

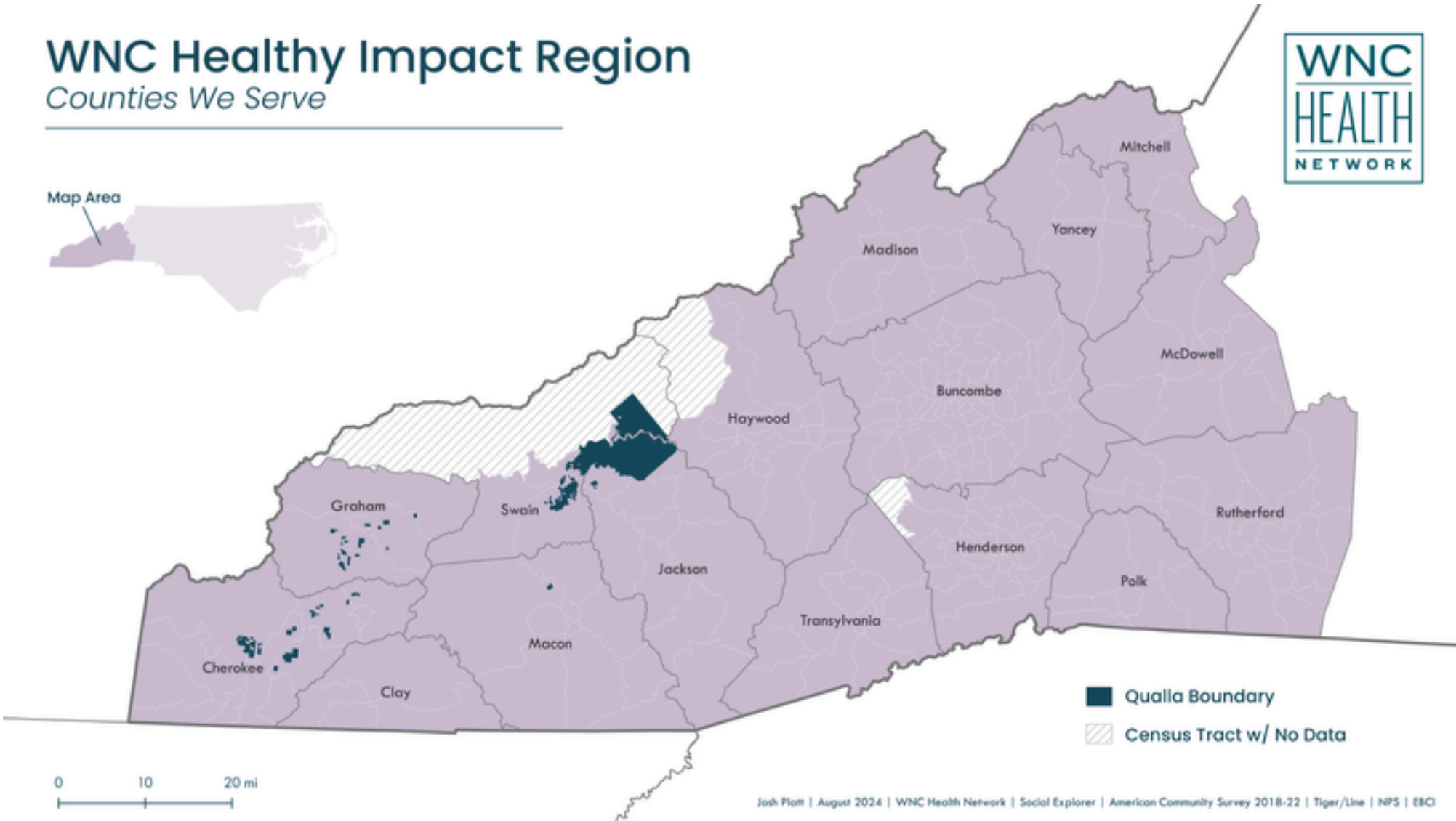


# 2024 COMMUNITY HEALTH SURVEY

Western North Carolina

# WNC Healthy Impact Region

Counties We Serve



# 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

# 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





# 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

# 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

# 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  $\pm 1.3\%$  at the 95% confidence level
- Results for each of the 18 counties have maximum error rates ranging from  $\pm 3.3\%$  to  $\pm 9.8\%$  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

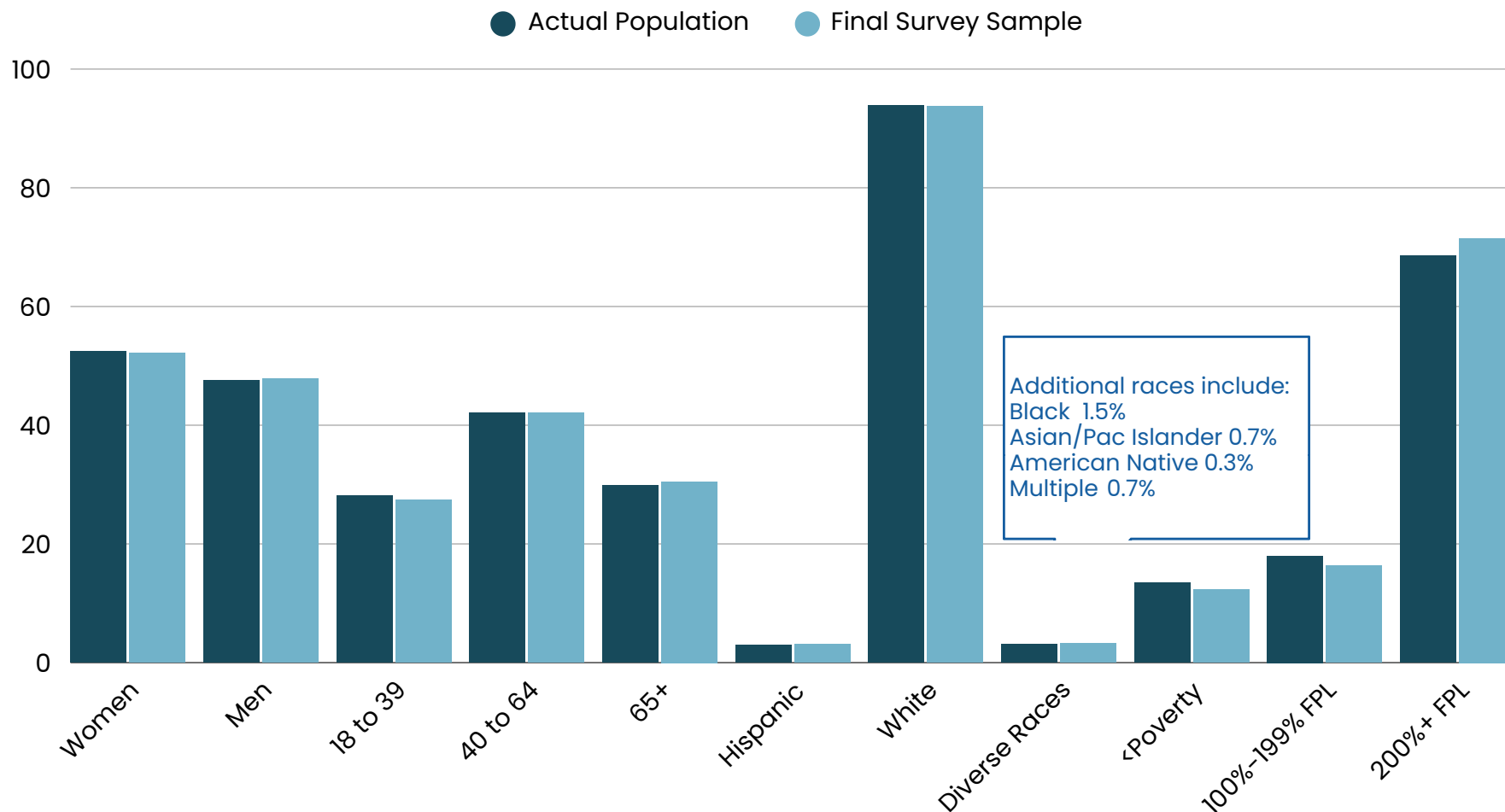
# Approximate Error Ranges at the 95 Percent Level of Confidence

	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%

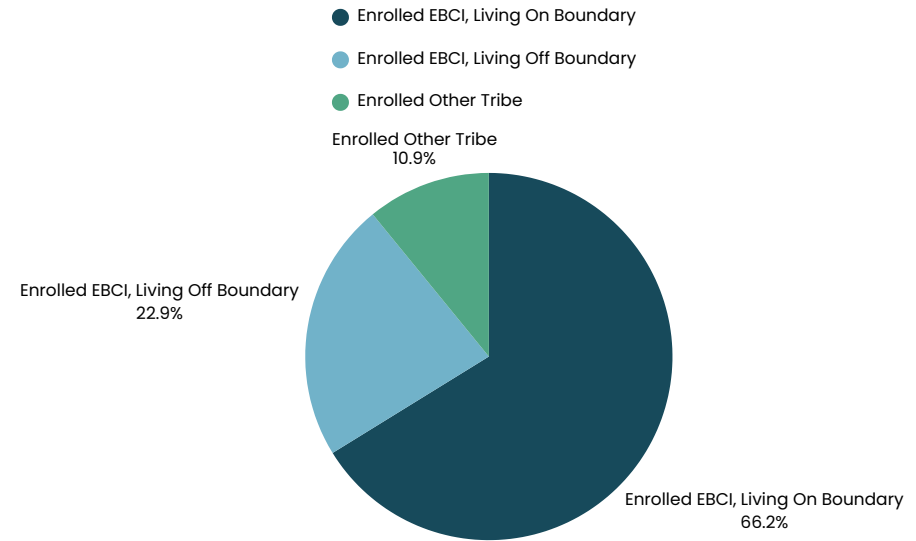
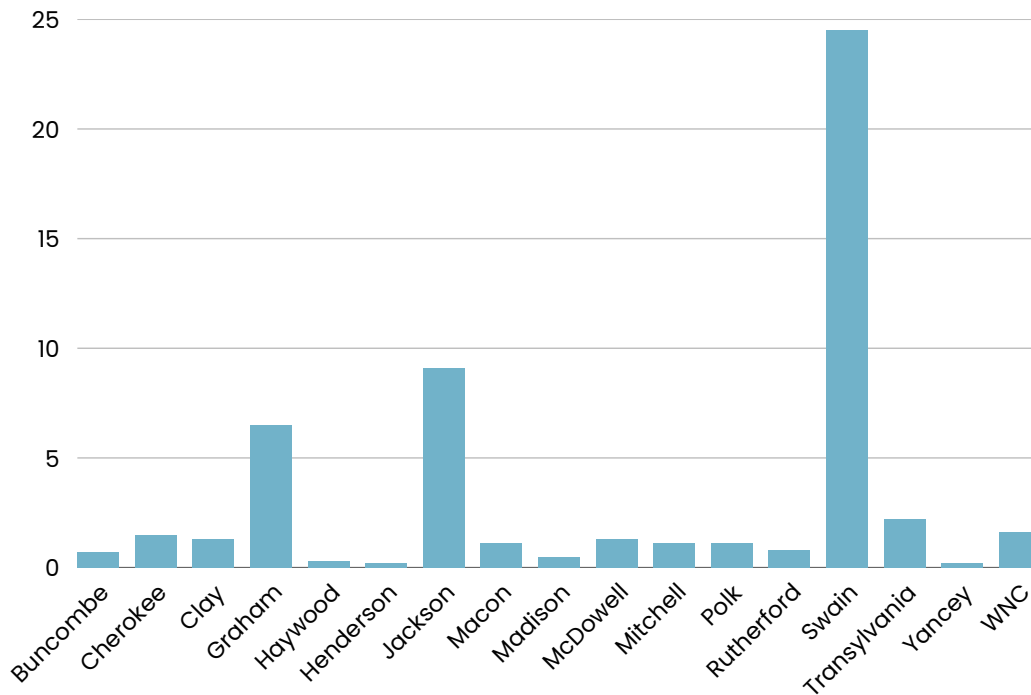
Note: The "response" is based on the "yes" response. A "95 percent level of confidence" indicates that responses would fall within the expected error range on 95 out of 100 trials.

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.

# Population & Survey Sample Characteristics (Haywood County, 2024)



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

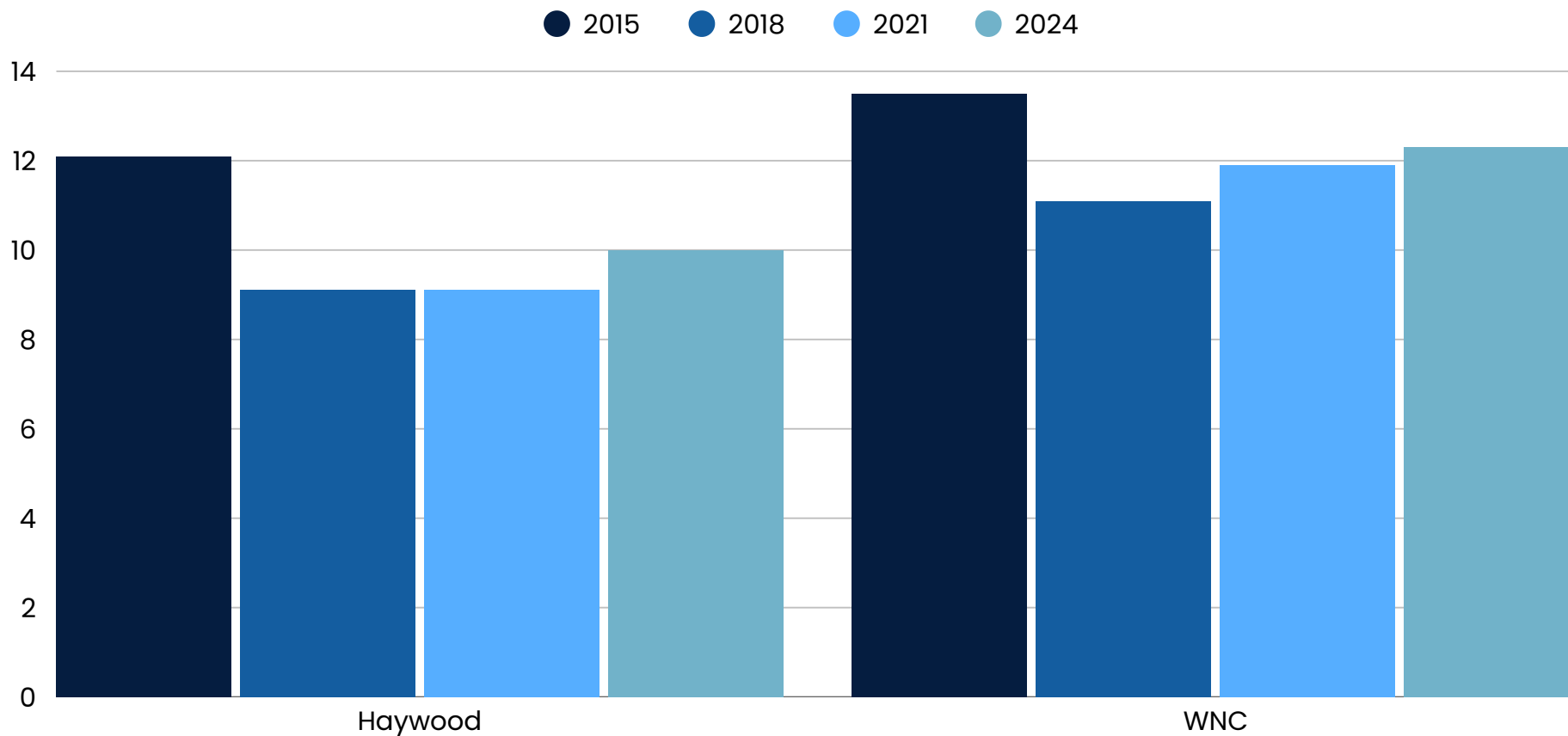


Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Items 30, 88]  
Notes: Asked of all respondents.

# QUALITY OF LIFE



# County Is a “Fair/Poor” Place to Live (By County)

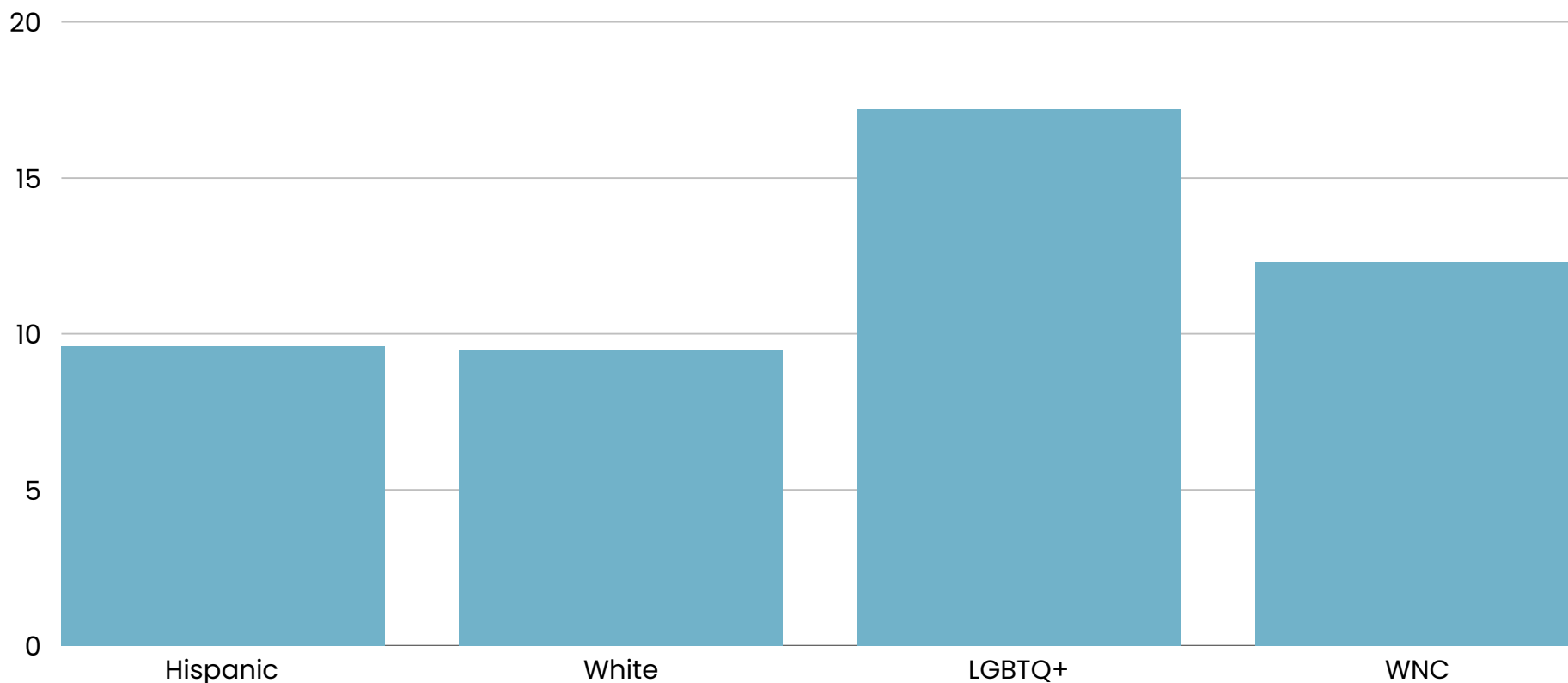


Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 5]  
Notes: Asked of all respondents.





# 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.

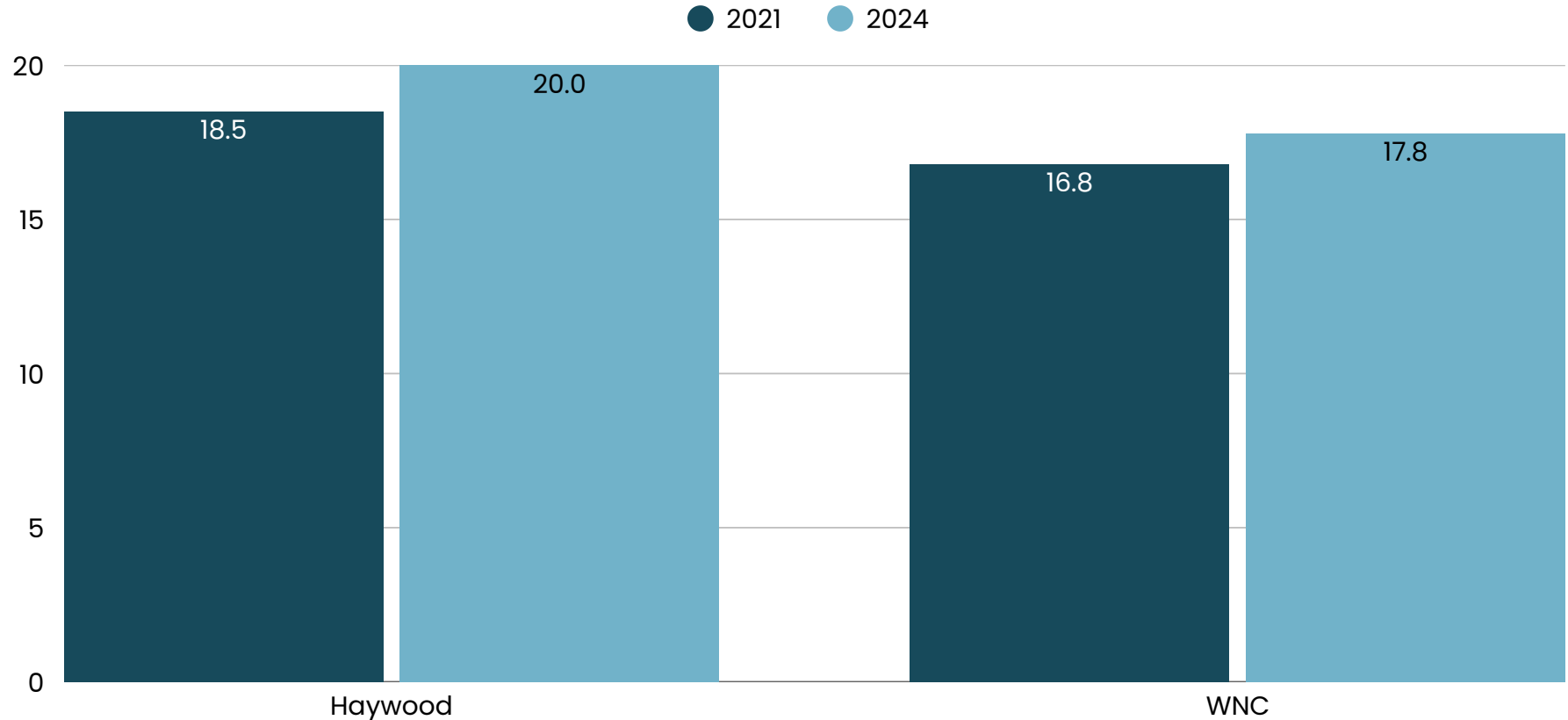


# **SOCIAL DETERMINANTS OF HEALTH**



# EQUITY

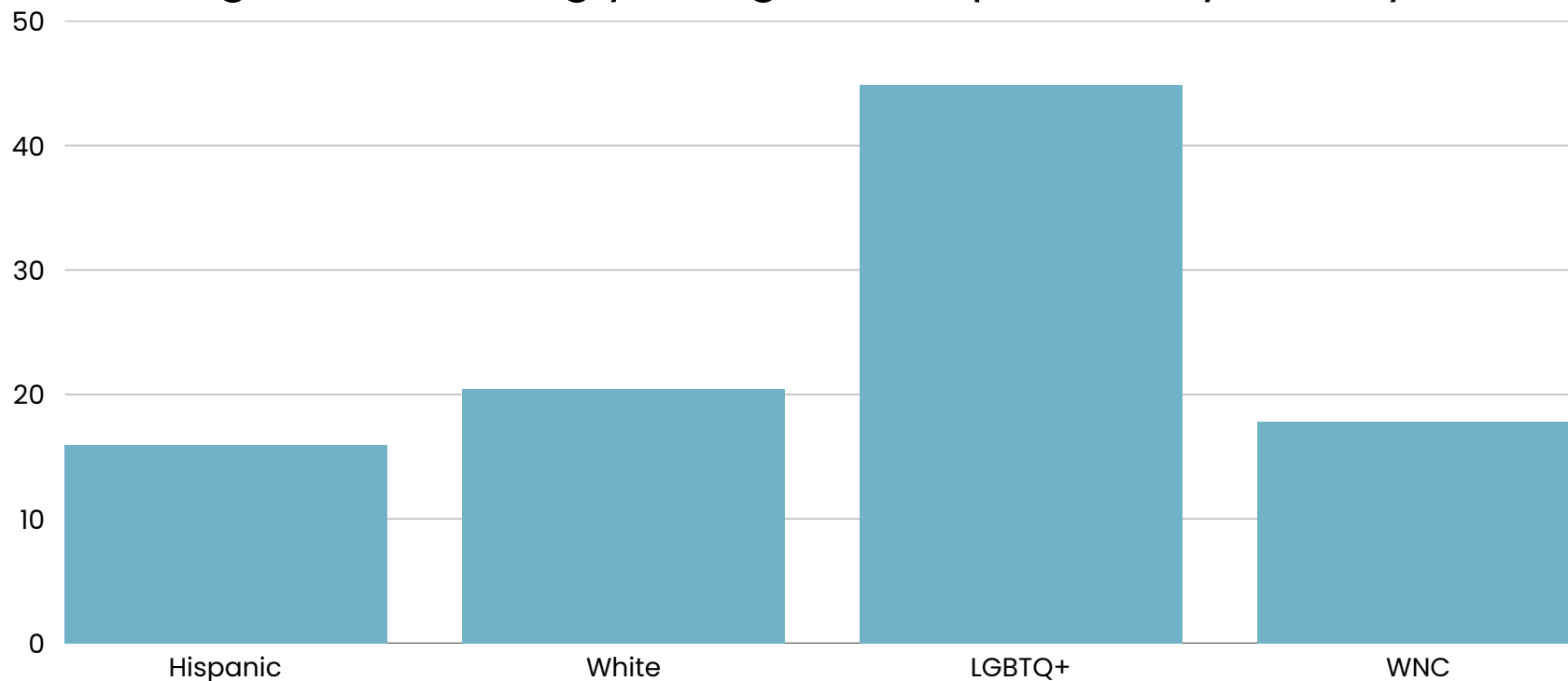
# Disagree That the Community Is a Welcoming Place for People of All Races and Ethnicities ("Disagree" or "Strongly Disagree" Responses; By County)



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



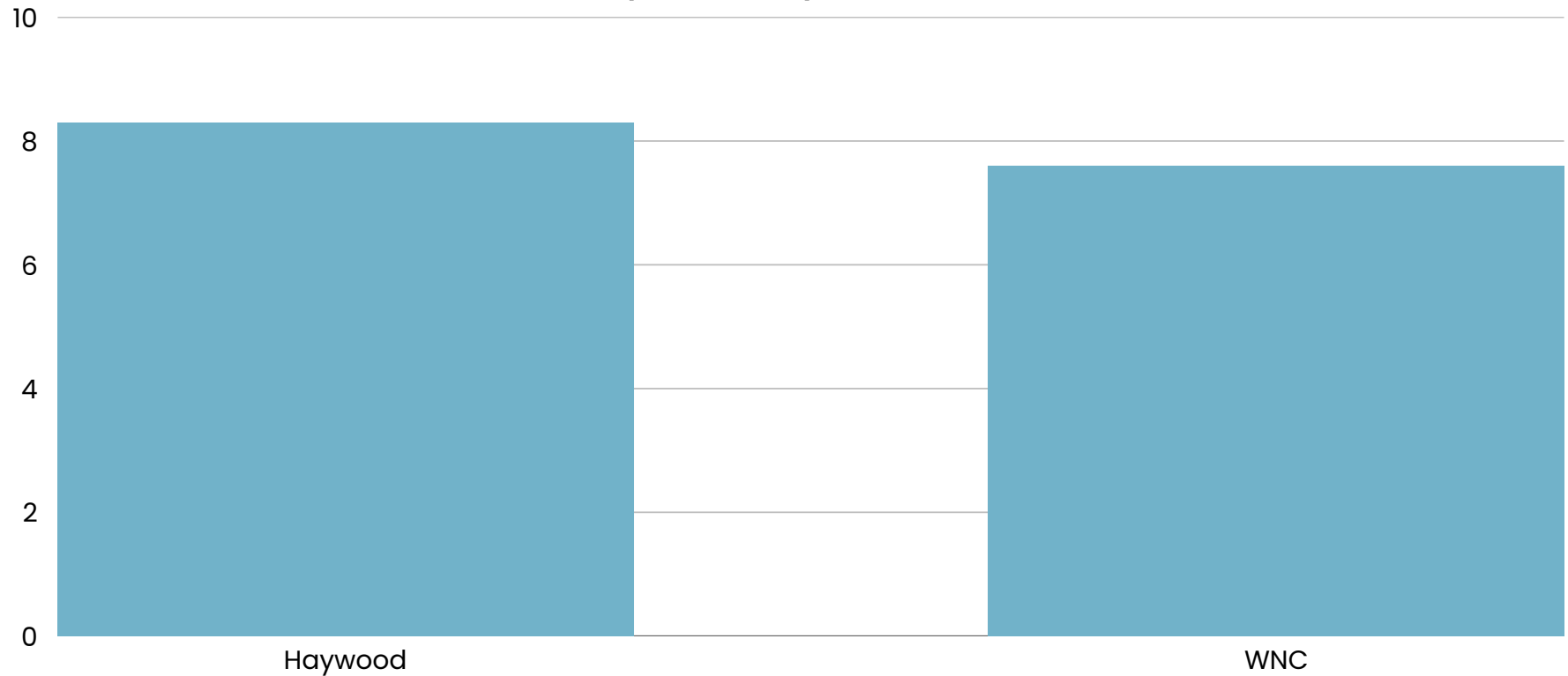
## Disagree That the Community Is a Welcoming Place for People of All Races and Ethnicities ("Disagree" or "Strongly Disagree" Responses; By County, 2024)



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



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



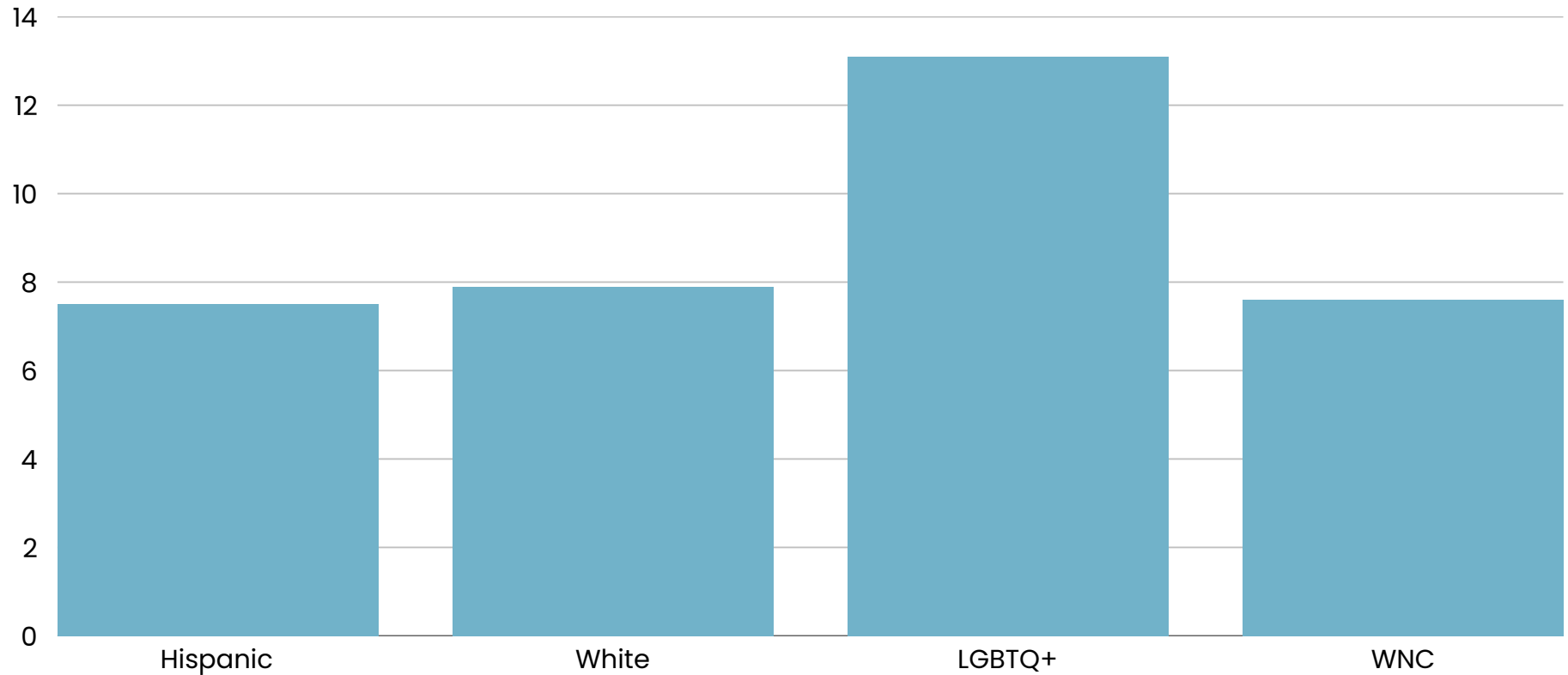
Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 70]

Notes: Asked of all respondents.





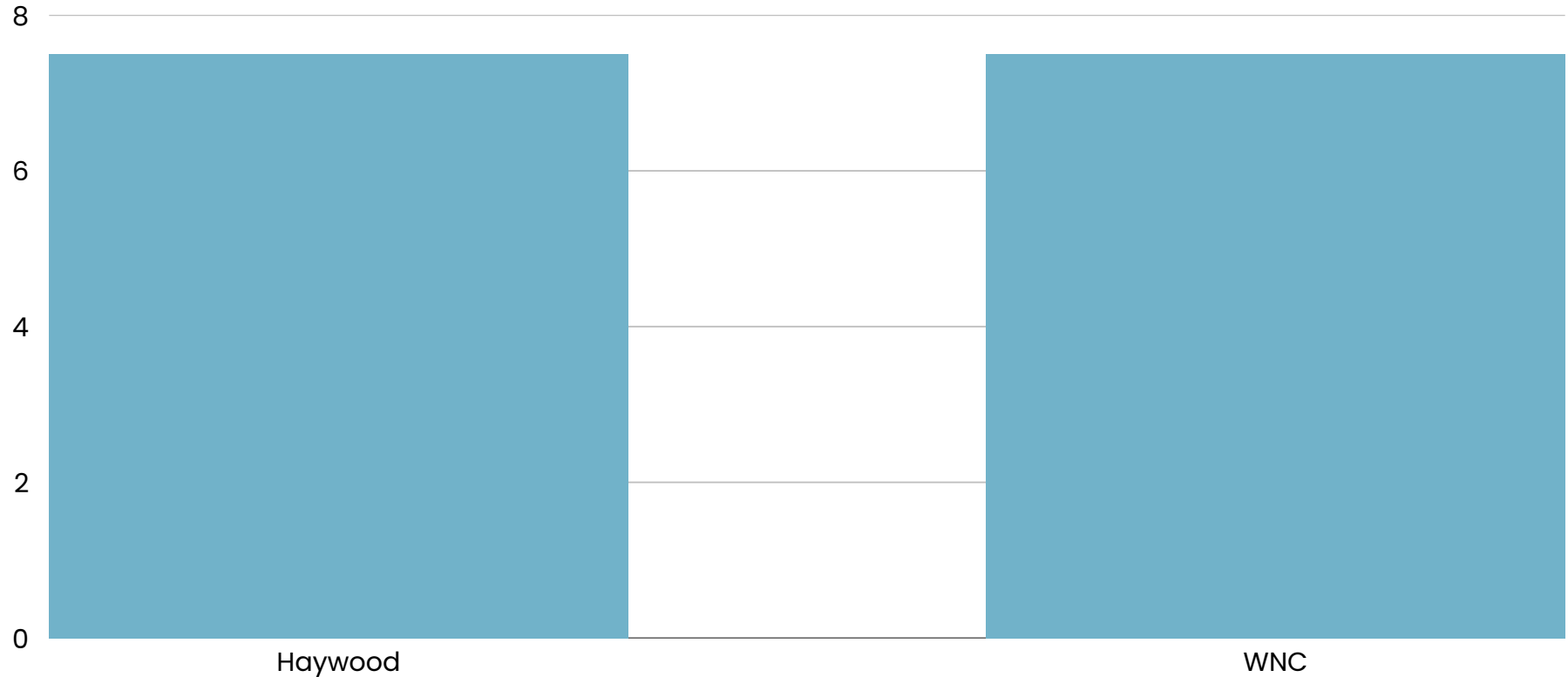
## “Often/Sometimes” Threatened or Harassed in the Past Year (By County, 2024)



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



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



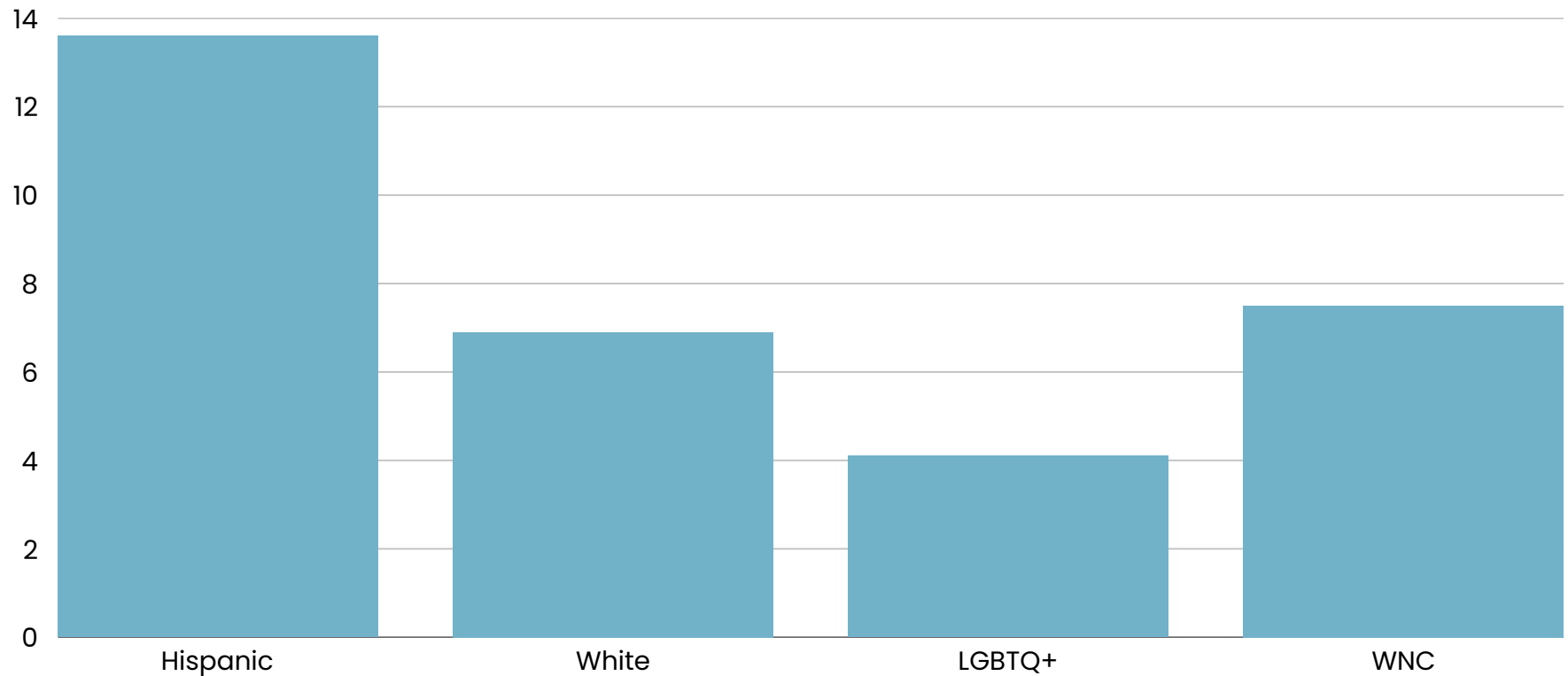
Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 71]  
Notes: Asked of all respondents.







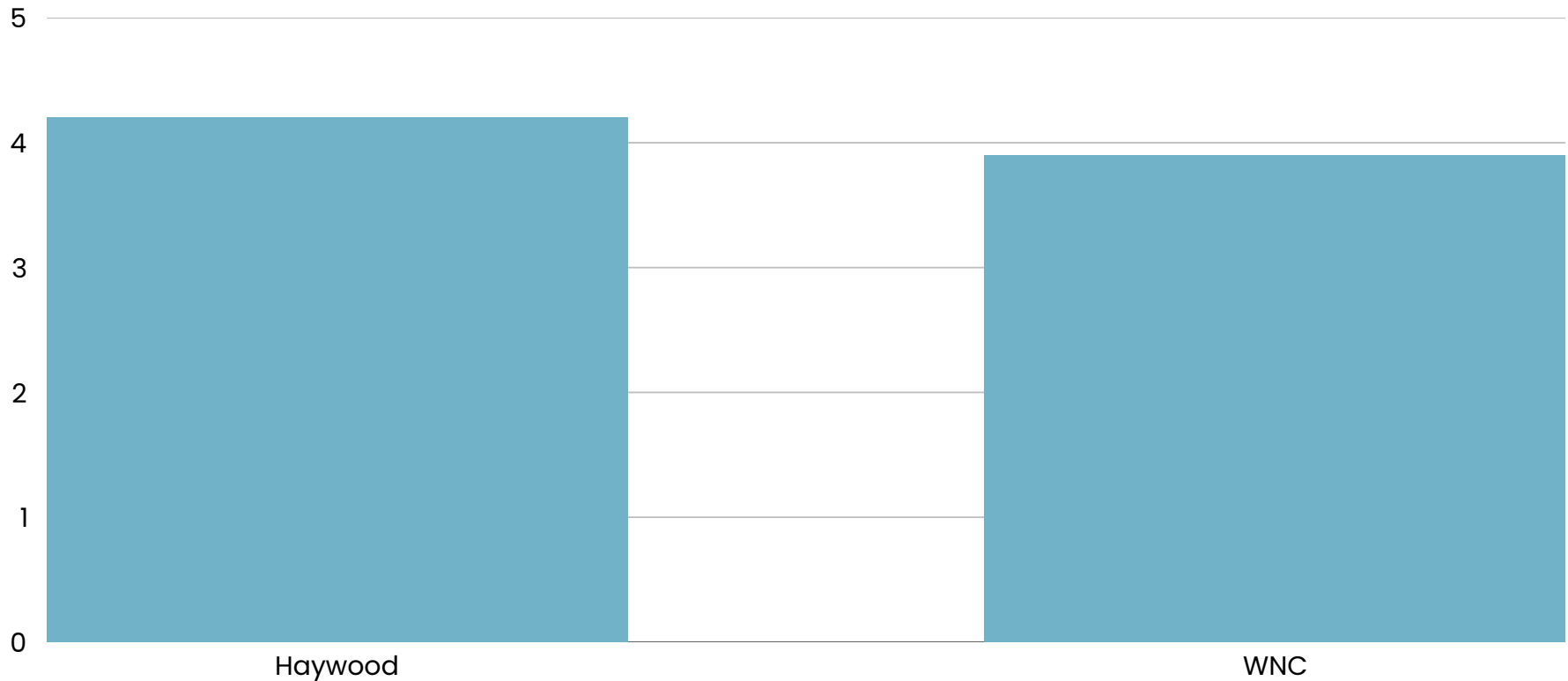
# “Often/Sometimes” Treated Unfairly When Getting Medical Care in the Past Year (By County, 2024)



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



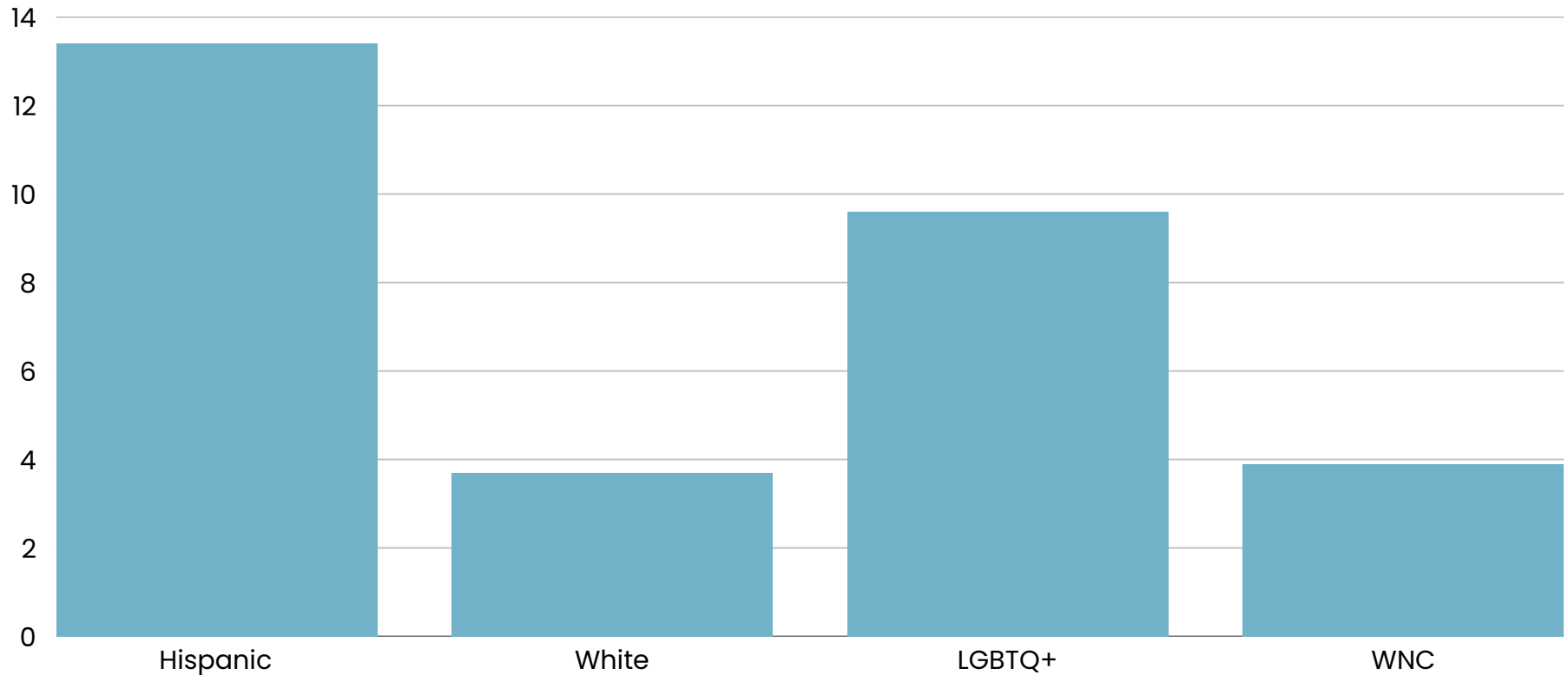
# "Often/Sometimes" Treated Unfairly at School in the Past Year (By County, 2024)



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



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

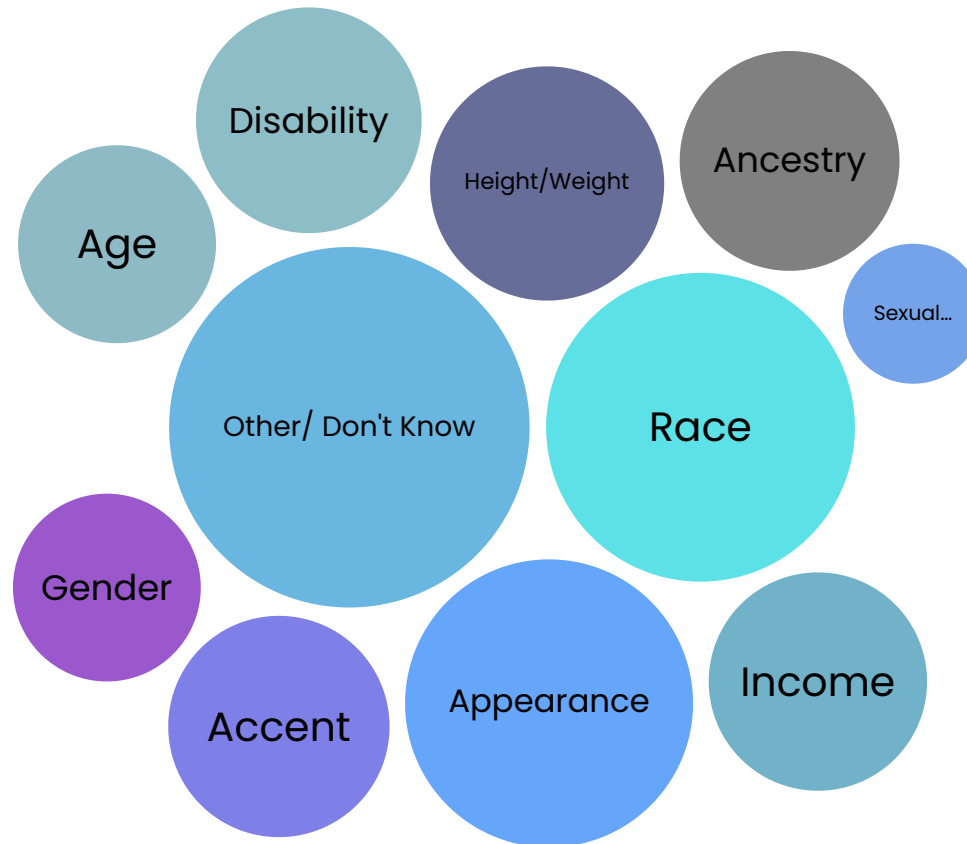


Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 72]  
Notes: Asked of all respondents.



# Perceived Main Reason for Unfair Treatment in the Past Year

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

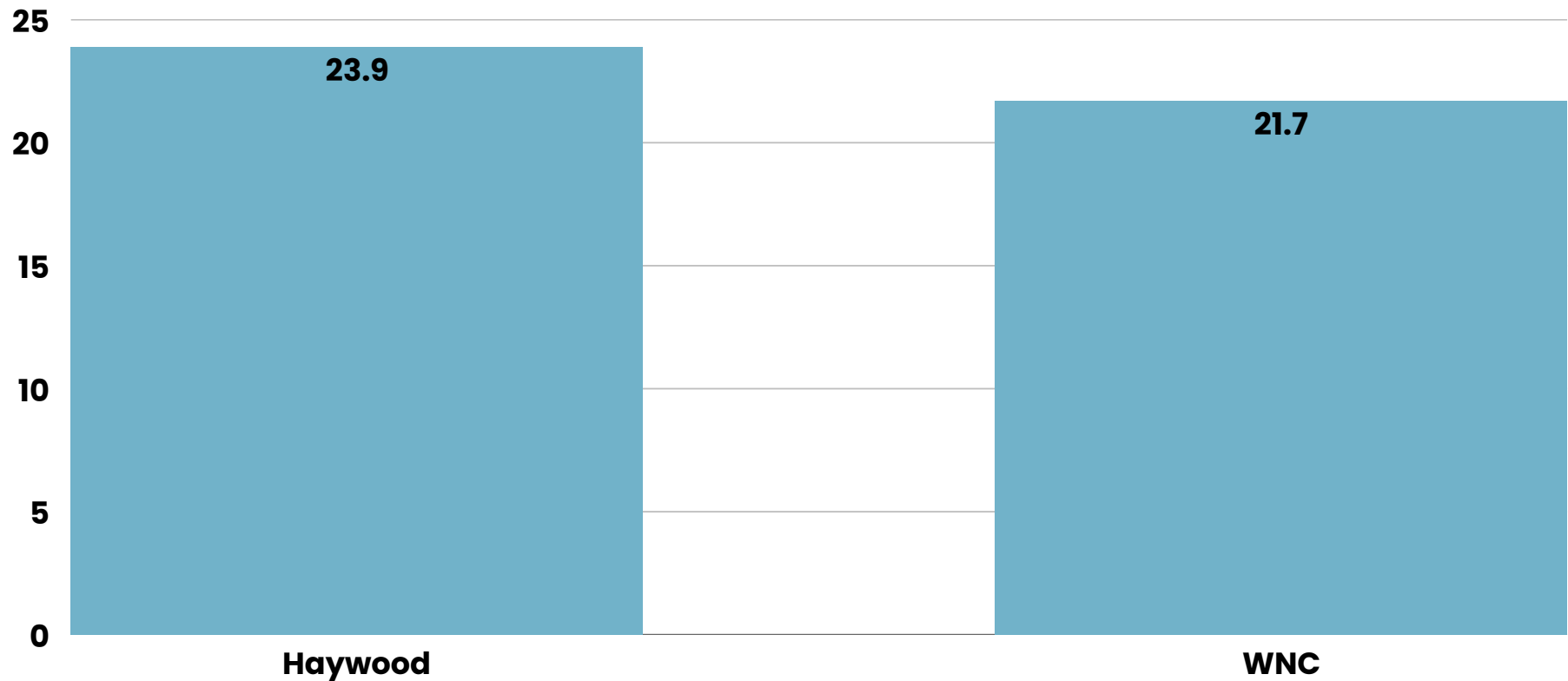


Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 73]

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.

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



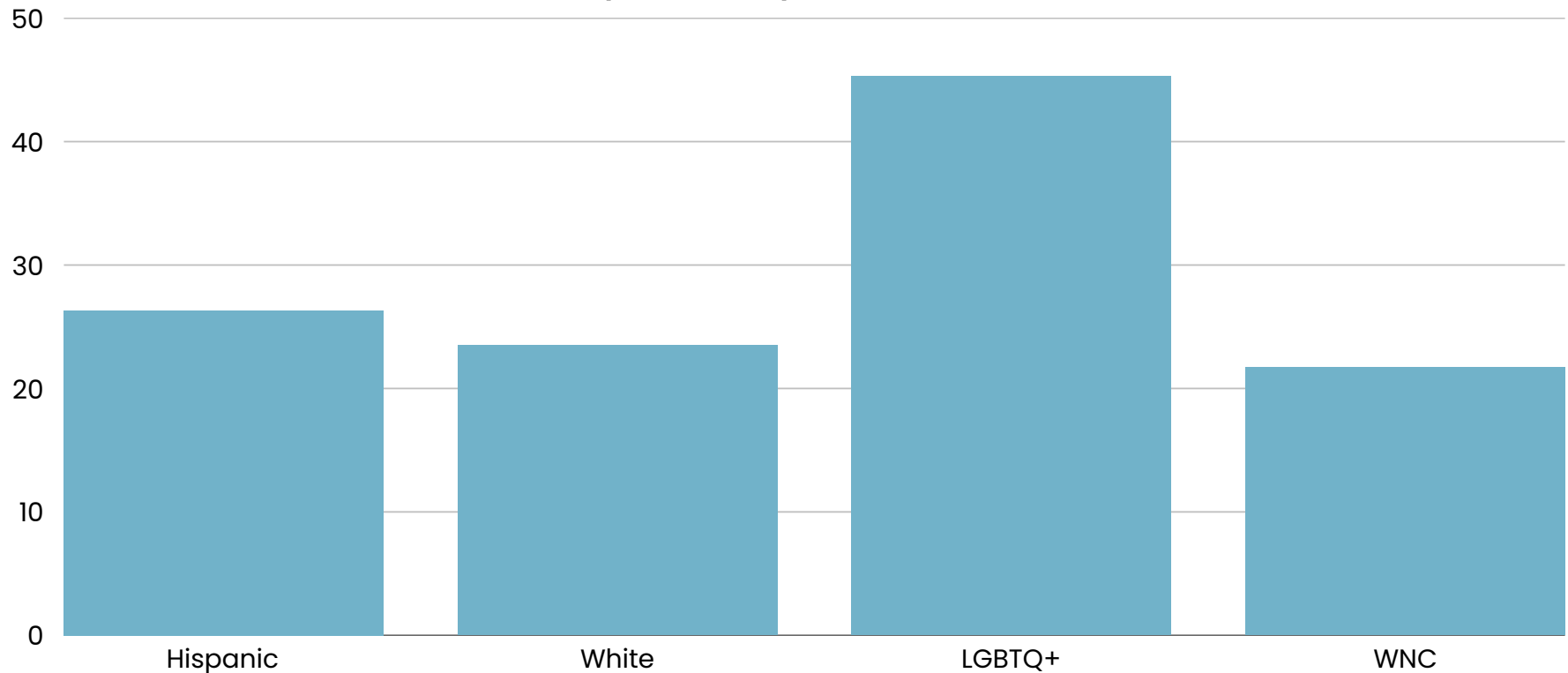
Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 74]

Notes: Asked of all respondents.

Examples of physical symptoms include a headache, an upset stomach, tensing of muscles, or a pounding heart.



# 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]

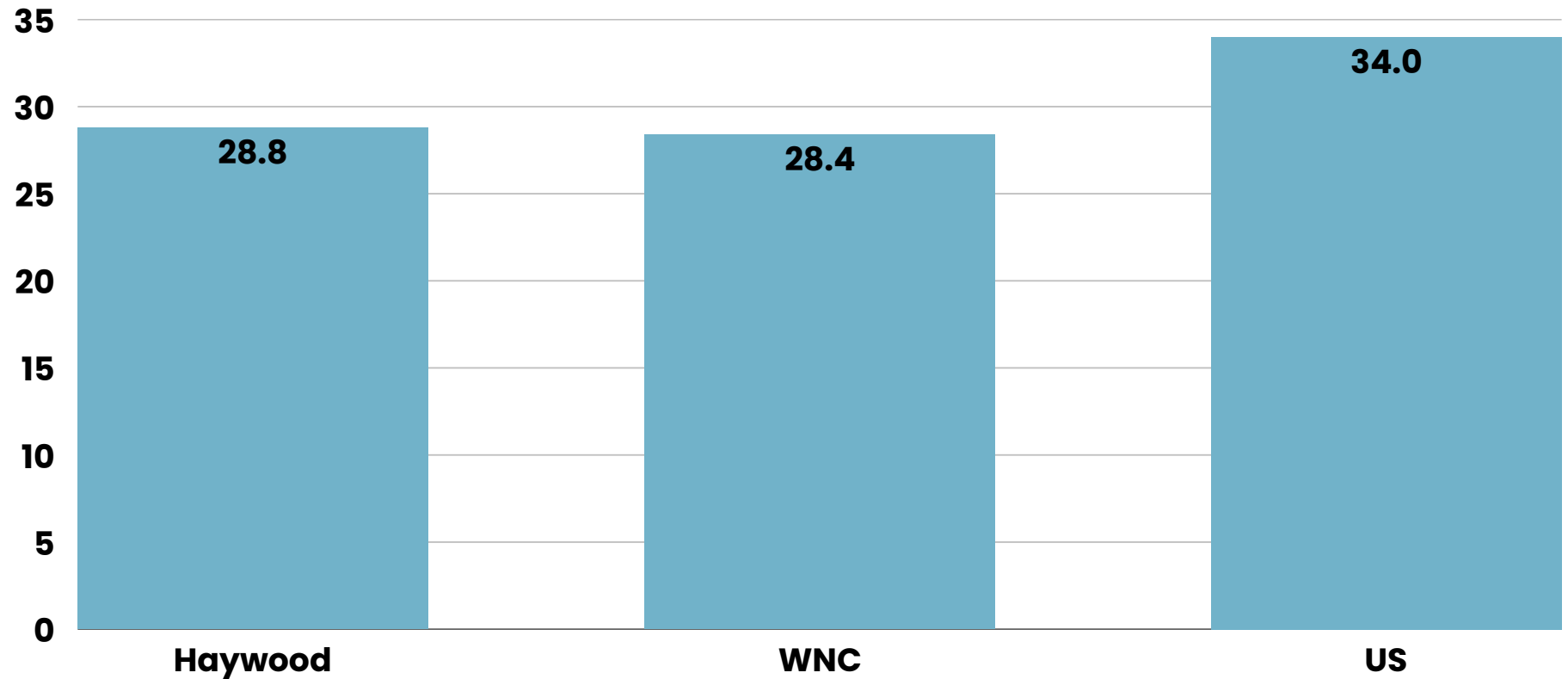
Notes: Asked of all respondents.

Examples of physical symptoms include a headache, an upset stomach, tensing of muscles, or a pounding heart.



# FINANCIAL RESILIENCE

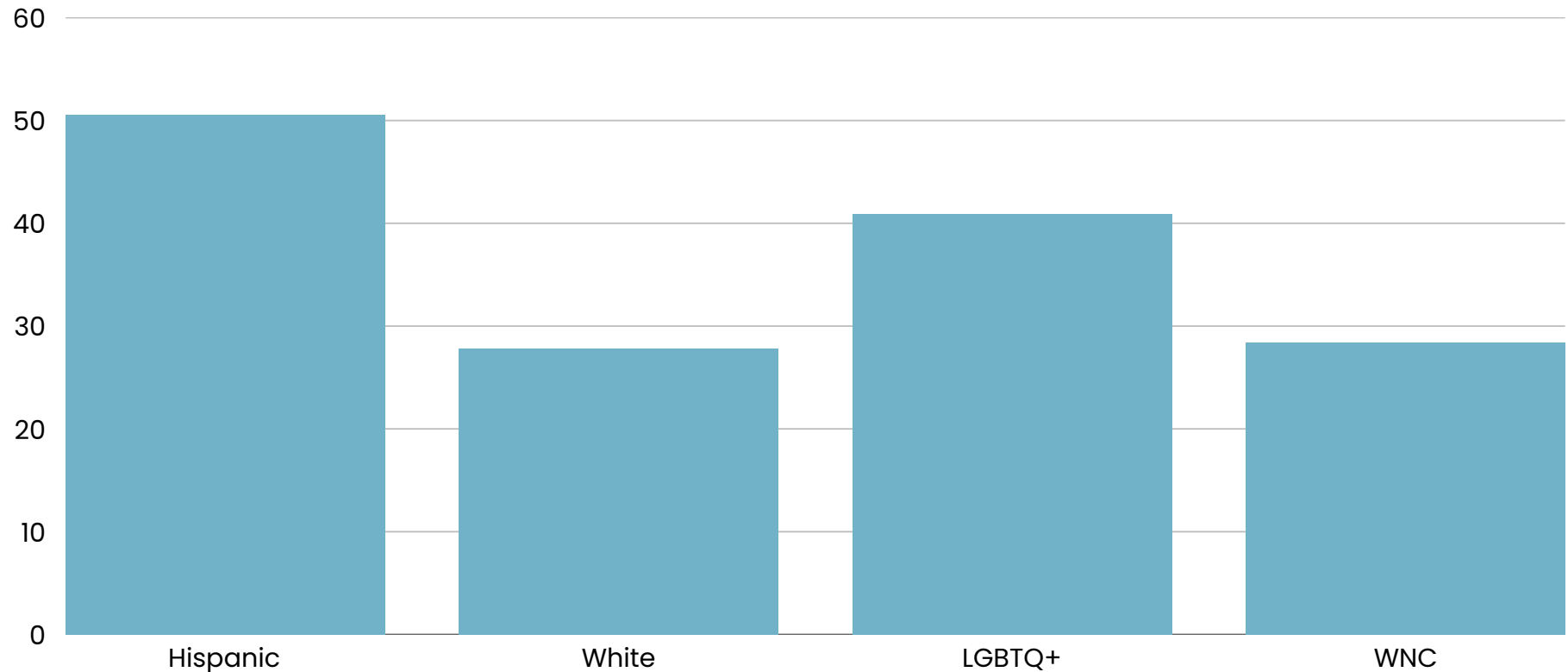
# Do Not Have Cash on Hand to Cover a \$400 Emergency Expense (By County, 2024)







## 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.

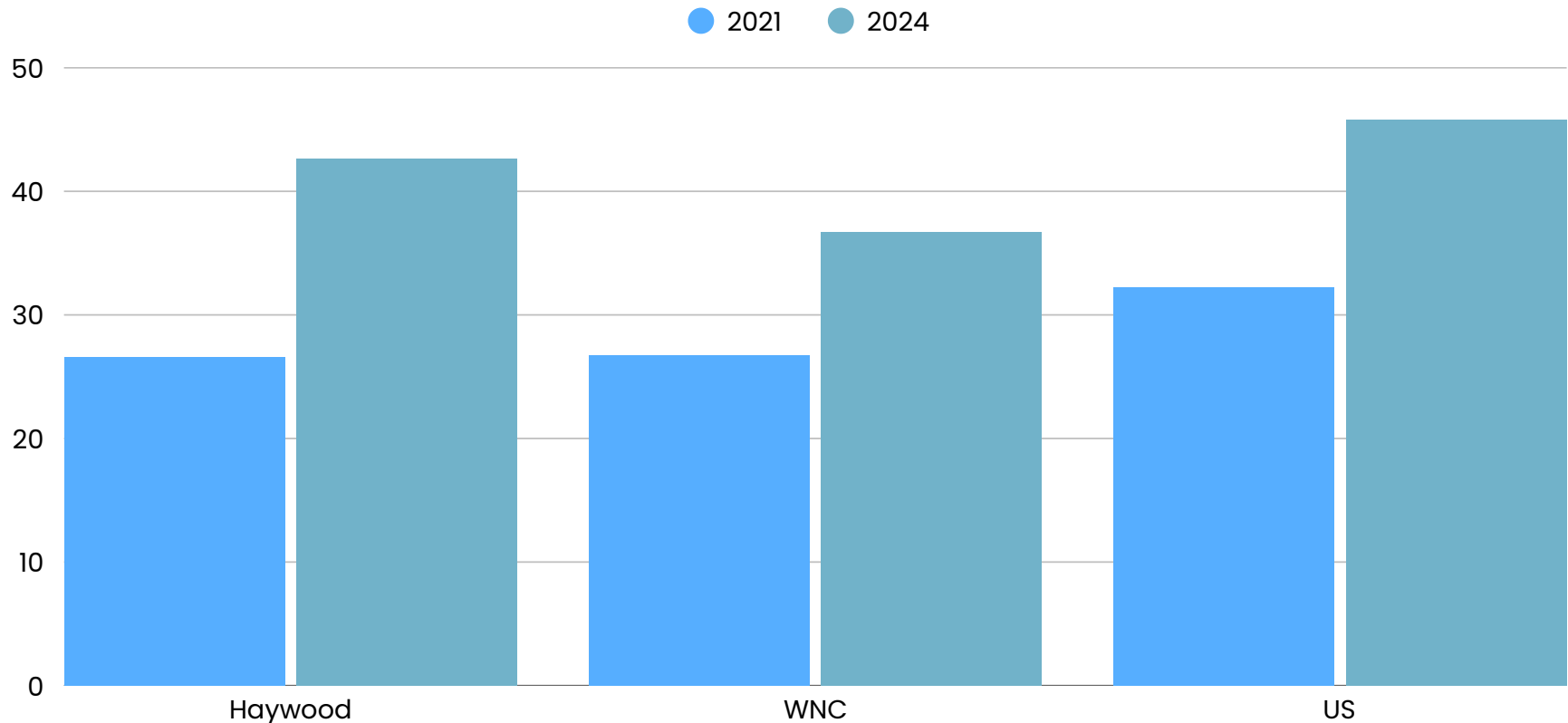
Includes respondents who say they would not be able to pay for a \$400 emergency expense either with cash, by taking money from their checking or savings account, or by putting it on a credit card that they could pay in full at the next statement.



# HOUSING



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

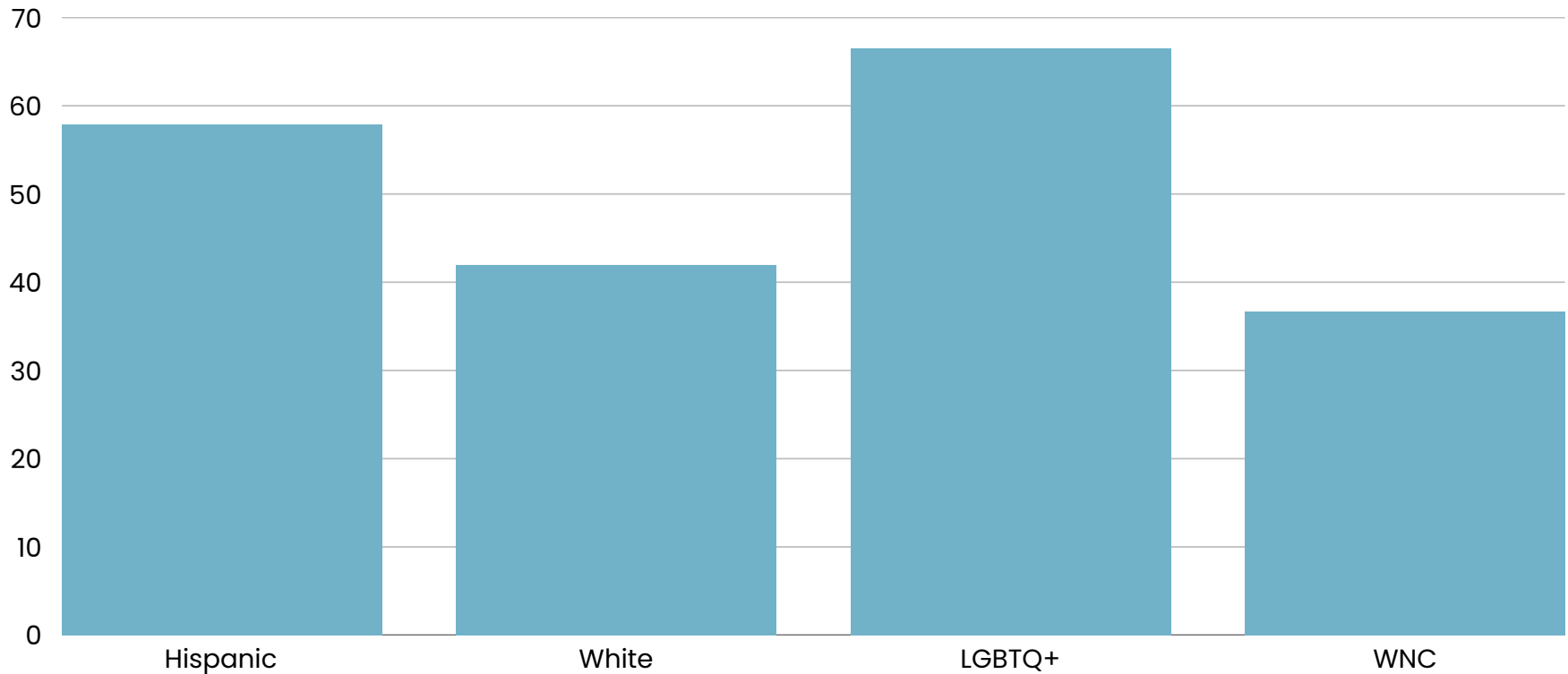


Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 38]  
2023 PRC National Health Survey, PRC, Inc.

Notes: Asked of all respondents.

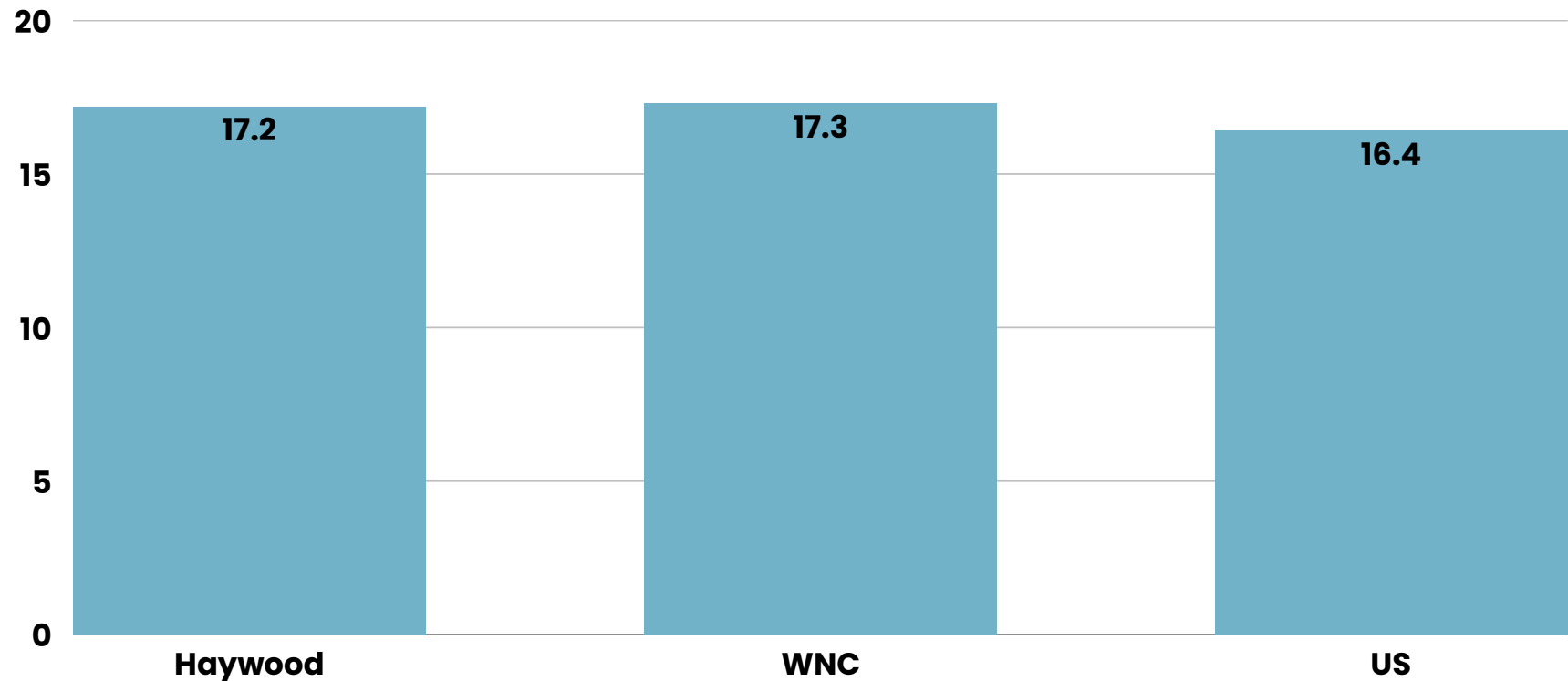


# “Always/Usually/Sometimes” Worried About Paying Rent/Mortgage in the Past Year (By County, 2024)



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

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



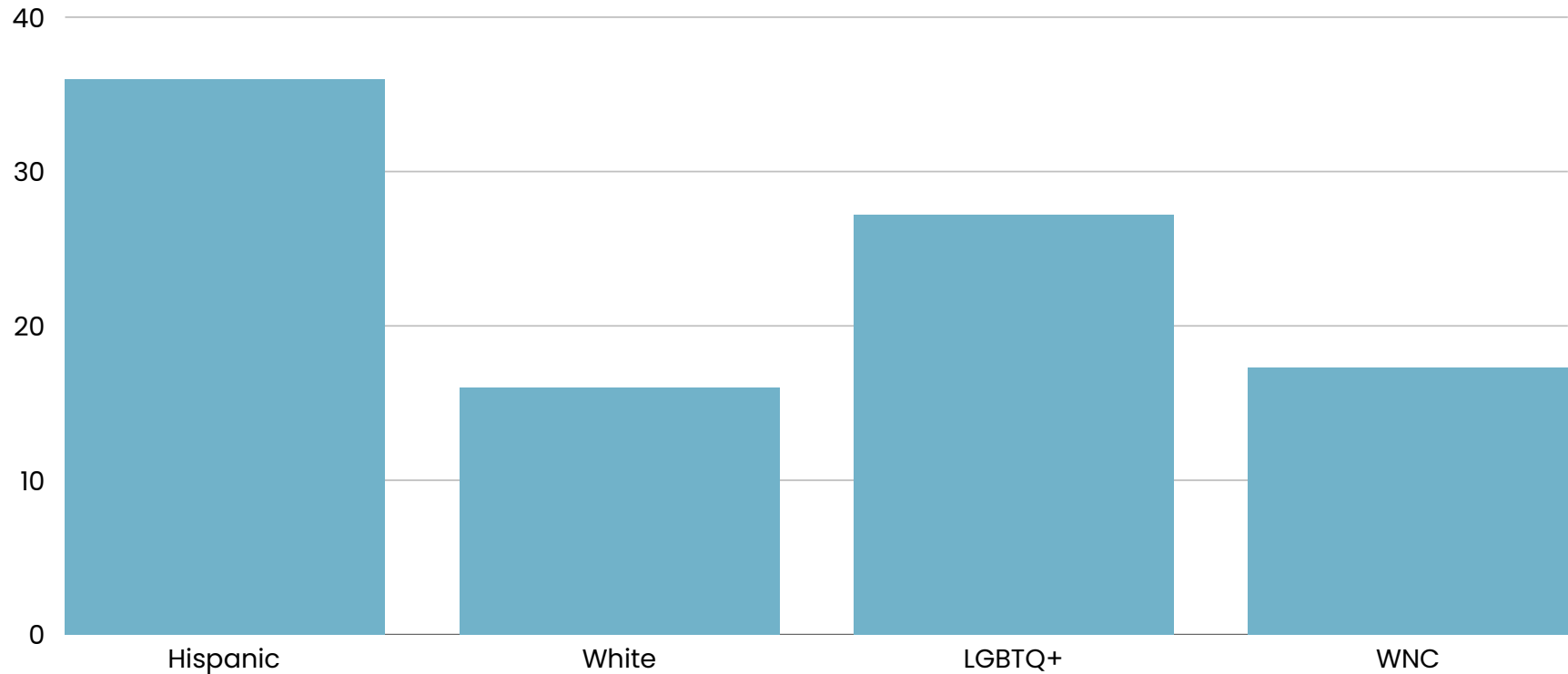
Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 39]  
2023 PRC National Health Survey, PRC, Inc.

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.



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

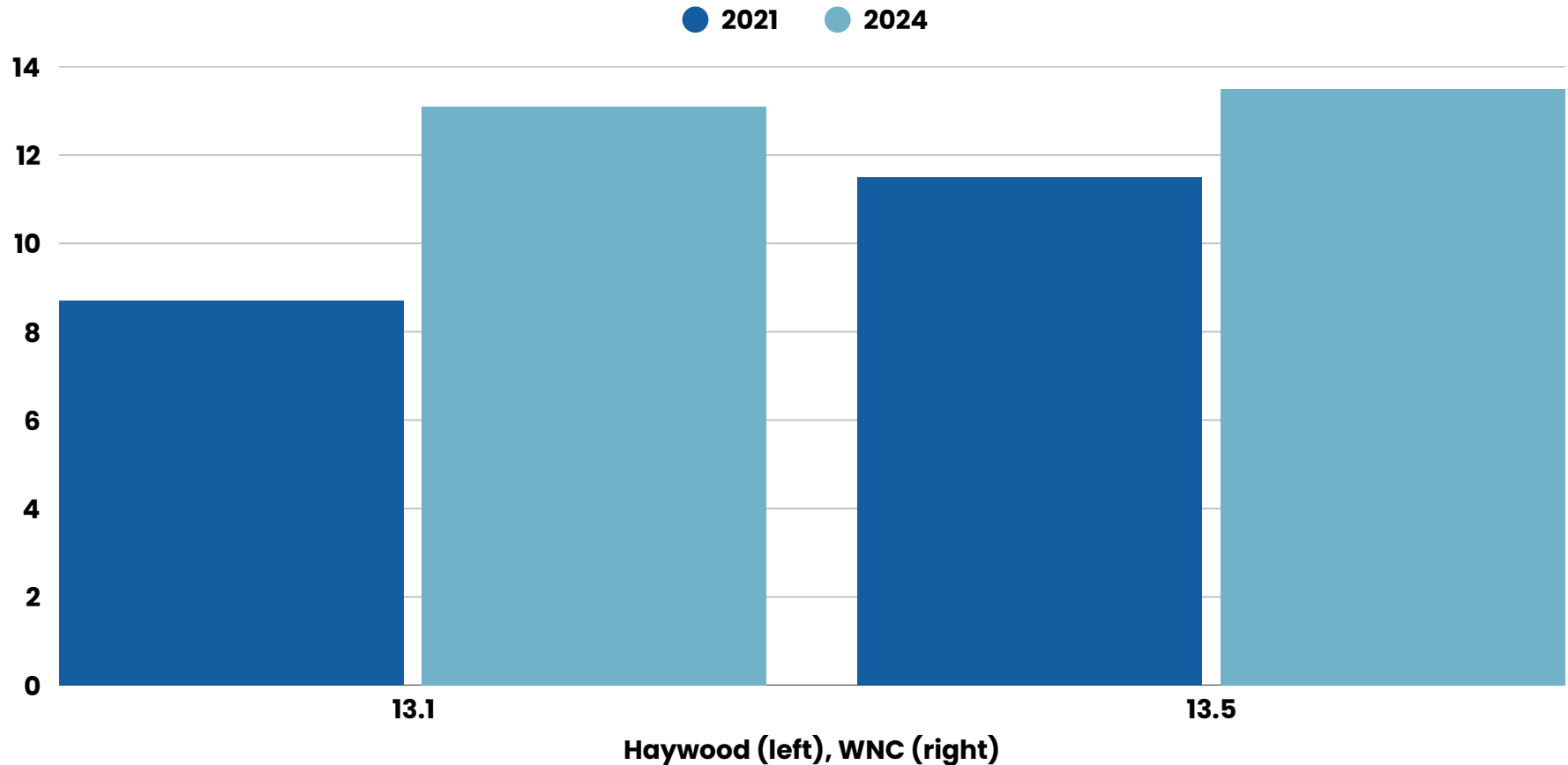


Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 39]

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.

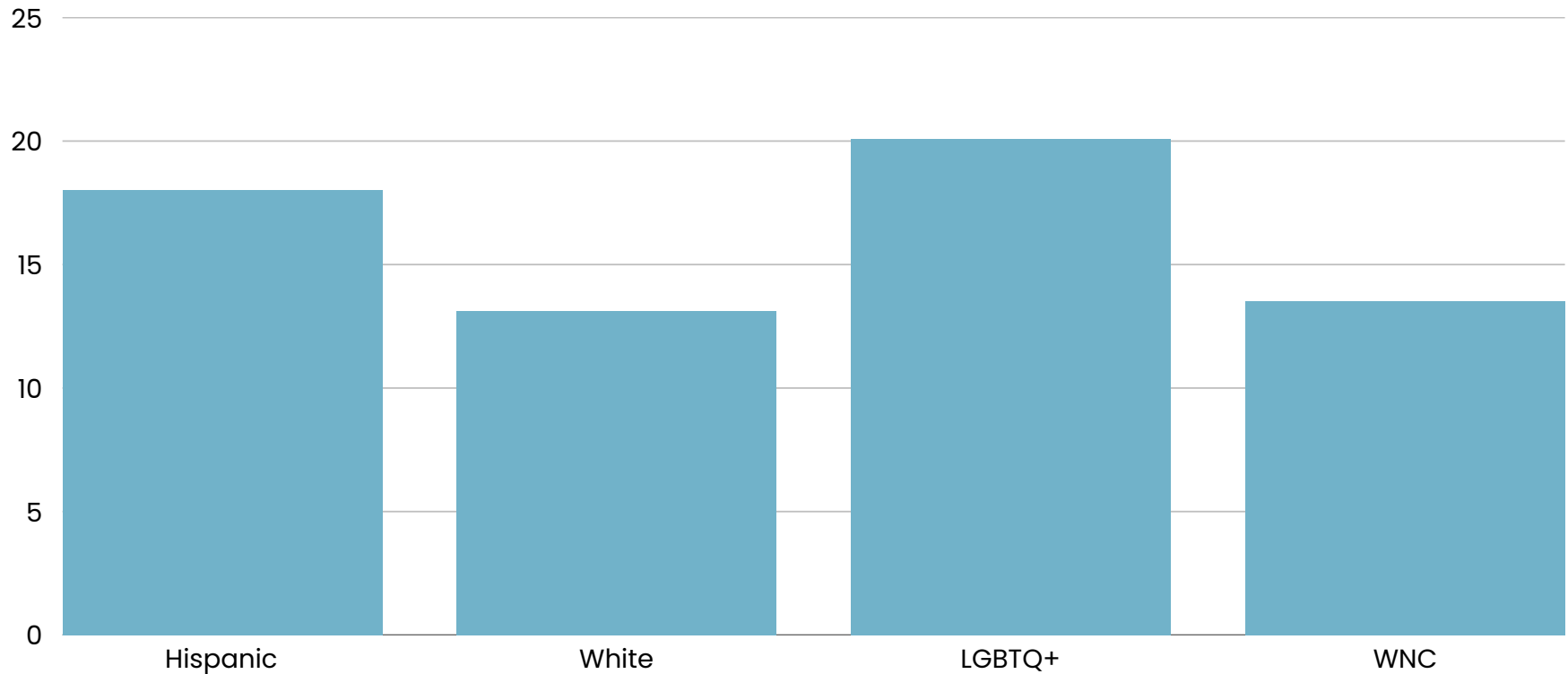
# Had a Time in the Past Year When Home Was Without Electricity, Water, or Heating (By County)



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



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



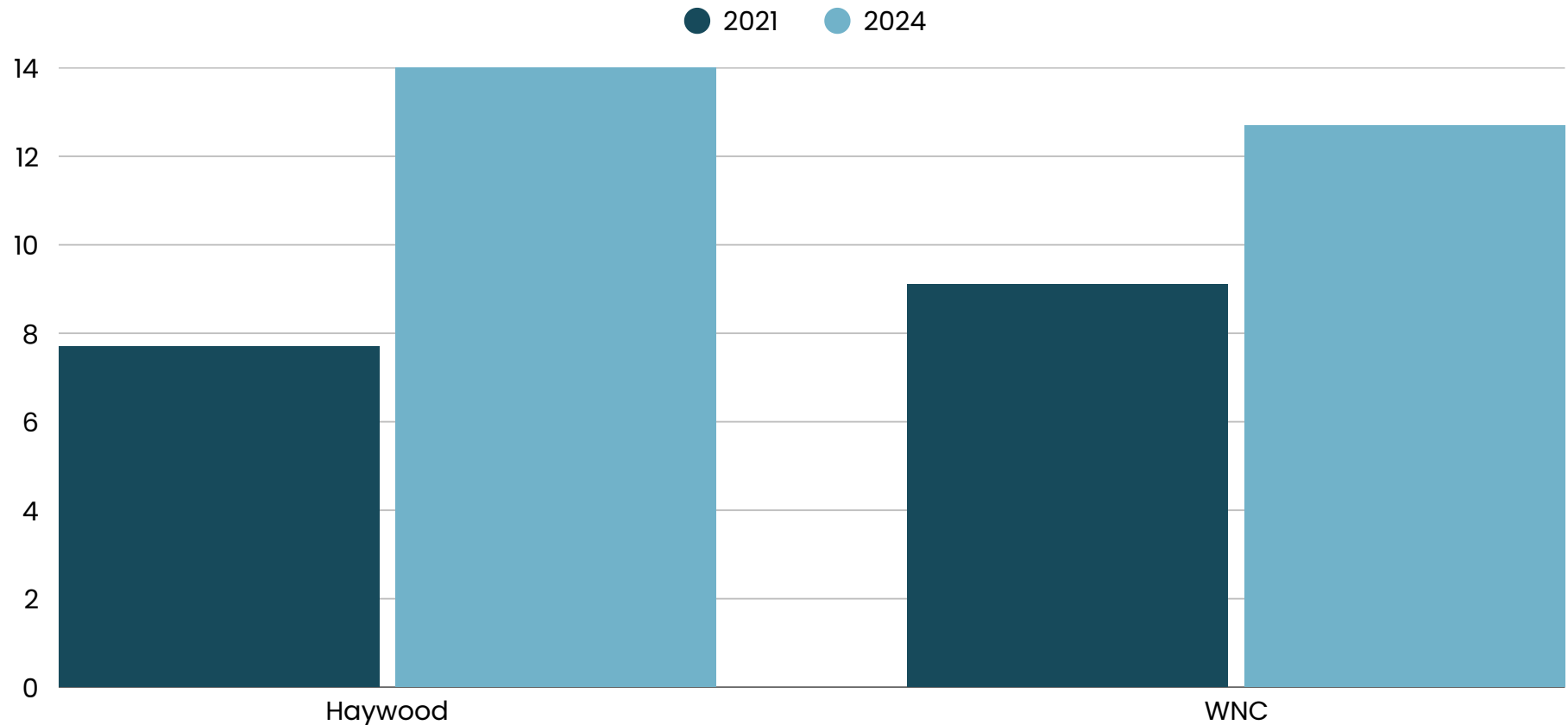
Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 40]

Notes: Asked of all respondents.





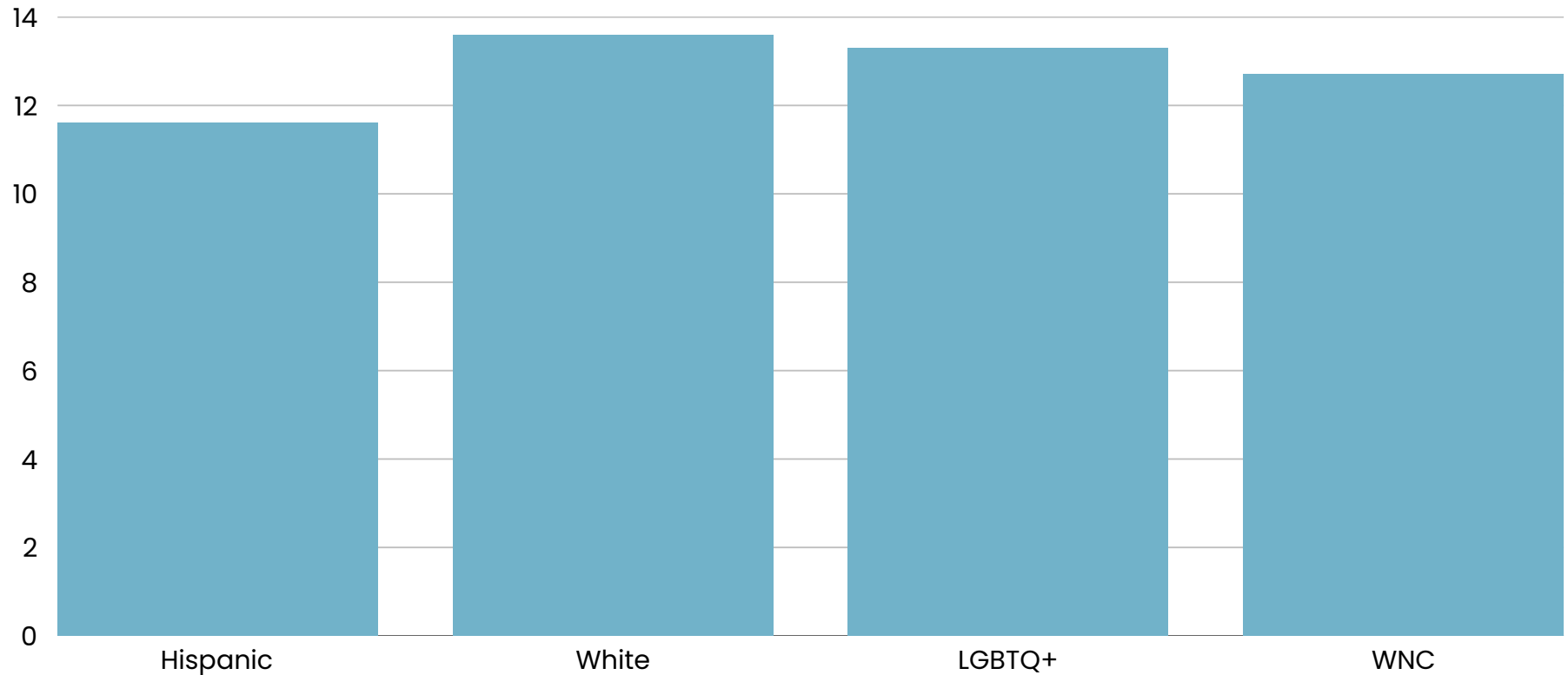
# Have Had to Live With a Friend/Relative in the Past Three Years Due to a Housing Emergency (By County)



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



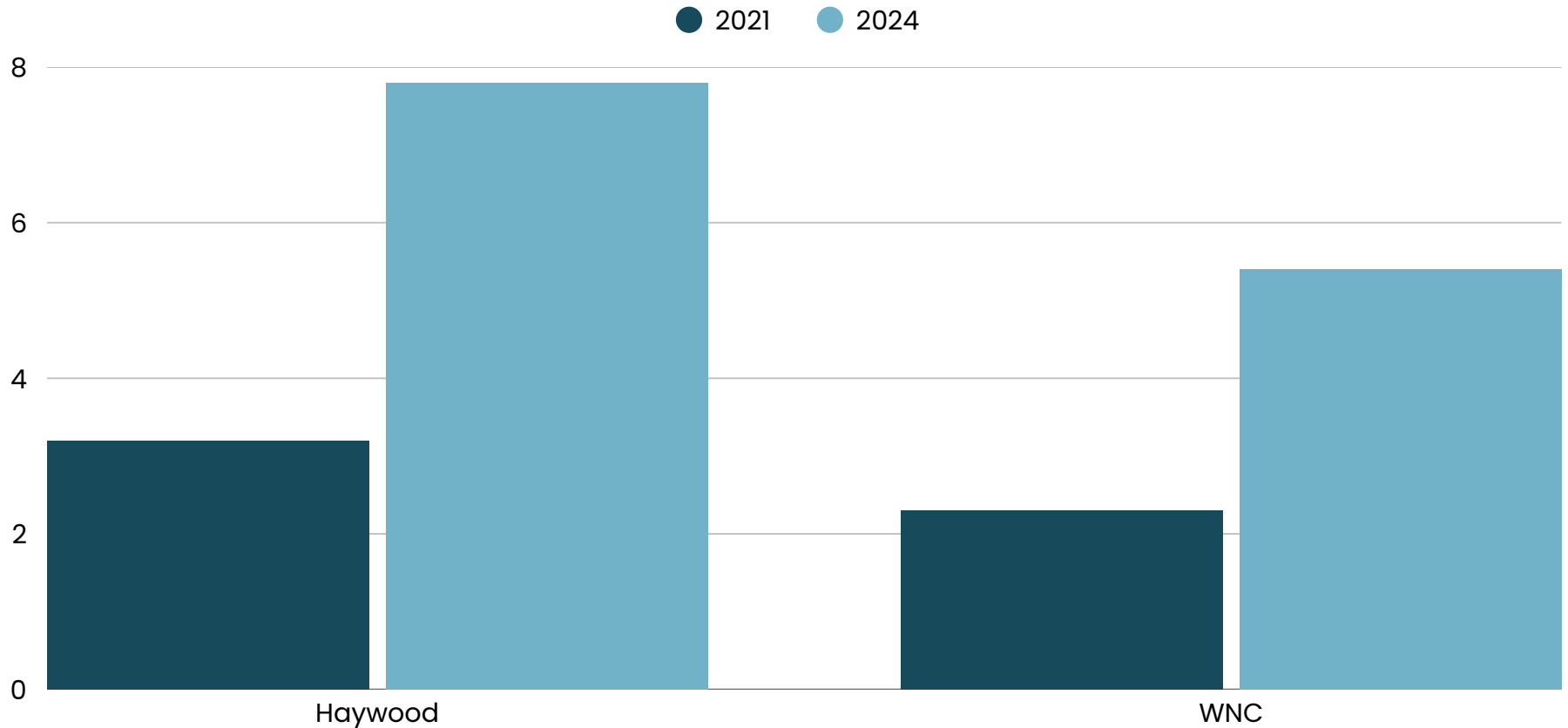
# Have Had to Live With a Friend/Relative in the Past Three Years Due to a Housing Emergency (Western North Carolina, 2024)



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



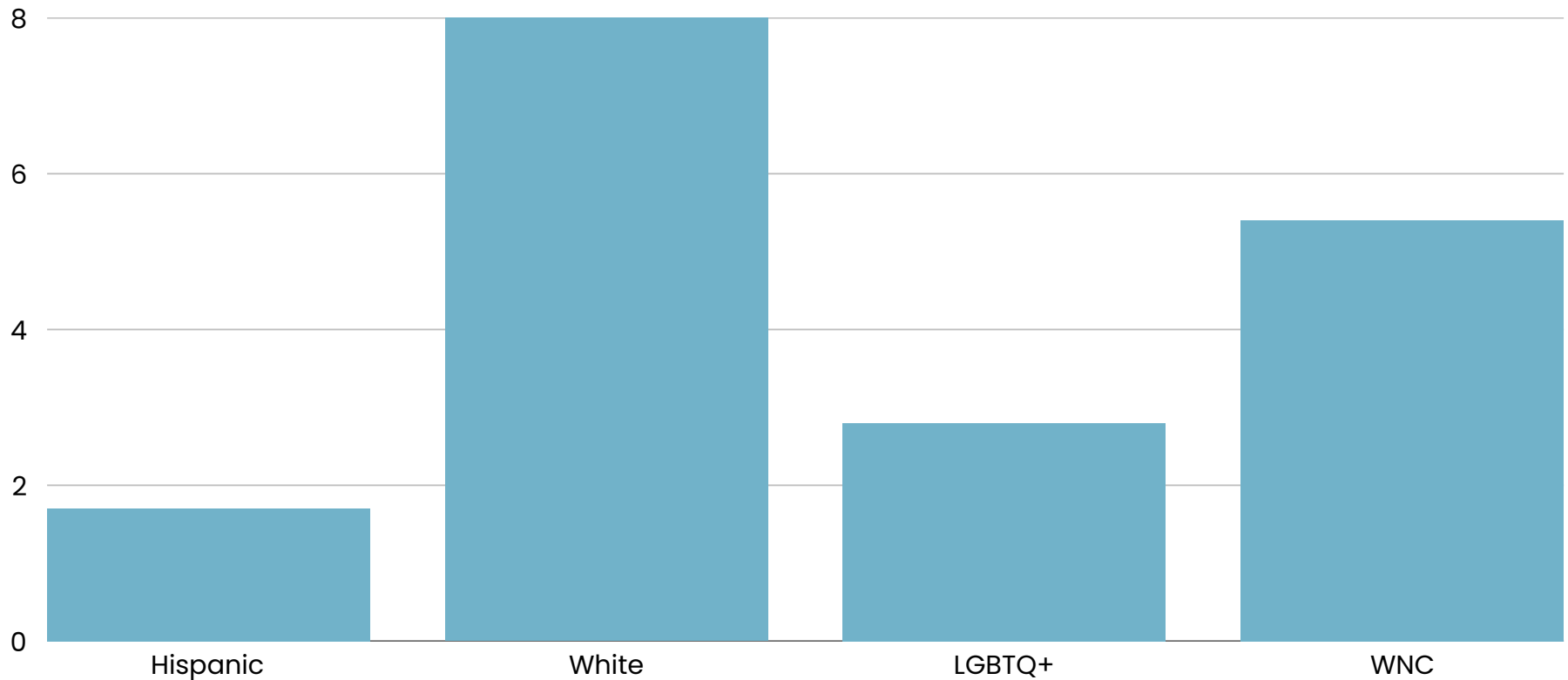
# Lived on the Street, in a Car, or in a Temporary Shelter in the Past Three Years (By County)



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



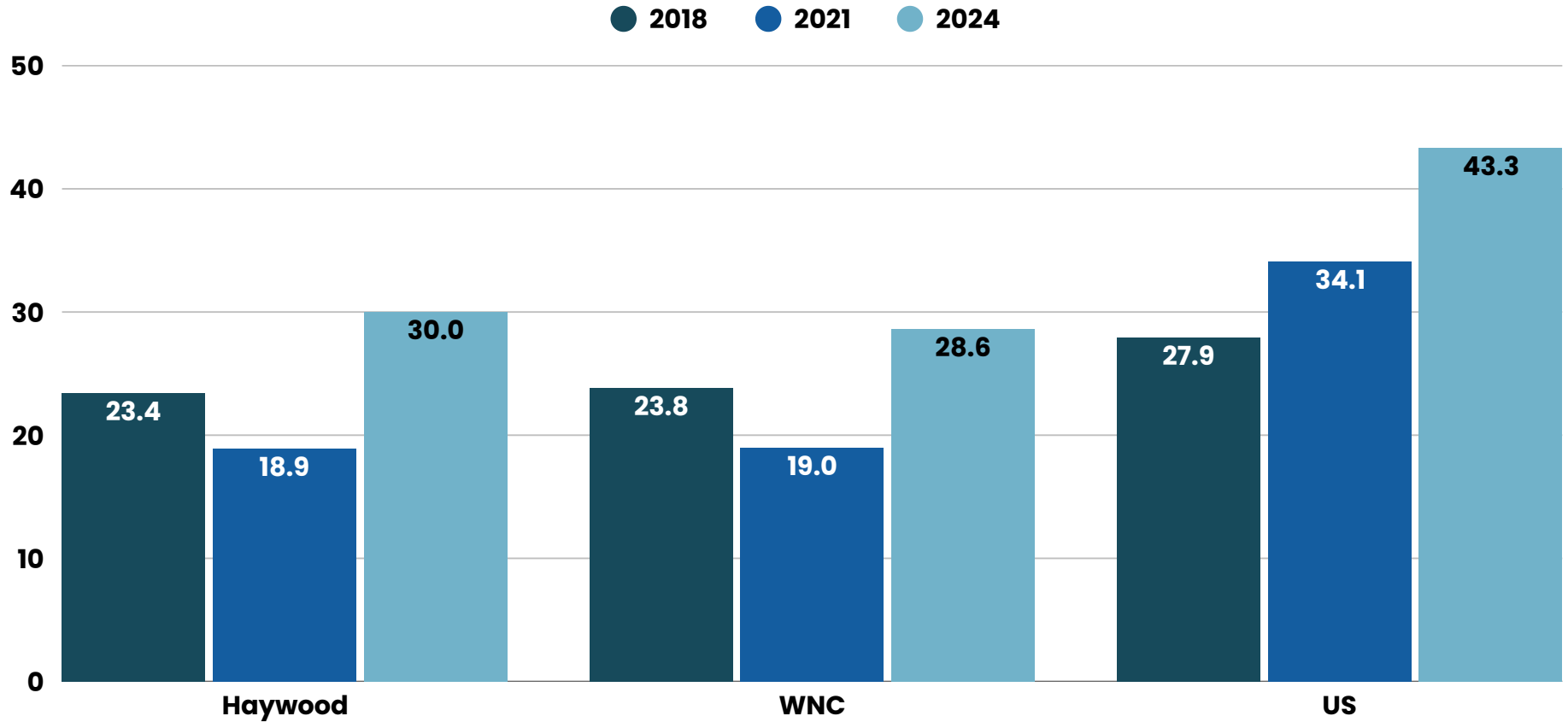
# Lived on the Street, in a Car, or in a Temporary Shelter in the Past Three Years (By County, 2024)



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

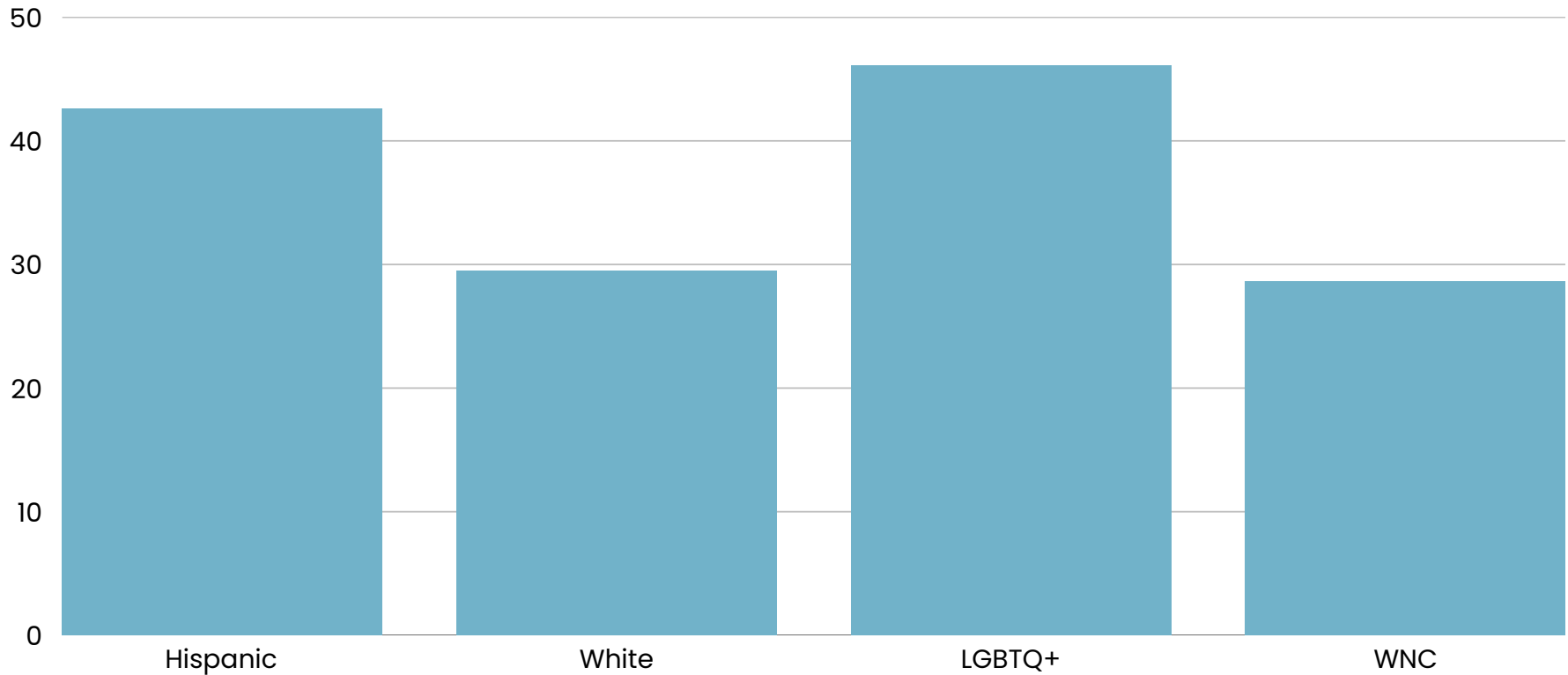
# FOOD INSECURITY

# Food Insecurity (By County)





# 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.

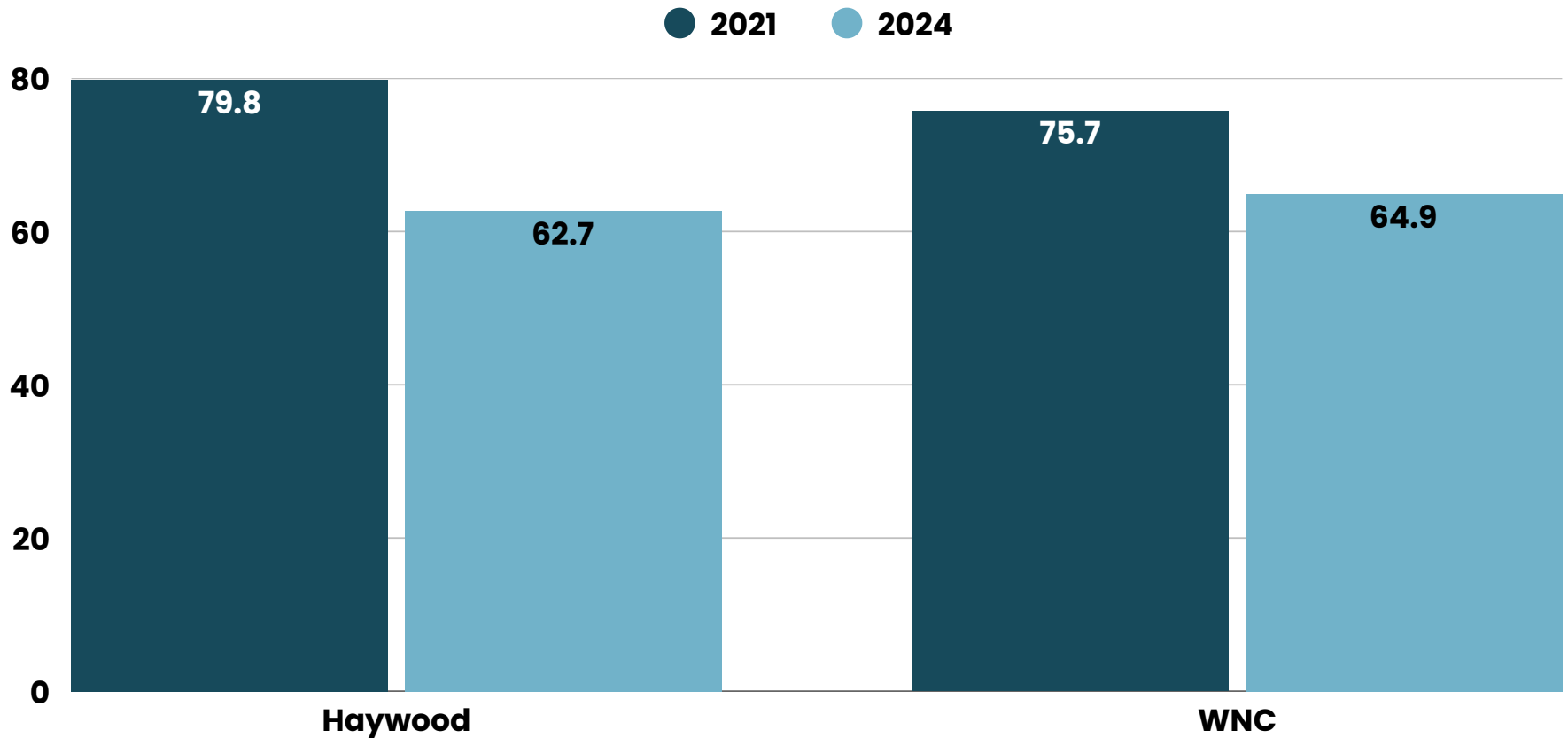
Includes adults who A) ran out of food at least once in the past year and/or B) worried about running out of food in the past year.



# SUPPORT



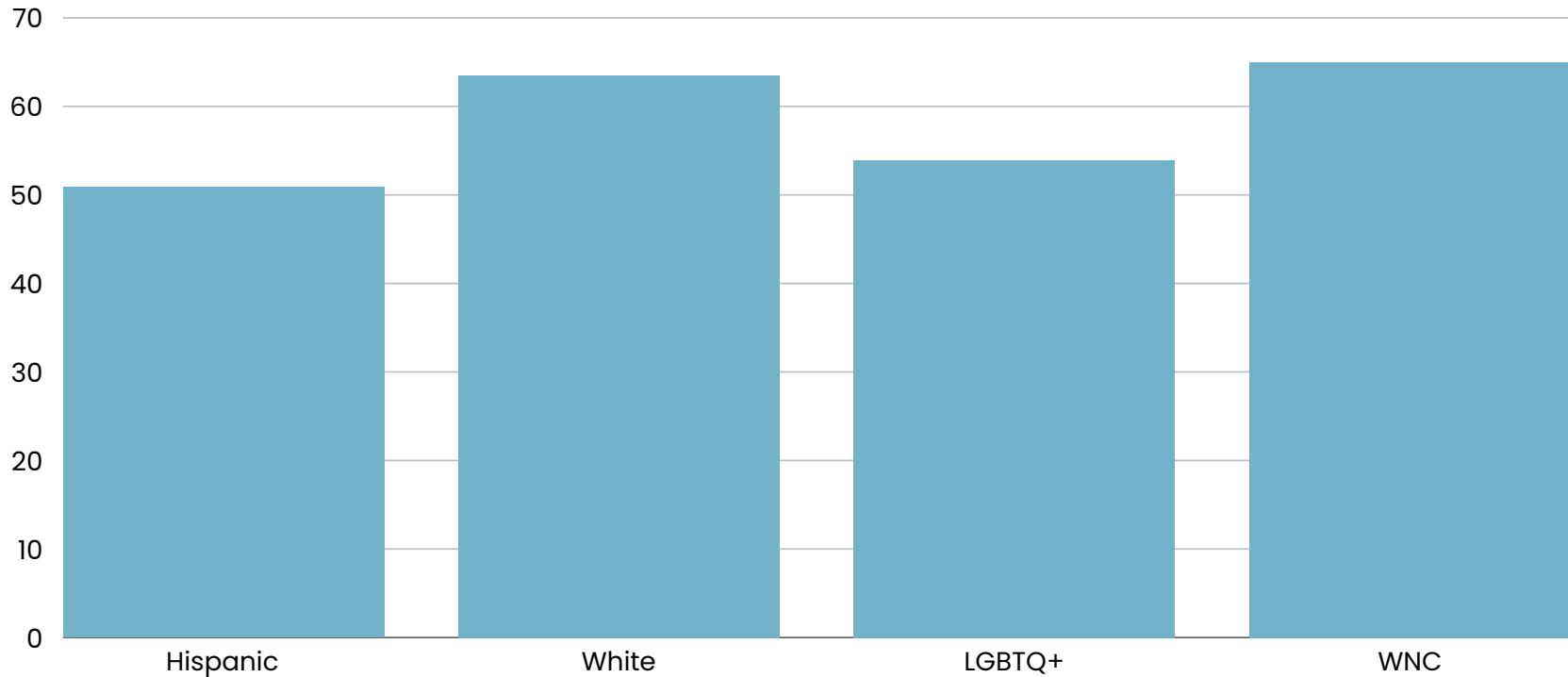
# "Always" or "Usually" Have Someone to Rely on for Help When Needed (By County)



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



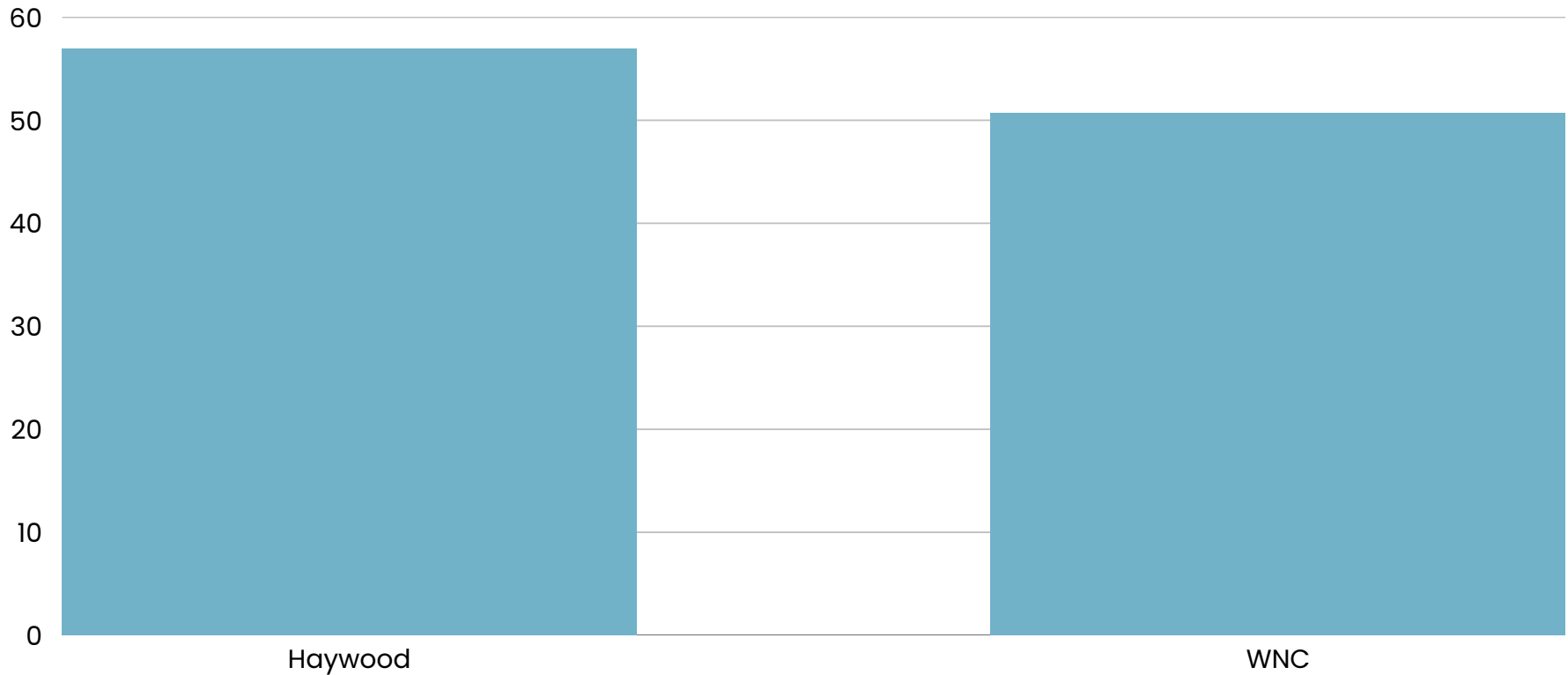
## "Always" or "Usually" Have Someone to Rely on for Help When Needed (By County, 2024)



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



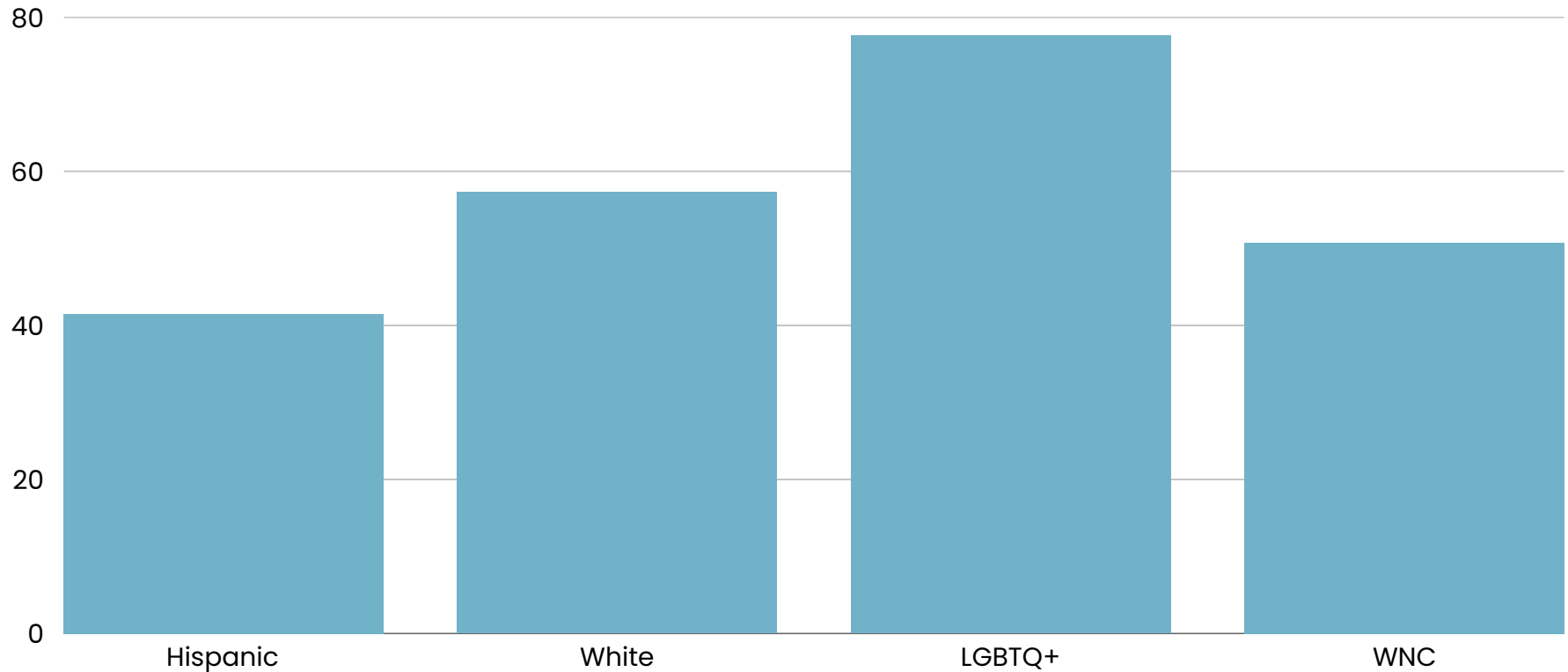
## Feel Lonely “Often/Some of the Time/Occasionally” (By County, 2024)



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



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

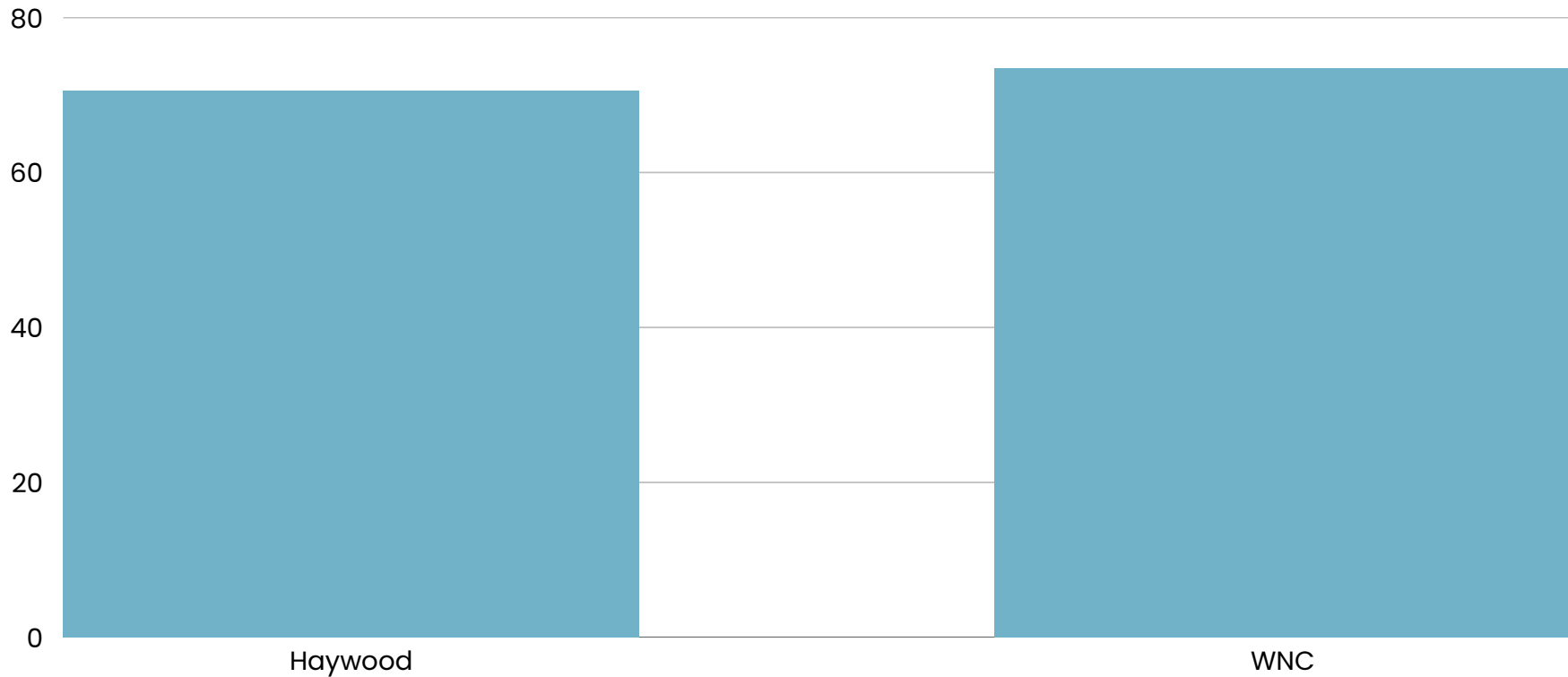


Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 65]  
Notes: Asked of all respondents.

# CLIMATE



# 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.

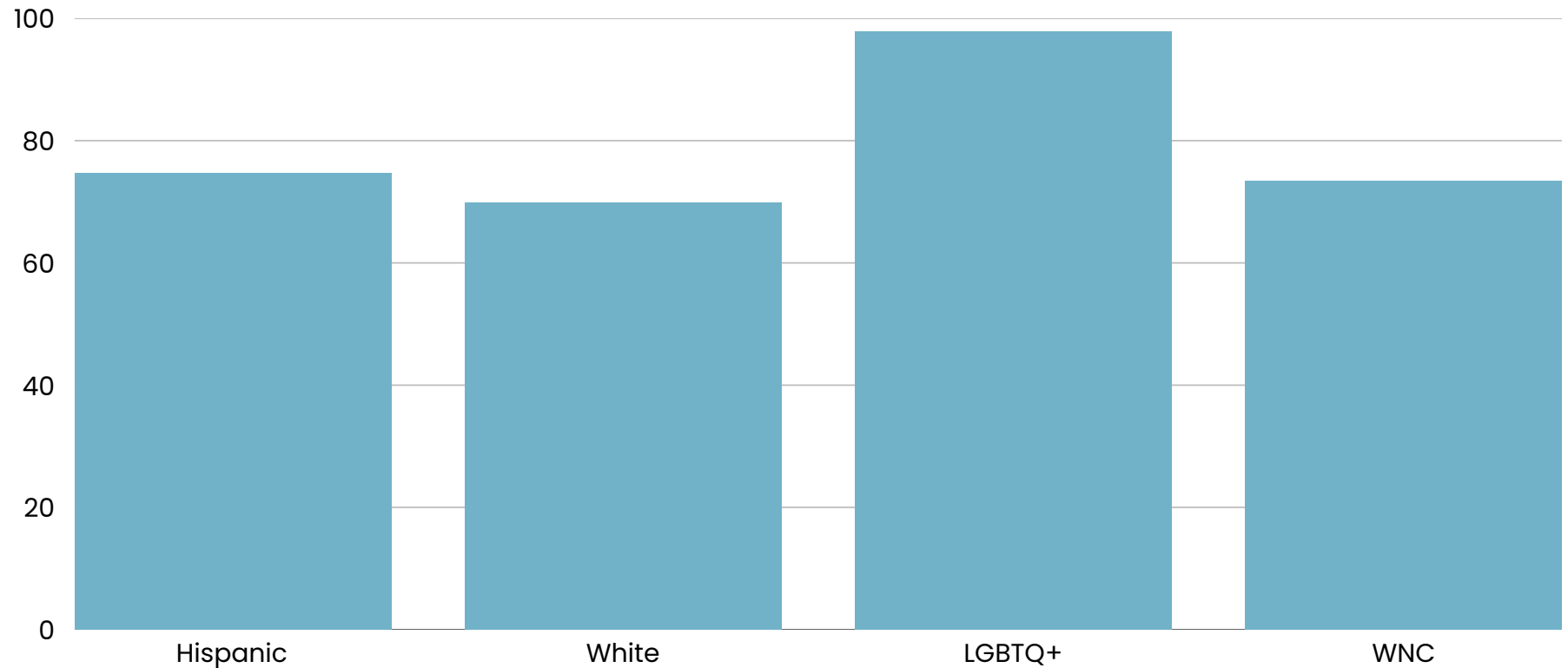
Climate was defined as the weather conditions in an area in general or over a long period, with extreme heat, flooding, or drought given as examples.





# Climate is “Very/Somewhat Connected” to Health Risk

(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.



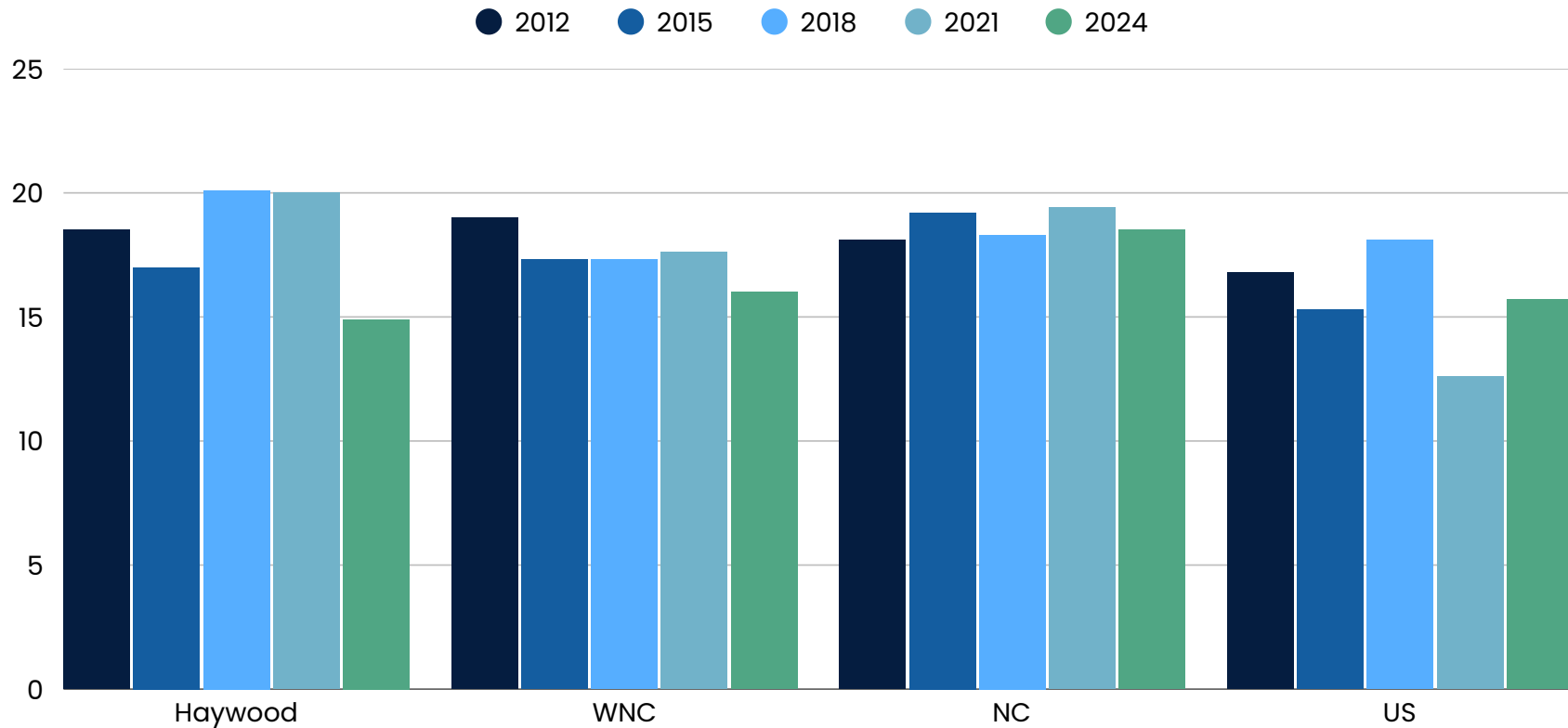
# SELF-REPORTED HEALTH STATUS



# OVERALL HEALTH



# Experience “Fair” or “Poor” Overall Health (By County)

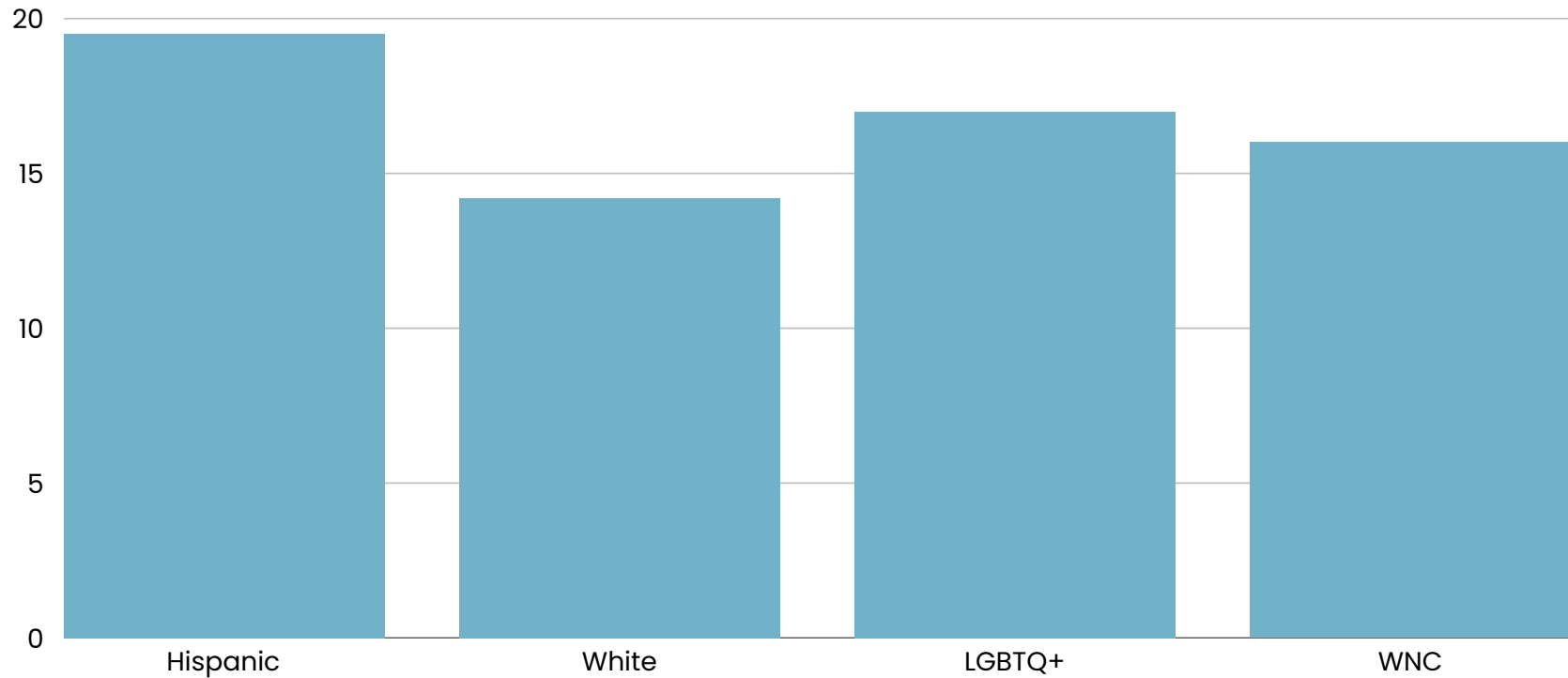


Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 6]  
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human  
Services, Centers for Disease Control and Prevention (CDC): 2022 North Carolina data.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

Notes: Asked of all respondents.



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



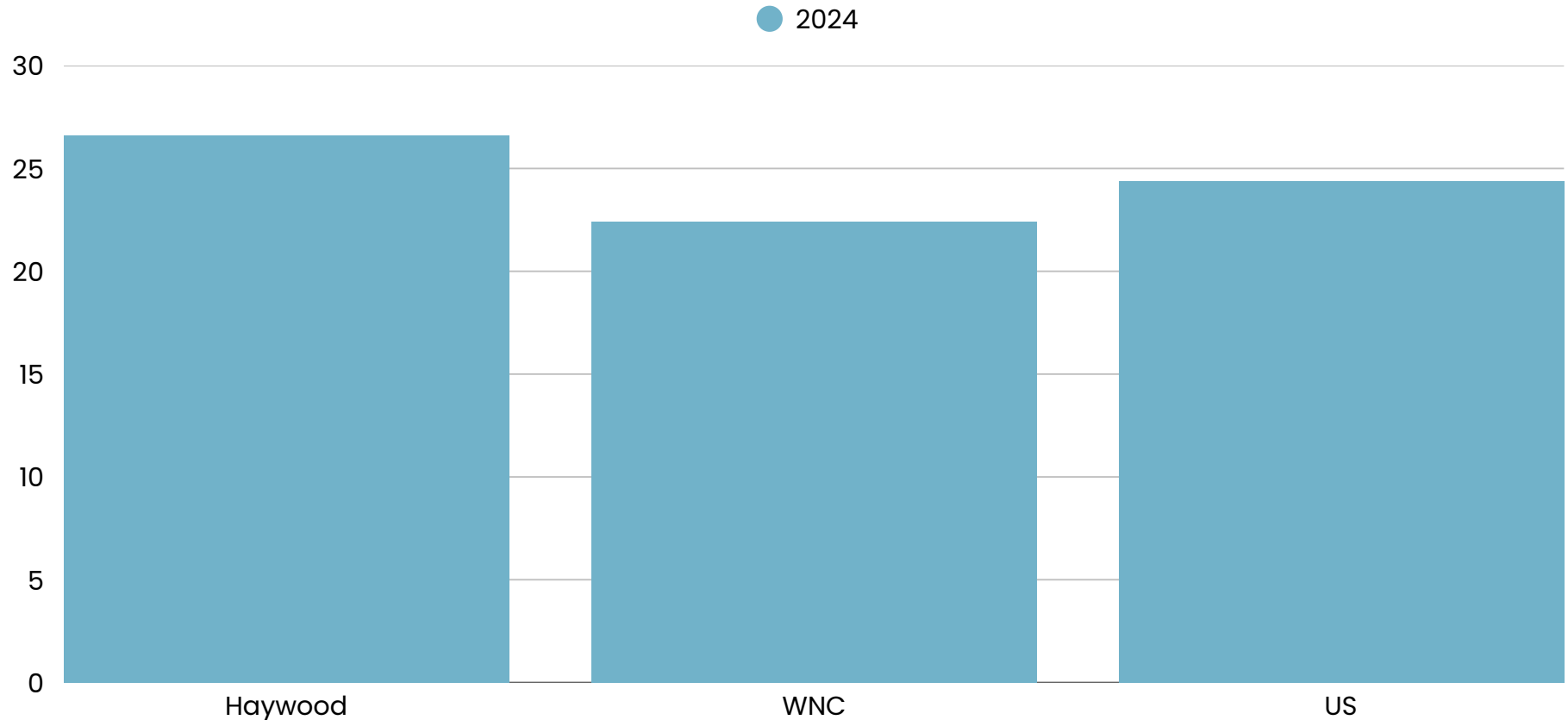
Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 6]  
Notes: Asked of all respondents.



# MENTAL HEALTH & MENTAL DISORDERS



# 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.

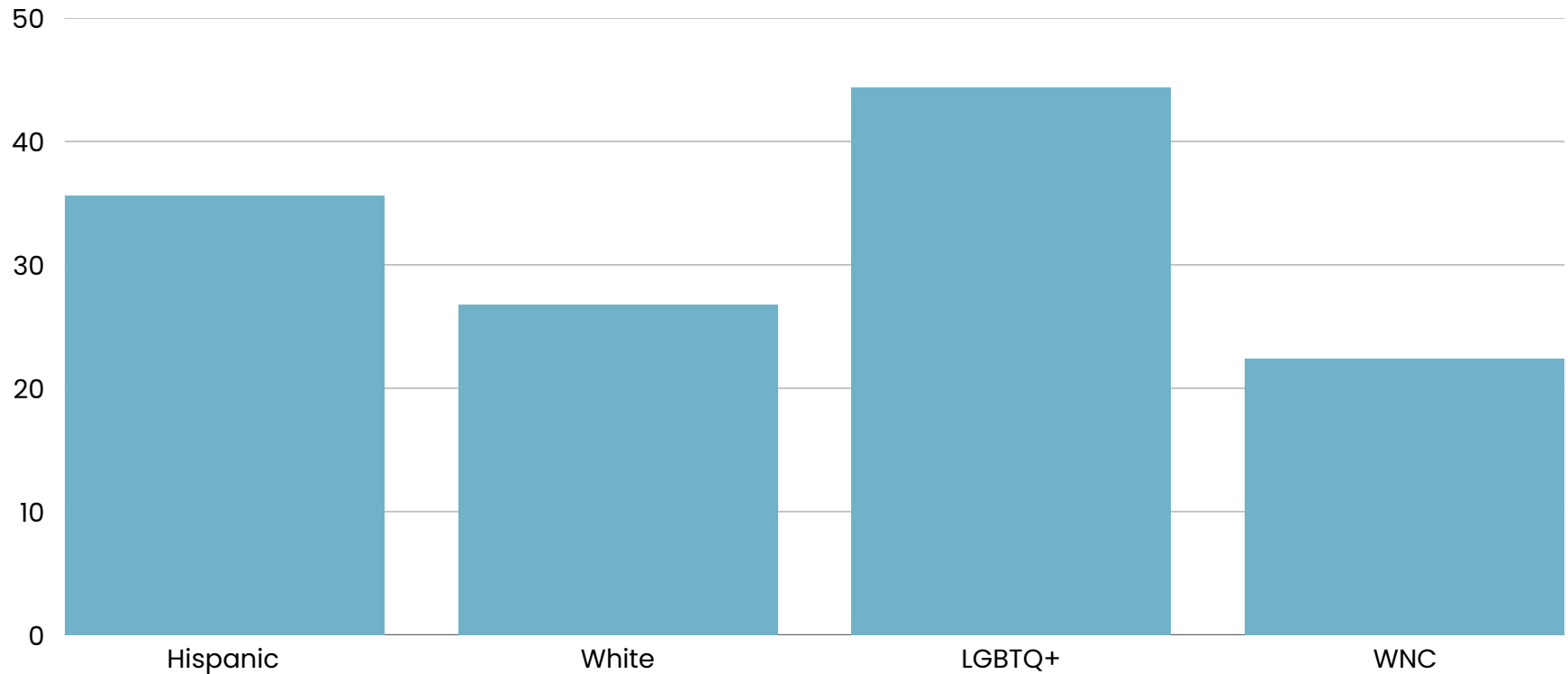
Notes: Asked of all respondents.

Only Jackson and Swain counties were tested previously.





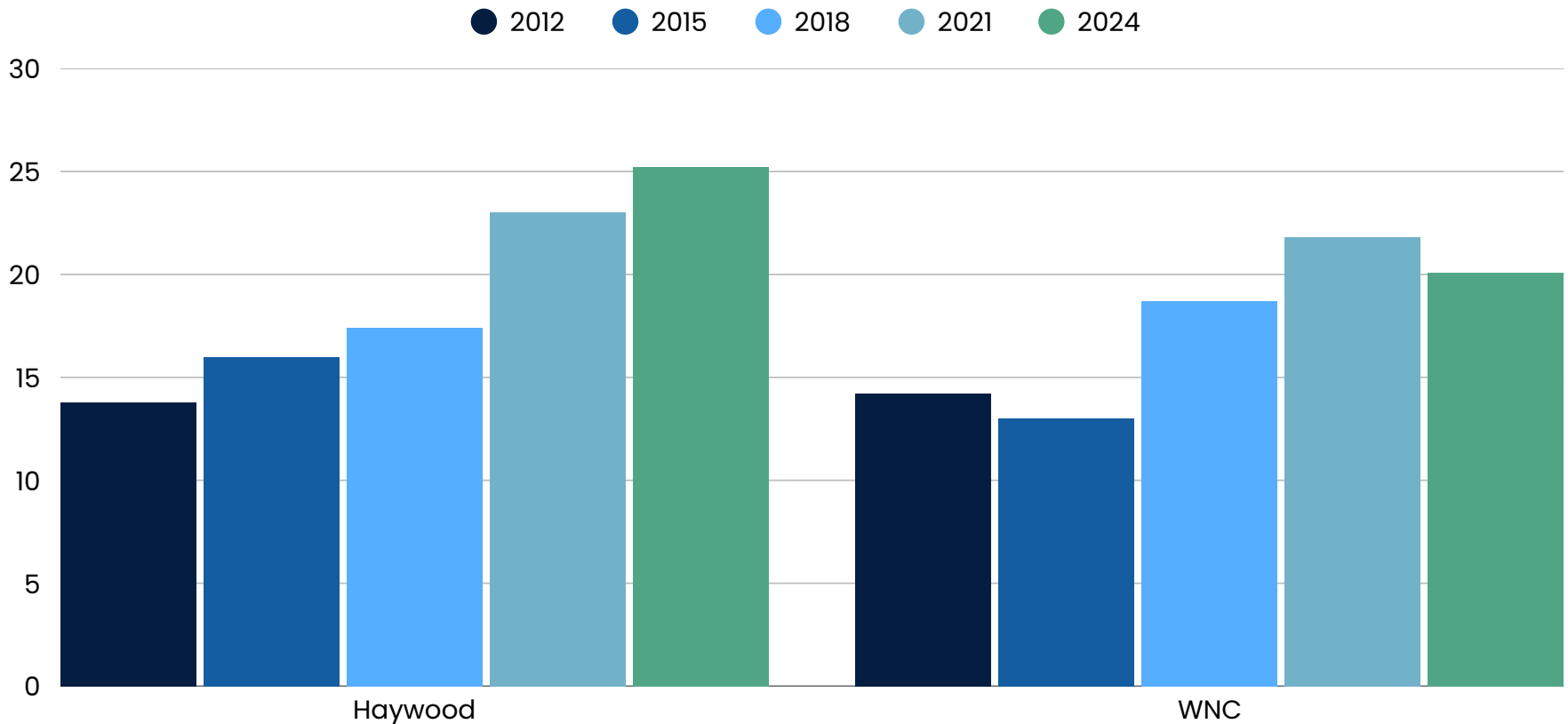
## Experience “Fair” or “Poor” Mental Health (By County, 2024)



Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 59]

Notes: Asked of all respondents.

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



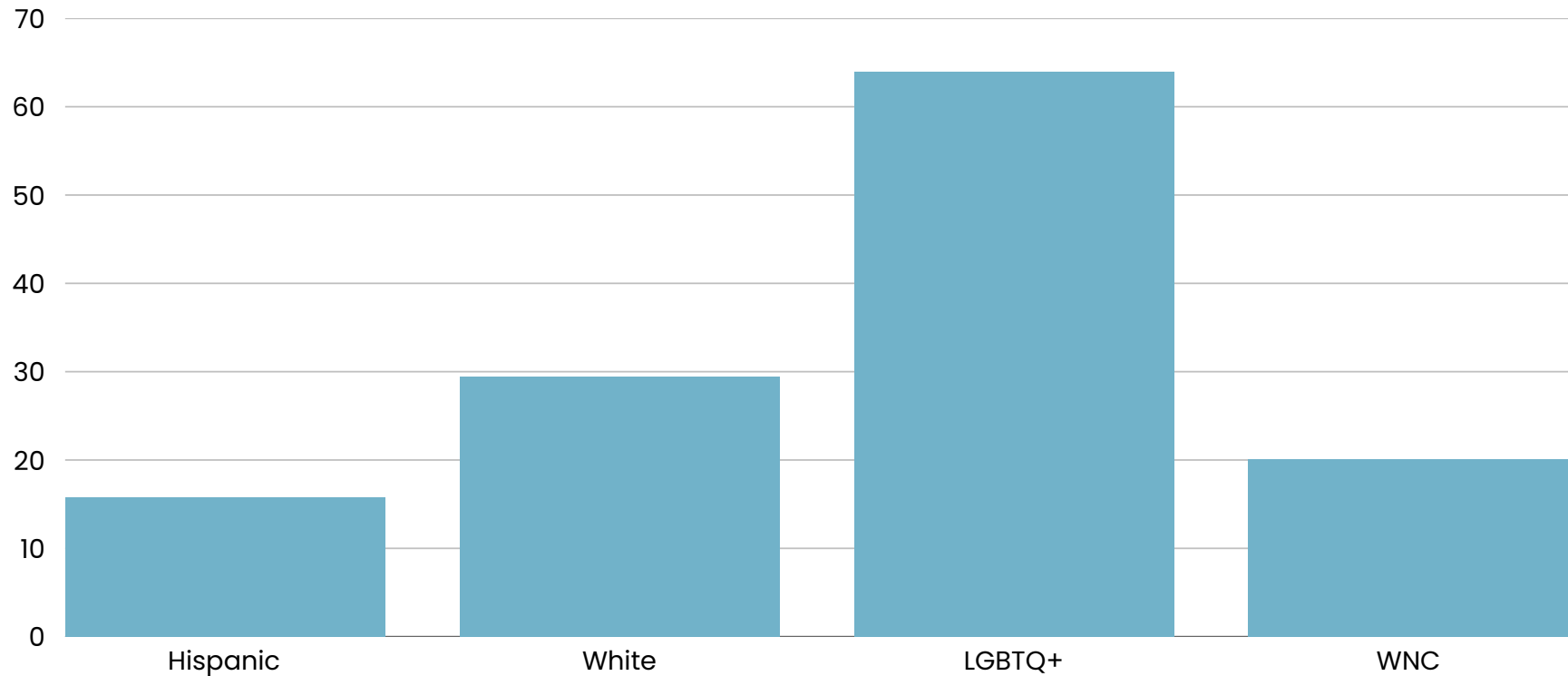
Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 60]

Notes: Asked of all respondents.



# More Than Seven Days of Poor Mental Health in the Past Month

(Western North Carolina, 2024)

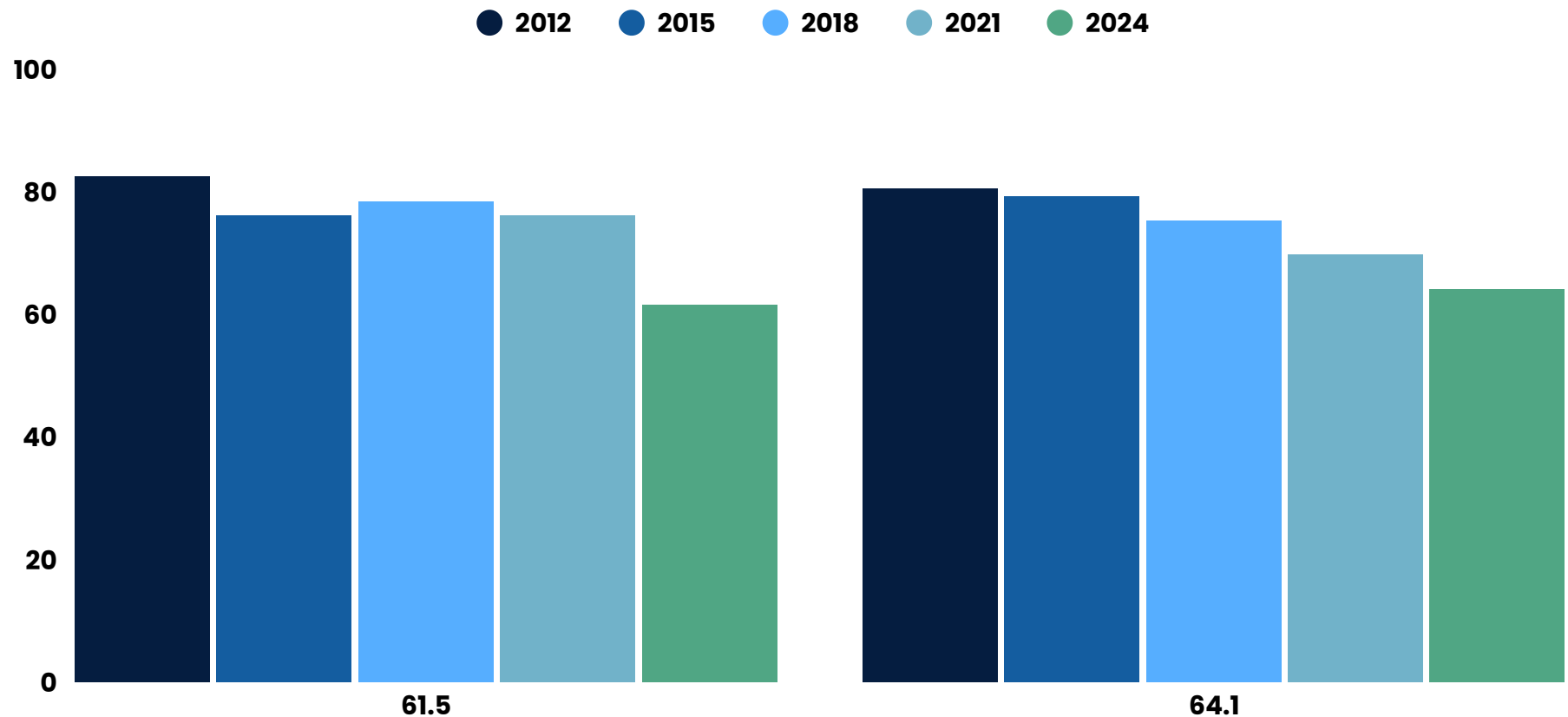


Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 60]

Notes: Asked of all respondents.



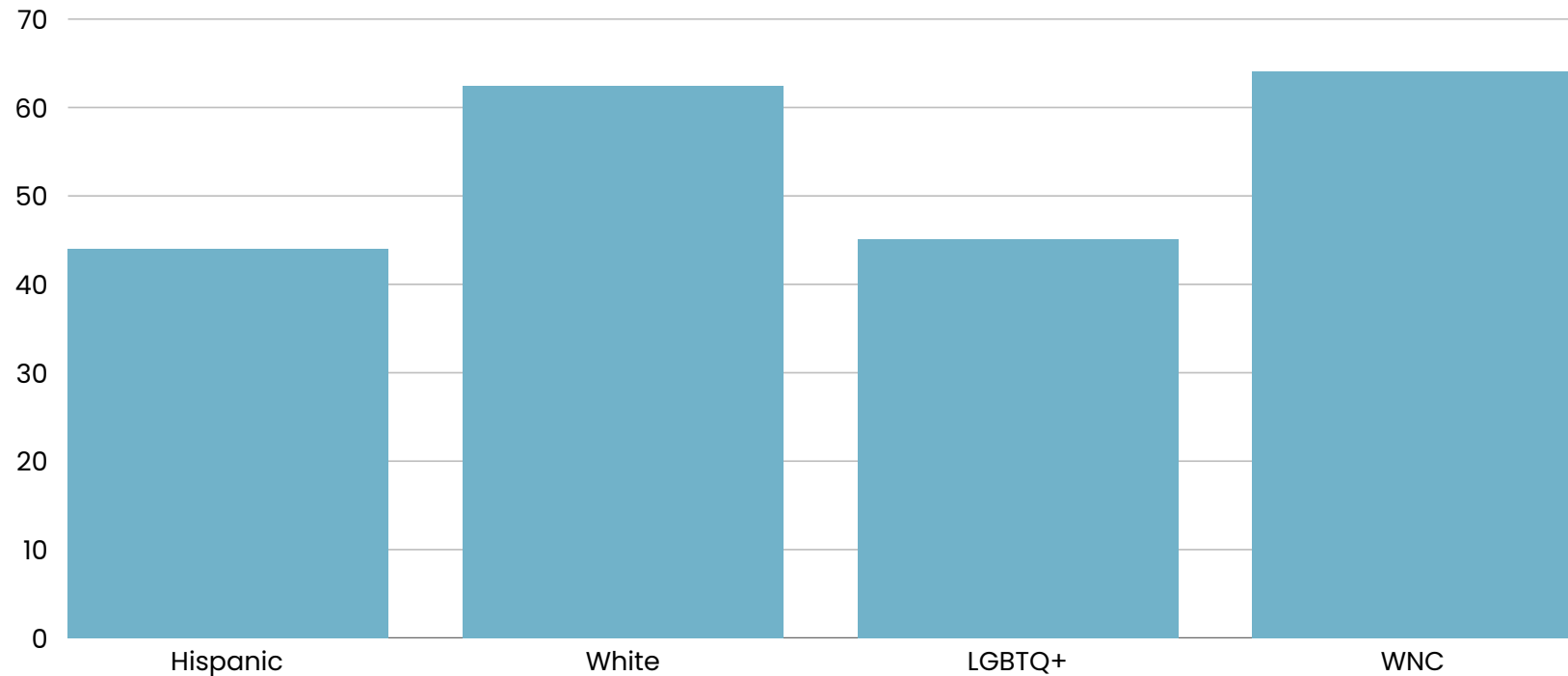
## "Always" or "Usually" Get Needed Social/Emotional Support (By County)



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)

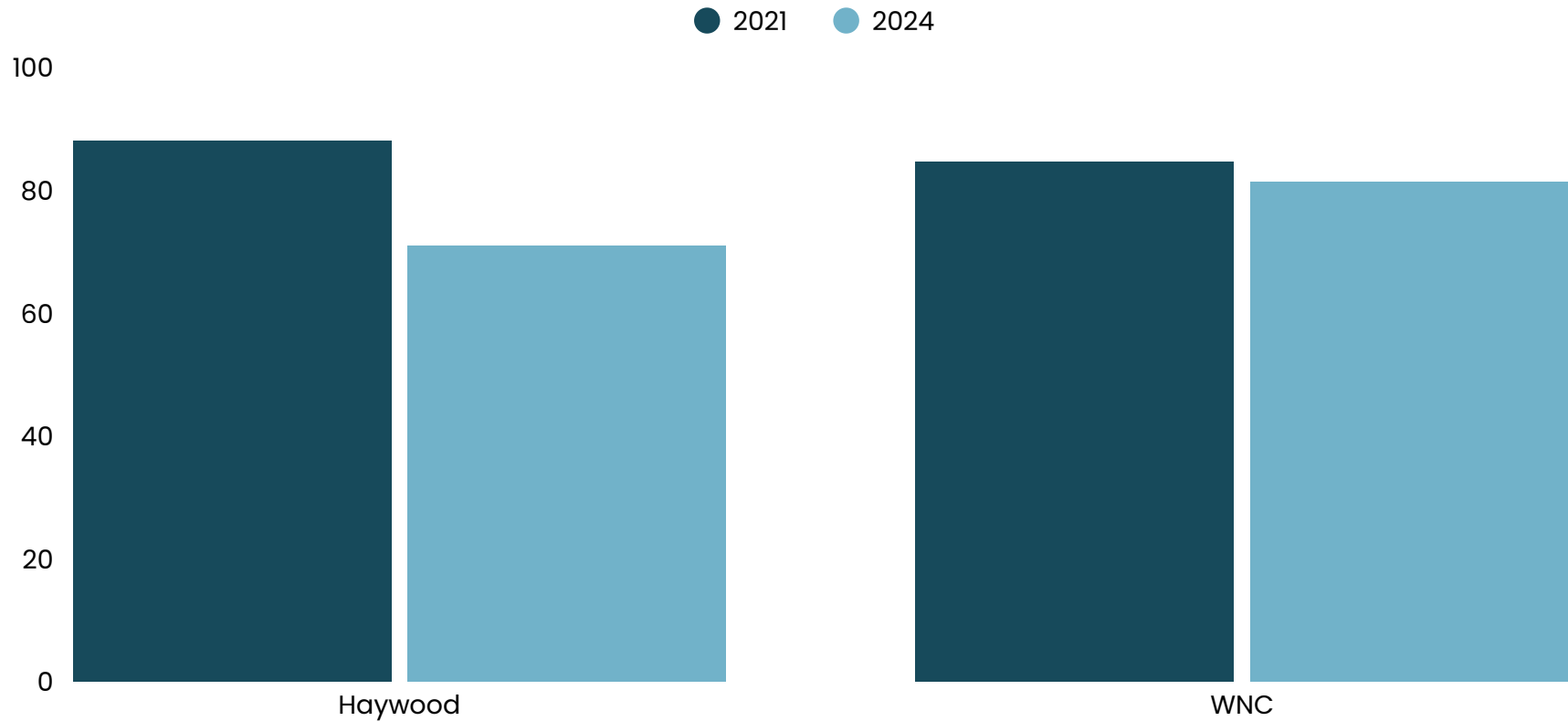


Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 63]

Notes: Asked of all respondents.



# Able to Stay Hopeful in Difficult Times (By County)

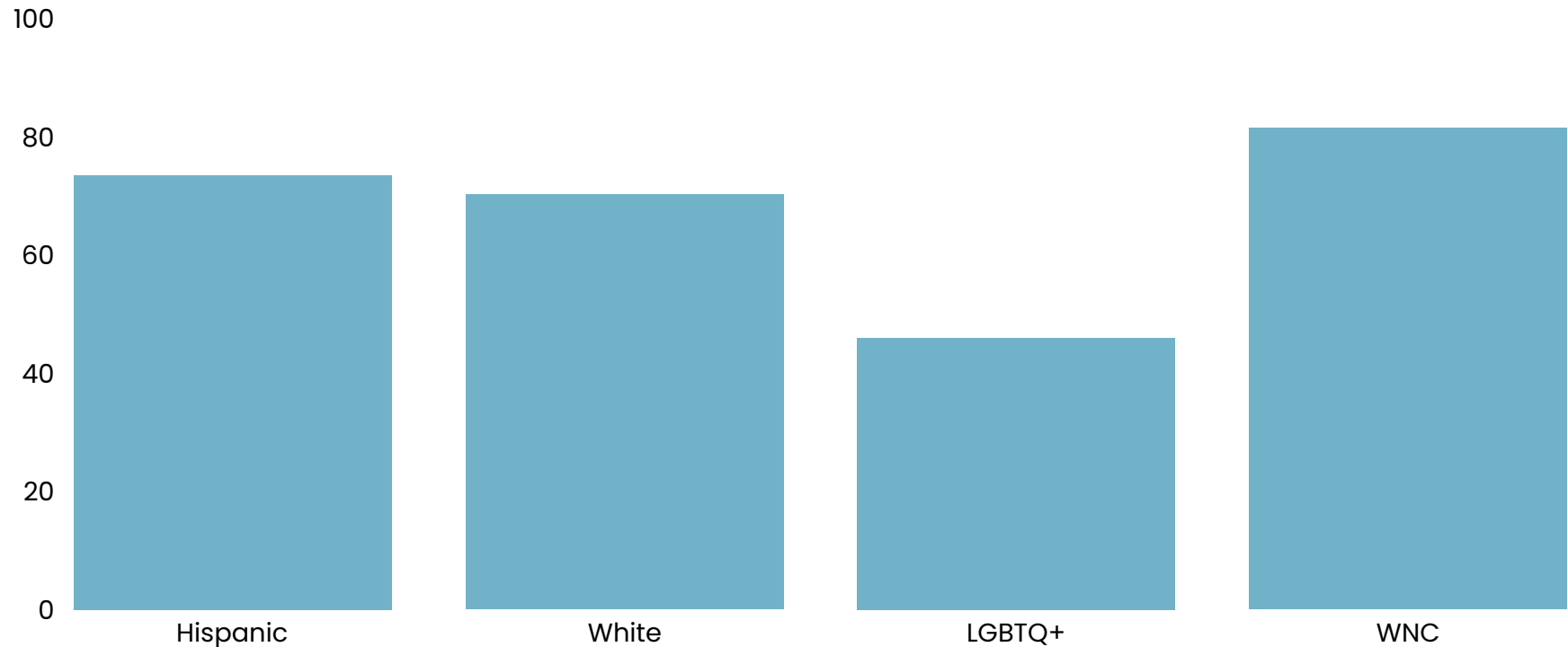


Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 64]  
Notes: Asked of all respondents.  
Includes "strongly agree" and "agree" responses.





## 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]

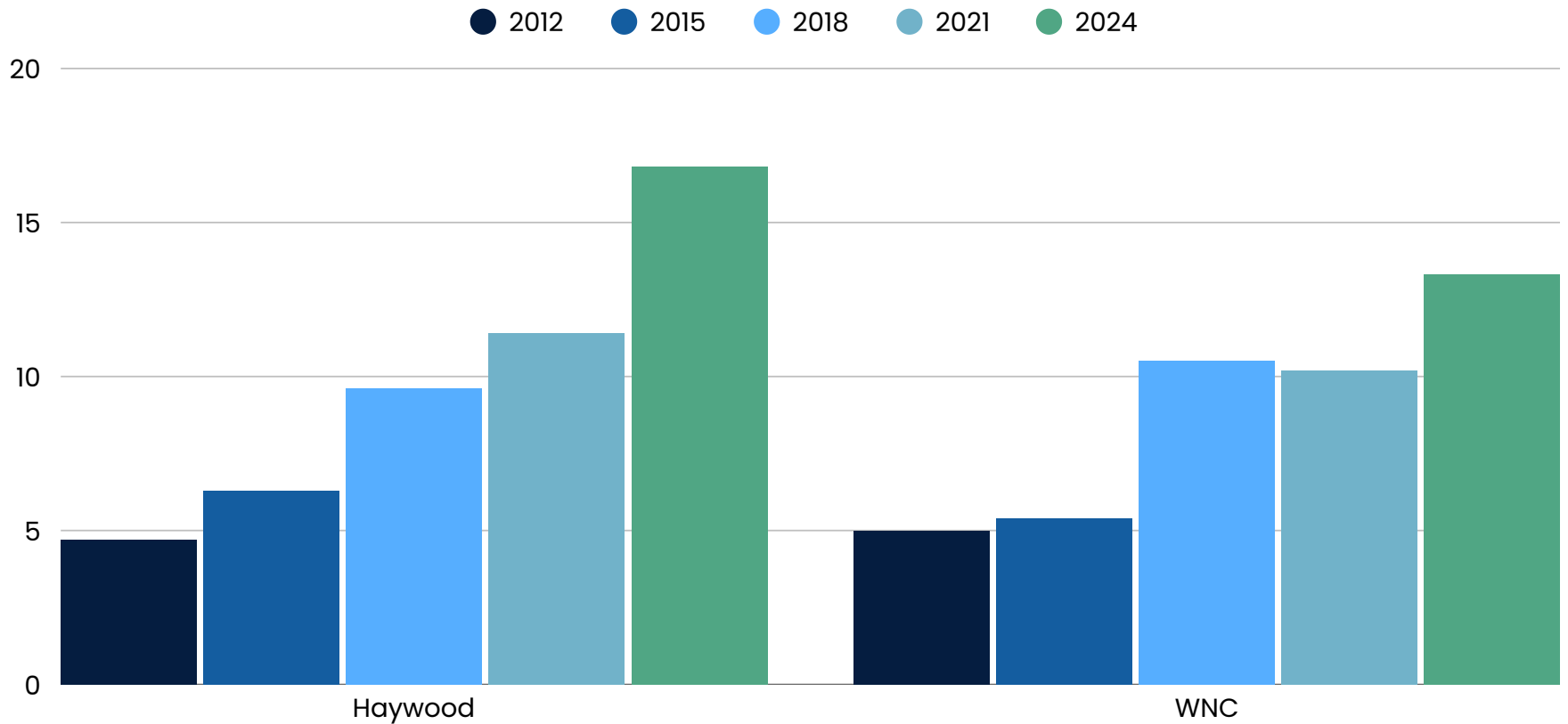
Notes: Asked of all respondents.

Includes "strongly agree" and "agree" responses.





## Dissatisfied with Life, (By County)



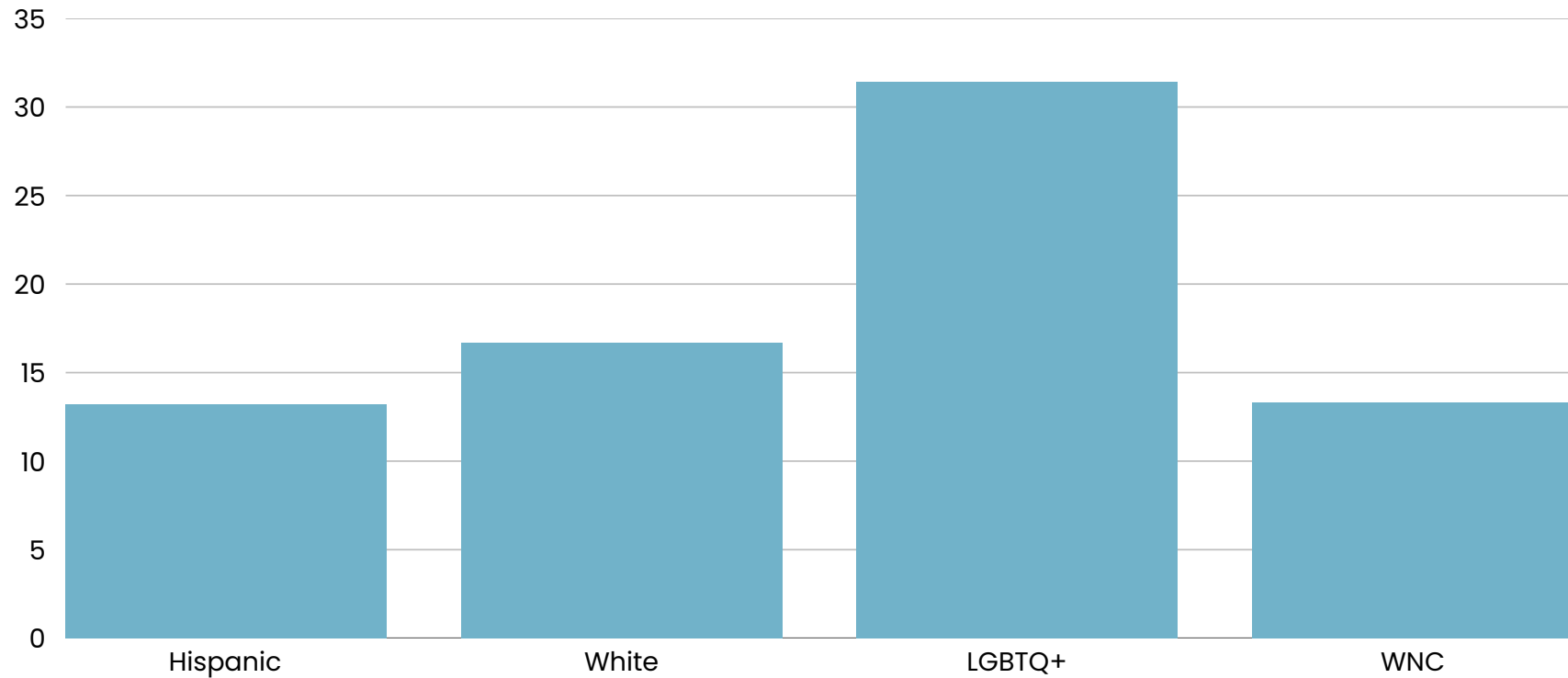
Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 58]

Notes: Asked of all respondents.

Includes "dissatisfied" and "very dissatisfied" responses.



## Dissatisfied with Life (By County, 2024)



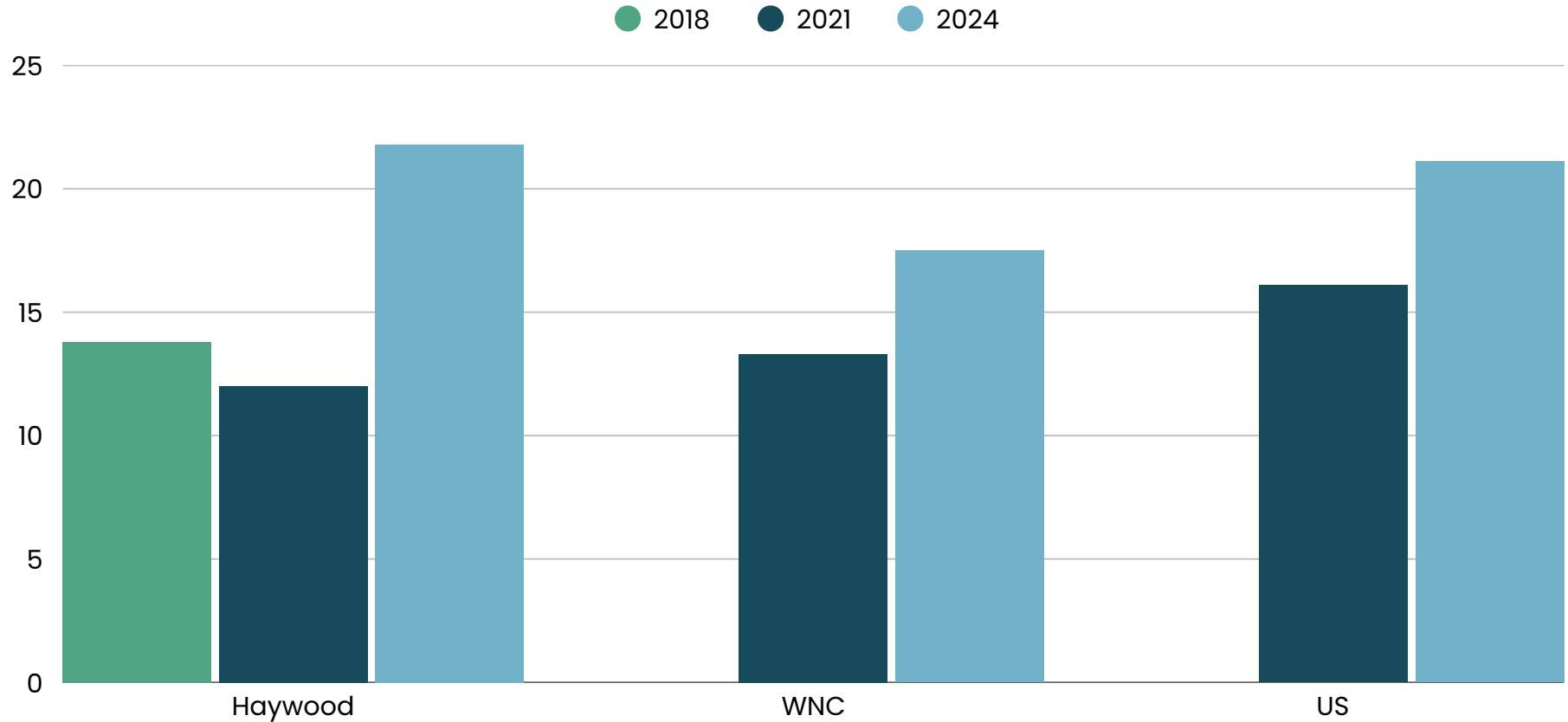
Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 58]

Notes: Asked of all respondents.

Includes "dissatisfied" and "very dissatisfied" responses.



# Typical Day is “Extremely/Very Stressful” (By County)

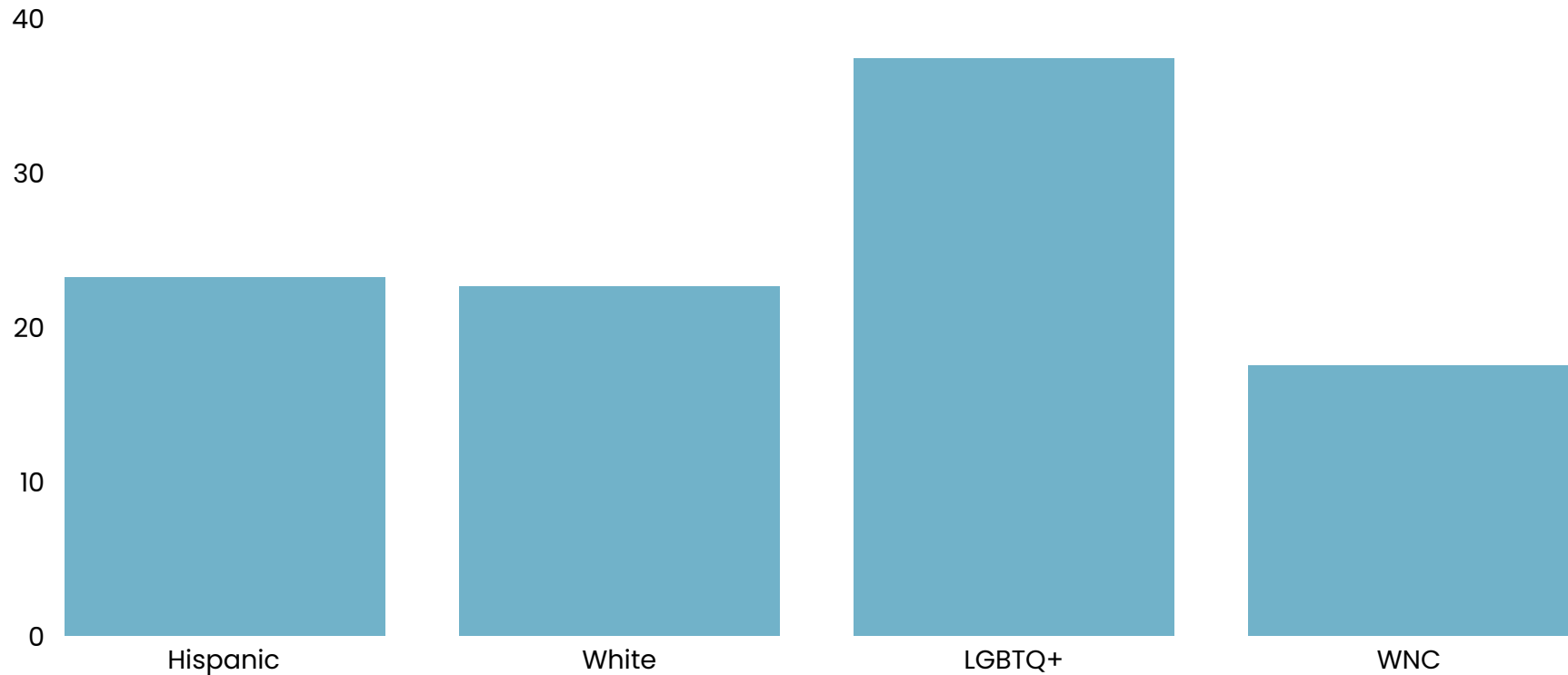


Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 61]  
2023 PRC National Health Survey, PRC, Inc.  
Notes: Asked of all respondents.





## Typical Day is “Extremely/Very Stressful” (Western North Carolina, 2024)



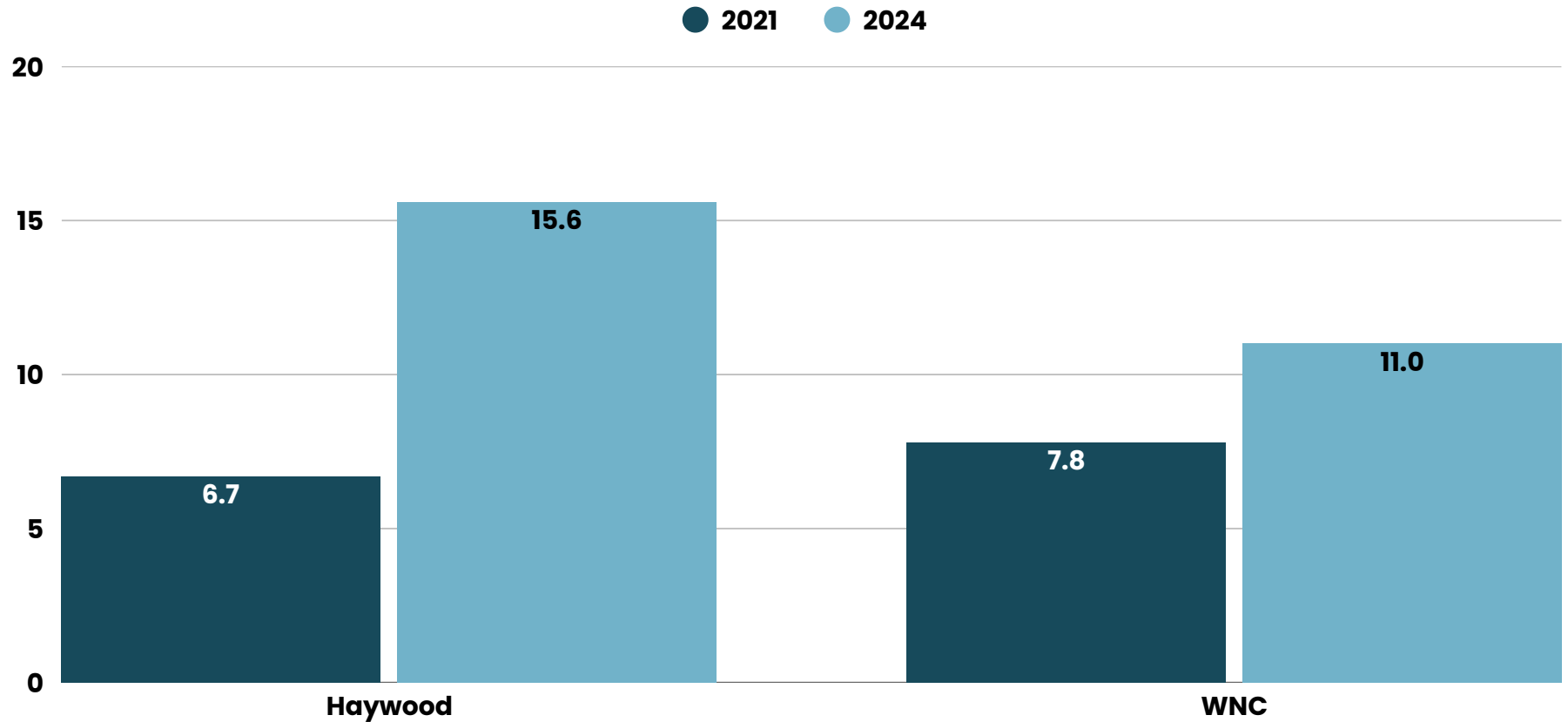
Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 61]

Notes: Asked of all respondents.



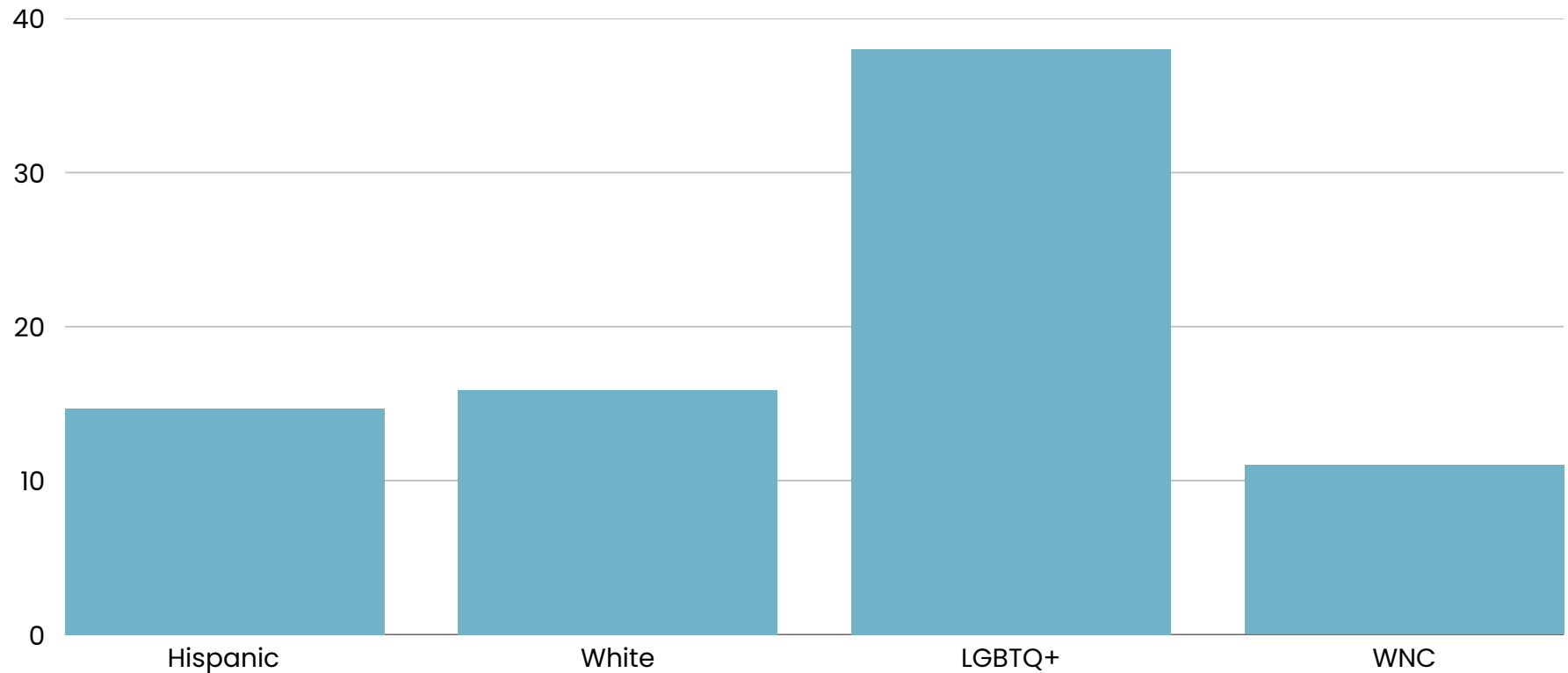


# Have Considered Suicide in the Past Year (By County)





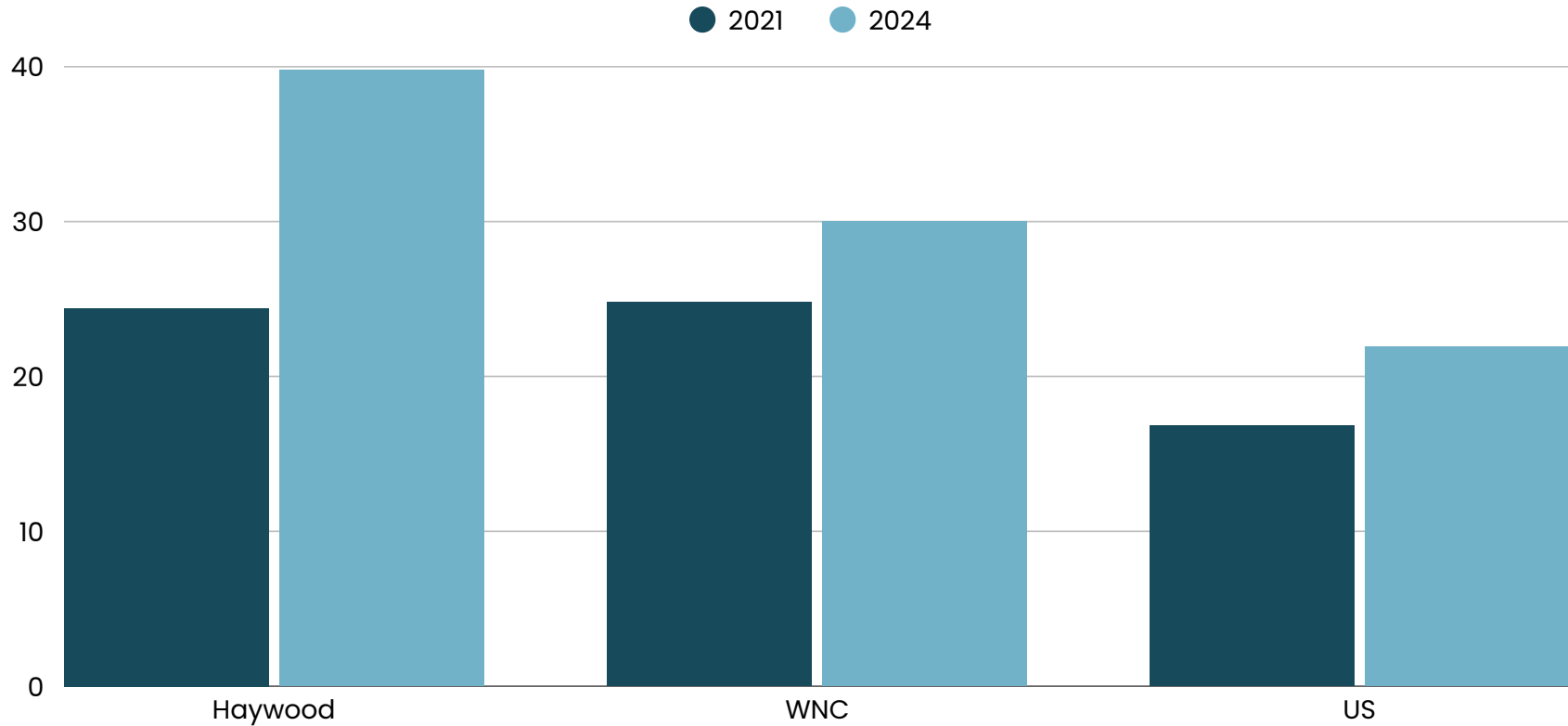
## Have Considered Suicide in the Past Year (By County, 2024)



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



# 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.

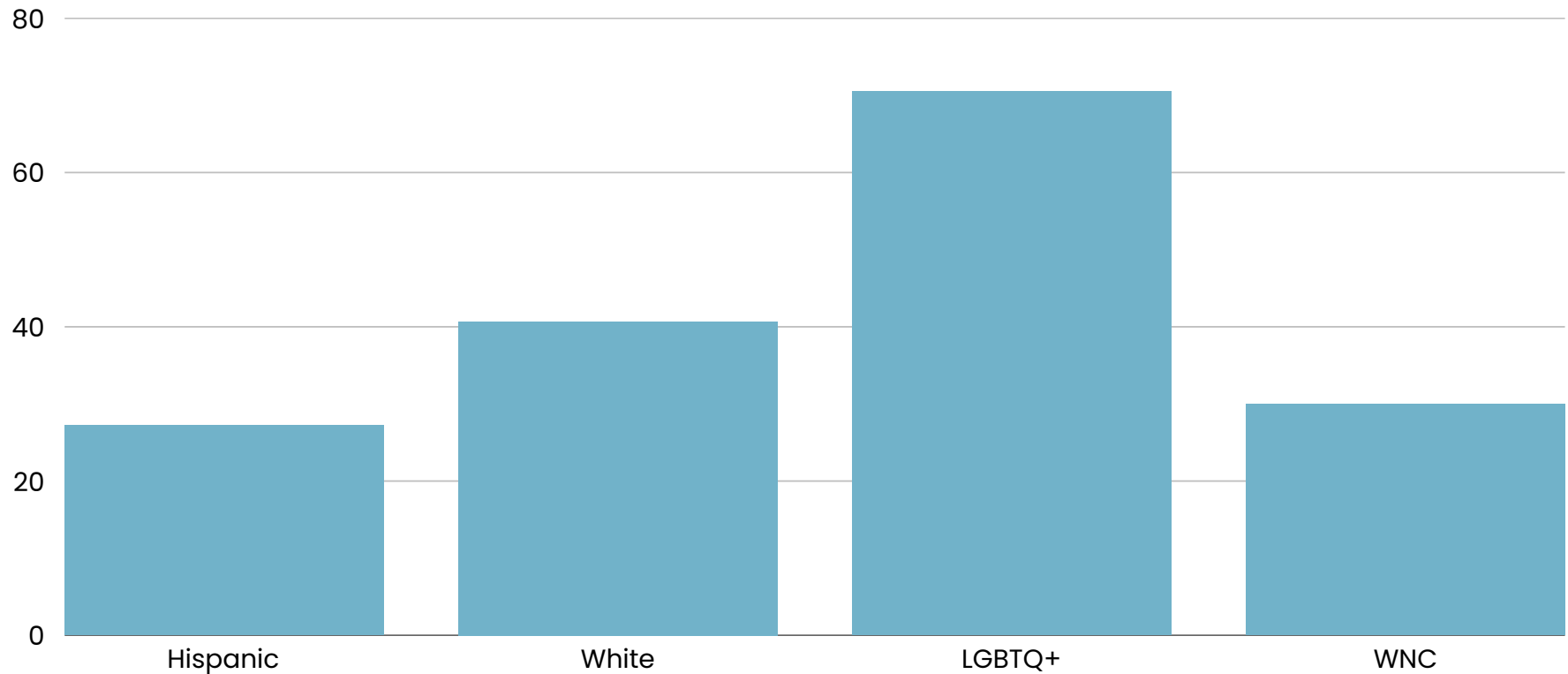
Notes: Asked of all respondents.

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





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



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

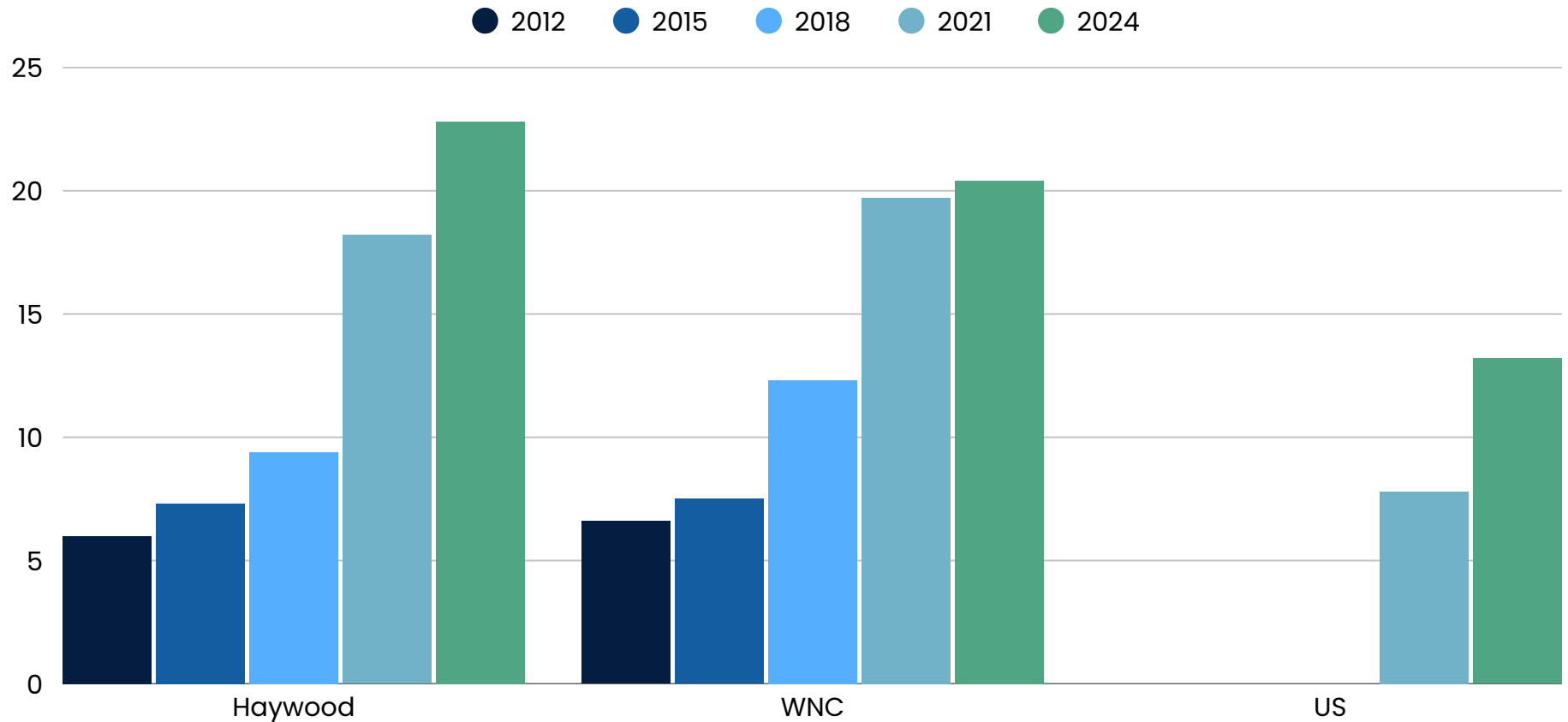
Notes: Asked of all respondents.

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





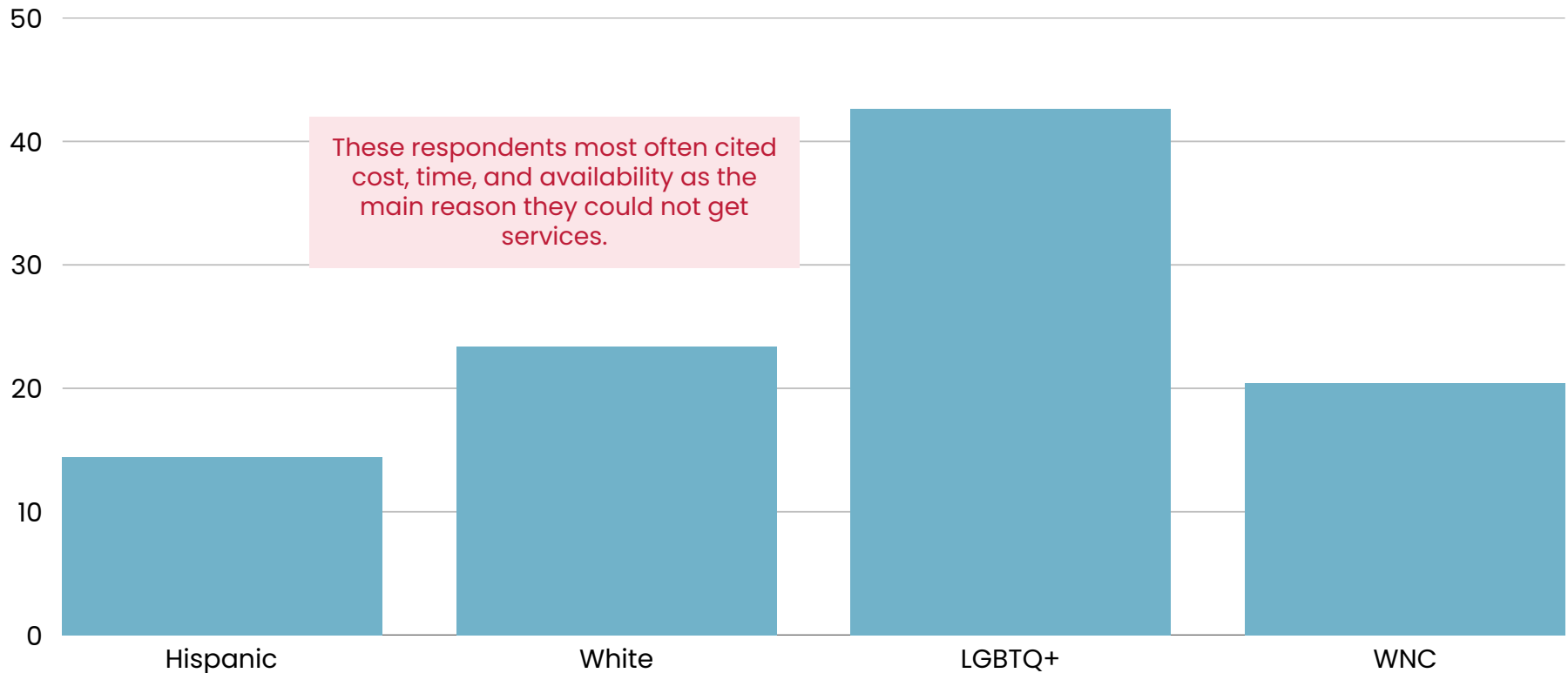
## Unable to Get Mental Health Services When Needed in the Past Year, (By County)



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.



# Unable to Get Mental Health Services When Needed in the Past Year (By County, 2024)



Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Items 67-68]  
Notes: Asked of all respondents.

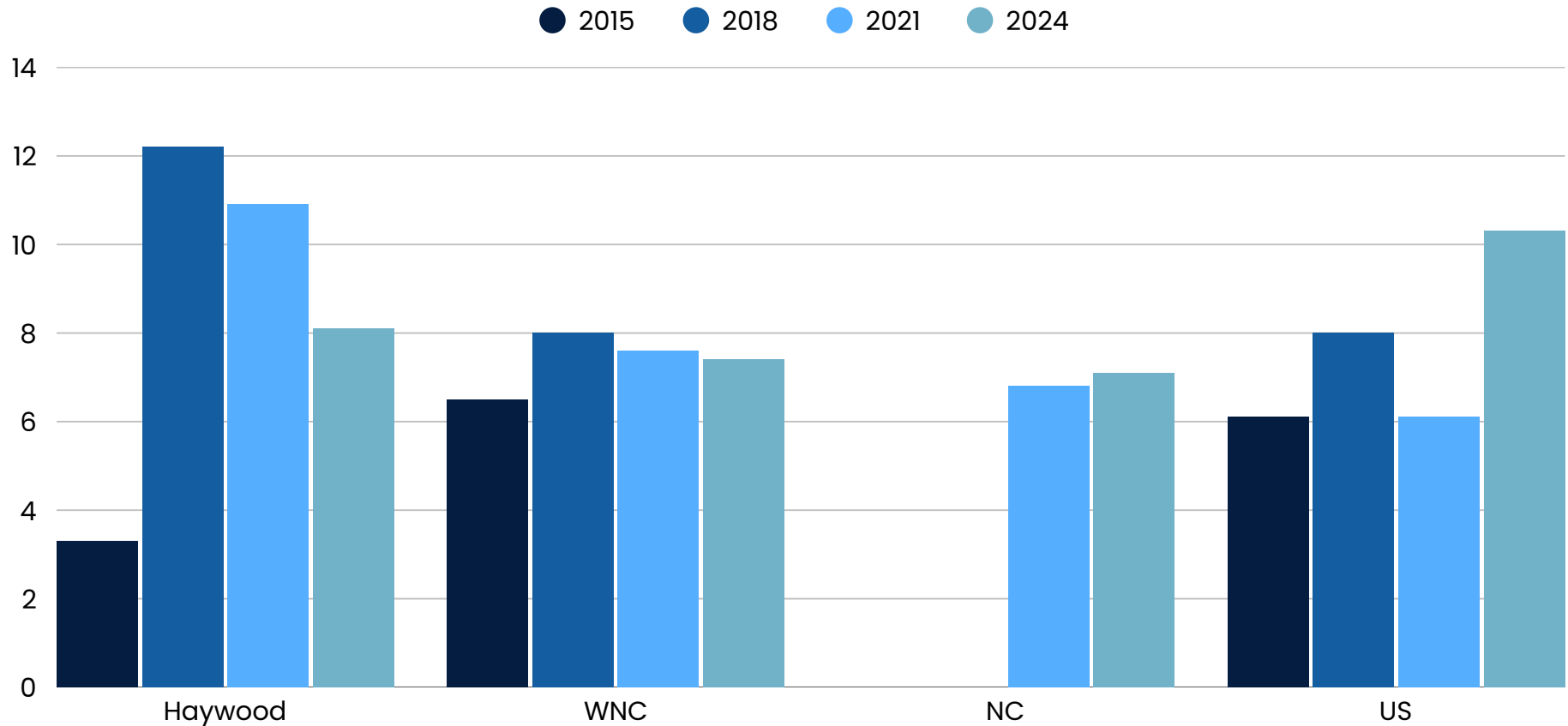
# CHRONIC CONDITIONS

# CARDIOVASCULAR RISK





# Prevalence of Heart Disease, (By County)



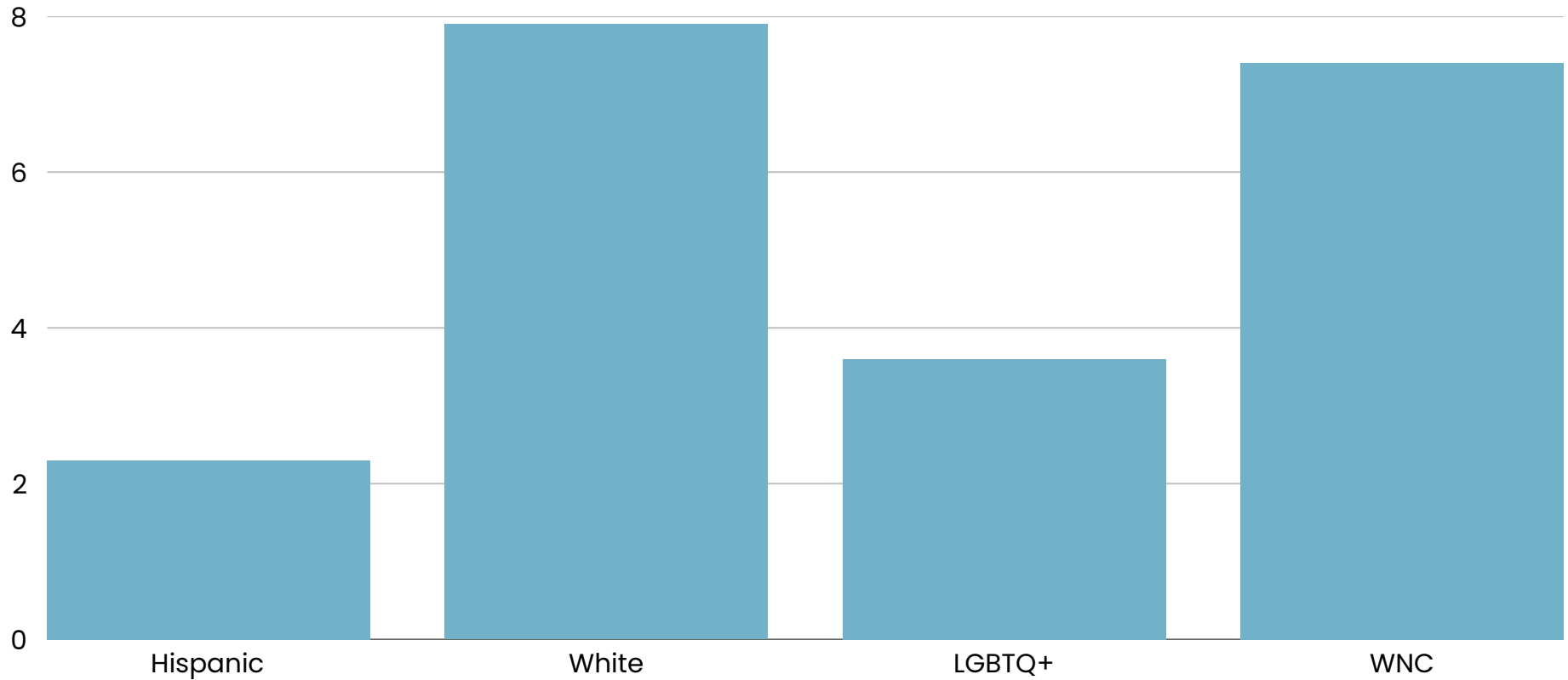
Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 12]  
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of  
Health and Human Services, Centers for Disease Control and Prevention (CDC): 2020 North Carolina data.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

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





## Prevalence of Heart Disease (Western North Carolina, 2024)



Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 12]

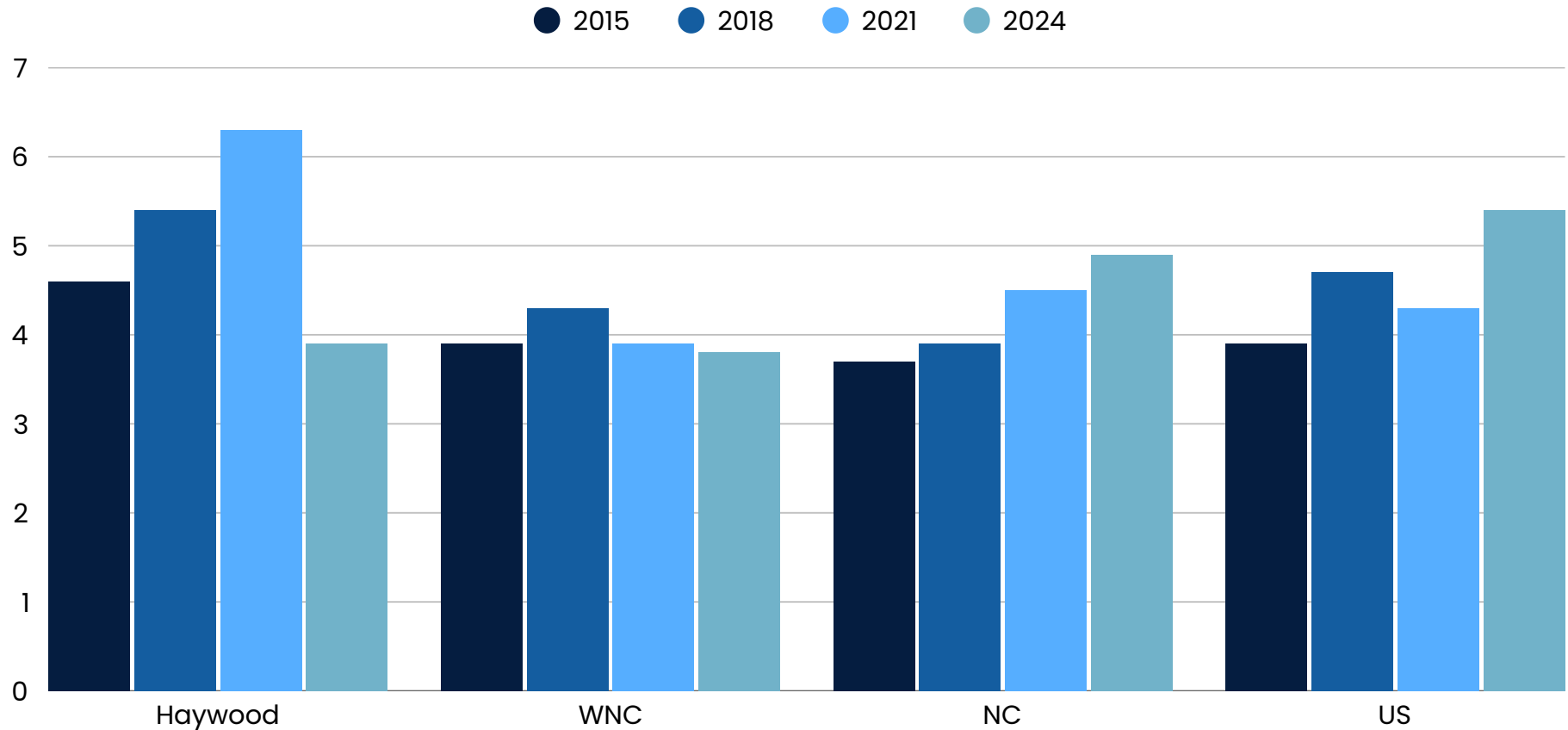
Notes: Asked of all respondents.

Includes diagnoses of heart attack, angina, or coronary heart disease.





# Prevalence of Stroke, (By County)



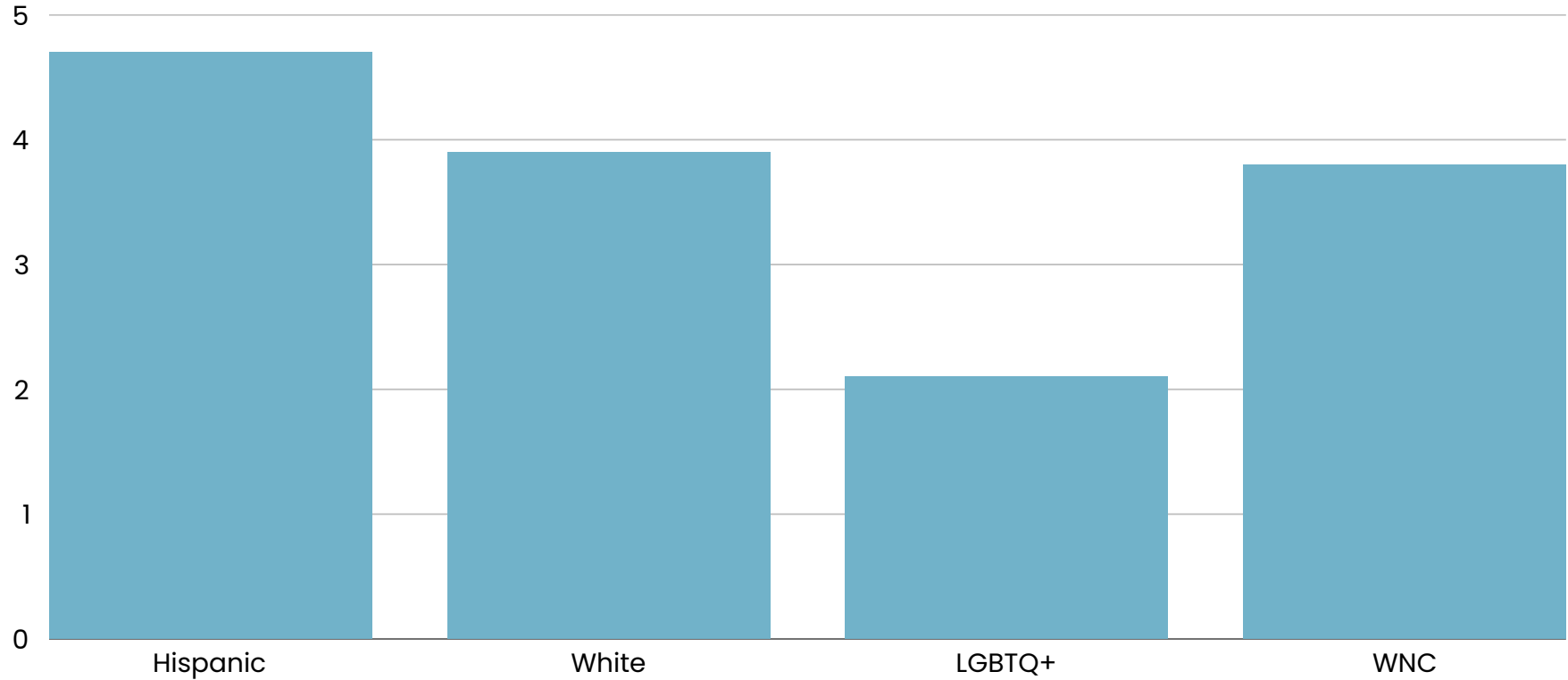
Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 13]  
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2022 North Carolina data. 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

Notes: Asked of all respondents.





## Prevalence of Stroke (By County, 2024)

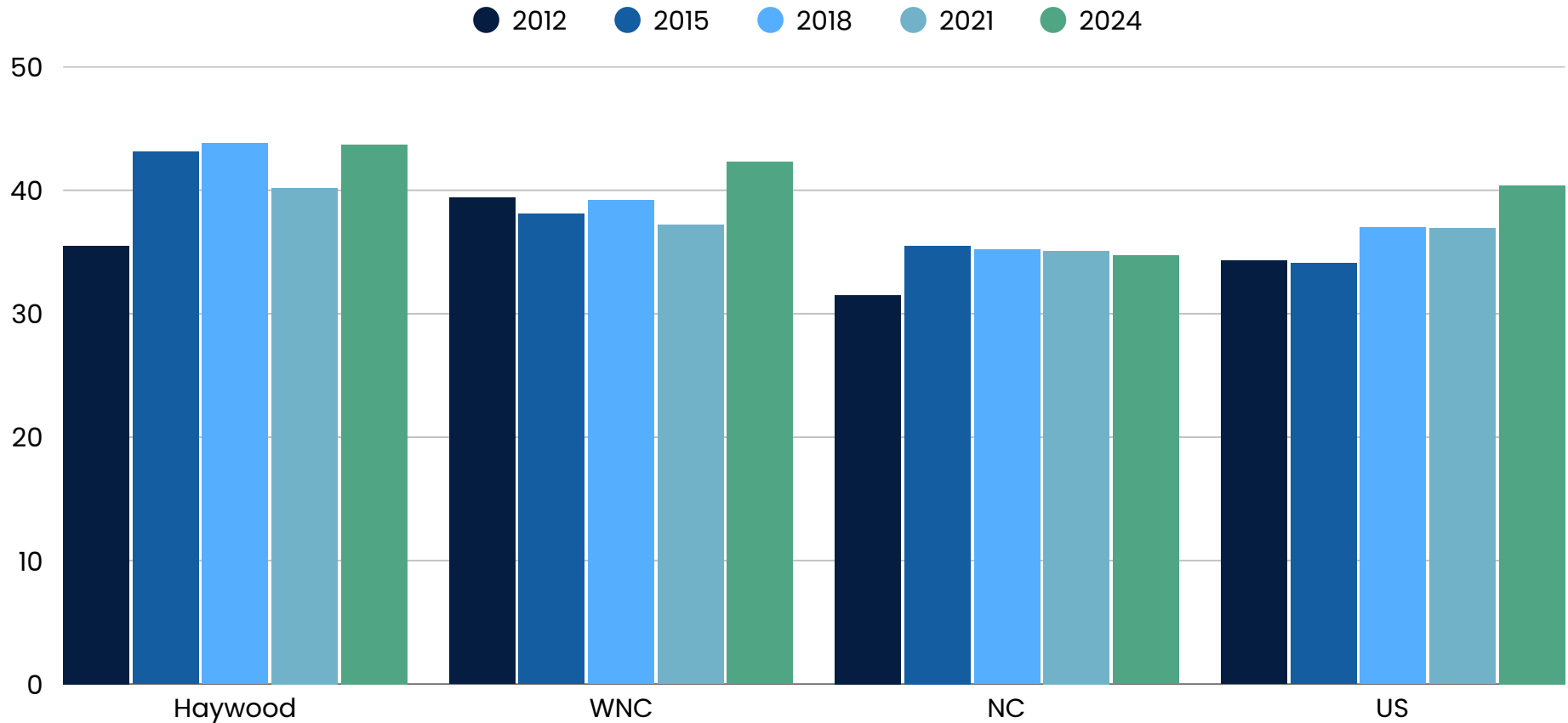


Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 13]  
Notes: Asked of all respondents.



# 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>.

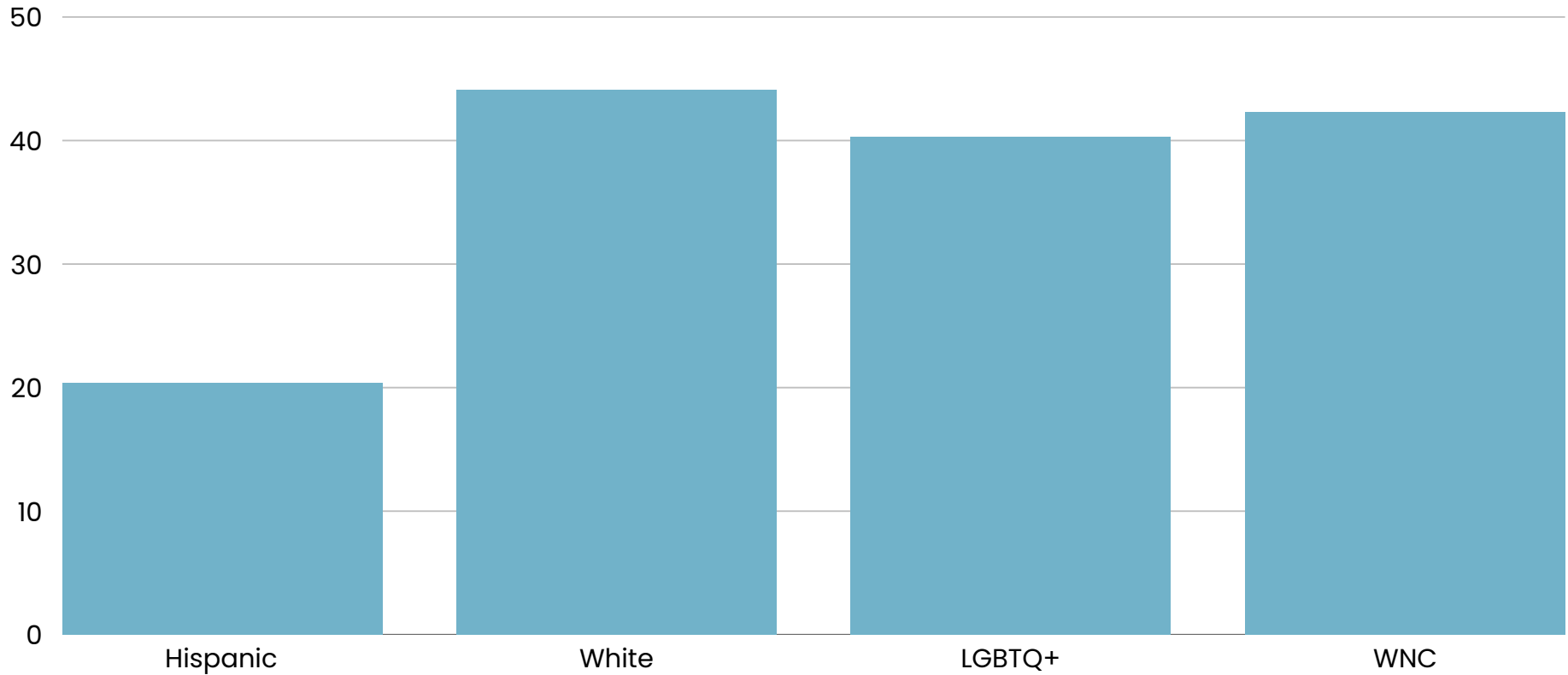
Notes: Asked of all respondents.





# Prevalence of High Blood Pressure (Western North Carolina, 2024)

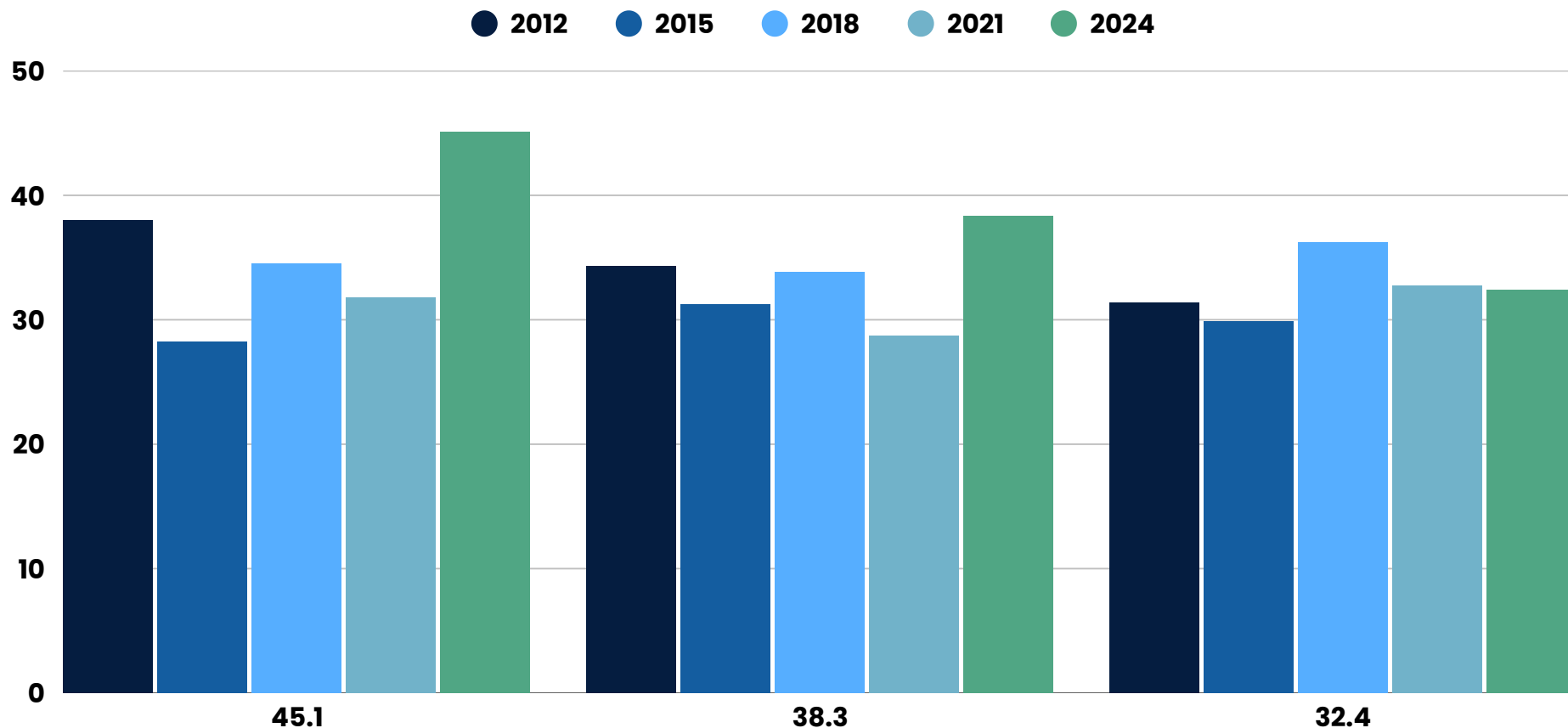
Healthy People 2030 Target = 42.6% or Lower



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.



# Prevalence of High Blood Cholesterol, (By County)



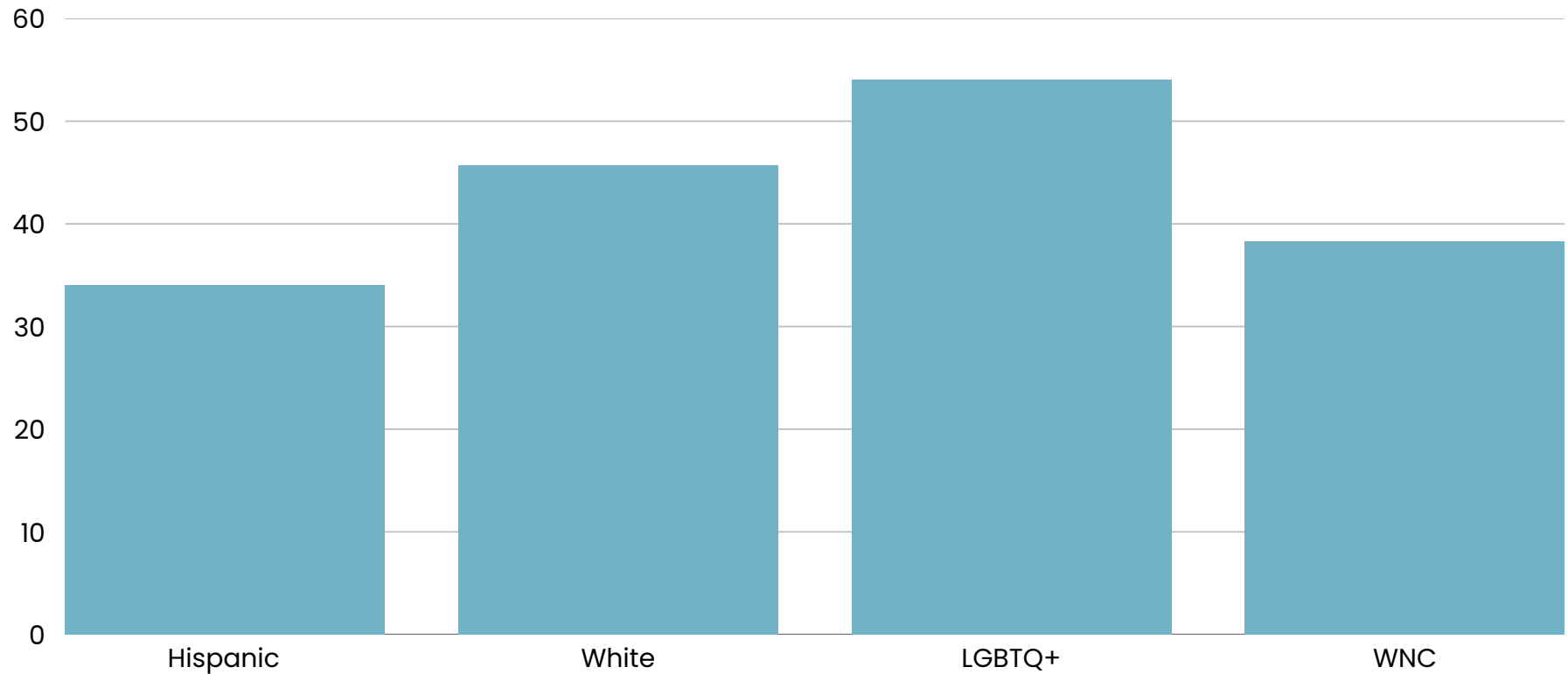
Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 19]

2023 PRC National Health Survey, PRC, Inc.

Notes: Asked of all respondents.



# Prevalence of High Blood Cholesterol (By County, 2024)



Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 19]

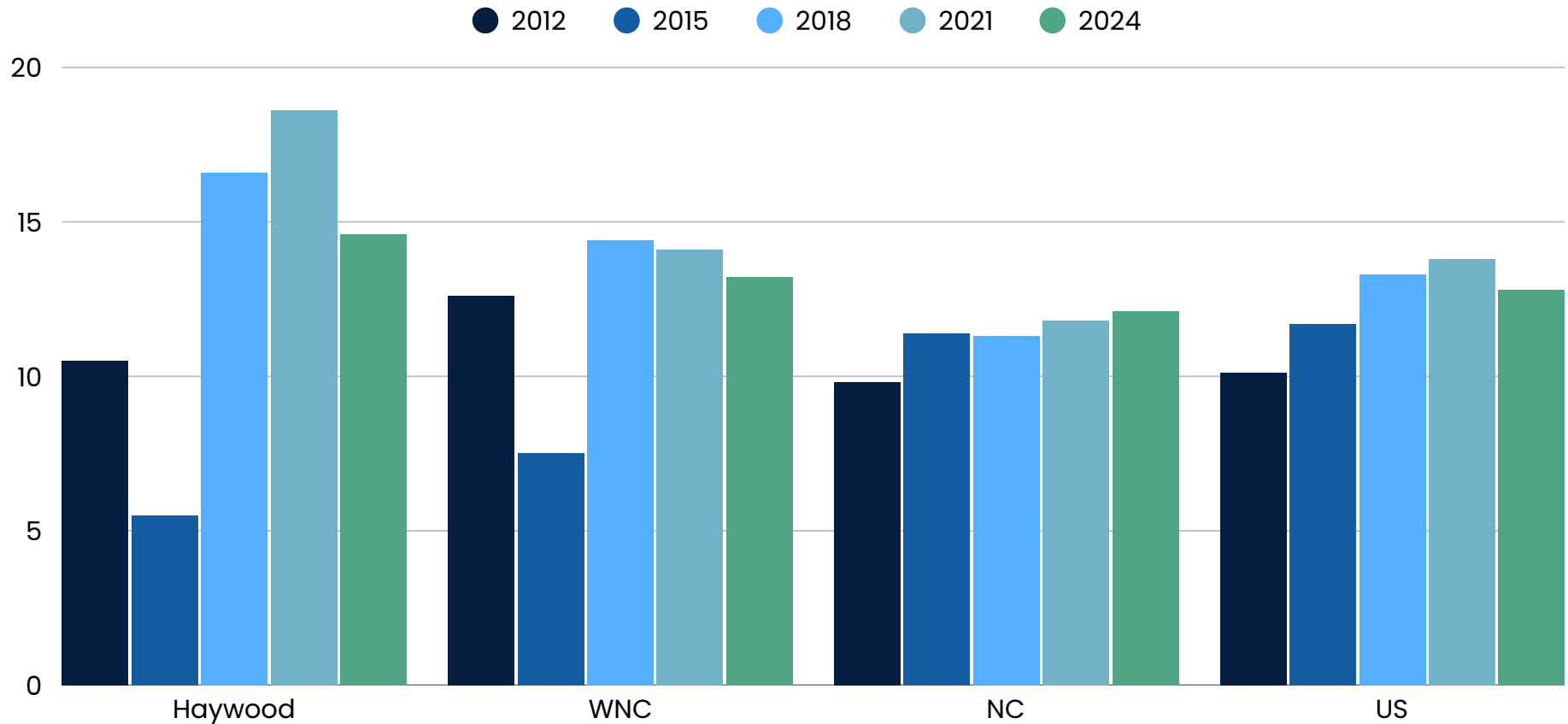
Notes: Asked of all respondents.



# DIABETES



# Prevalence of Diabetes, (By County)



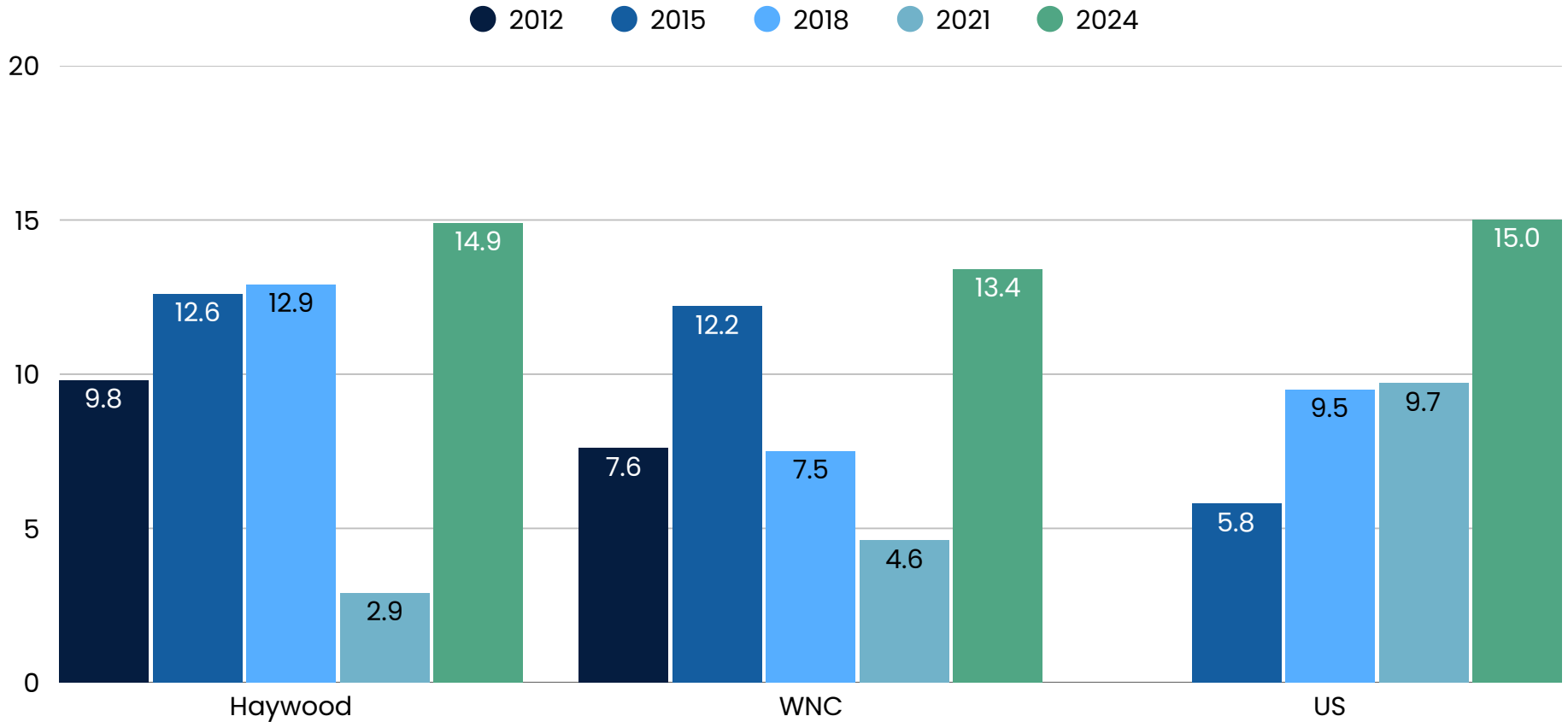
Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 80]  
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of  
Health and Human Services, Centers for Disease Control and Prevention (CDC): 2022 North Carolina  
data.

2023 PRC National Health Survey, PRC, Inc.

Notes: Asked of all respondents.



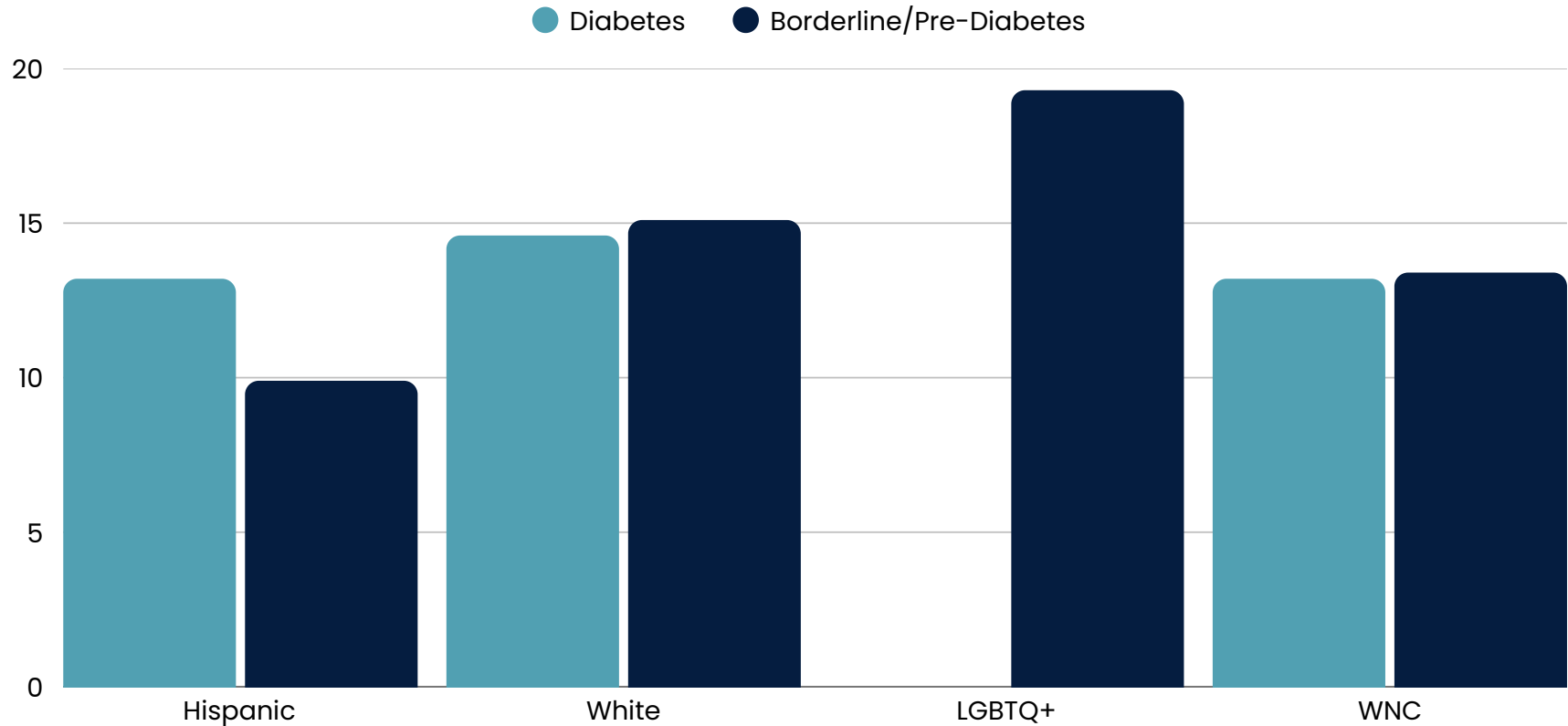
# Prevalence of Borderline or Pre-Diabetes, (By County)



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)

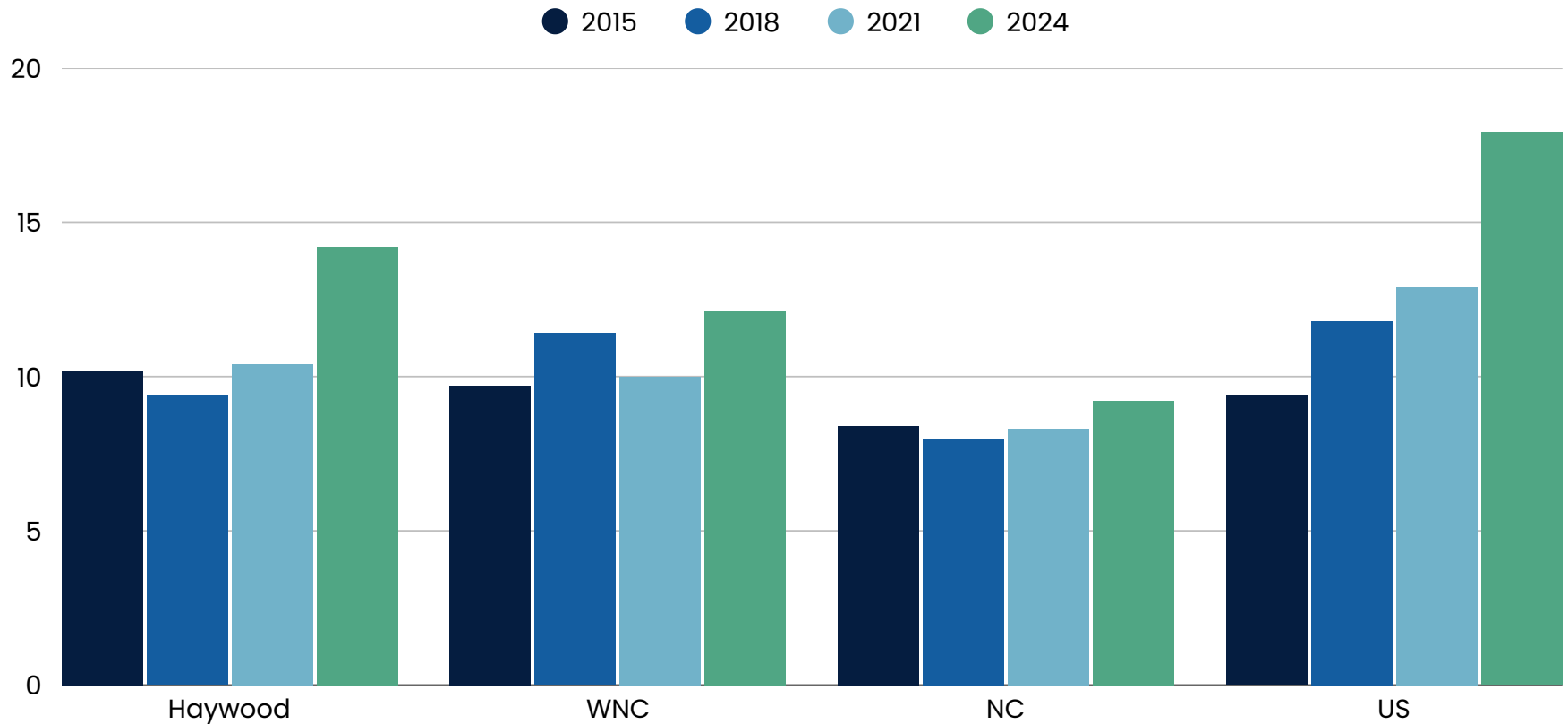


Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 80]  
Notes: Asked of all respondents.

# RESPIRATORY CONDITIONS



## Prevalence of Asthma, (By County)



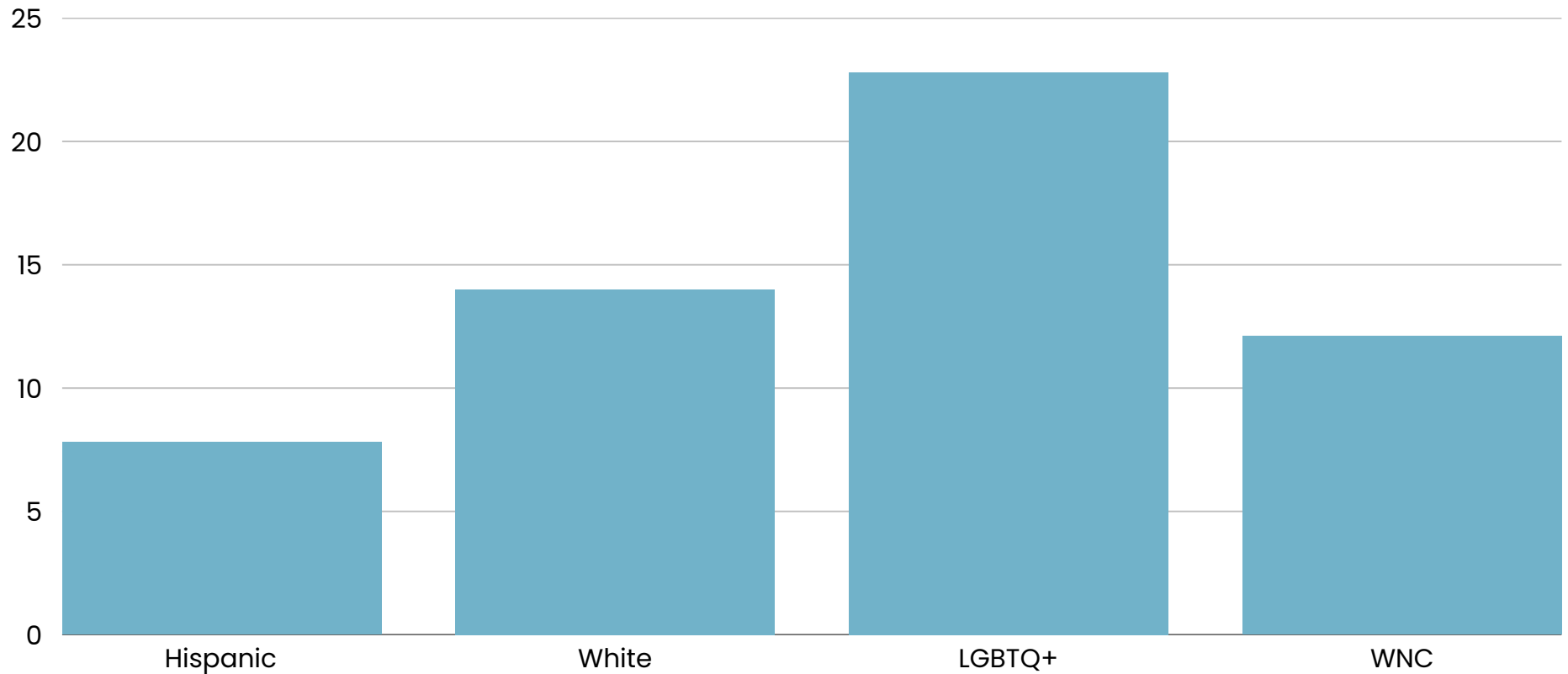
Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 79]  
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health  
and Human Services, Centers for Disease Control and Prevention (CDC): 2022 North Carolina data.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

Notes: Asked of all respondents.





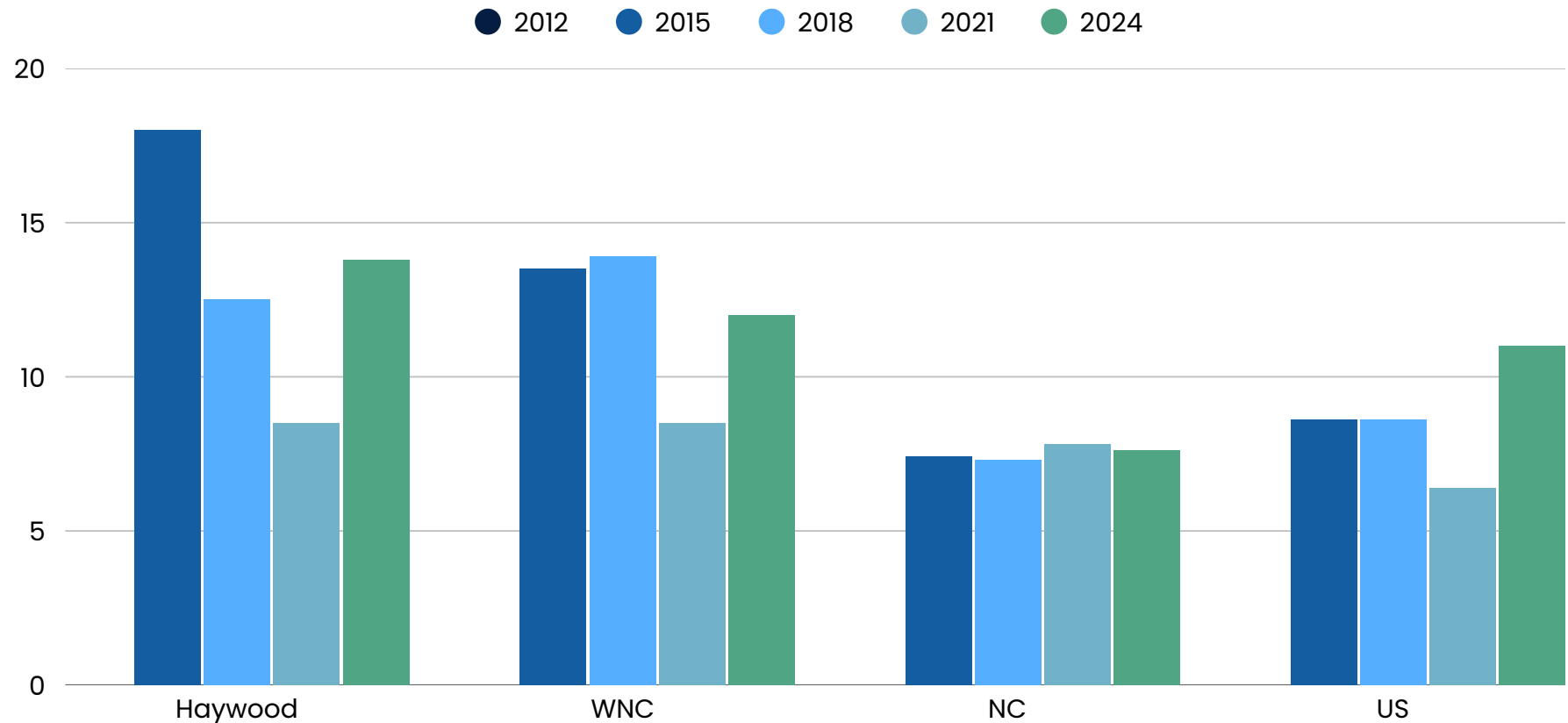
## Prevalence of Asthma (By County, 2024)



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



# 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.

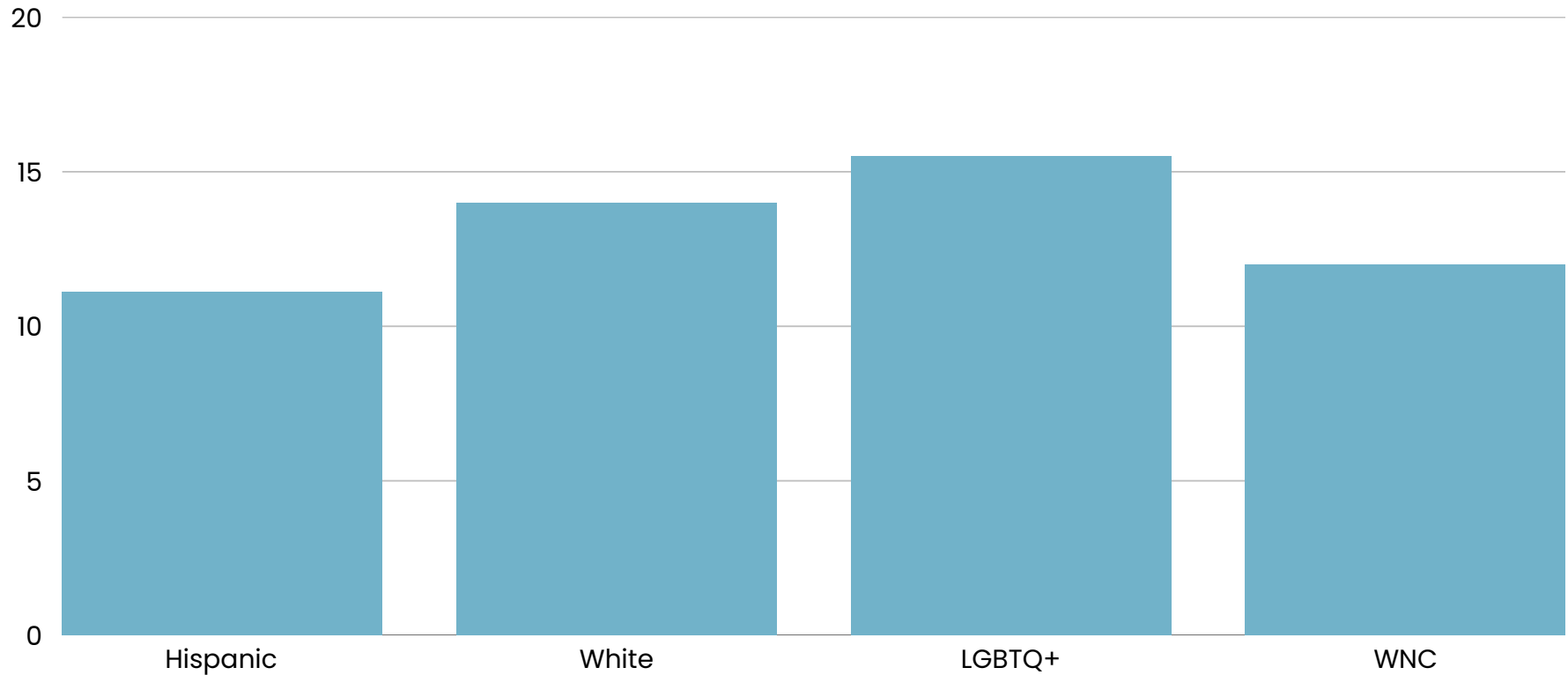
Notes: Asked of all respondents.  
Includes conditions such as chronic bronchitis and emphysema.







# 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.

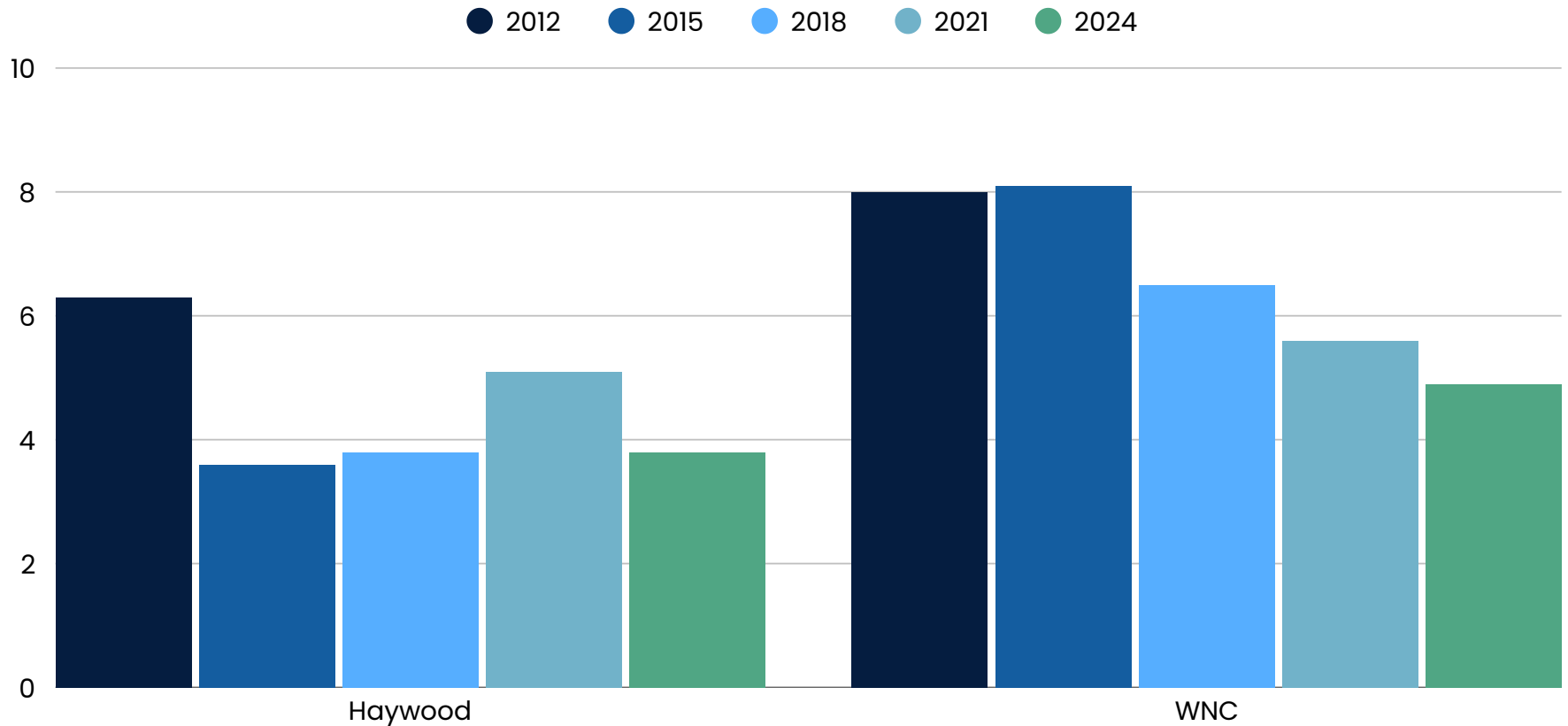


# MODIFIABLE HEALTH RISKS

# NUTRITION



# 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]

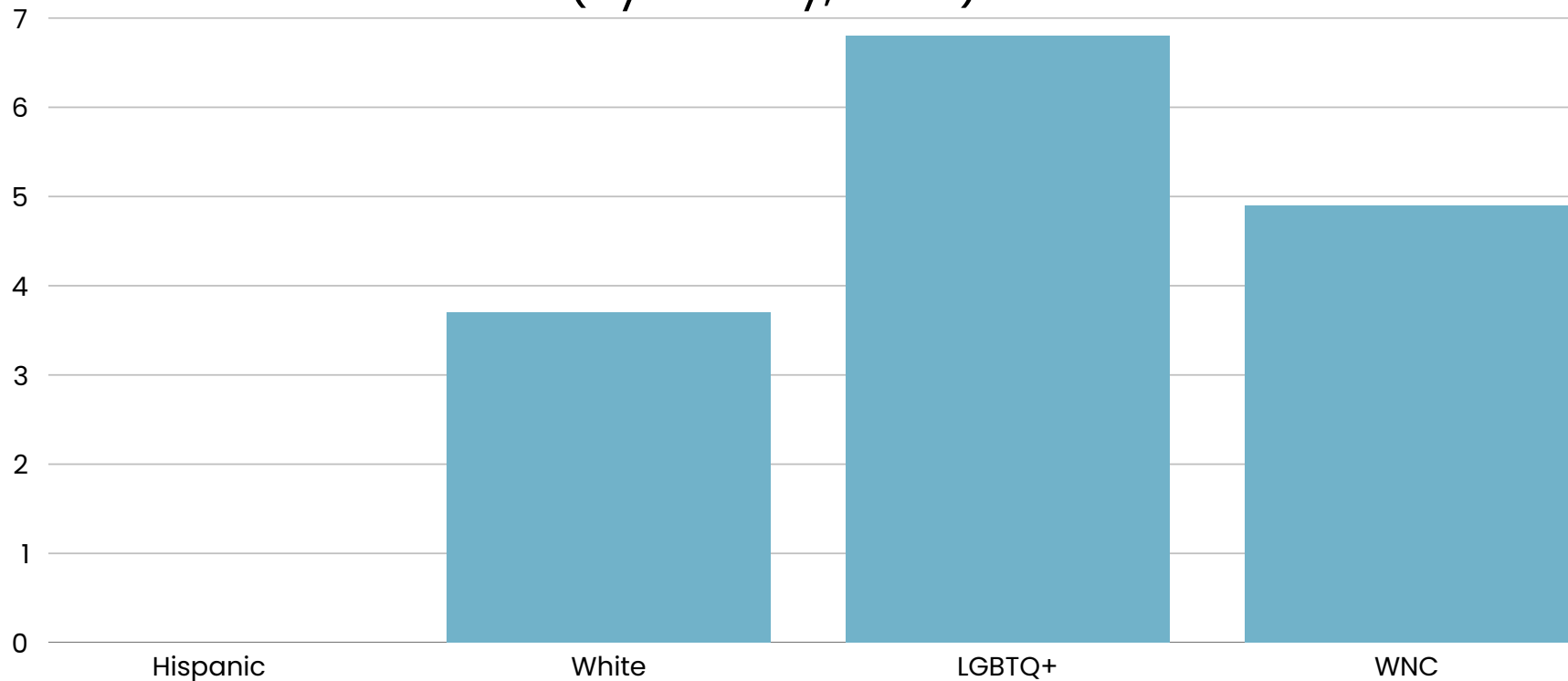
Notes: Asked of all respondents.

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.



# 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.

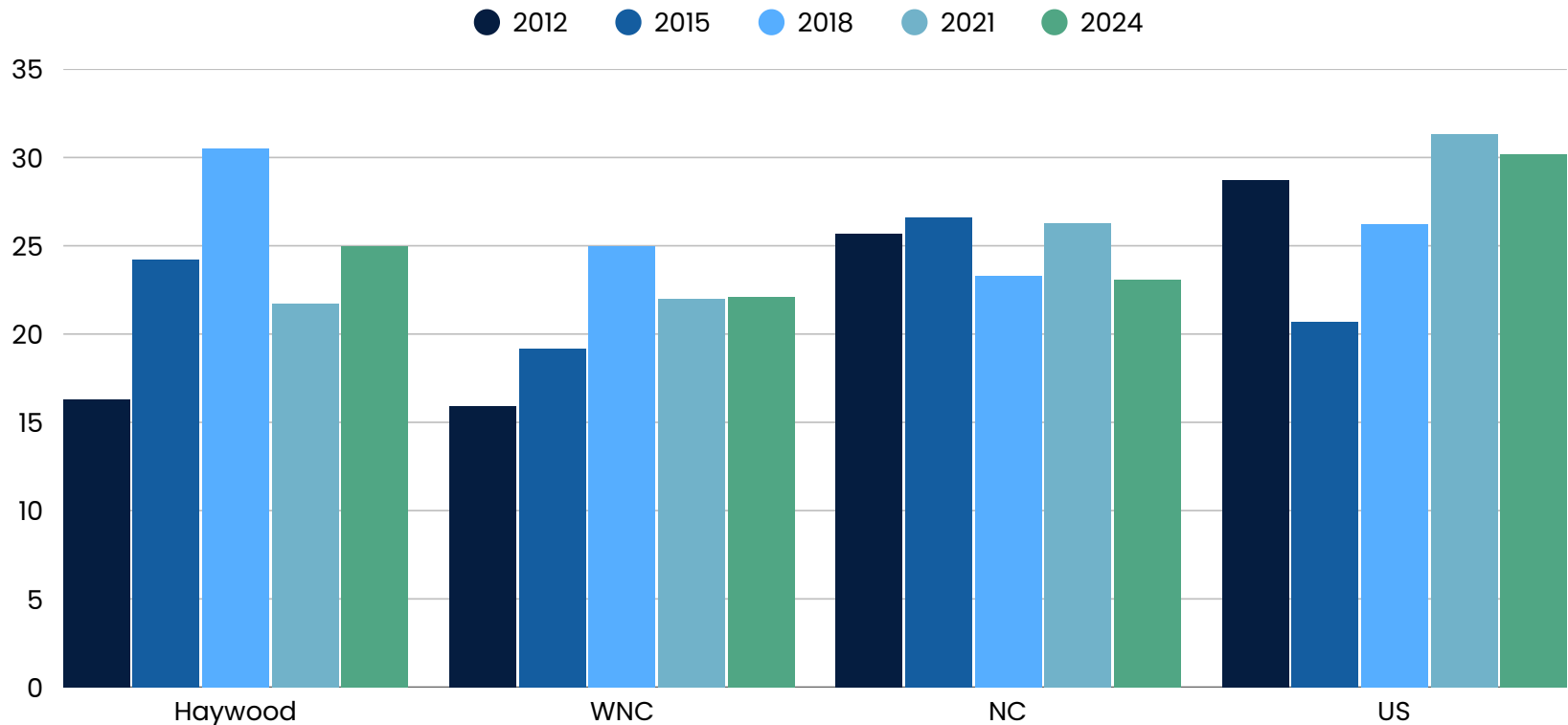


# PHYSICAL ACTIVITY & FITNESS



# 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>.

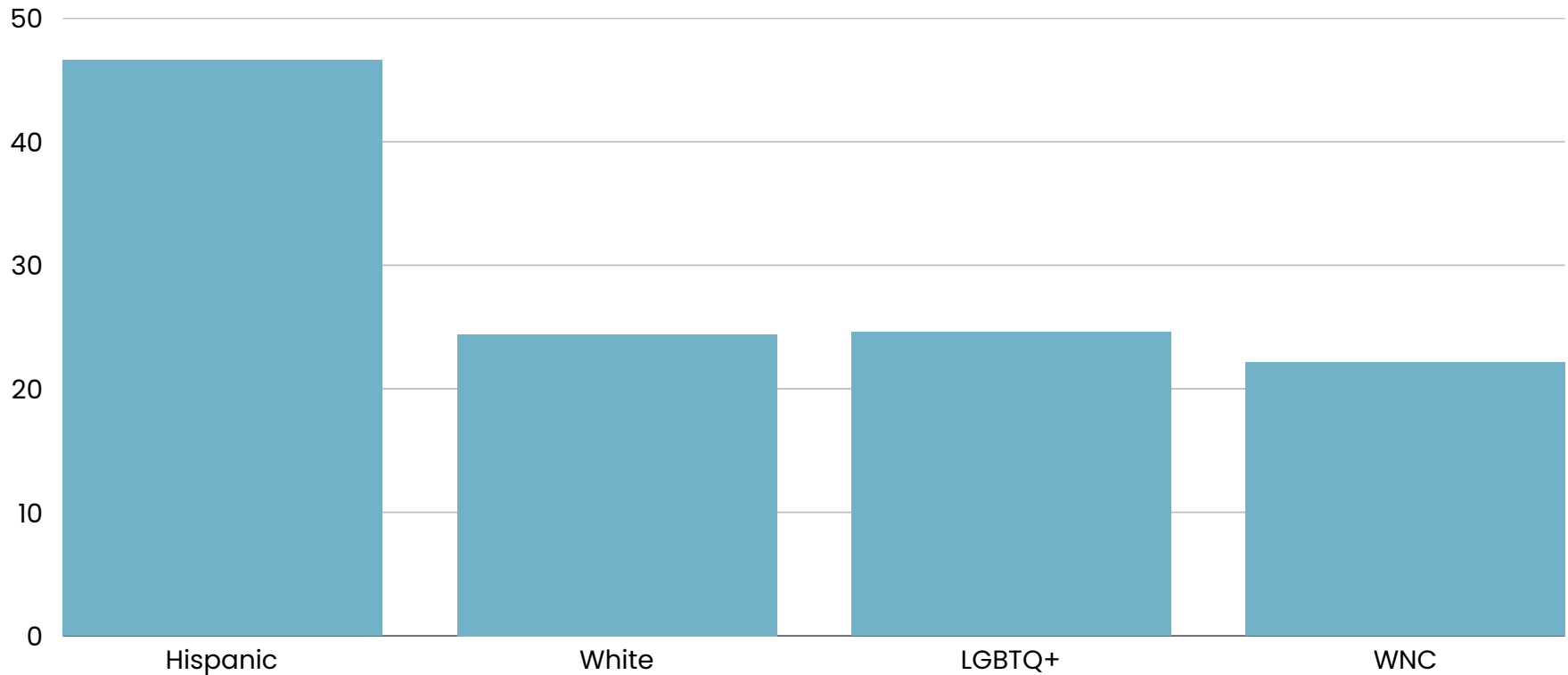
Notes: Asked of all respondents.





# 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.

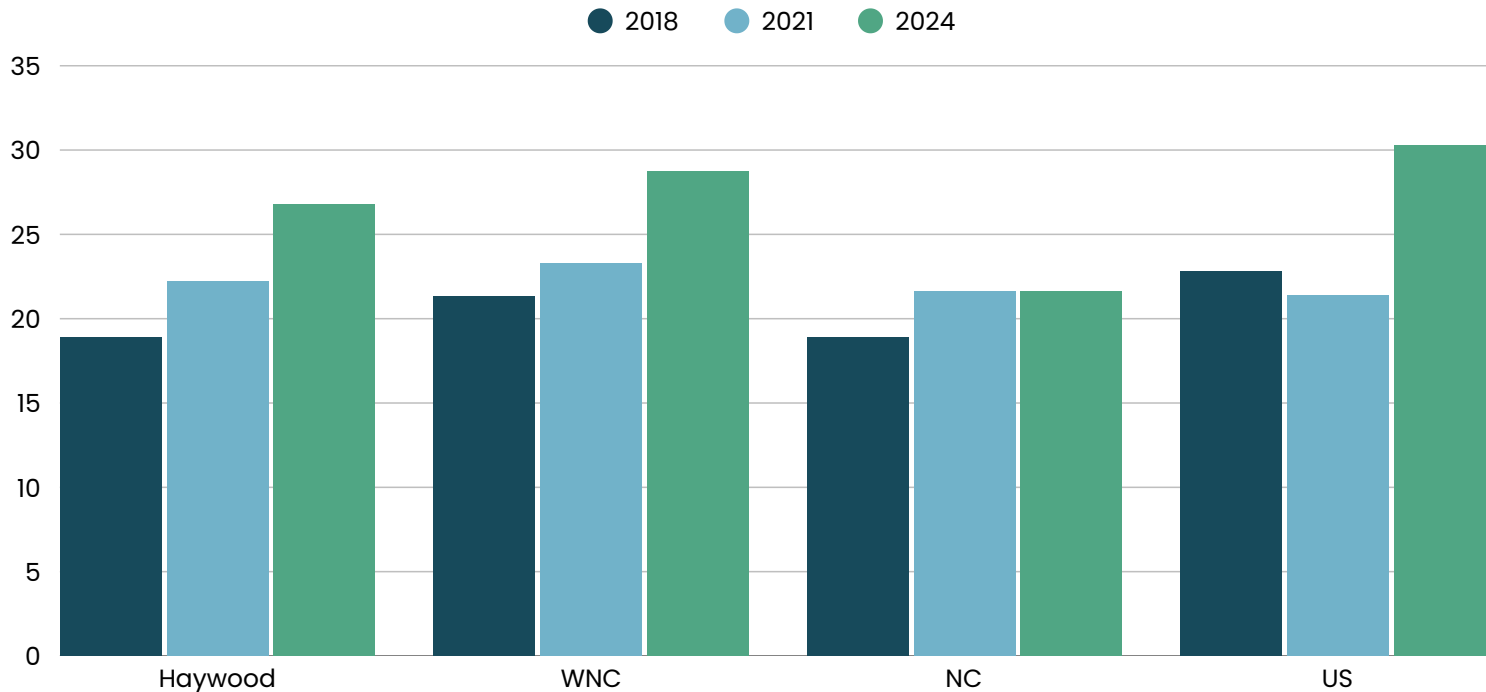






# Meets Physical Activity Recommendations (By County)

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.

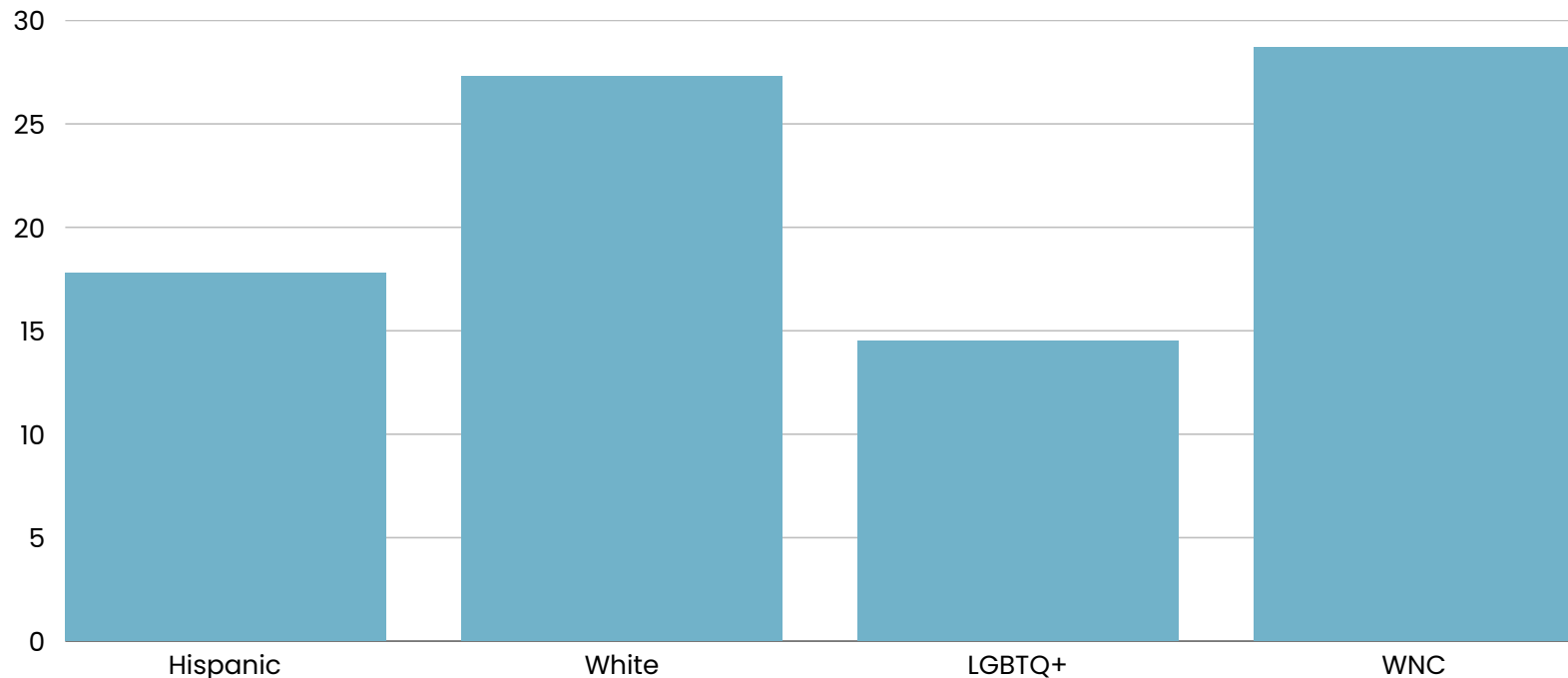
Meeting both guidelines is defined as the number of persons age 18+ who report light or moderate aerobic activity for at least 150 minutes per week or who report vigorous physical activity 75 minutes per week (or an equivalent combination of moderate and vigorous-intensity activity) and who also report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





# 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>.

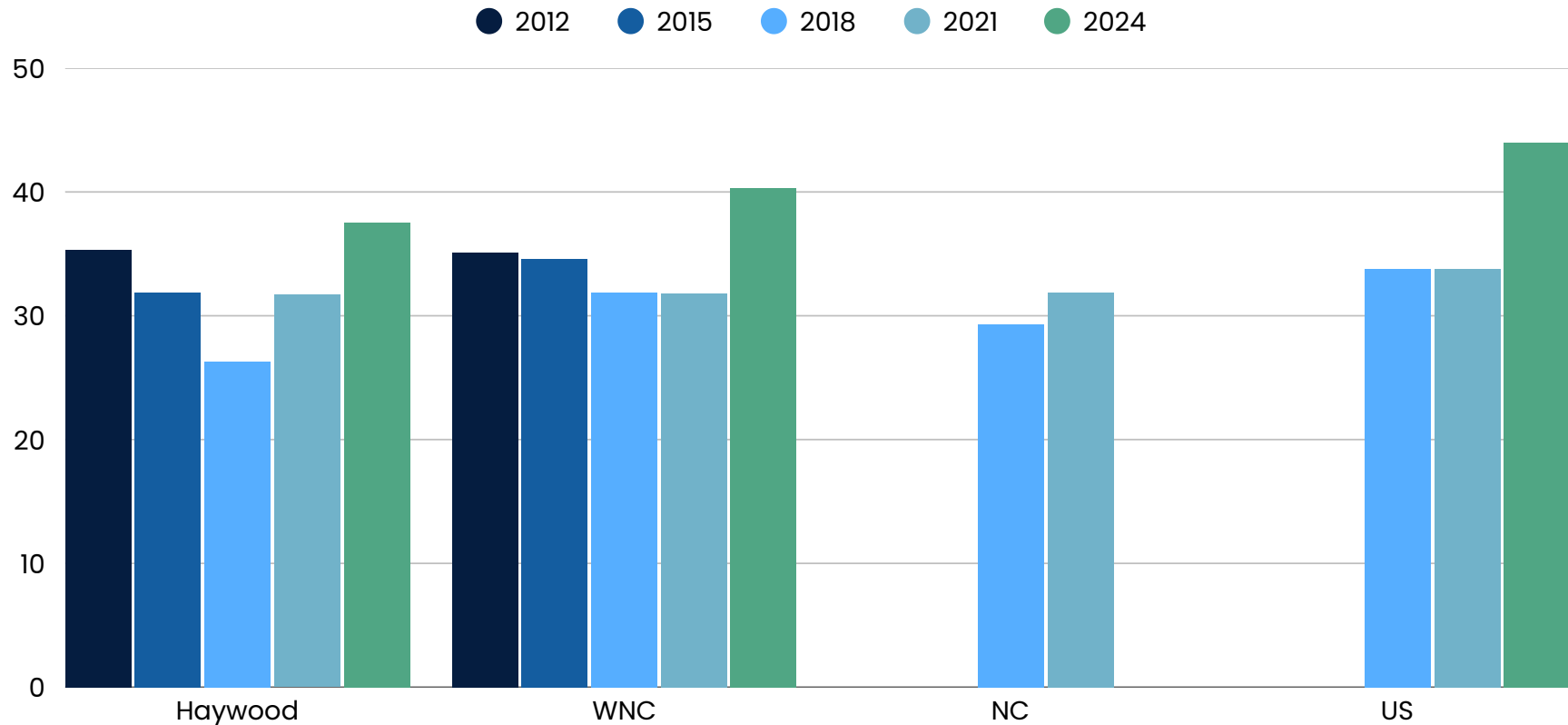
Notes: Asked of all respondents.

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.





## Strengthening Physical Activity, (By County)



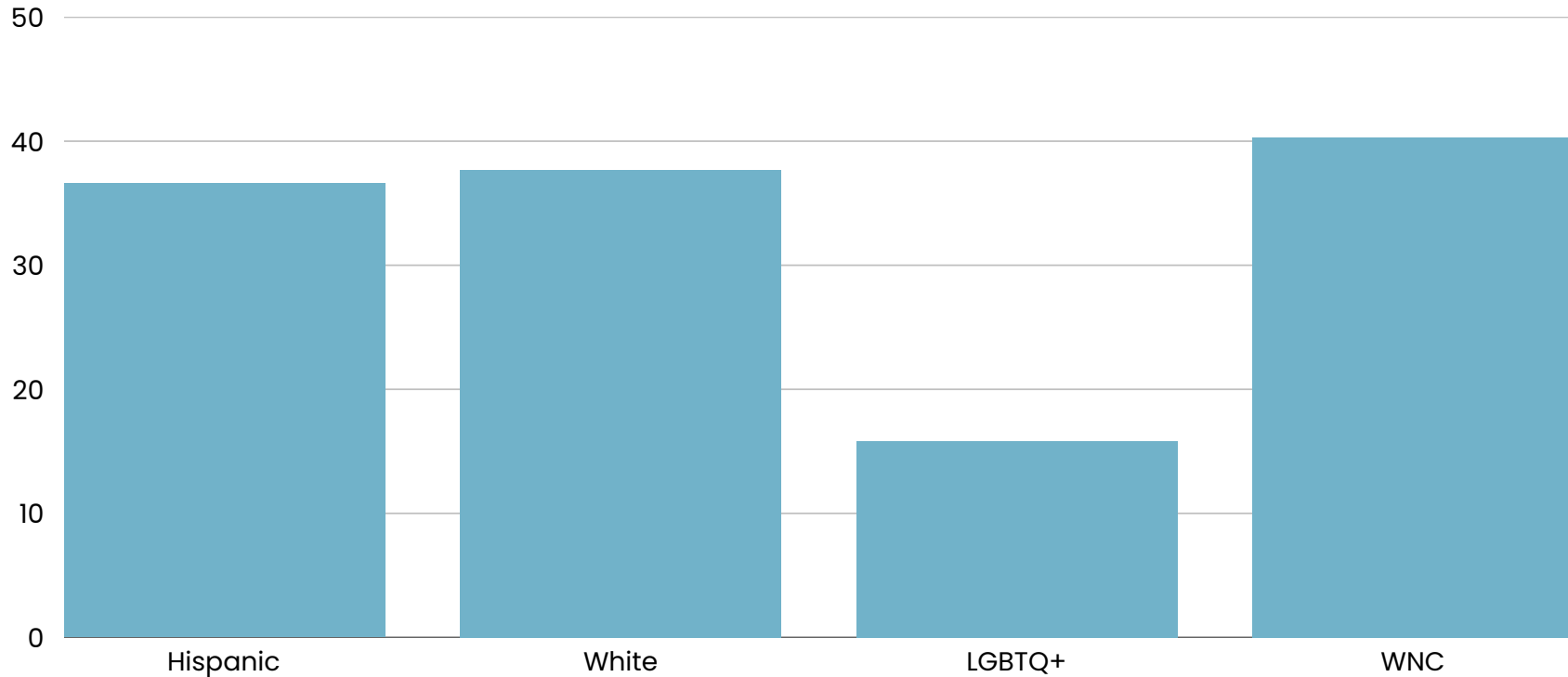
Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 56]  
2023 PRC National Health Survey, PRC, Inc.

Notes: Asked of all respondents.

Takes part in physical activities or exercises that strengthen muscles at least 2 times per week.



## Strengthening Physical Activity (Western North Carolina, 2024)



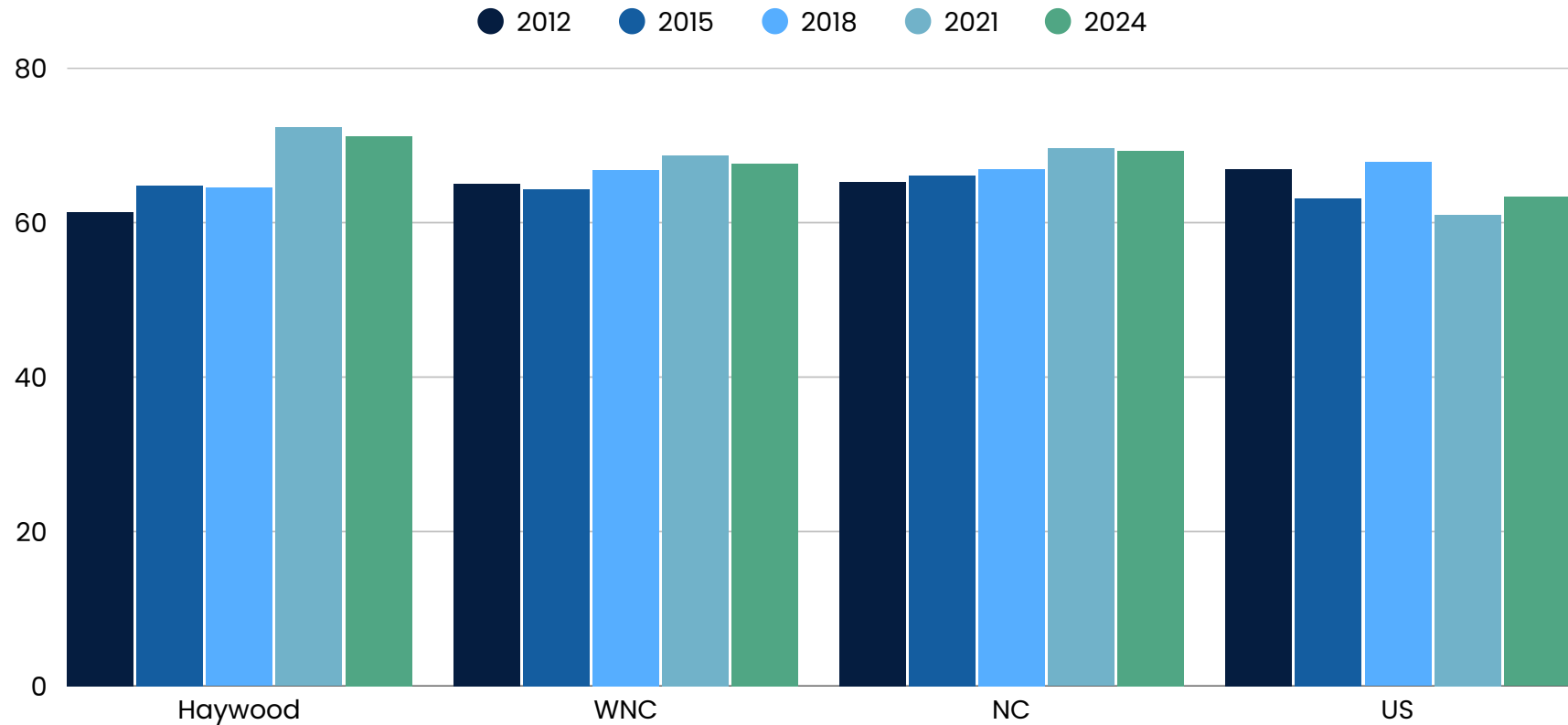
Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 56]

Notes: Asked of all respondents.

Takes part in physical activities or exercises that strengthen muscles at least 2 times per week.

# BODY WEIGHT

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



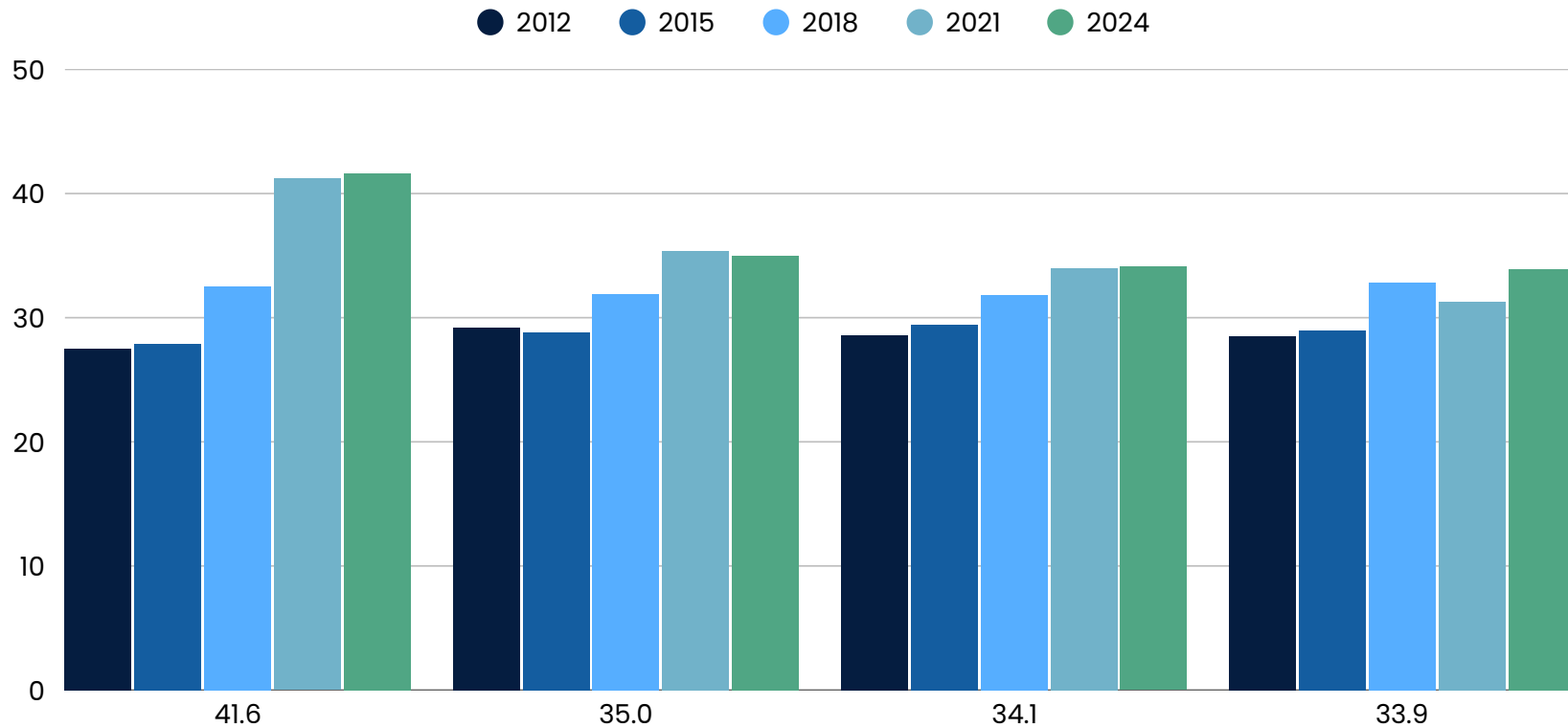
Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 84]  
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2022 North Carolina data. 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



# 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>.

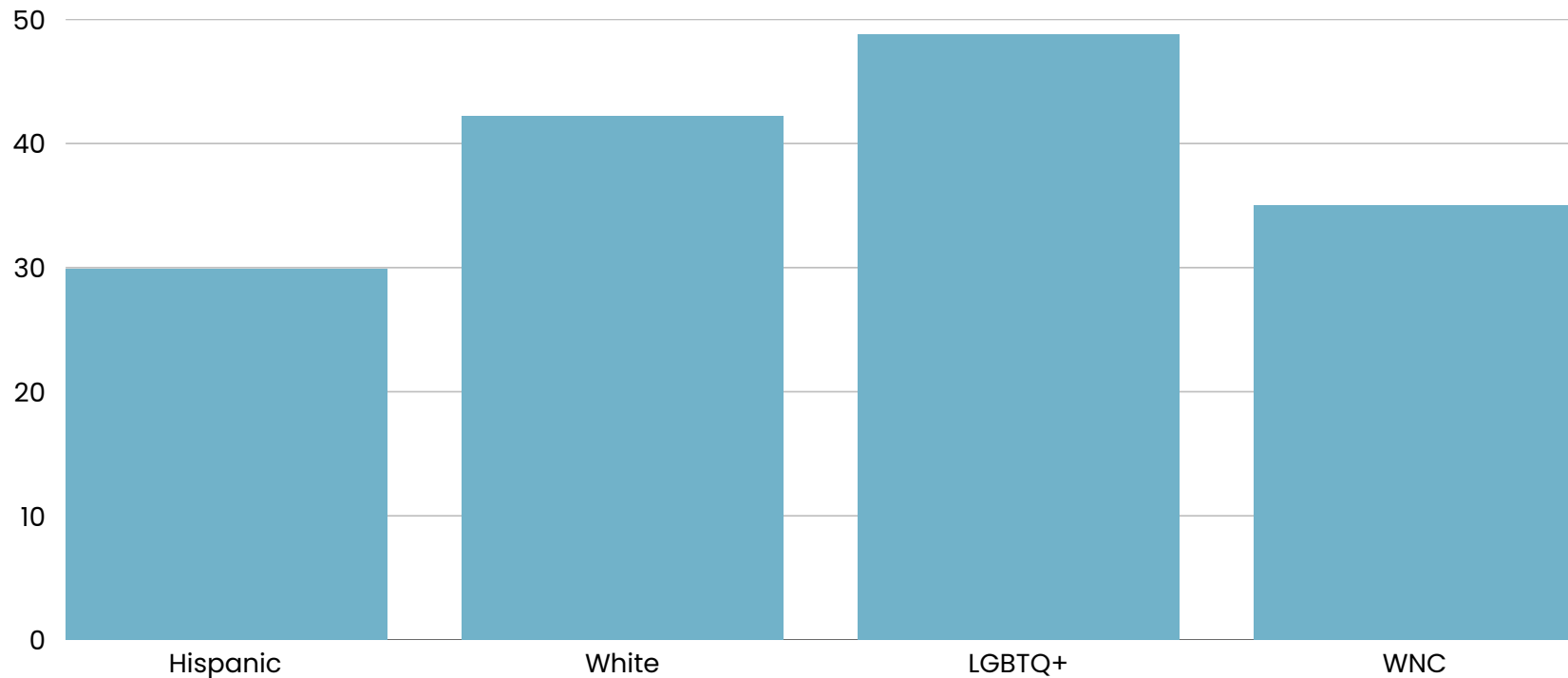
Notes: Based on reported heights and weights; asked of all respondents.  
The definition of obesity is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 30.0, regardless of gender.





# 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.

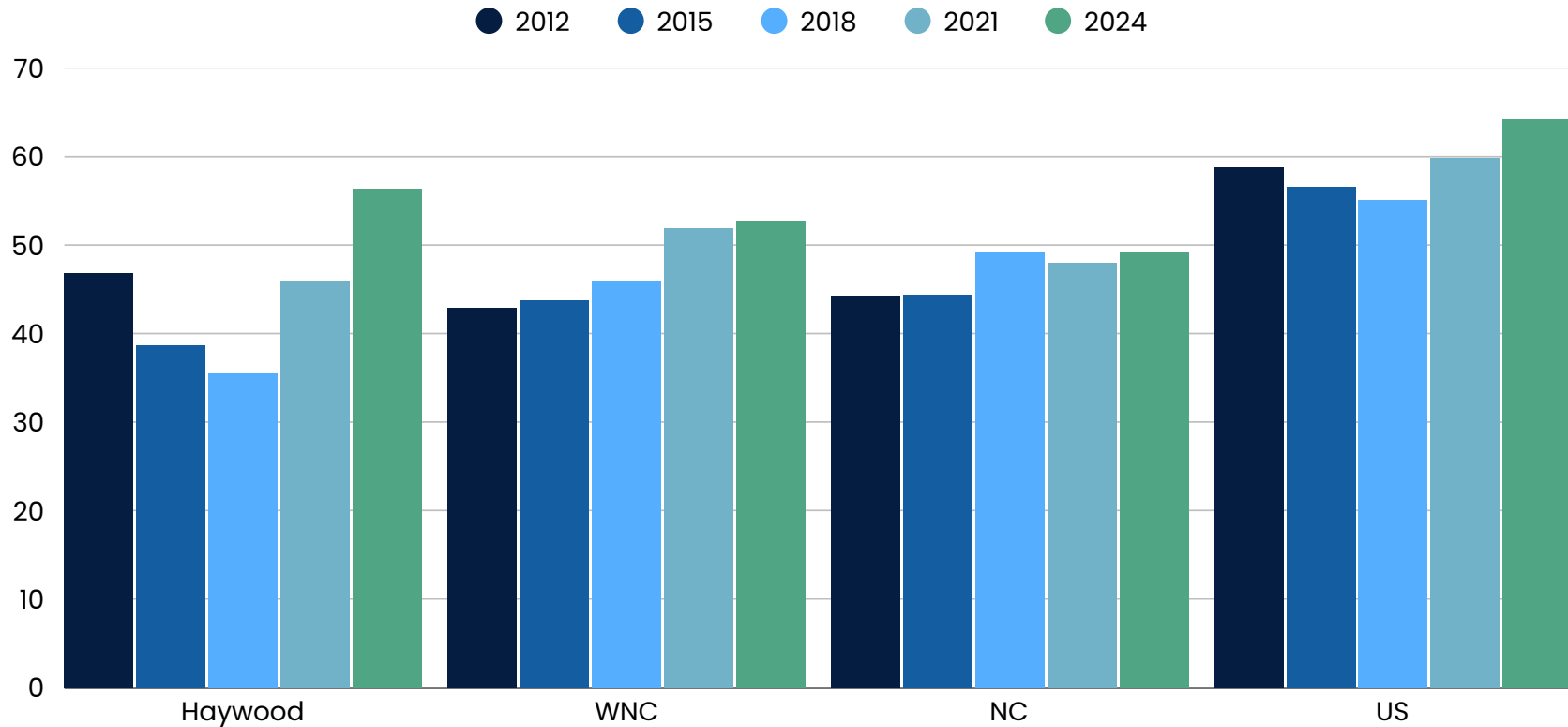




# SUBSTANCE USE



## Current Drinking, (By County)



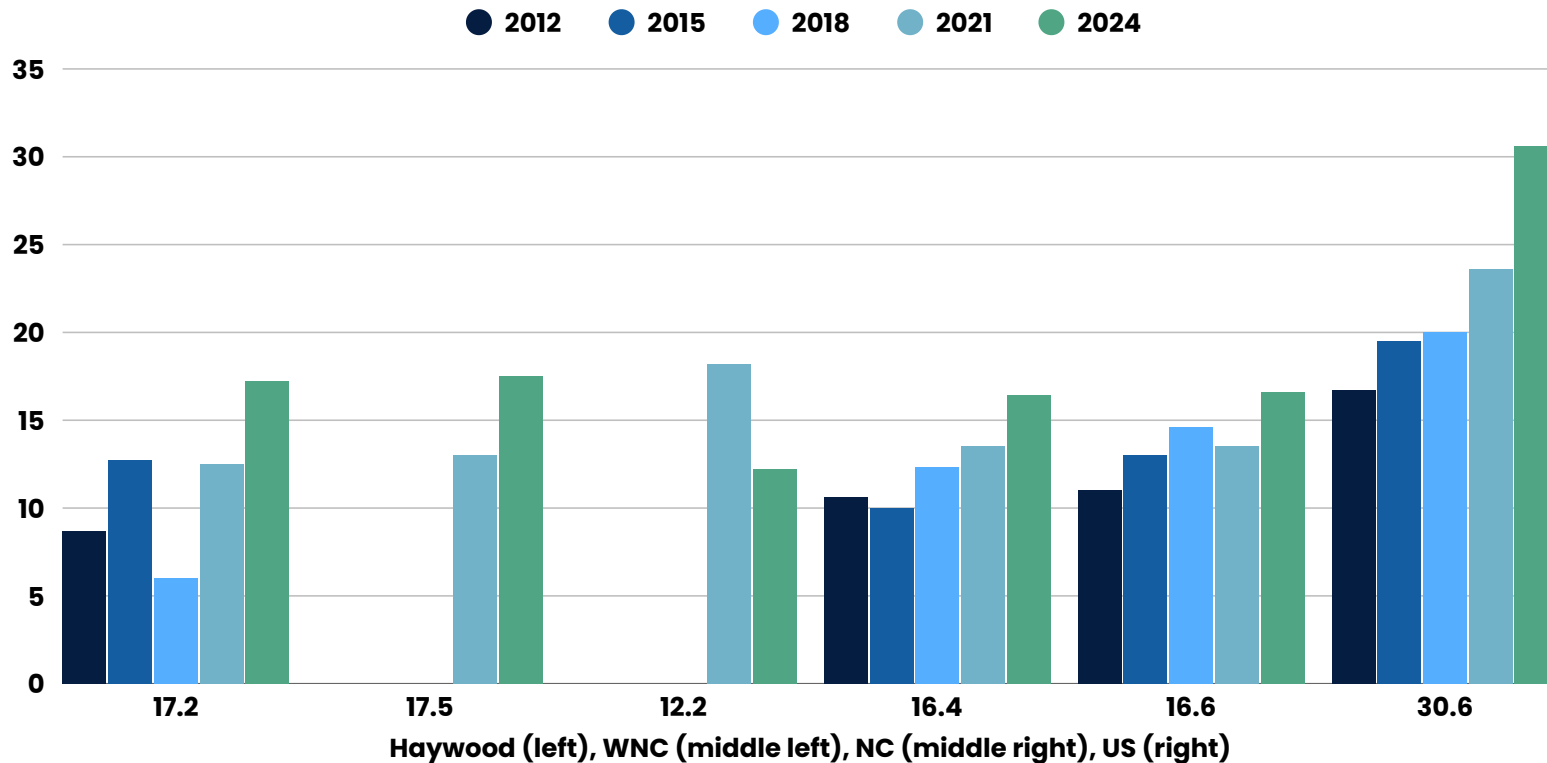
Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 338]  
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2022 North Carolina data.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



# 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.

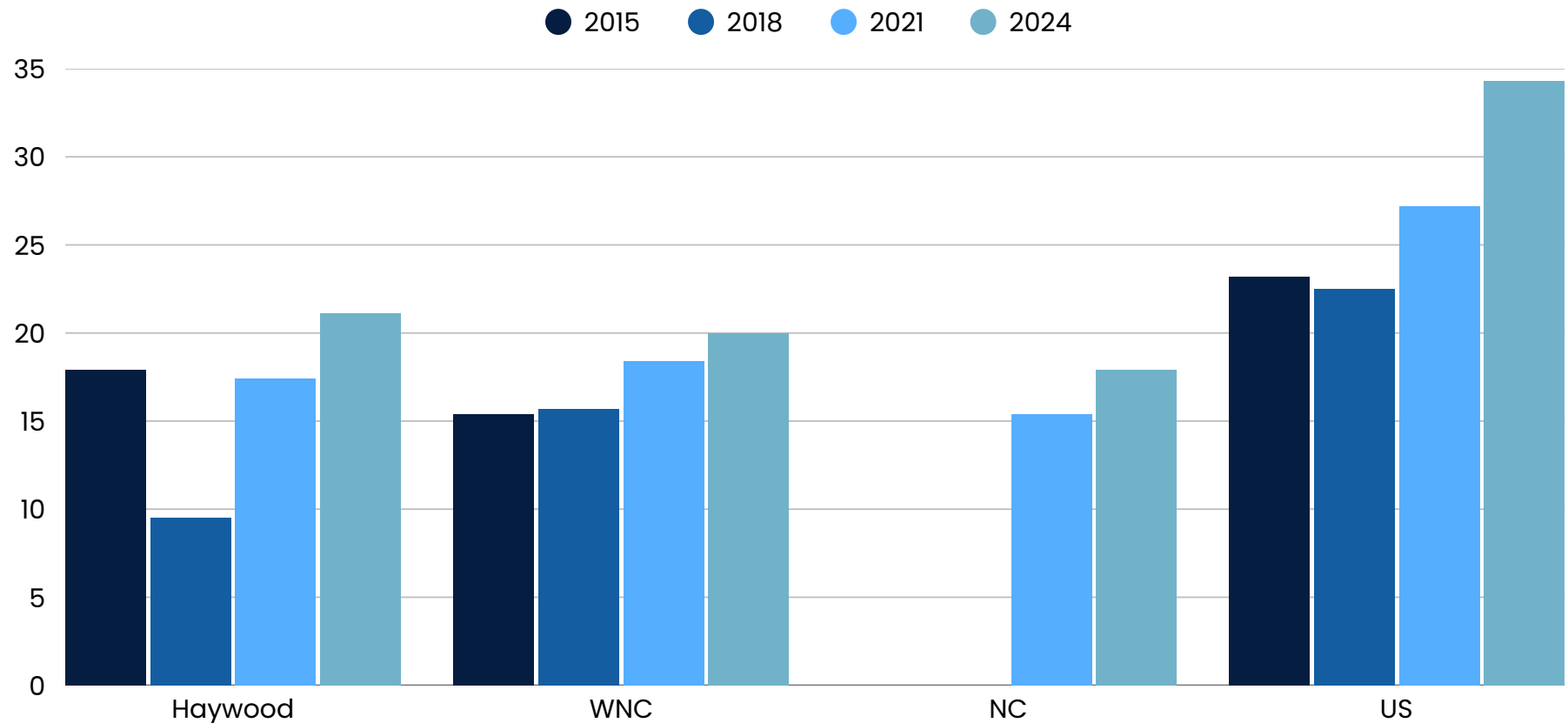
Binge drinking is defined as men consuming 5+ alcoholic drinks on any one occasion in the past month or women consuming 4+ alcoholic drinks on any one occasion in the past month.

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.





# 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.

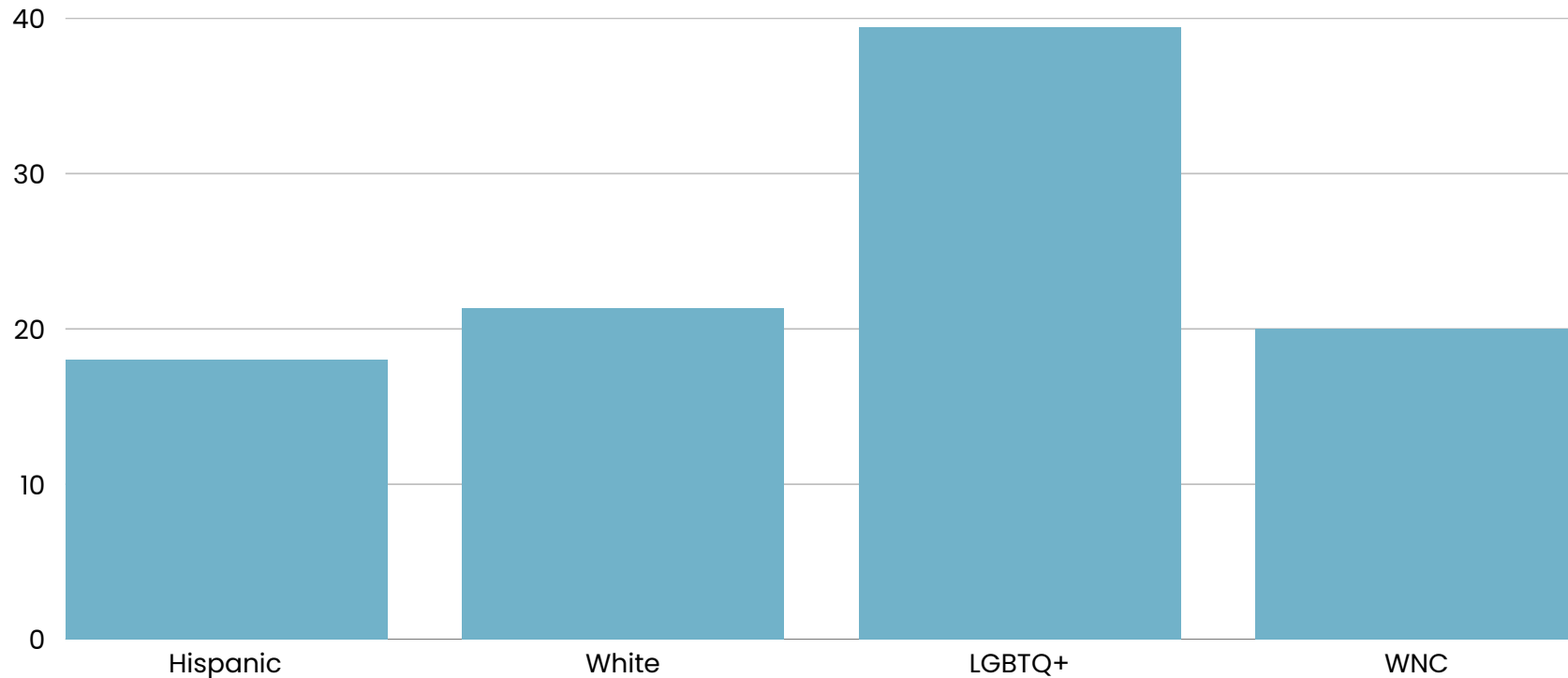
Notes: Asked of all respondents.

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.





# 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.

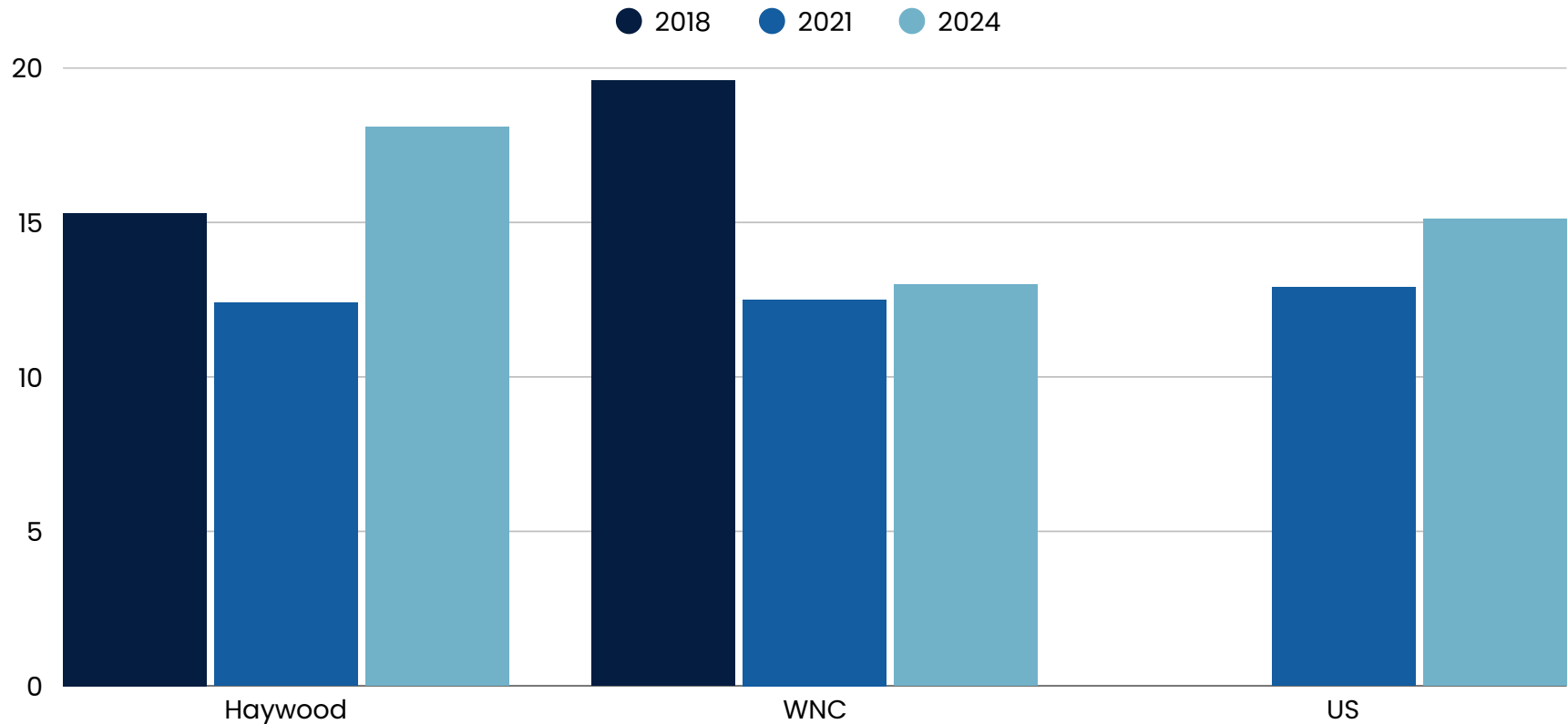
Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).

Excessive drinking reflects the number of persons aged 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.





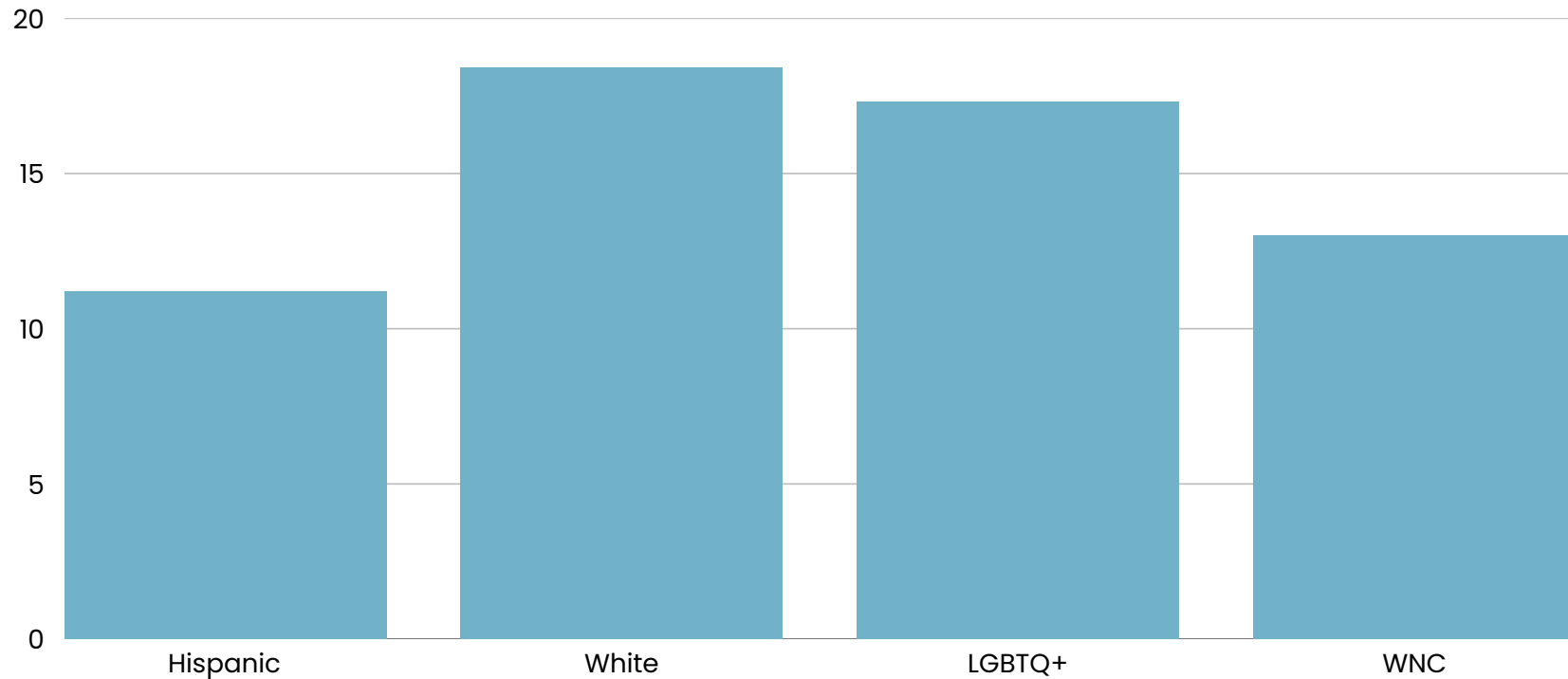
# Used a Prescription Opioid in the Past Year, With or Without a Prescription (By County)



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.

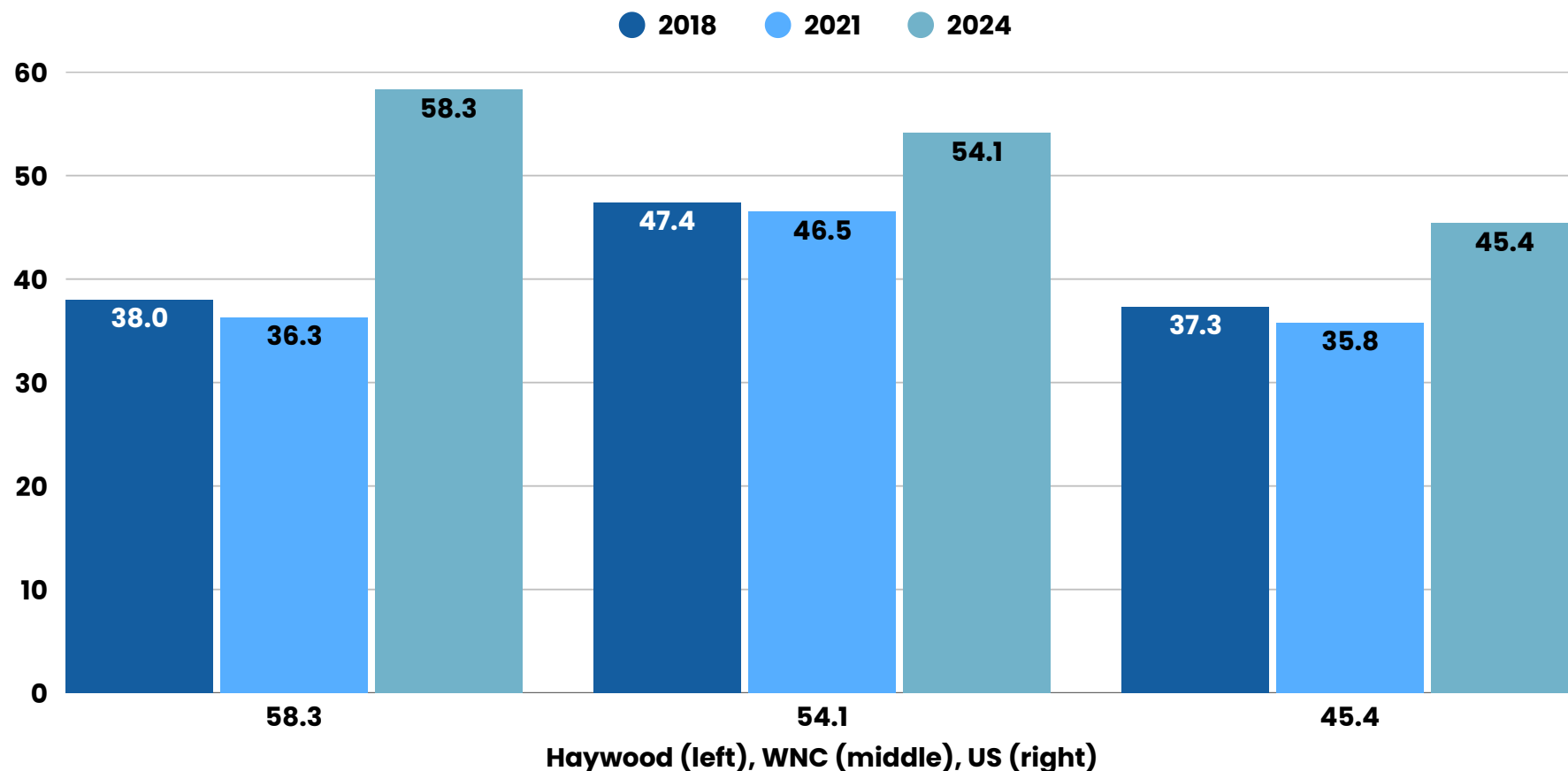


# Used a Prescription Opioid in the Past Year, With or Without a Prescription (By County, 2024)



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

# 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]

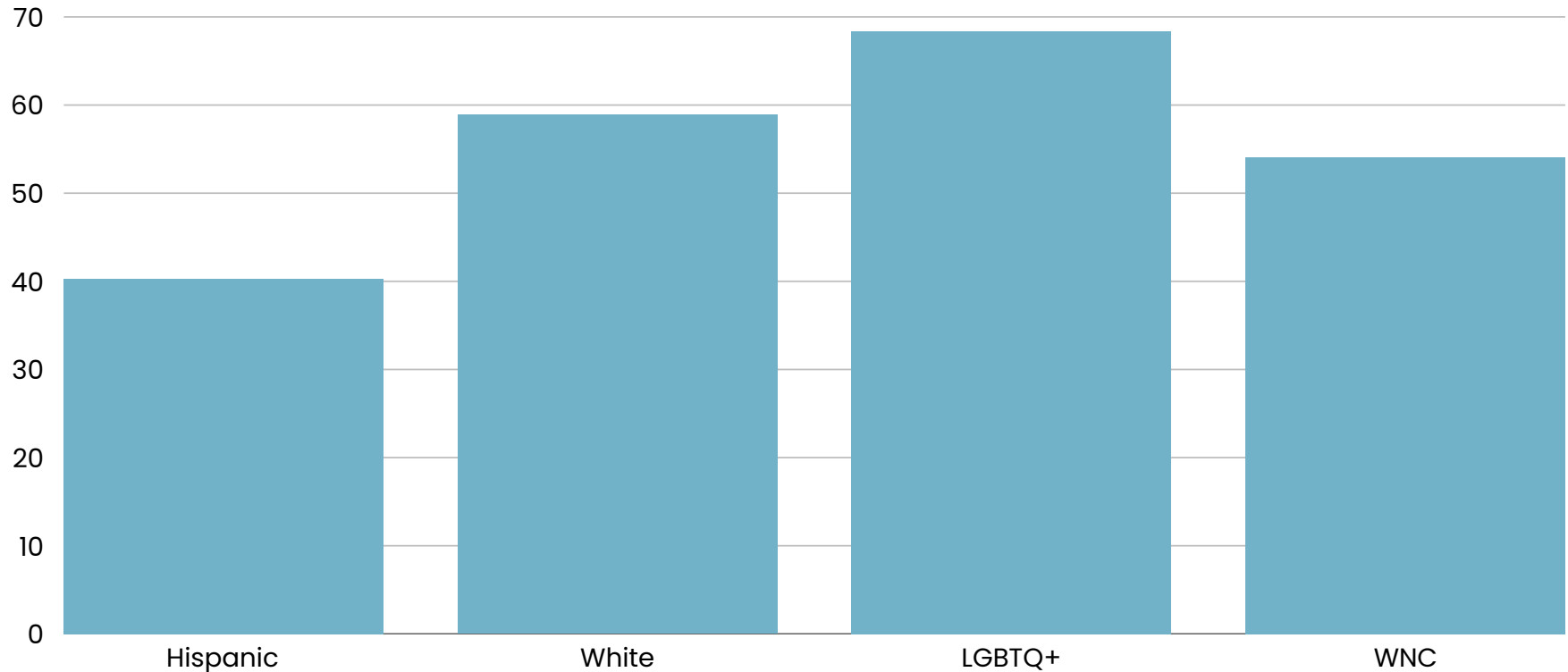
2023 PRC National Health Survey, PRC, Inc.

Notes: Asked of all respondents.





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



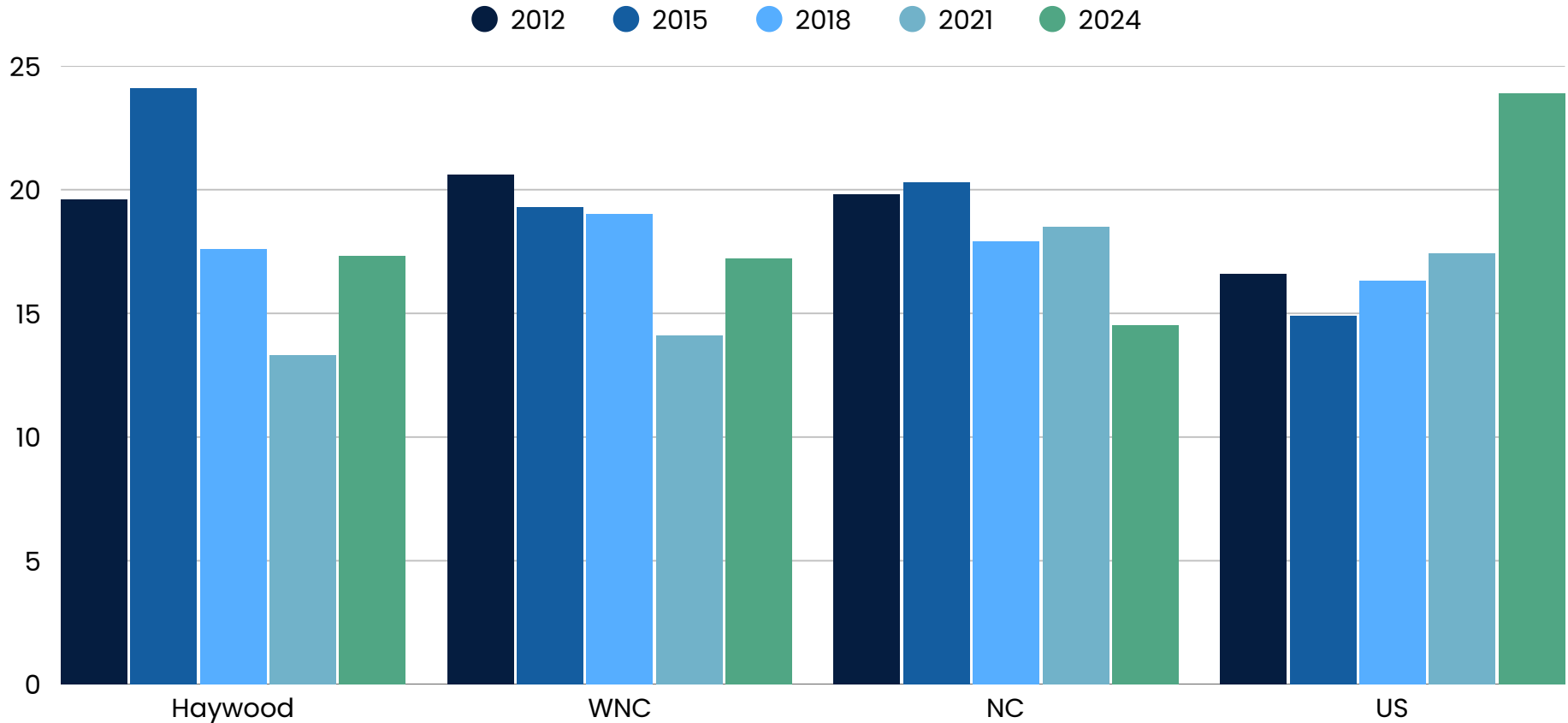
Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 24]  
Notes: Asked of all respondents.

# TOBACCO USE



# 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>.

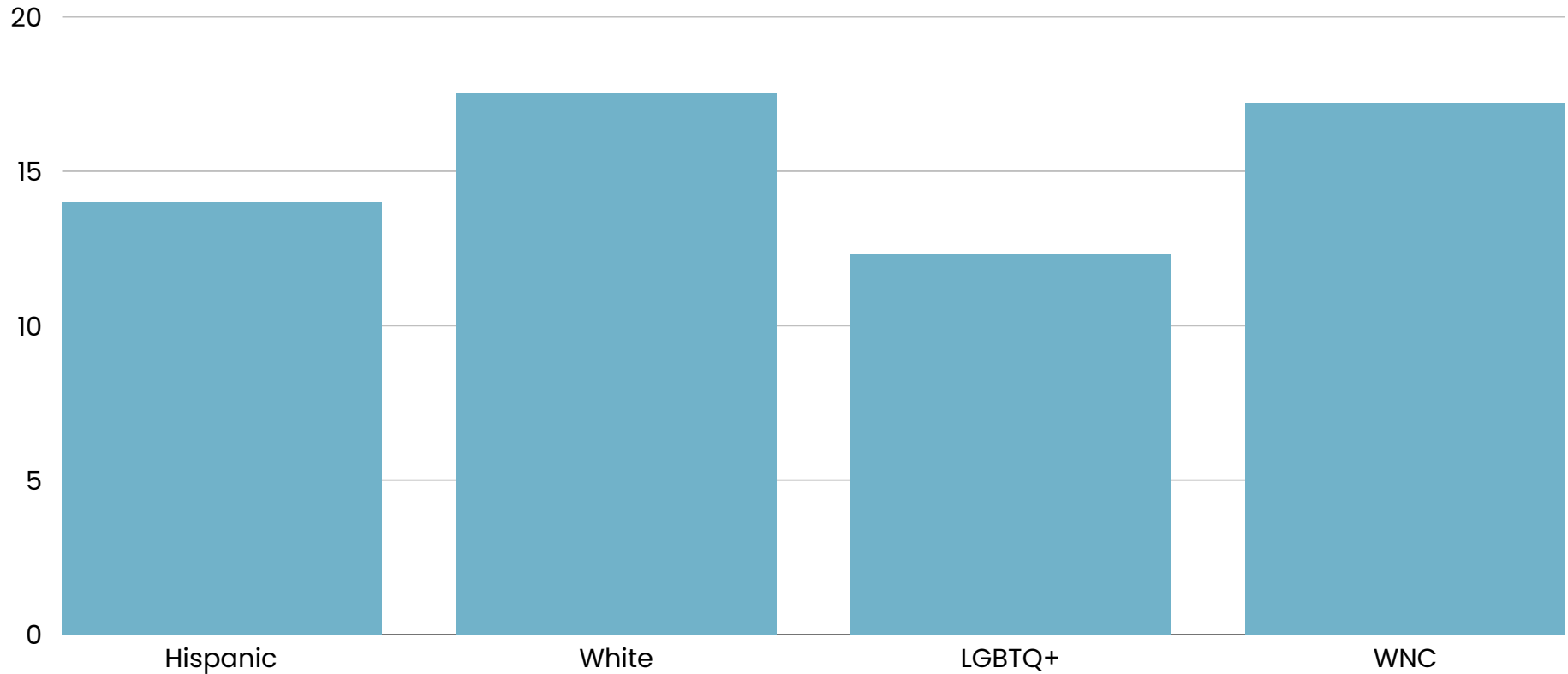
Notes: Asked of all respondents.  
Includes those who smoke cigarettes every day or on some days.





# Currently Smoke Cigarettes (By County, 2024)

Healthy People 2030 Target = 6.1% or Lower



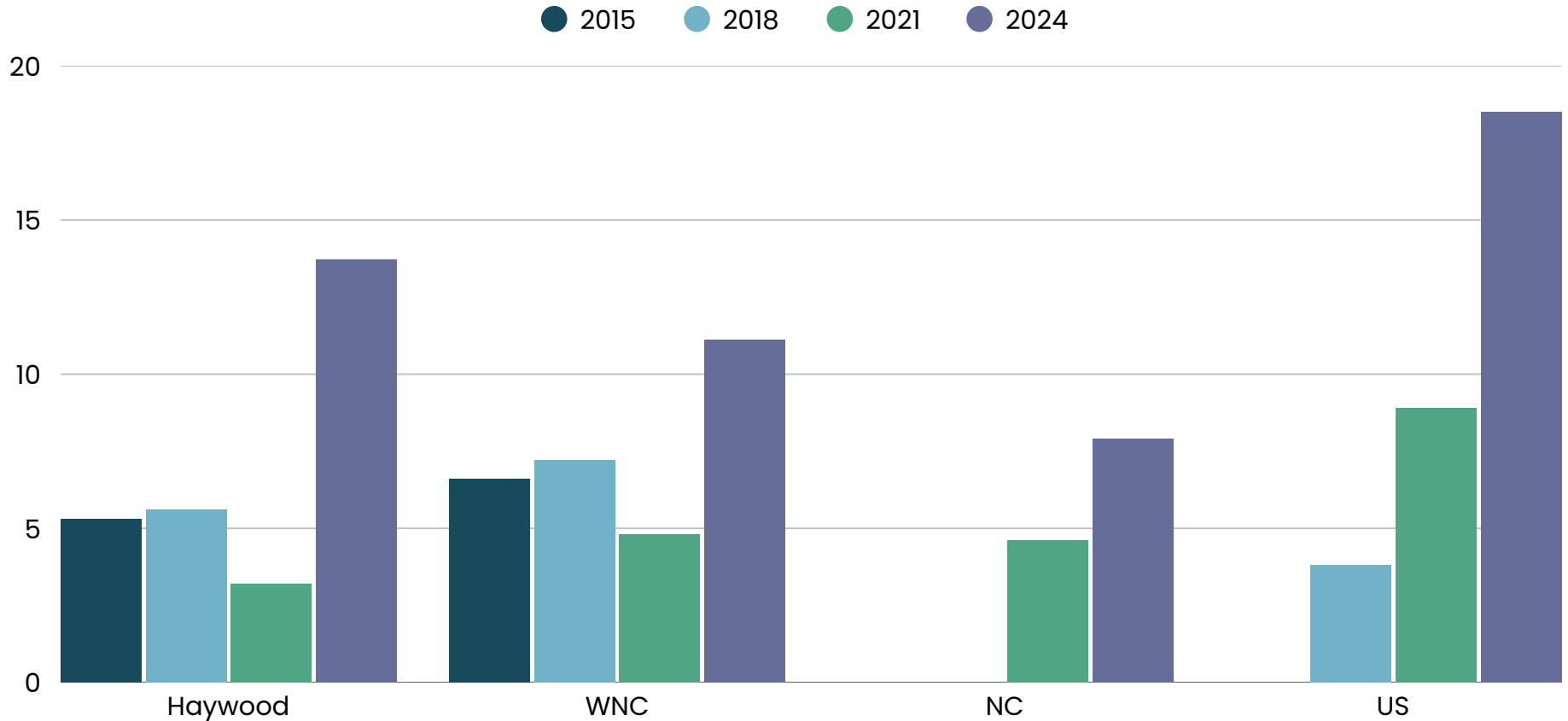
Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 25]  
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): North Carolina data.  
US Department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





# Currently Use Vaping Products, (By County)



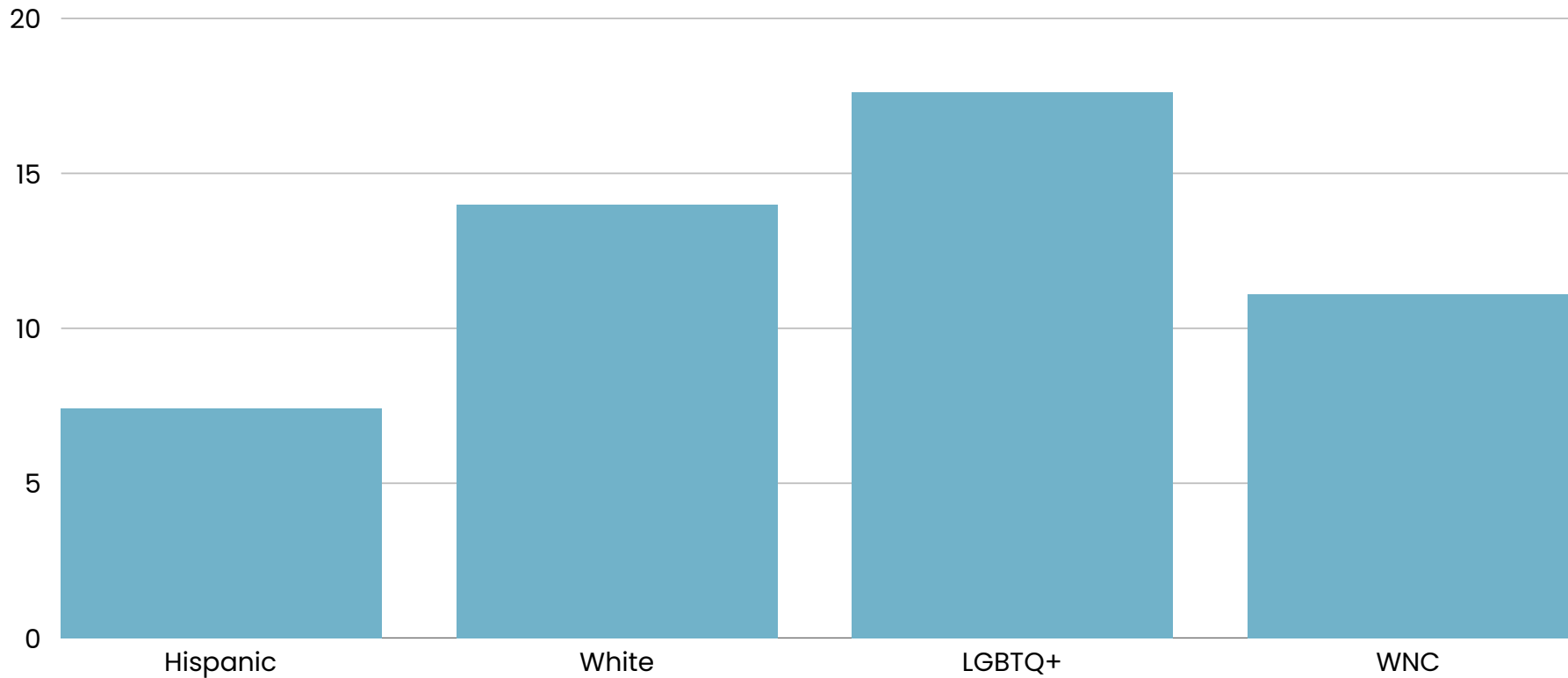
Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 26]  
Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2022 North Carolina data. 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

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





## 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.



# ACCESS TO HEALTH CARE



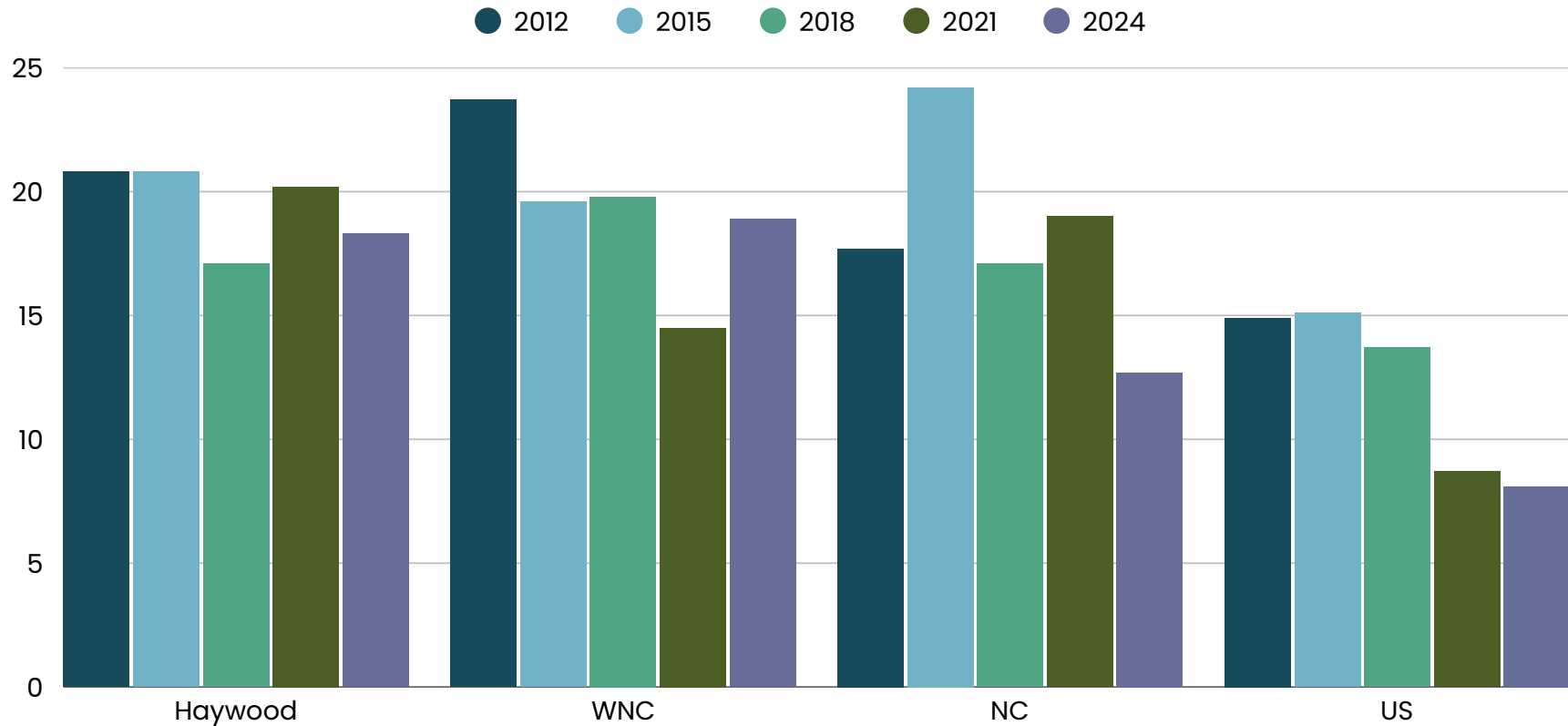
# HEALTH INSURANCE COVERAGE





# 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>.

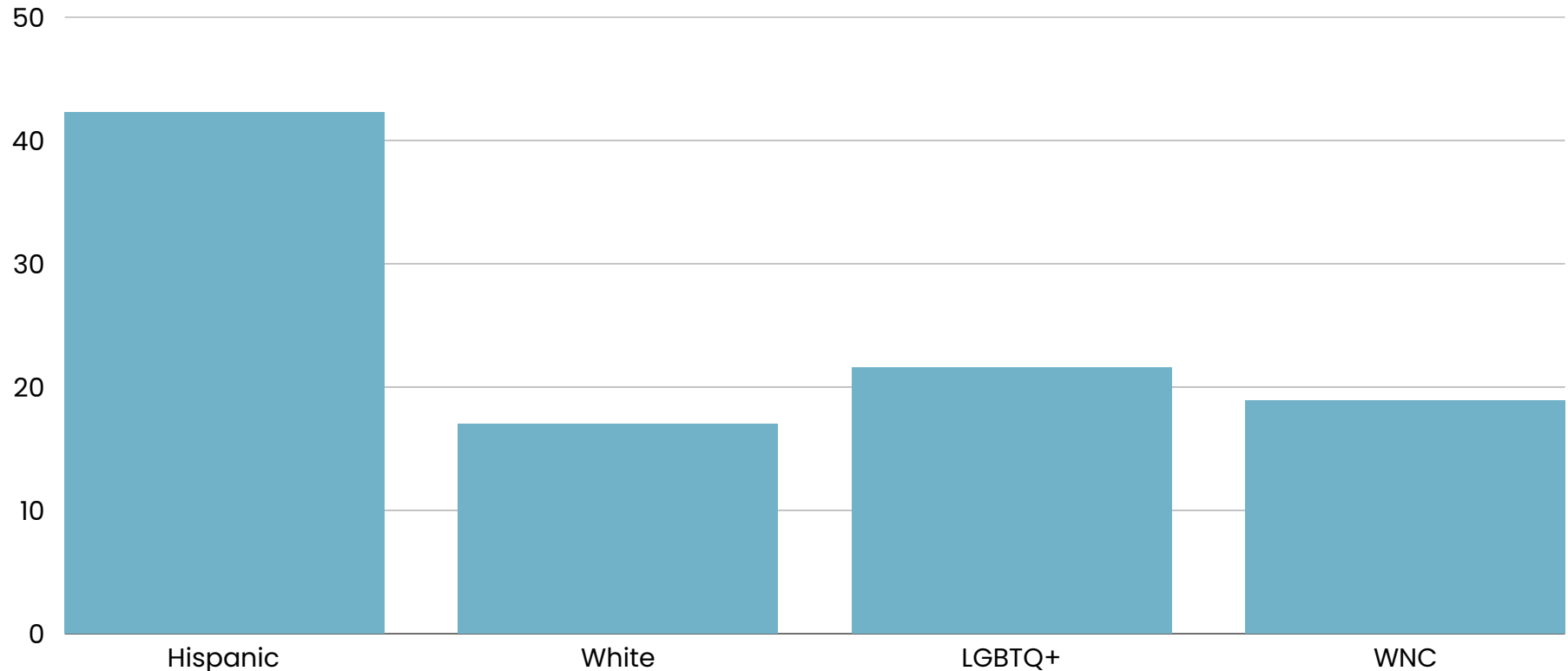
Notes: Reflects all respondents under the age of 65.  
Includes any type of insurance, such as traditional health insurance, prepaid plans such as HMOs, or government-sponsored coverage (e.g., Medicare, Medicaid, Indian Health Services, etc.).





# 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>.

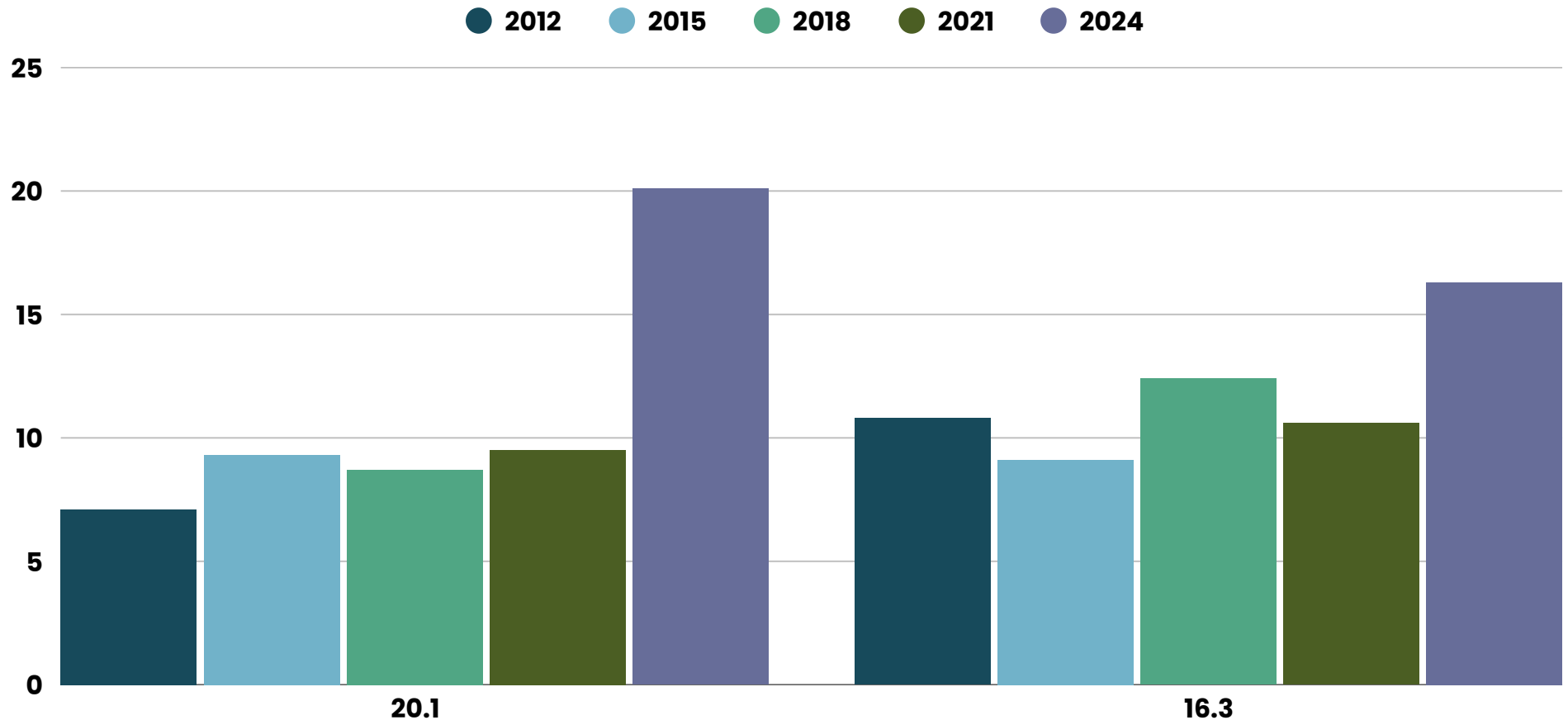
Notes: Asked of all respondents under the age of 65.

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.).



# DIFFICULTIES ACCESSING HEALTH CARE

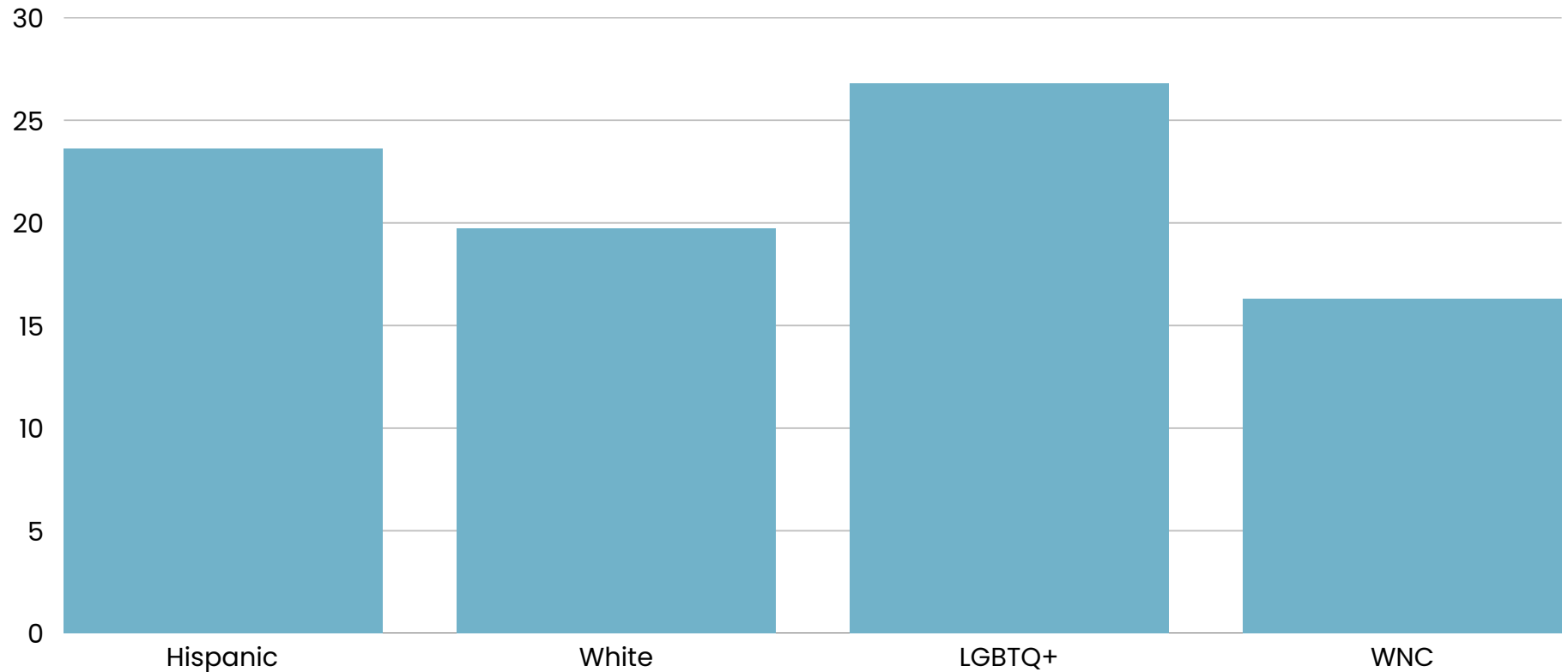
# Was Unable to Get Needed Medical Care at Some Point in the Past Year, (By County)



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



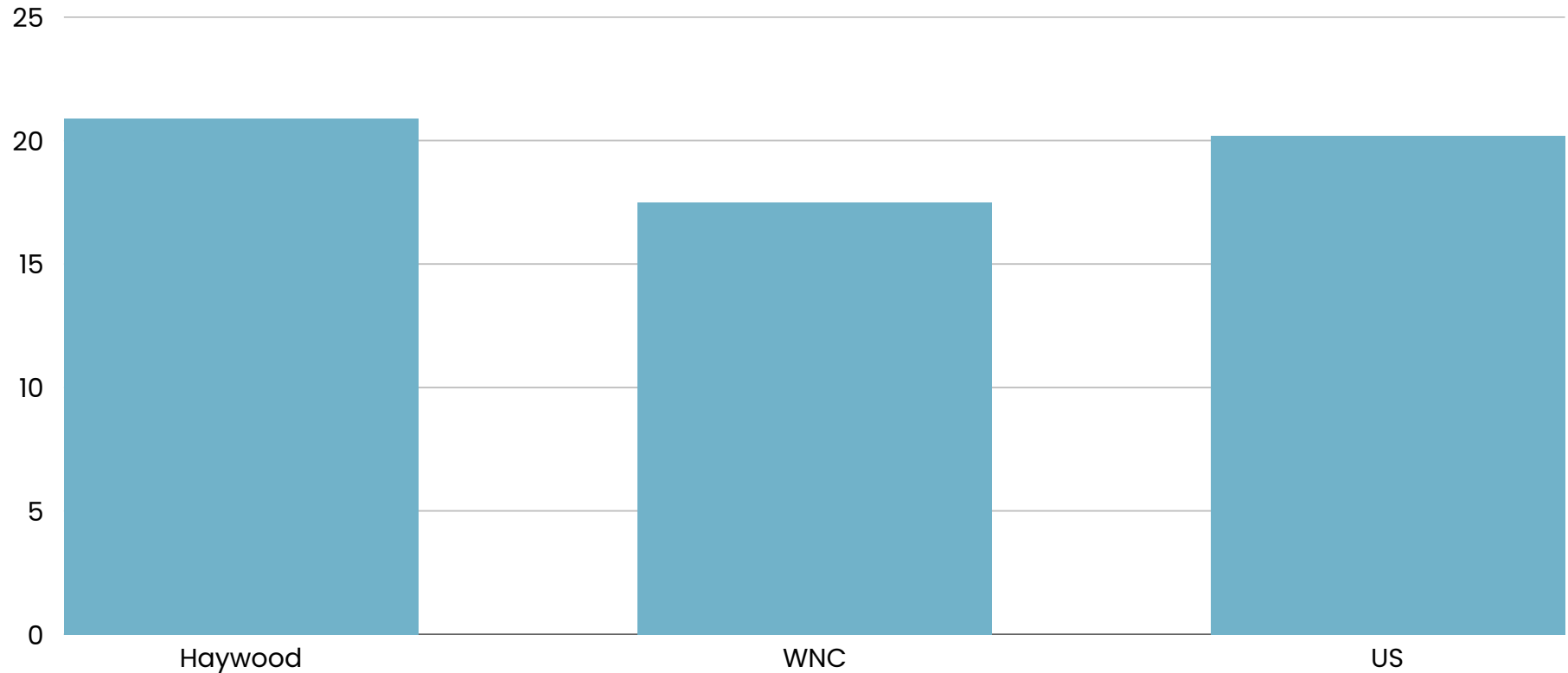
# Was Unable to Get Needed Medical Care at Some Point in the Past Year (Western North Carolina, 2024)



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



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



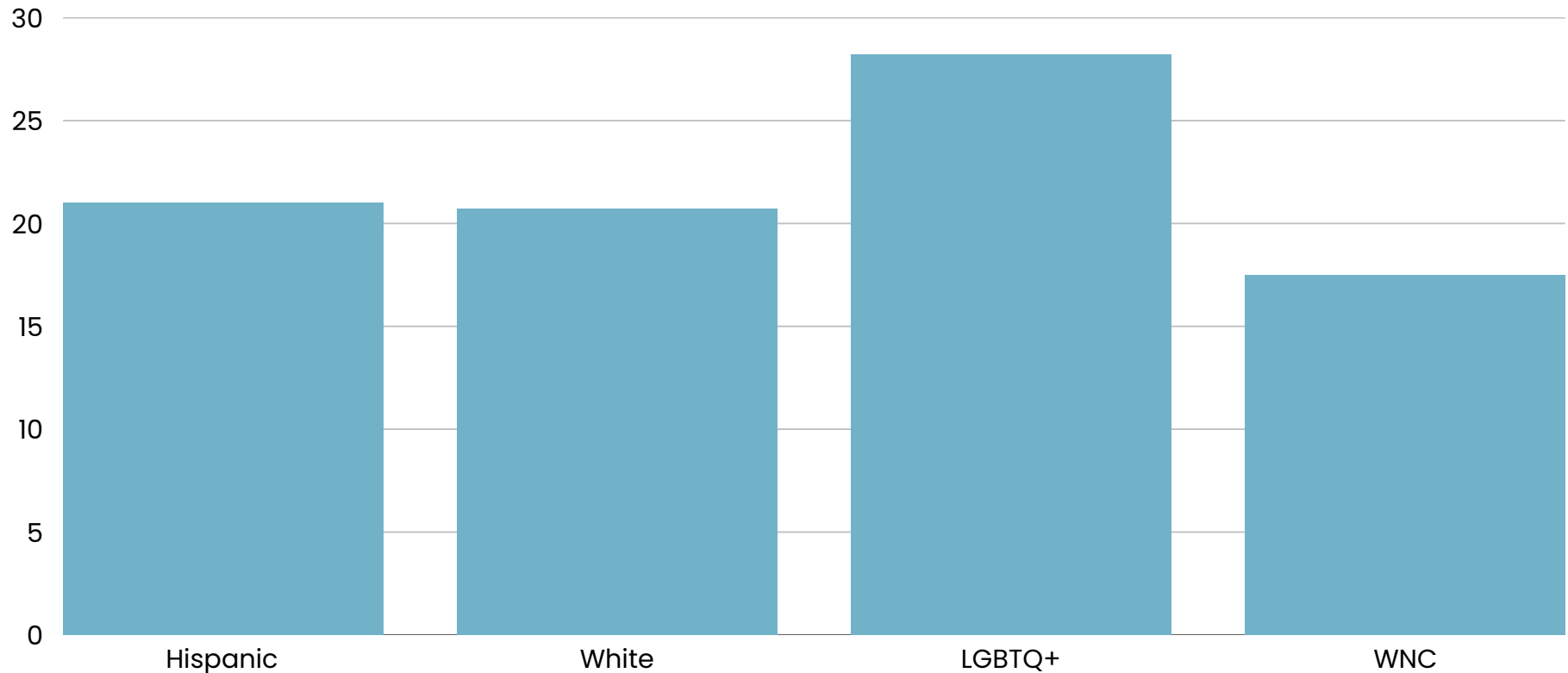
Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 9]  
2023 PRC National Health Survey, PRC, Inc.

Notes: Asked of all respondents.





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



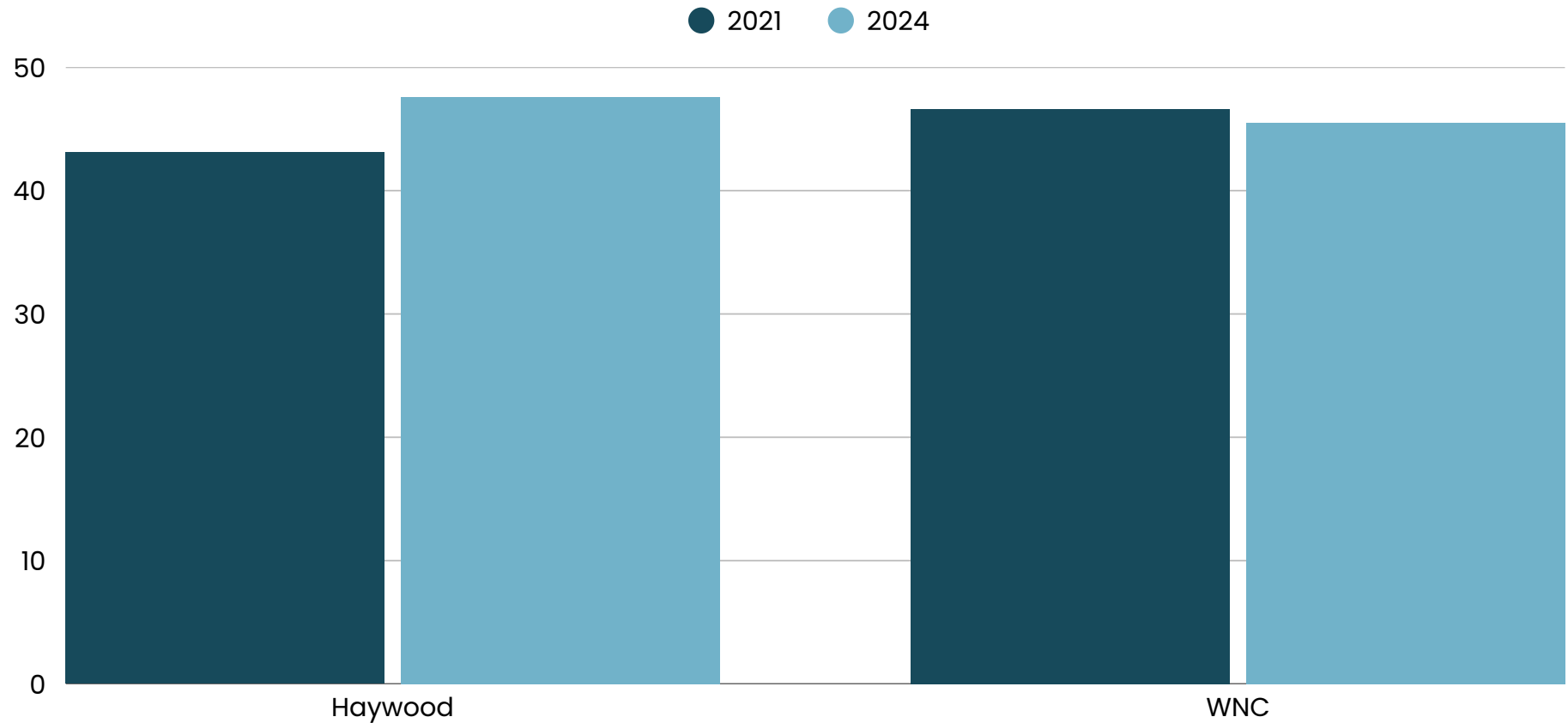
Sources: 2024 WNC Healthy Impact Community Health Survey, WNC Health Network, Inc. [Item 9]  
Notes: Asked of all respondents.

# TELEMEDICINE





# “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]

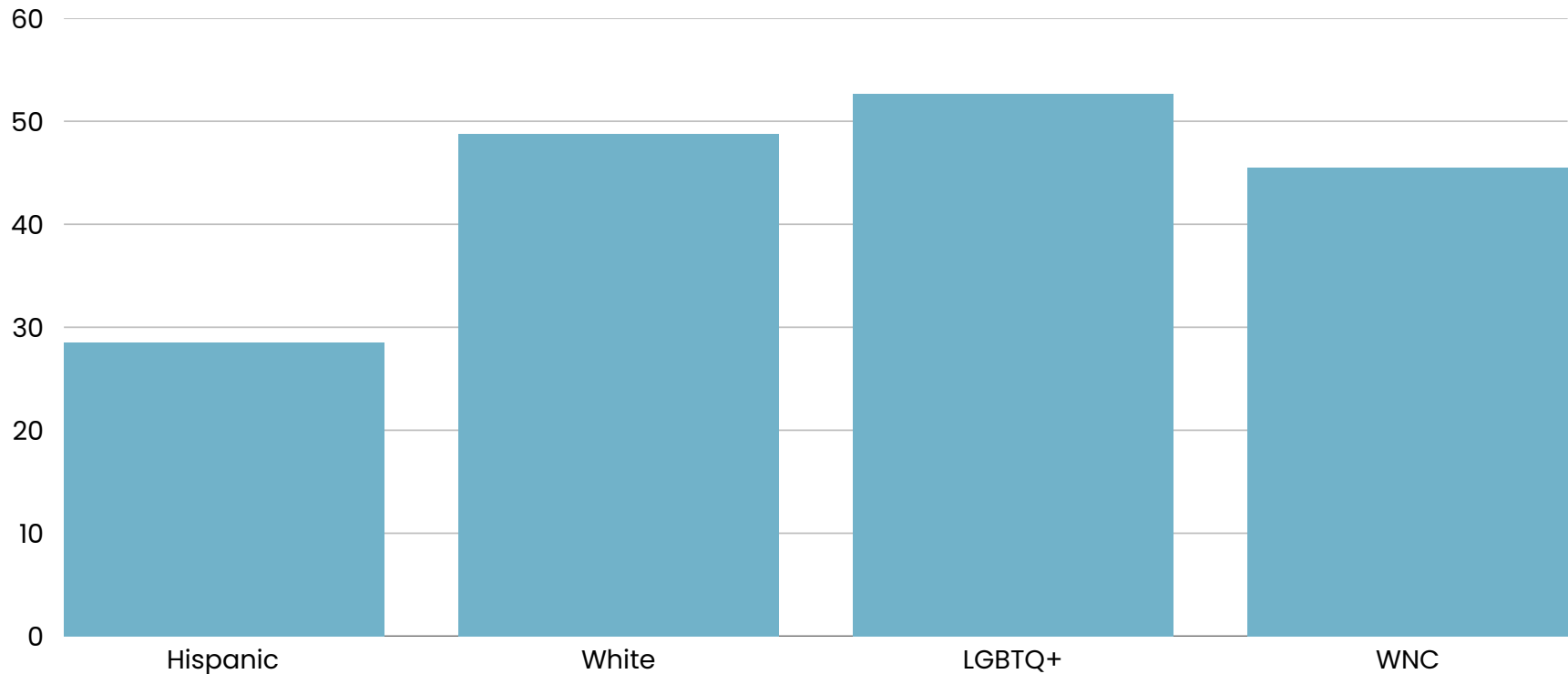
Notes: Asked of all respondents.

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.





## “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.

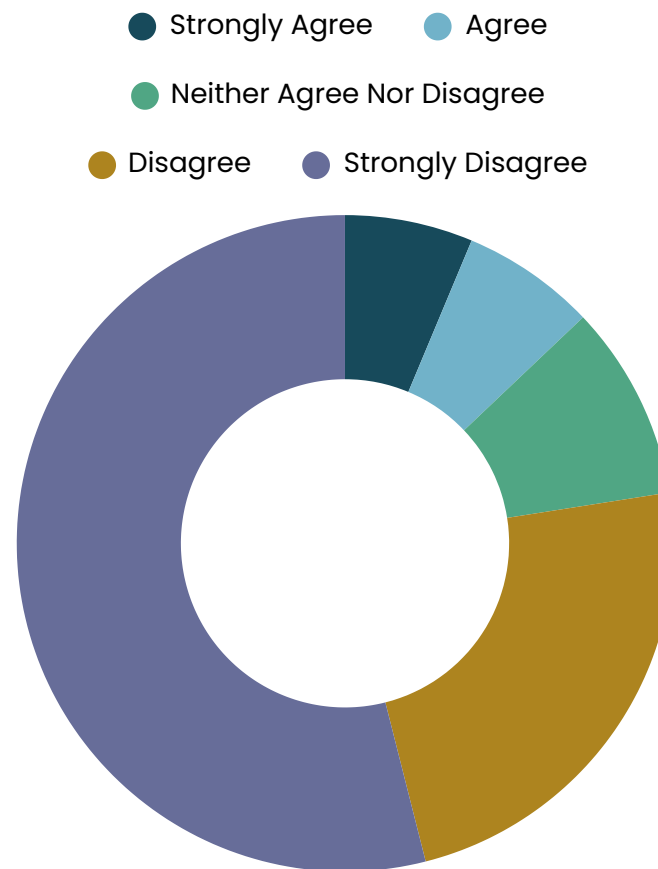
During a telemedicine visit, a patient uses a computer, smartphone, or telephone to communicate with a health care professional in real time without being face-to-face.



# COUNTY-SPECIFIC QUESTIONS



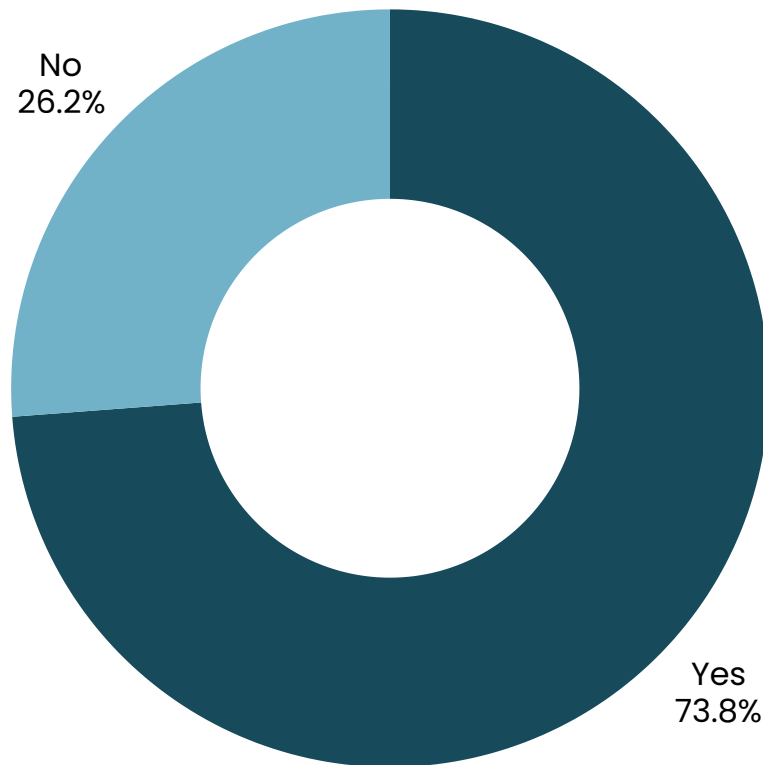
“In the past 12 months, a lack of transportation has prevented me from going someplace I wanted or needed to go in Haywood County”  
(Haywood County, 2024)



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



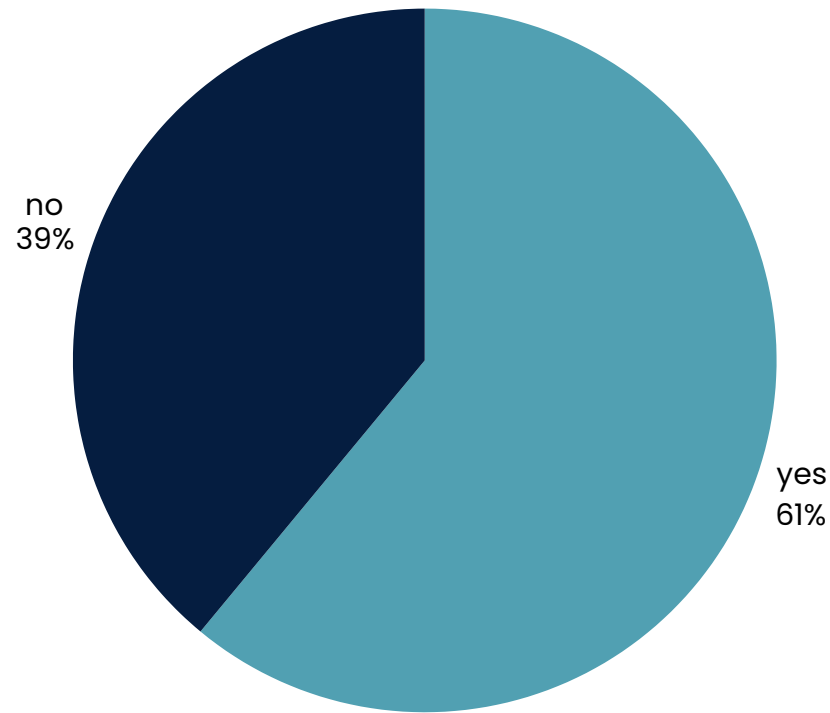
# Would Know Where to Go to Access Emergency Food Services if Needed (Haywood County, 2024)



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.

# KEY INFORMANT INPUT



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

