

2011

Caldwell County Community  
Health Assessment

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## Introduction

The Caldwell County Community Assessment Advisory Group is pleased to present the 2011–2014 Caldwell County Community Health Assessment (CHA). This assessment provides the opportunity to collect, compile, and analyze up-to-date information that helps community members and leaders plan for our community's changing needs.

Every four years, the Caldwell County Health Department (CCHD) partners with multiple community agencies to conduct a comprehensive CHA. The assessment is a process used to analyze information on issues such as health status, risk factors, access to care, as well as community assets and resources. The information identified helps to determine priority health concerns for our community and allows for the creation of collaborative community action plans to address those concerns.

This document was developed with the support and partnership of numerous community agencies and input from randomly sampled community residents. With the continued support and facilitation of the CCHD, the community health assessment advisory group obtained and reviewed data from community surveys and additional information available from the state.

The Executive Summary provides an overview of findings from key areas and summarizes strengths and weaknesses within our community. We hope you find the information helpful, and challenge you to work together to make Caldwell County a healthier place.

Sincerely,

Caldwell County Community Assessment Advisory Group

## **Acknowledgements**

The Caldwell County Community Assessment Advisory Group (hereafter referred to as the Caldwell Advisory Group) would like to thank the following individuals and agencies for their help throughout the assessment process. This document would not be complete without their contributions.

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**Additional Acknowledgement**

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*Photos Provided Courtesy of*

David Prewitt and the Lenoir News-Topic  
Jack Daulton Photography

## Executive Summary

### Overview of the CHA Process

Caldwell County is changing and growing to include more diverse populations, aging community members, and an evolving economic climate. Beginning in 2011, CCHD along with many partnering agencies, began conducting an extensive assessment of the county to evaluate its overall health.

### Why Conduct a Community Assessment

The health assessment is used by the health department and other agencies to identify health concerns and to select priorities and focus areas within the community. Additionally, The North Carolina Division of Public Health requires local health departments to conduct community health assessments every four years. State of the county health reports are submitted annually as an update on the progress of identified health priorities. This allows for public health officials and others actively working on priorities to monitor trends in the community and set goals for selected priorities.

CCHD and the Caldwell Advisory Group have worked together to collect local health statistics on issues such as leading causes of death, risk factors for chronic disease, pregnancies, births, and other types of general health data for Caldwell County. This also includes assessing the factors that influence whether or not a community is healthy, gathering health opinion surveys from community members, and gathering data from a variety of state and local resources.

### Areas of Celebration

The Caldwell Advisory Group is pleased to report that Caldwell County has several areas to celebrate. The county has made tremendous strides in reducing rates or maintaining them below the state level. The Caldwell Advisory Group is excited to report that the percent of women receiving prenatal care in their first trimester is considerably higher than the state, showing almost a 93-percent difference. This is an excellent trend since early prenatal care is closely associated with positive birth outcomes. The percent of African-American women receiving prenatal care is higher as well, with a 90-percent difference between county and state statistics. This is an exceptional trend as well because traditionally, African-American women have lower rates in relation to receiving pre-natal care. An additional area of success for Caldwell County is a lower death rate associated with prostate cancer. In the 2000 CHA, cancer, specifically prostate cancer, was identified as a community health concern. Since then, CCHD has partnered in an annual prostate cancer screening, which the Caldwell Advisory Group attributes the decrease in deaths related to prostate cancer.

## Areas of Concern

While there are several areas that have demonstrated success, there are also areas of concern. As a result of the 2011 health assessment, the Caldwell Advisory Group noted several health indicators that need substantial improvement. The Caldwell Advisory Group identified two priorities based on the high percentages associated with these issues. First, smoking rate for pregnant women in the county is astounding where nearly 22 percent of pregnant women smoke, double that of the rate of smoking for pregnant women in North Carolina. This specific concern was identified as a focus area this year, and strategies targeting this area will be included in the substance abuse/use action plan. Second, teen pregnancy was another health indicator with exceptionally high percentages in the county. The teen pregnancy rate for Caldwell County is nearly 30 percent higher than that of North Carolina. This is an unacceptable statistic for the community, and much improvement is needed in this area. Teen pregnancy was identified as a focus area and will be addressed in the action plan. Additional concerns identified included significantly higher death rates related to chronic lower respiratory diseases and Alzheimer's disease for Caldwell County. Although these areas are not specific priorities for the community, they are areas for improvement.

## What Happens Next

The Caldwell Advisory Group, with the guidance of the Caldwell County Health Department and additional input from community members, has chosen to address three priorities over the course of the next four years: high-school drop-out rates, teen pregnancy, and substance abuse and/or use. Priorities were selected at a public meeting that was held on Thursday, September 8, 2011, using a technique called strengths, weaknesses, opportunities, and threats (SWOT) analysis to evaluate such elements in a project. It involves specifying the objective of the project and identifying the internal and external factors that are favorable and unfavorable to achieve that objective. The Caldwell Advisory Group asked participants to rank their top three priority choices. Over the next several months, the Caldwell Advisory Group will work to develop appropriate actions to address the selected priorities, and will submit a community action plan for each priority selected. Caldwell Advisory Group members will be working together to identify evidence-based strategies that can be used to improve outcomes in the selected areas.

## Caldwell County

Caldwell County, carved from the counties of Burke and Wilkes, was formed in January 1841. The county was named after Dr. Joseph Caldwell, former President of the University of North Carolina and advocator of a public school system and a railroad system stretching from Morehead City to Tennessee.

Caldwell County is in the northwest section of North Carolina in the foothills of the Blue Ridge Mountains. It is bound 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. It is located approximately 69 miles northwest of Charlotte, 84 miles southwest of Winston-Salem, and 90 miles northeast of Asheville, and proudly displays breathtaking vistas from elevations ranging from 900 to 5,964 feet. Today, there are nine incorporated municipalities in the county: Lenoir, Hudson, Granite Falls, Cedar Rock, Cahaj's Mountain, Gamewell, Sawmills, and parts of Blowing Rock and Rhodhiss. The main rivers are the Yadkin, Johns, and Catawba.

### Community Contact Information

Caldwell County  
905 West Avenue NW  
Lenoir, NC 28645  
(828) 757-1300  
Website: [www.caldwellcountync.org](http://www.caldwellcountync.org)



*Hibriten Mountain Vistas, Caldwell County  
Photo courtesy of Jack Daulton Photography*

### City of Lenoir

The original settlement of Lenoir was first known as Tucker's Barn, named after the family that settled on the north side of Lower Creek around 1765. The Tucker homestead became a gathering place, serving as a voting precinct, muster ground, store, and a place for "frolics" and celebrations. At least one large Fourth of July celebration included a drum corps, a march of Revolutionary War veterans, and speeches by General William Lenoir. The place was so popular that a piece of music suitable for violins was composed and entitled "Tucker's Barn." When Caldwell County formed in 1841, the county seat was named Lenoir, in honor of General William Lenoir, a Revolutionary War hero and trustee of the University of North Carolina.

Prior to the Civil War, Lenoir's economy was based on agriculture with large farms producing cotton, corn, and some tobacco. A bartering market, Hogwaller, Davenport College, opera houses, and large library led Lenoir to be described as the "Athens of North Carolina."

With an abundance of natural resources and a rail line incorporated in 1880, the furniture industry boomed. The Lenoir Furniture Company existed from 1889 to 2000, bearing names like Broyhill, Thomasville, Bernhardt, Hammery, Fairfield Chair, and Kincaid. The region was known as the "Furniture Center of the South," exporting products to over 30 countries. During this time, textile and plastic manufacturing joined the industry, bringing unemployment to an all-time low.

Since the late 1990s, the loss of the manufacturing industry has redefined the future of Lenoir by focusing on its location in the Appalachian Mountains, rich music, artistic traditions, and strong network of civic organizations. Lenoir was also the recipient of the prestigious All-American City Award, presented by the National Civic League in 2008.

### Community Contact Information

City of Lenoir  
801 West Avenue  
Lenoir, NC 28645  
Phone: (828) 757-2200  
Website: [www.ci.lenoir.nc.us](http://www.ci.lenoir.nc.us)



*Broyhill Walking Park, Lenoir  
Photo courtesy of Lenoir News-Topic*

### **Town of Hudson**

Hudson began as a sawmill camp more than 100 years ago. The section in and around Hudson was very thickly wooded with largely virgin pine of the best quality. The town was known as Hudsonville in 1880 and changed to Hudson 1889, named after early settlers Monroe and Johnny Hudson.

Gunpowder Baptist Church, the first church in Hudson, was organized in 1831. In 1955, the church was renamed to First Baptist, which it is still known as today. Hudson Methodist Church and St. John's Lutheran Church were organized in 1889 and 1910, respectively.

As the township grew, so did industry. In 1904, Hudson Cotton Mill (Shuford Mills) was established. Today, Shuford Mills is the home of Outdura, Inc., one of the nation's leading manufacturers of outdoor and marine fabric. In 1905, a music-publishing company joined the industry. These businesses were run on steam until 1920, when electricity was brought to the area.

Paved roads were incorporated after 1925 and a water system was purchased in 1948. In 1950, a town fire department was created, and a municipal complex for administrative and police functions was developed in 1984.

Recently incorporated into the Town of Hudson are the Hudson Uptown Building and McCreary Family Recreation and Fitness Center. The Hudson Uptown Building was established in 2003 and currently functions as an auditorium, home to dinner theater, and venue for public events. The McCreary Family Recreation and Fitness Center was established in 2007. It is located in Redwood Park, which was voted "Best Community Park" for four consecutive years.

### **Community Contact Information**

Town of Hudson  
550 Central Street  
Hudson, NC 28638  
Phone: (828) 728-8272  
Website: [www.ci.hudson.nc.us](http://www.ci.hudson.nc.us)



*Annual Butterfly Festival, Hudson  
Photo courtesy of Lenoir News-Topic*

### **Town of Granite Falls**

Established in 1899, Granite Falls is situated in southern Caldwell County, located partly on Lake Hickory and less than five miles from US 40 and Hickory. Its history dates back before the Revolutionary War, and its origins can be traced to land grants dating back to 1754. Named for the falls and giant granite boulders on Gunpowder Creek, the town began as an industrial town and is the headquarters today to one of the nation's most heralded small banks, The Bank of Granite.

The Town of Granite Falls' economy has been centered on manufacturing. Growth in tourism and the retirement industry are diversifying the economic base. Strong support of business with a commitment to small-town quality of life is Granite Falls' recipe for economic success.

### **Community Contact Information**

Town of Granite Falls  
P.O. Drawer 10  
Granite Falls, NC 28630  
Phone: (828) 396-3131  
Website: [www.granitefallsnc.com](http://www.granitefallsnc.com)



*Summer Sunflowers,  
Granite Falls  
Photo courtesy of Lenoir  
News-Topic*

### **Town of Cajah's Mountain**

The Town of Cajah's Mountain was incorporated on May 17, 1983. Cajah's Mountain is one of Caldwell County's most popular residential communities. The town is located in Caldwell County's southwest corner and is linked by Connelly Springs Road, making it an ideal spot for residents commuting to nearby commercial centers in Caldwell, Burke, and Catawba Counties. The town has seen recent expansion in residential growth, along with commercial and industrial development. Cajah's Mountain has also attracted new retail businesses and professional services.

### **Community Contact Information**

Town of Cajah's Mountain  
1800 Connelly Springs Road  
Lenoir, NC 28645  
Phone: (828) 728-5053  
Website: [www.cajahsmtn.com](http://www.cajahsmtn.com)



*Autumn in Cajah's Mtn.  
Photo courtesy of Lenoir News-Topic*

### **Town of Sawmills**

The Town of Sawmills was incorporated on July 1, 1988. Sawmills is mainly a residential community; however, there is a substantial mix of industry and commercial uses. Furniture and textiles are the primary industrial bases. Sawmills comprises 6.3 square miles and is approximately 10 miles northwest of Hickory, North Carolina.

The origin of the town of Sawmills is easy to assume, but the town has grown far beyond its beginnings as a lumber mill community. Currently, it boasts Caldwell County's second highest municipal population and is among the largest in land area. It enjoys unique positioning on both Lake Rhodhiss and US 321, which has made it a popular destination for home builders and buyers.

The close-knit community is home to Caldwell County's largest public school, South Caldwell High School, as well as beautiful farmland, lakeside residential lots, and communities that are near all of the various conveniences.

Sawmills' many amenities have led to various projects to meet the growing interest in the community, as well as future planning to accommodate residential and commercial opportunities. In 2005, the town started a new park on Lake Rhodhiss that features a walking trail, restrooms, playground, fishing pier, and athletic fields.

### **Community Contact Information**

Town of Sawmills  
4076 US Highway 321-A  
Sawmills, NC 28630  
Phone: (828) 396-7903  
Website: [www.townofsawmills.com](http://www.townofsawmills.com)

*Veterans Park, Sawmills  
Photo courtesy of Lenoir News-Topic*



### **Town of Rhodhiss**

Rhodhiss was first known as “The Cliffs” because a train depot for the Carolina Northwest Railroad was located there. The name changed when John and Caleb Rhodes partnered with George Hiss to purchase land on either side of the river to establish water-powered mills.

The first school was built in 1900, the first dam on the river was built in 1901 and in 1902, the Caldwell Plant was built, bringing Shufords to the area. The town was incorporated in 1903, electing Caleb Rhodes as mayor. The first church, Rhodhiss Baptist, was organized in 1906, and gained a physical location in 1911. In 1913, a Methodist church was organized.

In 1916, a flood washed away much of the town, including the dam, bridges, and homes. A new dam was completed in 1924, when Duke Energy brought electrical power to the area. This dam was later guarded by U.S. soldiers (1941) after the attack on Pearl Harbor. Guards were also stationed at the gates of the mills, as war materials were being produced there. These mills did another service for the country, in that Burlington Plant 2 (Industrial Division) wove the moon flag in 1969.

Health issues in Rhodhiss' history include a small pox epidemic in 1909 that quarantined the town and small outbreaks of typhoid in 1911 that were caused by raw sewage being dumped into the river. In 1919, a flu epidemic killed a large number of citizens.

### **Community Contact Information**

Town of Rhodhiss  
P.O. Box 40  
200 Burke Street  
Rhodhiss, NC 28667  
Phone: (828) 396-8400  
Website: [www.townofrhodhiss.main.nc.us](http://www.townofrhodhiss.main.nc.us)



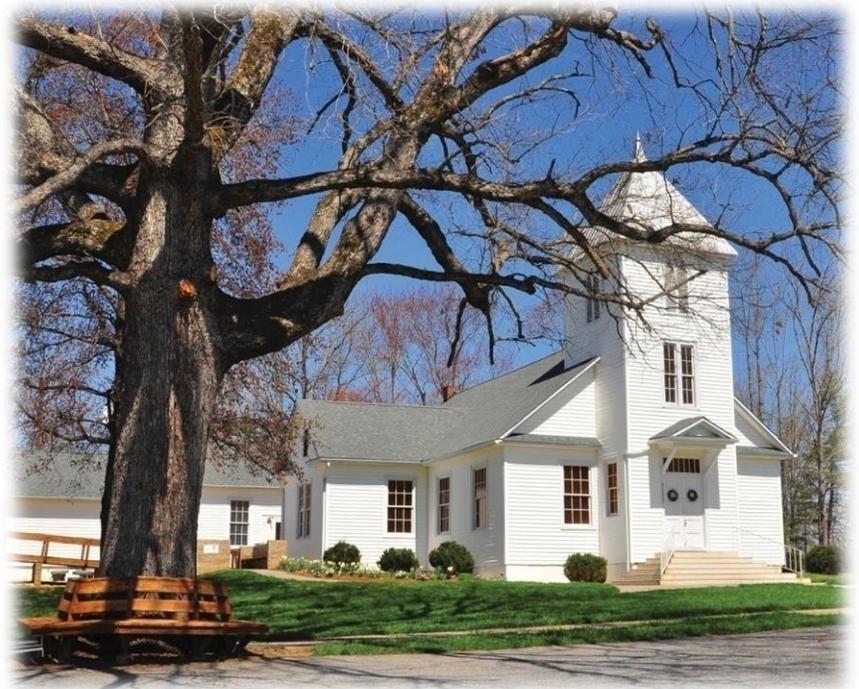
*Sunset on Lake Rhodhiss  
Photo courtesy of Lenoir News-Topic*

### **Town of Gamewell**

The Town of Gamewell was founded in 1981, and is situated midway between Lenoir and Morganton along Highway NC 18. The town is mostly residential and is becoming a popular place for people to settle and raise a family. Gamewell is a short drive to Pisgah National Forest to the north and Lenoir to the east, and is home to several nearby upcoming residential developments, including world-class golf courses and condominiums.

### **Community Contact Information**

Town of Gamewell  
2750 Old Morganton Boulevard  
Lenoir, NC 28645  
Phone: (828) 754-1991



*Littlejohn Methodist Church,  
Gamewell  
Photo courtesy of Lenoir News-Topic*

## Data Collection and Analysis

### Primary Data Collection Methods

Primary data was collected using a two-stage cluster sampling system with geographic information system (GIS) technology. For primary data collection, a “30 x 7” method was used, which is an example of a two-stage cluster sample. In a “30 x 7” method, 30 census blocks are randomly selected from all of the census blocks in the county (stage I), followed by seven interview sites that are randomly selected in each block (stage II).<sup>1</sup>

Many health departments have used this technology for community health assessments or disaster readiness preparation. This methodology ensures that the sample collection represents Caldwell County in its entirety.

A total of 21 teams of 2 people were assigned to designated census blocks where interviews were completed and downloaded into Microsoft Access™. A total of 211 surveys were gathered in Caldwell County, allowing the sample to be representative of Caldwell County as a whole.

The Caldwell Advisory Group used pre-tested survey questions to gather information from community members on issues including quality of life, community improvement, health information, personal health, access to care, and emergency preparedness. The following information is a collection of responses from the survey.

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<sup>1</sup> Office of N.C. Public Health and Preparedness Response

Community Health Opinion Surveys

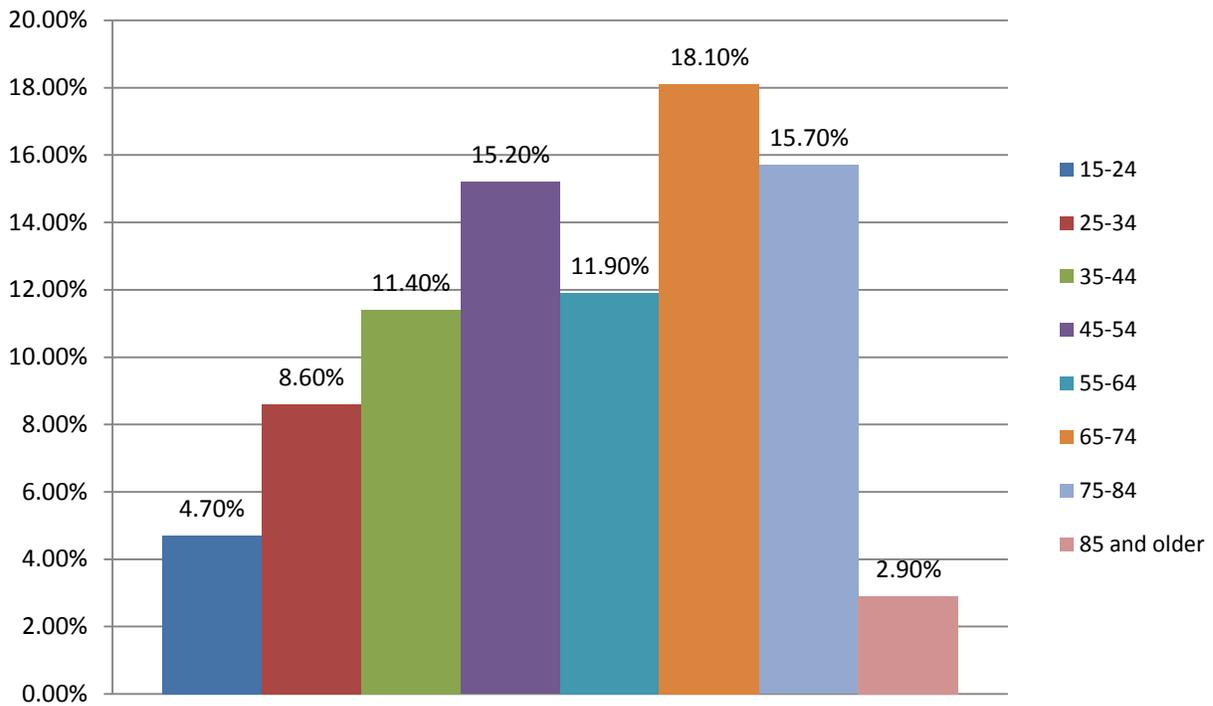


Figure 1: Age Distribution

Figure 1 represents the distribution of age among Caldwell County residents surveyed. The majority of individuals surveyed were 65 or older.

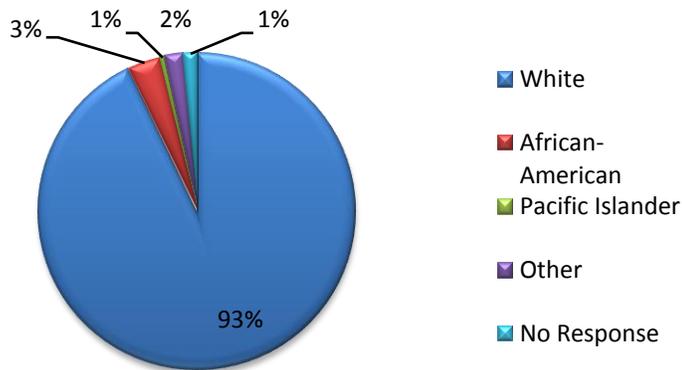


Figure 2: Race Distribution

Figure 2 represents the distribution of race among Caldwell County residents surveyed. The 2010 Census reports that 92 percent of residents are Caucasian, 5 percent are African-American, and 4.6 percent are of Hispanic or Latino descent.<sup>2</sup>

<sup>2</sup> U.S. Census Bureau, 2010

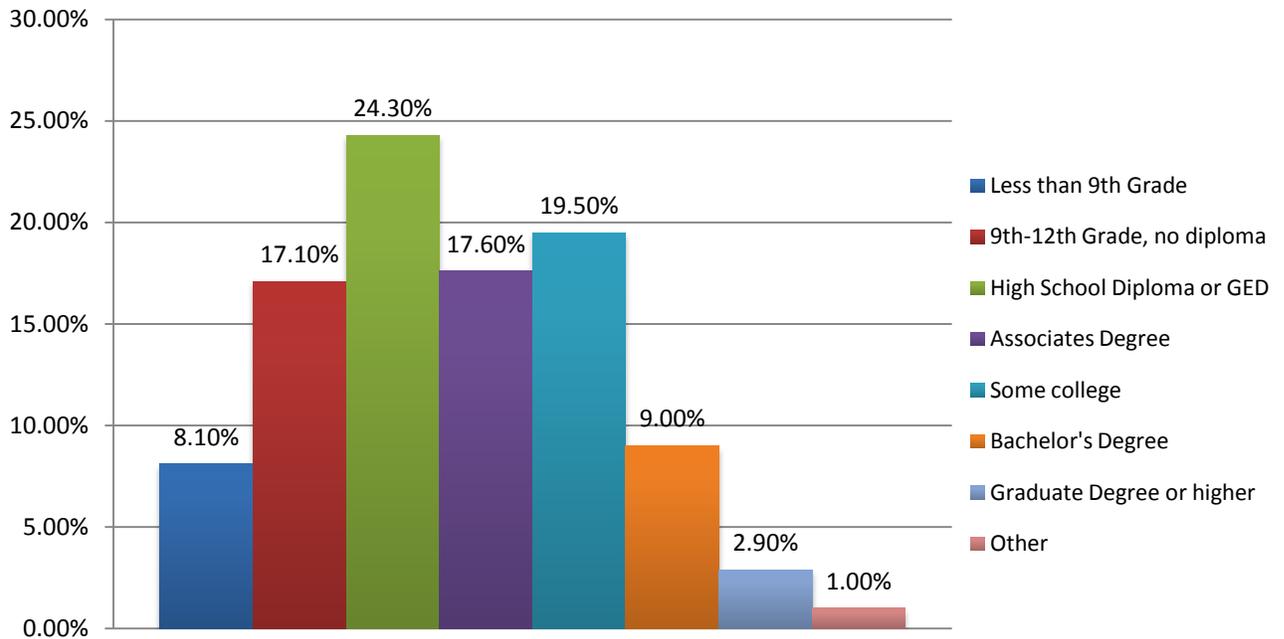


Figure 3: Education Level Distribution

Figure 3 represents the education level reported by those who were surveyed. The majority of survey respondents reported holding a high school diploma or general education diploma (GED), while 19 percent received some college training.

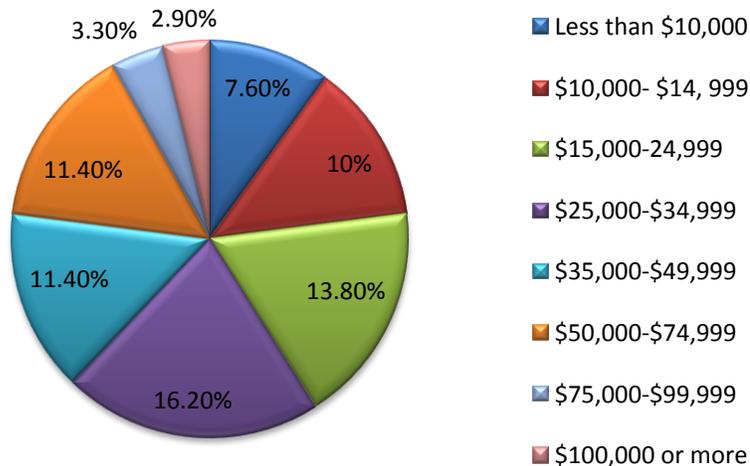


Figure 4: Income Level Distribution

Figure 4 represents income distribution among those who were surveyed. Most survey respondents reported income ranges between \$25,000 and \$34,999. According to the 2010 Census, the median income for Caldwell County is \$34,489.<sup>3</sup>

<sup>3</sup> U.S. Census Bureau, 2010

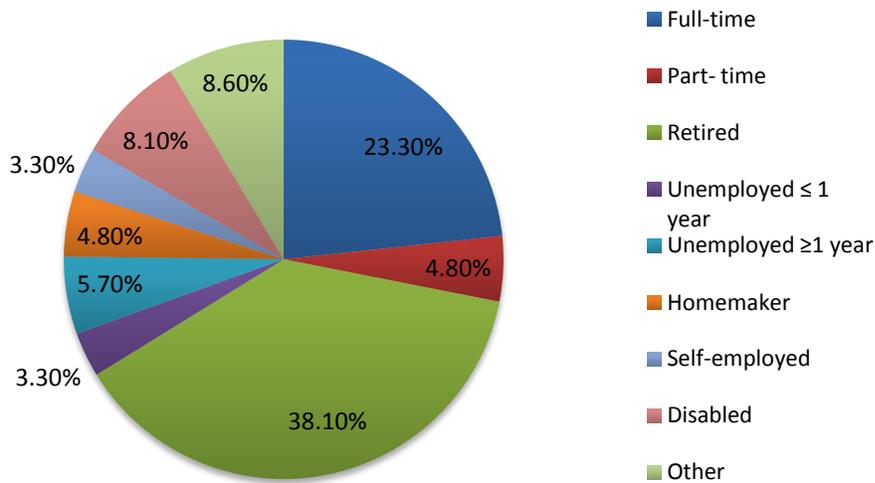


Figure 5: Employment Classification Distribution

Figure 5 represents the employment status of survey participants. Nearly 24 percent of survey respondents reported full-time employment, while 8 percent reported being unemployed (combined unemployment totals).

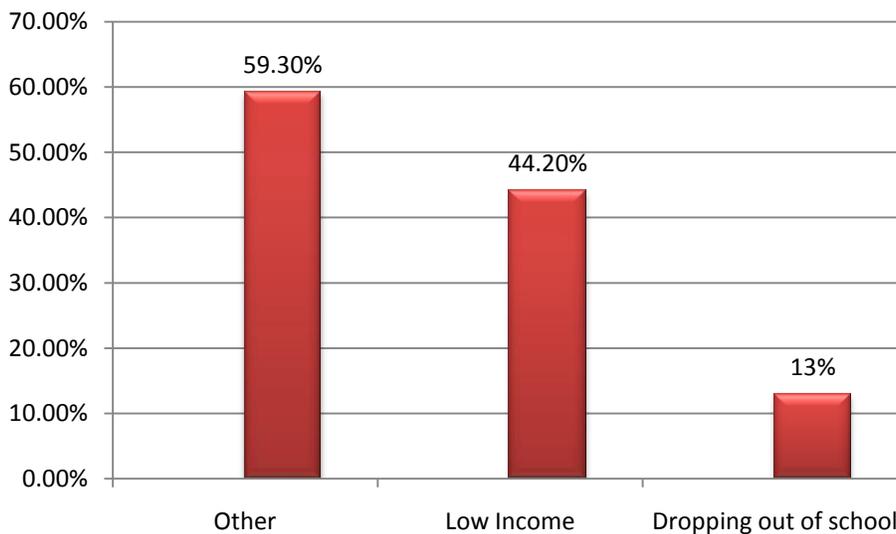
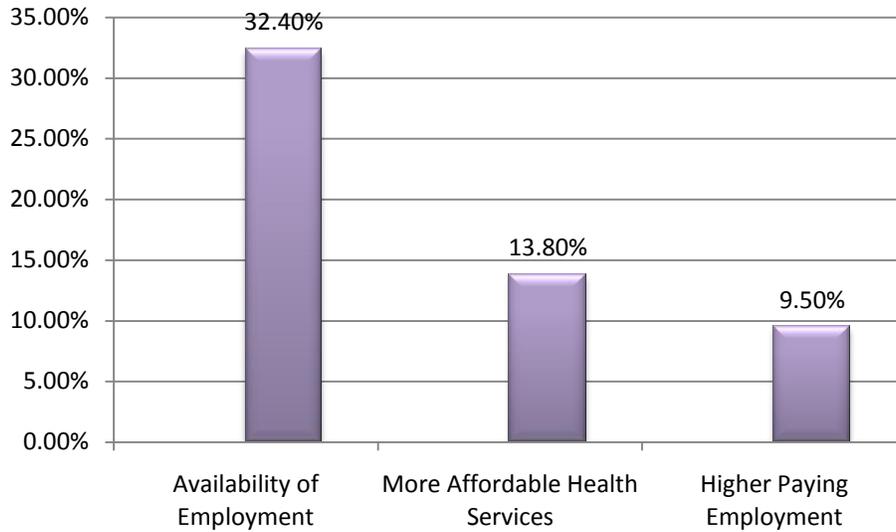


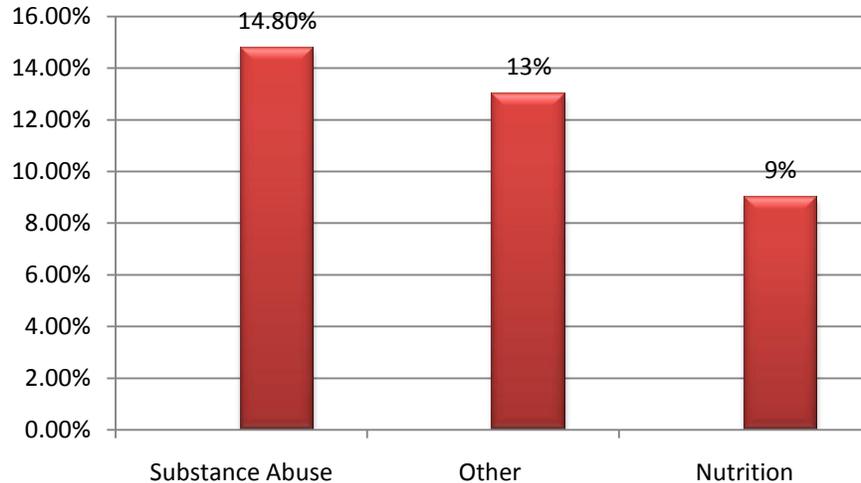
Figure 6: Quality of Life

Participants were asked what issue affects the quality of life in Caldwell County. Economic opportunity (named as "other" on survey) ranked highest. Low income and dropping out of school were the next highest-rated issues.



**Figure 7: Service Area Improvement**

Participants were asked what service area needs the most improvement in Caldwell County. As shown in Figure 7, nearly 33 percent of those who were surveyed believe the availability of employment is the top service, followed by more affordable health services and higher paying employment.



**Figure 8: Health Behaviors**

Participants were asked what health behaviors people in Caldwell County need more information about. As shown in Figure 8, information on substance abuse was the top response. The “other” category included cancer screening and information on pollution (both air and water).

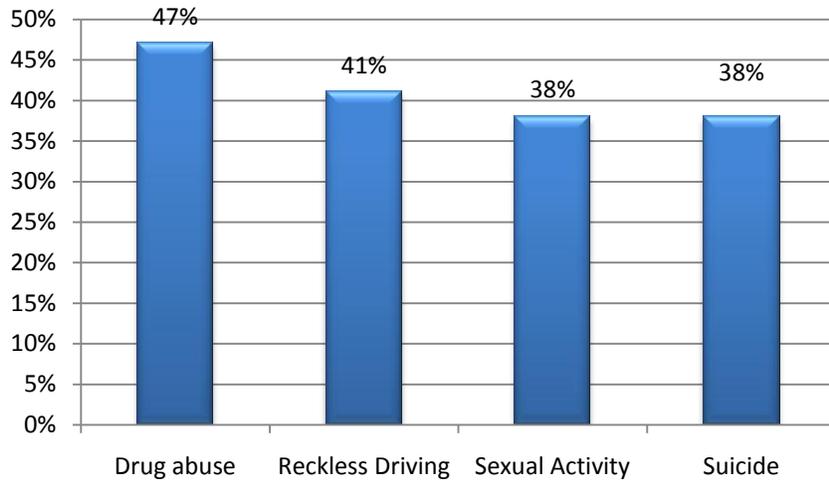


Figure 9: Children's Health Topics

Participants were asked what health behaviors their children needed more information about. As shown in Figure 9, drug abuse was the top response, followed by reckless driving. Information on sexual activity and suicide prevention was also mentioned.

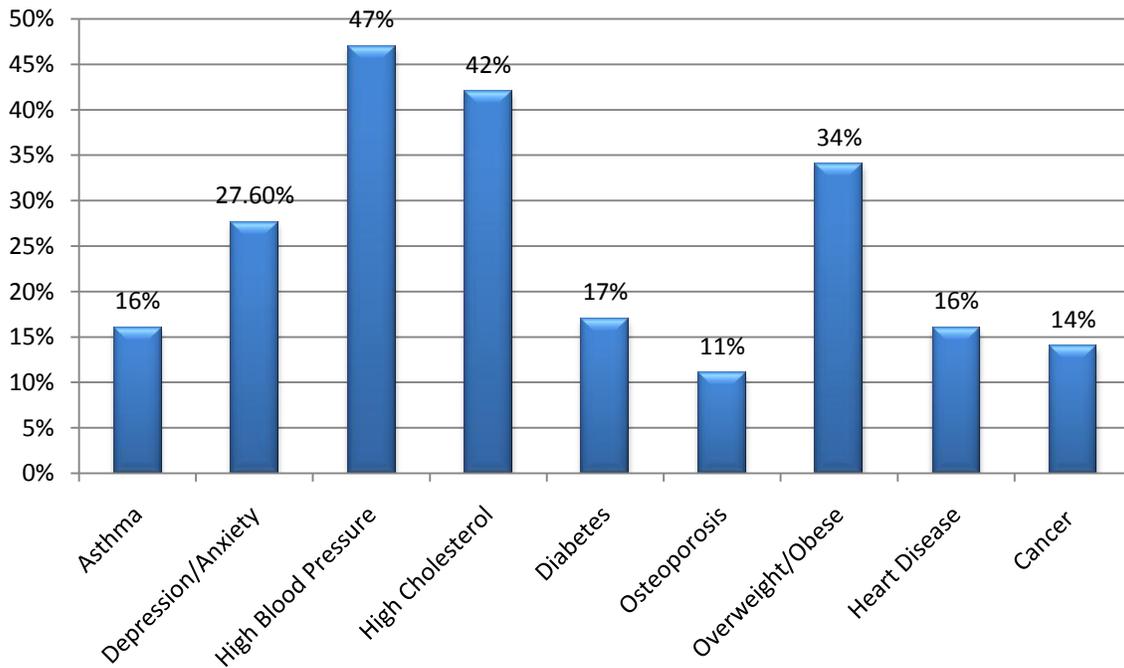
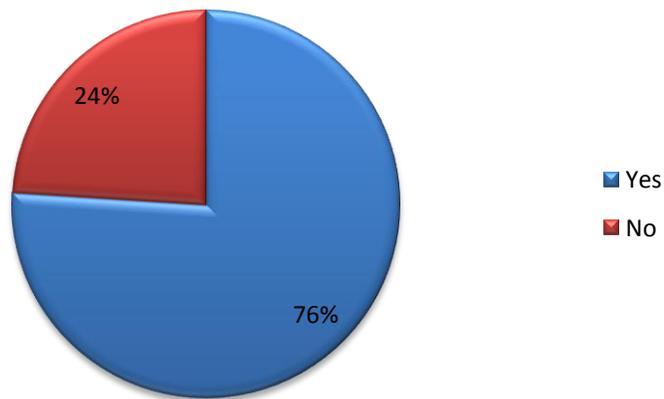


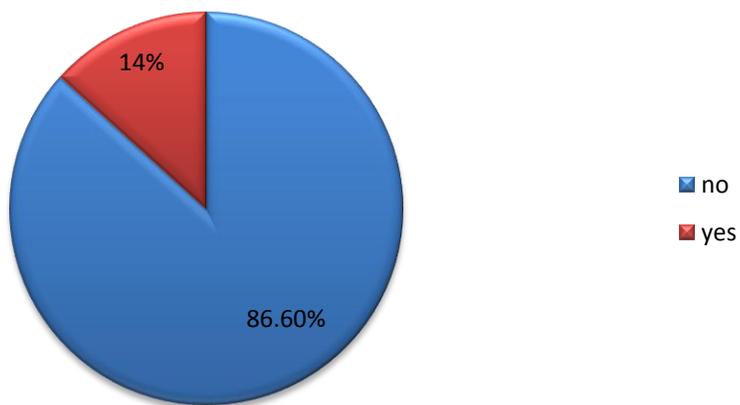
Figure 10: Personal Health

Participants were asked about their own personal health. Nearly 50 percent of those surveyed reported having high blood pressure. High cholesterol and overweight and/or obesity were additional health issues noted by participants.



**Figure 11: Regular Exercise**

Participants were asked about their daily exercise habits. For the purposes of the survey, regular exercise was defined as “any physical activity or exercise outside of [one’s] regular job that lasts for at least 30 minutes.” As shown in Figure 11, 76 percent of those who were surveyed answered “yes” when asked if they were physically active. Participants who responded “no” were asked why they did not exercise; the majority of responses were “laziness.”



**Figure 12: Health Insurance Coverage**

Participants were asked about access to healthcare and health insurance coverage. As shown in Figure 12, almost all of those who were interviewed reported having health insurance of some kind. Fourteen percent responded that they had no health insurance coverage at all. This question coincides with a question related to access to care. When asked if they had a problem getting healthcare in the last year, 86 percent of participants answered “no.”

## Leading Causes of Death

Figure 13: 2005-2009 Ten Leading Causes of Death

| Caldwell                              | North Carolina                       |
|---------------------------------------|--------------------------------------|
| 1. Cancer-All Sites                   | 1. Diseases of the Heart             |
| 2. Diseases of the Heart              | 2. Cancer-All Sites                  |
| 3. Chronic Lower Respiratory Diseases | 3. Cerebrovascular Disease           |
| 4. Cerebrovascular Disease            | 4. Chronic Lower Respiratory Disease |
| 5. Other Unintentional Injuries       | 5. Other Unintentional Injuries      |
| 6. Alzheimer's Disease                | 6. Alzheimer's Disease               |
| 7. Diabetes                           | 7. Diabetes                          |
| 8. Diseases of the Kidneys            | 8. Pneumonia & Influenza             |
| 9. Pneumonia & Influenza              | 9. Diseases of the Kidneys           |
| 10. Suicide                           | 10. Motor Vehicle Injuries           |

Figure 13 shows comparisons between Caldwell County and North Carolina as related to the top ten leading causes of death. The leading cause of death in Caldwell County is Cancer, followed by Diseases of the Heart. In North Carolina, this is reversed and Heart Disease is the leading cause of death, followed by Cancer. It's interesting to note that deaths related to Pneumonia and Influenza are leading causes in both Caldwell County and North Carolina, yet preventable vaccinations for both illnesses are widely available.<sup>4</sup>

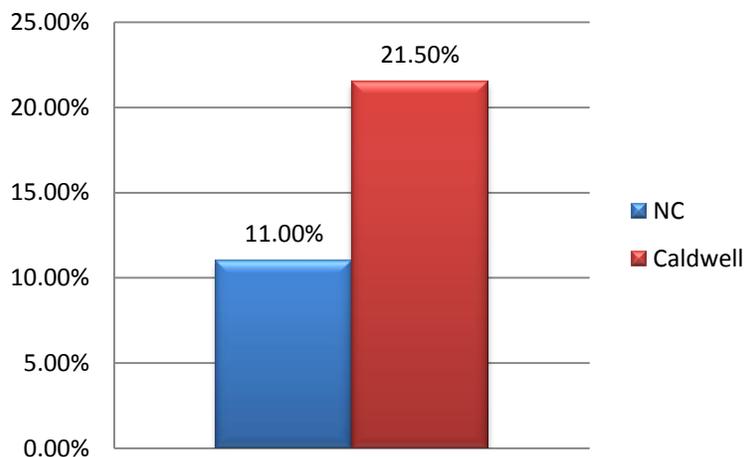
<sup>4</sup> North Carolina State Center for Health Statistics

## Secondary Data Collection

Secondary data is data that has already been collected by someone else. This data is already analyzed, ready for dissemination, and can be used without any additional calculations. In some instances, age-adjusted rates are used to control for differences in the age distribution of various populations before comparisons are made. The Caldwell Advisory Group used a variety of secondary data sources that included the North Carolina State Center for Health Statistics, U.S. Census Bureau, North Carolina Department of Labor, and North Carolina Department of Public Health.

The Caldwell Advisory Group collected many different types of data that included demographics (e.g., population, race, and age), socioeconomic factors (e.g., income and unemployment rates), and other data related to causes of death and disease in Caldwell County. The data that is represented shows how Caldwell County compares to North Carolina. The Caldwell Advisory Group calculated the percent difference between North Carolina and Caldwell County, and highlighted areas using a 15-percent difference as a baseline. Some areas were positive, in that Caldwell County ranked better than the state, but in other areas, Caldwell County ranked lower than the overall state rate. The following information reflects the statistical health of the county.

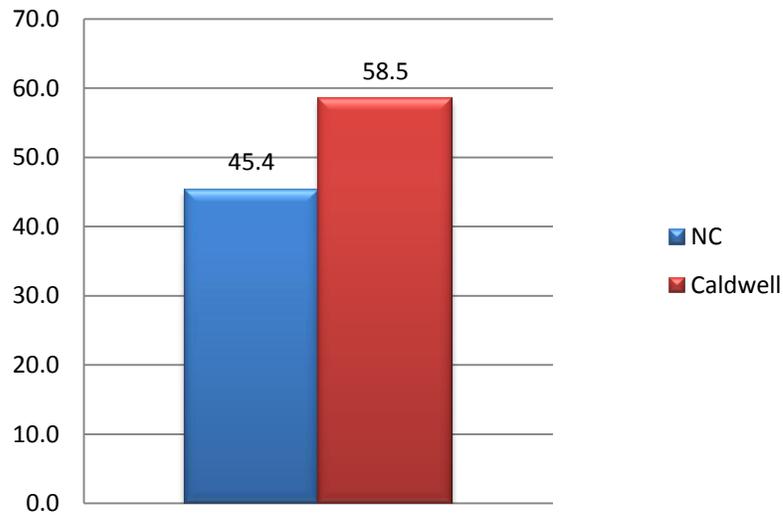
### Areas of Concern



**Figure 14: Births to Mothers who Smoked Prenatally**

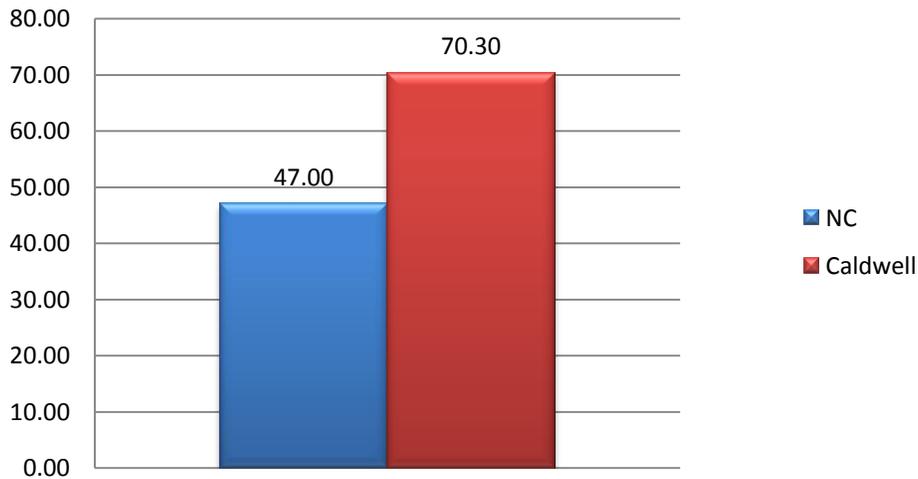
Figure 14 shows that of the 70,529 births in North Carolina from 2005 to 2009, 11 percent of the mothers smoked prenatally. Of the 968 births in Caldwell County during the same time period, 21.5 percent of the mothers smoked prenatally.<sup>5</sup> Caldwell County is almost double or 95 percent greater than the state percentage. The statistics reveal little improvement in this area.

<sup>5</sup> N.C. State Center for Health Statistics



**Figure 15: Resident Pregnancy Rates, Ages 15 to 19 (Caucasian)**

Figure 15 shows that in 2009, for every 1,000 N.C. residents, there were 45.4 pregnant Caucasian teenagers aged 15 to 19. In Caldwell County, about 58 females ages 15 to 19 were pregnant for every 1,000 residents, which is 29 percent higher than the state rate. The rate for Caldwell is 58.5 and the N.C. rate is 45.4, so the Caldwell County rate is 28.6 percent higher than the N.C. rate (based on the 2005 to 2009 pregnancy rates per 1,000 people).



**Figure 16: Chronic Lower Respiratory Disease Death Rates (Age-Adjusted)**

Figure 16 represents chronic lower respiratory death rates. The rate in N.C. for chronic lower respiratory deaths is 47.0 per 100,000 people, while Caldwell County's rate is 70.3 per 100,000 people (based on the 2005 to 2009 death rates per 100,000 people).

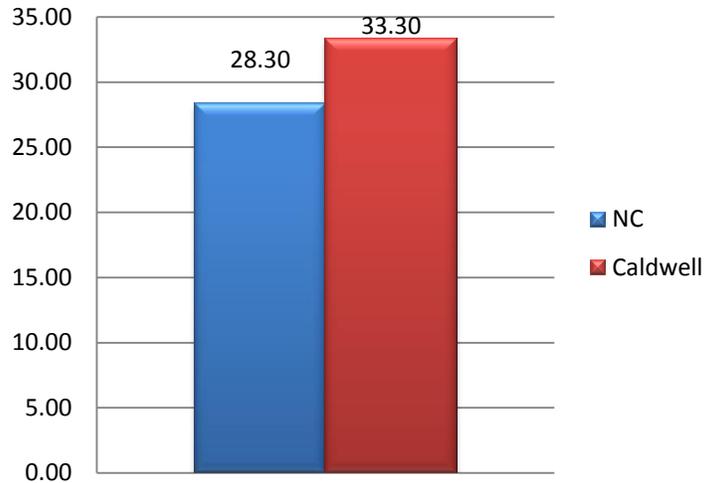


Figure 17: Alzheimer's disease Death Rates (Age-Adjusted)

Figure 17 shows that from 2005 to 2009, the death rate in North Carolina for Alzheimer's Disease was 28.3, while Caldwell County was 33.3, 17.7 percent greater than the state rate.<sup>6</sup>

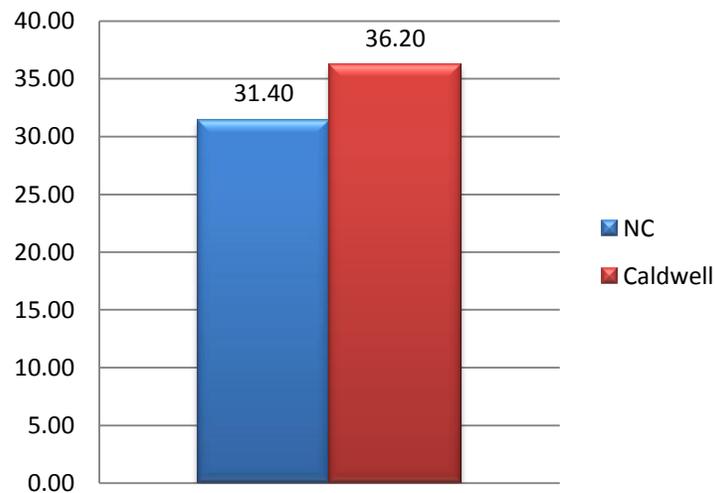
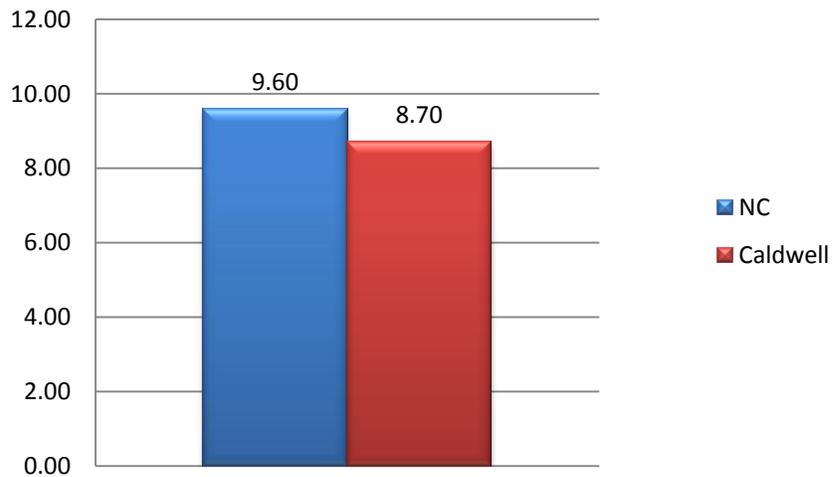


Figure 18: Female Heart Attack Death Rates (Age-Adjusted)

Figure 18 shows that the age-adjusted death rate for myocardial infarction (MI) or heart attack in females from 2004 to 2008 was 44.4 per 100,000 people. From 2005 to 2009, the rate decreased to 36.2 per 100,000 people, which was 22.6 percent lower. The state rate remains lower in both four-year time periods, but the percent improvement is significantly less (approximately 8 percent) (based on the 2005 to 2009 rates per 100,000 people).

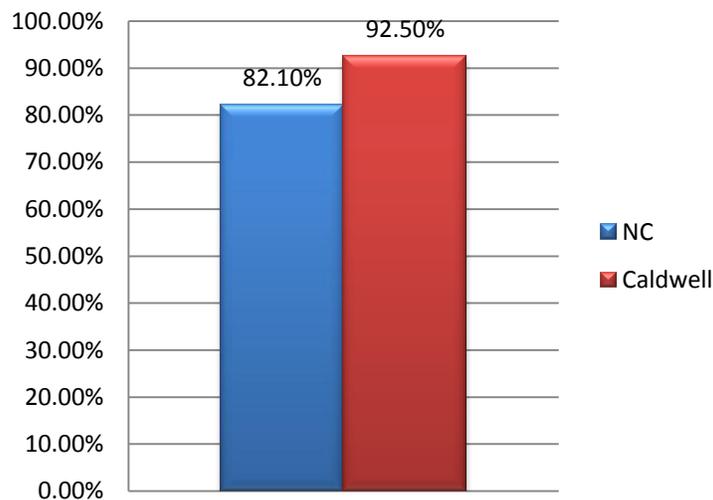
<sup>6</sup> North Carolina State Center for Health Statistics, County Health Data Book, 2010

**Areas of Success**



**Figure 19: Prostate Cancer Death Rate (Age-Adjusted)**

Figure 19 shows that Caldwell County's Prostate Cancer death rate per 100,000 people is 8.7 compared to the state's rate of 9.6. Again, this rate is age-adjusted (based on the 2005 to 2009 death rates per 100,000 people).



**Figure 20: Women Receiving Prenatal Care in the First Trimester**

Figure 20 shows that from 2005 to 2009, the number of women receiving prenatal care in the first trimester is over 92 percent, while the state is just over 82 percent.<sup>7</sup> This statistic is positive for Caldwell County because early prenatal care is associated with positive birth outcomes.

<sup>7</sup> N.C. State Center For Health Statistics, 2010

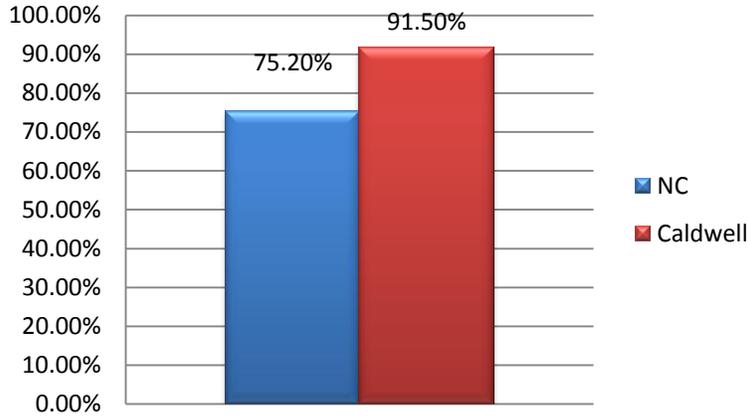


Figure 21: African-American Women Receiving Prenatal Care in the First Trimester

Figure 21 shows that the statistic for prenatal care for African-American women is slightly lower for Caldwell County but, again, over 90 percent of that population received prenatal care in the first trimester.

**Demographics**

*Population*

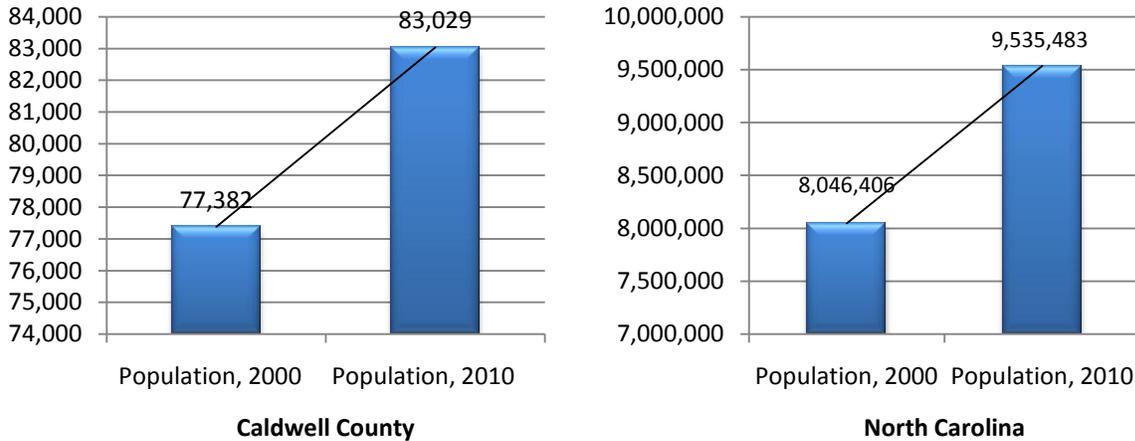
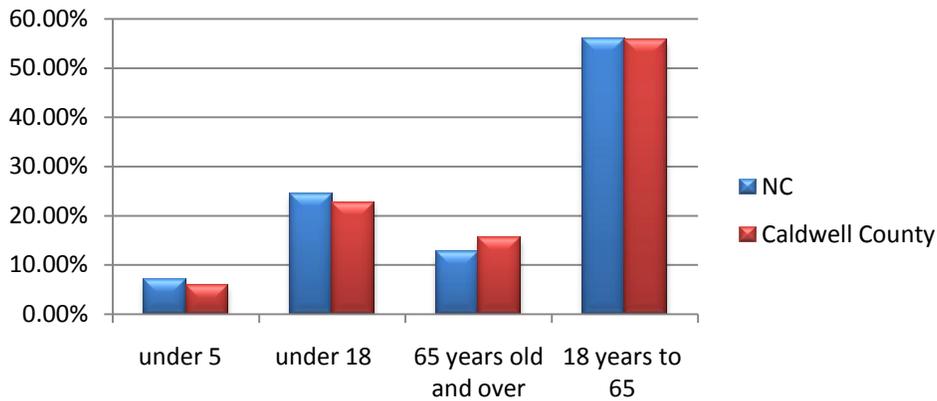


Figure 22: Populations for Caldwell County and North Carolina

As Figure 22 shows, in 2010, 83,029 people lived in Caldwell County, and when compared to the 2000 Census, the county saw a 7.3 percent increase in its population size. Census data for North Carolina shows growth in this area as well, with an increase of 18.5 percent.<sup>8</sup>

<sup>8</sup> U.S. Census Bureau, 2010

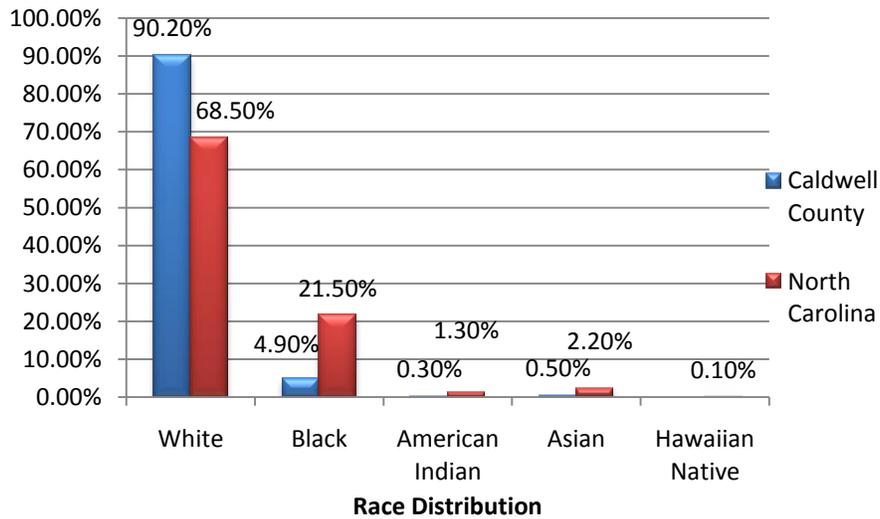
*Distribution of Age*



**Figure 23: Distribution of Age in Caldwell County and North Carolina**

As shown in Figure 23, nearly 56 percent of people living in Caldwell County are between the ages of 18 and 65, while people under the age of 18 represent 23 percent of residents. Caldwell County remains similar to the N.C. rates for age distribution, with 18 to 65 year olds as the majority in North Carolina as well.<sup>9</sup>

*Distribution of Race*

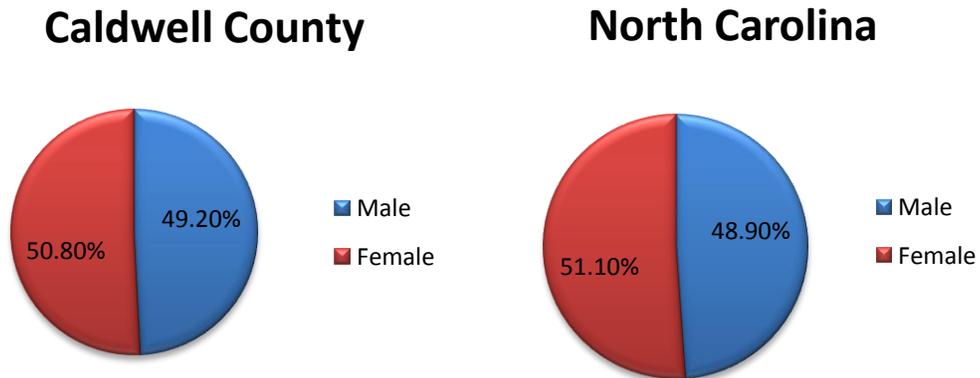


**Figure 24: Distribution of Race in Caldwell County and North Carolina**

As Figure 24 shows, 90 percent of people in Caldwell County are Caucasian, and nearly 5 percent are African-American. N.C. rates are comparable in this area as well, with the exception of a higher African-American population.

<sup>9</sup> U.S. Census Bureau, 2010

*Distribution of Males and Females*

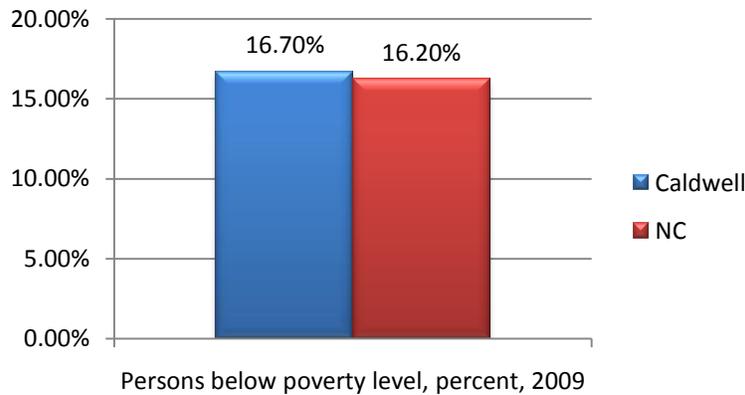


**Figure 25: Distribution of Males and Females in Caldwell County and North Carolina**

As shown in Figure 25, Caldwell County and N.C. rates related to male and female distribution seems to be statistically equivalent. Both males and females are equally distributed among both data sets.<sup>10</sup>

**Socioeconomic Factors**

*Poverty*

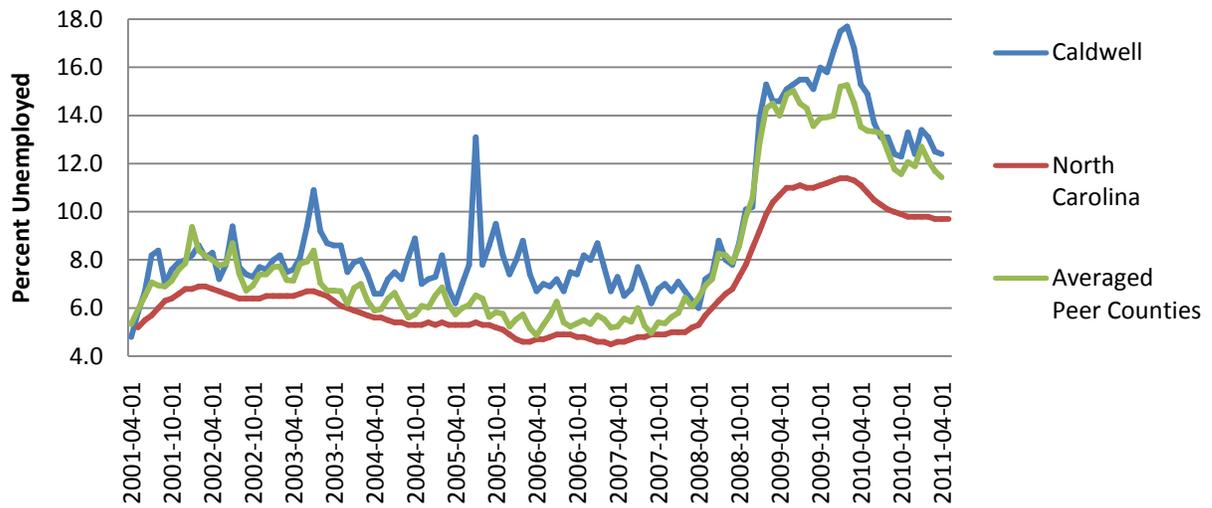


**Figure 26: Poverty Levels in Caldwell County and North Carolina**

As shown in Figure 25, according to the 2009 Census, 16.7 percent of people reported living below federal poverty levels. Caldwell County is slightly higher than the state average, but still comparable.

<sup>10</sup> U.S. Census Bureau, 2010

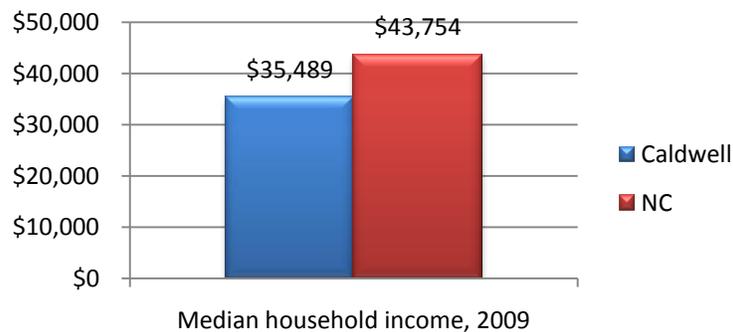
**Unemployment**



**Figure 27: Unemployment Rates in North Carolina, Caldwell County, and Peer Counties**

As shown in Figure 27, unemployment trends in Caldwell County show a steady rise that began in early 2008. Caldwell County remains higher than the N.C. rate, but as unemployment increases in the county, it is increasing across the state as well. The unemployment rate in Caldwell County in 2011 was approximately 12.9 percent, based on monthly averages throughout 2011.<sup>11, 12</sup>

**Income**



**Figure 28: Income in North Carolina and Caldwell County**

As shown in Figure 28, the median income in the county is close to \$36,000, while the state median income is higher, at \$44,000.<sup>13</sup>

<sup>11</sup> U.S. Department of Labor, Bureau of Labor Statistics, 2001–2011

<sup>12</sup> Caldwell County Employment Security Commission, 2011

<sup>13</sup> U.S. Census Bureau, 2010

**Educational Factors**

*Student Distribution*

Table 1: Student Distribution in Caldwell County and North Carolina

|          | Elementary | Middle | High |
|----------|------------|--------|------|
| District | 427        | 655    | 752  |
| State    | 497        | 657    | 792  |

Table 1 shows the average number of students in elementary (K–5), middle (6–8) and high school (9–12) in Caldwell County and North Carolina. There are only marginal differences between the rates for the two.<sup>14</sup>

*SAT Scores*

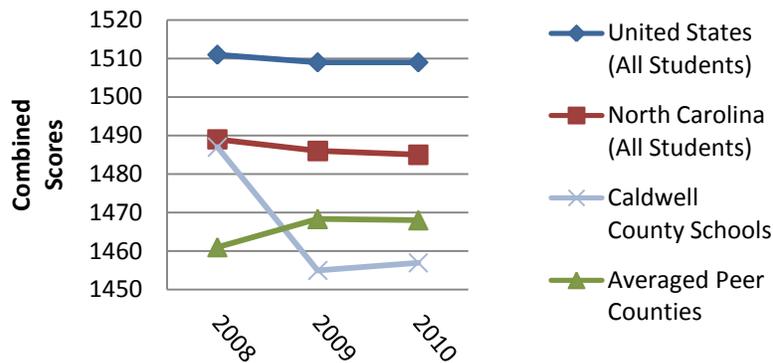
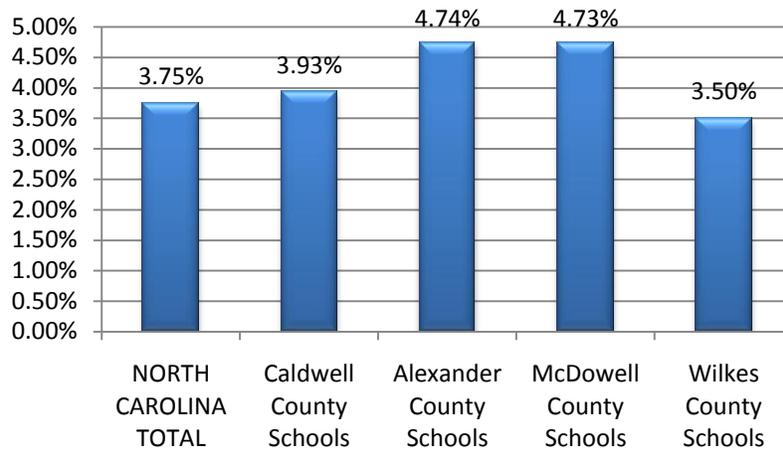


Figure 29: SAT Scores for the United States, North Carolina, Caldwell County, and Peer Counties

As shown in Figure 29, Caldwell County rates for SAT scores are somewhat lower than North Carolina and the peer counties (e.g., Wilkes, Alexander, and McDowell). Trends show a steady decline in SAT scores, with a dramatic decrease from 2008 to 2009.

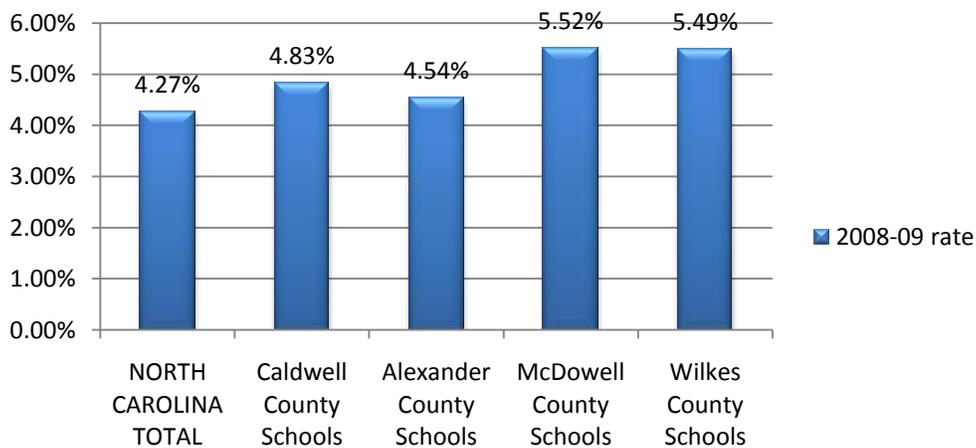
<sup>14</sup> North Carolina Department of Public Instruction, Public Schools Report Card, 2010

**Drop-out Rates**



**Figure 30: Drop-out Rates for North Carolina, Caldwell County, and Peer Counties, 2009-2010**

As shown in Figure 30, Caldwell County drop-out rates are just slightly above the state rates and also slightly above Wilkes County Schools. There has been significant improvement in this area, as seen in the 2008 and 2009 rates in Figure 31. Caldwell County's high school dropout rate was 4.8 percent.<sup>15</sup>

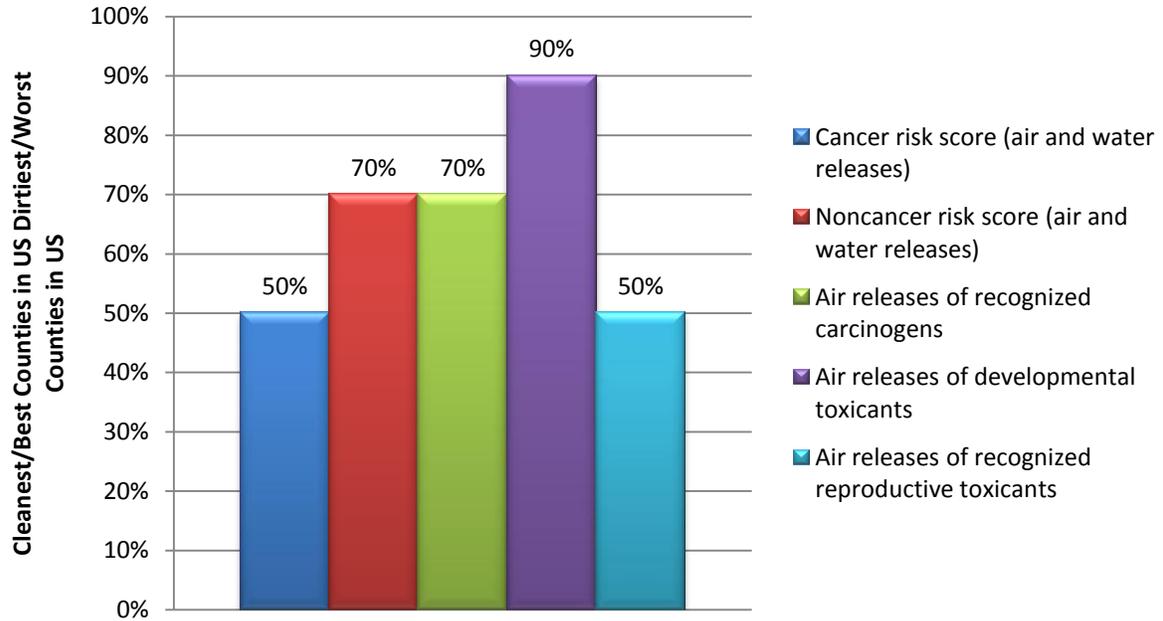


**Figure 31: Drop-out Rates for North Carolina, Caldwell County, and Peer Counties, 2008-2009**

<sup>15</sup> North Carolina Department of Public Instruction, Public Schools Report Card, 2008, 2010

**Environmental Factors**

*Chemical or Waste Pollution*

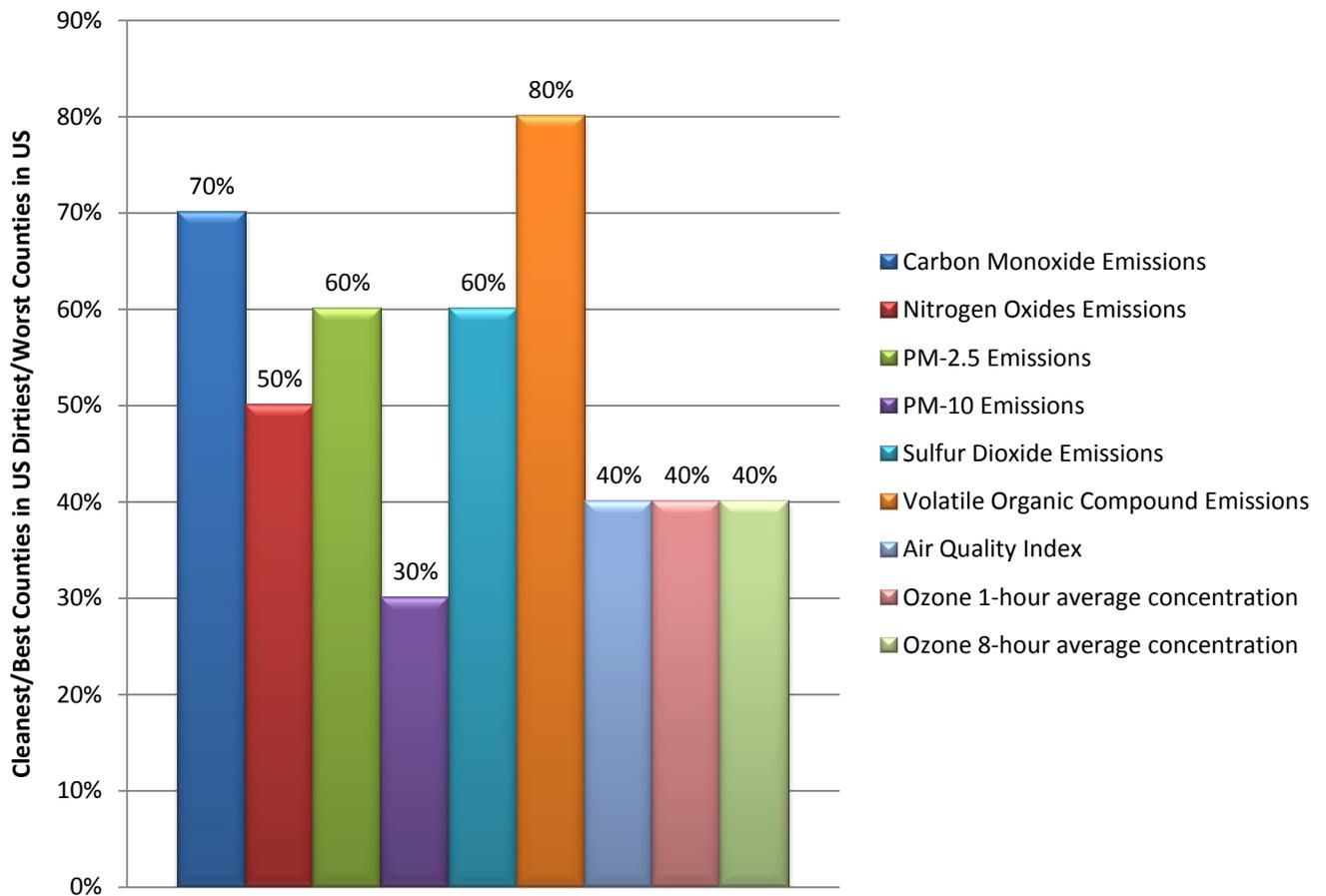


**Figure 32: Chemical or Waste Pollution in the Caldwell County**

Chemical and waste pollution in Caldwell County is an area for concern. As shown in Figure 32, Caldwell County ranks in the 90<sup>th</sup> percentile for air releases of known developmental toxins, and ranks in the 70<sup>th</sup> percentile for air releases of recognized carcinogens. Percentages are ranked with zero percent being the cleanest and 100 percent being the dirtiest county.<sup>16</sup>

<sup>16</sup> U.S. Environmental Protection Agency, N.C. Pollution Scorecard

*Air Quality*



**Figure 33: Air Quality in Caldwell County**

As shown in Figure 33, Caldwell County ranks in the 80<sup>th</sup> percentile for volatile organic compound emissions (e.g., chemicals, paints, and pesticides), and in the 70<sup>th</sup> percentile for sulfur dioxide emissions (e.g., fuel combustion, fires, solvents, and dust). Overall, Caldwell County is average for its air quality.<sup>17</sup>

<sup>17</sup> U.S. Environmental Protection Agency, Air Emissions Sources, 2011

### Childhood Lead Surveillance

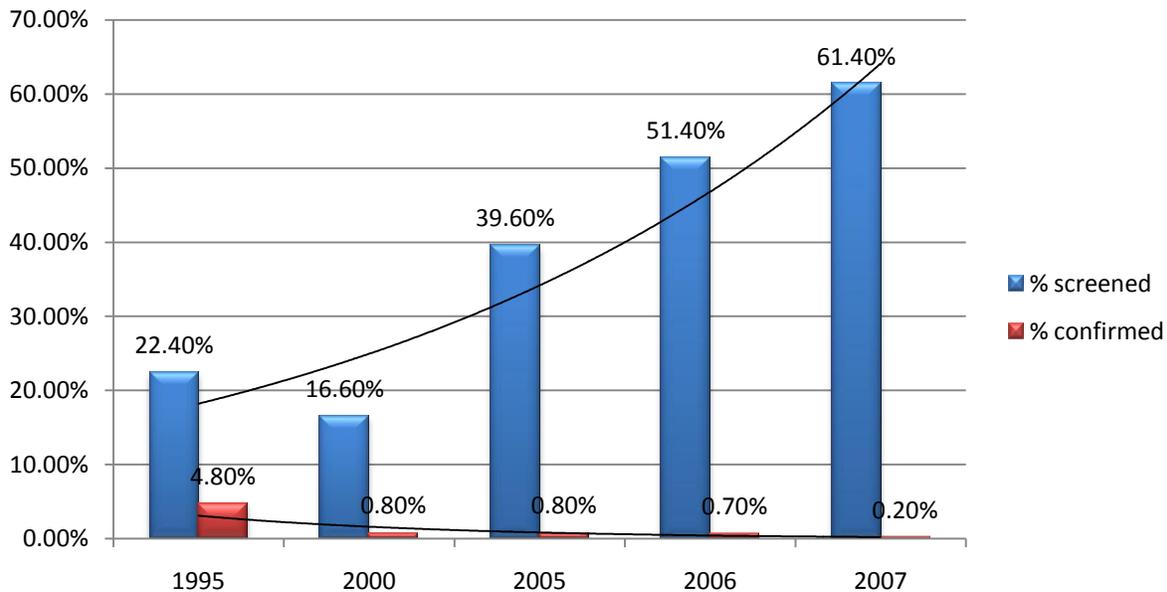


Figure 34: Childhood Blood-Level Surveillance, Ages 12–36 Months

Targeted efforts at increasing awareness of the dangers of lead poisoning have resulted in steady increases in the percentage of children screened. Figure 34 shows the percentage of confirmed blood levels in children screened. Since 1995, Caldwell County has seen an increase in screenings with a steady decline in the number of confirmed blood levels. In 2007, Caldwell County had a screening rate of 61 percent, but zero confirmed tests.<sup>18</sup>

### Higher Risk Population Groups

The Community Health Assessment identified several population groups throughout Caldwell County as being at risk for greater health disparities when compared to the overall population in the county. Those who are unemployed, classified as low-income, in need of mental health services, elderly, and the uninsured/underinsured are included in the most at risk populations. Although the question of minority health wasn't directly addressed during the assessment process, the Caldwell Advisory Group identified minority health as an additional at-risk population in the county. The community action plans will be best used to incorporate strategies and interventions targeting those specific populations, with recommendations for reducing barriers among these populations.

<sup>18</sup> Kids County Data Book, North Carolina Action For Children, 2009

## Trends

### High School Drop-Out Rates

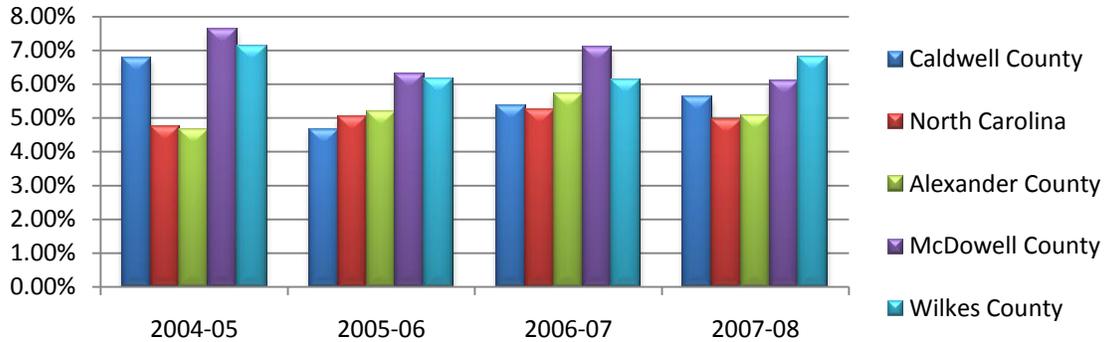


Figure 35: High School Drop-Out Rates for North Carolina, Caldwell County, and Peer Counties, 2004–2008

As shown in Figure 35, the high school drop-out rate in Caldwell County has remained between 4.5 and 7 percent since the 2004 to 2005 school year. The county showed a sharp decline in 2005 and 2006, but the percentages have steadily increased once again. Caldwell County remains slightly higher than the state and higher than two of its peer counties.<sup>19</sup>

### Teen Pregnancy Rates

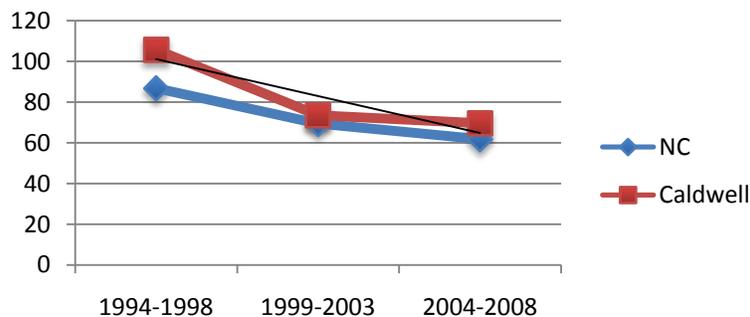


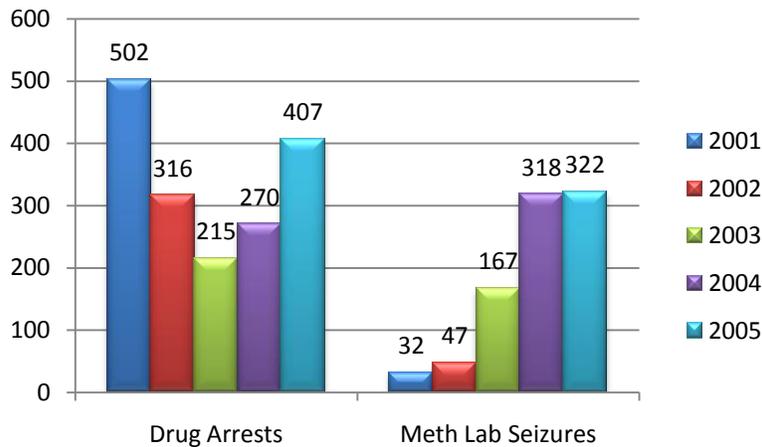
Figure 36: Teen Pregnancies in North Carolina and Caldwell County, Ages 15–19

As shown in Figure 36, both Caldwell County and North Carolina have seen a steady decrease in teen pregnancy rates since 1994. More recent data shows that Caldwell County's rate is increasing again and is nearly 29 percent higher than the N.C. rate.<sup>20</sup>

<sup>19</sup> N.C. Department of Public Instruction, Public Schools of N.C. Annual Report, 2004, 2005, 2006, 2007, and 2008

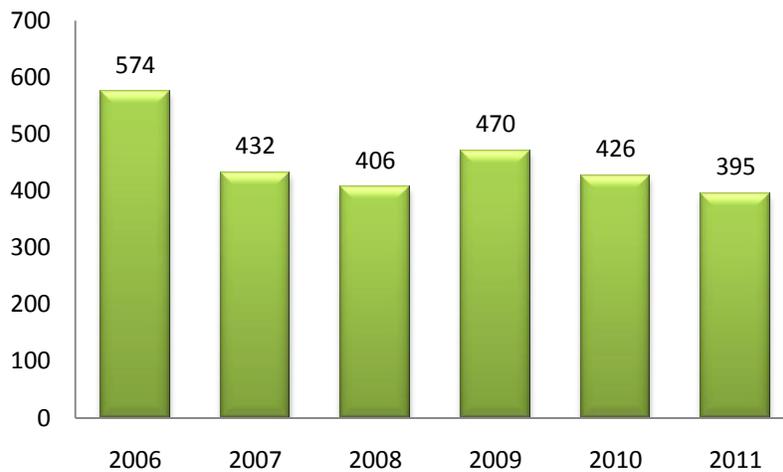
<sup>20</sup> N.C. State Center For Health Statistics, Statewide and County Trends in Key Health Indicators, 2010

*Substance Abuse*



**Figure 37: Drug Arrests and Meth Lab Seizures in North Carolina, 2001–2005**

The number of meth labs seized across North Carolina has risen dramatically in the last ten years. Figure 37 shows an increase from 32 meth labs in 2001 to more than 300 in 2005.<sup>21</sup>



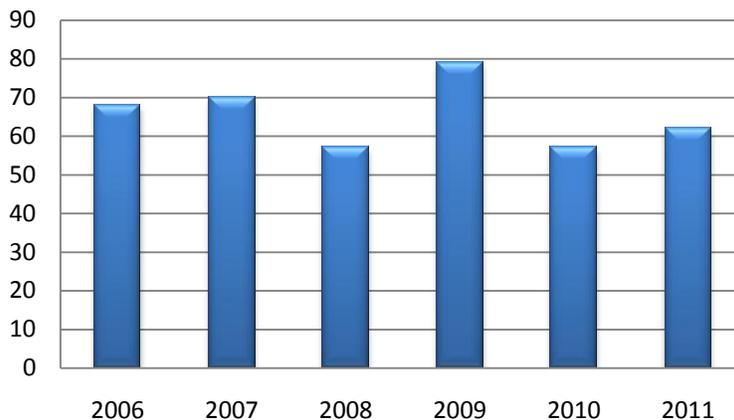
**Figure 38: Drug Related Arrests in Caldwell County, 2006-2011**

Figure 38 represents drug related arrests in Caldwell County over the past 5 years. Arrests were highest in 2006 with nearly 600 but have continued to decline and remain between 400-450 arrests.<sup>22</sup>

<sup>21</sup> National Substance Abuse Index, North Carolina, 2006

<sup>22</sup> Caldwell County Sherriff's Office, Lenoir Police Department, 2011

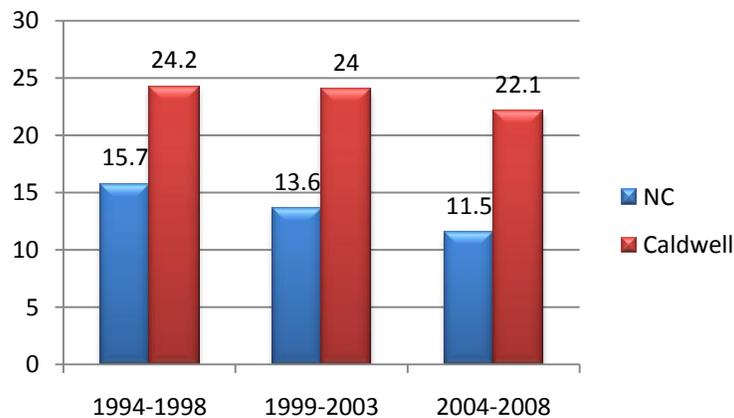
*Suspected and/or Confirmed Drug Overdose*



**Figure 39: Emergency Department Admissions of Suspected and/or Confirmed Drug Overdose**

Figure 39 shows data collected on ED admissions of suspected and confirmed drug overdoses in Caldwell County. Rates remained steady with the exception of 2009. In 2009, the county saw an increase in drug overdoses but since then the rates have declined.<sup>23</sup>

*Smoking by Pregnant Women*

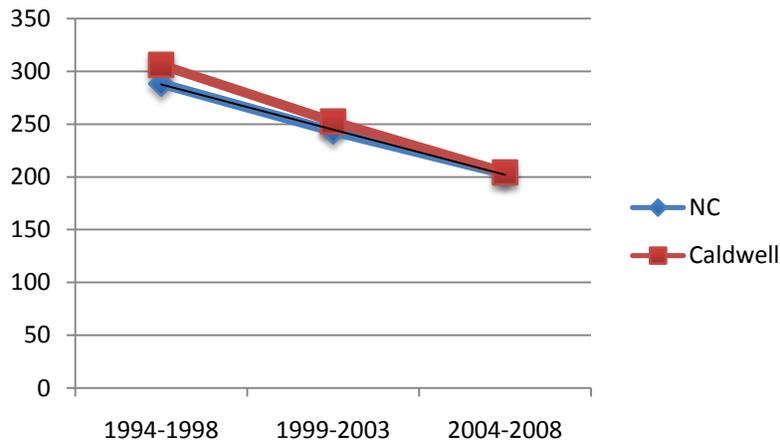


**Figure 40: Smoking by Pregnant Women, 1994–2008**

As shown in Figure 40, the smoking rate among pregnant women has declined in Caldwell County, but still remains substantially higher than the state rate.

<sup>23</sup> Caldwell County Sheriff’s Office, CMH Emergency Department, 2011

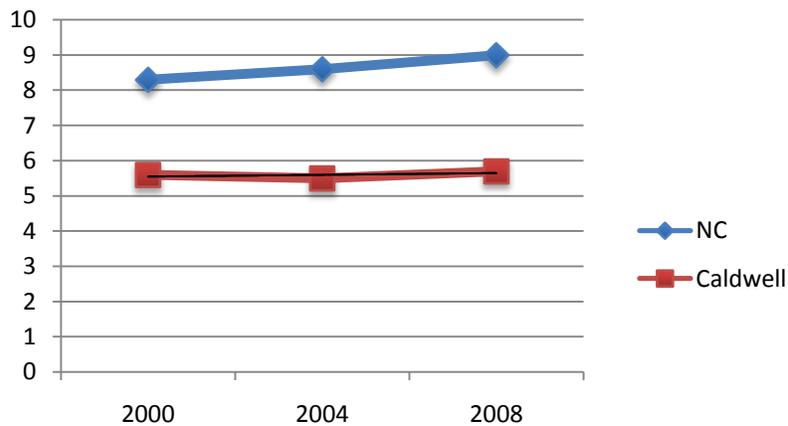
*Heart Disease*



**Figure 41: Heart Disease Deaths in North Carolina and Caldwell County, 1994–2008**

As shown in Figure 41, Caldwell County has remained slightly higher than the state average in heart disease death rates, but has seen a steady decline since 1994, and remains comparable to North Carolina's rate.<sup>24</sup>

*Physician to Population Ratio*



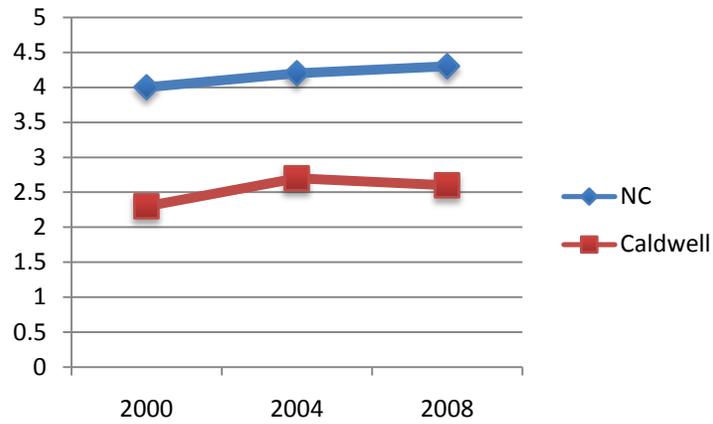
**Figure 42: Primary Care Physicians in North Carolina and Caldwell County, 2000–2008**

As shown in Figure 42, Caldwell County has remained below the state average in regards to the physician to population ratio. There has been a slight increase in these numbers, but the county is still below the state average.<sup>25</sup>

<sup>24</sup> N.C. State Center For Health Statistics, Statewide and County Trends in Key Health Indicators, 2010

<sup>25</sup> N.C. State Center For Health Statistics, Statewide and County Trends in Key Health Indicators, 2010

*Dentist to Population Ratio*



**Figure 43: Dentists in North Carolina and Caldwell County, 2000–2008**

As shown in Figure 43, trends in the number of dentists per 10,000 people in Caldwell County has remained nearly twice as low as compared to the N.C. rate. As the state rate has steadily increased since 2000, Caldwell County's rate has started to decline.<sup>26</sup>

<sup>26</sup> N.C. State Center For Health Statistics, Statewide and County Trends in Key Health Indicators, 2010

## North Carolina Healthy People 20/20

Every 10 years since 1990, North Carolina has set health objectives with the goal of making North Carolina a healthier state. One of the primary aims of this objective-setting process is to mobilize the state to achieve a common set of health objectives. North Carolina had more than 100 objectives for the year 2010. Although these objectives formed a comprehensive list of health indicators, the large number of them made it difficult to focus attention on key objectives that could lead to overall health improvement. Thus, one of the goals of the Healthy NC 2020 project was to develop a limited number of health objectives. There are 40 objectives within 13 specific focus areas for the year 2020.<sup>27</sup> Caldwell County's objectives were selected to best meet the needs of our residents based on the priorities identified.

### 2020 Health Objectives

#### **Substance Abuse**

**OBJECTIVE:** Reduce the percentage of women who smoke during pregnancy

Rationale for selection: Smoking during pregnancy is associated with multiple adverse birth outcomes, including low-birth-weight babies and pre-term deliveries. Women who smoke during pregnancy are more likely to have a baby who is premature, who has a low birth weight, or who dies because of SIDS.<sup>28</sup>

CURRENT (2008)      10.4%

2020 TARGET      6.8%

**OBJECTIVE:** Reduce the percentage of individuals aged 12 years and older reporting any illicit drug use in the past 30 days

Rationale for selection: Illicit drugs include marijuana/hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or prescription-type psychotherapeutics used for nonmedical purposes. Because addiction is a disease that often begins in childhood and adolescence, it is particularly important to prevent and to reduce use among youth.

CURRENT (2007-2008)      7.8%

2020 TARGET      6.6%

<sup>27</sup> Healthy North Carolina 2020, N.C. Department of Public Health

<sup>28</sup> Healthy North Carolina 2020

**Teen Pregnancy**

OBJECTIVE: Decrease the percentage of pregnancies that are unintended

Rationale for selection: The term unintended pregnancy refers to a pregnancy that was mistimed or unwanted at the time of conception. Nearly half of all pregnancies in North Carolina are unintended, which is associated with delayed entry into prenatal care as well as low-birth-weight babies and poor maternal nutrition.

CURRENT (2007)      39.8%

2020 TARGET      30.9%

**High School Drop-Out Rate**

OBJECTIVE: Increase the four-year high school graduation rate

Rationale for selection: Adults who do not graduate from high school are more likely to suffer from health conditions such as heart disease, high blood pressure, stroke, high cholesterol, and diabetes. Individuals with less education are also more likely to engage in risky health behaviors, such as smoking and being physically inactive.

CURRENT (2008-2009)      71.8%

2020 TARGET      94.6%

## Community Health Resource Guide

### Health Care

#### **Caldwell Memorial Hospital**

CMH is the only hospital in the county and is the parent organization to more than 20 private physicians' offices. The facility provides general and orthopedic surgery, urology, gynecology, obstetrics, and ophthalmology. Medical services include emergency medicine, outpatient surgery, x-ray, nuclear medicine, ultrasound/MRI/CT scanning, physical therapy, EKG, stress testing, respiratory therapy, and emergency medicine services 24hrs a day.

For more information please visit  
[www.caldwellmemorial.org](http://www.caldwellmemorial.org)  
P.O. Box 1890  
321 Mulberry Street, SW  
Lenoir, NC 28645  
Phone: 828-757-5100

#### **The Center for Breast Health**

This facility is owned and operated by CMH 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](http://www.caldwellmemorial.org)  
1031 Morganton Blvd.  
Suite B  
Lenoir, NC 28645  
Phone: 828-757-5502

#### **The Center for Diabetes Health**

This facility is owned and operated by CMH and is the only diabetes management and education center in the county.

For more information please visit  
[www.caldwellmemorial.org](http://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, and a variety of other health-related issues.

*For more information please call*

Phone: 828-426-8462

#### Home Health

A variety of home care services are available to help individuals to live safely, comfortably, and independently in their own home. Services also include speech/language pathology, physical therapy, occupational therapy and others.

*For more information please call*

Phone: 828-426-8401

#### 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 call*

Phone: 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 call*

Phone: 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 call*

Phone: 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 call*

Phone: 828-426-8407

[www.mywic.org](http://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 call*

Phone: 828-426-8537

*For more information on health department services please visit*

[www.caldwellcountync.org](http://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 Multisystemic 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](http://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 5 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 purchase any medications available for \$4 at a local retail pharmacy.

*For more information please visit*

[www.helpinghandsclinic.org](http://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, 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](http://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 call*  
Caldwell Pregnancy Care Center  
301 Connelly Springs Rd  
Lenoir, NC 28645  
Phone: 828-757-9555

### **Caldwell County Hospice and Palliative Care**

With a holistic approach to care, Caldwell Hospice 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 professionals provide direct care and teach caregivers how to address many of the patients' physical needs; a physician, nurse practitioner, nurse, social worker and chaplain are on call. Medical social workers, a counselor, chaplains and volunteers provide emotional and spiritual support.

For more information please visit  
[www.caldwellhospice.org](http://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](http://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.rhabebehavioralhealth.org](http://www.rhabebehavioralhealth.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](http://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](http://www.bethelcolony.org)

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

## **Children and Families**

### **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](http://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](http://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 please contact*  
918 West Avenue NW  
Lenoir, NC 28645  
Phone: 828-758-4683

**Communities in Schools**

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*  
2075 Morganton Blvd  
Lenoir, NC 28645  
Phone: 828-612-6802

### **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 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays from 5:30 pm to 7:30 pm.

*For more information please contact*  
2485 Connelly Springs Rd  
Granite Falls, NC 28630  
Phone: 828-728-9557

### **Caldwell County Yokefellow, Inc.**

Yokefellow's mission is to minister to the emergency needs of low income residents in Caldwell County-excepting that portion served by South Caldwell Christian Ministries. This is done by providing emergency food, clothing, household goods, and financial assistance primarily for fuel, utilities, rent, and medical needs.

*For more information please contact*  
PO Box 2442  
Lenoir, NC 28645  
Phone: 828 754-7088

### **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*  
[www.bchfamily.org](http://www.bchfamily.org)  
1120 Taylorsville Rd  
Lenoir, NC 28645  
Phone: 828-757-0700

### **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](http://www.caldwellcountync.org)  
2345 Morganton Blvd  
Lenoir, NC 28645  
Phone: 828-426-8200

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

FIPP operates a Family Resource Center in Lenoir, North Carolina. The Resource Center is a place where all families of young children can relax, share information, find support, and play with their children in a nurturing environment. The Resource Center offers a large and well-equipped playroom, and shares the facility with a variety of other programs for families and children. In Caldwell County, FIPP offers parent-child playgroups and enrichment activities, developmental screenings, assessments, and evaluations, early childhood education/therapeutic experiences, and a lending library for parents.

*For more information please visit*  
<http://www.fipp.org/caldwell.php>  
609 Harper Avenue  
Lenoir, NC 28645  
Phone: 828-757-8632

**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*  
5 Quarry Rd  
Granite Falls, NC 28630  
Phone: 828-396-4000

## **Health Promotion**

### **Quest 4 Life Wellness Center**

Quest 4 Life is owned and operated by CMH. 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](http://www.caldwellmemorial.org)

1031 Morganton Blvd

Lenoir, NC 28645

Phone: 828-758-8753

### **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*

<http://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*

<http://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*

<http://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*

<http://www.granitefallsn.com/>

30 Park Square.

Granite Falls, NC 28630

Phone: 828-396-3131

### **Caldwell County Pathways**

Caldwell County Pathways partners 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*

<http://www.caldwellcountypathways.com/>

PO Box 1954

Lenoir, NC 28645

Email: [caldwellpathways@gmail.com](mailto:caldwellpathways@gmail.com)

### **Summary**

Caldwell County has an abundance of health resources across the community but there is room for improvement. Many recreational agencies offer exercise opportunities but a large number of our residents do not have the ability to pay the membership fees. While fees may be low, it is still hard for some families to participate. Caldwell County has several recreational facilities and an extensive greenway system, but there is a lack of organized activities for adults. Many of the sport leagues are primarily focused on youth between the ages of 5-19, leaving out a large segment of our population. Since more than half of our population is aged 18-65, this is an area for improvement. Caldwell County residents have ample opportunities to access healthcare resources. The hospital continues to serve at its best capabilities and many residents benefit greatly from the care and services received there. Mental Health is a growing problem in our community and resources to accommodate those in need are limited.

### **Closing**

The Caldwell Advisory Group thanks those involved in the development of the 2011-2014 Community Health Assessment. We hope you find the information in this document helpful. If you would like more information related to the 2011 Community Health Assessment or any other general health information please contact us. Additional copies of this document are available upon request.

Caldwell County Health Department

[www.caldwellcountync.org](http://www.caldwellcountync.org)

Phone: 828-426-8400

Fax: 828-426-8414

2345 Morganton Blvd

Lenoir, NC 28645

## Appendix 1

### Community Health Opinion Survey

Eligibility

Do you live in \_\_\_\_\_ County? \_\_\_\_ Yes \_\_\_\_ No

Have you participated in this year's survey already? \_\_\_\_Yes \_\_\_\_No \_\_\_\_ Not sure

**PART 1: Quality of Life Statements**

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

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

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

- |   |  |
|---|--|
| <input type="checkbox"/> Friends and family | <input type="checkbox"/> Hospital          |
| <input type="checkbox"/> Doctor/nurse       | <input type="checkbox"/> Health department |
| <input type="checkbox"/> Pharmacist         | <input type="checkbox"/> Help lines        |
| <input type="checkbox"/> Church             | <input type="checkbox"/> Books/magazines   |
| <input type="checkbox"/> Internet           | <input type="checkbox"/> Television        |
| <input type="checkbox"/> Other _____        | <input type="checkbox"/> My child's school |

What health topic(s)/ disease(s) would you like to learn more about?  
(Write in all suggestions.)

\_\_\_\_\_

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

- |  |  |
|--|--|
| <input type="checkbox"/> Yes               | <input type="checkbox"/> No (skip to question #14) |
| <input type="checkbox"/> Refused to answer |  |

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

- |   |   |
|---|---|
| a. <input type="checkbox"/> Dental hygiene      | h. <input type="checkbox"/> Sexual Activity           |
| b. <input type="checkbox"/> Nutrition           | i. <input type="checkbox"/> Alcohol                   |
| c. <input type="checkbox"/> Eating Disorders    | j. <input type="checkbox"/> Drug Abuse                |
| d. <input type="checkbox"/> Asthma management   | k. <input type="checkbox"/> Reckless driving/speeding |
| e. <input type="checkbox"/> Diabetes management | l. <input type="checkbox"/> Mental health             |
| f. <input type="checkbox"/> Tobacco             | m. <input type="checkbox"/> Suicide prevention        |
| g. <input type="checkbox"/> STDs                | n. Other _____  |

**PART 4: Personal Health**

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

Would you say that, in general, your health is...

- |   |  |
|---|--|
| <input type="checkbox"/> Excellent                        | <input type="checkbox"/> Fair                |
| <input type="checkbox"/> Very good                        | <input type="checkbox"/> Poor                |
| <input type="checkbox"/> Good                             | <input type="checkbox"/> Don't know/Not sure |
| <input type="checkbox"/> (Do not read.) Refused to answer |  |

**PART 2: Community Improvement**

Please look at this list of community issues. In your opinion, which one issue most affects the quality of life in Caldwell County?

- |   |  |
|---|--|
| <input type="checkbox"/> Pollution (air, water, land)         | <input type="checkbox"/> Neglect and abuse                     |
| <input type="checkbox"/> Dropping out of school               | <input type="checkbox"/> Domestic Violence                     |
| <input type="checkbox"/> Low income/poverty                   | <input type="checkbox"/> Violent crime (murder, assault, etc.) |
| <input type="checkbox"/> Homelessness                         | <input type="checkbox"/> Theft                                 |
| <input type="checkbox"/> Lack of/ inadequate health insurance | <input type="checkbox"/> Rape/sexual assault                   |
| <input type="checkbox"/> Hopelessness                         | <input type="checkbox"/> Other: _____                          |
| <input type="checkbox"/> Discrimination/ racism               | <input type="checkbox"/> None                                  |
| <input type="checkbox"/> Lack of community support            |  |

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

- |  |   |
|--|---|
| <input type="checkbox"/> Animal control                            | <input type="checkbox"/> Better/ more recreational facilities<br>(parks, trails, community centers, etc.) |
| <input type="checkbox"/> Child care options                        | <input type="checkbox"/> Healthy family activities  |
| <input type="checkbox"/> Elder care options                        | <input type="checkbox"/> Positive teen activities   |
| <input type="checkbox"/> Services for disabled people              | <input type="checkbox"/> Transportation options   |
| <input type="checkbox"/> More affordable health services           | <input type="checkbox"/> Availability of employment   |
| <input type="checkbox"/> Better/ more healthy food choices         | <input type="checkbox"/> Higher paying employment   |
| <input type="checkbox"/> More affordable/better housing            | <input type="checkbox"/> Road maintenance   |
| <input type="checkbox"/> Number of health care providers           | <input type="checkbox"/> Road safety  |
| <input type="checkbox"/> Culturally appropriate health services    | <input type="checkbox"/> Other: _____   |
| <input type="checkbox"/> Counseling/ mental health/ support groups | <input type="checkbox"/> None   |

**Part 3. Health Information**

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

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Eating well/ nutrition                                  | <input type="checkbox"/> Using child safety seats                                   | <input type="checkbox"/> Substance abuse prevention    |
| <input type="checkbox"/> Exercising/ fitness                                     | <input type="checkbox"/> Using seat belts   | <input type="checkbox"/> Suicide prevention            |
| <input type="checkbox"/> Managing weight   | <input type="checkbox"/> Driving safely   | <input type="checkbox"/> Stress management             |
| <input type="checkbox"/> Dental check-ups/ preventive care                       | <input type="checkbox"/> Quitting smoking/ Tobacco use prevention                   | <input type="checkbox"/> Anger management              |
| <input type="checkbox"/> Going to the doctor for yearly check-ups and screenings | <input type="checkbox"/> Child care/ parenting                                      | <input type="checkbox"/> Domestic violence prevention  |
| <input type="checkbox"/> Getting prenatal care during pregnancy                  | <input type="checkbox"/> Elder care   | <input type="checkbox"/> Crime prevention              |
| <input type="checkbox"/> Getting flu shots and other vaccines                    | <input type="checkbox"/> Caring for family members with special needs/ disabilities | <input type="checkbox"/> Rape/ sexual abuse prevention |
| <input type="checkbox"/> Preparing for an emergency/ disaster                    | <input type="checkbox"/> Preventing pregnancy and sexually transmitted disease      | <input type="checkbox"/> Other: _____                  |
|  |   | <input type="checkbox"/> None                          |

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

|                             |                              |                             |                             |                            |
|-----------------------------|------------------------------|-----------------------------|-----------------------------|----------------------------|
| Asthma                      | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> DK | <input type="checkbox"/> R |
| Depression or anxiety       | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> DK | <input type="checkbox"/> R |
| High blood pressure         | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> DK | <input type="checkbox"/> R |
| High cholesterol            | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> DK | <input type="checkbox"/> R |
| Diabetes (not gestational ) | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> DK | <input type="checkbox"/> R |
| Osteoporosis                | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> DK | <input type="checkbox"/> R |
| Overweight/Obesity          | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> DK | <input type="checkbox"/> R |
| Angina/ heart disease       | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> DK | <input type="checkbox"/> R |
| Cancer                      | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> DK | <input type="checkbox"/> R |

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

Yes  No  
 Don't know/ Not sure  (Do not read.) Refused to answer

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

Yes  No  
 Don't know/ Not sure  (Do not read.) Refused to answer

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

Yes  No  
 Don't know/ Not sure  Refused to answer

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

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

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

- |  |  |
|--|--|
| a. <input type="checkbox"/> YMCA                     | d. <input type="checkbox"/> Private gym  |
| b. <input type="checkbox"/> Park                     | e. <input type="checkbox"/> Home         |
| c. <input type="checkbox"/> Public Recreation Center | f. <input type="checkbox"/> Other: _____ |

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. If they really can't think of one, then mark I don't know.)

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

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

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

One apple or 12 baby carrots equal one cup.

(Write number of cups in the space provided.)

- a. Number of cups of fruit \_\_\_\_\_
- b. Number of cups of vegetables \_\_\_\_\_
- e. Number of cups 100% fruit juice \_\_\_\_\_
- c. \_\_\_ Never eat fruit
- d. \_\_\_ Never eat vegetables
- f. \_\_\_ Never drink 100% fruit juice

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

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

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

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

- \_\_\_ Yes
- \_\_\_ No
- \_\_\_ Don't know/ Not sure
- \_\_\_ Refused to answer

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

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

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

Yes  No  Refused to answer

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

- |   |  |
|---|--|
| a. <input type="checkbox"/> Quit Line NC                | f. <input type="checkbox"/> Health Department                    |
| b. <input type="checkbox"/> Doctor                      | g. <input type="checkbox"/> I don't know                         |
| c. <input type="checkbox"/> Church                      | h. <input type="checkbox"/> Other: _____                         |
| d. <input type="checkbox"/> Pharmacy                    | i. <input type="checkbox"/> Not applicable; I don't want to quit |
| e. <input type="checkbox"/> Private counselor/therapist |  |

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

- Yes, flu shot  
 Yes, flu spray  
 Yes, both  
 No  
 Don't know / Not sure  
 Refused (Do not read.)

**Part 5. Access to Care/ Family Health**

Where do you go most often when you are sick? (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 only one please.)

- |  |   |
|--|---|
| <input type="checkbox"/> Doctor's office   | <input type="checkbox"/> Medical Clinic     |
| <input type="checkbox"/> Health department | <input type="checkbox"/> Urgent Care Center |
| <input type="checkbox"/> Hospital          | <input type="checkbox"/> Other: _____       |

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

- a.  The State Employee Health Plan  
b.  Blue Cross and Blue Shield of North Carolina  
c.  Private health insurance plan purchased from employer or workplace  
d.  Private health insurance plan purchased directly from an insurance company  
e.  Medicare  
f.  Medicaid or Carolina ACCESS or Health Choice 55  
g.  The military, Tricare, CHAMPUS, or the VA  
h.  The Indian Health Service  
i.  Other (government plan)  
j.  No health plan of any kind  
k.  Don't know/Not sure  
l.  Refused



**Part 6. Emergency Preparedness**

Does your household have working smoke and carbon monoxide detectors?

(Mark only one.)

- |  |  |
|--|--|
| <input type="checkbox"/> Yes, smoke detectors only | <input type="checkbox"/> Yes, carbon monoxide detectors only |
| <input type="checkbox"/> Yes, both                 | <input type="checkbox"/> No                                  |
| <input type="checkbox"/> Don't know/ Not sure      | <input type="checkbox"/> Refused to answer                   |

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.)

- |  |                             |
|--|-----------------------------|
| <input type="checkbox"/> Yes                 | <input type="checkbox"/> No |
| <input type="checkbox"/> Don't know/Not sure |                             |
| <input type="checkbox"/> Refused to answer   |                             |

If yes, how many days do you have supplies for? \_\_\_\_\_ (Write number of days)

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

- |   |  |
|---|--|
| <input type="checkbox"/> a. Television                  | <input type="checkbox"/> f. Neighbors              |
| <input type="checkbox"/> b. Radio                       | <input type="checkbox"/> g. Text message           |
| <input type="checkbox"/> c. Internet                    | <input type="checkbox"/> h. Other (describe) _____ |
| <input type="checkbox"/> d. Print media (ex: newspaper) | <input type="checkbox"/> i. Don't know/ Not sure   |
| <input type="checkbox"/> e. Social networking site      | <input type="checkbox"/> j. Refused to answer      |

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 #40)
- No (go to question #39)
- Don't know/ Not sure (go to question #39)
- (Do not read.) Refused to answer

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

(Check only one.)

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

**Part 7. Demographic Questions**

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

How old are you?

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

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

- Male       Female       Refused to answer

Are you of Hispanic, Latino, or Spanish origin?

- Yes       No       Refused to answer

- If yes, are you:
- Mexican, Mexican American, or Chicano
  - Puerto Rican
  - Cuban
  - Other Hispanic or Latino (please specify) \_\_\_\_\_
  - (Do not read.) Refused to answer

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:  
(write in race) \_\_\_\_\_
- Pacific Islander including Native Hawaiian, Samoan, Guamanian/ Chamorro:  
(write in race) \_\_\_\_\_
- Other race not listed here: (write in race) \_\_\_\_\_
- Refused to answer

Do you speak a language other than English at home?

- Yes       No       Refused to answer

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

What is your marital status?

- Never Married/Single                       Divorced  
 Married     Widowed  
 Unmarried partner                               Separated  
 Other  
 (Do not read.) Refused to answer

What is the highest level of school, college or vocational training that you have finished?

- Less than 9<sup>th</sup> grade  
 9-12<sup>th</sup> grade, no diploma  
 High school graduate/GED  
 Associate's Degree or Vocational Training  
 Some college (no degree)  
 Bachelor's degree  
 Graduate or professional degree  
 Other: \_\_\_\_\_  
 (Do not read.) Refused to answer

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

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

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

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

- a.  Employed full-time                      g.  Disabled  
 b.  Employed part-time                      h.  Student  
 c.  Retired                                      i.  Homemaker  
 d.  Armed forces                              j.  Self-employed  
 e.  Unemployed for more than 1 year      k.  Unemployed for 1 year or less  
 f.  (Do not read.) Refused to answer

Do you have a telephone?                       Yes                                       No

If yes, what type of phone?

- a. Land Line                      b. Cell Phone                      c. Both

Do you have access to the internet?

- yes                       no                       don't know

What is your zip code? \_\_\_\_\_