Community Health Assessment

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Yadkin County Schools  
Yadkin County Senior Centers  
Yadkin Family YMCA  
YVEDDI - Head Start  
YVEDDI - Transportation
Executive Summary

Every local health department in agreement with the NC Division of Public Health through the annual Consolidated Agreement must complete a county-wide Community Health Assessment (CHA) every four years. In the years between Community Health Assessments, each county must complete a smaller State of the County Health (SOTCH) report, reviewing and updating progress made on top priority issues from the most recently completed CHA. The CHA and the State of the County Health report are both part of a county’s accreditation requirements and are also important in a department’s annual program planning efforts. These reports and the research and work that goes into each, allows the department to closely look at those health issues that are affecting the lives of their residents and also allows the department to lead efforts on tackling these issues.

The 2019 report includes the process in which we collected and analyzed data, as well as how we chose our priority areas. The report includes data from both the survey results themselves, along with data on Yadkin County health statistics from secondary sources. Also found within this report is an overview of the prevention and health promotion needs and resources within our community. Lastly, this report will demonstrate what the agency feels the top concerns or priorities are and the plan for intervention over the next four years. According to the County Health Rankings and Roadmaps, in 2019, Yadkin County was ranked 48th out of North Carolina’s 100 counties in terms of health outcomes. Of the areas that are measured by the Rankings, the factors that had the biggest impact on the County’s overall score were physical environment, quality of life and clinical care. The community was most concerned about drug use and low income and poverty, with 46% and 28% of residents listing this as an issue, respectively. Other areas of concern included: pollution/environmental concerns, depression/helplessness, lack of community support and child abuse/neglect.

Yadkin County does not have a hospital, as this closed in 2015 and has not re-opened. There are not any specialty providers located within the boundaries of the County. The County does still have two urgent care facilities. The County’s health care market focuses on short term and acute care, with long term, chronic and specialized care being found in the surrounding counties.

The primary data, secondary data, and characteristics of health care in Yadkin County point to the main concerns of residents. These, in turn, provide us with a direction to head when planning for improvements in the future including the implementation of evidence based programs. Topics of the highest concern were: substance abuse, mental health/stress management, physical health/chronic disease. After the review of the data and selection of the priority areas, the Yadkin Coalition reviewed and listed many potential evidence based interventions that could be utilized to address these community concerns. The interventions include one-on-one counseling such as KidPower or Prime for Life and group interventions such as Second Step, Too Good for Drugs, of Tai Chi for Diabetes. There were also evidence based trainings discussed such as QPR or Mental Health First Aid.
Community Collaboration

The 2019 Yadkin County Community Health Assessment process included 25 CHA team members, 24 community agencies and a gathering of 265 completed community health surveys. These people, agencies, and survey responses, along with secondary data research, provide the information included in this report.

A major component of the CHA process is the CHA team. This year’s team consisted of over two dozen members, representing multiple community agencies from a variety of agency types. The process of building the CHA team began with the work of building a local Coalition to address issues that affect health and wellness, namely the substance abuse issue the community was seeing. Insight Human Services approached the Yadkin County Human Services Agency about assisting with the establishment of this group. In the early planning meetings, the Human Services Agency pledged their support and requested that one of the first activities of the Coalition be work on the CHA as the CHA team.

The first meeting was February 12th, where the concept of the CHA was introduced. At the second meeting on March 12th, the team was given information about what the CHA was, the process, and their involvement. They were given a timeline of their involvement throughout the process. During this meeting, the gathered members agreed to serve as the CHA team and assist with the process throughout the year. The coalition agreed to use the data from the CHA report, and the corresponding top priorities as their guide throughout their first efforts. The first business regarding the CHA by the Coalition members was at the April 9th meeting. During this meeting, Coalition members reviewed the provided sample CHA survey and made any changes they felt would be best for our community. These included adding vaping to the tobacco questions, changing “sexual education” to “pregnancy prevention”, and adding an additional question asking if respondents were familiar with the Good Samaritan law. The team also provided feedback for the survey collection process including who to target, where and when. They all agreed to complete both paper and electronic surveys. The final draft was brought to the second meeting on May 14th. During this meeting the Coalition agreed on the final version of the survey tool. The Coalition also formalized the plan for collecting surveys. Survey collection began on June 12th. At the August 13th meeting, the team was given a presentation on where we were with data collection, specifically covering the demographics and what we still needed. The team assisted in determining ways to target missing demographic groups. They also provided feedback on ways to collect primary data.

Primary data was collected through a variety of means. The survey was available in both hard copy and electronically via a SurveyMonkey link. The survey was available in both English and Spanish. The link was distributed to Yadkin County employees, Yadkin County schools, the Yadkin County Chamber of Commerce and many community partner agencies through the sharing of the link to members of the Early Education Advocacy Group. Hard copies and table tents where put out at all four public libraries within the County. Hard copies were also distributed to all medical facilities, the local free clinic, and the local branch of the YMCA. Unlike other CHA survey collection efforts, the agency did not set up at community events. The agency has learned over time that this is not an efficient or effective way to collect survey responses. The agency was also supported by three local churches who agreed to collect hard copies of surveys or include the link in their weekly bulletin.
At the October meeting, the team was given the final primary and secondary data. From this, they were also given the areas that Yadkin County consistently did not compare to our peer counties or the state. The team had a discussion about which of these areas they felt could be successfully targeted over the next four years through the work of the Coalition. The group discussed that not all interventions need to be led by the Human Services Agency or the Coalition. The Coalition discussed determining agencies and groups that were already doing some work and assisting and supporting them in their efforts. The targeted areas were decided to be: substance abuse, mental health/stress management, physical health/chronic disease. In January 2020, the team reviewed the final CHA report and made a recommendation to present to the Board of County Commissioners for final approval.
Demographic Profile

Yadkin County is located in the northwest Piedmont region of central North Carolina. The region consists of rolling farmlands which are frequently broken by hills or valleys formed by streams. Yadkin County marks the eastern end of the Brushy Mountains range; and, the Yadkin River forms the county’s northern and eastern borders. The nearest metropolitan area is Winston-Salem, NC which is located 20 miles to the east. The county is 75 miles north of Charlotte, NC and 134 miles west of Raleigh, NC. Yadkin County is bordered on the north by Surry County, east by Forsyth County, west by Wilkes County, and on the south by both Davie and Iredell counties. There are four municipalities in Yadkin which include: East Bend, Jonesville, Boonville, and Yadkinville, which serves as the county seat. There are two major highways and one major interstate which run through Yadkin County. Interstate 77 runs north-south in the western region of the county. Highways 421 and 67 run east-west through Yadkin County. Highway 421 runs through Yadkinville, NC from Winston-Salem to Boone, NC. Highway 67 runs through East Bend and Boonville, NC from Winston-Salem to Jonesville, NC (Google, 2019).

Yadkin County does not have an organized mass transit system that may be found in larger metropolitan areas. The county is closely located to two passenger service airports which are Piedmont Triad International Airport in Greensboro, NC and Charlotte-Douglas International Airport in Charlotte, NC. There is also a publicly owned general airport in Winston-Salem, NC, Smith-Reynolds Airport. The closest bus and train stops are located approximately 25 miles away in Winston-Salem, NC. Medicaid patients may apply for non-emergency Medicaid transportation, though not every type of Medicaid has coverage. If a client has a personal vehicle or a relative or friend can assist, Medicaid can provide a gas voucher or mileage reimbursement. If a client has no means of transportation or requires a lift, the client can be scheduled transportation for Medicaid covered services. There are three companies providing van transportation. One of which is phasing into ambulance transports only. It’s important to note that this is an additional service over and beyond Medicaid and not everyone is eligible. This is based on the type of Medicaid the client has.

The physical area of Yadkin County is approximately 334.83 square miles (Bayley, 2006). The elevation of the county is 875 feet above sea level. The climate in Yadkin County is relatively mild, with an average
monthly maximum temperature around 68.5 degrees. The average monthly minimum temperature is 44.4 degrees. The average monthly precipitation is 4.1 inches (State Climate Office of NC, 2019).

From the official Yadkin County Chamber of Commerce website (Yadkin County Chamber of Commerce, n.d.):

“Named for the river that marks its northern and eastern boundaries, Yadkin County was formed in 1850 from parts of adjacent Surry County. The current population stands at 36,348 and continues to grow. Yadkinville, the County Seat, was formed in 1857 and has a current population of around 2,800.

Originally a farming community, flue cured tobacco was the major cash crop grown in Yadkin County. As tobacco use declines, production of other crops continues to increase. Vineyards are now producing grapes to be used in winemaking. The first winery opened in 2000, and currently Yadkin County is home to 14 producing wineries, the largest concentration in the state of North Carolina. The Yadkin Valley Wine Region was the first and remains the largest federally designated wine producing region, or appellation, in North Carolina. Wines such as Chardonnay, Cabernet Sauvignon, Merlot, Viognier, and Chambourcin are winning medals in competitions throughout the nation.”

“While it began as an agricultural center and remains primarily rural in character, today the county combines a farming economy with growing industrial development. Industrial growth was slow in coming to Yadkin due to the decision in 1871, 1885, and again in 1908 to not allow the railroad into the County. Highway infrastructure later allowed growth to take place, and now Yadkin County has a healthy mix of manufacturing operations. Unifi Inc., is the county’s largest firm, with over 1,000 manufacturing employees. Unifi also manufacturers Repreve®, a 100% recycled fabric made from discarded water bottles. Also, Lydall Thermal Acoustical supplies metal and fiber problem solving solutions to the automotive market and Phillips-Van Heusen Apparel Group operates a huge "state of the art" distribution facility in Yadkin County. Additionally, resources such as plastics, metalworking, automotive components, food production, and textile companies add to the manufacturing base.”
Socioeconomic, Educational, and Environmental Factors

From the 2019 US Census QuickFacts data, we find that Yadkin County has 37,543 residents. This is just over a 2.5% decrease since the population was reported in the 2015 Community Heath Assessment. Some notable population data points are that 20.8% of the population is under the age of 19 (5% decrease) and 20.2% are over the age of 65 (4% increase). The two largest race groups in the county are White at 93.9% and Black/African American at 3.5%. The County has a population of 11.2% Persons of Hispanic or Latino origin. These differ from state data which are 70.6%, 22.2%, and 9.6% respectively (United States Census Bureau, 2019). Further investigation of US Census data from 2019 finds that 8.9% of the county’s population speaks a language other than English in the home. The high school graduation rate is 81%, however, only 11.3% of the population has gone on to achieve a bachelor’s degree or higher. Both of these areas have seen a 2% increase since these numbers were last reported in the Community Health Assessment. According to data from the NC Child 2018 Yadkin County Data Card, 60% of third graders are reading at grade level (NC Child, 2019).

The NC Child Data Card goes on to provide other economic factors including that 59.7% of children are living in poor or low income homes and 25% live in households that are food insecure. The NC Department of Commerce also has educational and economic information regarding Yadkin County, which they share in their ACCESS NC reports. The most recent report from December 2019 shows that the average SAT scores, out of a 1600 new scale, to be 1069, with 25% of graduates taking the SAT. This report also shows the median household income in Yadkin County is $46,885, which is a $5,000 increase since the last Community Health Assessment. Most of the employers in Yadkin County are in the private sector, with manufacturing being the largest employer in the county. For 2018, the annual unemployment rate was 3.4%, a 2% decrease, and the year-to-date unemployment rate at time of submission was 3.2%. In 2017, they list the estimated population with income below poverty at 13.4% (NC Department of Commerce, 2019).

Health facilities and Other Key Structures

According to the Yadkin County Parks and Recreation website, the Yadkin County Parks and Recreation Department was established in 1972 with the goal of providing activities, events, and facilities to meet the needs of the people of Yadkin County. Today the Parks and Recreation Department has grown to include four unique parks and a blueway with three river access points. Future planning for parks and trails continues to be a priority (Yadkin County Government, n.d.).

The Yadkin County Park facility offers: walking/jogging trail, nature trail, outdoor volleyball, fishing, playground, ball fields (baseball/softball/soccer), swimming (seasonal), and disc golf. Amenities include an outdoor pool, large shelter, walking/jogging trail, nature trail, amphitheater, fishing pier, large playground, ample parking, two baseball/softball fields, six soccer fields, disc golf course, dog park for large and small dogs, and bathrooms.

The new Yadkin Memorial Park facility includes a walking/jogging trail, a playground, boating access (non-gas powered), fishing, and waterfowl hunting. The park provides kayaks and john boats for rent during the spring and summer months. The park amenities include two shelters (one large, one small, available for rent), boat ramp, two fishing piers, six duck blinds, playground, picnic tables/charcoal grills, ample parking, restrooms, and paved trail. In addition, since the 2015 CHA report, the Parks and
Recreation department has added a little over two miles of walking trails through the woods at Lake Hampton. All trails there are on the All Trails and Piedmont Legacy Trails app. The facility includes a universally accessible kayak/canoe launch, which is only two years old. The county will soon begin phase two of Memorial Park. This includes a primitive campground with a bath house, new small shelter to rent for parties, a dog park, a new entrance on the north side of the lake that will have a small bathroom and a disc golf course. A trail extension to continue around the lake will add a little over a mile of trail there as well. The department is also adding onto the playground with a wheelchair accessible merry go round, panels, and pour in place surfacing. At the county park, in Yadkinville, the department just finished adding a new soccer field and baseball field. The department also extended the disc golf course to a 24-hole course. The playground there will also be getting some much needed sun shade.

The Yadkin River Trail is a Blueway Trail. A blueway or water trail is a water path or trail that is developed with launch points, camping locations and points of interest for canoeists, paddle boarders and kayakers. Blueways are typically developed by state, county or local municipalities to encourage recreation, ecological education and preservation of wildlife resources. The Yadkin River is designated as a State Blueway Trail and includes High Rock Lake, Tuckertown Reservoir and Lake Tillery, with a connected series of river access points from Wilkes County to Montgomery County, including four in Yadkin County (Shoals, Donnaha, Huntsville, and Shore). Yadkin County maintains three river access sites on the Yadkin River: Donnaha Yadkin River Access, Shores Yadkin River Access, Huntsville Yadkin River Access.

The Parks and Recreation department also host special yearly events such as baseball tournaments, and occasional disc-golf tournaments. The department also sponsors some league athletics such as youth soccer and youth self-defense classes.

The County also has a local branch of the YMCA. According to their website, “The Yadkin Family YMCA has served the local community since 2001 and offers a wide range of programs for the whole family including swim lessons and camps, as well as a comprehensive Wellness Center with on-duty staff, group exercise programs, and SilverSneakers® classes.” Their facilities include a gym with multiple courts, racquetball court, cross training space, and both an indoor and outdoor pool.
Primary and Secondary Data Collection

Primary data regarding the health status of residents of Yadkin County comes from the 2019 Yadkin County Health Assessment, which was implemented from June 2019 to November 2019. There were 265 surveys completed. In order to obtain an overall synopsis of major health and community issues present in Yadkin County, survey questions aimed to capture a variety of aspects that affects one’s health and quality of life. Areas of focus included residents’ opinions on community improvement, personal health, both physical and mental, as well as access to care and emergency preparedness.

To best assess our county, our data collection process also included secondary data research. This included researching data from various agencies and websites. Agencies accessed in researching the secondary data include: Center for Disease Control and Prevention, March of Dimes, US Department of Health and Human Services, and the National Cancer Institute. Other sources of information include the NC State Center for Health Statistics and the County Health Rankings database. Topics searched in the secondary data research related to the topics in which questions were asked of the survey respondents. This allowed for a comparison of the local data and perspectives to our peer counties and the state. For purposes of this report and to allow for a comparable comparison, we selected Davie and Stokes County as our peers. We chose these counties because they are within our Local Health Directors region and are geographically similar to Yadkin County, as well as have a comparable demographic makeup.

Community Concerns

The County Health Rankings and Roadmaps is an annual report produced by the collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. This program utilizes county-level data to rank each county within the state based on health outcomes and factors that affects the overall health status of county residents. In 2019, Yadkin County was ranked 48th out of North Carolina’s 100 counties for its overall ranking in health outcomes; with quality of life primarily influencing this poor ranking.

When determining a county’s health outcome ranking, length of life and quality of life (poor or fair health, poor physical health days, poor mental health days, and low birthweight) are taken into consideration. Yadkin County is fairing much worse when it comes to quality of life (ranked 64) in comparison to our peer counties, Davie (ranked 16) and Stokes (ranked 18).

The 2019 Community Health Assessment survey sought feedback on the quality of life in Yadkin County. When residents were asked about their quality of life in the past 30 days, 21% or one in five reported they experienced days of feeling sad or worried that kept them from going about their normal business. When surveyed about any physical pain or health problems, 32% of respondents stated they had experienced poor physical health days that made it difficult to participate in usual activities in the past 30 days.

Community members were also asked to weigh in on the following six statements concerning the quality of life in Yadkin County. Respondents were invited to circle the number that best represented their opinion for each statement, with one being strongly disagree and five being strongly agree. For purposes of this report, those that selected disagree or strongly disagree have been combined together as a percentage and those that agreed or strongly agreed have been consolidated as one percentage.
<table>
<thead>
<tr>
<th>Statement</th>
<th>Disagree / Strongly Disagree</th>
<th>Neutral</th>
<th>Agree / Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>There is good healthcare in Yadkin County.</td>
<td>51.3%</td>
<td>25.2%</td>
<td>23.5%</td>
</tr>
<tr>
<td>Yadkin County is a good place to raise children.</td>
<td>11.3%</td>
<td>18.1%</td>
<td>70.6%</td>
</tr>
<tr>
<td>Yadkin County is a good place to grow old.</td>
<td>21.4%</td>
<td>20.2%</td>
<td>58.4%</td>
</tr>
<tr>
<td>There is plenty of economic opportunity in Yadkin County.</td>
<td>65.6%</td>
<td>15.6%</td>
<td>18.9%</td>
</tr>
<tr>
<td>Yadkin County is a safe place to live.</td>
<td>5.9%</td>
<td>21.0%</td>
<td>73.1%</td>
</tr>
<tr>
<td>There is plenty of help for people during times of need in Yadkin County.</td>
<td>20.6%</td>
<td>21.0%</td>
<td>58.4%</td>
</tr>
</tbody>
</table>

While a majority of community members feel that Yadkin County is a safe place to live, and a good place to raise children and grow old, many citizens disagree or strongly disagree that there is plenty of economic opportunity in Yadkin County. Survey respondents also did not feel there is good health care in the county. When asked where they go most often when sick, 38% of respondents reported they go outside of the county for medical care.

When surveyed about their access to health care in the past 12 months, 10.2% of respondents reported having issues getting the health care either they or a family member needed. The most commonly selected facilities or providers where they had issues were dentist (39%), general practitioner (35%), and eye care/optometrist (19%); with pharmacy (12%) and OB/GYN (12%) tied in fourth. No health insurance (31%), deductible or co-pay was too high (23%), and doctor would not take their insurance (19%) were the most commonly cited problems that prevented individuals from accessing the health care they needed.

Residents were solicited for feedback on problems, issues, and services that they felt needed the most community improvement. Respondents were asked to select the three community issues from a list of 15 that most affect the quality of life in Yadkin County. Top three responses included drug use (illicit and prescription), low income/poverty, and lack of or inadequate health insurance, with child abuse and neglect a close fourth.

Respondents were asked to identify which services need the most improvement in their neighborhood or community. The most frequent concerns were higher paying employment, availability of employment and employment resources, and positive teen activities.

From a list of 22 health behaviors, survey respondents were asked about which health behaviors they themselves or they felt people in the community need more information about. Substance abuse prevention for alcohol, drugs, and prescription medications was the most frequently cited behavior; followed by eating well and stress management.
Mortality

The State Center for Health Statistics of North Carolina assembles the top 10 causes of death for various age groups. Yadkin County’s top 10 causes of death for all age groups show that cancer and heart disease continues to reside at the top of the list. This has been consistent for a number of years.

<table>
<thead>
<tr>
<th>Cause of Death</th>
<th>Deaths (Yadkin)</th>
<th>Yadkin Co. Death Rate</th>
<th>NC Death Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer – all sites</td>
<td>469</td>
<td>249.0</td>
<td>191.6</td>
</tr>
<tr>
<td>Diseases of the heart</td>
<td>456</td>
<td>242.1</td>
<td>181.9</td>
</tr>
<tr>
<td>Chronic Lower Respiratory Diseases</td>
<td>163</td>
<td>86.6</td>
<td>52.1</td>
</tr>
<tr>
<td>Cerebrovascular Disease</td>
<td>131</td>
<td>69.6</td>
<td>48.9</td>
</tr>
<tr>
<td>Alzheimer’s Disease</td>
<td>99</td>
<td>52.6</td>
<td>39.4</td>
</tr>
<tr>
<td>Other Unintentional Injuries</td>
<td>96</td>
<td>51.0</td>
<td>38.6</td>
</tr>
<tr>
<td>Diabetes Mellitus</td>
<td>91</td>
<td>48.3</td>
<td>27.9</td>
</tr>
<tr>
<td>Pneumonia &amp; Influenza</td>
<td>70</td>
<td>37.2</td>
<td>19.7</td>
</tr>
<tr>
<td>Septicemia</td>
<td>49</td>
<td>26.0</td>
<td>*</td>
</tr>
<tr>
<td>Nephritis, nephrotic syndrome, &amp; nephrosis</td>
<td>44</td>
<td>23.4</td>
<td>18.9</td>
</tr>
</tbody>
</table>

(NC Department of Health and Human Services, 2019)

The top eight leading causes of death in Yadkin County mimic those of the state. Septicemia and Nephritis finish out the top ten leading causes of death for Yadkin County residents among all ages. Note that Septicemia has an asterisk listed for NC death rate, as this condition is not listed as a leading cause of death among North Carolinians. During the 2015 Community Health Assessment, it was reported that Yadkin County’s death rate was better than the state for Alzheimer’s disease and diabetes. During review of the secondary data for the 2019 CHA, statistics show that Yadkin has a higher death rate in all leading causes of death as compared to the state rate. It is important to note that since the 2015 CHA, the death rate for Alzheimer’s disease and diabetes has doubled in Yadkin County. In 2015, the Alzheimer’s death rate was 24.9 and the diabetes death rate was 21.1 per 100,000 Yadkin County residents. This increase may be attributed to our aging population; with 20% of Yadkin County’s population being 65 years or older (United States Census Bureau, 2019).
When reviewing the secondary data around death rates for the different age groups, it is easy to note some discrepancies between Yadkin County and North Carolina’s rates. There are instances where our top five causes of death in the various age groups do not align with the state and one can see that Yadkin is experiencing certain causes of death at a greater rate in comparison to the state.

### Top 5 Leading Causes of Death per Age Group, 2014-2018

<table>
<thead>
<tr>
<th>Cause of Death</th>
<th>Deaths (Yadkin)</th>
<th>Yadkin Death Rate</th>
<th>NC Death Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>0-19 years</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Conditions originating in the perinatal period</td>
<td>3</td>
<td>6.8</td>
<td>17.8</td>
</tr>
<tr>
<td>Motor Vehicle Injuries</td>
<td>3</td>
<td>6.8</td>
<td>6.0</td>
</tr>
<tr>
<td>Suicide</td>
<td>3</td>
<td>6.8</td>
<td>3.0</td>
</tr>
<tr>
<td>Cancer – all sites</td>
<td>2</td>
<td>4.5</td>
<td>2.1</td>
</tr>
<tr>
<td>Congenital Anomalies (birth defects)</td>
<td>2</td>
<td>4.5</td>
<td>6.9</td>
</tr>
<tr>
<td>Other Unintentional Injuries</td>
<td>2</td>
<td>4.5</td>
<td>4.4</td>
</tr>
<tr>
<td><strong>20-39 years</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other Unintentional Injuries</td>
<td>22</td>
<td>54.5</td>
<td>36.6</td>
</tr>
<tr>
<td>Suicide</td>
<td>12</td>
<td>29.7</td>
<td>15.8</td>
</tr>
<tr>
<td>Motor Vehicle Injuries</td>
<td>11</td>
<td>27.2</td>
<td>19.2</td>
</tr>
<tr>
<td>Cancer – all sites</td>
<td>5</td>
<td>12.4</td>
<td>10.1</td>
</tr>
<tr>
<td>Diabetes Mellitus</td>
<td>5</td>
<td>12.4</td>
<td>2.7</td>
</tr>
<tr>
<td><strong>40-64 years</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cancer – all sites</td>
<td>128</td>
<td>190.5</td>
<td>167.5</td>
</tr>
<tr>
<td>Diseases of the heart</td>
<td>94</td>
<td>139.9</td>
<td>116.3</td>
</tr>
<tr>
<td>Other Unintentional Injuries</td>
<td>30</td>
<td>44.6</td>
<td>38.0</td>
</tr>
<tr>
<td>Diabetes Mellitus</td>
<td>29</td>
<td>43.1</td>
<td>25.7</td>
</tr>
<tr>
<td>Cerebrovascular Disease</td>
<td>22</td>
<td>32.7</td>
<td>21.4</td>
</tr>
<tr>
<td>Chronic Lower Respiratory Diseases</td>
<td>22</td>
<td>32.7</td>
<td>26.3</td>
</tr>
</tbody>
</table>
The suicide rate for Yadkin County is at an all-time high. This is especially a grave concern among those aged 20-39, as presented in the chart above. Individuals between the ages of 20-39 are committing suicide at a rate of 29.7 per 100,000 residents; nearly twice that of the state at 15.8 and more than three times that of the Healthy NC 2020 goal of 8.3 (North Carolina Institute of Medicine, 2011). Suicide is also an issue among some of our youngest residents. Those aged 0-19 years are committing suicide at a rate of 6.8 per 100,000 residents; which is also twice the state rate of 3.0 for this age group.

Deaths caused by unintentional injuries continue to be an issue in Yadkin County. It is listed as one of the top five leading causes of death among the following age groups: 0-19, 20-39, and 40-64. The graph below demonstrates just how much of a disparity this has been for Yadkin County as compared to the state over the last 16 years.

<table>
<thead>
<tr>
<th>65-84 years</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer – all sites</td>
<td>260</td>
<td>808.4</td>
<td>768.8</td>
</tr>
<tr>
<td>Diseases of the heart</td>
<td>194</td>
<td>603.2</td>
<td>582.3</td>
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<tr>
<td>Chronic Lower Respiratory Diseases</td>
<td>97</td>
<td>301.6</td>
<td>226.4</td>
</tr>
<tr>
<td>Cerebrovascular Disease</td>
<td>67</td>
<td>208.3</td>
<td>160.1</td>
</tr>
<tr>
<td>Alzheimer’s Disease</td>
<td>48</td>
<td>149.2</td>
<td>105.9</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>85+ years</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Diseases of the heart</td>
<td>166</td>
<td>3933.6</td>
<td>3491.4</td>
</tr>
<tr>
<td>Cancer – all sites</td>
<td>74</td>
<td>1753.6</td>
<td>1602.6</td>
</tr>
<tr>
<td>Alzheimer’s Disease</td>
<td>51</td>
<td>1208.5</td>
<td>1395.2</td>
</tr>
<tr>
<td>Chronic Lower Respiratory Diseases</td>
<td>44</td>
<td>1042.7</td>
<td>691.6</td>
</tr>
<tr>
<td>Cerebrovascular Disease</td>
<td>42</td>
<td>995.3</td>
<td>1108.0</td>
</tr>
</tbody>
</table>

(NC Department of Health and Human Services, 2019)
Maternal and Child Health

In 2018, there was a total of 363 births to Yadkin County residents. Of those births, 67.5% of the women sought prenatal care during their first trimester (NC Department of Health and Human Services, 2019). It is beneficial for expecting mothers to seek prenatal care early, as early care is linked to positive birth outcomes.

When care begins later during pregnancy, the infant is more susceptible to negative or unfavorable birth outcomes. Negative health implications of newborns are also associated with the mother’s habits during pregnancy. Smoking during pregnancy can have harmful effects on both the mother and fetus. The North Carolina State Center for Health Statistics reported that 16.8% of Yadkin County women smoked during pregnancy in 2018. Smoking during pregnancy may contribute to low or very low birth weight, as well as preterm delivery.

When an infant is born at a low or very low birthweight, this can result in serious health concerns (March of Dimes, 2018). Such implications include bleeding in the brain, heart complications, respiratory distress, as well as intestinal and eye problems. Babies born with a low or very low birthweight are also more susceptible to disabilities like mental retardation, cerebral palsy, vision and hearing loss, or even death (March of Dimes, 2018). This can even have health implications that appear later in life; such as diabetes, heart disease, high blood pressure, obesity and metabolic syndrome. Of the 363 births to Yadkin County residents in 2018, 0.8% of infants were born at a very low birthweight (≤ 3.3 lbs.) and 9.6% of infants were born at a low birthweight (≤ 5.5 lbs.) (NC Department of Health and Human Services, 2019).

A premature birth is defined as a birth that takes place before the start of the 37th week of gestation (March of Dimes, 2018). In 2018, the North Carolina State Center for Health Statistics indicated that 11.6% of births were preterm.
In comparison to Davie, Stokes, and the state, Yadkin County has a slightly higher percentage of women not carrying to a full term of 37+ weeks of gestation.

**Teen Pregnancy Rates**

The 2018 pregnancy rate among teens aged 15-19 in Yadkin County fell 23% from 2017. This is a vast improvement from the prior year. In 2017, the teen pregnancy rate in Yadkin County was 46 pregnancies per 1,000 teen females. The chart below shows the breakdown of teen pregnancy statistics. There were too few pregnancies among racially diverse teens in Yadkin County (<20 pregnancies), so those rates are not reported here.

### 2018 Teen Pregnancy Rates

<table>
<thead>
<tr>
<th></th>
<th>Yadkin County</th>
<th>North Carolina</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of pregnancies among 15-19-year-old girls:</td>
<td>38</td>
<td></td>
</tr>
<tr>
<td>Teen pregnancy rate per 1,000 15-19-year-old girls:</td>
<td>35.2</td>
<td>24.6</td>
</tr>
<tr>
<td>Teen pregnancy rates by race/ethnicity: white</td>
<td>34.7</td>
<td>16.1</td>
</tr>
<tr>
<td>Teen pregnancy rates by age: 18-19 year olds</td>
<td>74.5</td>
<td>44.0</td>
</tr>
<tr>
<td>Number of pregnancies among 15-17-year-old girls:</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Number of pregnancies among 18-19-year-old girls:</td>
<td>28</td>
<td></td>
</tr>
<tr>
<td>Percent of Repeat Pregnancies:</td>
<td>26.3%</td>
<td>21.8%</td>
</tr>
<tr>
<td>Teen birth rate per 1,000 15-19-year-old girls:</td>
<td>28.7</td>
<td></td>
</tr>
<tr>
<td>NC County Ranking (out of 100 counties):</td>
<td>19</td>
<td></td>
</tr>
<tr>
<td>Change since 2017:</td>
<td>-23%</td>
<td>-8%</td>
</tr>
</tbody>
</table>

(Sexual Health Initiatives For Teens (SHIFT), n.d.)
While the 2018 teen pregnancy rates are an improvement from the previous year, the chart illustrates that Yadkin County still has a higher rate as compared to the state.

**Youth**
The adolescent years are critical for the current and future health of teens. Having good health facilitates youth to learn and grow. While teenagers are typically healthy, mental health, substance use, obesity, and risky sexual behaviors are common challenges for youth (Office of Population Affairs, 2019).

The aforementioned health concerns can have long-term effects. Fortunately, they can often be prevented through supportive relationships and healthy communities. Positive teen activities was a service that residents felt needed improvement in our community.

According to the County Health Rankings and Roadmaps, 19% of Yadkin County teens and young adults aged 16-19 are neither working nor in school. This group is known as disconnected youth. This vulnerable population is at an increased risk of violent behavior, smoking, alcohol consumption and marijuana use. They may also have emotional deficits and less cognitive and academic abilities than their peers who are working and/or in school (Robert Wood Johnson Foundation, & University of Wisconsin Population Health Institute, 2019). This is quite worrisome, as Yadkin County has the second highest percentage in the state. The overall percentage of disconnected youth in the state of North Carolina is 7%.

Yadkin County residents were surveyed on which health topics they feel that youth in the County need more information about. Top three responses for this question were drug abuse, tobacco/vaping/e-cigarettes, and mental health; with bullying and pregnancy prevention being a relatively close fourth and fifth.

**Morbidity and Chronic Disease**
The term morbidity, as defined by Merriam-Webster dictionary, refers to having a disease or a symptom of disease; that is often reflected as a rate of illness within a population. Morbidity also refers to the complications or undesirable side effects following surgery or medical treatment.

Chronic diseases are long-lasting health implications that can be controlled but not cured. Many chronic conditions are also the leading causes of death and disability in the United States. Some common chronic conditions include Alzheimer’s disease, arthritis, cancer, diabetes, heart disease, obesity, respiratory disease, and stroke.

**Cancer**
“Cancer is the name given to a collection of related diseases. In all types of cancer, some of the body’s cells begin to divide without stopping and spread into surrounding tissues” (National Cancer Institute, 2015). There are more than 100 types of cancer. The different types of cancer are typically named for the site where the cancers form. The table below shows the preliminary cancer incidence rates for specified sites. Yadkin County tends to have a slightly lower incidence rate of cancer, as compared to Davie and Stokes County.
According to the National Cancer Institute, cancer is a genetic disease, in which it is caused by changes to the genes that control the way cells grow and divide. It is difficult to know why one person may develop cancer and another does not. Research shows that certain risk factors and behaviors may increase a person’s chances of developing cancer. Such risk factors include aging, exposure to sunlight, alcohol consumption, and tobacco use. While advancing age is unavoidable, many of the other factors that increase a person’s chance of developing cancer are modifiable behaviors that individuals can avoid or limit their exposure to in order to reduce that risk. Through collection of the Community Health Assessment survey, 15% of respondents self-reported that they currently smoke and 38% reported they have been exposed to secondhand smoke in the past year. Most common places of reported exposure were at home and the workplace.

Cardiovascular Disease
Cardiovascular disease is a term that refers to a number of conditions; such as heart disease, heart attack, stroke and other conditions that affect the heart and blood vessels (American Heart Association, 2017). While 9% of residents self-reported they currently have angina or heart disease, many more reported having risk factors that may place them at greater risk for developing the chronic condition. Risk factors are traits and habits that could increase the chances of having a disease. Modifiable risk factors are things that individuals can control and change. For heart disease, these include high blood pressure, high cholesterol, diabetes, smoking, and lack of physical activity. Residents can reduce their risk of cardiovascular disease, and many other chronic conditions, by modifying their behaviors by limiting alcohol intake, maintaining a healthy weight, limiting fat intake, eating more fruits and vegetables, staying physically active, and not smoking. The chart below shows the percentage of Yadkin County residents with the following health conditions, as reported on the 2019 Community Health Assessment survey.

(Preliminary 2013-2017 Cancer Incidence Rates per 100,000 Population)

According to the National Cancer Institute, cancer is a genetic disease, in which it is caused by changes to the genes that control the way cells grow and divide. It is difficult to know why one person may develop cancer and another does not. Research shows that certain risk factors and behaviors may increase a person’s chances of developing cancer. Such risk factors include aging, exposure to sunlight, alcohol consumption, and tobacco use. While advancing age is unavoidable, many of the other factors that increase a person’s chance of developing cancer are modifiable behaviors that individuals can avoid or limit their exposure to in order to reduce that risk. Through collection of the Community Health Assessment survey, 15% of respondents self-reported that they currently smoke and 38% reported they have been exposed to secondhand smoke in the past year. Most common places of reported exposure were at home and the workplace.

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Diabetes
Diabetes is a disease in which an individual’s blood glucose, or blood sugar, is above normal. This chronic condition can lead to other serious health complications such as heart disease, blindness, kidney failure, and amputation of lower extremities (National Institute of Diabetes and Digestive and Kidney Diseases, 2017). There are two types of diabetes—type 1 and type 2. Type 2 is the most common form of diabetes and is caused by several factors including lifestyle factors and genetics. Individuals are more susceptible to developing type 2 diabetes if they are not physically active and are overweight or obese. While 16% stated they had been told by a health professional that they have diabetes, 50% stated they had been told they were overweight or obese; which is a known risk factor for diabetes and other chronic conditions. Physical inactivity also poses as a risk for developing type 2 diabetes. One-third of survey respondents said they did not engage in any physical activity or exercise that lasts at least a half an hour.

Overweight and Obesity
The World Health Organization defines overweight and obesity as “abnormal or excessive fat accumulation that presents a risk to health” (World Health Organization, 2019). An approximate measure of overweight and obesity is the body mass index (BMI); which takes a person’s weight in kilograms divided by the square of his or her height in meters. An individual with a BMI equal to or greater than 25 is considered overweight. A person with a BMI of 30 or more is classified as obese. Overweight and obesity are known risk factors for a number of chronic diseases, many of which are listed earlier in the report.
Diet and exercise can play a major part in determining a person’s health. Residents were surveyed about their regular physical activity, as well as, their consumption of fruits and vegetables. While 60% of residents stated they did meet the recommended amount of physical activity during a normal week, two out of every five community members reported they did not engage in any physical activity lasting at least half an hour. Primary reasons for not meeting the physical activity recommendations include too tired, not having enough time, not liking to exercise, and access to exercise opportunities. The County Health Rankings measures access to exercise opportunities as the percentage of individuals in a county who live reasonably close to a location for physical activity. Locations for physical activity are defined as parks or recreational facilities. Yadkin County is a rural community. Individuals are considered to have access to exercise opportunities if they reside in a census block that is within a half mile of a park or in a rural census block that is within three miles of a recreational facility.

The chart below shows the percent of the population that have adequate access to locations for physical activity; noting that Yadkin has the biggest gap compared to peer counties and North Carolina as a whole.

### Access to Exercise Opportunities

<table>
<thead>
<tr>
<th>% with access to exercise</th>
<th>Davie</th>
<th>Stokes</th>
<th>Yadkin</th>
<th>NC</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>51%</td>
<td>58%</td>
<td>33%</td>
<td>73%</td>
</tr>
</tbody>
</table>

(Mental Health and Substance Abuse
Mental health is a combination of our emotional, psychological, and social well-being. It affects how we think, feel, and act (U.S. Department of Health and Human Services, 2019). The state of a person’s mental health affects how one handles stress, interacts with others, and makes choices. Early warning signs of mental health concerns can affect one’s social well-being like pulling away from people and usual activities, yelling or fighting with family and friends, experiencing severe mood swings that cause
problems in relationships, thinking of harming yourself or others, and inability to perform daily tasks like taking care of your kids or getting to work or school.

Yadkin County residents were asked about their quality of life in the past 30 days. About 21% or one in five reported they experienced days of feeling sad or worried that kept them from going about their normal business. On the 2019 Yadkin County Community Health Assessment, about 32% of respondents self-reported a diagnosis of depression or anxiety.

The organizations that manage the care of recipients who receive services for mental health, developmental disabilities or substance use disorders are known as Local Management Entities/Managed Care Organizations (LME/MCO). The local LME/MCO for Yadkin County is Partner’s Behavioral Health. During fiscal year 2016-17, Partner’s Behavioral Health served 1,647 residents (Satterfield & Boone, 2018).

Mental health troubles can also affect a variety of physical behaviors such as eating or sleeping too much or too little, having unexplained aches and pains, having low or no energy, and smoking, drinking, or using drugs more than usual.

Drug use and substance abuse continues to be a dilemma in Yadkin County. Prescription medications have been a key culprit of the opioid epidemic, but illicit drugs, like heroin and synthetic fentanyl, are also contributing to this increasing problem.

The map from the NC Opioid Dashboard shows the number opioid overdose visits to Emergency Departments (EDs) in North Carolina. These include visits of all intents: unintentional, intentional, and visits of unknown intent. During the third quarter (July-September) of 2019, 13 Yadkin County residents sought medical treatment at emergency departments for an opioid overdose.

The Good Samaritan Law provides limited immunity from prosecution if a person seeks medical assistance for an individual experiencing an alcohol or drug related emergency by contacting 911, law enforcement or emergency medical personnel. When surveyed, 37% of respondents said they were not familiar with the Good Samaritan Law.
Infectious Disease

Influenza (flu) is a contagious respiratory illness caused by the influenza virus that can cause mild to severe illness and symptoms (Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIR), 2019). The flu is primarily spread by droplets made when individuals with the flu cough, sneeze or talk and these droplets can spread to others up to about six feet away. The graph from NC DETECT shows the prevalence of influenza in Yadkin County for the last fiscal year.

The best way to prevent the flu is to get vaccinated annually. When surveyed, 34.2% of residents reported they did not receive their seasonal flu vaccine.
At-Risk Populations

Women, Infants, and Children

There are a combination of factors that affect women’s health; such as individual health behaviors, access to appropriate care, and socioeconomic factors. Focusing on the health of a woman before and during pregnancy is fundamental in reducing poor birth outcomes such as low birthweight, pre-term birth, and infant death.

Nearly 33% women sought prenatal care after their first trimester or did not receive any at all (NC Department of Health and Human Services, 2019). Prenatal care is essential as it provides an opportunity to identify existing health risks in women. Early detection of health risks such as diabetes, depression, hypertension, Sexually Transmitted Diseases, use of tobacco, alcohol, and other harmful substances, as well as unhealthy diet and weight can prevent future health problems for both the woman and child.

Infants and children under age nine comprise 11% of Yadkin County’s population (United States Census Bureau, 2018). This population is particularly at risk as infants and children are continuing to undergo physiological and developmental changes. Children more vulnerable than adults to certain environmental risks. They are continually growing which means they are breathing more air, consuming more food, and drinking more water in comparison to their weight. Also, children have little to no control over their environment so they may be unaware of certain risks and unable to make choices pertaining to their health (World Health Organization, 2016).

Older Adults

About one-fifth of Yadkin County’s population is 65 years or older (United States Census Bureau, 2019). Aging adults experience chronic conditions and diseases at a higher rate. Adults 65 and older are more susceptible to Alzheimer’s disease, cancer, diabetes, heart disease, and stroke. Older adults are also more prone to falls, which is the leading cause of injury among the elder population.

Individuals with Low Income and No Health Insurance

The US Census Bureau estimates about 5,700 people in Yadkin County live in poverty, with 1,440 of those individuals being children under the age of 18 (United States Census Bureau, 2018). People living in poverty are more likely to not have health insurance nor be able to access the health care they need.

Approximately 4,500 people in Yadkin County under the age of 65 is living without health insurance (United States Census Bureau, 2018). When individuals are uninsured, they are less likely to access to care, including clinical preventive services. The uninsured population are also more prone to becoming hospitalized for conditions that could have been prevented.

Individuals with Limited English-speaking Proficiency

Many individuals with limited English-speaking proficiency perceive language as a major obstacle to managing their health. Language limitations is one of the biggest barriers to accessing health care. The United States Census reports that 8.9% of Yadkin County residents speak a language other than English at home (United States Census Bureau, 2019). Language barriers can result in several complications,
such as individuals not seeking medical care or misunderstanding and communication between provider and patient.

**Existing and Needed Health Resources**

The NC Department of Commerce’s ACCESSNC December 2019 report gives information on the number of health care providers available to residents of the County. In the most recent count, in 2018, Yadkin County had 15 physicians available or roughly 4 per 10,000 residents. This is a drop in four providers, and lowered the ratio by one. Other health care provider ratios, which are also data from 2018, show 33.2 RNs per 10,000 residents, 2.1 dentists per 10,000 residents. Both of these ratios saw an increase since the most recent Community Health Assessment. The most recent report on the ratio of pharmacists was from 2017, and it is 3.7 per 10,000 residents (NC Department of Commerce, 2019).

Yadkin County does not have a hospital within its boundaries. The private hospital closed in May 2015. Despite efforts on behalf of the Board of County Commissioners and the County, the facility has not been re-opened as a hospital. The facility and grounds are owned by the County. The administration has since renamed the property Yadkin Medical Campus. The Yadkin Medical Campus hosts a variety of health professionals including Emergency Management/Emergency Services, a private medical doctor, an employee wellness clinic for County employees, and three behavioral health providers.

The clinical services unit of the Yadkin County Human Services Agency, also known as Yadkin County Medical Clinic, was housed in the Yadkin Medical Campus as recently as January 2020. The Yadkin County Medical Clinic moved facilities to share a physical location with the local free clinic, Hands of Hope. In addition to a new and shared facility, the agencies also plan to share a newly hired practitioner. These changes coincide with the expansion of the County’s Adult Health program policy. The new policy will allow non-established patients to enroll and to allow the care and management of some basic chronic conditions. Both agencies are very hopeful that the shared space, shared provider and expansion of services will allow them to better serve the residents of Yadkin County and help limit the gaps in care that some people may experience in the community. Hands of Hope Medical Clinic sees patients on a walk-in basis each Tuesday evening and chronic care patients by appointment only during the day each Tuesday. The Yadkin County Medical Clinic is also utilized for its clinic services such as the child health, family planning, immunization and maternity care programs. The Medical Clinic also has a partnership with Surry Health & Nutrition Center to provide Care Coordination for Children and Pregnancy Care Management to children and pregnant women who are on Medicaid. The Medical Clinic will see provider based appointments Mondays, Wednesdays, and Thursdays and nurse based appointments throughout the week. The Human Services Agency also added a car seat check and replacement program since the previous Community Health Assessment. These car seat checks are done through a collaboration with Yadkinville Fire Department. Seats are given to families that meet income requirements and are referred to the program through partnering human services agencies.

Also in Yadkinville are Yadkin Medical Associates, Yadkin Family Medicine and Blue Ridge Cardiology. Wake Forest Baptist Heath operates a primary care facility in Jonesville, Jonesville Family Medical Center. Hugh Chatham Hospital operates a primary care practice inside the Hugh Chatham Urgent Care facility. Dr. James McGrath and Dr. Roque Arias both operate private practices in Yadkinville and East Bend respectively. There are four pharmacies located in two of the five municipalities. Yadkin County
has three traditional nursing home facilities and five assisted living facilities. Other health resource additions include urgent care facilities in Yadkinville and Jonesville. The urgent care in Jonesville is owned and operated by Hugh Chatham Memorial Hospital out of Elkin. Triple P (Positive Parenting Program) was able to expand some services within the County by sending a community partner to regional training.

Yadkin County does not have some health resources that the community needs. There is no hospital providing OB/GYN services, surgical/outpatient services, or emergency department services. The urgent care facilities allow people an opportunity to seek care during the evenings and on the weekends, but since the hospital is closed, there is no true emergency medicine. There are no practicing OB/GYN physicians in the county. Women can only receive maternity care services in the county at the local health department, and must deliver in the new Labor & Delivery unit of Wake Forest Baptist Health in the neighboring county. Most residents deliver in either Surry County or Forsyth County. Both of these delivery locations are approximately a 30 minute drive from the county seat of Yadkinville. Most Yadkin County residents utilize medical practices and services outside of the County due to the smaller number of practices and the complete lack of specialized care such as OB/GYN, cardiology, pulmonology, etc.

Other health and developmental services that are available in Yadkin County include mental health and substance abuse resources, although those are limited and often taxed. These include Daymark Recovery Services, Blue Ridge Counseling, PQA Healthcare, Fostering Minds, and A Still Waters Counseling Services & Training. The latter three are located in the Yadkin Medical Campus. Southern Family Medicine and Jodi Province both opened a Yadkinville location. Yadkin County also has two residential facilities for men and women dealing with substance abuse issues. The male facility is located in Yadkinville and is called Alpha Acres and the female facility is located in the East Bend area and is called Solus Christus. At the time of the preparation of this report, Alpha Acres was temporarily closed. Yadkin County also has an active substance abuse coalition, which served as the team in support of the Community Health Assessment.

There are many churches and other organizations that provide services, assistance and food to local families in need. These include Union Baptist Church, Union Grove Baptist Church, Courtney Baptist Church, Yadkin Christian Ministries, and Tri-County Christian Ministry. Yadkin County also has an organization called Compassion Care. It is a faith based, private, non-profit organization that has a medical clinic offering limited ultrasounds, pregnancy tests, prenatal/parenting classes, STD testing/treatment and post abortion support groups.

Yadkin County has access to and programs offered by a local community action agency. YVEDDI, Inc. receives federal, state and local funding to provide a variety of social, economic, and health programs including the domestic violence/sexual assault program, Head Start, Migrant Head Start, transportation, Community Services Block Grant, RSVP, three local senior centers, and weatherization. The community is also serviced by other human service agencies offering a variety of programming including Smart Start of Yadkin County, The Children’s Center of Northwest North Carolina, Insight Human Services, New Horizons, and multiple home health agencies. Also providing programming and support are the four branches of libraries which are part of the Northwest Regional Library Organization.
Some of these local agencies will hold health fairs and will coordinate health screenings through local medical agencies such as Novant Health. Some churches and other organizations hold programs for their members to provide education and this may include inviting out the local public health educator to provide education and training.

Leading Community Health Problems

The primary data, secondary data, and characteristics of health care in Yadkin County point to the main concerns of residents. These, in turn, provide us with a direction to head when planning for improvements in the future. Substance abuse was a concern that comes from the survey results. This is one area the CHA team chose to focus over the next four years. Potential evidence based interventions include Second Step, provided to grades K-middle school; Halo, provided to 3-6 year olds; Too Good for Drugs, provided to grades K-12th, all of which are offered within the County by Insight Human Services. Also, Wanda Burger, with A Still Waters Counseling, provides Prime for Life, a youth education program.

Another area which drew attention both from survey respondents and secondary data collection were concerns around mental health and stress management. The data shows that Yadkin County has seen an increase in suicide rates, including unintentional injury death rates. Our suicide rate is twice of state rate and three times the Healthy NC 2020 goal. 32% self-reported a diagnosis of depression or anxiety. One in five self-reported, poor mental health days. Jodi Provience, a local mental health provider, utilizes KidPower, which targets youth and has a prevention/skill building component. This is an evidence based intervention that could potentially be used to address mental health in youth. The agency also utilizes Trauma-Focused Cognitive Behavioral Therapy (TFCBT). This is another individual evidence based intervention the Coalition is considering supporting.

Lastly, health issues that relate to physical health and chronic diseases such as heart disease and diabetes were seen from both primary and secondary data. The diabetes death rate has doubled since the previous Community Heath Assessment. Information from secondary data shows that most of the top causes of health issues are related to chronic disease. The Human Services Agency is considering adding Tai Chi for Diabetes as a program, which is evidence based and could be done at the local senior centers. Another intervention option is supporting Smart Start of Yadkin County. This agency has partnered with the YMCA to provide Active Steps in Childcare which puts a YMCA instructor in licensed child care classrooms implementing the Be Active Kids program. Both of these programs are evidence based.
References


Appendix A: Smart Start of Yadkin County Resource Guide

Yadkin County
Family Resource Guide

SMART START
OF YADKIN COUNTY
a partner in the smart start network

Smart Start of Yadkin County, Inc.
105 Woodlyn Drive
Yadkinville, NC 27055
336-679-7833
www.yadkinchild.org

Additional funding provided by a grant from
Yadkin County's Preschool Interagency Coordinating Council.

Smart Start of Yadkin County does not endorse or recommend any organization listed in this guide. The following
was designed for information purposes only and is not a complete listing of available county or community resources.
If you have any questions, please contact Smart Start of Yadkin County at the number listed above.

Revised 2019
A Storehouse for Jesus..................................................336-753-8081
675 E Lexington Road
Mocksville, NC 27028
A Storehouse for Jesus serves Yadkin County families with food, clothing and household items. They are open Mondays, Wednesdays and Thursdays from 8:30-11:00 a.m. On Tuesdays they are open from 12:30-3:00 p.m. A Storehouse for Jesus is closed on Fridays. To receive services, new clients need to provide a picture ID, proof of residency and any household income for the last 4 weeks.

Alpha Acres..............................................................336-463-5155
1939 Morning Star Drive / PO Box 2120
Yadkinville, NC 27055
Alpha Acres is a structured, residential, twelve-month program for men dealing with substance abuse. This program is a ministry of the Winston Salem Rescue Mission. Visit www.alphaacres.org for more information.

HUD Section 8 Rental Assistance Program....................336-849-7910
Yadkin County Human Services Agency
250 East Willow Street
Yadkinville, NC 27055
HUD Section 8 Rental Assistance Program assists with rent. They are located at the Human Services Agency on the first and third Thursdays of the month from 9:00 a.m. until 4:00 p.m. Applicants must apply in person.

Rebuilding Lives Ministry.........................................336-244-3915
Mt. Nebo Holy Church of God
413 Cedarbrook Road
Jonesville, NC 28642
With a foundation of hope, individuals (teen/adult) and families are empowered through spiritual counseling, engaged in educational workshops and made aware of healthy behaviors that assist in overcoming addiction, allowing for personal motivation and strength to lead productive lives. Help is available in confronting traumatic events that have led to addiction and/or mental health concerns. Support is offered by a North Carolina Certified Peer Support Specialist (NC-CPSS) and minister to provide guidance and counsel. One-on-one conversations and group classes are available.

Solus Christus..........................................................336-813-3007
PO Box 416
East Bend, NC 27018
Solus Christus is a Christian safe house for women in addiction. They provide a safe place to stay while they help women get into long-term treatment. While there, women go to classes, Christian 12-step programs and work on the farm with animals and gardens. Applications are available at www.SolusChristusnc.org.

Stone’s Throw Christian Ministries............................336-366-7591
1657 North Bridge Street
Elkin, NC 28621
Stone’s Throw Christian Ministries aids individuals, churches, mission teams and other agencies with furniture, appliances, clothing and miscellaneous household items. They are open Mondays and Thursdays from 8:00 a.m. - 5:00 p.m. and at other times by appointment. All services are
rendered through an application process which must be done in person. Their ministry uses crisis situations to help meet the spiritual needs of others, helping to slay the giants that arise in life.

**The ARK**

336-527-1637

130 Hill Street
Elkin, NC 28621

The ARK provides emergency shelter and supportive services to homeless families with children and single women who are not victims of domestic violence.

**Tri-County Christian Crisis Ministry**

336-526-1089

290 North Bridge Street
Elkin, NC 28621

The Tri-County Christian Crisis Ministry provides assistance with clothing, food, medicine, power, and water. Their services are for residents in the Jonesville area, but also provide TEFAP (Temporary Emergency Food Assistance Program) services and clothing vouchers to the Boonville and Hamptonville areas. This ministry is open to the public on Monday afternoons from 1:00-4:00 p.m. and on Wednesdays and Fridays from 9:00 a.m.-12:00 noon.

**Union Baptist Church**

336-468-8060

919 Union Baptist Church Road
Hamptonville, NC 27020

Union Baptist Church opens their food pantry to the public on the third Monday of each month from 5:30-7:00 p.m. The food pantry is located in the church’s community building. Individuals and/or families are allowed 2 bags of groceries per household.

**Union Grove Baptist Church**

336-961-5792

2401 Nebo Road
Yadkinville, NC 27055

The food pantry at Union Grove Baptist Church is open to the public on the first Thursday of each month from 6:00-7:00 p.m. The food pantry is located in the church’s fellowship hall. Individuals and/or families are allowed 2 bags of groceries per household.

**Yadkin Christian Ministries**

336-677-3080 or 336-699-4544

117 Wooldyn Drive
Yadkinville, NC 27055

and

118 NC Hwy 67
East Bend, NC 27018

Yadkin Christian Ministries provides assistance with food and other needs in crisis situations. Assistance is provided in Yadkinville on Monday evenings from 4:30-6:45 p.m. and on Tuesdays, Wednesdays, Thursdays and Fridays from 9:00-11:45 a.m. and in East Bend on Tuesday evenings from 5:30-7:30 p.m., Thursdays from 10:00 a.m.-1:00 p.m., and Saturdays from 10:00 a.m.-12:00 noon.

**YVEDDI Domestic Violence/Sexual Assault Program**

336-849-4070

117 South Jackson Street
Yadkinville, NC 27055

YVEDDI Domestic Violence/Sexual Assault Program provides a 24/7 crisis hotline (336-679-2072), safety planning, assistance with protective orders, civil and criminal court accompaniment, hospital accompaniment, advocacy, individual counselling, domestic violence and sexual assault support groups, assistance with locating safe shelter, emergency transportation, self-sufficiency programs, and community education and prevention efforts.
Yadkin County Board of Education ................................................................. 336-679-2051
121 Washington Street
Yadkinville, NC 27055

Yadkin County Schools (Each elementary school offers preschool services.)
Boonville Elementary ................................................................. 336-367-7021
Courtney Elementary ................................................................. 336-351-1120
East Bend Elementary ................................................................. 336-699-3989
Fall Creek Elementary ................................................................. 336-699-8257
Forbush Elementary ................................................................. 336-699-8447
Jonesville Elementary ................................................................. 336-835-3201
West Yadkin Elementary ............................................................... 336-551-1165
Yadkinville Elementary ................................................................. 336-679-8921

Yadkin Success Academy ................................................................. 336-679-4888

Forbush Middle ................................................................. 336-961-6360
Starmount Middle ................................................................. 336-468-6833

Forbush High ................................................................. 336-961-4644
Starmount High ................................................................. 336-468-2891

Yadkin Early College ................................................................. 336-386-3579

Surry Community College – Yadkin Campus ................................................................. 336-679-4600
Surry Community College – Yadkin Campus offers GED classes.

Yadkin County Child Care Facilities
Little Darlings Child Care, Inc ................................................................. 336-699-4381
Mother Hen Child Care ................................................................. 336-367-3490
Small Folks Child Care Center, Inc ................................................................. 336-679-7108
The Children’s Center ................................................................. 336-679-8336

If assistance is needed to find quality childcare in Yadkin County, please contact Smart Start of Yadkin County at
336-679-7833 or visit the Division of Child Development and Early Education website at

YVEDDI Head Start ................................................................. 336-367-4993
116 Baptist Church Road or 533 North Carolina Avenue, Hwy 601 N
Boonville, NC 27011 Boonville, NC 27011
YVEDDI Head Start provides educational services to children ages 3-5. Medical and dental services are available as
needed. Centers are located in Boonville, Jonesville & Yadkinville.

Family Advocates
Boonville & Jonesville ................................................................. 336-367-7175
Yadkinville ................................................................. 336-367-4993 x239

Yadkin Valley Migrant Head Start ................................................................. 336-367-3450
113 Maple Street
Boonville, NC 27011
Migrant Head Start serves children (6 weeks to 5 years) of migrant and/or seasonal farm working families. Seasonal
operation is June through October.
Children’s Center - Yadkin.................................336-463-5535 or 336-386-9144
117 South Jackson Street / PO Box 1206
Yadkinville, NC 27055
Children’s Center - Yadkin offers evidence-based parenting and youth programs for children and families in Yadkin County to include: Parents As Teachers, Strengthening Families and Incredible Years; Nurturing Parenting Program, Cognitive Behavioral Therapy, group foster and respite care for children ages 6-18, and supportive youth programs that provide leadership, social and life skills. Programs include: Why Try Program, Youth MOVE, WRAP, Girls Circle, Council for Boys and Young Men and Real World.

Easter Seals UCP..................................................336-789-9492 or 704-871-0934
414 West Lebanon Street or 913 Carolina Avenue
Mount Airy, NC 27030 Statesville, NC 28677
Easter Seals UCP provides services to children, adolescents, adults and families through a variety of programs. Their Outpatient Clinical Services include psychiatric evaluations, medication management, comprehensive clinical assessments and therapeutic services. Other programs include Assertive Community Treatment (ACT) Team, Multisystemic Therapy (MST), Intensive In-Home (IHI), Peer Support Services, Critical Time Intervention (CTI) and Autism Services. Both the Mount Airy and Statesville offices provide each service listed.

Fostering Minds.....................................................336-849-7890
624 West Main Street / PO Box 723
Yadkinville, NC 27055
Fostering Minds offers child and family psychological services and therapy by Amy Diachenko Foster, a Licensed Psychological Associate. Ms. Foster’s goal is to build positive relationships one family at a time. Fostering Minds is open by appointment. In addition to the Yadkinville location, Ms. Foster also has an office in Forsyth County, located at 6614 Shallowford Road, Suite 200, Lewesville. Visit www.FosteringMinds.com for more information.

Parents As Teachers..............................................336-849-4007
117 South Jackson Street
Yadkinville, NC 27055
Parents As Teachers offers information and parenting skills on child development from ages 0-5 years, personalized home visits, developmental screenings, and group meetings.

Mountain Valley Hospice & Palliative Care..................336-679-2466
320 West Maple Street
Yadkinville, NC 27055
SECU Hospice Care Center of Yadkin..........................336-677-1692
243 North Lee Avenue
Yadkinville, NC 27055
Mountain Valley Hospice and Palliative Care serves 17 counties in the surrounding area, including southern Virginia. Home care is the focus for quality, compassionate care for patients and families facing a life-limiting illness or injury. The SECU Hospice Care Center of Yadkin opened in the spring of 2017 with a 6-bed in-patient facility providing care for local families.

New Horizons Adult Day Services, Inc.........................336-677-1385
1917 Old US 421 Hwy W
Yadkinville, NC 27055
New Horizons Adult Day Services provides NC Innovations and IPRS Day Support services in a licensed day program setting. They operate from 8:00 a.m. until 2:00 p.m. Monday through Friday.
New Horizons Home Care, Inc.................................................................336-677-3843
648 Carolina Avenue
Yadkinville, NC 27055
We provide CAP-D/A, CAP-C, NC Innovations, Medicaid Personal Care Services, VA Personal Care Services, Private Pay Personal Care Services, Family Caregiver Respite Program, Home and Community Care Block Grant, In Home Aid Services and Respite Services. We also install Phillips Lifeline Personal Emergency Response Systems.

NETworX Yadkin .................................................................336-463-1060
1713 Beechwood Road
Yadkinville, NC 27055
NETworX Yadkin is a 15-week training course, with goal setting modules that focuses on building community and skills for families with the goal of building intentional relationships, community, and addressing holistic poverty. A meal, transportation and child care are provided. NETworX Yadkin meets weekly on Monday evenings from 5:30-7:30 p.m. at Yadkinville United Methodist Church.

Nurturing Parenting Program..................................................336-849-4007
117 South Jackson Street
Yadkinville, NC 27055
The Nurturing Parenting Program involves weekly in-home parenting classes for clients of the Yadkin County Human Services Agency.

Smart Start of Yadkin County................................................336-679-7833
105 Woodlyn Drive
Yadkinville, NC 27055
Smart Start of Yadkin County provides a variety of services for children birth to age 5 both in-house and through funded activities of local agencies. Our mission focuses on supporting the whole child, including: health, early literacy and education; and child development. SSYC provides an Early Childhood Resource Center that includes a lending library and resource room for early childhood educators and parents.

Turning Point Family Services.............................................336-849-7970
624 West Main Street
Yadkinville, NC 27055
Turning Point Family Services is a Behavioral Health/Substance Use Disorder agency which provides a broad continuum of services. Services are offered for both children and adults. Children’s services include: Psychiatric Medication Management, Outpatient Therapy, Substance Use Disorder Therapy, School Based Mental Health Services (including Day Treatment), Intensive In-Home, Therapeutic Foster Care and Intensive Alternative Family Treatment. Adult services include Psychiatric Medication Management, Outpatient Therapy, Substance Use Disorder Therapy, Medication Assisted Treatment (Suboxone Clinic) and Peer Support. The Suboxone Clinic is located at 236 North Lee Avenue, Yadkinville. The Clinic can be reached at 336-677-3900.

Yadkin County Human Services Agency........................................336-849-7910
217 East Willow Street or 250 East Willow Street
Yadkinville, NC 27055
The Yadkin County Human Services Agency is comprised of the Women, Infant, and Children Division (WIC), the Medical Clinic (See Health and Developmental Services page) and the Social Services Division. The Social Services Division includes such programs as Food & Nutrition, Medicaid, Child Support, Child Care Subsidy, Emergency Intake, Work First, Adult Services and Child Welfare Services. The agency also houses Environmental Health (213 East Elm Street; Yadkinville) which permits both old and new septic systems and inspects all food service and lodging facilities, as well as, child care facilities,
nursing homes and public swimming pools in the county. A Child Care Health Consultant is also employed through the agency.

**Yadkin Valley Economic Development District (YVEDDI)........336-367-7251**

533 North Carolina Avenue, Hwy 601 N
Boonville, NC 27011

The Yadkin Valley Economic Development District (YVEDDI) offers a variety of services to include: Domestic Violence/Sexual Assault Assistance, Head Start Preschool, Home Emergency Improvements, Job Preparedness, Senior Services and Community Transportation. Visit [www.yveddi.com](http://www.yveddi.com) for more information.

**Yadkin Family YMCA........................................336-679-7962**

6540 Service Road
Yadkinville, NC 27055

The Yadkin Family YMCA has been serving the local community since 2001. The YMCA offers a wide range of programs for the whole family including swim lessons and boot camps, as well as a comprehensive wellness center with on-duty staff, group exercise programs and Silver Sneakers® classes.
Care Coordination for Children (CC4C).................................336-401-8542
Surry County Health & Nutrition Center
118 Hamby Road
Dobson, NC 27017
Care Coordination for Children (CC4C) provides referral and coordination of services for children, from birth to age 5, who are at risk for developmental delay, long-term stressful situations and special health care needs.

Children’s Developmental Services Agency (CDSA)..................336-713-7412
Amos Cottage
3325 Silas Creek Parkway
Winston-Salem, NC 27103
The Children’s Developmental Services Agency (CDSA) is a regional early intervention center for infants and toddlers with developmental disabilities or delays. The purpose of early intervention is to help families promote their child’s development and provide needed information and support. The CDSA offers multidisciplinary evaluations, speech, physical and occupational therapy, child development instruction and service coordination to families of children birth to 36 months of age. Visit www.BEEALYNC.com for more information.

Compassion Care Center..........................................................336-679-7101
321 West Main Street
Yadkinville, NC 27055
Compassion Care Center is a medical clinic offering limited ultrasounds, pregnancy tests, prenatal/parenting classes, STD testing/treatment and post abortion support groups. The center is open Tuesdays, Wednesdays and Thursdays from 9:00 a.m. until 2:30 p.m. Appointments are required and can be made by phone via text at 336-258-0253. Should clients be unable to make appointments during normal business hours, exceptions may be made. Spanish interpretation is available. Visit www.cfYadkin.com for more information.

Daymark Recovery Services....................................................336-679-8805
320 East Lee Avenue
Yadkinville, NC 27055
Daymark Recovery Services provides outpatient mental health counseling to individuals, families and children in both individual and group settings.

Division of Services for the Blind.............................................336-849-7910
Yadkin County Human Services Agency
250 East Willow Street
Yadkinville, NC 27055
The Division of Services for the Blind provides counseling, consultation, and access to adaptive equipment for visually impaired individuals. They are located in the Human Services Agency on Mondays from 9:00 a.m. until 4:00 p.m. Applicants must apply in person.

Early Learning Sensory Support Program-Visual Impairments...984-292-3063
6371 Mail Service Center
Raleigh, NC 27699
Early Learning Sensory Support Program - Visual Impairments provides early intervention and educational services to children throughout North Carolina ages birth to five years with diagnosed visual impairments.
Hands of Hope Medical Clinic ........................................ 336-677-1444
148 Beroth Drive / PO Box 62
Yadkinville, NC 27055
Hands of Hope Medical Clinic provides free primary medical care to Yadkin County residents over the age of 18 who are uninsured, unable to afford healthcare from any other source and not receiving Medicaid or Medicare. The clinic opens on Tuesday evenings at 5:00 p.m. Patients are seen on a first come, first serve basis. Appointments cannot be made. Visit www.bohclinic.org for more information.

Pregnancy Care Management ...................................... 336-401-8546
Surry County Health & Nutrition Center
118 Hamby Road
Dobson, NC 27017
Pregnancy Care Management promotes healthy mothers and healthy babies, provides care management services for high risk women during pregnancy and 2 months after delivery.

Partners Behavioral Health Management .................... 1-888-235-HOPE
Partners BHM is a local government agency that oversees federal, state, and local funding for mental health, substance use disorder and intellectual/developmental disabilities. The toll-free number is accessible 24 hours a day.

Yadkin County Medical Clinic .................................... 336-849-7910
638 West Main Street
Yadkinville, NC 27055
The Yadkin County Medical Clinic provides preventive health care through child health, family planning and maternal health. The clinic offers acute sick care for clients currently enrolled in preventive care programs, immunizations, testing and treatment for communicable diseases, TB and STDs; and care management for children and pregnant women with Medicaid.
EMERGENCY 911

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<td>Employment Security Commission: Mt. Airy</td>
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<td>Social Security Administration: Mt. Airy</td>
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NC Poison Control Center...1-800-222-1222

Important Phone Numbers