Appendix A: 2019 CHA Steering Committee Presentation / Priority Setting Meeting
2019 Community Health Assessment

Priority Setting Meeting
10/29/19
Agenda

8:00 – 8:30 AM  Arrive
8:30 – 9:30 AM  CHA Findings Presentation and Q&A
9:30 – 9:40 AM  Break
9:40 – 10:10 AM Table Discussion
10:10 – 11:00 AM Report Out
11:00 – 11:10 AM Break
11:10 – 11:40 AM Priority Setting
11:40 AM – 12:30 PM Lunch
12:30 PM  Adjourn
The Community Health Assessment (CHA) represents core functions of Public Health as defined by North Carolina Department of Human Services.
The CHA role is to **identify factors that affect the health of a population** and **determine the availability of resources within the County to adequately address these factors.**

The CHA answers key questions such as:

- What are the strengths in our community?
- What health concerns do county residents have?
- What are the emerging health issues in the community?
- What other resources are needed in the county to address these concerns?
Collaboration: Community Health Assessment and Community Health Needs Assessment (CHNA)

- Union County Human Services
- Novant Health
- Atrium Health
# Collaboration: Other Key Partners

<table>
<thead>
<tr>
<th>Board of County Commissioners</th>
</tr>
</thead>
<tbody>
<tr>
<td>City of Monroe Economic Development</td>
</tr>
<tr>
<td>Consolidated Human Services Board</td>
</tr>
<tr>
<td>Union County Residents</td>
</tr>
<tr>
<td>Union County Cooperative Extension</td>
</tr>
<tr>
<td>Union County Emergency Management</td>
</tr>
<tr>
<td>Union County Parks and Recreation</td>
</tr>
<tr>
<td>Union County Planning and Zoning</td>
</tr>
<tr>
<td>Union County Public Schools (UCPS)</td>
</tr>
<tr>
<td>Union County Public Works</td>
</tr>
<tr>
<td>Union County Sheriff's Office</td>
</tr>
<tr>
<td><strong>Union County Human Services</strong></td>
</tr>
<tr>
<td>Business Operations</td>
</tr>
<tr>
<td>Community Support and Outreach</td>
</tr>
<tr>
<td>Social Services</td>
</tr>
<tr>
<td>Public Health, Incl. Environmental Health</td>
</tr>
<tr>
<td>Transportation</td>
</tr>
<tr>
<td>Veterans Services</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ARC of Union/ Cabarrus County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardinal Innovations</td>
</tr>
<tr>
<td>Council on Aging</td>
</tr>
<tr>
<td>Faith Community</td>
</tr>
<tr>
<td>HealthQuest</td>
</tr>
<tr>
<td>Hospice of Union County</td>
</tr>
<tr>
<td>Kiwanis of Monroe</td>
</tr>
<tr>
<td>South Piedmont Community College (SPCC)</td>
</tr>
<tr>
<td>The Navigation Lady</td>
</tr>
<tr>
<td>UCPS / Latino Outreach</td>
</tr>
<tr>
<td>Union Chamber of Commerce</td>
</tr>
<tr>
<td>Union County Homeless Shelter</td>
</tr>
<tr>
<td>United Way</td>
</tr>
<tr>
<td>United Way</td>
</tr>
<tr>
<td>Wingate University</td>
</tr>
<tr>
<td>Stage</td>
</tr>
<tr>
<td>---------------</td>
</tr>
</tbody>
</table>
| Planning      | March – May 2019          | • Establish Steering Committee  
• Host Kick Off (develop/approve tools)                                      |
| Implement     | May – October             | • Collect primary data – surveys, focus groups  
• Conduct secondary data research  
• Analyze and interpret all data                                           |
| Report        | October – January         | • Steering Committee- Select Focus Areas  
• Community Priority Setting  
• Submit Written Report                                                    |
| Action Plans  | February – June           | • Develop interventions for addressing priority health issues  
• Convert priorities into Action Plans  
• Identify partners/stakeholders                                             |
Surveys: Over 4,300 Completed

By Age Group

Teens (13-18 years-old): 849 received
Adults (19-61 years-old): 2,408 received
Seniors (62 and over): 1,086 received

Random Sampling
Jury Pools

Convenience Sampling
Non-profits, Union County Community Shelter, Health Fairs, Blood Drives, Schools, Houses of Worship, Physician Offices, Human Services, Senior Nutrition Sites, Transportation, Monroe Aquatic Center, Monroe Housing Authority, Senior Centers, Council on Aging. Kate’s Skate, Movie Theatres, Extreme Ice Center, etc.
Survey Questions

- Demographic Data
- Insurance Status
- Physical and Mental Health Issues
- Access to Care (medical/dental)
- Barriers to Care
- Health Equity
- Social Determinants of Health
- Behaviors (diet, exercise)
- Risk Behaviors (tobacco use, alcohol, drugs)
- Impact of social media and screen time
## Survey Data - Demographics

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>23.3%</td>
<td>49.3%</td>
<td>38.5%</td>
<td>45.6%</td>
<td>46.8%</td>
<td>51.3%</td>
</tr>
<tr>
<td>Female</td>
<td>76.3%</td>
<td>50.7%</td>
<td>60.5%</td>
<td>54.4%</td>
<td>51.5%</td>
<td>48.7%</td>
</tr>
<tr>
<td>White</td>
<td>74.9%</td>
<td>81.5%</td>
<td>79%</td>
<td>86.6%</td>
<td>77.4%</td>
<td>78.5%</td>
</tr>
<tr>
<td>Black</td>
<td>15.9%</td>
<td>11.5%</td>
<td>16.4%</td>
<td>10.0%</td>
<td>7.0%</td>
<td>11.6%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>5.5%</td>
<td>10.9%</td>
<td>1.9%</td>
<td>3.3%</td>
<td>8.8%</td>
<td>15.7%</td>
</tr>
<tr>
<td>HS or less</td>
<td>13.5%</td>
<td>25.3%</td>
<td>21.3%</td>
<td>33.5%</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>Some College or Associates</td>
<td>17.0%</td>
<td>30.5%</td>
<td>34.3%</td>
<td>29.5%</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>BA or higher</td>
<td>53.2%</td>
<td>34%</td>
<td>43.2%</td>
<td>24.3%</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>Veteran</td>
<td>5.3%</td>
<td>7.6%</td>
<td>21.1%</td>
<td>18.0%</td>
<td>n/a</td>
<td>n/a</td>
</tr>
</tbody>
</table>
Conducted 14 Focus Groups

### Population
- Adult / Faith Based
- Adult / Faith Based
- Adult / Latino
- Adult / Latino
- Senior Adults
- Senior Adults
- Stakeholders: Adult / Senior Adult
- Stakeholders: Adult / Senior Adult
- Stakeholders: Youth / Adult / Senior Adult
- Youth / Teens
- Youth / Teens
- Youth / Teens
- Youth / Teens

### Focus Group
- African American Faith Community
- Faith Communities / Health Ministries
- Latino Coalition
- Latino Community Members
- Home & Community Care Block Grant (HCCBG) Advisory Committee
- Marshville Food and Nutrition Site
- Monroe Food and Nutrition Site
- Health Equity Collaborative Members
- Union County Consolidated Human Services Board
- SafeKids of Union County Board of Directors
- 4H Club
- At Risk Youth Group
- UCPS School Health Advisory Committee (SHAC)
- Union Academy
Focus Group Demographics

**Gender**
- Female: 55.7%
- Male: 44.3%

**Race**
- White: 36.4%
- Black: 38.6%
- Latino: 21.6%
- Other: 3.4%

**Age**
- 13-17: 10.2%
- 18-60: 56.8%
- 61 plus: 30.7%
- None: 2.3%

**Municipality**
- Goose Creek: 1.1%
- Indian Trail: 5.7%
- Lake Park: 1.1%
- Marshville: 8.0%
- Matthews: 3.4%
- Mineral Springs: 2.3%
- Monroe: 52.3%
- New Salem: 2.3%
- Stallings: 1.1%
- Unionville: 3.4%
- Waxhaw: 5.7%
- Weddington: 3.4%
- Wesley Chapel: 1.1%
- Wingate: 5.7%
- None Identified: 3.4%
• When you hear the words “healthy community,” what comes to mind?
• What options/resources/services does Union County have adequate for residents to live health active lifestyles?
• What things concern you the most about living in Union County?
• Access to health care is often a need expressed by community members. What is your perception, is there sufficient access to care in Union County?
• We’ve talked about a number of barriers to a “healthy community” and/or why community members have trouble accessing care. What do you suggest would be the best way to eliminate these barriers? In other words, what can be done to create better access to health services and for people to be healthier?
• Are there any resources or activities you would like to see in Union County that are not here now?
• What are the most important issues for your community to address?
• What are some of the strengths/resources your community has to build upon to have a “healthy community”?
Secondary Data Sources

- Center for Disease Control
- Census Bureau
- County Health Rankings and Roadmaps
- County Statistics
- DENR/Division of Air Quality
- NC State Center for Health Statistics
- Social Determinants of Health By Region
## Union County - Demographics

<table>
<thead>
<tr>
<th>Measure</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018 Population Estimates</td>
<td>235,908</td>
</tr>
<tr>
<td>Population Change from April 1, 2010 to July 1, 2018,</td>
<td>17.2%</td>
</tr>
<tr>
<td>Median Age</td>
<td>37.9</td>
</tr>
<tr>
<td>Number of Public Schools</td>
<td>53</td>
</tr>
<tr>
<td>Graduation Rate</td>
<td>93%</td>
</tr>
</tbody>
</table>

### Age Distribution

- Under 5 years: 28.2%
- 5 to 13 years: 11.5%
- 14 to 17 years: 13.9%
- 18 to 24 years: 7.3%
- 25 to 44 years: 9.0%
- 45 to 64 years: 23.2%
- 65 - 84 years: 1.1%
- 85 years and over: 1.1%
Union County – Race and Ethnicity

- White alone: 71.50%
- Black or African American alone: 11.40%
- Hispanic or Latino: 11.50%
- Asian alone: 3.30%
- Two Races or More: 2%
- Other: 0.20%
- American Indian and Alaska Native alone: 0.10%
- Native Hawaiian and Other Pacific Islander alone: 0.00%
## Union County - Economics

<table>
<thead>
<tr>
<th>Measure</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Median Household Income</td>
<td>$80,337</td>
</tr>
<tr>
<td>Median Earnings- 25 and over</td>
<td>$45,202</td>
</tr>
<tr>
<td>Housing Units</td>
<td>82,559</td>
</tr>
<tr>
<td>Persons per Household</td>
<td>2.98</td>
</tr>
<tr>
<td>Tax Base</td>
<td>87% Residential</td>
</tr>
<tr>
<td></td>
<td>13% Commercial</td>
</tr>
<tr>
<td>Property Tax Rate per $100 Valuation</td>
<td>.6650</td>
</tr>
<tr>
<td>Civilian Labor Force</td>
<td>117,721</td>
</tr>
<tr>
<td>Unemployment Rate</td>
<td>3.9%</td>
</tr>
<tr>
<td>Persons in poverty, percent</td>
<td>9.1 %</td>
</tr>
<tr>
<td>Persons without health insurance, under age 65 years, percent</td>
<td>10.5 %</td>
</tr>
</tbody>
</table>
## UNION COUNTY COMMUTER FLOWS

<table>
<thead>
<tr>
<th>Trip Destinations</th>
<th># Workers</th>
<th>% of Work Trips</th>
</tr>
</thead>
<tbody>
<tr>
<td>Union County Work Trips</td>
<td>78,647</td>
<td>100%</td>
</tr>
<tr>
<td>Union County Internal</td>
<td>26,016</td>
<td>33%</td>
</tr>
<tr>
<td>To Mecklenburg County</td>
<td>42,814</td>
<td>54%</td>
</tr>
<tr>
<td>To Cabarrus and Rowan Counties</td>
<td>2,831</td>
<td>4%</td>
</tr>
<tr>
<td>To Stanley County</td>
<td>566</td>
<td>1%</td>
</tr>
<tr>
<td>To York, Lancaster, Chesterfield, SC</td>
<td>2,725</td>
<td>3%</td>
</tr>
<tr>
<td>All others</td>
<td>3,695</td>
<td>5%</td>
</tr>
</tbody>
</table>

*Source: U. S. Census LEHD 2014, All Jobs*
Focus Area:
Chronic Disease Prevention
## Survey - Health Concerns Adults and Senior Adults

### 10 Most Common Personal Health Concerns

<table>
<thead>
<tr>
<th>Concern</th>
<th>Adults</th>
<th>Seniors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer</td>
<td>36%</td>
<td>38%</td>
</tr>
<tr>
<td>Obesity</td>
<td>15%</td>
<td>35%</td>
</tr>
<tr>
<td>High blood pressure</td>
<td>34%</td>
<td>39%</td>
</tr>
<tr>
<td>Vision issues</td>
<td>33%</td>
<td></td>
</tr>
<tr>
<td>Stroke / Heart Disease</td>
<td>26%</td>
<td>31%</td>
</tr>
<tr>
<td>Dental health</td>
<td>24%</td>
<td>20%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>24%</td>
<td>31%</td>
</tr>
<tr>
<td>Alzheimer's Disease/Dementia</td>
<td>13%</td>
<td>31%</td>
</tr>
<tr>
<td>Hearing issues</td>
<td>9%</td>
<td>19%</td>
</tr>
</tbody>
</table>
Survey - Health Concerns - Teens

<table>
<thead>
<tr>
<th>Health Concern</th>
<th>% Of All Responses</th>
<th># Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergies</td>
<td>60.8%</td>
<td>340</td>
</tr>
<tr>
<td>Sports Injuries</td>
<td>41.7%</td>
<td>233</td>
</tr>
<tr>
<td>Obesity / Overweight</td>
<td>23.4%</td>
<td>131</td>
</tr>
<tr>
<td>Asthma</td>
<td>22.5%</td>
<td>126</td>
</tr>
<tr>
<td>Eating Disorders</td>
<td>11.5%</td>
<td>64</td>
</tr>
<tr>
<td>Chronic Diseases (heart disease, diabetes, high blood pressure)</td>
<td>11.1%</td>
<td>62</td>
</tr>
</tbody>
</table>
Need access to affordable and accessible healthy food, especially in rural parts of the county where individuals must drive miles to reach a grocery store or there is an excess of fast food restaurants.

Need to expand access to healthy foods, such as fresh produce at the farmers market and flea market.

Health care concerns discussed in groups included: Alzheimer’s, Obesity, Cancer, High Blood pressure, Diabetes, Asthma, Heart Disease

Individuals discussed the need to address obesity by improving access to healthy food and educating people regarding how to live healthy and active lifestyles

Many focus group participants stated that residents of a healthy community should opportunities for fitness and medical care.

Multiple people expressed concern that chemicals in the air or food are contributing to high Alzheimer’s rates in Union County.
## Leading Causes of Death - Union County

2013-2017 Ten Leading Causes of Death by: County of Residence Age Group, Ranking, number of Deaths, and Unadjusted Death Rates Per 100,000

<table>
<thead>
<tr>
<th>AGE GROUP:</th>
<th>RANK</th>
<th>CAUSE OF DEATH:</th>
<th># OF DEATHS</th>
<th>DEATH RATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>TOTAL - ALL AGES</td>
<td>0</td>
<td>TOTAL DEATHS --- ALL CAUSES</td>
<td>6,890</td>
<td>620.5</td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>Cancer - All Sites</td>
<td>1,570</td>
<td>141.4</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>Diseases of the heart</td>
<td>1,447</td>
<td>130.3</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>Chronic lower respiratory diseases</td>
<td>381</td>
<td>34.3</td>
</tr>
<tr>
<td></td>
<td>4</td>
<td>Alzheimer’s disease</td>
<td>377</td>
<td>33.9</td>
</tr>
<tr>
<td></td>
<td>5</td>
<td>Cerebrovascular disease</td>
<td>332</td>
<td>29.9</td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>Other Unintentional injuries</td>
<td>223</td>
<td>20.1</td>
</tr>
<tr>
<td></td>
<td>7</td>
<td>Diabetes mellitus</td>
<td>193</td>
<td>17.4</td>
</tr>
<tr>
<td></td>
<td>8</td>
<td>Nephritis, nephrotic syndrome, &amp; nephrosis</td>
<td>164</td>
<td>14.8</td>
</tr>
<tr>
<td></td>
<td>9</td>
<td>Pneumonia &amp; influenza</td>
<td>140</td>
<td>12.6</td>
</tr>
<tr>
<td></td>
<td>10</td>
<td>Septicemia</td>
<td>131</td>
<td>11.8</td>
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</table>

Source: NC State Center for Health Statistics, County Health Data Book—2018
Trends in Chronic Diseases 2012-2017

**Cerebrovascular Disease Death Rate per 100,000**

<table>
<thead>
<tr>
<th>Year</th>
<th>Union</th>
<th>NC</th>
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</thead>
<tbody>
<tr>
<td>2012</td>
<td>44.9</td>
<td>28.8</td>
</tr>
<tr>
<td>2013</td>
<td>45.4</td>
<td>24.9</td>
</tr>
<tr>
<td>2014</td>
<td>47.2</td>
<td>30.2</td>
</tr>
<tr>
<td>2015</td>
<td>50.1</td>
<td>30.5</td>
</tr>
<tr>
<td>2016</td>
<td>48.7</td>
<td>34</td>
</tr>
<tr>
<td>2017</td>
<td>29.4</td>
<td>29.6</td>
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</table>

**Heart Disease Death Rate per 100,000**

<table>
<thead>
<tr>
<th>Year</th>
<th>Union</th>
<th>NC</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>177.3</td>
<td>115.6</td>
</tr>
<tr>
<td>2013</td>
<td>180.9</td>
<td>142.9</td>
</tr>
<tr>
<td>2014</td>
<td>176.5</td>
<td>139.1</td>
</tr>
<tr>
<td>2015</td>
<td>183.9</td>
<td>132.9</td>
</tr>
<tr>
<td>2016</td>
<td>180.1</td>
<td>120.5</td>
</tr>
<tr>
<td>2017</td>
<td>183.4</td>
<td>116.7</td>
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</table>

**Diabetes Death Rate per 100,000**

<table>
<thead>
<tr>
<th>Year</th>
<th>Union</th>
<th>NC</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>24.6</td>
<td>12.5</td>
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<tr>
<td>2013</td>
<td>24.4</td>
<td>12.2</td>
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<tr>
<td>2014</td>
<td>27</td>
<td>15.6</td>
</tr>
<tr>
<td>2015</td>
<td>27.3</td>
<td>18</td>
</tr>
<tr>
<td>2016</td>
<td>20.3</td>
<td>20.3</td>
</tr>
<tr>
<td>2017</td>
<td>28.3</td>
<td>28.3</td>
</tr>
</tbody>
</table>

**Alzheimer’s Death Rate per 100,000**

<table>
<thead>
<tr>
<th>Year</th>
<th>Union</th>
<th>NC</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>30.7</td>
<td>29.2</td>
</tr>
<tr>
<td>2013</td>
<td>29.2</td>
<td>26.9</td>
</tr>
<tr>
<td>2014</td>
<td>29.7</td>
<td>29.2</td>
</tr>
<tr>
<td>2015</td>
<td>32.6</td>
<td>32.6</td>
</tr>
<tr>
<td>2016</td>
<td>37.9</td>
<td>33.7</td>
</tr>
<tr>
<td>2017</td>
<td>41.8</td>
<td>42.4</td>
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</tbody>
</table>
**Prevalence of Cancer**

Projections are estimated using 2011-2015 invasive cancer incidence and 2012-2016 mortality rates and 2018 NC population estimate

<table>
<thead>
<tr>
<th>Type of Cancer</th>
<th>Union County</th>
<th>North Carolina</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Incidence</td>
<td>Projected New Cases</td>
<td>Rates</td>
<td>Incidence</td>
<td>Projected New Cases</td>
<td>Rates</td>
</tr>
<tr>
<td>Lung/Bronchus</td>
<td>618</td>
<td>176</td>
<td>58.5</td>
<td>40,216</td>
<td>9064</td>
<td>68.8</td>
</tr>
<tr>
<td>Female Breast</td>
<td>1037</td>
<td>221</td>
<td>173.3</td>
<td>49,467</td>
<td>10625</td>
<td>161.8</td>
</tr>
<tr>
<td>Prostate</td>
<td>647</td>
<td>154</td>
<td>122</td>
<td>32,584</td>
<td>7545</td>
<td>115.9</td>
</tr>
<tr>
<td>Colon/Rectum</td>
<td>360</td>
<td>94</td>
<td>33.5</td>
<td>21,168</td>
<td>4697</td>
<td>37.5</td>
</tr>
<tr>
<td>Total Cancers</td>
<td>5095</td>
<td>1232</td>
<td>481.9</td>
<td>277,277</td>
<td>60958</td>
<td>469.3</td>
</tr>
</tbody>
</table>
Causes / Contributing Risk Factors of Chronic Diseases

- Tobacco Use / Smoking
- Lack of Physical Activity / Exercise
- Poor Nutrition / Unhealthy Eating
Focus Area:
Mental Health
Survey – Rating of Personal Mental Health

Rating Mental Health

<table>
<thead>
<tr>
<th>Health Status</th>
<th>Teens</th>
<th>Adults</th>
<th>Seniors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Poor Health</td>
<td>3%</td>
<td>1%</td>
<td>0%</td>
</tr>
<tr>
<td>Poor Health</td>
<td>5%</td>
<td>4%</td>
<td>3%</td>
</tr>
<tr>
<td>Neither Poor nor</td>
<td>15%</td>
<td>10%</td>
<td>8%</td>
</tr>
<tr>
<td>Good Health</td>
<td>45%</td>
<td>54%</td>
<td>53%</td>
</tr>
<tr>
<td>Excellent Health</td>
<td>31%</td>
<td>31%</td>
<td>36%</td>
</tr>
</tbody>
</table>
Survey Response: 10 Most Common Mental Health Concerns

10 Most Common Mental Health Concerns

- **Anxiety**: 69% (Teens), 69% (Adults), 46% (Seniors)
- **Depression**: 49% (Teens), 51% (Adults), 61% (Seniors)
- **Sleep Issues**: 48% (Teens), 48% (Adults), 50% (Seniors)
- **ADD / ADHD**: 20% (Teens), 15% (Adults), 7% (Seniors)
- **Addiction**: 16% (Teens), 15% (Adults), 14% (Seniors)
- **Suicide**: 14% (Teens), 12% (Adults), 7% (Seniors)
Addressing mental health is a huge concern mentioned by focus group respondents. In fact, one pediatrician mentioned that ~20% of their daily visits revolved around mental and behavioral health issues such as anxiety, depression, self-harming activities, and ADHD.

Mental health problems such as Alzheimer’s, dementia, suicide, and substance abuse disorders were discussed as common among the adult population. Despite the great need to address mental health problems, there is currently limited attention or resources given to target these concerns.

While the mental health system ultimately needs funding for mental health programs and to hire new mental health professionals, focus group respondents also discussed some other ways to improve mental health, such as pet therapy and anonymous tip line for people to reach out.

Need improved access to bilingual providers of mental health services.
Nearly 1 in 5 American adults will have a diagnosable mental health condition in any given year.

46 percent of Americans will meet the criteria for a diagnosable mental health condition sometime in their life, and half of those people will develop conditions by the age of 14.

Youth mental health is worsening. From 2012 to 2017, the prevalence of past-year Major Depressive Episode (MDE) increased from 8.66 percent to 13.01 percent of youth ages 12-17. Now over two million youth have MDE with severe impairment.

Mental and behavioral disorders are among the leading causes of disability in the U.S., accounting for 13.6% of all years of life lost to disability and premature death.
Lack of Mental Health Treatment

Only **28.2 percent** of youth with severe Major Depressive Disorder were receiving some consistent treatment, and **over 10 million adults** still report an unmet need for mental health care.

**21.8%** of all adults in NC with a mental illness reported that they were **not able to receive the treatment they needed**.

**54.6 %** of adults in NC with a mental illness **received no treatment**.

**18.02%** of adults in NC are experiencing a mental health illness.
The 2017 Youth Risk Behavior Surveillance System indicates that, nationwide, 19% of students in grades 9–12 report being bullied on school property in the 12 months preceding the survey.

Kids who are bullied are more likely to experience depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns, and loss of interest in activities they used to enjoy. These issues may persist into adulthood.

Kids bullied are more likely to experience health complaints.

Kids bullied may experience decreased academic achievement—GPA and standardized test scores—and school participation. They are more likely to miss, skip, or drop out of school.

A very small number of bullied children might retaliate through extremely violent measures.
## Incidence of Depression – Nationwide

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent of US Adults with Major Depression</td>
<td>7.1%</td>
<td>17.3 million</td>
</tr>
<tr>
<td>Number of US Adults with Depression</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percent of Youth (aged 12-17) with Major Depression</td>
<td>13%</td>
<td>3.1 million</td>
</tr>
<tr>
<td>Number of Youth (aged 12-17) with Major Depression</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percent of Youth with Severe Depression</td>
<td>9%</td>
<td>2 million</td>
</tr>
<tr>
<td>Number of Youth with Severe Depression</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percent of Youth (aged 12-17) with Major Depression</td>
<td>13%</td>
<td>3.1 million</td>
</tr>
</tbody>
</table>
Incidence of **Anxiety** – Nationwide

1. Over 21%, or **42.5 million**, adults are affected by an anxiety disorder.
2. The **lifetime prevalence of any anxiety disorder is 31%**.
3. **8% of youth** have an anxiety disorder.
White Americans are more likely to die by suicide than people of other ethnic/racial groups.

From 1999 through 2017, in the US, the age-adjusted suicide rate increased from 10.5 per 100,000 in 1999 to 14.0 in 2017.

In NC, Youth suicide rate nearly DOUBLED from 2008 to 2017.
Suicide is the 2\textsuperscript{nd} leading cause of death in NC.

In NC, 8.2\% of high school students who attempted suicide in the past year

Gender and sexual orientation can also have significant impact on suicide risk, because of the social discrimination that LGBTQ youth experience. In North Carolina, 16\% of high school students in 2017 reported seriously considering suicide. This figure included 12\% of heterosexual students, and a staggering 43\% of gay, lesbian, or bisexual students.

In NC, 4.57\% of adults experience Suicidal Thoughts
Focus Area:
Substance Use Disorder
Survey Response – Substance Use

**Substance Use**

- **Drink Alcohol**
  - Teens: 52%
  - Adults: 84%
  - Seniors: 80%

- **Smoke tobacco**
  - Teens: 26%
  - Adults: 17%
  - Seniors: 16%

- **Vape/Juul/Smoke e-cigarettes**
  - Teens: 7%
  - Adults: 2%
  - Seniors: 75%

- **Smoke Marijuana**
  - Teens: 6%
  - Adults: 4%
  - Seniors: 47%

- **Use smokeless tobacco**
  - Teens: n/a
  - Adults: 3%
  - Seniors: 4%

- **Use Opioids**
  - Teens: 14%
  - Adults: 2%
  - Seniors: 2%

- **Use Recreational Drugs**
  - Teens: 19%
  - Adults: 1%
  - Seniors: 1%
Several members stated there is currently no way to treat substance abuse in Union County except in residential substance abuse facilities or by “detoxing” individuals and sending them back into the community.

Several Focus Group participants mentioned the need to make Narcan more available.

Teenagers and a group of school nurses addressed a variety of concerned related to drugs in school, such as the use of vaping, juuls, smoking (tobacco and marijuana), opioids, cocaine, alcohol, and prescription medications such as Xanax.
From 2016 to 2017, N.C. experienced a 29% increase in unintentional medication and drug overdose deaths.

**Technical Notes:** Unintentional medication and drug poisoning: X40-X44; Limited to N.C. residents

**Source:** Deaths - N.C. State Center for Health Statistics, Vital Statistics, 2007-2017

Analysis by Injury Epidemiology and Surveillance Unit
ED visits for unintentional medication and drug overdose increased 16% from 2016-2017

<table>
<thead>
<tr>
<th>Year</th>
<th>Total N.C. Residents</th>
<th>Annual Percent Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>8,147</td>
<td>-</td>
</tr>
<tr>
<td>2009</td>
<td>8,456</td>
<td>4%</td>
</tr>
<tr>
<td>2010</td>
<td>8,607</td>
<td>2%</td>
</tr>
<tr>
<td>2011</td>
<td>8,677</td>
<td>1%</td>
</tr>
<tr>
<td>2012</td>
<td>8,440</td>
<td>-3%</td>
</tr>
<tr>
<td>2013</td>
<td>7,760</td>
<td>-8%</td>
</tr>
<tr>
<td>2014</td>
<td>8,902</td>
<td>15%</td>
</tr>
<tr>
<td>2015†</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>2016</td>
<td>14,186</td>
<td>-</td>
</tr>
<tr>
<td>2017</td>
<td>16,451</td>
<td>16%</td>
</tr>
</tbody>
</table>

†In October 2015, there was a change in the coding system used in administrative data sets that impacted the definition used to identify poisoning-related injury cases. Because of this change, data are unavailable for 2015, and data pre-2015 are not comparable to data collected after this change occurred.

Technical Notes: ICD-10-CM codes (2016 to 2017): Dx T36-T50; a 5th/6th character of 1-unintentional; a 7th character of A-initial encounter, D-subsequent encounter, or missing. ICD-9-CM codes (2008 to 2014): Ecode E850.0-E858.9 (Accidental); Limited to N.C. residents

Data Sources: Emergency Department-North Carolina Disease Event Tracking and Epidemiologic Tool (NCDETECT), 2008-2017; Hospital- North Carolina Healthcare Association, 2008-2017; Analysis by Injury Epidemiology and Surveillance Unit
Alcohol NC Statistics

The amount of alcohol consumed has been associated with negative short- and long-term health outcomes, such as vehicle crashes, overdose, and liver cirrhosis and high economic costs.

In most NC counties, Black and Hispanic neighborhoods are exposed to greater alcohol outlet density than white non-Hispanic neighborhoods.

As per Behavior Risk Factor Surveillance System 2012-2017, the level of excessive drinking is trending upward: 30% adults reported binge drinking; 50% of adults report having at least 1 drink in last 30 days; 11% report excessive drinking.

Excessive drinking is 3rd leading case of preventable deaths in NC.

In 2017, there were nearly 4,000 deaths due to excessive alcohol use- 26% of all traffic fatalities in NC were alcohol related.
Alcohol and Youth NC Statistics

27% of high school students in NC report drinking alcohol

Of those high school students who drink, 50% report binge drinking

12% of all High School students report binge drinking
Alcohol Data Dashboard

Data Sources
1. Drug Abuse Warning Examination (DAWE) Data
2. National Bank Data
3. Crime Analysis Open Source
4. Social Media Analysis
5. Alcohol Use Among Youth

COUNTY DATA

Alcohol-Related Deaths

Health Data

Outlet Data

Emergency Department Visits

Alcohol involved crashes

Alcohol involved suicides

Alcohol & the Public’s Health in North Carolina

Alcohol NC and Union County Information
Prescription Medication Misuse

**Opioids**—usually prescribed for pain

**Central Nervous System Depressants (CNS)** (includes tranquilizers, sedatives, and hypnotics)—used to treat anxiety and sleep disorders

**Stimulants**—most often prescribed to treat attention-deficit hyperactivity disorder (ADHD)
Prescription Medication Misuse - CNS Depressants

**Benzodiazepines**
- Diazepam (Valium)
- Clonazepam (Klonopin)
- Alprazolam (Xanax)
- Triazolam (Halcion)
- Estazolam (Prosom)

**Non-Benzodiazepine Sleep Medications**
- Zolpidem (Amibien)
- Eszopiclone (Lunesta)
- Zaleplon (Sonata)

**Barbiturates**
- Mepobarbital (Mebaral)
- Phenobarbital (Luminal)
- Pentobarbital Sodium (Nembutal)
Prescription Medication Misuse - Stimulants

Dextroamphetamine
- Dexedrine
- Adderall

Methylphenidate
- Ritalin
- Concerta
Prescription Medication Misuse - Stimulants

15% of N.C. High School students report using prescription drugs recreationally in 2017

Prescription Medication Misuse- Prescription Opioids

Prescription opioids can be used to help relieve moderate-to-severe pain and are often prescribed following a surgery or injury, or for certain health conditions. These medications can be an important part of treatment but also come with serious risks.

Prescription opioids carry serious risks of addiction and overdose, especially with prolonged use. An opioid overdose, often marked by slowed breathing, can cause sudden death.

As many as 1 in 4 people receiving prescription opioids long term in a primary care setting struggles with addiction.

Risks for addiction are great where there is a history of drug misuse, substance use disorder, or overdose; a Mental health conditions (such as depression or anxiety); sleep apnea; older age (65 years or older); pregnant.
With unprecedented availability of cheap heroin and fentanyl... MORE PEOPLE ARE DYING

Opioid Potency

Carfentanil: 10,000x
Fentanyl: 100x
Heroin: 2x
Morphine: 1x
Opioids

Illicit opioids* were involved in approximately 80% of unintentional opioid overdose deaths in 2017

*Heroin and/or Other Synthetic Narcotics (mainly illicitly manufactured fentanyl and fentanyl analogues)

Technical Notes: Cases with only an Opioid (T40.0) or only Other and Unspecified Narcotics (T40.6) code are excluded; Unintentional medication and drug poisoning: X40-X44 and any mention of T40.2 (Other Opioids), T40.3 (Methadone), T40.4 (Other synthetic opioid) and/or T40.6 (Other/unspecified narcotics); Limited to N.C. residents


Analysis by Injury Epidemiology and Surveillance Unit
Unintentional overdose deaths involving illicit opioids* have drastically increased since 2013

A growing number of deaths involve multiple substances in combination (i.e., polysubstance use)

*Heroin and/or Other Synthetic Narcotics (mainly illicitly manufactured fentanyl and fentanyl analogues)

Technical Notes: These counts are not mutually exclusive; if the death involved multiple substances it can be counted on multiple lines; Unintentional medication, drug, alcohol poisoning: X40-X45 with any mention of specific T-codes by drug type; limited to N.C. residents


Analysis by Injury Epidemiology and Surveillance Unit
Opioids

For every opioid overdose death, there were nearly 2 hospitalizations and 4 ED visits due to opioid overdose.

N.C. Overdose Pyramid

Technical Notes: Deaths, hospitalizations, and ED data limited to N.C. residents; includes all intents, not limited to unintentional.
Opioid Data - Union County

112 OPIOID OVERDOSE EMERGENCY DEPARTMENT VISITS

Opioid Overdose ED Visits by Month:
Union County 2019 YTD

Opioid Overdose ED Visits by Age Group
Union Population Estimates
Union opioid overdose ED Visits, 2019 YTD

Opioid Overdose ED Visits by Race Ethnicity*
Union Population Estimates
Union opioid overdose ED Visits, 2019 YTD

Note: NC DETECT is North Carolina’s statewide syndromic surveillance system. There may be data quality issues affecting our counts; counties with <50 cases may not be true lack of opioid overdose cases but data quality issues; additionally, some hospitals use non-specific poisoning codes rather than specific opioid poisoning codes. For more information, contact Amy Hston, ahston@unc.edu.

Counts based on ICD-10-CM diagnosis code of an opioid overdose: T40.0-8 (Opium), T40.1-2 (Heroin), T40.2 (Other Opioids), T40.3 (Nonphadone), and T40.4 (Other Synthetic Narcotics), and T40.6 (Other and Unspecified Narcotics).
Tobacco Use – National Data

By Education: Current cigarette smoking was highest among persons with a general education development (GED) certificate and lowest among those with a graduate degree.

• About 23 of every 100 adults with 12 or fewer years of education (no diploma) (23.1%)
• Nearly 37 of every 100 adults with a GED certificate (36.8%)
• Nearly 19 of every 100 adults with a high school diploma (18.7%)
• About 17 of every 100 adults with some college (no degree) (17.4%)
• Nearly 16 of every 100 adults with an associate’s degree (15.5%)
• About 7 of every 100 adults with an undergraduate degree (7.1%)
• About 4 of every 100 adults with a graduate degree (4.1%)

By Annual Household Income
Current cigarette smoking was higher among persons with a low annual household income than those with higher annual household incomes.

• About 21 of every 100 adults with an annual household income less than $35,000 (21.4%)
• About 15 of every 100 adults with an annual household income of $35,000 to $74,999 (15.3%)
• Nearly 12 of every 100 adults with an annual household income of $75,000 to $99,999 (11.8%)
• Nearly 8 of every 100 adults with an annual household income greater than $100,000 (7.6%)
For 2017 NC YTS, 6,333 students responded to the survey (3,200 middle school and 3,133 high school students). The statewide overall response rate was 65.4% for middle schools and 64.5% for high schools.

**CURRENT USERS OF TOBACCO PRODUCTS**

<table>
<thead>
<tr>
<th>Product</th>
<th>MS</th>
<th>HS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cigarettes</td>
<td>5.3%</td>
<td>16.9%</td>
</tr>
<tr>
<td>Cigars / Cigarillos / Little Cigars</td>
<td>3.8%</td>
<td>12.7%</td>
</tr>
<tr>
<td>Cigarettes</td>
<td>2.5%</td>
<td>8.9%</td>
</tr>
<tr>
<td>Chewing Tobacco / Snuff / Dip</td>
<td>2.3%</td>
<td>6.3%</td>
</tr>
<tr>
<td>Hookah</td>
<td>2.5%</td>
<td>4.5%</td>
</tr>
<tr>
<td>Roll-your-own Cigarettes</td>
<td>2.0%</td>
<td>3.4%</td>
</tr>
<tr>
<td>Snus</td>
<td>0.8%</td>
<td>3.7%</td>
</tr>
</tbody>
</table>

**EXPOSURE TO SECONDHAND SMOKE OR VAPOR**

<table>
<thead>
<tr>
<th>Exposure</th>
<th>MS</th>
<th>HS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tobacco smoke in home</td>
<td>21.4%</td>
<td>24.9%</td>
</tr>
<tr>
<td>Tobacco smoke in indoor / outdoor public place</td>
<td>33.7%</td>
<td>39.4%</td>
</tr>
<tr>
<td>Vapor in home</td>
<td>9%</td>
<td>14.6%</td>
</tr>
<tr>
<td>Vapor in indoor/outdoor public place</td>
<td>15.3%</td>
<td>26.3%</td>
</tr>
</tbody>
</table>

**NC MS & HS CURRENT USE OF CIGARETTES & EMERGING TOBACCO PRODUCTS, NC YTS, 1999-2017**

<table>
<thead>
<tr>
<th>Year</th>
<th>Middle School</th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>99</td>
<td>22.6%</td>
<td>31.0%</td>
</tr>
<tr>
<td>01</td>
<td>26.6%</td>
<td>34.5%</td>
</tr>
<tr>
<td>03</td>
<td>27.4%</td>
<td>34.7%</td>
</tr>
<tr>
<td>05</td>
<td>28.6%</td>
<td>35.0%</td>
</tr>
<tr>
<td>07</td>
<td>29.2%</td>
<td>35.4%</td>
</tr>
<tr>
<td>09</td>
<td>27.4%</td>
<td>35.0%</td>
</tr>
<tr>
<td>11</td>
<td>25.9%</td>
<td>33.7%</td>
</tr>
<tr>
<td>13</td>
<td>24.0%</td>
<td>32.5%</td>
</tr>
<tr>
<td>15</td>
<td>22.5%</td>
<td>31.5%</td>
</tr>
<tr>
<td>17</td>
<td>21.2%</td>
<td>30.0%</td>
</tr>
</tbody>
</table>

**NC MIDDLE & HIGH SCHOOL CURRENT USERS OF ANY TOBACCO PRODUCT, NC YTS, 1999-2017**

<table>
<thead>
<tr>
<th>Year</th>
<th>Middle School</th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>99</td>
<td>18.1%</td>
<td>24.0%</td>
</tr>
<tr>
<td>01</td>
<td>21.3%</td>
<td>27.6%</td>
</tr>
<tr>
<td>03</td>
<td>21.5%</td>
<td>28.1%</td>
</tr>
<tr>
<td>05</td>
<td>22.4%</td>
<td>28.8%</td>
</tr>
<tr>
<td>07</td>
<td>23.6%</td>
<td>29.6%</td>
</tr>
<tr>
<td>09</td>
<td>22.6%</td>
<td>30.0%</td>
</tr>
<tr>
<td>11</td>
<td>22.7%</td>
<td>30.7%</td>
</tr>
<tr>
<td>13</td>
<td>21.5%</td>
<td>29.7%</td>
</tr>
<tr>
<td>15</td>
<td>21.1%</td>
<td>29.3%</td>
</tr>
<tr>
<td>17</td>
<td>20.6%</td>
<td>28.0%</td>
</tr>
</tbody>
</table>

**CURRENT E-CIGARETTE USE INCREASE 2011-2017**

<table>
<thead>
<tr>
<th>Year</th>
<th>Middle School</th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>4.1%</td>
<td>7.9%</td>
</tr>
<tr>
<td>13</td>
<td>6.7%</td>
<td>11.2%</td>
</tr>
<tr>
<td>15</td>
<td>11.6%</td>
<td>16.4%</td>
</tr>
<tr>
<td>17</td>
<td>13.3%</td>
<td>18.6%</td>
</tr>
</tbody>
</table>

**CURRENT E-CIGARETTE USE**

- Percentage of Students smoking
- Middle School: 2017 smoking cessation plan
- High School: 2017 smoking cessation plan

**REASONS FOR E-CIGARETTE USE 2017**

- Friend or family used them: 1 in 3
- Available in flavors: 1 in 4

**USES TWO OR MORE TOBACCO PRODUCTS**

<table>
<thead>
<tr>
<th>Product</th>
<th>MS</th>
<th>HS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cigarettes</td>
<td>47.1%</td>
<td>50.6%</td>
</tr>
</tbody>
</table>

**CESSATION BEHAVIOR AMONG USERS**

- Want to stop using tobacco:
  - MS: 46.8%
  - HS: 37.8%

- Attempted to quit in past year:
  - MS: 73.7%
  - HS: 58.2%

*Past 7 days

**SMOKING ALWAYS ALLOWED:**

- In home: 7.8%
- In vehicle: 10.1%

North Carolina 2017 enrollment figures were used to generalize NC YTS findings to all middle and high school students in the state.


State of North Carolina • Department of Health and Human Services • Division of Public Health • www.ncdhhs.gov • www.publichealth.nc.gov
Focus Area: Access to Care
Survey Responses: Sees Doctor and Dentist on a Regular Basis

Sees Doctor on Regular Basis

- Yes: Teens 75%, Adults 85%, Seniors 95%
- No: Teens 25%, Adults 15%, Seniors 5%

Sees Dentist on Regular Basis

- Yes: Teens 87%, Adults 75%, Seniors 71%
- No: Teens 13%, Adults 25%, Seniors 29%
Survey Responses: Needed to See a Doctor or Dentist But Did Not

**Needed to See Doctor But Did Not**

- **Teens:** Yes: 13%, No: 87%
- **Adults:** Yes: 24%, No: 76%
- **Seniors:** Yes: 11%, No: 89%

**Needed to See Dentist But Did Not**

- **Teens:** Yes: 8%, No: 92%
- **Adults:** Yes: 24%, No: 76%
- **Seniors:** Yes: 20%, No: 80%
Survey Responses: Needed Prescription Medication But Did Not Get It

Needed Prescription Medication But Did Not Get It

- Teens: Yes 4%, No 96%
- Adults: Yes 19%, No 81%
- Seniors: Yes 13%, No 87%

Chart showing the percentages of individuals who needed prescription medication but did not get it, divided by age groups.
Survey Responses: Needed Mental Health Services But Did Not Receive Them

Needed to Mental Health Services But Did Not Get Them

- Teens: 14%, 86%
- Adults: 17%, 83%
- Seniors: 7%, 93%

Yes
- Teens: 14%
- Adults: 17%
- Seniors: 7%

No
- Teens: 86%
- Adults: 83%
- Seniors: 93%
Focus Group Concerns

Access to care for non-English speakers - Most undocumented residents (almost 30,000 individuals) live in Monroe. Many Hispanic residents do not speak English (or in some cases, do not even know how to read), which is a large barrier to accessing care.

Access to health care - need to improve access to preventative healthcare services (such as mammograms), primary care services, and mental and behavioral health services in Union county. Respondents suggest that adding urgent care centers, especially in underserved or rural areas, would help improve this access. Respondents also discussed the need for more free clinics.

There is a lack of access to specialty care (such as infectious disease specialists or fetal medicine specialists) in Union County. Therefore, many individuals end up going to the emergency room because they “have never been turned away by the hospital”.

Respondents also discussed how improving transportation services in the County would help improve access to healthcare services, especially for individuals with disabilities and seniors.

Several participants mentioned that mental health within Union County is underfunded and often lacks continuity of care.

Individuals without insurance (and even those with certain types of insurance such as Medicaid) often have difficulty seeing a doctor or a specialist.
Even though the number of insured people in NC increased between 2010-2016, there are still **thousands without health insurance**. Some do not have sufficient income to qualify for an insurance subsidy/sliding fee scale, yet those same individuals do not qualify for Medicaid, indicating a persistent gap in health care coverage.

Lack of insurance disproportionately affects Hispanic/Latino and American Indians, impacting 29.6 percent and 18.2 percent of these populations, respectively.

15.5 percent of North Carolina **adults could not see a doctor due to cost**.

Fewer whites experience this barrier to health care (12.8 percent).

More than a quarter of the Hispanic/Latino population (27.4 percent) indicate that cost prevented them from accessing a doctor in the previous year.

Conversely, **African Americans, Hispanic/Latino, and other racial groups were more likely to have seen a dentist in the past year than their white counterparts**.
Union County Resident’s Insurance Coverage

Figure 1: Percent of People with Health Insurance

Figure 2: Change in People with Health Coverage (2015 to 2016)

Figure 6: Men with Health Insurance Coverage

Figure 7: Women with Health Insurance Coverage
Figure 8: Percent of People with No Insurance by Income Group

- Under $25k: 25%
- $25k to $50k: 15%
- $50k to $75k: 10%
- $75k to $100k: 5%
- Over $100k: 0%

Figure 9: Change in Percent of People with No Insurance from 2015 to 2016

- Under $25k-change: -40%
- $25k to $50k-change: -20%
- $50k to $75k-change: -10%
- $75k to $100k-change: -5%
- Over $100k-change: -0%
Figure 10: People without Health Insurance Coverage by Race

Figure 11: Children without Health Insurance Coverage
More Americans are insured today than in past years, but their coverage is lacking. The proportion of youth with private insurance that did not cover mental or emotional difficulties nearly doubled, from 4.6 percent in 2012 to 8.1 percent in 2017.

In NC, 11.9% Children With Private Insurance That Did Not Cover Mental Or Emotional Problems

In NC, 10.8% of adults with mental illness are not insured
Access to Medical Care in Union County

21. Number of Primary Care Physicians per 10,000 Residents

- North Carolina: 8.9, 7.6, 7.0
- Union: 4.9, 4.2, 4.3

22. Number of Dentists per 10,000 Residents

- North Carolina: 4.3, 4.6, 5.0
- Union: 2.3, 2.7, 3.2

23. Number of Registered Nurses per 10,000 Residents

- North Carolina: 93.5, 99.6, 100.7
- Union: 43.5, 46.4, 49.8

24. Number of Physician Assistants per 10,000 Residents

- North Carolina: 3.4, 4.1, 5.9
- Union: 1.0, 1.9, 2.6
Serves as Union County’s Community Transportation Service Provider (CTSP). Provides demand-response services, manages contracted 74x fixed route service.

Available to all County residents, including those with mobility issues, special needs, as well as those living, working, shopping, studying, recreating, and receiving medical care in all of Union County’s rural and urban areas.

Provides transportation service to meet the needs of County Human Service Agency program clients (Veterans Services, Senior Nutrition, Work First, and Medicaid) and community partners (UDI).

Primary focus has remained on meeting the needs of the elderly and disabled, but both service and funding have expanded to support the transportation needs for all Union County residents.
Focus Area:
Environmental
Survey Data: Environmental Health Concerns

**Adult Survey**

**Environmental Health Issues**

- **Outdoor Air Quality**
  - Great Concern: 24.1%
  - Some Concern: 38.7%
  - No Concern: 37.2%

- **Indoor Air Quality**
  - Great Concern: 50.3%
  - Some Concern: 41.5%
  - No Concern: 8.2%

- **Stream Water Quality**
  - Great Concern: 25.8%
  - Some Concern: 46.4%
  - No Concern: 27.7%

- **Preserving Green Space**
  - Great Concern: 17.8%
  - Some Concern: 41.0%
  - No Concern: 41.2%

- **Vector Control**
  - Great Concern: 15.6%
  - Some Concern: 45.0%
  - No Concern: 39.4%

- **Solid Waste Disposal**
  - Great Concern: 24.4%
  - Some Concern: 45.5%
  - No Concern: 30.1%

- **Access to Centers for Trash Disposal**
  - Great Concern: 33.9%
  - Some Concern: 41.2%
  - No Concern: 24.8%

- **Bioterrorism**
  - Great Concern: 23.9%
  - Some Concern: 40.6%
  - No Concern: 35.5%

- **Weather Disasters / Storm Debris**
  - Great Concern: 28.6%
  - Some Concern: 49.4%
  - No Concern: 22.1%

- **Food Borne Illness**
  - Great Concern: 20.6%
  - Some Concern: 22.1%
  - No Concern: 57.3%

**Senior Survey**

**Environmental Health Issues**

- **Outdoor Air Quality**
  - Great Concern: 20.9%
  - Some Concern: 43.6%
  - No Concern: 35.5%

- **Indoor Air Quality**
  - Great Concern: 48.2%
  - Some Concern: 38.5%
  - No Concern: 13.3%

- **Stream Water Quality**
  - Great Concern: 25.8%
  - Some Concern: 44.1%
  - No Concern: 30.1%

- **Preserving Green Space**
  - Great Concern: 18.0%
  - Some Concern: 41.9%
  - No Concern: 40.1%

- **Vector Control**
  - Great Concern: 18.1%
  - Some Concern: 49.1%
  - No Concern: 32.8%

- **Solid Waste Disposal**
  - Great Concern: 23.3%
  - Some Concern: 45.9%
  - No Concern: 30.8%

- **Access to Centers for Trash Disposal**
  - Great Concern: 37.3%
  - Some Concern: 38.4%
  - No Concern: 24.3%

- **Bioterrorism**
  - Great Concern: 33.2%
  - Some Concern: 47.0%
  - No Concern: 19.9%

- **Weather Disasters / Storm Debris**
  - Great Concern: 23.6%
  - Some Concern: 19.8%
  - No Concern: 56.6%

- **Food Borne Illness**
  - Great Concern: 26.8%
  - Some Concern: 53.4%
  - No Concern: 19.8%
Survey Data: Water Sources

Adult Survey

Source of Drinking Water

- Well Water: 22%
- Public Water Supply: 78%

Senior Adult Survey

Source of Drinking Water

- Well Water: 24%
- Public Water Supply: 76%
Survey Data: Water Quality

Adult Survey

Concerned About Drinking Water

Yes: 42%
No: 58%

Senior Survey

Concerned About Drinking Water

Yes: 35%
No: 65%
Focus Group Concerns

Need more outdoor places for people to bike and walk, such as community gardens, sidewalks, parks, trails, etc.

Need access to county water in rural areas

Concern for safety when recreating / walking / biking in some outdoor parts of the County, such as Monroe, vs. other parts of the county, such as Wesley Chapel.
In 2019 May was identified as “Mosquito Prevention Month” in Union County. During the month, we focused on educating and empowering property owners in the prevention/control of mosquitoes.

Environmental Health gave away mosquito dunks (larvicide-bactimos briquettes) to property owners (4 dunks/Union County address). Approximately 500 dunks were given away.

Mosquito prevention and control messages were added to Union County social media platforms and a mosquito prevention video was used for outreach. This video was also screened at one of the local movie theatres.
Benefits of Green Space Preservation and Infrastructure

Environmental benefits for water, air, land and wildlife in and around the projects.

Benefits for the physical and mental health of community members, including improved mood, stress reduction.

Social benefits focused on community cohesion and public safety.

Economic benefits for the local workforce and business development.
Union County Water Supply

Public water supplies serve ~79% of County residents, and public sewer is available to ~64%
### Union County On-Site Water Protection Program Data

#### On-Site Water Protection Program Data

<table>
<thead>
<tr>
<th></th>
<th>Number</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Well Permits Issued</td>
<td>391</td>
<td>On-Site Wastewater System Permits Issued</td>
<td>1,486</td>
<td></td>
</tr>
<tr>
<td>Well Inspections/Site Visits</td>
<td>1,432</td>
<td>On-Site Wastewater System Inspections/Site Visits</td>
<td>4,995</td>
<td></td>
</tr>
<tr>
<td>Well Consultative Contacts</td>
<td>2,652</td>
<td>On-Site Wastewater System Consultative Contacts</td>
<td>15,638</td>
<td></td>
</tr>
<tr>
<td>Well Water Sampling</td>
<td>1068</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Bacterial Analysis

<table>
<thead>
<tr>
<th>Bacteria Samples</th>
<th>Type of Bacteria</th>
<th>Contaminant Detected</th>
<th>Number of Samples Found to be Positive for the Presence of Contaminant</th>
</tr>
</thead>
<tbody>
<tr>
<td>518</td>
<td><strong>Coliform bacteria</strong></td>
<td></td>
<td>212 of 518 (40.9%)*</td>
</tr>
<tr>
<td></td>
<td><strong>Escherichia Coliform (E.coli)</strong></td>
<td></td>
<td>36 of 518 (6.9%)*</td>
</tr>
</tbody>
</table>

*Increased numbers of coli/e.coli may be attributed to the response to bacteriological test conducted after Hurricane Florence.*

#### Inorganic Analysis

<table>
<thead>
<tr>
<th>Number of Samples Collected</th>
<th>Type of Sample Collected</th>
</tr>
</thead>
<tbody>
<tr>
<td>326</td>
<td>Inorganic</td>
</tr>
<tr>
<td>224</td>
<td>Nitrate, Pesticide, Herbicide, Petroleum</td>
</tr>
</tbody>
</table>

#### Inorganic Contaminants

<table>
<thead>
<tr>
<th>Type of Contaminant</th>
<th>Number of Contaminants Above the Environmental Protection Agency’s (EPA) Maximum Contaminant Level (MCL) or Secondary Maximum Contaminant Level (SMCL)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arsenic</td>
<td>72 of 326 were above the MCL of 0.010 parts per million (ppm) (22%)</td>
</tr>
<tr>
<td>Lead</td>
<td>5 of 326 were above the MCL of 0.015 ppm (1.5%)</td>
</tr>
<tr>
<td>Iron</td>
<td>63 of 326 were above the SMCL of 0.3 ppm (19%)</td>
</tr>
<tr>
<td>Manganese</td>
<td>111 of 326 were above the SMCL of 0.05 ppm (34%)</td>
</tr>
<tr>
<td>Copper</td>
<td>1 of 326 were above the MCL of 1.3 ppm (0.3%)</td>
</tr>
</tbody>
</table>
2019 CHA Focus Areas To Be Prioritized

Chronic Disease Prevention
- Conditions: Cancer, Diabetes, Heart Disease, High Blood Pressure, Obesity
- Contributing Risk Factors: Nutrition / Healthy Eating, Physical Activity / Exercise, Tobacco Use

Mental Health
- Anxiety
- Depression
- Sleep Issues
- Addiction
- Suicide Prevention

Substance Use Disorder
- Alcohol
- Prescription Drug Misuse
- Opioids
- Tobacco Use / Smoking / E-cigarettes

Environmental
- Vector Control
- Water Quality
- Access to Water
- Outdoor Air Quality
- Greenspace

Access to Care
- Insurance coverage
- Affordable Health Services: Dental
- Affordable Health Services: Mental Health
- Affordable Health Services: Traditional Primary Care
- Transportation
Appendix B: Teen, Adult, and Senior Adult Survey Questions
Over the next six months, Union County Human Services, in collaboration with Novant Health and Atrium Health, will work together to develop the 2019 Community Health Assessment (CHA). The goal of CHA is to identify factors that affect the health of the population and determine the availability of resources within the county to address these factors. We need your input to help us identify health issues and concerns facing Union County teens today, so we can help address them. Your voice and opinion matter to us.

Please take about 10-15 minutes to complete the survey. The survey is anonymous. Your answers will not be connected to you in any way.

Thank you for the gift of your time and for sharing your experiences and points of view.

1. What is your Zip Code?
   - [ ] 28079
   - [ ] 28103
   - [ ] 28104
   - [ ] 28105
   - [ ] 28110
   - [ ] 28111
   - [ ] 28112
   - [ ] 28113
   - [ ] 28173
   - [ ] 28174

2. In which Union County Town or Municipality do you reside?
   - [ ] Allan
   - [ ] Fairview
   - [ ] Goose Creek
   - [ ] Hemby Bridge
   - [ ] Indian Trail
   - [ ] Lake Park
   - [ ] Marshville
   - [ ] Marvin
   - [ ] Matthews
   - [ ] Mineral Springs
   - [ ] Monroe
   - [ ] New Salem
   - [ ] Stallings
   - [ ] Unionville
   - [ ] Waxhaw
   - [ ] Weddington
   - [ ] Wesley Chapel
   - [ ] Wingate
   - [ ] Out of County
   - [ ] Unincorporated Union County

3. What is your Age?
   

4. What is your Gender?
   - [ ] Male
   - [ ] Female
   - [ ] Transgender or Other
5. Using the categories below, what do you consider yourself?

- Black / African American
- American Indian / Alaska Native
- Asian (Asian Indian, Chinese, Filipino, Japanese, Korean, Vietnamese, or other Asian)
- Hispanic / Latino (Including Mexican, Mexican American, Chicano, Puerto Rican, Cuban, other Spanish)
- White / Caucasian/ European American
- Native Hawaiian / Pacific Islander
- Arab American / Middle Eastern
- Eastern European / Russian / Post Soviet States
- Other (please specify)

6. What type of health insurance do people in your home have?

- Government Insurance (Affordable Healthcare Act)
- Medicaid
- Private Insurance
- No Insurance
- Do Not Know

7. Overall, how would you rate your physical health?

- Very Poor Health
- Poor Health
- Neither Poor Nor Good Health
- Good Health
- Excellent Health

8. Overall, how would you rate your mental health?

- Very Poor Mental Health
- Poor Mental Health
- Neither Poor Nor Good Mental Health
- Good Mental Health
- Excellent Mental Health

9. Listed below are health concerns. Please check three that MOST concern you regarding your own health.

- Obesity / Overweight
- STDs
- HIV / AIDS
- Eating Disorders
- Teen Pregnancy
- Chronic Diseases (heart disease, diabetes, high blood pressure)
- Asthma
- Allergies
- Poor dental health
- Sports Injuries
- Cancer

Other (please specify)
10. Listed below are mental health concerns. Please check **three** that MOST concern you.

- [ ] Addiction
- [ ] Bipolar Disorder
- [ ] Opioid or Drug Addiction
- [ ] Anxiety
- [ ] Depression
- [ ] Schizophrenia
- [ ] Attention Deficit Disorder / Attention Deficit Hyperactivity Disorder
- [ ] Intellectual Developmental Disability
- [ ] Sleep Issues
- [ ] Obsessive Compulsive Disorder
- [ ] Suicide
- [ ] Autism

11. Listed below are safety concerns. Please check **three** that MOST concern you.

- [ ] Alcohol Abuse
- [ ] Bullying
- [ ] Domestic Violence (Violence at home)
- [ ] Drowning
- [ ] Drug Abuse / Overdosing
- [ ] Gang Violence / Intimidation
- [ ] Internet Safety
- [ ] School Violence
- [ ] Self-Injury / Cutting
- [ ] Sexual Assault / Rape / Date Violence
- [ ] Suicide

**Other safety concern, please list:**

12. If you have any safety concerns, who would you most likely report them to:

- [ ] Clergy (Pastor, Minister, Reverend)
- [ ] Parent
- [ ] Counselor
- [ ] Teacher
- [ ] Friend
- [ ] I would not report these concerns
- [ ] Other (please specify)

13. Listed below are safety hazards related to driving. Please check **ALL** that apply to you.

- [ ] Texting / Snap Chatting / Use of Apps while I drive
- [ ] Driving under the influence (drugs or alcohol)
- [ ] Talking on cell phone while I drive
- [ ] Reckless Driving / Speeding
14. Listed below are behaviors that keep people from being healthy. Please check the three that you feel keep teens in Union County from being healthy.

☐ Alcohol Use  ☐ Poor Eating Habits
☐ Bullying  ☐ Tobacco Use
☐ Drug Use  ☐ Unsafe Living Conditions / Instability at Home
☐ Internet Safety  ☐ Unsafe Sex / Unprotected Sex
☐ Lack of Exercise  ☐ Youth Violence
☐ Not Going to the Doctor  ☐ Marijuana

Other behaviors, please list:

______________________________________________________________________________________________

15. Approximately how much time do you spend daily on social media? (i.e. Instagram, Twitter, Snap Chatting, Texting)

☐ None  ☐ 1 hour or less  ☐ 2 hours  ☐ 3 hours  ☐ 4 hours or more

16. How much screen time do you spend daily? (TV, video games, computer, cell phone)

☐ 1 hour or less  ☐ 2 hours  ☐ 3 hours  ☐ 4 hours or more

17. How do you view your weight?

☐ Normal  ☐ Underweight  ☐ Overweight  ☐ Obese  ☐ Morbidly Obese

18. Do you feel your current weight is impacting your health status?

☐ Yes  ☐ No

19. Do you have a medical home (doctor you see on a regular basis)?

☐ Yes  ☐ No

20. Was there a time that you needed to see a doctor during the last 12 months but did not?

☐ Yes  ☐ No
21. If yes, what was the main reason(s) that you did not see a doctor? (Check ALL that apply)

- Did not have the money to go
- No insurance
- I had no transportation
- Other reason: [ ]
- I was afraid / I don't like to go to the doctor
- Did not know who to call or where to go
- Office was not open when I could get there

22. Have you ever felt that you needed mental health services and did not get them?
- Yes  
- No

23. If yes, why did you not go for mental health services? (Check ALL that apply)

- Did not have the money to go
- No insurance
- Insurance does not pay for mental health services
- I had no transportation
- I was afraid / I don't like to go to the doctor
- Did not know who to call or where to go
- Office was not open when I could get there
- Language Barrier
- Embarrassed

24. Do you see a dentist on a regular basis?
- Yes  
- No

25. Was there a time during the last 12 months when you needed to see a dentist but did not?
- Yes  
- No

26. If yes, what was the main reason that you did not see a dentist?

- Did not have the money to go
- No insurance
- I had no transportation
- Other reason: [ ]
- I was afraid / I don't like to go to the dentist
- Did not know who to call or where to go
- Office was not open when I could get there

Other reason: [ ]
27. Where do you go MOST OFTEN when you are sick and need medical care? Choose ONLY one.

- Doctor's office in Union County
- Doctor's office outside Union County
- Atrium Health Care Union Emergency Room (formerly CMC)
- Urgent Care Facility in Union County
- Minute Clinic in Union County
- Emergency Department outside Union County

Other:

28. Have you needed a prescription medication and did not get it?

- Yes
- No

29. If yes, why did you not get your medicine?

- Did not have the money
- Pay other bills (food, gas, utilities)
- Insurance would not cover the medication
- No transportation to Pharmacy

Other (please specify):

30. Check ALL preventative health services you had during the past 12 months:

- Physical Exam
- Eye Exam (vision)
- Hearing Check
- Immunizations (flu shot, Tdap, etc.)
- None - Haven't been to the doctor in the last 12 months for preventative health services.

31. If you did not receive any, preventative services, please indicate why. Check ALL that apply.

- No money
- No insurance coverage
- Do not feel prevention services are necessary
- I only see a doctor for an urgent medical problem
- I do not have a medical doctor

32. How do you normally get to your healthcare appointments?

- Drive myself - Personal car
- Bicycle
- Union County Public Transportation
- Walk
- Taxi / Uber / LYFT
- Do not have transportation, so don't go to healthcare providers
- Family Member / Friend
33. How many days a week do you normally get 30 minutes of exercise?

- None
- 1
- 2
- 3
- 4
- 5 or more

34. Outside of exercising at school, are you physically active?

- Yes
- No

35. Are there enough opportunities for physical activity near your home?

- Yes
- No

36. How many servings of fruits and vegetables do you normally eat per day?

- None
- 1
- 2
- 3
- 4
- 5 or more

37. Do you buy your lunch at school?

- Yes
- No

38. If yes, what do you eat most often?

- School Lunch (meal of the day)
- Snack Food (ice cream, cookies, chips)
- Al La Carte Menu (french fries, pizza, chicken sandwich, etc.)

39. Is this your ONLY meal of the day?

- Yes
- No

40. If you do not buy your lunch, why do you not buy lunch?

- No money
- Do not like food choices
- Bring my lunch from home
- Don't eat lunch

Other reason:

Other (please specify):

41. Where do the majority of your meals outside of school come from?

- Home prepared / cooked meals
- Prepared Foods from Grocery Store Deli (Rotisserie chicken, sub sandwich, etc)
- Fast Food Restaurant
- Frozen Food / Microwave Meals
- Dine-in Restaurant
42. After school gets out each day, or during the summer how do you spend your time? Check ALL that apply:

☐ Playing sports (on a school or league team)  ☐ Hanging out with friends
☐ Playing sports (recreation - just for fun)  ☐ Partying (drinking / recreational drugs)
☐ Doing homework  ☐ Home alone, or with siblings
☐ Working (job)  ☐ Video games
☐ Hobbies

43. Please check if you do the following:

☐ Drink Alcohol  ☐ Smoke Tobacco
☐ Opioid Use  ☐ Take Recreational Drugs
☐ Smoke Marijuana  ☐ Vape / Juul / Smoke e-cigarettes

44. If you checked any of the above, do you believe this impacts your health?

☐ Yes  ☐ No

45. Do you have any other concerns about the health of teens in Union County?

__________________________________________________________________________
__________________________________________________________________________

Thank you for taking the time to help us understand your perspective and identify key factors that impact the overall health of our local Union County residents.

Please encourage your family and friends to provide their input as well.

The Community Health Assessment survey can be completed on-line at UnionCountyNC.gov by clicking the survey link on the County’s homepage.
Over the next six months, Union County Human Services, in collaboration with Novant Health and Atrium Health, will work together to develop the 2019 Community Health Assessment (CHA). The goal of CHA is to identify factors that affect the health of the population and determine the availability of resources within the county to address these factors. We need your input to help us identify health issues and concerns facing Union County adults today, so we can help address them. Your voice and opinion matter to us.

Please take about 10-15 minutes to complete the survey. The survey is anonymous. Your answers will not be connected to you in any way.

Thank you for the gift of your time and for sharing your experiences and points of view.

1. What is your Zip Code?
   - 28079
   - 28103
   - 28104
   - 28105
   - 28110
   - 28111
   - 28112
   - 28113
   - 28173
   - 28174

2. In which Union County town or municipality do you reside?
   - Altan
   - Fairview
   - Goose Creek
   - Hemby Bridge
   - Indian Trail
   - Lake Park
   - Marshville
   - Marvin
   - Matthews
   - Mineral Springs
   - Monroe
   - New Salem
   - Stallings
   - Unionville
   - Waxhaw
   - Weddington
   - Wesley Chapel
   - Wingate
   - Out of County
   - Unincorporated Union County

3. What is your Age?

4. What is your Gender?
   - Male
   - Female
   - Transgender or Other
5. Using the categories below, what do you consider yourself?

- Black/African American
- American Indian / Alaska Native
- Asian (Asian Indian, Chinese, Filipino, Japanese, Korean, Vietnamese, or other Asian)
- Hispanic / Latino (including Mexican, Mexican American, Chicano, Puerto Rican, Cuban, other Spanish)
- White / Caucasian / European American
- Native Hawaiian / Pacific Islander
- Arab American / Middle Eastern
- Eastern European / Russian / Post Soviet States
- Other (please specify)

6. What is your highest level of education?

- Less than 9th grade
- 9-12 grade, no diploma
- High School graduate (or GED/equivalent)
- Associate's Degree or Vocational Training
- Other (please specify)

7. Are you a veteran or have you served in the military?

- Yes
- No

8. What type of health insurance do people in your home have?

- Government Insurance (Affordable Healthcare Act)
- Private Insurance
- Medicaid
- Medicare
- No Insurance
- Military / VA

9. What most closely describes your income level?

- Less than $10,000
- $10,000 to $14,999
- $15,000 to $24,999
- $25,000 to $34,999
- $35,000 to $49,999
- $50,000 to $74,999
- $75,000 to $99,999
- $100,000 or more
- Choose not to answer
10. Do you feel your income or economic situation is negatively impacting your ability to access medical care or services?

☐ Yes  ☐ No

11. Overall, how would you rate your physical health?

☐ Very Poor Health  ☐ Poor Health  ☐ Neither Poor Nor Good Health  ☐ Good Health  ☐ Excellent Health

12. Overall, how would you rate your mental health?

☐ Very Poor Mental Health  ☐ Poor Mental Health  ☐ Neither Poor Nor Good Mental Health  ☐ Good Mental Health  ☐ Excellent Mental Health

13. Listed below are health concerns. Please check three that MOST concern you regarding your own health.

☐ Cancer  ☐ Vision issues  ☐ Unplanned Pregnancy
☐ Diabetes  ☐ Hearing issues  ☐ Stroke / Heart Disease
☐ High blood pressure  ☐ Caregiver Stress  ☐ Obesity
☐ Respiratory Illness / COPD  ☐ Drug Abuse/Overdose  ☐ Influenza / Pneumonia
☐ Alzheimer's Disease/Dementia  ☐ Alcohol Abuse / Use  ☐ Other (please specify)
☐ Dental health  ☐ Kidney Disease

14. Listed below are mental health concerns. Please check three that MOST concern you.

☐ Addiction  ☐ Bipolar Disorder  ☐ Suicide
☐ Anxiety  ☐ Obsessive Compulsive Disorder  ☐ Intellectual Developmental Disability
☐ Autism  ☐ Schizophrenia  ☐ Attention Deficit Disorder / Attention Deficit Hyperactivity Disorder
☐ Depression  ☐ Sleep Issues  ☐ PTSD

Other safety concern (please specify)

------------------------------------------------------------------------
15. Listed below are behaviors that can cause poor health outcomes. Please check up to three most critical behaviors you feel keep people in Union County from being healthy.

- Alcohol Use
- Prescription or Illicit Drug Use
- Tobacco Use
- Unsafe Sex / Unprotected Sex
- Domestic Violence
- Lack of Exercise
- Caregiver Stress
- Instability at Home
- Coping Stress
- Not Getting Doctor Check Ups
- Poor Eating Habits
- Reckless / Unsafe Driving
- Tobacco Use
- Instability at Home
- Coping Stress
- Not Getting Doctor Check Ups
- Poor Eating Habits
- Reckless / Unsafe Driving

Other behaviors (please specify)

16. If you were in an abusive situation / relationship, would you know who to call, or how to report it?

- Yes
- No

17. In your opinion, which THREE issues or services most affects the quality of life in Union County?

- Dropping out of school
- Homelessness
- Hunger
- Lack of affordable housing
- Lack of care to elderly who cannot leave their homes
- Lack of child care
- Lack of educational opportunities
- Lack of healthy food choices or affordable healthy food
- Lack of job opportunities
- Lack of literacy/Not be able to read
- Lack of recreational facilities (parks, trails, community centers, pools, etc.)
- Lack of recreational programs for youth
- Lack of transportation
- Low income/poverty
- Pollution (of air, water, land)
- Poor housing conditions
- Unemployment

Other (please specify)

18. How do you view your weight?

- Normal
- Underweight
- Overweight
- Obese
- Morbidly Obese

19. Do you feel your current weight is impacting your health status?

- Yes
- No

20. Do you have a medical doctor you see on a regular basis?

- Yes
- No
21. Was there a time that you needed to see a doctor during the last 12 months but did not?

☐ Yes  ☐ No

22. If yes, what was the main reason(s) you did not see a doctor?

☐ Did not have the money to go
☐ I do not trust doctors

☐ No insurance
☐ Did not know who to call or where to go

☐ I had no transportation
☐ Office was not open when I could get there

☐ I was afraid / I don't like to go to the doctor
☐ Language Barrier

☐ Other reason:

☐ Other:

23. Do you see a dentist on a regular basis?

☐ Yes  ☐ No

24. Was there a time during the last 12 months when you needed to see a dentist but did not?

☐ Yes  ☐ No

25. If yes, what was the main reason you did not see a dentist?

☐ Did not have the money to go
☐ I do not trust dentists

☐ No insurance
☐ Did not know who to call or where to go

☐ I had no transportation
☐ Office was not open when I could get there

☐ I was afraid / I don't like to go to the dentist
☐ Language Barrier

Other reason:

26. Where do you go MOST OFTEN when you are sick and need medical care? Choose ONLY one.

☐ Doctor's office in Union County
☐ Urgent Care Facility in Union County

☐ Doctor's office outside Union County
☐ Minute Clinic in Union County

☐ AtriumHealth Care Union Emergency Room (formerly CMC)
☐ Do not see a doctor - Use Naturopathic Remedies

☐ Emergency Department outside Union County

☐ Other:

☐ Other:
27. Have you ever felt that you needed mental health services and did not get them?  
☐ Yes  ☐ No

28. If yes, why did you not go for mental health services? Check ALL that apply:  
☐ Did not have the money to go  ☐ I do not trust doctors  
☐ No insurance  ☐ Did not know who to call or where to go  
☐ Insurance does not pay for mental health services  ☐ Office was not open when I could get there  
☐ I had no transportation  ☐ Language Barrier  
☐ I was afraid / I don't like to go to the doctor  ☐ Embarrassed

29. Have you needed a prescription medication and did not get it?  
☐ Yes  ☐ No

30. If yes, why did you not get your medicine?  
☐ Did not have the money  ☐ Insurance would not cover the medication  
☐ No insurance  ☐ No transportation to Pharmacy  
☐ I had to pay other bills (food, gas, utilities)  ☐ Do not use medications (prefer alternative medicines / naturopathic)  
☐ Other (please specify)  ☐ 

31. Do you keep an emergency supply of your medications?  
☐ Yes  ☐ No  ☐ NA

32. Have you changed the way you take your prescription medications without talking to a doctor?  
☐ Yes  ☐ No

33. If Yes, check all the reasons you changed the way you take your medicine:  
☐ Save money  ☐ Cut daily dosage to make prescription last longer  
☐ Did not like the way the medicine made me feel  ☐ Shared prescription with someone else  
☐ Did not think the medicine was working  ☐ Did not understand how to take it  
☐ Took medicine every other day to make prescription last longer
34. Check **ALL** preventative health services you had during the past 12 months:

- [ ] Physical Exam
- [ ] Cholesterol Check
- [ ] Pap Smear
- [ ] Eye Exam (vision)
- [ ] Blood Glucose (Diabetes screening)
- [ ] Prostate Exam
- [ ] Hearing Check
- [ ] Colonoscopy
- [ ] Hypertension (Blood Pressure check)
- [ ] Mammogram

35. **If you did not receive any preventative services**, please indicate why. Check **ALL** that apply.

- [ ] No money
- [ ] No insurance
- [ ] No insurance coverage for prevention services
- [ ] Do not feel prevention services are necessary
- [ ] Only see a doctor for an urgent medical problem
- [ ] I do not have a medical doctor
- [ ] Use alternative medicine (naturopathic, holistic, etc.)
- [ ] No time to go to a doctor

36. Did you receive a flu vaccine within the past year?

- [ ] Yes
- [ ] No

37. **If you did not receive a flu vaccine**, please indicate why. Check **ALL** that apply.

- [ ] Not sure where to get the flu vaccine or lack of transportation
- [ ] I do not believe that the flu vaccine is effective
- [ ] Could not afford the flu vaccine
- [ ] Concerned that I would have a serious reaction to the flu vaccine
- [ ] Generally healthy, so I do not feel that I need the flu vaccine
- [ ] I have a chronic medical condition(s) and am afraid the flu vaccine will make me sick
- [ ] Concerned that I would get the flu from the vaccine
- [ ] Religious objection to vaccines
- [ ] Other (please specify)

38. If you have a child or children age 6 or younger, is your child up to date on recommended immunizations?

- [ ] Yes
- [ ] No
- [ ] I do not have a child age 6 or younger
39. If you answered NO to the above question, please indicate why. Check ALL that apply.

☐ My child does not have a primary doctor
☐ I desire more information from my child's doctor
☐ No money for vaccines and/or my child is uninsured
☐ I do not want my child to have multiple shots in one doctor's office visit
☐ My child is not in daycare, so he/she is not exposed to diseases
☐ Other (please specify)

☐ I do not believe that vaccines are necessary because the diseases are not serious or are uncommon
☐ I am concerned that my child will have a serious reaction to the vaccine(s)/vaccines are unsafe
☐ I am concerned that there is a link between vaccines and autism
☐ Religious objection to vaccines
☐ I believe that my child's immune system will be stronger if they contract a preventable disease

40. How do you normally get to your healthcare appointments?

☐ Drive Myself - Personal Car
☐ Family Member / Friend
☐ Union County Public Transportation
☐ Bicycle
☐ Taxi / Uber / LYFT
☐ Walk
☐ Do not have transportation, so don't go to healthcare provider

41. Where do you get most of your health information? Check ONLY one.

☐ My Doctor
☐ Pharmacist
☐ TV
☐ Internet
☐ Family / Friends

Other (please specify)

42. How many days a week do you normally get 30 minutes of exercise for fitness?

☐ None
☐ One
☐ Two
☐ Three
☐ Four
☐ Five or more

43. Are there enough opportunities for physical activity near your home?

☐ Yes
☐ No

44. How many servings of fruits and vegetables do you normally eat per day?

☐ None
☐ One
☐ Two
☐ Three
☐ Four
☐ Five or more

45. Do you purchase locally grown fruits / vegetables at retail markets, farm stands or Farmers Markets?

☐ Yes
☐ No
46. Where do the majority of your meals come from?

- Home prepared / cooked meals
- Fast Food Restaurant
- Dine-in Restaurant
- Prepared Foods from Grocery Store Deli (Rotisserie chicken, sub sandwich, etc)
- Frozen Food / Microwave Meals
- Garden (home grown / home canned)

Other (please specify)

47. Please check if you do any of the following:

- Smoke (cigarettes, cigars, pipe tobacco)
- Use smokeless tobacco (Chew/Dip/Snuff)
- Vape/Juul/Smoke e-cigarettes
- Preparied Foods from Grocery Store Deli (Rotisserie chicken, sub sandwich, etc)
- Frozen Food / Microwave Meals
- Garden (home grown / home canned)
- Smoke Marijuana
- Use Recreational Drugs
- Use Opioids
- Drink Alcohol
- Use smokeless tobacco (Chew/Dip/Snuff)
- Vape/Juul/Smoke e-cigarettes

48. If you checked any of the above, do you feel this impacts your health negatively?

- Yes
- No

49. Listed below are safety hazards related to driving. Please check ALL that apply to you.

- Texting/Snap Chatting/Use of Apps while driving
- Talking on cell phone while I drive
- Driving under the influence (drugs or alcohol)
- Reckless Driving / Speeding

50. Approximately how much time do you spend daily on social media? (Facebook, Instant Messaging, Snap Chatting, Texting)

- None
- 1 hours or less
- 2 hours
- 3 hours
- 4 hours or more

51. How much screen time do you spend daily? (TV, video games, computer, cell phone)

- 1 hour or less
- 2 hours
- 3 hours
- 4 hours or more
52. Environmental Health (Check one answer per row)

<table>
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<tr>
<th>Environmental Health</th>
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<tr>
<td>Preserving Green Space</td>
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<tr>
<td>Vector Control (mosquitoes)</td>
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<td>Solid Waste Disposal (appliances, mattresses, tires, etc.)</td>
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</tr>
</tbody>
</table>

53. What type of drinking water do you have?
- [ ] Well Water
- [ ] Public Water Supply

54. Are you concerned about your drinking water?
- [ ] Yes
- [ ] No

55. If yes, what is your primary concern?
- [ ] Taste
- [ ] Smell
- [ ] Afraid of what is in the water
- Other (please specify): ____________________________

56. Is there anything that could be done to improve the health of adults in Union County? Please explain.

Thank you for taking the time to help us understand your perspective and identify key factors that impact the overall health of our local Union County residents. Please encourage your family and friends to provide their input as well. The Community Health Assessment survey can be completed on-line at UnionCountyNC.gov by clicking the survey link on the County's homepage.
Over the next six months, Union County Human Services, in collaboration with Novant Health and Atrium Health, will work together to develop the 2019 Community Health Assessment (CHA). The goal of CHA is to identify factors that affect the health of the population and determine the availability of resources within the county to address these factors. We need your input to help us identify health issues and concerns facing Union County seniors today, so we can help address them. Your voice and opinion matter to us.

Please take about 10-15 minutes to complete the survey. The survey is anonymous. Your answers will not be connected to you in any way.

Thank you for the gift of your time and for sharing your experiences and points of view.

1. What is your Zip Code?
   - 28079
   - 28103
   - 28104
   - 28105
   - 28110
   - 28111
   - 28112
   - 28113
   - 28173
   - 28174

2. In which Union County town or municipality do you reside?
   - Allen
   - Fairview
   - Goose Creek
   - Hemby Bridge
   - Indian Trail
   - Lake Park
   - Marshville
   - Marvin
   - Matthews
   - Mineral Springs
   - Monroe
   - New Salem
   - Stallings
   - Unionville
   - Waxhaw
   - Weddington
   - Wesley Chapel
   - Wingate
   - Out of County
   - Unincorporated Union County

3. What is your Age?
   [ ]

4. What is your Gender?
   - Male
   - Female
   - Transgender or Other
5. Using the categories below, what do you consider yourself?

- Black / African American
- American Indian / Alaska Native
- Asian (Asian Indian, Chinese, Filipino, Japanese, Korean, Vietnamese, or other Asian)
- Hispanic / Latino (Including Mexican, Mexican American, Chicano, Puerto Rican, Cuban, other Spanish)
- White / Caucasian / European American
- Arab American / Middle Eastern
- Eastern European / Russian / Post Soviet States
- Other (please specify)

6. What is your highest level of education?

- Less than 9th grade
- 9-12 grade, no diploma
- High School graduate (or GED/equivalent)
- Associate's Degree or Vocational Training
- Some college (no degree)
- Bachelor's degree
- Other (please specify)

7. Are you a veteran or have you served in the military?

- Yes
- No

8. What type of health insurance do people in your home have?

- Government Insurance (Affordable Healthcare Act)
- Medicaid
- Medicare
- Private Insurance
- No Insurance
- Military / VA

9. Do you live alone?

- Yes
- No

10. If no, you do not live alone, who do you live with?

- Spouse
- Family
- Friend
- Other (please specify)
11. What most closely describes your income level?
- [ ] Less than $10,000
- [ ] $10,000 to $14,999
- [ ] $15,000 to $24,999
- [ ] $25,000 to $34,999
- [ ] $35,000 to $49,999
- [ ] $50,000 to $74,999
- [ ] $75,000 to $99,999
- [ ] $100,000 or more
- [ ] Choose not to answer

12. Do you feel your income or economic situation is negatively impacting your ability to access medical care or services?
- [ ] Yes
- [ ] No

13. Overall, how would you rate your physical health?
- [ ] Very Poor Health
- [ ] Poor Health
- [ ] Neither Poor Nor Good Health
- [ ] Good Health
- [ ] Excellent Health

14. Overall, how would you rate your mental health?
- [ ] Very Poor Mental Health
- [ ] Poor Mental Health
- [ ] Neither Poor Nor Good Mental Health
- [ ] Good Mental Health
- [ ] Excellent Health

15. Listed below are health concerns. Please check three that concern you MOST.
- [ ] Cancer
- [ ] Diabetes
- [ ] High blood pressure
- [ ] Respiratory Illness / COPD
- [ ] Alzheimer's Disease / Dementia
- [ ] Other (please specify)
- [ ] Dental Health
- [ ] Falling
- [ ] Hearing Issues
- [ ] Vision Issues
- [ ] Drug Abuse/Overdose
- [ ] Alcohol Abuse/Use
- [ ] Kidney Disease
- [ ] Stroke/Heart Disease
- [ ] Obesity
- [ ] Influenza/Pneumonia

16. Listed below are mental health concerns. Please check three that concern you MOST.
- [ ] Addiction
- [ ] Anxiety
- [ ] Autism
- [ ] Depression
- [ ] Bipolar Disorder
- [ ] Other mental health concern (please specify)
- [ ] Obsessive Compulsive Disorder
- [ ] Schizophrenia
- [ ] Sleep Issues
- [ ] Suicide
- [ ] Caregiver Stress
- [ ] Intellectual Developmental Disability
- [ ] Attention Deficit Disorder / Attention Deficit Hyperactivity Disorder
- [ ] PTSD
17. Listed below are behaviors that can cause poor health outcomes. Please check up to three behaviors you feel keep people in Union County from being healthy.

- Alcohol Abuse
- Prescription or Illicit Drug Use
- Tobacco Use
- Unsafe Sex
- Poor Eating Habits
- Domestic Violence
- Not Getting Doctor Check Ups
- Lack of Exercise
- Reckless / Unsafe Driving
- Alcohol Abuse
- Prescription or Illicit Drug Use
- Tobacco Use

Other behaviors (please specify)

18. Listed below are safety concerns that can impact your health. Please check three that concern you:

- Instability at Home
- Falling
- Memory Problems / Confusion
- Unsafe Living Conditions
- Neglect
- Unable to Manage / Understand Medications
- Elder Abuse
- Not Enough Food

Other safety concerns (please specify)

19. If you were in an abusive situation / relationship, would you know who to call, or how to report it?

- Yes
- No

20. In your opinion, which THREE issues or services most affects the quality of life in Union County?

- Dropping out of school
- Lack of job opportunities
- Homelessness
- Lack of literacy/not able to read
- Hunger
- Lack of recreational facilities (parks, trails, community centers, pools, etc.)
- Lack of affordable housing
- Lack of transportation
- Lack of care to elderly who cannot leave their homes
- Low income/poverty
- Lack of child care
- Pollution (of air, water, land)
- Lack of educational opportunities
- Poor housing conditions
- Lack of healthy food choices or affordable healthy food
- Unemployment
- Other (please specify)

21. How do you view your weight?

- Normal
- Underweight
- Overweight
- Obese
- Morbidly Obese
22. Do you feel your current weight is impacting your health status?
   ○ Yes  ○ No

23. Do you have a medical doctor you see on a regular basis?
   ○ Yes  ○ No

24. Was there a time that you needed to see a doctor during the last 12 months but did not?
   ○ Yes  ○ No

25. If yes, what was the main reason you did not see a doctor?
   ○ Did not have the money to go  ○ I do not trust doctors
   ○ No Insurance  ○ Did not know who to call or where to go
   ○ I had no transportation  ○ Office was not open when I could get there
   ○ I was afraid / I don’t like to go to the doctor  ○ Language Barrier
   Other reason:

26. Do you see a dentist on a regular basis?
   ○ Yes  ○ No

27. Was there a time during the last 12 months when you needed to see a dentist but did not?
   ○ Yes  ○ No

28. If yes, what was the main reason you did not see a dentist?
   ○ Did not have the money to go  ○ I do not trust dentists
   ○ No Insurance  ○ Did not know who to call or where to go
   ○ I had no transportation  ○ Office was not open when I could get there
   ○ I was afraid / I don’t like to go to the dentist  ○ Language Barrier
   Other reason:
29. Where do you go when you are sick and need medical care? Choose ONLY one.

- Doctor's office in Union County
- Doctor's office outside Union County
- Emergency Department outside Union County
- Urgent Care Facility in Union County
- Atrium Health Care Union Emergency Room (formerly CMC)
- Minute Clinic in Union County

Other:

30. Have you ever felt that you needed mental health services and did not get them?

- Yes
- No

31. *If* yes, why did you not go for mental health services? Check ALL that apply:

- Did not have the money to go
- No insurance
- I had no transportation
- I was afraid / I don't like to go to the doctor
- I do not trust doctors
- Did not know who to call or where to go
- Office was not open when I could get there
- Language Barrier
- Embarrassed

32. Have you needed a prescription medication and did not get it?

- Yes
- No

33. *If* yes, why did you not get your medicine?

- Did not have the money
- No insurance
- I had to pay other bills (food, gas, utilities)
- Insurance would not cover the medication
- No transportation to Pharmacy
- Do not use medications (prefer alternative medicines / naturopathic)

Other (please specify)

34. Does anyone help you take or manage your medications?

- Yes
- No
- NA

35. Have you changed the way you take your prescription medications without talking to a doctor?

- Yes
- No
36. If Yes, check all the reasons you changed the way you take your medicine:

☐ Save money
☐ Did not like the way the medicine made me feel
☐ Did not think the medicine was working
☐ Took medicine every other day to make prescription last longer
☐ Cut daily dosage to make prescription last longer
☐ Shared prescription with someone else
☐ Did not understand how to take medicine

37. Do you receive any home health services in your home?

☐ Yes  ☐ No  ☐ NA

38. Do you receive any non-medical in home assistance?

☐ Yes  ☐ No  ☐ NA

39. Do you keep an emergency supply of your medications?

☐ Yes  ☐ No  ☐ NA

40. Check ALL preventative health services you had during the past 12 months:

☐ Physical Exam
☐ Cholesterol Check
☐ Prostate Exam
☐ Eye Exam [vision]
☐ Blood Glucose [Diabetes screening]
☐ None - Have not seen a doctor in last 12 months for preventative health
☐ Hearing Check
☐ Colonoscopy
☐ Hypertension [Blood Pressure check]
☐ Mammogram

41. If you did not receive any preventative services, please indicate why. Check ALL that apply.

☐ No money
☐ I only see a doctor for an urgent medical problem
☐ No insurance coverage for prevention services
☐ I do not have a medical doctor
☐ Do not feel prevention services are necessary

42. Did you receive a flu vaccine within the past year?

☐ Yes  ☐ No
43. **If you did not receive a flu vaccine,** please indicate why. Check **ALL** that apply.

- [ ] Not sure where to get the flu vaccine or lack of transportation
- [ ] I do not believe that the flu vaccine is effective
- [ ] Could not afford the flu vaccine
- [ ] I do not believe that the flu vaccine is effective
- [ ] Generally healthy, so I do not feel that I need the flu vaccine
- [ ] Concerned that I would have a serious reaction to the flu vaccine
- [ ] Concerned that I would have a serious reaction to the flu vaccine
- [ ] I have a chronic medical condition(s) and am afraid the flu vaccine will make me sick
- [ ] Religious objection to vaccines
- [ ] Other (please specify)

44. If you have a child or children age 6 or younger, is your child up to date on recommended immunizations?

- [ ] Yes
- [ ] No
- [ ] I do not have a child age 6 or younger

45. **If you answered NO to the above question,** please indicate why. Check **ALL** that apply.

- [ ] My child does not have a primary doctor
- [ ] I am concerned that my child will have a serious reaction to the vaccine(s)/vaccines are unsafe
- [ ] I desire more information from my child's doctor
- [ ] I do not believe that vaccines are necessary because the diseases are not serious or are uncommon
- [ ] No money for vaccines and/or my child is uninsured
- [ ] I am concerned that there is a link between vaccines and autism
- [ ] I do not want my child to have multiple shots in one doctor's office visit
- [ ] My child is not in daycare, so he/she is not exposed to diseases
- [ ] Religious objection to vaccines
- [ ] I believe that my child's immune system will be stronger if they contract a preventable disease
- [ ] Other (please specify)

46. How do you normally get to your healthcare appointments?

- [ ] Drive Myself - Personal Car
- [ ] Family Member / Friend
- [ ] Do not have transportation, so don't go to healthcare provider
- [ ] Union County Public Transportation
- [ ] Bicycle
- [ ] Taxi / Uber / LYFT
- [ ] Walk
47. Where do you get most of your health information? Check **ONLY one**.

- [ ] My Doctor
- [ ] TV
- [ ] Family / Friends
- [ ] Pharmacist
- [ ] Internet

**Other (please specify)**

48. How many days a week do you normally get 30 minutes of exercise?

- [ ] None
- [ ] One
- [ ] Two
- [ ] Three
- [ ] Four
- [ ] Five or more

49. Are there enough opportunities for physical activity near your home?

- [ ] Yes
- [ ] No

50. How many servings of fruits and vegetables do you normally eat per day?

- [ ] None
- [ ] One
- [ ] Two
- [ ] Three
- [ ] Four
- [ ] Five or more

51. Do you purchase locally grown fruits / vegetables at retail markets, farm stands or Farmers Markets?

- [ ] Yes
- [ ] No

52. Where do the majority of your meals come from?

- [ ] Home prepared / cooked meals
- [ ] Frozen Food / Microwave Meals
- [ ] Fast Food Restaurant
- [ ] Garden (home grown / home canned)
- [ ] Dine-in Restaurant
- [ ] Meals on Wheels (County meals delivered to my home)
- [ ] Prepared Foods from Grocery Store Deli (Rotisserie chicken, sub sandwich, etc)
- [ ] Senior Nutrition Site

**Other (please specify)**

53. Please check if you do any of the following:

- [ ] Smoke (cigarettes, cigars, pipe tobacco)
- [ ] Smoke Marijuana
- [ ] Drink Alcohol
- [ ] Use smokeless tobacco (Chew/Dip/Snuff)
- [ ] Use Recreational Drugs
- [ ] Use Opioids
- [ ] Vape/Juul/Smoke e-cigarettes

54. **If you checked any of the above, do you feel it impacts your health negatively?**

- [ ] Yes
- [ ] No
55. Listed below are safety hazards related to driving. Please check **ALL** that apply to you.

- [ ] Texting/Snap Chatting/Use of Apps while I drive
- [ ] Talking on cell phone while I drive
- [ ] Driving under the influence (drugs or alcohol)
- [ ] Reckless Driving / Speeding

56. Approximately how much time do you spend daily on social media? (Facebook, Instant Messaging, Snap Chatting, Texting)

- [ ] None
- [ ] 1 hours or less
- [ ] 2 hours
- [ ] 3 hours
- [ ] 4 hours or more

57. How much screen time do you spend daily? (TV, video games, computer, cell phone)

- [ ] None
- [ ] 1 hour or less
- [ ] 2 hours
- [ ] 3 hours
- [ ] 4 hours or more

58. Environmental Health (Check **one answer per row**)

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</table>

59. What type of drinking water do you have?

- [ ] Well Water
- [ ] Public Water Supply

60. Are you concerned about your drinking water?

- [ ] Yes
- [ ] No
61. If Yes, what is your primary concern?

☐ Taste / Smell

☐ Afraid of what is in the water

Other (please specify)

62. What specific things could be done to improve the health of Seniors in Union County? Please explain.

Thank you for taking the time to help us understand your perspective and identify key factors that impact the overall health of our local Union County residents.

Please encourage your family and friends to provide their input as well.

The Community Health Assessment survey can be completed on-line at UnionCountyNC.gov by clicking the survey link on the County’s homepage.