



Healthy Haywood

Healthy Carolinians Coalition

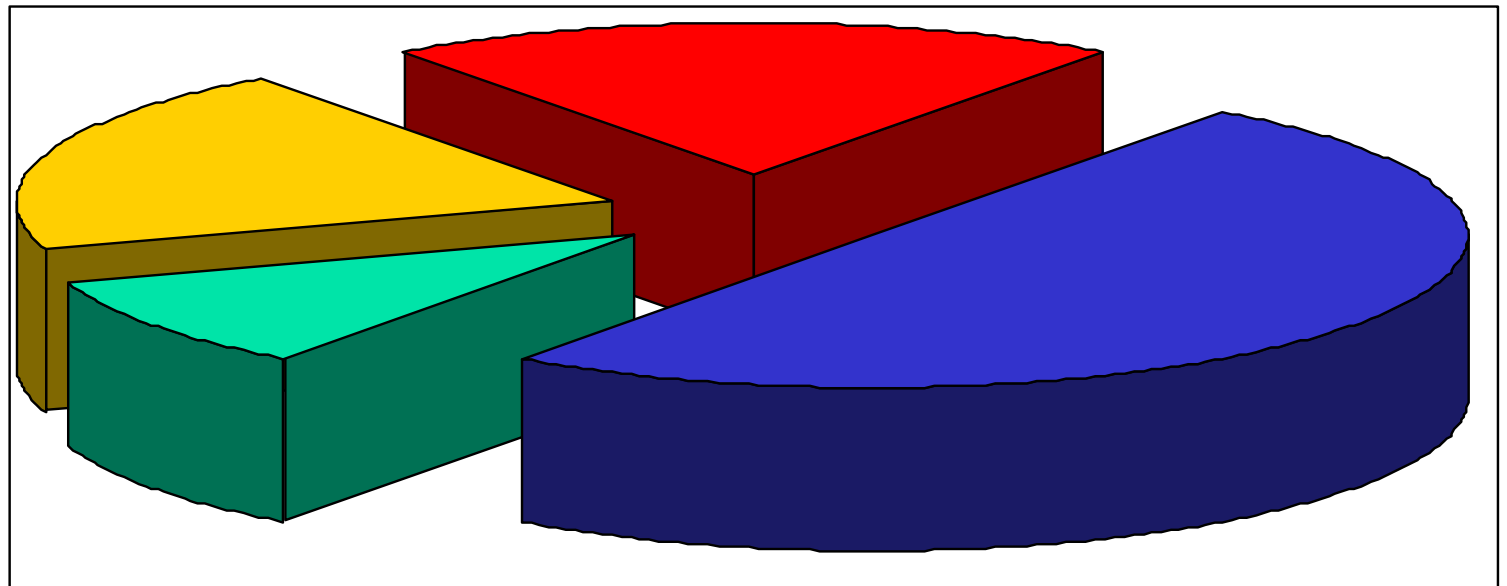
Community Perspectives on Health

May 22, 2008

Factors that Influence Health Status

Environment 20%

Human Biology 20%



Medical Care 10%

Lifestyle 50%

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Keeps people from being healthy...

Attitude

“A lot of our health problems are our own doing.”

“Ninety-nine percent of elderly people 68 and older suffer from congestive heart failure brought on by lack of exercise, poor diet, poor choices, stress in many cases.”



Haywood County Economics

7,790 individuals live below poverty



Keeps people from being healthy...
Low Income

“I know a man who sleeps under the bridge on Russ Avenue, takes a bath in the creek and then goes to work.”

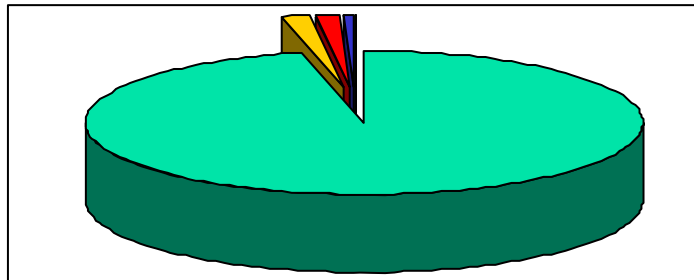
“There are lots of homeless in this town.”
- Open Door



Keeps people from being healthy...
Low Income

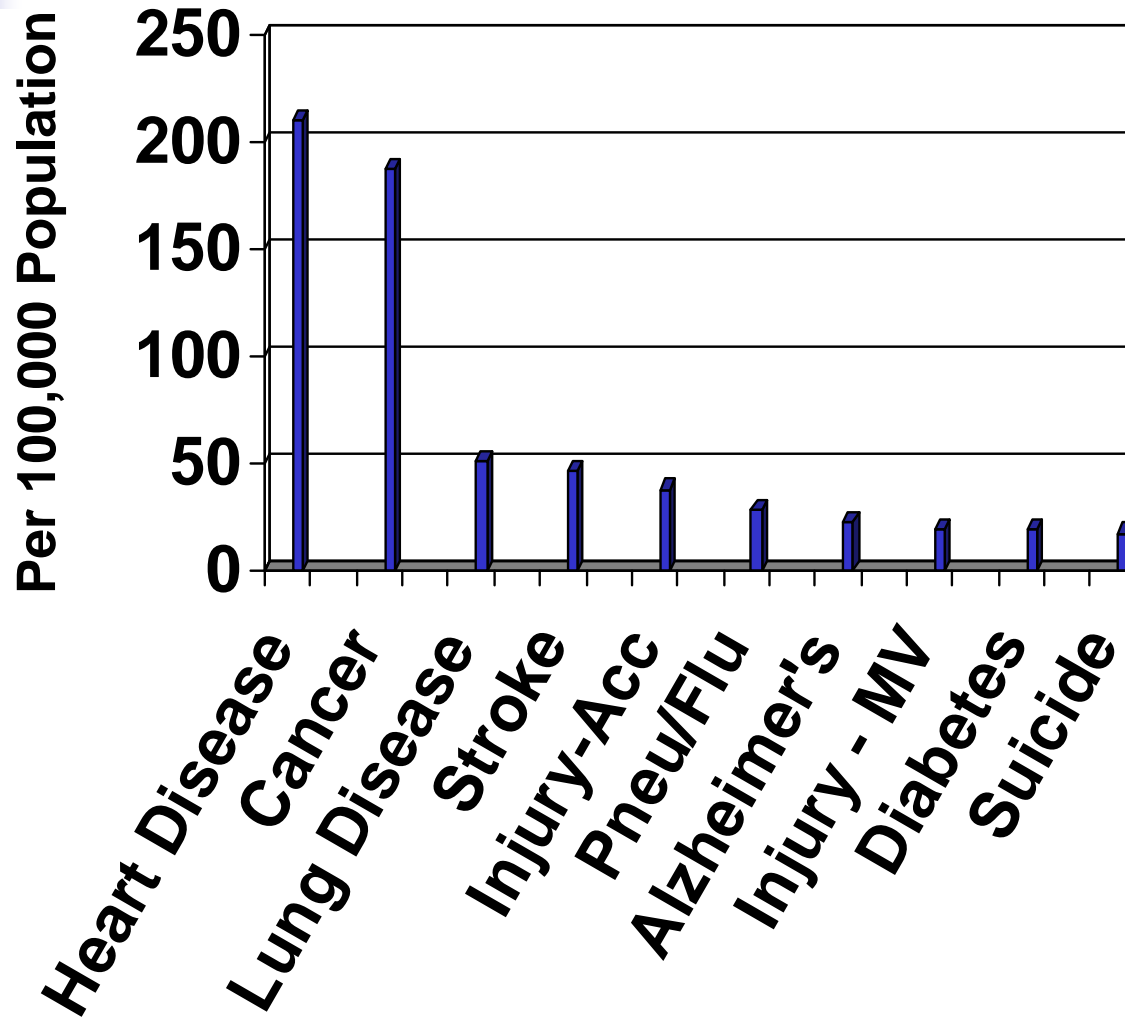
“If you don’t have a home, you’re going
to get sick.” - Open Door

Population by Race/Ethnicity



- White non-hispanic 95.4%
- White - hispanic 1.7%
- African American 1.4%
- Native American .6%
- 2+ Races .6%
- Asian American .3%

Leading Causes of Death 2002-2006



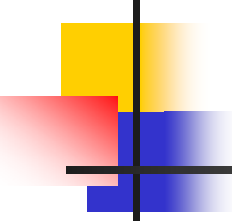


Costs of Health Care 2006

Hospitalizations

Cardiovascular Disease	1,330 cases
	\$30,385,180

Injuries & Poisoning	683 cases
	\$14,521,263



Question: What are the serious health problems in Haywood County?

- Poor Nutrition/Overweight (34 groups)
- Substance Abuse (33)
- Cardiovascular Disease (30)
- Diabetes (30)
- Mental Health (29)
- Cancer (28)
- Asthma/Lung Diseases (27)
- Lack of Access to Care (9)
- STDs/AIDS/Communicable Diseases (7)
- Dental Health (7)



Haywood County Childhood Obesity Study

	2002	2005	2008
Overweight	32%	38%	39%
Obese	16%	19%	21%

Eight children in every classroom are overweight or obese!

Morbidly Obese

Individuals

54

65



Serious health problems... Poor Nutrition/Overweight

Studies show – 50% of children 6 to 12
who are obese will remain so as adults.



Serious health problems...

Poor Nutrition/Obesity

Obesity contributes to:

Heart Disease

Diabetes

Cancer

Joint Problems

Poor Self-Esteem

High costs monetarily and Emotionally



Serious health problems...
Substance Abuse

“Addiction keeps you from caring about anything or anybody else.”

- *Gateway Recovery Participant*



Serious health problems.. Substance Abuse

“There is a lot of drug use among parents. Overall, lifestyles of parents reflect unhealthy lifestyles of children.”



Serious health problems...

Substance Abuse

“Kids are lost. They only know the computer, alcohol, and drugs. What else do they have to do?”



Serious health problems...
Substance Abuse - Tobacco

“Tobacco is definitely a BIG problem.”

“Dipping is acceptable.” - *HS Student*

Serious Health Problems...

Substance Abuse - Tobacco



Percent Births to Smoking Moms 2002-2006

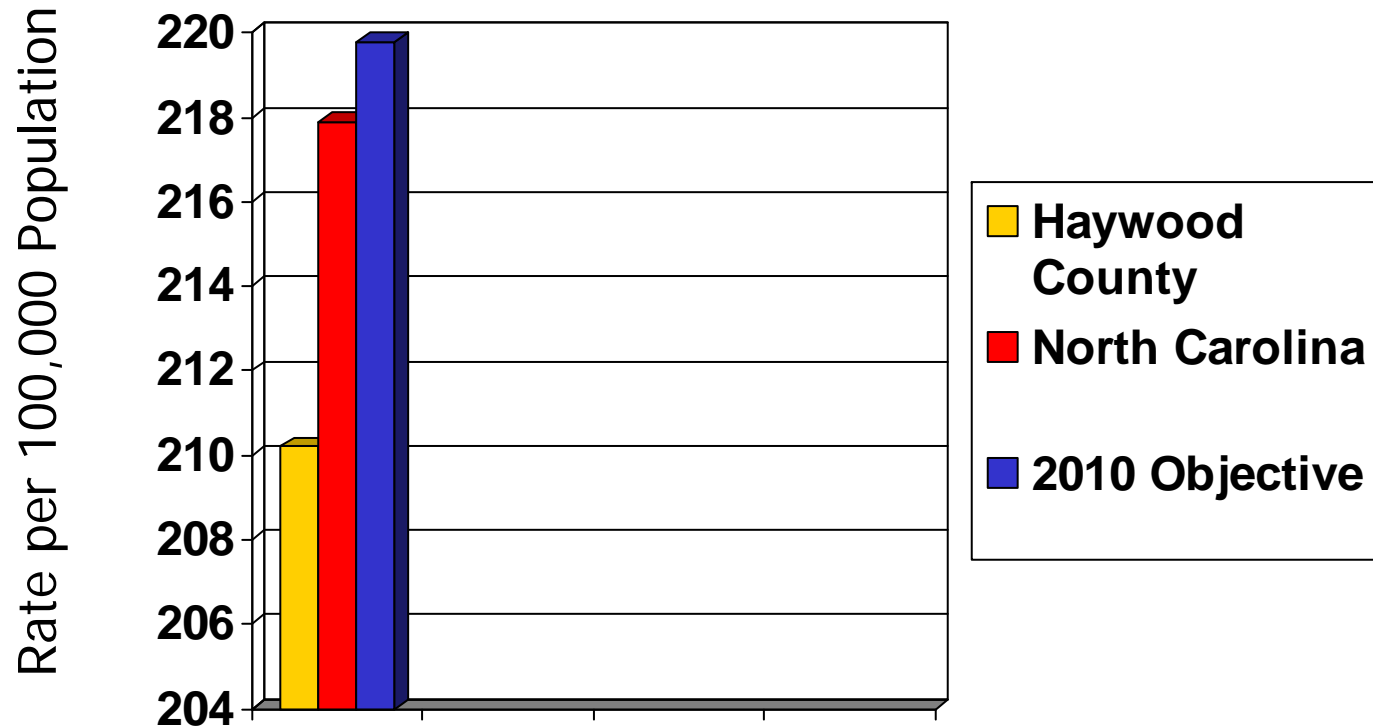


Serious Health Problems...

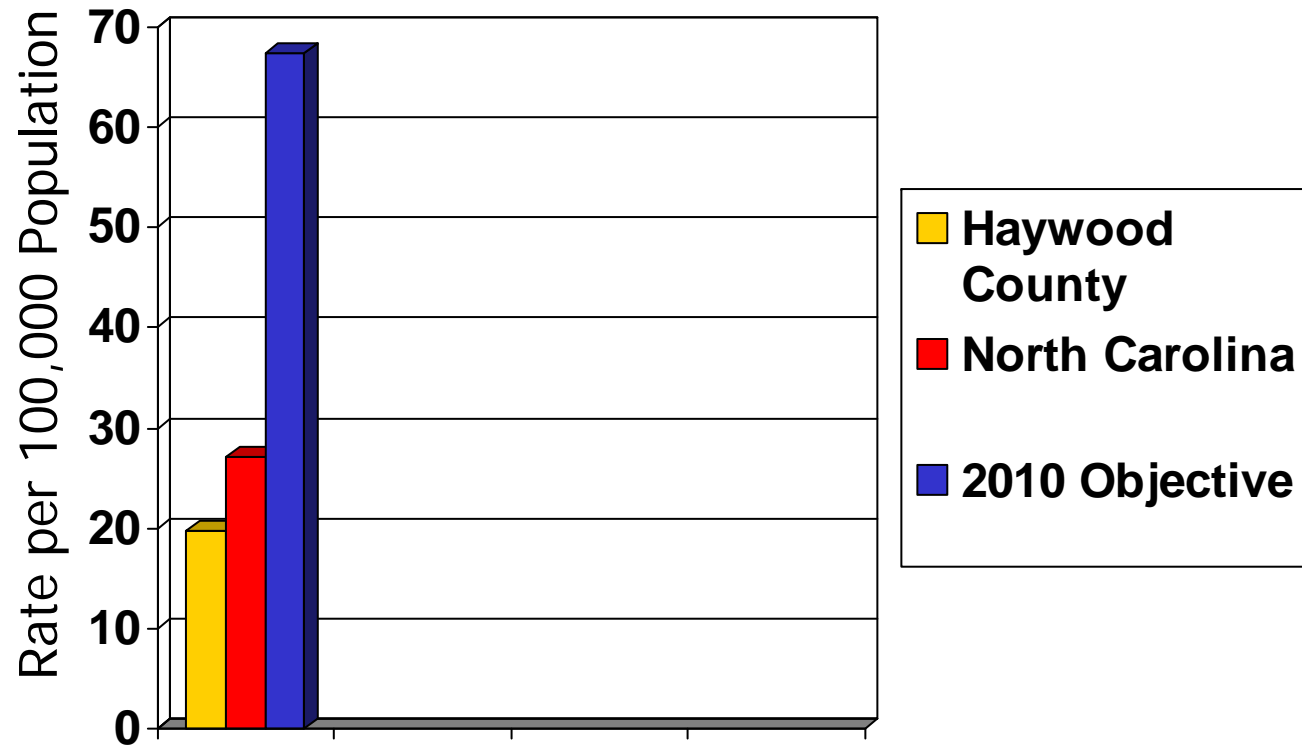
Substance Abuse - Alcohol

“Some people think alcohol will cure stress.”

Death Rates from Cardiovascular Disease



Death Rates from Diabetes





Serious Health Problems...

Diabetes

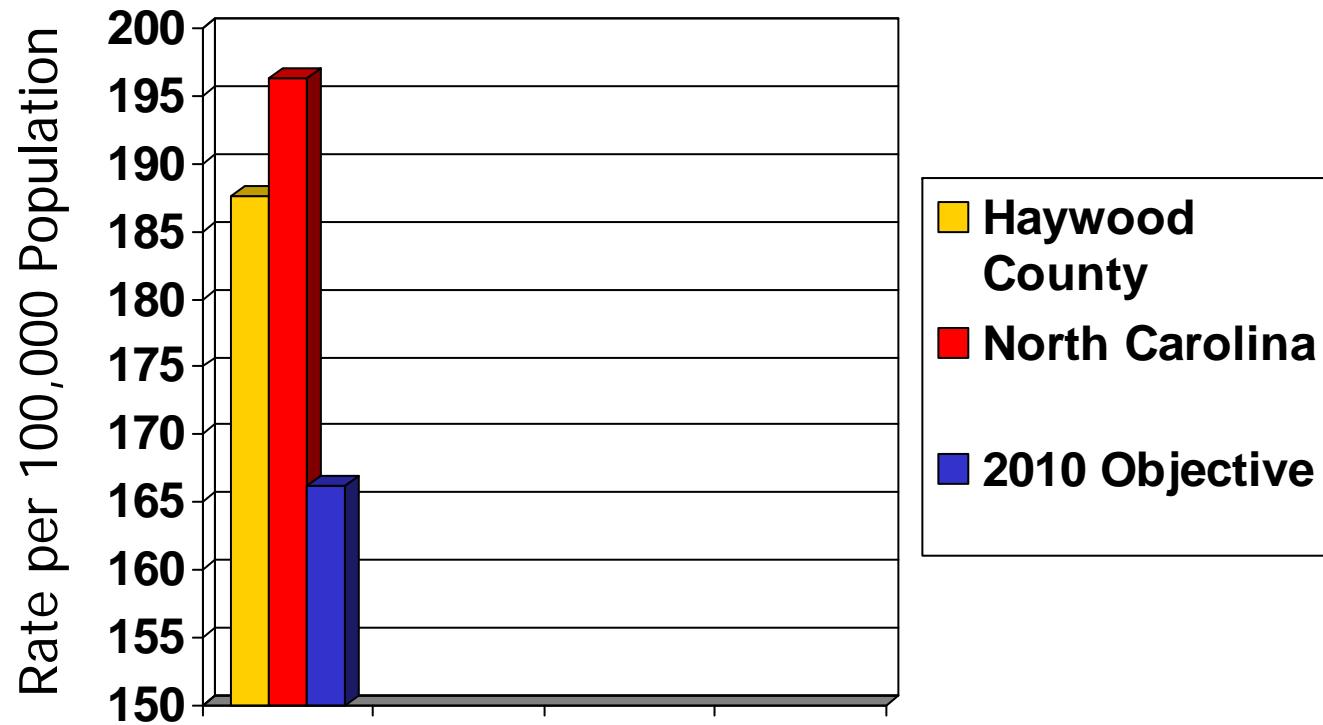
“A lot of people don’t understand what’s going on-especially the seriousness of diabetes.”



Major Risks of Diabetes

- Cardiovascular Disease
- Blindness
- Amputations
- Kidney Failure

Death Rate from Cancer





Serious health problems...

Cancer

“It seems every week we hear about more and more cancer being diagnosed. Is it the air, the water, our lifestyle?”

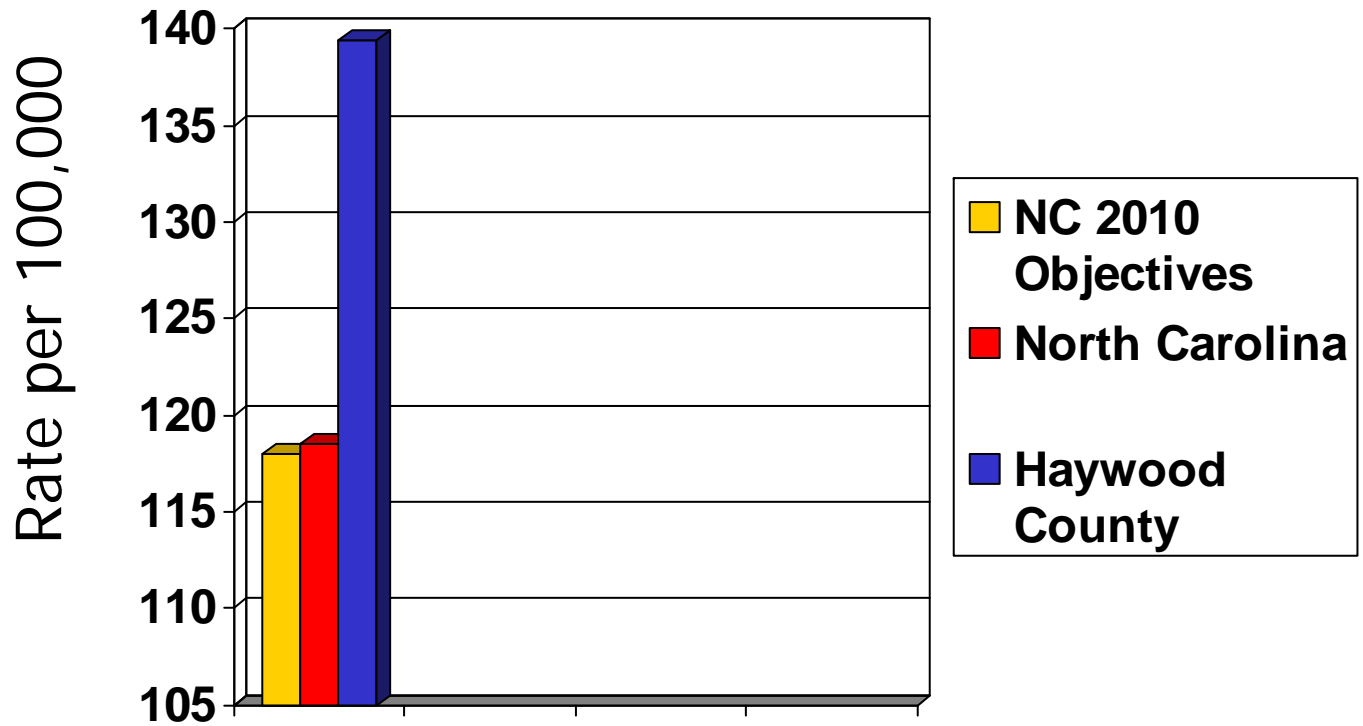


Serious health problems...

Cancer

“Colon cancer is one of the easiest ones to treat, but two of my friends died from it.”

Hospital Discharges for Asthma 2006





Serious health problems...

Asthma/Lung Disease

“I think allergies in the last 10 years in Haywood County have become a real problem. It’s becoming more so.”



Serious health problems...

Mental Health

“There’s a lot of prejudice in this community against those who have mental illness – ‘Suck it up and get over it’ mentality”.



Serious health problems...

Mental Health

“Depression is often not addressed.
Some people would rather die than go
to a counselor.”



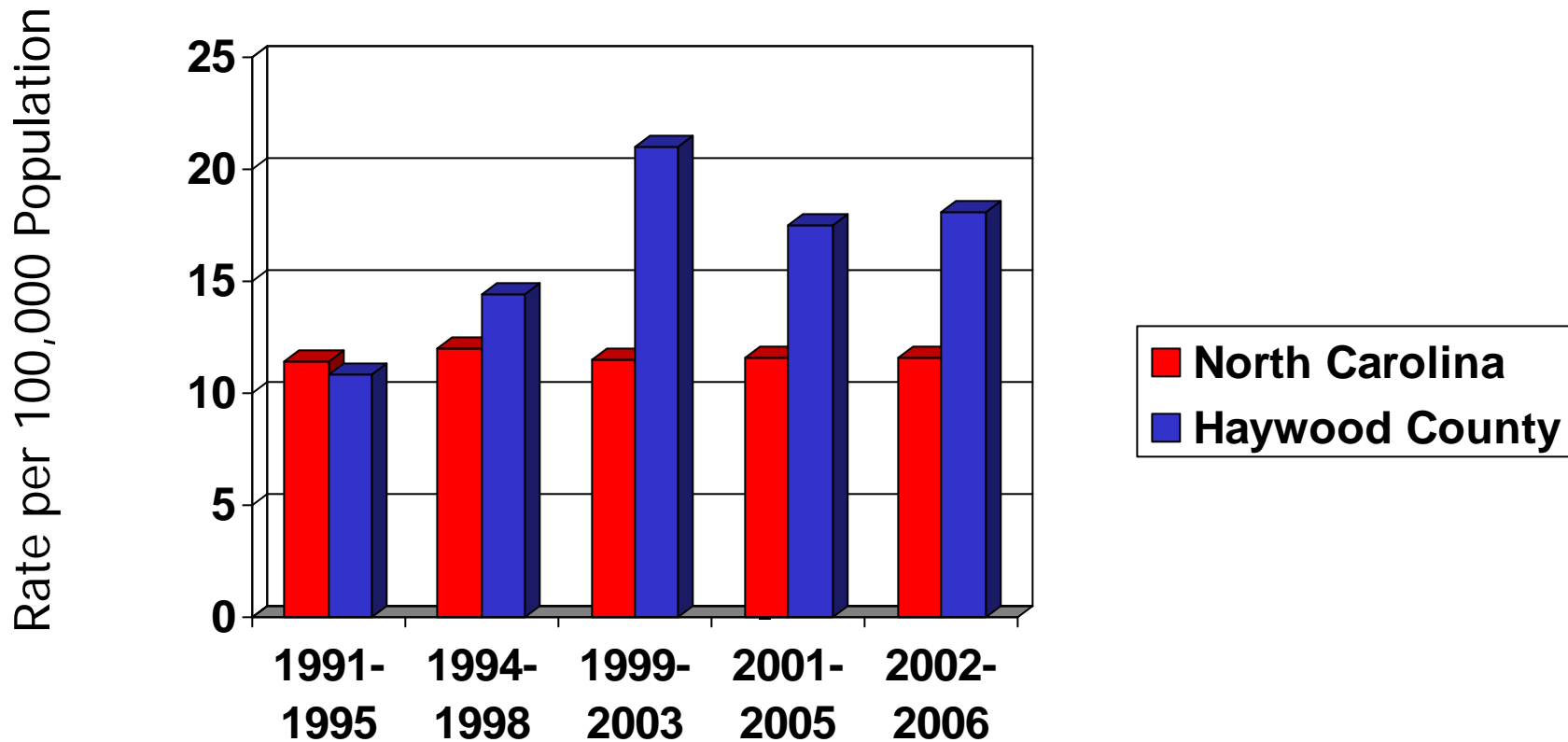
Serious health problems...

Mental Health

“Kids are scared of what their parents might say if they bring up a topic like depression or drugs.”

Suicide Death Rate 1991-2006

Haywood County/ NC Comparison





Serious health problems...

Dental Health

“So many children have a lot of brown teeth that are rotting out, including in the preschools.”



Question: What keeps people in Haywood County from being healthy?

- Unhealthy Food (27 groups)
- Attitude/Don't Care (21)
- Low Income (20)
- Lack of Exercise (19)
- Lack of Knowledge (17)
- No Insurance (17)
- Lack Access to Doctor/Dentist (15)
- Pollution (13)
- Lack of Time (12)
- Smoking/Drinking (12)
- Culture (12)



Keeps people from being healthy...
Unhealthy Food

“Women love to cook and eat. This is the way we nurture others and our food choices are not so good.”



Keeps people from being healthy...
Unhealthy Food

“We were all raised on gravy and biscuits.”



Keeps people from being healthy...

Unhealthy Food

Teen Perceptions:

"I've seen kids at school buy a Little Debbie and soft drink for lunch."

-HS Student

"The lunches are just pizza and chicken fingers every day."

- HS Student



Serious health problems...

Unhealthy Foods

“At Tuscola High School they have Coke machines in every hall. That is just liquid sugar. Then they wonder why the kids have dental problems.”



Keeps people from being healthy... Unhealthy Food

Soft drinks are contributing significant amounts of calories and sugar to diets of children and adolescents AND replacing milk as the beverage of choice, increasing risk for overweight, poor bone density, and increased cavities. *-NC School Nutrition Action Committee*



Keeps people from being healthy...
Lack of Knowledge

“People will buy a 1500 Calorie meal and get a diet cola and think that balances it out.”



Keeps people from being healthy...
Lack of Knowledge

“Sometimes saying ‘fresh fruit and veggies is more expensive’ is just a perception.”



Keeps people from being healthy...
Lack of Knowledge

“There are so many temptations and distractions out there – fast foods, TV, and computers.”



Keeps people from being healthy...
Lack of Exercise

“We had a Boy Scout Troop in the Christmas parade that had to ride because they said the kids couldn’t walk that far.” (The parade is less than one mile!)



Keeps people from being healthy...

Lack of Exercise

“As an AYSO coach, I thought I’d have problems with the kids and parents complaining of not enough playing time. Instead I have problems having enough kids wanting to stay in and play the whole game. It gets more and more frustrating to have kids be so apathetic. After one quarter of play, they want to quit.”



Keeps people from being healthy...

Lack of Exercise

“I look at our kids...they get very little exercise. PE has been eliminated from high schools. They are addicted to TV and video games.”



Keeps people from being healthy...
Lack of Exercise

“The whole society does not encourage
kids to move.”



Keeps people from being healthy...
Lack of Exercise

“It’s not safe to walk around my block.”

“Not having close and convenient walking trails and safe roads to walk on is a problem.”



Keeps people from being healthy...
Attitude

“Parents don’t care if their kids are healthy.”



Keeps people from being healthy...
Attitude

“People don’t care until they get sick.”

“In Haywood County health is not a priority unless you get REAL sick or hurt bad. That’s the only time you would go see somebody.”



Keeps people from being healthy...

Attitude

“Fear very often prevents people from seeing the doctor. They know something is wrong with them and they are scared to go and find out what.”



Keeps people from being healthy...
Low Income

“To the poor, improving health through diet and exercise seems like a luxury item.”



Keeps people from being healthy...
Low Income

“The elderly must choose between eating and taking medicine they need.”

“When some people can’t afford to fill their prescription, they take someone else’s.”



Keeps people from being healthy...

Culture

“Some people don’t even BELIEVE in going to the doctor. They use their own remedies. When they can’t fix it themselves, they usually end up in the hospital.”



Keeps people from being healthy...
Culture

“There is a lack of family values....how we are raised...so much lack of responsibility.”



Keeps people from being healthy...
Substance Abuse - Addictions

“The addictive habits people tend to have are generally bad for your health – smoking, drinking, drugs.”

“When people have addictive habits, they don’t WANT to get help.”



Keeps people from being healthy...
No Insurance

“If you don’t have insurance, forget it!”

“People don’t have the money for
doctors.”



Population Without Health Insurance

<u>Age</u>	<u>Number</u>	<u>Percent</u>
■ 0-17 year olds	1,248	11.0%
■ 18-64 year olds	<u>6,646</u>	19.6%
TOTAL	7,894	17.5%



Keeps people from being healthy...
Lack of Access

“The doctors are all full up. They don’t take new patients.”

“My husband had trouble breathing on Monday. He couldn’t get an appointment until Wednesday.”



Keeps people from being healthy...
Lack of Access

“Most people go to the ER, tying it up when it’s not really an emergency because they aren’t getting in to see a doctor.”



Keeps people from being healthy...
Low Income

“Being on a set income makes you not go to the doctor.”

“No one takes Medicaid.”



Keeps people from being healthy...
Lack of Access

“Transportation seems to be a problem for very rural areas. Especially elderly folks who can no longer drive, and have no family to transport them to medical visits.”



Keeps people from being healthy...

Lack of Access

“There is need for cataracts and hearing to be taken care of, but there is little money for this.”



Keeps people from being healthy...

Lack of Access

“We have no shelters for people with mental health problems. They have nothing and that’s not right.”

“We should have a place to get help and somebody to talk to.”

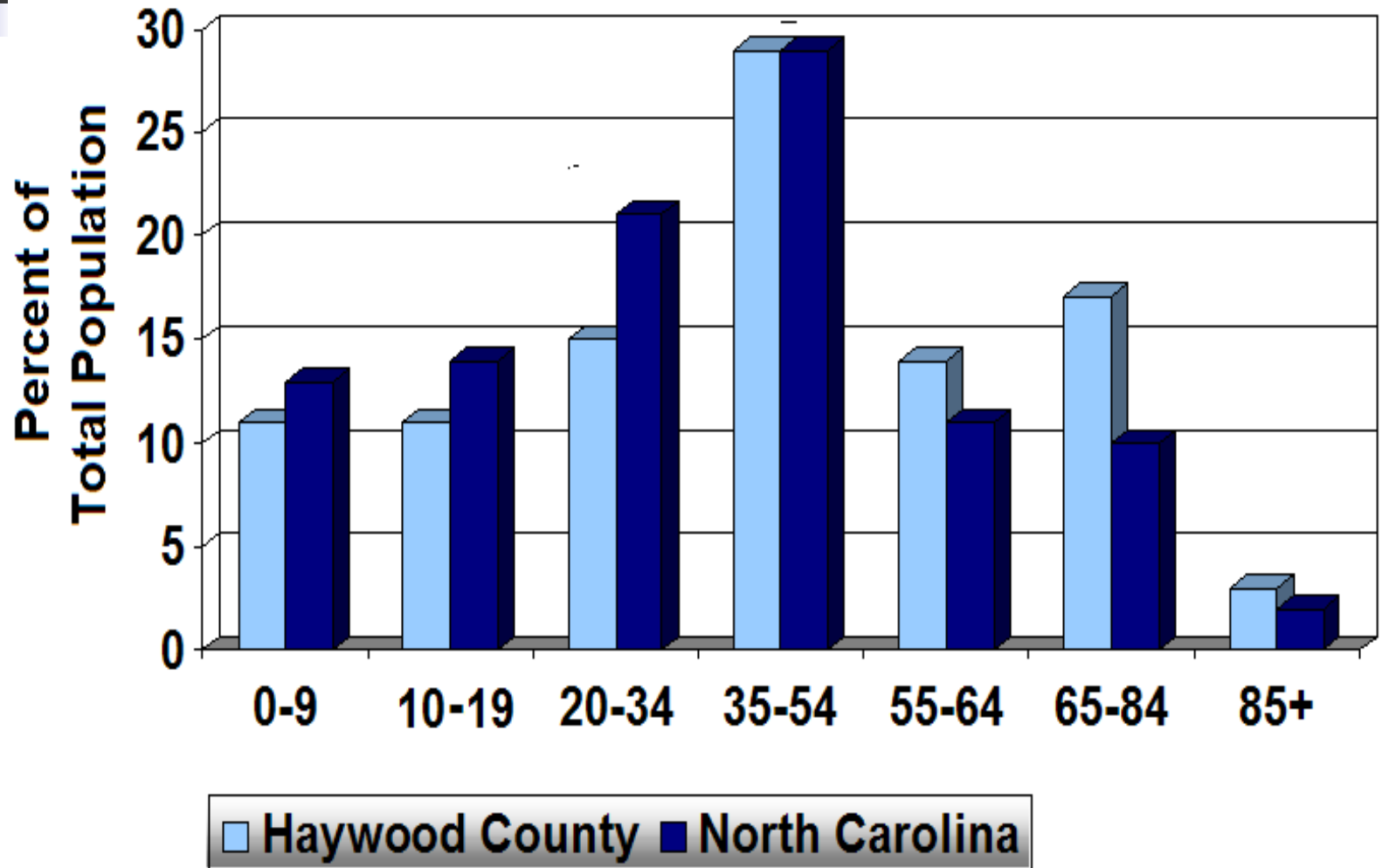


Keeps people from being healthy...

Lack of Access

“This is an aging county with few doctors that focus on older people.”

Haywood County Population by Age 2006





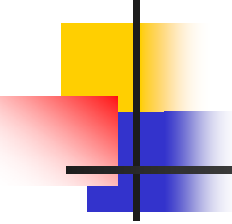
Keeps people from being healthy...
Pollution

“I question a lot of the pollution that settles in our mountains. The mountains HOLD pollution. We have a lot of allergies.”



Keeps people from being healthy...
Pollution

“Asbestos disease is common here. It is linked to the old Dayco plant building. There are a lot of old buildings in Haywood County.”



Question: What could be done to solve these problems?...Education

- Doctors explaining things to their patients
- More health education in the schools
- Community health education & outreach
- Publicity about programs that are available
- Media could have more PSAs about health



Solve Problems...Education

- Reading classes for health information/medications – Eng.& Spanish
- “Share the Road” Program
- Nutrition/Exercise classes for parents
- More weight loss competitions
- More organized groups for walking
- Smoking cessation classes with incentives to quit



Solve Problems...Medical Services

- Screenings/flu shots
 - Free/low cost
 - At community centers
- Lower cost of medical care
- Increase access to doctors/dentists
- More doctors & dentists taking Medicaid and Medicare
- Later hours in doctor's offices



Solve Problems...Policies

- Worksite wellness programs
- Insurance discounts for healthy lifestyles
- Greater penalty for tobacco/alcohol sales to minors
- More community collaboration in health concerns – ie: churches, media, jail



Solve Problems...Policies

- Mandatory PE in grades K-12
- Do not take away recess as punishment at school
- More affordable places to exercise
- Families could exercise at schools
- More sidewalks, walking trails, bike lanes, and places to roller skate and skateboard



Solve Problems...Policies

- Healthier foods in schools & restaurants
- Food labeling in schools & restaurants
- Schools use local produce
- School healthy snack policy (sold in school and brought to school)



Solve Problems...Policies

- Ban smoking in public places
- Get rid of smog
- Provide transportation for those in need
- Youth center with variety of activities (free or low-cost)



Solve Problems...Policies

“Candy should not be used as a reward.
That happens every day at school and
elsewhere.”



Final Thoughts

“Even if you made health care free, people would not participate. Education is the key...to educate them on what will happen to them 10 years from now if they do not make lifestyle changes.”



Final Thoughts

“Often people are too busy and won’t take time for their health. Years later, they wish they had participated in more prevention measures.”



Final Thoughts

“Our society and culture in America needs to make healthy lifestyles the norm – the most important thing to do.”



Final Thoughts

“We do not have to die young of heart disease just because mama and daddy did.”