

# IMPROVING THE HEALTH OF JACKSON COUNTY

## WHAT IS THE STATE OF THE COUNTY HEALTH (SOTCH) REPORT?

The SOTCH provides an update on the progress made in addressing our health priorities. It highlights new & emerging initiatives.

## Jackson County Health Priorities

- Obesity Prevention through Physical Activity and Nutrition
- Substance Abuse Prevention

## What Actions Are We Taking?

The strategies and initiatives we're undertaking to address our health priorities include:

- **Breastfeeding Friendly Community Project**

Lactation rooms in Jackson County Public Schools for mothers/families

- **Diabetes Prevention Program**

A year-long CDC recognized prevention program

- **Elevate Wellness Program**

Virtual program for Jackson County Government and Public Schools employees

- **Healthy Snack Master Competition**

Nutrition event for students in honor of National Nutrition Month

- **Opioid Awareness Campaign**

Promoted in September & October

- **Wild Child Crew**

Youth nature events with Western Carolina University students

- **Youth Tobacco Prevention**

Vaping and tobacco prevention through education and campaigns

# In 2020, We Accomplished...

Jackson County Public Schools are working towards becoming Breastfeeding-Friendly. As of December 2020, The Board of Education, Smokey Mountain Elementary and Smoky Mountain High School have completed lactation rooms for mothers/families. Each school will have a permanent room in the future and they are currently being developed. The Cullowhee Community Garden achieved the business designation from the NC Breastfeeding Coalition.

Elevate is a new program for Jackson County Government and Public School employees. The wellness program is completely virtual, with an online screening, 2 monthly challenges per month focusing on nutrition and mental health, and a physical activity challenge called Move Around Jackson County. Participants will take a mid and post assessment where progress will be evaluated for future programming.

The Opioid Awareness Campaign in September and October was promoted through local news outlets. The Health Department submitted 5 articles focusing on the basics of opioids, opioids and the pandemic, overdose prevention, reducing stigma, and the resilience of grandfamilies.

The Wild Child Crew, organized by WCU Parks and Rec, was a nature and physical activity event for First Baptist Church of Sylva Study Buddies program. Participants learned the 7 principles of Leave No Trace and had a great time exploring nature.

2020 was a challenging year for us all, and due to the COVID-19 pandemic, some of our planned initiatives had to be put on hold.

## FOR MORE INFORMATION & TO GET INVOLVED...

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Visit <http://health.jacksonnc.org/community-health-data> for more resources

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.

**WNCHEALTHYIMPACT**

