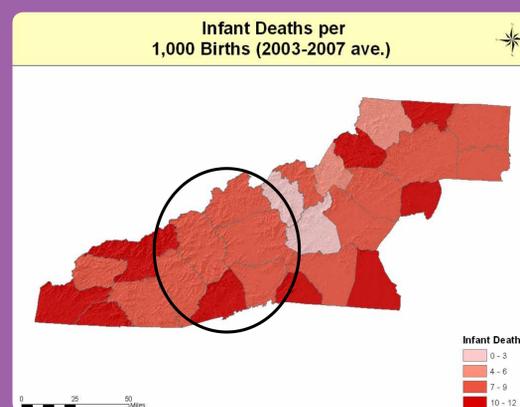
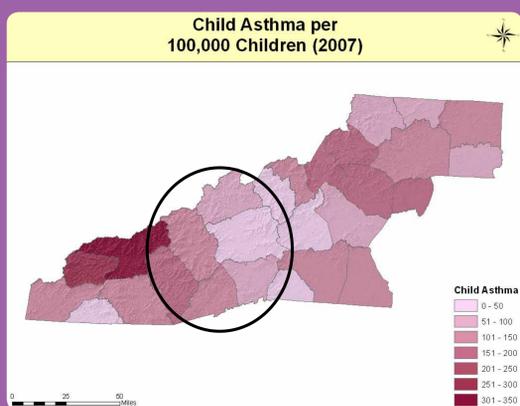


Health Overview

In the GroWNC region, the five counties are wrestling with some of the same health-related issues. The trends presented here are not a comprehensive set; they give a glimpse into the range of topics that are surfacing in discussions of public health in Western North Carolina and the GroWNC counties.

Children's Health Issues

The health issues of our current population are not limited to the older adults. There is a growing concern about childhood obesity. Children are experiencing "adult health issues," such as high blood pressure, high cholesterol and type 2 diabetes. Now, health professionals believe that children who are overweight or obese today could have a shorter life expectancy than their parents.



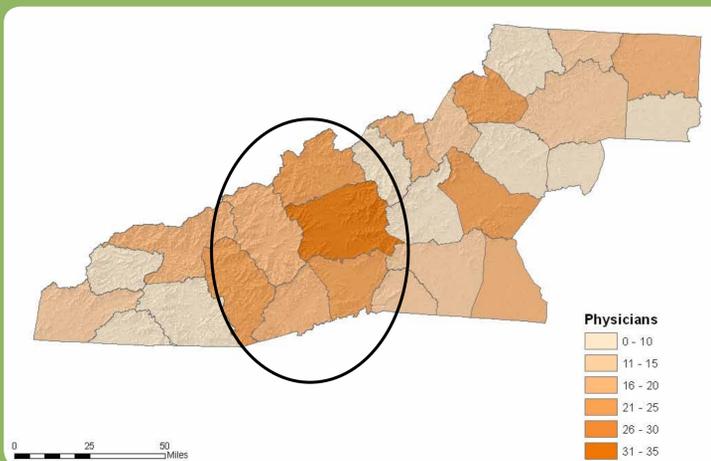
Today, about one in three American kids and teens is overweight or obese, nearly triple the rate in 1963. With good reason, childhood obesity is now the No. 1 health concern among parents in the United States, topping drug abuse and smoking.
--American Heart Association

Leading Causes of Death

The rate of deaths from heart disease, stroke, and cancer in the GroWNC region are generally higher than those in the state as a whole. As expected, the relationship between older populations and higher rates of death from heart disease, stroke, and cancer is consistent, as all counties with a median age above 45 have a rate of death from these diseases about 50 percent or more higher than the statewide rate.

LEADING CAUSES OF DEATH

	Buncombe	Haywood	Henderson	Madison	Transylvania	NC	US
1st	heart disease	heart disease	heart disease	cancer	cancer	cancer	heart disease
2nd	cancer	cancer	cancer	heart disease	heart disease	heart disease	cancer
3rd	CLRD	CLRD	CLRD	CLRD	CLRD	stroke	CLRD
4th	stroke	stroke	stroke	stroke	stroke	CLRD	stroke
5th	alzheimer's	alzheimer's	alzheimer's	alzheimer's	alzheimer's	injury (unint)	injury (unint)



Physicians per 10,000 People

North Carolina – 9

Buncombe County – 14.6

Haywood County – 8.1

Henderson County – 10.2

Madison County – 5.8

Transylvania County – 10.3

(Source: NC State Center for Health Statistics, 2008)



Health Factor Ratings

What constitutes a healthy community depends on the community's definition of "healthy." Traditionally, the emphasis of public health initiatives has been on the treatment of illnesses and other physical and mental conditions. By examining health indicators, both the outcomes (injury, disease, or death) and the factors that are the likely determinants of the outcomes (health behaviors, healthcare, social and economic conditions, and the physical environment), health professionals can identify the most prevalent issues that warrant attention.

