CALDWELL COUNTY
NORTH CAROLINA

*photos by Brian P Streett

2014 Community Health Assessment

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Executive Summary

Overview

The Community Health Assessment (CHA) is a process by which community members gain an understanding of the health concerns and health-care systems of the community by identifying, collecting, analyzing and disseminating information on community assets, strengths, resources and needs.

- It is the foundation for improving and promoting the health and welfare of community members.
- It is used to identify factors that will affect the health and welfare of a population and determine the availability of resources within the community, such as leaders, public health agencies, businesses, hospitals, private practitioners and academic centers.

Priority Determination

On October 29, 2014, the Community Health Assessment Advisory Committee reviewed all data collected from numerous outside sources and the community health assessment opinion survey in order to determine Caldwell County's top three health priorities for the next three years. Each member ranked the priorities from 1 to 5 based on the magnitude, seriousness of consequences and the overall feasibility (5 being the priority with the highest magnitude, seriousness and overall feasibility). There was an open discussion following the rankings. The top three priorities chosen for the 2014-2017 Caldwell County Community Health Assessment are:

- **Chronic Disease:** Chronic diseases, such as heart disease, respiratory disease and diabetes, have continued to be some of the leading causes of death in Caldwell County. Through education in the community, chronic diseases can be prevented. Education about these diseases can be implemented with any age group through partnerships in school, senior centers, churches, etc.
- **Teen Health:** Teen health is an important piece of the puzzle to improve the health of Caldwell County. The focus of teen health includes teen pregnancy and reproductive health, a lack of healthy and safe activities for teens, and issues surrounding bullying. Bringing awareness of these issues to the forefront of health priorities will help insure our youth become productive citizens.
- **Mental Health and Substance Abuse**: In Caldwell County mental health and substance abuse has been on the rise while resources have continued to be limited in the community. Community partners will focus on providing adequate resources to the public with the goal of reducing the stigma surrounding these conditions. They will also work towards increasing the support that is in place to provide help to those suffering from mental health and substance abuse issues. Educating individuals needing services and those in the community will be a necessity.

Background/Introduction

The 2014 CHA is collaboration among multiple agencies within the county. It represents the most updated data available prior to publication. The Caldwell County Health Department, along with UNC Caldwell Hospital, hosted advisory committee meetings and focus groups to gain an understanding of both stakeholders' and community members' thoughts on the selected priorities.

Data Collection

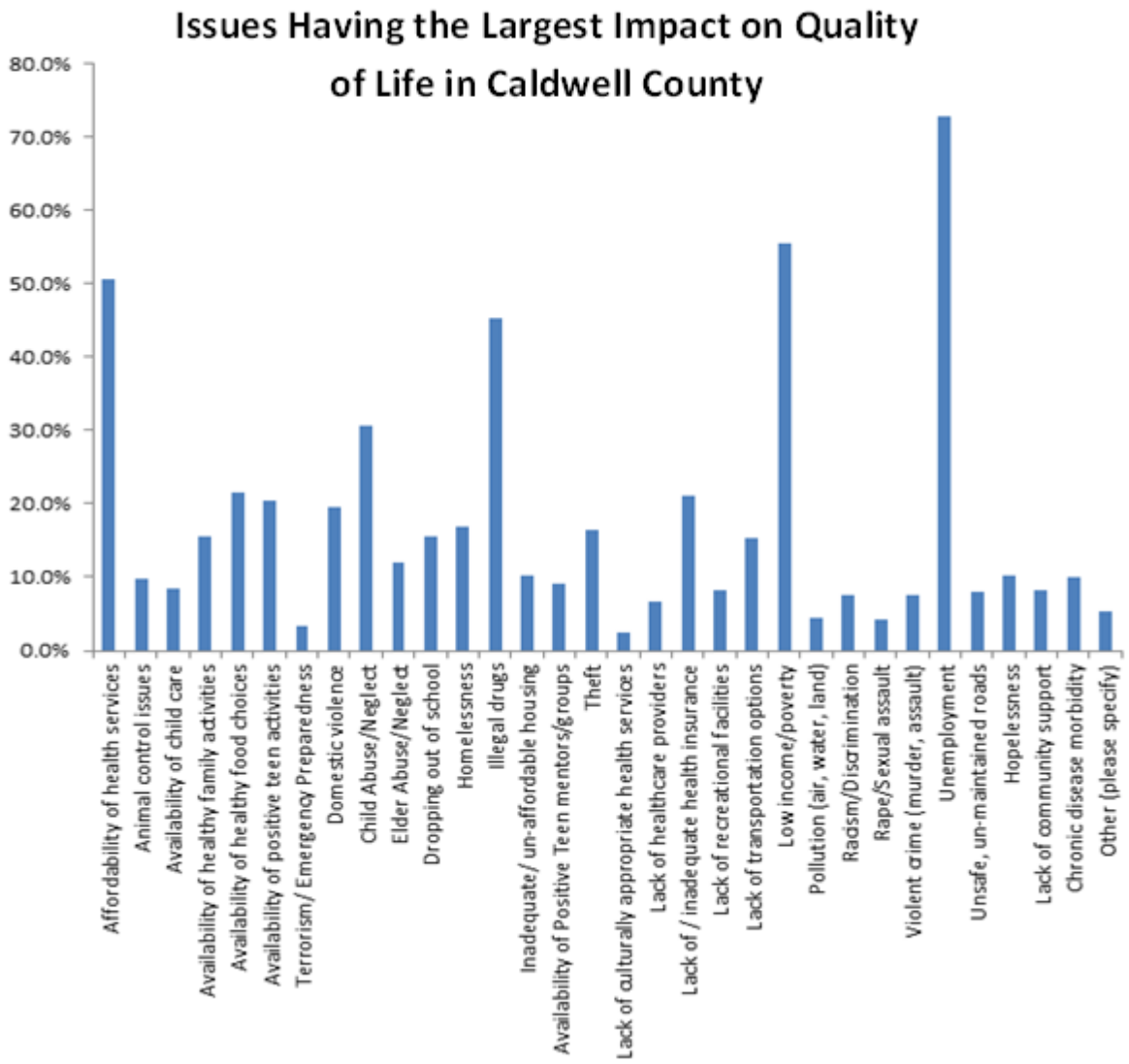
To ensure the quality of the CHA, primary data (collected directly, including focus group data) and secondary data (collected from other sources) must both be used. To achieve this, the Caldwell County Community Health Assessment Advisory Committee:

- Created a Community Health Assessment Opinion Survey that was used to collect primary data.
    - Partnered with the courts to distribute surveys to individuals selected for jury duty
    - Survey was also available online, at the county library and the Caldwell County Health Department
    - Collected 475 completed survey responses
- Caldwell County was included in a regional CHA
    - Caldwell County was a part of Region 2 within the Community Transformation Grant. Region 2 was made up of 10 nearby counties.
    - 200 phone surveys were conducted by CTG contracted staff.
    - Data from the CTG regional CHA is also included in Caldwell County's 2014 CHA.
- Conducted 6 focus groups:
    - The CHA steering committee selected groups which would represent a variety of socioeconomic and demographic groups in Caldwell County.
        - Adult: paper surveys which included open-ended questions were distributed to adults throughout the community
        - Low-income/minority: participants from Helping Hands and the Family Resource Center
        - Business: participants from the Lenoir Rotary Club
        - Teen: conducted two focus groups with students at the Caldwell County Early College
        - Senior-Adult: participants from the Senior Center
    - Participants of these groups were solicited by email listservs, fliers and other established groups.

Priority Selection

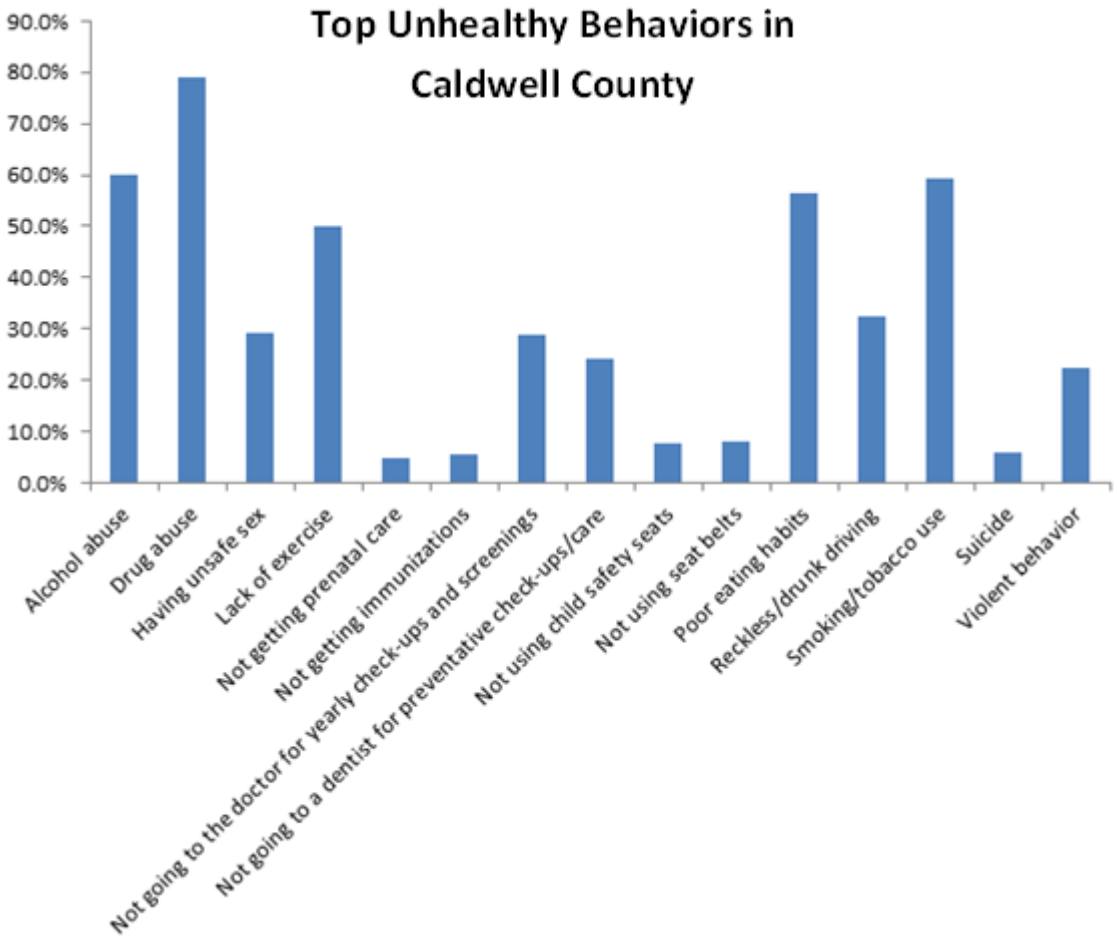
During Phase I of the CHA process, members of the planning team brought forth ten priorities to the advisory committee. These priorities came from the community health assessment opinion survey. Graph 1 and Graph 2 show the survey results on the top priorities listed in the survey. Five priorities were chosen by the advisory committee using an impact matrix (Graph 3). Impact, output, current resources and current programs were all measured to determine where each priority would fall on the matrix. The five priorities which were chosen were Mental Health and Substance Abuse, Chronic Disease, Access to Care, Education/Economy and Teen Health.

Graph 1



Source: Community Health Assessment Surveys

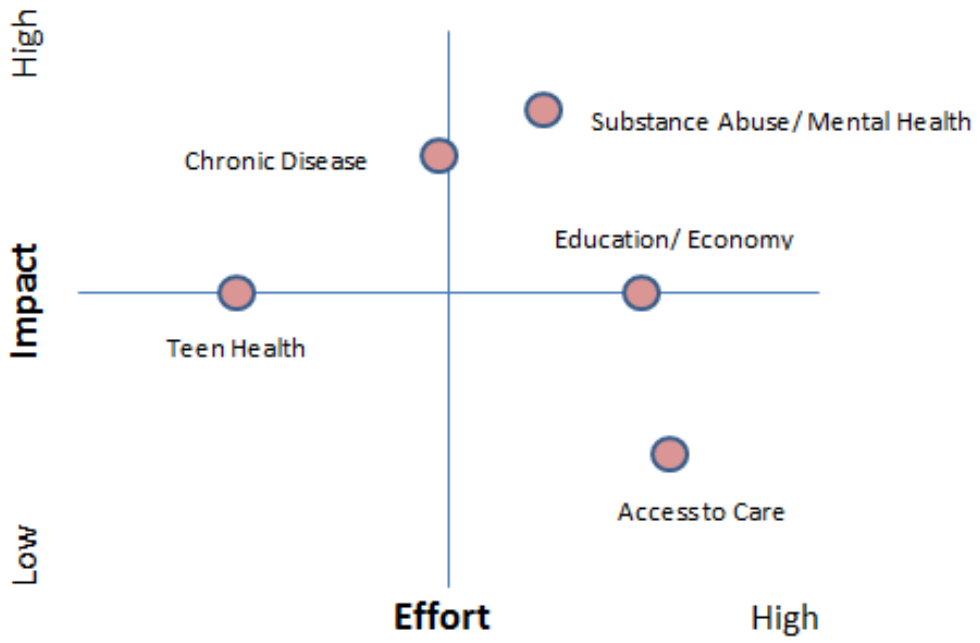
Graph 2



Source: Community Health Assessment Surveys

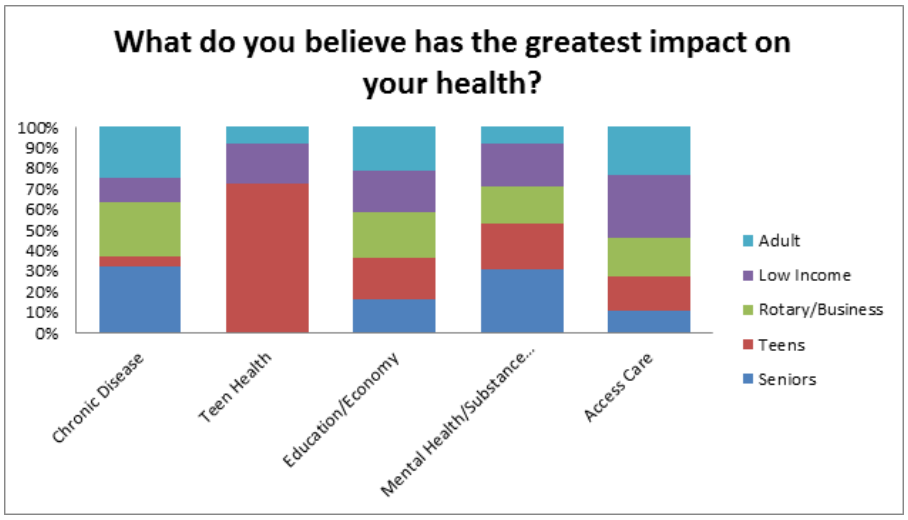
Impact Matrix

Graph 3



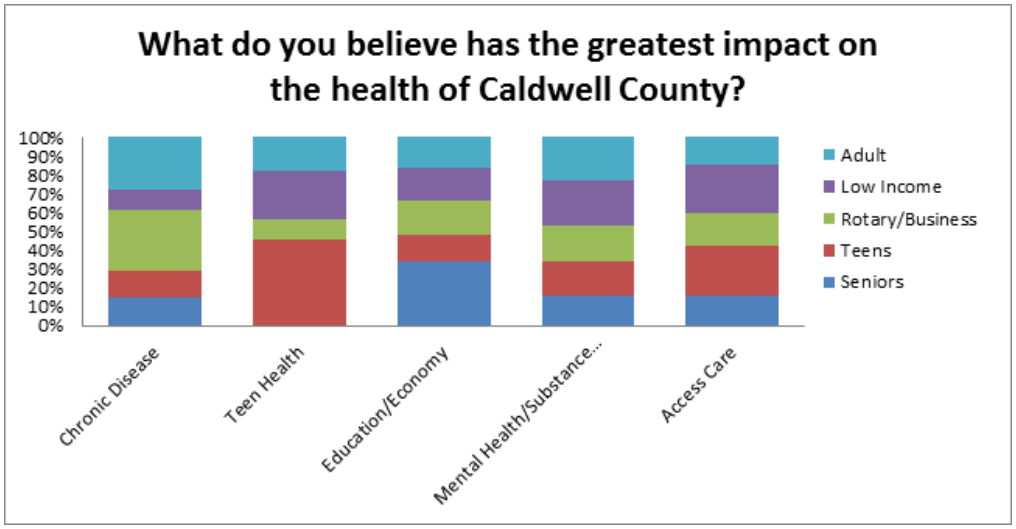
During Phase II of the CHA process, members of the advisory committee worked with individuals of different demographic and socioeconomic groups to organize focus groups. During these six focus sessions, qualitative and quantitative data was collected on each of the five priorities. Graphs 4 & 5 show results of the qualitative data collected during the focus groups. The advisory committee used this primary data and secondary data to choose the top three priorities: chronic disease, teen health and mental health and substance abuse.

Graph 4



Source: Community Health Assessment Focus Groups

Graph 5



Source: Community Health Assessment Focus Groups

Populations at Risk

Health issues effect communities on multiple levels; individually, economically, socially and spiritually. After collecting primary, secondary and focus group data, the advisory committee determined a number of at risk populations for decreased health in Caldwell County. These groups include;

- **Low income**- These individuals are at risk for decreased access to medical care and social status, which are both linked to better health. Historically, lower income individuals have less access to healthy foods increasing their chances of developing chronic diseases, such as heart disease and obesity.
- **Uninsured**- These individuals face barriers to access healthcare every day. Having decreased coverage could lead to delays in receiving appropriate care, the inability to obtain preventative services and an increase in hospitalizations which could lead to decreased health.
- **Teens**- Teens are at risk for many health issues. What choices teens make today will drastically affect their quality of life as an adult, both physically and mentally.
- **Elderly**- This population usually has limited health coverage with an increased need for ongoing primary and acute care. Chronic Diseases and other debilitating diseases are highly prevalent in this age group. This, in turn, results in an elevated need for healthcare.
- **Adults in need mental health and substance abuse services**- In Caldwell County, mental health services are limited. Those individuals who struggle with mental health and substance abuse have inadequate resources to positively influence their health, both physically and mentally.

Caldwell County Description

History

Caldwell County was formed on January 11, 1841. It is located in the northwest section of North Carolina in the foothills. Caldwell County is bordered on the northwest by Watauga County, on the northeast by Wilkes County, on the east by Alexander County, on the south by Catawba and Burke Counties and on the west by Burke and Avery Counties. Today, there are nine incorporated municipalities in the county: Lenoir, Hudson, Granite Falls, Cedar Rock, Cajah's Mountain, Gamewell, Sawmills and parts of Blowing Rock and Rhodhiss.

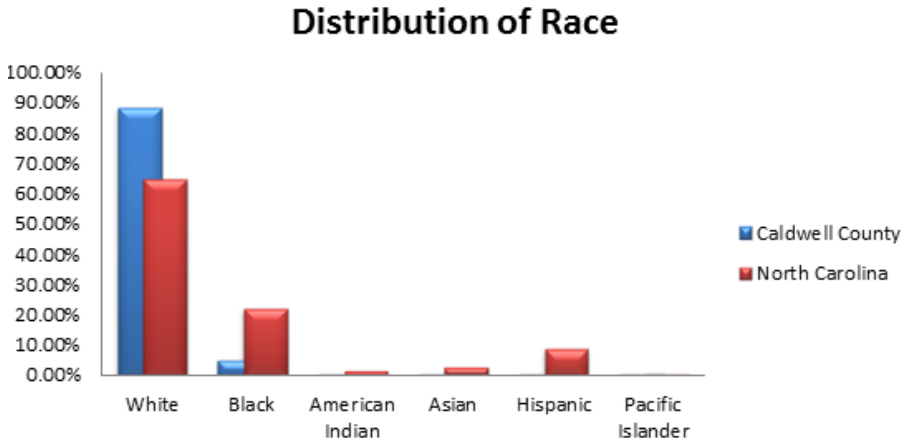
Caldwell County was named for Dr. Joseph Caldwell, former President of the University of North Carolina and an advocate for a public school system and a railroad system to connect Morehead City to Tennessee. In 1790, the Caldwell County area had a population of 2,675 people. In 1791, Caldwell County's first industries were built on Gunpowder Creek, near Granite Falls. This is where the Pierce Iron Forge was erected and gunpowder was manufactured for the patriots. Grist and Sawmills were developed in 1878 along streams within the county. At this time, the county had 51 grain mills, 41 sawmills, 5 furniture shops, 8 tanneries, a pottery, an implement factory, four gold mines and innumerable iron ore beds.

Today in Caldwell County

Today, Caldwell County is home to over 81,000 residents. In 2011, over 65% of residents worked inside the county and 34% worked outside the county. In 2014, manufacturing industries employed over 10.4% of people in Caldwell County while a little over 7.5% of individuals were employed by the government. The majority of Caldwell County citizen who worked in the county were employed with private businesses.

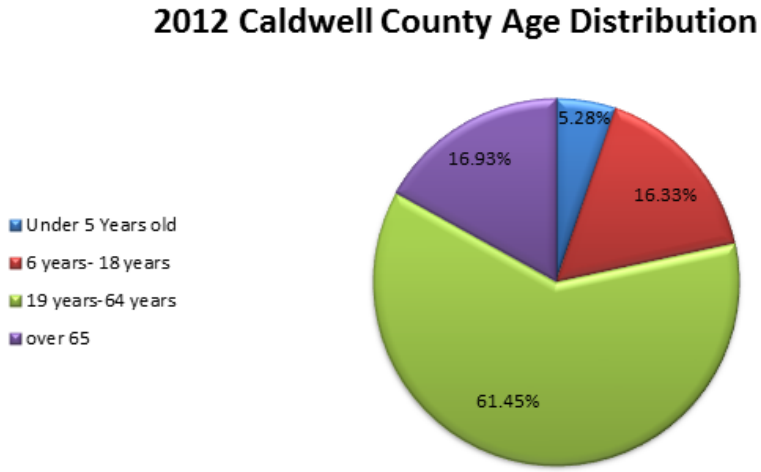
In 2012, 87% of Caldwell County residents were Caucasian and a little over 5% were African American. A majority of Caldwell citizens are between the ages of 19 and 65. Graphs 6 through 8 show the distribution of the population in Caldwell County.

Graph 6



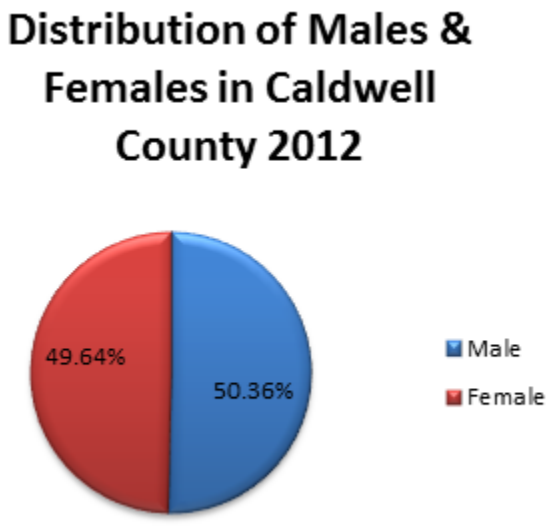
Source: County Health Rankings and Roadmaps

Graph 7



Source: County Health Rankings and Roadmaps

Graph 8



Source: County Health Rankings and Roadmaps

Morbidity and Mortality

Morbidity and Mortality are ongoing concerns for all counties and states. When looking at morbidity and mortality or the incidence of disease it is important to look at modifiable and non-modifiable behaviors. During the CHA action planning sessions, Caldwell County Health Department and partners will be referring to those behaviors to ensure that Caldwell County citizens are aware of and have access to needed services and education in order to decrease morbidity and mortality. The State Center for Health Statistics compiles the top 10 causes of death each year. Caldwell County's top ten causes of death (Chart 1) show that cancer and heart disease consistently fall at the top of the list. This has been consistent for a number of years. Heart Disease and Cancer alone contributed to over 556,213 years of potential life lost in the State of North Carolina in 2013.

Chart 1

Leading Causes of Death for Caldwell County 2012

Rank	Cause	Number	%
1	Cancer	207	23.1
2	Diseases of the heart	202	22.6
3	Chronic lower respiratory diseases	76	8.5
4	Cerebrovascular diseases	49	5.5
5	All other uninentional injuries	34	3.8
6	Alzheimer's disease	33	3.7
7	Influenza and pneumonia	24	2.7
8	Diabetes mellitus	22	2.5
9	Nephritis, nephrotic syndrome and nephrosis	15	1.7
10	Septicemia	15	1.7
	All other Causes (Residual)	218	24.2
	Total Deaths--All Causes	895	100

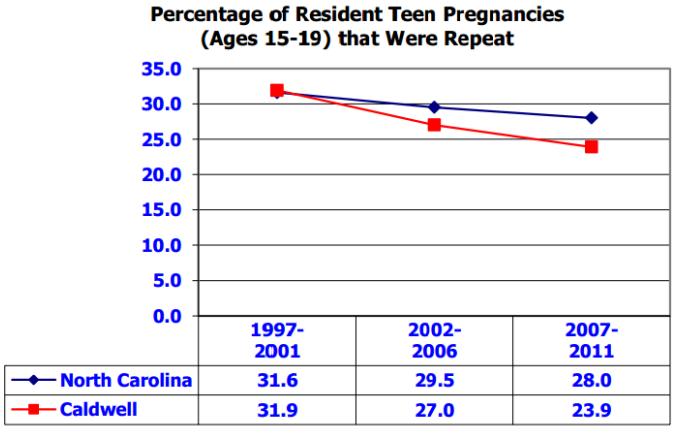
Source: North Carolina State Center for Health Statistics

Areas of Success

The Caldwell County Advisory Committee is pleased to report that Caldwell County has several areas to celebrate in success. The county has made tremendous strides in reducing rates or maintaining them below the state level. The advisory committee is excited to report that the percentage of repeat teen pregnancies has decreased to below the state level over the past ten years (Graph 9). This is an excellent trend since repeat teen pregnancies are associated with a decrease in high school graduation rates, lower income and premature births.

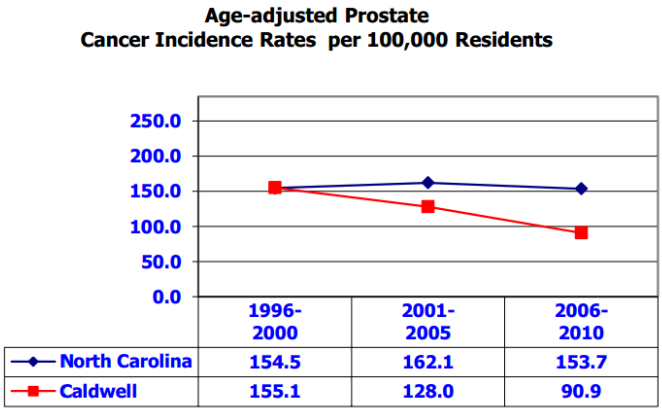
The rate of prostate cancer incidence per 100,000 residents has increases as well (graph 10). This may be contributed to the work the McCreary Cancer Center and the Caldwell County Health Department has done in the education and prevention of prostate cancer in Caldwell County.

Graph 9



Source: North Carolina State Center for Health Statistics

Graph 10



Source: North Carolina State Center for Health Statistics

Areas of Concern

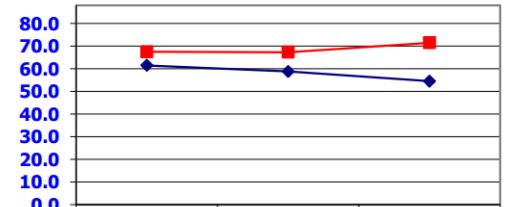
While there are several areas that have demonstrated success, there are a few areas of concern for the citizens of Caldwell County. As a result of the 2014 health assessment and research of secondary data, the Caldwell Advisory Committee noted several health indicators that need substantial improvement. First, Caldwell County has seen an increase in death rates among trachea, bronchus & lung cancers over the past 10 years. The rate is near 70 per 100,000 residents in Caldwell County compared to the State being just 55 per 100,000 and declining (graph 11). In general, over 60 percent of all cancers are related to personal lifestyle or environmental factors, such as smoking and diet.

Cancers can also be related to non-modifiable factors like age, gender, and family history. These specific cancers and other cancers were identified as focus areas this year and strategies targeting these areas will be included in the chronic disease action plan.

Second, suicide rate was a health indicator with an exceptionally high percentage in the county. The suicide rate in Caldwell County in 2011 was nearly 18 per 100,000, shown in graph 12, and was one of the top 10 causes of death in 2011. Suicide rate, along with other mental health issues will be covered in the mental health and substance abuse action plan.

Graph 11

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

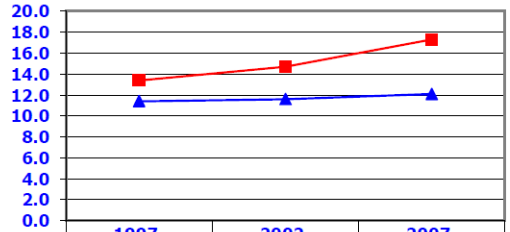


	1997-2001	2002-2006	2007-2011
North Carolina	61.5	58.8	54.5
Caldwell	67.5	67.3	71.5

Source: North Carolina State Center for Health Statistics

Graph 12

Age-Adjusted Suicide Rates per 100,000 Residents



	1997-2001	2002-2006	2007-2011
North Carolina	11.4	11.6	12.1
Caldwell	13.4	14.7	17.3

Source: North Carolina State Center for Health Statistics

Top Health Priorities

After reviewing primary data, secondary data, focus group responses and talking with stakeholders, the Caldwell County Advisory Committee reviewed five priorities and the impact they have on the community. The findings of this review are outlined below.

Access to Care

Access to Care refers to the ability and ease of individuals to obtain the healthcare they need. Obtaining valuable healthcare is important for the success of health equity and increasing the quality of life. Access to healthcare focuses on insurance coverage, available services, wait time, hours of operation, workforce, transportation to and from, etc. Barriers in access to healthcare lead to decreased health, delays in receiving appropriate care, the inability to obtain preventative services and increases in hospitalizations that could have been prevented.

Access to Care in Caldwell County

In Caldwell County, there are limited resources for individuals with inadequate access to care. The Helping Hands Clinic is the primary health resource for those adult individuals with little or no insurance. During the 2009-2010 year, nearly 17% of the non-elderly individuals in Caldwell County were uninsured (graph 13). Although, this was quite a bit less than the state at 19.6%, it is still a concern among citizens. Without insurance, individuals cannot receive some of the care they need.

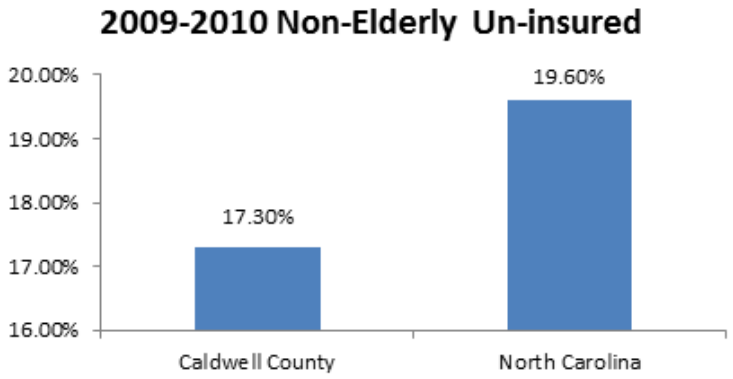
When looking at access, it is also important to look at those individuals with limited coverage or Medicare and Medicaid. Some doctors' offices will not accept patients with Medicare or Medicaid and some specialty treatments are not covered.

Access can also be limited when a community has a lack of physicians. Data shows that Caldwell County has a lower physician and dentist rate per citizen than the state (graph 14). This trend has been consistent over the past ten years. Needed primary care services for citizens can be affected by this lack of primary caregivers as well as the overall health of the community.

During the CHA process, the advisory committee found that in Caldwell County there is a lack of access for people with mental health issues. Individuals with mental health issues are being referred to agencies outside the county and are not receiving adequate care at home. In the focus groups, the advisory committee found that many mental health agencies in the county use group facilitation. It was identified in the focus groups that individuals would prefer receiving one-on-one counseling/therapy, however, due to low staffing, patients are turned away. Therefore, having decreased access to the healthcare needed. Mental health issues are discussed more in this document under mental health and substance abuse priority.

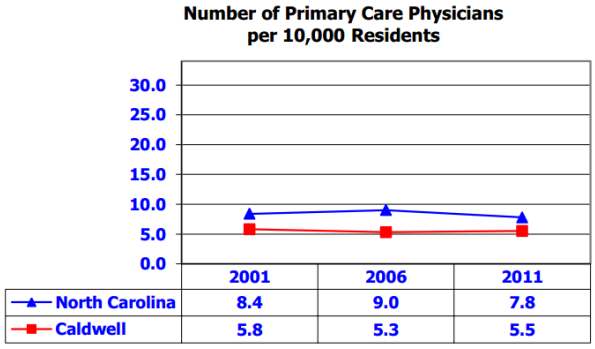
Access can also be determined by looking at the number of individuals in the community who choose or feel they must use the emergency room as their point of primary care. Results of the community health assessment opinion survey, graph 15, shows that 4% of participants choose to go to the emergency room for various reasons. Lack of insurance, lack of a primary physician and the need for convenience were some of top reasons for these individuals choosing the ER over other health services, as shown in graph 16. This trend can cause issues for not only hospital staff, but also those individuals coming to the ER for emergencies.

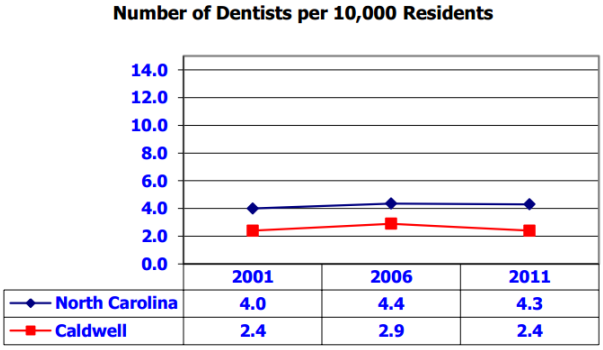
Graph 13



Source: North Carolina State Center for Health Statistics

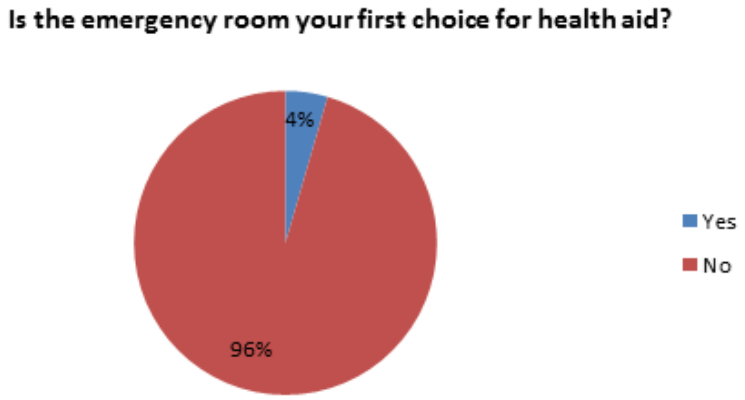
Graph 14





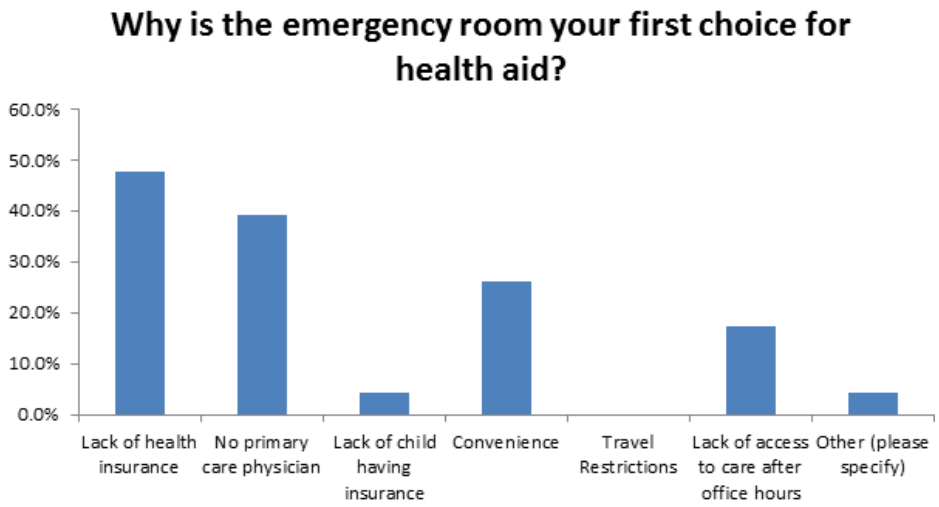
Source: North Carolina State Center for Health Statistics

Graph 15



Source: Community Health Assessment Surveys

Graph 16



Source: Community Health Assessment Surveys

Education/ Economy

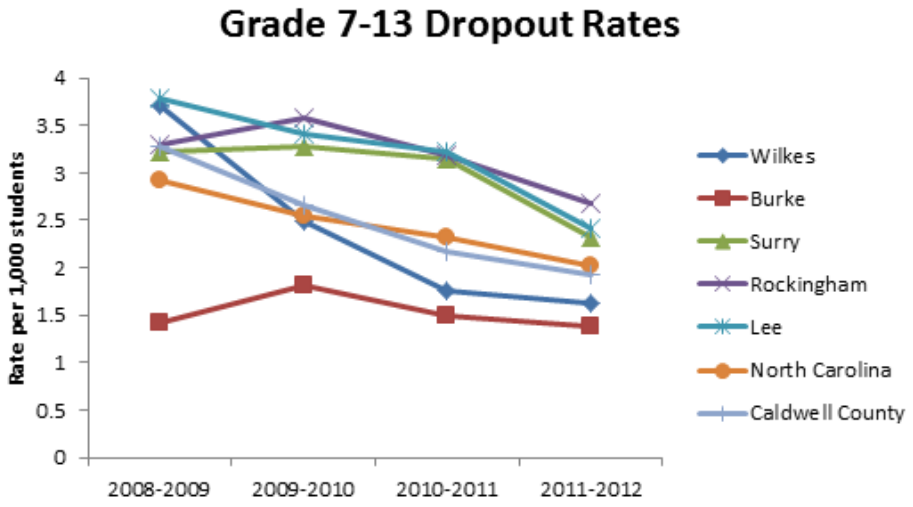
Education and Economy plays an immense role in today's society. Research shows that individuals who have received a higher education are more likely to find a higher paying job. It can be a struggle for communities to find the balance between education and economy. There are number of reasons why some communities have struggles balancing these two issues. These reasons can range from citizens having lack of resources, such as transportation, or the community supporting higher paying and educated jobs for those residents with qualifications.

Education in Caldwell County

There are 26 schools in Caldwell County which serve PreKindergarten-12th grade, accounting for roughly 12,029 students. Over the past few years, Caldwell County has seen an improvement in the high-school dropout rate (graph 17). In 2012, Caldwell County's high school dropout rate was around 2 per 1,000 students. This was an improvement from the rate of 3 per 1,000 in 2009. As seen in graph 17, Caldwell County has a lower dropout rate than three of its peer counties and about equal with the state average. These decreased dropout rates could be a result of the collaboration between Caldwell County Schools and its Communities In Schools, Safe Schools and Why Try programs. Communities In Schools is the nation's largest dropout prevention organization. The mission of Communities In Schools is to surround students with a community of support, empowering them to stay in school and achieve in life. The Safe Schools program encourages students to work out their disagreements and reassure them to become active in school programs while teaching them the importance of living a drug-free and bullying-free life. The Why Try program is a strength-based approach to helping youth overcome their challenges and improve outcomes in the areas of truancy, behavior, and academics. Implementing these programs with the students in Caldwell County can increase graduation rates and decrease dropout rates.

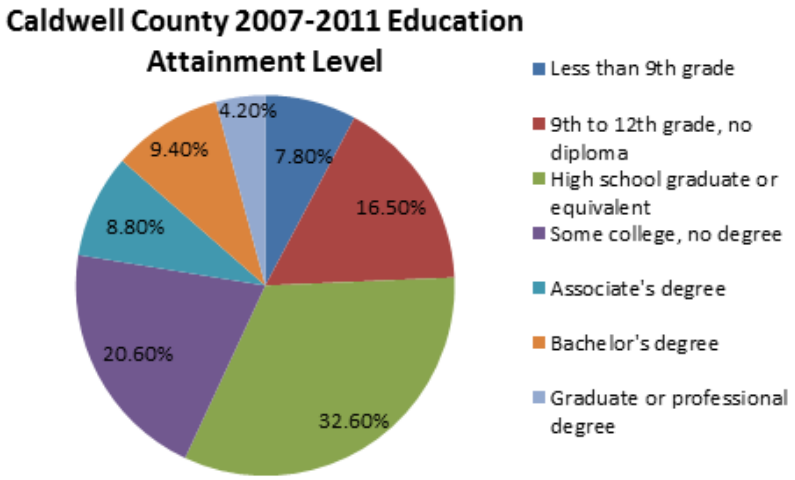
Graduation is an important accomplishment for not only individuals but also communities. Individuals with at least a high school education are not only more likely to obtain higher education but they are also more likely to be productive citizens. In 2011, around 53% of Caldwell County residents reported having a high school diploma (or equivalent) or some college (graph 18).

Graph 17



Source: 2011-2012 Grade 7-13 Dropout Rates, Department of Public Instruction

Graph 18



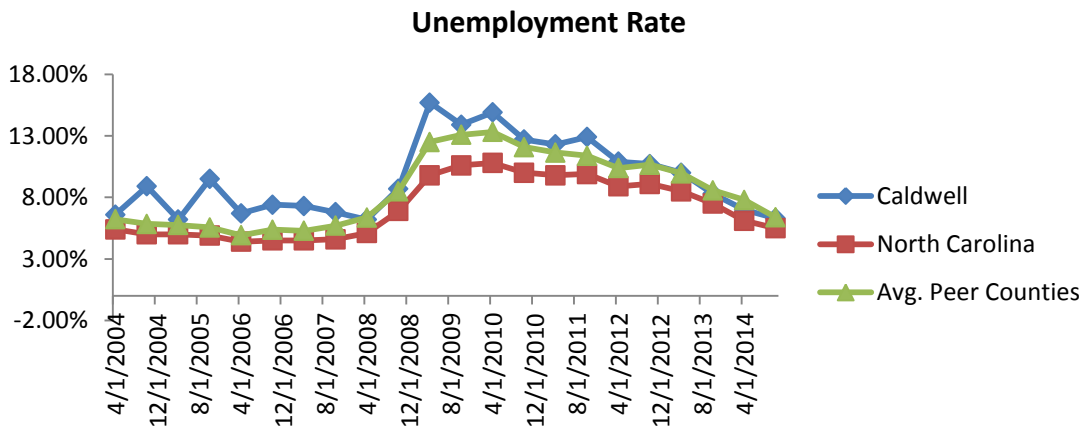
Source: United States Census Bureau

Economy in Caldwell County

Like many parts of the country, economy can be struggle in Caldwell County. The changes in the community's economy over the past years could be attributed to several changes in the region's workforce and infrastructure. These include the decreased availability of job opportunities, the transition of manufacturing jobs moving from Caldwell County to overseas and the overall economy of the Country. Over 65% of the participants in our community health assessment survey, reported that they worked a full time job, 20% reported they worked part time jobs or were retired and 4% reported they were unemployed. Graph 19 shows that the unemployment rate across Caldwell County, the state and peer counties have decreased since the vast increase in early 2009, but Caldwell County's rate it is still higher than North Carolina's unemployment rate. Caldwell County's unemployment rate has dropped from 15.7% in April 2009 to 6.3% in October 2014. Some of the reasons why the unemployment rate has decreased may be due to projects in Caldwell County like Google, Merchant Distributors, Woodgrain Millwork, Bakers Waste Equipment, Exela Pharmaceutical, Greer Lab, etc. It may also be a result of the companies which have grown substantially in business and employment throughout the past few years. These include Bernhardt Furniture, Bemis, McCreary Modern, Beocare, Marlin Chemical and many others.

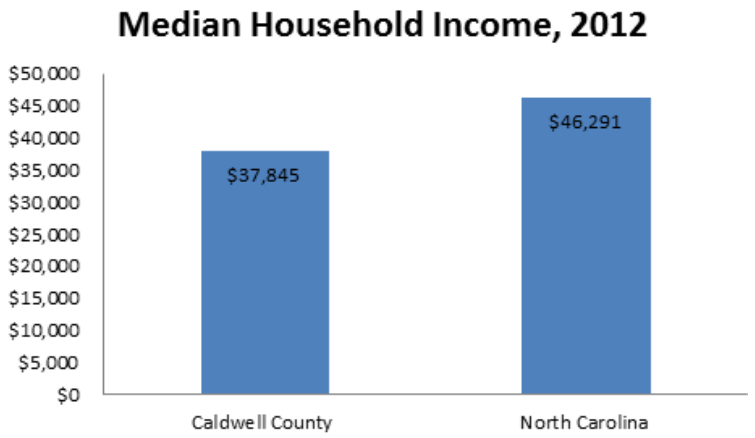
There are many factors that contribute to not only an individual's personal finances but also that individual's community's economy. Household income and single parent homes are two aspects that can influence a community's economy. The median household income for Caldwell County in 2012 was $37,845 (Graph 20). Graph 21 shows the percentage of single-parent households, with Caldwell County at 8% (second to lowest). Household income and single-parent households directly reflect the percent of residents living under the federal poverty line in a community. In 2013, around 18% of Caldwell County's population was living under the poverty line; this is an increase from 2009 when around 16% (graph 22).

Graph 19



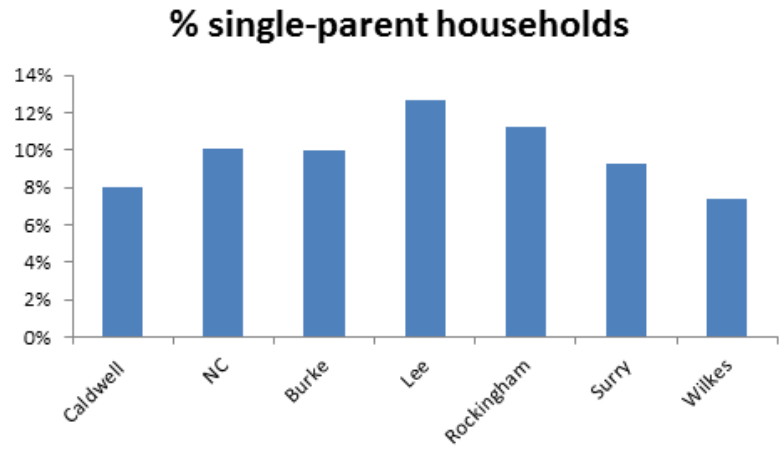
Source: Bureau of Labor Statistics

Graph 20



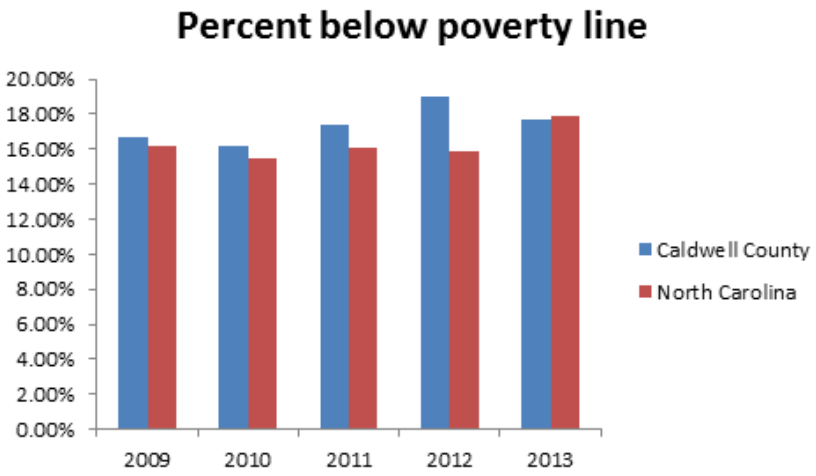
Source: United States Census Bureau

Graph 21



Source: Spotlight on Poverty and Opportunity

Graph 22



Source: Spotlight on Poverty and Opportunity

Chronic Disease

Chronic diseases are long-lasting health problems that can be controlled but not cured. They are also the leading causes of death and disability in the United States. Some common chronic diseases are heart disease, respiratory disease, diabetes, Alzheimer's disease, stroke, cancer, obesity, and arthritis. There are four health behaviors that increase the risk of chronic disease: lack of exercise, poor diet, tobacco use, and drinking too much alcohol.

To prevent and control the risk of chronic diseases, it is important to raise awareness and educate the population on diseases and their risk factors. Many chronic diseases can be prevented by modifying behavior such as not smoking, being physically active, and eating nutritious foods. The morbidity of chronic diseases can be reduced by early detection with screenings such as mammograms, colonoscopies, glucose testing, blood pressure checks, etc. Health initiatives and programs that promote physical activity and healthy eating can contribute to lowering the number of chronic diseases.

Chronic Disease in Caldwell County

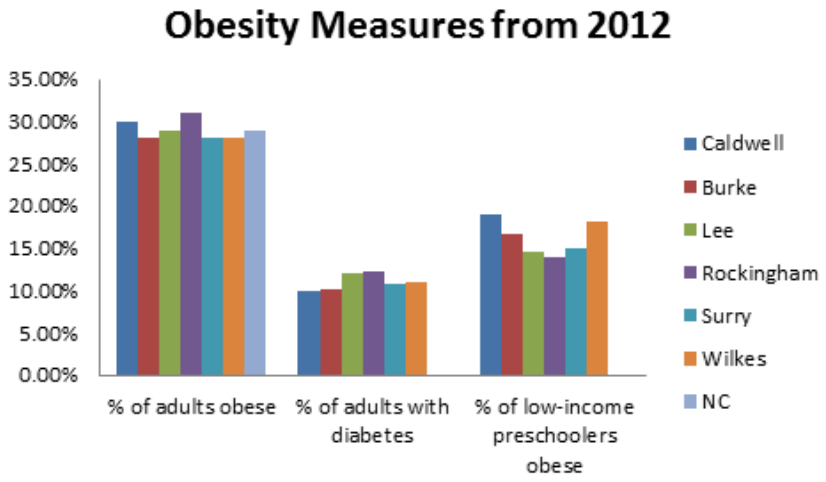
From 2007-2012, the top three leading causes of death in Caldwell County were heart disease, cancer and chronic respiratory disease, all chronic diseases. Other chronic diseases that affect Caldwell County are diabetes, Alzheimer's disease, cerebrovascular diseases, nephritis, and septicemia. One of the major risk factors for chronic disease is obesity. Caldwell County is one of the highest counties, out of the peer counties, for percent of adult who are obese and the percent of low-income preschoolers who are obese (graph 23).There are a number of resources in Caldwell County which provide services for individuals in the community who have chronic diseases or have the risk of developing chronic diseases. Some of these services include CCHD's diabetes self-management and chronic disease self-management classes, the Lenoir Greenway, Quest 4 Life, McCreary Cancer Center, Centers for diabetes health, Caldwell County Health Department, Helping Hands, Caldwell UNC Healthcare and Alta. All of these resources can help prevent and fight chronic diseases at the individual level.

Over the past 10 years there has been a gradual decrease in heart disease in Caldwell County (graph 24). Although heart disease rates have improved slightly, Caldwell County's rate is still higher than the state's. Continued encouragement and promotion of the the use of services in Caldwell County will hopefully improve the chronic disease rates further.

Respiratory disease is also among those chronic diseases that are prevalent in Caldwell County. Tobacco use may be one of the contributing behaviors which influence this statistic. In Western North Carolina in 2013, 52% of adults who took the Behavior Risk Factor Surveillance Survey reported that they had smoked at least 100 cigarettes in their life time and 14% reported they were current smokers. In the Youth Risk Surveillance Survey conducted in 2009 reported that 21% of high school students had smoked a cigarette in the past 30 days.

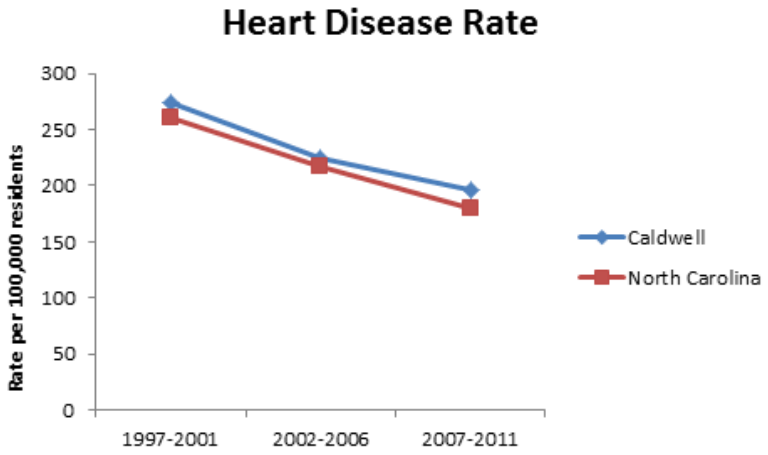
Another risk factor for respiratory disease such as COPD, asthma and bronchitis is air quality. Graph 25 shows the number of unhealthy versus good days Caldwell County has when looking at air quality.

Graph 23



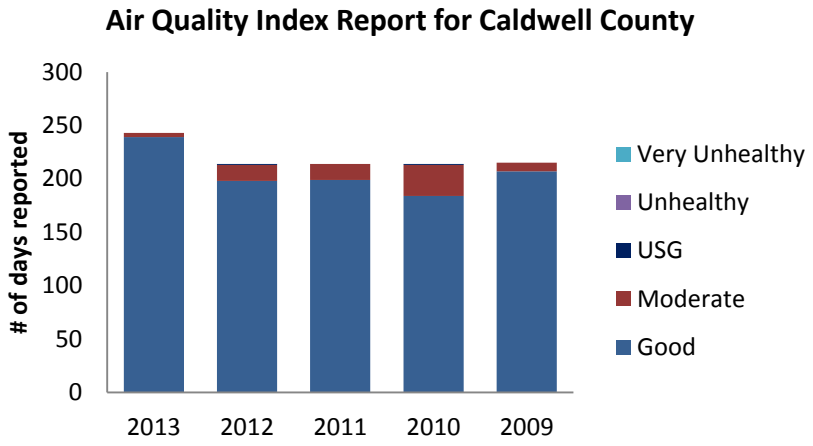
Source: National Institute for Child Health and Human Development

Graph 24



Source: North Carolina State Center for Health Statistics

Graph 25



Source: U.S. Environmental Protection Agency

Teen Health

Teen health is associated with those individuals who are between 13 and 19 years of age. Teen health topics including suicide, violence, pregnancy, bullying, decision-making, substance abuse/use, sexually transmitted infections, eating and exercise habits and self-esteem. What decisions and choices teens make early in life will affect their quality of life as an adult, both physically and mentally.

Teen Health in Caldwell County

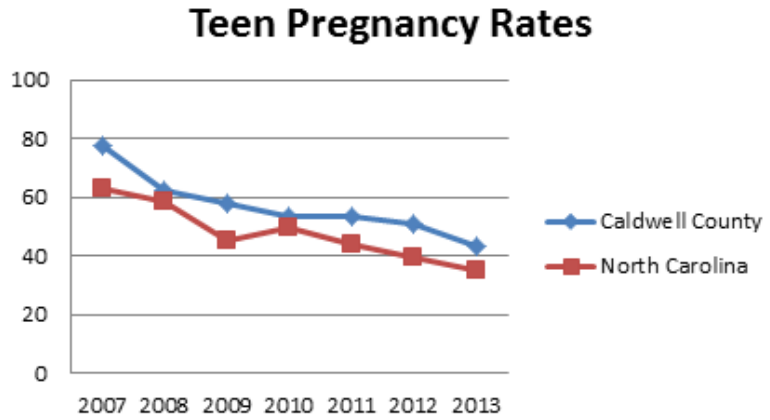
During the past three years, Caldwell County focused primarily on teen pregnancy rates. Over this course of time, teen pregnancy rates have decreased (graph 26). This decrease may be contributed to the Caldwell Council on Adolescent Health's efforts to develop and provide education to teenagers in the school system. Repeat teen pregnancies are defined as teenagers who have already had a delivery and are pregnant again. Caldwell County had seen a decrease in repeat pregnancies until 2013(graph 27). The Caldwell Council on Adolescent Health implemented a program in 2014 to serve teens who are pregnant with their first child or parenting teens that do not have resources to adequately care for themselves or their child while completing high school or an equivalent educational program, with the hopes to increase graduation rate among teen moms and decrease the chance of a repeat pregnancy.

In the teen focus group, a number of comments were made regarding the lack of resources and areas for teens to "hang-out" which were fun and safe for their age. Caldwell County, in turn will focus, for the next three years, on creating more activities for teenagers. These activities include recreational, afterschool, civic and social opportunities that will be made available to all teenagers within the county. Finding these activities for teenagers will provide them with a safe environment and responsible mentors.

In the CHA opinion survey, parents (and/or guardians), were asked what health topics, they believed, their children needed more information about. Bullying, nutrition and drug abuse were the top three topics chosen as depicted on graph 28. These three topics will also be taken into account when considering what education is needed in schools, along with designing a safe environment for teens.

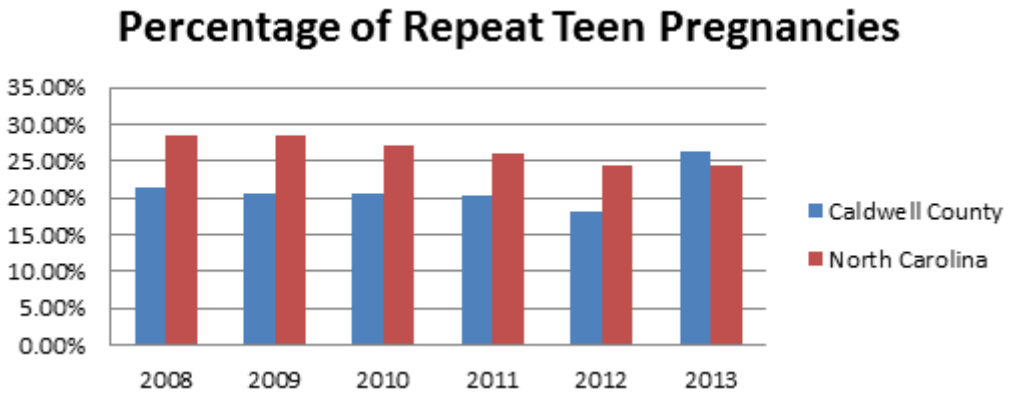
There are education and health resources available in Caldwell County for teenagers like, Adolescent Health Association, Communities In Schools, Caldwell Council on Adolescent Health and Caldwell County Health Department. Making Proud Choices, youth leadership Caldwell (chamber) and various pregnancy prevention programs (family prevention) are also available in Caldwell County.

Graph 26



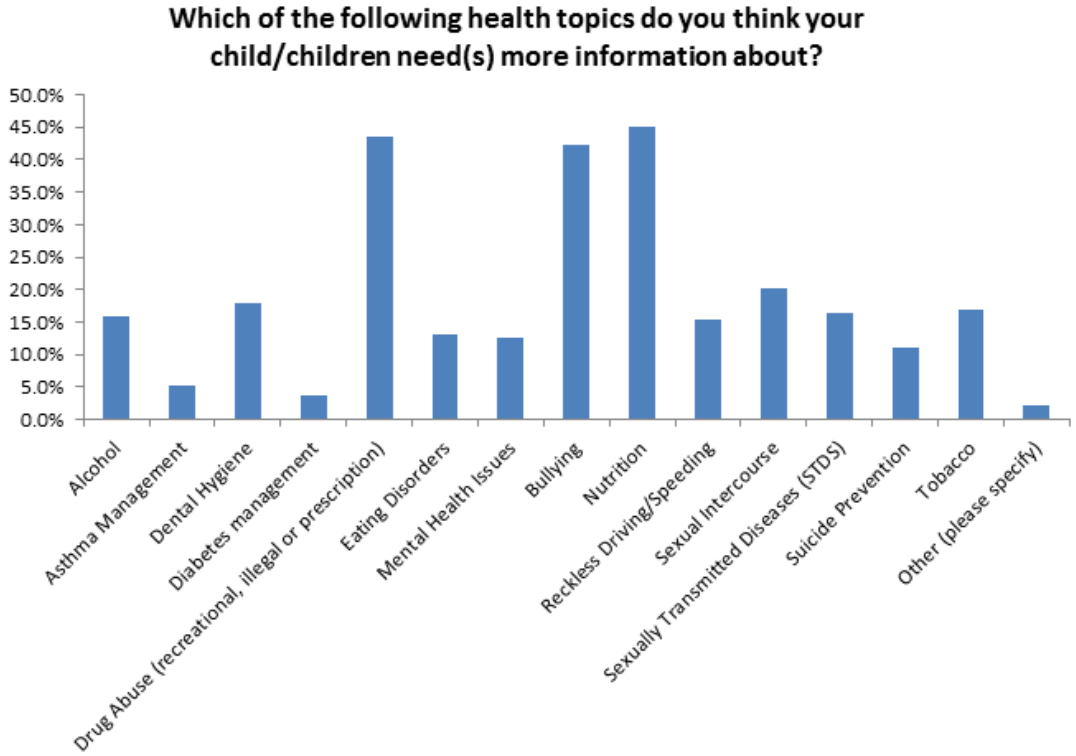
Source: Adolescent Pregnancy Prevention Campaigns of North Carolina

Graph 27



Source: Adolescent Pregnancy Prevention Campaigns of North Carolina

Graph 28



Source: Community Health Assessment Surveys

Mental Health and Substance Abuse

The World Health Organization defines mental health as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

Depression, anxiety, psychotic disorder, bipolar disorder and substance abuse are common mental health disorders. These are the things the health department is concerned with and can help: emotional well-being, psychological well-being and social well-being. Some aspects that impact mental health are adequate housing, safe neighborhoods, equitable jobs and wages, quality education, and equity in access to quality health care.

Depression can include the following symptoms: being in a sad mood, loss in pleasurable activities, fatigue, feelings of guilt and reoccurring thoughts about death. Depression correlates with adverse health behaviors such as smoking, alcohol consumption, physical inactivity and sleep disturbance.

A characteristic of anxiety is: excessive or unrealistic worrying about everyday events and task. Phobias or fears can cause individuals to feel anxious such as seeing a snake or flying in an airplane. Obsessive-compulsive disorder (OCD) is an anxiety disorder with recurrent thoughts or behaviors. Anxiety disorders can be treated with pharmacotherapies and by addressing exposure and response prevention.

Psychotic disorders occur when individuals experience deregulation of thought processes. Schizophrenia is a psychotic disorder where individuals have symptoms of delusion and hallucinations. Psychotic disorders are usually treated with antipsychotic medications and forms of psychosocial interventions.

Bipolar disorder is considered a major mood disorder where individuals experience episodes of depression and mania. Elevated, unrestrained or irritable mood often occur with this mental illness. Some effective treatments for this disorder include medication and psychotherapy.

Substance Abuse includes alcohol, tobacco and drug use/abuse. When alcohol is used and/or abused such as, underage drinking or binge drinking, there can be an increased risk of health problems. Excessive alcohol use can lead to injury, violence and liver problems. Using tobacco products harms most organs in the body and can cause diseases. When an individual stops using tobacco products there can be immediate benefits and long term benefits. Drugs that are typically used and/or abused are cocaine, heroin, marijuana, methamphetamine and prescription drugs.

Mental Health and Substance Abuse in Caldwell County

Between 2007 and 2012, deaths caused by self-directed injurious behavior, also known as suicide was among the leading causes of death in Caldwell County. As shown in graph 29, the suicide rate in Caldwell County over the past 10 years has been higher than North Carolina's rates. In graph 30, the 2007-2011 suicide rate in Caldwell County was higher than North Carolina and all peer counties. Mental health and substance abuse are leading risk factors for suicide.

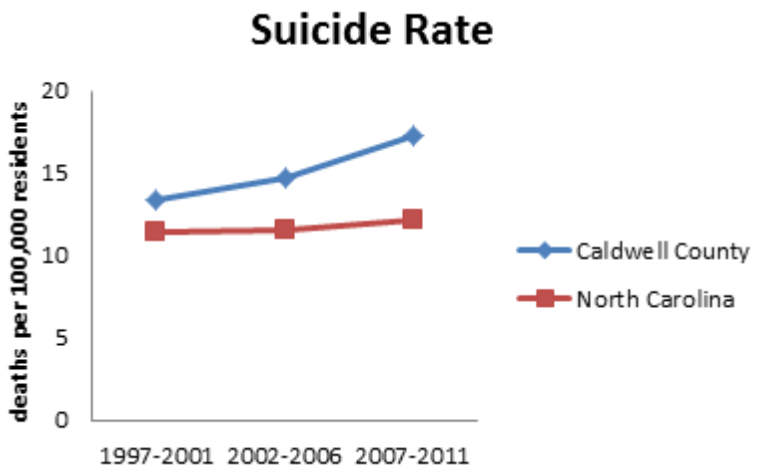
Along with mental health, substance abuse is also an issue in Caldwell County. Compared to peer counties, Caldwell County has the highest percentage of traffic accidents due to alcohol (graph 31). Many people do not think of alcohol as a drug, but it is considered one just like illegal drugs and tobacco are.

Only 14% of individuals who participated in the CHA opinion survey reported that they were current smokers (graph 32), however 55% of people reported that they were exposed to secondhand smoke in the past year (graph 33). Those individuals reported they were mostly exposed to secondhand smoke at home, at the workplace and in other location (parking lots, stores, vehicles, family/friends' homes and sidewalks) (graph 34).

According to Caldwell County Sheriff's Office; prescription pill abuse, methamphetamine, marijuana and heroin use are on the rise. Over $1,000,000.00 worth of narcotics were seized in 2014 alone, not to mention over 7 meth labs. The State Center of Health Statistics states that "From 2011-2013, there have been 41 unintentional opiate poisonings and 20 prescription unintentional opioid poisonings in Caldwell County". Risky behaviors associated with drug use and misuse can cause an increased possibility for contracting infections or diseases such as, HIV, hepatitis and tuberculosis. According to Caldwell County Health Department, Communicable Disease Nurse, in 2013, there was 7 acute Hepatitis C cases, with 4 being used with IV drugs and 33 reports of chronic hepatitis C cases. In 2014, there was over 3 acute hepatitis C cases and 50 chronic hepatitis C reports. Graph 32 shows that only 4% of Caldwell County residents who completed the CHA opinion survey have taken a prescription drug that was not prescribed to them. In order to see these statistics decrease, substance abuse prevention needs to be continued and education provided to all ages.

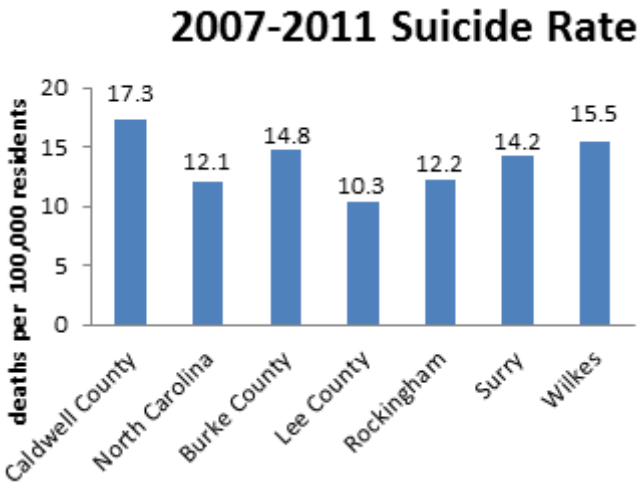
One of the goals of Caldwell County is to raise awareness concerning mental health disorders and substance abuse by providing resources within the county. There are a number of agencies and organizations that have begun working on increasing mental health awareness and resources but there is still a long way to go. The stigma of mental health and substance abuse is an issue among many citizens. Decreasing that stigma and increasing the awareness of resources is an important next step for the county. Some resources that are currently available are RHA Behavioral Health Services, Smokey Mountain, Caldwell Memorial-UNC Hospital, Caldwell Community College & Technical Institute counseling, Comprehensive Community Services, Horizons and Gateway.

Graph 29



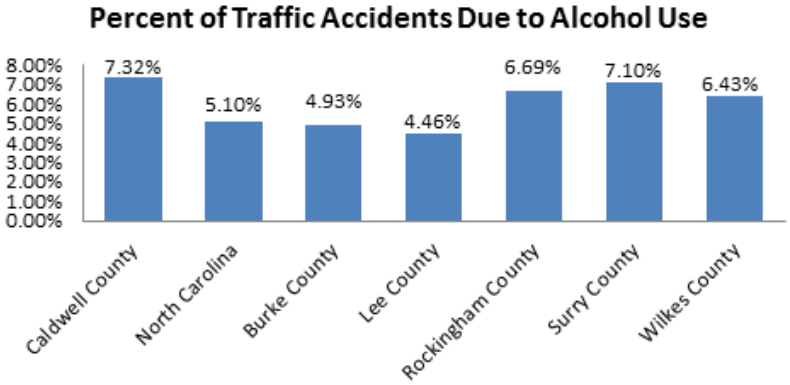
Source: North Carolina State Center for Health Statistics

Graph 30



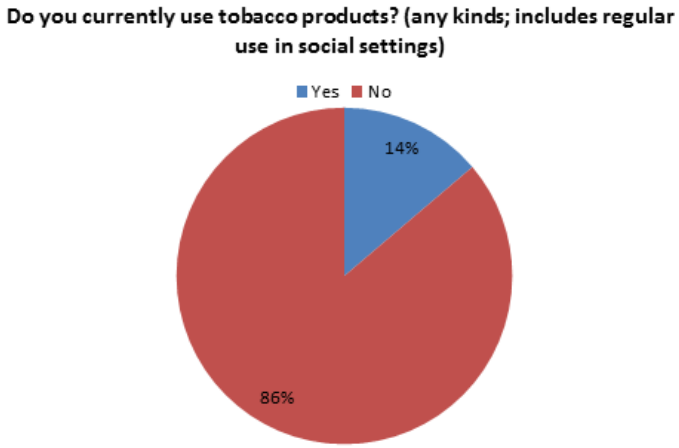
Source: North Carolina State Center for Health Statistics

Graph 31



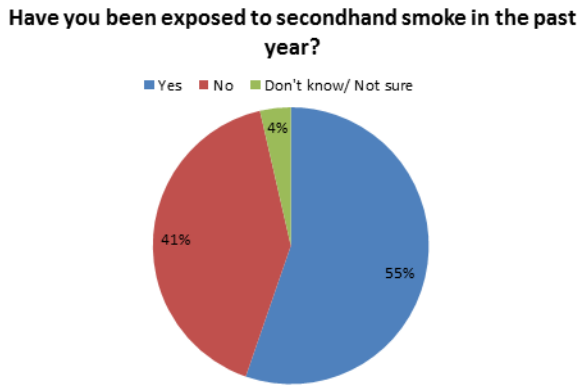
Source: North Carolina State Center for Health Statistics

Graph 32



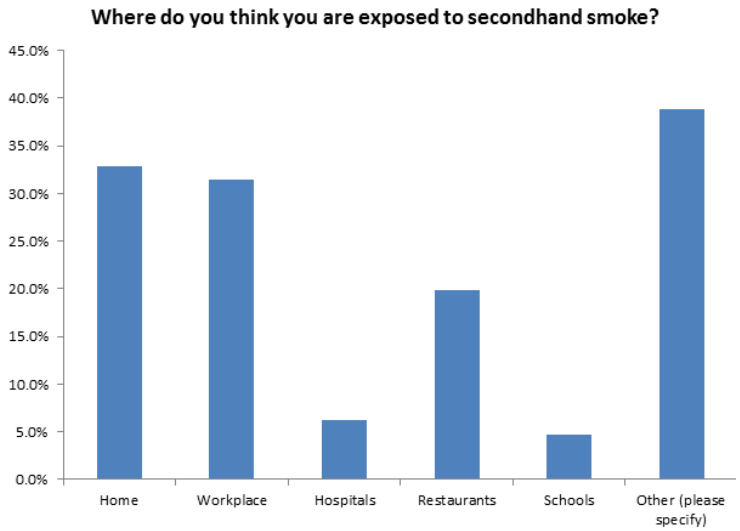
Source: Community Health Assessment Surveys

Graph 33



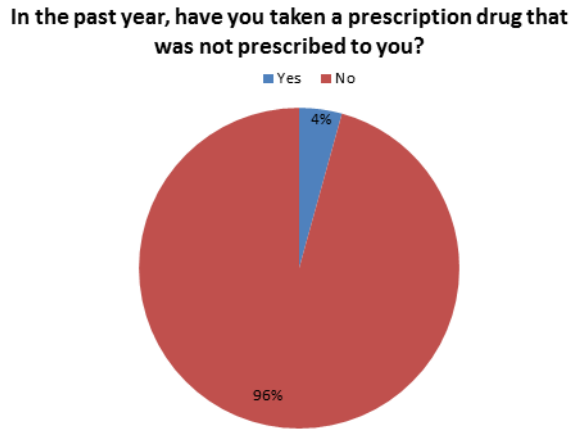
Source: Community Health Assessment Surveys

Graph 34



Source: Community Health Assessment Surveys

Graph 35



Source: Community Health Assessment Surveys

Acknowledgements

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Submitted to NCDPH by Caldwell County Health Department
March 2015

Appendix A: 2014 Caldwell County CHA Survey

The purpose of this survey is to learn more about health and quality of life in Caldwell County. The Caldwell County Health Department, Caldwell UNC Healthcare and various community-based agencies will use the results of this survey and other information to identify the most pressing health problems in Caldwell County and to develop plans to address those identified problems. All the information you give us will be completely confidential and will not be linked to you in any way. Thank you for taking the time to complete this Community Health Survey.

Eligibility

Do you live in Caldwell County? _____Yes _____ No

Have you participated in this year's survey already?
_____Yes _____ No _____ Not sure

Are you 18 Years old or older? _____Yes _____No
(If no on any of these, stop the survey here and thank you for your time.)

Part I: Quality of Life in Caldwell County

1. This first question is about community-wide issues that have the largest impact on the overall quality of life in Caldwell County. Please look at this list below of community issues. **Pick the community issues that have the greatest effect on quality of life in the county.** (Please choose up to 5).

a. ___ Affordability of health services
b. ___ Animal control issues
c. ___ Availability of child care
d. ___ Availability of healthy family activities
e. ___ Availability of healthy food choices
f. ___ Availability of positive teen activities
g. ___ Terrorism/ Emergency Preparedness
h. ___ Domestic violence
i. ___ Child Abuse/Neglect
j. ___ Elder Abuse/Neglect
k. ___ Dropping out of school
l. ___ Homelessness
m. ___ Illegal drugs
n. ___ Inadequate/ un-affordable housing
o. ___ Availability of Positive Teen mentors/groups
p. ___ Theft.
q. ___ Lack of culturally appropriate health services
r. ___ Lack of healthcare providers
s. ___ Lack of / inadequate health insurance
t. ___ Lack of recreational facilities
u. ___ Lack of transportation options
v. ___ Low income/poverty
w. ___ Pollution (air, water, land)
x. ___ Racism/Discrimination
y. ___ Rape/Sexual assault
z. ___ Violent crime (murder, assault)
aa. ___ Unemployment
bb. ___ Unsafe, un-maintained roads
cc. ___ Hopelessness
dd. ___ Lack of community support
ee. ___ Chronic disease morbidity
ff. ___ Other_____

Part II: Community Behaviors/Issues

2. This question is about unhealthy behavior that some individuals do that have the largest impact on the community as a whole. **Please look at the list below of unhealthy behaviors. Please pick the top unhealthy behaviors you believe are in Caldwell County**. (You can choose up to 5).

a. ___ Alcohol abuse
b. ___ Drug abuse
c. ___ Having unsafe sex
d. ___ Lack of exercise
e. ___ Not getting prenatal care
f. ___ Not getting immunizations
g. ___ Not going to the doctor for yearly check-ups and screenings
h. ___ Not going to a dentist for preventative check-ups/care
i. ___ Not using child safety seats
j. ___ Not using seat belts
k. ___ Poor eating habits
l. ___ Reckless/drunk driving
m. ___ Smoking/tobacco use
n. ___ Suicide
o. ___ Violent behavior
p. ___ Other_____

3. In your opinion, which one of the following services needs the most improvement in your neighborhood or community? (Please choose only one.) If there is a service that you think needs improvement that is not on this list, please choose other and write it in.

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

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

____ Yes ____ No (skip to question #6)

5. **Which of the following health topics do you think your child/children need(s) more information about?** (choose up to 3)
   a. ___ Alcohol
   b. ___ Asthma Management
   c. ___ Dental Hygiene
   d. ___ Diabetes management
   e. ___ Drug Abuse (recreational, illegal or prescription)
   f. ___ Eating Disorders
   g. ___ Mental Health Issues
   h. ___ Bullying
   i. ___ Nutrition
   j. ___ Reckless Driving/Speeding
   k. ___ Sexual Intercourse
   l. ___ Sexually Transmitted Diseases (STDS)
   m. ___ Suicide Prevention
   n. ___Tobacco
   o. ___ Other_____

Part III: Access to Care

The next few questions gather information about your access to care. Remember, the answers you give for this survey will not be linked to you in any way.

6. **In the past 30 days, have you visited the Emergency Room?**

   ____ Yes _____ No (skip to question #8)

7. **Since you said yes, how many times did you visit the ER and for what reasons?**

   Number of Visits:_____ Reasons: _____ Time of day: _____

8. **Is the emergency room your first choice for health aid?**
   ____ Yes ____No (skip to question #10)

9. **Why is the emergency room your first choice for health aid?**
   a. ___ Lack of health insurance
   b. ___ No primary care physician
   c. ___ Lack of child having insurance
   d. ___ Convenience
   e. ___ Travel Restrictions
   f. ___ lack of access to care after office hours
   g. __Other: _____

10. **In your opinion, who does the Caldwell County Health Department Serve (choose all that apply)?**

a.___ Uninsured Persons
b.___ Persons with Medicaid
c.___ Anyone who needs care
d.___ Those who need immunizations
e. ___ Other:_____

11. **Would you visit the health department if you needed care?**

___ Yes No___ If no, why?_____

Part VI. Health Behavior

12. **Do you have access to fresh fruits and vegetable?**

___Yes ___No

13. **Where do you prefer to get fresh fruits and vegetable during the summer?**

a.___ Own Garden
b.___ Supermarkets
c.___ Farmer's Market
d.___ Road Side Stand or Farm

14. **Where would you be more willing to attend a health education class** (healthy eating, chronic disease management, active living, etc.)**?**

a.___ Place of Worship
b.___ In the home
c.___ Doctors office
d.___ Health Department
e.___ Hospital
f.___ Community Event
g.___ Other:_____
f. ___ Wouldn't attend a health education class

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

___ Yes ___No *(Skip to question #17)* ___ Don't know/ Not sure *(Skip to question #17)*

16. **If yes, where do you think you are exposed to secondhand?** ***(Check all that apply)***

a.____ Home
b.____ Workplace
c.____ Hospitals
d.____ Restaurants
e.____ School
f.____ Other: _____
g.____ I am not exposed to secondhand smoke.

17. **Do you currently use tobacco products? (Include regular smoking in social settings.)**

____Yes ____ No (If no, skip to question #20)

18. What types of tobacco products do you use?

a. ___ Cigarettes
b. ___ Smokeless (dip, snuff)
c. ___ Pipe
d. ___ Cigars
e. ___ E-Cigarettes

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

a.___ Quit Line NC
b.____ Doctor
c.____ Church
d.____ Pharmacy
e.____ Private counselor/therapist
f.____ Health Department
g.____ I don't know
h.____ Other: _____
i.____ Not applicable; I don't want to quit

20. In the past year, have you taken a prescription drug that was not prescribed to you?

_____Yes ____ No

21. An influenza/flu vaccine can be a "flu shot" injected into your arm or spray like "FluMist" which is sprayed into your nose. **During the past 12 months, have you had a seasonal flu vaccine?**

____ Yes, flu shot ____ Yes, flu spray ____ No

Part V: Emergency Preparedness

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

___ Yes, smoke detectors only
___ Yes, both
___ Don't know/ Not sure
___ Yes, carbon monoxide detectors only
___ No

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

___ Yes ___ No *(Skip to question #25)* ___ Don't know/Not sure *(Skip to question #25)*

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

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

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

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

___ Yes *(skip to question #28)* ___ No ___ Don't know/ Not sure

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

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

28. Does anyone in your household know CPR?

___Yes ___No

29. Does your household have a weather alert radio?

___ Yes ___No

Part VII. Demographic Questions

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

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

_____ 15 - 19	_____ 35 - 39	_____ 55 - 59	_____ 75 - 79
_____ 20 - 24	_____ 40 - 44	_____ 60 - 64	_____ 80 - 84
_____ 25 - 29	_____ 45 - 49	_____ 65 - 69	_____ 85 or older
_____ 30 - 34	_____ 50 - 54	_____ 70 - 74	

31. Are you Male or Female?

____Male ____Female

32. Are you of Hispanic, Latino, or Spanish origin?

____Yes ____ No

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

_____White
_____Black or African American
_____American Indian or Alaska Native *(List tribe(s) including Lumbee):*_____
_____Asian Indian
_____Other Asian including Japanese, Chinese, Korean, Vietnamese, and Filipino/a:
(write in race) _____
_____Pacific Islander including Native Hawaiian, Samoan, Guamanian/ Chamorro:

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

34. Do you speak a language other than English at home?

___Yes ___No (If no, skip to question #36)

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

36. What is your marital status? *(Mark only one. No explanation needed for "other".)*

_____ Never Married/Single
_____ Married
_____ Unmarried partner
_____ Other
_____ Divorced
_____ Widowed
_____ Separated

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

_____ Less than 9th grade
_____ 9-12th grade, no diploma
_____ High school graduate (or GED/ equivalent)
_____ Associate's Degree or Vocational Training
_____ Some college (no degree)
_____ Bachelor's degree
_____ Graduate or professional degree
_____ Other: _____

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

_____ Less than $10,000
_____ $10,000 to $14,999
_____ $15,000 to $24,999
_____ $25,000 to $34,999
_____ $35,000 to $49,999
_____ $50,000 to $74,999
_____ $75,000 to $99,999
_____ $100,000 or more

39. How many people does the income reported above support? _____

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

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

41. Do you have access to the Internet?

____ Yes ____ No ____ Don't know/ Not sure

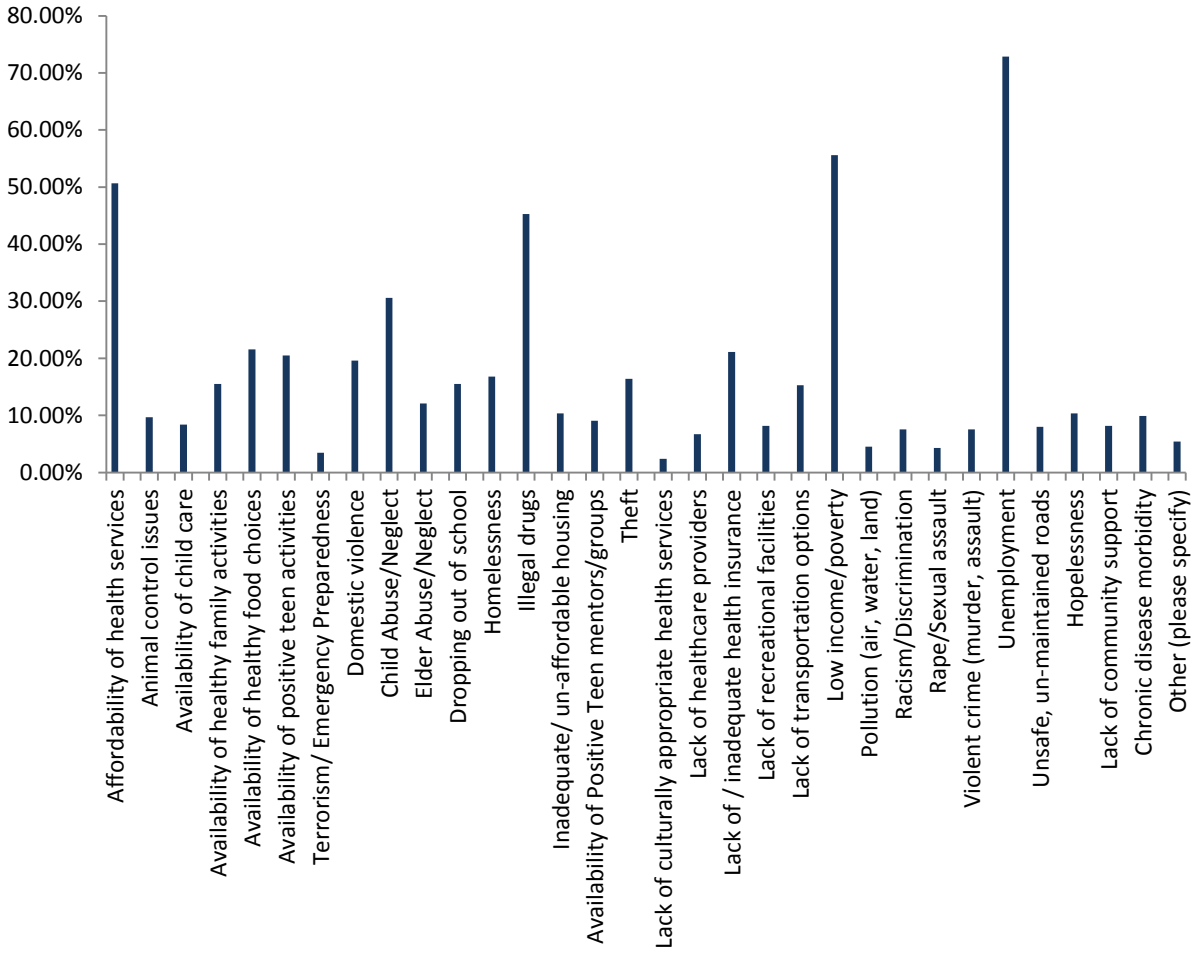
42. What is your zip code? (Write only the first 5 digits.) _____

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

Appendix B: 2014 Caldwell County CHA Survey Results

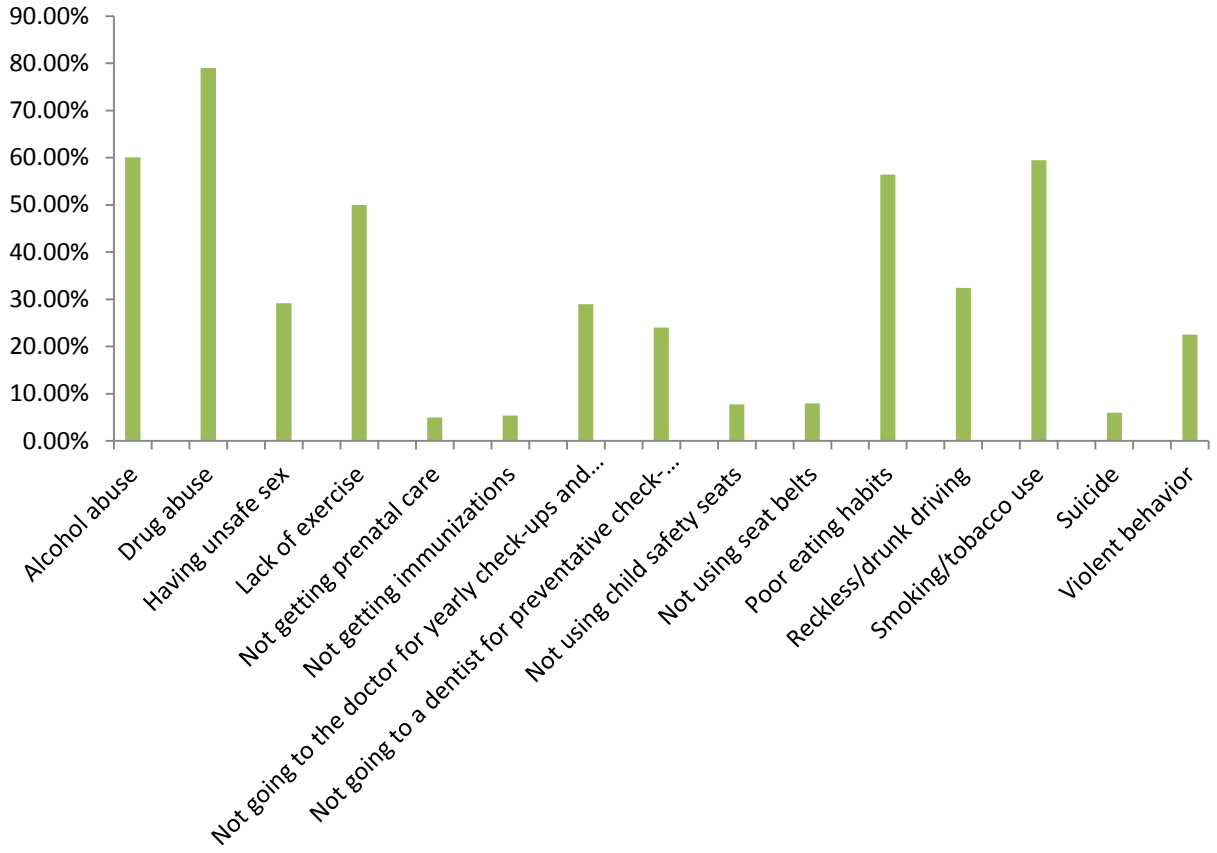
This first question is about community- wide issues that have the largest impact on the overall quality of life in Caldwell County. Please look at this list below of community issues. Pick the community issues that have the greatest effect on quality of life in the county. (Please choose up to 5).

Answered: 464 Skipped: 11



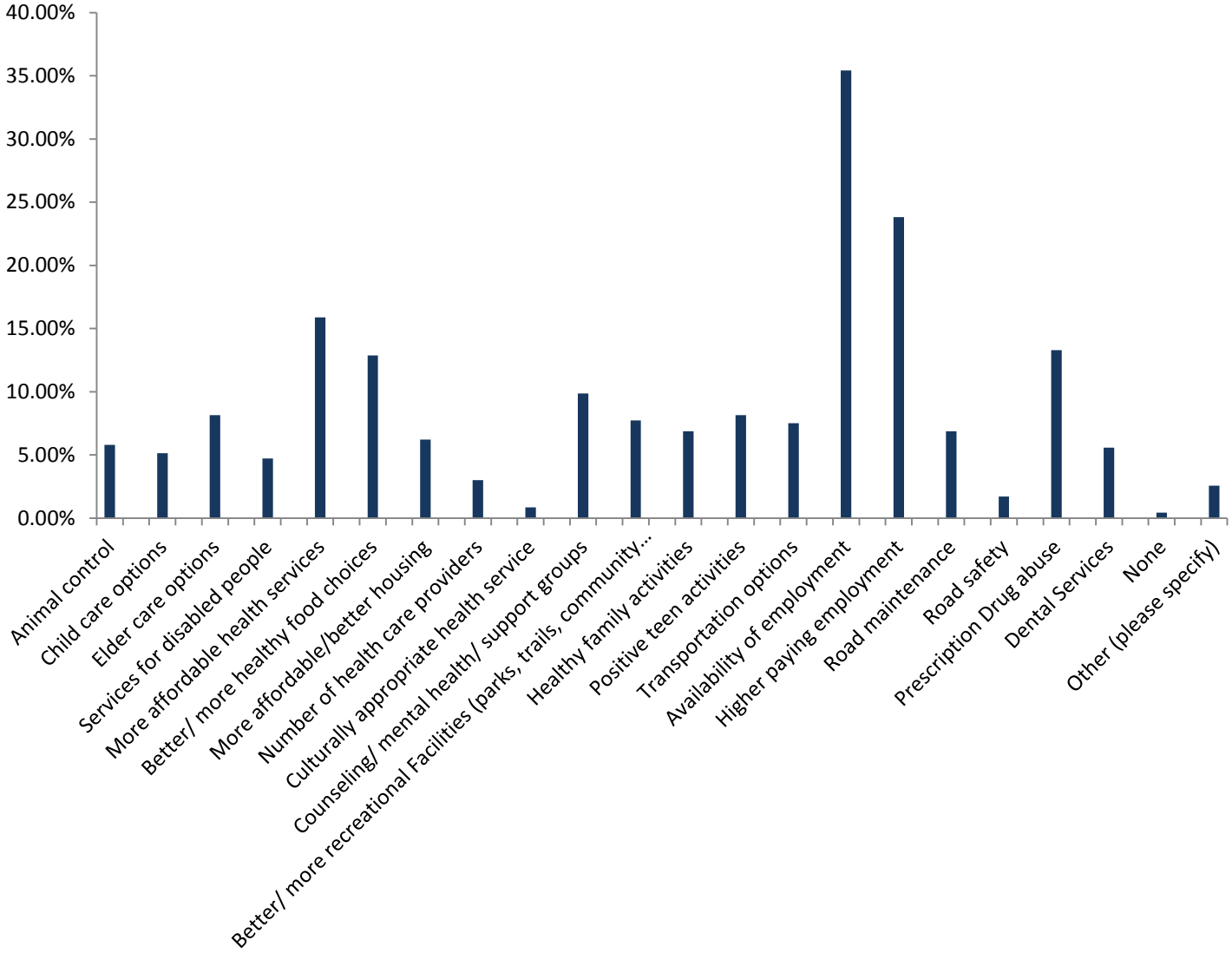
This question is about unhealthy behavior that some individuals do that have the largest impact on the community as a whole. Please look at the list below of unhealthy behaviors. Please pick the top unhealthy behaviors you believe are in Caldwell County. (You can choose up to 5).

Answered: 466 Skipped: 9



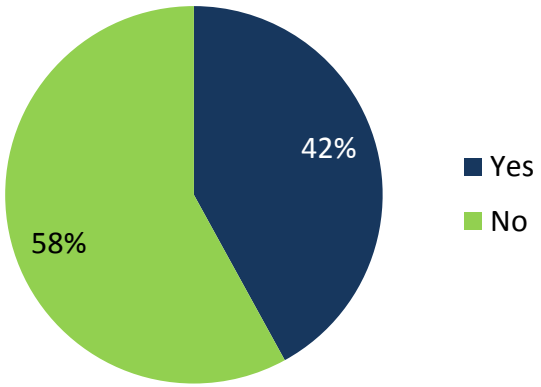
3. In your opinion, which one of the following services needs the most improvement in your neighborhood or community? (Please choose only one.) If there is a service that you think needs improvement that is not on this list, please choose other and write it in.

Answered: 466 Skipped: 9



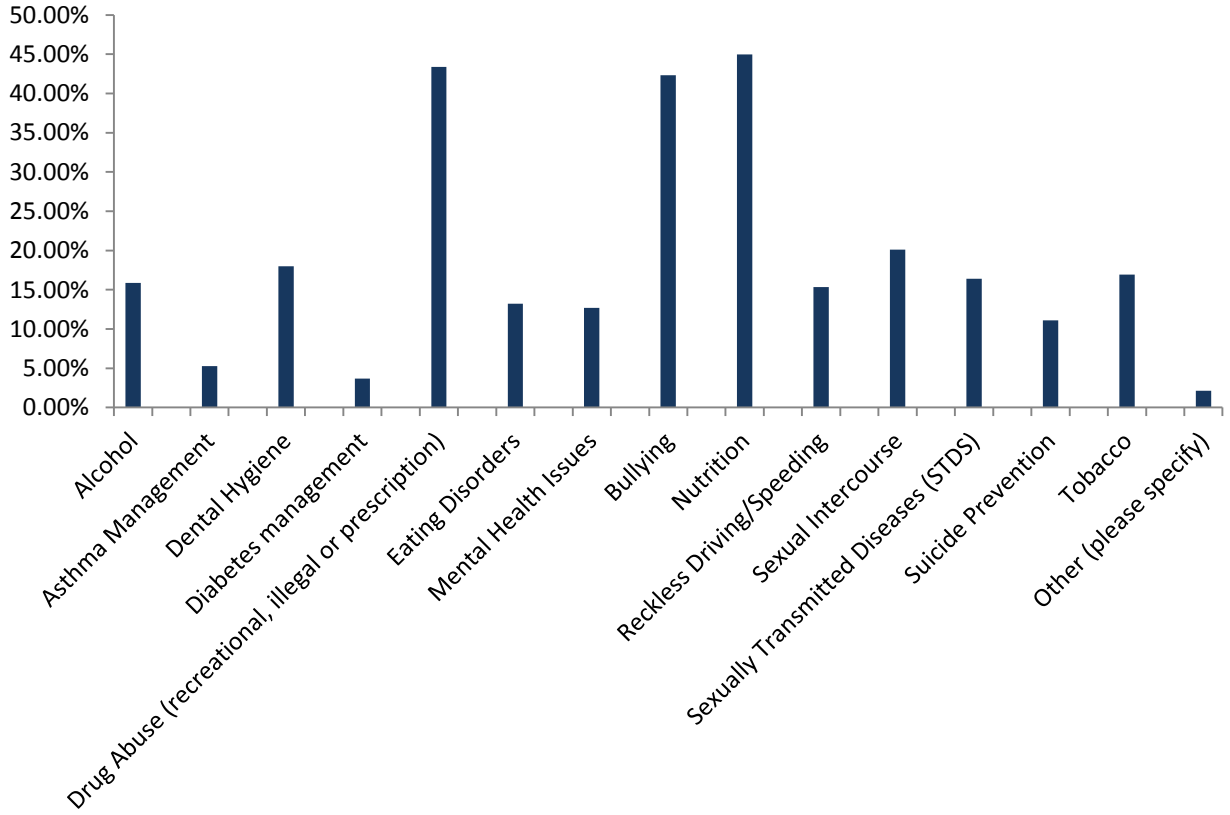
Do you have children between the ages of birth and 19 years for which you are the caretaker? (includes step-children, grandchildren, or other relatives)

Answered: 471 Skipped: 4



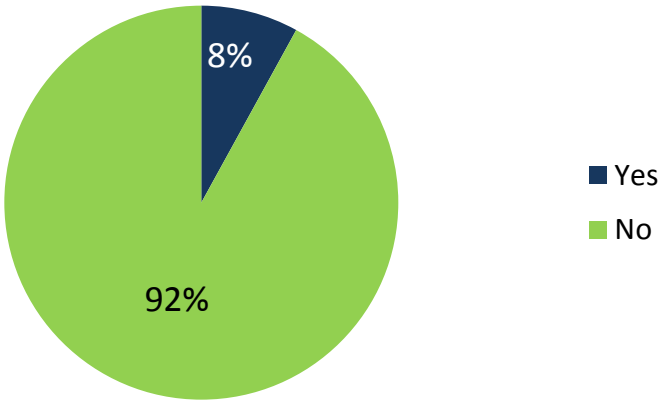
Which of the following health topics do you think your child/children need(s) more information about? (choose up to 3)

Answered: 189 Skipped: 286



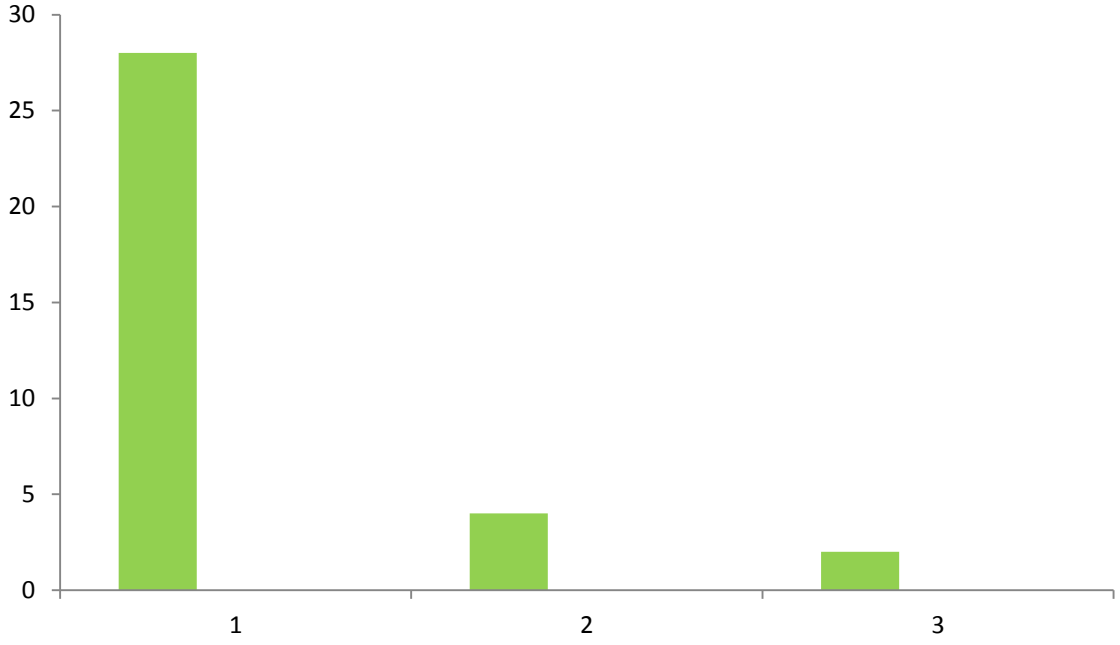
In the past 30 days, have you visited the emergency room?

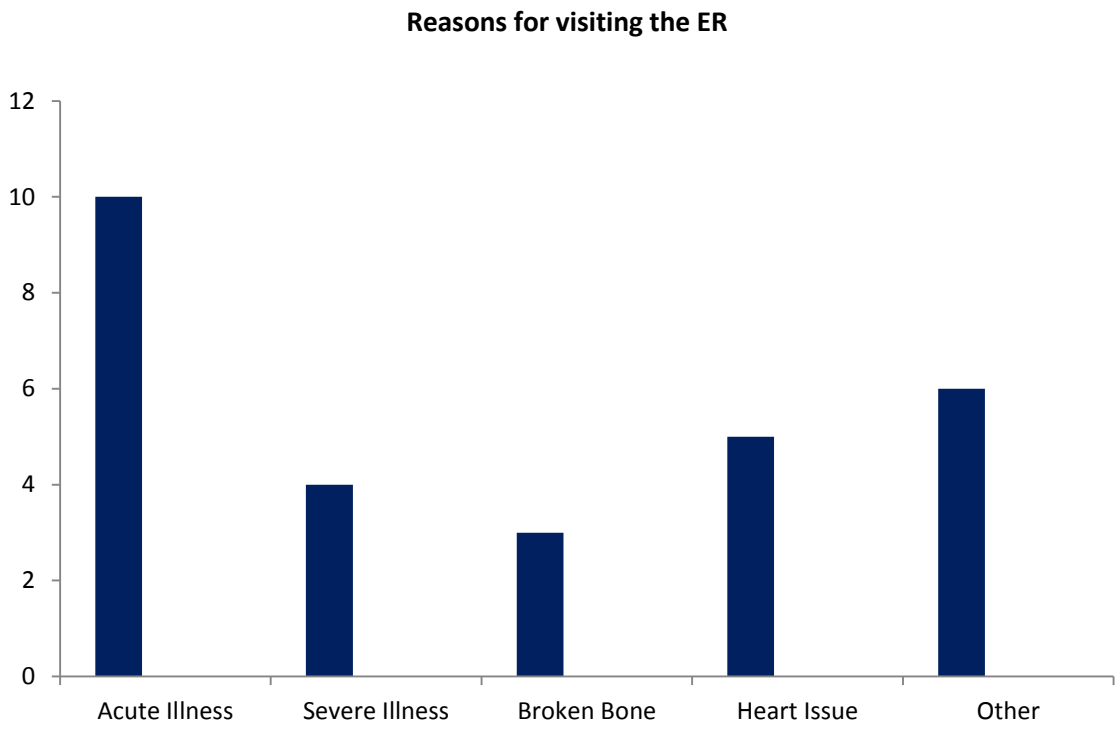
Answered: 472 Skipped: 3

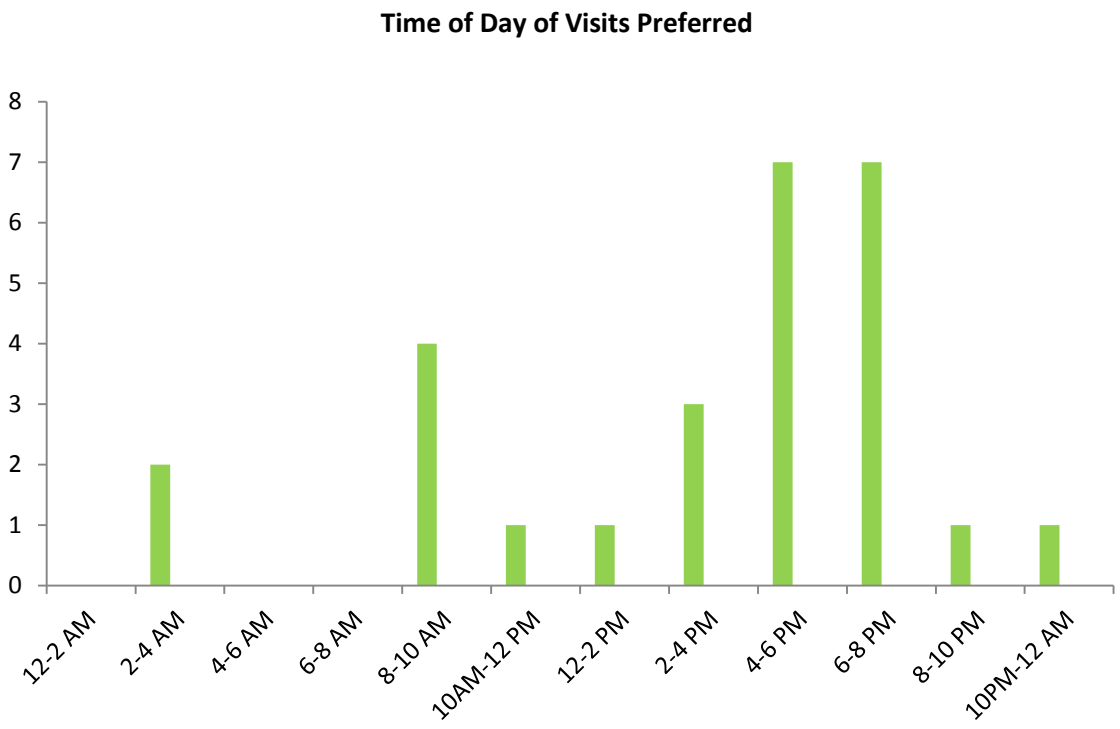


Since you visited the emergency room in the past 30 days, how many times did you visit the ER and for what reasons?

Answered: 29 Skipped:446

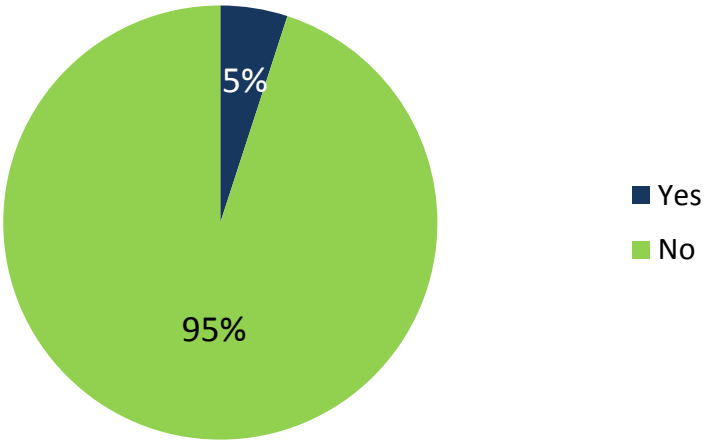



Reasons for visiting the ER
12
10
8
6
4
2
0
Acute Illness
Severe Illness
Broken Bone
Heart Issue
Other


Time of Day of Visits Preferred
8
7
6
5
4
3
2
1
0
12-2 AM
2-4 AM
4-6 AM
6-8 AM
8-10 AM
10AM-12 PM
12-2 PM
2-4 PM
4-6 PM
6-8 PM
8-10 PM
10PM-12 AM

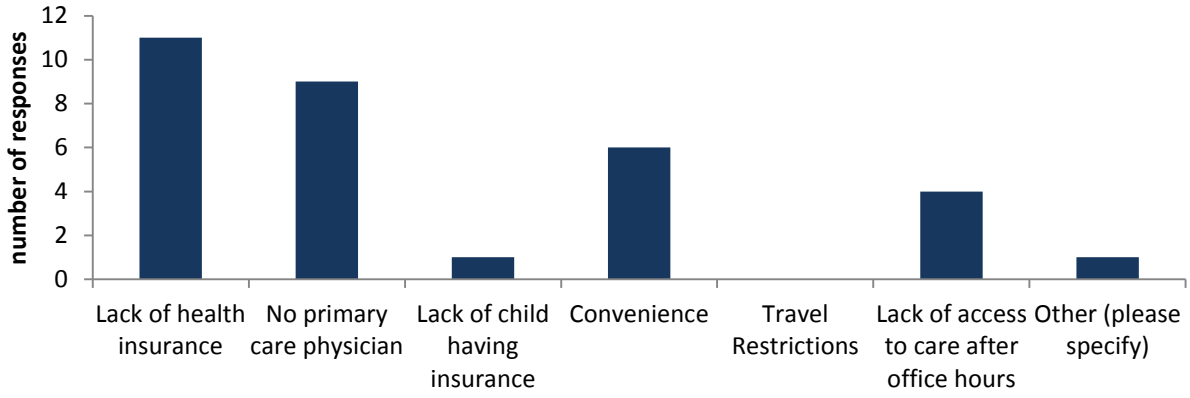
Is the emergency room your fist choice for health aid?

Answered: 471 Skipped: 4



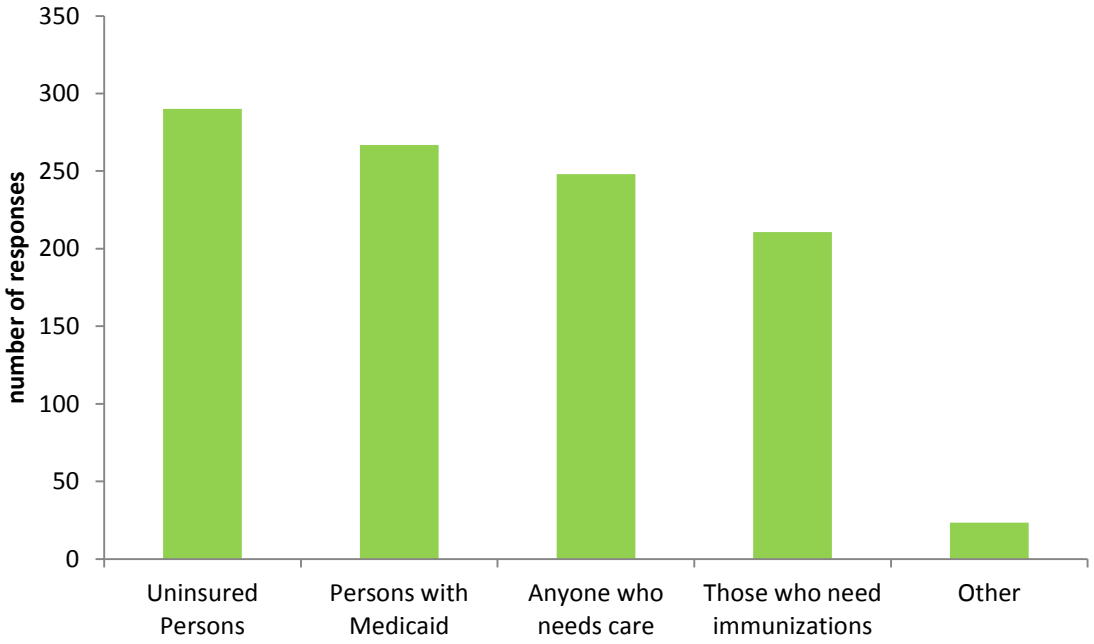
Why is the emergency room your first choice for health aid?

Answered: 23 Skipped: 452



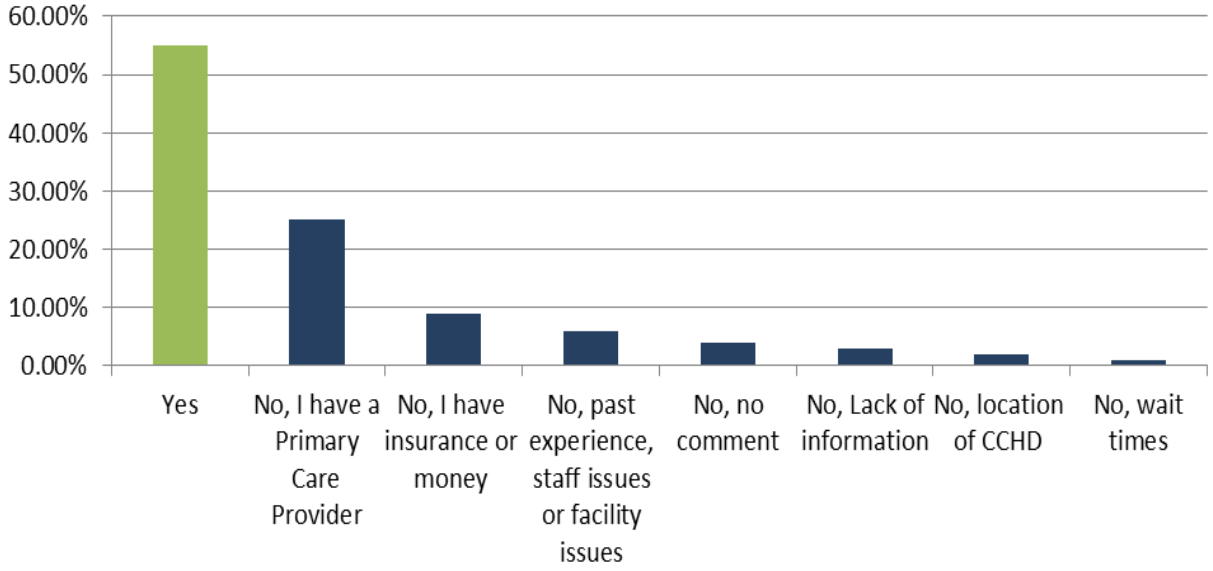
In your opinion, who does the Caldwell County Health Department serve (choose all that apply)?

Answered: 468 Skipped: 7



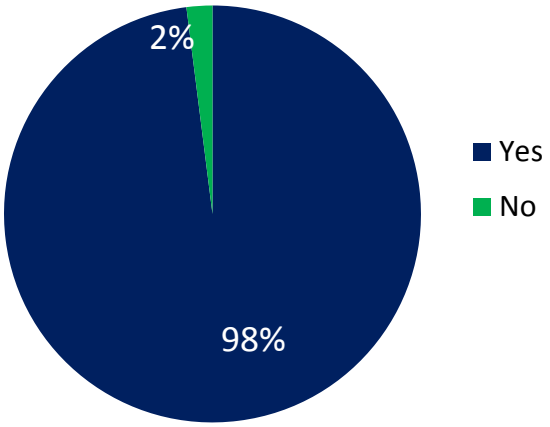
Would you visit the health department if you needed care?

Answered: 469 Skipped: 6



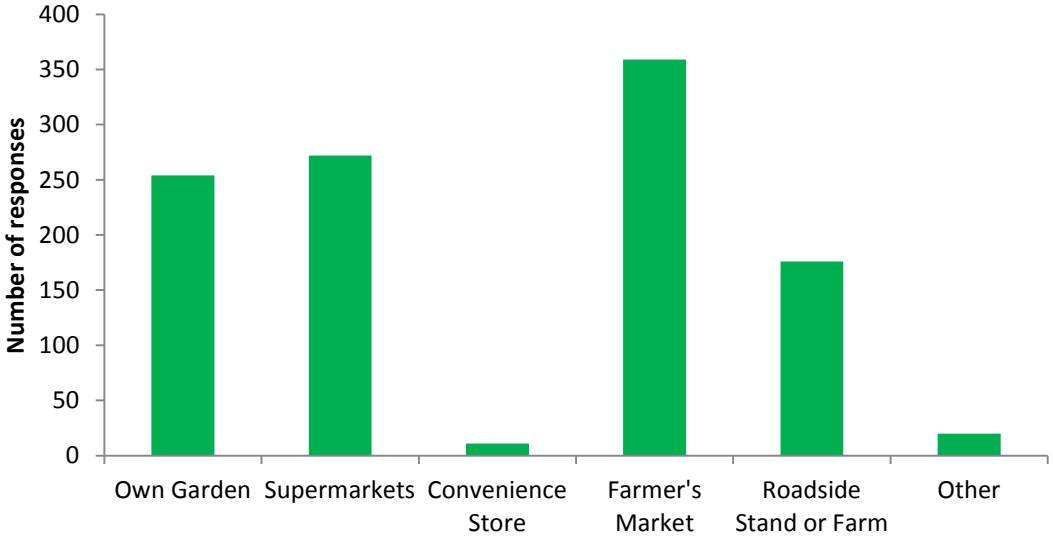
Do you have access to fresh fruits and vegetables?

Answered: 470 Skipped: 5



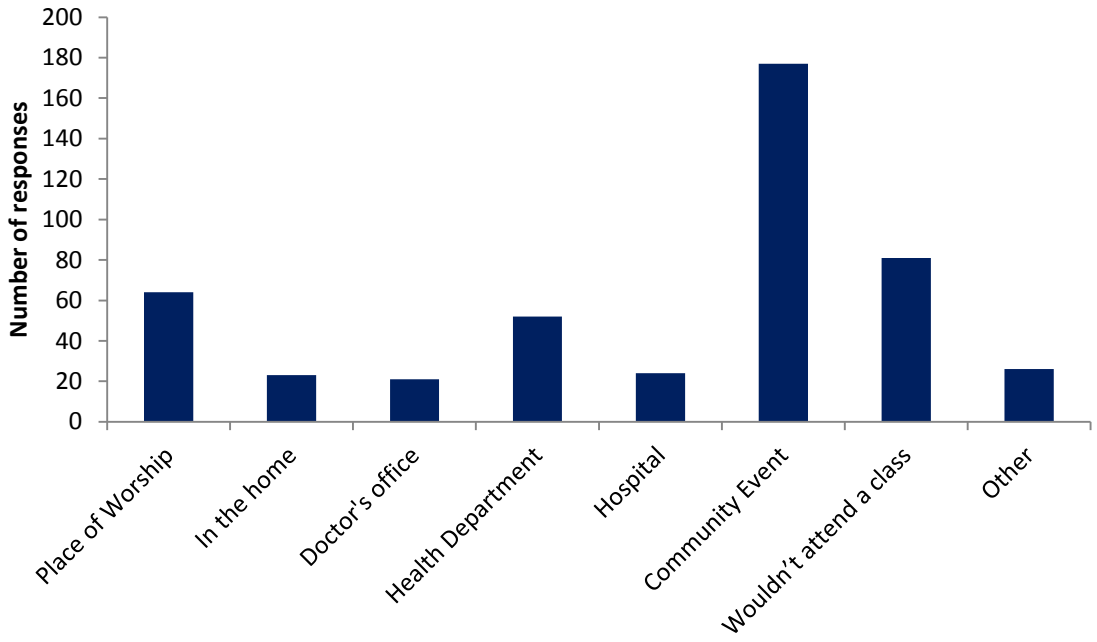
Where do you prefer to get fresh fruits and vegetables during the summer?

Answered: 473 Skipped: 2



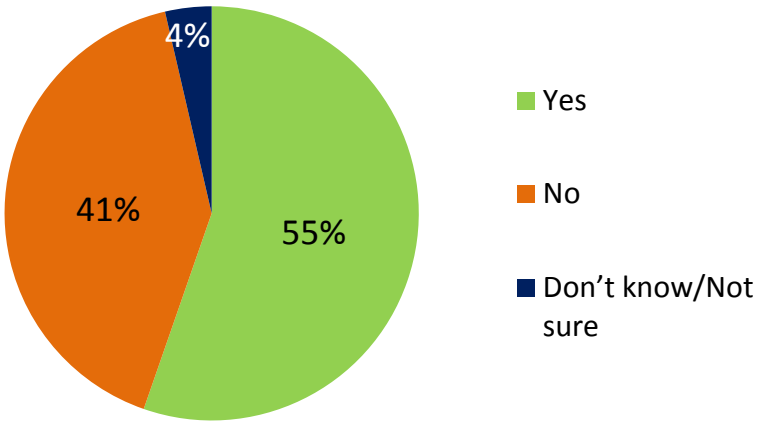
Where would you be more willing to attend a health education class (i.e. healthy eating, chronic disease management, active living, etc.)?

Answered: 468 Skipped: 7



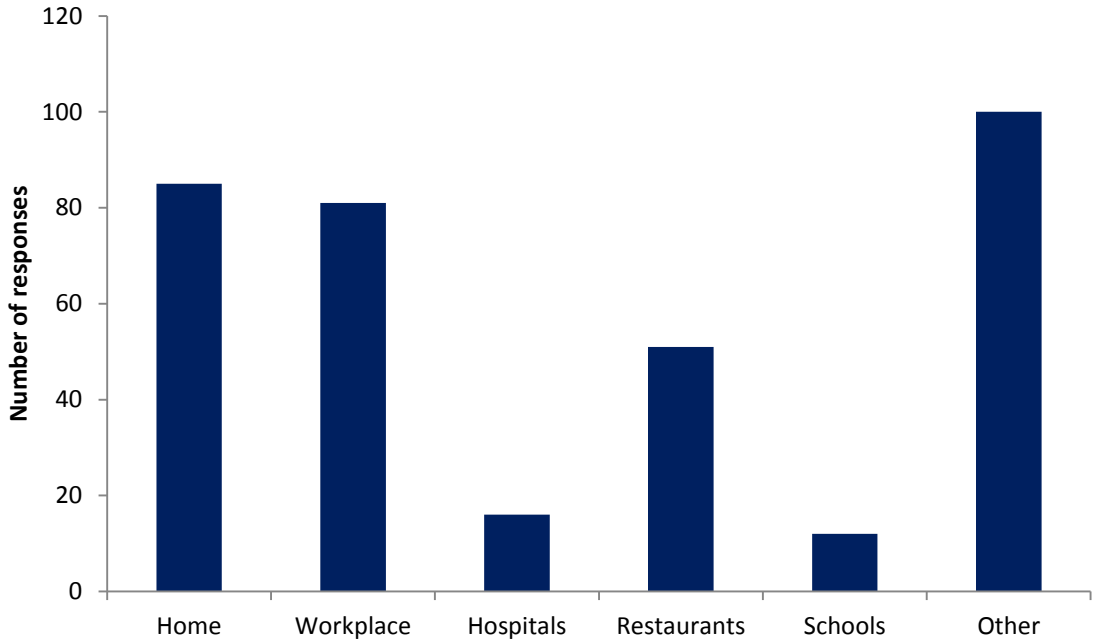
Have you been exposed to secondhand smoke in the past year?

Answered: 470 Skipped: 5



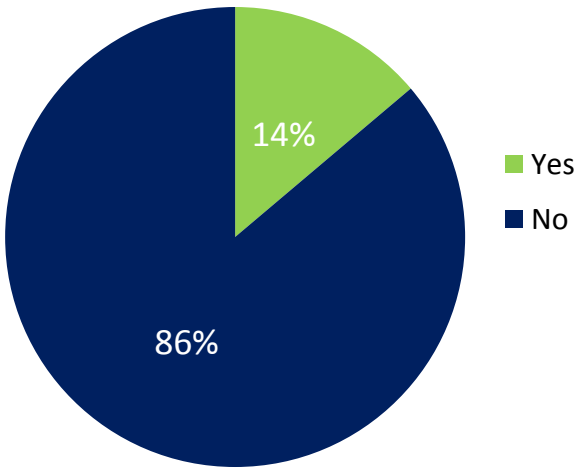
Where do you think you were exposed to secondhand smoke (check all that apply)?

Answered: 258 Skipped: 217



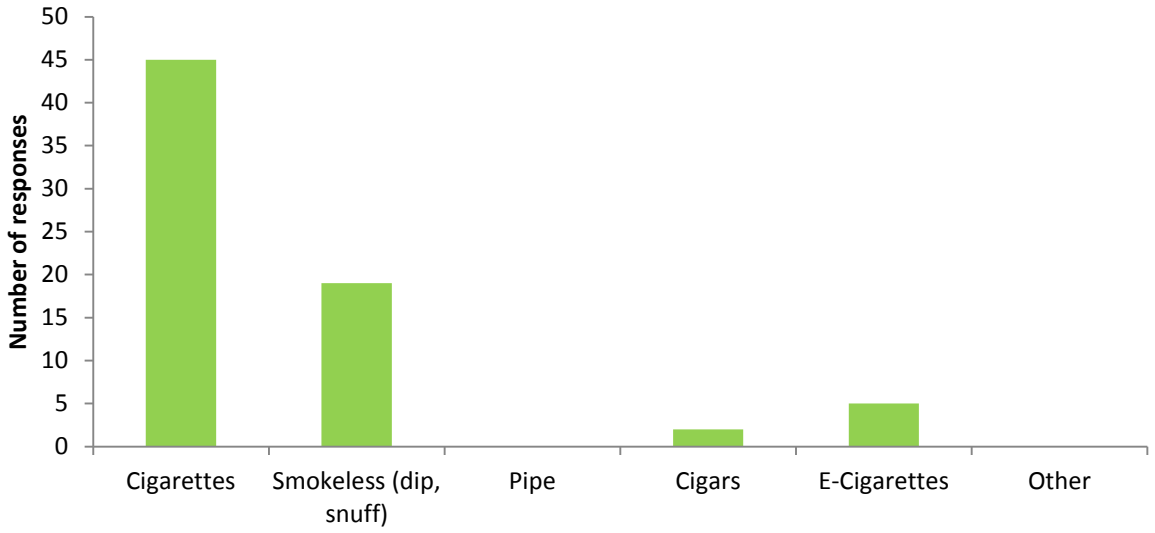
Do you currently use tobacco products (any kinds: includes regular use in social settings)?

Answered: 470 Skipped: 5



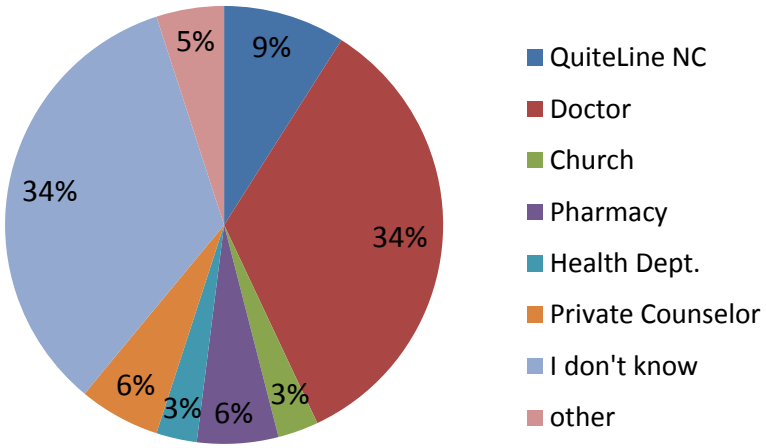
What types of tobacco products do you use?

Answered: 66 Skipped: 409



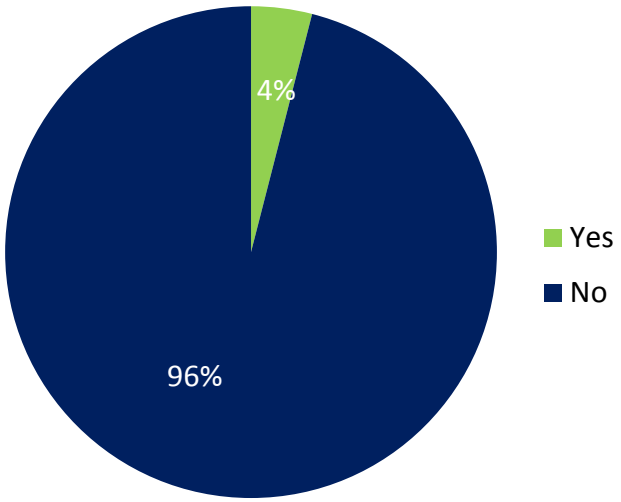
Where would you go for help if you wanted to quit (only choose one)?

Answered: 67 Skipped: 408



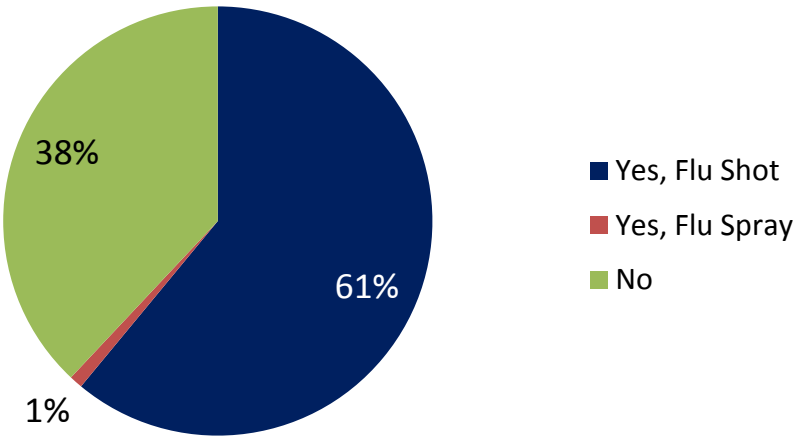
In the past year, have you taken a prescription drug that was not prescribed to you?

Answered: 470 Skipped: 5



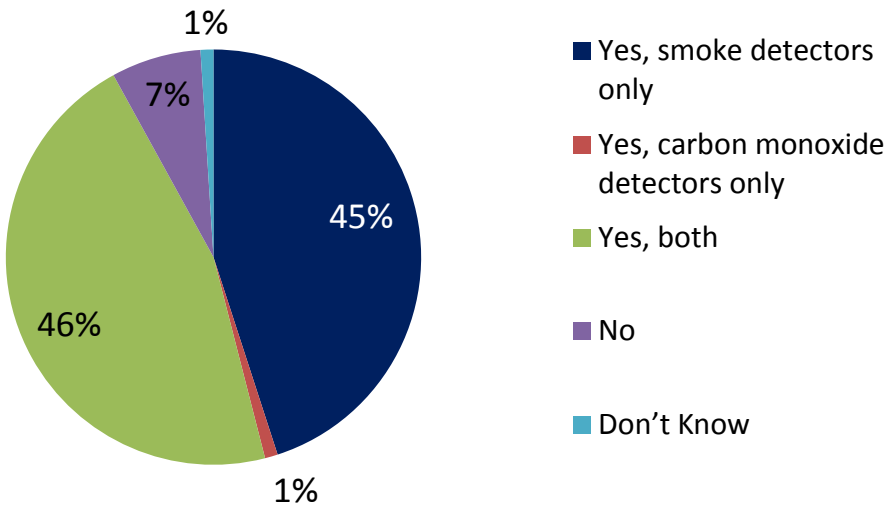
An influenza/flu vaccine can be a "flu shot" injected into your arm or a spray like "FluMist" which is sprayed into your nose. During the past 12 months, have you had a seasonal flu vaccine?

Answered: 471 Skipped: 4



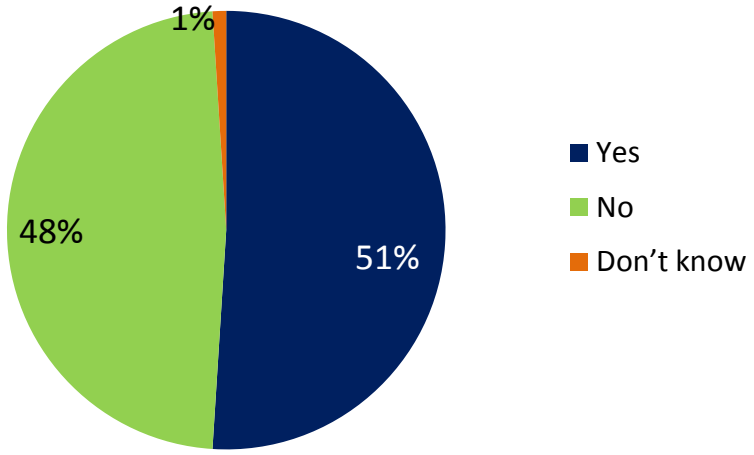
Does your household have working smoke and carbon monoxide detectors?

Answered: 473 Skipped: 2



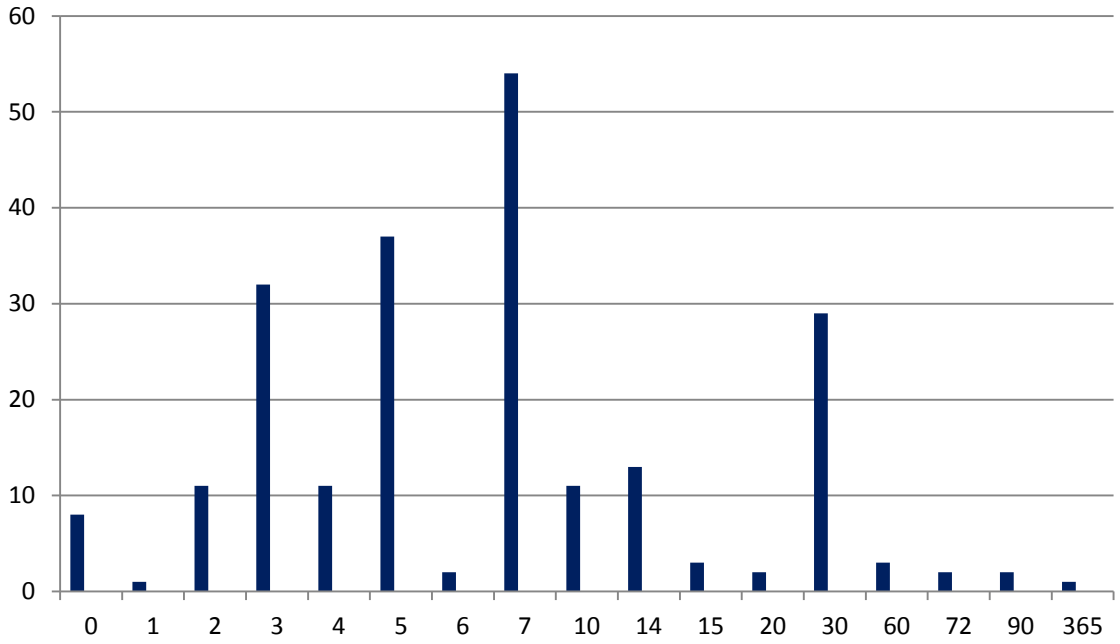
Does your family have a basic emergency supply kit?

Answered: 469 Skipped: 6



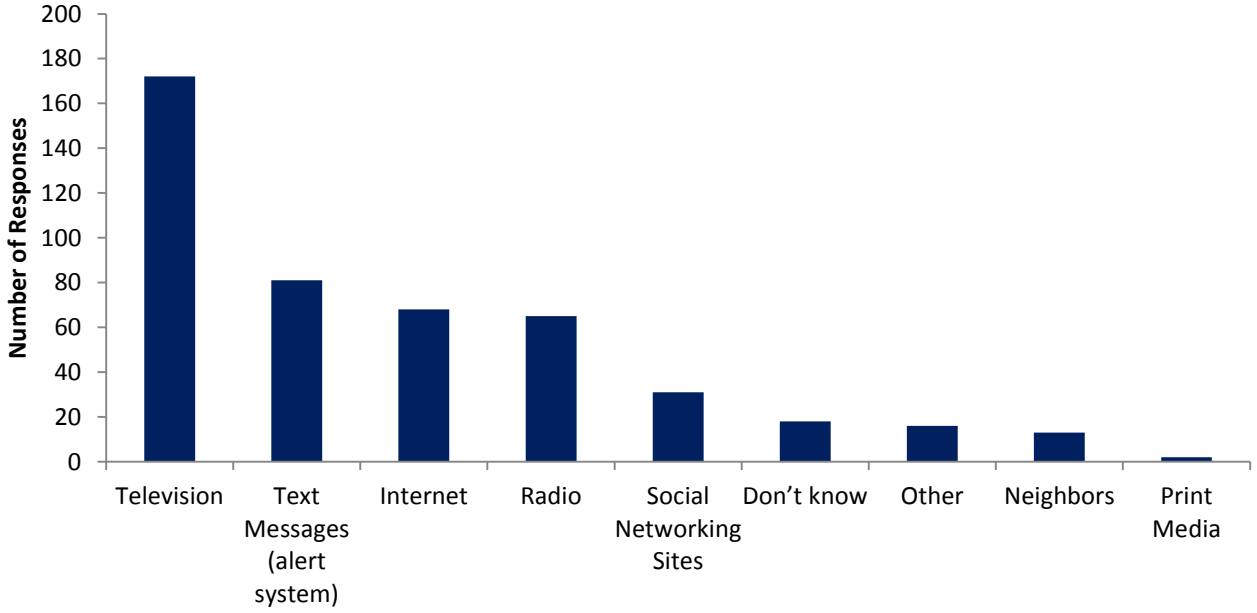
For how many days do you have supplies for in your emergency kit?

Answered: 223 Skipped: 252



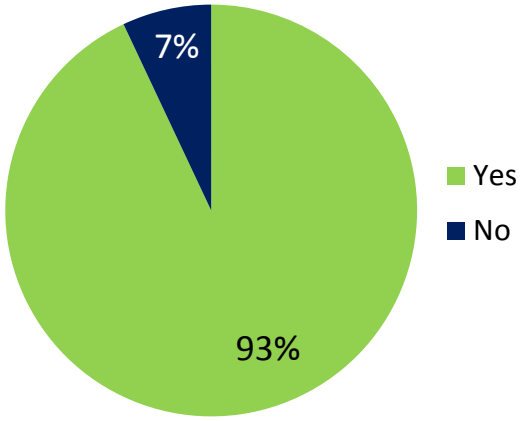
What would be your main way of getting information from authorities in a large-scale disaster or emergency? (choose only one)

Answered: 466 Skipped: 9



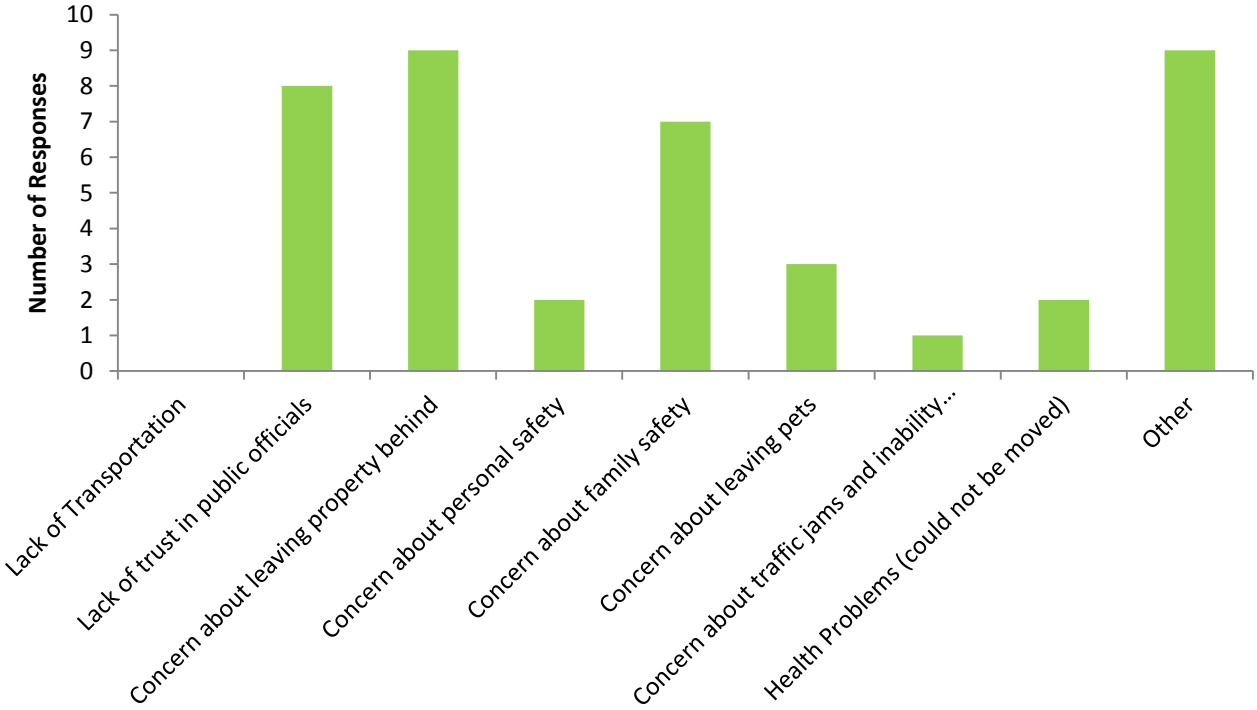
If public authorities announced a mandatory evacuation from your neighborhood or community due to a large-scale disaster or emergency, would you evacuate?

Answered: 463 Skipped: 12



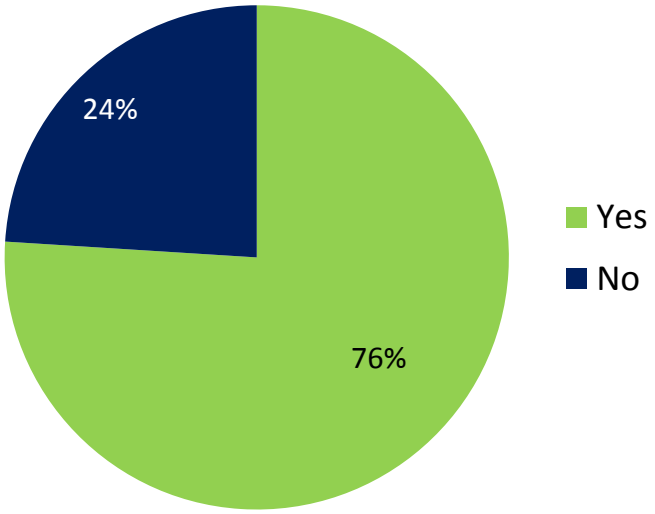
Since you will not evacuate, what would be the main reason you might not evacuate if asked to do so? (check only one)

Answered: 41 Skipped: 434



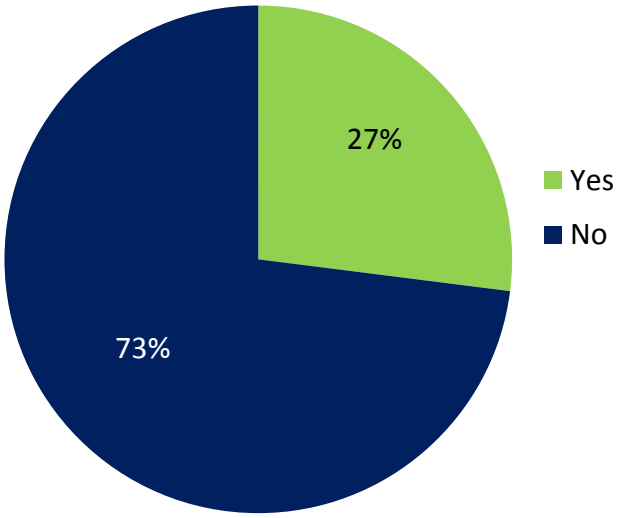
Does anyone in your household know CPR?

Answered: 470 Skipped: 5



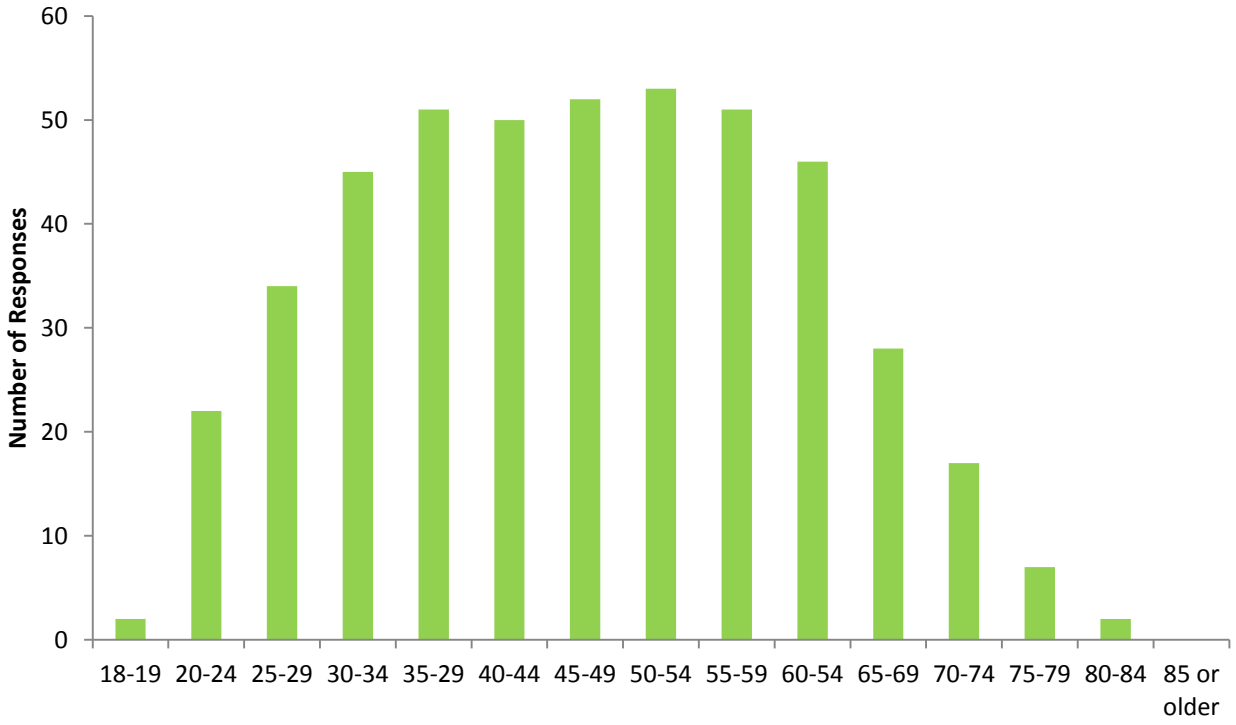
Does your household have a weather alert radio?

Answered: 468 Skipped: 7



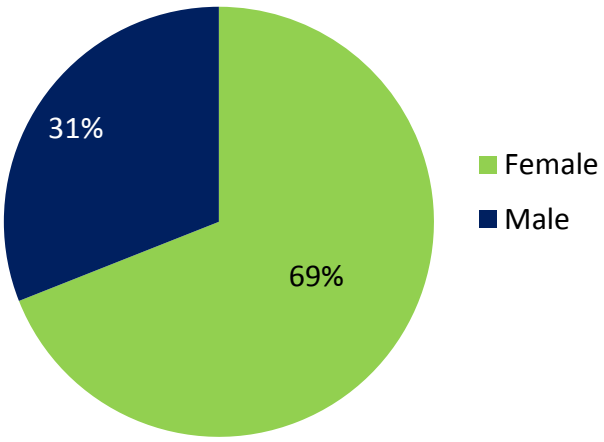
Which category below includes your age?

Answered: 470 Skipped: 5



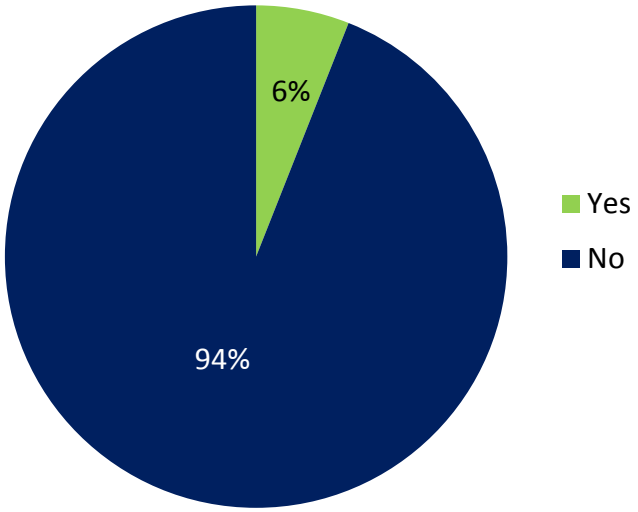
Are you male or female?

Answered: 469 Skipped: 6



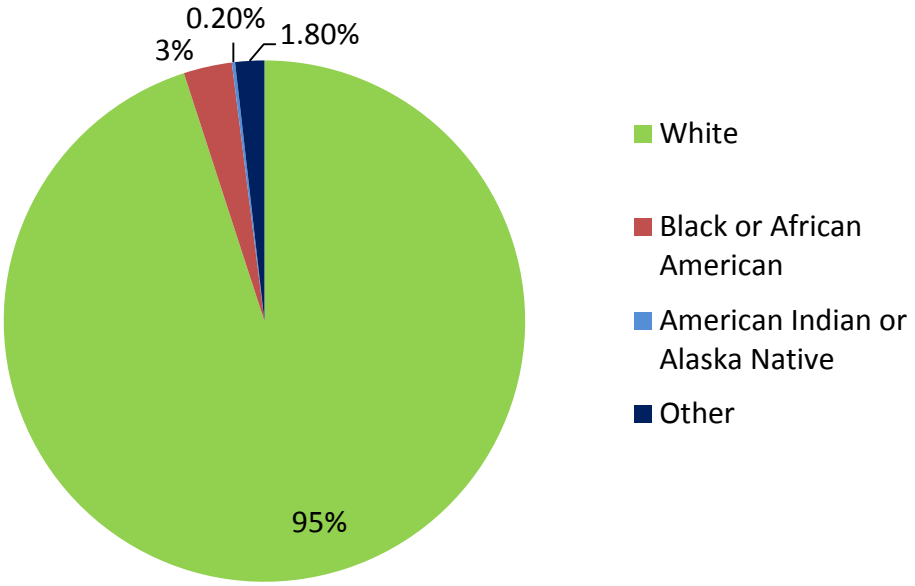
Are you of Hispanic, Latino or Spanish origin?

Answered: 463 Skipped: 12



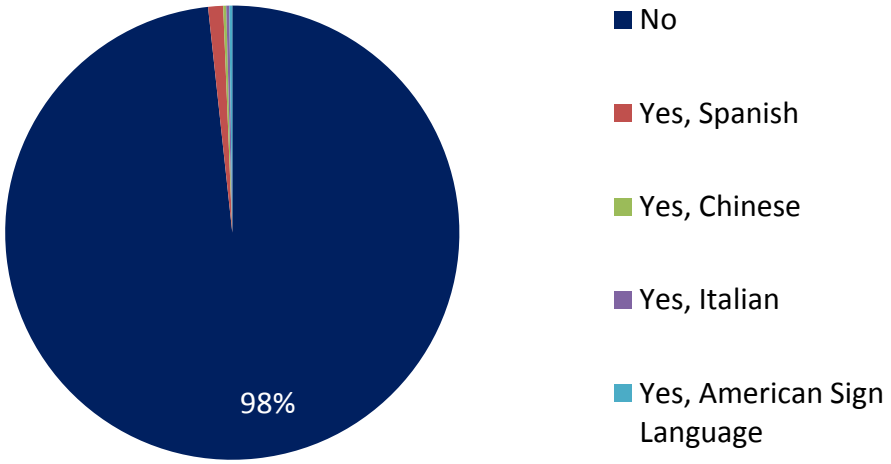
What is your race?

Answered: 467 Skipped: 8



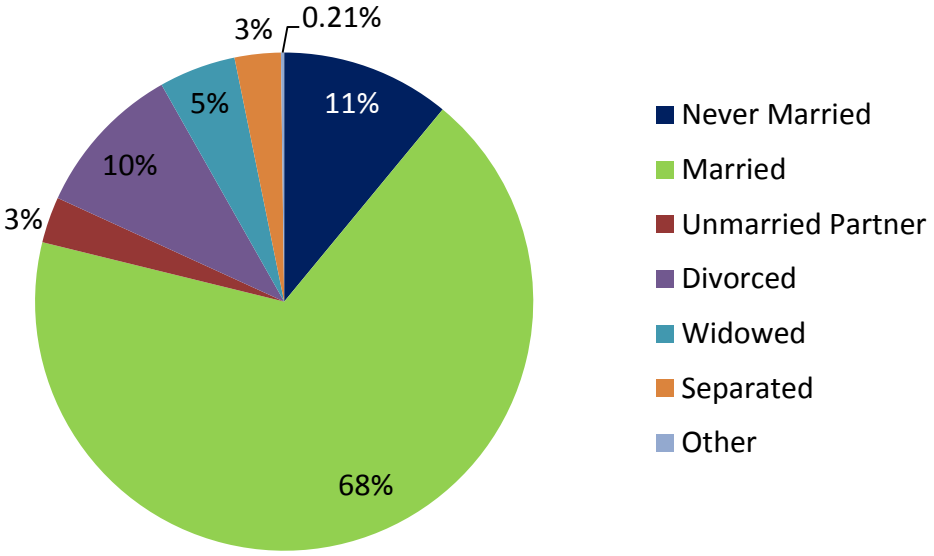
Do you speak a language other than English at home? If so what language?

Answered: 469 Skipped: 6



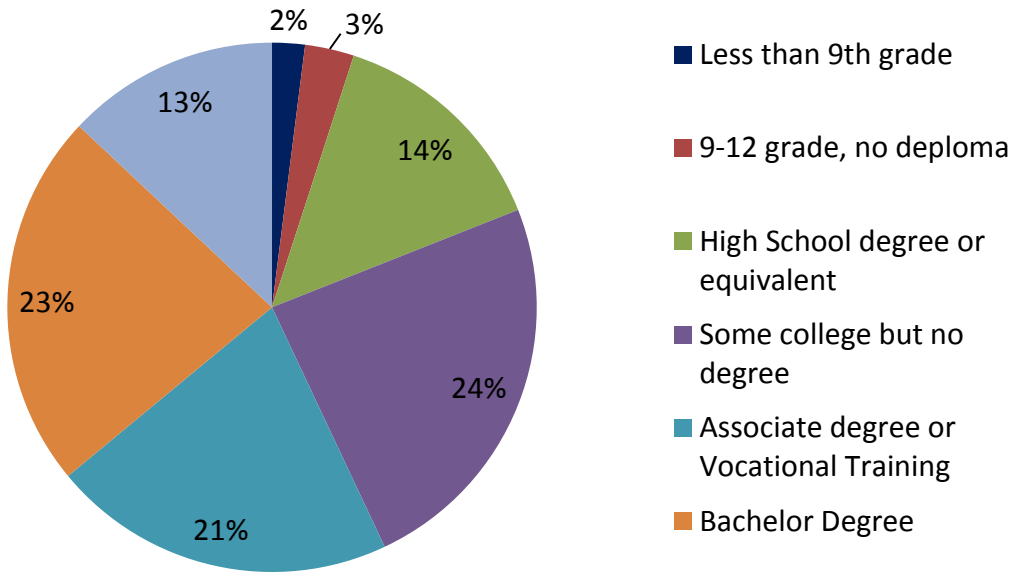
What is your marital status?

Answered: 466 Skipped: 9



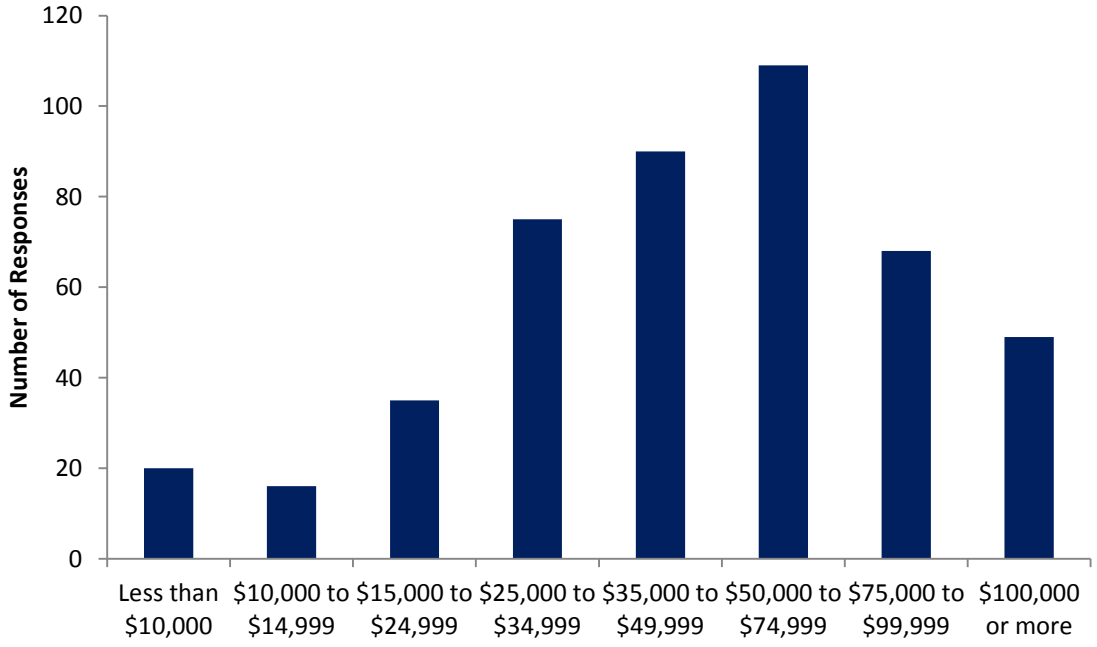
What is the highest level of school you have completed or the highest degree you have received?

Answered: 463 Skipped: 12



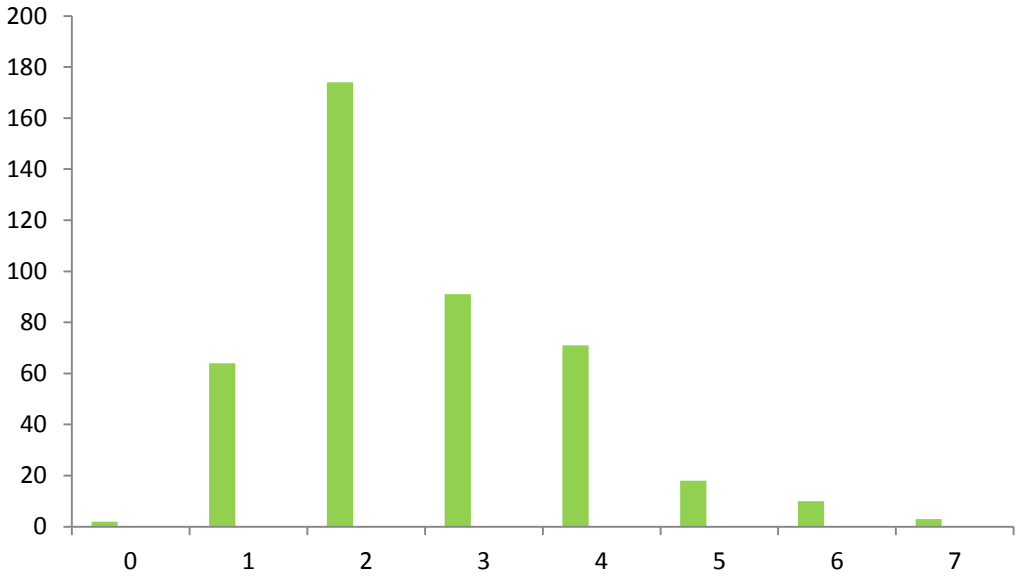
What is your approximate average household income?

Answered: 462 Skipped: 13



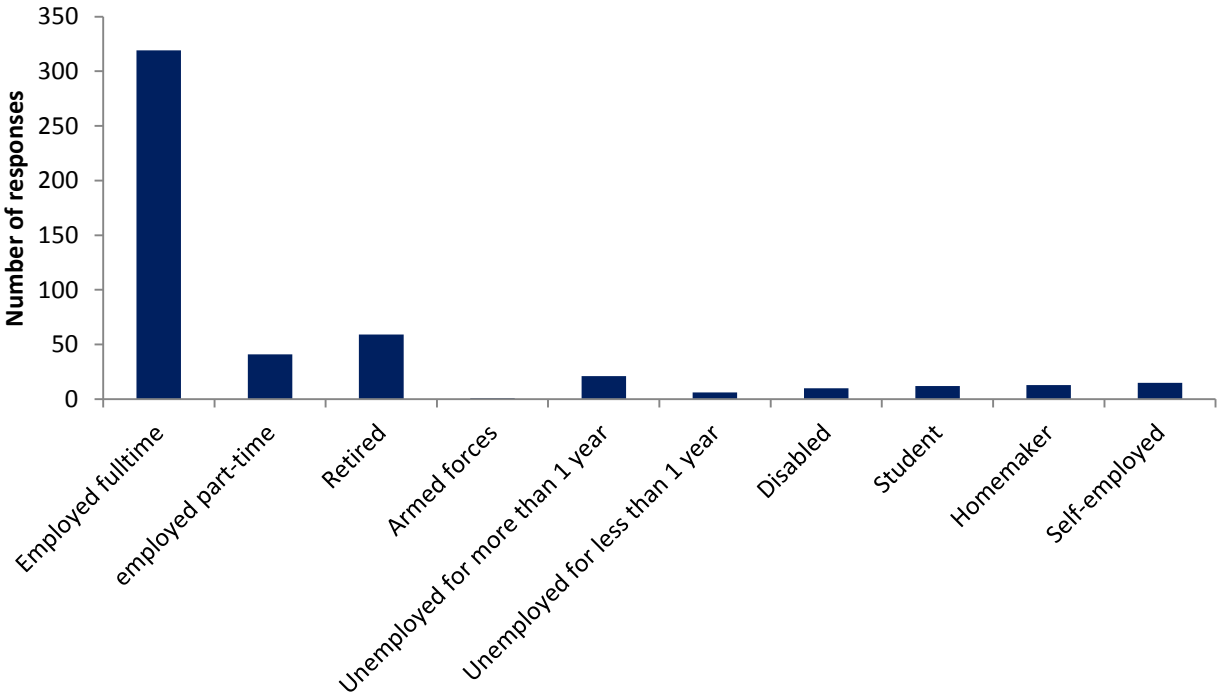
How many people does the income reported in the above question support?

Answered: 433 Skipped: 42



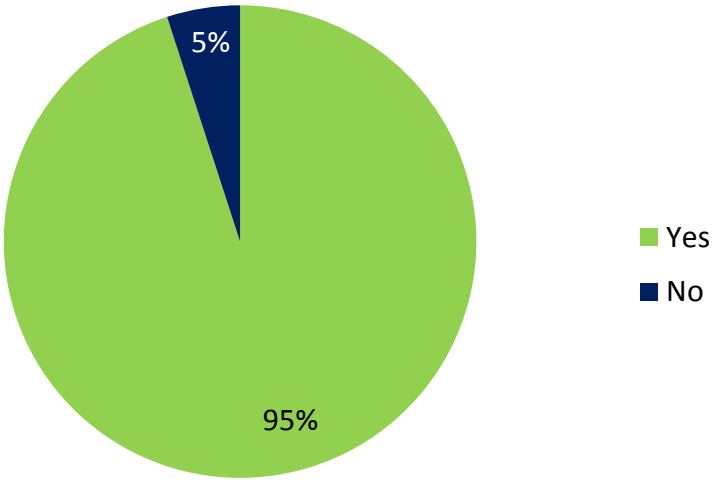
What is your employment status (check all that apply)?

Answered: 466 Skipped: 9



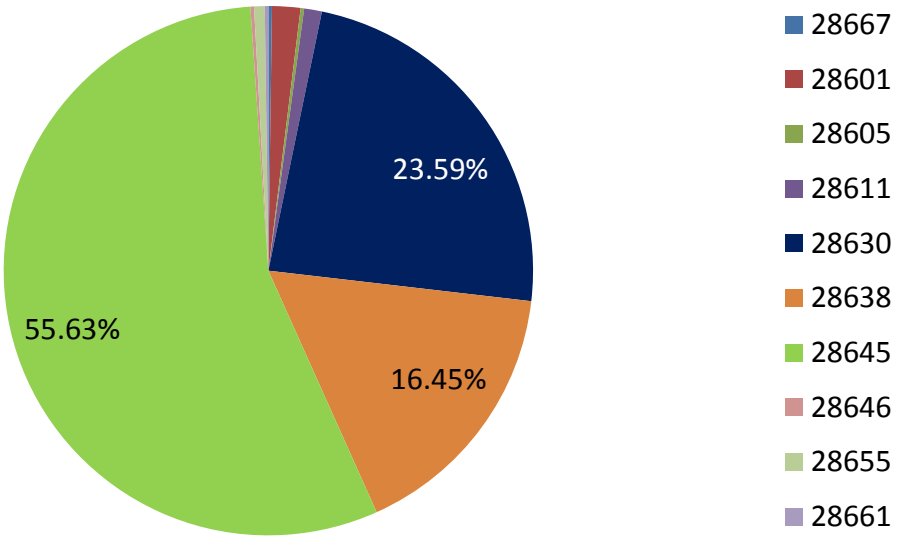
Do you have access to the internet on a regular basis?

Answered: 465 Skipped: 10



In what zip code is your home located?

Answered: 462 Skipped: 13



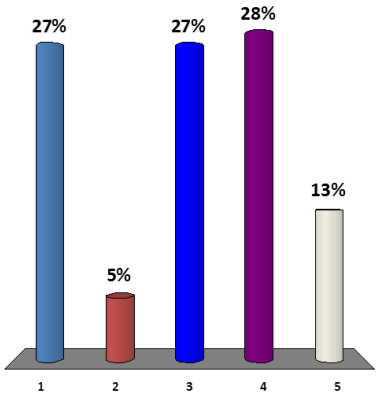
Appendix C: 2014 Caldwell County CHA Focus Group Results

Question 1

In your opinion, which of the following health topics have the greatest impact on the health of the citizens in Caldwell County? Choose as many as are appropriate.

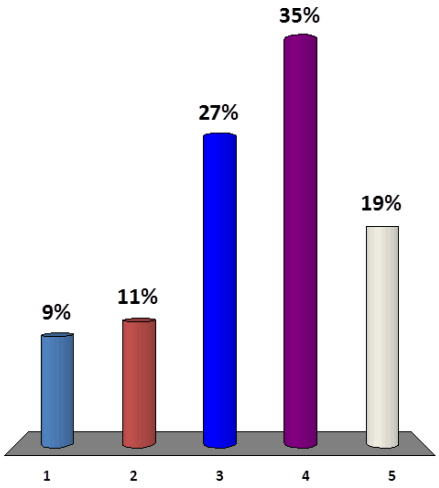
Business Leaders Focus Group

1. Chronic Disease
2. Teen Health
3. Education/Economy
4. Mental Health/Substance Abuse
5. Access to Care



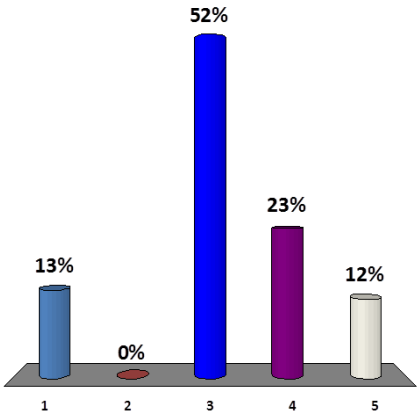
Low Income Focus Group

1. Chronic Disease
2. Teen Health
3. Education/Economy
4. Mental Health/Substance Abuse
5. Access to Care



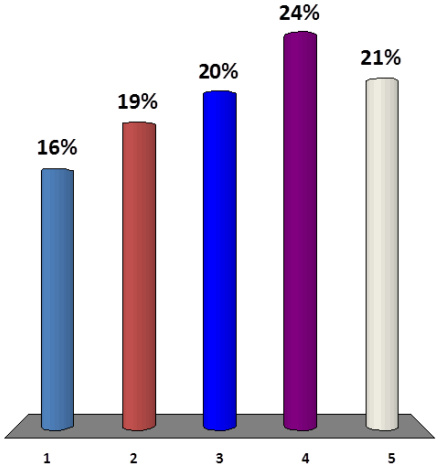
Senior Adult Focus Group

1. Chronic Disease
2. Teen Health
3. Education/Economy
4. Mental Health/Substance Abuse
5. Access to Care



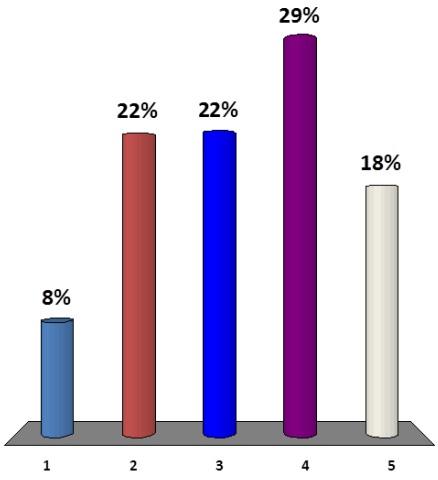
Teen Focus Group 1

1. Chronic Disease
2. Teen Health
3. Education/Economy
4. Mental Health/Substance Abuse
5. Access to Care



Teen Focus Group 2

1. Chronic Disease
2. Teen Health
3. Education/Economy
4. Mental Health/Substance Abuse
5. Access to Care

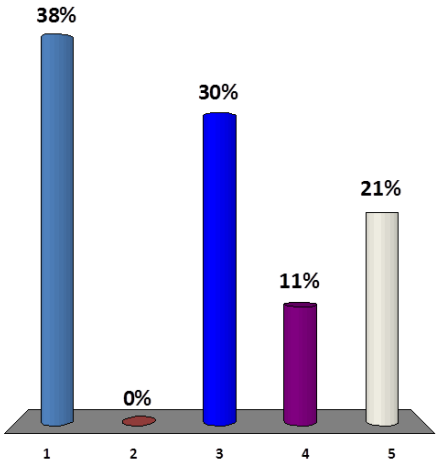


Question 2

In your opinion, which of the following health topics have the greatest impact on your health? Choose as many as are appropriate.

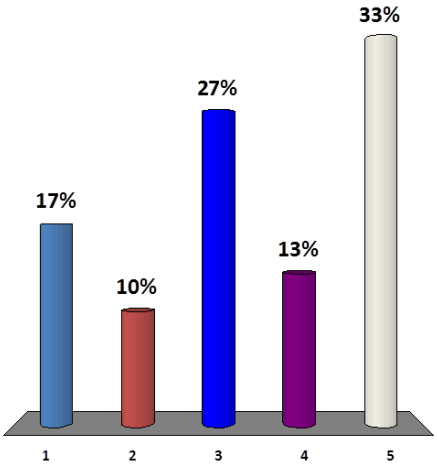
Business Leaders Focus Group

1. Chronic Disease
2. Teen Health
3. Education/Economy
4. Mental Health/Substance Abuse
5. Access to Care



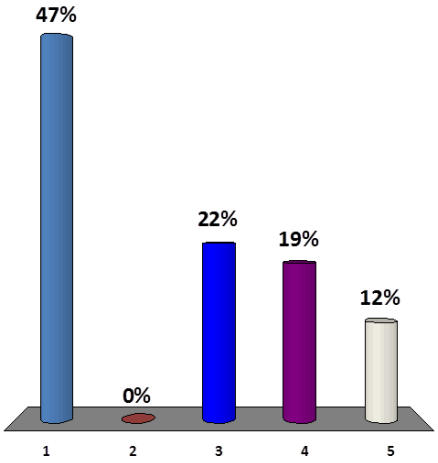
Low Income Focus Group

1. Chronic Disease
2. Teen Health
3. Education/Economy
4. Mental Health/Substance Abuse
5. Access to Care



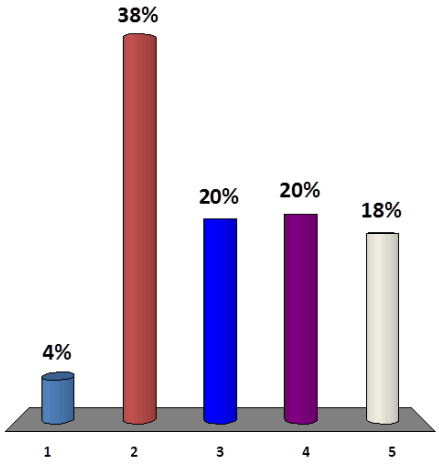
Senior Focus Group

1. Chronic Disease
2. Teen Health
3. Education/Economy
4. Mental Health/Substance Abuse
5. Access to Care



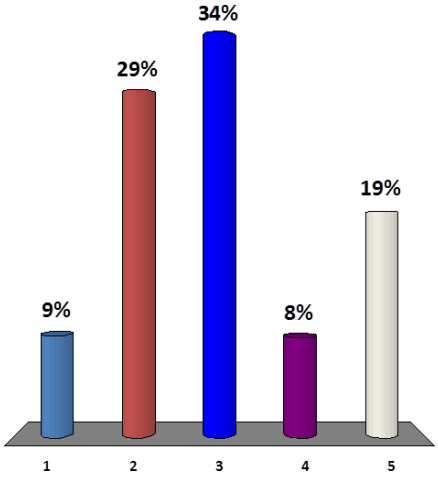
Teen Focus Group 1

1. Chronic Disease
2. Teen Health
3. Education/Economy
4. Mental Health/Substance Abuse
5. Access to Care



Teen Focus Group 2

1. Chronic Disease
2. Teen Health
3. Education/Economy
4. Mental Health/Substance Abuse
5. Access to Care



Qualitative Data from Focus Groups

Chronic Disease

"Chronic Diseases drive up the cost of healthcare." –Business Focus Group

"There is not enough prevention knowledge in regards to chronic diseases." –Teen Focus Group

"I have high blood pressure and it fluctuates a lot therefore it take a lot of monitoring and managing medication." –Low Income Focus Group

"Chronic disease affects people of all ages." –Adult Focus Group

"I am obese." –Adult Focus Group

"I have cancer." –Adult Focus group

"Unhealthy diets and increased working hours leads to chronic disease." –Adult Focus Group

"I have a chronic disease and I believe better education leads to better health services." –Adult Focus Group

"Diabetes, obesity and high blood pressure all run in my family." Adult Focus Group

"I worry about my family & friends and the long term effects of chronic disease." Adult Focus Group

"Ways to naturally reduce risk of chronic disease so that diseases can be prevented before they start would be helpful." – Adult Focus Group

"Education will help decrease chronic disease." Senior Adult Focus Group

Teen Health

"Teen health is an issue because there are more children now who are obese." –Business Focus Group

"Teen health is important because it will make teens healthier for the future when they are adults." – Teen Focus Group

"Teen Health focuses on 'our' health." –Teen Focus Group

"Teen mental health can cause students to struggle." –Teen Focus Group

"Need more educational programs for those who are at a high risk, sexual choices and protection options." – Teen Focus Group

"Need more safe activities for teens for entertain such as, teen club, amusement park, or mall." –Teen Focus Group

"We need to know who and where to go to get help, guidance counselors or adult leaders." –Teen Focus Group

"Parents need more education about their teens, need newsletters or parents nights."–Low Income Focus Group

"Although sex education is taught in school there needs to be more open communication at home." – Low Income Focus Group

"Need more education on birth control for both parents and teens." –Adult Focus Group

"Students need to be educated more on the importance of staying in school to get a good education. As well as the issues associated with drug/alcohol abuse, teen pregnancy, and how it affects the whole family." –Adult Focus Group

"Bullying creates harm to that person years down the road, youth need to be aware of this." –Senior Adult Focus Group

"More support for organizations in the community (boys and girls clubs)." –Senior Adult Focus Group

"We are missing the chance to education parents." –Senior Adult Focus Group

"More sports activities other than little league for the older youth." –Senior Adult Focus Group

"Need to start younger than High School with health education." –Senior Adult Focus Group

Education/Economy

"If the economy is slow, healthcare rates will increase." -Business Focus Group

"People need insurance and at least a high school diploma because lower income and unemployed individuals can't afford health care cost." –Business Focus Group

"Dropping out of High school will guarantee lower income/wages and unemployment." –Business Focus Group

"Without education it is hard for people to know how to take care of themselves." -Teen Focus Group

"Education leads to success in the future." –Teen Focus Group

"High School dropout leads to unemployment and lower income." –Teen Focus Group

"How can someone support their family on $7.25 an hour?" Low Income Focus Group

"Without a good job people cannot afford good healthcare." –Adult Focus Group

"There is always a need for better education which in turn helps revitalize a growing economy." –Adult Focus Group

"If the education/economy were better, people would be able to take better care of themselves and their health." –Adult Focus Group

"Education/economy is the starting place for all problems." –Senior Adult Focus Group

"If you do not have education than that equals low economy. People need education to stop the cycle." –Senior Adult Focus Group

Mental Health and Substance Abuse

"We need a 24 hour Crisis Detox Center in the Community, something other than the emergency room." –Business Focus Group

"Law enforcement officers spend too much time 'babysitting' mental health patients at hospitals." – Business Focus Group

"Not enough resources in the county compared to the number of people who need those resources." – Business Focus Group

"Individuals refuse care in the group setting because they would prefer one on one care." –Business Focus Group

"Bullying within schools and the community are causing young people to have mental health issues." – Teen Focus Group

"Stress at home is a problem and is causing depression." –Teen Focus Group

"Substance abuse can cost you your life." –Teen Focus Group

"It is important to focus on substance abuse because teens are exposed and willing to try new things." – Teen Focus Group

"Bullying leads to suicide." –Teen Focus Group

"Support groups are needed for teens using drugs/alcohol." –Teen Focus Group

"If people lose everything they are likely to self-medicate, drink alcohol, or worse." –Low Income Focus Group

"Programs in schools are needed to reduce bullying." – Low Income Focus Group

"Get rid of alcohol. There needs more programs like SADD & DARE in schools." –Low Income Focus Group

"There is limited access to resources for those with mental health issues." –Low Income Focus Group

"There is a lack of one on one resource for mental health/substance abuse." –Low Income Focus Group

"Mental health/substance abuse needs to be an area of focus because many children with parents who have substance abuse issues result in not caring for or abusing their children." – Adult Focus Group

"Children need an outlet for their problems instead of using drugs and alcohol." -Adult Focus Group

Access to Care

"People need insurance and at least a high school degree; lower income people/unemployed cannot afford the cost of healthcare so preventative care is essential." –Business Focus Group

"Previously individuals had no access to an Urgent Care office." – Business Focus Group

"Access to care is important because if you are sick you will not get better if you are unable to see a doctor." –Teen Focus Group

"Access to care is limited for teenagers because they can't drive and are embarrassed to ask a parent for something's regarding health." –Teen Focus Group

"Access to care is limited because people don't know about issues and how to access certain kinds of care." –Teen Focus Group

"As teens we are limited to healthcare services because some don't have insurance, don't qualify for Medicaid/Medicare, lack of transportation, and lack of funds to pay for healthcare." –Teen Focus Group

"Access to care is limited because we are afraid to say we have a problem. An example of this would be having an STI and being afraid of getting into trouble." –Teen Focus Group

"If you have no insurance how will patients get treated, RHA requires patients to have some type of income or insurance." – Low Income Focus Group

"Access to care is limited because of the lack of insurance, lack of transportation, unable to pay co-pays, and wait times too long." –Low Income Focus Group

"Since I do not have insurance I do not have access to RHA." –Low Income Focus Group

"The Hispanic population does not have the same access to care as others." – Low Income Focus Group

"There is a lack of affordable, easy to access, and one on one care." –Adult Focus group

"Need more access to healthcare." –Adult Focus Group

Appendix D: Caldwell County Health Resource Guide

Health Care

Caldwell Memorial Hospital (Caldwell)
A UNC Health Care System Network Hospital

A member of the nationally-recognized UNC Health Care System since May 1, 2013, Caldwell Memorial Hospital is the private, not-for-profit community hospital located in Lenoir, North Carolina. Since opening in January of 1951, it has continued to grow and change in order to meet the healthcare needs of its community. Anchored by a high-quality 110-bed acute care hospital and a provider network of more than sixty primary and specialty care physicians and advanced practice professionals, the mission of Caldwell Memorial Hospital is to provide safe, effective, compassionate care and to promote healthy lifestyles to its community.

CMH is the only hospital in the county. The facility provides general and orthopedic surgery, urology, gynecology, obstetrics, and podiatry. Medical services include emergency medicine, outpatient surgery, x-ray, nuclear medicine, ultrasound/MRI/CT/PET scanning, physical therapy, EKG, stress testing, respiratory therapy, sleep center, EEG and emergency medicine services 24hrs a day.

For more information please visit: www.caldwellmemorial.org

P.O. Box 1890
321 Mulberry Street, SW
Lenoir, NC 28645

The Center for Breast Health

This facility is owned and operated by Caldwell-UNC Healthcare and is the only breast health center in the county. This facility provides diagnostic imaging for the treatment of breast cancers and other related breast tissue disorders.

For more information please visit: www.caldwellmemorial.org

1031 Morganton Blvd.
Suite B
Lenoir, NC 28645
Phone: 828-757-5502

The Caldwell Nutrition & Diabetes Health

This facility is owned and operated by Caldwell-UNC Healthcare and is the only diabetes management and education center in the county. Individual sessions and group classes are provided

For more information please visit: www.caldwellmemorial.org

1031 Morganton Blvd.
Suite A
Lenoir, NC 28645
Phone: 828-757-6450

Caldwell County Health Department

Caldwell County Health Department is the only health department in the county. This facility provides a variety of services including preventive screenings, education, diagnosis, and treatment of many health conditions.

Dental clinic

Basic preventative and restorative dental services for children between the ages of 4-18 who are enrolled in North Carolina Health Choice or Medicaid.

For more information please call: Phone: 828-426-8525

Health Education

Information and assistance with healthy lifestyle choices related to nutrition, physical activity, tobacco cessation, preventive screenings, STD awareness, healthy pregnancies, chronic disease self-management, diabetes self-management courses and a variety of other health-related issues.

For more information please contact: 828-426-8506

Clinical Services

The clinic provides a comprehensive range of services that include primary care for acute illness for adults and children, physicals, family planning services, maternity care, immunizations, surveillance, testing and treatment of communicable diseases, and STD testing and follow up. The Breast and Cervical Center Control Program (BCCCP) is also available for women ages 50 and older. The program provides clinical breast exams, pap smears, and mammograms for financially eligible women.

For more information please contact: 828-426-8400

Child Health

Care Coordination for Children (CC4C) is a program that helps families find and use community services. The program aims to connect families with services for children and families, to support children in reaching their developmental potential, and to help ensure that children are raised in healthy, safe, and nurturing environments. Children birth to age three at risk for developmental delay or disability, long term illness and/or social, emotional disorders and children ages birth to five diagnosed with developmental delay or disability, long term illness may be eligible for the program.

For more information please contact: 828-426-8428

Women's Health

This program provides client-centered services to pregnant and post-partum women. Services include pregnancy testing, counseling, routine and sick maternal health clinic visits and ultrasounds.

For more information please contact: 828-426-8488

WIC

This service provides nutrition counseling and supplemental food vouchers for women who are pregnant, post-partum, or breastfeeding, as well as infants and children up to the age of five years of age who meet financial eligibility requirements and who are at nutritional risk.

For more information please contact: 828-426-8407

www.mywic.org

Environmental Health

This program provides permits for new septic systems and existing systems, new private drinking water wells and repairs to existing wells. Staff provide routine inspections of restaurants, motels, bed and breakfasts, institutions, hospitals, school cafeterias, and summer camps, pools, tattoo parlors, and daycares to insure sanitation standards are met. This department also provides testing of blood lead levels and conducts investigations of confirmed elevated blood lead levels in children to determine point of contact.

For more information please contact: 828-426-8537

For more information on health department services please visit
www.caldwellcountync.org
2345 Morganton Blvd
Lenoir, NC 28645
Phone: 828-426-8400

Home Care Management Corporation

Home Care Management Corporation provides the services necessary for people with disabilities to be as comfortable and independent as possible in their own homes. The services provide a viable, affordable alternative to institutional living. The programs serve developmentally disabled adults and children and people with physical disabilities. The agency offers in-home personal care, mental health services, services under the Community Alternatives Program for Disabled Adults, Mentally Retarded, and Developmentally Disabled (CAP-DA, MR/DD) assessment, vocational rehabilitation supported employment and employee leasing to human service agencies. They also offer Multisystem Therapy, Early Childhood Intervention and in-school behavioral support programs for children with special needs in NC.

For more information please visit: www.homecaremgmt.org

315 Wilkesboro Boulevard NE
Suite 2-A
Lenoir, NC 28645
Phone: 828-754-3665

Helping Hands Clinic

Helping Hands Clinic provides high-quality, free medical care to patients without health insurance. A full-time provider is available 4 days per week for acute, urgent, follow-up and preventative care. Helping Hands Clinic provides a high quality, cost-effective alternative to the local emergency room. Patients with chronic diseases like Diabetes, COPD and similar respiratory diseases, complicated heart disease and some forms of arthritis can be enrolled in the Caldwell Health Access Program or CHAP. This program pairs uninsured patients with volunteer medical providers in Caldwell County who have agreed to manage patients with chronic diseases in their offices. Patients enrolled in CHAP have access to all Helping Hands services. Helping Hands offers a fully licensed pharmacy with free medications available to eligible patients. Most medications are accessed through the Patient Assistance Program and may take up to 8 weeks to be available. Helping Hands Clinic does not write prescriptions for or dispense narcotics of any kind. Helping Hands Clinic believes that patients who are invested in their personal health become healthier, so patients are asked to make a $5 donation for services.

For more information please visit: www.helpinghandsclinic.org

810 Harper Avenue NW
Lenoir, NC 28645
Phone: 828-754-8565

West Caldwell Health Council

Happy Valley and Collettsville Medical Centers

Both facilities operate on a sliding fee scale for uninsured and underinsured patients. These facilities accept all insurance including Medicaid and Medicare. Services include dental exams, chronic disease management, preventive care, mental health, gynecologic care, pediatric care, immunizations, physicals, and family planning services.

For more information please visit:

Collettsville Medical Center

4329 Collettsville Rd
Collettsville, NC 28611
Phone: 828-7542409

Happy Valley Medical Center

1345 Highway 268
Patterson, NC 28661
Phone: 828-754-6850

ALFA-AIDS Leadership Foothills Area-Alliance

ALFA, formerly known as AIDS Leadership Foothills Area-Alliance, has provided supportive services to those infected and/or affected by HIV/AIDS since 1987. ALFA currently provides supportive and medical case management, prevention education, and outreach to an eight county service area. ALFA's service area consists of Alexander, Alleghany, Ashe, Burke, Caldwell, Catawba, Watauga, and Wilkes counties.

For more information please visit: www.alfainfo.org

1120 Fairgrove Church Rd SE
Suite 28 Hickory, NC 28602
Phone: 828-322-1447

Caldwell Pregnancy Care Center

The Caldwell Pregnancy Care Center provides confidential services including free pregnancy tests, abortion education, post abortion care, information on STDs & community referrals.

For more information please contact:

Caldwell Pregnancy Care Center
301 Connelly Springs Rd
Lenoir, NC 28645
Phone: 828-757-9555

Caldwell Hospice and Palliative Care Hospice

Using a holistic approach to care, Caldwell Hospice and Palliative Care serves the physical, emotional, and spiritual needs of the terminally ill and those they love. They recognize dying as a natural part of living, and help patients live as pain-free and comfortably as possible, so they can enjoy each day with their loved ones. Caldwell Hospice's interdisciplinary team (physician, nurse practitioner, nurse, medical social worker, certified nursing assistant, chaplain, and volunteers) provides support and cares for patients in their own homes, long-term-care facilities, hospitals, or in one of CHPC's own patient care units. They also provide grief support for families after the death, as well as community bereavement services. Caldwell Hospice is a private, non-profit organization, certified by Medicare and accredited by the Accreditation Commission for Health Care.

For more information, please visit: www.caldwellhospice.org.

AIM: Advanced Illness Management

AIM: Advanced Illness Management is a palliative care consultative service, focused on better quality of life for patients living with chronic, debilitating illness. AIM uses a team approach to treat physical, emotional, and spiritual needs of patients, at any age and at any point in their illness. AIM is collaboration between Caldwell UNC Health Care and Caldwell Hospice and Palliative Care.

For more information, please visit: www.caldwellhospice.org.

902 Kirkwood Street, NW
Lenoir, NC, 28645
Phone: 828-754-0101

Mental Health

The Caldwell House

The Caldwell House provides structure, responsibility and accountability which are key to a person's recovery. The House accepts only those persons who have completed at least 4 weeks of in-patient substance abuse treatment. The residents are adult males only. Residents accepted to the Caldwell House are able to benefit from its therapeutic program as they learn how to re-enter society in a safe and healthy environment. Intake procedures include, reviewing assessments (which helps identifies maladapted behavior or the presence of other conditions, which may cause susceptibility to abuse by self or others) and going over treatment and aftercare plans to determine if the resident meets program admission criteria. Individuals who do not meet certain admission criteria may not be accepted to the House. An average stay at Caldwell House is between 8 and 12 months. The House requires at least a 4 month commitment from residents and active involvement in the implementation of aftercare plans and employment.

For more information please visit: www.thecaldwellhouse.com

951 Kenham PL SW
Lenoir, NC 28645
Phone: 828-754-5148

RHA Behavioral Health

RHA offers a range of behavioral health services including clinical Intake/diagnostic assessments, community support services, deaf and hard of hearing services, DWI services, facility based crisis interventions, intensive in-home services, jail diversion and re-entry programs and several outpatient detox programs.

For more information please visit: www.rhabehavioralhealth.org

2415 Morganton Blvd, SW
Lenoir, NC 28645
Phone: 828-394-5563

Smoky Mountain Center

Smoky Mountain Center is a regional organization that coordinates high quality prevention, treatment, and support services for individuals and families in our communities with developmental disabilities, mental health, or, substance abuse needs. Services include mental health counseling, intellectual/developmental disability interventions, and substance abuse services.

For more information please visit: www.smokymountaincenter.com

825 Wilkesboro Blvd. SE
Lenoir, NC 28645
Phone: 828-759-2160

Bethel Colony of Mercy

Bethel Colony of Mercy is a residential drug and alcohol rehabilitation center with a faith based approach using the Bible and Christian principles in counseling. Residents can expect a 65-day stay with daily teaching, counseling, devotionals, guided personal Bible study and prayer.

For more information please visit: www.bethelcolony.org

1675 Bethel Colony Road
Lenoir, NC 28645
Phone: 828-754-3781

Children and Families

Lenoir Emergency Outreach Shelter

LEOS is a fulltime emergency shelter available for men, women, children and families. This outreach shelter is a permanent year round shelter that offers people a warm safe place to sleep.

For more information contact: (828) 726-3634

1129 West Avenue
Lenoir, NC 28645
LenoirHomeless@gmail.com

Smart Start

Smart Start is North Carolina's nationally-recognized initiative to ensure all children enter school healthy and ready to succeed. Smart Start helps working parents pay for child care, improves the quality of child care and provides health and family support services in every North Carolina county. Smart Start works to ensure all children have the skills they need to be successful in school. That could include hearing, dental or developmental screenings, access to higher quality child care and support for families.

For more information, please visit: http://caldwellsmartstart.org/

Office: 916 West Avenue Suite 203
Mailing: P. O. Box 2128
Lenoir, NC 28645
Phone:828.426.KIDS

Blue Ridge Community Action

Blue Ridge Community Action offers programming in Burke and Caldwell Counties. Services including the operation of 4 nutrition sites throughout the county that offer hot, nutritionally balanced meals to adults ages 60 and older, licensed child care centers, licensed adult day care centers, assistance with urgent home repairs, weatherization, rental housing and a heating appliance repair/replacement program.

For more information please visit: www.brcainc.org

800 North Green Street
Morganton, NC 28655
Phone: 828-438-6255

Shelter Home of Caldwell County

The Shelter Home of Caldwell County exists to work toward the elimination of domestic violence, and to provide emergency and support services for victims/survivors of domestic violence, rape and sexual assault and their children. This agency provides safety and basic needs to victims of domestic violence, rape and sexual assault: to listen, to help clients identify their options, discover their strengths, and provide information, referrals and positive support for change. They also inform, educate and provide prevention services to the community.

For more information please visit: www.shelterhomecc.org

PO Box 426
Lenoir, NC 286454
Phone: 828-758-0888

Robin's Nest Children's Advocacy Center

The Children's Advocacy Center of Caldwell County serves the needs of severely physically abused and sexually abused children in Caldwell County. Robin's Nest provides a central location for delivery of services to abused children, using the Multi-Disciplinary Team approach to providing care for child victims. Services include interview and case review, medical examinations, shelter and protective services as needed, advocacy throughout the legal process, and counseling.

For more information please visit: http://www.robinsnestcac.org

1051 Harper Avenue
Lenoir, NC 28645
Phone: 828-754-6262

Caldwell Council on Adolescent Health

The Caldwell Council on Adolescent Health, a non-profit organization, was founded in 1983, for the purpose of reducing teen pregnancy and sexually transmitted infections. The council promotes positive life choices by using best practice models in the classroom.

For more information please visit: http://ccahlenoir.org/

901 West Avenue
Lenoir, NC 28645
Phone: 828-757-9020

Caldwell Friends, Inc.

For a period of one year, this agency matches a caring, positive and stable adult volunteer with an at-risk youth in the community. These youth are in need of a positive, consistent role model to encourage development of sound values and appropriate behavior to improve self-esteem. This agency provides ongoing supervision and support to the youth and volunteer.

For more information:

918 West Avenue NW
Lenoir, NC 28645
Phone: 828-758-4683

Communities In Schools of Caldwell County

Communities In Schools (CIS) of Caldwell County is an intervention program created by a public/private partnership to target and meet the needs of identified students in Caldwell County Schools. The program operates in four middle schools, three high schools, and two elementary schools in the county. The partnership is made up of industry, government, social service agencies, the school system, and community volunteers. Our mission is to champion the connection of needed community resources with schools to help young people successfully learn, stay in school, and prepare for life.

For more information please visit:

616 Ashe Avenue NW
Lenoir, NC 28645
Phone: 828-759-2852

Crossroads Church/Storehouse Daily Bread

Crossroads Church/Storehouse Daily Bread is a food pantry for families and individuals in Caldwell County. Participants must complete an application, have a valid ID, and live in Caldwell County but can be served one time if they live out of the county. Hours are 3:30 p.m. to 5:00 p.m. on Monday only.

For more information please contact: 828-612-6802

2075 Morganton Blvd
Lenoir, NC 28645

Mountain Grove Baptist Church Food Pantry

Mountain Grove Baptist Church offers a food pantry for families and individuals in need no matter what county you reside in. No appointment or referral needed. Must complete application and have photo ID. Hours are 2nd and 4th Tuesdays from 5:30 pm to 7:30 pm.

For more information please contact: 828-728-9557

2485 Connelly Springs Rd
Granite Falls, NC 28630

Baptist Children's Homes – Care House

The Care House is a residential program for teen mothers and babies. Referrals are not required but appointments must be made in advance. Residents must be in the custody or placement of DSS to be eligible for services.

For more information please contact: 828-757-0700

1120 Taylorsville Rd
Lenoir, NC 28645
www.bchfamily.org

Caldwell County Department of Social Services

The mission of the Caldwell County Department of Social Services is to help families and individuals optimize their self-reliance and self-sufficiency, and to protect vulnerable people – particularly children, older adults, and the disabled – from abuse, neglect, and exploitation. This department offers a variety of services.

For more information please visit: www.caldwellcountync.org

2345 Morganton Blvd
Lenoir, NC 28645
Phone: 828-426-8200

Caldwell County Family Resource Center (Family, Infant and Preschool Program)

The Caldwell Family Resource Center provides early learning opportunities to children and their families. Early Head Start is located at the center and serves children, birth to age 3 and their families, as well as women who are pregnant. The Caldwell Family Literacy Program is also at the center and offers GED and ESL classes. Playgroups, support groups, parenting education, and other events are scheduled at the Caldwell Family Resource Center at no cost to families.

For more information please visit: www.enolagroup.org

Caldwell Family Resource Center
The Enola Group
609 Harper Avenue, SW
Lenoir, NC
Phone 828-757-8632
Fax 828-757-8633
Facebook page….Early Head Start of Caldwell

Caldwell County Family Literacy Program

Adults in need of basic skills instruction may attend class with their children ages 2-5 years old. These classes provide comprehensive and intensive services to families. Components of the program include Adult Basic Education/GED and English as a Second Language, Parent Education, Parent/Child Together Time (PACT), and Early Childhood Education. This is a tuition-free class. Classes operate Monday through Friday from 8:30-12:30 at the Family Resource Center in Lenoir.

For more information contact Director, Shari Brown: (828) 757-8632 Ext. 19

609 Harper Ave.
Lenoir, NC 28645

South Caldwell Christian Ministries

The ministry serves the needs of the people in Southern Caldwell County through the cooperative efforts of member churches, United Way, individuals, schools, non-profit groups, businesses, and the public. Assistance is provided through clothing, diapers, financial assistance, food, fans, furniture, household needs, school supplies, A/C (elderly or handicapped only), monthly food delivery to the elderly, counseling, budgeting, referrals, and follow-up.

For more information please contact: 828-396-4000
5 Quarry Rd
Granite Falls, NC 28630

Health Promotion

Quest 4 Life Wellness Center

Quest 4 Life is owned and operated by Caldwell Memorial Hospital. The facility offers a full range of exercise equipment, aerobic and fitness classes, and additional educational classes. Classes dealing with tobacco cessation, nutrition, diabetes, and other topics are taught on a monthly basis. Anyone is eligible to join with a membership fee. Some member discounts are offered to individuals belonging to a specific business such as Caldwell County Government employees, Bernhardt Factory employees and others.

For more information please visit: www.caldwellmemorial.org

1031 Morganton Blvd
Lenoir, NC 28645
Phone: 828758-8753

Satie and JE Broyhill Senior Center

The center provides social and physical activities, academic activities, senior referral services, health screenings, exercise programs, legal assistance, income tax preparation, and many other activities for seniors. It is open to anyone but most programs are focused on the senior adult population.

For more information please visit: www.caldwellseniorcenter.org/

650 A Pennton Avenue SW
Lenoir, NC 28645
Phone: 828-758-2883

Caldwell County Cooperative Extension

The Caldwell County Cooperative Extension Center gives our county's residents easy access to the resources and expertise of NC State University and NC A&T State University. Through educational programs, publications, and events, Cooperative Extension agents deliver unbiased, research-based information to Caldwell County citizens. The foods, nutrition and health program in Caldwell County focuses on food safety education, and nutrition education to community groups and schools about the basics of good nutrition. Classes and educational materials on Food Safety, food preservation and Heart Healthy information are available.

For more information please visit: http://caldwell.ces.ncsu.edu/index.php?page=home

120 Hospital Avenue NW
Lenoir, NC 28645
Phone: 828-757-1290

Recreation

City of Lenoir Parks and Recreation

The City of Lenoir Parks and Recreation Department provides recreational opportunities including organized youth sports leagues, summer camps, exercise facilities and classes, adult tournaments and softball leagues, adult water aerobics, swimming lessons for children, gymnastics and other recreational opportunities. Services are available for varying registration fees but City of Lenoir employees can enroll their families at no charge.

For more information please visit: www.ci.lenoir.nc.us

720 Mulberry Street
Lenoir, NC 28645
Phone: 828-757-2165

Town of Hudson Recreation Center

The Town of Hudson Recreation Department provides recreational opportunities including organized youth sports leagues, summer camps, exercise facilities, adult tournaments and softball leagues, adult water aerobics, swimming lessons for children, gymnastics and other recreational opportunities.

For more information please visit: www.ci.hudson.nc.us

550 Central Street
Hudson, NC 28638
Phone: 828-728-8272

Town of Granite Falls Recreation Department

The Granite Falls Recreation Department provides recreational opportunities including organized youth sports leagues, summer camps, exercise facilities, adult tournaments and softball leagues, adult water aerobics, swimming lessons for children, gymnastics and other recreational opportunities.

For more information please visit: www.granitefallsnc.com

30 Park Square.
Granite Falls, NC 28630
Phone: 828-396-3131

Caldwell County Pathways

Caldwell County Pathways partner with multiple agencies to develop, coordinate and promote non-motorized, multi-use pathways for the enhancement of the quality of life in Caldwell County. This organization provides guides or maps of all walking trails in Caldwell County. Membership is open to any interested resident of Caldwell County.

For more information please visit: www.caldwellcountypathways.com/

PO Box 1954
Lenoir, NC 28645
Email: caldwellpathways@gmail.com

Caldwell County Food Opportunities

Caldwell County Yokefellow

Yokefellow offers a broad range of services, including crisis services, household budget counseling, family mentoring, food assistance, household and clothing assistance.

1602 Harper Ave * Lenoir, NC 28645
Food Pantry Hours: Mon, Tues, Thurs, Fri
9am-Noon and 1pm – 3:30pm
Happy Valley Food Pantry
– 2nd Saturday, HV Medical Ctr Bldg. 9-10:30am
Oak Hill Food Pantry – 3rd Saturday, OH
Ruritan Bldg. 8:30-10am
Kings Creek Food Pantry – 4th Saturday, KC
Ruritan Bldg. 9-11am
(828) 754-7088

South Caldwell Christian Ministries
5 Quarry Road * Granite Falls, NC 28630
Food Pantry: Tuesday, Wednesday, Thursday
(828) 396-4000

Crossroads Ministry/ Storehouse Food Pantry
1145 Bradford Mtn. Road * Lenoir, NC 28645
Food Pantry Hours: Each Monday 9am-1pm
(828) 612-6802

Whitnel First Baptist Food Pantry
201 Connelly Springs Rd * Lenoir, NC 28645
Jan, Mar, May, July, Sept, Nov 2nd and 4th Thursdays 8-12pm
(828) 754-3240

Mountain Grove Church Food Pantry
2485 Connelly Springs Rd * Lenoir, NC 28645
Food Pantry Hours: 2nd and 4th Tuesday 5-7pm
(828) 728-0557

Mt. Olivet United Methodist Food Pantry
Collettsville Rd * Lenoir, NC 28645
Food Pantry Hours: Every 3rd Saturday, 9-12pm
(828) 754-4109

Pay It Forward Food Pantry
Fairview Presbyterian Church
2058 Harper Ave NW * Lenoir, NC 28645
Food Pantry Hours: 2nd and 4th Thursdays 11am-1:45pm
(828) 572-4441

Poovey's Chapel – Food and Clothes
2822 Poovey's Chapel Ch. Rd * Hudson, NC 28638
Food Pantry Hours: 3rd Thursday 9-11am
Clothes Closet: 3rd Thursday 9-11am
(828) 728-7210