



# STOKES COUNTY



# COMMUNITY HEALTH ASSESSMENT

2025



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## DEDICATION

# THE 2026 COMMUNITY HEALTH ASSESSMENT IS DEDICATED TO

## MELINDA SEALEY

FOR OVER THREE DECADES, MELINDA SEALEY HAS BEEN A CORNERSTONE OF CARE, COMPASSION, AND COMMITMENT AT THE STOKES COUNTY HEALTH DEPARTMENT. SERVING AS A LAB AND REFERRAL NURSE, SHE HAS PLAYED AN ESSENTIAL ROLE IN CONNECTING PATIENTS TO THE SERVICES THEY NEED, PROVIDING CRITICAL LAB SUPPORT AND SERVING AS A TRUSTED AND STEADY PRESENCE FOR BOTH STAFF AND COMMUNITY MEMBERS.

FROM HER EARLIEST DAYS ON THE JOB TO HER 30TH YEAR, MELINDA HAS CONSISTENTLY GONE ABOVE AND BEYOND, NOT ONLY ENSURING THAT PROCEDURES ARE DONE WITH PRECISION AND CARE, BUT ALSO TAKING THE TIME TO TRULY LISTEN TO PATIENTS, COMFORT FAMILIES, AND SUPPORT HER COLLEAGUES WITH KINDNESS AND PROFESSIONALISM.

HER WORK BEHIND THE SCENES; QUIET, SKILLED, AND DEEPLY DEPENDABLE, HAS IMPACTED COUNTLESS LIVES IN STOKES COUNTY. WHETHER COORDINATING LAB RESULTS, HELPING SOMEONE NAVIGATE A COMPLEX REFERRAL, OR SIMPLY OFFERING A REASSURING WORD, MELINDA HAS BEEN AN EXAMPLE OF WHAT IT MEANS TO SERVE WITH HEART.

AS WE REFLECT ON HER 30 YEARS OF SERVICE, WE EXPRESS OUR DEEPEST GRATITUDE FOR THE DEDICATION, INTEGRITY, AND HUMANITY SHE HAS BROUGHT TO PUBLIC HEALTH. THE DIFFERENCE SHE HAS MADE CANNOT BE MEASURED, BUT IT WILL LONG BE REMEMBERED.

THANK YOU, MELINDA SEALEY, FOR 30 REMARKABLE YEARS OF SERVICE. YOU HAVE MADE A LASTING IMPACT ON THIS COMMUNITY AND ON ALL OF US WHO HAVE HAD THE HONOR TO WORK WITH YOU.



## ACKNOWLEDGEMENTS

The Community Health Assessment Planning Committee consisted of representatives from sixteen community organizations in Stokes County. The Stokes County Health Department served as the fiscal agent for the partnership and provided facilitation and coordination throughout the assessment process. Additionally, the Community Health Assessment team supported the dissemination of information and the identification of key health priorities. Members of the Community Health Assessment Planning Committee include:

**Stokes County Health Department**  
**Insight Human Services – Derrick Vickers**  
**Stokes Partnership for Children – Shanda Cox**  
**Stokes County Collaborative**  
**Stokes Citizens for Safe and Healthy Communities**  
**Stokes County Resiliency Collaborative**  
**Vaya Health**  
**Stokes County EMS**  
**Daymark Recovery Services**  
**Stokes County Schools**  
**Youth Haven Services**  
**Parenting Path**  
**Surry/Stokes Friends of Youth**  
**Stokes County Sheriff’s Office / Law Enforcement**  
**Non-Profit Leaders**  
**Community Members**

Finally, this assessment process would not have been possible without the active involvement of numerous professionals and community members. We extend our sincere gratitude to all who completed the Community Health Assessment survey, participated in community conversations, and contributed to the Community Health Improvement Plan discussions and prioritization activities.

## CHA STEERING COMMITTEE

The Community Health Assessment (CHA), conducted by the Stokes County Health Department, utilizes an inclusive approach to foster community engagement, build trust, and strengthen support for public health initiatives. The CHA Steering Committee and collaborating partners possess a thorough understanding of community dynamics and are committed to dedicating the necessary time and effort to ensure the success of the CHA process.

Name	Title	Organization
Tammy Martin	Health Director	Stokes County Health Department
Hayley Shelton	Assistant Health Director	SCHD
Lisa Cassidy-Vu	Medical Director	SCHD
Joanie Spencer	Clinical Supervisor	SCHD
Savannah Hayes	SCOPE Coordinator	SCHD
Kayla Bohannon	Community Health Worker	SCHD

## ACKNOWLEDGEMENTS-BOARD OF HEALTH

A Board of Health is a local governing or advisory body responsible for protecting and promoting the health of the community. It provides oversight and guidance to the local health department, adopts public health policies and regulations, and ensures compliance with state and federal public health laws. The Board of Health also reviews community health data, supports public health initiatives, and helps set priorities that address the health needs and well-being of the community.

Name	Title	Organization
Tammy Martin	Health Director	Stokes County Health Department
Hayley Shelton	Assistant Health Director	SCHD
Lisa Cassidy-Vu	Medical Director	SCHD
Chad Jarvis	NRP	Public Member
Candice Fix	Optometrist	Magnolia Eye Care
Amber Hairford	MD-Physician	Novant Health
Ashley O'Steen	Duke Clinical Trials	Public Member
Wayne Barneycastle	County Commissioner	Stokes County
Steven Jones	Professional Engineer	Salem Engineering
Tim Mabe	Dentist	Mabe & Mabe Dentistry
Ross Kiser	Pharmacist	Stokes Pharmacy
Beverly Essick	RN, MSN	Retired

We would like to express our deepest appreciation to Kathy, Director of Community Health Assessment and her team at the NCDHHS Division of Public Health, for her guidance and expertise throughout the development of this assessment.

WELCOME

# Hi, I'm Tammy Martin.

Dear Residents and Community Partners,

I am pleased to share with you the 2026 Stokes County Community Health Assessment (CHA), a comprehensive look at the health and well-being of our county.

This is the first time the Stokes County Health Department has conducted a Community Health Assessment of this kind. The report brings together local health data, results from a county-wide community survey, and insights from focus groups. Together, these help us better understand the strengths and challenges that affect the health of Stokes County residents. The CHA looks beyond doctors and hospitals; it considers the many factors that influence health in our communities. This includes access to affordable housing, healthy food, transportation, quality education, job opportunities, and more. A key focus of the report is health equity, which means making sure that everyone in Stokes County has a fair opportunity to live a healthy life, regardless of their background or circumstances.

This assessment is the result of a year-long effort that began in the summer of 2024. During this time, we collected data on healthcare access, chronic and infectious diseases, health behaviors, and maternal and child health. The assessment was guided by a team of Stokes County Health Department staff and a steering committee made up of local partners who helped shape the process. These partners were vital in encouraging community participation, identifying priority issues, and helping us understand the data in context.

We are deeply grateful to all who shared their time, input, and perspectives. Your voices helped shape this report, and we hope you see your contributions reflected in its pages.

While the CHA offers important insights, it is just the beginning. We see this as the foundation for future collaboration and action, so that everyone in Stokes County has the opportunity to achieve their best health.

Sincerely,

Tammy Martin, MSHE MPH, Health Director  
Stokes County Health Department



# EXECUTIVE SUMMARY

## VISION STATEMENT

To create a community where all Stokes County residents enjoy optimal health and wellbeing through equity, prevention, and strong community partnerships.

## A FOUNDATION FOR ACTION

This 2026 Stokes County CHA offers a comprehensive snapshot of health and wellness in the county. It incorporates both public health data and firsthand feedback from residents.

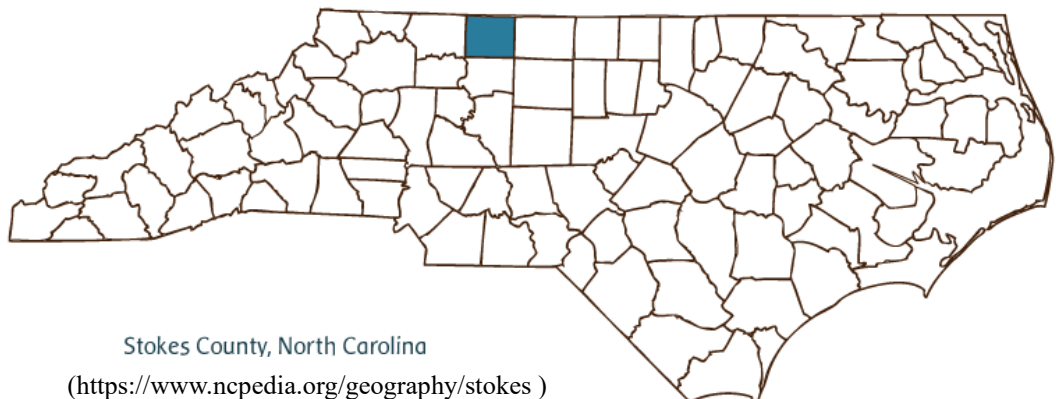
This marks the first time that Stokes County has conducted a CHA using this enhanced, community-centered approach, gathering input across a wide range of health topics, including:

- Access to healthcare
- Nutrition and food security
- Physical activity
- Mental and behavioral health
- Environmental and social determinants of health

Over 700 community members participated through surveys and focus groups. The findings reflect the strengths, challenges, and health disparities present in Stokes County today. The assessment also emphasizes the many non-medical factors that shape health, such as housing, education, income, transportation, and access to healthy food.

This report sheds light on how differences in resources and opportunities contribute to unequal health outcomes among residents. By understanding these root causes, Stokes County is better positioned to take targeted, informed actions that promote health equity and improve quality of life for all.

The ongoing monitoring of population health is a core responsibility of local health departments. As the primary source of local health information, the Stokes County Health Department remains committed to increasing the availability of high-quality, accessible health services, and to working in partnership with the community to ensure everyone has the opportunity to achieve their best possible health.



Stokes County, North Carolina  
(<https://www.ncpedia.org/geography/stokes>)

# ABOUT THE 2026 COMMUNITY HEALTH ASSESSMENT

## STRUCTURE & FRAMEWORK

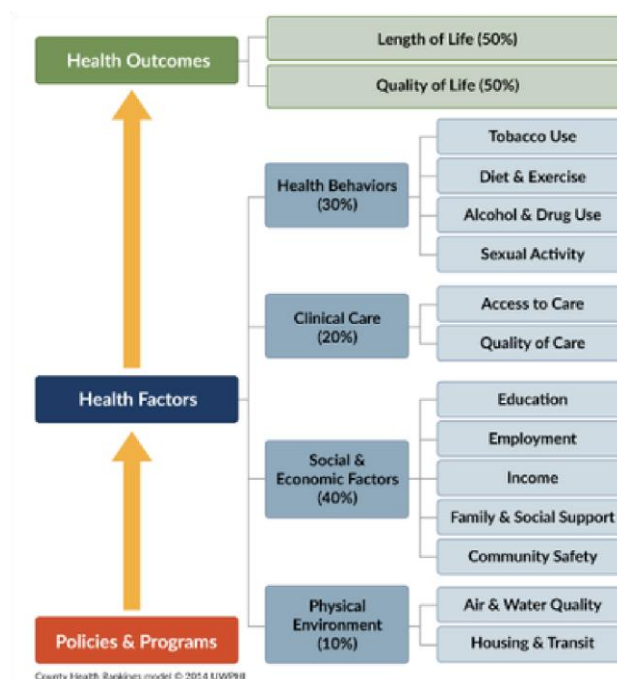
Stokes County’s Community Health Assessment (CHA) uses the Population Health Framework and Results-Based Accountability™ (RBA) to identify and address health disparities. This approach highlights the role of social determinants of health and promotes cross-sector collaboration to improve community well-being.

The Population Health Framework, used in models like the County Health Rankings, identifies Health Outcomes, length of life and quality of life (50% each) and the factors influencing them:

- Health Behaviors: 30%
- Clinical Care: 20%
- Social & Economic Factors: 40%
- Physical Environment: 10%

RBA guides Stokes County’s Community Health Improvement Plan (CHIP), helping track indicators, evaluate programs, and focus on results for priorities like mental health, substance use, and chronic illness. It emphasizes measurable outcomes, cross-sector accountability, and continuous improvement using feedback loops like “Is anyone better off?” and “Turn the Curve” thinking.

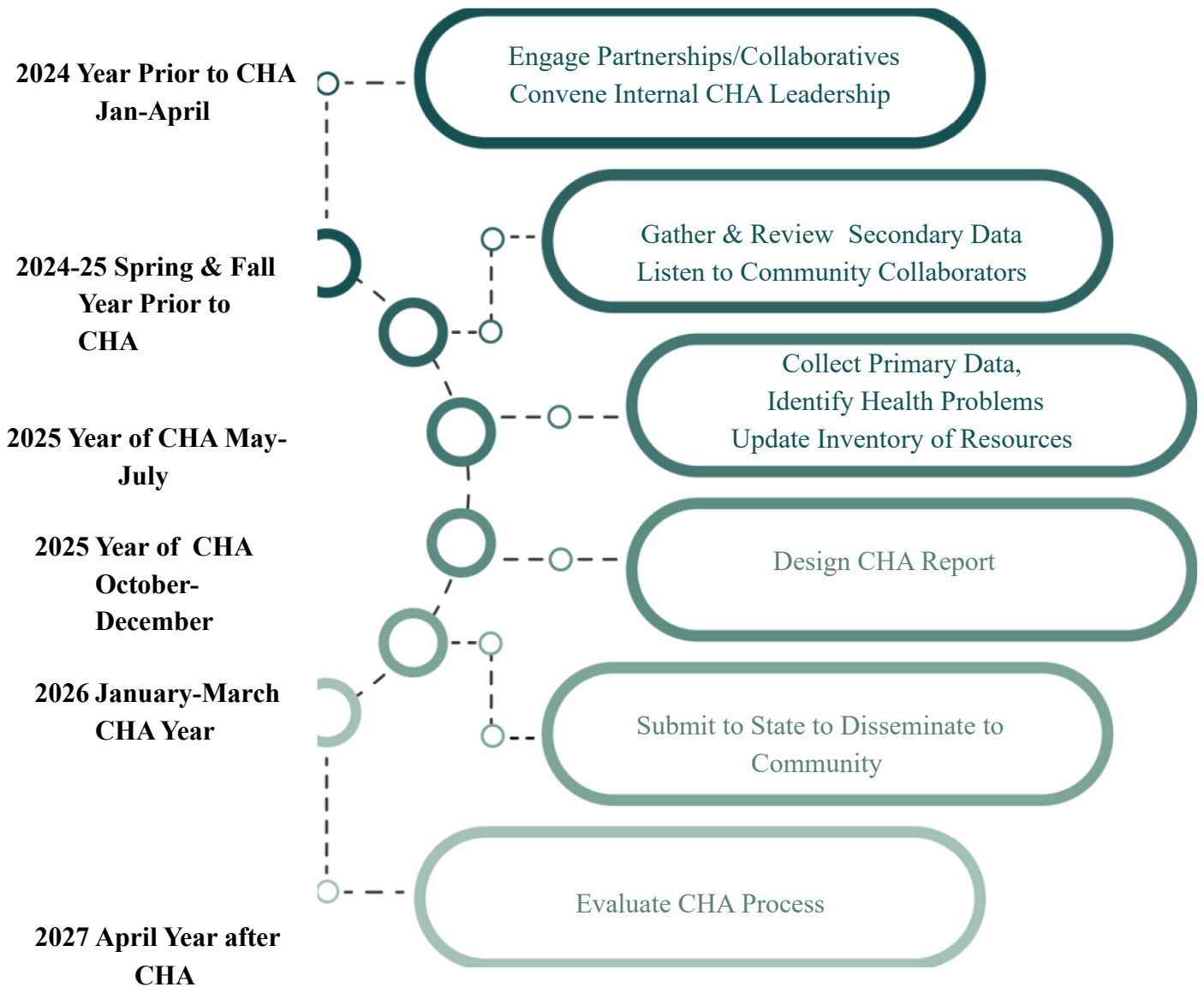
By combining the Population Health Framework with RBA, Stokes County aligns programs, policies, and partnerships to reduce health disparities and build a healthier, more equitable community.



(<https://medium.com/@msiddanati/social-determinants-of-health-the-new-frontier-for-value-based-care-37239bfc350d>)

# COMMUNITY HEALTH ASSESSMENT TIMELINE

In preparation for the Community Health Assessment (CHA), Stokes County has developed a structured timeline to guide the process. The year prior to the CHA (2024), the county engaged with community partnerships and collaboratives and convened with the internal CHA leadership team. From January to April 2024, secondary data was gathered and reviewed, while input from community collaborators was actively sought. In May 2025, the Community Health Survey was developed and revised, primary data was collected, key health problems were identified, and the inventory of community resources was updated. Between October and December 2025, the design and drafting of the CHA report took place. From January to March 2026, the completed CHA was submitted to the state and disseminated to the community. Finally, in April 2027, one year after the CHA, the county evaluates the assessment process to inform improvements for future cycles.



# STOKES COUNTY HEALTH RANKINGS

According to the 2023 County Health Rankings & Roadmaps, Stokes County ranks:

- 43rd for Health Outcomes
- 58th for Health Factors

These rankings consider a broad range of indicators including high school graduation rates, access to healthy food, rates of uninsured individuals, and more. While rankings provide a helpful snapshot, they do not fully reflect the lived experiences of residents or the complexity of local health challenges.

In many areas of Stokes County, residents benefit from strong community connections, a supportive faith-based network, and close relationships with local service providers. However, challenges persist, especially in terms of:

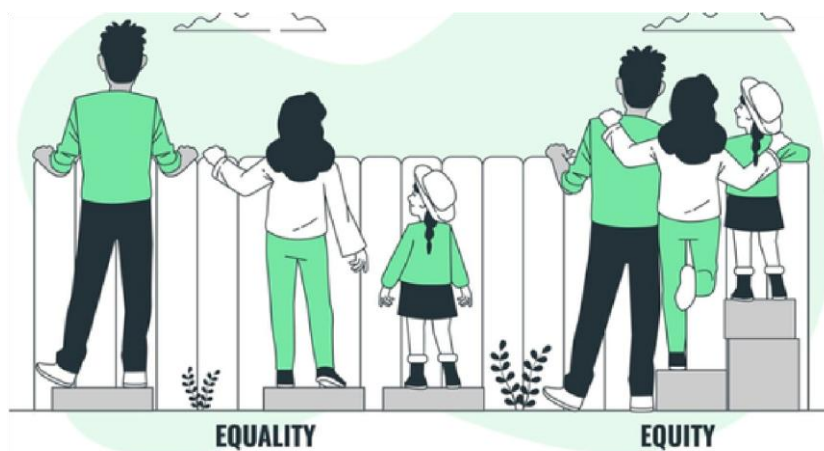
- Limited access to primary care, mental health, and dental services
- Food insecurity and lack of nearby full-service grocery stores
- Transportation barriers for seniors and families without reliable vehicles
- Persistent economic disparities, including high poverty rates in some communities

## WHY HEALTH EQUITY MATTERS IN STOKES COUNTY

Even though Stokes County may not face the same urban pressures as larger communities, the gap between those with more and those with less remains significant. Health equity means closing that gap, ensuring every resident, no matter their ZIP code, background, or income, has the opportunity to live a healthy life.

By improving access to healthcare, education, nutritious food, and safe housing, and by listening to the voices of residents, we can build a healthier future for everyone in Stokes County.

**HEALTH EQUITY IS NOT JUST A GOAL, IT'S A COMMITMENT TO FAIRNESS, INCLUSION, AND OPPORTUNITY.**



(<https://blog-en.learningcycle.co/2025/03/04/equity-vs-equality-why-fairness-isnt-one-size-fits-all/>)

## KEY FINDINGS

Stokes County has an estimated population of approximately 46,324 residents, according to the 2025 World Population Review. The racial composition of the county is predominantly White (91.32%), followed by individuals identifying as two or more races (3.88%), Black or African American (3.44%), other races (1.13%), Native American (0.2%), and Asian (0.04%).

Approximately 96.6% of residents speak English. The county has experienced a noticeable increase in its older adult population, rising from 21.8% in 2021 to 23.3% in 2023, reflecting an aging population and an associated rise in chronic health concerns. Adults aged 18–64 make up approximately 55.2% of the population. Females account for 50.9% of residents, while males comprise 48.1%.

According to Census.gov, the median household income in Stokes County was \$60,063 in 2023. The county's poverty rate declined from 12.1% in 2020 to 10.5% in 2023. Data from the U.S. Bureau of Labor Statistics show the unemployment rate was 3.6% in September 2025, following a significant spike to 10.9% in May 2020. Additionally, 89.9% of residents aged 25 and older hold a high school diploma or higher.

## PEER COUNTY REVIEW

When comparing Stokes County to peer counties Davie, Jackson, and McDowell, Stokes appears to be performing relatively well across several key economic indicators. In 2023, the median household income in Stokes County was \$60,063, higher than McDowell County (\$55,527) and Jackson County (\$53,479), though lower than Davie County (\$73,234). The poverty rate in Stokes County is 10.5%, which is lower than all peer counties except Davie (9.7%); both McDowell and Jackson counties exceed 12%. Unemployment in Stokes County stands at 3.6%, placing it near the middle of the peer range, which spans from approximately 2.9% to 4.5%. Overall, these indicators suggest that Stokes County is faring relatively well compared to counties of similar size and rural context, particularly in terms of income stability and lower poverty levels.

Between 2016 and 2021, Stokes County recorded 87 suicide deaths, while from 2021 to 2025 there were 76 deaths, indicating a slight decline. The county has also experienced fluctuations in substance-related emergencies. The emergency room visit rate for overdose decreased from 103 per 100,000 to 37 per 100,000 in 2025. Alcohol-attributable deaths also declined over this period, with a rate of 78.4 per 100,000 (35 deaths) in 2021 compared to 63.7 per 100,000 (29 deaths) in 2025. However, emergency department visits related to alcohol increased from 194 visits in 2021 to 266 visits in 2025, signaling that alcohol use continues to be a significant public health concern in the county. Overall, while some mortality indicators have improved, the rising emergency department visits highlight ongoing challenges with substance use in Stokes County.



# Our Community

## GEOGRAPHY & NATURAL FEATURES

Stokes County, located in the northwestern Piedmont region of North Carolina, encompasses a total area of approximately 456 square miles (1,181 km<sup>2</sup>), according to the U.S. Census Bureau. Of this, 452 square miles is land, and approximately 4 square miles (0.89%) is water. The county features gently rolling terrain typical of the Piedmont, but its landscape is notably shaped by the Sauratown Mountains, an isolated range that rises dramatically from the surrounding lowlands. These mountains, which span about 5% of the county's area, are named after the Saura Native American tribe that once inhabited the region. The range is a remnant of the Blue Ridge Mountains and includes Moore's Knob, which stands as the highest peak at 2,579 feet (786 m) above sea level. Most of the county, however, lies below 1,000 feet (300 m) in elevation. The Dan River flows diagonally across the county from northwest to southeast, providing over 56 miles of waterway for recreational use. Prominent natural attractions include:

- Hanging Rock State Park, offering hiking, camping, and scenic vistas
- Most of Belews Lake, which supports boating, fishing, and other outdoor activities



## GOVERNMENT & ADMINISTRATION

Stokes County was officially established in 1789 and is a member of the Northwest Piedmont Council of Governments.

The county government includes:

- Five elected County Commissioners
- An appointed County Manager and Tax Administrator
- Other elected officials such as the Sheriff, Clerk of Court, and Register of Deeds

The Stokes County Schools system is governed by a five-member School Board, which appoints a Superintendent and submits the annual school budget to the County Commissioners for approval.



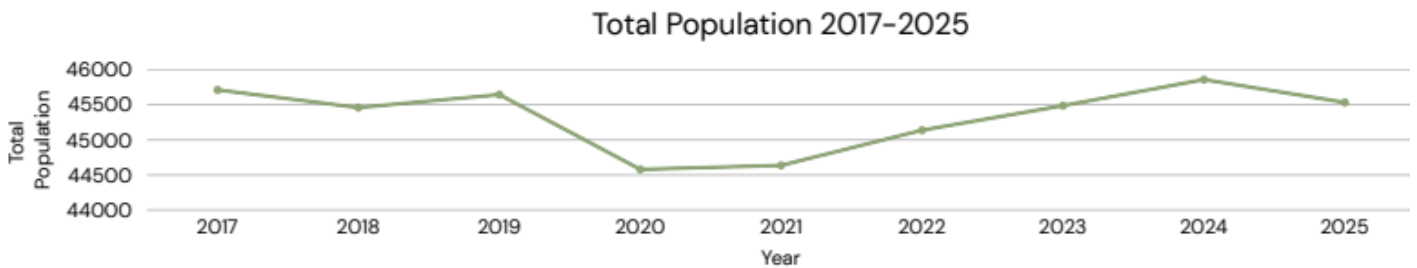
# DEMOGRAPHICS

## POPULATION

Stokes County includes several incorporated and many unincorporated towns. The three incorporated municipalities are:

- City of King – the largest municipality, with a population of 7,792
- Town of Walnut Cove – population 1,604
- Town of Danbury – the county seat, with a population of 186
- (Source: World Population Review, 2023)

According to the World Population Review, Stokes County had an estimated population of 46,324 as of July 1, 2025, reflecting a 2.3% growth since the 2020 Census. This marks a positive shift from previous declines noted in earlier assessments.



(<https://fred.stlouisfed.org/series/NCSTOK9POP>)

2025 World Population Review	Total Population
Stokes County	46,324
Davie County	45,383
North Carolina	11,046,024

2025 Total Stokes Population: 46,324

2030 Projected Total Stokes County Population: 56,809

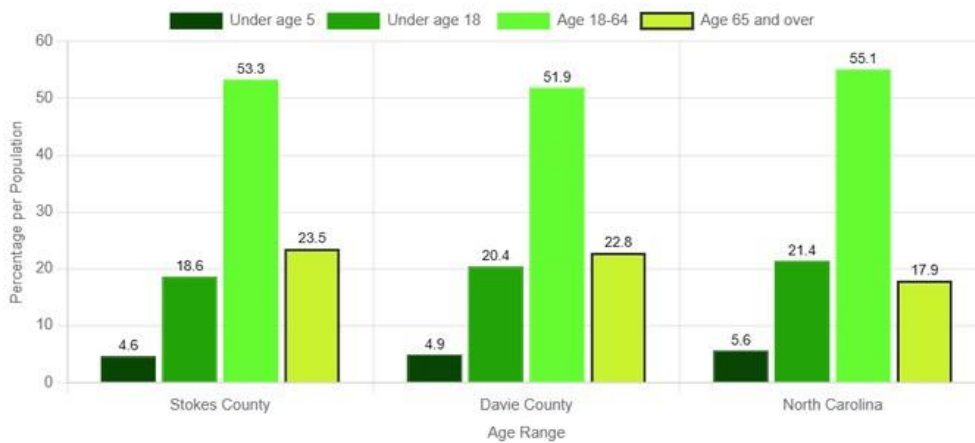


## AGE

The share of older adults in Stokes County has increased from 21.8% in 2021 to 23.3% in 2023, reflecting a steadily aging population. Currently, 4.6% of Stokes County residents are under age 5, 18.6% are under age 18, and 23.5% are age 65 and older.

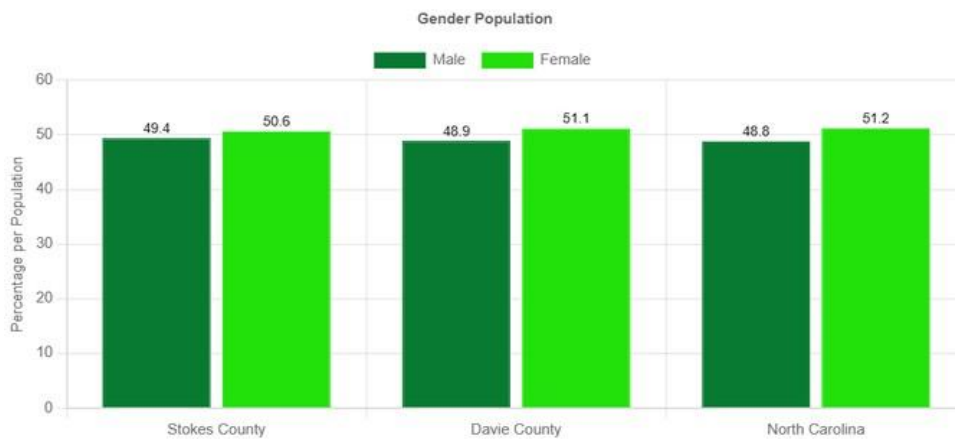
Davie County has a slightly larger proportion of young children, with 4.9% of residents under age 5 and 20.4% under age 18, while its older adult population is somewhat smaller than Stokes County's, at 22.8% age 65 and over. In contrast, North Carolina overall has a younger age profile, with 5.6% of the population under age 5, 21.4% under age 18, and 17.9% age 65 or older.

Overall, these figures highlight that Stokes County has an older population than both Davie County and the state, underscoring the growing importance of services and planning focused on aging adults.



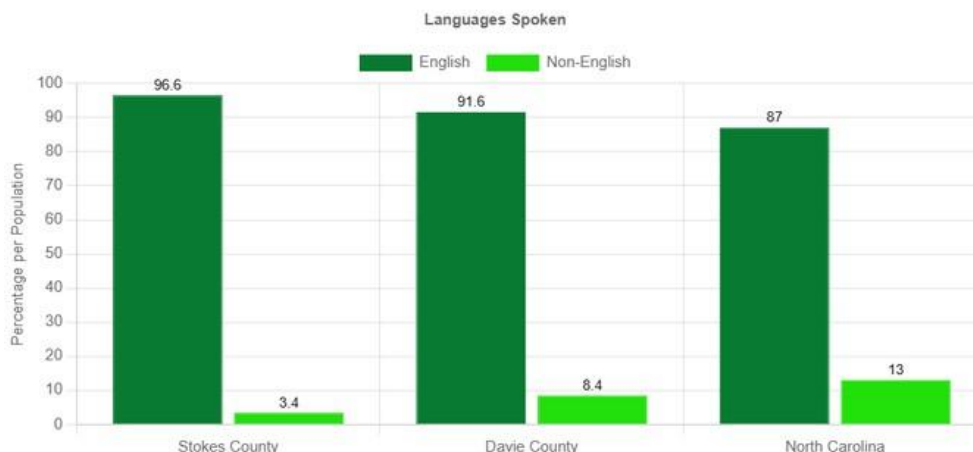
## GENDER

Stokes County's population is 50.6% female, which is slightly below the North Carolina statewide average of 51.1%, a difference of just 0.5 percentage points, indicating a very similar gender distribution. Davie County mirrors the state average, with 51.1% female. Overall, the gender distribution in Stokes County, Davie County, and North Carolina remains balanced.



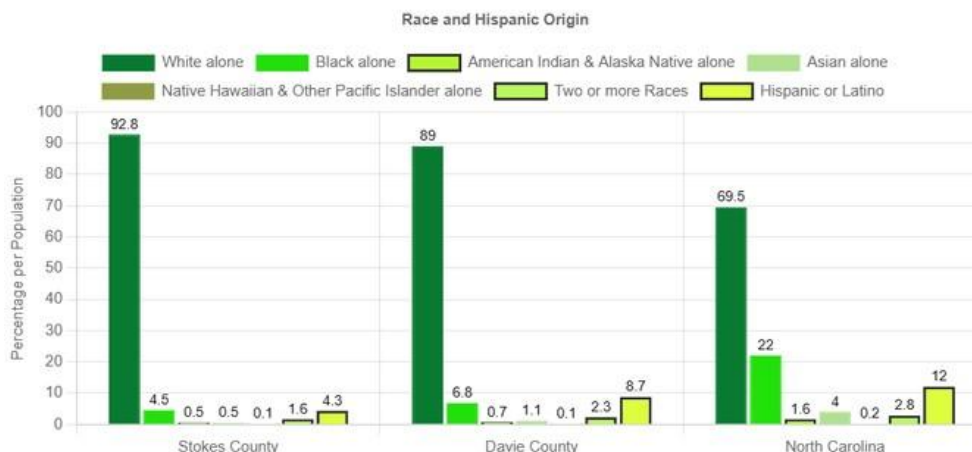
## LANGUAGE SPOKEN

English is the primary language spoken among Stokes County residents (96.6%), a higher proportion than Davie County (91.6%) and North Carolina overall (87%). This suggests that Stokes County has a more linguistically homogeneous population compared to both Davie County and the state, where a larger share of residents speak a language other than English at home.



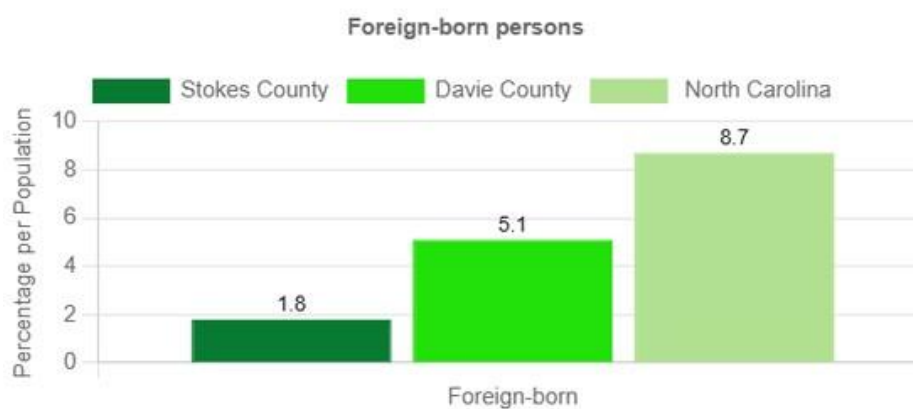
## RACE & ETHNICITY

According to the U.S. Census Bureau, Stokes County remains a predominantly White community, although there is a gradual trend toward increasing racial and ethnic diversity. White (non-Hispanic) residents comprise 92.8% of the county's population, substantially higher than the North Carolina average of 69.5%. The Black (non-Hispanic) population in Stokes County is 4.5%, well below the state average of 22%, while Asian residents account for just 0.5%, compared to 4% statewide. Individuals identifying as Two or More Races make up 1.6% of the population, slightly below the state average of 2.8%. By comparison, Davie County is somewhat more diverse, with 89% White (non-Hispanic) residents, 6.8% Black (non-Hispanic), 1.1% Asian, and 2.3% identifying as Two or More Races. While Stokes County remains relatively homogeneous, these comparisons suggest a slow but ongoing shift toward greater racial and ethnic diversity, particularly when viewed alongside peer counties and statewide trends.



## FOREIGN-BORN POPULATION

As of 2023, approximately 1.82% of Stokes County, North Carolina residents (about 819 individuals) were born outside of the United States. Although this represents a relatively small share of the population, it reflects an increase from 1.46% in 2022, indicating a gradual rise in the county's foreign-born population. By comparison, Davie County has a substantially higher foreign-born population at 5.1%. Despite this growth, Stokes County's foreign-born share remains well below the North Carolina statewide average of 8.7%. Nevertheless, these trends suggest a slow but steady increase in international migration to the area. The chart below illustrates the percentage of foreign-born residents in Stokes County, its peer counties, and North Carolina overall.



## NATIONAL ORIGIN

In Stokes County, North Carolina, residents of different national origins, including immigrants and refugees can access a variety of support services through county departments and affiliated organizations.

The Stokes County Health Department provides information on refugee and immigrant health services, while the Department of Social Services offers economic assistance programs such as food and nutrition support, crisis aid, and access to state benefits, which are available to families of all backgrounds. Stokes County Schools also provides student support services that help children and families with academic, social and health needs, including language support for non-English speakers.

Residents seeking support are encouraged to contact the Health Department, Department of Social Services, local schools or statewide immigrant resource organizations to access available programs and language services. This indicator also highlights the top 15 countries of origin for the foreign-born population in Stokes County and compares these findings to state and national trends. The foreign-born population includes individuals who were not U.S. citizens at birth, encompassing both those who have become U.S. citizens through naturalization and those who are not U.S. citizens.

## NATIONAL ORIGIN

Country	Area Total	State Total	US Total
Mexico	284	226,263	10,816,311
Philippines	201	21,073	1,998,490
Bosnia and Herzegovina	49	2,178	106,263
England	46	10,482	325,698
Turkey	24	2,796	145,380
Russia	18	8,356	413,574
Guatemala	17	28,252	1,133,460
Serbia	15	348	42,903
Japan	15	5,071	339,075
United Kingdom, excluding England and Scotland	12	9,747	317,703
Ethiopia	12	4,480	276,393
Somalia	11	1,447	96,352
Australia	9	1,488	99,555
Germany	9	15,642	533,419
Panama	8	2,905	104,932

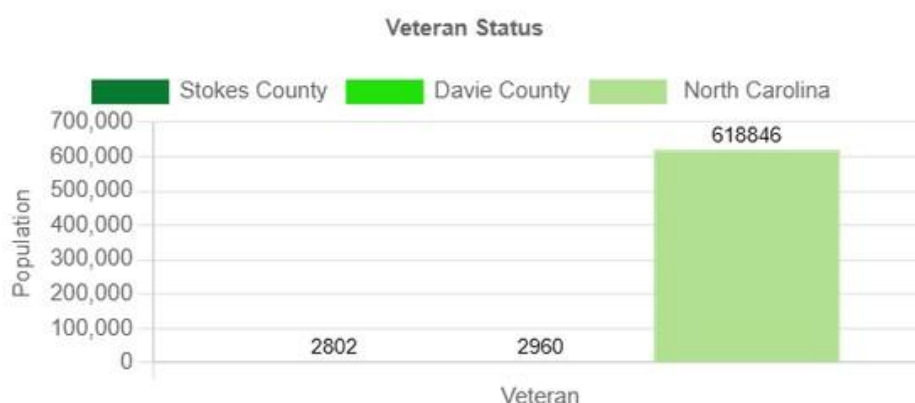
Data Source: US Census Bureau, American Community Survey, 2019-23.

## VETERAN STATUS

Stokes County is home to approximately 2,802 veterans, representing 7.7% of the county's population. Davie County has an estimated 2,960 veterans, accounting for 7.9% of its population, while North Carolina statewide has roughly 618,846 veterans, or 7.6% of the state's population. Overall, the share of veterans in Stokes County closely mirrors the state average, reflecting a comparable level of military service among residents.

To support this population, Stokes County offers several services:

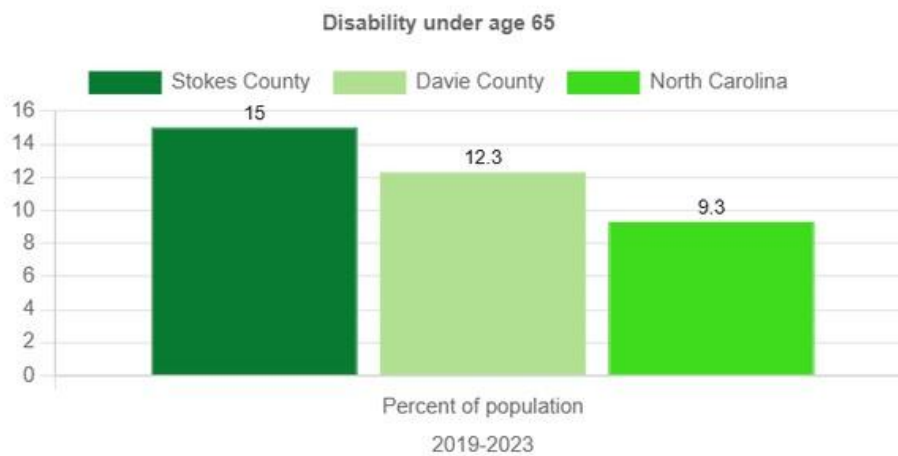
- **Veterans Services Office:** Located in Danbury at the Stokes County Government Center, this office assists veterans and their families in accessing benefits through the U.S. Department of Veterans Affairs.
- **"Thank a Vet" Program:** Administered by the Register of Deeds, this initiative provides eligible veterans with a discount card for use at participating local businesses.
- **American Legion Post 290 (King, NC):** Serves as a community hub for veterans and their families, offering social support and connection.



These programs highlight the county's commitment to addressing the needs of its veteran population. However, ongoing assessment may be needed to ensure adequate access to healthcare, mental health services, transportation, and aging-related care for this group

## DISABILITY STATUS

In Stokes County, approximately 15% of residents under age 65 live with a disability, compared to 12.3% in Davie County and 9.3% statewide. Disability data is critical for guiding equitable planning and service delivery, as individuals with disabilities often require accommodation beyond standard approaches. Effective support depends on customized outreach from healthcare, social service, and community-based providers. The higher prevalence of disability in Stokes County underscores the need for inclusive policies, intentional resource allocation, and flexible service models that address the diverse needs of residents with disabilities.



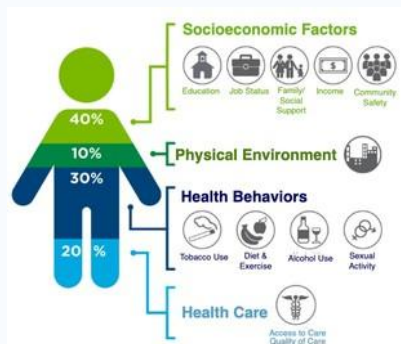


Socioeconomic factors are the social and economic conditions that shape how people live, work, and stay healthy. They influence the opportunities people have and the challenges they face day-to-day.

Common socioeconomic factors include:

- Income – how much money a person or household earns
- Education level – access to schooling, literacy, and job training
- Employment – job stability, working conditions, and benefits
- Housing – quality, safety, crowding, and affordability of where people live
- Access to healthcare – insurance, transportation, and nearby providers
- Food access – availability of affordable, nutritious food
- Transportation – ability to get to work, school, or medical care
- Social support – family, community, and social networks
- Neighborhood environment – safety, pollution, recreational spaces, and resources

These factors are important because they strongly affect health, education outcomes, and overall quality of life. For example, people with lower income or limited education may have more difficulty accessing healthcare, healthy food, or stable housing, which can lead to worse health outcomes.



**Did you know that 80% of a person’s overall health is shaped by factors outside of hospitals and clinics? The largest portion of that 80% comes from what are known as the “Social Determinants of Health,” things like housing, education, income, transportation, and access to healthy food.**

## TOP EMPLOYERS IN STOKES COUNTY

Stokes County's economy is shaped by a mix of public-sector, manufacturing, health care, and service-based employment. The largest employer is the Stokes County Board of Education, with local government agencies such as the County of Stokes and the City of King also providing a significant number of jobs. In rural communities like Stokes, these public-sector roles play an important stabilizing function because large private employers are less common. Manufacturing continues to be a major component of the county's economic base as well, with companies like Kobe Wieland Copper Products and Parkdale America offering many middle-income jobs. However, manufacturing employment can fluctuate depending on broader economic conditions.

Health care and social assistance also represent a key employment sector, driven by hospitals, nursing homes, and assisted living facilities. This reflects a broader trend seen in many rural areas, where health services have become a major source of stable, long-term jobs. The retail and service sector, made up of grocery stores, restaurants, the postal service, and community organizations, provides additional employment opportunities, especially for entry-level and service-oriented workers.

Overall, Stokes County's industry mix reflects its size and rural character. The county does not host large corporate headquarters or large-scale private-sector employers; instead, most organizations employ between 50 and 250 workers. This structure shapes the local labor market, where education, health care, and government offer the most dependability, manufacturing provides solid but sometimes fluctuating opportunities, and many residents commute to nearby counties such as Forsyth for a wider range of employment options.



# TOP EMPLOYERS IN STOKES COUNTY 2024

SOURCE: [HTTPS://D4.NCCOMMERCE.COM/QCEWLARGESTEMPLOYERS.ASPX](https://d4.nccommerce.com/qcewlargestemployers.aspx)

Rank	Company Name	Industry	Employment Range
1	Stokes County Board of Education	Educational Services	500-999
2	County of Stokes	Public Administration	250-499
3	Wal-Mart Associates Inc.	Retail Trade	250-499
4	Wieland Copper Products Llc	Manufacturing	100-249
5	M-6 Contracting Inc	Construction	100-249
6	LifeBrite Hospital of Stokes	Health Care	100-249
7	Food Lion	Retail Trade	100-249
8	Oasis Ahr Llc	Health Care	100-249
9	YMCA of Northwest NC	Arts, Entertainment, & Recreation	100-249
10	Forsyth Technical College	Educational Services	100-249
11	Autumn Corporation	Health Care	100-249
12	City of King	Public Administration	50-99
13	Parkdale Mills Inc	Manufacturing	50-99
14	Insperty Peo Services Lp	Professional, Scientific, & Technical Services	50-99
15	Izzy & Tucker Investments Llc	Accommodation and Food Services	50-99

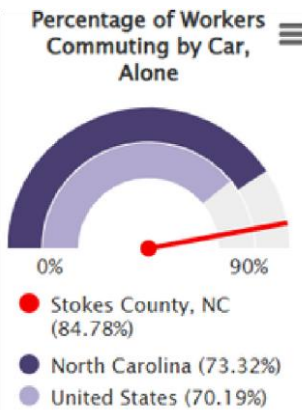
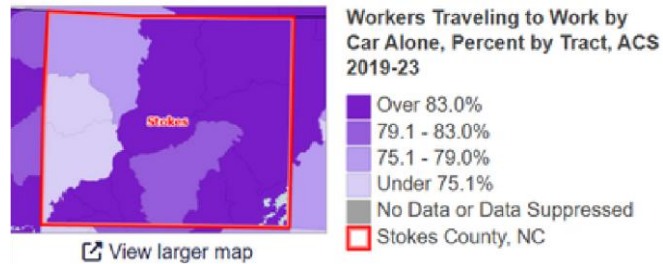
# SOCIAL & ECONOMIC FACTORS

## COMMUTE TIME

Due to its rural terrain and limited infrastructure, many residents of Stokes County experience longer travel times to work, with a mean commute of approximately 30.5 minutes. Commute time is increasingly recognized as a social determinant of health, as commutes lasting 30 to 60 minutes or more are associated with increased stress and anxiety, higher blood pressure, poorer sleep, reduced time for physical activity and healthy meal preparation, and limited access to healthcare. These extended travel times contribute to time poverty, leaving individuals with less time for selfcare, family interaction, and rest, which increases the risk of chronic disease and lowers overall wellbeing.

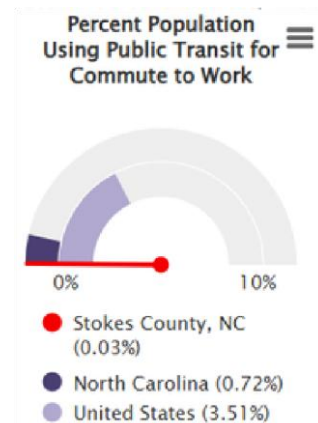
In Stokes County, commute time is further influenced by limited public transportation and employment patterns that require many residents to travel outside the county, often to Forsyth County (Winston-Salem) and surrounding areas. Households in northern and western parts of the county face especially long drives due to their distance from major highways and job centers. According to U.S. Census Bureau data (2019– 2023), of the 19,649 employed residents age 16 and older, only five individuals (0.03%) use public transportation, while 85.78% commute alone by car, well above state and national averages.

This heavy reliance on personal vehicles increases transportation costs, exposes commuters to air pollution linked to respiratory and cardiovascular conditions, and creates additional barriers to childcare, healthcare, and healthy food access. For lower-income households, fuel costs and unreliable vehicles further compound these challenges, making commute time a critical factor in health, quality of life, and economic stability in Stokes County.



Report Area	Population Age 16+	Population Commuting to Work Alone in a Car
Stokes County, NC	19,649	16,659
North Carolina	4,991,806	3,659,780
United States	157,645,183	110,653,318

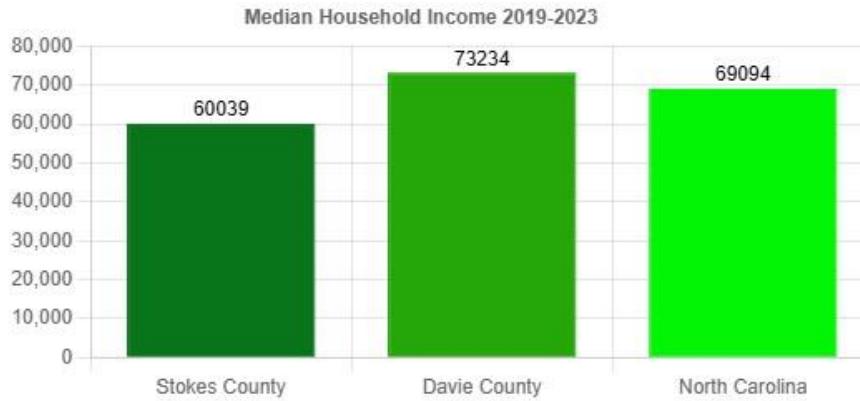
Report Area	Total Population Employed Age 16+	Population Using Public Transit for Commute to Work
Stokes County, NC	19,649	5
North Carolina	4,991,806	36,009
United States	157,645,183	5,528,841



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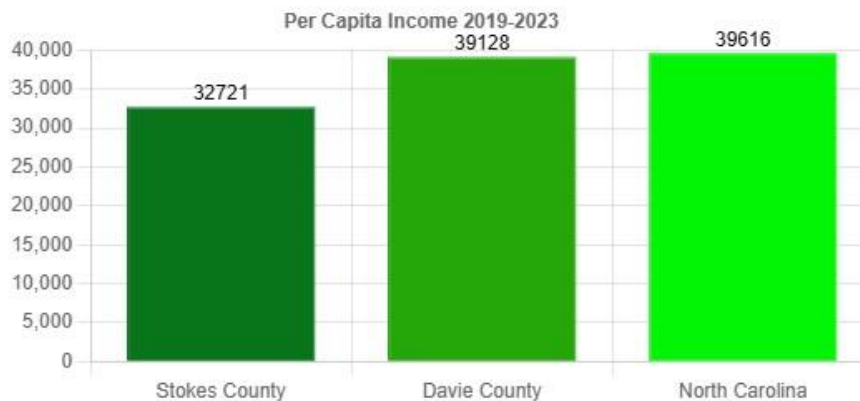
## MEDICAN HOUSEHOLD INCOME

From 2019–2023, Stokes County’s median household income was \$60,039, which was notably lower than both its peer county, Davie County, with a median household income of \$73,234, and the North Carolina statewide median of \$69,904. This comparison shows that Stokes County falls behind both the regional peer county and the state overall in terms of household income, highlighting ongoing economic disparities that may contribute to differences in health and wellbeing.



## PER CAPITA PERSONAL INCOME

From 2019–2023, Stokes County’s per capita income was \$32,721, which was significantly lower than both Davie County, at \$39,128, and the North Carolina statewide average of \$39,616. This gap highlights ongoing economic disparities between Stokes County and its peer county and the state overall, which may contribute to differences in access to resources, opportunities, and health outcomes



## POVERTY

Poverty is defined as not having enough income to meet basic needs such as food, housing, clothing, healthcare, and transportation. Individuals and families living in poverty often struggle to pay bills, maintain safe and stable housing, and cover everyday living expenses, which can negatively affect overall health and well-being.

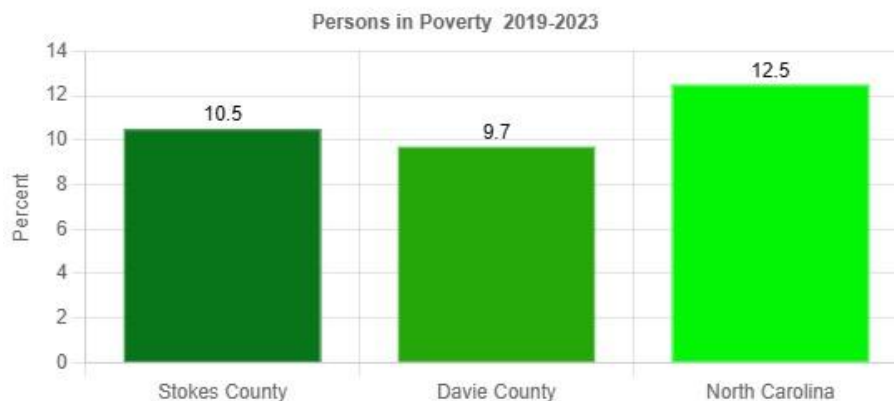
In Stokes County, approximately 5,280 individuals live below the federal poverty line. Among those experiencing poverty, an estimated 4,576 are White, 303 are Black, and 310 are Hispanic. About 1,133 families in the county are living in poverty, including 515 single mothers with children. Poverty impacts residents across all age groups, with 379 children aged six and under and 1,253 children under the age of eighteen living in households below the poverty level. Additionally, approximately 1,177 residents aged 65 and older live in poverty, underscoring the significant economic challenges faced by both young families and older adults in Stokes County.

[https://linc.osbm.nc.gov/pages/nc\\_poverty/?flg=en-us](https://linc.osbm.nc.gov/pages/nc_poverty/?flg=en-us)

2023	Stokes County	North Carolina
<b>Total Persons In Poverty</b>	5,280	1,355,827
<b>White Persons in Poverty</b>	4,576	639,224
<b>Black Persons in Poverty</b>	303	427,008
<b>Hispanic Persons of any Race in Poverty</b>	310	235,141
<b>Families in Poverty</b>	1,133	252,513
<b>Single Mother Families with Children in Poverty</b>	515	116,555
<b>Children Under 6 in Poverty</b>	379	138,315
<b>Children Under 18 in Poverty</b>	1,253	406,379
<b>Persons 65+ in Poverty</b>	1,177	177,834

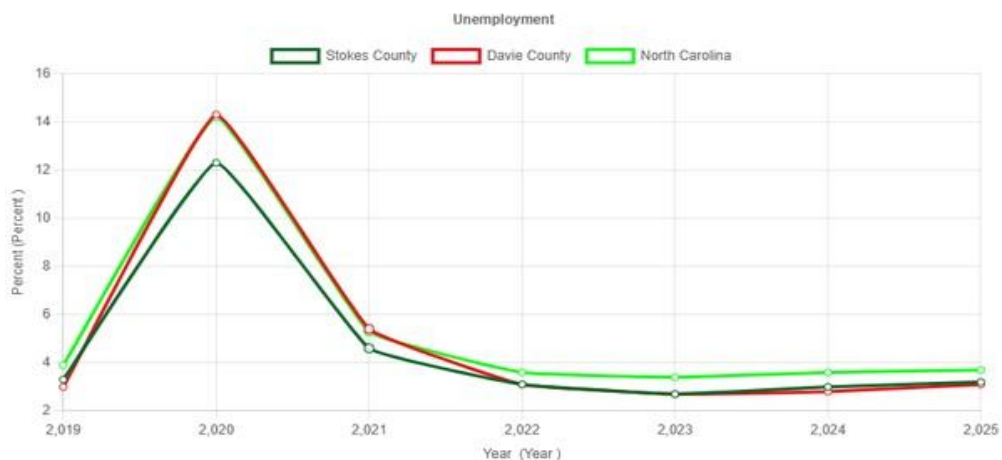
## POVERTY

From 2019–2023, approximately 10.5% of Stokes County residents were living in poverty, which was slightly higher than Davie County’s poverty rate of 9.7% but lower than the North Carolina statewide poverty rate of 12.5%. This indicates that while Stokes County fares better than the state overall, it continues to experience greater economic challenges than its peer county, which may influence health and social outcomes.



## UNEMPLOYMENT

Unemployment rates in Stokes County, Davie County, and North Carolina from 2019 to 2025 reflect the significant economic disruption caused by the COVID-19 pandemic followed by a steady recovery. In 2019, unemployment was relatively low, with rates of 3.3% in Stokes County, 3.0% in Davie County, and 3.9% statewide. In 2020, unemployment spiked sharply due to the pandemic, rising to 12.3% in Stokes County, 14.3% in Davie County, and 14.2% across North Carolina. By 2021, rates declined considerably as the economy began to recover, falling to 4.6% in Stokes County, 5.4% in Davie County, and 5.3% statewide. This downward trend continued in 2022 and 2023, with unemployment stabilizing around 3.1% in Stokes and Davie counties and 3.6% to 3.4% statewide. In more recent years, rates have remained relatively low and stable, with Stokes County at 3.0% in 2024 and 3.2% in 2025, Davie County at 2.8% in 2024 and 3.1% in 2025, and North Carolina at 3.6% in 2024 and 3.7% in 2025. Overall, these trends show that while both counties experienced sharp increases during the pandemic, unemployment has since returned to near pre-pandemic levels.



## HOUSING

Housing insecurity is when individuals or families lack stable, safe, or affordable housing, or live with constant uncertainty about keeping their home. It goes beyond homelessness and includes a range of challenges that make it hard to maintain consistent housing.

Housing insecurity can look like:

- Spending a large portion of income on rent or mortgage, leaving little for food, healthcare, or transportation
- Frequent moves, overcrowded living conditions, or staying with friends or family because stable housing isn't available
- Living in housing that is unsafe, in poor condition, or lacks basic utilities
- Falling behind on rent or mortgage payments or facing eviction or foreclosure
- Limited housing options due to low income, rural location, or lack of affordable housing stock

Housing insecurity is a key social determinant of health. It is linked to higher stress, worse mental health, delayed medical care, increased risk of chronic disease, and poorer outcomes for children, including disruptions to education and development.

## HUD- ASSISTED

HUD, the U.S. Department of Housing and Urban Development, is a federal agency dedicated to ensuring access to safe, affordable housing and strong, supportive communities. Its primary roles include expanding affordable housing opportunities for low-income families, seniors, and individuals with disabilities; overseeing housing assistance programs such as Housing Choice Vouchers (Section 8) and public housing; enforcing fair housing laws; supporting community development through grants; and addressing homelessness prevention and housing stability.

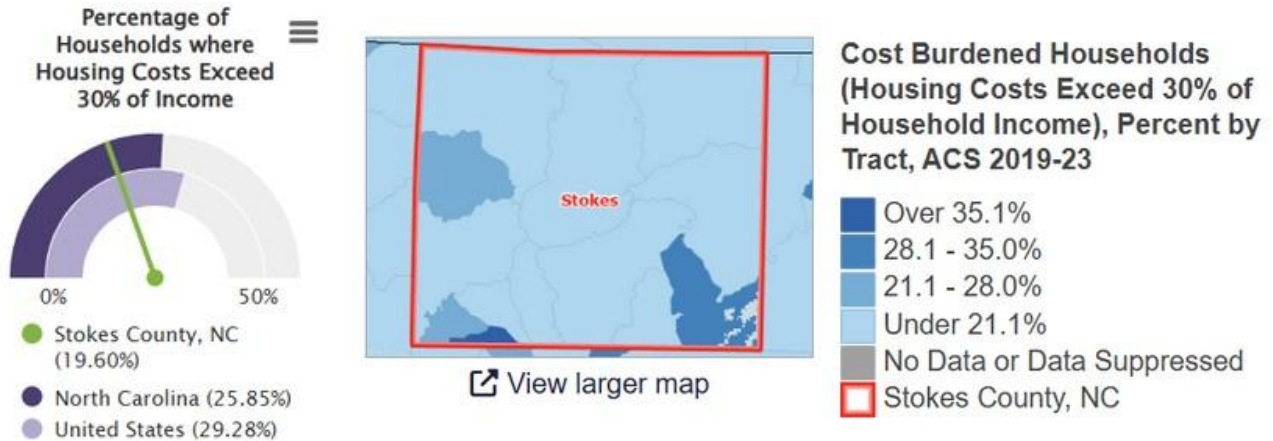
The map below illustrates the locations of HUD-assisted housing units in Stokes County and reveals significant gaps in coverage, particularly in the northern and eastern parts of the county. Stokes County has a total of 294 HUD-assisted housing units, resulting in a rate per 10,000 residents that is substantially lower than the North Carolina state rate of 319.78 per 10,000. This limited availability and uneven geographic distribution underscore ongoing challenges in accessing affordable housing across the county.



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## COST BURDENED HOUSEHOLDS 30%

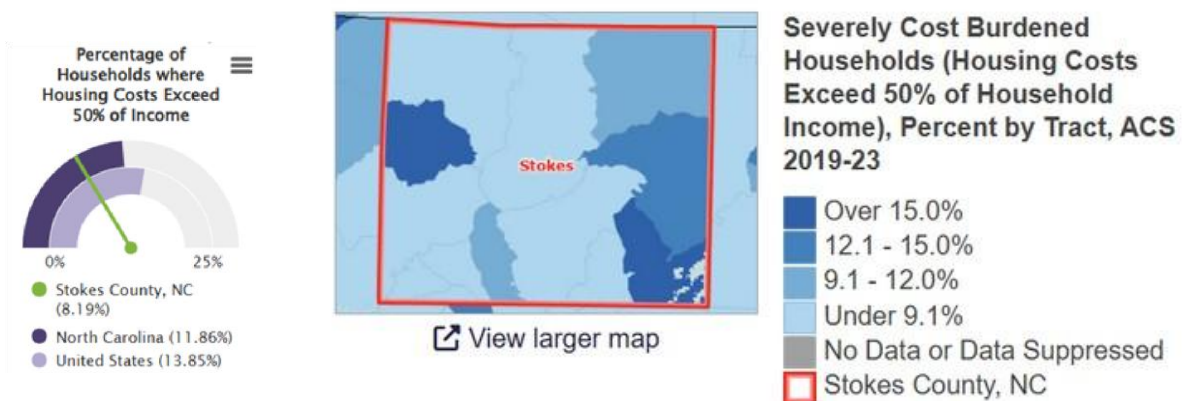
According to U.S. Census Bureau data from 2019–2023, Stokes County has 19,374 households, of which 3,797 are considered cost-burdened. Cost-burdened households are those that spend 30% of their total household income on housing costs. The map below illustrates areas where housing costs exceed 30% of household income, highlighting the geographic distribution of housing cost burden across the county.



NC Data Portal

## COST BURDENED HOUSEHOLDS 50%

The map below shows that out of 19,374 households in Stokes County, North Carolina, 1,586 are considered severely cost-burdened, meaning housing costs exceed 50% of household income. This highlights the significant housing affordability challenges faced by many residents across the county.



NC Data Portal

## SUBSTANDARD HOUSING, SEVERE

In Stokes County, there are 18,775 occupied households, and about 11.6% (roughly 2,185 households) experience one or more severe housing problems, classifying them as substandard. These issues include lacking complete plumbing or kitchen facilities, overcrowding (more than 1.5 occupants per room), or spending over 50% of household income on housing costs, whether for rent or mortgage. This highlights both physical deficiencies and extreme affordability challenges in the county’s housing.

Report Area	Occupied Households	Percentage of Households with One or More Severe Problems
Stokes County, NC	18,775	11.64%
North Carolina	4,034,685	12.60%
United States	125,207,785	13.07%

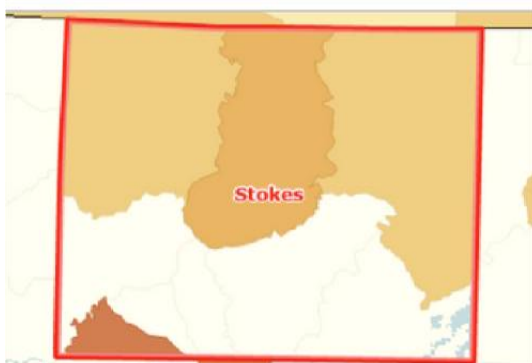
NC Data Portal

## FOOD INSECURITY

Food insecurity, defined as the lack of consistent access to enough nutritious, affordable food for a healthy life, remains a significant concern in Stokes County in 2026. With a population of 44,188, approximately 7,070 residents (16%) experience food insecurity, which is higher than both the North Carolina rate (14.91%) and the national rate (14.11%).

Report Area	Total Population	Food Insecure Population, Total	Food Insecurity Rate
Stokes County, NC	44,188	7,070	16%
North Carolina	10,582,034	1,577,850	14.91%
United States	331,287,882	46,753,190	14.11%

Contributing factors include rising food and living costs, limited incomes, and barriers related to rural access. Many families rely on school meal programs, food pantries, or church-based assistance and often face difficult choices between food and other essential needs. The map below shows Stokes County tracts with limited food access and low-income populations based on 2019 data. In the northern part of the county, the percentage of residents with limited food access and low-income ranges from 5.1% to 50%, while a small area in the southwest has over 50% of residents affected.



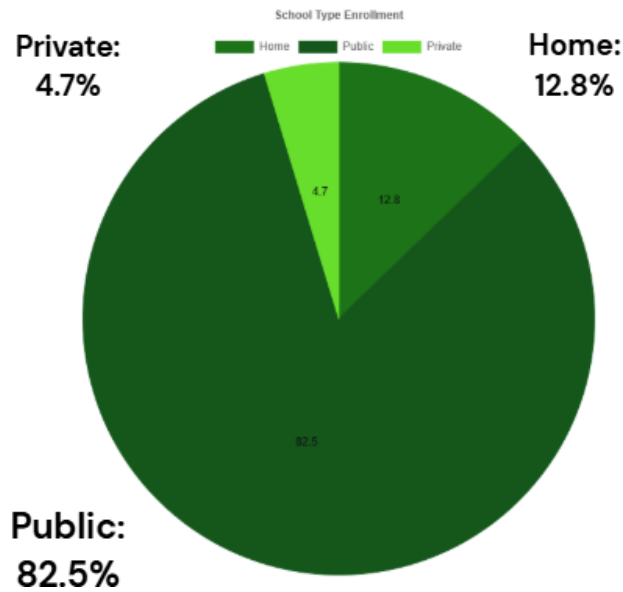
Population with Limited Food Access, Low Income, Percent by Tract, USDA - FARA 2019

- Over 50.0%
- 20.1 - 50.0%
- 5.1 - 20.0%
- Under 5.1%
- No Low Food Access
- Stokes County, NC

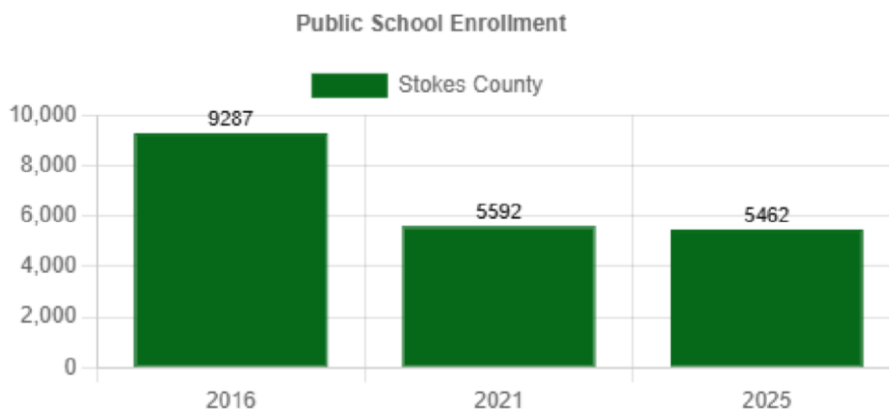
NC Data Portal

## EDUCATION- ENROLLMENT & TRENDS

The Stokes County school district consists of one traditional public school district serving 17 schools, with no charter schools, three private schools, and approximately 490 homeschooled students. Total K–12 enrollment across all educational settings is estimated at 6,596 students. For the 2025 academic year, Stokes County Schools enrolled 5,462 students, reflecting a continued decline from 5,592 students in 2021 and a substantial decrease from 9,287 students in 2016. This long-term reduction highlights a clear downward trend in student enrollment.



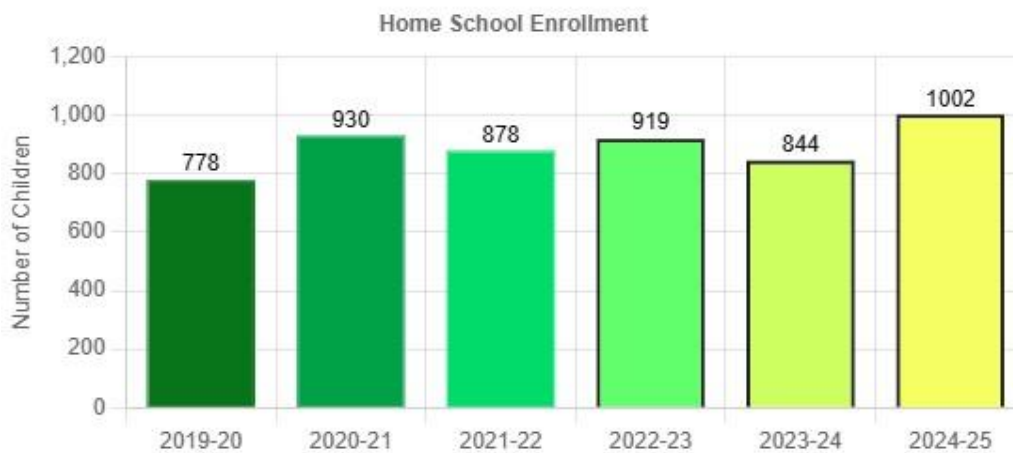
More recently, enrollment has remained relatively stable but continues to show slight declines. During the 2023–2024 school year, total enrollment was 5,441 students, representing a decrease of approximately 0.2% from the prior year. In response to these shifting enrollment patterns and related budget considerations, the district has begun discussing strategies such as school consolidations and closures. At the end of the 2023–2024 academic year, Lawsonville Elementary and Pine Hall Elementary were closed. Meadowbrook Academy will remain open but will be rebranded as Stokes County Academy and relocated to the former Lawsonville Elementary building in January 2025. Community members have expressed concern about the potential loss of small local schools, emphasizing their role in strengthening community ties and minimizing student travel times.



## HOMESCHOOL ENROLLMENT

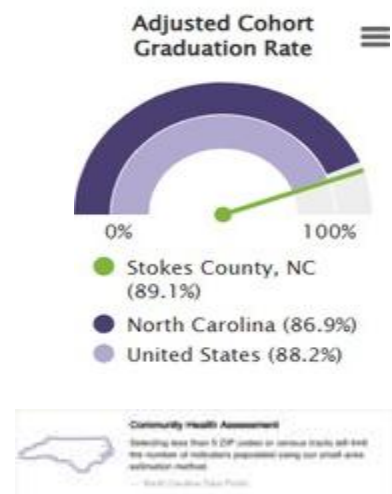
According to the graph, in the 2019–2020 school year, homeschool enrollment was 778 students, this coincided with the onset of the COVID-19 pandemic. In the following year, 2020–2021, enrollment increased to 930 students, which is an approximate 19.54% increase. The most logical explanation for this surge is the impact of COVID-19, as many families were understandably hesitant to send their children to public schools due to health and safety concerns.

However, in the 2023–2024 school year, enrollment was 844 students, and it rose to 1002 students in 2024–2025, an approximately 18.72% increase. Unlike the earlier spike, there is no immediately clear reason for this recent rise in homeschooling, suggesting other factors may now be influencing families' decisions to opt for home-based education.



## HIGH SCHOOL GRADUATION RATE

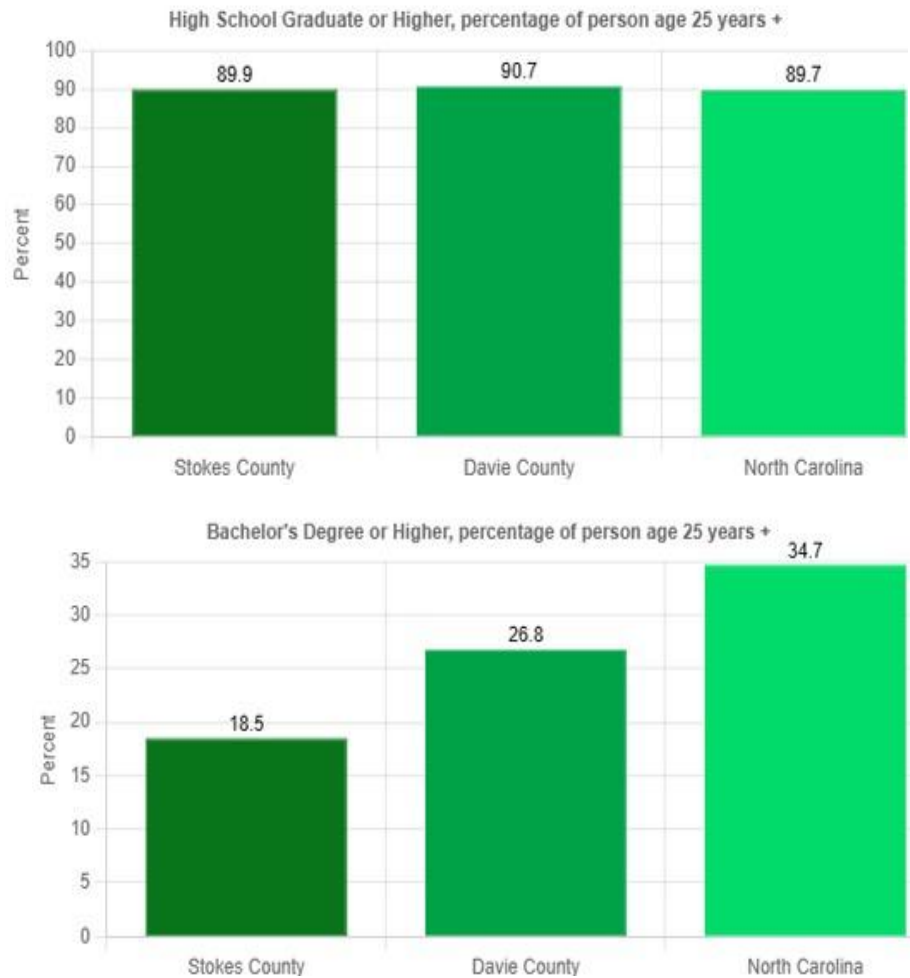
According to the U.S. Department of Education, during the 2022–2023 school year, the adjusted cohort size in Stokes County was 458 students. Of those students, 408 diplomas were issued. From 2018–2019, the graduation success rate in Stokes County was 82.9%. By 2020–2021, the rate increased to 87.9% and continued to rise in 2022–2023 to 89.1%. This most recent rate exceeds both the North Carolina state average of 86.9% and the national average of 88.2%, reflecting steady improvement in educational outcomes across the county. According to the U.S. Department of Education, during the 2022–2023 school year, the adjusted cohort size in Stokes County was 458 students. Of those students, 408 diplomas were issued.



Report Area	2018-19	2019-20	2020-21	2021-22	2022-23
Stokes County, NC	82.9%	87.1%	87.9%	88.0%	89.1%
North Carolina	87.0%	88.2%	87.6%	86.8%	86.9%
United States	87.7%	87.9%	88.0%	88.0%	88.2%

## EDUCATIONAL ATTAINMENT

From 2019–2023, 89.9% of Stokes County residents aged 25 and older had attained a high school diploma or higher. This rate was slightly lower than Davie County’s 90.7% but comparable to the North Carolina statewide rate of 89.7%. While high school completion in Stokes County is similar to regional and state levels, educational attainment at higher levels shows a larger gap. During the same period, only 18.5% of adults in Stokes County earned a bachelor’s degree or higher, compared to 26.8% in Davie County and 34.7% statewide. These differences highlight disparities in higher education attainment that may influence employment opportunities, income levels, and long-term health outcomes in Stokes County



## STANDARDIZED TESTING FOR COLLEGE ADMISSIONS

In 2021, SAT scores played an important role in shaping educational and economic opportunities for students in Stokes County, North Carolina. That year, the national average SAT score was 1038, while North Carolina’s average was higher at 1147. Stokes County Schools posted a strong district average of 1112, exceeding the national benchmark. In 2022, scores declined across all levels, with the national average dropping to 1028, the state average to 1130, and Stokes County to 1090. By 2023, however, Stokes County Schools rebounded, rising to an average score of 1130, the highest in the three-year period. These trends mirror broader state and national patterns while demonstrating the district’s resilience and capacity for improvement. In a rural county where, educational resources may be more limited, sustained SAT performance above the national average is critical for expanding college access, securing scholarships, and supporting long-term economic mobility. Continued investment in academic support and test preparation will be key to maintaining this positive trajectory.

## BULLYING

Bullying in Stokes County can be understood as a social determinant of health (SDOH) because it affects the social and community context, which is a key domain of SDOH. The conditions in which people live, learn, and interact, including school and peer environments, significantly influence mental and physical health. Bullying, whether physical, verbal, relational, or cyber, creates chronic social stress and disrupts a person’s sense of safety, belonging, and self-esteem. For children and adolescents, being bullied increases the risk of anxiety, depression, poor self-esteem, behavioral issues, and even suicidal thoughts, all of which have long-term health implications. In rural or semi-rural areas like Stokes County, these effects may be amplified due to limited access to mental health resources, smaller social support networks, and economic vulnerabilities. Additionally, youth from marginalized or lower-income households may be more susceptible to bullying, further compounding health inequities. Recognizing bullying as a social determinant of health shifts the focus from solely individual behavioral issues to broader community and public health interventions, emphasizing the need for supportive school environments, anti-bullying programs, and accessible mental health services to mitigate long-term negative outcomes.



Rates of Criminal Acts, Bullying, Law Enforcement Referrals, and Arrests (per 1000 Students)	Criminal Acts	Bullying & Harrassment	Referral to Law Enforcement	Arrest
West Stokes High School	12.03	22.73	8.02	0
North Stokes High School	0	14.13	14.13	0
South Stokes High School	9.51	24.71	3.80	0
Stokes County Academy	66.67	400.00	293.33	0
Stokes Early College High School	0	0	0	0

<https://ncreports.ondemand.sas.com/src/school?school=850358&year=2021&lng=en>

## LACK OF CHILDCARE

A lack of childcare locations in northern Stokes County presents a significant challenge for families and the local workforce. Limited access to affordable, nearby childcare makes it difficult for parents, especially those with young children, to maintain consistent employment, pursue education or job training, and attend medical appointments. This gap can disproportionately affect low-income families and contribute to workforce shortages, increased financial strain, and stress. Expanding childcare options in northern Stokes County would support working families, improve economic stability, and promote healthier outcomes for children and caregivers alike.



## CHILDCARE COST BURDEN

According to the 2025 County Health Rankings, the median household income in Stokes County, North Carolina was \$61,374 in 2023–2024, based on a household with two children. Within the report area, households spend an average of \$14,589 annually on childcare, which represents 23.77% of total household income. This percentage is slightly lower than the state average of 25.14% but still reflects a significant financial burden for families with young children.

Report Area	Median Household Income	Childcare Cost	Childcare Costs, Percentage of Median Household Income
Stokes County, NC	\$61,374	\$14,589	23.77%
North Carolina	\$70,838	\$17,808	25.14%

NC Data Portal

# UNDERSTANDING OUR COMMUNITY

## MORTALITY

### Stokes County, NC

- Diseases of the heart: 621 deaths
- Cancer: 606 deaths
- Chronic lower respiratory diseases: 232 deaths

### North Carolina (statewide)

- Diseases of the heart: 104,456 deaths
- Cancer: 101,532 deaths
- Other unintentional injuries: 31,373 deaths

### Major Takeaways

- Heart disease and cancer are the top causes of death both locally and statewide.
- In Stokes County, chronic lower respiratory diseases rank third, whereas statewide, other unintentional injuries occupy this position.
- These patterns reflect the county’s older, more rural population, where chronic diseases play a larger role, while statewide data include higher numbers of injury-related deaths in more urbanized areas.

### Top 10 leading cause of death of all ages, 2019-2023 Stokes County

AGE GROUP:	RANK	CAUSE OF DEATH:	# OF DEATHS	DEATH RATE
TOTAL - ALL AGES	0	TOTAL DEATHS --- ALL CAUSES	3,289	1458.8
	1	Diseases of the heart	621	275.4
	2	Cancer - All Sites	606	268.8
	3	Chronic lower respiratory diseases	232	102.9
	4	Other Unintentional injuries	216	95.8
	5	COVID-19	183	81.2
	6	Cerebrovascular disease	139	61.7
	7	Alzheimer's disease	129	57.2
	8	Diabetes mellitus	112	49.7
	9	Nephritis, nephrotic syndrome, & nephrosis	58	25.7
		Motor vehicle injuries	58	25.7

### Top 10 leading cause of death of all ages, 2019-2023 North Carolina

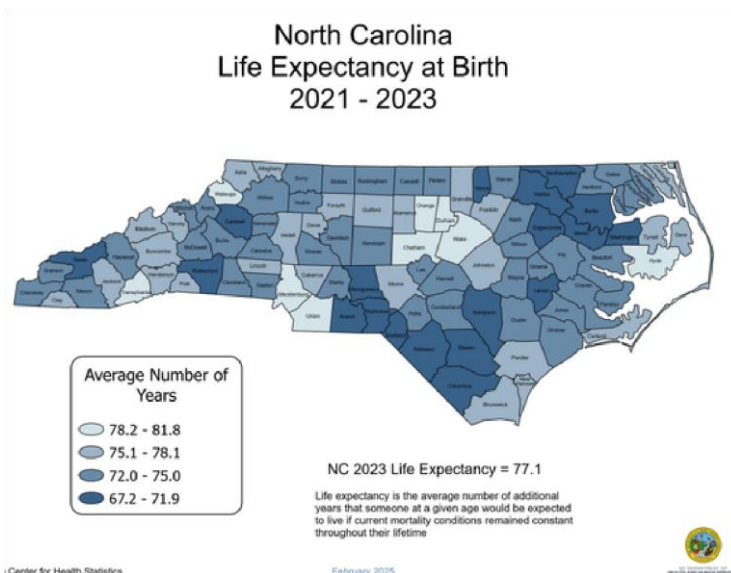
AGE GROUP:	RANK	CAUSE OF DEATH:	# OF DEATHS	DEATH RATE
TOTAL - ALL AGES	0	TOTAL DEATHS --- ALL CAUSES	544,394	1026.4
	1	Diseases of the heart	104,465	197.0
	2	Cancer - All Sites	101,532	191.4
	3	Other Unintentional injuries	31,373	59.1
	4	COVID-19	29,543	55.7
	5	Cerebrovascular disease	28,977	54.6
	6	Chronic lower respiratory diseases	25,866	48.8
	7	Alzheimer's disease	21,807	41.1
	8	Diabetes mellitus	17,908	33.8
	9	Nephritis, nephrotic syndrome, & nephrosis	10,718	20.2
	10	Motor vehicle injuries	8,971	16.9

<https://schs.dph.ncdhhs.gov/interactive/query/lcd/getleadcauses.cfm>

## LIFE EXPECTANCY

Life expectancy is a statistical measure that estimates the average number of years a person can expect to live based on current death rates in a population. It reflects overall health and living conditions, including factors like access to healthcare, nutrition, lifestyle, and safety. For example, if a county has a life expectancy of 78 years, it means that, on average, a newborn in that county is expected to live about 78 years if current mortality patterns remain the same.

It's important to note that life expectancy is average, so some people will live longer and some shorter than that number. It is often used to compare health outcomes across regions, populations, or over time. In Stokes County, the average life expectancy is 73.3 years, which is lower than the state average of 77.1 years and the national average of 78.4 years. However, these averages can hide significant disparities that exist across racial, ethnic, and geographic lines, as well as other social determinants of health.



<https://schs.dph.ncdhhs.gov/data/hsa/pdfs/lifeexpectancy/LifeExpectancyB>

## CHRONIC DISEASE

Chronic diseases are long-lasting conditions, typically lasting one year or more, that require ongoing medical attention and may limit daily activities. They are the leading causes of illness, disability, and death in the United States.

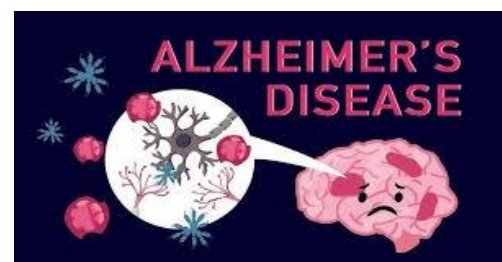
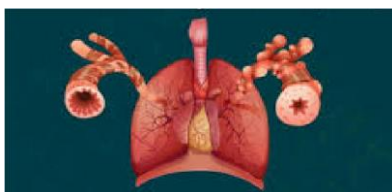
While many chronic diseases are linked to modifiable risk factors such as:

- Smoking
- Excessive alcohol use
- Poor nutrition
- Physical inactivity

Some populations experience higher rates of these diseases due to social and economic barriers that make it harder to manage these risk factors. These disparities may stem from factors such as limited access to healthy food, safe places for physical activity, or quality healthcare. In Stokes County, NC, chronic diseases remain a major health burden. These are conditions that last a year or more, require ongoing medical attention, and may limit daily activity. In Stokes County, many residents are affected by risk factors such as smoking (nearly 1 in 5 adults), obesity 36%, and limited access to consistent health coverage (nearly 20% uninsured).

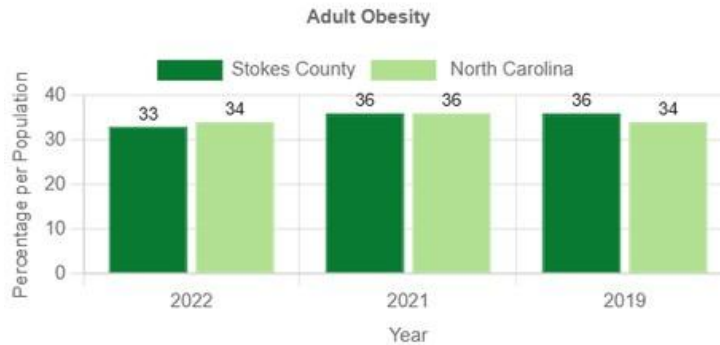
The county faces additional barriers: fewer primary care providers per capita, moderate food insecurity and limited access to large grocery stores, and elevated rates of mental distress and “deaths of despair.” These social and economic conditions disproportionately affect certain populations and make prevention, management, and equitable care more difficult.

As a result, Stokes County residents experience higher rates of cancer, Alzheimer’s disease, preventable hospitalizations, and other chronic conditions, trends that reflect the national challenges, but are intensified by local disparities in access, resources, and environment.



## ADULT OBESITY

According to County Health Rankings, Stokes County's obesity rate in 2022 was 33%, slightly below the North Carolina statewide rate of 34%. In 2019, both Stokes County and the state had an obesity rate of 34%, indicating a modest decline in the county over recent years. While obesity remains a significant public health concern, Stokes County's prevalence continues to be comparable to the state average.



Residents seeking help with adult obesity have several local resources available. The Stokes County Health Department provides general health services and can refer individuals to programs focused on nutrition and physical activity. The Stokes County Cooperative Extension, affiliated with NC State University, offers education on healthy eating, lifestyle changes, and community classes. Nutrition education programs, such as Recipe for Success from UNC-Greensboro, provide guidance on physical activity, healthy eating, and obesity prevention.

Adult obesity is defined as having an excessive amount of body fat that negatively impacts health. It is typically measured using Body Mass Index (BMI), with a BMI of 30 or higher classified as obese and 25–29.9 classified as overweight. Obesity increases the risk of numerous health problems, including heart disease, type 2 diabetes, high blood pressure, certain cancers, stroke, sleep apnea, and osteoarthritis. It is influenced by a combination of factors, including diet, physical activity, genetics, environment, and social determinants of health such as access to healthy food and safe spaces for exercise. Monitoring adult obesity helps public health officials identify population health risks and develop programs to promote healthier lifestyles.



Additionally, Stokes County residents can access food assistance and outreach programs to support access to fresh produce and nutrition education. The Health Department can provide referrals to registered dietitians or nutritionists for personalized counseling, and residents can participate in lifestyle-change programs, support groups, local walking groups, and exercise opportunities to manage weight and improve overall health.

## ALZHEIMER’S DISEASE

Alzheimer’s disease is a progressive brain disorder that gradually impairs memory, thinking, and daily functioning. It is the most common cause of dementia and typically affects adults age 65 and older, though early-onset cases can occur. While there is no cure, medications, therapies, and supportive care can help manage symptoms, and healthy lifestyle habits, like physical activity, nutritious eating, and mental engagement, can improve quality of life.

Alzheimer’s also carries high costs, including long-term care and unpaid caregiving. In 2023, Stokes County recorded 28 Alzheimer’s-related deaths, compared to 4,042 statewide, with 129 deaths in the county between 2019 and 2023.

Stokes County has opportunities to address this growing burden through community education, caregiver support, and improved access to care. Partnerships with the Alzheimer’s Association and local providers could expand awareness campaigns, memory screenings, and support groups. Enhancing transportation, in-home care, and telehealth services, along with implementing a Dementia-Friendly Community initiative, could create a safer, more supportive environment for residents with Alzheimer’s and their caregivers.

## CANCER

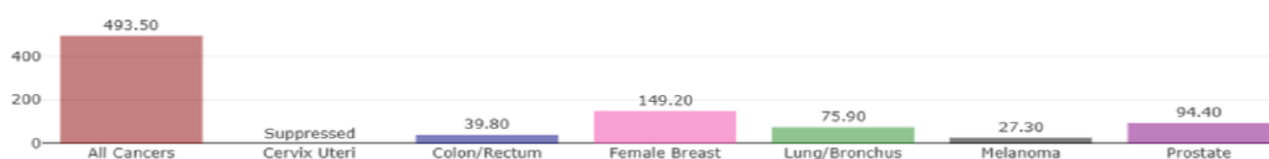
Cancer is a disease that occurs when cells in the body grow out of control. Under normal conditions, cells grow, divide, and die in an orderly process. With cancer, some cells do not stop growing when they should. These abnormal cells can form tumors, damage surrounding healthy tissue, and, in some cases, spread to other parts of the body.

There are many types of cancer that can affect different parts of the body. Some cancers grow slowly, while others progress more rapidly. Treatment options vary and may include surgery, medication, radiation, or therapies that help the body’s immune system fight the disease. Many cancers can be treated successfully, especially when they are detected early.

Cancer was the second leading cause of death in Stokes County between 2019 and 2023. During this period, there were 606 cancer-related deaths in Stokes County, compared to 101,532 statewide in North Carolina. According to the North Carolina Central Cancer Registry, 34.3% of all deaths in Stokes County were due to cancer, compared to 19.3% statewide.

This disparity indicates that cancer accounts for a significantly larger share of deaths in Stokes County than in North Carolina overall, reflecting a higher local burden of disease. These findings highlight the importance of cancer prevention efforts, early detection, and improved access to care within the county.

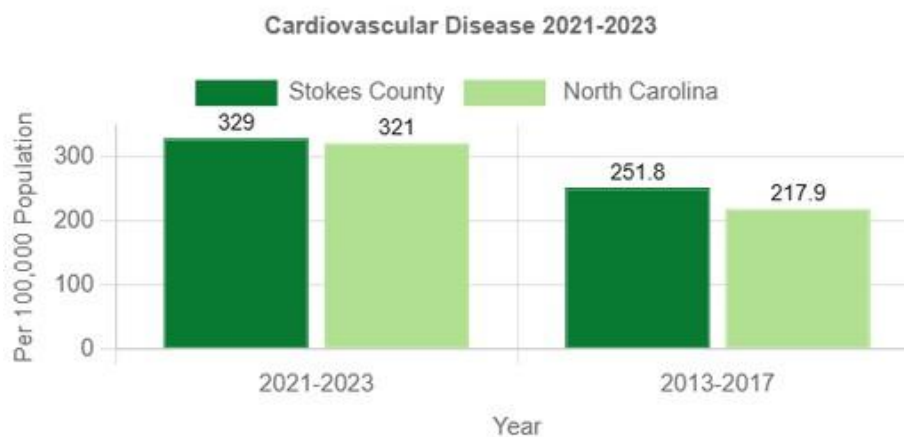
Cancer Rates for Stokes



## CARDIOVASCULAR DISEASE

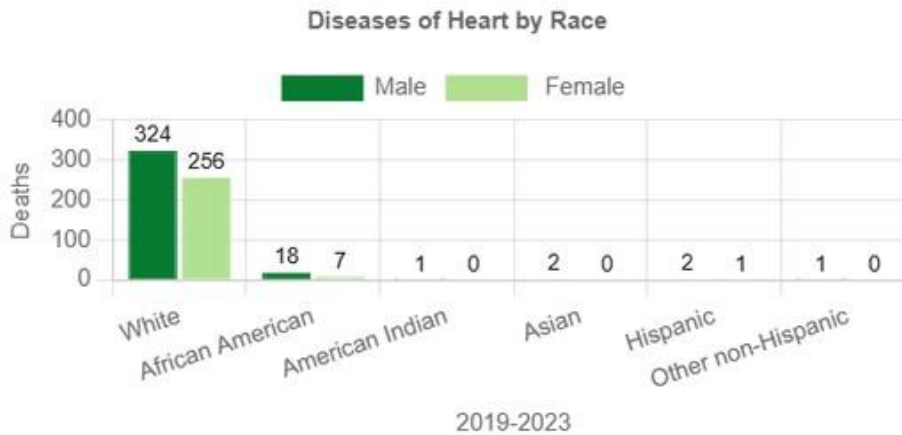
Cardiovascular disease (CVD) is a broad term used to describe conditions that affect the heart and blood vessels, including coronary artery disease (which can lead to heart attacks), stroke, heart failure, irregular heart rhythms, and high blood pressure–related heart damage. These conditions often develop when fatty deposits, known as plaque, build up inside the arteries; a process called atherosclerosis, which restricts or blocks blood flow.

Major risk factors for cardiovascular disease include high blood pressure, high cholesterol, smoking, diabetes, obesity, physical inactivity, unhealthy diet, and chronic stress. Although cardiovascular disease is the leading cause of death in the United States and worldwide, it is often preventable. Healthy lifestyle choices, such as regular physical activity, balanced nutrition, maintaining a healthy weight, avoiding tobacco, and effectively managing conditions like hypertension and diabetes, can significantly reduce risk. Early detection through routine health screenings and timely treatment are also critical for preventing serious outcomes such as heart attack and stroke.



According to the North Carolina Department of Health and Human Services (NCDHHS), the cardiovascular disease death rate in Stokes County is 329 per 100,000 population, slightly higher than the North Carolina statewide average of 321 per 100,000. When examined by race and gender, disparities are evident. Among White residents, the rate is 324 deaths per 100,000 for males and 256 per 100,000 for females. Among Black residents, the rate is 18 for males and 7 for females, while Hispanic residents have much lower reported numbers, with 2 male deaths and 1 female death. These differences suggest that social, economic, and access-to-care factors may contribute to varying cardiovascular health outcomes across racial and ethnic groups within the county.

## CARDIOVASCULAR DISEASE



Stokes County is addressing cardiovascular disease through efforts focused on prevention, early detection, and improved access to care. Community programs that promote physical activity, healthy eating, and smoking cessation, such as walking trials, fitness classes, and nutrition education initiatives, help residents reduce cardiovascular risk factors. Regular screenings for high blood pressure, high cholesterol, and diabetes, along with partnerships with primary care providers and expanded telehealth services, support early intervention and effective chronic disease management.

Public education campaigns increase awareness of heart attack and stroke warning signs and promote heart-healthy behaviors, particularly in communities experiencing higher rates of disease. These efforts are supported through the Community Health Improvement Plan (CHIP), which prioritizes chronic disease prevention, and participation in the North Carolina Healthy Communities Program, which funds initiatives focused on nutrition and physical activity.

Additionally, the Active Stokes Recreation and Parks Comprehensive Plan is enhancing local parks and recreational amenities to encourage physical activity, while local clinics and the Health Department provide essential primary care and chronic disease management, especially in rural areas with limited access. Together, these coordinated efforts aim to reduce cardiovascular disease risk, address health disparities, and improve overall community health in Stokes County.

## CHRONIC LOWER RESPIRATORY DISEASE

Chronic Lower Respiratory Disease (CLRD) is a group of long-term lung conditions that affect the lower airways and make it difficult to breathe. The most common types include Chronic Obstructive Pulmonary Disease (COPD), which includes emphysema and chronic bronchitis, asthma, and bronchiectasis. These conditions are often progressive, meaning symptoms can worsen over time, and they can significantly impact quality of life. Risk factors include smoking, long-term exposure to air pollution or occupational chemicals, and certain genetic conditions. Management focuses on medications, pulmonary rehabilitation, lifestyle changes, and avoiding triggers to improve breathing and reduce complications.

## ASTHMA

Annual Asthma ED Visit Trends for Stokes

County	2021
Stokes	ED Visit Count
	157
	Crude Rate
	35.0
	ED Visit Percentage
	0.9%

Annual Asthma ED Visit Trends for Stokes

County	2024
Stokes	ED Visit Count
	248
	Crude Rate
	54.2
	ED Visit Percentage
	1.4%

This table shows asthma-related emergency department (ED) visits by ZIP code. It compares each area's population with total ED visits, the asthma ED visit rate, the number of asthma related visits, and the percentage of all ED visits that were due to asthma. ZIP codes with higher crude rates and percentages indicate communities where asthma is sending more people to the emergency room, suggesting a greater burden of asthma or possible gaps in asthma management, prevention, or access to routine care.

	Pop	Total ED Visits	Crude Rate	Count	% of ED Visits
27053	2,883	1,359	124.87	36	2.65%
27042	664	312	120.48	8	2.56%
27046	1,977	962	91.05	18	1.87%
27043	6,322	2,425	79.09	50	2.06%
27021	17,345	7,083	65.72	114	1.61%
27019	3,768	1,472	42.46	16	1.09%
27052	9,861	4,968	41.58	41	0.83%
27016	1,693	717	35.44	6	0.84%
27022	1,399	673		3	0.45%

## COPD

Annual COPD ED Visit Trends for Stokes

County	2021
Stokes	ED Visit Count
	589
	Crude Rate
	131.2
	ED Visit Percentage
	3.4%

Annual COPD ED Visit Trends for Stokes

County	2024
Stokes	ED Visit Count
	883
	Crude Rate
	193.0
	ED Visit Percentage
	4.8%

This table shows emergency department (ED) visit patterns by ZIP code. It compares each area's population to the total number of ED visits, the crude visit rate (visits per population), the count of visits for the condition being measured, and the percentage those visits make up of all ED visits. Overall, it highlights which ZIP codes have higher ED use and higher rates relative to their population, helping communities with greater healthcare needs or heavier reliance on emergency services.

	Pop	Total ED Visits	Crude Rate	Count	% of ED Visits
27053	2,883	1,359	329.52	95	6.99%
27052	9,861	4,968	253.52	250	5.03%
27021	17,345	7,083	216.20	375	5.29%
27043	6,322	2,425	210.38	133	5.48%
27046	1,977	962	182.09	36	3.74%
27019	3,768	1,472	140.66	53	3.60%
27042	664	312	135.54	9	2.88%
27016	1,693	717	124.04	21	2.93%
27022	1,399	673	121.52	17	2.53%

<https://ncdetect.org/asthma-copd-dashboard/>

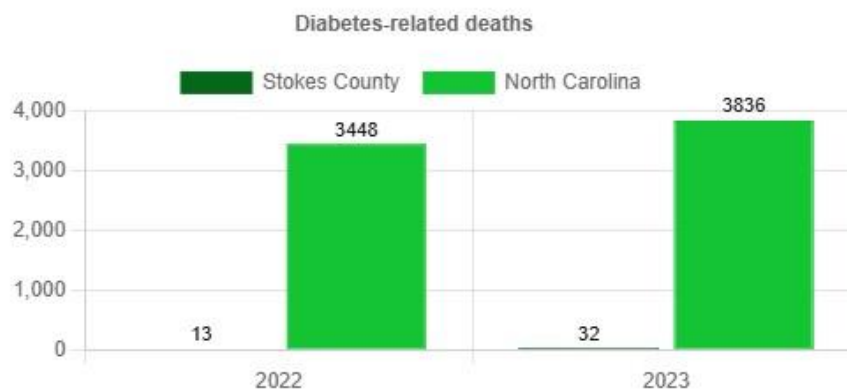
## DIABETES

Diabetes is a chronic condition in which the body has difficulty regulating blood sugar (glucose) levels, which are essential for providing energy to the body's cells. The condition occurs when the body does not produce enough insulin; known as Type 1 diabetes, or cannot effectively use insulin, often combined with reduced insulin production, known as Type 2 diabetes. Gestational diabetes can also develop during pregnancy and typically resolves after childbirth, though it increases the risk of developing Type 2 diabetes later in life.



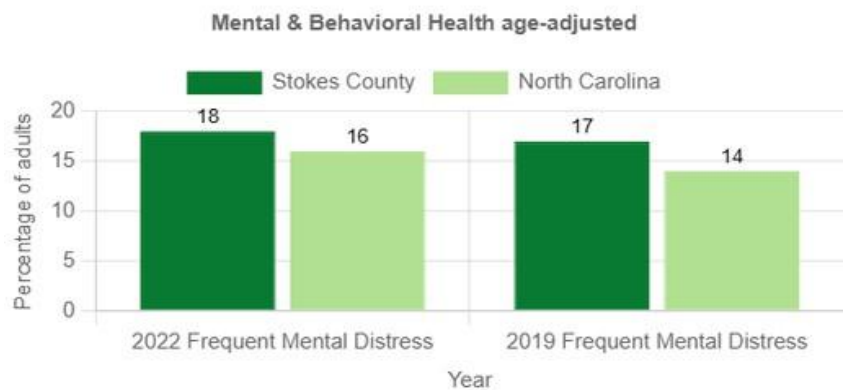
When blood sugar levels remain elevated over time, diabetes can cause serious complications, including damage to the heart, blood vessels, kidneys, eyes, and nerves. Common symptoms include increased thirst, frequent urination, fatigue, blurred vision, and slow-healing wounds or infections. Diabetes can be managed through healthy lifestyle changes, such as balanced nutrition, regular physical activity, and maintaining a healthy weight, along with medications or insulin therapy when needed.

According to the North Carolina State Center for Health Statistics, in 2023, Stokes County recorded 13 deaths related to diabetes, compared to 3,448 deaths statewide. In 2022, Stokes County experienced 32 diabetes-related deaths, while North Carolina reported 3,836 deaths. Although diabetes-related mortality in Stokes County fluctuates year to year, the county's diabetes death rate remains below the North Carolina statewide average.



## MENTAL & BEHAVIORAL HEALTH

Depression, anxiety and other mental health concerns are significant issues in Stokes County, North Carolina. Community health assessments have consistently shown that mental health ranks among the top health concerns for residents. In one local assessment, more than 40 percent of respondents identified mental health problems, including depression, as a major issue affecting the county. Measures of frequent mental distress, defined as multiple days of poor mental health within a month, are also higher in Stokes County than the North Carolina average, reflecting the ongoing emotional and psychological strain experienced by many residents. The graph represents the percentage of adults reporting 14 or more days of poor mental health per month.



Access to mental health care in Stokes County presents notable challenges, largely due to its rural nature. There are limited numbers of local mental health providers, which can result in long wait times or reliance on emergency departments and social services rather than consistent outpatient care. Transportation barriers, lack of insurance, and stigma surrounding mental health treatment in small communities further contribute to unmet needs for people experiencing depression. Statewide trends in North Carolina help provide additional context. Across the state, a substantial portion of adults report symptoms of anxiety or depression, and rates of depression among youth have increased in recent years. These trends suggest that the experiences of Stokes County residents reflect broader patterns, particularly in rural areas where mental health resources are more limited.

Despite these challenges, Stokes County does have local and regional resources available. Behavioral health organizations such as Monarch, Daymark Recovery Services, and outpatient programs in communities like King and Walnut Cove provide therapy, medication management, crisis services, and support for individuals with depression and related conditions. The Stokes County Health Department also provides on-site mental health services, offering assessments, counseling, and referrals to appropriate levels of care. Private therapists are available through regional directories, and public agencies such as the Stokes County Department of Social Services and the Health Department can help connect residents to state-funded or Medicaid-supported mental health services.

For individuals experiencing a mental health crisis or thoughts of self-harm, immediate help is available through the 988 Suicide and Crisis Lifeline, which offers free, confidential support 24 hours a day.

## SUBSTANCE USE

Substance use in Stokes County, North Carolina from 2021–2025 has followed patterns seen across rural North Carolina, with the most serious impacts tied to opioids, particularly synthetic opioids such as fentanyl. After the peak disruptions of the COVID-19 pandemic, the county continued to experience elevated overdose risk through the early 2020s. Fentanyl increasingly appeared in the local drug supply during this period, often mixed with heroin, cocaine, methamphetamine, or counterfeit pills, raising the likelihood of fatal overdoses even among people who did not intend to use opioids.

Alcohol use remained a significant and persistent concern between 2021 and 2025. Increased stress, economic uncertainty, and lingering effects of the pandemic contributed to higher levels of alcohol misuse for some adults, with associated impacts on physical health, family conflict, and impaired driving. Alcohol use frequently overlaps with mental health challenges such as depression and anxiety, compounding risk in a county with limited behavioral health resources.

Methamphetamine and other stimulants continued to affect Stokes County during this period, sometimes used alongside opioids. This combination increased health risks, including overdose and long-term physical and mental health consequences. Among youth and young adults, substance use concerns included vaping nicotine and THC, marijuana use, and occasional misuse of prescription medications, often linked to mental health stress, school pressures, and social influences.

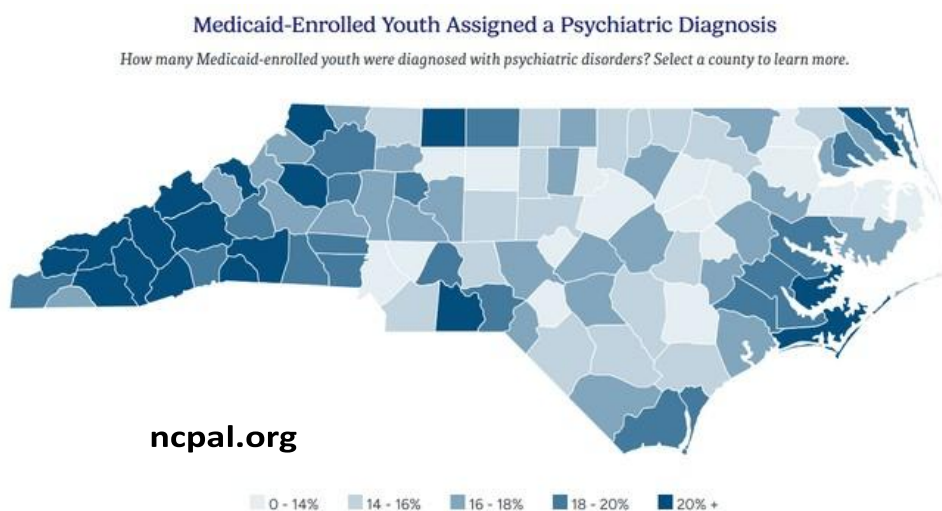
From 2021 to 2025, local and state responses emphasized harm reduction and treatment access, including wider distribution of naloxone (Narcan), expanded medication-assisted treatment for opioid use disorder, and greater reliance on telehealth for counseling and recovery services. Despite these efforts, ongoing challenges included transportation barriers, workforce shortages, stigma around substance use treatment, and limited availability of specialized services within the county.



## YOUTH MENTAL HEALTH

Youth mental health in Stokes County, North Carolina reflects patterns seen in many rural communities, combining strong family and community ties with notable gaps in access to care. Many children and adolescents experience stress related to academic pressure, family financial strain, social isolation, and limited recreational or social outlets, particularly in more remote areas of the county. Rates of anxiety, depression, and behavioral health concerns among youth have increased in recent years, mirroring statewide and national trends. Schools often serve as the primary point of identification and support, but counseling staff and specialized mental health resources are limited, which can delay evaluation and treatment.

Access to care is a significant challenge for youth in Stokes County. Families may face long waiting times for child and adolescent mental health services, transportation barriers, or difficulty finding providers who accept Medicaid or have experience with youth. Stigma around mental health in rural areas can also discourage young people from seeking help. These barriers can contribute to higher risks of untreated depression, substance use, and, in severe cases, self-harm. Prevention efforts focus on strengthening school-based mental health support, expanding telehealth services, promoting family and community awareness, and connecting youth to crisis resources such as the 988 Suicide and Crisis Lifeline. Continued investment in early intervention, school partnerships, and accessible mental health care is key to improving outcomes for young people in Stokes County.

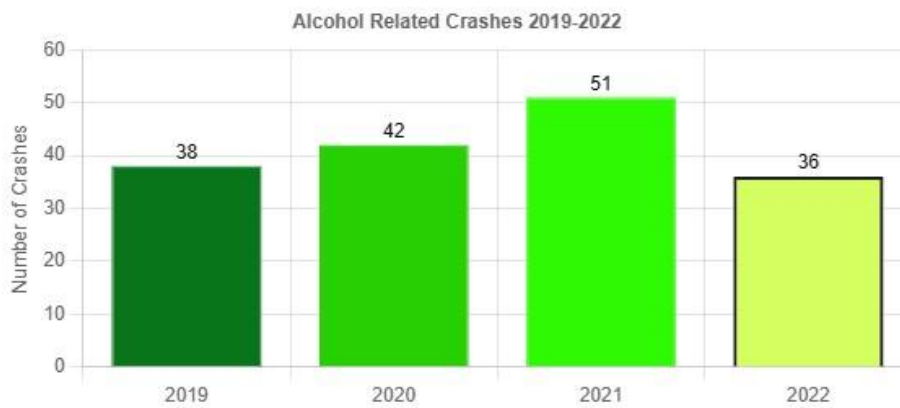


<https://ncpal.org/nc-youth-mental-health-care-data#fullview-stokes>

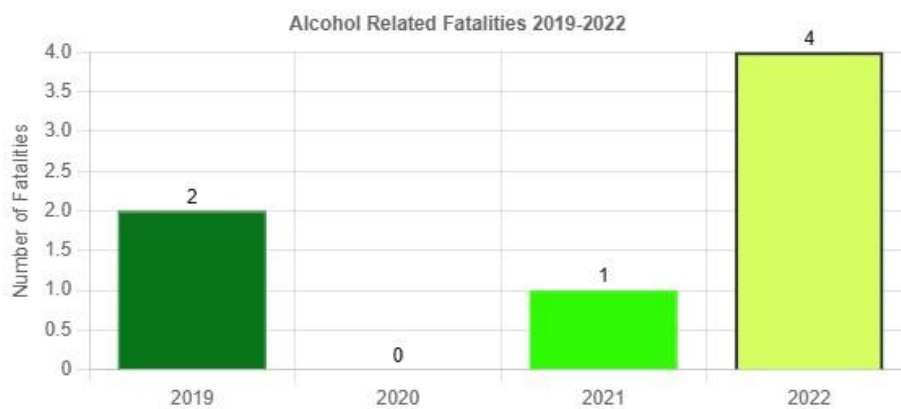
## ALCOHOL

Alcohol-related motor vehicle crashes in Stokes County fluctuated between 2019 and 2022. In 2019, there were 38 alcohol-related crashes, increasing to 42 in 2020 and peaking at 51 in 2021 before declining to 36 in 2022. Alcohol-related fatalities also varied during this period. Stokes County recorded two alcohol-related deaths in 2019, no fatalities in 2020, one fatality in 2021, and a sharp increase to four fatalities in 2022. These trends highlight the ongoing impact of impaired driving on community safety and underscore the importance of continued prevention, education, and enforcement efforts in Stokes County.

### ALCOHOL RELATED CRASHES



### ALCOHOL RELATED FATALITIES



<https://connect.ncdot.gov/resources/safety/Documents/Crash%20Data%20and%20Information/2022%20Alcohol%20Crash%20Data.pdf>

## UNINTENTIONAL DEATHS

From 2019 to 2023, unintentional injuries were the leading causes of injury-related deaths and hospitalizations in Stokes County. The leading cause of injury death during this period was unintentional poisoning, with 115 deaths, followed by unintentional falls (65 deaths) and unintentional motor vehicle traffic (MVT) injuries (56 deaths). Firearm related injuries also contributed to mortality, with 29 deaths from self-inflicted firearm injuries and 11 deaths from firearm assaults.

Leading Causes of Injury Death 2019-2023	Stokes County
Cause	#
1-Poisoning-Unintentional	115
2-Fall-Unintentional	65
3-MVT-Unintentional	56
4-Firearm-Self-inflicted	29
5-Firearm-Assault	11
Total	334

## INJURY HOSPITALIZATION

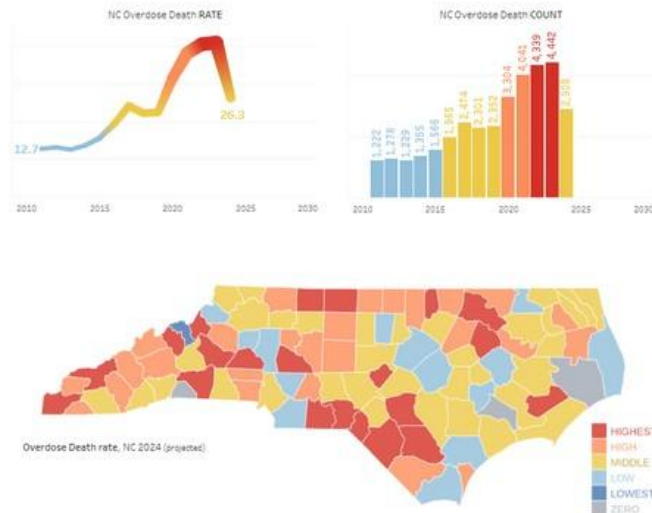
Injury-related hospitalizations during the same period totaled 1,523. Unintentional falls were the leading cause of hospitalization, accounting for 814 cases, followed by unintentional motor vehicle traffic injuries (193), unintentional poisoning (173), self-inflicted poisoning (95), and unspecified unintentional injuries (74). These data highlight the significant impact of preventable injuries on both mortality and healthcare utilization in Stokes County and emphasize the importance of targeted injury prevention strategies.

Leading Causes of Injury Hospitalization 2019-2023	Stokes County
Cause	#
1-Fall-Unintentional	814
2-MVT-Unintentional	193
3-Poisoning-Unintentional	173
4-Poisoning-Self-Inflicted	95
5-Unspecified-Unintentional	74
Total	1,523

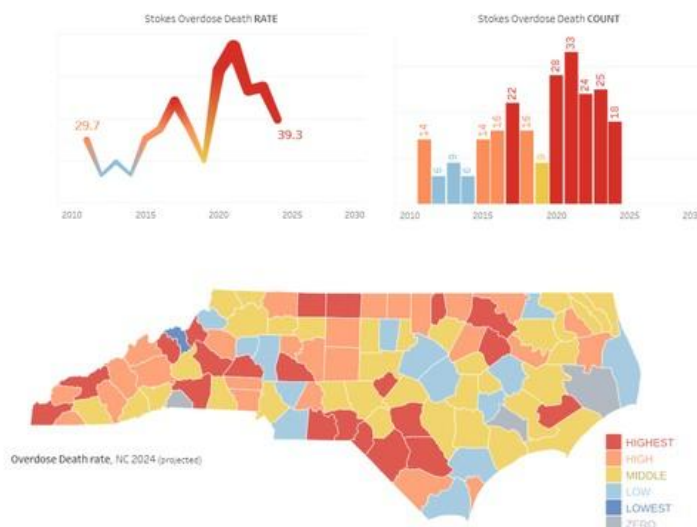
<https://injuryfreenc.dph.ncdhhs.gov/DataSurveillance/pdf/Top5TablesByCounty2019-2023.pdf>

## OVERDOSE

North Carolina’s overdose death rate increased sharply in the early 2020s before declining in 2024. In 2019, the statewide overdose rate was 22.4 deaths per 100,000 residents. This rate rose significantly to 38.2 in 2021 and continued to increase to 41.0 in 2023. By 2024, North Carolina experienced a notable improvement, with the overdose rate declining to 26.3 per 100,000 residents.



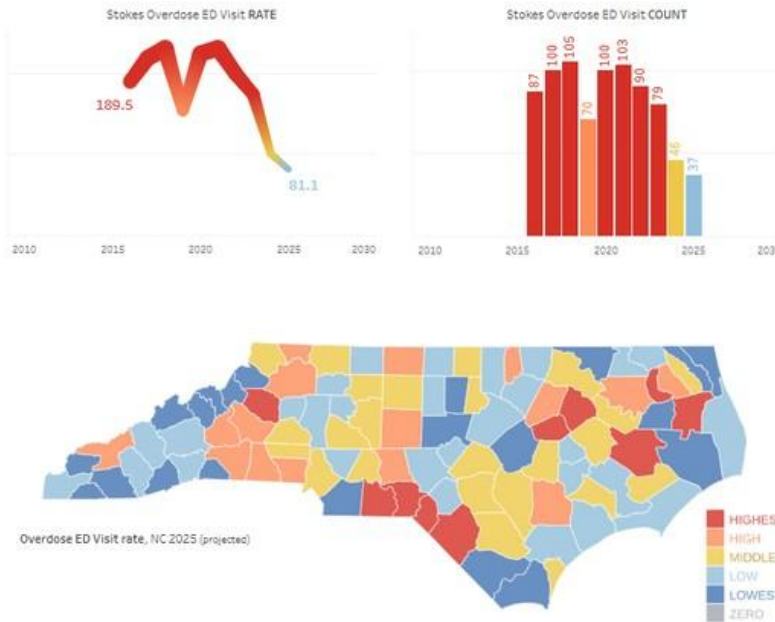
Stokes County followed a similar but more extreme pattern. In 2019, the county’s overdose death rate was 19.7 per 100,000 residents, representing nine overdose deaths. In 2021, the rate surged dramatically to 73.9 per 100,000 residents, with 33 overdose-related deaths. Although rates remained elevated, there was a decline by 2023, when the overdose rate dropped to 54.9 per 100,000 residents, representing 25 deaths. The downward trend continued in 2024, with the rate decreasing further to 39.3 per 100,000 residents and 18 deaths overdose. While these reductions are encouraging, overdose mortality in Stokes County remains a significant public health concern.



<https://www.dph.ncdhhs.gov/programs/chronic-disease-and-injury/injury-and-violenceprevention-branch/north-carolina-overdose-epidemic-data>

## OVERDOSE

Emergency department (ED) visits for overdose in Stokes County have shown a substantial decline over time. In 2018, the overdose ED visit rate was 230.7 per 100,000 residents, representing 105 overdose-related ED visits. By 2020, the rate had slightly decreased to 224.3 per 100,000 residents, with 100 ED visits. In 2022, the rate continued to decline to 199.4 per 100,000 residents, accounting for 90 overdose-related ED visits. By 2025, overdose ED visit rates dropped significantly to 81.1 per 100,000 residents, representing just 37 ED visits. This downward trend suggests meaningful progress in overdose prevention and response efforts in Stokes County, though continued monitoring and intervention remain important.

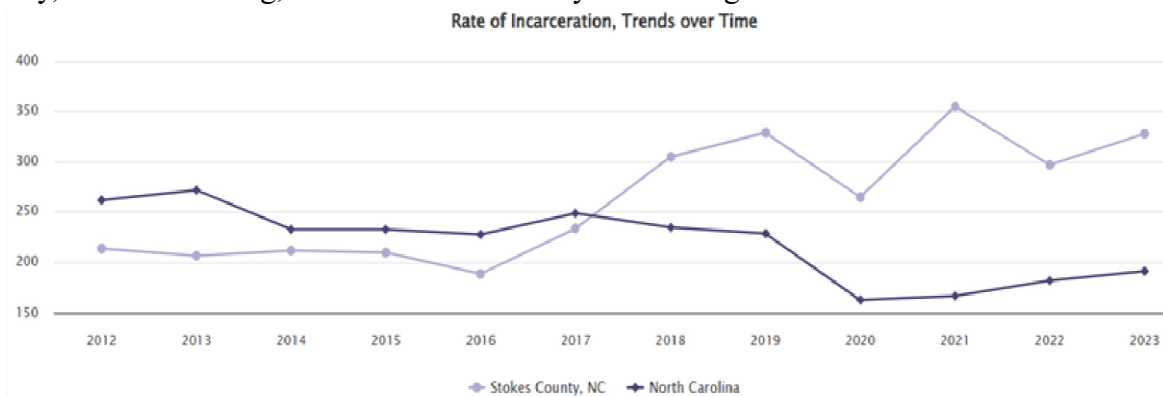


<https://www.dph.ncdhhs.gov/programs/chronic-disease-and-injury/injury-and-violenceprevention-branch/north-carolina-overdose-epidemic-data>

## INCARCERATION RATE

The incarceration rate is a measure of how many people are held in jail or prison within a specific population. It is typically expressed as the number of incarcerated individuals per 100,000 residents. In plain terms, it reflects how common incarceration is within a community. For example, an incarceration rate of 400 per 100,000 means that 400 out of every 100,000 residents are incarcerated at a given point in time.

In community health and planning, incarceration rates are important because higher rates are often associated with broader social and economic challenges, including poverty, limited access to education and employment opportunities, substance use, and mental health conditions. High incarceration rates can also have lasting effects on families and communities, influencing economic stability, child well-being, and overall community health long after individuals are released.



According to data from the North Carolina Department of Health and Human Services (NCDHHS) and the North Carolina Department of Adult Correction, Stokes County’s incarceration rate in 2023 was 327.9 per 100,000 residents, substantially higher than the state average of 182.2 per 100,000. This indicates a disproportionately high level of incarceration in Stokes County compared to North Carolina overall. An examination of incarceration trends over time shows a significant increase in Stokes County. In 2017, the incarceration rate was 234 per 100,000. By 2019, the rate rose sharply to 329, followed by another increase in 2021 to 355 per 100,000. Although the rate declined slightly by 2023, it remained elevated at 328 per 100,000, well above both earlier levels and the state average. When incarceration rates are examined by race and ethnicity in Stokes County, disparities are evident. In 2023, the incarceration rate among White residents was 345.58 per 100,000, while the rate among Black residents was 321.72 per 100,000. Both rates exceed the state average, underscoring the widespread and persistent impact of incarceration across racial groups within the county.



## MATERNAL & INFANT HEALTH

Maternal and infant health in Stokes County is influenced by rural living, limited access to health care, and social and economic factors. Many pregnant women must travel long distances for prenatal care, which can delay early and consistent checkups that are critical for identifying complications and supporting healthy pregnancies.

Maternal health outcomes are also affected by chronic conditions, limited health education, and barriers such as lack of transportation, insurance, or broadband access. These challenges can limit access to timely care and important health information. Infant health is closely tied to prenatal care and maternal well-being, and rural geography can make it harder for families to access pediatric care, immunizations, and other essential services.

Improving maternal and infant health in Stokes County requires expanded access to prenatal and postnatal care, increased health education, and support services such as transportation, nutrition, and social resources to promote healthier outcomes for mothers and babies.

## BIRTH RATES

Births in Stokes County showed an overall increase between 2020 and 2024. In 2020, the county recorded 384 births, which rose to 423 births in 2022 and increased further to 446 births in 2024. Across the five-year period from 2020 to 2024, Stokes County had a total of 2,060 births.

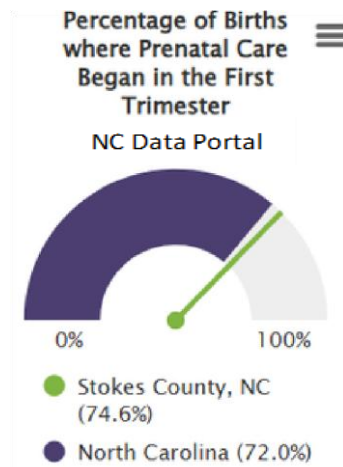
At the state level, North Carolina recorded 116,755 births in 2021, with the total increasing to 121,013 births by 2024. These trends indicate modest growth in births both locally and statewide, with Stokes County experiencing a gradual rise in annual births during this period.

Live Births NC Health Statistics	Stokes County	North Carolina
2024	446	121,013
2023	424	120,501
2022	423	121,557
2021	383	120,501
2020	384	116,755

## FIRST TRIMESTER PRENATAL CARE

First trimester prenatal care is important because it helps protect the health of both the mother and the baby from the very beginning of pregnancy. Early prenatal visits allow healthcare providers to confirm the pregnancy, identify health conditions such as high blood pressure, diabetes, or infections, and address risk factors that could affect fetal development. Prenatal care in the first trimester also supports healthy behaviors, such as proper nutrition, prenatal vitamin use, and avoiding harmful substances and allows providers to establish accurate due dates and monitor early fetal growth. Early care is linked to lower risks of pregnancy complications, preterm birth, and low birth weight.

According to the North Carolina Department of Health and Human Services (NCDHHS) Maternal and Infant Health Data Dashboard, there were 355 total residents live births. Of those, 265 individuals began prenatal care in the first trimester, resulting in a rate of 74.6%, which is higher than the statewide rate of 72%.



## GESTATIONAL DIABETES

Gestational diabetes is a type of diabetes that develops during pregnancy in someone who did not previously have diabetes.

It happens when the body cannot make enough insulin to manage the increased blood sugar levels that occur during pregnancy.

Gestational diabetes usually develops in the second or third trimester and often has no noticeable symptoms. If not managed, it can increase the risk of complications such as high birth weight, preterm birth, cesarean delivery, and future Type 2 diabetes for both the mother and child. It is typically managed through healthy eating, physical activity, blood sugar monitoring, and sometimes medication, and it usually goes away after the baby is born.

Report Area	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Stokes County, NC	3.2%	4.4%	2.6%	3.2%	6.8%	4.3%	3.7%	3.8%	5.9%	7.0%
North Carolina	5.3%	5.3%	5.7%	6.4%	6.6%	6.3%	7.4%	8.2%	8.6%	8.8%

NC Data Portal

According to NCDHHS, in Stokes County during 2023, 7% of births were to mothers with gestational diabetes among 355 total births, which is lower than the state average of 8.8%. However, the rate has more than doubled since 2014, when it was 3.2%, indicating that gestational diabetes has become more common among pregnant women in the county. This increase may reflect factors such as rising rates of obesity or overweight, changes in screening practices, older maternal age, and lifestyle factors including diet and physical activity. While still below the state average, this upward trend highlights the need for enhanced prenatal care, nutrition counseling, and diabetes prevention programs to support maternal and infant health.

## MATERNAL HYPERTENSION

Maternal hypertension refers to high blood pressure that occurs during pregnancy. It can be chronic (existing before pregnancy or diagnosed before 20 weeks) or gestational (developing after 20 weeks of pregnancy in women who previously had normal blood pressure).

Maternal hypertension is important because it can increase the risk of complications for both the mother and baby, including preterm birth, low birth weight, placental abruption, pre-eclampsia, and future cardiovascular disease. It is usually managed through regular prenatal care, monitoring blood pressure, lifestyle changes, and sometimes medication to help reduce risks and support a healthy pregnancy.

Report Area	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Stokes County, NC	6.5%	6.1%	6.1%	8.7%	12.9%	10.5%	15.7%	10.0%	15.7%	16.6%
North Carolina	7.6%	8.1%	9.3%	10.1%	11.0%	11.1%	12.6%	13.9%	14.6%	15.4%

NC Data Portal

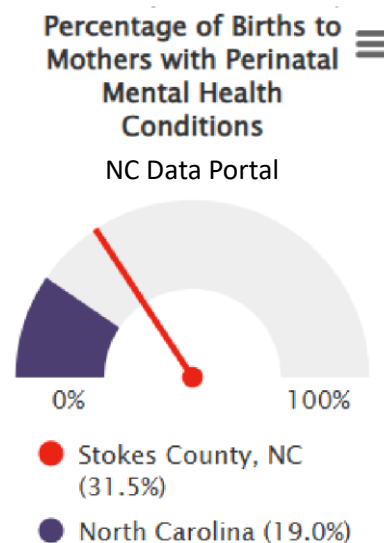
The increase in maternal hypertension from 6.5% in 2014 to 16.6% in 2023 shows that high blood pressure during pregnancy has become significantly more common in Stokes County, and the current rate is higher than the state average of 15.4%. This suggests growing health risks for pregnant women in the county, which could lead to higher rates of complications such as preterm birth, low birth weight, preeclampsia, and other maternal or infant health issues. It highlights a need for increased prenatal care, early screening, lifestyle support, and chronic disease prevention programs to address maternal health locally.

## PERINATAL MENTAL HEALTH CONDITIONS

Perinatal mental health conditions are mental health disorders that occur during pregnancy or within the first year after childbirth. They include conditions such as depression, anxiety, postpartum depression, postpartum anxiety, and postpartum psychosis.

These conditions are important because they can affect both the mother’s well-being and the baby’s development, including emotional bonding, feeding, and growth. Early recognition, support, and treatment, such as counseling, therapy, and sometimes medication, can help improve outcomes for both mother and child.

According to NCDHHS, in 2024, Stokes County had 444 total deliveries, and 140 of these (31.5%) involved a perinatal mental health condition, which is higher than the state rate of 19.0%. This means that nearly one-third of birthing individuals in Stokes County experienced mental health challenges during pregnancy or within the first year postpartum, indicating a significant need for mental health support, screening, and treatment services for mothers in the county.



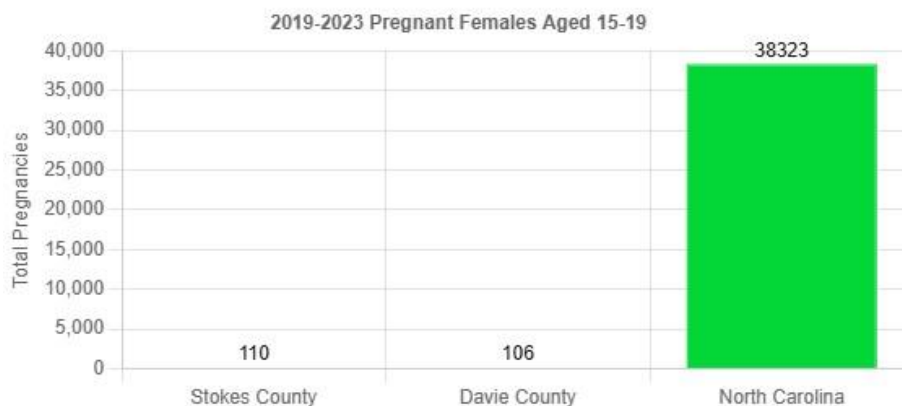
## LOW BIRTH RATE

From 2019 to 2023, Stokes County recorded a total of 174 low birth weight births. Of these, 157 occurred among White mothers, seven among Black mothers, and eight among Hispanic mothers. These data highlight racial and ethnic differences in low-birth-weight births within Stokes County and underscore the importance of targeted maternal and child health interventions to promote healthy pregnancies and improved birth outcomes.



## TEEN PREGNANCIES

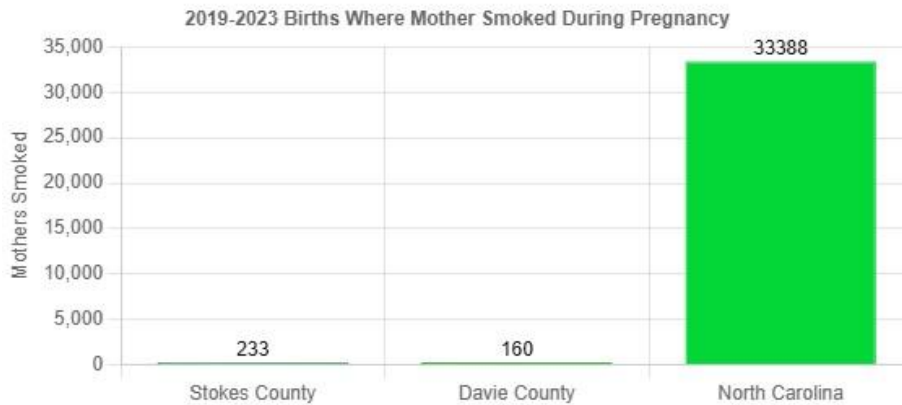
From 2019 to 2023, Stokes County recorded 110 pregnancies among females ages 15–19. During the same period, Davie County reported 106 teen pregnancies, while North Carolina recorded 38,323 pregnancies in this age group. These figures highlight that teen pregnancy remains a concern in Stokes County and emphasize the continued need for education, prevention efforts, and access to reproductive health services for adolescents.



<https://schs.dph.ncdhhs.gov/data/databook/>

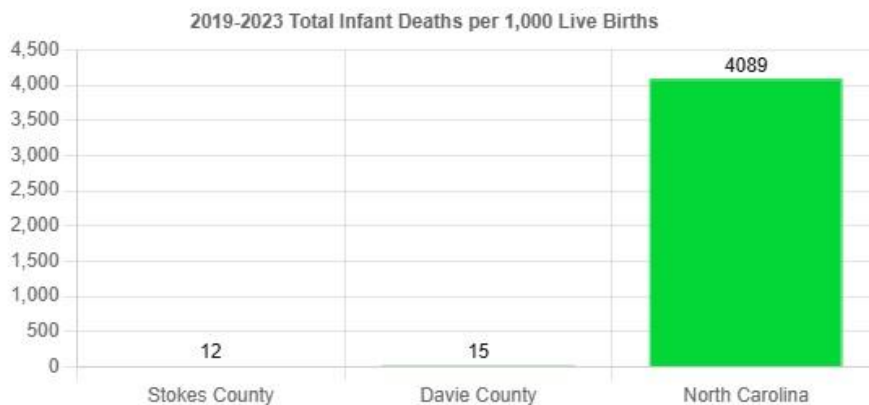
## SMOKING DURING PREGNANCY

Smoking during pregnancy has declined in both Stokes County and Davie County over time, though it remains a concern. From 2016 to 2020, Stokes County recorded 317 births to mothers who smoked during pregnancy. From 2019 to 2023, this number had decreased to 233 births, reflecting a notable reduction. Davie County showed a similar trend, with 206 such births reported from 2016 to 2020 and 160 births from 2019 to 2023. During the 2019–2023 period, North Carolina recorded a total of 33,388 births in which mothers smoked during pregnancy. While these declines are encouraging, continued prevention and smoking cessation efforts remain important to support healthy pregnancies and improve birth outcomes.



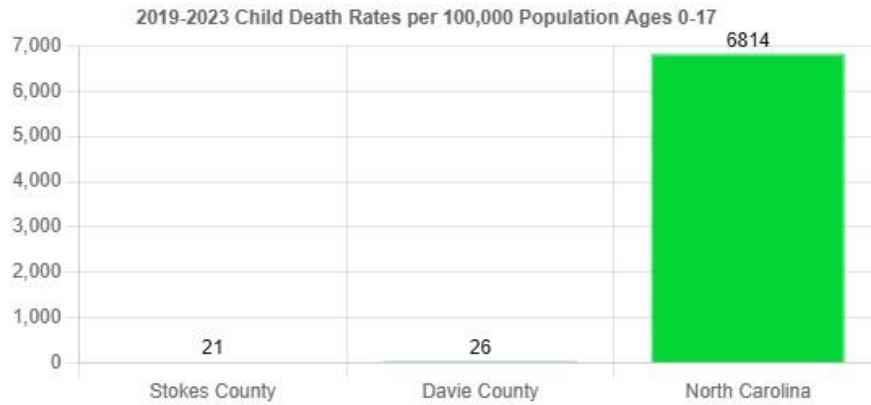
## INFANT DEATHS

From 2016 to 2020, Stokes County’s infant death rate was 6.2 deaths per 1,000 live births. For the 2019–2023 period, Stokes County recorded a total of 12 infant deaths per 1,000 live births, compared to 15 in Davie County. During the same timeframe, the statewide total for North Carolina was 4,089 infant deaths. These data indicate continued concerns related to infant mortality and highlight the importance of ongoing efforts to improve maternal and infant health outcomes in Stokes County.



## CHILD DEATHS

From 2016 to 2020, Stokes County’s child death rate among ages 0–17 was 41.9 per 100,000 children. During the 2019–2023 period, Stokes County recorded 21 child deaths among ages 0–17, while Davie County recorded 26 child deaths in this age group. Statewide, North Carolina reported a total of 6,814 child deaths during the same period. These figures suggest changes in child mortality over time and highlight the importance of continued child health and safety initiatives in Stokes County.





# SEXUALLY TRANSMITTED INFECTIONS

Sexually transmitted infections (STIs) are infections that are primarily spread through sexual contact, including vaginal, anal, or oral sex. They can be caused by bacteria, viruses, or parasites. Common examples include chlamydia, gonorrhea, syphilis, HIV, human papillomavirus (HPV), and herpes simplex virus (HSV). STIs can cause a range of symptoms, such as painful urination, unusual discharge, sores, or sometimes no symptoms at all, which is why regular testing is important. In Stokes County in 2024, the top three STIs were Chlamydia, Gonorrhea, and HIV. Prevention focuses on condom use, reducing the number of sexual partners, regular testing, and vaccination for preventable infections like HPV and hepatitis B.

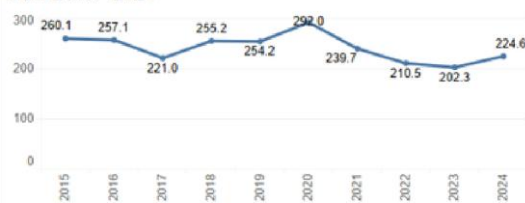
County	Disease	2021		2022		2023		2024	
		County Cases	County Incidence	County Cases	County Incidence	County Cases	County Incidence	County Cases	County Incidence
Stokes	Chlamydia	107.0	239.7	95.0	210.5	92.0	202.3	103.0	224.6
	Gonorrhea	44.0	98.6	40.0	88.6	31.0	68.2	28.0	61.1
	HIV	3.0	7.7	1.0	2.5	3.0	7.6	3.0	7.5
	Syphilis - Early, Non-Primary, Non-S...	0.0	0	1.0	2.2	3.0	6.6	1.0	2.2
	Syphilis - Primary Syphilis	1.0	2.2	1.0	2.2	0.0	0	1.0	2.2
	Syphilis - Secondary Syphilis	4.0	9	1.0	2.2	1.0	2.2	2.0	4.4

## CHLAMYDIA

Chlamydia cases in Stokes County remained relatively stable between 2021 and 2024. In 2021, the county reported 107 cases, compared to 103 cases in 2024. The age distribution of cases shows that young adults were the most affected, with 58 cases occurring among individuals ages 18–24. Additional cases included 12 among ages 13–17, 30 among ages 25–49, two among ages 50–64, and one case among individuals age 65 and older.

Incidence rates in Stokes County were consistently lower than the state average during this period. In 2021, the chlamydia incidence rate in Stokes County was 239.7 per 100,000 residents, compared to 616.8 per 100,000 statewide. By 2024, the county’s rate declined to 224.6 per 100,000 residents, while the statewide rate also decreased to 561.5 per 100,000. Although rates in Stokes County remain below the state average, the concentration of cases among adolescents and young adults highlights the continued need for targeted prevention, education, and screening efforts.

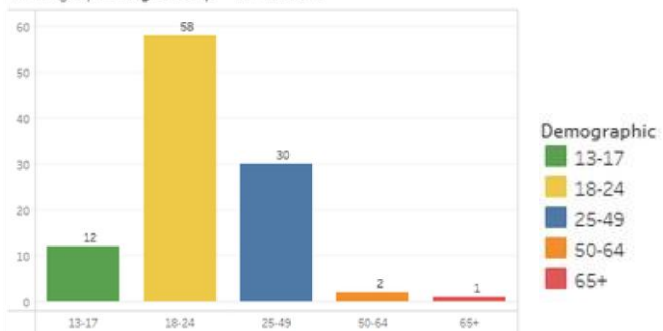
Chlamydia Incidence Rate per 100,000 in County: Stokes from 2015 - 2024



Chlamydia Incidence Rate per 100,000 in North Carolina from 2015 - 2024



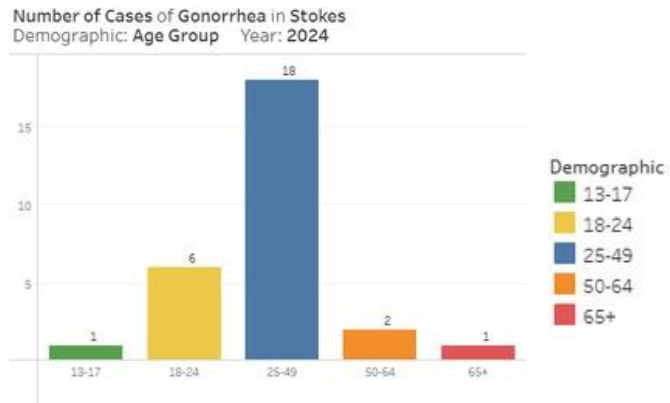
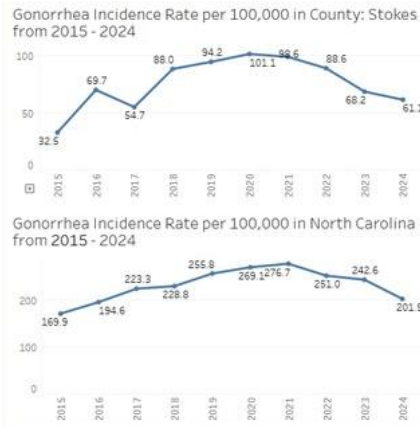
Number of Cases of Chlamydia in Stokes Demographic: Age Group Year: 2024



<https://epi.dph.ncdhhs.gov/cd/figures.html>

## GONORRHEA

Gonorrhea cases in Stokes County declined between 2021 and 2024. In 2021, the county reported 44 cases, which decreased to 28 cases by 2024. In 2024, the highest number of cases occurred among adults ages 25–49, accounting for 18 cases. This was followed by six cases among individuals ages 18–24, two cases among those ages 50–64, and one case each in the 13–17 and 65 and older age groups.

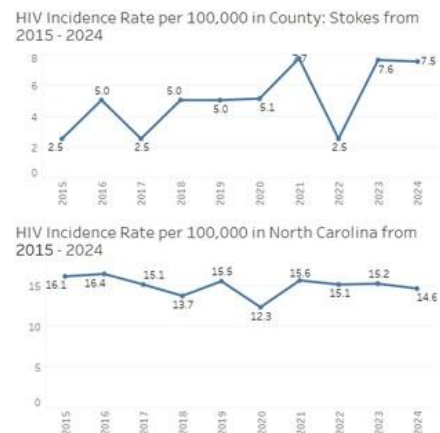


Incidence rates also decreased during this period. In 2021, Stokes County’s gonorrhea incidence rate was 98.6 per 100,000 residents, compared to a much higher statewide rate of 276.7. By 2024, the county’s rate had declined to 61.1 per 100,000 residents, while the North Carolina statewide rate decreased to 201.5. Although Stokes County’s rates remain well below the state average, these data underscore the importance of continued screening, education, and prevention efforts, particularly among young and middle-aged adults.

## HIV (HUMAN IMMUNODEFICIENCY VIRUS)

HIV (Human Immunodeficiency Virus) is a virus that attacks the body’s immune system, specifically the CD4 cells (T cells), which help the body fight off infections. Over time, if untreated, HIV can weaken the immune system, making it harder to fight infections and diseases. HIV is primarily spread through blood, semen, vaginal fluids, rectal fluids, and breast milk—commonly via unprotected sex, sharing needles, or from mother to child during childbirth or breastfeeding. While there is no cure, HIV can be managed effectively with antiretroviral therapy (ART), which allows people to live long, healthy lives and reduces the risk of transmitting the virus to others.

In Stokes County, NC, the incidence rate of HIV per 100,000 residents was 5.1 in 2020, decreased to 2.5 in 2022, and then increased to 7.5 in 2024. Statewide rates were higher, at 12.3 in 2020, 15.1 in 2022, and 14.6 in 2024. The number of cases and demographic details within the county are suppressed to protect privacy. These trends underscore the ongoing need for HIV education, testing, prevention strategies, and access to treatment to reduce new infections in the community.



<https://epi.dph.ncdhhs.gov/cd/figures.html>

# HEPATITIS

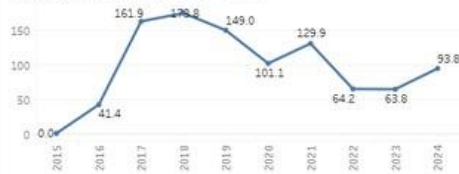
Hepatitis is inflammation of the liver, usually caused by viruses, and can be acute or chronic. Chronic hepatitis B occurs when the hepatitis B virus remains in the body long-term; people may have no symptoms but can still spread the virus, and a vaccine is available. Chronic hepatitis C is caused by the hepatitis C virus, is often silent for years, and spreads mainly through blood; there is no vaccine, but it can often be cured with antiviral treatment. Both types can lead to serious liver damage if untreated. In 2024, the top two hepatitis infections in Stokes County were chronic hepatitis C and chronic hepatitis B (carrier).

County	Disease	2021		2022		2023		2024	
		County Cases	County Incidence	County Cases	County Incidence	County Cases	County Incidence	County Cases	County Incidence
Stokes	Hepatitis A	1.0	2.2	0.0	0	0.0	0	0.0	0
	Hepatitis B - Acute	3.0	6.7	0.0	0	0.0	0	0.0	0
	Hepatitis B - Chronic Carrier	4.0	9	2.0	4.4	2.0	4.4	6.0	13.1
	Hepatitis B - Perinatally Acquired	0.0		0.0		0.0		0.0	
	Hepatitis C - Acute	1.0	2.2	1.0	2.2	0.0	0	0.0	0
	Hepatitis C - Chronic	58.0	129.9	29.0	64.2	29.0	63.8	43.0	93.8

## HEPATITIS C

Hepatitis C cases in Stokes County fluctuated between 2021 and 2024. In 2021, the county reported a caseload of 58 cases. This number declined substantially to 29 cases during 2022–2023, before increasing again to 43 cases in 2024. In 2024, the largest proportion of Hepatitis C cases occurred among adults ages 25–49, accounting for 26 cases, followed by 11 cases among those ages 50–64 and six cases among residents age 65 and older.

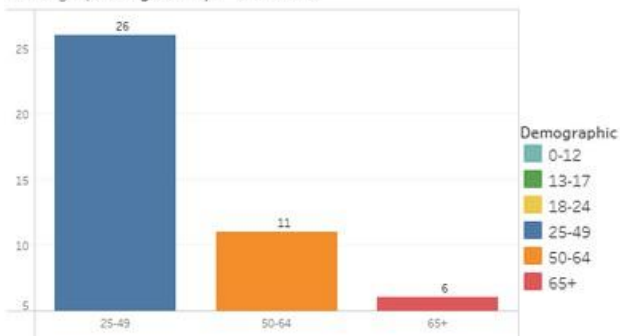
Hepatitis C - Chronic Incidence Rate per 100,000 in County: Stokes from 2015 - 2024



Hepatitis C - Chronic Incidence Rate per 100,000 in North Carolina from 2015 - 2024



Number of Cases of Hepatitis C - Chronic in Stokes Demographic: Age Group Year: 2024



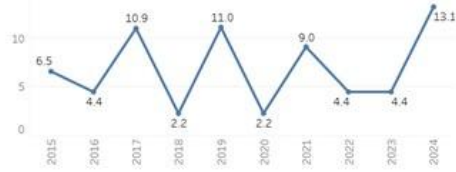
Incidence rates in Stokes County decreased overall during this period. In 2021, the Hepatitis C incidence rate was 129.9 per 100,000 population, which was higher than the statewide rate of 112.7. By 2024, the county’s rate had declined to 93.8 per 100,000 population, while the North Carolina statewide rate also decreased to 82.3. Although incidence rates have improved, the rise in cases in 2024 highlights the need for continued prevention, testing, and treatment efforts, particularly among working-age adults.

<https://epi.dph.ncdhhs.gov/cd/figures.html>

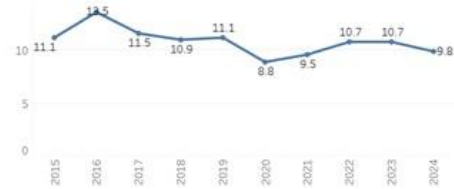
## HEPATITIS B

In Stokes County, the incidence rate of chronic hepatitis B (carrier) per 100,000 residents was 2.2 in 2020, spiked to 9.0 in 2021, decreased to 4.4 in 2022 and 2023, and rose to 13.1 in 2024. In comparison, the statewide rates were higher overall, at 8.8 in 2020, 9.5 in 2021, 10.7 in 2022 and 2023, and 9.8 in 2024. In 2024, there were 4 cases in the 50–64 age group and 2 cases in those 65 and older. These trends emphasize the importance of vaccination, testing, and education to prevent hepatitis B transmission in the community.

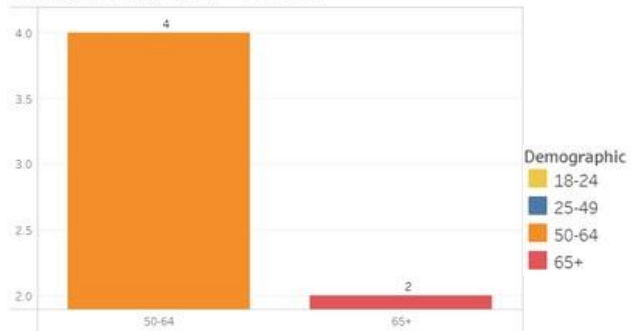
Hepatitis B - Chronic Carrier Incidence Rate per 100,000 in County; Stokes from 2015 - 2024



Hepatitis B - Chronic Carrier Incidence Rate per 100,000 in North Carolina from 2015 - 2024



Number of Cases of Hepatitis B - Chronic Carrier in Stokes Demographic: Age Group Year: 2024



<https://epi.dph.ncdhhs.gov/cd/figures.html>

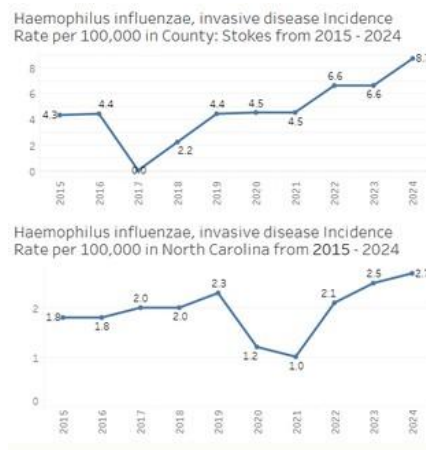
## VACCINE PREVENTABLE

Vaccine-preventable diseases are illnesses caused by viruses or bacteria that can be prevented through vaccination. Vaccines help the body build immunity, reducing the risk of infection, severe illness, hospitalization, and death. Examples of vaccine-preventable diseases include measles, mumps, rubella, pertussis (whooping cough), influenza, Haemophiles influenzae type b (Hib), hepatitis A and B, polio, tetanus, diphtheria, and chickenpox. Widespread vaccination protects not only individuals but also communities by limiting the spread of disease, especially to infants, older adults, and people with weakened immune systems.

County	Disease	2021		2022		2023		2024	
		County Cases	County Incidence	County Cases	County Incidence	County Cases	County Incidence	County Cases	County Incidence
Stokes	Acute flaccid myelitis	0.000	0	0.000	0	0.000	0	0.000	0
	Haemophilus influenzae, invasive di.	2.000	4.5	3.000	6.6	3.000	6.6	4.000	8.7
	Measles	0.000	0	0.000	0	0.000	0	0.000	0
	Meningitis, pneumococcal	0.000	0	1.000	2.2	0.000	0	0.000	0
	Meningococcal invasive disease	0.000	0	0.000	0	0.000	0	0.000	0
	Mpox	0.000	0	1.000	2.2	0.000	0	0.000	0
	Mumps	0.000	0	0.000	0	0.000	0	0.000	0
	Pertussis	0.000	0	0.000	0	0.000	0	2.000	4.4
	Tetanus	0.000	0	0.000	0	0.000	0	0.000	0
	Varicella	0.000	0	0.000	0	0.000	0	1.000	2.2

## HAEMOPHILES INFLUENZAE

Haemophiles influenzae is a type of bacteria that can cause illnesses ranging from mild ear and sinus infections to serious diseases such as pneumonia and meningitis. It spreads through respiratory droplets from coughing or sneezing and most commonly affects young children, older adults, and people with weakened immune systems. The most severe form, type b (Hib), is preventable with routine childhood vaccination, and infections are treatable with antibiotics when identified early.



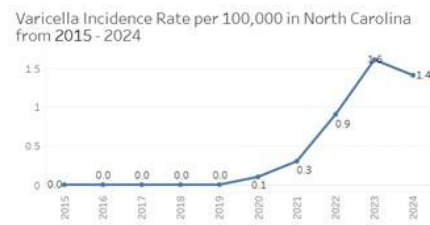
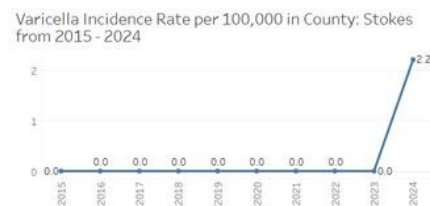
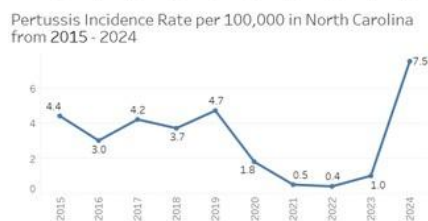
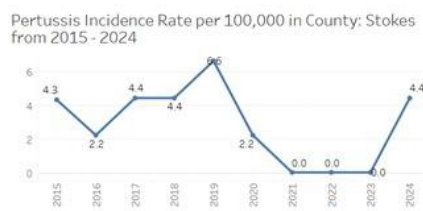
In Stokes County, the incidence rate of Haemophiles influenzae infections has steadily increased in recent years, rising from 4.5 per 100,000 residents in 2020 to 6.6 in 2022 and 8.7 in 2024. In comparison, the statewide rate remained much lower, increasing from 1.2 per 100,000 in 2020 to 2.1 in 2022 and 2.7 in 2024. The number of cases in the county by age has been suppressed to protect privacy. This widening gap highlights a concerning local trend and underscores the need for enhanced community education on the importance of vaccinations to prevent serious Haemophiles influenzae infections.

<https://epi.dph.ncdhhs.gov/cd/figures.html>

## PERTUSSIS

Pertussis, also known as Whooping Cough, is a highly contagious bacterial infection of the respiratory system caused by *Bordetella pertussis*. It spreads easily through coughing and sneezing and starts with cold-like symptoms but can progress to severe coughing fits that make it hard to breathe. Pertussis is especially dangerous for infants and young children, sometimes leading to pneumonia, seizures, or hospitalization. Vaccination (DTaP for children and Tdap for adolescents and adults) is the best way to prevent pertussis.

In Stokes County, pertussis rates have fluctuated in recent years, with an incidence rate of 2.2 per 100,000 residents in 2020, dropping to zero in 2022, and then increasing to 4.4 per 100,000 in 2024. During the same period, the statewide rate declined from 1.8 per 100,000 in 2020 to 0.4 in 2022, before rising sharply to 7.5 per 100,000 in 2024. These changes highlight the reemergence of pertussis and reinforce the importance of ongoing vaccination and public health education efforts.



## VARICELLA

Varicella, commonly known as chickenpox, is a highly contagious viral infection caused by the varicella-zoster virus. It spreads easily through coughing, sneezing, or direct contact with the rash. Varicella causes itchy, blister-like rash, fever, and fatigue, and while it is often mild in children, it can be severe in infants, adults, pregnant people, and those with weakened immune systems.

Varicella is preventable with vaccination, which is highly effective at reducing illness, complications, and outbreaks.

In Stokes County, the incidence rate of varicella remained at zero in both 2020 and 2022, before increasing to 2.2 cases per 100,000 residents in 2024. In comparison, the statewide incidence rate was 0.1 per 100,000 in 2020 and rose to 1.4 per 100,000 in 2024. This increase in local cases highlights a concerning upward trend and emphasizes the importance of continued vaccination efforts and public education to prevent varicella outbreaks.

<https://epi.dph.ncdhhs.gov/cd/figures.html>

## VECTOR-BORNE

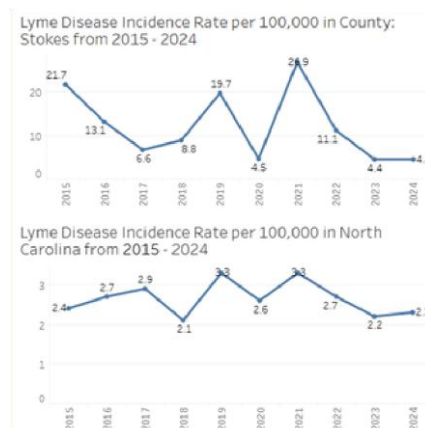
A vector-borne disease is an illness transmitted to humans or animals through a living organism, called a vector, such as a mosquito, tick, or flea. These vectors carry pathogens from one host to another, causing diseases like malaria, Lyme disease, West Nile virus, and dengue fever. Unlike infections that spread directly between people, vector-borne diseases depend on these organisms to transmit the infection. In 2024, Stokes County reported 2 cases of vector-borne disease, both of which were Lyme disease.

County	Disease	2021		2022		2023		2024	
		County Cases	County Incidence	County Cases	County Incidence	County Cases	County Incidence	County Cases	County Incidence
Stokes	Anaplasmosis	1.00	2.2	0.00	0	0.00	0	0.00	0
	Ehrlichiosis	2.00	4.5	0.00	0	1.00	2.2	0.00	0
	Lyme Disease	12.00	26.9	5.00	11.1	2.00	4.4	2.00	4.4
	Spotted Fever Rickettsiosis	2.00	4.5	1.00	2.2	0.00	0	0.00	0

## LYME DISEASE

Lyme disease is a bacterial infection caused by *Borrelia burgdorferi*, which is transmitted to humans through the bite of an infected black-legged tick (deer tick). Early symptoms often include fever, headache, fatigue, and a distinctive “bull’s-eye” rash at the bite site. If left untreated, the infection can spread to joints, the heart, and the nervous system, causing more serious complications. Lyme disease is treatable with antibiotics, and prevention focuses on avoiding tick bites through protective clothing, insect repellent, and checking for ticks after spending time outdoors.

In Stokes County, NC, the incidence rate of Lyme disease per 100,000 residents fluctuated over recent years, rising from 4.5 in 2020 to a peak of 26.9 in 2021, before decreasing to 11.1 in 2022 and 4.4 in 2024. In comparison, the statewide incidence rate remained much lower, increasing slightly from 2.6 per 100,000 in 2020 to 3.3 in 2021, then gradually declining to 2.7 in 2022 and 2.3 in 2024. These trends highlight the significant local variation in Lyme disease cases and underscore the importance of tick prevention and public education in high-risk areas.



<https://epi.dph.ncdhhs.gov/cd/figures.html>

## ENTERIC DISEASE

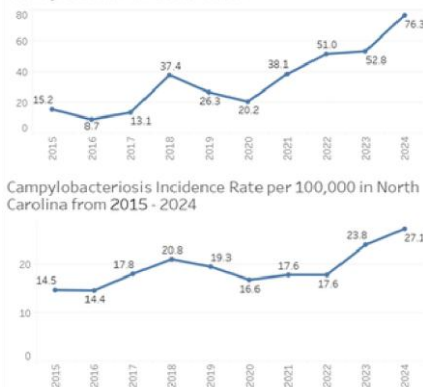
Enteric diseases are illnesses that affect the intestinal (digestive) system, usually caused by bacteria, viruses, or parasites, and often spread through contaminated food, water, or hands. They can lead to symptoms such as diarrhea, vomiting, stomach cramps, and fever. In Stokes County in 2024, the top three enteric diseases were Campylobacteriosis, Salmonellosis, and Cryptosporidiosis, while other cases include E. coli (Shiga toxin-producing), Vibrio infections, Listeriosis, and Shigellosis. These infections highlight the ongoing need for public education on safe food handling, clean water, hand hygiene, and proper sanitation to prevent illness.

County	Disease	2021		2022		2023		2024	
		County Cases	County Incidence	County Cases	County Incidence	County Cases	County Incidence	County Cases	County Incidence
Stokes	Campylobacteriosis	17.00	38.1	23.00	51	24.00	52.8	35.00	76.3
	Cryptosporidiosis	3.00	6.7	3.00	6.6	1.00	2.2	5.00	10.9
	Cyclosporiasis	2.00	4.5	2.00	4.4	0.00	0	0.00	0
	E. coli - shiga toxin producing	3.00	6.7	4.00	8.9	4.00	8.8	2.00	4.4
	Listeriosis	0.00	0	0.00	0	0.00	0	1.00	2.2
	Salmonellosis	7.00	15.7	5.00	11.1	10.00	22	14.00	30.5
	Shigellosis	0.00	0	1.00	2.2	2.00	4.4	1.00	2.2
	Vibrio infection (other than cholera a...)	1.00	2.2	0.00	0	0.00	0	2.00	4.4

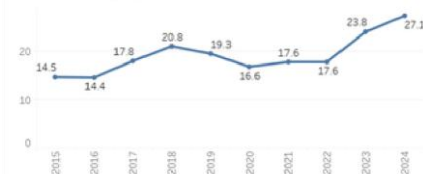
## CAMPYLOBACTERIOSIS

In 2024, Campylobacteriosis was the leading enteric disease in Stokes County, NC, with an incidence rate of 76.3 per 100,000, compared to the statewide rate of 27.1 per 100,000. The highest number of cases occurred in adults aged 65 and older (14 cases), followed by ages 25–49 and 50–64 (8 cases each), 0–12 years (3 cases), and 18–24 years (2 cases). This data highlights the critical importance of safe food handling, clean water, hand hygiene, and proper sanitation to prevent enteric illnesses in the community.

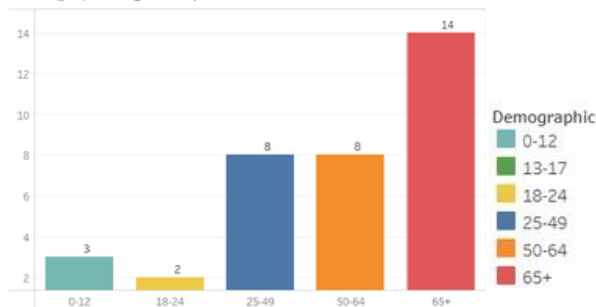
Campylobacteriosis Incidence Rate per 100,000 in County: Stokes from 2015 - 2024



Campylobacteriosis Incidence Rate per 100,000 in North Carolina from 2015 - 2024



Number of Cases of Campylobacteriosis in Stokes Demographic: Age Group Year: 2024



## SALMONELLOSIS

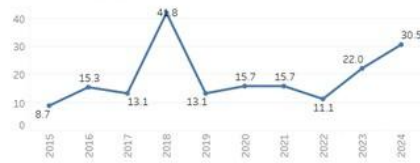
Salmonellosis is an infection caused by Salmonella bacteria, which usually affects the intestinal (digestive) system. People typically get infected by eating contaminated food or water, especially undercooked meat, eggs, or raw produce, or by touching contaminated surfaces. Symptoms often include diarrhea, fever, abdominal cramps, and vomiting, and while most people recover without treatment, severe cases may require hospitalization. Prevention focuses on safe food handling, cooking food thoroughly, washing hands, and practicing good sanitation.

<https://epi.dph.ncdhhs.gov/cd/figures.html>

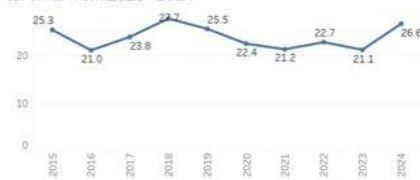
## SALMONELLOSIS

In Stokes County, NC, the incidence rate of Salmonellosis per 100,000 residents was 15.7 in 2020, decreased to 11.1 in 2022, and then rose sharply to 30.5 in 2024. In comparison, the statewide rates were 22.4 in 2020, 22.7 in 2022, and 26.6 in 2024. In 2024, the highest number of cases occurred in adults aged 65 and older (6 cases), followed by ages 25–49 and 50–64 (3 cases each), and 0–12 years (2 cases). This data emphasizes the ongoing need for safe food handling, clean water, hand hygiene, and proper sanitation to prevent Salmonellosis in the community.

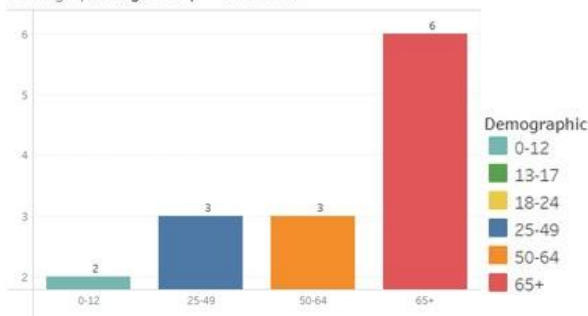
Salmonellosis Incidence Rate per 100,000 in County: Stokes from 2015 - 2024



Salmonellosis Incidence Rate per 100,000 in North Carolina from 2015 - 2024



Number of Cases of Salmonellosis in Stokes  
Demographic: Age Group Year: 2024

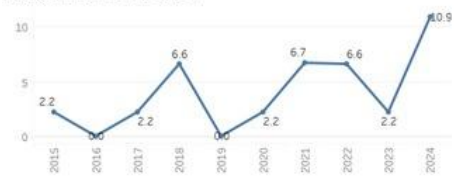


## CRYPTOSPORIDIOSIS

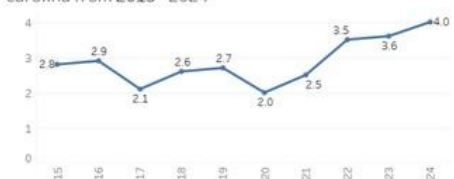
Cryptosporidiosis is an intestinal infection caused by the parasite *Cryptosporidium*, usually spread through contaminated water, food, or contact with infected people. It can cause watery diarrhea, stomach cramps, nausea, fever, and fatigue, and can be more severe in people with weakened immune systems. There is no vaccine, so prevention relies on safe water, good hand hygiene, and proper sanitation, while most healthy people recover without treatment.

In Stokes County, the incidence rate of cryptosporidiosis per 100,000 residents increased from 2.2 in 2020 to 6.6 in 2022 and 10.9 in 2024. The total number of cases by age has been suppressed to protect privacy. In comparison, the statewide incidence rate was lower, at 2.0 in 2020, 3.5 in 2022, and 4.0 in 2024. This rising trend in the county highlights the importance of safe water, proper sanitation, and hand hygiene to prevent cryptosporidiosis infections.

Cryptosporidiosis Incidence Rate per 100,000 in County: Stokes from 2015 - 2024



Cryptosporidiosis Incidence Rate per 100,000 in North Carolina from 2015 - 2024



<https://epi.dph.ncdhhs.gov/cd/figures.html>

## RESPIRATORY DISEASE

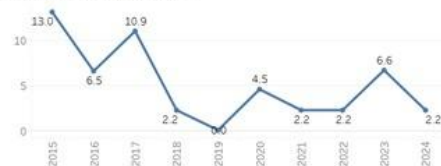
Respiratory diseases are illnesses that affect the lungs and airways, making it hard to breathe. They can be caused by viruses, bacteria, fungi, or environmental factors like pollution or smoking. Common examples include influenza, legionellosis, and tuberculosis. Symptoms may include coughing, shortness of breath, wheezing, chest pain, and fever, and prevention often involves vaccination, good hand hygiene, avoiding sick individuals, and reducing environmental triggers.

County	Disease	2021		2022		2023		2024	
		County Cases	County Incidence	County Cases	County Incidence	County Cases	County Incidence	County Cases	County Incidence
Stokes	Influenza, adult death	0.000	0	0.000	0	2.000	5.4	0.000	0
	Legionellosis	1.000	2.2	1.000	2.2	3.000	6.6	1.000	2.2
	TB	0.000	0	1.000	2.2	0.000	0	1.000	2.2

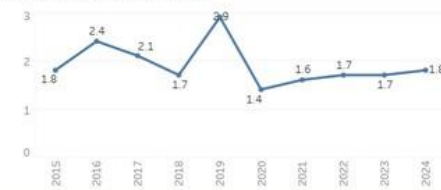
## LEGIONELLOSIS

Legionellosis is a respiratory illness caused by Legionella bacteria, most commonly leading to Legionnaires' disease, a severe form of pneumonia, or Pontiac fever, a milder flu-like illness. People usually become infected by breathing in tiny droplets of contaminated water from sources like showers, hot tubs, or cooling systems. It is not spread between people, and prevention focuses on proper water system maintenance. Early antibiotic treatment is important, especially for older adults or those with weakened immune systems. In Stokes County, the incidence rate of legionellosis per 100,000 residents was 4.5 in 2020, decreased to 2.2 in 2022, rose to 6.6 in 2023, and fell back to 2.2 in 2024. In comparison, the statewide incidence rate was lower and relatively stable, at 1.4 in 2020, 1.7 in 2022 and 2023, and 1.8 in 2024. These trends highlight the importance of proper maintenance of water systems and monitoring to prevent Legionella infections in the community.

Legionellosis Incidence Rate per 100,000 in County: Stokes from 2015 - 2024



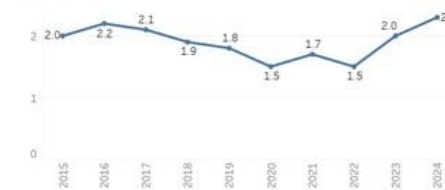
Legionellosis Incidence Rate per 100,000 in North Carolina from 2015 - 2024



TB Incidence Rate per 100,000 in County: Stokes from 2015 - 2024



TB Incidence Rate per 100,000 in North Carolina from 2015 - 2024



## TUBERCULOSIS

Tuberculosis (TB) is an infectious disease caused by Mycobacterium tuberculosis, usually affecting the lungs. It spreads through airborne droplets when an infected person coughs or sneezes. TB can be latent, with no symptoms and not contagious, or active, causing cough, fever, night sweats, weight loss, and fatigue, and can spread to others. TB is treatable with antibiotics, and prevention includes vaccination, testing, and proper infection control.

In Stokes County, the incidence rate of tuberculosis (TB) per 100,000 residents was 0 in 2020, increased to 2.2 in 2022, and remained 2.2 in 2024. In comparison, the statewide incidence rate was 1.5 in 2020 and 2022, rising to 2.3 in 2024. These trends highlight the importance of TB testing, early detection, and treatment to prevent the spread of tuberculosis in the community.

## HEALTHCARE ACQUIRED

A healthcare-acquired infection (HAI) is an infection a patient develops while receiving medical care in a hospital, clinic, or other healthcare setting. In 2024, the top HAI in Stokes County was invasive Group A streptococcal infection, followed by carbapenems-producing infections and toxic shock syndrome streptococcal infections. HAIs are caused by bacteria, viruses, or fungi, and prevention relies on hand hygiene, proper sterilization, infection control practices, and careful use of antibiotics.

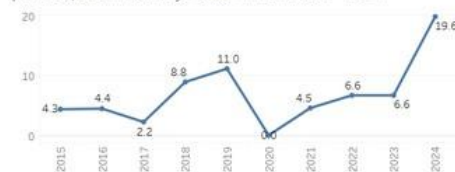
County	Disease	2020		2021		2022		2023		2024	
		County Cases	County Incidence	County Cases	County Incidence	County Cases	County Incidence	County Cases	County Incidence	County Cases	County Incidence
Stokes	Candida auris	0.00	0	0.00	0	0.00	0	5.00	11	0.00	0
	Carbapenemase-Producing Organism	1.00	2.2	2.00	4.5	0.00	0	2.00	4.4	1.00	2.2
	Staph aureus, reduced suscept. to v..	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0
	Streptococcal invasive infection, Gro..	0.00	0	2.00	4.5	3.00	6.6	3.00	6.6	9.00	19.6
	Toxic Shock Syndrome, non-strepto..	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0
	Toxic Shock Syndrome, streptococcal	0.00	0	0.00	0	0.00	0	0.00	0	1.00	2.2

<https://epi.dph.ncdhhs.gov/cd/figures.html>

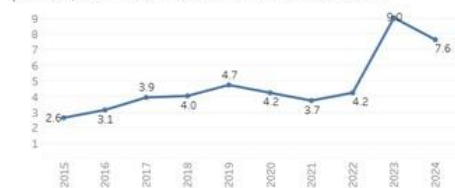
## STREPTOCOCCAL INVASIVE INFECTION, GROUP A

Invasive Group A Streptococcal (iGAS) infection is a serious infection caused by Group A Streptococcus bacterium that enter normally sterile parts of the body, such as the blood, muscles, or lungs. It can lead to severe illnesses like sepsis, necrotizing fasciitis, toxic shock syndrome, and pneumonia. iGAS is spread through close contact or contaminated surfaces, and early antibiotic treatment is critical. Prevention focuses on good hygiene, prompt treatment of strep infections, and proper wound care.

Streptococcal invasive infection, Group A Incidence Rate per 100,000 in County: Stokes from 2015 - 2024



Streptococcal invasive infection, Group A Incidence Rate per 100,000 in North Carolina from 2015 - 2024



In Stokes County, the incidence rate of invasive Group A Streptococcal (iGAS) infection per 100,000 residents was 0 in 2020, increased to 6.6 in 2022, and rose sharply to 19.6 in 2024. In comparison, the statewide incidence rate was lower, at 4.2 in 2020 and 2022, and 7.6 in 2024. This significant local increase highlights the importance of early recognition, prompt treatment, and infection prevention measures such as good hygiene and proper wound care.

## PHYSICAL & BUILT ENVIRONMENT

The physical environment and the built environment describe different but related factors that influence where and how people live.

The physical environment refers to the natural surroundings, including air, water, land, climate, weather, and natural resources. It affects health through factors such as air and water quality, exposure to pollution, extreme heat or cold, and natural hazards.

The built environment includes the human-made surroundings people interact with every day, such as homes, schools, workplaces, roads, sidewalks, parks, public buildings, transportation systems, and broadband infrastructure. It influences health by shaping physical activity, safety, access to food, healthcare, education, and social connection.

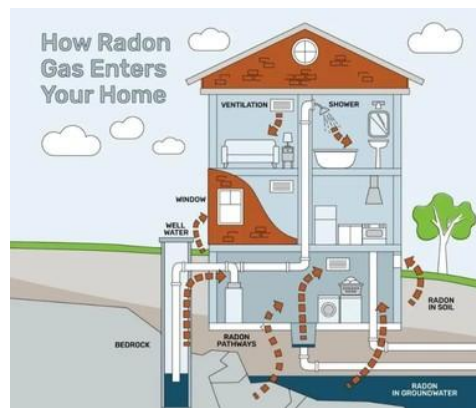
Together, the physical and built environments play a major role in health outcomes, quality of life, and community well-being.



## RADON

Radon is a naturally occurring radioactive gas that forms from the breakdown of uranium in soil and rock. Because it is colorless, odorless, and tasteless, people can be exposed without realizing it. Radon can enter homes and buildings through cracks in foundations, walls, and floors, as well as through gaps around pipes, and it can accumulate to unsafe levels, particularly in basements and lower levels.

Testing for radon is essential because long-term exposure to elevated radon levels increases the risk of lung cancer. Radon is the second leading cause of lung cancer overall and the leading cause among nonsmokers. The U.S. Environmental Protection Agency recommends acting when radon levels are at or above 4.0 picocuries per liter (pCi/L). Since radon cannot be detected without testing and levels can vary widely between buildings, regular testing is the only way to identify and address potential risks.



Radon testing activity in Stokes County shows both increased testing and higher maximum exposure levels over time. In 2020, 29 radon tests were conducted in residential and commercial buildings, with levels ranging from 0.30 pCi/L to 8.60 pCi/L. By 2024, testing increased to 43 buildings, with radon levels ranging from 0.60 pCi/L to a significantly higher maximum of 23.30 pCi/L. These findings underscore the importance of continued radon testing and mitigation efforts in Stokes County to reduce long-term health risks and protect residents from lung cancer.



<https://epi.dph.ncdhhs.gov/oe/programs/EnvPubHealthTracking.html>

## BROADBAND & TECHNOLOGY ACCESS

Access to broadband and technology is a critical component of the built environment in Stokes County and plays an important role in promoting health equity. Many households lack reliable, high-speed internet, creating barriers that affect daily life and limit access to essential services. Students are particularly impacted, as limited broadband can make it difficult to complete homework, participate in virtual learning, or access educational resources, potentially widening learning gaps and placing some students at a disadvantage. Health care access is also affected, since telehealth services rely on stable internet connections. In a rural county like Stokes, limited connectivity can prevent residents from using virtual medical visits and lead to delayed care when travel to providers is challenging.

Limited broadband access also affects employment and access to services. Many jobs now require internet access for applications, training, or remote work, and social services and government programs are increasingly accessed online. Without reliable connectivity, residents may struggle to find employment, apply for assistance, or stay connected to community resources. According to the North Carolina Data Portal (June 2025), Stokes County had 22,989 broadband-serviceable locations, compared to 20,384 in Davie County. While 97.31% of locations in Stokes County had access to download speeds of at least 25 Mbps and upload speeds of at least 3 Mbps, similar to the statewide average of 97.01%, this rate lags behind Davie County's 99.77%. The gap is more pronounced for higher-speed service, with only 88.26% of Stokes County locations having access to download speeds of at least 100 Mbps and upload speeds of at least 20 Mbps, compared to 99.69% in Davie County and 94.48% statewide. Overall, these data show that although basic broadband access is widespread, high-speed connectivity in Stokes County continues to lag behind both its peer county and the state, contributing to disparities in education, health care, and economic opportunity.

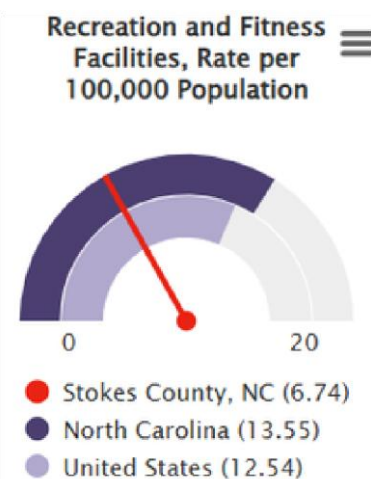
Report Area	Total Number of Broadband Serviceable Locations	Access to DL Speeds >= 25MBPS and UL Speeds >= 3 MBPS	Access to DL Speeds >= 100MBPS and UL Speeds >= 20 MBPS
Davie County, NC	20,384	99.77%	99.69%
Stokes County, NC	22,989	97.31%	88.26%
North Carolina	4,377,551	97.01%	94.48%

## ACCESS TO EXERCISE OPPORTUNITIES

Stokes County, North Carolina has limited pedestrian and recreation infrastructure, making it difficult for residents to safely walk, bike, or exercise outdoors. Many communities lack sidewalks, walking paths, and bike trails, and roads are often designed for vehicles rather than pedestrians, with narrow shoulders and higher speed limits. As a result, residents frequently travel outside the county to access safe, paved trails for everyday physical activity. While natural areas like Hanging Rock State Park offer hiking opportunities, they do not meet the need for accessible, paved paths close to home, limiting regular physical activity and impacting overall health and quality of life.

Using a population of 44,520 from 2020, 29,383 Stokes County residents had access to exercise opportunities, representing 66% of the population. This is lower than the North Carolina statewide average of 78%, indicating reduced access to safe and convenient places for physical activity in the county.

Data from the U.S. Census Bureau (2023) reports that there are three establishments in Stokes County primarily engaged in operating fitness and recreational sports. This equals an establishment rate of 6.74 per 100,000 population.



## ACCESS TO CARE

Access to health care in Stokes County, North Carolina can be challenging for many residents, especially because the county is largely rural. While some medical services are available locally, people often need to travel outside the county to receive specialized care or certain treatments. This can create barriers for residents who have limited transportation, tight work schedules, or health conditions that make travel difficult.

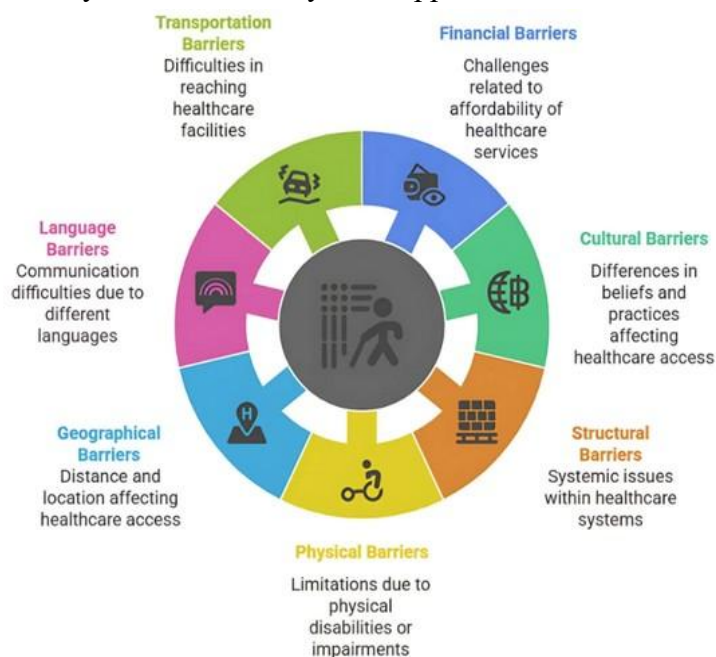
Primary care services, such as family doctors and clinics, are available but may be limited in number. This can lead to longer wait times for appointments. Access to specialists, mental health providers, and dental care is even more limited, often requiring trips to nearby counties. These extra travel needs can discourage people from seeking care until a problem becomes serious.

Cost is another barrier to care. Some residents do not have health insurance or have plans with high deductibles, making it harder to afford doctor visits, medications, or preventive care. Even those with insurance may delay care because of out-of-pocket costs.

Transportation also plays a major role in access to care. With little or no public transportation in many parts of the county, residents without reliable vehicles may struggle to get to appointments. Long distances between homes and health care facilities add to this challenge, especially for older adults and people with disabilities.

Limited internet access affects health care as well. Telehealth services can help reduce travel, but they require reliable broadband, which is not available to all households. This limits the use of online appointments, patient portals, and health information.

Overall, access to care in Stokes County is affected by distance, cost, transportation, and technology. Improving local health services, transportation options, and internet access could help residents get the care they need more easily and support better health across the county.



## 2020-2025 Health Workforce Changes

Physicians	2020	2024
Primary Care Physicians	17	18
Family Practice	4	7
Pediatrics	3	2
Primary Care Physicians per 10,000 Population	3.66	2.9
Nurses		
Registered Nurses	194	209
Nurse Practitioners	22	28
Certified Nurse Midwives	0	0
Licensed Practical Nurses	91	90
Other Health Professionals	2020	2024
Chiropractors	3	1
Occupational Therapists	11	12
Occupational Therapy Assistants	6	9
Optometrists	8	7
Pharmacists	32	35
Physical Therapists	17	14
Physical Therapist Assistants	13	18
Podiatrists	0	1
Psychological Associates	0	1
Respiratory Therapists	6	9

Dentists and Dental Hygienists		
Dentists	5	6
Dental Hygienists	24	30

## MEDICAID ENROLLEES

Between 2021 and 2025, Medicaid enrollment trends in Stokes County closely mirrored those of North Carolina overall, both in percentage growth and timing of major shifts. In 2021, Stokes County had 10,645 enrollees, representing approximately 0.40% of the state's total Medicaid population of 2.65 million. This proportion remained remarkably stable over the five-year period, consistently hovering around 0.40-0.41%, indicating that Stokes County's Medicaid enrollment followed state-level trends in direct proportion to its population.

From 2021 to 2022, both Stokes County and North Carolina experienced significant enrollment growth, likely due to continued COVID-19 relief policies that paused disenrollments. Stokes saw a 10.6% increase during this period, while the state's enrollment grew by 7.9%. However, in 2023, enrollment growth plateaued statewide and even slightly declined in Stokes County, which experienced a 0.9% drop. This was likely a result of the end of continuous Medicaid coverage protections put in place during the pandemic, as states resumed eligibility redeterminations and removed ineligible recipients.

Enrollment began to rise again in 2024 and 2025 following North Carolina's Medicaid expansion, which took effect in December 2023. Stokes County's enrollment increased by 4.1% in 2024 and 4.5% in 2025, while the state grew by 5.3% and 3.1%, respectively, during the same years. These increases reflect the expansion's impact, as more low-income adults became eligible for coverage. Overall, the data shows a strong correlation between Medicaid enrollment trends in Stokes County and the state of North Carolina, with local changes closely aligning with broader statewide shifts in policy and economic conditions.

Medicaid Enrolled NCDHHS	Stokes County	North Carolina
October 2021	10,645	2,650,610
October 2022	11,771	2,859,796
October 2023	11,663	2,860,844
October 2024	12,141	3,011,206
October 2025	12,684	3,104,834

## UNINSURED

In 2020, Stokes County, like much of the nation, experienced a higher uninsured rate due to the widespread disruptions caused by the COVID-19 pandemic. Job losses during this period reduced access to employer-sponsored health insurance, an impact that was especially pronounced in rural counties such as Stokes, where the local economy relies heavily on sectors vulnerable to economic downturns. Additionally, North Carolina had not yet expanded Medicaid under the Affordable Care Act, leaving many low-income adults in a coverage gap, unable to afford private insurance and ineligible for Medicaid.

By 2024, conditions had improved significantly. The labor market had largely recovered, allowing more residents to regain employment and employer-based coverage. The implementation of Medicaid expansion in December 2023 further increased access to health insurance, particularly for low-income adults, while accompanying outreach and enrollment efforts helped connect eligible residents to coverage. It is also important to note data limitations: 2020 reflects a period of extreme instability during a public health emergency, whereas 2024 represents a more stable, post recovery period. Together, these factors help explain why the uninsured rate in Stokes County was likely higher in 2020 than in 2024.

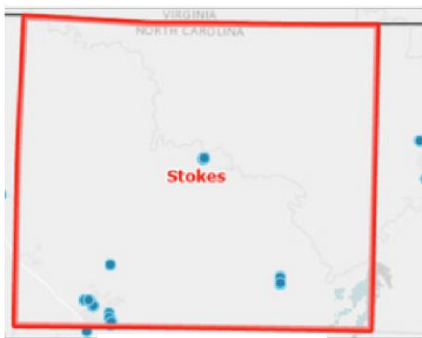
In Stokes County, the percentage of uninsured residents declined between 2020 and 2024 across age groups. Among children and youth under age 19, the uninsured rate decreased from 5.5% in 2020 to 5.0% in 2024. A more substantial improvement was seen among adults ages 18–64, where the uninsured rate fell from 16.3% in 2020 to 12.8% in 2024. These declines likely reflect improvements in employment, expanded access to coverage, and increased enrollment opportunities over this period.

Location	Category	Data Type	2020	2021	2022	2024
Stokes	Under 19	Number	477	508	433	440
	Under 19	%	5.5%	6%	5%	5.0%
	18-64	Number	4,376	3,947	3,210	3,383
	18-64	%	16.3%	15%	12.2%	12.8%
N.C.	Under 19	Number	125,097	129,994	118,435	127,763
	Under 19	%	5.3%	5.5%	5%	5.3%
	18-64	Number	964,697	938,950	853,517	841,663
	18-64	%	15.5%	15.1%	13.5%	13.2%

## PRIMARY CARE PROVIDERS

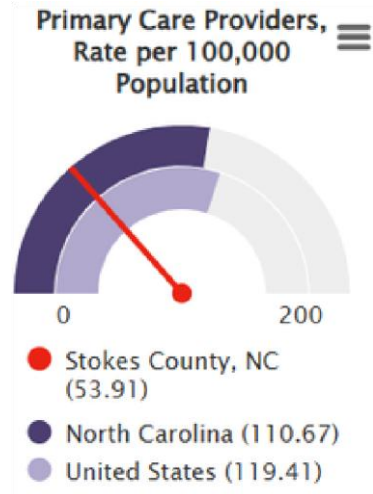
According to 2026 data from the Centers for Medicare & Medicaid Services (CMS), Stokes County has 11 health care facilities and 24 primary care providers. Despite this increase in providers, access to care remains insufficient to meet community needs. Stokes County's primary care provider rate is 53.91 per 100,000 residents, which is less than half of the statewide rate of 110.67 per 100,000.

The map below highlights the geographic distribution of primary care physicians and shows that residents in the northern portion of Stokes County must travel long distances to access primary care services. This limited geographic access can create barriers to timely preventive care, chronic disease management, and routine health services.

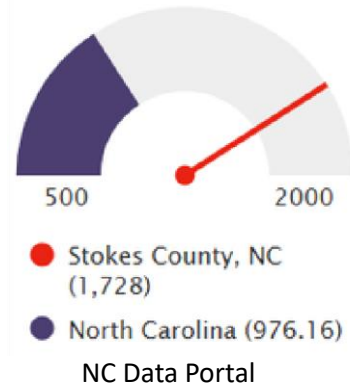


NC Data Portal

Primary Care Physicians, All, CMS NPPES January 2026

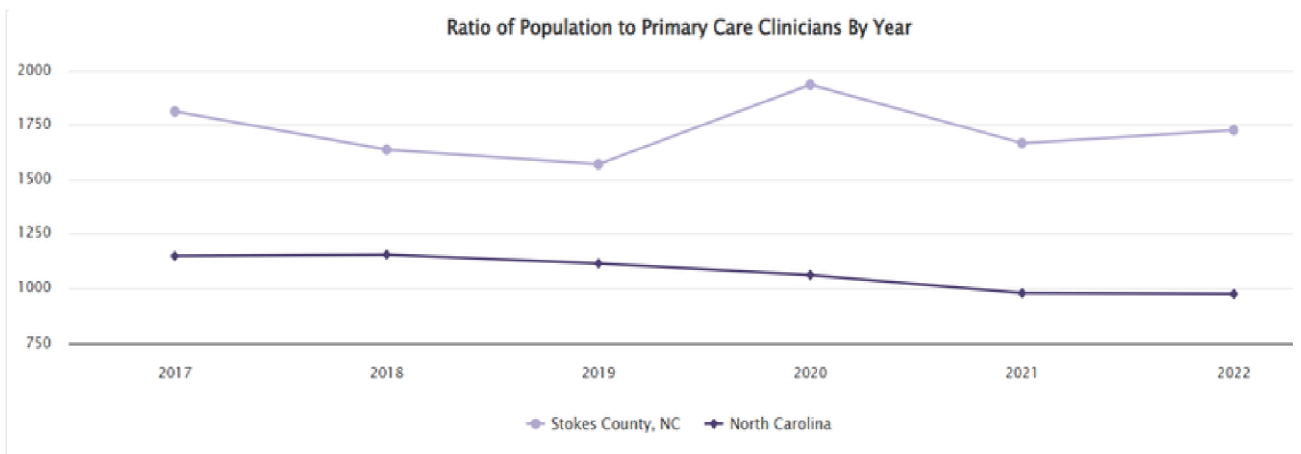


Ratio of Population to Primary Care Clinicians



NC Data Portal

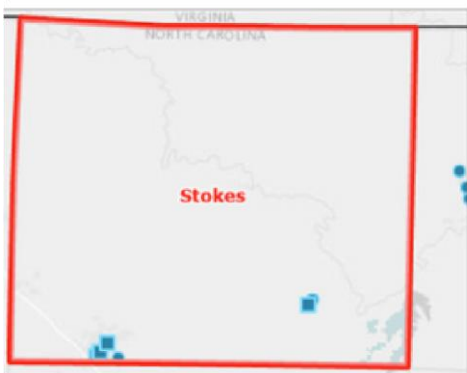
Additionally, the provider-to-population indicator reports a population-to-primary-care-clinician ratio of 1,728:1 in Stokes County, compared to 976.16:1 statewide. Higher ratios indicate fewer providers available per resident, further underscoring the challenges Stokes County faces in ensuring adequate access to primary care.



## DENTAL PROVIDERS

According to 2024 data from the Centers for Medicare & Medicaid Services (CMS), there were seven facilities in Stokes County that specialize in oral health care, served by eight dental providers. This results in a provider rate of 17.97 dental providers per 100,000 residents, which is substantially lower than the statewide rate of 61.04 per 100,000.

The map below illustrates the distribution of dental health care providers, including both individual practitioners and organizational facilities. Provider locations are concentrated in certain areas of the county, leaving the northern portion of Stokes County with limited to no access to oral health services, effectively creating a dental care desert. This uneven distribution may contribute to delayed preventive care, higher rates of untreated dental disease, and increased reliance on emergency services for oral health needs among residents in underserved areas.



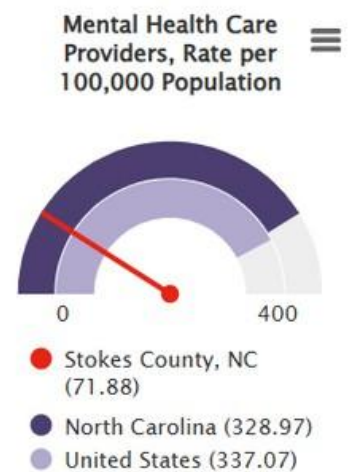
Dental Health Care Providers, CMS NPPES January 2026

- Individual
- Organization
- Stokes County, NC

NC Data Portal

## MENTAL HEALTH PROVIDERS

Mental health providers include licensed clinical social workers and other credentialed professionals specializing in psychiatry, psychology, counseling, or child, adolescent, and adult mental health. Within Stokes County, there are 32 mental health providers, representing 71.88 providers per 100,000 population. The county also has 10 facilities that offer mental health services.



NC Data Portal

## ADDICTION/ SUBSTANCE ABUSE PROVIDERS

Within Stokes County, NC, there are only two providers, which equals a rate of 4.49 providers per 100,000 population. In comparison, the statewide provider rate is 30.24 providers per 100,000 population, highlighting a significant gap in access to care.

Buprenorphine is a medication used to treat opioid use disorder by helping reduce cravings and withdrawal symptoms without producing the same high as other opioids. It works by partially activating opioid receptors in the brain, which helps stabilize people and lowers the risk of misuse and overdose. Buprenorphine is commonly prescribed as part of medication-assisted treatment (MAT) and is most effective when combined with counseling and support services.

According to the 2024 Buprenorphine Practitioner Locator, Stokes County, NC, had only one buprenorphine provider, which equals 2.18 providers per 100,000 population. In comparison, North Carolina had 1,561 providers, or 14.13 providers per 100,000 population, highlighting a significant gap in access to treatment for opioid use disorder in Stokes County.

Addiction/Substance Abuse Providers, Rate per 100,000 Population



Buprenorphine Providers, Rate per 100,000 Population



NC Data Portal

## INITIATIVES

Stokes County offers a variety of mental health, substance use, chronic illness, and healthy eating and exercise initiatives. This is just a small sample of the resources available in the county, and they should be utilized by those who need them. Many residents are still unaware of these services, so our goal is to spread the word and connect people with the support they need.

## MENTAL HEALTH & SUBSTANCE USE

### SCOPE

The Stokes County Opioid Prevention Effort is a community-driven initiative aimed at reducing opioid misuse, preventing overdoses, and supporting recovery. Led by the Stokes County Health Department in partnership with EMS, law enforcement, schools, and local treatment providers, the effort includes public education, prescription drug take-back events, naloxone distribution, and referrals to medication-assisted treatment and counseling. By combining prevention, treatment, and community collaboration, the program works to protect residents and provide resources for those affected by opioid use.

### D.A.R.E

The Stokes County Sheriff's Office partners with Stokes County Schools to present the Drug Abuse Resistance Education (D.A.R.E.) program to students across the county. The program is delivered to all 5th grade students in elementary schools and to 8th grade students at the three middle schools.

The D.A.R.E. program teaches students to recognize the dangers of drug use and builds skills to support safe, responsible decision-making. Instruction focuses on the D.A.R.E. decision-making model, understanding peer pressure, and strategies to resist it, while educating students on the harmful effects of tobacco, alcohol, and other drugs.

All D.A.R.E. instructors complete a two-week training course and are certified through D.A.R.E. America, ensuring consistent and evidence-based instruction throughout Stokes County schools.

### Community Paramedics

The Stokes County Community Paramedics initiative is a community-based healthcare and prevention initiative focused on improving access to care and reducing unnecessary emergency department visits and hospital readmissions. The program emphasizes preventive care, chronic disease management, post-hospital follow-up, health education, and connecting residents to medical and social support services, particularly for underserved or rural populations.

### Insight Human Services

Insight Human Services provides a mental health and substance use treatment initiative in Stokes County focused on assessment, treatment, and recovery support. The organization delivers outpatient therapy, substance use counseling, and evidence-based treatment services for individuals and families.

The initiative aims to improve access to behavioral health care, support recovery from substance use disorders, and promote long-term mental wellness by offering coordinated, community-based services in Stokes County.

### **Accountability and Recovery Court**

The ARK Initiative in Stokes County (Accountability, Recovery, and Knowledge) is a criminal justice and substance use recovery initiative designed to reduce repeat offenses and support individuals with substance use disorders.

The program brings together the court system, probation, law enforcement, treatment providers, and community partners to connect eligible individuals with treatment, recovery support, and accountability measures instead of relying solely on incarceration. The goal of the ARK Initiative is to promote long-term recovery, improve public safety, and reduce recidivism by addressing the underlying causes of substance use.

### **Vaya Health Youth Programs**

Vaya Health supports Stokes County through several initiatives focused on mental health, substance use, and intellectual/developmental disability services. As the regional managed care organization (MCO), Vaya Health coordinates care for Medicaid and state-funded members by connecting residents to local providers, crisis services, and community-based supports.

In Stokes County, Vaya Health initiatives include crisis response services, care management, support for substance use treatment and recovery, and programs that help individuals access outpatient therapy, inpatient care when needed, and community resources. These initiatives aim to improve access to care, reduce crises and hospitalizations, and support long-term stability for individuals and families.

### **Faith Based Community**

In Stokes County, faith-based recovery resources are local churches and faith organizations that provide support, guidance, and programs for individuals recovering from substance use disorders. These resources often complement medical and counseling services by offering spiritual support, mentorship, and a community environment that encourages accountability and long-term recovery. Their initiative focuses on faith-centered recovery and holistic support, which includes:

- Recovery ministries or support groups (similar to 12-step programs with a faith component)
- Mentorship and peer support for individuals in recovery
- Life skills and educational programs to aid reintegration into family, work, and community
- Life Collaboration with local treatment providers and community organizations to connect participants with additional health and social services

The goal of the initiative is to promote sustained recovery, strengthen community ties, and address substance use from both spiritual and practical perspectives.

## **Stop Overdose Stokes (S.O.S.) Resource Guide**

Stop Overdose Stokes is a community resource guide that provides information on overdose prevention, substance use treatment, and recovery supports in Stokes County. It connects individuals, families, and community partners to local services such as naloxone access, medication-assisted treatment, counseling, and harm reduction resources, with the goal of reducing overdose deaths and supporting long-term recovery.

## **Catch My Breath**

Catch My Breath is an evidence-based, school-based vaping prevention program designed for middle and high school students. It aims to prevent the initiation of e-cigarette use by educating youth on the risks of vaping and nicotine addiction.

The program teaches students about the health effects of vaping, how tobacco and vaping products are marketed to young people, and strategies to resist peer pressure. It is typically delivered through structured lessons by teachers, school nurses, or health educators.

Catch My Breath is commonly categorized as a youth substance use prevention or tobacco prevention initiative and is widely used by schools and community health organizations.

## **Pyramid Health**

Pyramid Health in Stokes County, NC, is a behavioral health and substance use treatment provider that offers a range of services to support individuals with mental health and addiction needs. Their programs typically include outpatient therapy, substance use counseling, medication-assisted treatment, and case management.

The initiative focuses on improving access to care, supporting recovery, and promoting mental wellness by providing community-based, evidence-informed services for individuals and families in Stokes County.

## INITIATIVES

### CHRONIC ILLNESS

Chronic illness initiatives in Stokes County focus on helping residents prevent, manage, and cope with long-term health conditions such as diabetes, heart disease, and high blood pressure. Through health education, disease management programs, preventive screenings, and community support, these initiatives empower individuals to make healthy choices, follow treatment plans, and improve their overall quality of life.

#### **Preventive Screenings**

A Preventive Screening Program is a health initiative designed to detect diseases or risk factors early, before symptoms appear, allowing timely interventions to prevent serious health problems. These programs typically focus on chronic conditions such as high blood pressure, diabetes, cholesterol issues, cancer, and heart disease, as well as general health indicators like vision, hearing, and body mass index. Preventive screenings often include regular health assessments, education on healthy lifestyle choices such as nutrition, exercise, and stress management, and referrals to healthcare providers for follow-up care if risk factors or conditions are identified. The goal of these programs is to improve health outcomes, reduce complications, and lower healthcare costs by identifying risks early and empowering individuals to take proactive steps toward better health.

#### **Blood Pressure Monitoring and Screening**

The Blood Pressure Program in Stokes County, NC is a community health initiative aimed at preventing and managing hypertension among residents. The program provides blood pressure screenings, monitoring, and education on lifestyle changes such as healthy eating, physical activity, stress management, and medication adherence.

The initiative helps participants identify high blood pressure early, reduce the risk of heart disease and stroke, and maintain overall cardiovascular health. It is often offered through the Stokes County Health Department, local clinics, and community organizations, and may be paired with workshops or counseling to support long-term health and wellness.

#### **Catch My Breath**

Catch My Breath is an evidence-based, school-based vaping prevention program designed for middle and high school students. It aims to prevent the initiation of e-cigarette use by educating youth on the risks of vaping and nicotine addiction.

The program teaches students about the health effects of vaping, how tobacco and vaping products are marketed to young people, and strategies to resist peer pressure. It is typically delivered through structured lessons by teachers, school nurses, or health educators.

Catch My Breath is commonly categorized as a youth substance use prevention or tobacco prevention initiative and is widely used by schools and community health organizations.

## **Chronic Disease Self-Management Programs**

Chronic Disease Self-Management Programs (CDSMP) are community-based initiatives designed to help residents manage long-term health conditions such as diabetes, hypertension, arthritis, and heart disease.

These programs teach participants skills to handle symptoms, cope with stress, maintain a healthy lifestyle, set goals, and communicate effectively with healthcare providers. Workshops are typically peer-led and evidence-based, providing education, support, and practical strategies to improve quality of life.

The Stokes County Health Department and partnering organizations offer these programs to help residents reduce complications, improve self-care, and maintain independence while managing chronic illnesses.

## INITIATIVES

### HEALTHY EATING & EXERCISE

#### **Air Fryer Class**

The Air Fryer Class in Walnut Cove, NC is a cooking and nutrition program designed for seniors that teaches participants how to prepare healthy, easy, and tasty meals using an air fryer. The class focuses on reducing fat and calories while maintaining flavor, helping seniors make healthier food choices at home.

Participants also learn meal planning, portion control, and nutrition tips, with an emphasis on foods that support heart health, weight management, and overall wellness. The program encourages hands-on cooking, skill-building, and social interaction, promoting both physical health and community engagement among older adults.

#### **NC State University Snap-Ed**

The SNAP-Ed initiative in Stokes County, NC is a nutrition education program led by NC State University that helps individuals and families with limited resources make healthier food and lifestyle choices. The initiative provides hands-on lessons, cooking demonstrations, and educational activities focused on healthy eating, meal planning, food safety, and physical activity. Its goal is to improve nutrition, prevent diet-related chronic diseases, and empower community members to make sustainable, healthy choices.

#### **Lunch and Learn**

In Stokes County, the Lunch and Learn initiatives with the Cooperative Extension are educational programs designed to provide residents with practical information on nutrition, health, agriculture, and wellness in an informal, accessible setting. These sessions are often held during lunch hours, making it easy for community members, employees, or local groups to attend.

Topics may include healthy eating, chronic disease prevention, gardening, food safety, and lifestyle management, giving participants the tools and knowledge to make healthier choices and improve overall well-being. The initiative aims to educate, engage, and empower the community through interactive presentations and discussions led by Cooperative Extension specialists.

#### **Dining with Diabetes**

Dining with Diabetes is a Lunch and Learn program offered through the Stokes County Cooperative Extension that helps residents manage diabetes through healthy eating and lifestyle choices.

The program provides interactive lessons on nutrition, portion control, meal planning, and cooking techniques, combined with tastings of healthy recipes. Participants learn practical strategies to

control blood sugar, prevent complications, and improve overall health, all in an engaging, community-based setting.

## **WIC**

The WIC Program (Women, Infants, and Children) in Stokes County, NC is a federally funded nutrition program that provides healthy foods, nutrition education, breastfeeding support, and referrals to health care and social services for pregnant women, new mothers, and children up to age five who meet income and nutritional risk guidelines.

The program's initiative focuses on promoting healthy pregnancies, supporting infant and child growth, and preventing nutrition-related health issues. WIC helps families access nutritious foods, learn healthy eating habits, and connect with healthcare providers, aiming to improve long-term health outcomes for both mothers and children in the community.

## **Breastfeeding Program**

The Stokes County Breastfeeding Program is a community health initiative that supports new and expecting mothers in establishing and maintaining successful breastfeeding practices. The program provides education, counseling, and resources to promote breastfeeding as a healthy start for infants. Its initiatives include prenatal and postnatal education, lactation consultations, peer support, and community outreach to raise awareness about the benefits of breastfeeding. By collaborating with healthcare providers and WIC, the program connects families with additional resources, aiming to increase breastfeeding rates, improve infant nutrition and health, and empower mothers with the knowledge and support they need. The program also supports healthy eating and exercise by educating mothers on proper nutrition for themselves and their infants, offering guidance on balanced diets, meal planning, and nutrient-rich foods to support lactation and maternal health. Additionally, it provides information on safe postpartum physical activity to help mothers regain strength, manage weight, and promote overall well-being, fostering long-term healthy habits for both mother and baby.

## **Sit and Fit**

The Sit & Fit program in Stokes County, NC is a low-impact exercise program designed for seniors to improve strength, flexibility, balance, and overall mobility through chair-based or supported exercises. It is ideal for adults 55+ with limited mobility or those looking for a gentler approach to staying active.

The program's initiatives focus on:

- Low-impact exercises to enhance strength, flexibility, and balance.
- Fall prevention by teaching safe movements and improving mobility.
- Chronic disease is supported by encouraging physical activity that helps manage or prevent conditions like diabetes, hypertension, and arthritis.
- Social engagement by providing a community setting for seniors to interact and stay connected.
- Healthy lifestyle education through guidance on posture, stretching, and safe exercise habits.

Together, these initiatives aim to help seniors stay active, maintain independence, and improve overall physical and mental well-being.

## SURVEY & METHODOLOGY PRIMARY DATA

As part of the Stokes County Community Health Assessment (CHA), primary data was collected directly from residents and community stakeholders to gain a deeper understanding of local health needs and priorities. The primary data collection methods included a comprehensive community health survey, which was available in both English and Spanish and distributed in both paper and digital formats to reach a broad audience. The survey covered a wide range of topics such as physical and mental health, substance use, access to care, nutrition, physical activity, and key social determinants of health like housing, education, and safety. In addition to the survey, key informant interviews were conducted with local leaders, healthcare providers, educators, and representatives from faith-based and nonprofit organizations to gather expert insights on community challenges and resources. Focus groups were also held with specific population groups—including seniors, youth, rural residents, and Spanish-speaking individuals—to better understand their lived experiences and barriers to health. In some cases, community listening sessions and observational field data, such as asset mapping and accessibility assessments, were also used to provide context and highlight disparities. Together, this primary data provided a rich, community-informed perspective that complemented secondary data sources and helped shape health priorities for the 2024–2027 Community Health Improvement Plan.

## SECONDARY DATA

In addition to primary data collection, the Stokes County Community Health Assessment (CHA) relied on a broad range of secondary data sources to provide a comprehensive picture of the county's health status. Secondary data included publicly available statistics and health indicators from sources such as the U.S. Census Bureau, North Carolina State Center for Health Statistics, County Health Rankings, Centers for Disease Control and Prevention (CDC), North Carolina Department of Health and Human Services (NCDHHS), and Healthy NC 2030 benchmarks. These data sources provided critical insights into population demographics, leading causes of death, chronic disease prevalence, maternal and child health indicators, mental health trends, healthcare access, and environmental health factors. Additionally, data on health disparities, insurance coverage, socioeconomic status, and educational attainment helped identify social determinants of health affecting the community. By integrating these data sets, the CHA was able to track trends over time, compare Stokes County's performance to state and national averages, and identify key areas of need that align with broader public health goals.

## SURVEY LIMITATIONS

The Stokes County 2026 Community Health Assessment (CHA) provides valuable insight into local health needs, but like most community surveys, it has several important limitations.

First, the survey likely used convenience or voluntary sampling, which means the results may not fully represent the entire county population. Certain groups, such as racial and ethnic minorities, non-English speakers, residents without reliable internet access, and lower-income households, may have been underrepresented, limiting how generalizable the findings are. Because much of the CHA data is self-reported, responses may be affected by recall errors, misinterpretation of questions, or social bias, where participants give answers, they think are more acceptable.

Additionally, some data sources used in the report were secondary (such as state or federal datasets), which may not provide detailed or current information for small rural areas like Stokes County. The CHA also represents a single point in time and may not reflect more recent changes in community health conditions or service availability, especially given the ongoing impacts of the COVID-19 pandemic.

Finally, while the assessment is effective at identifying broad health priorities, it is not designed to establish cause-and-effect relationships or measure every health need in depth. Taking together, these limitations suggest that while the CHA offers a useful snapshot of community health in Stokes County, its findings should be interpreted with caution and supplemented with additional data when possible.

## SURVEY SUMMARY

To better understand the health needs and priorities of Stokes County residents, the Stokes County Health Department (SCHD) conducted a Community Health Assessment (CHA) using a mixed methods approach that combined both quantitative and qualitative data collection.

At the core of the effort was a structured survey tool, developed in alignment with Healthy NC 2030 priorities. The survey was available in both English and Spanish and was offered in both digital and paper formats to maximize accessibility. Paper copies were distributed at public locations such as senior centers, health clinics, libraries, and government offices, while QR codes and links linking to the online survey were promoted widely through social media, community events, and partner networks.

To ensure an inclusive snapshot of the county's health landscape, SCHD worked with a broad network of collaborative partners and conducted targeted outreach to underrepresented populations, including seniors, low-income households, rural residents, and individuals across a range of ZIP codes, races/ethnicities, genders, and age groups.

The survey gathered data on a wide range of health-related topics, including:

- Physical and mental health
- Substance use
- Access to healthcare
- Nutrition and physical activity
- Social determinants of health (e.g., housing, safety, poverty, education)

In total, 503 surveys were completed between May-October. All responses were anonymized, aggregated, and analyzed to identify major health concerns, gaps in services, and areas of opportunity. These findings will inform Stokes County's health improvement planning for 2024–2027.

Although participation levels were lower than anticipated, the CHA survey remains a critical tool for gathering community-informed insights, tracking health trends over time, and guiding data driven decision-making.

Importantly, the CHA takes a holistic view of health, going beyond individual behaviors to examine social and environmental influences that shape outcomes and contribute to health disparities. This approach supports the county's mission to achieve greater health equity and improve overall well-being for all residents.

## NEXT STEPS

Upon completion, the 2025 CHA will be disseminated to the community. The finalization of the Community Health Improvement Plan (CHIP) is scheduled for September 2026 and will outline our strategic approach to addressing our key health priorities, mental health and substance use, healthy eating and exercise and chronic illness. It promotes collaboration among local organizations, aligns resources effectively, supports the implementation of initiatives aimed at achieving measurable improvements in health outcomes.

### Key Actions Outlined in the CHIP Will Focus On:

#### 1.Improving Access to Healthcare Services

- Expand access to primary care, mental health, and substance use services
- Increase availability of transportation to healthcare facilities
- Promote use of telehealth in rural areas

#### 2.Promoting Healthy Lifestyles

- Implement nutrition and physical activity programs in schools and communities
- Support tobacco cessation efforts
- Promote chronic disease prevention and self-management programs

#### 3.Addressing Behavioral Health Needs

- Expand mental health education and stigma reduction campaigns
- Increase availability of counseling and crisis intervention services
- Strengthening school-based mental health services

#### 4.Enhancing Health Equity and Reducing Disparities

- Focus on underserved and vulnerable populations
- Increase culturally competent care and community engagement
- Partner with local organizations to address social determinants of health

#### 5.Strengthening Community Partnerships

- Collaborate with local agencies, nonprofits, schools, and faith-based groups
- Share resources and align efforts across sectors
- Engage residents in health planning and decision-making

#### 6.Monitoring and Evaluating Progress

- Use data to track progress toward goals
- Adjust strategies based on community feedback and new health trends
- Report results transparently to the community

# APPENDIX A- COMMUNITY SURVEY ENGLISH

## Stokes County Community Health Assessment Survey 2025

Please take a minute to complete the survey below. The purpose of this survey is to get your opinions about community health problems in Stokes County. The Stokes County Community Health Committee will use the results of this survey and other information to identify the most pressing problems which can be addressed through community action. **ONLY FOR STOKES COUNTY RESIDENTS** . If you have previously completed a survey, please ignore this. Remember... your opinion is important! Thank you and if you have any questions, please contact us (see contact information on the back).



1.) In the following list, what do you think are the three most important factors for a **“Healthy Community?”**  
**(Those factors which most improve the quality of life in a community.) Check only three:**

- |   |  |
|---|--|
| <input type="checkbox"/> Good place to raise children                 | <input type="checkbox"/> Excellent race relations          |
| <input type="checkbox"/> Low crime / safe neighborhoods               | <input type="checkbox"/> Good jobs and healthy economy     |
| <input type="checkbox"/> Low level of child abuse                     | <input type="checkbox"/> Strong family life                |
| <input type="checkbox"/> Good Schools                                 | <input type="checkbox"/> Healthy behaviors and lifestyles  |
| <input type="checkbox"/> Access to health care ( e.g., family doctor) | <input type="checkbox"/> Low adult death and disease rates |
| <input type="checkbox"/> Parks and recreation                         | <input type="checkbox"/> Low infant deaths                 |
| <input type="checkbox"/> Clean environment                            | <input type="checkbox"/> Religious or spiritual values     |
| <input type="checkbox"/> Affordable housing                           | <input type="checkbox"/> Other _____                       |

2.) In the following list, what do you think are the three most important **“risky behaviors”** in our community?  
**(Those behaviors which have the greatest impact on overall community health.) Check only three:**

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Alcohol abuse                          | <input type="checkbox"/> Being overweight                        | <input type="checkbox"/> Racism             |
| <input type="checkbox"/> Dropping out of school                 | <input type="checkbox"/> Tobacco use                             | <input type="checkbox"/> Drug abuse         |
| <input type="checkbox"/> Not using birth control                | <input type="checkbox"/> Lack of exercise                        | <input type="checkbox"/> Poor eating habits |
| <input type="checkbox"/> Unsafe sex                             | <input type="checkbox"/> Not using seatbelts /child safety seats |   |
| <input type="checkbox"/> Not getting “shots” to prevent disease | <input type="checkbox"/> Other _____                             |   |

3.) In the following list, what do you think are the three most important **“health problems”** in our community?  
**(Those problems which have the greatest impact on overall community health.) Check only three:**

- |  |  |
|--|--|
| <input type="checkbox"/> Aging problems (e.g., arthritis, hearing/vision loss, etc.) | <input type="checkbox"/> Heart disease and stroke                  |
| <input type="checkbox"/> Cancer  | <input type="checkbox"/> High blood pressure                       |
| <input type="checkbox"/> Child abuse / neglect                                       | <input type="checkbox"/> HIV /AIDS                                 |
| <input type="checkbox"/> Dental problems   | <input type="checkbox"/> Homicide                                  |
| <input type="checkbox"/> Diabetes  | <input type="checkbox"/> Infant Death                              |
| <input type="checkbox"/> Domestic violence   | <input type="checkbox"/> Infectious Disease (e.g., hepatitis, TB,) |
| <input type="checkbox"/> Firearm-related injuries                                    | <input type="checkbox"/> Motor vehicle crash injuries              |
| <input type="checkbox"/> Mental health problems                                      | <input type="checkbox"/> Sexually transmitted diseases             |
| <input type="checkbox"/> Respiratory / Lung disease                                  | <input type="checkbox"/> Teenage pregnancy                         |
| <input type="checkbox"/> Suicide   |  |
| <input type="checkbox"/> Other _____   |  |

4.) What health services do you feel are not available for Stokes County residents?

- Mental Health
- Prenatal
- Substance misuse
- Alcohol misuse
- Child Health

5.) Where do you get most of your health-related information?

- |   |                                     |  |
|---|-------------------------------------|--|
| <input type="checkbox"/> Friends and family | <input type="checkbox"/> Hospital   | <input type="checkbox"/> Health Department |
| <input type="checkbox"/> Doctor / Nurse     | <input type="checkbox"/> Pharmacist | <input type="checkbox"/> Books / Magazines |
| <input type="checkbox"/> My child’s school  | <input type="checkbox"/> Internet   | <input type="checkbox"/> Other _____       |

6.) How would you rate your own personal health?

- very unhealthy    unhealthy    somewhat healthy    healthy    very healthy

7.) Have you ever been told by a doctor, nurse, or other health professional that you may have any of the following health conditions?

- |                                 |                              |                             |                                     |
|---------------------------------|------------------------------|-----------------------------|-------------------------------------|
| Asthma                          | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Don’t know |
| Depression or anxiety           | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Don’t know |
| High blood pressure             | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Don’t know |
| High cholesterol                | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Don’t know |
| Diabetes (not during pregnancy) | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Don’t know |
| Osteoporosis                    | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Don’t know |
| Overweight / Obesity            | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Don’t know |
| Angina / Heart disease          | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Don’t know |
| Cancer                          | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Don’t know |

8.) Which of the following health topics do you think your child/children need more information about.

**Please check your top 3.**

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> None of these topics      | <input type="checkbox"/> Tobacco cessation   | <input type="checkbox"/> Abstinence/Safe sex |
| <input type="checkbox"/> Dental hygiene            | <input type="checkbox"/> Nutrition           | <input type="checkbox"/> Asthma management   |
| <input type="checkbox"/> Reckless driving/speeding | <input type="checkbox"/> Diabetes management | <input type="checkbox"/> Depression/anxiety  |
| <input type="checkbox"/> Drug prevention           | <input type="checkbox"/> Suicide prevention  | <input type="checkbox"/> Alcohol             |
| <input type="checkbox"/> Anger management          | <input type="checkbox"/> Bullying            | <input type="checkbox"/> Other _____         |

9.) What are the top 3 biggest substance abuse problems in this county? **(Rank 1 to 3 with 1 being biggest problem)**

- |  |   |
|--|---|
| <input type="checkbox"/> Marijuana                                   | <input type="checkbox"/> Methamphetamine (meth)               |
| <input type="checkbox"/> Alcohol abuse                               | <input type="checkbox"/> Street drugs(cocaine, crack, heroin) |
| <input type="checkbox"/> Drinking and driving                        | <input type="checkbox"/> Abuse of prescription drugs/pills    |
| <input type="checkbox"/> Huffing (inhaling glue, dust-off, whiteout) | <input type="checkbox"/> I really do not know.                |
| <input type="checkbox"/> Other _____                                 |   |

10.) To prevent teen pregnancy and sexually transmitted diseases, which of the following should be taught in our local schools?

**(check one)**

- abstinence until marriage  
 comprehensive sex education (including abstinence and other birth control methods)  
 None of the above

11.) Recommendation for physical activity is 30 minutes a day, 5 days a week (2 ½ hours a week). Please choose the main reason for keeping you from getting this much physical activity. **Check one.**

- |   |   |
|---|---|
| <input type="checkbox"/> Nothing. I feel like I get this much physical activity | <input type="checkbox"/> Expensive                |
| <input type="checkbox"/> I feel like I get this at my work                      | <input type="checkbox"/> I don't like to exercise |
| <input type="checkbox"/> I am physically disabled                               | <input type="checkbox"/> Other _____              |
| <input type="checkbox"/> There is no safe place to exercise                     |   |
| <input type="checkbox"/> I don't have time to exercise                          |   |

12.) Where do you go to exercise or engage in physical activity? (Check all that apply)  Parks or trails

- |   |  |                                      |
|---|--|--------------------------------------|
| <input type="checkbox"/> Home/neighborhood        | <input type="checkbox"/> Work                |                                      |
| <input type="checkbox"/> Public recreation center | <input type="checkbox"/> Private gym or pool | <input type="checkbox"/> Other _____ |

13.) Do you currently smoke or vape?

- Yes  No

14.) Where would you go if you wanted to quit?

- |  |  |                                       |
|--|--|---------------------------------------|
| <input type="checkbox"/> Quit Line NC                | <input type="checkbox"/> Health Department | <input type="checkbox"/> Doctor       |
| <input type="checkbox"/> Church                      | <input type="checkbox"/> Pharmacy          | <input type="checkbox"/> I don't know |
| <input type="checkbox"/> Private counselor/therapist | <input type="checkbox"/> Other _____       |                                       |

15.) Do you and your family recycle?  Yes  No

16.) Which of the following Stokes County Environmental Health concerns do you believe most affects your health?

**(Check one)**

- |  |  |                                    |
|--|--|------------------------------------|
| <input type="checkbox"/> Drinking water        | <input type="checkbox"/> Fluoride-enriched water | <input type="checkbox"/> Ozone     |
| <input type="checkbox"/> Mold                  | <input type="checkbox"/> Radon                   | <input type="checkbox"/> recycling |
| <input type="checkbox"/> lead expose           | <input type="checkbox"/> Drought                 | <input type="checkbox"/> Meth Labs |
| <input type="checkbox"/> Food safety           | <input type="checkbox"/> Air quality             | <input type="checkbox"/> Rabies    |
| <input type="checkbox"/> septic system failure | <input type="checkbox"/> second-hand smoke       |                                    |
| <input type="checkbox"/> None of the above     | <input type="checkbox"/> Other _____             |                                    |

17.) Where do you go when you need your yearly check-up or physical?

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Private doctors' office | <input type="checkbox"/> Urgent care                       | <input type="checkbox"/> Hospital       |
| <input type="checkbox"/> Free Clinic             | <input type="checkbox"/> Health Department                 | <input type="checkbox"/> Walk-in Clinic |
| <input type="checkbox"/> OB/GYN                  | <input type="checkbox"/> I don't go anywhere for check-ups |   |
| <input type="checkbox"/> Other _____             |  |   |

18.) How prepared do you feel your household is to handle a large-scale disaster or emergency?

- |  |  |
|--|--|
| <input type="checkbox"/> Well prepared     | <input type="checkbox"/> Not prepared at all |
| <input type="checkbox"/> Somewhat prepared | <input type="checkbox"/> Not sure            |

19.) Where do you buy most of your food? Choose one

- |  |  |                                    |
|--|--|------------------------------------|
| <input type="checkbox"/> Grocery store | <input type="checkbox"/> Farmer's Market | <input type="checkbox"/> Fast Food |
| <input type="checkbox"/> Gas station   | <input type="checkbox"/> Drug store      |                                    |
| <input type="checkbox"/> Other _____   |  |                                    |

20.) How often do you eat fresh fruit and vegetables? Choose one

- |   |   |                                |
|---|---|--------------------------------|
| <input type="checkbox"/> Everyday                 | <input type="checkbox"/> Once per month | <input type="checkbox"/> Never |
| <input type="checkbox"/> A few times per week     | <input type="checkbox"/> I don't know   |                                |
| <input type="checkbox"/> A couple times per month |   |                                |

21.) One recommendation for healthy eating is to eat at least **5 servings of fruits and vegetables a day. Please choose what keeps you from eating this way. Choose one**

- |   |   |
|---|---|
| <input type="checkbox"/> Nothing I eat 5+ more servings a day | <input type="checkbox"/> They are too expensive           |
| <input type="checkbox"/> I or my family won't eat them        | <input type="checkbox"/> I don't know how to prepare them |
| <input type="checkbox"/> They go bad before we eat them       | <input type="checkbox"/> I don't think about it           |
| <input type="checkbox"/> I don't have time to prepare them    | <input type="checkbox"/> Other _____                      |

22.) Which of the following makes it hard for you to buy food? **Select all that apply**

- |  |                                       |                                       |
|--|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Transportation            | <input type="checkbox"/> Cost of food | <input type="checkbox"/> Unemployment |
| <input type="checkbox"/> Distance to grocery store | <input type="checkbox"/> Other _____  |                                       |

**Please answer questions so we can see how different types of people feel about local health issues.**

1. Zip Code of where you live: \_\_\_\_\_
2. Age: \_\_\_\_\_
3. What is your current gender identity?  
 Male  
 Female  
 Transgender Male  
 Transgender Female  
 Nonbinary  
 Another identity: \_\_\_\_\_  
 Prefer not to say

3.) Ethnic group you most identify with:

African American/Black                       Asian/Pacific Islander  
 Hispanic/Latino                                       Native American  
 White/Caucasian                                       Other \_\_\_\_\_

5.) Marital Status:  Married/ Co-habituating                       Not Married/ Single

6.) Education:

Less than high school                       High School Diploma or GED  
 College degree or higher                       Other \_\_\_\_\_

7.) Household income:

Less than \$20,000                       \$20,000 to \$29,000  
 \$30,000 to \$49,000                       \$50,000 to \$74,000                       Over \$75,000

8.) How do you pay for your health care? **Check all that apply**

Pay cash (no insurance)                       Medicaid  
 Health insurance (private insurance, HMO, Blue shield)  
 Veterans' Administration                       Medicare  
 Indian Health Services                       Other \_\_\_\_\_

9.) Where / how did you get this survey:

Church                       Community Meeting                       Grocery Store  
 Mail                       Newspaper                       Newsletter  
 Workplace                       Personal Contact                       Other \_\_\_\_\_

If you wish to submit your response via QR code, please find it below.



Please return the completed survey to the address below. If you would like more information about this community project, please contact us at the number below.

Kayla Bohannon  
Stokes County Health Department  
1009 Main St, Danbury, NC 27016  
336-593-2400

## APPENDIX B- COMMUNITY SURVEY SPANISH

### Evaluación de Salud Comunitaria del Condado de Stokes 2025

Por favor, dedique un minuto a completar la encuesta a continuación. El objetivo de esta encuesta es conocer su opinión sobre los problemas de salud comunitaria en el Condado de Stokes. El Comité de Salud Comunitaria del Condado de Stokes utilizará los resultados de esta encuesta y otra información para identificar los problemas más urgentes que pueden abordarse mediante la acción comunitaria. **Si ya ha completado una encuesta, ignórela.** Recuerde: ¡su opinión es importante! Gracias y, si tiene alguna pregunta, contáctenos (vea la información de contacto al dorso).



1.) De la siguiente lista, ¿cuáles considera que son los tres factores más importantes para una "Comunidad Saludable"? (Factores que más mejoran la calidad de vida en una comunidad).

Marque solo tres:

- |  |  |
|--|--|
| <input type="checkbox"/> Buen lugar para criar hijos                           | <input type="checkbox"/> Excelentes relaciones raciales    |
| <input type="checkbox"/> Baja delincuencia / barrios seguros                   | <input type="checkbox"/> Buenos empleos y economía sana    |
| <input type="checkbox"/> Bajo nivel de maltrato infantil                       | <input type="checkbox"/> Una vida familiar sólida          |
| <input type="checkbox"/> Buenas escuelas                                       |  |
| <input type="checkbox"/> Comportamientos y estilos de vida saludables          |  |
| <input type="checkbox"/> Acceso a atención médica (p. ej., médico de cabecera) |  |
| <input type="checkbox"/> Bajas tasas de mortalidad y enfermedades en adultos   |  |
| <input type="checkbox"/> Parques y recreación                                  | <input type="checkbox"/> Baja tasa de mortalidad infantil  |
| <input type="checkbox"/> Ambiente limpio                                       | <input type="checkbox"/> Valores religiosos o espirituales |
| <input type="checkbox"/> Vivienda asequible                                    | <input type="checkbox"/> Otros _____                       |

2.) En la siguiente lista, ¿cuáles considera que son los tres comportamientos de riesgo más importantes en nuestra comunidad? (Comportamientos que tienen el mayor impacto en la salud general de la comunidad).

Marque solo tres:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Abuso de alcohol                        | <input type="checkbox"/> Sobrepeso  | <input type="checkbox"/> Racismo                    |
| <input type="checkbox"/> Abandono escolar                        | <input type="checkbox"/> Consumo de tabaco  | <input type="checkbox"/> Abuso de drogas            |
| <input type="checkbox"/> No usar anticonceptivos                 | <input type="checkbox"/> Falta de ejercicio   | <input type="checkbox"/> Malos hábitos alimenticios |
| <input type="checkbox"/> Sexo sin protección                     | <input type="checkbox"/> No usar cinturones de seguridad/sillas de seguridad para niños |   |
| <input type="checkbox"/> No vacunarse para prevenir enfermedades | <input type="checkbox"/> Otros _____  |   |

3.) En la siguiente lista, ¿cuáles cree que son los tres problemas de salud más importantes en nuestra comunidad? (Aquellos problemas que tienen el mayor impacto en la salud general de la comunidad).

Marque solo tres:

- |  |
|--|
| <input type="checkbox"/> Problemas de envejecimiento (p. ej., artritis, pérdida de audición/visión, etc.)      |
| <input type="checkbox"/> Cáncer <input type="checkbox"/> Enfermedades cardíacas y accidentes cerebrovasculares |
| <input type="checkbox"/> Abuso/negligencia infantil <input type="checkbox"/> Hipertensión arterial             |
| <input type="checkbox"/> Problemas dentales <input type="checkbox"/> VIH/SIDA                                  |
| <input type="checkbox"/> Diabetes <input type="checkbox"/> Homicidio   |
| <input type="checkbox"/> Violencia doméstica <input type="checkbox"/> Muerte infantil                          |

Lesiones por arma de fuego  Enfermedades infecciosas (p. ej., hepatitis, tuberculosis)  
 Problemas de salud mental  Lesiones por accidentes automovilísticos  
 Enfermedades respiratorias/pulmonares  Enfermedades de transmisión sexual  
 Suicidio  Embarazo adolescente  Otros \_\_\_\_\_

4.) ¿Qué servicios de salud considera que no están disponibles para los residentes del condado de Stokes?

Salud mental  
 Prenatal  
 Abuso de sustancias  
 Abuso de alcohol  
 Salud infantil

5.) ¿Dónde obtiene la mayor parte de su información relacionada con la salud?

Amigos y familiares  Hospital  Departamento de Salud  
 Médico/Enfermera  Farmacéutico  Libros/Revistas  
 La escuela de mi hijo/a  Internet  Otro \_\_\_\_\_

6.) ¿Cómo calificaría su salud personal?

Muy insalubre  Insalubre  Algo saludable  Saludable  Muy saludable

7.) ¿Alguna vez un médico, enfermera u otro profesional de la salud le ha dicho que podría tener alguna de las siguientesafecciones?

Asma  Sí  No  No sé  
 Depresión o ansiedad  Sí  No  No sé  
 Hipertensión  Sí  No  No sé Colesterol  
 alto  Sí  No  No sé  
 Diabetes (excepto durante el embarazo)  Sí  No  No sé  
 Osteoporosis  Sí  No  No sé  
 Sobrepeso/Obesidad  Sí  No  No sé  
 Angina/Enfermedad cardíaca  Sí  No  No sé  
 Cáncer  Sí  No  No sé

8.) ¿Sobre cuáles de los siguientes temas de salud cree que su(s) hijo(s) necesita(n) más información? **Marque sus 3 principales.**

Ninguno de estos temas  Dejar de fumar  Abstinencia/Sexo seguro  
 Higiene dental  Nutrición  Control del asma  
 Conducción imprudente/exceso de velocidad  Control de la diabetes  
 Depresión/ansiedad  
 Prevención de drogas  Prevención del suicidio  Alcohol  
 Control de la ira  Acoso escolar  Otros \_\_\_\_\_

9.) ¿Cuáles son los 3 problemas de abuso de sustancias más importantes en este condado? **(Califique del 1 al 3, siendo 1 el mayor problema)**

Marihuana  Metanfetamina (metanfetamina)  
 Abuso de alcohol  Drogas callejeras (cocaína, crack, heroína)  
 Conducir bajo los efectos del alcohol  
 Abuso de medicamentos/pastillas recetadas  
 Inhalar pegamento, corrector líquido, corrector líquido)  
 Realmente no lo sé.  Otro \_\_\_\_\_

10.) Para prevenir el embarazo adolescente y las enfermedades de transmisión sexual, ¿cuáles de las siguientesrecomendaciones deberían enseñarse en nuestras escuelas locales? **(marque una)**

Abstinencia hasta el matrimonio  
 Educación sexual integral (incluyendo abstinencia y otros métodos anticonceptivos)  Ninguna de las anteriores

11.) Se recomienda realizar actividad física durante 30 minutos al día, 5 días a la semana (2 horas y media a la semana). Por favor, indique la razón principal que le impide realizar esta cantidad de actividad física. **Marque una.**

Nada. Siento que hago esta cantidad de actividad física  Caro  
 Siento que hago esto en el trabajo  No me gusta hacer ejercicio  
 Tengo una discapacidad física  Otro \_\_\_\_\_  
 No hay un lugar seguro para hacer ejercicio  
 No tengo tiempo para hacer ejercicio

12.) ¿Adónde va a hacer ejercicio o a realizar actividad física? (**Marque todas las opciones que correspondan**)

Parques o senderos  Casa/vecindario  Trabajo  
 Centro recreativo público  Gimnasio o piscina privados  Otro \_\_\_\_\_

13.) ¿Actualmente fuma o vapea?  Sí  No

14.) ¿Adónde iría si quisiera dejar de fumar?

Línea de ayuda NC  Departamento de Salud  Médico  
 Iglesia  Farmacia  No sé  
 Terapeuta/consejero privado  Otro \_\_\_\_\_

15.) ¿Usted y su familia reciclan?

Sí  No

16.) ¿Cuál de los siguientes problemas de salud ambiental del condado de Stokes cree que afecta más su salud? (Marque una)

Agua potable  Agua enriquecida con flúor  
 Moho  Radón  Reciclaje  
 Exposición al plomo  Sequía  Laboratorios de metanfétamina  
 Seguridad alimentaria  Calidad del aire  Rabia  
 Fallo del sistema séptico  Tabaquismo pasivo  Ozono  
 Ninguno de los anteriores  Otro \_\_\_\_\_

17.) ¿Adónde acude cuando necesita su chequeo médico anual?  Consultorio médico privado  Atención de urgencias  Hospital

Clínica gratuita  Departamento de Salud  Clínica sin cita previa  Ginecología  
 No voy a ningún sitio para chequeos  
 Otro \_\_\_\_\_

18.) ¿Qué tan preparado cree que está su hogar para afrontar un desastre o emergencia a gran escala?

Bien preparado  Nada preparado  
 Algo preparado  No estoy seguro

19.) ¿Dónde compra la mayoría de sus alimentos? Elija una opción

Tienda de comestibles  Mercado de agricultores  Comida rápida  
 Gasolinera  Farmacia  Otro \_\_\_\_\_

20.) ¿Con qué frecuencia come frutas y verduras frescas? Elija una opción

Todos los días  Una vez al mes  Nunca  
 Algunas veces a la semana  No sé

Un par de veces al mes

21.) Una recomendación para una alimentación saludable es comer al menos 5 porciones de frutas y verduras al día.

Porfavor, indique qué le impide comer de esta manera. Elige una

Nada. Como 5 o más porciones al día.

Son demasiado caras.

Ni yo ni mi familia las comemos.

No sé cómo prepararlas.

Se echan a perder antes de que las comamos.

No pienso en ello.

No tengo tiempo para prepararlas.

Otro. \_\_\_\_\_

22.) ¿Cuál de las siguientes opciones te dificulta comprar comida? Selecciona todas las que correspondan.  Transporte

Costo de la comida  Desempleo  Distancia al supermercado  Otro.

**Responde las preguntas para que podamos ver cómo se sienten los diferentes tipos de personas sobre los problemas de salud locales.**

1.) Código postal donde vives: \_\_\_\_\_

2.) Edad: \_\_\_\_\_

3.) ¿Cuál es tu identidad de género actual?

Hombre

Mujer

Hombre transgénero

Mujer transgénero

No binario

Otra identidad: \_\_\_\_\_  Prefiero no decirlo

4.) Grupo étnico con el que más se identifica:

Afroamericano/Negro  Asiático/Isleño del Pacífico

Hispano/Latino  Nativo Americano

Blanco/Caucásico  Otro \_\_\_\_\_

5.) Estado civil:  Casado/Conviviendo  Soltero/a

6.) Educación:

Menor que la preparatoria  Diploma de preparatoria o GED  Título

universitario o superior  Otro \_\_\_\_\_

7.) Ingresos familiares:

Menos de \$20,000  \$20,000 a \$29,000

\$30,000 a \$49,000  \$50,000 a \$74,000  Más de \$75,000

8.) ¿Cómo paga su atención médica? Marque todas las opciones que correspondan

Pago en efectivo (sin seguro)

Medicaid

Seguro médico (seguro privado, HMO, Blue Shield)

Administración de Veteranos

Medicare

Servicios de Salud para Indígenas

Otro \_\_\_\_\_

9.) ¿Dónde/cómo obtuvo esta encuesta?

Iglesia

Reunión comunitaria

Supermercado

Correo postal

Periódico

Boletín informativo  Lugar de trabajo

Contacto personal

Otro \_\_\_\_\_

Por favor, devuelva la encuesta completada a la dirección que figura a continuación. Si desea obtener más información sobre este proyecto comunitario, contáctenos al número que figura a continuación.



Kayla Bohannon  
Departamento de Salud del Condado de Stokes  
1009 Main St, Danbury, NC 27016  
336-593-2400

# SURVEY CONTENT AND DEMOGRAPHICS

Participants were asked to provide demographic information, including:

- Age
- Gender
- Race and ethnicity
- Education level
- Household income

This information helps ensure that the survey sample reflects the diversity of the county’s population. In addition to demographics, the survey asked about:

- Perceived community health problems
- Health behaviors
- Access to services
- Personal health status and habits

All responses were confidential and not linked to individual identities, allowing residents to share honest feedback without concern for privacy.

## CHARACTERISTICS OF SURVEY RESPONDENTS

The CHA survey aimed to capture a representative cross-section of the Stokes County population. Respondents reflected a diverse range of backgrounds. Key characteristics include:

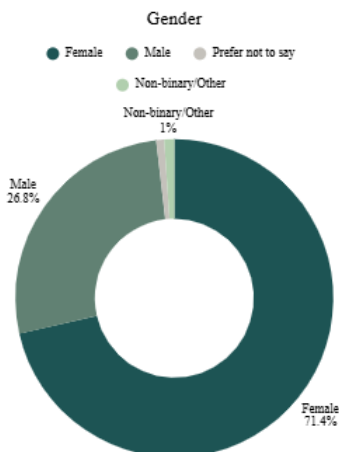
### 1. Gender

Female: 355

Male: 133

Non-binary/Other: 5

Prefer not to say: 4



### 2. Age Distribution

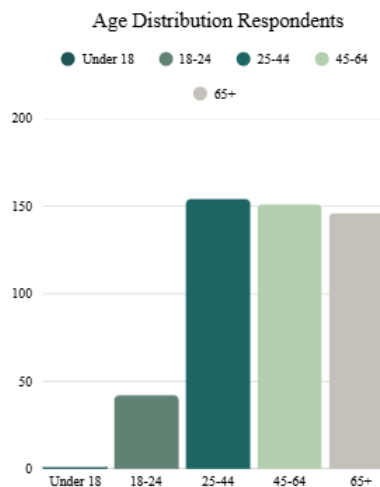
Under 18: 1

18–24: 42

25–44: 154

45–64: 151

65 and older: 146



### 3. Race and Ethnicity

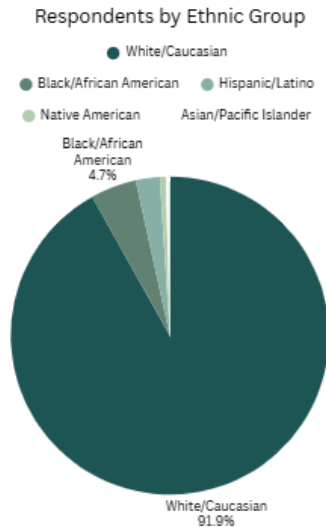
White: 91.9%

Black or African American: 4.7%

Hispanic/Latino: 2.4%

Native American/Alaska Native: 0.6%

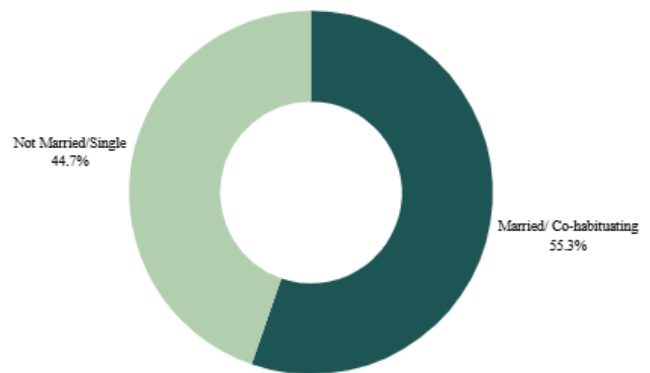
Asian: 0.4%



### 4. Marital Status

Married/Co-habituating

Not Married/Single

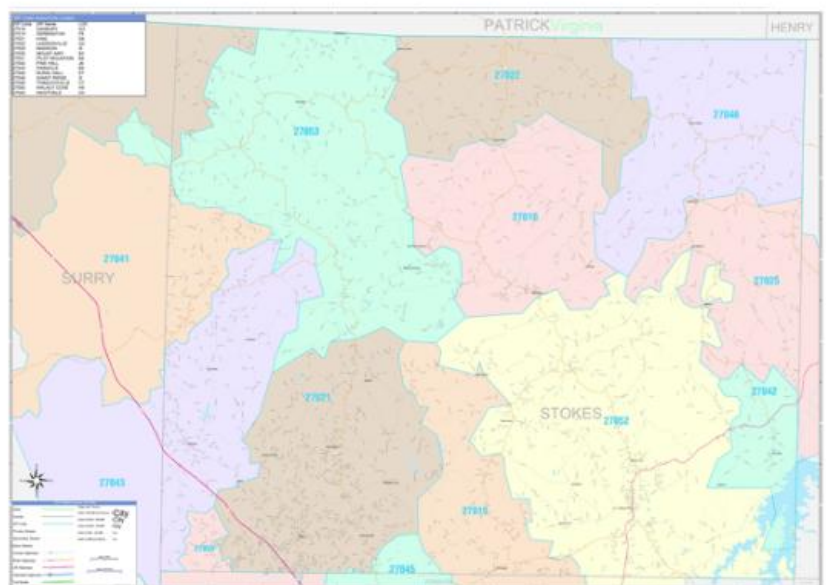
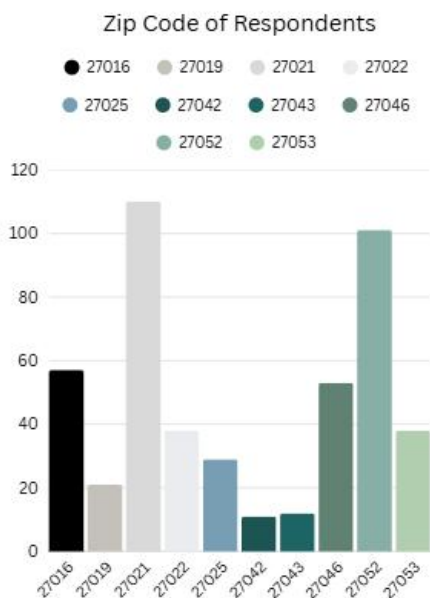


### 5. ZIP Code Representation

Respondents were distributed across multiple ZIP codes in Stokes County. The highest response rates came from:

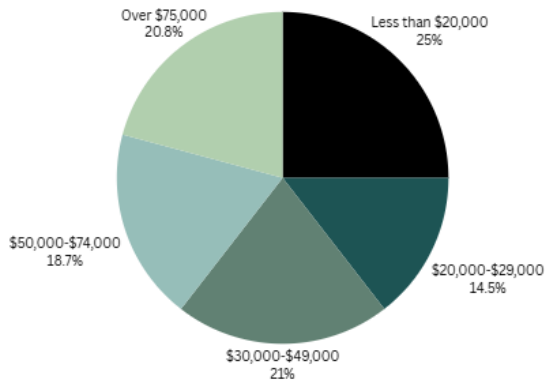
ZIP Code 27021 – 110-22.3%

ZIP Code 27052 – 101-20.2%



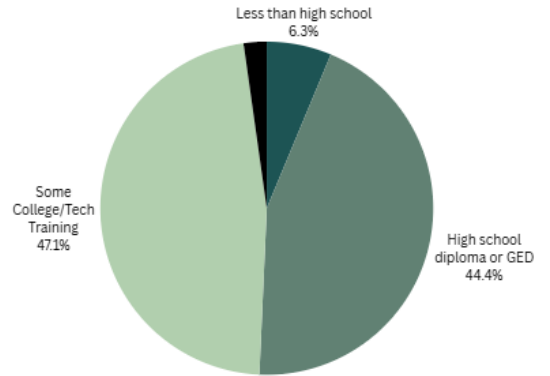
**6. Socioeconomic Status**

Annual household income:  
 Less than \$20,000: 25%  
 \$20,000–\$29,000: 14.5%  
 \$30,000–\$49,000: 21%  
 \$50,000–\$74,000: 18.7%  
 Over \$75,000: 20.8%



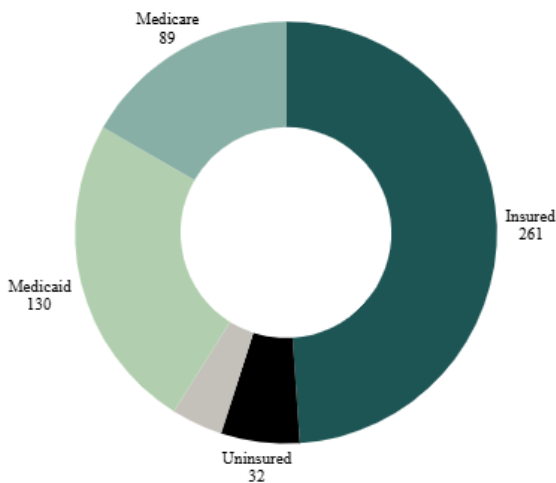
**7. Education Level:**

Less than high school: 6.3%  
 High school diploma or GED: 44.4%  
 Some college or technical training: 47.1%  
 Bachelor’s degree or higher: 2.2%



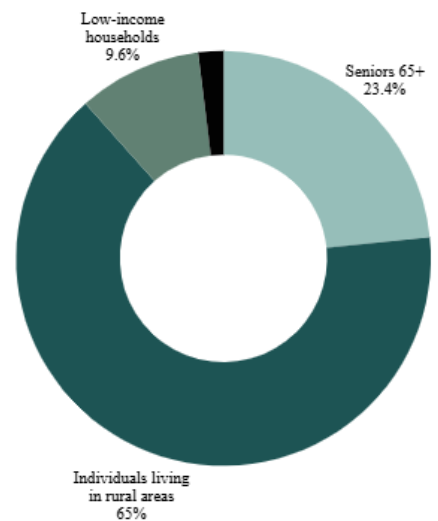
**8. Health Insurance Coverage**

Insured: 52.7%  
 Uninsured/Pay Cash: 6.5%  
 Veterans Administration: 4.2%  
 Medicaid: 26.3%  
 Medicare: 10.3%



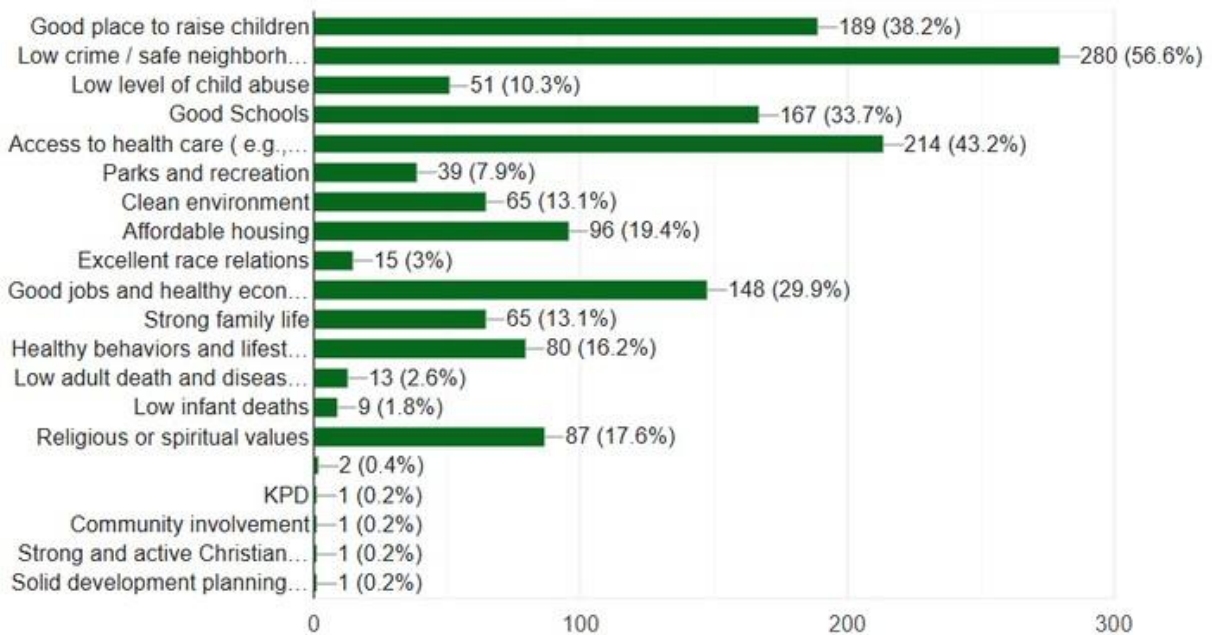
**9. Special Populations Reached**

Seniors (65+): 29.14%  
 Individuals living in rural areas: 81%  
 Low-income households: 12%  
 Non-English speakers or bilingual respondents: 2.44%

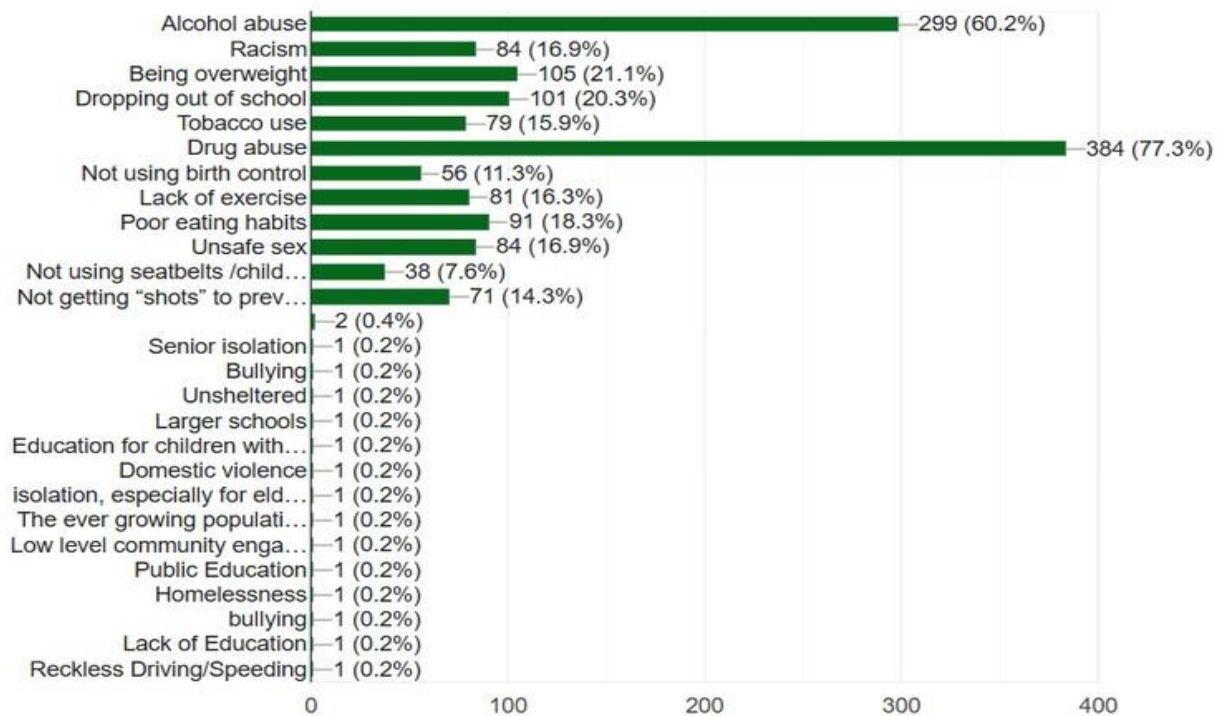


## SURVEY RESULTS

1. In the following list, what do you think are the three most important factors for a “Healthy Community?” (Those factors which are most improve the quality of life in a community.)



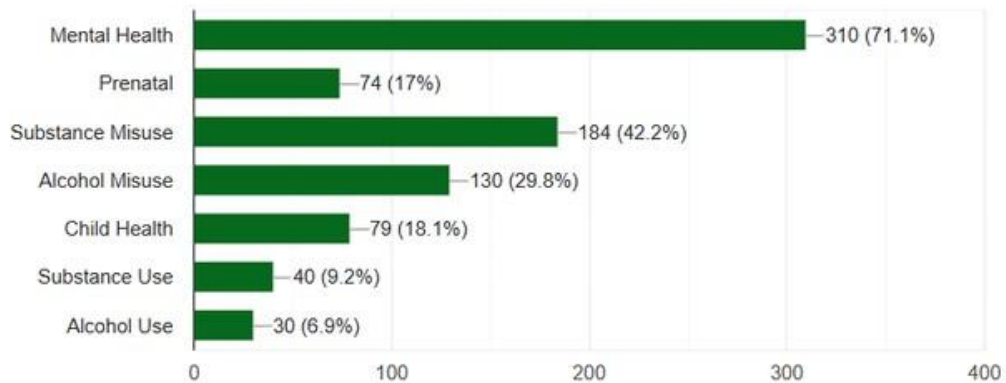
2. In the following list, what do you think are the three most important “risky behaviors” in our community? (Those behaviors which have the greatest impact on overall community health.)



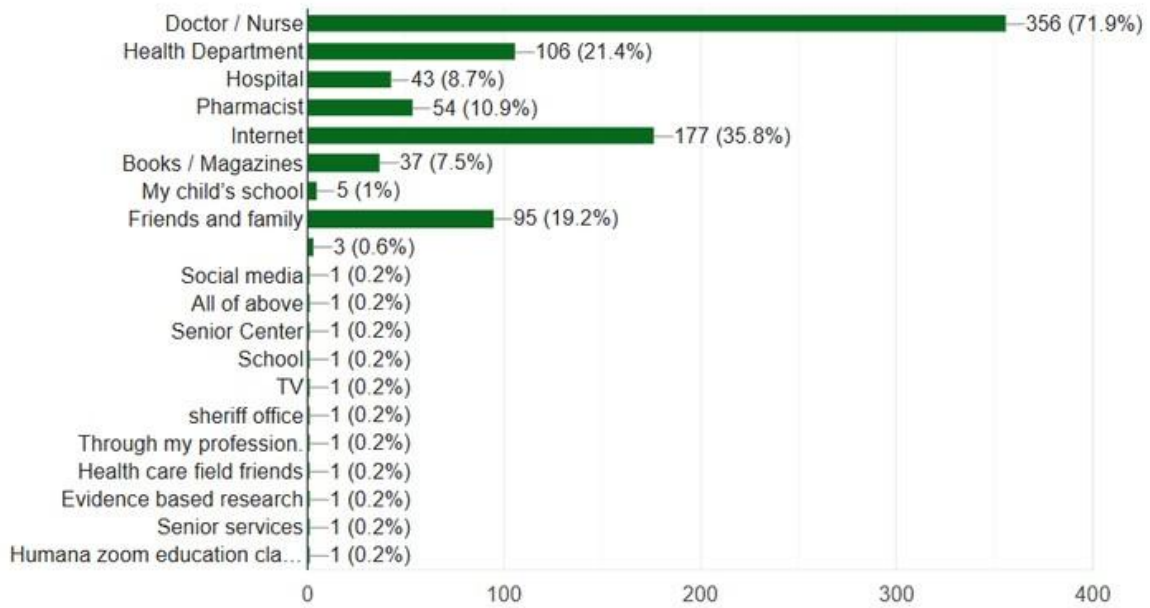
3. In the following list, what do you think are the three most important “health problems” in our community? (Those problems which have the greatest impact on overall community health.)



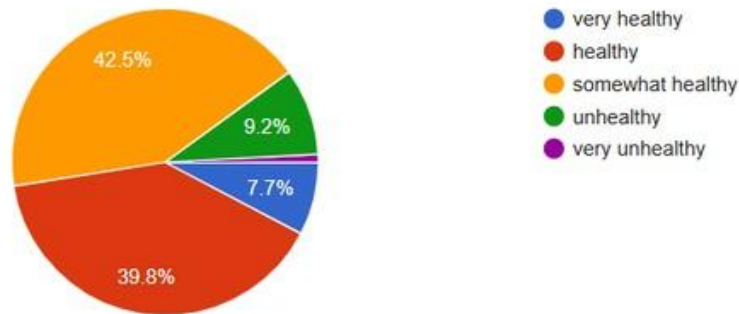
4. What health services do you feel are not available for Stokes County residents?



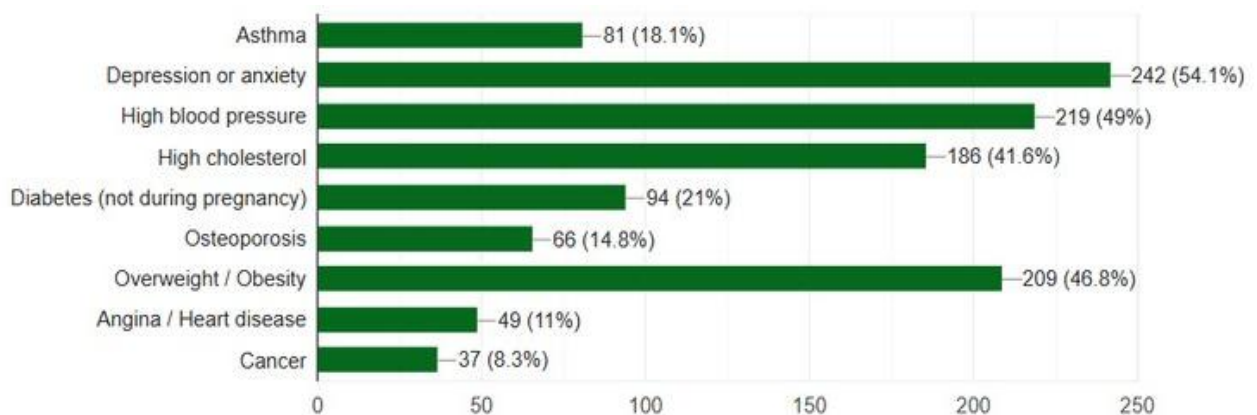
5. Where do you get most of your health-related information?



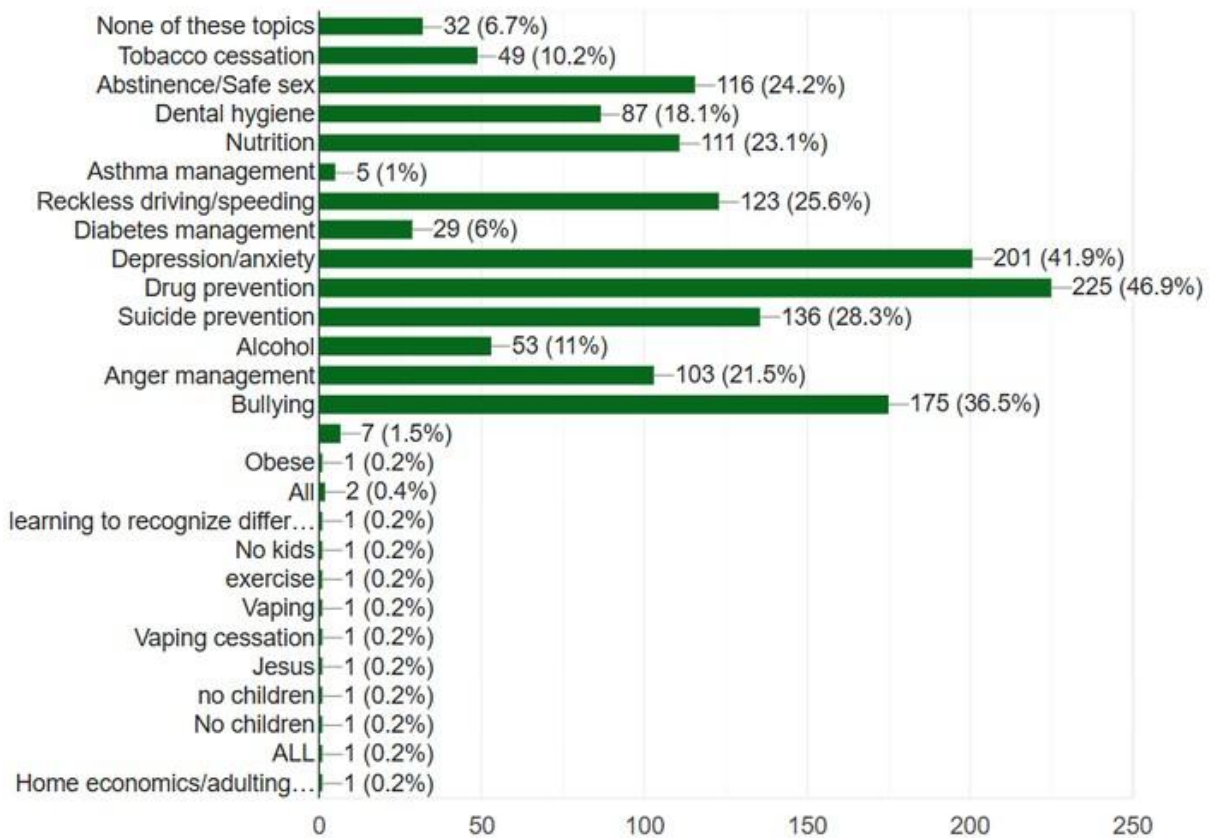
6. How would you rate your own personal health?



7. Have you ever been told by a doctor, nurse or other health professional that you may have any of the following health conditions?

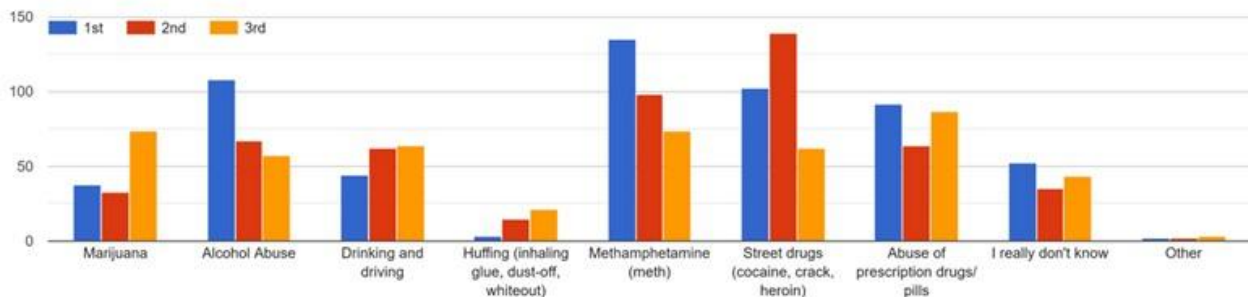


8. Which of the following health topics do you think your child/children need more information about?

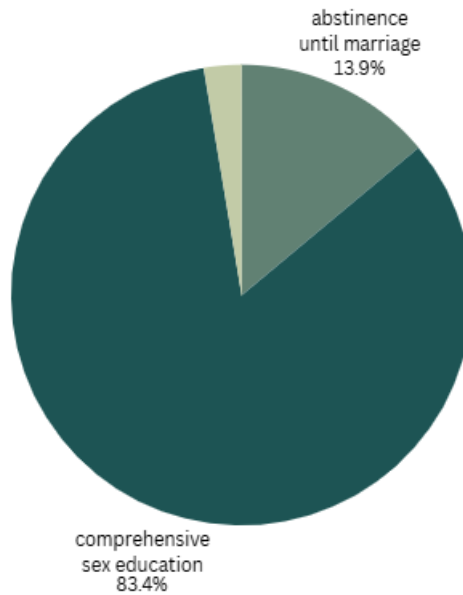


9. What are the top 3 biggest substance abuse problems in this county? (Rank 1 to 3, with 1 being the biggest problem.)

What are the top 3 biggest substance abuse problems in this county? (Rank 1 to 3 with 1 being biggest problem)

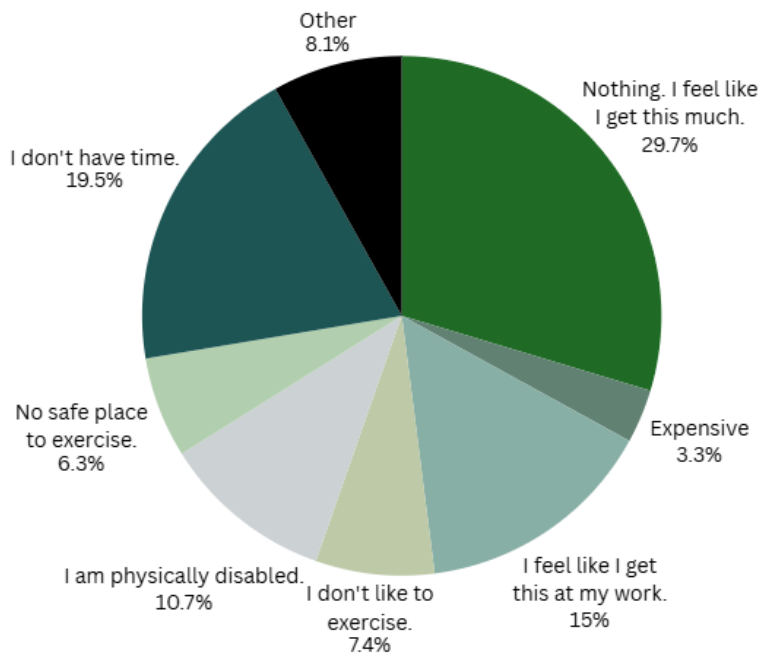


10. To prevent teen pregnancy and sexually transmitted diseases, which of the following should be taught in our local schools? (check one)



Other suggestions: schools should be allowed to provide non-judgmental information about how and where to access sexual health resources and services, parenting programs that follow teens from conception to 2 years old.

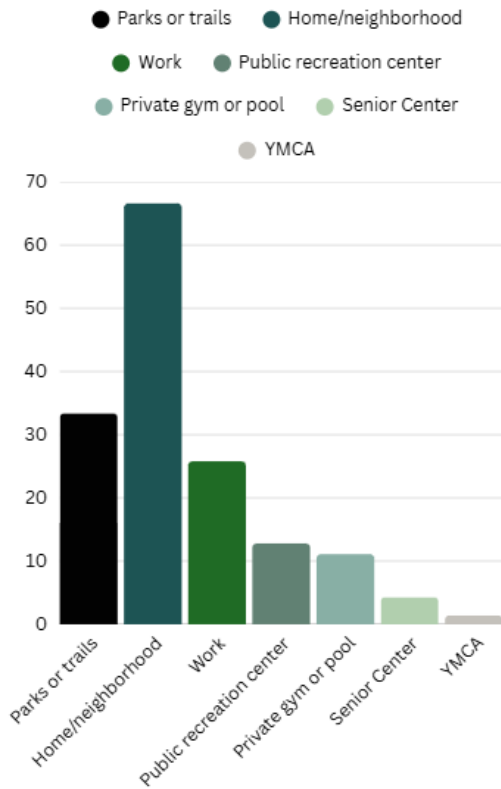
11. Recommendation for physical activity is 30 minutes a day, 5 days a week (2 ½ hours a week). Please choose the main reason that keeps you from getting this much physical activity. (Check



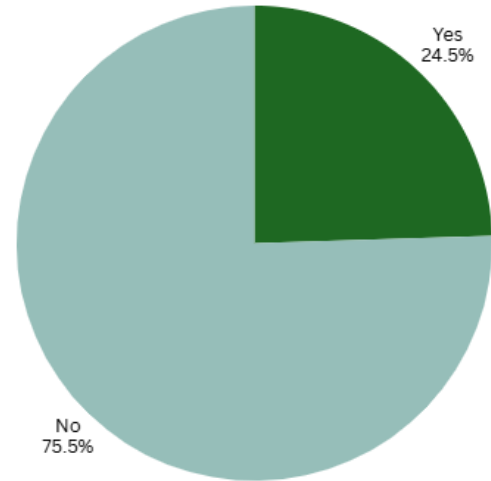
one)

Other suggestions were, no sidewalks or indoor pool with all day access for elderly, live too far from YMCA, only public pool within county is in King, not many gyms in northern Stokes, or lack of transportation.

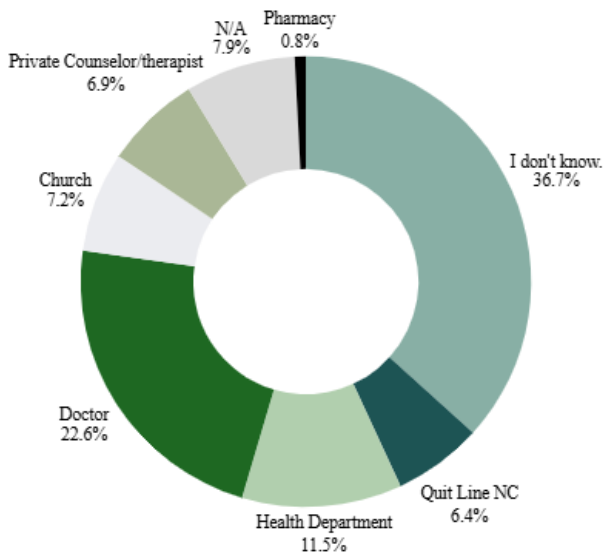
12. Where do you go to exercise or engage in physical activity? (Check all that apply)



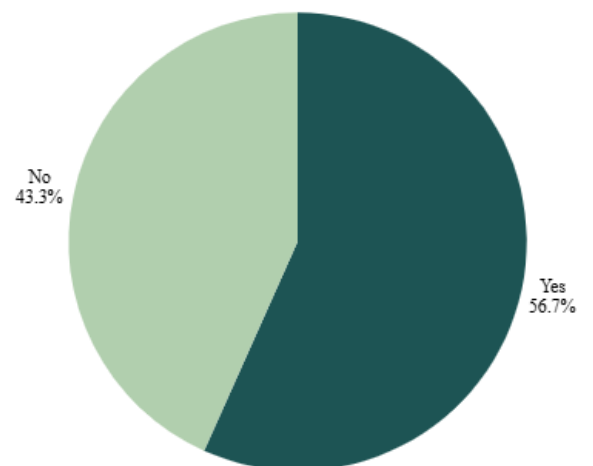
13. Do you currently smoke or vape?



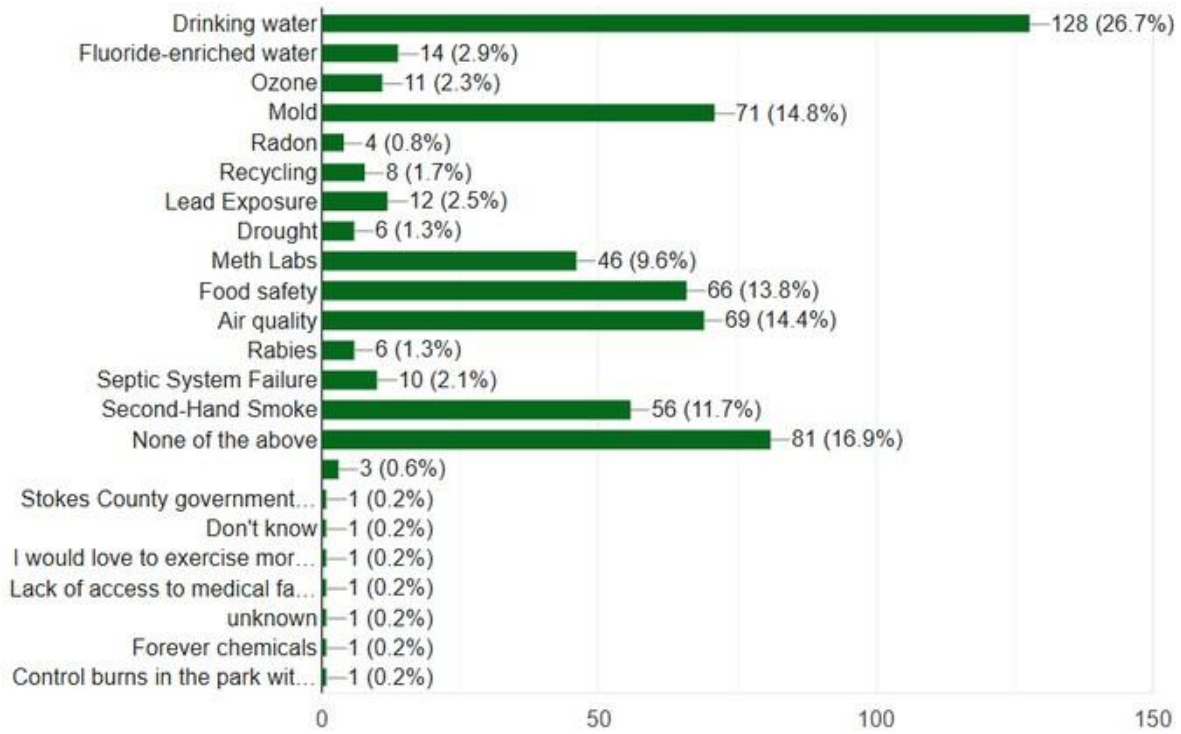
14. Where would you go if you wanted to quit smoking/vaping?



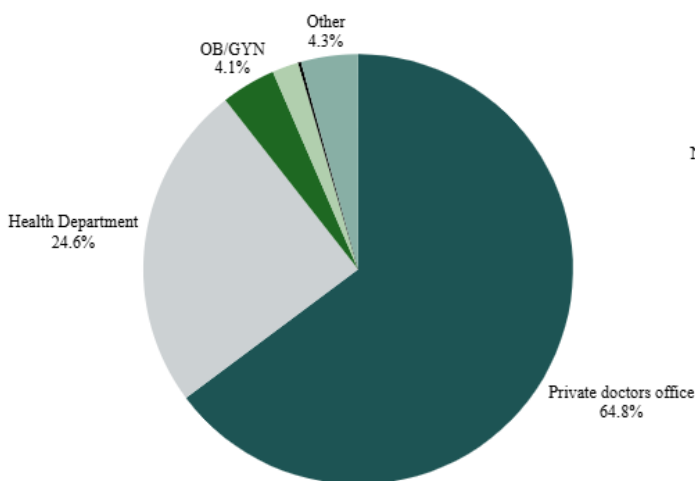
15. Do you and your family recycle?



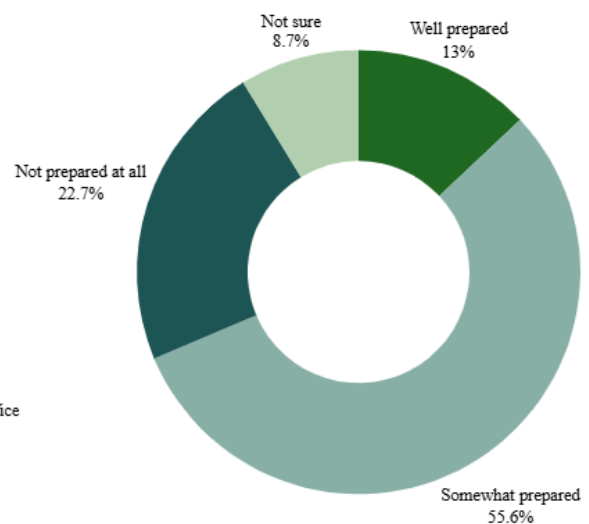
16. Which of the following Stokes County Environmental Health concerns do you believe most affects your health? (Check one)



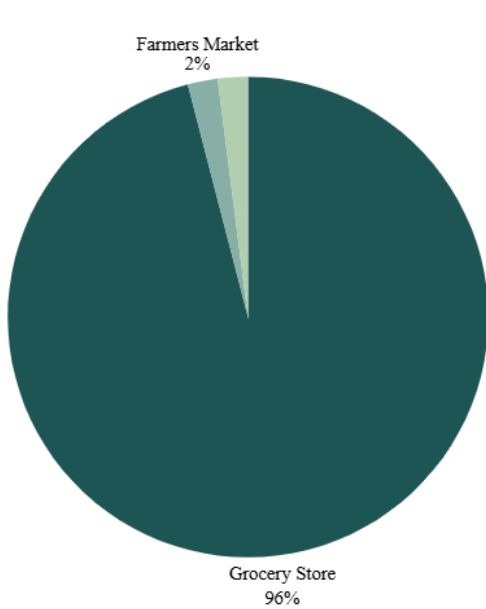
17. Where do you go when you need your yearly check-up or physical?



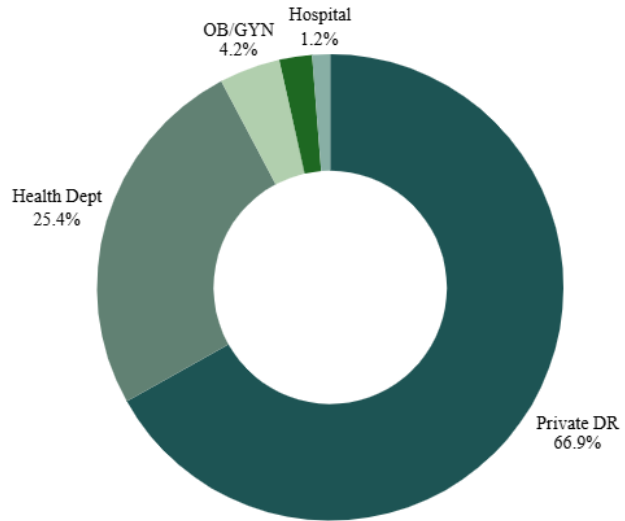
18. How prepared do you feel your household is to handle a large-scale disaster or emergency?



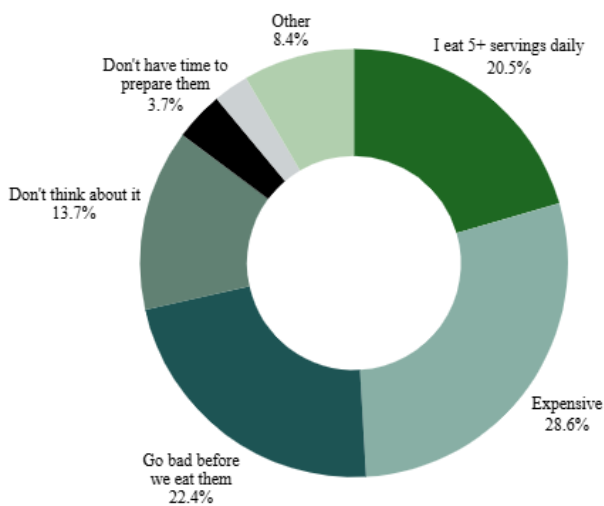
19. Where do you buy most of your food?  
(Choose one.)



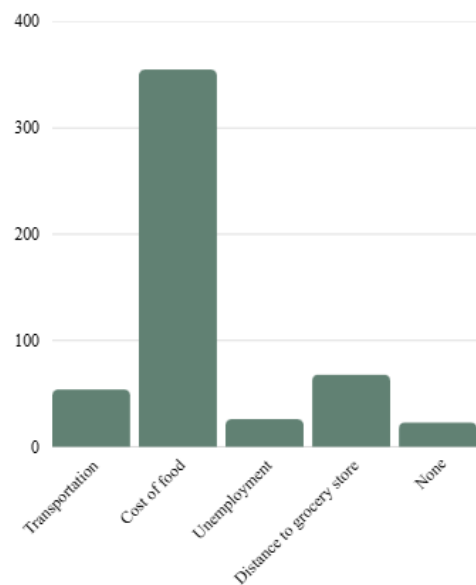
20. Where do you go when you need your yearly check-up or physical?



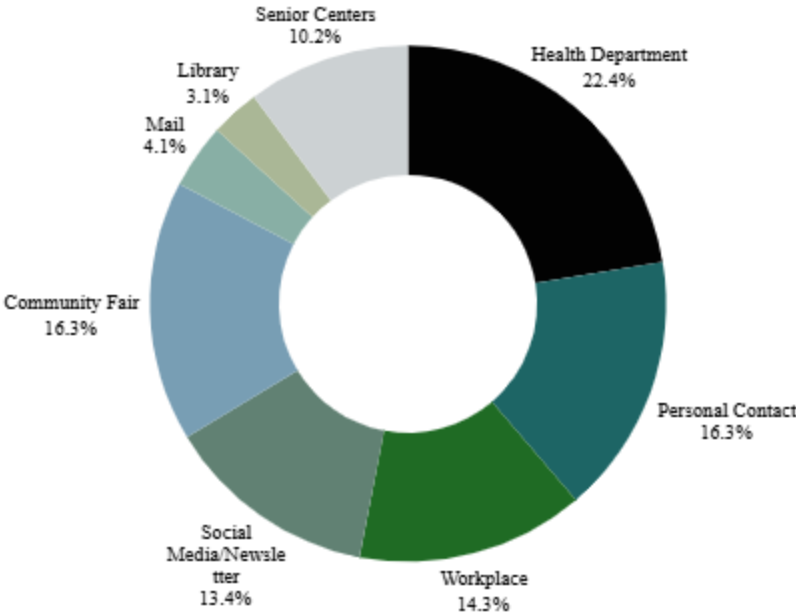
21. One recommendation for healthy eating is to eat at least 5 servings of fruits/vegetables per day. What keeps you from eating this way? (Choose one)



22. Which of the following makes it hard for you to buy food? Select all that apply.



23. Where did you get this survey:



## RESOURCES

### **Adoption & Pregnancy Services**

- Bennett and West, Attorneys at Law – (336) 983-3177
- Hope Pregnancy Care Center – (336) 983-3990
- R. Michael Bruce, Attorney at Law – (336) 593-9240
- Stokes County DSS – (336) 593-2861

### **Childcare & Education**

- Calvary Baptist Preschool – (336) 983-4481
- Calvary Christian Church Childcare – (336) 983-3728
- First Steps Child Care – (336) 591-9151
- Germanton Elementary School
- Head Start – Danbury – (336) 593-8113
- Head Start – London – (336) 591-7204
- Head Start – Main Office – (336) 367-4993
- Head Start – Mount Olive – (336) 985-5260
- Head Start – Sandy Ridge – (336) 871-2551
- King Elementary School – (336) 983-5824
- King Moravian Preschool – (336) 983-4003
- Kindercare – (336) 983-2024
- Kidz Community Child Care – (336) 983-8393
- Little Bear's – (336) 407-0751
- London Elementary School
- Meadowbrook Academy
- Mount Olive Elementary School
- Nancy Reynolds Elementary School
- North Stokes High School
- Pinnacle Elementary School – (336) 368-2990
- Piney Grove Middle School
- Popular Springs Elementary School – (336) 985-0234
- Sandy Ridge Elementary School
- South Stokes High School
- Stokes Early College
- Stokes County Schools – (336) 593-8146
- Tonya's Tots – (336) 983-8970
- Walnut Cove Elementary School – (336) 591-4408
- West Stokes High School
- Calvary Christian Church Childcare – (336) 983-3728
- Stokes Family YMCA Pea Pods – (336) 985-9622

### **Child Partnership Programs**

- Nurturing Parenting Program – (336) 983-4026
- Surry/Stokes Friends of Youth – (336) 983-0350
- Stokes Partnership for Children – (336) 985-2676
- The Parenting Path – (336) 748-9028

### **Chiropractic**

- Crown Chiropractic of King – (336) 985-3500
- Massey Family Chiropractic – (336) 897-2026

### **Dental Health Providers**

- Bisig + Chermak + Rudnicke Orthodontics – (336) 983-4551
- Dr. Edward Bell – (336) 983-2176
- Mabe & Mabe – (336) 591-4303
- Saura Town Dental – (336) 983-5095
- Stokes Dentistry – (336) 983-4565

### **Emergency Services**

- Cardinal Urgent Care – (336) 983-9111
- LifeBrite Community Hospital of Stokes – (336) 593-2831

### **Family Medical Providers**

- LifeBrite Family Medical – (336) 593-8281
- Novant Family Medical – (336) 983-4346
- Stokes County Health Department – (336) 593-2400

### **Food Distribution**

- East Stokes Outreach Ministry – (336) 591-3227
- Forsyth Tech Connect Pantry – (336) 734-7195
- King Outreach Ministry – (336) 983-HELP
- Northern Stokes Food Pantry – (336) 351-0900
- The Rock Church – (336) 983-0550

### **Help & Hotlines**

- 211 Help Line – 211 or (888) 892-1162
- American Cancer Society – (800) 227-2345
- Americans with Disabilities Act – (800) 514-0301
- Daymark Mobile Crisis Engagement – (866) 275-9552
- NC Poison Control – (800) 222-1222
- Quitline NC – (800) 784-8669
- Suicide & Life Crisis Hotline – 988

### **Homelessness Resources**

- American Red Cross – (336) 333-2111
- Bethesda Center – (336) 722-9951
- Habitat for Humanity – (336) 985-3211
- King Outreach Ministry – (336) 983-HELP
- The Sheppard’s House – (336) 786-1420

### **Mental Health & Substance Use Services**

- Adolescent Outpatient Treatment – (336) 725-8389
- Community Paramedic – (336) 593-5409
- Daymark Recovery Services – (336) 983-0941
- Insight Human Services – (336) 593-2660
- Monarch – (336) 591-5446
- October Road – (866) 735-7622
- Sid Lee Memorial Mental Health – (336) 536-1027
- Stokes County DSS Mental Health/Substance Abuse Liaison – (336) 593-2861 ext. 1155
- Vaya Health – (800) 849-6127
- SCOPE – contact info not listed

### **Medicaid**

- Department of Social Services – (336) 593-2861

### **Palliative & Hospice Care**

- Mountain Valley Hospice and Palliative Care – (888) 789-2922
- Trellis Supportive Care – (336) 591-1124

### **Parks & Recreation**

- King Parks and Recreation Department – (336) 985-1115
- Stokes Family YMCA – (336) 985-962

### **Senior Citizen Services**

- King Senior Center – (336) 983-0751
- Walnut Cove Senior Center – (336) 591-5442
- Skilled Nursing & Rehabilitation
- Stokes County Nursing Home – (336) 593-2831
- Universal Healthcare – (336) 983-6505
- Village Care – (336) 983-4900
- Walnut Cove Health & Rehabilitation – (336) 591-4353

**Social Services**

- Department of Social Services – (336) 593-2861

**Transportation**

- YVEDDI – (336) 679-2071

**Veterans Services**

- Stokes County Veterans Services – (336) 593-2468

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World Population Review. (2025). *Stokes County, North Carolina population.*

<https://worldpopulationreview.com/>

**Thank you for your interest in the Stokes County Health Department's Community Health Assessment (CHA).**

**You can find our contact information below:**

**\*\*Stokes County Health Department\*\***

**Address: 1009 Main Street, Danbury, NC 27016**

**Phone Number: (336) 593-2400**

**Website: <https://www.co.stokes.nc.us/departments/health.php>**

**For any inquiries regarding the Community Health Assessment, please reach out to:**

**\*\*Contact Person:\*\* Kayla Bohannon**

**Phone Number: (336) 593-2400 Ext. 1229**

**Email: [kbohannon@co.stokes.nc.us](mailto:kbohannon@co.stokes.nc.us)**

**Hard copies of the CHA are available upon request. If you'd like to request a hard copy, please feel free to contact us in person at the Stokes County Health Department. When doing so, kindly provide the following information:**

- Full Name**
- Mailing Address**
- Phone Number**
- Reason for Request**

**Please be advised that a small fee may apply to help cover printing and mailing costs.**

**Additionally, the Community Health Assessment can be viewed online at the following link:**

**<https://schs.dph.ncdhhs.gov/units/ldas/cha2021/Stokes2021-CHA.pdf>**

**We greatly appreciate your interest and welcome any feedback you may have.**