



Macon County
Public Health

2013 State of the County Health Report



Review of Current Data

Demographic Profile and
Key Mortality and Morbidity Data

Macon County Resident Population Estimates by Age, Race, and Gender as of July 1, 2012 (based on the 2010 census)

AGE	TOTAL	RACE/ETHNICITY				SEX	
		WHITE NON-HISPANIC	AFRICAN AMERICAN NON-HISPANIC	OTHER NON-HISPANIC	HISPANIC	MALE	FEMALE
TOTAL	33,869	30,665	581	388	2,235	16,422	17,447
0-4	1,654	1,237	43	34	340	839	815
5-9	1,779	1,423	38	26	292	894	885
10-14	1,917	1,639	36	25	217	1,002	915
15-19	1,852	1,560	115	28	149	982	870
20-24	1,680	1,394	87	53	146	882	798
25-29	1,651	1,394	22	24	211	846	805
30-34	1,651	1,380	25	9	237	800	851
35-39	1,515	1,287	22	26	180	785	730
40-44	1,837	1,626	41	27	143	931	906
45-49	2,027	1,894	22	28	83	958	1,069
50-54	2,441	2,319	30	15	77	1,183	1,258
55-59	2,503	2,424	23	21	35	1,156	1,347
60-64	2,835	2,768	22	20	25	1,337	1,498
65-69	2,698	2,608	22	22	46	1,258	1,440
70-74	2,124	2,081	12	18	13	979	1,145
75-79	1,603	1,566	11	8	18	757	846
80-84	1,131	1,116	6	1	8	504	627
85+	971	949	4	3	15	329	642

2008 - 2012 Death Rates, Macon County vs. NC

Macon County Resident - Race/Ethnicity/Sex/Age-Adjusted Death Rates

Rates are per 100,000 population, based on the 2000 US Census population

Cause of Death	Top 5	Macon County Overall		NC Overall	
		Deaths	Rate	Deaths	Rate
All Causes		2,051	755.0	394,087	800.6
Diseases of Heart		478	168.3	85,890	174.4
Acute Myocardial Infarction		66	23.1	18,189	36.7
Other Ischemic Heart Disease	1	231	79.6	35,189	71.1
Cerebrovascular Disease	4	114	39.7	21,821	45.1
Cancer		463	165.1	89,505	175.9
Colon, Rectum, and Anus		32	11.2	7,561	14.9
Pancreas		25	8.6	5,330	10.4
Trachea, Bronchus, and Lung	2	164	55.8	27,204	52.8
Breast		37	29.8	6,415	22.4
Prostate		27	21.2	4,356	23.4
Diabetes Mellitus		47	16.8	10,984	21.8
Pneumonia and Influenza		40	14.4	8,710	18.0
Chronic Lower Respiratory Diseases	3	141	46.8	22,884	46.6
Chronic Liver Disease and Cirrhosis		34	15.3	4,926	9.3
Septicemia		22	8.6	6,597	13.4
Nephritis, Nephrotic Syndrome, and Nephrosis		44	14.6	8,795	18.0
Unintentional Motor Vehicle Injuries		22	12.6	6,875	14.3
All Other Unintentional Injuries		88	43.0	14,168	29.4
Suicide		34	20.2	5,958	12.2
Homicide		6	N/A	2,846	6.0
Alzheimer's disease	5	94	31.4	13,746	29.3
Acquired Immune Deficiency Syndrome		2	N/A	1,560	3.1



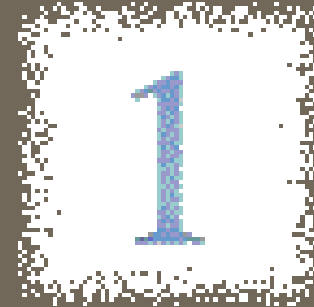
Community Health Priorities & Improvement



Our Health Priorities

Selected as a result of
the 2011 and 2012
Macon County
Community Health
Needs Assessments

www.maconnc.org/healthy-carolinians



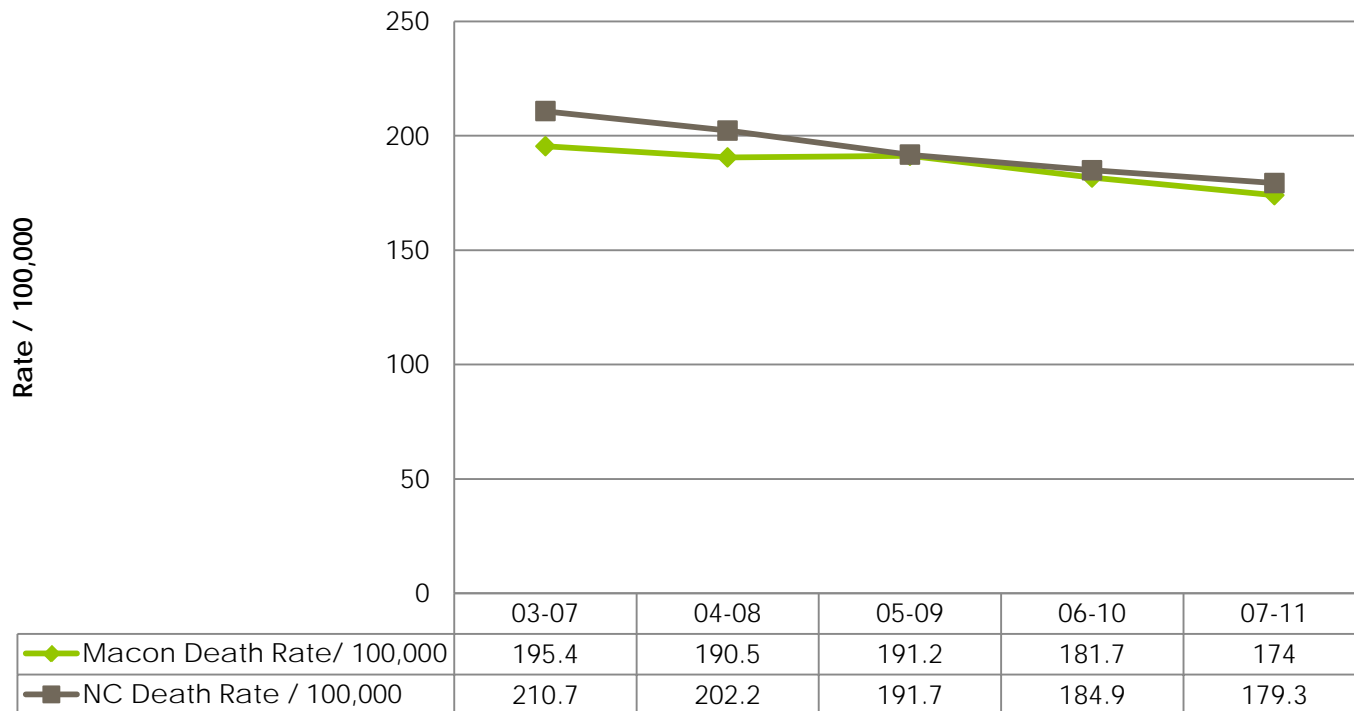
Reduce the
incidence of
preventable
chronic diseases
related to obesity

...particularly diabetes and
heart disease.

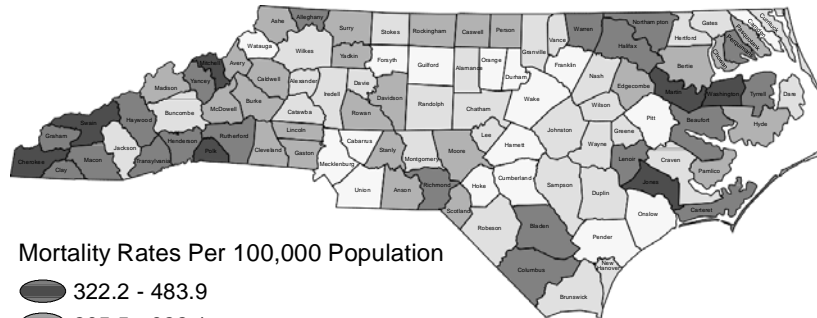
Priority 1

- ❑ Community Transformation Project, “MountainWise”, increased access to healthy foods at farmer’s markets and food stands.
 - Fruit and Vegetable Outlet Inventory
 - Rack cards
 - Media promotion via MountainWise
 - SNAP access added
 - Distribution of equipment and promotional items to assist markets (tents, signs, tables, coolers, mobile kitchen, etc.)
- ❑ Promoted 5-2-1-Almost None initiative
- ❑ Recent expansions of local worksite wellness programs (Angel Medical Center, Drake Enterprises, Macon County, Town of Franklin, etc.)
- ❑ New partnership created by Macon County Public Health to expand nutrition counseling and education services.
- ❑ Eat Smart, Move More, Faithful Families initiative launched by Macon County Public Health.
- ❑ Expansion of Breastfeeding Resources ... New Certified Lactation Educator at AMC and Breastfeeding Peer Counselor at MCPH.

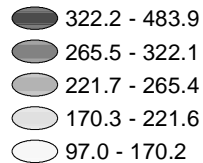
Heart Disease Macon County vs. NC



Heart Disease



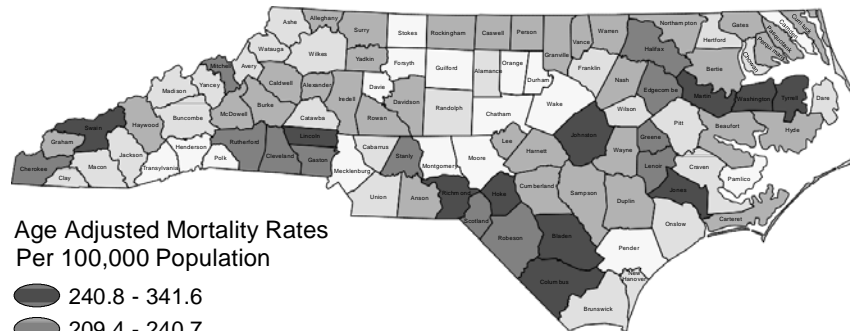
Mortality Rates Per 100,000 Population



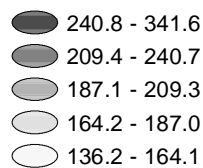
North Carolina
Resident Data
2007-2011

Figure 2.A

Heart Disease

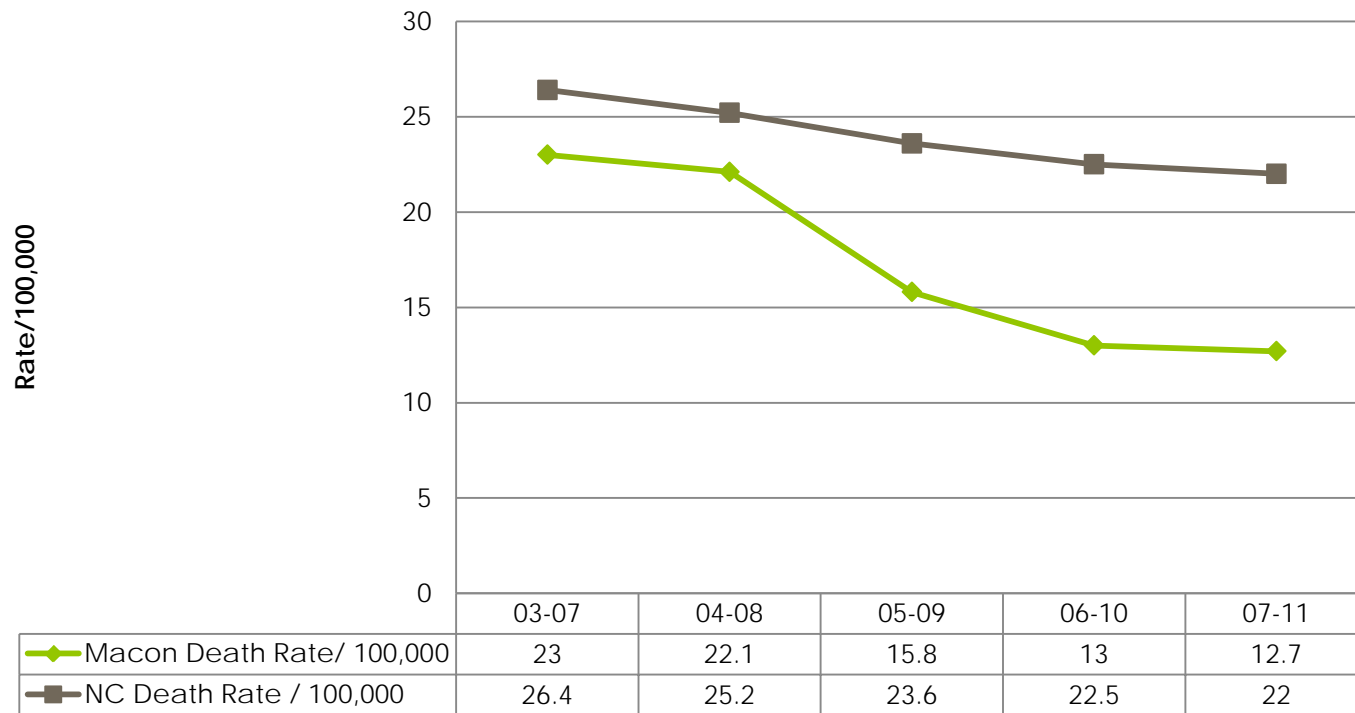


Age Adjusted Mortality Rates
Per 100,000 Population



North Carolina
Resident Data
2007-2011

Diabetes Macon County vs NC





Promote
recruitment and
retention of
additional primary
care physicians and
dental practitioners

...serving Macon County
residents.

Priority 2

- ❑ Grand opening of new Macon County Adult Dental Clinic, April, 2013.
- ❑ Increase in hospital-based physician employment.
- ❑ Highlands-Cashiers Hospital and Blue Ridge Dental Clinic receive dental expansion grant from the Duke Endowment.
- ❑ Mission affiliation has provided enhanced recruitment opportunities and increased local access to specialists.
- ❑ Contracts with new AMC hospital-based physicians and physician extenders provide volunteer support for the Franklin Community Care Clinic.



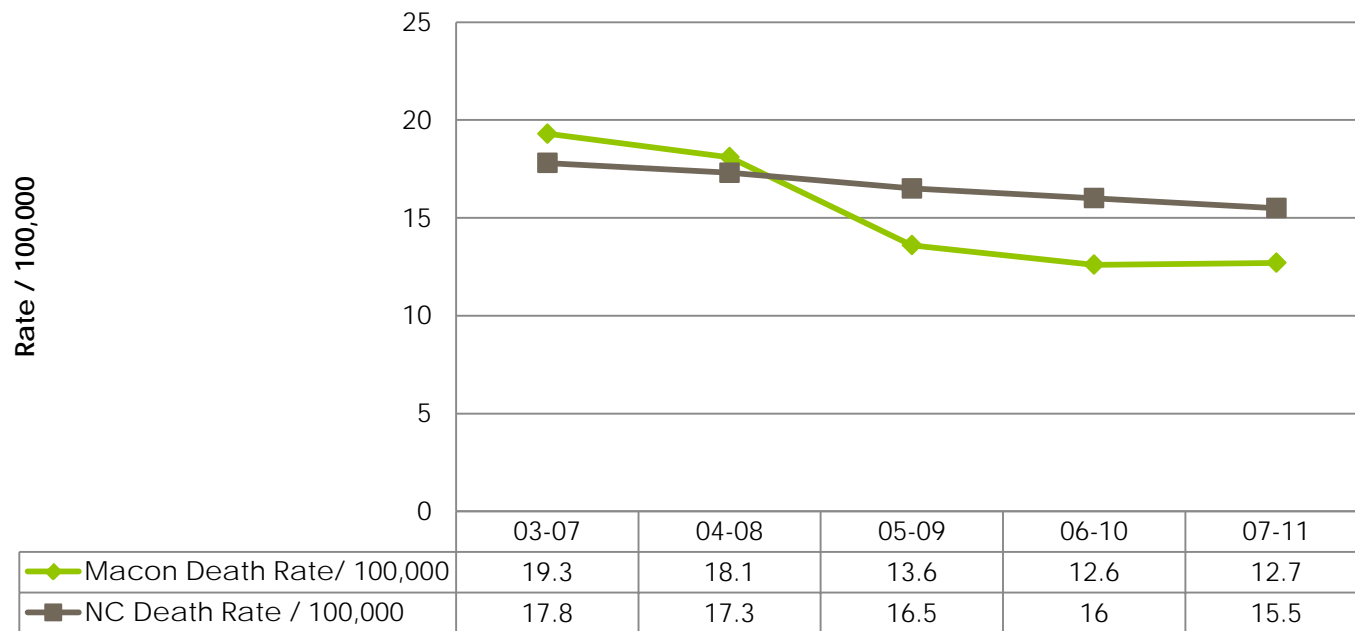
Reduce the
incidence and
mortality rates of
breast, colon,
and lung cancer

...through prevention and
early intervention efforts.

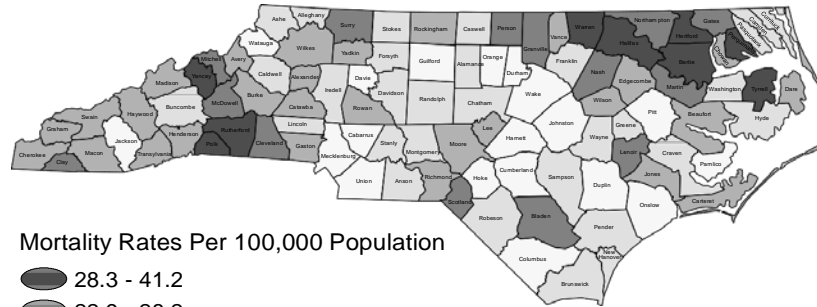
Priority 3

- Promoted participation in the American Cancer Society's CPS-3 study.
- Currently applying for grant funding for **YES** (Youth Empowered Solutions) training. **YES** trained youth will advocate for more tobacco-free public places.
- Ladies Night Out programs continue to focus on screening and early detection. Participation now averages 125 per month.
- Angel Medical Center has obtained new digital mammography equipment.

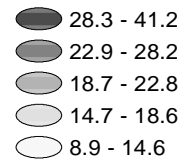
Cancer (colon, rectum, anus) Macon County vs NC



Cancer - Colon, Rectum and Anus



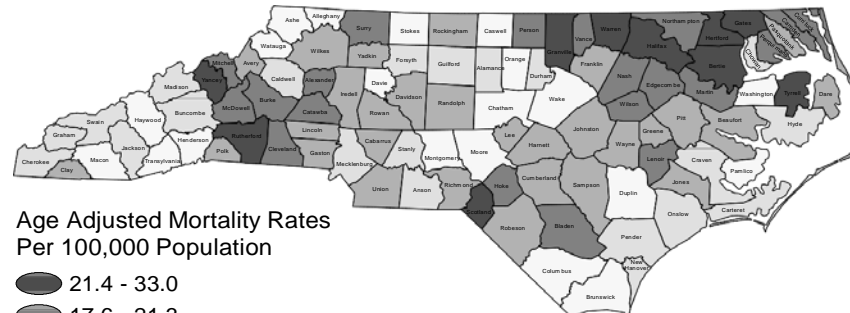
Mortality Rates Per 100,000 Population



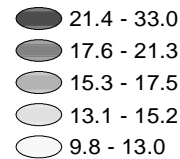
North Carolina
Resident Data
2007-2011

Figure 5.A

Cancer - Colon, Rectum and Anus

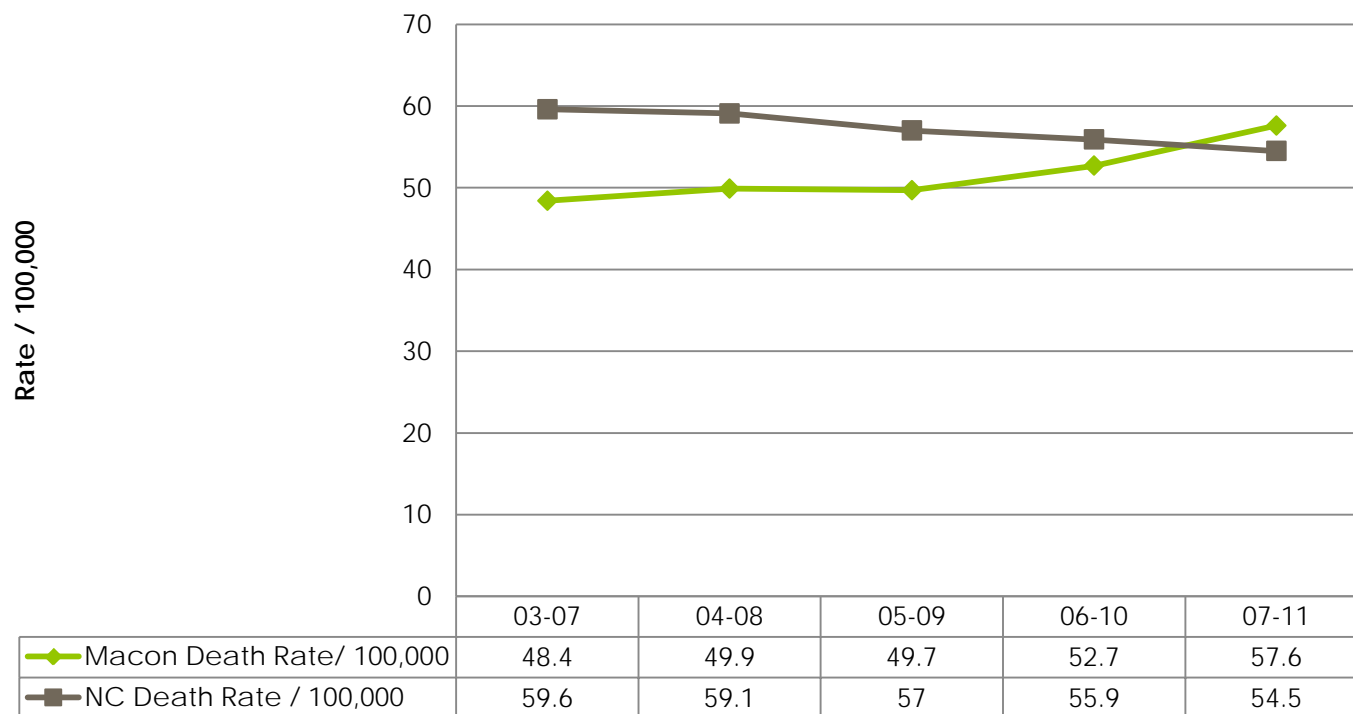


Age Adjusted Mortality Rates
Per 100,000 Population

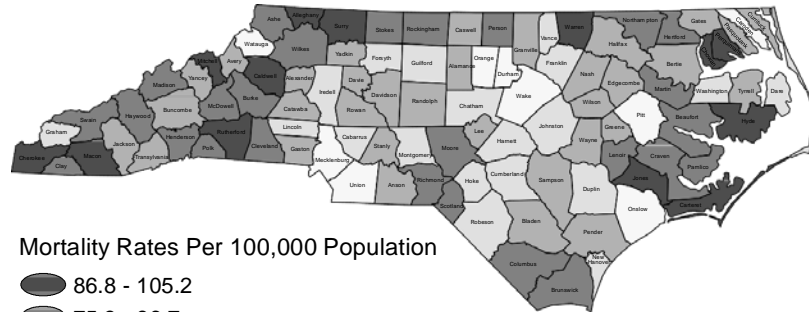


North Carolina
Resident Data
2007-2011

Cancer (trachea, bronchus, lung) Macon County vs NC



Cancer - Trachea, Bronchus and Lung



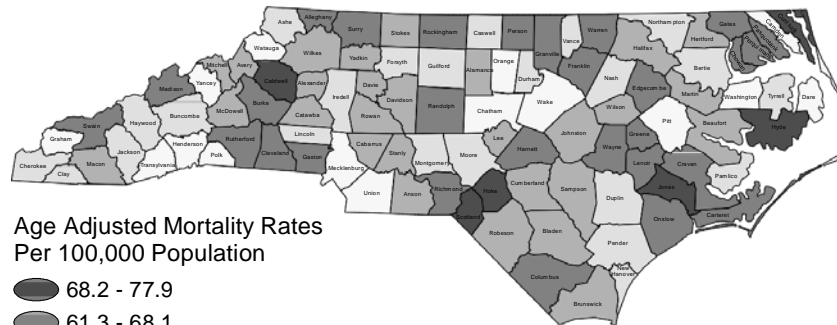
Mortality Rates Per 100,000 Population

- 86.8 - 105.2
- 75.3 - 86.7
- 62.9 - 75.2
- 40.5 - 62.8
- 30.9 - 40.4

North Carolina
Resident Data
2007-2011

Figure 6.A

Cancer - Trachea, Bronchus and Lung

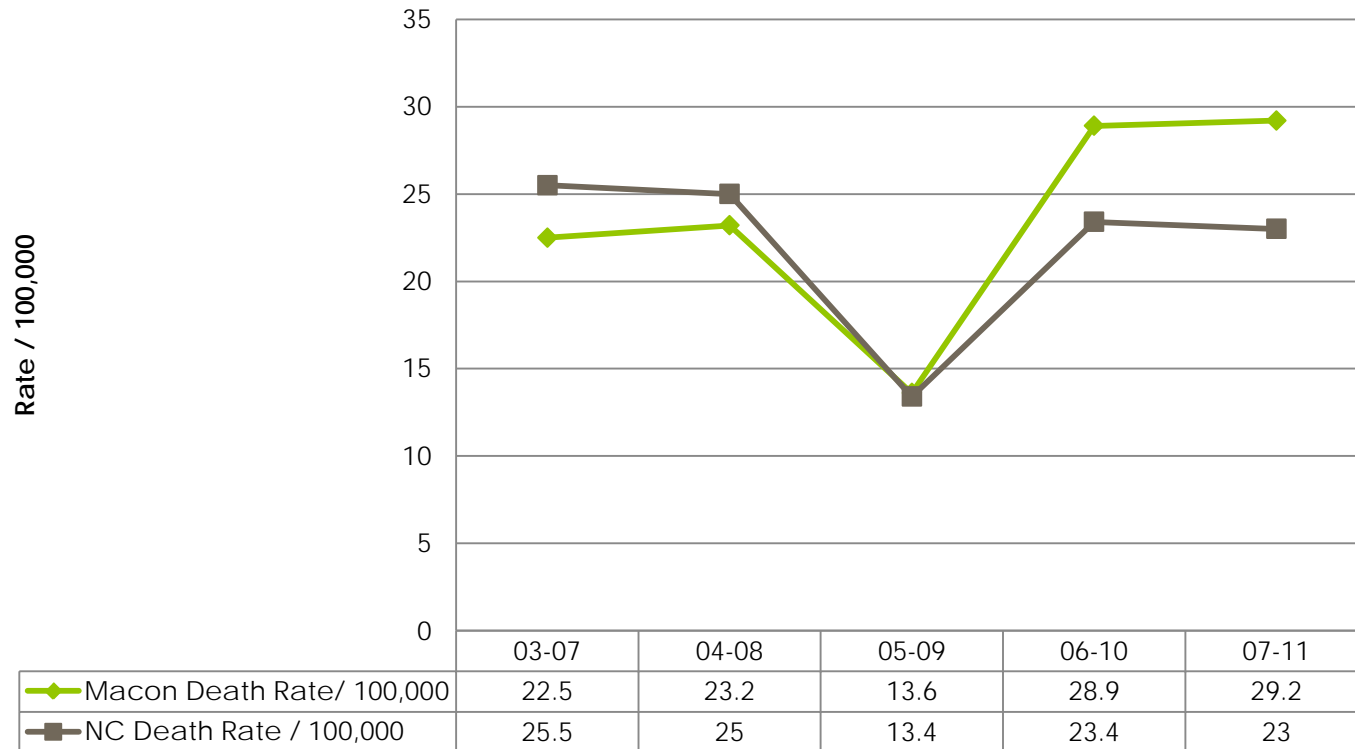


Age Adjusted Mortality Rates
Per 100,000 Population

- 68.2 - 77.9
- 61.3 - 68.1
- 54.9 - 61.2
- 47.5 - 54.8
- 35.5 - 47.4

North Carolina
Resident Data
2007-2011

Cancer (breast) Macon County vs NC



Cancer - Breast

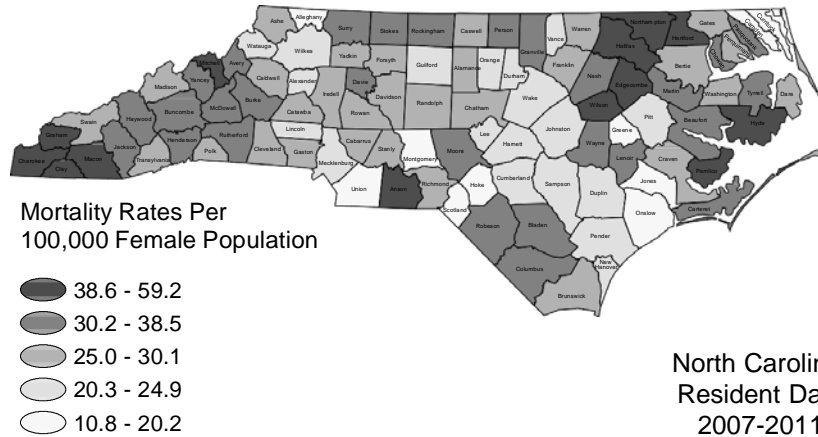
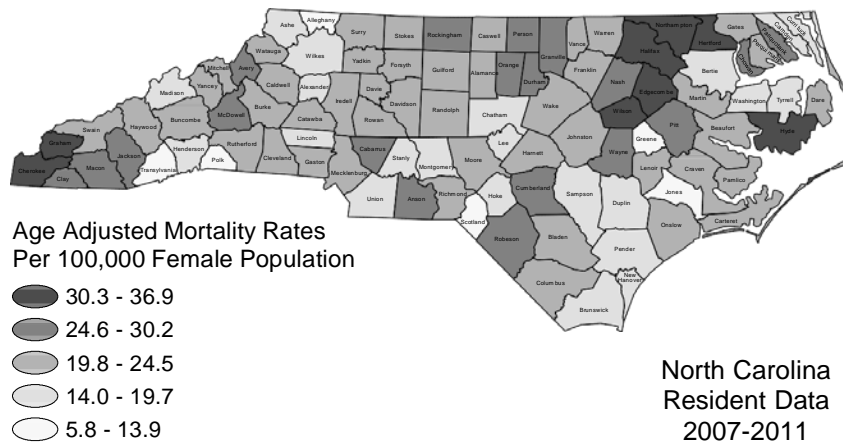


Figure 7.A

Cancer - Breast



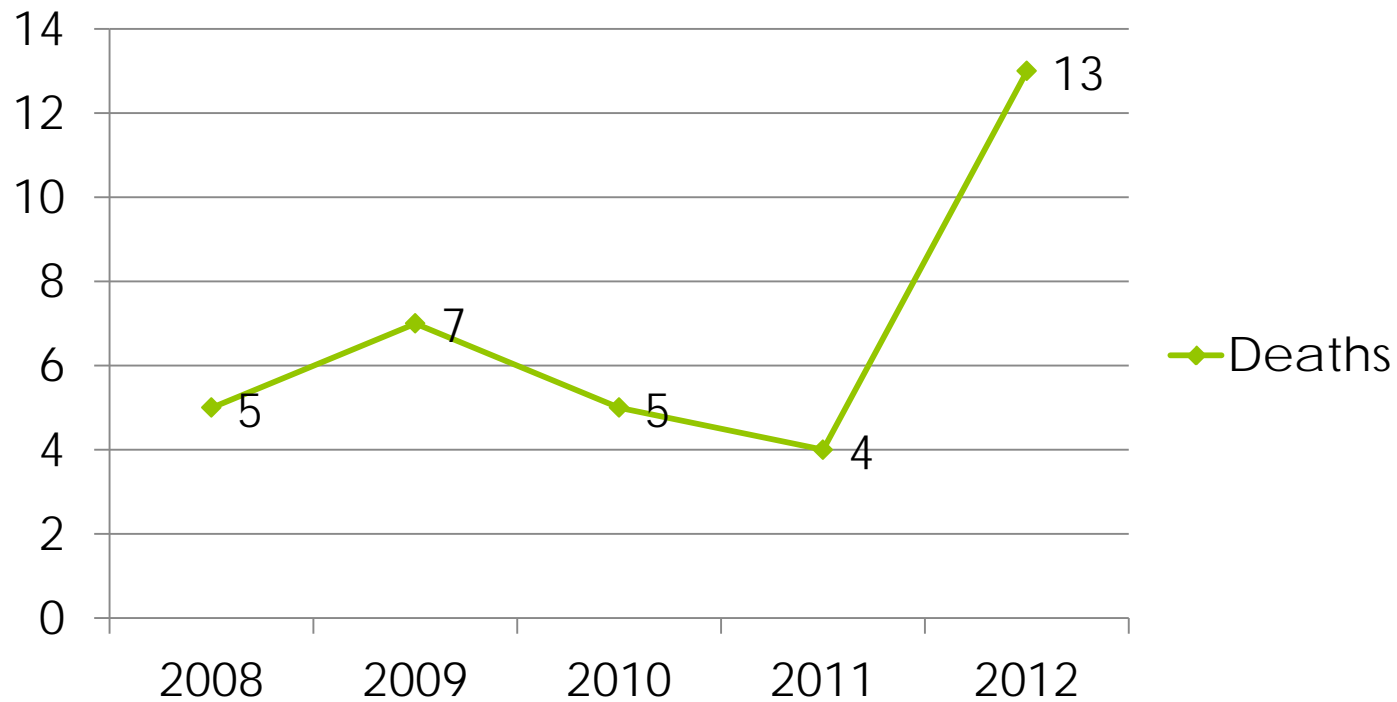


Emerging Issues & Local Changes

New & Emerging Issues

- Suicide
- Rabies
- Lead
- Gonorrhea
- E-Cigarettes

Macon County Suicides 2007-2012



Rabies Progression in North Carolina

- Community Forum planned for January 2014.
- MCPH sponsored 2 vaccination clinics in 2013. Vaccinated 1,189 animals.
- Increase in private organizations and businesses offering vaccination clinics.

Lead

- Macon County Environmental Health staff discovered that approximately 10-12% of recently installed wells had lead levels exceeding maximum allowable levels.
- The lead levels have been associated with the use of galvanized system components.

Lead ... What's Next?

- Draft a joint communication release with the NC Division of Health and Human Services (DHHS) and Division of Environment and Natural Resources (DENR).
- Conduct meetings with the Heads of the Division of Public Health, the Division of Water Quality, and the Aquifer Protection Section . Also involve the Secretaries of DHHS and DENR.
- Advise all local Health Directors
- Work with Division of Public Health EPI Section staff on a sampling protocol.

Gonorrhea

- MCDPH disease surveillance processes have documented a recent trending of *locally acquired* gonorrhea.
- Historically, gonorrhea has not been endemic in Macon County.

E-Cigarettes

- Current “smoking” and “tobacco” policies may not cover e-cigarettes.
- Nicotine Addiction ... viewed as a safe alternative by many, but may continue to be a “gateway” drug for youth.
- Health risks not established for the “smoker” or bystanders.
- Illicit drug delivery device... reported use of liquid and wax based cannabis.

Changes That May Affect Health

- ❑ Long-term funding for the Community Care Clinic of Franklin remains unsecured.
- ❑ Angel Medical Center and Highlands-Cashiers Hospital have recently affiliated with the Mission Health System. This affiliation may provide opportunities for expanded operations, service capacity, and access to specialist care.
- ❑ Due to community demand, a new dialysis center opened in Macon County. This center provides access to care without long-distance travel.
- ❑ NC Tracs. Currently, many health care providers, are not getting paid for services. Some have elected to stop seeing Medicaid patients.
- ❑ ACA Impacts
 - Improved transition of care planning at hospital discharge. AMC implemented the “Illuminate” patient call back system in September, 2012.
 - WNC Healthy Impact coordinated region-wide collaborative community needs assessment and planning.
 - Community benefit planning by hospitals tied to demonstrated need
- ❑ CTP / MountainWise launched a new region-wide Health Impact Assessment (HIA). The HIA is called “Mountain Elements”.
- ❑ AMC adds a state-of-the-art Computed Tomography Scanner.

**For More Information
Contact
Macon County
Public Health**

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www.maconnc.org
or
[www.facebook.com
/MaconPublicHealth](http://www.facebook.com/MaconPublicHealth)



What Next?

This document will be disseminated to libraries, the Board of Health, municipality leaders, schools, the Macon County website and other community venues.

To find out how you may become involved in the issues you have learned about here, please contact Becky Barr or Dawn Wilde at (828) 349-2081.