2024 COMMUNITY HEALTH SURVEY

Western North Carolina

WNC Healthy Impact Region

Counties We Serve

Josh Platt | August 2024 | WNC Health Network | Social Explorer | American Community Survey 2018-22 | Tiger/Line | NPS | EBCI

Methodology

Survey methodology

- 5,898 surveys throughout WNC (including Avery & Burke)
  - 2,356 surveys were completed via the telephone (both landlines and cell phones); another 1,308 surveys were completed online by individuals invited through third-party providers to participate.
  - 2,234 were completed via a link to the online survey promoted by WNC Healthy Impact and community partners through social media, email campaigns, and various other outreach efforts.
- Allows for high participation and random selection for a large portion of the sample
  - These are critical to achieving a sample representative of county and regional populations by gender, age, race/ethnicity, income
- English and Spanish

WNC HEALTH NETWORK

Methodology

5,898 surveys throughout WNC

- Adults age 18+
- Gathered data for each of 18 counties
- Weights were added to enhance representativeness of data at county and regional levels

WNC HEALTH NETWORK

Methodology

Full WNC sample allows for drill-down by:

- County
- Age
- Gender
- Race/ethnicity
- Income
- Other categories, based on question responses

Individual county samples allow for drill-down by:

  - Gender
  - Income
  - Other categories, based on question responses

WNC HEALTH NETWORK

Survey Instrument

Based largely on national survey models

- When possible, question wording from public surveys (e.g., CDC BRFSS)
  75 questions asked of all counties
- Each county added three county-specific questions
- Approximately 15-minute interviews
- Questions determined by WNC stakeholder input

WNC HEALTH NETWORK

Keep in mind

Sampling levels allow for good local confidence intervals, but you should still keep in mind that error rates are larger at the county level than for WNC as a region

- Results for WNC regional data have maximum error rate of ±1.3% at the 95% confidence level
- Results for each of the 18 counties have maximum error rates ranging from ±3.3% to ±9.8% at the 95% confidence level
  PRC indicates in regional report when differences – between county and regional results, different demographic groups, and data years – are statistically significant

WNC HEALTH NETWORK

Approximate Error Ranges at the 95 Percent Level of Confidence

	Sample	Error Rate
Avery County	n = 166	± 8.0%
Buncombe County	n = 908	± 3.3%
Burke County	n = 492	± 4.6%
Cherokee County	n = 213	± 6.9%
Clay County	n = 208	± 6.9%
Graham County	n = 136	± 9.8%
Haywood County	n = 393	± 5.2%
Henderson County	n = 755	± 3.6%
Jackson County	n = 345	± 5.7%
Macon County	n = 272	± 6.2%
Madison County	n = 294	± 6.2%
McDowell County	n = 231	± 6.9%
Mitchell County	n = 203	± 6.9%
Polk County	n = 246	± 6.9%
Rutherford County	n = 223	± 6.9%
Swain County	n = 247	± 6.9%
Transylvania County	n = 264	± 6.2%
Yancey County	n = 302	± 5.7%
WNC Service Area	n = 5,898	± 1.3%

Note: The "respon ed with that response. A "95 percent level of confidence" indicates that responses would fall within the expected error range on 95 out of 100 trials.

Example: If 50% of the sample of 5,898 respondents answered a certain question with a "yes one could be certain with a 95 percent level of confidence that between 48.7% and 51.3% (50% ± 1.3%) of the total population would respond "yes" if asked this question.

WNC HEALTH NETWORK

Population & Survey Sample Characteristics
(Haywood County, 2024)

American Indian/ Alaska Native Sample
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Items 30, 88]
Notes: Asked of all respondents.

QUALITY OF LIFE

WNC HEALTH NETWORK

County Is a "Fair/Poor" Place to Live
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 5]
Notes: Asked of all respondents.

County is a "Fair/Poor" Place to Live
(Western North Carolina, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 5]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

SOCIAL DETERMINANTS OF HEALTH

WNC HEALTH NETWORK

EQUITY

WNC HEALTH NETWORK

Disagree That the Community Is a Welcoming Place for People of All Races and Ethnicities

("Disagree" or "Strongly Disagree" Responses; By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 75]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Disagree That the Community Is a Welcoming Place for People of All Races and Ethnicities

("Disagree" or "Strongly Disagree" Responses; By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 75]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

"Often/Sometimes" Threatened or Harassed in the Past Year
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 70]
Notes: Asked of all respondents.

"Often/Sometimes" Threatened or Harassed in the Past Year
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 70]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

"Often/Sometimes" Treated Unfairly When Getting Medical Care in the Past Year
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 71]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

"Often/Sometimes" Treated Unfairly When Getting Medical Care in the Past Year
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 71]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

“Often/Sometimes” Treated Unfairly at School in the Past Year
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 72]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

“Often/Sometimes” Treated Unfairly at School in the Past Year
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 72]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Perceived Main Reason for Unfair Treatment in the Past Year

(Among Those Treated Unfairly "Often" or "Sometimes"; By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 73]
Notes: Asked of respondents reporting they received unfair treatment "often" or "sometimes" in the past year.
Unfair treatment includes threats, harassment, discrimination when receiving medical care, and/or discrimination at school.

WNC HEALTH NETWORK

Experienced Negative Physical Symptoms in the Past Month as a Result of Any Unfair Treatment
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 74]
Notes: Asked of all respondents.
Examples of physical symptoms include a headache, an upset stomach, tensing of muscles, or a pounding heart.

WNC HEALTH NETWORK

Experienced Negative Physical Symptoms in the Past Month as a Result of Any Unfair Treatment
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 74]
Notes: Asked of all respondents.
Examples of physical symptoms include a headache, an upset stomach, tensing of muscles, or a pounding heart.

WNC HEALTH NETWORK

FINANCIAL RESILIENCE

WNC HEALTH NETWORK

Do Not Have Cash on Hand to Cover a $400 Emergency Expense
(By County, 2024)

WNC HEALTH NETWORK

Do Not Have Cash on Hand to Cover a $400 Emergency Expense
(Western North Carolina, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 37]
Notes: Asked of all respondents.
Includes respondents who say they would not be able to pay for a $400 emergency expense either with cash, by taking money from their checking or savings account, or by putting it on a credit card that they could pay in full at the next statement.

WNC HEALTH NETWORK

HOUSING

WNC HEALTH NETWORK

"Always/Usually/Sometimes" Worried About Paying Rent/Mortgage in the Past
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 38]
2023 PRC National Health Survey, PRC, Inc.
Notes: Asked of all respondents.

WNC HEALTH NETWORK

"Always/Usually/Sometimes" Worried About Paying Rent/Mortgage in the Past Year
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 38]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Unhealthy or Unsafe Housing Conditions in the Past Year
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 39]
2023 PRC National Health Survey, PRC, Inc.
Notes: Asked of all respondents.
Includes respondents who say they experienced ongoing problems in their current home with water leaks, rodents, insects, mold, or other housing conditions that might make living there unhealthy or unsafe.

WNC HEALTH NETWORK

Unhealthy or Unsafe Housing Conditions in the Past Year
(Western North Carolina, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 39]
Notes: Asked of all respondents.
Includes respondents who say they experienced ongoing problems in their current home with water leaks, rodents, insects, mold, or other housing conditions that might make living there unhealthy or unsafe.

WNC HEALTH NETWORK

Had a Time in the Past Year When Home Was Without Electricity, Water, or Heating
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 40]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Had a Time in the Past Year When Home Was Without Electricity, Water, or Heating
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 40]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Have Had to Live With a Friend/Relative in the Past Three Years Due to a Housing Emergency
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 41]
Notes: Asked of all respondents.

Have Had to Live With a Friend/Relative in the Past Three Years Due to a Housing Emergency
(Western North Carolina, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 41]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Lived on the Street, in a Car, or in a Temporary Shelter in the Past Three Years
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 42]
Notes: Asked of all respondents.

Lived on the Street, in a Car, or in a Temporary Shelter in the Past Three Years
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 42]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

FOOD INSECURITY

WNC HEALTH NETWORK

Food Insecurity
(By County)

WNC HEALTH NETWORK

Food Insecurity
(Western North Carolina, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 77]
Notes: Asked of all respondents.
Includes adults who A) ran out of food at least once in the past year and/or B) worried about running out of food in the past year.

WNC HEALTH NETWORK

WNC HEALTH NETWORK

"Always" or "Usually" Have Someone to Rely on for Help When Needed
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 62]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

"Always" or "Usually" Have Someone to Rely on for Help When Needed
(By County, 2024)

Sources 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 62]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Feel Lonely "Often/Some of the Time/Occasionally"
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 65]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Feel Lonely "Often/Some of the Time/Occasionally"
(Western North Carolina, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 65]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

CLIMATE

WNC HEALTH NETWORK

Climate is "Very/Somewhat Connected" to Health Risks
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 57]
Notes: Asked of all respondents.
Climate was defined as the weather conditions in an area in general or over a long period, with extreme heat, flooding, or drought given as examples.

WNC HEALTH NETWORK

Climate is "Very/Somewhat Connected" to Health Risks
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 57]
Notes: Asked of all respondents.
Climate was defined as the weather conditions in an area in general or over a long period, with extreme heat, flooding, or drought given as examples.

WNC HEALTH NETWORK

SELF-REPORTED HEALTH STATUS

WNC HEALTH NETWORK

OVERALL HEALTH

WNC HEALTH NETWORK

Experience "Fair" or "Poor" Overall Health
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 6]
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2022 North Carolina data.
2023 PRC National Health Survey, PRC, Inc.

Notes: Asked of all respondents.

WNC HEALTH NETWORK

Experience “Fair” or “Poor” Overall Health
(Western North Carolina, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 6]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

MENTAL HEALTH & MENTAL DISORDERS

WNC HEALTH NETWORK

Experience “Fair” or “Poor” Mental Health
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 59]
2023 PRC National Health Survey, PRC, Inc.
Notes: Asked of all respondents.
Only Jackson and Swain counties were tested previously.

WNC HEALTH NETWORK

More Than Seven Days of Poor Mental Health in the Past Month, Chart 1 of 2
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 60]
Notes: Asked of all respondents.

More Than Seven Days of Poor Mental Health in the Past Month
(Western North Carolina, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 60]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

"Always" or "Usually" Get Needed Social/Emotional Support
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 63]
Notes: Asked of all respondents.

“Always” or “Usually” Get Needed Social/Emotional Support
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 63]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Able to Stay Hopeful in Difficult Times
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 64]
Notes: Asked of all respondents.
Includes "strongly agree" and "agree" responses.

WNC HEALTH NETWORK

Able to Stay Hopeful in Difficult Times
(Western North Carolina, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 64]
Notes: Asked of all respondents.
Includes "strongly agree" and "agree" responses.

WNC HEALTH NETWORK

Dissatisfied with Life, (By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 58]
Notes: Asked of all respondents.
Includes “dissatisfied” and “very dissatisfied” responses.

Dissatisfied with Life
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 58]
Notes: Asked of all respondents.
Includes "dissatisfied" and "very dissatisfied" responses.

WNC HEALTH NETWORK

Typical Day is "Extremely/Very Stressful"
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 61]
2023 PRC National Health Survey, PRC, Inc.
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Typical Day is "Extremely/Very Stressful"
(Western North Carolina, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 61]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Have Considered Suicide in the Past Year
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 61]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Have Considered Suicide in the Past Year
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 66]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Currently Receiving Mental Health Treatment
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 69]
2023 PRC National Health Survey, PRC, Inc.

Notes: Asked of all respondents.
Includes those now taking medication or otherwise receiving treatment, therapy, or counseling for any type of mental or emotional health need.

WNC HEALTH NETWORK

Currently Receiving Mental Health Treatment
(Western North Carolina, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 69]
Notes: Asked of all respondents.
Includes those now taking medication or otherwise receiving treatment, therapy, or counseling for any type of mental or emotional health need.

WNC HEALTH NETWORK

Unable to Get Mental Health Services When Needed
in the Past Year, (By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 67]
2023 PRC National Health Survey, PRC, Inc.
Notes: Asked of all respondents.

WNC HEALTH NETWORK

CHRONIC CONDITIONS

WNC HEALTH NETWORK

CARDIOVASCULAR RISK

WNC HEALTH NETWORK

Prevalence of Heart Disease,
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 12]
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2020 North Carolina data.
2023 PRC National Health Survey, PRC, Inc.

Notes: Asked of all respondents.
Includes diagnoses of heart attack, angina, or coronary heart disease.

WNC HEALTH NETWORK

Prevalence of Heart Disease
(Western North Carolina, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 12]
Notes: Asked of all respondents.
Includes diagnoses of heart attack, angina, or coronary heart disease.

WNC HEALTH NETWORK

Prevalence of Stroke,
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 13]
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2022 North Carolina data.
2023 PRC National Health Survey, PRC, Inc.
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Prevalence of Stroke
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 13]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Prevalence of High Blood Pressure,
(By County)
Healthy People 2030 Target = 42.6% or Lower

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 18]
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2022 North Carolina data.
2023 PRC National Health Survey, PRC, Inc.
US Department of Health and Human Services. Healthy People 2030. http://www.healthypeople.gov.
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Prevalence of High Blood Pressure
(Western North Carolina, 2024)
Healthy People 2030 Target = 42.6% or Lower

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 18]
US Department of Health and Human Services. Healthy People 2030. http://www.healthypeople.gov.
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Prevalence of High Blood Cholesterol,
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 19]
2023 PRC National Health Survey, PRC, Inc.
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Prevalence of High Blood Cholesterol
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 19]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

DIABETES

WNC HEALTH NETWORK

Prevalence of Diabetes,
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 80]
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2022 North Carolina data.
2023 PRC National Health Survey, PRC, Inc.

Notes: Asked of all respondents.

WNC HEALTH NETWORK

Prevalence of Borderline or Pre-Diabetes,
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 80]
2023 PRC National Health Survey, PRC, Inc.
Notes: Asked of all respondents.

Prevalence of Diabetes
(Western North Carolina, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 80]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

RESPIRATORY CONDITIONS

WNC HEALTH NETWORK

Prevalence of Asthma,
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 79]
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2022 North Carolina data.
2023 PRC National Health Survey, PRC, Inc.

Notes: Asked of all respondents.

WNC HEALTH NETWORK

Prevalence of Asthma
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 79]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Prevalence of Chronic Obstructive Pulmonary Disease (COPD),
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 11]
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2022 North Carolina data.
2023 PRC National Health Survey, PRC, Inc.

Notes: Asked of all respondents.
Includes conditions such as chronic bronchitis and emphysema.

WNC HEALTH NETWORK

Prevalence of Chronic Obstructive Pulmonary Disease (COPD)
(Western North Carolina, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 11]
Notes: Asked of all respondents.
Includes conditions such as chronic bronchitis and emphysema.

WNC HEALTH NETWORK

MODIFIABLE HEALTH RISKS

WNC HEALTH NETWORK

NUTRITION

WNC HEALTH NETWORK

Consume Five or More Servings of Fruits/Vegetables
Per Day, (By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 81]
Notes: Asked of all respondents.
For this issue, respondents were asked to recall their food intake during the previous week.
Reflects 1-cup servings of fruits and/or vegetables in the past week, excluding potatoes. Surveys before 2021 also excluded lettuce salads.

WNC HEALTH NETWORK

Consume Five or More Servings of Fruits/Vegetables Per Day
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 81]
Notes: Asked of all respondents.
For this issue, respondents were asked to recall their food intake during the previous week.
Reflects 1-cup servings of fruits and/or vegetables in the past week, excluding potatoes.

WNC HEALTH NETWORK

PHYSICAL ACTIVITY & FITNESS

WNC HEALTH NETWORK

No Leisure-Time Physical Activity in the Past Month, (By County)

Healthy People 2030 = 21.8% or Lower

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 49]
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2022 North Carolina data.
2023 PRC National Health Survey, PRC, Inc.
US Department of Health and Human Services. Healthy People 2030. http://www.healthypeople.gov.

Notes: Asked of all respondents.

WNC HEALTH NETWORK

No Leisure-Time Physical Activity in the Past Month
(Western North Carolina, 2024)
Healthy People 2030 = 21.8% or Lower

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 49]
US Department of Health and Human Services. Healthy People 2030. http://www.healthypeople.gov.
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Meets Physical Activity Recommendations
(By County)
Healthy People 2030 Target = 29.7% or Higher

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 82]
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2020 North Carolina data.
2023 PRC National Health Survey, PRC, Inc.
US Department of Health and Human Services. Healthy People 2030. http://www.healthypeople.gov.

Notes: Asked of all respondents.
Meeting both guidelines is defined as the number of persons age 18+ who report light or moderate aerobic activity for at least 150 minutes per week or who report vigorous physical activity 75 minutes per week (or an equivalent combination of moderate and vigorous-intensity activity) and who also report doing physical activities specifically designed to strengthen muscles at least twice per week.

WNC HEALTH NETWORK

Meets Physical Activity Recommendations
(By County, 2024)
Healthy People 2030 Target = 29.7% or Higher

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 82]
US Department of Health and Human Services. Healthy People 2030. http://www.healthypeople.gov.

Notes: Asked of all respondents.
Meeting both guidelines is defined as the number of persons age 18+ who report light or moderate aerobic activity for at least 150 minutes per week or who report vigorous physical activity 75 minutes per week (or an equivalent combination of moderate and vigorous-intensity activity) and who also report doing physical activities specifically designed to strengthen muscles at least twice per week.

WNC HEALTH NETWORK

Strengthening Physical Activity,
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 56]
2023 PRC National Health Survey, PRC, Inc.
Notes: Asked of all respondents.
Takes part in physical activities or exercises that strengthen muscles at least 2 times per week.

WNC HEALTH NETWORK

Strengthening Physical Activity
(Western North Carolina, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 56]
Notes: Asked of all respondents.
Takes part in physical activities or exercises that strengthen muscles at least 2 times per week.

WNC HEALTH NETWORK

BODY WEIGHT

WNC HEALTH NETWORK

Prevalence of Total Overweight (Overweight or Obese), (By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 84]
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2022 North Carolina data.
2023 PRC National Health Survey, PRC, Inc.

Notes: Based on reported heights and weights; asked of all respondents.
The definition of overweight is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 25.0, regardless of gender. The definition for obesity is a BMI greater than or equal to 30.0.

WNC HEALTH NETWORK

Prevalence of Obesity,
(By County)
Healthy People 2030 Target = 36.0% or Lower

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 84]
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2022 North Carolina data.
2023 PRC National Health Survey, PRC, Inc.
US Department of Health and Human Services. Healthy People 2030. http://www.healthypeople.gov.

Notes: Based on reported heights and weights; asked of all respondents.
The definition of obesity is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 30.0, regardless of gender.

WNC HEALTH NETWORK

Prevalence of Obesity
(By County, 2024)
Healthy People 2030 Target = 36.0% or Lower

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 84]
US Department of Health and Human Services. Healthy People 2030. http://www.healthypeople.gov.
Notes: Based on reported heights and weights; asked of all respondents.
The definition of obesity is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 30.0, regardless of gender.

WNC HEALTH NETWORK

SUBSTANCE USE

WNC HEALTH NETWORK

Current Drinking,
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 338]
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2022 North Carolina data.
2023 PRC National Health Survey, PRC, Inc.

Notes: Asked of all respondents.
Current drinking reflects persons age 18 years and over who had at least one alcoholic drink in the past month.

WNC HEALTH NETWORK

Binge Drinking,
(By County)
Healthy People 2030 Target = 25.4% or Lower

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 337]
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2022 North Carolina data.
2023 PRC National Health Survey, PRC, Inc.
US Department of Health and Human Services. Healthy People 2030. http://www.healthypeople.gov.

Notes: Asked of all respondents.
Binge drinking is defined as men consuming 5+ alcoholic drinks on any one occasion in the past month or womer consuming 4+ alcoholic drinks on any one occasion in the past month.
Before 2021, survey data classified both men and women as binge drinkers if they had 5+ alcoholic drinks on one occasion in the past month.

WNC HEALTH NETWORK

Excessive Drinking,
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 85]
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2022 North Carolina data.
2023 PRC National Health Survey, PRC, Inc.

Notes: Asked of all respondents.
Excessive drinking reflects the number of persons age 18 years and over who drank more than two drinks per day on average (for men) or more than one drink per day on average (for women) OR who drank 5 or more drinks during a single occasion (for men) or 4 or more drinks during a single occasion (for women) during the past 30 days.

WNC HEALTH NETWORK

Excessive Drinking
(Western North Carolina, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 85]
Notes: Asked of all respondents.
Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" refle
non-Hispanic White respondents).
Excessive drinking reflects the number of persons aged 18 years and over who drank more than two drin
per day on average (for men) or more than one drink per day on average (for women) OR who drank 5
more drinks during a single occasion (for men) or 4 or more drinks during a single occasion (for women)
during the past 30 days.

WNC HEALTH NETWORK

Used a Prescription Opioid in the Past Year, With or Without a Prescription
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 23]
2023 PRC National Health Survey, PRC, Inc.
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Used a Prescription Opioid in the Past Year, With or Without a Prescription
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 23]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Life Has Been Negatively Affected by Substance Use (by Self or Someone Else), (By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 24]
2023 PRC National Health Survey, PRC, Inc.
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Life Has Been Negatively Affected by Substance Use (by Self or Someone Else)
(Western North Carolina, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 24]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

TOBACCO USE

WNC HEALTH NETWORK

Currently Smoke Cigarettes,
(By County)
Healthy People 2030 Target = 6.1% or Lower

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 25]
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2022 North Carolina data.
2023 PRC National Health Survey, PRC, Inc.
US Department of Health and Human Services. Healthy People 2030. http://www.healthypeople.gov.

Notes: Asked of all respondents.
Includes those who smoke cigarettes every day or on some days.

WNC HEALTH NETWORK

Currently Smoke Cigarettes
(By County, 2024)
Healthy People 2030 Target = 6.1% or Lower

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 25]
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): North Carolina data.
US Department of Health and Human Services. Healthy People 2030. http://www.healthypeople.gov.

Notes: Asked of all respondents.
Includes those who smoke cigarettes every day or on some days.

WNC HEALTH NETWORK

Currently Use Vaping Products,
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 26]
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2022 North Carolina data.
2023 PRC National Health Survey, PRC, Inc.

Notes: Asked of all respondents.
Includes those who use vaping products every day or on some days.

WNC HEALTH NETWORK

Currently Use Vaping Products
(Western North Carolina, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 26]
Notes: Asked of all respondents.
Includes those who use vaping products every day or on some days.

WNC HEALTH NETWORK

ACCESS TO HEALTH CARE

WNC HEALTH NETWORK

HEALTH INSURANCE COVERAGE

WNC HEALTH NETWORK

Lack of Health Care Insurance Coverage, (By County)

Healthy People 2030 Target = 7.6% or Lower

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 86]
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for
Disease Control and Prevention (CDC): 2022 North Carolina data.
2023 PRC National Health Survey, PRC, Inc.
US Department of Health and Human Services. Healthy People 2030. http://www.healthypeople.gov.

Notes: Reflects all respondents under the age of 65.
Includes any type of insurance, such as traditional health insurance, prepaid plans such as HMOs, or government-sponsored coverage (e.g., Medicare, Medicaid, Indian Health Services, etc.).

WNC HEALTH NETWORK

Lack of Health Care Insurance Coverage

(Adults Age 18-64; By County, 2024)

Healthy People 2030 Target = 7.6% or Lower

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 86]
US Department of Health and Human Services. Healthy People 2030. http://www.healthypeople.gov.

Notes: Asked of all respondents under the age of 65.
Includes any type of insurance, such as traditional health insurance, prepaid plans such as HMOs, or government sponsored coverage (e.g., Medicare, Medicaid, Indian Health Services, etc.).

WNC HEALTH NETWORK

DIFFICULTIES ACCESSING HEALTH CARE

WNC HEALTH NETWORK

Was Unable to Get Needed Medical Care at Some Point in the Past Year, (By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 7]
Notes: Asked of all respondents.

Was Unable to Get Needed Medical Care at Some Point in the Past Year
(Western North Carolina, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 7]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Cost Prevented Getting a Prescription in the Past Year
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 9]
2023 PRC National Health Survey, PRC, Inc.
Notes: Asked of all respondents.

WNC HEALTH NETWORK

Cost Prevented Getting a Prescription in the Past Year
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 9]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

TELEMEDICINE

WNC HEALTH NETWORK

"Extremely/Very Likely" to Use Telemedicine for Routine Care
(By County)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 10]
Notes: Asked of all respondents.
During a telemedicine visit, a patient uses a computer, smartphone, or telephone to communicate with a health care professional in real time without being face-to-face.

WNC HEALTH NETWORK

"Extremely/Very Likely" to Use Telemedicine for Routine Care
(Western North Carolina, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 10]
Notes: Asked of all respondents.
During a telemedicine visit, a patient uses a computer, smartphone, or telephone to communicate with a health care professional in real time without being face-to-face.

WNC HEALTH NETWORK

COUNTY-SPECIFIC QUESTIONS

WNC HEALTH NETWORK

"In the past 12 months, a lack of transportation has prevented me from going someplace I wanted or needed to go in Haywood County"

(Haywood County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 325]
Notes: Asked of all respondents.

Would Know Where to Go to Access Emergency Food Services if Needed
(Haywood County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 324]
Notes: Asked of all respondents.

Would Know Where to Go or Refer Someone Else for Substance Use or Mental Health Counseling
(By County, 2024)

Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 313]
Notes: Asked of all respondents.

WNC HEALTH NETWORK

KEY INFORMANT INPUT

WNC HEALTH NETWORK

Haywood County Key Informants: Relative Position of Health Topics as Problems in the Community

WNC HEALTH NETWORK