

**ROWAN COUNTY
COMMUNITY HEALTH ASSESSMENT**

**Conducted by
Rowan County Health Department
and
Novant Health Rowan Medical Center**

**Assisted by
Leverage & Development, LLC**

2015

Rowan County



Public Health
Prevent. Promote. Protect.

Table of Contents

	Page Number
Acknowledgements	3
Executive Summary	4
Background & Introduction	7
County Description	9
Health Data Collection Process	15
Health Data Results	16
Prevention and Health Promotion Needs & Resources	37
Community Concerns and Priorities Results & Summaries	45
Public Input Results & Analysis	Appendix A
Databook	Appendix B
Health & Wellness Inventory/Directory	Appendix C

Acknowledgements

On behalf of the Rowan County Board of Health, I would like to thank all of the individuals and agencies who participated in the development of our 2015 Community Health Assessment (CHA).

We received the following support and assistance:

- Donna Fayko and the Staff at the Rowan County Department of Social Services (RCDSS) provided extensive assistance in gathering public and Key Informant input. Ms. Fayko facilitated participation in the Key Informant online questionnaire for many of her staff and allowed Rowan County Health Department (RCHD) to solicit Public Surveys in the lobby of the RCDSS facility.
- Allen Cress, Director of Rowan County Emergency Medical Services (EMS), and several of his staff participated in a Focus Group.
- Captain John Sifford of the Rowan County Sheriff's Department, Tammy File, Senior Office Assistant with the Salisbury Fire Department, and Audrey Johnson, Administrative Assistant with the Salisbury Police Department, assisted us in getting male participation in the Public Survey.
- Mrs. Krista Woolly, Executive Director of Community Care Clinic of Rowan (CCCR), provided information on health care for the uninsured including statistical information.
- Rick Eldridge, Executive Director of Ruffy-Holmes Senior Center (RHSC) provided assistance in multiple ways: Key Information interviews, Focus Group and soliciting Public Survey input from their members.
- Jamie Morgan, CEO of the YMCA of Rowan County, and the staff at all three locations assisted us in getting participation in the Public Survey.

Exceptional assistance and support was provided by our partner in this endeavor, Novant Health Rowan Medical Center (NHRMC). Jessica Ijames, Community Engagement Manager, served as a member of the CHA Team and helped coordinate Public input, identify Key Informants and set up and conduct Focus Groups. Laurie Ritchie, Regional Clinic Manager-Rowan, provided vital assistance in the development of the Health and Wellness Resource Inventory/Directory. Val Velte, Corporate & Community Wellness Nurse from NHRMC, provided information on Novant's Prevention and Health promotion Programs.

Special thanks to RCHD staff members Amy Smith, Health Education Specialist, and Steve Joslin, Allied Health Manager, for their service on the CHA Team and their efforts to compile information, identify Key Informants and solicit Public input. We also appreciate Intern Erica Yost for her serving as Project Facilitator during her internship at RCHD.

We also are grateful for the input of the Healthy Rowan! Board in the CHA process and their ongoing guidance in identifying and addressing the health and wellness needs of the citizens of Rowan County.

Nina M. Oliver, MS. Rowan County Health Director

2016 Rowan County Board of Health

Dan Mikkelson, Professional Engineer (Chair)

Judy, Klusman, Co-Commissioner

William W. Webb, Dentist

Vacant, Optometrist

Stephen W. Fuller, Pharmacist

Jack Kribbs, Physician

Patricia Yost, RN

Gregory Lowe, Veterinarian

Franco Abad, Public

Abayomi Agbebi, Public

Kim Purcell, Reid, Public

Executive Summary

In compliance with the North Carolina Department of Health and Human Services (DHHS) and the Division of Public Health (DPH) requirements, RCHD has completed a 3-year cycle Community Health Assessment (CHA) of the County. RCHD partnered with NHRMC and consulting firm, Leverage & Development, LLC, to gather public input, conduct research and determine the health and wellness needs, gaps and resources in the County. From the input and analysis RCHD has determined that the top priorities for the coming 3 years are:

- Obesity and its resulting diseases including: Diabetes, Kidney Disease, Hypertension/High Blood Pressure, High Cholesterol, Heart Disease Cerebrovascular Disease (stroke) and Joint Replacement
- Tobacco Use and related diseases/conditions including: Chronic Obstructive Pulmonary Disease (COPD)/Respiratory Illness and Trachea, Bronchus and Lung Cancer
- Mental Health and related issues including: Alcoholism, Illegal Drug Use and Prescription Drug Abuse

The Healthy Rowan! Board served as the oversight/advisory group for the CHA. Two key Staff of RCHD, Amy Smith and Steve Joslin, and the Community Engagement Manager of NHRMC, Jessica Ijames, served as the CHA Team/Work Group. Erica Yost, an Intern with RCHD, was the Project Facilitator. The Healthy Rowan! Board provided guidance as a whole and input individually.

In order to obtain adequate public input the CHA Team used three methods: Focus Groups, Key Informant interviews and questionnaires (66 participants) and a Public Survey (335 valid surveys). The findings from the public input were compared to the Secondary Data (statistical information from DPH suggested/approved sources) in order to choose the 3 priority areas on which RCHD will focus and prepare Action Plans. Because the public input and statistical information was so compelling, the priorities were evident. Following are some of the primary statistics and public opinions that were considered:

- The top 10 Health Problems expressed by people participating in the Public Survey are listed below. The percentage is the number of people that said this is a major problem or somewhat of a problem.

Tobacco Use/Smoking – 72%	Inactivity/Lack of Physical Activity – 65%
Obesity/Overweight – 70%	Diabetes – 60%
Illegal Drug Use – 70%	Teenage Pregnancy – 60%
Abuse of Prescription Drugs – 67%	Mental Illness – 58%
Alcoholism/Alcohol Abuse – 66%	Dental Health – 56%
- The top 10 Health Problems expressed by the Key Informants were:

Obesity – 86%	High Blood Pressure/Hypertension – 53%
Diabetes – 76%	Heart Disease – 53%
Tobacco Use – 73%	Mental Health – 52%
Drug/Alcohol Abuse – 73%	Breathing/Respiratory Problems – 47%
Dental Care – 56%	High Cholesterol – 32%
- Analysis of Leading Causes of Death 2010-2014 (per 100,000 age adjusted) from <http://www.schs.state.nc.us/data/vital.cfm#vitaldms>. Following are comparisons of Rowan County to the State:

Heart Disease – 11% higher	Kidney Disease – 10% higher
Diabetes – 12% higher	Stroke – 18% higher

Trachea, Bronchus & Lung Cancer – 17% higher
Chronic Lower Respiratory Disease – 22% higher

Pneumonia & Flu – 44% higher

- Analysis of the number of Opiate Poisoning Deaths according to the NC Injury & Violence Prevention of NCPH. Number of deaths has increased from four in 1999 to twenty-three in 2014, an 83% increase. The highest number was 29 in 2011, the lowest in 1999 at 4.
- Analysis of the health conditions that Public Survey takers report having. The following percentages show what percentage of takers have health conditions:
 - Obesity/Overweight – 30%
 - High Blood Pressure/Hypertension – 27%
 - Depression or anxiety disorder – 26%
 - Dental Problems – 23%
 - High Cholesterol – 19%
 - Diabetes – 12%
 - Heart Disease/Angina – 3%
 - COPD/Respiratory Illness – 2%
- Analysis of information from the County Health Rankings including:
 - Adult Smoking – 25% of citizens
 - Adult Obesity – 34% of citizens
 - Physically Inactive – 30% of citizens compared to Access to exercise opportunities – 83% of citizens
 - Excessive drinking – 10% of citizens
 - Driving deaths involving alcohol – 27% of all driving deaths
 - Diabetic Monitoring – 89% of Medicare Beneficiaries
 - Poor Mental Health Days – 4.2 in last 30 days
 - Poor Physical Health Days – 4.2 in last 30 days
 - Health Behaviors – 70th out of 100 NC Counties (1 being best)
- Analysis of additional information from the State Center for Health Statistics including:
 - Percentage of Adults Getting Required Amount of Physical Activity – 39.4%
 - Adults current Smokers – 19.2%
 - Adults NOT Obese or Overweight – 32.1%
 - Adults Who Consume 5 or more servings of Fruits & Vegetables per Day – 19.2%
 - Poor Mental Health Days – Average number of days in last 30 days – 4.3
 - Traffic Crashes Alcohol Related – 4.76%
 - Bronchus & Lung Cancer Incidence per 100,000 – 82.5

Several comparisons were part of the analysis that led to the determination of priorities. Statistics on Cause of Death, Morbidity/Incidence of health conditions and Health of Survey Takers for Rowan County were compared to the 3 counties that the State named as peers to Rowan (Gaston, Pitt and Robeson) and to the State. The opinion of Survey Takers on how healthy their own life style is was compared to the statistics on healthy life style components (daily eating fruits and vegetables, smoking, physical activity, alcohol consumption and others). Current statistics were compared to past statistics to determine if the health and wellness of citizens is better or worse. Comparison was made of Public Survey input by demographics (between genders, races, age groups and income levels). Overall the findings of the comparisons were:

- Rowan was seldom the best or the worst compared to their peer counties, but very often ranked close to the worst. Rarely was Rowan County equal to or better than the State, often it was worse.
- The opinion of Public Survey takers about their own health was not in concert with the statistics of the County as a whole. For instance: 84% of people taking the survey said they do eat fruits and vegetables daily (weekly, monthly, regularly or occasionally). Only 9% said they do not and 7% did not answer. However, as stated above the State Center for Health Statistics reports that only 19.2% of residents consume enough fruits and vegetables. Also, 72% of the Key Informants said that Poor Nutrition is one of the major reasons people in the County are not healthy.

- Comparison of the past to present show that indicators of Obesity and bad health habits such as Smoking and Alcohol/Drug Abuse have worsened over the last 5 years. This includes: Heart Disease, Cerebrovascular Disease (Stroke) and Cancer.
- There was seldom any difference within demographic groups, especially of opinion. The fact that there was usually a consensus of opinion (i.e. what is a problem) and often of incidence (health condition or wellness behavior of respondent) made it obvious what the priorities should be.

Although the priorities chosen are the noticeable ones, they are also long-term, pervasive problems that require persistent attention and effort by RCHD, the medical community, the public officials and, especially, by the citizens. The information in this report shows that there is a lack of interest in and ownership of health – individually and collectively by Rowan County residents. Rowan County ranks, now and historically, in the middle or is not in a danger area in many of the health indicators. All of these factors make it a challenge to stimulate people to adopt more healthy life styles and practices. The lack of danger can cause a community to become complacent, accepting or both. Participation in the Public Survey also provided validation that people are not as interested in their individual health or the overall health of the county. Specifically, the number of “Don’t Know” or No Answers was extremely high. For instance in the Community Issues section, an average of 43.5% of Survey Takers responded “Don’t Know” or did not answer on these issues. This report does include information on who and how to influence action. This information will be helpful in the development of Action Plans that can make a difference. That information includes:

- What diseases and health conditions exist in the County now.
- Demographic information that shows who is unhealthy and ill and who is living a healthy life style.
- The Health and Wellness Resources that are currently available.
- The Health and Wellness Resources that are missing.
- The perception of the public about existing resources.
- The obstacles to a healthy life style for Rowan residents.
- How Rowan compares to its peer Counties and the State.
- Who uses RCHD and for what.
- Where people get their health care.
- Where people get information about health and wellness.

Additional information included in this report:

- A summarized description of the County
- How well people are prepared for disasters and emergencies.
- Community Issues that affect not only the health, but also the daily lives of Rowan residents.
- How the economy and unemployment play a role in the health and wellness of the citizenry.

Background and Introduction

The Healthy Rowan! Board served as the oversight/advisory group for the development of the 2015 Rowan County CHA. This organization was used because it has been functioning since Healthy Communities of North Carolina was established. Most of the existing Board members have served since Healthy Rowan! was formed. Healthy Rowan! was established according to the guidelines of Healthy Communities of North Carolina and is comprised of individuals that are involved in and/or represent entities that serve the health and wellness needs of Rowan County citizens. This Board approved the survey tools and assisted in soliciting survey participants. The members individually provided input through Key Informant interviews or questionnaires. Because the Healthy Rowan! Board is on-going, their guidance is an integral part of the RCHD understanding of health and wellness concerns, needs and priorities of the County.

The CHA Team was comprised of the following: Amy Smith, RCHD Health Education Specialist and Chair of Healthy Rowan!; Erica Yost, RCHD Intern; Steve Joslin, RCHD Allied Health Manager; Jessica Ijames, NHRMC Community Engagement Manager and Nina Oliver, Rowan County Health Director.

Amy Smith and Erica Yost served as co-Project Facilitators. The CHA Team contracted with consulting firm Leverage & Development, LLC of Greer, SC to assist in the collection of input and data, the analysis of primary and secondary data and the preparation of the CHA documents. The CHA Team made arrangements for the Focus Groups, gathered Public input – directly and through partnerships, identified and solicited input from Key Informants, and provided secondary data – directly or by identifying sources. The CHA Team also used the primary and secondary data to determine the priorities for which Action Plans will be developed.

This project enhanced the working relationship between RCHD and NHRMC. The opportunity to gather information and Public input and conduct analysis of both the primary and secondary data allowed the two organizations to jointly prioritize the health and wellness needs of the community. It particularly provided the opportunity to identify gaps in health care and to distinguish between actual gaps and public perception.

Involvement by key individuals and organizations such as the YMCA, RHSC, EMS and RCDSS ensured that the input and conclusions are in keeping with actualities in the County and helped those organizations understand their roles in the scope of need and service provision.

Because RCHD, Healthy Rowan! and its Board members and Novant Health Rowan Medical Center have worked together for many years there were no new relationships or partnerships formed; however, the research and analysis of the CHA strengthened the relationships and developed new layers to the partnerships.

Healthy Rowan! Board

	First	Last	Title	Organization
Sheriff	Kevin	Auten	Sheriff	Rowan County Sheriff's Office
Ms.	Jamie	Barnes	Executive Director	Community Care of Southern Piedmont
Ms.	Amy	Brown	Executive Director	Smart Start Rowan
Chief	Rory	Collins	Chief	Salisbury Police Department
Mr.	Lennie	Cooper	Training Officer	Rowan County EMS
Ms.	Toi	Degree	Family & Consumer Education Agent	NC Cooperative Extension
Ms.	Joann	Diggs	Director	Workforce Investment Act Program
Mr.	Rick	Eldridge	Executive Director	Rufty-Holmes Senior Center
Ms.	Donna	Fayco	Social Services Director	Rowan Co. Department of Social Services
Ms.	Nancy	Foxworth	Transition Coordinator	Rowan-Salisbury Schools
Ms.	Shirley	Johnson	Community at-large member	Public
Mr.	Steve	Joslin	Allied Health Manager, HR! Coord.	Rowan Co. Health Department
Ms.	Debbye	Krueger	State Dental Hygienist	Smoke Free Rowan
Ms.	Helen	Leak	Community Relations Specialist	Cardinal Innovations
Mr.	Bob	Lippard	Executive Director	United Way of Rowan County
Mrs.	Nina	Oliver	Health Director	Rowan Co. Health Department
Ms.	Libby	Post	School Food Service Director	Rowan-Salisbury Schools
Ms.	Jeannie	Sherrill	Executive Director	Families First - NC
Ms.	Amy	Smith	Health Education Specialist, HR! Chair	Rowan Co Health Department
Ms.	Karen	South-Jones	Director	Youth Services Bureau
Ms.	Tricia	Staggers	Dir. Personal Enrichment/Healthy Living	Rowan-Cabarrus Community College
Ms.	Valerie	Velte	Corporate Wellness	Novant Health Rowan Medical Center
Ms.	Krista	Woolly	Executive Director	Community Care of Rowan

County Description

Rowan is located in the south central piedmont area of North Carolina. Salisbury is the major urban area of the county located 42 miles north of Charlotte and 50 miles south of Greensboro. Rowan County is comprised of 10 cities and towns: China Grove, Cleveland, Spencer, East Spencer, Faith, Granite Quarry, Kannapolis, Landis, Rockwell, and Salisbury. The largest metropolitan area is Salisbury, which is the county seat. According to the 2010-2014 American Community Survey 5-year Estimates, the total population in Rowan County is 138,246. The 2010 population was 138,428, this is a slight decrease of 182.

Rowan County has a total area of 524 square miles. It is bordered on the north by Davie County, northeast by Davidson County, west by Iredell, southeast by Stanley, and to the south by Cabarrus. Interstate 85 passes through the county from the southwest to northeast.

History

Previous Community Health Assessment (CHA) reports have covered the early and long-term history of Rowan County. In this CHA report we are focusing on recent history because of its more direct impact on the health and wellness of Rowan's citizens.

Rowan County is located between the State's largest city, Charlotte, and its capital, Raleigh. Its location makes it easy to go shopping in Charlotte, conduct business in Raleigh, take a weekend trip to the coast or ride through the mountains during the peak fall color season. As Interstate 85 runs through the County, ingress and egress are convenient. The climate is mainly pleasant and the people are mostly gentle and easy going. For several decades the County was sustained primarily by the textile industry and for the last decade it has been struggling to transition from textiles to some other economic engine. According the public input during the CHA process there are several things hampering the economic development and prosperity of the County:

- Lack of a skilled workforce
- Inadequate quality of the local school system
- Short-term history of elected officials being adverse to growth and change
- Complacency and acceptance of problems and situations by most of the citizens

Textile companies were typically paternalistic and took responsibility for providing health care, education and many other essentials. Therefore Rowan, like so many southern counties, did not have to address those things. Now that there is virtually no textiles in the County, the leaders and citizens have had to evolve into self-care. Unfortunately accepting responsibility for one's own health and wellness has lagged behind the evolution of Rowan County. This is apparent in the statistics and opinions shared in this document.

Demographics

The following charts provide a picture of the demographics of Rowan County. The statistics used in these charts are from the 2010-2014 American Community Survey 5-year Estimates.

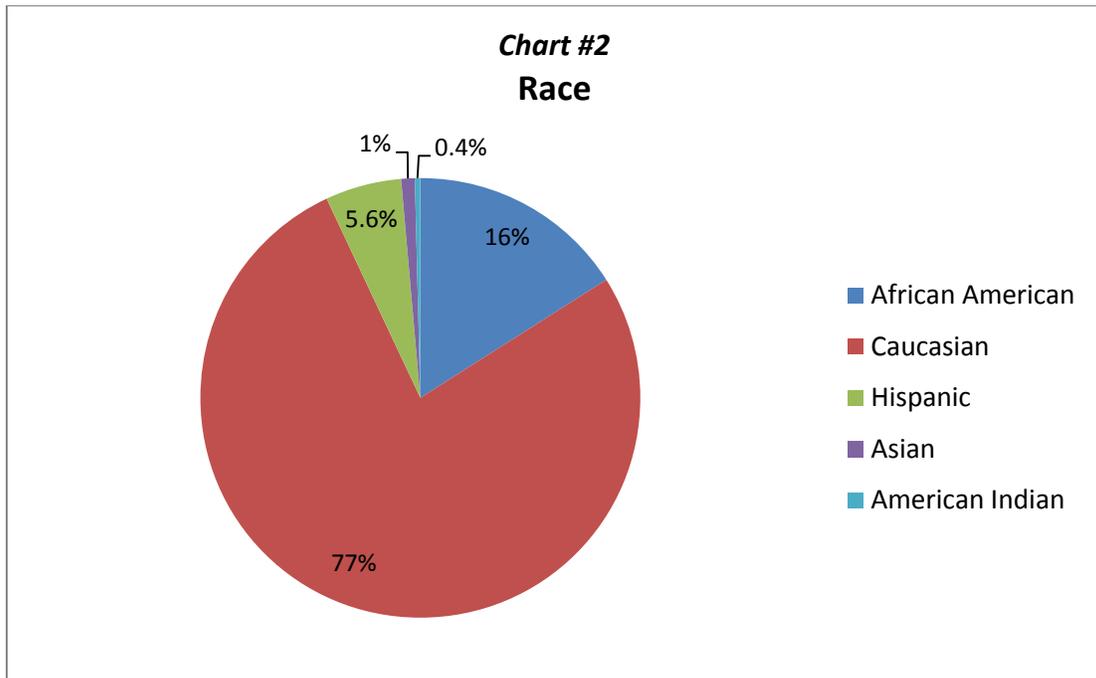
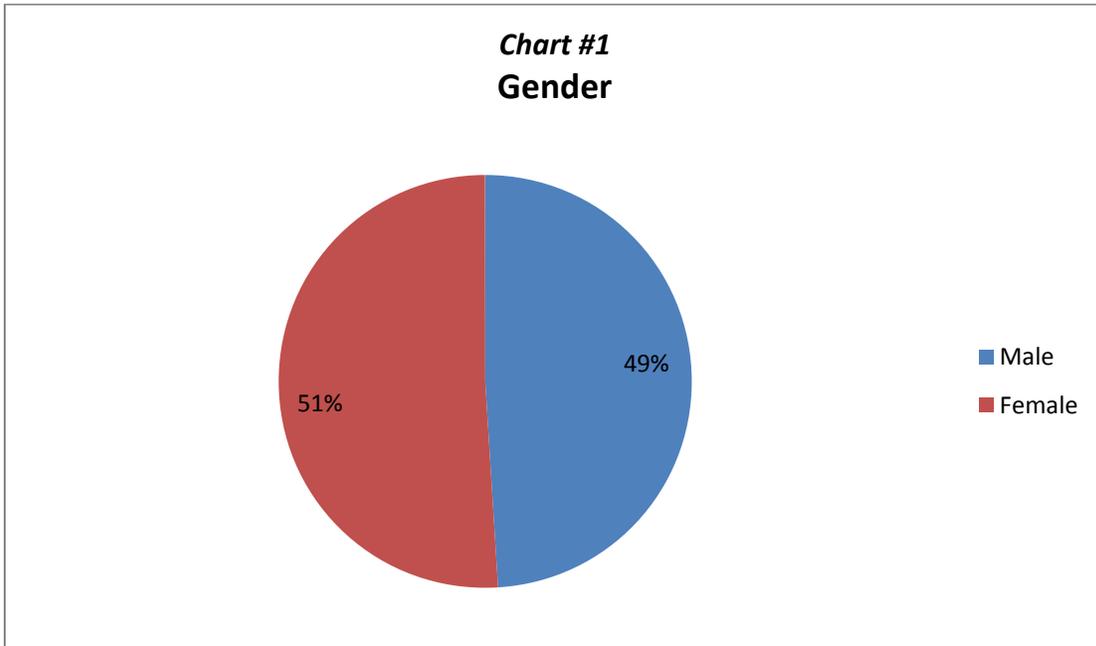


Chart #3
Age

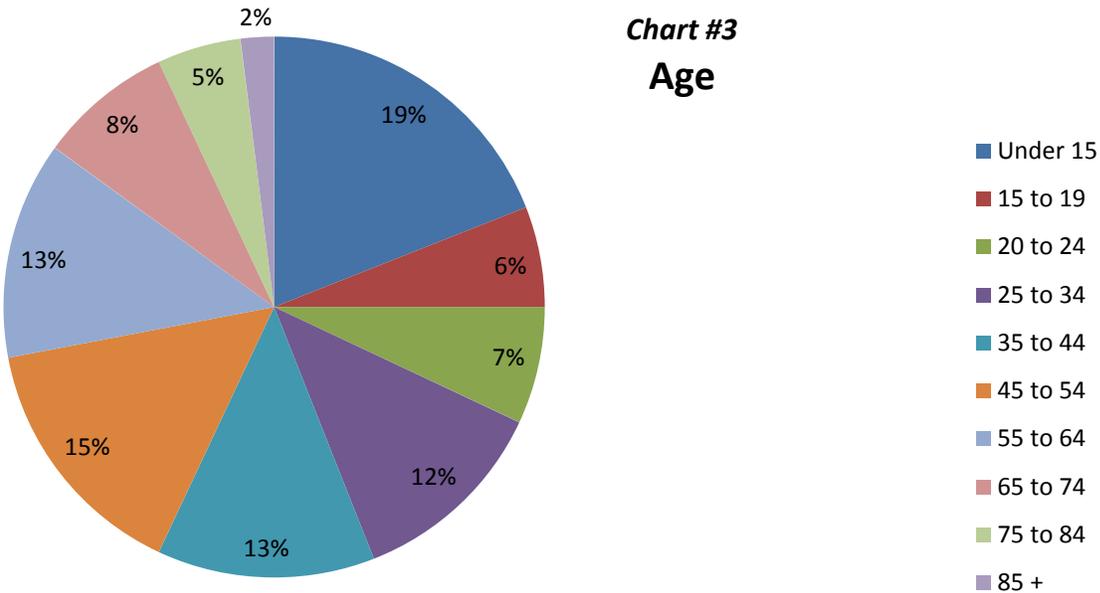
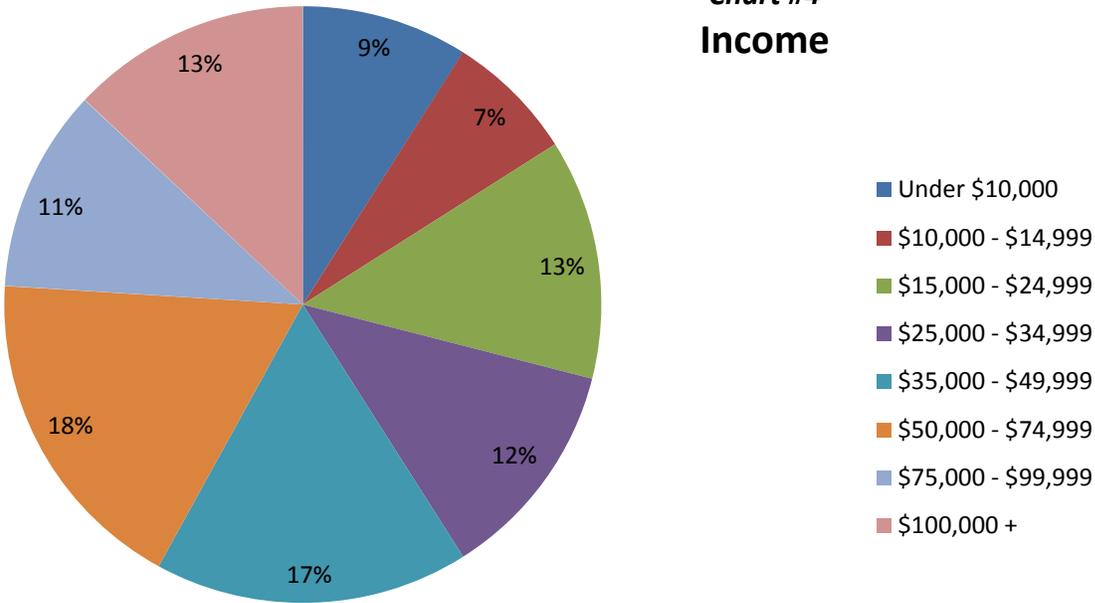


Chart #4
Income



Other demographics:

- 39% of households have own children under 18 years
- 67% of households are families
- Median Income for households in Rowan County is \$41,925
- Unemployment is 7.2%
- 14.2% of families / 19.1% of individuals are below the poverty level
- 55% of school age children are eligible for free lunch (According to County Health Rankings)
- 15.5% of households participate in SNAP (receive food stamps)
- 17% of civilians in Rowan County do not have health insurance

One of the sections in the Public Survey was Quality of Life. Respondents were asked to react to 7 statements; 4 of those were non-health. Following are the responses for the non-health issues.

Table #1

QUALITY OF LIFE STATEMENTS	Strongly Disagree	Disagree	Disagree + Strongly Disagree	Agree	Strongly Agree	Agree + Strongly Agree	Don't Know	No Answer
There are enough jobs & opportunities to move up in Rowan County.	15%	36%	51%	29%	6%	35%	11%	3%
Rowan County is a good place to raise children.	2%	12%	14%	65%	14%	79%	6%	1%
Rowan County is a good place to grow older.	3%	11%	14%	61%	15%	75%	7%	3%
Rowan County is a safe place to live.	4%	15%	19%	63%	10%	73%	5%	3%

These responses show that most Rowan County citizens feel positive about their quality of life, but there is concern about job opportunities.

The following table provides the top ten Community Issues as voiced by the Public Survey respondents.

Table #2

COMMUNITY ISSUES	Major Problem	Somewhat of a Problem	Major + Somewhat	Not a Problem	Don't Know	No Answer	Don't Know + Answer
Homelessness	34%	28%	62%	8%	12%	18%	30%
Unemployment/Underemployment	34%	25%	59%	9%	14%	18%	32%
Gangs	33%	24%	57%	9%	17%	17%	43%
Non-Violent Crime	26%	30%	56%	9%	15%	20%	35%
Violent Crime	28%	26%	54%	1%	15%	19%	34%
Domestic Violence	28%	26%	54%	10%	16%	20%	36%
Child Abuse & Neglect	24%	26%	50%	12%	19%	19%	38%
Lack of /Inadequate Health Ins.	24%	24%	48%	14%	17%	21%	39%
Inadequate/Unaffordable Housing	23%	25%	48%	14%	17%	21%	38%
Racism	21%	27%	48%	18%	16%	18%	35%

The percentage of people that did not answer the Community Issues questions or said they "Don't Know" is extremely high. This would make it difficult to prioritize these issues if the percentage that expressed opinions on what is a problem had not been so high. The percentage of people who don't know or did not respond is an indicator of lack of involvement. It is not possible through this survey to determine why this no opinion response is so high, but it does inform the health community (and other communities such as government, economic development, education) that stimulating action by citizens will be exceptionally challenging.

Key Informants ranked 9 issues at 25% or above.

Table #3

Issue	% Response
Poverty	66%
High Unemployment	59%
Depressed Economy	54%
Typical household income is insufficient to maintain a family	44%
Gang Activity	42%
Transition from textiles has been difficult	41%
High School dropout rate	31%
Very conservative attitude of elected officials keeps County from growing/improving	29%
Lack of Skilled labor Force	25%

There were 5 issues that came up in both Focus Groups:

- Typical household income inadequate to sustain families
- Depressed local economy
- Lack of skilled labor force
- Burglaries
- Quality of local School System

Education

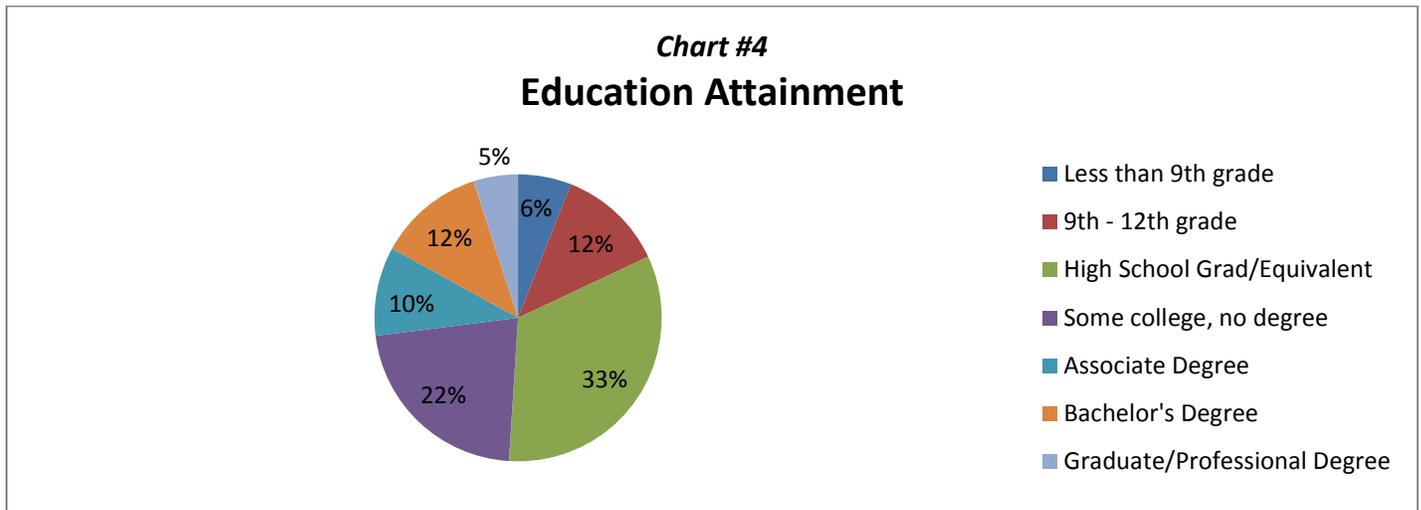
There are 35 schools in the Rowan Salisbury School System. The breakdown is: 20 Elementary Schools, 7 Middle Schools and 8 High Schools. The Dropout Rate for 2013-14 is 1.44 up from 1.17 in 2012-2013 according to <http://www.ncpublicschools.org>. Following is a table showing the SAT combined score (Math + Critical Reading + Writing) for Rowan County in the last 3 years; these statistics are from the www.ncpublicschools.org website.

Table #4

Year	Percentage of Students Testing	Score
2013	50.4%	1405
2014	45.7%	1399
2015	42.6%	1384

There has been a decline in the percentage of students taking SAT and in the cumulative score.

Following is a chart showing the education attainment of Rowan County citizens 25 years of age and older according to the 2010-2014 American Community Survey 5-year Estimates:



Following are results from the Public Survey and Key Informant Interviews about the local School System.

- In the Public Survey 36% of respondents said that the Quality of K-12 Education is a problem (major or somewhat); 22% said it is not a problem and 42% said they Don't Know or gave no answer.
- The following are responses by Key Informants in interviews or in the questionnaire:
 - 31% said the Drop Out rate is a concern/problem
 - 8% said the Quality of the School System is a concern/problem
 - 7% said Illiteracy is a concern/problem

There are also 3 colleges in the County: Livingstone College and Catawba College – private liberal arts colleges – and Rowan Cabarrus Community College (RCCC).

Summary of Health and Wellness Resources Inventory

A complete inventory of Health and Wellness Resources is provided in the “Health and Wellness Resource Directory” Appendix. Following is a summary of those resources:

Medical Resources

1 Bariatric Surgery	1 Inpatient Psychiatric Ctr	10 Optometry Practices
4 ENT & Allergy Practice	2 Surgical Practices	2 Pain Mgt Practices
16 Family Medicine	4 Urgent Care	1 Pediatric Cardiologist
1 Pediatric	1 Urology Practice	1 Pediatric Neurologist
Gastroenterology Practice	1 Oncology Center	5 Pediatric Practices
1 Heart & Vascular	13 Chiropractic Centers	3 Physical Therapy
1 Hospital	43 Dental Practices	1 Plastic and Oral Surgery
1 Infectious Disease Specialist	1 Dermatology Practice	32 Mental Health and/or Substance Abuse Providers
6 Internal Medicine	2 Dialysis Centers	1 Pulmonology Practice
1 Neurology & Sleep	1 Emergency Care Center	1 Spine/Neurosurgical
4 Ob/Gyn Practices	1 Endocrinology Center	1 Weight Loss Specialist
1 Gyn/Aesthetics Center	2 Hearing Specialists	4 Free or Sliding Scale Fee Health Care Clinics
7 Orthopedic Centers	18 Home Health Providers	21 Assisted Living and/or Long Term Care Facilities
1 Prenatal Clinic	1 Hospice Provider	
1 Primary Care Practice	1 VA Hospital	
1 General Psychiatric	1 Massage Therapist	
1 Geriatric Psychiatric	1 Multi-Specialty Practice	
	2 Ophthalmology Practices	

No Cost Resources

2 Shelter Providers	5 Food Providers	2 Clothing Providers
1 Crisis Assistance Provider	1 Life Coaching Provider	

Health Related Resources

Meals	Mental Health Support	Veteran’s Assistance
Adult Day Care	Transportation	Support Groups
Sight & Hearing Assistance	Government Aid	

Wellness Resources

4 CSAs	Healthy Eating Instruction
1 Dance Class Ctr	Nutrition Program
Disaster Relief	3 Retail Nutrition Centers
Domestic Violence/Sexual Assault Council	1 Senior Center
7 Farmers Markets/Retail Farms	Support Services for intellectual/developmental disabled
3 YMCA Facilities	
1 Commercial Fitness Center	

Health Data Collection Process

One of the difficulties in Rowan County is the lack of interest in and ownership of health – individually and collectively. Therefore, it was a challenge to get people, even elected officials, to participate in the provision of opinion and data. Participation in Focus Groups was also challenging. The School District’s rules and concerns hampered participation by its staff and students. Therefore the CHA Team and its consultant took the surveying to the community through medical practices, RCDSS, Rowan Chamber of Commerce, the 3 YMCA locations and Ruffy-Holmes Senior Center. An online version was offered; 69% of the Public Surveys were done on paper, 31% were done online. To ensure adequate input information was gathered from 66 Key Informants through interview or an online questionnaire. The Key Informants included representatives of local government, chamber of commerce, school system, law enforcement, emergency services, religious community, social services, medical community, business and non-profit.

Following are the steps used to gather public input.

- Public Survey instrument was developed using the template in the CHA Guidelines as the basis. The CHA Team made some modifications and additions based on the ongoing programs of Healthy Rowan!, RCHD and NHRMC.
- The survey was submitted to the Healthy Rowan! Board for edits and approval.
- Open-ended questions were developed to be used in the Focus Groups and Key Informant Interviews.
- Simultaneously Focus Groups were held, Key Informant interviews were conducted and solicitation of Public Surveys was begun.
- From the input of the Focus Groups and Key Informant interviews an online questionnaire was developed to facilitate input from more Key Informants. The questionnaire provided multiple choice answers and “other” space for each of the questions. The multiple choice answers were those most commonly given in the Focus Groups and early Key Informant interviews. The percentage of responses for each question is provided in the Public Input Results and Analysis Appendix.
- Solicitation of the Public Surveys continued until a minimum of 300 was reached.
- It was difficult to get participation by males in the survey. Efforts to get adequate representation of males included: Targeting men visiting RCHD and RCDSS, encouraging participation in the survey at organizations and businesses that have predominantly male employees and soliciting surveys at local Urology clinics.

The percentage of responses by demographic is provided in the Public Input Results and Analysis Appendix. Also provided in the appendix is the percentage of the population by demographic according to the American Community Survey 5-year Estimate.

The percentage of respondents for every question on the Public Survey is provided in the Public Input Results and Analysis Appendix. In the Public Survey there was a high number of “no answer” or “Don’t Know” on a large number of the questions. The non-answers were across the board on all demographics. That information is available in the Appendix.

Secondary data was gathered by the CHA Team and the consultant using the following sources:

- Sources provided/suggested in the CHA Guidelines
- Rowan County Health Department internal and external sources
- Novant Health Rowan Medical Center
- Community Care Clinic of Rowan

Health Data Results

Highlights of collected data are presented here; additional details and charts are provided in the Public Input Results and Analysis Appendix.

Table #5
Rowan Compared to State and Peer County Statistics
Information from State Center for Health Statistics

Indicator	Year	Rowan	Gaston	Pitt	Robeson	North Carolina
Percentage of Adults Getting Required Amount of Physical Activity	2009	39.4%	45.2%	42.3%	31.9%	46.4%
Adults current Smokers	2010	19.2%	26.6%	20.7%	24.8%	19.8%
Adults NOT Obese or Overweight	2010	32.1%	42.0%	27.3%	34.3%	34.7%
Adults Who Consume 5 or more servings of Fruit & Vegetables per Day	2009	19.2%	18.5%	16.8%	16.2%	20.6%
Adults with permanent teeth removed	2008 – 2010	50.3%	45.8%	36.0%	62.4%	43.7%
Cancer Incidence per 100,000 population	2006 - 2010	506.4	493.6	480.0	456.2	482.2
Poor Mental Health Days – Average number of days in last 30 days	2010	4.3	4.4	2.6	4.0	3.6
Traffic Crashes Alcohol Related	2011	4.76%	5.83%	4.48%	6.32%	5.14%
Uninsured Non-Elderly Individuals	2009 – 2010	19.4%	19.0%	20.0%	23.0%	19.6%
Medicaid Enrolled Children Who Received Any Dental Services During Previous 12 months	2011	50.5%	51.9%	43.9%	44.7%	53.4%
Average Number of Decayed Missing or Filled Teeth per Kindergartner	2009	1.46	1.63	4.51	2.99	1.50
Bronchus & Lung Cancer Incidence per 100,000	2006 – 2010	82.5	83.8	65.1	74.9	74.8
Life Expectancy at Birth – years	2010 – 2012	75.9	75.6	77.9	74.3	78.2
Adults Reporting Good, Very Good or Excellent Health	2010	79.5%	82.6%	83.4%	69.1%	81.9%
Individuals Living In Poverty	2010	20.1%	19.9%	21.6%	31.5%	17.4%
4-year High School Graduation Rate	2011 – 2012	81.1%	77.9%	73.0%	82.6%	80.4%

The worst county is highlighted in orange. The best county is highlighted in purple. Rowan County ranks best in 3 of these 17 indicators (Adults Current Smokers, Adults consuming fruits & vegetables and Average number of decayed, missing or filled teeth per Kindergartner) and worst in only 1 (Cancer Incidence per 100,000). However, there are several indicators where Rowan County ranks very close to the worst. Rowan County ranks worse than the State in 11 of the 17 indicators.

In the Public Survey respondents ranked the following as the top 10 health problems in the County. (All of the responses for these and the other 12 health problems are provided in the Public Input Results and Analysis Appendix.) The percentage below shows how many respondents said the issue is a problem (Major or Somewhat).

- | | |
|--------------------------------------|---|
| 1. Tobacco Use/Smoking – 72% | 6. Inactivity/Lack of Physical Activity – 65% |
| 2. Obesity Overweight - 70% | 7. Diabetes – 60% |
| 3. Illegal Drug Use – 70% | 8. Teenage Pregnancy – 60% |
| 4. Abuse of Prescription Drugs – 67% | 9. Mental Illness – 58% |
| 5. Alcoholism/Alcohol Abuse – 66% | 10. Dental Health – 56% |

The Key Informants top ten health problems (with percentage of respondents):

1. Obesity – 86%
2. Diabetes – 76%
3. Tobacco Use – 73%
4. Drug/Alcohol Abuse – 73%
5. Dental Care – 56%
6. High Blood Pressure/Hypertension – 53%
7. Heart Disease – 53%
8. Mental Health Issues – 52%
9. Breathing/Respiratory Problems (COPD, Asthma, etc.) – 47%
10. High Cholesterol – 32%

Following are the Leading Causes of Death 2010 - 2014 (per 100,000 age adjusted unless noted) for Rowan, its peer counties and the State. Source: <http://www.schs.state.nc.us/data/vital.cfm#vitaldms>

Table #6

Cause	Rowan	Gaston	Pitt	Robeson	North Carolina
Heart Disease	186.7	201.4	172.1	209.8	165.9
Diabetes	25.1	19.6	27.5	46.8	22.1
Kidney	19.0	17.4	23.6	14.1	17.0
Chronic Liver Disease & Cirrhosis	12.9	14.5	9.0	11.7	9.7
Stroke	52.3	43.0	46.9	46.3	43.0
Cancer – All	194.8	195.9	170.4	195.0	171.8
Cancer – Trachea Bronchus & Lung	60.8	63.9	46.5	60.5	50.6
Chronic Lower Respiratory Disease	58.7	74.8	38.6	42.4	46.0
Alzheimer’s	42.5	46.7	29.9	45.3	29.2
Septicemia	17.8	24.9	12.3	15.7	13.0
Pneumonia & Flu	31.4	27.9	10.6	14.6	17.6
Unintentional Motor Vehicle Injury	17.6	12.3	13.1	31.7	13.5
All Other Unintentional Injuries	41.2	42.5	30.7	36.9	29.6
Suicide (4 th leading cause of death in NC)	16.3	13.9	10.4	12.6	12.4
HIV	2.3	2.8	4.5	3.5	2.6
Homicide	6.9	4.7	6.4	19.8	5.7
Infant Mortality per 1,000 live births	7.9	7.7	10.8	12.0	7.1

The worst County is highlighted in orange. The best County is highlighted in purple. Rowan County ranks best in only one cause (HIV). The County ranks worst in 3 causes (Chronic Liver Disease & Cirrhosis, Pneumonia & Flu, and Suicide). Rowan ranks worse than the State in 16 of 17 causes. On many of the causes Rowan County ranks very close to the worst County.

There was not significant difference between gender or race for most Causes of Death. Following are the causes that did have significant difference.

- Diseases of Respiratory System - Caucasian 1.4% compared to .04% African American and .007% of other minorities
- External Causes (car accident, drowning, etc.) – Male 1.2% compared to .08% Female; 1.1% Caucasian compared to .08% African American and .007% other minorities
- Mental Disorder Deaths are almost twice the rate for Females as Males; it is almost three times the rate for Caucasian as for African Americans
- Deaths by Liver Disease is almost three times as high for Caucasians as African Americans; it is three times as high for Males as for Females

Analysis of these Cause of Death statistics shows several areas where Rowan County has sizable problems.

- Heart Disease – 11% higher than the State
- Diabetes – 12% higher than the State
- Kidney Disease – 10% higher than the State

- Stroke – worse all than peers, 18% higher than the State, 10% higher than the nearest peers
- Cancer (Trachea, Bronchus & Lung) – 17% higher than the State
- Chronic Lower Respiratory Disease – 22% higher than the State
- Pneumonia & Flu – worse than all peers, 44% higher than the State, 11% higher than the nearest peer
- Suicide – worse than all peers, 24% higher than the State, 15% higher than the nearest peers

The first 4 causes are related to Obesity and poor nutrition. Cancer (Trachea, Bronchus & Lung) and Respiratory Disease are often related to Tobacco Use. Pneumonia & Flu deaths occur more often in people who have other conditions especially those related to Obesity and Tobacco Use. Suicide is related to Mental Health. Obesity and related diseases/conditions, Tobacco Use and Mental Health (along with related conditions such as substance abuse) were all rated as health problems for Rowan County as illustrated by data from the Public Survey and Key Informants in previous pages and in the Public Input Results and Analysis Appendix.

A comparison of Rowan County to its peer counties and the state for all 35 outcomes and factors in the County Health Rankings is provided in the Databook Appendix. Rowan County ranked the worst of its peer counties in 5 indicators. The following table details those 5 indicators.

Table #7

Indicator	Rowan	Gaston	Pitt	Robeson	State
Primary care physicians	2,424:1	1,530:1	1,009:1	2,221:1	1,448:1
Mental health providers	551:1	525:1	297:1	550:1	472:1
Diabetic monitoring (percentage of Medicare clients on diabetic monitoring)	89%	88%	89%	86%	89%
Air pollution – particulate matter	12.7	12.7	11.8	12.1	12.3
Driving alone to work	85%	85%	83%	84%	81%

The County who has the worst rank in the four-county comparison is highlighted in orange; the best in purple.

Although Rowan County was not the worst in several indicators that were important to the citizens of the County (as indicated in the Public Survey and by Key Informants) they did not rank well. The following shows Rowan County’s ranking compared to its peer counties and the State on these indicators.

Table #8

Indicator	Rowan	Gaston	Pitt	Robeson	State	Notes
Premature Death	9,034	8,906	7,610	11,259	7,212	20% higher than the State, well above 2 other peers, almost twice the rate of top US performers
Poor or Fair Health	22%	21%	17%	26%	18%	4% higher than the State & 12% higher than top US performers, 4 % less than worst peer
Poor physical health days	4.2	4.5	3.6	4.8	3.6	.6 higher than the State & 1.7 higher than the top US performers
Poor mental health days	4.2	4.5	3.2	3.7	3.4	.8 higher than the State, 1.9 higher than the top US performers & .3 less than worst peer.
Adult smoking	25%	26%	19%	26%	20%	5% higher than the state & 11% higher than top US performers, only 1% less than the worst counties
Adult Obesity	34%	31%	37%	40%	29%	5% higher than the state & 9% higher than the top US performers
Physical inactivity	30%	29%	25%	35%	25%	5% higher than the state & 10% higher than the top US performers

Rowan County ranks best in 10 of the 37 indicators as illustrated below.

Table #9

Indicator	Rowan	Gaston	Pitt	Robeson	State
Low birthweight	9.6%	9.8%	10.4%	11.2%	9.1%
Food environment index	6.4	6.2	6.1	5.5	6.6
Access to exercise opportunities	83%	78%	61%	36%	76%
Alcohol-impaired driving deaths	27%	39%	30%	34%	33%
Preventable hospital stays	56	59	57	106	57
Children in poverty	28%	28%	31%	44%	25%
Income inequality	4.7	4.8	5.6	5.2	4.8
Social associations	15.5	14.5	9.9	11.1	11.7
Violent crime	315	391	409	819	355
Severe housing problems	15%	18%	23%	18%	16%

Additional Measures from County Health Rankings

Table #10

Indicator	Rowan	Gaston	Pitt	Robeson	State
Could not see doctor due to cost	21%	18%	16%	25%	17%
Diabetes	13%	14%	9%	16%	11%
Drug Poisoning Mortality Rate	21	23	9	11	12

Of significant note is the disparity between the percentage of Rowan County citizens that have access to exercise opportunities (83%) and the percentage of Physical Inactivity (30%). Also, the State Center for Health Statistics reports that the *Percentage of Adults Getting Required Amount of Physical Activity* in Rowan County is 39.4%, which is 7% less than the State percentage. These factors clearly show that there are sufficient opportunities to exercise, but Rowan citizens are not utilizing them. Citizens have access to the following exercise opportunities:

5 Gyms/Health Clubs/Fitness Centers
 44 Parks
 1 Public Pool
 4.2 Miles of Greenway

Wilderness Area
 City and County Recreation Programs
 Dance classes

Key Informants were asked “What are the positives in Rowan County related to health and wellness?” Most of their responses are related to physical activity. This validates that there is sufficient opportunity for physical activity.

Table #11

Opportunities	% Response
YMCAs	81%
Parks	59%
Climate	41%
Sidewalks in some areas	40%
Trails	40%
Rufty-Homes Senior Center	38%
Fitness Centers	33%
School System “Move More” programs	21%
Activities for youth	21%
Back Pack Meal Program	19%
Golf Courses	19%
Novant’s involvement in community and commitment to quality , easily available care	17%
Strong Cross Fit, Cycling & Running Communities	12%
Increase in Healthy Food Options	12%
Forest Managed Land	10%
Availability of Water Sports	10%
Free & Reduced Fee Clinics	5%

No Answer 12%

In the Public Survey respondents confirmed having health conditions as follows.

Table #12

Health Condition	Yes	No	Don't Know	No Answer	Currently on Medication for this?
Obesity/Overweight	30%	64%	1%	5%	1% of Yes Respondents
High Blood Pressure/Hypertension	27%	67%	1%	5%	32% of Yes Respondents
Depression or anxiety disorder	26%	68%	1%	5%	27% of Yes Respondents
Dental Problems	23%	71%	1%	5%	1% of Yes Respondents
High Cholesterol	19%	75%	1%	5%	35% of Yes Respondents
Arthritis	16%	79%	1%	4%	67% of Yes Respondents
Asthma	14%	81%	.3%	4.7%	64% of Yes Respondents
Diabetes (not during pregnancy)	12%	82%	1%	5%	31% of Yes Respondents
STD	5%	88%	1%	6%	16% of Yes Respondents
Cancer	4%	90%	1%	5%	13% of Yes Respondents
Glaucoma	3%	90%	1%	6%	40% of Yes Respondents
Heart Disease/ Angina	3%	91%	1%	5%	40% of Yes Respondents
Osteoporosis	3%	90%	.5%	6.5%	0
COPD/Respiratory Illness	2%	91%	1%	6%	14% of Yes Respondents
Sickle Cell Anemia	1%	92%	1%	6%	0
Stroke	1%	92%	1%	6%	0
Alzheimer's Disease	.2%	94%	.8%	5%	0

According to the Health Indicator Warehouse at www.healthindicators.gov the following indicators have improved or worsened for Rowan County between 2005-2011 and 2006-2012. (A comparison of Rowan County, its peer counties and the State is included in the Databook Appendix.)

- Diagnosed Diabetes – 7% improvement
- High Blood Pressure – 4% improvement
- Obesity Age Adjusted Adults 18+ - 2% improvement
- High Cholesterol Medicare Beneficiaries 65+* – 11% worse
- Binge Drinking Adults Age Adjusted – 1% improvement
- Social-emotional health support lacking: Adult Age Adjusted – .7% improvement

In most cases the improvement is so slight that it has virtually no impact on the health of Rowan County citizens. The degree to which High Cholesterol incidence in Medicare Beneficiaries has increased between 2008 and 2012 is substantial.

The following morbidity statistics also illustrate the health situation in the County.

Rowan County Health Department clients with health conditions:

Hypertension – 29	Heart Disease – 13
Diabetes on medication – 158	BMI over 30 or Obesity – 658
Diabetes not on medication – 1	High Cholesterol - 17

RCHD clients are primarily middle age adults and youth, so these numbers do not reflect the senior population

Community Care Clinic of Rowan County, Inc clients with health conditions:

Hypertension – 498	Bariatric Surgery – 12
Diabetes on medication – 298	BMI over 30 - 479
Stroke/CVA – 90	

Krista Woolly, Executive Director of CCCR, had this to say about Obesity, "It is so very prevalent in the low income population. In my opinion, it is multi-generational, it is low health literacy and most importantly it is that fatty,

processed foods are WAY cheaper. We've found that when our patients do get fresh fruits and veggies, they don't know how to cook them or don't have access to a place to cook them (no running water, stove, etc.)"

In the Public Survey section on Quality of Life the respondents were asked to express an opinion on 2 personal health issues. Following are the details on those responses.

Table #13

QUALITY OF LIFE STATEMENTS	Strongly Disagree	Disagree	Disagree + Strongly Disagree	Agree	Strongly Agree	Agree + Strongly Agree	Don't Know	No Answer
I consider myself to be generally healthy	2%	5%	7%	61%	27%	88%	2%	2%
My life style habits (diet, physical activity, etc.) are generally healthy.	10%	14%	24%	62%	19%	81%	3%	1%

The responses by individuals participating in the Public Survey about their personal health are contradictory to other opinions and data collected. Specifically:

- 88% said they consider themselves to be generally healthy; but 30% said they have been diagnosed as Obese/Overweight, 27% have Hypertension and 19% have High Cholesterol. The County Health Rankings report that 34% of adults in the County are Obese and 89% of Medicaid beneficiaries are on diabetic monitoring. RCHD and the Community Care Clinic report high numbers of patients with Hypertension, Diabetes, Heart Disease, Stroke and Obesity. Also, these conditions are ranked as major concerns in the Public Survey and by Key Informants as follows

Table #14

Condition	Public Survey	Key Informants
Obesity	70%	86%
Diabetes	60%	76%
Hypertension		53%
High Cholesterol		32%
Heart Disease	49%	53%

- 81% said their lifestyle habits are generally healthy; but 65% of Public Survey respondents said that Inactivity/Lack of Physical Activity is a problem. The County Health Rankings says that 30% of County residents are Physically Inactive (higher than 2 Peer counties and the State). According to the NC State Center for Health Statistics, 39.4% of Adults Get Required Amount of Physical Activity and 19.2% of Adults Consume 5 or more servings of Fruit & Vegetables per Day. Key Informants felt the life style of County citizens is not very healthy. When asked what kept people in the County from being healthy they had these responses:
 - Lack of fitness activity – 78%
 - Unhealthy Life Style – 71%
 - Culture of bad health habits – 68%
 - Poor nutrition – 65%
 - Lack of knowledge/understanding about the benefits of a healthy life style – 48%

Following is information from the Public Survey respondents about their life style.

Table #15

	Weekly	Monthly	Regularly	Occasionally	DO	Never DO	No Answer
Participate in a physical activity to benefit your health	15%	22%	21%	29%	85%	8%	5%
Eat fruits & vegetables on a daily basis	27%	4%	39%	14%	84%	9%	7%
Have physical pain or health problems that make it hard for you to do your usual activities.	8%	3%	8%	32%	51%	40%	9%

Also, 55% of Public Survey respondents said they participated in a physical activity to benefit their health in the last 7 days. According to American Community Survey 15.5% of households participate in SNAP (receive food stamps).

There was no significant difference between demographic groups (gender, age, race, income level). Detailed information by demographic is provided in the Public Input Results and Analysis Appendix.

There is a contradiction between the secondary data and the opinion of Key Informants and Public Survey respondents on their personal life style. This could mean that the people who did the Public Survey have a healthier life style than most Rowan County residents. More likely it means that people do not look at their own life style very realistically.

Tobacco Use was a major concern for both the Public Survey respondents and the Key Informants. This health problem was ranked number 1 in the Public Survey with 72% of the people saying it is a problem (major or somewhat). It was ranked number 3 by Key Informants – 73% said it is a problem. Additional data that validates this is a health problem in Rowan County include:

- The County Health Rankings report that 25% of Rowan County citizens smoke. This is 5% higher than the State and only 1% less than the worst peer county.
- Tobacco Use is related to two of the State’s Leading Causes of Death. According to the County Health Rankings:
 - Chronic Lower Respiratory Disease – Rowan County is 22% higher than the State
 - Pneumonia & Flu – Rowan County is worse than peer counties, 44% higher than the State and 11% higher than the nearest peer
- According to the NC State Center for Health Statistics, 19.2% of citizens smoke.
- In the Public Survey respondents provided the following:
 - 44% feel that Lung Diseases (COPD, Asthma, etc.) is a problem
 - 17% smoked within the last 7 days
 - 20% were exposed to second hand smoke in the last 7 days
 - 7% used a tobacco product other than cigarettes in the last 7 days
 - 21% said they smoke (3% weekly, 1% monthly, 9% regularly, 8% occasionally); 15% of respondents did not answer this question
 - 42% are exposed to second hand smoke (4% weekly, 1% monthly, 11% regularly, 26% occasionally); 12% did not answer this question
 - 9% said they use tobacco products other than cigarettes (2% weekly, 4% regularly, 3% occasionally); 12 did not answer this question
 - The number of female respondents who smoke was significantly higher than males.
 - The number of African Americans who smoke frequently is higher than other races

- The number of male respondents who use tobacco products other than cigarettes is significantly higher than females

Details by demographics are provided in the Public Input Results and Analysis Appendix.

- The NC State Center for Health Statistics reported an incidence rate of 82.5 per 100,000 from Bronchus & Lung Cancer. This is only 1.3 better than the worst peer county (Gaston) and is 17.4 higher than the best peer county and 7.7 higher than the State.
- According to <http://www.schs.state.nc.us/data/vital.cfm#vitaldms> the number of deaths per 100,000 from Trachea, Bronchus & Lung Cancer is 60.8 for Rowan County; that is 10.2 higher than the state.
 - The Healthy Rowan! Board has expressed concern about the rapid acceptance and use of e-cigarettes. Because those using e-cigarettes can choose the ingredients, many are including nicotine in order to continue consumption of this harmful product without breaking laws or rules. Not much information is available on the other ingredients, so the level of harmfulness is not known or understood. The Federal Drug Administration (FDA) conducted a preliminary analysis on some samples of electronic cigarettes and components from two leading brands. [<http://www.fda.gov/NewsEvents/PublicHealthFocus/ucm173146.htm>] Only e-cigarettes that are marketed for therapeutic purposes are currently regulated by the FDA Center for Drug Evaluation and Research (CDER). The FDA has issued a proposed rule that would extend the agency’s tobacco authority to cover additional products that meet the legal definition of a tobacco product, such as e-cigarettes.

Mental Health and related conditions and issues (substance abuse, DUI vehicle accidents and death, suicide, etc.) are of major concern in Rowan County. Following are the responses from Public Survey participants about issues directly related Mental Health and associated problems.

Table #16

HEALTH PROBLEMS	Major Problem	Somewhat of a Problem	Major + Somewhat	Not a Problem	Don't Know	No Answer	Don't Know + No Answer
Illegal Drug Use	51%	19%	70%	17%	8%	5%	13%
Abuse of Prescription Drugs	43%	24%	67%	20%	10%	3%	13%
Alcoholism/Alcohol Abuse	31%	35%	66%	20%	8%	4%	12%
Mental Illness	27%	31%	58%	20%	19%	3%	22%
Suicide	18%	28%	46%	25%	25%	4%	29%

These are the Public Survey responses on problems that can be related to Mental Health and associated problems.

Table #17

HEALTH PROBLEMS	Major Problem	Somewhat of a Problem	Major + Somewhat	Not a Problem	Don't Know	No Answer	Don't Know + No Answer
Motor Vehicle Injuries	15%	34%	49%	28%	19%	4%	23%
Sexually Transmitted Diseases (STDs)	20%	25%	45%	22%	29%	4%	33%
Non-Vehicle Injuries	8%	23%	31%	33%	29%	7%	36%
Kidney Disease	8%	20%	28%	30%	38%	4%	42%
Birth Defects	7%	17%	24%	36%	37%	3%	40%

Key Informants also shared that Mental Health and associated issues are a problem. Following are their responses on these issues:

Drug /Alcohol Abuse – 73%

Mental Health Issues – 52%

Kidney Disease – 23%

In the Public Survey:

- 26% of the Survey respondents reported having Depression or Anxiety Disorder.
- 27% of those reporting having Depression or Anxiety Disorder are taking medication for it.
- 29% more Females in this Survey experienced this condition than Males
- Caucasians experience this condition at a 51% higher rate than African Americans in the Survey

When Key Informants were asked “What keeps people in your community from being healthy?” – 43% said Lack of Mental Health Care and 34% said Lack of Understanding About Mental Health Issues. In the Public Survey 33% of respondents said that “Access to Mental Health Services” is a Problem (Major or Somewhat), 24% do not think it is a problem and 43% did not express an opinion. Key Informants ranked “More Mental Health Resources” as the number 1 missing health care resource/service in the County (52%). Both Focus Groups said the Mental resources (Psychiatrists, in-patient treatment facilities, support, awareness of symptoms as opposed to medication side-effects) are a major need in the County.

In the Public Survey 36% of respondents said that “Feeling sad or worried keeps them from going about their normal business” (Weekly – 3%, Monthly – 1%, Regularly – 5%, Occasionally – 27%), 54% said they never do and 10% did not answer. The NC State Center for Health Statistics reports that the average number of Poor Mental Health Days in the last 30 days is 4.3 days; this is .7 days higher than the State, .1 day lower than the worst peer county and 1.7 days more than the best peer county.

According to the County Health Rankings, Rowan County has the worst ratio of Mental Health Providers compared to its peer counties; the ratio is 551 to 1. In conducting the Resource Inventory 10 Psychiatrists were identified, one of these is a Pediatric Specialist. During the inventory 32 Mental Health and/or Substance Abuse Providers were identified. From February through October 2015 the Novant Health Rowan Medical Center Emergency Department saw 1184 adults (averaging 118 per month) and 149 Child/Adolescents (averaging 15 per month) for Mental Health Issues.

As stated earlier Rowan County has the worst Suicide rate among its peer counties according to the data from <http://www.schs.state.nc.us/data/vital.cfm#vitaldms>. Rowan is 24% higher than the State and 15% higher than the nearest peer.

Another problem related to Mental Health is Substance Abuse – alcohol, illegal drugs and prescription drugs abuse. As shown on the previous pages, this is a substantial problem for Rowan County:

Illegal Drug Use – 70% Abuse of Prescription Drugs – 67% Alcoholism/Alcohol Abuse – 66%

According to the County Health Rankings 10% of Rowan residents participate in Excessive Drinking. This statistic is better than the State and 2 of the 3 peer counties; Robeson is at 9%.

People in the Focus Groups communicated that some of Rowan Counties growing non-health problems are related to drug/alcohol abuse including: Gang Activity, Violent Crime, Drop-out Rate and Lack of Employability (applicants cannot pass drug test, employees miss work). County Health Rankings report that 27% of driving deaths involve alcohol consumption; this statistic is lower than the State and all 3 peer counties.

Although only a small amount of Survey takers said they use illegal drugs or misuse prescription drugs, a considerable number did not answer the question). Following are the percentage responses from the Public Survey:

- 1% Used Illegal Drugs in the last 7 days
- .6% Misused Prescription Drugs in the last 7 days

- 2% Use Illegal Drugs (.4% regularly, .6% occasionally), 83% never do, 15% did not answer
- 1% Misuse Prescription Drugs (.4% regularly, .6% occasionally), 85% never do, 14% did not answer

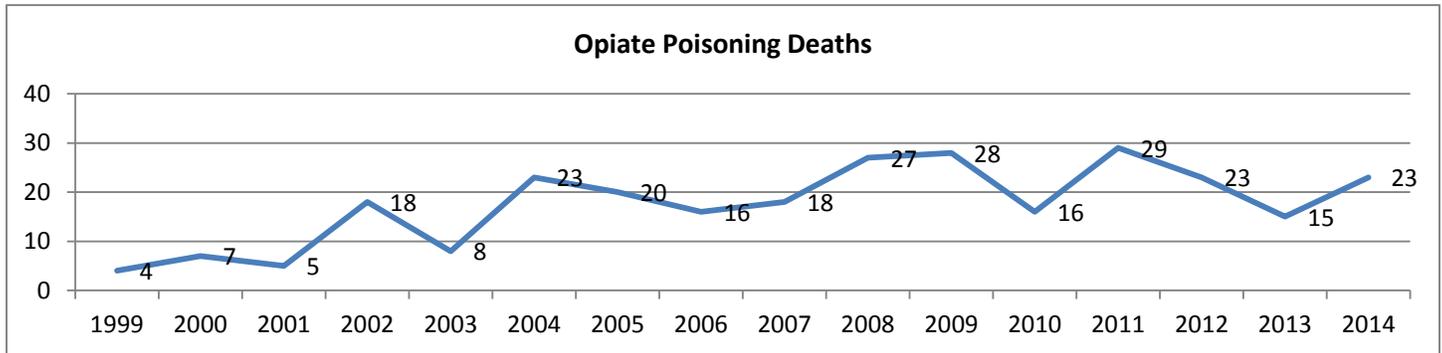
Demographic details are provided in the Public Input Results and Analysis Appendix.

According to the County Health Rankings Rowan County’s Drug Poisoning Mortality Rate compared to its peer counties and the State is:

	Rowan	Gaston	Pitt	Robeson	State
Drug Poisoning Mortality Rate	21	23	9	11	12

Rowan is 75% higher than state. Rowan is 8.7% lower than Gaston, 133% higher than Pitt, 91% higher than Robeson.

Chart #5



Total Opiate Poisoning Deaths 1999 – 2014 for Rowan County was 280. This represents a 475% increase over 15 years.

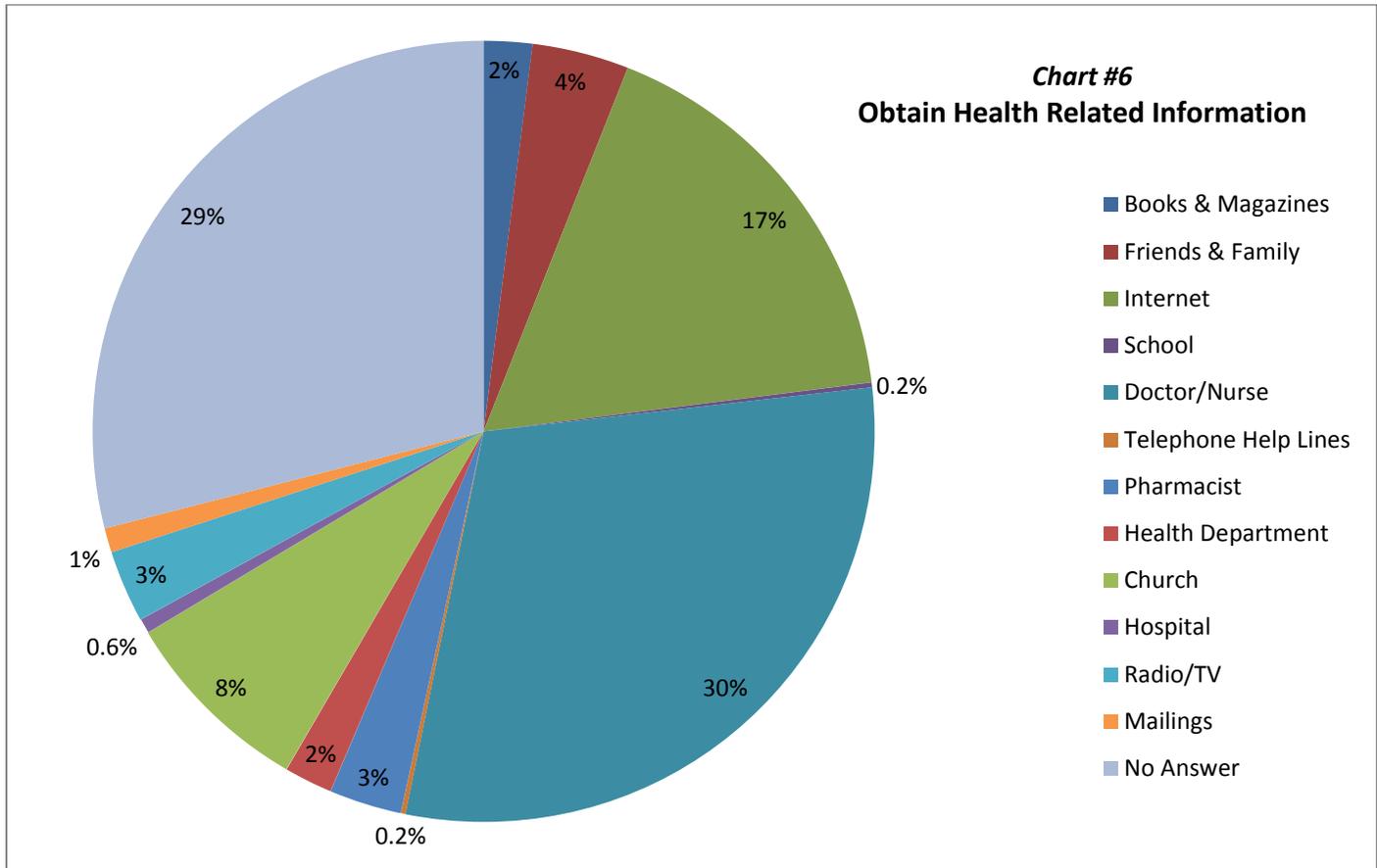
The totals for peer counties are: Gaston – 450 Pitt – 143 Robeson - 95

The Source for this information is the North Carolina Injury & Violence Prevention Branch of the North Carolina Public Health (NCPH).

Influencing the Public on Health and Wellness

As stated earlier in this report there is a lack of interest in and ownership of health – individually and collectively by Rowan County residents. This makes it challenging to influence people to adopt more healthy life styles and practices. Following is data from the Community Input that will inform how to and what will affect the health and wellness of the County residents.

In the Public Survey participants were asked where they got most of their health related information. The following chart shows the responses. The fact that 29% did not answer the question makes it difficult to assess the best methods for dispersing information.



When asked where they go most often when they are sick or need advice about health, Public Survey participants responded as follows:

55%	Doctor’s Office	11%	Health Department	.8%	Mental Health Facility	.2%	Free Clinic
7%	Hospital/Emergency Room	6%	Urgent Care Center	2%	Out of County		

No Answer – 18%

- More than half of the respondents primarily get their health care from Doctor’s Offices in Rowan County and 6% use Urgent Care Centers.
- A significant amount of people, 18%, did not answer this question.
- Only 2% of respondents stated they primarily get their care outside of Rowan County
- The amount of people that use the hospital Emergency Department for most of their health care is 7%
- 11.2% use subsidized agencies for their health care – 11% use RCHD and .2% use a Free Clinic

The Key Informants provided the following input on getting health care in Rowan County. (Respondents were allowed to provide more than one answer):

- Basic Care from
 - Medical practice in the County – 77%
 - Hospital Emergency Room/Department – 56%
 - Urgent Care Center in the County – 11%
 - VA Hospital in Rowan County – 16%
 - Provider outside the County – 7%
- Hospital Care
 - Novant Health Rowan Medical Center – 51%
 - Outside the County – 12%
 - VA Hospital – 7%
- Emergency Care
 - Novant Health Rowan Medical Center – 68%
 - Outside of County – 18%
 - Urgent Care Center – 11%

9% of Key Informants did not answer this question. It was also pointed out that some Rowan County residents live closer to out of County health care providers than they do to Novant Health Rowan Medical Center.

Participants in the Focus Groups stated that most people probably get basic health care from some type of provider inside the County -- medical practice, Urgent Care, free clinic or hospital Emergency Room. They shared that where people get hospital care (including emergency) depends on the location of their residence and family and on the specific care needed. The participants also stated that one of the main reasons people go to an Emergency Room for basic care is because they want to avoid a long wait in a medical practice.

Through the interviews and questionnaire, Key Informants provided their insight on what keeps people in Rowan County from being healthy.

Table #18

What keeps people in your community from being healthy?	% of Responses
Lack of fitness activity	80%
Fast food is cheap / healthy food is expensive	75%
Poor Nutrition	72%
Unhealthy Lifestyle	71%
Culture of bad health habits	68%
Poverty	65%
High insurance premiums and co-pays	43%
Lack of Mental Health Care	43%
Not getting health screenings	37%
Aging population	37%
Lack of understanding about Mental Health issues	34%
Lack of safe places to walk/bike/run in some areas	29%
Lack of transportation to health care	29%
Accessibility to health tools and facilities	23%
Lack of Support Groups for those with health conditions	15%

Only 10% of Public Survey respondents said that they do not have insurance. According to 2010-2014 American Community Survey 5-year Estimates 17% of civilians do not have insurance.

Participants in both Focus Groups listed the following as things that keep people in the County from being healthy:

- Unhealthy Life Style
- Culture of bad health habits
- Accessibility to affordable healthy food
- Accessibility to and/or awareness of health/wellness resources and tools
- Lack of transportation to health care

The Public Survey asked participants to say which of the following are barriers for them or their families to use existing health services in Rowan County? Following are the percentage of responses.

Table #19

Barriers	% of Responses
My/our share of the cost (deductible/co-pay) is too high	23%
Insurance doesn't cover what I/we need	16%
No Health Insurance	14%
Had to wait too long for an appointment	9%
Dentist will not take my/our insurance or Medicaid	6%
Care needed not available in Rowan County	5%
No way to get there	4%
Cannot/could not get an appointment	4%
Afraid of/concerned about the treatment	4%
Other	4%
Medication makes me sick	3%
Doctor will not take my/our insurance or Medicaid	2%
Doctor will not take Medicare	2%
Pharmacy will not take my/our insurance or Medicaid	2%
Dentist will not take Medicare	2%
Didn't know where to go	2%
Hospital will not take my/our insurance	1%

Key Informants were asked if they had, or knew that others had, any concerns about the quality of health care in the County. Following are their responses. (No Answer - 23%)

Table #20

Concern	% of Responses
Cost of health care	61%
Physicians are overloaded and cannot spend enough time with patients	49%
Use of Hospitalist instead of own Provider	35%
Poor opinion of Hospital based on past experience (before Novant)	35%
Long wait in Hospital Emergency Department/Room	29%
Poor opinion of Hospital since it was purchased by Novant	21%
VA Hospital is overloaded	21%
Hospital needs to understand "it's not about the money"	20%
Waiting time for appointment with Provider	16%
Public Officials need to understand "it's not about the money"	14%
Infections in the Hospital	8%
Seniors are required to have too many tests	2%
Changes in insurance provider cause certain medication to not be covered	2%
Loss of hospital staff that had been there for a long time	2%
Lack of psychiatrists causes Primary Care Providers to address mental health issues	2%
The VA hospital routinely routes their patients to the NHRMC Emergency Department	2%
Officials could lead a health movement in the county with quality information about lifestyle and nutrition choices for health	2%

Statistics on Rowan County from the County Health Rankings that apply to healthy life styles are:

- 30% of citizens are Physically Inactive
- 34% of citizens are Obese
- Food environment Index is 6.4 (higher than all peer counties, .2 lower than the State)
- Citizens had an average of 4.2 Poor Physical Health Days out of the last 30
- 22% of citizens say that they are in poor or fair health.
- The overall rank for Rowan (out of 100 NC counties) of Health Behaviors is 70 (1 being the highest.)
- The number of preventable hospital stays (56) in Rowan County is lower than any of its peer counties and the State. (Gaston – 59, Pitt – 57, Robeson – 107, State 57)

Conclusions from this input:

- Cost is the primary barrier to obtaining health care; however unhealthy life styles are the major barrier to wellness.
- 43% of Key Informants feel that *High Insurance premiums and co-pays* are a barrier to being healthy for Rowan County citizens.
- Participants in the Senior Citizen Focus Group stated that *high insurance premiums and co-pays cause people to not seek care*. They also said that *Lack of Health Screenings* is a barrier to being healthy for Rowan County citizens.
- According to County Health Rankings (www.countyhealthrankings.org) 21% of people cannot see a doctor due to cost.
- According to American Community Survey 5-Year Estimates 14.2% of families in Rowan County are below the poverty level; this contributes to the inability to afford proper health care even with insurance.

The Public Survey respondents provided this information about their participation health screenings.

Table #21

Screening	Yes	No	No Answer
Blood Pressure	72%	23%	5%
Blood Sugar	65%	30%	6
Cholesterol	55%	37%	8%
Colonoscopy	14%	70%	16%
Dental	49%	41%	10%
Hearing	22%	63%	15%
Vision	43%	43%	14%
Next 3 for Women Only	% of Female Respondents only		
Mammogram	33%	59%	8%
Pap Smear	58%	35%	5%
Self-Breast Exam	66%	29%	5%
Next 3 for Men Only	% of Male Respondents only		
PSA (prostate cancer screening)	34%	55%	11%
Digital Rectal Exam	20%	74%	6%
Screening for Male Breast Cancer	7%	82%	11%

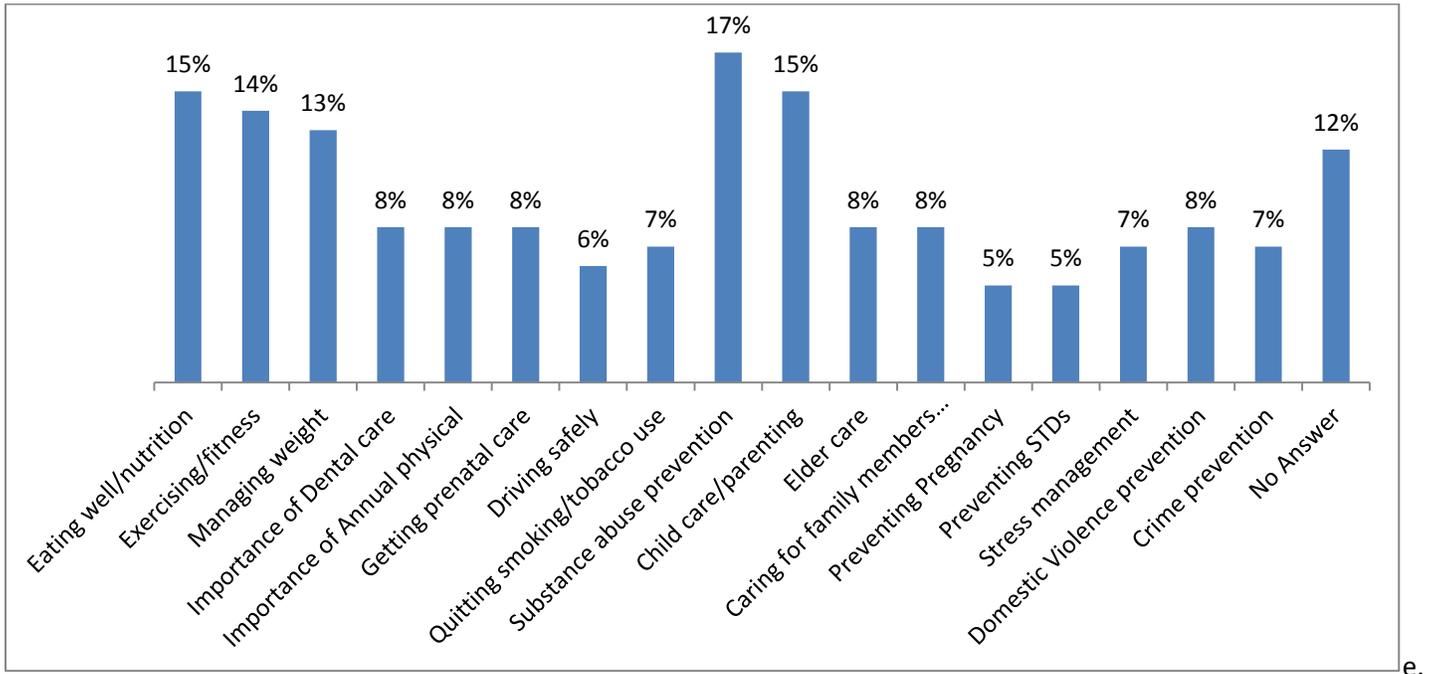
Demographic analysis of the responses to this question is provided in the Public Input Results and Analysis Appendix.

County Health Rankings reported that 64.5% of female fee-for-service Medicare enrollees age 67-69 had at least one mammogram over a two-year period.

The Public Survey asked:

In your opinion which **three** of the following health behaviors do people in your community need more information about? Below are the responses that were 5% or more.

Chart#6



The top 6 are:

- Substance Abuse prevention – 17%
- Eating well/nutrition – 15%
- Child care/parenting – 15%

- Exercising/fitness – 14%
- Managing weight – 13%
- No Answer – 12%

Environmental

During the Community Input process there was not much concern expressed about the environment. Several environmental issues were included in the list of 35 Community Issues of the Public Survey. Following are the percentage responses from the survey participants.

Table #22

Rank of 35	COMMUNITY ISSUES	Major Problem	Somewhat of a Problem	Major + Somewhat	Not a Problem	Don't Know	No Answer	Don't Know + Answer
28	Air Pollution	10%	16%	26%	25%	27%	22%	49%
30	Water Pollution	11%	13%	24%	24%	31%	21%	52%
32	Lack of Recycling	9%	15%	24%	28%	25%	23%	48%
33	Land & Soil Pollution	9%	14%	23%	20%	34%	23%	57%
35	Bioterrorism	7%	10%	17%	22%	37%	24%	61%

An important factor in analyzing how important environmental issues are to County residents is the percentage of people who did not provide responses on these issues or said they “don’t know”. More than half of the survey participants had “no response” on all the issues other than Air Pollution.

Key Informants were asked what environmental concerns there are in the County. Following are their responses.

Table #23

Environmental Concerns	% of Responses
Coal Ash	42%
Automobile air pollution	35%
Air Quality	30%
Quality of well water	28%
Mineral content in water	16%
Asphalt company in Milford Hills	12%
Brownfields	2%
Pollen	2%
Cigarette Smoke (first and second hand)	2%

No Answer 35%

Again, the percentage of no answers is indicative of the level of concern people have about environmental issues.

Following is the input from the two Focus Groups.

Table #24

	Seniors Focus Group	EMS Focus Group
What environmental concerns are there in Rowan County?	<ul style="list-style-type: none"> Quality of well water Asphalt company in Milford Hills (it is thought that people in that area have a high incidence of brain cancer) Duke energy coal ash seeping into drinking water Air Quality Smoke from plant on 801 Mineral content in water contributes to high rate of Kidney Stones High mineral content in water stains bathroom and kitchen fixtures 	<ul style="list-style-type: none"> Some say coal ash Heavy Metal well contamination (could be geological) Air Quality (has improved in last 18 months) Fumes from cars

Secondary data related to environmental issues is detailed in the table below. *Best is highlighted in purple and the worst is in orange.*

Table #25

Indicator	Rowan	Gaston	Pitt	Robeson	State
Inpatient Hospitalization Rates for Asthma per 100,000 Residents; All Ages (2009-2013)	90.8	91.3	142.9	252.2	104.2
Inpatient Hospitalization Rates for Asthma per 100,000 Residents: Ages 0-14 (2009-2013)	94.8	172.5	150.1	433.0	162.0

Source: NC Department of Health and Human Services Division of Public Health/State Center for Health Statistics March 2015

The County Health Rankings reported these statistics on the environment in Rowan County and its peer counties.

Table #26

Physical Environment (Rank of 100 Counties)	61	90	62	49	N/A
Air pollution – particulate matter	12.7	12.7	11.8	12.1	12.3
Drinking water violations	0%	6%	3%	1%	4%

Many of the Key Informants and Focus Group participants stated they feel that much of Rowan County’s air pollution is caused by two factors: 1) being somewhat centrally located between Charlotte and Raleigh and 2) auto pollution from I-85 that runs through the middle of the County.

Lead Poisoning

In 2013 – 2015 there were 20 confirmed cases of Lead Poisoning in children 4 and under – 8 were investigated. Details are provided in the Databook Appendix.

Emergency Preparedness

Emergencies are often out-of-sight, out-of-mind for people not working in emergency services. Therefore, the public input process for this CHA included an effort to determine how prepared Rowan residents are for emergencies.

Following is the information from the Public Survey:

Chart #7

Main way of communicating with relatives and friends in time of Emergency or Disaster.

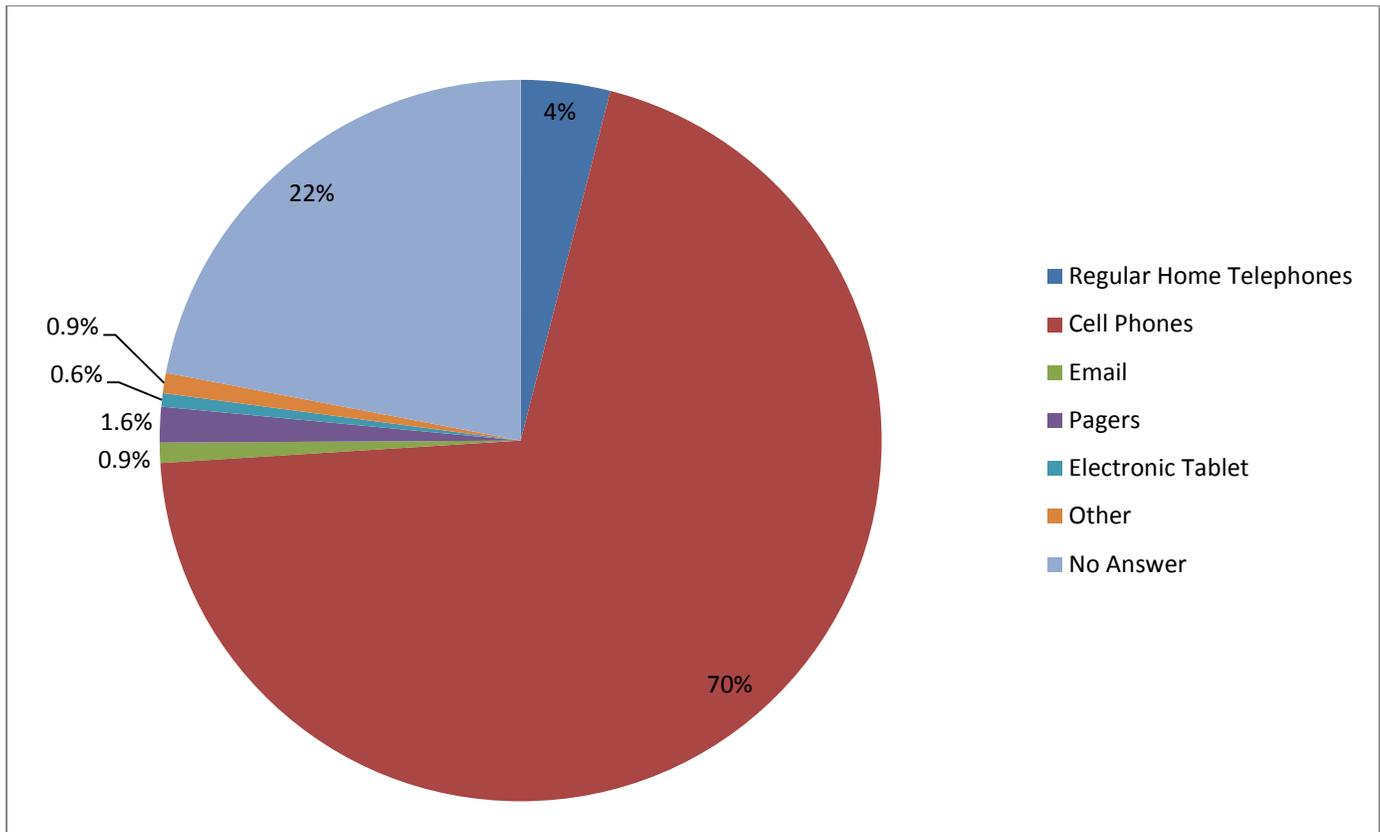


Chart #8

Main way of getting information from authorities in a large-scale disaster or emergency

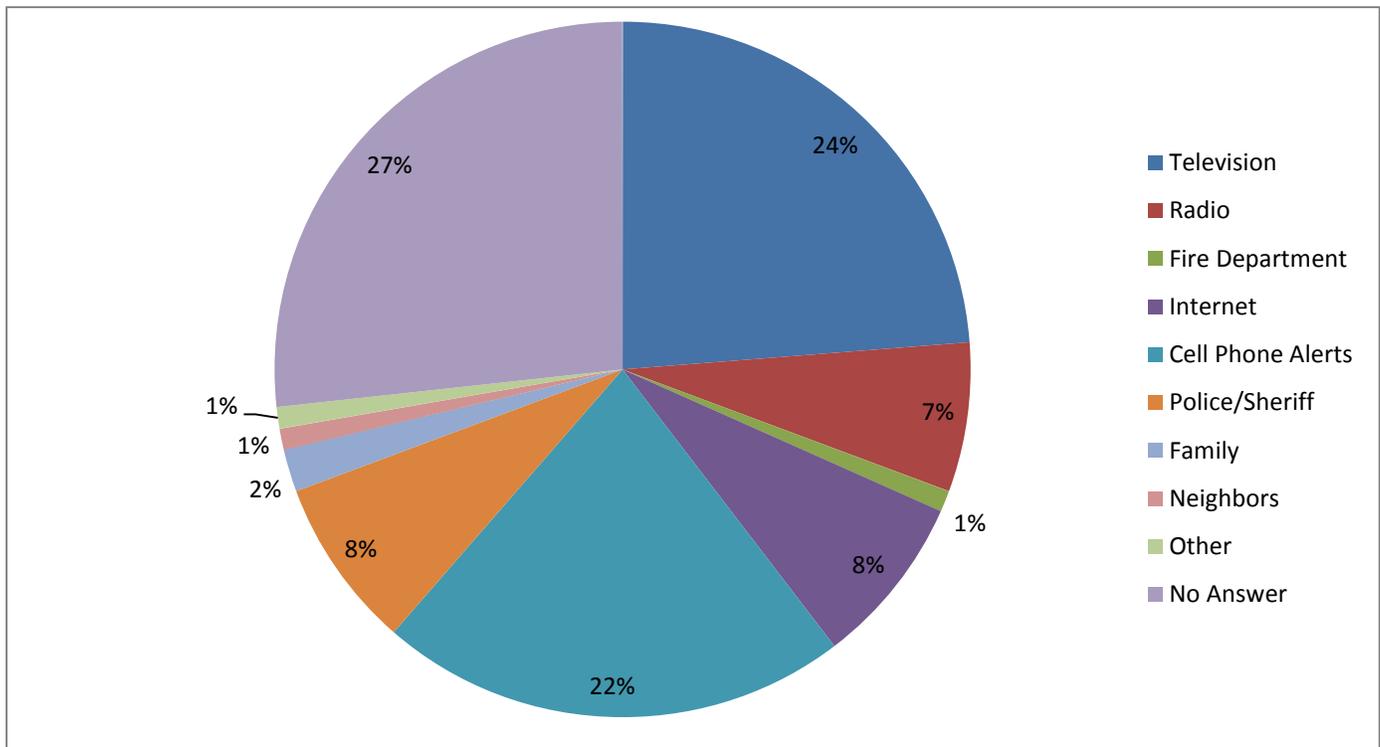


Chart #9

Main reason you would not evacuate if asked to do so

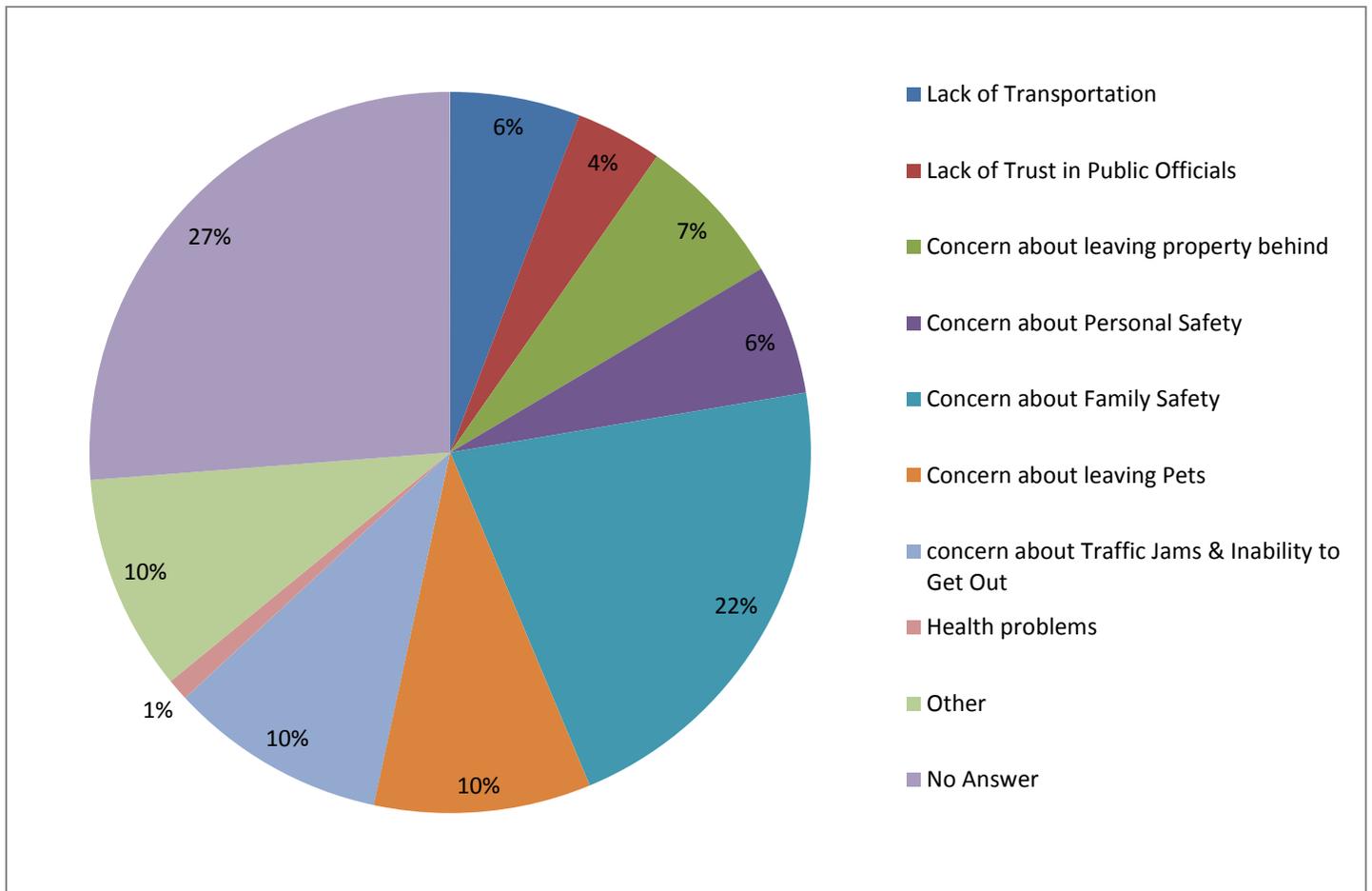
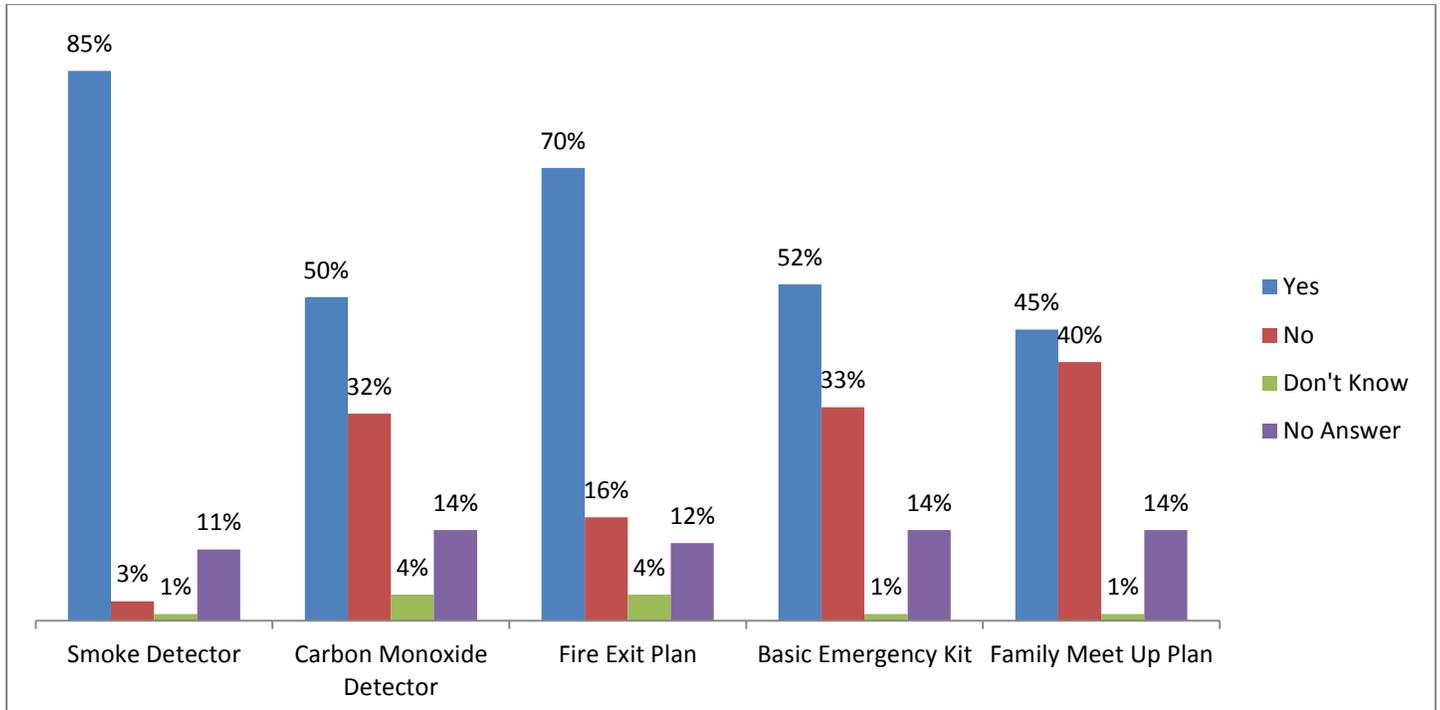


Chart #10

Precautions your household/family have taken



Other Issues and Concerns Discerned from Public Input and Secondary Data

Physician Shortage

The primary issue not covered previously in this report is the ratio of Primary Care Physicians to residents in Rowan County. The ratio according to County Health Rankings is 2,424 to 1 and is worse than the State or Rowan's peer counties (Robeson - 2,221:1, Gaston – 1,530:1, Pitt – 1,009:1, State 1,448:1)

Novant Health Rowan Medical Center obtained information from Sg2: Health Care Intelligence, Analytics and Consulting about the projected need for Physicians in Rowan County. The current need/demand is for 71 Physicians. The current number of Physicians in the County is 31. This is a deficit of 40. Sg2 forecasts that the need in 2025, based on expected population growth, will be for 80 Physicians.

Both of the above do not include Nurse Practitioners (NP) or Physician Assistants (PA). It also does not include Providers at the W. G. (Bill) Hefner VA Medical Center. All of the identified Physicians, NPs, PAs and other care providers are listed in the Health and Wellness Resource Directory Appendix.

Novant has an aggressive recruitment program for Physicians. Many of the Key Informants and Focus Group participants shared these comments about the shortage:

- Causes long waits for health care appointments
- Reduces the amount of time Providers can spend with patients
- Some people prefer seeing a Physician instead of a PA or NP, so this creates long waits for appointments and, sometimes, delayed care

- There are 3 things that hamper the recruitment of Physicians
 - Quality of the local School System
 - Perception that the County is lacking in social amenities
 - Lack of job opportunities for spouses
- The shortage of Mental Health Providers has already been discussed, but it is important to point out here that this shortage means patients rely more on their Primary Care Providers for help with Mental Health issues.

Missing Health Care Specialists

In the Public Survey participants were asked what Health Care Specialists they felt were missing in Rowan County. Following are their responses.

Table #27

Pediatrician (children)	24%
Gynecology (female health care)	22%
Oncology (cancer)	22%
Eye Care	21%
Obstetrics (baby delivery)	19%
Ear, Nose Throat	19%
Allergist	19%
Cardiologist (heart)	17%
Geriatric (elderly care)	17%
Surgery	16%
Gastroenterology (digestive system)	15%
Urology (urinary system)	14%
Pulmonology (lung, respiratory)	14%
Rheumatology (arthritis, auto-immune)	13%
Nephrology	13%
Hematology (blood)	12%
Hepatology (liver)	12%

Key Informants were also asked what health care and wellness resources/services are missing in Rowan County. Following is their responses. Included in this list are the things that received 9% or higher response. A complete list of the responses is available in the Public Input Results and Analysis Appendix.

Table #28

Health Resources Needed	% of Responses
More Mental Health Resources	52%
Affordable Dental Care	46%
More Substance Abuse Treatment	39%
Advanced Cardiac Surgery	28%
Pediatric Specialists	28%
More safe places for walking/running/biking	28%
More Rheumatologists	20%
More neurosurgeons	19%
Affordable Eye Care	17%
Obstetrics for high risk pregnancies/deliveries	16%
More Rehabilitation Therapists	14%
Diabetes Support Group	9%
More Plastic Surgeons	9%

No Answer 13%

Violence

Public Survey participants ranked issues related to violence very high in the Community Issues section. The following table provides details.

Table #29

Rank of 35	COMMUNITY ISSUES	Major Problem	Somewhat of a Problem	Major + Somewhat	Not a Problem	Don't Know	No Answer	Don't Know + Answer
3	Gangs	33%	24%	57%	9%	17%	17%	43%
4	Non-Violent Crime (theft, robbery, etc.)	26%	30%	56%	9%	15%	20%	35%
5	Violent Crime (murder, assault, rape, etc.)	28%	26%	54%	1%	15%	19%	34%
6	Domestic Violence	28%	26%	54%	10%	16%	20%	36%
7	Child Abuse & Neglect (physical, emotional & sexual)	24%	26%	50%	12%	19%	19%	38%

Key Informants were asked about major non-health related concerns/problems, the percentage of those who thought that violence or crime related issues are a problem is provided below:

Gang Activity – 42% Burglaries – 15% Violent Crime – 5% Domestic Violence – 1%

One of the major non-health related concerns cited in the Focus Groups was Gang Activity and the violence and drug distribution/use that is associated with it.

County Health Rankings reported that there are 315 violent crimes per 100,000 population in Rowan. Rowan County's ratio was better than all three of its peer counties and the State (Gaston – 391, Pitt – 409, Robeson – 819, State -355).

Violence related issues are important in any assessment of health and wellness because it filters into other health issues such as a cause (injuries, substance abuse, mental health, etc.) and as a result (people cannot afford medication and resort to theft, self-medication for mental health issues, etc.)

Teen Pregnancy

- 60% of Public Survey participants said that Teen Pregnancy is a problem (major or somewhat).
- County Health Rankings reported that Rowan County had 51 teen births per 1,000 female population, ages 15-19. Rowan's peer counties reported these numbers: Gaston – 53, Pitt – 28, Robeson – 71, State – 42.
- NC Statewide and County Trends in Key Health Indicators 2015 reported 48.1 teen pregnancies per 1,000 female residents (ages 15-19). Peer counties had these numbers: Gaston – 50.6, Pitt – 35.1, Robeson – 72.8, State – 44.9.

Prevention and Health Promotion Needs and Resources Results

In so many of the health indicators, Rowan County ranks in the middle or is not in a high-risk area. This has been the case for some years as indicated by past Community Health Assessments and historical secondary data. Most of the problems the County is experiencing, such as Obesity, are long term problems. These two situations can cause a community to become complacent, accepting or both. When complacency and acceptance set in, it is difficult to cause change or even create momentum toward change. This presents a huge challenge to those who are trying to improve the health and wellness of the County residents.

As stated earlier in this report there are several dichotomies:

- Between Rowan residents opinion of their health and the picture that the statistics present
- Between the physical activity of residents and the availability of resources/opportunities for physical activity
- Between the availability of healthy food and the consumption of unhealthy food
- Between the concept of a healthy life style and the understanding of how to put it into practice
- Between the awareness of dangerous behaviors (smoking, substance abuse, not getting health screenings) and altering ones behavior to avoid those behaviors

Resources

There are many resources and opportunities in Rowan County to help citizens be healthy, but it has been an ongoing challenge to get wide usage. Some of the resources and opportunities for prevention and health promotion have been included previously in appropriate sections of this report. A comprehensive list is provided in the Health & Wellness Directory Appendix. Following is a summary of those resources.

Rowan County Health Department

- Smile Center for Children - Two dentists and dental health staff provide dental care and screenings in a clinic setting to children through 18 years of age. Medicaid and Health Choice insurance are accepted.
- Immunizations -To prevent diseases RCHD offers immunizations and vaccines. Required immunizations are provided to children birth through the age of 18 at no charge; Measles, Mumps, and Rubella (MMR) and Hepatitis B are provided to adults but there may be a charge. Tetanus boosters are provided at no charge. Flu vaccines are provided in the fall. Pneumonia is provided according to the current fee schedule.
- Family Planning - To avoid unwanted pregnancies RCHD offers Family Planning services that include exams, birth control, education and counseling for women and men. Fees are based on a sliding scale and Medicaid is accepted.
- Women, Infants & Children (WIC) - To promote health and wellness RCHD offers a nutritional program for women, infants and children that provides nutritional information and vouchers for healthy foods at no cost. Applicants must be seen by WIC staff to determine eligibility by appointment only.
- Prenatal Services - In order to prevent low-birth rates and insure healthy births RCHD offers prenatal care to low-income residents. Care is provided by RCHD staff and Novant Health obstetricians on Mondays and Thursdays from 8-12. A sliding fee scale based on financial eligibility is applied and Medicaid is accepted.
- Oral Health - To improve dental health in Rowan County citizens a state dental hygienist conducts dental screenings and provides an oral health education program in schools and to requesting community and professional groups. Oral Health is working towards a decay-free generation of North Carolina children.
- Family Health Services – screenings, chronic disease management, weight control, sick care.
- Tobacco Free Rowan - This is an initiative that the health department developed to engage and encourage local businesses and organizations to voluntarily adopt an indoor smoke-free policy. The benefits of a smoke-free environment are many. Most local government agencies and many businesses have adopted a smoke-free policy.

RCHD is currently working to bring a renewed resource to the community to address the issues associated with smoking and tobacco use.

- Allied Health/Health Education - Health Educators help individuals and communities adopt a healthy lifestyle through programs and services. Staff conducts community presentations on a variety of health-related topics including chronic disease, wellness, prevention, and responsible decision-making. Promote and assist in creating policy and environmental changes that support healthy behaviors, and work with community stakeholders to create and manage sustainable programs geared towards improving health outcomes in target populations. Inform the community about health issues that impact our everyday lives, coordinate the Community Health Assessment (CHA) process, publish the State of the County Health Report (SOTCH), and provide local health statistics as requested.
- **Care Management** - Specially trained social workers provide assistance to families with children birth-five years who are at risk for developmental delays, and to women and their families who desire help finding resources and services to meet their needs during pregnancy.
- Health Link - Health Link is a part of Healthy Beginnings, North Carolina's minority infant mortality program, and uses the Partners for a Healthy Baby home visiting curriculum. Health Link provides services that promote and protect the health and well-being of infants and of women during their child-bearing years. Through the use of evidence-based and evidence-informed screenings and interventions, pregnant and postpartum women receive education, support, counseling and referral services to improve their health and well-being, and reduce the incidence of infant mortality, preterm and low birth-weight births.
- Environmental Health - Staff provide environmental education as well as enforcement of state laws, rules, and local ordinances pertaining to food sanitation, wastewater disposal, private drinking water wells, and other public health concerns.
- Novant Health Mobile Mammography Unit – Is a mobile unit that offers advanced breast screening services throughout the area. Rowan County Wellness Program partners with Novant Health to bring on-site mammograms to our employees, which can help save the lives of women in our communities.

Novant Health Rowan Medical Center

The Wellness Connection

A partnership program between Novant Health Rowan Medical Center and the three Rowan County YMCA's to provide health and wellness information, education, screenings, and programs which help individuals achieve a healthier lifestyle and improve their overall health. The program is open to all YMCA members and non-members. The program began in 2009 by establishing office hours at the 3 YMCA locations. Outside the walls of the hospital, the wellness programs work collaboratively with other community organizations to educate our residents about nutrition, exercise, disease prevention, and healthy lifestyles. In 2011, the Wellness connection model expanded its focus by incorporating a school/hospital/physician practice component and hired a wellness nurse. School-site wellness initiatives utilized the partnerships between the YMCA's, NHRMC, and a local physician champion. Together, school employees participated in Health Risk Assessments, biometric screenings, health coaching, and physician-led review sessions as well as on-site lunch and learns presented by healthcare professionals and physicians on topics such as weight management, nutrition, women's health, diabetes, cholesterol, and blood pressure. The collaboration between the YMCA, hospital, and physician helps raise awareness for personal health needs, prevention, and fosters the connection of individuals to a health care provider.

Impact: Improving health remains the main objective for the Wellness connection program. In 2013, the program provided 1,116 visits to the wellness nurse for blood pressure checks and health coaching. In 2014, there were 1,229 visits and in 2015 there were 1613. Connections with Rowan-Salisbury School wellness initiatives now include 3 school locations including Carson High School, East Rowan High School, and Shive Elementary School totaling over 300 school staff participants.

Health & Wellness Lecture Series:

Novant Health Rowan Medical Center provides community outreach by connecting local healthcare experts with area organizations and senior communities through monthly Wellness Lecture series. For the past 2 years Novant Health physicians, educators, and hospital service line leaders have shared their expertise with seniors Trinity Oaks Retirement Community. In 2013, Ruffy Holmes Senior Center and Novant Health Rowan Medical Center partnered to provide a monthly Men's Health & Fitness Program featuring both health education and physical fitness. In 2014 a Women's Health & Fitness Club was started using the same format. In 2015 the groups were combined and meet monthly for the Health & Fitness Club. Lectures, interactive programs (Hands Only CPR), grocery store tours, cooking classes, healthy holiday parties, and Brain health fairs are all part of the clubs activities.

Health & wellness lectures and programs are provided to several Senior Lunch Club sites upon request. From 2013 to present providers, educators, and leaders travel to a number of sites across Rowan County (Cleveland, Spencer, and Salisbury) and address topics of interest to each group.

Impact: In 2015 the outreach to seniors in the rowan Salisbury Community is estimated at 500 to 600 encounters.

Fit-for-Motion

Fit-for-Motion, now in its eighth year of operation, leads nutrition and exercise sessions for second-grade students at 12 of the 20 Rowan county elementary schools with the goal to prevent childhood obesity.

Overview: America's number one preventable disease is now threatening our young: obesity. The number of overweight preschoolers over the past 10 years has doubled nationwide. A recent study indicates that more than 40 percent of first and second graders in the Central Piedmont region of North Carolina are overweight or obese. Pediatricians warn that if that continues, these children will grow up with diabetes, high blood pressure, cholesterol problems, and/or cardiac-related health issues. In response to this crisis, Novant Health Rowan Medical Center and the YMCA of Rowan County brought together a coalition of educators, community leaders, and health and fitness experts to address the issue head-on. We started our Fit for Motion initiative in 2007 with three elementary schools, introducing a health and fitness pilot program for second grade students. The goals of the program are to educate youth and their families on healthy lifestyle behavior, provide leadership development, develop ambassadors to lead promotion of healthier lifestyles to others, provide educational materials on various health topics to youth and parents, and to reward youth with prizes that reinforce health behaviors.

Impact: We have currently expanded to 12 out of 20 Rowan County elementary schools. Two eight-week programs, taught by NHRMC staff and YMCA staff, are provided to second grades throughout the 2014-2015 school year. Each school averages 3 to 4 second-grade classes with an average of 25 students per class. In the school year 2013-2014, we had contact with 3,840 students.

Healthy Rowan!

This organization is Rowan County's state certified Healthy Carolinians Task Force whose mission is to improve the quality of life and health of Rowan County residents. Healthy Rowan! is a partnership of community-based organizations whose goals include:

- Improve networking and collaboration among local leaders for enhanced community health and well-being
- Support future community health needs assessments
- Through partnerships with community-based organizations, secure funds for endeavors that achieve health improvements for local residents
- Speaking with one voice, advocate for the health and quality of life for all people living in Rowan County

Ruffy-Holmes Senior Center

The Center has a program based on the Rikli & Jones research study of community-residing older adults that concluded seniors need to maintain capabilities in seven areas in order to prevent the decline that can lead to disability and loss of

independent function. These areas include: upper & lower body strength, upper & lower body flexibility, aerobic endurance, agility & balance and weight control. The Center offers the following:

- Exercise Classes
- Fitness Equipment
- Stanford Chronic Disease Management Program
- “A Matter of Balance”
- The Arthritis Foundation Aquatic Program
- Fit & Strong program
- A structured walking program
- Silver Sneakers (certified by Healthways)
- Silver & Fit program
- Health Screenings
- Support Groups for health related issues
- Health Education resources
- Medicare Information and Support

Free and Sliding Scale Fee Health Care

- Community Care Clinic of Rowan County Inc. – medical and dental care and screenings, chronic disease management, weight management, pharmacy services, diabetes and other chronic disease education.
- Good Shepherd’s Clinic – medical care and screenings, chronic disease management
- China Grove Family Medicine – medical care and screenings, chronic disease management

Health Related Resources

- Rowan Helping Ministries
- Grateful Heart
- Main Street Mission
- Food Pantry of South River United Methodist Church
- Alzheimer’s Support Group
- Better Breathing Club
- Breast Cancer Group
- Women’s Cancer Group
- Diabetes Support – Self-management programs and classes, gestational Diabetes management classes, support groups, insulin pump training
- Narcotics Anonymous
- Parkinson’s Support Group
- Rowan County Brain Injury Support Group
- TOPS (Taking Off Pounds Sensibly)

Healthy Food / Healthy Eating

- 4 CSAs (Community Supported Agriculture groups)
- 7 Farm’s & Farmer Markets
- NCSU Cooperative Extension/Rowan Center – provides speaking and instruction on nutritious food preparation and the importance of proper diet
- Rowan County Health Department WIC (Women, Infants & Children) Program – nutrition program
- Ruffy-Holmes Senior Center Lunch Clubs

- Meals On Wheels of Rowan County
- Cabarrus Meals on Wheels

Physical Activity and Fitness

- 5 Gyms/Health Clubs/Fitness Centers
- 44 Parks
- 1 Public Pool
- 4.2 Miles of Greenway
- Wilderness Area
- City and County Recreation Programs
- Dance classes

Needs

Key Informants were asked what health care and wellness resources/services are missing in Rowan County. Following are the responses that apply to Prevention and Health Promotion. A complete list of the responses is available in the Public Input Results and Analysis Appendix.

Table #29

Resources/Services Needed	% of Responses
More Mental Health Resources	52%
<u>Affordable</u> Dental Care	46%
More Substance Abuse Treatment	39%
More <u>safe</u> places for walking/running/biking	28%
Obstetrics for high risk pregnancies/deliveries	16%
More Rehabilitation Therapists	14%
Diabetes Support Group	9%

Key Informants also provided their insight on what keeps people in Rowan County from being healthy. Here are their responses; all of them apply to Prevention and Health Promotion directly or indirectly.

Table #30

What keeps people in your community from being healthy?	% of Responses
Lack of fitness activity	80%
Fast food is cheap / healthy food is expensive	75%
Poor Nutrition	72%
Unhealthy Lifestyle	71%
Culture of bad health habits	68%
Poverty	65%
High insurance premiums and co-pays	43%
Lack of Mental Health Care	43%
Not getting health screenings	37%
Aging population	37%
Lack of understanding about Mental Health issues	34%
Lack of safe places to walk/bike/run in some areas	29%
Lack of transportation to health care	29%
Accessibility to health tools and facilities	23%
Lack of Support Groups for those with health conditions	15%

Participants in both Focus Groups listed the following as things that keep people in the County from being healthy. All of these are related to Prevention and Health Promotion.

- Unhealthy Life Style
- Culture of bad health habits
- Accessibility to affordable healthy food
- Accessibility to and/or awareness of health/wellness resources and tools
- Lack of transportation to health care

The Public Survey asked participants about barriers for them or their families to use existing health services in Rowan County? The top 3 are:

My/our share of the cost (deductible/co-pay) is too high	23%
Insurance doesn't cover what I/we need	16%
No Health Insurance	14%

Analysis

- Cost is the primary barrier to obtaining health care; however, unhealthy life styles are the major barrier to wellness.
- The most effective methods for getting people to participate in screening seem to be to take the screening to them. Novant has been successful in getting people to participate in screening by having a dedicated nurse that does the screening in the YMCA locations, schools, churches and businesses.
- Participants in the Senior Citizen Focus Group stated that *high insurance premiums and co-pays cause people to not seek care*. They also said that *Lack of Health Screenings* is a barrier to being healthy for Rowan County citizens. If people cannot afford to get screenings and early treatment, then their health and wellness is jeopardized and the financial burden on Novant and the County is increased.
- According to County Health Rankings (www.countyhealthrankings.org) 21% of people cannot see a doctor due to cost.
- According to American Community Survey 5-Year Estimates 14.2% of families in Rowan County are below the poverty level; this contributes to the inability to afford proper health care even with insurance.
- Additional research may need to be done to explain the dichotomy between the availability of physical activity resources/opportunities and the lack of physical activity. As stated earlier, seniors and others said that even though there are a lot of outdoor spaces to walk, many of the ones in the rural areas are not well-lighted and they do not feel safe. Also, outdoor spaces are not good places to exercise in cold weather.

A complete picture is provided in the Public Input Results and Analysis Appendix of the gender, age, race and household income breakdown of the Public Survey participants who said they got health screenings. Gender and household income is not included for gender based screening. Here is summary of the analysis of those demographics.

- Blood Pressure Screening
 - Percentage of males was higher than females
 - No significant difference between races
 - Over age 45 percentage is higher than under 45
 - Percentage of those screened increases with household income
- Blood Sugar Screening
 - Percentage of males was higher than females
 - No significant difference between races
 - Percentage rises to 45-54 age range then decreases
 - Percentage of those screened increases with household income
- Cholesterol Screening
 - Percentage of males was higher than females
 - No significant difference between races
 - Over age 45 percentage is higher than under 45
 - Percentage of those screened increases with household income
- Colonoscopy
 - Percentage of males was higher than females
 - No significant difference between races
 - Percentage is higher in 55 – 74 age range
 - Income does not appear to play role in percentage
- Dental Screening
 - Percentage of males was higher than females
 - No significant difference between races, except no Native Americans received

- Percentage increases with age up to 75 years
- Percentage of those screened increases with household income
- Hearing Test
 - Percentage of males was slightly higher than females
 - African Americans were highest at 30%, Caucasians lowest at 19%
 - No significant difference between age ranges
 - Percentage of those screened increases with household income
- Vision Screening
 - Percentage of males was higher than females
 - No significant difference between races
 - Higher percentage in 35 to 54 and 75 to 84 age ranges
 - Percentage of those screened increases with household income
- Mammogram
 - No significant difference between races, except no Native Americans were screened
 - Percentage rises to 74 age range then decreases
- Pap Smear
 - No significant difference between races, except no Native Americans were screened
 - Percentage decreases after age 54
- Self-Breast Exam
 - No significant difference between races, except no Native Americans do the exam
 - Percentage rises as age increases, except it is lower in 65 – 74 range
- PSA
 - African Americans – 44%, Asians -0, Caucasian – 13%, Hispanic – 1, Native American – 33%
 - Percentage rises as age increases
- Digital Rectal
 - African Americans – 44%, Asians -0, Caucasian – 13%, Hispanic – 1, Native American – 33%
 - Percentage rises as age increases
- Male Breast Exam
 - Only 7% of males had this screening

Analysis of the demographics suggests that:

- Household income does seem to be a factor on whether people get screened or not
- Most of the screening percentages are in keeping with accepted age ranges
- Caucasian males are not getting screenings as much as other races
- The survey did not ask people why they did not get screenings so there is no way to determine if transportation or other access obstacles play a role.

Community Concerns, Priorities, Results and Summaries

Deciding on the three priorities for the Rowan County Health Department to concentrate on over the next 3 years was not difficult. The statistics, public input and knowledge of those involved made the biggest needs and problems obvious. Compiling the statistics, public input and history clarified the degree of need and the obstacles that will hamper solutions.

The priorities chosen are:

- Obesity and related diseases/conditions including:
 - Diabetes
 - Kidney Disease
 - Hypertension/High Blood Pressure
 - High Cholesterol
 - Heart Disease
 - Cerebrovascular Disease (stroke)
 - Joint replacement
- Tobacco Use and related diseases/conditions including:
 - COPD/ Respiratory Illness
 - Cancer – Trachea, Bronchus & Lung
 - Increase in likelihood or degree of diseases related to Obesity
- Mental Health and related issues including:
 - Alcoholism
 - Illegal Drug Use
 - Prescription Drug Abuse

Following is a summary of the public input and statistical information that led to the choosing of these three priorities.

In the Public Survey, 8 of the top 10 Health Problems are related to the 3 priorities

Table #31

Rank of 22	HEALTH PROBLEMS	Major Problem	Somewhat of a Problem	Major + Somewhat
1	Tobacco Use/Smoking	40%	32%	72%
2	Obesity/Overweight	35%	35%	70%
3	Illegal Drug Use	51%	19%	70%
4	Abuse of Prescription Drugs	43%	24%	67%
5	Alcoholism/Alcohol Abuse	31%	35%	66%
6	Inactivity/Lack of Physical Activity	26%	39%	65%
7	Diabetes	26%	34%	60%
8	Teenage Pregnancy	26%	34%	60%
9	Mental Illness	27%	31%	58%
10	Dental Health	20%	36%	56%

Key Informants ranking of Health Problems were similar to those expressed in the Pubic Survey.

Table #32

Health Problem	% of Respondents Who Think This is a Problem
Obesity	86%
Diabetes	76%
Tobacco Use	73%
Drug/Alcohol Abuse	73%
Dental Care	56%
High Blood Pressure/Hypertension	53%
Heart Disease	53%
Mental Health Issues	52%
Breathing/Respiratory Problems (COPD, Asthma, etc.)	47%
High Cholesterol	32%
Strokes	30%
Kidney Disease	23%
Kidney Stones	21%
Arthritis	17%
Joint Problems/Replacement	17%
Cancer	11%
Flu	9%

The trends also show an under 10% improvement in the following that are related to the priorities:

- Diabetes – 9% improvement
- Chronic Lower Respiratory Disease – 7%
- Cancer – Trachea, Bronchus & Lung – 5%
- Kidney Disease – 7%

Information from the State Center for Health Statistics report the following statistics related to the priorities:

- Only 39.4% of adults get required amount of physical activity
- 19.2% of adults currently smoke
- Only 32.1% of adults are NOT obese or overweight
- Only 19.2% of adults consume 5 or more servings of fruit and vegetables per day
- The average number of poor Mental Health days in the last 30 is 4.3
- There are 82.5 incidences per 100,000 of Bronchus & Lung Cancer

County Health Rankings provided the following information on Health Indicators related to the 3 priorities

- 25% of adults smoke
- 34% of adults are Obese
- 30% of adults are physically inactive
- 10% of adults drink excessively
- 27% of driving deaths involve alcohol
- The ratio of Primary Care Physicians is 2,424:1 (worse than the State and all 3 peer counties)
- The ration of Mental Health providers is 551:1 (worse than the State and all 3 peer counties)
- 89% of Medicare patients are on diabetic monitoring

The Public Survey responses show the following incidence of diseases related to the 3 priorities.

Table #33

Disease	%
Obesity/Overweight	30%
High Blood Pressure/Hypertension	27%
Depression or anxiety disorder	26%
High Cholesterol	19%
Diabetes (not during pregnancy)	12%
Heart Disease/ Angina	3%
COPD/Respiratory Illness	2%
Stroke	1%

Appendix A

Community Input Results and Analysis

Rowan County CHA 2015

COMMUNITY INPUT RESULTS AND ANALYSIS
Rowan County Community Health Assessment 2015
Public Survey, Focus Groups & Key Informant Interviews/Questionnaires

Total Valid Public Surveys - 335

The Public Survey is used here as the basis for collecting results from the 3 public input methods – Public Surveys, Focus Groups and Key Informant Interviews and Questionnaires.

Community Input Table #1

The Survey asked: Put a check (✓) in **one** column for each quality of life statement.

QUALITY OF LIFE STATEMENTS	Strongly Disagree	Disagree	Agree	Strongly Agree	Don't Know	No Answer
There are enough jobs & opportunities to move up in Rowan County.	15%	36%	29%	6%	11%	3%
Rowan County is a good place to raise children.	2%	12%	65%	14%	6%	1%
Rowan County is a good place to grow older.	3%	11%	61%	15%	7%	3%
People in Rowan County can get good health care.	5%	17%	54%	10%	11%	3%
Rowan County is a safe place to live.	4%	15%	63%	10%	5%	3%
I consider myself to be generally healthy	2%	5%	61%	27%	2%	2%
My life style habits (diet, physical activity, etc.) are generally healthy.	10%	14%	62%	19%	3%	1%

Analysis:

- Whether respondents agree or disagree, they do not do so “strongly”.
- Job Opportunities and Unemployment
 - The only statement that received a high number of “disagrees” (Strongly Disagree and Disagree) was about job opportunities. 51% of respondents feel that there are not enough jobs and opportunities to move up in the County. 35% feel that there are enough. 14% either do not know or did not answer the question.
 - This was also a primary concern in the Focus Groups. In the Focus Groups people also expressed concern about the Lack of a Skilled Labor Force, the Depressed Economy, Underemployment and Economic Development that is too narrow.
 - 35% of the Key Informants said that Unemployment is a major concern in the County. 54% said that a Depressed Economy is also a major problem. 41% said that the County is still struggling with the transition from textiles. And 25% ranked “Lack of Skilled Labor Force” as a major concern.
 - According to the American Community Survey 5-Year Estimates the unemployment rate is 7.2%.
- In the other 3 statements about life quality, aside from health, all 3 received more than 70% positive responses (Strongly Agree and Agree). Less than 20% disagreed.
- Health of respondents
 - More than 80% of respondents consider themselves generally healthy and feel that they are living generally healthy life styles.
 - Key Informants had an opposite opinion. When asked what kept people in the County from being healthy they had these responses:
 1. Lack of fitness activity – 78%
 2. Unhealthy Lifestyle – 71%
 3. Culture of bad health habits – 68%
 4. Poor nutrition – 65%
 5. Lack of knowledge/understanding about the benefits of a healthy lifestyle – 48%

Community Input Table 2

The Survey asked:

2. The following are health problems that impact communities. Please give your opinion of their importance in Rowan County. Put a check (✓) in **one** column for each health problem.

HEALTH PROBLEMS	Major Problem	Somewhat of a Problem	Major + Somewhat	Not a Problem	Don't Know	No Answer	Don't Know + No Answer
Tobacco Use/Smoking	40%	32%	72%	16%	9%	3%	12%
Obesity/Overweight	35%	35%	70%	17%	10%	3%	13%
Illegal Drug Use	51%	19%	70%	17%	8%	5%	13%
Abuse of Prescription Drugs	43%	24%	67%	20%	10%	3%	13%
Alcoholism/Alcohol Abuse	31%	35%	66%	20%	8%	4%	12%
Inactivity/Lack of Physical Activity	26%	39%	65%	21%	9%	5%	14%
Diabetes	26%	34%	60%	18%	18%	4%	22%
Teenage Pregnancy	26%	34%	60%	20%	16%	4%	20%
Mental Illness	27%	31%	58%	20%	19%	3%	22%
Dental Health	20%	36%	56%	20%	18%	6%	24%
Cancer	23%	32%	55%	21%	20%	4%	24%
Motor Vehicle Injuries	15%	34%	49%	28%	19%	4%	23%
Heart Disease	20%	29%	49%	22%	24%	5%	29%
Infectious Diseases (flu, cold, etc.)	15%	32%	47%	29%	20%	4%	24%
Suicide	18%	28%	46%	25%	25%	4%	29%
Sexually Transmitted Diseases (STDs)	20%	25%	45%	22%	29%	4%	33%
Lung Diseases (COPD, Asthma, etc.)	14%	30%	44%	24%	28%	4%	32%
Neurological Diseases (Alzheimer's, Parkinson's, MD, MS, epilepsy, etc.)	17%	27%	44%	24%	29%	3%	32%
Cerebrovascular Disease (stroke)	14%	29%	43%	24%	27%	6%	33%
Non-Vehicle Injuries (drowning, choking, etc.)	8%	23%	31%	33%	29%	7%	36%
Kidney Disease	8%	20%	28%	30%	38%	4%	42%
Birth Defects	7%	17%	24%	36%	37%	3%	40%

The Key Informant Interviews and Questionnaires found the following.

Community Input Table 3 Health Problem	% of Respondents Who Think This is a Problem
Obesity	86%
Diabetes	76%
Tobacco Use	73%
Drug/Alcohol Abuse	73%
Dental Care	56%
High Blood Pressure/Hypertension	53%
Heart Disease	53%
Mental Health Issues	52%
Breathing/Respiratory Problems (COPD, Asthma, etc.)	47%
High Cholesterol	32%
Strokes	30%
Kidney Disease	23%
Kidney Stones	21%
Arthritis	17%
Joint Problems/Replacement	17%
Cancer	11%
Flu	9%

Analysis:

- There were 6 Health Problems (in red in the list on the previous page) that more than 60% of Survey Takers said are a problem (Major or Somewhat) and on which less than 20% did not express an opinion. The percentage of respondents who said these 6 are not a problem ranged from 16% to 21%. These percentages show that the population considers them significant.
 - All of these 6 are part of/related to the 3 priorities chosen by the CHA Team. (The priorities are: Obesity and its resulting diseases and conditions, Mental Health and the use and impact of Tobacco Products.)
 - 2 of the next 5 Health Problems rated as a problem by more than 50% of the Survey Takers are also related to the CHA priorities; they are Diabetes (60%) and Mental Illness (58%). It is also noteworthy that *Heart Disease* is considered a problem by 49% of Survey Takers.
- Key Informants through interviews and questionnaires ranked 4 problems above 70%. All 4 are related to the CHA priorities. Those Health Problems are: Obesity, Diabetes, Tobacco Use, Drug/Alcohol Abuse. Of the next 4 problems which are ranked above 50%, 3 of them are related to the CHA Priorities. They are: High Blood Pressure/Hypertension, Heart Disease, and Mental Health Issues.
- The Health Problems mentioned in both of the Focus Groups are:
 - Kidney Disease/Stones
 - Obesity
 - Respiratory/Breathing Problems
 - Heart Disease
 - Hypertension/High Blood Pressure
 - Drug/Alcohol Abuse
 - Diabetes
- It is clear that the public in Rowan County are in agreement on the most prevalent and critical Health Problems. This input was instrumental in the choice of Priorities by the CHA Team.

In the Public Survey the next section was about Personal Health.

Community Input Table 4

The Survey asked:

3. Where do you get most of your health related information? Put a check (✓) to the left of only **one**.

2%	Books/Magazine	30%	Doctor/Nurse	8%	Church
4%	Friends & Family	.2%	Telephone Help Lines	.6%	Hospital
17%	Internet	3%	Pharmacist	3%	Radio/TV
.2%	School	2%	Health Department	1%	Mailings

No Answer – 29%

Analysis:

- Most people get health related information from a medical professional (30% from Doctor/Nurse)
- The second most common source of health related information is the Internet (17%)
- Two other factors are important
 - 8% of the Survey Takers get most of their health related information from their church
 - 29% did not answer this question
- This information should guide the Rowan County Health Department and the local health care providers as they determine how to educate the public on health and wellness issues.

Community Input Table #5

The Survey asked:

4. Where do you go most often when you are sick or need advice about your health? Put a check (✓) to the left of only **one**.

55%	Doctor's Office	11%	Health Department	.8%	Mental Health Facility	.2%	Free Clinic
7%	Hospital/Emergency Room	6%	Urgent Care Center	2%	Out of County		

No Answer – 18%

Analysis:

- More than half of the respondents primarily get their health care from Doctor's Offices in Rowan County and 6% use Urgent Care Centers.
- A significant amount of people, 18%, did not answer this question.
- Only 2% of respondents stated they primarily get their care outside of Rowan County
- The amount of people that use the hospital Emergency Room for most of their health care is 7%
- 11.2% use subsidized agencies for their health care – 11% use RCHD and .2% use a Free Clinic

The Key Informants provided the following input on getting health care in Rowan County. (Respondents were allowed to provide more than one answer):

- Basic Care from
 - Medical practice in the County – 77%
 - Hospital Emergency Room/Department – 56%
 - Urgent Care Center in the County – 11%
 - VA Hospital in Rowan County – 16%
 - Provider outside the County – 7%
- Hospital Care
 - Novant Health Rowan Medical Center – 51%
 - Outside the County – 12%
 - VA Hospital – 7%
- Emergency Care
 - Novant Health Rowan Medical Center – 68%
 - Outside of County – 18%
 - Urgent Care Center – 11%

9% of Key Informants did not answer this question. It was also pointed out that some Rowan County residents live closer to Out of County health care (both basic and emergency) providers than they do to Novant Health Rowan Medical Center.

Participants in the Focus Groups stated that most people probably get basic health care from some type of provider inside the County -- medical practice, Urgent Care, free clinic or hospital Emergency Room. They shared that where people get hospital care (including emergency) depends on the location of their residence and family and on the specific care needed. The participants also stated that one of the main reasons people go to an Emergency Room for basic care is because they want to avoid a long wait in a medical practice.

Community Input Table #6

The Survey asked:

5. Have you ever been told by a doctor that you have one of more of the following conditions?

Check (✓) “Yes”, “No” or “Don’t Know” for each condition and put a check in the last column if it applies to you.

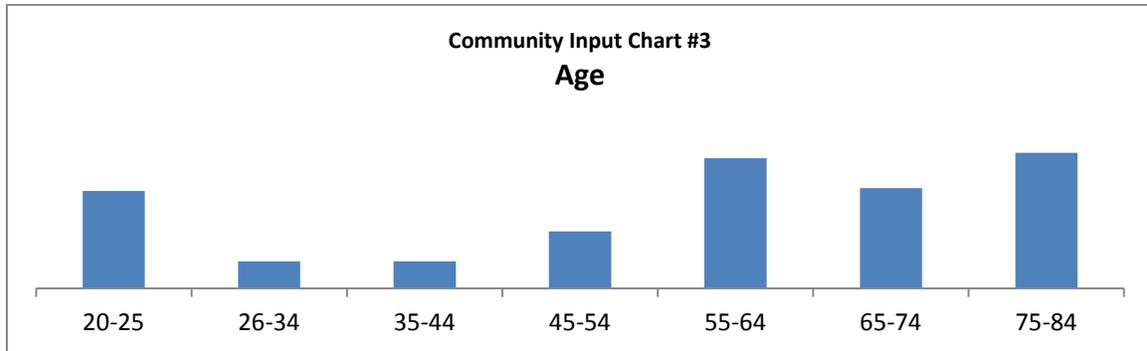
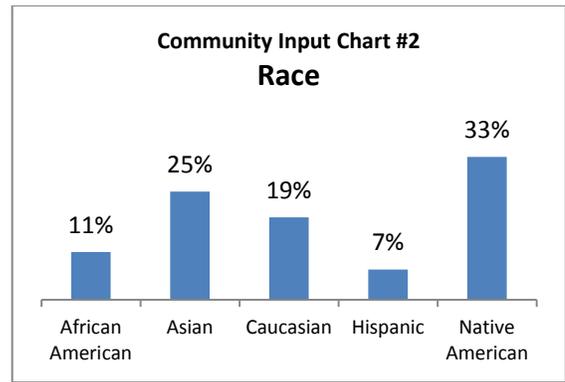
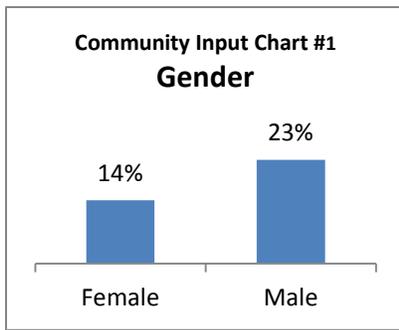
Health Conditions	Yes	No	Don't Know	No Answer	Currently on Medication for this?
Obesity/Overweight	30%	64%	1%	5%	1% of Yes Respondents
High Blood Pressure/Hypertension	27%	67%	1%	5%	32% of Yes Respondents
Depression or anxiety disorder	26%	68%	1%	5%	27% of Yes Respondents
Dental Problems	23%	71%	1%	5%	1% of Yes Respondents
High Cholesterol	19%	75%	1%	5%	35% of Yes Respondents
Arthritis	16%	79%	1%	4%	67% of Yes Respondents
Asthma	14%	81%	.3%	4.7%	64% of Yes Respondents
Diabetes (not during pregnancy)	12%	82%	1%	5%	31% of Yes Respondents
STD	5%	88%	1%	6%	16% of Yes Respondents
Cancer	4%	90%	1%	5%	13% of Yes Respondents
Glaucoma	3%	90%	1%	6%	40% of Yes Respondents
Heart Disease/ Angina	3%	91%	1%	5%	40% of Yes Respondents
Osteoporosis	3%	90%	.5%	6.5%	0
COPD/Respiratory Illness	2%	91%	1%	6%	14% of Yes Respondents
Sickle Cell Anemia	1%	92%	1%	6%	0
Stroke	1%	92%	1%	6%	0
Alzheimer's Disease	.2%	94%	.8%	5%	0

Analysis:

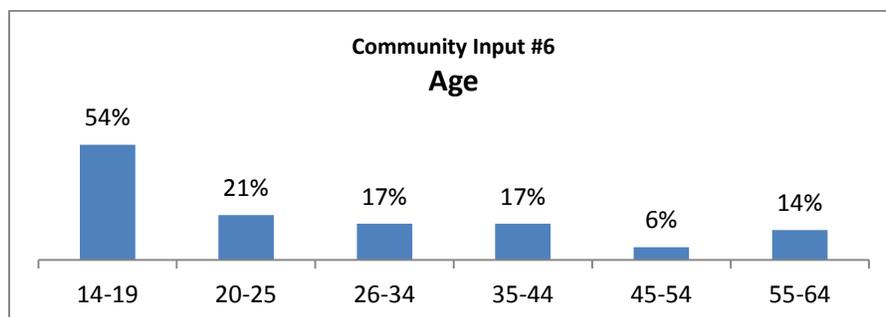
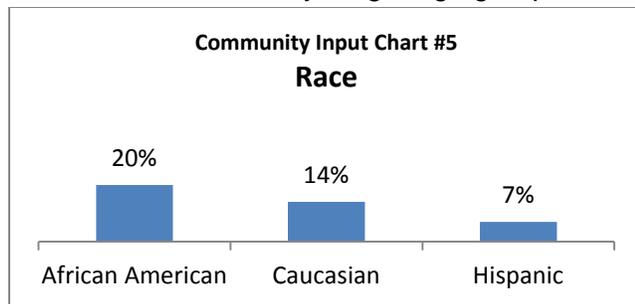
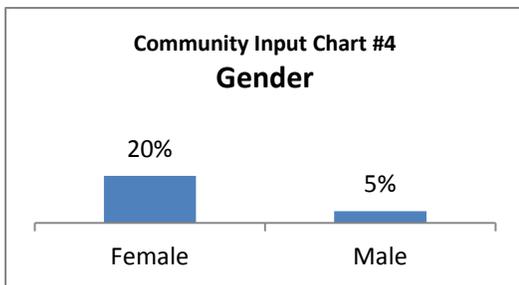
- Of the top 5 diagnosed conditions reported by the Survey Takers, 4 of them are related to the CHA Priorities – Obesity/Overweight, High Blood Pressure/Hypertension, Depression or anxiety disorder and High Cholesterol.
- A significant number of respondents are currently on medication for conditions related to Obesity: 32% of those diagnosed with Hypertension and 35% of those diagnosed with High Cholesterol.
- An important factor is that the people taking the Survey were all mobile and not institutionalized or in hospital.

Additional breakdown of the Public Survey respondents provides greater insight. The statistics that follow are the percentages of a demographic that reported being diagnosed with the condition or disease. For example the 14% of the Females that filled out the Survey reported having Arthritis; 23% of the men that filled out the Survey reported having the disease. Continuing the example: 11% of the African Americans filling out the Survey reported having Arthritis, 25% of the Asians filling out the survey reported having it, 19% of the Caucasians, etc. The information is provided in a graph format to facilitate comparison. *Note: because the number of Asians, Hispanics and Native Americans participating in the Survey were very small, the percentages in this report may not be representative.*

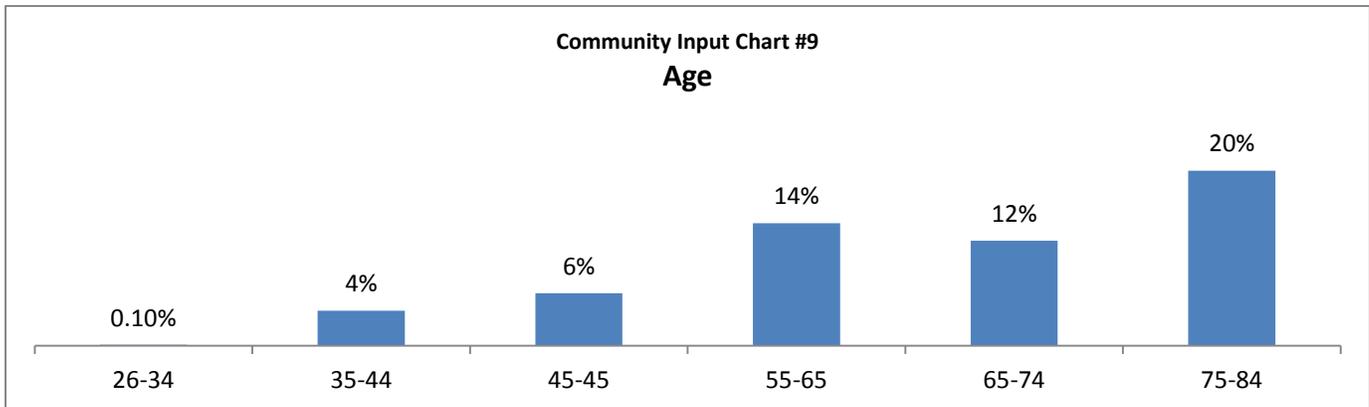
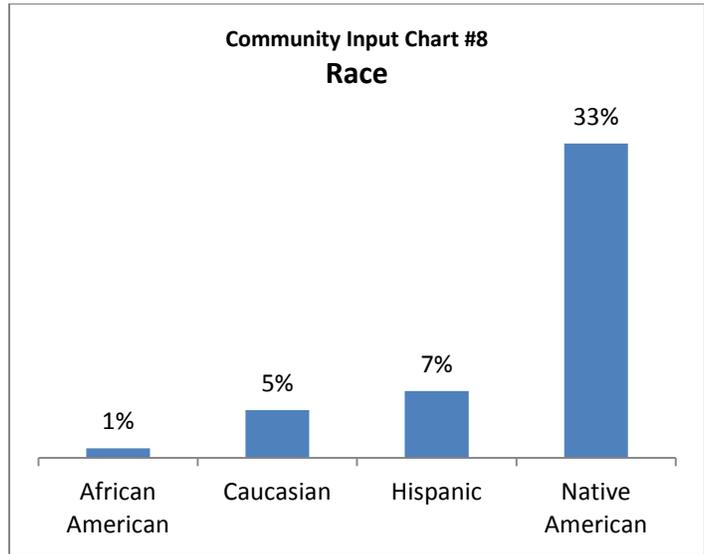
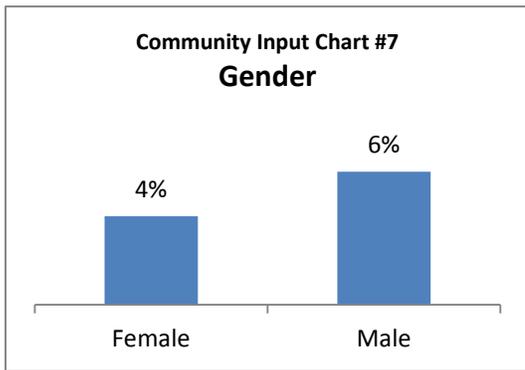
- Alzheimer's Disease:
 - 1 White Female age 55-64 reported being diagnosed with this condition
- Arthritis:
 - 16% of the Survey respondents reported having Arthritis
 - 67% of those reporting having Arthritis are taking medication for it
 - Higher percentage of males experience this than women
 - More Caucasians than African Americans have Arthritis; it is difficult to draw any conclusions about the other races because of the small number participating in the Survey



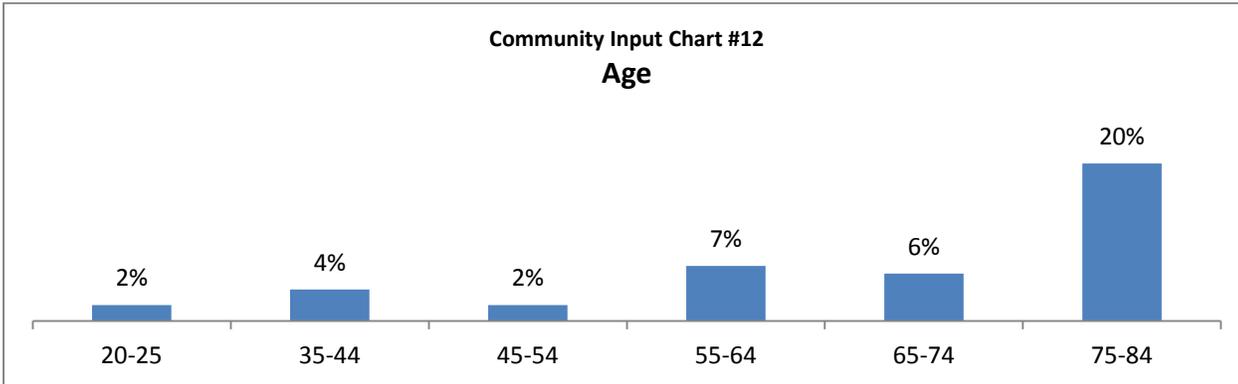
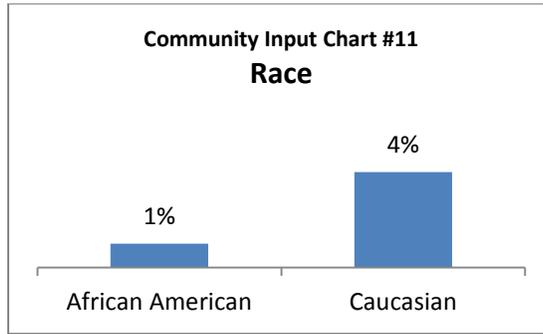
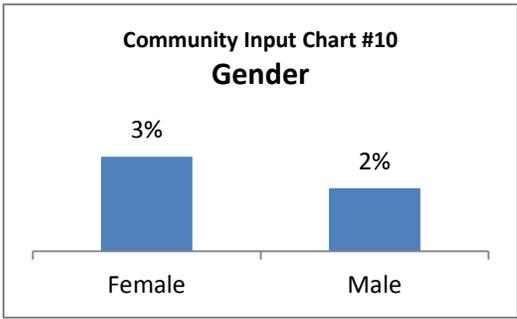
- Asthma:
 - 14% of the Survey respondents reported having Asthma
 - 64% of those reporting having Asthma are taking medication for it
 - A much higher percentage of females have this condition than males
 - The sample number of this Survey may not be large enough to determine if there is a significant difference in occurrence by race
 - As expected there is a higher percentage of occurrences in the younger age groups.



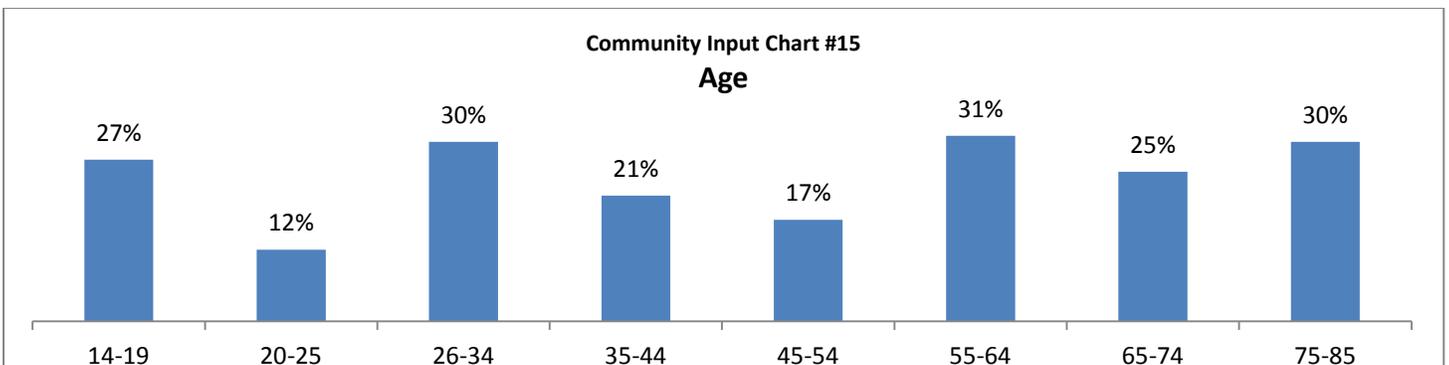
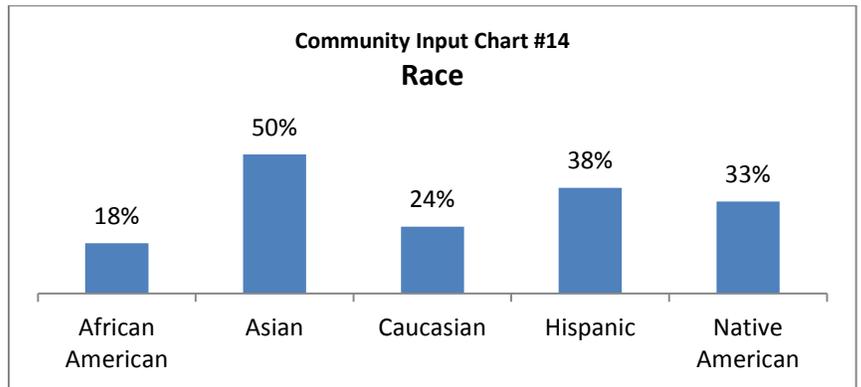
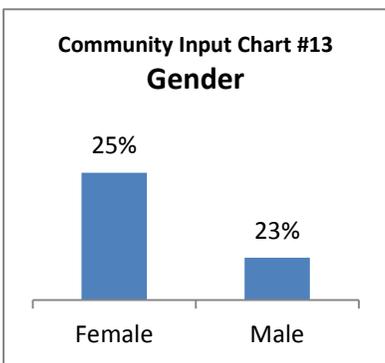
- Cancer
 - 4% of the Survey respondents reported having Cancer.
 - 13% of those reporting having Cancer are taking medication for it.
 - The small number of Native American Survey participants likely skews the percentage of this race that has Cancer.
 - There is not a significant difference in the percentage of females versus males that reported having Cancer.
 - As expected, the percentage of respondents reporting Cancer increases by age.



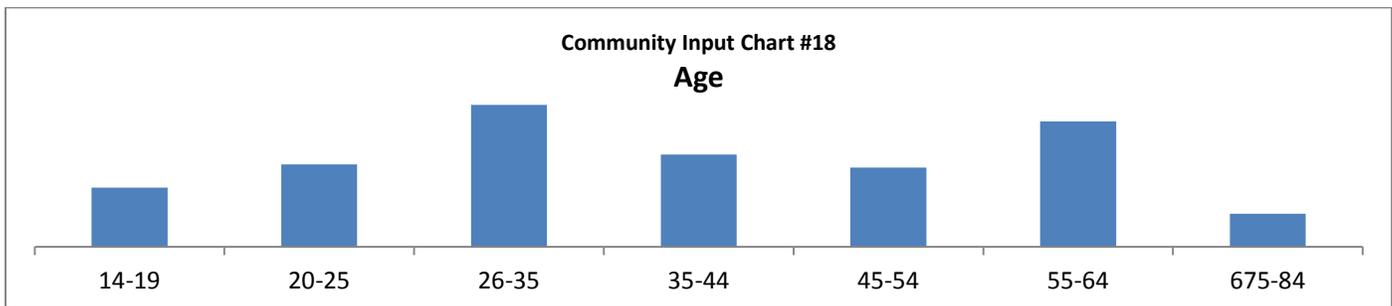
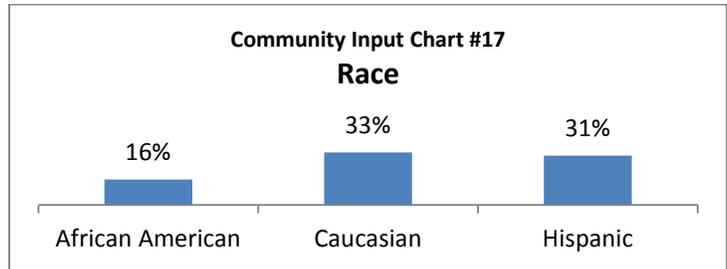
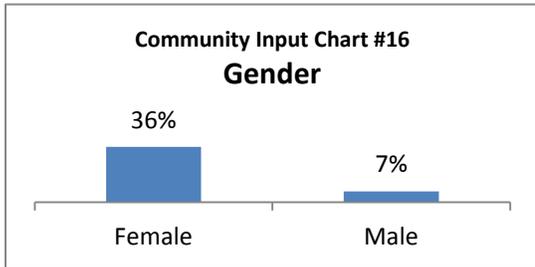
- COPD/Respiratory Illness
 - 2% of the Survey respondents reported having COPD/Respiratory Illness.
 - 14% of those reporting having COPD/Respiratory Illness are taking medication for it.
 - As expected, older participants report a higher rate of occurrence.
 - It may not be significant that there were no reports of this disease in the Asian, Hispanic and Native American Survey Takers because the number in these ethnicities was small.



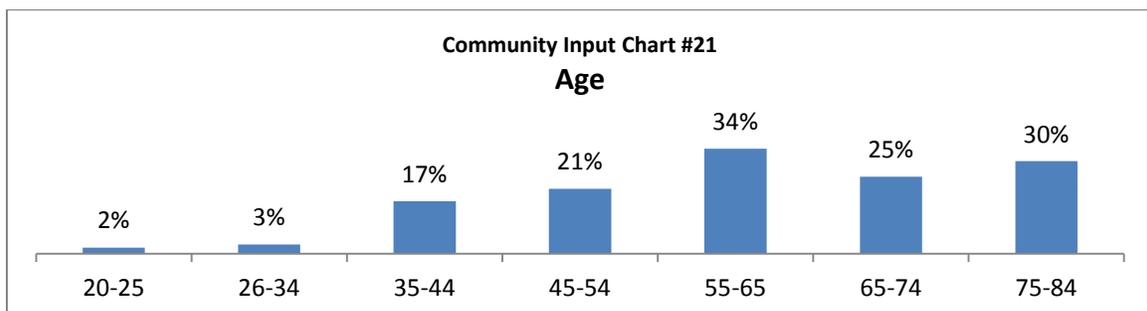
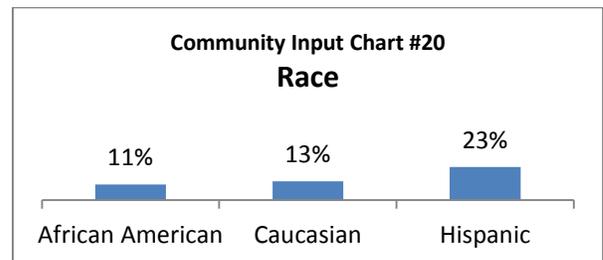
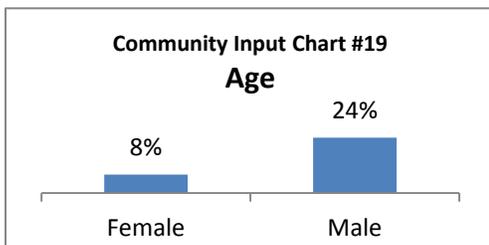
- **Dental Problems**
 - 23% of Survey respondents reported having Dental Problems
 - 1% of those reporting having Dental Problems are taking medication for it
 - Because “Dental Problems” can include many different conditions and diseases it is not possible to draw conclusions from the responses to this question.



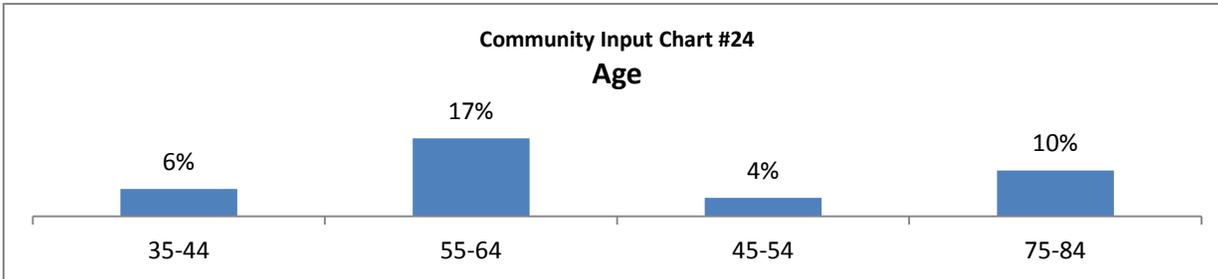
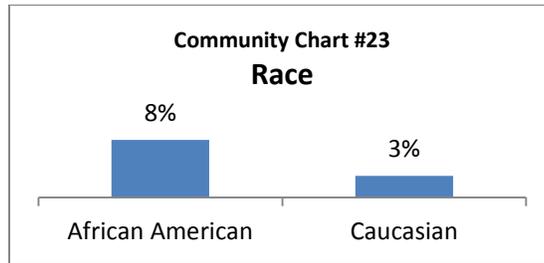
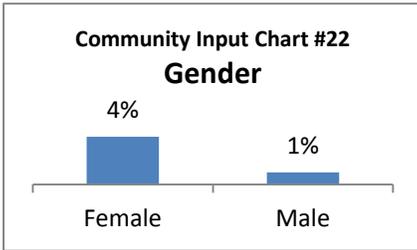
- Depression or Anxiety Disorder
 - 26% of the Survey respondents reported having Depression or Anxiety Disorder.
 - 27% of those reporting having Depression or Anxiety Disorder are taking medication for it.
 - 29% more Females in this Survey experienced this condition than Males
 - The Hispanic percentage may not be truly representative because the number of Hispanics participating in the survey was low.



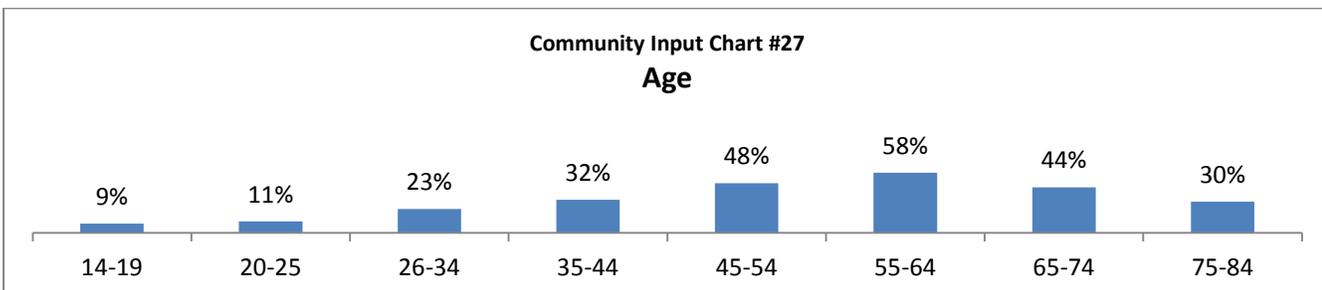
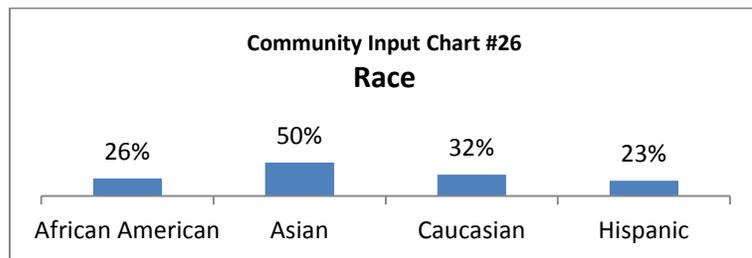
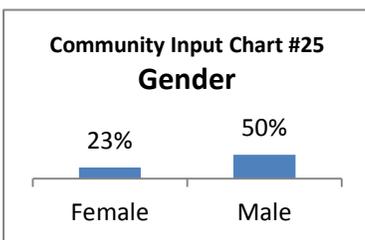
- Diabetes
 - 12% of the Survey respondents reported having Diabetes.
 - 31% of those reporting having Diabetes are taking medication for it.
 - 17% is a high rate of occurrence in 35-44 year olds. Participants in the Focus Groups and Key Informants stated that Diabetes is occurring at younger ages and attributed this to unhealthy lifestyles.
 - The percentage of the male respondents with Diabetes is significantly higher than that of females.



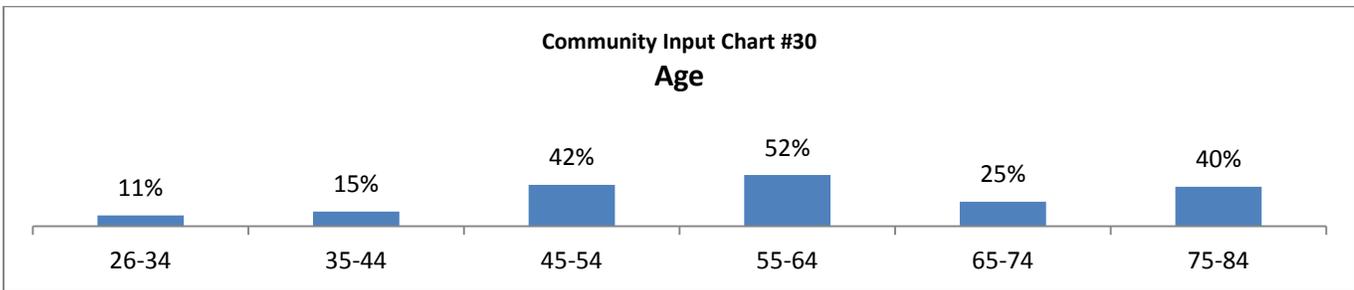
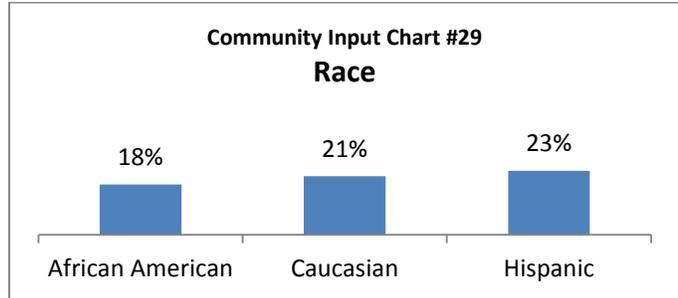
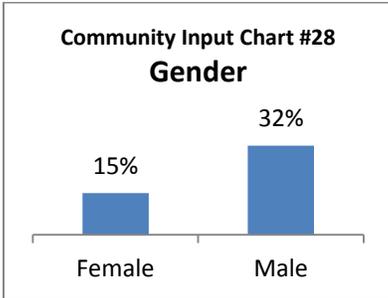
- Heart Disease/Angina
 - 3% of the Survey respondents reported having Heart Disease/Angina.
 - 40% of those reporting Heart Disease/Angina are taking medication for it.



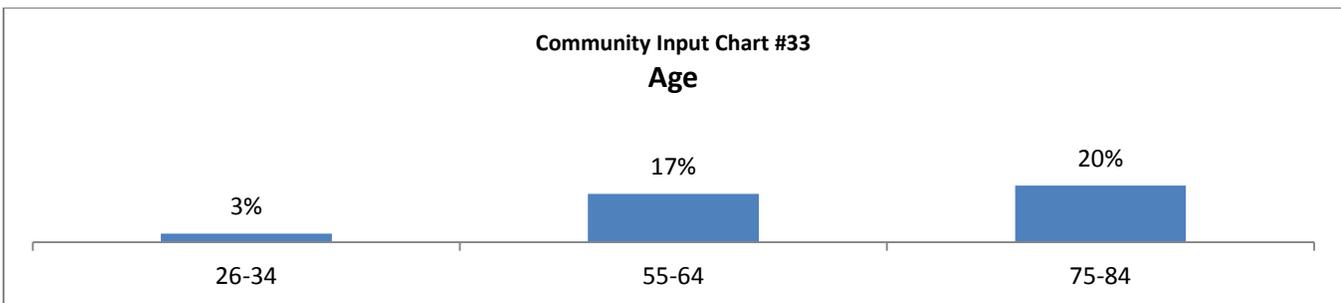
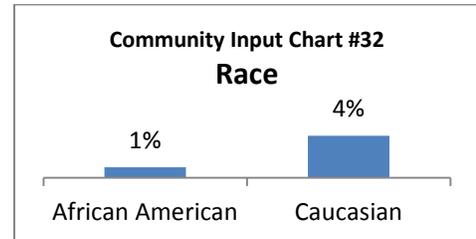
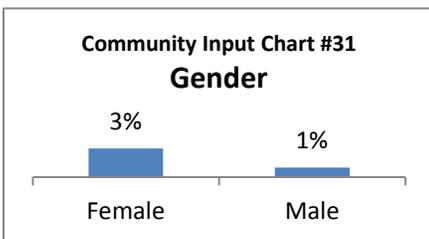
- High Blood Pressure/Hypertension
 - 27% of the Survey respondents reported having High Blood Pressure/Hypertension.
 - 32% of those reporting having High Blood Pressure/Hypertension are taking medication for it.
 - The percentages for Asian and Hispanic populations may not be accurate because the number of Survey Takers in those populations was very small.
 - The percentage of the male respondents with Hypertension is significantly higher than that of females.
 - The rate of occurrence in people under 45 is high. Participants in the Focus Groups and Key Informants stated that Hypertension is occurring at younger ages and attributed this to unhealthy lifestyles both individually and culturally.



- High Cholesterol
 - 19% of the Survey respondents reported having High Cholesterol.
 - 35% of those reporting having High Cholesterol are taking medication for it.
 - The percentage of males with High Cholesterol is more than twice that of females.
 - There is a significant percentage of young people with High Cholesterol.
 - There is a large percentage of people between 45 and 65 with high Cholesterol.

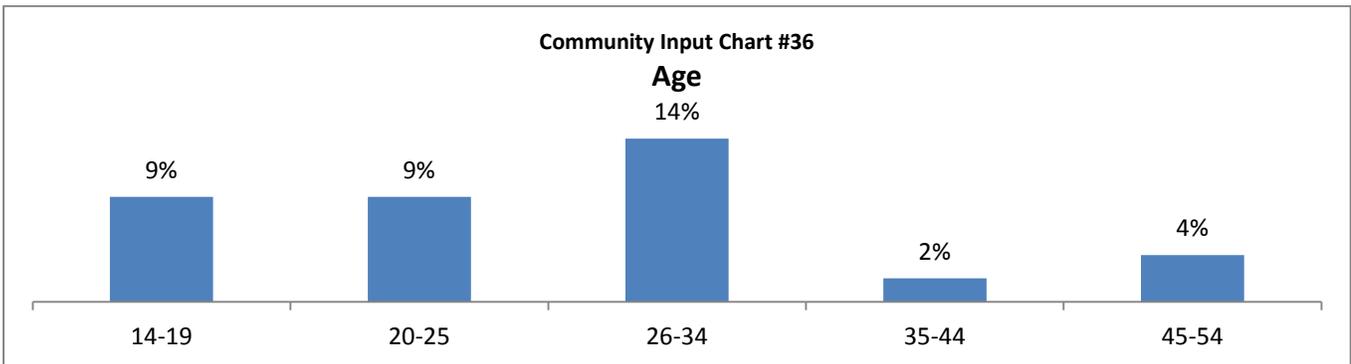
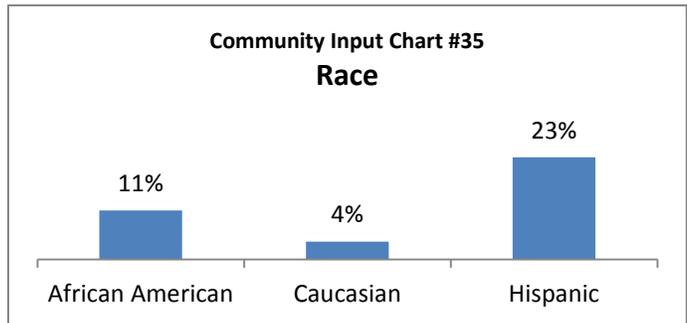
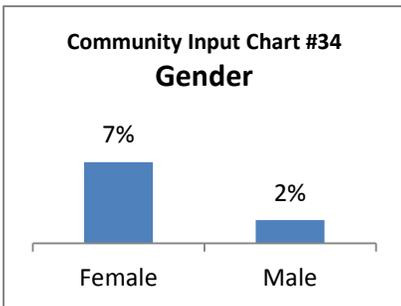


- Osteoporosis
 - 3% of the Survey respondents reported having Osteoporosis.
 - None of those reporting having Osteoporosis are taking medication for it.



- Sickle Cell Anemia
 - Only 2 (1%) of the Survey respondents reported having Sickle Cell Anemia
 - None of those reporting having Sickle Cell Anemia are taking medication for it.
 - Both of those reporting having Sickle Cell Anemia are African American; this is 3% of that population taking the Survey.
 - One of the 2 reporting having Sickle Cell Anemia is between 45-54 (1%), the other is in the 55-64 age range (3%).

- STD
 - 5% of the Survey respondents reported having an STD.
 - 16% of those reporting having an STD are taking medication for it.
 - The percentage of females with an STD is almost four times higher than males



- Stroke
 - 6 (1%) of Survey respondents reported having a Stroke
 - None of those reporting having had a Stroke are taking medication for it.
 - 2% of females taking the survey have had a stroke and 2% of males taking the survey have had a stroke
 - All 6 (3%) of those reporting having had a Stroke are Caucasian.
 - 3 (10%) are in the 55-64 age range, 3 (30%) are in the 75-84 age range.

Community Input Table #7

The Survey asked:

6. Which of the following have you done in the last 7 days? Check (√) all that apply

Activity	In the last 7 days
Participated in a physical activity to benefit your health	55%
Had physical pain or health problems that made it hard for you to do your usual activities.	22%
Exposed to Second Hand Smoke	20%
Smoked	17%
Feeling sad or worried kept you from going about your normal business	14%
Drank one or more alcoholic beverages	10%
Used tobacco product other than cigarettes	7%
Used illegal drugs	1%
Misused prescription drugs	.6%

Community Input Table #8

The Survey asked:

7. Put a check (√) in **one** column for each of the following.

	Weekly	Monthly	Regularly	Occasionally	DO	Never DO	No Answer
Participate in a physical activity to benefit your health	15%	22%	21%	29%	85%	8%	5%
Eat fruits and vegetables on a daily basis	27%	4%	39%	14%	84%	9%	7%
Have physical pain or health problems that make it hard for you to do your usual activities.	8%	3%	8%	32%	51%	40%	9%
Exposed to Second Hand Smoke	4%	1%	11%	26%	42%	45%	12%
Drink one or more alcoholic beverages	3%	4%	3%	27%	37%	52%	11%
Feeling sad or worried keeps you from going about your normal business	3%	1%	5%	27%	36%	54%	10%
Smoke	3%	1%	9%	8%	21%	64%	15%
Use tobacco product other than cigarettes	2%	0	4%	3%	9%	73%	12%
Use illegal drugs	0	0	.4%	1.6%	2%	83%	15%
Misuse prescription drugs	0	0	.4%	.6%	1%	85%	14%

Demographic Details on the above responses are provided in the following tables.

Community Input Table #9

Participate in a physical activity to benefit your health.

Frequency	Total	Gender	Race	Age
Weekly	15%	32% of Female Respondents 39% of Male Respondents	23% of African American Respondents 37% of Caucasian Respondents 46% of Hispanic Respondents 33% of Native American Respondents	27% of 14-19 age range 37% of 20-25 age range 31% of 26-34 age range 47% of 35-44 age range 34% of 45-54 age range 17% of 55-74 age range 44% of 65-74 age range 31% of 75-84 age range
Monthly	22%	7% of Female Respondents 8% of Male Respondents	8% of African American Respondents 25% of Asian Respondents 7% of Caucasian Respondents 7% of Hispanic Respondents	9% of 14-19 age range 7% of 20-25 age range 10% of 26-34 age range 6% of 35-44 age range 9% of 45-54 age range 3% of 55-64 age range 6% of 65-74 age range
Regularly	21%	14% of Female Respondents 30% of Male Respondents	20% of African American Respondents 50% of Asian Respondents 23% of Caucasian Respondents 15% of Hispanic Respondents	9% of 14-19 age range 11% of 20-25 age range 24% of 26-34 age range 25% of 35-44 age range 30% of 45-54 age range 34% of 55-64 age range 25% of 65-74 age range 40% of 75-84 age range
Occasionally	29%	29% of Female Respondents 16% of Male Respondents	35% of African American Respondents 25% of Asian Respondents 24% of Caucasian Respondents 23% of Hispanic Respondents	63% of 14-19 age range 37% of 20-25 age range 24% of 26-34 age range 19% of 35-44 age range 21% of 45-54 age range 31% of 55-64 age range 12% of 65-74 age range 10% of 75-84 age range

Never – 8%

No Answer – 5%

Community Input Table #10

Feeling sad or worried keeps you from going about your normal business

Frequency	Total	Gender	Race	Age
Weekly	3%	4% of Female Respondents 2% of Male Respondents	1% of African American Respondents 4% of Caucasian Respondents 15% of Hispanic Respondents 5% of Native American Respondents	1% of 20-25 age range 3% of 26-34 age range 8% of 35-44 age range 9% of 45-54 age range 7% of 55-74 age range
Monthly	1%	1% of Female Respondents 0% of Male Respondents	1% of Caucasian Respondents	2% of 26-34 age range 2% of 35-44 age range 2% of 45-54 age range
Regularly	5%	6% of Female Respondents 3% of Male Respondents	5% of African American Respondents 5% of Caucasian Respondents	2% of 20-25 age range 6% of 26-34 age range 8% of 35-44 age range 6% of 45-54 age range 7% of 55-64 age range
Occasionally	27%	33% of Female Respondents 19% of Male Respondents	26% of African American Respondents 31% of Caucasian Respondents 31% of Hispanic Respondents	27% of 14-19 age range 32% of 20-25 age range 40% of 26-34 age range 15% of 35-44 age range 32% of 45-54 age range 24% of 55-64 age range 12% of 65-74 age range 50% of 75-84 age range

Never – 54%

No Answer – 10%

Community Input Table #11

Drink one or more alcoholic beverages

Frequency	Total	Gender	Race	Age
Weekly	3%	2% of Female Respondents 6% of Male Respondents	8% of Caucasian Respondents	2% of 20-25 age range 1% of 26-34 age range 1% of 35-44 age range 4% of 45-54 age range 3% of 55-74 age range 6% of 65-74 age range 20% of 75-84 age range
Monthly	4%	3% of Female Respondents 8% of Male Respondents	1% of African American Respondents 25% of Asian Respondents 5% of Caucasian Respondents 1% of Native American Respondents	3% of 26-34 age range 10% of 35-44 age range 6% of 45-54 age range 3% of 55-64 age range 12% of 65-74 age range
Regularly	3%	1% of Female Respondents 8% of Male Respondents	5% of African American Respondents 3% of Caucasian Respondents	3% of 26-34 age range 2% of 35-44 age range 9% of 45-54 age range 3% of 55-64 age range 6% of 65-74 age range
Occasionally	27%	26% of Female Respondents 37% of Male Respondents	20% of African American Respondents 66% of Caucasian Respondents 23% of Hispanic Respondents 66% of Native American Respondents	32% of 20-25 age range 24% of 26-34 age range 32% of 35-44 age range 40% of 45-54 age range 31% of 55-64 age range 37% of 65-74 age range 10% of 75-84 age range

Never – 52%

No Answer – 11%

Community Input Table #12

Smoke

Frequency	Total	Gender	Race	Age
Weekly	3%	6% of Female Respondents 0% of Male Respondents	6% of African American Respondents 4% of Caucasian Respondents	3% of 20-25 age range 6% of 26-34 age range 4% of 35-44 age range 7% of 45-54 age range 3% of 55-74 age range
Monthly	1%	0% of Female Respondents 1% of Male Respondents	25% of Native American Respondents	21% of 35-44 age range
Regularly	9%	10% of Female Respondents 5% of Male Respondents	6% of African American Respondents 9% of Caucasian Respondents	9% of 14-19 age range 0% of 20-25 age range 14% of 26-34 age range 14% of 35-44 age range 7% of 45-54 age range 7% of 55-64 age range 0% of 65-74 age range 0% of 75-84 age range
Occasionally	8%	9% of Female Respondents 5% of Male Respondents	11% of African American Respondents 25% of Asian Respondents 7% of Caucasian Respondents 33% of Native American Respondents	54% of 14-19 age range 9% of 20-25 age range 11% of 26-34 age range 6% of 35-44 age range 11% of 45-54 age range 7% of 55-64 age range 0% of 65-74 age range 0% of 75-84 age range

Never – 64%

No Answer – 15%

Community Input Table #13

Use tobacco product other than cigarettes

Frequency	Total	Gender	Race	Age
Weekly	2%	.4% of Female Respondents 7% of Male Respondents	1% of African American Respondents 2% of Caucasian Respondents	0% of 14-29 age range 2% of 20-25 age range 0% of 26-34 age range 6% of 35-44 age range 4% of 45-54 age range 0% of 55-64 age range 0% of 65-74 age range 0% of 75-84 age range
Monthly	0	0	0	0
Regularly	4%	2% of Female Respondents 8% of Male Respondents	4% of African American Respondents 25% of Asian Respondents 4% of Caucasian Respondents	0% of 14-19 age range 2% of 20-25 age range 3% of 26-34 age range 6% of 35-44 age range 6% of 45-54 age range 3% of 55-64 age range 0% of 65-74 age range 0% of 75-84 age range
Occasionally	3%	3% of Female Respondents 3% of Male Respondents	5% of African American Respondents 2% of Caucasian Respondents 33% of Native American Respondents	0% of 14-19 age range 18% of 20-25 age range 2% of 26-34 age range 3% of 35-44 age range 4% of 45-54 age range 7% of 55-64 age range 0% of 65-74 age range 0% of 75-84 age range

Never – 78%

No Answer – 13%

Community Input Table #14

Exposed to Second Hand Smoke

Frequency	Total	Gender	Race	Age
Weekly	4%	3% of Female Respondents 5% of Male Respondents	3% of African American Respondents 5% of Caucasian Respondents	0% of 14-29 age range 5% of 20-25 age range 4% of 26-34 age range 8% of 35-44 age range 4% of 45-54 age range 0% of 55-74 age range 6% of 65-74 age range 0% of 75-84 age range
Monthly	1%	.4% of Female Respondents 2% of Male Respondents	3% of African American Respondents .4% of Caucasian Respondents	0% of 14-29 age range 0% of 20-25 age range 1% of 26-34 age range 0% of 35-44 age range 5% of 45-54 age range 0% of 55-64 age range 0% of 65-74 age range 0% of 75-84 age range
Regularly	11%	12% of Female Respondents 8% of Male Respondents	13% of African American Respondents 25% of Asian Respondents 9% of Caucasian Respondents	18% of 14-19 age range 16% of 20-25 age range 8% of 26-34 age range 13% of 35-44 age range 9% of 45-54 age range 7% of 55-64 age range 6% of 65-74 age range 0% of 75-84 age range
Occasionally	26%	25% of Female Respondents 36% of Male Respondents	20% of African American Respondents 33% of Caucasian Respondents 7% of Hispanic Respondents 33% of Native American Respondents	18% of 14-19 age range 16% of 20-25 age range 8% of 26-34 age range 13% of 35-44 age range 9% of 45-54 age range 7% of 55-64 age range 6% of 65-74 age range 0% of 75-84 age range

Never – 45%

No Answer – 13%

Community Input Table #15

Use Illegal Drugs

Frequency	Total	Gender	Race	Age
Weekly	0	0	0	0
Monthly	0	0	0	0
Regularly	.4%	.4% of Female Respondents 0% of Male Respondents	.4% of Caucasian Respondents	0% of 14-19 age range 0% of 20-25 age range 0% of 26-34 age range 0% of 35-44 age range 2% of 45-54 age range 0% of 55-64 age range 0% of 65-74 age range 0% of 75-84 age range
Occasionally	.6%	1% of Female Respondents 1% of Male Respondents	3% of African American Respondents .4% of Caucasian Respondents 7% of Hispanic Respondents	0% of 14-19 age range 2% of 20-25 age range 1% of 26-34 age range 2% of 35-44 age range 2% of 45-54 age range 0% of 55-64 age range 0% of 65-74 age range 0% of 75-84 age range

Never – 83%

No Answer – 15%

Community Input Table #16

Misuse Prescription Drugs

Frequency	Total	Gender	Race	Age
Weekly	0	0	0	0
Monthly	0	0	0	0
Regularly	.4%	.4% of Female Respondents 0% of Male Respondents	.4% of Caucasian Respondents	0% of 14-19 age range 0% of 20-25 age range 0% of 26-34 age range 0% of 35-44 age range 2% of 45-54 age range 0% of 55-64 age range 0% of 65-74 age range 0% of 75-84 age range
Occasionally	.6%	.4% of Female Respondents 0% of Male Respondents	.4% of Caucasian Respondents	0% of 14-19 age range 0% of 20-25 age range 0% of 26-34 age range 2% of 35-44 age range 2% of 45-54 age range 0% of 55-64 age range 0% of 65-74 age range 0% of 75-84 age range

Never – 85%

No Answer – 14%

Community Input Table #17

Eat fruits and vegetables on a daily basis

Frequency	Total	Gender	Race	Age
Weekly	27%	24% of Female Respondents 33% of Male Respondents	16% of African American Respondents 30% of Caucasian Respondents 38% of Hispanic Respondents 33% of Native American Respondents	27% of 14-29 age range 19% of 20-25 age range 33% of 26-34 age range 32% of 35-44 age range 21% of 45-54 age range 41% of 55-74 age range 19% of 65-74 age range 30% of 75-84 age range
Monthly	4%	3% of Female Respondents 8% of Male Respondents	5% of African American Respondents 5% of Caucasian Respondents	9% of 14-29 age range 2% of 20-25 age range 3% of 26-34 age range 8% of 35-44 age range 6% of 45-54 age range 7% of 55-64 age range 1% of 65-74 age range
Regularly	39%	47% of Female Respondents 28% of Male Respondents	48% of African American Respondents 25% of Asian Respondents 42% of Caucasian Respondents 38% of Hispanic Respondents 33% of Native American Respondents	36% of 14-19 age range 52% of 20-25 age range 46% of 26-34 age range 32% of 35-44 age range 40% of 45-54 age range 38% of 55-64 age range 31% of 65-74 age range 70% of 75-84 age range
Occasionally	14%	14% of Female Respondents 18% of Male Respondents	15% of African American Respondents 75% of Asian Respondents 15% of Caucasian Respondents 15% of Hispanic Respondents	18% of 14-19 age range 16% of 20-25 age range 16% of 26-34 age range 17% of 35-44 age range 21% of 45-54 age range 14% of 55-64 age range 12% of 65-74 age range

Never – 9%

No Answer – 7%

Community Input Table #18

Frequency	Household Income	Number in Household
Weekly	25% of Less than \$10,000 Income Range 38% of \$10,000 - \$14,999 Income Range 7% of \$15,000 - \$24,999 Income Range 29% of \$25,000 - \$34,999 Income Range 23% of \$35,000 - \$49,999 Income Range 28% of \$50,000 - \$74,999 Income Range 30% of \$75,000 - \$99,999 Income Range 37% of \$100,000 or more Income Range	43% of those in Households with 1 person 25% of those in Households with 2 people 23% of those in Households with 3 people 27% of those in Households with 4 people 21% of those in Households with 5 people 37% of those in Households with 6 or more people
Monthly	6% of Less than \$10,000 Income Range 3% of \$10,000 - \$14,999 Income Range 3% of \$15,000 - \$24,999 Income Range 2% of \$25,000 - \$34,999 Income Range 2% of \$35,000 - \$49,999 Income Range 9% of \$50,000 - \$74,999 Income Range 4% of \$75,000 - \$99,999 Income Range 12% of \$100,000 or more Income Range	3% of those in Households with 1 person 6% of those in Households with 2 people 15% of those in Households with 3 people 4% of those in Households with 4 people 3% of those in Households with 5 people 4% of those in Households with 6 or more people
Regularly	44% of Less than \$10,000 Income Range 44% of \$10,000 - \$14,999 Income Range 58% of \$15,000 - \$24,999 Income Range 47% of \$25,000 - \$34,999 Income Range 46% of \$35,000 - \$49,999 Income Range 40% of \$50,000 - \$74,999 Income Range 35% of \$75,000 - \$99,999 Income Range 31% of \$100,000 or more Income Range	40% of those in Households with 1 person 45% of those in Households with 2 people 37% of those in Households with 3 people 46% of those in Households with 4 people 39% of those in Households with 5 people 54% of those in Households with 6 or more people
Occasionally	12% of Less than \$10,000 Income Range 12% of \$10,000 - \$14,999 Income Range 24% of \$15,000 - \$24,999 Income Range 13% of \$25,000 - \$34,999 Income Range 18% of \$35,000 - \$49,999 Income Range 19% of \$50,000 - \$74,999 Income Range 17% of \$75,000 - \$99,999 Income Range 12% of \$100,000 or more Income Range	16% of those in Households with 1 person 17% of those in Households with 2 people 17% of those in Households with 3 people 9% of those in Households with 4 people 30% of those in Households with 5 people 7% of those in Households with 6 or more people

Through the interviews and questionnaire, Key Informants provided their insight on what keeps people in Rowan County from being healthy.

Community Input Table #19

What keeps people in your community from being healthy?	% of Responses
Lack of fitness activity	80%
Fast food is cheap / healthy food is expensive	75%
Poor Nutrition	72%
Unhealthy Lifestyle	71%
Culture of bad health habits	68%
Poverty	65%
High insurance premiums and co-pays	43%
Lack of Mental Health Care	43%
Not getting health screenings	37%
Aging population	37%
Lack of understanding about Mental Health issues	34%
Lack of safe places to walk/bike/run in some areas	29%
Lack of transportation to health care	29%
Accessibility to health tools and facilities	23%
Lack of Support Groups for those with health conditions	15%

Participants in both Focus Groups listed the following as things that keep people in the County from being healthy:

- Unhealthy Life Style
- Culture of bad health habits
- Accessibility to affordable healthy food
- Accessibility to and/or awareness of health/wellness resources and tools
- Lack of transportation to health care

Analysis:

- Although 85% of the respondents said they do participate in a physical activity to benefit their health, only 36% do it weekly or regularly. The Key Informants rated lack of fitness activity as the number one obstacle to being healthy in Rowan County. Both the Key Informants and Focus Groups said that an Unhealthy Life Style is a primary factor in Rowan citizens not being healthy. So, even though a large number participate in physical activity, it appears that not many people do it consistently enough to have a positive impact on their health.
- Eating Fruits & Vegetables
 - More than half (66%) of respondents said they eat fruits and vegetable on a daily basis weekly or regularly and only 9% said they do not do it regularly. This number is encouraging. However, the Key Informants and Focus Groups shared that they think poor nutrition and a reliance on fast foods is having a big impact on the health of the County citizens. That opinion is supported by the statistics on Obesity and the resulting conditions/ diseases.
 - Based on the analysis of demographic data of the Survey respondents, it does not appear that Gender, Race, Age, Household Income or Number in Household has an impact on whether people eat fruits and vegetables on a daily basis. This is the case, even though 55% of school age children in Rowan County are eligible for Free Lunch according to the County Health Rankings (www.countyhealthrankings.org).
 - According to American Community Survey 5-Year Estimate 15% of Households in Rowan County are receiving Food Stamps (SNAP) – 24.2% of those have one or more people 60 years or over; 55.3% have children under 18 years.

- A significant number (36%) of respondents said that they are not able to go about their normal business because of feeling sad or worried. Another 10% did not answer the question.
- In spite of the efforts of RCHD and others in decreasing the exposure to Second Hand Smoke, 42% said they are exposed – 11% regularly – and 12% did not answer the question.
- The number of people who use tobacco products (smoke or other) is 30%; 27% did not answer the questions.
- Although only a small amount of Survey Takers said they use illegal drugs or misuse prescription drugs, a considerable number (15% illegal drugs/14% prescription drugs) did not answer the questions.
- It is not possible through this survey to link those experiencing physical pain or health problems directly to either of the CHA Priorities. However, given the responses in other sections of the survey, it is likely that the problem of many of the 51% of respondents saying that they are hampered from doing their usual activities experience pain or health issues is related to Obesity and its resulting conditions and diseases. The opinions expressed by the Key Informants and Focus Groups give credence to this.
- Both the responses from the Survey and the input from the Key Informants and Focus Groups demonstrate that people either do not have an understanding of the degree of impact an unhealthy lifestyle has on health and wellness or they do not know where to get help on making their lifestyle healthier.

Community Input Table #20

The Survey asked:

8. If you exercise or engage in physical activity, where do you do it? Check (√) all that apply.

20%	(A) YMCA	9%	(B) Public Recreation Center	61%	(C) Home
26%	(D) Park	10%	(E) Private gym/facility	10%	(F) Other: <i>No places had significant responses.</i>

Community Input Table #21

Input from the Key Informant Interviews and Questionnaire:

What are the positives in Rowan County related to health and wellness? Please check all that apply.	% Response
YMCAs	81%
Parks	59%
Climate	41%
Sidewalks in some areas	40%
Trails	40%
Rufty-Homes Senior Center	38%
Fitness Centers	33%
School System “Move More” programs	21%
Activities for youth	21%
Back Pack Meal Program	19%
Golf Courses	19%
Novant’s involvement in community and commitment to quality, easily available care	17%
Strong Cross Fit, Cycling & Running Communities	12%
Increase in Healthy Food Options	12%
Forest Managed Land	10%
Availability of Water Sports	10%
Free & Reduced Fee Clinics	5%

These responses not only show where people engage in physical activity. They also show what Key Informants think are resources and tools for health and wellness in the County.

Participants in both Focus Groups shared the following about positives in Rowan County related to health and wellness.

- Outdoor spaces for physical activity
- Strong fitness communities – Rufty-Holmes exercise programs, Cross Fit community, Running community, Cycling community, fitness centers
- Increase in healthy food access

Community Input Table #21

The Survey asked:

9. Which of the following preventive screenings have you had in the past year? Check (√) all that apply.

The overall responses to this question are:

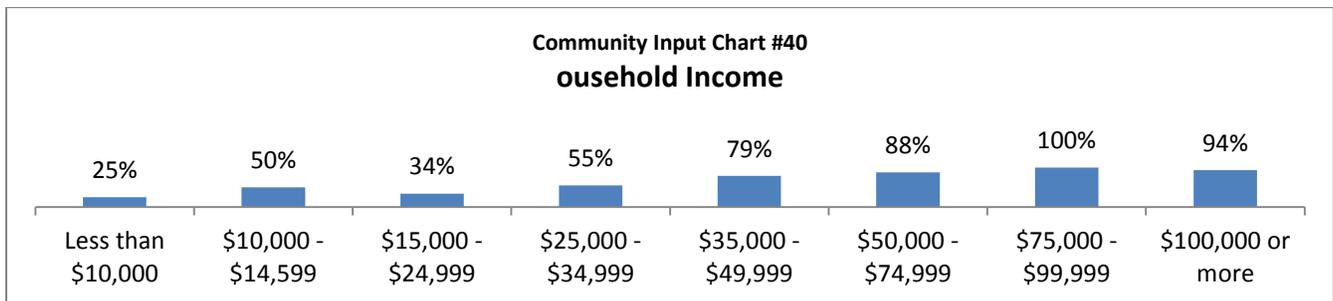
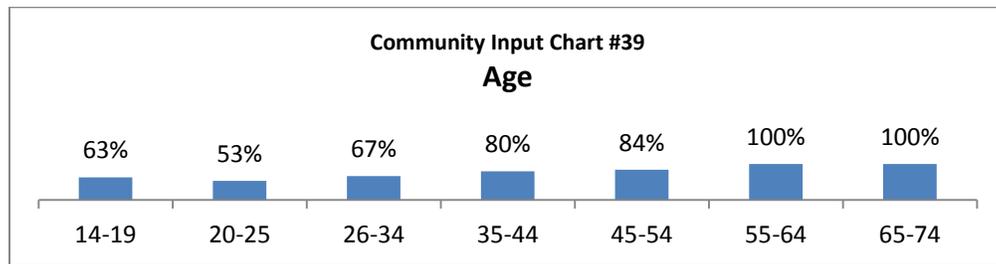
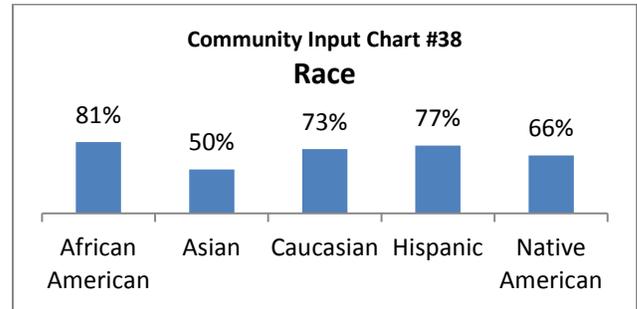
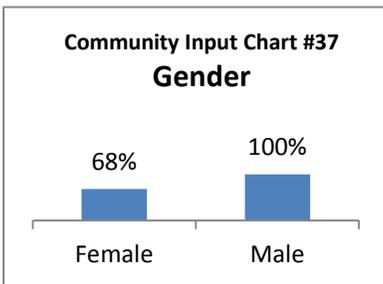
	Yes	No	No Answer
Blood Pressure	72%	23%	5%
Blood Sugar	65%	30%	6
Cholesterol	55%	37%	8%
Colonoscopy	14%	70%	16%
Dental	49%	41%	10%
Hearing	22%	63%	15%
Vision	43%	43%	14%
Next 3 for Women Only	% of Female Respondents only		
Mammogram	33%	59%	8%
Pap Smear	58%	35%	5%
Self-Breast Exam	66%	29%	5%
Next 3 for Men Only	% of Male Respondents only		
PSA (prostate cancer screening)	34%	55%	11%
Digital Rectal Exam	20%	74%	6%
Screening for Male Breast Cancer	7%	82%	11%

10% of Respondents did not identify their gender

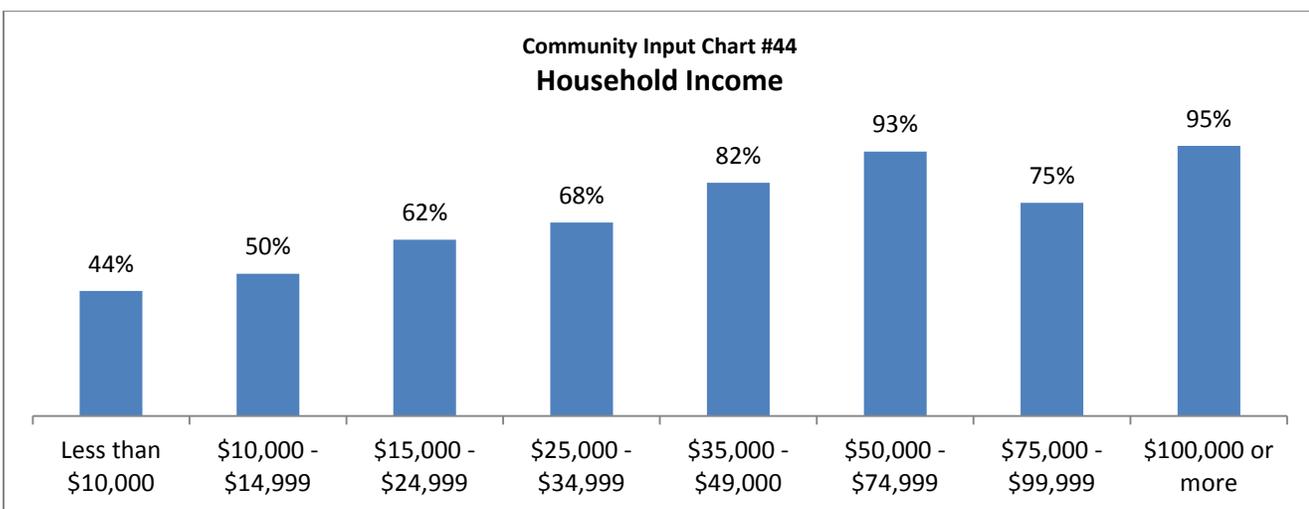
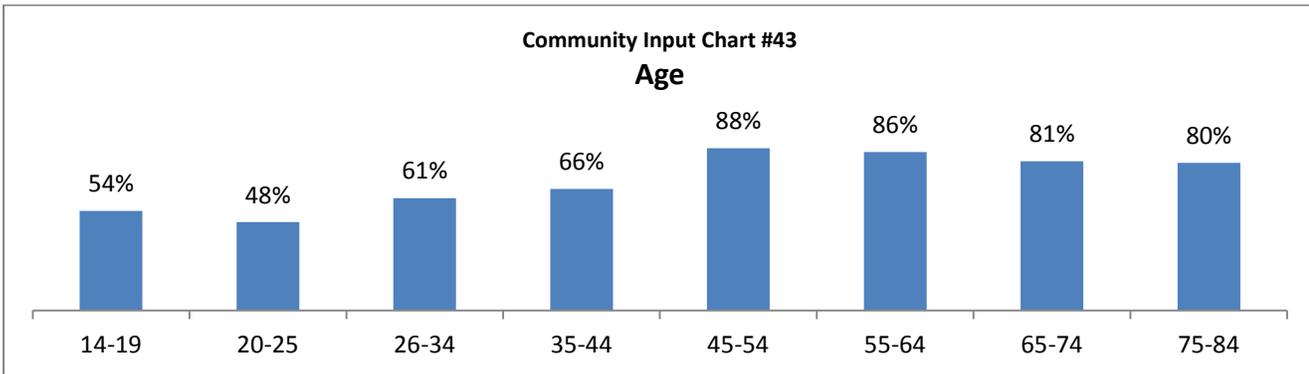
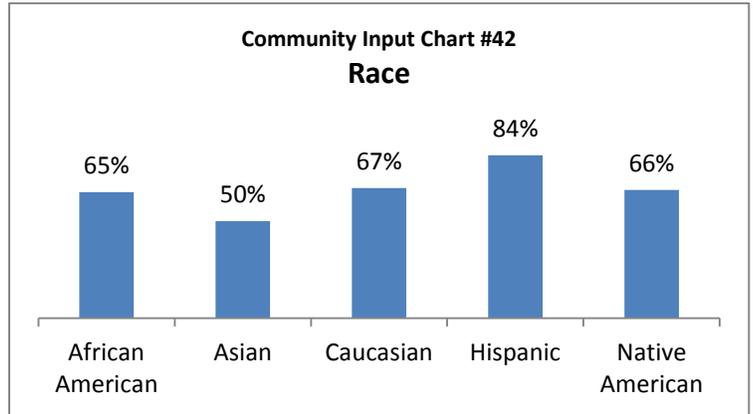
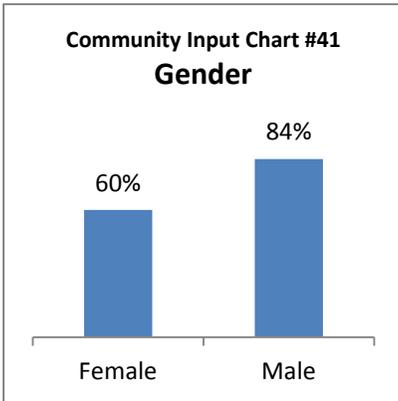
37% of the Key Informants feel that *Not getting health screening* is a barrier to being healthy for Rowan County citizens.

Demographic analysis of the responses to this question is provided in the charts on the following pages

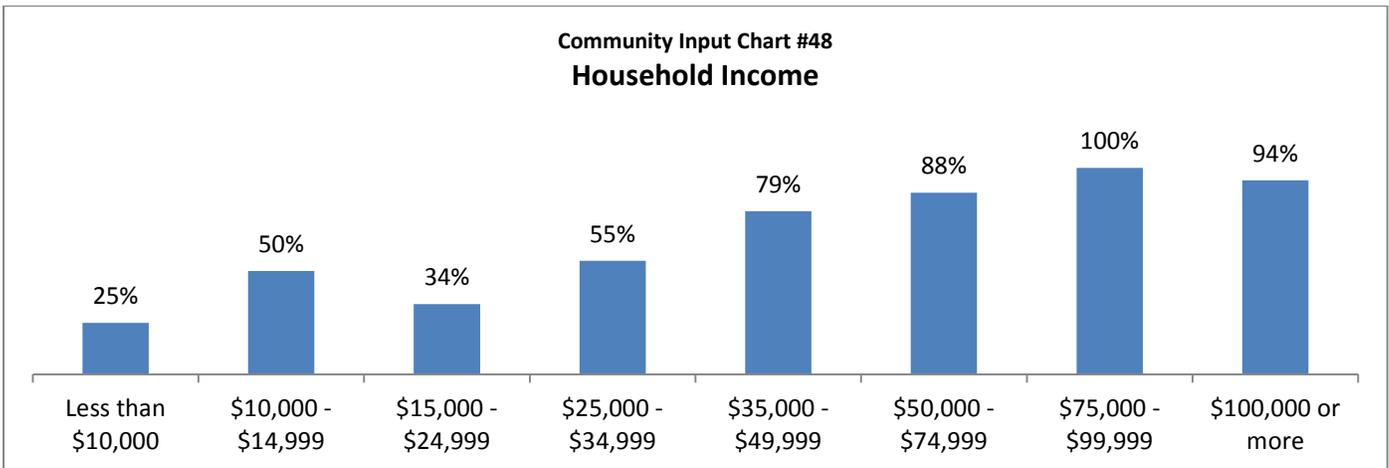
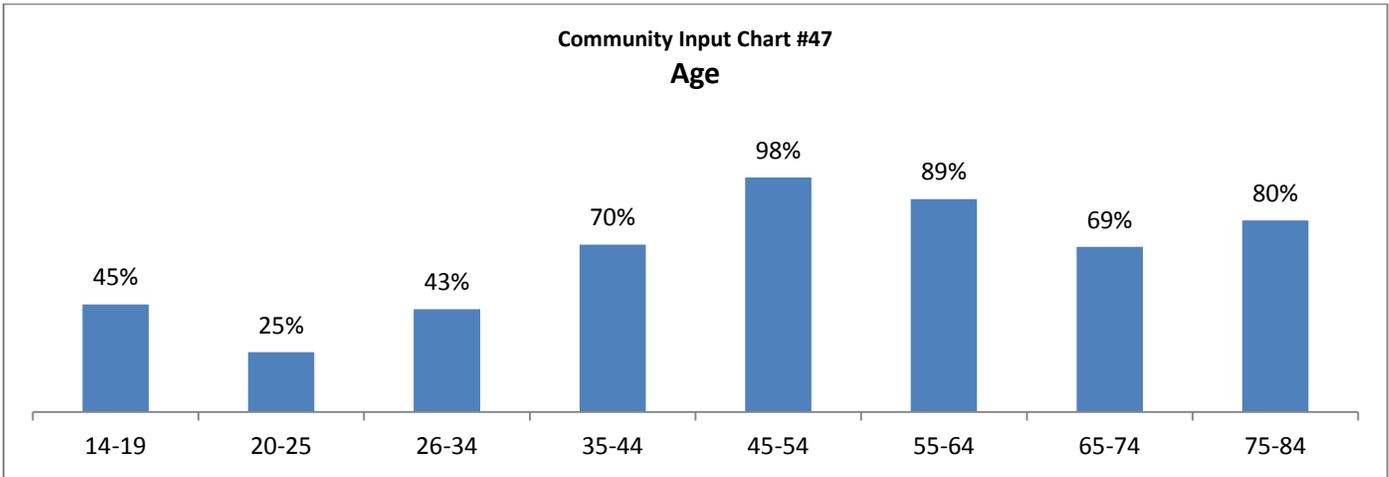
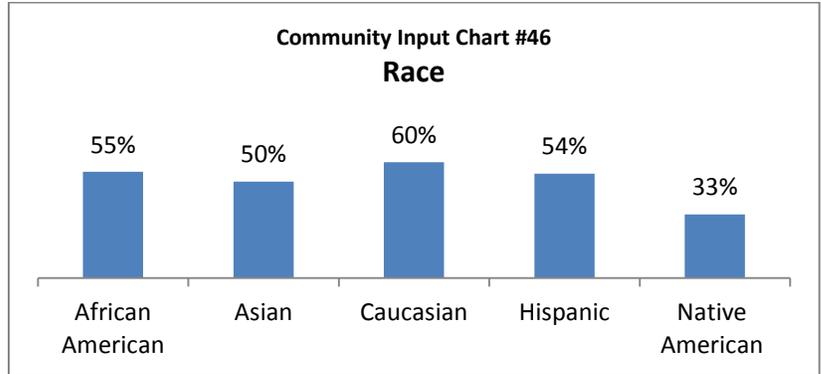
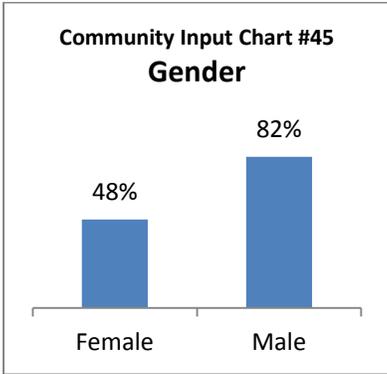
- Blood Pressure Screening
 - 72% of the Survey respondents reported having Osteoporosis.
 - Race does not appear to play a part in whether the Survey respondents had Blood Pressure Screening or not.
 - A higher percentage of males than females have had Blood Pressure Screening. This is not likely due to the age of the respondents because 70% of females are under 55; 66% of males are under 55.
 - As expected a higher percentage of people over 35 had Blood Pressure Screening.
 - The percentage of people having Blood Pressure Screening does increase as Household Income increases.



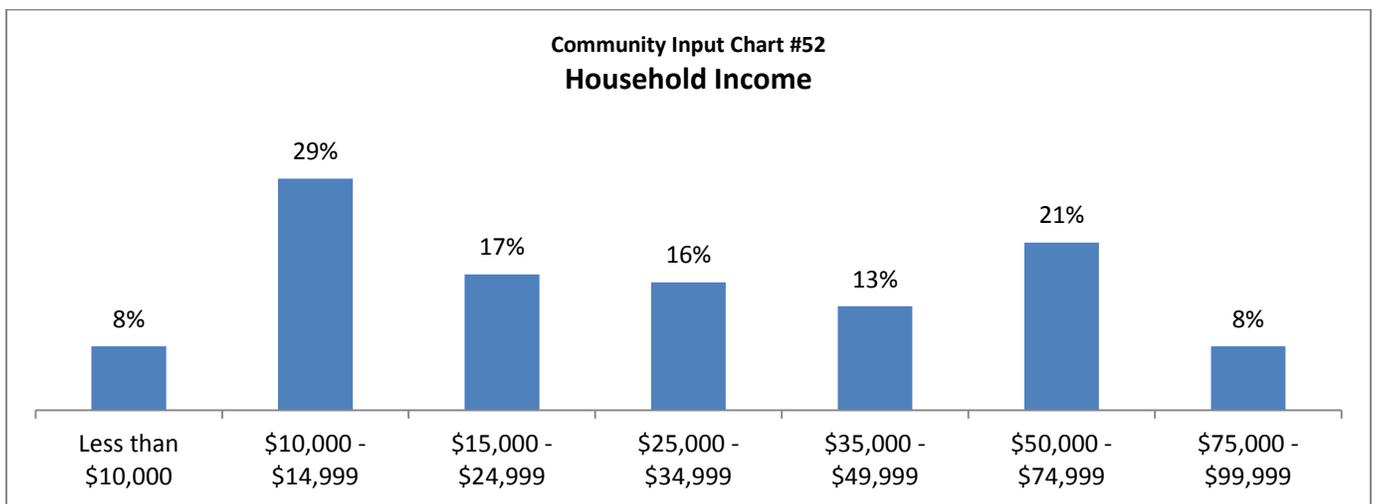
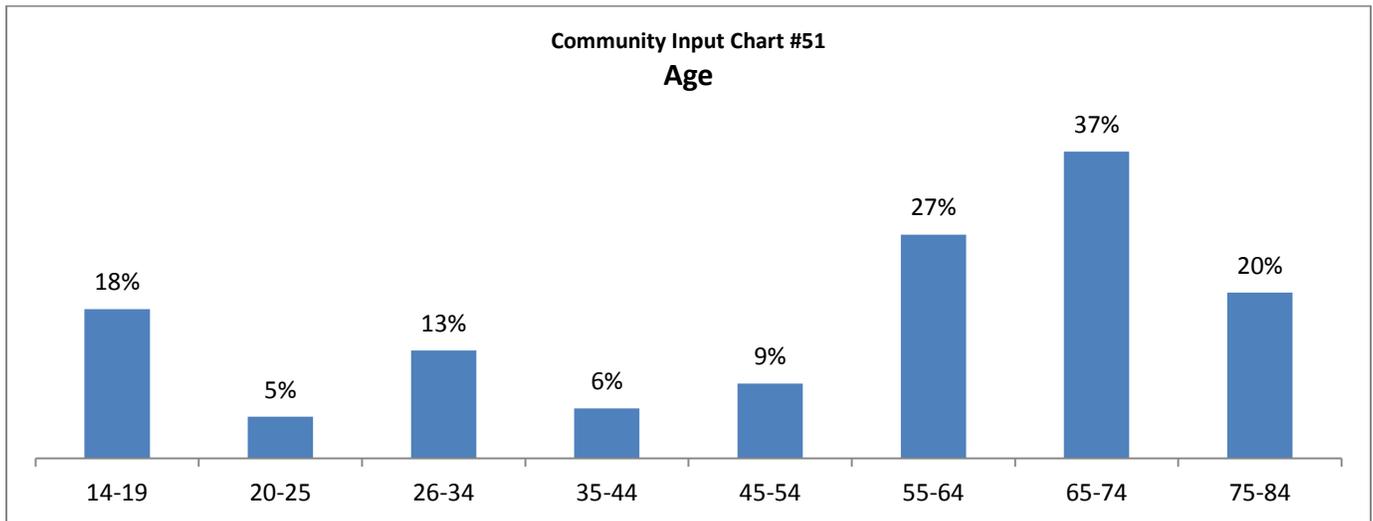
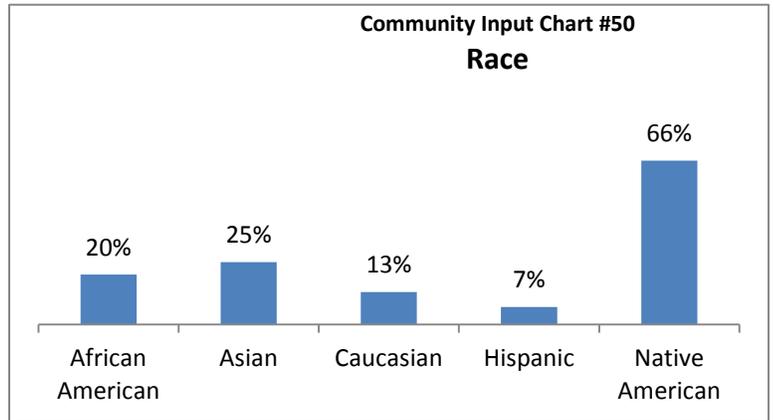
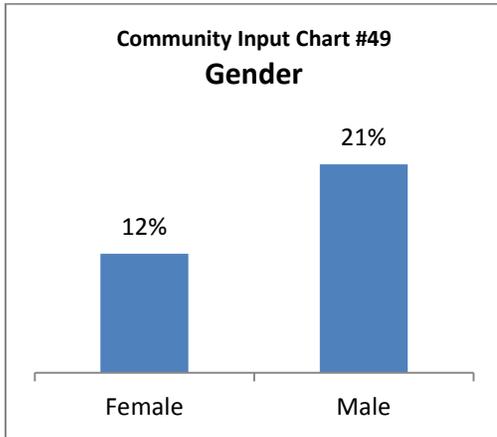
- Blood Sugar Screening
 - 64% of Survey respondents have had Blood Sugar Screening.
 - Race does not seem to be a factor.
 - Respondents in the higher income ranges seem to be more likely to get this screening.



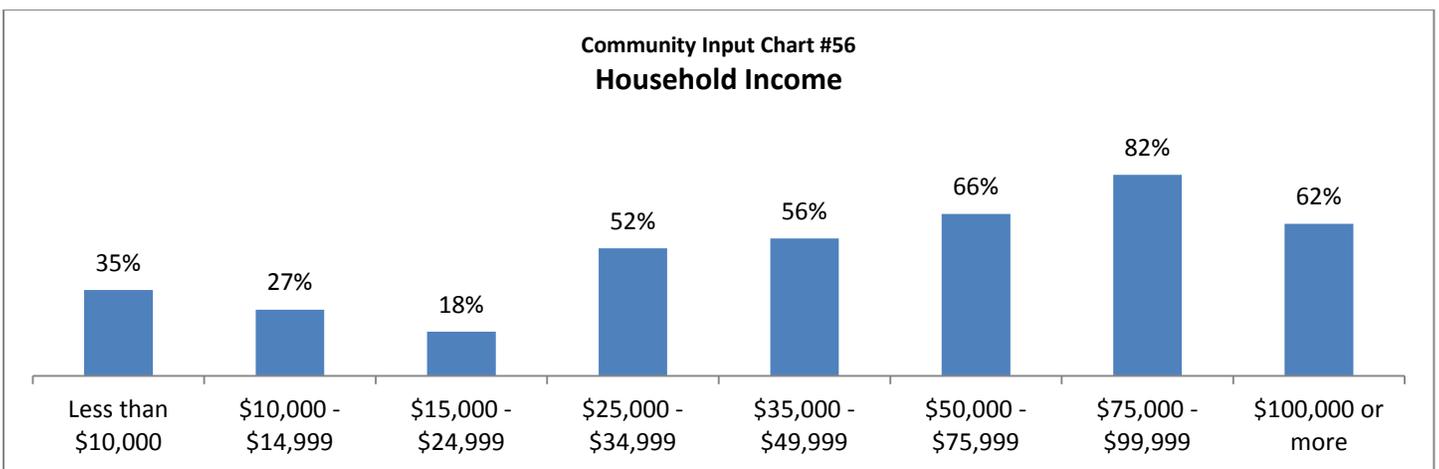
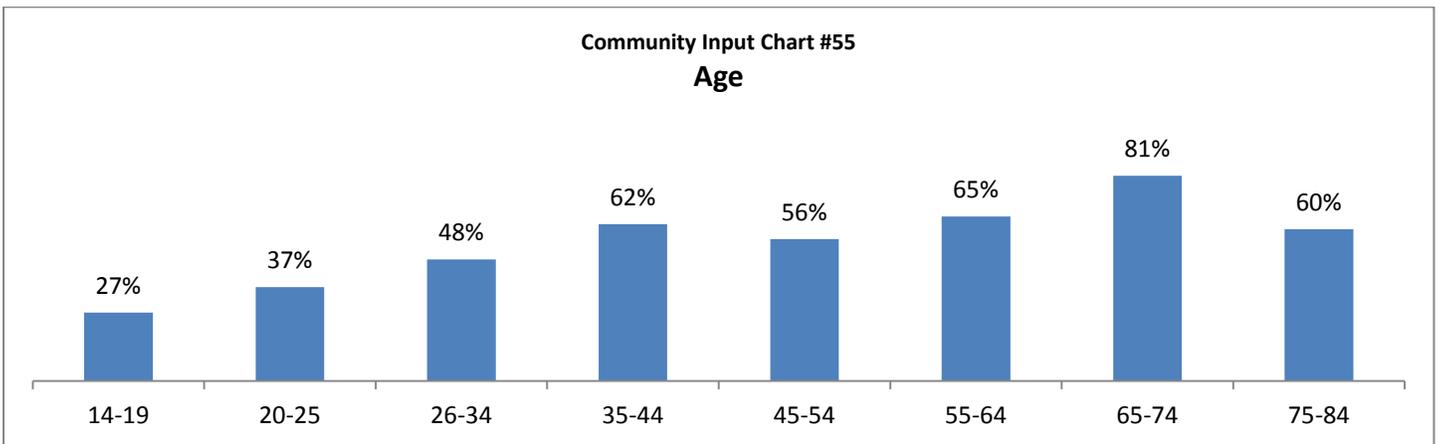
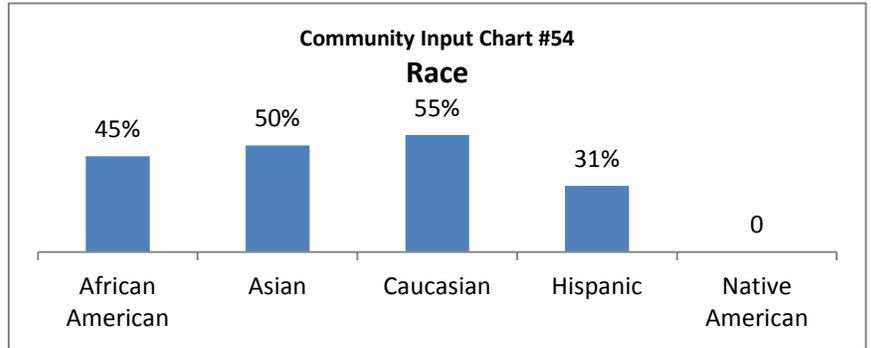
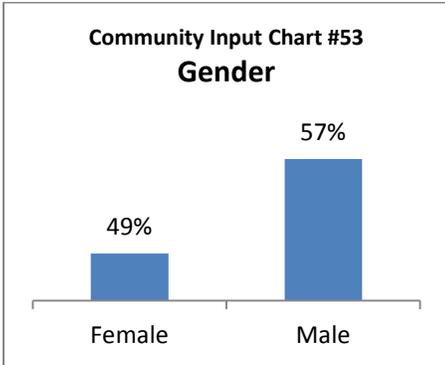
- Cholesterol Screening
 - 55% of Survey respondents have had Cholesterol Screening.
 - As expected, there is a higher percentage of respondents getting Cholesterol Screening after age 35.
 - Respondents in the higher income ranges seem to be more likely to get this screening.



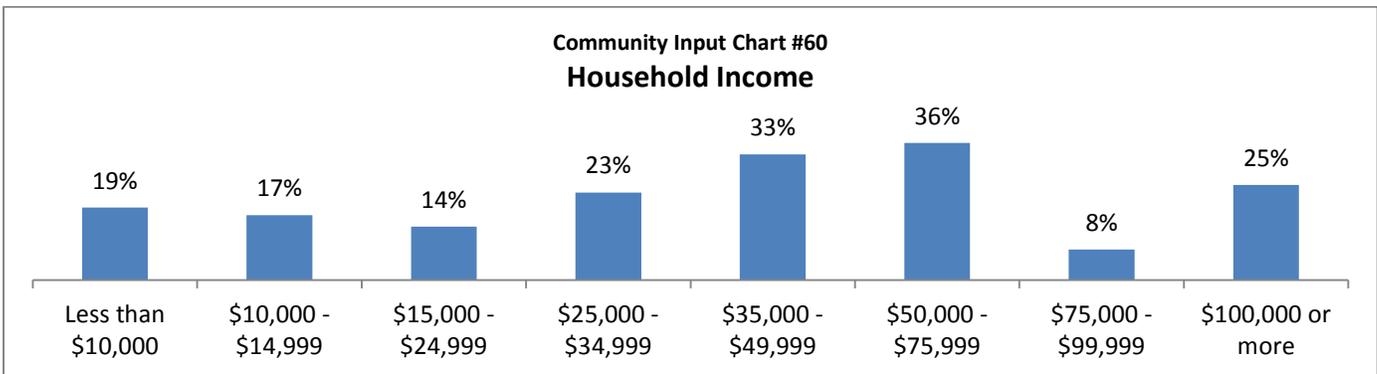
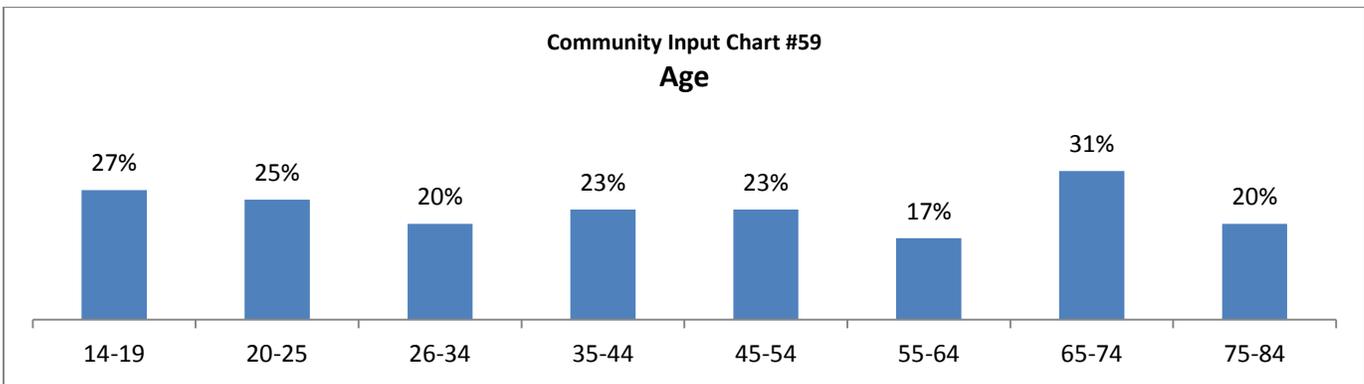
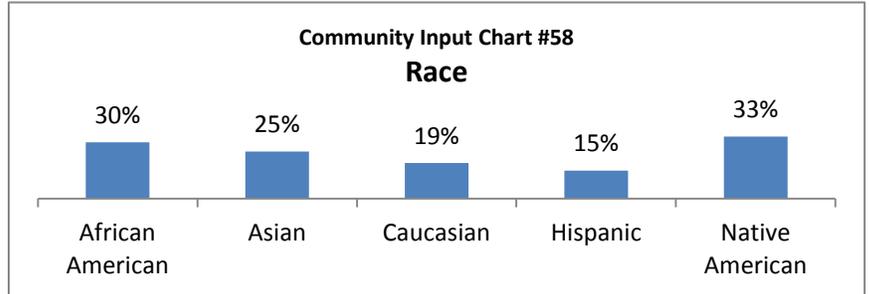
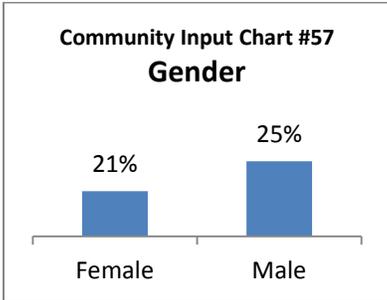
- Colonoscopy
 - 14% of Survey respondents reported having a Colonoscopy
 - The percentage of Native Americans may not be accurate because of the small number of respondents for that demographic.
 - As to be expected the percentage of respondents having a Colonoscopy increased after 55.



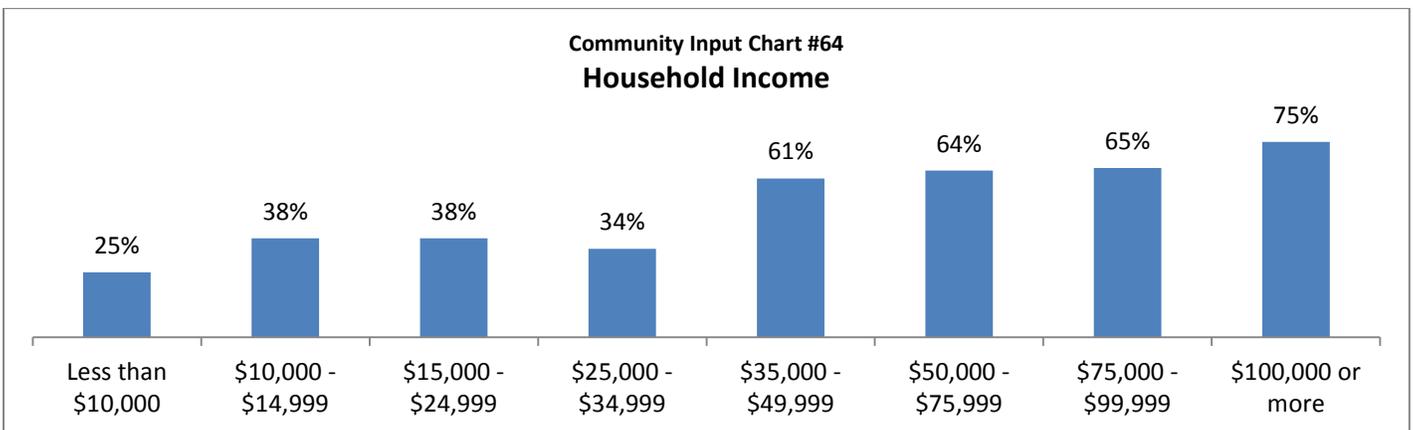
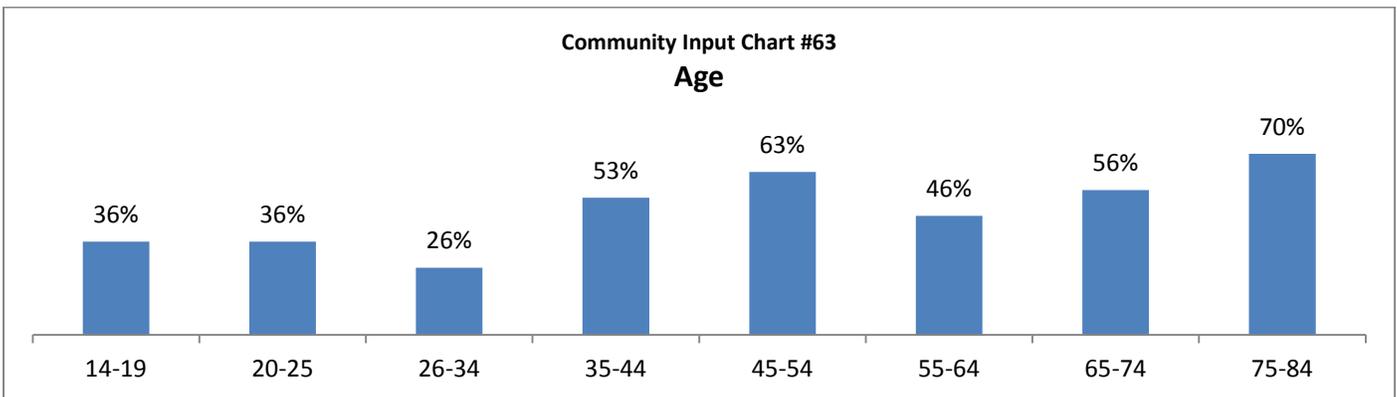
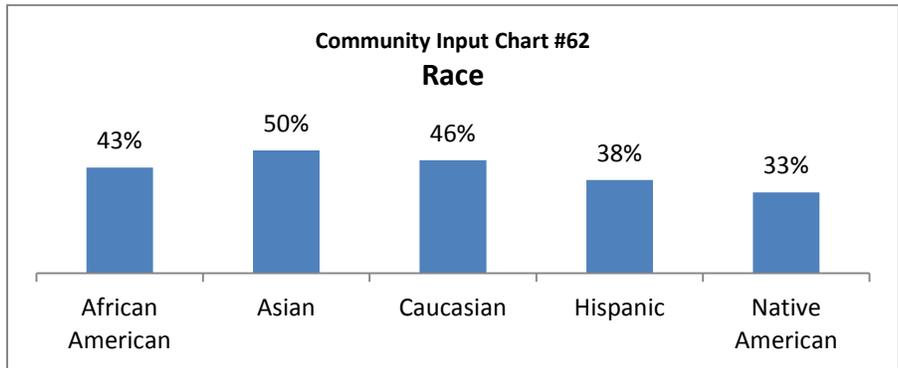
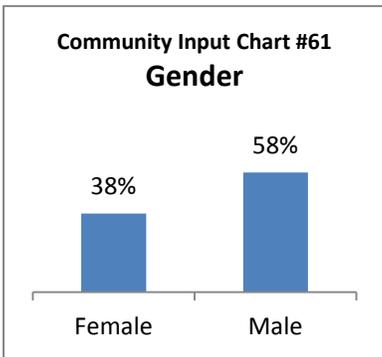
- **Dental Exam**
 - 49% of Survey respondents reported having a Dental exam.
 - Even though Medicaid does not cover Dental exams, the percentage of people on Medicaid getting Dental exams is high.
 - The percentage of young people (14-19 & 20-25 age ranges) getting Dental exams is low.
 - Income does appear to be a factor in who gets Dental exams.



- Hearing Test
 - 22% of Survey respondents reported having a Hearing test
 - It does not appear that demographics play a significant role in who gets Hearing tests. Which could mean that life situations – job, birth defects, etc. – could play a larger role in who gets a Hearing test, than demographics.

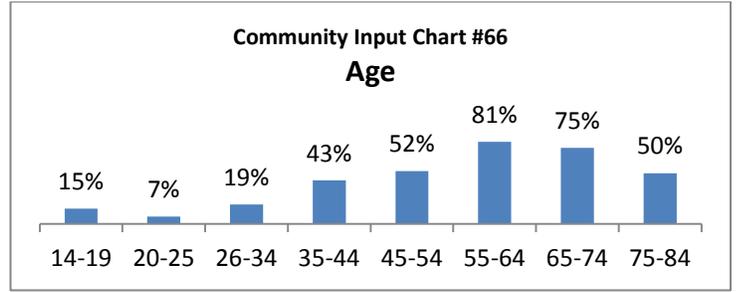
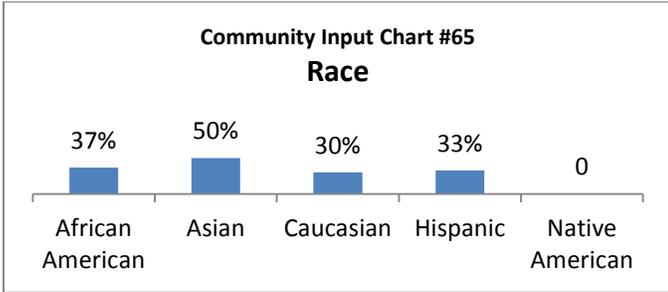


- Vision Exam
 - 43% of Survey respondents reported having a Vision Exam
 - Male Survey respondents have a 20% higher rate of getting Vision exams than Females
 - Additional research would have to be done to determine if Age has an impact on who get Vision exams because the statistics from this Survey do not make any particular trend apparent.
 - It does appear that Household Income level has an impact on who gets Vision exams. There could be additional circumstances that affect the percentage of people that get Vision exams. An example: Vision exams are not covered by a lot of health insurance plans; therefore, individuals must pay for those exams themselves.

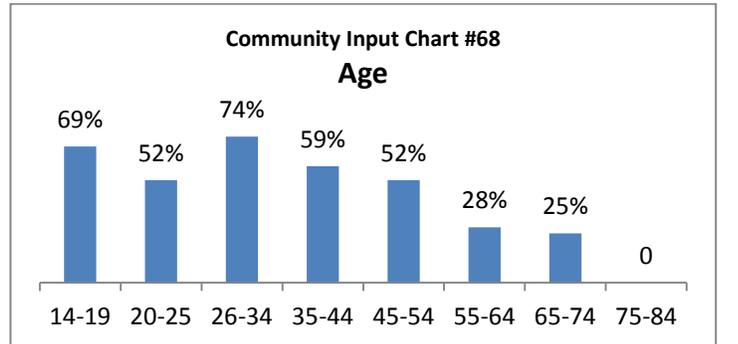
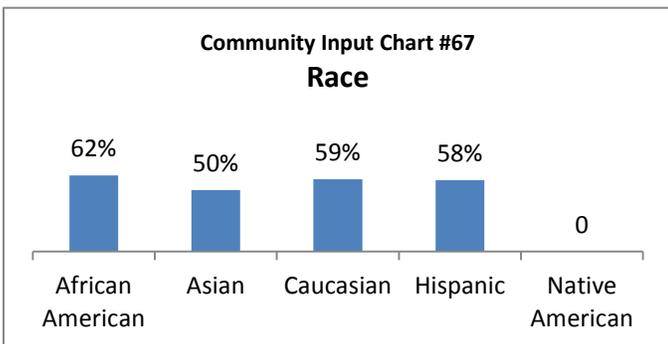


Health Screenings for Females

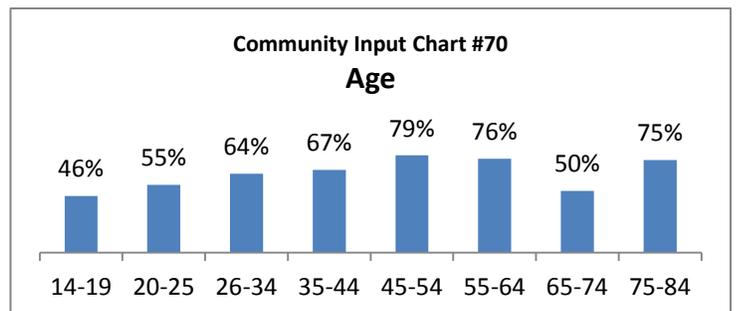
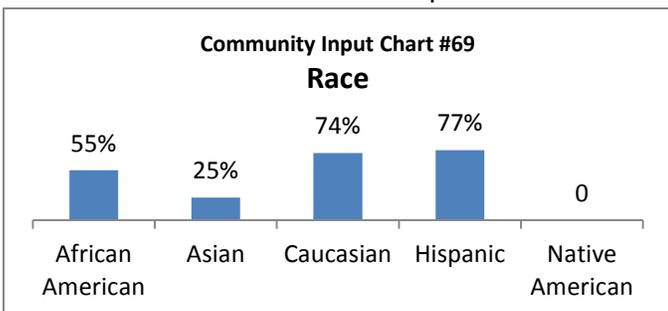
- Mammogram
 - 33% of Female Survey respondents reported having a Mammogram
 - The percentage of Native Americans may not be correct because of the small number of respondents in that demographic
 - The age curve follows the guidelines for Mammograms
 - According to the County Health Rankings (www.countyhealthrankings.org) 64.5% of Rowan County Females get Mammogram screenings. The North Carolina percentage is 68.2%.



- Pap Smear
 - 58% of Female Survey respondents reported having a Pap Smear
 - The percentage of Native Americans may not be correct because of the small number of respondents in that demographic
 - The decrease in percentage by age could be affected by the number of women having had radical hysterectomies. More research would be needed to determine this.

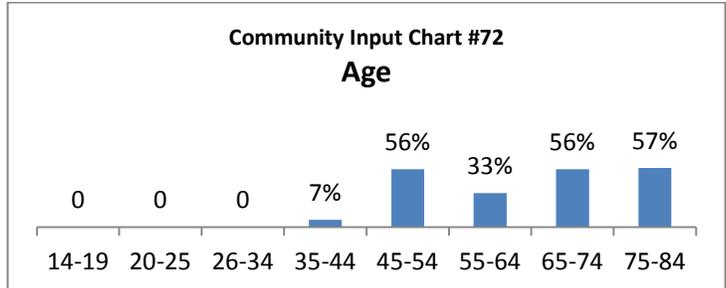
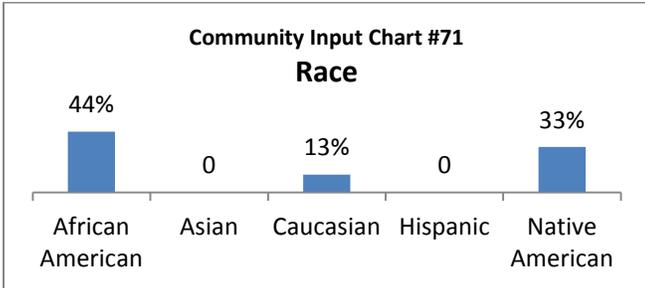


- Self-Breast Exam
 - 66% of Female Survey respondents reported doing Self-Breast Exams
 - There is a significant difference by race in the percentage of women who do Self-Breast exams. Additional research would need to be done to determine if that is a lack of understanding about the importance or some other reason.
 - The difference in percentage by Age could be related to understanding about this, but additional research would be required to determine the reason for the differences.

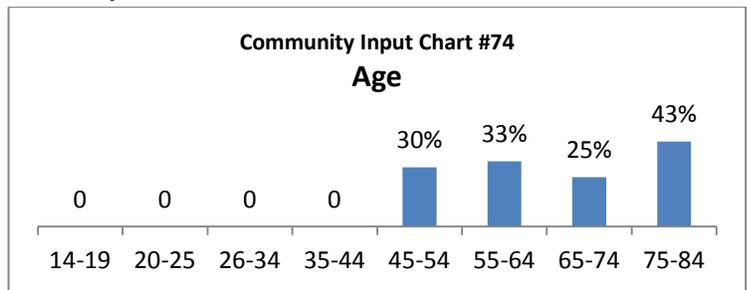
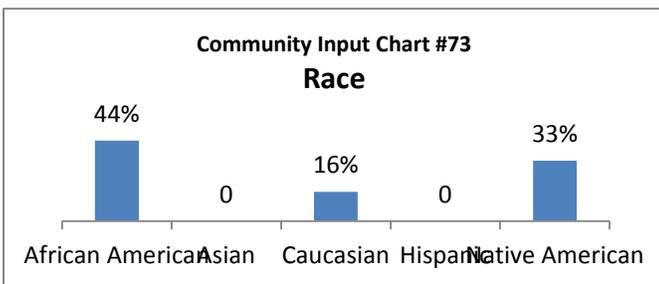


Health Screenings for Males

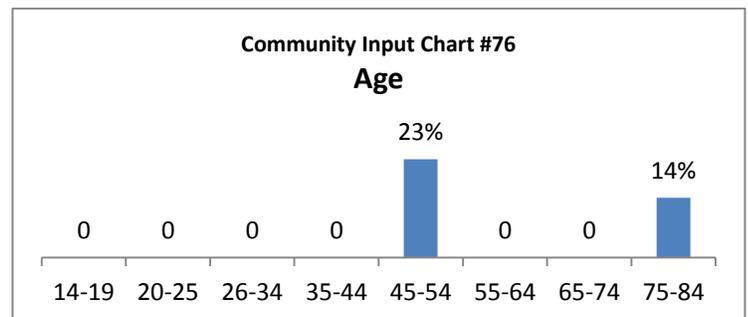
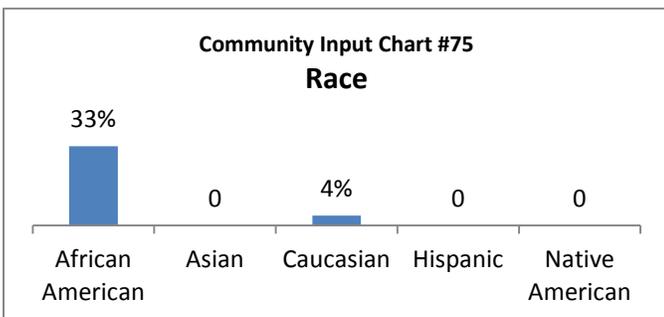
- PSA Test
 - 34% of Male Survey respondents reported having a PSA test
 - To determine the cause(s) of the difference in percentages by race would require additional research.
 - The difference in percentages by age is in keeping with PSA guidelines.



- Digital Rectal Exam
 - 20% of Male Survey respondents reported having a Digital Rectal Exam
 - Apparently the same respondents who reported having PSA tests also had a Digital Rectal Exam, likely in an annual physical.
 - The percentage differences by age could also be explained by who has had annual physicals, but additional research would need to be done to verify this.



- Male Breast Exam
 - 7% of Male Survey respondents reported having a Male Breast Exam
 - There was a small number of African American Male respondents, so the percentage may not be accurate.
 - This is not a common exam.



Community Input Table #74

The Survey asked:

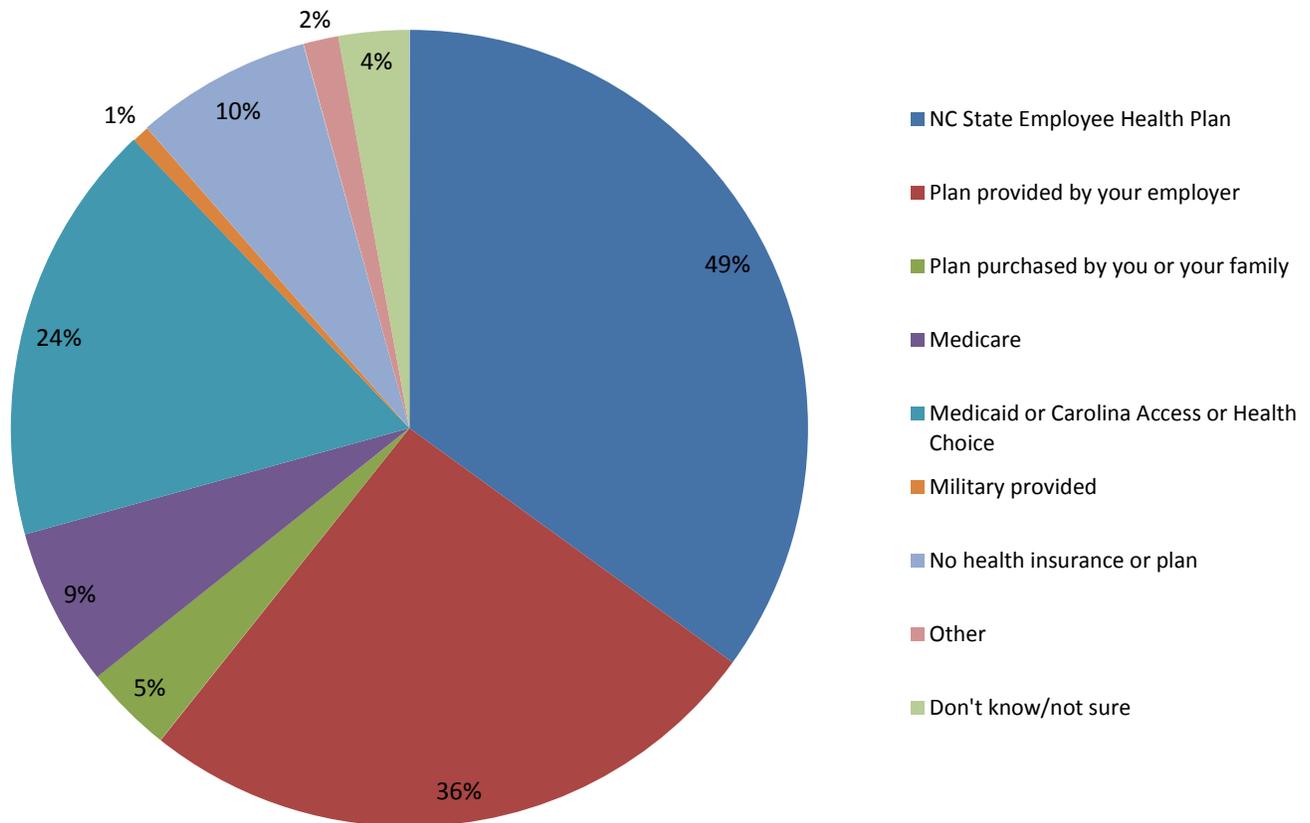
10. What is your primary health insurance plan? (This is the plan which pays the medical bills first or pays most of the medical bills.) Place a (✓) to the left of only **one**.

49%	NC State Employee Health Plan	9%	Medicare	10%	No health insurance or plan
36%	Plan provided by your employer	24%	Medicaid or Carolina ACCESS or Health Choice 55	4%	Don't know/not sure
5%	Plan purchased by you or your family	1%	Military provided (Tricare, CHAMPUS or the VA)	2%	Other

No Answer – 5%

The following pie chart illustrates the distribution by insurance type:

Insurance
Community Input Chart #77



According to the American Community Survey 2010-2014 Five-Year Estimates the Estimated percentage of uninsured Rowan County citizens is 17%.

Barriers to Health & Human Services

Community Table #23

The Survey asked:

11. Which of the following are barriers for you or your family to use existing health services in Rowan County? Check (√) all that apply.

My/our share of the cost (deductible/co-pay) is too high	23%
Insurance doesn't cover what I/we need	16%
No Health Insurance	14%
Had to wait too long for an appointment	9%
Dentist will not take my/our insurance or Medicaid	6%
Care needed not available in Rowan County	5%
No way to get there	4%
Cannot/could not get an appointment	4%
Afraid of/concerned about the treatment	4%
Other	4%
Medication makes me sick	3%
Doctor will not take my/our insurance or Medicaid	2%
Doctor will not take Medicare	2%
Pharmacy will not take my/our insurance or Medicaid	2%
Dentist will not take Medicare	2%
Didn't know where to go	2%
Hospital will not take my/our insurance	1%

43% of Key Informants feel that *High Insurance premiums and co-pays* are a barrier to being healthy for Rowan County citizens.

Participants in the Senior Citizen Focus Group stated that *high insurance premiums and co-pays cause people to not seek care*. They also said that *Lack of Health Screenings* is a barrier to being healthy for Rowan County citizens.

According to County Health Rankings (www.countyhealthrankings.org) 21% of people cannot see a doctor due to cost.

According to American Community Survey 5-Year Estimates 14.2% of families in Rowan County are below the poverty level.

Community Input Table #24

The Survey asked:

12. If a friend or family member needed counseling for a mental health or a drug/alcohol abuse problem, who is the first person/group you would tell them to talk to? Place a check (√) to the left of only **one**.

22%	Private counselor or therapist	3%	Support group	1%	School counselor
28%	Doctor	12%	Daymark	4%	Cardinal Innovations
5%	Minister/religious official	2%	Emergency Room	4%	Other

No Answer – 19%

Community Input Table #25

The Survey asked:

13. Does Rowan County **need** any of the following Health Care Specialists? Check (√) all that you feel are **needed**.

Pediatrician (children)	24%
Gynecology (female health care)	22%
Oncology (cancer)	22%
Eye Care	21%
Obstetrics (baby delivery)	19%
Ear, Nose Throat	19%
Allergist	19%
Cardiologist (heart)	17%
Geriatric (elderly care)	17%
Surgery	16%
Gastroenterology (digestive system)	15%
Urology (urinary system)	14%
Pulmonology (lung, respiratory)	14%
Rheumatology (arthritis, auto-immune)	13%
Nephrology	13%
Hematology (blood)	12%
Hepatology (liver)	12%

According to County Health Rankings (www.countyhealthrankings.org) the Primary Care Physician ratio for Rowan County is 2,424:1. The ratio for the State of North Carolina is 1,448:1 and the ratio for Top U.S. Performers in the County Health Rankings is 1,377:1. This shows that Rowan County’s ratio is more than 1,000:1 higher than the State and Top Performer ratio.

Community Input Table #26

The Survey asked:

14. In your opinion which **three** of the following health behaviors do people in your community need more information about? Please put a check (√) to the left of **only three**.

15%	Eating well/nutrition	15%	Child care/parenting
14%	Exercising/fitness	8%	Elder care
13%	Managing weight	8%	Caring for family members with special needs/disabilities
8%	Importance of Dental care	5%	Preventing Pregnancy
8%	Importance of yearly physical check-ups	5%	Preventing STDs
8%	Getting prenatal care during pregnancy	4%	Suicide prevention
1%	Getting flu shots and other vaccines	7%	Stress management
1%	Preparing for an emergency/disaster	4%	Anger management
4%	Using child safety seats	8%	Domestic Violence prevention
1%	Using seat belts	7%	Crime prevention
6%	Driving safely	3%	Rape/sexual abuse prevention
7%	Quitting smoking/tobacco use	1%	Other
17%	Substance abuse prevention (drugs & alcohol)	12%	No Answer

The top 5 health behaviors are in **red**.

Rowan County Health Department

Community Input Table #27

The Survey asked:

15. Have you ever used the services of the Rowan County Health Department?

15%	Within the last month	12%	Within the last 6 months	13%	Within the last year
10%	Within the last 4 years	23%	Never	14%	Have no need

No Answer – 12%

74% of Survey Respondents Used some type of Rowan County Health Department Services

Community Input Table #28

The Survey asked:

16. Please list the service or services you used and rank your satisfaction with the quality and responsiveness. Please list the service and put a check (✓) in **one** of the columns.

The Paper Survey was “write-in” for the service used. That would not work in the online version so a Service list was used.

Service Used	% of Respondents using RCHD	% of those who used this service			
		Very Satisfied	Somewhat Satisfied	Satisfied	Not Satisfied
Medicaid	47%	62%	0	38%	0
Allied Health/Health Education	18%	31%	39%	15%	15%
Immunizations/Vaccines	14%	68%	15%	15%	2%
Family Well & Sick Care	13%	42%	23%	32%	3%
Mosquito & Vector Control	12%	22%	22%	34%	22%
On-Site Waste Water Program	12%	23%	33%	33%	11%
Water and Well Program	12%	22%	34%	22%	22%
Sanitation Services	11%	25%	12%	38%	25%
Food, Lodging & Institution Sanitation Svcs	11%	25%	12%	38%	25%
Lead Investigation	11%	25%	12%	38%	25%
Pool Sanitation Program	11%	25%	25%	38%	12%
Tattoo Parlor	10%	28%	14%	44%	14%
Food Stamps	9%	70%	12%	12%	6%
Family Planning	6%	41%	28%	28%	3%
Care Coordination for Children	5%	47%	15%	23%	15%
Smile Center	5%	52%	16%	16%	16%
WIC	5%	43%	33%	16%	8%
Pregnancy Care Management	3%	25%	38%	12%	25%
Prenatal Services	3%	25%	38%	12%	25%
Women’s Services	1%	0	0	0	50%
STD/HIV	.5%	100%	0	0	0
Work First	.5%	0	0	0	100%

Blue highlighted items only got online responses.

Green highlighted items written in on paper surveys.

The Survey asked:

17. Do you feel the Rowan County Health Department hours of operation are adequate?

52%	Yes		6%	No		28%	No Opinion
-----	-----	--	----	----	--	-----	------------

No Answer – 14%

Community Impact

Community Input Table #29

The Survey asked:

18. The following are issues that impact a community. Please give your opinion of their impact in Rowan County. Put a check (✓) in **one** column for each community issue.

COMMUNITY ISSUES	Major Problem	Somewhat of a Problem	Major + Somewhat	Not a Problem	Don't Know	No Answer	Don't Know + Answer
Homelessness	34%	28%	62%	8%	12%	18%	30%
Unemployment/Underemployment	34%	25%	59%	9%	14%	18%	32%
Gangs	33%	24%	57%	9%	17%	17%	43%
Non-Violent Crime (theft, robbery, etc.)	26%	30%	56%	9%	15%	20%	35%
Violent Crime (murder, assault, rape, etc.)	28%	26%	54%	1%	15%	19%	34%
Domestic Violence	28%	26%	54%	10%	16%	20%	36%
Child Abuse & Neglect (physical, emotional & sexual)	24%	26%	50%	12%	19%	19%	38%
Lack of /Inadequate Health Insurance	24%	24%	48%	14%	17%	21%	39%
Inadequate/Unaffordable Housing	23%	25%	48%	14%	17%	21%	38%
Racism	21%	27%	48%	18%	16%	18%	35%
Elder Abuse & Neglect	18%	22%	40%	14%	26%	29%	46%
Litter	15%	25%	40%	16%	21%	23%	44%
Access to Child Care	13%	25%	38%	23%	20%	19%	39%
Foreclosures	15%	21%	36%	12%	31%	21%	62%
Quality of Education (K-12)	15%	21%	36%	22%	19%	23%	42%
Access to Dental Care – Adult	15%	19%	34%	30%	16%	20%	36%
Lack of Recreational Facilities	17%	16%	33%	26%	21%	20%	41%
Access to Mental Health Services	15%	18%	33%	24%	22%	21%	43%
Access to Healthy Food	12%	21%	33%	34%	13%	20%	33%
Lack of Recreational Programs	15%	17%	32%	26%	22%	20%	42%
Quality of Child Care	12%	20%	32%	23%	23%	22%	45%
Access to Adult Day Care	11%	20%	31%	19%	29%	21%	50%
Access to Adult Education	9%	21%	30%	30%	20%	20%	40%
Lack of Transportation	12%	17%	29%	26%	24%	21%	45%
Access to Health Care	11%	18%	29%	35%	15%	21%	36%
Access to Higher Education	11%	16%	27%	33%	18%	22%	40%
Access to Dental – Children	11%	15%	26%	38%	17%	19%	74%
Air Pollution	10%	16%	26%	25%	27%	22%	49%
Access to In-Home Care	8%	18%	26%	25%	28%	21%	49%
Water Pollution	11%	13%	24%	24%	31%	21%	52%
Access to Legal Services	9%	15%	24%	30%	24%	22%	46%
Lack of Recycling	9%	15%	24%	28%	25%	23%	48%
Land & Soil Pollution	9%	14%	23%	20%	34%	23%	57%
Access to Prenatal Care	7%	13%	20%	36%	22%	22%	44%
Bioterrorism	7%	10%	17%	22%	37%	24%	61%

An average of 43.5% of Survey Takers responded “Don’t Know” or did not answer on these issues. At least 30% of Survey Takers on each Issue responded “Don’t Know” or did not answer.

12 of the Community Issues are directly related to Health and/or Wellness, these are in **red**. Of these 12 Issues the top 6 are:

1. Lack of/Inadequate Health Insurance – 48% think it is a problem, 14% do not and 39 % did not express an opinion
2. Elder Abuse & Neglect – 40% think it is a problem, 14% do not and 46% did not express an opinion

3. Access to Dental Care for Adults – 34% think it is a problem, 30% do not and 36% did not express an opinion
4. Lack of Recreational Facilities – 33% think it is a problem, 26% do not and 41% did not express an opinion
5. Access to Mental Health Services – 33% think it is a problem, 24% do not and 43% did not express an opinion
6. Access to Healthy Food -- 33% think it is a problems, 34% do not and 33% did not express an opinion

The following are Emergency Preparedness Issues that impact a community.

Community Input Table #30

The Survey asked:

19. In a large scale disaster or emergency, what would be your main way of communicating with relatives and friends? Check (√) only **one**.

4%	Regular Home Telephones	.9%	Email	.9%	Other
70%	Cell Phones (voice or text)	1.6%	Pagers	.6%	Tablet (IPAD, Android, etc.)

No Answer – 22%

Community Input Table #31

The Survey asked:

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

24%	Television	8%	Internet	2%	Family
7%	Radio	22%	Cell Phone Alerts	1%	Neighbors
1%	Fire Department	8%	Police/Sheriff	1%	Other

No Answer 27%

Community Input Table #32

The Survey asked:

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

6%	Lack of Transportation	6%	Concern about Personal Safety	10%	Concern about Traffic Jams & Inability to Get Out
4%	Lack of Trust in Public Officials	22%	Concern about Family Safety	1%	Health problems (could not be moved)
7%	Concerning about leaving property behind	7%	Concern about Leaving Pets	10%	Other

No Answer 27%

Community Input Table #33

The Survey asked:

22. Does your household/family have any of the following? Check (√) “Yes”, “No” or “Don’t Know” for each.

	Yes	No	Don't Know	No Answer
Smoke Detector	85%	3%	1%	11%
Carbon Monoxide Detector	50%	32%	4%	14%
Plan for exiting the house in case of fire	70%	16%	4%	12%
Basic Emergency Supply Kit (water, non-perishable food, prescriptions, first aid supplies, flashlight, batteries, blankets, can opener, etc.)	52%	33%	1%	14%
Plan for meeting up after evacuation	45%	40%	1%	14%

Demographics

335 Valid Surveys

Community Input Table #34

The Survey asked:

23. Place a check (✓) to the left of your Zip Code/City. Only check **one**.

2%	27013 (Cleveland)	2%	28039 (East Spencer)	3%	28072 (Granite Quarry)	6%	28138 (Rockwell)
3%	27054 (Woodleaf)	1%	28041 (Faith)	1%	28088 (Landis)	53%	28144,45,46 or 47 (Salisbury)
8%	28023 (China Grove)	2%	28071 (Gold Hill)	1%	28125 (Mount Ulla)	3%	28159 (Spencer)
3%	28082 (Kannapolis)	12%	No Answer				

Following are demographics from the Public Survey (in black) and those from the American Community Survey 5-Year Estimate (in purple). In order to get an appropriate amount of participation, the Public Survey was offered in a paper and online version. It is important to note that the amount of people who did not answer the demographic questions is high at an average of 12.8%. During the Survey process there were many complaints that the survey was “too long”. Since the demographic questions were at the end of the Survey, that probably contributed to the high number of No Answers. Because of the No Answers, we feel that we were probably closer to the population demographics than these results show.

The Survey asked:

24. Gender. Place a check (✓) to the left of your gender.

Community Input Table #35

64%	Female		26%	Male
------------	--------	--	------------	------

No Answer – 10%

Community Input Table #36

American Community Survey 5-Year Estimate

51%	Female		49%	Male
------------	--------	--	------------	------

Note: The CHA Team and its partners attempted to get adequate representation for both Females and Males. The effort included:

- Targeting men visiting RCHD and DSS
- Encouraging participation in the survey at organizations that have predominantly male employees
- Soliciting surveys at local Urology clinics

The Survey asked:

25. Your Primary racial or ethnic identity. Place a check (✓) to the left of your race/ethnicity. **Only check one.**

Community Input Table #37

18%	African American/Black	1%	Native American	1%	Asian
63%	Caucasian/White	4%	Hispanic/Latino	0	Middle Eastern

No Answer – 13%

Community Input Table #38

American Community Survey 5-Year Estimate

16%	African American/Black	.4%	Native American	1%	Asian
78%	Caucasian/White	8%	Hispanic/Latino	?	Middle Eastern

The Survey asked:

26. Age Group. Place a check (✓) to the left of your age group. **Only check one.**

Community Input Table #39

3%	14 – 19	17%	20 – 25	21%	26 – 34	14%	35 – 44	16%	45 – 54
9%	55 – 64	6%	65 – 74	3%	75 – 84	0	85 or older		

No Answer – 11%

Community Input Table #40

American Community Survey 5-Year Estimate

6%	15 – 19	7%	20 – 25	12%	26 – 34	13%	35 – 44	15%	45 – 54
13%	55 – 64	8%	65 – 74	5%	75 – 84	2%	85 or older		2%

The Survey asked:

27. Marital Status. Place a check (✓) to the left of your marital status. **Only check one.**

Community Input Table #41

31%	Single/Never Married	39%	Married	3%	Unmarried Partner
9%	Divorced	4%	Separated	2%	Widowed

No Answer – 12%

Community Input Table #42

American Community Survey 5-Year Estimate

27%	Single/Never Married	50%	Married	?	Unmarried Partner
11%	Divorced	4%	Separated	8%	Widowed

The Survey asked:

28. Total number of people in your household. Place a check (✓) to the left of the number in your household.

Community Input Table #43

9%	1	25%	2	21%	3
16%	4	10%	5	7%	6 or more

No Answer – 12%

Community Input Table #44

American Community Survey 5-Year Estimate

25%	1	35%	2	17%	3
13%	4	6%	5	4%	6 or more

The Survey asked:

29. Total household income per year. Place a check (✓) to the left of your yearly household income.

Community Input Table #45

15%	Less than \$10,000	10%	\$10,000 - \$14,999	9%	\$15,000 - \$24,999	11%	\$25,000 - \$34,999
12%	\$35,000 - \$49,999	13%	\$50,000 - \$74,999	7%	\$75,000 - \$99,999	5%	\$100,000 or more

No Answer – 18%

Community Input Table #46

American Community Survey 5-Year Estimate

9%	Less than \$10,000	7%	\$10,000 - \$14,999	13%	\$15,000 - \$24,999	12%	\$25,000 - \$34,999
17%	\$35,000 - \$49,999	18%	\$50,000 - \$74,999	11%	\$75,000 - \$99,999	13%	\$100,000 or more

The Survey asked:

30. Employment Status. Place a check (✓) to the left of **all** that apply.

Community Input Table #47

44%	(A) Employed Full-Time	7%	(B) Employed Part-Time	8%	(C) Retired	1%	(D) Armed Forces Full-Time
4%	(E) Disabled	2%	(F) Student	4%	(G) Homemaker	0	(H) Armed Forces Reserves
1%	(I) Self-Employed	8%	(J) Unemployed for 1 year or less	5%	(K) Unemployed for 1 to 3 years	2%	(L) Unemployed for more than 3 years

No Answer – 14%

Community Input Table #48

American Community Survey 5-Year Estimate

51%	Employed		?	(C) Retired	?	(D) Armed Forces Full-Time	
4%	(E) Disabled	?	(F) Student	?	(G) Homemaker	?	(H) Armed Forces Reserves
?	(I) Self-Employed	7%	Unemployed				

Comments from Survey Respondents. *These have not been edited.*

- Open-Ended Response
- The local government employees are underpaid for the work they are required to do.
- Rowan County wastes a lot of money on social programs. I am a law enforcement officer and have been for over 20 years. I often find food stamp cards in the hands of drug dealers. When I try to report this to DSS. I am told to call the state office who in turn tells me to call the local DSS. I see a lot of people on disability working under the table or they are able to assault members of their family just fine.
- I feel law enforcement as a whole could use more positions for safety reasons, and use a higher salary. If you compare all surrounding county's Rowan is extremely behind with a higher crime rate per population.
- I do not have access to the incomes of the people I live with therefore it isn't fair to say that is my household income.
- The insurance that is provide to me from my employer is to high for just myself and husband

- Rowan county needs more parenting classes for mothers whose children are in DSS custody. We also need a big brother big sister program to help mentor children.
- The next time a survey such as this is administered, each section should be given a place for comments. I have relevant concerns that were not mentioned.
- The unemployment rate in Rowan county is high and affecting the health and mental health of this community. In my opinion not enough emphasis is placed on tackling this problem when there are people that NEED TO WORK! to provide for their families. Also, there are major safety issues for county employees in the work place that are not being given priority. We cannot wait for a tragedy and lives to be lost to take care of this important matter. While we wish to maintain the modest, quiet and simple lifestyle of this beautiful county, our resources need to improve so that crime and poverty do not take over. County officials need to do their job, there are too many issues being overlooked.
- I believe my biggest safety concern in Salisbury is the lack of traffic control or enforcement. Speeders and reckless drivers running red lights are a threat to my safety.
- More activities for children to stay out of gangs. Not qualifying for Medicaid/Healthcare plan, stuck w/no insurance, hence, no checkups/medication.
- Concern w/younger generation of pregnant women, discrimination of black minority programs, organizations & agencies in community.
- Need more jobs, educational benefits. City bus need to go 24 hrs., special rates for elderly in cabs.
- Services are being neglected because of legal status, clinic will not help those with no legal status though they are called a community clinic.
- High use of crack cocaine overlooked by police, attention to education, crime and drug activity.
- These surveys are useless unless we are prepared to act on issues instead of just talk about them.
- Signed up for Work First, Food Stamps were then cut in 1/2.
- Emily Harrison very professional. Explained everything I did not understand. Wonderful lady!
- Specialist PTSD and Rape Awareness
- Better Education opportunities and assistance with clothing for interviews.
- Doesn't trust healthcare in Salisbury area due to brother-in-law (physician in the area).
- The real injustice is when working people can't get any financial help because they work.
- County Employee Insurance needs to be more beneficial/reasonable for Dr. Appts and Specialists
- Yes, eat all you want, exercise at least 1 hour a day, no skipping
- After the 3rd page, had a sticky note saying TOO LONG

Key Informant Interviews/Questionnaire Results 66 Participants

Community Input Table #49

What are the health problems/concerns in Rowan County? Please check all that apply.

Health Problem	% of Respondents Who Think This is a Problem
Obesity	86%
Diabetes	76%
Tobacco Use	73%
Drug/Alcohol Abuse	73%
Dental Care	56%
High Blood Pressure/Hypertension	53%
Heart Disease	53%
Mental Health Issues	52%
Breathing/Respiratory Problems (COPD, Asthma, etc.)	47%
High Cholesterol	32%
Strokes	30%
Kidney Disease	23%
Kidney Stones	21%
Arthritis	17%
Joint Problems/Replacement	17%
Cancer	11%
Flu	9%

Community Input Table #50

What keeps people in your community from being healthy? Please check all that apply?

Obstacles to Community Health	% of Responses
Lack of fitness activity	80%
Fast food is cheap / healthy food is expensive	75%
Poor Nutrition	72%
Unhealthy Lifestyle	71%
Culture of bad health habits	68%
Poverty	65%
High insurance premiums and co-pays	43%
Lack of Mental Health Care	43%
Not getting health screenings	37%
Aging population	37%
Lack of understanding about Mental Health issues	34%
Lack of safe places to walk/bike/run in some areas	29%
Lack of transportation to health care	29%
Accessibility to health tools and facilities	23%
Lack of Support Groups for those with health conditions	15%

No Answer 1%

Community Input Table #51

What environmental concerns are there in Rowan County? Please check all that apply.

Environmental Concerns	% of Responses
Coal Ash	42%
Automobile air pollution	35%
Air Quality	30%
Quality of well water	28%
Mineral content in water	16%
Asphalt company in Milford Hills	12%
Brownfields	2%
Pollen	2%
Cigarette Smoke (first and second)	2%

No Answer 35%

Community Input Table #52

Do you have any concerns about the quality of health care in the County? Please check all that apply.

Health Care Quality Concerns	% of Responses
Cost of health care	61%
Physicians are overloaded and cannot spend enough time with patients	49%
Use of Hospitalist instead of own Provider	35%
Poor opinion of Hospital based on past experience (before Novant)	35%
Long wait in Hospital Emergency Department/Room	29%
Poor opinion of Hospital since it was purchased by Novant	21%
VA Hospital is overloaded	21%
Hospital needs to understand "it's not about the money"	20%
Waiting time for appointment with Provider	16%
Public Officials need to understand "it's not about the money"	14%
Infections in the Hospital	8%
Seniors are required to have too many tests	2%
Changes in insurance provider cause certain medication to not be covered	2%
Loss of hospital staff that had been there for a long time	2%
Lack of psychiatrists causes Primary Care Providers to address mental health issues	2%
The VA hospital routinely "dumps" their patients on the RME Emergency Department	2%
Officials could lead a health movement in the county with quality information about lifestyle and nutrition choices for health	2%

No Answer 23%

Community Input Table #53

Where do most people in your community get health care services? Please check all that apply.

Place for Health Care	% of Responses
Basic care from a Provider in the County	77%
Emergency care at Novant Hospital Emergency Department/Room	68%
Basic care at the Hospital Emergency Room/Department	56%
Hospital care at Novant	51%
Basic care at Urgent Care	19%
Emergency care at hospital Emergency Department/Room out of County	17%
Basic care at the VA Hospital	16%
Hospital care outside of County	12%
Emergency care at Urgent Care	10%
Basic care from a Provider out of the County	7%
Hospital care at VA Hospital	7%

No Answer 13%

Community Input Table #54

What health care and wellness resources/services are missing from Rowan County? Please check all that apply.

Missing Health Care & Wellness Resources/Services	% of Responses
More Mental Health Resources	52%
Affordable Dental Care	46%
More Substance Abuse Treatment	39%
Advanced Cardiac Surgery	28%
Pediatric Specialists	28%
More safe places for walking/running/biking	28%
More Rheumatologists	20%
More neurosurgeons	19%
Affordable Eye Care	17%
Obstetrics for high risk pregnancies/deliveries	16%
More Rehabilitation Therapists	14%
Diabetes Support Group	9%
More Plastic Surgeons	9%
More Dermatologists	5%
More information on healthy lifestyle	5%
More Primary Care Providers	3%
More information on healthy eating	3%
Prevention Services	2%
More Chronic Pain Specialists	2%
In patient mental health care	2%
Monitoring services for elderly	2%
More Diabetes specialists	2%
More Weight Management specialists	2%
More Neurologists	2%
Methadone clinic that actually weans people off of the medicines	2%

No Answer 13%

Community Input Table #55

What are the positives in Rowan County related to health and wellness? Please check all that apply.

	% Response
YMCAs	81%
Parks	59%
Climate	41%
Sidewalks in some areas	40%
Trails	40%
Rufty Homes Senior Center	38%
Fitness Centers	33%
School System "Move More" programs	21%
Activities for youth	21%
Back Pack Meal Program	19%
Golf Courses	19%
Novant's involvement in community and commitment to quality , easily available care	17%
Strong Cross Fit, Cycling & Running Communities	12%
Increase in Healthy Food Options	12%
Forest Managed Land	10%
Availability of Water Sports	10%
Free & Reduced Fee Clinics	5%

No Answer 12%

Community Input Table #56

What are the major non-health related concerns/problems in the County? Please check all that apply.

	% Response
Poverty	66%
High Unemployment	59%
Depressed Economy	54%
Typical household income is insufficient to maintain a family	44%
Gang Activity	42%
Transition from textiles has been difficult	41%
High School dropout rate	31%
Very conservative attitude of elected officials keeps County from growing/improving	29%
Lack of Skilled labor Force	25%
Burglaries	15%
Lack of Adult Care	14%
Lack of respite care for care givers	12%
Scammers	10%
Quality of School System	8%
Lack of job opportunities	7%
Illiteracy	7%
Demands of aging population	5%
Violent Crime	5%
Poor parenting skills	1%
Domestic Violence	1%
Homelessness	1%
Affordable Housing	1%
Racism	1%

No Answer 11%

**Results from Focus Groups
Rowan County CHA**

Question	Senior Focus Group Responses	EMS Focus Group Responses
<p>What are the health problems/concerns in Rowan County?</p>	<ul style="list-style-type: none"> • Chronic Pain • Diabetes • Untreated Illnesses • Dental Care • Breathing Problems (COPD, Asthma) • Tobacco Use • Substance Abuse (Alcohol, Illegal Drugs, Prescription Drugs) • Lifelong poor health habits • Flu • Heart Disease, especially in those 45 and under • Kidney Stones • Obesity • Arthritis, especially Osteo • Joint Replacement • Untreated/Undiagnosed diseases and conditions • Hypertension • Strokes • High Cholesterol • Anxiety • Rotator Cuff injuries • Brain tumors, especially in Milford Hills • Bad Eyes • Allergies • Parkinson’s Disease • Thyroid Problems • Sleep apnea • Acid Reflux • Gluten sensitivity/intolerance 	<ul style="list-style-type: none"> • Renal Failure • Dialysis • Obesity • Respiratory Problems (COPD, Asthma) • Congestive Heart Failure • Heart Disease • Hypertension • Diabetes • Substance Abuse (recent increase in Overdoses) • Narcan is too available, makes people who use drugs feel safe from Overdose • Lack of Prenatal Care
<p>What keeps people in your community from being healthy?</p>	<ul style="list-style-type: none"> • Poor Nutrition • Lack of Fitness Activity (Mental & Physical) • Lack of knowledge/understanding about how to be healthy and the benefits • Culture of bad health habits • Children are not active • Parents teach children bad health habits (i.e. give them soda and tea in their bottles) • Dissolution of Diabetes Support Group • High premiums and co-pays cause people to not seek care • Asphalt company in Milford Hills • Coal Ash from Duke Energy Plant • Can’t afford insurance and/or care • Lack of Transportation to receive care, Bus System is to infrequent • Lack of awareness about available care and 	<ul style="list-style-type: none"> • Poverty • Lifestyle/Choices • Demographics (African Americans are more at risk for Diabetes and Kidney Disease) • Accessibility to healthy tools and facilities • Lack of safe places to walk/bike/run in some areas – poor lighting, no sidewalks • Lack of Transportation to healthcare • Fast Food is cheap / Healthy food is expensive

Question	Senior Focus Group Responses	EMS Focus Group Responses
	<p>resources</p> <ul style="list-style-type: none"> • Unhealthy eating habits • Lack of health screening • Conditions that lead to other health issues (i.e. Obesity leads to many diseases) • Aging population • Isolation • Lack of Family Support, no one to help • Consumption of Fast Food • Consumption of Junk Food • Cost of healthy food • Lack of self-control in eating unhealthy foods • Lack of sleep • Think diet drinks help with weight control • Fat intake • Not seeking Mental Health care • Lack of understanding about Mental Health issues and care resources 	
<p>What environmental concerns are there in Rowan County?</p>	<ul style="list-style-type: none"> • Quality of well water • Asphalt company in Milford Hills (it is thought that people in that area have a high incidence of brain cancer) • Duke energy coal ash seeping into drinking water • Air Quality • Smoke from plant on 801 • Mineral content in water contributes to high rate of Kidney Stones • High mineral content in water stains bathroom and kitchen fixtures 	<ul style="list-style-type: none"> • Some say coal ash • Heavy Metal well contamination (could be geological) • Air Quality (has improved in last 18 months) • Fumes from cars
<p>Do you have any concerns about the quality of health care in the County?</p>	<ul style="list-style-type: none"> • Officials need to understand that “it’s about people <u>not</u> money” • Hospital seems to be more about money than people • Lack of support groups • Waiting time to see Providers • Should be more affordable • For some people Rowan hospital is in their insurance network, but the company that provides the Emergency Department physicians is not • Some people say they would rather go to Concord instead of Rowan Hospital • Based on the past, people still have a mindset that care at Rowan Hospital is not good • Long wait in the Emergency Dept • Use of Hospitalist instead of own Provider in the hospital means the patients deal with someone who knows nothing about 	<ul style="list-style-type: none"> • Adversity to Rowan Hospital – some newly earned, some based on past experiences; some of it is bad Customer Service experiences (billing, wait times, etc.) instead of actual care • Takes a long time to get an appointment, even with Primary Care Provider – month wait is common • Physician load too large causing them to not be able to spend much time with patients and/or people wait a long time for an appointment • VA Hospital is overloaded

Question	Senior Focus Group Responses	EMS Focus Group Responses
	<p>their history; sometimes Hospitalist and patients Provider have differing opinions</p> <ul style="list-style-type: none"> • Staph infections in the Hospital • Limited time with Providers especially at Novant owned practices • Some physicians are joining practices based in other cities to avoid being in a practice owned by Novant 	
<p>Where do people get healthcare (Basic, Emergency, Specialized)</p>	<p>Hospitals</p> <ul style="list-style-type: none"> • Rowan • VA Hospital • North East • Forsyth • Wake Forest <p>Emergency</p> <ul style="list-style-type: none"> • Hospital • Urgent Care <p>Primary Care</p> <ul style="list-style-type: none"> • Mainly Family or Internist in Rowan • Rowan Diagnostic • Public clinic 	<ul style="list-style-type: none"> • Many people get basic care from Health Department or Hospital Emergency Department • Some people do not get care until it is an emergency • Log wait for appointments with Providers • Lack of insurance • Sometimes Primary Provider is no longer in a patient’s network so they must change • People call EMS to be taken to hospital in an ambulance so that they won’t have to wait • After hours physicians tell patients to call EMS when situation does not merit it • Home health calls EMS for transport when situation does not merit it • “Nurse On Call” typically refers patients to the hospital, rarely to a Provider
<p>What healthcare and wellness resources/ services are missing from Rowan County?</p>	<ul style="list-style-type: none"> • Affordable Dental Care (most seniors cannot afford insurance that covers or the care itself) • Affordable Eye Care • Diabetes Support Group • Transportation to healthcare services and resources • Cataract removal • Advanced Cardiac Surgery • Dermatologists (have very few) • Plastic Surgeons (only have one) • Quality rheumatologist • Neurosurgeons (only have one) • Mental Health Resources including Psychiatrists • Some areas would be good for walking but there are no sidewalks and/or lighting is poor 	<ul style="list-style-type: none"> • Advanced Cardiac Surgery • Specialized Obstetrics – high risk deliveries • No NICU • Lack of pediatric specialists • Lack of Affordable Dental Care • Lack of Rehab – occupational, physical/ speech therapy • Substance Abuse Treatment • Mental Health Treatment & Support – no mental health in-patient facility (currently have 4 specialized units in Rowan Hospital Emergency Department, overflow sits in waiting area with a “sitter”) • People with medication side-effects are erroneously diagnosed as having a Mental Health problem
<p>What are the positives in Rowan County that are related to health</p>	<ul style="list-style-type: none"> • Rufty-Holmes Senior Center • YMCAs • Retail Fitness Centers 	<ul style="list-style-type: none"> • County recently approved the process to develop a Master Parks Plan • Lot of Land in Forest Management

Question	Senior Focus Group Responses	EMS Focus Group Responses
<p>and wellness?</p> <p>What do people do to be healthy?</p>	<ul style="list-style-type: none"> • Schools teaching kids to move more • Meals for seniors – meal sites, Meals On Wheels • Walking/Biking Trails • Parks • Sidewalks • Lot of Activities for kids (Little League, YMCA programs with sliding pay scale) • Strong Home School Network that includes health activities • School System has activities, but new budget limits them • Back Pack Meal programs • Golf Courses • Water Sports availability • Climate 	<ul style="list-style-type: none"> • Good Gastroenterology Group • Sufficient Orthopedics • Mobile Integrated Health Care initiative coordinated by EMS and Rowan Hospital • Cardiac Arrest Survival Improvement Program • EMS working with Nursing Homes/Assisted Living to help avoid people entering the health system (i.e. avoid falls, get intervention, refer substance abuse). EMS reports need for Social Services to proper department and does follow-up to be sure person receives services • Rowan Run • Ample Outdoor Activity • Strong Cross Fit Community • 2 Farmers markets – Salisbury and Hospital • Increased availability of outside sports equipment • YMCAs that have sliding fee scale up to \$0 • Availability of water bodies for Water Sports • Golf courses • State Gameland • Greenway & Thread Trail
<p>What are the major non-health related concerns/problems in the County?</p> <p>What impact does this have?</p>	<ul style="list-style-type: none"> • Insufficient lighting in some areas for walking/running/biking and safety • Lack of sidewalks in some area • Burglaries, many target seniors • Gang activities (especially intimidation) • Scammers, many target seniors • Cost of Food • Lack of Transportation – existing is limited • Lack of respite care for care givers • Lack of Adult Day Care • High unemployment • Textile plants are gone, transition has been difficult • Depressed Economy • Many local businesses have sporadic or seasonal revenue • High percentage of low income households • Very conservative attitude of officials keeps County from growing • Lack of Skilled Labor Force for current plants 	<ul style="list-style-type: none"> • Poverty • Economic Development needs to be more developed and diverse • Underemployed and People no longer looking for work • Gang Activity (violence, drugs, retaliatory actions, people won't provide information to authorities) • Typical household income is insufficient to adequately maintain a family. Surrounding counties rates of pay are much higher. • High School Dropout rates • Lack of Skilled labor Force – can't meet the 3 basic requirements: pass drug screening, have high school diploma/equivalent, no felony record

**Public Survey Tool
is on the
following pages.**

The online version differed only in the Health Department section that included a list of services provided by RCHD because the format of SurveyMonkey did not allow for fill-in-the-blanks.

Rowan County Community Health Assessment 2015 Survey

**Rowan County residents older than 14 years old are asked to complete the following survey.
If you do not live in Rowan County or have already completed this survey, please do not fill it out.**

North Carolina requires each county to survey the public as part of a Community Health Assessment every 3 to 4 years. Your responses in this survey will be anonymous. All of the survey responses will be summarized and used to help 1) learn more about the health and quality of life in the County 2) identify and prioritize needs and 3) access grant funds. The complete Community Health Assessment, including survey summaries, will be published by the Rowan County Health Department and available on its website once approved by the State.

1. Put a check (✓) in **one** column for each quality of life statement.

	QUALITY OF LIFE STATEMENTS	Strongly Disagree	Disagree	Agree	Strongly Agree	Don't Know
A	There are enough jobs & opportunities to move up in Rowan County.					
B	Rowan County is a good place to raise children.					
C	Rowan County is a good place to grow older.					
D	People in Rowan County can get good health care.					
E	Rowan County is a safe place to live.					
F	I consider myself to be generally healthy					
G	My life style habits (diet, physical activity, etc.) are generally healthy.					

2. The following are health problems that impact communities. Please give your opinion of their importance in Rowan County. Put a check (✓) in **one** column for each health problem.

	HEALTH PROBLEMS	Major Problem	Somewhat of a Problem	Not a Problem	Don't Know
A	Abuse of Prescription Drugs				
B	Alcoholism/Alcohol Abuse				
C	Birth Defects				
D	Cancer				
E	Cerebrovascular Disease (stroke)				
F	Dental Health				
G	Diabetes				
H	Heart Disease				
I	Illegal Drug Use				
J	Inactivity/Lack of Physical Activity				
K	Infectious Diseases (flu, cold, etc.)				
L	Kidney Disease				
M	Lung Diseases (COPD, Asthma, etc.)				
N	Mental Illness				
O	Motor Vehicle Injuries				
P	Neurological Diseases (Alzheimer's, Parkinson's, MD, MS, epilepsy, etc.)				
Q	Obesity/Overweight				
R	Non-Vehicle Injuries (drowning, choking, etc.)				
S	Sexually Transmitted Diseases (STDs)				
T	Suicide				
U	Teenage Pregnancy				
V	Tobacco Use/Smoking				

The following questions about your Personal Health.

3. Where do you get most of your health related information? Put a check (√) to the left of only **one**.

<input type="checkbox"/>	Books/Magazine	<input type="checkbox"/>	Doctor/Nurse	<input type="checkbox"/>	Church
<input type="checkbox"/>	Friends & Family	<input type="checkbox"/>	Telephone Help Lines	<input type="checkbox"/>	Hospital
<input type="checkbox"/>	Internet	<input type="checkbox"/>	Pharmacist	<input type="checkbox"/>	Radio/TV
<input type="checkbox"/>	School	<input type="checkbox"/>	Health Department	<input type="checkbox"/>	Mailings

4. Where do you go most often when you are sick or need advice about your health? Put a check (√) to the left of only **one**.

<input type="checkbox"/>	Doctor's Office	<input type="checkbox"/>	Health Department	<input type="checkbox"/>	Mental Health Facility	<input type="checkbox"/>	Free Clinic
<input type="checkbox"/>	Hospital/Emergency Room	<input type="checkbox"/>	Urgent Care Center	<input type="checkbox"/>	Out of County		

5. Have you ever been told by a doctor that you have one of more of the following conditions?

Check (√) "Yes", "No" or "Don't Know" for each condition and put a check in the last column if it applies to you.

		Yes	No	Don't Know	Are you currently on Medication for this? Check (√) if Yes
A	Alzheimer's Disease				
B	Arthritis				
C	Asthma				
D	Cancer				
E	COPD/Respiratory Illness				
F	Dental Problems				
G	Depression or anxiety disorder				
H	Diabetes (not during pregnancy)				
I	Glaucoma				
J	Heart Disease/ Angina				
K	High Blood Pressure/Hypertension				
L	High Cholesterol				
M	Obesity/Overweight				
N	Osteoporosis				
O	Sickle Cell Anemia				
P	STD				
Q	Stroke				

6. Which of the following have you done in the last 7 days? Check (√) all that apply

		In the last 7 days
A	Participated in a physical activity to benefit your health	
B	Had physical pain or health problems that made it hard for you to do your usual activities.	
C	Feeling sad or worried kept you from going about your normal business	
D	Drank one or more alcoholic beverages	
E	Smoked	
F	Used tobacco product other than cigarettes	
G	Exposed to Second Hand Smoke	
H	Used illegal drugs	
I	Misused prescription drugs	

7. Put a check (√) in **one** column for each of the following.

		Weekly	Monthly	Regularly	Occasionally	Never
A	Participate in a physical activity to benefit your health					
B	Have physical pain or health problems that make it hard for you to do your usual activities.					
C	Feeling sad or worried keeps you from going about your normal business					
D	Drink one or more alcoholic beverages					
E	Smoke					
F	Use tobacco product other than cigarettes					
G	Exposed to Second Hand Smoke					
H	Use illegal drugs					
I	Misuse prescription drugs					
J	Eat fruits and vegetables on a daily basis					

8. If you exercise or engage in physical activity, where do you do it? Check (√) all that apply.

(A) YMCA	(B) Public Recreation Center	(C) Home
(D) Park	(E) Private gym/facility	(F) Other: _____

9. Which of the following preventive screenings have you had in the past year? Check (√) all that apply.

		Yes	No
A	Blood Pressure		
B	Blood Sugar		
C	Cholesterol		
D	Colonoscopy		
E	Dental		
F	Hearing		
G	Vision		
Next 3 for Women Only			
H	Mammogram		
I	Pap Smear		
J	Self-Breast Exam		
Next 2 for Men Only			
K	PSA (prostate cancer screening)		
L	Digital Rectal Exam		
M	Screening for Male Breast Cancer		

10. What is your primary health insurance plan? (This is the plan which pays the medical bills first or pays most of the medical bills.) Place a (√) to the left of only **one**.

<input type="checkbox"/>	NC State Employee Health Plan	<input type="checkbox"/>	Medicare	<input type="checkbox"/>	No health insurance or plan
<input type="checkbox"/>	Plan provided by your employer	<input type="checkbox"/>	Medicaid or Carolina ACCESS or Health Choice 55	<input type="checkbox"/>	Don't know/not sure
<input type="checkbox"/>	Plan purchased by you or your family	<input type="checkbox"/>	Military provided (Tricare, CHAMPUS or the VA)	<input type="checkbox"/>	Other _____

The following questions are about Barriers to Health & Human Services

11. Which of the following are barriers for you or your family to use existing health services in Rowan County? Check (√) all that apply.

A	No Health Insurance	
B	Insurance doesn't cover what I/we need	
C	My/our share of the cost (deductible/co-pay) is too high	
D	Doctor will not take my/our insurance or Medicaid	
E	Doctor will not take Medicare	
F	Hospital will not take my/our insurance	
G	Pharmacy will not take my/our insurance or Medicaid	
H	Dentist will not take my/our insurance or Medicaid	
I	Dentist will not take Medicare	
J	No way to get there	
K	Didn't know where to go	
L	Cannot/could not get an appointment	
M	Had to wait too long for an appointment	
N	Care needed not available in Rowan County	
O	Afraid of/concerned about the treatment	
P	Medication makes me sick	
Q	Other	

12. If a friend or family member needed counseling for a mental health or a drug/alcohol abuse problem, who is the first person/group you would tell them to talk to? Place a check (√) to the left of only **one**.

<input type="checkbox"/>	Private counselor or therapist	<input type="checkbox"/>	Support group	<input type="checkbox"/>	School counselor
<input type="checkbox"/>	Doctor	<input type="checkbox"/>	Daymark	<input type="checkbox"/>	Cardinal Innovations
<input type="checkbox"/>	Minister/religious official	<input type="checkbox"/>	Emergency Room	<input type="checkbox"/>	Other

13. Does Rowan County **need** any of the following Health Care Specialists? Check (√) all that you feel are **needed**.

A	Obstetrics (baby delivery)	
B	Gynecology (female health care)	
C	Pediatrician (children)	
D	Cardiologist (heart)	
E	Oncology (cancer)	
F	Urology (urinary system)	
G	Ear, Nose Throat	
H	Pulmonology (lung, respiratory)	
I	Eye Care	
J	Rheumatology (arthritis, auto-immune)	
K	Hematology (blood)	
L	Gastroenterology (digestive system)	
M	Allergist	
N	Surgery	
O	Hepatology (liver)	
P	Geriatric (elderly care)	
Q	Nephrology	

14. In your opinion which **three** of the following health behaviors do people in your community need more information about? Please put a check (✓) to the left of **only three**.

<input type="checkbox"/>	Eating well/nutrition	<input type="checkbox"/>	Child care/parenting
<input type="checkbox"/>	Exercising/fitness	<input type="checkbox"/>	Elder care
<input type="checkbox"/>	Managing weight	<input type="checkbox"/>	Caring for family members with special needs/disabilities
<input type="checkbox"/>	Importance of Dental care	<input type="checkbox"/>	Preventing Pregnancy
<input type="checkbox"/>	Importance of yearly physical check-ups	<input type="checkbox"/>	Preventing STDs
<input type="checkbox"/>	Getting prenatal care during pregnancy	<input type="checkbox"/>	Suicide prevention
<input type="checkbox"/>	Getting flu shots and other vaccines	<input type="checkbox"/>	Stress management
<input type="checkbox"/>	Preparing for an emergency/disaster	<input type="checkbox"/>	Anger management
<input type="checkbox"/>	Using child safety seats	<input type="checkbox"/>	Domestic Violence prevention
<input type="checkbox"/>	Using seat belts	<input type="checkbox"/>	Crime prevention
<input type="checkbox"/>	Driving safely	<input type="checkbox"/>	Rape/sexual abuse prevention
<input type="checkbox"/>	Quitting smoking/tobacco use	<input type="checkbox"/>	Other
<input type="checkbox"/>	Substance abuse prevention (drugs & alcohol)	<input type="checkbox"/>	None

The following questions are about the Rowan County Health Department

15. Have you ever used the services of the Rowan County Health Department? Put a check (✓) to the left of only **one**.

<input type="checkbox"/>	Within the last month	<input type="checkbox"/>	Within the last 6 months	<input type="checkbox"/>	Within the last year
<input type="checkbox"/>	Within the last 4 years	<input type="checkbox"/>	Never	<input type="checkbox"/>	Have no need

If you have ever used the services of the Rowan County Health Department please answer the next three questions.

16. Please list the service or services you used and rank your satisfaction with the quality and responsiveness. Please list the service and put a check (✓) in **one** of the columns.

Service Used	Very Satisfied	Somewhat Satisfied	Satisfied	Not Satisfied

17. Do you feel the Rowan County Health Department hours of operation are adequate?

<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>	No Opinion
--------------------------	-----	--------------------------	----	--------------------------	------------

Community Impact

18. The following are issues that impact a community. Please give your opinion of their impact in Rowan County. Put a check (√) in **one** column for each community issue.

	COMMUNITY ISSUES	Major Problem	Somewhat of a Problem	Not a Problem	Don't Know
A	Access to Adult Education				
B	Access to Adult Day Care				
C	Access to Child Care				
D	Access to Dental Care – Adult				
E	Access to Dental – Children				
F	Access to Health Care				
G	Access to Healthy Food				
H	Access to Higher Education				
I	Access to In-Home Care				
J	Access to Legal Services				
K	Access to Mental Health Services				
L	Access to Prenatal Care				
M	Air Pollution				
N	Bioterrorism				
O	Child Abuse & Neglect (physical, emotional & sexual)				
P	Violent Crime (murder, assault, rape, etc.)				
Q	Non-Violent Crime (theft, robbery, etc.)				
R	Domestic Violence				
S	Elder Abuse & Neglect				
T	Foreclosures				
U	Gangs				
V	Homelessness				
W	Inadequate/Unaffordable Housing				
X	Lack of /Inadequate Health Insurance				
Y	Lack of Recreational Facilities				
Z	Lack of Recreational Programs				
a	Lack of Transportation				
b	Lack of Recycling				
c	Land & Soil Pollution				
d	Litter				
e	Quality of Education (K-12)				
f	Quality of Child Care				
g	Racism				
h	Unemployment/Underemployment				
i	Water Pollution				

The following are Emergency Preparedness Issues that impact a community.

19. In a large scale disaster or emergency, what would be your main way of communicating with relatives and friends? Check (√) only **one**.

<input type="checkbox"/>	Regular Home Telephones	<input type="checkbox"/>	Email	<input type="checkbox"/>	Other
<input type="checkbox"/>	Cell Phones (voice or text)	<input type="checkbox"/>	Pagers	<input type="checkbox"/>	Tablet (IPAD, Android, etc.)

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

<input type="checkbox"/>	Television	<input type="checkbox"/>	Internet	<input type="checkbox"/>	Family
<input type="checkbox"/>	Radio	<input type="checkbox"/>	Cell Phone Alerts	<input type="checkbox"/>	Neighbors
<input type="checkbox"/>	Fire Department	<input type="checkbox"/>	Police/Sheriff	<input type="checkbox"/>	Other

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

<input type="checkbox"/>	Lack of Transportation	<input type="checkbox"/>	Concern about Personal Safety	<input type="checkbox"/>	Concern about Traffic Jams & Inability to Get Out
<input type="checkbox"/>	Lack of Trust in Public Officials	<input type="checkbox"/>	Concern about Family Safety	<input type="checkbox"/>	Health problems (could not be moved)
<input type="checkbox"/>	Concerning about leaving property behind	<input type="checkbox"/>	Concern about Leaving Pets	<input type="checkbox"/>	Other

22. Does your household/family have any of the following? Check (✓) “Yes”, “No” or “Don’t Know” for each.

		Yes	No	Don't Know
A	Smoke Detector	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B	Carbon Monoxide Detector	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	Plan for exiting the house in case of fire	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D	Basic Emergency Supply Kit (water, non-perishable food, prescriptions, first aid supplies, flashlight, batteries, blankets, can opener, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E	Plan for meeting up after evacuation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Demographics

The last set of questions are general questions about you. Your answers will be anonymous and will only be used in a summary of all answers given by survey participants.

23. Place a check (✓) to the left of your Zip Code/City. Only check **one**.

<input type="checkbox"/>	27013 (Cleveland)	<input type="checkbox"/>	28039 (East Spencer)	<input type="checkbox"/>	28072 (Granite Quarry)	<input type="checkbox"/>	28138 (Rockwell)
<input type="checkbox"/>	27054 (Woodleaf)	<input type="checkbox"/>	28041 (Faith)	<input type="checkbox"/>	28088 (Landis)	<input type="checkbox"/>	28144,45,46 or 47 (Salisbury)
<input type="checkbox"/>	28023 (China Grove)	<input type="checkbox"/>	28071 (Gold Hill)	<input type="checkbox"/>	28125 (Mount Ulla)	<input type="checkbox"/>	28159 (Spencer)
<input type="checkbox"/>	28082 (Kannapolis)	<input type="checkbox"/>	Other (please provide Zip Code, City and County _____)				

24. Gender. Place a check (✓) to the left of your gender.

<input type="checkbox"/>	Female	<input type="checkbox"/>	Male
--------------------------	--------	--------------------------	------

25. Your Primary racial or ethnic identity. Place a check (✓) to the left of your race/ethnicity. **Only check one.**

<input type="checkbox"/>	African American/Black	<input type="checkbox"/>	Native American	<input type="checkbox"/>	Asian
<input type="checkbox"/>	Caucasian/White	<input type="checkbox"/>	Hispanic/Latino	<input type="checkbox"/>	Middle Eastern
<input type="checkbox"/>	Other: _____				

26. Age Group. Place a check (✓) to the left of your age group. **Only check one.**

<input type="checkbox"/>	14 – 19	<input type="checkbox"/>	20 – 25	<input type="checkbox"/>	26 – 34	<input type="checkbox"/>	35 – 44	<input type="checkbox"/>	45 – 54
<input type="checkbox"/>	55 – 64	<input type="checkbox"/>	65 – 74	<input type="checkbox"/>	75 – 84	<input type="checkbox"/>	85 or older	<input type="checkbox"/>	

27. Marital Status. Place a check (√) to the left of your marital status. **Only check one.**

<input type="checkbox"/>	Single/Never Married	<input type="checkbox"/>	Married	<input type="checkbox"/>	Unmarried Partner
<input type="checkbox"/>	Divorced	<input type="checkbox"/>	Separated	<input type="checkbox"/>	Widowed

28. Total number of people in your household. Place a check (√) to the left of the number in your household. **Only check one.**

<input type="checkbox"/>	1	<input type="checkbox"/>	2	<input type="checkbox"/>	3
<input type="checkbox"/>	4	<input type="checkbox"/>	5	<input type="checkbox"/>	6 or more

29. Total household income per year. Place a check (√) to the left of your yearly household income. **Only check one.**

<input type="checkbox"/>	Less than \$10,000	<input type="checkbox"/>	\$10,000 - \$14,999	<input type="checkbox"/>	\$15,000 - \$24,999	<input type="checkbox"/>	\$25,000 - \$34,999
<input type="checkbox"/>	\$35,000 - \$49,999	<input type="checkbox"/>	\$50,000 - \$74,999	<input type="checkbox"/>	\$75,000 - \$99,999	<input type="checkbox"/>	\$100,000 or more

30. Employment Status. Place a check (√) to the left of **all** that apply.

<input type="checkbox"/>	(A) Employed Full-Time	<input type="checkbox"/>	(B) Employed Part-Time	<input type="checkbox"/>	(C) Retired	<input type="checkbox"/>	(D) Armed Forces Full-Time
<input type="checkbox"/>	(E) Disabled	<input type="checkbox"/>	(F) Student	<input type="checkbox"/>	(G) Homemaker	<input type="checkbox"/>	(H) Armed Forces Reserves
<input type="checkbox"/>	(I) Self-Employed	<input type="checkbox"/>	(J) Unemployed for 1 year or less	<input type="checkbox"/>	(K) Unemployed for 1 to 3 years	<input type="checkbox"/>	(L) Unemployed for more than 3 years

Place you completed this survey: _____

Date you completed this survey: _____

If you have any other information or comments you would like to share, please write them below.

Appendix B

Databook

Rowan County 2015 CHA

Databook Appendix

Rowan County 2015 Community Health Assessment

Information and analysis on health and wellness data is included in this Databook.

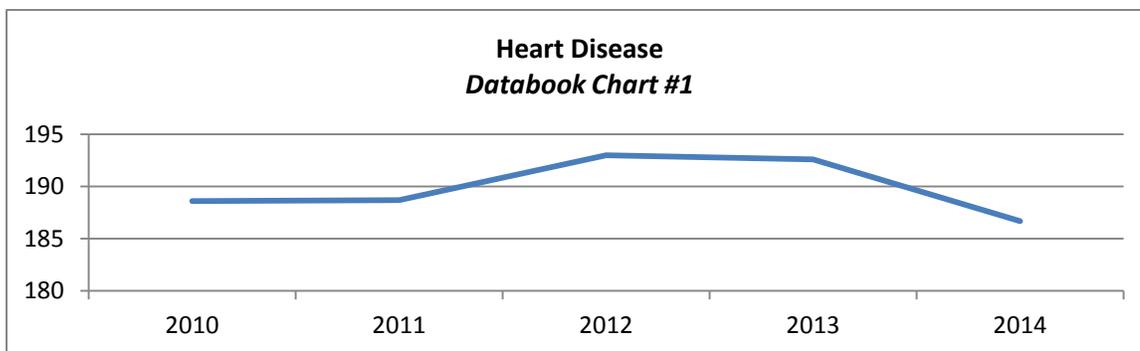
Cause of Death

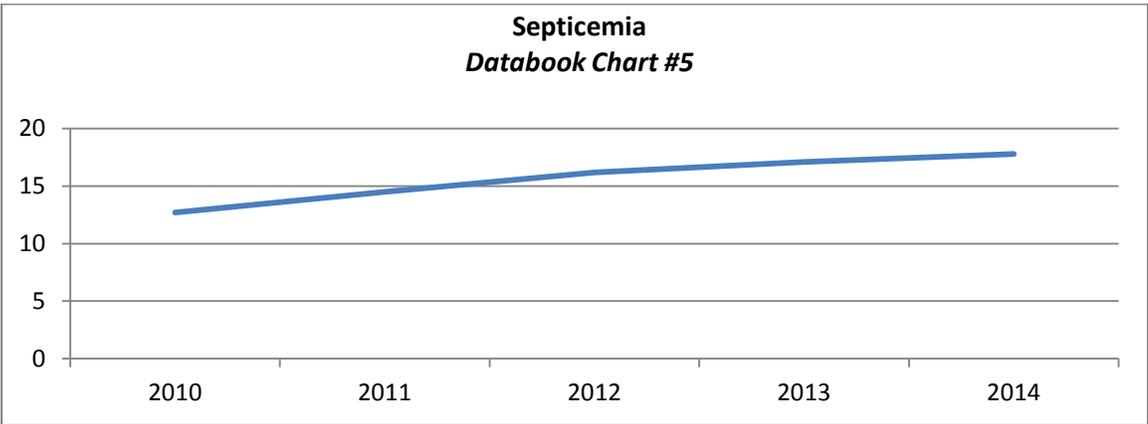
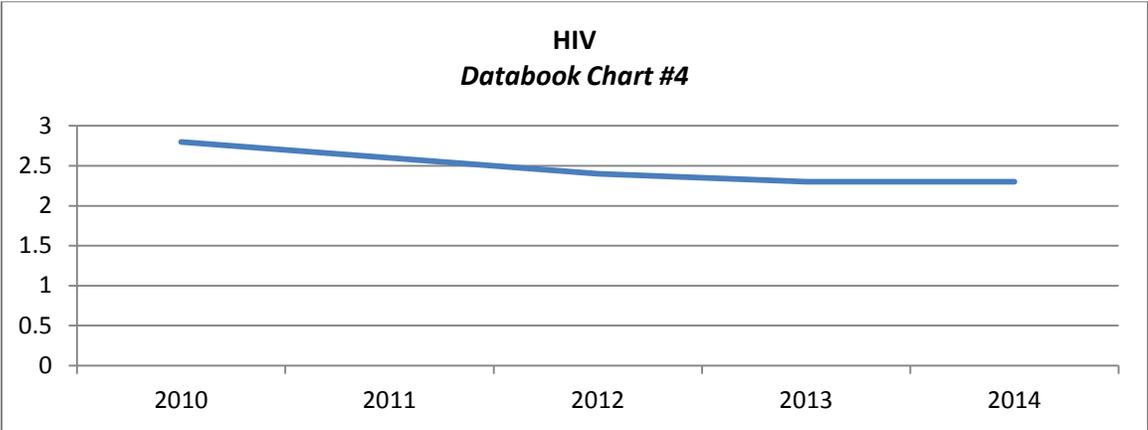
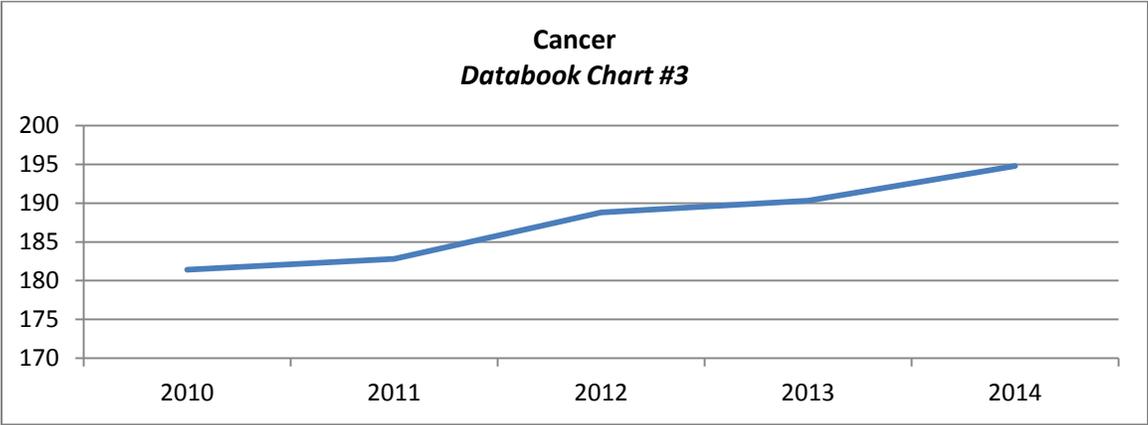
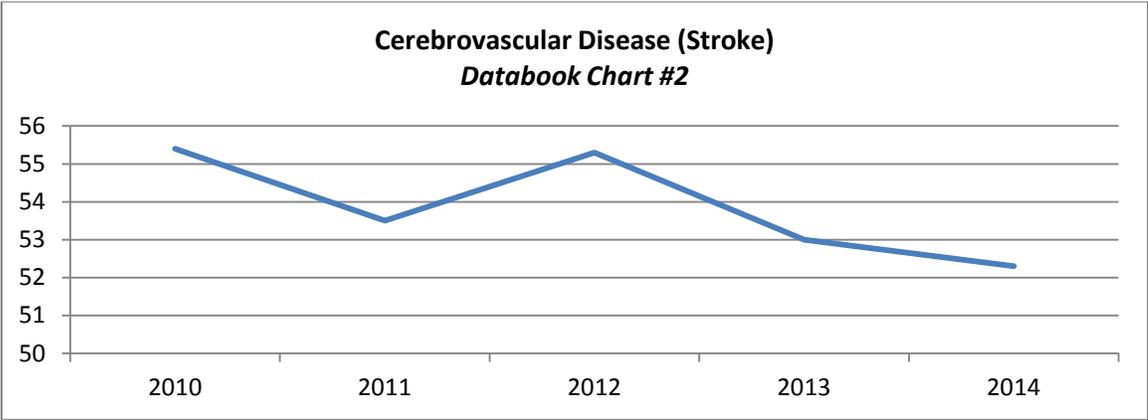
Causes of Death Trends by Year 2010 - 2014

Source: NC State Center for Health Statistics

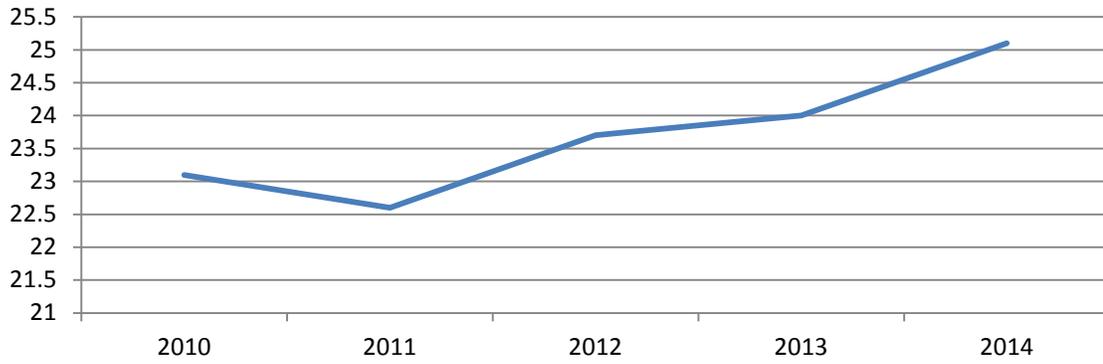
Databook Table #1

CAUSE OF DEATH (Age Adjusted)	2010	2011	2012	2013	2014	Trend % Δ	Better or Worse
Heart Disease	188.6	188.7	193.0	132.6	186.7	-1%	Better
Stroke (Cerebrovascular Disease)	55.4	53.5	55.3	53.0	52.3	-6%	Better
Cancer	181.4	182.8	188.8	190.3	194.8	7%	Worse
HIV	2.8	2.6	2.4	2.3	2.3	-18%	Better
Septicemia	12.7	14.5	16.2	17.1	17.8	40%	Worse
Diabetes	23.1	22.6	23.7	24.0	25.1	9%	Worse
Pneumonia & Flu	28.9	27.9	29.4	33.2	31.4	9%	Worse
Chronic Lower Respiratory Disease	55.0	57.5	58.2	59.5	58.7	7%	Worse
Cancer – Trachea, Bronchus & Lung	58.0	57.4	61.2	58.6	60.8	5%	Worse
Chronic Liver Disease & Cirrhosis	7.9	9.4	12.0	12.4	12.9	63%	Worse
Kidney (Nephritis, Nephrotic Syndrome, Nephrosis)	17.7	18.9	19.3	19.0	19.0	7%	Worse
Unintentional Motor Vehicle Injuries	17.6	17.2	16.2	17.0	17.6	0%	Same
All Other Unintentional Accidents	34.1	38.1	40.6	40.0	41.2	21%	Worse
Suicide	14.6	13.2	13.5	14.1	16.3	12%	Worse
Homicide	6.5	6.1	5.8	6.3	6.9	6%	Worse
Alzheimer's	41.8	45.9	50.1	48.1	42.5	2%	Worse

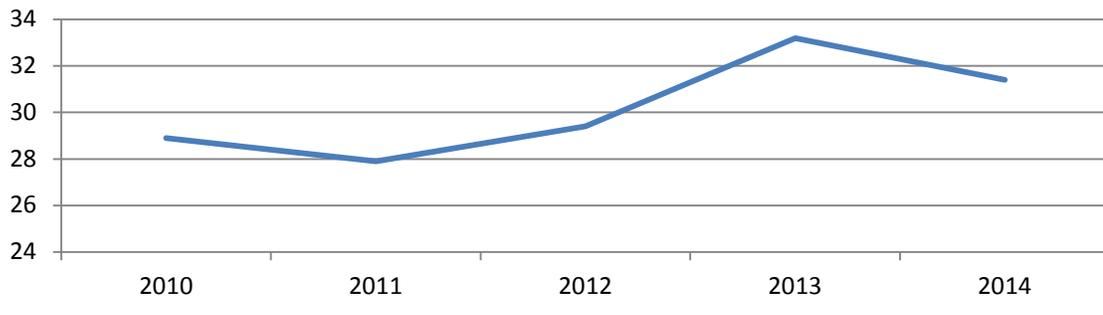




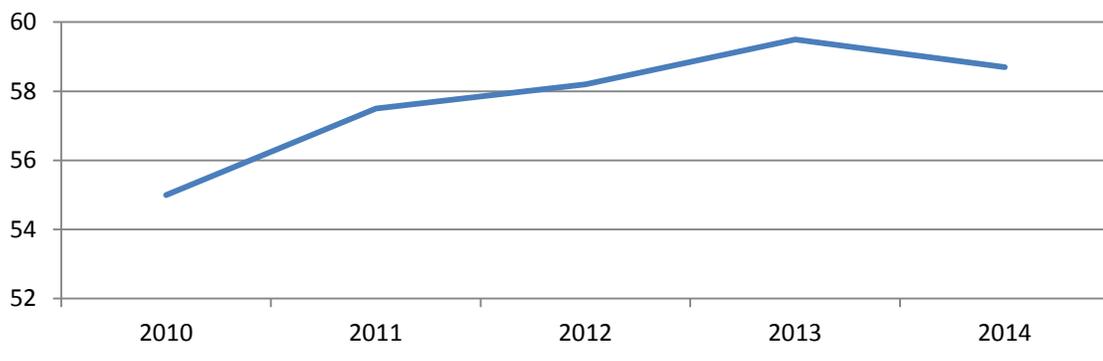
Diabetes
Databook Chart #6



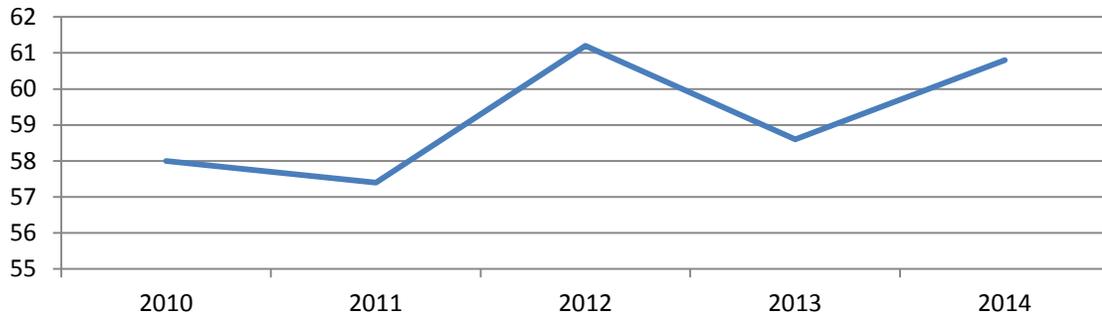
Pneumonia & Flu
Databook Chart #7



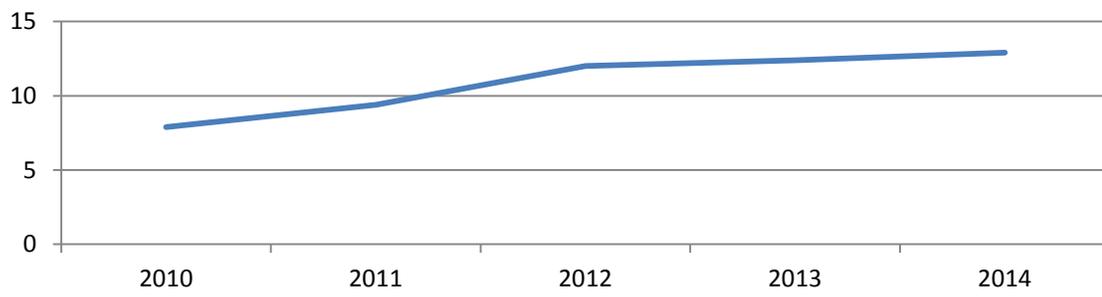
Chronic Lower Respiratory Disease
Databook Chart #8



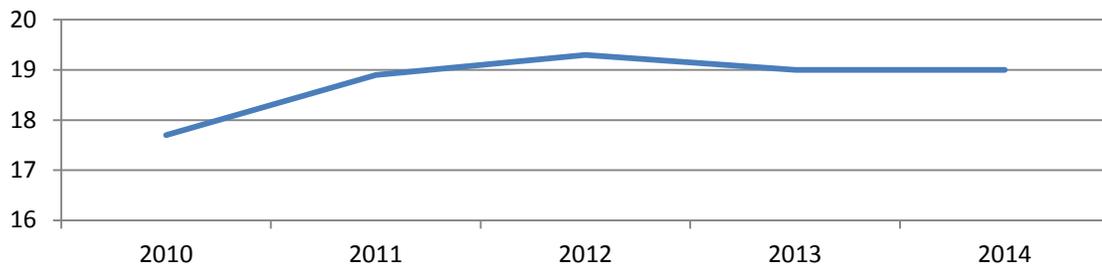
Cancer - Trachea, Bronchus & Lung
Databook Chart #9



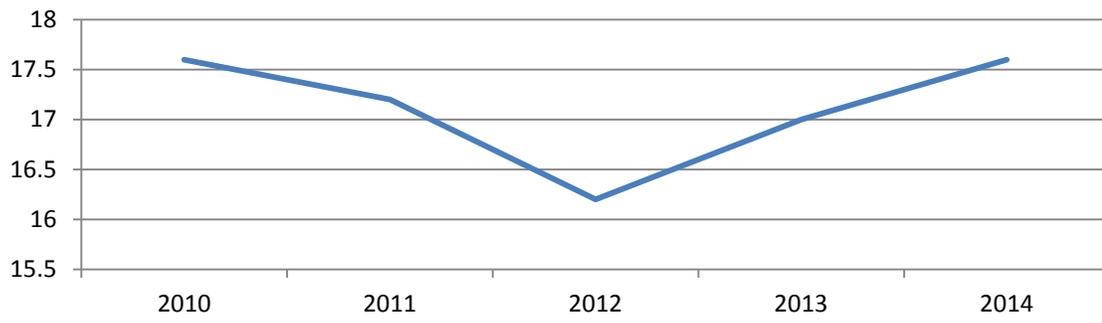
Chronic Liver Disease & Cirrhosis
Databook Chart #10

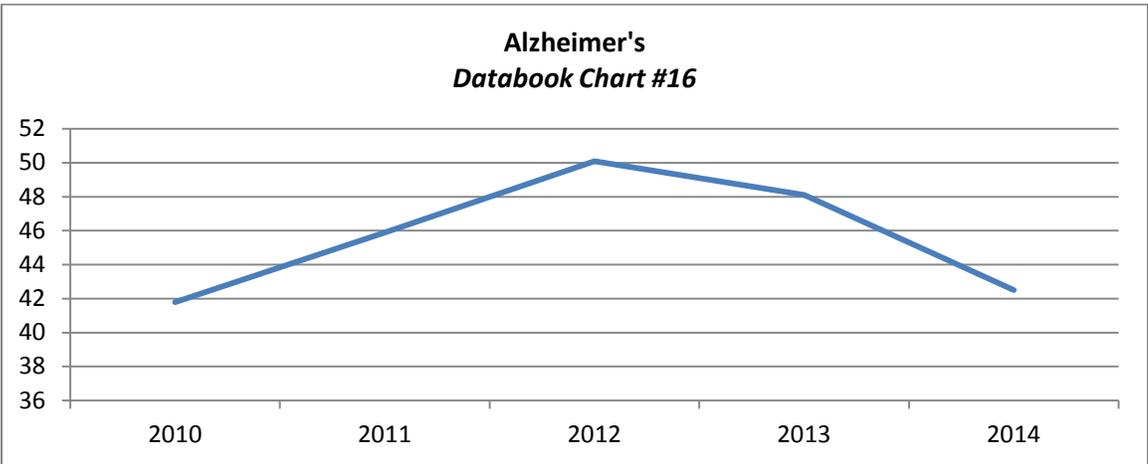
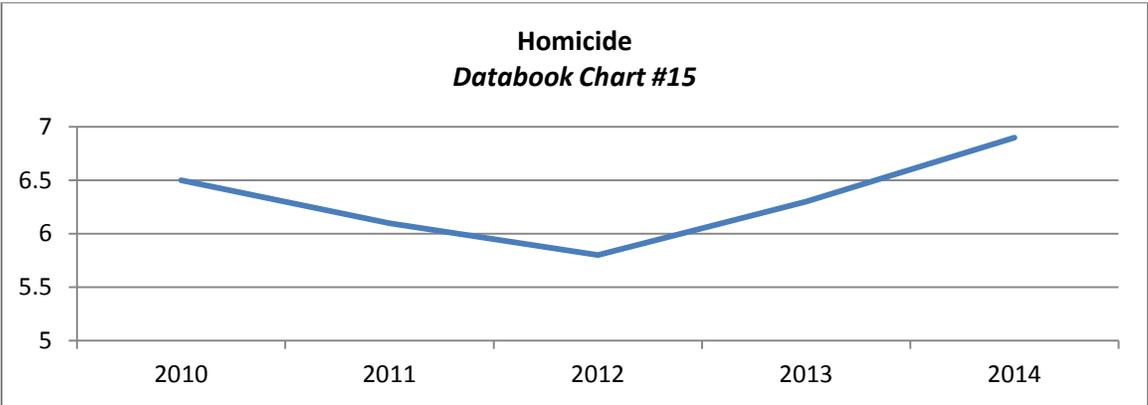
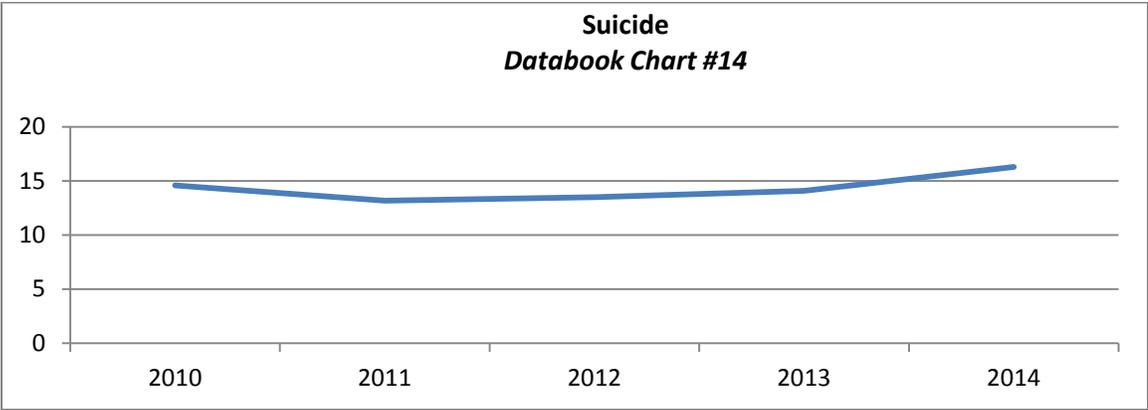
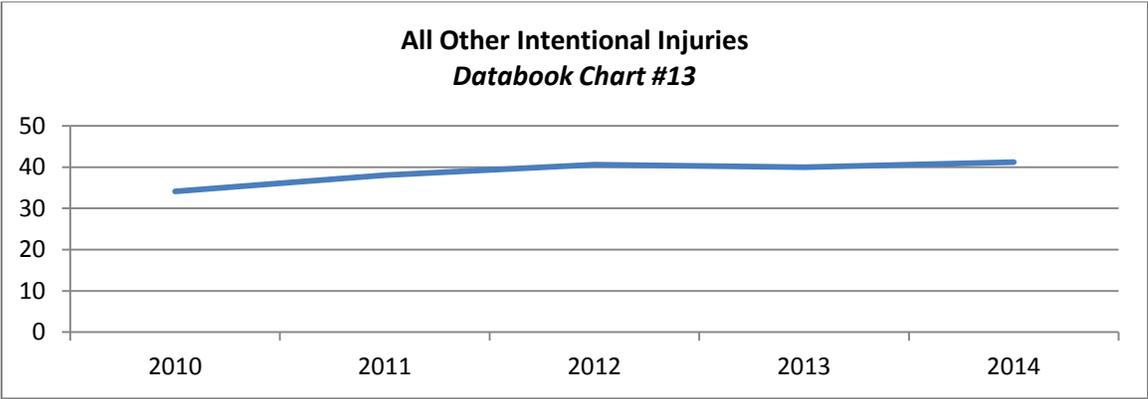


Kidney Disease (Nephritis, Nephrotic Syndrome & Nephrosis)
Databook Chart #11



Unintended Motor Vehicle Injuries
Databook Chart #12





Cause of Death Rates Comparisons with Peer Counties

The Causes of Death are compared to three counties designated as Peer to Rowan by the State. Those counties are: Gaston, Pitt and Robeson. Also included in this section is a comparison to Cabarrus County because it borders Rowan County and shares a city, Kannapolis. Also, because of the proximity of Concord in Cabarrus County and its medical facilities, it is easier for many Rowan County residents to access health care in Cabarrus County.

Leading Causes of Death 2010 - 2014 (per 100,000 age adjusted unless noted)

Databook Table #2

Cause	Rowan	Gaston	Pitt	Robeson	Cabarrus	North Carolina
Heart Disease	186.7	201.4	172.1	209.8	158.5	165.9
Diabetes	25.1	19.6	27.5	46.8	21.4	22.1
Kidney Disease (Nephritis, nephrotic syndrome and nephrosis)	19.0	17.4	23.6	14.1	16.5	17.0
Chronic Liver Disease & Cirrhosis	12.9	14.5	9.0	11.7	8.5	9.7
Stroke	52.3	43.0	46.9	46.3	46.9	43.0
Cancer – All	194.8	195.9	170.4	195.0	172.0	171.8
Cancer – Trachea Bronchus & Lung	60.8	63.9	46.5	60.5	50.4	50.6
Chronic Lower Respiratory Disease	58.7	74.8	38.6	42.4	53.4	46.0
Alzheimer’s	42.5	46.7	29.9	45.3	38.5	29.2
Septicemia	17.8	24.9	12.3	15.7	12.9	13.0
Pneumonia & Flu	31.4	27.9	10.6	14.6	22.7	17.6
Unintentional Motor Vehicle Injury	17.6	12.3	13.1	31.7	9.8	13.5
All Other Unintentional Injuries	41.2	42.5	30.7	36.9	35.1	29.6
Suicide (4 th leading cause of death in NC)	16.3	13.9	10.4	12.6	13.8	12.4
HIV	2.3	2.8	4.5	3.5	1.3	2.6
Homicide	6.9	4.7	6.4	19.8	5.1	5.7
Infant Mortality per 1,000 live births	7.9	7.7	10.8	12.0	6.0	7.1

Source: <http://www.schs.state.nc.us/data/vital.cfm#vitaldms>

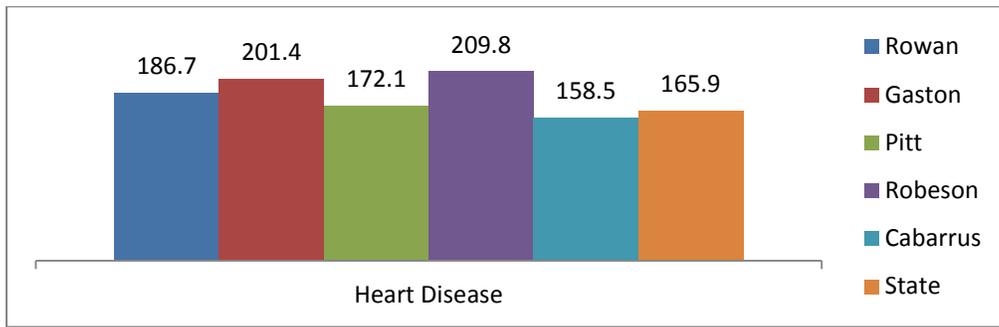
On the next page the Percent Difference between Rowan County and its peer counties, the State and neighboring county Cabarrus is provided.

Percentage Difference between Rowan and peer counties, the State and neighboring Cabarrus County on Leading Causes of Death 2010 - 2014 (per 100,000 age adjusted unless noted). A negative means the Rowan rate is lower than the county or the State, a positive means the Rowan rate is higher. The State considers a 15% difference significant, all percentage differences 15% or greater are noted in red.

Databook Table #3

Cause	Rowan to Gaston Percentage Difference	Rowan to Pitt Percentage Difference	Rowan to Robeson Percentage Difference	Rowan to Cabarrus Percentage Difference	Rowan to North Carolina Percentage Difference
Heart Disease	- 8%	+ 8%	- 12%	+ 15%	+ 11%
Diabetes	+ 22%	- 10%	- 86%	+ 15%	+ 12%
Kidney Disease (Nephritis, nephrotic syndrome and nephrosis)	+ 8%	- 24%	+ 26%	+ 13%	+ 10%
Chronic Liver Disease & Cirrhosis	- 12%	+ 30%	+ 9%	+ 34%	+ 25%
Stroke	+ 18%	+ 10%	+ 10%	+ 10%	+ 18%
Cancer – All	- .6	+ 13%	- .1%	- 12%	+ 12%
Cancer – Trachea Bronchus & Lung	- 5%	+ 24%	+ .5%	+ 17%	+ 17%
Chronic Lower Respiratory Disease	- 27%	+ 34%	+ 28%	+ 9%	+ 22%
Alzheimer’s	- 10%	+ 30%	- 7%	+ 9%	+ 32%
Septicemia	- 40%	+ 31%	+ 12%	+ 28%	+ 30%
Pneumonia & Flu	+ 11%	+ 66%	+ 53%	+ 27%	+ 44%
Unintentional Motor Vehicle Injury	+ 30%	+ 26%	- 80%	+ 44%	+ 23%
All Other Unintentional Injuries	- 3%	+ 25%	+ 10%	+ 15%	+ 28%
Suicide (4 th leading cause of death in NC)	+ 15%	+ 36%	+ 23%	+ 15%	+ 24%
HIV	- 22%	- 96%	- 52%	+ 43%	- 13%
Homicide	+ 32%	+ 7%	+187%	+ 26%	+ 17%
Infant Mortality per 1,000 live births	+ 3%	- 37%	- 52%	+ 24%	+ 10%

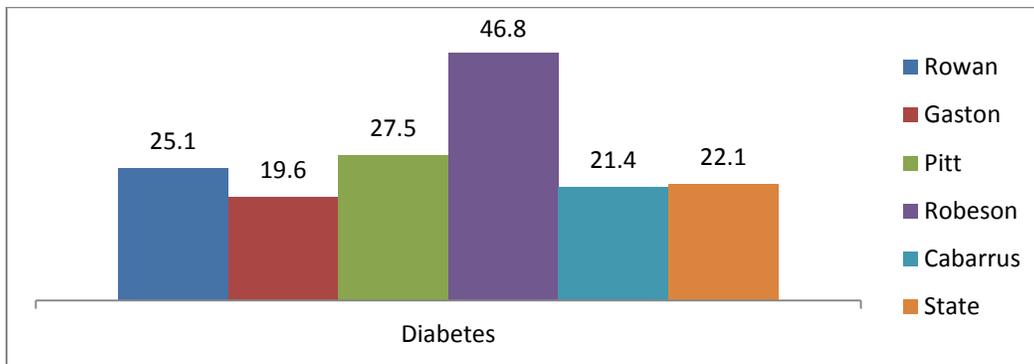
Databook Chart #17



Rowan County is:

- 12.5% **higher** than the State
- 7.3% **lower** than Gaston County
- 8.5% **higher** than Pitt County
- 11% **lower** than Robeson County
- 17.8% **higher** than Cabarrus

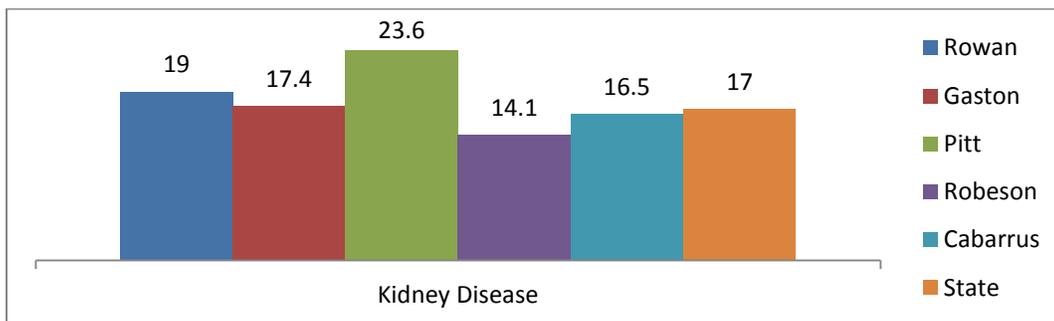
Databook Chart #18



Rowan County is:

- 13.6% **higher** than the State
- 28.1% **higher** than Gaston County
- 8.7% **lower** than Pitt County
- 46.4% **lower** than Robeson County
- 17.3% **higher** than Cabarrus County

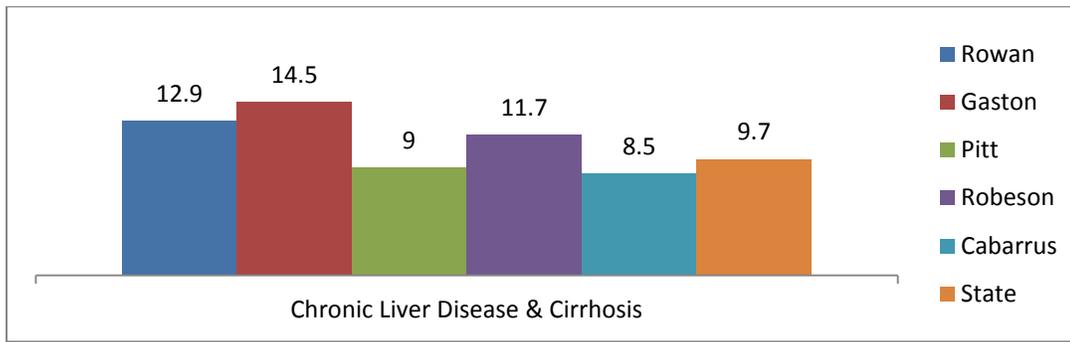
Databook Chart #19



Rowan County is:

- 11.8% **higher** than the State
- 9.2% **higher** than Gaston County
- 34.8% **higher** than Pitt County
- 19.5% **lower** than Robeson County
- 15.2% **higher** than Cabarrus County

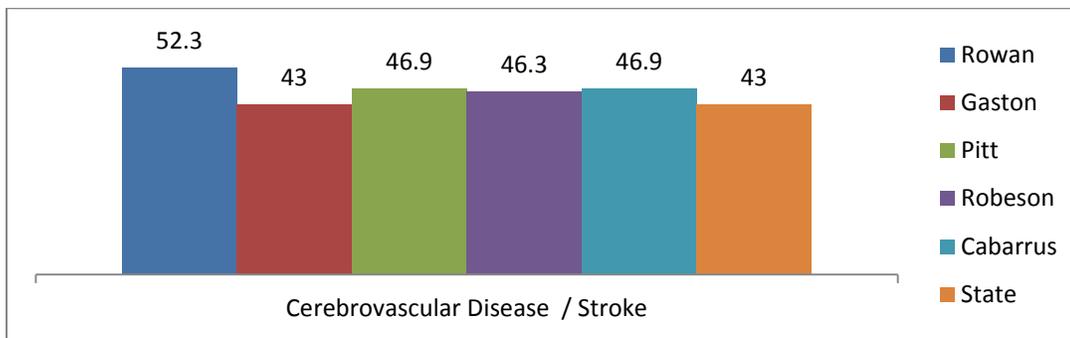
Databook #20



Rowan County is:

- 33% higher than the State
- 11% lower than Gaston County
- 43.3% higher than Pitt County
- 10.3% higher than Robeson County
- 51.8% higher than Cabarrus County

Databook #21

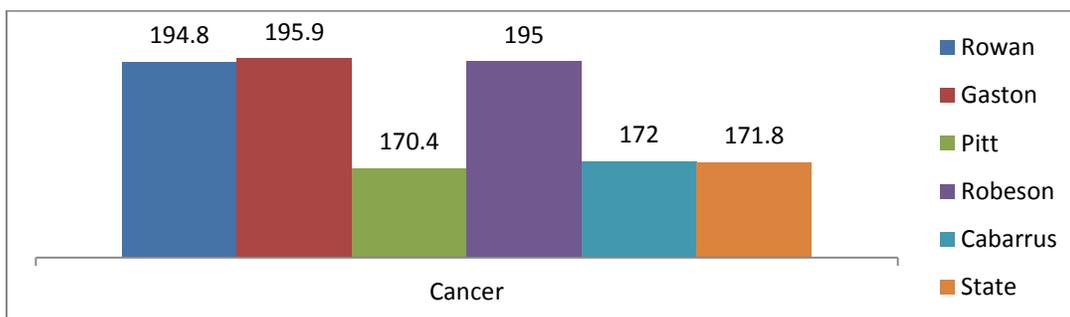


Rowan County is:

- 21.6% higher than the State
- 21.6% higher than Gaston County
- 11.5% higher than Pitt County
- 13% higher than Robeson County
- 11.5% higher than Cabarrus County

Rowan County is more than 10% higher than the State and all comparison counties

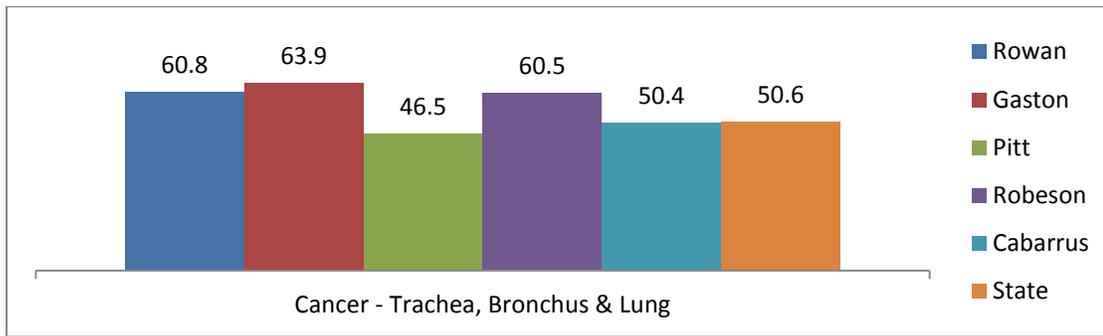
Databook #22



Rowan County is:

- 13.4% higher than the State
- .6% lower than Gaston County
- 14.3% higher than Pitt County
- .1% lower than Robeson County
- 13.3% higher than Cabarrus County

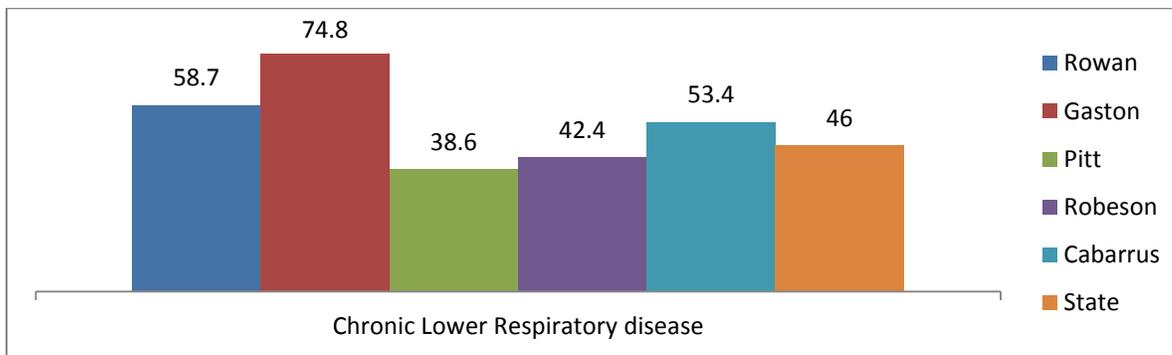
Databook #23



Rowan County is:

- 20.2% higher than the State
- 4.9% lower than Gaston County
- 30.8% higher than Pitt County
- .5% higher than Robeson County
- 20.6% higher than Cabarrus County

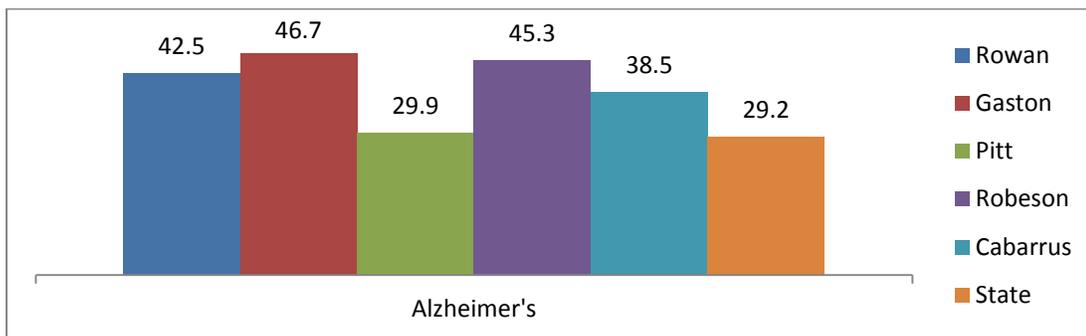
Databook #24



Rowan County is:

- 27.6% higher than the State
- 21.5% lower than Gaston County
- 52.1% higher than Pitt County
- 38.4% higher than Robeson County
- 9.9% higher than Cabarrus County

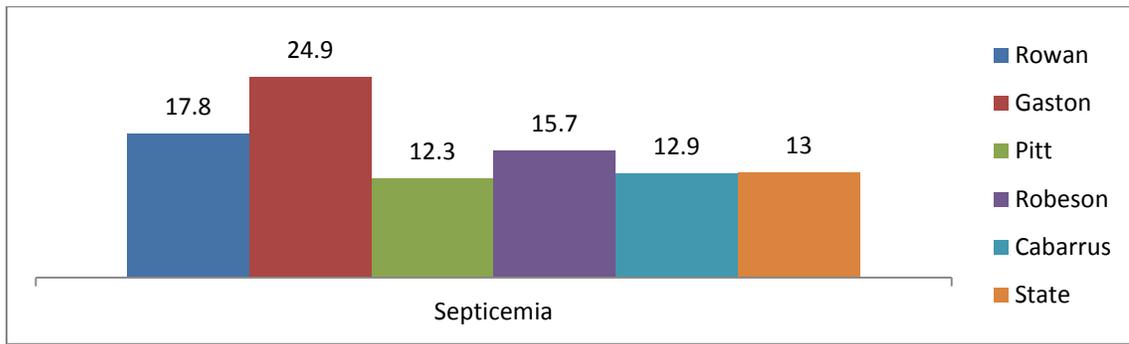
Databook #25



Rowan County is:

- 45.5% higher than the State
- 9% lower than Gaston County
- 42.1% higher than Pitt County
- 6.2% lower than Robeson County
- 10.4% higher than Cabarrus County

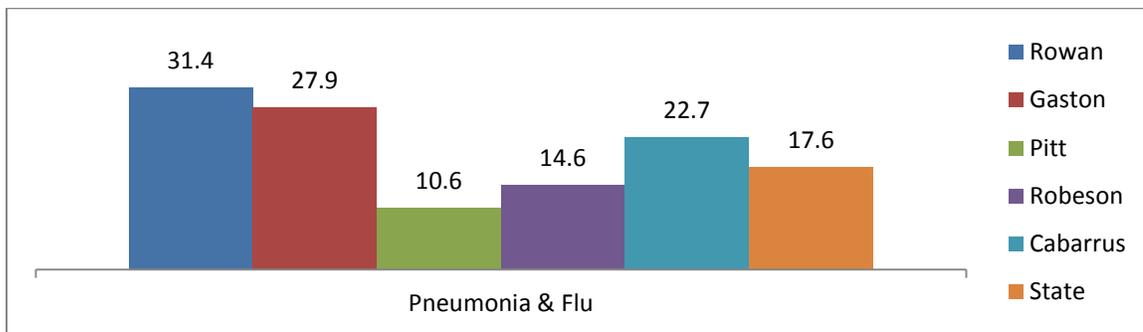
Databook Chart #26



Rowan County is:

- 36.9% **higher** than the State
- 28.5% **lower** than Gaston County
- 44.7% **higher** than Pitt County
- 13.4% **higher** Robeson County
- 38% **higher** than Cabarrus County

Databook Chart #27

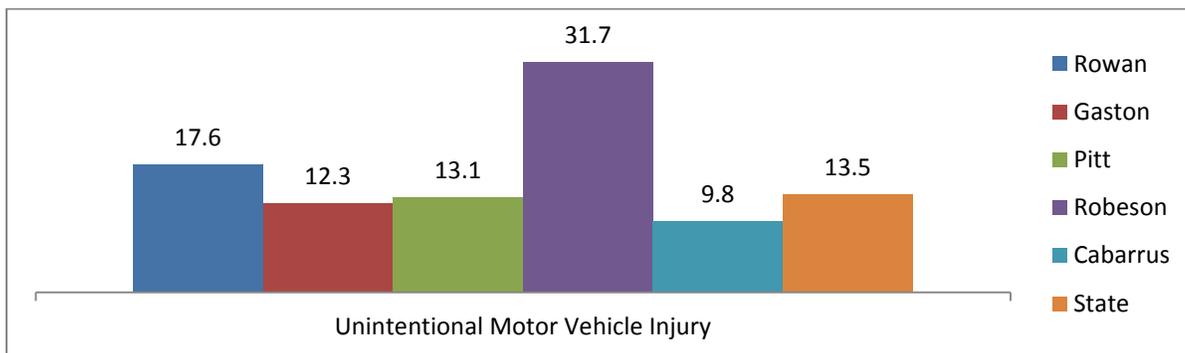


Rowan County is:

- 17.6% **higher** than the State
- 12.5% **higher** than Gaston County
- 196.2% **higher** than Pitt County
- 115.1% **higher** than Robeson County
- 38.3% **higher** than Cabarrus County

Rowan County is more than 10% higher than the State and 2 counties and more than 100% higher than 2 counties.

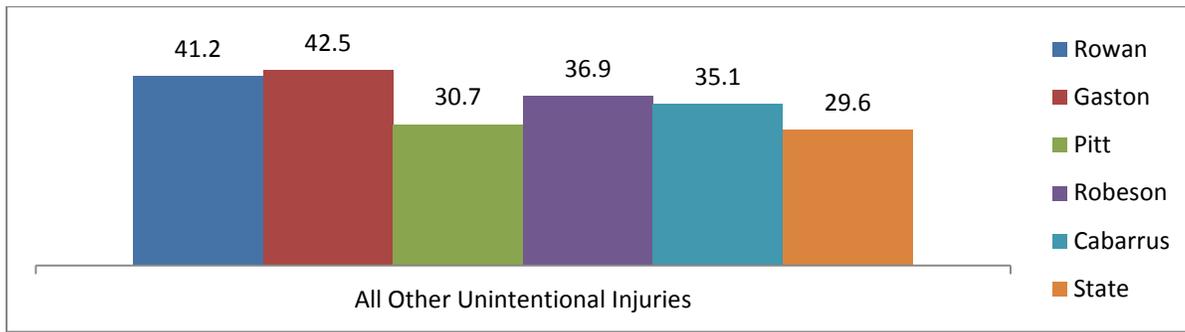
Databook Chart #28



Rowan County is:

- 30.4% **higher** than the State
- 43.1% **higher** than Gaston County
- 34.4% **higher** than Pitt County
- 44.5% **lower** than Robeson County
- 79.6% **higher** than Cabarrus County

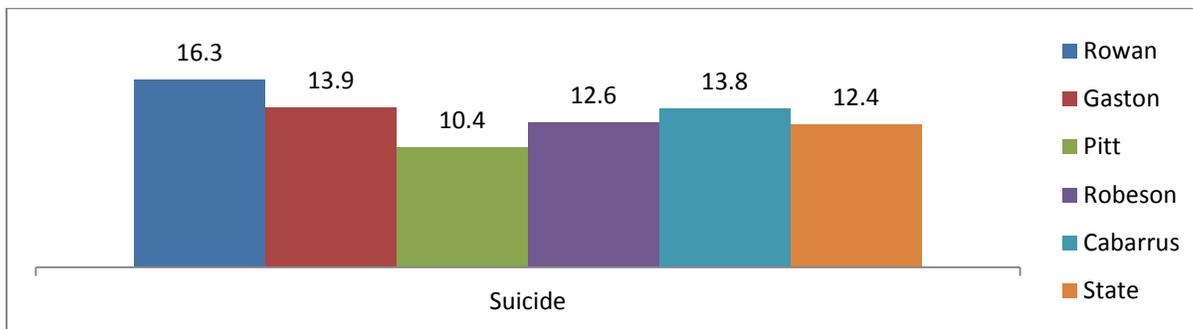
Databook Chart #29



Rowan County is:

- 39.2% higher than the State
- 3.1% lower than Gaston County
- 34.2% higher than Pitt County
- 11.7% higher than Robeson County
- 17.4% higher than Cabarrus County

Databook Chart #30

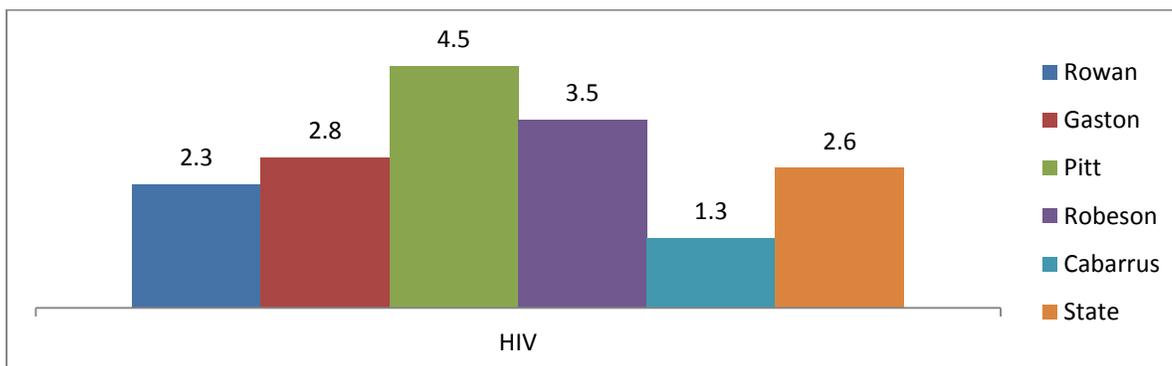


Rowan County is:

- 31.5% higher than the State
- 17.3% higher than Gaston County
- 56.7% higher than Pitt County
- 29.4% higher than Robeson County
- 18.1% higher than Cabarrus County

Rowan County is more than 10% higher than the State and all comparison counties

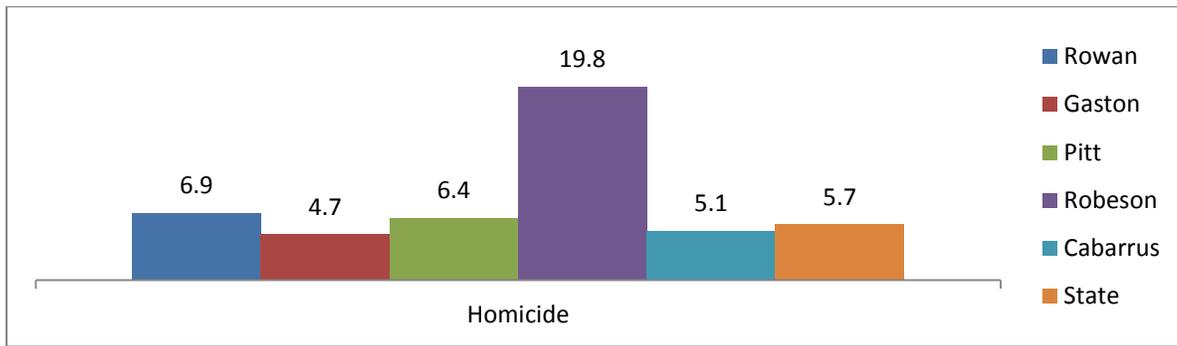
Databook Chart #31



Rowan County is:

- 2.6% higher than the State
- 17.9% lower than Gaston County
- 48.9% lower than Pitt County
- 34.3% lower than Robeson County
- 76.9% higher than Cabarrus County

Databook Chart #32



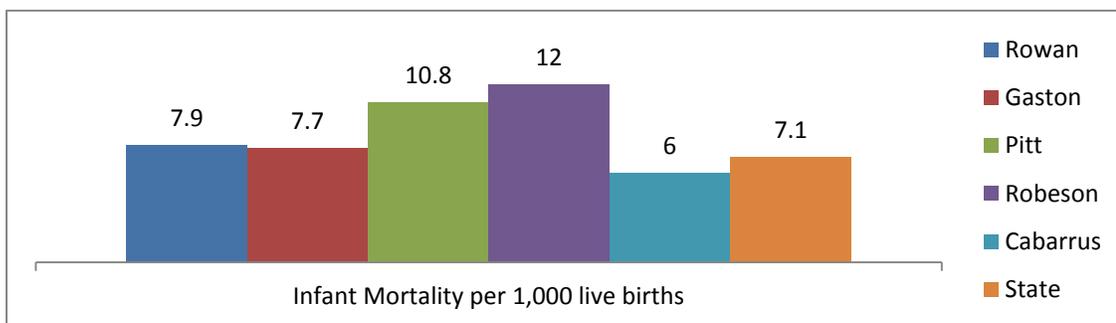
Rowan County is:

- 21.1% **higher** than the State
- 46.8% **higher** than the Gaston County
- 7.8% **higher** than Pitt County
- 65.2% **lower** than Robeson County
- 19% **higher** than Cabarrus County

Infant Mortality Rate

The comparison of Infant Mortality Rate between Rowan County and its Peer Counties, the State and its neighbor county Cabarrus.

Databook Chart #33



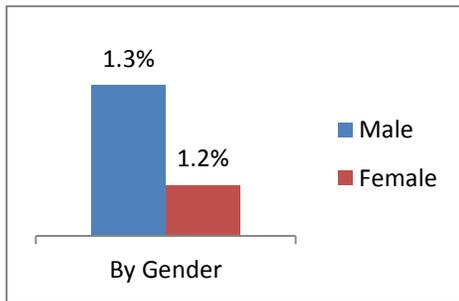
Rowan County is:

- .8% **higher** than the State
- .2% **lower** than Gaston County
- 2.9% **lower** than Pitt County
- 4.1% **higher** than Robeson County
- 1.9% **higher** than Cabarrus County

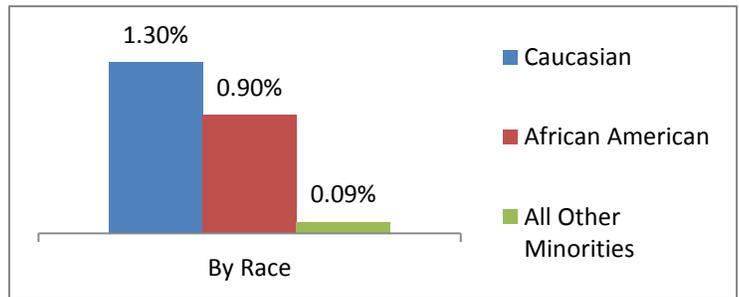
Cause of Death Rates Comparison by Gender & Race

The following is a comparison of the percentage of death for a demographic population, i.e. the percentage of the male population is compared in a chart to the percentage of the female population). The demographic statistics are from the 2010-2014 American Community Survey 5-Year Estimates. The number of deaths by gender and race are from the NC State Center for Health Statistics.

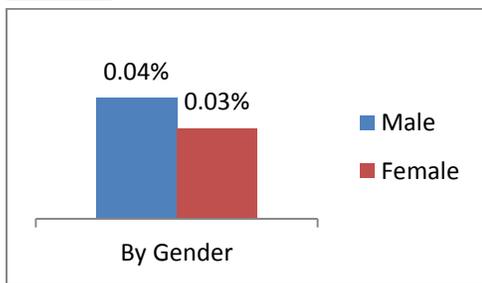
All Deaths Databook Chart #34



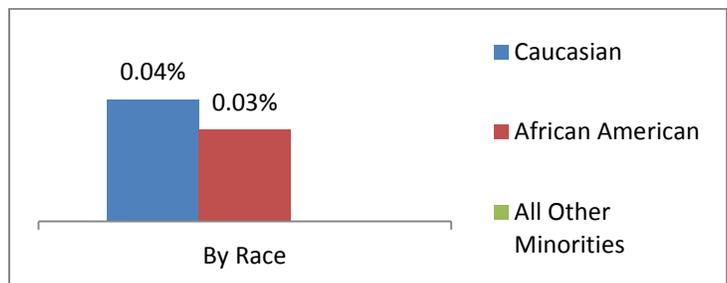
Databook Chart #35



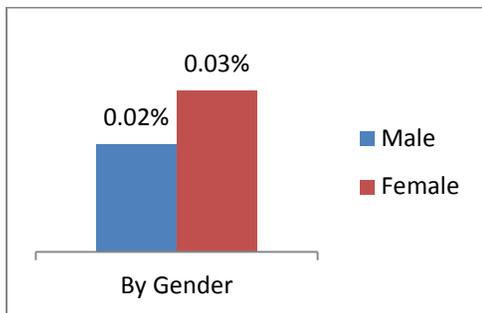
Diabetes Databook Chart #36



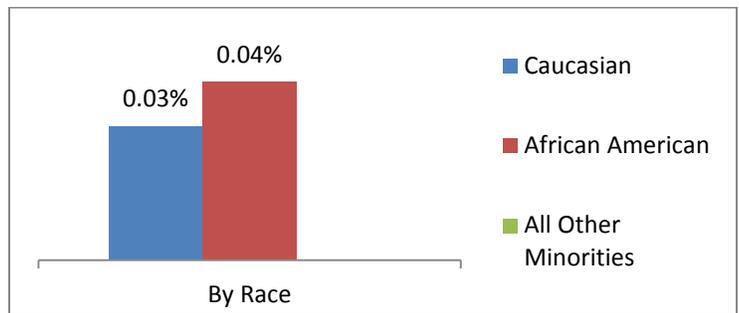
Databook Chart #37



Hypertensive Diseases Databook Chart #38

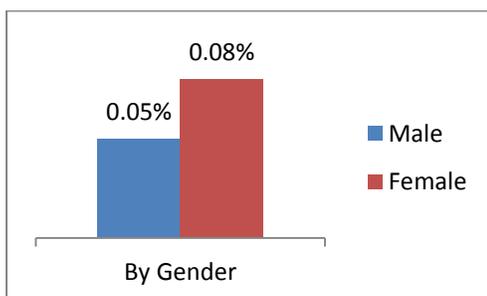


Databook Chart #39

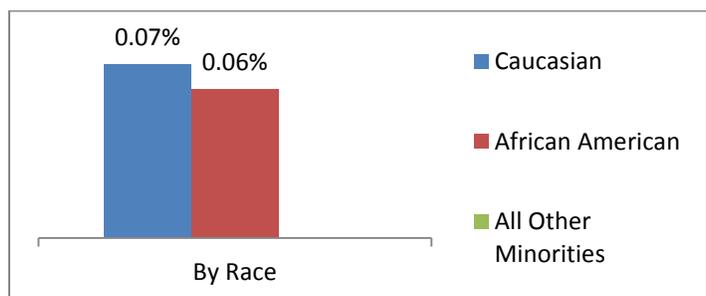


Cerebrovascular Diseases

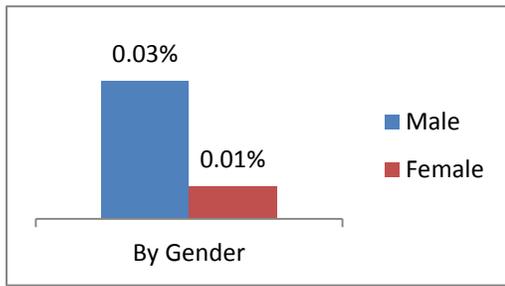
Databook Chart #40



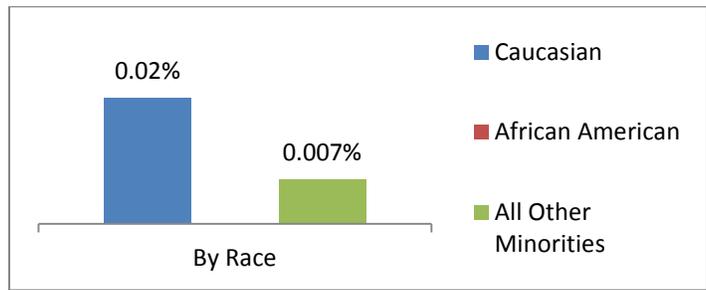
Databook Chart #41



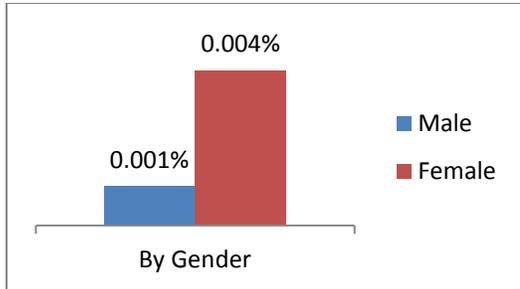
Liver Disease Databook Chart #42



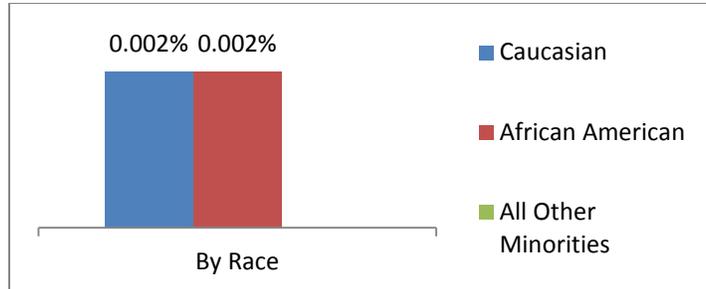
Databook Chart #43



HIV Disease Databook Chart #44

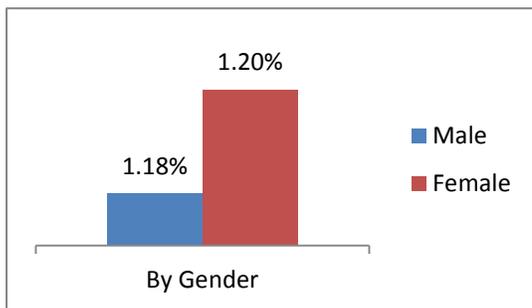


Databook Chart #45

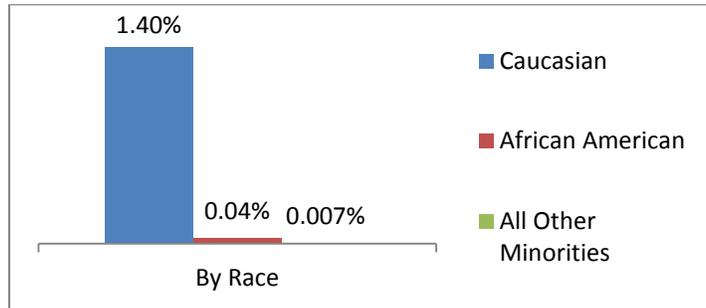


Diseases of Respiratory System

Databook Chart #46

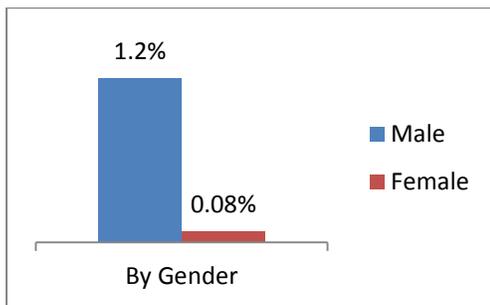


Databook Chart #47

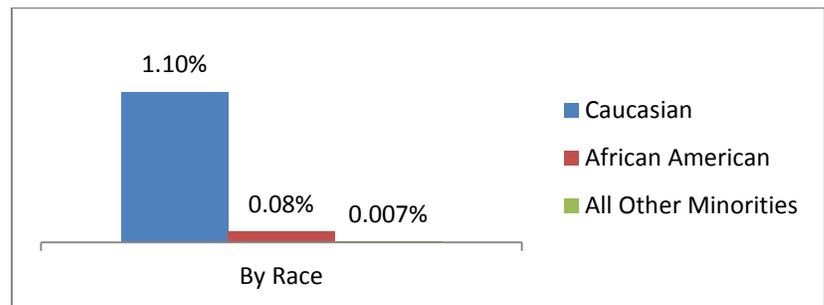


External Causes (car accident, drowning, etc.)

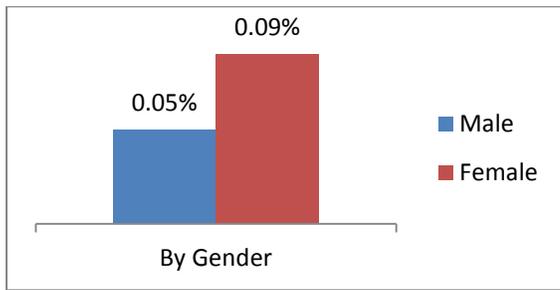
Databook Chart #48



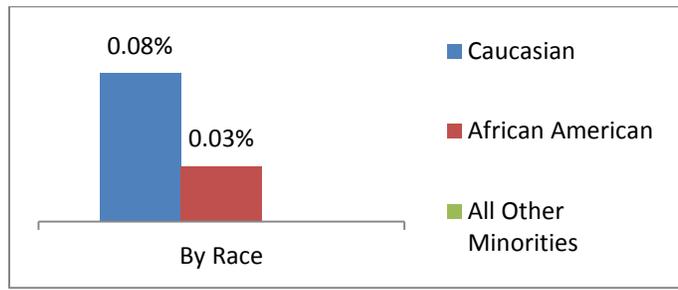
Databook Chart #49



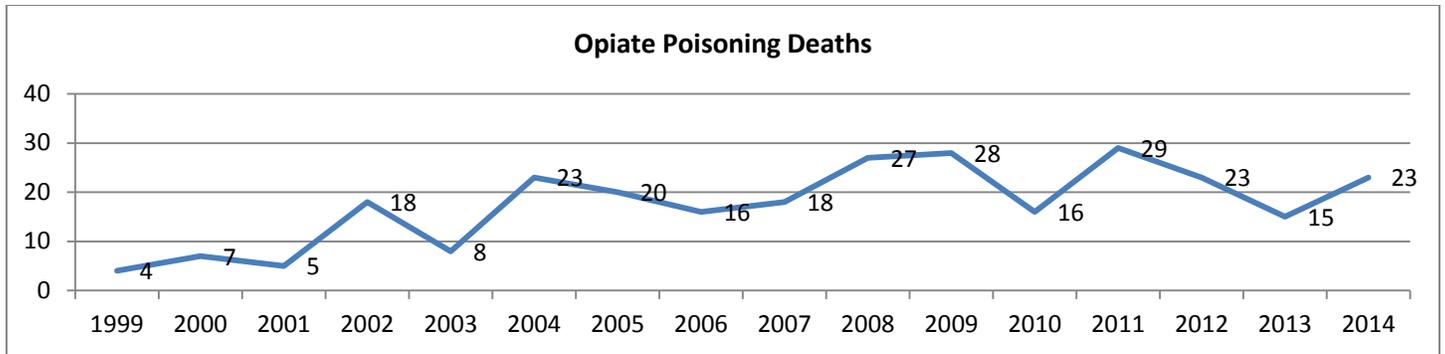
Mental Disorder Deaths Databook Chart #50



Databook Chart #51



Databook Chart #52



Total Opiate Poisoning Deaths 1999 – 2014 for Rowan County was 280. The totals for peer counties are:

Gaston – 450 Pitt – 143 Robeson - 95

The Source for this information is the North Carolina Injury & Violence Prevention Branch of NCPH.

Rowan Compared to State and Peer County Statistics
Information from State Center for Health Statistics

Databook Table #3

	Year	Rowan	Gaston	Pitt	Robeson	North Carolina
Percentage of Adults Getting Required Amount of Physical Activity	2009	39.4%	45.2%	42.3%	31.9%	46.4%
Adults current Smokers	2010	19.2%	26.6%	20.7%	24.8%	19.8%
Adults NOT Obese or Overweight	2010	32.1%	42.0%	27.3%	34.3%	34.7%
Adults Who Consume 5 or more servings of Fruit & Vegetables per Day	2009	19.2%	18.5%	16.8%	16.2%	20.6%
Adults with permanent teeth removed	2008 – 2010	50.3%	45.8%	36.0%	62.4%	43.7%
Cancer Incidence per 100,000 population	2006 - 2010	506.4	493.6	480.0	456.2	482.2
Poor Mental Health Days – Average number of days in last 30 days	2010	4.3	4.4	2.6	4.0	3.6
Traffic Crashes Alcohol Related	2011	4.76%	5.83%	4.48%	6.32%	5.14%
Uninsured Non-Elderly Individuals	2009 – 2010	19.4%	19.0%	20.0%	23.0%	19.6%
Medicaid Enrolled Children Who Received Any Dental Services During Previous 12 months	2011	50.5%	51.9%	43.9%	44.7%	53.4%
Average Number of Decayed Missing or Filled Teeth per Kindergartner	2009	1.46	1.63	4.51	2.99	1.50
Bronchus & Lung Cancer Incidence per 100,000	2006 – 2010	82.5	83.8	65.1	74.9	74.8
Life Expectancy at Birth – years	2010 – 2012	75.9	75.6	77.9	74.3	78.2
Adults Reporting Good, Very Good or Excellent Health	2010	79.5%	82.6%	83.4%	69.1%	81.9%
Individuals Living In Poverty	2010	20.1%	19.9%	21.6%	31.5%	17.4%
4-year High School Graduation Rate	2011 – 2012	81.1%	77.9%	73.0%	82.6%	80.4%

The worst County is highlighted in orange. The best County is highlighted in purple.

Rowan County ranks best in 3 of these 17 indicators and worst in only 1. However, there are several indicators where Rowan County ranks very close to the worst. Rowan County ranks worse than the State in 11 of the 17 indicators.

Trends from County Health Rankings

Source: <http://www.countyhealthrankings.org/app/north-carolina/2014/rankings/rowan/county/outcomes/overall/snapshot>

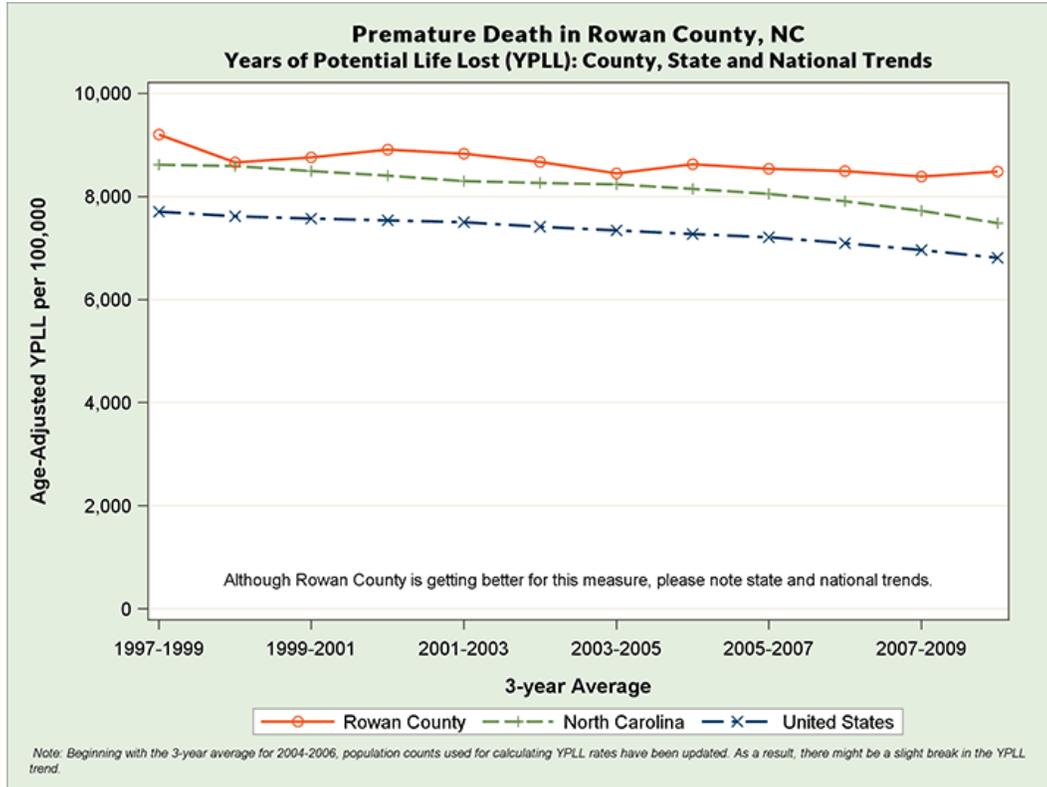
Databook Table #4

	2010	2011	2012	2013	2014	2015	Overall Trend
Poor mental health days	4.7	4.6	4.1	4.3	4.2	4.2	Improved
Adult Smoking	30%	28%	26%	25%	25%	25%	Improved
Adult Obesity	30%	30%	32%	32%	33%	34%	Worsened
Physical Inactivity			30%	30%	30%	30%	Static
Binge/Excessive drinking	9%	10%	10%	10%	10%	10%	Static
Diabetic monitoring	85%	88%	89%	90%	89%	89%	Worsened
Access to healthy foods	47%	73%					Improved
Limited Access to healthy foods (measurement changed in 2012)			0%	9%			Improved
Fast food restaurants			45%	44%			Worsened
Food environment index (measurement changed in 2014)					6.7	6.4	Worsened

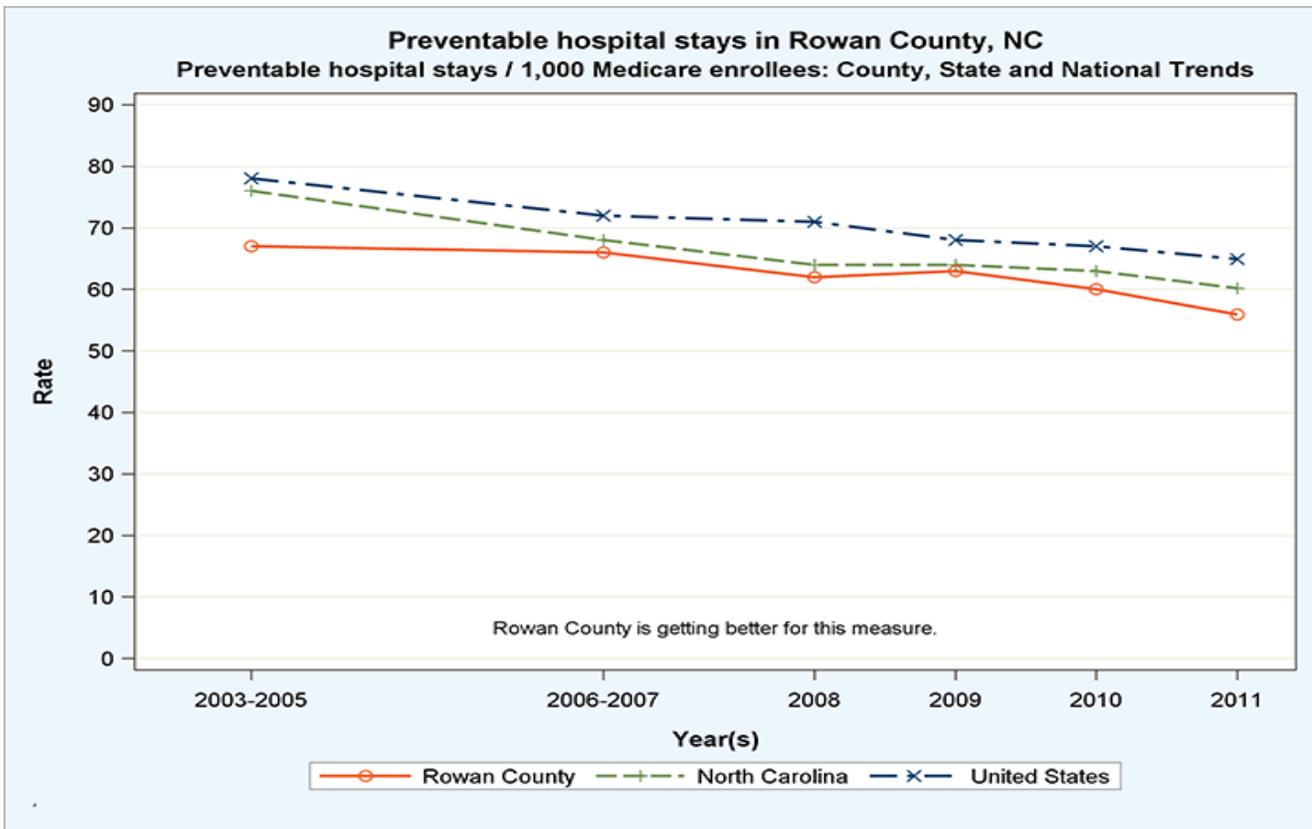
Trends from County Health Rankings for Rowan County based on years prior to 2011.

Improving Trends

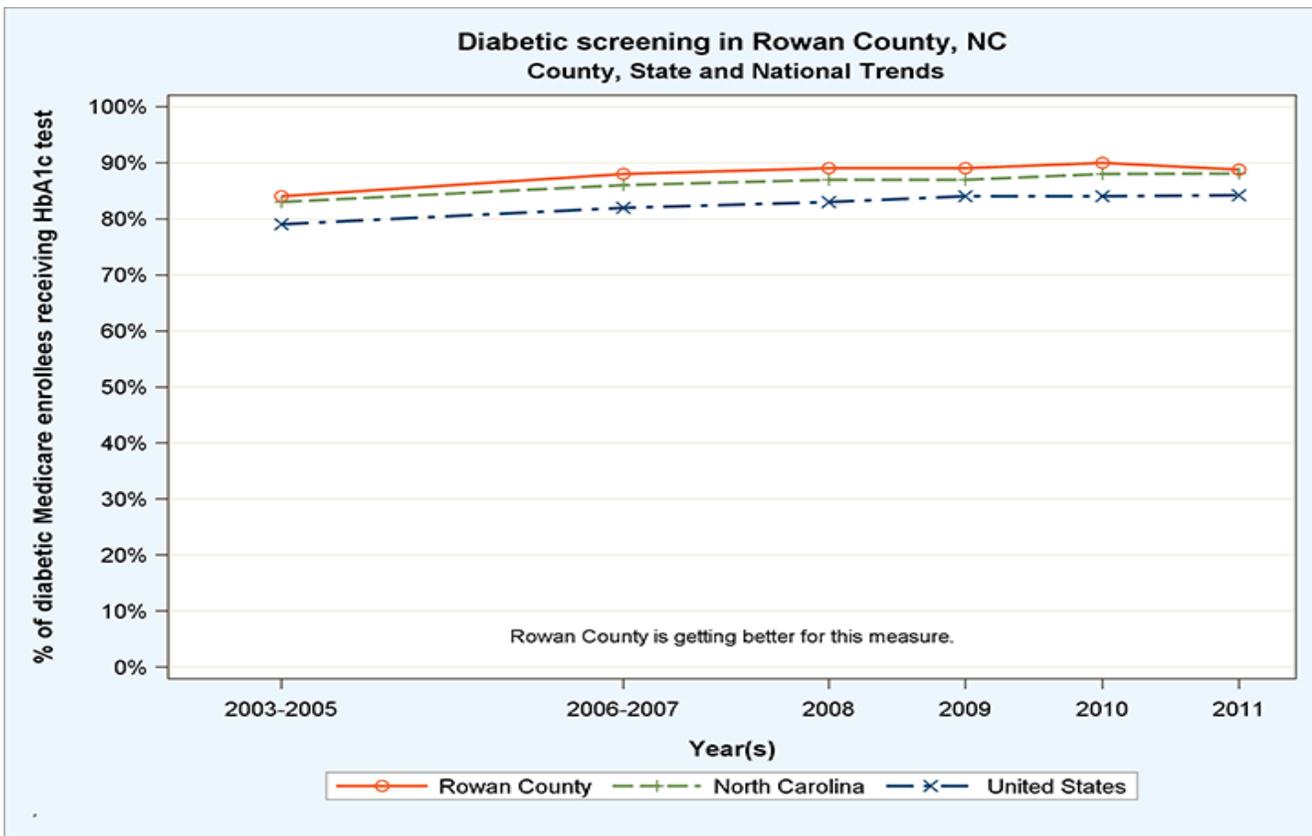
Databook Chart #53



Databook Chart # 54

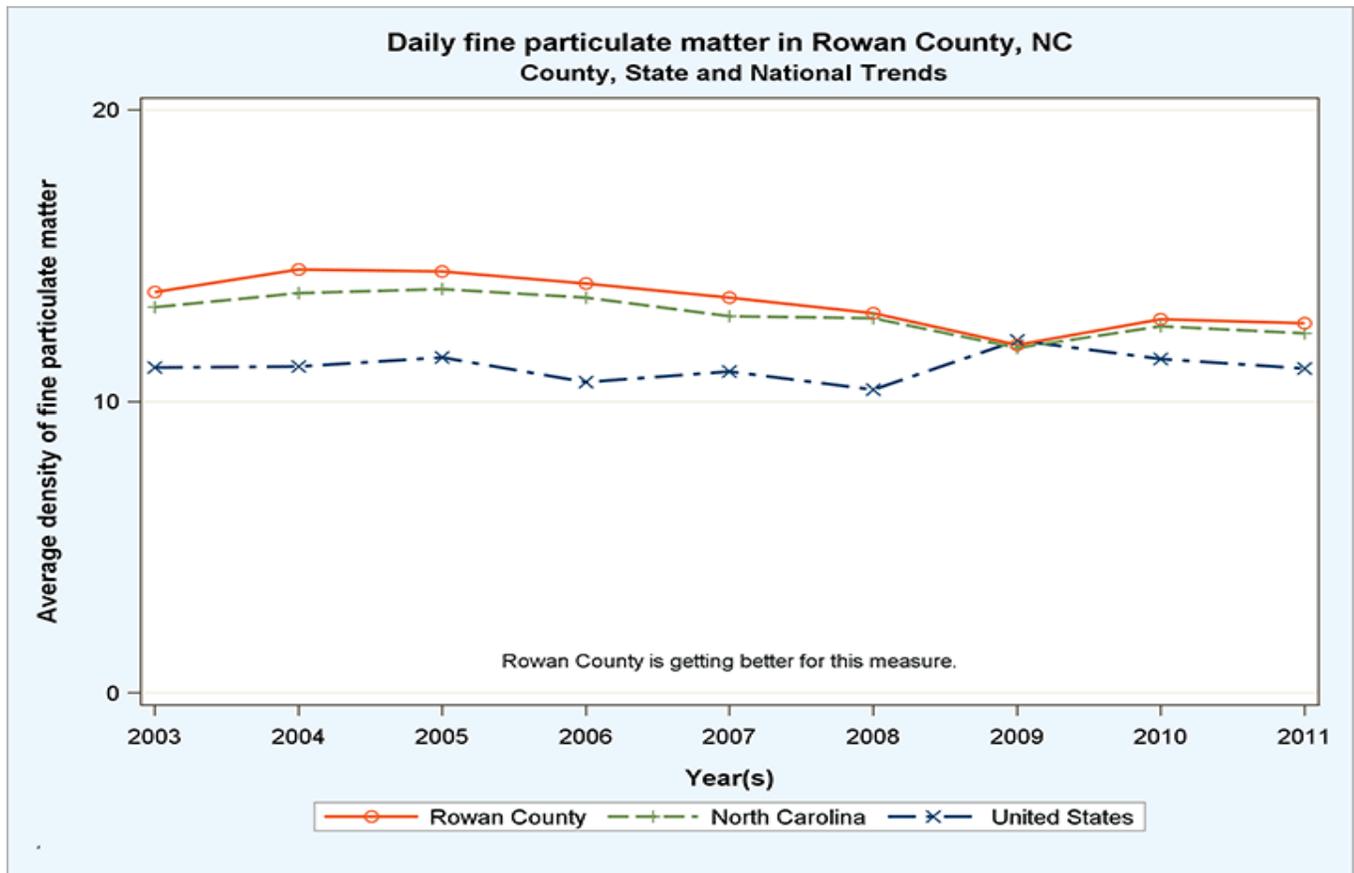


Databook Chart #55



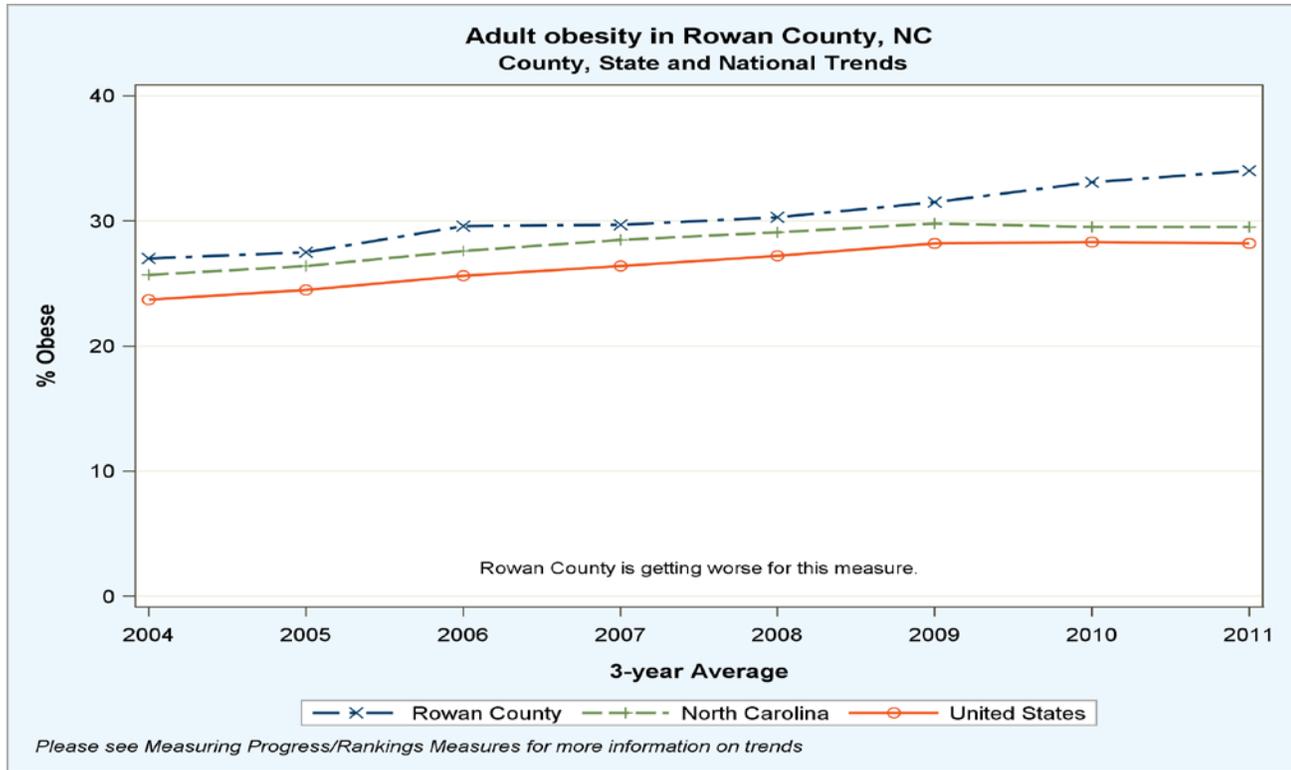
Note: Even though the County Health Rankings site shows a slight decrease in this indicator from 2003 to 2011, the statistics also show that it has increased by 4% from 2010 to 2015.

Databook Chart #56

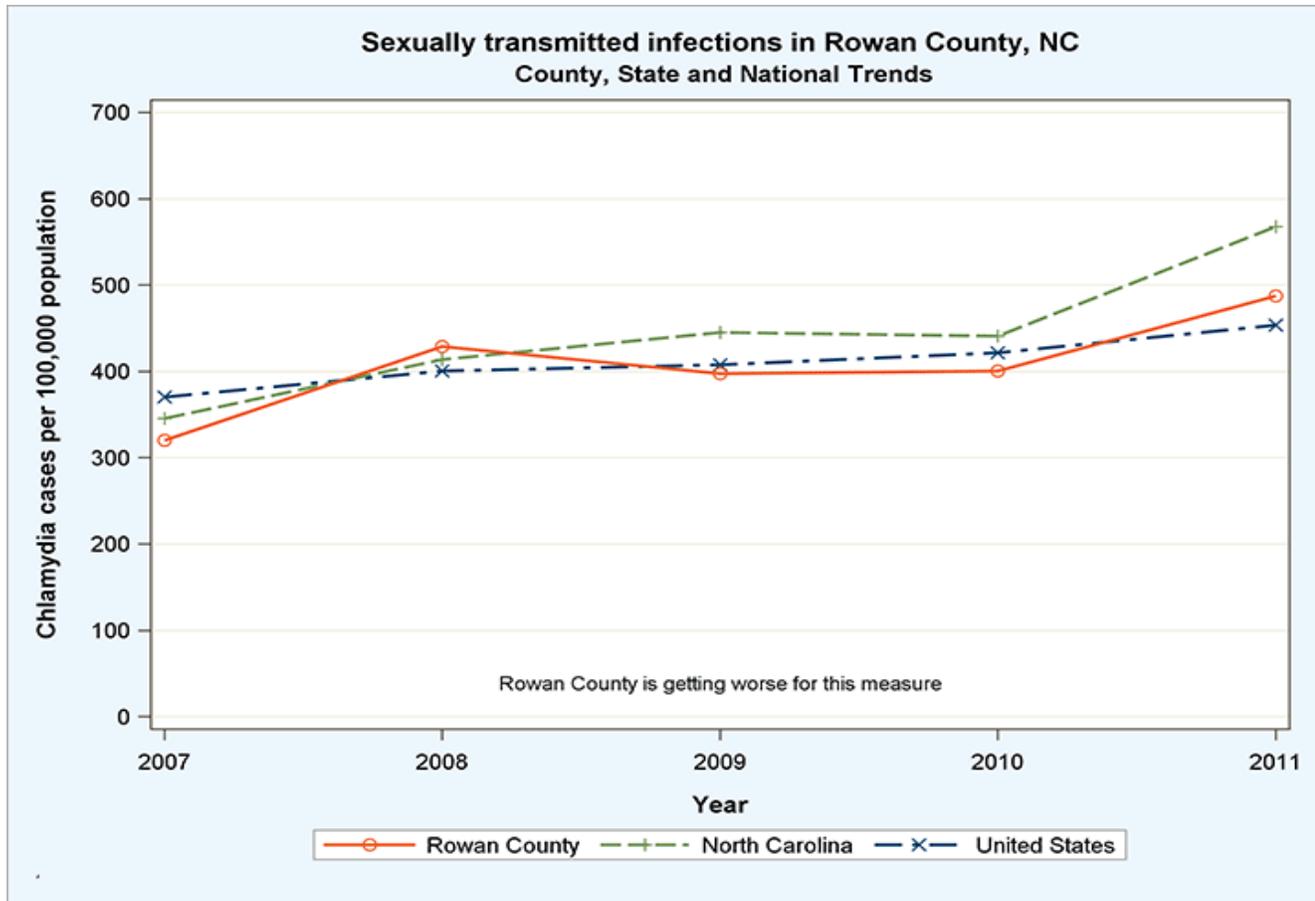


Worsening Trends

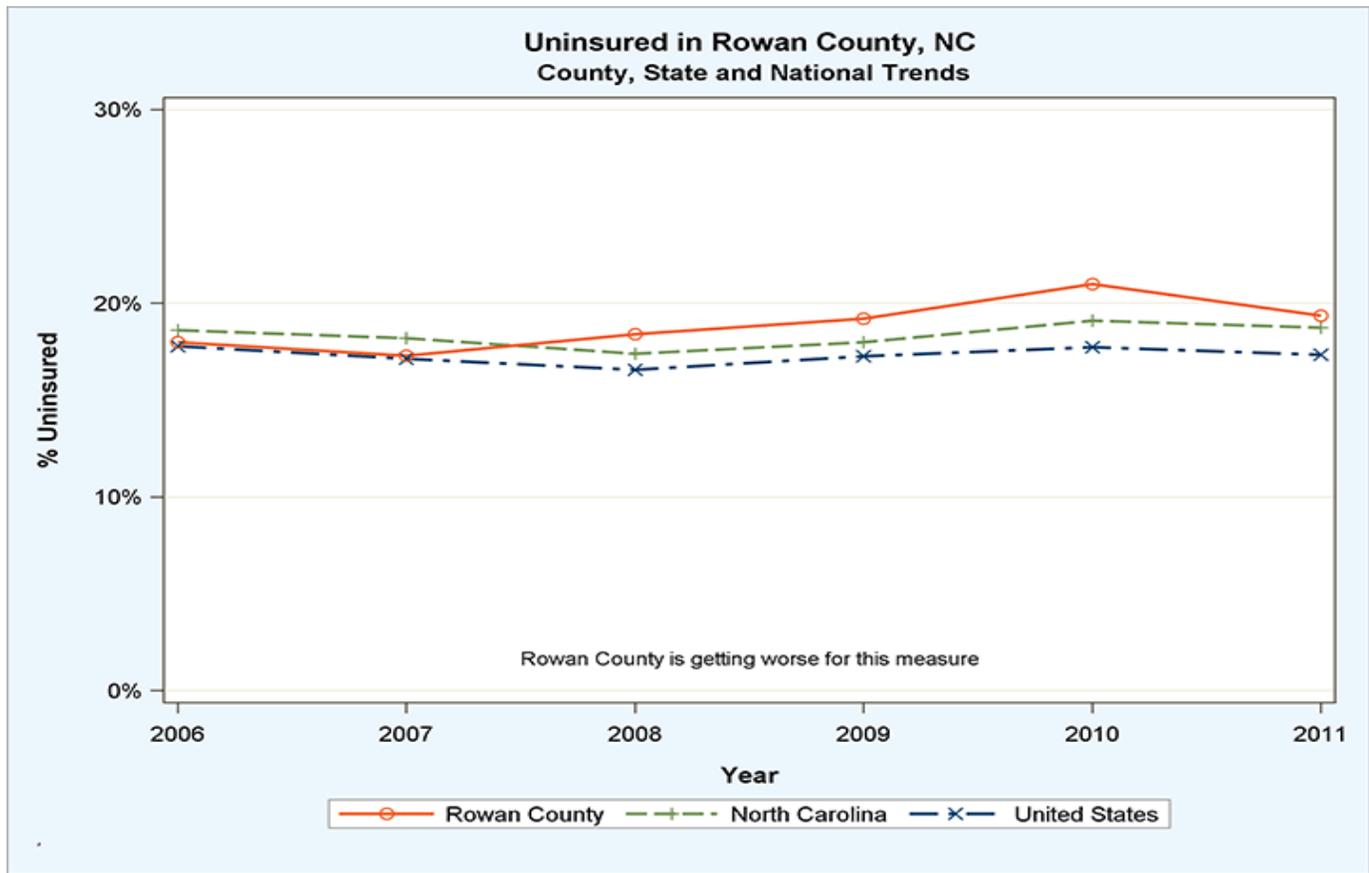
Databook Chart #57



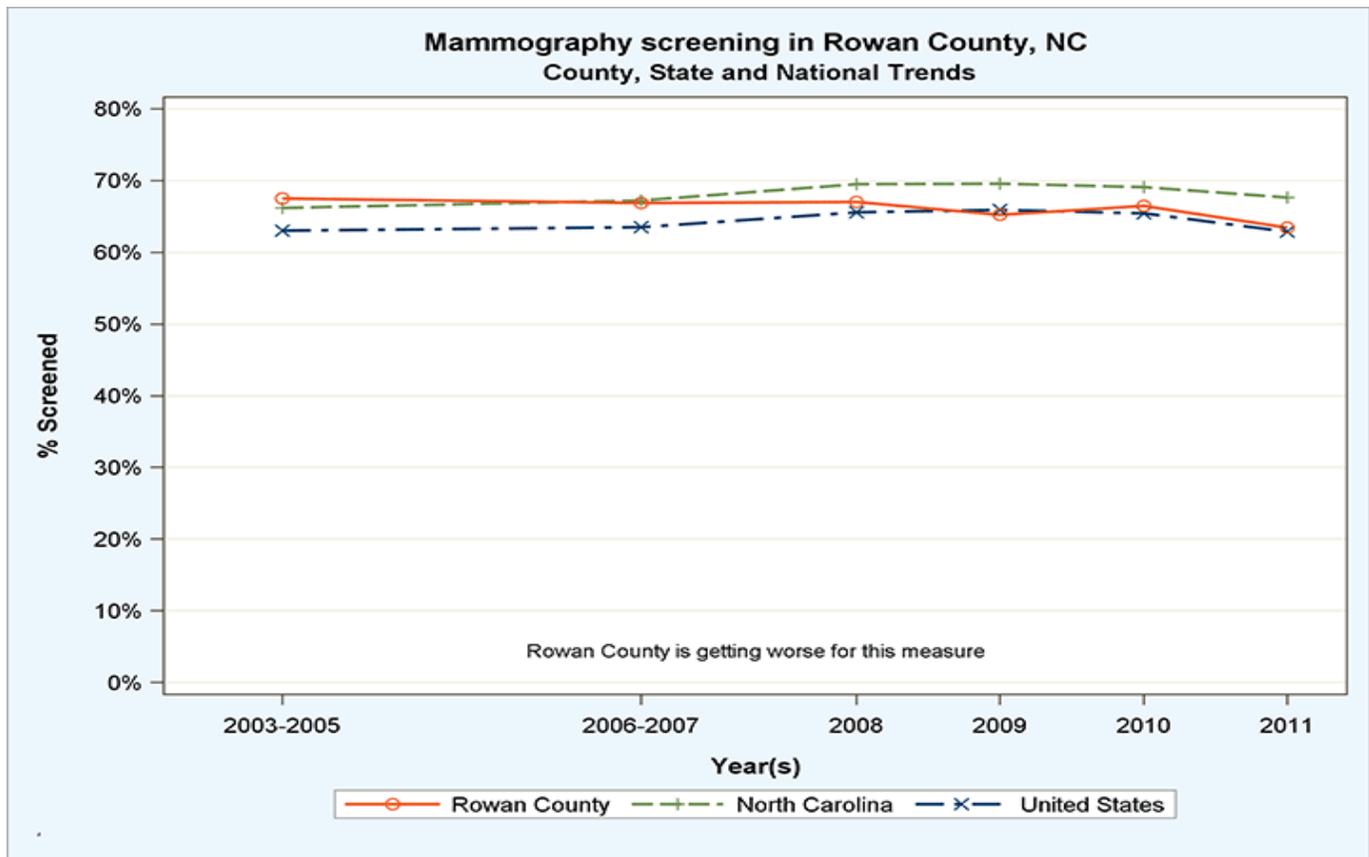
Databook Chart #58



Databook Chart #59



Databook Chart #60



Comparison of County Health Rankings with Peer Counties

Databook Table #5

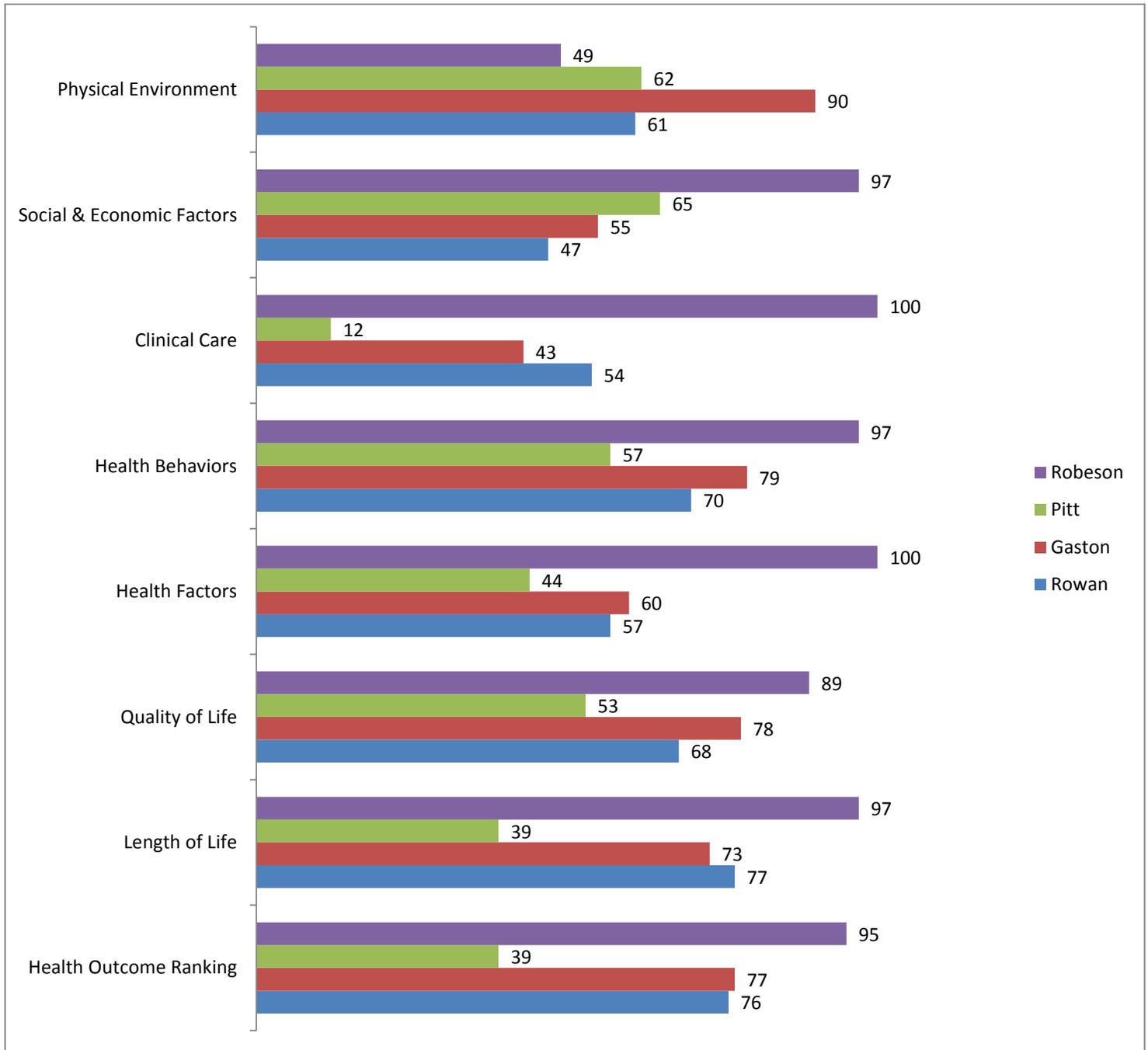
	Rowan	Gaston	Pitt	Robeson	State
Health Outcome (Rank of 100 Counties)	76	77	39	95	N/A
<i>Length of Life (Rank of 100 Counties)</i>	77	73	39	97	N/A
Premature Death	9,034	8,906	7,610	11,259	7,212
<i>Quality of Life (Rank of 100 Counties)</i>	68	78	53	89	N/A
Poor or Fair Health	22%	21%	17%	26%	18%
Poor physical health days	4.2	4.5	3.6	4.8	3.6
Poor mental health days	4.2	4.5	3.2	3.7	3.4
Low birthweight	9.6%	9.8%	10.4%	11.2%	9.1%
Health Factors (Rank of 100 Counties)	57	60	44	100	N/A
<i>Health Behaviors (Rank of 100 Counties)</i>	70	79	57	97	N/A
Adult smoking	25%	26%	19%	26%	20%
Adult Obesity	34%	31%	37%	40%	29%
Food environment index	6.4	6.2	6.1	5.5	6.6
Physical inactivity	30%	29%	25%	35%	25%
Access to exercise opportunities	83%	78%	61%	36%	76%
Excessive drinking	10%	12%	13%	9%	13%
Alcohol-impaired driving deaths	27%	39%	30%	34%	33%
Sexually transmitted infections	492	428	963	842	519
Teen births	49	53	28	71	42
<i>Clinical Care (Rank of 100 Counties)</i>	54	43	12	100	N/A
Uninsured	21%	19%	19%	26%	19%
Primary care physicians	2,424:1	1,530:1	1,009:1	2,221:1	1,448:1
Dentists	2,610:1	2,014:1	1,629:1	4,816:1	1,907:1
Mental health providers	551:1	525:1	297:1	550:1	472:1
Preventable hospital stays	56	59	57	106	57
Diabetic monitoring	89%	88%	89%	86%	89%
Mammography screening	64.5%	63.6%	68.3%	59.1%	68.2%
<i>Social & Economic Factors (Rank of 100 Counties)</i>	47	55	65	97	N/A
High school graduation	81%	78%	73%	83%	81%
Some college	52.5%	59.2%	69.7%	44.6%	63.8%
Unemployment	8.3%	8.8%	8.1%	11.3%	8.0%
Children in poverty	28%	28%	31%	44%	25%
Income inequality	4.7	4.8	5.6	5.2	4.8
Children in single-parent households	39%	38%	45%	55%	36%
Social associations	15.5	14.5	9.9	11.1	11.7
Violent crime	315	391	409	819	355
Injury deaths	80	76	58	96	64
<i>Physical Environment (Rank of 100 Counties)</i>	61	90	62	49	N/A
Air pollution – particulate matter	12.7	12.7	11.8	12.1	12.3
Drinking water violations	0%	6%	3%	1%	4%
Severe housing problems	15%	18%	23%	18%	16%
Driving alone to work	85%	85%	83%	84%	81%
Long commute – driving alone	28%	35%	20%	28%	30%

The County who has the worst rank in the four-county comparison is highlighted in orange; the best in purple.

Rowan County ranked best in 12 of the 43 measures. The County also ranked worst in 5 of the measures; they were tied with another county in one of those. Rowan County ranked the same or better than the State in 12 of the measures.

Following is a chart comparing the Ranking Measures for Rowan and its 3 peer counties.

Databook Chart #61



Additional Measures from County Health Rankings

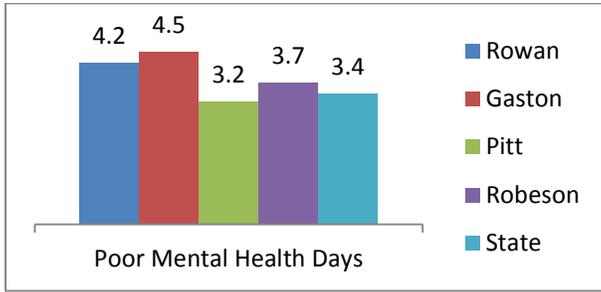
Databook Table #6

	Rowan	Gaston	Pitt	Robeson	State
Could not see doctor due to cost	21%	18%	16%	25%	17%
Diabetes	13%	14%	9%	16%	11%
Drug Poisoning Mortality Rate	21	23	9	11	12

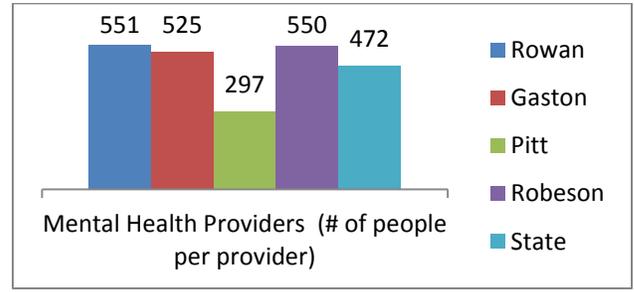
The following charts compare for the four counties and the State the measures related to Rowan County’s CHA priorities (Obesity and related diseases, Mental Health and Tobacco Use).

Mental Health

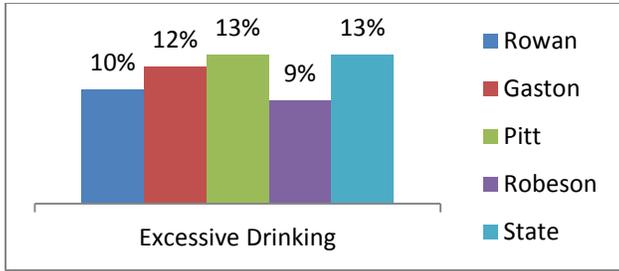
Databook Chart #62



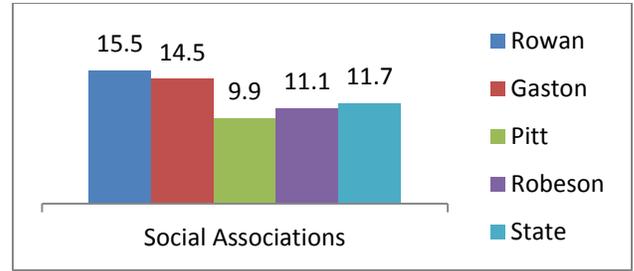
Databook Chart #63



Databook Chart #64

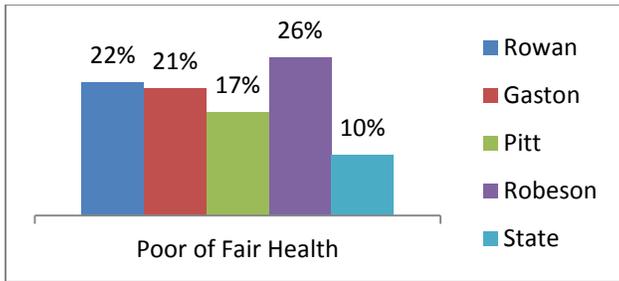


Databook Chart #65

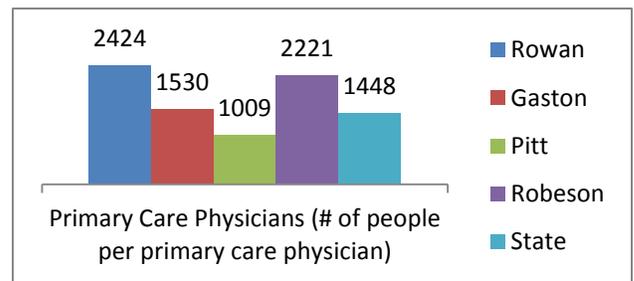


General

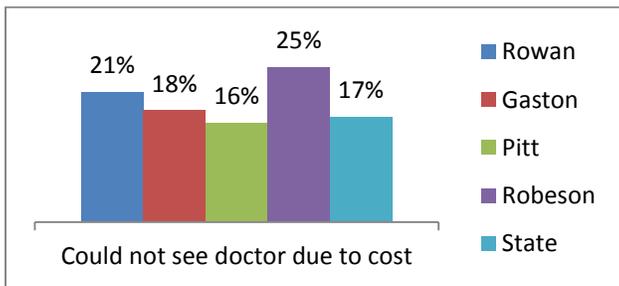
Databook Chart #66



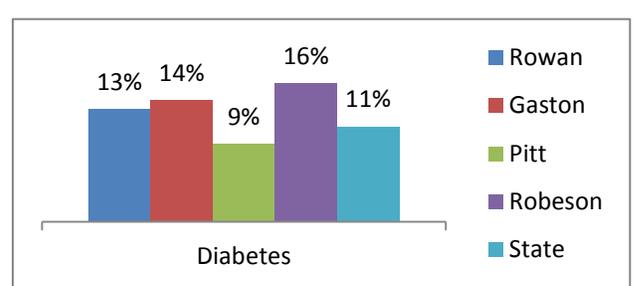
Databook Chart #67



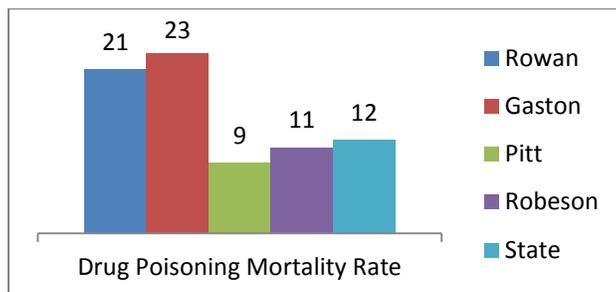
Databook Chart #68



Databook Chart #69

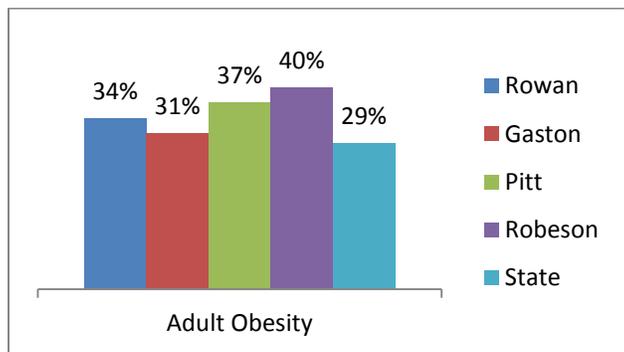


Databook Chart #70

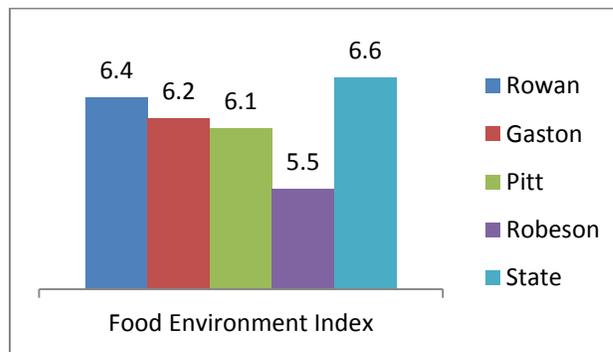


Obesity

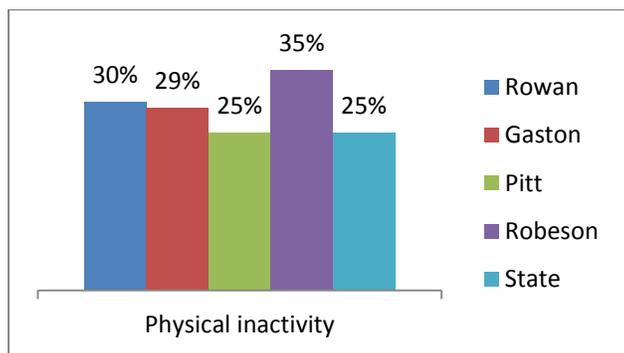
Databook Chart #71



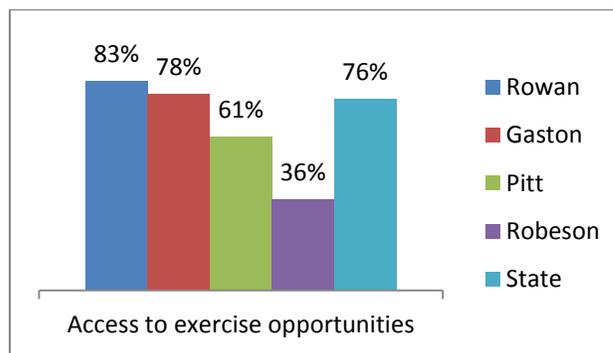
Databook Chart #72



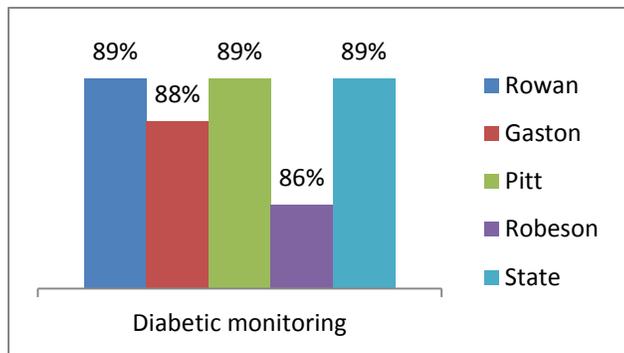
Databook Chart #73



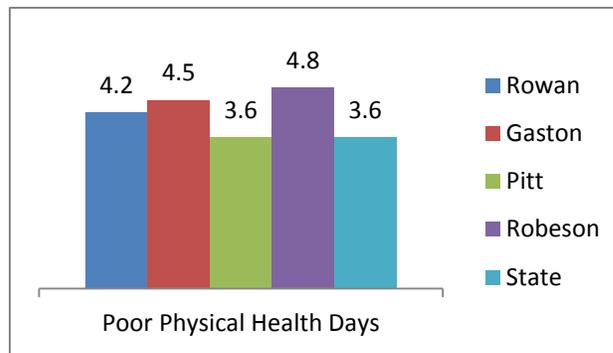
Databook Chart #74



Databook Chart #75

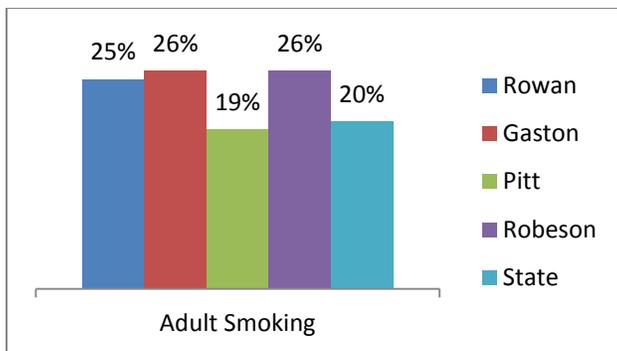


Databook Chart #76



Tobacco Use

Databook Chart #77



Comparison with Peer Counties on Key Indicators

North Carolina Statewide and County Trends in Key Health Indicators

Source: NC Department of Health & Human Services Division of Public Health/State Center for Health Statistics 3/15

Databook Table #7

Indicator	Rowan	Gaston	Pitt	Robeson	State
Inpatient Hospitalization Rates for Asthma per 100,000 Residents; All Ages (2009-2013)	90.8	91.3	142.9	252.2	104.2
Inpatient Hospitalization Rates for Asthma per 100,000 Residents: Ages 0-14 (2009-2013)	94.8	172.5	150.1	433.0	162.0
Teen Pregnancies (Ages 15-19) per 1,000 Female Residents (2009-2013)	48.1	50.6	35.1	72.8	44.9
Percentage of Resident Teen Pregnancies (Ages 15-19) that were repeat (2009-2013)	28.0	24.9	25.3	27.4	26.9
Infant Death per 1,000 Live Births (2009-2013)	6.7	8.4	10.2	11.8	7.3
Child Deaths per 100,000 Residents (Ages 0-17) (2009-2013)	56.8	63.6	83.1	98.5	59.1
Number of Primary Care Physicians per 10,000 Residents (2012)	4.8	7.2	12.3	5.1	7.6
Number of Dentists per 10,000 Residents (2012)	3.7	3.7	4.5	1.8	4.5

The County who has the worst rank in the 4-county comparison is highlighted in orange; the best in purple. Rowan County ranked worst in only 2 of the indicators – percentage of repeat teen pregnancies & ratio of Primary Care Physicians per 10,000 Residents. Rowan ranked best in 4 of the 8 indicators and better than the State in 6 of the 8.

The following table shows the percentage difference between Rowan and its peer counties and the State.

Databook Table #8

Indicator	Rowan to Gaston Percentage Difference	Rowan to Pitt Percentage Difference	Rowan to Robeson Percentage Difference	Rowan to State Percentage Difference
Inpatient Hospitalization Rates for Asthma per 100,000 Residents; All Ages (2009-2013)	- .6%	- 57%	- 177%	- 15%
Inpatient Hospitalization Rates for Asthma per 100,000 Residents: Ages 0-14 (2009-2013)	- 82%	- 58%	- 357%	- 71%
Teen Pregnancies (Ages 15-19) per 1,000 Female Residents (2009-2013)	- 5%	+ 27%	- 51%	+ 7%
Percentage of Resident Teen Pregnancies (Ages 15-19) that were repeat (2009-2013)	+ 11%	+ 10%	+ 2%	+ 4%
Infant Death per 1,000 Live Births (2009-2013)	- 25%	- 52%	- 76%	- 9%
Child Deaths per 100,000 Residents (Ages 0-17) (2009-2013)	- 12%	- 46%	- 73%	- 4%
Number of Primary Care Physicians per 10,000 Residents (2012)	- 50%	- 156%	- 6%	- 58%
Number of Dentists per 10,000 Residents (2012)	Same	- 22%	+ 52%	- 22%

HIV/STD

Source NC 2013 HIV/STD Surveillance Report from NCDHHS Communicable Disease Branch

Databook Table #9

Indicator	Rowan	Gaston	Pitt	Robeson	State
HIV First Diagnosis (2013 Rate)	5.1	14.9	22.0	15.5	15.6
Chlamydia Cases (2013)	525.4	604.1	949.8	752.1	496.5
Gonorrhea Cases (2013)	171.5	163.9	187.2	191.9	140.1
Syphilis Cases (2013)	2.2	2.4	7.5	5.2	4.3

The County who has the worst rank in the four-county comparison is highlighted in orange; the best in purple. Rowan County did not rank worst in any indicator and ranked best in 3 of the 4.

Databook Table #10

Indicator	Gaston	Pitt	Robeson	State
HIV First Diagnosis (2013 Rate)	+ 192%	- 331%	- 204%	- 206%
Chlamydia Cases (2013)	- 15%	- 81%	- 43%	+ 6%
Gonorrhea Cases (2013)	+ 4%	- 9%	- 12%	+ 18%
Syphilis Cases (2013)	- 9%	- 241%	- 136%	- 95%

Comparison with Peer Counties on Indicators from the Health Indicator Warehouse

www.healthindicators.gov

Diagnosed Diabetes

Databook Table #11

	Rowan	Gaston	Pitt	Robeson	State
2005-2011	12.2%	11.2%	8.4%	12.0%	9.4%
2006-2012	11.4%	12.5%	8.4%	11.6%	9.6%
Percentage of Change	+7%	- 12%	0	3%	- 2%
Better or Worse	Better	Worse	Same	Better	Worse

High Blood Pressure Age Adjusted Adults 18+

Databook Table #12

	Rowan	Gaston	Pitt	Robeson	State
2005-2011	33.4%	35.2%	30.8%	33.7%	30.5%
2006-2012	31.9%	33.2%	28.7%	34.8%	29.7%
Percentage of Change	+ 4%	+ 6%	+ 7%	- 3%	+ 3%
Better or Worse	Better	Better	Better	Worse	Better

Obesity Age Adjusted Adults 18+

Databook Table #13

	Rowan	Gaston	Pitt	Robeson	State
2005-2011	33.1%	27.8%	33.8%	40.0%	28.6%
2006-2012	32.6%	29.0%	34.9%	39.6%	29.1%
Percentage of Change	+ 2%	- 4%	- 3%	+ 1%	- 2%
Better or Worse	Better	Worse	Worse	Better	Worse

High Cholesterol Medicare Beneficiaries 65+ (by Hospital Referral Region)

Databook Table #14

	Rowan	Gaston	Pitt	Robeson	State
2008	41.79%	45.50%	37.87%	48.31%	43.74%
2009	44.02%	47.05%	39.88%	51.16%	45.94%
2010	46.16%	47.60%	41.06%	53.25%	47.59%
2011	46.97%	49.22%	42.48%	54.47%	49.10%
2012	46.56%	49.60%	42.87%	55.29%	49.45%
Percentage Difference 2008 to 2012	- 11%	- 9%	- 13%	- 14%	- 13%
Better or Worse - longtime	Worse	Worse	Worse	Worse	Worse

Binge Drinking Adults Age Adjusted

Databook Table #15

	Rowan	Gaston	Pitt	Robeson	State
2005-2011	9.6%	12.6%	10.9%	8.4%	12.4%
2006-2012	9.5%	12.0%	12.2%	8.1%	12.5%
Percentage of Change	+ 1%	+ 5%	- 12%	+ 4%	- .8%
Better or Worse	Better	Better	Worse	Better	Worse

Social-emotional health support lacking: Adult Age Adjusted

Databook Table #16

	Rowan	Gaston	Pitt	Robeson	State
2005-2011	29.6%	23.0%	20.7%	22.9%	20.6%
2006-2012	29.4%	23.4%	20.1%	22.7%	20.6%
Percentage of Change	+ .7%	- 2%	+ 3	+ 9%	0
Better or Worse	Better	Worse	Better	Better	Same

Comparison with Peer Counties on Cancer Data

Source: NC Central Cancer Registry

Colon/Rectum Cancer

Databook Table #17

	Rowan	Gaston	Pitt	Robeson	State
2009-2013 Cancer incidence rates 100,000 population (Age-Adjusted to 2000 Census)	46.4	47.0	33.0	37.9	38.5
2010-2014 Cancer Mortality Rates Per 100,000 Population Age-Adjusted to the 2000 US Census	18.0	17.5	13.4	18.3	14.1
Projected New Cases	66	98	65	55	4,586
Projected Deaths	24	35	23	20	1,658

Lung/Bronchus Cancer

Databook Table #18

	Rowan	Gaston	Pitt	Robeson	State
2009-2013 Cancer incidence rates 100,000 population (Age-Adjusted to 2000 Census)	85.2	87.1	63.2	69.9	70.9
2010-2014 Cancer Mortality Rates Per 100,000 Population Age-Adjusted to the 2000 US Census	60.6	64.1	46.3	60.2	50.6
Projected New Cases	128	188	123	106	8,768
Projected Deaths	91	132	86	74	6,191

Female Breast

Databook Table #19

	Rowan	Gaston	Pitt	Robeson	State
2009-2013 Cancer incidence rates 100,000 population (Age-Adjusted to 2000 Census)	155.4	156.5	154.2	108.4	157.9
2010-2014 Cancer Mortality Rates Per 100,000 Population Age-Adjusted to the 2000 US Census	21.6	20.4	24.1	22.7	21.6
Projected New Cases	105	218	151	123	10,052
Projected Deaths	20	30	21	17	1,416

Prostate

Databook Table #20

	Rowan	Gaston	Pitt	Robeson	State
2009-2013 Cancer incidence rates 100,000 population (Age-Adjusted to 2000 Census)	135.3	119.7	126.3	158.8	130.6
2010-2014 Cancer Mortality Rates Per 100,000 Population Age-Adjusted to the 2000 US Census	16.7	18.3	27.6	24.9	21.5
Projected New Cases	114	166	106	95	7,704
Projected Deaths	15	20	13	11	994

All Cancers

Databook Table #21

	Rowan	Gaston	Pitt	Robeson	State
2009-2013 Cancer incidence rates 100,000 population (Age-Adjusted to 2000 Census)	Not Available				
2010-2014 Cancer Mortality Rates Per 100,000 Population Age-Adjusted to the 2000 US Census	194.1	195.3	169.7	195.5	171.7
Projected New Cases	842	1,252	841	709	58,339
Projected Deaths	301	437	289	245	20,626

Lead Poisoning

There are 20 cases of Lead Poisoning in children 4 and under between 2013 and 2015. There were 8 investigations and 1 family refused investigation for a poisoning between 10 and 19 µg/dL. Following are the details.

Ages

- 8 1-year olds
- 9 2-year olds
- 2 3-year olds
- 1 4-year old

Levels

- 12 GE5 (between 5 and 9 µg/dL)
- 7 E (between 10 and 19 µg/dL)
- 1 C (above 20 µg/dL)

By year of incidence

- 5 in 2013
- 10 in 2014
- 5 in 2015

Rowan County Health Department Prevention and Health Promotion Programs

2014 Community Transformation Project Fruit and Vegetable Outlet Inventory

Surveys were distributed to the community asking for help in identifying local farmer markets and fruit and vegetable outlets in Rowan County. Information from the survey identified the following sources. This list is posted on the RCHD website at <http://www.rowancountync.gov/GOVERNMENT/Departments/HealthDepartment/HealthyEating.aspx>.

Databook Table #22

Farm Outlet/Market	Address	Town/City	Products Available	Website
China Grove Farmer's Market	308 N. Main Street	China Grove	Fresh Fruit & Vegetables	China Grove Farmer's Market FACEBOOK 
Correll Farms	1185 Woodleaf-Barber Road	Cleveland	Fresh Fruit & Vegetables	Correll Farms 
Huffman's Peaches & Produce	4825 Goodman Lake Road	Salisbury	Peaches	
Patterson Farm Market	10390 Caldwell Road	Mt. Ulla	Fresh Fruit & Vegetables	Patterson Farm 
Salisbury Farmers Market	300 S. Main Street	Salisbury	Fresh Fruit & Vegetables	Salisbury Farmers Market 
Talia Farms	4445 Goodman Lake Road	Salisbury	Blueberries	
Variety Produce	415 W. Main Street	Rockwell	Fresh Fruit & Vegetables	
Wetmore Farms	175 Farm Drive	Woodleaf	Fresh Fruit & Vegetables	Wetmore Farms 

Smile Center for Children

Two dentists and dental health staff provide dental care in a clinic setting to children through 18 years of age. Medicaid and Health Choice insurance are accepted

Immunizations

To prevent diseases RCHD offers immunizations and vaccines. Required immunizations are provided to children birth through the age of 18 at no charge. Measles, Mumps, and Rubella (MMR) and Hepatitis B are provided to adults but there may be a charge. Tetanus boosters are provided at no charge. Flu vaccines are provided in the fall. Pneumonia is provided according to the current fee schedule.

Family Planning

To avoid unwanted pregnancies RCHD offers Family Planning services that include exams, birth control, education and counseling for women and men. Fees are based on a sliding scale and Medicaid is accepted.

Women, Infants & Children (WIC)

To promote health and wellness RCHD offers a nutritional program for women, infants and children that provides nutritional information and vouchers for healthy foods at no cost. Applicants must be seen by WIC staff to determine eligibility by appointment only.

Prenatal Services

In order to prevent low-birth rates and insure healthy births RCHD offers Prenatal care to low-income residents. Care is provided by RCHD staff and local obstetricians on Mondays and Thursdays from 8-12. A sliding fee scale based on financial eligibility is applied and Medicaid is accepted.

Oral Health

To improve dental health in Rowan County citizens a state dental hygienist conducts dental screenings and provides an oral health education program in schools and to requesting community and professional groups. Oral Health is working towards a decay-free generation of North Carolina children.

Rowan County Public Health Department Air Quality Awareness Program

To alert Rowan County citizens about potential air quality health threats, each weekday a flag is raised outside the health department to indicate the air quality forecast for that day. Additionally, Child Day Care Centers are alerted regarding the air quality index and issued a health statement informing them whether or not outdoor activities should be limited due to unhealthy conditions.

Healthy Rowan!

This organization is Rowan County's state certified Healthy Carolinians Task Force whose mission is to improve the quality of life and health of Rowan County residents. Healthy Rowan! is a partnership of community-based organizations whose goals include:

- Improve networking and collaboration among local leaders for enhanced community health and well-being
- Support future community health needs assessments
- Through partnerships with community-based organizations, secure funds for endeavors that achieve health improvements for local residents
- Speaking with one voice, advocate for the health and quality of life for all people living in Rowan County

Smoke Free Rowan

This was an initiative that the health department developed to engage and encourage local businesses and organizations to voluntarily adopt an indoor smoke-free policy. The benefits of a smoke-free environment are many. Most local government agencies and many businesses have adopted a smoke-free policy. RCHD is currently working to bring a renewed resource to the community to address the issues associated with smoking and tobacco use.



Prevention and Health Promotion Programs – Novant Health Rowan Medical Center

The Wellness Connection

Overview: The Wellness connection is a partnership program between Novant Health Rowan Medical Center and the three Rowan County YMCA's to provide health and wellness information, education, screenings, and programs which help individuals achieve a healthier lifestyle and improve their overall health. The program is open to all YMCA members and non-members. The program began in 2009 by establishing office hours at the 3 YMCA locations. Outside the walls of the hospital, the wellness programs work collaboratively with other community organizations to educate our residents about nutrition, exercise, disease prevention, and healthy lifestyles. In 2011, the Wellness connection model expanded its focus by incorporating a school/hospital/physician practice component and hired a wellness nurse. School-site wellness initiatives utilized the partnerships between the YMCA's, NHRMC, and a local physician champion. Together, school employees participated in Health Risk Assessments, biometric screenings, health coaching, and physician-led review sessions as well as on-site lunch and learns presented by healthcare professionals and physicians on topics such as weight management, nutrition, women's health, diabetes, cholesterol, and blood pressure. The collaboration between the YMCA, hospital, and physician helps raise awareness for personal health needs, prevention, and fosters the connection of individuals to a health care provider.

Impact: Improving health remains the main objective for the Wellness connection program. In 2013, the program provided 1,116 visits to the wellness nurse for blood pressure checks and health coaching. In 2014, there were 1,229 visits and in 2015 there were 1613. Connections with Rowan-Salisbury School wellness initiatives now include 3 school locations including Carson High School, East Rowan High School, and Shive Elementary School totaling over 300 school staff participants.

Health & Wellness Lecture Series:

Novant Health Rowan Medical Center provides community outreach by connecting local healthcare experts with area organizations and senior communities through monthly Wellness Lecture series. For the past 2 years Novant Health physicians, educators, and hospital service line leaders have shared their expertise with seniors Trinity Oaks Retirement Community. In 2013, Ruffy Holmes Senior Center and Novant Health Rowan Medical Center partnered to provide a monthly Men's Health & Fitness Program featuring both health education and physical fitness. In 2014 a Women's Health & Fitness Club was started using the same format. In 2015 the groups were combined and meet monthly for the Health & Fitness Club. Lectures, interactive programs (Hands Only CPR), grocery store tours, cooking classes, healthy holiday parties, and Brain health fairs are all part of the clubs activities.

Health & wellness lectures and programs are provided to several Senior Lunch Club sites upon request. From 2013 to present providers, educators, and leaders travel to a number of sites across Rowan County (Cleveland, Spencer, and Salisbury) and address topics of interest to each group.

Impact: In 2015 the outreach to seniors in the rowan Salisbury Community is estimated at 500 to 600 encounters.

Fit-for-Motion

Fit-for-Motion, now in its eighth year of operation, leads nutrition and exercise sessions for second-grade students at 12 of the 20 Rowan county elementary schools with the goal to prevent childhood obesity.

Overview: America's number one preventable disease is now threatening our young: obesity. The number of overweight preschoolers over the past 10 years has doubled nationwide. A recent study indicates that more than 40 percent of first and second graders in the Central Piedmont region of North Carolina are overweight or obese. Pediatricians warn that if that continues, these children will grow up with diabetes, high blood pressure, cholesterol problems, and/or cardiac-related health issues. In response to this crisis, Novant Health Rowan Medical Center and the YMCA of Rowan County brought together a coalition of educators, community leaders, and health and fitness experts to address the issue head-on. We started our Fit for Motion initiative in 2007 with three elementary schools, introducing a

health and fitness pilot program for second grade students. The goals of the program are to educate youth and their families on healthy lifestyle behavior, provide leadership development, develop ambassadors to lead promotion of healthier lifestyles to others, provide educational materials on various health topics to youth and parents, and to reward youth with prizes that reinforce health behaviors.

Impact: We have currently expanded to 12 out of 20 Rowan County elementary schools. Two eight-week programs, taught by NHRMC staff and YMCA staff, are provided to second grades throughout the 2014-2015 school year. Each school averages 3 to 4 second-grade classes with an average of 25 students per class. In the school year 2013-2014, we had contact with 3,840 students.

Appendix C

Health & Wellness Inventory

Rowan County CHA 2015

Novant Medical/Health Resources

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS	Accept Medicaid	Accept Medicare
Novant Health Bariatric Solutions – Salisbury	Bariatric Surgery	Salisbury	704-638-8631	https://www.nhbariatricsolutionsrowan.org/	Eric J Mallico, MD Patti Shoe, NP Dennis Barber - <i>Program Supervisor of the Cardiac Rehabilitation & Wellness Center</i>	Yes	Yes
Novant Health Pinnacle Ear, Nose, Throat & Allergy – Salisbury	ENT & Allergy	Salisbury	704-637-5668	https://www.nhpinnacleenta.org/	Mark T. Emery, MD Robert N. Whitaker, MD	Yes	Yes
Novant Health Granite Quarry Internal Medicine & Pediatrics	Family Medicine & Pediatrics	Salisbury	704-279-1679 704-279-1676	http://www.nhgranitequarryimandpeds.org/	David J. Caron, MD Megan E. Quigg, PA-C Jacques C. Jean, FNP Raegan J. Swaringen, FNP	Yes	Yes
Novant Health Salisbury Medical	Family Medicine	Salisbury	704-639-0097	http://www.nhsalisburymedical.org/	Acquawon Stallworth, MD Desiree Johnson, MD	Yes	Yes
Novant Health Farrington Family Medicine	Family Medicine	Salisbury	704-637-1123	https://www.nhfarringtonfamilymedicine.org/	Cecil M. Farrington, MD Lorna F. Doviak, PA-C Sylvia Chambers Dickerson, FNP	Yes	Yes
Novant Health Kannapolis Family Medicine	Family Medicine	Kannapolis	704-216-5633	https://www.nhkannapolisfamilymedicine.org/	Lester G. Brown, MD Nicole J. Mimken, PA-C Amanda Upchurch, FNP	Yes	Yes
Novant Health Milestone Family Medicine	Family Medicine	Salisbury	704-637-1123	http://www.nhmilestonefamilymedicine.org/	David J. Bearss, MD Robert E. McNeill, MD Amie L. Collins, PA-C Kim Rogers, PA-C	Yes	Yes
Novant Health Rowan Family Physicians	Family Practice	Salisbury	704-637-3373	https://www.nhrowanfamilyphysicians.org/	Ronnie Barrier, MD Jason Connelly, MD Sharon M. Brown, MD Bethany J. South, MD	Yes	Yes

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS	Accept Medicaid	Accept Medicare
					Benjamin T. Ott, MD Kim M. Myers, MD Melissa R. Best, FNP Treshell Greene, PA Jennifer H. Alderman, PA-C Collin D. Wright, PA-C Connie S. Wallace, PA-C Tiffanie L. Adams, PA-C		
Novant Health Pediatric Gastroenterology – Salisbury	Gastroenterology	Salisbury	704-316-5060	https://www.nhpediatricgastro.org/	James W Sandberg, MD Melanie Rhue, MD	Yes	Yes
Novant Health Heart & Vascular Institute – Adult – Salisbury	Heart & Vascular	Salisbury	704-633-9620	None listed (On hospital campus)	Telly A. Meadows, MD Dennis N. Wilson, MD Alexander J. Slotwiner, MD Robert B. Fazia, MD Apur R. Kamdar, MD	Yes	Yes
Novant Health Rowan Medical Center	Hospital	Salisbury	704-210-5000 1-800-335-4921 CARE NOW (24-hour Nurse Hotline)	https://www.novanthealth.org/rowan-medical-center.aspx	Behavioral Health Blood Services • Transfusions • Blood Donation • Blood Conservation Breast Health • Advanced Screening • Diagnosis • Treatments Cancer • Treatments • Programs Diabetes • Treatment • Education • Special Programs Emergency • 24/7 Operation • Rapid Diagnosis and Treatment Heart & Vascular		

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS	Accept Medicaid	Accept Medicare
					<ul style="list-style-type: none"> • Dedicated Team • Advanced Treatment • Quality of Life Focus <p>Hospice & Palliative Care</p> <p>Imaging</p> <ul style="list-style-type: none"> • Certified Technologists • Board-Certified, Fellowship-Trained Radiologists <p>Infusion Services</p> <p>Inpatient Services</p> <p>Laboratory</p> <p>Orthopedic Treatment, Surgery,</p> <p>Rehabilitation for:</p> <ul style="list-style-type: none"> • Hip • Knee • Shoulder • Elbow • Wrist • Hand • Foot • Ankle • Spine <p>Pastoral Care</p> <p>Pharmacy</p> <ul style="list-style-type: none"> • Multiple Locations • Online Refills • Mail Order Home Delivery <p>Rehabilitation</p> <ul style="list-style-type: none"> • Physical Therapy • Occupational Therapy • Speech Therapy • Audiology • Cardiac • Pulmonary <p>Respiratory</p> <ul style="list-style-type: none"> • Acute Inpatient Care • Pulmonary Rehabilitation • Smoking Cessation, Pulmonary Function Tests 		

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS	Accept Medicaid	Accept Medicare
					<ul style="list-style-type: none"> • Vascular Testing • Blood Gas Analysis Sleep Health Sports Medicine Stroke & Neurosciences Surgery <ul style="list-style-type: none"> • In-Patient • Out-Patient Weight Loss <ul style="list-style-type: none"> • Surgical • Non-Surgical Wellness Programs & Services <ul style="list-style-type: none"> • Lower Disease Risk • Improve Healthy Habits • Enhance Quality of Life Women's Services <ul style="list-style-type: none"> • Wellness Library • Maternity Services • Breastfeeding Resources • Breast Health • Bone Health Wound Care 		
Novant Health Infectious Disease Specialists – Rowan	Infectious Disease	Salisbury	704-638-0336	https://www.novanthealth.org/rowan-medical-center/doctors/szip/28144/sdit/20.aspx?sspecialty=infectious+diseases	Abayomi A. Agbebi, MD April D. Sink, FNP	Yes	Yes
Novant Health Faith Internal Medicine	Internal Med	Faith	704-279-3777	https://www.nhfarringtonfamilymedicine.org/	Daniel P. Crowe, PA-C	Yes	Yes
Novant Health Primary Care – East Rowan	Internal Med & Pediatrics	Rockwell	704-279-1046	None listed	Trevor Allison, MD Scott Agbuya, MD Bonnie S. Goodwin, FNP Traci J. Nixon, FNP	Yes	Yes
Novant Health Rowan Neurology	Neurology Sleep Medicine	Salisbury	704-637-1779	None listed (On hospital campus)	Sheila Smalls-Stokes, MD Nikhil Balakrishnan, MD, MS Ladonna W. Cook, MD	Yes	Yes
Novant Health	Ob/Gyn	China	704-855-	https://www.nhcarolinawomen	Holly A. Stevens, MD	Yes	Yes

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS	Accept Medicaid	Accept Medicare
Carolina Women's Health Associates – South Rowan		Grove	7611	shealthassociates.org/			
Novant Health Carolina Women's Health Associates – Salisbury	Ob/Gyn	Salisbury	704-636-9270	https://www.nhcarolinawomenhealthassociates.org/	Michael D. Stadler, MD James A. Murphy, MD Erin A. Grey, DO Jessica E. Blumenthal, MD Joan P. Lynn, CNM	Yes	Yes
Novant Health Pinnacle Orthopedics	Orthopedics	Kannapolis	704-636-4646	https://www.nhpinnacleorthopedics.org/	Jeffrey Baker, MD Robert Humble, MD William Mason, MD Todd Kennedy, PA	Yes	Yes
Novant Health Orthopedics and Sports Medicine	Orthopedics	Salisbury	704-633-6044	https://www.nhpinnacleorthopedics.org/	William Furr, MD Eugene Eline, DO Graylan Byrd, PA-C	Yes	Yes
Novant Health Pinnacle Orthopedics – Salisbury	Orthopedics	Salisbury	704-216-5633	https://www.nhpinnacleorthopedics.org/	James L. Camadoll, MD Douglas, J. Carroll, PA-C Eugene A. Eline, DO Adam T. Ginn, MD Harrison Latimer, MD H. B. Watts, MD Kenneth Clark, PA Graylan D. Byrd, PA-C	Yes	Yes
Novant Health Salisbury – Orthopedic Associates	Orthopedics	Salisbury	704-633-6442	https://www.novanthealth.org/rowan-medical-center/doctors/szip/28144/sdit/20/pg/3.aspx?sspecialty=orthopaedic+surgery	Robert Steele, MD Matthew Bullock, DO Ryan Schenk, PA	Yes	Yes
Novant Health Pinnacle Orthopedics	Orthopedics	Salisbury	704-603-1491		Lauren Eller, PA Daniel Burks, PT Jessica Rivera, PT Catherine Shoe, PT	Yes	Yes
Prenatal	Pregnancy	Salisbury	704-216-7999	http://www.rowancountync.gov	Rowan County Health Department	Yes	N/A

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS	Accept Medicaid	Accept Medicare
	Care Management & Prenatal Care		& 704-216-8882	v/GOVERNMENT/Departments/HealthDepartment/CareManagement.aspx			
Novant Health Primary Care South Rowan	Primary Care	China Grove	704-855-8338	https://www.nhprimarycaresouthrowan.org/	Trevor Allison, MD Rachel L. Pritchard, FNP	Yes	Yes
Novant Health Psychiatric Medicine – Salisbury	Psychiatry	Salisbury	704-210-5253	None listed	Aikiesha N. Shelby, MD Dan N. Cotoman, MD Himabindu Ravi, MD Brent A. Sunderland, MD Edward C. Holscher, MD Obinna O. Ikwechegh, MD Rebecca E. Salomon, PMHNP Benedetto Palombo, PMHNP Jamie Ridenhour, FNP	Yes	Yes
Novant Health Geriatric Unit	Psychiatry Geriatric	Salisbury	704-210-5302	https://www.novanthealth.org/rowan-medical-center/services/behavioral-health.aspx	20 bed behavioral health unit for patients 55 and older. Care providers include psychiatrists, physicians, social workers, therapists, occupational therapists and nurses.		
Novant Health Lifeworks	Psychiatry Inpatient	Salisbury	704-210-5302	https://www.novanthealth.org/rowan-medical-center/services/behavioral-health.aspx	Inpatient behavioral health unit for patients under 55. Care providers include psychiatrists, physicians, social workers, therapists, occupational therapists and nurses.		
Novant Health Salisbury Surgical Associates	Surgery	Salisbury	704-637-2750	https://www.nhsalisburysurgicalassociates.org/	Emil Cedaka, MD Leon B Newman, MD Eric Mallico, MD Gavin Misner, MD	Yes	Yes
Novant Health Urgent Care & Occupational Med – Salisbury	Urgent Care & Occupational Medicine	Salisbury	704-638-1551	https://www.novanthealth.org/clinic-locations/novant-health-urgent-care--occupational-medicine---salisbury.aspx	James S. Manning, MD Emily D. Collette, FNP Ashley H. Lauer, FNP	Yes	Yes
Novant Health Salisbury Urological Clinic	Urology	Salisbury	704-633-9441		Wayne A. Cline, MD Robert A. Bertram, MD Atlee R. Johnson, MD Vance F. Merhoff, MD	Yes	Yes

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS	Accept Medicaid	Accept Medicare
Novant Health Vascular Specialists – Rowan	Vascular	Salisbury	704-638-4361	https://www.nhvascularspecialists.org/	Martin J. Carignan, MD Lauren J. Eller, PA-C	Yes	Yes

Non-Novant Medical/Health Resources

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS/SERVICES	Accept Medicaid	Accept Medicare
Carolina Oncology Associates	Cancer <ul style="list-style-type: none"> • Oncology • Blood Disorders 	Salisbury	704-636-5542	http://carolinaoncology.com/	William Black, MD William Brinkley, MD Mark Wimmer, MD Doraine Spencer, NP	Yes	Yes
Bost Chiropractic	Chiropractic	Faith	704-638-0165		Dr. Brent Bost	Yes	Yes
Burgess Chiropractic	Chiropractic	Kannapolis	704-933-2225		Dr. Bradford Lynn Burgess	No	Yes
Caudill Chiropractic	Chiropractic	Kannapolis	704-932-0801		Dr. Dennis Caudill	No	Yes
Cook Chiropractic	Chiropractic	Kannapolis	704-938-7111	http://cookclinic.com/	Dr. Jeffrey Cook Dr. Randal Troutman Dr. Vincent Brown	Yes	Yes
Kannapolis Spine & Wellness Center	Chiropractic	Kannapolis	704-938-1400	http://www.kannapolischiropractic.com/	Dr. Andrew Matthews	With Referral from Primary Provider	Yes
Long Chiropractic	Chiropractic	Kannapolis	704-938-3500	Only open on Monday, Tuesday & Thursday evenings	Dr. Timothy Long	No	Yes
Trull Chiropractic	Chiropractic	Kannapolis	704-938-1141	http://www.trullchiro.com/	Dr. Jill Trull Dr. Fred Trull	No	Yes
Binder Chiropractic	Chiropractic	Salisbury	704-642-1415	http://binderchiro.com/	Dr. Michael Binder	Yes	Yes
Erese Chiropractic	Chiropractic	Salisbury	704-636-0741	http://www.eresechiropracticcenter.com/	Dr. Benjamin Erese II, DC	No	No
Jeter Chiropractic	Chiropractic	Salisbury	704-310-5929	http://jeterchironc.com/	Dr. Andrew Jeter, DC	Limited	Limited
Metcalf	Chiropractic	Salisbury	704-210-	http://metcalfchiropractic.net/	Robert M. Metcalf	No	Yes

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS/SERVICES	Accept Medicaid	Accept Medicare
Chiropractic			8810	home/2839563			
Rowan Chiropractic	Chiropractic	Salisbury	704-636-7528	http://rowanchiropractic.com/	Dr. Hugh Hurst, DC	Limited	Yes
Salisbury Chiropractic	Chiropractic	Salisbury	704-706-9181	http://salisburychiropractic.net/	Dr. David D. Godwin	Yes	Yes
Daniel M. Hamrick DDS	Dental	China Grove	704-856-6406	www.drdanielhamrick.com	Daniel M Hamrick, DDS	No	No
Third Creek Dentistry	Dental <ul style="list-style-type: none"> • General • Oral & Maxillo Facial Surgery • Orthodontics 	Cleveland	704-278-1118	http://www.thirdcreekdentistry.com/	Kenneth J. Rasbornik, DMD	No	N/A
Robert S Ogden, DDS, PA	Dental	Granite Quarry	704-490-4711	www.RobertOgdenDDS.com	Robert S. Ogden, DDS, PA	Yes	N/A
Bobby E. Gibbs, DDS	Dental	Kannapolis	704-938-4616		Bobby E. Gibbs, DDS	Yes	N/A
David M Phillips, DDS	Dental	Kannapolis	704-933-3923		David M Phillips, DDS	Unknown	Unknown
First Impressions Family Dentistry	Dental	Kannapolis	704-933-2115	http://firstimpressionsdds.com/	Dr. Jennifer Gawthrop	No	N/A
Henry D Duncan, DDS	Dental	Kannapolis	704-933-2116	http://drhenryduncan.com/	Henry D Duncan, DDS	Yes	N/A
Kannapolis Pediatric Dentistry	Dental Pediatric	Kannapolis	704-932-5000	http://www.kannapolispediatricdentistry.com/	Dr. Bhavana Jayaram	Yes	N/A
Mike Morton, DDS	Dental	Kannapolis	704-938-3189	http://www.mikemortondentistry.com/	Mike Morton, DDS	Yes	N/A
Seamless Dentistry	Dental	Kannapolis	704-938-0559	http://kannapolisdentist.com/	Todd Hendrickson, DDS	No	N/A
Smilestones	Dental	Kannapolis	704-938-4211	http://www.smilestonesfamilydentistry.com/	Dr. Candace Cole Dr. Jeffrey Finn	No	N/A
South Ridge	Dental	Kannapolis	704-938-		Dr. Marcella Mujica	Yes	N/A

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS/SERVICES	Accept Medicaid	Accept Medicare
Pediatric Dentistry	Pediatric		8532		Dr. Farzaneh Keshmiri-Sanchez		
Lucas Merrell DDS, LLC	Dental	Landis	704-857-6161		Lucas Merrell, DDS John R Kesler, DDS Raymond L Lassiter, DDS	No	N/A
Alpha Family & Cosmetic Dentistry	Dental	Salisbury	704-637-2120	http://www.alphafamilyandcosmeticdentistry.com/home/	Isioma Okonmah, DDS	Yes	N/A
Anderson Dental Group	Dental	Salisbury	704-636-3611	http://andersondentalgroup.com/index.php	Dr. Jimmie Anderson Dr. Luanne Anderson	No	N/A
Brandon Aron, DMD, P A	Dental	Salisbury	704-200-9592	http://www.drbrandonaron.com/	Brandon Aron, DMD	No	N/A
Brite Smile Dental	Dental	Salisbury	704-636-1533	http://www.yellowpages.com/salisbury-nc/mip/brite-smile-dental-dr-tanya-williams-27610500	Dr. Tanya Williams	Yes	N/A
Busby & Webb Orthodontics	Dental Orthodontics	Salisbury	704-637-9363		Bret Busby, DDS Dr. Billy Webb	No	N/A
David Mayberry, DDS, PA	Dental	Salisbury	704-637-1232	http://davidmayberrydds.com/	David Mayberry, DDS	No	N/A
Dental Works	Dental	Salisbury	855-894-4107	https://www.dentalworks.com/practices?search=Kannapolis%2C+NC%2C+Unite+States&zip=28083	Randall McClary, DDS Orthodontist Steven P. Best, DMD Oral Surgeon		
Fortner Dental Group	Dental	Salisbury	704-636-1848	http://www.fortnerdentalgroup.com/	Don Fortner, DMD	No	N/A
James A Murphy, DDS	Dental	Salisbury	704-754-5885	www.jamesmurphydds.com	James A Murphy, DDS	No	No
James K Jolly	Dental	Salisbury	704-633-7117	http://jameskjollydds.com/	Dr. James K. Jolly	No	No
Janak B. Patel, DDS	Dental	Salisbury	704-216-9153	http://salisburydentistry.com/	Janak B. Patel, DDS	Yes	N/A
Jerry	Dental	Salisbury	704-633-		Jerry Rebrey, DDS	No	N/A

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS/SERVICES	Accept Medicaid	Accept Medicare
Rebrey, DDS			0551				
John C. Webb, DDS, PA	Dental	Salisbury	704-636-6124	www.JohnWebbDDS.com	John C. Webb, DDS	No	No
Jonathan Huffman, DDS	Dental	Salisbury	704-637-0773	http://www.jonathanhuffmands.com/	Jonathan Huffman, DDS	No	N/A
Kannapolis Denture Clinic	Dental	Salisbury	704-938-6136	www.kannapolisdentures.com (not active)	Burrus D. Smith, Jr	Yes	N/A
Kenneth Washko	Dental	Salisbury	704-633-1260	None	Kenneth T Washko, DDS	Yes Up to 18	N/A
Kevin Showfety, DDS MS	Dental Orthodontics	Salisbury	704-636-9518		Kevin Showfety, DDS	Yes	N/A
Lyerly & Associates, DDS	Dental	Salisbury	704-279-5400	www.lyerlydds.com	Dr. Ala Lyerly Dr. Matt Lyerly	No	N/A
Melanie K. Marshall, DDS	Dental Oral Surgery	Salisbury	704-636-7215	www.DrMarshallOMS.com	Melanie K. Marshall, DDS, MD	No	Yes
Nicholas James Penna DDS, PA	Dental Orthodontics	Salisbury	704-633-5942	http://www.pennaorthodontics.com/	Nicholas James Penna, DDS	Yes	Yes
Robert Glasgow, DMD	Dental Peridontics	Salisbury	704-633-0272	http://drglassgow.com/index.htm	Robert Glasgow, DMD	No	N/A
Ronald H Steelman DDS	Dental	Salisbury	704-636-5800	None	Ronald H Steelman, DDS	No	N/A
Rowan Dental Associates	Dental	Salisbury	704-639-1330	http://www.rowandental.com/	Dr. John S. Keadle	No	No
Salisbury Family Dentistry	Dental	Salisbury	704-637-0150	http://www.destdental.com/locations/salisbury/	Jennifer Loveland, DMD	Yes	Yes

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS/SERVICES	Accept Medicaid	Accept Medicare
Salisbury Smiles	Dental	Salisbury	704-633-2612	http://saliburysmiles.net/	Hetal Amin-Patel, DDS	No	N/A
Smiles By Design	Dental	Salisbury	704-637-6717	www.ncsmilesbydesign.com	J Stephen Selden, DDS	Yes	N/A
Smile Center	Dental – Pediatric	Salisbury	704-216-8796	http://www.rowancountync.gov/GOVERNMENT/Departments/HealthDepartment/SmileCenter.aspx	Rowan County Health Department	Yes	N/A
T. Wayne Wilson, DDS,PA	Dental	Salisbury	704-636-5802	www.TWayneWilsonDDS.com	T Wayne Wilson DDS,	No	Limited
Todd R. Tibbs, DDS	Dental	Salisbury	704-754-4750	www.tibbsdds.com	Todd R. Tibbs, DDS	No	N/A
Kathleen Streiff Boyd, DDS, MS	Dental Endodontics	Salisbury	704-637-3636	http://www.kbendo.com/	Kathleen S. Boyd, DDS, MS Sandra Madison, DDS, MS	Yes	N/A
Dermatology Group of the Carolinas	Dermatology	Salisbury	704-784-5901	http://www.dermgroupnc.com/salisburyderm	Philip A Eaton, MD Elliott Love, MD & Mohs Certified	Yes	Yes
DaVita Dialysis Care of Kannapolis	Dialysis	Kannapolis	704-933-0809		Dialysis	Yes	Yes
DaVita Dialysis Care of Rowan County	Dialysis	Salisbury	704-637-2107	http://www.davita.com/find-a-dialysis-center/request-treatment/dialysis-care-of-rowan-county/111-dorsett-dr-salisbury-28144-2278/id/582	Dialysis	Yes	Yes
Carolinas HealthCare System Kannapolis	<ul style="list-style-type: none"> • Emergency Care • Imaging • Lab 	Kannapolis	800-575-1275	http://www.carolinashealthcare.org/kannapolis	Operates as an extension of Carolinas HealthCare System NorthEast’s Emergency Care Center offering: <ul style="list-style-type: none"> • 24 Emergency Care • Radiology Center • Laboratory 	Yes	Yes
NorthEast Endocrinology – Salisbury	Endocrinology	Salisbury	704-403-8320	http://www.carolinashealthcare.org/northeast-endocrinology In Cabarrus County – did not do questionnaire	Operates as an extension of Carolinas HealthCare System NorthEast’s Endocrinology offering: <ul style="list-style-type: none"> • Diabetes care • Thyroid diseases care 	Yes	Yes

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS/SERVICES	Accept Medicaid	Accept Medicare
					<ul style="list-style-type: none"> Osteoporosis care 		
Northeast Ear Nose & Throat Center, PA	ENT Esthetics	Kannapolis	704-788-1103	http://neent.org/ McShanna Ball, Office Mgr. mashannaball@neent.org	James K. Dziadziola, Jr., MD Jamie R. Scaglione, MD Cheryl Keene, Hearing Specialist Harmonie Miller Crites, Hearing Spec.	Yes	Yes
Charlotte Eye Ear Nose and Throat Associates	ENT Ophthalmology	Salisbury	704-637-0158	http://www.ceenta.com/locations/salisbury/	James Kaufman, MD John Reynolds, Jr, MD Willard "Tommy" Thompson, MD Leighanne Dorton, MD Katie Schwitzgable, Audiologist	Yes	Yes
Dr. Robert Quinn	ENT Otolaryngologist	Salisbury	704-637-3778	In Concord & Salisbury	Dr. Robert Quinn Karen H Wilson, RN Cynthia Barnhardt, DNP, FNP-C <i>See patients in Salisbury location on Tues. & Thurs. from 7:30 am to 5:30 pm. Offers services in: Allergy, Hearing, Otolaryngology, Sleep, Facial Plastic Surgery and Cosmetic areas.</i>	Yes	Yes
Main Street Family Practice	Family Medicine	China Grove	704-857-8769	http://www.troyermedical.com	Eric C. Troyer, MD Rebecca O. Morton, FNP	No	No
Cleveland Family Medicine & Urgent Care	<ul style="list-style-type: none"> Family Medicine Urgent Care Pain Management 	Cleveland	704-278-4053	http://www.carolinachn.com/	Part of Carolina Comprehensive Health Network which has 9 locations throughout North Carolina. Has 3 physicians that see patients part-time in Cleveland.	Yes	Yes
Gold Hill Family Medicine	Family Medicine	Granite Quarry	704-209-0418 Fax 0420	None		Yes	Yes
Cabarrus Family Medicine	Family Medicine	Kannapolis & China Grove	704-938-6521 704-863-9830	http://www.carolinashealthcare.org/cabarrus-family-medicine	Part of Carolinas HealthCare System Anupama Ha, MD - Kannapolis Rober Levy, MD - Kannapolis Daniel Rosenberg, MD – Kannapolis Robert Scott, MD – Kannapolis James Shepherd, MD – Kannapolis Erika Steinbacher, MD – Kannapolis Jenna Thomas, MD – Kannapolis	Yes	Yes

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS/SERVICES	Accept Medicaid	Accept Medicare
					Erin Trantham, MD – Kannapolis Andrea Cochran, PHD – Kannapolis Katie Notaro, DO – China Grove Chris Upchurch, FNP – China Grove		
NG Family Practice Clinic P C	Family Medicine	Kannapolis	704-933-2128	Must leave a message to get an appointment	Chun-Ho Ng, MD	Unknown	Unknown
South Cannon Medical PA	Family Medicine	Kannapolis	704-938-4886	Close at 3:00 pm each day	James M. Peckinpough, MD	No	Yes
Tuttle Family Practice	Family Medicine	Kannapolis	704-932-7016	None	John C. Tuttle, MD	Yes	Yes
Piedmont Family Medicine	Family Medicine	Salisbury	704-636-5626	https://www.piedmontfm.com/	Chet Amin, DO Cindi Church is Office Manager (cindichurch@piedmontfm.com)	Yes	Yes
RCHD Family Health Services	Family Medicine	Salisbury	704-216-8782	http://www.rowancountync.gov/GOVERNMENT/Departments/HealthDepartment/Services.aspx	Rowan County Health Department	Yes	Yes
Rowan Primary Care	Family Medicine	Salisbury	704-639-0407		Parinda K. Fruchtman, DO	Yes	Yes
Yatawara Gynecology Wellness & Aesthetics	<ul style="list-style-type: none"> • Gynecology • Aesthetics 	Salisbury	704-754-8990	http://www.yatawaramd.com/	Gayle Yatawara, MD	No	Limited
Belltone Hearing Aid Center	Hearing	Salisbury China Grove	704-636-6037 704-857-4200	http://locations.beltone.com/NC/SALISBURY/0000378000/	<i>Hearing test is free to anyone.</i> <i>If qualify coordinate with North Carolina telecommunications program for free hearing aid.</i>	As allowed by qualification requirements	N/A
Hearing Solutions of NC	Hearing	Salisbury	704-633-0023	http://hearingsolutionsofnc.com/	Dr. Lorin S. Oden, AuD., FAAA Board Certified Audiologist	Yes	Yes
Salisbury Audiology & Hearing Aid Services	Hearing	Salisbury	704-633-6775	http://www.salisburyaudiology.com/	Dr. April R. Pitman, Certified Audiologist <i>If qualify coordinate with North</i>	As allowed by qualification requirements	Yes

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS/SERVICES	Accept Medicaid	Accept Medicare
					<i>Carolina telecommunications program for free hearing aid.</i>		
Gentiva Home Healthcare	Home Health	Kannapolis	704-872-3606	http://gentiva.com/index.php		Yes	Yes
Prospect Care Services	Home Health	Kannapolis	704-934-2330			Yes	N/A
Advanced Home Care	Home Health	Salisbury	704-639-1060	http://www.advhomocare.org/maps/index.php?id=49&branchid=28		Yes	Yes
Angels At Heart	Home Health	Salisbury	704-762-9364	http://www.angelsathearthomecare.com/		Yes	N/A
Atlantic Coast Home Care Agency, Inc.	Home Health	Salisbury	704-637-5560	http://www.atlanticcoasthomecare.com/		Yes	CAP-DA
Bayada	Home Health	Salisbury	704-797-8000	www.bayada.com		Yes	Yes
Changing Hands Home Health	Home Health	Salisbury	980-234-3033	http://www.changinghandshhs.com/?page_id=14		Yes	N/A
Comfort Keepers	Home Health	Salisbury	704-630-0370	http://salisbury-186.comfortkeepers.com/home		Yes	Yes
Gentiva Home Healthcare	Home Health	Salisbury	704-636-3334	http://gentiva.com/index.php		Yes	Yes
Home Health Connection	Home Health	Salisbury	704-334-8141	http://homehealthconnection.biz/		Yes	Yes
Home Instead Senior Care	Home Health	Salisbury	704-212-2026	https://www.homeinstead.com/103.1/home-instead-senior-care		No	No
Kesler Home Care	Home Health	Salisbury	704-603-4235	http://www.keslerhcs.com/		Yes	No
Maxim	Home Health	Salisbury	704-638-	http://www.maximhomecare.c		Yes	Yes

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS/SERVICES	Accept Medicaid	Accept Medicare
Healthcare Services			0025	om/Salisbury_Homecare_401.aspx			
Peace Havens Home Care LLC	Home Health	Salisbury	704-637-1300			Yes	N/A
Personal Touch Care Team	Home Health	Salisbury	704-630-0088	http://www.personaltouchcareteam.com/		Yes	N/A
Quality Care Developmental Services	Home Health	Salisbury	704-645-2397	None		Yes	N/A
Superior Home Care	Home Health	Salisbury	704-647-9669	None		Yes	N/A
Tender Hearted Home Care	Home Health	Salisbury	704-207-0265	http://tenderheartedhomecare.com/		Yes	N/A
Rowan Hospice & Palliative Care	Hospice	Salisbury	704-637-7645	http://hospicecarecenter.org/content/rowan-hospice-palliative-care-salisbury	Partnership of Hospice & Palliative CareCenter and Novant Rowan Regional Medical Center	Yes	Yes
W.G. (Bill) Hefner VA Medical Center	Hospital	Salisbury	704-638-9000	http://www.salisbury.va.gov/	<ul style="list-style-type: none"> • Cardiology • Dental • Extended Care • Geriatrics • Hospice • Imaging / Radiology • Obstetrics • Psychology • Rehabilitation 	N/A	N/A
Immunizations	Immunizations	Salisbury	704-639-8786	http://www.rowancountync.gov/GOVERNMENT/Departments/HealthDepartment/Services.aspx	Rowan County Health Department <ul style="list-style-type: none"> • Measles, Mumps, Rubella (MMR) • Hepatitis B • Tetanus • Flu Vaccine 	Yes	Yes
China Grove Retirement Center	Institution <ul style="list-style-type: none"> • Assisted Living 	China Grove	704-855-3180			Yes	Yes

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS/SERVICES	Accept Medicaid	Accept Medicare
CuJo Family Care	Institution • Assisted Living	Cleveland	704-278-4913			Limited	Limited
Libby Family Care Home	Institution • Assisted Living	Cleveland	704-278-4111	None		Yes	Yes
Best of Care Assisted Living	Institution • Assisted Living	Kannapolis	704-933-4339			Yes	N/A
Big Elm Rehabilitation & Living Centers	Institution • Long-Term Care • Assisted Living • Rehab	Kannapolis	704-932-0000	http://www.bigelmnursing.com/#!		Yes	Yes
Kannon Creek Assisted Living	Institution • Assisted Living	Kannapolis	704-932-5517	http://www.kannoncreekliving.com/		Yes	N/A
Meadows of Rockwell	Institution • Assisted Living	Rockwell	704-279-5300	http://www.meridiansenior.com/community/the-meadows-of-rockwell		Yes	Yes
Autumn Care of Salisbury	Institution • Long-Term Care • Assisted Living • Rehab	Salisbury	704-637-5885	http://www.autumncorp.com/autumn-care-of-salisbury/ http://autumnrehab.com/index.aspx		Yes	Yes
Brian Center Health and Rehab	Institution • Long-Term Care • Assisted Living • Rehab	Salisbury	704-633-7390	www.savaseniorcare.com		Yes	Yes
Brightmoor Nursing Center	Institution • Long-Term Care	Salisbury	704-633-2781	http://brightmoor.com/		Yes	Yes
Brookdale Salisbury	Institution • Assisted Living	Salisbury	704-313-9765	https://www.brookdale.com/communities/salisbury-gardens/		No	No
Carillon Assisted Living of Salisbury	Institution • Assisted Living	Salisbury	704-550-2495	http://www.carillonassistedliving.com/our-communities/salisbury/		Yes	Yes
Genesis HealthCare	Institution • Long-Term Care	Salisbury	704-636-5812	http://www.geneshcc.com/SalisburyCenter	James S Brawley Commons is the Assisted Living hall	Yes	Yes

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS/SERVICES	Accept Medicaid	Accept Medicare
	<ul style="list-style-type: none"> • Assisted Living • Rehab 						
Heritage Plantation	Institution <ul style="list-style-type: none"> • Assisted Living 	Salisbury	704-637-5465	None		Yes	Yes
Laurels of Salisbury	Institution <ul style="list-style-type: none"> • Long-Term Care • Rehab • Respite Care 	Salisbury	704-637-1182	http://www.laurelsofsalisbury.com/		Yes	Yes
Liberty Commons Nursing Center	Institution <ul style="list-style-type: none"> • Long-Term Care • Assisted Living 	Salisbury	704-637-3040	http://www.libertyhealthcareand rehab.com/lcrowan/		Yes	Yes
NC State Veterans Home – Salisbury	Institution <ul style="list-style-type: none"> • Long-Term Care 	Salisbury	704- 638-4200	http://www.ucomparehealthcare.com/nhs/north_carolina_state_veterans_nursing_home_salisbury/		N/A	N/A
Trinity Oaks	Institution <ul style="list-style-type: none"> • Long-Term Care • Assisted Living • Independent Living • Rehab 	Salisbury	704-637-3784	http://trinityoaks.net/#		Yes	Yes
Bethamy Retirement Center	Institution <ul style="list-style-type: none"> • Long-Term Care • Assisted Living 	Spencer	704-633-1985			Yes	Yes
Magnolia Gardens Extended Care	Institution <ul style="list-style-type: none"> • Long-Term Care • Assisted Living • Independent Living 	Spencer	704-633-3892	http://triadgroupinc.com/skilled-nursing-assisted-living.shtml		Yes	Yes
Kannapolis Internal Medicine	Internal Medicine	Kannapolis	704-403-7300 Fax 704-403-7450	http://www.carolinashealthcare.org/kannapolis-internal-medicine	Kerry Bianchi, MD Brigid Ann Morris, MD Wayne Billy Phillip,, MD Harold Thomas, III, MD Josie C. Lattimore, FNP Linda Dale Thomas, MSN, FNP	Yes	Yes
Myron A. Goodman, MD	Internal Medicine	Salisbury	704-633-4686	None		Yes	Yes

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS/SERVICES	Accept Medicaid	Accept Medicare
Salisbury Internal Medicine	Internal Medicine	Salisbury	704-637-3538	None	Demming Ward, MD Thomas Ginn, MD	No	Yes
SouthPoint Internal Medicine	Internal Medicine	Salisbury	704-403-6260	http://www.carolinashealthcare.org/southpoint-internal	Prachee Jain, MD Caroline Adams, NP	Yes	Yes
Salisbury Therapeutic Massage	Massage Therapy	Salisbury	704-633-7623	http://salisburytherapeuticmassage.vpweb.com/		N/A	N/A
Rowan Diagnostic Clinic & Spencer Family Medicine	Multi-Specialty Practice: <ul style="list-style-type: none"> • Airman Medical • DMV Physicals • Endocrinology • Family • Gastro • High Altitude Testing • Hospitalist • Impact (Pre-Anesthesia Eval & Care) • Internal Med • Pulmonology • Rheumatology 	Salisbury Spencer	704-633-7220 704-603-8980	http://www.rowandiagnostic.com/	Christopher Agner, MD – Internal Med Marion Betancourt-Albrecht, MD - Endocrinology Donna Childress, MD – Internal Med Bradley Chotiner, MD – Hospitalist Frederick U. Goss, MD – Internal Med Bradford Grimm, MD - Hospitalist Matthew Harrison, MD – Hospitalist Daniel Holland, MD – Hospitalist Kiran Jagarlamudi, MD – Gastroenterology Stacy Kennedy, MD,MBA – Rheumatology Vineet Korrapati, MD – Gastroenterology Sean Malone, MD – Internal Med Kishan Maramraj, MD – Family Med* Ashok Mudundi, MD – Hospitalist Neil Patel, MD – Pulmonology, Critical Care Rakesh Patel, DO – Rheumatology Rajesh Rohilla, MD – Hospitalist Christopher Rumbaugh, MD – Hospitalist Raman Seth, Md – Hospitalist Douglas Shellhorn, MD – Internal Med Brent Seifert, MD – Internal Med Amy Wilson, MD – Internal Medicine Nicole Ferrell, FNP – Internal Med Deanna Garmon, FNP – Internal Med Tracy Hildebran, FNP – Internal Med Bonnie Sammons, FNP – Pulmonary/Critical Care Ann Wood, FNP – Internal Med Michelle Castelvechi, PA-C – Hospitalist	Some Providers	Yes

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS/SERVICES	Accept Medicaid	Accept Medicare
					Lauren Lyerly, PA-C – Family Medicine* Robert Ruhlman, PA-C – Family Med * at Spencer Family Medicine		
Salisbury Ob/Gyn, PLLC	Ob/Gyn	Salisbury	704-645-9200	http://www.salisburyobgyn.net/	Lynn Anderson, MD Michael Mills, MD	Yes	Yes
Wake Forest Baptist Hospital Women's Services	Ob/Gyn	Salisbury	704-636-2728	http://lexington.wakehealth.edu/Physicians/Niner-Joseph-A.htm	Joseph A Niner, MD (part-time in Salisbury)	Yes	Yes
Eye Associates	Ophthalmology	Salisbury	704-633-0345		Donald Bergsma, Jr., MD James Hardin, MD	No	Yes
John R Crawford III	Ophthalmology	Salisbury	704-633-7542	http://johnrcrawford.md.com/	John R Crawford III, MD	No	Yes
King Eye Center	Optometry	China Grove	704-857-5464	http://www.kingeyecenter.com/	Dr. David King Dr. Julie Cole	Yes	Yes
Atkinson Family Eye Care	Optometry	Kannapolis	704-938-1135	http://www.atkinsonfamilyeyecare.com/	J E Atkinson, OD	Yes	Yes
Icore My Eye Doctor	Optometry	Kannapolis	704-938-9777		Chantel Garcia	Yes	Yes
James W Shaver	Optometry	Landis	704-857-2238	http://www.drjamesshaver.com/	James W. Shaver, O.D.	Only for under 18	Yes
Baxter Smith, Jr. OD PA	Optometry	Salisbury	704-636-1781	None	Baxter Smith, Jr. O.D.	Only see patients in Nursing Homes & Retirement Homes	Only see patients in Nursing Homes & Retirement Homes
Eye Care Center	Optometry	Salisbury	704-636-0559	http://www.eyecaresalisbury.com/	Dr. James Grigsby Dr. Joseph Sie Dr. Andrew Treece	No	Limited
Mark C Brittain	Optometry	Salisbury	704-633-8975			Limited	Yes
Modern Eye of Salisbury	Optometry	Salisbury	704-637-7728	http://moderneye.com/	Dustin L. Freece, O.D. F.A.A.O. James E. Harris, O.D. F.A.A.O. Ryan C. Corte, O.D.	Yes	Yes

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS/SERVICES	Accept Medicaid	Accept Medicare
Suzanne Walker	Optometry	Salisbury	704-636-2494		Dr. Suzanne Walker, O.D.	No	No
Timothy J. Hennie	Optometry	Salisbury	704-633-2581	https://www.facebook.com/Timothy-J-Hennie-OD-171011629627955/timeline/		Limited	Yes
Carolina Spine & Hand	Orthopedic	Salisbury	704-636-4646	http://carolinaspineandhand.com/	Jefrey A. Baker, MD Todd Kennedy, PA	Yes	Yes
Salisbury Orthopaedic Associates	Orthopedic	Salisbury	704-633-6442	http://salisburyortho.com/	Robert G. Steele, MD Robert S. Humble, MD Amanda J. Shepherd, MD William T. Mason, MD Matthew W. Bullock, DO, MPT Ryan Schenk, PA-C	Yes	Yes
Piedmont Interventional Pain Care	Pain Management	Salisbury	704-797-0065	http://piedmontpaincare.com/	Robert B. Wilson, II, MD Kris Watson, PA-C	Yes	Yes
The Pain Relief Center	Pain Management	Salisbury	704-637-5767	www.painreliefcenters.com	Hans C Hansen, MD	Yes	Yes
Sanger Heart & Vascular Institute – Salisbury Pediatric Cardiology	Pediatric Cardiology	Salisbury	704-403-2860	http://www.carolinashealthcare.org/sanger-heart	Amanda Cook, MD	Yes	Yes
Carolinas Pediatric Neurology Care	Pediatric Neurology	Salisbury	877-439-6060	Part of Carolinas Health Care System		Yes	Yes
Cleveland Pediatrics	Pediatrics	Cleveland	704-278-0300	None	Paula Franklin, MD Diane Caruso, MD Michael Borja, MC	Yes	N/A
Cabarrus Pediatrics	Pediatrics	Kannapolis	704-403-7735	http://www.carolinashealthcare.org/cabarrus-pediatrics	John Miller Benbow, MD David Douglass, MD Laura Jean Larrabee, MD	Yes	N/A

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS/SERVICES	Accept Medicaid	Accept Medicare
					Hans Mah, MD Laura Jean Mock, MD Stephen J O'Brien, MD Porter Kelling Peterson, MD Mandy Tarantino Bost, NP Nichole Towns, NP Deanna Shoe, NP		
Suburban Pediatrics – Kannapolis	Pediatrics	Kannapolis	704-403-7740	http://www.carolinashealthcare.org/body.cfm?id=7625	Part of Carolinas Health Care System	No	N/A
Care Coordination for Children	Pediatrics	Salisbury	704-216-7999	http://www.rowancountync.gov/GOVERNMENT/Departments/HealthDepartment/CareManagement.aspx	Rowan County Health Department <i>(Available for children birth to 5 years that have a long-term medical condition and/or are dealing with challenging levels of stress and/or are referred by child's doctor.</i>	Yes	N/A
Salisbury Pediatric Associates	Pediatrics Pediatric Psychology	Salisbury	704-636-5576	http://www.salisburypediatrics.com/ Part of Cardinal Innovations Network	Scott Burton, MD Edmund Cody, MD Benjamin Craighead, MD Jennifer Hudson, MD Wayne Koontz, MD Mark Lins, MD Crystopher Magryta, MD Danielle Rose, MD Ashley Ferguson, MD Erron Towns, MD Mandy Blake, CPNP Ann Davis, FNP Rebecca Emerson, CPNP Ashley Honeycutt, CPNP Lisa McLemore, CPNP Cybil Jones, PA-C Melissa Paris, PA-C April Lamanno, Psychologist	Yes	N/A
Fowler Physical Therapy	Physical Therapy	Salisbury	704-630-9656	http://www.wellness.com/dir/6025428/physical-therapist/delaine-fowler-md-fowler-physical-therapy/salisbury/nc	Delaine Fowler, MD	No	Yes

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS/SERVICES	Accept Medicaid	Accept Medicare
Select Physical Therapy	Physical Therapy	Salisbury	704-636-0052	http://www.selectphysicaltherapy.com/community/charlotte-area/center/?id=41152		No	Yes
Stewart Physical Therapy	Physical Therapy	Salisbury	704-633-4606	http://stewartphysicaltherapy.com/	Robbie Jessen, PT, ATC, LAT, CSCS, Area Manager Michael Gore, DPT, CSCS Brandi Capps, PTA	No	Yes
Piedmont Plastic and Oral Surgery Center	Plastic and Oral Surgery	Salisbury	704-633-5605	http://drsamroy.com/	Samuel J. Roy, DDS & MD	No	Yes
Dr. James J. Mazur	Podiatry	Salisbury	704-636-7015	http://drjamesmazur.com/	James J. Mazur, MD	Yes	Yes
Cabarrus County Group Homes, Inc.	Psychology • Mental Health	China Grove	704-855-0004	Part of Cardinal Innovations Network		Yes	N/A
Timber Ridge Treatment Center	Psychology • Mental Health	Gold Hill	704-279-1199	Part of Cardinal Innovations Network	Rehabilitation of troubled males from 12 to 17 years	Yes	N/A
Ascend Psychological Services, PLLC	Psychology • Mental Health	Rockwell	704-279-0626	Part of Cardinal Innovations Network		Yes	N/A
Christopher Abbey, LPC	Psychology • Mental Health	Rockwell	980-234-5662	Part of Cardinal Innovations Network		Yes	Unknown
A Safe Place Counseling	Psychology • Mental Health	Salisbury	704-642-1250	Part of Cardinal Innovations Network	Kim C. Lance, Ed.S.	Yes	N/A
Alcohol Abuse Chemical Dependency Counseling Service, LLC	Psychology • Substance Abuse	Salisbury	704-630-0026			No	No
Avery L Barber	Psychology • Mental Health	Salisbury	704-633-4001	http://abarber4.tripod.com/	Avery L Barber, Med, LPC, NCC	Only on Reimbursement Basis	Only on Reimbursement Basis

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS/SERVICES	Accept Medicaid	Accept Medicare
Boyd Dean Melton, LCAS	Psychology • Mental Health	Salisbury	336-416-0892	Part of Cardinal Innovations Network		Yes	N/A
Carolina Counseling & Consulting, LLC	Psychology • Mental Health • Substance Abuse	Salisbury	704-636-5522	http://www.carolinacounselingandconsultation.com/	Psychology	Yes	No
Carter House of RHA Behavioral Health Services	Psychology • Mental Health • Behavioral Health	Salisbury	704-633-1835	http://www.rhabebehavioralhealth.org/uploads/general/PSR%20Programs%20Brochure%281%29.pdf	Psychosocial Rehabilitation Program for 18 and over	Yes	N/A
CHOICES Substance Abuse Treatment	Psychology • Substance Abuse	Salisbury	704-680-6869		Jerry E. Clevenger, LCAS, CCS	Unknown	Unknown
Cindy Baubach	Psychology • Mental Health	Salisbury	704-637-0960		Cindy Baubach, MA, LPC	No	No
Clinical & Forensic Psychological Services, PC	Psychology • Mental Health	Salisbury	704-633-8100	Part of Cardinal Innovations Network		Yes	Unknown
Daymark Recovery Services	Psychology • Substance Abuse	Salisbury	704-633-3616	http://daymarkrecovery.org/index.php/locations/charlotte/rovan		Yes	Yes
Genesis A New Beginning	Psychology • Substance Abuse • Mental Health	Salisbury	704-636-0838	http://www.genesis-anb.com/		Yes	No
Hopebound Christian Counseling	Psychology • Mental Health	Salisbury	704-647-0059	http://luanngrambow.com/	LuAnn Grambow, MA, LPC	No	No
Jay L. Boulter, MA LMFT, LPC	Psychology • Mental Health	Salisbury	704-633-3117	Part of Cardinal Innovations Network		Yes	N/A
Living Water	Psychology	Salisbury	704-933-	http://www.wellness.com/dir/		Yes	N/A

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS/SERVICES	Accept Medicaid	Accept Medicare
Counseling Associates PA	<ul style="list-style-type: none"> Substance Abuse 		4673	4058800/counselor/nc/kannapolis/living-water-counseling-associates-pa			
Mary Willis Page	<ul style="list-style-type: none"> Psychology Mental Health 	Salisbury	704-213-1099	None		Yes	N/A
McCombs Counseling & Consulting	<ul style="list-style-type: none"> Psychology Mental Health 	Salisbury	704-933-0007	http://www.mccombscounseling.net/	Jeff McCombs, M.Ed, LPC Ralph Covington, CAS, NCC, DCC, LPC Beth Arrigo, Ph.D Greg Johnson, MSW, LCSW Sarah Bolme, MSW, LCSW Troy Schiedenhelm, EdD, LPC/S, NBCFCH	No	Yes
Natalie Errante, PMH-NP	<ul style="list-style-type: none"> Psychology Mental Health 	Salisbury	704-798-0119	Part of Cardinal Innovations Network		Yes	Yes
Nicole Sherrill-Corry, PH.D., LLC	<ul style="list-style-type: none"> Psychology Mental Health 	Salisbury	704-267-5957	Part of Cardinal Innovations Network		Yes	N/A
Plaza Counseling	<ul style="list-style-type: none"> Psychology Mental Health 	Salisbury	704-633-1900	https://www.linkedin.com/pub/linda-brisbin/4/a77/b5a	Linda Brisbin, MSW, LCSW	Unknown	Unknown
Quality Care Developmental Services	<ul style="list-style-type: none"> Psychology Mental Health 	Salisbury	704-906-6842	Part of Cardinal Innovations Network		Yes	N/A
Rowan Psychiatric and Medical Services, PA	<ul style="list-style-type: none"> Psychology Mental Health 	Salisbury	855-558-4649	Part of Cardinal Innovations Network	Dr. Rajeshree T. Dimkpa, MD	Yes	Unknown
Rowan Psychotherapy Services	<ul style="list-style-type: none"> Psychology Mental Health 	Salisbury	704-859-4288	Part of Cardinal Innovations Network http://rowanpsychotherapyserVICES.com/	Harold L. Reeder, LCSW	Yes	Yes
Rowan Vocational Opportunities Inc.	<ul style="list-style-type: none"> Psychology Mental Health 	Salisbury	704-633-6223	Part of Cardinal Innovations Network		Yes	N/A
S&H Youth and Adult Services, Inc.	<ul style="list-style-type: none"> Psychology Mental Health Substance 	Salisbury	704-492-9638	Part of Cardinal Innovations Network http://www.shyas.com/		Yes	N/A

NAME	TYPE	CITY	PHONE	WEBSITE	PROVIDERS/SERVICES	Accept Medicaid	Accept Medicare
	Abuse						
Salisbury Psychiatric Associates	Psychology • Mental Health	Salisbury	704-637-1888	http://salisburypsychiatricassociates.com/ Part of Cardinal Innovations Network	Barbara Lowry, MD Mary Marrin, PMH-NP Monica, Kramer, Therapist Patrice Hundt, Therapist Candace Payne-Butler, Therapist Danielle Coleman, Therapist	Yes	Yes
TGH Behavioral Health Services Inc	Psychology • Mental Health	Salisbury	704-754-5662	Part of Cardinal Innovations Network		Yes	Limited
The ARC of Rowan	Psychology • Mental Health • Intellectual & Developmental Disabilities	Salisbury	704-637-1521	http://www.thearcofrowan.org/2312.html		Yes	N/A
Victor M. Rosado	Psychology • Psychiatry	Salisbury	704-636-9912	None	Victor M. Rosado, MD	No	Yes
Stephen D. Proctor	Pulmonology	Salisbury	704-636-8895	http://www.stephenproctor.com/index.html	Stephen D. Proctor, MD	Yes	Yes
Piedmont Neurosurgery & Spine	Spine Neurosurgical	Salisbury	704-645-0901	http://piedmontneurosurgeryandspine.com/	Ranjan S. Roy, MD, PhD Rhonda S. Elliott, PA	Yes	Yes
Carolinas HealthCare Urgent Care	Urgent Care	Salisbury	704-403-6240	http://www.carolinashealthcare.org/body.cfm?id=6786&action=detail&ref=525		Yes	Yes
ProMed	Walk-In Minor Emergency	Salisbury	704-637-8040	http://promedhealthnc.com/		Yes	Yes
Your Personal Wellness Center	• Weight Loss • Bioidentical Hormone Optimization	Salisbury	704-738-2015	http://yourpersonalwellnesscenter.com/	Christopher K. Nagy, MD	Unknown	Unknown

Free and Sliding Scale Fee Health Care Clinics

NAME	ADDRESS	HOURS	PHONE	WEBSITE	PRIMARY MEDICAL	DENTAL	PHARMACY	HEALTH EDUCATION
Community Care Clinic of Rowan County Inc.	315G Mocksville Ave Salisbury, NC 28144	Mon-Thurs 8:30-12:00 1:00-4:30 Fri 9-12	704-636-4523	http://www.communitycareofrowan.org/index.html	Yes	Yes	Yes	Yes
Good Shepherd's Clinic	220 N. Fulton St. Salisbury, NC 28144	Thursdays only	704-636-7200	All services provided by volunteers	Yes		Yes	
The Smile Center at Rowan County Health Department	1811 East Innes St Salisbury, NC 28146	Mon – Thu 8 am-5pm Friday Scheduling Only	704-216-8796	http://www.rowancountync.gov/?tabid=238		Yes		
China Grove Family Medicine	308 East Centerview St. China Grove, NC 28023	M,T,W,F 8 am-5 pm Thursday 8 am-7 pm	704-855-5200	http://www.crhc.org/locations.html Is a FQHC (Federally Qualified Health Center)	Yes			Yes

No Cost Resources

NAME	ADDRESS	PHONE	WEBSITE	CRISIS ASSISTANCE	SHELTER	FOOD	LIFE COACHING	CLOTHING
Rowan Helping Ministries	226 N. Long St. Salisbury, NC		http://rowanhelpingministries.org/	Yes	Yes	Yes	Yes	
Grateful Heart	706 Dunns Mountain Rd Salisbury NC 28146	704-209-2257			Yes	Yes		Yes
Main Street Mission	306 S. Main St China Grove, NC 28203	704-855-2909	http://www.mainstmision.org/			Yes		Limited
Meals On Wheels of Rowan County	P O Box 1914 Salisbury, NC 28145	704-633-0352	http://www.mowrowannc.org/			Yes On Sliding Fee Scale		
Food Pantry of South River UMC	2880 S. River Church Rd. Woodleaf, NC 27054	704-278-4089	http://www.southeriverumc.org/food-pantry/			Yes		

Health-Related Resources

NAME	SERVICES	CITY	PHONE	WEBSITE	TYPE
Cabarrus Meals On Wheels		Kannapolis			Non-Profit
Salisbury Lion's Club	Sight and Hearing Assistance	Salisbury	704-642-0505	http://www.salisburylions.com/	Non-Profit
Rowan County DSS	<ul style="list-style-type: none"> • In-Home Care for Older and Disabled Adults • Adult Care Home Case Management • Adult Protective Services • In-Home Aide Services • Guardianship Services • Adult Placement • Services for the Blind • Child Care Program • Child Support • Work First Emergency Assistance • Layoff Assistance • Utility Assistance <p><i>Most programs/services have eligibility requirements including income level and county residency.</i></p>	Salisbury	Depends on specific service – complete list on website	http://www.rowancountync.gov/GOVERNMENT/Departments/SocialServices/ServiceSupport.aspx	Government Agency
Trinity Living Center	Adult Day Care	Salisbury	704-637-3940	http://www.lscarolinas.net/services-for-seniors/adult-day-services/	Faith Based
NAMI Rowan	Support and advocacy services for Mentally Ill individuals and their families	Salisbury	704-640-8811	http://naminc.org/new-affiliate/listings/rowan/	Non-Profit
Rowan Transit System	<ul style="list-style-type: none"> • RITA (Rowan Individual Transportation Assistance) Non-Emergency Public Transit on sign up basis • Rowan Express – public system between municipalities in the County 	NA	704-216-8888	http://www.rowancountync.gov/GOVERNMENT/Departments/RowanTransitSystem.aspx	Transportation - County
Transit Operations	Public Transportation in City of Salisbury	Salisbury	704-638-5252	http://www.salisburync.gov/Departments/PublicServices/Tran	Transportation – Salisbury

NAME	SERVICES	CITY	PHONE	WEBSITE	TYPE
				sitOperation/Pages/default.aspx	
Seniors' Health Insurance Information Program	Seniors' Health Insurance Information Program	Salisbury	704-216-7703/04	http://ncdoi.com/SHIIP/Default.aspx	Medicare Information/ Assistance
Rowan County Veteran's Service Officers	Veteran Medical Care Assistance	Salisbury	704-216-8138	http://www.rowancountync.gov/GOVERNMENT/Departments/VeteranServices/tabid/321/Default.aspx	Government Agency
The ARC of Rowan	Intellectual and Development Disabilities Assistance	Salisbury	704-637-1521	http://www.thearcofrowan.org/2312.html	Non-Profit
Rufty-Holmes Senior Center	Medicare Counseling Daily Phone Check-In	Salisbury	704-216-7714	http://ruftyholmes.org/	Non-Profit
Alcoholics Anonymous	AA Meetings	Salisbury	704-636-1361	http://www.district-21-aa.com/District-21-Group_Meetings.html#Salisbury	Non-Profit
Alzheimer's Support Group	Support Group	Salisbury	704-603-2279	Meets at Rufty-Holmes Center DTillman@lscarolinas.net	Support Group
Better Breathing Club	Support Group	Salisbury		Meets at Rufty-Holmes Center	Support Group
Breast Cancer Group	Support Group	Salisbury	704-637-9589		Support Group
Women's Cancer Group	Support Group	Salisbury	704-857-0614	Meets at Salisbury YMCA	Support Group
Colon Cancer Support Group	Support Group	Salisbury	704-212-2362		Support Group
Coping with Grief Support Group	Support Group	Salisbury	704-637-7645		Support Group
Diabetes Support	Support and Assistance <ul style="list-style-type: none"> • Self-Management Programs and Classes • Gestational Diabetes Management Classes • Diabetes Support Groups • Glucose Sensor Training • Insulin Pump Training 	Salisbury		http://www.novanthealth.org/home/services/diabetes/programs-and-classes.aspx	Novant Rowan Medical Center

NAME	SERVICES	CITY	PHONE	WEBSITE	TYPE
Domestic Violence Support Group (for Women)	Support Group coordinated by Family Crisis Council	Salisbury	704-636-4718	http://www.familycrisiscouncil.org/index.php/our-services	Support Group
Sexual Assault Support Group (for Women)	Support Group coordinated by Family Crisis Council	Salisbury	704-636-4718	http://www.familycrisiscouncil.org/index.php/our-services	Support Group
HERO Support Group (for Children)	Support Group for child victims of Domestic Violence or Sexual Assault	Salisbury	704-636-4718	http://www.familycrisiscouncil.org/index.php/our-services	Support Group
Narcotics Anonymous	Help Line and Daily Meetings	Several Meetings in County	704-640-6488		Support Group
Parkinson's Support Group	Support Group	Salisbury	704-633-3181	http://www.parkinsonassociation.org/event/rowan-county-salisbury/	Support Group
Rowan County Brain Injury Support Group	Support Group	Salisbury	704-637-1521	Meetings at Easter Seal Office: 108 Dorsett Drive Salisbury, NC 28144	Support Group
Rowan Epilepsy Support Group	Support Group	Salisbury	704-639-0847	http://epilepsync.org/support-groups.html Meetings at First United Methodist Church	Support Group
TOPS Chapter (Taking Off Pounds Sensibly)	Weight Loss Club	Salisbury	704-856-0205	http://www.tops.org/ Meets at Ruffy-Holmes Senior Center	Organization
Helping Hands Specialized Transport, Inc	Transport Non-emergency medical transport for non-ambulatory people		704-855-5485	http://helpinghandstransportnc.com/	Transportation
Latino Express of Rowan Inc	Transport	Salisbury	704-642-2020	http://lexpresstaxi.com/	Transportation
Quality Transport	Transport Non-emergency medical transport for non-ambulatory people	Granite Quarry	704-201-5595	https://www.facebook.com/Quality-Transportation-of-Rowan-County-267333683284875/timeline/	Transportation
Secure Comfort and Transportation	Transport Non-emergency medical transport for non-ambulatory people	Salisbury	704-701-7392		Transportation

Wellness Resources

NAME	TYPE	CITY	PHONE	WEBSITE
Patterson Farm Inc.	CSA (Community Supported Agriculture) Farm Classroom Farm Tours	China Grove	704-636-4005	www.pattersonfarminc.com
Red Barn Market (Correll Farm)	CSA (Community Supported Agriculture)	Cleveland	704-278-2329	correllfarm@yahoo.com
Third Creek Cottage Gardens	CSA (Community Supported Agriculture)	Cleveland		thirdcreekcottagegardens@yahoo.com
Two Pigs Farm	CSA (Community Supported Agriculture)	Salisbury		twopigsfarm@gmail.com
Dimensions Dance Arts	Dance Classes	Rockwell	704-209-6333	http://dimensionsdancearts.com/
American Red Cross, E.H. Dole Chapter	<ul style="list-style-type: none"> • Disaster Relief • CPR Training • First Aid Training 	Salisbury	704-633-1222	http://ehdole.redcross.org/afes1.html
Family Crisis Council	Domestic Violence Sexual Assault	Salisbury	Crisis Line 704-636-4718	http://www.familycrisiscouncil.org/
NC 2-1-1	Emergency Services	Salisbury	211	http://nc211.org/
China Grove Farmer's Market	Fresh Fruits & Vegetables	China Grove		https://www.facebook.com/pages/China-Grove-Farmers-Market/122967544386212
Correll Farms	Fresh Fruits & Vegetables	Cleveland	704-278-2329	https://www.facebook.com/correllfarms
Huffman's Peaches & Produce	Fresh Fruits & Vegetables	Salisbury		
Salisbury Farmers Market	Fresh Fruits & Vegetables	Salisbury		http://www.salisburyfarmersmarket.com/
Talia Farms	Fresh Fruits & Vegetables	Salisbury		
Variety Produce	Fresh Fruits & Vegetables	Rockwell		
Wetmore Farms	Fresh Fruits & Vegetables	Woodleaf	704-278-2028	https://www.facebook.com/Wetmore-Farms-163680943702959/?rf=152512154762097

NAME	TYPE	CITY	PHONE	WEBSITE
Rowan County Department of Social Services	Government Agency Services	Salisbury	704-216-8330	http://www.rowancountync.gov/GOVERNMENT/Departments/SocialServices.aspx
YMCA – J Fred Corriher JR	Health Club / Gym	China Grove	704-857-7011	http://www.rowanymca.com/j.-fred-corriher-jr.-ymca/j.-fred-corriher-jr.-ymca/
YMCA – Saleeby-Fisher	Health Club / Gym	Rockwell	704-279-1742	http://www.rowanymca.com/saleeby-fisher-ymca/saleeby-fisher-ymca/
The Forum	Health Club / Gym	Salisbury	704-633-6638	http://theforumfitness.com/
YMCA – J F Hurley	Health Club / Gym	Salisbury	704-636-0111	http://www.rowanymca.com/j.-f.-hurley-ymca/j.-f.-hurley-ymca/
NCSU Cooperative Extension/Rowan Center	Healthy Eating Speaking and Instruction on nutritious food preparation and importance of proper diet	Salisbury	704-216-8970	https://rowan.ces.ncsu.edu/categories/health-nutrition/
Women, Infants & Children (WIC) Program	Nutrition program for women, infants and children	Salisbury	704-216-8777	http://www.rowancountync.gov/GOVERNMENT/Departments/HealthDepartment/WIC.aspx
General Nutrition Center	Retail Nutrition	China Grove	In Rite Aid	www.gnc.com
General Nutrition Center	Retail Nutrition	Salisbury	704-630-9393	www.gnc.com
Simply Good Natural Foods	Retail Nutrition/ Food	Salisbury	704-636-2319	http://www.simplygoodnaturalfoods.com/retailer/store_templates/shell_id_1.asp?storeID=93CE98E27F85454199C7D84C20CDA016
Rufty-Holmes Senior Center	Senior Center <ul style="list-style-type: none"> • Lunch Clubs • Fitness Classes • Health Screenings • Health Education 	Salisbury	704-216-7714	http://ruftyholmes.org/
Rowan Vocational Opportunities	Support Services for individuals with intellectual and/or developmental disabilities	Salisbury	704-633-6223	http://www.rowanvocopp.org/