

SWAIN COUNTY

2010 State of the County Health Report



Quick Facts

- 13,585 approximate Total Population
- Our Median Age is 40.03
- We are facing a high population of elderly > 65
- 25.6 % of our children are living in poverty
- 62.75 % of our school children are eligible for free or reduced lunch.
- 38% of our elementary school students are in the obese category or at risk category.
- 37% of our high school students reported having 1 or more drinks in the last 30 days.
- 47.6% of our high school students reported having sexual intercourse.
- 50.9% agreed that drugs are a problem at school
- 63.9% reported seeing students bullied at school.
- Swain County's teen pregnancy rate for years 2004 – 2008 has been higher than the state and peer counties average.

In December 2009 Swain County Health Department and Swain County Partnership for Health released the results from a detailed community health assessment identifying the top health issues for our county.

The 2010 State of County Health Report (SOTCH) serves as a supplement to the 2009 Swain County Community Health Assessment (CHA) by providing updated health indicator data.

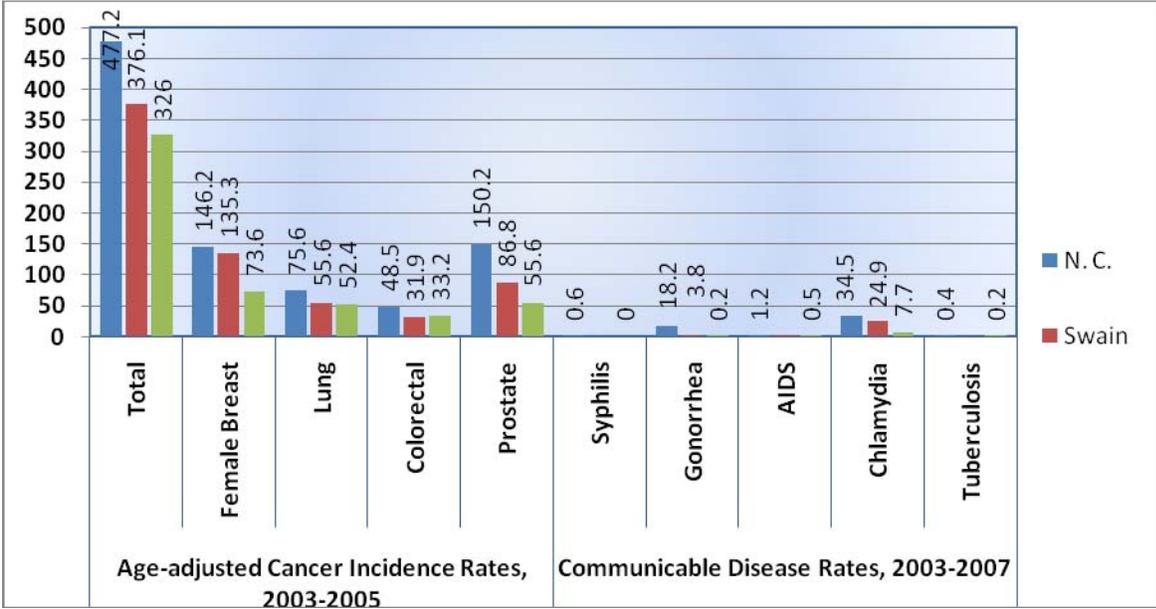
The purpose of the SOTCH is to heighten awareness of the health issues affecting the citizens of Swain County by compiling and summarizing important health indicators related to illness, death, and high-risk behaviors for that particular year.

The SOTCH can be used in establishing priorities, leveraging current resources, and/or developing additional resources such as grants and partnerships, to address health needs in Swain County.

Data are presented for the most current year or time period available for Swain County compared with averaged data for North Carolina. The health indicators were chosen not only because of their importance, but also because of data availability, consistency and validity.

| | |
|----|----------------------|
| 10 | Motor ve |
| 9 | Chronic liver diseas |
| 8 | Diabe |
| 7 | |
| 6 | Pneumonia |
| 5 | |
| 4 | Cerebrovas |
| 3 | |
| 2 | Diseases |
| 1 | |

Swain County's highest mortality rates were categorized as diseases of the heart followed by cancer



Swain County heart disease is much higher than NC and bordering county, Graham.

Swain County's Leading Health Concerns

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% |
| | |

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 |

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 areas to be addressed were **community healthy lifestyles and youth risky behaviors**. Action teams were developed and action plans were developed. The Action teams are Partnership for Health, Swain County Health Lifestyles team and Positive Action for Youth (PAY).*

- *Posters have been developed giving resources for teens for health issues, (sex, pregnancy, tobacco, family planning, suicide/mental health), these were strategically placed on the back of bathroom stall doors.*
- *A coalition for a Drug Free Swain County has been developed and is in the process of developing by-laws.*
- *Swain County School Health Advisory Board is in the process of revamping to become more effective. The board now includes students and evening meeting times to accommodate parents.*
- *The elementary school and middle have incorporated a time dedicated for students to walk and get unplanned exercise during the day.*
- *“Girls On the Run” is expanding, having groups meet at 3 school sites.*
- *A fit for Life team has been developed by Swain County's Healthy Lifestyles team.*
- *Swain County schools has received a grant addressing obesity issues of the students, including physical activity and nutrition education.*

- *A large display of information booths and a speaker were provided at the middle school for students and parents.*
- *Work place incentives are in place for Swain County employees.*
- *Exercise equipment is available for Swain County School employees.*
- *Healthy halloween booths were provided by Swain County Health Department and the Partnership for Health at the "Downtown Trick or Treat event.*
- *The Swain County Summer Adventure program provided special activities in educational nutrition and exercise.*
- *Health fairs were held at the elementary schools, recording each student' BMI.*
- *High school students wrote letters addressing the dangers of tobacco use that were published in the local newspaper.*
- *Enforcement of 100% tobacco free schools is still being enforced.*
- *The school system is aggressively addressing the high school dropout rate.*

New or imerging issues effecting the health of citizens are the high unemployment rates and the downturn on the country's economy. We are seeing more people without health insurance, more hospital debt incurred, and mental health issues.

Swain county citizens wishing to be involved in the pursuit of addressing health issues may contact Swain County Health Department, Sara Peterson at 828 488-3129 x2027 or Teresa Pindur at 488-4268.