

COMMUNITY HEALTH ASSESSMENT

2018 Jackson County

WHAT IS THE COMMUNITY HEALTH ASSESSMENT?

The Community Health Assessment (CHA) leads to a better understanding of the health of our county's residents.

The CHA helps local agencies and organizations working on health issues be certain that the most pressing health concerns are being addressed. Further, it helps them plan and coordinate their efforts. It is also used by our Health Department in its strategic planning process.

Agencies working together in Western North Carolina repeat this cycle every three years.



The CHA is a collaborative effort between the Jackson County Department of Public Health and Harris Regional Hospital, led by the Healthy Carolinians Steering Committee

HARRIS
REGIONAL HOSPITAL
A Duke LifePoint Hospital



WNC **HEALTHY** IMPACT

Support of this process was provided by **WNC Healthy Impact**, a partnership between hospitals and public health agencies to improve community health in western North Carolina.

For more information or to get involved contact Janelle Messer at janellemesser@jacksonnc.org or (828) 587-8238

Health Priorities

Health Priority 1:

Obesity Prevention



through Physical Activity & Nutrition

In Jackson County:

- Less than 10% of residents are eating the recommended amount of fruits/vegetables
- Less than 25% are meeting the physical activity recommendations
- 77% of residents are overweight/obese
- Childhood obesity rates are higher than the regional and state averages

Health Priority 2:

Substance Abuse Prevention



In Jackson County:

- 47% admit their lives have been negatively affected by substance abuse (their own or someone else's)
- Over 22% are current smokers
- 10% are using electronic cigarette devices
- There were 8 unintentional opioid related deaths in 2017

WHO'S INVOLVED?

Jackson County residents shared their input through surveys and additional local data collection.