



Janelle Messer
Health Education Supervisor

JACKSON COUNTY HEALTH



Population

- Total: 42,938
 - White: 83%
 - American Indian: 8%
 - Hispanic or Latino: 6%
 - Black: 2.2%
 - Asian: .7%
- % Population Change since 2010: 6.6% Increase
- Median Age: 37.7
- 65 years and older: 20%



Income & Poverty

- 2015-2019 Median Household income: \$47,252 (over \$7,000 less than state average)
- Total Population Below Poverty Level: 18%
- Children Under 18 Below Poverty Level: 25%
- Children Under 5 Below Poverty Level: 29%
- Number of Individuals Below 200% of Federal Poverty Level: 15,384
- % Below Poverty, By Race
 - White: 16%
 - Black: 45%
 - American Indian: 16%
 - Asian: 41%
 - Hispanic or Latino: 44%

Education

- Educational Attainment in County
 - 28% High School Graduates
 - 21% Some College, no degree
 - 30% Bachelor's Degree or Higher
- High School Drop Out Trend
 - In 2010-2011: Over 2% with 22 students dropping out
 - In 2019-2020: .67% with 8 students dropping out
- High School Graduation Rate: 93%



Mother / Child Health

- Prenatal Smoking: 13%
- Prenatal Care in the First Trimester: 73%
- 2014 – 2018 Low Birth Weight
 - Low Birth Weight: 9.5%
 - Very Low Birth Weight: 2%



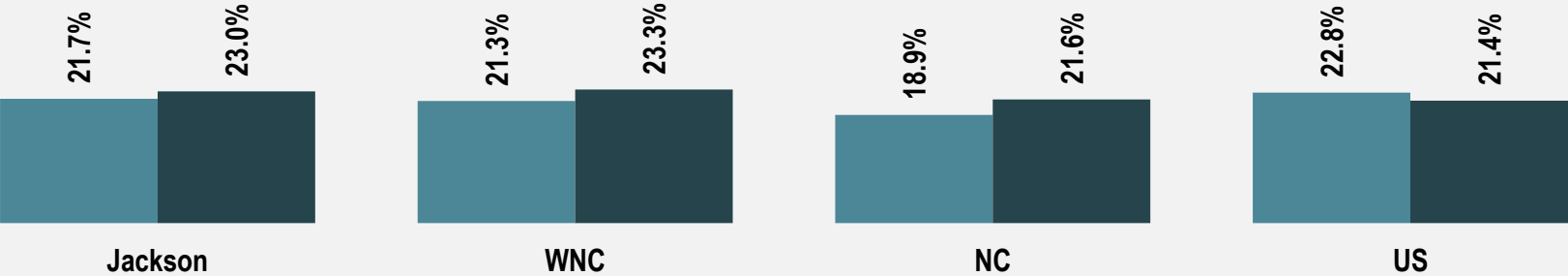
Physical Activity & Nutrition



Meets Physical Activity Recommendations (By County, 2021)

Healthy People 2030 Target = 28.4% or Higher

■ 2018 ■ 2021



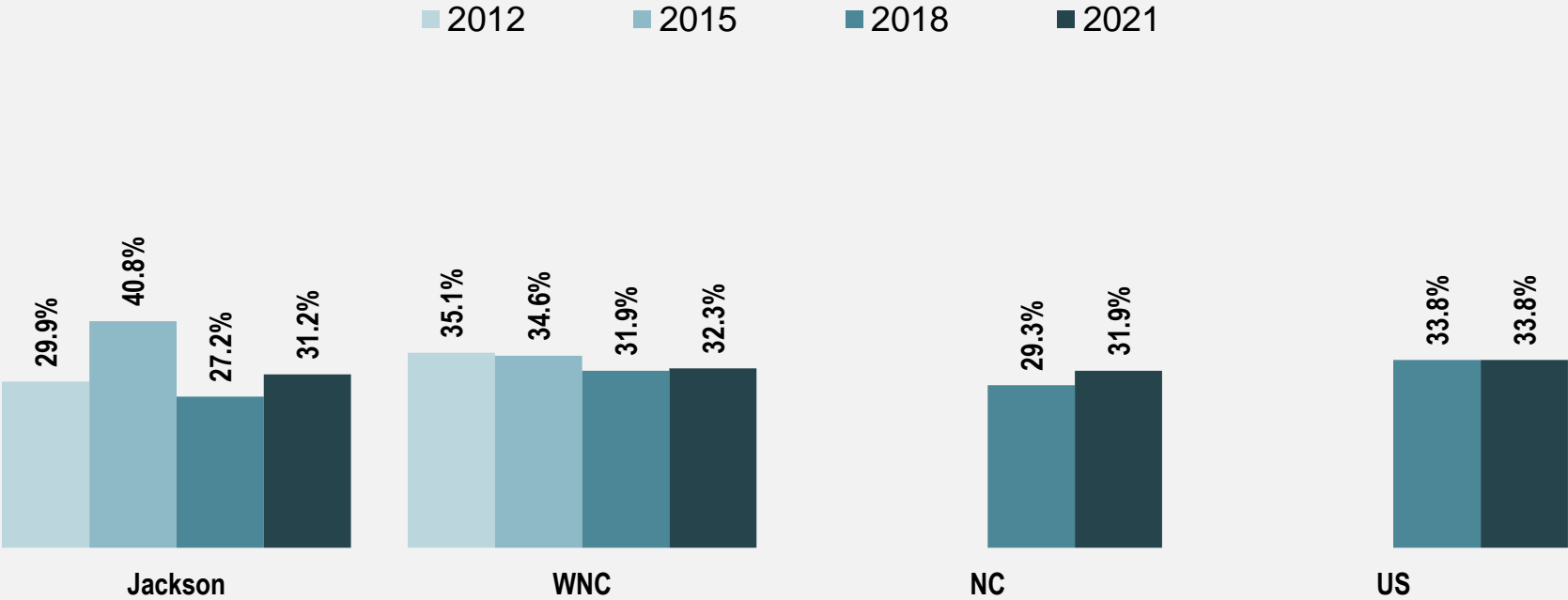
Sources:

- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 90]
- 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.
- PRC National Health Survey, Professional Research Consultants, Inc.
- US Department of Health and Human Services. Healthy People 2030. <http://www.healthypeople.gov>.

Notes:

- Asked of all respondents.

Strengthening Physical Activity (By County)



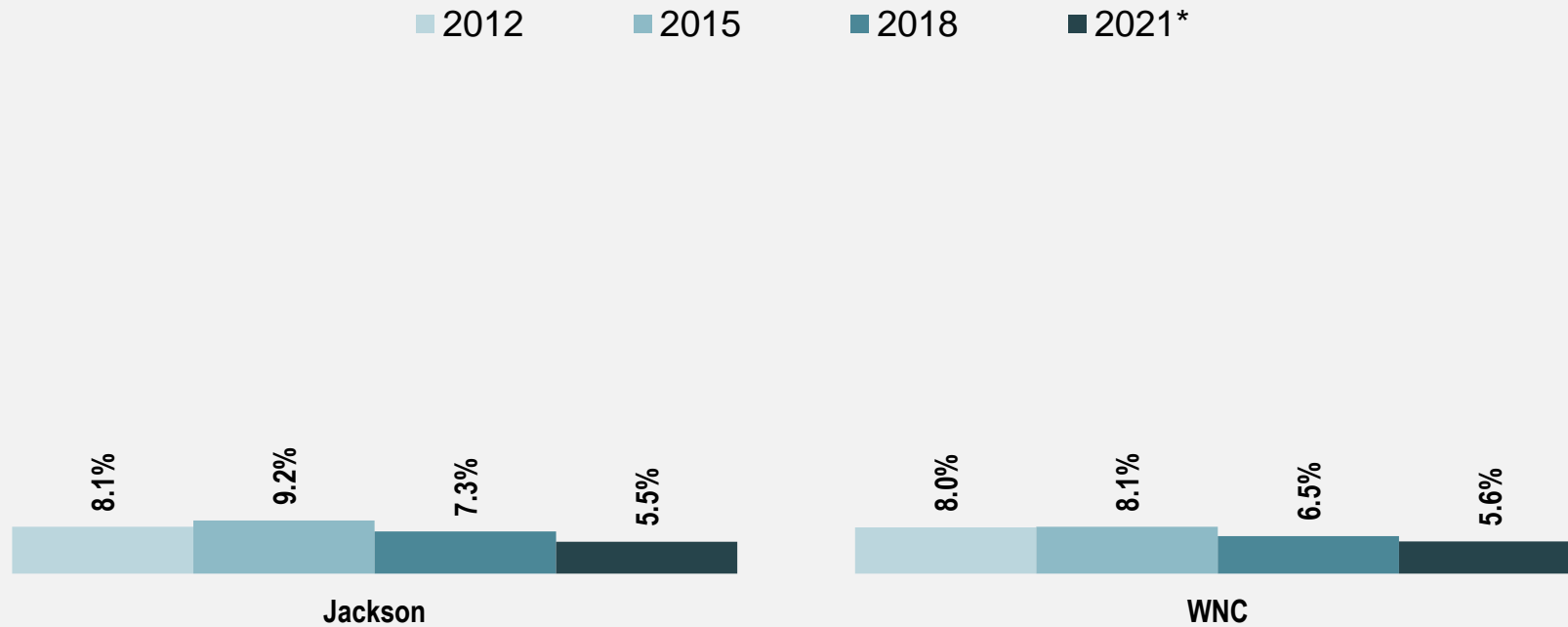
Sources:

- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 59]
- 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.
- PRC National Health Survey, Professional Research Consultants, Inc.

Notes:

- Asked of all respondents.
- Takes part in physical activities or exercises that strengthen muscles at least 2 times per week.

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



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 89]

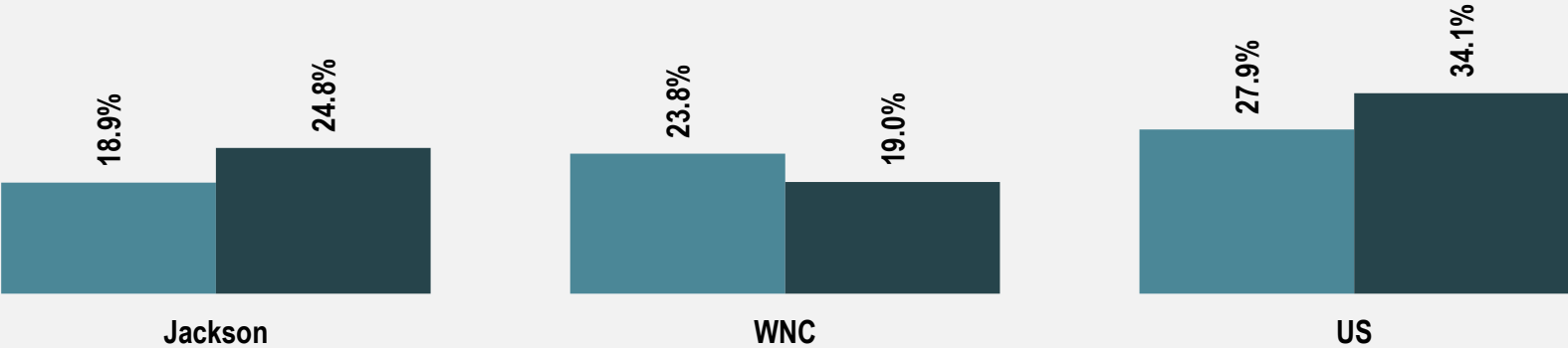
Notes: ● Asked of all respondents.

● 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; note that the previous WNC surveys also excluded lettuce salads.

Food Insecurity (By County, 2021)

■ 2018 ■ 2021



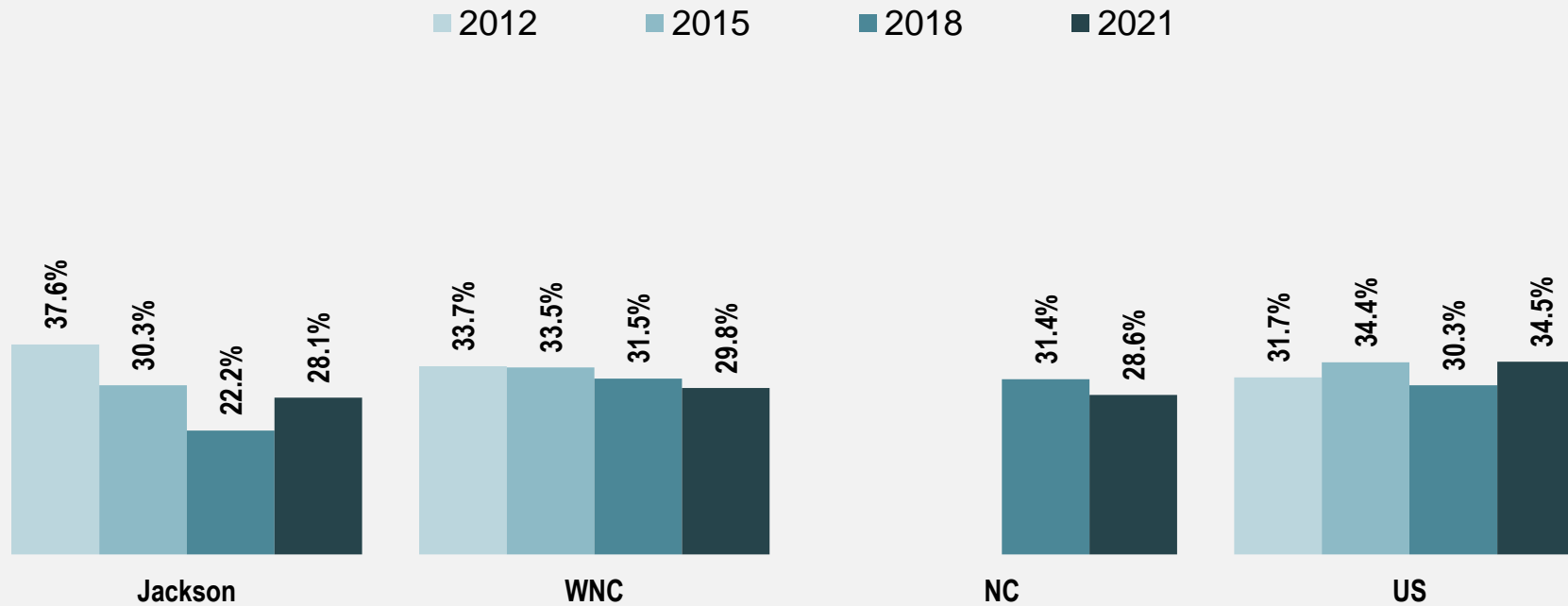
Sources:

- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 76]
- PRC National Health Survey, Professional Research Consultants, Inc.

Notes:

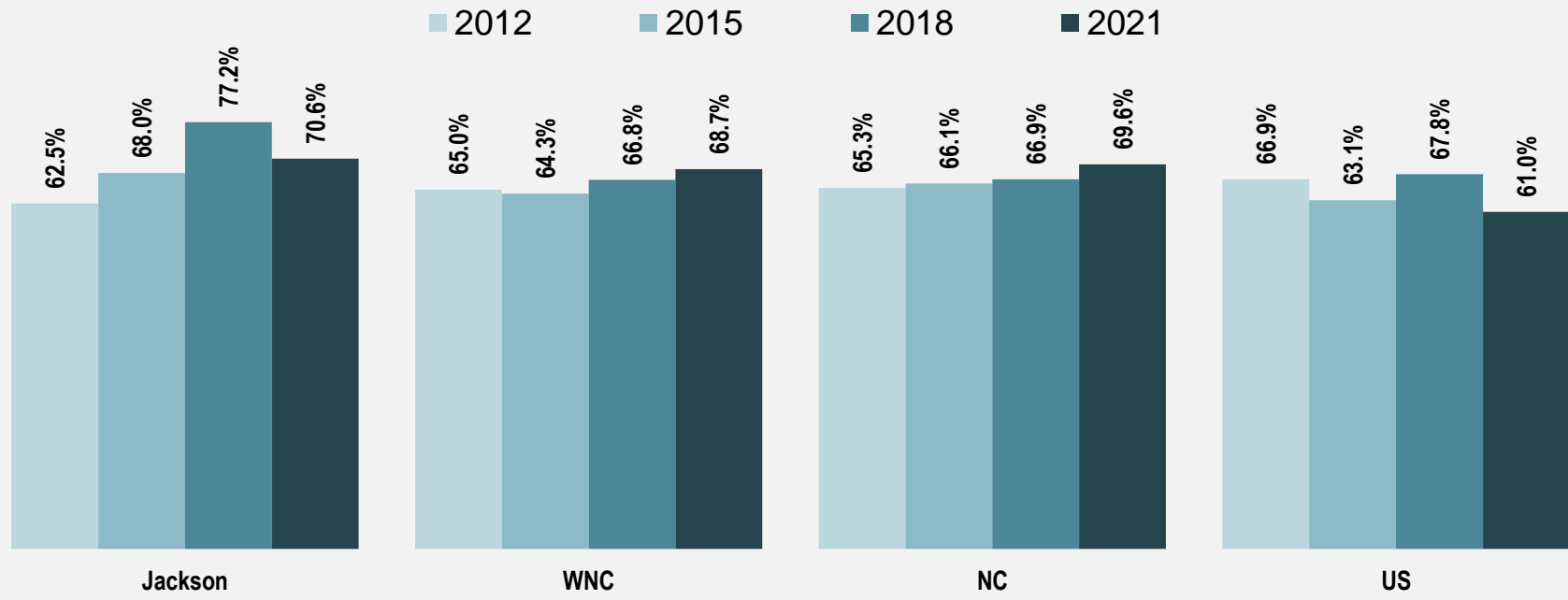
- Asked of all respondents.
- Includes adults who A) ran out of food at least once in the past year and/or B) worried about running out of food in the past year.

Healthy Weight (Body Mass Index Between 18.5 and 24.9; By County)



- Sources:
- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 92]
 - 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.
 - PRC National Health Survey, Professional Research Consultants, Inc.
- Notes:
- Based on reported heights and weights; asked of all respondents.
 - The definition of healthy weight is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), between 18.5 and 24.9.

Total Overweight (Overweight or Obese) (Body Mass Index of 25.0 or Higher; By County)



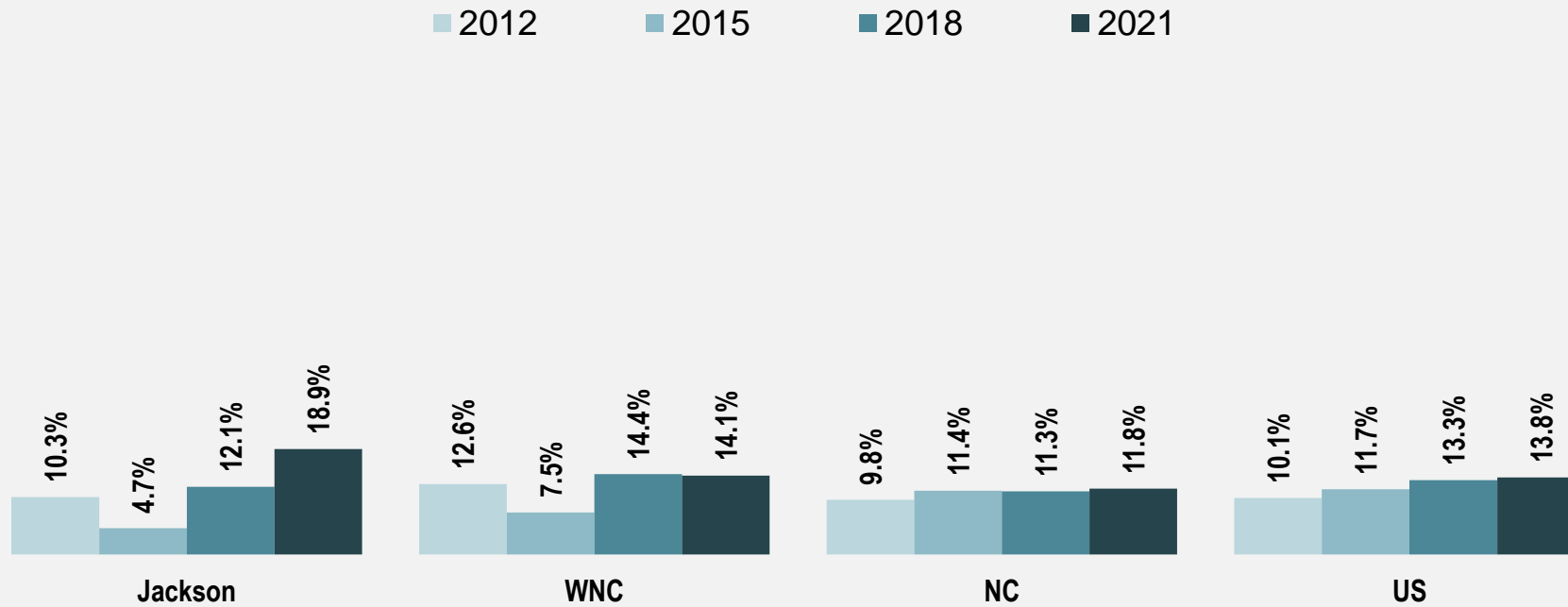
Sources:

- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 92]
- 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.
- PRC National Health Survey, Professional Research Consultants, 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 Diabetes (By County)



Sources:

- PRC Community Health Survey, Professional Research Consultants, 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): North Carolina data.
- PRC National Health Survey, Professional Research Consultants, Inc.

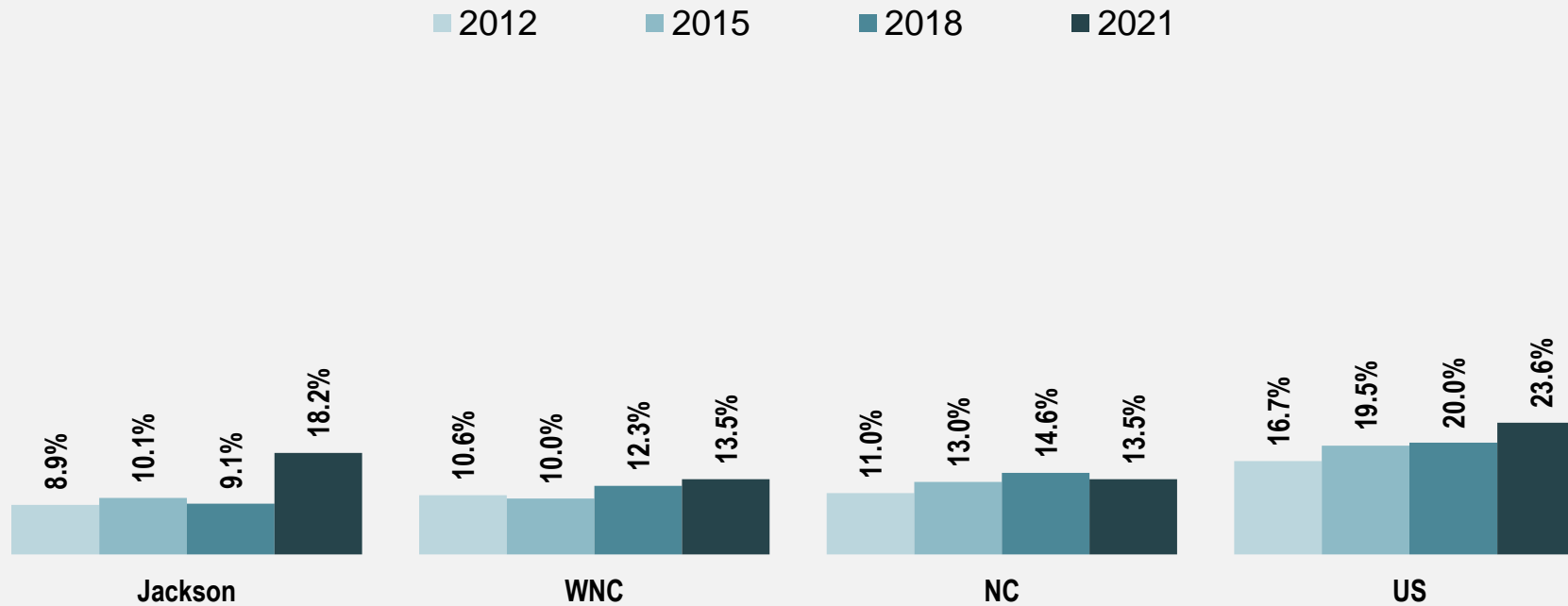
Notes:

- Asked of all respondents.

Substance Use



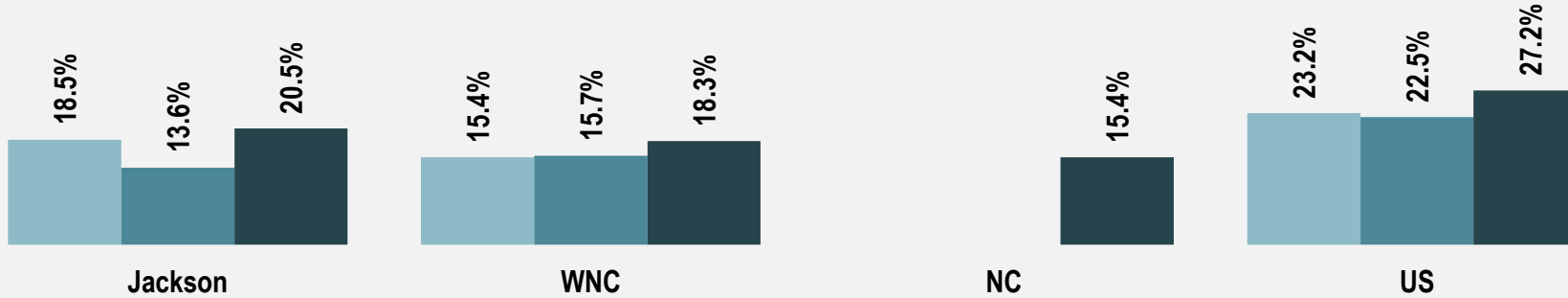
Binge Drinkers (By County)



- Sources:
- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 25]
 - PRC National Health Survey, Professional Research Consultants, Inc.
 - 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.
- Notes:
- Asked of all respondents.
 - Binge drinkers are 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.
 - Previous survey data classified both men and women as binge drinkers if they had 5+ alcoholic drinks on one occasion in the past month.

Excessive Drinkers (By County)

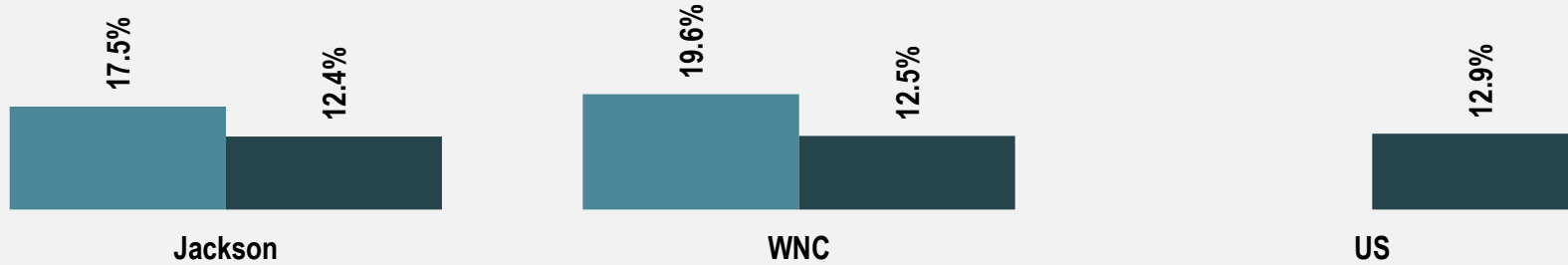
■ 2015 ■ 2018 ■ 2021



- Sources:
- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 100]
 - PRC National Health Survey, Professional Research Consultants, Inc.
 - 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.
- Notes:
- Asked of all 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 Prescription Opiates/Opioids in the Past Year, With or Without a Prescription (By County, 2021)

■ 2018 ■ 2021



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 26]
● PRC National Health Survey, Professional Research Consultants, Inc.
Notes: ● Asked of all respondents.

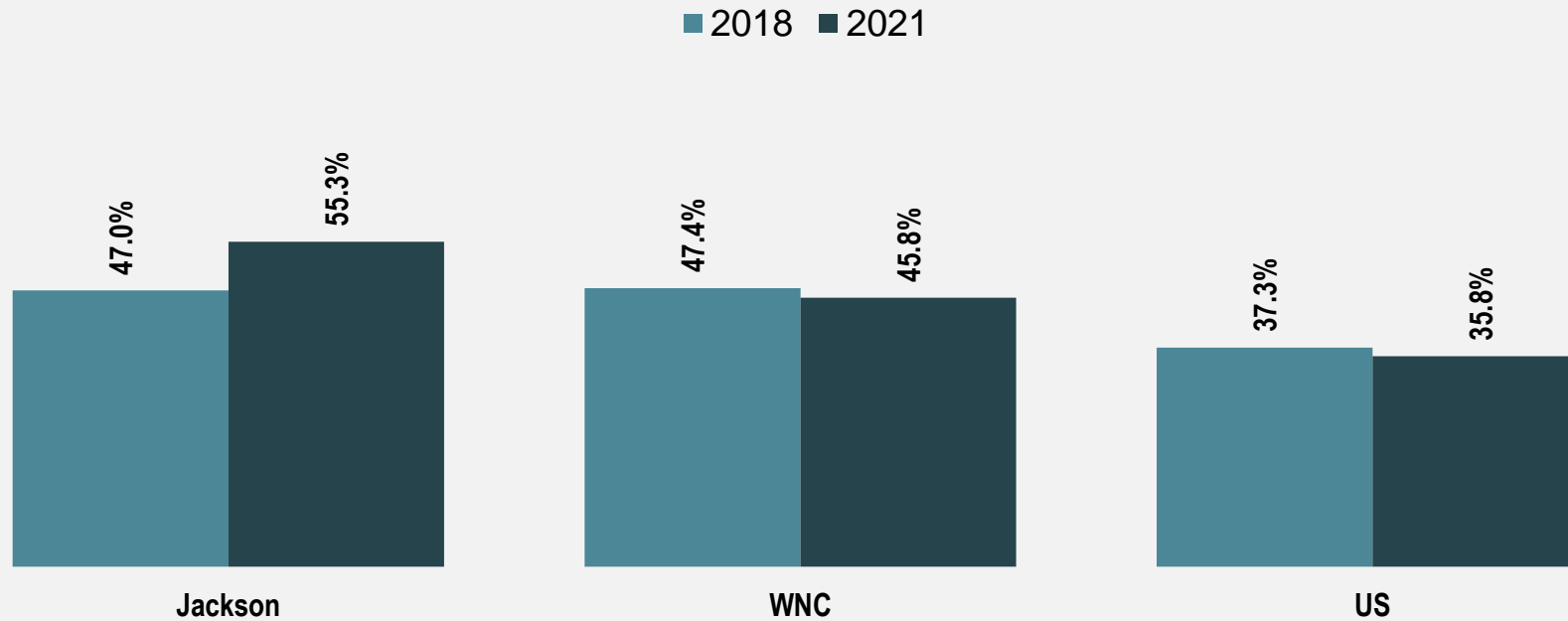
Used an Illicit Drug in the Past Month (Self or Someone They Know) (By County, 2021)

■ 2021



- Sources:
- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 309]
- Notes:
- Asked of all respondents.
 - In this case, the term “illicit” includes an illegal drug or a prescription drug not prescribed to the user.

Life Has Been Negatively Affected by Substance Abuse (by Self or Someone Else) (By County, 2021)

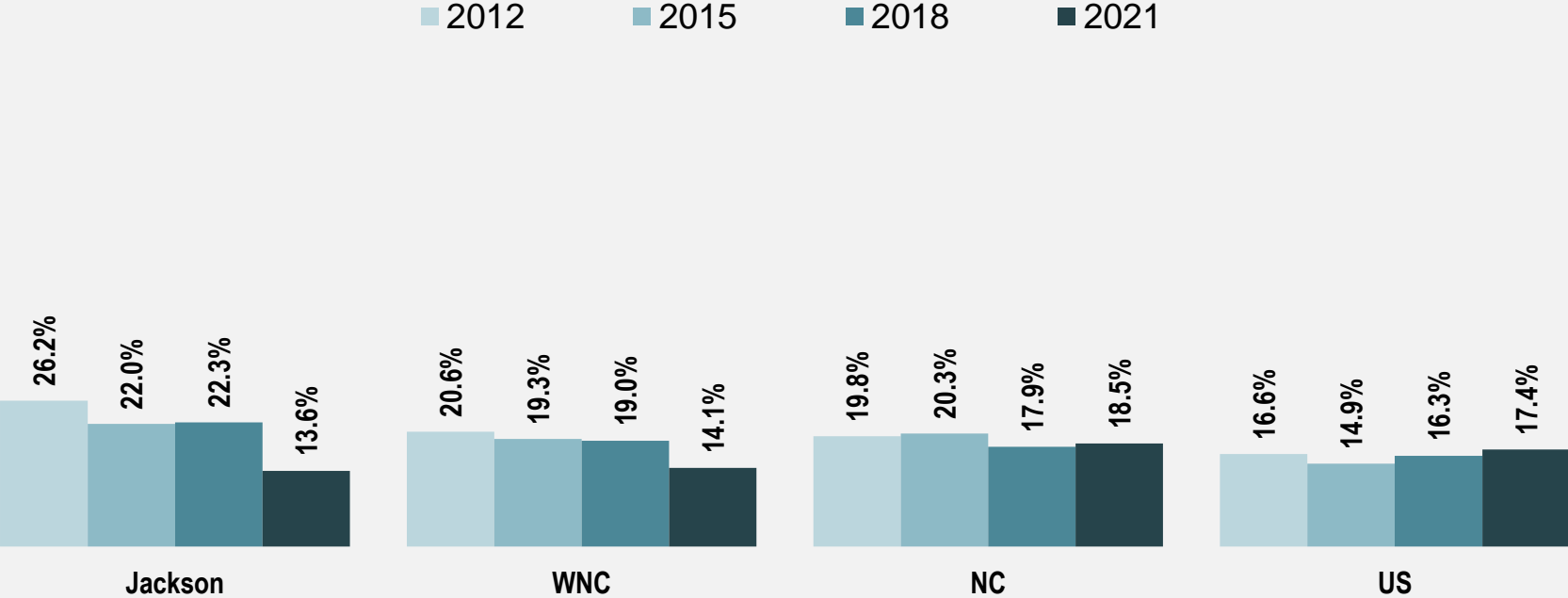


Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 27]
● PRC National Health Survey, Professional Research Consultants, Inc.
Notes: ● Asked of all respondents.

Current Smokers

(By County)

Healthy People 2030 Target = 5.0% or Lower



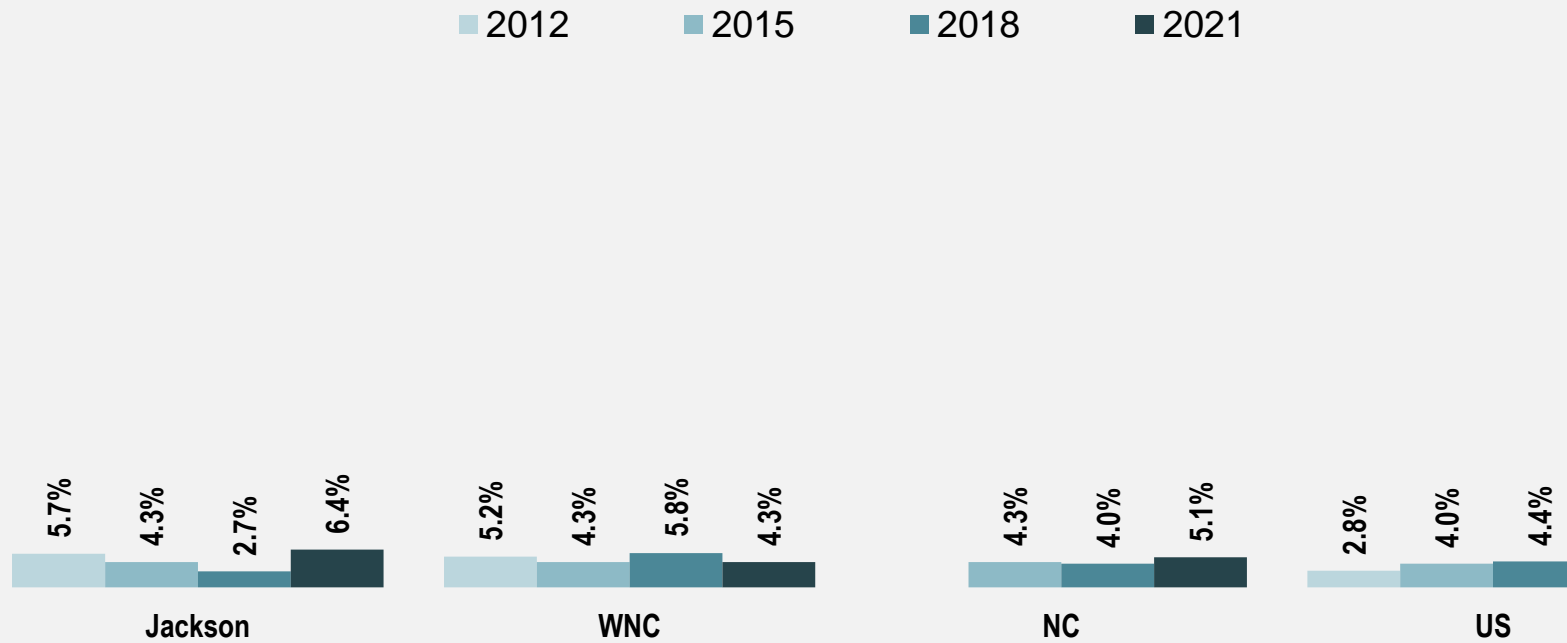
Sources:

- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 19]
- PRC National Health Survey, Professional Research Consultants, Inc.
- 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 regular and occasional smokers (everyday and some days).

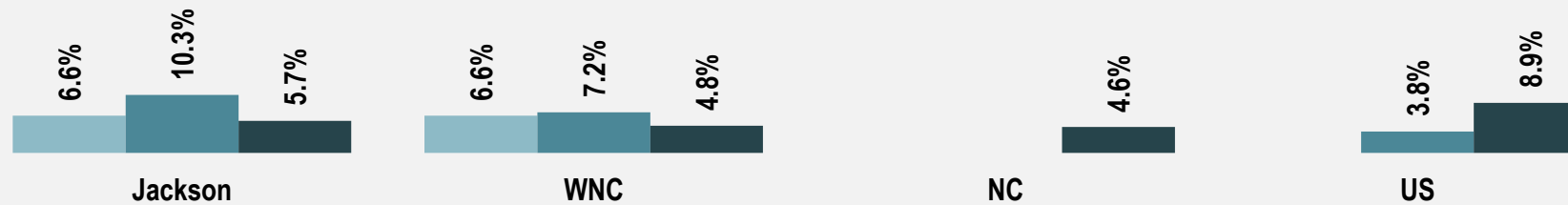
Currently Use Smokeless Tobacco Products (By County)



- Sources:
- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 21]
 - PRC National Health Survey, Professional Research Consultants, Inc.
 - 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.
- Notes:
- Asked of all respondents.
 - Includes regular and occasional smokers (everyday and some days).

Currently Use Vaping Products (Such as E-Cigarettes) (By County)

■ 2015 ■ 2018 ■ 2021



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 22]

● PRC National Health Survey, Professional Research Consultants, Inc.

● 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.

Notes: ● Vaping products (such as electronic cigarettes or e-cigarettes) are battery-operated devices that simulate traditional cigarette smoking but do not involve the burning of tobacco. The cartridge or liquid “e-juice” used in these devices produces vapor and comes in a variety of flavors.

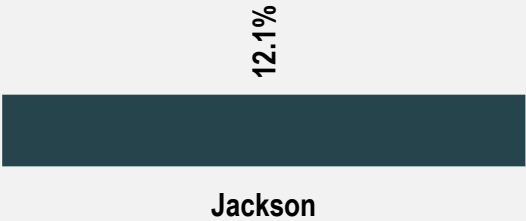
● Includes regular and occasional smokers (everyday and some days).

Mental Health



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

■ 2021



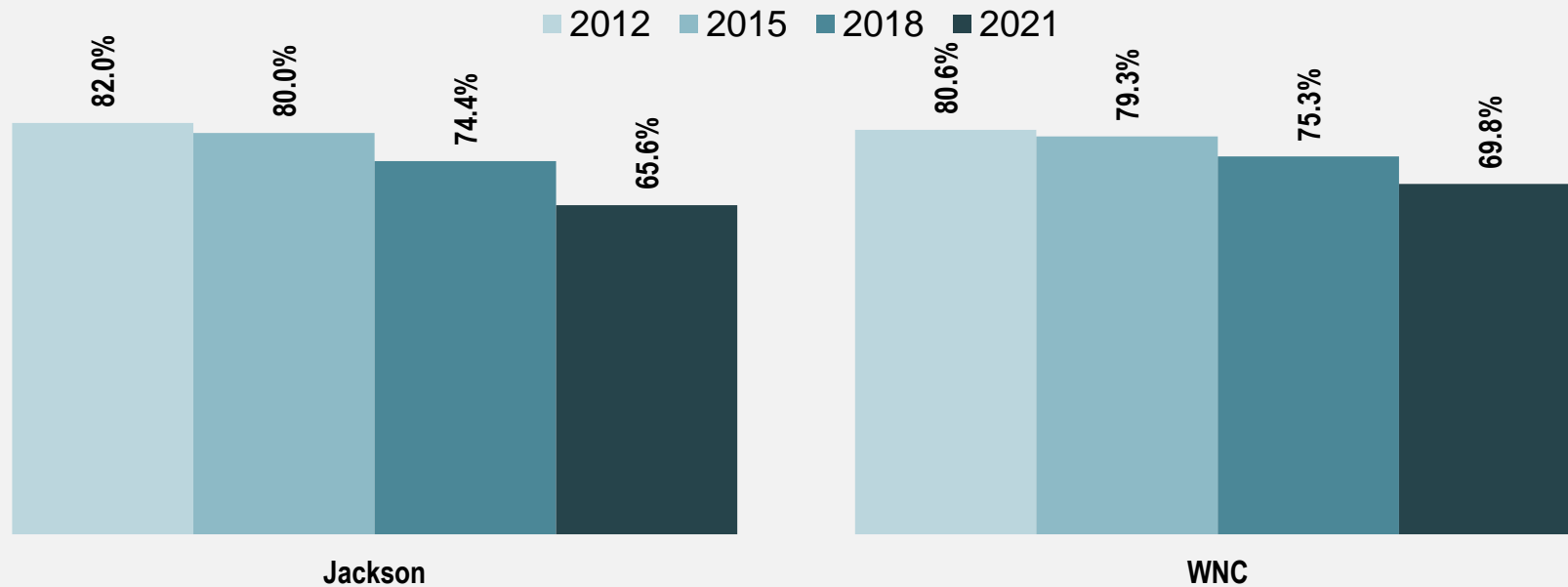
Sources:

- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 64]
- PRC National Health Survey, Professional Research Consultants, Inc.

Notes:

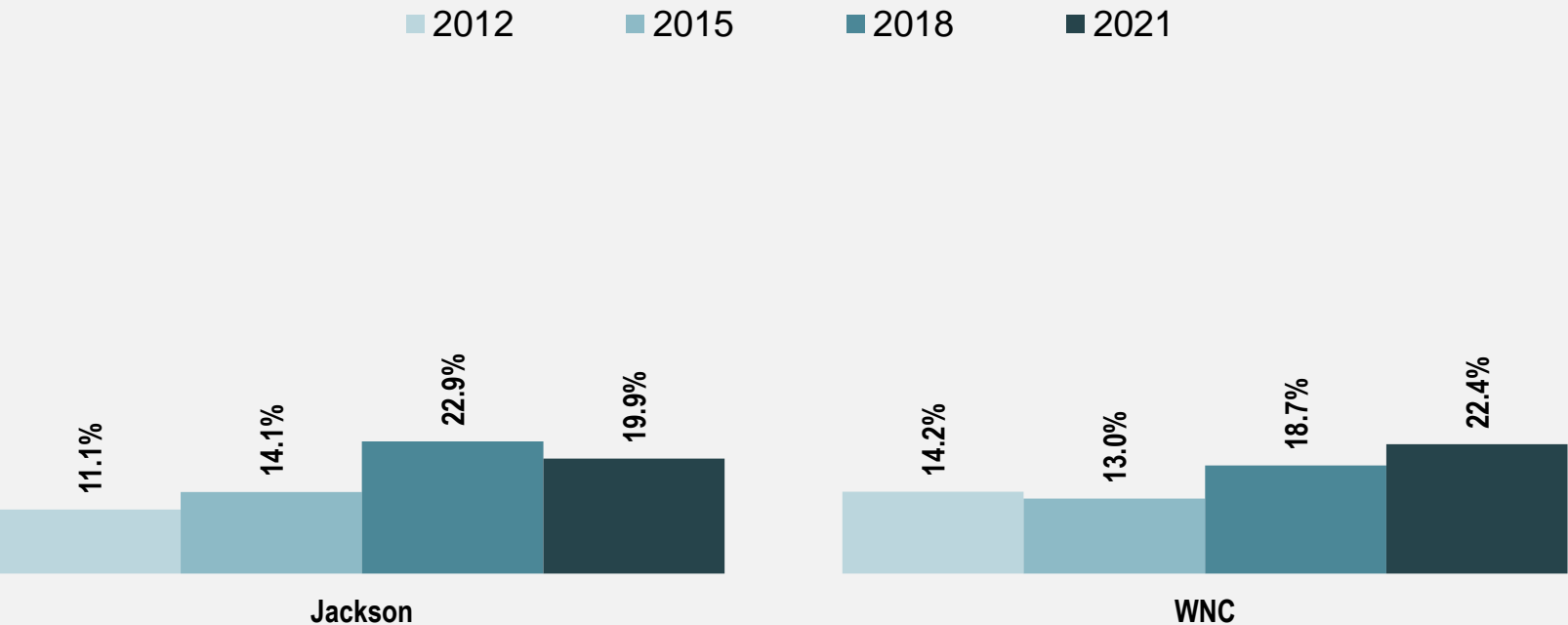
- Asked of all respondents.

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



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 61]
Notes: ● Includes “always” and “usually” responses.

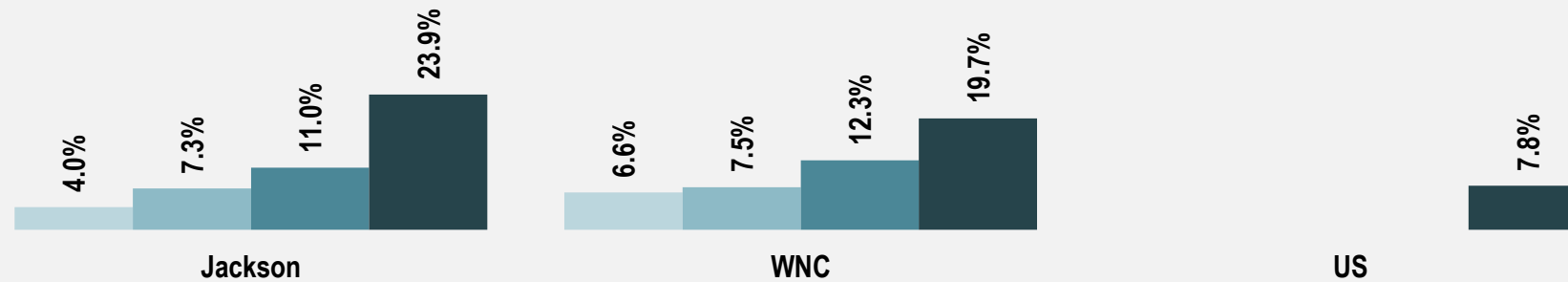
More Than Seven Days of Poor Mental Health in the Past Month (By County)



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 63]
Notes: ● Asked of all respondents.

Did Not Get Mental Health Care or Counseling That Was Needed in the Past Year (By County)

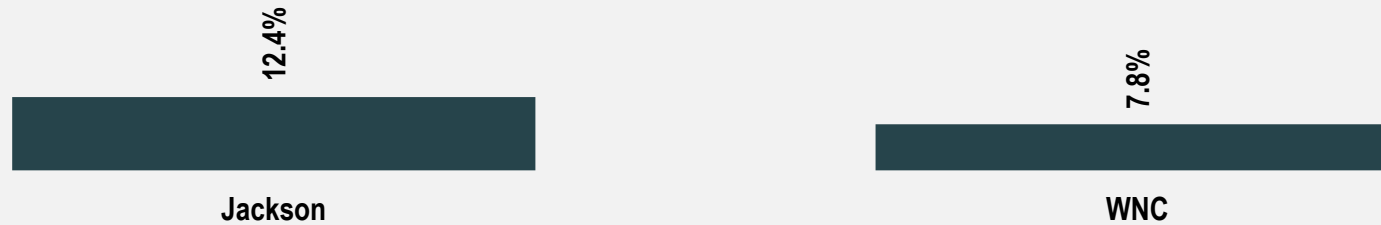
2012 2015 2018 2021



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 67]
● PRC National Health Survey, Professional Research Consultants, Inc.
Notes: ● Asked of all respondents.

Have Considered Suicide in the Past Year

(Western North Carolina, 2021; By County)



Sources: ● PRC Community Health Survey, Professional Research Consultants, Inc. [Item 69]
Notes: ● Asked of all respondents.

HEALTH DEPARTMENT OVERVIEW

- Accredited Health Department with Honors
- Our mission is to ensure, enhance, promote, and protect the health of our residents through prevention and education.
- Main Location: 538 Scotts Creek Road, Sylva
 - Monday – Friday, 8 AM – 5 PM
- Animal Shelter: 436 Airport Road, Sylva
 - Monday – Wednesday, 9 AM – 12 PM & 2 PM – 4 PM
 - Thursday – Saturday, 2 PM – 4 PM

CLINICAL SERVICES



Adult Health

- Wellness Screening (results send to established physician)
 - Blood pressure check
 - Height and weight check
 - Executive 1 Chem Panel (Cholesterol, thyroid, glucose, etc)
 - Optional/As Recommended:
 - Vision & hearing check
 - Chest X-Ray
 - Skin, oral and rectal exam
 - Breast exam, pelvic exam, and PAP test
 - Prostate exam
- CDL Physical
- BLET Physical
- DOC Physical



Child Health

- Sports Physicals for school-aged children
 - Physical exam with patient history, height & weight, vision & hearing, immunizations and referrals (if necessary)
- School Health Assessments
 - Complete physical with patient history, vision and hearing, immunizations, lab work, and referrals (if necessary)



Women's Health

- Family Planning – comprehensive exams with lab work, education and instruction on contraceptives. Fertility counseling available.
 - Variety of birth control methods available such as condoms, birth control pills, Nexplanon, Depo Shot and IUDs. Emergency contraceptives available
 - Parental permission not required for minors
- High-Risk Perinatal Clinic & Prenatal Clinic
- Care Management for High Risk Pregnancies
- Breast & Cervical Cancer Control Program (BCCCP)
- Well-Integrated Screening & Evaluation for Women Across the Nation (WISEWOMAN) for cardiovascular disease screening, intervention, counseling and referrals

Immunizations & Vaccinations

- Childhood
- Adult
- Adolescent
- College entrance
- Seasonal flu
- TB skin test



Communicable Disease

- Required by law to investigate and follow-up on all suspected or confirmed communicable diseases or conditions
- Monitor disease reporting by physicians and laboratories and report to the State Branch of Communicable Disease
- Responsible for explaining health interventions and disseminating health education messages to community and media

Sexual Health

- Provides confidential counseling and testing for sexually transmitted diseases
- Risk assessment, physical exam, and lab work
- Family planning, contraceptives and condoms
- Services available daily
- Parental permission not required for minors
- Most services free of charge

Employee Health & Worksite Wellness

- Employee Health Clinic for Jackson County Employees
 - Sick visits and wide variety of services available
- Worksite Wellness
 - Packages for worksites tailored to meet their needs and provided at the worksite.
 - Can provide education and prevention services to decrease risks associated with heart disease, cancer, diabetes



Laboratory Services

- Clinical Testing
 - Accepts request orders from all authorized persons
- Walk-in or self referral:
 - Pregnancy test
 - School required immunization titers
 - Varicella
 - Hep B
 - MMR



- Private Drinking Water Testing
- Public Drinking Water Testing
- Drug Free Workplace Testing
- Paternity/DNA Testing

WIC & NUTRITION SERVICES



- WIC - Special Supplemental Nutrition Program for Women, Infants and Children provides federal grants to states for supplemental foods, health care referrals and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum woman, and to children up to age 5 who are found to be at nutritional risk
- Breastfeeding – breastfeeding peer counseling, breastfeeding pumps
- Nutrition – diagnostic, therapeutic and counseling services and Medical, Nutrition Therapy for conditions such as hyperlipidemia, obesity, diabetes, renal disease, and malnutrition
- Diabetes Education
- Diabetes Prevention Program



HEALTH EDUCATION



Community Health

- Tri-annual Community Health Assessment report
 - Current Priorities: Obesity Prevention, Substance Use Prevention, Mental Health
- Annual State of the County Health Report
- Community Health Improvement Planning
- Facilitate Healthy Carolinians of Jackson County & Community Action Teams



Health Education Section

- Adolescent Pregnancy Prevention Program
- Cullowhee Community Garden
- Child Care Health Consultants
- Care Management for At-Risk Children
- Child Safety Seat Program
- Safe Kids Jackson County
- Request for classes on any and all health topics



ENVIRONMENTAL HEALTH



Food, Lodging, and Institutions

- Food Service
- Lodging, Bed & Breakfast Homes/Inns
- Camps
- Child Care Centers & Schools
- Nursing Homes & Other Institutions



Water & Other Services

- Drinking Water Testing through the Lab
- Onsite Waste Water Protections (septic systems)
 - Work with home owners, agents, installers
 - Well permits
 - Septic system permits
- Animal Shelter
- Tattoo Health Inspections
- Pool Inspections
 - Public pools, spas, wading pools serving multiple families
 - Hotels, apartments, community centers, etc



PREPAREDNESS



Public Health Emergencies

- Public health preparedness refers to the community's ability to prepare for, respond to, and recover from a public health emergency. Our agency is dedicated to strengthening our abilities to protect the public health in disaster situations such as disease epidemics, chemical and radiological releases, severe weather, and natural disasters.



COVID-19 Response

- Disease Monitoring
- Prevention & Public Information Messaging
- Testing
- Contact Tracing
- Case Investigations
- Mass Vaccination Events Winter & Spring 2021
- Outreach for vaccinations
- On-site testing and vaccines



COVID-19 Update

- JCDPH is giving primary doses and booster doses of covid vaccines
 - By appointment on Tuesday/Thursday 8 – 5 and Friday afternoons
 - Covid cases tend to fluctuate from week to week
-
- US seven-day average around 40,000 case level since early October
 - In NC, seven-day average about 1,338
 - Jackson County, seven-day average is 5
 - Jackson's death toll remains at 108

Flu Update

- Continue to see Flu A and Flu B cases rise
- Encouraging all 6 months and older to get a flu vaccine
- If a child has not had a flu vaccine previously and they are 8 years or under, they will get 2 doses of the flu shot the first year
- Flu vaccines by appointment
- We use the state's numbers for flu like illnesses, covid, and hospitalizations
- Encourage hand hygiene, cough etiquette, and vaccinations – anything that DHHS has on their website in appropriate

ARPA Funds

- Funds that come to the county to help offset any set backs due to COVID-19
- Commissioners and County Manager are open to requests using these funds
- Health Department doesn't have any specific requests or needs for this funding at the moment since we are still receiving COVID funds from the state
- Health Department is not involved in how these funds are spent

THANK YOU!

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