



# Jackson County Health Report: A Year in Review

2023

## Our county's community health priorities are:

Healthy  
Lifestyle

Substance Use

Mental Health

## Actions we are taking:

- Breastfeeding Friendly Community Project
- Elevate 828 Wellness Program
- Healthy Snack Master Competition

- Opioid Awareness Campaign
- Youth Tobacco Prevention
- Medication Take Back Events
- Providing Naloxone Education & Kits

- Mental Health Awareness
- Walking Trails for Mental & Physical Health at Jackson County Public Schools

This document serves as a “snapshot” of our 2023 State of the County Health (SOTCH) Report. A SOTCH provides an annual update on emerging issues, new initiatives, and progress made in addressing our county's health priorities.

# What we've accomplished so far:

- Breastfeeding Friendly Community Project was completed in 2022; 8 work spaces created lactation friendly locations.
- 108 participants completed pre health assessments & screenings offered as part of the Elevate 828 wellness program that began in September 2023.
- 47 students participated in Healthy Snack Master Competition at Blue Ridge School.

- 2 Lock Your Meds NC billboards and an opioid related article were shared.
- JCPS SHAC reviewed & selected educational vaping materials to be shared with students and guardians.
- Tall Cop Says Stop event was hosted at SMHS, over 100 community members were in attendance.
- 23 lbs of medications were taken back at 2 Operation Medicine Take Back events.
- 20 Naloxone education events were held and over 390 kits were distributed.

- View From Here, a health communication campaign, was shared on social media. The mental health related posts received 524 clicks in 2 campaigns from April/May & August/September.
- Music for Mental Health fundraiser and awareness event was held over 2 days with over 100 participants.
- JCPS completed walking trails/ outdoor learning areas to be used by students and staff thru grant funding provided by the Great Smokies Health Foundation.

## Thank you to our partners:

Jackson County Public Library  
Jackson County Public Works Department  
Harris Regional Hospital  
Harris Paramedicine & EMS  
Safe Kids Jackson County

Healthy Carolinians Coalition  
Great Smokies Health Foundation  
Western Carolina University  
Jackson County Public Schools  
Jackson County Department of Public Health

## For more information and to get involved:

2024 Community Health Assessment cycle will begin in March 2024. You can be a part of this process and help to determine the health priorities for Jackson County.

For more information and to access the full report,

visit [health.jacksonnc.org](https://health.jacksonnc.org)

For questions, contact Meagan Cagle

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

