

---

# Community Health Assessment 2025



---

Prepared by:  
Caldwell County Health Department

---

# Table of Contents

Table of Contents.....	2
Executive Summary .....	3
Background.....	7
Caldwell County at a Glance.....	14
Top Priorities .....	26
Plans for Next Steps.....	36
Acknowledgments .....	37
Appendix A: 2025 Caldwell County CHA Survey .....	41
Appendix B: 2025 Caldwell County CHA Survey Results.....	49
Appendix C: 2025 Caldwell County CHA Focus Group Results.....	65
Appendix D: Caldwell County Health Resource Guide .....	70
Appendix E: Data Sources .....	83

---

# Executive Summary

## OVERVIEW/VISION

Public health is a multifaceted industry that plays a critical role in the overall well-being of the population. At the Caldwell County Health Department, our employees take charge to promote, protect, and improve the health of the community that we serve. The Community Health Assessment (CHA) is one aspect of how community members can understand the importance of our work by reviewing the local health concerns listed after a data collection/analysis process. The purpose of the CHA is to properly distribute information about community assets, strengths, resources available, and needs of the community.

- The CHA is the foundation for improving and promoting the health and welfare of the community that the Caldwell County Health Department serves.
- It is used to identify key resources that can be utilized in changing the health and welfare of the population, and discloses the availability of resources such as leaders, public health agencies, businesses, hospitals, private practitioners, and academic centers.

## LEADERSHIP

Caldwell County's CHA Planning and Advisory Committees are comprised of traditional and non-traditional partners. To address the various health needs of the community, a multi-sectoral approach was utilized, with several areas represented. These committees collaboratively form our CHA Leadership Team

## THEORETICAL FRAMEWORK/MODEL

We used the North Carolina division of public health's eight-phase community health assessment process.

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

---

## **TOP PRIORITIES**

### Mental Health/Substance Abuse

- Mental Health, as defined by the World Health Organization, is a state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and can contribute to her or his community. Mental Health Disorders include examples like attention deficit hyperactivity disorder (ADHD), Autism, Schizophrenia, and others.
- Substance Abuse/Use, as defined by the World Health Organization, refers to substance misuse as harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs (opiates, amphetamines, barbiturates, etc.).
- Mental health and substance abuse were combined in this CHA because of the intertwining of their causes and health/social outcomes.

### Transportation

- Access to consistent, affordable, accessible transportation is essential to obtaining and maintaining a healthy lifestyle. Being able to make visits to medical providers, acquire food, commute to work, be involved in the community socially, and evacuate in case of dangerous events, are all tied to a person's ability to be adequately mobile.

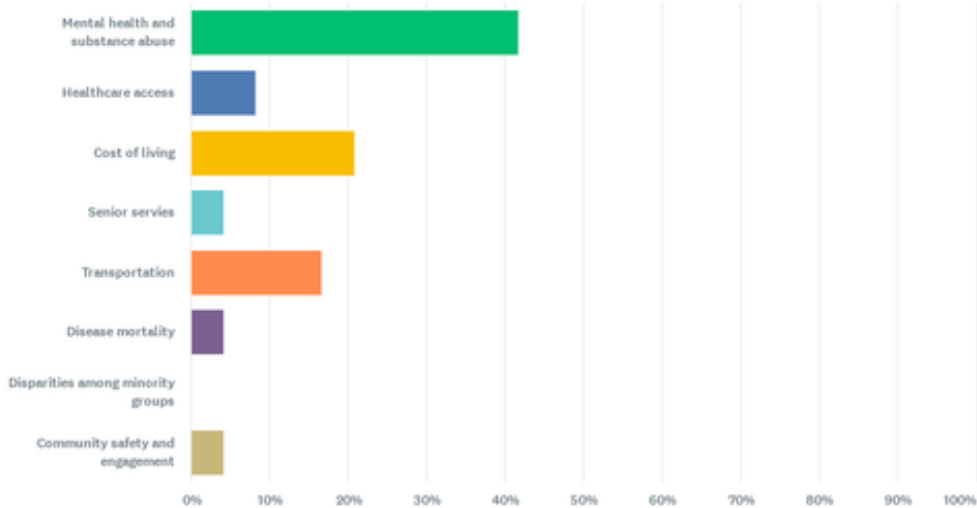
### Cost of Living

- The cost of day-to-day living directly influences a person's ability to meet each of the needs that are required to be met to allow for full Self-Actualization. According to Maslow's Hierarchy of Needs, one must meet biological needs, safety needs, needs of love and belonging, and esteem needs. Before Caldwell County citizens are able positively contribute to our community, they must be able to meet their own needs first. The rising cost of food, housing, transportation, and other crucial means for survival limit the ability for the community to thrive.

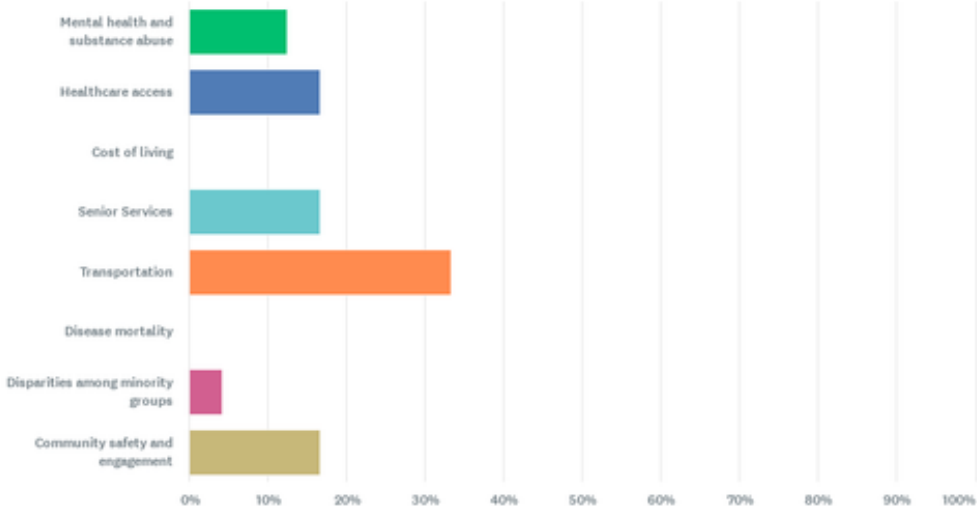
## **PRIORITY GRAPHS**

The following graphs represent the concerns of the CHA Leadership Team. After data collection and review, the Leadership team was asked to rank the priorities that the Health Education team and the Health Department should focus on for the next cycle, from 2025 to 2028. A weighted system was used to measure these votes, and the top three scores can be seen below. The top three priorities are covered later in this CHA document in greater depth.

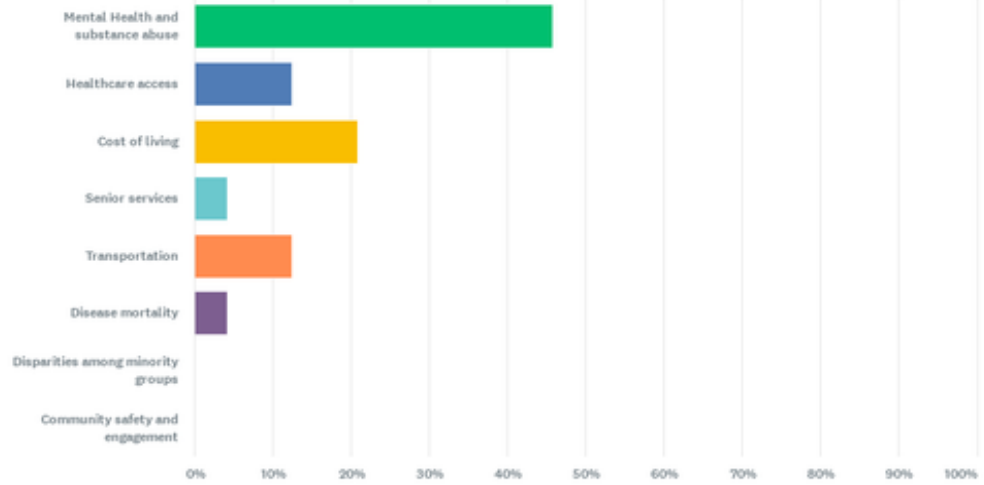
**Q1 What is the strongest need? (3 point option) The issue that will impact the largest group of people within Caldwell County in the next 3 year cycle.**



**Q3 What is the most viable? (1 point option) The issue that is most likely to be accomplished in the next 3 year cycle.**



Q2 What is the most transformative? (2 point option) Which option do you think would cause the biggest ripple effect into other issues in the Caldwell County community in the next 3 year cycle.



---

# Background

The 2025 CHA was a joint effort between Caldwell County Health Department and various community partners. The data was collected from 516 opinion surveys, opinions shared in several community focus groups, and guidance from the advisory committee. These sources were used to create a well-rounded representation of the health status of the community, and this data is being used to raise awareness around key issues in the County.

## **DATA COLLECTION**

Ensuring the information collected was quality data, there were two types utilized in the 2025 CHA process. Primary data (collected directly from the participants in focus groups and from surveys) and Secondary data (collected from other sources) were both utilized for the assessment of the community. Surveys in the primary data were able to be submitted either electronically or by paper to accommodate a wider range of the population. The advisory committee used the following processes to collect the data:

- Created a Community Health Assessment Opinion Survey that was used to collect primary data.
- Locations of distribution include: MLK Recreation Center, Enola Group/Family Resource Center, Caldwell County Office, Hudson Library, Lenoir PD, Granite Falls Recreation Center, Helping Hands Clinic, Granite Falls Library, Southern Branch Library, Lenoir Soup Kitchen, Granite Fire Department, Lenoir Housing Authority, Collettsville Medical Center, Pregnancy Center (Lenoir), Collettsville Fire Department, Family 1st, Happy Valley Medical Center, Caldwell County Community College, American Legion, North Catawba Fire Department, Yokefellow, Gamewell Fire Department, Smart Start, Curts Barber Shop, Duke’s Barber Shop, Anointed Hands Salon, Ivey League Salon and Barber, Bernhardt Furniture, NC Courts (Caldwell County).

## **PRIORITY SELECTION**

Phase 1 of the CHA process was to establish our CHA Leadership Team and identify ongoing issues by reviewing the data from previous CHA and SOTCH documents for Caldwell County. The Advisory Committee was also given an opportunity to cast votes and voice their concerns for the community. These initial priorities shaped the structure of our CHA Survey Tool.

During phase 2, we used the priorities selected to create and disseminate our CHA Survey throughout Caldwell County and organized meetings with focus groups of different socioeconomic and demographic representations. In total, five groups met; these groups represented different “at risk” populations in the community. These focus groups were used to collect qualitative data, opinions, experiences, and observations that members of the groups had concerning the health and wellness of citizens in Caldwell County.

- 
- Conducted 5 Focus Groups:
    - The Caldwell County Health Promotions staff organized 5 focus groups based on recommendations from community partners, socioeconomic status, and demographic data of Caldwell County.
      - Senior Population (Koinonia Senior Nutrition Site)
      - Government Employees (Caldwell County Government Employees)
      - Limited Resource Population (Lenoir Soup Kitchen)
      - Spanish Speaking Population (Helping Hands Clinic)
      - Youth Focus Group (Adolescent Health Council- Teen Parents)
    - Participants for these groups were recruited via community outreach events, fliers, or by community partners.

Phase 3 consisted of collecting secondary data from the local, state, and national levels. Data was pulled from various sources, which included but were not limited to:

- North Carolina State Center for Health Statistics/ CDC North Carolina “Stats of the States”
- NCDHHS
- Environmental Protection Agency
- County Health Rankings and Roadmaps
- SAMSHA
- U.S. Census Bureau
- North Carolina Data Portal
- AllTransit

At phase 4 of the CHA process, we took the results of the opinion survey, feedback from the focus groups, secondary data inclusion, and information from prior CHA and SOTCH documents and this information was presented to the advisory committee members for discussion and analysis.

After presenting our findings we were able to move on to Phase 5: determining health priorities. Once our Advisory Committee was presented with our findings, each member was asked to list their top 3 priorities. Following the submission of concerns a weighted voting process was used to determine the top 3 priorities overall, which would be our focus priorities for our Community Health Improvement Plan. The voting was weighted according to the following: 3 points for the most needed, 2 points for the most impactful, and 1 point for the most viable option. After partners submitted their votes, all points were tallied, and the top 3 priorities were selected. The distribution of votes are shown in the Priority Graph section that was shown earlier in this document.

---

## **PRIORITY POPULATIONS**

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

These groups include:

- **Minorities (Emphasis put on the Hispanic population)**
- **Older adults**
- **Limited resource**
- **Youth (Emphasis put on teen parents)**

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

- **Minorities**
  - Historically marginalized groups are more likely to experience higher levels of poverty, limited healthcare access, higher levels of chronic disease, more prevalent spread of communicable diseases, are most affected by mental health and behavioral health disparities, and have lower levels of health across the lifespan, making placing a focus on improving health outcomes in these demographics a major concern. Our Hispanic population was of particular concern during this CHA process, considering recent barriers to care and resources.
- **Older adults**
  - The increase in the number of older adults in the United States is unprecedented. According to 2024 Census data, over 61 million US adults were 65 or older, representing 18% of the population. Aging increases the risk of chronic diseases such as dementia, heart disease, type 2 diabetes, arthritis, and cancer. These are the nation's leading drivers of illness, disability, death, and health care costs. Additionally, aging increases risks of isolation from lack of mobility, loss of loved ones, lack of transportation, etc., which contributes to disease risk and outlook, especially when it comes to things like access to care, sufficient social interaction, and adequate nutritious food.

---

- **Limited Resource**

- Residents of impoverished communities are at increased risk for mental illness, chronic disease, higher mortality, and lower life expectancy. Children make up the largest age group of those experiencing poverty. Childhood poverty is associated with developmental delays, toxic stress, chronic illness, and nutritional deficits. Individuals who experience childhood poverty are more likely to experience poverty into adulthood, which contributes to generational cycles of poverty. In addition to the lasting effects of childhood poverty, adults living in poverty are at a higher risk of adverse health effects from obesity, smoking, substance use, and chronic stress. Older adults with lower incomes experience higher rates of disability and mortality. One study found that men and women in the top 1 percent of income were expected to live 14.6 and 10.1 years longer, respectively, than men and women in the bottom 1 percent. (Healthy People 2030, 2022).

- **Youth**

- Our youth populations are more susceptible to the negative impacts of conditions like poverty, limited access to care, communicable and chronic disease, and adverse childhood experiences. Experiences, both positive and negative, greatly shape the life outlook of future generations, which makes young people a consistent priority population.
- Becoming a parent during teenage years means a series of additional changes during a time already full of transitions. Teens are still maturing and preparing for adulthood and are planning for their futures. The difficulties that can accompany a teen pregnancy include trouble finding stable employment, struggles with finishing school, negative stigma, and depression. Additionally, teen parents tend to have repeat births. There are associated health risks to teen mothers as well, which include high blood pressure, anemia, and poor weight gain. Children can suffer main negative outcomes as well, like premature birth, low birth weight, infant death, neglect, abuse, and learning difficulties.

## Spanish Speaking Focus Group (Helping Hands Clinic)

### Summary of Key Comments and Concerns

- Limited access to healthcare, medicine, cleanliness, and recreational spaces
- Lack of support for limited resource families, especially for immigrants
- Major health concerns include: drug addiction and chronic illness (i.e. diabetes)
- High costs of medication and lack of specialized providers within the area (requires long travel distances to receive specialized care)
- Increased mental health challenges
- High amount of community barriers to care (transportation, limited English proficiency, cost of care, and documentation requirements)
- Shortages in housing and absence of homeless shelter

## Senoir Focus Group (Koinonia Senior Nutrition Site)

### Summary of Key Comments and Concerns

- Lack of transportation services and accessibility
- Issues with scheduling services like rides and medical appointments
- Limited number of medical providers in the county
- Limited access to fresh produce

## Limited Resource Focus Group (Lenoir Soup Kitchen)

### Summary of Key Comments and Concerns

- Need for increased access to public transportation
- Improvements in the number of services that would benefit our homeless population is necessary. i.e. Homeless Shelters
- Resources are not being distributed fairly to the public
- Cost of childcare is a heavy burden on many households
- Government spending could be put towards more impactful programs
- Distribution of information about assistance is too complicated, would prefer a “one stop shop” to get all information

## Youth Focus Group (Adolescent Health Council-Teen Parents)

### Summary of Key Comments and Concerns

- Bullying in schools and workplaces is creating issues
- Negative stigma of accessing assistance programs and resources
- Cost of living overburdening community members
- Caretaker burdens and need for mental health services for caretakers
- Lack of safety and security in public spaces (i.e. parks, trails, etc.)
- Substance use prevalence and lack of community education on substance abuse
- Citizens lack knowledge of available community resources

## Government Employees Focus Group

### Summary of Key Comments and Concerns

- County citizens are not able to meet their basic needs (healthcare, housing, food etc.)
- Lack of mental health providers, mental health resources, and negative stigma being a barrier to help
- Limited substance abuse treatment options and systemic barriers to access
- Weak community networks and awareness of community support
- Limited public transit options which act as a barrier to care, community support, and the meeting of basic needs
- Affordability of healthy food
- Shortages in housing and absence of homeless shelter
- Generational cycles of unhealthy norms
- Limited affordable activities for children and families
- Increasing overall cost of living

---

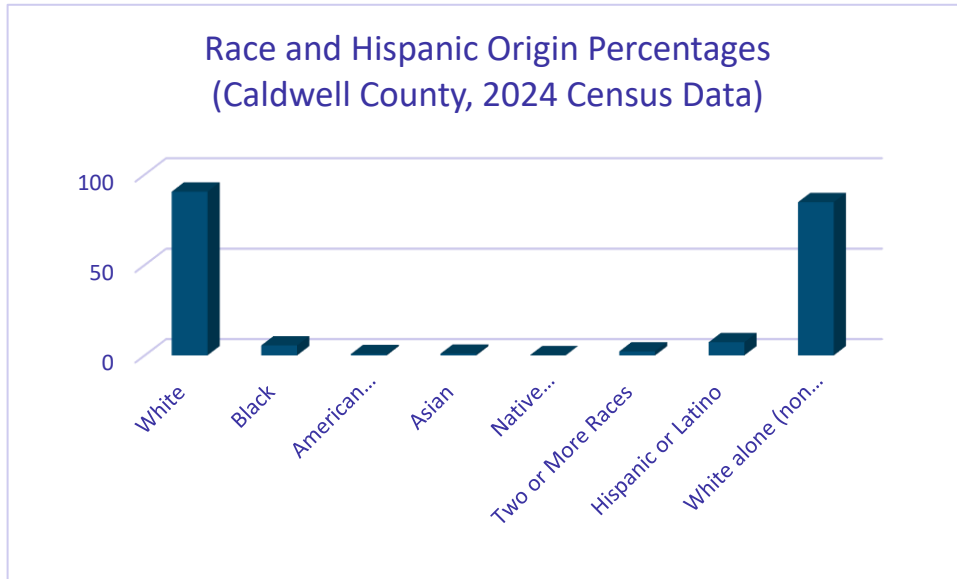
# **Caldwell County at a Glance**

Caldwell County, located in the Mountain region of western North Carolina, was formed from Burke and Wilkes Counties in 1841. It was named for Joseph Caldwell, the first president of the University of North Carolina in Chapel Hill. Early inhabitants of Caldwell County included Cherokee and Siouan Indians, followed by German, Scotch-Irish, and English settlers. The county seat, Lenoir, was incorporated in 1851 and named for Revolutionary War general William Lenoir. Other communities in Caldwell County include Hudson, Granite Falls, Rhodhiss (on the Burke County line), Cahah's Mountain, and Gamewell. Part of Blowing Rock is also in Caldwell County. The mountainous terrain attracts thousands of tourists to Caldwell County each year, and a large portion of the county is covered by the Blue Ridge Mountains and Pisgah National Forest. The Catawba, Yadkin, and Little Rivers flow through the county.

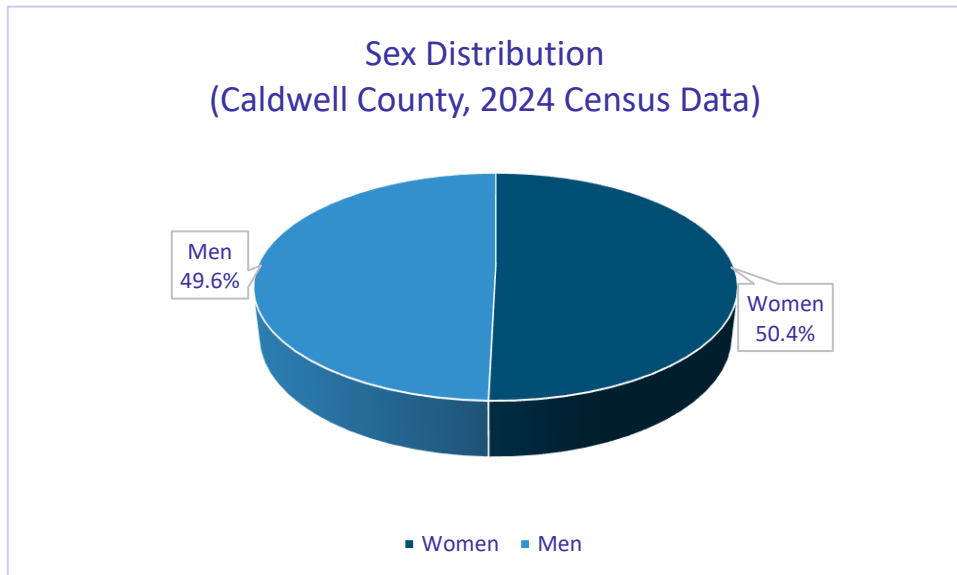
Caldwell County is one of the leading producers of furniture in the world. Other manufactured products include labels and tape, twines, yarn, thread, and cordage. Agricultural products from Caldwell County include broilers, hatching eggs, hay, soybeans, oats, barley, and landscape nursery plants. The Caldwell County Health Department was established in 1950 as a free clinic. Before 1950, Caldwell County was part of the Burke-Caldwell Health District. Today, the Caldwell County Health Department serves the residents of Caldwell County at the Health and Human Services Building in Lenoir, NC. They employ around 60 employees, including clinics, Women's Health, Health Educators, Social Workers, Physicians, Environmental Health Specialists, a Dentist, Dental Assistants, Nutritionists, and administrative/support staff. From 2022 to 2025, our clinic and maternity units had 32,198 visits.

## **Today in Caldwell County**

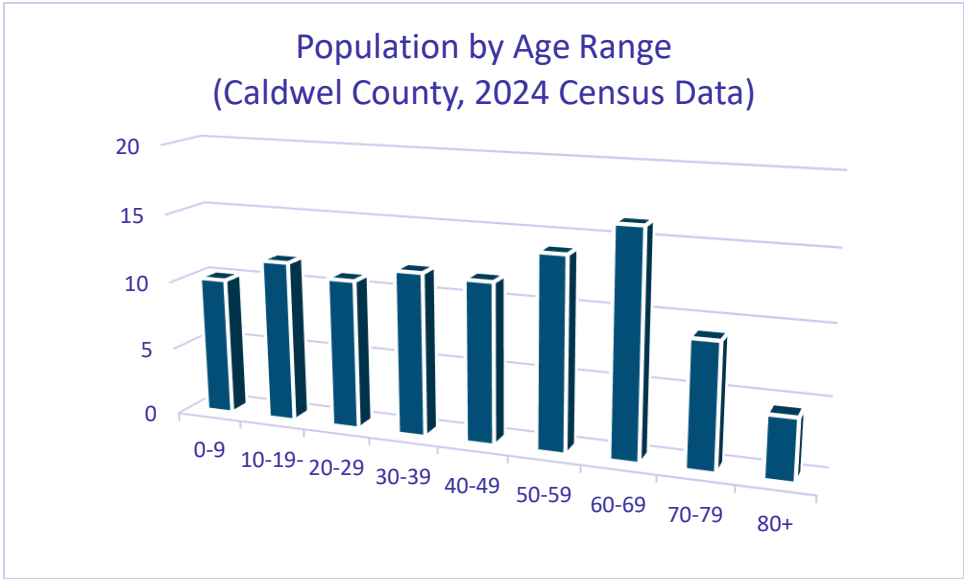
Based on the latest U.S. Census data, Caldwell County is home to 80,463 residents. The graphs presented summarize the demographic characteristics of the population by race, age, and gender.



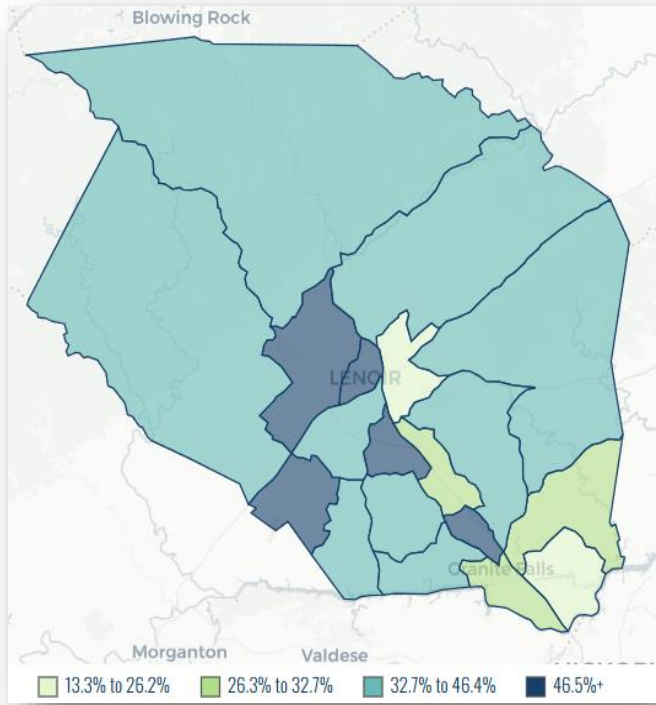
According to the data shown in the graph, most individuals in the population identify as white, with small clusters of African Americans and Hispanics.



This graph shows the sex distribution in Caldwell County; it is seen that there is a slightly higher female population as of 2024.



Caldwell does have an aging population as seen in the graph above. Many of the population are over the age of 50.



The map to the left shows the percentage of individuals below 200% Federal Poverty Level (FPL) in Caldwell County, as well as the average yearly change in this metric. In 2023, the percentage of individuals below 200% FPL in Caldwell County was 36.5%.

---

## **MORBIDITY AND MORTALITY**

Morbidity and Mortality are ongoing concerns for all counties and states. When looking at morbidity and mortality or the incidence of disease, it is important to look at modifiable and non-modifiable behaviors. During the CHA action planning sessions, Caldwell County Health Department and partners will be referring to those behaviors to ensure that Caldwell County citizens are aware of and have access to needed services and education to decrease morbidity and mortality.

The following list provides the top 10 leading causes of death in the State of North Carolina. Heart disease and cancer are the top two causes of death in the state, contributing to a combined death toll of 42,111 in 2023 alone.

<b><u>Leading Causes Of Death in North Carolina: 2023</u></b>	
<b>1</b>	<b>Heart Disease</b>
<b>2</b>	<b>Cancer</b>
<b>3</b>	<b>Accidents</b>
<b>4</b>	<b>Stroke</b>
<b>5</b>	<b>Chronic lower respiratory disease</b>
<b>6</b>	<b>Alzheimer's Disease</b>
<b>7</b>	<b>Diabetes</b>
<b>8</b>	<b>Kidney Disease</b>
<b>9</b>	<b>COVID-19</b>
<b>10</b>	<b>Chronic Liver Disease/ Cirrhosis</b>

The following graph pulled from The State Center for Health Statistics details the top 10 causes of death in Caldwell County between the years 2019-2023. The top two causes of death in the county are heart disease and cancer, contributing to a combined death toll of 2,340 during the provided date range (2019-2023), and 619 in 2023 alone.

The death rate shown in the graph below is the number of deaths out of 100,000 people.

			# OF DEATHS	DEATH RATE
AGE GROUP:	RANK	CAUSE OF DEATH:		
TOTAL - ALL AGES	0	TOTAL DEATHS --- ALL CAUSES	6,111	1511.5
	1	Diseases of the heart	1,214	300.3
	2	Cancer - All Sites	1,126	278.5
	3	COVID-19	404	99.9
	4	Chronic lower respiratory diseases	393	97.2
	5	Alzheimer's disease	317	78.4
	6	Other Unintentional injuries	284	70.2
	7	Cerebrovascular disease	257	63.6
	8	Diabetes mellitus	248	61.3
	9	Chronic liver disease & cirrhosis	120	29.7
10	Pneumonia & influenza	107	26.5	

---

## **AREAS OF SUCCESS**

The Caldwell County Advisory Committee is pleased to report that Caldwell County has a few areas to celebrate success. The county has made tremendous strides in reducing rates or maintaining them below the state level.

### **Substance Misuse**

One of the major national and local health issues is the prevalence of substance misuse. Our 2022 CHA highlighted substance use as a top priority impacting our County. Several community interventions were created or continued to mitigate this growing health crisis.

- Hope for Caldwell - Fentanyl Awareness Challenge
- Catch My Breath/You and Me Together Vape Free Curriculums
- Lock Your Meds National Campaign

Through these initiatives and campaigns, the Caldwell County Health Department partnered with several community organizations, businesses, and schools to engage in outreach, education, and to connect our citizens to helpful resources.

In addition, organizations and businesses currently in our county improved their ability to assist community members through renovations and creating additional care capabilities to better serve our citizens.

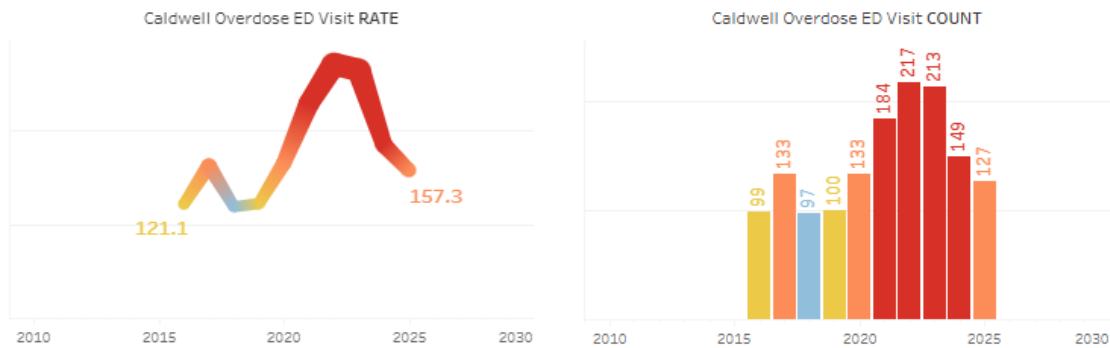
The Caldwell House made many renovations and added new leadership. The Caldwell House has a strong history of supporting those dealing with substance use and recovery.

RHA, a health service that works with those living with intellectual & developmental disabilities, mental health, and substance use needs, added a Behavioral Health Urgent Care unit. The BHUC is a safe place for those in need of mental health/substance use care, support, and is open 24/7.

More effort and resources need to be directed towards prevention and care; however, there are some noteworthy improvements that have been made. Between 2022 and 2025, there has been a notable drop in the number of drug overdose deaths and overdose emergency department visits. Compared to a peak seen in 2022 (270.4 per 100,000) for overdose emergency department visits, in 2025 these numbers fell to 157.3. Similarly, numbers for overdose deaths dropped as well. Falling from 50 overdose deaths in 2023 to 28 in 2024.

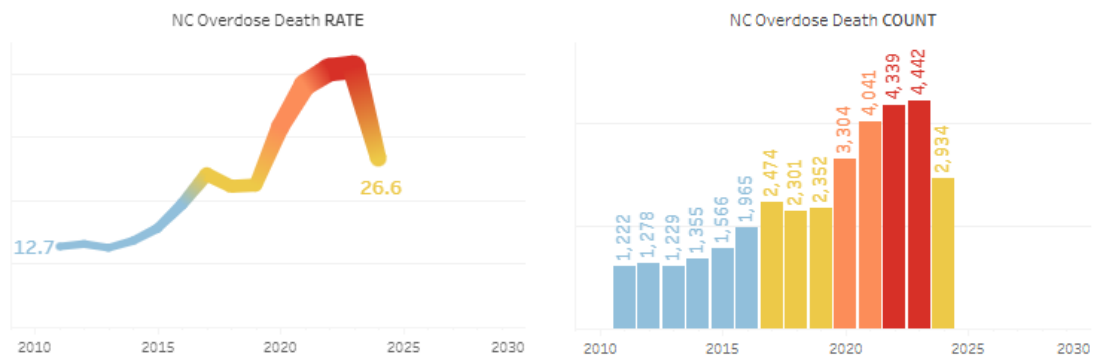
The Overdose ED Visit rate in Caldwell was 157.3 per 100,000 residents in 2025, representing 127.0 ED visits for an overdose.

Compare (Δ): This rate is among the HIGH rates seen in NC.  
 Trend (→): This rate is a -15% change from the prior Year.



The Overdose Death rate in NC was 26.6 out of 100,000 residents in 2024, representing 2,934 people who died of an overdose.

Compare (Δ): This rate is among the MIDDLE rates seen in NC.  
 Trend (→): This rate is a -35% change from the prior Year.





## Hurricane Helene

In 2024, North Carolina was struck by a major hurricane that was especially damaging for our western counties. Caldwell was not impacted quite as much as areas further west; however, we still received a significant amount of damage, prompting the opening of a storm relief shelter, FEMA response, and the mobilization of our National Guard. According to the National Hurricane Center Tropical Cyclone Report, Caldwell suffered damage to hundreds of structures, and many roads were damaged or destroyed altogether. Landslides, strong winds, and major flooding also occurred, which led to damaged homes, power outages, and overall dangerous conditions.

Due to the major damage to trees, roads, structures, and property, many citizens were forced to request aid from FEMA to help them recover from the storm. According to an article by Queen City News, more than 3,600 FEMA applications were submitted, and \$1.2 million in grant applications were approved.

Fortunately, one of the areas of success that should be highlighted is the creation of the Caldwell County Long-Term Recovery Group.

The Caldwell County Long Term Recovery Group (CCLTRG) was created to coordinate disaster recovery efforts for individuals and families impacted by crises—ensuring they receive the resources needed to rebuild their lives with dignity and support.

Formed in response to the long-term effects of Hurricane Helene, CCLTRG brings together local nonprofits, faith-based organizations, government agencies, businesses, and volunteers to deliver a compassionate and coordinated recovery across Caldwell County.

Our work begins when the initial emergency response ends. We help survivors navigate the long road to stability by offering personalized support and connecting them with critical services. We are committed to serving our neighbors with compassion, equity, and efficiency—ensuring no one is left behind in the recovery process.

The Caldwell County Health Department participates in the group to help give guidance and support where needed. The Caldwell County LTRG has been fortunate to receive over \$400,000 in total funding to help those who are still struggling to recover from the damage of Hurricane Helene.

In addition to the efforts of the United Way of Caldwell to the LTRG, they were also able to raise funding and collect significant amounts of donations to distribute to county residents. In total, they were able to collect over 15,000 supplies and raise over \$97,000 in Helene relief funding. The funding was raised via many community partners, including the Bernhardt Furniture Company, Google, Fairfield Chair, FleetGenius, Brews and Mews, City Grind, and others.

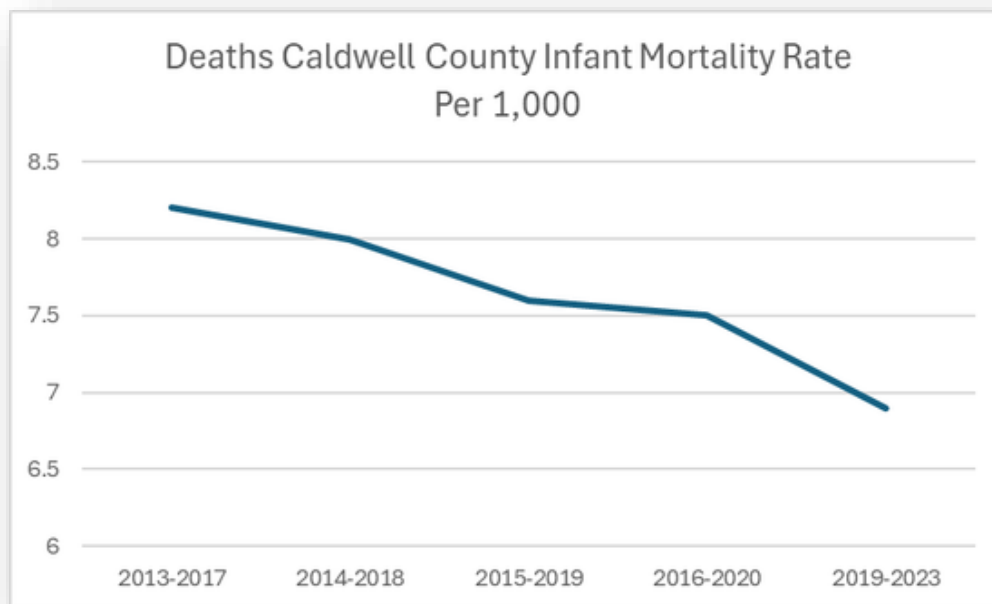
### **Vaccination Rates & Infectious Disease**

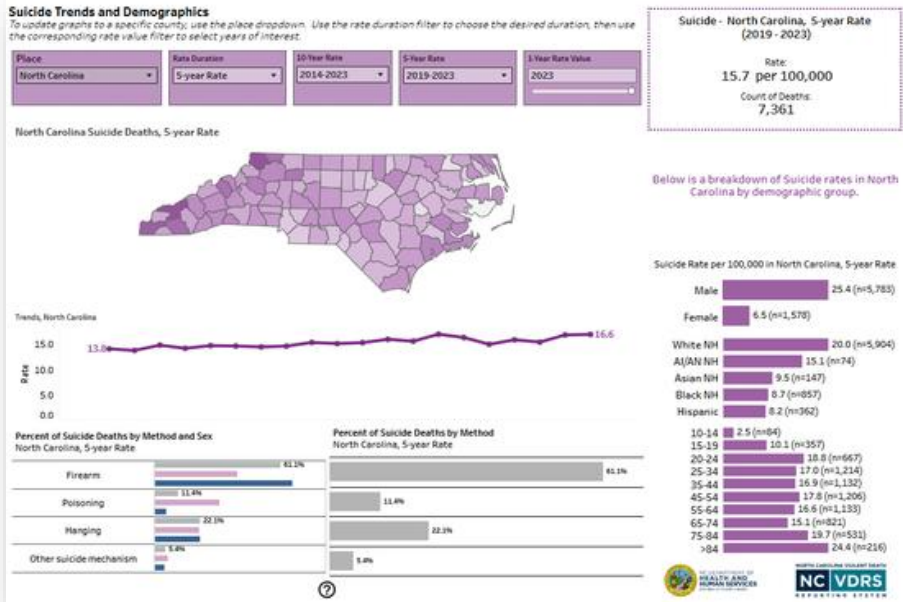
Vaccination rates have increased and remain strong in Caldwell County. However, there are still pockets of low vaccination rates in parts of the county.

Infectious diseases such as sexually transmitted diseases (chlamydia, gonorrhea, herpes simplex virus) are declining in Caldwell County.

### **Infant Mortality**

In our prior Community Health Assessment, it was highlighted that there were major concerns about the rate of infant mortality within Caldwell County. A report from the North Carolina Department of Health and Human Services showed that during the years of 2013-2017, there was an infant mortality rate of 8.2 per 1,000 births. As a result, Caldwell County Health Department and the Family Resource Center partnered to decrease the levels of infant mortality that were being seen. We are glad to report that we are continuing to see a drop off in those numbers and are now at a rate of 6.9 for the years 2019-2023, according to NCDHHS.

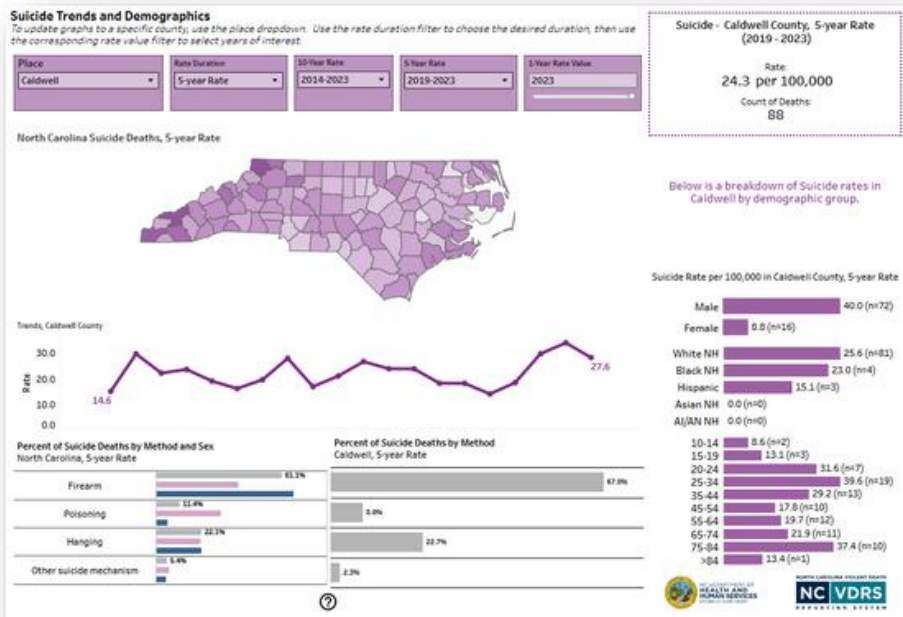




## AREAS OF CONCERN

### Suicide

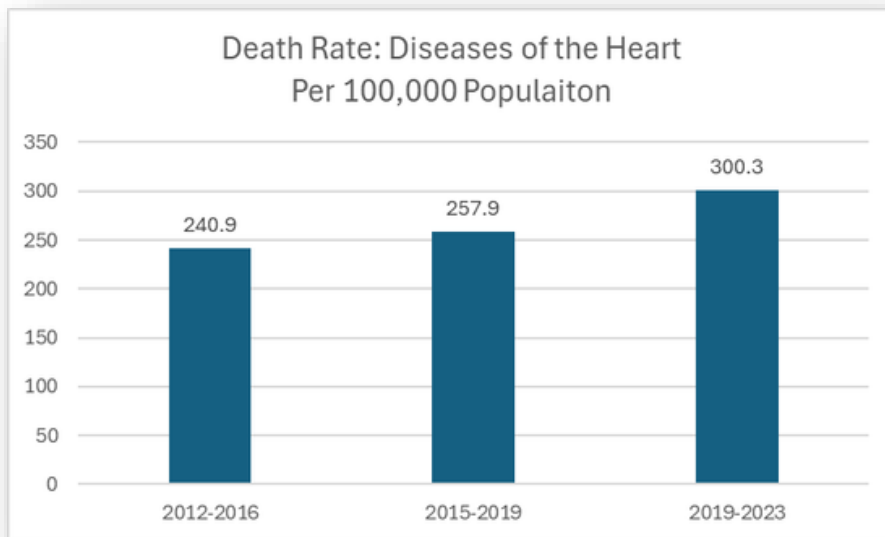
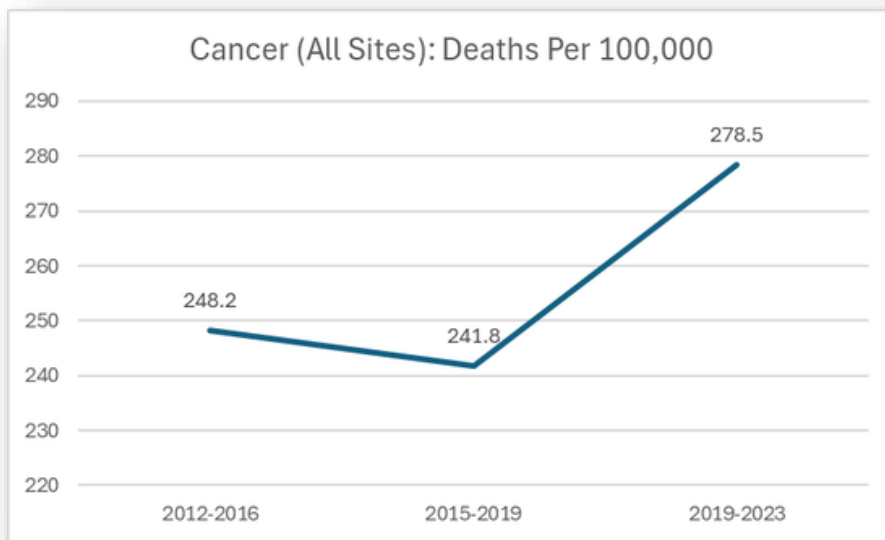
Our rate of suicide continues to be higher than the state rate. From the years 2019 to 2023, the rate of suicide sits at 24.3 per 100,000 deaths, compared to North Carolina, which is 15.7 for the same data range. According to NC Detect, during the years of 2024 and 2025, we suffered 9 and 13 deaths via suicide respectively, which is significantly less than some of the spikes that we have had in 2021 (21 suicides) and 2022 (23 suicides). Suicide, being related to one of our top priorities of mental health/substance abuse, will continue to be part of our action plan for our 2025 CHA and has been a persistent issue for some time now.



As mentioned above in our areas of success, some progress has been made within multiple Caldwell County community actors to better support those going through crises related to mental health and substance use. Also, to contribute to the progress of reducing suicide attempts, portions of our Health Communities Grant funding and efforts go towards raising awareness, reducing stigma, and connecting the public to resources concerning suicide. Refer to Appendix D for additional resources.

### Chronic Disease

Chronic disease continues to be the leading cause of death throughout the country and is also the case here in Caldwell. Diseases of the heart, cancer (all types), respiratory diseases, etc., consistently contribute to the years of life lost within our county population. Our community is committed to improving the health and wellness of our citizens. Please refer to Appendix D to review available resources.



---

## **HIV/AIDS**

When talking with the communicable disease nurse, it was concluded that HIV rates have increased by 200% since 2025. HIV prevention measures and awareness are of dire need due to the uptick in cases within the county. Recommendations include education on HIV to prevent the spread and the addition of local services such as PREP, MISTR, and Post-Exposure Prophylaxis (PEP).

## **Maternity**

Another concern is the availability of services tailored specifically to prenatal and maternity care. In Caldwell County, there is an extensive gap in providers, transportation, housing, education, and support. Services for pregnant users are also needed, tailored specifically to women who are expecting but also engage in substance use. Within the past year, the maternity clinic has seen an increase in pregnant women who also engage in substance use.

In 2024, there was an increase in congenital syphilis. It was determined that a lack of prenatal care caused this increase (no visits), late diagnosis (tested only at delivery), or inadequate treatment (failure to follow up). Awareness of the effects of congenital syphilis is needed as it can result in many fetal cases of severe, often fatal conditions occurring when an infected, untreated pregnant person passes the infection to the fetus, causing up to 40% of cases to end in stillbirth or neonatal death. It can cause premature birth, developmental delays, and severe deformities.

# Top Priorities

## MENTAL HEALTH AND SUBSTANCE USE

Addressing mental health and substance use is a multifaceted and ongoing endeavor that plays a crucial role in fostering a healthy and supportive community. This requires an effort to expand access to mental health services, making them more readily available and approachable to those in need. Implementing preventative measures is another component, as it helps reduce the risk of substance misuse and its associated consequences, ultimately contributing to the well-being of the community.

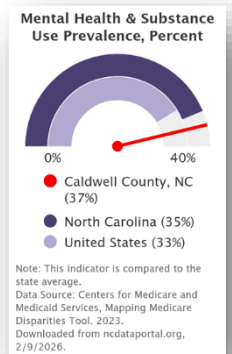
By giving these areas the attention and priority they deserve, we can make strides towards a society where mental health is valued and treated with the same level of importance as physical health. Collaboration between several different organizations is essential in creating a comprehensive and inclusive approach that meets the diverse and complex needs of individuals.

*For the following section all data tables and charts were pulled from the North Carolina Data Portal.*

Reviewing substance abuse and mental health concerns in Caldwell County, the table/chart below shows that overall, Caldwell County ranks 2% higher than the score for the state of North Carolina and ranks 4% higher than the United States. This is shown in the graph and table below.

Report Area	FFS Beneficiaries	Mental Health & Substance Use Prevalence, Total	Mental Health & Substance Use Prevalence, Percent
Caldwell County, NC	7,143	2,643	37%
North Carolina	895,592	313,457	35%
United States	28,408,800	9,374,904	33%

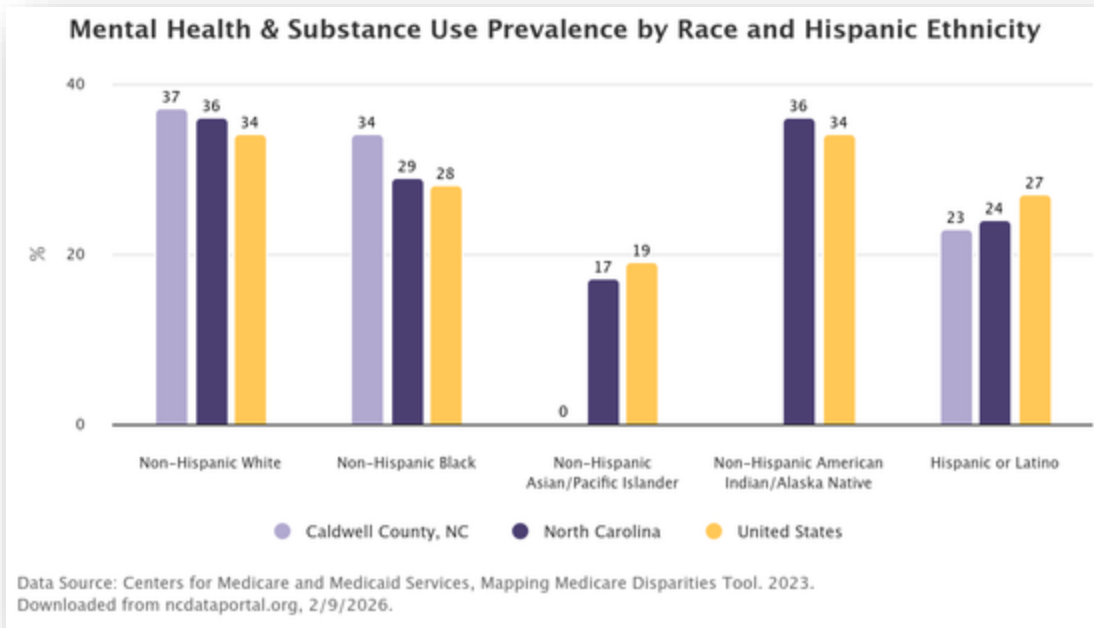
Note: This indicator is compared to the state average.  
Data Source: Centers for Medicare and Medicaid Services, Mapping Medicare Disparities Tool 2023 → Show more details



The table and chart below give a breakdown of mental health and substance use prevalence broken down by race and Hispanic ethnicity. It is shown that non-Hispanic white and non-Hispanic black populations both have a slightly higher percentage in Caldwell County than in North Carolina and the United States as a whole. Meanwhile, the Hispanic or Latino group ranked slightly lower than North Carolina and the United States as a whole.

Report Area	Non-Hispanic White	Non-Hispanic Black	Non-Hispanic Asian/Pacific Islander	Non-Hispanic American Indian/Alaska Native	Hispanic or Latino
Caldwell County, NC	37%	34%	0%	No data	23%
North Carolina	36%	29%	17%	36%	24%
United States	34%	28%	19%	34%	27%

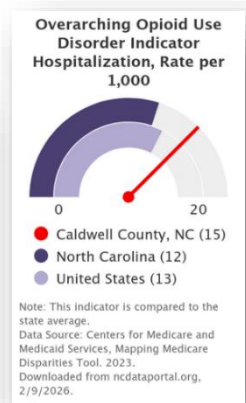
Data Source: Centers for Medicare and Medicaid Services, Mapping Medicare Disparities Tool 2023 → Show more details



The table and chart below look at opioid use disorder, Caldwell County does have a slightly higher number per 1,000 at 15, meanwhile North Carolina had 12 and the United States had 13.

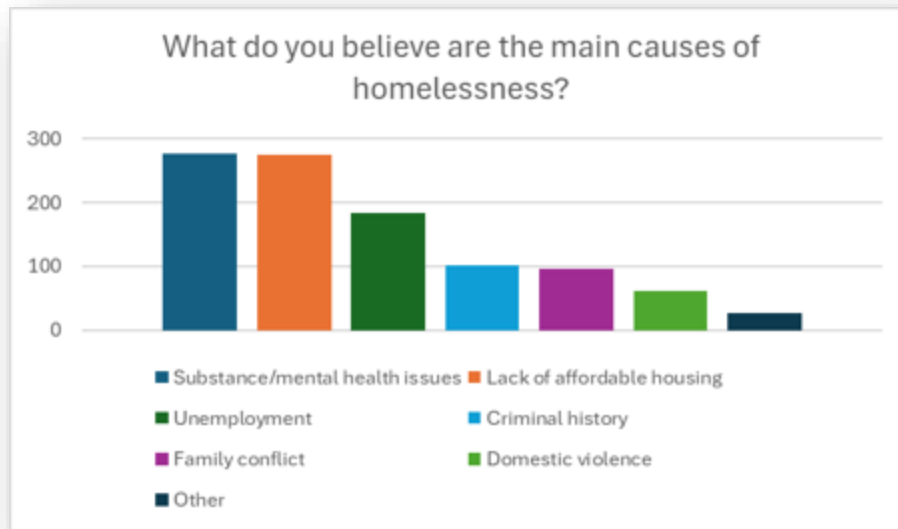
Report Area	FFS Beneficiaries	Overarching Opioid Use Disorder Indicator Hospitalization, Total	Overarching Opioid Use Disorder Indicator Hospitalization, Rate per 1,000
Caldwell County, NC	7,143	107	15
North Carolina	895,592	10,747	12
United States	28,408,800	369,314	13

*Note: This indicator is compared to the state average.*  
 Data Source: Centers for Medicare and Medicaid Services, Mapping Medicare Disparities Tool 2023 → Show more details

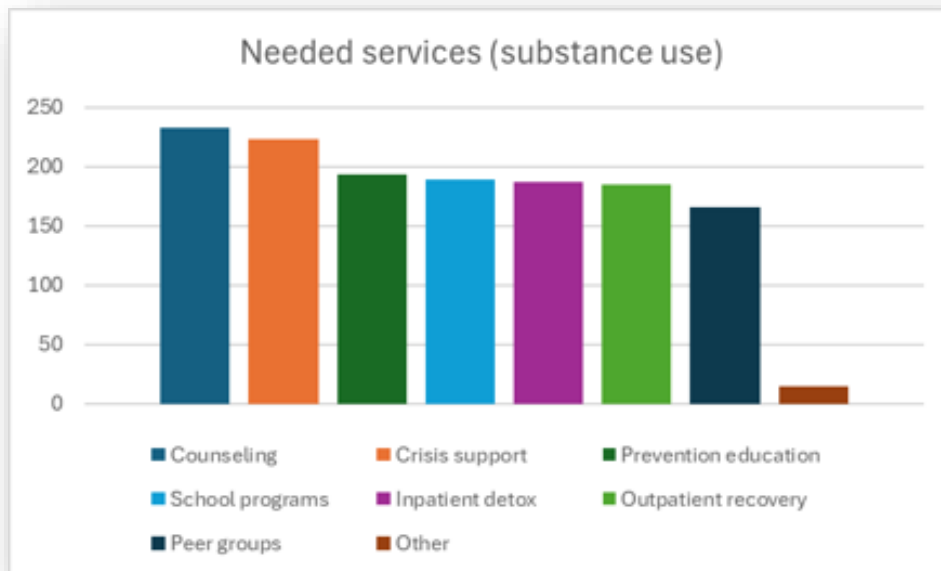


The data found on the NC Data Portal was found to be consistent with the survey results that were collected for the 2025 CHA. Across several focus groups and the opinion surveys, it was seen that residents in Caldwell County agree that Mental health issues and substance use are important topics to address.

It was seen in the collected data for the CHA that citizens in Caldwell County do believe that this issue does bleed into other issues in the county as well. The chart below shows the data collected about the believed causes of homelessness, substance use, and mental health issues is tied for the top reason alongside lack of affordable housing.



Further breaking down the survey results, the chart below shows what responders to the survey think would be beneficial to help combat the substance use issue. From counseling to in-patient and out-patient services, there were strong opinions about fixing the issue in the community.



Both mental health issues and substance use issues are complex problems that require a firm and guided approach. Community initiatives focusing on education and awareness can play a crucial role in addressing these challenges. Collaborative efforts between healthcare providers, local organizations, and policymakers are essential in creating comprehensive programs that offer accessible resources and treatment options. Additionally, involving those with lived experiences in the conversation can provide valuable insights and help tailor solutions that truly resonate with the community's needs.

---

## TRANSPORTATION

Reliable transportation allows individuals and communities access to essential needs and services. This includes being able to travel to medical appointments, commute to work, acquire food, participate in community events and recreational activities, and evacuate in the case of a natural disaster. Without transportation, just meeting basic needs is a challenge for many, and maintaining a healthy, fulfilling lifestyle can become nearly impossible.

There are many methods of transportation people can use, including walking, driving, receiving a ride from family or friends, or utilizing public or medical transportation. However, for any of these methods to be useful and sustainable, they need to be accessible.

Compared to other areas both within the state of North Carolina and the U.S. as a whole, Caldwell County struggles to meet the transportation needs of its residents.

The National Walkability Index ranks the walkability of a location on a scale of 1-20. The scores for Caldwell County compared to NC and the U.S. are as listed below:

**Caldwell County: 6**

**North Carolina: 7**

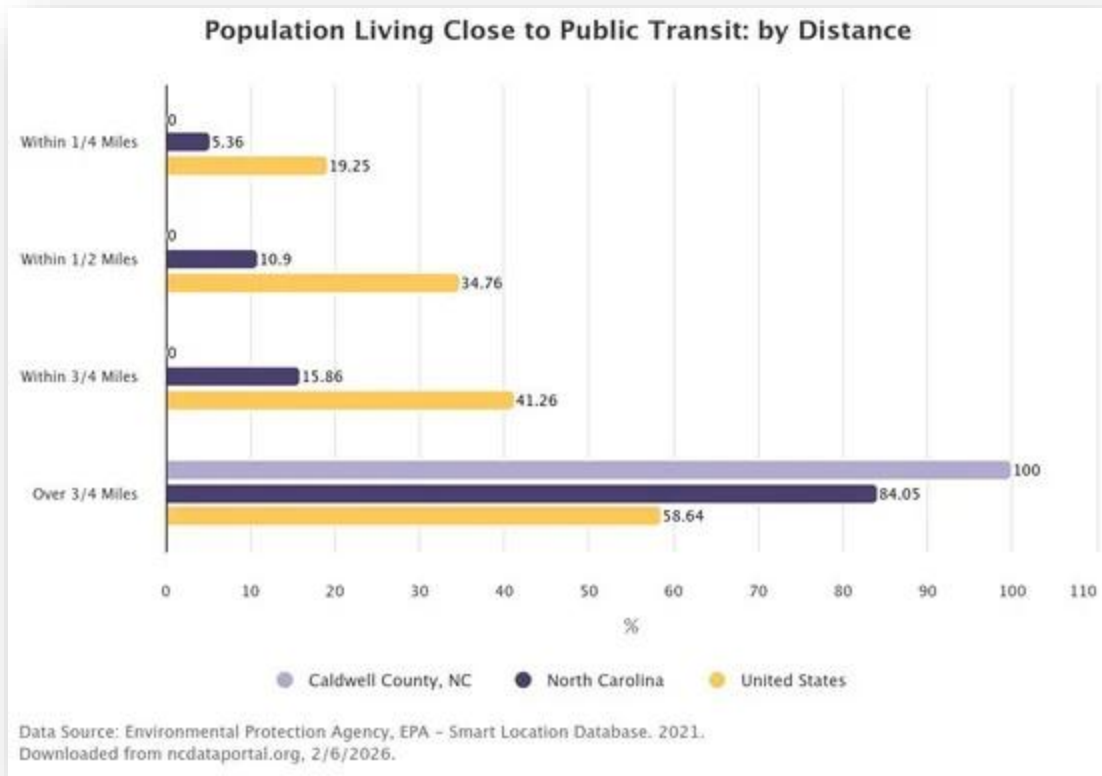
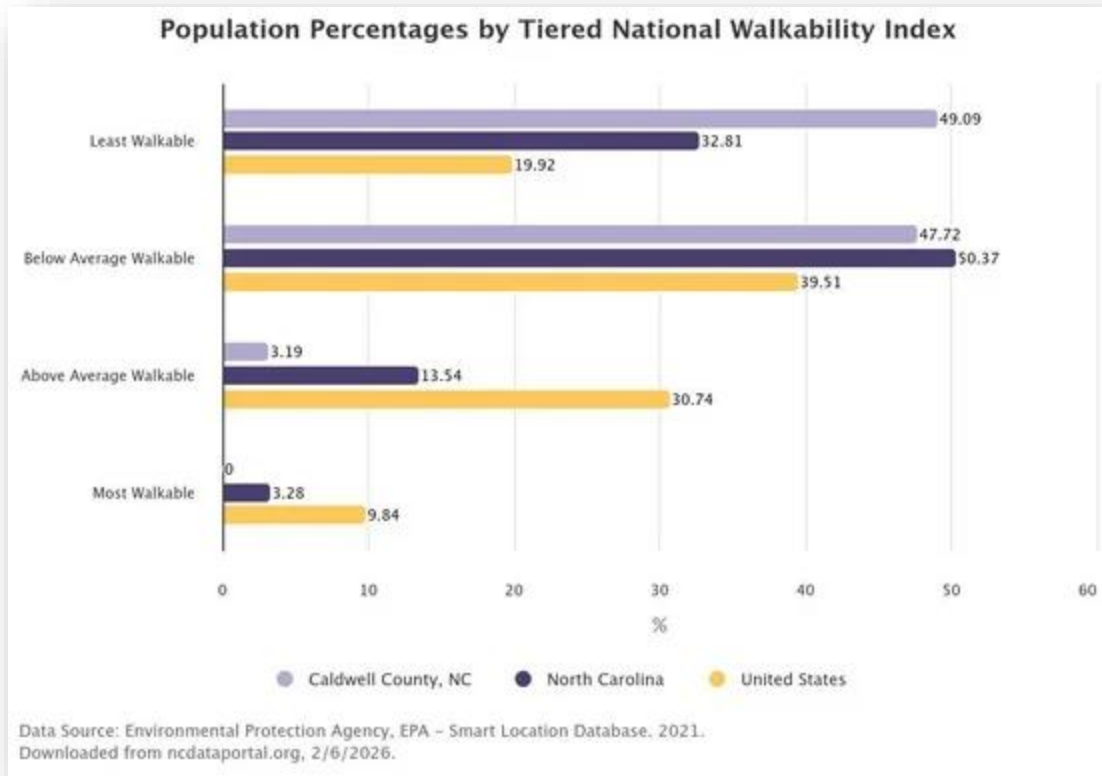
**United States: 10**

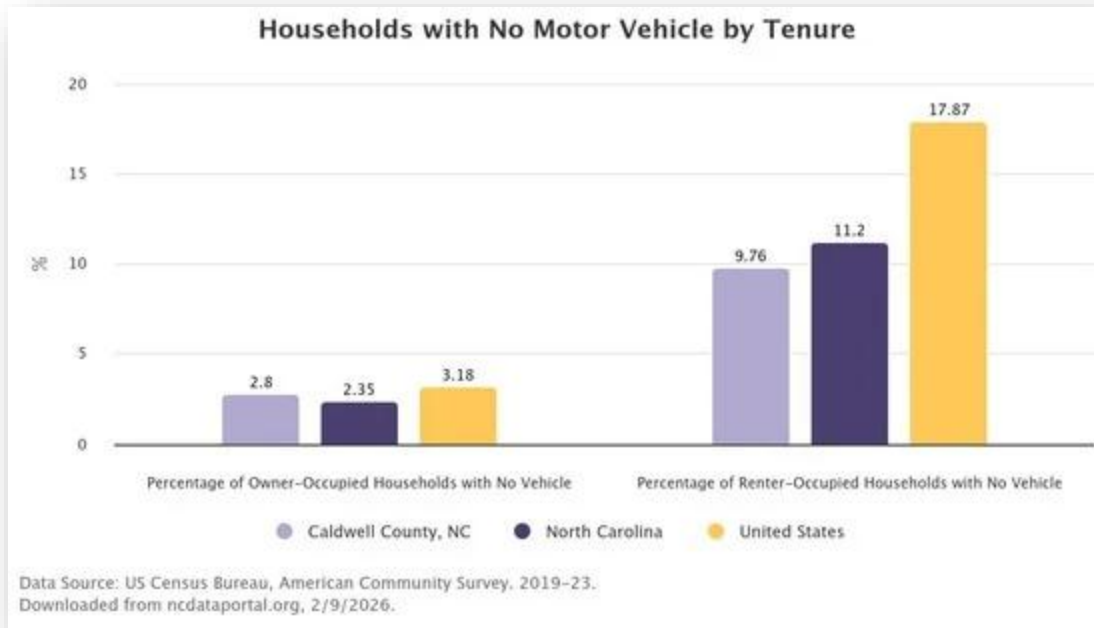
The first graph on the following page breaks down the level of walkability of a neighborhood into four categories and lists the percentage of the population that lives in each category. The provided data compares percentages from the U.S., the state of North Carolina, and Caldwell County.

Despite the low level of walkability in the county, public transportation is not a widely accessible alternative.

All Transit Metrics uses a 10-point scale to rate public transit. The highest transit score in the State of North Carolina is 4.1 in Durham County. Comparatively, Caldwell County's transit score sits at a 0.0.

The second graph on the following page indicates that 100% of the population lives over  $\frac{3}{4}$  of a mile from public transit, meaning that to use those services, the individual must find another method of transportation (such as walking, getting a ride, etc.) before they can even access the public transportation system.





Due to the lack of walkability and access to public transport, the most effective and consistent mode of transportation is to drive, whether using a personal vehicle or getting a ride. However, not everyone in Caldwell County has access to a vehicle. The graph below shows the percentage of households (both rented and owned) without access to a motor vehicle.

While North Carolina and the US show higher rates of households without access to a vehicle than Caldwell County, it is worth noting that this is likely due to the lack of access to other methods of transportation in the county and the necessity of owning a vehicle to travel where needed.

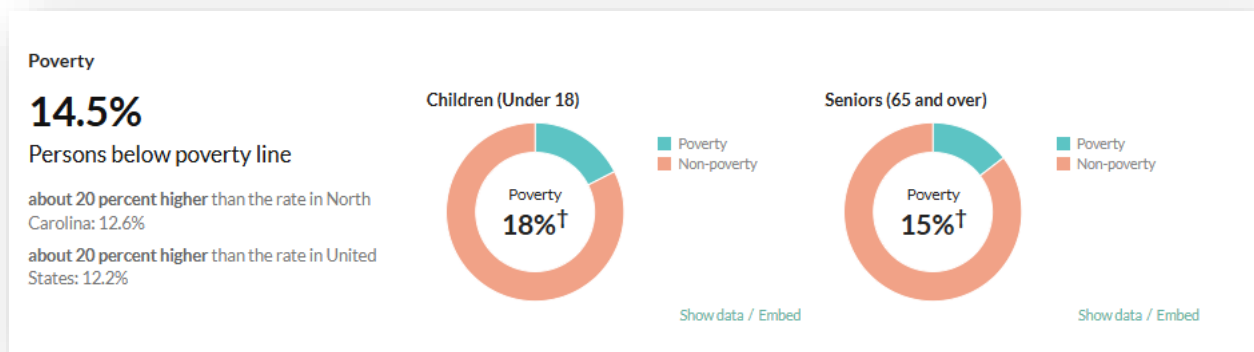
In addition to the data indicating issues with transportation, focus group and survey participants shared their own experiences. This includes but is not limited to being unable to meet basic needs (such as meeting medical appointments, grocery shopping, getting to work, etc.), being unable to attend community events or recreational activities, and having no method of evacuation in case of a natural disaster or emergency. Additionally, focus group members discussed being unable to access public transportation due to living too far away from the bus stops and needing to walk or get a ride first.

These challenges are why transportation was chosen as one of the top priorities for this year’s Community Health Assessment. If individuals cannot access the services and resources, they need to be healthy and well, then those services will not have the intended impact.

## **COST OF LIVING**

A person or family's ability to meet their basic needs is a foundational aspect of living a healthy and fulfilling life. North Carolina, despite showing significant economic growth, even being named as the 2025 State of the Year for Economic Development, unfortunately, still has large pockets of our population that are impoverished or are in what is called the ALICE population.

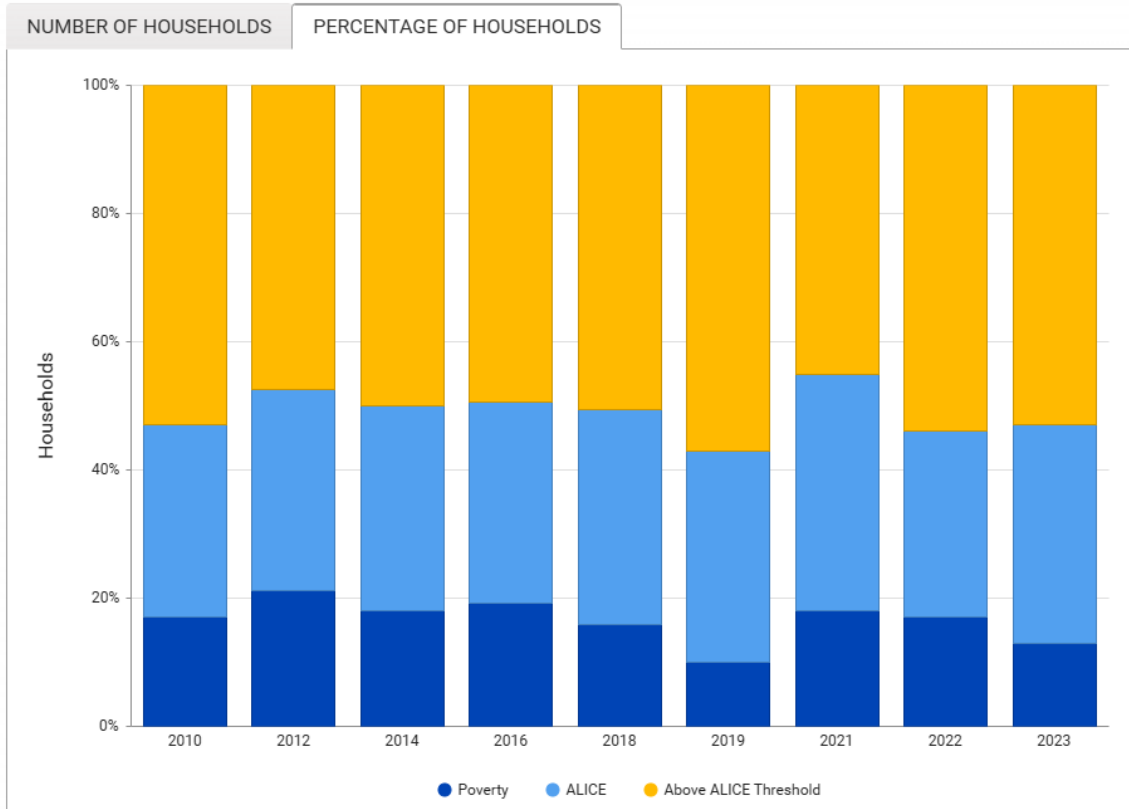
Poverty is defined by the amount of people in a population whose household income falls below a threshold set by the government. Individuals under this threshold do not bring in enough income to meet their basic needs. In North Carolina, 12.6% of the population experienced poverty in 2024. Caldwell, in comparison, has 14.5% of our population below the poverty line.



One of the main methods of determining the financial wellness of a population is via poverty statistics. However, many citizens technically bring in enough income to meet their needs and the needs of their families but still are struggling financially despite. Additionally, because this population does not meet the requirements to receive certain resources, they fall outside the scope of many life-changing assistance programs. We call this population ALICE, or Asset Limited, Income Constrained, Employed. In other words, people who fall into this category earn more than the Federal Poverty Level, but not enough to meet daily living costs. According to The State of ALICE in North Carolina report (2023), 34% of Caldwell County Citizens are considered ALICE, which is above 29% of the state of North Carolina. The reality is that more people are experiencing financial hardship than what is typically understood at first glance.

### Financial Hardship Has Changed Over Time in Caldwell County

As circumstances change, households may find themselves below or above the ALICE Threshold at different times. Use the buttons below to switch between ALICE data over time by number and percentage.



Socio-economic and health outcomes tend to impact certain populations disproportionately, as is the case in Caldwell County. Minority groups tend to have a higher percentage of their populations experiencing poverty or considered ALICE. Additionally, disproportional numbers of families experience financial hardship based on household type (i.e., married, single, etc.) and age. The highest age demographics below the ALICE threshold are those under 25 and above 65.

There were also differences in financial hardship by household type and age of householder.

Group	% Below ALICE Threshold
Single or Cohabiting (no children)	41%
Married (with children)	18%
Single-Female-Headed (with children)	74%
Single-Male-Headed (with children)	55%

There were also differences in financial hardship by household type and age of householder.

Group	% Below ALICE Threshold
Under 25 Years	61%
25 to 44 Years	38%
45 to 64 Years	39%
65 Years and Over	63%

To give the situation more context, the State of ALICE in North Carolina reports that in 2023, household costs in each county were significantly above the \$14,580 (single adult) and \$30,000 (family of four) Federal Poverty Lines.

### The Cost of Basics Outpaces Wages

The Household Survival Budget reflects the minimum cost to live and work in the current economy and includes housing, child care, food, transportation, health care, technology, and taxes. It does not include savings for emergencies or future goals like college or retirement. In 2023, household costs in every county in North Carolina were well above the Federal Poverty Level of \$14,580 for a single adult and \$30,000 for a family of four.

Household Survival Budget, Caldwell County, North Carolina, 2023								
Monthly Costs	Single Adult	One Adult, One Child	One Adult, One In Child Care	Two Adults	Two Adults Two Children	Two Adults, Two In Child Care	Single Adult 65+	Two Adults 65+
Housing	\$748	\$748	\$748	\$748	\$913	\$913	\$748	\$748
Child Care	\$0	\$193	\$515	\$0	\$386	\$1,092	\$0	\$0
Food	\$424	\$716	\$643	\$776	\$1,302	\$1,150	\$390	\$714
Transportation	\$408	\$542	\$542	\$648	\$935	\$935	\$338	\$507
Health Care	\$192	\$507	\$507	\$507	\$757	\$757	\$538	\$1,076
Technology	\$86	\$86	\$86	\$116	\$116	\$116	\$86	\$116
Miscellaneous	\$186	\$279	\$304	\$280	\$441	\$496	\$210	\$316
Taxes	\$292	\$260	\$315	\$357	\$358	\$485	\$356	\$641
Monthly Total	\$2,336	\$3,331	\$3,660	\$3,432	\$5,208	\$5,944	\$2,666	\$4,118
ANNUAL TOTAL	\$28,032	\$39,972	\$43,920	\$41,184	\$62,496	\$71,328	\$31,992	\$49,416
Hourly Wage	\$14.02	\$19.99	\$21.96	\$20.59	\$31.25	\$35.66	\$16.00	\$24.71

---

## Plans for Next Steps

Our 2025 Community Health Assessment has set the foundation for our community to begin creating solutions to combat the issues that were revealed through the observations and suggestions from our county citizens, community actors, as well as from various data points. This document will be submitted for review by the North Carolina Department of Health and Human Services. Upon approval from the NCDHHS, we will publish and disseminate our CHA document throughout the community and present it to our local Board of Health and Board of Commissioners to keep the public informed on the county's health status. Our next steps are to convene community actors to begin strategizing and creating our Community Health Improvement Plan, which will contain the actions that we will take during this CHA cycle.



---

# Acknowledgments

The Caldwell County Community Health Assessment is a collaborative effort between the Caldwell County Health Department and community partners. These individuals were selected for this because of their extensive knowledge and support for the health and well-being of Caldwell County citizens. Without their efforts, this assessment would not have been possible. The strengthened partnerships resulting from this collaboration will continue throughout the coming years. We would like to thank the following individuals:

## COMMUNITY ASSESSMENT PLANNING TEAM

**Anna Cook, MPH**

Health Director  
Caldwell County Health Department

**Jordan Jefferies-James**

Lead Health Educator/Safe Kids  
Coordinator  
Caldwell County Health Department

**Brie Flanagan, MPH**

Health Educator/Preparedness  
Coordinator  
Caldwell County Health Department

**Tyler Wunderlich, MPH**

Health Educator/Wellness Coordinator  
Caldwell County Health Department

**Ivonne Gonzalez**

Interpreter  
Caldwell County Health Department

**Raylyn Norwood, MPH 26'**

Public Health Intern  
Appalachian State University

**Chloe Crate, BS 26'**

Public Health Intern  
Lenoir Rhyne University

**Tameya Strayhorn, MPH**

Health Educator (Former)  
Caldwell County Health Department

**Chaiyo Vang, MPH**

Health Educator (Former)  
Caldwell County Health Department

---

## COMMUNITY ASSESSMENT ADVISORY COMMITTEE

**Caldwell County Cooperative  
Extension**  
Seth Nagy

**EMS Community Medic**  
Tara Swanson

**Caldwell Council on Adolescent Health**  
Angie Ashley  
Amber Calicutt

**Family Resource Center**  
Tina Pearson

**Caldwell County Clerk of Court**  
Angela Kidd

**Helping Hands Clinic**  
Debra Philyaw  
Brittany Bonn

**Caldwell County Public Information  
Officer**  
Paige Counts

**Lenoir housing Authority**  
Jennifer Robson

**Caldwell County Veteran Services**  
Joseph Calloway

**Shelter Home of the Foothills**  
Lisa Clonch

**Caldwell UNC Health Care**  
Karen Shadowens  
Jacob Blanton

**Town of Granite Falls Parks & Rec**  
Isaac Poythress

**Child Advocacy Council**  
Lisa Clonch

**United Way of Caldwell County**  
Kathy Austin  
Jamie Willis

**City of Lenoir Police**  
Captain Jody Herman

**Caldwell County Emergency Services**  
Trevor Key

**Caldwell County Environmental  
Health**  
Raylyn Norwood  
Logan Little

**Bernhardt Furniture Company**  
Taisha Taylor

---

**McLeod Center**

Fara Laliwala

**Greenway**

Kaylan Kelley

**Caldwell County Schools**

Adrienne Dula

Angela Profitt

Pam Barber

Kim Roberts

**Thrive**

April Austin

**Caldwell County Clerk of Courts**

Angela Kidd

---

## ADDITIONAL ACKNOWLEDGEMENTS

<b>Martin Luther King Recreation Center</b>	<b>Granite Fire Department</b>
<b>Lenoir Police Department</b>	<b>Collettsville Medical Center</b>
<b>Helping Hands Clinic</b>	<b>Collettsville Fire Department</b>
<b>Lenoir Soup Kitchen</b>	<b>Happy Valley Medical Center</b>
<b>Lenoir Housing Authority</b>	<b>American Legion</b>
<b>Pregnancy Center (Lenoir)</b>	<b>Yokefellow</b>
<b>Family 1st</b>	<b>Smart Start Caldwell County</b>
<b>Caldwell Community College &amp; Technical Institute</b>	<b>Dukes Barber Shop</b>
<b>North Catawba Fire Department</b>	<b>Ivey League Salon and Barber</b>
<b>Gamewell Fire Department</b>	<b>Bernhardt Furniture Company</b>
<b>Curts Barber Shop</b>	<b>Enola Group/Family Resource Center</b>
<b>Anointed Hands Salon</b>	<b>Hudson Library</b>
<b>Southern Branch Library</b>	<b>Granite Recreation Center</b>
<b>Caldwell County Government Offices</b>	<b>Granite Library</b>
<b>North Carolina Courts</b>	

---

# Appendix A: 2025 Caldwell County CHA Survey

## Caldwell County CHA Opinion Survey

### Why This Survey Matters

The Caldwell County Health Department and its partners are working to improve quality of life across the county.

This survey is **anonymous** and takes approximately **10–15 minutes**. Your answers will help shape community services, programs, and future planning.

### Eligibility Questions

**1. Do you currently live in Caldwell County?**

Yes       No

**2. Are you 18 years old or older?**

Yes       No

**3. Have you already completed this year's survey?**

Yes       No       Not sure

**If you answered “No” to questions 1 or 2, or “Yes” to question 3, you do not need to continue. Thank you!**

### Section 1: About You

**4. Age:**  18–24    25–34    35–44    45–54    55–64    65–74    75–84    85+

**5. Gender:**

Male    Female    Non-binary/other: \_\_\_\_\_    Prefer not to say

---

**6. Hispanic, Latino, or Spanish origin?**

Yes  No

If yes:  Mexican  Puerto Rican  Cuban  Other: \_\_\_\_\_

**7. How do you identify (check all that apply):**

White  Black or African American  Asian  Pacific Islander

American Indian/Alaska Native  Other: \_\_\_\_\_

**8. Primary language spoken at home:**

English  Spanish  Hmong  Sign language  Other: \_\_\_\_\_

**9. Do you have a disability?**

Yes  No  Prefer not to say

If yes, what type? (Check all that apply)

Physical  Sensory (vision, hearing, etc.)  Cognitive  Chronic condition

Psychosocial (mental health)  Other: \_\_\_\_\_  Prefer not to say

**10. Are you a military veteran?**

Yes  No  Prefer not to say

**11. Education level completed:**

<9th grade  9th–12th (no diploma)  GED/high school

Some college  Associate's  Bachelor's  Graduate/professional

**12. Annual household income (before taxes):**

<\$10,000  \$10k–14,999  \$15k–24,999  \$25k–34,999

\$35k–49,999  \$50k–74,999  \$75k–99,999  \$100k+

---

**13. Employment status (check all that apply):**

- Employed full-time    Employed part-time    Unemployed <1 yr  
 Unemployed >1 yr    Self-employed    Retired  
 Student    Homemaker    On disability services    Armed Forces

**14. ZIP code:** \_\_\_\_\_

## Section 2: Key Community Concerns

**15. Biggest challenges in Caldwell County (check up to 3):**

- Transportation    Mental health    Homelessness    Substance use    Education access  
 Chronic diseases    Poverty    Violence/crime    Healthcare access    Other: \_\_\_\_\_

**16. Most needed services (check all that apply):**

- Mental health/substance use support    Job training    Affordable housing  
 Food assistance    Transportation    Senior services    Healthcare access  
 Other: \_\_\_\_\_

**17. Education-related needs (check all that apply):**

- GED/adult education    Mental health resources    Job training  
 Substance use prevention    Financial literacy    Parenting support    Health education  
 Other: \_\_\_\_\_

## Section 3: Housing & Homelessness

**18. In the past year, have you or someone you know struggled with housing insecurity or homelessness?**

- Yes    No    Prefer not to say

---

**19. What do you believe are the main causes of homelessness in your community? (Check up to 3)**

- Lack of affordable housing    Substance/mental health issues
- Domestic violence    Criminal history    Family conflict
- Unemployment    Other: \_\_\_\_\_

**20. What services are needed to better address homelessness or housing needs in Caldwell County?**

- More Affordable Housing Options    Emergency Shelters with Longer Stay Allowances
- Permanent Supportive Housing    Mental Health and Substance Abuse Services
- Case Management or housing navigation services    Other: \_\_\_\_\_

## Section 4: Food Insecurity

**21. In the past 12 months, have you or anyone in your household ever worried about having enough food?**

- Yes    No    Prefer not to say

**22. In the past 12 months, did you or anyone in your household skip meals or reduce portion sizes because there wasn't enough money for food?**

- Yes    No    Prefer not to say

**23. Where do you usually get your groceries or food? (Check all that apply):**

- Grocery store    Dollar store    Food pantry
- Farmers market    Convenience store    Fast food
- Meal delivery    Other: \_\_\_\_\_

---

**24. What are the biggest barriers to accessing healthy food? (Check all that apply)**

- Transportation  Cost  Few grocery stores
- Limited income  Lack of knowledge  Time constraints
- Other: \_\_\_\_\_

**25. Do you frequently use food resources that are not part of government assistance programs (i.e. SNAP or WIC), such as food pantries, churches, or charitable organizations?**

- Yes  No  Occasionally  Prefer not to say

## Section 5: Substance Use, Tobacco & Mental Health

**26. Do you believe services for substance use and mental health are accessible and affordable in Caldwell County?**

- Yes  No  Not sure

**27. Barriers to help (check all):**

- Cost  Wait times  Not enough providers  Transportation
- Stigma  Lack of awareness  Other: \_\_\_\_\_

**28. Needed services (check all):**

- Crisis support  Peer groups  Counseling
- School programs  Inpatient detox  Prevention education
- Outpatient recovery  Other: \_\_\_\_\_

**29. If you wanted to quit using tobacco products or help someone else quit, where would you go for help? (Check all that apply)**

- QuitlineNC  Pharmacy  Doctor/Nurse
- Counselor  Church  Don't know where to go
- Health department  Other: \_\_\_\_\_
- I do not use tobacco

---

**30. In the past year, have you or someone in your household:**

Used tobacco?  Yes  No

Taken non-prescribed medication?  Yes  No

Struggled with substance use?  Yes  No

Experienced depression or suicidal thoughts?  Yes  No

If yes, where did you seek help? \_\_\_\_\_

**Need help now? Call 1-800-273-8255 or 988**

## Section 6: Transportation

**31. How often do transportation issues prevent you or others from:**

Activity	Never	Sometimes	Often
Medical appointments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Buying groceries/necessities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Work/school/training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Attending community events	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**32. What would improve transportation?**

More bus routes  Volunteer drivers  Clearer info  Safer walking/biking

Lower-cost/free rides  Other: \_\_\_\_\_

## Section 7: Access to Care

**33. In the past 12 months, have you or a family member had trouble accessing care from:**

Doctor/Nurse  Mental health provider  Dentist  Pharmacy  No issues

If yes, explain: \_\_\_\_\_

---

**34. What prevented care (check all):**

- Could not afford    Language/cultural issues
- Transportation    Didn't know where to go
- No available providers    Other: \_\_\_\_\_

**35. If you use the emergency room for care, what are the reasons?**

- No appointment available    Emergency
- No primary doctor    No insurance
- After hours    Other: \_\_\_\_\_

**36. If you don't use the Caldwell County Health Department, where do you go instead?**

- Private doctor    Urgent care    Emergency room
- No care    Other: \_\_\_\_\_

**37. How do you get to appointments?**

- Drive    Someone drives me    Greenway    Uber/Lyft    Other: \_\_\_\_\_

## Section 8: Emergency Preparedness

**38. In an emergency, how would you receive information? (Check all that apply)**

- TV    Text alerts    Radio    Social media
- Friends or family    Other: \_\_\_\_\_

**39. If told to evacuate, could you do so?**

- Yes    No

**If no, why not?**

---

## Section 9: Aging in Caldwell County

**40. How age-friendly is Caldwell County as a place to live?**

Very age-friendly    Not age-friendly

Somewhat age-friendly    Not sure

**41. What are the greatest challenges to aging well in Caldwell County? (Select no more than 3)**

Opportunities for social connection

Access to caregiving or respite services

Lack of programs for active aging

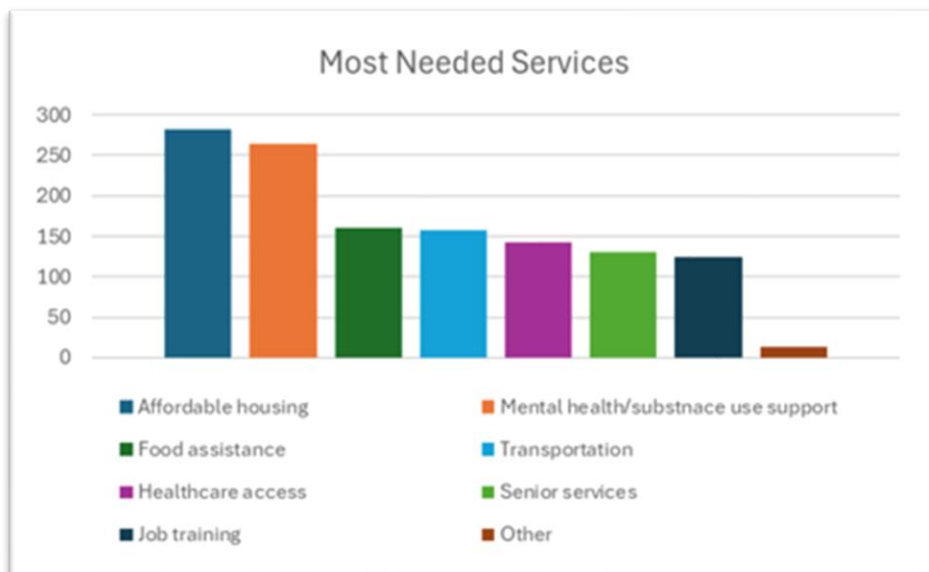
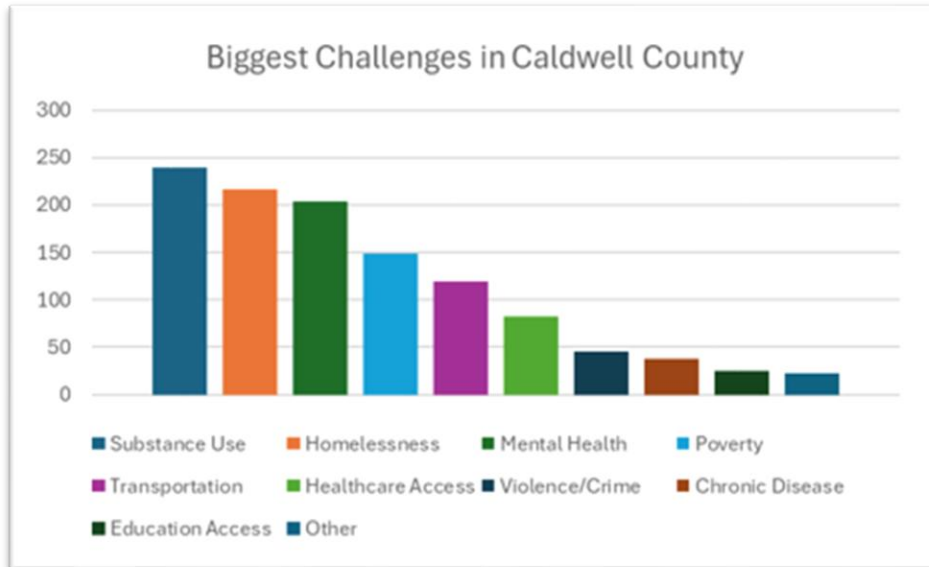
Internet access and digital literacy

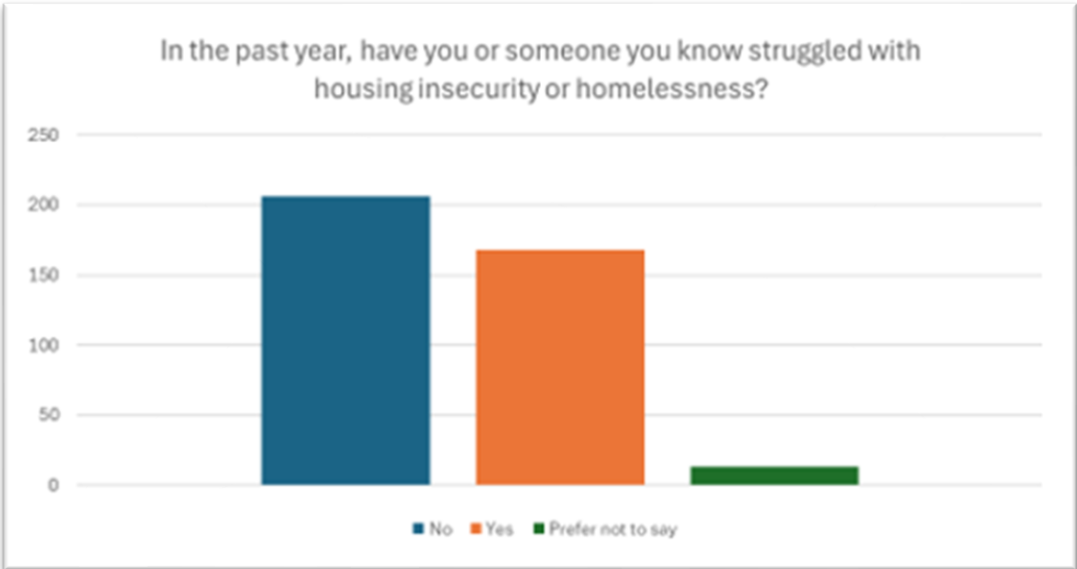
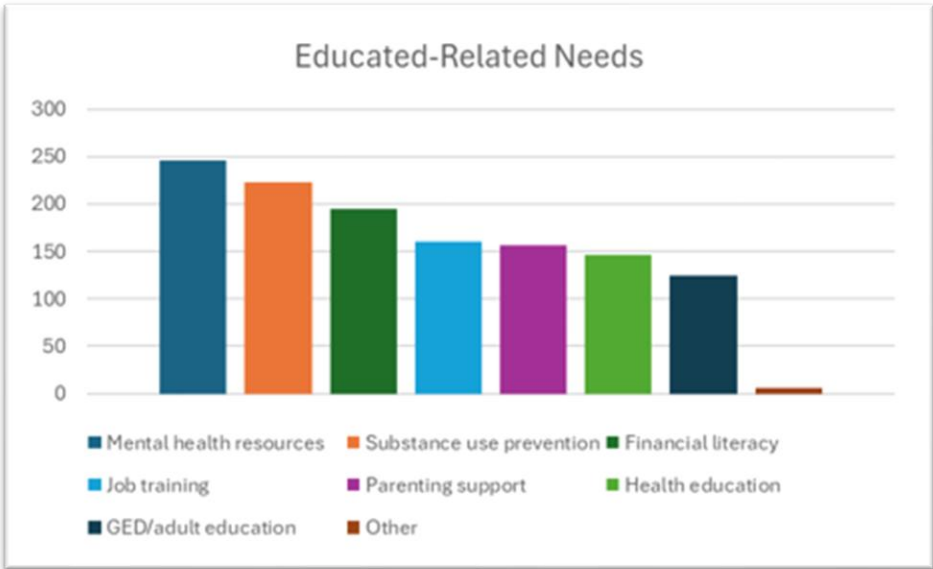
Other: \_\_\_\_\_

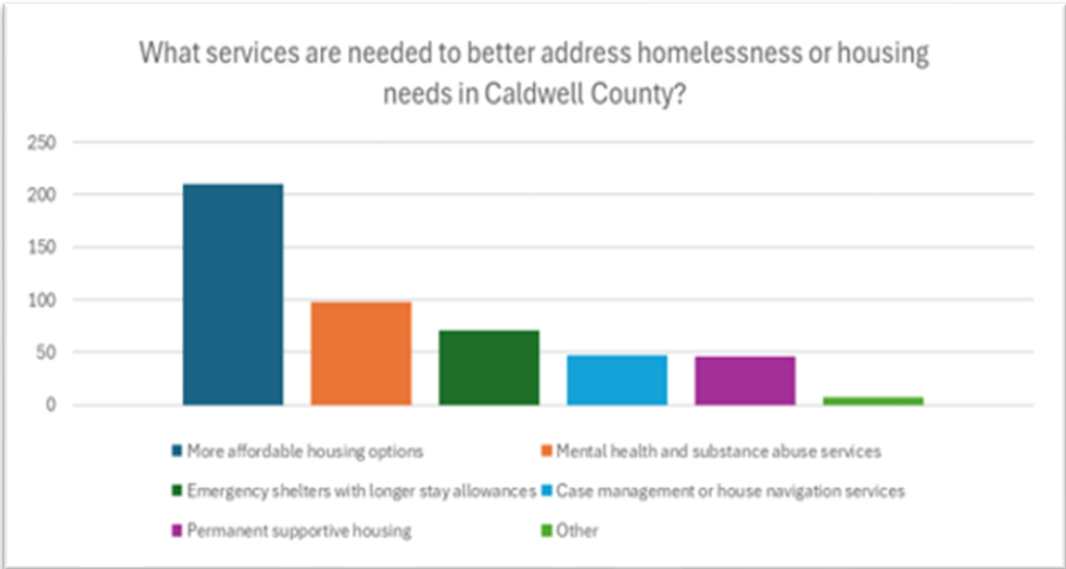
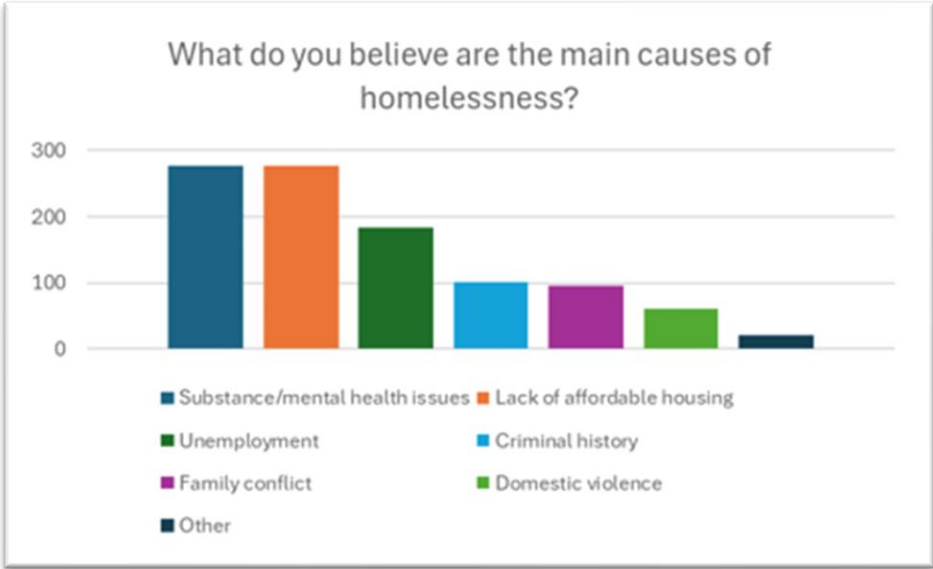
## Thank You!

Your input helps guide efforts to improve health and well-being in Caldwell County. Together, we can build a stronger, healthier community.

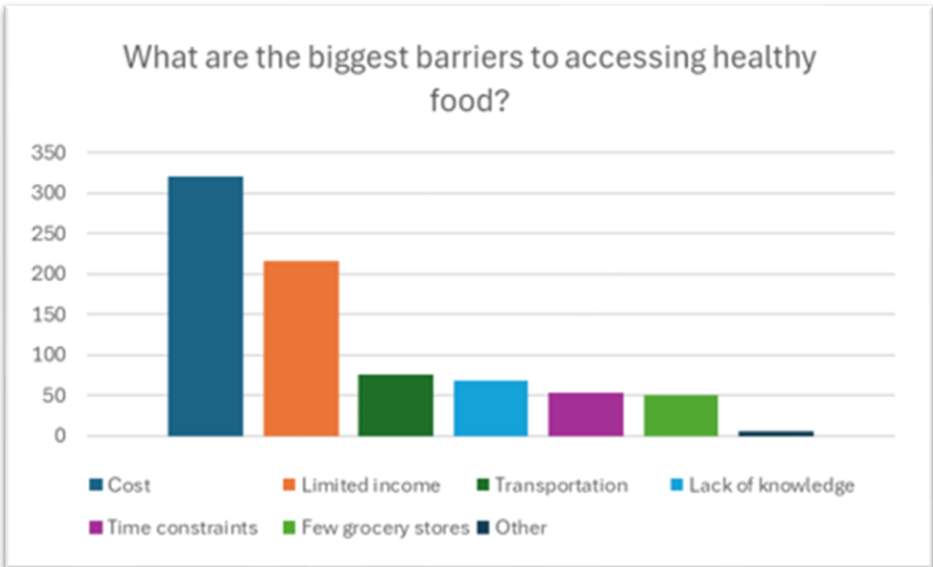
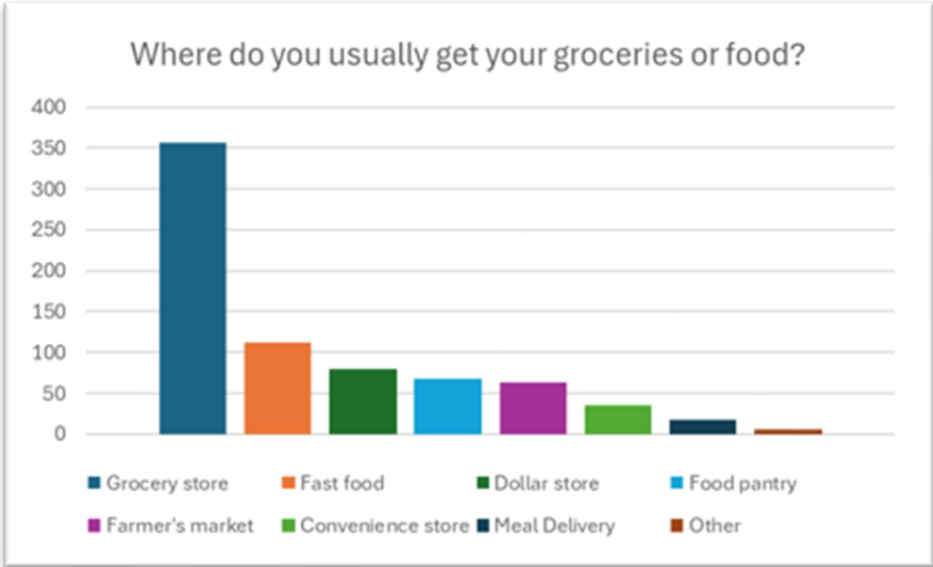
# Appendix B: 2025 Caldwell County CHA Survey Results

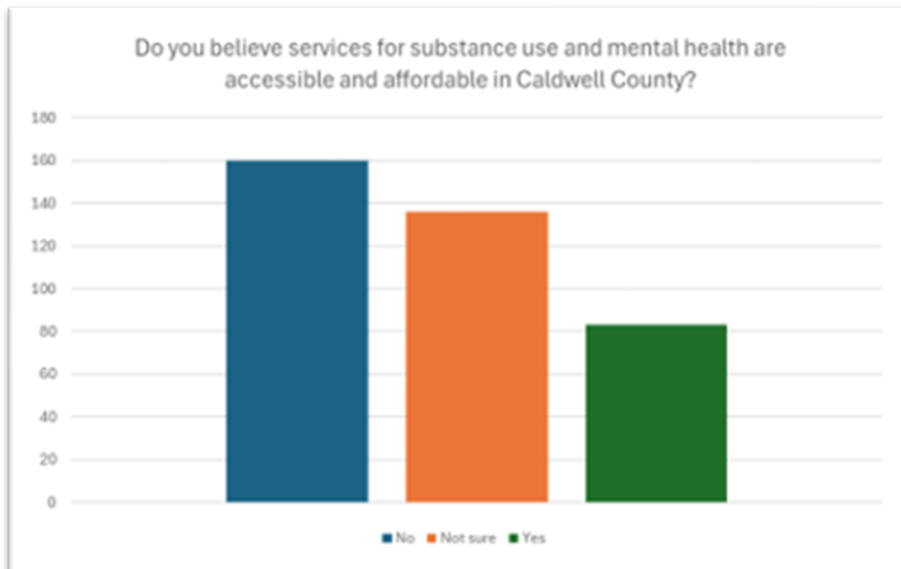
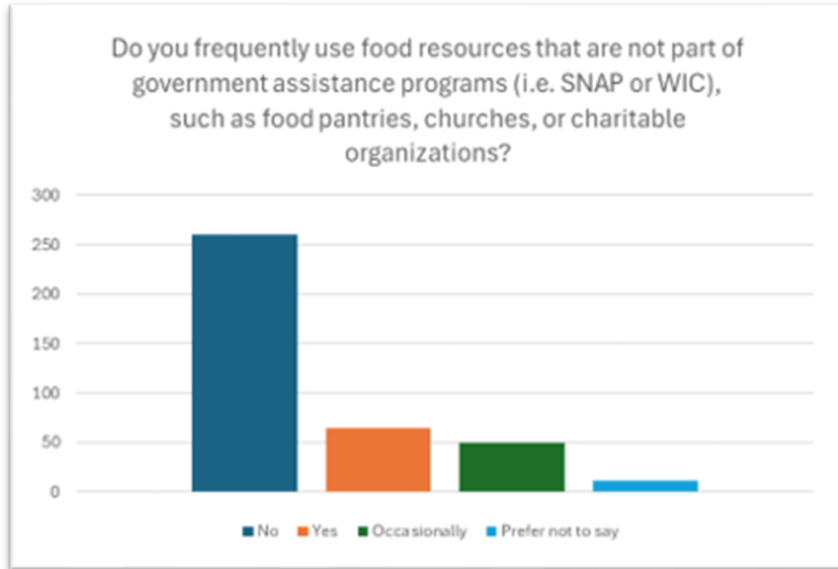


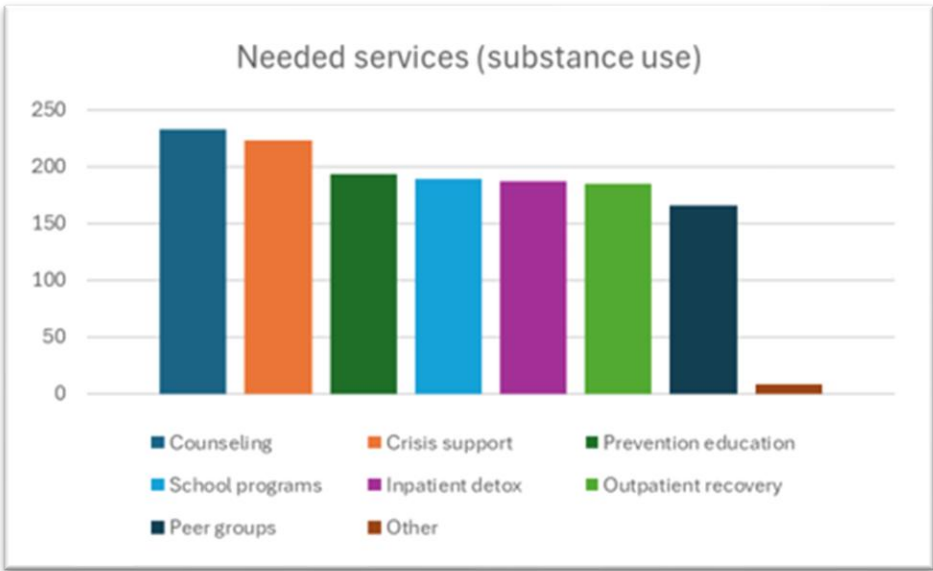
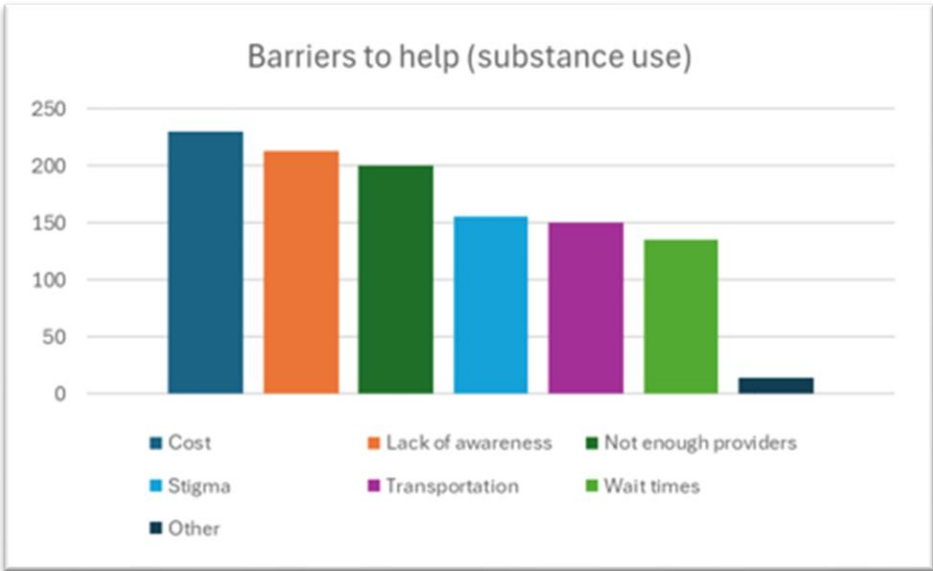


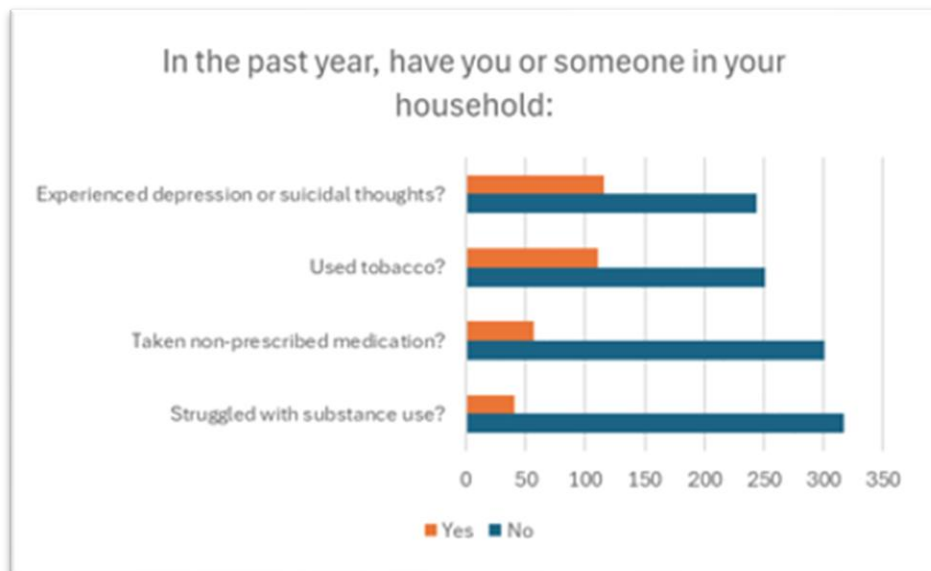
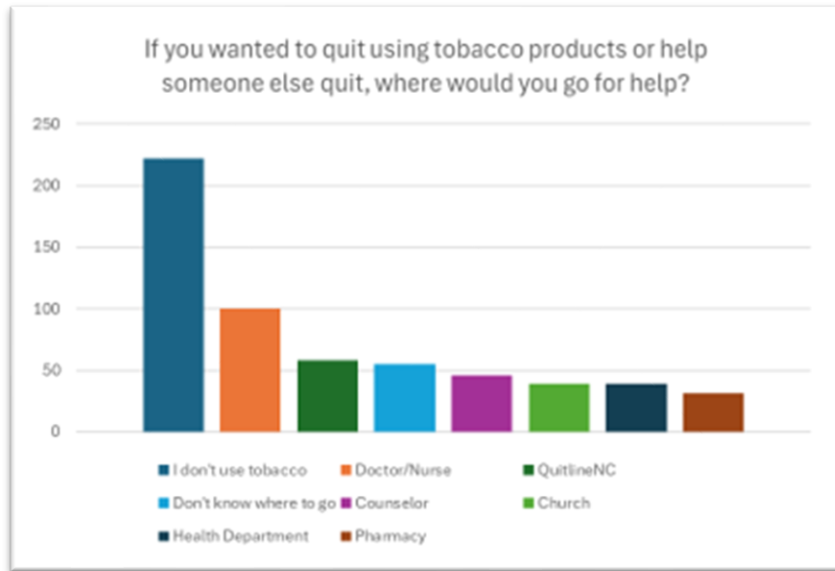












---

**Question** Answers

**30. In the past year, have you or someone in your household:**

Used tobacco?  Yes  No

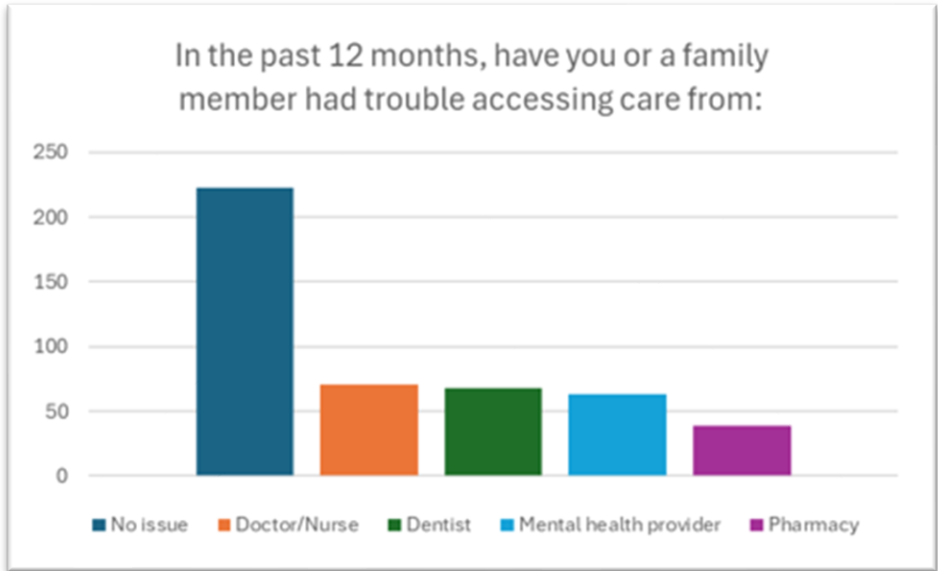
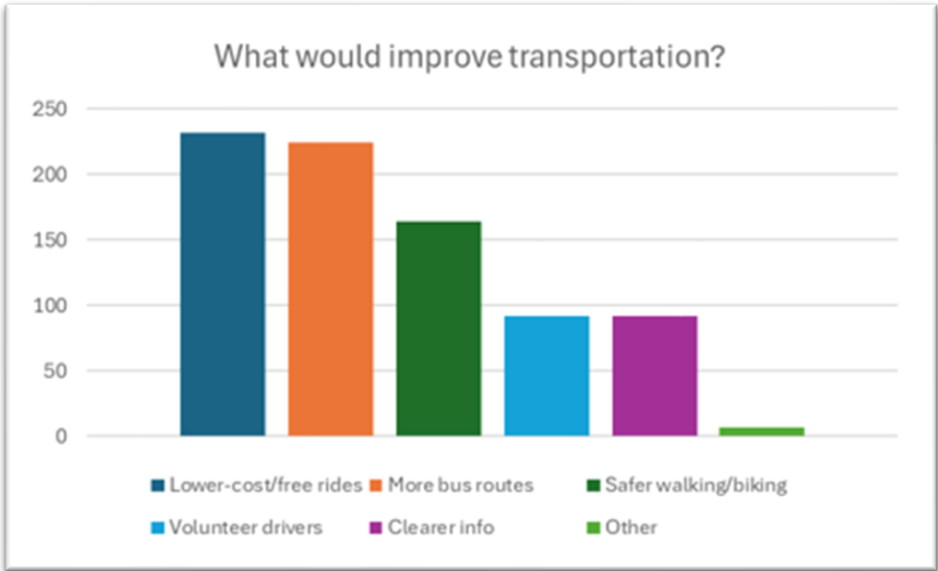
Taken non-prescribed medication?  
 Yes  No

Struggled with substance use?  
 Yes  No

Experienced depression or suicidal thoughts?  
 Yes  No

**If yes, where did you seek help?**

- Friends and family
- Doctor or medical provider
- Center for emotional health
- Therapist, psychiatrist, or counselor
- Military personnel
- Relied on self
- RHA – Lenoir
- Church, prayer, pastor/religious leader
- Jonas Hill
- New Directions
- Health Department
- Couldn't afford help
- Just took prescribed medications as directed
- Out of county – Asheville, counseling center in Hickory
- Veteran's affairs
- AA/NA
- RHA Mobile Crisis
- Outpatient recovery



---

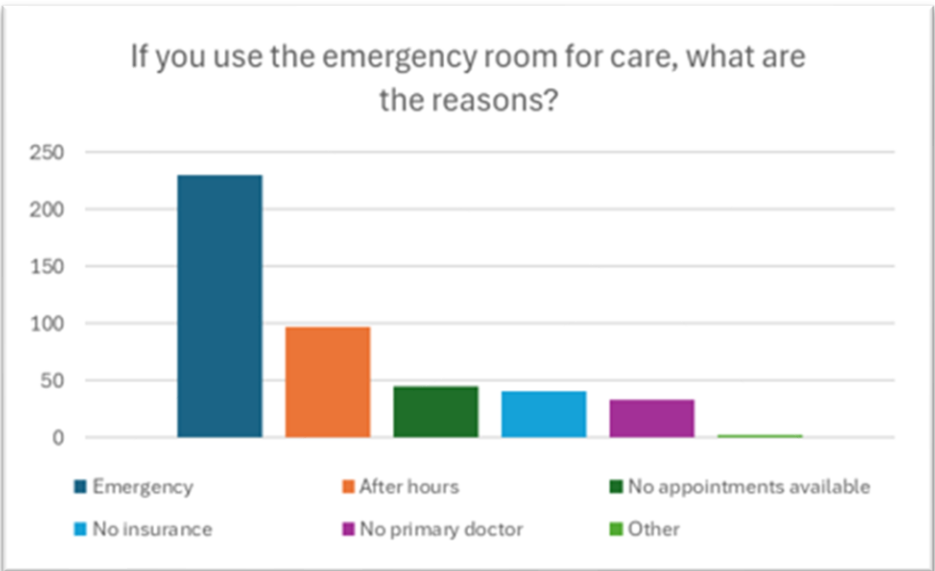
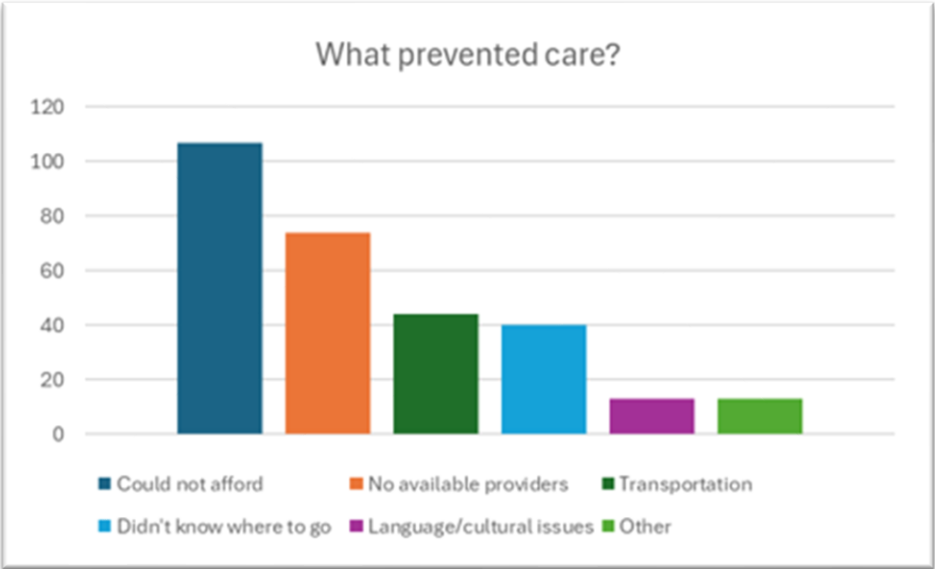
**Question**    **Answers**

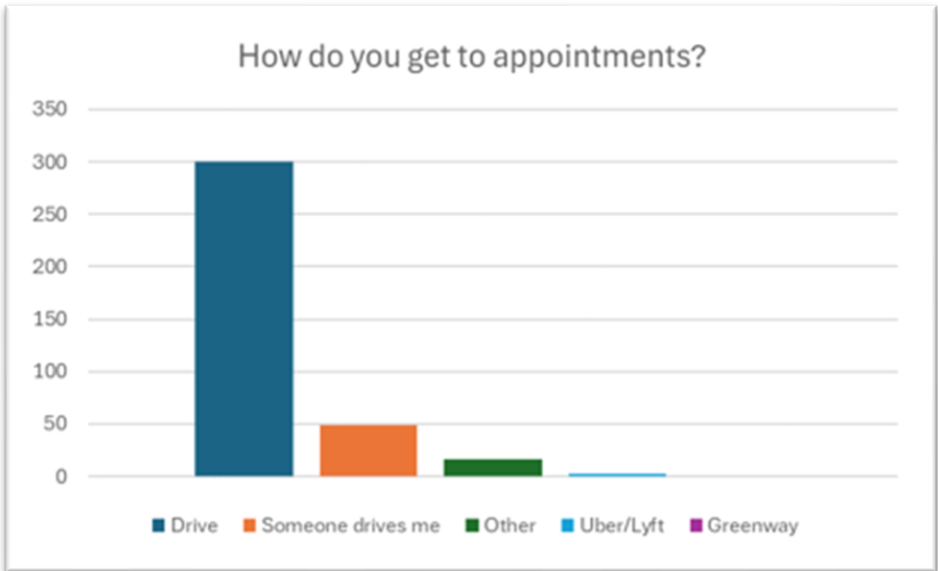
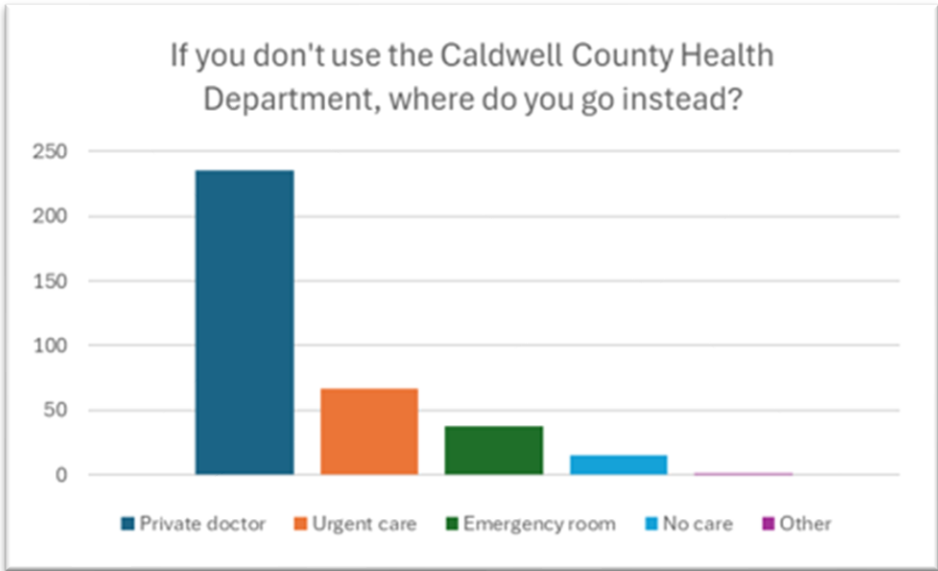
**33. In the past 12 months, have you or a family member had trouble accessing care from:**

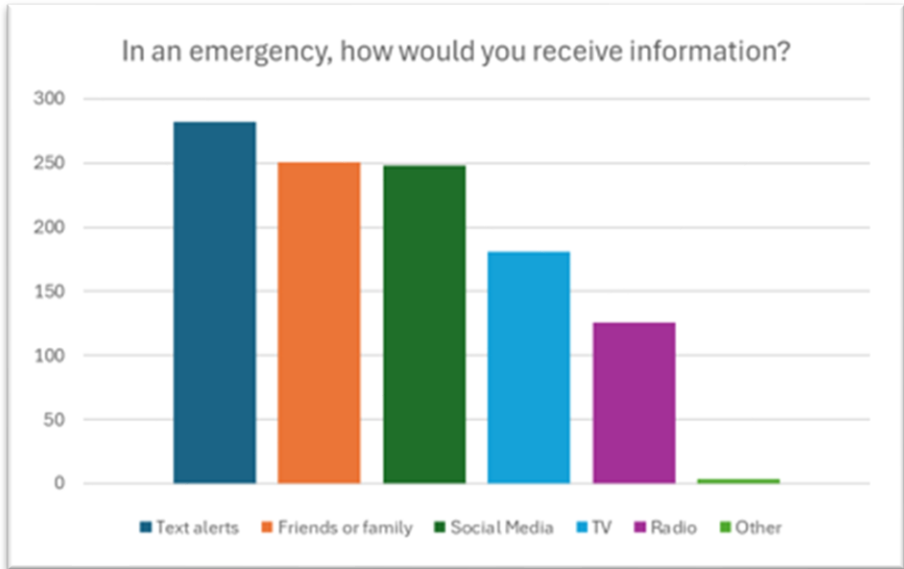
- Doctor/Nurse
- Mental health provider
- Dentist
- Pharmacy
- No issues

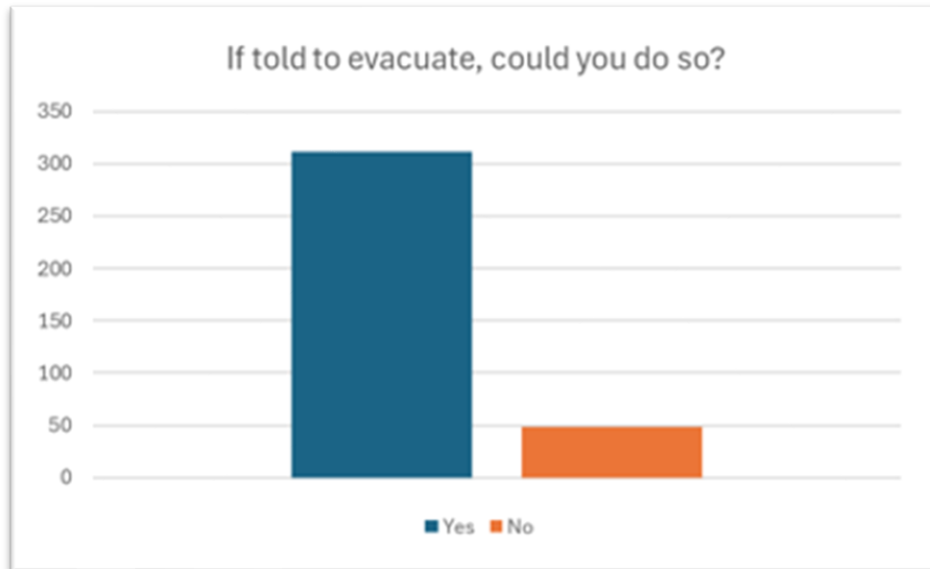
**If yes, explain:**

- Medicaid/insurance won't cover all needed care
- No insurance
- Medication shortages/incorrect prescriptions
- No insurance and low income – still made too much to receive government assistance
- No birthing centers or midwives
- No post-abortion care and bias from pregnancy care center
- Have to travel to see a specialist
- No transportation
- Lack of motivation to seek help
- Providers are overwhelmed and understaffed. The need is greater than the resources.
- No medicaid/insurance
- Long wait times to be seen
- Cost/affordability of care with or without insurance
- Hard to get appointments/can't get appointments
- Very few psychiatrists are well versed in adult male autism spectrum disorder
- Lack of response from phone calls and no follow-up
- Didn't qualify for medicaid
- Provider(s) didn't accept insurance/medicaid
- Cost of insurance
- Lack of providers/specialists









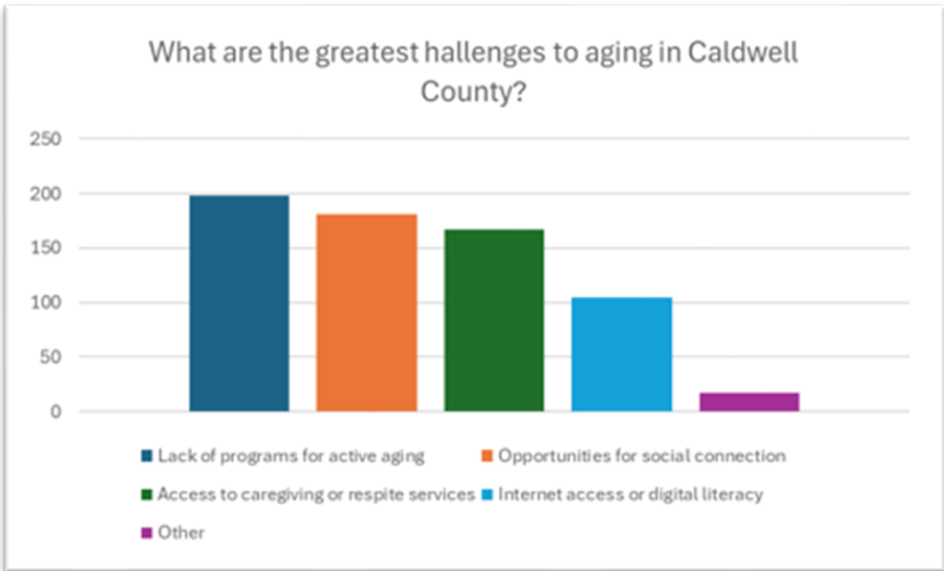
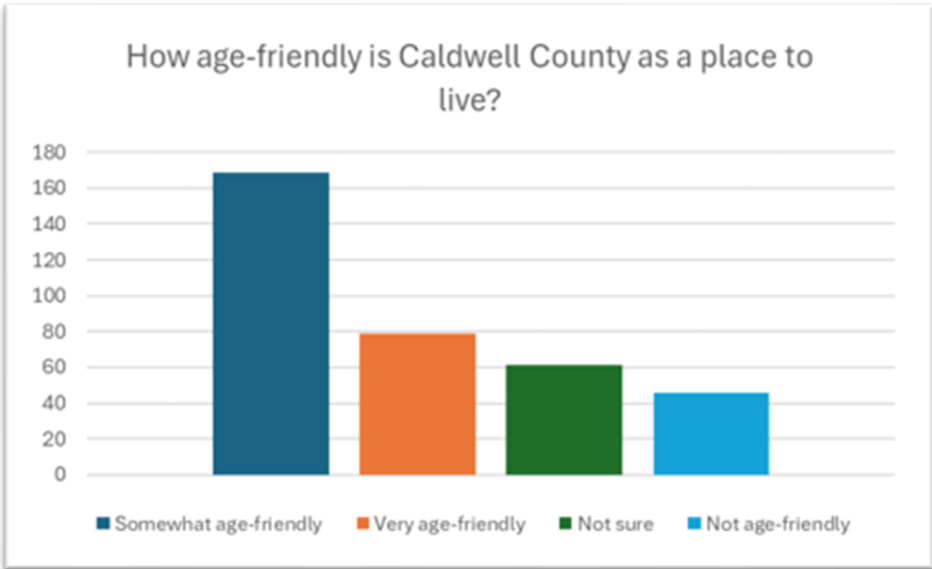
**Question** Answers

**30. If told to evacuate, could you do so?**

Yes  No

**If no why not?**

- Family would not
- Pets/animals
- Elderly loved ones
- Can't afford to/financial constraints
- Depends on the situation
- Unsure of where to go/nowhere to go
- No family to help
- Won't leave
- Work wouldn't allow it
- No transportation
- Lack of trust in public services/resources



---

# Appendix C: 2025 Caldwell County CHA Focus Group Results

## Limited Resource Focus Group (Lenoir Soup Kitchen)

### Summary of Key Comments and Concerns

- There is a great need for increased accessible public transit options
- Improvements in the number of services that would benefit our homeless population is necessary. i.e. Homeless Shelters
- Resources are not being distributed fairly to the public.
- Cost childcare is a heavy burden on many households.
- Government spending could be put towards more impactful programs.
- Information about available services and resources are not being communicated. Also, resources and services need to be more centralized (one stop shop)

# Youth Focus Group (Adolescent Health Council-Teen Parents)

## Summary of Key Comments and Concerns

- Bullying within schools and workplaces.
- Stigma of accessing assistance programs and resources.
- Cost of living overburdening community members.
- Caretaker burdens
- Lack of safety and security in public spaces (i.e. parks, trails, etc.)
- Substance use prevalence and lack of community education on substance abuse.
- Citizens lack knowledge of available community resources.

# Government Employees Focus Group

## Summary of Key Comments and Concerns

- County citizens are not able to meet their basic needs (healthcare, housing, food etc.)
- Lack of mental health providers, mental health resources, and stigma being a barrier to help.
- Limited substance abuse treatment options and systemic barriers to access.
- Weak community networks and awareness of community support.
- Limited public transit options which act as a barrier to care, community support, and the meeting of basic needs.
- Affordability of healthy food.
- Shortages in housing and absence of homeless shelter.
- Generational cycles of unhealthy norms.
- Limited affordable activities for children and families.
- Increasing overall cost of living.

# Spanish Speaking Focus Group (Helping Hands Clinic)

## Summary of Key Comments and Concerns

- Limited access to healthcare, medicine, cleanliness, and recreational spaces.
- Lack of support for limited resource families, especially for immigrants.
- Major health concerns include: drug addiction and chronic illness (i.e. diabetes)
- High costs of medication and lack of specialized providers within the area (requires long travel distances to receive specialized care)
- Increased mental health challenges.
- High amount of community barriers to care (transportation, limited English proficiency, cost of care, and documentation requirements).
- Shortages in housing and absence of homeless shelter.

---

## Senoir Focus Group (Koinonia Senior Nutrition Site)

### Summary of Key Comments and Concerns

- Lack of transportation services and accessibility.
- Issues with scheduling services.
- Limited number of medical providers in the county.
- Limited access to fresh produce

---

# Appendix D: Caldwell County Health Resource Guide

## HEALTH CARE

### **Caldwell-UNC Healthcare**

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

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

P.O. Box 1890 321 Mulberry Street, SW Lenoir, NC 28645

Phone: 828-757-5100

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

This facility is owned and operated by Caldwell-UNC Healthcare and is the only breast health center in the county. This facility provides diagnostic imaging for the treatment of breast cancers and other related breast tissue disorders.

For more information please visit:

<https://www.caldwellmemorial.org/care-treatment/breast-health/>

1031 Morganton Blvd. Suite B Lenoir, NC 28645

Phone: 828-757-5502

### **Caldwell Nutrition & Diabetes Health**

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

For more information please visit:

<https://www.caldwellmemorial.org/care-treatment/diabetes-nutrition-education/>

1031 Morganton Blvd. Suite A Lenoir, NC 28645

Phone: 828-757-6450

---

## Caldwell County Health Department

Caldwell County Health Department is the only health department in the county. This facility provides a variety of services including preventive screenings, education, diagnosis, and treatment of many health conditions.

- Dental Clinic Basic preventative and restorative dental services for children between the ages of 0-19 who are enrolled in North Carolina Health Choice or Medicaid. For more information please call: Phone: 828-426-8525
- Health Education Information and assistance with healthy lifestyle choices related to nutrition, physical activity, tobacco cessation, preventive screenings, STD awareness, healthy pregnancies, chronic disease self-management, diabetes self-management courses, and a variety of other health related issues. For more information please contact: 828-426-8423
- Clinical Services The clinic provides a comprehensive range of services that include primary care for acute illness for adults and children, physicals, family planning services, maternity care, immunizations, surveillance, testing and treatment of communicable diseases, and STD testing and follow-up. The Breast and Cervical Center Control Program (BCCCP) is also available for women ages 50 and older. The program provides clinical breast exams, pap smears, and mammograms for financially eligible women. For more information please contact: 828-426-8400
- Child Health Care Coordination for Children (CC4C) is a program that helps families find and use community services. The program aims to connect families with services for children and families, to support children in reaching their developmental potential, and to help ensure that children are raised in healthy, safe, and nurturing environments. Children birth to age three are at risk for developmental delay or disability, long-term illness, and/or social, and emotional disorders, and children ages birth to five diagnosed with developmental delay or disability, or long-term illness may be eligible for the program. For more information please contact: 828-426-8428
- Women's Health This program provides client-centered services to pregnant and postpartum women. Services include pregnancy testing, counseling, routine, and sick maternal health clinic visits, and ultrasounds. For more information please contact: 828-426-8488
- WIC This service provides nutrition counseling and supplemental food vouchers for women who are pregnant, post-partum, or breastfeeding, as well as infants and children up to the age of five years of age who meet financial eligibility requirements and who are at nutritional risk. For more information please contact: 828-426-8407 [www.mywic.org](http://www.mywic.org)
- Environmental Health This program provides permits for new septic systems and existing systems, new private drinking water wells, and repairs to existing wells. Staff provides routine inspections of restaurants, motels, bed and breakfasts, institutions, hospitals, school cafeterias, summer camps, pools, tattoo parlors, and daycares to ensure sanitation standards are met. This department also provides testing of blood lead levels and conducts investigations of confirmed elevated blood lead levels in children to determine the point of contact. For more information please contact: 828-426-8537

For more information on health department services

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

2345 Morganton Blvd Lenoir, NC 28645

Phone: 828-426-8400

---

## **Amivie Quality Home Staffing Lenoir**

Amivie is a U.S. based home care management company that provides personalized in-home and community support services for seniors, veterans, and individuals with intellectual and developmental disabilities. The company focuses on helping clients live safely and independently through customized care plans and trained caregivers across multiple states.

For more information please visit: <https://amivie.com/find-us/locations/quality-home-staffing-lenoir>

315 Wilkesboro Boulevard NE Suite 2-A Lenoir, NC 28645

Phone: 828-754-3665

## **ALFA-AIDS Leadership Foothills Area-Alliance**

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

For more information please visit: [www.alfainfo.org](http://www.alfainfo.org)

1120 Fairgrove Church Rd SE Suite 28 Hickory, NC 28602

Phone: 828-322-1447

## **Caldwell Pregnancy Care Center**

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

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

Caldwell Pregnancy Care Center

210 Ridge Street Lenoir, NC 28645

Phone: 828-757-9555

## **Amorem, formerly Caldwell County Hospice and Palliative Care**

With a holistic approach to care, Caldwell Hospice is all encompassing care for the patient and family. They recognize dying as a natural part of living and help patients live as pain-free and comfortably as possible, so they can enjoy each day with their loved ones. Caldwell Hospice professionals provide direct care and teach caregivers how to address many of the patient's physical needs; a physician, nurse practitioner, social worker, and chaplain are on call. Medical social workers, a counselor, chaplains, and volunteers provide emotional and spiritual support.

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

902 Kirkwood Street, NW Lenoir, NC, 28645

Phone: 1-844-426-6736

---

## Helping Hands Clinic

Helping Hands Clinic provides high-quality, free medical care to patients without health insurance. A full-time provider is available 4 days per week for acute, urgent, follow-up, and preventative care. Helping Hands Clinic provides a high-quality, cost-effective alternative to the local emergency room. Patients with chronic diseases like Diabetes, COPD and similar respiratory diseases, complicated heart disease, and some forms of arthritis can be enrolled in the Caldwell Health Access Program or CHAP. This program pairs uninsured patients with volunteer medical providers in Caldwell County who have agreed to manage patients with chronic diseases in their offices. Patients enrolled in CHAP have access to all Helping Hands services. Helping Hands offers a fully licensed pharmacy with free medications available to eligible patients. Most medications are accessed through the Patient Assistance Program and may take up to 8 weeks to be available. Helping Hands Clinic does not write prescriptions for or dispense narcotics of any kind. Helping Hands Clinic believes that patients who are invested in their health become healthier, so patients are asked to make a \$5 donation for services.

For more information please visit: [www.helpinghandsclinic.org](http://www.helpinghandsclinic.org)

810 Harper Avenue NW Lenoir, NC 28645

Phone: 828-754-8565

POC: Debra Philyaw, Assistant Director Helping Hands Clinic

Phone: 828-754-8565 ext. 313

[debra@hhcnc.org](mailto:debra@hhcnc.org)

## West Caldwell Health Council

Happy Valley and Collettsville Medical Centers Both facilities operate on a sliding fee scale for uninsured and underinsured patients. These facilities accept all insurance including Medicaid and Medicare. Services include dental exams, chronic disease management, preventive care, gynecologic care, pediatric care, immunizations, physicals, and family planning services.

For more information please visit:

### Collettsville Medical Center

4330 Collettsville Rd Collettsville, NC 28611

Phone: 828-754-2409

### Happy Valley Medical Center

1345 Highway 268 Patterson, NC 28661

Phone: 828-754-6850

POC: Thomas B. McRary, Chief Executive Officer

West Caldwell Health Council, Inc

[tmcrary@westcaldwellhc.org](mailto:tmcrary@westcaldwellhc.org)

---

Wanda Icenhour Ellis, Outreach and Enrollment

West Caldwell Health Council, Inc.

(828) 754-2409 ext 104

[wellis@westcaldwellhc.org](mailto:wellis@westcaldwellhc.org)

---

## **MENTAL HEALTH**

### **The Caldwell House**

The Caldwell House provides structure, responsibility, and accountability which are key to a person's recovery. The House accepts only individuals who have completed at least 4 weeks of in-patient substance abuse treatment. The residents are adult males only. Residents accepted to the Caldwell House can benefit from its therapeutic program as they learn how to re-enter society in a safe and healthy environment. Intake procedures include reviewing assessments (which helps identifies maladapted behavior or the presence of other conditions, which may cause susceptibility to abuse by self or others) and going over treatment and aftercare plans to determine if the resident meets program admission criteria. Individuals who do not meet certain admission criteria may not be accepted to the House. The average stay at Caldwell House is between 8 and 12 months. The House requires at least a 4-month commitment from residents and active involvement in the implementation of aftercare plans and employment.

For more information please visit: <https://www.thecaldwellhouse.com/>

951 Kenham PL SW Lenoir, NC 28645

Phone: 828-754-5148

[thecaldwellhous123@gmail.com](mailto:thecaldwellhous123@gmail.com)

### **RHA Behavioral Health**

RHA offers a range of behavioral health services including clinical Intake/diagnostic assessments, community support services, deaf and hard of hearing services, DWI services, facility-based crisis interventions, intensive in-home services, jail diversion, and re-entry programs, and several outpatient detox programs.

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

2415 Morganton Blvd SW, Suite 100 Lenoir, NC 28645

Phone: 828-394-5563

### **VAYA Health**

VAYA Health is a regional organization that coordinates high-quality prevention, treatment, and support services for individuals and families in our communities with developmental disabilities, mental health, or substance abuse needs. Services include mental health counseling, intellectual/developmental disability interventions, and substance abuse services.

For more information please visit: [www.vayahealth.com](http://www.vayahealth.com)

825 Wilkesboro Blvd. SE Lenoir, NC 28645

Phone : 828-225-2785

POC : Dustin Burlison [dustin.burlison@vayahealth.com](mailto:dustin.burlison@vayahealth.com)

Darrell Parlier [richard.parlier@vayahealth.com](mailto:richard.parlier@vayahealth.com)

---

## **Bethel Colony of Mercy**

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

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

1675 Bethel Colony Road Lenoir, NC 28645

Phone: 828-754-3781

## **The McLeod Center**

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

For more information please visit: [www.mcleodcenter.com](http://www.mcleodcenter.com)

222 Morganton Blvd SW Lenoir, NC 28645

Phone: 828-610-2740

---

## **CHILDREN AND FAMILIES**

### **Blue Ridge Community Action**

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

For more information please visit: [www.brcainc.org](http://www.brcainc.org)

800 North Green Street Morganton, NC 28655

Phone: 828-438-6255

### **Robin's Nest Children's Advocacy Center**

The Children's Advocacy Center of Caldwell County serves the needs of severely physically and sexually abused children in Caldwell County. Robin's Nest provides a central location for the services to abused children, using the Multi-Disciplinary Team approach to providing care for child victims. Services include interview and case review, medical examinations, shelter and protective services, advocacy throughout the legal process, and counseling.

For more information please visit: <http://www.robinsnestcac.org>

1051 Harper Avenue Lenoir, NC 28645

Phone: 828-754-6262

### **Caldwell Council on Adolescent Health**

The Caldwell Council on Adolescent Health, a non-profit organization, was founded in 1983, to reduce teen pregnancy and sexually transmitted infections. The council promotes positive life choices by using best practice models in the classroom.

For more information please visit: <https://www.ccah.online/>

506 Wilkesboro BLVD Lenoir, NC 28645

Phone: 828-757-9020

### **Caldwell Friends, Inc.**

For a period of one year, this agency matches a caring, positive, and stable adult volunteer with at-risk youth in the community. These youth need a positive, consistent role model to encourage the development of sound values and appropriate behavior to improve self-esteem. This agency provides ongoing supervision and support to the youth and volunteers.

For more information please visit: <https://www.caldwellfriends.com/contact>

918 West Avenue NW #206 Lenoir, NC 28645

Phone: 828-758-4683

---

## **Communities in Schools**

Communities in Schools (CIS) of Caldwell County is an intervention program created by a public/private partnership to target and meet the needs of identified students in Caldwell County Schools. The program operates in the county's four middle schools, three high schools, and two elementary schools. The partnership is made up of industry, government, social service agencies, the school system, and community volunteers. Our mission is to champion the connection of needed community resources with schools to help young people successfully learn, stay in school, and prepare for life.

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

313 Ridge Street NW Lenoir, NC 28645

Phone: 828-929-2247

## **Crossroads Church/Storehouse Daily Bread**

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

For more information please contact:

Phone: 828-612-6802

2075 Morganton Blvd Lenoir, NC 28645

## **Mountain Grove Baptist Church Food Pantry**

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

For more information please contact:

Phone: 828-728-9557

2485 Connelly Springs Rd Granite Falls, NC 28630

## **Baptist Children's Home Care**

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

For more information please contact:

Phone: 828-754-7904

1120 Taylorsville Rd Lenoir, NC 28645

<http://www.bchfamily.org/>

---

## **Caldwell County Department of Social Services**

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

For more information please visit: [www.caldwellcountync.org](http://www.caldwellcountync.org)

2345 Morganton Blvd Lenoir, NC 28645

Phone: 828-426-8200

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

The Resource Center is a place where all families of young children can relax, share information, find support, and play with their children in a nurturing environment. The Resource Center offers a large and well-equipped playroom and shares the facility with a variety of other programs for families and children. In Caldwell County, the Enola Group offers Early Head Start services and home-based education services. Caldwell Early Head Start offers parent-child playgroups and enrichment activities, developmental screenings, assessments, parent education classes, and other family supports.

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

609 Harper Avenue Lenoir, NC 28645

Phone: 828-757-8632

## **South Caldwell Christian Ministries**

The ministry serves the needs of the people in Southern Caldwell County through the cooperative efforts of member churches, United Way, individuals, schools, non-profit groups, businesses, and the public. Assistance is provided through clothing, diapers, financial assistance, food, fans, furniture, household needs, school supplies, A/C (elderly or handicapped only), monthly food delivery to the elderly, counseling, budgeting, referrals, and follow-up.

For more information please contact: 828-396-4000

5 Quarry Rd Granite Falls, NC 28630

## **Caldwell County Yokefellow**

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

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

202 Harper Ave. NW Lenoir, NC 28645

Phone: 828-754-7088

---

## **HEALTH PROMOTION**

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

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

For more information please visit: <https://www.caldwellmemorial.org/wellness/quest4life-services/>

1031 Morganton Blvd Lenoir, NC 28645

Phone: 828-758-8753

### **THRIVE**

The center provides social and physical activities, academic activities, senior referral services, health screenings, exercise programs, legal assistance, income tax preparation, and many other activities for seniors. There are programs available for anyone 50 years and older to take part in.

For more information please visit: <https://www.thrive828.com/>

650 A Pennton Avenue SW Lenoir, NC 28645

Phone: 828-758-2883

### **Caldwell County Cooperative Extension**

The Caldwell County Cooperative Extension Center gives our county's residents easy access to the resources and expertise of NC State University and NC A&T State University. Through educational programs, publications, and events, Cooperative Extension agents deliver unbiased, research-based information to Caldwell County citizens. The foods, nutrition, and health program in Caldwell County focus on food safety education, and nutrition education to community groups and schools about the basics of good nutrition. Classes and educational materials on Food Safety, food preservation, and Heart Healthy information are available.

For more information please visit: <https://caldwell.ces.ncsu.edu/>

120 Hospital Avenue NW Lenoir, NC 28645

Phone: 828-757-1290

---

## **RECREATION**

### **City of Lenoir Parks and Recreation**

The City of Lenoir Parks and Recreation Department provides recreational opportunities including organized youth sports leagues, summer camps, exercise facilities and classes, adult tournaments, softball leagues, adult water aerobics, swimming lessons for children, gymnastics, and other recreational opportunities. Services are available for varying registration fees but the City of Lenoir employees can enroll their families at no charge.

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

720 Mulberry Street Lenoir, NC 28645

Phone: 828-757-2166

### **Town of Hudson Recreation Center**

The Town of Hudson Recreation Department provides recreational opportunities including organized youth sports leagues, summer camps, exercise facilities, adult tournaments, softball leagues, adult water aerobics, swimming lessons for children, gymnastics, and other recreational opportunities.

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

450 Redwood Street Hudson, NC 28638

Phone: 828-726-6304

### **Town of Granite Falls Recreation Department**

The Granite Falls Recreation Department provides recreational opportunities including organized youth sports leagues, summer camps, exercise facilities, adult tournaments, softball leagues, adult water aerobics, swimming lessons for children, gymnastics, and other recreational opportunities.

For more information please visit: [www.granitefallsrc.com](http://www.granitefallsrc.com)

30 Park Square. Granite Falls, NC 28630

Phone: 828-396-3131

### **Caldwell County Pathways**

Caldwell County Pathways partners with multiple agencies to develop, coordinate and promote non-motorized, multi-use pathways for the enhancement of the quality of life in Caldwell County. This organization provides guides or maps of all walking trails in Caldwell County. Membership is open to any interested residents of Caldwell County.

For more information please visit: <https://www.caldwellchambernc.com/parks-greenways-pathways/>

PO Box 1954 Lenoir, NC 28645

828-726-0616

---

## **OTHER**

### **Caldwell Opportunities, Inc.**

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

For more information please visit: [www.coiworks.org](http://www.coiworks.org)

1617 College Ave. SW Lenoir, NC 28645

Phone: 828-757-5680

Contact: Pam Helton, President

### **Shelter Home of the Foothills**

Shelter Home of the Foothills is dedicated to assisting survivors of domestic violence and their children. Our trauma-informed professionals are deeply committed to providing the care and support needed to navigate the aftermath of abuse.

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

Email: [info@shelterhomecc.org](mailto:info@shelterhomecc.org)

Phone: (828) 758-0888

Executive Director: Lisa Clontz

### **Long Term Recovery Group**

The Caldwell County Long Term Recovery Group (CCLTRG) was created to coordinate disaster recovery efforts for individuals and families impacted by crises—ensuring they receive the resources needed to rebuild their lives with dignity and support.

Formed in response to the long-term effects of Hurricane Helene, CCLTRG brings together local nonprofits, faith-based organizations, government agencies, businesses, and volunteers to deliver a compassionate and coordinated recovery across Caldwell County.

Our work begins when the initial emergency response ends. We help survivors navigate the long road to stability by offering personalized support and connecting them with critical services. We are committed to serving our neighbors with compassion, equity, and efficiency—ensuring no one is left behind in the recovery process.

For more information please visit: <https://www.caldwellltrg.com/>

Email: [Info@CaldwellLTRG.com](mailto:Info@CaldwellLTRG.com)

Executive Committee: Rebekah Bumgarner – Chair (Caldwell County Department of Social Services), Nicky Waters – Vice Chair (Pastor, Poovey’s Chapel Baptist Church), Michael Layza – Co-Treasurer (Western Piedmont Council of Governments (WPCOG))

Jamie Willis - Co-Treasurer (Google)

---

# Appendix E: Data Sources

## **Caldwell at a Glance:**

NCpedia. Caldwell County geography and history, 2006. Caldwell County

Caldwell County Government. History of Caldwell County.

## **Background and Introduction:**

NC Department of Health and Human Services. Health Disparities Analysis Report, 2024.

Office of Disease Prevention and Health Promotion. Healthy People 2030 data indicators, 2022.

American Academy of Pediatrics. Caring for Teen parents and Their Children, 2021.

Federal Interagency Forum on Aging-Related Statistics. Older Americans Key Indicators of Well-Being Report, 2024.

## **Today in Caldwell:**

US Census Bureau. QuickFacts, Caldwell County North Carolina, 2020-2024.

## **Morbidity and Mortality:**

Centers for Disease Control and Prevention. National Center for Health Statistics, North Carolina State Statistics, 2023.

NC State Center for Health Statistics. Detailed Mortality Statistics for North Carolina, Caldwell County, 2019-2023.

NC State Center for Health Statistics, 2019-2023 Ten Leading Causes of Death by County Residence and Age Group: Ranking, Numbers of Death, and Unadjusted Death Rates per 100,000 Population

## **Areas of Success:**

NC State Center for Health Statistics. Infant mortality statistics, Caldwell County 2019-2023.

NC State Center for Health Statistics. Infant mortality statistics, Caldwell County, 2013-2017.

NC State Center for Health Statistics. Infant mortality statistics, Caldwell County, 2014-2018.

NC State Center for Health Statistics. Infant mortality statistics, Caldwell County, 2016-2020.

NC State Center for Health Statistics. Infant mortality statistics, Caldwell County, 2019-2023.

Caldwell Long-Term Recovery Group. Community resources and disaster recovery, 2025.

NC DETECT. Annual emergency department visit trends, Caldwell County, 2025.

---

Caldwell County Government. Community Health Assessments. 2022.

National Hurricane Center. Tropical Cyclone Report: Hurricane Helene, 2024.

NC Department of Health and Human Services. Overdose Epidemic Data, 2022-2025.

Florida State University Climate Center. Hurricane Helene summary report, 2024.

Queen City News. FEMA disaster resource center opens in Caldwell County, 2024.

Caldwell County United Way. Hurricane Helene relief resources, 2024.

**Areas of Concern:**

NC DETECT. Annual emergency department visit trends, Caldwell County, 2025.

NC DETECT. Annual emergency department visit trends, Caldwell County, 2024.

NC State Center for Health Statistics. Statewide health statistics, Suicide Trends and Demographics, North Carolina, 2019-2023.

NC State Center for Health Statistics. Statewide health statistics, Suicide Trends and Demographics, Caldwell County, 2019-2023.

NC SUPPORT. Social determinants and community data dashboard, 2022.

**Top Priorities:**

**Mental Health and Substance Use:**

North Carolina Data Portal. Health Outcomes, Detailed Chronic Conditions/ Mortality Statistics for North Carolina, Caldwell County, 2023.

**Transportation:**

North Carolina Data Portal. Community Design, Employment/Neighborhood and Built Environment Statistics for North Carolina, Caldwell County, 2019-2023.

AllTransit. Rankings, Performance Score, Connectivity, Access to Jobs, and Frequency of Service, Statistics for North Carolina, Caldwell County, Date Accessed: 2/05/2026.

**Cost of Living:**

United for ALICE. The State of ALICE in North Carolina, 2025.

NC SUPPORT. Social determinants and community data dashboard, 2024.

Census Reporter. Caldwell County, NC, 2024.

---

# Thank you for your Attention

