

Community Health Assessment

Yadkin County

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2015

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Yadkin County Chamber of Commerce

Yadkin County Libraries

Yadkin County Senior Centers

Yadkin Medical Associates

Phillips Van Heusen

Collide Church

Swan Creek Baptist Church

Christ Redeemer Catholic Church

Executive Summary

The 2015 Yadkin County Community Health Assessment process included 11 CHA team members, 13 community agencies and a gathering of 290 completed community health surveys. These people, agencies, and survey responses, along with secondary data research, provide the information included in this report.

The 2015 report includes the process in which we collected and analyzed data as well as how we choose our priority areas. The report includes data from both the survey's results themselves, along with data on Yadkin County health statistics from secondary sources. Also found within this report is an overview of the prevention and health promotion needs and resources within our community. Lastly, this report will show you what our top concerns, or priorities, are and where we are headed over the next 4 years.

According to the County Health Rankings and Roadmaps, in 2015, Yadkin County was ranked 50th out of North Carolina's 100 counties in terms of health factors; in which clinical care had the biggest impact on this lower rating. In respect to health outcomes, Yadkin County was ranked 51st; with quality of life primarily influencing this poor ranking. The community was most concerned about low income and poverty, with 24% of residents listing this as an issue; followed by drug use and lack of/inadequate health insurance at approximately 20% and 8%.

Yadkin County currently has a transitioning health care market. The recent shutdown of the hospital and the addition of two new urgent care centers shows that the County is moving away from specialized, long term care such as surgeries and hospital admission to short term, acute care. Long term, chronic and specialized care is found in the surrounding counties.

The primary data, secondary data, and characteristics of health care in Yadkin County point to the main concerns of residents. These, in turn, provide us with a direction to head when planning for improvements in the future including the implementation of evidence based programs. Topics of the highest concern were: substance abuse, physical activity and access, and heart health. Efforts will include the promotion of new and existing built environment features for physical activity as well as partnerships with agencies, such as the schools, to promote the increase of physical activity. Another area which drew attention both from survey respondents and secondary data collection was the current prescription medication issue in Yadkin County. Efforts will include continuing to collaborate and support the local chapter of Project Lazarus. Lastly, health issues that relate to chronic diseases such as heart disease and diabetes were seen from both primary and secondary data. This shows that heart health education and practice is a concern for the residents of Yadkin County. Efforts will include reaching out to residents so they are better informed about the daily practices in bettering heart health including nutrition, physical activity and applicable screenings. Efforts to address these issues may include implementing evidence based strategies targeting high blood pressure.

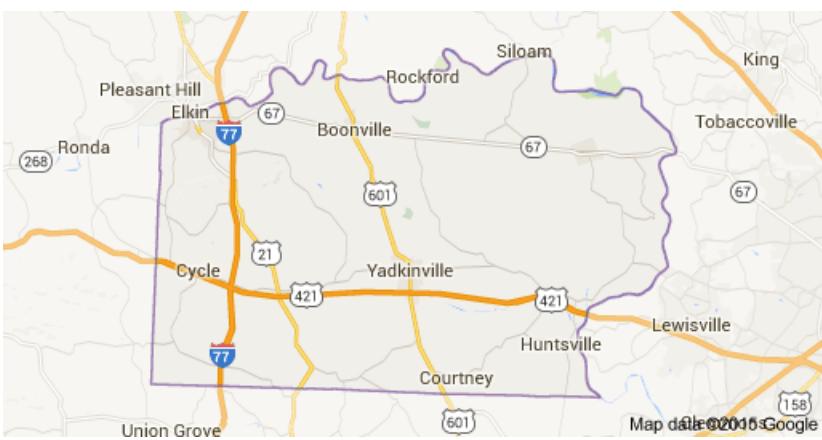
Chapter 1 – Background and Introduction

Every local health department in agreement with the NC Division of Public Health through the annual Consolidated Agreement must complete a county-wide Community Health Assessment (CHA) every four years. In the years between Community Health Assessments, each county must complete a smaller State of the County Health (SOTCH) report, reviewing and updating progress made on top priority issues from the most recent completed CHA. The CHA and the State of the County Health report are both part of a county's accreditation requirements and are also important in a department's annual program planning efforts. These reports and the research and work that goes into each, allows the department to closely look at those health issues that are affecting the lives of their residents and also allows the department to lead efforts on tackling these issues.

A major component of the CHA process is the CHA team. This year's team consisted of eleven members. These eleven members represented seven different community agencies and our own Consolidated Community Health Advisory Board. The agencies represented were chosen through conversation with the Director, Assistant Director, and Health Educator of the agency. A representative of each agency was contacted by email to ask that they participate or send someone on behalf of their agency. All responded by committing themselves or a representative. The team first met on June 12th, 2015. At this meeting, the team was given information about what the CHA was, the process, and their involvement. They were given a timeline of their involvement throughout the process. Their first item of business was to review the provided sample CHA survey and make any changes they felt would be best for our community. The team also provided feedback for the survey collection process including who to target, where and when. They all agreed to complete both paper and electronic surveys. Via email, the group agreed to the edits made to the sample survey which formed the final survey version for our county. The team next met in September. This allowed time to complete most of the survey collection. At this meeting, they were given a presentation on where we were with data collection and what we still needed. The team assisted in determining ways to target missing demographic groups. They also provided feedback on ways to collect secondary data. At the October meeting, the team was given the final primary and secondary data. From this, they were also given the areas that Yadkin County consistently did not compare to our peer counties or the state. The team had a discussion about which of these areas they felt could be successfully targeted over the next four years. These target areas were decided to be: substance abuse, physical activity and access, and heart health. In January 2016, the team also reviewed the final CHA report and made a recommendation to present to the Board of County Commissioners for final approval.

Chapter 2 – Brief County Description

Yadkin County is located in the northwest Piedmont region of central North Carolina. The region consists of rolling farmlands which are frequently broken by hills or valleys formed by streams. Yadkin County marks the eastern end of the Brushy Mountains range; and, the Yadkin River forms the county's northern and eastern borders. The nearest metropolitan area is Winston-Salem, NC which is located 20 miles to the east. The county is 75 miles north of Charlotte, NC and 134 miles west of Raleigh, NC. Yadkin County is bordered on the north by Surry County, east by Forsyth County, west by Wilkes County, and on the south by both Davie and Iredell counties. There are five municipalities in Yadkin which include: East Bend, Jonesville, Boonville, Hamptonville, and Yadkinville, which serves as the county seat. There are two major highways and one major interstate which run through Yadkin County. Interstate 77 runs north-south in the western region of the county. Highways 421 and 67 run east-west through Yadkin County. Highway 421 runs through Yadkinville, NC from Winston-Salem to Boone, NC. Highway 67 runs through East Bend and Boonville, NC from Winston-Salem to Jonesville, NC (Google Maps, 2015).



Yadkin County does not have an organized mass transit system that may be found in larger metropolitan areas. The county is closely located to two passenger service airports which are Piedmont Triad International Airport in Greensboro, NC and Charlotte-Douglas International Airport in Charlotte, NC. There is also a publicly owned general airport in Winston-Salem, NC, Smith-Reynolds Airport. The closest bus and train stops are located approximately 25 miles away in Winston-Salem, NC.

The physical area of Yadkin County is approximately 334.83 square miles⁵. The elevation of the county is 875 feet above sea level². The climate in Yadkin County is relatively mild, with an average monthly maximum temperature around 69 degrees. The average monthly minimum temperature is 44 degrees. The average monthly precipitation is 45.6 inches².

From the official Yadkin County Chamber of Commerce website³ and Town of Yadkinville website⁴:

“The County is named for the Yadkin River; which forms the northern and eastern boundaries of the county. In January 28, 1851, an act was passed to establish a county seat for Yadkin County. A 50-acre tract located at the center of the County was selected as the site of the new town. Originally the town was to be named Wilson, however after discovering another town with the name the decision was made to name the town Yadkinville.”

“Originally a farming community, flue cured tobacco was the major cash crop grown in Yadkin County. As tobacco use declined, production of other crops increased. Vineyards are now producing grapes to be used in

wine-making. The first winery opened in 2000, and currently Yadkin County is home to 14 producing wineries, the largest concentration in the state of North Carolina. The Yadkin Valley Wine Region was the first and remains the largest, federally designated wine producing region, or appellation, in North Carolina.”

“While Yadkin County remains primarily rural in character, the county combines a farming economy with growing industrial development. Industrial growth was slow in coming to Yadkin due to the decision in 1871, 1885, and again in 1908 to not allow the railroad into the County. Highway infrastructure later allowed growth to take place and now Yadkin County has a healthy mix of manufacturing operations.” Examples of this would be the Unifi, Phillip-Van Heusen, and Lydall, manufacturing plants that now reside in Yadkin County.

From the 2010 US Census data, we find that Yadkin County has 38,406 residents. This is a 5.7% increase in population since the 2000 US Census data collection. Also noted from the US Census data, is that Yadkin was projected to have a decrease in population, down to 37,792 by 2014. This represents a 1.5% decrease. Some notable population data points are that 25.6% of the population is under the age of 19 and 16% are over the age of 65. The two largest race groups in the county are White at 88.5% and Black/African American at 3.1%. The County has a population of 9.8% Persons of Hispanic or Latino origin. These differ from state data which are 68.5%, 21.5%, and 8.4% respectively⁵. Further investigation of US Census data from 2014 finds that 9.2% of the county’s population speaks a language other than English in the home. The high school graduation rate is 78%, however, only 9.4% of the population has gone on to achieve a bachelor’s degree or higher, which is a decrease from the 10.6% in 2011.

According to the KIDS COUNT Data Center, the most recent SAT score average for Yadkin County from 2012 is 978 which was down some from the 987 score reported in the 2011 CHA. These scores were based on a 1600 point scale, including math and verbal scores. A November 2015 report from ACCESSNC gives the average SAT scores, out of a 2400 point scale, to be 1428. This report also shows the median household income in Yadkin County is \$41,527. Most of the employers in Yadkin County are in the private sector, with manufacturing being the largest employer in the county. For 2014, the annual unemployment rate was 5.4% and the year-to-date unemployment rate at time of submission was 4.5%. In 2014, 19.4% of individuals living in the county are living below the poverty level⁵.

Health facilities and other key structures

According to the Yadkin County Parks and Recreation website, the Yadkin County Parks and Recreation Department was established in 1972 with the goal of providing activities, events, and facilities to meet the needs of the people of Yadkin County. Today the Parks and Recreation Department has grown to include 4 unique parks and a blueway with three river access points. Future planning for parks and trails continues to be a priority. The 140 acre facility is open to the public 365 days a year. The Yadkin County Park facility offers:

- 4 lighted tennis courts
- 1/2 mile long walking trail
- 18 hole disc-golf course
- 2 playground areas
- 2 lighted multipurpose athletic fields (used for youth soccer, youth baseball, and adult softball)
- 4 mile nature/biking trail (well-marked and open year round)
- Sand volleyball court (can be reserved by groups)
- Large group shelter which can hold groups up to 250 people (can be rented for a 4 hour period for \$50.00)
- Small group shelter (first come basis)

- Junior Olympic sized outdoor pool (available for recreation, swimming lessons, private parties and swim team competition and practice. Admission is \$3.00 for 5y/o and older Under 5 y/o free with adult Opens in late May till Labor day Hours: M-F 1130am - 500pm and 730pm - 900pm
- 2 ponds available for public fishing, no license required

The new Yadkin Memorial Park facility includes a walking/jogging trail, a playground, boating access (non-gas powered), fishing, and waterfowl hunting. The park provides kayaks and john boats for rent during the spring and summer months. The park amenities include 2 shelters (one large, one small, available for rent), boat ramp, two fishing piers, 6 duck blinds, playground, picnic tables/charcoal grills, ample parking, restrooms, and paved trail.

The Yadkin River Trail is a Blueway Trail. A blueway or water trail is a water path or trail that is developed with launch points, camping locations and points of interest for canoeists, paddle boarders and kayakers. Blueways are typically developed by state, county or local municipalities to encourage recreation, ecological education and preservation of wildlife resources. The Yadkin River is designated as a State Blueway Trail and includes High Rock Lake, Tuckertown Reservoir and Lake Tillery, with a connected series of river access points from Wilkes County to Montgomery County, including 4 in Yadkin County (Shoals, Donnaha, Huntsville, and Shore). Yadkin County maintains three river access sites on the Yadkin River: Donnaha Yadkin River Access, Shores Yadkin River Access, Huntsville Yadkin River Access.

The Parks and Recreation department also host special yearly events such as baseball tournaments, summer baseball camps, summer tennis camps, and occasional disc-golf tournaments. The department also sponsors some league athletics such as adult softball, youth soccer, various basketball leagues and youth self-defense classes.

The County also has a local chapter of the YMCA. According to their website, the Yadkin Family YMCA “has served the local community for 10 years and offers a wide range of programs for the whole family including swim lessons and camps, as well as a comprehensive Wellness Center with on-duty staff, group exercise programs, and SilverSneakers® classes.” Their facilities include a gym with multiple courts, racquetball court, cross training space, and both an indoor and outdoor pool.

Chapter 3 – Health Data Collection Process

For the 2015 Yadkin County Community Health Assessment, our agency utilized the sample community health assessment survey provided by the NC Division of Public Health. The Community Health Assessment Team added one additional question, and made some changes to some of the questions based on what they would like to learn from County residents in addition to what is specific to Yadkin County. The team added a question asking participants if they have children between the ages of 0 and 8. Changes to the survey tool include:

- Number 7: hopelessness was changed to depression; added drug use (illegal and prescription)
- Number 13: added additional options of physical activity and bullying
- Number 20: added additional options of schools, church, and senior centers
- Number 28: changed the question to read “Where do you go most often when you are sick, in Yadkin County?”; added the option of “none, outside the County” as an answer
- Number 48: added (include yourself)

To begin the survey collection process, the survey was uploaded into Survey Monkey so responses could be collected electronically. The link to the electronic survey was posted to the County website and emailed to all County employees.

It was also forwarded to the administrators of the local school system to send out to staff, as well as the CHA Team for them to forward as they saw fit. The Yadkin Chamber of Commerce distributed to their listserv. A county laptop was placed in the lobby of the local YMCA and people were invited to complete the survey electronically there.

In addition to having the survey available electronically, the agency had paper copies printed for community based survey collection. Paper copies were dropped off at all four County library locations, all three County senior center locations. Yadkin Medical Associates and Yadkin County Medical Clinic were local medical providers willing to assist in survey collection. The Yadkin County Animal Shelter also made the survey available to people who visited their offices. A letter inviting local churches to participate was mass-mailed. Three churches were willing to collect survey responses from congregation: Collide Church, Swan Creek Baptist, and Christ Redeemer Catholic Church. In addition, the Yadkin Baptist Association included the link for the online survey in their newsletter and also placed hard copies out in their lobby. Many local companies were approached about assisting with survey completion. Three major manufacturers were approached, and only one, Phillips Van Heusen participated. Other local businesses, such as Food Lion, Lowes Foods, and Sheetz, were approached about us setting up to collect surveys from customers and they all declined. The local schools were approached about survey collection at open house and sports events, but we were never given approval. As an agency, we were able to participate in some community events such as the local Harvest Festival and the Yadkin Arts Council 3rd Friday's event in August. One of our CHA Team members is a local pastor and reached out to some of his Hispanic contacts, as well as the Head Start representative reached out to some of their Hispanic parents and staff members. This was in attempt to increase the response from certain demographics to better match our County population.

Our data collection process also included secondary data research. This included researching data from various agencies and websites. Agencies accessed in researching the secondary data include: Center for Disease Control and Prevention, March of Dimes, US Department of Health and Human Services, and the National Cancer Institute. Other sources of information include the NC State Center for Health Statistics and the County Health Rankings database. Topics search in the secondary data research related to the topics in which questions were asked of the survey respondents. This allowed for a comparison of the local data and perspectives to our peer counties and the state.

The results of the primary and secondary data were put together in chart format and presented to the CHA team at their meeting in October. From this, they were also given the areas that Yadkin County consistently did not compare to our peer counties or the state. The team had a discussion about which of these areas they felt could be successfully targeted over the next four years. These target areas were decided to be: substance abuse, physical activity and access, and heart health.

Chapter 4 – Health Data Results

Health Status Overview

The County Health Rankings and Roadmaps is an annual report produced by the collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. This program utilizes county-level data to rank each county within the state based on health outcomes and factors that affects the overall health status of county residents. In 2015, Yadkin County was ranked 50th out of North Carolina's 100 counties in terms of health factors; in which clinical care had the biggest impact on this lower rating. Health factors are comprised of four major components: health behaviors (adult smoking, adult obesity, physical inactivity, teen births, etc.), clinical care (uninsured, number and variety of providers, preventable hospital stays, etc.), social and economic factors (high school graduation rate, children in poverty, unemployment, etc.), and physical environment (air pollution, water quality, severe housing problems, etc.). Health factor elements influence the overall health outcomes ranking.

In respect to health outcomes, Yadkin County was ranked 51st; with quality of life primarily influencing this poor ranking. When determining a county's health outcome ranking, length of life and quality of life (poor or fair health, poor physical health days, poor mental health days, and low birthweight) are taken into consideration.

Overall Health Ranking 2015						
	Dare	Davie	Person	Stokes	Transylvania	Yadkin
Overall Rank for All Health Outcomes	15	12	27	62	6	51
Overall Rank for All Health Factors	24	16	65	74	15	50

Source: County Health Rankings and Roadmaps¹⁰

Primary data regarding the health status of residents of Yadkin County comes from the 2015 Yadkin County Health Assessment, which was implemented from July 2015 to November 2015. There were 292 surveys completed. In order to obtain an overall synopsis of major health and community issues present in Yadkin County, survey questions aimed to capture a variety of aspects that affects one's health and quality of life. Areas of focus included residents' opinions on community improvement, personal health, both physical and mental, as well as access to care and emergency preparedness.

Yadkin County residents were asked about their perception of community issues that they feel have the most effect on their quality of life and health. The community was most concerned about low income and poverty, with 24% of residents listing this as an issue; followed by drug use and lack of/inadequate health insurance at approximately 20% and 8%.

Self-reporting health status is a good indicator of determining an individual's health-related quality of life and is a reliable assessment of their recent health. While only 18% of survey respondents self-proclaimed to having "poor" or "fair" health, about one-third of residents acknowledged having been told by a health professional they had any of the following health conditions: depression or anxiety, high blood pressure, and high cholesterol.

Approximately 31% of residents acknowledged that pain or health problems kept them from doing normal activities within the past 30 days. Not only is physical pain affecting residents but mental health is also taking a toll on residents' daily activities. One in five residents reported feelings of sadness or worriedness kept them from going about their normal business within the past 30 days. Based on data collected by the County Health Rankings and Roadmaps, on average, Yadkin County residents experience 4.1 poor physical health days and 4.6 poor mental health days out of a 30

day period. This is above North Carolina's average of 3.6 and 3.4 poor physical and mental health days for the same timeframe⁶.

Mortality

The State Center for Health Statistics of North Carolina assembles the top 10 causes of death each year. Yadkin County's top 10 causes of death show that heart disease and cancer continues to reside at the top of the list. This has been consistent for a number of years.

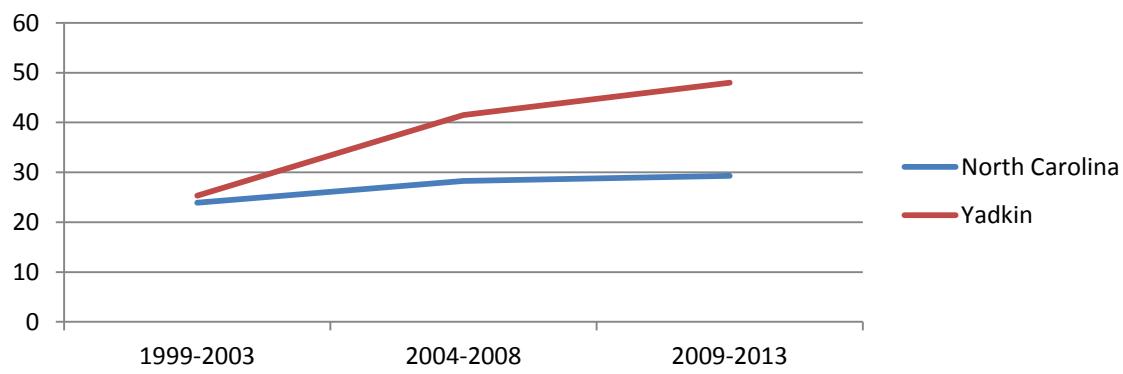
**2010-2014 Death Rates for the Leading Causes of Death
Yadkin County vs. North Carolina**

Cause of Death	Deaths (Yadkin)	Yadkin Co. Death Rate	NC Death Rate
Diseases of the heart	478	197.8	165.9
Cancer- all sites	438	173.0	171.8
Chronic Lower Respiratory Diseases	150	60.3	46.0
Cerebrovascular Disease	130	53.1	43.0
Other Unintentional Injuries	103	51.2	29.6
Pneumonia & Influenza	61	25.2	17.6
Alzheimer's Disease	58	24.9	29.2
Diabetes Mellitus	53	21.1	22.1
Septicemia	46	18.7	13.0
Nephritis, Nephrotic Syndrome	45	18.2	17.0

Source: North Carolina State Center for Health Statistics⁹

The top four leading causes of death in Yadkin County are identical to those of the state as a whole. While Yadkin County has fewer deaths from Alzheimer's disease and diabetes as compared to the state, Yadkin County has higher death rates in all other categories; with unintentional deaths nearly doubling that of the state rate.

**Age-Adjusted Unintentional Injury Death
Rates per 100,000 Residents
(excluding Motor Vehicle Deaths)**

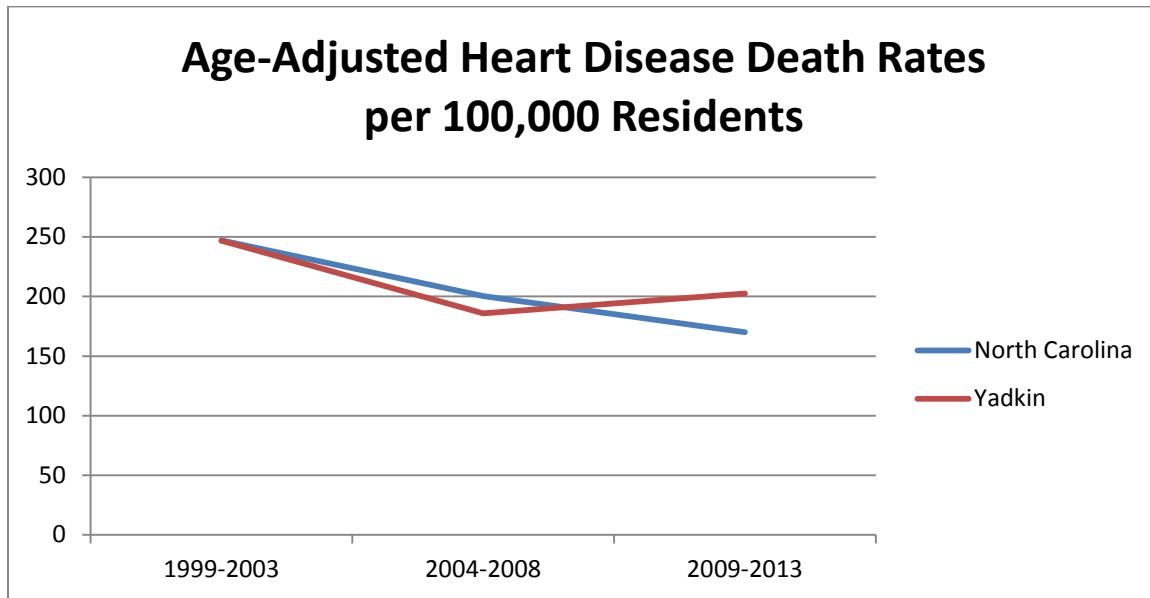


Source: North Carolina State Center for Health Statistics

When looking at leading causes of death between genders and ages, we see that there are some disparities. While heart disease and cancer are the top leading causes of death among both genders, men in Yadkin County are disproportionately

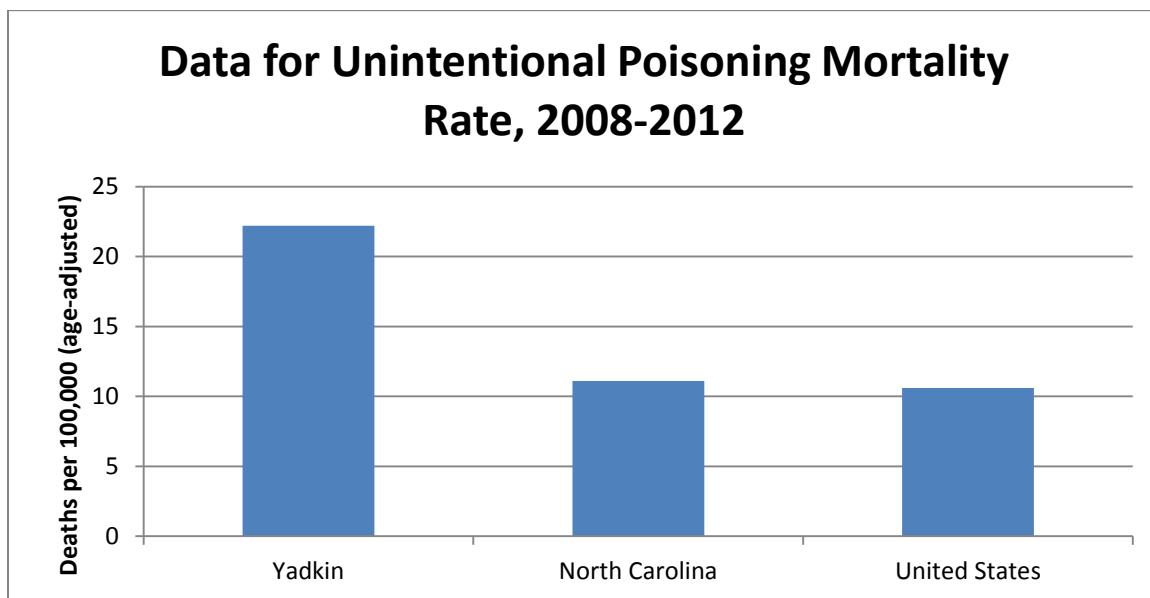
more likely to die from unintentional injuries than women. Men are also more likely to die from cancer; more specifically, cancer of the trachea, bronchus, and lung as well as diabetes mellitus.

Heart disease, such as coronary heart disease, heart attack, congestive heart failure, and congenital heart disease, is the leading cause of death for men and women in the United States. While the death rate from heart disease in Yadkin County has decreased from 1999 to 2008, in more recent years, that rate has begun to show an incline from 185.9 per 100,000 in 2008 to 202.5 per 100,000 in 2013⁹.



Source: North Carolina State Center for Health Statistics

While great strides have been made to reduce rates of substance abuse in the United States, the misuse of mind- and behavior-altering substances continue to wreak havoc on the health of individuals, families and communities nationwide¹³. In 2012, of the 1.12 million emergency department visits nationwide, 21,718 were due to medication or drug overdoses; with North Carolina reporting 222.7 to medication or drug overdoses per 100,000 persons. Yadkin County's unintentional poisonings mortality rate is twice the state and national average for 2008-2012⁶.



Source: North Carolina State Center for Health Statistics

The leading cause of death for those aged 0-19 are conditions originating in the prenatal period. Other leading causes of death for this age group include birth defects and injuries. Those who die between the age of 20 and 39, the leading causes of death are related to injury, either motor vehicle or other unintentional injury, as well as suicide and cancer. For those aged 40-64, the leading cause of death among this group is cancer, followed by heart disease and unintended injuries. The age group with the largest number of deaths is those aged 65-84; with causes attributed to cancer, heart disease, chronic lower respiratory disease, and cerebrovascular disease. Finally, in those aged 85 or better, leading causes of death were identical to that of the 65-84 age group; with heart disease being the leading cause, followed by cancer and chronic lower respiratory disease.

Morbidity

Maternal and Child Health

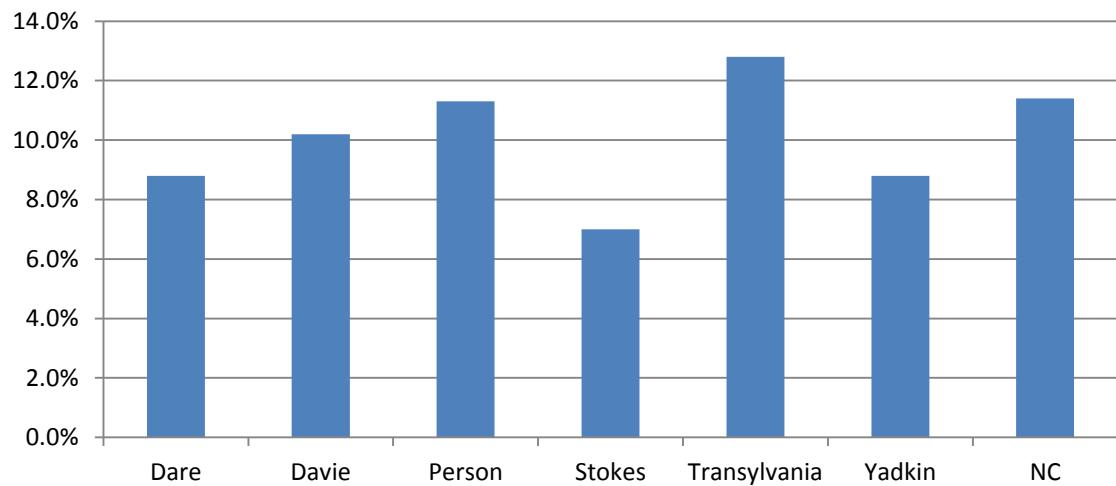
In 2014, there were a total of 341 births to Yadkin County residents. Based on that information, it is important to assess the number of women that sought prenatal care in the first trimester; as early prenatal care is associated with positive birth outcomes. In 2014, 70.4% of Yadkin County women received prenatal care during their first trimester; which is comparable to the state at 68.2%⁹.

When care begins later during pregnancy, the infant is more susceptible to negative or unfavorable birth outcomes. Negative health implications of newborns are also associated with the mother's habits during pregnancy. Smoking during pregnancy can have harmful effects on both the mother and fetus. According to the North Carolina State Center for Health Statistics, 16.4% of Yadkin County mothers smoked during pregnancy in 2014. Smoking during pregnancy may contribute to low or very low birth weight, as well as preterm delivery.

When an infant is born at a low or very low birthweight, this can result in serious health concerns⁸. Such implications include bleeding in the brain, heart complications, respiratory distress, as well as intestinal and eye problems. Babies born with a low or very low birthweight are also more susceptible to disabilities like mental retardation, cerebral palsy, vision and hearing loss, or even death⁸. This can even have health implications that appear later in life; such as diabetes, heart disease, high blood pressure, obesity and metabolic syndrome. Of the 341 births to Yadkin County residents in 2014, 0.9% of infants were born with a very low birthweight (≤ 3.3 lbs. In 2014, 8.8% of infants were born with a low birthweight (≤ 5.5 lbs.)⁹.

A premature birth is defined as a birth that takes place before the start of the 37th week of gestation⁸. North Carolina State Center for Health Statistics reported that 8.8% of births in 2014 were premature.

Less Than 37 Weeks of Gestation



Source: North Carolina State Center for Health Statistics

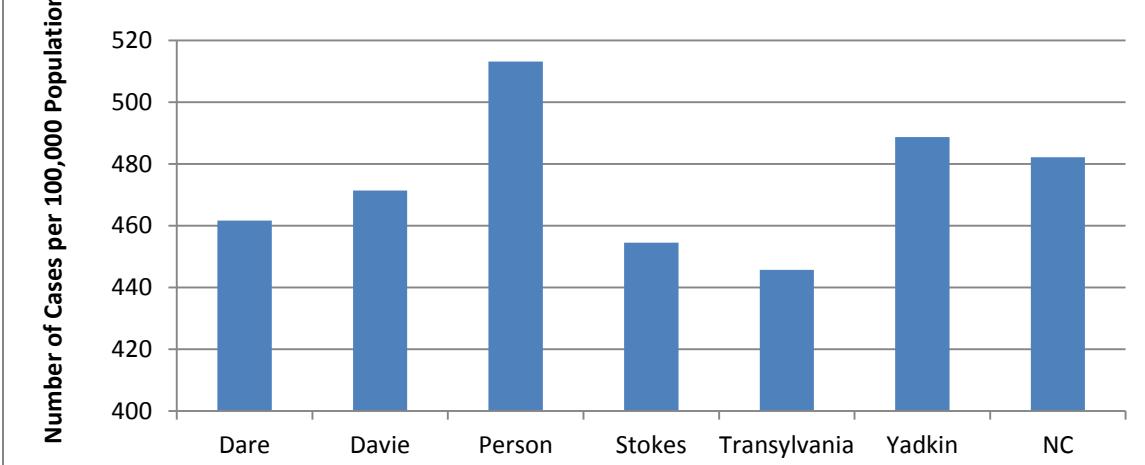
Chronic Disease

Chronic diseases are long-lasting health implications that can be controlled but not cured. Many chronic conditions are also the leading causes of death and disability in the United States. Eight out of the top ten leading causes of death in Yadkin County are chronic disease related. Some common chronic diseases include heart disease, respiratory disease, cancer, diabetes, stroke, arthritis, Alzheimer's disease and obesity. Cancer, diabetes and weight were the top three responses that residents listed on the community health assessment as health topics they would like more information about.

Cardiovascular disease is a term used to talk about types of conditions that affect the heart and blood vessels. While 7% of residents self-reported they currently have angina or heart disease, many more reported having risk factors that may place them at greater risk for developing the chronic condition. Risk factors are traits and habits that could increase the chances of having a disease. Modifiable risk factors are things that we can control and change. For heart disease, these include high blood pressure, high cholesterol, diabetes, smoking, and lack of physical activity. Forty-four percent of community health survey respondents admitted having been told by a health professional they were overweight or obese, and about one-third had high blood pressure and high cholesterol, as well as fourteen percent diagnosed with diabetes. Residents can reduce their risk of cardiovascular disease by modifying their behaviors by limiting alcohol intake, maintaining a healthy weight, limiting fat intake, eating more fruits and vegetables, staying physically active, and not smoking.

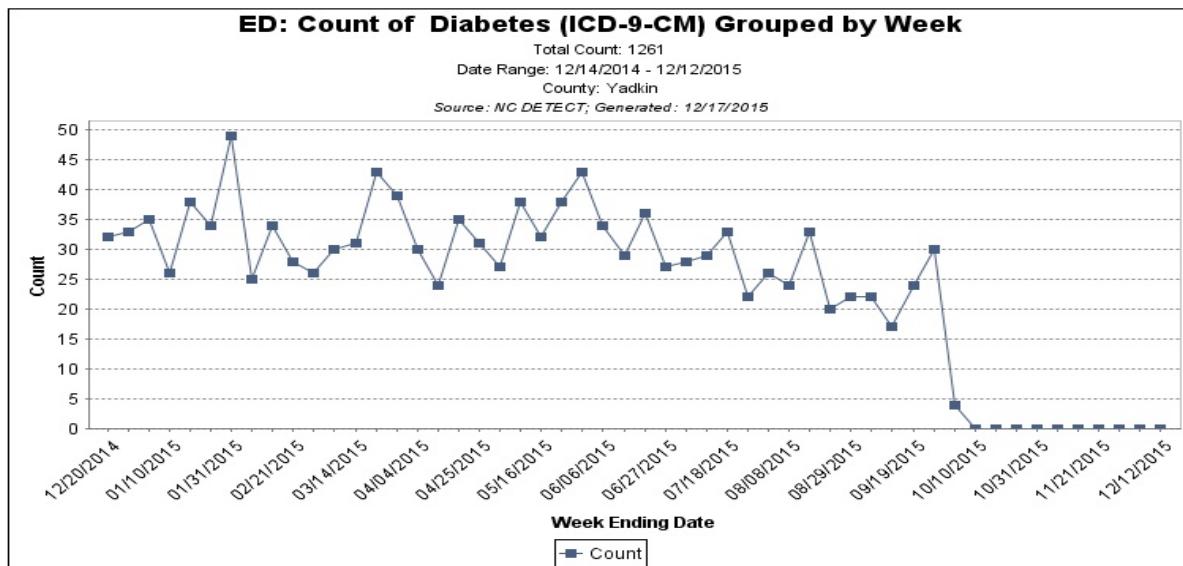
Cancer is the name given to a collection of related diseases. In all types of cancer, cells in the body continuously divide without stopping and invade surrounding tissues¹⁵. While it is difficult to know exactly why one person develops cancer and another doesn't, there are certain risk factors that may increase a person's chances. Some risk factors, such as aging, are unavoidable; however, alcohol consumption, tobacco use, exposure to sunlight, diet, and weight are all modifiable behaviors that one can avoid or limit their exposure in order to reduce their risk of developing certain cancers. When viewing cancer incidence rate for Yadkin County, this is comparable to the state incidence rate.

Cancer Incidence Rate 2006-2010



Source: North Carolina State Center for Health Statistics

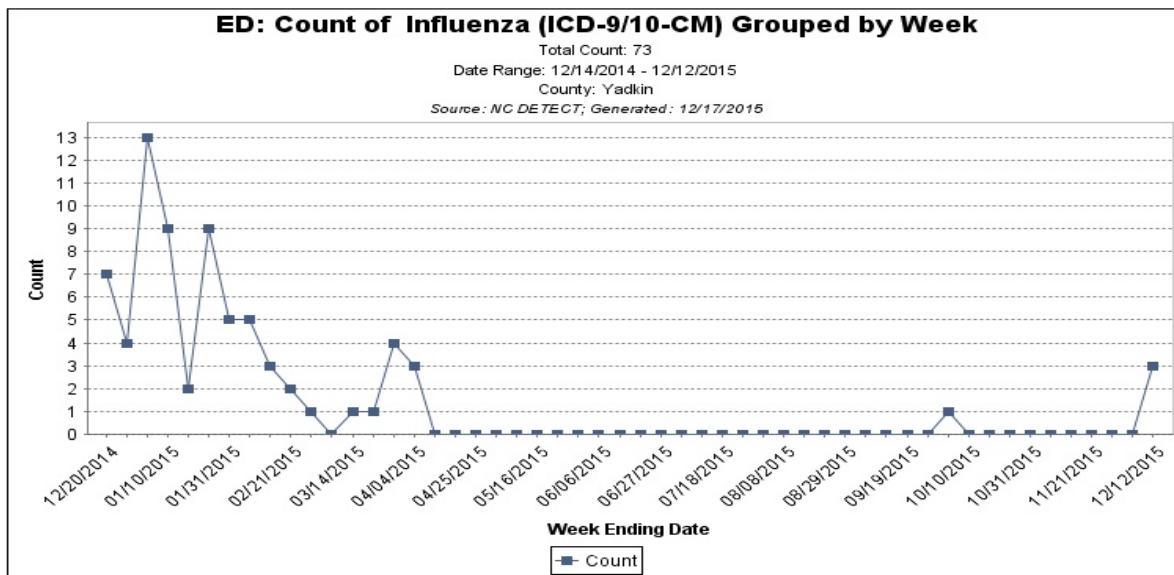
Diabetes is a disease in which blood glucose levels are above normal. This chronic condition can cause serious health complications such as heart disease, blindness, kidney failure, and amputation of lower-extremities. Not only is diabetes a top leading cause of death for Yadkin residents, as reported earlier, but it has also sent many residents to the emergency department due to various health implications caused by the disease.



Source: NC Detect₆

Infectious Disease

Influenza (flu) is a contagious respiratory illness caused by the influenza virus that can cause mild to severe illness and symptoms. The flu is primarily spread by droplets made when individuals with the flu cough, sneeze or talk and these droplets can spread to others up to about 6 feet away.



Source: NC Detect

The best way to prevent the flu is to get vaccinated annually. When residents were asked if they received their seasonal flu vaccine, whether it was the shot, spray or both, 37% reported that they did not get the vaccine.

Health Care

Health care cost and access are two determinants of health which were presented when completing the 2015 Yadkin County Health Assessment. When asked how residents feel about the following statement, “there is good health care in Yadkin County,” over half, or 54%, either disagreed or strongly disagreed with the statement. Residents were asked to consider cost and quality, as well as number and availability of health care options. When taking these factors into consideration, this influences the decision of 38% of Yadkin residents to travel outside of county to receive care when sick, as self-reported on the community health survey.

Access, availability and utilization of health care are affected by many variables such as availability of health care professionals, accessibility of health insurance coverage, transportation, and other factors. Based on these indicators, Yadkin County falls short in many of these areas. This can be accredited to the number of medical professionals who currently work in the county. Yadkin County has immense gaps compared to state and peer counties in the following professions when viewing resident-to-staff ratios:

Clinical Care							
	Dare	Davie	Person	Stokes	Transylvania	Yadkin	NC
Primary Care Physicians	1,503:1	2,302:1	3,021:1	5,848:1	1,428:1	3,462:1	1,448:1
Dentists	1,592:1	3,463:1	2,805:1	7,765:1	2,991:1	5,434:1	1,970:1
Mental Health Providers	614:1	1,662:1	1,007:1	2,912:1	588:1	1,654:1	472:1

Source: County Health Rankings and Roadmaps

To further illustrate how grave of a concern access to health care is, 19%, or approximately 1 in 5 residents, reported having problems getting the health care they needed within the last 12 months. Primary reasons for access issues included: co-pay was too high, insurance didn’t cover needed treatment, or no health insurance. Health care cost plays a major role in health implications. According to the County Health Rankings and Roadmap, 16% of Yadkin County’s population was unable to see a physician due to cost in the past year. Based on data presented by the U.S. Census

Bureau, 24.5% or approximately one quarter of adult residents are uninsured. This is comparable to our peer counties; with an average 23% of adults uninsured¹².

Of those that had difficulties seeing a provider, 37% reported issues of seeing a dentist, followed by general practitioner (35%) and the hospital (24%). Access issues with the hospital are attributed to Yadkin Valley Community Hospital closing in May 2015.

Determinants of Health

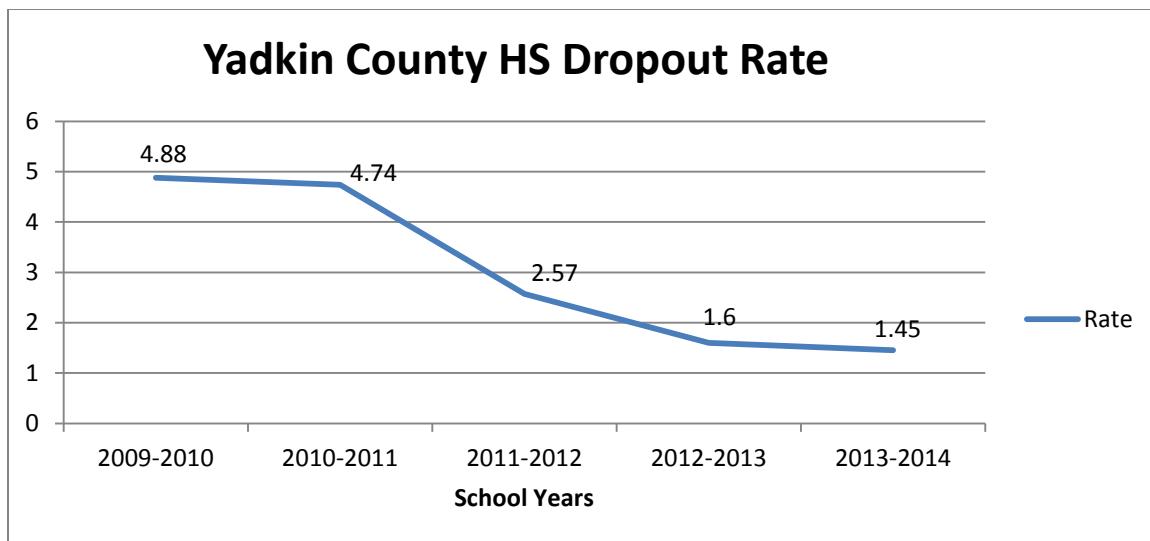
Social and Physical Environment

Social determinants of health are comprised of the social and physical environment in which people live, work, play, learn, and age. Such determinants can impact an individual's quality of life and overall health outcomes. Areas of major impact on one's social environment include educational status, family background, and social support¹⁴. The 2009-2013 U.S. Census Bureau approximates Yadkin County had lower percentages of both high school graduates and residents with a bachelor's degree or higher compared to NC as a whole.

	Yadkin County	North Carolina
High school graduate or higher, percent of persons age 25+	78.8%	84.9%
Bachelor's degree or higher, percent of persons age 25+	13.1%	27.3%

Source: County Health Rankings and Roadmaps

Based on this data, approximately 21.2% of residents have an education lower than a 12th grader; with dropout rate being a contributing factor. According to the NC Department of Public Instruction, a "dropout" is any student who leaves school for any reason before graduation or completion of a program of studies without transferring to another elementary or secondary school¹⁷. Specific to high school students in regular public schools and charter schools, Yadkin County has seen a steady decline in high school dropouts since 2009. From 2009 to 2014, Yadkin has seen about a threefold decrease in the number of students that dropout; from 4.88 in 2009-2010 to 1.45 in 2013-2014 school year.



Source: NC Department of Public Instruction

One's physical environment is comprised of the natural environment, such as plants, weather, or climate change, and built environment which is made up of buildings, worksites, schools, transportation, homes and neighborhoods. All of these components have some influence on a person's health status. Many of the components that make up one's

physical environment is comparable to North Carolina and peer county data. From compiling the survey results and data, physical environment was of little concern for residents.

Physical Environment							
	Dare	Davie	Person	Stokes	Transylvania	Yadkin	NC
Air Pollution- particulate matter	11.4	12.8	12.4	12.8	13.1	12.8	12.3
Drinking Water Violations	0%	7%	0%	0%	1%	2%	4%
Severe Housing Problems	20%	12%	14%	12%	12%	12%	16%

Source: County Health Rankings and Roadmaps

Poor health outcomes are often made worse by the interaction between individuals and their social and physical environment. Social and physical determinants may also influence one's individual behaviors.

Individual Behavior

Personal behaviors and lifestyle choices may be the best indicator of health. The 2015 Yadkin County community health assessment asked which health behaviors people in the community need more information about. Top responses included substance abuse prevention, eating well/nutrition and information on quitting smoking and tobacco products; all of which are all modifiable personal behaviors.

Diet and exercise can play a major part in determining a person's health. Residents were asked about their regular physical activity, as well as, their consumption of fruits and vegetables. While many residents stated they did meet the recommended amount of physical activity during a normal week, over one-third reported they did not engage in any physical activity lasting at least half an hour. This is approximately 10% higher than the 25% of North Carolina residents that are physically inactive (county health rankings). Not having enough time, too tired, and not liking exercise were the primary reasons for not meeting physical activity recommendations. Another major problem for Yadkin County residents is access to exercise opportunities, with 18% listing access as an issue. The chart below shows the percent of the population that have adequate access to locations for physical activity; noting that Yadkin has the biggest gap compared to peer-counties and North Carolina as a whole.

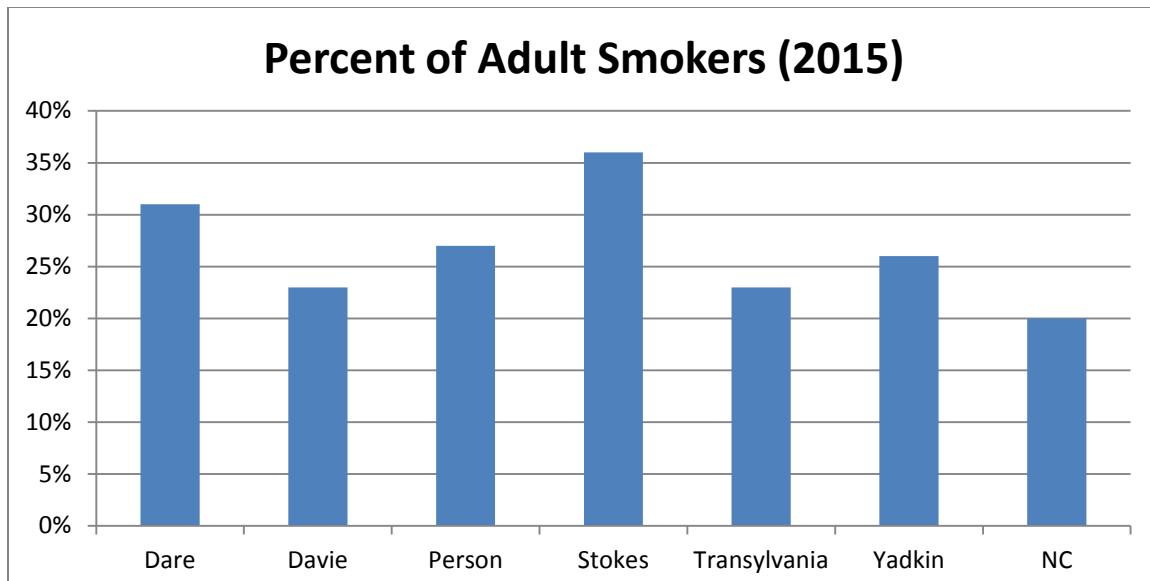
Access to Exercise Opportunities							
	Dare	Davie	Person	Stokes	Transylvania	Yadkin	NC
% with access to exercise	91%	65%	66%	75%	82%	55%	76%
# with access to exercise	30,867	26,803	26,033	35,413	26,988	21,248	

Source: County Health Rankings and Roadmaps

Insufficient participation in physical activity is a major contributor of overweight or obese individuals. Forty-four percent of survey participants have been told by a health professional they were overweight or obese. Overweight and obesity are common risk factors associated with many chronic diseases, such as diabetes.

Smoking and tobacco use leads to disease and disability which harms nearly every organ of the body. According to the Centers for Disease Control and Prevention (CDC), more than 16 million Americans are living with a disease caused by smoking¹¹. Diseases caused by smoking and tobacco products include cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Many of the diseases listed are the top causes of death among North Carolinians and Yadkin County Residents. The CDC reports that cigarette smoking is responsible for more than 480,000 deaths per year in the United States, including nearly 42,000 deaths resulting from secondhand smoke exposure¹¹. Half of Yadkin County residents that completed the

community health survey reported being exposed to secondhand smoke in the past year. Many reported secondhand smoke exposure occurred most often at home by friends and family, as well as outside public areas and facilities.



Source: County Health Rankings and Roadmaps

Smoking and use of tobacco products also comes with a heavy economic burden costing the United States more than \$300 billion a year. Nearly \$170 billion is associated with direct medical care costs for adults¹¹. Businesses are also affected by smoking, with more than \$156 billion lost in productivity due to premature death and exposure to secondhand smoke¹¹.

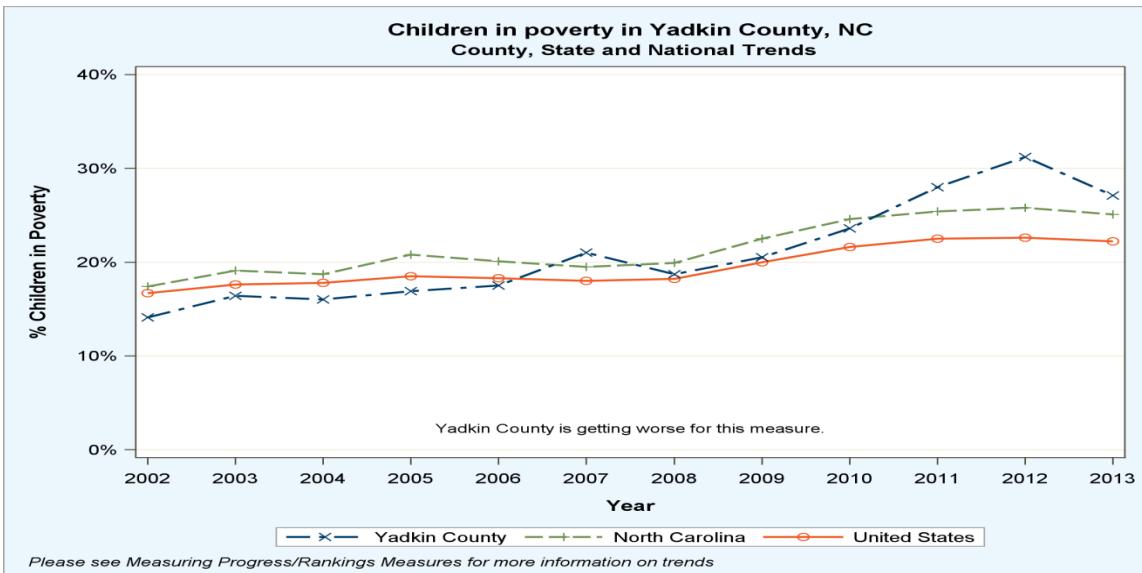
Financial/Economic Factors

Socioeconomic status is a combination of one's education, income and occupation. A lower socioeconomic level has consistently been correlated with poor mental and physical health, as well as lower quality of life.

The majority of households in Yadkin County have an income of less than \$50,000. As stated earlier, the median household income for Yadkin County was \$41,527. When survey respondents were asked which issues most affect the quality of life in Yadkin County, a quarter (25%) of respondents chose low income/poverty.

The poverty rate is the percent of the population (both individuals and families) whose income (which includes wages, workers' compensation, unemployment benefits, social security income, public assistance, pension/retirement, royalties, child support, etc.) is below the threshold established by the United States Census Bureau. According to the U.S. Census Bureau, the poverty rate for Yadkin County for 2014 was 19.4% compared to 17.6% for the state of North Carolina.

Children in poverty is the percentage of children under age 18 living in poverty. While the chart below does show a decrease from 2012 to 2013, the percentage of Yadkin County children living in poverty still remains higher than the state and national average. The number of children living in poverty provides a glimpse at current health risks children may face, as well as future health implications that may develop later in life.



Source: Robert Wood Johnson Foundation

Since 2011, the percentage of school-age children receiving free and reduced lunch has steadily increased from 34% to 45% in 2015.

Low income and poverty directly corresponds with the number of, or lack thereof, job opportunities. When residents were asked how they feel about the following statement, "there is plenty of economic opportunity in Yadkin County," 60%, or three out five residents, either disagreed or strongly disagreed with the statement. Residents also felt that higher paying jobs and availability of employment were services for which the community is most in need of improvement.

Chapter 5 – Prevention and Health Promotion

The NC Department of Commerce’s ACCESSNC November 2015 report gives information on the number of health care providers available to residents of the County¹⁶. In the most recent count, in 2012, Yadkin County had 19 physicians available or roughly 5 per 10,000 residents. Other health care provider ratios, which are also data from 2012, show 24.8 RNs per 10,000 residents, 1.8 dentists per 10,000 residents and 3.7 pharmacists per 10,000 residents.

Up until May 2015, the County had one hospital, Yadkin Valley Community Hospital, which was located in the town seat of Yadkinville. The hospital was a 22-bed critical access hospital which offers inpatient care, emergency care, laboratory services, radiology, outpatient surgery, therapy services, palliative care, and pulmonary rehabilitation. The hospital also housed one of the three physicians’ offices in Yadkinville, Yadkin Valley Physicians. As of the time of this report being prepared, the hospital has yet to reopen. One of the doctors who operated out of the practice located in the hospital has since opened his own operation in that same office space, which also includes a nurse practitioner from the previous practice. This practice opened October 1, 2015. Many of his patients returned to his practice for care, but the addition of patients to that practice is slow, as they are now handling all their own billing, coding, etc.

Also in Yadkinville are Yadkin Medical Associates and Blue Ridge Cardiology. There are three physicians’ offices located in Jonesville as well. There is a second location of the Blue Ridge Cardiology practice, as well as, Jonesville Family Medical Center and Hugh Chatham Family Medicine. There are four pharmacies located in two of the five municipalities. Yadkin County has three traditional nursing home facilities and five assisted living facilities. In February 2012, Yadkin County had its first free clinic open in Yadkinville. The Hands of Hope free clinic now has its own space and is located in Yadkinville. Other new health resource additions include a new private urgent care facility in Yadkinville as well as one newly opened in Jonesville, which is owned and operated by Hugh Chatham Memorial Hospital out of Elkin.

In February 2013, the Yadkin County Board of Commissioner’s utilized the passing of the consolidation law to consolidate the Department of Social Services and the Public Health Department. The new agency became the Yadkin County Human Services Agency. The Yadkin County Health Department was changed to the Yadkin County Medical Clinic and was moved from its previous location, where it had been since the late 1980’s, to a space within the hospital facility. The Yadkin County Medical Clinic is also utilized for its clinic services such as the child health, family planning, immunization and maternity care programs. The Medical Clinic also has a partnership with Surry Health & Nutrition Center to provide Care Coordination for Children and Pregnancy Care Management to children and pregnant women who are on Medicaid.

Yadkin County does not have some health resources that the community needs. There is no hospital providing OB/GYN services and there are no practicing OB/GYN physicians in the county. Women can only receive maternity care services in the county at the local health department, but must deliver in one of the surrounding counties. Most residents deliver at either Hugh Chatham Memorial Hospital in Elkin (Surry County) or Forsyth Medical Center in Winston-Salem (Forsyth County). Both of these delivery locations are approximately a 30 minute drive from the county seat of Yadkinville.

The new urgent care facilities allow people an opportunity to seek care during the evenings and on the weekends, but since the hospital is closed, there is no true emergency medicine. Most Yadkin County residents utilize medical practices and services outside of the County due to the smaller number of practices and the complete lack of specialized care such as OB/GYN, cardiology, pulmonology, etc.

Other health and developmental services that are available in Yadkin County include mental health and substance abuse resources, although those are limited and often taxed. These are Daymark Recovery Services and Partners Behavioral

Health. Yadkin County also has two residential facilities for men and women dealing with substance abuse issues. The male facility is located in Yadkinville and is called Alpha Acres and the female facility is located in the East Bend area and is called Solus Christus. Yadkin County also has an active Project Lazarus program that is working to get information out into the community about substance abuse and misuse prevention.

There are many churches and other organizations that provide services, assistance and food to local families in need. These include Union Baptist Church, Union Grove Baptist Church, Courtney Baptist Church, Yadkin Christian Ministries, and Tri-County Christian Ministry. Yadkin County also has an organization called Compassion Care. They are a faith based, private, non-profit organization that has a medical clinic offering limited ultrasounds, pregnancy tests, prenatal/parenting classes, STD testing/treatment and post abortion support groups. Yadkin County does have a Domestic Violence/Sexual Assault program. However, between the 2011 and this 2015 CHA report, a shelter for domestic violence victims and their children opened and closed. This was a much needed and applauded resource, and will be missed.

Some of these local agencies will hold health fairs and will coordinate health screenings through local medical agencies such as Novant Health. Some churches and other organizations hold programs for their members to provide education and this may include inviting out the local public health educator to provide education and training.

Chapter 6 – Community Concerns and Priorities

The primary data, secondary data, and characteristics of health care in Yadkin County point to the main concerns of residents. These, in turn, provide us with a direction to head when planning for improvements in the future. Poor physical and mental health days are a concern that comes from the survey results. One area the CHA team chose to focus over the next four years is bettering education on the benefits of physical activity and the opportunities for physical activity located right here in Yadkin County. Efforts will include the promotion of new and existing built environment features for physical activity as well as partnerships with agencies, such as the schools, to promote the increase of physical activity. This may include working with area faith organizations on implementing Eat Smart, Move More's Faithful Families program here in Yadkin County.

Another area which drew attention both from survey respondents and secondary data collection was the current prescription medication issue in Yadkin County. The data shows that Yadkin County has a higher unintentional death from poisoning rate in comparison to both the state and the nation. This issue can have an impact on the local community by hurting family, health care, the economy and effecting local law enforcement. Efforts will include continuing to collaborate and support the local chapter of Project Lazarus. This community based health intervention program aims at decreasing opioid drug overdoses by educating all community stakeholders. Yadkin County Human Services has worked with local law enforcement in the past, and will continue to do so, in regards to education on proper use, storage, and disposal of prescription medication.

Lastly, health issues that relate to chronic diseases such as heart disease and diabetes were seen from both primary and secondary data. Over a third of the survey respondents reported chronic health issues such as high blood pressure and high cholesterol. Information from secondary data shows that most of the top causes of health are related to chronic disease. This shows that heart health education and practice is a concern for the residents of Yadkin County. Efforts will include reaching out to residents so they are better informed about the daily practices in bettering heart health including nutrition, physical activity and applicable screenings. Efforts to address these issues may include implementing evidence based strategies targeting high blood pressure. Such interventions include Team Up, Pressure Down, which targets pharmacists and their role in assisting patients with medication management or Measure Up, Pressure Down which targets primary care providers and their intervention efforts while the patient is at the office for an appointment.

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Appendices

Appendix I: Yadkin County Community Health Survey Tool

Appendix II: Yadkin County Health Survey Results

Appendix III: Primary data presentation (CHA Team)

Appendix IV: Secondary data chart (presented to CHA Team)

Appendix V: Yadkin County Databook

Appendix VI: Smart Start of Yadkin County Family Resource Guide

Appendix I – Yadkin County Community Health Survey Tool

YADKIN COUNTY COMMUNITY HEALTH SURVEY



Community Health Survey

We are conducting a survey of our county to learn more about the health and quality of life in Yadkin County. The Yadkin County Human Services Agency will use the results of this survey to help address the major health and community issues in our county.

The survey is completely voluntary, and it should take no longer than 20 minutes to complete. Your answers will be completely confidential. The information you give us will not be linked to you in any way. Before you begin, please answer the following questions to determine if you should participate.

1. **Would you like to participate?** Yes No
2. **Do you live in YADKIN County?** Yes No
(If no, you do not need to complete this survey.)
3. **Have you participated in this year's survey already?** Yes No Not Sure
(If yes or not sure, you do not need to complete this survey.)

Yadkin County Community Health Survey

PART 1: Quality of Life Statements

Please tell us whether you “strongly disagree”, “disagree”, “neutral”, “agree” or “strongly agree” with each of the next 6 statements.

Statements	<i>Circle the number that best represents your opinion of each statement below.</i>				
	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. How do you feel about this statement, “There is good healthcare in Yadkin County”? Consider the cost and quality, number of options, and availability of healthcare in the county.	1	2	3	4	5
2. How do you feel about this statement, “Yadkin County is a good place to raise children”? Consider the quality and safety of schools and child care programs, after school programs, and places to play in this county.	1	2	3	4	5
3. How do you feel about this statement, “Yadkin County is a good place to grow old”? Consider the county's elder-friendly housing, transportation to medical services, recreation, and services for the elderly.	1	2	3	4	5
4. How do you feel about this statement, “There is plenty of economic opportunity in Yadkin County”? Consider the number and quality of jobs, job training/higher education opportunities, and availability of affordable housing in the county.	1	2	3	4	5
5. How do you feel about this statement, “Yadkin County is a safe place to live”? Consider how safe you feel at home, in the workplace, in schools, at playgrounds, parks, and shopping centers in the county.	1	2	3	4	5
6. How do you feel about this statement, “There is plenty of help for people during times of need in Yadkin County”? Consider social support in this county: neighbors, support groups, faith community outreach, community organizations, and emergency monetary assistance.	1	2	3	4	5

PART 2: Community Improvement

The next set of questions will ask about community problems, issues, and services that are important to you. Remember your choices will not be linked to you in any way.

7. Please look at this list of community issues. In your opinion, which issues most affect the quality of life in Yadkin County? (Please choose 3, ranking 1 as most affecting and 3 as least affected.) If there is a community problem that you consider the most important and it is not on this list, please write it in.

- a. Pollution (air, water, land)
- b. Dropping out of school
- c. Low income/poverty
- d. Homelessness
- e. Lack of/ inadequate health insurance
- f. Depression/Helplessness
- g. Discrimination/ racism
- h. Lack of community support
- i. Drug use (illegal and prescription)
- j. Neglect and abuse
- k. Elder abuse
- l. Child abuse
- m. Domestic Violence
- n. Violent crime (murder, assault)
- o. Theft
- p. Rape/sexual assault
- q. Other: _____
- r. None

8. In your opinion, which of the following services need the most improvement in your neighborhood or community? (Please choose 3, ranking 1 as most needed and 3 as least needed.) If there is a service that you think needs improvement that is not on this list, please write it in.

- a. Animal control
- b. Child care options
- c. Elder care options
- d. Services for disabled people
- e. More affordable health services
- f. Better/ more healthy food choices
- g. More affordable/better housing
- h. Number of health care providers
What kind? _____
- i. Culturally appropriate health services
- j. Counseling/ mental health/ support groups
- k. Better/ more recreational facilities (parks, trails, community centers)
- l. Healthy family activities
- m. Positive teen activities
- n. Transportation options
- o. Availability of employment
- p. Higher paying employment
- q. Road maintenance
- r. Road safety
- s. Other: _____
- t. None

Part 3. Health Information

9. In your opinion, which health behaviors do people in your own community need more information about? (Please choose 3, ranking 1 as most needed and 3 as least needed.)

a. <input type="checkbox"/> Eating well/ nutrition	i. <input type="checkbox"/> Using child safety seats	q. <input type="checkbox"/> Substance abuse prevention (ex: drugs and alcohol)
b. <input type="checkbox"/> Exercising/ fitness	j. <input type="checkbox"/> Using seat belts	r. <input type="checkbox"/> Suicide prevention
c. <input type="checkbox"/> Managing weight	k. <input type="checkbox"/> Driving safely	s. <input type="checkbox"/> Stress management
d. <input type="checkbox"/> Going to a dentist for check-ups/ preventive care	l. <input type="checkbox"/> Quitting smoking/ tobacco use prevention	t. <input type="checkbox"/> Anger management
e. <input type="checkbox"/> Going to the doctor for yearly check-ups and screenings	m. <input type="checkbox"/> Child care/ parenting	u. <input type="checkbox"/> Domestic violence prevention
f. <input type="checkbox"/> Getting prenatal care during pregnancy	n. <input type="checkbox"/> Elder care	v. <input type="checkbox"/> Crime prevention
g. <input type="checkbox"/> Getting flu shots and other vaccines	o. <input type="checkbox"/> Caring for family members with special needs/ disabilities	w. <input type="checkbox"/> Rape/ sexual abuse prevention
h. <input type="checkbox"/> Preparing for an emergency/disaster	p. <input type="checkbox"/> Preventing pregnancy and sexually transmitted disease (safe sex)	x. <input type="checkbox"/> Other: _____
		y. <input type="checkbox"/> None

10. Where do you get most of your health-related information? Please choose only one.

a. <input type="checkbox"/> Friends and family	<input type="checkbox"/> Hospital
b. <input type="checkbox"/> Doctor/nurse	<input type="checkbox"/> Health department
c. <input type="checkbox"/> Pharmacist	<input type="checkbox"/> Help lines
d. <input type="checkbox"/> Church	<input type="checkbox"/> Books/magazines
e. <input type="checkbox"/> Internet	<input type="checkbox"/> Other _____
f. <input type="checkbox"/> My child's school	

11. What health topic(s)/ disease(s) would you like to learn more about?

12. Do you have children between the ages of 0 and 8 for which you are the caretaker? (Includes step-children, grandchildren, or other relatives.)

Yes No

13. Do you have children between the ages of 9 and 19 for which you are the caretaker? (Includes step-children, grandchildren, or other relatives.)

Yes No (*skip to question #15*)

14. Which of the following health topics do you think your child/children need(s) more information about? (Check all that apply.)

a. Dental hygiene g. STDs l. Reckless driving/speeding

b. Nutrition h. Sexual intercourse m. Mental health issues

c. Eating Disorders i. Alcohol n. Suicide prevention

d. Asthma management j. Drug Abuse o. Physical Activity

e. Diabetes management k. Bullying p. Other _____

f. Tobacco

PART 4: Personal Health

These next questions are about your own personal health. Remember, the answers you give for this survey will not be linked to you in any way.

15. Would you say that, in general, your health is...(choose only one)

<input type="checkbox"/> Excellent	<input type="checkbox"/> Fair
<input type="checkbox"/> Very good	<input type="checkbox"/> Poor
<input type="checkbox"/> Good	<input type="checkbox"/> Don't know/Not sure

**16. Have you ever been told by a doctor, nurse, or other health professional that you have any of the health conditions?
(DK= Don't know/ Not sure; R= Refuse to answer)**

a. Asthma	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> DK	<input type="checkbox"/> R
b. Depression or anxiety	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> DK	<input type="checkbox"/> R
c. High blood pressure	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> DK	<input type="checkbox"/> R
d. High cholesterol	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> DK	<input type="checkbox"/> R
e. Diabetes (not during pregnancy)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> DK	<input type="checkbox"/> R
f. Osteoporosis	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> DK	<input type="checkbox"/> R
g. Overweight/Obesity	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> DK	<input type="checkbox"/> R
h. Angina/ heart disease	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> DK	<input type="checkbox"/> R
i. Cancer	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> DK	<input type="checkbox"/> R

**17. In the past 30 days, have there been any days when feeling sad or worried
kept you from going about your normal business?**

Yes No Don't know/ Not sure

**18. In the past 30 days, have you had any physical pain or health problems that made it hard for you to do your usual
activities such as driving, working around the house, or going to work?**

Yes No Don't know/ Not sure

19. Now I will ask about your fitness. During a normal week, other than in your regular job, do you engage in any physical activity or exercise that lasts at least a half an hour?

Yes

No (*skip to question #22*)

Don't know/ Not sure (*skip to question #22*)

20. Since you said yes, how many times do you exercise or engage in physical activity during a normal week? _____
(Write number)

(If you exercise more than once a day, count each separate physical activity that lasts for at least a half hour to be one "time.")

21. Where do you go to exercise or engage in physical activity? Check all that apply.

a. YMCA

f. Private gym

b. Park

g. Home

c. Public Recreation Center

h. Senior Center

d. Schools

i. Other: _____

e. Church

22. Since you said "no", what are the reasons you do not exercise for at least a half hour during a normal week? You can give as many of these reasons as you need to.

a. My job is physical or hard labor g. I don't like to exercise.

b. Exercise is not important to me. h. It costs too much to exercise

c. I don't have access to a facility that has
the things I need, like a pool, golf course, or
a track. i. There is no safe place to exercise.

d. I don't have enough time to exercise. j. I'm too tired to exercise.

e. I would need child care and I don't have it. k. I'm physically disabled.

f. I don't know how to find exercise partners. l. I don't know

m. Other _____

23. Not counting lettuce salad or potato products, think about how often you eat fruits and vegetables in an average week.

How many cups per week of fruits and vegetables would you say you eat?

One apple or 12 baby carrots equal one cup.

(Write number of cups in the space provided.)

a. Number of cups of fruit _____ c. _____ Never eat fruit

b. Number of cups of vegetables _____ d. _____ Never eat vegetables

e. Number of cups 100% fruit juice _____ f. _____ Never drink 100% fruit juice

(If you get questions about lettuce salad: Lettuce salad is the typical “house salad” with iceberg lettuce, or the salad mixes you get at the store or fast food restaurants, even if they have meat on top.)

(If you get questions about potato products: Potato products are French fries, baked potatoes, hash browns, mashed potatoes... anything made from white potatoes.)

(In case you get this question: For the purposes of this study, ketchup is not considered a vegetable.)

24. Have you been exposed to secondhand smoke in the past year?

Yes

No **(Skip to question #26)**

Don't know/ Not sure **(Skip to question #26)**

25. If yes, where do you think you are exposed to secondhand smoke most often? (Check only one place)

a. Home e. School

b. Workplace f. Other: _____

c. Hospitals g. I am not exposed to secondhand smoke.

d. Restaurants

26. Do you currently smoke? (Include regular smoking in social settings.)

Yes No **(If no, skip to question #28)**

27. If yes, where would you go for help if you wanted to quit? (Choose only one.)

a. Quit Line NC f. Health Department

b. Doctor g. I don't know

c. Church h. Other: _____ i.

d. Pharmacy Not applicable; I don't want to quit

e. Private counselor/therapist

28. Now I will ask you questions about your personal flu vaccines. An influenza/flu vaccine can be a “flu shot” injected into your arm or spray like “FluMist” which is sprayed into your nose. During the past 12 months, have you had a seasonal flu vaccine?

Yes, flu shot

Yes, flu spray

Yes, both

No

Don't know / Not sure

Part 5. Access to Care/ Family Health

29. Where do you go most often in Yadkin County when you are sick? (Choose only one please.)

Doctor's office

Medical Clinic

Health department

Urgent Care Center

Hospital

Other: _____

None, I go outside the County

30. What is your primary health insurance plan? This is the plan which pays the medical bills first or pays most of the medical bills?(Please choose only one.)

[Note: The State Employee Health Plan is also called the “North Carolina Teacher’s and Employee Health Plan.”

Medicare is a federal health insurance program for people 65 and older or some younger people with disabilities.

Medicaid is a state health insurance program for families and individuals with limited financial resources or special circumstances.]

a. The State Employee Health Plan

b. Blue Cross and Blue Shield of North Carolina

c. Other private health insurance plan purchased from employer or workplace

d. Other private health insurance plan purchased directly from an insurance company

e. Medicare

f. Medicaid or Carolina ACCESS or Health Choice 55

g. The military, Tricare, CHAMPUS, or the VA

h. The Indian Health Service

i. Other (government plan)

j. No health plan of any kind

31. In the past 12 months, did you have a problem getting the health care you needed for you personally or for a family member from any type of health care provider, dentist, pharmacy, or other facility?

Yes

No (*Skip to question #34*)

Don't know/ Not sure

32. Since you said "yes," what type of provider or facility did you or your family member have trouble getting health care from? You can choose as many of these as you need to. If there was a provider that you tried to see but we do not have listed here, please write it in.

Dentist

General practitioner

Eye care/ optometrist/ ophthalmologist

Pharmacy/ prescriptions

Pediatrician

OB/GYN

Health department

Hospital

Urgent Care Center

Medical Clinic

Specialist (*What type?*) _____

33. Which of these problems prevented you or your family member from getting the necessary health care? You can choose as many of these as you need to. If you had a problem that we do not have written here, please write it in.

- a. No health insurance.
- b. Insurance didn't cover what I/we needed.
- c. My/our share of the cost (deductible/co-pay) was too high.
- d. Doctor would not take my/our insurance or Medicaid.
- e. Hospital would not take my/our insurance.
- f. Pharmacy would not take my/our insurance or Medicaid.
- g. Dentist would not take my/our insurance or Medicaid.
- h. No way to get there.
- i. Didn't know where to go.
- j. Couldn't get an appointment.
- k. The wait was too long.

I. Other: _____

34. If a friend or family member needed counseling for a mental health or a drug/alcohol abuse problem, who is the first person you would tell them to talk to? Below are some possibilities. (Please choose only one.)

- a. Private counselor or therapist
- e. Doctor
- b. Support group (e.g., AA, Al-Anon)
- f. Minister/religious official
- c. School counselor
- g. Other: _____
- d. Don't know

Part 6. Emergency Preparedness

35. Does your household have working smoke and carbon monoxide detectors?
(Mark only one.)

Yes, smoke detectors only Yes, carbon monoxide detectors only

Yes, both No

Don't know/ Not sure

36. Does your family have a basic emergency supply kit?

(These kits include water, non-perishable food, any necessary prescriptions, first aid supplies, flashlight and batteries, non-electric can opener, blanket, etc.)

Yes No (*Skip to question 38*)

Don't know/Not sure (*Skip to question 38*)

37. If yes, how many days do you have supplies for? _____ (*Write number of days*)

38. What would be your main way of getting information from authorities in a large-scale disaster or emergency?
(Check only one.)

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- a. Television
- b. Radio
- c. Internet
- d. Print media (ex: newspaper)
- e. Social networking site
- f. Neighbors
- g. Text message (emergency alert system)
- h. Other (describe) _____
- i. Don't know/ Not sure

39. If public authorities announced a mandatory evacuation from your neighborhood or community due to a large-scale disaster or emergency, would you evacuate?

- Yes (*skip to question #41*)
- No (*go to question #40*)
- Don't know/ Not sure (*go to question #40*)

**40. What would be the main reason you might not evacuate if asked to do so?
(Check only one.)**

- a. Lack of transportation
- b. Lack of trust in public officials
- c. Concern about leaving property behind
- d. Concern about personal safety
- e. Concern about family safety
- f. Concern about leaving pets
- g. Concern about traffic jams and inability to get out
- h. Health problems (could not be moved)
- i. Other (describe) _____
- j. Don't know/ Not sure

Part 7. Demographic Questions

The next set of questions are general questions about you, which will only be reported as a summary of all answers given by survey participants. Your answers will remain anonymous.

41. How old are you? (Mark age category.)

<input type="checkbox"/> 15 - 19	<input type="checkbox"/> 35 - 39	<input type="checkbox"/> 55 - 59	<input type="checkbox"/> 75 - 79
<input type="checkbox"/> 20 - 24	<input type="checkbox"/> 40 - 44	<input type="checkbox"/> 60 - 64	<input type="checkbox"/> 80 - 84
<input type="checkbox"/> 25 - 29	<input type="checkbox"/> 45 - 49	<input type="checkbox"/> 65 - 69	<input type="checkbox"/> 85 or older
<input type="checkbox"/> 30 - 34	<input type="checkbox"/> 50 - 54	<input type="checkbox"/> 70 - 74	

42. Are you Male or Female?

Male Female

43. a) Are you of Hispanic, Latino, or Spanish origin?

Yes No (*If no, skip to #44*)

b) If yes, are you: _____ Mexican, Mexican American, or Chicano

Puerto Rican
 Cuban
 Other Hispanic or Latino (please specify) _____

44. What is your race? (Please check all that apply.)

White
 Black or African American
 American Indian or Alaska Native (*List tribe(s) including Lumbee*) _____
 Asian Indian
 Other Asian including Japanese, Chinese, Korean, Vietnamese, and Filipino/a: *(write in race)* _____

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Pacific Islander including Native Hawaiian, Samoan, Guamanian/ Chamorro: *(write in race)* _____

(write

Other race not listed here: *(write in race)* _____

45. A. Do you speak a language other than English at home? *(If no, skip to #46)*

Yes No

B. If yes, what language do you speak at home? _____

46. What is your marital status? *(Mark only one.)*

Never Married/Single Divorced

Married Widowed

Unmarried partner Separated

Other

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

Less than 9th grade

9-12th grade, no diploma

High school graduate (or GED/ equivalent)

Associate's Degree or Vocational Training

Some college (no degree)

Bachelor's degree

Graduate or professional degree

Other: _____

48. What was your total household income last year, before taxes? Let me know which category you fall into. *(Mark only one.)*

Less than \$10,000 \$35,000 to \$49,999

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\$10,000 to \$14,999 \$50,000 to \$74,999
 \$15,000 to \$24,999 \$75,000 to \$99,999
 \$25,000 to \$34,999 \$100,000 or more

49. How many people does this income support? (include yourself) _____

(If you are paying child support but your child is not living with you, this still counts as someone living on your income.)

50. What is your employment status? I will read a list of choices. Let me know which ones apply to you. (Check all that apply.)

a. Employed full-time f. Disabled
b. Employed part-time g. Student
c. Retired h. Homemaker
d. Armed forces i. Self-employed
e. Unemployed for more than 1 year j. Unemployed for 1 year or less

51. Do you have access to the Internet?

Yes
 No
 Don't know/ Not sure

52. What is your zip code? (Write only the first 5 digits.) _____

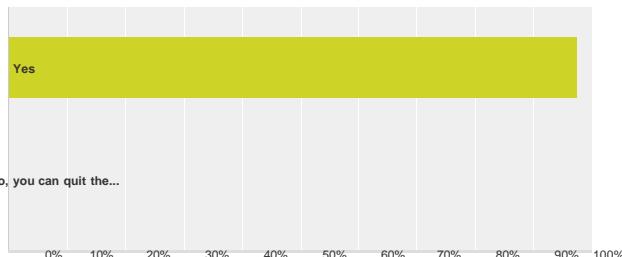
These are all the questions that we have. Thank you so much for taking the time to complete this survey!

THE END.

Appendix II – Yadkin County Health Survey Results

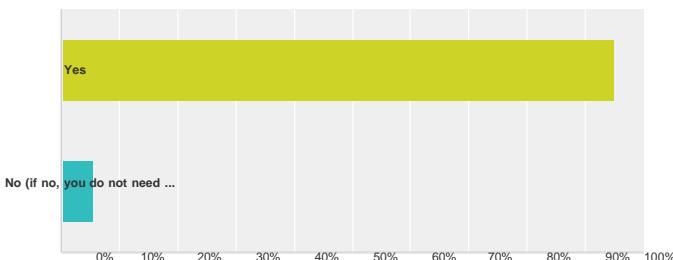
Q1 Would you like to participate?

Answered: 292 Skipped: 0



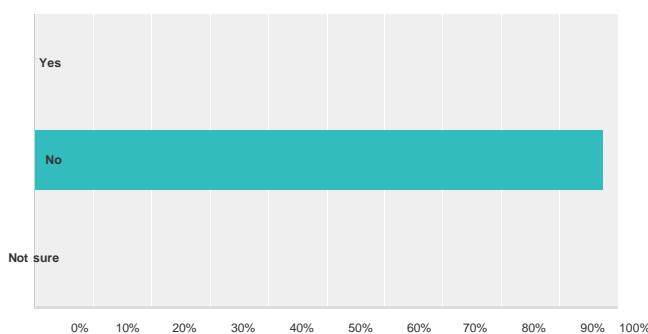
Q2 Do you live in YADKIN County?

Answered: 292 Skipped: 0



Q3 Have you participated in the year's survey already? (If "yes" or "not sure", you do not need to complete this survey.)

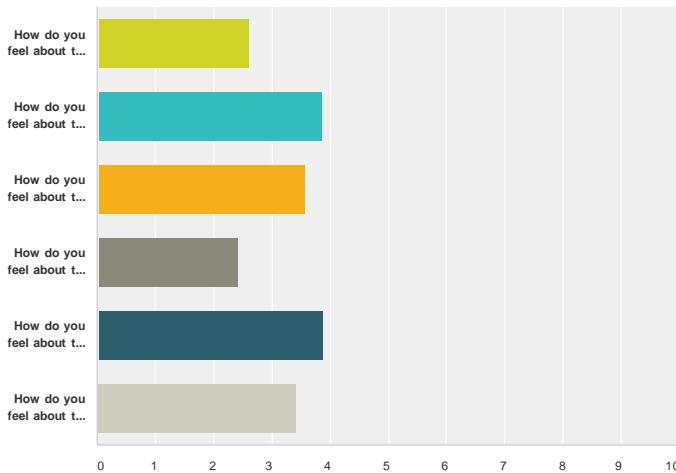
Answered: 292 Skipped: 0



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Q4 Please tell us whether you "strongly disagree", "disagree", "neutral", "agree" or "strongly agree" with each of the next 6 statements.

Answered: 257 Skipped: 35

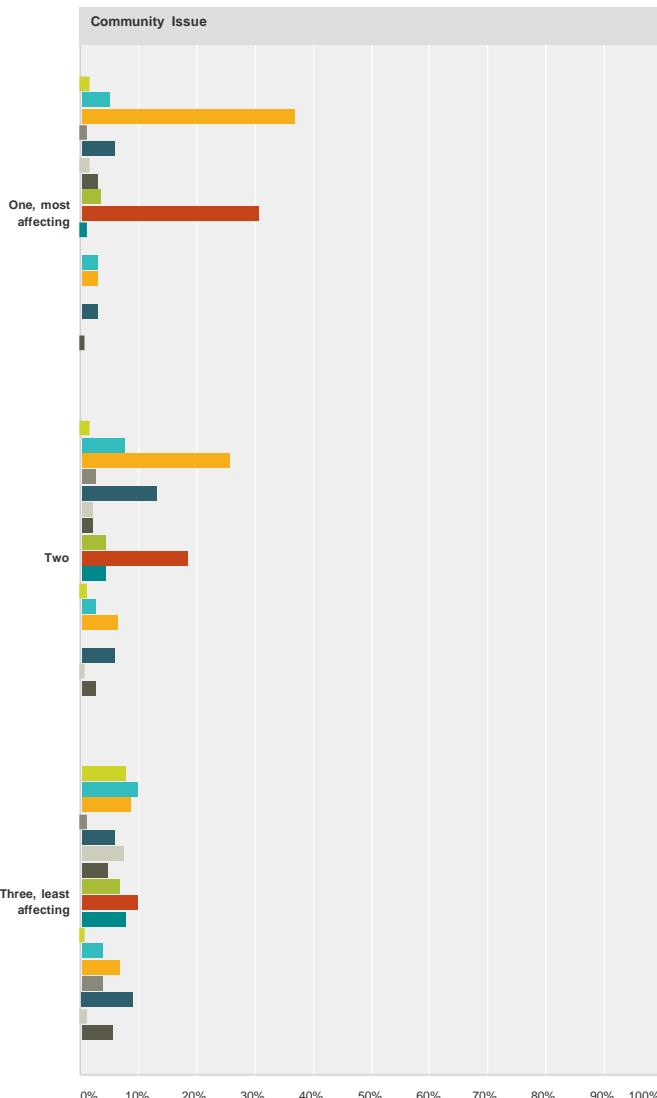


	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Total	Weighted Average
How do you feel about this statement, "There is good healthcare in Yadkin County"? Consider the cost and quality, number of options, and availability of healthcare in the county.	17.90% 46	35.80% 92	20.62% 53	21.79% 56	3.89% 10	257	2.58
How do you feel about this statement, "Yadkin County is a good place to raise children"? Consider the quality and safety of schools and child care programs, after school programs, and places to play in this county.	1.17% 3	5.84% 15	19.84% 51	54.47% 140	18.68% 48	257	3.84
How do you feel about this statement, "Yadkin County is a good place to grow old"? Consider the county's elder-friendly housing, transportation to medical services, recreation, and services for the elderly.	3.50% 9	14.01% 36	20.62% 53	48.64% 125	13.23% 34	257	3.54
How do you feel about this statement, "There is plenty of economic opportunity in Yadkin County"? Consider the number and quality of jobs, job training/higher education opportunities, and availability of affordable housing in the county.	19.84% 51	39.30% 101	25.29% 65	12.06% 31	3.50% 9	257	2.40
How do you feel about this statement, "Yadkin County is a safe place to live"? Consider how safe you feel at home, in the workplace, in schools, at playgrounds, parks, and shopping centers in the county.	1.17% 3	4.28% 11	19.84% 51	56.42% 145	18.29% 47	257	3.86
How do you feel about this statement, "There is plenty of help for people during times of need in Yadkin County"? Consider social support: neighbors, support groups, faith community outreach, community organizations, and emergency monetary assistance	5.45% 14	14.01% 36	27.63% 71	41.25% 106	11.67% 30	257	3.40

Q5 Please look at this list of community issues. In your opinion, which issues most affect the quality of life in Yadkin County? (Please choose 3, ranking 1 as most affecting and 3 as least affecting.) If there is a community problem that you consider important and it is not listed, please choose other and specify.

Answered: 243 Skipped: 49

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■ Pollution (air, water, land) ■ Dropping out of school ■ Low income/poverty Homelessness
 ■ Lack of/ inadequate health insurance ■ Depression/Helplessness
 ■ Discrimination/ racism ■ Lack of community support ■ Drug use (illegal and prescription)
 ■ Neglect and abuse ■ Elder abuse ■ Child abuse ■ Domestic Violence
 ■ Rape/sexual assault ■ None

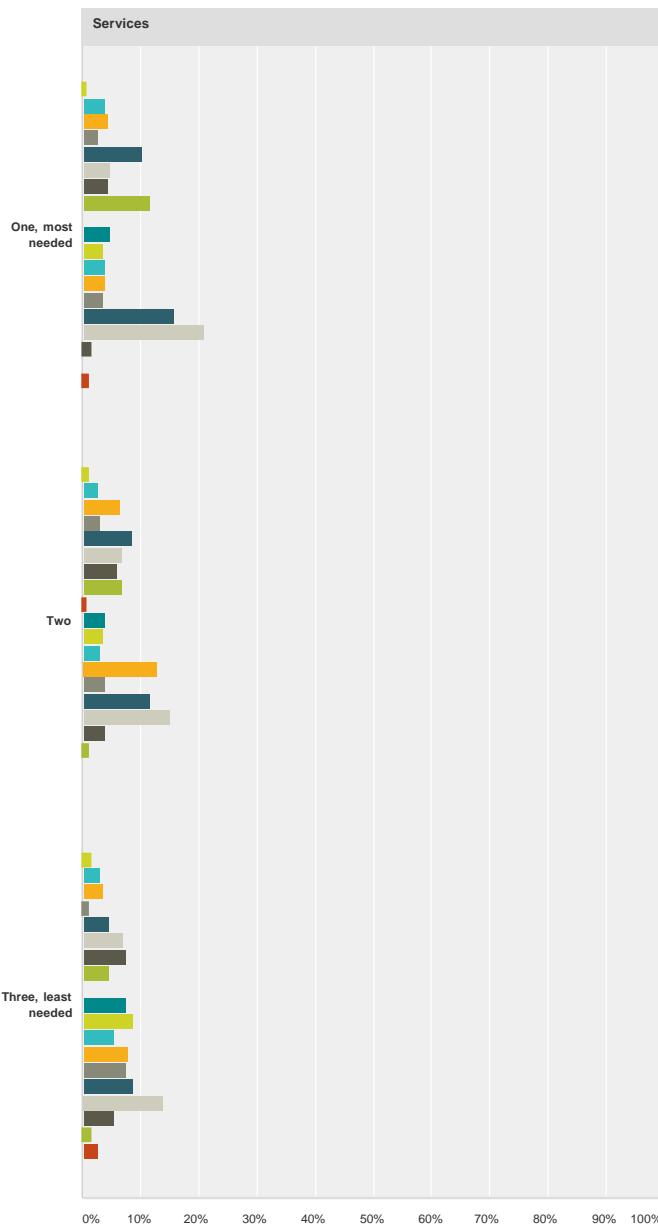
Community Issue																
	Pollution (air, water, land)	Dropping out of school	Low income/poverty	Homelessness	Lack of/ inadequate health insurance	Depression/Helplessness	Discrimination/ racism	Lack of community support	Drug use (illegal and prescription)	Neglect and abuse	Elder abuse	Child abuse	Domestic Violence	Violent crime (murder, assault)	Theft	
One, most affecting	1.67% 4	5.00% 12	36.67% 88	1.25% 3	5.83% 14	1.67% 4	2.92% 7	3.33% 8	30.42% 73	1.25% 3	0.42% 1	2.92% 7	2.92% 7	0.00% 0	2.92% 7	
Two	1.67% 4	7.50% 18	25.42% 61	2.50% 6	12.92% 31	2.08% 5	2.08% 5	4.17% 10	18.33% 44	4.17% 10	1.25% 3	2.50% 6	6.25% 15	0.00% 0	5.83% 14	
Three, least affecting	7.63% 18	9.75% 23	8.47% 20	1.27% 3	5.93% 14	7.20% 17	4.66% 11	6.78% 16	9.75% 23	7.63% 18	0.85% 2	3.81% 9	6.78% 16	3.81% 9	8.90% 21	

Q6 In your opinion, which of the following services need the most improvement in your neighborhood or community? (Please choose 3, ranking 1 as most needed and 3 as least needed.) If there is a service that you think needs improvement that is not on

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this list, please choose other and specify.

Answered: 243 Skipped: 49



- Animal control ■ Child care options ■ Elder care options
- Services for disabled people ■ More affordable health services
- Better/ more healthy food choices ■ More affordable/better housing
- Number of health care providers ■ Culturally appropriate health services
- Counseling/ mental health/ support groups
- Better/ more recreational facilities (parks, trails, community centers) ■ Healthy family activities
- Positive teen activities ■ Transportation options ■ Availability of employment
- Higher paying employment ■ Road maintenance ■ Road safety ■ None

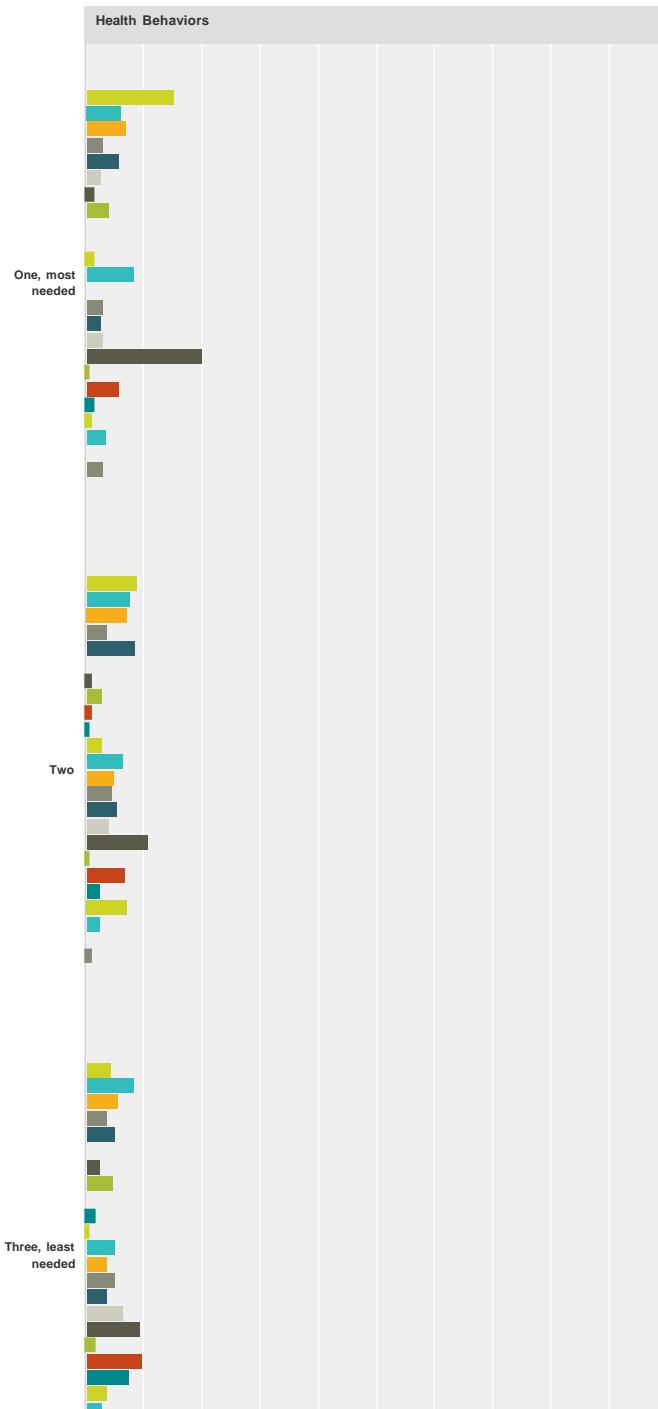
Services																
	Animal control	Child care options	Elder care options	Services for disabled people	More affordable health services	Better/ more healthy food choices	More affordable/better housing	Number of health care providers	Culturally appropriate health services	Counseling/ mental health/ support groups	Better/ more recreational facilities (parks, trails, community centers)	Healthy family activities	Positive teen activities	Transportation options	Availability of employment	Higher paying employment

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One, most needed	0.83% 2	3.72% 9	4.13% 10	2.48% 6	9.92% 24	4.55% 11	4.13% 10	11.57% 28	0.41% 1	4.55% 11	3.31% 8	3.72% 9	3.72% 9	3.31% 8	15.70% 38	20.6
Two	1.27% 3	2.53% 6	6.33% 15	2.95% 7	8.44% 20	6.75% 16	5.91% 14	6.75% 16	0.84% 2	3.80% 9	3.38% 8	2.95% 7	12.66% 30	3.80% 9	11.39% 27	14.7
Three, least needed	1.72% 4	3.00% 7	3.43% 8	1.29% 3	4.29% 10	6.87% 16	7.30% 17	4.29% 10	0.00% 0	7.30% 17	8.58% 20	5.15% 12	7.73% 18	7.30% 17	8.58% 20	13.7

Q7 In your opinion, which health behaviors do people in your own community need more information about? (Please choose 3, ranking 1 as most needed and 3 as least needed.) If you do not see a health behavior listed that you feel people need information about, please choose other and specify.

Answered: 233 Skipped: 59

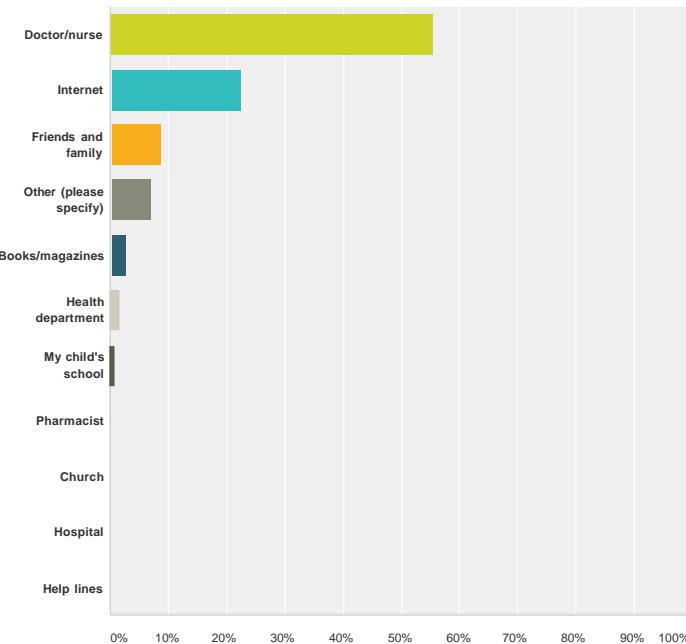




	Health Behaviors																
	Eating well/nutrition	Exercising/fitness	Managing weight	Going to a dentist for check-ups/preventive care	Going to the doctor for yearly check-ups and screenings	Getting prenatal care during pregnancy	Getting flu shots and other vaccines	Preparing for an emergency/disaster	Using child safety seats	Using seat belts	Driving safely	Quitting smoking/tobacco use prevention	Child care/parenting	Elder care	Caring for family members with special needs/disabilities	Preventing pregnancy and sexually transmitted disease (safe sex)	Sub abu pre (ex: and alco
One, most needed	15.02% 35	6.01% 14	6.87% 16	3.00% 7	5.58% 13	2.58% 6	1.72% 4	3.86% 9	0.43% 1	0.00% 0	1.72% 4	8.15% 19	0.43% 1	3.00% 7	2.58% 6	3.00% 7	
Two	8.85% 20	7.52% 17	7.08% 16	3.54% 8	8.41% 19	0.00% 0	1.33% 3	2.65% 6	1.33% 3	0.88% 2	2.65% 6	6.19% 14	4.87% 11	4.42% 10	5.31% 12	3.98% 9	
Three, least needed	4.09% 9	8.18% 18	5.45% 12	3.64% 8	5.00% 11	0.45% 1	2.27% 5	4.55% 10	0.00% 0	1.82% 4	0.91% 2	5.00% 11	3.64% 8	5.00% 11	3.64% 8	6.36% 14	

Q8 Where do you get most of your health-related information? Please choose only one.

Answered: 233 Skipped: 59



Answer Choices	Responses
Doctor/nurse	55.36%
Internet	22.32%
Friends and family	8.58%

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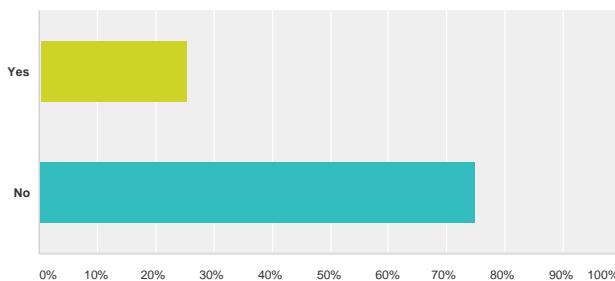
Other (please specify)	6.87%	16
Books/magazines	2.58%	6
Health department	1.72%	4
My child's school	0.86%	2
Pharmacist	0.43%	1
Church	0.43%	1
Hospital	0.43%	1
Help lines	0.43%	1
Total		233

Q9 What health topic(s)/disease(s) would you like to learn more about?

Answered: 233 Skipped: 59

Q10 Do you have children between the ages of 0 and 8 for which you are the caretaker? (includes step-children, grandchildren, or other relatives.)

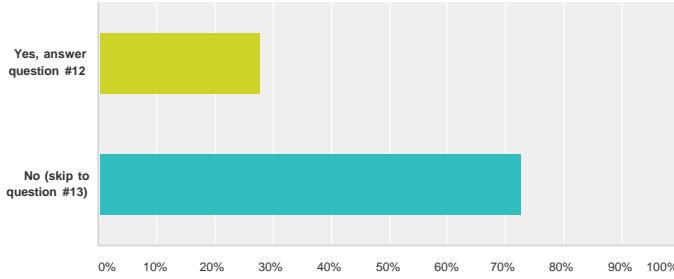
Answered: 233 Skipped: 59



Answer Choices	Responses	
Yes	25.32%	59
No	74.68%	174
Total		233

Q11 Do you have children between the ages of 9 and 19 for which you are the caretaker? (includes step-children, grandchildren, or other relatives.)

Answered: 233 Skipped: 59



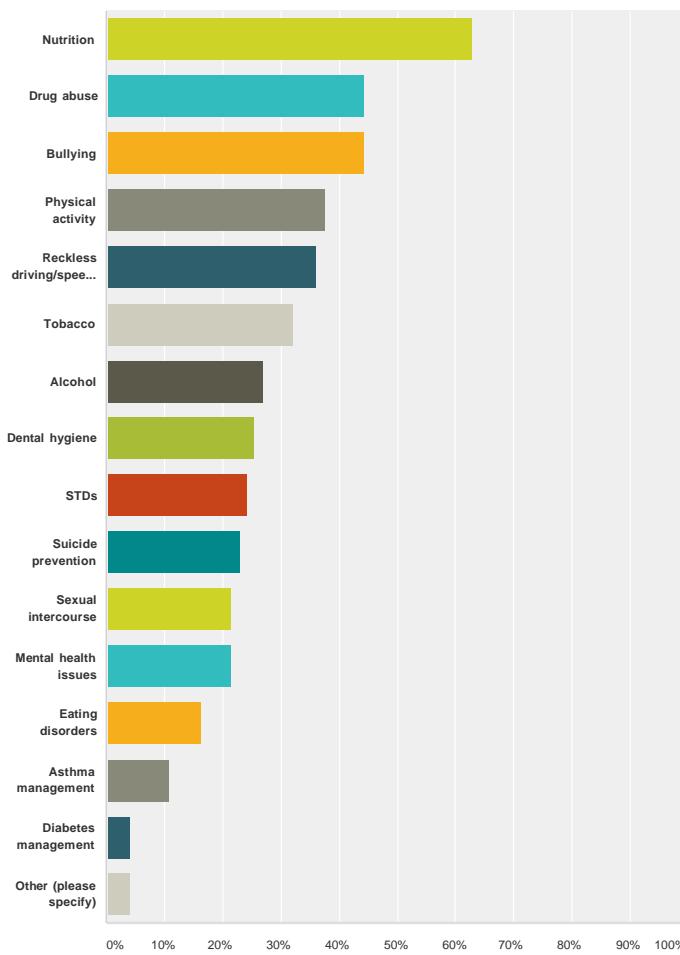
Answer Choices	Responses	
Yes, answer question #12	27.47%	64
No (skip to question #13)	72.53%	169
Total		233

Q12 Which of the following health topics do you think your child/children, ages 9-19,

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need(s) more information about? (Check all that apply.)

Answered: 75 Skipped: 217

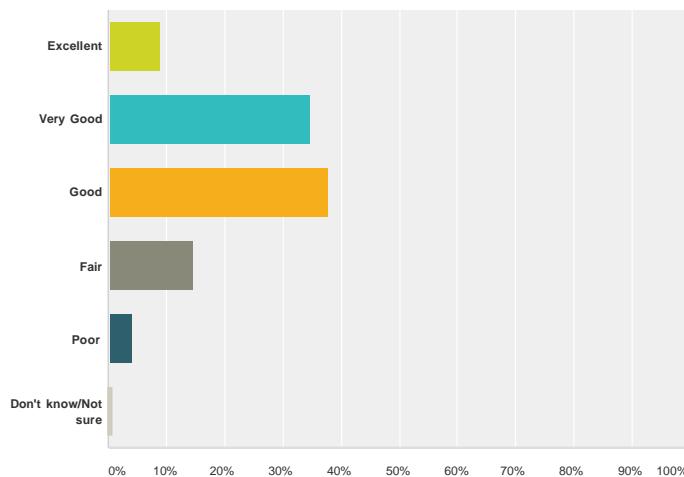


Answer Choices	Responses
Nutrition	62.67% 47
Drug abuse	44.00% 33
Bullying	44.00% 33
Physical activity	37.33% 28
Reckless driving/speeding	36.00% 27
Tobacco	32.00% 24
Alcohol	26.67% 20
Dental hygiene	25.33% 19
STDs	24.00% 18
Suicide prevention	22.67% 17
Sexual intercourse	21.33% 16
Mental health issues	21.33% 16
Eating disorders	16.00% 12
Asthma management	10.67% 8
Diabetes management	4.00% 3
Other (please specify)	4.00% 3
Total Respondents: 75	

Q13 Would you say that, in general, your health is...(choose only one)

Answered: 229 Skipped: 63

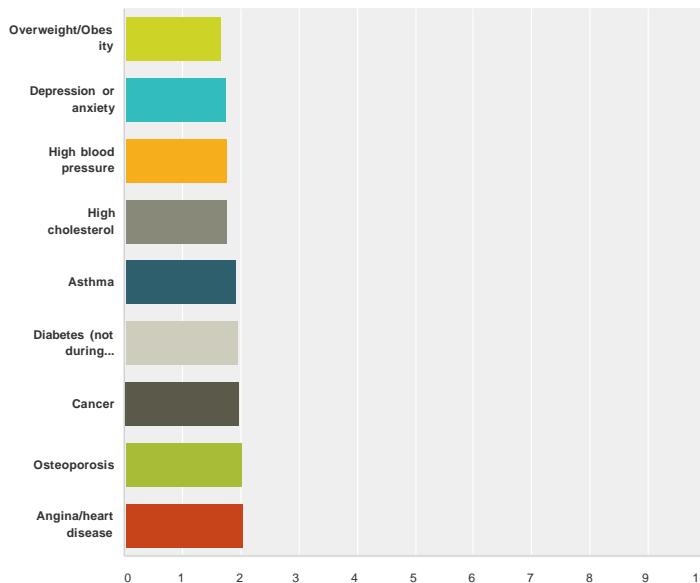
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Answer Choices	Responses
Excellent	8.73% 20
Very Good	34.50% 79
Good	37.55% 86
Fair	14.41% 33
Poor	3.93% 9
Don't know/Not sure	0.87% 2
Total	229

Q14 Have you ever been told by a doctor, nurse, or other health professional that you have any of the health conditions

Answered: 229 Skipped: 63



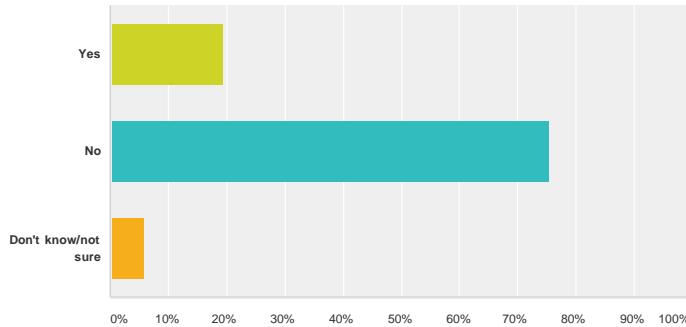
	Yes	No	Don't know/Not sure	Refuse to answer	Total	Weighted Average
Overweight/Obesity	42.79% 92	52.09% 112	3.26% 7	1.86% 4	215	1.64
Depression or anxiety	35.21% 75	58.22% 124	4.69% 10	1.88% 4	213	1.73
High blood pressure	32.87% 71	60.19% 130	5.56% 12	1.39% 3	216	1.75
High cholesterol	32.42% 71	60.73% 133	5.48% 12	1.37% 3	219	1.76

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Asthma	16.35% 34	76.92% 160	5.77% 12	0.96% 2	208	1.91
Diabetes (not during pregnancy)	13.89% 30	80.09% 173	4.63% 10	1.39% 3	216	1.94
Cancer	11.32% 24	82.08% 174	5.19% 11	1.42% 3	212	1.97
Osteoporosis	9.57% 20	82.78% 173	6.22% 13	1.44% 3	209	2.00
Angina/heart disease	6.67% 14	86.19% 181	5.71% 12	1.43% 3	210	2.02

Q15 In the past 30 days, have there been any days when feeling sad or worried kept you from going about your normal business?

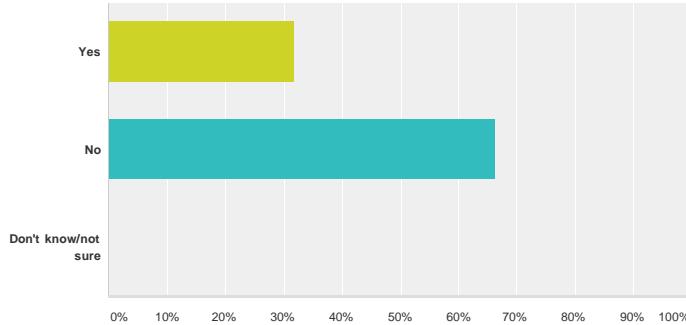
Answered: 229 Skipped: 63



Answer Choices	Responses
Yes	19.21% 44
No	75.11% 172
Don't know/not sure	5.68% 13
Total	229

Q16 In the past 30 days, have you had any physical pain or health problems that made it hard for you to do your usual activities such as driving, working around the house, or going to work?

Answered: 229 Skipped: 63



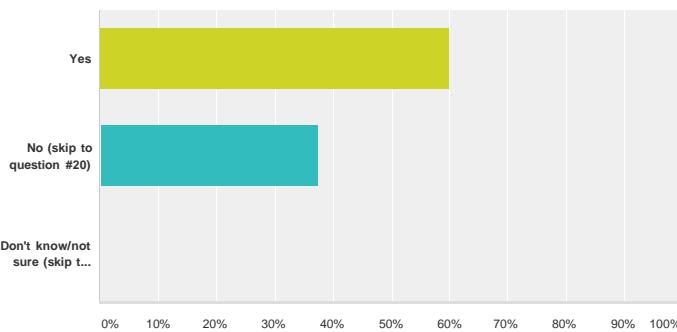
Answer Choices	Responses
Yes	31.88% 73
No	66.38% 152
Don't know/not sure	1.75% 4
Total	229

Q17 Now I will ask you about your fitness. During a normal week, other than in your regular job, do you engage in any physical

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activity or exercise that lasts at least a half an hour?

Answered: 229 Skipped: 63



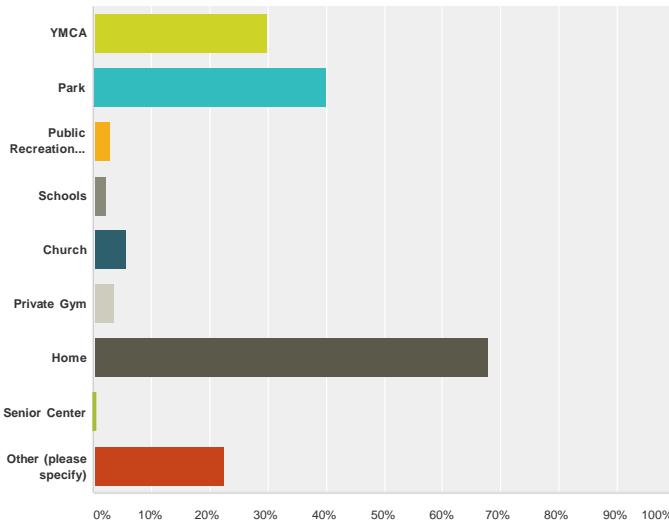
Answer Choices	Responses
Yes	61.14% 140
No (skip to question #20)	37.55% 86
Don't know/not sure (skip to question #20)	1.31% 3
Total	229

Q18 Since you said "yes" to #17, how many times do you exercise or engage in physical activity during a normal week? (If you exercise more than once a day, count each separate physical activity that lasts for at least a half hour to be one "time".)

Answered: 136 Skipped: 156

Q19 Where do you go to exercise or engage in physical activity? (Check all that apply.)

Answered: 148 Skipped: 144



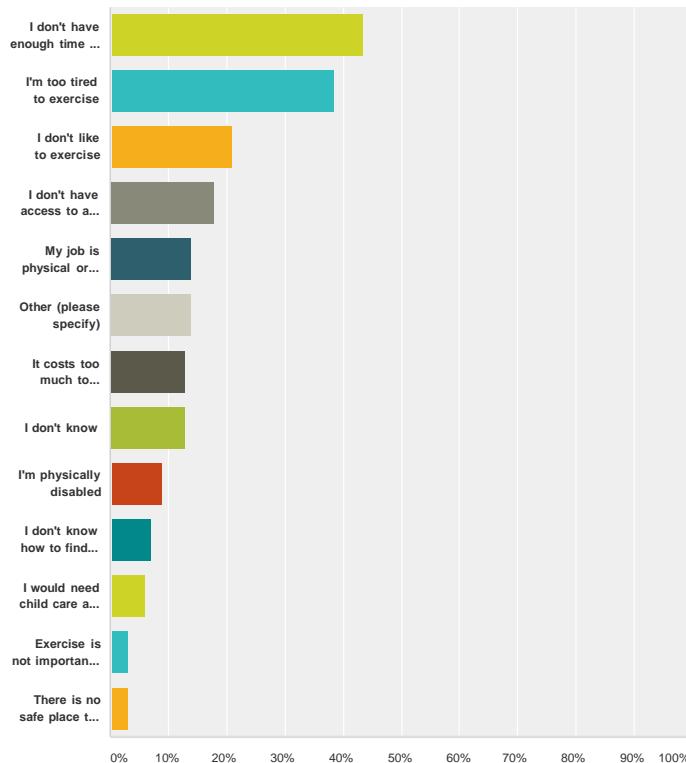
Answer Choices	Responses
YMCA	29.73% 44
Park	39.86% 59
Public Recreation Center	2.70% 4
Schools	2.03% 3
Church	5.41% 8
Private Gym	3.38% 5

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Home	67.57%	100
Senior Center	0.68%	1
Other (please specify)	22.30%	33
Total Respondents: 148		

Q20 Since you said "no", what are the reasons you do not exercise for at least a half hour during a normal week? You can give as many reasons as you need to. (Only answer if you said "no" to #17)

Answered: 102 Skipped: 190

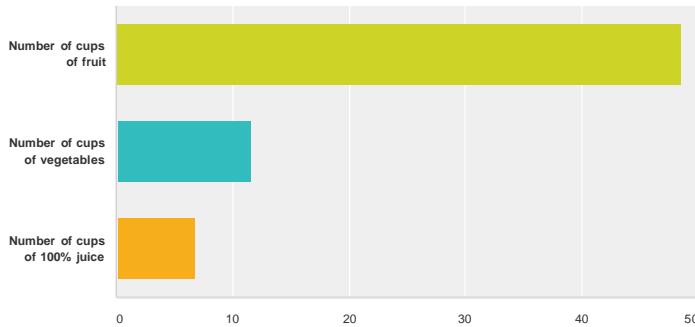


Answer Choices	Responses
I don't have enough time to exercise	43.14% 44
I'm too tired to exercise	38.24% 39
I don't like to exercise	20.59% 21
I don't have access to a facility that has the things I need, like a pool, golf course, or a track	17.65% 18
My job is physical or hard labor	13.73% 14
Other (please specify)	13.73% 14
It costs too much to exercise	12.75% 13
I don't know	12.75% 13
I'm physically disabled	8.82% 9
I don't know how to find exercise partners	6.86% 7
I would need child care and I don't have it	5.88% 6
Exercise is not important to me	2.94% 3
There is no safe place to exercise	2.94% 3
Total Respondents: 102	

Q21 Not counting lettuce salad or potato products, think about how often you eat fruits and vegetables in an average week. How many cups per week of fruits and vegetables would you say you eat?

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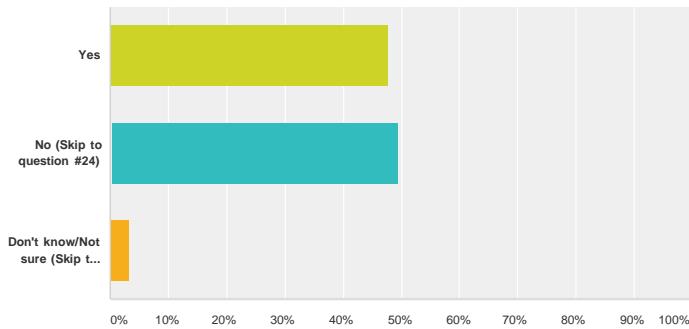
Answered: 229 Skipped: 63



Answer Choices	Average Number	Total Number	Responses
Number of cups of fruit	48	11,098	229
Number of cups of vegetables	11	2,615	228
Number of cups of 100% juice	7	1,507	227
Total Respondents: 229			

Q22 Have you been exposed to secondhand smoke in the past year?

Answered: 229 Skipped: 63

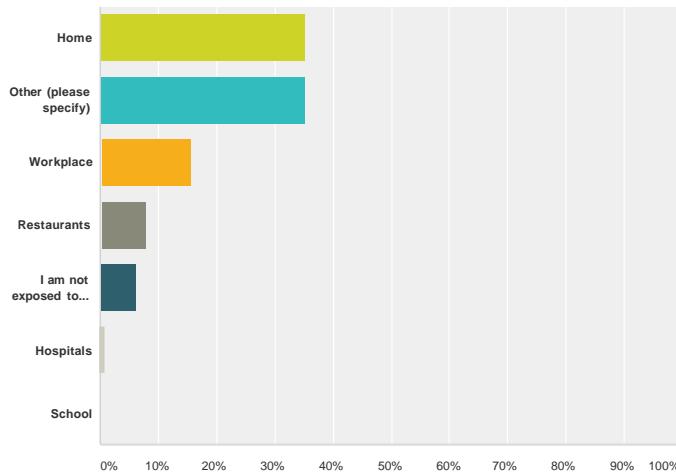


Answer Choices	Responses
Yes	47.60% 109
No (Skip to question #24)	49.34% 113
Don't know/Not sure (Skip to question #24)	3.06% 7
Total	229

Q23 If yes, where do you think you are exposed to secondhand smoke most often? (Check only one place.)

Answered: 117 Skipped: 175

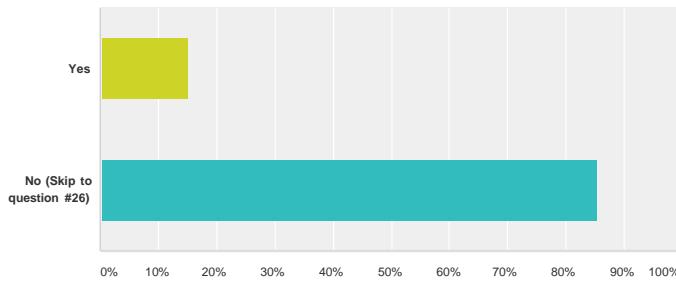
2015 Community Health Assessment



Answer Choices	Responses
Home	35.04% 41
Other (please specify)	35.04% 41
Workplace	15.38% 18
Restaurants	7.69% 9
I am not exposed to secondhand smoke	5.98% 7
Hospitals	0.85% 1
School	0.00% 0
Total	117

Q24 Do you currently smoke? (Include regular smoking in social settings.)

Answered: 229 Skipped: 63

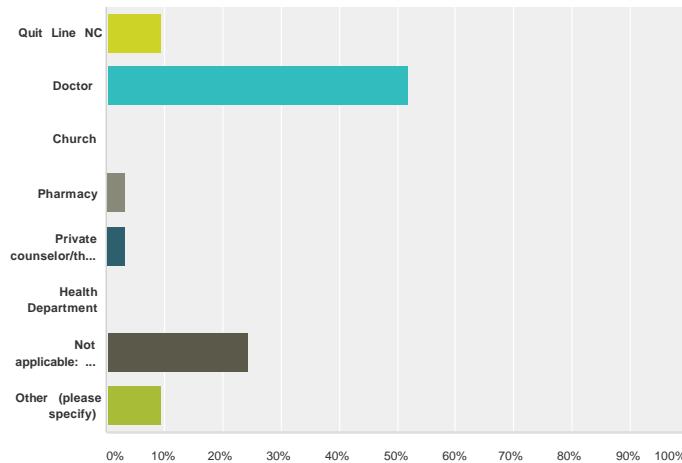


Answer Choices	Responses
Yes	14.85% 34
No (Skip to question #26)	85.15% 195
Total	229

Q25 If yes, where would you go for help if you wanted to quit? (Choose only one.)

Answered: 33 Skipped: 259

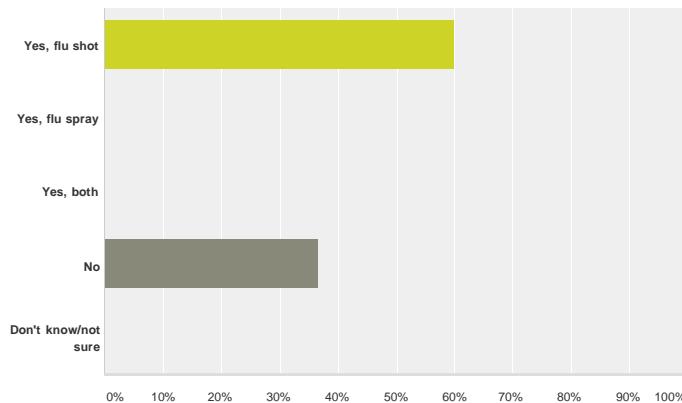
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Answer Choices	Responses
Quit Line NC	9.09% 3
Doctor	51.52% 17
Church	0.00% 0
Pharmacy	3.03% 1
Private counselor/therapist	3.03% 1
Health Department	0.00% 0
Not applicable: I don't want to quit	24.24% 8
Other (please specify)	9.09% 3
Total	33

Q26 Now I will ask you questions about your personal flu vaccines. An influenza/flu vaccine can be a "flu shot" injected into your arm or spray like "FluMist" which is sprayed into your nose. During the past 12 months, have you had a seasonal flu vaccine?

Answered: 229 Skipped: 63

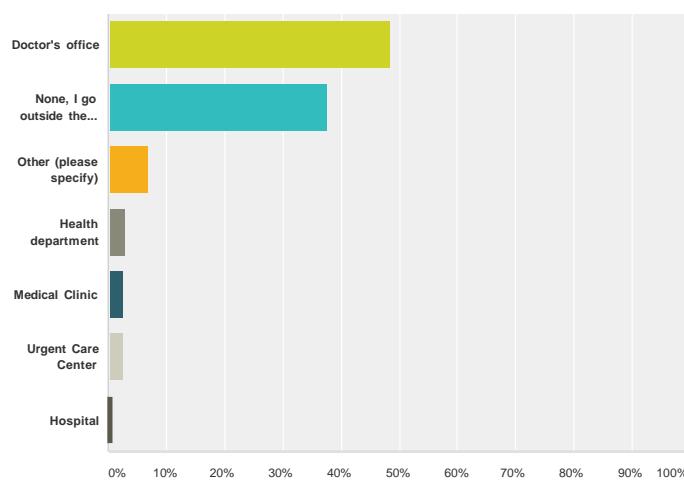


Answer Choices	Responses
Yes, flu shot	61.14% 140
Yes, flu spray	0.44% 1
Yes, both	1.31% 3
No	36.68% 84
Don't know/not sure	0.44% 1
Total	229

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Q27 Where do you go most often in Yadkin County when you are sick? (Choose only one.)

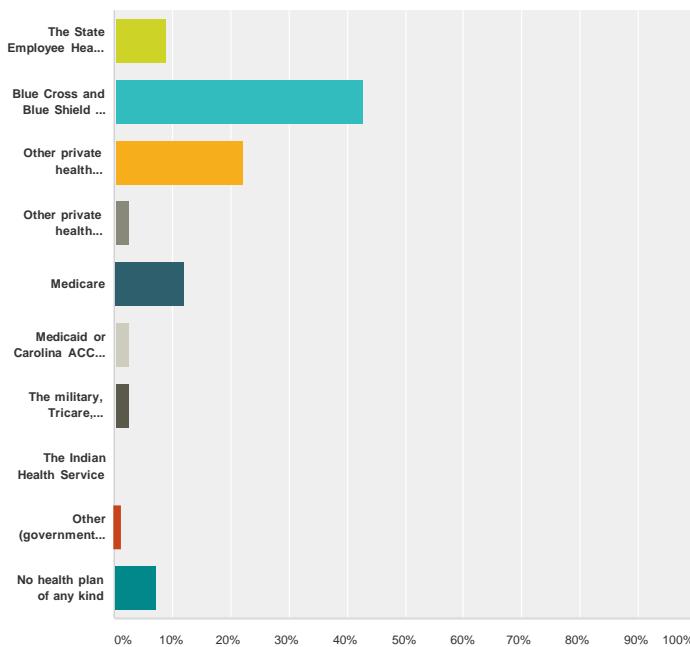
Answered: 228 Skipped: 64



Answer Choices	Responses	
Doctor's office	48.25%	110
None, I go outside the County	37.28%	85
Other (please specify)	6.58%	15
Health department	2.63%	6
Medical Clinic	2.19%	5
Urgent Care Center	2.19%	5
Hospital	0.88%	2
Total		228

Q28 What is your primary health insurance plan? This is the plan which pays the medical bills first or pays most of the medical bills? (Please choose only one.)

Answered: 228 Skipped: 64

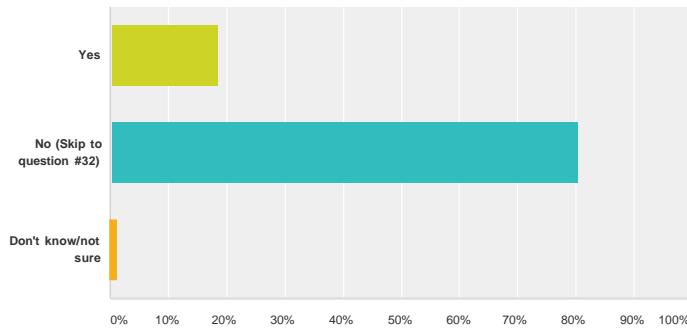


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Answer Choices	Responses
The State Employee Health Plan	8.77% 20
Blue Cross and Blue Shield of North Carolina	42.54% 97
Other private health insurance plan purchased from employer or workplace	21.93% 50
Other private health insurance plan purchased directly from an insurance company	2.19% 5
Medicare	11.84% 27
Medicaid or Carolina ACCESS or Health Choice 55	2.19% 5
The military, Tricare, CHAMPUS, or the VA	2.19% 5
The Indian Health Service	0.00% 0
Other (government plan)	1.32% 3
No health plan of any kind	7.02% 16
Total	228

Q29 In the past 12 months, did you have a problem getting the health care you needed for you personally or for a family member from any type of health care provider, dentist, pharmacy, or other facility?

Answered: 228 Skipped: 64

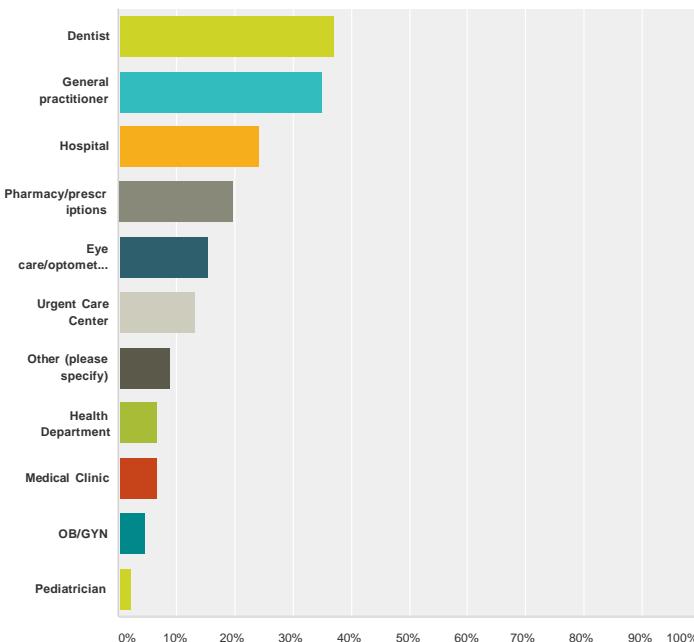


Answer Choices	Responses
Yes	18.42% 42
No (Skip to question #32)	80.26% 183
Don't know/not sure	1.32% 3
Total	228

Q30 Since you said "yes", what type of provider or facility did you or your family member have trouble getting health care from? You can choose as many of these as you need to. If there was a provider that you tried to see but we do not have listed here, please choose other and write it in.

Answered: 46 Skipped: 246

2015 Community Health Assessment

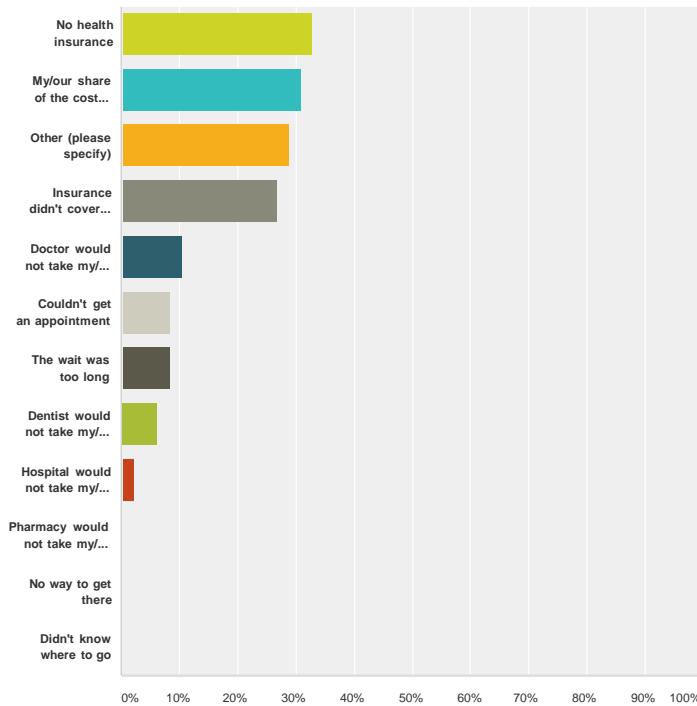


Answer Choices	Responses
Dentist	36.96% 17
General practitioner	34.78% 16
Hospital	23.91% 11
Pharmacy/prescriptions	19.57% 9
Eye care/optometrist/ophthalmologist	15.22% 7
Urgent Care Center	13.04% 6
Other (please specify)	8.70% 4
Health Department	6.52% 3
Medical Clinic	6.52% 3
OB/GYN	4.35% 2
Pediatrician	2.17% 1
Total Respondents: 46	

Q31 Which of these problems prevented you or your family member from getting the necessary health care? You can choose as many of these as you need to.

Answered: 49 Skipped: 243

2015 Community Health Assessment

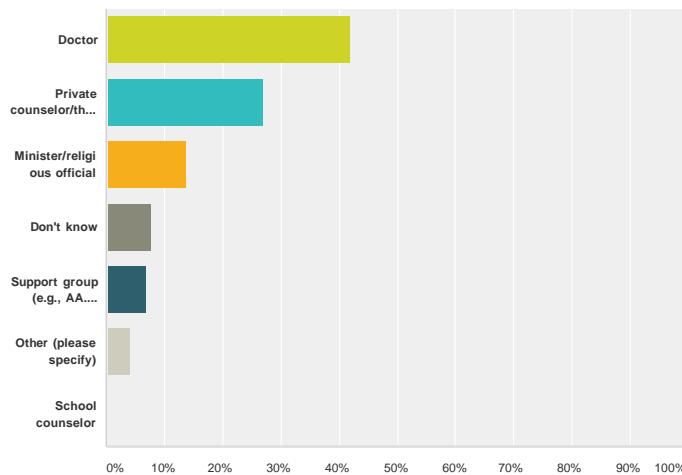


Answer Choices	Responses	
No health insurance	32.65%	16
My/our share of the cost (deductible/co-pay) was too high	30.61%	15
Other (please specify)	28.57%	14
Insurance didn't cover what I/we needed	26.53%	13
Doctor would not take my/our insurance or Medicaid	10.20%	5
Couldn't get an appointment	8.16%	4
The wait was too long	8.16%	4
Dentist would not take my/our insurance or Medicaid	6.12%	3
Hospital would not take my/our insurance	2.04%	1
Pharmacy would not take my/our insurance or Medicaid	0.00%	0
No way to get there	0.00%	0
Didn't know where to go	0.00%	0
Total Respondents: 49		

**Q32 If a friend or family member needed
counseling for a mental health or a
drug/alcohol abuse problem, who is the first
person you would tell them to talk to?
Below are some possibilities. (Please
choose only one.)**

Answered: 228 Skipped: 64

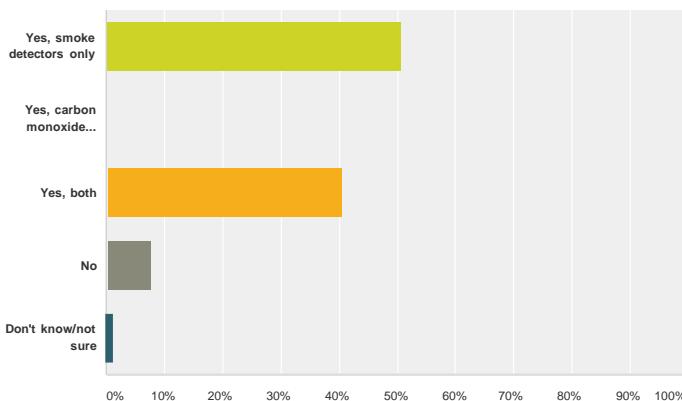
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Answer Choices	Responses
Doctor	41.67% 95
Private counselor/therapist	26.75% 61
Minister/religious official	13.60% 31
Don't know	7.46% 17
Support group (e.g., AA, Al-Anon)	6.58% 15
Other (please specify)	3.95% 9
School counselor	0.00% 0
Total	228

Q33 Does your household have working smoke and carbon monoxide detectors? (Mark only one.)

Answered: 226 Skipped: 66



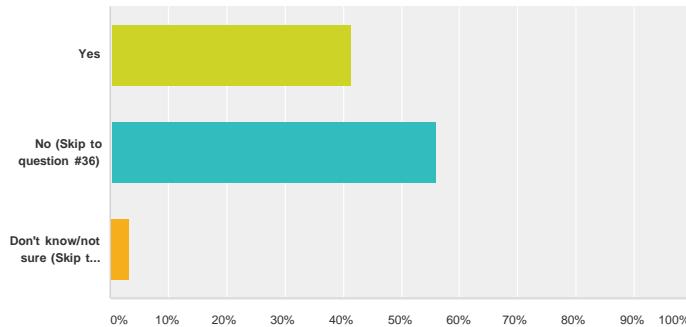
Answer Choices	Responses
Yes, smoke detectors only	50.44% 114
Yes, carbon monoxide detectors only	0.44% 1
Yes, both	40.27% 91
No	7.52% 17
Don't know/not sure	1.33% 3
Total	226

Q34 Does your family have a basic emergency supply kit? (These kits include water, non-perishable food, any necessary prescriptions, first aid supplies, flashlight and batteries, non-electric can opener,

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blanket, etc.)

Answered: 226 Skipped: 66

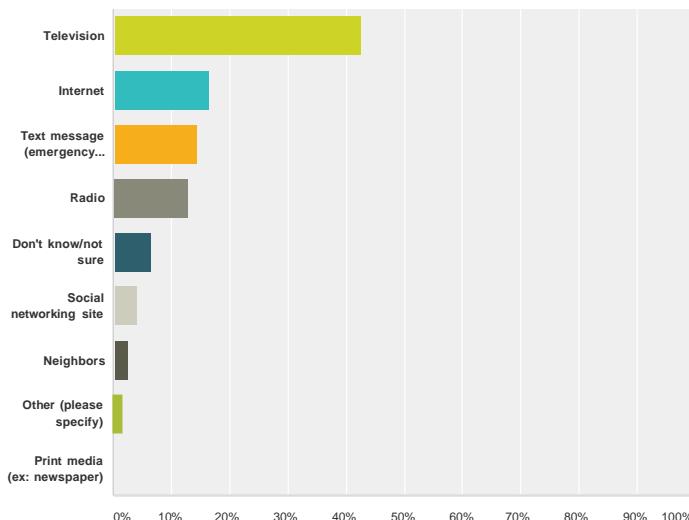


Q35 If yes, how many days do you have supplies for? (Write the number of days.)

Answered: 92 Skipped: 200

Q36 What would be your main way of getting information from authorities in a large-scale disaster or emergency? (Check only one.)

Answered: 226 Skipped: 66



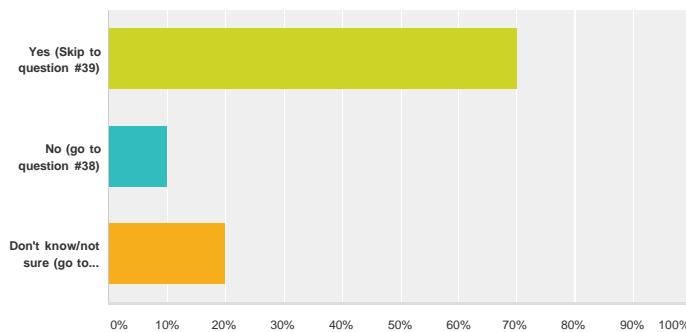
Answer Choices	Responses
Television	42.48% 96
Internet	16.37% 37
Text message (emergency alert system)	14.16% 32
Radio	12.83% 29
Don't know/not sure	6.19% 14
Social networking site	3.98% 9
Neighbors	2.21% 5
Other (please specify)	1.77% 4

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Print media (ex: newspaper)	0.00%	0
Total		226

Q37 If public authorities announced a mandatory evacuation from your neighborhood or community due to a large-scale disaster or emergency, would you evacuate?

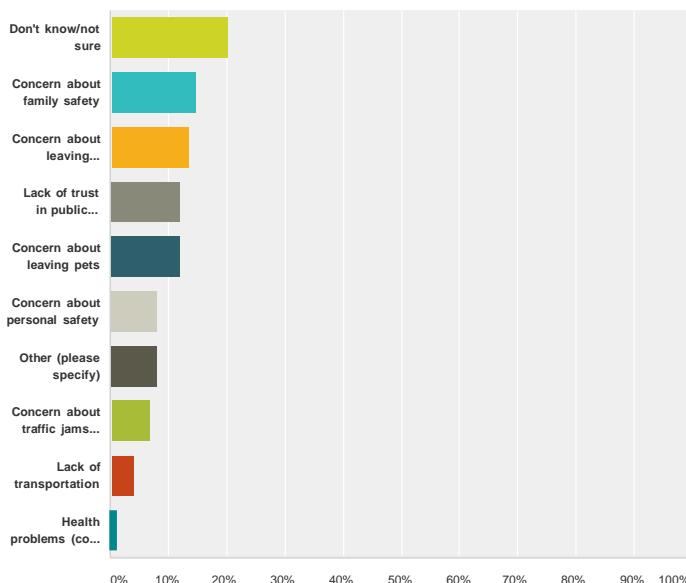
Answered: 226 Skipped: 66



Answer Choices	Responses
Yes (Skip to question #39)	71.24% 161
No (go to question #38)	9.73% 22
Don't know/not sure (go to question #38)	19.03% 43
Total	226

**Q38 What would be the main reason you might not evacuate if asked to do so?
(Check only one.)**

Answered: 75 Skipped: 217



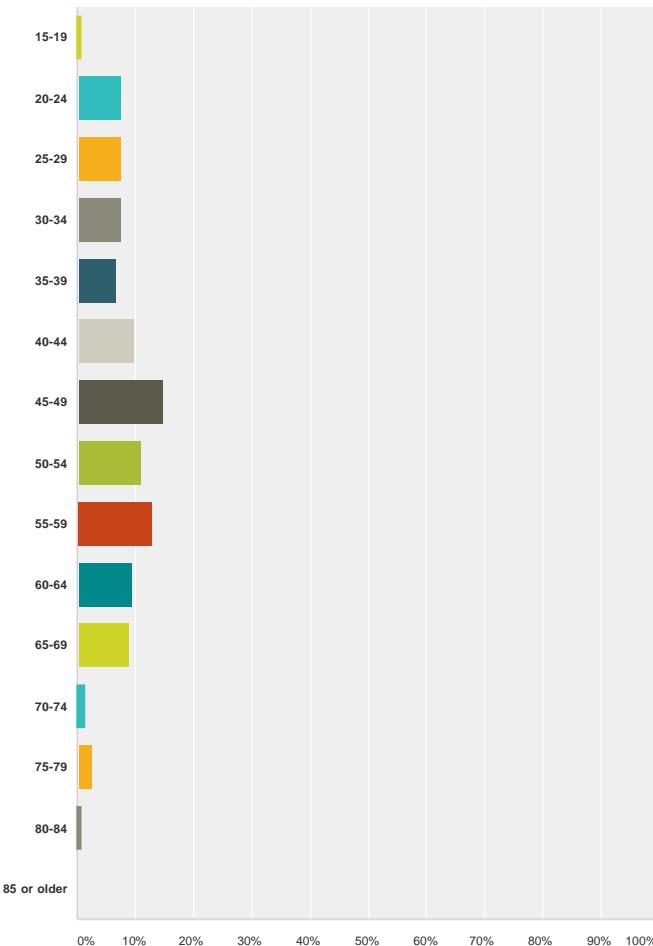
Answer Choices	Responses
Don't know/not sure	20.00% 15
Concern about family safety	14.67% 11
Concern about leaving property behind	13.33% 10
Lack of trust in public officials	12.00% 9
Concern about leaving pets	12.00% 9

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Concern about personal safety	8.00%	6
Other (please specify)	8.00%	6
Concern about traffic jams and inability to go out	6.67%	5
Lack of transportation	4.00%	3
Health problems (could not be moved)	1.33%	1
Total		75

Q39 How old are you? (make age category.)

Answered: 219 Skipped: 73



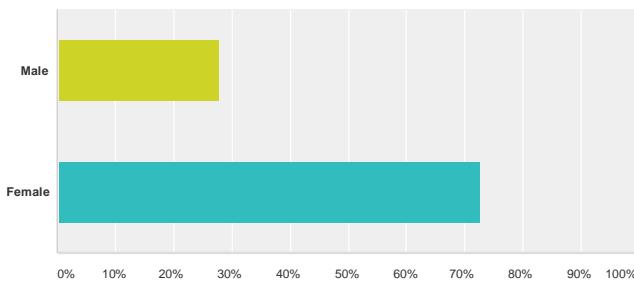
Answer Choices	Responses	
15-19	0.91%	2
20-24	7.31%	16
25-29	7.31%	16
30-34	7.31%	16
35-39	6.39%	14
40-44	9.59%	21
45-49	14.61%	32
50-54	10.96%	24
55-59	12.79%	28
60-64	9.13%	20
65-69	8.68%	19
70-74	3.77%	3
75-79	2.28%	5
80-84	0.91%	2

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85 or older	0.46%	1
Total		219

Q40 Are you male or female?

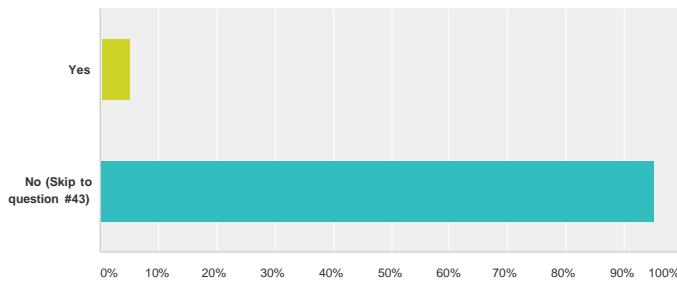
Answered: 218 Skipped: 74



Answer Choices	Responses
Male	60
Female	158
Total	218

Q41 Are you of Hispanic, Latino, or Spanish origin?

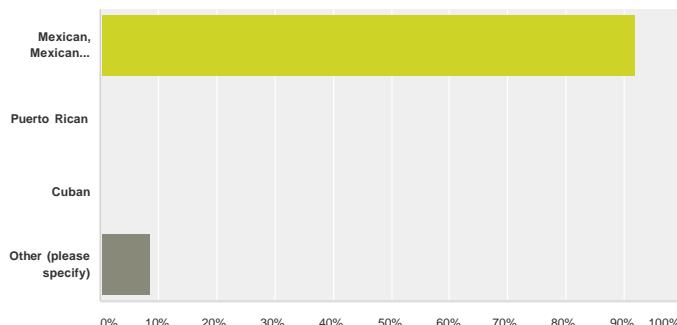
Answered: 217 Skipped: 75



Answer Choices	Responses
Yes	11
No (Skip to question #43)	206
Total	217

Q42 If you said "yes" to question 41, are you:

Answered: 12 Skipped: 280



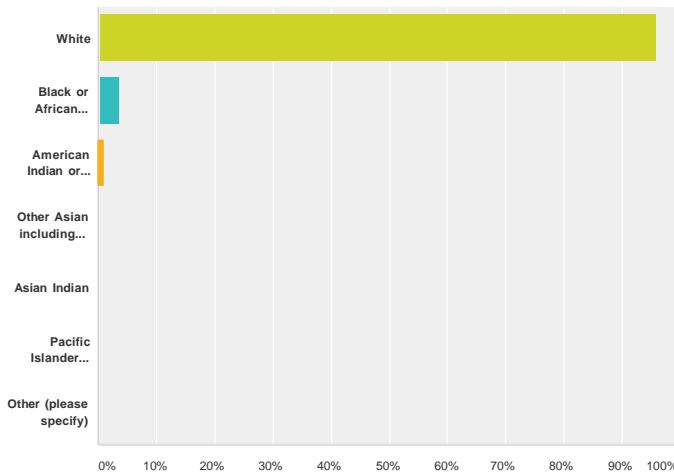
Answer Choices	Responses
Mexican, Mexican American, or Chicano	11
Puerto Rican	0

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Cuban	0.00%	0
Other (please specify)	8.33%	1
Total		12

Q43 What is your race? (Please check all that apply.)

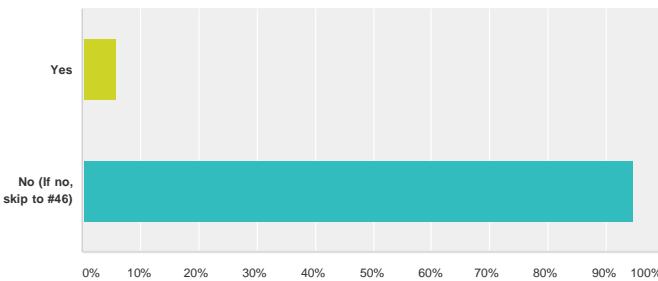
Answered: 207 Skipped: 85



Answer Choices	Responses
White	95.65% 198
Black or African American	3.38% 7
American Indian or Alaska Native	0.97% 2
Other Asian including Japanese, Chinese, Korean, Vietnamese, an Filipino/a	0.48% 1
Asian Indian	0.00% 0
Pacific Islander including Native Hawaiian, Samoan, Guamanian/Chamorro	0.00% 0
Other (please specify)	0.00% 0
Total Respondents: 207	

Q44 Do you speak a language other than English at home?

Answered: 215 Skipped: 77



Answer Choices	Responses
Yes	5.58% 12
No (If no, skip to #46)	94.42% 203
Total	215

Q45 If yes, what language do you speak at home?

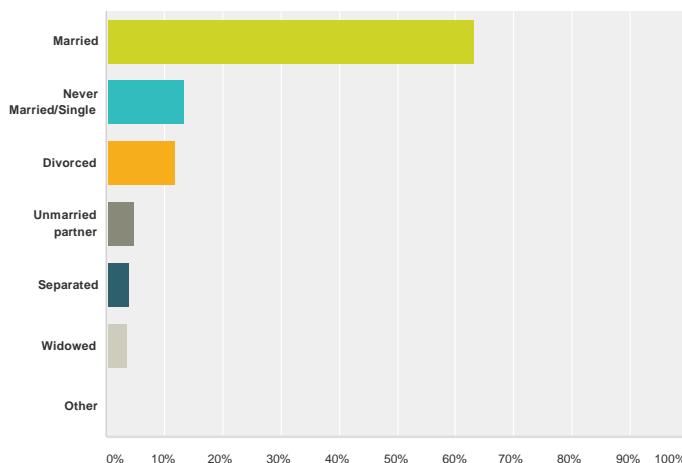
Answered: 11 Skipped: 281

Q46 What is your marital Status? (Mark only

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one.)

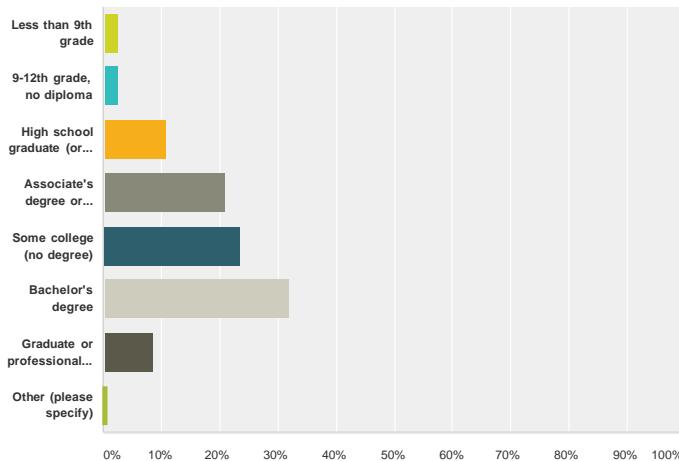
Answered: 214 Skipped: 78



Answer Choices	Responses
Married	63.08% 135
Never Married/Single	13.08% 28
Divorced	11.68% 25
Unmarried partner	4.67% 10
Separated	3.74% 8
Widowed	3.27% 7
Other	0.47% 1
Total	214

Q47 What is the highest level of school, college or vocational training that you have finished? (Mark only one.)

Answered: 218 Skipped: 74



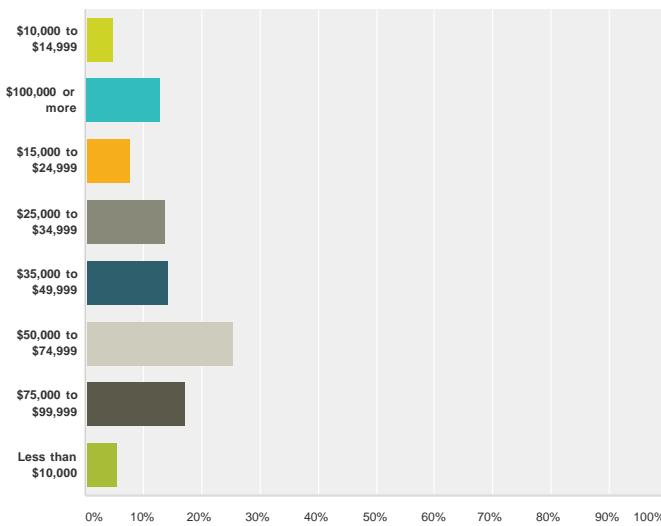
Answer Choices	Responses
Less than 9th grade	2.29% 5
9-12th grade, no diploma	2.29% 5
High school graduate (or GED/equivalent)	10.55% 23
Associate's degree or Vocational training	20.64% 45
Some college (no degree)	23.39% 51
Bachelor's degree	31.65% 69
Graduate or professional degree	8.26% 18

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Other (please specify)	0.92%	2
Total		218

Q48 What was your total household income last year, before taxes? (Mark only one.)

Answered: 213 Skipped: 79



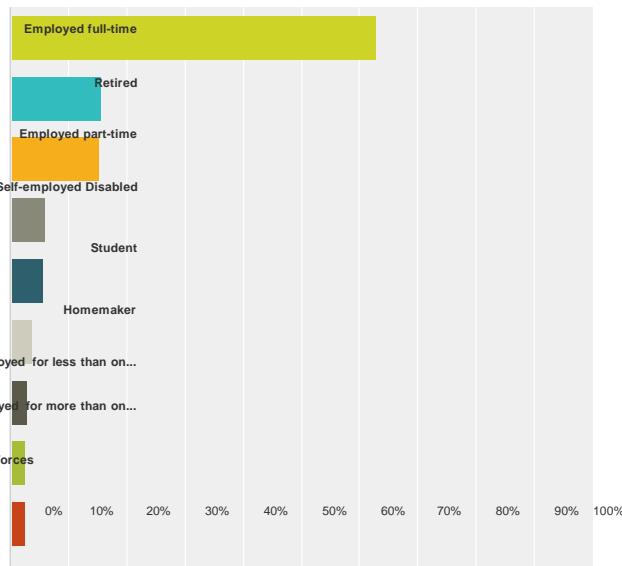
Answer Choices	Responses
\$10,000 to \$14,999	4.69% 10
\$100,000 or more	12.68% 27
\$15,000 to \$24,999	7.51% 16
\$25,000 to \$34,999	13.62% 29
\$35,000 to \$49,999	14.08% 30
\$50,000 to \$74,999	25.35% 54
\$75,000 to \$99,999	16.90% 36
Less than \$10,000	5.16% 11
Total	213

Q49 How many people does this income support, including yourself? (If you are paying child support but your child is not living with you, this still counts as someone living in your income.)

Answered: 209 Skipped: 83

Q50 What is your employment status? (Check all that apply.)

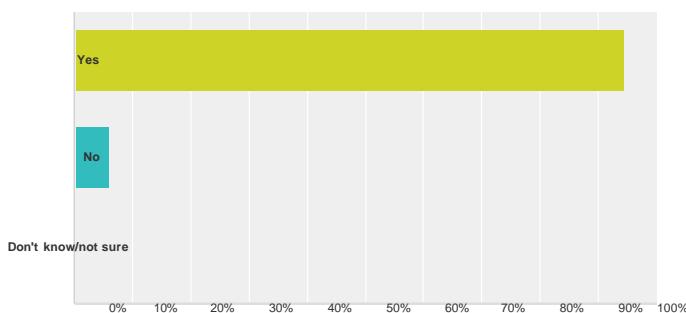
Answered: 219 Skipped: 73



Answer Choices	Responses
Employed full-time	62.56% 137
Retired	15.53% 34
Employed part-time	15.07% 33
Self-employed	5.94% 13
Disabled	5.48% 12
Student	3.65% 8
Homemaker	2.74% 6
Unemployed for less than one year	2.28% 5
Unemployed for more than one year	2.28% 5
Armed Forces	0.00% 0
Total Respondents: 219	

Q51 Do you have access to Internet?

Answered: 219 Skipped: 73



Answer Choices	Responses
Yes	94.06% 206
No	5.94% 13
Don't know/not sure	0.00% 0
Total	219

Q52 What is your zip code? (Write only the first 5 digits.)

Answered: 218 Skipped: 74

Appendix III – Primary Data Presentation

1 CHA Team Update

September 15, 2015

2 Since beginning the collection of surveys on 7/20/15, we have 243 completed surveys

Where are we now?

3 How did we get here?

- The survey was created in Survey Monkey and paper copies were printed at James Williams for drop off and events
- The web link was sent to the County employee distribution list, Yadkin County Schools employees as well as posted to our website. Yadkin Chamber was also emailed out the link to their contact list. The YMCA also sent to all their employees.
- Paper copies were dropped at:
 - All libraries,
 - All senior centers
 - Medical practices:
 - Yadkin Medical Associates
 - Blue Ridge Cardiology
 - Yadkin County Medical Clinic

4

- The YMCA allowed us to leave a laptop in their lobby to collect surveys.
- There was a letter sent out to 39 local churches asking them to participate either via hard copy or to post the link in their bulletin.
 - One church responded and ask for 100 paper copies.
- Businesses were also approached:
 - Phillips Van Heusen agreed to give them to their Yadkin employees and those are coming in now.
 - Natalie contacted Unifi and Lydall and never heard back.
- Retail Stores:
 - Sheetz, Food Lion and Lowes Foods declined.
 - We collected at the movie theatre in Jonesville on a Friday afternoon/evening
- Community events:
 - Dog Days of Summer on 8/21
 - Project Lazarus movie night 8/31
 - Harvest Festival 9/19

5 The Harvest Festival will be our last event/push to collect surveys.

End of active collection?

6 What have we found so far?

Brief results overview

7 Attention grabbing #s

- How do you feel about this statement, "There is good healthcare in Yadkin County"? Consider the cost and quality, number of options, and availability of healthcare in the county.
 - 57% said either disagree or strongly disagree
- How do you feel about this statement, "There is plenty of economic opportunity in Yadkin County"? Consider the number and quality of jobs, job training/higher education

opportunities, and availability of affordable housing in the county.

● 63% said either disagree or strongly disagree

8 

● Please look at this list of community issues. In your opinion, which issues most affect the quality of life in Yadkin County?

- 1) low income/poverty
- 2) drug use
- 3) lack of/inadequate health insurance

● Top written-in response "jobs" "care facilities" "economic development" "able to work"

● In your opinion, which of the following services need the most improvement in your neighborhood or community?

- 1) higher paying employment
- 2) availability of employment
- 3) number of healthcare providers

● Top written-in response: "hospital"

9 

● In your opinion, which health behaviors do people in your own community need more information about?

- 1) Substance abuse prevention
- 2) eating well/nutrition
- 3) quitting smoking/tobacco

● Where do you get most of your health-related information?

- 1) doctor/nurse; 2) internet; 3) friends/family

● Top written-in responses: "YMCA" "clinic" "school"

● Top 3 health topics: cancer; diabetes; weight

10 

● Which of the following health topics do you think your child/children, ages 9-19, need(s) more information about?

- Nutrition; bullying; drug abuse; reckless driving

● Have you ever been told by a doctor, nurse, or other health professional that you have any of the health conditions

- 34% depression or anxiety
- 35% high blood pressure
- 35% high cholesterol
- 44% overweight/obesity

● 31% said "yes" to pain or health problems keeping them from doing normal activities

11 

● Now I will ask you about your fitness. During a normal week, other than in your regular job, do you engage in any physical activity or exercise that lasts at least a half an hour?

- 36% said "no"

● Reasons why they said "no"

- 1) I don't have enough time
- 2) I'm too tired
- 3) I don't like to exercise

12 

- 48% said they have been exposed to second hand smoke
 - Most were exposed through "family" "friends" or "outside" "public places"
- 37% said they did not receive their seasonal flu shot
- 39% said they choose to go out of county when they are sick

13

- 19%, or 1 in 5, said they have had problems getting the health care they needed
 - Access was an issue at: the dentist; general practitioner; and the hospital
 - Reasons for access issues were:
 - Share of the cost was too high
 - Insurance didn't cover what I needed
 - No health insurance
 - Other: "hospital closed"
- 54% said they do not have a basic emergency supply kit for their family

14

- A total of 28% would either not evacuate or are not sure if they would. Why?
 - Concern about family safety
 - Don't know/not sure
 - Concern about leaving property behind
 - Lack of trust in public officials
 - Concern about leaving pets

15

Demographics

How close are we?

16

Population

- ¹ 2014 SOTCH
- ² 2015 CHA

17

Who ~~do~~ we need?

- Population by age: more 15-19, we are over in 45-54 and 55-59
- Currently we are at 69% female and 31% male...need more men
- 1.7% are Hispanic versus the 10.5% from the current Census. Need more Hispanic responses
- Education completed: We have more college educated represented than is actual and less high school graduate

18

Who ~~do~~ we need?

- Income is above the median for the County
- We are missing the unemployed population
- We are lacking slightly in respondents from East Bend and Hamptonville. Most lacking in Jonesville

Appendix IV – Secondary Data Chart

		Dare	Davie	Person	Stokes	Transylvania	Yadkin	NC
Quality of Life Health Behaviors	% reporting "poor" or "fair" health	21%	15%	14%	18%	11%	21%	18%
	Poor physical health days	4.0	4.2	2.3	3.8	3.0	4.1	3.6
	Adult Obesity	28%	27%	33%	31%	24%	30%	29%
	Physical Inactivity	25%	26%	29%	28%	21%	28%	25%
	Access to exercise opportunities	91%	65%	66%	75%	82%	55%	76%
Clinical Care	% with access to exercise							
	# with access to exercise	30,867	26,803	26,033	35,413	26,988	21,248	
	Dare	Dare	Davie	Person	Stokes	Transylvania	Yadkin	NC
	% Uninsured	21%	18%	18%	18%	21%	20%	19%
	Primary care physicians	1,503:1	2,302:1	3,021:1	5,848:1	1,428:1	3,462:1	1,448:1
Social & Economic Factors	Dentists	1,592:1	3,463:1	2,805:1	7,765:1	2,991:1	5,434:1	1,970:1
	Mental Health Providers	25.5840278	1,662:1	1,007:1	2,912:1	588	1,654:1	472
	# Unemployed	2,226	1,531	1,693	1,720	1,017	1,338	
	Labor Force	22,829	20,491	19,338	23,608	12,522	18,770	
	% Unemployed	9.8%	7.5%	8.8%	7.3%	8.1%	7.1%	8.0%
Unemployment Rate	Children in poverty	20%	19%	26%	21%	30%	27%	25%

Source: www.countyhealthrankings.org/app/

Quality of Life	Low Income/Poverty	% living in poverty	11.1%	13.9%	18.4%	14.4%	15.6%	18.9%	
		% of children <18 living in poverty	19.8%	19.2%	25.7%	20.7%	29.7%	27.1%	

Source: <http://www.ncacc.org/DocumentCenter/View/1373>

Clinical Care	Reported cost barriers to Health Care Access	Dare	Davie	Person	Stokes	Transylvania	Yadkin	NC
	% of adults who couldn't see a doctor in past 12 months due to cost	18%	14%	15%	17%	16%	16%	

source: <http://www.ncacc.org/DocumentCenter/View/1373>

Appendix V - Yadkin County Databook

2010-2014 Ten Leading Causes of Death by County of Residence and Age Group: Ranking, Number of Deaths, and Unadjusted Death Rates per 100,000 Population

RESIDENCE=YADKIN

			# OF DEATHS	DEATH RATE
AGE GROUP:	RANK	CAUSE OF DEATH:		
TOTAL - ALL AGES	0	TOTAL DEATHS --- ALL CAUSES	2,041	1071.3
	1	Diseases of the heart	478	250.9
	2	Cancer - All Sites	438	229.9
	3	Chronic lower respiratory diseases	150	78.7
	4	Cerebrovascular disease	130	68.2
	5	Other Unintentional injuries	103	54.1
	6	Pneumonia & influenza	61	32.0
	7	Alzheimer's disease	58	30.4
	8	Diabetes mellitus	53	27.8
	9	Septicemia	46	24.1
	10	Nephritis, nephrotic syndrome, & nephrosis	45	23.6
00-19 YEARS	0	TOTAL DEATHS --- ALL CAUSES	27	57.1
	1	Conditions originating in the perinatal period	6	12.7
		Congenital anomalies (birth defects)	6	12.7
	3	Other Unintentional injuries	4	8.5
	4	Motor vehicle injuries	3	6.3
	5	Cancer - All Sites	2	4.2
20-39 YEARS	6	Suicide	1	2.1
	0	TOTAL DEATHS --- ALL CAUSES	63	152.7
	1	Other Unintentional injuries	26	63.0
	2	Suicide	10	24.2
	3	Motor vehicle injuries	8	19.4
	4	Cancer - All Sites	4	9.7
	5	Diseases of the heart	3	7.3
	6	Septicemia	1	2.4
		HIV disease	1	2.4
		Diabetes mellitus	1	2.4
		Hypertension	1	2.4
		Cerebrovascular disease	1	2.4
		Chronic lower respiratory diseases	1	2.4
		Homicide	1	2.4

TECHNICAL NOTE: RATES BASED ON SMALL NUMBERS (FEWER THAN 20 CASES) ARE UNSTABLE AND SHOULD BE INTERPRETED WITH CAUTION

2010-2014 Ten Leading Causes of Death by County of Residence and Age Group: Ranking, Number of Deaths, and Unadjusted Death Rates per 100,000 Population

RESIDENCE=YADKIN

			# OF DEATHS	DEATH RATE
40-64 YEARS	0	TOTAL DEATHS --- ALL CAUSES	423	612.3
	1	Cancer - All Sites	123	178.0
	2	Diseases of the heart	75	108.6
	3	Other Unintentional injuries	28	40.5
	4	Diabetes mellitus	23	33.3
	5	Motor vehicle injuries	19	27.5
		Suicide	19	27.5
	7	Cerebrovascular disease	17	24.6
	8	Chronic lower respiratory diseases	14	20.3
	9	Chronic liver disease & cirrhosis	13	18.8
	10	Septicemia	12	17.4
65-84 YEARS	0	TOTAL DEATHS --- ALL CAUSES	960	3283.5
	1	Cancer - All Sites	242	827.7
	2	Diseases of the heart	215	735.4
	3	Chronic lower respiratory diseases	97	331.8
	4	Cerebrovascular disease	70	239.4
	5	Diabetes mellitus	26	88.9
		Pneumonia & influenza	26	88.9
	7	Other Unintentional injuries	25	85.5
	8	Alzheimer's disease	22	75.2
		Nephritis, nephrotic syndrome, & nephrosis	22	75.2
	10	Septicemia	20	68.4
85+ YEARS	0	TOTAL DEATHS --- ALL CAUSES	568	15751.5
	1	Diseases of the heart	185	5130.3
	2	Cancer - All Sites	67	1858.0
	3	Cerebrovascular disease	42	1164.7
	4	Chronic lower respiratory diseases	38	1053.8
	5	Alzheimer's disease	36	998.3
	6	Pneumonia & influenza	27	748.8
	7	Other Unintentional injuries	20	554.6
	8	Nephritis, nephrotic syndrome, & nephrosis	18	499.2
	9	Septicemia	13	360.5
	10	Hypertension	9	249.6

TECHNICAL NOTE: RATES BASED ON SMALL NUMBERS (FEWER THAN 20 CASES) ARE UNSTABLE AND SHOULD BE INTERPRETED WITH CAUTION

County Profile
Yadkin County (NC)
November 2015
Demographics
Population & Growth

2019 Proj Total Population
 2014 Proj Total Population
 2010 Census Total Population
 July 2014 Certified Population Estimate (NC only)

Population

38,915
 38,787
 38,406
 37,842

Annual Growth

0.1%
 0.6%

Urban/Rural Representation

2010 Census Total Population: Urban
 2010 Census Total Population: Rural

Urban/Rural Percent

15.3%
 84.7%

Estimated Population by Age

2019 Proj Median Age
 2014 Proj Median Age
 2014 Proj Total Pop 0-19
 2014 Proj Total Pop 20-29
 2014 Proj Total Pop 30-39
 2014 Proj Total Pop 40-49
 2014 Proj Total Pop 50-59
 2014 Proj Total Pop 60+

44
 43
 9,326
 4,325
 4,317
 5,633
 5,851
 9,335

Pop by Age

24.0%
 11.2%
 11.1%
 14.5%
 15.1%
 24.1%

Commuters, Workers Age 16 and Over, 2013 Est
Percent of Workers, By Travel Time

Avg Travel Time, Minutes
 Workers Not Working at Home
 Travel Time to Work: < 10 minutes
 Travel Time to Work: 10-14 minutes
 Travel Time to Work: 15-19 minutes
 Travel Time to Work: 20-24 minutes
 Travel Time to Work: 25-29 minutes
 Travel Time to Work: 30-34 minutes
 Travel Time to Work: 35-44 minutes
 Travel Time to Work: 45-59 minutes
 Travel Time to Work: 60+ minutes

28.0
 15,931
 13.9%
 12.9%
 10.0%
 10.8%
 8.4%
 18.8%
 9.6%
 8.1%
 7.5%

Workers, By Transportation

Worker Transp, Base
 Work at Home
 Drove Car/Truck/Van Alone
 Carpooled Car/Truck/Van
 Public Transportation
 Walked
 Other Transportation

15,931
 2.7%
 83.1%
 10.9%
 0.1%
 1.1%
 2.1%

Place of Work

Worked in State/County of Residence
 Worked in State/Outside County of Residence
 Worked Outside State of Residence

Commuters

6,877
 8,848
 206

Residents

43.2%
 55.5%
 1.3%

Education
Pop Age 25+

2013-14 Kindergarten-12th Enrollment
 2015 Average SAT score (2400 scale)
 2015 Percent of Graduates taking SAT
 2012-13 Higher Education Completions
 2012-13 Higher Education Total Enrollment
 2013 Est Education Attainment - At Least High School Graduate
 2013 Est Education Attainment - At Least Bachelor's Degree

5,434
 1,428
 39.9%
 .
 20,847
 3,462

78.8%
 13.1%

Housing

		% Growth or % of Total
2019 Proj Total Housing	17,819	1.0%
2014 Proj Total Housing	17,644	
2010 Census Total Housing	15,486	
2010 Census Occupied Housing	13,631	88.0%
2010 Census Vacant Housing	1,855	12.0%
2013 Est Median Value of Owner Occupied Housing	\$121,100	
2013 Est Median Gross Rent	\$593	
2013 Est Owner Occupied Housing	11,586	77.6%
2013 Est Renter Occupied Housing	3,340	22.4%
2013 Est Owner Occupied Housing Vacancy	1.9%	
2013 Est Renter Occupied Housing Vacancy	14.9%	
2010 Census Total Households	17,341	

Income

		% Growth or % of Total
2013 Est Median Family Income	\$50,372	14.8%
2019 Proj Median Household Income	\$48,969	17.9%
2014 Proj Median Household Income	\$41,527	13.8%
2013 Est Median Worker Earnings	\$26,819	
2019 Proj Per Capita Income	\$23,331	1.9%
2014 Proj Per Capita Income	\$21,203	14.1%
2013 Est Total Pop with Income Below Poverty Level, Last 12 months	7,001	0.2%

Employment / Unemployment

	Currently	2014 Annual
Sept 2015 Prelim., 2014 Employment	17,236	16,629
Sept 2015 Prelim., 2014 Unemployment	816	956
Sept 2015 Prelim., 2014 Unemployment Rate	4.5%	5.4%
2015Q2 YTD, 2014 Announced Job Creation	.	.
2015Q2 YTD, 2014 Total Announced Investments (\$mil)	.	.

Employment / Wages by Industry	2015 1st Qtr Employment	2014 Annual Employment	2015 1st Qtr Avg Weekly Wage	2014 Avg Weekly Wage
Total All Industries	9,569	9,634	\$579	\$601
Total Government	1,525	1,476	\$657	\$654
Total Private Industry	8,044	8,158	\$564	\$592
Agriculture Forestry Fishing & Hunting	74	71	\$551	\$606
Mining	0	0	\$0	\$0
Utilities	0	0	\$0	.
Construction	579	595	\$710	\$773
Manufacturing	2,410	2,395	\$698	\$711
Wholesale Trade	210	0	\$773	.
Retail Trade	882	877	\$396	\$404
Transportation and Warehousing	945	982	\$704	\$748
Information	198	201	\$924	\$1,047
Finance and Insurance	137	150	\$913	\$802
Real Estate and Rental and Leasing	32	27	\$528	\$580
Professional and Technical Services	125	146	\$619	\$616
Mgt of Companies, Enterprises	62	62	\$707	\$877
Administrative and Waste Services	436	452	\$333	\$380
Educational Services	938	880	\$625	\$643
Health Care and Social Assistance	878	875	\$466	\$501
Arts, Entertainment and Recreation	15	49	\$335	\$240
Accommodation and Food Services	926	908	\$225	\$235
Other Services Ex. Public Admin	205	202	\$366	\$375
Public Administration	405	497	\$657	\$648
Unclassified	0	0	\$0	\$0

Commercial/Retail/Industrial
Local Businesses

Nov 2015 Available Industrial Buildings	1
2015Q1 Establishments: Total Private Industry	625
2015Q1 Establishments: Manufacturing	49
2013 Est Self Employed	954

Local Retail Business

2014 Total Retail Sales (With Food/Drink) (\$mil)	\$255.3
2014 Total Retail Businesses (With Food/Drink)	308
2014 Avg Sales/Business Total (with Food/Drink)	\$828,998
Nov 2015 Available Commercial Buildings (if reported)	1

Quality of Life
Taxes

FY2015-16 Property Tax Rate per \$100 Value	\$0.6600
FY2014-15 Annual Taxable Retail Sales (\$mil)	\$184.5
2015 Tier designation	2

Weather

Annual Rainfall, inches	34
Annual Snowfall, inches	9
Average Annual Temperature, F	56
Average Annual High Temperature, F	68
Average Annual Low Temperature, F	44

Childcare

2015Q3 Licensed Child Care Facilities	32
2015Q3 Licensed Child Care Enrollment	755

Healthcare Providers

2012 Number of Physicians	19
2012 Physicians per 10,000 population	5.0
2012 RNs per 10,000 population	24.8
2012 Dentists per 10,000 population	1.8
2012 Pharmacists per 10,000 population	3.7

Sources:

ESRI for demographics, housing, income, and retail data. Applied Geographic Solutions for weather and crime data. www.appliedgeographic.com. NC Dept. of Education for SAT data by county system. <http://www.ncpublicschools.org>. US Dept. of Education, National Center for Education Statistics for higher education data. <http://nces.ed.gov/ipeds/>. NC Commerce, Labor and Economic Analysis Division, for announced new jobs and investment, NC tiers, occupational data, and industrial buildings. <http://www.nccommerce.com/en>. NC Dept. of Health & Human Services for childcare data. <http://www.ncdhhs.gov>. UNC Sheps Center for healthcare provider statistics. <http://www.shepscenter.unc.edu/>. US Bureau of Labor Statistics for employment and unemployment, wages and establishments by industry. <http://www.bls.gov>. US Census, 2010 and 2000 Census, 5-year series American Community Survey for demographics, commuters, place of work, educational attainment, housing, and income. <http://factfinder2.census.gov>.

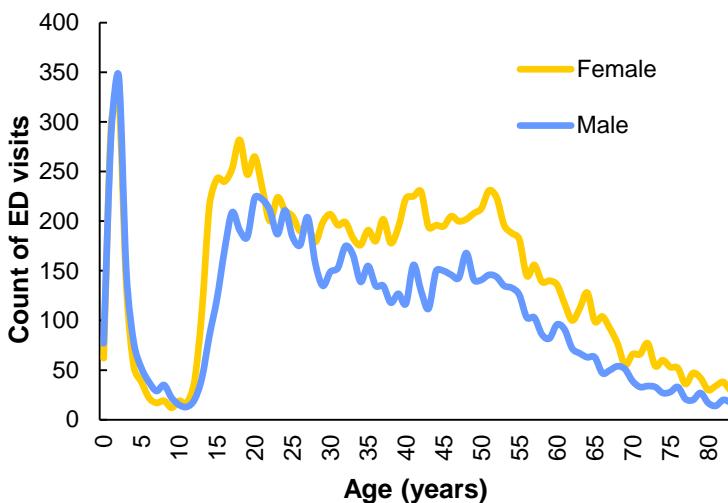
Notes:

Data are the latest available at the date the profile was prepared. SAT scores use the new scoring system including a writing test for a perfect score of 2400 and represent county systems. Unemployment data are now showing preliminary month and subject to change. ESRI 2014/2019 data are projections and noted as proj. Some data may be available only for North Carolina. 2010 Census data is noted as such. American Community Survey (ACS) data are estimates and noted as est and is from the 2009-13, 5 year survey and data is as of the end year with dollars inflated to the end year. For further details or questions, please check the Data Sources Guide at https://edis.commerce.state.nc.us/docs/bibliography/Data_Sources_Guide.pdf or click on it under Resources. Additional data and reports are available at: <http://www.nccommerce.com/lead>.

NORTH CAROLINA EMERGENCY DEPARTMENT VISITS FOR INJURIES DUE TO MEDICATION OR DRUG OVERDOSES

The North Carolina Disease Event Tracking and Epidemiologic Collection tool (NC DETECT) provides public health officials and hospital users with the capacity for statewide early event detection and timely public health surveillance. Through NC DETECT, users can access near real-time data from North Carolina acute care emergency departments (EDs), the Carolinas Poison Center (CPC), and the Pre-Hospital Medical Information System (PreMIS). NC DETECT data from ED visits have become increasingly important for the surveillance of injury morbidity in North Carolina. NC DETECT is funded by the NC Division of Public Health (NC DPH). This document summarizes 2012 ED visits by in-state and out-of-state residents with a diagnosis code for a medication or drug overdose in the first six diagnostic fields and/or an external cause of injury code (E-code) for a medication or drug overdose. According to the CDC, a medication or drug overdose is an injury due to the ingestion, inhalation, injection, or other form of exposure to a medication or drug.

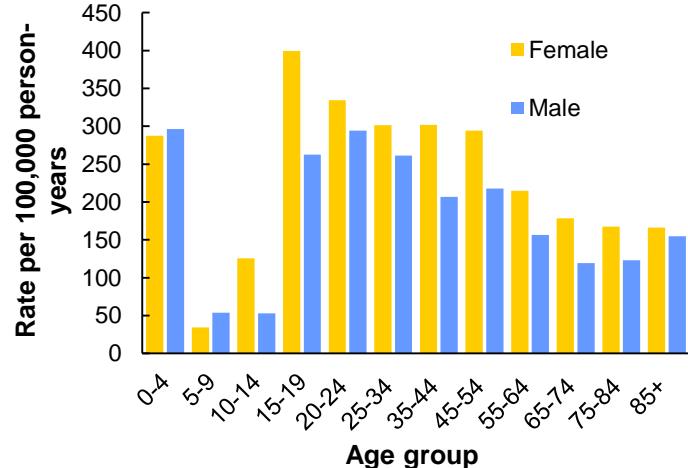
North Carolina ED visits due to medication/drug overdoses, 2012



Rates of North Carolina ED visits due to medication/drug overdoses, 2012

- Among women, the highest rates observed were among teenagers 15-19 years of age (399.3 visits per 100,000 person-years).
- Among men, the highest rates observed were among young men 20-24 years of age (294.4 visits per 100,000 person-years).

- In 2012, there were 21,718 ED visits due to medication/drug overdoses. Among the 1,118,434 ED visits due to injury, 1.9% were due to overdoses.
- In 2012, there were 222.7 NC ED visits due to medication/drug overdoses per 100,000 person-years.
- There were more injuries due to medications/drugs among women (12,469 ED visits) than men (9,247 ED visits).
- Overall, rates of ED visits for medication/drug overdoses were higher among women (249.4 visits per 100,000 person-years) than among men (194.6 visits per 100,000 person-years).



Source: Carolina Center for Health Informatics, Department of Emergency Medicine, University of North Carolina at Chapel Hill, 2014.

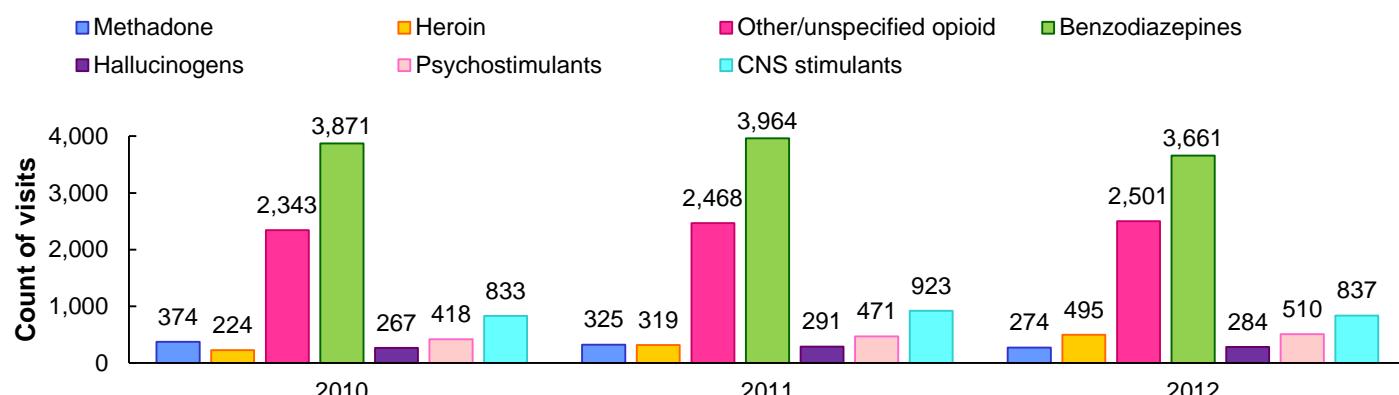
NC Division of Public Health / www.publichealth.nc.gov / Injury Epidemiology & Surveillance Unit/ 919-707-5425

NC Disease Event Tracking and Epidemiologic Collection Tool (NC DETECT) / www.ncdetect.org / 919-843-2361

State of North Carolina / Department of Health and Human Services / www.ncdhhs.gov

NC DHHS is an equal opportunity employer and provider.

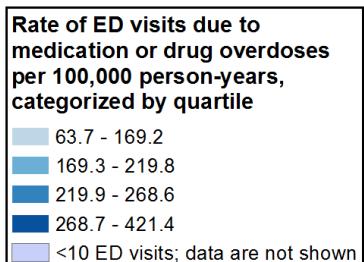
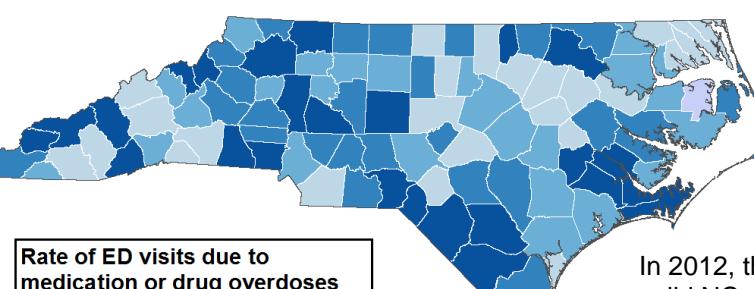
Class of medication/drug present in North Carolina ED visits due to overdoses, 2012*



*Categories are not mutually exclusive; ED visits may have more than one code for type of overdose

- For visits with a listed intent (82.9%), the most common type of overdose was unintentional (48.9%) followed by self-harm (37.7%), undetermined (13.4%), and assault (0.1%).
- Among medications/drugs that are frequently misused/abused, the most common drug class identified was benzodiazepines.

Population-based rates of ED visits due to overdoses by North Carolina county, 2012



In 2012, there were 20,979 ED visits with a valid NC county of residence (97%). The NC counties with the highest rates of ED visits due to poisonings (visits per 100,000 person-years in parentheses) were Robeson (421.4), Mitchell (357.9), Gaston (349.9), Cleveland (346.8), and Columbus counties (329.6).

Prevention Strategies

- Learn about the work of the North Carolina Harm Reduction Coalition by visiting www.nchrc.org.
- Dispose of your medications in accordance with FDA guidelines. When available, take advantage of community medication “take back events.” You can find more information at the NC Safe Kids’ website for Operation Medicine Drop: <https://apps.ncdoi.net/f?p=102:4:14054229027805::NO>.
- Keep medications out of reach of young children. For a poisoning emergency, call the poison help line at 1 (800) 222-1222. Help is available 24 hours a day, seven days a week.

For more information on preventing injuries due to poisonings please visit the NC Injury and Violence Prevention Branch website at www.injuryfreenc.ncdhhs.gov or visit www.injuryfreenc.org.



Source: Carolina Center for Health Informatics, Department of Emergency Medicine, University of North Carolina at Chapel Hill, 2014.

NC Division of Public Health / www.publichealth.nc.gov / Injury Epidemiology & Surveillance Unit/ 919-707-5425

NC Disease Event Tracking and Epidemiologic Collection Tool (NC DETECT) / www.ncdetect.org / 919-843-2361

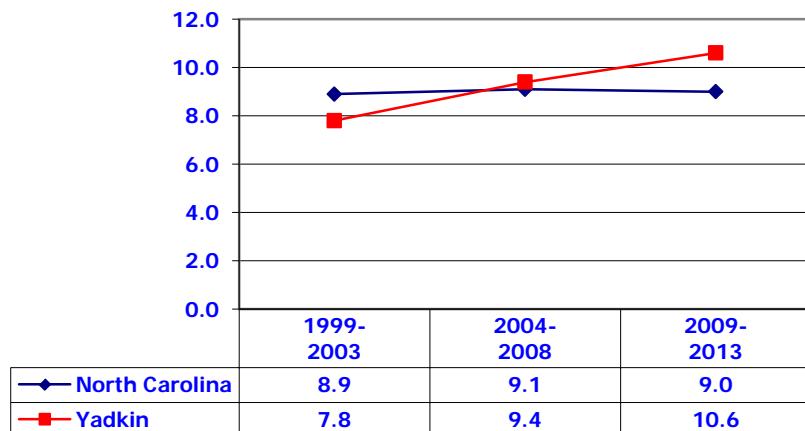
State of North Carolina / Department of Health and Human Services / www.ncdhhs.gov

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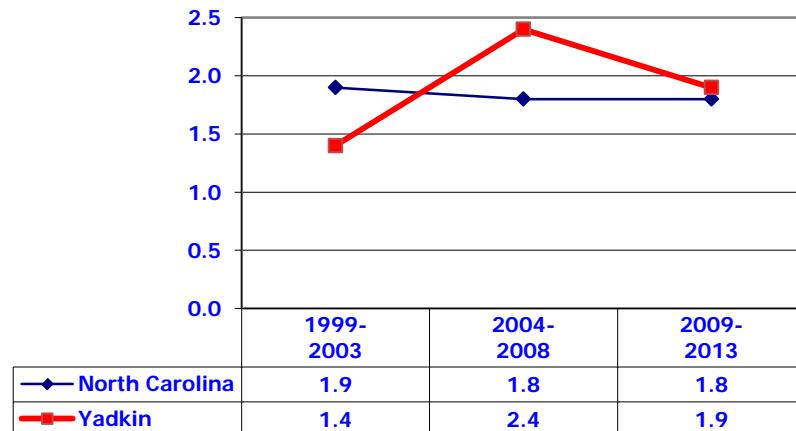
NORTH CAROLINA STATEWIDE AND COUNTY TRENDS IN KEY HEALTH INDICATORS: YADKIN COUNTY



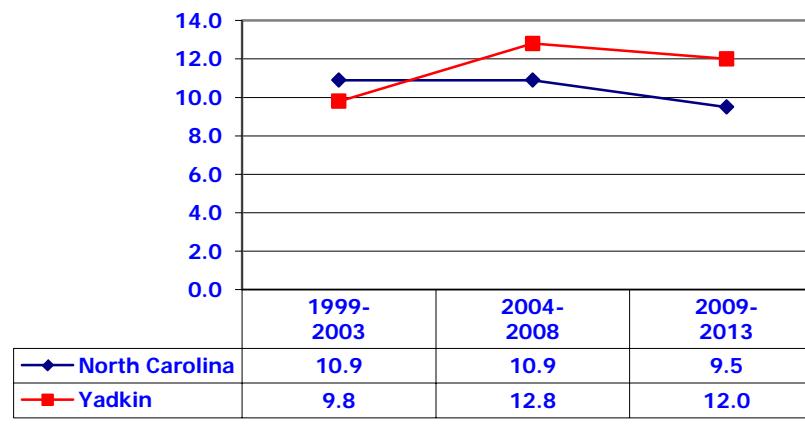
1. Percentage of Resident Live Births Classified As Low Birthweight (<2,500 grams/5 lbs 8 ozs)



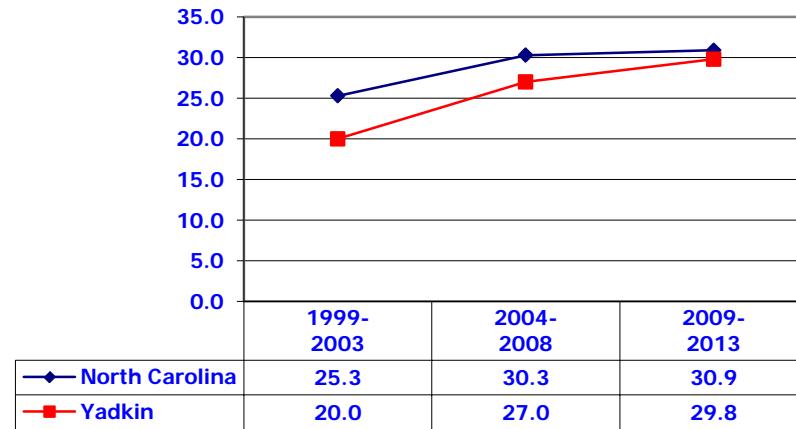
2. Percentage of Resident Live Births Classified As Very Low Birthweight (<1,500 grams/3 lbs 4 ozs)



3. Percentage of Resident Live Births That Were Premature (<37 Weeks Gestation)



4. Percentage of Resident Live Births Delivered by Cesarean Section



2013 County Population
38,038

% Ages 0-17:
22.1%

% Ages 65+:
17.8%

% NH White:
85.7%

% NH Af.Am.:
3.4%

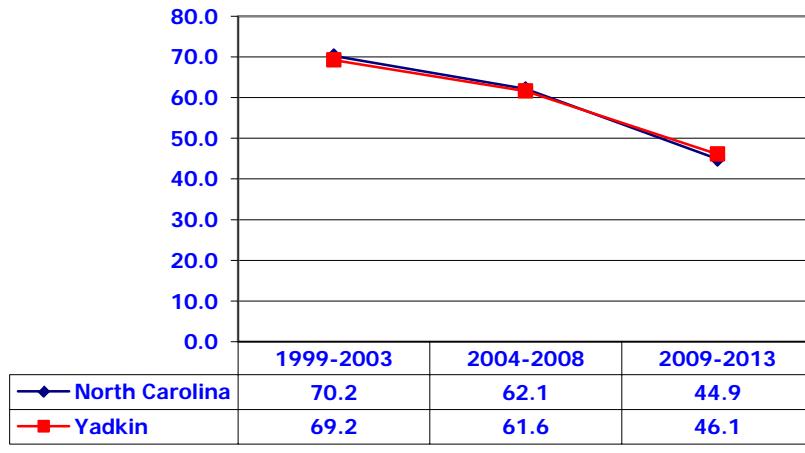
% NH Other:
0.5%

% Hispanic:
10.5%

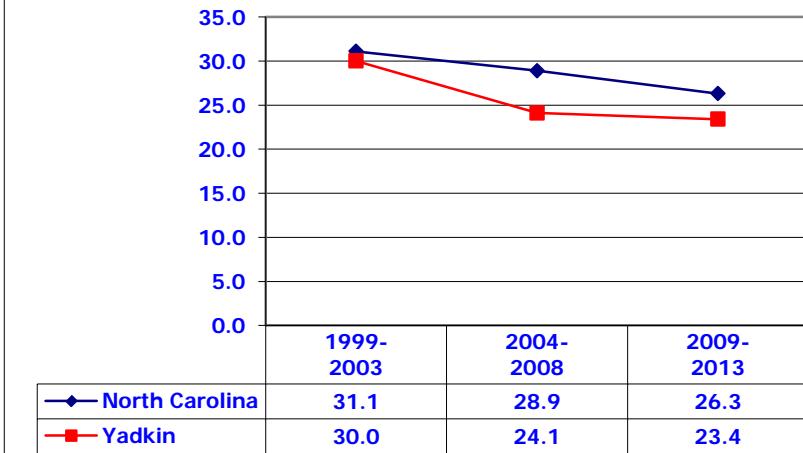
NORTH CAROLINA STATEWIDE AND COUNTY TRENDS IN KEY HEALTH INDICATORS: YADKIN COUNTY



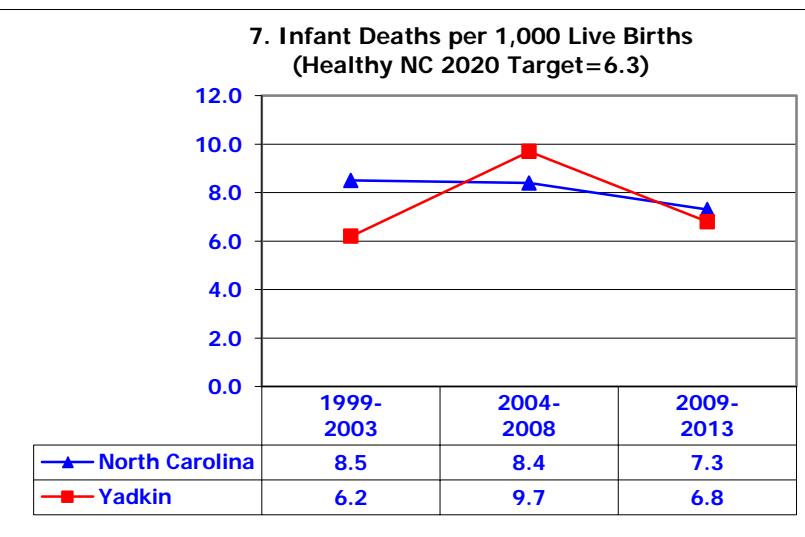
5. Teen Pregnancies (Ages 15-19)
per 1,000 Female Residents



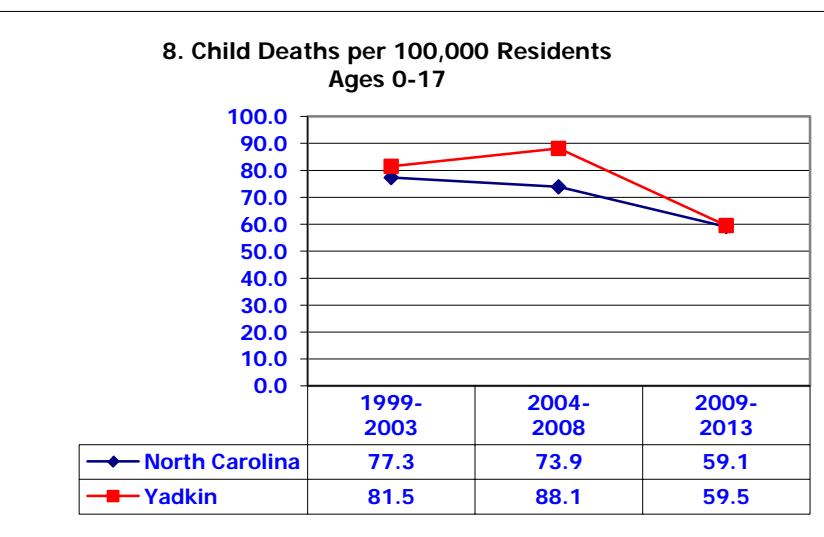
6. Percentage of Resident Teen Pregnancies
(Ages 15-19) that Were Repeat



7. Infant Deaths per 1,000 Live Births
(Healthy NC 2020 Target=6.3)



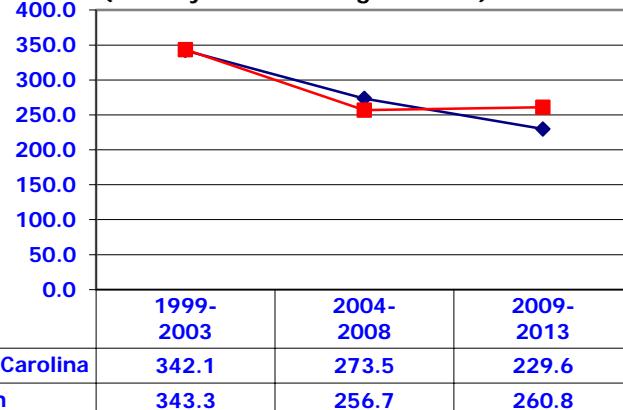
8. Child Deaths per 100,000 Residents
Ages 0-17



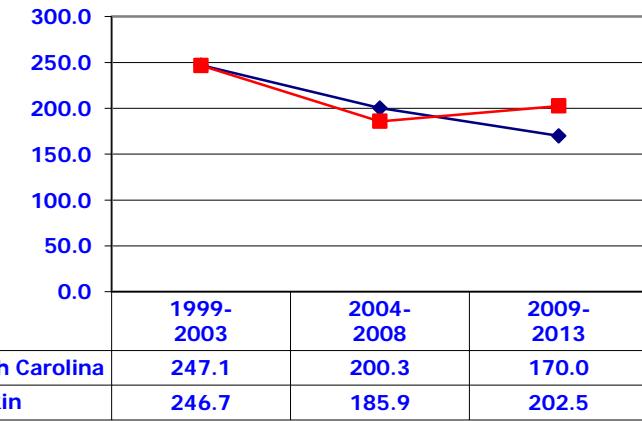
NORTH CAROLINA STATEWIDE AND COUNTY TRENDS IN KEY HEALTH INDICATORS: YADKIN COUNTY



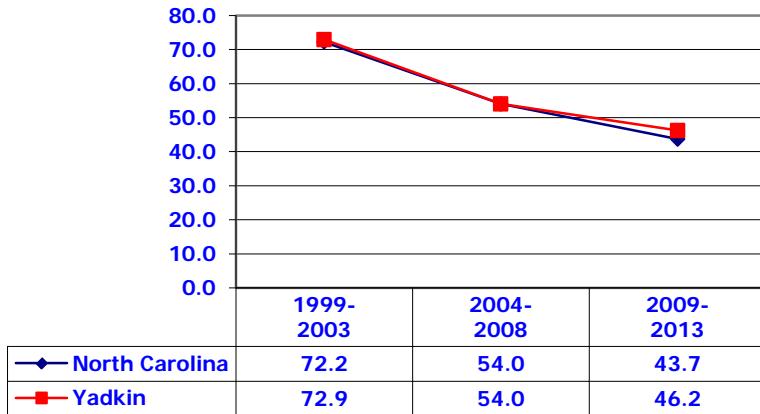
9. Age-Adjusted Cardiovascular Disease Death Rates per 100,000 Residents (Healthy NC 2020 Target=161.5)



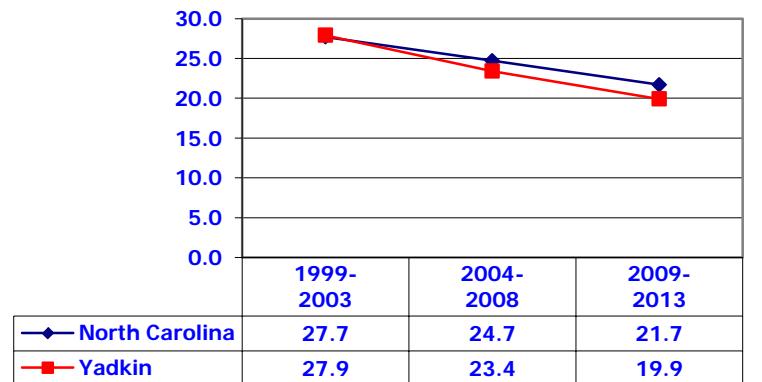
10. Age-Adjusted Heart Disease Death Rates per 100,000 Residents



11. Age-Adjusted Stroke Death Rates per 100,000 Residents



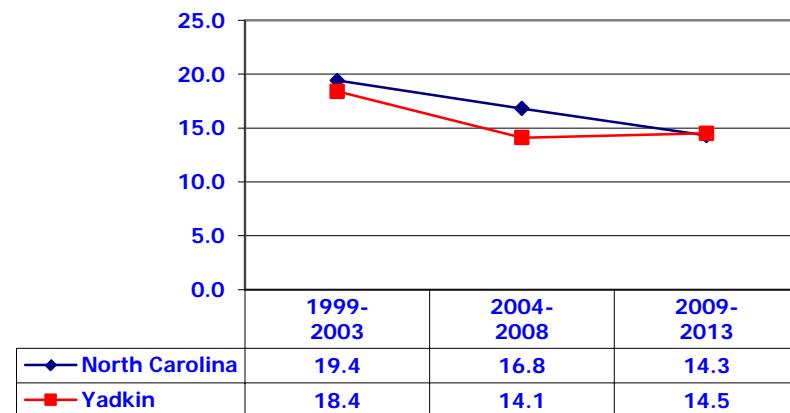
12. Age-Adjusted Diabetes Death Rates per 100,000 Residents



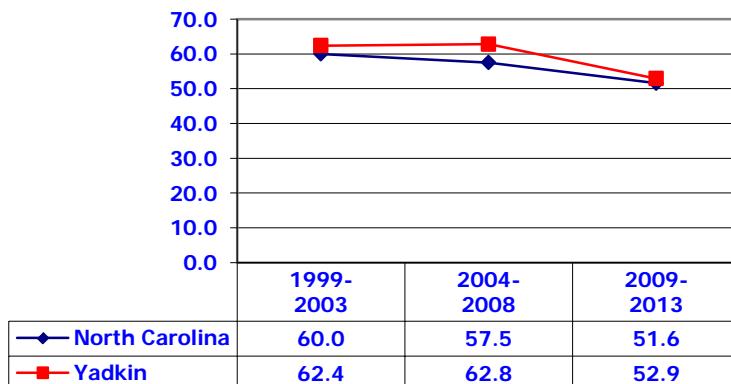
NORTH CAROLINA STATEWIDE AND COUNTY TRENDS IN KEY HEALTH INDICATORS: YADKIN COUNTY



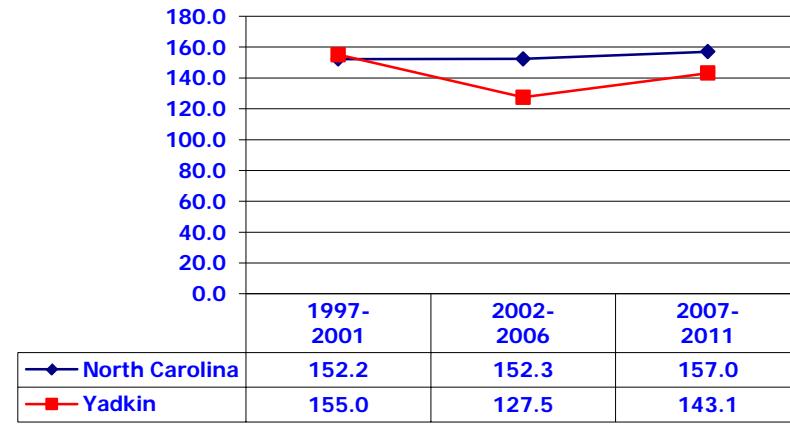
13. Age-Adjusted Colorectal Cancer Death Rates per 100,000 Residents (Healthy NC 2020 Target=10.1)



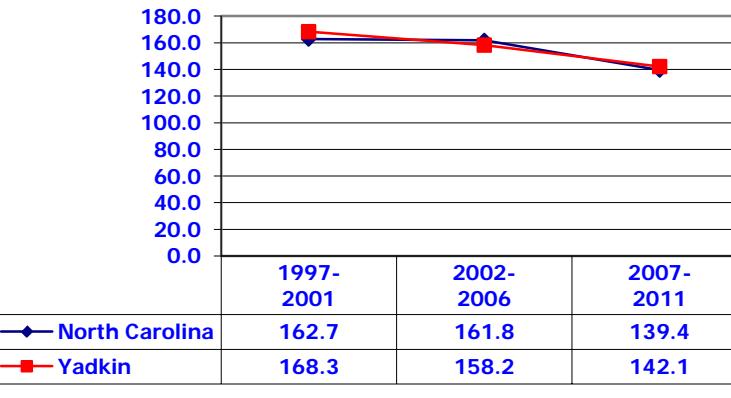
14. Age-Adjusted Trachea, Bronchus, & Lung Cancer Death Rates per 100,000 Residents



15. Age-Adjusted Female Breast Cancer Incidence Rates per 100,000 Residents



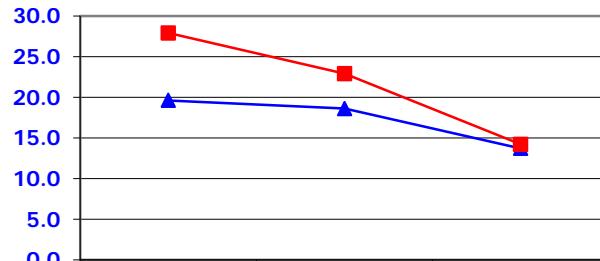
16. Age-adjusted Prostate Cancer Incidence Rates per 100,000 Residents



NORTH CAROLINA STATEWIDE AND COUNTY TRENDS IN KEY HEALTH INDICATORS: YADKIN COUNTY

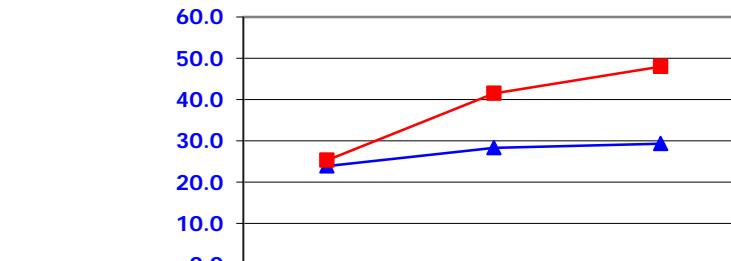


17. Age-Adjusted Unintentional Motor Vehicle Injury Death Rates per 100,000 Residents



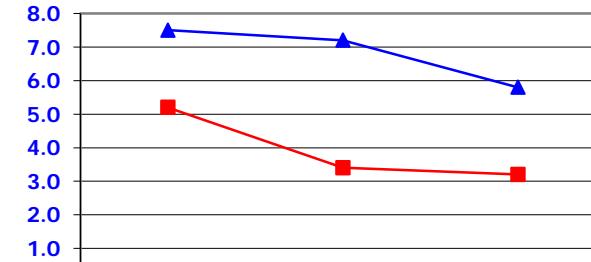
	1999-2003	2004-2008	2009-2013
North Carolina	19.6	18.6	13.7
Yadkin	27.9	22.9	14.2

18. Age-Adjusted Unintentional Injury Death Rates per 100,000 Residents (excluding Motor Vehicle Deaths)



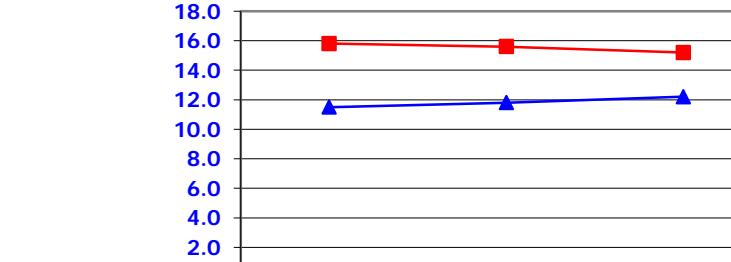
	1999-2003	2004-2008	2009-2013
North Carolina	23.9	28.3	29.3
Yadkin	25.3	41.5	48.0

19. Age-Adjusted Homicide Rates per 100,000 Residents (Healthy NC 2020 Target=6.7)



	1999-2003	2004-2008	2009-2013
North Carolina	7.5	7.2	5.8
Yadkin	5.2	3.4	3.2

20. Age-Adjusted Suicide Rates per 100,000 Residents (Healthy NC 2020 Target=8.3)

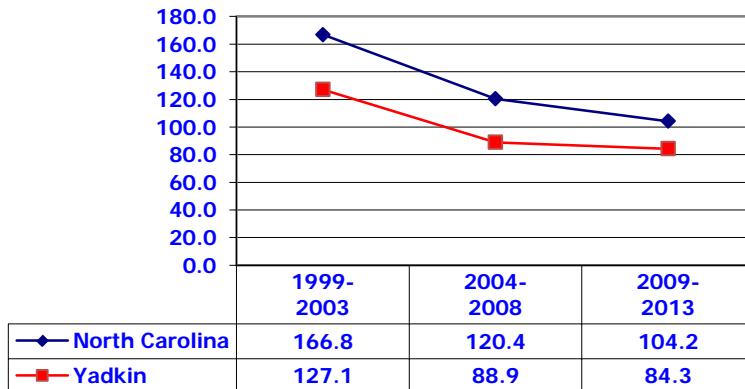


	1999-2003	2004-2008	2009-2013
North Carolina	11.5	11.8	12.2
Yadkin	15.8	15.6	15.2

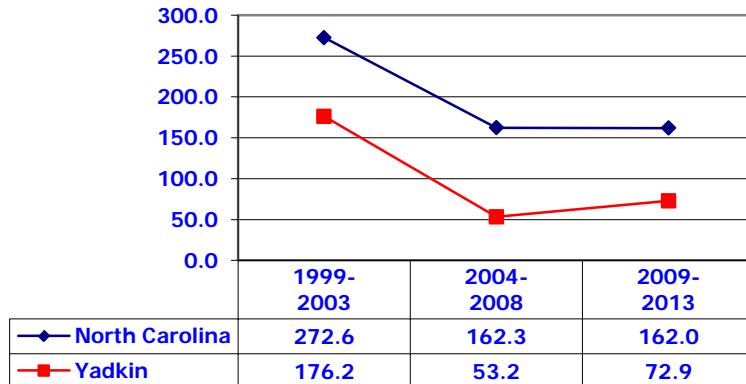
NORTH CAROLINA STATEWIDE AND COUNTY TRENDS IN KEY HEALTH INDICATORS: YADKIN COUNTY



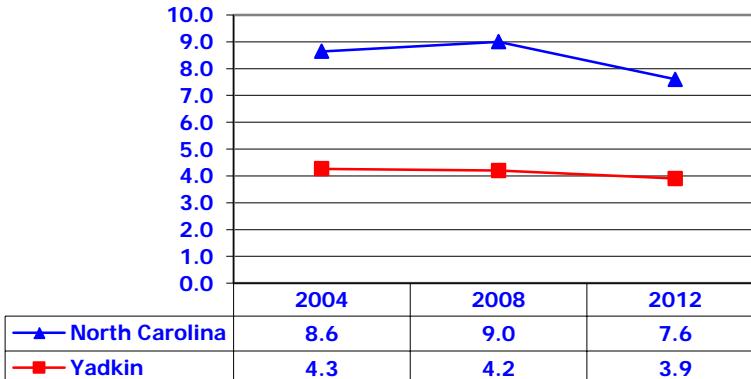
21. Inpatient Hospitalization Rates for Asthma
per 100,000 Residents: All Ages



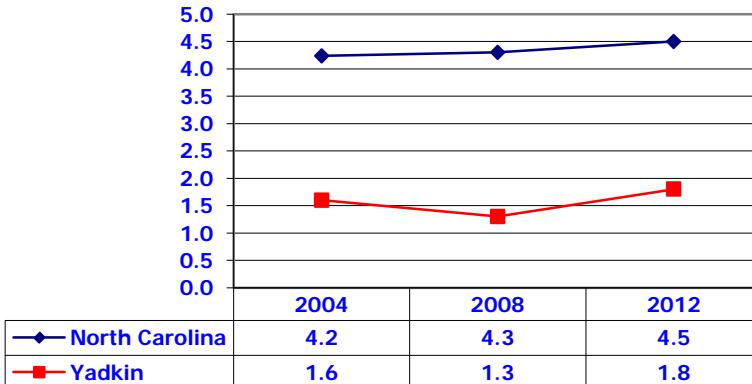
22. Inpatient Hospitalization Rates for Asthma
per 100,000 Residents: Ages 0-14



23. Number of Primary Care Physicians
per 10,000 Residents



24. Number of Dentists per 10,000 Residents



Yadkin County Resident Births for 2014
Risk Factors and Characteristics

COUNTY OF RESIDENCE=Yadkin

	TOTAL		MOTHERS RACE/ETHNICITY							
			White Non-Hispanic		Af. Am. Non-Hispanic		Other Non-Hispanic		Hispanic	
	BIRTHS		BIRTHS		BIRTHS		BIRTHS		BIRTHS	
	#	%	#	%	#	%	#	%	#	%
TOTAL										
RESIDENT BIRTHS	341	100.0	267	100.0	10	100.0	1	100.0	63	100.0
BIRTHWEIGHT GROUP:										
1,500 grams or less	3	0.9	2	0.7	0	0	1	100.0	0	0
1,501-2,500 grams	30	8.8	24	9.0	1	10.0	0	0	5	7.9
2,501+ grams	308	90.3	241	90.3	9	90.0	0	0	58	92.1
WEEKS OF GESTATION:										
Less than 37 weeks (Preterm)	30	8.8	23	8.6	1	10.0	1	100.0	5	7.9
37+ Weeks	311	91.2	244	91.4	9	90.0	0	0	58	92.1
MOTHERS AGE:										
Under 18 Years	6	1.8	4	1.5	1	10.0	0	0	1	1.6
18-34 Years	295	86.5	232	86.9	9	90.0	1	100.0	53	84.1
35+ Years	40	11.7	31	11.6	0	0	0	0	9	14.3
MOTHERS EDUCATION:										
Less than High School	70	20.5	37	13.9	2	20.0	1	100.0	30	47.6
High School Graduate or GED	95	27.9	68	25.5	2	20.0	0	0	25	39.7
Some College	129	37.8	116	43.4	5	50.0	0	0	8	12.7
College Degree (Bachelors, Masters, or PhD)	47	13.8	46	17.2	1	10.0	0	0	0	0
MARITAL STATUS:										
Married	213	62.5	174	65.2	3	30.0	1	100.0	35	55.6
Unmarried	128	37.5	93	34.8	7	70.0	0	0	28	44.4
PARITY:										
1	122	35.8	103	38.6	4	40.0	1	100.0	14	22.2
2 - 3	158	46.3	120	44.9	3	30.0	0	0	35	55.6
4+	61	17.9	44	16.5	3	30.0	0	0	14	22.2
PLURALITY:										
Singleton	333	97.7	259	97.0	10	100.0	1	100.0	63	100.0
Multiple Birth	8	2.3	8	3.0	0	0	0	0	0	0
TRIMESTER CARE BEGAN:										
First	240	70.4	192	71.9	6	60.0	0	0	42	66.7
Second	57	16.7	44	16.5	2	20.0	0	0	11	17.5
Third	20	5.9	16	6.0	1	10.0	0	0	3	4.8
No Care	8	2.3	6	2.2	0	0	1	100.0	1	1.6

(Continued)

Yadkin County Resident Births for 2014
Risk Factors and Characteristics

COUNTY OF RESIDENCE=Yadkin

	TOTAL		MOTHERS RACE/ETHNICITY							
			White Non-Hispanic		Af. Am. Non-Hispanic		Other Non-Hispanic		Hispanic	
	BIRTHS		BIRTHS		BIRTHS		BIRTHS		BIRTHS	
	#	%	#	%	#	%	#	%	#	%
TRIMESTER CARE BEGAN:										
Unknown	16	4.7	9	3.4	1	10.0	0	0	6	9.5
KOTELCHUCK ADEQUACY OF PRENATAL CARE INDEX										
Missing Information	16	4.7	9	3.4	1	10.0	0	0	6	9.5
Inadequate	55	16.1	43	16.1	2	20.0	1	100.0	9	14.3
Intermediate	9	2.6	6	2.2	0	0	0	0	3	4.8
Adequate	70	20.5	56	21.0	3	30.0	0	0	11	17.5
Adequate Plus	191	56.0	153	57.3	4	40.0	0	0	34	54.0
MOTHER SMOKED?										
Yes	56	16.4	50	18.7	5	50.0	0	0	1	1.6
No	285	83.6	217	81.3	5	50.0	1	100.0	62	98.4
GESTATIONAL DIABETES:										
Yes	25	7.3	18	6.7	0	0	0	0	7	11.1
No	316	92.7	249	93.3	10	100.0	1	100.0	56	88.9
MATERNAL PRE-PREGNANCY BMI										
Underweight (<18.5)	21	6.2	17	6.4	2	20.0	0	0	2	3.2
Normal (18.5-24.9)	133	39.0	110	41.2	4	40.0	0	0	19	30.2
Overweight (25.0-29.9)	87	25.5	63	23.6	3	30.0	0	0	21	33.3
Obese (30.0+)	93	27.3	75	28.1	1	10.0	0	0	17	27.0
Unknown	7	2.1	2	0.7	0	0	1	100.0	4	6.3
METHOD OF DELIVERY:										
Vaginal	248	72.7	187	70.0	8	80.0	1	100.0	52	82.5
C-Section	93	27.3	80	30.0	2	20.0	0	0	11	17.5
INFANT BREASTFED AT DISCHARGE										
Yes	270	79.2	207	77.5	7	70.0	0	0	56	88.9
No	71	20.8	60	22.5	3	30.0	1	100.0	7	11.1

Appendix VI – Smart Start of Yadkin County Family Resource Guide

The Yadkin County Family Resource Guide is compliments of:
Smart Start of Yadkin County, Inc.
Yadkin County Community Collaborative
Yadkin County Preschool Interagency

We do not endorse or recommend any organization listed in this guide. The guide was designed for information purposes only. The information in this guide may not be a complete listing of available county or community resources.

If you have questions, please call 336-679-7833.

Revised January 2015

Alpha Acres.....336-463-5515

1939 Morning Star Drive
Yadkinville, NC 27055

Alpha Acres is a structured, residential, twelve-month program for men dealing with substance abuse. This program is a ministry of the Winston Salem Rescue Mission.

Courtney Baptist Church Clothing Closet.....336-463-2681

3341 Courtney Church Road
Yadkinville, NC 27055

The clothing closet at Courtney Baptist Church is available to the public on the second Thursday of each month from 10:00 AM-4:00 PM. It is located in Building C of Courtney Baptist Church.

HUD Section 8 Rental Assistance Program.....336-679-4210

Yadkin County Human Services Agency
250 East Willow Street
Yadkinville, NC 27055

Thursdays Only

HUD Section 8 Rental Assistance Program assists with rent. Application process is necessary.

Project Lazarus.....336-489-2491

yadkinprojectlazarus@gmail.com

Project Lazarus is a community-wide effort to address the epidemic of the abuse and misuse of prescription medications.

Salvation Army.....336-679-4210

Yadkin County Human Services Agency
250 East Willow Street
Yadkinville, NC 27055

Tuesdays Only

The Salvation Army provides emergency financial assistance for utilities, rent, and non-traditional needs.

Solus Christus.....336-813-3007

Solus Christus is a Christian safe house for women in addiction. They provide a safe place to stay while they help women get into long-term treatment. While there, women go to classes, Christian 12-step programs and work on the farm with animals and gardens. Applications are available at SolusChristusInc.org.

Storehouse for Jesus.....336-735-8081

675 E Lexington Street
Mocksville, NC 27028

Storehouse for Jesus serves Yadkin County families with food, clothing and household items.

The ARK.....336-527-1637

130 Hill Street
Elkin, NC 28621

The ARK provides shelter and supportive services to homeless families and single women who are not victims of domestic violence.

Crisis Assistance

The Dragonfly House.....336-753-6155

161 East Lexington Road
Mocksville, NC 27028

The Dragonfly House is a child advocacy center for children suffering from all kinds of child abuse.

Tri-County Christian Crisis Ministry.....336-526-1089

440 West Main Street
Jonesville, NC 28642

The Tri-County Christian Crisis Ministry provides assistance with clothing, food, medicine, power, and water. Their services are for residents in the Boonville, Hamptonville and Jonesville areas. This ministry is open to the public on Mondays from 1:00-4:00 PM / Wednesdays and Fridays from 9:00 AM -12:00 noon.

Union Baptist Church.....336-468-8060

919 Union Baptist Church Road
Hamptonville, NC 27020

Union Baptist Church opens their food pantry to the public on the third Monday of each month from 6:00-7:00 PM.

Union Grove Baptist Church Food Pantry.....336-961-5792

2401 Nebo Road
Yadkinville, NC 27055

The Food Pantry at Union Grove Baptist Church is open to the public on the first Thursday evening of each month from 6:00-7:00 PM and on the third Saturday of the month from 9:00-10:00 AM. Guests are allowed two bags of groceries.

Yadkin Christian Ministries.....336-677-3080 or 336-699-4544

121 West Elm Street or 220 Legion Drive
Yadkinville, NC 27055 East Bend, NC 27018

Yadkin Christian Ministries provides assistance with food and other needs in crisis situations. Assistance is provided in Yadkinville Monday – Friday from 9:00 AM -12:00 noon and in East Bend on Tuesdays from 5:30-7:30 PM, Wednesdays from 9:00 AM-12:00 noon, and Saturdays from 10:00 AM-12:00 noon.

Yadkin Family Domestic Violence/Sexual Assault Program.....336-679-2072

106 East Elm Street
Yadkinville, NC 27055

Yadkin Family Domestic Violence/Sexual Assault Program provides counseling, emergency transportation, shelter assistance, court accompaniment, sexual assault hospital accompaniment, assistance with civil and criminal procedures and community education.

Education

Yadkin County Board of Education.....336-679-2051

121 Washington Street
Yadkinville, NC 27055

Yadkin County Schools (*Each elementary school offers preschool services.*)

Boonville Elementary.....	336-367-7021
Courtney Elementary.....	336-463-5510
East Bend Elementary.....	336-699-3989
Fall Creek Elementary.....	336-699-8257
Forbush Elementary.....	336-699-8447
Jonesville Elementary.....	336-835-3201
West Yadkin Elementary.....	336-468-2526
Yadkin Elementary.....	336-679-8921
Yadkin Success Academy.....	336-679-4888

Forbush Middle.....	336-961-6360
Starmount Middle.....	336-468-6833

Forbush High.....	336-961-4644
Starmount High.....	336-468-2891

Yadkin Early College.....336-386-3579

Surry Community College – Yadkin Campus.....336-679-4600

Surry Community College – Yadkin Campus offers GED classes.

Yadkin County Child Care Facilities

Courtney Children's Ministries.....	336-463-3003
Little Darlings Child Care, Inc.	336-699-4381
Mother Hen Child Care.....	336-367-3490
Small Folks Child Care Center, Inc.	336-679-7108
The Children's Center.....	336-679-8336

YVEDDI Head Start.....336-367-4993

116 Baptist Church Road
Boonville, NC 27011

YVEDDI Head Start provides educational services to children ages 3-5. Medical and dental services are available as needed as well as transportation to select sites.

YVEDDI Head Start Centers

Boonville.....	336-367-5301
Jonesville.....	336-835-1879
JR Hutchens.....	336-463-3359 or 336-463-3379
Migrant.....	336-367-3450
Yadkinville.....	336-679-2934

Your Child's Development

What to Expect

Birth to 6 Years

The following are only guidelines. For answers to concerns and questions, be sure to contact your child's pediatrician.

Birth to 1 Month

- Can see faces (8" – 12" away)
- Suck their thumb
- Recognize certain smells
- Hear
- Move their heads
- Smile

1 to 3 Months

- Coo & gurgle
- Develop better head control
- Track sights & sounds
- Develop better hand control
- Start to show signs of mobility

3 to 6 Months

- Move toward greater mobility
- Begin sitting
- Double their birth weight
- Cry less & for more easily determined reasons
- Become more coordinated
- Enjoy making sounds

6 to 9 Months

- Sit unassisted
- Start to stand
- Consider crawling
- Babble
- Develop better control of their actions
- Aren't fooled by out of sight, out of mind
- May develop stranger anxiety

9 to 12 Months

- Sitting, standing, & walking
- Creeping & crawling
- First words
- Pincer grasp and coordination
- Improved communication skills

12 to 18 Months

- Walk
- Improve their communication skills
- Develop better fine motor skills & coordination
- Begin to explore independently

18 to 24 Months

- Greatly increase their vocabulary & ability to understand
- Master new motor milestones
- Learn to deal with new emotions
- May become interested in toilet training

2 Years

- Talk in sentences
- Start to understand rules
- Run, jump, & climb
- Name & categorize

- Dress himself/herself

- Show an interest in toilet training

3 Years

- Has improved self-help skills
- Gets around with ease
- Has greatly expanded language skills
- Recognizes colors & letters
- Decides to toilet train
- Draws shapes & people

4 Years

- Have good self-help skills
- Get around with ease
- Make good use of their language skills
- Know their colors & shapes
- Draw more detailed pictures of people

5 Years

- Start school
- Increased poise, coordination, & stamina
- Losing the first tooth
- Understanding harder concepts & increasing their vocabulary
- Developing reading skills
- Tying shoes and buttoning buttons
- Telling right from wrong

6 Years

- Increased poise, coordination, and stamina
- Getting adult teeth
- Develop reading skills
- Tying shoes & buttoning buttons
- Telling right from wrong

The guidelines listed above were gathered from the following source: <http://wondertime.go.com/learning/child-development/>

**Easter Seals UCP NC & VA, Inc.....336-
789-9492**

414 West Lebanon Street
Mount Airy, NC 27030

Easter Seals provide services to children, adolescents, adults and families in Yadkin and Surry counties through a variety of programs. They provide Individual and Community Supports (ICS) for individuals with Intellectual Development Disabilities; Intensive In Home services and Multi-Systemic Treatment for children, adolescents, and families; Assertive Community Treatment Team services for adults with severe and persistent mental illness; as well as Outpatient Therapy (Individual, Group and Family Therapy) and Psychiatric Services for children, adolescents and adults.

**Early Childhood Resource Center.....336-
679-7833**

1512 Shacktown Road
Yadkinville, NC 27055

The Early Childhood Resource Center provides services for families with young children and technical assistance to child care providers. The center offers a lending library and resource room for childcare providers/parents and information on becoming a licensed child care center/home. Information on other services available to Yadkin County preschool children is also available.

**Parents As Teachers.....336-
679-7833**

1512 Shacktown Road
Yadkinville, NC 27055

Parents As Teachers offers information and parenting skills on child development from ages 0-5 years, personalized home visits, developmental screenings, and group meetings.

**NC Works.....336-
786-4169**

233 East Main Street
Yadkinville, NC 27055

Formerly the Employment Security Commission, NC Works assists the public with resume preparation, job search and job readiness skills. They are located at the Yadkin County Public Library on Tuesdays and Thursdays from 9:00 AM until 4:30 PM. They are closed from 12:00 PM until 1:00 PM for lunch.

**New Horizons Adult Day Services, Inc.....336-
677-1385**

1917 Old US 421 Hwy W
Yadkinville, NC 27055

We provide NC Innovations and IPRS Day Supports services in a licensed Day Program setting.

**New Horizons Home Care, Inc.....336-
677-3843**

648 Carolina Avenue

Yadkinville, NC 27055
We provide CAP-DA, CAP-C, NC Innovations, Medicaid Personal Care Services, VA Personal Care Services, Private Pay Personal Care Services, Family Caregiver Respite Program, Home and Community Care Block Grant, In Home Aid Services and Respite Services. We also install Phillips Lifeline Personal Emergency Response Systems.

Family Support

**NETworX Yadkin540-
420-0352**

204 West Main Street
Yadkinville, NC 27055

NETworX Yadkin is a 15-week training course that addresses all areas of poverty; whether it is mental, physical, emotional, social, spiritual or financial. A meal, transportation and child care are available. NETworX Yadkin meets weekly on Mondays from 5:30-7:30 PM at Yadkinville United Methodist Church.

**Nurturing Parenting Program336-
679-7833**

1512 Shacktown Road
Yadkinville, NC 27055

The Nurturing Parenting Program involves weekly in-home parenting classes for clients of the Yadkin County Human Services Agency.

**Smart Start of Yadkin County.....336-
679-7833**

1512 Shacktown Road
Yadkinville, NC 27055

Smart Start of Yadkin County provides a variety of services for children ages 0-5 through the funding of activities of local agencies. Some of the activities include a Child Care Health Consultant and Parents As Teachers Parent Educator.

**Yadkin County Human Services Agency336-
679-4210**

217 East Willow Street
Yadkinville, NC 27055

The Yadkin County Human Services Agency is comprised of the Women, Infant, and Children Division (WIC), the Medical Clinic and the Social Services Division. The Social Services Division includes such programs as Food & Nutrition, Medicaid, Child Support, Child Care Subsidy, Emergency Intake, Work First, Adult Services and Child Welfare Services. The agency also employs a Child Health Care Consultant.

**Yadkin Valley Economic Development District (YVEDDI).....336-
367-7251**

533 North Carolina Avenue, Hwy 601 N
Boonville, NC 27011

The Yadkin Valley Economic Development District (YVEDDI) offers a variety of services. Some include: The Community Services Block Grant Program (CSBG), public transportation, weatherization, Head Start, Migrant Head Start, and the senior enrichment program.

**Care Coordination for Children (CC4C).....336-
401-8542**

Surry County Health & Nutrition
118 Hamby Road
Dobson, NC 27017

CC4C provides a plan of care for children 0-5 who have chronic medical conditions, are in long-term stressful situations & have been referred by the child's physician. CC4C managers work with families through home visits, phone calls, & visits to the physician's office.

**Compassion Care Center.....336-
679-7101**

321 West Main Street
Yadkinville, NC 27055

Formerly New Hope Pregnancy Care, Compassion Care Center, is a medical clinic offering limited ultrasounds, pregnancy tests, prenatal/parenting classes, STD testing/treatment and post abortion support groups. The center is open Tuesdays, Wednesdays and Thursdays from 9:00 AM-4:00 PM and the first and third Saturdays of the month from 9:00AM-12:00 noon. Appointments are required. Spanish interpretation is available.

**Daymark Recovery Services.....336-
679-8805**

320 East Lee Avenue
Yadkinville, NC 27055

Daymark Recovery Services provides outpatient mental health counseling to individuals, families and children in both individual and group settings.

**Child Development Services Agency (CDSA).....336-
713-7412**

3325 Silas Creek Parkway
Winston-Salem, NC 27103

The CDSA is the coordinating agency for Early Intervention Services. The agency provides developmental evaluations/assessments, case management, family support & education, and other interventions for children ages 0-3.

**Hands of Hope Medical Clinic.....336-
244-8201**

148 Beroth Drive
Yadkinville, NC 27055

Hands of Hope Medical Clinic provides free primary medical care and resources to the sick and needy in Yadkin County who are uninsured and unable to afford healthcare from any other source. The clinic is open on Tuesday evenings at 5:00 PM.

**Mountain Valley Hospice and Palliative Care.....336-
679-2466**

320 West Maple Street

Yadkinville, NC 27055
Hospice and Palliative Care is considered the model for quality, compassionate care for people facing a life-limiting illness or injury. Mountain Valley Hospice and Palliative Care serves 16 surrounding counties.

Health & Developmental Services

Pregnancy Care Management.....336-401-8546

118 Hamby Road
Dobson, NC 27017

Pregnancy Care Managers are responsible for a collaborative set of interventions and activities, including assessment, planning, facilitation, care coordination, evaluation and advocacy for options and services that address the health care and preventative service needs of pregnant and postpartum women to promote quality, cost effective outcomes.

Partners Behavioral Health Management.....1-888-235-HOPE

Partners BHM is a local government agency that oversees federal, state, and local funding for mental health, substance use disorder and intellectual/developmental disabilities. The toll-free number is accessible 24 hours a day.

Early Learning Sensory Support Program-Visual Impairments.....336-977-8570

184 Big Flatts Moretz Road
Fleetwood, NC 28626

Formerly Governor Morehead Preschool, Early Learning Sensory Support Program for Children with Visual Impairments provides early intervention and educational services to children ages birth to five years with diagnosed visual impairments.

Wyo Dental Clinic.....336-463-2073

4314 Wyo Road
Yadkinville, NC 27055

The Wyo Dental Clinic serves individuals with limited access to dental care. The clinic provides quality, low cost dental services to residents in Yadkin, Davie, Forsyth and surrounding counties. Spanish interpretation is provided as needed.

Yadkin County Medical Clinic.....336-679-4210

638 West Main Street
Yadkinville, NC 27055

The Yadkin County Medical Clinic provides preventive health care through child health, family planning, maternal health, adult health, and the Breast and Cervical Cancer Control Program (BCCCP). The clinic offers acute sick care for clients currently enrolled in preventive care programs, immunizations, testing and treatment for TB and STDs; and care management for children and pregnant women with Medicaid.

**Division of Services for the Blind.....336-
679-4210**

Yadkin County Human Services Agency
250 East Willow Street
Yadkinville, NC 27055

Mondays Only

The Division of Services for the Blind provides counseling, consultation, and access to adaptive equipment for visually impaired children.

Alcoholics Anonymous	336-386-8003
American Red Cross	336-679-7225
Animal Control	336-677-2500
Arts Council	336-679-2941
Board of Elections	336-679-4227
Cancer Services, Inc.	336-760-9983
Chamber of Commerce	336-679-2200
Clerk of Court	336-679-3600
Cooperative Extension	336-679-2061
County Manager	336-679-4200
Crime Stoppers (Yadkin County)	336-679-2366
District Attorney	336-679-3610
Domestic Violence	336-679-2072
Fire Marshal	336-679-4231
Grace Clinic	336-835-1467
Habitat for Humanity	336-526-4663
Health Choice/Health Check	800-367-2229
Highway Patrol (Yadkin County)	336-835-5121
Hospice (Mountain Valley)	336-679-2466
Humane Society	336-463-4990
Juvenile Services	336-679-2541
Libraries:	
Boonville	336-367-7737
East Bend	336-699-3890
Jonesville	336-835-7604
Yadkinville	336-679-8792
License Plate Agency	336-849-7731
Magistrate	336-679-3619
Meals on Wheels	336-367-7251
Narcotics Anonymous	800-365-1035
Parks and Recreation	336-367-4228

Police Departments:

Boonville	336-367-7828
East Bend	336-699-2094
Jonesville	336-835-5020
Yadkinville	336-679-2863

Post Offices:

Boonville	336-367-7850
East Bend	336-699-3179
Hamptonville	336-468-2919
Jonesville	336-835-5047
Yadkinville	336-679-8310
Register of Deeds	336-679-4225
Salvation Army (Emergency Assistance)	336-722-8721
School Bus Garage	336-679-2233

Senior Centers:

East Bend	336-699-5100
Jonesville	336-526-1087
Yadkinville	336-679-3596
Sheriff's Office	336-679-4217
Special Olympics of NC	800-843-6272
Tax Collector	336-679-4223

Town Halls:

Boonville	336-367-7941
East Bend	336-699-2094
Jonesville	336-835-3426
Yadkinville	336-679-8732
United Fund	336-679-4462
Veteran Services	336-679-8209
Vocational Rehabilitation	336-679-4044
Yadkinville Rescue Squad	336-679-2430
Yadkin Family YMCA	336-679-7962

Notes