

2017 State of the County's Health Report

YANCEY COUNTY



The 2015 Community Health Assessment Priorities are:

- 1. Substance Abuse Prevention and Increasing Availability/ Access of Mental Health Services**
- 2. Healthy Living Behaviors/ Lifestyles and Chronic Disease Prevention**
- 3. Social Determinants of Health**

The 2017 SOTCH will be communicated to stakeholders, community partners, and the general population in the following ways:

- Presented to the Toe River District Board of Health
- Presented to Healthy Yancey Steering Committee
- Posted on the local WKYK radio website:
<http://www.ourlocalcommunityonline.com/>
- Posted on the Toe River Public Health District website: www.toerverhealth.org
- Placed at the Yancey County Public Library

2017 State of the County's Health Report Scorecard - Yancey County



The 2015 Community Health Assessment priority areas are:

- Substance Abuse Prevention and Increasing Availability/Access of Mental Health Services
- Healthy Living Behaviors/Lifestyles and Chronic Disease Prevention
- Social Determinants of Health

The following SOTCH Scorecard was created and submitted on **April 30, 2018** in order to meet the requirements for the **Yancey County** annual State of the County's Health (SOTCH) Report.

Clear Impact Scorecard™ is a strategy and performance management software that is accessible through a web browser and designed to support collaboration both inside and outside organizations. WNC Healthy Impact is using Clear Impact Scorecard™ to support the development of electronic CHIPs, SOTCH Reports and Hospital Implementation Strategy scorecards in communities across the region.

Scorecard helps communities organize their community health improvement efforts:

- Develop and communicate shared vision
- Define clear measures of progress
- Share data internally or with partners
- Simplify the way you collect, monitor and report data on your results

The following resources were used/reviewed in order to complete the SOTCH:

- [WNC Healthy Impact](#)
- [2017 County Health Data Book](#)
- WNC Healthy Impact Secondary Data Workbook Update (Update available in June 2017)

Substance Abuse Prevention and Increasing Availability/Access of Mental Health Services

R	Yancey	Yancey County Free from Substance Abuse. Residents of Yancey County Have Access to Mental Health Services.	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
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Progress Made in 2017

The following progress was made in 2017 on our action plan interventions for Substance Abuse Prevention and Increasing Availability/Access to Mental Health Services in Yancey County.

- **Naloxone Initiative:** This service is distributed through the Yancey County Sheriff's Office and Yancey County Police Department in partnership with the regional tobacco coordinator and medical providers. The overall goal of this program is to reduce opioid overdoses in the county by 3% within the next three years. Progress has been made throughout the county by placing a Naloxone kit and AED in approximately ten cars. Officers were also provided with the proper training to administer the Naloxone kit to an individual who may have overdosed. An information session was held at a local church to provide the community with information and knowledge on the growing Naloxone distribution within the county and the ways of use, and when it is needed.

- **Marketing Strategies to Increase Awareness and Education on Dangers of Substance Use:** Mitchell and Yancey Counties are excited to announce funding awarded to each county to address the opioid crisis. This has encouraged a vast partnership among several local agencies, including the drug task force, local representatives, law enforcement, healthcare, schools, colleges, and other community partners, to implement strategies that prevent the misuse of prescription and illicit opioids. Strategies implemented include:
 - The Lock Your Meds campaign and other initiatives, to promote secure medication storage; train prescribers about safer prescribing options and utilization of the Controlled Reporting System
 - Events and permanent medication drop boxes to safely collect and dispose of medications that are no longer needed; and
 - Other activities to raise awareness on
 - The harmful effects of the misuse of prescription and illicit opioids among young adults, parents, and others
 - The importance of using prescriptions as prescribed, securely storing medications in the home, and properly disposing of no longer needed medications.
 - Awareness campaigns on marketing the risks of substance abuse and ways to help families to the citizens of Yancey County.
 - For example radio commercials, billboards, and others.
- **Needle Exchange Program/ Safe Needle Disposal Program:** Through the Mission Community Grant, the Mitchell-Yancey Substance Abuse Task Force has funds to establish safe needle disposal sites in Yancey County. Working with Toe River Health District, Blue Ridge Regional Hospital and local Law Enforcement Agencies determine the best strategy. Yancey County has been in discussion about a needle exchange program but isn't confident in implementing the program to its full capacity due to lack of staff and capacity within the community.
- **Increase Behavioral Health Care:** Celo Health Care Center, our local FQHC, recently hired a substance abuse counselor. This counselor will be open to the public to provide counseling to individuals addicted to different types of drugs.
- **Prevent Substance Use (Tobacco Mainly) initiation among youth and young adults:** The Youth to Youth Initiative is an initiative through the Mitchell- Yancey Substance Abuse Task Force, that targets schools in both counties. The initiative's projects involve creating safe disposal videos made by children within the school system and taking field trips to local sheriff departments to watch the proper disposal of sharps. For younger students, the initiative has fun activities such as Samantha Skunk videos. They also have informational social media sites.
 - Motivational Speaker, Ty Sells, Makes a visit to all the middle and high schools to address risky behaviors to all students during Red Ribbon Week.
 - Several agencies (PATH, MYSATF, and Possibility of Wellbeing) teamed up for 8 FREE classes, open to the community, on stress prevention and management, which included recovery.
- **Eliminate Exposure to Secondhand Smoke:** No progress has been made towards this action plan
- **Promote quitting among adults and youth:** No progress has been made towards this action plan

Additionally, the following progress was made in 2017 on Substance Abuse Prevention and Increasing Availability/Access to Mental Health Services in Yancey County.

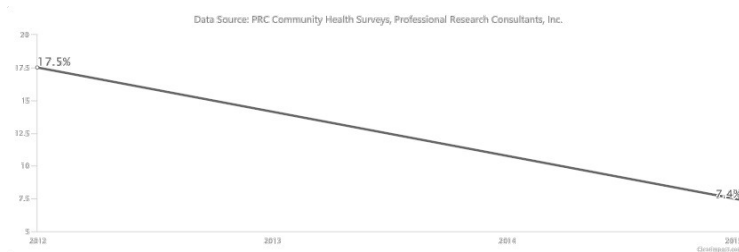
- **Lockbox Distribution** – These personal medication lockboxes were distributed throughout the area through grant funding. These lockboxes allow people to safely put their medications up and out of sight in their homes, so that an array of individuals, ranging from intruders to children, have a harder time finding the medications. More than 100 lockboxes have been distributed throughout the Yancey County community through Child Fest, the Back to School expo, and through Parent Teacher Conferences at both Middle Schools, just to name a few.
- **Creation of a Regional Drug Awareness Workforce:** Yancey County Sheriff was a major key component in creating this committee across the tri-county area to tackle the epidemic by sharing experiences, challenges, and successes among other law enforcement officers, medical providers, and community agencies.
 - "A Time to Remember, A Time to Act" Kickoff Event: This event brought together a diverse group of individuals for the purpose of raising awareness on overdoses and reducing the stigma of drug-related deaths. While some shared powerful stories of recovery, local representatives of the three branches of government were in attendance, from county commissioners and sheriffs, to judges, the district attorney, and a state representative. These officials came together from surrounding counties and met at Mitchell high School in August of 2017. This presentation was a time to remember the many lives that have been destroyed by drugs, and the overdoses that have shortened the lives of others in Avery, Mitchell, and Yancey Counties.
- **STOP Act:** Took effect on June 29th of 2017. This new law is aimed at curbing the misuse and abuse of opioids and reducing the supply of opioid prescriptions. The Strengthen Opioid Misuse Prevention (STOP) Act of 2017, or STOP Act, is intended to reduce the supply of unused, misused, and diverted opioids circulating in NC, reduce "doctor shopping" and improve care by requiring prescribers to use tools and resources that help prevent inappropriate prescribing. NCMB supported passage of the STOP Act.

- **Neonatal Abstinence Syndrome Workshop:** The Mitchell-Yancey Substance Abuse Task Force partnered with TRACES to host a neonatal abstinence syndrome workshop, discussing the best treatment methods for pregnant women who have opioid SUD. TRACES and the Task Force also teamed up to bring Dr. Blake Fagen to both Mitchell and Yancey Counties to address the opioid crisis, the stigma around addiction, and to dispel myths/educate the community on MAT as a valuable resource for treatment.
- **Drug Take Back Day:** This event was hosted on September 23rd from 10-2. The Substance Abuse Task Force partnered with the Prescription Pad of Burnsville and law enforcement to take back individuals' used or unwanted drugs in an attempt to decrease the amount of illegal drug circulation within the county.
- **Mitchell Yancey Substance Abuse Task Force Sharp Containers:** The MYSATF provided Yancey County's Sheriff's Department and the Burnsville Police Department with crush-proof and leak-proof biohazard containers for the safe disposal of used syringes.
- **DARE Educational Program:** Through a grant funded by the Mountain Air Property Owners Association, the drug abuse resistance education (DARE) program is given to all 5th graders in the county. Approximately 148 students graduated from this training better prepared to resist temptations and peer pressure to use drugs.

I Yancey Rate of drug overdoses in Yancey County 2013 25.8 - → 0 0% →



I Yancey % County residents have >7 poor mental health days in the past month 2015 7.4% - ↘ 1 -58% ↓



P Yancey Naloxone Initiative	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P Yancey Marketing Strategies to Increase Awareness & Education on Dangers of Abuse	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P Yancey Needle Exchange Program/Safe Needle Disposal Program	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P Yancey Increase Behavioral Health Care	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P Yancey Prevent substance use (Tobacco) initiation among youth and young adults	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P Yancey Eliminate exposure to secondhand smoke	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P Yancey Promote quitting among adults and youth	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change

Healthy Living Behaviors/Lifestyles and Chronic Disease Prevention

Progress Made in 2017

The following progress was made in 2017 on our action plan interventions for Healthy Living Behaviors/ Lifestyles and Chronic Disease Prevention in Yancey County.

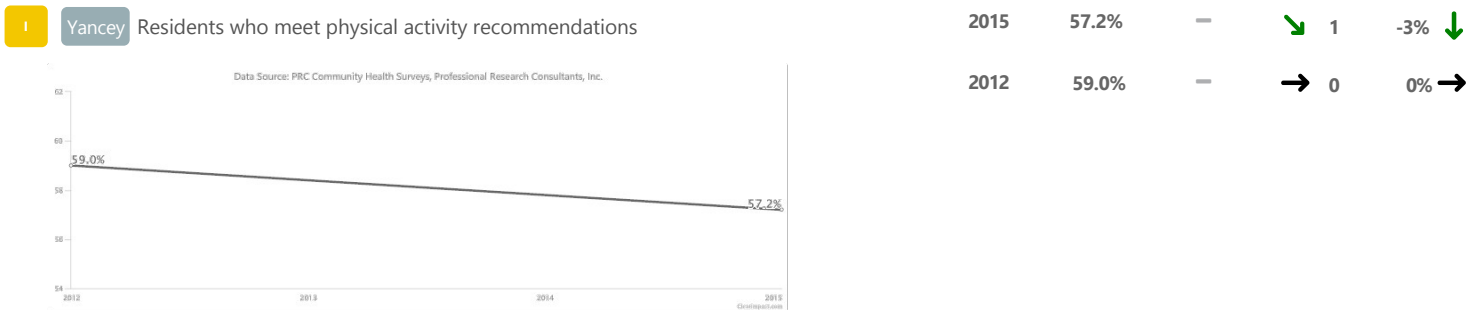
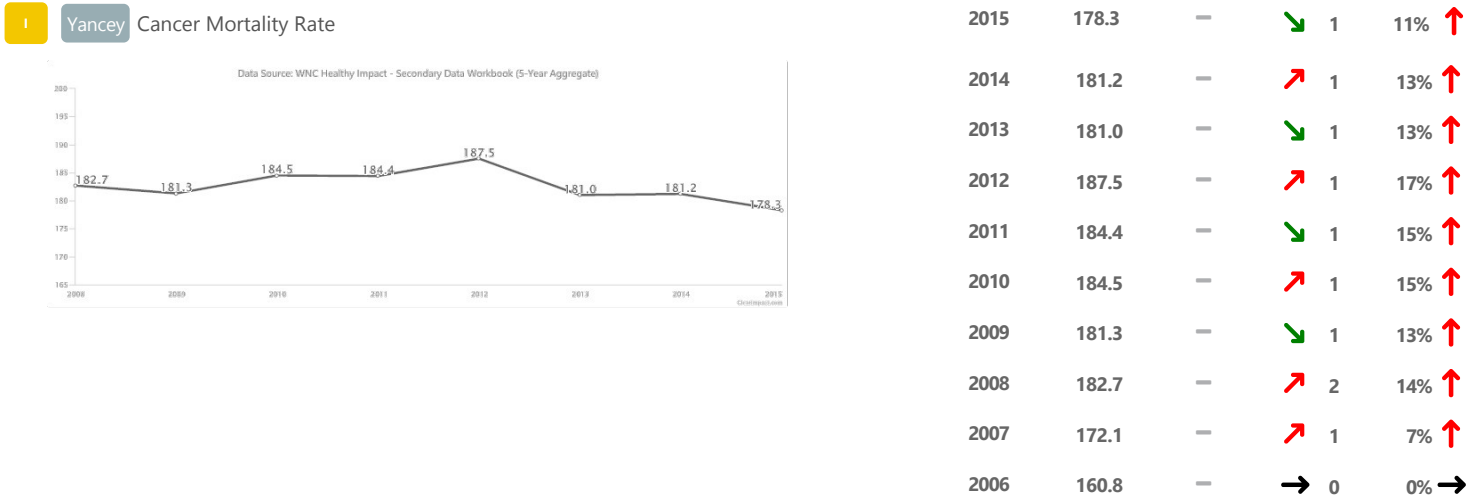
- Cougar Fit Club:** The Cougar Fit Club brings together educators, counselors, and fitness experts to mentor students predisposed to developing risky life style and behaviors, and to nurture their physical, mental, social and emotional well-being. The over-arching goal of the program is to decrease the potential for risky behaviors (specifically substance use), increase school attendance, encourage the maintenance of passing grades, and reduce drop-out rates. This is accomplished through participation in physical exercise, intentional instruction (teaching of life skills), and selfless service (giving back to our community). Approximately 30 youth who have been identified by school counselors as high risk for risky behaviors participate in a supervised after-school program. The project is on-going and is so successful that a waiting list of student participants is maintained.
- Sizzlin' Summer Series:** Hosted at Burnsville Town Square through PATH, the Sizzlin Summer Series is open to the community. This series hosts activities within Yancey County. Examples of series that are offered include a Zipline event, inflatable slip and slide, and a community art and yoga day. A total of approximately 1500 children were at these events throughout the summer.
- Dig In! Gardening Program:** Dig In! is a community garden, locally grown in Burnsville, NC. This program started in 2010, and has since provided 50,000 pounds of vegetables. Volunteers are the ones who do most of the work with help from two staff members. The crops are distributed to families who have a hard time providing food on the table. The Dig In! gardening program partners with Yancey Extension Service, Yancey Schools, Reconciliation House, Graham's Children's Health Services, MY Parish Tipton Hill Food Pantry, Feed My Sheep Food Ministry, and many more.
- Summer Tennis Camp:** PATH sponsors a free summer tennis camp in Yancey County. This camp provides free racquets that children get to take home and keep after the camp. Resources are provided so that smaller players receive the correct equipment and larger players get the equipment they need. This program looks to promote physical activity among kids in the community. By serving approximately 100 kids within the community, this event has a large impact on the youth. The event was hosted June 5th-8th from 9-11:45.

Additionally, the following progress was made in 2017 on Healthy Living Behaviors/ Lifestyles and Chronic Disease Prevention in Yancey County.

- Burnsville Fit 5K:** This event is a family-friendly, fun, and fitness-oriented race hosted during the spring. Free to youth under the age of 18 in an effort to promote physical activity for children. The event had 180 participants last year, who either ran or walked the 5K promoting physical activity among the community.
- Cane River Park:** This park was created by the county and it open to the public. It offers a ¾ mile path, exercise equipment, playground, river frontage and path, and baseball/softball fields. Cane River Park hosts little league games, and is a great place for the community to become physically active, with a total body workout outdoor gym available.
- Mt. Mitchell Trail Rebuild:** State officials awarded the NC High Peaks Trail Association a \$60,000 grant to rebuild a badly-eroded section of the Mt. Mitchell Trail, one of the most popular and iconic hiking trails in Eastern U.S. The club also announced a fundraising campaign to create a permanently endowed fund to cover short-term expenses for the project and other future projects like it.
- TRACTOR:** TRACTOR is a local organization that supports local farmers. It puts fresh produce grown by farmers on the plates of people throughout the community. Sales for TRACTOR continue to increase among growers, starting from \$8,570 when the center opened to \$169,899. This shows that local farmers have enjoyed generating income from their harvests and their produce has gone straight to consumers.

● **Harvest Tables:** This event is hosted by DIG IN! This is an event where partners share food without using money. So far, Harvest Tables have been established in four different neighborhoods throughout Yancey County. The set-up looks like a farmer's market, with food displayed and people are free to choose what their families wish to eat. At Harvest Tables we have conversations about growing food, share cooking tips and recipes, and talk about what our families like (and don't like!) to eat. Abundance is gathered from the many gardens and farms in Yancey County, big and small. This way of sharing food from gardens and farms makes efficient and equitable distribution of local food to people more probable, while reducing waste. Harvest Tables do not take the place of vegetable stands and farmer's markets.

- Hosted 20 Harvest Table that provided a diverse offering of fresh produce to low income individuals and families. Eight cooking demonstrations were hosted at Harvest Tables, as well as community events that featured local, seasonal produce. Both of these programs increased access and availability of nutrient dense foods to Yancey County residents regardless of income and provided opportunities to increase knowledge and skills on how to incorporate fresh produce in a person's diet.
- Share what you can, bring your garden's extra harvest
- Take what you need, leave enough for your neighbor
- Give what you can – time and skills, tools, transportation, ideas, money



P Yancey Cougar Fit Club	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P Yancey Sizzlin' Summer Series Physical Activity Campaign	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P Yancey Dig In! Gardening Program	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P Yancey Summer Tennis Camp	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change

Social Determinants of Health

R Yancey Yancey County Residents are Educated, Gainfully Employed, Food Secure, & have Health Insurance Coverage.	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
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Progress Made in 2017

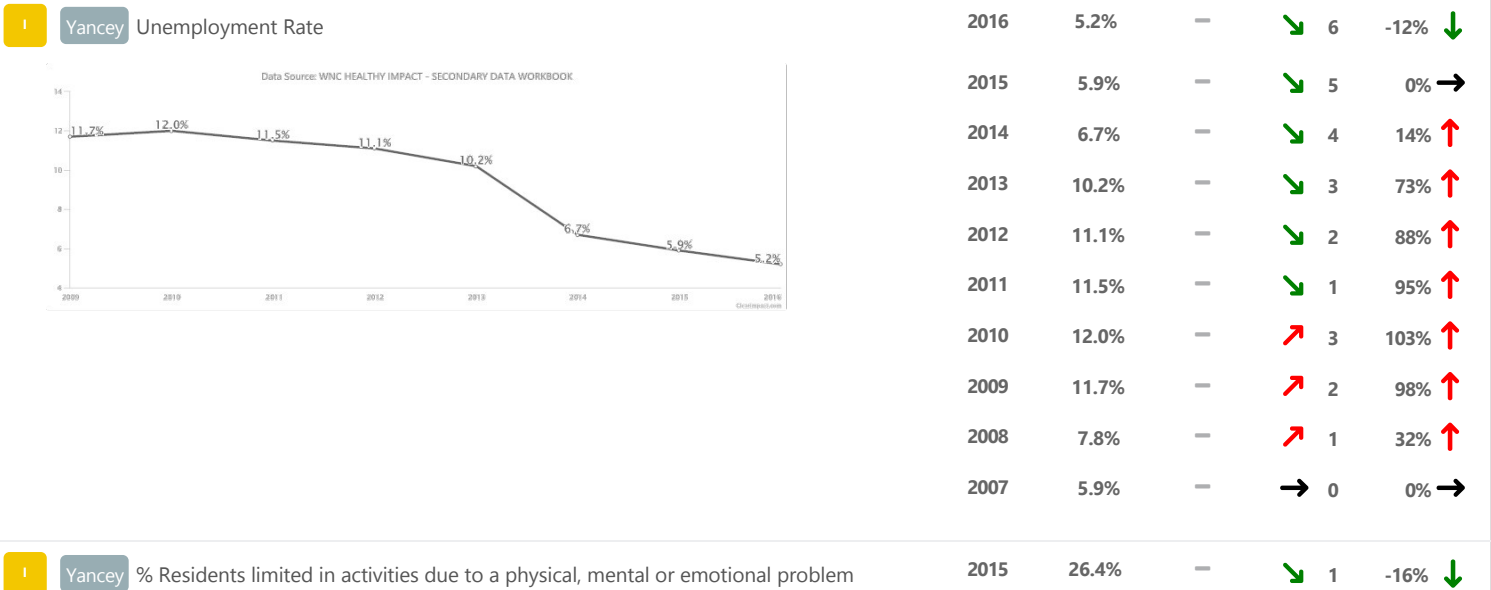
The following progress was made in 2017 on our action plan interventions for Social Determinants of Health in Yancey County.

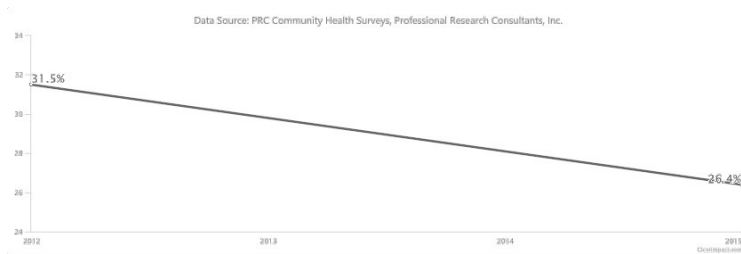
- **Summer Food Program:** This program is a collaborative effort that provides the community with locally grown food, cookbooks, children's books, and listings of community resources to families whose children receive free or reduced lunch. Volunteers pack and deliver these items to houses of individuals who receive this food. The produce is donated by Dig In! and TRACTOR Food and Farms and other local farmers.
- **Establish a System for countywide adverse childhood experience (ACE) assessments and education for families and providers:** No progress has been made.
- **Toe River Project Access and Federal Qualified Health Center:** Mountain Community Health Care has expanded and improved their services by offering multiple services including the following:
 - **Family Practice:** All of the physicians at Bakersville Community Health Center are board certified in family practice. They provide comprehensive health care for the individual and family, across all ages and genders, emphasizing preventative care while managing chronic illness. In an age of increasing specialization in medicine, the physicians at BCHC provide personal, primary, and continuing care in a patient-friendly atmosphere.
 - **Chiropractic:** This complementary and alternative medicine focuses on the diagnosis, treatment, and prevention of disorders of the neuro-musculoskeletal system. Both preventative and acute treatments utilizing a deep-tissue methodology continue BCHC's focus on the overall health and well-being of patients.
 - **Massage Therapy:** Alternative therapies are offered as a complement to traditional medical practices. BCHC offers this non-invasive process which is known to provide comfort and ease stress.
 - **Hospital Care:** Physicians at BCHC admit and treat patients at Blue Ridge Regional Hospital. Inpatient services we include medical, ICU.
- **Utilizing Outreach opportunities to assist citizens of Yancey County:**
 - **YCHD attended Head Start parent meeting** providing education on lice, first aid, medication dosage, and all services provided by the health department
 - **County Wide Flu Clinic offered by YCHD** provided vaccines for HeadStart, School System, County Employees, etc. Approximately a total of 400 vaccines were given.
 - **Mountain Heritage High School:** YCHD attended a Career Fair at a local high school and provided education and outreach on public health career opportunities. Approximately 740 students attended.
 - **Glen Raven Employee Health Fair:** YCHD attended and served approximately 250 individuals. The health department went over the services that we provide and handed out resources that the employees could use.
 - **Pre-K and Kindergarten registration:** YCHD conducted vision, hearing, and dental screens, and immunization checks to every child entering YCS for the year 2017-2018. Approximately 100 children were registered.

Additionally, the following progress was made in 2017 on Social Determinants in Yancey County.

- **Healthy Relationship Education:** YCHD had the opportunity to educate all 7-12 graders on healthy behaviors, STD's, Female facts, Male facts, and Birth control facts. Approximately 950 students were presented with this information. This same information was presented at Mayland Community Early College. Approximately 102 students attend Mayland Early College and were presented with these materials.
- **Stop Hunger Now Event:** This event was hosted on October 1st, beginning at 9 am at Harris Middle School. Groups and organizations that came together include churches, organizations, individuals from Yancey and Mitchell Counties. These groups came together and packaged over 50,000 meals to give out to the community. The 4th annual stop hunger event is sponsored by Spruce Pine Rotary and Higgins Memorial United Methodist Church.
- **Toy Run/ Memorial Ride:** Local bikers and residents come together each year on the Burnsville Town Square to raise money and collect toys for children who live in poverty. The bikers and residents each bring a toy around \$10 or a cash donation.
- **Community Diaper Program:** This program is targeted toward families in Mitchell, Yancey, and Avery County through Bakersville Community Health Center and Celo Health Center. Families who live in these counties and are eligible for North Carolina Medicaid are eligible to purchase low cost diapers at Bakersville Community Health Center and Celo Health Center. Each eligible child can receive two packs of diapers per month.
- **MAGIC After School Program:** Making Academic Growth in Children (MAGIC) is an afterschool program that operates in Yancey County Schools. It started on Monday, September 19th for the 2017-2018 school year. The program is funded through the U.S. Department of Education and N.C. Department of Public Instruction. The students have to meet certain guidelines of the program but the program is free of charge if the child meets these guidelines. The mission of the program is to provide a variety of activities that will enrich the lives of Yancey County School's at-risk students and help them achieve academic success and personal growth. Through tutoring the children, providing physical activity, and providing an after-school snack free of charge this program helps local children.

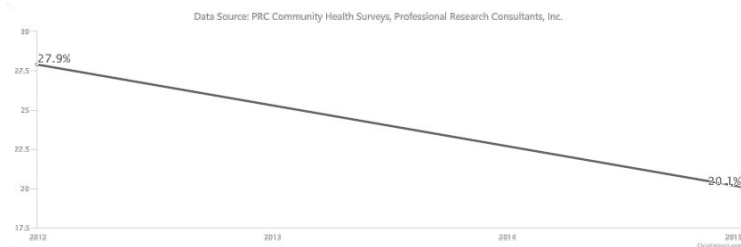
- **Feed-A-Child Fundraiser:** This fundraiser raised over \$3,500 for the program. This program provides nearly 400 snacks to children each week. This program is a 501c3 whose main objective is to “fill-the-gap” for hungry kids over the weekends, from their free or reduced lunches on Friday until they return to school Monday morning.
- **Volunteered at AMY Wee Trade Fundraiser for Imagination Library (Spring/Summer Sale):** profit from the fundraiser is used towards children 0-5yrs old in all three counties. Children will receive a book in the mail monthly until they start kindergarten. The sale raised over \$5,000 at one of the two sales they host annually, setting a new record. (A Win Win Win for bringing money in for books for Imagination Library, paying parents for clothing, and other children get new to gently used clothing)
- **Liberty Hill Back to School Bash:** Local children were given crayons, pencils, and notebooks, while services were presented; including Car Seat Safety, Child Health, WIC, and Clinic. Several families were reached that did not have any insurance, and their children, who had not seen a provider in a while, were brought in to have well-child check-ups. Over 250 kids from Mitchell, Yancey, and Avery Counties were provided backpacks and various school supplies.
- **Boot Camp Translation:** Toe River Health District, Mission Community OB/GYN, and Mountain Area Health Education Center (MAHEC) recruited 14 local residents to reduce unintended pregnancies in Mitchell and Yancey Counties. Using a community engagement process called “Boot Camp Translation”, health professionals recruited community members to design and spread accurate health messages about birth control methods, tailored to the community over an 8-month period. The sessions for parents were hosted at the Parkway Fire and Rescue in Spruce Pine and at the Yancey County Public Library.
- **4-H Mentoring Program:** This program uses an evidence based National 4-H model. All matches with this program are gender appropriate, and youth ages range from 10 to 16. The mentors can be any age, from 21 and older. The mentor agrees to spend 3 to 5 hours a week for a period of one year with a child they have been matched with.
- **Project PROMISE:** a semester-long program, provided through MAHEC, where students get high school credit for shadowing health professionals after school. Offered to Mountain Heritage High School students, this gives them an opportunity to immerse themselves in the health profession. Students who are accepted into the program complete an internship Monday through Friday from 2:30 to 4:30.
- **YAY Children Program:** This program was created through the Yancey Alliance for Young Children, and the first meeting was held at the St. Thomas Episcopal Church in Burnsville. Parents, relatives, program providers, and advocates for children’s needs heard presentations on the purpose and objectives of the YAY Children initiative. 70 community members participated in this event and the meetings continue to grow in numbers.
- **MANNA Grant:** Yancey County was provided \$1.2 Million to help provide thousands of fresh apples, carrots, onions, potatoes, and sweet potatoes. This food went out to families in poverty and in need of healthy fresh food, throughout Yancey County. The funds come from a partnership with the North Carolina Association of Feeding America Food Banks.





2012 31.5% — → 0 0% →

I Yancey % Residents lacking health insurance coverage



2015 20.1% — ↘ 1 -28% ↓

2012 27.9% — → 0 0% →

P Yancey Summer Food Program	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P Yancey ACE Assessments & Education	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P Yancey Toe River Project Access and FQHC	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P Yancey Utilizing outreach opportunities to assist citizens of Yancey County	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P Yancey Harvest Tables	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change

New and Emerging Issues & Initiatives

R SOTCH Monitor New and Emerging Issues	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
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Notes

These are the new or emerging issues in our community in 2017 that were not identified as priorities in our CHA.

- Loss of labor and delivery at BRRH:** Recently the local hospital closed Labor and Delivery. This presents multiple problems for the community. Many people do not have the resources to go to neighboring hospitals in McDowell and Asheville, so the community has brought forth this issue via multiple outlets.
- Local Food Consumption:** Community surveys have brought forth the issue that local food consumption has gone down recently within Yancey County. Many people have stopped coming to the local farmer's market, and other local food vendors and instead have opted to get their food from grocery stores.
- Access to Affordable Healthcare:** Citizens of Yancey County have expressed frustration with growing issues of affordable healthcare. Surveys have brought this problem to light, with many individuals voicing their concern that they have nowhere to go for healthcare.
- Growth of Elderly Population:** Just like within the United States, Yancey County has seen a very big rise within the elderly population. With this rising population, problems such as facilities for individuals to live, proper access to transportation, and ways for elderly individuals to get in and out of buildings has become a growing concern.

Leading Causes of Death in North Carolina 2016

Location: YANCEY

Race: all

Gender: both

Hispanic Origin: all (Hispanic, Non-Hispanic, and Unknown)

Age: 0 - 99 years

Note: Age 99 indicates age 99 years or older.

Rank	Cause	Number	%
1	Diseases of heart	50	22.6
2	Cancer	48	21.7
3	Chronic lower respiratory diseases	25	11.3
4	Alzheimer's disease	15	6.8
5	Cerebrovascular diseases	10	4.5
6	Diabetes mellitus	7	3.2
7	Motor vehicle injuries	6	2.7
8	All other unintentional injuries	5	2.3
	Intentional self-harm (suicide)	5	2.3
10	Influenza and pneumonia	4	1.8
	All other causes (Residual)	46	20.8
Total Deaths -- All Causes		221	100.0

Source: State Center for Health Statistics, North Carolina

R **SOtCH** Keep Track of New Initiatives, Current Initiatives & Community Changes

Time Period Actual Value Target Value Current Trend Baseline % Change

Notes

The following are new initiatives or changes in our community in 2017:

- Blue Ridge Regional Hospital Virtual Clinic:** A completely web-based service, Mission Virtual Clinic takes between five and ten minutes to fill out. With a guided and adaptive interview process, patients log on to a secure website and respond to a series of 15 to 20 questions pertaining to their overall health and symptoms they are experiencing. Within 60 minutes a provider will review the answers and medical history and determine whether the problem can be solved online or if the patient needs other assistance.
- Seeing to Learn Grant:** The goal of Seeing to Learn is to ensure more children receive comprehensive eye examinations and treatment for eye diseases in Yancey and Mitchell Counties. This project intends to educate the community about the importance of early identification of eye diseases and impairments, and increase the success of mandated screenings for young children by eliminating barriers to follow-up exams and treatment. Researching availability of materials to low-literacy families that promote children's eye examinations and treatments is a way that this grant will help get across the poverty barrier. This grant will attempt to increase successful follow up by holding two Lunch & Learn sessions in which eye impairments and associated learning difficulties are discussed with agencies that provide vision screenings for young children - including Head Start, the Health Department, Yancey and Mitchell County Schools, the Celo and Bakersville Health Centers, and local physicians.
- Strengthen Families Program:** Yancey County 4-H and Extension taught a twelve-week program at the Yancey County Extension Office. The program helps prevent substance abuse, strengthen parent and youth communication skills, increase student academic success, and help students deal effectively with peer pressure. The program is cost free and funded by the Rural Health and Safety Grant. The grant funds seven families and a family weekend camp experience.
- Taste of the Blue Ridge:** Hosted at the Burnsville Town Center in September, county citizens come together to enjoy good food and fun games. The funds that were raised supported the local programming through the Imagination Library, Play and Learn groups, and the Yancey Alliance for Young Children. The tickets for this event were \$25 dollars, if ordered in advance, and \$30 at the door.
- Provided strong support of BlockFest:** This event is designed to help children and their parents explore math and science through block play. Children enjoyed five block play stations designed to maximize their enjoyment and learning. Parents received a block play handbook with information on the stages of block play and tips to help their children learn math and science concepts while they play at home. Block Fest accommodates 35 children and their parents in one hour sessions.
- Renovation of Ray Court Park:** Ray Court Park is being renovated to better serve the community. The idea behind this renovation is to incorporate different facilities for different ages. The Yancey Government wants children and elderly to be able to not only have a place to participate in physical activity but be able to communicate and bond with one another no matter the age of the individual.

- **Penland Kids Camp:** This camp is a one week arts-oriented day camp for children. The ages for children who can participate are 3-18. Campers can cut, sculpt, and paint unique masks and puppets, while exploring art from around the globe five days. Older campers can build sets, create characters, and photograph movement to create their own film in Stop Motion Animation. The cost is \$100 per half day camp and \$200 for full day camp.
 - **Referrals of all children in Foster Care under 5:** plans are prepared by Care Coordination for Children program case manager for safe care of the child.
 - **TRACTOR & Blue Ridge Regional Hospital Partnership:** TRACTOR is a nonprofit food hub that works with over 50 small family farms in counties, including Mitchell and Yancey. This program helps support local agriculture and provides local area restaurants and local grocery stores with fresh produce. Blue Ridge Regional Hospital has partnered with TRACTOR and sent 60 employees and volunteers to participate in this program and contracted four seasons in 2017 with TRACTOR to help the productivity of this program.
 - **Lock Your Meds campaign:** This campaign is held throughout the county via grants. The grant that support the Lock Your Meds Campaign is the CURES grant. This campaign distributes lockboxes throughout the county to people who want to keep their medications out of sight and out of the hands of children and thieves. Countless numbers of lockboxes have been distributed. Most recently, 10 boxes were given to the Mitchell County Senior Center, and approximately 10 lockboxes were given to the Intermountain Children Services (ICS).
-