

# 2018 Haywood County COMMUNITY HEALTH ASSESSMENT

## WHAT IS THE COMMUNITY HEALTH ASSESSMENT?

The Community Health Assessment, or CHA, leads to a better understanding of the health of our county's residents.

The CHA helps local agencies and organizations working on health issues to ensure that the most pressing health concerns are being addressed, and to plan and coordinate their efforts. It is also used by our Health Department in its strategic planning process.

Collaborating agencies in western NC have chosen to repeat this cycle every three years.



## Health Priorities



### HEALTH PRIORITY 1: MENTAL HEALTH & SUBSTANCE USE

- Address the impact of Adverse Childhood Experiences and trauma on health
- Maintain focus on opioids, alcohol, and tobacco: prevention, treatment and harm reduction



### HEALTH PRIORITY 2: PERINATAL & EARLY CHILD HEALTH

- Address prenatal substance use and smoking and related effects on infants
- Collaborate to improve health outcomes despite child poverty in Haywood County



### HEALTH PRIORITY 3: CHRONIC DISEASE PREVENTION

- Increase preventive lifestyle behaviors/factors: physical activity, nutrition and food security.
- Maintain programs to prevent diabetes and heart disease.

The CHA is a collaborative effort between **HAYWOOD COUNTY** and **HAYWOOD REGIONAL MEDICAL CENTER**.



**HAYWOOD**  
REGIONAL MEDICAL CENTER  
A Duke LifePoint Hospital

Support of this process was provided by **WNC Healthy Impact**, a partnership between hospitals and public health agencies to improve community health in western North Carolina.

## WHO'S INVOLVED?

Haywood County HHS led the CHA process and Healthy Haywood partners and volunteers determined health priorities.

Haywood County residents shared their input through surveys and additional local data collection.

**WNCHEALTHYIMPACT**

# Highlights

## KEY HAYWOOD COUNTY COMMUNITY HEALTH SURVEY RESULTS

- **Overall Health:** 20.1% of residents experience "fair" or "poor" health; this is higher than regional, state or national levels.
- **Substance Use:** 38% of residents' lives are negatively affected by substance use.
- **Tobacco:** 17.6% of adults smoke cigarettes; 7.6% use smokeless tobacco; and 5.6% use e-cigarettes.
- **Physical Activity:** Only 18.9% of residents meet national physical activity recommendations (150 minutes/week).
- **Nutrition/Food Security:** Fewer than 4% of residents consumed the recommended 5 fruits and vegetables daily, and almost one quarter (23%) are food insecure.
- *2018 WNC Health Network Community Health Survey*



## FOR MORE INFORMATION & TO GET INVOLVED...

### Visit

[www.healthyhaywood.com](http://www.healthyhaywood.com) to access the full report or learn more about Healthy Haywood's activities.

### Join

one of three Healthy Haywood coalition working groups addressing the health priorities: substance use and mental health, perinatal and early child health, or chronic disease prevention.

### Contact

HHSA Health Education Supervisor  
Lauren Wood at  
[lauren.wood@haywoodcountync.gov](mailto:lauren.wood@haywoodcountync.gov)  
or (828) 452-6675 to obtain more data or information.



## WHAT AFFECTS HEALTH?

**Social Determinants of Health**, including income, housing, employment and education, affect health more than other factors.

**The poverty rate in Haywood County is 16.7%.** It is much higher among children (**28.2%**), and children under five (**45.3%**); and higher than the region or state.

## RESOURCES

- **Haywood County Government:** [www.haywoodcountync.gov](http://www.haywoodcountync.gov)
- **NC 211 (Resources/Assistance):** [www.nc211.org](http://www.nc211.org) or call 2-1-1
- **Haywood Regional Medical Center (hospital):** [www.myhaywoodregional.com](http://www.myhaywoodregional.com)
- **Mountain Projects (Community Action Agency):** [www.mountainprojects.org](http://www.mountainprojects.org)
- **Blue Ridge Community Health:** [www.brchs.com](http://www.brchs.com)



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