

Alexander County Public Health

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COMMUNITY HEALTH ASSESSMENT -----2022-----



TABLE OF CONTENTS

Executive Summary 3-6

Background and Introduction7

Community Profile.....8

 County Overview8

 Population Trends9

 Education10

 Unemployment.....10

 Poverty11

 Access to Health Care.....11

 Environmental Issues 11-12

Areas of Success 12-13

 Teen Pregnancy/Live Birth12

 Courthouse Park..... 12-13

Areas of Concern 13-14

 Infant Mortality13

 Transportation14

At-Risk Populations 14-15

Mortality and Morbidity 15-16

 Overview16

 Cancer17

 Overweight/Obesity18

Health Data Collection Process18

 Respondent Demographic Data 19-23

Priority Selection 23-24

Community Priorities..... 24-27

Acknowledgments.....28

References..... 29-30

CHA Survey Result..... 31-70

EXECUTIVE SUMMARY

VISION STATEMENT

The mission of the Alexander County Health Department is to prevent, promote, and protect the health and well-being of every citizen in Alexander County.

OVERVIEW

In the practice of public health, the health of the community is monitored and evaluated by examining key indicators such as leading causes of death, access to health care, and health trends such as physical activity. Every four years, the Alexander County Health Department conducts a state developed process known as the Community Health Assessment (CHA). Findings from the CHA are used by the Health Department to conduct strategic planning and to guide collaborate community action addressing identified priority issues. The CHA is also used to meet the requirements for state accreditation of local health departments.

The 2022 Community Health Assessment is designed to:

- Evaluate the quality of life in Alexander County.
- Define Alexander County’s needs, priorities, and health assets.
- Identify various trends in the chronic disease, cause of death, and high-risk behaviors within the county.
- Show the systematic collection, assembly, analysis, and dissemination of information about health in Alexander County.

LEADERSHIP AND PARTNERSHIP

Alexander County Health Department works with a variety of community agencies in providing care and services to residents of Alexander County. Alexander County Public Health is not the only responsible party for improved health outcomes in the community, as improving overall health is a collaborative process. Currently, Alexander County does not have a hospital; therefore, the CHA is conducted by the Alexander County Health Department. The Alexander County Health did not receive support from a regional community health initiative or privately contracted vendor to conduct the 2022 CHA.

Partnerships	Number of Partners
Public Health	1
Hospital/Health Care System	0
Healthcare Provider(s)- other than behavioral health	9
Behavioral Healthcare Provider(s)	4
Dental Health Provider(s)	5
EMS Provider	1
Pharmacies	5
Community Organizations- advocacy, charitable, NGO	10
Businesses- employers, not organizations	657
Educational Institution- colleges, university	1
Public School System	1
Media/Communication Outlet(s)	3
Public Member(s)	18
Other- specify	4- Chiropractors 6-Veterinarians

Alexander County Health Department collaborated with representatives from Alexander County DSS, Alexander County Schools, and Alexander County Partnership for Children, Alexander County Early Head Start, Alexander County Emergency Management, and citizens from the community. The Healthy Alexandrian Task Force chose focus areas based off of the CHA results presented and the Board of Health approved those focus areas.

Healthy Alexandrians Task Force Team Members

Alexander County DSS

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Alexander County Schools

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Alexander County Partnership for Children

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Citizens

Pedro Renteria

Mike Richmond

Board of Health Members

Dr. Thomas Rider

Dr. Richard Williams

Dr. Jennifer Hull

Hazel Yoder

Betty Long

Scott Westmoreland

Macy Jones

DATA COLLECTION

The Alexander County Health Department utilized both primary (data collected directly) and secondary (data provided by other organizations identified) sources to compile the data

- Primary data collection tool- the 2022 Alexander County Community Health Assessment Survey distributed to the public in both web-based formats and paper copies around the community from September 2022 until February 2023.
- Paper and electronic copies were both available in English and Spanish and facilitated broad participation.
- A link to the 2022 Alexander County Community Health Assessment was posted to www.alexanderhealth.org, Alexander County Health Department Facebook Page, and sent via email to all county employees and community partners. Paper versions were distributed at the Health Department, Libraries, Community Events, and a QR code was published in the Taylorsville Times News Paper and distributed to the public. Five hundred sixty four responses were collected through these formats however, we could only use results from five hundred twenty five surveys, due to the fact that thirty-nine stated they did not live in Alexander County.
- Secondary data gathered from local, state, and national sources were also collected from outside organizations and were used in assessing the severity of health issues within Alexander County.

KEY FINDINGS

In February 2023, members of the Healthy Alexandrian Task Force reviewed CHA results via PowerPoint presentation. Indicators specific to the following six areas

note access to care will fall under all areas:

1. Mental Health
2. Substance Use
3. Exercise/Fitness
4. Managing Weight
5. Child Care/Parenting
6. Elder Care

Members next reviewed that data obtained from the 2022 Alexander County Community Health Assessment Survey and ranked them using the following criteria: severity, magnitude, urgency, and intervention effectiveness. Survey respondents made recommendations for the top ten areas of concern: Affordability of Care, Access to Care, Depression/Mental Health, Overweight/Obesity, Availability/Affordability of healthy foods, Dental health, Lack of Physical Activity, Cancer, Heart Disease, and Diabetes.

HEALTH PRIORITIES

Participants of the Healthy Alexandrians meeting in February 2023 made recommendations for the top four health issues to address over the next four years: Mental Health, Healthy Living, Child Care/Parenting, and Elder Care.

Mental Health

- Build behavioral health program at Alexander County Health Department by hiring a LCSW available to the community and any county employees
- Create public awareness/educational campaigns centered around Substance Abuse
- Work with the Substance Use Coalition to use Opioid Settlement Funding to bring implementation programs to Alexander County within schools and around the community around Mental Health and Substance Use
- Increase public awareness of existing counseling resources for Mental Health within the County

Healthy Living

- Investigate areas within the community (churches, parks, schools, etc.) that already have existing available space for the public to use at little to no costs within each community in Alexander County so that individuals have easy access to areas to exercise.
- Create educational campaigns/advertisements for the community to promote local and safe areas to exercise

Child Care/ Parenting

- Participate in the Child Collaborative Meetings to bring improvements to the childcare and parenting issues within Alexander County.
- Work with Child Collaborative on strategic plan for improvements in these areas within the county

Elder Care

- Work with the Senior Center to survey specific needs within this population.
- Work with the Board to see what future plans we can put into place to improve access to elder care within our community
- Communicate valuable information regarding care from Senior Feedback Focus Groups to providers within Alexander County

This report is available for download on the Alexander County Health department website at www.alexanderhealth.org, or by visiting the Health Department located at 338 1st Avenue SW in Taylorsville, NC.

Respectfully Submitted,

Billie C. Walker

Alexander County Health Director



BACKGROUND AND INTRODUCTION

Every four years the Alexander County Health Department completes a comprehensive Community Health Assessment as required by the North Carolina Department of Health and Human Services. This assessment allows us to gather information used to better understand the community’s health concerns, document health status trends, as well as to catalyze developing strategies to assess the community health problems.



Community Health Assessments are the foundation for improving and promoting the health of community members. The role of the Community Health Assessment is to identify factors that affect the community to adequately address these factors. In 2022, the process consisted of three primary steps: survey the community, analyze the data collected, and select health priorities. While the Alexander County Health Department is the lead agency in conducting the assessment, existing community partnerships are utilized throughout the process to ensure the evaluation truly reflects the community’s needs. The Health Alexandrian Task Force is commissioned with analyzing and determining the health priorities for Alexander County. The task force is comprised of a mixture of government agencies, private industry

leaders, the non-profit community, and interested community members who are concerned with the ongoing health needs of our community. These individuals, along with the Alexander County Board of Health, examined the survey results and health data to make a final determination of health priorities for the next four years.

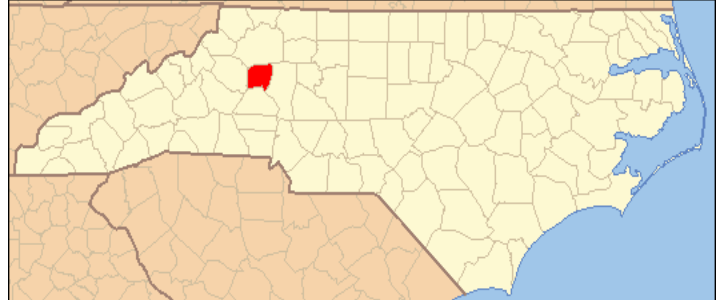
Statistical data presented in the report represents the most recent information available at the time the assessment was completed. Health survey results may vary and represent the opinion of the person completing the survey.



COMMUNITY PROFILE

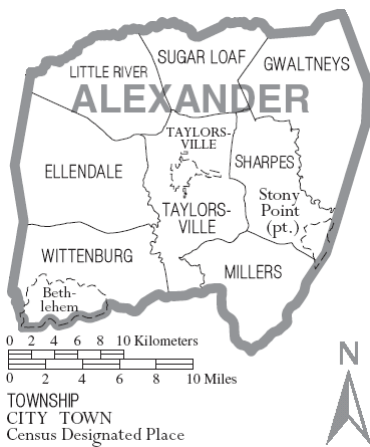
COUNTY OVERVIEW

Alexander County, North Carolina is located in the scenic foothills of North Carolina’s Appalachian Mountains. Bordered on the south by the Catawba River, the county offers numerous recreational activities, upscale and moderate housing, and opportunities for industrial and commercial operations. Taylorsville, incorporated in 1851, is the county seat. Other townships include Bethlehem, Ellendale, Stony Point, Wittenburg, Hiddenite, Sugar Loaf, and Vashti.



The county is comprised of 263 square miles, two-thirds of which is covered in farmland, with an average farm size of 90 acres producing commodities such as poultry, dairy, tobacco, apples, forestry products, grain crops, and beef cattle. Other primary industries include furniture, textiles, education, health services, professional, business services, trade, transportation, and utilities

Alexander County offers a variety of outdoor attractions for residents and visitors to enjoy. Some attractions include hiking or rock climbing at Rocky Face Mountain Recreational Park, gem mining at the Emerald Hollow Mine in Hiddenite where the largest Emerald in North America was found (that stone is now housed in the North Carolina Museum of Natural Sciences), swimming at East Park Pool in Stony Point, running in one of the county’s numerous road race events, boating or fishing on Lake Hickory, or golfing at Brushy Mountain Golf Course, Alexander County has a lot to offer. The community strives to offer residents and visitor numerous opportunities to remain active, fit, and healthy.



Alexander County... the “Gem” of North Carolina.



Brushy Mountain Golf Course, Taylorsville NC

POPULATION TRENDS

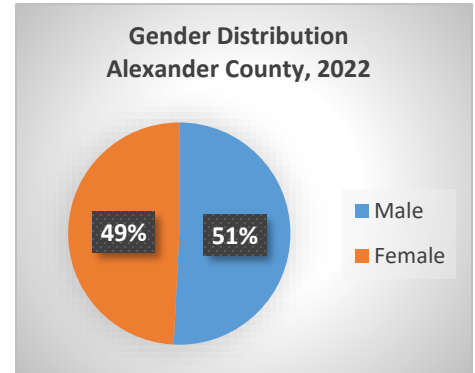
The total estimated population for Alexander County for 2021 is 36,644, which is a slight decrease from the recorded 37,192 in 2018 Community Health Assessment.⁸

POPULATION DEMOGRAPHICS²⁴

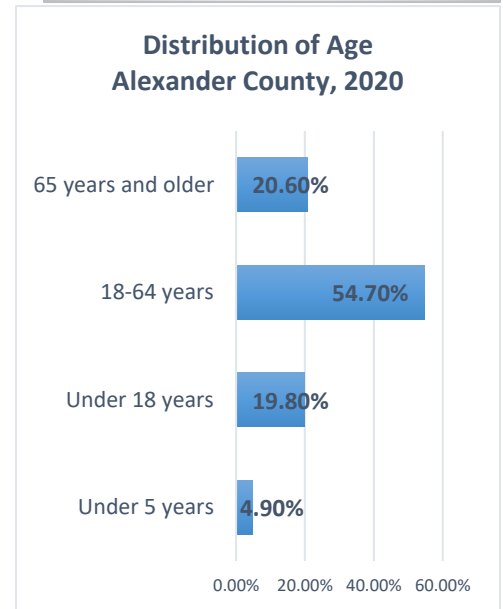
Gender Distribution

	Alexander County	North Carolina
Male	50.8%	48.6%
Female	49.2%	51.4%

	Alexander County	North Carolina
Under 5 Years	4.9%	5.6%
Under 18 Years	19.8%	21.8%
18-64 Years	54.7%	55.6%
65 Years and Older	20.6%	17%

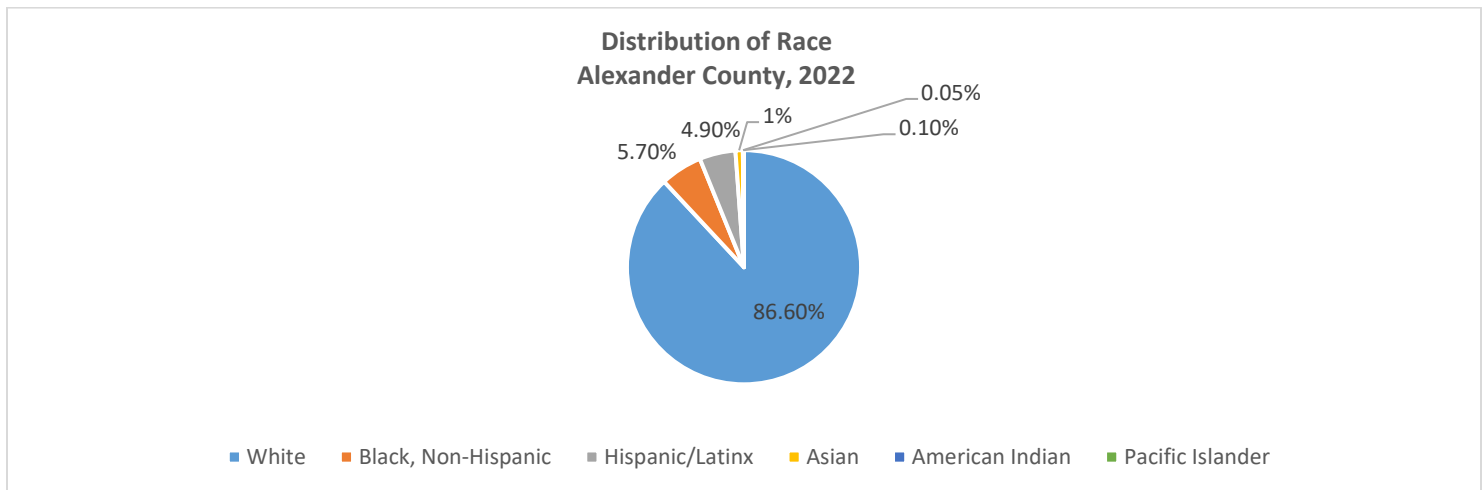


Age



Race Distribution

White	86.6%	62.3%
Black, Non-Hispanic	5.7%	21.3%
Hispanic/Latinx	4.9%	9.9%
Asian	1.0%	3.3%
American Indian	0.05%	1.6%
Pacific Islander	0.1%	0.1%

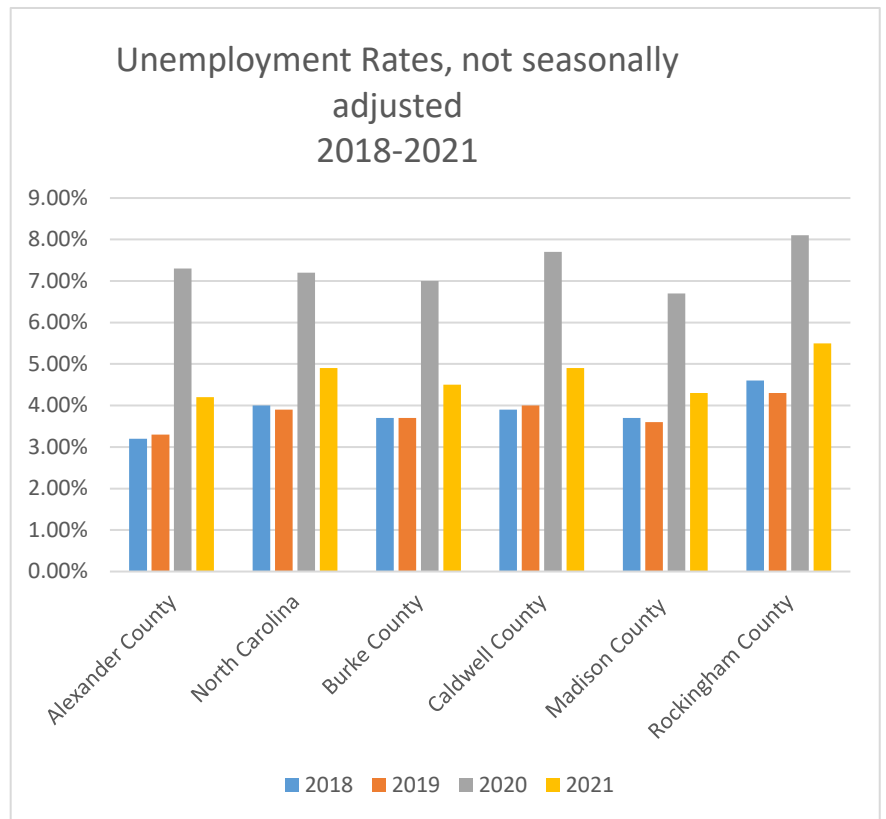


Education

- There are eleven public schools throughout Alexander County. Alexander County Head Start and NC Pre-K Programs serve approximately 145 preschool children throughout the County on the campuses of Alexander County Head Start, which totals nine classrooms. The sites that serve these children include: Bethlehem Elementary, Wittenburg Elementary, Hiddenite Elementary, Taylorsville Elementary, and Stony Point Elementary.²¹
- In collaboration with Alexander Central High School and CVCC, there is an Alexander Early College Program for high school students at the CVCC satellite campus in Alexander County. Alexander Central High School also has an alternative learning program, Student Success. CVCC satellite campus also provides classes for adult learners. Alexander Christian Academy, a private institution has two locations in Hiddenite and Bethlehem, North Carolina. Millersville Christian Academy opened in the fall of 2018 and is located in Taylorsville, North Carolina.
- The Alexander County high school graduate or higher rate in people aged 25 years and older between the years 2017-2021 was 85% compared to North Carolina at 89%.
- 14.9% of Alexander County’s population 25 years and older between the years of 2017-2021 have a Bachelor’s degree or higher compared to North Carolina at 33%.

Unemployment

The Covid-19 Pandemic that started in 2019 drastically affected Alexander County. We saw an increased rate of unemployment in 2020, not only in Alexander County, but in peer counties as well. This was due to everything having to shut down because of the pandemic. The unemployment rate that was reported in 2018 was 3.7% and today that number has increased to 4.2% from 2021 data due to remnants of the Covid-19 Pandemic. The state required peer counties included in this graph are Burke County, Caldwell County, Madison County, and Rockingham County. Given the data provided you can see that even though Alexander County has struggled like the rest of the nation, we are still at a lower unemployment rate than the surrounding peer counties.²⁵



Poverty

Poverty and health are interrelated. Poverty is considered a key determinant of health because families and individuals who struggle financially often struggle with poor environmental conditions, low education attainment, financial barriers in accessing health services, and a lack of resources necessary to maintain good health status.

- In 2021, 11.6% of people in Alexander County reported incomes below the United States poverty level. North Carolina’s poverty level is 13.7%.⁸
- Education is an indicator of poverty because studies have shown that those with college degrees often have higher paying jobs and are more educated on healthy lifestyles. As of 2022, 83% of people in Alexander County only have a high school diploma.⁷

Access to Health Care

Alexander County is a medically underserved community. There exists a shortage of medical care providers in all medical areas. The ratio of health care providers to citizens in Alexander County compared to the state average is listed. Alexander County does not have a local hospital within the county, and only one urgent care serves after hour health needs.²³

2021 Health Professionals per 10,000 Population

Profession	Alexander County	North Carolina
Primary Care Physicians	2.07	8.73
Physician’s Assistant	4.93	7.53
Nurse Practitioners	2.85	9.7
Dentist	1.04	5.35
Pharmacists	7	11.0
Registered Nurse	32.9	99.3
Psychologists	.26	2.22
Optometrists	.26	1.19
Physical Therapy	2.07	6.77
Occupational Therapists	3.63	3.91

Environmental Issues

Currently, public water services are an issue in Alexander County because it is not available in all areas of the county. There is a proposed water expansion to expand public water service in order to help better serve the citizens of Alexander County as the federal funding allows. Funding has been awarded to our county from the American Rescue Plan Act of 2021 and the county is taking necessary steps by developing plans for additional water lines to achieve these goals.¹⁹ For more information regarding water quality, see the most recent water quality report.²

The Environmental Health Division at Alexander County Health Department provide various services such as: conducting food and lodging inspections, inspections/permitting wastewater systems, testing/inspections of private water wells, along with a variety of other services to keep the residents of Alexander County safe. The

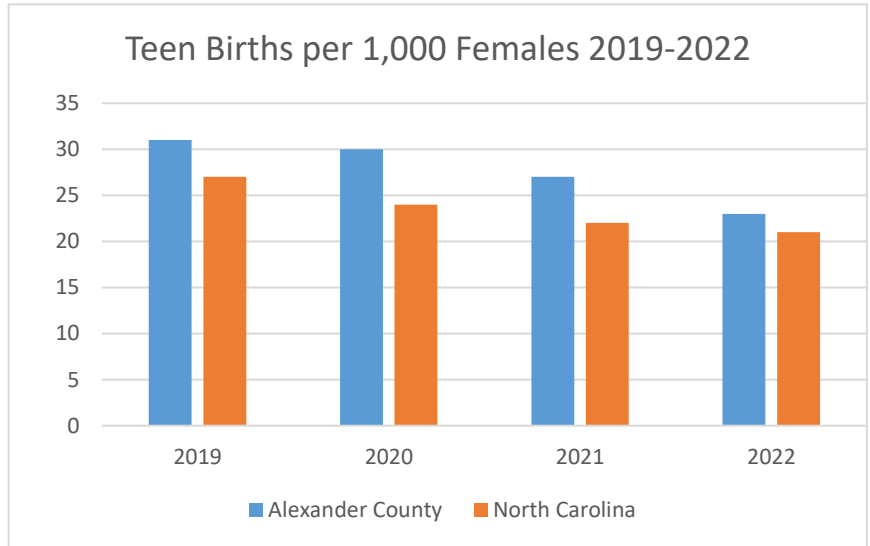
Environmental Health Department conducted 426 food and lodging inspections during the 2021-2022 fiscal year.¹⁵

AREAS OF SUCCESS

Due to the Covid-19 Pandemic some data is limited. The data from the 2018 CHA has not changed due to lack of updates. The data provided has a time stamp of February 2019 of when it was last updated with the NC Center for Health Statistics. Please note that some of the data will be the same as the 2018 CHA data.

Teen Pregnancy/Teen Live Births

- Teen Pregnancy has been a success in Alexander County since the previous CHA with data collected from 2003-2017. There has been a continuous decrease in teen pregnancies within Alexander County. Between 2013-2017 Alexander County teen births per 1,000 females was 30.1 and today, between the years 2016-2020 teen births per 1,000 females was 26.6. (This decline could be for a number of reasons, but increasing sex education in schools could be a factor in the decline.)¹²



Courthouse Park

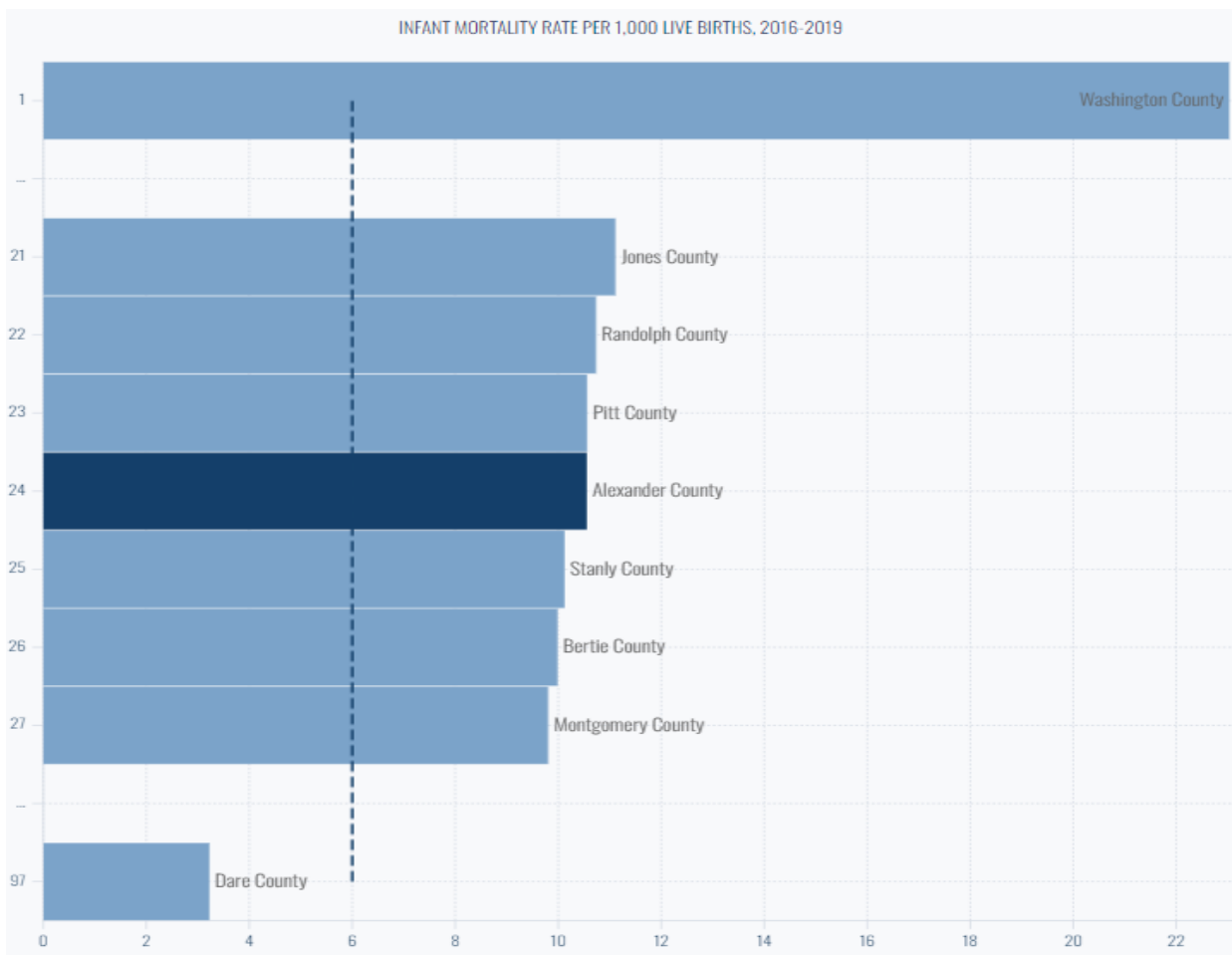
- Alexander County opened a Courthouse Park and Rotary Stage in 2022. This has been a great addition to Alexander County giving residents a fun place to go and take their children to not only come together as a community for events, but to also allow their children to run and play or just have picnics. Some amenities include stage/lawn area, children’s area, a splash pad, playground, and picnic shelter. There are concerts and major events held here and with each event, the community continues to grow closer together. Having fun things to do in such a small town where there is not a whole lot to do is very important and our county is continuously growing and putting our community first.¹⁸



AREAS OF CONCERN

Infant Mortality

- Infant mortality in Alexander County is increasing and has increased since the previous CHA results. Currently, Alexander County is ranked 24 in infant mortality rate per 1,000 live births between the years 2016-2019.⁹ In the years 2013-2017, infant mortality rate was 7.3 in Alexander County and 7.1 in the state of North Carolina per 1,000 live births. Currently for the years 2016-2019 Alexander County infant mortality rate per 1,000 live births is 10.6 showing an increase of 3.3 in a few years.⁶ North Carolina infant mortality rate per 1,000 live births for the year 2019 was 6.77.⁹ Alexander County Health Department works with expecting mothers on prenatal care and childcare, as we are the only place that provides prenatal care appointments in the county. The health department also works with the Partnership for Children on various campaigns and collaborates with them to educate the childcare community. Alexander County Health Department also operates the CMARC Program, which stands for Care Management for At Risk Children providing parents with children aged 0-5 with any resources they may need in hopes of decreasing infant mortality.



Transportation

- Transportation is a huge concern in Alexander County because we are a rural county, no hospital, limited resources, and the only source of transportation for individuals with no vehicle is Greenway Transportation Services or friends and family members. This can be difficult when individuals have appointments counties over. For example, given that, Alexander County does not have a Pediatrician and some families do not have transportation this makes it difficult for their children to receive the care they so desperately need. There are many individuals who walk to and from work each day to make a living because of the Greenway wait times or family members and friends are busy. Alexander County Health Department has reached out to Greenway and they are coming to meetings to see how they could be of service to better serve Alexander County Residents.

AT-RISK POPULATIONS

After collecting primary and secondary data, the planning group identified the following sectors of our population that could be at risk of poor health outcomes in Alexander County. This data is the same as the 2018 CHA because we are a rural community with limited access and limited resources to offer to individuals.

- **Adults and Children in need of Mental Health Services:** Alexander County has limited mental health services that are available to residents. Currently individuals have to seek services outside of the county. We can refer individuals to RHA
- **Adults and Children in need of Substance Use Treatment:** Addiction Recovery Medical Services is offered in Alexander County as the only treatment center in the county. There are other resources such as Counseling and Support Associates that recently opened in 2018 with an addiction support specialist in house, however this costs money and not every in need has the funds to pay for such treatment that is so greatly needed. Individuals in need of substance use recovery treatment will have to seek services outside of Alexander County due to limited services offered.
- **Individuals with limited transportation resources:** Transportation in Alexander County is scarce. Individuals must rely heavily on the Greenway Transportation Services or their family and friends in order to make it to and from appointments as needed. Our county has no hospital, therefore there are limited resources regarding the care that is being received, so individuals have to sometimes seek treatment and care outside of Alexander County. We do have an Urgent Care that is open on weekends to treat individuals as needed within the scope of their practice. If someone is having an emergency, EMS will transport him or her to the nearest hospital.
- **Low-income/Uninsured:** Alexander County Health Department does not currently have the Rural Health Grant, therefore individuals who are uninsured or have a low income can still be seen for primary care services, however they have to pay a minimum of 40% based on our sliding scale fees. If individuals cannot afford that, we will refer them to Catawba Valley Family Medicine in Taylorsville, NC to be seen because they have the Rural Health Grant and can serve those individuals. If individuals need more in-depth medical care they could be referred to an adjacent county for additional care, which can create transportation issues, issues for individuals having to ask off work, etc.
- **Non-English Speaking:** Accessing health care can be a challenge for non-English speaking residents in Alexander County. Alexander County Health Department has a current vacancy for the Translator position and is working vigorously to fill the position. We do have a staff member that is able to translate when needed in the meantime, however this is a great need in our county. We also have a dial-in service that can allow providers at the health department to call when in need of translation services.

Although the Health Department has translation options, other providers within the community may not and this can be a challenge for individuals when they are being referred to a different healthcare provider.

MORTALITY AND MORIDITY INFORMATION

The NC Center for Health Statistics reports the top ten causes for death for each county annually. Alexander County’s top ten causes of death (Figure 1) shows that cancer and diseases of the heart are ranked the highest again. This was the case for the 2018 CHA data, as well as years past. Similar data has been consistent a number of years. The most recent data is from 2019 as the Covid-19 Pandemic affected reporting.¹⁴ The Covid-19 pandemic also affected the morbidity and mortality rates. From the start of the Pandemic Alexander County has had 12,798 total cases and 159 total deaths as of the week ending March 18, 2023.¹¹

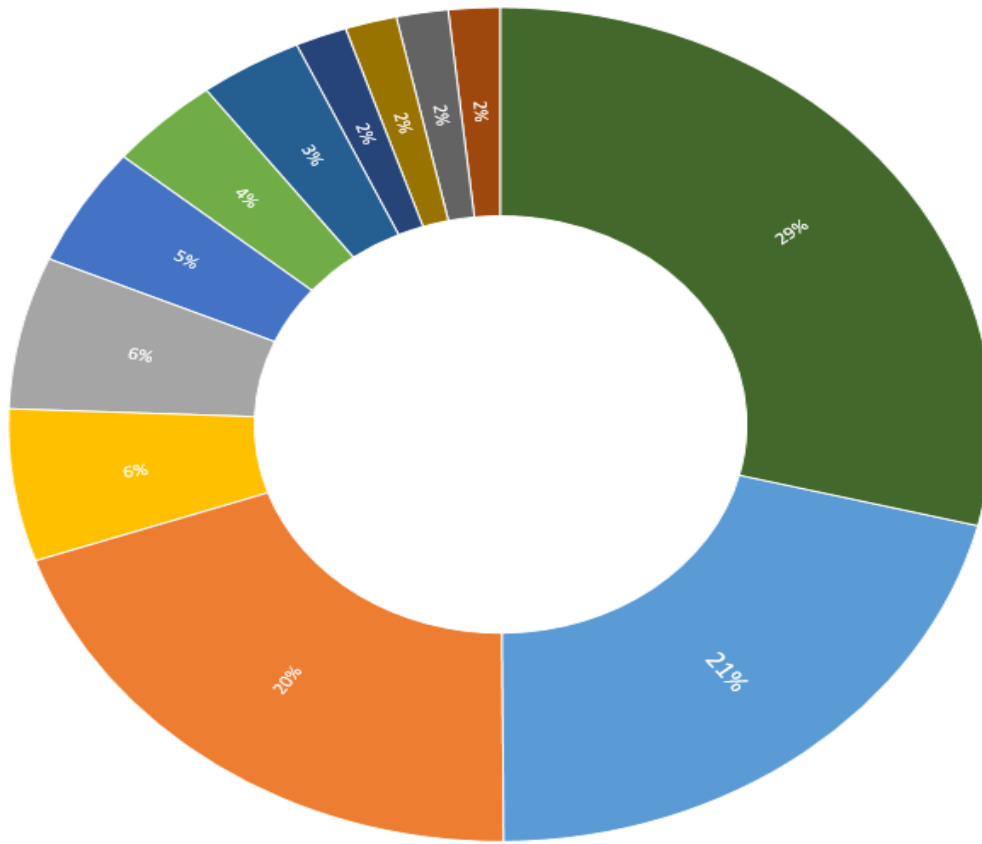
Trends in Mortality- Alexander County (Figure 1)¹⁴

	2014	2015	2016	2017	2018	2019
Cancer	80	74	88	91	83	81
Diseases of the Heart	76	55	66	87	80	86
Chronic Lower Respiratory Disease	34	45	32	39	20	24
Cerebrovascular Disease	13	22	18	17	23	19
Alzheimer’s Disease	15	33	21	36	26	24
All other unintentional injuries	15	18	11	11	NA	15
Influenza & Pneumonia	12	NA	9	12	19	NA
Nephritis, nephrotic syndrome, & nephrosis	NA	10	8	10	11	NA
Assault (homicide)	NA	NA	NA	NA	NA	7
Septicemia	10	10	NA	7	NA	NA
Parkinson’s Disease	NA	NA	NA	NA	11	7
Diabetes Mellitus	16	13	16	NA	9	14
Intentional self-harm (suicide)	NA	NA	11	7	NA	NA
Motor Vehicle Injuries	6	9	NA	NA	10	7
Chronic liver disease & Cirrhosis	6	NA	NA	NA	NA	7

All other causes (Residual)	92	115	98	128	103	118
Total Deaths—All Causes	375	404	378	445	395	409

Leading Causes Death in Alexander County- 2019

- Diseases of the Heart
- Cancer
- Alzheimer's Disease
- Chronic Lower Respiratory Disease
- Cerebrovascular Diseases
- All other unintentional injuries
- Diabetes Mellitus
- Assault (homicide)
- Chronic Liver Disease and Cirrhosis
- Motor Vehincal Injuries
- Parkinson's Disease
- All other causes (Residual)



OVERVIEW

The three leading causes of death have not changed over time; however, they may vary in the spot they hold. Cancer, Diseases of the Heart, and Chronic Lower Respiratory Disease and Alzheimer’s disease are the leading causes of disease death in Alexander County. Alzheimer’s disease and Chronic Lower Respiratory Disease tied with both being at 6%. The leading cause of death in Alexander County in 2019 was Cancer, followed by Diseases of the Heart then Chronic Lower Respiratory Disease and Alzheimer’s.¹³ In the previous CHA conducted, it was stated that Alzheimer’s saw a significant spike in cases in 2017.

Positive Trends

- Septicemia and intentional self-harm (suicide) did not make the top ten leading causes of death in Alexander County for 2018-2019.¹³

Areas of Improvement

- Heart disease and Cancer are remaining the leading causes of death and have been for years.
- Assault and homicide has made the list for the top ten causes of death in Alexander County.
- Alzheimer’s disease and Chronic lower respiratory disease have tied for the third leading cause of death, showing a rise in the cases of Alzheimer’s in Alexander County.
- Diabetes continues to be a concern for the county considering the continuous increase in number of diabetes related deaths

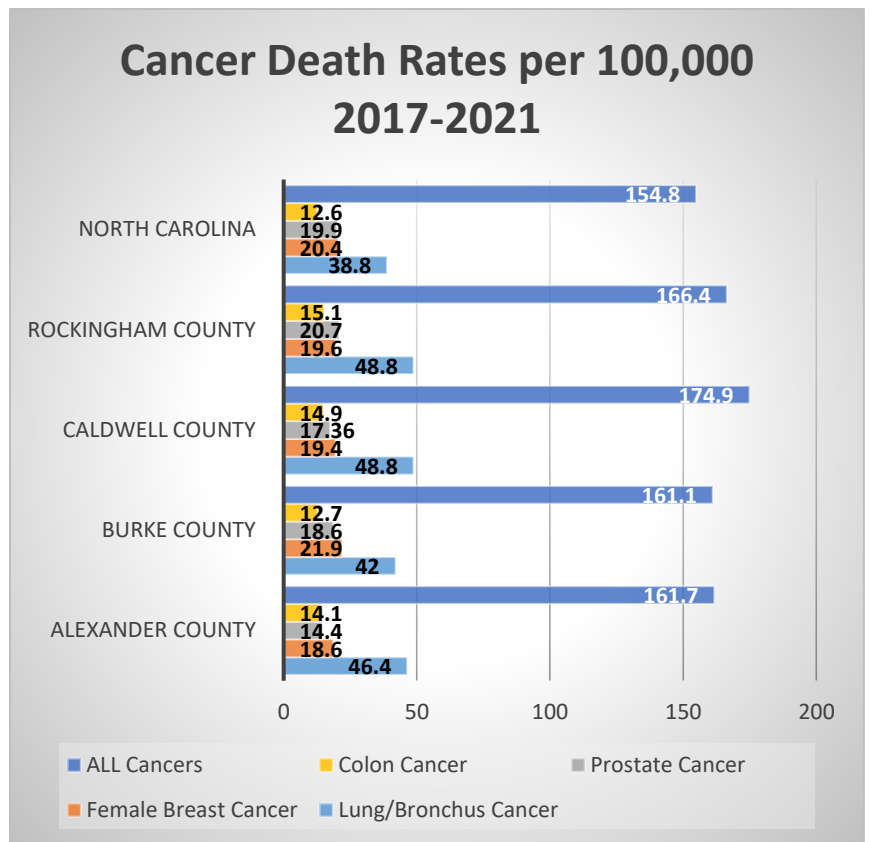
CANCER

Cancer is the second leading cause of death in Alexander County and the number one leading cause of death in North Carolina.

There are four main types of cancer that are responsible for the majority of deaths and those are Lung/Bronchus, Female Breast, Prostate, and Colon/Rectum Cancers.

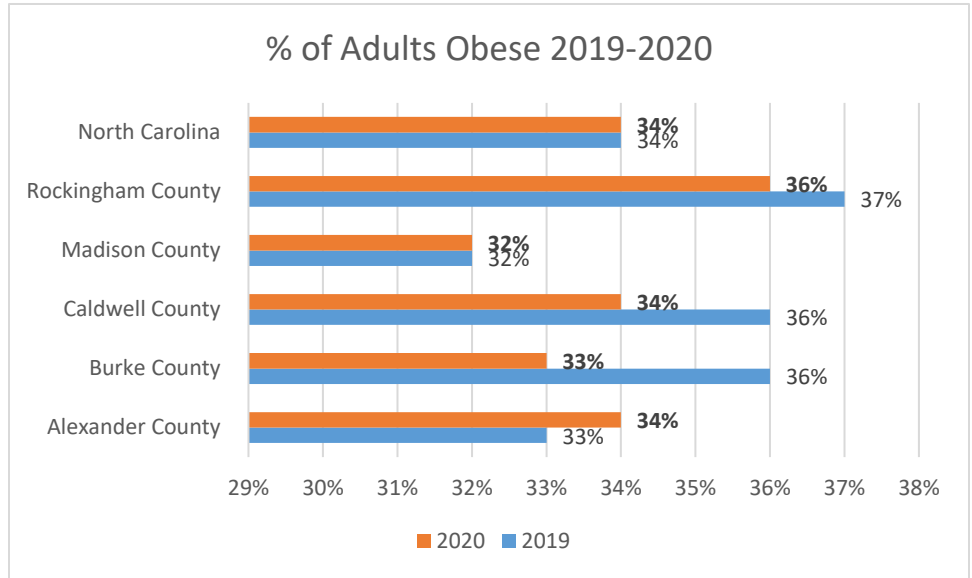
There are many risk factors associated with these cancers such as smoking/tobacco use, sun exposure, and genetics, just to name a few, while other causes of cancer continue to remain unknown.¹ As of the latest data from 2017, 17% of the adult population in Alexander County are smokers and 17% for the state of North Carolina.⁵ Tobacco use and smoking are the cause of the majority of Lung/Bronchus Cancers in North Carolina, despite the ban of tobacco use and smoking areas in public places and the increase in legal age to purchase tobacco products from 18 to 21 federally. E Cigarette use among youth is on the rise in

the United States and there is little evidence on long-term effects of vaping. In the Community Health Assessment, we asked if survey takers used e-cigarettes and of the 525 respondents, 26 said that, they use the devices or 4.96% of survey takers and about 13% of respondents stated that they do use tobacco products. For certain types of cancer there are vaccines made available. For example, Human Papilloma Virus vaccine is made available through the Alexander County Health Department and can help prevent certain types of cervical cancer. The health department works to promote the vaccine and education of HPV. Early detection of cancer is very important when it comes to survivability, therefore the Health Department will continue to promote early screenings for detection. The Alexander County Substance Use Coalition will continue to advocate for the community and promote anti-vaping and tobacco use campaigns in the schools, around the community, and on social media in hopes of raising awareness of the effects and dangers of vaping and tobacco use.



OVERWEIGHT/OBESITY

Obesity is an underlying cause and contributing factor to many diseases such as heart disease, diabetes, high blood pressure, high cholesterol, stroke, and cancers, which is the second leading cause of death in Alexander County. Obesity in the US and in North Carolina has continued to increase over the years and as of 2021, 36% of North Carolina adult residents were obese.⁴ As of 2020 Alexander County adult obesity was 34% and the diabetes prevalence was 10%.



Overweight and obesity was the number one answer choice that was chosen when asked, “Which of the following health conditions do you currently have?” According to the Community Health Assessment survey takers, 34.4% of Alexander County residents stated that they were overweight or obese. 54% of residents said they consumed servings of fruits and vegetables in a day and 18.8% said they consumed less than one serving a day. Of the survey takers, about half stated that they did not engage in any exercise that lasts at least half an hour during an normal work week. 60.31% of respondents stated that their child/children were physically active for at least an hour each day every week. Alexander County Health Department has been a part of the Med South Program through UNC recruiting residents in Alexander County to be healthier all around by changing their lifestyle from eating habits to physical activity to promote health and well-being.

HEALTH DATA COLLECTION PROCESS

Residents of Alexander County were encouraged to complete the Community Health Assessment Survey from September 2022 through February 2023. Due to lack of data collected, Alexander County Health Department extended the deadline to reach the 15 to 19 year old population. The survey was available to residents in electronic and hard copy formats, distributed throughout the community, and was created in both English and Spanish to collect a variety of feedback. The survey was published in the Taylorsville Times and mentioned on our local radio station in order to increase number of surveys completed. County staff (for completion and distribution to their contacts), a random sample of Health Department clients, the public at various community events, and at various community meetings. A link to the survey was available to the public on Alexanderhealth.org (Health Department Webpage), as well as Health Department Social Media Outlets.

525 completed surveys were collected, analyzed, and presented to the Healthy Alexandrian Task Force and Board of Health for their consideration. Survey answered were maintain anonymously, and individually identifying information was collected or used in the assessment process.

Demographic information of respondents is included on the following page. The Alexander County Health Department works diligently each CHA cycle to survey a diverse set of individuals that accurately represents our community. A breakdown of all survey responses is available in Appendix A found later in this document.

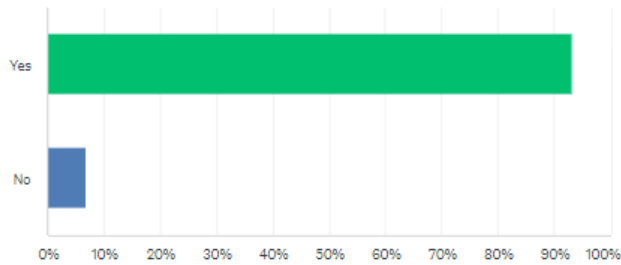
SURVEY RESPONDENT DEMOGRAPHIC DATA

Q1

Customize Save as

Do you live in Alexander County?

Answered: 564 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	93.09%	525
No	6.91%	39
TOTAL		564

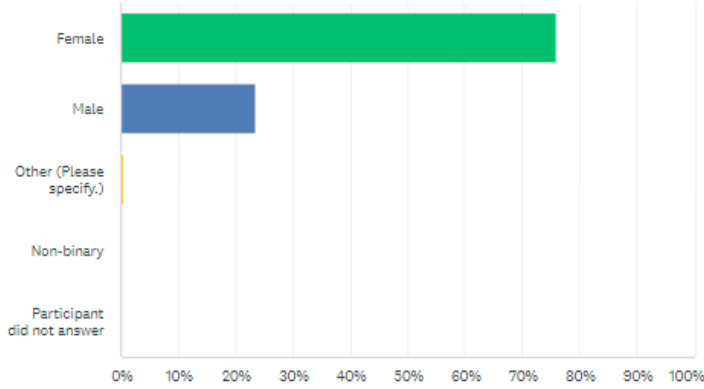
- Surveys were distributed to many companies with the community and there may be individuals completing the survey that do not live in Alexander County. The question was asked to ensure that respondents were residents of Alexander County. When analyzing data, we threw out all of the “No’s” and none of that data was counted.

Q4

Customize Save as

With which gender do you most identify?

Answered: 564 Skipped: 0

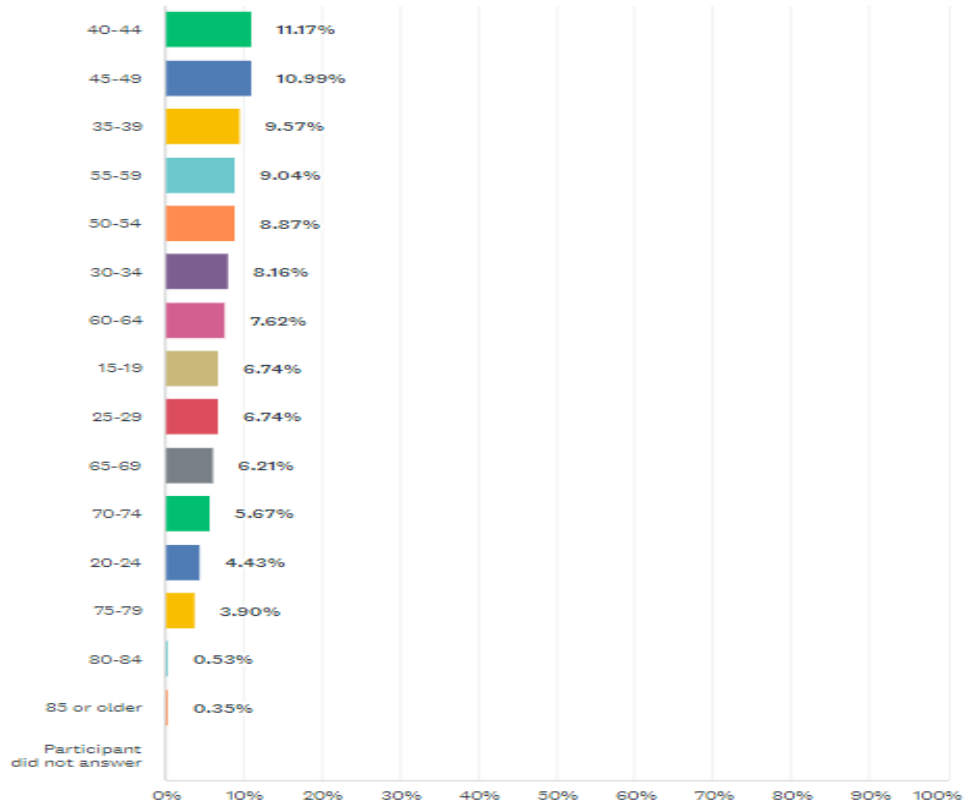


ANSWER CHOICES	RESPONSES	
Female	75.89%	428
Male	23.40%	132
Other (Please specify.)	Responses 0.35%	2
Non-binary	0.18%	1
Participant did not answer	0.18%	1
TOTAL		564

- The Health Department received more male responses than from the 2018 CHA conducted, however we will strive to obtain more male input going forward.

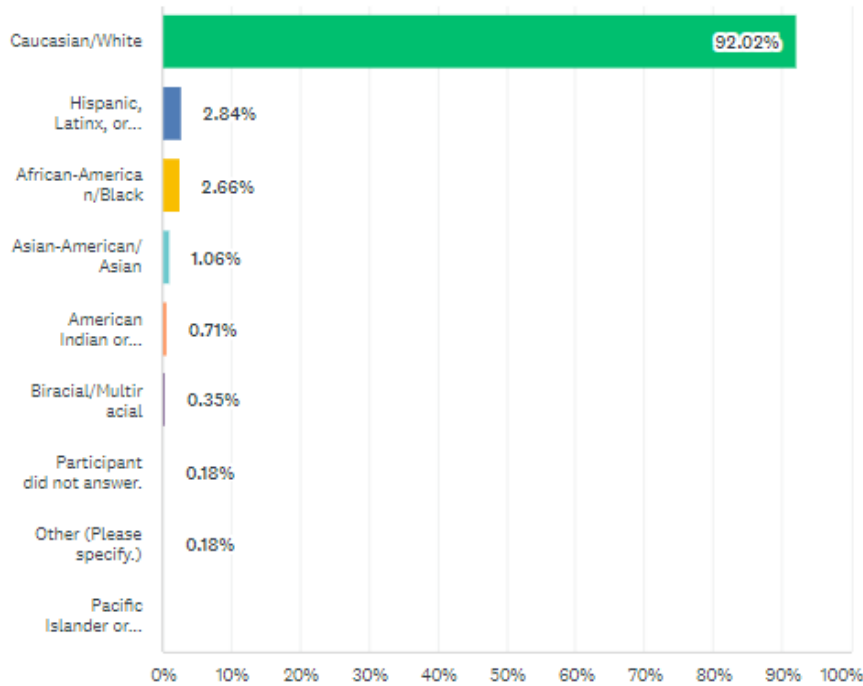
What is your age? (Choose one.)

Answered: 564 Skipped: 0



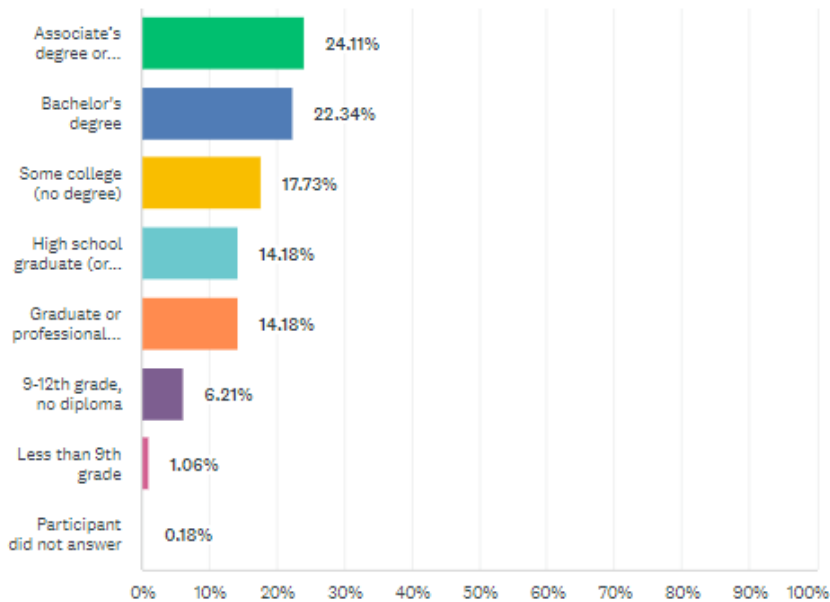
With which race or ethnicity do you most identify? (Choose one.)

Answered: 564 Skipped: 0



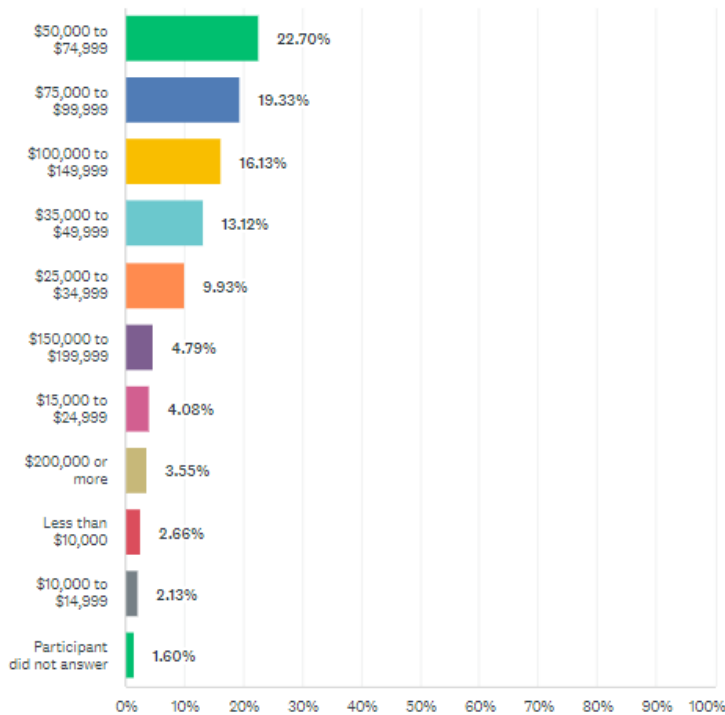
What is the highest level of school, college or vocational training that you have finished? (Check only one.)

Answered: 564 Skipped: 0



What was your total household income last year before taxes?

Answered: 564 Skipped: 0



- Health outcomes can be affected by household income and level of education earned. This CHA allowed us to gather data from individuals with different socioeconomic backgrounds.

PRIORITY SELECTION

The priority selection of this process was completed through a partnership between Alexander County Health department staff, Healthy Alexandrian Task Force Members, and the Alexander County Board of Health members. Community opinion (primary data) obtained from the Community Health Assessment survey results were first collected and analyzed internally. Staff next compiled and analyzed secondary data to determine changes and trends in mortality and morbidity since the previous CHA conducted in 2018. The information was shared with the Healthy Alexandrian Team who reviewed and voted on priority areas. The top four areas of focus were identified during the February 2023 meeting:

- Mental Health/Substance Use
- Healthy Living
- Elder Care
- Child Care/Parenting

The Healthy Alexandrian Task Force next worked to identify resources that were currently available in the community to address the top identified priorities. Resources and agencies to assist in the action phase for each priority area include:

MENTAL HEALTH/SUBSTANCE USE: Vaya Health, RHA Behavioral Health, LCSW Health Department Behavioral Health Clinic, school counselors, SUD Coalition, Churches, Media Outlets (mental health campaigns/education), Counseling and Support Associates, local medical providers, Law Enforcement, Pre-Trial Release

HEALTHY LIVING: YMCA, Walking Trails, Churches (what is available to the public to use, gyms), Schools (walking tracks), Rocky Face Mountain Recreation Area, Educational media campaigns through media outlets, local parks, courthouse park, Partnership for Children, Health Department, School Counselors, EMS, Cooperative Extension, Alexander County Parks and Recreation, local farmers markets/apple orchards, Med South Program

ELDER CARE: Alexander County Senior Center, Local Healthcare Providers, Health Department, EMS

CHILD CARE/PARENTING: Alexander County Partnership for Children, AC Schools, Counselors, Parents, Child Collaborative, Child Care Providers, Daycares, Health Department, Local healthcare providers, CMARC Program

In February 2023, the Board of Health reviewed the Community Health Assessment Survey data, secondary data, and Healthy Alexandrian Task Force recommendations and determined the final selection of the CHA focus areas:

1. Mental Health (combined with Substance Use)
2. Healthy Living
3. Elder Care
4. Child Care/Parenting

COMMUNITY PRIORITIES

For the 2018 Community Health Assessment, the focus groups chosen were Mental Health, Substance Use, and Healthy Living. For the 2022, CHA very similar data was chosen because these same areas are still priorities in Alexander County, North Carolina. The Health Department has collaborated with other community agencies to address these needs and priorities of the community.

MENTAL HEALTH / SUBSTANCE USE

One of the priority areas chosen for this Community Health Assessment was Mental Health. Mental Health has been a priority since the 2014 CHA and has consecutively been the topic of conversation in meetings and around the community. This year the Healthy Alexandrian Task Force felt that Mental Health and Substance Use go hand in hand. The Alexander County Substance Use Disorder Coalition, Child Collaborative and Healthy Alexandrian Task Force are working

Figure 1.2²²

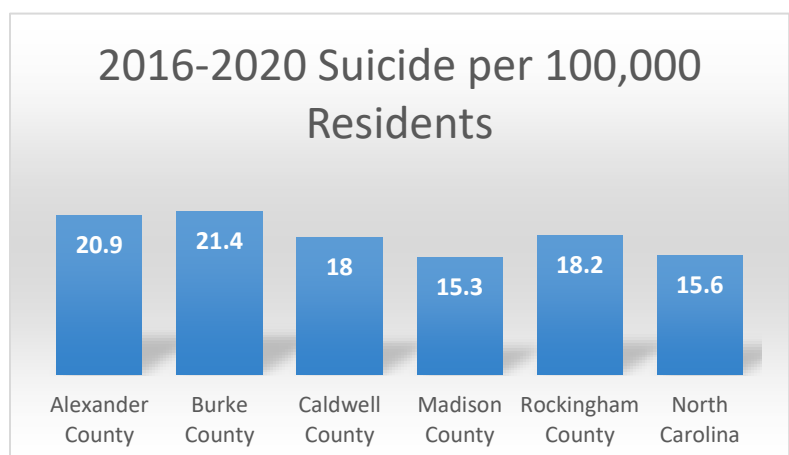
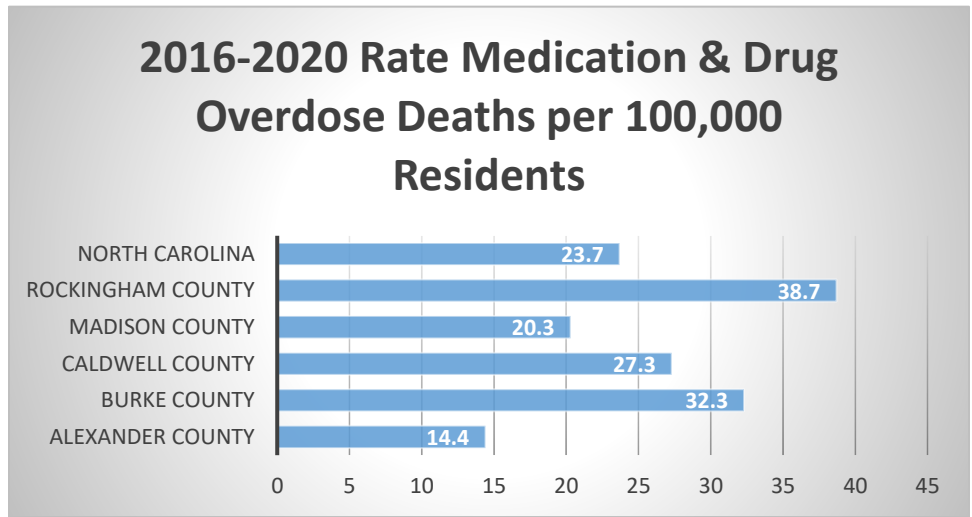


Figure 1.3¹⁶

closely together to address these priorities of mental health and substance use together as a whole since each group has access to different valuable information. When this information is brought together and each group brings different knowledge and expertise to the table, we can accomplish more together. Currently, Alexander County has RHA Behavioral Health Services to offer for individuals, Peer Support Counseling Associates, and the Health Department is working on hiring an LCSW for the behavioral health program who will be able to



serve any employees and the community as necessary. Vaya Health is also very involved in meetings and in the community regarding mental health and is there to assist and provide resources when and where they can. Alexander County has Opioid Settlement funding to use to combat the opioid crisis. The Substance Use Coalition is currently developing a plan to best fit the needs of the residents of Alexander County. The goal is to have a Community Paramedic Program up and running within the next few years so that not only can these Paramedics respond to Opioid calls, but they can also respond to any mental health calls that are received.

HEALTHY LIVING

Figure 1.4

Living a healthy life is key to better health outcomes, quality of life, and the health of the overall community. Healthy living was the second priority selected by the Task Force. The topic was selected to improve the overall health and wellbeing of the community. Alexander County Health Department plans to collaborate with the Child Collaborative, Substance Use Prevention Coalition, and Healthy Alexandrian Task Force to investigate areas within the community like churches, parks, schools, etc. that already have existing space available for the public to use at little to no cost. This will be used to advertise local and safe areas within each community so that it

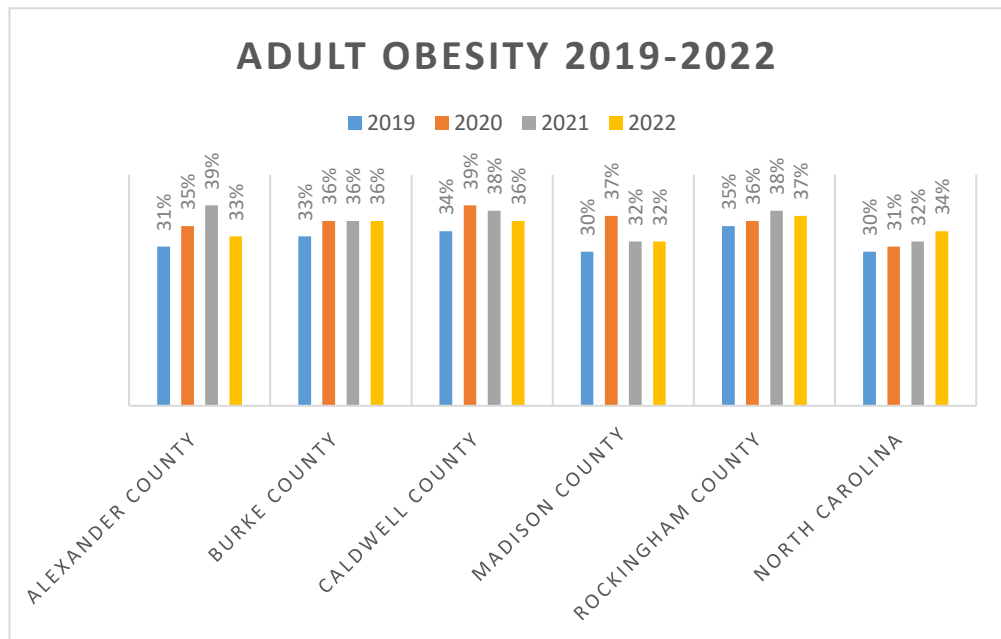
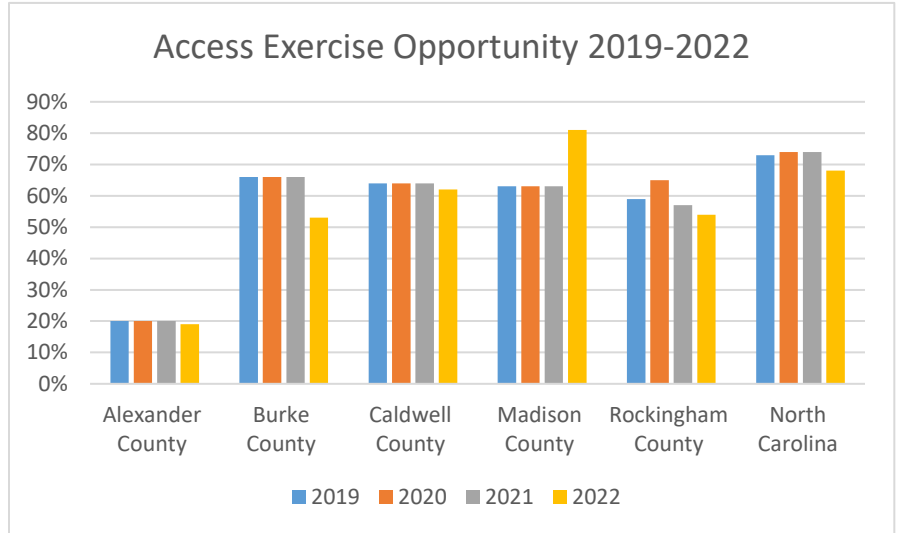


Figure 1.5³

may be more accessible to residents who do not want to pay or drive very far in order to maintain their health and physical activity. Farmers markets will continue to be promoted in the county offering fresh fruits and vegetables to the community. Currently, the Alexander County Health Department has a Health Educator position and that individual goes around the community to educate and teach individuals about health, what services the health department offers and who those services are available to, and is able to into schools to teach children



in classrooms on various health outcomes. Rocky Face park in Alexander County is open to the public and provides a variety of outdoor physical activity opportunity like the vertical mile challenge. Alexander County has various food pantries and a soup kitchen that offers healthy meals to the public and a WIC program serving the health department for women, infants, and children so that they have access to healthier food options. WIC also offers breastfeeding support and education for mothers and expectant mothers.

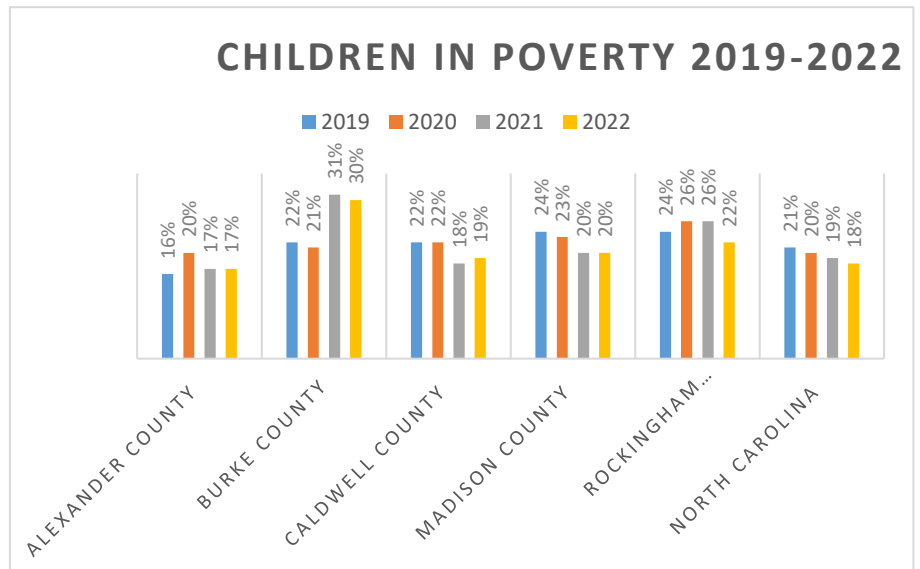
ELDER CARE

Alexander County Alexandrian Task Force viewed 2022 CHA results and felt that Elder Care is a priority in the county due to lack of access, transportation issues, and no hospital within the county. The Alexander County Health Department held a focus group meeting with the senior center to understand some of their concerns regarding elder care within the county. We have one home health care agency in the county, however most of the residents seek healthcare outside of the county. Our goal is to continue to work closely with the senior center in order to hear their needs to be able to advocate for them in meetings and be able to relay that valuable information to providers in our community.

CHILD CARE/PARENTING

Figure 1.6¹⁰

Currently, Alexander County has twenty-one childcare programs within the county and there are eight hundred twelve children birth through school aged children enrolled in these programs. Some families with low income or more than one child in the childcare programs struggle to afford the cost of childcare, which can lead to children being left unattended, a parent having to quit a job and losing part of an income, or leaving the child with someone



untrustworthy because parents feel as if they have no other option. Subsidy funds are available, however the parent has to make less than \$34,836 in order to qualify and receive that.²⁰ There are issues with staffing childcare centers due to daycare teachers being underpaid. On top of that, there is currently no Pediatrician in the county; however, other providers such as family practitioners if needed can still see children. The Alexander County Health Department and Child Collaborative along with DSS and other agencies are currently meeting every month to develop a strategic plan in order to improve the childcare and parenting in the county. There are some parenting classes offered within the county to the community through various agencies to provide extra education to parents. Also, Alexander County received a childcare stabilization grant to supplement childcare workers income in order to prevent them from leaving the workforce to lower turnover in childcare facilities through the American Rescue Plan Act. It was stated during a report provided by the Alexander County Schools that 55.75% of students in the school system qualified for free and reduced lunch, the highest in over fifteen years.

ACKNOWLEDGMENTS

The Alexander County Health Department would like to thank the following individuals and agencies for their contributions during the Community Health Assessment process. These individuals bring extensive knowledge and show support of the health and well-being of Alexander County residents. Without their efforts, this assessment would not have been possible.

Community Assessment Planning Team

Billie Walker, RN, MSN
Health Director

Mallory Chapman
Preparedness Coordinator

Healthy Alexandrian Task Force Members

Alexander County DSS

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Alexander County Schools

Donna Mayberry

Jessica Anderson

Alexander County Partnership for Children

Paula Cline

Alexander County Early Head Start

Cathy Knepp

Angela Revell

Alexander County Administration

David Moose

Guardian Ad Litem Alexander County

Cassie T. Hileman

Alexander County Emergency Management

Daniel Fox

Alexander County Health Department

Billie Walker

Dorian Maltba

ICGH Treatment Centers

Stacie Parson

NC Cooperative Extension Alexander County

Der Holcomb

Citizens

Pedro Renteria

Mike Richmond

Board of Health Members

Dr. Thomas Rider

Dr. Richard Williams

Dr. Jennifer Hull

Hazel Yoder

Betty Long

Scott Westmoreland

Macy Jones

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APPENDIX A

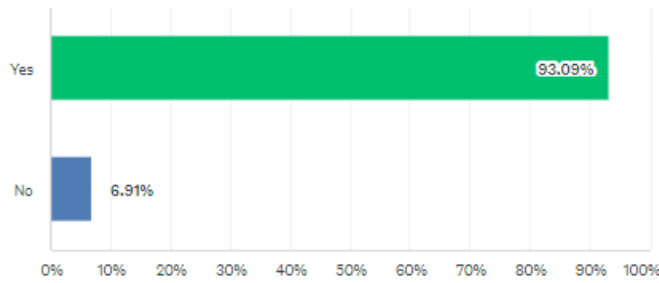
COMMUNITY HEALTH ASSESSMENT SURVEY RESPONDENT DATA

Q1

Customize Save as

Do you live in Alexander County?

Answered: 564 Skipped: 0



ANSWER CHOICES	RESPONSES
Yes	93.09% 525
No	6.91% 39
TOTAL	564

Q2

Save as

In what ZIP code is your home located? (Enter your 5-digit ZIP code.)

Answered: 564 Skipped: 0

RESPONSES (564) WORD CLOUD TAGS (0)

Cloud View List View

28681	66.84%	377
28636	14.18%	80
28678	6.91%	39
28601	5.32%	30
28630	1.60%	9
28625	0.89%	5
28645	0.71%	4
28613	0.53%	3
28638	0.53%	3

Showing 10 words

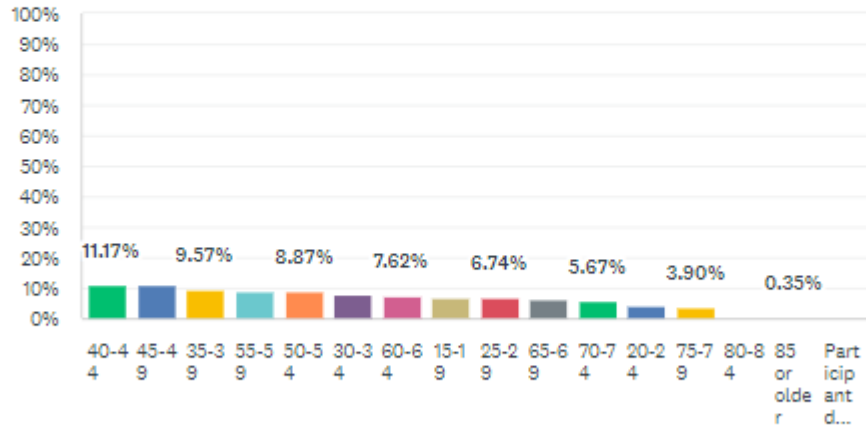
Combined words (0) Hidden words (0)

Q3

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What is your age? (Choose one.)

Answered: 564 Skipped: 0



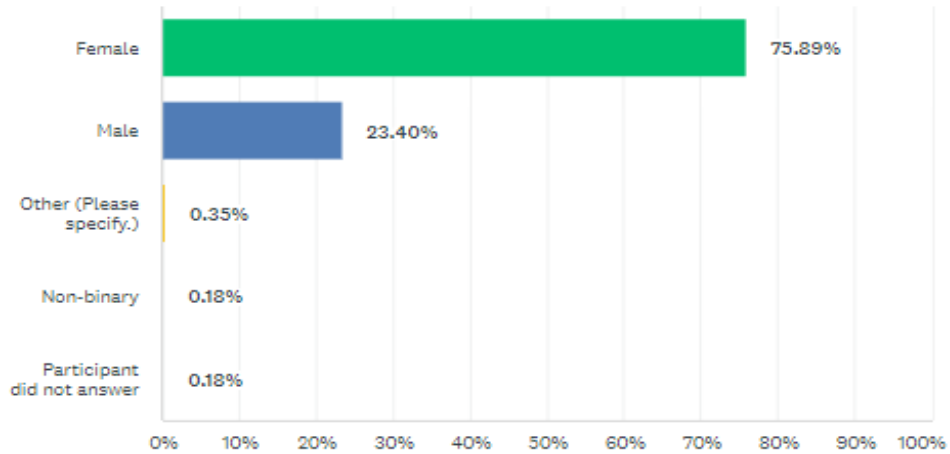
ANSWER CHOICES	RESPONSES
40-44	11.17% 63
45-49	10.99% 62
35-39	9.57% 54
55-59	9.04% 51
50-54	8.87% 50
30-34	8.16% 46
60-64	7.62% 43
15-19	6.74% 38
25-29	6.74% 38
65-69	6.21% 35
70-74	5.67% 32
20-24	4.43% 25
75-79	3.90% 22
80-84	0.53% 3
85 or older	0.35% 2
Participant did not answer	0.00% 0
TOTAL	564

Q4


Customize
Save as ▾



With which gender do you most identify?

Answered: 564 Skipped: 0



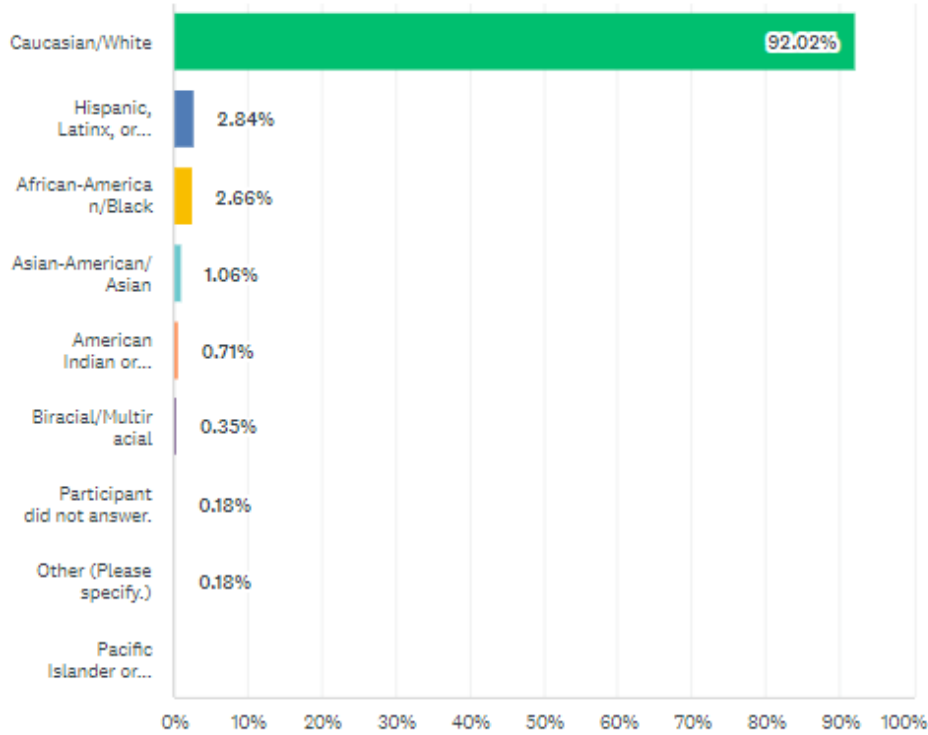
ANSWER CHOICES	RESPONSES	
Female	75.89%	428
Male	23.40%	132
Other (Please specify.)	Responses 0.35%	2
Non-binary	0.18%	1
Participant did not answer	0.18%	1
TOTAL		564

Q5

 [Customize](#) [Save as](#) 

With which race or ethnicity do you most identify? (Choose one.)

Answered: 564 Skipped: 0



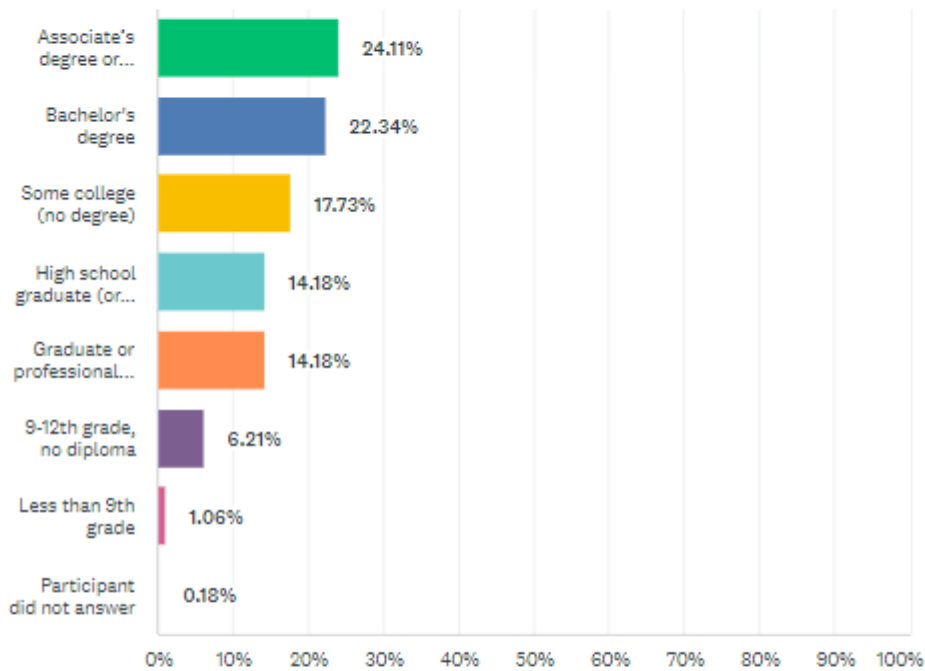
ANSWER CHOICES	RESPONSES
▼ Caucasian/White	92.02% 519
▼ Hispanic, Latinx, or Spanish	2.84% 16
▼ African-American/Black	2.66% 15
▼ Asian-American/Asian	1.06% 6
▼ American Indian or Alaska Native	0.71% 4
▼ Biracial/Multiracial	0.35% 2
▼ Participant did not answer.	0.18% 1
▼ Other (Please specify.) Responses	0.18% 1
▼ Pacific Islander or Native Hawaiian	0.00% 0
TOTAL	564

Q6

Customize Save as


What is the highest level of school, college or vocational training that you have finished? (Check only one.)

Answered: 564 Skipped: 0



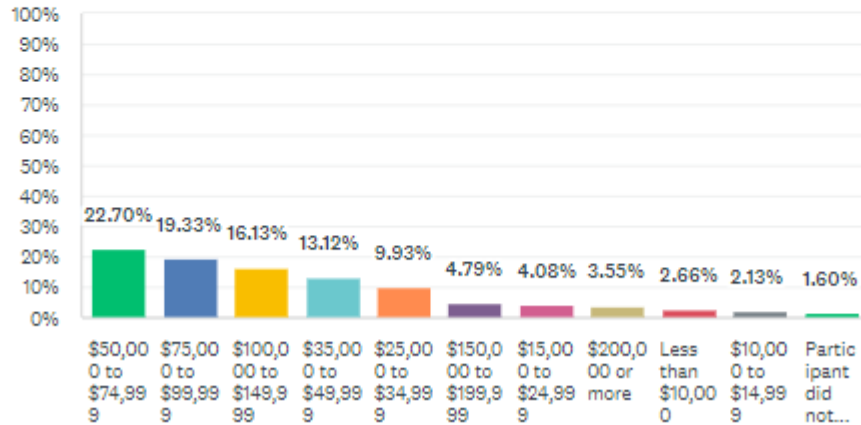
ANSWER CHOICES	RESPONSES
▼ Associate's degree or vocational training	24.11% 136
▼ Bachelor's degree	22.34% 126
▼ Some college (no degree)	17.73% 100
▼ High school graduate (or GED/equivalent)	14.18% 80
▼ Graduate or professional degree	14.18% 80
▼ 9-12th grade, no diploma	6.21% 35
▼ Less than 9th grade	1.06% 6
▼ Participant did not answer	0.18% 1
TOTAL	564

Q7


Customize
Save as ▾



What was your total household income last year before taxes?

Answered: 564 Skipped: 0



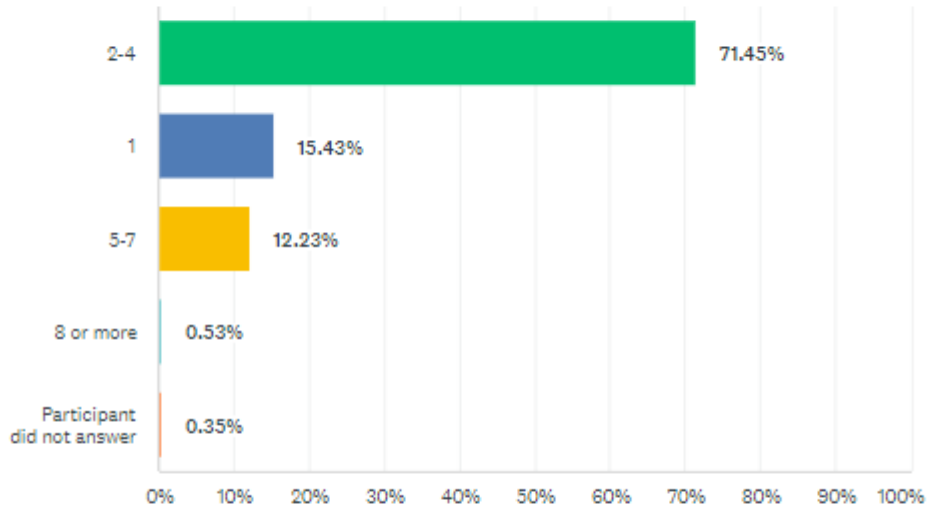
ANSWER CHOICES	RESPONSES
▼ \$50,000 to \$74,999	22.70% 128
▼ \$75,000 to \$99,999	19.33% 109
▼ \$100,000 to \$149,999	16.13% 91
▼ \$35,000 to \$49,999	13.12% 74
▼ \$25,000 to \$34,999	9.93% 56
▼ \$150,000 to \$199,999	4.79% 27
▼ \$15,000 to \$24,999	4.08% 23
▼ \$200,000 or more	3.55% 20
▼ Less than \$10,000	2.66% 15
▼ \$10,000 to \$14,999	2.13% 12
▼ Participant did not answer	1.60% 9
TOTAL	564

Q8

 [Customize](#) [Save as](#) 

How many people are supported by this income? (If you are paying child support but your child is not living with you, this still counts as someone living on your income. Please include them in your answer.)

Answered: 564 Skipped: 0



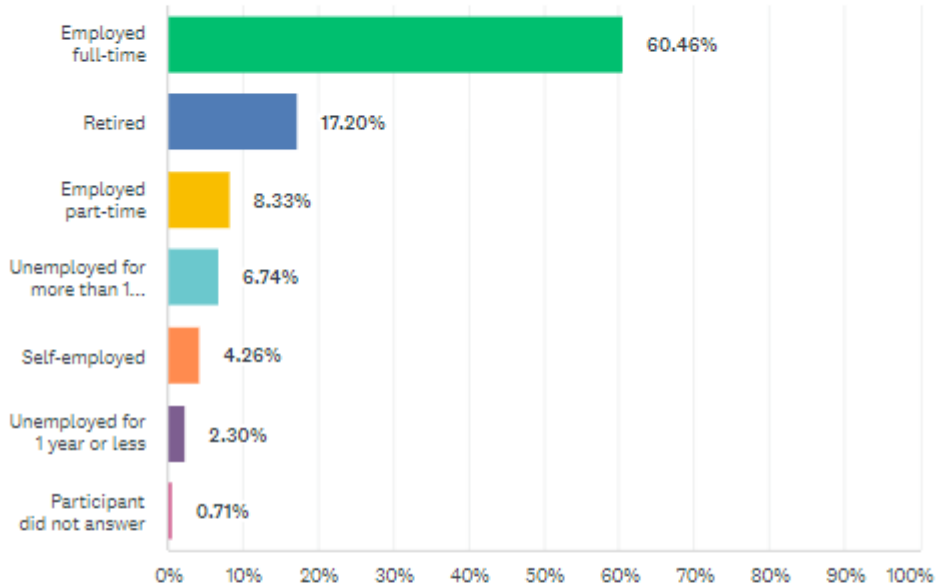
ANSWER CHOICES	RESPONSES
2-4	71.45% 403
1	15.43% 87
5-7	12.23% 69
8 or more	0.53% 3
Participant did not answer	0.35% 2
TOTAL	564

Q9

Customize Save as


What is your current employment status?

Answered: 564 Skipped: 0



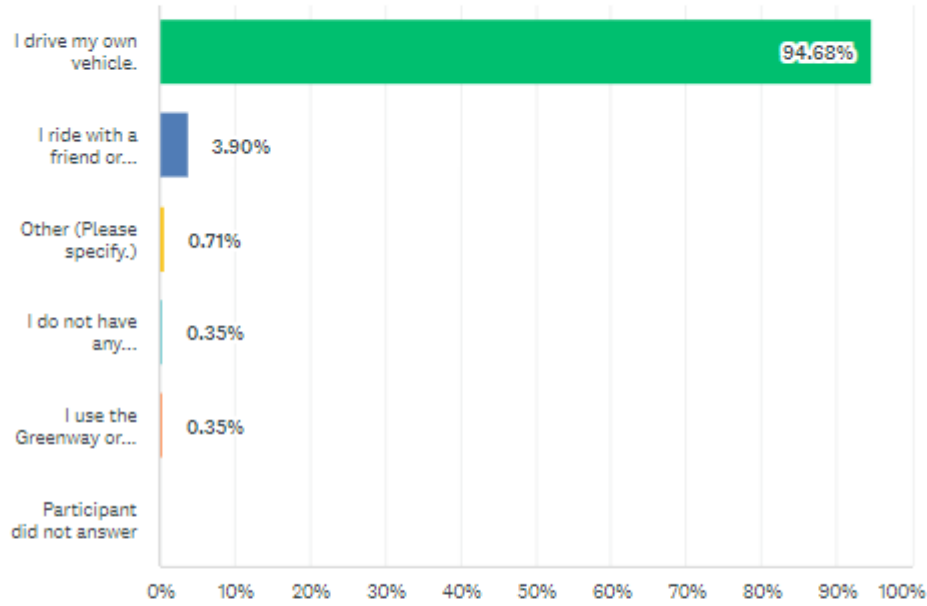
ANSWER CHOICES	RESPONSES
Employed full-time	60.46% 341
Retired	17.20% 97
Employed part-time	8.33% 47
Unemployed for more than 1 year	6.74% 38
Self-employed	4.26% 24
Unemployed for 1 year or less	2.30% 13
Participant did not answer	0.71% 4
TOTAL	564

Q10


Customize
Save as ▾

What is your main source of transportation?

Answered: 564 Skipped: 0



ANSWER CHOICES	RESPONSES	
▾ I drive my own vehicle.	94.68%	534
▾ I ride with a friend or family member.	3.90%	22
▾ Other (Please specify.)	Responses 0.71%	4
▾ I do not have any transportation.	0.35%	2
▾ I use the Greenway or other service.	0.35%	2
▾ Participant did not answer	0.00%	0
TOTAL		564

Q11

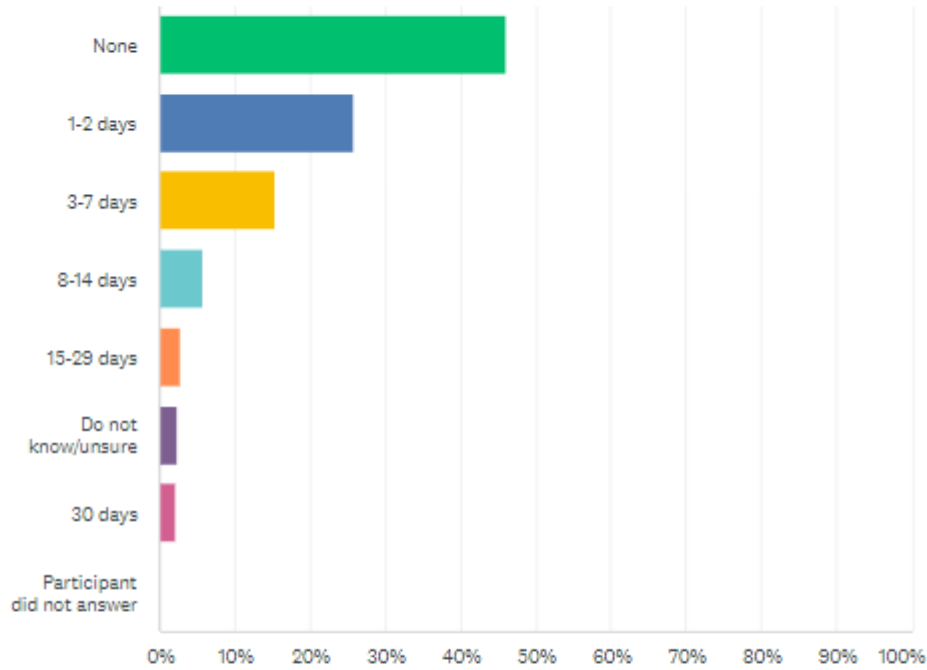


Customize

Save as ▾


In thinking about your physical health, including physical illness and injury, how many days out of the past 30 days was your health NOT good?

Answered: 564 Skipped: 0



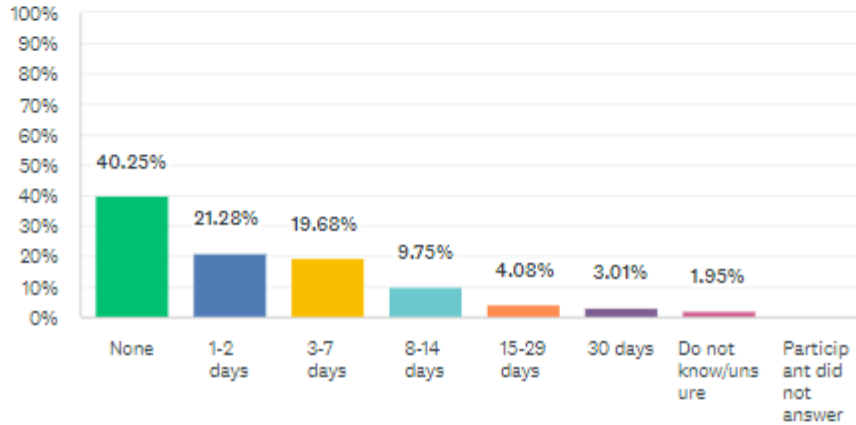
ANSWER CHOICES	RESPONSES
None	46.10% 260
1-2 days	25.71% 145
3-7 days	15.25% 86
8-14 days	5.67% 32
15-29 days	2.84% 16
Do not know/unsure	2.30% 13
30 days	2.13% 12
Participant did not answer	0.00% 0
TOTAL	564

Q12


Customize
Save as ▾


In thinking about your mental health, including stress, depression/feelings of sadness, and problems with emotions, how many days out of the past 30 days was your mental health NOT good?

Answered: 564 Skipped: 0



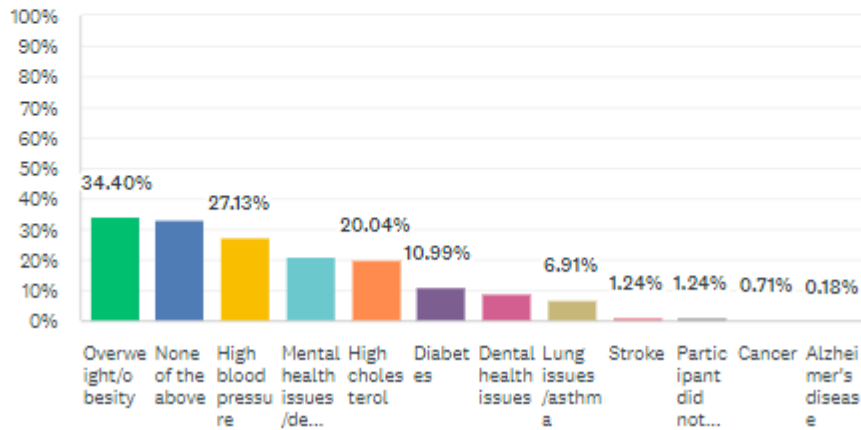
ANSWER CHOICES	RESPONSES	
None	40.25%	227
1-2 days	21.28%	120
3-7 days	19.68%	111
8-14 days	9.75%	55
15-29 days	4.08%	23
30 days	3.01%	17
Do not know/unsure	1.95%	11
Participant did not answer	0.00%	0
TOTAL		564

Q13


Customize
Save as ▾


Which, if any, of the following health conditions do you currently have?
(Check all that apply.)

Answered: 564 Skipped: 0



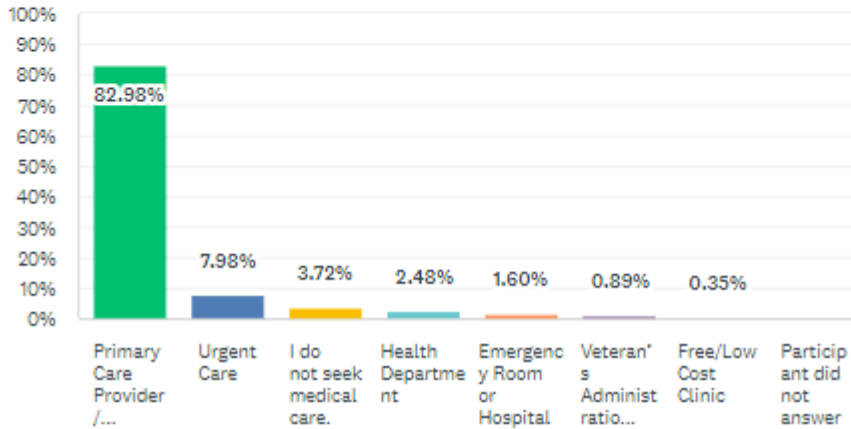
ANSWER CHOICES	RESPONSES	
Overweight/obesity	34.40%	194
None of the above	32.98%	186
High blood pressure	27.13%	153
Mental health issues/depression	21.28%	120
High cholesterol	20.04%	113
Diabetes	10.99%	62
Dental health issues	8.87%	50
Lung issues/asthma	6.91%	39
Stroke	1.24%	7
Participant did not answer	1.24%	7
Cancer	0.71%	4
Alzheimer's disease	0.18%	1
Total Respondents: 564		

Q14


Customize
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Where do you most often seek medical care?

Answered: 564 Skipped: 0



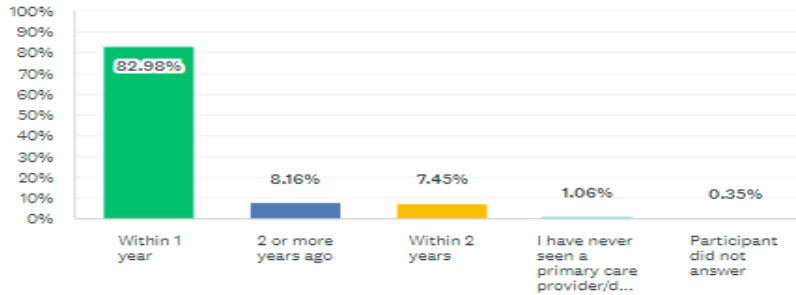
ANSWER CHOICES	PERCENTAGE	RESPONSES
Primary Care Provider/ Doctor's Office/ Family Physician	82.98%	468
Urgent Care	7.98%	45
I do not seek medical care.	3.72%	21
Health Department	2.48%	14
Emergency Room or Hospital	1.60%	9
Veteran's Administration (VA)	0.89%	5
Free/Low Cost Clinic	0.35%	2
Participant did not answer	0.00%	0
TOTAL		564

Q15

Customize Save as

About how long has it been since you last saw a primary care provider/doctor for a routine checkup? (A routine checkup is a general physical exam, not an exam for a specific injury, illness or condition.)

Answered: 564 Skipped: 0



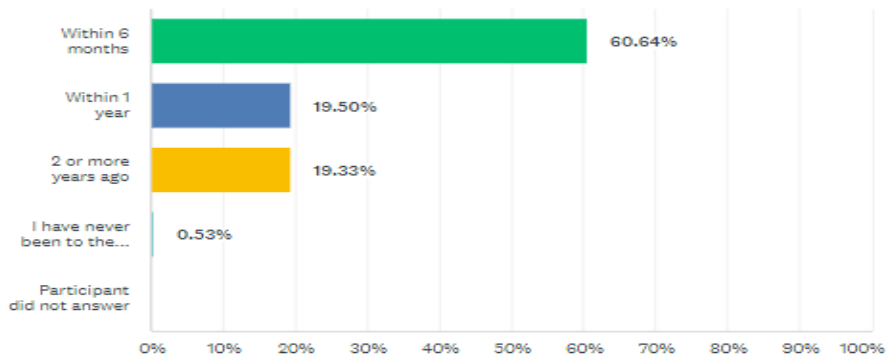
ANSWER CHOICES	RESPONSES
Within 1 year	82.98% 468
2 or more years ago	8.16% 46
Within 2 years	7.45% 42
I have never seen a primary care provider/doctor for a routine checkup.	1.06% 6
Participant did not answer	0.35% 2
TOTAL	564

Q16

Customize Save as


About how long has it been since you went to the dentist?

Answered: 564 Skipped: 0



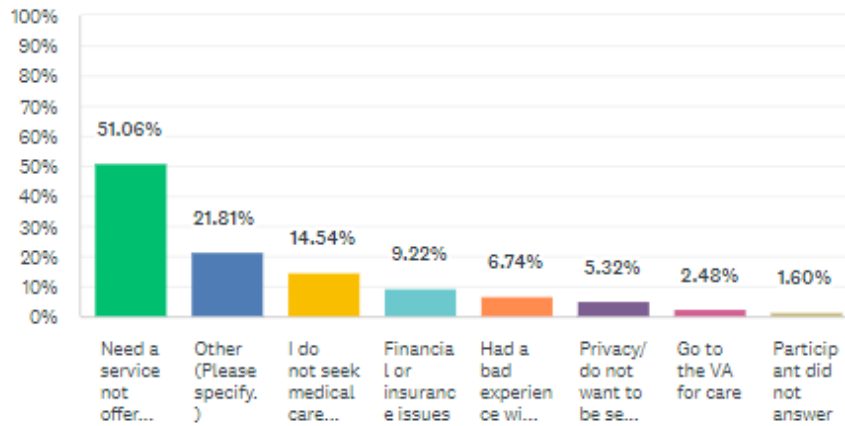
ANSWER CHOICES	RESPONSES
Within 6 months	60.64% 342
Within 1 year	19.50% 110
2 or more years ago	19.33% 109
I have never been to the dentist.	0.53% 3
Participant did not answer	0.00% 0
TOTAL	564

Q17


Customize
Save as ▾

If you seek medical care outside of Alexander County, what are your reasons for doing so? (Check all that apply.)

Answered: 564 Skipped: 0



ANSWER CHOICES	RESPONSES
Need a service not offered in Alexander County	51.06% 288
Other (Please specify.)	Responses 21.81% 123
I do not seek medical care outside of Alexander County.	14.54% 82
Financial or insurance issues	9.22% 52
Had a bad experience with physician(s)/healthcare provider(s) in Alexander County	6.74% 38
Privacy/do not want to be seen at local healthcare provider(s) including Health Department	5.32% 30
Go to the VA for care	2.48% 14
Participant did not answer	1.60% 9
Total Respondents: 564	

Q18



Customize

Save as

Which of the following health concerns are most important to you? (Please check your top 3 concerns.)

Answered: 564 Skipped: 0

ANSWER CHOICES	RESPONSES	
▼ Affordability of care	59.40%	335
▼ Access to care	55.50%	313
▼ Depression/mental health	31.56%	178
▼ Obesity/overweight	25.71%	145
▼ Availability/affordability of healthy food	21.63%	122
▼ Dental health	19.86%	112
▼ Lack of physical activity	15.43%	87
▼ Cancer	12.23%	69
▼ Heart disease	12.06%	68
▼ Diabetes	11.35%	64
▼ Covid-19/pandemic	8.33%	47
▼ Prescription medication/misuse/abuse	8.16%	46
▼ Drug use/misuse/abuse	7.62%	43
▼ End of life care	7.27%	41
▼ Other (Please specify.)	Responses 5.85%	33
▼ Alzheimer's disease	4.96%	28
▼ Stroke	3.90%	22
▼ Tobacco use	3.72%	21
▼ Flu/pneumonia	3.01%	17
▼ Motor vehicle injuries	3.01%	17
▼ Alcohol use/misuse/abuse	2.48%	14
▼ Sexually transmitted infections/diseases, HIV	2.30%	13
▼ Participant did not answer	1.06%	6
Total Respondents: 564		

Q19



Customize


Save as

In which of these areas does Alexander County need improvement? (Please choose your top 4 answers.)

Answered: 564 Skipped: 0

ANSWER CHOICES	RESPONSES
Drug or alcohol abuse/prevention	39.54% 223
Anxiety/Stress management	34.04% 192
Child care/parenting	29.08% 164
Exercising/ fitness	26.60% 150
Elder care	25.89% 146
Managing weight	25.71% 145
Eating well/nutrition	25.18% 142
Caring for family members with special needs/disabilities	22.70% 128
Crime prevention	22.34% 126
Suicide/intentional self-harm prevention	19.86% 112
Domestic violence prevention	17.73% 100
Going to the doctor/healthcare provider for yearly check-ups/preventative care/screenings	14.01% 79
Preparing for an emergency/disasters	13.12% 74
Quitting smoking, tobacco/e-cigarette use prevention	12.23% 69
Getting prenatal care during pregnancy	10.99% 62
Driving safely	10.28% 58
Preventing pregnancy and/or sexually-transmitted infections/diseases	10.11% 57
Going to the dentist for check-ups/preventative care	8.51% 48
Other (Please specify.)	Responses 8.16% 46
Rape/sexual abuse prevention	7.27% 41
Anger management	7.09% 40
Using child safety seats	5.32% 30
Getting flu shots/other vaccines	5.14% 29
Using seat belts	3.37% 19
Participant did not answer	1.60% 9
Total Respondents: 564	

Q20



 [Customize](#) [Save as](#)

Do you know where in Alexander County to find the following resources?

Answered: 564 Skipped: 0

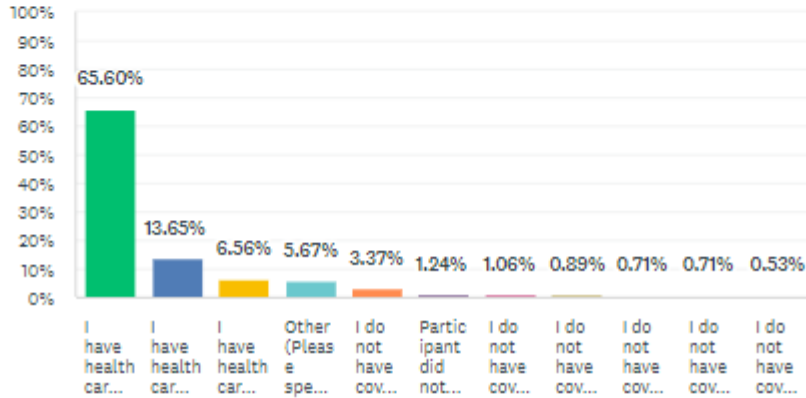
	YES	NO	UNSURE	NOT AVAILABLE	PARTICIPANT DID NOT ANSWER	TOTAL
Adult daycare/elder care	32.62% 184	37.77% 213	25.35% 143	3.72% 21	0.53% 3	564
Immunization services	87.74% 494	6.57% 37	4.09% 23	0.53% 3	1.07% 6	563
Free or reduced-cost health care	47.51% 267	32.21% 181	17.44% 98	1.60% 9	1.25% 7	562
Physically and/or mentally disabled services	26.16% 147	42.17% 237	27.94% 157	2.67% 15	1.07% 6	562
Help with childcare or after-school care	54.19% 304	25.85% 145	16.58% 93	1.96% 11	1.43% 8	561
Individual or family counseling	31.55% 177	38.15% 214	26.74% 150	2.32% 13	1.25% 7	561
Legal assistance	52.58% 295	27.09% 152	17.83% 100	1.43% 8	1.07% 6	561
Help coping with/escaping domestic violence	30.00% 168	40.71% 228	25.36% 142	2.50% 14	1.43% 8	560

Q21

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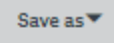
What is your current situation with health care coverage such as private health insurance or government health plans including Medicaid or Medicare? (Choose one.)

Answered: 564 Skipped: 0



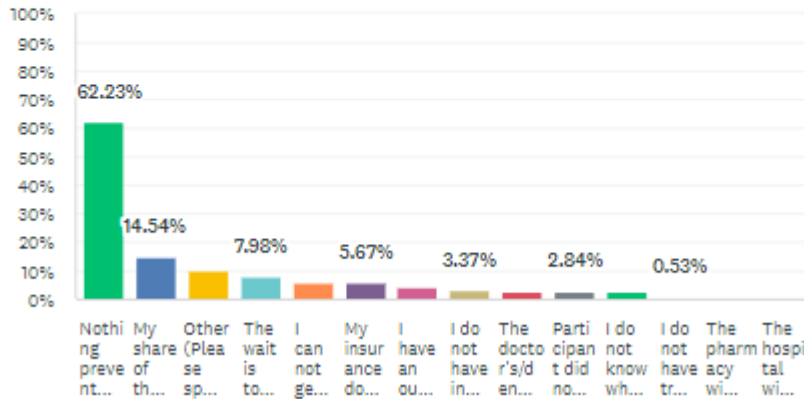
ANSWER CHOICES	RESPONSES
▼ I have health care coverage through private insurance.	65.60% 370
▼ I have health care coverage through Medicare.	13.65% 77
▼ I have health care coverage through Medicaid.	6.56% 37
▼ Other (Please specify.) Responses	5.67% 32
▼ I do not have coverage because I cannot afford it.	3.37% 19
▼ Participant did not answer	1.24% 7
▼ I do not have coverage because I do not qualify for Medicaid or Medicare.	1.06% 6
▼ I do not have coverage because I do not qualify for a government subsidy to help pay for insurance.	0.89% 5
▼ I do not have coverage because I am unemployed.	0.71% 4
▼ I do not have coverage because I do not know my options.	0.71% 4
▼ I do not have coverage because I do not want it.	0.53% 3
TOTAL	564

Q22

 Customize  Save as ▼



Which, if any, of the following prevents you from getting health care? (Check all that apply.)

Answered: 564 Skipped: 0



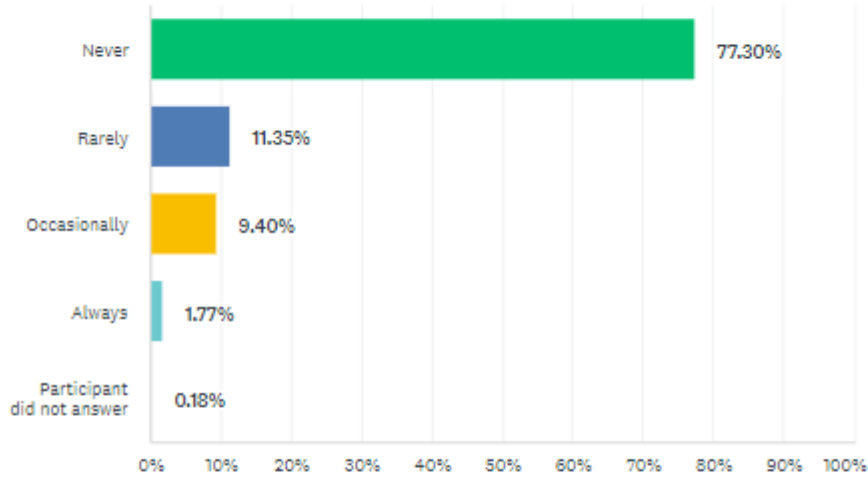
ANSWER CHOICES	RESPONSES
Nothing prevents me from getting health care.	62.23% 361
My share of the cost (deductible/co-pay/co-insurance) is too high.	14.54% 82
Other (Please specify.)	Responses 10.11% 57
The wait is too long.	7.98% 45
I can not get an appointment.	5.67% 32
My insurance does not cover the care I need.	5.67% 32
I have an outstanding balance/unpaid bill.	4.08% 23
I do not have insurance, Medicaid or Medicare.	3.37% 19
The doctor's/dentist's office will not take my insurance, Medicaid or Medicare.	2.84% 16
Participant did not answer	2.84% 16
I do not know where to go.	2.48% 14
I do not have transportation.	0.53% 3
The pharmacy will not take my insurance, Medicaid or Medicare.	0.53% 3
The hospital will not take my insurance, Medicaid or Medicare.	0.00% 0
Total Respondents: 564	

Q23

 [Customize](#) [Save as](#) 



How often does your household run out of food before you have money to buy more?

Answered: 564 Skipped: 0



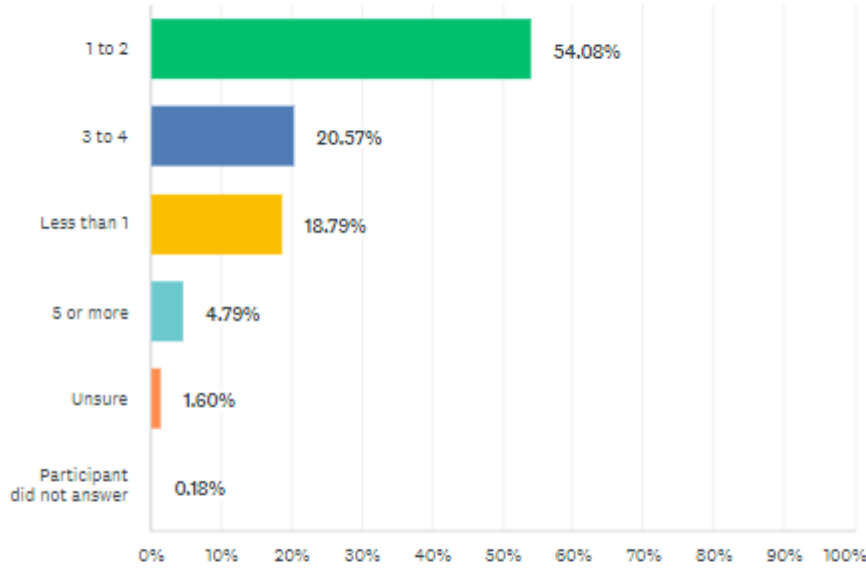
ANSWER CHOICES	RESPONSES	
▼ Never	77.30%	436
▼ Rarely	11.35%	64
▼ Occasionally	9.40%	53
▼ Always	1.77%	10
▼ Participant did not answer	0.18%	1
TOTAL		564

Q24

 Customize  Save as

How many servings of fresh fruits and vegetables do you normally consume in a day? (For example, a medium apple or 1/2 a cup of carrots equals 1 serving.)

Answered: 564 Skipped: 0



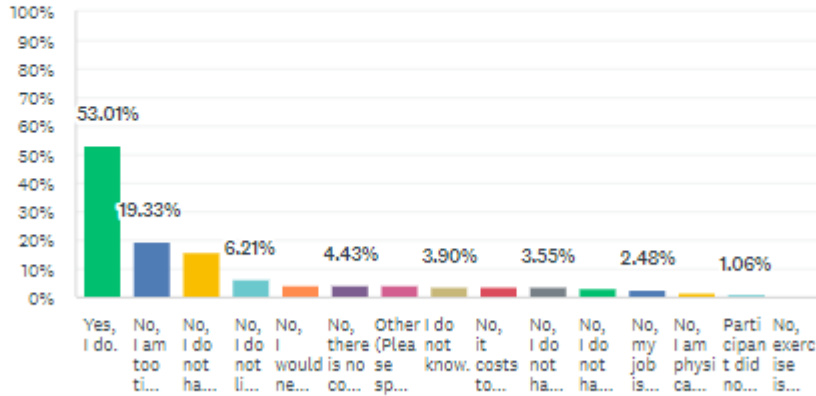
ANSWER CHOICES	RESPONSES
▼ 1 to 2	54.08% 305
▼ 3 to 4	20.57% 116
▼ Less than 1	18.79% 106
▼ 5 or more	4.79% 27
▼ Unsure	1.60% 9
▼ Participant did not answer	0.18% 1
TOTAL	564

Q25

Customize Save as

During a normal week, other than in your regular job, do you engage in any exercise that lasts at least half an hour? (Check all that apply.)

Answered: 564 Skipped: 0



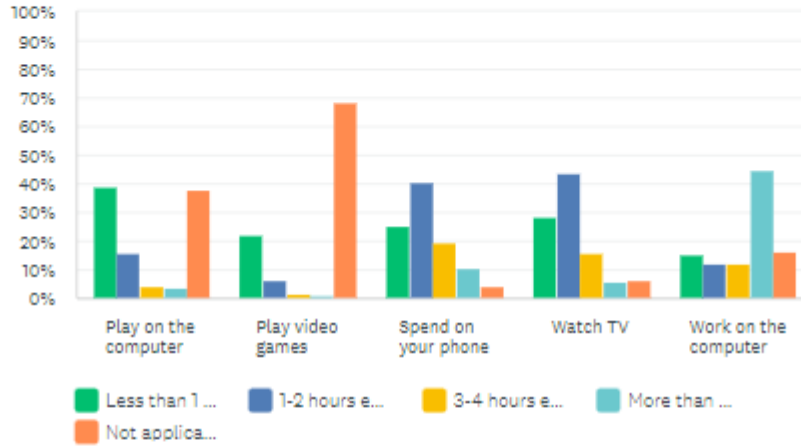
ANSWER CHOICES	RESPONSES
Yes, I do.	53.01% 299
No, I am too tired to exercise.	19.33% 109
No, I do not have enough time to exercise.	15.96% 90
No, I do not like to exercise.	6.21% 35
No, I would need child care/elder care and I do not have it.	4.43% 25
No, there is no convenient/safe place to exercise.	4.43% 25
Other (Please specify.)	Responses 4.26% 24
I do not know.	3.90% 22
No, it costs too much to exercise.	3.72% 21
No, I do not have access to the equipment/facilities that I need to exercise (shoes, weights, pool, track, etc.).	3.55% 20
No, I do not have/know how to find exercise partners.	3.01% 17
No, my job is physical or hard labor.	2.48% 14
No, I am physically disabled.	1.42% 8
Participant did not answer	1.06% 6
No, exercise is not important to me.	0.53% 3
Total Respondents: 564	

Q26

Customize Save as

How many hours each day do you do the following?

Answered: 564 Skipped: 0



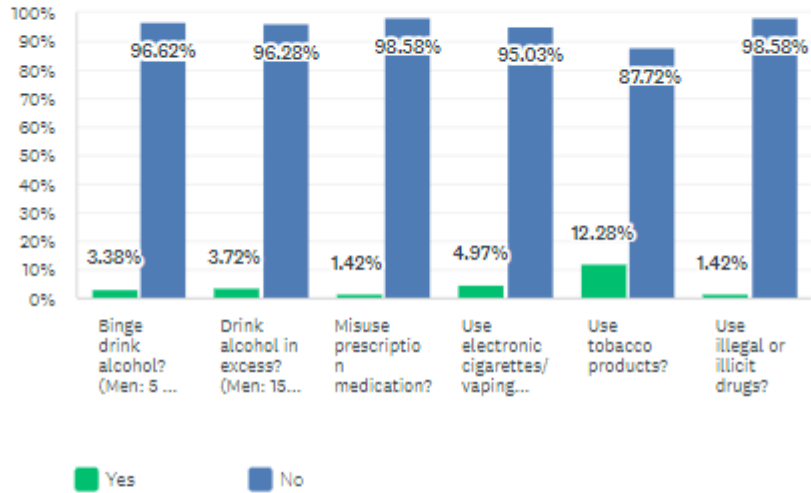
	LESS THAN 1 HOUR EACH DAY	1-2 HOURS EACH DAY	3-4 HOURS EACH DAY	MORE THAN 4 HOURS EACH DAY	NOT APPLICABLE	TOTAL	WEIGHTED AVERAGE
Play on the computer	38.73% 213	15.64% 86	4.00% 22	3.82% 21	37.82% 208	560	1.56
Play video games	22.30% 122	6.40% 35	1.65% 9	1.28% 7	68.37% 374	547	1.43
Spend on your phone	25.23% 140	40.54% 225	19.64% 109	10.63% 59	3.96% 22	565	2.16
Watch TV	28.39% 159	43.75% 245	15.71% 88	5.71% 32	6.43% 36	560	1.99
Work on the computer	15.08% 84	11.85% 66	12.21% 68	44.70% 249	16.16% 90	567	3.03

Q27

Customize Save as



Do you:

Answered: 564 Skipped: 0



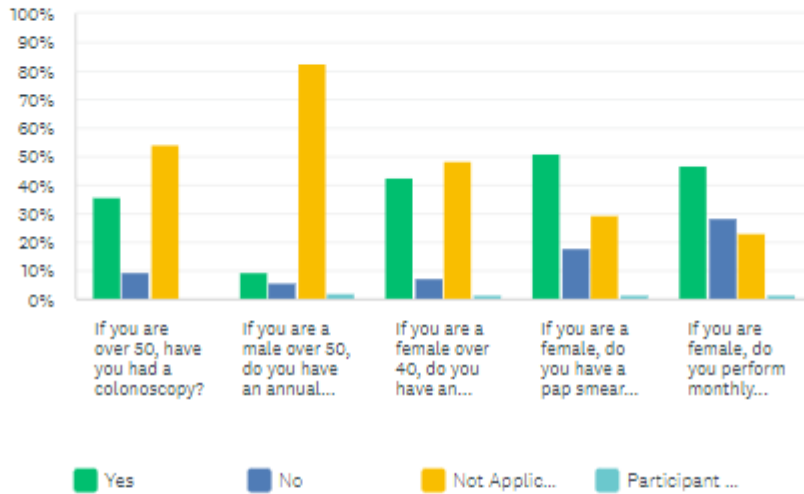
	YES	NO	TOTAL	WEIGHTED AVERAGE
▼ Binge drink alcohol? (Men: 5 or more drinks in a 2-hour period; Women: 4 or more drinks in a 2-hour period)	3.38% 19	96.62% 543	562	1.97
▼ Drink alcohol in excess? (Men: 15 or more drinks per week; Women: 8 or more drinks per week)	3.72% 21	96.28% 543	564	1.96
▼ Misuse prescription medication?	1.42% 8	98.58% 556	564	1.99
▼ Use electronic cigarettes/vaping devices?	4.97% 28	95.03% 535	563	1.95
▼ Use tobacco products?	12.28% 69	87.72% 493	562	1.88
▼ Use illegal or illicit drugs?	1.42% 8	98.58% 554	562	1.99

Q28

 [Customize](#) [Save as](#) 

Do you follow these health practices?

Answered: 564 Skipped: 0



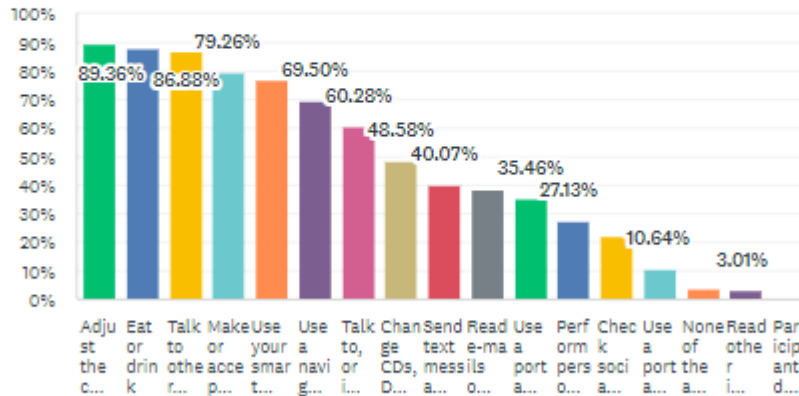
	YES	NO	NOT APPLICABLE	PARTICIPANT DID NOT RESPOND	TOTAL
▼ If you are over 50, have you had a colonoscopy?	36.01% 202	9.27% 52	54.01% 303	0.71% 4	561
▼ If you are a male over 50, do you have an annual prostate exam?	9.44% 51	5.74% 31	82.78% 447	2.04% 11	540
▼ If you are a female over 40, do you have an annual mammogram?	42.78% 234	7.31% 40	48.26% 264	1.65% 9	547
▼ If you are a female, do you have a pap smear every other year?	51.10% 278	17.83% 97	29.60% 161	1.47% 8	544
▼ If you are female, do you perform monthly breast self-exams?	46.97% 256	28.62% 156	22.94% 125	1.47% 8	545

Q29

Customize Save as

Which of the following have you ever done while driving? (Check all that apply.)

Answered: 564 Skipped: 0



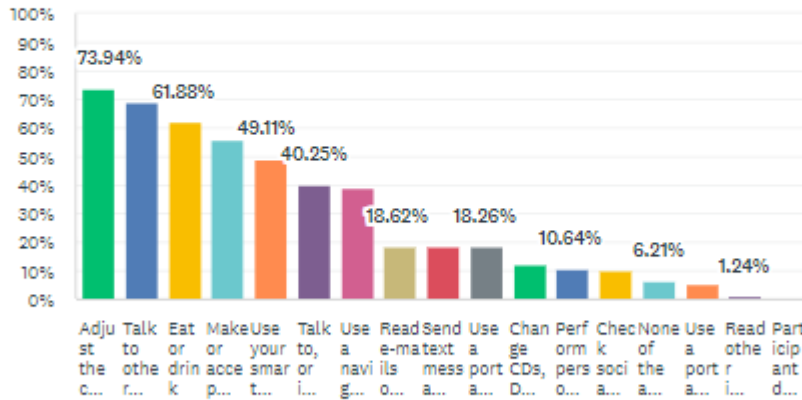
ANSWER CHOICES	RESPONSES
Adjust the car radio	89.36% 504
Eat or drink	88.12% 497
Talk to other passengers in the vehicle	86.88% 490
Make or accept phone calls	79.26% 447
Use your smartphone for driving directions	76.95% 434
Use a navigation system for driving directions	69.50% 392
Talk to, or interact with, children in the back seat	60.28% 340
Change CDs, DVDs, or tapes	48.58% 274
Send text messages or e-mails	40.07% 226
Read e-mails or text messages	38.30% 216
Use a portable music player, including a smartphone, with external speakers or with the car's speakers	35.46% 200
Perform personal grooming/check appearance in mirror	27.13% 153
Check social media	22.34% 126
Use a portable music player, including a smartphone, with headphones on	10.64% 60
None of the above	3.55% 20
Read other items such as book, newspaper, iPad or Kindle	3.01% 17
Participant did not respond	0.18% 1
Total Respondents: 564	

Q30

Customize Save as

Which of the following do you often do while driving? (Check all that apply.)

Answered: 564 Skipped: 0



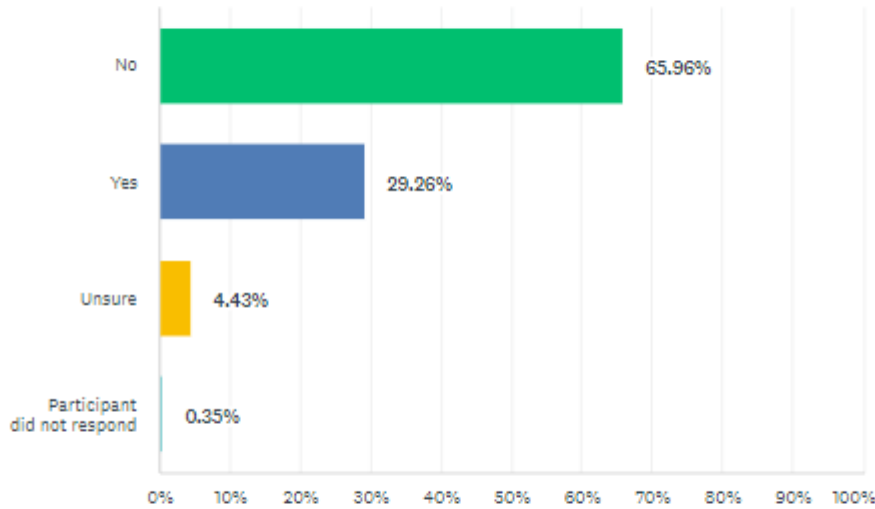
ANSWER CHOICES	RESPONSES
Adjust the car radio	73.94% 417
Talk to other passengers in the vehicle	68.79% 388
Eat or drink	61.88% 349
Make or accept phone calls	55.67% 314
Use your smartphone for driving directions	49.11% 277
Talk to, or interact with, children in the back seat	40.25% 227
Use a navigation system for driving directions	39.18% 221
Read e-mails or text messages	18.62% 105
Send text messages or e-mails	18.26% 103
Use a portable music player, including a smartphone, with external speakers or with the car's speakers	18.26% 103
Change CDs, DVDs, or tapes	12.23% 69
Perform personal grooming/check appearance in mirror	10.64% 60
Check social media	10.11% 57
None of the above	6.21% 35
Use a portable music player, including a smartphone, with headphones on	5.32% 30
Read other items such as book, newspaper, iPad or Kindle	1.24% 7
Participant did not respond	0.71% 4
Total Respondents: 564	

Q31

Customize Save as

Do you have an emergency preparedness kit? (These kits include water, non-perishable food, any necessary prescriptions, first aid supplies, flashlight and batteries, non-electric can opener, blanket, etc.)

Answered: 564 Skipped: 0



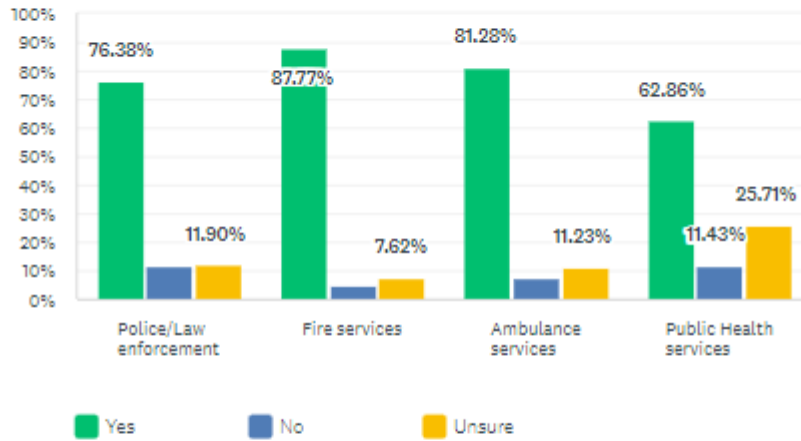
ANSWER CHOICES	RESPONSES	
No	65.96%	372
Yes	29.26%	165
Unsure	4.43%	25
Participant did not respond	0.35%	2
TOTAL		564

Q32

Customize Save as


Do you feel your safety is well protected by the following?

Answered: 564 Skipped: 0



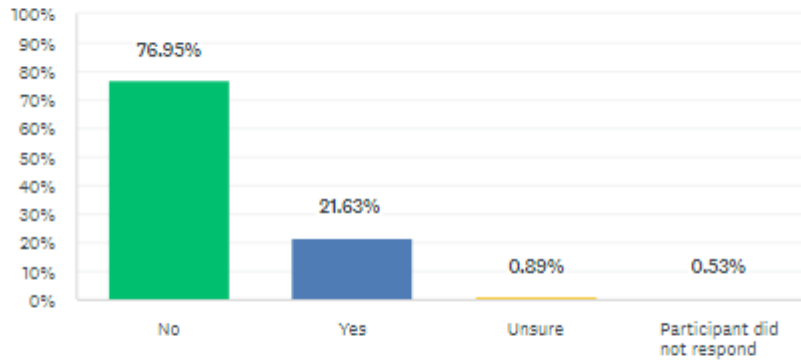
	YES	NO	UNSURE	TOTAL	WEIGHTED AVERAGE
Police/Law enforcement	76.38% 430	11.72% 66	11.90% 67	563	1.36
Fire services	87.77% 495	4.61% 26	7.62% 43	564	1.20
Ambulance services	81.28% 456	7.49% 42	11.23% 63	561	1.30
Public Health services	62.86% 352	11.43% 64	25.71% 144	560	1.63

Q33


Customize
Save as ▾



Do you keep your prescription medications in your home in a locked cabinet, locked drawer or locked container?

Answered: 564 Skipped: 0



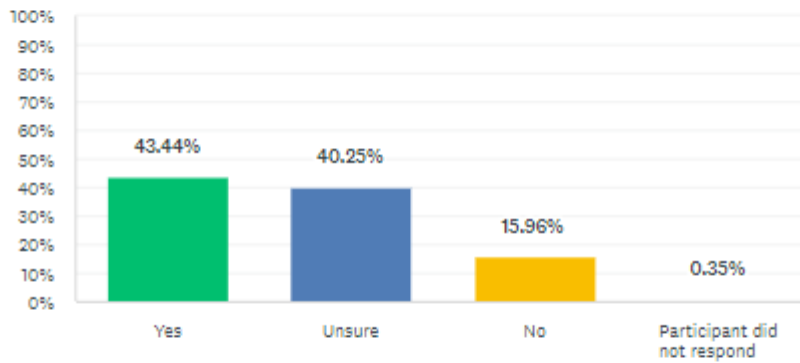
ANSWER CHOICES	RESPONSES
▾ No	76.95% 434
▾ Yes	21.63% 122
▾ Unsure	0.89% 5
▾ Participant did not respond	0.53% 3
TOTAL	564

Q34

 [Customize](#) [Save as](#) 



Do you feel that Alexander County would benefit from a safe syringe needle exchange program?

Answered: 564 Skipped: 0



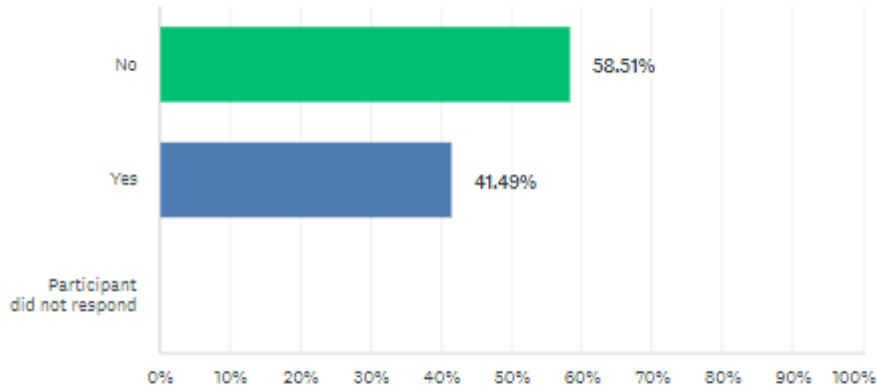
ANSWER CHOICES	RESPONSES	
▼ Yes	43.44%	245
▼ Unsure	40.25%	227
▼ No	15.96%	90
▼ Participant did not respond	0.35%	2
TOTAL		564

Q35

 [Customize](#) [Save as](#) 



Are you currently raising any children under the age of 18?

Answered: 564 Skipped: 0



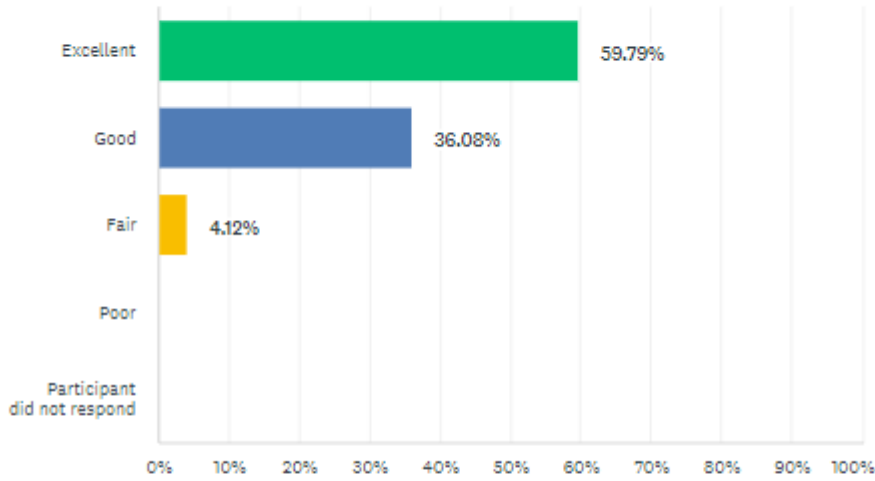
ANSWER CHOICES	RESPONSES	
▼ No	58.51%	330
▼ Yes	41.49%	234
▼ Participant did not respond	0.00%	0
TOTAL		564

Q36

 [Customize](#) [Save as](#) 

In general, would you say that your child’s (children) health is:

Answered: 194 Skipped: 370



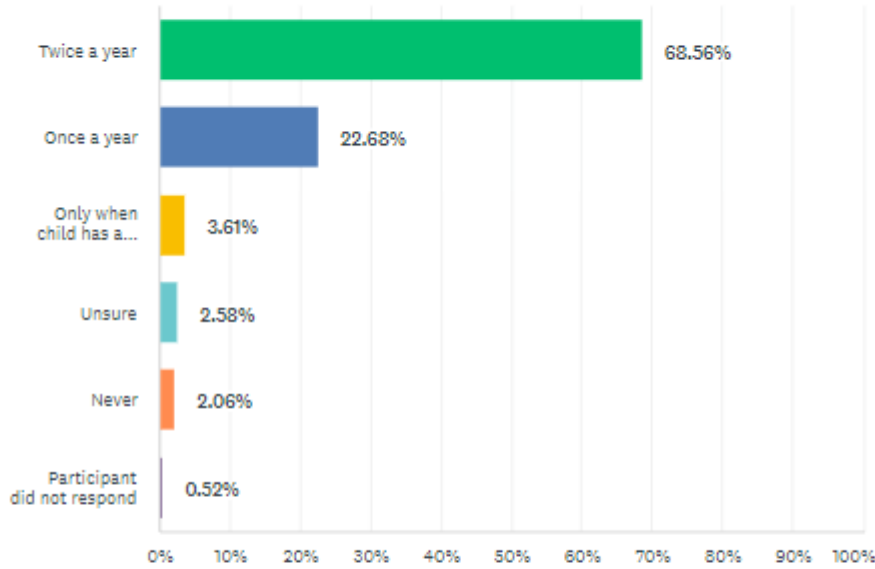
ANSWER CHOICES	RESPONSES	
▼ Excellent	59.79%	116
▼ Good	36.08%	70
▼ Fair	4.12%	8
▼ Poor	0.00%	0
▼ Participant did not respond	0.00%	0
TOTAL		194

Q37

Customize Save as

How often does your child (children) visit the dentist?

Answered: 194 Skipped: 370



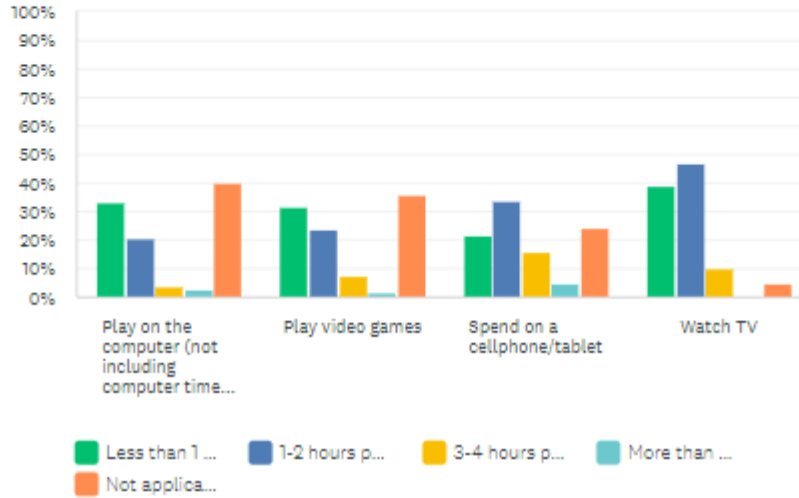
ANSWER CHOICES	RESPONSES
Twice a year	68.56% 133
Once a year	22.68% 44
Only when child has a dental issue	3.61% 7
Unsure	2.58% 5
Never	2.06% 4
Participant did not respond	0.52% 1
TOTAL	194

Q38

Customize Save as

How many hours each day does your child (children) do the following?



Answered: 194 Skipped: 370



	LESS THAN 1 HOUR PER DAY	1-2 HOURS PER DAY	3-4 HOURS PER DAY	MORE THAN 4 HOURS PER DAY	NOT APPLICABLE	TOTAL	WEIGHTED AVERAGE
Play on the computer (not including computer time for school/homework)	33.33% 64	20.31% 39	3.65% 7	2.60% 5	40.10% 77	192	1.69
Play video games	31.77% 61	23.44% 45	7.29% 14	1.56% 3	35.94% 69	192	1.67
Spend on a cellphone/tablet	21.76% 42	33.68% 65	15.54% 30	4.66% 9	24.35% 47	193	2.04
Watch TV	38.86% 76	46.63% 90	9.84% 19	0.00% 0	4.66% 9	193	1.70

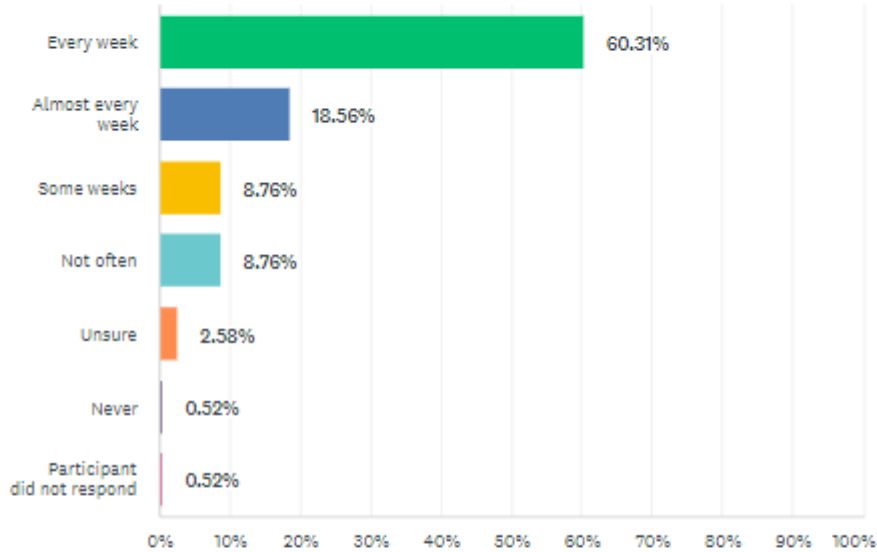
Comments (0)

Q39

 Customize  Save as



How often is your child (children) physically active for at least 60 minutes each day?

Answered: 194 Skipped: 370



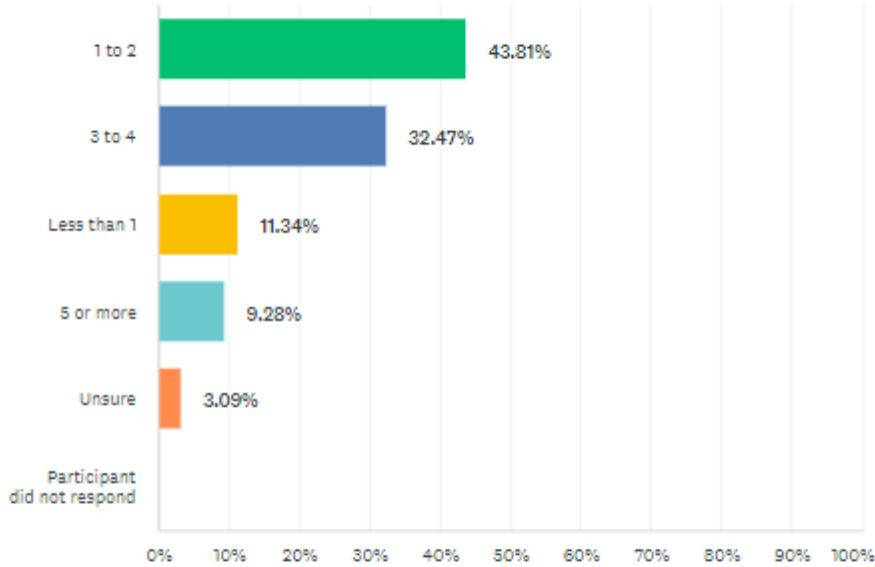
ANSWER CHOICES	RESPONSES	
▼ Every week	60.31%	117
▼ Almost every week	18.56%	36
▼ Some weeks	8.76%	17
▼ Not often	8.76%	17
▼ Unsure	2.58%	5
▼ Never	0.52%	1
▼ Participant did not respond	0.52%	1
TOTAL		194

Q40

 Customize  Save as

How many servings of fruits and vegetables does your child (children) normally consume? (For example, one medium apple or 1/2 a cup of carrots equals 1 serving.)

Answered: 194 Skipped: 370



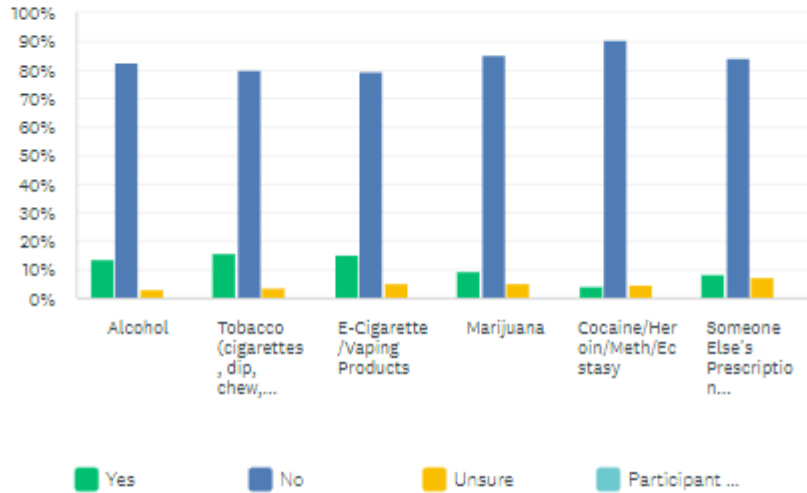
ANSWER CHOICES	RESPONSES
▼ 1 to 2	43.81% 85
▼ 3 to 4	32.47% 63
▼ Less than 1	11.34% 22
▼ 5 or more	9.28% 18
▼ Unsure	3.09% 6
▼ Participant did not respond	0.00% 0
TOTAL	194

Q41

Customize Save as

Do you feel that your child has access anywhere to the following products?

Answered: 194 Skipped: 370



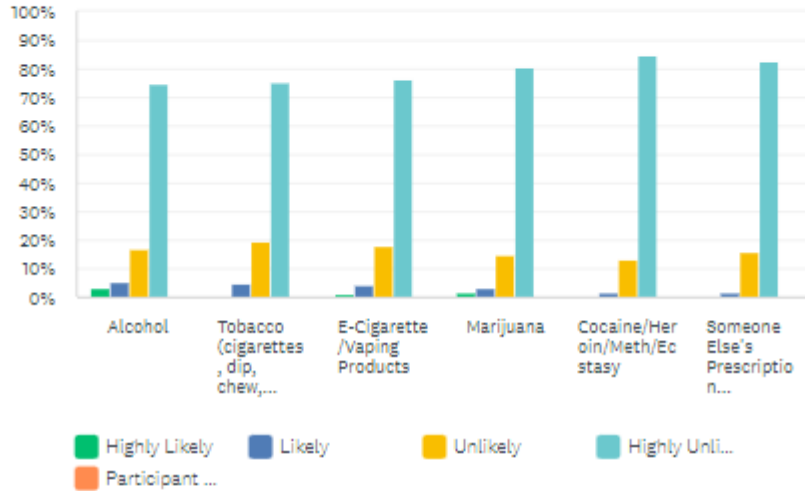
	YES	NO	UNSURE	PARTICIPANT DID NOT RESPOND	TOTAL
Alcohol	13.92% 27	82.47% 160	3.09% 6	0.52% 1	194
Tobacco (cigarettes, dip, chew, snuff)	15.98% 31	79.90% 155	3.61% 7	0.52% 1	194
E-Cigarette/Vaping Products	15.03% 29	79.27% 153	5.18% 10	0.52% 1	193
Marijuana	9.28% 18	85.05% 165	5.15% 10	0.52% 1	194
Cocaine/Heroin/Meth/Ecstasy	4.12% 8	90.72% 176	4.64% 9	0.52% 1	194
Someone Else's Prescription Medication	8.25% 16	84.02% 163	7.22% 14	0.52% 1	194

Q42

Customize Save as

How likely is it that your child has used any of the following?

Answered: 194 Skipped: 370



	HIGHLY LIKELY	LIKELY	UNLIKELY	HIGHLY UNLIKELY	PARTICIPANT DID NOT RESPOND	TOTAL
Alcohol	3.11% 6	5.18% 10	16.58% 32	74.61% 144	0.52% 1	193
Tobacco (cigarettes, dip, chew, snuff)	0.00% 0	4.66% 9	19.69% 38	75.13% 145	0.52% 1	193
E-Cigarette/Vaping Products	1.04% 2	4.15% 8	18.13% 35	76.17% 147	0.52% 1	193
Marijuana	1.55% 3	3.11% 6	14.51% 28	80.31% 155	0.52% 1	193
Cocaine/Heroin/Meth/Ecstasy	0.00% 0	1.55% 3	12.95% 25	84.97% 164	0.52% 1	193
Someone Else's Prescription Medication	0.00% 0	1.55% 3	15.54% 30	82.38% 159	0.52% 1	193