

# Alexander County



## 2010 Community Health Assessment

Prepared by the Alexander County Health Department

---

**Table of Contents**

Assessment Process Overview..... 4

Community Partners..... 5-7

Community Overview..... 8

Demographics of Survey Participants..... 9

Survey Results

Quality of Life Statements

    HealthCare System..... 10

    Children..... 11

    Economic Opportunity..... 12

    Safety..... 13

    Aging..... 14

    Social Support..... 15

    Health Problems..... 16

    Unhealthy Behaviors..... 17

    Community Wide Issues..... 18

Health Profile

    General Health..... 19

    Exercise Activity..... 20

    Health Conditions..... 21

Discussion

    Obesity..... 22

    Drug & Alcohol Abuse..... 23

    Health Care Access..... 24

    Unemployment..... 25

    Educational Data..... 26

Environmental Issues.....	27
Alexander County Statistics	
Mortality Statistics.....	29-33
Local Resources.....	34
Assessment Highlights.....	35
Community Health Concern Matrix.....	36
Alexander County Health Priorities.....	37
Appendices	
Appendix 1- 2010 Community Needs Assessment Surveys.....	39-55
Appendix 2- Local Distribution List for CHA Surveys.....	56
Appendix 3- Trends in Key Health Indicators.....	57-67

## **Assessment Process Overview**

The State of North Carolina requires each county to prepare a community health assessment every 4 years. The purpose of this assessment is to provide information for a better understanding of community health concerns, documenting health status trends and to serve as a catalyst for developing strategies to assess community health problems. The Alexander County 2010 Community Health Assessment process includes three primary components: a compilation of survey responses from Alexander County residents and leaders; review of the most current health related statistics available; and analysis of the findings.

All residents of Alexander County were encouraged to complete a community health assessment survey from March 2009 through September 2010. Healthy Alexandrians coalition members, Alexander County Health Department staff, announcements at various community meetings, and display booths at many health fairs throughout the county were utilized to inform the public of the community health assessment survey and how to access it. Community surveys were available online the Health Departments and County's Facebook Page.

The community survey consisted of 5 sections: Quality of Life Statements, Community Problems and Issues, Personal Health, Emergency Preparedness, and Demographics Information. The survey was available in English and Spanish.

Health and Health Related Statistics were used from the North Carolina State Center for Health Statistics, U.S. Census Bureau, NC Cancer Registry, NC Department of Commerce, North Carolina Employment and Securities Commission, Alexander County Economic Development, and NC Public Schools Database System.

## Community Partners

Special acknowledgment to these people for their time, data collection, leadership, participation, and expertise in compiling this Community Health Assessment (CHA).

<b>Committee Members</b>	<b>Job Description</b>
Linda Graham	Director CVCC Alexander Campus
John Alspaugh	New River Behavioral Center
Dolores Huffman	Smokey Mountain Center, DSS County Liason
Sharon White	New River Behavioral Center
Suzanne Rhinehart	NC Cooperative Extension
Debra Einstein	Alexander County Head Start
Fred Barkley	Basic Finance
Caryn Brzykcy	Attorney, Joel Harbinson Law
Susan Cogdill	Partnership for Children Director
Dr. Jeff Peal	Alexander County Schools
Sherry Hart	Alexander County DSS
Lenny Rogers	Director NC Cooperative Extension

Carrie Head	Alexander County DSS
Gail Drum	Alexander County United Way
Jack Hoke	Superintendent Alexander County Schools
Dr. Jane Teaque	Retired from Alexander County Schools
Jim Hamilton	Smokey Mountain Center
Leeanne Whisnant	Alexander County Health Department Director
Holly Powell	Alexander County Health Department, Health Educator
Jason Williams	Alexander County Emergency Preparedness Coordinator
Tony Jones	Chief of Police
David Icenhour	Alexander County Economic Development
Norris Kever	Retired County Commissioner
Mr. Rob Young	DSS, Attorney
Elizabeth Jackson	Domestic Violence Resource Center
Garry Frank	District Attorney
David Odom	Taylorsville Town Manager

Wayne Michael	Chief Disrtict Court Judge
Shelly Elder	DSS
Vicky Bartholomew	Juvenile Court Counselor
Larry Yoder	County Commissioner
Jennifer Hefner	Alexander County Schools
Brenda Fox	Retired RN
Chris Bowman	Alexander County Sherriff
Rick French	County Manager
Holly Younge	DSS
Rev. Tim Marsh	First Baptist Church
Tod Jones	Chief Deputy, Alexander County Sheriff's Department
Martha Rhyne-Winkler	Alexander County Middle School Counselor
Teresa Walsh	Spanish Interpreter

## Community Overview

Alexander County is located in the scenic foothills of North Carolina’s Appalachian Mountains. Bordered on the south, by the Catawba River, the county offers numerous recreational activities, upscale to moderate housing, and opportunities for industrial and commercial operations. The County covers 263 square miles, and Taylorsville is the county seat and the largest city. Other townships include Bethlehem, Ellendale, Wittenburg, Stony Point, Hiddenite, Sugar loaf, and Vashti. Nestled in the scenic foothills of North Carolina, Alexander County industrial sites are within an easy 20 minute drive of Interstates 40 and 77 and the major urban areas of Hickory, Statesville, and Charlotte. Two –thirds of the landscape is covered in farmland, with an average farm size of 90 acres producing commodities such as poultry, dairy, tobacco, apples, forestry products, grain crops, and beef cattle.

Alexander County’s motto is “Gem of North Carolina” referring to the precious emeralds found in the Hiddenite Community as well as the low taxes, affordable sites, dependable workforce, and small town quality of life which make Alexander County an attractive location for residents, industries, and businesses.

In spite of what may seem to be a prime location, Alexander County has been designated by the NC Department of Commerce as “Tier 1,” indicating that it is one of the most economically distressed areas in the state ( 41 out of 100 counties have this designation).



## Demographics of Survey Participants

There were 489 Community Health Assessment Surveys Completed. The Following Highlights the Demographics of the Participants completing the survey. The Following highlights the demographics of the participants compared to the 2000 census information for Alexander County. 13 % of people that live in Alexander County live at or below 200% of federal poverty level, and nearly half ( 45%) of the children receive free or reduced lunches.

	Community Survey Participants	Alexander County 2000 U.S.Census
<b>TOTAL</b>	498	36,777
<b>GENDER</b>		
Male	114(24.9 %)	50.8%
Female	343 (75.1 %)	49.2%
<b>RACE</b>		
African American	13 (2.8%)	6.2%
Asian	7 (1.5%)	1.2%
Caucasian	390 (85.3%)	91.3%
Hispanic/Latino	65 (14.1%)	3.5%
Native American	4 (0.9%)	0.3%

## Survey Participants According to Zip Codes

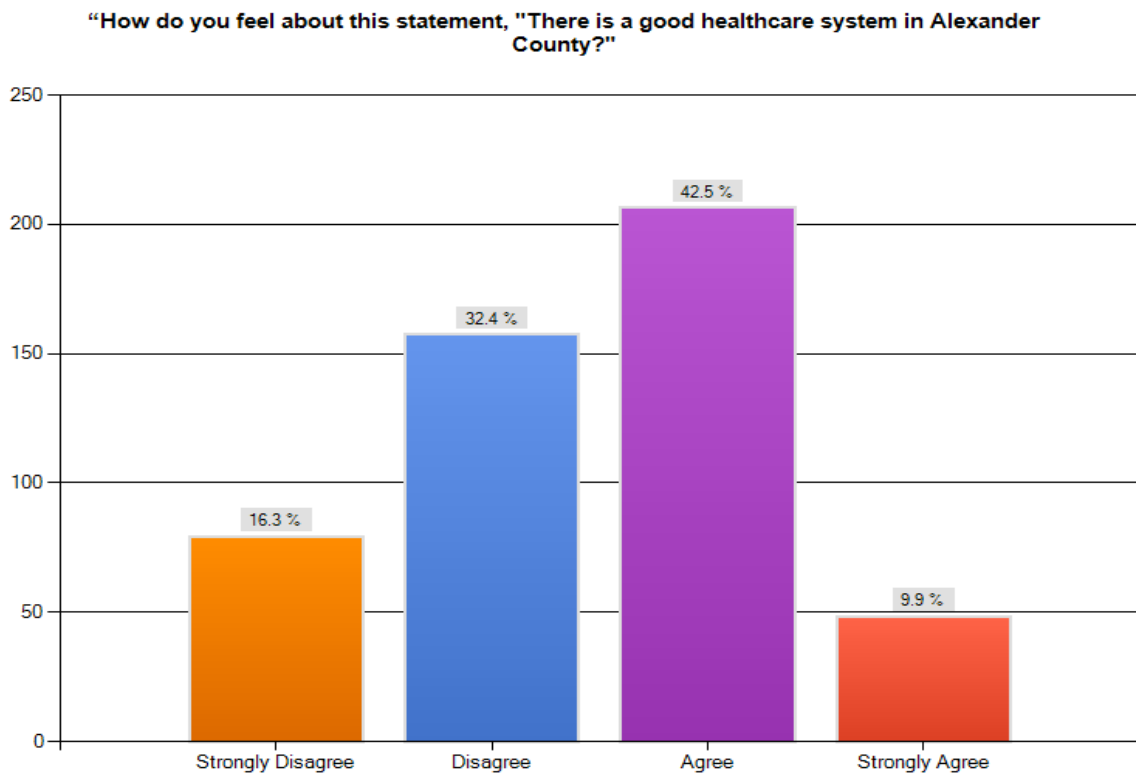
TOWN/CITY	ZIP CODE	SURVEY REPOSE
Taylorsville	28681	295
Hickory	28601	22
Hiddenite	28636	65
Stony Point	28678	22

## QUALITY OF LIFE STATEMENTS

### HealthCare System

Survey Participants were asked to respond to this question, **“How do you feel about this statement, there is a good healthcare system in Alexander County?”** -- Consider the cost and quality, number of options, and availability of healthcare in Alexander County.

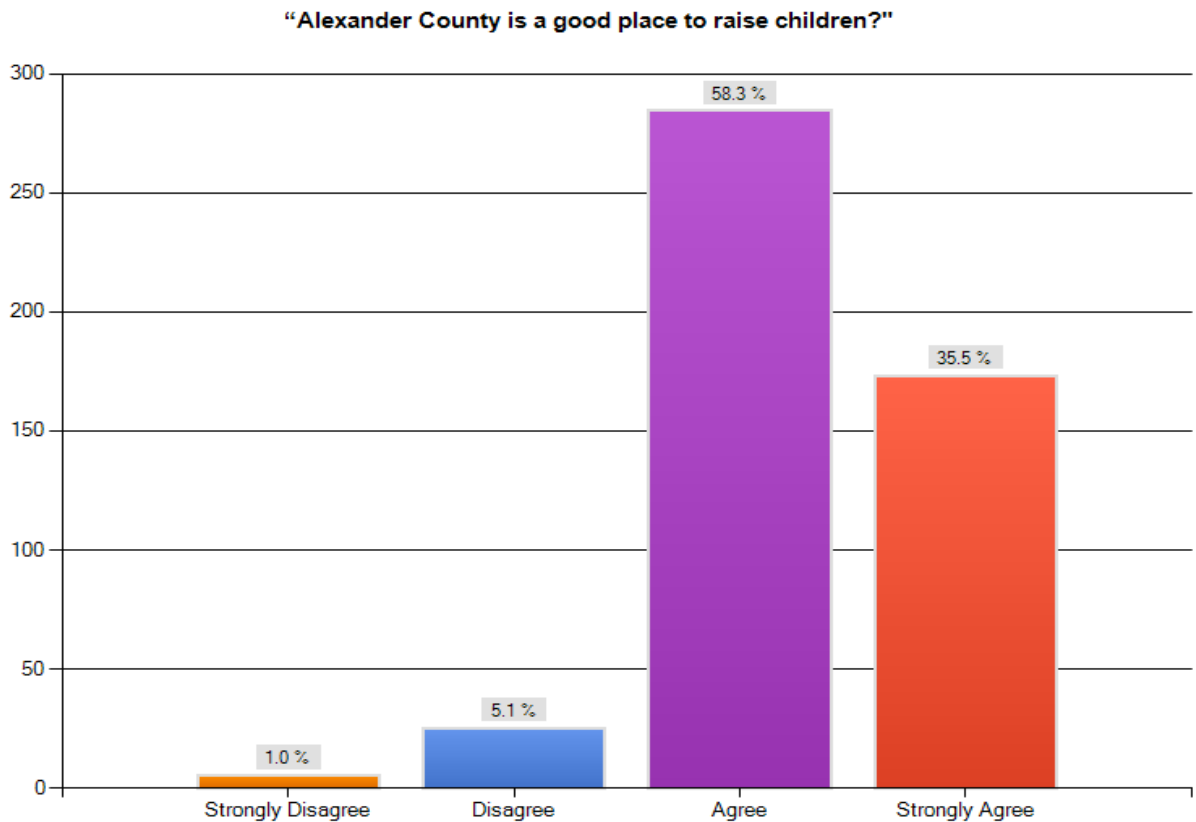
Alexander County Residents had a positive view of the healthcare system in Alexander County. The choice “agree” was selected by the majority of the community (42.5%).



## Children

Survey Participants were asked to respond to this question, “**Alexander County is a good place to raise children**”? --Consider the quality and safety of schools and child care programs, after school programs, and places to play in this county.

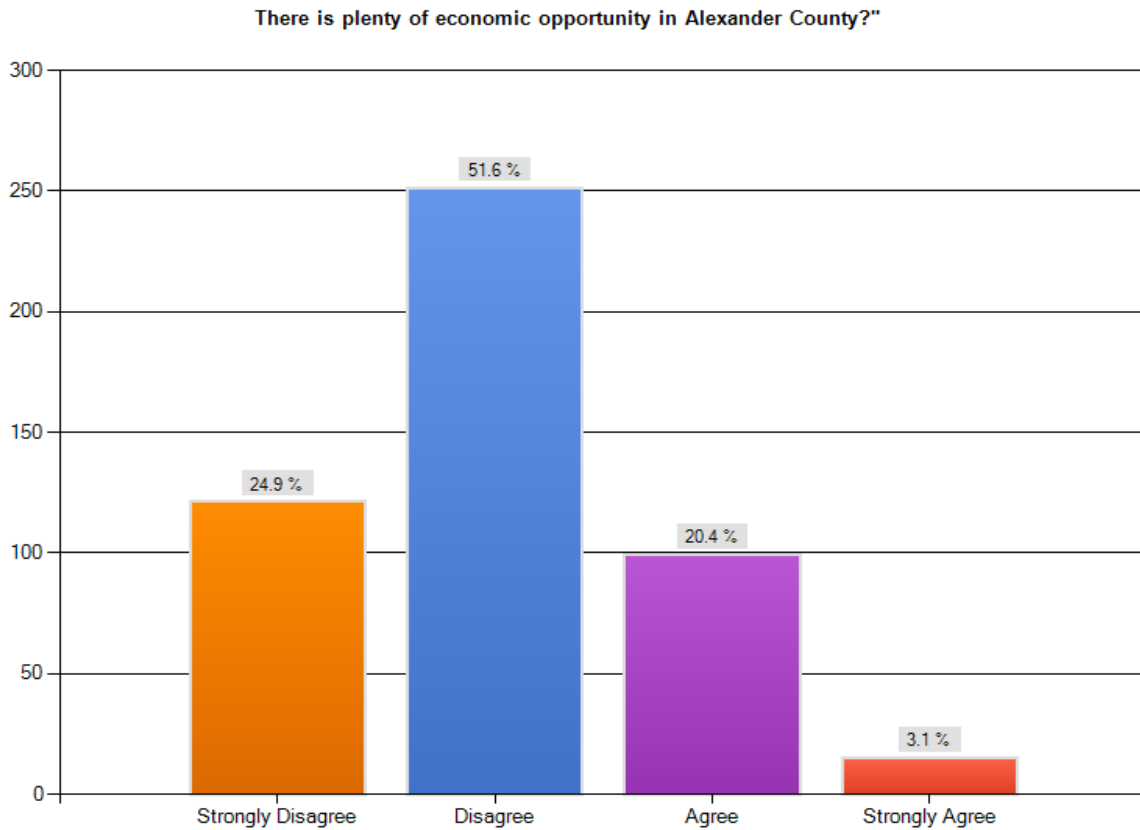
Alexander County Residents overwhelmingly think that Alexander County is a good place to raise children with 38.5 percent saying “strongly agree” and 58.3 % saying “agree”.



## Economic Opportunity

Survey Participants were asked to respond to this question, “**How do you feel about this statement, there is plenty of economic opportunity in Alexander County**”? --Consider the number and quality of jobs, job training/higher education opportunities, and availability of affordable housing in Alexander County.

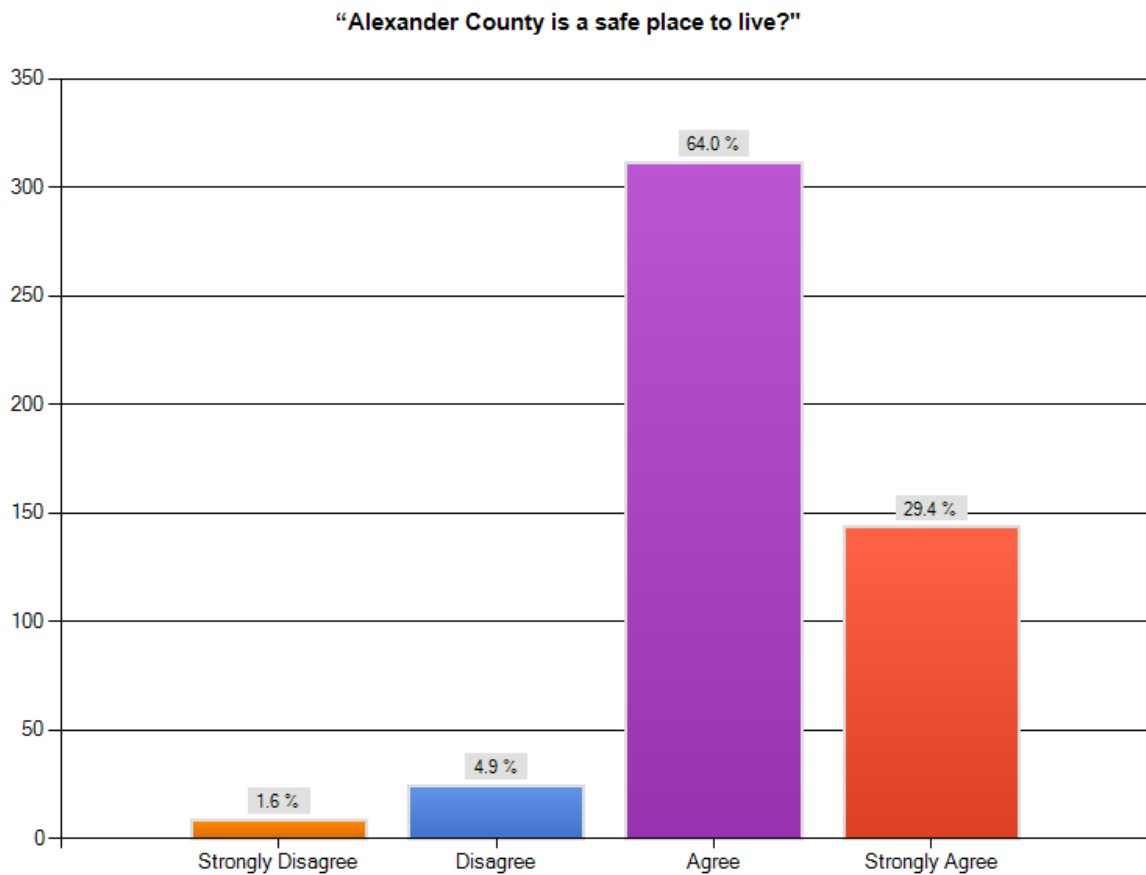
Most Alexander County Residents had a negative view about economic opportunities in Alexander County with the majority (51.6%) disagreeing.



## Safety

Survey Participants were asked to respond to this question, **“How do you feel about this statement, Alexander County is a safe place to live?”** --Consider how safe you feel at home, in the workplace, in schools, at playgrounds, parks, and shopping centers in Alexander County.

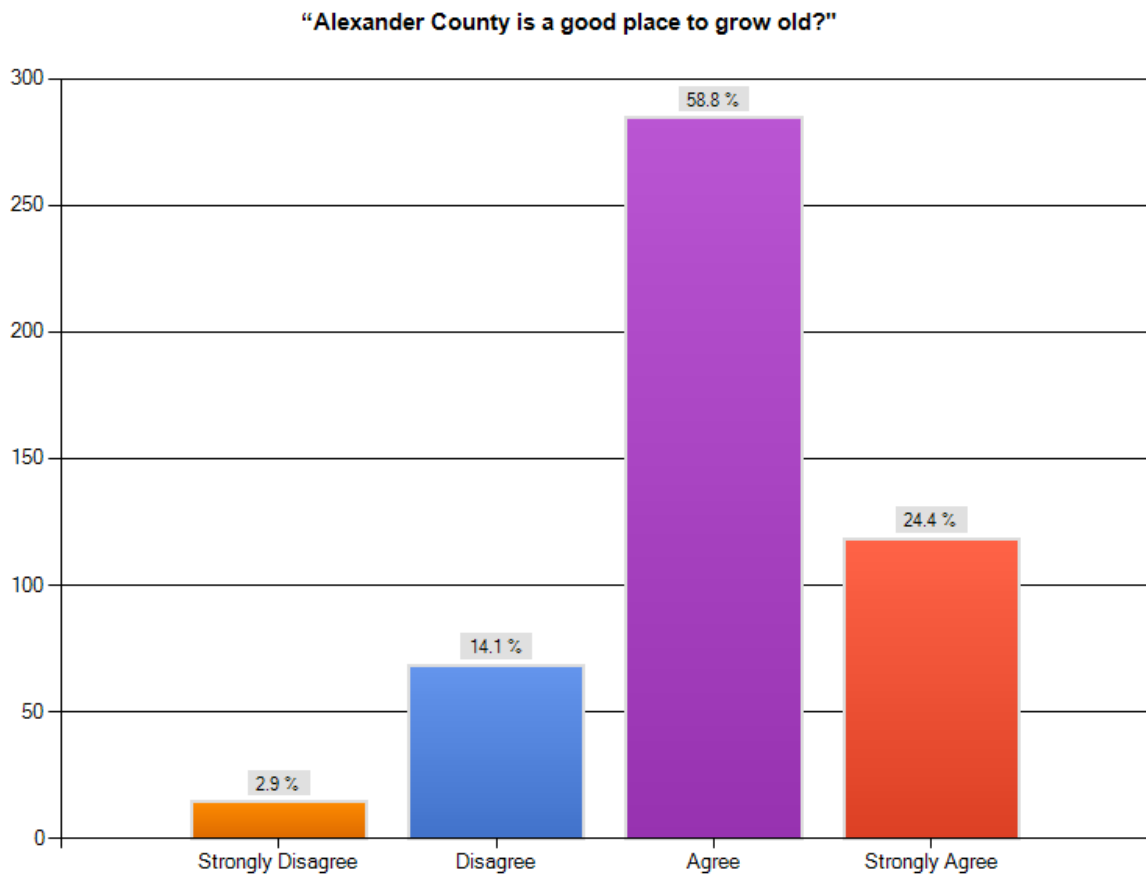
Most Alexander County Residents feel safe in their community, with 64 percent choosing the option, “agree” and 29.4 percent choosing “strongly agree.”



## Aging

Survey Participants were asked to respond to this question, “**How do you feel about this statement, Alexander County is a good place to grow old**”? --Consider our county’s elder-friendly housing, transportation to medical services, recreation, and services for the elderly.

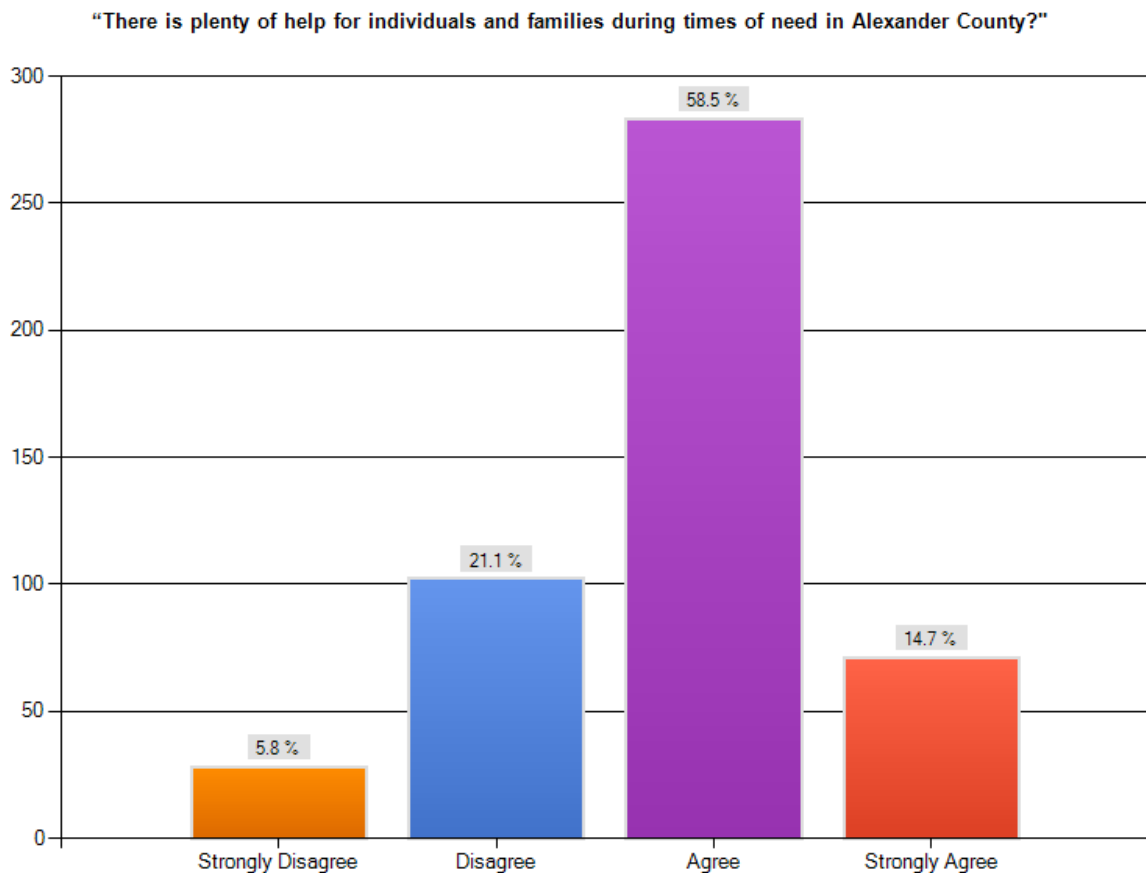
Most Alexander County Residents feel that Alexander County is a good place to grow old with 58.8 percent choosing the option, “agree” and 24.4 percent choosing, “strongly agree.”



## Social Support

Survey Participants were asked to respond to this question, **“How do you feel about this statement, there is plenty of help for individuals and families during times of need in Alexander County?”** --Consider social support in Alexander County: neighbors, support groups, faith community outreach, community organizations, and emergency monetary assistance.

Most Alexander County Residents feel that there is plenty of help in times of need with 58.5 percent choosing the option, “agree” and 14.7 percent choosing, “strongly agree.”



## Health Problems

Survey participants were asked to identify Health Problems in the community that has the largest impact on the community as a whole. Participants could choose up to 5. The Following Chart shows the top 10 results. Obesity, Cancer, Heart Disease, Diabetes, Aging Problems, Teenage Pregnancy, Mental Health, Motor Vehicle Accidents, Dental Health and Asthma were the top 10 answers. Overall Obesity was cited as the #1 Health Problem that has the largest impact on the community.

Top 10 Health Problems	Number of Respondents	Percentages %
1. Obesity/Overweight	294	62.2%
2. Cancer	272	57.5%
3. Heart Disease/Heart Attacks	217	45.9%
4. Diabetes	211	44.6%
5. Aging Problems	188	39.7%
6. Teenage Pregnancy	169	35.7%
7. Mental Health	166	35.1%
8. Motor Vehicle Accidents	105	22.2%
9. Dental Health	85	18.0%
10. Asthma	71	15.0%

## Unhealthy Behaviors

Survey participants were asked to Unhealthy Behaviors in the community that has the largest impact on the community as a whole. Participants could choose up to 5. The Following Chart shows the top 10 results. Drug Abuse, Alcohol Abuse, Tobacco Use, Lack of Exercise, Poor Eating Habits, Reckless/Drunk Driving, Not Going to the Doctor and Dentist for yearly checkups, and not using seat belts were the top ten answers. Drug Abuse was cited as the #1 unhealthy behavior that has the largest impact on the community.

Top 10 Unhealthy Behaviors	Number of Respondents	Percentages %
1. Drug Abuse	354	74.4%
2. Alcohol Abuse	333	70.0%
3. Smoking/Tobacco Use	252	52.9%
4. Lack of Exercise	224	47.1%
5. Poor Eating Habits	204	42.9%
6. Having Unsafe Sex	168	35.3%
7. Reckless/Drunk Driving	158	33.2%
8. Not going to Doctor for Yearly Checkups	117	24.6%
9. Not going to Dentist for Yearly Checkups	90	18.9%
10. Not using Seat Belts	87	18.3%

## Community Wide Issues

Survey participants were asked about community wide issues that have the largest impact on the quality of life in Alexander County. Participants could choose up to 5. The Following Chart shows the top 10 results. Unemployment, Low Income, Affordability of Health Services, Lack of Health Insurance, Availability of Healthy Family/Teen Activities, Dropping out of school, Domestic Violence, Lack of Health Care Providers, Lack of Recreational Activities, and Availability of Health Food Choices were the top ten answers. Unemployment was cited as the #1 community wide issue that has the largest impact of the quality of life in Alexander County.

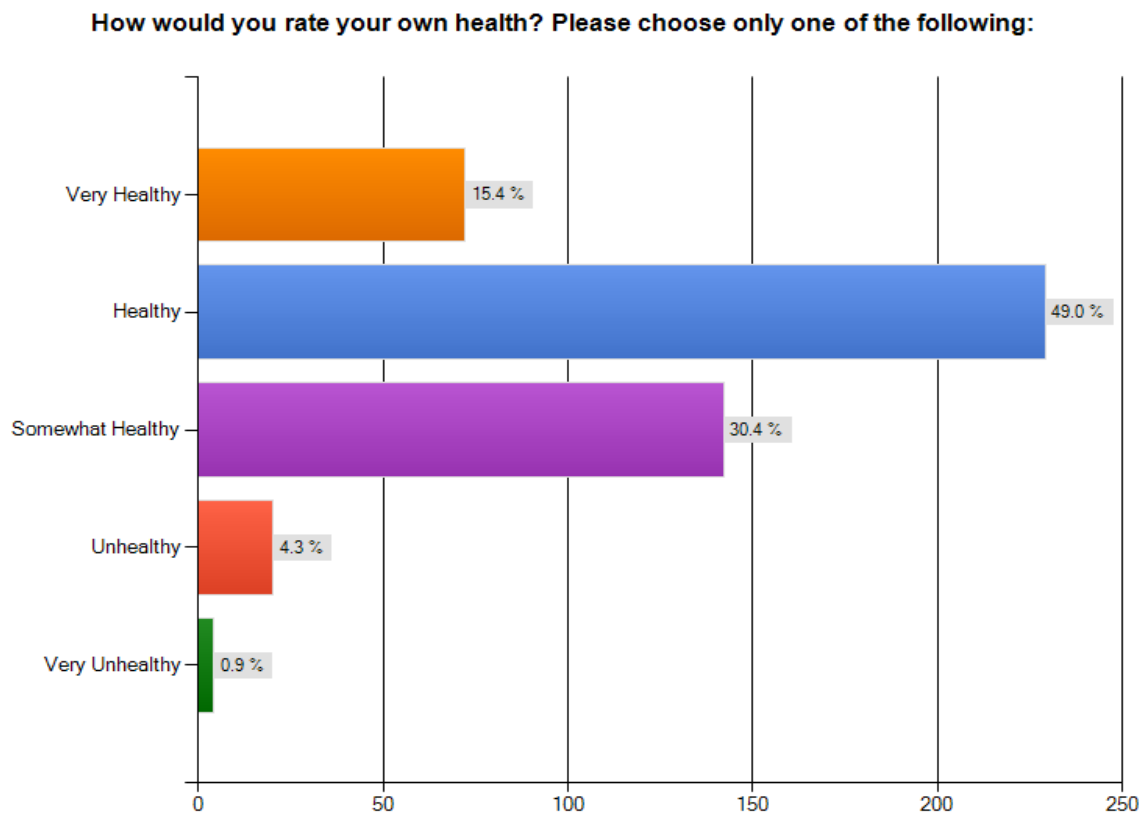
Community Issues	Number of Respondents	Percentages %
1. Unemployment	335	70.7%
2. Low Income/Poverty	214	45.1%
3. Affordability of Health Services	175	36.9%
4. Lack of Adequate Health Insurance	162	34.2%
5. Availability of Healthy Teen and Family Activities	157	33.1%
6. Dropping out of School	139	29.3%
7. Domestic Violence	134	28.3%
8. Lack of Health Care Providers	132	27.8%
9. Lack of Recreational Facilities	114	24.1%
10. Availability of Healthy Food Choices	91	19.2%

## Health Profile of Community Survey Respondents

Community survey participants were asked to complete a series of questions regarding their current health status, physical activity and health coverage.

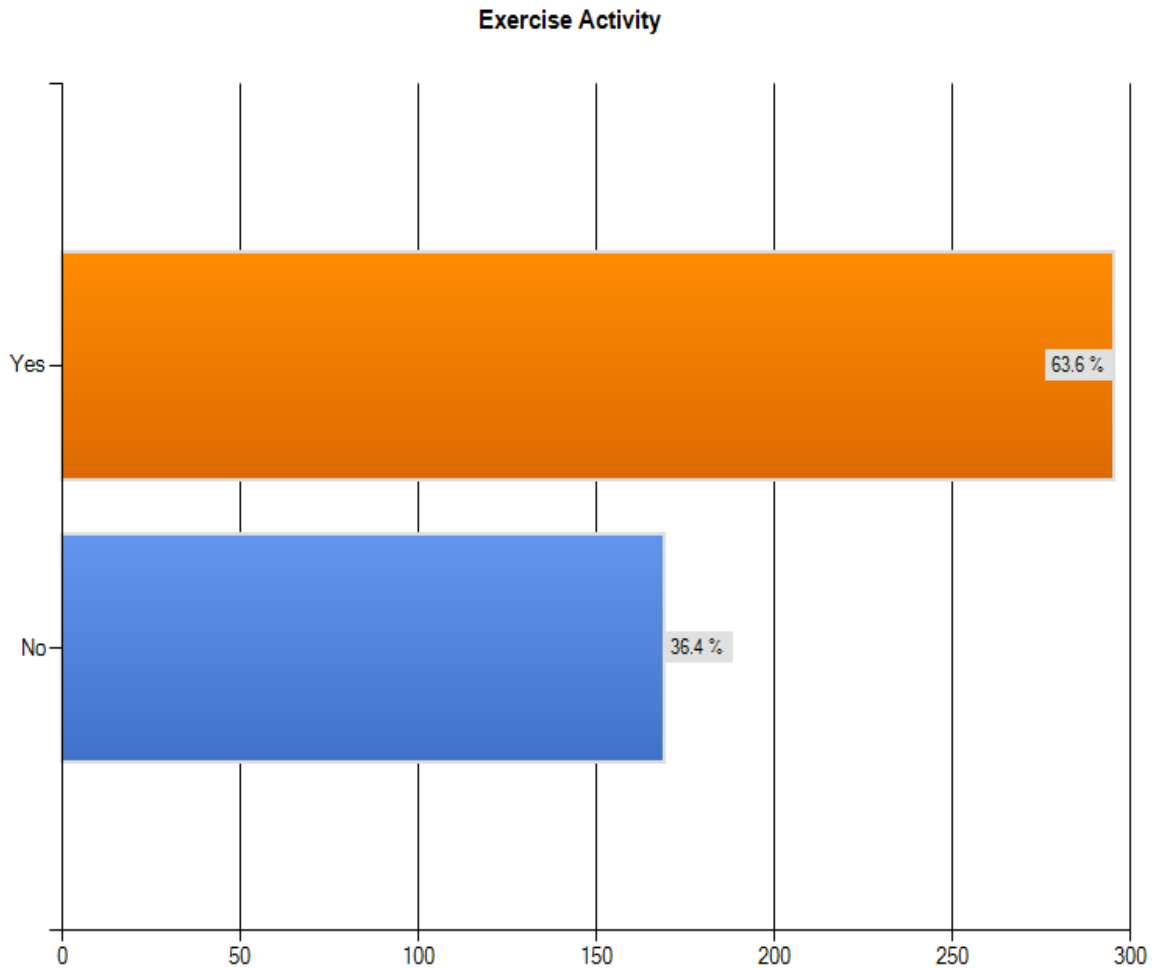
### Health

The community answered this question, “How would you rate your own health?” The chart below shows all of the responses.



## Exercise Activity

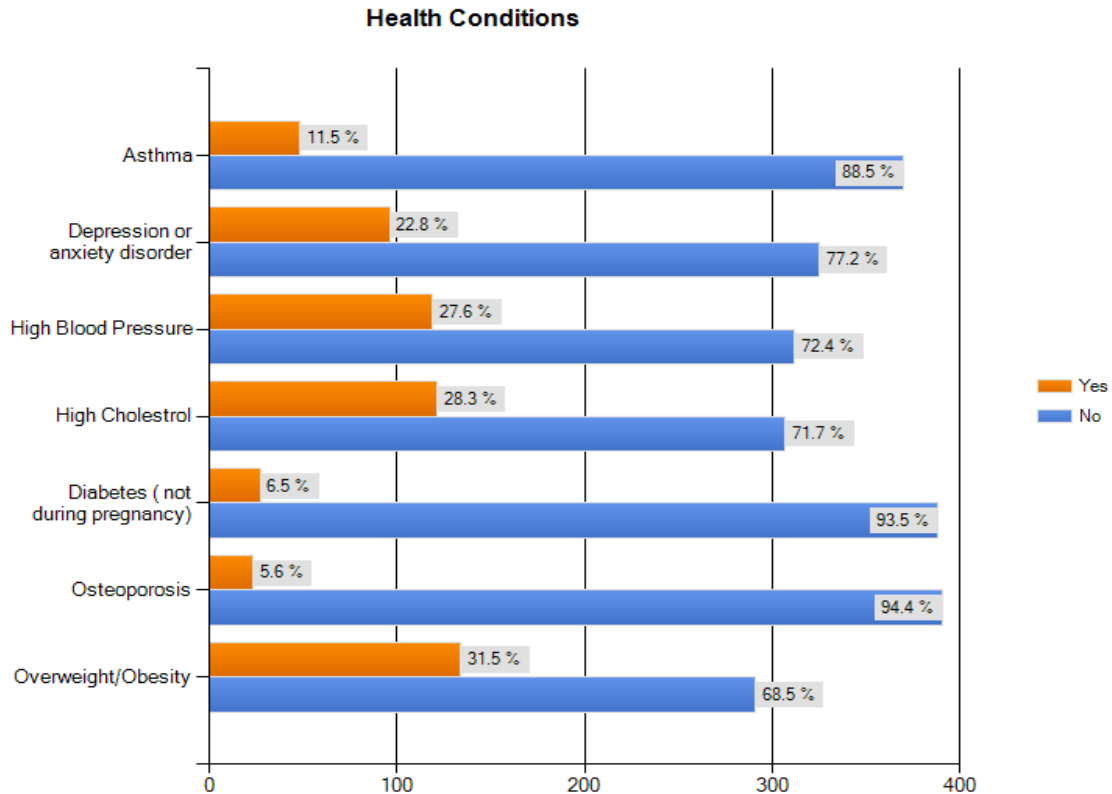
The Community answered this question, “During a normal week, other than your regular Job, do you engage in any exercise activity that lasts at least half an hour?” The Chart Below shows all the responses.



Out of the 289 respondents, 63.6% said they do engage in exercise that lasts at least a half hour other than their regular job.

## Health Conditions

The Community answered this question, “Have you ever been told by a doctor, nurse, or other health professional that you have any of the following conditions?” The Chart Below shows all the responses.



An overwhelmingly 31.5 % of respondents said they were overweight, 28.3% said they had high cholesterol, 27.6% said they have high blood pressure, and 22.8% said they had depression or anxiety disorder.

## Discussion

### Obesity

Obesity was listed as the #1 Health Problem that has the largest impact on the community. Like many areas across the country, Alexander County has recognized the importance of this major public health concern and has taken various steps to try to make an impact on obesity. Communities and Municipalities have developed various parks and walking trails throughout the county. A new YMCA was built last year in the county offering weight loss classes, fitness equipment and personal training. All County Employees receive a free membership to the YMCA. Eat Smart Move More Classes are offered to the community in partnership with the Alexander County Cooperative Extension and The Alexander County Health Department.

The Table Below Shows the BMI results from the Alexander County School System for 3<sup>rd</sup> and 7<sup>th</sup> graders.

Year	#Children Screened (3 <sup>rd</sup> and 7 <sup>th</sup> graders)	> 84 <sup>th</sup> percentile (children referred)
2007-2008	859	331
2008-2009	897	378
2009-2010 (grade 3 only)	447	145

The number with children having a BMI greater than the 84<sup>th</sup> percentile has risen gradually since the 2007-2008 school year.

## Drug Abuse/Alcohol Abuse

Drug and Alcohol Abuse were listed as the #1 and #2 unhealthy behaviors that have the largest impact on the community as a whole. Efforts to address drug abuse and alcohol abuse in Alexander County have predominantly been led by law enforcement, the school system, and mental health agencies. DARE programs are offered in the public school system. A DWI Task Force was formed with NC SPF-SIG grant funds in hopes to reduce alcohol related crashes in Alexander County. Many organizations are represented on the committee: Alexander County Sheriff’s Department, Taylorsville Police Department, Alexander County Health Department, Alexander County Schools, NC Wildlife, and Alexander County Resource Center. The committee has developed a strategic plan along with health education programs and media advocacy events to draw attention to educational activities concerning possible consequences concerning drinking and driving, DWI laws, and responsible adult drinking behavior. Alcohol Related Crashes and Deaths have been reduced. See Table Below.

	<b>Alexander County All Alcohol Related Crashes (2001-2009)</b>								
	<b>Year</b>								
	<b>2001</b>	<b>2002</b>	<b>2003</b>	<b>2004</b>	<b>2005</b>	<b>2006</b>	<b>2007</b>	<b>2008</b>	<b>2009</b>
Alexander	54	53	38	46	43	40	42	51	36

\*data from

Drug Abuse and Alcohol Abuse focus tends to be on specific aspects like treatment, education, and law enforcement. While these are important aspects, no group, agency, or individual has focused on the pressing issue in a collective and comprehensive fashion. Reasons for this is because of limited funding for drug prevention and planning efforts, and denial of people that it is a problem.

## Health Care Access

Alexander County had limited health care services with Family Care Center, Family Medical Associates, Bethlehem Family Practice, Dr. Wayne Wilson and Stony Point Family Medicine being the only provider(s) of primary care. There are 3 primary care physicians per 10,000 in Alexander County versus 9 per 10,000 as a state average, forcing residents to make do with approximately 1/3 of resources found in other regions. Without an adequate supply of primary care physicians, the target population suffers from a lack of preventive care necessary to reduce morbidity and mortality rates. Alexander County has no Hospital, no Urgent Care Facilities, no Pediatrician, and no Orthodontist within the county. The Following is a list of active Health Professionals.

### ■ 2008 ACTIVE HEALTH PROFESSIONALS\*■

<u>Physicians</u>		<u>Nurses</u>	
Non-Federal Physicians	14	Registered Nurses	120
Primary Care Physicians	11	<i>Nurse Practitioners</i>	2
<i>Family Practice</i>	10	<i>Certified Nurse Midwives</i>	0
<i>General Practice</i>	0	Licensed Practical Nurses	35
<i>Internal Medicine</i>	1	<u>Other Health Professionals</u>	
<i>Obstetrics/Gynecology</i>	0	Chiropractors	4
<i>Pediatrics</i>	0	Occupational Therapists	2
Other Specialties	3	Occupational Therapy Assistants	3
Physicians per 10,000 Population	3.8	Optometrists	1
Primary Care Physicians	3.0	Pharmacists	19
per 10,000 Population		Physical Therapists	4
Federal Physicians**	0	Physical Therapist Assistants	5
<u>Dentists and Dental Hygienists</u>		Physician Assistants	9
Dentists	6	Podiatrists	0
Dental Hygienists	15	Practicing Psychologists	4
		Psychological Associates	5
		Respiratory Therapists	6

Alexander County's community provider and local mental health management entity has changed. Smokey Mountain Center contracts with New River Behavioral Health Center to provide mental health services for Alexander County.

Currently there is a four to eight week wait for a new patient to see a Psychiatrist. For More information see Appendix 1.

## Unemployment

Unemployment was listed as the #1 community wide issue that has the largest impact of the quality of life in Alexander County. Unemployment continues to present a challenge. Alexander County and surrounding counties have lost several manufacturing employers leaving people out of jobs. Broyhill Industries closed in 2009 resulting in 321 jobs lost, Clayton Marcus closed in 2010 resulting in 200 jobs lost, Caye Home Furniture closed in 2010 with 100 jobs lost, and Mitchell Gold downsized by 250 positions earlier this year.

The Alexander County unemployment rate for October 2010 was 11.6 %. See Table Below.

<b>Civilian Labor Force Unemployment Estimates Rate % 2004-2009</b>						
<i>Unemployment Rates</i>	<i>2004</i>	<i>2005</i>	<i>2006</i>	<i>2007</i>	<i>2008</i>	<i>2009</i>
<i>Alexander County</i>	6.0%	5.4%	4.8%	5.3%	7.1 %	14.3%
<i>North Carolina</i>	5.5%	5.3%	4.7%	4.7%	6.2%	10.6%
<i>United States</i>	5.5%	5.1%	4.6%	4.6%	5.8%	9.3%

## Educational Data

The problem of unemployment is compounded by those who do not take advantage of available educational opportunities. The following chart highlights the dropout numbers for Alexander County Public Schools.

Grades 7-12 Dropout Rates, Excludes Expulsions							
	2002-2003	2003-2004	2004-2005	2005-2006	2006-2007	2007-2008	2008-2009
<b>Alexander County Public Schools</b>	3.82	3.25	3.02	3.48	3.85	3.31	2.99
<b>North Carolina</b>	3.23	3.29	3.23	3.46	3.63	3.42	2.93

\*Red indicates Alexander County has higher dropout rates than North Carolina.

The Alexander County Public Schools dropout rates have been higher than the states rates in a few of the years listed above. This may have a negative effect on the unemployment numbers in Alexander County.

## Environmental Issues

Lead Exposure is an environmental concern. Exposure to lead can damage a child's brain or nervous system which may result in learning disabilities, and /or behavioral problems. High Levels of exposure to lead can cause convulsions, coma, or even death to a child. Any reading above 9mcg/dL requires follow up testing with possible medical evaluation depending upon the confirmed blood lead level. The table below highlights the results of lead screenings in Alexander County.

<b>Childhood Lead Levels</b>			
	<b># Screened</b>	<b>10-19 mcg/dL</b>	<b>&gt; mcg/dL</b>
<b>2002</b>	517	1	0
<b>2003</b>	398	1	0
<b>2004</b>	440	0	0
<b>2005</b>	453	0	0
<b>2006</b>	414	1	0
<b>2007</b>	699	0	0
<b>2008</b>	592	1	0
<b>2009</b>	618	0	0

\*data from the North Carolina Division of Environmental Health.

We continue to work toward greater numbers of children screened for lead levels but Alexander County has not seen elevated levels in our children's lead levels.

**Alexander County Statistics**

**The Source of all Health Statistics is North Carolina State Center for  
Health Statistics and NC CATCH PROGRAM**

## MORTALITY STATISTICS

2005-2009 Ten Leading Causes of Death by County Residence: Unadjusted Death Rates per 100,000 Populations.

Alexander County has a higher rate than the State in 8 of the 10 leading causes of death as shown in the following chart.

The Following Chart compares the Ten Leading Causes of Death from 2005-2009

DISEASE	Alexander County	North Carolina
<b>Cancer</b>	205.3	190.7
<b>Diseases of the Heart</b>	202.6	192.2
<b>Chronic Lower Resp. Diseases</b>	60.1	46.9
<b>Cerebrovascular Disease</b>	42.6	50.0
<b>Other Intentional Injuries</b>	36.6	28.5
<b>Pneumonia &amp; Influenza</b>	33.3	19.1
<b>Motor Vehicle injuries</b>	22.4	17.8
<b>Suicide</b>	21.8	
<b>Nephritis, nephritic syndrome, &amp; nephrosis</b>	21.3	18.7
<b>Alzheimer's Disease</b>	19.7	27.4

\*Red indicates Alexander County's death rates for that disease are higher than the State's death rate for that disease.

Alexander County has a higher death rate than the State of North Carolina for the following Diseases: Cancer, Diseases of the Heart, Chronic Lower Respiratory Diseases, Other Intentional Injuries, Pneumonia and Influenza, Motor Vehicle Injuries, Suicide, and Nephritis, Nephritic Syndrome & Nephrosis Diseases.

The following chart compares 2004-2008 Alexander County Mortality rates/number of deaths with the 2005-2009 rates/number of deaths per 100,000 population.

Disease	2004-2008 Alexander County Death Rate	2004-2008 Alexander County Number of Deaths	2005-2009 Alexander County Death Rate	2005-2009 Alexander County Number of Deaths
Cancer	206.1	373	205.3	376
Diseases of the Heart	206.1	373	202.6	371
Chronic Lower Respiratory Diseases	54.7	99	60.1	110
Cerebrovascular disease	48.1	87	42.6	81
Other Intentional injuries	37.0	67	36.6	67
Pneumonia & Influenza	36.5	66	33.3	61
Motor Vehicle Injuries	22.7	41	22.4	41
Suicide	19.9	36	21.8	40
Alzheimer's Disease	19.9	36	19.7	36

\*Red indicates Alexander County death rates for that disease are higher than the previous year's death rate for that disease.

There was a slight increase in the death rate for Chronic Lower Respiratory Disease Deaths and Suicide Deaths when comparing Alexander County's Death Rates from 2004-2008 to 2005-2009 Death Rates.

## DISEASE MORTALITY

The Chart Below Highlights the Four Leading causes of cancer deaths in Alexander County from 2003-2007.

Age Adjusted Rates per 100,000 Population

<b>DISEASE</b>	<b>2003</b>	<b>2004</b>	<b>2005</b>	<b>2006</b>	<b>2007</b>
<b>All Cancer Deaths</b>	192.3	194.3	165.8	244.2	191.5
<b>Trachea, Bronchus or Lung Cancer</b>	63.2	77.6	76.3	91.2	67.1
<b>Prostate</b>	16.8	33.1	12.7	33.6	39.7
<b>Colon, Rectum, &amp; Anus</b>	29.0	10.7	16.1	16.4	25.6
<b>Breast</b>	14.3	33.3	15.3	24.6	9.2

\*Deaths per 100,000 population.

Cancer is the number one cause of mortality in Alexander County. From 2003-2007 Trachea, Bronchus, and Lung Cancer was the type of cancer with the highest death rate in Alexander County. For More Information See Appendix 3.

## DISEASE MORTALITY

The Chart Below Highlights Heart Disease Death Rates in Alexander County from 2003-2007.

Age Adjusted Death Rates Per 100,000 Population.

<b>Alexander County</b>	<b>2003</b>	<b>2004</b>	<b>2005</b>	<b>2006</b>	<b>2007</b>
<b>Heart Disease Death Rates</b>	221.9	238.5	202.9	204.4	166.0

\*Deaths per 100,000 population.

Heart Disease is the second leading cause of deaths in Alexander County. Even though Heart Disease is the number one cause of death, the death rate for heart disease has been reduced since 2003. For More Information See Appendix 3.

## DISEASE MORTALITY

The Chart Below Highlights Lower Respiratory Disease Death Rates in Alexander County from 2003-2007.

Age Adjusted Death Rates Per 100,000 Population.

Alexander County	2003	2004	2005	2006	2007
<b>Lower Respiratory Disease Death Rates</b>	29.5	40.6	59.3	46.9	60.0

\*Deaths per 100,000 population.

Lower Respiratory Diseases are the third leading cause of deaths in Alexander County. Lower Respiratory Diseases are on an upward trend with the death rate rising from 29.5 in 2003 to 60.0 in 2007.

The Chart Below Cerebrovascular in Alexander County from 2003-2007.

Age Adjusted Death Rates Per 100,000 Population.

Alexander County	2003	2004	2005	2006	2007
<b>Cerebrovascular Disease Death Rates</b>	58.5	72.2	44.3	54.1	34.7

\*Deaths per 100,000 population.

Cerebrovascular Disease is the 4<sup>th</sup> leading cause of death in Alexander County. Since 2003 Alexander County is on a downward trend with the Death Rate lowered from 58.5 to 34.7.

## **Local Resources**

There are many community resources available to address health needs in Alexander County. The Alexander County Health Department offers health care to Alexander County residents that include Home Health, Prenatal, Postpartum/newborn, child health, adult health, health education, sexually transmitted disease program, and WIC. Pediatric Dental care is available at the Alexander County Health Department for children birth through 18 years of age. The Alexander County Health Department conducts the Driving While Impaired Task Force, Healthy Alexandrians Task Force, and Asthma Task Force with community partners.

Alexander County YMCA offers fitness and health programs to youth and adults. Alexander County Parks and Recreation Center provides the community access to walking trails and a wide variety of athletic/sport programs.

Brushy Mountain Motor Sports Park in Alexander County features more than 65 miles of trails in the Brushy Mountains. The public can also enjoy golf with two public golf courses in the county.

Alexander County Cooperative Extension offers weight loss classes and a variety of cooking classes to adults and children in Alexander County.

Alexander County Public School System conducts the School Health Advisory Council. Nutrition and physical fitness have been some of the main focuses of this group.

## Assessment Highlights

- From 2004-2009, Alexander County had higher mortality rates than North Carolina in the following diseases: cancer, diseases of the heart, chronic lower respiratory diseases, other intentional injuries, pneumonia & influenza, motor vehicle injuries, suicide, and Nephritis, nephritic syndrome, & nephrosis.
- Trachea, Bronchus or Lung Cancer is the leading cause of cancer deaths in Alexander County. Trachea, Bronchus, Lung Cancer and Prostate Cancer are trending upward with the death rates getting higher year by year.
- Alexander County Residents feel that the healthcare system that is available Alexander County meets adequate standards and that Alexander County is overall a great place to raise children and to grow old.
- Obesity was cited as the #1 Health Problem in Alexander County. (62.2%)
- Drug Abuse (74.4%) and Alcohol Abuse (70.0%) were cited as the #1 and #2 unhealthy behaviors in the community.
- Unemployment was cited as the #1 community wide issue (70.7%). The Alexander County unemployment rate is trending upwards. The rate is higher than the state rate. (14.3 % versus 10.6%)
- Health Care Access ranked high on the community rankings. Lack of health care providers and primary care doctors are the main concern of the community.

## 2010 Alexander County Health Assessment

### Community Health Concern Matrix

Areas of Concern Identified through Primary Data Collection	Areas of Concern Identified through Secondary Data
<p style="text-align: center;"><u>2010 Community Survey</u></p> <ul style="list-style-type: none"> <li>• Obesity/Overweight</li> <li>• Cancer</li> <li>• Heart Disease/Heart Attacks</li> <li>• Drug Abuse</li> <li>• Alcohol Abuse</li> <li>• Unemployment</li> <li>• Health Care Access</li> <li>• Smoking/Tobacco Use</li> </ul>	<p style="text-align: center;"><u>Leading Causes of Mortality:</u></p> <ul style="list-style-type: none"> <li>• Cancer-Trachea, Lung, &amp; Bronchus</li> <li>• Disease of the Heart</li> <li>• Chronic Lower Respiratory Diseases</li> <li>• Other Intentional Injuries</li> <li>• Pneumonia&amp; Influenza</li> <li>• Motor Vehicle Injuries</li> <li>• Suicide</li> <li>• Nephritis, Nephritic Syndrome &amp; Nephrosis</li> <li>• Cerebrovascular Disease ( lower than state average)</li> <li>• Alzheimer Disease ( lower than state average)</li> </ul> <p style="text-align: center;"><u>Health Care Access</u></p> <ul style="list-style-type: none"> <li>• Lack of Health Care Providers</li> </ul>

## **Alexander County Health Priorities**

### **Healthy Families**

Obesity

Cancer

Heart Disease

Smoking/Tobacco Use

### **Mental Health**

Substance Abuse/Alcohol Abuse

Suicide

### **Access to HealthCare**

Lack of Health Care Providers

# Appendices

## Appendix 1

### Alexander County Community Health Survey

#### PART 1: Quality of Life Statements

The first questions are about how you see certain parts of Alexander County life. Please tell us whether you “strongly disagree”, “disagree”, “agree” or “strongly agree” with each of the next 6 statements.

Statements	Choose a number for each statement below.			
	Strongly Disagree	Disagree	Agree	Strongly Agree
<p><b>1. How do you feel about this statement, “There is a good healthcare system in Alexander County”?</b></p> <p>Consider the cost and quality, number of options, and availability of healthcare in Alexander County.</p>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<p><b>2. How do you feel about this statement, “Alexander County is a good place to raise children”?</b></p> <p>Consider the quality and safety of schools and child care programs, after school programs, and places to play in this county.</p>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<p><b>3. How do you feel about this statement, “Alexander County is a good place to grow old”?</b></p> <p>Consider our county’s elder-friendly housing, transportation to medical services, recreation, and services for the elderly.</p>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<p><b>4. How do you feel about this statement, “There is plenty of economic opportunity in Alexander County”?</b> Consider the number and quality of jobs, job training/higher education opportunities, and availability of affordable housing in Alexander County.</p>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<p><b>5. How do you feel about this statement, “Alexander County is a safe place to live”?</b></p> <p>Consider how safe you feel at home, in the workplace, in schools,</p>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

at playgrounds, parks, and shopping centers in Alexander County.	
<p><b>6. How do you feel about this statement, “There is plenty of help for individuals and families during times of need in Alexander County”?</b></p> <p>Consider social support in Alexander County: neighbors, support groups, faith community outreach, community organizations, and emergency monetary assistance.</p>	<p style="text-align: center;"><b>1      2      3      4</b></p>

## PART 2: Community Problems and Issues

### Health Problems

**7. These next questions are about health problems that have the largest impact on the community as a whole. Please look at this list of health problems. I would like for you to pick the most important health problems in Alexander County. You can choose up to 5. Remember this is your opinion and your choices will not be linked to you in any way. If you do not see a health problem you consider one of the most important, please let me know and I will add it in. I can also read these out loud as you think about them. *(Read health problems if they prefer to have them read.)***

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Aging problems<br>(Alzheimer’s, arthritis,<br>hearing or vision loss, etc.) | <input type="checkbox"/> Infant death<br><br><input type="checkbox"/> Infectious/Contagious diseases<br>(TB, salmonella,<br>pneumonia, flu, etc.) | <input type="checkbox"/> Other injuries (drowning,<br>choking, home or work<br>related) |
| <input type="checkbox"/> Asthma  | <input type="checkbox"/> Kidney disease   | <input type="checkbox"/> Obesity/overweight   |
| <input type="checkbox"/> Birth defects   | <input type="checkbox"/> Liver disease  | <input type="checkbox"/> Lung disease<br>(emphysema, etc.)                              |
| <input type="checkbox"/> Cancer<br>What kind? _____  | <input type="checkbox"/> Mental health (depression,<br>schizophrenia, suicide etc.)   | <input type="checkbox"/> Sexually transmitted<br>diseases (STDs)                        |
| <input type="checkbox"/> Dental health   | <input type="checkbox"/> Motor vehicle accidents  | <input type="checkbox"/> HIV/AIDS   |
| <input type="checkbox"/> Diabetes  | <input type="checkbox"/> Neurological disorders<br>(Multiple Sclerosis, muscular<br>dystrophy, A.L.S.)  | <input type="checkbox"/> Stroke   |
| <input type="checkbox"/> Gun-related injuries  |   | <input type="checkbox"/> Teenage pregnancy  |
| <input type="checkbox"/> Heart disease/heart attacks   |   |   |

\_\_\_ Autism

\_\_\_ Other \_\_\_\_\_

**Unhealthy Behaviors**

**8. These next questions are about unhealthy behaviors that some individuals do that have the largest impact on the community as a whole. Please look at this list of unhealthy behaviors. Pick top unhealthy behaviors in Alexander County. Please choose up to 5. Remember this is your opinion and your choices will not be linked to you in any way. If you do not see an unhealthy behavior that you consider one of the most important, please let me know and I will add it in. I can also read these out loud as you think about them. *(Read health problems if they prefer to have them read.)***

\_\_\_ Alcohol abuse

\_\_\_ Not using seat belts

\_\_\_ Poor eating habits

\_\_\_ Drug abuse

\_\_\_ Not going to a dentist for

\_\_\_ Reckless/drunken driving

\_\_\_ Having unsafe sex

preventive check-ups / care

\_\_\_ Smoking/tobacco use

\_\_\_ Lack of exercise

\_\_\_ Not going to the doctor for yearly  
check-ups and screenings

\_\_\_ Suicide

\_\_\_ Not getting immunizations

\_\_\_ Not getting prenatal (pregnancy)  
care.

\_\_\_ Violent behavior

("shots") to prevent disease

\_\_\_ Other: \_\_\_\_\_

\_\_\_ Not using child safety seats

Community Issues

9. These next questions are about community-wide issues that have the largest impact on the overall quality of life in Alexander County. Please look at this list of community issues. Pick the community issues that have the greatest effect on quality of life in Alexander County. Please choose up to 5. Remember this is your opinion and your choices will not be linked to you in any way. If you do not see a community problem you consider one of the most important, please let me know and I will add it in. I can also read these out loud as you think about them. *(Read health problems if they prefer to have them read.)*

- |   |  |                          |
|---|--|--------------------------|
| <input type="checkbox"/> Animal control issues  | <input type="checkbox"/> Availability of healthy family activities | <input type="checkbox"/> |
| <input type="checkbox"/> Availability of child care   | Availability of positive teen activities                           |                          |
| <input type="checkbox"/> Affordability of health services   | <input type="checkbox"/> Neglect and abuse (Specify type)          |                          |
| <input type="checkbox"/> Availability of healthy food choices                                     | <input type="checkbox"/> Elder abuse                               |                          |
| <input type="checkbox"/> Bioterrorism   | <input type="checkbox"/> Child abuse                               |                          |
| <input type="checkbox"/> Dropping out of school   | <input type="checkbox"/> Pollution (air, water, land)              |                          |
| <input type="checkbox"/> Homelessness   | <input type="checkbox"/> Low income/poverty                        |                          |
| <input type="checkbox"/> Inadequate/unaffordable housing  | <input type="checkbox"/> Racism                                    |                          |
| <input type="checkbox"/> Lack of/inadequate health insurance                                      | <input type="checkbox"/> Lack of transportation options            |                          |
| <input type="checkbox"/> Lack of culturally appropriate health services.                          | <input type="checkbox"/> Unemployment                              |                          |
| <input type="checkbox"/> Lack of health care providers  | <input type="checkbox"/> Unsafe, un-maintained roads               |                          |
| <input type="checkbox"/> What kind? _____   | <input type="checkbox"/> Violent crime (murder, assault, etc.)     |                          |
| <input type="checkbox"/> Lack of recreational facilities (parks, trails, community centers, etc.) | <input type="checkbox"/> Rape/sexual assault                       |                          |
|   | <input type="checkbox"/> Domestic Violence                         |                          |
|   | <input type="checkbox"/> Other: _____                              |                          |

### PART 3: Personal Health

Now I am going to ask you some questions about your own personal health. Remember, the answers you give for this survey will not be linked to you in any way.

10. How would you rate your own health? Please choose only one of the following:

*(Read choices.)*

\_\_\_\_\_ Very healthy

\_\_\_\_\_ Unhealthy

\_\_\_\_\_ Healthy

\_\_\_\_\_ Very unhealthy

\_\_\_\_\_ Somewhat healthy

*(If you need to respond to this type situation:* The person being interviewed starts talking about a family member's health problems...say I am sorry to hear about that. But because this is a completely random survey, we only need information about your health, not the health of your family members OR

I am sorry to hear about that. Maybe some of the answers you give today will help us and our community leaders address some of these types of issues.)

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

\_\_\_\_\_ Friends and family

\_\_\_\_\_ Hospital

\_\_\_\_\_ School

\_\_\_\_\_ Doctor/nurse/pharmacist

\_\_\_\_\_ Help lines

\_\_\_\_\_ Church

\_\_\_\_\_ Internet

\_\_\_\_\_ Books/magazines

\_\_\_\_\_ Other \_\_\_\_\_

12. Where do you go most often when you are sick or need advice about your health? *(DO NOT read the options. Mark only the one they say. If they cannot think of one, read:* Here are some possibilities. *Read responses.* Choose the one that you usually go to.)

\_\_\_\_\_ Doctor's office

\_\_\_\_\_ Medical Clinic

\_\_\_\_\_ Health department

\_\_\_\_\_ Urgent Care Center

\_\_\_\_\_ Hospital

\_\_\_\_\_ Other: \_\_\_\_\_

- 13. In the past 12 months, did you ever have a problem getting the health care you needed from any type of health care provider or facility?**

\_\_\_\_\_ Yes

\_\_\_\_\_ No (*now skip to question #15*)

- 14. Since you said “yes”, which of these problems did you have? You can choose as many of these as you need to. If there was a problem you had that we do not have here, please tell us and I will write it in. (*Read Problems.*)**

- a.  I didn't have health insurance.
- b.  My insurance didn't cover what I needed.
- c.  My share of the cost (deductible/co-pay) was too high.
- d.  Doctor would not take my insurance or Medicaid.
- e.  Hospital would not take my insurance.
- f.  I didn't have a way to get there.
- g.  I didn't know where to go.
- h.  I couldn't get an appointment.
- i.  Other: \_\_\_\_\_

**15. In the past 12 months, did you have a problem filling a medically necessary prescription?**

Yes                       No (*now skip to question #17*)

**16. Since you said "yes", which of these problems did you have? You can choose as many of these as you need to. If there was a problem you had that we do not have here, please tell us and I will write it in. (*Read Problems.*)**

- a.  I didn't have health insurance.
- b.  My insurance didn't cover what I needed.
- c.  My share of the cost (deductible/co-pay) was too high.
- d.  Pharmacy would not take my insurance or Medicaid.
- e.  I didn't have a way to get there.
- f.  I didn't know where to go.
- g.  Other: \_\_\_\_\_

**17. Was there a time during the past 12 months when you needed to get dental care, but could not?**

Yes                       No (*now skip to question #19*)

18. Since you said “yes”, why could you not get dental care? You can choose as many of these as you need to. If there was a problem you had that we do not have here, please tell us and I will write it in. *(Read Problems.)*

- a. \_\_\_ I didn't have dental insurance.
- b. \_\_\_ My insurance didn't cover what I needed.
- c. \_\_\_ I couldn't afford the cost.
- d. \_\_\_ Dentist would not take my insurance or Medicaid.
- f. \_\_\_ I didn't have a way to get there.
- g. \_\_\_ I didn't know where to go.
- h. \_\_\_ I couldn't get an appointment.
- i. \_\_\_ Other:

\_\_\_\_\_

e. \_\_\_ My share of the cost (deductible/co-pay) was too high.

19. If a friend or family member needed counseling for a mental health or a drug/alcohol abuse problem, who would you tell them to call or talk to? *(DO NOT read the options. Mark only the ones they say. If they can't think of anyone... Here are some possibilities. You can choose as many as you want. Read responses. Which do you think you would choose?)*

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

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

\_\_\_ Yes                      \_\_\_ No

21. During a normal week, other than in your regular job, do you engage in any exercise activity that lasts at least a half an hour?

\_\_\_ Yes                      \_\_\_ No *(now skip to question #24)*

22. Since you said yes, how many times would you say you engage in this activity during a normal week? \_\_\_\_\_

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

- |                                 |                     |
|---------------------------------|---------------------|
| a. ___ ABC Family YMCA          | d. ___ Private gym  |
| b. ___ Park                     | e. ___ Home         |
| c. ___ Public Recreation Center | f. ___ Other: _____ |

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

need to. *(DO NOT read the options. Mark only the ones they say. This is to test their knowledge. If they really can't think of one, then mark I don't know.)*

- |  |   |
|--|---|
| a. ___ My job is physical or hard labor  | g. ___ I don't like to exercise.                                      |
| b. ___ Exercise is not important to me.  | h. ___ It costs too much to exercise<br>(equipment, shoes, gym costs) |
| c. ___ I don't have access to a facility that has<br>the things I need, like a pool, golf course,<br>or a track. | i. ___ There is no safe place to exercise.                            |
| d. ___ I don't have enough time to exercise.   | j. ___ I'm too tired to exercise.                                     |
| e. ___ I would need child care and I don't have it.  | k. ___ I'm physically disabled.                                       |
| f. ___ I don't know how to find exercise partners<br>or teams.   | l. ___ I don't know   |
|  | m. ___ Other _____  |

25. How many hours per day do you watch TV, play video games, or use the computer for recreation?

\_\_\_ 0-1 hour      \_\_\_ 2-3 hours      \_\_\_ 4-5 hours      \_\_\_ 6+ hours

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

\_\_\_\_\_ Yes

\_\_\_\_\_ No

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

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

One apple or 12 baby carrots equal one cup.

a. Number of cups of fruit \_\_\_\_\_

c. Never eat fruit \_\_\_\_\_

b. Number of cups of vegetables \_\_\_\_\_

d. Never eat vegetables \_\_\_\_\_

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

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

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

28. Are you exposed to secondhand smoke in any of the following places *(Check all that apply)*?



- b. Depression or anxiety disorder       Yes       No
- c. High blood pressure       Yes       No
- d. High cholesterol       Yes       No
- e. Diabetes (not during pregnancy)       Yes       No
- f. Osteoporosis       Yes       No
- g. Overweight/Obesity       Yes       No

**32. Do you have children between the ages of 9 and 19?**

Yes (now go to question #33)

No (now skip to question #36)

**33. Do you think your child is engaging in any of the following high risk behaviors I am**

**about to read? (Please answer yes or no after each behavior. Read the list and check all that apply.)**

a.  Alcohol Use

c.  Eating Disorders

e.  Drug Abuse

b.  Tobacco Use

d.  Sexual intercourse

f.  Reckless driving/speeding

g.  I don't think my child is engaging in any high risk behaviors.

**(If you get questions about other risky behaviors: We are aware that there are other risky behaviors. For the purposes of this survey, however, we are only requesting information about these 6 behaviors or none at all.)**

**34. Are you comfortable talking to your child about the risky behaviors we just asked about?**

Yes

No

**35. Do you think your child or children need more information about the following problems:**  
*(Read list. Allow time for a yes or no following each item. Check all that apply.)*

- |                    |                           |                                  |
|--------------------|---------------------------|----------------------------------|
| a. ___ Alcohol     | e. ___ Eating Disorders   | h. ___ Drug Abuse                |
| b. ___ Tobacco     | f. ___ Sexual intercourse | i. ___ Reckless driving/speeding |
| c. ___ HIV         | g. ___ STDs               | j. ___ Mental health issues      |
| d. ___ Other _____ |                           |                                  |

#### **Part 4. Emergency Preparedness**

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

Yes, smoke detectors only \_\_\_ Yes, carbon monoxide detectors only \_\_\_

Yes, both \_\_\_ No \_\_\_

**37. Does your household have a Family Emergency Plan?**

\_\_\_\_\_ Yes      \_\_\_\_\_ No

38. Does your family have a basic emergency supply kit? If yes, how many days do you have supplies for?

No     3 days     1 week     2 weeks     More than 2 weeks

-----

### Part 5. Demographic Questions

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

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

15 - 19     25 - 34     45 - 54     65 - 74  
 20 - 24     35 - 44     55 - 64     75 or older

40. Are you Male or Female? *(In most cases, this question can be answered by the interviewer without asking.)*

Male     Female

41. Are you of Hispanic origin?

\_\_\_\_ Yes                      \_\_\_\_ No

**42. What is your race?**

(Please check one and choose "other" if you do not identify with only one of the categories. *For mailed surveys only.*)

*(In most cases, this question can be answered by the interviewer. If it is unclear, ask the question by reading the categories. If the person is of more than one race or one not written here, check "other" and write in his or her answer.)*

\_\_\_\_ Black or African American                      \_\_\_\_ American Indian or Alaskan Native

\_\_\_\_ Asian or Pacific Islander                      \_\_\_\_ White

\_\_\_\_ Other: \_\_\_\_\_

**43. A. Do you speak a language other than English at home? (*If no, skip to #44.*)**

\_\_\_\_ Yes                      \_\_\_\_ No

**B. If yes, what language do you speak at home? \_\_\_\_\_**

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

\_\_\_\_ Never Married/Single                      \_\_\_\_ Divorced                      \_\_\_\_ Separated

\_\_\_\_ Married                      \_\_\_\_ Widowed                      \_\_\_\_ Other

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

- Some high school, no diploma
- High school diploma or GED
- Associate's Degree or Vocational Training
- Some college (no degree)
- Bachelor's degree
- Graduate or professional degree
- Other: \_\_\_\_\_

46. What was your total household income last year, before taxes? I will read out categories. Let me know which you fall into. *(Read choices. Mark only one.)* 5

- |   |   |
|---|---|
| <input type="checkbox"/> Less than \$14,999   | <input type="checkbox"/> \$35,000 to \$49,999 |
| <input type="checkbox"/> \$15,000 to \$24,999 | <input type="checkbox"/> \$50,000 to \$74,999 |
| <input type="checkbox"/> \$25,000 to \$34,999 | <input type="checkbox"/> Over \$75,000        |

47. How many people does this income support? \_\_\_\_\_

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

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

a. \_\_\_\_\_ Employed full-time

f. \_\_\_\_\_ Disabled

b. \_\_\_\_\_ Employed part-time

g. \_\_\_\_\_ Student

c. \_\_\_\_\_ Retired

h. \_\_\_\_\_ Homemaker

d. \_\_\_\_\_ Military

i. \_\_\_\_\_ Self-employed

e. \_\_\_\_\_ Unemployed

49. Do you have access to the Internet?

\_\_\_\_\_ Yes

\_\_\_\_\_ No

50. What is your zip code? (Write only the first 5 digits.) \_\_\_\_\_

## **Appendix 2**

### Distribution List for 2010 CHA Surveys

The following locations have been chosen as Convenience survey distribution locations for the 2010 Community Health assessment survey. Locations were chosen by the Survey Distribution Team in an effort to obtain the proper demographic mix based upon Community Population by Race estimates.

Alexander County Senior Center	Taylorsville Apple Festival
Taylorsville Police Department	Alexander County Police Department
Alexander County Health Department ( including Spanish version of survey)	Alexander County Head Start
Alexander County Animal Shelter	Various Churches and Religious Groups
Alexander County Commissioners	Healthy Alexandrians Committee
Alexander County Employees	Alexander County YMCA
Alexander County's Facebook Page	Alexander County's Website

### Appendix 3

## Alexander County and North Carolina Trends in Key Health Indicators

Source: State Center for Health Statistics

Table 1

**Percentage of Resident Live Births Classified As  
Low Birthweight (2,500 grams/5 lbs 8 ozs or less)**

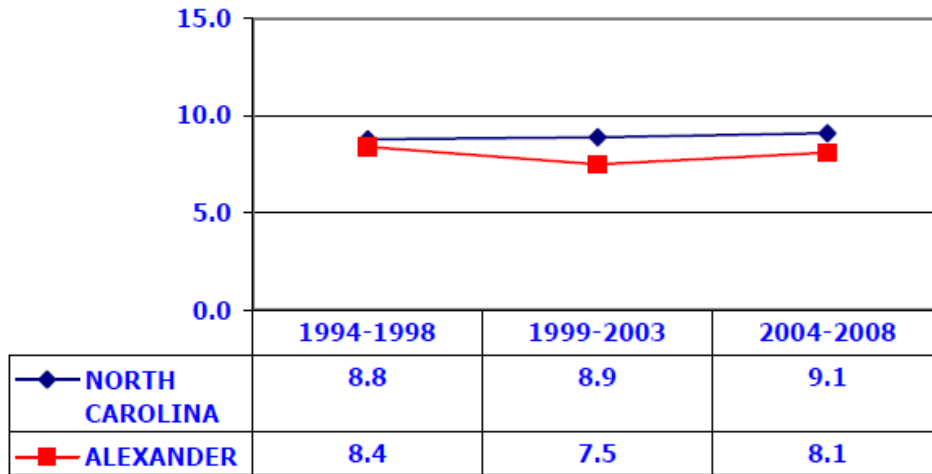


Table 2

**Percentage of Resident Live Births Where Mother  
Smoked During Pregnancy**

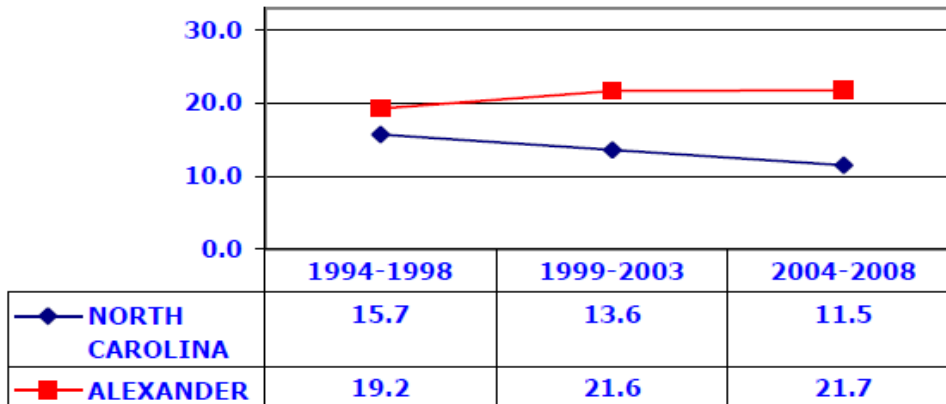


Table 3

**Resident Teen Pregnancies (Ages 15-19)  
per 1,000 Female Population**

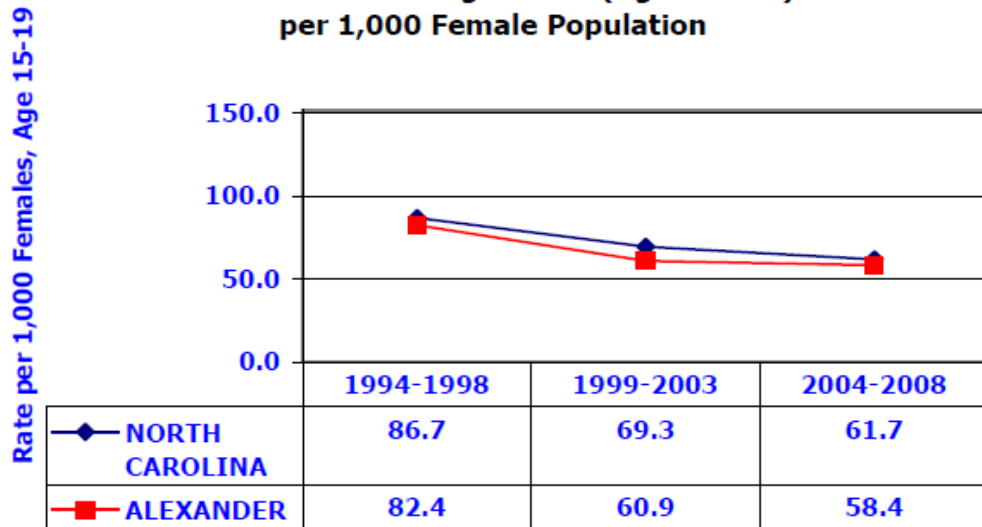


Table 4

**Percentage of Resident Live Births Where Mother  
Received Prenatal Care in the First Trimester**

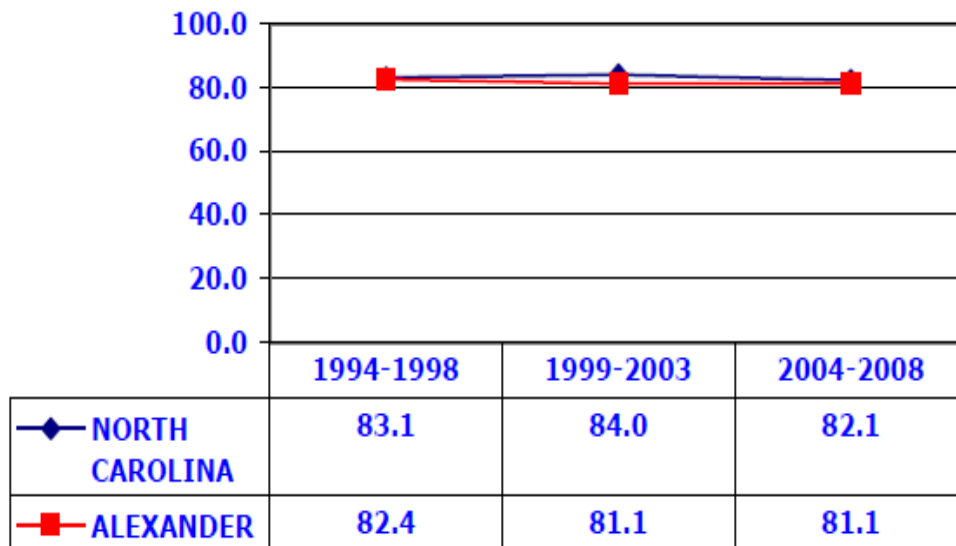


Table 5

**Percentage of Resident Live Births Where Mother Received Prenatal Care in the First Trimester**

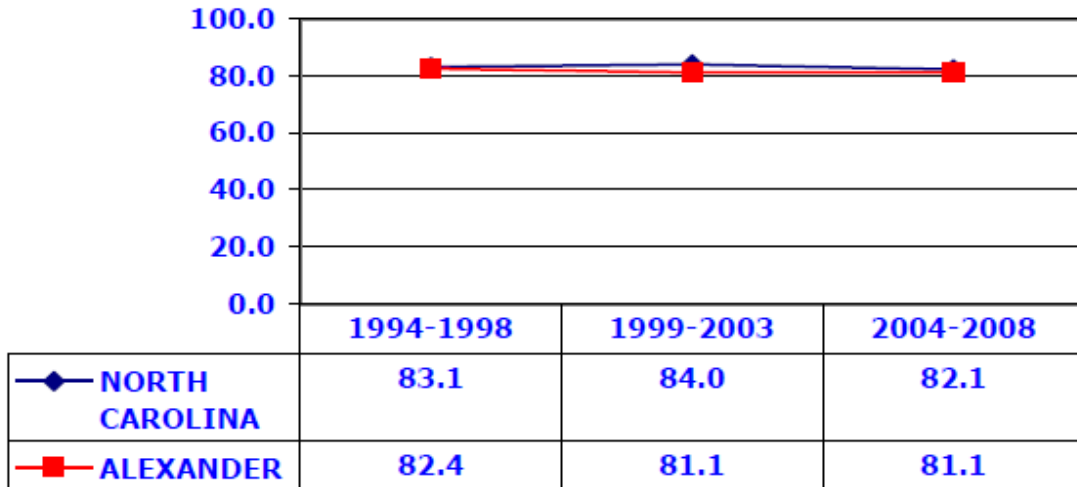


Table 6

**Infant Mortality Rates**

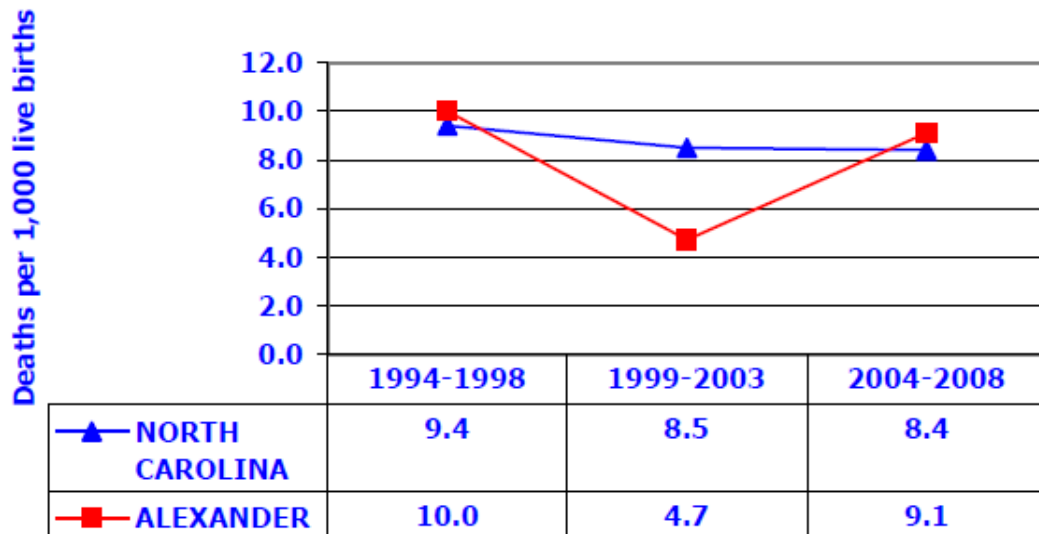


Table 7

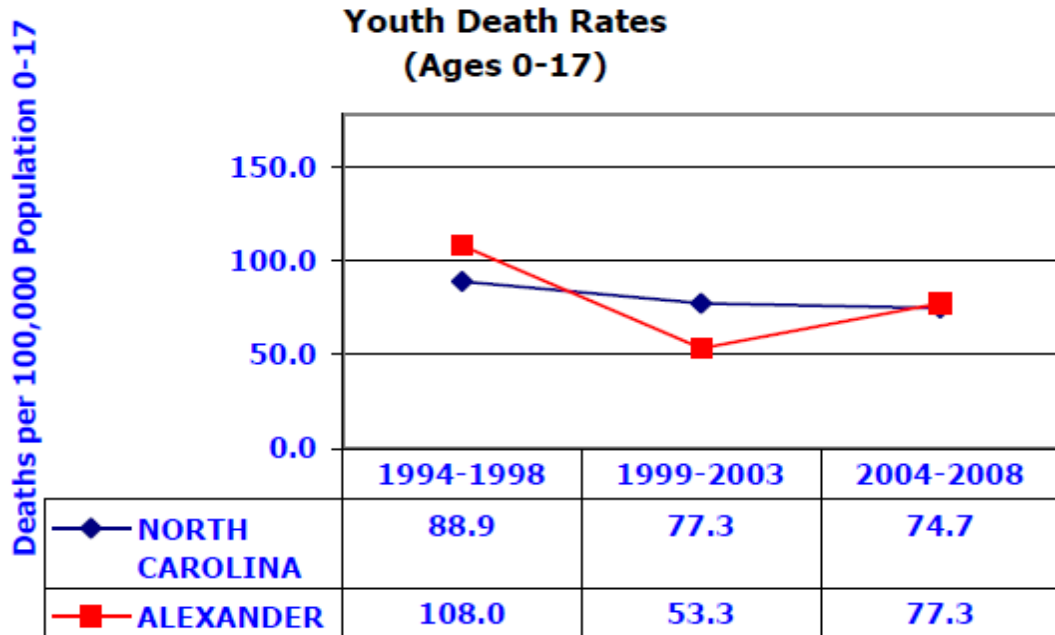


Table 8

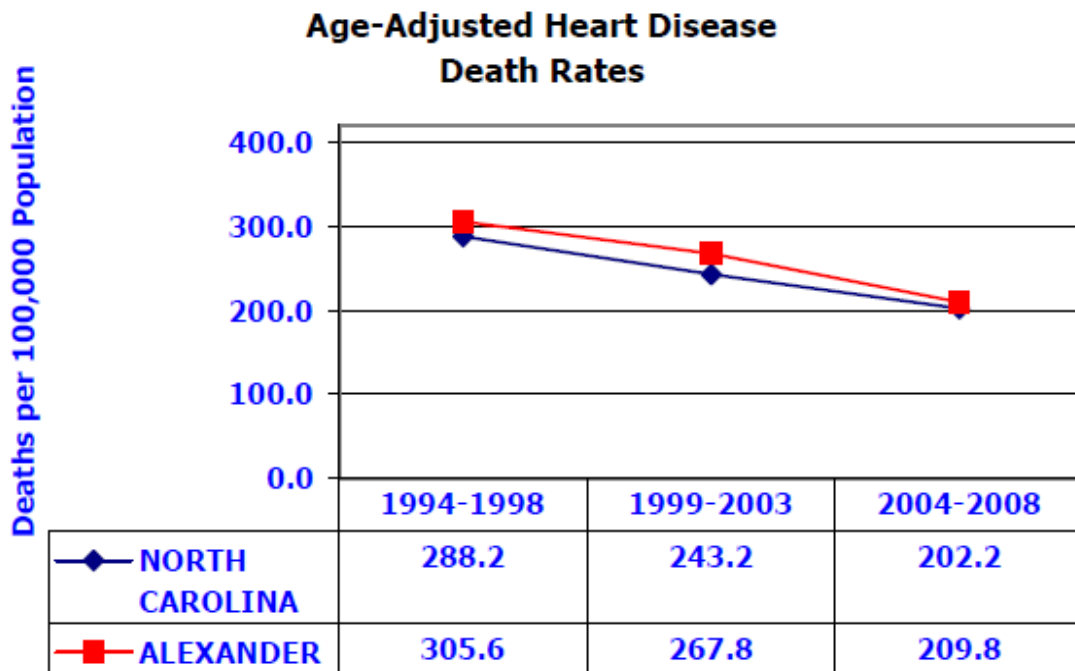


Table 9

**Age-Adjusted Stroke  
Death Rates**

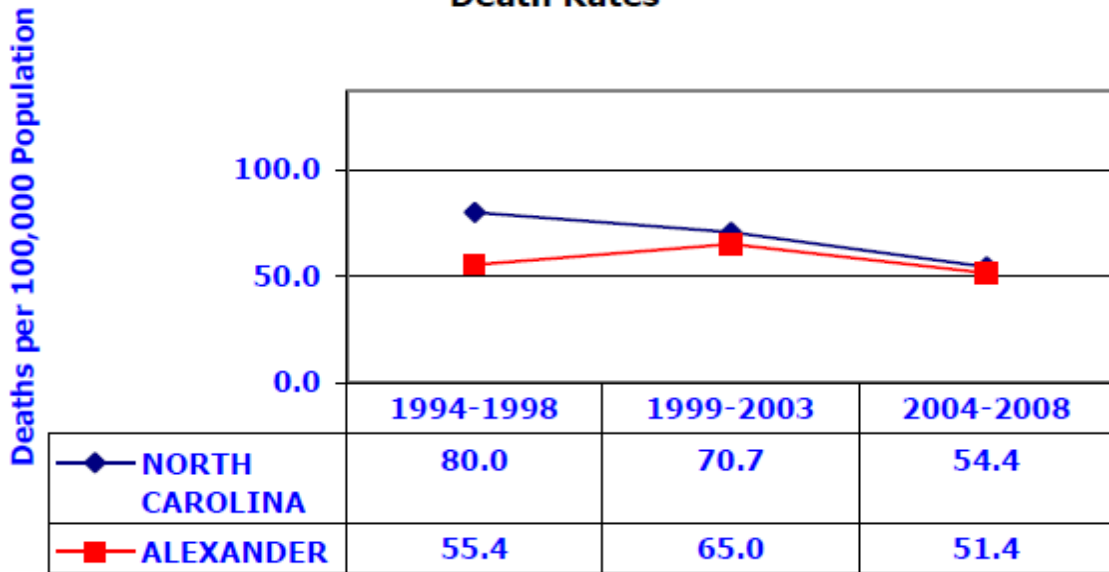


Table 10

**Age-Adjusted Total Cancer  
Death Rates**

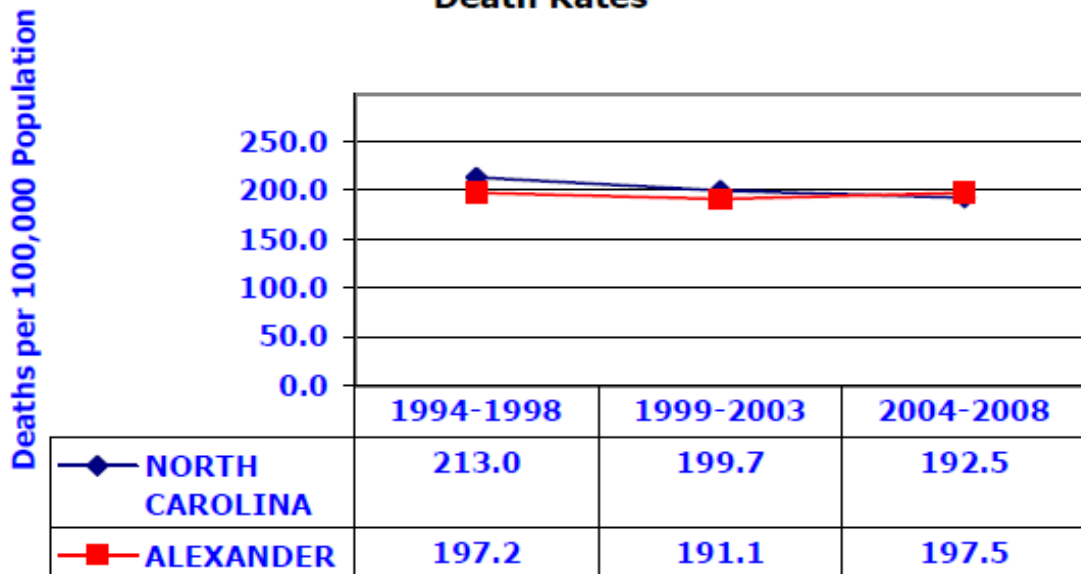


Table 11

**Age-Adjusted Colon, Rectum, Anus  
Cancer Death Rates**

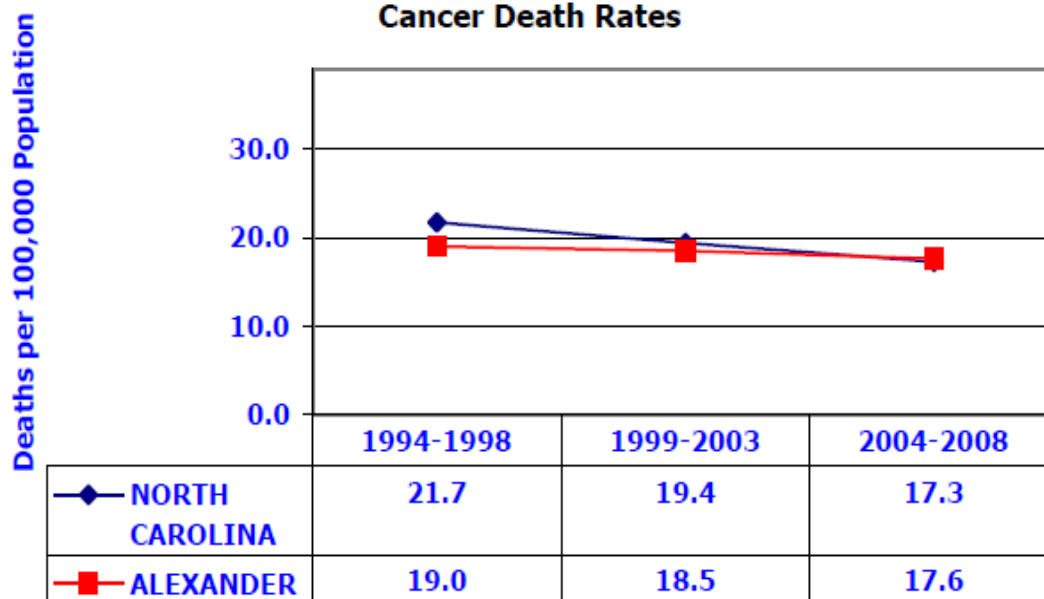


Table 12

**Age-Adjusted Trachea, Bronchus, & Lung  
Cancer Death Rates**

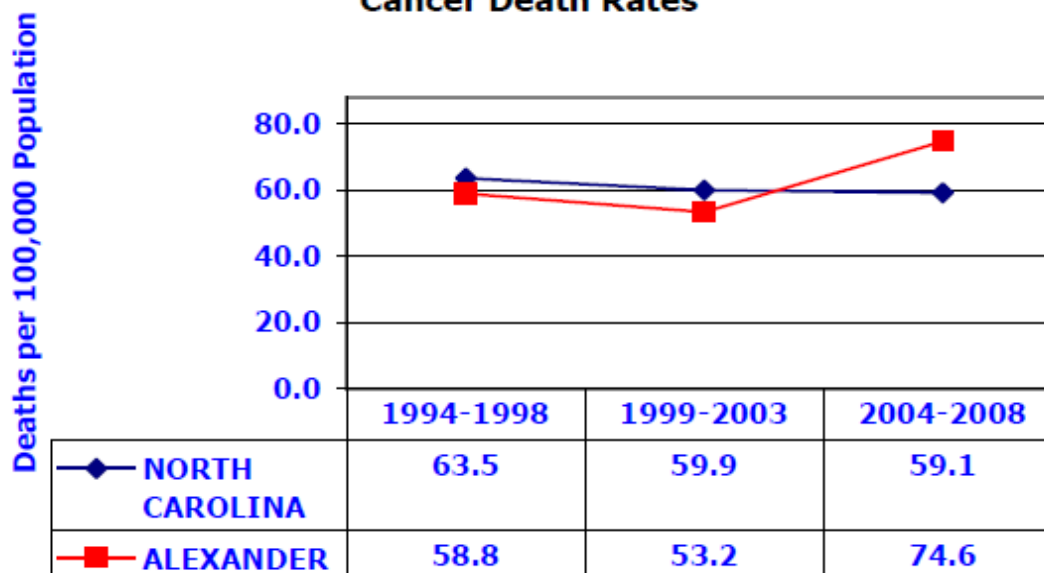


Table 13

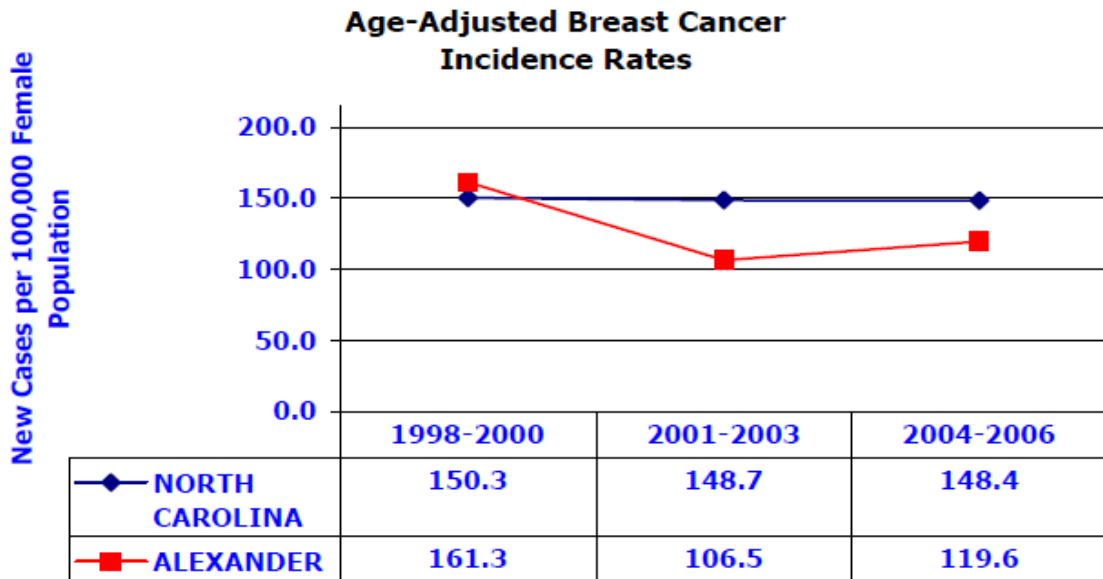


Table 14

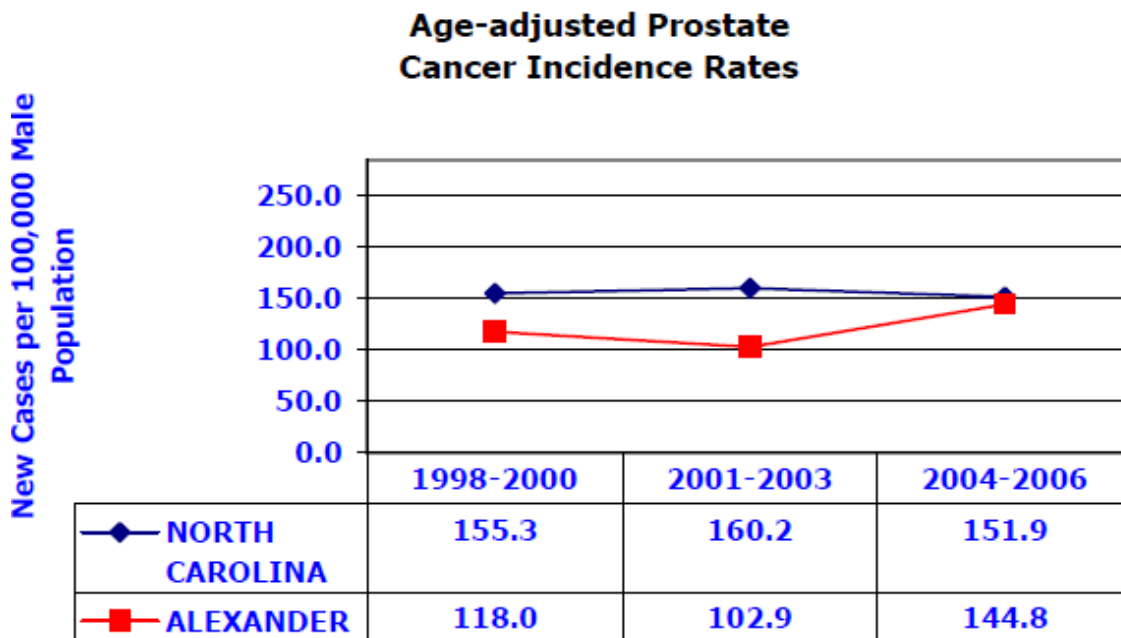


Table 15

**Age-Adjusted Diabetes  
Death Rates**

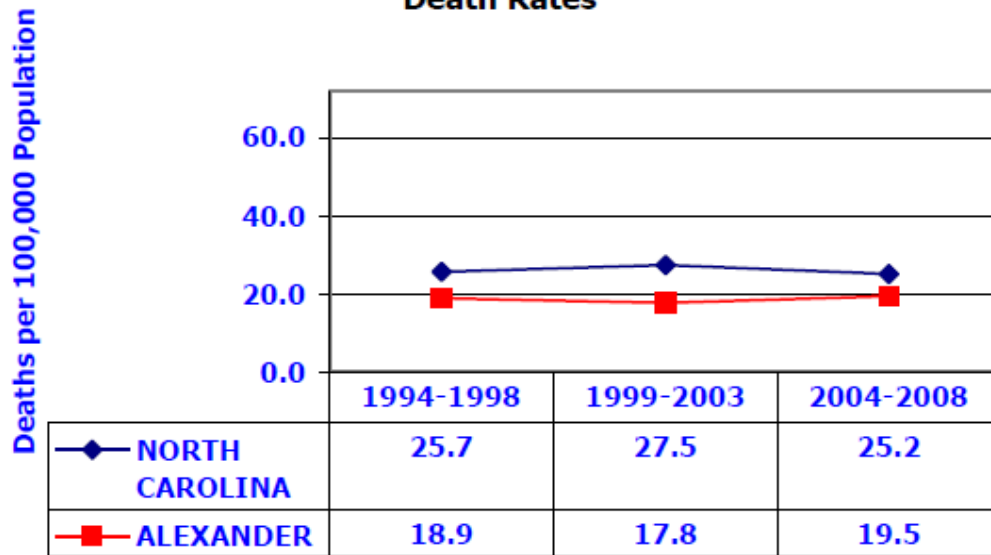


Table 16

**Age-Adjusted Unintentional  
Motor Vehicle Injury Death Rates**

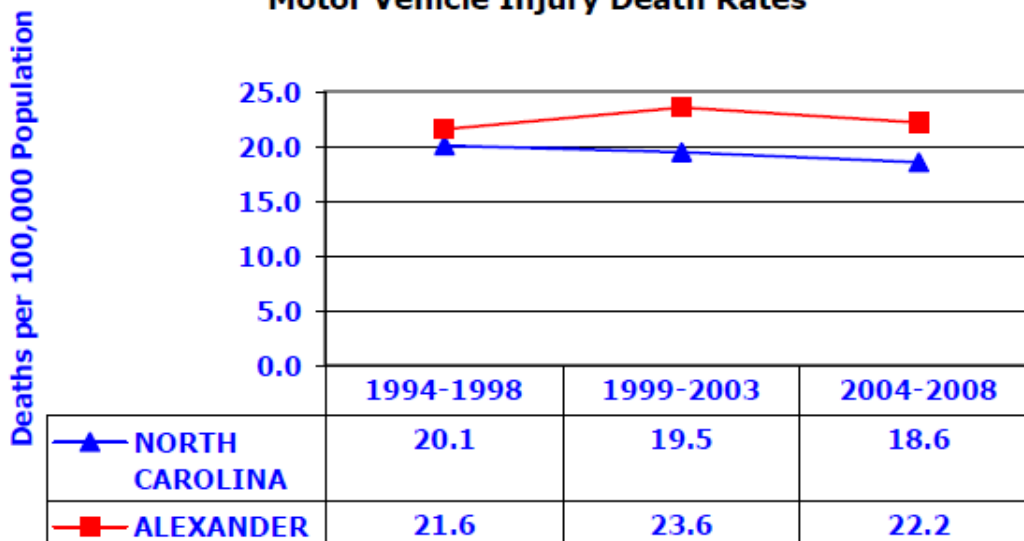


Table 17

**Age-Adjusted All Other Unintentional Injury Death Rates (excluding Motor Vehicle Deaths)**

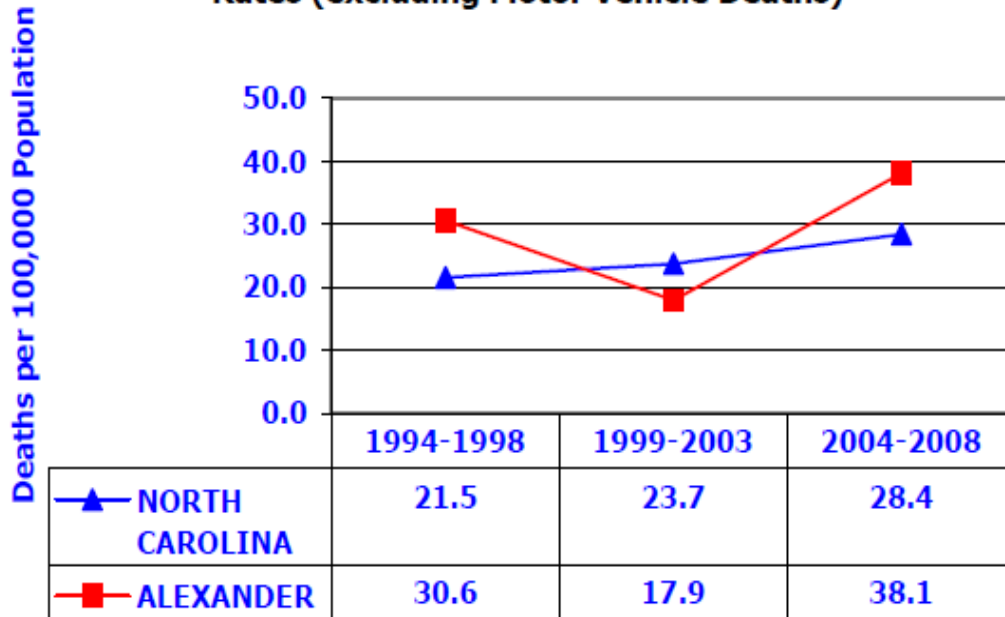


Table 18

**Age-Adjusted Homicide Rates**

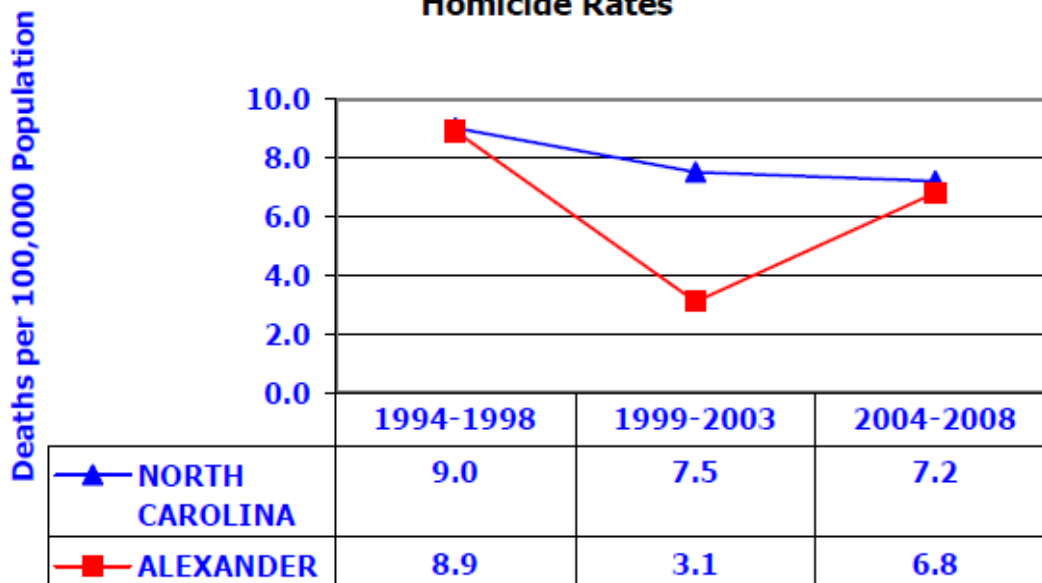


Table 19

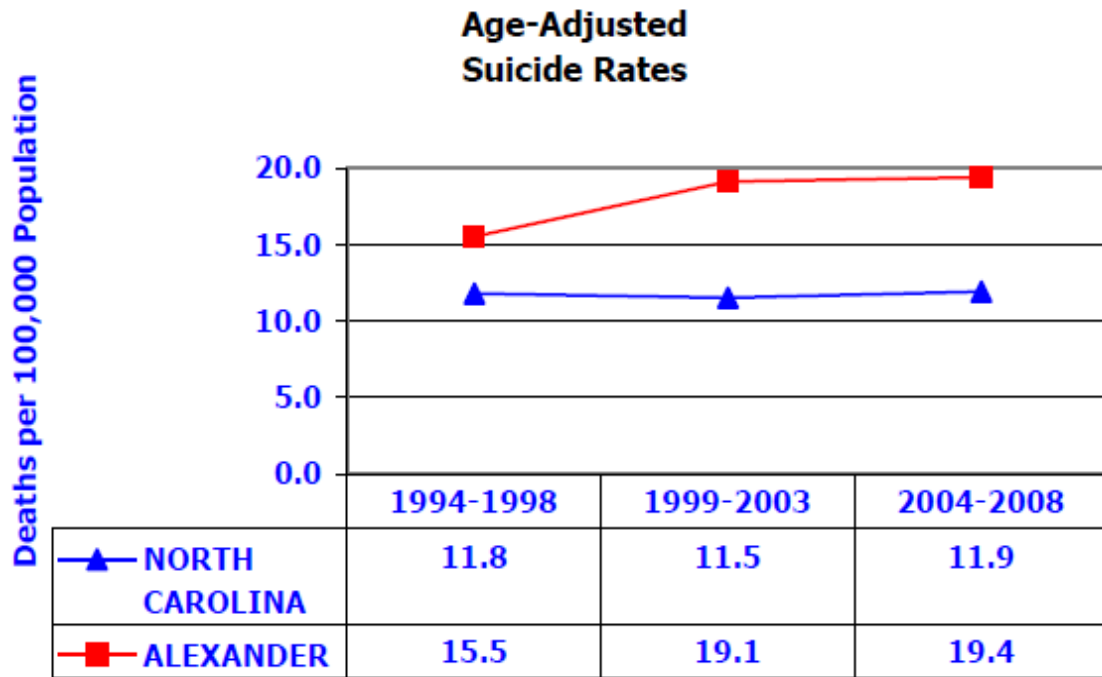


Table 20

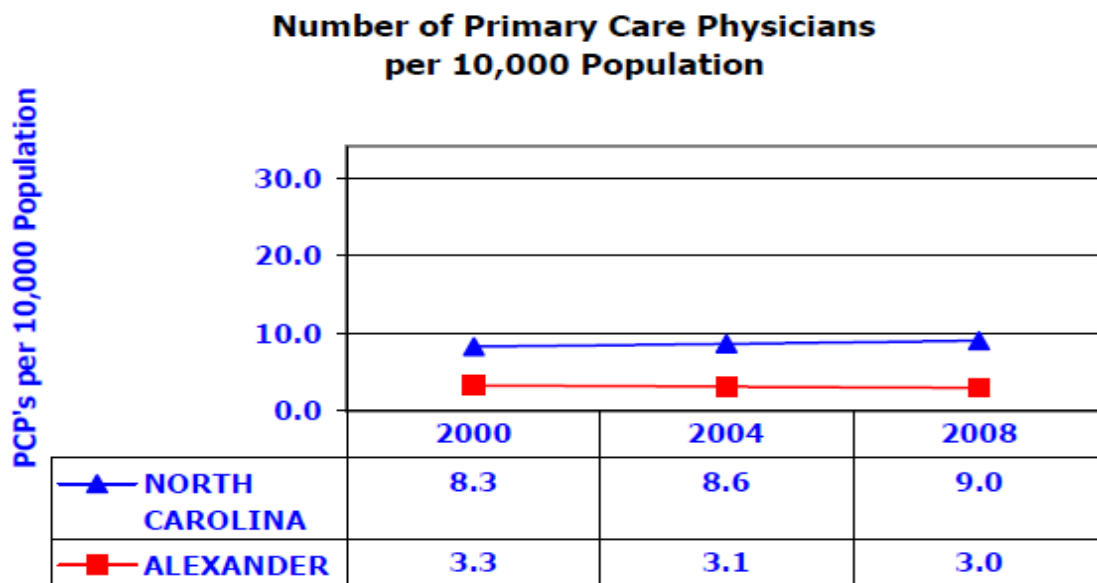


Table 21

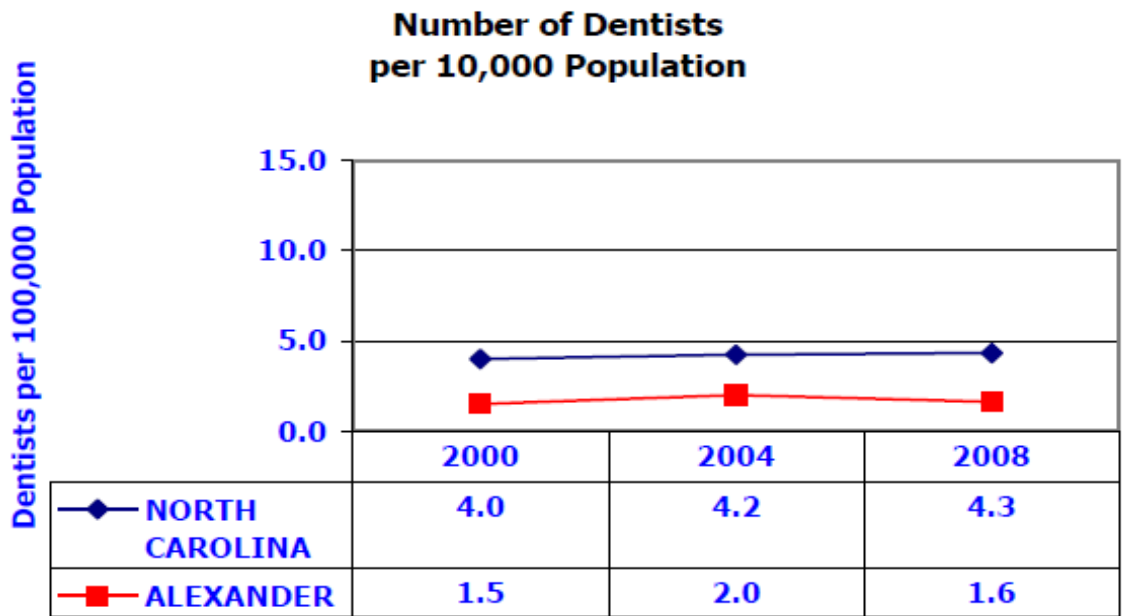
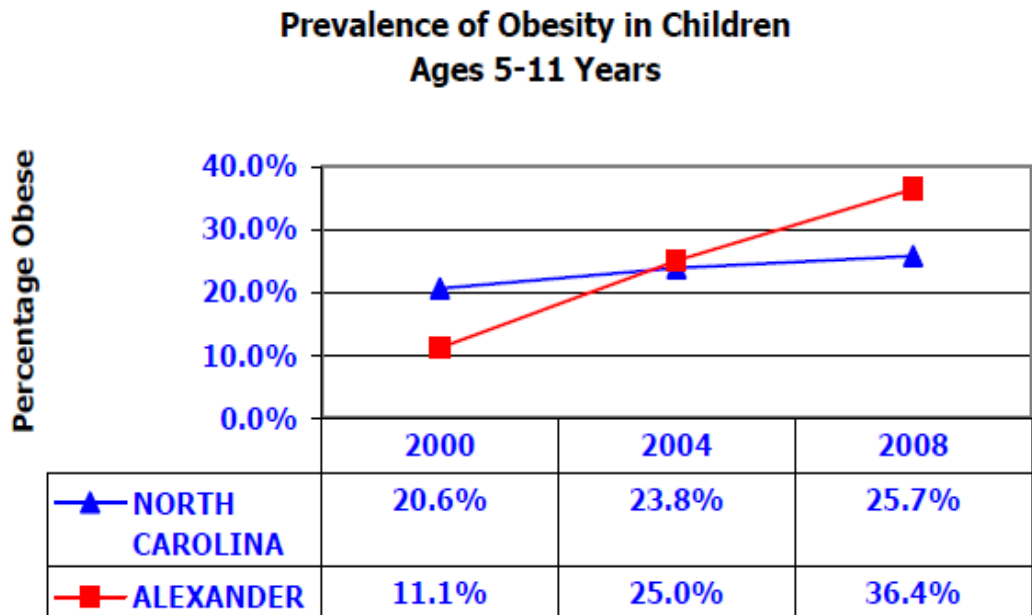


Table 22



\* Based on NC-NPASS data