

## Appendix

### Health Databook

#### Peer Counties:

The table below includes selected health data for Gaston and compares them to person counties and North Carolina. The peer counties were grouped by the University of North Carolina at Charlottes Urban Institute since they have similar-sized populations, economic and social history As former mill communities, are geographically near with four of them in the same region, have similar rural and urban population and similar health status measures.

The Urban Institute selected them as a region-wide collaboration and has high credibility and comparing Gaston County with it peers helps to assess improvement in the county's health. Overall Life Expectancy is slightly lower in Gaston County, Poverty in the past 12 months is slightly higher compared to peer counties but similar to NC and Teen pregnancy is slightly high in Gaston County.

| Selected Health Indicators, Gaston County, Peer Counties North Carolina |        |          |         |          |         |          |
|---|--------|----------|---------|----------|---------|----------|
|   | Gaston | Cabarrus | Catawba | Davidson | Iredell | N.C.     |
| Population (2017 Estimates)   | 220182 | 206872   | 157974  | 165466   | 175711  | 10273419 |
| North Carolina (2017) and County (2015-2017) Life Expectancy at Birth   | 75.6   | 78.0     | 76.2    | 76.2     | 77.3    | 77.0     |
| Percent Below Poverty in the past 12 months (2013-2017)                 | 16.5%  | 11.5%    | 14.2%   | 15.8%    | 12.7 %  | 16.1%    |
| Percent Uninsured (2013-2017)   | 12.3%  | 8.9%     | 11.3%   | 11.5%    | 12.3%   | 12.1%    |
| Teen Pregnancy Rate per 1,000 15-17 Year Olds (2013-2017)               | 14.0   | 10.7     | 11.7    | 14.1     | 9.0     | 14.1     |
| Teen Pregnancy Rate per 1,000 15-19 Year Olds (2013-2017)               | 33.5   | 26.5     | 29.9    | 31.8     | 27.1    | 30.5     |
| Infant (< 1 Year) Mortality per 1,000 Live Births (2013-2017)           | 7.1    | 5.6      | 7.1     | 6.2      | 8.7     | 7.1      |
| Percent of Low and Very Low Birth Weight Babies (2013-2017)             | 11.4%  | 10.2%    | 10.3%   | 11.0%    | 9.9%    | 10.8%    |
| Tuberculosis Case Rates (2017)  | 0      | 4.8      | 4.4     | 1.2      | 1.7     | 2.1      |
| Percent Obese, Body Mass  | 32.7%  | 32.7%    | 32.7%   | 29.2%    | 32.7%   | 32.1%    |

|   |       |       |       |       |       |       |
|---|-------|-------|-------|-------|-------|-------|
| Index > 30 by Region and Statewide (2017)   |       |       |       |       |       |       |
| Age-Adjusted Diabetes Mellitus Associated Mortality Rate per 100,000 (2013-2017)                    | 28.5  | 20.6  | 22.1  | 28.0  | 22.9  | 23.3  |
| Age-Adjusted Heart Disease Associated Mortality Rate per 100,000 (2013-2017)                        | 183.9 | 159.0 | 169.0 | 175.4 | 158.2 | 159.8 |
| Age-Adjusted Stroke Associated Mortality Rate per 100,000 (2013-2017)                               | 46.3  | 44.3  | 42.5  | 51.7  | 50.8  | 43.2  |
| Age-Adjusted Cancer Associated Mortality Rate per 100,000 (2013-2017)                               | 183.3 | 161.0 | 170.1 | 182.3 | 168.5 | 164.0 |
| Age-Adjusted Suicide Associated Mortality Rate per 100,000 (2013-2017)                              | 15.9  | 12.5  | 16.7  | 16.3  | 13.7  | 13.3  |
| Age-Adjusted Unintentional Motor Vehicle Injuries Associated Mortality Rate per 100,000 (2013-2017) | 16.3  | 9.4   | 15.8  | 19.4  | 15.8  | 14.2  |
| All other Unintentional Injuries Associated Age-Adjusted Mortality Rate per 100,000 (2013-2017)     | 42.4  | 44.8  | 41.5  | 40.1  | 36.4  | 34.6  |
| Source: NC SCHS and US Census Bureau  |       |       |       |       |       |       |

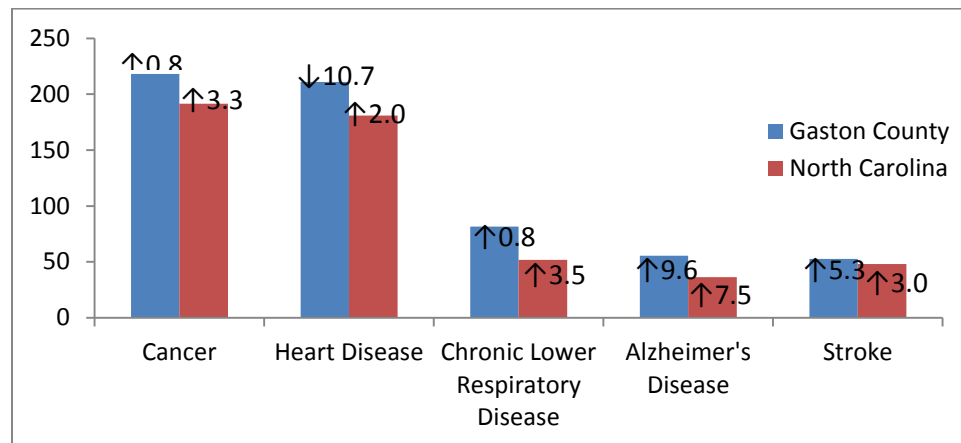
\* = Less than 20 cases

## Mortality

### Gaston County leading causes of death, reporting periods 2009-2013 and 2013-2017

| 2009-2013 Leading Causes of Death                       | 2013-2017 Leading Causes of Death       |
|---|---|
| Heart disease: 2,296 deaths                             | Cancer: 2,335 deaths                    |
| Cancer: 2,253 deaths                                    | Heart disease: 2,257 deaths             |
| Chronic lower respiratory disease: 836                  | Chronic lower respiratory diseases, 872 |
| Stroke: 491 deaths                                      | Alzheimer's: 596 deaths                 |
| Alzheimer's disease: 478 deaths                         | Stroke: 564 deaths                      |
| Source: NC State Center for Health Statistics (NC SCHS) |   |

**2013-2017 Leading Causes of Death Rates per 100,000**  
**Including Value Changes from 2009-2013 Data**



**Top Leading causes of death, by Age, Gaston County, 2013-2017, Rates per 100,000**

| All Ages                           | Rates | 0-19 Years                         | Rates  |
|------------------------------------|-------|------------------------------------|--------|
| Cancer                             | 218.2 | Perinatal Condition                | 17.4   |
| Heart Diseases                     | 210.9 | Birth Defects                      | 7.4    |
| Chronic lower respiratory diseases | 81.5  | Other Unintentional injuries       | 5.9    |
| Alzheimer's                        | 55.7  | Suicide/ Motor vehicle injuries    | 4.1    |
| Stroke                             | 52.7  | Homicide                           | 3.3    |
| 20-39 Years                        | Rates | 40-64 Years                        | Rates  |
| Other Unintentional injuries       | 43.3  | Cancer                             | 199.4  |
| Motor vehicle injuries             | 25.0  | Heart Diseases                     | 144.6  |
| Cancer - All Sites                 | 14.4  | Other Unintentional injurie        | 48.8   |
| Suicide                            | 15.2  | Chronic lower respiratory diseases | 47.2   |
| Heart Diseases                     | 14.0  | Diabetes                           | 34.4   |
| 65-84 Year                         | Rates | 85+ Years                          | Rate   |
| Cancer                             | 866.8 | Heart Diseases                     | 3725.2 |
| Heart Diseases                     | 691.5 | Alzheimer's disease                | 2075.7 |
| Chronic lower respiratory diseases | 378.1 | Cancer                             | 1583.1 |
| Stroke                             | 197.3 | Stroke                             | 902.2  |
| Alzheimer's disease                | 144.4 | Chronic lower respiratory diseases | 769.9  |

Source: NC State Center for Health Statistics (NC SCHS)

**Gaston County leading causes of death, by sex. 2013-2017**  
**Age-Adjusted Rates per 100,000**

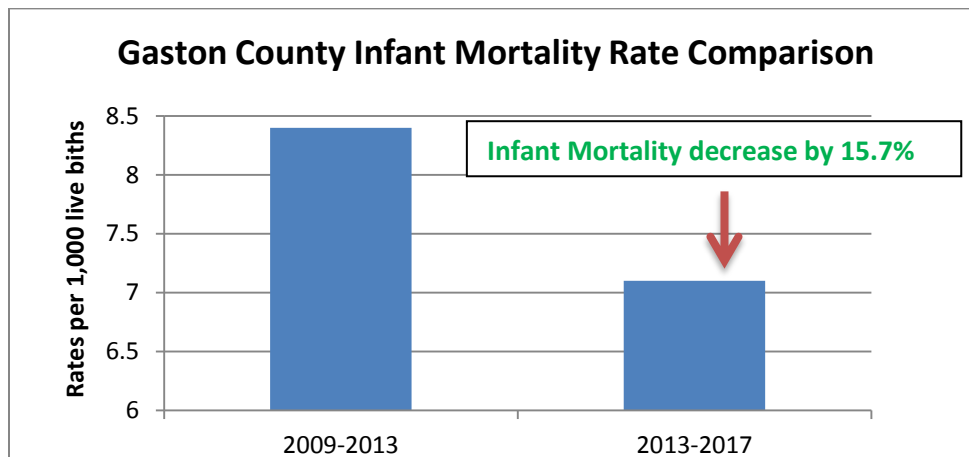
| <b>Men</b>  | <b>Female</b>                            |
|---|--|
| Heart Disease: 246.9                                    | Cancer: 150.3                            |
| Cancer: 230.9   | Heart Disease: 137.8                     |
| Chronic Lower Respiration Diseases: 77.0                | Chronic Lower Respiratory Diseases: 66.4 |
| Non-motor vehicle unintentional injuries: 57.0          | Alzheimer's: 55.5                        |
| Stroke: 48.1  | Stroke: 44.0                             |
| Source: NC State Center for Health Statistics (NC SCHS) |  |

**Gaston County leading causes of death, by race. 2013-2017**  
**Age-Adjusted Rates per 100,000**

| <b>White, Non-Hispanic</b>                              | <b>African American</b>   |
|---|---------------------------|
| Heart Disease: 188.0                                    | Cancer: 202.2             |
| Cancer: 184.7   | Heart Disease: 187.3      |
| Chronic Lower Respiratory Diseases: 75.8                | Stroke: 62.4              |
| Alzheimer's disease: 53.9                               | Diabetes Mellitus: 53.7   |
| Non-motor vehicle unintentional injuries: 49.6          | Alzheimer's disease: 37.4 |
| Source: NC State Center for Health Statistics (NC SCHS) |                           |

**Age-Adjusted Infant Mortality Death for, Gaston County North Carolina, 2013 – 2017, Rates per 1,000 live births**

| <b>Race / Ethnicity</b>                                 | <b>Gaston County</b> | <b>North Carolina</b> |
|---|----------------------|-----------------------|
| White, Non – Hispanic                                   | 5.4                  | 5.3                   |
| African American  | 14.5                 | 12.7                  |
| All Residents   | 7.1                  | 7.1                   |
| Source: NC State Center for Health Statistics (NC SCHS) |                      |                       |



## Morbidity

### Age Adjusted Cancer Incidence for Gaston County, 2009-2013 and 2013-2017 Rates Per 100,000

| Disease   | 2009-2013 | 2013-2017 |
|---|-----------|-----------|
| Cancer Incidence  | 514.6     | 448.7     |
| Breast  | 156.5     | 156.1     |
| Colon / Rectum  | 47.0      | 42.6      |
| Lung / Bronchus   | 87.1      | 67.6      |
| Prostate  | 119.7     | 102.0     |
| Source: NC State Center for Health Statistics (NC SCHS) |           |           |

### Gaston county Cardiovascular and Diabetes Data, 2013 and 2018

| Conditions          | 2013  | 2018  | Region 4 ***<br>2017 BRFSS |
|---------------------|-------|-------|----------------------------|
| Heart Disease       | 3.8%  | 4.6%  | 3.2%                       |
| High Blood Pressure | 31.3% | 34.8% | 32.5%                      |
| High cholesterol    | 47.6% | 26.4  | 33.3%                      |
| Diabetes            | 13.5% | 13.8% | 10.6%                      |

Source: 2013 & 2017 Behavioral risk Factor Surveillance System (BRFSS) and 2018 Gaston County Quality of Life Survey; \*\*\* 2017 BRFSS data is based on respondents from our region, region 4

### Inpatient Hospital Utilization, Discharge Rate (Per 1,000 Pop)

| Diagnostic Category                                     | 2013 | 2014 |
|---|------|------|
| Cardiovascular & Circulatory Diseases                   | 17.7 | 17.4 |
| -- Heart Disease  | 11.5 | 11.6 |
| -- Cerebrovascular Disease                              | 3.8  | 3.5  |
| Endocrine, Metabolic & Nutrit. Disease                  | 4.7  | 4.4  |
| -- Diabetes   | 2.3  | 2    |
| Respiratory Diseases                                    | 13.1 | 11.7 |
| -- Pneumonia/Influenza                                  | 4.6  | 3.8  |
| -- Chronic Obstructive Pulmonary Disease (excl. Asthma) | 2.2  | 2.2  |
| -- Asthma   | 0.7  | 0.6  |
| Source: NC SCHS   |      |      |

### Gaston County Infectious and Respiratory Disease Rate, 2013 and 2017 Rates per 100,000

| <b>Infectious Disease</b>                      | <b>2013</b> | <b>2017</b>                |
|--|-------------|----------------------------|
| Influenza cases (NC DETECT)                    | 364 cases   | 718 cases                  |
| Influenza deaths Rates                         | 0           | 1.18 per 100,000 (2 cases) |
| <b>Respiratory Disease</b>                     |             |                            |
| Tuberculosis Rates                             | 1.9         | 0                          |
| Pertussis Rates per 100,000                    | 1.91 per    | 3.18                       |
| Source: NC SCHS Communicable Disease Dashboard |             |                            |

### Injuries, Poisonings & Toxic Effects Of Drugs

|   | <b>2011</b> | <b>2012</b> | <b>2013</b> | <b>2014</b> | <b>2015</b> |
|---|-------------|-------------|-------------|-------------|-------------|
| Number of Discharges                      | 508         | 467         | 424         | 463         | *           |
| Rate of discharges per 100,000 population | 237.0       | 220.9       | 201.3       | 218.1       | 226.5       |
| Average Length of stay days               | 4.1         | 4.4         | 4.3         | 4.7         | 4.4         |
| Average Cost per stay                     | \$7,837     | \$9,995     | \$8,809     | \$9,969     | \$8,584     |
| Inpatient costs per capita, \$            | \$18.6      | \$22.1      | \$17.7      | \$21.7      | \$19.4      |

### Injuries, Poisoning & Toxic Effects OF Drugs

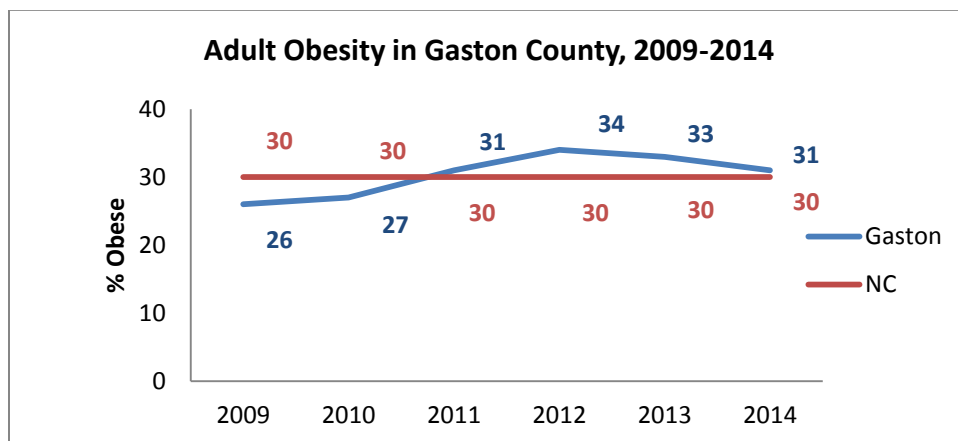
|             | <b>Rate of Discharges per 100,000 population</b> |                | <b>Inpatient Costs per capita, \$</b> |                |
|-------------|--|----------------|---------------------------------------|----------------|
|             | Gaston County                                    | North Carolina | Gaston County                         | North Carolina |
| <b>2015</b> | 226.5  | 155.0          | 19.4                                  | 15.1           |
| <b>2014</b> | 218.1  | 151.5          | 21.7                                  | 14.3           |
| <b>2013</b> | 201.3  | 159.6          | 17.7                                  | 14.2           |
| <b>2012</b> | 220.9  | 165.7          | 22.1                                  | 14.6           |
| <b>2011</b> | 237.0  | 167.1          | 18.6                                  | 14.1           |

Source: Healthcare Cost and Utilization Projects <http://www.shepscenter.unc.edu/data/nc-hospital-discharge-data/> Retrieved on 10/21/18

### Gaston County Oral Health Factors

| <b>Child Oral Health</b>                 | <b>2012-2013</b> | <b>2015-2016</b> |
|--|------------------|------------------|
| <b>Decayed Teeth (%)</b>                 | 10%              | 17%              |
| <b>Filled, Missing and Decayed Teeth</b> | 67%              | 64%              |

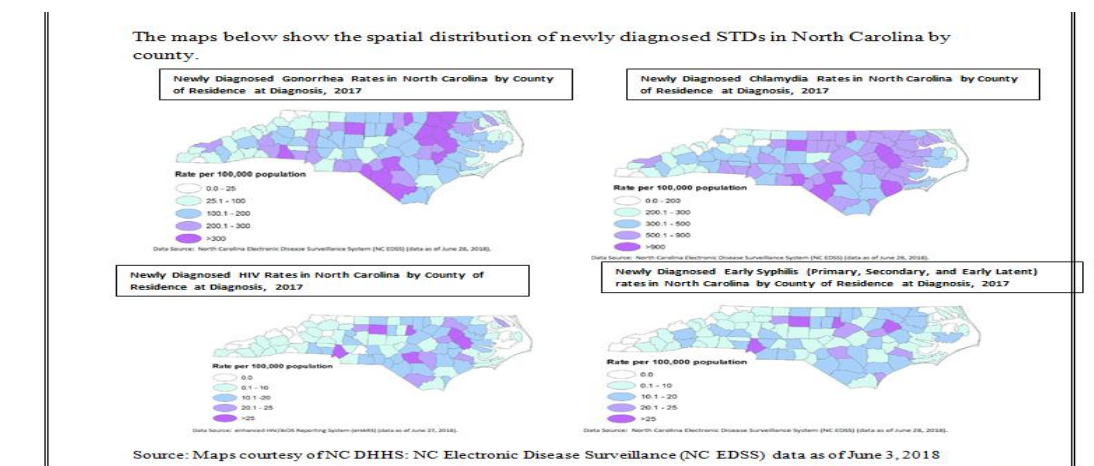
Source: 2012-2013 & 2015 – 2016 School Oral Health Report



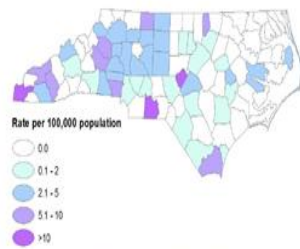
Source: 2018 County Health Rankings

| Annual Incidence Rate of Sexually Transmitted Disease (STDs) in North Carolina, Gaston County and neighboring counties, 2013-2017 per 100,000 |               |       |       |       |       |       |
|---|---------------|-------|-------|-------|-------|-------|
|   |               | 2013  | 2014  | 2015  | 2016  | 2017  |
| <b>Syphilis</b>   | <i>NC</i>     | 7.0   | 11.2  | 18.7  | 18.7  | 27.8  |
|   | <i>Gaston</i> | 3.3   | 4.3   | 10.8  | 18.4  | 21.8  |
| <b>Chlamydia</b>  | <i>NC</i>     | 500.1 | 502.9 | 541.9 | 572.4 | 612.2 |
|   | <i>Gaston</i> | 516.3 | 553.3 | 540.9 | 589.5 | 627.7 |
| <b>Gonorrhea</b>  | <i>NC</i>     | 143.4 | 150.7 | 169.9 | 194.4 | 220.9 |
|   | <i>Gaston</i> | 145.7 | 133.7 | 140.1 | 219.4 | 242.1 |
| <b>HIV Disease (Adult and adolescent)</b>   | <i>NC</i>     | 16.0  | 15.8  | 15.9  | 16.4  | 15.2  |
|   | <i>Gaston</i> | 15.4  | 10.8  | 16.2  | 10.4  | 14.1  |
| <b>AIDS (Stage 3) among Adults and Adolescents</b>  | <i>NC</i>     | 10.4  | 8.4   | 8.7   | 7.0   | 6.9   |
|   | <i>Gaston</i> | 9.2   | 7.9   | 9.5   | 6.6   | 9.2   |

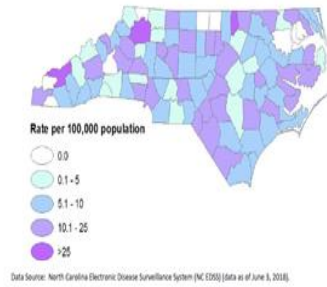
Source: NC DHHS-Communicable Disease Branch



Newly Acute Hepatitis B Rates in North Carolina by County of Residence at Diagnosis, 2017



Newly Chronic Hepatitis B Rates in North Carolina by County of Residence at Diagnosis, 2017



Source: Maps courtesy of NC DHHS: NC Electronic Disease Surveillance (NC EDSS) data as of June 3, 2018

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### Reportable communicable disease - Reported cases and annual incidence rate per 100,000 populations for 2016 and 2017

|                            | 2016  |                   | 2017  |                   |
|----------------------------|-------|-------------------|-------|-------------------|
|                            | Cases | Rates per 100,000 | Cases | Rates per 100,000 |
| <b>Acute Hepatitis C</b>   | 1     | 0.63              | 3     | 1.85              |
| <b>Chronic Hepatitis C</b> | 96    | 60.12             | 299   | 184.12            |

Data Source: NC Disease Data Dashboard

Note: The high spike in the number of cases in 2016 and 2017 is due to a change in reporting system.

### Gaston County Resident Births Risk Factors and Characteristics – Prenatal Care, 2013 & 2017

| Factors                       | 2013  | 2017  | Trends |
|-------------------------------|-------|-------|--------|
| <b>Prenatal Care Patterns</b> |       |       |        |
| <b>Trimester Care Began</b>   |       |       |        |
| <i>First</i>                  | 72.2% | 67.0% | ↓      |
| <i>Second</i>                 | 22.6% | 25.0% | ↑      |
| <i>Third</i>                  | 3.6%  | 4.6%  | ↑      |
| <i>No Care</i>                | 1.3%  | 2.6%  | ↑      |
| <b>Level of Prenatal Care</b> |       |       |        |
| <i>Inadequate</i>             | 17.7% | 19.9% | ↑      |
| <i>Intermediate</i>           | 8.6%  | 6.5%  | ↓      |
| <i>Adequate</i>               | 34.1% | 29.6% | ↓      |
| <i>Adequate Plus</i>          | 37.7% | 42.8% | ↑      |

NC State Center for Health Statistics, County Health Databook, 2019



### Gaston County Resident Births Risk Factors and Characteristics – Other Factors, 2013 & 2017

| Factors                      | 2013  | 2016  | Trends |
|------------------------------|-------|-------|--------|
| Maternal Smoking             | 20.4% | 15.6  | ↓      |
| Preterm Birth Rate           | 11.7% | 9.7%  | ↓      |
| Low-Weight Birth Rate        | 9.4%  | 9.6%  | ↔      |
| <b>Infant Care Practices</b> |       |       |        |
| Breastfed at Discharge       |       |       |        |
| Yes                          | 68.5% | 72.5% | ↑      |
| No                           | 31.3% | 27.1% | ↓      |

NC State Center for Health Statistics, County Health Databook, 2019

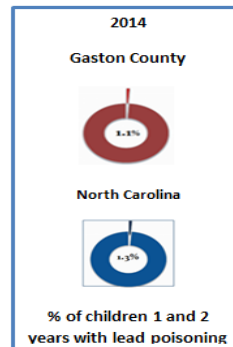
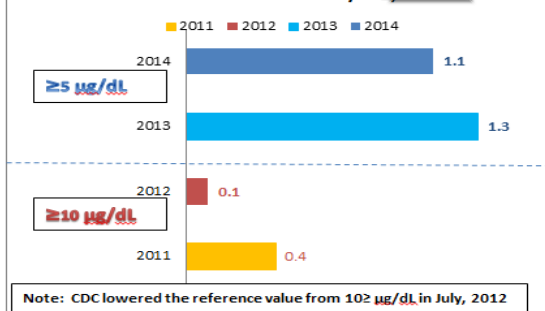
### Number of Mental Health Clients served in State Mental Health, Mental Retardation and Substance Abuse Centers, 2013 - 2017

|   | 2013  | 2014  | 2015   | 2016   | 2017    |
|---|-------|-------|--------|--------|---------|
| Area mental health programs             | 5,804 | 7,771 | 10,320 | 11,817 | 13,137  |
| NC Alcohol and Drug Treatment Centers   | 64    | 41    | 27     | 29     | No Data |
| State Mental Health Development Centers | 37    | 35    | 35     | 33     | No Data |
| State Psychiatric Hospitals             | 5     | 19    | 25     | 33     | 36      |
| Totals                                  | 5,910 | 7,866 | 10,407 | 11,912 | 13,173  |

**Data Source: Log Into NC Note: Data include clients at the beginning of the fiscal year and all admission within the year. Multiple admissions are counted multiple times.**

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**Figure 7: Gaston County Childhood Blood Lead Surveillance for children 1 and 2 years**



## Health Care

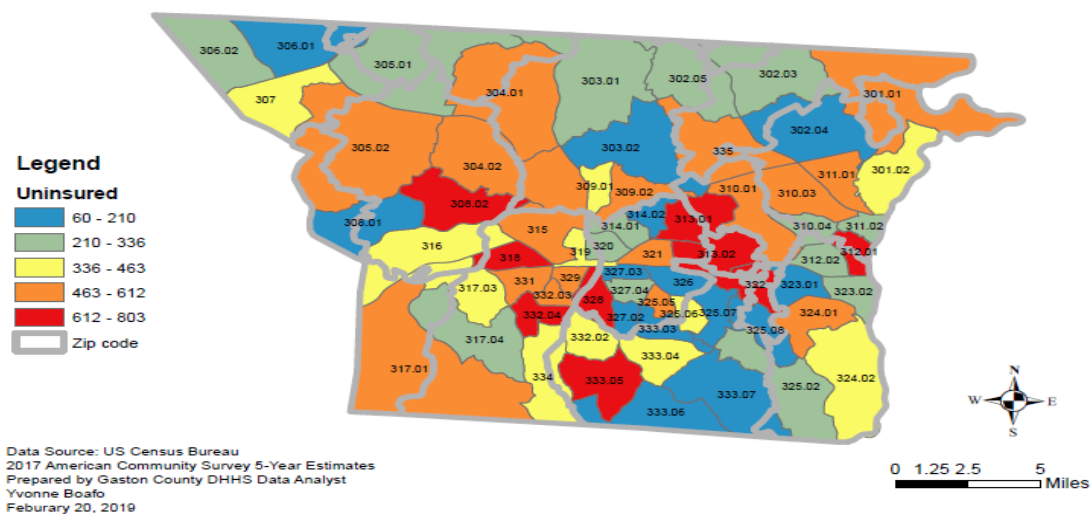
### Gaston County Barriers to Access, 2015 and 2018 Quality of Life Survey

| 2015                                   | 2018                         |
|--|------------------------------|
| <b>Lack of Health Insurance</b>        | Not able to pay for care     |
| <b>Too Far from Home</b>               | Lack of Health Insurance     |
| <b>Lack of Childcare</b>               | Services are not available   |
| <b>Not Able to Make an Appointment</b> | Difficult finding Services   |
| <b>Work Obligations</b>                | Difficult making appointment |

### Causes of Emergency Department Visits, CaroMont Regional Center, 2013 & 2016

| 2013  | 2016   |
|---|--|
| Chest Pain (other): 2,401 cases                           | Chest Paint (Other) : 2,728                    |
| Acute Upper Respiratory Infection: 2,321 cases            | Acute Upper Respiratory Infection: 1,622 cases |
| Abdominal Pan (unspecified): 1,954 cases                  | Low back pain: 1,277                           |
| Chest Pain (Unspecified): 1,954 cases                     | Injury head (Other): 1,209                     |
| Nausea with Vomiting: 1,612 cases                         | Encounter for administra: 1,163                |
| Data Source: UNC Shep Center for Health Services Research |  |

### Gaston County Uninsured Population by Census Tracts, 2013 - 2017



## Determinants of Health

| Gaston County Social Determinants of Health, 2008-2012 and 2013- 2017<br>Rates per 100,000                                     |                  |                   |
|--|------------------|-------------------|
| Indicator  | 2008-2012        | 2013-2017         |
| <b>Education</b>   |                  |                   |
| Education Attainment   | 19.4%            | 15.9%             |
| Less than High School Diploma /GED   | 80.7%            | 84%               |
| Bachelor's Degree or Higher  | 18.0%            | 20.4%             |
|  |                  |                   |
| 4-Year High School Cohort Rate   | <b>2013-2014</b> | <b>2016- 2017</b> |
| Graduation Rate  | 83.5%            | 88.3%             |
| Dropout Rate   | 1.24%            | 1.54%             |
| <b>Families</b>  |                  |                   |
| Child Maltreatment Rate (per 1,000)  | 89.7 2013        | 84.5 (2016)       |
| Family Composition   |                  |                   |
| Single Mother  | 21.7%            | 21.8%             |
| Single Father  | 7.7%             | 7.7%              |
| Married Couple   | 70.7%            | 70.5%             |
| <b>Religious Affiliation</b>   | <b>2000</b>      | <b>2010</b>       |
| Evangelical Protestant   | 40.0             | 41.3              |
| Black Protestant   | No data          | 2.9               |
| Mainline Protestant  | 13.7             | 10.0              |
| Catholic   | 2.8              | 2.9               |
| Other  | 1.0              | 0.8               |
| No Religion  | 29.7             | 42.9              |
| <b>Crime / Intentional Injury Rates</b>  | <b>2013</b>      | <b>2016</b>       |
| Violent Crime  | 407.0            | 473.5             |
| Property Crime   | 3255             | 3047.5            |
| Homicide   | 4.7              | 10.1              |
| Theft  | 3,353.1          | 3,150.70          |
| Assault  | 277              | 337.8             |
| Source: US Census American Community Survey 5-Year Estimates, NC Public Schools, NC Department of Justice, U.S Religion Census |                  |                   |

## Health Disparity

Selected Health Indicators in Gaston county by Race and Gender

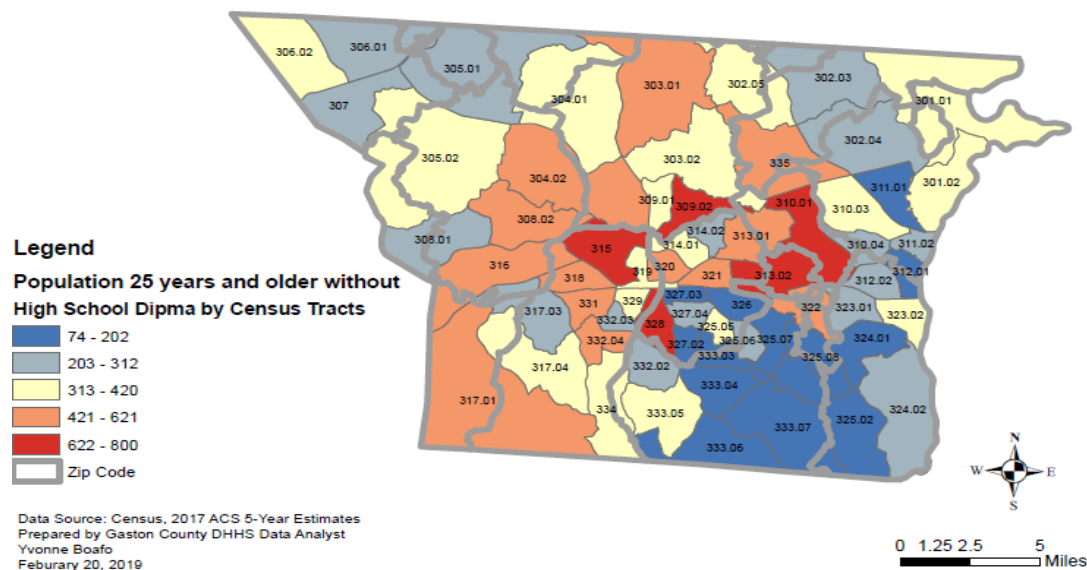
|   | Gaston County |               |              |              |                 |               |
|---|---------------|---------------|--------------|--------------|-----------------|---------------|
| <b>Total Population</b>   | 220,182       |               |              |              |                 |               |
|   | <b>Male</b>   | <b>Female</b> | <b>White</b> | <b>Black</b> | <b>Hispanic</b> | <b>County</b> |
| Life Expectancy at Birth (2015-2017)  | 73.1          | 77.9          | 75.8         | 74.6         | N/A             | 75.6          |
| Teen Pregnancy Rate per 1,000 population in 15-17 Year Olds (2013-2017)                             | N/A           |               | 10.4         | 22.6         | 22.2            | 14.0          |
| Teen Pregnancy Rate per 1,000 population in 15-19 Year Olds (2013-2017)                             |               |               | 29.4         | 40.4         | 49.8            | 33.5          |
| Infant (< 1 Year) Mortality per 1,000 Live Births (2013-2017)                                       |               |               | 5.4          | 14.5         | *               | 7.1           |
| Teen Pregnancy 18 – 19 (per 1,000 population)   |               |               | 19.5         | 19.4         | 27.5            | 20.0          |
| Percent of Low and Very Low Birth Weight Babies (2013-2017)   |               |               | 10.5%        | 16.3%        | 7.7%            | 11.4%         |
| Age-Adjusted Diabetes Mellitus Associated Mortality Rate per 100,000 (2013-2017)                    | 33.6          | 24.9          | 25.8         | 53.7         | *               | 28.5          |
| Age-Adjusted Heart Disease Associated Mortality Rate per 100,000 (2013-2017)                        | 246.9         | 137.8         | 188.0        | 187.3        | *               | 183.9         |
| Age-Adjusted Stroke Associated Mortality Rate per 100,000 (2013-2017)                               | 48.1          | 44.0          | 44.6         | 62.4         | *               | 46.3          |
| Age-Adjusted Cancer Associated Mortality Rate per 100,000 (2013-2017)                               | 230.9         | 150.3         | 184.7        | 202.2        | 82.3            | 183.3         |
| Age-Adjusted Suicide Associated Mortality Rate per 100,000 (2013-2017)                              | 23.0          | 9.8           | 18.7         | *            | *               | 15.9          |
| Age-Adjusted Unintentional Motor Vehicle Injuries Associated Mortality Rate per 100,000 (2013-2017) | 21.5          | 11.8          | 17.1         | 14.0         | *               | 16.3          |
| All other Unintentional Injuries Associated Age-Adjusted Mortality Rate per 100,000 (2013-2017)     | 57.0          | 30.9          | 49.6         | 20.3         | *               | 42.4          |

Source: NC SCHS

### Gaston County Family Data, 2009 – 2013 Rates per 100,000

| Families                            | 2013      | 2016      |
|-------------------------------------|-----------|-----------|
| Child Maltreatment Rate per 1,000   | 89.7      | 84.5      |
| Domestic Violence Rate              | 2013-2014 | 2017-2018 |
| Number of domestic violence clients | 222       | 171       |
| Number of sexual assault client     | 502       | 138       |
| Family Composition                  | 2009-2013 | 2013-2017 |
| Single Mother                       | 21.7%     | 21.8%     |
| Single Father                       | 8.1%      | 7.7%      |
| Married Couples                     | 70.2%     | 70.5%     |

**Gaston County Population 25 Years and Older without High School Diploma by Census Tracts, 2013 - 2017**



### Percentage of Families below Poverty Level, Gaston County, 2010 and 2017

|                                 | 2010  | 2017  |
|---------------------------------|-------|-------|
| All families below poverty      | 16.9% | 12.1% |
| Families with children under 18 | 24.5% | 17.9% |
| Single mother families          | 46.0% | 36.7% |

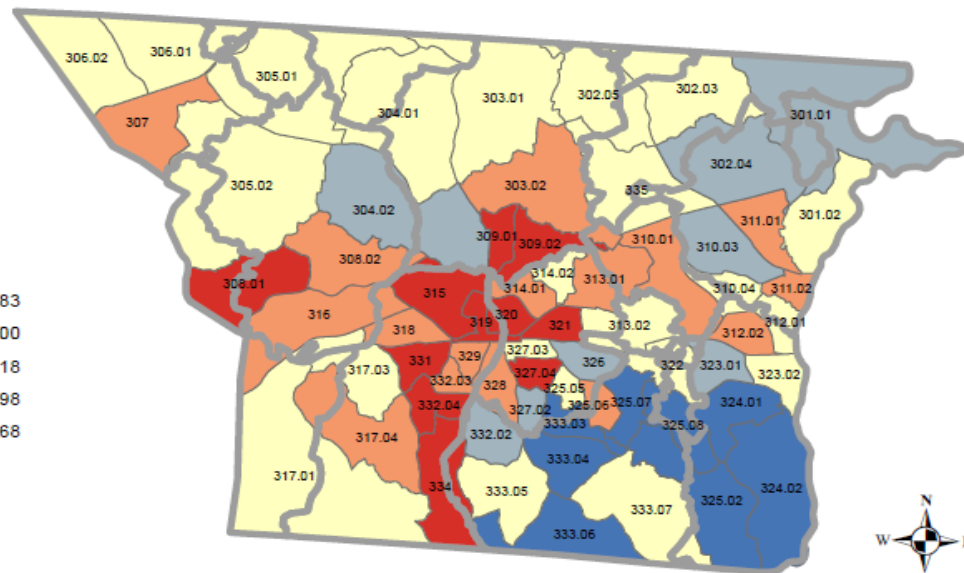
## Gaston County Median Household Income by Census Tracts, 2013 - 2017

### Legend

#### Median Income

- 12415 - 32083
- 32084 - 42000
- 42001 - 53718
- 53719 - 67098
- 67099 - 95568

Zip Code



Data Source: Census, 2017 ACS 5-Year Estimates  
Prepared by Gaston County DHHS Data Analyst  
Yvonne Boafu  
February 20, 2019

0 1.25 2.5 5 Miles

### Gaston County Individual Behaviors, 2013 and 2017

|                                      | 2013-2015 |      | 2014-2017   |      |
|--------------------------------------|-----------|------|-------------|------|
| <b>Indicators</b>                    |           |      |             |      |
| <b>Substance Use</b>                 |           |      |             |      |
| Adult smoking                        | 19%       | 2015 | 18% *       | 2016 |
| ED Opioid Poisoning Visits           | 173       | 2013 | 174         | 2017 |
| Poisoning Deaths                     | 48        | 2013 | 64          | 2017 |
| Excessive Drinking                   | 15%       | 2015 | 16% *       | 2016 |
| <b>Weight</b>                        |           |      |             |      |
| Adult Obesity                        | 33%       | 2013 | 31%         | 2014 |
| <b>Physical / Activity Nutrition</b> |           |      |             |      |
| Food environment Index               | 6.4       | 2014 | 6.8         | 2015 |
| Physical Inactivity                  | 30%       | 2013 | 31%         | 2014 |
| Access to exercise opportunity       | 78%       | 2014 | 78%         | 2016 |
| <b>Health Screening</b>              |           |      |             |      |
| Diabetes Monitoring                  | 90%       | 2013 | 89%         | 2014 |
| Mammography screening                | 65%       | 2013 | 65%         | 2014 |
| Motor Vehicle Injuries ***           |           |      |             |      |
| Alcohol Impaired Driving Deaths      | 39%       | 2013 | Deaths: 31% | 2016 |

Data Source: 2015, 2017 and 2018 County Health Rankings, North Carolina  
Injury and Violence Prevention – Injury and Epidemiology Unit

\*\*\* Data collection method differed for the reported years

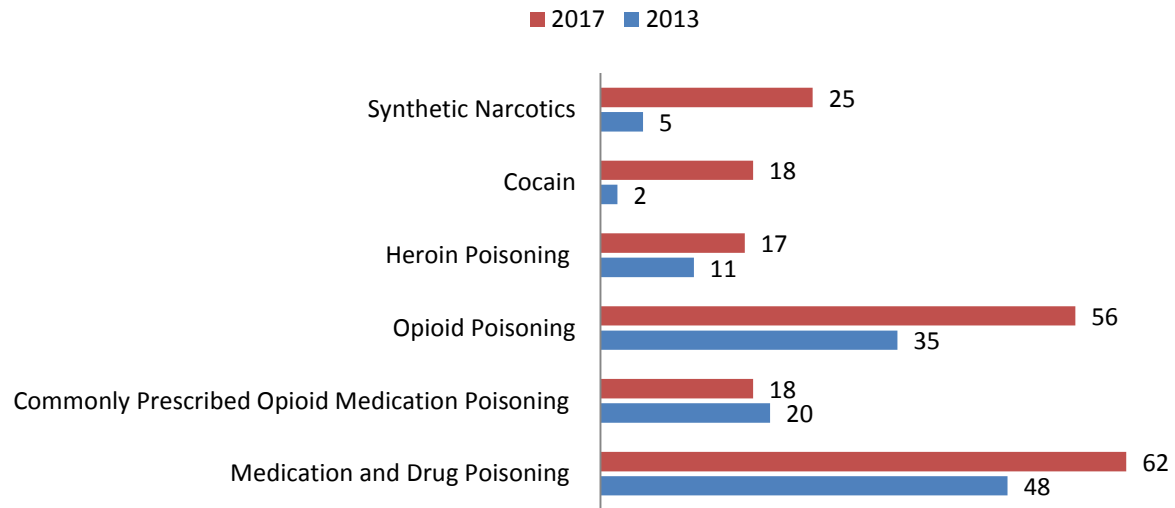
### Gaston County Individual Behaviors (BRFSS), 2013 and 2017

|                                     | 2013 - Gaston | 2017 – Region 4 |
|-------------------------------------|---------------|-----------------|
| <b>Indicators</b>                   |               |                 |
| <b>Substance Use</b>                |               |                 |
| Consume Alcohol 8-29 days per month | 14.1%         | 14.4%           |
| <b>Weight Status</b>                |               |                 |
| Overweight                          | 32.7%         | 35.5%           |
| Obese                               | 23.0%         | 33.1%           |
| <b>Health Screening</b>             |               |                 |
| Diabetes                            | 66.8%         | 64.7%           |
| Cholesterol                         | 81.5%         | 87.7%           |
| HIV                                 | 46.2%         | 44.6%           |
| <b>Motor Vehicle Injuries</b>       |               |                 |
| Consistent Seatbelt Use             | No Data       | 91.0%           |

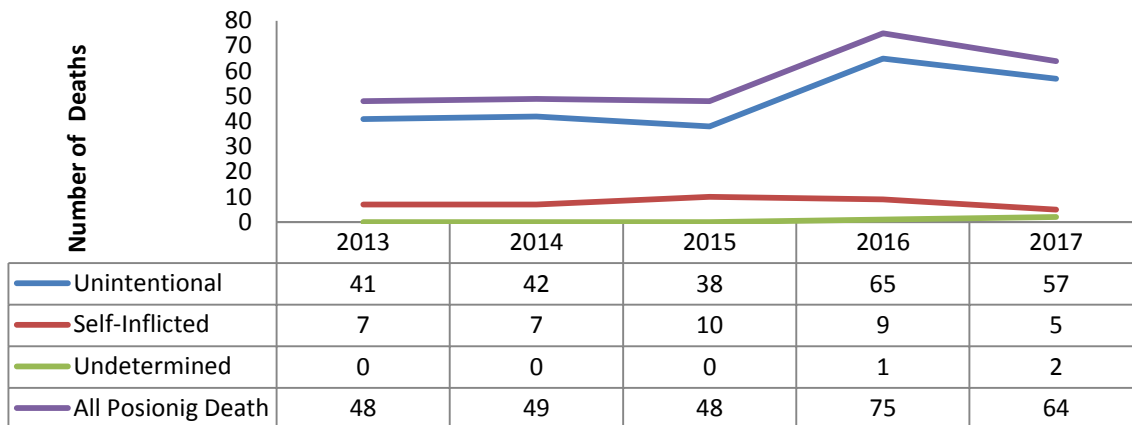
Data Source: 2011, 2013 and 2017 BRFSS

\*\*\* 2017 BRFSS data is based on regional data

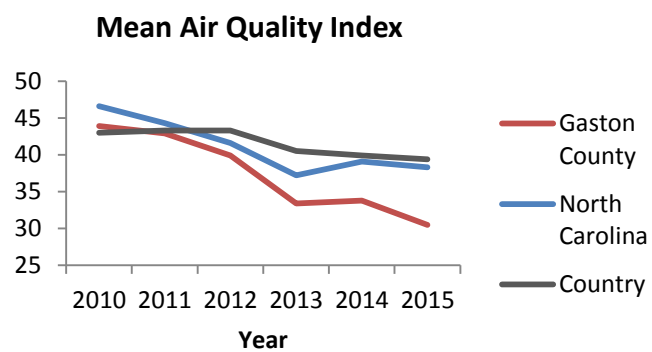
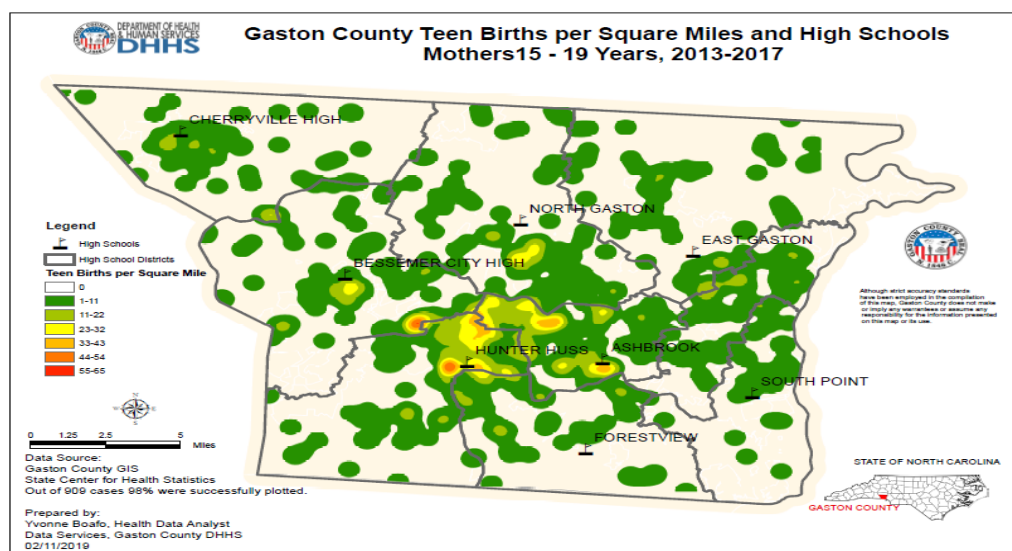
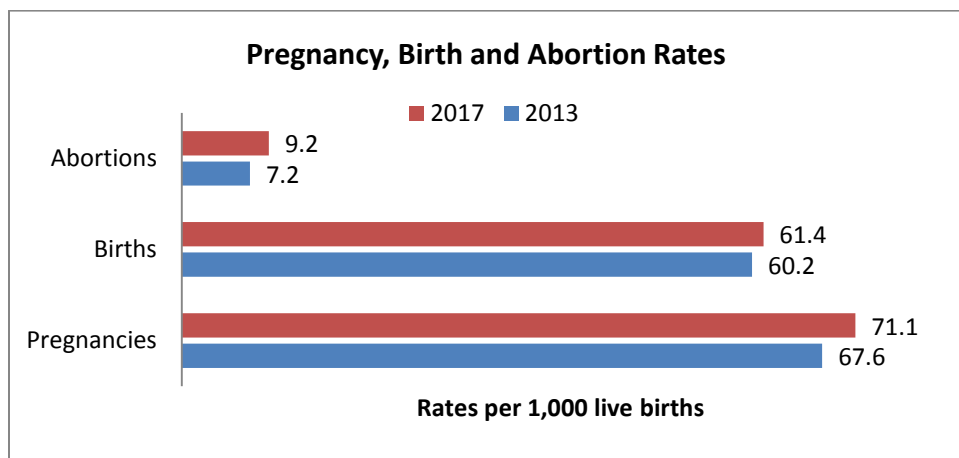
### Number of Poisoning Death By Drug Type, 2013 - 2017



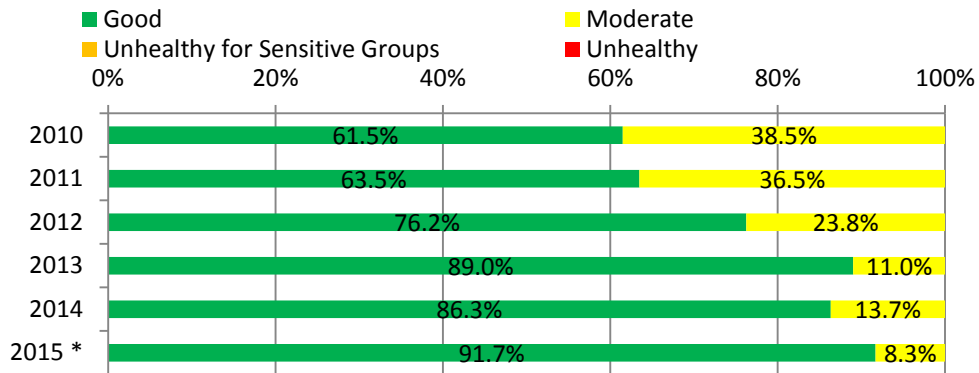
### Poisoning Deaths by Intent







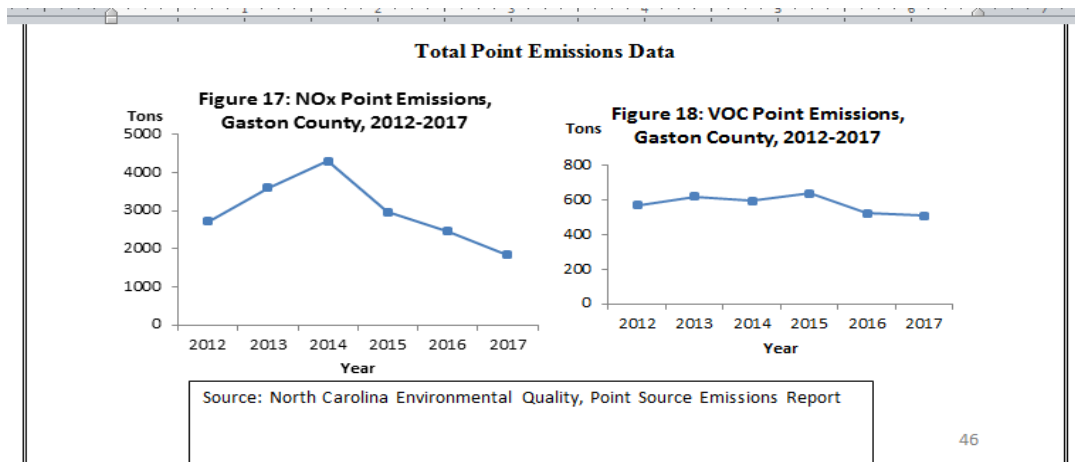
## Percent Days by Measured AQI Level of Concern (2010-2015)



\* Only 36 daily measurements reported for 2015

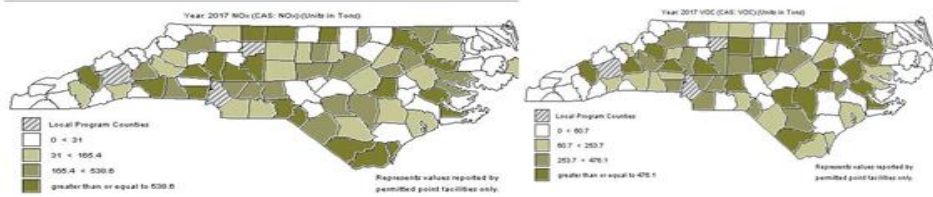
Source: Environmental Protection Agency, Air Quality Index Report

<https://www.epa.gov/outdoor-air-quality-data/air-quality-index-report>

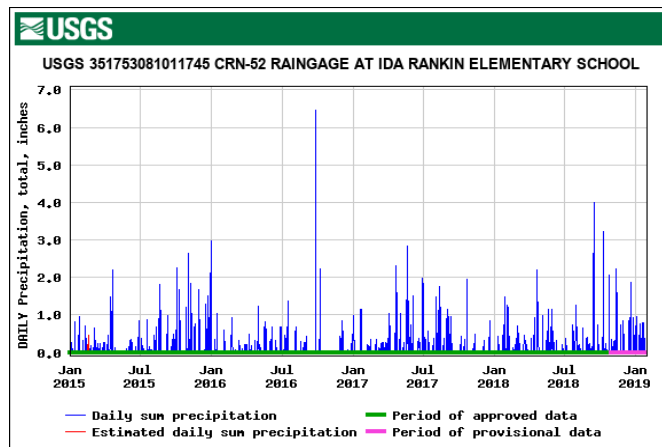
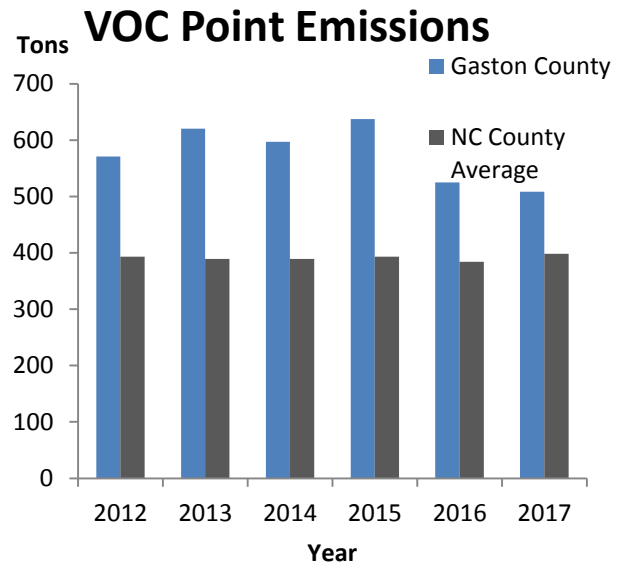
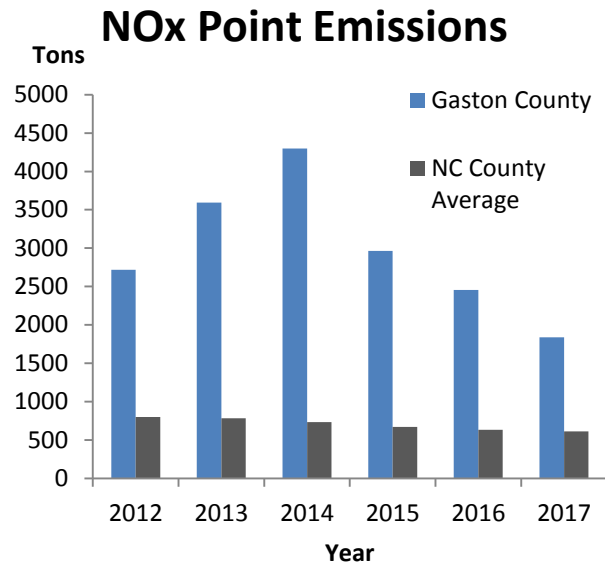


### Reported Point Emissions by County

The maps below show both NO<sub>x</sub> and VOC emissions in Gaston County are relatively high compared to neighboring counties.



Source: North Carolina Department of Environment and Natural Resources (DENR), Division of Air Quality (DAQ), Point Source Emissions Report. State totals were divided by 100 to achieve a county average.  
<https://xapps.ncdenr.org/aq/ToxicsReportServlet?beam=true&year>



# GASTON COUNTY COMMUNITY CONCERNS

## SURVEY RESPONDENTS

Almost half of respondents were **age 45-64** making them an over represented group. The 18-24 year old group and those 65 and older were under represented.



### FACE TO FACE

Surveyed from low-income areas. Higher minority rates in group: **28.9% Black or African American**, **9.2% Hispanic**, and **6% multiracial or other groups**



### ONLINE

Responses from all over county. Lower minority rates in group: **14.6% Black or African American**, **3.7% biracial or other**, and **2.9% Hispanic**

### L.I. AREAS

Similar male to female ratio as county **~53% female**

### LEADERS

Decreased male participation **~61% female**

### RESIDENTS

Very low male participation **~85% female**

## COMMUNITY IMPROVEMENT CONCERNS

| LI Area                             |     | Leader                              |     | Resident                            |     |
|-------------------------------------|-----|-------------------------------------|-----|-------------------------------------|-----|
| Education                           | 4.1 | Education                           | 4.7 | Education                           | 4.6 |
| Access to Health                    | 3.9 | Access to Health                    | 4.1 | Access to Health                    | 3.8 |
| Community Resources for the Elderly | 3.8 | Community Resources for the Elderly | 3.3 | Community Resources for the Elderly | 3.6 |
| Physical Activity and Nutrition     | 3.6 | Physical Activity and Nutrition     | 3.2 | Physical Activity and Nutrition     | 3.3 |
| Environmental Health                | 3.1 | Environmental Health                | 3.3 | Environmental Health                | 3.5 |
| Public Transportation               | 2.5 | Public Transportation               | 2.6 | Public Transportation               | 2.6 |

## COMMUNITY HEALTH CONCERNS

| LI Area                              |    | Leader                               |    | Resident                             |    |
|--------------------------------------|----|--------------------------------------|----|--------------------------------------|----|
| Mental health                        | 58 | Mental health                        | 78 | Mental health                        | 72 |
| Prescription Drug Abuse              | 53 | Prescription Drug Abuse              | 68 | Prescription Drug Abuse              | 61 |
| Illegal Drug Abuse                   | 71 | Illegal Drug Abuse                   | 66 | Illegal Drug Abuse                   | 64 |
| Homelessness and Safe Housing        | 48 | Homelessness and Safe Housing        | 54 | Homelessness and Safe Housing        | 61 |
| Lack of healthcare for the uninsured | 44 | Lack of healthcare for the uninsured | 45 | Lack of healthcare for the uninsured | 39 |

## YOUTH CONCERNS

| LI Area                         |    | Leader                          |    | Resident                        |    |
|---------------------------------|----|---------------------------------|----|---------------------------------|----|
| Quality of Education            | 73 | Quality of Education            | 81 | Quality of Education            | 79 |
| Drug Use                        | 84 | Drug Use                        | 72 | Drug Use                        | 74 |
| Parental Involvement            | 77 | Parental Involvement            | 76 | Parental Involvement            | 72 |
| Mental Health                   | 62 | Mental Health                   | 78 | Mental Health                   | 75 |
| Socio-Economic Factors          | 39 | Socio-Economic Factors          | 65 | Socio-Economic Factors          | 61 |
| Physical Activity and Nutrition | 50 | Physical Activity and Nutrition | 59 | Physical Activity and Nutrition | 53 |
| Sex Education                   | 52 | Sex Education                   | 45 | Sex Education                   | 53 |
| Lack of Social Activities       | 33 | Lack of Social Activities       | 25 | Lack of Social Activities       | 32 |

**Gaston County Community Health Survey  
2018-2019**



***Read the following section after personalizing to each potential participant:***

***Hello, I am \_\_\_\_\_ and this is \_\_\_\_\_ representing Gaston County Health Department. (Show badges or ID.) We are conducting a survey of our county to learn more about the health and quality of life in Gaston County. The Gaston County Health Department, CaroMont Regional Medical Center, Gaston County United Way and other stakeholders will use the results of this survey to help address the major health and community issues in our county.***

***Your address was one of many randomly selected from our county. The survey is completely voluntary, and it should take no longer than 20 minutes to complete. Your answers will be completely confidential. The information you give us will not be linked to you in any way.***

**Would you like to participate? \_\_\_\_\_Yes \_\_\_\_\_ No**

***(If no, stop the survey here and thank the person for his or her time.)***

**Eligibility**

**Do you live in Gaston County? \_\_\_\_\_Yes \_\_\_\_\_ No**

[illegible]

|   |  |                          |
|---|--|--------------------------|
| shopping centers in the county.   |  |                          |
| <b>6. “There is plenty of help for people during times of need in Gaston County”?</b><br><br>Consider social support in this county: neighbors, support groups, faith community outreach, community organizations, and emergency monetary assistance. | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> |
| <b>7. “In general, my health is good”</b>   | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> |

**Read:** The next set of questions will ask about community problems, issues, and services that are important to you. Remember your choices will not be linked to you in any way.

**8. Rank the following health issues from 1 - 6 with one being the most important issue that Gaston County needs to do more about?**

\_\_\_\_ **Physical Activity and Good Nutrition:** (Walking trails and bike paths, sidewalks, quality and availability of parks and recreation facilities, promoting sales of locally grown fruits and vegetables)

\_\_\_\_ **Community Resources for the Elderly:** (Day care, long term care, hospice, senior living etc.)

\_\_\_\_ **Education:** (High graduation rate, Sex education, Maternal and Infant Health)

\_\_\_\_ **Environmental Health:** (Water quality in our rivers and streams, air quality, promoting tourism)

\_\_\_\_ **Access to Health Care:** (Insurance, Clinic, Health Department, Hospital etc.)

\_\_\_\_ **Public Transportation**

☐ *Refused to answer*

**9. How do you prefer to get information about your community? Through... (*Read list, select all that apply*).**

☐ Printed materials, such as flyers

☐ Seminars, workshops, and classes

☐ Television

☐ Radio

☐ Newspapers

☐ Email and website

☐ Your house of worship

☐ Social media (Facebook and Twitter)

☐ *Refused to answer*

**10. Using the list below, please put a check mark next to the five (5) most important YOUTH issues Gaston County needs to do more about? Please consider anyone under 24 years. (*hand participant copy of survey to follow-along*)**

☐ **Parental Involvement:** (Parental communication, appropriate discipline method and supervision)

☐ **Quality of Education:** (Student-teacher relationships, mentors for students, high school graduation rate, career planning for high school students, teen enrollment in colleges and vocational schools and engagement of youth in solving community issues)

☐ **Physical Activity and Nutrition:** (Healthy food choices for youth, among youth, obesity among youth, physical activity programs for youth)



- ☐ **Socio-Economic Factors:** (Money management skills to youth such as budgeting and saving, Job training for youth, job opportunities for teens, youth self-image)
- ☐ **Drug Use:** (Use of drugs, alcohol and tobacco products by youth)
- ☐ **Sex Education:** (Teenage pregnancy, sexual activity among youth, risk of HIV) AIDS and sexually transmitted diseases among youth)
- ☐ **Lack of Social Activities**
- ☐ **Mental Health:** (Self harm, depression and eating disorder, such as anorexia and bulimia)

*PART 3: Health Issues*

**11. In your opinion, what are the five (5) most important health issues you want the community to do more about? (Choose 5)**

- |  |  |
|--|--|
| <input type="checkbox"/> Alcohol abuse   | <input type="checkbox"/> Teen pregnancy                            |
| <input type="checkbox"/> Prescription drug abuse                                     | <input type="checkbox"/> Lack of health care for uninsured persons |
| <input type="checkbox"/> Illegal drug abuse  | <input type="checkbox"/> Hunger                                    |
| <input type="checkbox"/> Dental problems   | <input type="checkbox"/> Access to nutritious food options         |
| <input type="checkbox"/> Reduce infant deaths  | <input type="checkbox"/> <i>Affordable nutritious food options</i> |
| <input type="checkbox"/> Learning and developmental problems (autism, ADD, and ADHD) | <input type="checkbox"/> <i>Tobacco products</i>                   |
| <input type="checkbox"/> Mental health, such as depression and suicidal thoughts     | <input type="checkbox"/> <i>Homelessness and Safe Housing</i>      |
|  | <input type="checkbox"/> Other: _____                              |
|  | <input type="checkbox"/> <i>Refused to answer</i>                  |

**12. Have you ever been told by a doctor, nurse, or health professional that you have any of the following health conditions? (direct participant to handout, select all that apply)**

- |   |   |
|---|---|
| <input type="checkbox"/> <i>Asthma</i>                          | <input type="checkbox"/> <i>Kidney disease</i>  |
| <input type="checkbox"/> <i>Depression or anxiety</i>           | <input type="checkbox"/> <i>Physical disabilities</i>   |
| <input type="checkbox"/> <i>High blood pressure</i>             | <input type="checkbox"/> <i>Sexually Transmitted Diseases (Chlamydia, Syphilis, Gonorrhea and HIV/AIDS)</i> |
| <input type="checkbox"/> <i>High cholesterol</i>                | <input type="checkbox"/> <i>Stroke</i>  |
| <input type="checkbox"/> <i>Diabetes (not during pregnancy)</i> | <input type="checkbox"/> <i>Vision and sight problems</i>   |
| <input type="checkbox"/> <i>Osteoporosis</i>                    | <input type="checkbox"/> <i>None of the above</i>   |
| <input type="checkbox"/> <i>Overweight / obesity</i>            | <input type="checkbox"/> <i>Other</i> _____   |
| <input type="checkbox"/> <i>Angina/heart disease</i>            | <input type="checkbox"/> <i>Refused to answer</i>   |
| <input type="checkbox"/> <i>Cancer</i>                          |   |
| <input type="checkbox"/> <i>Lung disease</i>                    |   |

**13. Are you ready to change your lifestyle to improve your health? I will read a 5 statements, please choose one. (Read first 5 statements, Choose one)**

- ☐ *I have unhealthy habits and I am not planning to change them in the next six months*
- ☐ *I have unhealthy habits and I am planning to make a change in the next six months*
- ☐ *I have unhealthy habits and I am planning to make a change in the next month*
- ☐ *I have changed an unhealthy habit in the past six months*
- ☐ *I am living a healthy lifestyle and do not need to make any changes*

- *N/A= Not applicable or "I don't know"*
- *Refused to answer*

*PART 4: Access to Health Care*

**14. Please choose the type(s) of health insurance you currently have. (Select all that apply)**

- |   |  |
|---|--|
| <input type="checkbox"/> I don't have health insurance  | <input type="checkbox"/> I'm on my parent's insurance              |
| <input type="checkbox"/> Private insurance purchased through Affordable Care Act or Obamacare | <input type="checkbox"/> I don't have health insurance Other _____ |
| <input type="checkbox"/> Private insurance from an employer                                   | <input type="checkbox"/> <b>Refused to answer</b>                  |
| <input type="checkbox"/> Medicare   |  |

**15. How well does your insurance coverage meet your needs? Would you say ... (read options)?**

- ☐ Excellent      ☐ Very good      ☐ Good      ☐ Fair      ☐ Poor  
☐ **Refused to answer**

**16. Which of the following health and medical services are you and/or your family NOT able to get in Gaston County? (Direct participant to handout. Select all that apply)**

- |   |  |
|---|--|
| <input type="checkbox"/> Doctor                               | <input type="checkbox"/> Hospice care  |
| <input type="checkbox"/> Medical specialist                   | <input type="checkbox"/> Vision or eye care  |
| <input type="checkbox"/> Health care for infants and children | <input type="checkbox"/> Long-term care (nursing homes and adult care facilities)                    |
| <input type="checkbox"/> Health care for pregnant women       | <input type="checkbox"/> Spiritual care for health problems  |
| <input type="checkbox"/> Health care for the elderly          | <input type="checkbox"/> Health education programs such as diabetes education                        |
| <input type="checkbox"/> Cancer screening services            | <input type="checkbox"/> Senior services (day care and home health care)                             |
| <input type="checkbox"/> Dental care                          | <input type="checkbox"/> Assistance in enrolling for Medicare benefits and prescription drug program |
| <input type="checkbox"/> Mental health such as depression     | <input type="checkbox"/> Behavior health and social health at the same place                         |
| <input type="checkbox"/> Learning and developmental problems  | <input type="checkbox"/> Not Applicable  |
| <input type="checkbox"/> Care for alcohol and drug abuse      | <input type="checkbox"/> <b>Refused to answer</b>  |
| <input type="checkbox"/> Services for physical disabilities   |  |
| <input type="checkbox"/> Hospital services                    |  |
| <input type="checkbox"/> Emergency department services        |  |
| <input type="checkbox"/> Prescription medicines               |  |

**17. If you and/or your family are NOT able to get health and medical services in Gaston County, WHY. (Select all that apply)**

- |   |  |
|---|--|
| <input type="checkbox"/> Lack of health insurance                               | <input type="checkbox"/> Too sick to leave the house / homebound |
| <input type="checkbox"/> Not able to pay for care                               | <input type="checkbox"/> Do not have transportation              |
| <input type="checkbox"/> No one to watch my children                            | <input type="checkbox"/> Do not understand insurance benefits    |
| <input type="checkbox"/> Services are not available                             | <input type="checkbox"/> Not able to take time off from work     |
| <input type="checkbox"/> The distance from my home to these services is too far | <input type="checkbox"/> Lack of interpreters                    |
| <input type="checkbox"/> Difficulty finding these services                      | <input type="checkbox"/> Fear of discrimination                  |
| <input type="checkbox"/> Difficulty making appointments                         | <input type="checkbox"/> Not Applicable                          |
|   | <input type="checkbox"/> <b>Refused to answer</b>                |

**18. In the past year, where have you gone when you were sick or needed health care? (Select all that apply)**

- |   |  |
|---|--|
| <input type="checkbox"/> My doctor / medical provider | <input type="checkbox"/> An Alternative medicine provider – like a |
|---|--|

- |  |  |
|--|--|
| <input type="checkbox"/> A hospital emergency department room  | <input type="checkbox"/> chiropractor or homeopathic physician |
| <input type="checkbox"/> An urgent care center   | <input type="checkbox"/> Gaston Family Health Services         |
| <input type="checkbox"/> The Gaston County Department of Health and Human Services (Health Department) | <input type="checkbox"/> I don't seek care when I am sick      |
|  | <input type="checkbox"/> Other                                 |
|  | <input type="checkbox"/> Not Applicable                        |
|  | <input type="checkbox"/> Refused to answer                     |

**Read:** The next two questions ask about services offered at the Gaston County Department of Health & Human Services – Public Health Division which includes immunization, teen wellness, family planning, maternal health, communicable diseases, sexually transmitted disease - STD and WIC clinics.

**19. Have you received services in the Public Health Division of Gaston County Department of Health and Human Services in the past four years?**

- |                           |   |
|---------------------------|---|
| <input type="radio"/> Yes | <input type="radio"/> Refused to answer |
| <input type="radio"/> No  |   |

**20. The Public Health Division is open Monday to Friday from 8am – 5pm. Several services are open until 6pm on Monday and Thursday. Are these hours convenient for you?**

- |                           |   |
|---------------------------|---|
| <input type="radio"/> Yes | <input type="radio"/> Refused to answer |
| <input type="radio"/> No  |   |

**21. What could the Public Health Division do to make you more likely to use their services? Please select all that apply.**

- |  |  |
|--|--|
| <input type="checkbox"/> I don't usually need DHHS – Public Health Division services | <input type="checkbox"/> Open a branch closer to my home |
| <input type="checkbox"/> Offer more evening hours                                    | <input type="checkbox"/> Reduce wait times               |
| <input type="checkbox"/> Offer Saturday hours  | <input type="checkbox"/> Other (Please specify) _____    |
|  | <input type="checkbox"/> Refused to answer               |

## PART 5: Demographics

The following questions ask about you, your family and your community.

**22. How many years have you lived in Gaston County?**

- |                                       |   |
|---------------------------------------|---|
| <input type="radio"/> 5 years or less | <input type="radio"/> 16-19 years       |
| <input type="radio"/> 6-10 years      | <input type="radio"/> 20 or more years  |
| <input type="radio"/> 11-15 years     | <input type="radio"/> Refused to answer |

**23. Are you in a leadership role in Gaston County? (Elected official, department or organization leader, pastor, member of board of directors for any agency, etc.)**

- |                                       |  |
|---------------------------------------|--|
| <input type="radio"/> Yes             | <input type="radio"/> Refused to answer (Skip to 25) |
| <input type="radio"/> No (Skip to 25) |  |

**24. If so, in what capacity? (select all that apply).**

- |  |   |
|--|---|
| <input type="checkbox"/> Business or organization leader | <input type="checkbox"/> Faith Community Leader |
|--|---|

- ☐ *Department head*
- ☐ *Elected official*

- ☐ *Member of Board of directors for an agency or an organization*
- ☐ *Refused to answer*

**25. In which community do you live?**

- ☐ Belmont
- ☐ Bessemer City
- ☐ Cherryville
- ☐ Cramerton
- ☐ Dallas
- ☐ Dellview
- ☐ Gastonia
- ☐ High Shoals
- ☐ Kings Mountain
- ☐ Lowell
- ☐ McAdenville
- ☐ Mount Holly
- ☐ Ranlo
- ☐ Spencer Mountain
- ☐ Stanley
- ☐ I don't live inside any city or town limits
- ☐ *Refused to answer*

**26. In which high school district do you live?**

- ☐ Ashbrook High School
- ☐ Bessemer City High School
- ☐ Cherryville High School
- ☐ East Gaston High School
- ☐ Forestview High School
- ☐ Hunter Huss High School
- ☐ North Gaston High School
- ☐ South point High School
- ☐ Stuart Cramer High School
- ☐ Do not know
- ☐ *Refused to answer*

**27. What is your zip code?**

- ☐ 28006
- ☐ 28012
- ☐ 28016
- ☐ 28021
- ☐ 28032
- ☐ 28033
- ☐ 28034
- ☐ 28052
- ☐ 28054
- ☐ 28056
- ☐ 28080
- ☐ 28086
- ☐ 28092
- ☐ 28098
- ☐ 28101
- ☐ 28120
- ☐ 28164
- ☐ Do not know
- ☐ *Refused to answer*

**28. What is your gender?**

- ☐ Male
- ☐ Female
- ☐ Other (Please specify)\_\_\_\_\_

29. What is your age? \_\_\_\_\_

☐ *Refused to answer*

30. What is the total income of the people living in your household, before taxes?

- |  |  |
|--|--|
| <input type="radio"/> Less than \$19,999   | <input type="radio"/> \$50,000 to \$74,999     |
| <input type="radio"/> \$20,000 to \$29,999 | <input type="radio"/> \$75,000 to \$124,999    |
| <input type="radio"/> \$30,000 to \$39,999 | <input type="radio"/> \$125,000 to \$199,999   |
| <input type="radio"/> \$40,000 to \$49,999 | <input type="radio"/> Over \$200,000           |
|  | <input type="radio"/> <i>Refused to answer</i> |

31. What is your ethnic origin?

- |   |  |
|---|--|
| <input type="checkbox"/> <i>White / Not Hispanic</i>                    | <input type="checkbox"/> <i>Asian /Pacific Islander</i>      |
| <input type="checkbox"/> <i>Black / African American / Not Hispanic</i> | <input type="checkbox"/> <i>Multiracial</i>                  |
| <input type="checkbox"/> <i>Hispanic/Latino</i>                         | <input type="checkbox"/> <i>Other (Please specify) _____</i> |
| <input type="checkbox"/> <i>American Indian / Native American</i>       | <input type="checkbox"/> <i>Refused to answer</i>            |

32. What is your current marital status?

- |                                     |  |
|-------------------------------------|--|
| <input type="radio"/> Never married | <input type="radio"/> Divorced                 |
| <input type="radio"/> Married       | <input type="radio"/> Widowed                  |
| <input type="radio"/> Separated     | <input type="radio"/> Cohabitants              |
|                                     | <input type="radio"/> <i>Refused to answer</i> |

33. How many children 17 and under live in your household?

- |                             |  |
|-----------------------------|--|
| <input type="radio"/> None  | <input type="radio"/> Four                     |
| <input type="radio"/> One   | <input type="radio"/> More than four           |
| <input type="radio"/> Two   | <input type="radio"/> <i>Refused to answer</i> |
| <input type="radio"/> Three |  |

34. Including yourself, how many adults 18 and older live in your household?

- |                             |  |
|-----------------------------|--|
| <input type="radio"/> One   | <input type="radio"/> Four                     |
| <input type="radio"/> Two   | <input type="radio"/> More than four           |
| <input type="radio"/> Three | <input type="radio"/> <i>Refused to answer</i> |

*Thank You for Completing this Survey!!*

# Gaston County Community Health Survey 2018-2019



## **Moderator Introduction welcomes Participants**

“Good evening, and welcome to our discussion. We appreciate your willingness to take the time to join this discussion. I’m \_\_\_\_\_ and I will be your moderator. Assisting me is \_\_\_\_\_ who will take notes during the session. We are health educators representing the Gaston County DHHS – Public Health Division. We thank the administrators of this agency for allowing us to hold this discussion here today.”

*(Also provide any needed information; i.e., where bathrooms are located, participants can get up and move about when necessary, food available.)*

## **Provide Overview.**

“Every three years, Gaston County conducts a Community Health Assessment (CHA) for residents to identify the issues that they feel the community should do more about. Gaston DHHS and other 18 community organizations has come together to see what might be done locally to improve health and health care access in Gaston County. “

“In order to do this, we need to better understand community members’ views about health and health care. We are interested in your views of all aspects of health including physical health, mental health, and other aspects you feel are important. Our purpose is to gain information from community members throughout (your) County, and to use that information to address the most important concerns.”

“You have been asked to participate because we think you can tell us what you and others residents in Gaston County are experiencing related to health and health care. This will be the focus of our discussion today.”

## **Review Ground Rules**

“We will meet for about 1 hour during which time we will ask you several questions.

“Everything that is said here is confidential and neither you nor we should repeat any personal information when outside of this room. We would like to, with your permission, record the session so when summarizing the interview we can be sure we have your statements recorded as accurately as possible. We will erase the information as soon as we’ve completed a written summary of the interview. If everyone is comfortable with our using a recorder, we’ll turn it on when we start asking questions.” (Watch for group agreement)

“There are no right or wrong answers to the questions, only opinions. We encourage you to offer those opinions even if they differ from what someone else has said.

“As moderator and assistant moderator, our role is to listen to your views and ideas and record them as accurately as possible. Sometimes we will ask you follow-up questions so we can make sure that we understand what you have said, or we may ask that you give us a specific example.

“We encourage *everyone* to participate. We realize that some people like to talk in groups and some people are less comfortable. We want you all to feel comfortable sharing your views.

“We ask that you speak one at a time, again so that we can be sure that your views are heard.”

## **Confidentiality**

“As I said, you may be assured of complete confidentiality. Everything that we say is confidential and no one’s name will be listed with any written summaries of the discussion. We will only report on the issues cited for this group as a whole. We also need your agreement not to discuss any information shared by individuals in the group with anyone outside of the group. Will everyone indicate their agreement by nodding their head?”

“We’ve also given you a copy of the questions that we will be asking so that you can follow along during the session and for keeping your own notes, if you like. If you have any responses that you do not feel comfortable sharing in the group, write them on this questionnaire and place it in this manila envelope at the end of the interview. The questionnaire is anonymous. You do not need to write your name on it.

“Does anyone have any questions? The final report of the Community Health Assessment will be available to the community in March of 2019.

### ***Some more specifics about our discussion, to help in answering questions.***

“Information gathered will help Gaston County determine:

- Current community practices for maintaining health,
- Kinds of health problems that you think occur most often in your community,
- Barriers people have to good health,
- Community ideas for solutions to health problems,
- Identification of groups of people underserved for health needs.”

### **Moderator Guide to the Questions**

The following section lists the questions, some possible prompts to use with them and the rationale behind each question. First, a word about probes and prompts.

**Probes and prompts** are questions you may want to use to elicit additional information beyond that given in response to the initial question. They do not have to be used if participants are openly and completely answering the major questions. It is important that probes and prompts be worded in such a way that is not leading the respondent. It helps to stick to open-ended prompts, like “What about transportation,” “What about costs of medicines?”

Some possible prompts are included in this *Moderator Guide to the Questions*. Only use them if participants seem stuck or do not address these issues themselves. You may want to use other prompts based on issues raised in previous questions. You can also use prompts to elicit more specific information, for example, “Why do you think that happened?” or “Tell me more about that,” or “Can you give me an example?” Prompts help you explore consensus as well: After one participant offers a response, you can say, “How do the rest of you feel?”

### **Opening Question – Quality of Life Questions**

***1. “Let’s go around the room and have each one of you introduce yourself and tell us what you think is the best thing about living in this community.”***

Possible Prompts: Consider,

“The cost and quality, number of options and availability of healthcare in the county.”

“The quality and safety of schools, child care programs, after school programs and places to play in this county.”



*“The county’s elder-friendly housing, transportation to medical services, recreation and services for the elderly”*

*“The number and quality of jobs, job training/higher education opportunities, and availability of affordable housing in the county.”*

*“How safe you feel at home, in the workplace, in schools, at playgrounds, parks, and shopping centers in the county.”*

*“Social support in this county: neighbors, support groups, faith community outreach, community organizations, and emergency monetary assistance.  
Your health”*

(The opening question is designed more to establish the participation of everyone rather than to get “hard” information. It is designed to involve each participant one at a time in the group discussion. It breaks the ice and gets each participant talking. Once a participant has said something, it becomes easier to speak again. This question will also help identify perceived assets in the various communities)

### **Key Questions**

These are the questions that drive the study. The report on the listening sessions will focus primarily on the responses to these questions. The moderator will need to spend the most time on these questions and probe for specificity in participants’ responses.

#### ***Community Health Issues:***

***2. “In this group’s opinion, what are the serious community health concerns in your community?” and Why?***

Possible Prompts: *“What about physical activity and good Nutrition (Walking trails and bike paths, sidewalks, quality and availability of parks and recreation facilities, promoting sales of locally grown fruits and vegetables)?”*

*“What about Community Resources for the Elderly (Day care, long term care, hospice, senior living etc.)?”*

*“What about Education (High graduation rate, Sex education, Maternal and Infant Health)?*

*“What about Environmental Health (Water quality in our rivers and streams, air quality, promoting tourism)?*

*“What about Access to Health Care (Insurance, Clinic, Health Department, Hospital etc.)?”*

*“What about Public Transportation?”*

### **3. How do you prefer to get information about your community?**

*Think about printed materials, such as flyers, Seminars, workshops and classes, Television, Radio, Newspapers, Email and website, your house of worship and Social media (Facebook and Twitter)*

#### **Youth Issues:**

***4. “In this group’s opinion, what are the serious health problems among youth under 24 years in your community?” “What are some causes of these problems?”***

Possible Prompts:

*“What about physical health problems (Healthy food choices for youth, among youth, obesity among youth, physical activity programs for youth)?”*

*“What about social problems that affect health (e.g., violence, substance abuse, parental involvement, education, jobs, money management)?”*

*“What about mental health problem (Self harm, depression and eating disorder, such as anorexia and bulimia)?”*

### **Health Issues:**

**5. “What do people in your community do to stay healthy?” Give specific examples** Possible Prompts:

*“How do people get information about health?”*

Possible Prompts: *“What about personal healthy behaviors?”*

*“What about getting check-ups or health screenings?”*

*“What about physicians?”*

*“What about other providers?”*

*“What about pharmacists?”*

*“What about neighbors?”*

*“What about family?”*

*“What about health food stores?”*

(The open-ended introductory question begins to focus on the topic. It can also give the moderator clues about where the participants are coming from and may be useful for suggesting future prompts. Occasionally, the participants will offer answers to introductory questions that are completely unanticipated and may lead to additional probes or follow-up questions. The probe allows the Moderator to explore how people get information that helps them stay healthy.)

**6. In this group’s opinion, what are the serious health issues you want your community to do more about?” “What are some causes of these problems?” Please give examples(Most of these are specific social concerns that affect health)**

Possible Prompts: *“Think about the following:”*

*“Alcohol abuse”*

*“Prescription drug abuse”*

*“Illegal drug abuse”*

*“Dental problems”*

*“Reduce infant deaths”*

*“Learning and developmental problems (autism, ADD, and ADHD)”*

*“Mental health, such as depression and suicidal thoughts”*

*“Teen pregnancy”*

*“Lack of health care for uninsured persons”*

*“Hunger”*

*“Access to nutritious food options”*

*“Affordable nutritious food options”*

*“Tobacco products”*

*“Homelessness and Safe Housing”*

*“Other:”*

**7. In this group’s opinion, what specific diseases would you want the community leaders to do more to prevent and why? “What about Asthma”**

*“What about Depression or anxiety”*

*“What about High blood pressure”*

*“What about High cholesterol”*

*“What about Diabetes (not during pregnancy)”*  
*“What about Osteoporosis”*  
*“What about Overweight / obesity”*  
*“What about Angina/heart disease”*  
*“What about Cancer”*  
*“What about Lung disease”*  
*“What about Kidney disease”*  
*“What about Physical disabilities”*  
*“What about Sexually Transmitted Diseases (Chlamydia, Syphilis, Gonorrhea and HIV/AIDS)”*  
*“What about Stroke”*  
*“What about Vision and sight problems”*

#### **Access to Health Care**

#### **8. “What keeps people in your community from being healthy?”**

**Possible Prompts: “What about costs of medical office visits?”**

*“What about costs of medicines?”*  
*“What about health insurance?”*  
*“What about costs of other types of health services?”*  
*“What about services availability Gaston County?”*  
*“What about availability of information on health and health services?”*  
*“What about challenges of having healthy habits?”*

(The open-ended questions help to elicit participants’ views of barriers and challenges that prevent people in their community from maintaining good health and accessing health care services. Summarize: Before question 5, the moderator should succinctly summarize the health problems, barriers and challenges heard in questions 3 and 4, to help the group focus their discussion of solutions in the next question.)

#### **9. “What could be done to solve these problems?”**

*“What do you think the DHHS (health department) can do to help?”*

(The open-ended question allows participants to share their views of possible solutions to the health problems, their causes and barriers that they have discussed in the previous questions.)

#### **10. In this group’s opinion, what would you say about the services provided by Gaston County Department of Health and Human Services?**

Possible Prompts:

*“What about the hours of operation?”*

#### **11. “Is there any group not receiving enough health care? If so, why?” Which group? And why?**

This question helps the participants to consider and identify specific groups in their community or the county that are particularly underutilizing, or underserved by, local health care resources.

(The open-ended question helps to focus discussion on what problems are of most concern in this community. The follow up question probes for participants’ perceptions and insights about what might be causes for the problems that they have identified in the first question. It will help to probe for causes for each health problem identified right after it is mentioned.)

**Ending Question**

This final question allows participants to bring up any issues missed in prior questions and wraps up the interview.

**12. *“Is there anything else you would like to add, or you think would be helpful for us to know?”***

**Note: Get an idea about the demographic to describe this group**

Men, Age group, Ethnicity and race by observing and or obtaining from other documents from GHOP

## Health Services Directory of Gaston County

In collaboration with the Unity Way of Gaston County and CaroMont Regional Health Center, DHHS has two sets of health directories for all residents.

1. **NC 2-1-1:** In collaboration with The United Way of Gaston County, DHHS utilizes the NC 2-1-1 call center and website to connect residents with local resources for emergencies and community health and human resources. The staff at United Way updates the community resource listings annually. The website information is listed on the DHHS website.  
Website: NC211.org  
Contact: 1-888-892-1162

2. CaroMont Health Comprehensive Health Resource Guide

Website: [www.caromonthhealth.org](http://www.caromonthhealth.org)

[https://www.caromonthhealth.org/documents/Volunteer-accessible-Community-Resource-Guide\\_3.21.18.pdf](https://www.caromonthhealth.org/documents/Volunteer-accessible-Community-Resource-Guide_3.21.18.pdf)