross referenced for similar characteristics among age groups or communities. The primary data from the surveys, listening sessions, and key informant interviews was reviewed by health department staff, the Partnership for Health Board, and Board of Health then discussed and compared to secondary data. Non-consistent data was researched to identity any statistical outliers or non-realistic community perceptions. One perception from primary data that did not correlate with secondary data is the respond to the question, “Do you think your child is engaging in any of the following high risk behaviors?” The results were, 84% stating they don’t think my child is engaging in any high risk behaviors.

The story of Swain County from primary data reflected that the majority responding to the survey were female age 35 to 44, married with some college, no degree, caucausion followed by Native American with an income between \$15,000.00 to \$24,999. This data mirrors that of Swain County secondary data other than that of the over 50 population, which was represented in our listening sessions that were primarily made up of 50 year old and above. One fact that we found interesting was that 81.4% of the Swain County respondents had internet access.

The population over the period of 2006-2008 has not changed over 100 people, taking into count births, deaths, immigration and migration. This fact shows that economic growth was not prevalent during this period to relocate people to this area

In the Community health survey you can see where the amount of services that respondents were eligible for was significant. The amount eligible for free or reduced lunch being at 75 percent and 44 percent eligible for Medicaid and Earned Income Tax Credit. These statistics tell a story of the many Swain County residents fighting poverty and the effect it has on socio-economics.

Secondary data reflects Swain county has a higher percentage of dropouts and teen pregnancies that that the state average. High school dropout rates are correlated with teen pregnancy and other risky behaviors, which is and has been a concern in Swain County. This data reflects the community's view on issues that most effect the community

Swain County is rural which a challenge in offering services. The majority of the population has well water, with springs still being prevalent, and on-site waste water systems. To access much of the property requires 4-wheel drive. Many people still do not come into town but once a week, from remote areas, which is colloquially referred to as coming "out town". Due to the economic status in Swain County, people were not able to drill new wells when necessary, such as in the drought situation over the last several summers. Funding for financial assistance in drilling wells was limited.

With the largest population group in Swain is 45 – 64 followed by the 25 – 44 age range. The 65 year old population is higher in Swain County than In North Carolina. The higher rate of elderly affects public health. More services are needed to care for the elderly population. The growing number of older adults increases demands on the public health system and on medical and social services. Chronic diseases, which affect older adults disproportionately, contribute to disability; diminish quality of life, and increased health- and long-term--care costs. Increased life expectancy reflects, in part, the success of public health interventions (2), but public health programs must now respond to the challenges created by this achievement, including the growing burden of chronic illnesses, injuries, and disabilities and increasing concerns about future caregiving and health-care costs. The Swain County Health Department in-home care program for the low-income consistently has a waiting list. The service is highly valued resource in the community.

With North Carolina rated 5th in the nation for the highest obesity rate for children we know we have a concern. Looking at Swain County children’s BMI we know it is a concern in our county that has been addressed consistently over the years through nutrition and physical activity education and special programs and events. The BMI data for 2008-2009 school year, one elementary school has 42 percent of students in at risk and overweight category, The other elementary school has 34 percent in at risk and overweight category. This area is a great challenge in public health to educate the public and make changes in policies and environments to encourage physical activity and better nutrition choices.

The survey gave us the following information: The problems that were felt to have the largest impact on the community were Obesity/overweight followed by teenage pregnancy and diabetes. The issues that were rated highest for having the greatest effect on quality of life in Swain County was low income/poverty followed by unemployment, dropping out of school. The unhealthy behaviors that were felt to have the largest impact on the community were drug abuse followed by alcohol abuse and smoking/tobacco use. Respondents of the survey thought their child needed more information on: 68% drug abuse, 61% on sexual intercourse, 59.1% on STD's, and 54.7% on mental health issues.

The above condolated data was presented to Community Health Assessment team with instructions that were taken from the assessment guide book, on to what to take into consideration in rating the issues to focus on and developing action teams and plans around for the future. The areas to be addressed were community healthy lifestyles and youth risky behaviors. Teams were developed and action plans were developed.

To sumize, despite hgh poverty rates, Swain County is a small rural county where the people believe it is a good safe place to raise your children and grow old. The communities are church centered, where families are found to worship together, and live in close proximity to one another. Pride is in inherent in the people of Swain County. Most of the recreation in the county is based upon sports. You can find a large percent of the county at the home football games on Friday nights and in the spring at local baseball games.

Much of the culture has been passed down through the years from grandparents to sons and daughters and so on. Food still has a colloquial twist of bacon fat seasoning. Sweet tea cornbread and pinto beans are still considered a good meal.

Economics are a challenge for our small community, especially the year-round native population, where it is difficult to make a living. Unemployment is high, wages low, and poverty prevalent. Many people are eligible for assistance programs. New programs addressing the health issues are being embraced. Change does take time; you have to look at period of time and not a year to see that efforts are making a difference in people's lives. Reviewing the survey answers you can definitely see where people desire to make changes in their lifestyle. They do realize the detriments of obesity and lack of physical activity.

Looking at the big picture, norms are shifting and progress has been made in the lifestyles for healthy living. Swain County has and is making strides in the arena of public health by collaborating energies, talents, and monies with multiple county and state agencies promoting environmental and policy change.

Some highlights:

Walking trails

Play grounds

School fitness programs – “Walk and Talk”, Healthy homework, School Party Policy, Baking instead of frying, Fitness programs for staff and faculty, No smoking school campus’ (before required), P.E. classes offering non-traditional classes, healthy snacks, limited sugar drinks in vending machines, Dropout prevention concentration, TRU club participation, “5-a-day programs”, Be Active, Nap-Sack, Energerizer, programs implemented just to name a few.

Work site wellness programs – gym memberships, time allotment for use, Eat Smart, Move More weigh less classes, etc.

Community – majority of restaurants smoke free before required, sidewalks in town, parks, 5-k races, to name a few.



F. Prioritization

Prioritization of Community Health Issues

Data was gathered and answers were compiled for each question from the survey and listed in order by the frequency with which each response was mentioned. Primary and secondary was gathered from surveys, community feedback, the community health data book and other resources to compile a power point presentation for reporting the survey results. The results were presented to the Community Health Assessment Team and a strategic prioritization exercise was completed. Discussion followed the exercise with consensus reached on the prioritization for the next four years. The Healthy Carolinians, “Partnership for Health” and Swain County health department hosted the events.

Presentations were made to Partnership for Health, the existing taskforces, and the Board of Health. Report out presentations will be presented to the County Commissioners, the SHAC and other community organization. New Action Teams were developed. The results will be reported to the community through the newspaper, e-mail, and the Health Department web site.

The top priorities of issues to address were reached by using the following criteria based on primary and secondary data presented.

- The problem affects a lot of Swain County residents – including low income and underserved residents.
- More resources are needed for this issue; it is not being sufficiently addressed by existing programs.
- There's a good chance that the problem could be reduced if local groups were dedicated to working on it.
- It will be beneficial to use a collaborative approach involving a variety of community stakeholders in addressing this issue.

The top issues were **community obesity** and **risky behaviors within the youth population**.

These topics were unanimously decided upon by the team. Two action teams will be developing plans to serve Swain County addressing these issues and components of the behaviors.

REFERRAL LIST

To department of social services-488-6921

Family resource center-488-7505 (parenting classes, diapers & etc.)

Family Support Network -Julie Davis (for parents with special needs kids)-226-1198

Far West Dental Clinic-828-837-1397

Macon Dental Motorolla-349-2513

Jackson Co. Dental-Miles for Smiles-586-8994

Physical Therapy-Shannon Low Minac- p-586-7235, c-361-4120, f-586-7859

Asheville Eye Associates-Dr. Wiggins (comes to Sylva) 1-800-232-0420, f-258-6174, Sylva
number-586-7462

Bob Fouts (child care subsidy)-488-6921 (BC), 497-9156(Cherokee)

Head Start-488-9756

Jackson County Register of Deeds (if needs birth certificate)-586-7512

Rege McCauley-497-9163 Ext 6374 (CSC on Qualla)

Meridian Behavioral Health Services- (Sylva)-631-3973, (BC) 488-5752

Mt Ears Nose and throat associates- 586-7474, f-5867473

Mission Children's Hospital-Feeding Swallowing Clinic-828-213-9653,

Qualla Safe/Reach (D>V shelter and life skills for women)-488-9038, f-488-1620, crisis-488-
6809

Smokey Mt Center-local behavior management-586-5501 Ext. 3

Betty Talou-peds. Psychiatrist- comes so often to Sylva peds-586-5555, f-586-5527

Appalachian Community Services (psych services and case management) 828-488-3294,

CDSA-828-631-3900

Asheville Cardiology-828-274-6000,f-274-6025

Balsam Psychiatric Services (?still open)-454-7220, f-454-7224

Bright Adventures-488-1494, f-488-1345

Kathy Boyd-CDSA in cherokee-497-3928

Marie Clark-CDSA-c-508-0148

Communication therapies-does speech therapy for kids not in pre-k and on medicaid-586-

1612

SAFE Sexual Assault-Domestic Violence Program 488-6809

Swain County Sheriff's Office 488-4844

Bryson City Police 488-3050

Cherokee Police 497-4131

District Attorney's Office 488-8723

Clerk of Court488-2288

Magistrate's Office 488-2882

Probation and Parole 488-3782

Swain County Hospital 488-2155

Swain County Health Department 488-3198

Department of Social Services 488-6921

Smoky Mountain Counseling Center 1-800-849-6127

Rape Victim Assistance Program 1-800-826-6200

Victims Compensation Program 1-800-826-6200

SAVAN 1-800-NC-SAVAN

HIV/AIDS-STD Hotline 1-800-342-2437

HIV/AIDS-STDHotline (Spanish) 1-800-344-7432

National Sexual Assault Hotline 1-800-656-HOPE

National Domestic Violence Hotline 1-800-799-SAFE

Teen Crisis Hotline 1-800-367-7287

30th Judicial District DV-SA Alliance www.30thalliance.org

North Carolina Coalition Against Sexual Assault www.nccasa.org

North Carolina Coalition Against Domestic Violence www.nccadv.org

<http://allrecipes.com>/Rape Abuse &Incest National Network www.rainn.org



Mountain View Manor Nursing Center (828)488-2101 Fax: (828)488-8502

Local Group Affiliations

Arts

Smoky Mountain Community Theatre

Swain County Arts Council

Swain County Genealogical and Historical Society

Swain County Heritage Museum Task Force

Fontana Lake User's Association

Local Fitness and Nutrition Council

Nantahala Outdoor Center

Swain County Parks & Recreation:

Youth Sports

Swimming

Trail

Skate Park

Basketball

Volleyball

Senior Games

Senior Hiking Club

Playgrounds

Indoor Recreation Facility

Swain County Project SELF Improvement

Swain County Schools Physical Education Program

Swain County Youth Athletic Association

Swain County Youth Soccer Association

Emergency Services

Alarka Fire Department

Bryson City Fire Department

Carolina's Poison Center 1-800-848-6946

Cherokee Fire Department

Emergency Response Telephone System

Red Cross

Swain County EMS

Swain County Rescue Squad

West-Swain Fire Department

WNC Poison Control Center (24 hours) 1-800-542-4225

Support

American Cancer Society

Bryson City Food Pantry

Department of Social Services

Family Resource Center

Mothers Too!

Qualla SAFE

Saint Joseph's Clothing Shop

Swain SAFE

We Can Support Group

Western Carolina Crisis Pregnancy Center

Qualla Boundary Community Clubs (in Swain County)

3200-Acre Tract Community Club

Big Cove Community Club

Birdtown Community Club

Tow String Community Club

Yellow Hill Community Club

Community Development Clubs

Alarka Community Club

Deep Creek Community Club

Kirkland's Creek Community Club

Whittier Community Club

Civic Organizations

American Association of Retired Persons (AARP)

American Association of University Women

Association of Retired Teachers

Bryson City Civitan Club

Bryson City Lions Club

Bryson City Rotary Club

Bryson City Women's Club

Gideon's Society

Oconee Masonic Lodge #427

Swain County Democratic Women

Swain County Republican Club

Veterans of Foreign Wars

Scouting

Boy Scouts

 Cub Scout Pack #901

 Boy Scout Troop #901

Girl Scouts

 Daisy Troop

 Brownie Troop #232

 Junior Troop #338

 Cadets Troop #122

Other Nonprofit Organizations

Bryson City Branch of Kentucky Coal Mine Mission

Bryson City Food Pantry

Chamber of Commerce / Visitor's Center

Habitat for Humanity

Juvenile Crime Prevention Council

Marianna Black Friends of the Library

Mountain Dispute Settlement Center

Nantahala River Conservation Fund

Our Next Generation Youth Center

Partnership for the Future of Bryson City/Swain County

PAWS

Swain County Family Council

Swain County Family Preservation

Swain County Partnership for Health

Swain County Youth Athletic Association

Swain Focal Point on Aging

Swain Heritage Festival

Meals on Wheels

Churches

Alarka Baptist Church

Alarka Church of God

Almond Mission Baptist Church

Antioch Baptist Church
Arlington Baptist Church
Boiling Springs Baptist Church
Brush Creek Baptist Church
Bryson City Church of Christ
Bryson City Church of God
Bryson City Presbyterian Church
Bryson City United Methodist Church
Cherokee Baptist Church
Cherokee Church of Christ
Cherokee United Methodist Church
Church of Jesus Christ of Latter Day Saints
Cold Springs Baptist Church
Cornerstone Wesleyan Church
Dan Springs Baptist Church
Deep Creek Baptist Church
East Alarka Baptist Church
East Alarka Church of God
Ela Baptist Church
First Baptist Church of Bryson City
Franklin Grove Baptist Church
Galbraith Creek Baptist Church
Governor's Island Baptist Church
Grace Baptist Church

High Tower Baptist Church
Hillside Baptist Church
Holly Springs Baptist Church
Jackson Line Baptist Church
Living Waters Ministries Retreat Center
Maple Springs Baptist Church
Midway Baptist Church
Mount Carmel Baptist Church
Mount Vernon Freewill Baptist Church
Mount Zion Baptist Church
Nantahala Baptist Church
New Life Assembly of God
Non-Denominational Cherokee Bible Church
Our Lady of Guadalupe Catholic Church
Rock Spring Baptist Church
Round Hill Baptist Church
Saint Joseph Catholic Church
Sawmill Hill Freewill Baptist Church
Seventh Day Adventist
Silvermine Baptist Church
St. Francis of Assisi Episcopal Church
Tennessee River Baptist Association
Victory Baptist Church
Whittier Baptist Church

Whittier Church of God

Whittier United Methodist Church

Libraries

Marianna Black Regional Library

Qualla Boundary Public Library