

2022 Community Health Assessment

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CALDWELL COUNTY NORTH CAROLINA

2022

**Photo by: Josh Abbott

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Executive Summary

Overview/Vision

Public health is about many things that play critical roles in the public setting. Here at Caldwell County Health Department, our vision is to promote, protect, and improve the health of our community. The Community Health Assessment (CHA) is a process by which community members gain an understanding of the community's health concerns and healthcare systems by identifying, collecting, analyzing, and disseminating information on community assets, strengths, resources, and needs.

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

Leadership

Caldwell County's CHA Leadership Team is comprised of traditional and non-traditional partners. In order to address the various health needs of the community, a multi-sectoral approach was utilized with several areas represented.

Theoretical Framework/ Model

We used the North Carolina Division of Public Health's eight-phase community health assessment process.

- 1) Establish CHA Leadership Team: The team is comprised of stakeholders from various community sectors, including traditional and non-traditional partners such as the business sector, faith communities, and transportation and housing experts.
- 2) Collect primary data: Community focus group sessions and Community Health Opinion Survey.
- 3) Collect secondary data: Gathered data from local, state, and national-level sources, along with data surrounding social determinants of health.
- 4) Analyze and interpret county-level data: Data review sessions with CHA Leadership Team and subject-matter experts.
- 5) Determine health priorities: Community listening sessions with data review and ranking by community members and stakeholders from key groups.
- 6) Create the CHA document.
- 7) Disseminate the CHA document: Distribute it throughout the community by reaching out to media outlets, conducting and participating in community meetings, and communicating with key stakeholders.
- 8) Develop Community Health Improvement Plan: Plan to address health priorities identified in the CHA and how progress will be measured in the short- and long-term.

Priority Determination

On November 1st 2022, the Community Health Assessment Advisory Committee reviewed all data that was collected from primary and secondary sources. These sources included state statistics on Caldwell County, previous SOTCHs, CHAs, and opinion surveys included in the prior years of the local CHAs. Each advisory committee member had the opportunity to rank their own opinionated priorities on a scale of 1 to 5. After these priorities were make noticed, whatever priority showed the most repetition was chosen. The committee was allowed to have 10 priorities. After then 10 priorities were chosen, the committee proceeded to conduct the process of the 2022 opinion survey that will be distributed to the community. This process was to combine previous opinion surveys and local statistics to identify what kind of questions would be a good target for the citizens of Caldwell County. After many sessions of data utilization, an opinion survey was created and ready to be distributed to the county. The best survey method for the citizens of Caldwell County was to provide both paper and electronic. Caldwell County has a 50/50 percentage of young and old adults, and the paper and electronic versions of the survey would be the best fit. After distribution and collection, the opinion survey was analyzed and processed and was to be presented to the advisory committee. During this presentation, the planning team and the committee would complete a matrix-based activity that would narrow down those 10 priorities that were noticed in the opinion survey to 5 major priorities. These 5 priorities would then be discussed and drawn into another matrix-based activity that would narrow the 5 priorities into 3 priorities that would be the focus of the 2022 CHA. See Appendix A, B, and C to see the opinion survey and focus group results. The top three priorities for the 2022 Caldwell County Community Health Assessment are:

1. **Substance Abuse/Use:** The World Health Organization refers to substance misuse as the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. Substance abuse or substance misuse is concerning in Caldwell County. Substances can be classified as Opiates, including heroin, morphine, and opium; Amphetamines including methamphetamine; barbiturates, marijuana, and cocaine, prescription drugs, narcotics, alcohol, and tobacco.
2. **Mental Health:** Mental Health, as defined by the World Health Organization, is a state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and can contribute to her or his community. Mental Health can be recognized as anxiety, stress, Attention Deficit Hyperactivity Disorder (ADHD), Autism, Bipolar Disorder, depression, eating disorders, obsessive-compulsive disorder (OCD), post-traumatic stress disorder, schizophrenia, etc. (from NAMI). Mental health is also correlated with suicide. Caldwell County will also focus on decreasing suicide rates as part of the mental health priority.
3. **Transportation:** Transportation choices we make play an important role in building and maintaining healthy communities. For example, safer roadways and traffic patterns reduce crashes. Streets, where walkers and bikers are protected from motor vehicles, encourage people to get more exercise as part of their daily routines. Increasing the transportation options available in a community helps reduce congestion and air pollution.

Background/Introduction

The 2022 CHA was led by the Caldwell County Health Department, with collaboration among various other agencies within the County of Caldwell. The data presented within this assessment represents the most updated data available before publication. Following the collection of 631 opinion surveys, the Caldwell County Health Department conducted several advisory committee meetings and focus groups. These assemblies were hosted to further the community-driven process and gain a well-rounded understanding of community members' and stakeholders' thoughts on specific health priorities.

Data Collection

To ensure the greatest quality of the CHA, both primary data (collected directly, including surveys and focus group data) and secondary data (collected from other sources) were utilized. The opinion survey was made available in paper format and electronically to both support the elderly and the young generation that is found throughout Caldwell County. To achieve this, the Caldwell County Community Health Assessment Advisory Committee conducted the following assessment process:

- Created a Community Health Assessment Opinion Survey that was used to collect primary data.
 - Partnered with the Caldwell County court system to distribute surveys to individuals selected for jury duty
 - Survey was also available online, at the Caldwell County Library, Granite Falls Public Library, Granite Falls Emergency Services Facility, Lenoir Soup Kitchen, Martin Luther King Jr. Community Center, Lenoir Housing Authority, Family Resource Center, Helping Hands Clinic, Caldwell County Offices, and the Caldwell County Health Department
 - Over 600 individuals completed the Opinion survey
- Conducted 4 focus groups:
 - The CHA committee selected groups that would represent a variety of socioeconomic and demographic groups in Caldwell County.
 - Adult: County employees
 - Low-income/minority: participants from Yokefellow
 - Teen: students from GED Program
 - Senior-Adult: participants from the Lenoir Housing Authority
 - Participants of these groups were solicited by email listservs, fliers, and other established groups
- Researched secondary data from several resources which included but were not limited to:
 - North Carolina State Center for Health Statistics
 - NC SHIFT
 - Environmental Protection Agency
 - County Health Rankings and Roadmaps
 - North Carolina Department of Labor
 - Census

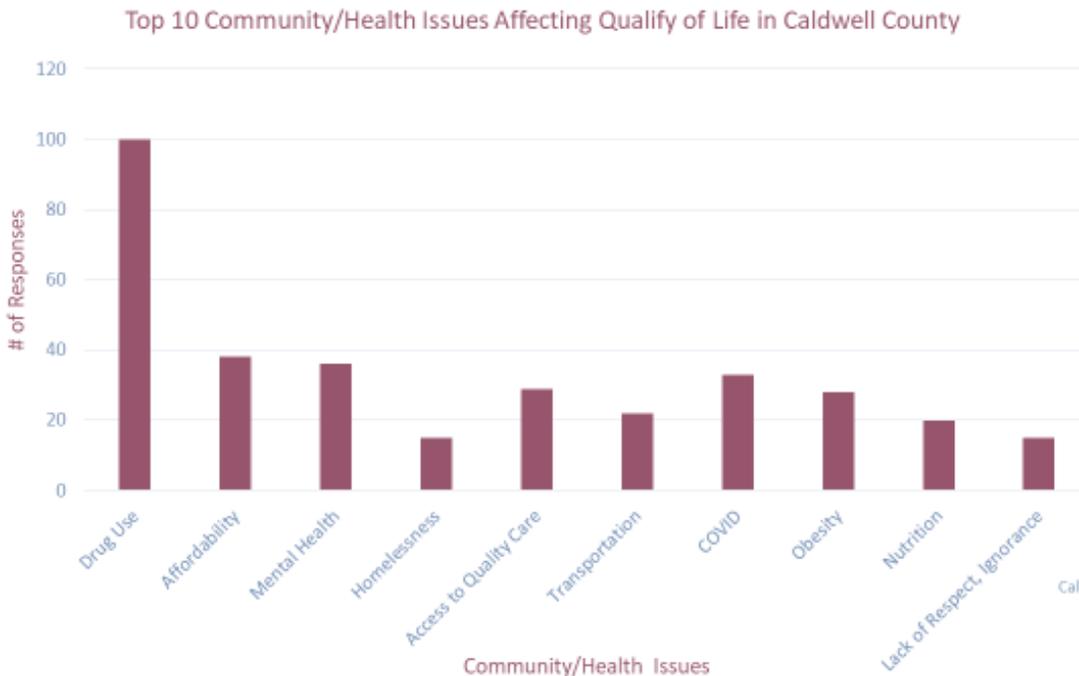


Priority Selection

During phase one of the CHA process, planning team members brought forth data from previous CHAs and SOTCHs to identify ongoing issues in Caldwell County. Members of the committee also showed representation by voicing their opinion on what issues really mean the most to them. These opinions played into choosing top priorities. Graphs 1,2,3, and 4 show the survey results for the top ten priorities listed in the survey. Five priorities were chosen by the advisory committee using an impact matrix (Graph 5). Impact, output, current resources, and current programs were all measured to determine where each priority would fall on the matrix.

Graph 1:

What Community/Health Issues are Affecting the Quality of Life in Caldwell County?



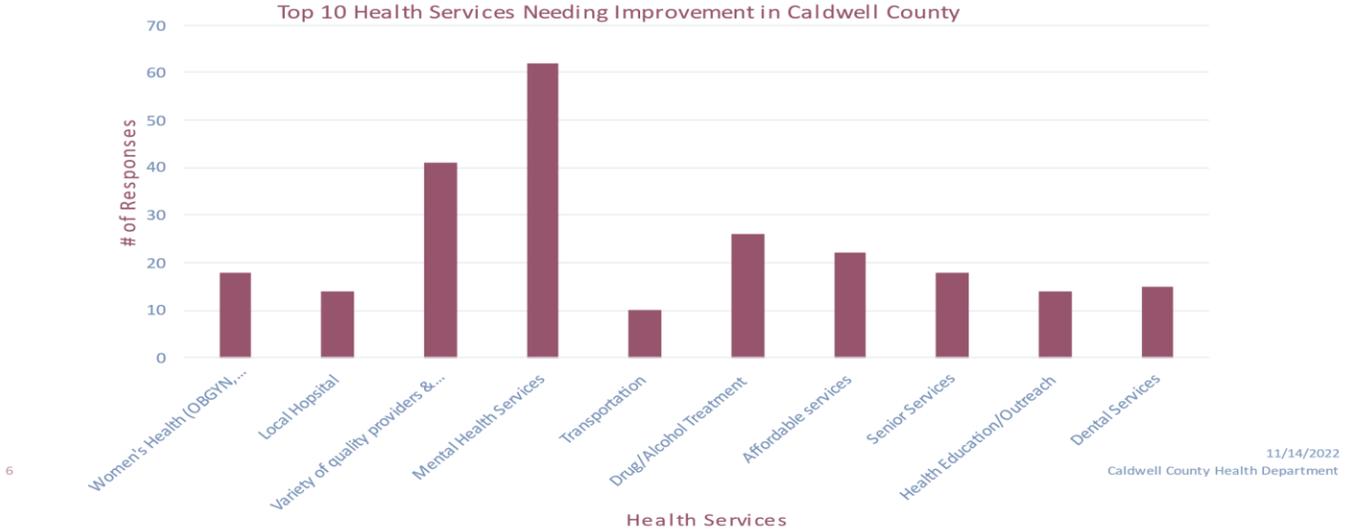
11/14/22
Caldwell County Health Department

Source: 2022 Community Health Assessment Survey



Graph 2:

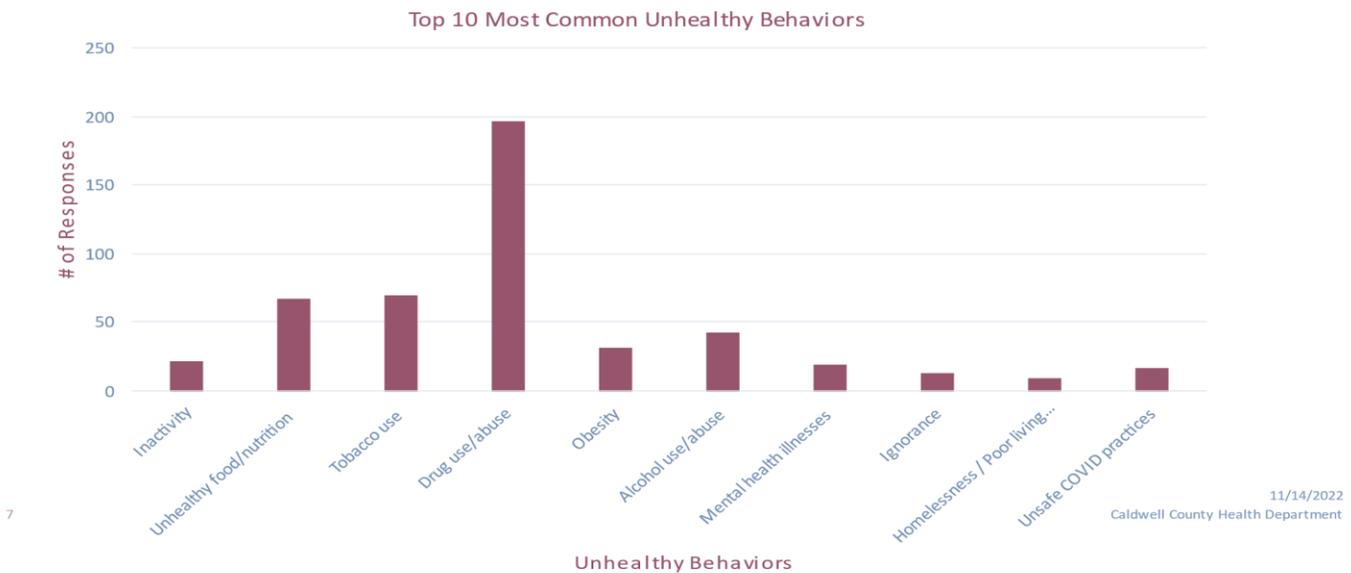
What Health Services Need the Most Improvement in Caldwell County?



Source: 2022 Community Health Assessment Survey

Graph 3:

What Unhealthy Behaviors are the Most Common in Caldwell County?

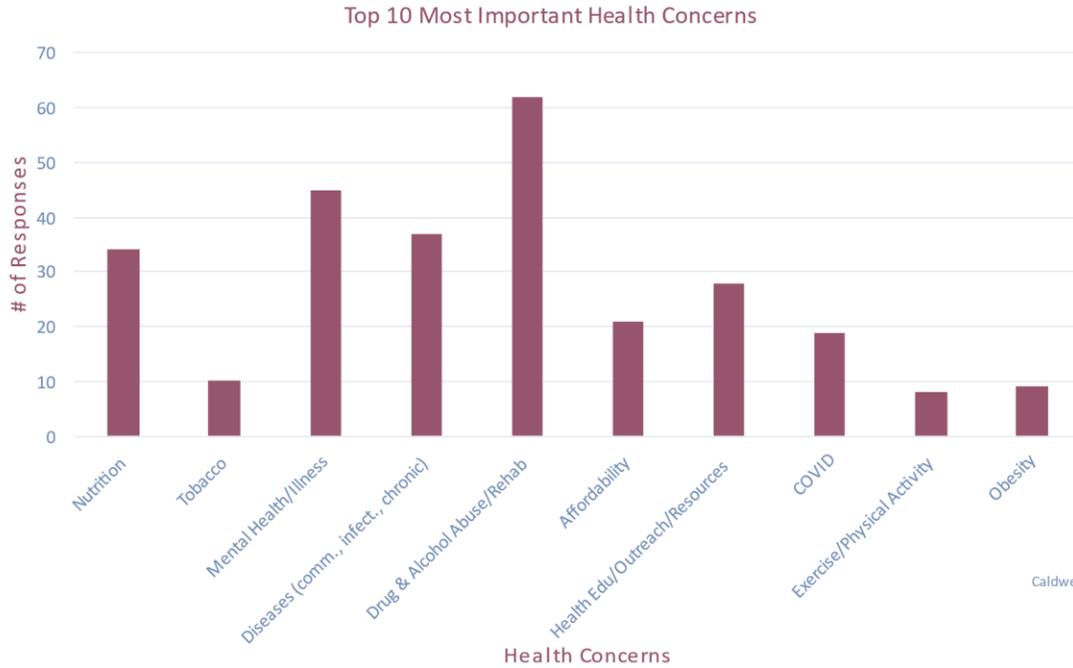


Source: 2022 Community Health Assessment Survey



Graph 4:

What is the Most Important Health Concern the Community Needs Information About?



8

11/14/2022
Caldwell County Health Department

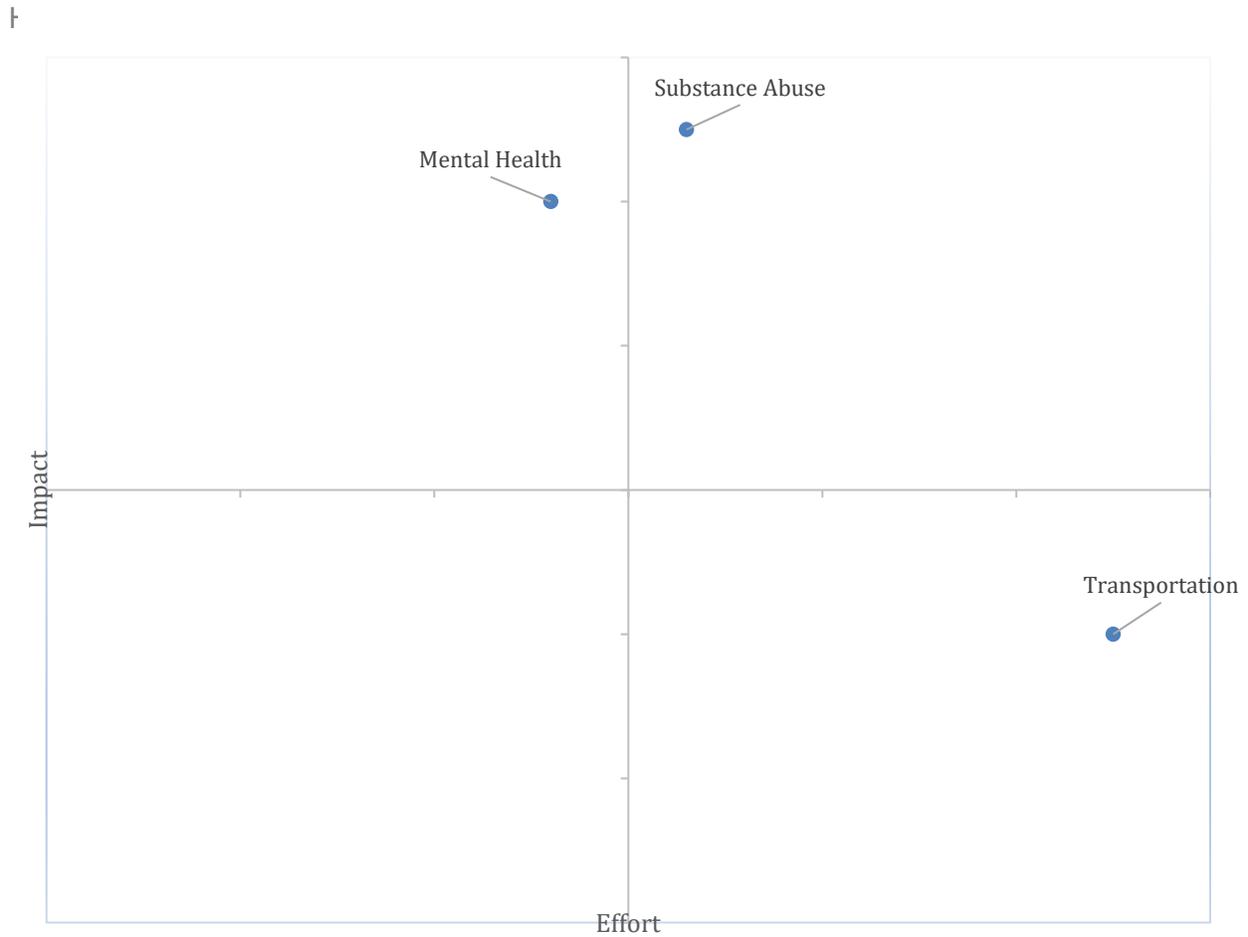
Source: 2022 Community Health Assessment Survey

Based on the 2022 CHA Opinion Survey



During Phase Two of the CHA process, members of the advisory committee worked with individuals of different demographic and socioeconomic groups to organize focus groups. During these four focus group sessions, qualitative and quantitative data were collected on each of the five priorities. Graph 5 below showed what the advisory committee members thought to be the most important priorities based on a matrix scale of impact and effort.

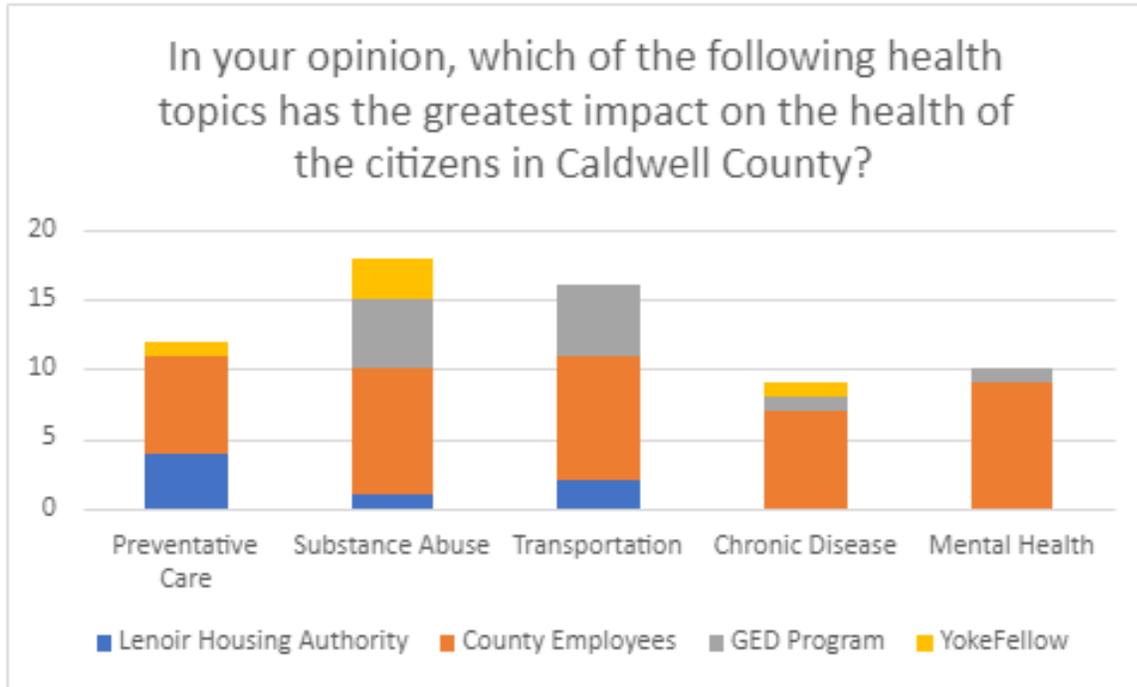
Graph 5:





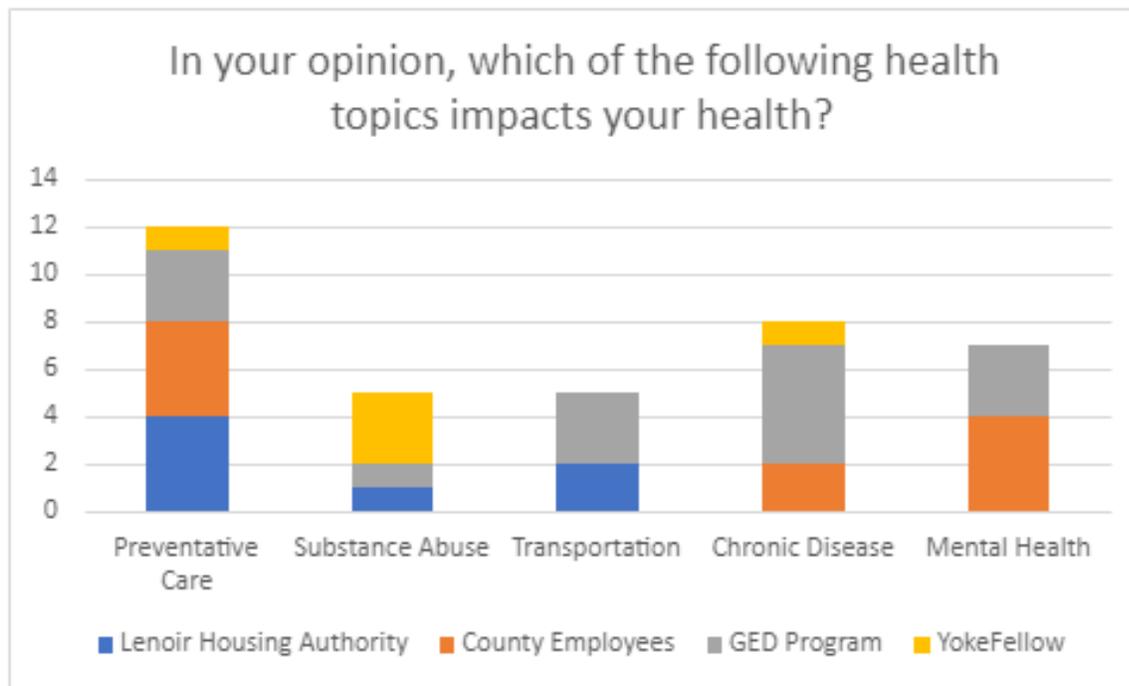
Graphs 6 and 7 show the results of the quantitative data collected during the focus groups. The advisory committee used primary data and secondary data to choose the top three priorities: substance abuse/use, mental health, and transportation.

Graph 6:



Source: 2022 Community Health Assessment Focus Group

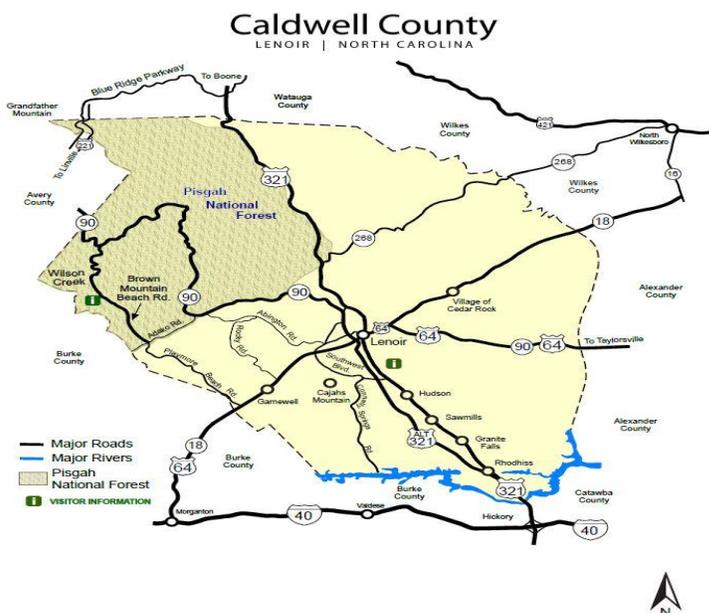
Graph 7:



Health issues affect communities on multiple levels; individually, economically, socially, and spiritually. After collecting primary, secondary, and focus group data, the advisory committee identified several at-risk populations which experience access issues to health care and the possibility of decreased health and wellness in Caldwell County. These groups include:

- **Low income**
 - Residents of impoverished communities are at increased risk for mental illness, chronic disease, higher mortality, and lower life expectancy. Children make up the largest age group of those experiencing poverty. Childhood poverty is associated with developmental delays, toxic stress, chronic illness, and nutritional deficits. Individuals who experience childhood poverty are more likely to experience poverty into adulthood, which contributes to generational cycles of poverty. In addition to the lasting effects of childhood poverty, adults living in poverty are at a higher risk of adverse health effects from obesity, smoking, substance use, and chronic stress. Older adults with lower incomes experience higher rates of disability and mortality. One study found that men and women in the top 1 percent of income were expected to live 14.6 and 10.1 years longer respectively than men and women in the bottom 1 percent. (Healthy People 2030, 2022)
- **Uninsured**
 - Inadequate health insurance coverage is one of the largest barriers to healthcare access. Out-of-pocket medical care costs may lead individuals to delay or forgo needed care (such as doctor visits, dental care, and medications), and medical debt is common among both insured and uninsured individuals. People with lower incomes are often uninsured, and minority groups account for over half of the uninsured population. Lack of health insurance coverage may negatively affect health. Uninsured adults are less likely to receive preventive services for chronic conditions such as diabetes, cancer, and cardiovascular disease. Similarly, children without health insurance coverage are less likely to receive appropriate treatment for conditions like asthma or critical preventive services such as dental care, immunizations, and well-child visits that track developmental milestones. (Healthy People 2030, 2022)
- **Elderly**
 - The increase in the number of older adults in the United States is unprecedented. In 2019, 54.1 million US adults were 65 or older, representing 16% of the population. Older adults make up nearly 25% of the US population. Aging increases the risk of chronic diseases such as dementia, heart disease, type 2 diabetes, arthritis, and cancer. These are the nation's leading drivers of illness, disability, death, and health care costs. The risk of Alzheimer's disease and other dementias increases with age, and these conditions are most common in adults 65 and older. (CDC, 2022)

Caldwell County Description



Courtesy of the Caldwell County Chamber of Commerce | 1909 Hickory Blvd. SE | Lenoir, NC 28645

History of Caldwell County

Caldwell County, located in the Mountain region of western North Carolina, was formed from Burke and Wilkes Counties in 1841. It was named for Joseph Caldwell, the first president of the University of North Carolina in Chapel Hill. Early inhabitants of Caldwell County included Cherokee and Siouan Indians, followed by German, Scotch-Irish, and English settlers. The county seat, Lenoir, was incorporated in 1851 and named for Revolutionary War general William Lenoir. Other communities in Caldwell County include Hudson, Granite Falls, Rhodhiss (on the Burke County line), Cahah Mountain, and Gamewell. Part of Blowing Rock is also in Caldwell County. The mountainous terrain attracts thousands of tourists to Caldwell County each year, and a large portion of the county is covered by the Blue Ridge Mountains and Pisgah National Forest. The Catawba, Yadkin, and Little Rivers flow through the county. Caldwell County is one of the leading producers of furniture in the world. Other manufactured products include labels and tape, twines, yarn, thread, and, cordage. Agricultural products from Caldwell County include broilers, hatching eggs, hay, soybeans, oats, barley, and landscape nursery plants.

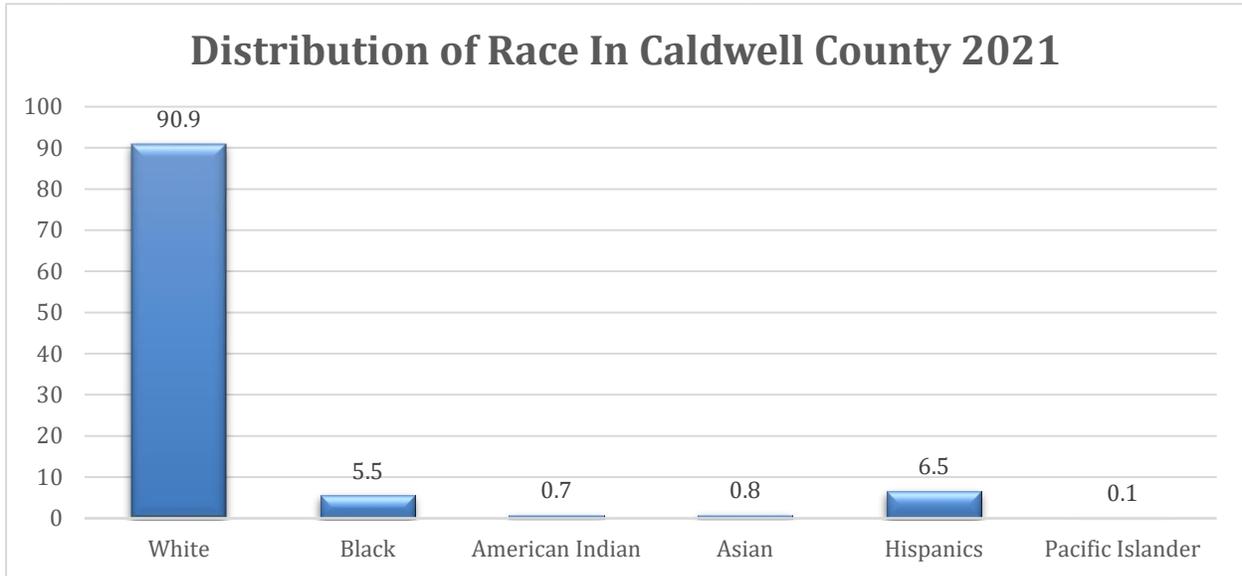
The Caldwell County Health Department was established in 1950 as a free clinic. Before 1950, Caldwell County was part of the Burke-Caldwell Health District. Today, the Caldwell County Health Department serves the residents of Caldwell County at the Health and Human Services Building in Lenoir, NC. They employ around 60 employees including clinics, Women’s Health and School Health Nurses, Health Educators, Social Workers, Physicians, Environmental Health Specialists, a Dentist, Dental Assistants, Nutritionists, and administrative/support staff. From 2017 to 2021, CCHD served over 30,624 patients in the clinical areas.



Today in Caldwell County

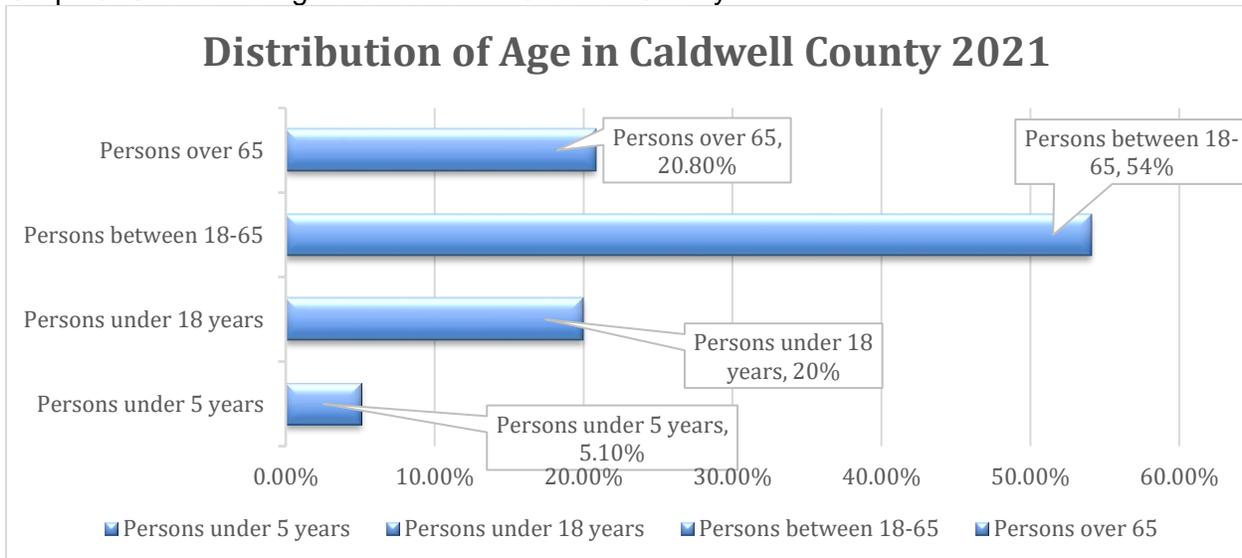
Today, Caldwell County is home to over 80,463 residents. As you can see in the graph 8, the majority race is white with small clusters of African Americans and Hispanics. The economy of Caldwell County, NC, employs about 36 thousand people. The largest industries in Caldwell County are manufacturing, health care & social assistance, and retail trade. The highest-paying industries are utilities, finance and insurance, and wholesale trade. About 14 percent of Caldwell County population is in poverty based on 2021 Census Bureau. The following graphs outline the demographic profile here in Caldwell County.

Graph 8: Shows the distribution of race in Caldwell County.



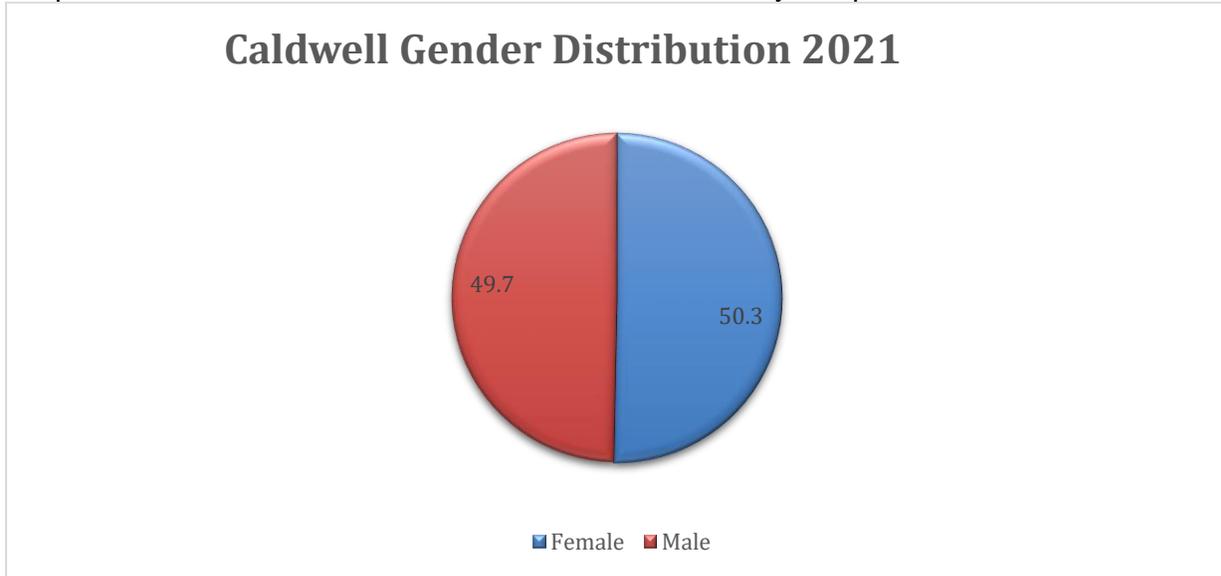
Source: www.census.gov

Graph 9: Shows the Age Distribution in Caldwell County.

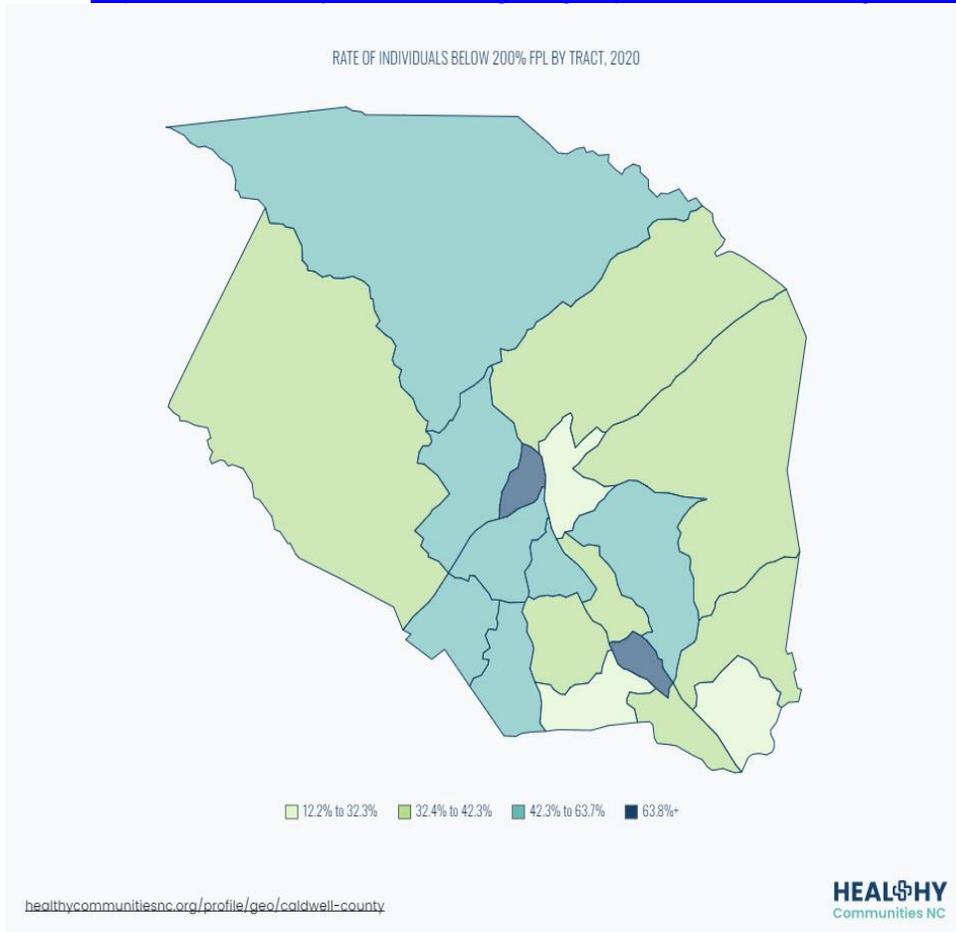


Source: www.census.gov

Graph 10: Shows the Gender Distribution in Caldwell County compared to North Carolina.



Source: *North Carolina. County Health Rankings & Roadmaps.* (n.d.). Retrieved March 14, 2023, from <https://www.countyhealthrankings.org/explore-health-rankings/north-carolina?year=2022>



Graph 11:

The graph shows “the percentage of individuals below 200% Federal Poverty Level (FPL) in Caldwell County. In 2020, the percentage of individuals below 200% FPL in Caldwell County was 39.5%.” (Healthy Communities NC, 2022)

Morbidity and Mortality

Morbidity and Mortality are ongoing concerns for all counties and states. When looking at morbidity and mortality or the incidence of disease it is important to look at modifiable and non-modifiable behaviors. During the CHA action planning sessions, Caldwell County Health Department and partners will be referring to those behaviors to ensure that Caldwell County citizens are aware of and have access to needed services and education to decrease morbidity and mortality. The State Center for Health Statistics compiles the top 10 leading causes of death each year. Caldwell County's top ten leading causes of death show that heart disease and cancer consistently fall at the top of the list. This has been consistent for several years. In 2019 there were 224 deaths related to heart disease and 209 deaths from cancer. Heart Disease and Cancer alone contributed to a combined death of 40,369 in the State of North Carolina in 2020.

Leading Causes of Death 2021	
1	Heart Diseases
2	Cancer
3	Chronic lower respiratory diseases
4	Alzheimer's disease
5	Cerebrovascular diseases
6	Diabetes mellitus
7	All other unintentional injuries
8	Chronic Liver Disease and Cirrhosis
9	Influenza and pneumonia
10	Nephritis, nephrotic syndrome, and nephrosis

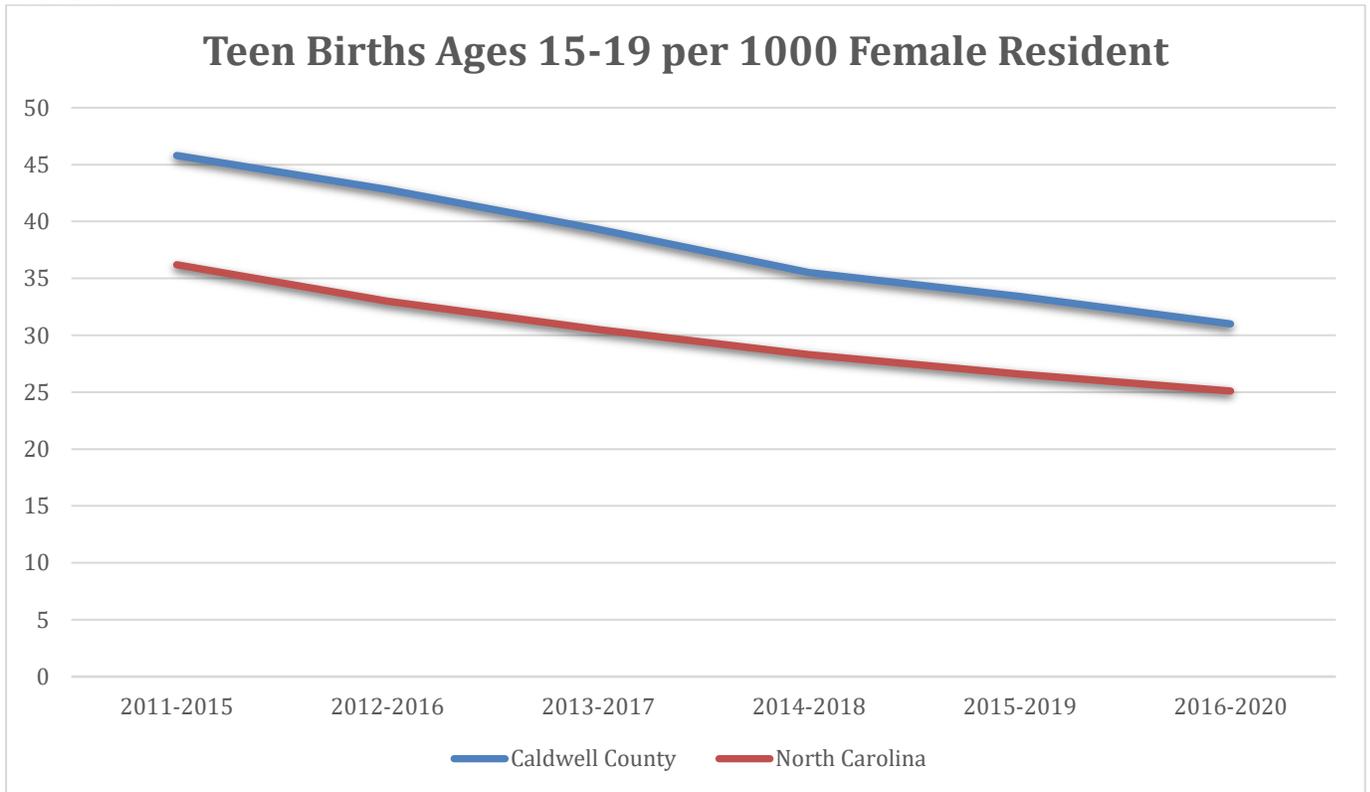
Source: Centers for Disease Control and Prevention. (2023, January 11). *North Carolina*. Centers for Disease Control and Prevention. Retrieved March 14, 2023, from <https://www.cdc.gov/nchs/pressroom/states/northcarolina/nc.htm>



Areas of Success

The Caldwell County Advisory Committee is pleased to report that Caldwell County has a few areas to celebrate success. The county has made tremendous strides in reducing rates or maintaining them below the state level. Caldwell County targeted the local school system and educated young adolescents about sex education. Targeting these age groups and educating them at a young age could be a reason why there is a reduction in teen pregnancy. As teen pregnancy was not a priority in the last cycle, the teen pregnancy rate decreased from 2017 to 2020, as shown in Graph 12. This is an excellent trend since teen pregnancies are associated with a decrease in high school graduation rates, lower income, and premature births.

Graph 12: Shows the decrease in teen birth ages 15-19 in Caldwell County compared to North Carolina.



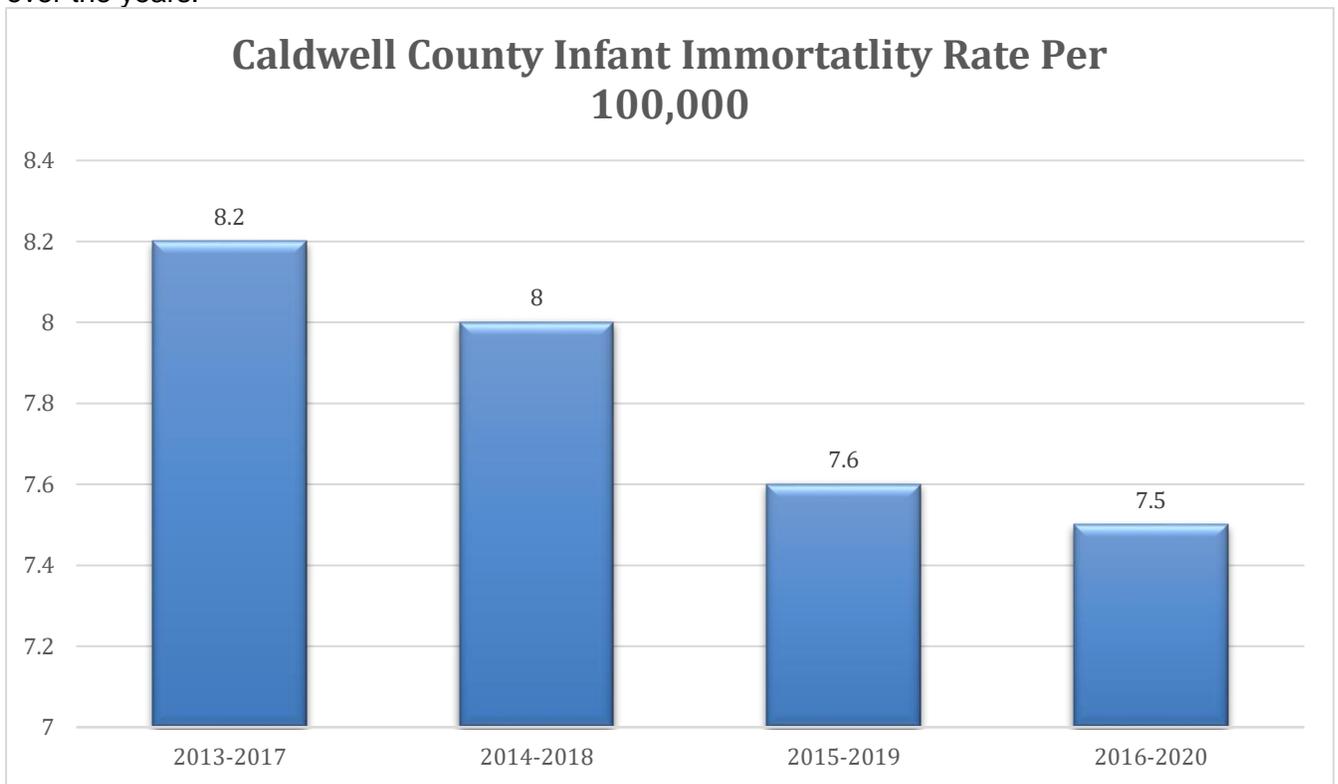
Source: North Carolina State Center for Health Statistics. (2020)



Infant Mortality Success and Concern

In January 2016, Caldwell County Health Department partnered with the Family Resource Center and started working on decreasing infant mortality in Caldwell County. An Infant Mortality Reduction (IMR) grant was awarded to local health departments in North Carolina to implement evidence-based strategies to decrease infant mortality in the communities they serve. With these grant funds, we were able to purchase and promote initiatives within the health department, as well as safe sleep and tobacco cessation. One of these purchases is the car seat initiative program through the health department that is partnered and guided by SmartStart. In collaboration with the community through a community action team, we conducted training for providers and had community events such as Child Safety Health Fair. Graph 13 shows the decrease in the infant death rate in Caldwell County.

Graph 13: This shows the infant immortality rate in Caldwell County and how it has decreased over the years.



Source: State Center for Health Statistics. (2020)

In 2021-2022, Caldwell County did an infant-toddler childcare landscape study and found the following information below on trainings/experiences in the highlighted area. The graph explains that there is some need for education/experience in some the programs that are here locally in Caldwell County.

Percentage of Programs That Have Training and/or Experience in Each Area			
	Statewide	Rural	Caldwell County
ADD/ADHD	36%	33%	0%
Autism	31%	27%	22%
Developmental Delay	33%	29%	28%
Emotional/Behavioral	22%	20%	33%
Cerebral Palsy	10%	10%	0%
Down Syndrome	17%	14%	0%
Hearing Impairment	19%	17%	6%
Visual Impairment	15%	15%	6%
Wheelchair/Mobility Impaired	20%	23%	0%
Allergies	31%	31%	33%
Seizure/Epilepsy	10%	9%	22%
Administer Medications	17%	13%	0%
Care for Sick Children	4%	4%	0%
On-Site Nurse	2%	1%	0%

Source: WorkLife Systems, October 2021.

Source: Worklife Systems. (2021)

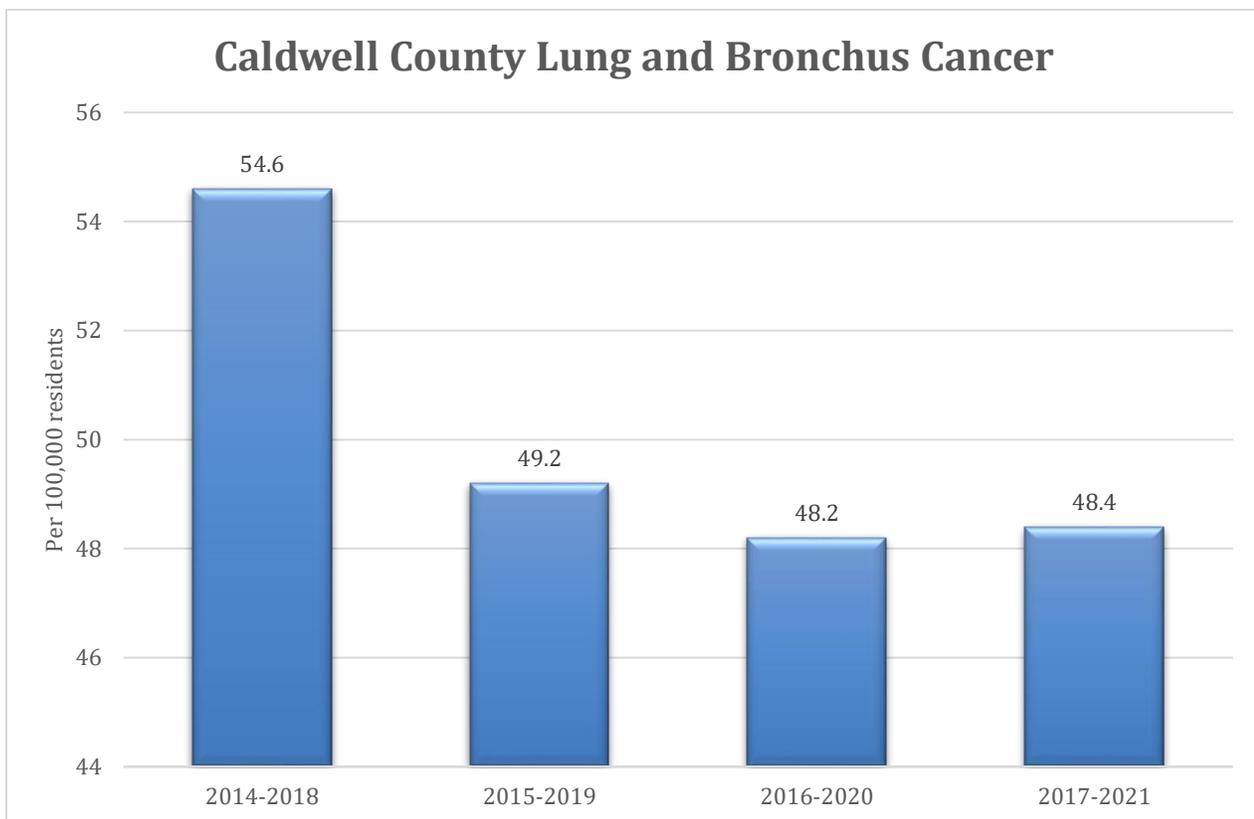


Areas of Concern

While there are areas that have proved successful, there are a few areas of concern for the citizens of Caldwell County. As a result of the 2017 health assessment and research of secondary data, the Caldwell Advisory Committee noted several health indicators that need considerable improvement. Caldwell County has seen an increase in death rates among trachea, bronchus & lung cancers over the past several years. The rate is nearly 70 per 100,000 residents in Caldwell County compared to the state is just 55 per 100,000 and declining (graph 14). Caldwell County percentage of adult smokers is at high rate of 24% while North Carolina overall has a rate of 19%. This massive gap could also be a reason to increase lung and Bronchus Cancer rates. In general, cancer could be related to personal lifestyle, environmental factors, or non-modifiable factors. Examples could include but are not limited to age, gender, family history, tobacco use, alcohol, sunlight, obesity, cancer-causing substances, chronic inflammation, hormones, immunosuppression, infectious agents, radiation, and diet. These specific areas were identified as focus points this year and strategies will be included in the preventative care action plan.

Graph 14:

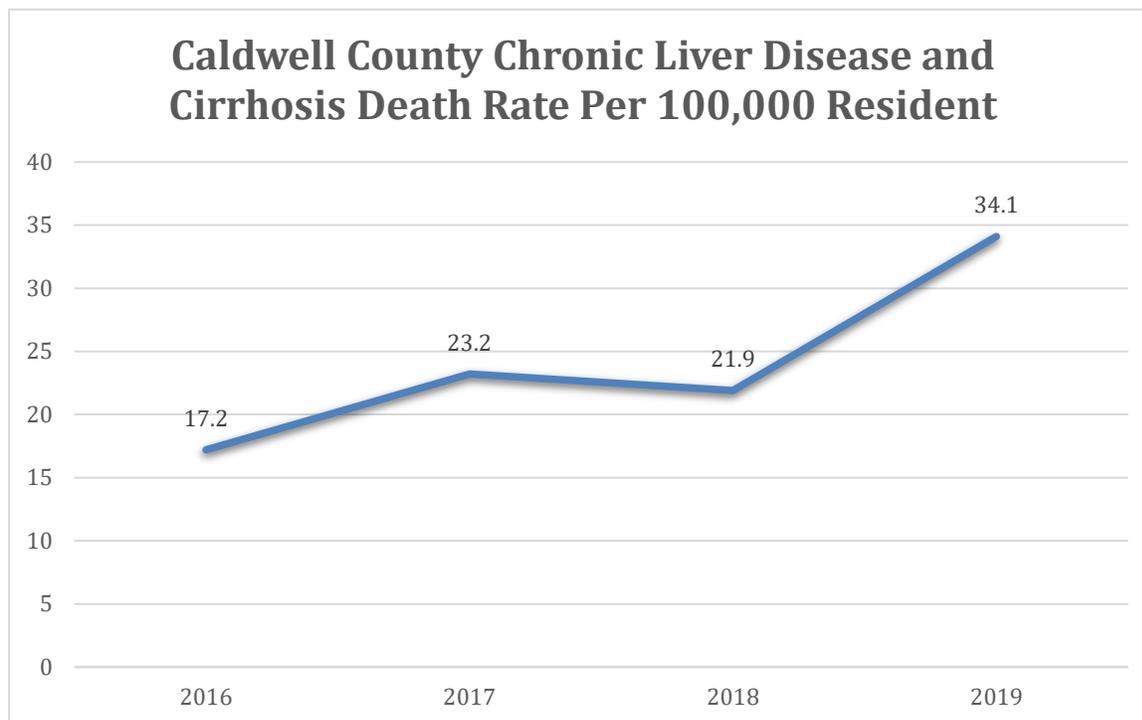
Source: State Center for Health Statistics. (2021)





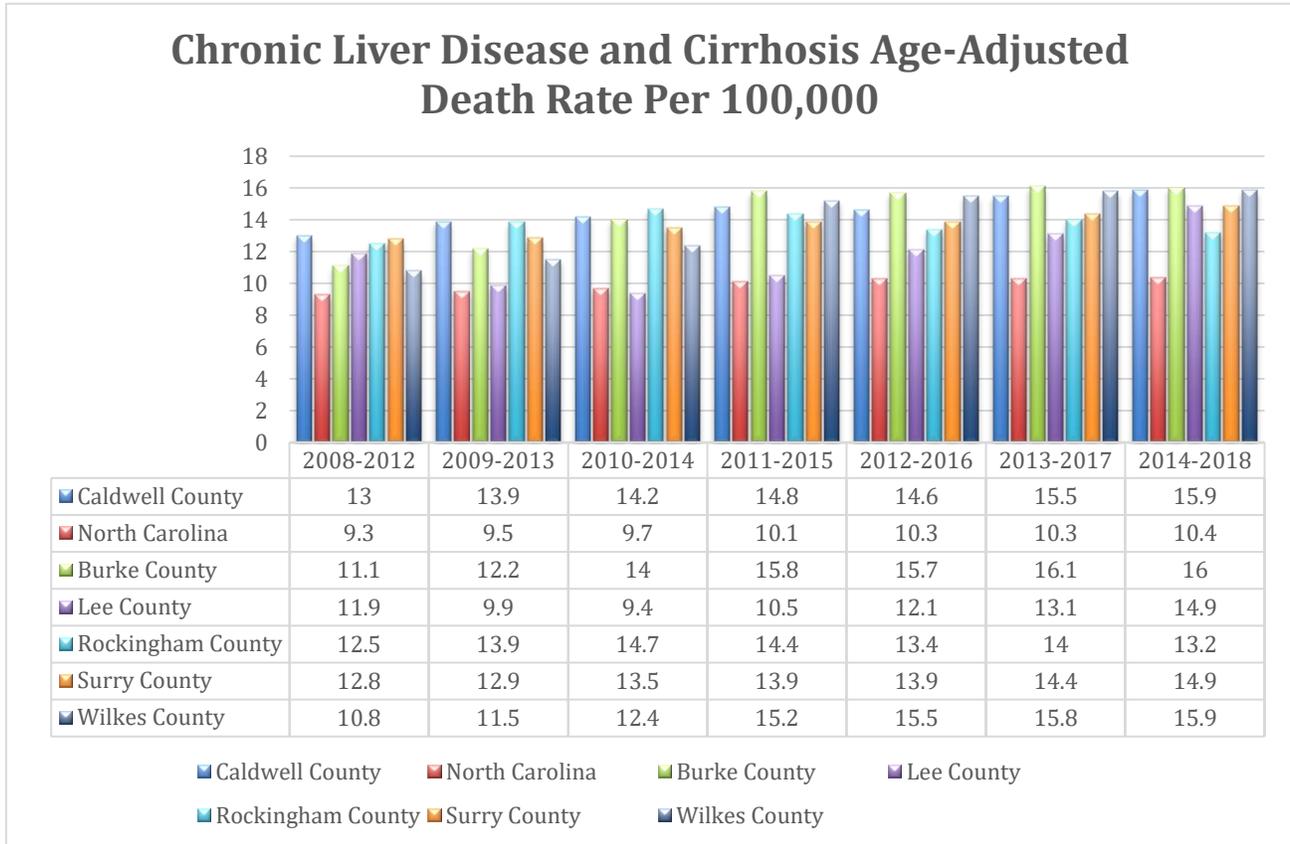
Caldwell County has a high percentage of excessive drinking 18% compared the North Carolina which is 17%. Caldwell County has seen an increase in the death rate due to chronic liver disease and cirrhosis within the last few years. Excessive drinking can lead to liver disease and cirrhosis. In 2015, chronic liver disease and cirrhosis made the top ten leading causes of death. Graph 15 shows the slight increase Caldwell County has seen over the past seven years. Caldwell County had a rate of 17.2 in 2016; in 2019, the rate increased to 34.1. Graph 16 compares Caldwell County to peer counties. In order to decrease the rate of these chronic diseases, Caldwell County Health Department wants to utilize local mental health resources to help guide citizens to a better lifestyle that can reduce some of these chronic liver and cirrhosis diseases.

Graph 15: Caldwell County Chronic Liver and Cirrhosis Death Rate



Source: North Carolina State Center for Health Statistics. (2020)

Graph 16: Compares Caldwell County to Surrounding Counties.

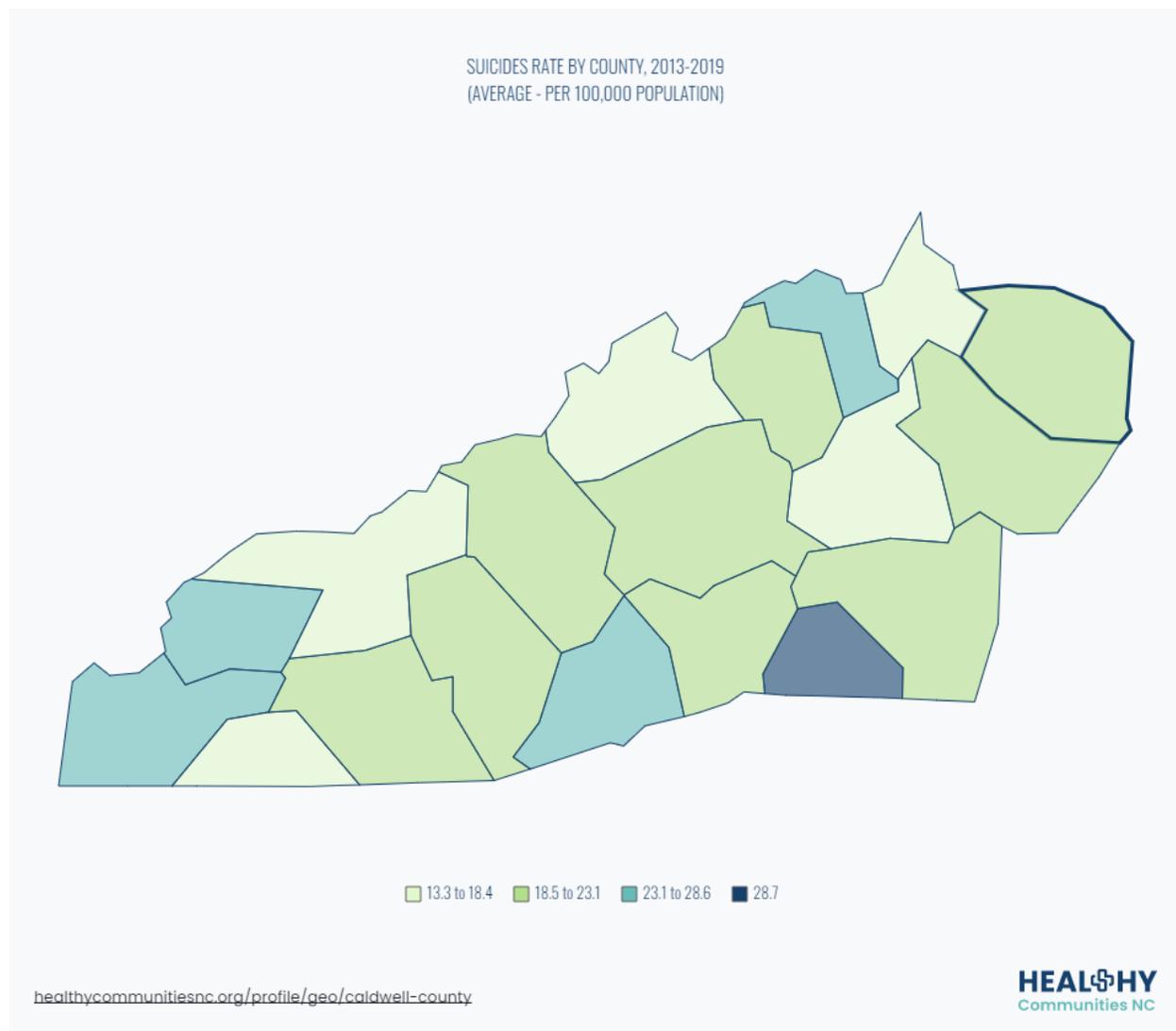


Source: North Carolina State Center for Health Statistics. (2020)



Another area of concern is the suicide rate in Caldwell County. The suicide rate in Caldwell County from 2013 to 2019 was 18.5 per 100,000 population. Graph 17 also maps out surrounding counties and their suicide rate based on a color scale. Suicide was part of the action plan for the 2017 CHA and will continue to be for the 2022 CHA. Suicide can be caused by many factors, lack of community mental health resources, substance abuse/misuse, economy, etc. Some of these resources are the suicide hotline and RHA rehabilitation. There are many resources here in Caldwell County that revolve around mental health and suicide. (See Appendix D)

Graph 17: Suicide Rate By County 2013-2019



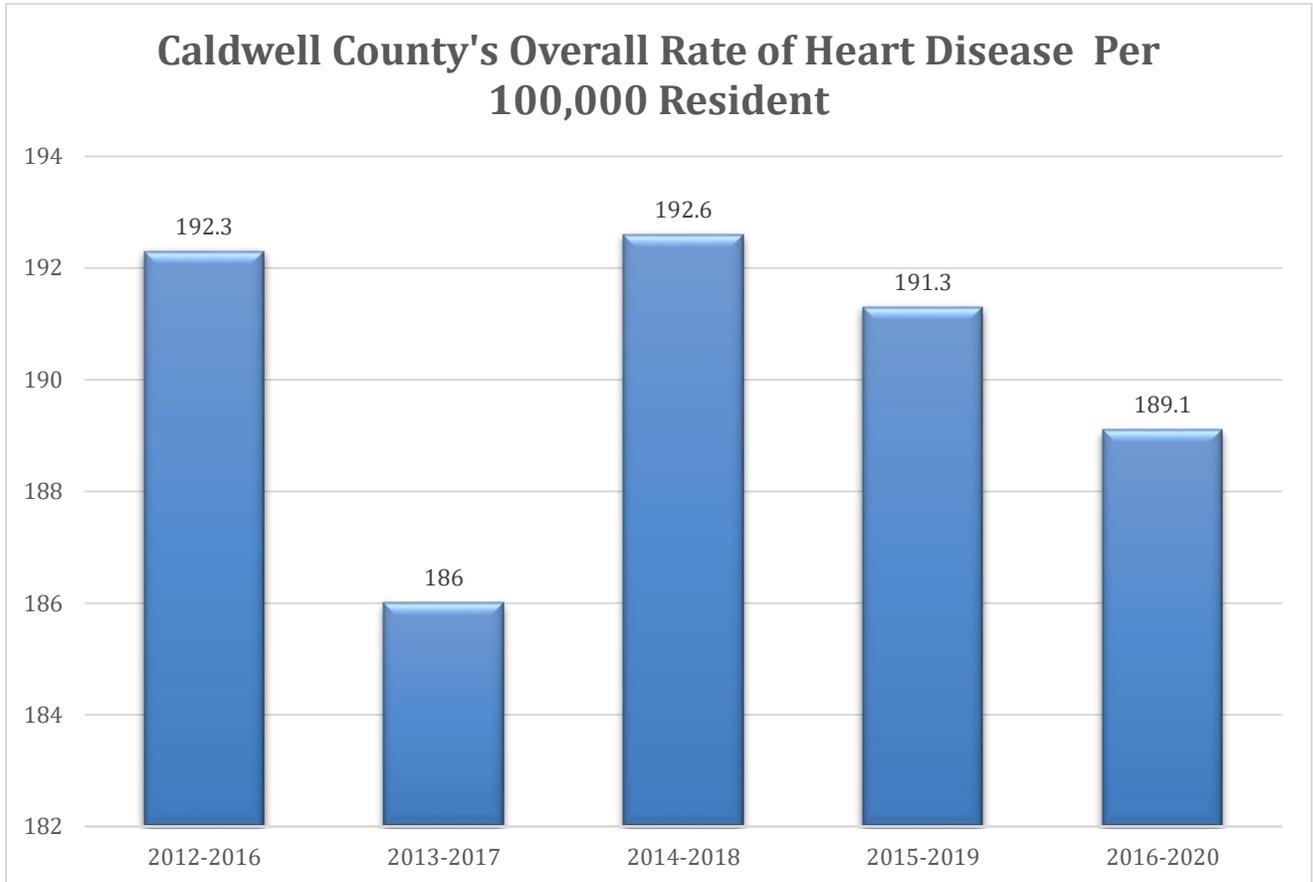
Source: Healthy Communities NC. (2023, January)



Chronic Disease Prevention and Management

Chronic Disease accounts for over half of the top ten leading causes of death in Caldwell County, such as heart disease, cancer, respiratory disease, diabetes, etc. Currently, Caldwell County has resources in place to combat these issues (see Appendix D). Caldwell County shows an increase over the years as shown in graph 18. Risk factors include age, gender, weight, tobacco use, genetic composition, physical activity, etc.

Graph 18:



Source: North Carolina State Center for Health Statistics. (2020)

Top Health Priorities

Transportation

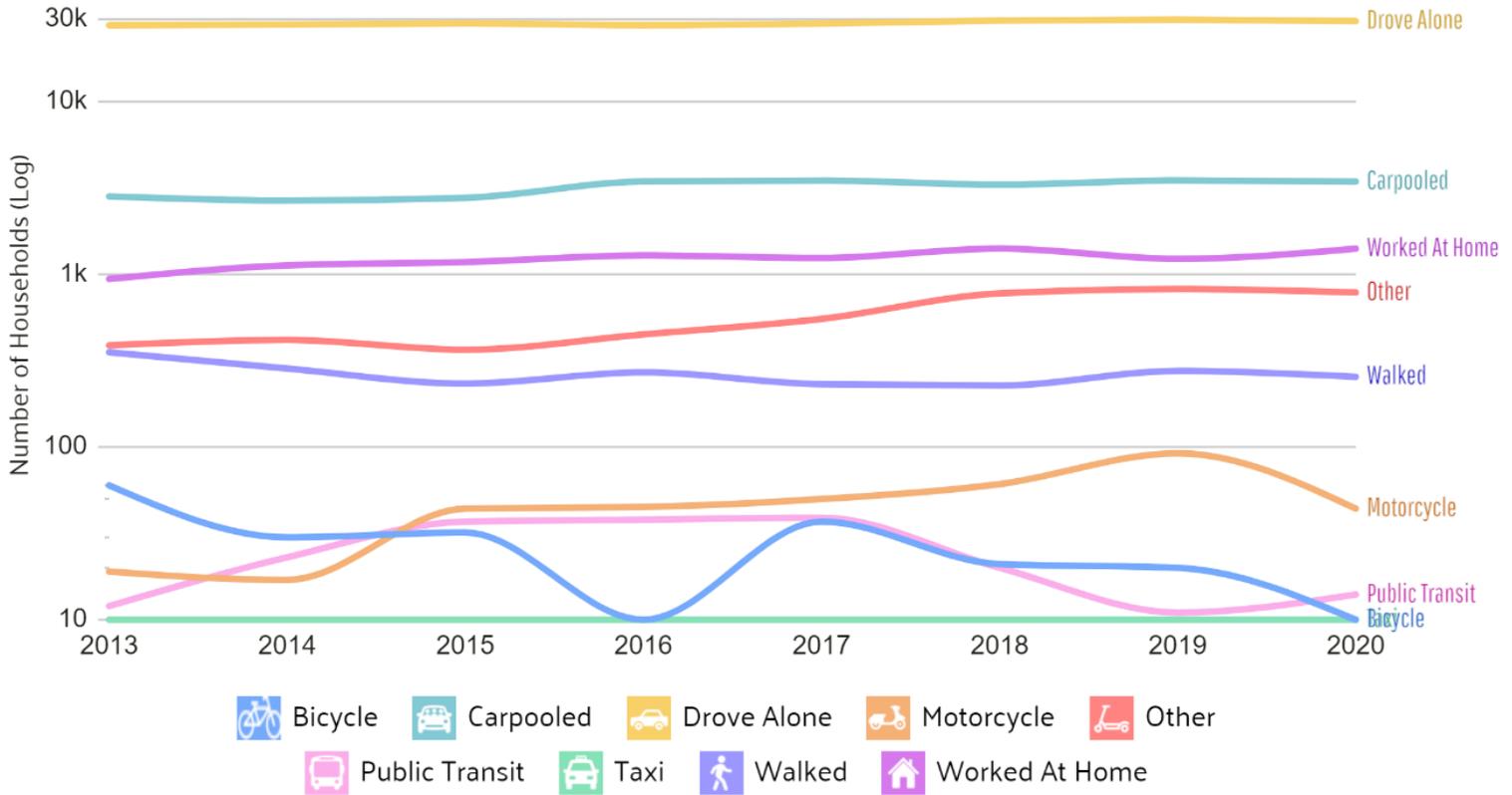
There are many forms of transportation. Transportation forms range from walking to driving. Walking is the most ancient form of transportation and the most common. Based on the 2021 U.S. Census Bureau, Caldwell County's population size is 80,463. About 32,000 of those individuals either drove or walked to work. Approximately 40% of the Caldwell County population had transportation. So, what about the other 60% of Caldwell County?

In 2018, 33,880 individuals worked in Caldwell County. 32,775 individuals either drove a truck, van, or car to work. Roughly 29,000 individuals drove alone and roughly 3,000 individuals carpooled with at least 2 other individuals to work. About 40 individuals used public transportation in 2018. To say the least, transportation plays a critical role in completing day-to-day tasks. Now there are transportation services here in Caldwell County. There are smaller organizations that do help with transportation and the two major transportation services are Greenway and Blue Ridge. These transportation services are public and can be utilized by anyone in Caldwell County. These services primarily focus on accessible individuals and the impoverished population of Caldwell County.

60% of the Caldwell County population does not have access to transportation. Access to transportation is important because it allows a community to grow and thrive. Transportation allows access to health-promoting services and supports healthcare itself. Research has shown that lack of transportation can result in missed or delayed healthcare appointments and result in poorer health outcomes and increased health expenditures. Inadequate transportation services can increase social isolation, particularly in the older population and individuals with disabilities or even individuals who do not drive. This can increase the risk of many health diseases such as early mortality, depression, and dementia. It is important that transportation is utilized because it can lead to better health outcomes.

Strategies to help improve transportation could start with the bike and pedestrian masterplans. These plans can establish a framework to increase walking and biking trails and improve the connectivity of non-auto paths and trails in a particular area. Another strategy is to complete street and streetscapes design initiatives. Caldwell County could enhance its streetscape with greater sidewalk coverage and walkway connectivity, street crossing safety features, traffic calming measures, and other designed elements to improve transportation options.

Graph 19: The graph below outlines the variety of transportation per number of households in Caldwell County.



Source: Livestories, Caldwell County NC.(2022, January)

Substance Misuse and Abuse

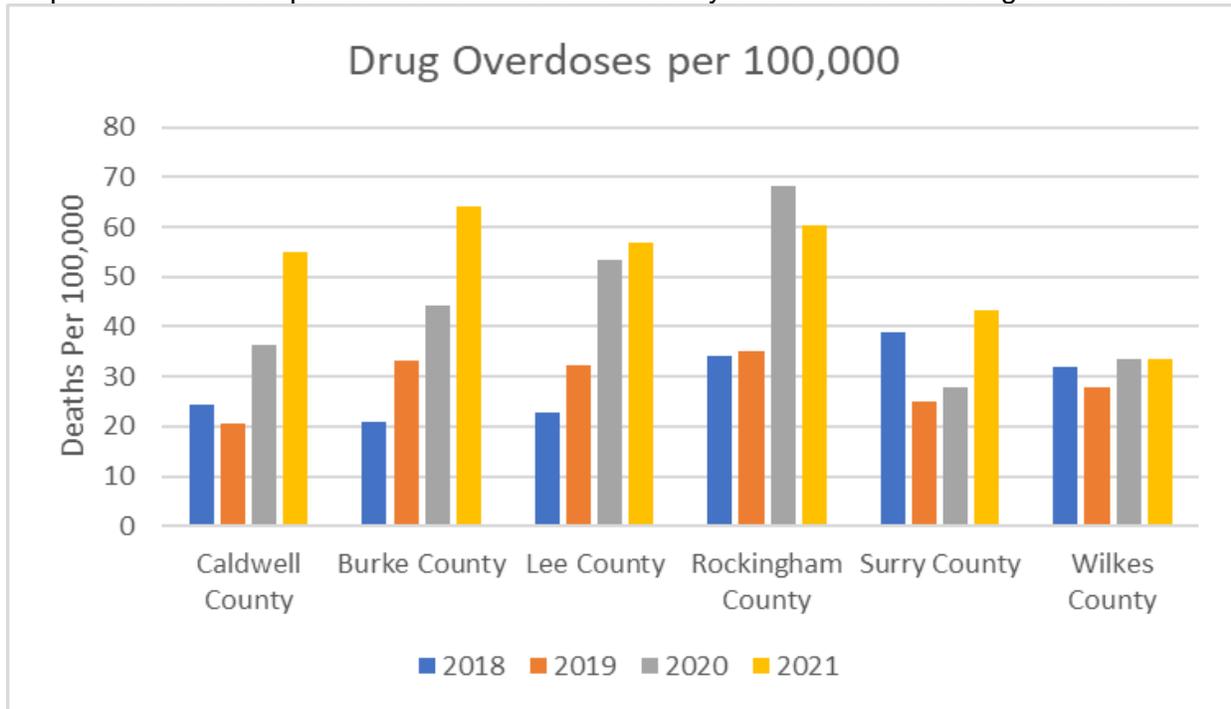
In 2022, Caldwell County had 247 overdoses. According to graph 22, Caldwell dramatically increased drug overdose deaths from 2018-2021. Compared to our peer counties, Burke, Rockingham, and Lee County, these results are similar. This can be from a variety of reasons, stress, anxiety, economy, result from injury, etc. Of the individuals who indicated in the 2022 Community Health Assessment survey that they or a family member used a substance abuse drug, nearly 27% did not know where the drugs were coming from. One contributing factor is the rising opioid epidemic.

To fight this issue of drug overdoses and abuse/misuse of drugs, Caldwell County is utilizing resources to fight the opioid epidemic. One way is through Operation Medicine Drop (OMD). Caldwell County has drop box locations at Caldwell County Sheriff's Office, Lenoir Police Department, Hudson Police Department, and Granite Falls Police Department. Restart program which aims at addressing substance misuse in the community.

When looking at substance abuse and misuse, risky behaviors associated with drug use/misuse must also be examined. Risky behaviors can cause an increased possibility of contracting infections or diseases such as HIV, hepatitis, and tuberculosis. According to The North Carolina State Center of Health Statistics, in 2020, there were three acute Hepatitis C cases, based on case definition of labs and symptom criteria. This is a slight decrease from 2019 when Caldwell County had seven acute cases. The number of chronic hepatitis C cases presumed to be alive in North Carolina in 2020 was 681. The highest rates of newly diagnosed acute hepatitis C occurred among the 25 to 39-year-old age group, which accounted for 64% of the total acute hepatitis C cases.

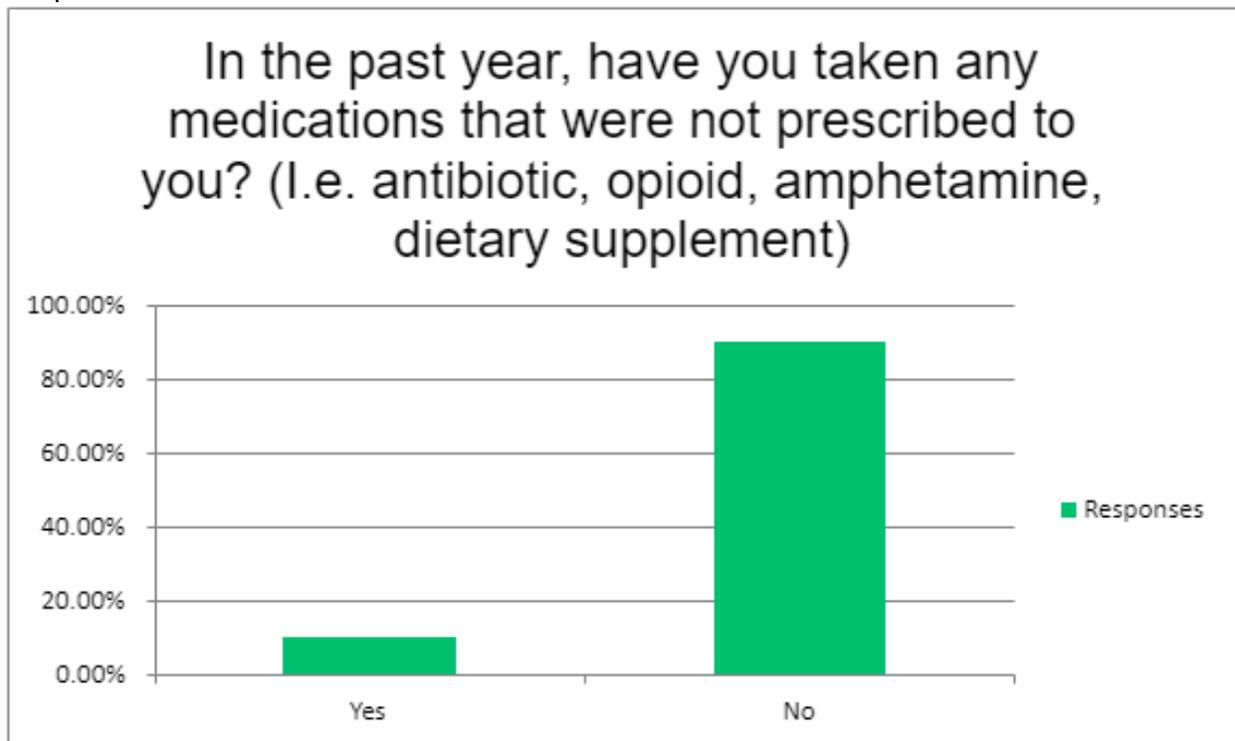
Caldwell County's main goal in the coming years is to decrease substance misuse within the county and take unwanted substances out of homes. Working with community agencies such as Restart, Drug-Free Caldwell, law enforcement, healthcare, faith-based organizations, pharmacies, etc., the shared goal is to prevent the misuse of prescription drugs and overdoses, educate the community on the importance of disposing of unwanted medications at the drop box locations, encourage individuals to lock up medications and provide access to naloxone to the community. This will be outlined in this year's Action Plan.

Graph 20: Shows comparison between Caldwell County and other surrounding counties.



Source: NC Injury and Violence Prevention Branch

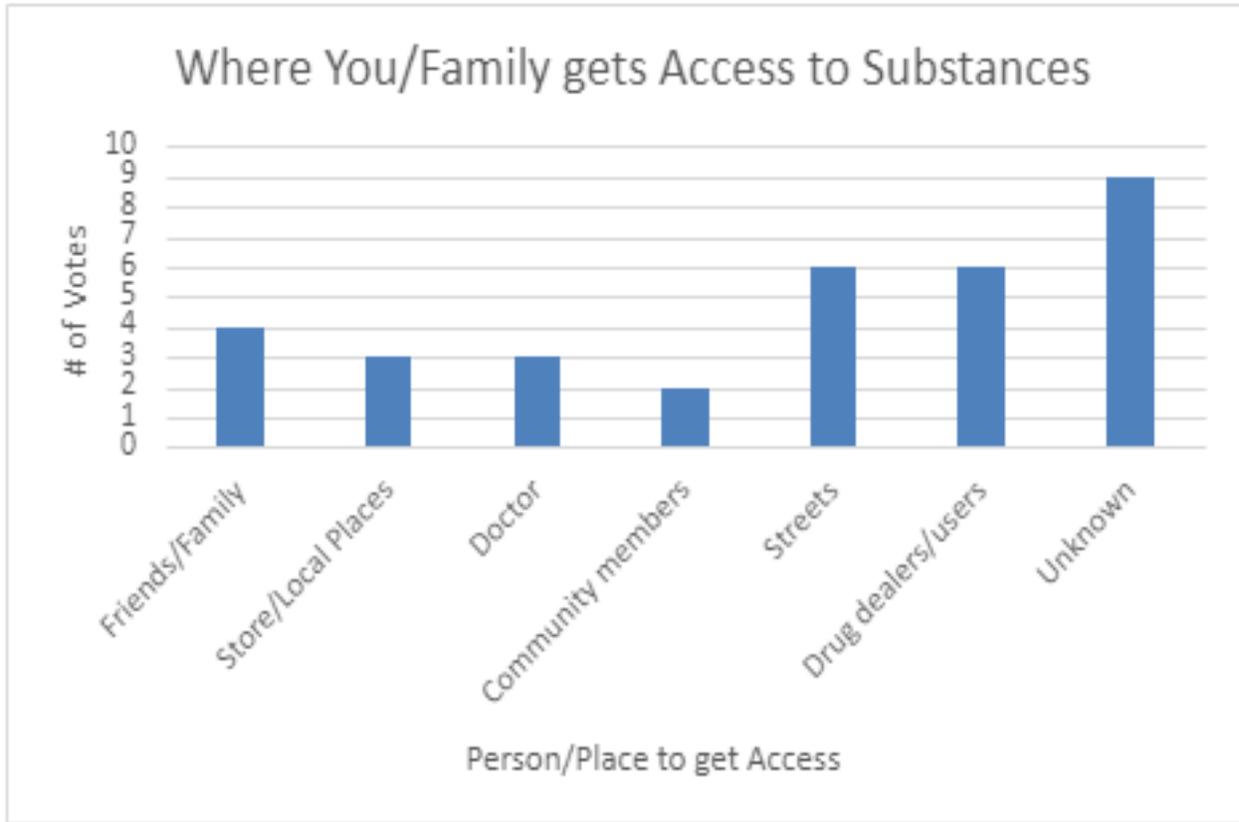
Graph 21:



Source: Community Health Assessment Survey



Graph 22:



Source: Community Health Assessment Survey

Mental Health

The suicide death rate in Caldwell County for 2021 was 54.8, which was lower than the peer counties of Wilkes, Surry, Burke, and Rockingham counties. Between 2015-2019 there have been 73 suicide deaths in Caldwell County. Between 2017 and 2019, suicide/intentional self-harm was not even on the list of leading causes of death in Caldwell County. While resources have increased for mental health, the need still exists in Caldwell County for mental health services. After the 2017 Caldwell County Community Health Assessment, community partners focused on providing adequate resources to the public to reduce the stigma surrounding mental health conditions and working towards increasing the support that is in place to provide help to those suffering. Caldwell UNC Healthcare did this by providing outpatient depression screenings at all clinics, providing mental health screenings in the emergency department, and mental health meetings held quarterly at the hospital that includes the local department of social services, local police department, and VAYA Health. Other resources include having a mental health counselor recruited to assist with the placement of patients presenting with mental health issues in the emergency department and access to a resource guide in all clinics to help patients access healthcare services, specifically, mental health services. Community partners that also worked towards decreasing suicide and targeting mental health disparities included Caldwell County Health Department, Project Lazarus, a regional collaboration, to help address issues of prescription drug abuse, VAYA Health, RHA Health Services, and Jonas Hill. In 2016, the Caldwell County Comprehensive Care Center, a full-service behavioral health care center in Lenoir, opened to provide 24-hour mental health and addiction urgent care, outpatient behavioral health treatment, and beds for people in crisis. The center offers 24-hour mental health and addiction urgent care, outpatient behavioral health treatment, and 12 beds for people in crisis, regardless of insurance status.

The Caldwell County Health Department provides a variety of resources as well. These include support for: emotional well-being, psychological well-being, and social well-being. Some aspects that impact mental health are adequate housing, safe neighborhoods, equitable jobs and wages, quality education, and equity in access to quality health care. Depression can include the following symptoms: being in a sad mood, loss of pleasurable activities, fatigue, feelings of guilt, and recurring thoughts about death. Depression correlates with adverse health behaviors such as smoking, alcohol consumption, physical inactivity, and sleep disturbance.

A characteristic of anxiety is excessive or unrealistic worrying about everyday events and tasks. Phobias or fears can cause individuals to feel anxious such as seeing a snake or flying in an airplane. Obsessive-compulsive disorder (OCD) is an anxiety disorder with recurrent thoughts or behaviors. Anxiety disorders can be treated with pharmacotherapies and by addressing exposure and response prevention. Psychotic disorders occur when individuals experience the deregulation of thought processes. Schizophrenia is a psychotic disorder where individuals have symptoms of delusion and hallucinations. Psychotic disorders are usually treated with antipsychotic medications and forms of psychosocial interventions. Bipolar disorder is considered a major mood disorder where individuals experience episodes of depression and mania. Elevated, unrestrained, or irritable moods often occur with this mental illness. Some effective treatments for this disorder include medication and psychotherapy. Of the 2,423 overall violent deaths in North Carolina in 2020, 1,436 were suicides and 91 were youth suicides ranging from ages 10 to 19. Males had a higher suicide rate per 100,000 than females. The suicide rate makes up 85% of the overall violent deaths in North Carolina for those 85 years and older.

Graph 23: shows the suicide trends and demographics in North Carolina between 2016 and 2020.

Suicide Trends and Demographics

To update graphs to a specific county, use the place dropdown. Use the rate duration filter to choose the desired duration, then use the corresponding rate value filter to select years of interest.

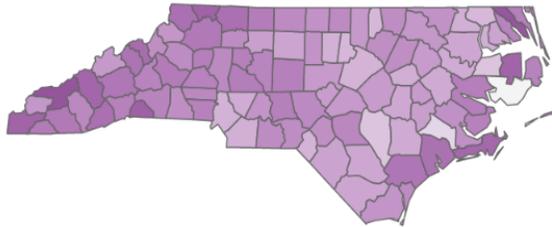
Place: North Carolina | Rate Duration: 5-year Rate | 10-Year Rate: 2011-2020 | 5-Year Rate: 2016-2020 | 1-Year Rate Value: 2020

Suicide - North Carolina, 5-year Rate (2016 - 2020)

Rate: **15.6 per 100,000**

Count of Deaths: **7,122**

North Carolina Suicide Deaths, 5-year Rate

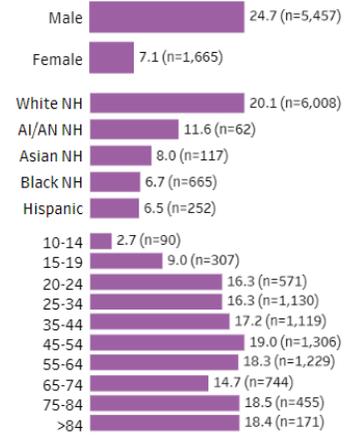


Below is a breakdown of Suicide rates in North Carolina by demographic group.

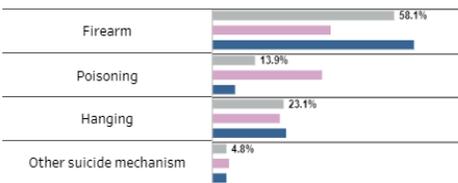
Trends, North Carolina



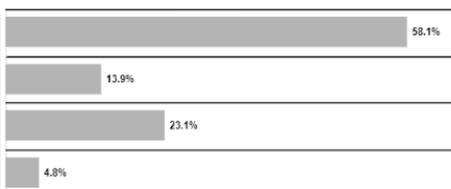
Suicide Rate per 100,000 in North Carolina, 5-year Rate



Percent of Suicide Deaths by Method and Sex
North Carolina, 5-year Rate

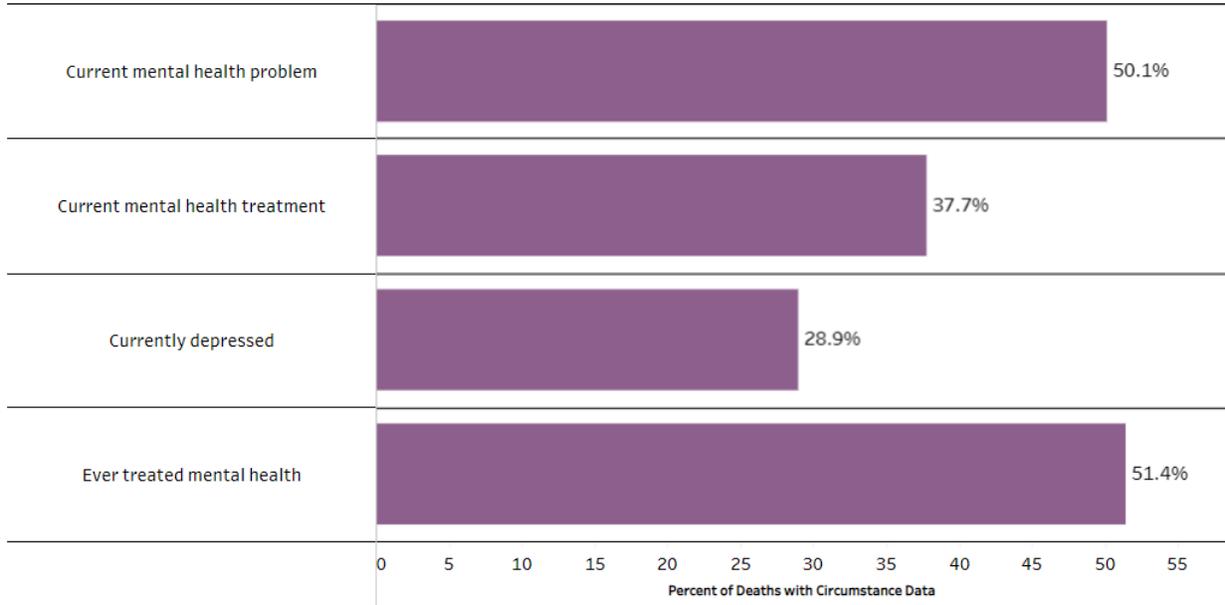


Percent of Suicide Deaths by Method
North Carolina, 5-year Rate



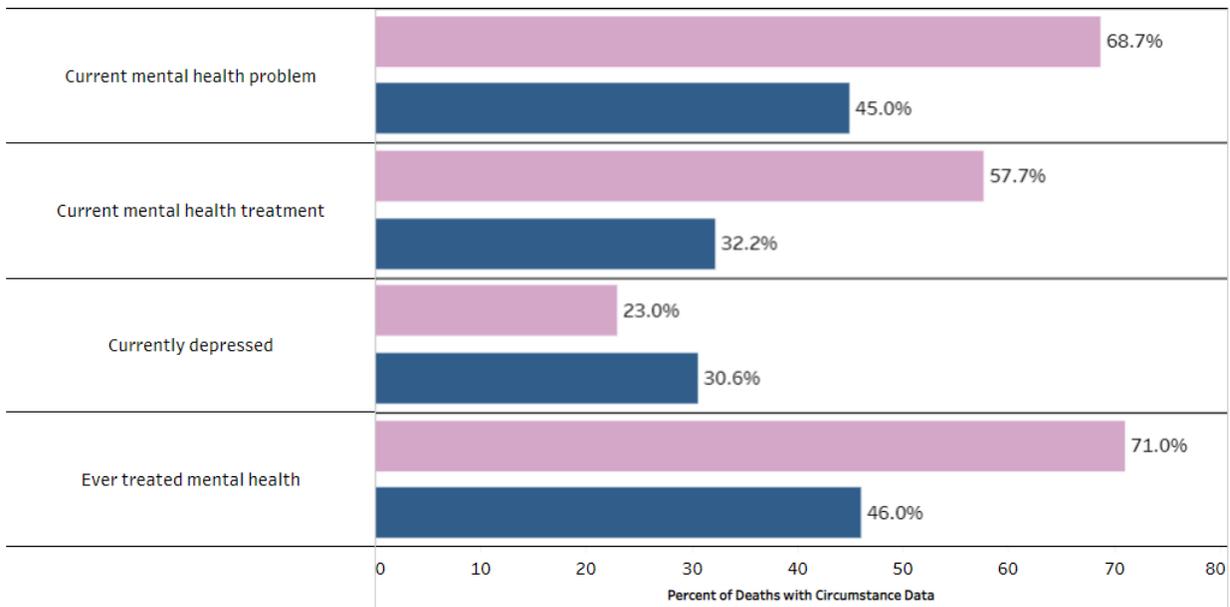
Graph 24: As seen in the graph below, North Carolina had deaths associated with different mental health circumstances in 2020, such as 50.1% of people had a current mental health problem, 37.7% had current mental health treatment, 28.9% were currently depressed, and 51.4% had treated their mental health at the time of death in 2020.

North Carolina, 2020
All Deaths
Mental Health

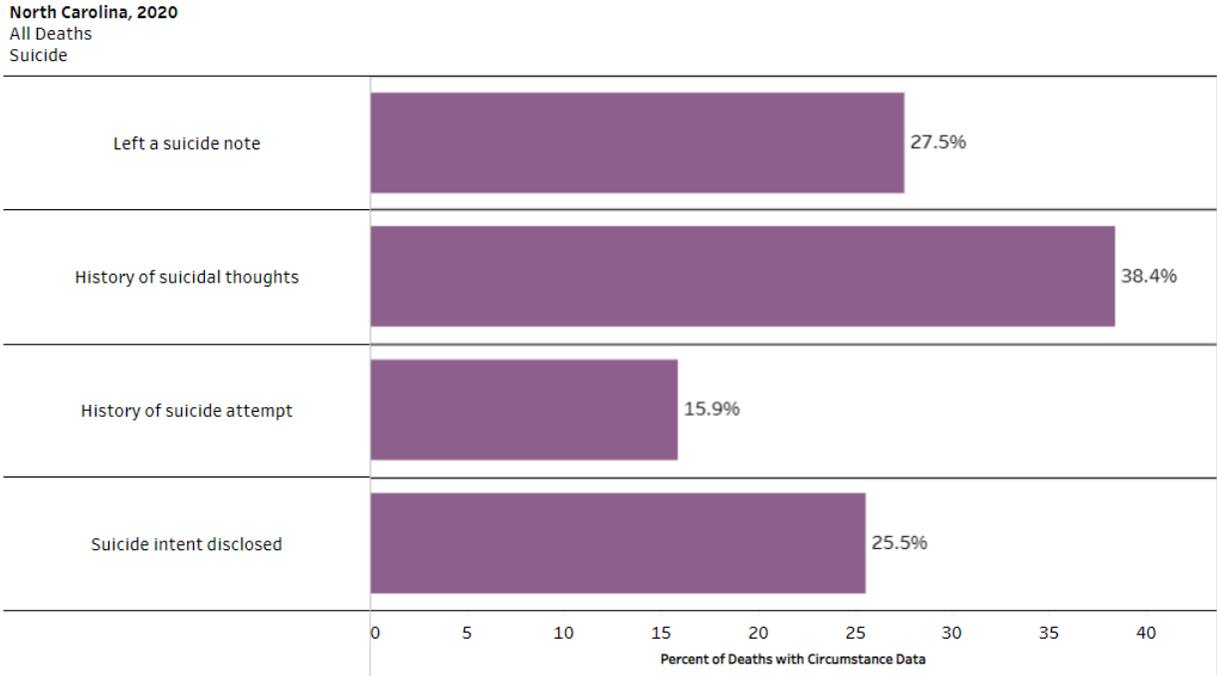


Graph 25: The graph below shows the suicide deaths associated with different circumstances broken-down by sex

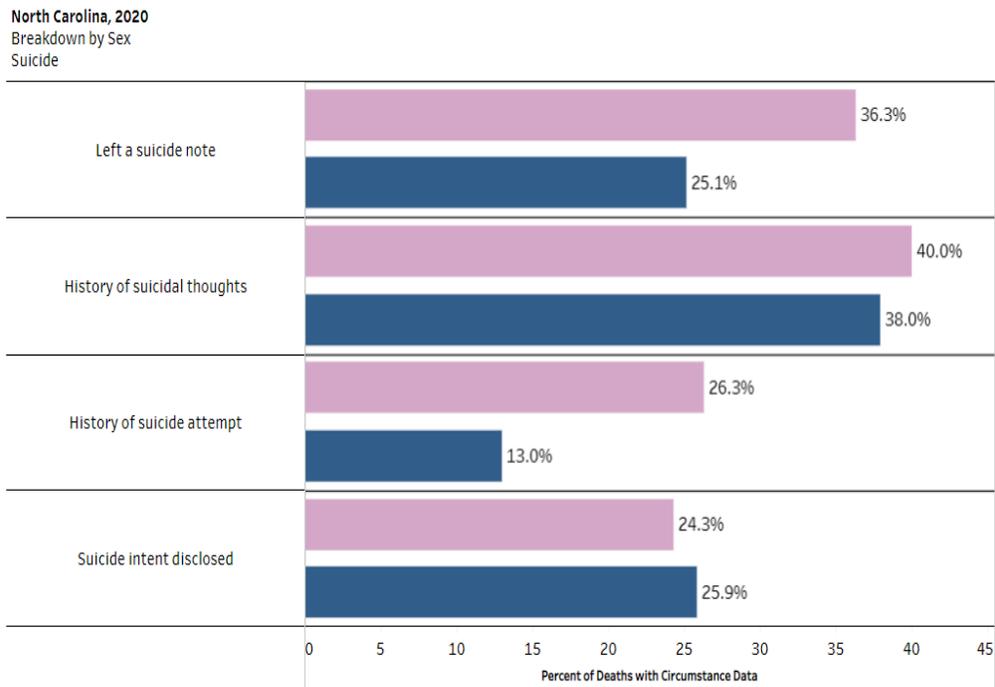
North Carolina, 2020
Breakdown by Sex
Mental Health



Graph 26: The graphs below show the suicide death percentages associated with different circumstances and are also broken down by sex.



Graph 27:



Circumstance data is important to understanding the "why" for violent deaths in our state and informing prevention.

Circumstances are recorded by law enforcement, medical examiners, and coroners, and NC-VDRS integrates this information so it can be used together by states and communities to better understand the context of violent deaths

If you or someone you know needs help, contact the National Suicide Prevention Lifeline (for suicide crisis calls) 1-800-273-TALK (8255)

Graph 28:

Suicide Trends and Demographics

To update graphs to a specific county, use the place dropdown. Use the rate duration filter to choose the desired duration, then use the corresponding rate value filter to select years of interest.

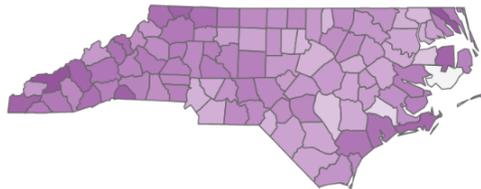
Place: Caldwell | Rate Duration: 5-year Rate | 10-Year Rate: 2011-2020 | 5-Year Rate: 2016-2020 | 1-Year Rate Value: 2020

Suicide - Caldwell County, 5-year Rate (2016 - 2020)

Rate: **18.0 per 100,000**

Count of Deaths: **66**

North Carolina Suicide Deaths, 5-year Rate

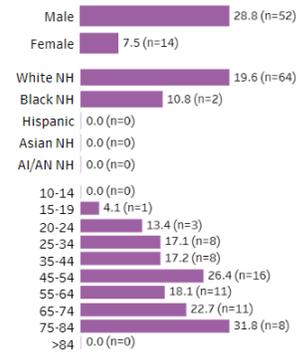


Below is a breakdown of Suicide rates in Caldwell by demographic group.

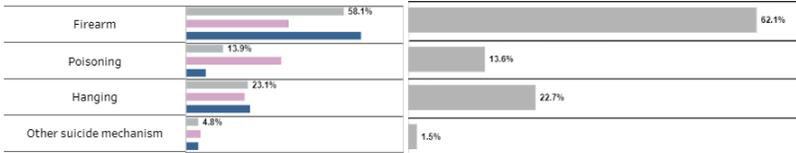
Trends, Caldwell County



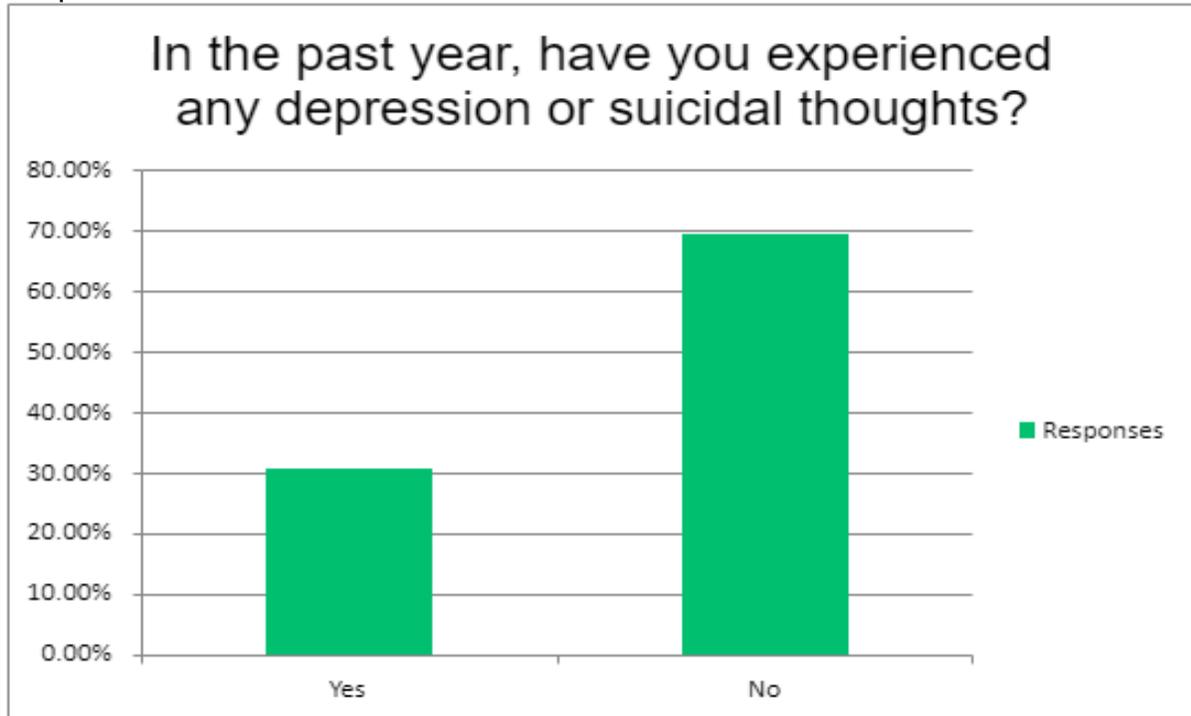
Suicide Rate per 100,000 in Caldwell County, 5-year Rate



Percent of Suicide Deaths by Method and Sex North Carolina, 5-year Rate



Graph 29:



Source: Community Health Assessment Survey

Plans for Next Step

The Community Health Assessment Advisory Committee will begin reviewing each of the selected priorities and determine what groups are already established in the county, which is focused on these issues. Members of the committee will work with established groups to plan and implement action plans for the coming three years. These partnerships will be guided by the Caldwell County Health Department and data collection regarding timelines and benchmarks met will be disseminated through State of the County Health Reports and other documents throughout the county and between groups and committees. The Community Health Assessment (CHA) will be presented to the local Board of Health and the Board of Commissioners. The CHA will also be distributed at the Caldwell County Library, County Office Plaza, and Health and Human Services.

Acknowledgments

The Caldwell County Community Assessment Advisory Committee would like to thank the following individuals and agencies for their contributions throughout this assessment process. These individuals were selected for this committee because of their extensive knowledge and support of the health and well-being of Caldwell County citizens. Without their efforts, this assessment would not have been possible. The strengthened partnerships resulting from this collaboration will continue throughout the coming years.

Community Assessment Planning Team:

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Caldwell County Health Department

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Health Educator
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Chris Jenkins

Lenoir Housing Authority

Jennifer Robson

Caldwell County Health Department

Cindy Younce, RN

City of Lenoir

Hannah Williams

Joshua Harris

Andy Wilson

Caldwell UNC Healthcare System

Jacob Blanton

Lenoir Police Department

Brian Smith

CCC&TI-Family Literacy

Shari Brown

Helping Hands Clinic

Debra Philyaw

Brittney Bonn

West Caldwell Health Council

Amanda Barnes

Tom McRary

Caldwell EMS

Jonathan Cook

Tara Swanson

Caldwell Restart

Jason Powell

Susan Wilson

Caldwell County DSS

Will Wakefield

Town of Granite Falls

Jerry Church

Town of Sawmills

Chase Winebarger

Additional Acknowledgments:

Caldwell Community College & Technical Institute

Caldwell County Libraries

Caldwell UNC Health Care System

Lenoir Housing Authority

The Lenoir Senior Center

Early Head Start

Lenoir Soup Kitchen

Yokefellow

EM Billing

Helping Hands

Josh Abbott

Appendix A: 2022 Caldwell County CHA Survey

CALDWELL COUNTY 2022 CHA OPINION SURVEY

The purpose of this survey is to learn more about health and quality of life in Caldwell County. The Caldwell County Health Department, and various community-based agencies will use the results of this survey and other information to identify the most pressing health problems in Caldwell County and develop plans to address those identified problems.

All the information you give us will be completely confidential and will not be linked to you in any way.

Thank you for taking the time to complete this Community Health Survey.

Do you live in Caldwell County? Yes _____ No _____

Are you 18 years old or older? Yes _____ No _____

****If you said No to question one or two, please stop at this point. Thank you for your time.*

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

****If you answered Yes to this question, please stop at this point. Thank you for your time.*

The next several questions or statements ask about community problems, issues, and services that may be important to you. Remember that your choices will not be linked to you in any way.

- 1. In your opinion, what community or health issues are affecting the quality of life in Caldwell County?**
- 2. What health services in Caldwell County do you believe need the most improvement?**
- 3. In your opinion, what unhealthy behaviors are the most common in Caldwell County?**

The following question is about getting information about things related to health.

- 4. What is the most important health concern that people in your community need information about?**



These next questions are about your health. Remember that your answers to these questions will not be linked to your name in any way.

5. In a normal week, do you engage in any physical activity or exercise? (E.g. walk 3 times a week)

Yes _____ No _____

If yes, how often do you engage in physical activity or exercise?

6. If you wanted to quit using tobacco products, or wanted to help a friend quit, where would you go for help?

_____ Quit Line NC

_____ Doctor

_____ Church

_____ Pharmacy

_____ Counselor/therapist

_____ Health department

_____ I don't know where I would go

_____ Other. Please specify: _____

_____ I do not use tobacco products

7. Do you or a family member use any substances (drugs)?

Yes _____ No _____

If yes, where do you or your family member get access to substances (drugs)?

8. In the past year, have you taken any medications that were not prescribed to you? (I.e. antibiotic, opioid, amphetamine, dietary supplement)

Yes _____ No _____

9. In the past year, were you prescribed a medication that you did not take as prescribed?

Yes _____ No _____

10. In the past year, have you experienced any depression or suicidal thoughts? (I.e. signs of depression include: persistent low mood, loss of interest, feelings of



worthlessness, difficulty concentrating or sleeping, appetite changes, thoughts of harming yourself, etc.) Help is always available, call 800-273-8255.

Yes _____ No _____

If yes, where did you seek help?

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

11. In the past 12 months, did you or a family member have a problem getting necessary health care from any type of health care provider (medical doctor/physician or nurse practitioner), mental health specialist (psychiatrist, therapist, or counselor) dentist, pharmacy, or another facility?

Yes _____ No _____

If yes, what type of provider or facility did you or your family member have trouble getting health care from?

12. If you answered yes to the previous question, what problems prevented you or your family member from getting the necessary health care?

13. If you use the emergency room as your first choice for health care, what leads you to make that choice?

14. Based on your knowledge, who are the people whom the Caldwell County Health Department provides services to?

15. If you choose not to go to the health department for your health care, where do you go instead?

16. What is your main mode of transportation to and from healthcare? (E.g. have my car, Greenway)

17. Do you consider Caldwell County a good place to “grow old?” (I.e. elder-friendly housing, transportation, recreation, services)



The next several questions have to do with how well-prepared you are for an emergency or disaster.

18. In an emergency, what would be your main way of receiving information from authorities?

19. In the incident of a disaster striking your community, would you be able to evacuate your home if asked by public authorities?

Yes _____ No _____

If not, what would be the main reason for you staying in your home?

The following set of questions is the last in this survey. These are general questions about you. Your answers will be reported only in a summary of all answers given by survey participants. Your answers will remain anonymous.

20. How old are you?

_____ 18-24 _____ 40-44 _____ 60-64 _____ 80-84
_____ 25-29 _____ 45-49 _____ 65-69 _____ 85 or older
_____ 30-34 _____ 50-54 _____ 70-74
_____ 35-39 _____ 55-59 _____ 75-79

21. Do you identify as male or female? Male _____ Female _____ Other _____

22. Are you of Hispanic, Latino, or Spanish origin? Yes _____ No _____

23. If you are of Hispanic or Latino background, would you describe yourself as:

_____ Mexican, Mexican American, or Chicano
_____ Puerto Rican
_____ Cuban
_____ Other Hispanic or Latino. If so, please specify: _____

24. What is your race? Please check all that apply.

_____ White
_____ Black or African American
_____ American Indian or Alaska Native
_____ Asian Indian
_____ Other Asian including Japanese, Chinese, Korean, Vietnamese, and Filipino/a:
Please write in your race: _____



_____ Pacific Islander, including Native Hawaiian, Samoan, Guamanian/Chamorro:

Please write in your race: _____

_____ Other races not listed here. Please write it in: _____

25. What is the language that you and your family speak at home?

_____ English

_____ Spanish

_____ Hmong

_____ Sign language

_____ Other. Please specify: _____

26. What is the highest level of the school, college, or vocational training that you have finished? Please mark only one.

_____ Less than 9th grade

_____ 9th to 12th grade, no diploma

_____ High school graduate (or GED / equivalent)

_____ Associate's degree or vocational training

_____ Some college (no degree)

_____ Bachelor's degree

_____ Graduate or professional degree

_____ Other. Please specify: _____

27. What was your total household income last year, before taxes? Please mark only one.

_____ Less than \$10,000 _____ \$35,000 to \$49,999

_____ \$10,000 to \$14,999 _____ \$50,000 to \$74,999

_____ \$15,000 to \$24,999 _____ \$75,000 to \$99,999

_____ \$25,000 to \$34,999 _____ \$100,000 or more

28. What is your employment status? Please check all that apply.

_____ Employed full-time

_____ Employed part-time

_____ Retired

_____ Armed Forces

_____ Unemployed for more than 1 year

_____ Disabled

_____ Student

_____ Homemaker

_____ Self-employed

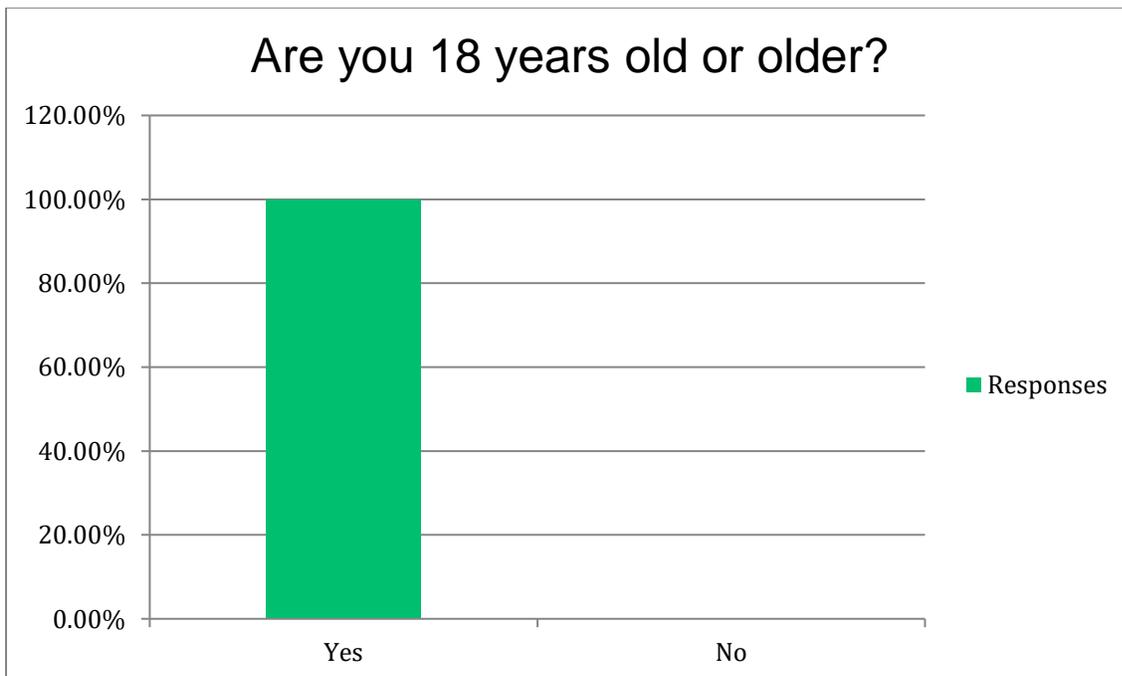
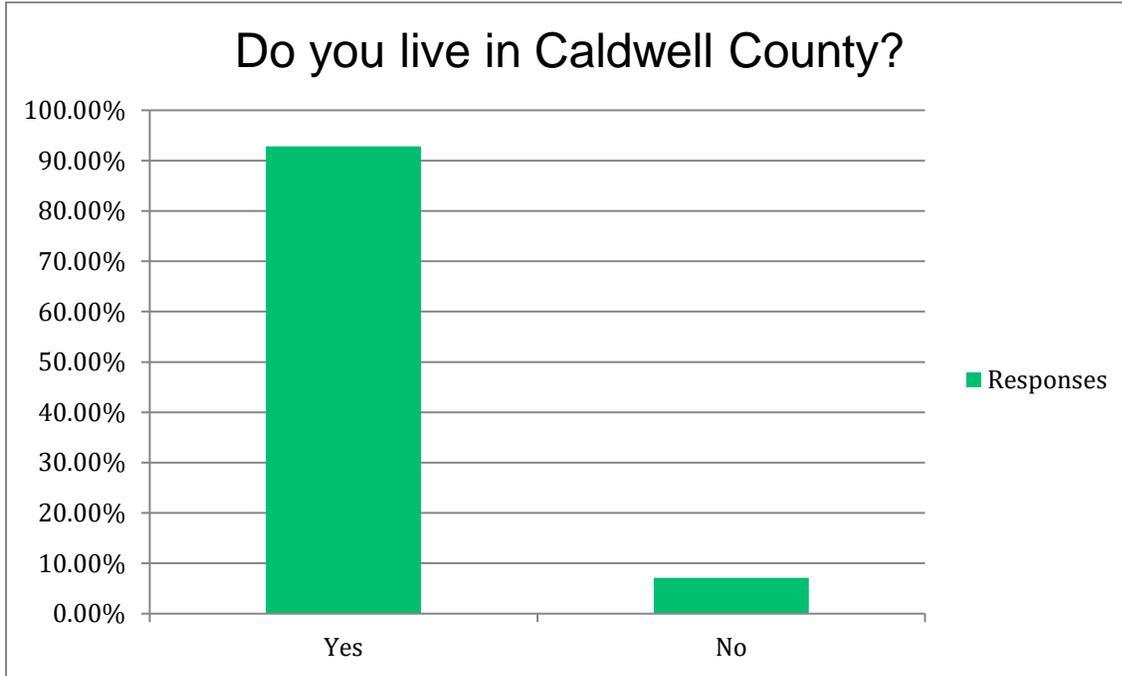
_____ Unemployed for 1 year or less



29. What is your zip code? _____

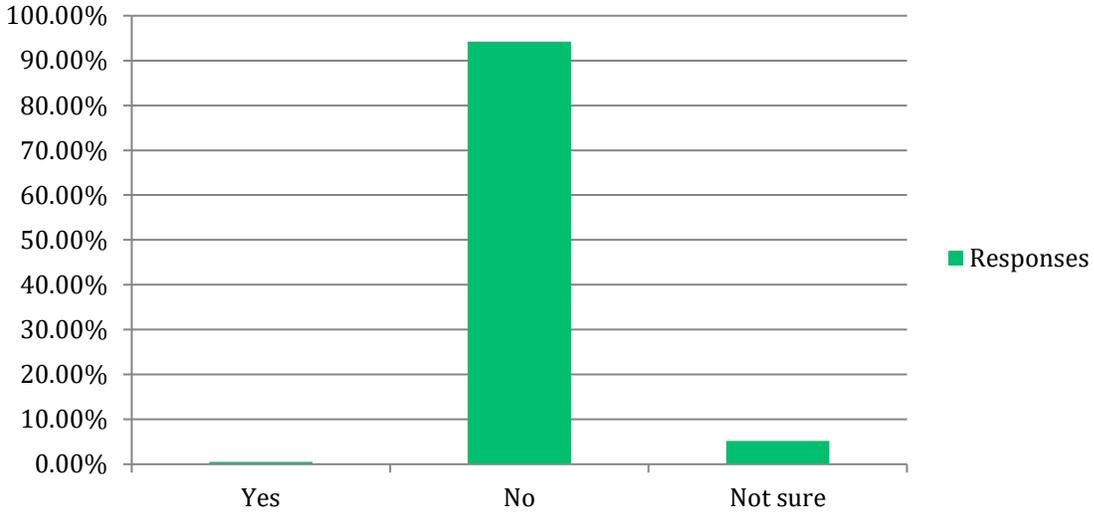
These are all the questions that we have. Thank you very much for taking the time to complete this survey!

Appendix B: 2022 Caldwell County CHA Survey Results

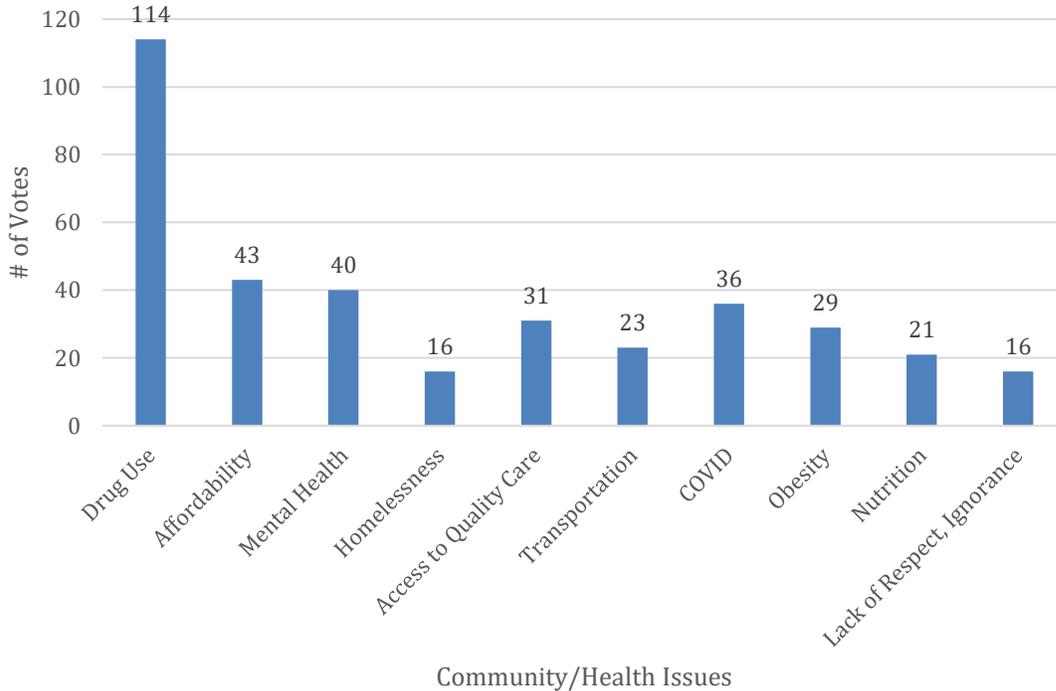




Have you participated in this year's survey already?

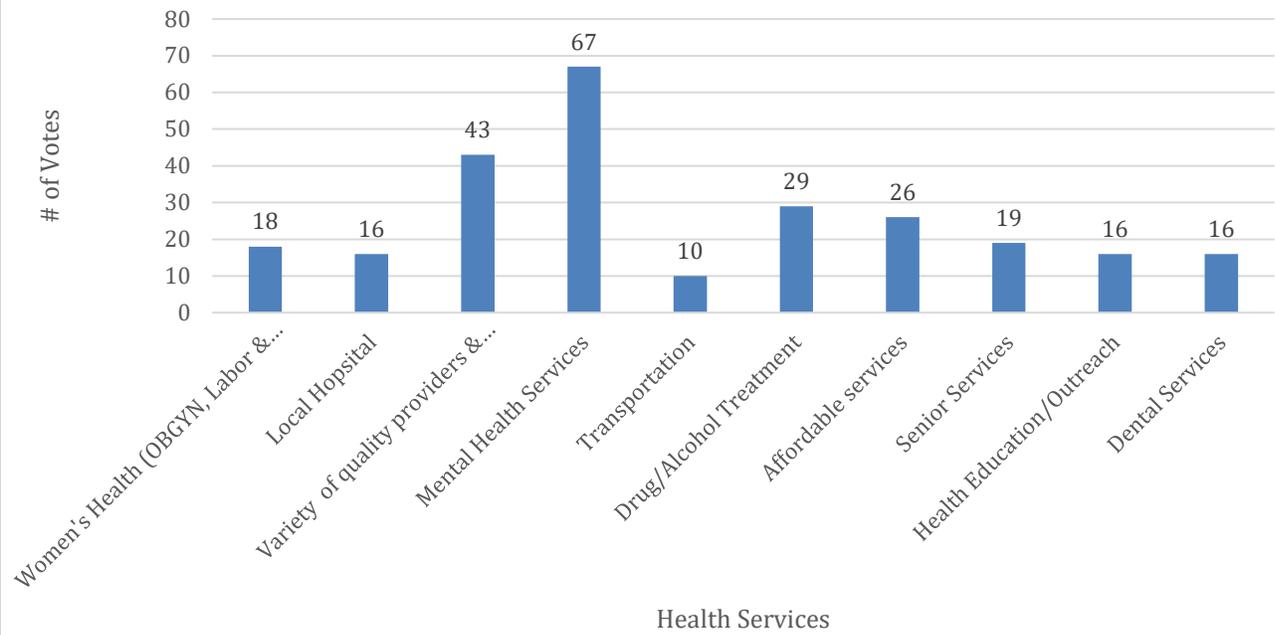


Top 10 Community/health Issues Affecting Quality of Life in Caldwell County

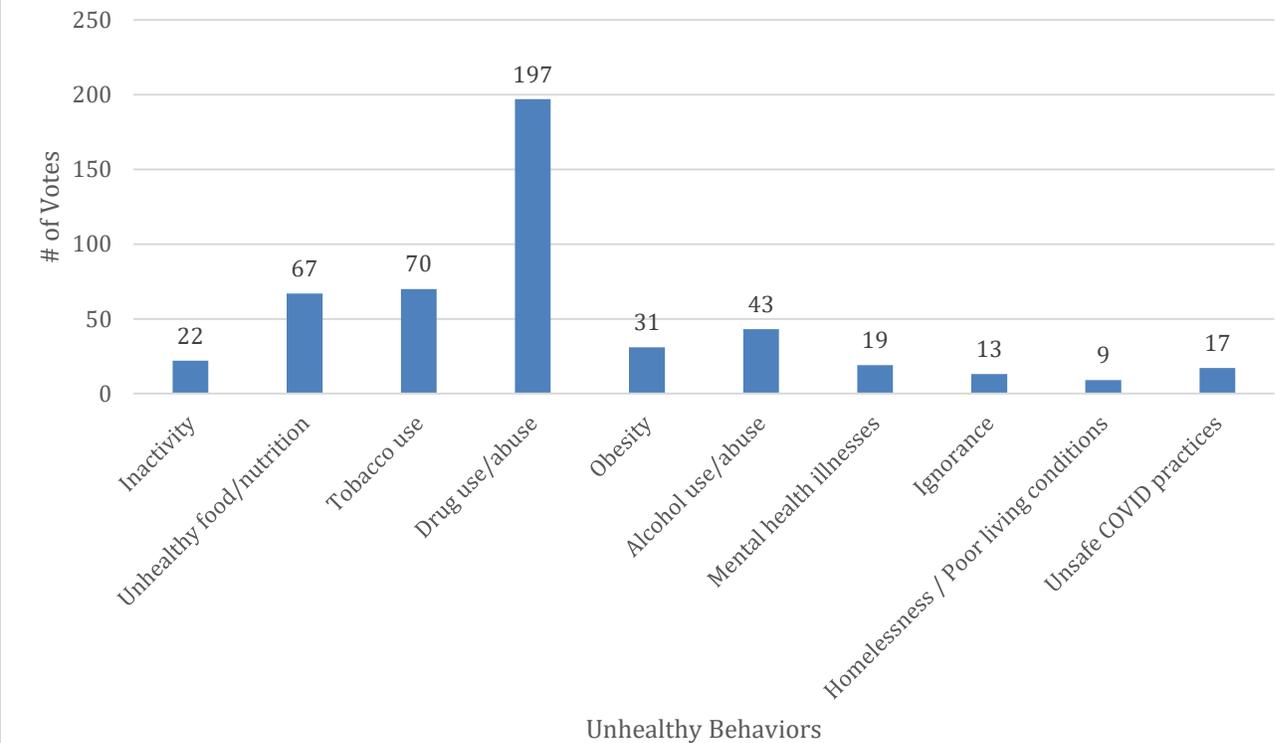


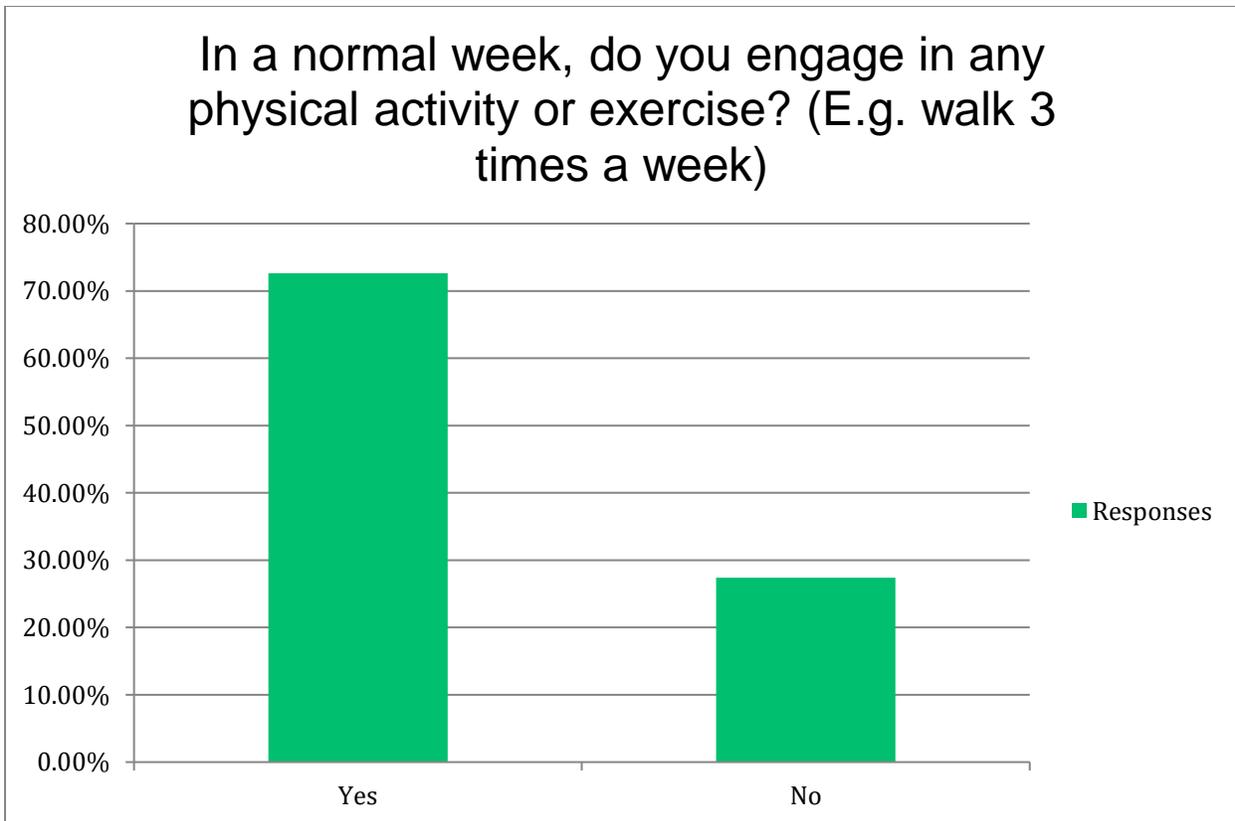
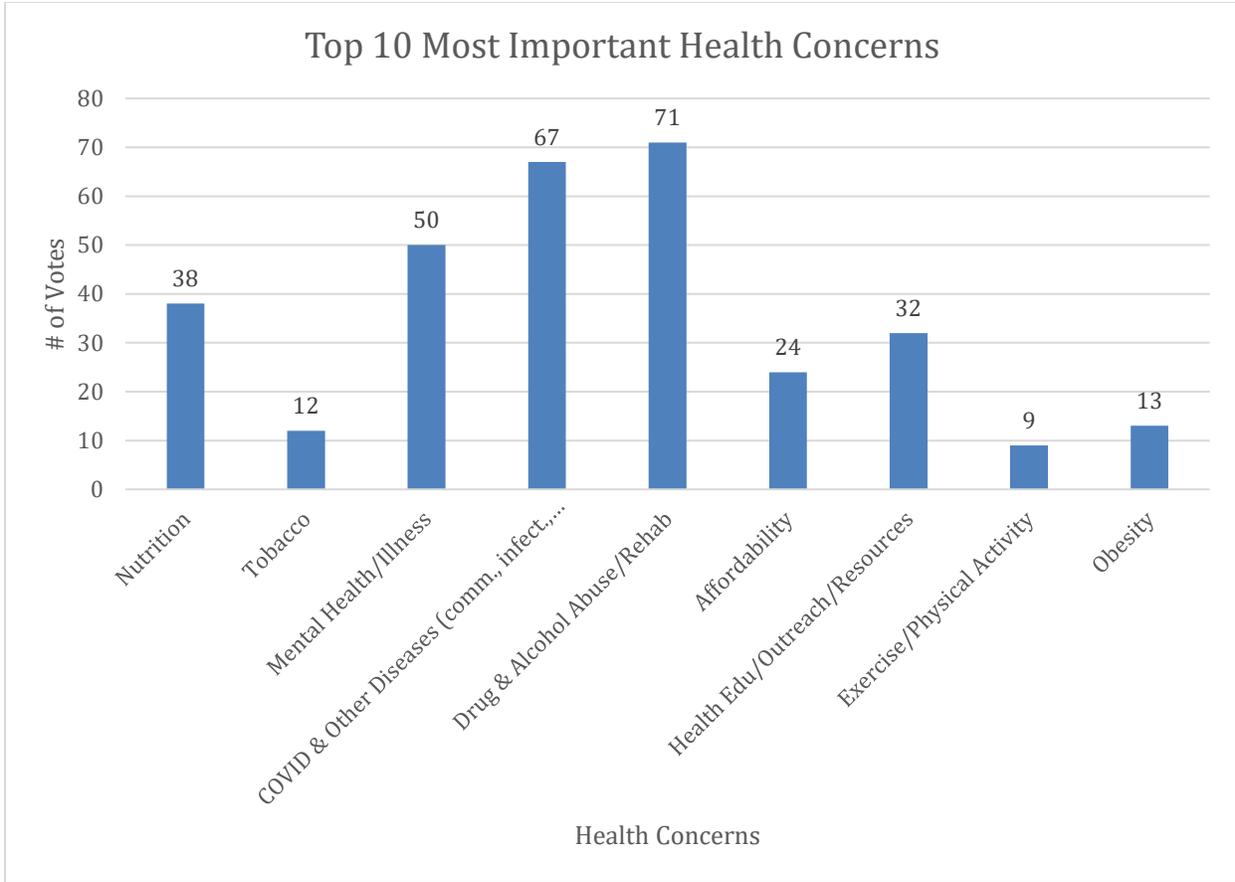


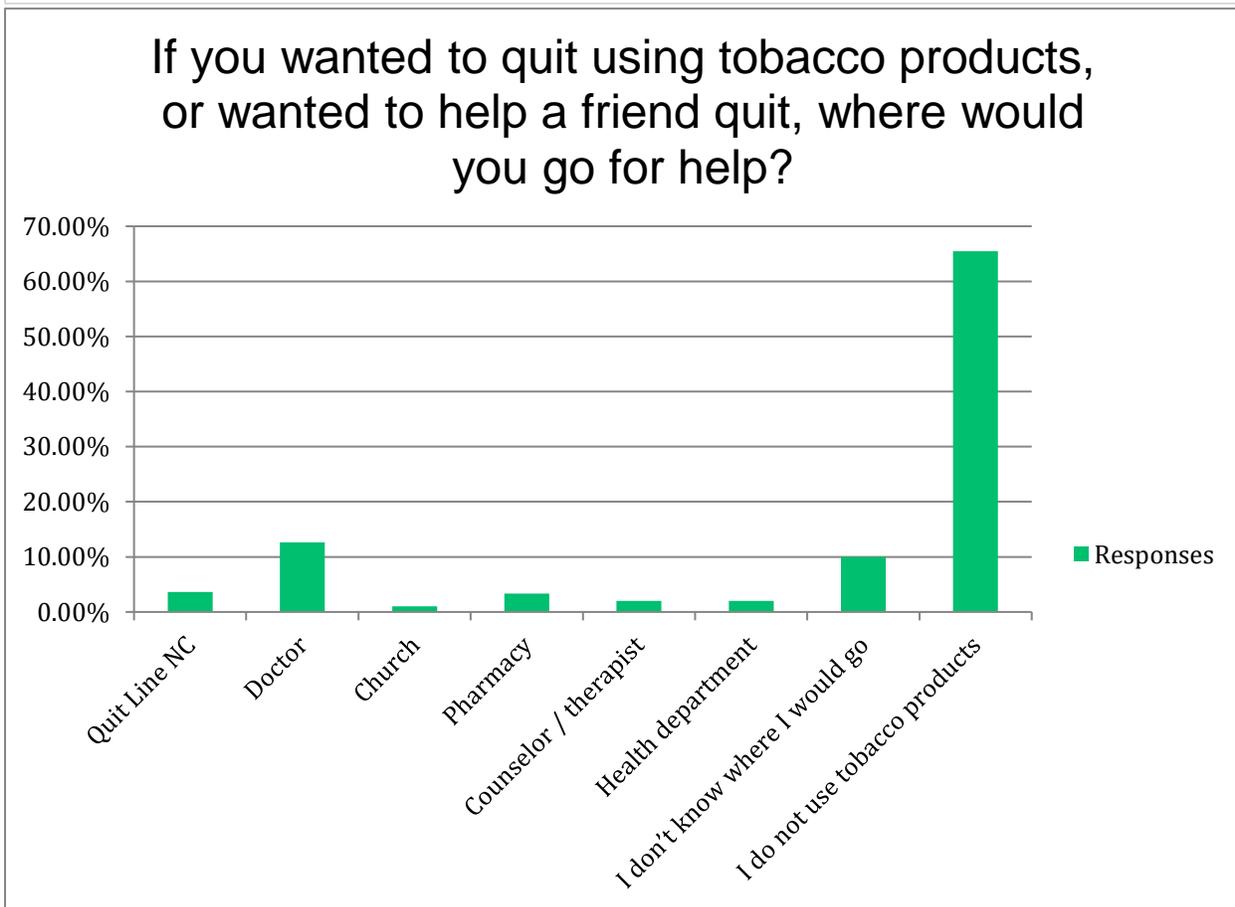
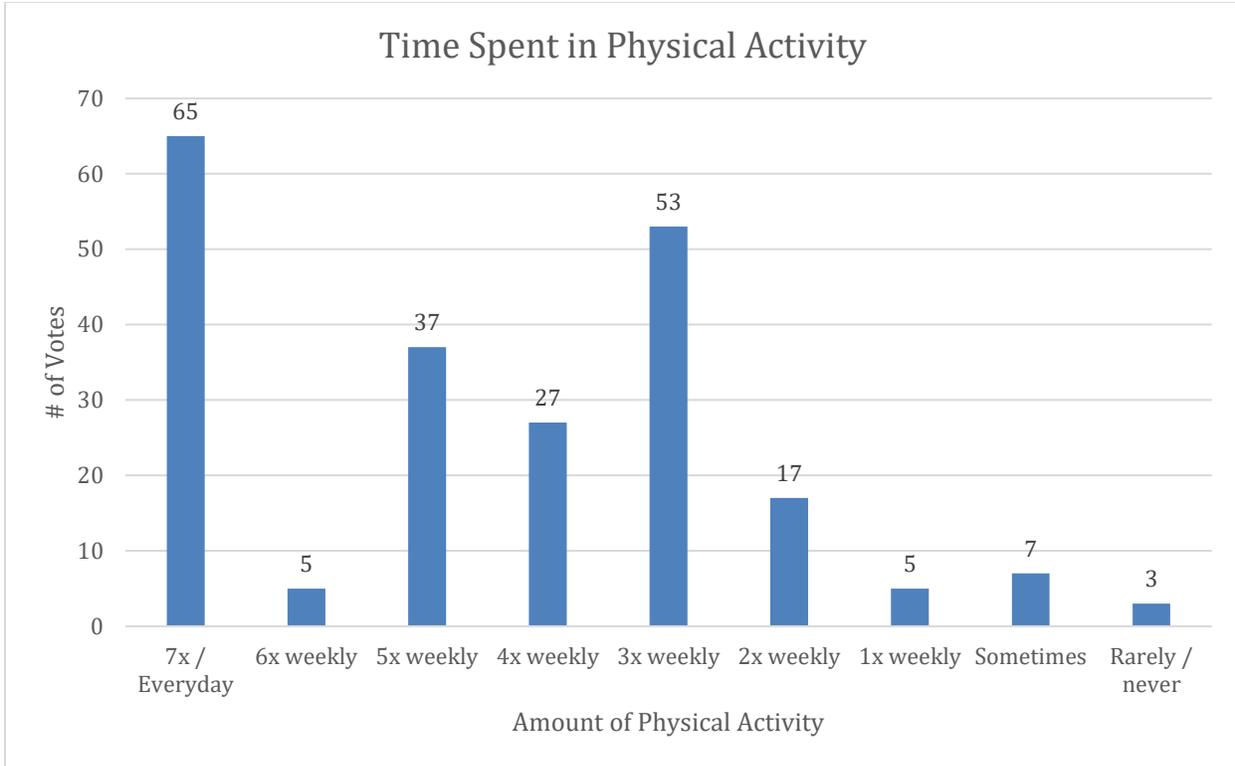
Top 10 Health Services Needing Improvement in Caldwell County

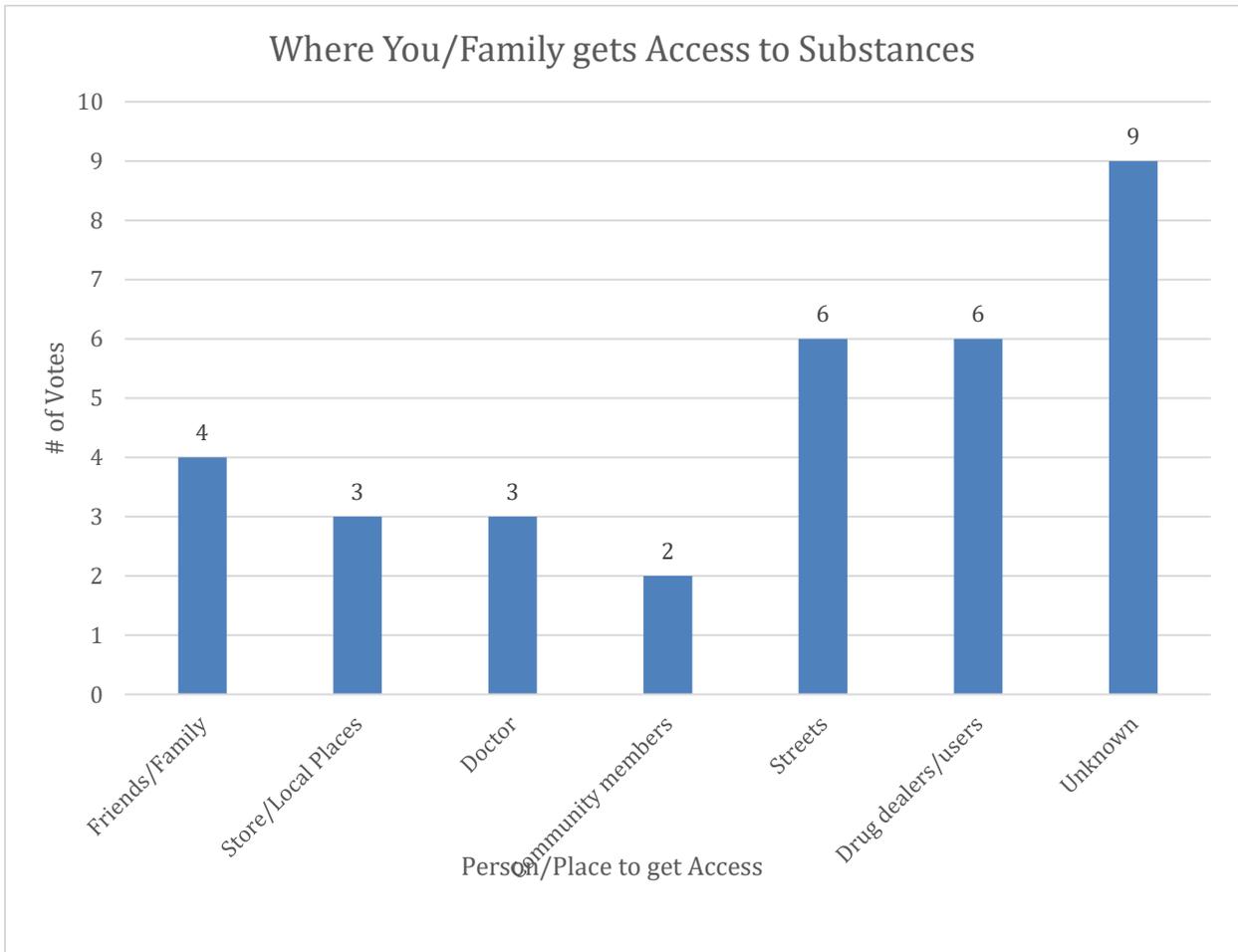
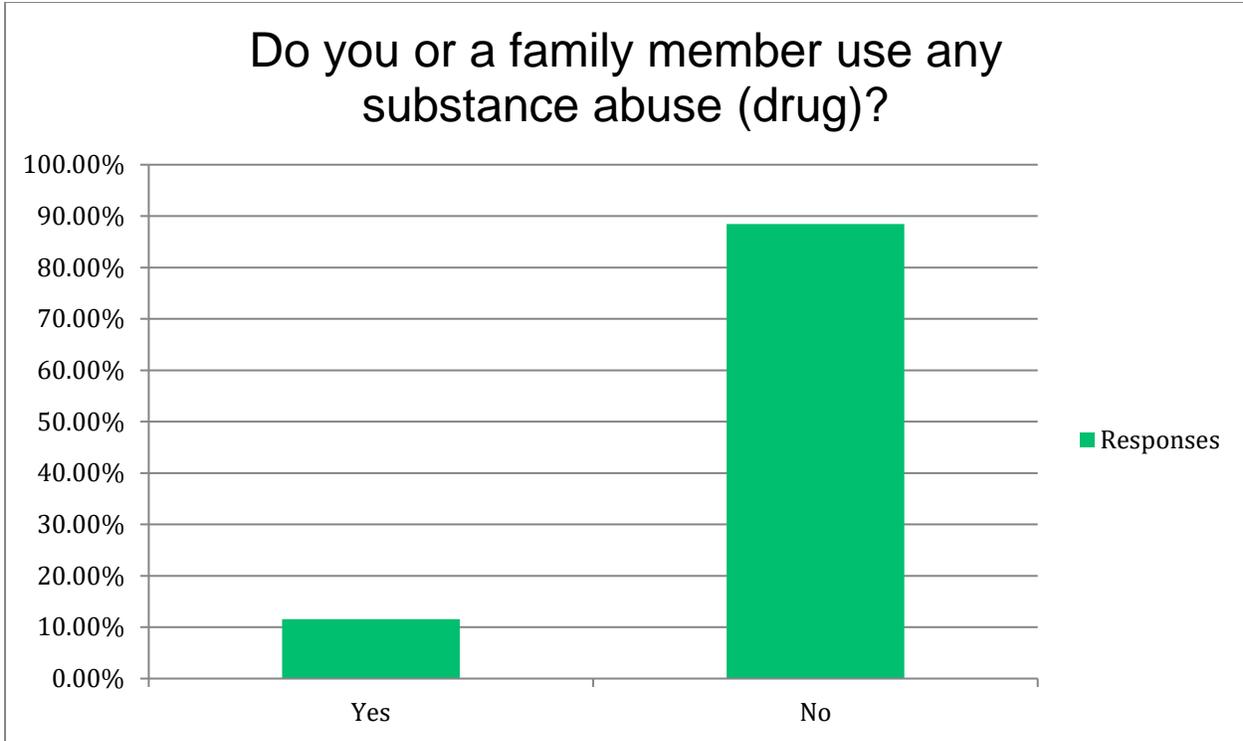


Top 10 Most Common Unhealthy Behaviors

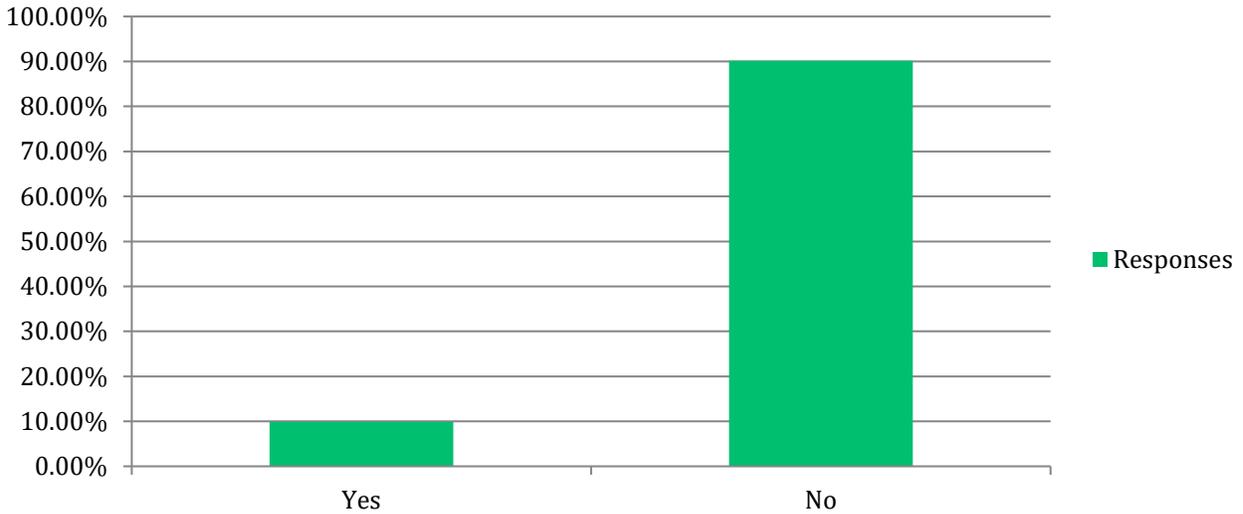




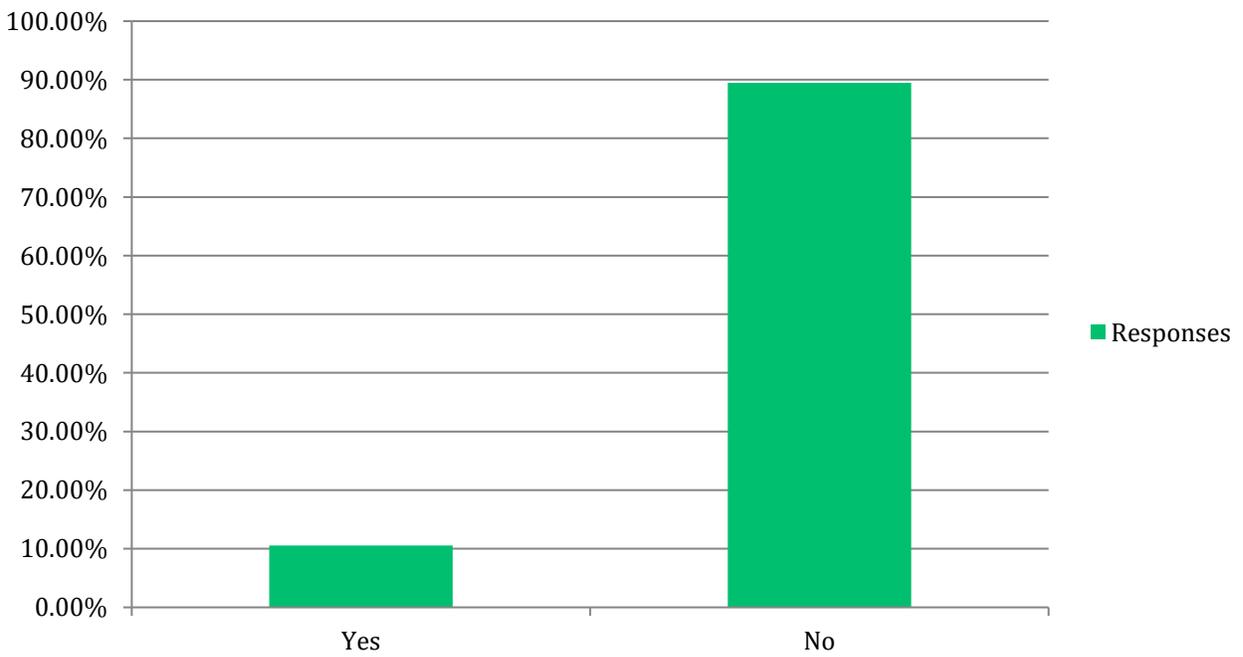


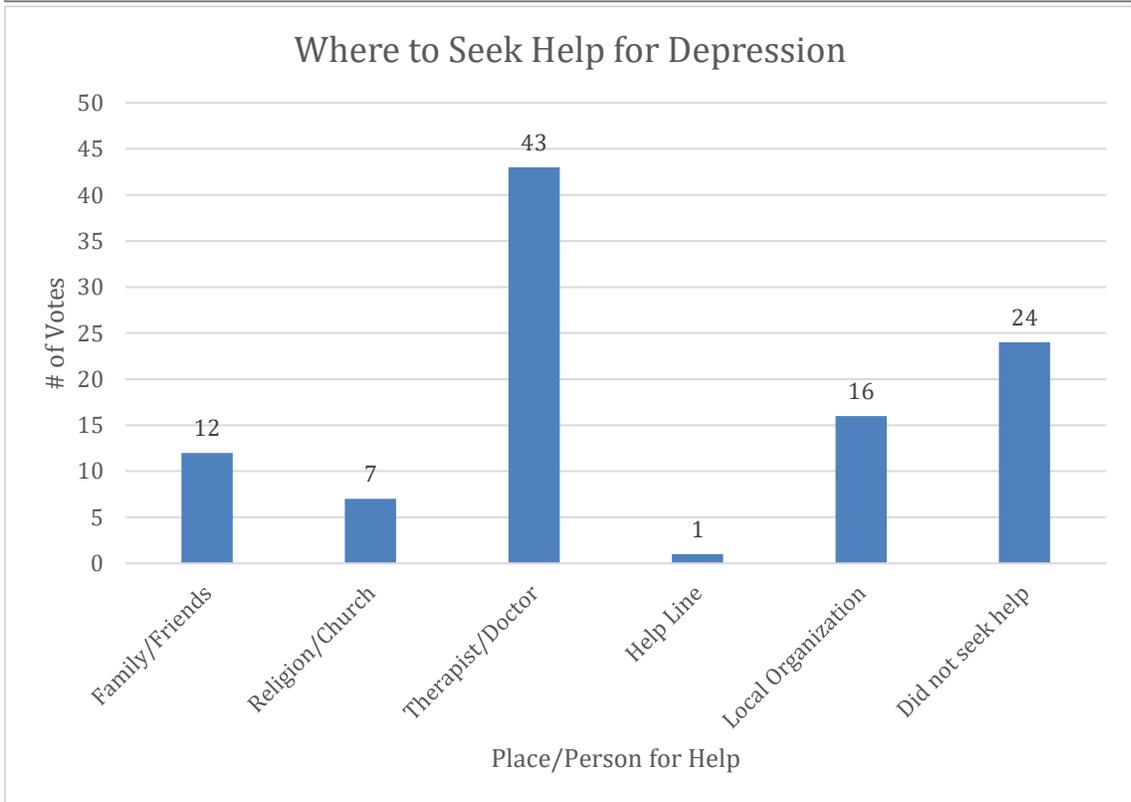
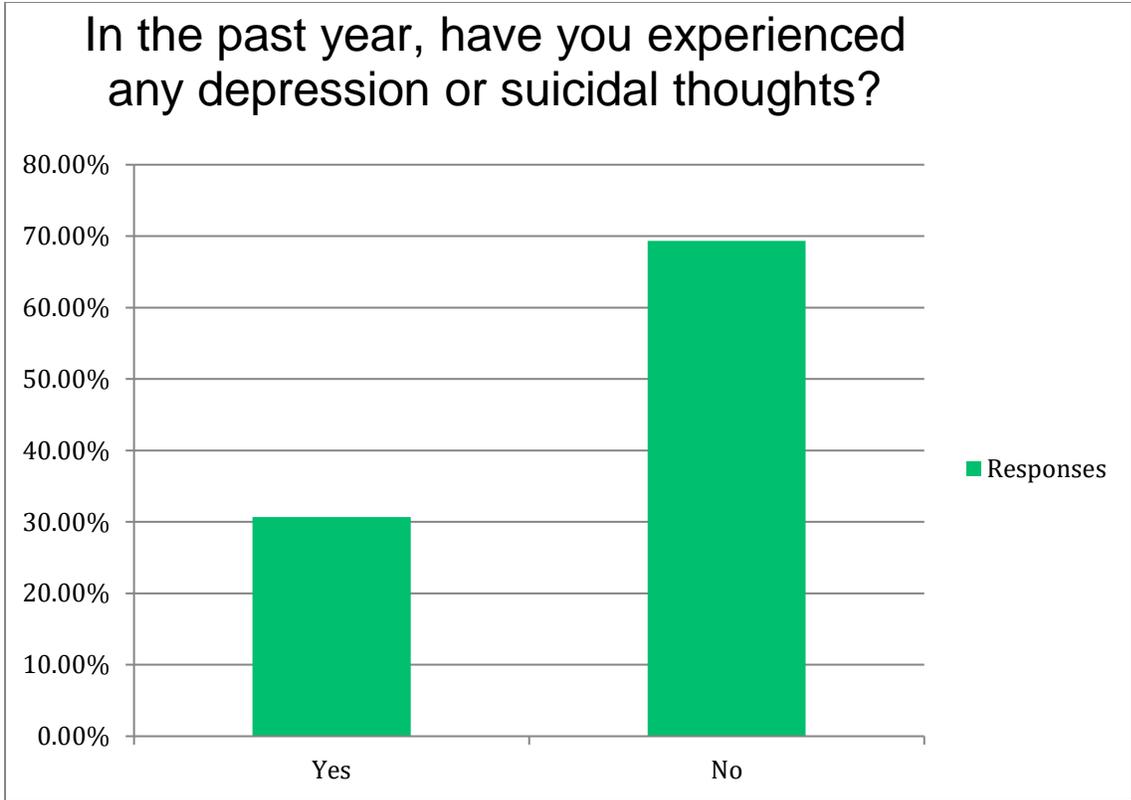


In the past year, have you taken any medications that were not prescribed to you? (I.e. antibiotic, opioid, amphetamine, dietary supplement)



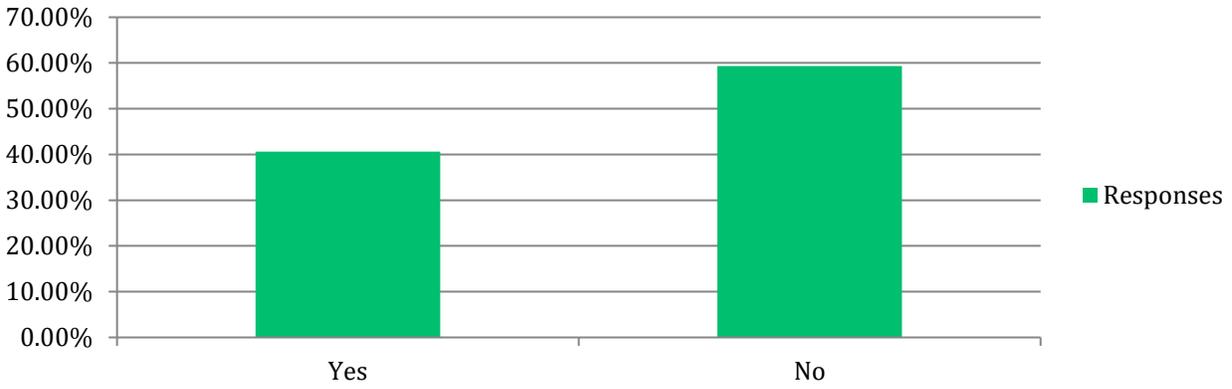
In the past year, were you prescribed a medication that you did not take as prescribed?



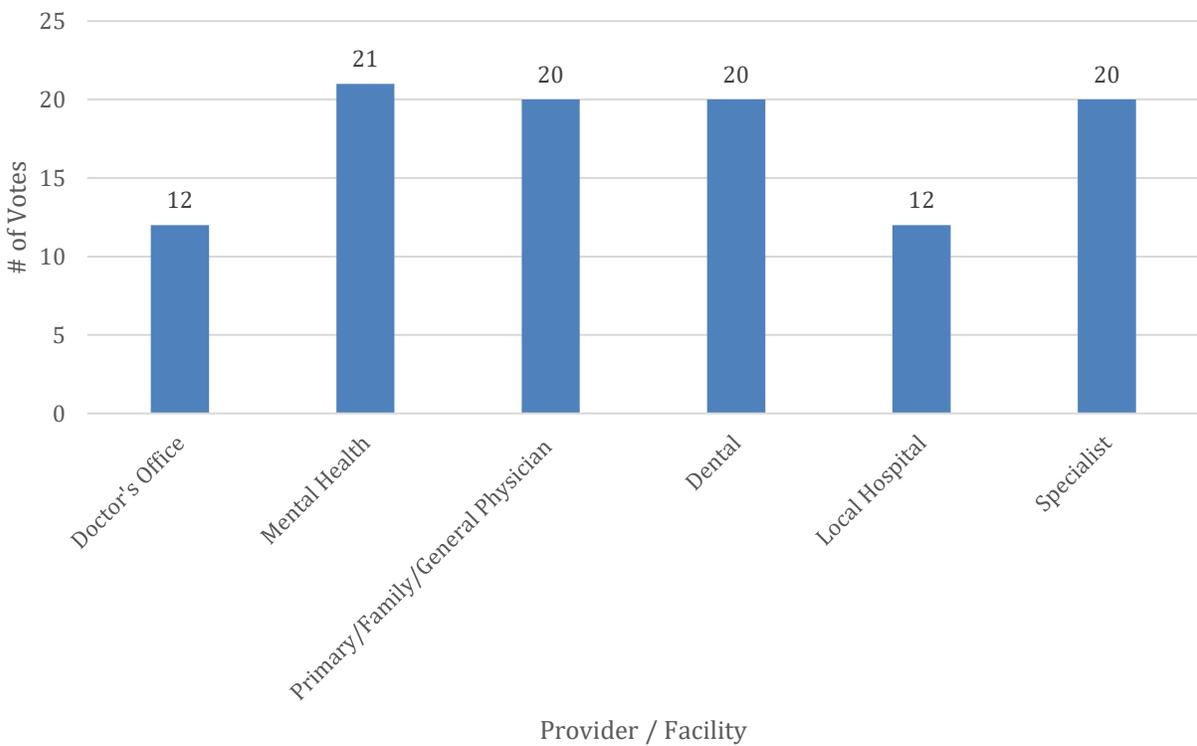


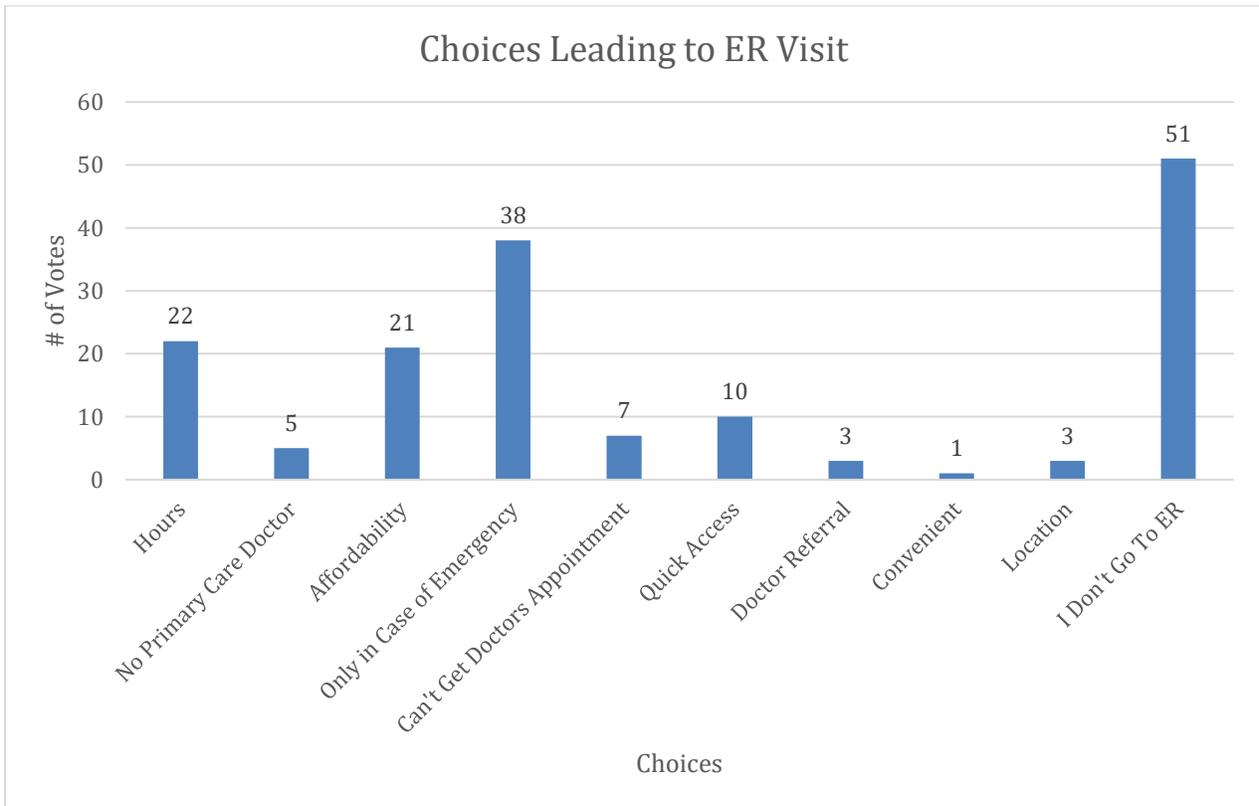
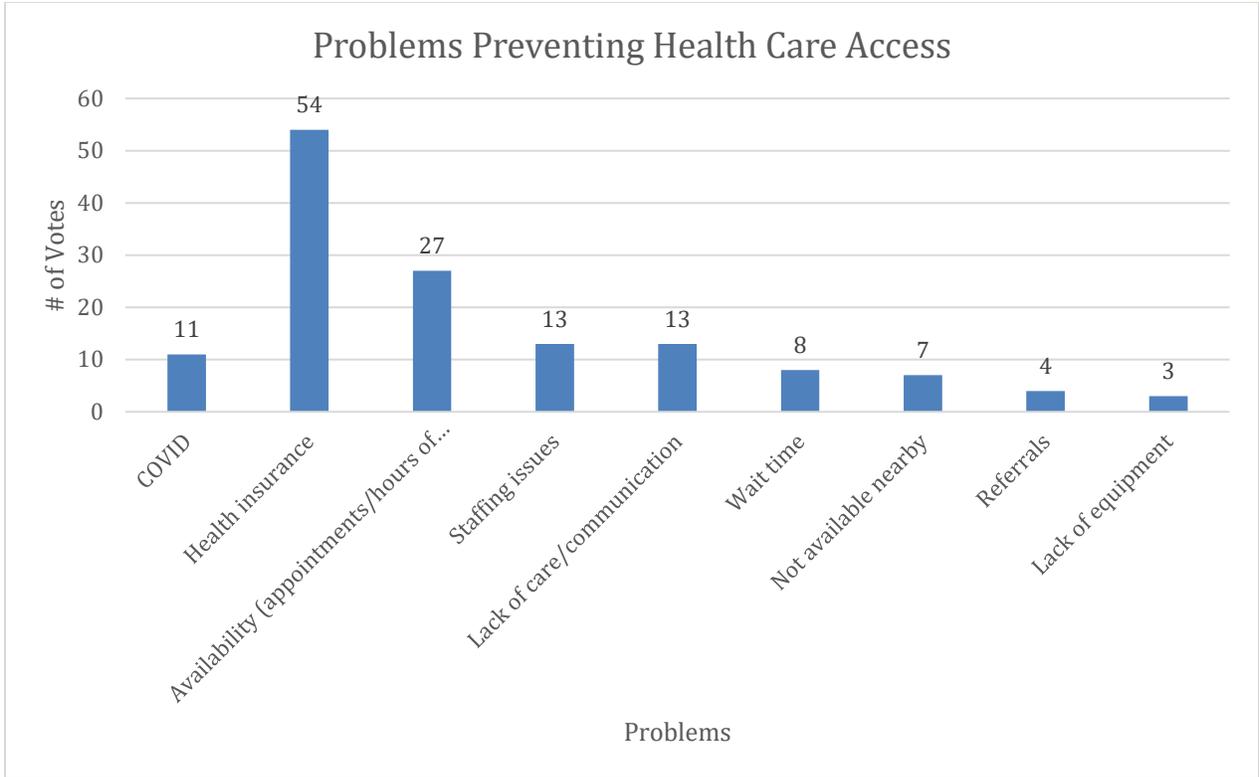


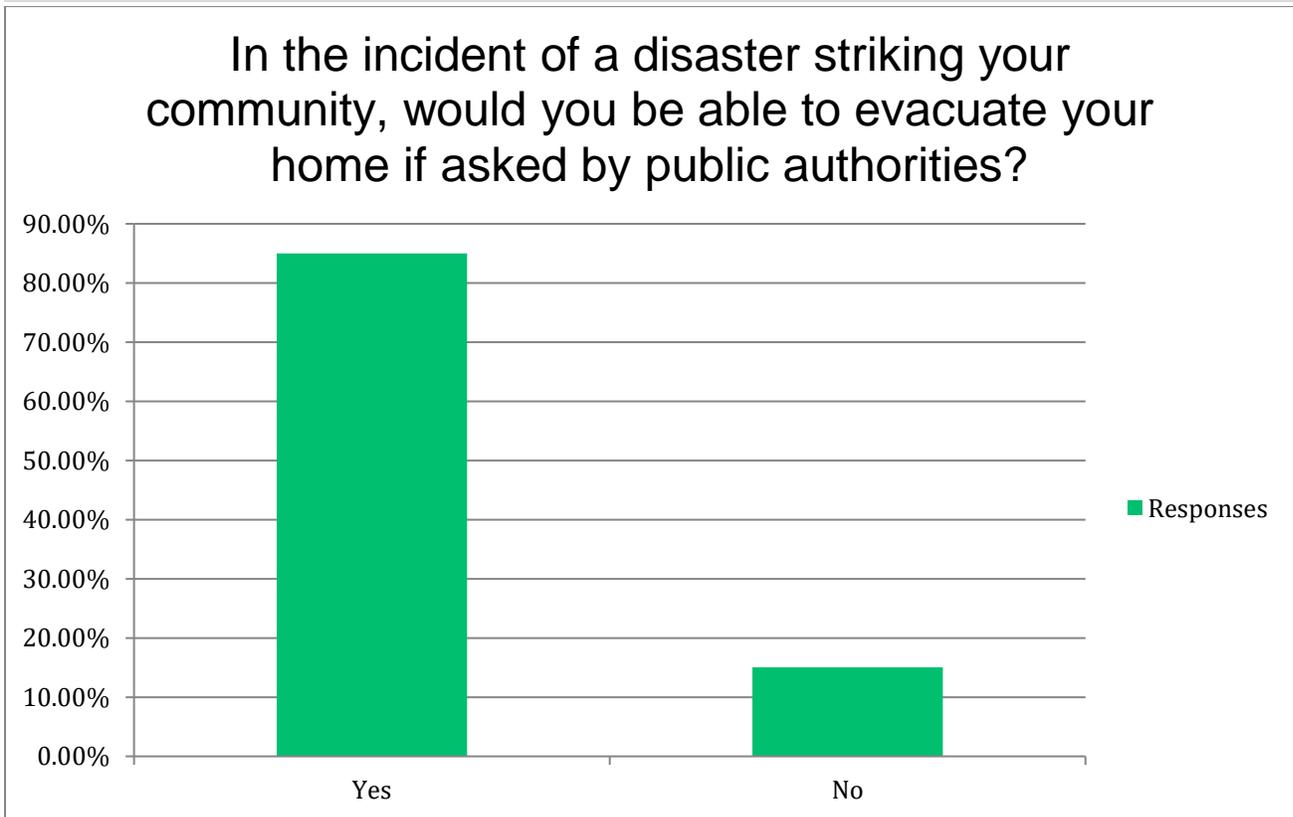
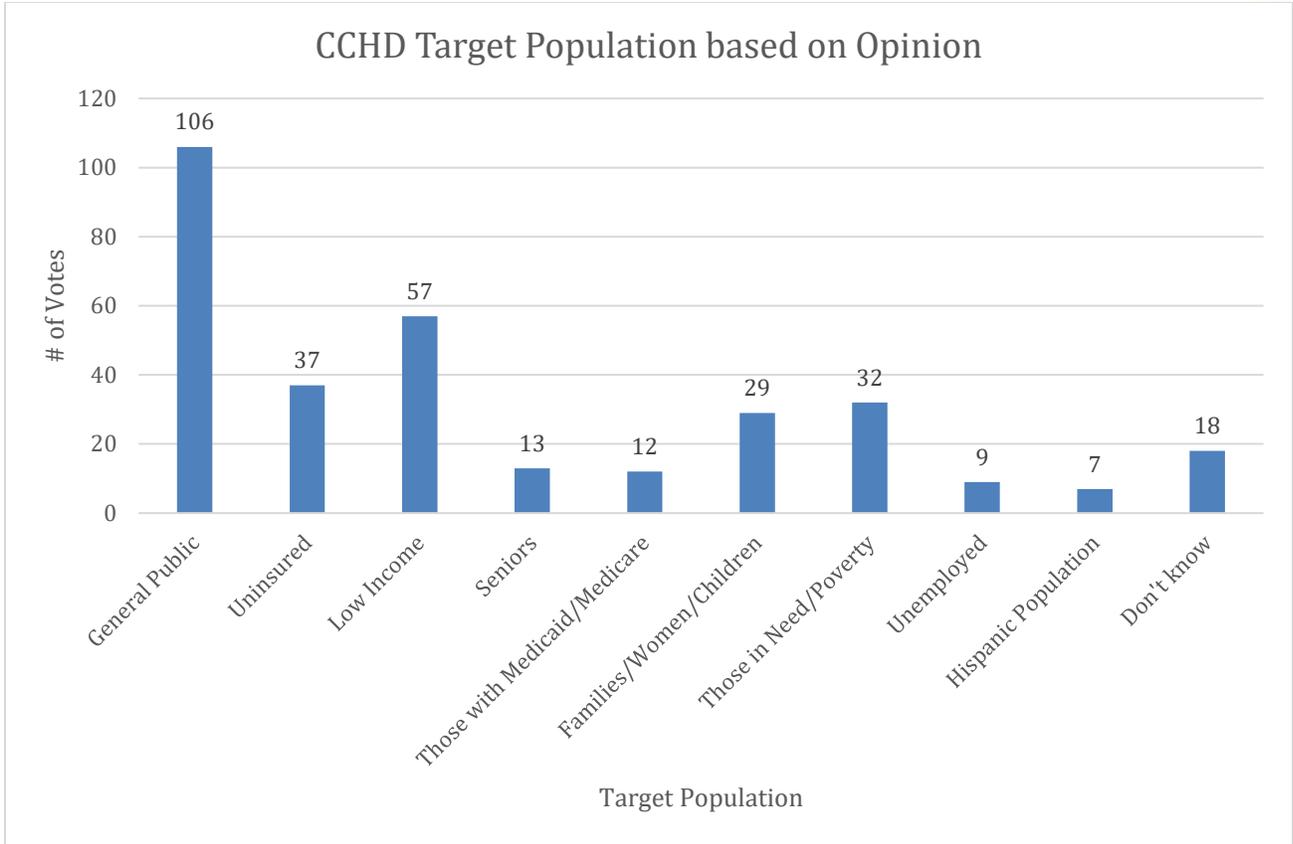
In the past 12 months, did you or a family member have a problem getting necessary health care from any type of health care provider (medical doctor/physician or nurse practitioner), mental health specialist (psychiatrist, therapist, or counselor) dentist

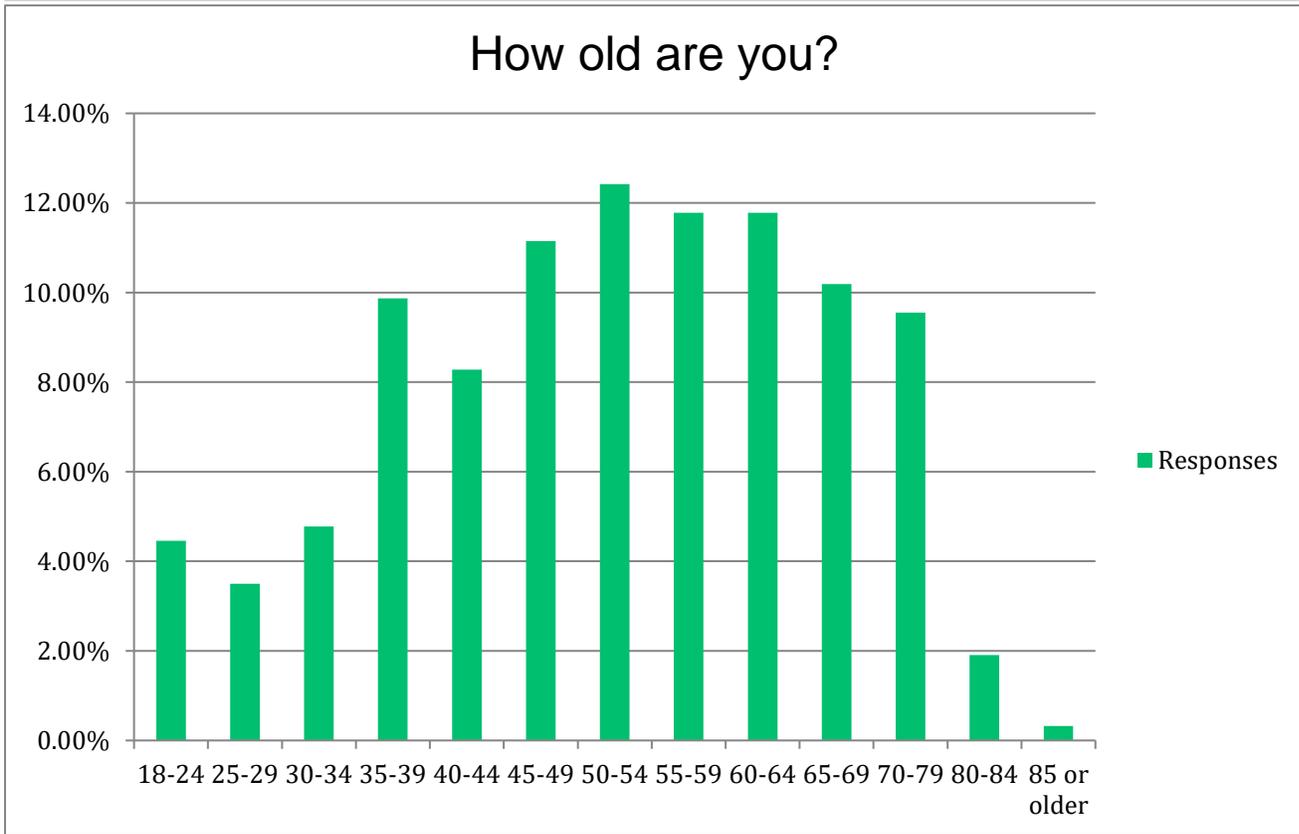
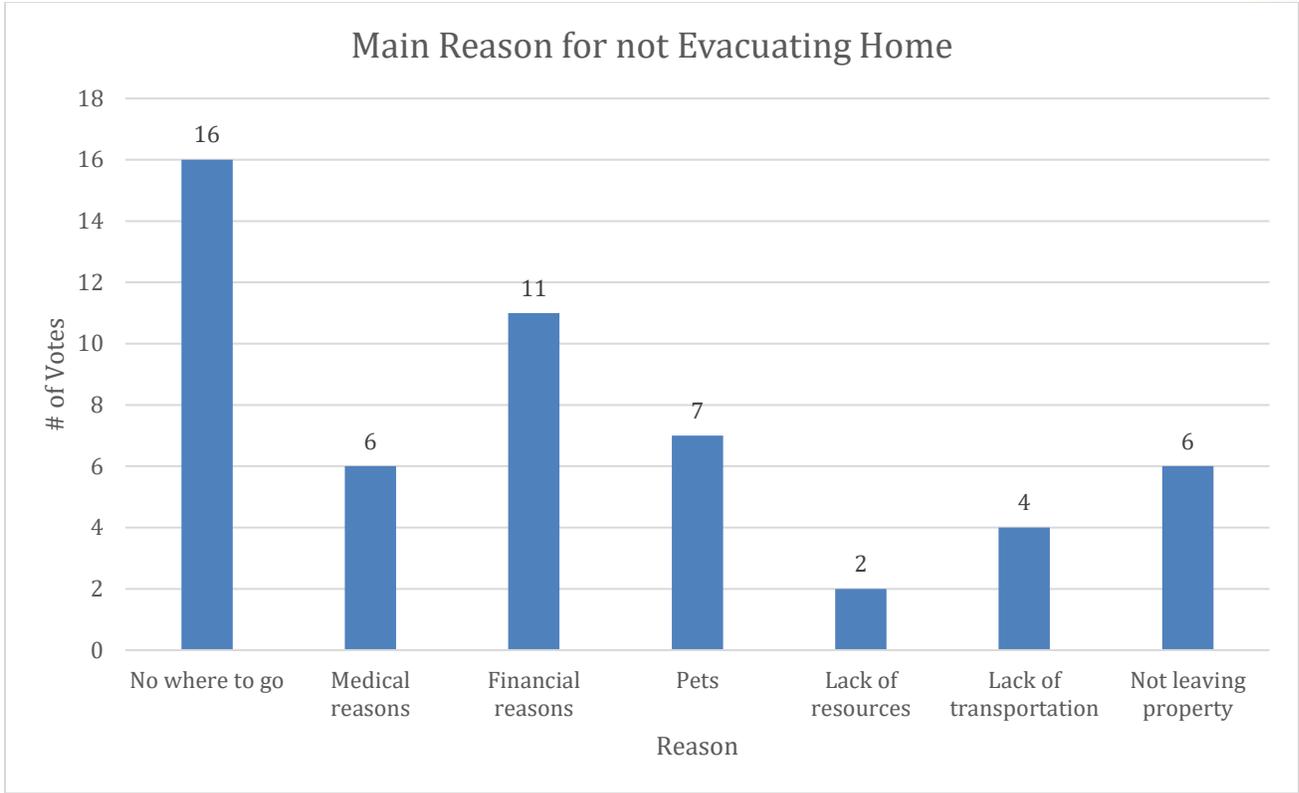


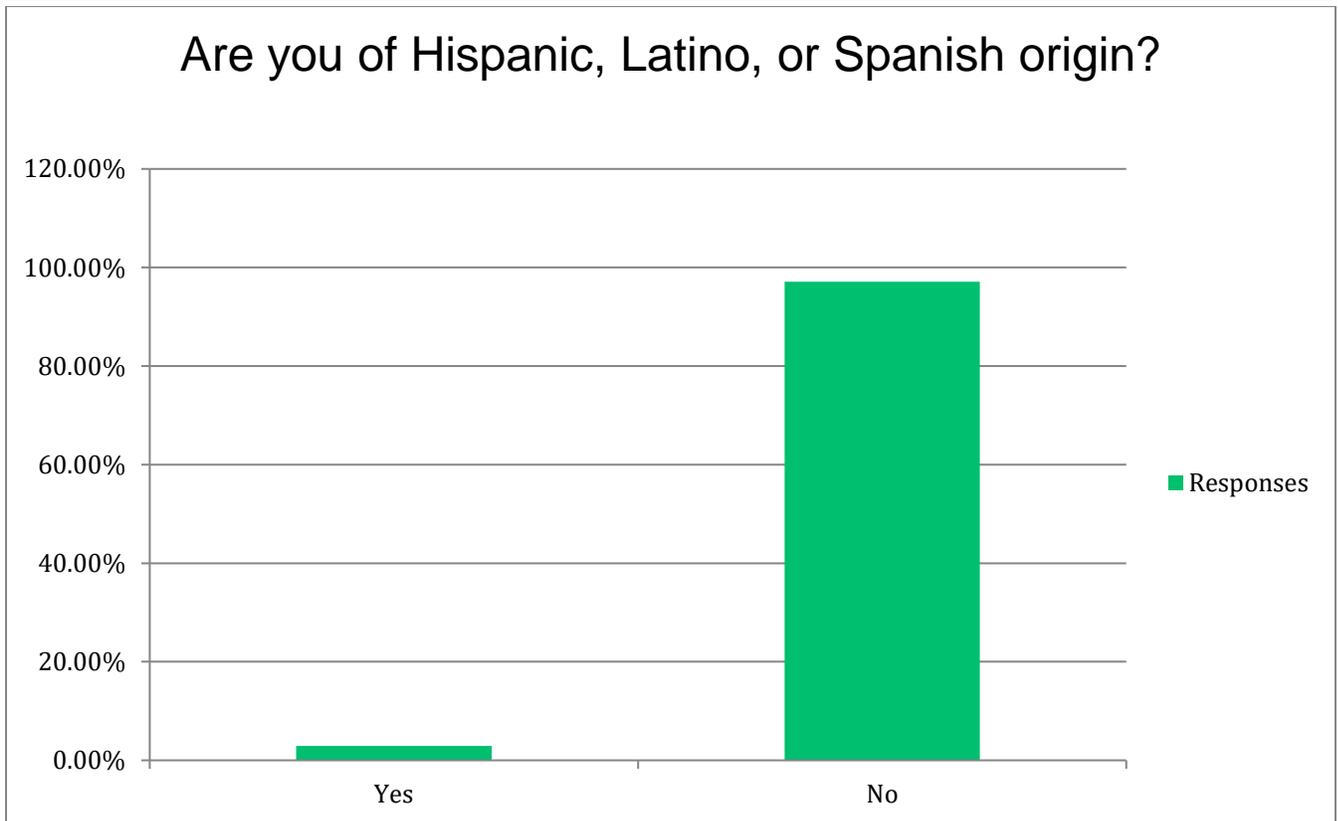
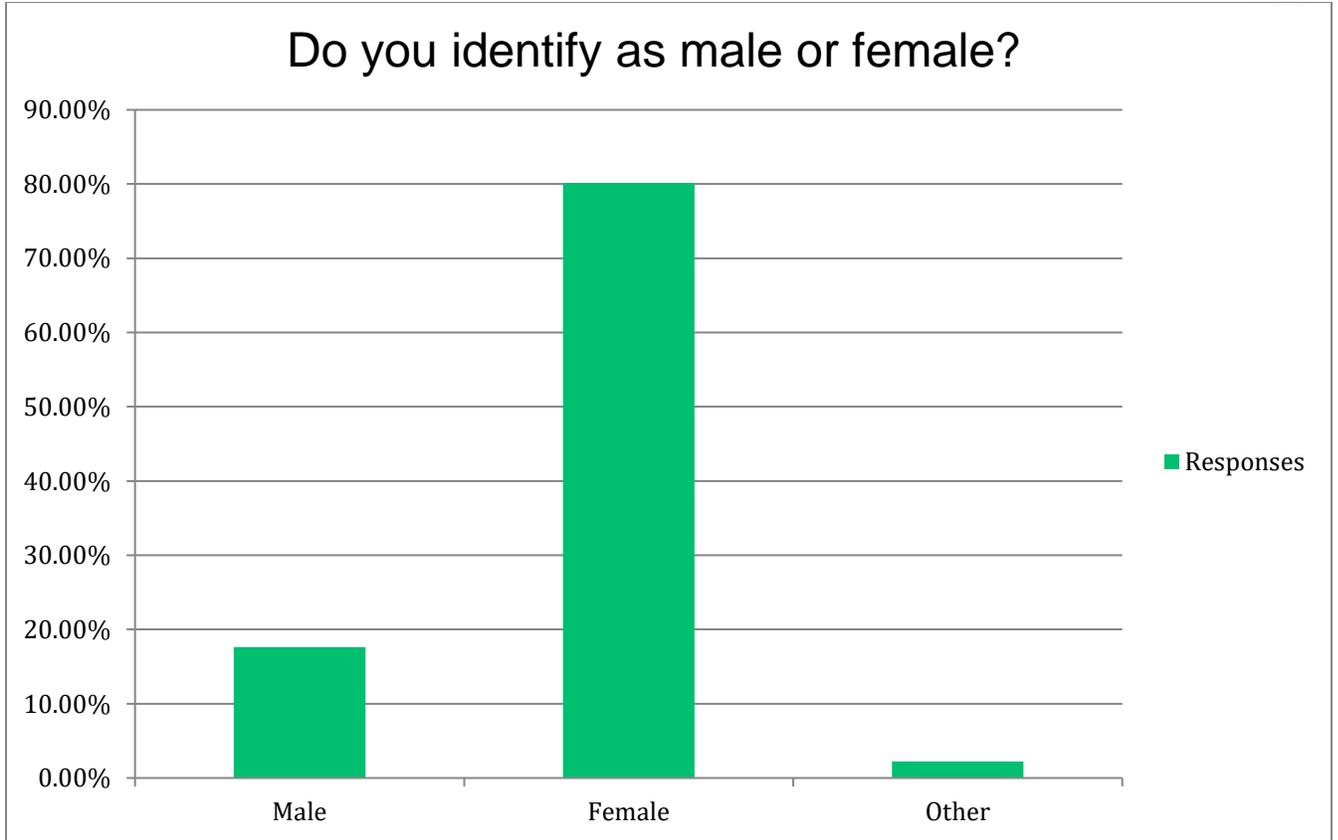
Provider / Facility with Difficult Access to Health Care

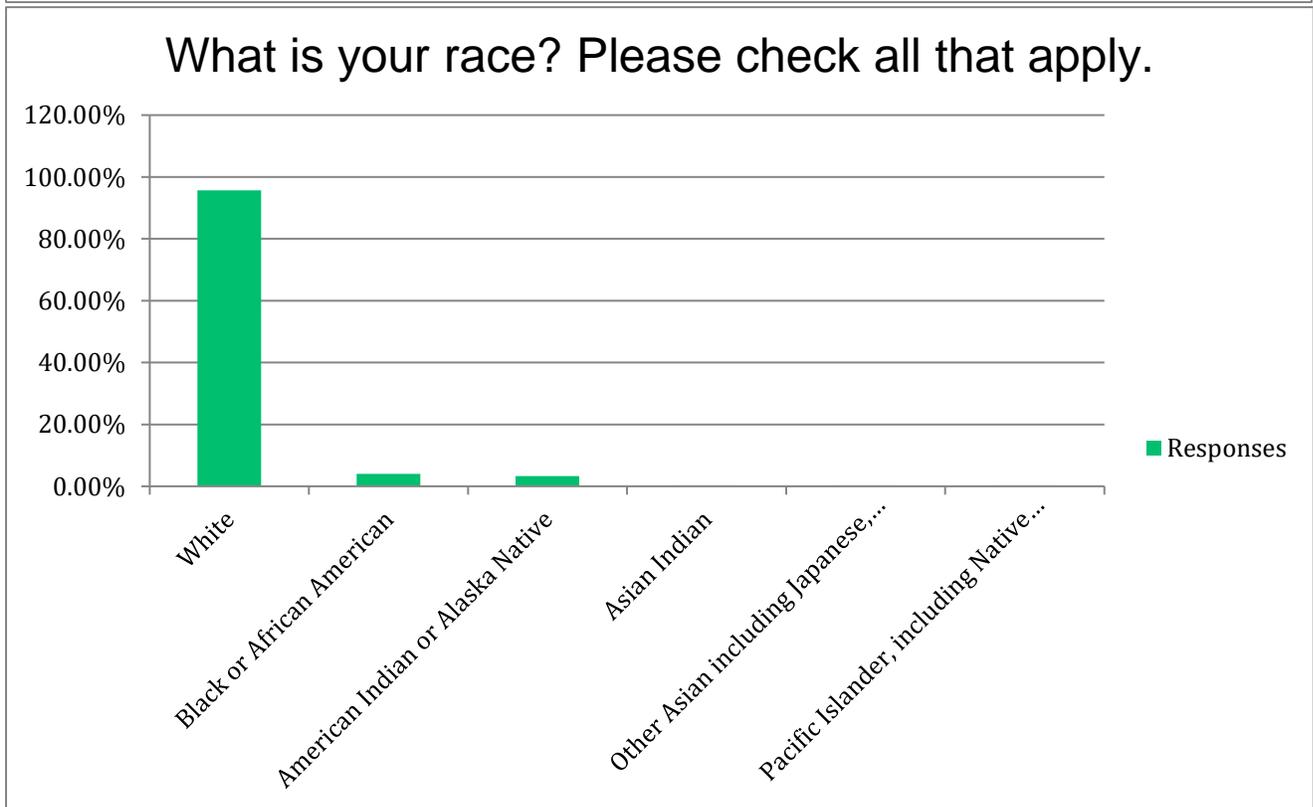
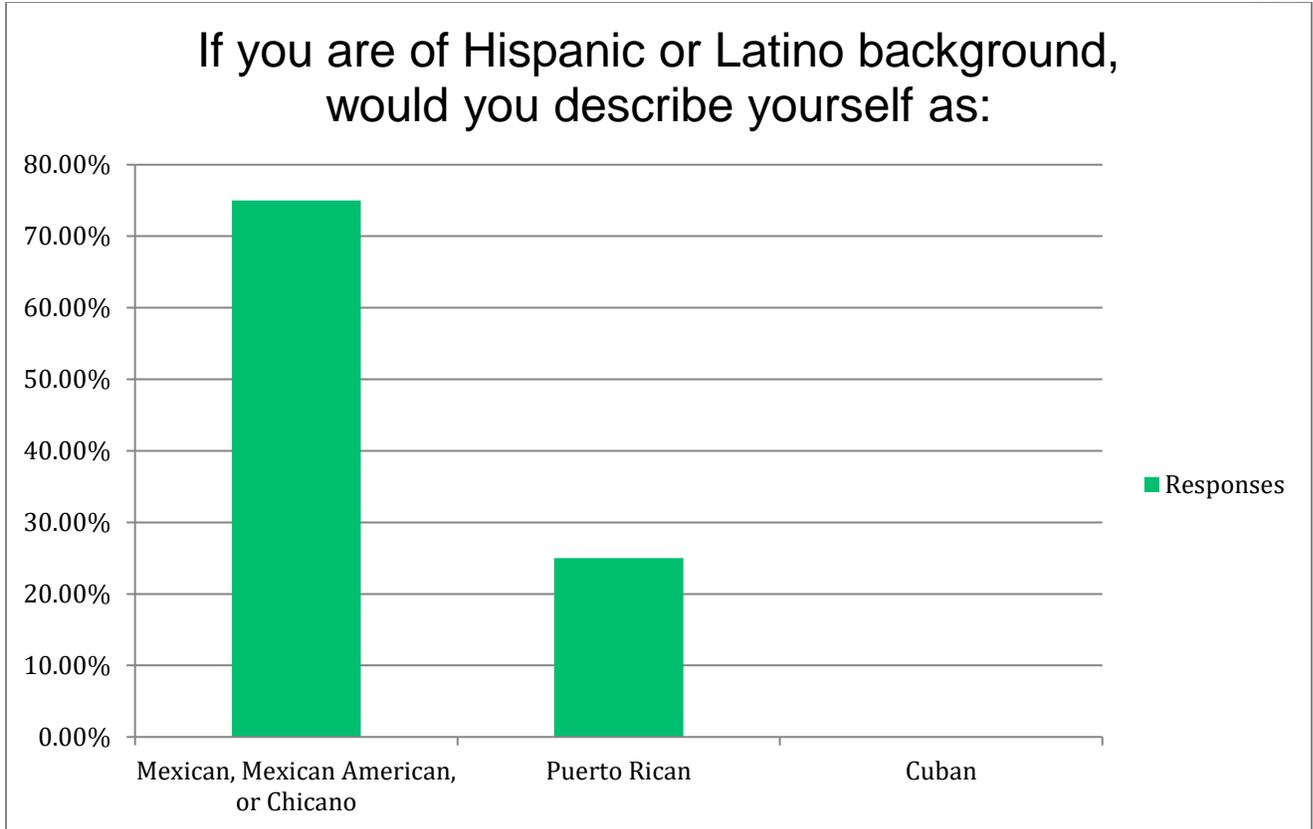


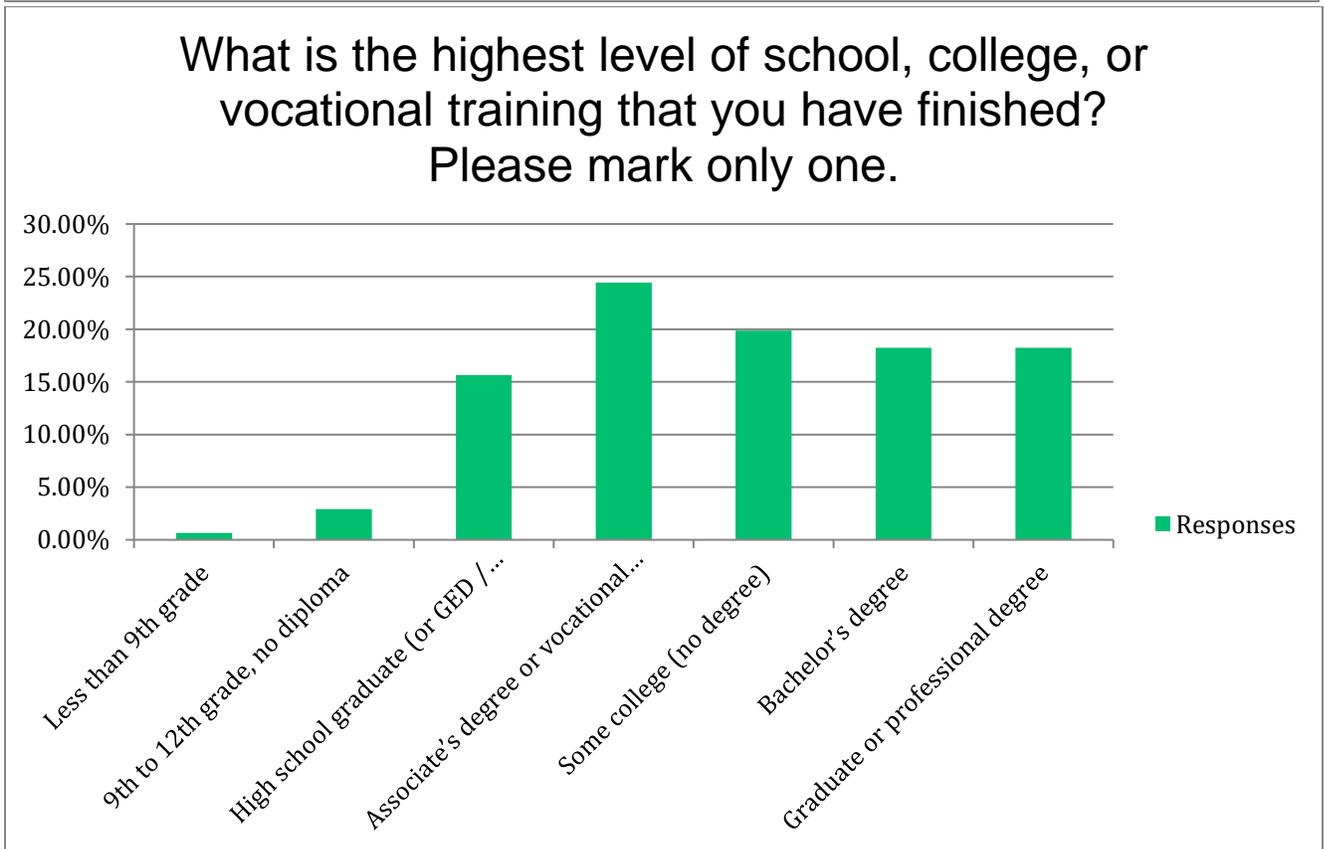
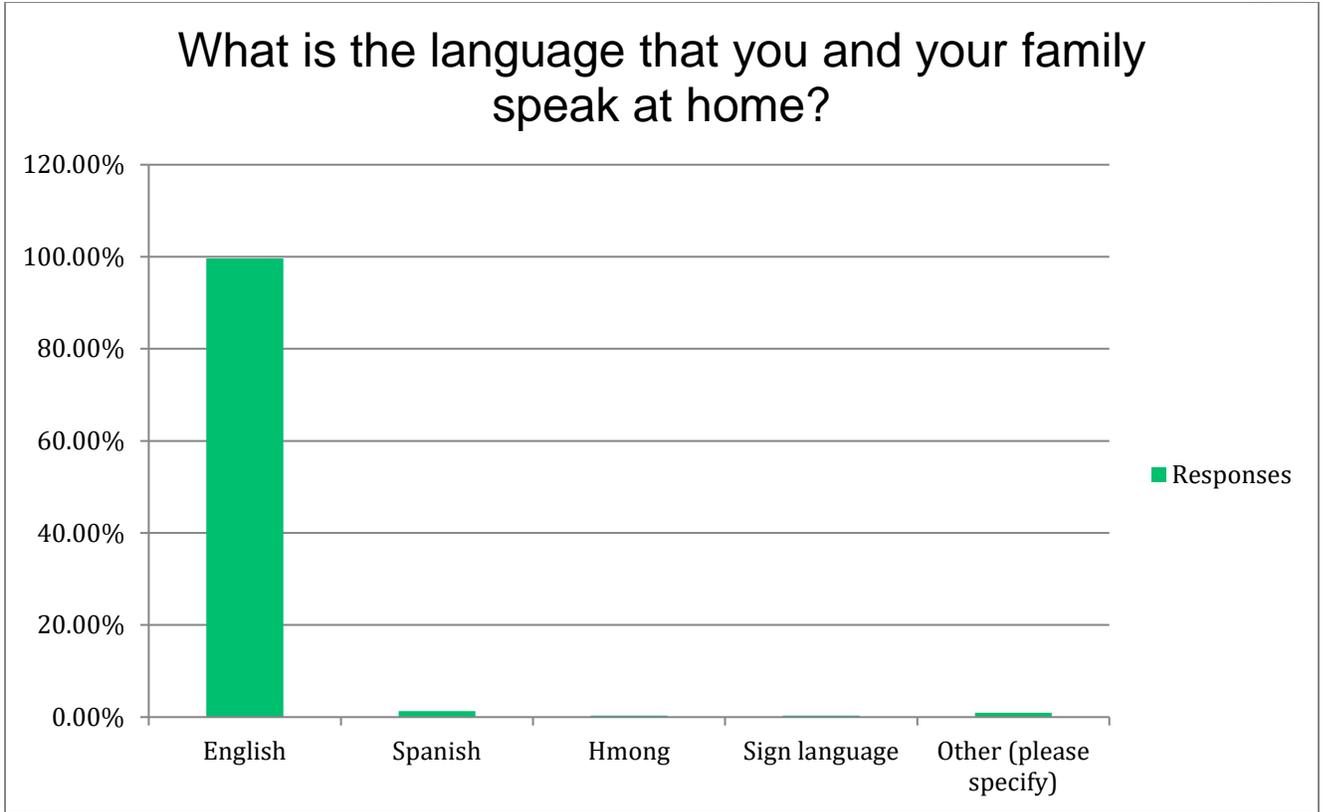




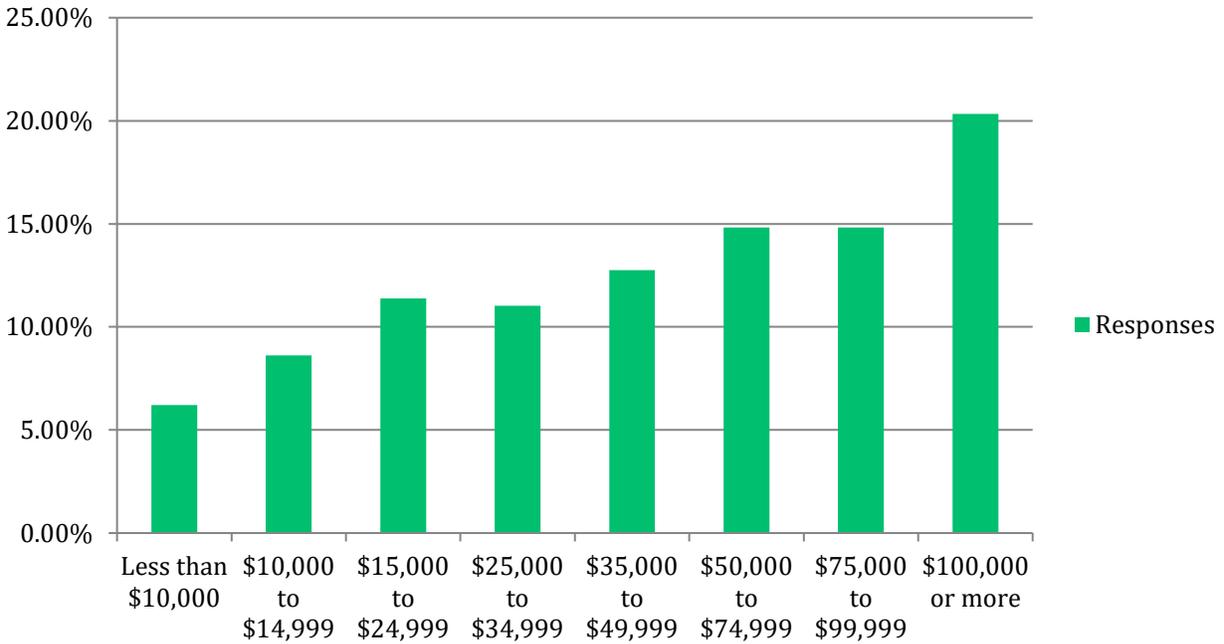




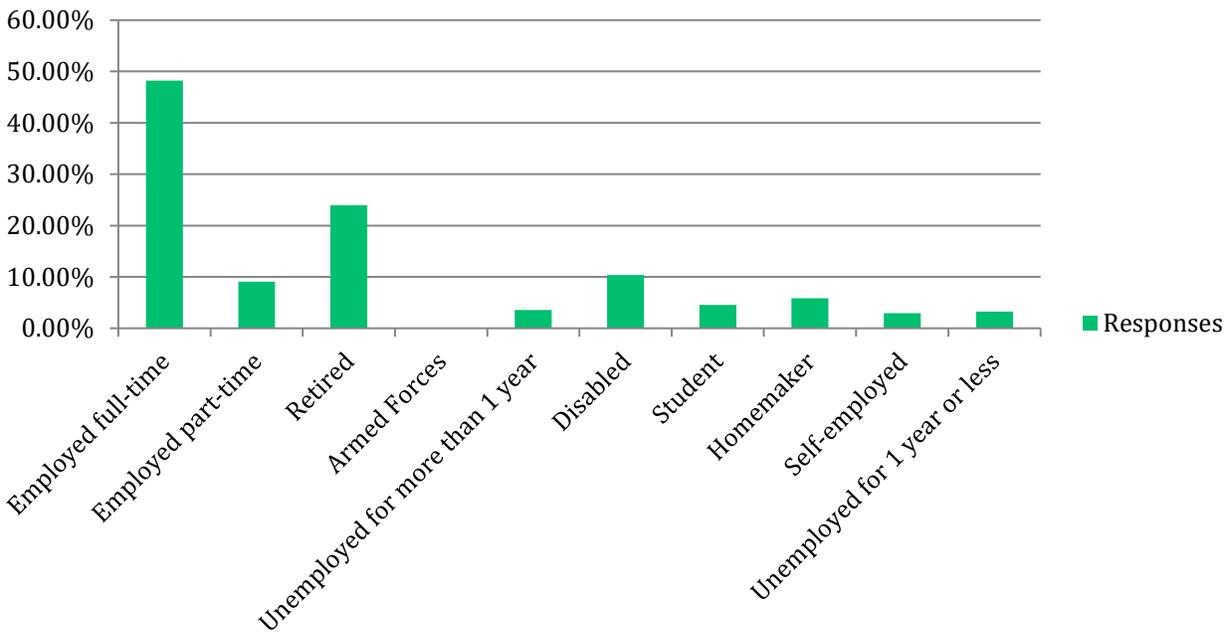


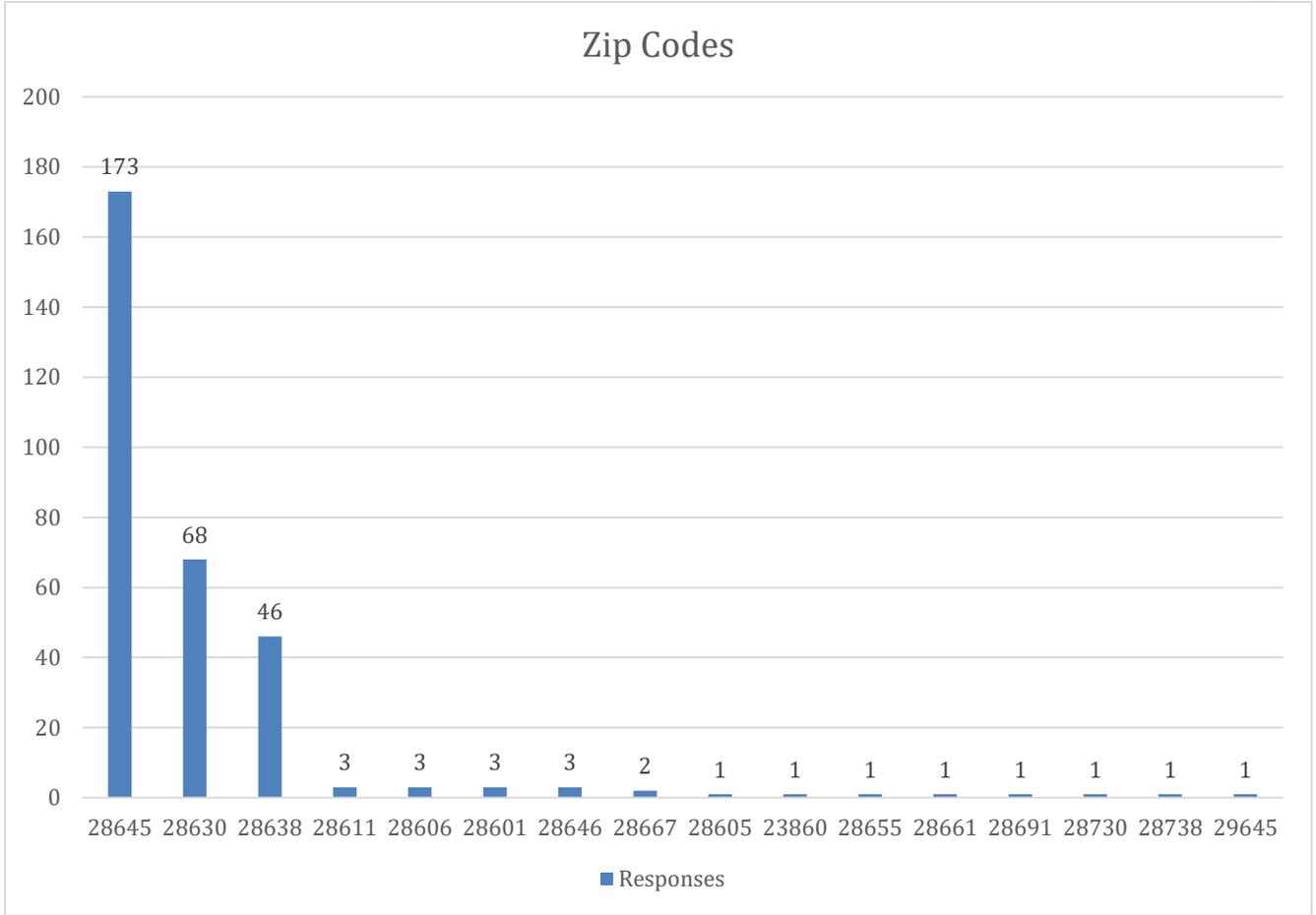


What was your total household income last year, before taxes? Please mark only one.



What is your employment status? Please check all that apply.

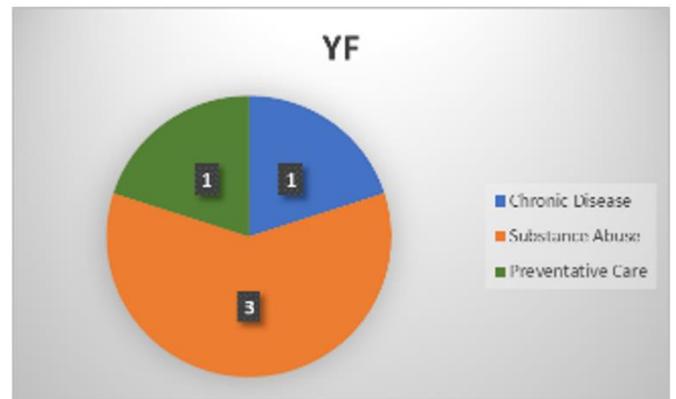
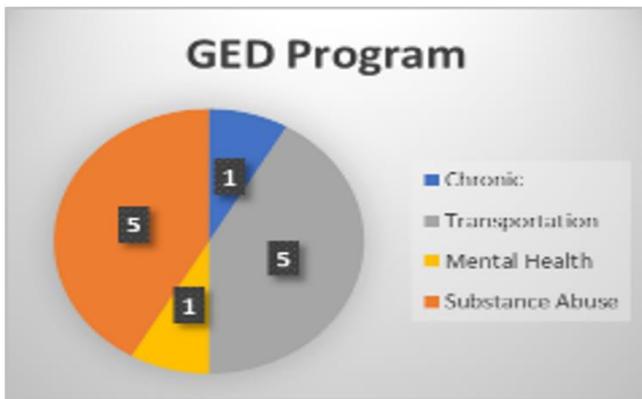
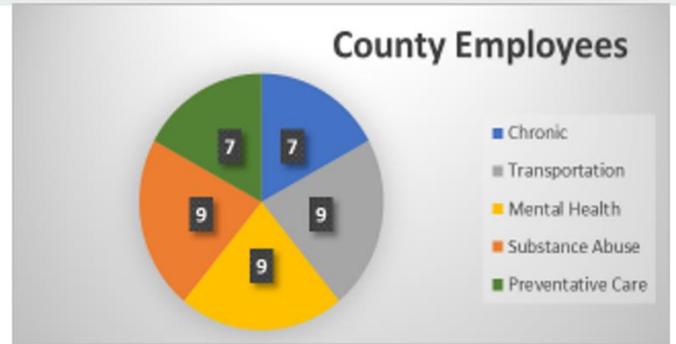




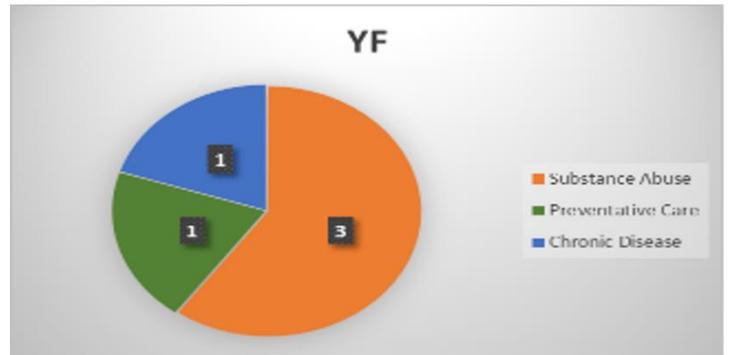
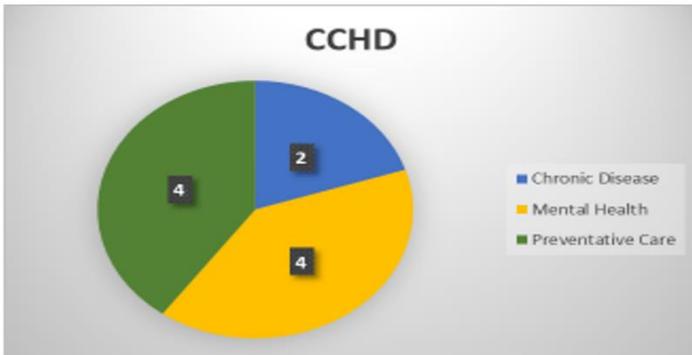
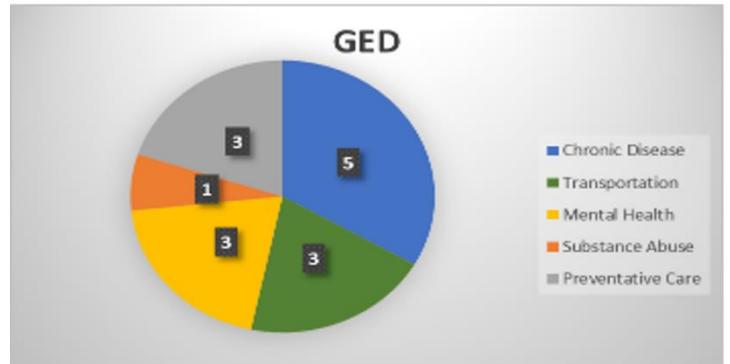
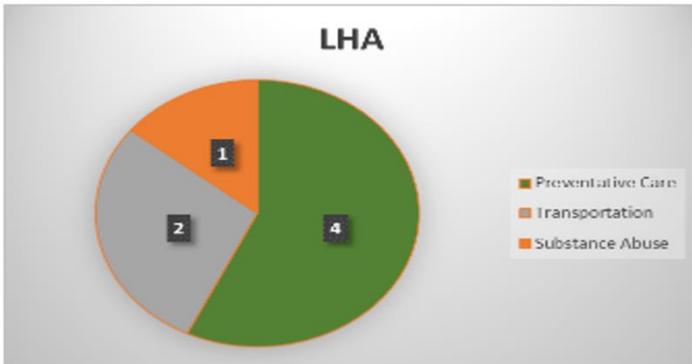
Appendix C: 2022 Caldwell County CHA Focus Group Quantitative Results

CHA Focus Group Questions 2022

- 1. In your opinion, which of the following health topics has the greatest impact on the health of the citizens in Caldwell County?**
 - a. Chronic Diseases**
 - b. Transportation**
 - c. Mental Health**
 - d. Substance Abuse**
 - e. Preventative Care**



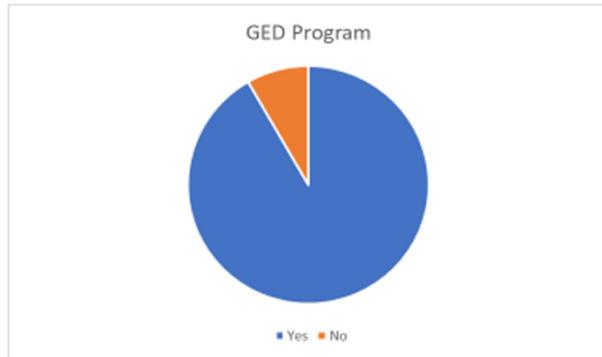
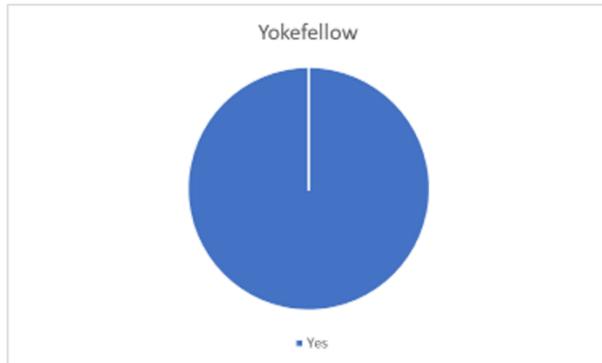
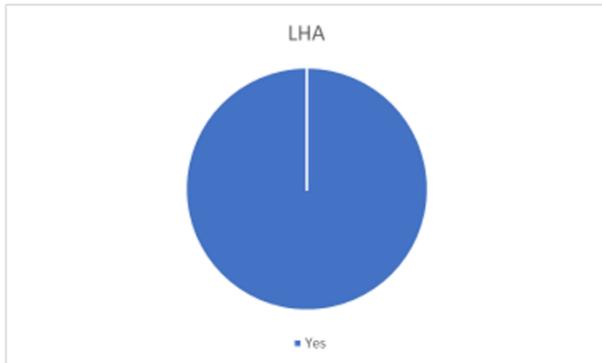
- 2. In your opinion, which of the following health topics impacts your health?**
- a. Chronic Diseases**
 - b. Transportation**
 - c. Mental Health**
 - d. Substance Abuse**
 - e. Preventative Care**



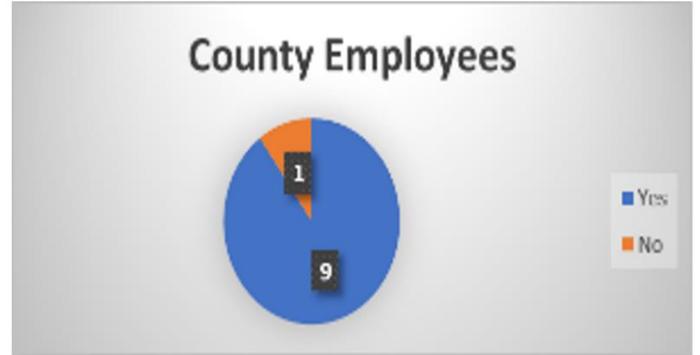
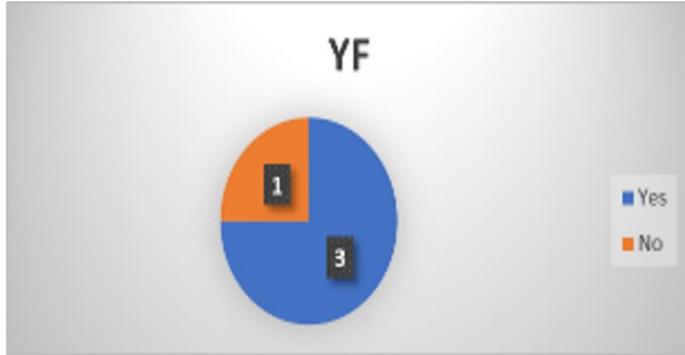
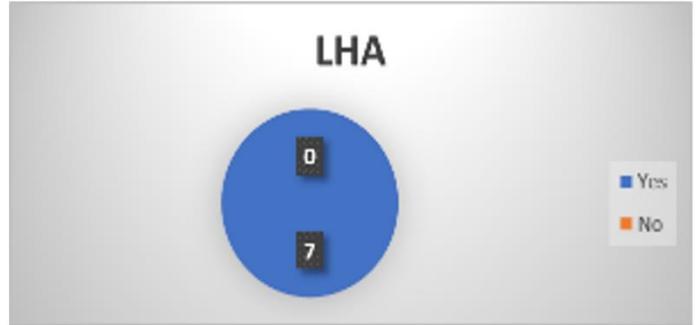
3. Have you or someone you know been diagnosed with a Chronic Disease such as Diabetes, Heart Disease, COPD, Obesity, High Blood Pressure, Cancer, etc.?

a. Yes

b. No



- 4. Have you or someone you know suffered from mental health disorders?
Such as depression, anxiety, bipolar, etc.**
- a. Yes**
 - b. No**



5. Have you or someone you know suffered from substance abuse?

- a. Yes**
- b. No**

GED Program



LHA



YF



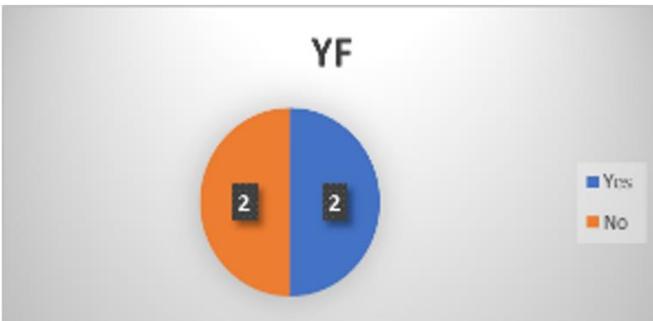
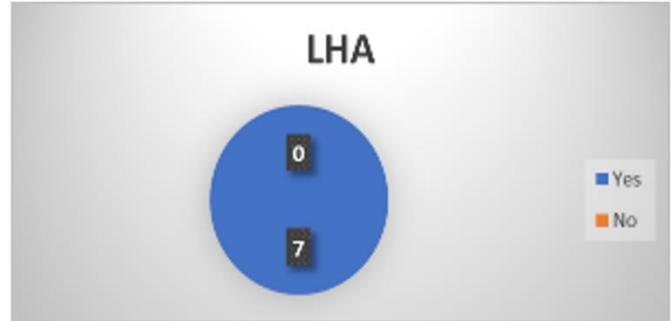
County Employees



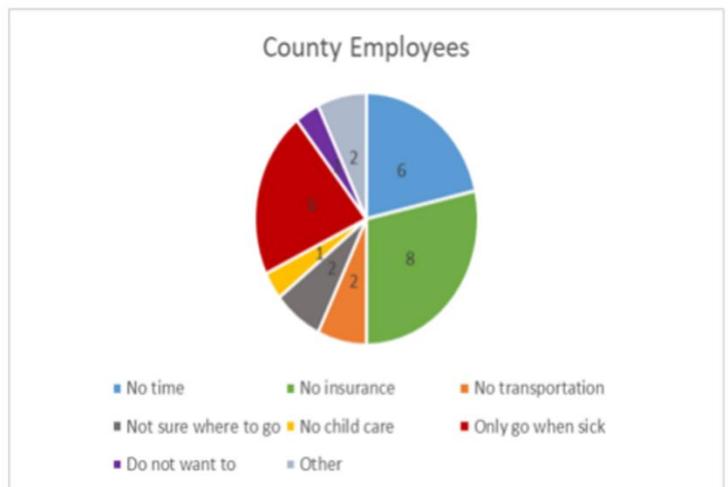
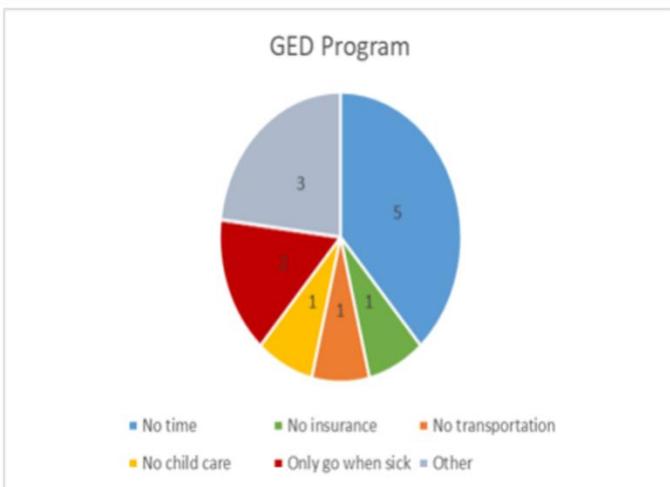
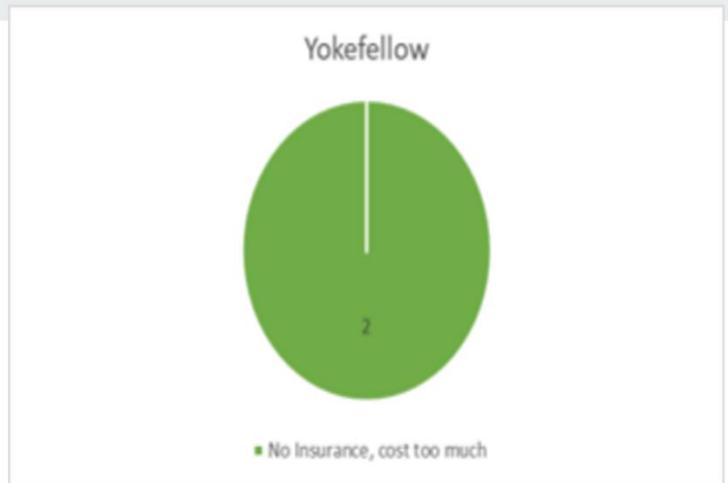
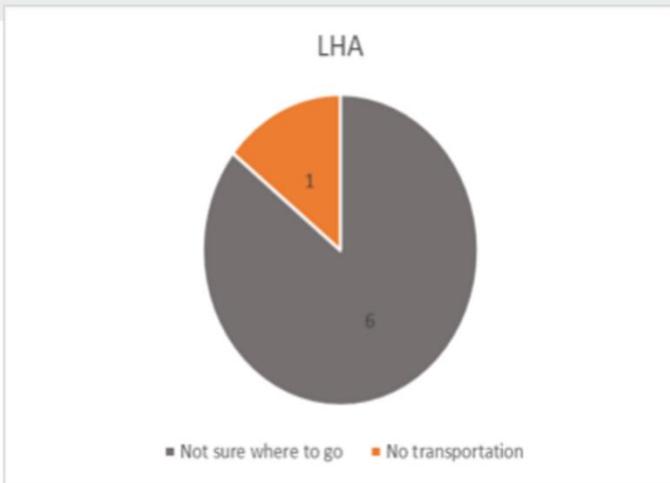
6. In the past year, have you or someone you know opted out of a yearly exam as a means of preventative care (such as an annual dentist or doctor check-up)?

a. Yes

b. No

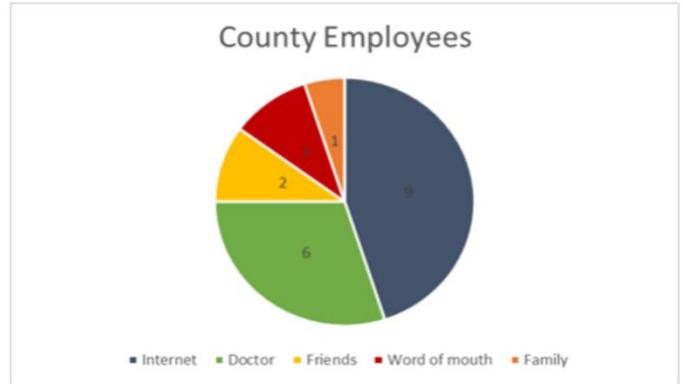
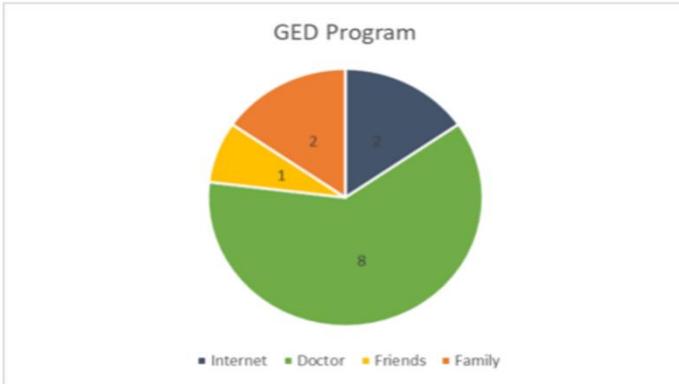
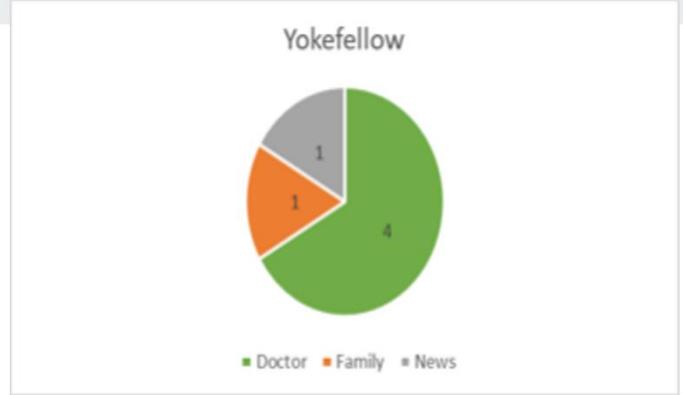
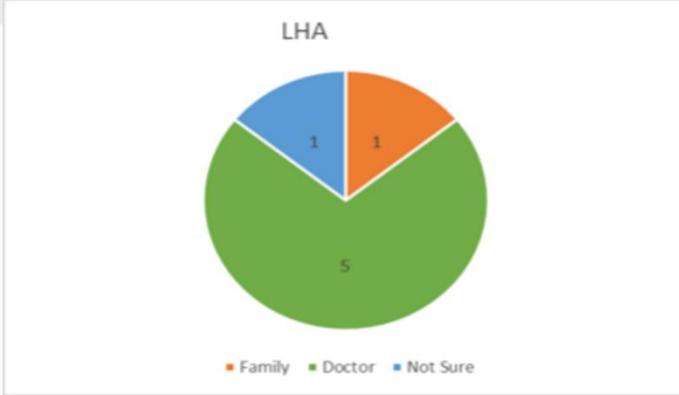


- 7. If you answered yes to question 6, then what is your reasoning?**
- a. I do not have time**
 - b. No insurance/costing too much money**
 - c. No transportation**
 - d. Not sure where to go**
 - e. I would need child care and I do not have it**
 - f. I only go when I am sick or am having health issues**
 - g. I do not want to**
 - h. Other**



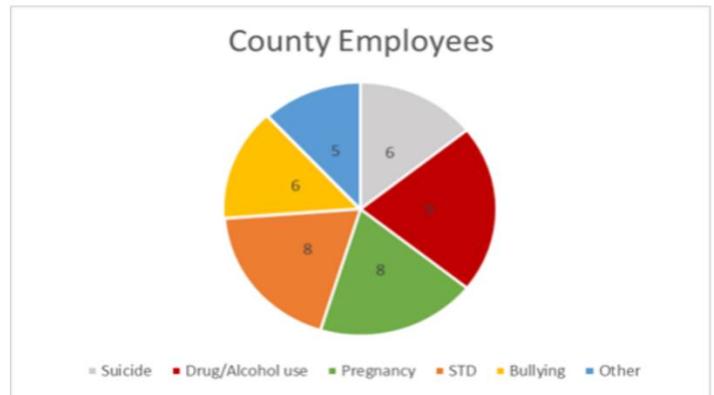
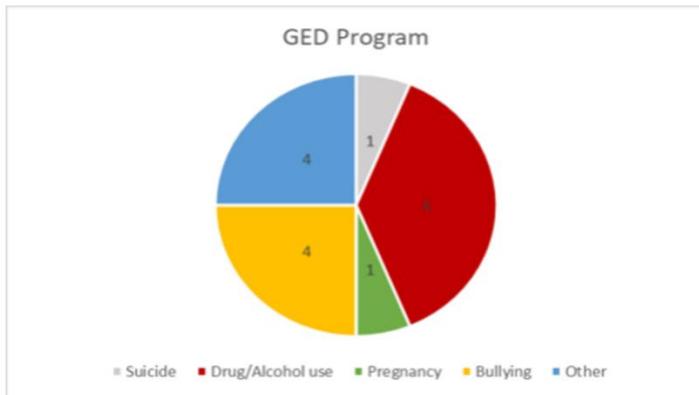
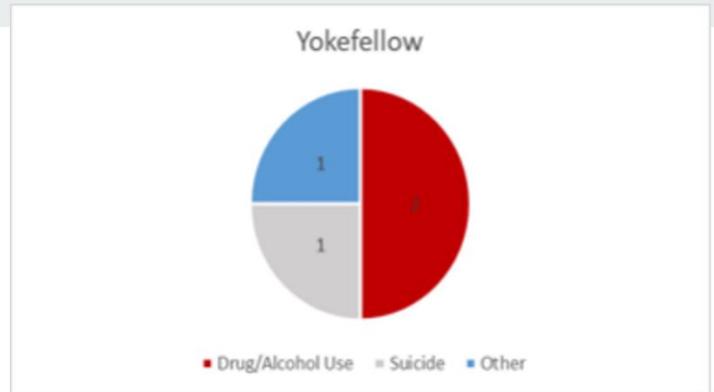
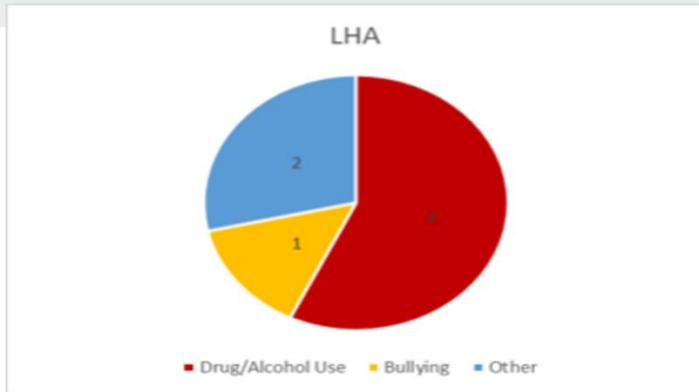
8. Where do you get your health information?

a. _____



9. What health topics decrease the quality of health in teens in Caldwell County?

- a. Suicide
- b. Drug/alcohol use
- c. Pregnancy
- d. STD
- e. Bullying
- f. Other



Appendix D: Caldwell County Health Resource Guide

Health Care

Caldwell-UNC Healthcare

Caldwell-UNC Healthcare 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: <https://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 Caldwell-UNC Healthcare and is the only breast health center in the county. This facility provides diagnostic imaging for the treatment of breast cancers and other related breast tissue disorders.

For more information please visit: <https://www.caldwellmemorial.org/care-treatment/breast-health/>

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

The Caldwell Nutrition & Diabetes Health

This facility is owned and operated by Caldwell-UNC Healthcare and is the only diabetes management and education center in the county.

For more information please visit: <https://www.caldwellmemorial.org/care-treatment/diabetes-nutrition-education/>

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 0-19 who are enrolled in North Carolina Health Choice or Medicaid.

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

Health Education

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

For more information please contact: 828-426-8506

Clinical Services

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

For more information please contact: 828-426-8400

Child Health

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

For more information please contact: 828-426-8428

Women's Health

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

For more information please contact: 828-426-8488

WIC

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

For more information please contact: 828-426-8407

www.mywic.org

Environmental Health

This program provides permits for new septic systems and existing systems, new private drinking water wells, and repairs to existing wells. Staff provides routine inspections of restaurants, motels, bed and breakfasts, institutions, hospitals, school cafeterias, 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 the point of contact.

For more information please contact: 828-426-8537

For more information on health department services please visit

www.caldwellcountync.org

2345 Morganton Blvd

Lenoir, NC 28645

Phone: 828-426-8400

Home Care Management Corporation

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

For more information please visit: www.homecaremgmt.org

315 Wilkesboro Boulevard NE

Suite 2-A

Lenoir, NC 28645

Phone: 828-754-3665

Helping Hands Clinic

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



dispense narcotics of any kind. Helping Hands Clinic believes that patients who are invested in their health become healthier, so patients are asked to make a \$5 donation for services.

For more information please visit: www.helpinghandsclinic.org

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

POC: Debra Philyaw, Assistant Director
Helping Hands Clinic
828-754-8565 ext. 313
debra@hhcnc.org

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

4330 Collettsville Rd
Collettsville, NC 28611
Phone: 828-754-2409

Happy Valley Medical Center

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

POC:

Thomas B. McRary
Chief Executive Officer
West Caldwell Health Council, Inc
tmcrary@westcaldwellhc.org

Wanda Icenhour Ellis
Outreach and Enrollment
West Caldwell Health Council, Inc.
(828) 754-2409 ext 104
wellis@westcaldwellhc.org

ALFA-AIDS Leadership Foothills Area-Alliance

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

For more information please visit: www.alfainfo.org

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

Caldwell Pregnancy Care Center

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

For more information please contact:

Caldwell Pregnancy Care Center
210 Ridge Street
Lenoir, NC 28645
Phone: 828-757-9555

Amorem, formerly Caldwell County Hospice and Palliative Care

With a holistic approach to care, Caldwell Hospice serves the terminally ill's physical, emotional, and spiritual needs 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 patient's 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: <https://www.amoremsupport.org/>

902 Kirkwood Street, NW
Lenoir, NC, 28645
Phone: 1-844-426-6736

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 can 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 identify maladapted behavior or the presence of other conditions, which may cause susceptibility to abuse by self or others) and going over treatment and aftercare plans to determine if the resident meets program admission criteria. Individuals who do not meet certain admission criteria may not be accepted to the House. An average stay at Caldwell House is between 8 and 12 months. The House requires at least a 4-month commitment from residents and active involvement in the implementation of aftercare plans and employment.

For more information please visit: www.thecaldwellhouse.com

951 Kenham PL SW
Lenoir, NC 28645
Phone: 828-754-5148
thecaldwellhous123@gmail.com

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: <https://rhahealthservices.org/>

2415 Morganton Blvd SW, Suite 100
Lenoir, NC 28645
Phone: 828-394-5563

VAYA Health

VAYA Health 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.vayahealth.com

825 Wilkesboro Blvd. SE
Lenoir, NC 28645
Phone: 828-225-2785

POC:

Dustin Burleson dustin.burleson@vayahealth.com
Darrell Parlier richard.parlier@vayahealth.com

Bethel Colony of Mercy

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

For more information please visit: www.bethelcolony.org

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

The McLeod Center

McLeod Center has been providing methadone treatment for more than 40 years and has acquired enormous experience in helping opiate-dependent people. This experience allows McLeod Center to provide a quality treatment experience aimed at helping individuals maintain a drug-free lifestyle and reunite with family and friends.

For more information please visit: www.mcleodcenter.com

222 Morganton Blvd SW
Lenoir, NC 28645
828-610-2740

Children and Families

Blue Ridge Community Action

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

For more information please visit: www.brcainc.org

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

Shelter Home of Caldwell County

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

For more information please visit: www.shelterhomecc.org

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

Robin's Nest Children's Advocacy Center

The Children's Advocacy Center of Caldwell County serves the needs of severely physically abused and sexually abused children in Caldwell County. Robin's Nest provides a central location for the 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, to reduce 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: <https://www.ccah.online/>

506 Wilkesboro BLVD
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 at-risk youth in the community. These youth need a positive, consistent role model to encourage the development of sound values and appropriate behavior to improve self-esteem. This agency provides ongoing supervision and support to the youth and volunteers.

For more information:
918 West Avenue NW #206
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 the county's four middle schools, three high schools, and two elementary schools. 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:
313 Ridge Street NW
Lenoir, NC 28645
Phone: 828-929-2247

Crossroads Church/Storehouse Daily Bread

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

For more information please contact: 828-612-6802
2075 Morganton Blvd
Lenoir, NC 28645

Mountain Grove Baptist Church Food Pantry

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

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

Baptist Children's Home Care

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

For more information please contact: 828-754-7904
1120 Taylorsville Rd
Lenoir, NC 28645
www.bchfamily.org

Caldwell County Department of Social Services

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

For more information please visit: www.caldwellcountync.org

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

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

The 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, the Enola Group offers Early Head Start services and home-based education services. Caldwell Early Head Start offers parent-child playgroups and enrichment activities, developmental screenings, assessments, parent education classes, and other family supports.

For more information please visit: <https://www.enolagroup.org/>
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: 828-396-4000

5 Quarry Rd
Granite Falls, NC 28630

Caldwell County Yokefellow

Yokefellow of Caldwell County aids individuals and families within the county and provides services that include a food pantry, thrift store, and emergency assistance.

For more information please visit: <https://www.yokefellow.org/>

1602 Harper Ave SW
Lenoir, NC 28645
828-754-7088

Health Promotion

Quest 4 Life Wellness Center

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

For more information please visit: www.caldwellmemorial.org

1031 Morganton Blvd
Lenoir, NC 28645
Phone: 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: 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 focus 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: <https://caldwell.ces.ncsu.edu/>

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, softball leagues, adult water aerobics, swimming lessons for children, gymnastics, and other recreational opportunities. Services are available for varying registration fees but the City of Lenoir employees can enroll their families at no charge.

For more information please visit: <https://www.cityoflenoir.com/201/Parks-Recreation>

720 Mulberry Street
Lenoir, NC 28645
Phone: 828-757-2166

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, softball leagues, adult water aerobics, swimming lessons for children, gymnastics, and other recreational opportunities.

For more information please visit: <https://www.hudsonrec.org/>

450 Redwood Street
Hudson, NC 28638
Phone: 828-726-6304

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, softball leagues, adult water aerobics, swimming lessons for children, gymnastics, and other recreational opportunities.

For more information please visit: www.granitefallsnc.com

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

Caldwell County Pathways

Caldwell County Pathways 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: <https://www.caldwellchambernc.com/parks-greenways-pathways/>

PO Box 1954
Lenoir, NC 28645
828-726-0616

Other

Caldwell Opportunities, Inc.

Caldwell Opportunities, Inc. provides developmental and vocational services to adults with disabilities who live in the Caldwell County area to maximize independence and employment.

For more information please visit: www.coiworks.org

1617 College Ave. SW
Lenoir, NC 28645
828-757-5680
Contact: Pam Helton-President