



Community Health Assessment 2015



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Executive Summary

A community health assessment (CHA) is the foundation for improving and promoting the health of community members. The role of the community health assessment is to identify factors that affect the health of a population and determine the availability of resources within the community to adequately address these factors.

Ongoing assessment of population health status is a core function of local public health departments. Improving the availability of high quality health information and services is a major priority for the Iredell County Health Department (ICHD). The ICHD Division of Public Health Development and Promotion is charged with carrying out this assessment function by collecting, assessing and disseminating population-based health information to plan, implement, and evaluate policies, programs and services by collaborating with individuals and agency partners within the county. The community health assessment document is used to develop the workforce development plan, strategic plan, and annual budget. The CHA is shared with partners so they can use it as they plan, as well.

In this community based assessment, the community members took the primary responsibility for determining the focus of the assessment activities at every level, including collection and interpretation of data, evaluation of health resources, identification of health problems, and development of strategies for addressing these problems. In this view, the community assessment is done by this community rather than simply an assessment conducted for this community.

The community health assessment is conducted in eight phases: Establish a CHA team, collect primary data, collect secondary data, collect and analyze primary and secondary data, determine health priorities, create the CHA document, disseminate the CHA document, and develop Community Health Action Plans. Below is the Iredell County Healthy Carolinians Taskforce timeline for completing the 2015 Community Health Assessment Process.

CHA Process	Mar. '15	April '15	May '15	June '15	July '15	Aug. '15	Sept. '15	Oct. '15	Nov'15	Dec. '15	Jan.'16	Feb. '16	Mar. '16	Ongoing
Establish a CHA Team	█	█												
Collect Primary Data			█	█	█									
Collect Secondary Data					█	█								
Analyze Primary & Secondary Data					█	█								
Determine Health Priorities							█	█	█					
Create CHA Document										█	█	█		
Disseminate CHA Document													█	█
Develop Community Health Action Plans													█	█

Executive Summary

Overall, the health status of Iredell County residents has slightly changed and made some improvements since the last Community Health Assessment in 2011. Cancer remains the leading cause of death, followed by diseases of the heart and chronic lower respiratory disease. While there were improvements in the incidence rate of heart disease and diabetes since 2011, a majority of the top ten leading causes of death remain linked to chronic diseases. Preventative behaviors such as healthy eating, active living, and tobacco free living continue to be the most effective way of preventing and prolonging the onset of many chronic diseases and illnesses.

Although the infant mortality rate has decreased in recent years, the rate among minority groups in Iredell County, specifically among the African American population, has greatly increased from 2011 to the present. Iredell County currently has the fourth largest infant mortality disparity rate in North Carolina (NC). Minority groups in Iredell County are also at a greater risk for smoking during pregnancy, which is a primary risk factor for preterm birth.

Advancements in technology since 2011 have played a large role in the health status of Iredell County residents. More children and adults are sedentary and have more screen-time for longer periods of time since the last CHA, and unintentional accidents and injuries related to texting and driving are on the rise. Illicit drug use and the misuse of prescription drug use is also rising, and became one of the top 10 health concerns for Iredell County residents. Illicit drug use and prescription drug misuse can be linked to a multitude of health problems, particularly unintentional injuries and death.

The health priorities selected by the Iredell County Health Carolinians Taskforce include Chronic Diseases, Healthy Eating and Active Living, and Risky Behaviors. Their focus areas will be addressed further during the Health Action Planning Process.

The **mission** of the Iredell County Health department is to promote and protect community, personal and environmental health.



The **vision** of the Iredell County Health Department is partnering with the public to achieve a healthier community.

Background & Introduction

The Community Health Assessment process begins with the development of the community based team. Once the team is established they work to collect data from the community and other resources, analyze this data, establish health priorities based on this data, and conclude the process by creating a report based on what they have learned about the health of the county and disseminating it to community partners and members. After the report is developed and shared with the community, the Iredell County Healthy Carolinians Taskforce members work to develop action plans to address the health priorities determined through this process.

The Iredell County Healthy Carolinians Taskforce is a collaborative effort made up of individuals representing local organizations and members of the general public. During this Community Health Assessment process, the members of the Healthy Carolinian Taskforce worked diligently to select health priorities that were supported by the data and would have the greatest impact on the community. During the Action Planning process, Taskforce members will participate in selecting measurable goals and objectives that will grow and strengthen community partnerships and programs, and improve the local health data.

Acknowledgements

The 2015 Iredell County Community Health Assessment report was prepared by the Iredell County Healthy Carolinians and the Iredell County Health Department.

* Special thanks to the Iredell County Healthy Carolinians Survey Team for helping to develop, deploy, and analyze the community survey. Their collaboration that helped determine top health priorities was invaluable.

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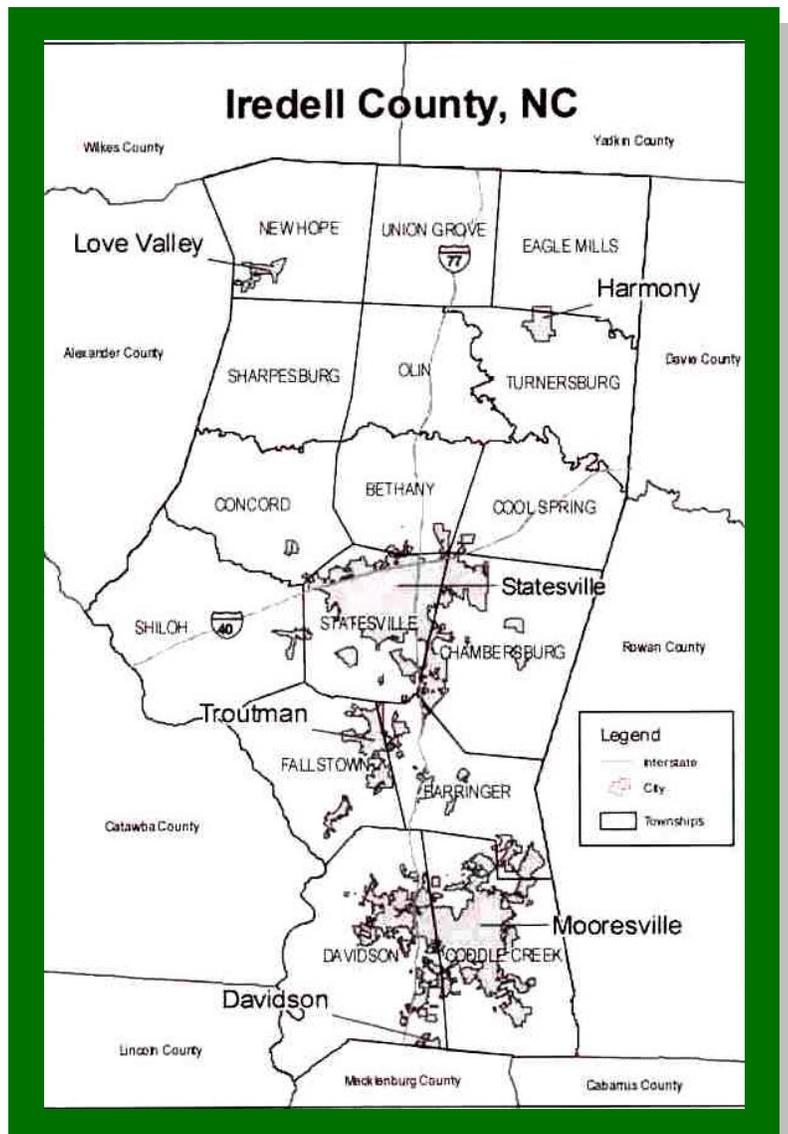
History and Geography



Iredell County was incorporated in 1788 when it was formed from adjacent Rowan County. It is named for Judge James Iredell (1751-1799), Attorney General of North Carolina during the Revolutionary War and a delegate to the Constitutional Convention of 1788. The name Iredell, originally Eyredale, dates back to the year 1066 and the Battle of Hastings, and it means “a valley of flowing air.”

The County seat is Statesville, which is located approximately 45 miles north of Charlotte. Lake Norman, the nation’s largest manmade lake by surface area, extends into the southwest portion of the county with approximately 520 miles of shoreline. Iredell County is in the central section of the State and is bounded by Rowan, Cabarrus, Mecklenburg, Lincoln, Catawba, Alexander, Wilkes, Yadkin and Davie counties. Iredell County has more neighboring counties than any other county in the United States. Iredell County is 38 miles long and 23 miles wide. Interstates 77 and 40 run through Iredell County intersecting in Statesville. Iredell County is very diverse, with agriculture dominating the areas north of Statesville and business and industry dominating the southern Iredell area.

Temperatures in the county average 60.1°F. The county is dominated by ridges separated by creeks in the valley. The Brushy Mountains intrude into the northwest corner and include Fox Mountain, with the county’s highest elevation of 1,760 feet. The lowest point is 700 feet about sea level where the South Yadkin River crosses the County line and flows eastward along the Davie-Rowan border.



Demographics

From 2010 to 2014, Iredell County experienced a 4.5% increase in population. All municipalities in Iredell County have experienced growth since 2010. A majority of the growth is happening in the southern region of the county, more specifically in Mooresville where the population has grown 22% over the course of 15 years. Statesville remains the most populous municipality in the County, followed closely by Mooresville. Over the past 15 years, Iredell County has seen substantial growth. The total population has increased by 33.4% since the year 2000.



Population Growth

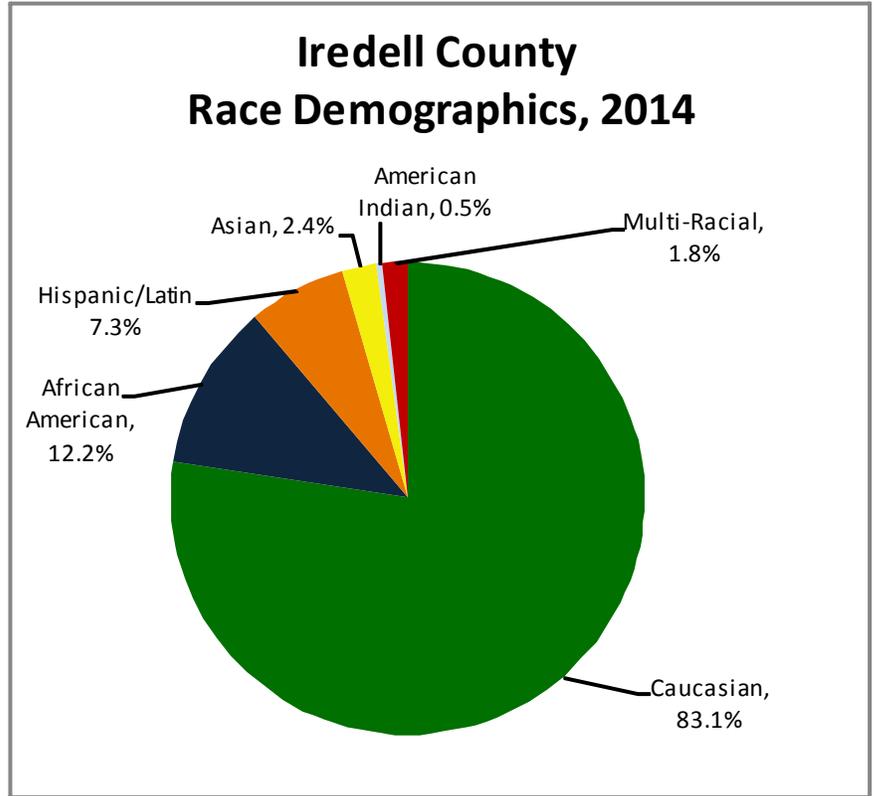
With a population of 166,675, Iredell County is the 15th most populated county in the state of North Carolina, out of 100 counties.

County/Municipality	2010	2014	Growth Percentage
Iredell County	159,437	166,675	4.5%
Mooresville	32,711	35,300	7.9%
Statesville	24,532	25,722	4.9%
Troutman	2,383	2,496	4.7%
Union Grove	1,712	1,619	-5.4%
Harmony	531	564	6.2%
Love Valley	90	98	8.8%

Source: U.S. Census Bureau, American Fact Finder, Population Division

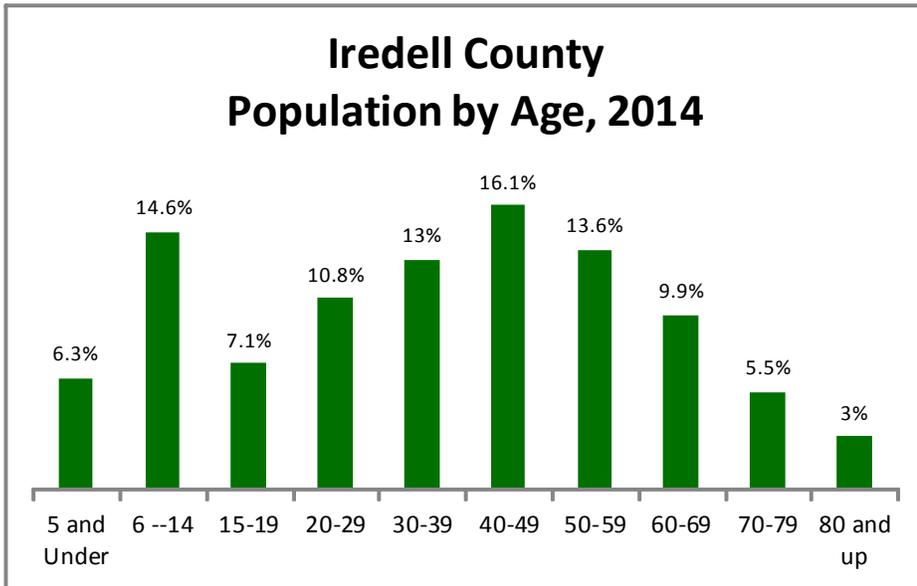
Population Breakdown by Race and Ethnicity

Iredell County's population is predominantly Caucasian at 83%, with minorities making up 16.9% of the total population. The African American population makes up the greatest amount of minorities at 12.2%, followed by Hispanic and Latino's at 7.30%. Although the Iredell County population as a whole has seen significant growth, the racial composition of the county has remained relatively the same for the past 10 years.



Source: U.S. Census Bureau, Population Division

Population Breakdown by Age



The age demographics among Iredell County residents varies greatly. Iredell County's largest total population by age is 40-49 years. There are fewer males in Iredell County than females. Females make up 50.8% of the population, and males make up 49.2% of the total population.

Source: U.S. Census Bureau, Population Division

Education

There are two formal school systems within Iredell County: Iredell-Statesville Schools and Mooresville Graded Schools. In total they are comprised of 36 schools with approximately 26,935 students in attendance, according to 2015 records. In addition to traditional elementary, middle, and high schools, Iredell-Statesville Schools also offer: an early college high school, a career academy and technical school, alternative education, an International Baccalaureate (IB) program and a Visual and Performing Arts Center (Early College and Magnet Program). Mooresville Graded School District additionally offers an Advanced Technology and Arts Center at the High School level.

School Enrollment

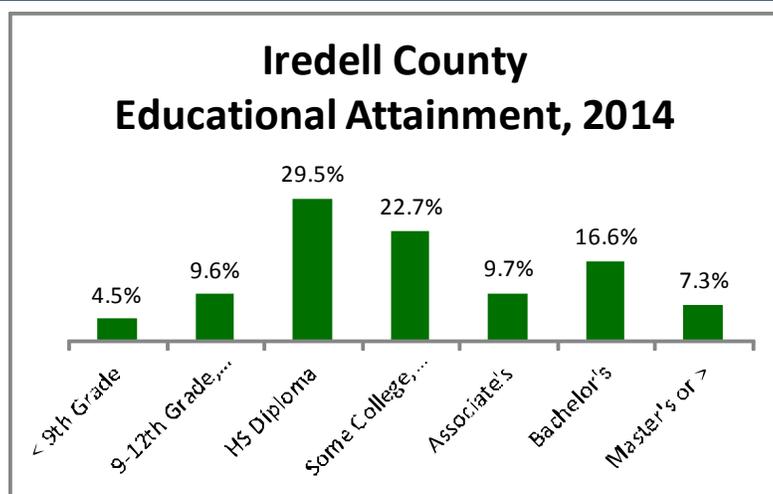
There are 40,074 residents living in Iredell County over the age of 3 that are enrolled in school. A majority of these students are in grades 1 through

Grade Level	Number Enrolled	Percent
Preschool	1,686	4.2%
Kindergarten	2,116	5.3%
Elementary and Middle School (Grades 1-8)	18,640	46.5%
High School (Grades 9-12)	9,555	23.8%
College or Graduate School	8,077	20.2%

Source: U.S. Census Bureau 2014 American Community Survey (ACS)

8, which directly correlates with the demographic breakdown by age where the second largest age population in Iredell County is among those 6-14 years of age.

Educational Attainment



Source: U.S. Census Bureau 2014 American Community Survey

Education influences health in many different ways. Educational attainment refers to the highest level of education completed, and is directly linked to health, health knowledge and behaviors, and social and physiological factors, including sense of control, social standing, and social support. Benefits of educational attainment have been recognized as a way for people to improve employability and income levels. Behaviors that impact health, such as tobacco use, physical activity,

poor eating habits, and breast-feeding, are highly correlated with education levels. Compared to NC, Iredell County has more individuals that received a high school diploma and received an Associate's degree, but fewer individuals that have advanced degrees.

Socioeconomics

Socioeconomic status, as measured either by income or level of education, is strongly correlated with health status. In general, population groups that suffer the worst health status are also those that have the highest poverty rates and lower levels of education. Disparities in income and education levels are associated with differences in the occurrence of illness and death, including heart disease, diabetes, obesity, elevated blood pressure, and low birth weight. Higher incomes allow for increased access to medical care, enable people to afford better housing and live in safer neighborhoods, and increase the opportunity to engage in health-promoting behaviors.

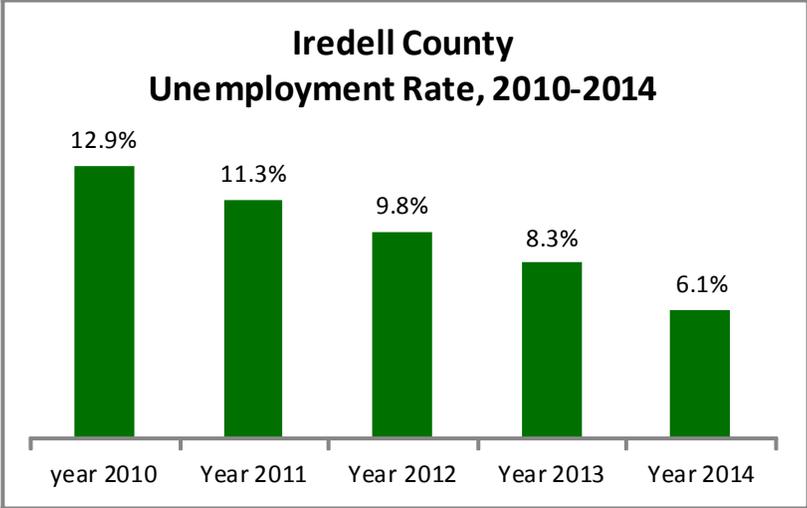
Poverty

The average household income in Iredell County is \$51,889, compared to the state rate of \$46,556. 13.4% of the Iredell County population live below the line of poverty, which was defined in 2012 by the federal government as an annual income of \$23,283 or less for a family of 4 or \$11,924 for an individual. Families made up of 2 married individuals are less likely to experience poverty than families with only a female householder. Dual parent families with children under the age of 5 have the lowest poverty level at 3.4%, where families with only a female present and children under the age of 5 experience the highest level of poverty at 51.3%.

Percentage of families whose income in the past 12 months is below the poverty level.	
Total	13.4%
All families	10.2%
With related children under 18 years	15.5%
With related children under 5 years only	16.7%
Married couple families	4.5%
With related children under 18 years	5.6%
With related children under 5 years only	3.4%
Families with female householder, no husband present	33.3%
With related children under 18 years	43.2%
With related children under 5 years only	51.3%

Source: U.S. Census Bureau 2014 ACS

Unemployment



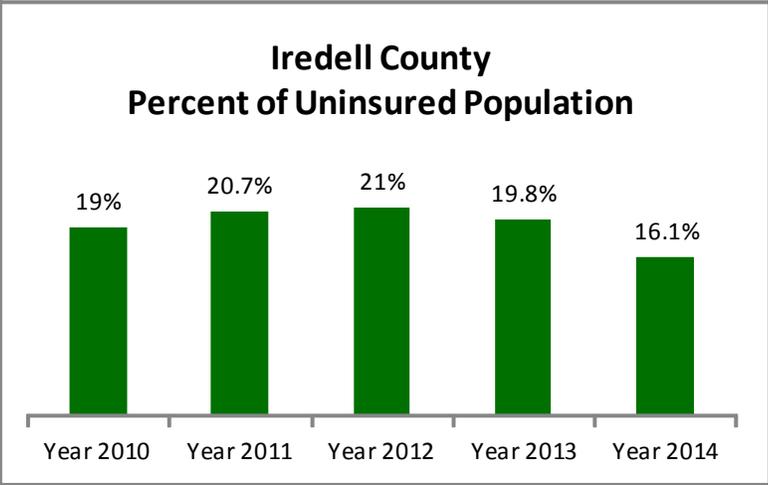
Source: Employment Security Commission Labor Market Information Division Local Area Unemployment Statistics

According to the most recent data, 6.1% of the Iredell County population is currently unemployed. The unemployment rate in Iredell County, as well as the state of North Carolina, is nearly half of what it was in 2010. Steadily over the course of five years, the unemployment rate has dropped from 12.9% to 6.1%. In 2012, North Carolina, along with the entire nation, was experiencing a recession. Since then, the overall

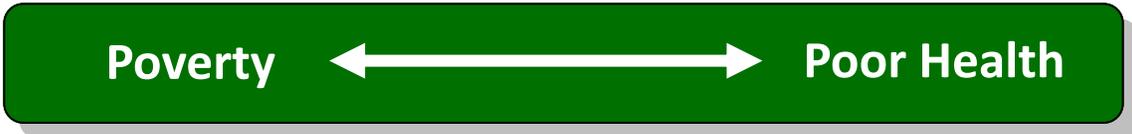
economy and job market have picked up and made way for reduced unemployment rates. Job loss and unemployment are associated with a variety of negative health affects, such as stress, lack of health insurance, increased depression, and unhealthy coping behaviors.

Uninsured

It is estimated that 16.1% of the Iredell County population is uninsured, comparable to 16.7% of North Carolina residents. Impoverished populations are more likely to lack access to medical care and healthcare coverage. Poverty and health status are closely interrelated with their effects on one another often being bidirectional: poverty leads to poor health and poor health leads to poverty. In addition, life challenges associated with poverty such as loss of a job and/or lack of health insurance creates conditions that reduce household savings, decrease learning ability, and reduce physical and emotional well-being, all of which compromises individual health.



Source: NC State Center for Health Statistics, BRFS



Health Data Collection Process

The CHA is a combination of primary and secondary data. The primary data was collected using an electronic web survey (SurveyMonkey). The purpose of the health survey is to provide updates on key health indicators and to identify emerging public health issues among adults and children residing in the county. Importantly, the survey allows professionals at the Iredell Health Department to track health issues over time. To properly address the root causes of poor health, the survey looks beyond risk factors for individual diseases to factors in the physical and social environment that influence health, such as safety, poverty, and educational attainment.

The survey was available in Spanish and English and was also available in a hard copy format that was later merged into the electronic survey data. Questions for the survey were developed by the Healthy Carolinians Survey Sub-Committee. When the committee first formed, members were asked to bring questions that would be used to collect necessary health information from the community. Once these questions were developed, committee members then decided which ones should be included on the survey and how each should be worded. Once the survey was completed it was piloted to roughly 100 community residents to gauge the surveys understandability. After the pilot was completed and improvements were made, based on the feedback received, the survey was made available for the public to complete from May 1st, 2015—July 1st, 2015. Of 1,220 respondents who started the survey, 1,192 completed it for a completion rate of 97.7%. The results of the 2015 CHA survey were then analyzed by the online SurveyMonkey software.

The CHA survey data is the primary data collected for the health assessment process. This large sample size enabled the survey to provide estimates not only of the health of the county population overall, but of people residing in the county's many different geographic regions. The survey also provides valuable information about the health of the county's major racial/ethnic sub-groups and numerous other demographic groups. Data is collected from households of all educational and income levels, including the most vulnerable residents and those living below the federal poverty level.

The respondents' geographical breakdown of the primary data consists of the following areas and percentages: Statesville (52%), Mooresville (29%), Harmony (7%), Troutman (5%), Olin (2%), Union Grove (1%), Stony Point (1%) and other ($\geq 2\%$). Caucasians/whites represented the majority of the responses at 73%. Black/African Americans represented 13.7%, and Latinos/Hispanics represented 9.5%. Respondents also varied by age, where almost 90% of survey responses came from individuals between the ages of 12 and 69. The largest group responding to this survey was the 40-59 age group, at 42%. The majority of respondents were females at 60% followed by males at 39.6%.

Health Data Collection Process

The secondary data collected for the health assessment process came from the North Carolina State Center for State Health Statistics' Community Health Data Book 2014, 2014 BABYBOOK, the U.S. Census Bureau American Community Survey, the Kids County Data Center, the NC Employment Security Commission and other published data as noted within this document.

A modified Delphi method, a comparative analysis scientific method, of the primary and secondary data was completed with the members of the Healthy Carolinians Taskforce to identify similar trends and health issues within Iredell County. The CHA Committee members from various constituents and agencies identified, analyzed and prioritized community health problems using the primary and secondary data that were both qualitative and quantitative. The following were just a few issues that were considered when choosing top health priorities: 1) the county's capacity to address health priorities, 2) the potential impact on the priority issue, 3) how amenable each health priority was to change, 4) community programs that may already be addressing the health priority, and 5) assessing the economic, social, cultural, political, and other issues that might influence the community's ability to address the health priorities.

This was the general process map used to collect and analyze data to determine the rank of the Iredell County health priorities and to create this CHA document. On behalf of the Healthy Carolinians Taskforce, we are pleased to present this CHA document for your individual and/or agency use.



The core functions of public health are assessment, policy development, and assurance, and within them are the 10 essential services of public health.

Secondary Health Data

Pregnancy

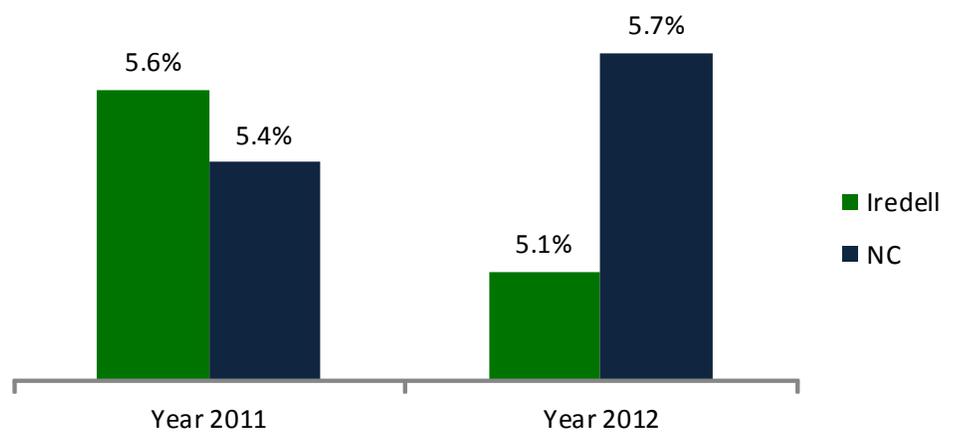
Data related to pregnancy is a very valuable tool when assessing the health of a community; the data can provide guidance on needed programs that can improve the health of both mothers and their children.

Maternal health is an important predictor of newborn health and well-being, and addressing women's health is essential to improving birth outcomes. Many factors affect women's health, including individual health behaviors, access to appropriate care, and socioeconomic factors. Focusing on the health of a mother before and during her pregnancy is essential to the reduction of poor birth outcomes, such as low birth weight, pre-term birth, and infant death.

Prenatal Care

Prenatal care is the health care provided to women during pregnancy, and plays a significant role in infant health. Adequate use of prenatal care has been associated with improved birth outcomes, where inadequate use of prenatal care has been associated with increased risks of low-birth-weight, premature births, neonatal mortality, and maternal mortality. The percentage of mothers in Iredell County that receive very late or no prenatal care is most recently 5.6%, comparable with 5.7% in the State of North Carolina. Access to care plays an important role in the ability to receive prenatal care, but it is important that education is conducted to make women aware of the importance of prenatal care.

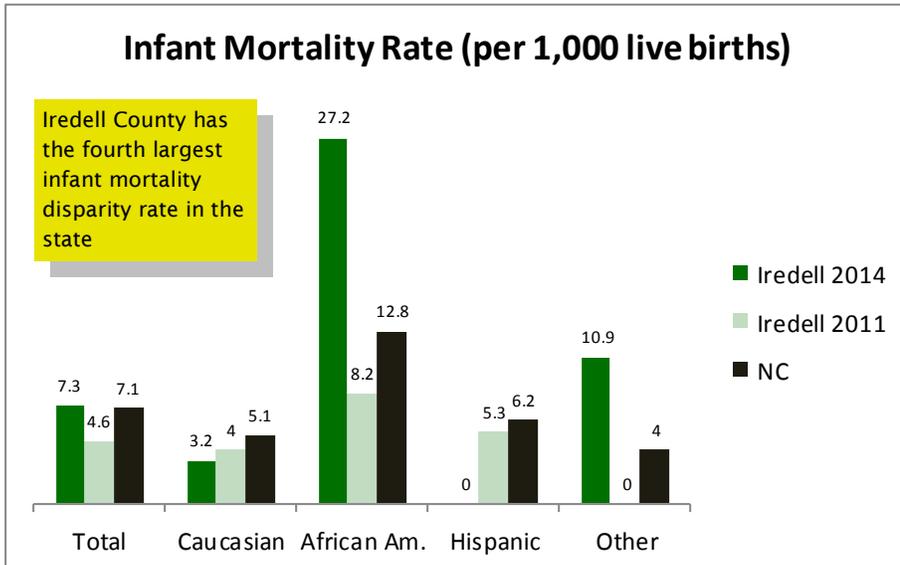
Percent of Births with Very Late or No Prenatal Care



Source: NC State Center for Health Statistics, BABYBOOK 2014

Access to care plays an important role in the ability to receive prenatal care, but it is important that education is conducted to make women aware of the importance of prenatal care.

Infant Mortality Rate



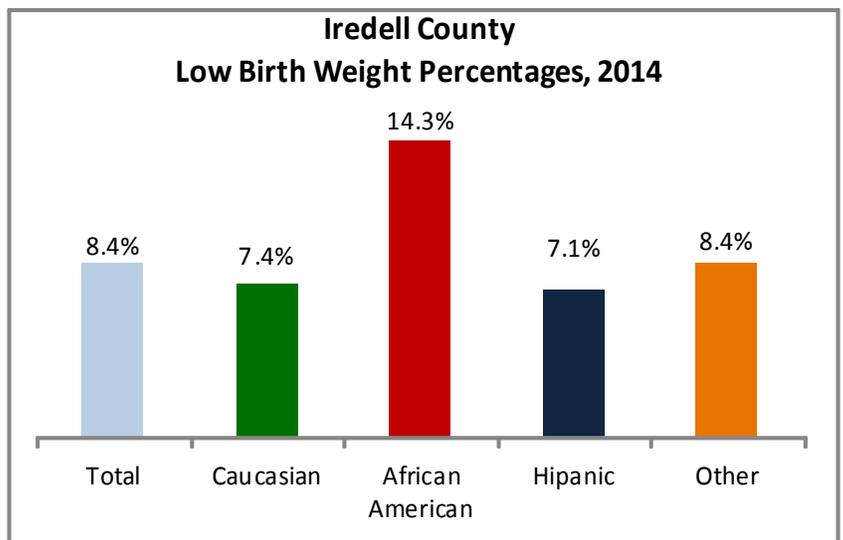
Source: 2014 County Health Data Book, NC State Center for Health Statistics

The death of a child before their first birthday is referred to as infant mortality. The infant mortality rate is an estimate of the number of infant deaths for every 1,000 live births. This rate is often used as an indicator to measure the health and well-being of a nation, because factors affecting the health of entire populations can also impact the mortality of infants. The overall infant mortality rate for Iredell County is 7.3, comparable Iredell’s 2011 rate of 4 and N.C.’s rate of 7.1. The

most significant disparity is seen in the African American population, where the infant mortality rate is more than double the State’s African American infant mortality rate, and is nearly four times greater than the Caucasian rate in Iredell County. The Iredell County infant mortality rate has significantly worsened since 2011 among nearly all racial groups.

Low Birth Weight

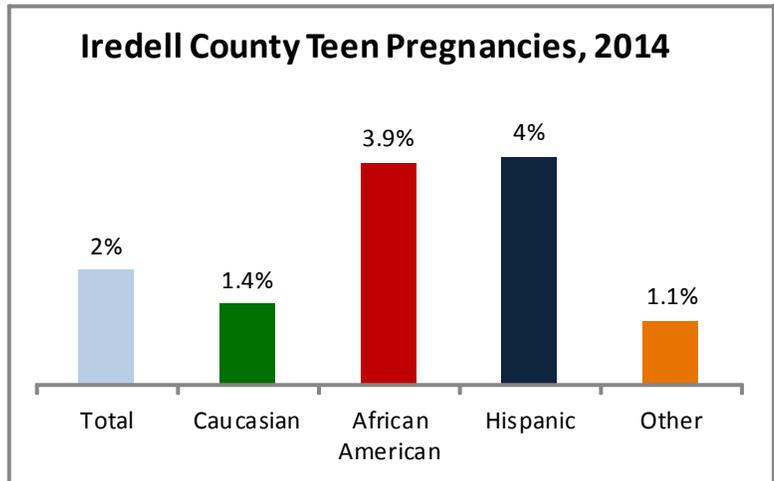
Low birth rate refers to an infant born weighing less than 5 pounds, 8 ounces. One of the primary reasons an infant is born with a low birth weight is premature birth, which is birth prior to 37 weeks of gestation. Certain risk factors can play a crucial role in the birth weight of infants, such as, preterm labor, chronic health conditions, smoking, drinking alcohol, and using illicit drugs or misusing prescription drugs. Early and continuous prenatal care helps identify health conditions and risky behaviors that can result in low birth weight infants. Infants born to teenage mothers have a higher risk of having a low birth weight and a higher mortality rate. Women can reduce their risk of having an infant with a low birth rate by receiving early prenatal care and incorporating healthy behaviors into their lifestyle like not smoking, taking a daily multi-vitamin containing folic acid, and getting screened for diseases like diabetes and/or high blood pressure.



Source: 2014 BABYBOOK, NC State Center for Health Statistics

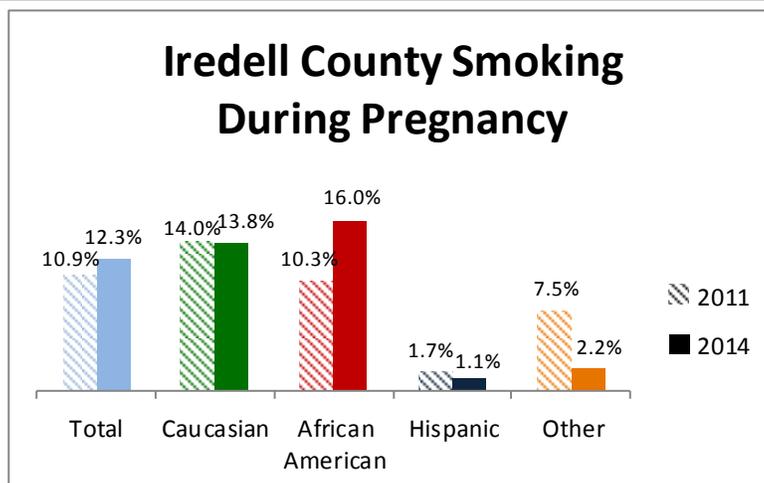
Teen Pregnancy

In recent years, teen pregnancy has been on the decline. Despite these declines, substantial disparities persist in teen birth rates, and teen pregnancy and childbearing continue to carry significant social and economic costs. African American and Hispanic populations experience teen pregnancy at a much higher rate than their Caucasian counterparts.



Source: NC State Center for Health Statistics, County Data Book

Smoking During Pregnancy

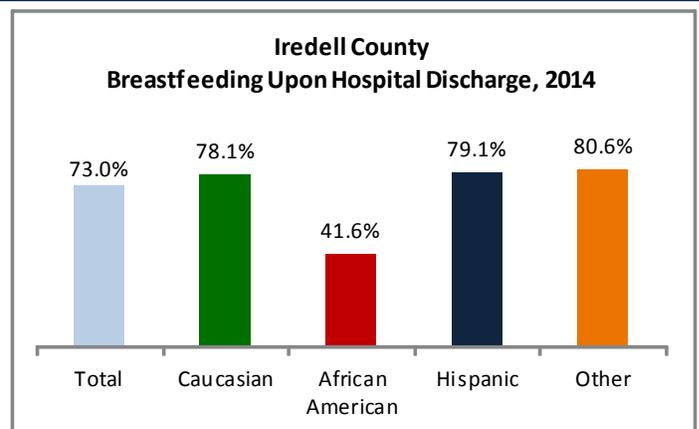


Source: NC State Center for Health Statistics, BABYBOOK

Smoking during pregnancy can lead to many complications including tissue damage to the fetus, preterm delivery, low birth weight, and an increased likelihood of SIDS. A larger percent of African American and Caucasian mothers smoke during pregnancy than their Hispanic counterparts. The total smoking rate for expectant mothers has increased since 2011 as well as the rate among African American's. The Caucasian rate has remained relatively the similar to 2011, and the Hispanic and Other rates have

Breastfeeding

One of the most highly effective preventive measures a mother can take to protect the health of her infant(s) is to breastfeed. However, only 79% of Iredell County mothers choose to provide their infant(s) breast-milk. African Americans have the lowest breastfeeding rate at only 41.6%, which is nearly half of the rate of all other populations.



Source: NC State Center for Health Statistics, BABYBOOK

Adult Health

When thinking about adult health, you may think of various ways to stay healthy, from hand-washing and vaccines, to cancer prevention. Signs and symptoms of illness are also equally as important. Knowing the important warning signs that may merit medical attention, from unexplained weight loss or changes in bowel habits to shortness of breath and sudden headaches. Regular physical exams and adult health screening tests are an important part of preventive adult health care, along with maintaining a healthy diet, avoiding risky behaviors, and getting an adequate amount of physical activity. It's important to know which screening tests you need and how often to have them. Early detection can be key to a successful treatment.

The health of Iredell County residents is important. Chronic disease remains a top priority, including cancer related deaths. It's important to note that more than half of all deaths in Iredell County are preventable through healthier diet, getting regular physical activity, and refraining from tobacco use.

Leading Causes of Death

Iredell County Leading Cause of Death	Percent
Cancer	23.1%
Diseases of the Heart	20.8%
Chronic Lower Respiratory Disease	5.9%
Cerebrovascular Disease	5.4%
Alzheimer's Disease	3.3%
Other Unintentional Injuries	3.2%
Diabetes Mellitus	2.9%
Pneumonia & Influenza	2.3%
Motor Vehicle Injuries	2.0%
Septicemia	1.8%

In 2014, there were 7,191 deaths in Iredell County. The leading causes of death in Iredell County are cancer (23.1%), heart disease (20.8%), and chronic lower respiratory disease (5.9%), which have remained the leading causes of death for more than 15 years. Seven of the top ten leading causes of death are chronic disease related. Chronic diseases are among the most common, financially straining, but preventable of all health problems. These persistent conditions leave in their wake deaths that could have been prevented, lifelong disability, compromised quality of life, and growing healthcare costs.

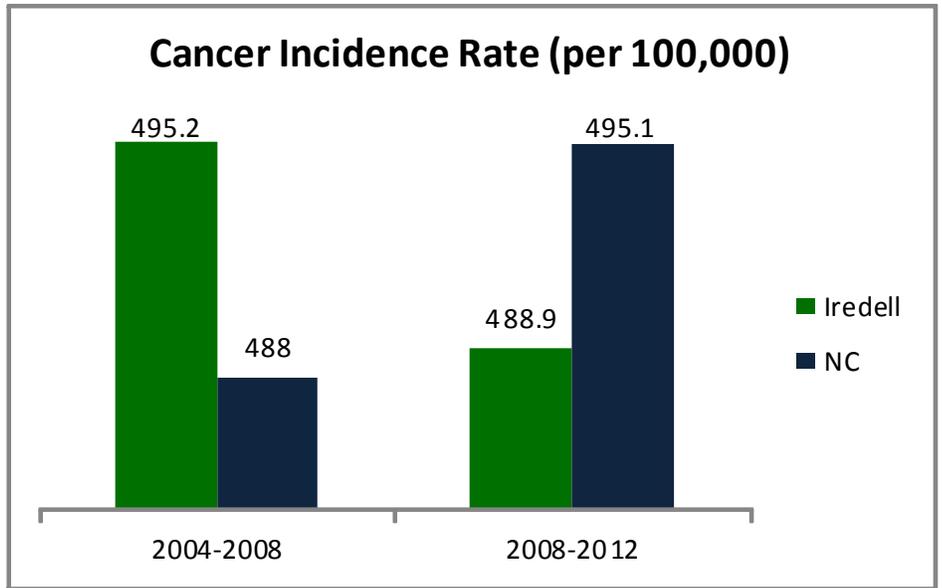
Source: NC State Center for Health Statistics, 2014 Leading Causes of Death

52% of deaths in Iredell County are caused by preventable chronic conditions

Cancer

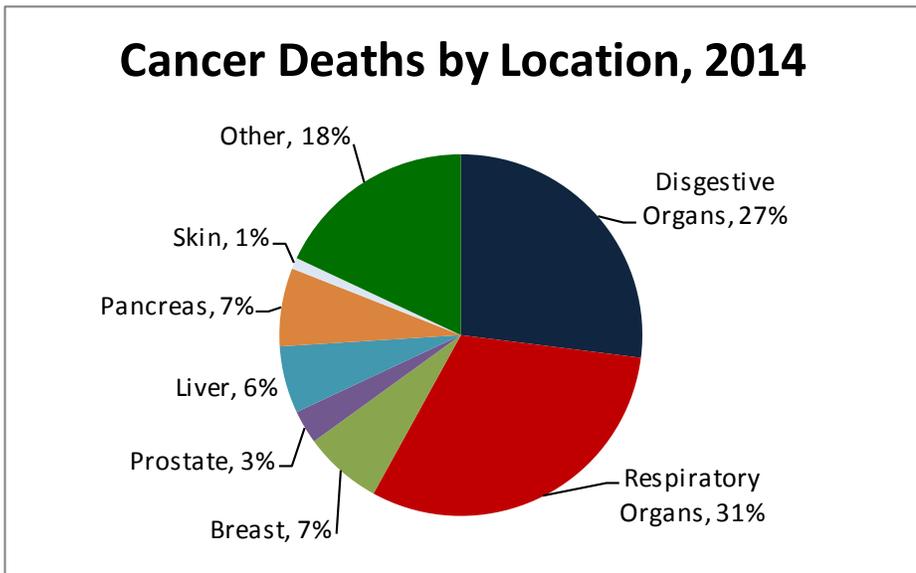
Cancer is a term used for diseases in which abnormal cells divide without control and can invade other tissues. Cancer cells can spread to other parts of the body through the blood and lymph systems. Cancer is not just one disease, but many diseases, and there are more than 100 types of cancers. Over the past 10 years, Cancer has risen to the leading cause of death in Iredell County, and the State of North Carolina alike, and left enormous health and financial

problems in it's wake. A person's cancer risk can be reduced with healthy choices, like avoiding tobacco, limiting alcohol use, protecting your skin from the sun and avoiding indoor tanning, eating a diet rich in fruits and vegetables, keeping a healthy weight, and being physically active.



Source: NC State Center for Health Statistics, County Data Book

The pie chart depicted reflects the percentage of cases for deaths of each location of cancer in the body. Over half of all cancer deaths in Iredell County were linked to the respiratory and digestive organs. There are many environmental and behavioral factors linked to both cancer of the digestive and respiratory organs. Radon is a radioactive gas that occurs naturally in nearly all soil. It enters homes and other buildings through small cracks and holes in the foundation, where it becomes trapped and accumulates in the air. When people breathe in radon, it damages the lungs, which can lead to lung cancer. According to the U.S. Environmental Protection Agency, radon is the leading cause of lung cancer among non-smokers and the second leading cause of lung cancer among smokers in the United States. Screening for colorectal cancers helps prevent these diseases

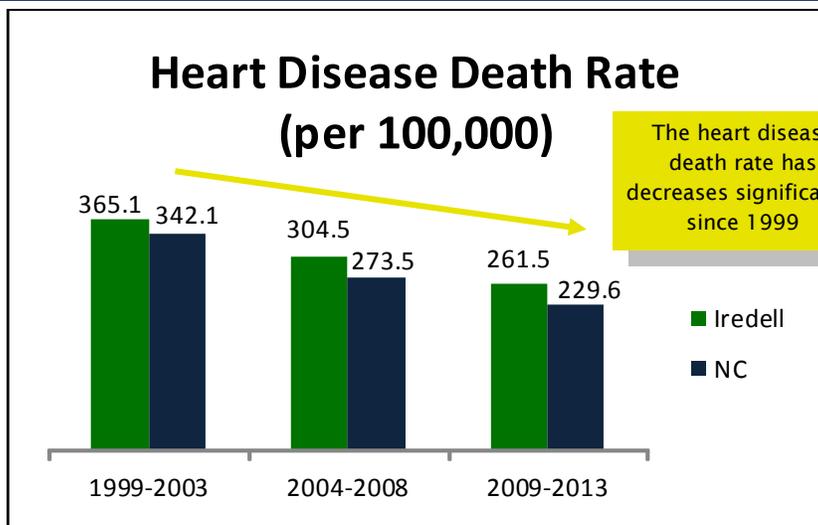


by finding precancerous lesions so they can be treated before they become cancerous. Screening for cervical, colorectal, and breast cancers also helps find these diseases at an early stage, when treatment works best. Tobacco use and alcohol are also closely linked to respiratory and digestive cancers, and should be avoided in order to reduce one's risk.

Source: NC State Center for Health Statistics, Detailed Mortality Statistics Report, 2014 Iredell County

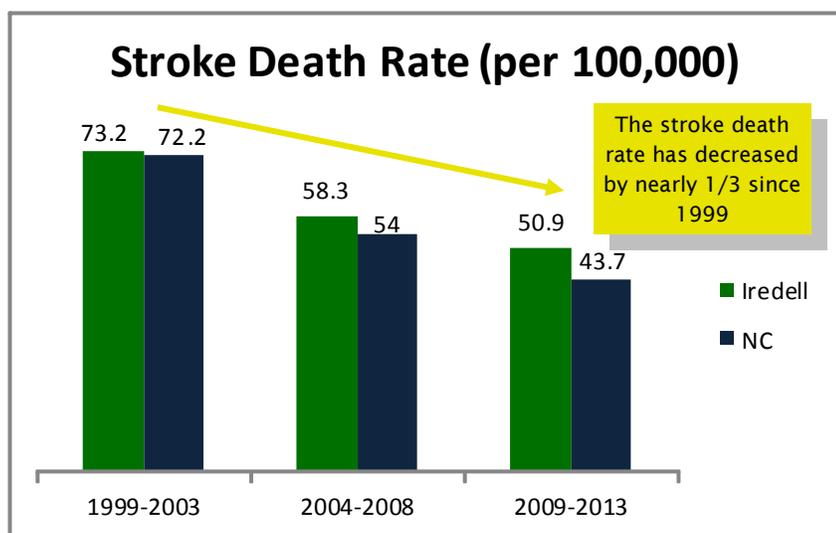
Cardiovascular Disease

Disease of the heart refer to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease, which affects the blood flow to the heart. Decreased blood flow can cause a heart attack. Diseases of the heart have been one of the top three causes of death for more than 15 years in both North Carolina and Iredell County. Although they have been slowly declining since 1999, there is still a significant percentage of the population affected by conditions of the heart. The most effective way to lower your risk for heart disease and heart attack are by maintaining a healthy weight and diet, getting enough physical activity, avoiding tobacco, and limiting alcohol consumption.



Source: NC State Center for Health Statistics, County Data Book 2014

Cerebrovascular Disease

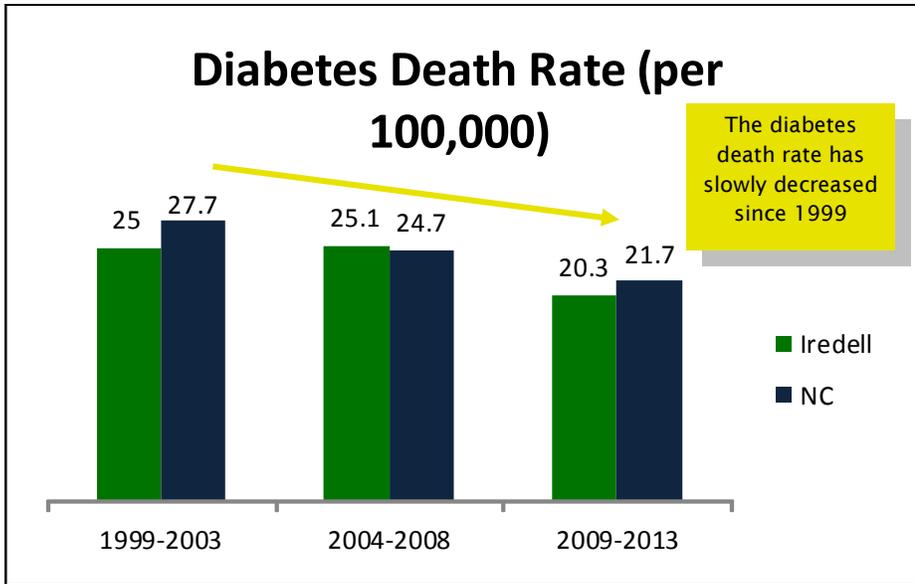


Source: NC State Center for Health Statistics, County Data Book 2014

Cerebrovascular disease refers to diseases of the blood vessels, especially, the arteries that supply the brain. Cerebrovascular disease is usually caused by atherosclerosis and can lead to a stroke. For the past 15 years the stroke rate for both Iredell County and North Carolina has decreased, but Iredell County's rate has remained higher than that of NC. Knowing the signs and symptoms of a stroke is the first step to ensuring medical help is received immediately. For each minute a stroke goes untreated and blood flow to the brain continues to

be blocked, a person loses about 1.9 million neurons. This could mean that a person's speech, movement, memory, and so much more can be affected. Common signs of a stroke are numbness of face, arm or leg, confusion, trouble walking, dizziness, and severe headache. High blood pressure and stroke are also major risk factors for stroke. Maintaining a healthy lifestyle can prevent these conditions, and they can also be controlled by medication.

Diabetes



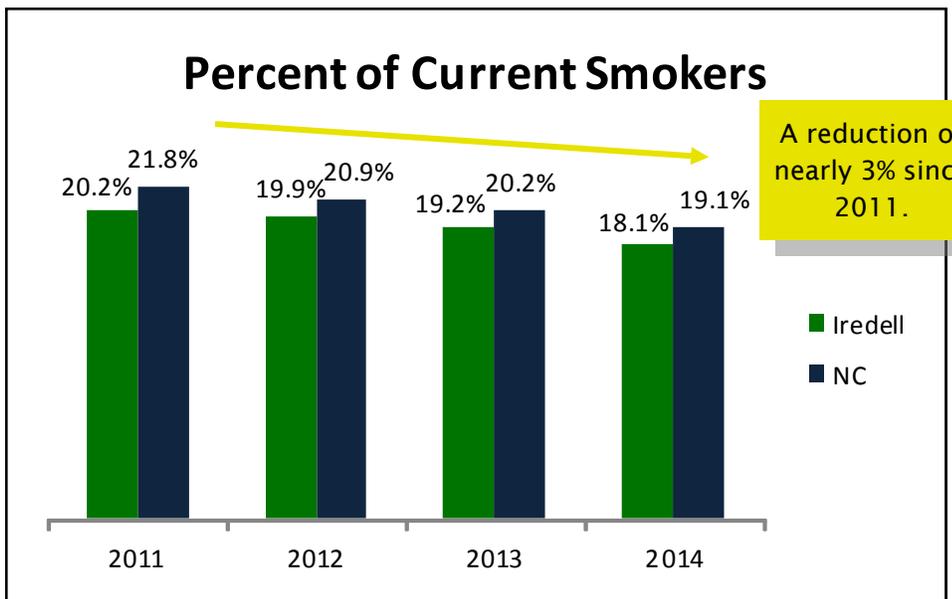
Source: NC State Center for Health Statistics, County Data Book 2014

Diabetes is the seventh leading cause of death in Iredell County, but incidence rates are slowly decreasing. Diabetes is a problem with one's body that causes blood glucose levels to rise above normal, also referred to as hyperglycemia. Type 2 diabetes is the most common form of diabetes. Individuals with type 2 diabetes do not properly use their natural insulin, known as insulin resistance. Individuals with a blood sugar level higher than normal, but not high enough for a diagnosis of diabetes are

referred to as pre-diabetes, and they have a much higher risk of developing type 2 diabetes than someone with a normal blood sugar level. Moderate weight loss and exercise can prevent or delay type 2 diabetes among adults at high risk.

Smoking

Tobacco remains the leading cause of preventable death in North Carolina. Over the past 5 years, tobacco use trends have slowly decreased in NC and Iredell County, but still remain higher than desired. Health risks linked to tobacco use include cancer, chronic bronchitis, stroke, heart disease, and premature aging. Tobacco smoke can also be a serious health threat to non-smokers as well. Smoke in the air from someone else's cigarette contains toxic chemicals including tar,



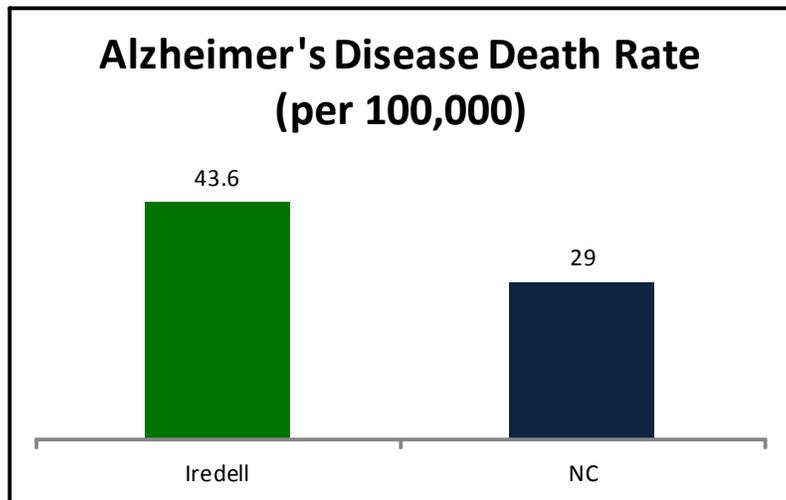
Source: NC State Center for Health Statistics, BRFSS 2014

*Iredell data also includes counties from the piedmont region.

and nicotine, carbon monoxide, arsenic, and cyanide. Non-smokers who breathe in tobacco filled air can absorb these substances and are at risk for the same serious health consequences as smokers.

Alzheimer's Disease

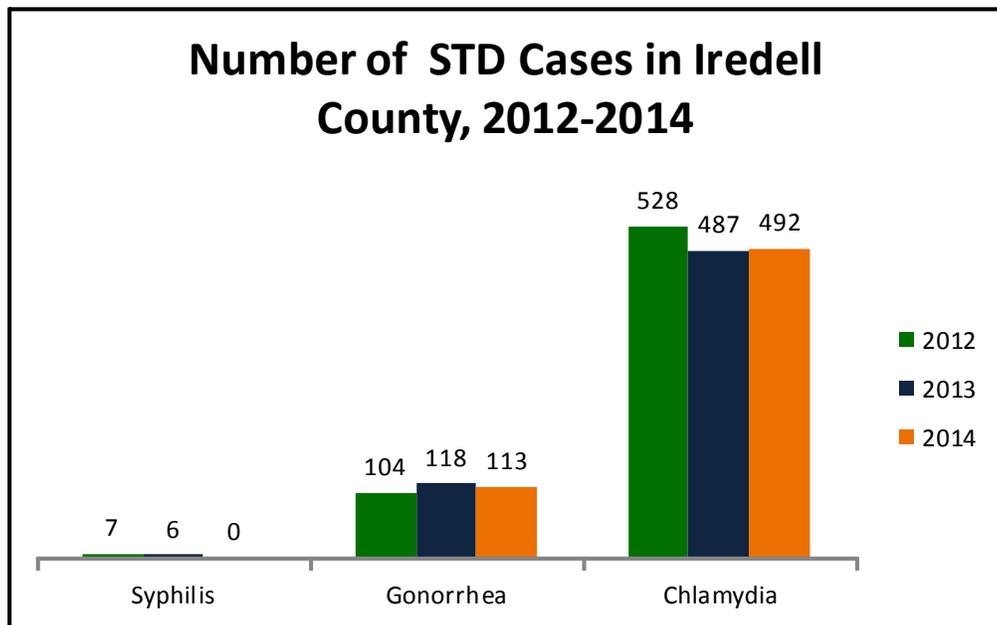
Alzheimer's disease is the most common type of dementia, causing problems with memory, thinking, and behavior. Alzheimer's disease is the fifth leading cause of death in Iredell County, and North Carolina. The Alzheimer's Disease death rate for Iredell County (43.6) is significantly greater than that of NC (29). The Alzheimer's disease death rate for Iredell County is substantially greater than that of the state. The greatest known risk factors for Alzheimer's are advancing age and family heredity. A majority of Alzheimer's cases develop as a result of



Source: NC State Center for Health Statistics, HealthStats 2013

complex interactions among multiple factors, like aging, genetics, environment, and lifestyle. High blood pressure, poor diet, and lack of physical activity are also associated with Alzheimer's disease.

Sexual Health



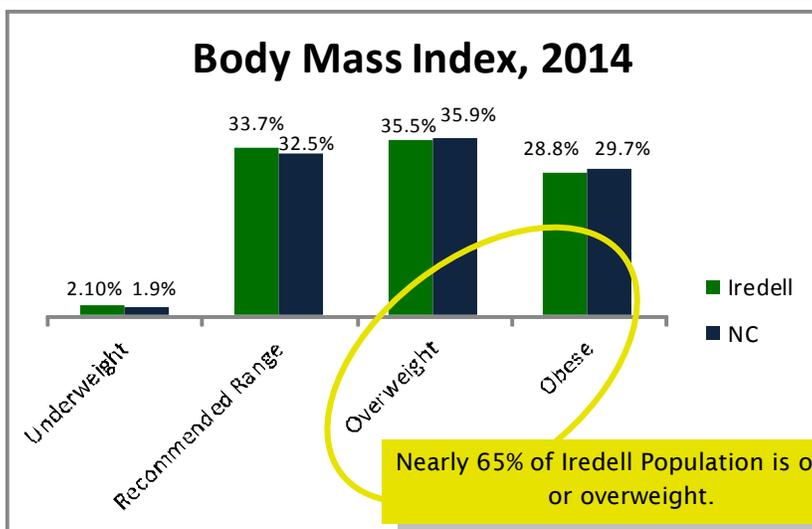
Source: NC State Center for Health Statistics, HIV/STD Surveillance Report, 2014

While sexually transmitted diseases (STDs) affect individuals of all ages, STDs take a particularly heavy toll on the young adult and youth populations. The CDC estimates that youth ages 15-24 make up just over one quarter of the sexually active population, but account for half of the 20 million new sexually transmitted infections that occur in the United States each year. chlamydia, gonorrhea, and syphilis

rates in Iredell county are lower than that of the state, and have been for over five years. STD's are preventable by abstaining from sexual intercourse, reducing the number of sexual partners, and using condoms. The recent increase in reproductive health education provided to the 12-24 years of age population is linked to the recent decline in chlamydia, gonorrhea, and syphilis.

Body Mass Index

Body Mass Index (BMI) is an individual's weight in kilograms divided by the square of their height in meters. A high BMI can be an indicator of high levels of body fat. BMI can be used to screen for weight categories that may lead to health problems but it is not diagnostic of the body fat level or health of an individual. According to 2014 data, 64.3% of Iredell County residents are either considered overweight or obese. Individuals who are overweight or obese, compared to those with a normal or healthy weight, are at an increased risk for many serious health conditions, including heart disease, stroke, diabetes, cancer, and experience an overall lower quality of life.

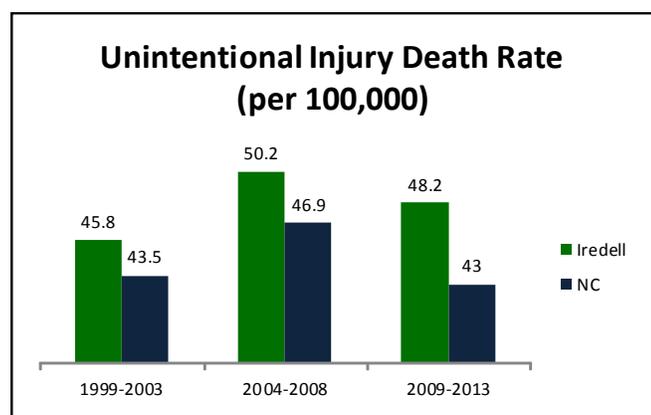


Source: NC State Center for Health Statistics, BRFSS 2014

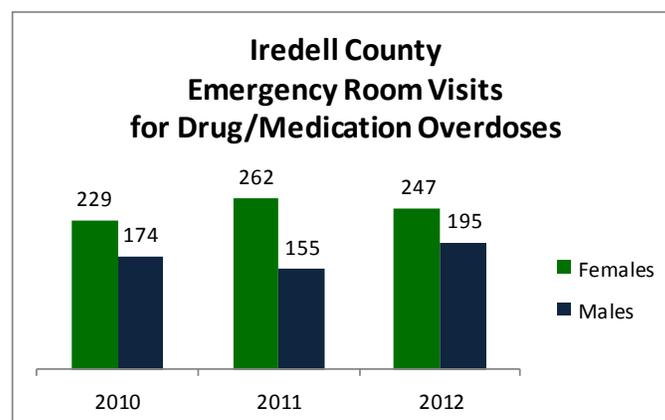
Unintentional Injuries

An unintentional injury is any injury caused by an accident and can include motor vehicle accidents and illicit and prescription drug overdoses. Unintentional injuries are the leading cause of death for individuals living in Iredell County below the age of 50. The unintentional injury rates for Iredell County are much greater than that of NC's rates. In most cases, accidental injuries can be prevented. A few ways to lower your risk are avoiding driving while you are sleepy, under the influence of drugs and alcohol, texting, not wearing a seatbelt, and driving an inappropriate speed limit. Also avoid using illicit drugs and misusing prescription drugs, follow workplace safety guidelines, and make sure smoke and carbon monoxide detectors in your home are working properly.

Emergency room visits as a result of drug or medication overdoses have increased annually since 2010, with female visits being more prevalent than male. Since 1999, NC has seen a 300% increase in unintentional poisoning deaths.



Source: NC State Center for Health Statistics, County Data Book, 2014



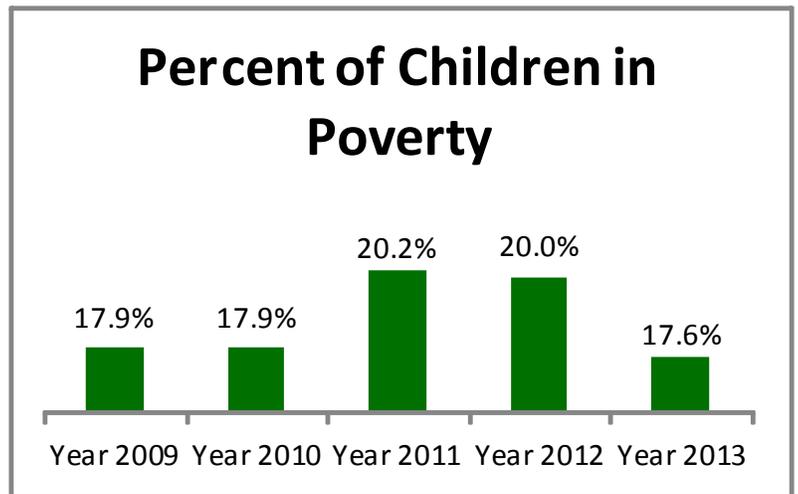
Source: NC-DETECT

Child Health

The health of children is affected by many factors, especially prenatal care. Many other factors are related to the well-being of children, including but not limited to: socioeconomic family status, safe neighborhoods, physical activity, nutrition, environmental health, genetics, access to medical care, family interactions, parental health, childcare services, schools, and education.

Poverty

For the past 50 years, children under the age of 18 have been much more likely than adults to live in poverty. The total poverty level for Iredell county is 13.4%, while the poverty rate for children in Iredell County is 17.6%. Risks associated with childhood poverty include environmental toxins, inadequate nutrition, low-quality child care, decreased access to proper medical care, and decreased cognitive stimulation.



Source: Kids Count Data Center, Iredell County

Medical Cost Coverage

Access to healthcare is important among all age groups, but especially among children. Children from lower socioeconomic backgrounds have poorer health outcomes, and these disparities are due, in part, to barriers in accessing medical care. Of the child population in Iredell County, nearly half receive Medicaid or N.C. Health Choice,

Children Ages 0-18 Healthcare Coverage	Number of Children
Medicaid	13,655
N.C. Health Choice	2,595
Uninsured	3,000
Private Insurance or Other	16,617
Total Child Population	35,867

Source: KIDS COUNT data, Iredell County Profile

which is a government assistance program supplemental insurance; but there are still 3,000 children that lack any type of healthcare coverage. It is vital that children receive preventative care service to avoid health issues during adulthood and premature death.

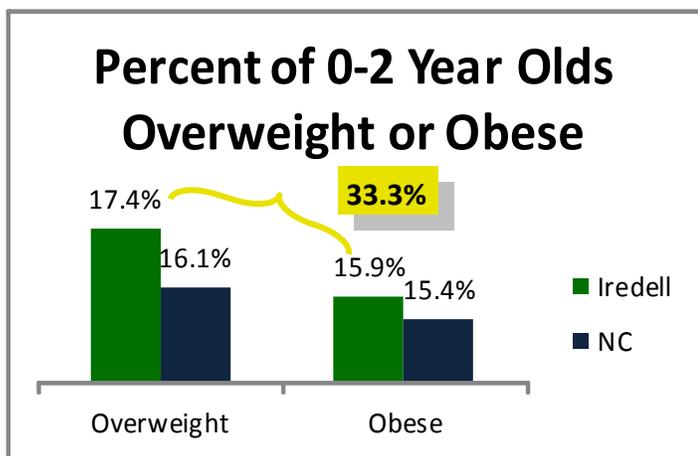
Leading Causes of Death

Iredell County Leading Cause of Death Ages 0-5, 2014	Percent
Conditions Originating in the Perinatal Period	43.8%
All Other Unintentional Injuries	12.5%
Congenital Malformations, Deformations, & Chromosomal Abnormalities	12.5%
Diseases of the Heart	6.3%
Influenza	6.3%
Motor Vehicle Injuries	6.3%
All Other Causes	12.3%

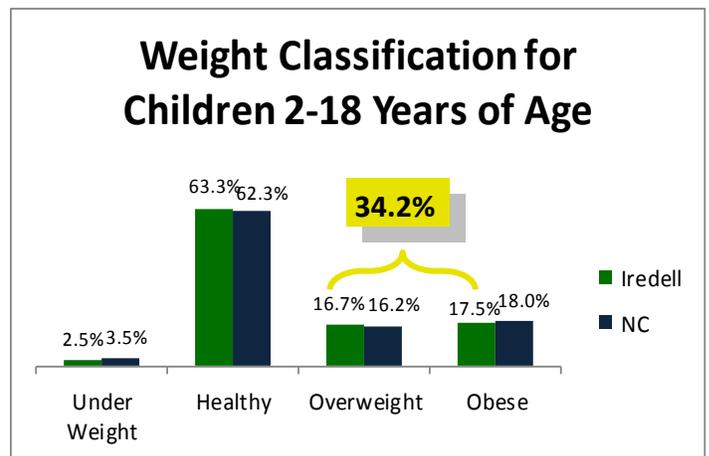
Source: NC State Center for Health Statistics, BABYBOOK

Childhood Obesity

Childhood obesity is a significant problem in Iredell County, and the state of North Carolina. Currently, about 1 in 3 children in Iredell County is either overweight or obese. Among children today, obesity is causing a broad range of health problems that previously weren't seen until adulthood; some of these include high blood pressure, diabetes, and elevated blood cholesterol levels. There are also psychological effects linked to childhood obesity, such as reduced level of self-esteem, negative body image, and depression. Overall, excess weight at young ages has been linked to higher and earlier death rates in adulthood.



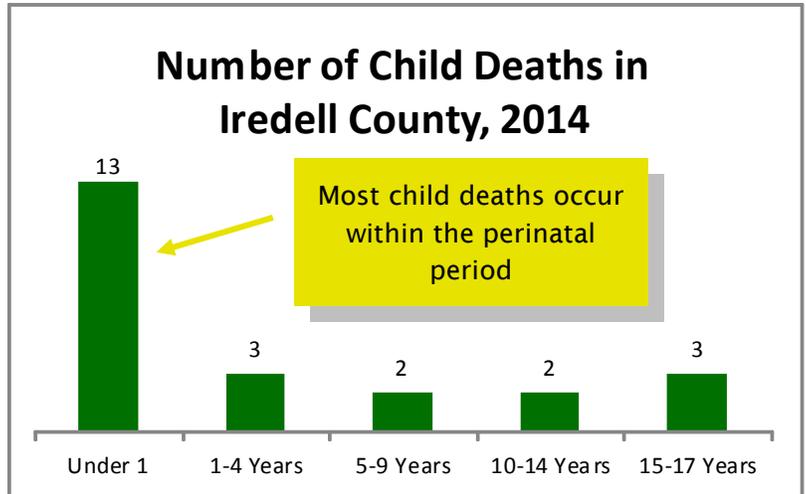
Source: North Carolina Nutrition and Physical Activity Surveillance System, NC-NPASS



Source: North Carolina Nutrition and Physical Activity Surveillance System, NC-NPASS

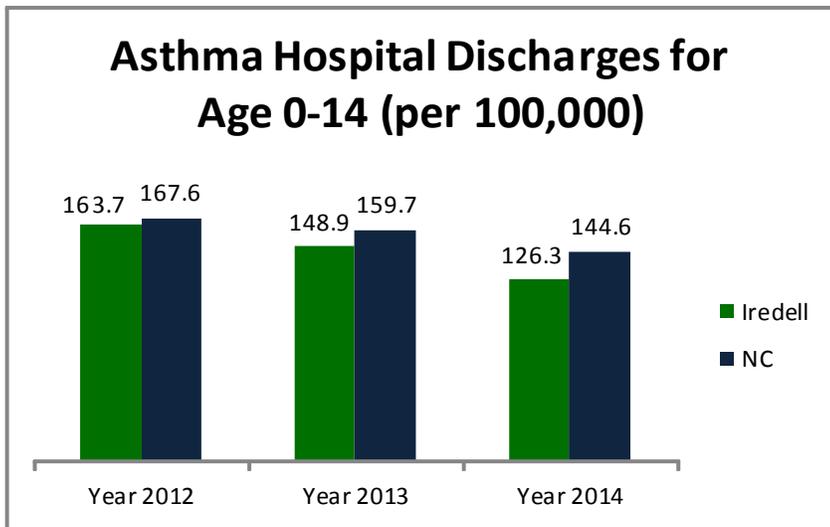
Child Deaths

Child deaths are a tragedy for not only parents and families, but for a community as well. A majority of child deaths occur prior to a child's first birthday, with the leading cause of death being congenital and chromosomal abnormalities, problems related to short gestation, and low birth weight. Unintentional injuries are the leading cause of death for children one year of age to seventeen. The child or infant death rate in a community can be an important indicator for public health professionals, researchers, and policy makers. A high child mortality rate can point to underlying problems, such as poor access to prenatal care, unsafe neighborhoods, inadequate childcare services, or exposure to environmental toxins.



Source: NC State Center for Health Statistics, Child Deaths 2014

Asthma



Source: NC State Center for Health Statistics, County Data Book

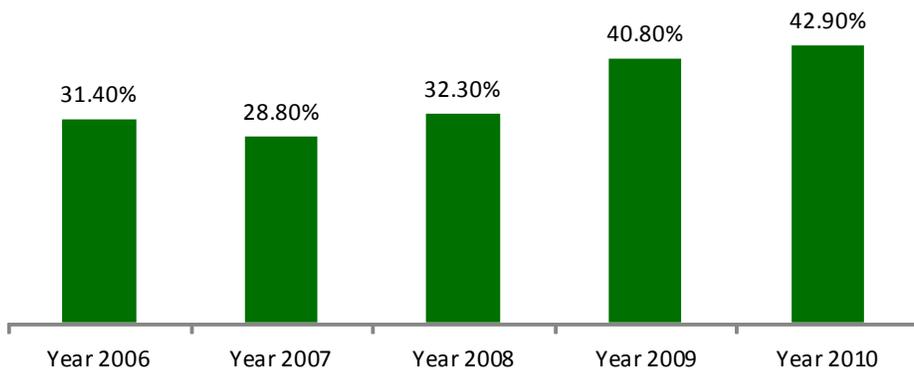
Asthma is one of the most common long-term diseases of children that affect the lungs. It's cause is not entirely understood, so it is difficult to know exactly how to prevent its development. Medical professionals are aware of a few factors like genetics and environmental exposures that play a key role in the disease's onset. Exposure to environmental elements during infancy and early childhood may lead to the development of asthma. Asthma triggers include, but are not limited to: secondhand tobacco smoke, dust mites, outdoor air pollution, cockroach allergen, pets, mold, wood smoke, perfumes, cleaning products, and physical exertion.

The asthma rates in Iredell have slowly decreased in recent years, but remain high. Reducing the exposure to secondhand tobacco smoke among youth is crucial in reducing the overall asthma rate for youth and adults alike.

Elevated Lead Blood Levels

Lead is a common environmental contaminate that exists in all areas of the United States. Lead exposure is associated with negative outcomes in children, such as impaired cognitive, motor, behavioral, and physical abilities. In 1991, CDC defined the blood lead level (BLL) that should prompt public health action as 10 µg/dL . Concurrently, CDC also recognized that a BLL of 10µg/dL did not define a threshold for the harmful effects of lead. Research conducted since 1991 has strengthened the evidence that children’s physical and mental development can be affected at BLL’s les than 10µg/dL .

Percent of children (12-36 months) screened for elevated blood lead levels in Iredell County

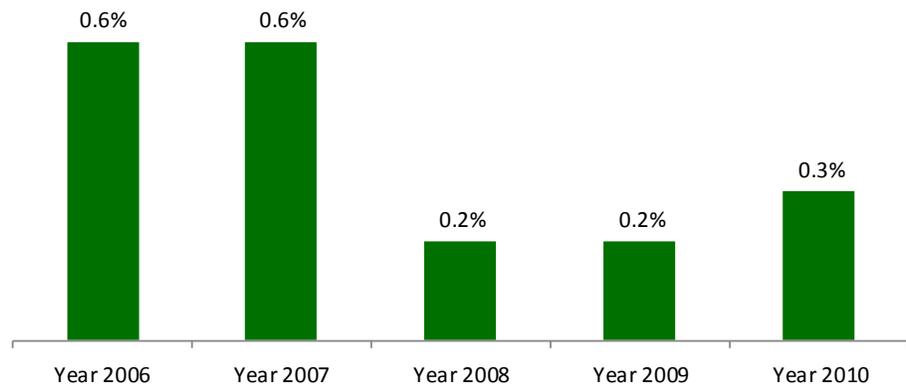


Since 2006, Iredell County has seen an increase in screenings for elevated blood lead levels in children 12-36 months. Lead is the leading environmental risk for children, and is predominately found in lead paint from older homes.

Source: Kids Count Data Center, Profile for Iredell County

The percent of children ages 12-36 months found to have an elevated blood lead level has seen a small decrease since 2006. Since 1995 there has been a substantial decrease in children with increased blood lead levels from 5% to 0.3%.

Percent of children (12-36 months) found to have elevated blood lead levels in Iredell County



Source: Kids Count Data Center, Profile for Iredell County

Peer County Comparison

Iredell County compares slightly worse to its peer counties in regards to many top health concerns. Iredell County has the highest infant mortality rate, heart disease rate, and stroke rate, and the second highest African American infant mortality rate. Among all other categories, Iredell ranks among the top four worst.

Data Subject	Cabarrus	Catawba	Henderson	Iredell	Onslow	Union
Infant Mortality Rate (2014, per 1,000 live births)	6.0	6.6	3.6	7.3	6.9	5.9
African American Infant Mortality Rate (2014, per 1,000 live births)	5.0	14.7	37.0	27.2	15.1	15.7
Cancer, all sites (2009-2013, Incidence rate per 100,000)	515.7	466.2	486.9	492.6	510.6	463.3
Heart Disease (2009-2013, death rate per 100,000)	166.6	181.9	148.6	193.5	166.1	166.0
Stroke (2009-2013, death rate per 100,000)	48.4	48.0	35.6	50.9	43.7	39.8
Diabetes (2009-2013, death rate per 100,000)	20.0	22.4	11.3	20.3	37.2	15.2
Current Smokers (2010, percent of current smokers)	17.5%	18.7%	17.7%	18.7%	32%	18.3%
Pregnant Smokers (2013, percent of mothers who smoke during pregnancy)	9.3%	14.7%	11.0%	12.3%	8.1%	7.4%
Adult Overweight/Obesity (2010, percent of adults overweight/obese)	66.5%	72%	*	66.6%	61.3%	57.3%
Childhood Overweight/Obesity (2010, percent of overweight/obese children ages 2-4)	24.2%	32.9%	28%	30.6%	27%	24.8%
Unintentional Injuries (2009-2013, Death rate per 100,000)	45.8	50.9	49.8	48.2	39.2	32.2

Sources: NC County Trends Report, 2010 BRFSS, 2012 NC-NPASS

*No current data available

Iredell County 2015 Communicable Disease Report

Communicable disease refers to those diseases that can be passed or spread from one individual to another. As a public health agency, it is our role to assist the citizens of our communities in achieving their optimum level of health. Part of this is accomplished through the surveillance and investigation of communicable disease incidents reported to our department. Public health laws mandate the reporting of selected communicable diseases to local health departments.

When notification of a reportable communicable diseases case is received, the Iredell County Health Department's public health professionals (and/or other local and state level health professionals) begin an investigation. The goal of the investigative phase is to determine if a potential public health threat exists, and if so, what measures will be required to address the issues to protect the community to reduce the spread of a communicable disease and to improve the health outcome of those who have contracted a communicable disease.

Use the following table to match the code with the corresponding disease when viewing the Communicable Disease chart

014	Hepatitis A	060	Hepatitis C, Acute
015	Hepatitis B Acute	061	Streptococcal Infection
016	Hepatitis B Lab/Condition Report	064	Listeriosis
025	Meningitis, Pneumococcal	115	Hepatitis B Carrier
035	Rocky Mountain Spotted Fever	116	Hepatitis B—Perinatal Acquired
038	Salmonella	200	Chlamydia
039	Shigellosis	300	Gonorrhea
047	Pertussis	400	Non-Gonococcal Urethritis
050	Campylobacter	710	Syphilis, Primary
051	Lyme Disease	720	Syphilis, Secondary
053	E. Coli, Shiga Toxin-Producing	900	HIV Infection
056	Cryptosporidiosis	TB-LTBI	Latent Tuberculosis Infection

2015 Communicable Disease Reports/Iredell County

Confirmed, Suspect, and Probable (Cases currently "under investigation" not included)

Disease Code	014	015	016	025	035	038	039	047	050	051	053	056	060	061	064	115	116	200	300	400	710	720	900	TB-LTBI	Total for Month
January		1				1		1	1				1		1	1	1	50	11	12				2	83
February					1	3		1			1							35	14	11			1	1	68
March						2	1		2					1		1		56	10	16					89
April			2			2			1		2			1				46	5	17				3	79
May	1				1	7										2		41	11	10					73
June					1	5			2	1								44	16	12				1	82
July						7	1	1			1		1	1			1	63	16	15				1	108
August						1		3	3		1			1				55	11	10				1	86
*September			1		1	4		1	2			1				2		46	13	6		1	1		79
October			1			2	2		2	1				1				51	15	13				2	90
November			3	1		2			3							1		47	11	13				2	83
December						1		1	1	1								53	13	7				1	78
Total	1	1	7	1	4	37	4	8	17	3	5	1	2	5	1	7	2	587	146	142	1	1	1	14	998

*Chikungunya- 1 in September

Note: This report only includes "confirmed," "suspect," and "probable" cases; we receive many reports that do not meet the case definition and are not counted in these numbers.

Environmental Health

Quick Facts

- The Iredell County Health Department Environmental Health Division provides education as well as enforcement of state laws, rules, and local ordinances pertaining to food sanitation, wastewater disposal, private drinking water wells, and other related issues.
- There were a total of 950 establishments inspected by Environmental Health Specialists within the Iredell County Environmental Health Division in 2014–2015, which included restaurants, mobile food units, food stands and others. In 2014–2015 they conducted a total of 812 inspections on a total of 353 restaurants. During these restaurant inspections 1,640 critical violations were discovered. Of those 1,640 violations, 1,148 were able to be corrected during the inspection.
- There were a total of 139 inspections for swimming pools, spas and wading pools conducted by Environmental Health Specialists for Iredell County in 2014–2015.
- There were 28 tattoo artists inspected and then permitted for Iredell County in 2014–2015.
- There were 76 day cares in Iredell County inspected twice each during 2014–2015.
- According to the NC Division of Public Health, childhood lead poisoning is one of the most common pediatric health problems in the U.S. even though it is entirely preventable.
- As a result of industrialization, lead is common in the environment. Children are particularly susceptible to its toxic effects and therefore it is important that they be screened for lead poisoning.
- The percent of children between the ages of 12 and 36 months in Iredell County found to have elevated blood lead levels has declined from 5% in 1995 to less than 1% in 2007.
- Clean air is essential to public health, and the environment. Clean air is important so people can breathe without triggering asthma and other health related problems.
- In 2014, Iredell County had 6 days where the air quality was unhealthy due to ozone.
- According to North Carolina's Current Nonattainment and Maintenance Areas a portion of Southern Iredell County is in nonattainment status regarding 8 hour ozone. Nonattainment simply means not reaching the normal ozone standards, in accordance with the EPA guidelines.

Environmental Health

Iredell County 2014-2015 Inspections						
FACILITY TYPE	# of Facilities	# of Inspections	Critical Violations	Critical Violations corrected onsite	CV Follow up Visits	New Permits Issued
RESTAURANTS	353	812	1640	1148	228	28
FOOD STANDS	88	153	234	132	39	7
MOBILE FOOD UNITS	15	16	21	13	3	7
PUSHCARTS	1	1	3	2		
ELDERLY NUTRITION	4	14	10	8	1	
PUBLIC SCHOOL LUNCHROOM	42	151	104	97	10	
LIMITED FOOD SVC	2	22	26	10		23
COMMISSARY						
INSTITUTIONAL FOOD SVC	19	23	40	28	5	
LODGING	29	16				3
BED & BREAKFAST	2	3				
MEAT MARKETS	25	60	70	47	12	
REST/NURSING HOMES	18	36				
HOSPITALS	4	8				
CHILD DAY CARE	76	150				
RESIDENTIAL CARE	39	27				
SCHOOL BUILDINGS	61	59				
LOCAL CONFINEMENT	2	2				
ADULT DAY SERVICE	2	2				
SEASONAL POOLS	98	84				79
SEASONAL WADING	15	22				20
SEASONAL SPAS	1	1				1
YEAR ROUND POOLS	18	23				4
YEAR ROUND SPAS	5	6				1
TATTOO ARTISTS	28	29				16
TEMP FOOD EST	85	85				85
TOTALS	1032	1805	2163	1485	299	274

Prevention and Health Promotion Needs and Resources

In regards to health promotion and disease prevention efforts in Iredell County, many of the needs and resources remain unchanged from those reported in the 2011 CHA. The top health concerns deemed most relevant during this current CHA process are similar to those in the last assessment. The Iredell County Health Department Public Health Promotion & Development Division places heavy emphasis on health promotion strategies focused on prevention, specifically those related to healthy eating, active living, and tobacco free living.

Healthy Eating:

Share the Harvest, an Iredell County Health Department program, seeks to make fresh fruits and vegetables available to residents that lack access to healthy foods. Through a partnership with Iredell Christian Ministry, Mooresville Christian Mission, and Matthew 25, local farmers are encouraged to bring any excess fruits and vegetables to a Share the Harvest drop-off location where the food is distributed through food banks to those in need.

Physical Activity:

To address the lack of physical activity among Iredell residents, the Iredell Healthy Carolinians Physical Activity Committee fostered the Get Fit Iredell Program. Get Fit Iredell is a program shared between the Iredell County Health Department, United Way of Iredell, and Statesville Parks and Recreation. Get Fit Iredell is a collaborative community program designed to promote active living opportunities to improve health.

Tobacco Free Living:

The Iredell County Health Department Public Health Promotion and Development Division partnered with a few local agencies like Mitchell Community College and the City of Troutman Parks to assist them in their efforts of going tobacco free. Educational materials and technical assistance were also provided to all local daycare centers and Iredell County OBGYN's to assist them in promoting a tobacco free lifestyle among their clients.

Through educational materials disseminated by the Iredell County Health Department and the Iredell County Health Department website, the public has access to the most recent health data, resources, and policies. All Information distributed by the Iredell County Health Department has been tailored to fit the health literacy needs of the community in an effort to increase understanding and improve health outcomes. Located in the Appendix is an Iredell County Health Department Brochure detailing the services and programs available.

In order to meet the many needs of Iredell County residents, establishing effective partnerships is essential. Building strong partnerships with hospitals and healthcare organizations, non-profits, and other non-traditional partners is crucial for community health improvement. Located in the Appendix is a Community Resource Guide created by the Iredell County Health Department and Fifth Street Ministries. The Iredell County Health Department partners with Fifth Street Ministries to continually provide input, help keep Information up-to-date, and keep the awareness of Info Iredell alive.

For more resources, visit Inforedell.org



Primary and Secondary Data Comparison Summary

Iredell County survey respondents have a clear picture of the county's true health concerns. The healthy priority areas selected by respondents correlate greatly with the secondary health data provided by the State.

Leading Causes of Death

Cancer

- 23.1% of Iredell County premature deaths are a result of cancer

Diseases of the Heart

- 20.8% of Iredell County premature deaths are a result of diseases of the heart

Chronic Lower Respiratory Disease

- 5.9% of Iredell County premature deaths are a result of Chronic Lower Respiratory Disease

Cerebrovascular Disease

- 5.4% of Iredell County premature deaths are a result of cerebrovascular disease

Alzheimer's Disease

- 3.3% of Iredell County premature deaths are a result of Alzheimer's Disease

Other Unintentional Injuries

- 3.2% of Iredell County premature deaths are due to unintentional injuries

Diabetes Mellitus

- 2.9% of Iredell County premature deaths are due to diabetes mellitus

Pneumonia & Influenza

- 2.3% of Iredell County premature deaths are a result of pneumonia and influenza

Motor Vehicle Injuries

- 2% of Iredell County premature deaths are a result of motor vehicle injuries

Septicemia

- 1.8% of Iredell County premature deaths are a result of septicemia

Community Survey Concerns

Cancer

- 59.1% of survey respondents selected Cancer as a community concern
- 7.6% of survey respondents have been diagnosed with cancer

Heart Disease

- 38% of survey respondents selected heart disease as a community concern
- Nearly 70% of survey respondents have high blood pressure and/or high cholesterol

Active Living

- 18.3% of survey respondents selected lack of physical activity as a community concern
- 75% of survey respondents do not get enough physical activity

Healthy Eating

- 14.5% of survey respondents selected stroke as a community concern
- 83.4% of survey respondents don't eat enough fruits and vegetables

Stroke

- 59.1% of survey respondents selected Cancer as a community concern
- Nearly 68% of survey respondents have high blood pressure

Tobacco Use

- 28.7% of survey respondents selected diabetes as a community concern
- 21.6% of survey respondents use tobacco products

Diabetes

- 59.1% of survey respondents selected Cancer as a concern
- 12.6% of survey respondents have diabetes

Drug Use/Abuse

- 3.6% of survey respondents selected drug use and abuse as a community concern
- 2.1% of survey respondents have used illicit drugs or misused prescription medication

Alzheimer's Disease

- 20% of survey respondents selected Alzheimer's Disease as a community concern
- 0.2% of survey respondents has Alzheimer's Disease

Motor Vehicle Injuries

- 8.3% of survey respondents selected motor vehicle accidents as a community concern
- 51.5% of survey respondents text and drive and 11.7% drive while intoxicated

Iredell County 2015

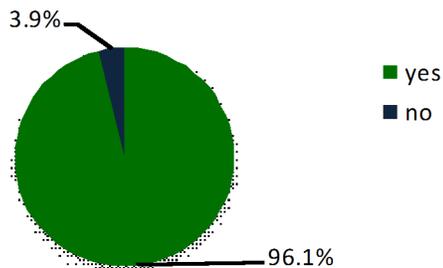
Community Health Assessment Survey Results

Primary Data

The Community Health Assessment survey was disseminated throughout Iredell County from May 1st, 2015 through July 1st, 2015 electronically through SurveyMonkey and distributed through hard copy. A total of 1,220 residents responded to the survey, with 97.7% of respondents completing it. The respondents' geographical breakdown of the primary data consists of the following areas and percentages: Statesville (52%), Mooresville (29%), Harmony (7%), Troutman (5%), Olin (2%), Union Grove (1%), Stony Point (1%) and other ($\geq 2\%$). Questions for the survey were developed by the Healthy Carolinians Survey Sub-Committee and later analyzed and compared to state data while selecting the top health priorities for Iredell County.

Iredell County Survey Respondents

Do you currently live in Iredell County?

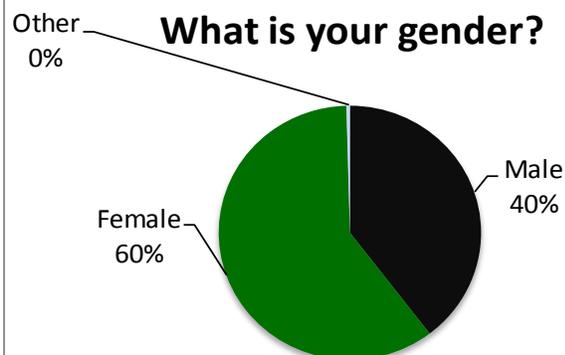


Most respondents to the survey resided in Iredell County. If a respondent selected that they did not currently live in Iredell County, they could not complete the survey as to not skew the results.

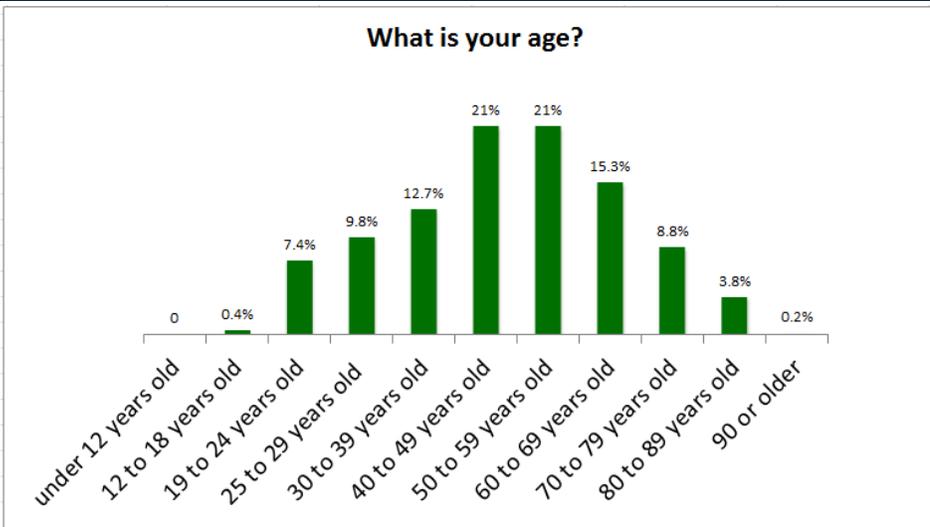
Gender

Sixty percent (60%) of survey respondents were female, and 40% of respondents were male. This correlates directly with the actual demographic data of Iredell County, where there is a greater population of female residents than male.

What is your gender?



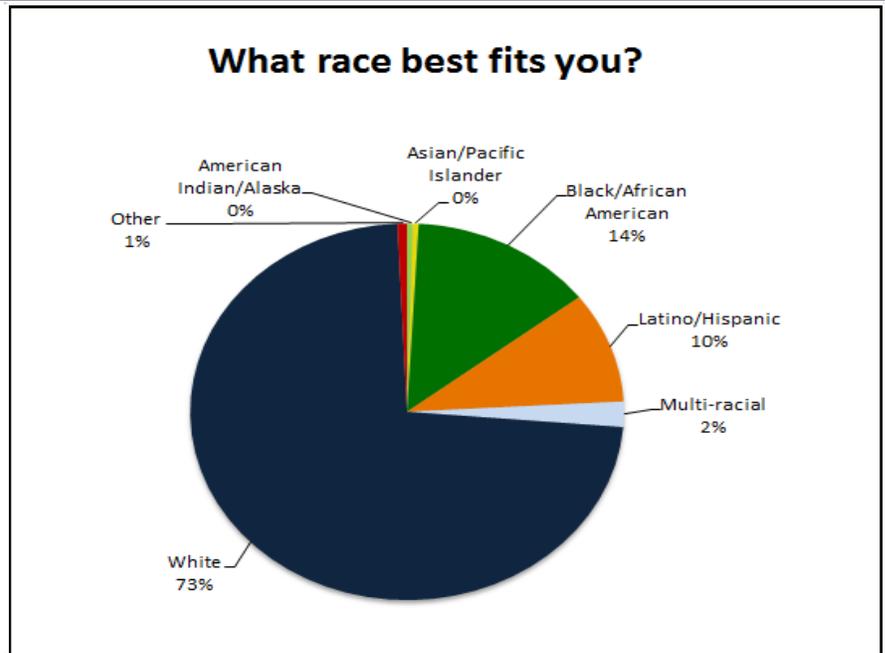
Age



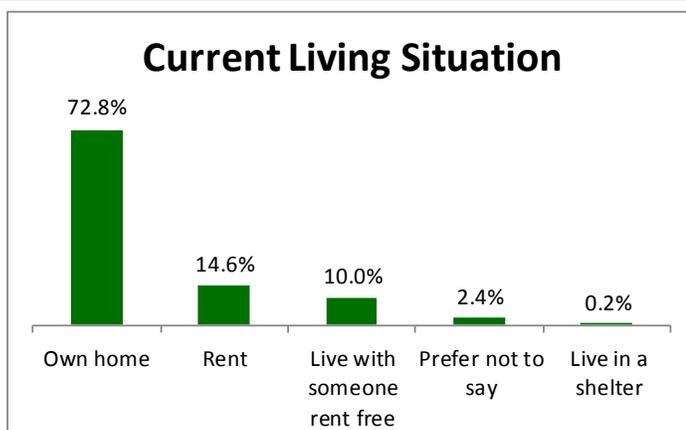
Survey respondents ranged from 12 years of age to over 90 years of age. A majority of survey respondents were between the ages of 40 and 59, which correlates directly with the Iredell County demographic data where the largest age group in the County is between 40 and 49 years of age.

Race

The racial demographic breakdown of the survey respondents coincides directly with the demographic data provided for Iredell County by the state. 73% of respondents were Caucasian, followed by African American's making up 14% and Hispanic at 10%.

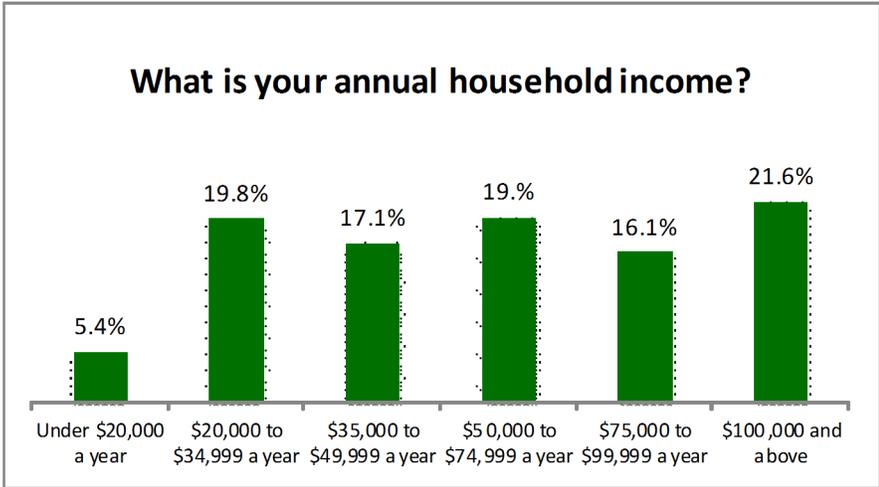


Living Situation



A majority of survey respondents, 72.8%, resided in a home that they own. Following closely behind are residents that rent at 14.6%. The homeownership rate of Iredell is currently 74.1%, which coincides directly with the data collected by the community survey.

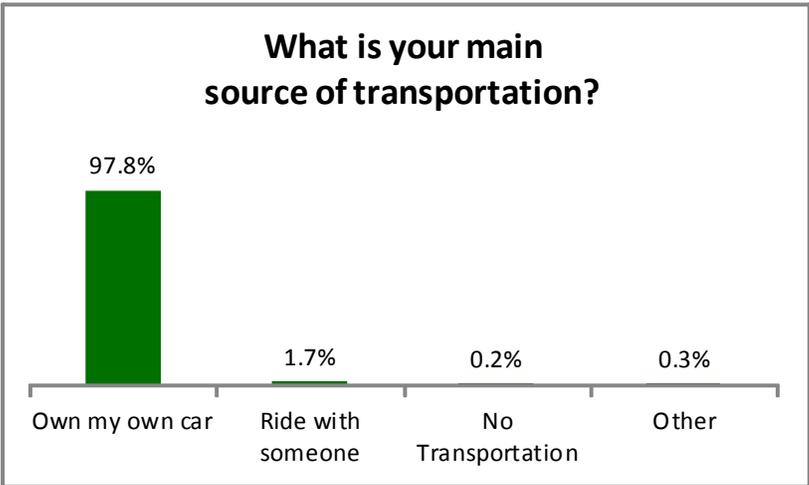
Income



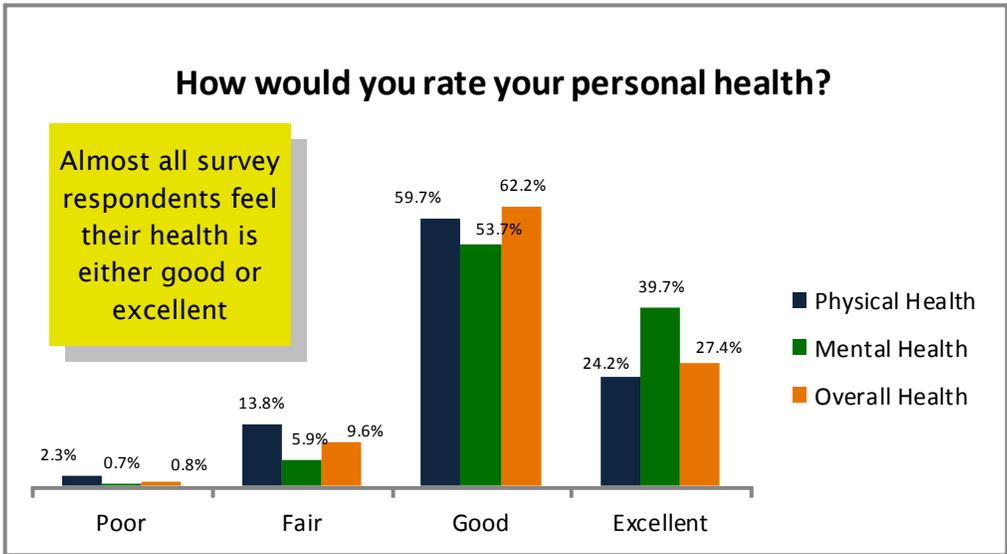
The annual household income varied greatly among survey respondents. The least amount of respondents have an annual household income less than \$20,000 per year, which is just beneath poverty level. Per NC data, the average annual household income for Iredell County is \$50,329.

Transportation

Almost all survey respondents reported that they drive their own vehicle. Transportation is often a barrier to healthcare and can lead to rescheduled or missed appointments, delayed care, and missed medication use. A consequence of no transportation is poor management of chronic diseases, which leads to poorer health outcomes.

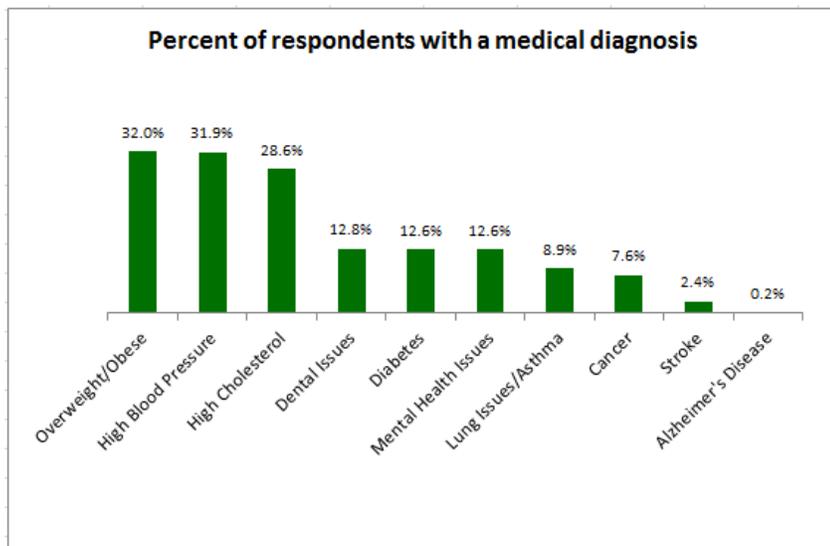


Personal Health



A majority of survey respondents rated their physical, mental, and overall health as either good or excellent, with the lowest amount reporting that their health was poor. Measures of general health status provide information on the health of a population.

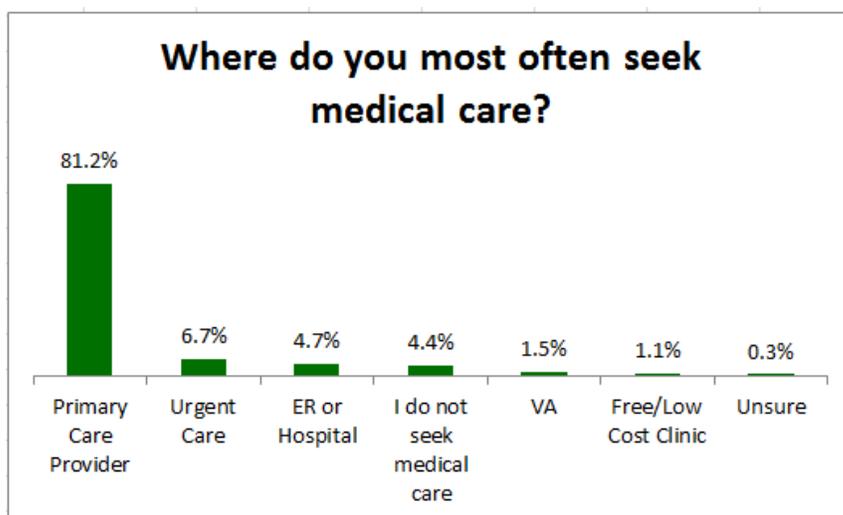
Medical Diagnoses



The most prevalent diagnosed disorders among the survey respondents were obesity/overweight (32%), high blood pressure, (31.9%) and high cholesterol (28.6%). All three issues are risk factors for chronic diseases, which cause more than half of all deaths in Iredell County.

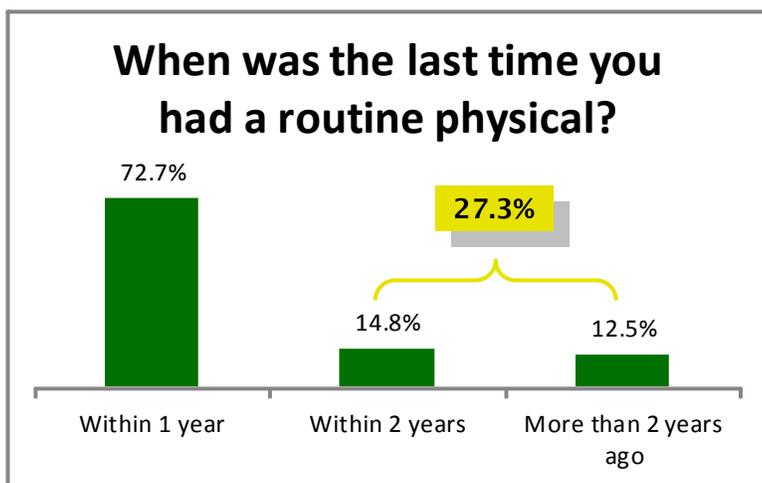
Medical Care

Most survey respondents (81.2%) visit their primary care provider when seeking medical care, and 11.4% visit either the emergency room (ER), hospital, or urgent care. 4.4% of respondents do not seek any type of medical care. It is common for uninsured individuals to either visit an ER or not get any medical care at all for relief from common aches, chronic disease management, and other non-urgent health issues.



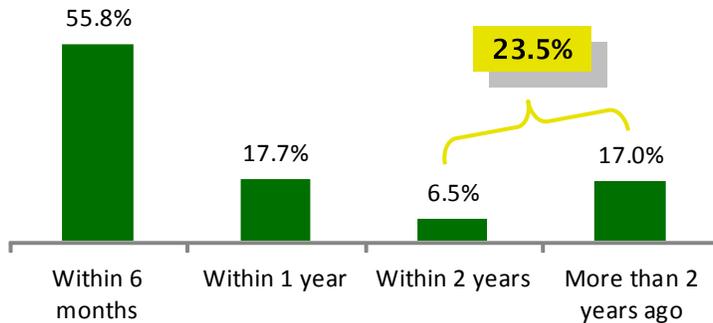
Routine Physical

A large portion of survey respondents reported that they have had a routine physical within the last year, and 14.8% have had one within the last two years. Routine health exams are an important part of preventative care. Preventative care is used to prevent illness, disease, and other health problems, or to detect illness at an early stage when treatment is likely to be more successful.



Dental Care

When was the last time you went to the dentist?

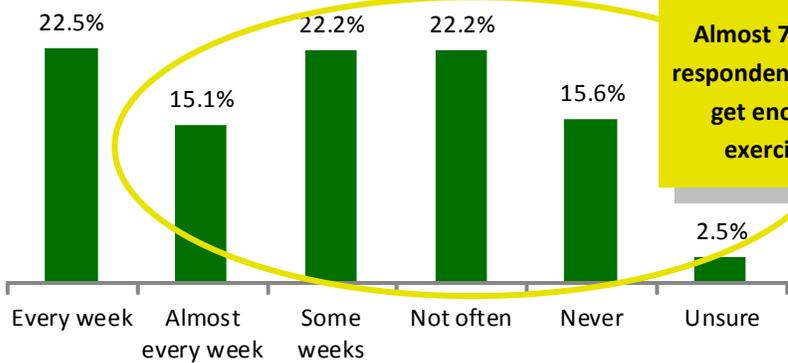


Of the individuals surveyed, 55.8% reported that they had visited a dentist within the last 6 months and 17.7% had visited one within the last year, while 17% of respondents reported that they had not visited a dentist in the more than two years. Oral health is a crucial aspect in maintaining general health, oral diseases have been linked to diabetes, heart disease, and stroke.

Physical Activity

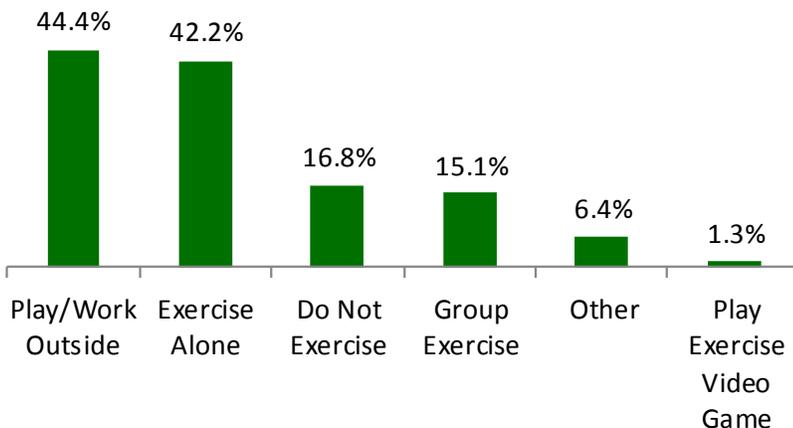
While nearly 60% of respondents reported that they engage in some type of exercise, the frequency that they engage in exercise varied. Only 22.5% of survey respondents get the recommended amount of exercise, which is 150 minutes per week, every week; which is up from 13% of respondents in 2011.

How often do you exercise for at least 150 minutes per week?



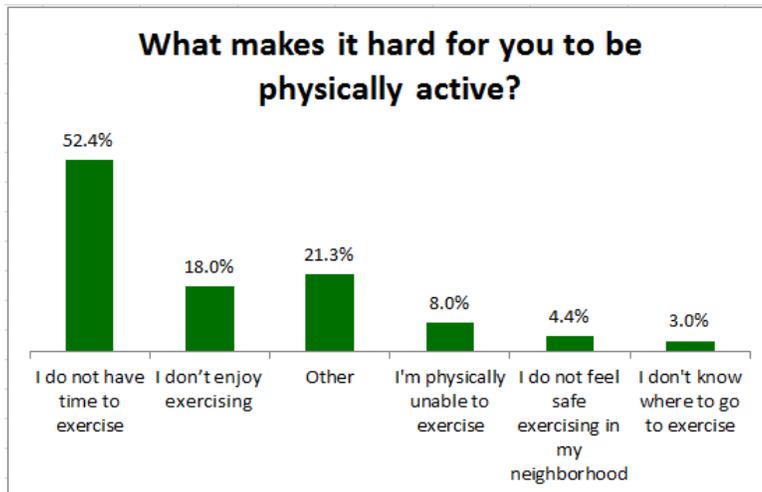
Almost 78% of respondents don't get enough exercise.

What do you usually do to exercise?



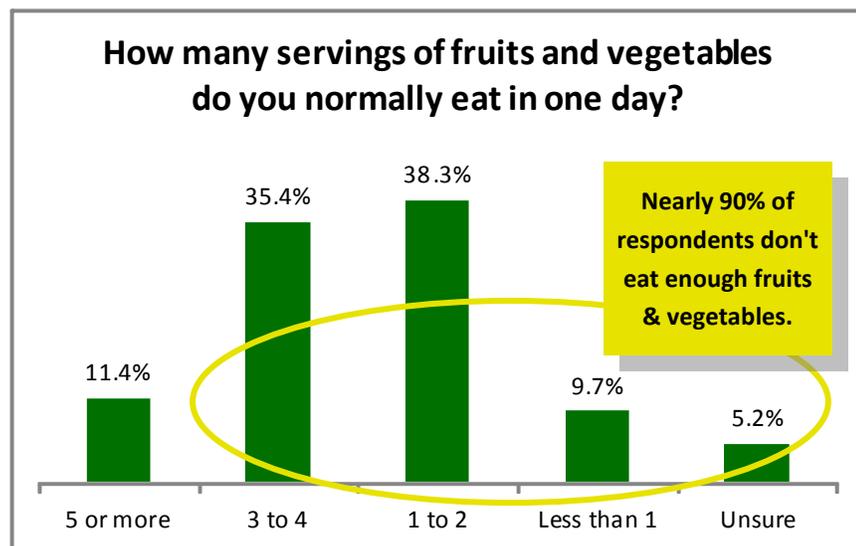
A majority of survey respondents either exercise by playing or working outside (44.4%) or they choose to exercise alone (42.2%). 16.8% of respondents reported that they do not exercise at all, which is up from 14% in 2011. Exercise is important in maintaining health and preventing many chronic conditions and premature death.

Physical Activity Continued



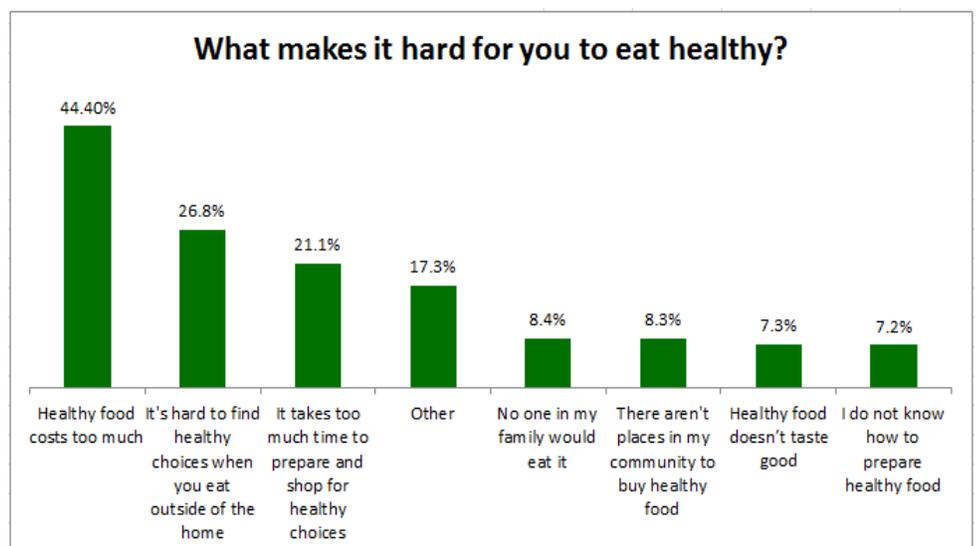
Survey respondents reported many reasons that make it hard for them to be physically active, but most responded that they do not have time to exercise (52.4%). Understanding common barriers to physical activity and creating strategies to overcome them is helpful in making physical activity a part of a daily routine.

Healthy Eating



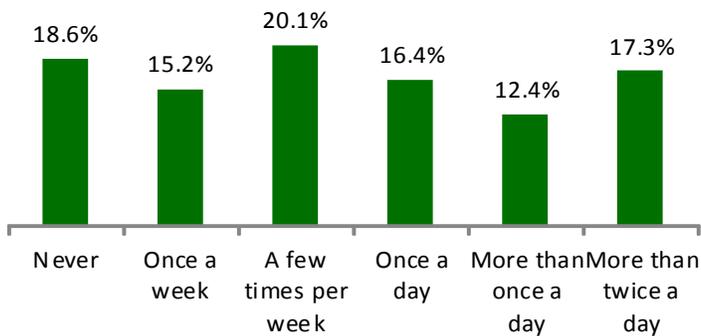
Only 11.4% of survey respondents get the recommended daily amount of 5 or more servings of fruits and vegetables. Diets rich in fruits and vegetables may reduce the risk of some types of cancer and chronic diseases, and they also provide essential vitamins and minerals, fiber, and other substances that are important for good health.

A majority of survey respondents found that the price of healthy food (44.4%) and the lack of healthy choices when eating out (26.8%) made eating a healthy diet difficult. Making healthy food convenient and affordable by promoting farmers markets, healthy corner stores, and back-yard gardening are all ways to improve the diet of Iredell County residents.



Healthy Eating Continued

How often do you drink sugary and/or artificially sweetened beverages?

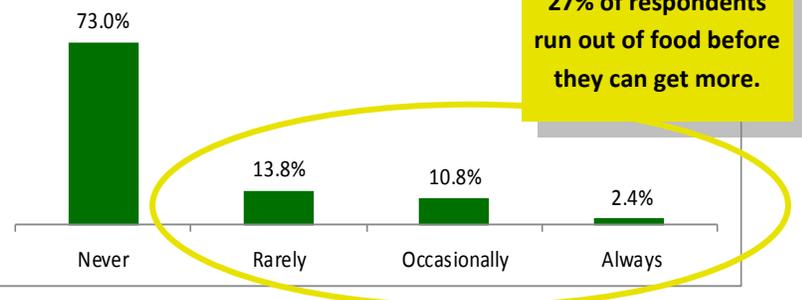


Survey responses varied greatly in terms of sugary and/or artificially sweetened beverage consumption. 18.6% of residents reported that they never consume sugary/artificially sweetened beverages, while 17.3% reported drinking them more than twice a day. Sugar and artificially sweetened beverages contribute to weight gain and can lead to obesity, tooth decay, heart disease, and diabetes.

Access to Food

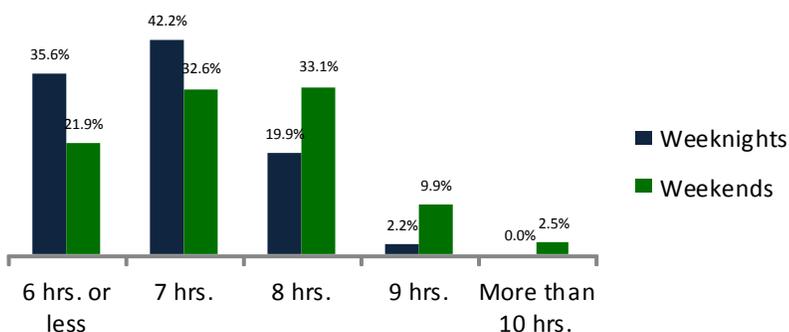
While 73% of survey respondents reported that they never run out of food, 27% stated that they either always, occasionally, or rarely run out of food before they have money to buy more. Without access to food, a nutritious diet and good health are unattainable. Share the Harvest, an Iredell County Health Department program seeks to mitigate this issue by making healthy options available at food banks so that individuals of all socioeconomic statuses can have access to healthy foods.

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



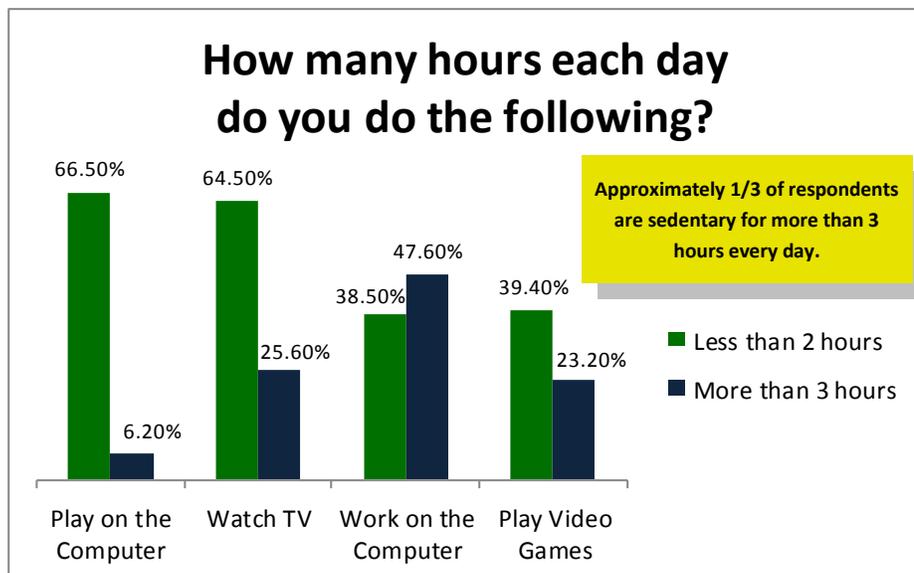
Sleep

How many of hours of sleep do you get each night?



In terms of sleep, a majority of respondents get 7 hours of sleep on weeknights (42.2%) and 8 hours of sleep on the weekends (33.1%). It is recommended by the CDC that adults get 7-9 hours of sleep each night. Insufficient sleep is associated with a number of chronic diseases and conditions such as diabetes, cardiovascular disease, obesity, and depression.

Sedentary Activities

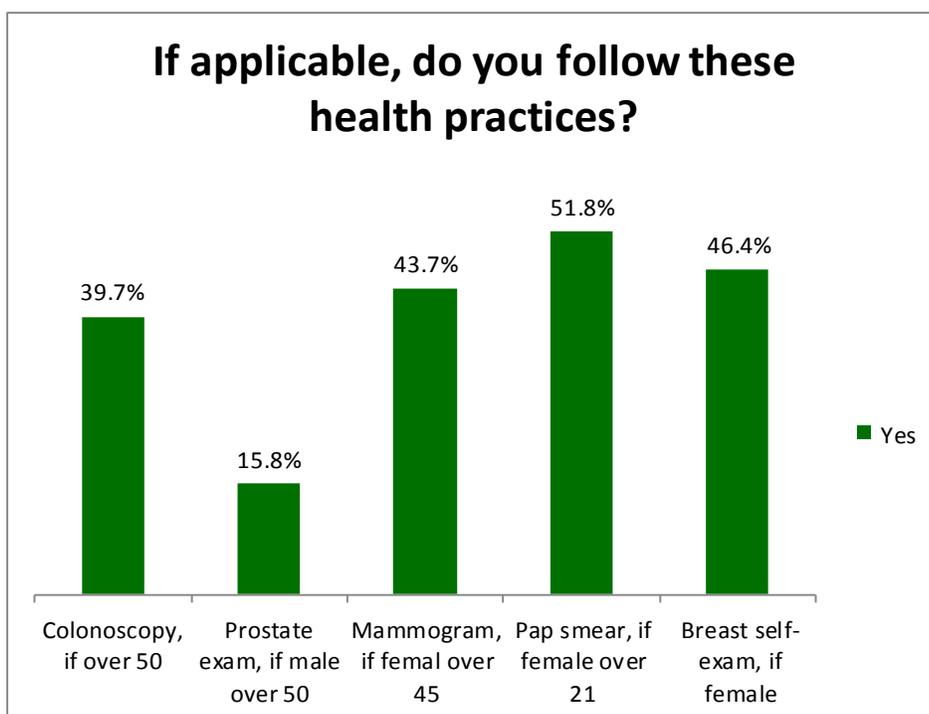


Significant sedentary behavior has emerged over the past many years, as technology use has increased. 33% of respondents reported that they work on a computer more than 4 hours a day, and nearly 20% of respondents watch TV for 3-4 hours per day. Sedentary activity is a risk factor for obesity and should be limited, where possible.

Health Practices

Preventative care includes health screenings and is used to prevent illnesses, disease, and other health problems, or to detect cancer at an early stage when treatment is more likely to work best.

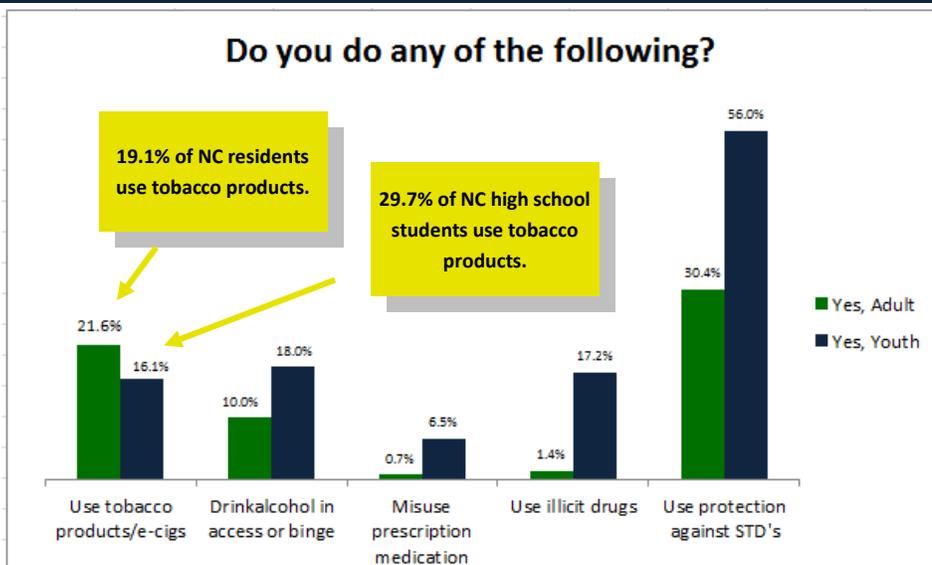
Of the applicable respondents, 39.7% have had a colonoscopy. Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps, so they can be removed before they turn into cancer.



In regards to men, 15.8% of respondents have had a prostate exam. There are two types of screenings for the prostate, a digital rectal exam, which is done more frequently, and a PSA blood test which tests for a specific protein in the blood related to prostate cancer.

A majority of female respondents have had a pap smear (51.8%) to screen for cervical cancer and a mammogram (43.7%) to screen for breast cancer. Although breast cancer can be found in both men and women, it is more common for females. Breast self-exams, performed by 46.4% of respondents, allow women to check their own breast for lumps or unfamiliar changes.

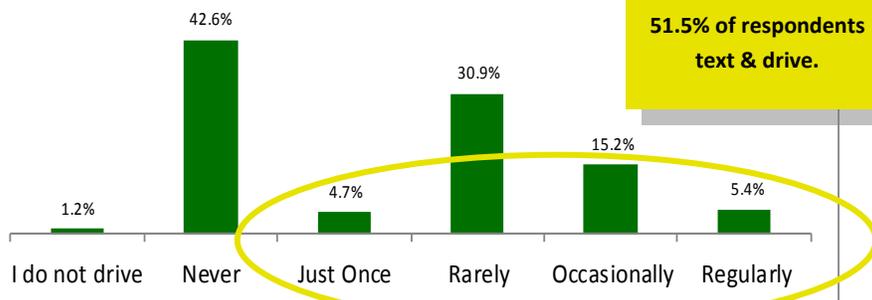
Risky Behaviors



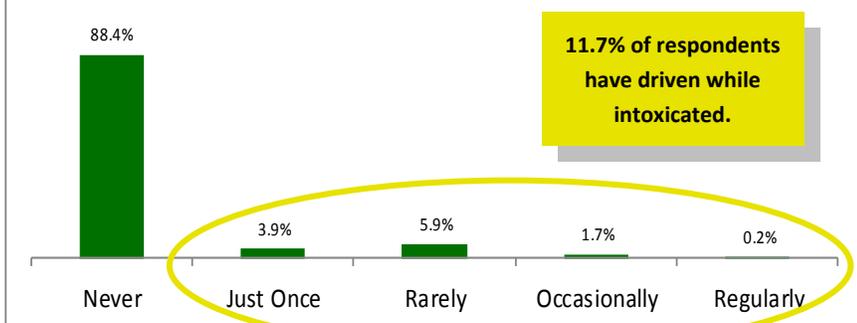
Risky behaviors include using tobacco products (including e-cigs), drinking alcohol, using illicit drugs and misusing prescription medication, and not using protection against STD's. 15.7% of respondents are currently using tobacco products, compared to 12% of Iredell County residents, according to NC data.

With motor vehicle injuries being one of the leading causes of death among teens and young adults, it is important to reduce any contributing risk factors. 51.5% of survey respondents have rarely, occasionally, or regularly texted or emailed while they were driving. Texting and driving causes visual, manual, and cognitive distractions.

In the past year, how often have you texted or emailed on your cell phone while you were driving?

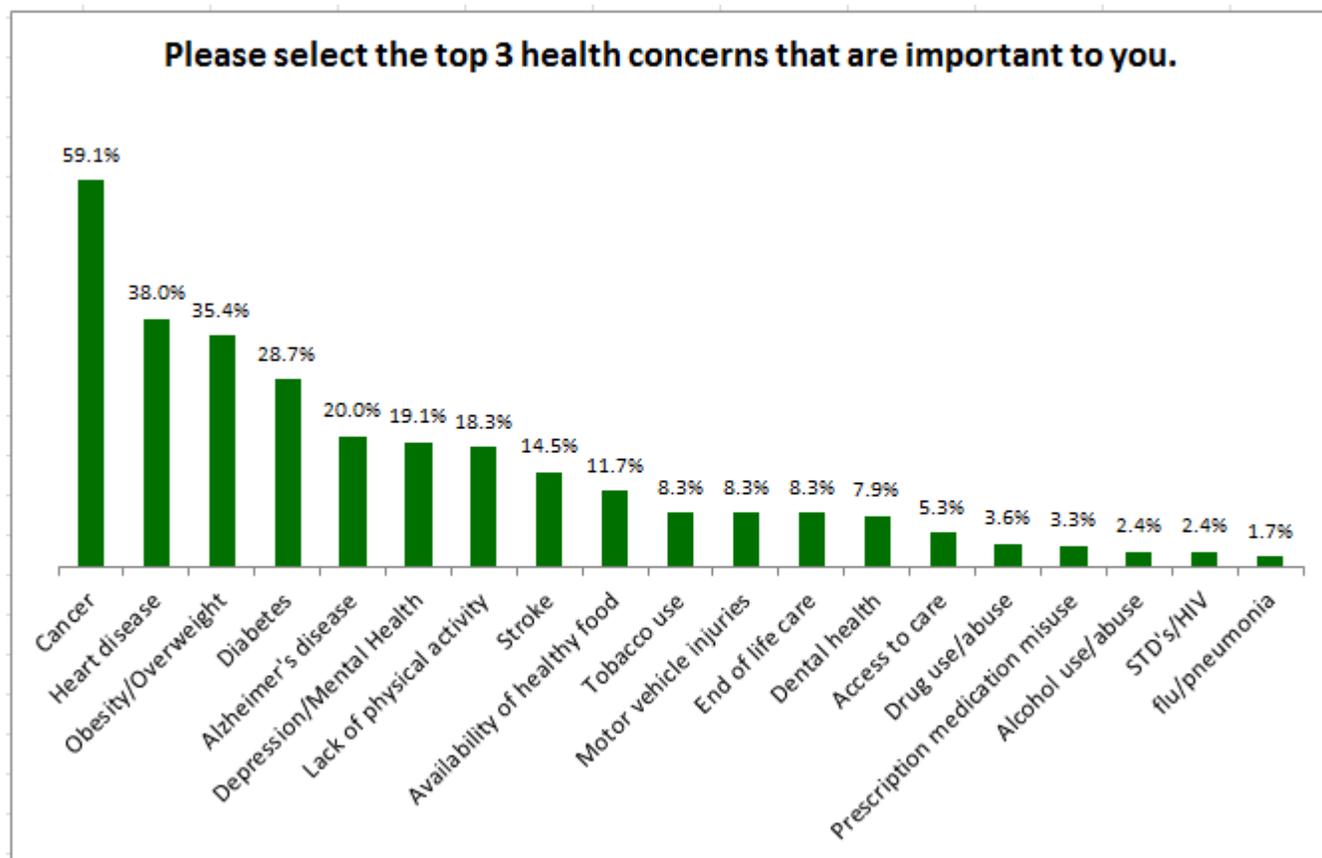


In the past year. How often have you driven while under the influence of alcohol or drugs?



Diving while under the influence of alcohol or drugs has proved to be extremely dangerous and the cause of many motor vehicle accidents. While 88.4% of survey respondents reported that they have never driven after drinking or using drugs, 11.7% reported that they either regularly, occasionally, or regularly drive while under the influence of alcohol or drugs.

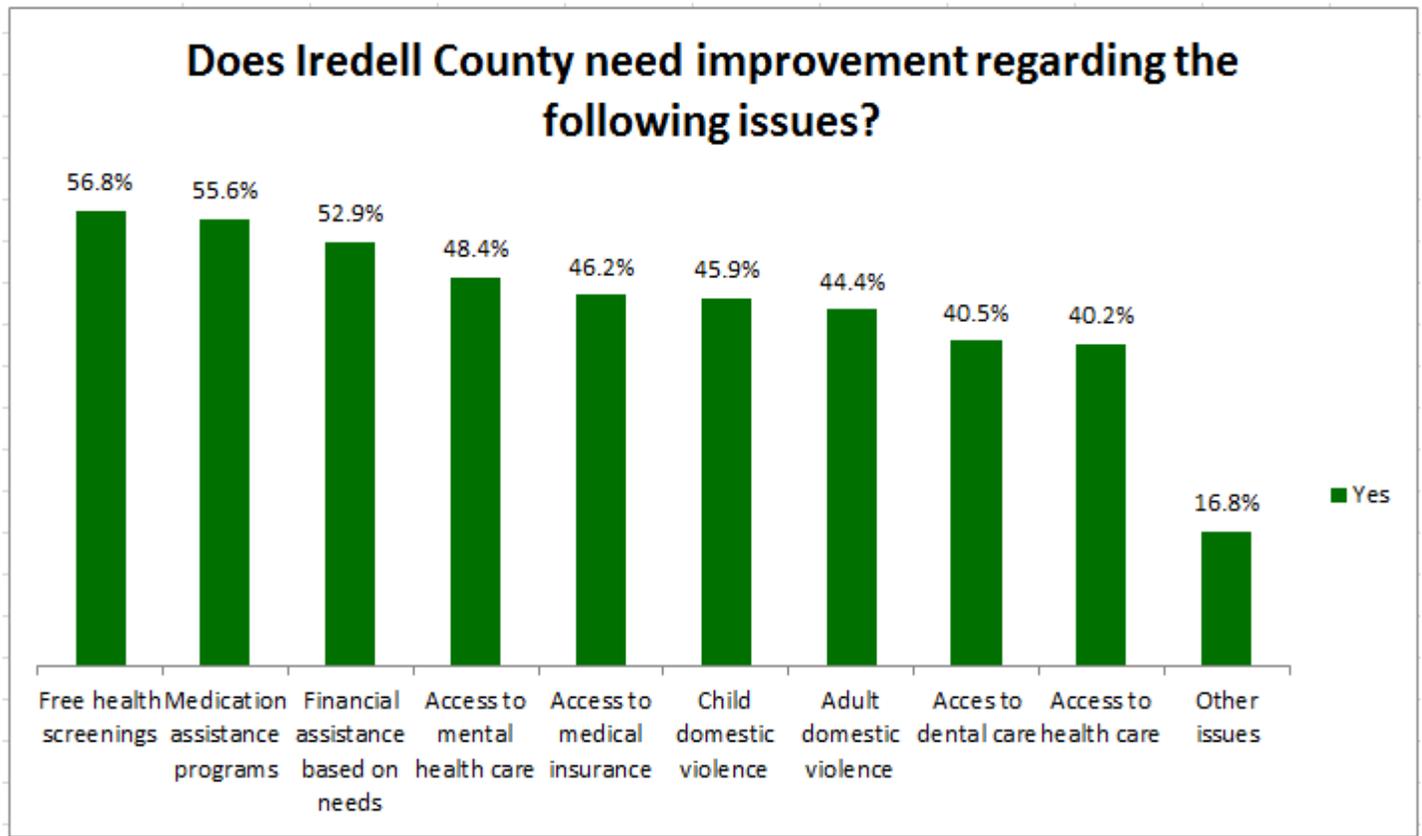
Health Concerns



Survey respondents were asked to select their top 3 health concerns for Iredell County. Most respondents selected cancer as their greatest concern (59.1%), followed closely by heart disease (38%), then overweight and obesity (35.4%). Coincidentally cancer is the leading cause of death among Iredell County residents, followed by heart disease and chronic lower respiratory disease. Diabetes (28.7%) was also ranked as a high priority among survey respondents, as well as Alzheimer's disease (20%), depression/mental health (19.1%), and lack of physical activity (18.3%).

Among the top health concerns that were selected by the survey respondents, a majority of them are related to chronic diseases. Chronic conditions contribute to over half of all adult deaths in Iredell County, and are among the most costly of medical conditions. By maintaining a healthy diet, getting the recommended amount of physical activity, and avoiding tobacco use, ones risk of contracting a chronic condition is greatly reduced.

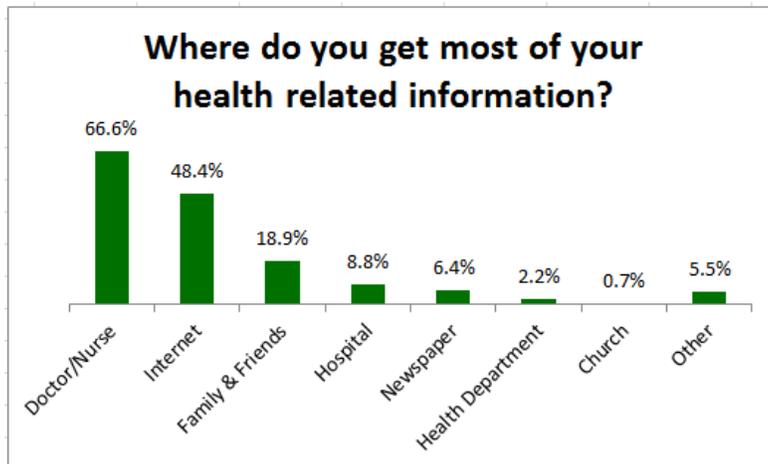
Access to Services



In regards to healthcare resources in the community, most survey respondents felt that Iredell County needed improvement, especially concerning financial assistance based on needs (52.9%), free health screenings (56.8%), and medication assistance programs (55.6%).

Access to comprehensive, quality healthcare services is important for the achievement of health equity and for increasing the quality of a healthy life for everyone. Disparities in access to health services affect individuals and society. Limited access to healthcare impacts individuals ability to reach their full potential, negatively affecting their quality of life. Barriers to these services include; lack of availability in the community, high cost, or lack of insurance coverage. This can lead to unmet health needs, delays in receiving appropriate care, inability to get preventative services, and hospitalizations that could have been avoided.

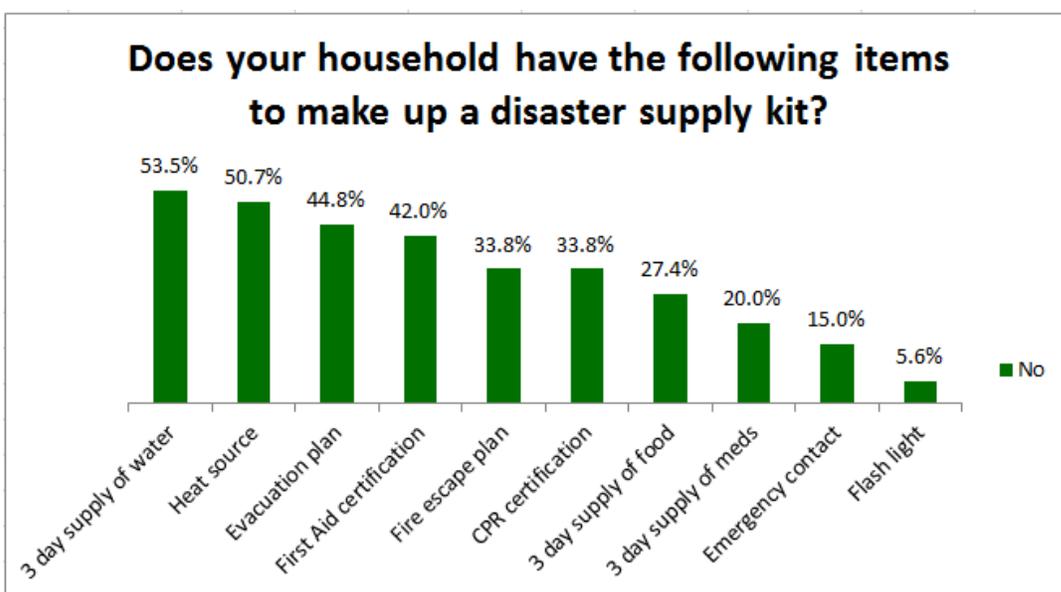
Receiving Health Related Information



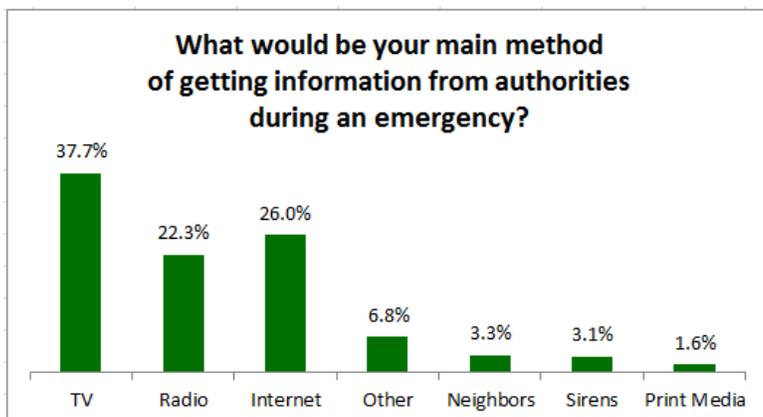
Receiving accurate and relevant health information is crucial in maintaining physical, mental, and overall health. Of the survey respondents, 66.6% received their health information from a doctor or nurse, and 48.4% received their information from an online source.

Emergency Preparedness

Of all the items needed to make up a disaster supply kit, approximately half of the survey respondents had enough of each item recommended. Almost all respondents had a flashlight (92.6%), local emergency contact (83%), 3 day supply of needed medications (77.3%),



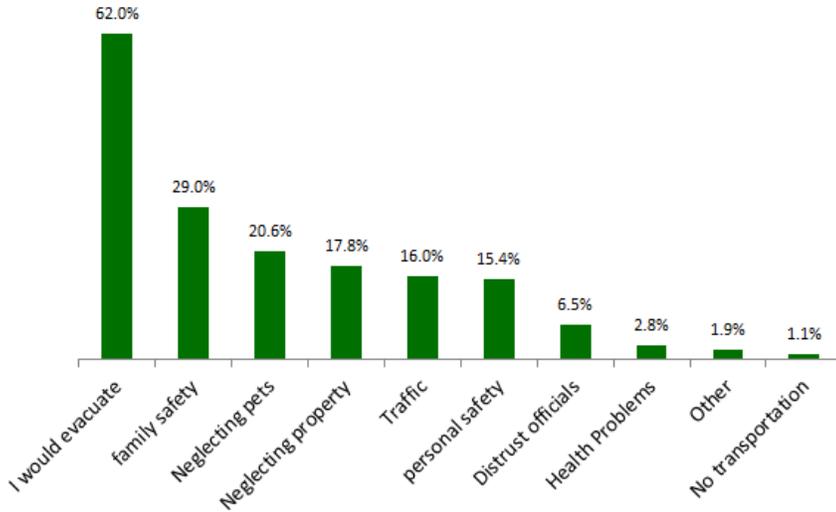
and a 3 day supply of food (69.3%). Items that were not as prominent among the respondents were a 3 day supply of water (44.3%), a weather radio (42.7%), and an alternative heat source (47.1%). It's important to have a disaster supply kit accessible in your home at all times in the event of an emergency or natural disaster.



Receiving up-to-date and accurate information is crucial during an emergency or natural disaster. A majority of survey respondents receive their health information through the television (37.7%), internet (26%), and radio (22.3%). A smaller percentage receive their information via print media (1.6%), neighbors (3.3%), sirens (3.1%), and other sources (6.8%).

Emergency Preparedness Continued

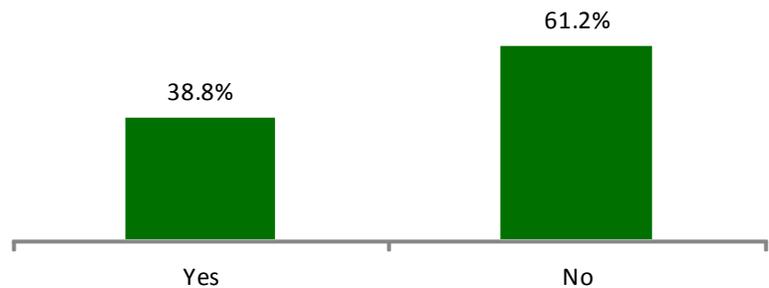
What would be the main reason you might not evacuate if asked to do so?



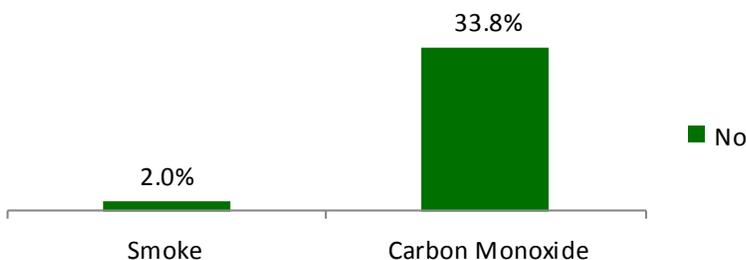
During an emergency situation or natural disaster, evacuation may be necessary. 62% of survey respondents reported that they would evacuate if asked to do so. Of respondents that would not evacuate, their reason for not doing so ranged from concerns of family safety (29%), leaving pets (20.6%), traffic (16%), and concerns about leaving property behind (17.8%).

More than half of survey respondents do not feel that an emergency or natural disaster is likely to happen in Iredell County. Although they are rare, they can happen any place and at any time, and can cause serious injury to large numbers of people, contribute to the spread of some diseases, disrupt sanitation, and interrupt normal public services.

Do you feel an emergency or natural disaster is likely to happen in Iredell County?

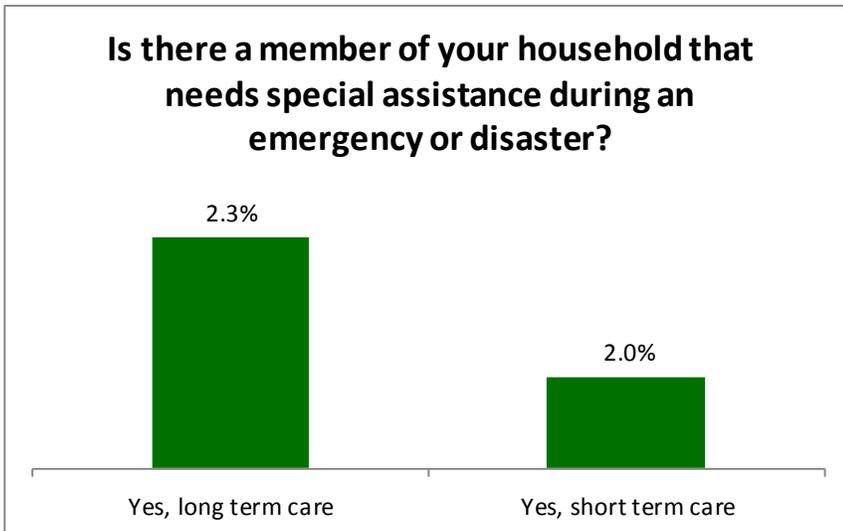


Does your home have a working smoke and/or carbon monoxide detector?



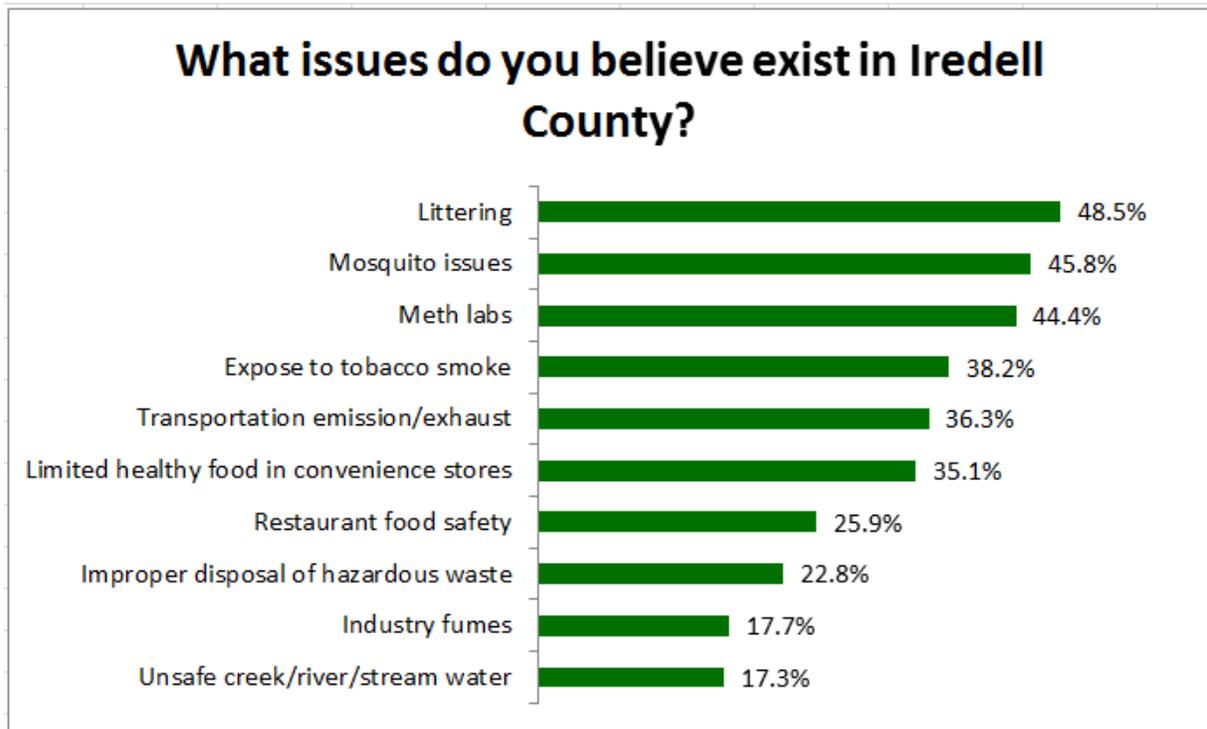
While almost all survey respondents reported that they have a working smoke detector in their home (97%), only 60.7% have a carbon Monoxide detector. Carbon Monoxide is an odorless gas that can cause sudden illness and death. It is important to have working detectors in the home, and to make and practice an escape plan in the event of an emergency.

Emergency Preparedness Continued



During an emergency or natural disaster, it is important that all members of the community are able to seek safety, especially those with special needs. 92% of residents do not need special assistance, but of the residents that do, 2.3% require long term care and 2% require short term care.

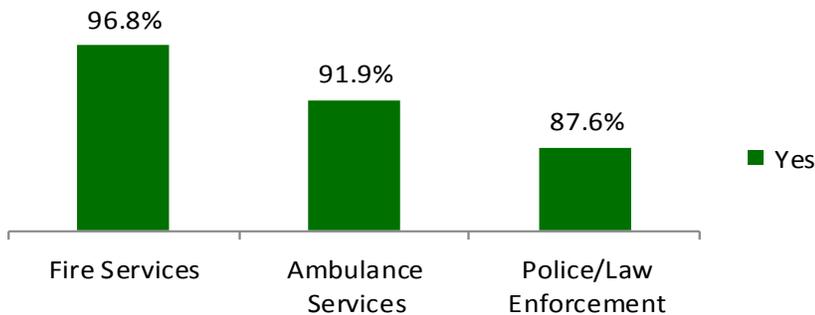
Environmental Issues



The most prominent environmental issues that exist, according to survey respondents, are mosquito issues (45.8%), littering (48.5%), and meth labs. Some less prominent, but still popular issues were limited healthy foods in convenient stores (35.1%), exposure to tobacco smoke (38.2%), and transportation emission and exhaust (36.3%). Environment plays a crucial role in health. Environmental risks take on many different roles, and can range from toxins in the air that we breathe to foods that we choose to eat. It is important that we do what we can to minimize environmental risks so that the likelihood of illness and disease can be avoided.

Public Safety

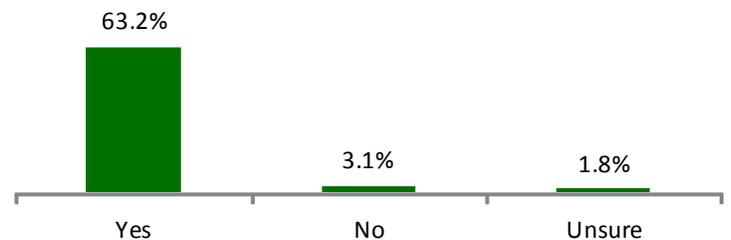
Do you feel your safety is well protected by the following?



Public safety plays an important role in overall health. Overall, most survey respondents feel protected by all the major emergency service and public safety agencies within Iredell County. 96.8% of survey respondents feel protected by fire services, 91.9% by ambulance services, and 87.6% by police and law enforcement.

Rabies is a preventable viral disease infecting certain animals, most often transmitted through the bite of infected animals. Rabies can affect pets such as dogs, cats, and ferrets, but is preventable through a vaccine. 63.2% of survey respondents reported that their pet was up to date on its vaccine, 3.1% reported that their pet was not up to date or vaccinated, and 1.8% of residents were unsure if their pet was vaccinated or not.

If you have a dog, cat, or ferret, is their rabies vaccine up-to-date?



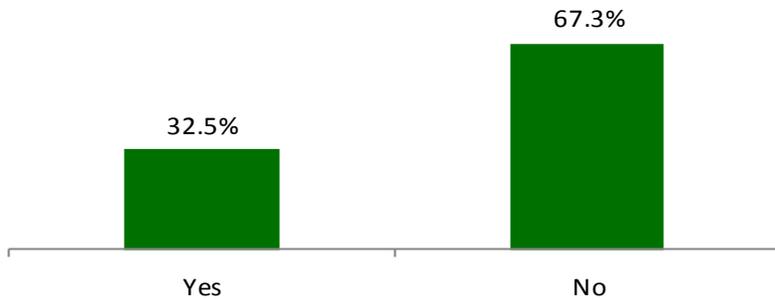
Child Health Survey Results (0-12 Years of Age)

The early years of an individual's life are very important for his or her health and proper development. Healthy development means that children of all abilities, including those with special health care needs, are able to grow up in an environment where their social, emotional, and educational needs are met.



Child Health Continued

Do you have a child under the age of 12 living in your home?

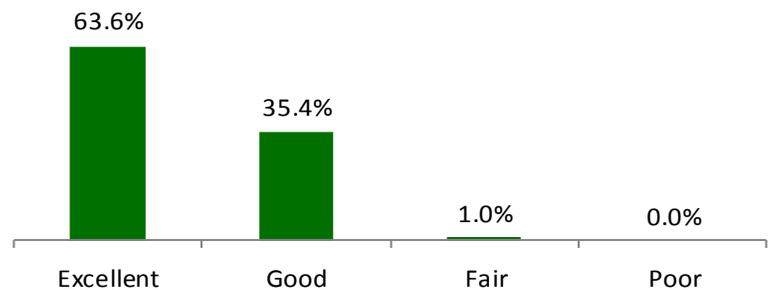


While most survey respondents did not have a child under the age of twelve living in their home (67.3%), 32.5% of them did.

Overall Child Health

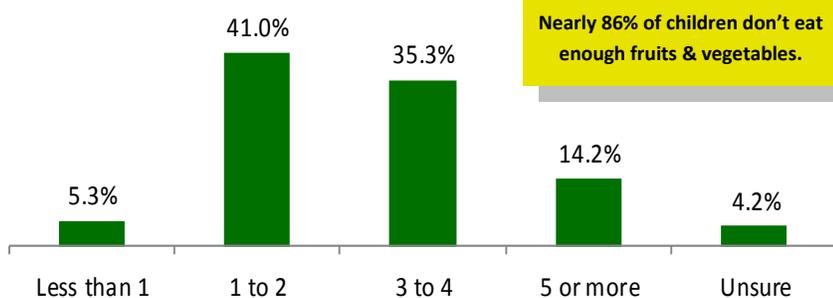
Almost all parents surveyed believed that their child's level of health was either excellent (63.6%) or good (35.4%), and only 1% of parents felt that their child was in fair health.

In general, would you say your child's health is...



Healthy Eating—Child

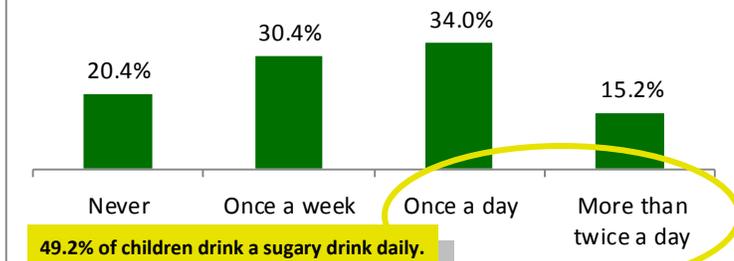
How many servings of fruits and vegetables does your child normally consume per day?



It is recommended that children consume 5 servings of fruits and vegetables per day, but according to respondents only 14.2% of children are receiving the recommended amount. With childhood obesity on the rise, it is important that children maintain a healthy weight and diet in order to avoid chronic diseases later during adulthood.

Healthy Eating—Child Continued

How often does your child drink sugar and/or artificially sweetened beverages?

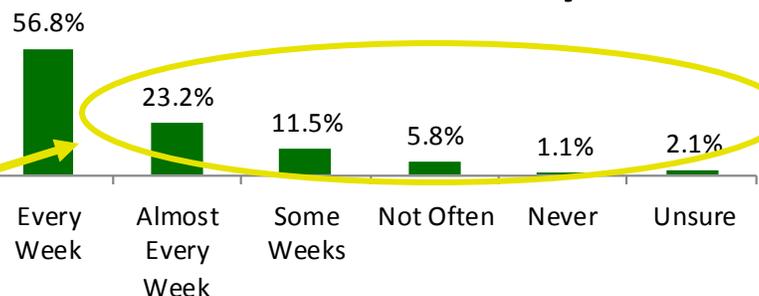


While there is not a specific recommendation regarding sugar/artificially sweetened beverages, it is best to avoid them all together. 20.4% of respondents reported that their children never consume such beverages, while 79.6% stated that their child consumes one or more per week. Sugary/artificially sweetened beverages are linked to obesity, tooth decay, and diabetes.

Physical Activity—Child

It is recommended that children are physically active for 60 minutes everyday, but according to survey respondents, only 56.9% of children are. Physical activity is important in maintaining a healthy weight, and preventing chronic diseases later in life.

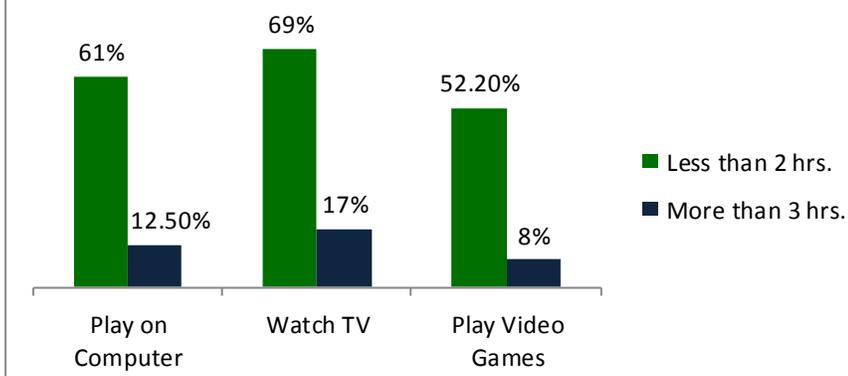
How often is your child physically active for at least 60 minutes each day?



Nearly 44% of children don't get enough physical activity.

Sedentary Activity—Child

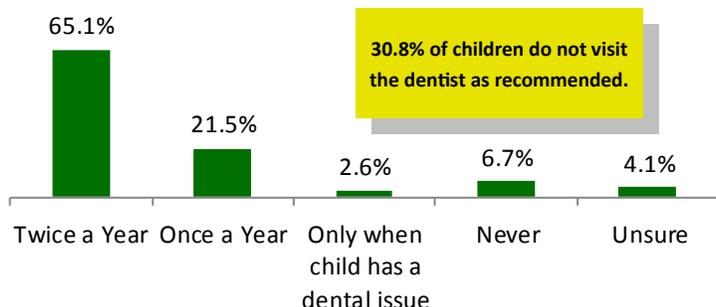
How many hours each day does your child do the following?



Sedentary activity during childhood is linked to obesity, irregular sleep, behavioral problems, and violence. It is recommended that children have no more than 1-2 hours of screen time per day, but 37.5% of survey respondents reported that their child participates in sedentary activity for 3 or more hours per day.

Dental Care—Child

How often does your child visit the dentist?



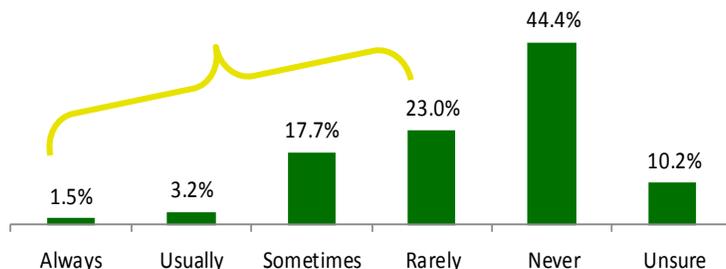
According to survey respondents, 65.1% of children visit the dentist the recommended amount of twice per year. While more than half of children receive the recommended amount, 9.3% either never receive dental care or only receive it when dental issues occur. Dental care is important in preventing and controlling tooth decay.

Child Bullying

Bullying puts a strain on a child's emotional and social health, and can be linked to depression, obesity, and violence. While 44.4% of parents surveyed reported that their child is never bullied, 45.4% reported that their child is either always, usually, sometimes, or rarely bullied.

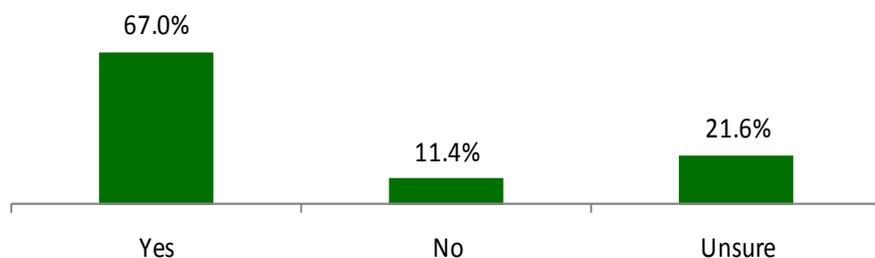
45.4% of parents surveyed believe their child is bullied.

In the past month, how often would you say that your child has been bullied?



Developmental Services—Child

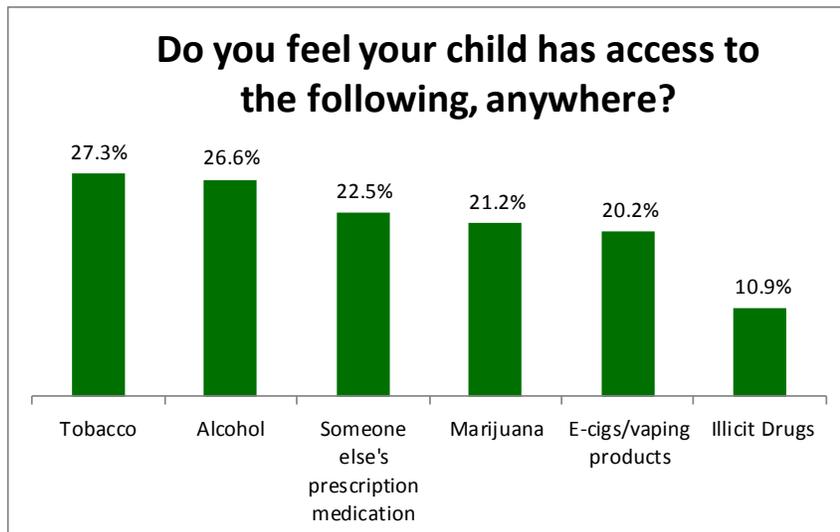
Can you easily access quality developmental services, such as daycare or afterschool care, to prepare your child for success?



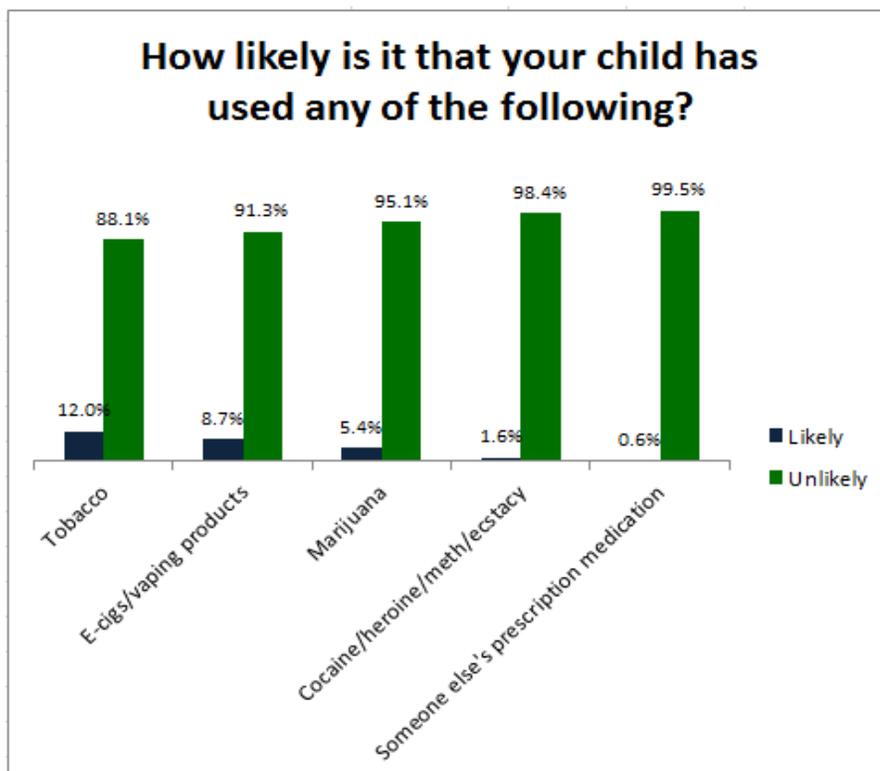
Developmental services, such as quality daycare or afterschool care are important for a child's emotional, social, and developmental wellbeing. 67% of parents reported that quality developmental services are easily accessible, but 33% either reported that the services were either inaccessible or they were unsure.

Risky Behavior—Child

Being healthy isn't just avoiding diseases, it also encompasses avoiding risky behaviors such as illicit drug use, prescription drug misuse, alcohol consumption, and tobacco use. Of the parents surveyed, most of them do not believe their children have access to risky items like alcohol, tobacco, and drugs. However, 26.6% of parents believe their child has access to alcohol, 27.3% believe their child has access to tobacco, and 22.5% believe their child can easily access someone else's prescription medication.



In regards to actually participating in risky behaviors, most parents surveyed believe it is highly unlikely that their child is partaking, but 12% believe that their child is either likely or highly likely to have consumed alcohol, and 8.7% believe that their child has used tobacco products.



Iredell County

Selected Health Priorities

Narrative

The top three selected health priorities have been found to be chronic disease, healthy eating & active living, and risky behaviors.

Chronic disease was selected as a top health concern due to the fact that half of the leading causes of premature death in Iredell county are a result of chronic conditions. Four of the top ten health concerns of the community survey respondents were cancer, heart disease, stroke, and diabetes, which are all chronic conditions.

Healthy eating and active living directly correlate with six of the top ten health concerns of the community and four of the leading causes of preventable death in Iredell county. Healthy eating and active living play a crucial role in mitigating risk factors such as overweight, obesity, high blood pressure, and high cholesterol that impact overall health.

Risky behaviors include drug use, prescription drug misuse, tobacco use, and unsafe driving practices. Three of the top ten health concerns selected by the community survey respondents are directly related to risky behaviors, and two of the leading preventable causes of death are linked to risky behaviors.

Chronic Diseases

- 52% of deaths in Iredell County are caused by preventable chronic conditions
- 7 out of 10 leading causes of premature death are linked to chronic conditions
- 20.8% of Iredell County premature death rates are a result of diseases of the heart
- The heart disease death rate is 262.5 per 100,000 residents
- 38% of survey respondents selected heart disease as a community concern

Healthy Eating & Active Living

- 64.3% of Iredell County residents are either overweight or obese
- 33.3% of Iredell County 0-2 year olds are overweight or obese
- 34.2% of Iredell County 2-18 year olds are either overweight or obese
- 75% of survey respondents do not get enough physical activity
- 83.4% of survey respondents do not eat enough fruits and vegetables

Risky Behaviors

- 3.2% of Iredell County deaths are due to unintentional injuries
- Emergency Room (ER) visits due to drug and medication overdose are increasing
- 2% of deaths in Iredell County are related to motor vehicle injuries
- 51.5% of survey respondents text or email and drive, and 11.7% drive while they are under the influence of alcohol and drugs
- 18.1% of Iredell County residents are current smokers

Local Health & Human Resource (December 15th, 2015)

Provider Name	Type of Provider or Service	Telephone Number	Website	Physical Address	City	Zip Code	Hours of Operation
Elder Center, Inc.	Adult Day Care	704-873-0720	not applicable	248 Davie Ave. PO Box 1162	Statesville	28687	7:30am-5pm, M-F
Churchill at Lake Norman	Assisted Living	704-658-1200	www.churchillslc.com	140 Carriage Club Dr.	Mooresville	28117	24/7
Clare Bridge	Assisted Living	704-872-1946	www.brookdaleliving.com	2814 Peachtree Rd.	Statesville	28625	24/7
Crown Colony	Assisted Living	704-663-7600	not applicable	291 Commercial Dr.	Mooresville	28115	24/7
Gardens of Statesville	Assisted Living	704-878-0123	not applicable	2147 Davie Ave.	Statesville	28625	24/7
Heritage Place Adult Living Center	Assisted Living	704-528-4568	not applicable	1372 Eufola Rd.	Statesville	28677	24/7
Journey's Assisted Living	Assisted Living	704-878-0046	not applicable	1942 Van Haven Dr	Statesville	28625	24/7
Kyrie Health Properties/ Aurora of Statesville	Assisted Living	704-878-6376	not applicable	1902 Ora Dr.	Statesville	28625	24/7
Olin Village	Assisted Living	704-546-7121	not applicable	999 Tabor Rd.	Olin	28660	24/7
Rosewood Assisted Living	Assisted Living	704-546-2671	not applicable	3134 Harmony Hwy	Harmony	28634	24/7
Statesville Manor of East Broad	Assisted Living	704-872-1940	www.brookdaleliving.com	2441 E. Broad St.	Statesville	28677	24/7
Statesville Place and Clare Bridge	Assisted Living	704-872-1946	www.brookdaleliving.com	2806 Peachtree Rd.	Statesville	28625	24/7
Summit Place	Assisted Living	704-799-2712	www.summitplaceofmooreville.com	128 Brawley School Rd.	Mooresville	28117	24/7
Iredell County Partnership for Young Children	Children Education Resource	704-878-9980	www.iredellsmartstart.org	433 South Meeting Street	Statesville	28677	M-F 9am-5pm
Mooresville Health Reach Clinic	Community Health Clinic	704-663-1992	www.healthreachclinic.org	400 E. Statesville Ave. Suite 300	Mooresville	28115	Administration: Mon-Fri 9am-4pm Pharmacy: 9am-4pm Tuesday & 4pm-8pm Thursdays Clinics on Monday-Thursday & Saturday by appointment Medicaid: 5pm Thur.
Statesville Family Medicine	Community Health Clinic	704-768-2080	http://www.gfhs.info/sfm.php	1022 Shelton Ave.	Statesville	28677	8am-5pm M-F, appointments required
Iredell County Health Department - Dental Clinic	Dental Care Providers	704-878-5440	www.co.iredell.nc.us/departments/health/health.asp	318 Turnersburg Hwy.	Statesville	28625	8am-4:30pm M-F

Provider Name	Type of Provider or Service	Telephone Number	Website	Physical Address	City	Zip Code	Hours of Operation
Open Door Dentistry	Dental Care Providers	704-838-1108	www.gfhs.info/odd.php	425 Wilmington Ave.	Statesville	28677	8am-5pm M-F
Lake Norman Dialysis Center	Dialysis	704-799-1860	www.wfopd.com	164 Professional Park Dr.	Mooresville	28117	8am-5pm M-F
Statesville Dialysis Center	Dialysis	704-872-0148	www.wfopd.com	627 Signal Hill Drive Extension	Statesville	28625	8am-5pm M-F
West Iredell Dialysis Center	Dialysis	704-881-0336	www.wfopd.com	115 Westbrook Lane	Statesville	28625	8am-5pm M-F
Baptist Men & Women Disaster Relief	Disaster Relief	704-873-7231	www.statesvillefbc.org	First Baptist Church 815 Davie Avenue	Statesville	28677	volunteer as needed
Salvation Army	Disaster Relief and much more	704-872-5623	www.salvationarmycarolinas.org/commands/statesville	1361 Caldwell Street	Statesville	28677	Office: M-Thurs 9am-3pm & Friday 9am-12pm
Iredell County Emergency Management	Disaster preparedness, response and recovery	704-878-3037	www.co.iredell.nc.us/departments/ES/EM/em.asp OR www.iredelleoc.com	201 East Water Street	Statesville	28677	Office: M-F 8am-5pm, but oncall 24/7
Iredell County Health Department Emergency Preparedness	Public Health Disaster Preparedness & Resposne	704-878-5300	www.co.iredell.nc.us/departments/health/health.asp	318 Turnersburg Hwy.	Statesville	28625	Office: M-F 8am-5pm, but oncall 24/7
American Red Cross Greater Carolinas Chapter	Disaster Relief, Emergency Preparedness for adults & children, CPR/ First Aid, Serving Armed Forces	704-664-2500	www.redcrosshelps.org	200 Overhill Drive Suite A	Mooresville	28117	Office: M-F 8am-5pm, but oncall 24/7
Habitat for Humanity of Iredell County	Disaster Relief, Housing Assistance, ReStore	704-871-0409	www.habitatiredell.org	1382A Shelton Avenue	Statesville	28677	Office: M-F 9am-5pm ReStore: 9am-5pm M-Sat.
Our Towns Habitat for Humanity	Disaster Relief, Housing Assistance, ReStore	704-896-8957	www.ourtownshabitat.org	20310 North Main Street	Cornelius	28031	M-F 9:30am-5pm
Banner Drug Company	Durable Medical Equipment	704-878-6681	not applicable	3478 E. Broad St.	Statesville	28625	M-F 9am-6:30pm Saturday 9am-1pm

Provider Name	Type of Provider or Service	Telephone Number	Website	Physical Address	City	Zip Code	Hours of Operation
Lake Norman Medical Equipment Inc.	Durable Medical Equipment	704-838-0587	www.lakenormanmedical.com	693 N. Main St.	Troutman	28166	M-F 8am-5pm, Saturday by appointment
Lincare Inc.	Durable Medical Equipment	704-872-1751	www.lincare.com	707 Hartness Rd.	Statesville	28677	M-F 8am-5pm
Lowry Drug Company	Durable Medical Equipment	704-873-2247 or 1-800-456-8806	www.lowrydrug.com	750 Hartness Rd.	Statesville	28677	M-F 8:30am-7pm Saturday 8:30am-2pm
Medi Home Care	Durable Medical Equipment	704-873-3202	www.medicalservicesofamerica.com	976 Davie Ave.	Statesville	28677	M-F 8:30am-5pm
Iredell County EMS	Emergency Medical Services, Ambulance Services	704-878-3027	www.iredellems.com	400 South Meeting St.	Statesville	28677	24/7
Mooresville Soup Kitchen	Food Assistance	704-660-9010	www.mooresvillesoupkitchen.com	275 South Broad Street	Mooresville	28115	Monday Breakfast 8-8:30am, Tuesday-Friday Breakfast 8:30am-9am, M-F lunch 11-11:45, Lunch on Saturdays ONLY in January, February & March at 11am-11:45am
5th Street Ministries Soup Kitchen	Food Assistance	704-872-4045	www.fifthstreetministries.com	1400 Fifth St.	Statesville	28677	All meals served 7 days a week/365 days a year Breakfast ONLY to shelter residents, Lunch Open to EVERYONE 11am each day, Dinner Open to EVERYONE 5:30pm each day
Comfort Keepers	Home Health (non-skilled)	704-663-3989	www.comfortkeepers.com	156A North Broad St.	Mooresville	28115	Office Hours: M-F 8:30am-5pm
Home Instead Senior Care	Home Health (non-skilled)	Statesville 704-924-9909 Mooresville 704-799-0655	www.homeinstead.com/455	2630 Davie Ave. Statesville 862 Brawley School Road Mooresville	Statesville Mooresville	28625 28117	24/7
Bright Star of Iredell/Rowan	Home Health (skilled & non-skilled)	704-230-2273	www.brightstarcare.com	181 N. Main St. Ste 124	Mooresville	28115	9am-5pm M-F

Provider Name	Type of Provider or Service	Telephone Number	Website	Physical Address	City	Zip Code	Hours of Operation
Gentiva Health Services	Home Health (skilled)	Statesville 704-872-6320 Mooresville 704-799-4611	www.gentiva.com	1661 Davie Ave. Statesville, 28677 136 Fairview Rd. Suite 110 Mooresville, 28117	Statesville, Mooresville	28677 28117	M-F 8am-5pm
Lake Norman Home Health	Home Health (skilled)	704-660-4480	http://www.lnrmc.com/ Services/Hospital-Services/ Home-Health/Default.aspx	170 Medical Park Rd. Ste 208	Mooresville	28117	M-F 8:30-5pm Office Hours
Iredell Home Health	Home Health (skilled)	704-872-6552	http:// www.iredellmemorial.org/ main/HomeHealth2.aspx	PO Box 5789	Statesville	28687	M-F 8am-5pm Office Hours
Interim Healthcare of the Carolinas	Hospice & Home Health (skilled)	704-658-0555	www.interimhealthcare.com	235 Medical Park Rd. Ste. 203	Mooresville	28117	M-F 8:30am-5pm Office Hour, phones manned 24/7
Community Home Care & Hospice	Hospice Care	704-871-8036	www.communtiyhch.com	225 Davie Ave.	Statesville	28677	M-F 8am-5pm Office Hours, on call 24/7
Gordon Hospice House	Hospice Care	704-761-2400	http://www.hoic.org/ gordon_house.asp	2341 Simonton Rd.	Statesville	28625	24/7
Hospice & Palliative Care of Iredell County	Hospice Care	Statesville 704-873-4719 Mooresville 704-663-0051	www.hospiceofiredell.org	2347 Simonton Rd. Statesville, 28625 150 Fairview Rd. Ste. 325 Mooresville, 28117	Statesville, Mooresville	28625, 28117	24/7
Davis Regional Medical Center	Hospital	704-873-0281	www.davisregional.com	218 Old Mocksville Rd.	Statesville	28687	24/7
Iredell Memorial Hospital	Hospital	704-873-5661	www.iredellmemorial.org	557 Brookdale Dr.	Statesville	28687	24/7
Lake Norman Regional Medical Center	Hospital	704-660-4000	www.lnrmc.com	171 Fairview Rd.	Mooresville	28117	24/7
Lake Norman Dental Assisting	Institutions of Higher Education	704-663-5430	www.ncdentalassistingschool.com	747 Brawley School Rd.	Mooresville	28117	M-F 8am-5pm and every other Friday 8am-3pm Office Hours
Mitchell Community College	Institutions of Higher Education	704-878-3200	www.mitchellcc.edu	500 W. Broad St.	Statesville	28677	General Office Hours: M-Thurs 8am-7:30pm Fridays 8am-5pm, but office time vary, recommend to call first
Mitchell Community College	Institutions of Higher Education	704-663-1923	www.mitchellcc.edu	219 N. Academy St.	Mooresville	28117	General Office Hours: M-Thurs 7:30am-8:30pm Fridays 7:30am- 4pm
Mountain State University	Institutions of Higher Education	704-664-3343	www.mountainstate.edu/ moorville/	517 Alcove Rd.	Mooresville	28117	General Office Hours: M-F 8am- 5pm
American Specialty Transportation	Medical & Health Transportati	704-662-6494	not applicable	1066 Briarcliff Road	Mooresville	28115	24/7

Provider Name	Type of Provider or Service	Telephone Number	Website	Physical Address	City	Zip Code	Hours of Operation
Fifth Street Ministries	Medical & Health Transportati	704-872-4045	www.fifthstreetministries.com	1400 Fifth St.	Statesville	28677	24/7- must be a resident of shelter
Iredell Council on Aging	Medical & Health Transportation	Statesville 704-873-5171 Mooresville 704-663-5112	http://www.iredellcoa.com/rich_text.html	344 East Front St. Statesville and 202 N. Church Street Mooresville	Statesville Mooresville	28677 28115	Both Locations open M-F 8am-5pm Both locations have events at night and on the weekends at varying times
Iredell County Area Transportation System (ICATS)	Medical & Health Transportati	704-873-9343	www.co.iredell.nc.us/departments/transportation/	2611 Ebony Circle	Statesville	28625	5am-9pm M-F, Saturday- limited service
Iredell County Dept. of Social Services	Medical & Health Transportati	704-873-5631	www.co.iredell.nc.us/departments/dss/dss.asp	549 Eastside Dr.	Statesville	28687	M-F 5am-9pm
Barium Springs Home for Children	Mental Health	704-872-4157	www.bariumsprings.org	Hwy 21 South	Barium Springs	28010	Varying hours
Counseling Center of Iredell (part of Barium Springs)	Mental Health	704-664-4357	not applicable	120 Southpark Dr. Suite 402	Mooresville	28117	Tuesday 5pm-7pm, Wed 10am-5pm, Thursday 8am-8pm, Mon and Friday closed
Crossroads Behavioral Healthcare	Mental Health	1-888-235-4673(HOPE)	www.crossroadsbhc.org	200 Elkin Business Park Dr.	Elkin	28621	24/7 by phone, office hours vary by location
Vocational Rehabilitation	Mental Health	704-878-4230	not applicable	2042 Davie Ave.	Statesville	28625	8am-5pm M-F
Autumn Care	Nursing Home	704-883-9700	www.autumncorp.com	2001 Van Haven Dr.	Statesville	28625	24/7
Brian Center Health & Rehabilitation	Nursing Home	704-873-0517	www.savaseniorcare.com	520 Valley St.	Statesville	28677	24/7
Brian Center Health & Retirement	Nursing Home	704-663-3488	www.savaseniorcare.com	752 E. Center St.	Mooresville	28115	24/7
Genesis Eldercare	Nursing Home	704-664-7494	www.genesishcc.com	550 Glenwood Ave.	Mooresville	28105	24/7
Maple Leaf Health Care Center	Nursing Home	704-871-0705	not applicable	2640 Davie Ave.	Statesville	28677	24/7
Community Pregnancy Center	Pregnancy/ Maternity	704-664-4673	www.mooresvillecpc.org	212 Caldwell St.	Mooresville	28115	9am-4pm M-Th, or by apt. Closed Fri.
Davis Regional Medical Center	Pregnancy/ Maternity	704-873-0281	www.davisregional.com	218 Old Mocksville Rd.	Statesville	28687	24/7
Iredell Memorial Hospital	Pregnancy/ Maternity	704-873-5661	www.yourpamperedpregnancy.com	557 Brookdale Dr. PO Box 1828	Statesville	28677 28687	24/7
Lake Norman Regional Medical Center	Pregnancy/ Maternity	704-660-4374	www.lnrmc.com	171 Fairview Rd. PO Box 3250	Mooresville	28117	24/7

Provider Name	Type of Provider or Service	Telephone Number	Website	Physical Address	City	Zip Code	Hours of Operation
Pregnancy Resource Center of Statesville	Pregnancy / Maternity	704-871-0338	www.prcstatesville.org	125A North Tradd St.	Statesville	28677	9am-5pm M-Wed, Fri, Closed Thur. Walk-ins; appointments preferred
Iredell County Parks & Recreation	Recreational Facilities and Fitness Centers	704-878-3103	www.co.iredell.nc.us/Departments/Recreation	200 S. Center St.	Statesville	28677	8am-5pm M-F
Iredell YMCA	Recreational Facilities and Fitness Centers	704-873-9622	www.ymcairedell.org	828 Wesley Drive	Statesville	28677	M-Thurs 5:30am-8:45pm Friday 5:30am-7:45pm Sat. 8am-4:45pm Sunday 1pm-4:45pm
Lake Norman State Park	Recreational Facilities and Fitness Centers	704-528-6350	www.ncparks.gov/Visit/parks/lano/main.php	154 Inland Sea Ln.	Troutman	28166	Park Hours: Nov-Feb. 8am-6pm March, April, Sept & Oct. 8am-8pm May-Aug. 8am-9pm Office Hours: 8am-
Lowe's YMCA	Recreational Facilities and Fitness Centers	704-716-4000	www.ymcacharlotte.org/lowes	170 Joe Knox Ave.	Mooresville	28117	Mon-Thurs 5am-9:30pm Friday 5am-9:30pm Saturday 8am-4:30pm Sunday 1pm-4:30pm
Mooresville Parks & Recreation	Recreational Facilities and Fitness Centers	704-663-7026	www.ci.mooresville.nc.us/portal/recreation	418 Carpenter Ave.	Mooresville	28115	M-F 8am-5pm Office Hours
Statesville Recreation and Parks	Recreational Facilities and Fitness Centers	704-878-3429	www.ci.statesville.nc.us/	1875 Simonton Rd.	Statesville	28625	M-F 8am-5pm Office Hours
YMCA of Barium Springs	Recreational Facilities and Fitness Centers	704-883-0780	www.ymcairedell.org/bariumsprings.htm	122 Grannis Ln.	Statesville	28677	M-Thurs 5:30am-1pm & 4pm-7p Friday 5:30am-1pm Saturday 8am-11am Sunday Closed
Iredell Senior Center	Senior Citizen Center	704-873-8568	www.iredellcoa.com/index.html	344 E. Front St.	Statesville	28677	8am-5pm M-F
South Iredell Senior Center	Senior Citizen Center	704-662-3337	http://www.iredellcoa.com/SISC.html	202 N. Church St. (Mooresville Citizen Center)	Mooresville	28115	8am-5pm M-F
Lake Norman Urgent Care	Urgent Care	704-660-9111	www.peidmonthealthcare.com	125 Days Inn Dr.	Mooresville	28117	7am-7pm M-F, 8am-6pm
Statesville Urgent Care	Urgent Care	704-660-9111	www.peidmonthealthcare.com	619 Sullivan Rd.	Statesville	28677	8am-8pm M-F, 9am-5pm Sat, 11am-5pm Sun.

2015 Community Health Assessment Adult Survey

Adult Survey (18 and older)

Please answer the following questions about your health and the health of Iredell County. Your responses are completely anonymous. There will be no attempt to identify those who take this survey.

The purpose of this survey is to gain knowledge on what the residents of Iredell County are facing in regards to their health. The Iredell County Health Department is conducting this survey. Your responses will be compiled together with other responses throughout the county and will be used to evaluate the health needs and concerns of Iredell County residents. The results from the survey will be made available in written and electronic form. It should take around 10-15 minutes to complete the survey. If you do not live in Iredell County you do not need to answer any questions.

Thank you.

2015 Community Health Assessment Adult Survey

Demographics

1. Do you currently live in Iredell County?

- Yes
- No

2. In what city/town do you live? What is your zip code?

City/Town:

ZIP:

3. What is your gender?

- Male
- Female
- Other

4. What is your age?

- Less than 12 years old
- 12-18 years old
- 19-24 years old
- 25-29 years old
- 30-39 years old
- 40-49 years old
- 50-59 years old
- 60-69 years old
- 70-79 years old
- 80-89 years old
- 90 or older

5. Please select the race or ethnicity that best fits you.

- American Indian/Alaskan Native
- Asian/Pacific Islander
- Black/African American
- Latino/Hispanic
- Multi-Racial
- White/Caucasian
- Other

6. Please select the one living situation that best fits you today.

- Own my own home
- Rent a home
- Live with others rent free
- Live with parents, relatives, or caregivers
- Live in a group home
- Live in a shelter
- Prefer not to answer

7. What is your annual household income?

(please estimate and combine the incomes of all adults living in your household)

- Less than \$20,000 a year
- \$20,000 to \$34,999 a year
- \$35,000 to \$49,999 a year
- \$50,000 to \$74,999 a year
- \$75,000 to \$99,999 a year
- \$100,000 and above

8. What is your main source of transportation?

- I drive my own vehicle
- I ride with a friend or family member
- I use a taxi
- I use Iredell County Area Transit System (ICATS)
- I don't have any transportation
- Other (please specify)

2015 Community Health Assessment Adult Survey

Personal Health

Please answer the following questions about your personal health.

9. How would you rate the following aspects of your personal health?

	Poor	Fair	Good	Excellent
Physical Health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental Health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overall Health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. How would you describe your weight?

- Underweight
- Normal
- Overweight
- Obese
- Unsure

11. Have you been diagnosed with any of the following?

	Yes	No	Unsure
High Blood Pressure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
High Cholesterol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diabetes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alzheimer's Disease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stroke	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lung Issues/Asthma	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overweight/Obesity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dental Health Issues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental Health Issues/Depression	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cancer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Cancer Type - Please Specify

12. Where do you most often seek medical care?

- Emergency Room or Hospital
- Urgent Care
- Primary Care Provider/Doctor's Office/Family Physician
- Free/Low Cost Clinic
- Veteran's Administration (VA)
- I do not seek medical care
- Unsure

13. When was the last time you had a routine physical? (Routine physicals typically include the following assessments: blood pressure, cholesterol, reflexes, breathing, weight, etc.)

- Within 1 year
- Within 2 years
- More than 2 years ago

14. When was the last time you went to the dentist?

- Within 6 months
- Within 1 year
- Within 2 years
- More than 2 years ago

15. What are your reasons for seeking medical care outside of Iredell County? (select all that apply)

- I do not seek care out of Iredell County
- Need a service not offered in Iredell County
- Had a bad experience with Hospitals in Iredell County
- Had a bad experience with Physicians/Healthcare Providers in Iredell County
- Financial or insurance issues
- Privacy or do not want to be seen at local Hospital or Doctors office
- I go to the VA for care
- Other (please specify)

2015 Community Health Assessment Adult Survey

Health Behaviors

Please answer the following questions about your health behaviors.

16. What do you usually do to exercise?

- Play or work outside
- Exercise in a group or on a team
- Exercise alone
- Play exercise-based video games
- I do not exercise
- Other (please specify)

17. How often do you exercise for at least 150 minutes per week?

- Every week
- Almost every week
- Some weeks
- Not often
- Never
- Unsure

18. How many servings of fruits and vegetables do you normally eat in one day? (for example, one medium apple or 1/2 cup of carrots equal 1 serving)

- 5 or more
- 3 to 4
- 1 to 2
- Less than 1
- Unsure

19. What do you think makes it hard for you to eat healthy? (check all that apply)

- I don't know how to prepare food in a healthy way
- No one in my family would eat it
- There aren't places in my community to buy healthy food
- Healthy food doesn't taste good
- It's hard to find healthy choices when you eat outside of the home
- Healthy food costs too much
- It takes too much time to prepare and shop for healthy choices
- Other (please specify)

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

- Never
- Rarely
- Occasionally
- Always

21. What do you think makes it hard for you to be physically active? (check all that apply)

- I don't have time to exercise
- I don't enjoy exercising
- I am physically unable to exercise
- I don't know where to go to be physically active
- I do not feel safe exercising in my neighborhood/where I live
- Other (please specify)

22. How many hours each day do you do the following?

	Not applicable	Less than 1 hour each day	1-2 hours each day	3-4 hours each day	more than 4 hours each day
Play on the computer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Watch TV	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work on the computer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Play video games	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

23. How many hours of sleep do you get each night?

	6 or less hours	7 hours	8 hours	9 hours	More than 10 hours
On most weeknights	<input type="radio"/>				
On most weekends	<input type="radio"/>				

24. How often do you drink sugar and/or artificially sweetened beverages? (Example: regular soft-drinks/soda, diet soft-drinks/soda, Kool-Aid, juice, energy drinks, etc.)

- Never
- Once a week
- A few times per week
- Once a day
- More than once a day
- More than twice a day

25. Do you follow these health practices?

	Yes	No	Not Applicable
If over 50, have you had a colonoscopy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If male over 50, do you have an annual prostate exam?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If female over 40, do you have an annual mammogram?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If female, do you have a pap smear every other year?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If female, do you perform monthly breast self-exams?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

26. Do you do the following?

	Yes	No
Use electronic cigarettes/vaping devices	<input type="radio"/>	<input type="radio"/>
Use tobacco products	<input type="radio"/>	<input type="radio"/>
Drink alcohol in excess (men: 15 or more drinks per week, women: 8 or more drinks per week)	<input type="radio"/>	<input type="radio"/>
Binge drink alcohol (men: 5 or more drinks in a 2 hour period, women: 4 or more drinks in a 2 hour period)	<input type="radio"/>	<input type="radio"/>
Misuse prescription medication	<input type="radio"/>	<input type="radio"/>
Use illicit drugs	<input type="radio"/>	<input type="radio"/>
Use protection against sexually transmitted diseases during oral, anal, and vaginal intercourse	<input type="radio"/>	<input type="radio"/>

27. In the past year, how often have you texted or emailed on your cell phone while you were driving?

- I do not drive
- Never
- Just once
- Rarely
- Occasionally
- Regularly

28. In the past year, how often have you driven while under the influence of alcohol or drugs?

- Never
- Just once
- Rarely
- Occasionally
- Regularly

2015 Community Health Assessment Adult Survey

Health Concerns

Please answer the following questions in regards to your opinions about the health of Iredell County.

29. Please select the top 3 health concerns that are important to you.

- | | |
|---|---|
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Prescription Medication Misuse/Abuse |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Drug Use/Abuse |
| <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Alcohol Use/Abuse |
| <input type="checkbox"/> Stroke | <input type="checkbox"/> STD's/HIV |
| <input type="checkbox"/> Alzheimer's Disease | <input type="checkbox"/> Availability of Healthy Food |
| <input type="checkbox"/> Dental Health | <input type="checkbox"/> Lack of Physical Activity |
| <input type="checkbox"/> Flu/Pneumonia | <input type="checkbox"/> Access to Care |
| <input type="checkbox"/> Obesity/Overweight | <input type="checkbox"/> End of Life Care |
| <input type="checkbox"/> Depression/Mental Health | <input type="checkbox"/> Motor Vehicle Injuries |
| <input type="checkbox"/> Tobacco Use | <input type="checkbox"/> Other (please specify) |

30. Does Iredell County need improvement in regards to the following issues?

	Unsure	Yes	No
Access to Health Care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Access to Dental Care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Access to Mental Health/Substance Abuse Care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Free Health Screenings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Financial Assistance Based on Needs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medication Assistance Programs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Access to Medical Insurance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adult Domestic Violence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Child Domestic Violence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other Issue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Other (please specify)

31. Where do you get most of your health related information?

- Doctor/Nurse
- Internet
- Family & Friends
- Hospital
- Newspaper
- Health Department
- Church
- Other (please specify)

32. Do you know where in your community to locate the following resources?

	Yes	No	Unsure
Legal assistance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Help with child care or after-school care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Adult daycare/elderly care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Individual or family counseling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Help coping with domestic violence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physically or mentally handicapped services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Immunization services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Free or reduced-cost health care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2015 Community Health Assessment Adult Survey

Emergency or Disaster Preparedness

Please answer the following questions in regard to your level of preparedness in case of emergencies or disasters.

33. Does your household have the following items to make up a disaster supply kit?

	Yes	No	Unsure
3 day supply of water for each person (1 gallon per person per day)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 day supply of food per person	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 day supply of needed medications for each person	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Evacuation plan	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fire escape plan	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A local emergency contact (family member or friend)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A weather radio with batteries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
At least one member of the household that is CPR certified	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
At least one member of the household that is first aid certified	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Knowledge of where to receive updates for disasters	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A generator or alternative heat source and the knowledge to operate it safely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A working flashlight with batteries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

34. Do you know where in your community to locate the following resources during/after an emergency or natural disaster?

	Yes	No	Unsure
Emergency/temporary housing and/or shelter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Help with utilities/food/rent after personal emergencies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Help with utilities/food/rent after natural disasters	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

35. What would be your main method or way of getting information from authorities in a large scale disaster or emergency? (Examples: severe weather, radiation exposure, etc.)

- Television
- Radio
- Internet
- Print Media (newspaper, etc.)
- Neighbors
- Sirens
- Other (please specify)

36. What would be the main reason you might not evacuate if asked to do so? (select up to 3 answers)

- I would evacuate
- Lack of transportation
- Concern about leaving property behind
- Concern about personal safety
- Concern about family safety
- Concern about leaving pets or livestock
- Concern about traffic jams or not being able to get out
- Health problems
- Lack of trust in officials
- Other (please specify)

37. Does your home have a working smoke detector?

- Yes
- No
- Unsure

38. Does your home have a working Carbon Monoxide Detector?

- Yes
- No
- Unsure

39. Do you feel an emergency or natural disaster is likely to happen in Iredell County?

- Yes
- No

2015 Community Health Assessment Adult Survey

Special Assistance

Please answer the following questions in response to your families needs.

40. Is there a member of your household that would need special assistance during an emergency or disaster?

- Yes, there is someone in my household that needs long-term care (more than 90 days)
- Yes, there is someone in my household that needs short-term care (less than 90 days)
- No
- Unsure

41. Do you have a person living in your home who has the following medical needs?

	Yes	No
24/7 care	<input type="checkbox"/>	<input type="checkbox"/>
Dialysis	<input type="checkbox"/>	<input type="checkbox"/>
IV Therapy	<input type="checkbox"/>	<input type="checkbox"/>
Chemotherapy	<input type="checkbox"/>	<input type="checkbox"/>
Air ventilator/life support	<input type="checkbox"/>	<input type="checkbox"/>
Limited ability to move	<input type="checkbox"/>	<input type="checkbox"/>

Other (please specify)

2015 Community Health Assessment Adult Survey

Environmental Health Concerns

Please answer the following questions in regards to your opinions about the environmental health of Iredell County.

42. I believe the following issues exist in my community

- Industry fumes
- Transportation emissions/exhaust
- Exposure to tobacco smoke
- Improper disposal of hazardous waste
- Littering or dumping trash in unauthorized locations
- Improper sewage disposal
- Unsafe public drinking water (city/municipality water systems)
- Unsafe private drinking water (wells)
- Unsafe river/creek/stream water
- Restaurant food safety
- Meth labs
- Limited healthy food in convenience stores
- Mosquito/insect issues
- Other

Explain specifics of above problems if needed

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

	Yes	No
Police/Law enforcement	<input type="radio"/>	<input type="radio"/>
Fire Services	<input type="radio"/>	<input type="radio"/>
Ambulance services	<input type="radio"/>	<input type="radio"/>
Public Health Service	<input type="radio"/>	<input type="radio"/>

44. Is your pet (dog, cat, or ferret) up-to-date on their rabies vaccine?

- I do not have a pet
- Yes
- No
- Unsure

45. Where do you go to get your pet vaccinated?

- I do not have a pet
- My pet is not vaccinated
- Animal Control
- Private Veterinarian
- Other (please specify)

46. Did you know...

	Yes	No
A rabies vaccine booster is needed within 5 days after a possible exposure to rabies, even if a pet is fully vaccinated.	<input type="radio"/>	<input type="radio"/>
Rabies vaccinated pets are considered unvaccinated if a rabies booster is not received within 5 days or a possible exposure.	<input type="radio"/>	<input type="radio"/>
Failure to obtain a booster vaccination within 5 days can result in the exposed animal being euthanized or quarantined for six months at the owner's expense.	<input type="radio"/>	<input type="radio"/>
In Iredell County, there is a \$75.00 citation per animal for owners who do not have their dog, cat, or ferret vaccinated against rabies.	<input type="radio"/>	<input type="radio"/>

2015 Community Health Assessment Adult Survey

Child Health

Answer the questions in the section ONLY if you have a child under the age of 12

47. Do you have a child or children under the age of 12 living in your home?

- Yes
- No
- Prefer not to answer

48. In general, would you say your child's (children) health is...

- Excellent
- Good
- Fair
- Poor

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

- Twice a year
- Once a year
- Only when child has a dental issue
- Never
- Unsure

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

	Not applicable	Less than 1 hour per day	1-2 hours per day	3-4 hours per day	More than 4 hours per day
Play on the computer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Watch TV	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Play video games	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

51. How often does your child (children) drink sugar and/or artificially sweetened beverages? (example: regular soft-drinks/soda, diet soft-drinks/soda, Kool-Aid, juice, energy drinks, etc.)

- Never
- Once a week
- Once a day
- More than twice a day

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

- Every week
- Almost every week
- Some weeks
- Not often
- Never
- Unsure

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

- 5 or more
- 3 to 4
- 1 to 2
- Less than 1
- Unsure

54. In the past month, how often would you say that your child (children) has been bullied?

- Always
- Usually
- Sometimes
- Rarely
- Never
- Unsure

55. Can you easily access quality developmental services, such as daycare or afterschool care, to prepare your child for success?

- Yes
- No
- Unsure

56. Do you feel your child has access to the following, anywhere?

	Yes	No	Unsure
Alcohol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tobacco (cigarettes, dip, chew, snuff)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E-Cigarette/Vaping products	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Marijuana	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cocaine/Heroin/Meth/Ecstasy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Someone else's prescription medication	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	Highly Likely	Likely	Unlikely	Highly Unlikely
Alcohol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tobacco (cigarettes, dip, chew, snuff)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E-Cigarette/Vaping products	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Marijuana	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cocaine/Heroin/Meth/Ecstasy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Someone else's prescription medication	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>