

# BURKE COUNTY NORTH CAROLINA



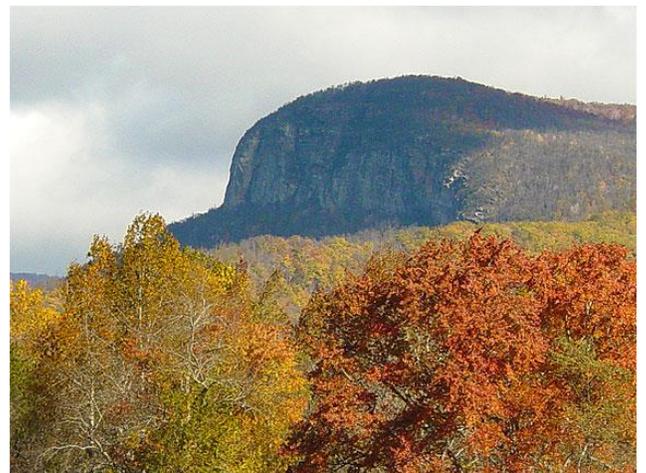
**Table Rock**



**South Mountain State Park**



**Lake James State Park**



**Shortoff Mountain**

## 2016 Burke County Community Health Needs Assessment

Dated: December 1, 2016

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# Executive Summary

## Overview

The Community Health Needs Assessment (CHNA) is completed through a collaborative process in which community members gain insight into health concerns and resources within the county. This CHNA was completed as a joint effort between the Burke County Health Department (BCHD) and Carolinas HealthCare System Blue Ridge, along with the organizations that comprise the Burke Wellness Initiative. From January, 2015 through present day, over 50 community partners representing 30 agencies/community liaisons in Burke County collaborated to complete the 2016 Community Health Needs Assessment (CHNA) through a formal community engagement process, Mobilizing for Action Through Planning and Partnerships (MAPP).

The assessment was developed on four pillars split into primary and secondary data. The two components of primary data resulted from both survey and focus group data from Burke County citizens, regarding health and social issues that impact the health of the people living in Burke County. The primary data was collected from 1,392 completed community surveys and approximately 40 focus group attendees. The two pillars of secondary data were gathered from state, national and local statistics. Information from this community health needs assessment reveals the health and quality of life in Burke County while identifying the strengths, challenges and resources in the community.

## Priority Determination

On Tuesday, September 6, 2016, the Burke Wellness Initiative and additional community partners reviewed the top fourteen health and social issues identified in the results of the community survey and focus groups. Attendees were then asked to identify the top ten priority areas. The group discussed and identified resources and programs currently addressing the ten priority areas in the community. Attendees then voted on what they viewed as the top five health priority areas. The top five priorities identified for the 2016 Community Health Needs Assessment are:

1. Mental Health
2. Substance Use/Misuse
3. Poverty
4. Chronic Disease
5. Lack of Affordable Healthcare/ Health Insurance

## Priority Selection

Burke Wellness Initiative members, stakeholders and county residents met to determine the three priority areas to be addressed. After reviewing the data obtained, the group identified the top five most important priorities. The five priorities (Mental Health, Substance Use/Misuse, Poverty, Chronic Disease and Lack of Affordable Healthcare/Health Insurance) were then measured on an impact matrix to gauge the level of impact and effort for each priority. This matrix identified

the top three priorities that will be developed into action plans for community work over the next three years.

### **Priority Areas:**

1. **Mental Health**
2. **Substance Use/Misuse**
3. **Poverty**

### **Data Review**

#### **Demographics**

- Population of 88,842 residents
- Total population did see a decline from 2010-2015 from 90,912 to 88,842
- Population is 87% White with 13% being comprised of but not limited to African American, Hispanic, Asian, Native American and Pacific Islander
- Median age in Burke County is up from 41.2 in 2010 to 43.9 in 2015
- Burke County is 50.4% female and 49.6% male
- Burke County, like the state, has seen an increase in the 65 and older age group with the largest group being aged 60-64

#### **Economic Climate**

- Median household income in Burke County is \$37,086 which is considerably lower than the NC county average of \$46,556
- The poverty rate in Burke County has exceeded the state rate for the past eight years
- Between 2010 and 2014, the total percent of Burke County residents in poverty increased by 13.6%. During the same interval, the percent of Caucasian residents in poverty increased by 22% and the percent of African American residents in poverty decreased by 1%
- Largest difference in poverty occurred among the under 18 population
- In 2014, Burke County's poverty rate for children under the age of 5 was greater than 40%

#### **Employment**

- Unemployment was 5.7% on average in 2015
- In 2015, the education and healthcare sectors were the top employers in Burke County with Case Farms and Valdese Weavers were the top employers in the private sector

#### **Education**

- Burke County exceeds the state graduation rate of 83% with 88% of Burke County students receiving high school diplomas
- Burke County's percentage of free and reduced lunch is 59.35%

#### **Morbidity/Mortality**

- The five leading causes of death for residents in Burke County have not changed in the last several years: 1) Heart Disease, 2) Cancer, 3) Chronic Lower Respiratory Disease, 4)

Cerebrovascular Disease (Stroke) and 5) Alzheimer's Disease. Most chronic conditions facing the community are costly and largely preventable with some positive lifestyle behavior changes. Diabetes is a serious chronic condition that was identified in the 2013 CHNA and the Diabetes Collaborative continues to develop strategies and devote resources to help curb potential problems associated with diabetes.

### **Areas of Success**

- Both individuals and organizations in Burke County portray a strong sense of community engagement. The desire is evident in the pursuit to collectively address concerns that impact the health of residents and ensure Burke County is a healthy place for all populations.
- The establishment of Burke Integrated Health filled a gap identified in the last CHNA with providing both primary and behavioral health care services.
- Burke Recovery continues to lead a community based coalition, Burke Substance Abuse Network, to combat substance use/misuse among youth, adults and families in Burke County. Over the next year, BSAN will work on the submission of a Drug Free Community grant to remain vigilant in creating strategies to assist with reducing the drug problem facing Burke County.

### **Areas of Concern:**

- The Burke Wellness Initiative and the Burke Health Network have made the commitment to address areas of inadequate access. However, all human service agencies across the county struggle adhering to constant reform in all aspects of healthcare funding and third party reimbursements. The partners work diligently to reduce duplication of services and maximize resources for optimal utilization.
- Just as much as the nation, substance use and misuse afflicts Burke County. As the number of hospitalizations and deaths to medication, opioid and heroin misuse continues to rise, treatment center placements remain quite limited. Children placed in foster care due to parent's positive drug screens has resulted in an exponential increase for the Department of Social Services to find qualified foster parents.
- Traditional manufacturing, once a staple for employment in Burke County, has either left or transitioned to advanced manufacturing involving greater automation. While degree paths and training is available at Western Piedmont Community College, there are insufficient numbers of students entering these programs. In the future, WPCC will be offering additional new programs such as Megatronics and the new school of Science, Technology, Engineering and Mathematics (STEM) which will hopefully attract new students and boost enrollment.

### **Conclusion**

Mental health, substance use/misuse and poverty touch every member of the community in one way or another. When caring communities pool resources and work together to provide education and access to care, they empower individuals to take responsibility for their health and well-being.

## Background and Introduction

The Burke Wellness Initiative is the driving force for the Community Health Needs Assessment process. The Burke Wellness Initiative is led by the Burke County Health Department and Carolinas HealthCare System Blue Ridge. The Burke Wellness Initiative was formed in October 2014 to maximize community resources and input to develop the Community Health Needs Assessment using a formal community engagement process. The committee utilizes the Mobilizing for Action through Planning and Partnerships (MAPP) framework for community engagement. There are a total of 45 members from 27 agencies (refer to Appendix A for a full list of members and agencies).

The purpose and vision of the Burke Wellness Initiative is that Burke County embraces, educates and provides the opportunity to empower persons of all ages to make informed choices to live healthier lives. The values include, access, empowerment, engagement, capacity, education and continuity (communication). The Burke Wellness Initiative defines wellness as encompassing physical, emotional, mental and spiritual health and well-being. The Burke Wellness Initiative is responsible for the planning, marketing, implementation and evaluation of CHNA process.

MAPP is a community-wide strategic planning process for improving public health, as well as an action oriented process to help communities prioritize public health issues, identify resources for addressing them, and take action. The MAPP framework consists of six phases: (1) Organizing for Success and Partnership Development, (2) Visioning, (3) Four MAPP Assessments, (4) Identifying Strategic Issues, (5) Formulate Goals and Strategies and (6) The Action Cycle.

## Data Collection

The CHNA reveals the health and quality of life in Burke County while identifying the strengths, challenges and resources within the community. The CHNA process gathers, analyzes and evaluates health data from primary and secondary sources. As part of the primary data collection, a CHNA survey was distributed and focus groups were hosted to collect residents' opinions regarding health and social issues that impact the health of the citizens in Burke County. Secondary data was gathered from state and local statistics as cited in Appendix G: References.

The Burke Wellness Initiative collected primary data through the following methods:

- **Community Health Needs Assessment Survey**
  - 1288 Burke County residents completed survey responses
  - Burke Wellness Initiative members distributed paper copies and online links to CHNA survey in Survey Monkey to the following community areas and organizations, including but not limited to:
    - Burke County Chamber of Commerce
    - Burke County government employees
    - Burke County Public Libraries
    - Burke County Public School employees
    - Burke County United Way-Partner Agency Network
    - Burke Literacy Council

- Carolinas HealthCare System Blue Ridge employees
  - Community Wide Health Screening- Lady Fair
  - Grace Ridge Retirement Community
  - Morganton Housing Authority
  - Morganton-Burke Senior Center
  - Recreation Centers
  - Western Piedmont Community College
- **Focus Groups**
    - Focus groups gathered additional information from citizens in regards to their health concerns, behaviors and potential solutions to address the identified health concerns.
    - Participants were invited through word of mouth, personal and public invitation and through other established groups.
    - Conducted ten focus groups
      - Burke County United Way (Burke Substance Abuse Network members)
      - Grace Ridge Retirement Community
      - Local municipalities held at Connelly Springs- Town Hall
      - Burke United Christian Ministries- Soup Kitchen (Two focus groups were held)
      - Olive Hill Economic Development Corporation
      - Morganton Housing Authority (Two focus groups were held)
      - Burke County Circles Initiative
      - Morganton Downtown Development Association

## Peer Counties

Peer counties are determined by HealthStats, North Carolina's interactive health statistics website. HealthStats provides statistical numerical data on the health status of North Carolinians and the state of the health care system in North Carolina. Peer counties are determined based on:

1. Population size
2. Number of individuals living below the poverty level
3. Population under 18 years of age
4. Population 65 years of age and older
5. Population density

Burke County's peer counties include Caldwell, Lee, Rockingham, Surry and Wilkes counties. HealthStats selected Burke County's peer counties on the following information:

1. Population size: 57,866-93,643
2. Individuals living below poverty level: 18.4%-19.9%
3. Population under 18 years: 22%-26%
4. Population 65 years and over: 14%-17%
5. Population density (people per square mile): 92-227

## Populations at Risk

In local communities, populations at risk are vulnerable to economic, social and health issues. During the priority selection meeting, the Burke Wellness Initiative members determined the following groups as populations at risk to be considered within action plans developed around the three priority areas:

- **Uninsured/Underinsured**

Access to affordable health care is a national concern affecting all; including the residents of Burke County. Even after the adoption of the Affordable Care Act, residents who were unable to qualify for governmental assistance (ex. Medicaid, Medicare) and who were also unable to afford the healthcare options offered through the HealthCare Marketplace fell into the "Medicaid Gap." After North Carolina voted not to expand the "Gap," these residents were left without an avenue through which to receive basic healthcare. These residents who live without health insurance seek health care at hospital emergency rooms; the most expensive venue for the treatment of non-emergent conditions, local free clinic or do not receive any health care assistance.

- **Mental Health/Substance Abuse Population/ Hepatitis C**

Mental illness refers to a wide range of mental health conditions/disorders that affect your mood, thinking and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors. Many people have mental health concerns from time to time. One in five adults experiences a mental health condition every year. One in seventeen lives with a serious mental illness such as schizophrenia or bipolar disorder. In addition to person's directly experiencing a mental illness, family, friends and communities are also affected.

Common Substance Use Disorders are those related to alcohol, tobacco, cannabis, stimulants, hallucinogens, and opioids. The Diagnostic and Statistical Manual of Mental Disorders no longer uses the terms "substance abuse" and "substance dependence"; it refers to substance use disorders, which are defined as mild, moderate, or severe to indicate the level of severity, which is determined by the number of diagnostic criteria met by an individual. Substance use disorders occur when the recurrent use of alcohol and/or drugs causes clinically and functionally significant impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home. A diagnosis of substance use disorder is based on evidence of impaired control, social impairment, risky use, and pharmacological criteria.

Hepatitis C is a contagious liver disease that ranges in severity from a mild illness lasting a few weeks to a serious, lifelong illness that attacks the liver. It results from infection with the Hepatitis C Virus (HCV), which is spread primarily through contact with the blood of an infected person. Hepatitis C can be either "acute" or "chronic." Acute Hepatitis C virus infection is a short-term illness that occurs within the first six months after someone is exposed to the virus. For most people, acute infection leads to chronic infection. Chronic Hepatitis C infection is a long-term illness that occurs when the

Hepatitis C Virus remains in a person’s body. Hepatitis C virus can last a lifetime and lead to serious liver problems, including cirrhosis (scarring of the liver) or liver cancer. About 3.5 million people are estimated to be currently infected with Hepatitis C in the US. Up to 85% of individuals who are initially (acutely) infected with Hepatitis C will fail to eliminate the virus and will become chronically infected; thus developing the disease. Much progress has been made in the treatment of Hepatitis C. The rate of cure has increased (above 90% - 95%) with the development of direct-acting, all-oral antiviral medications. Most Hep C transmissions are directly linked to sharing of needles for injectable drug use.

- **Children with dual diagnosis (for example, IDD/mental health)**

According to Access Care/CCNC for January 1, 2016 through November 2016, there are approximately 286 children dually diagnosed in Burke County.

- **Low income**

Low income refers to those individuals/families that earn less than twice the federal poverty line.

- **Homeless**

There is more than one “official” definition of homelessness. Health centers funded by the US Department of Health and Human Services (DHHS) use the following definition: A homeless individual is defined as an individual who lacks housing (without regard to whether the individual is a member of a family), including an individual whose primary residence during the night is a supervised public or private facility (e.g. shelters) that provides temporary living accommodations, and any individual who is a resident in transitional housing. A homeless person is an individual without permanent housing who may live on the streets; stay in a shelter, mission, single room occupancy facilities, abandoned building or vehicle; or in another unstable or non-permanent situation.

An individual may be considered to be homeless if that person is “doubled up,” a term that refers to a situation where individuals are unable to maintain their housing situation and are forced to stay with a series of friends and/or extended family members. In addition, previously homeless individuals who are to be released from a prison or a hospital may be considered homeless if they do not have a stable housing situation to which they can return. A recognition of the instability of an individual’s living arrangement is critical to the definition of homelessness.

**Local data from the Point in Time Count:**

<u>2014</u>		<u>2015</u>	
Adults 25+	78	Adults 25+	51
18-24	8	18-24	2
17 & under	7	17 & under	4
Chronically homeless	9	Chronically homeless	15
Veterans	8	Veterans	2

**2016**

Adults 25+	59
18-24	4
17 & under	9
Chronically homeless	7
Veterans	1

The majority of the homeless use emergency shelter and transitional housing facilities; however, in 2015 and 2016, eleven individuals were living in unsheltered situations. This local data is just a snapshot of the homeless population. These numbers are impacted by other factors such as weather, illness, physical limitations, etc. especially those individuals in unsheltered situations.

- **Older adults (65+)**

Healthy People 2020, sees the growth in the number of older adults is unprecedented. In 2014, 14.5% (46.3 million) of the US population was aged 65 or older and is projected to reach 23.5% (98 million) by 2060. Aging adults experience higher risk of chronic disease. In 2012, 60% of older adults managed 2 or more chronic conditions. Burke County has also seen an increase in the older adult population.

- **Youth (Kindergarten to 25 years old)**

The time of life when one is young especially the period between childhood and adulthood. Youth are especially important vulnerable population. The period between kindergarten to age 25 is critical to developing healthy habits and reducing exposures to potentially harmful substances. The leading causes of illness in this population are largely preventable<sup>1</sup>. Environmental factors, such as family, peers, policies, neighborhoods, schools and culture, can either support or hinder the development of this age group<sup>2</sup>. Physical activity and healthy eating are critical to building long term health. Obesity is a risk factor for youth. In 2009, nearly 50% of children between the ages of 5 to 18 in Burke County were considered overweight or obese<sup>3</sup>. Additionally, the adult obesity rate, which includes young adults (18-25) is above the state average at 32%<sup>4</sup>. Educational attainment is considered a protective factor for this population. In Burke County, the graduation rate is higher than the state average (See Education Level).

- **Spanish speaking**

The Latino/Hispanic is united by a common language (Spanish), and is defined as any person from Latin America descent residing in the US. Latinos or Hispanics have some differences, but in this culture, the elderly are believed to have inner strength.

- **Offenders**

A person who has committed/been convicted of a serious crime commonly punished by imprisonment. Burke County has 3 prison facilities: Foothills Correctional Institution, Foothills Minimum Custody Unit and Burke CRV.

Foothills Correctional Institute is a close custody that houses offenders aged 18-25. Foothills facility provides 712 close security single cells. The prison is comprised of four buildings for inmate housing, administrative building, visiting area, recreation area, dining hall, vocational and academic classrooms, warehouse, programs, medical and mental health offices. Foothills Minimum Custody Unit is part of the correctional institute with 230 beds for those offenders mainly serving in work release programs.

Burke CRV (Confinement in Response to Violation) is a minimum security prison that provides intensive behavior modification programs to 248 offenders that are housed up to 90 days for violations of probation, parole or post release supervision.

- **Children born with addicted mothers (Neonatal Abstinence Syndrome) (NAS)**

NAS is a withdrawal syndrome of infants, caused by the cessation of the administration of licit or illicit drugs. There are two types of NAS: Prenatal and Postnatal<sup>5</sup>.

Prenatal NAS is caused by discontinuing drugs taken by the pregnant mother

Postnatal NAS is caused by discontinuing drugs directly to the infant.

Newborns with NAs are 19% more likely than all other hospital births to be low birthweight and 30% more likely to have respiratory issues.

- **Deaf/ Hard of Hearing**

Individuals with Disabilities Education Act (IDEA) defines deafness as a hearing impairment that is so severe that a person is impaired in processing linguistic information through hearing with or without amplification. Deafness entails the most severe cases. Impairments can affect the ability to hear intensity, pitch or both.

In 2015 the American Community Survey revealed there are approximately 5,970 Deaf and Deaf and Hard of Hearing individuals living in Burke County, out of 1, 030,000 living in North Carolina. Only 20 percent of the people who need a hearing aid actually have one. People Age 65 and older are eight times more likely than those below age 65 to have a hearing loss. Deafness and Hearing loss affect all age groups. The breakdown for Burke County is as follows:

Ages: 18 and under:	111
18-34	230
35-64	2,160
65-74	1,373
75-Over	2,096

- **Veterans**

A person who has served in any branch of the armed forces who has not been dishonorably discharged.

According to the 2014 American Community Survey estimates, there are 6,555 veterans in Burke County. Approximately, 29.9% of these veterans have some type of disability. The majority of the veterans served in the Vietnam War (41%); Gulf War from 1990 to 2001 (11.1%) or the Korean War (10.4%).

The age ranges are as follows:	18 to 34 years	5.4%
	35 to 54 years	24.0%
	55 to 64 years	23.9%
	65 to 74 years	24.9%
	75 and over	21.8%

- **Rural Areas**

Ninety-eight percent of the county has rural pockets where uninsured/underinsured residents live. Townships include: Connelly Springs, Drexel, Glen Alpine, Hildebran, Jonas Ridge, Linville, Lower Creek, Morganton, Quaker Meadows, Rhodhiss, Rutherford College, Smokey Creek, Upper Creek and Valdese.

## Community Profile

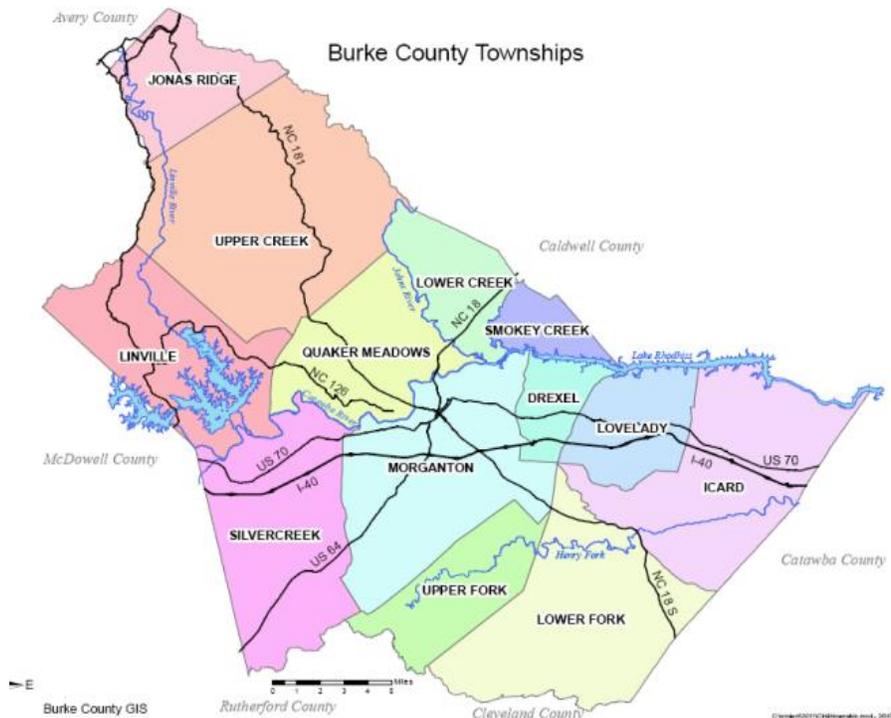
### Geography

Burke County is located in the western part of North Carolina in the foothills of the Blue Ridge Mountains. Burke County is bordered to the west by McDowell County and to the south by Rutherford and Cleveland counties. Its border to the north is shared by Caldwell and Avery counties while Catawba County lies due east.

Burke County covers a land mass of approximately 514 square miles with an elevation that ranges from 900 to over 4,300 feet above sea level. Burke County consists of 13 townships and seven municipalities; Morganton being the largest as well as the county seat.

The Catawba River runs through the county and feeds Lake James, which has become one of the major attractions of Burke County and support 1.5 million recreational users a year. One of the most pristine lakes remaining in the Southeast is Lake James, which is located in the northwestern portion of Burke County. To preserve Burke County's environmental integrity the Lake James and South Mountain State Parks were established nearly 30 years ago. Other attractions include the wild, rugged and scenic wilderness of Linville Gorge, the age old mystery of the Brown Mountain Lights, and panoramic vistas from the top of Table Rock, Shortoff Mountain, and the Blue Ridge Parkway.

Figure 1: Burke County Map<sup>6</sup>



## History

In 1777, the NC General Assembly passed an act dividing Rowan County and creating a new county named in honor of Thomas Burke. Mr. Burke was a representative in the Continental Congress until he became the third governor of the state. The new county of Burke comprised such a large territory that it later became the largest part of the 16 counties including Buncombe, Catawba, Mitchell, Madison, Yancey, Caldwell, McDowell and Alexander. In 1834, Burke County was reduced to its present size of 514 square miles.

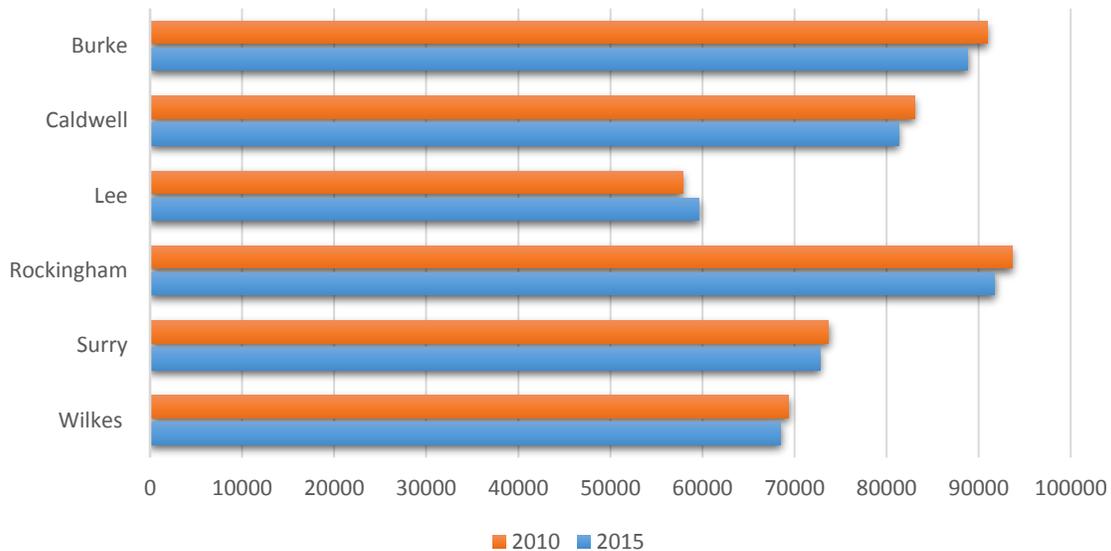
Burke County's first courthouse was built in 1785, about eight years after the county was formed. A second courthouse was constructed in 1791 and served as the county Courthouse until 1833 when a two-story building was authorized by the General Assembly. Until vacated for the new courthouse in 1976, the Old Burke County Courthouse was the oldest public structure in Western North Carolina still being used for its originally designated purpose.

To date, the largest landowners in Burke County are the US Government, Crescent Resources (Duke Energy Co.), and the State of North Carolina. Burke County also has the third largest concentration of state employees in North Carolina. Departments include: Department of Transportation, Department of Corrections, J. Iverson Riddle Developmental Center, North Carolina School for the Deaf and Broughton Hospital.

## Demographics

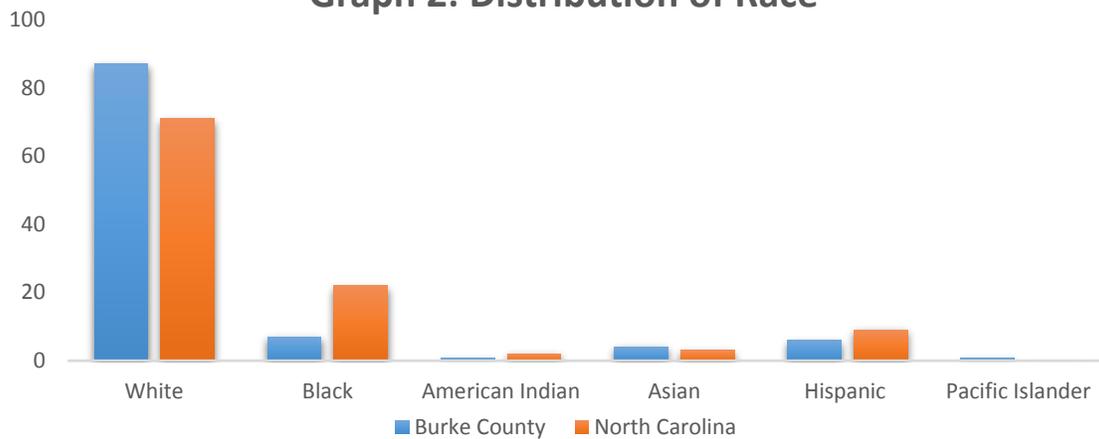
Burke County is home to over 88,842 residents<sup>7</sup>. From 2010 to 2015, the total population saw a decline of 2.3% from 90,912 to 88,842. Graph 1 shows a comparison of peer county population sizes in 2010 and 2015. Lee County was the only county among Burke, Caldwell, Rockingham, Surry and Wilkes to have an increase in total population from 2010 to 2015.

**Graph 1: Peer County Population Size Comparison**



Racial distribution within Burke County has changed slightly from 2010 to 2015 with the percentage of Caucasian being 84% in 2010 and 87% in 2015. Other races, including but not limited to, African American, American Indian, Asian, Hispanic and Pacific Islander comprised approximately 16% of the population in 2010 and approximately 13% in 2015. The percentage of the population that is Hispanic has increased from 5.1% in 2010 to 6.1% in 2015<sup>8</sup>. Graph 2 shows the distribution of race in Burke County compared to the state.

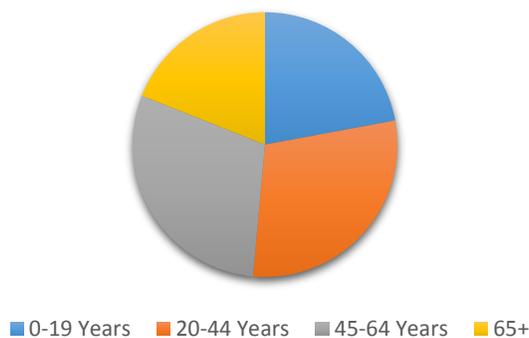
**Graph 2: Distribution of Race**



According to 2014 American Community Survey data, 5,079 foreign-born residents were living in Burke County. The largest number of foreign-born individuals entered the county between 2000 and 2009<sup>9</sup>. Even though there is a constant fluctuation of the foreign-born population, the numbers stay relatively stable. The fluctuation of numbers is due in part to the economic climate within the county. Of Burke County citizens, 95.5% speak only English, 1.5% speak Spanish and 3.0% speak other languages<sup>10</sup>.

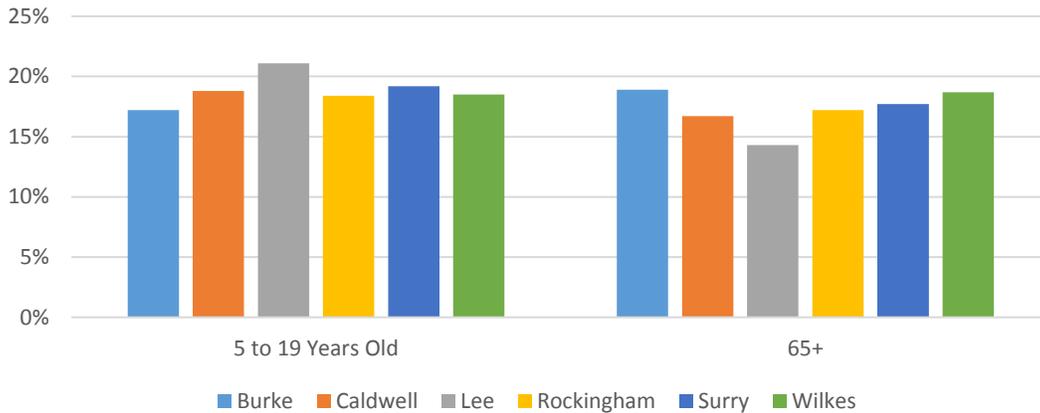
The median age in Burke County for 2015 was 43.9, a slight increase from 41.2 in 2010. The number of children under five years of age has declined from 5.6% (5,068) in 2010 to 4.8% (4,264) in 2015. Burke County’s total population is 50.4% female and 49.6% male<sup>11</sup>. Graph 3 shows the distribution of age in Burke County.

**Graph 3: Burke County Age Distribution**



When compared to peer counties, Burke County has a higher population of 65 and older residents. Graph 4 shows a comparison of populations of 5 to 19 year old and 65 and older age groups among peer counties. In 2015, Burke County had the highest percentage of the total population in the 65 and older and 5-19 age groups encompassing both ends of the life span as compared to peer counties.

**Graph 4: Peer County Age Comparison**



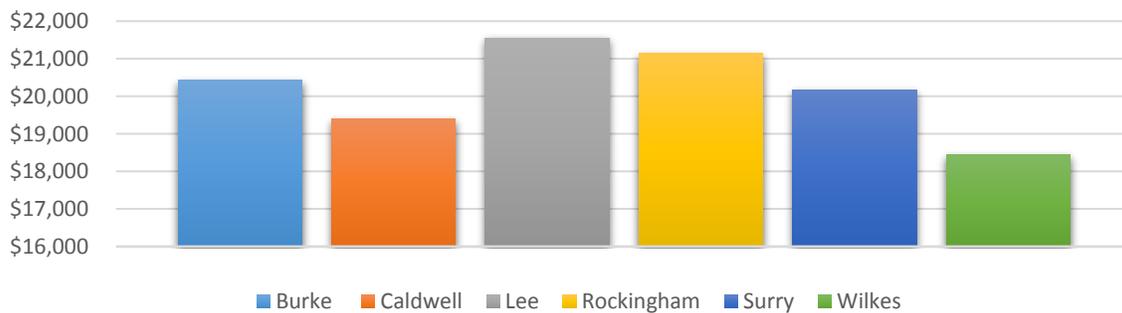
Burke County and North Carolina have both seen an increase in the 65 and older age group over the course of the past five years. Persons aged 60-69 consistently represent the largest age group among older adults while adults over the age of 85 are the smallest sub-population among persons older than 60. Since the elderly population trend is projected to continue to increase, aging factors such as accessibility, mobility and disability will become issues Burke County will need to research and develop plans to address.

### Social Determinants of Health

#### Poverty

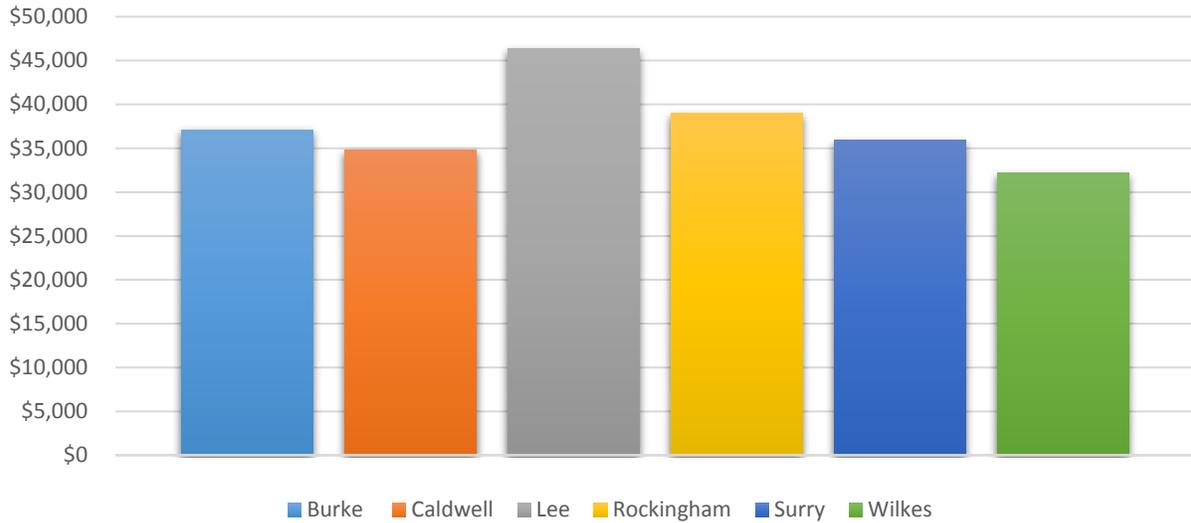
As of 2014, the per capita personal income in Burke County was almost \$5,400 lower than in the NC average of \$25,774<sup>12</sup>. Graphs 5 and 6 show the comparison among peer counties of per capita income and median household income.

**Graph 5: Peer County Per Capita Income Comparison**



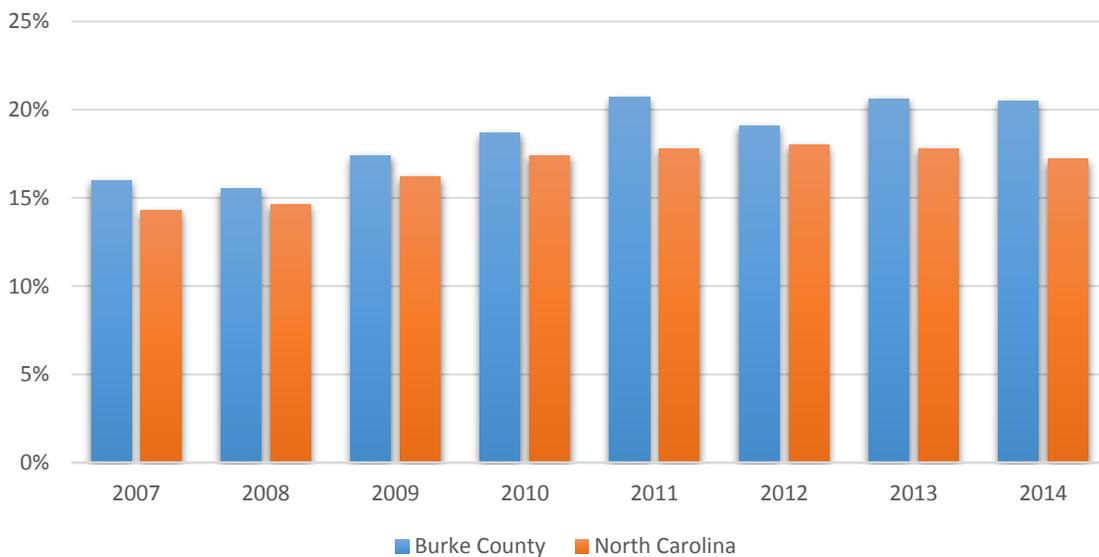
The median household income in Burke County of \$37,086 is substantially lower than the NC county average of \$46,556<sup>13</sup>.

### Graph 6: Median Household Income



The *poverty rate* is the percent of the population (both individuals and families) whose monetary income (which includes job earnings, unemployment compensation, social security income, public assistance, pension/retirement, royalties, child support, etc.) is below the threshold established by the Census Bureau. The poverty rate in Burke County has exceeded the state poverty rate in each of the past eight years<sup>14</sup>. Graph 7 shows the annual poverty rates of Burke County compared to the state over an eight year period from 2007-2014.

### Graph 7: Annual Poverty Rate

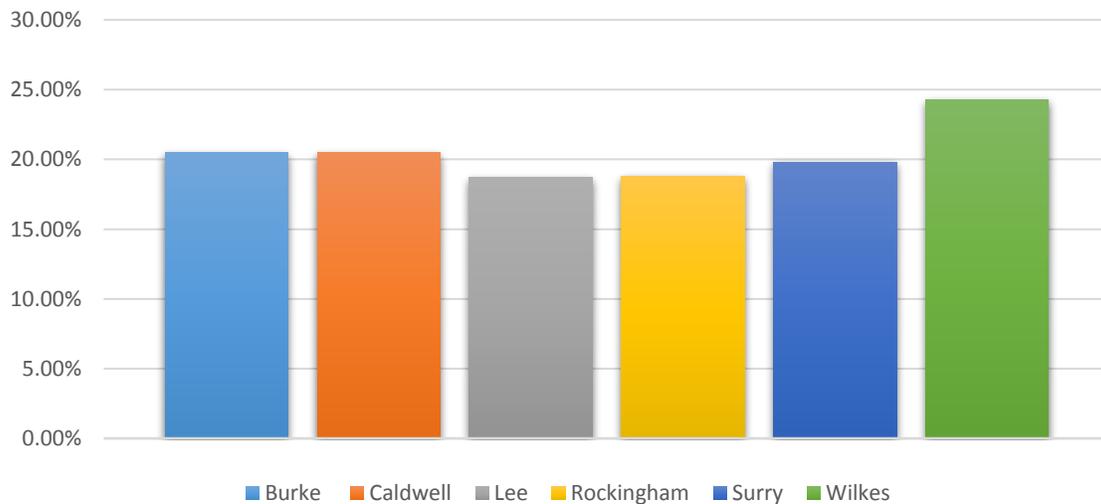


Between 2010 and 2014, the total percent of Burke County residents in poverty increased by 13.6%. During this same interval the percent of Caucasian county residents in poverty increased by 22% and the percent of African American county residents in poverty decreased by 1%. Statewide over this time frame, the percentage of Caucasians in poverty increased by 0.1% while the percentage of African -Americans in poverty decreased by 1.2% compared to other races. Poverty rates in Burke County and North Carolina as a whole have been highest among the African American. The 2014 poverty rate for African Americans in the county was 9.3% higher than the comparable state percentage<sup>15</sup>.

When compared to the state in 2010, Burke County had a higher percentage of the population below the poverty level in all age groups. The largest difference occurred among the populations under age 18; the Burke County rate was 11.2% higher than the state rate. In Burke County in 2014, 32% of all persons in poverty were under the age of 18; statewide 33% of all persons in poverty were in that same age group. According to Burke County Department of Social Services, there are 14,062 Food Stamp participants.

In 2014, the percentage of young children (under age 6) living in poverty in Burke County was above the rate of an average NC county. Poverty rates among children under 5 has risen dramatically between 2000 and 2014. In 2014, Burke County’s poverty rate for children under age 5 was greater than 40%.

**Graph 8: Peer County Annual Poverty Rate Comparison**



## Employment

Net employment growth in Burke County between 2010 and 2015 was 5.5%, reflecting numerous job gains; at the state level employment growth over the same period was 9.9%<sup>16</sup>. The largest employers in Burke County are Burke County Public Schools and Carolinas HealthCare System Blue Ridge. In 2015, top employers (350+ employees) included 6 manufacturers, 3 health care providers, 2 education providers, and 2 public administration groups<sup>17</sup>.

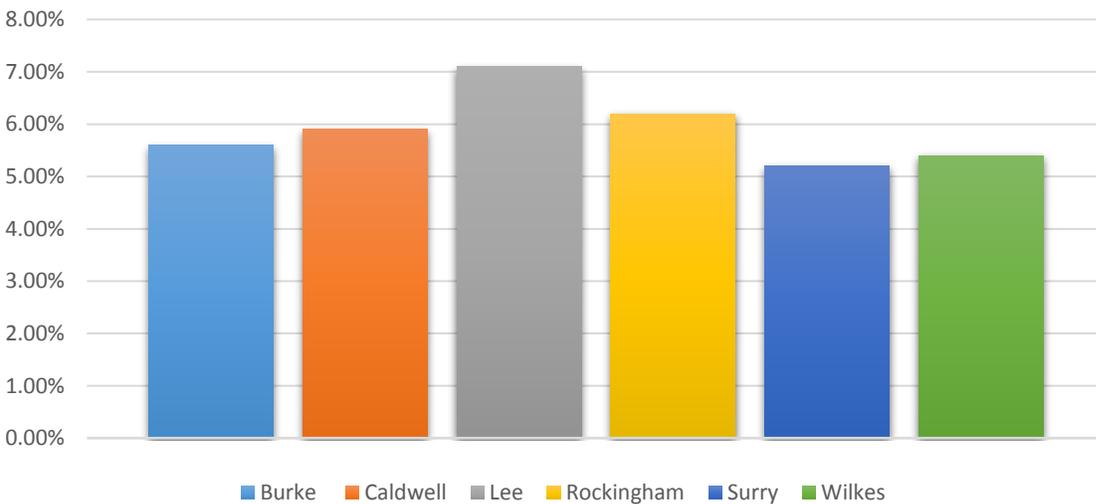
Largest Employers in Burke County (2015)

<b>Employer</b>	<b>Industry</b>	<b>Number Employed</b>
Burke County Schools	Education	1,550
Carolinas HealthCare System Blue Ridge	Health Care	1,400
Broughton Hospital	Health Care	1,200
Case Farms	Food Manufacturing	1,045
J. Iverson Riddle Development Center	Health Care	1,000
Valdese Weavers LLC	Woven Fabric Manufacturing	750
Leviton	Electrical Manufacturing	580
Heritage Home Group	Furniture Manufacturing	550
Burke County	Public Administration	530
Continental Automotive Systems	Automotive Parts Manufacturing	470
Foothills Correctional Institution	Public Administration	450
Bimbo Bakeries USA	Food Manufacturing	400
Western Piedmont Community College	Education	350
Source: Burke Development Incorporated and NC Works Online, 2016		

## Unemployment

In 2015, an average 5.7% of the Burke County and North Carolina's civilian labor force was unemployed. The unemployment rate in Burke County and North Carolina increased overall between 2005 and 2010, and decreased significantly between 2010 and 2015. The unemployment rate in Burke County has exceeded the comparable state rate every year between 2005 and 2013.<sup>18</sup> When compared to similar peer counties, Burke County has the fourth highest unemployment rate.

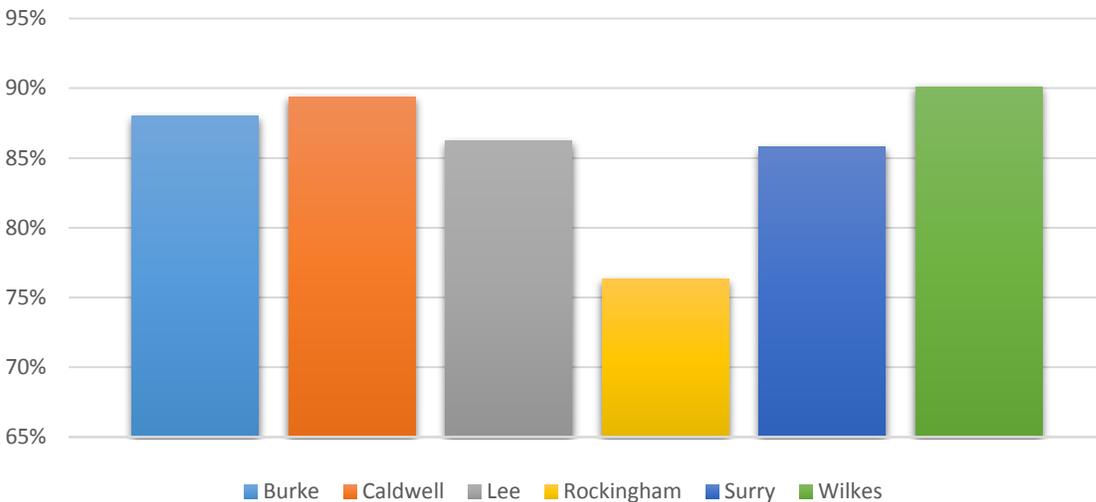
**Graph 9: Peer County Unemployment Rate Comparison**



## Education Level

Burke County has a high school graduation rate of 88%, which is higher than the state graduation rate of 83%<sup>19</sup>. In Burke County, approximately 1,043 students are homeschooled<sup>20</sup>. Burke County has 4 private schools, Christ Classical Academy, Morganton Day School, Reflections of Christ Christian Academy and Silver Creek Seventh-day Adventist School. There are 116 students enrolled in private schools<sup>21</sup>. Burke County has one charter school, New Dimensions, where approximately 231 kindergarten through 8th grade students<sup>22</sup> are enrolled. During the 2015-16 school year, 12,398 students were enrolled in the Burke County Public School system (BCPS). Enrollment in BCPS schools has been declining steadily since 2007 due in large part to the reduction of employment in Burke County and a greater number of older adults (not within childbearing years) moving into the county. There were 933 students that graduated from Burke County Public Schools in 2015. In 2015-2016, 17 schools received free or reduced meals through the Federal Eligibility Program, increasing meal participation at these schools from the previous school year. Burke County's percentage of free and reduced lunch is 59.35%.

**Graph 10: Peer County High School Graduation Rate Comparison**



Graph 10 depicts the comparison of high school graduation rates among peer counties. Compared to these similar counties, Burke County has the third highest graduation rates behind Wilkes and Caldwell counties.

### Housing

The size of the average household in both Burke County and the state increased between 2010 and 2014. In 2014, Burke County’s home-ownership rate was 69.0%; this figure compares favorably to the statewide rate of 64.2%. In Burke County, the number of owner-occupied housing units decreased between 2010 and 2014, from 25,872 to 22,914. Owner-occupied units made up a lower percentage of occupied units in 2014 than in 2010. The percentage of owner-occupied housing units in Burke County was higher than the average NC County in 2010 and 2014. The number and percentage of renter occupied housing units in Burke County increased between 2010 and 2014, from 9,932 to 10,300. The median rent in Burke County increased slightly from \$621 to \$631 during the same reporting period; although as of 2014 it was \$172 lower than the average North Carolina County<sup>2324</sup>.

In 2014, 30.2% of Burke County’s population was living in “unaffordable” housing; this compares to 32.5% statewide. The Census Bureau defines unaffordable housing as housing that costs more than 30% of the total household income. Less than 0.1% of Burke County housing units, compared to the same percentage statewide, were considered “substandard”, meaning they were overcrowded (more than one person living in a room) *and* lacking complete indoor plumbing facilities (hot and cold piped water, a flush toilet, and a bath or shower).

## Morbidity and Mortality

The five leading causes of death for residents of Burke County have not changed in the last several years: (1) Heart Disease, (2) Cancer, (3) Chronic Lower Respiratory Disease, (4) Cerebrovascular disease (stroke), and (5) Alzheimer's Disease.

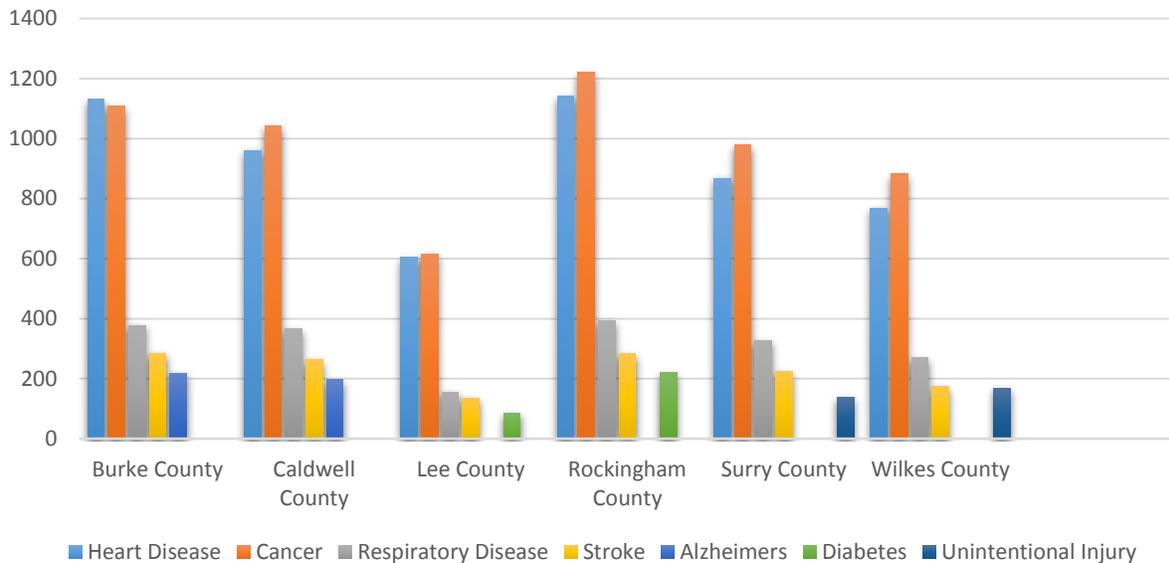
### 2005-2009 Ten Leading Causes of Death in Burke County

Rank	Cause	Number	Rate
1	Disease of the heart	1,143	197.7
2	Cancer- All Sites	1,013	188.8
3	Chronic lower respiratory disease	261	48.7
4	Cerebrovascular disease	250	47.4
5	Other unintentional injuries	203	43.8
6	Alzheimer's Disease	151	28.7
7	Diabetes mellitus	115	21.7
8	Pneumonia & influenza	108	20.6
9	Nephritis, nephrotic syndrome, & nephrosis	97	18.4
10	Unintentional motor vehicle injuries	83	18.1

### 2010-2014 Ten Leading Causes of Death in Burke County

Rank	Cause	Number	Rate
1	Diseases of the heart	1,131	250.8
2	Cancer - All Sites	1,107	245.4
3	Chronic lower respiratory diseases	378	83.8
4	Cerebrovascular disease	285	63.2
5	Alzheimer's disease	218	48.3
6	Other Unintentional injuries	209	46.3
7	Diabetes mellitus	131	29.0
8	Pneumonia & influenza	127	28.2
9	Nephritis, nephrotic syndrome, & nephrosis	121	26.8
10	Chronic liver disease & cirrhosis	78	17.3
10	Suicide	78	17.3

**Graph 11: Peer Counties Leading Causes of Death Comparison**



Graph 11, depicts a breakdown of the leading causes of death for the peer counties compared to Burke County. Overall the peer counties have similar statistics; the following counties are numeric matches: Burke and Caldwell counties, Lee and Rockingham counties and Surry and Wilkes counties.

## Oral Health

Oral health is essential to general health and quality of life. It is a state of being free from mouth and facial pain, oral infection and sores, periodontal (gum) disease, tooth decay, tooth loss and any other diseases that limit the capacity for children or adults to eat, smile, speak and overall psychosocial wellbeing. Oral health can also affect self-esteem and school or job performance. Oral health has also been linked to other chronic conditions like diabetes and heart disease. Tooth decay is preventable for both children and adults. Public health strategies such as community water fluoridation and school dental sealant programs have proven to save money and prevent cavities but more is needed in care and resources for adults.

From the 2013/2014 NC Oral Health Status County level summary, 947 kindergarteners were screened and found that 22% had untreated dental decay and 54% presented with no decayed, filling or missing teeth.

Burke County has a great need for adult dental care services for those uninsured and underinsured. The Good Samaritan Clinic offers limited treatment of those without access to dental insurance and/or the ability to afford dental care. The clinic is only able to offer extractions at this time due to the lack of volunteer dentists to assist in the provision of charitable care. There is a 6-month waiting list for these services.

## Environmental

### Air Quality

Burke County is part of the Unifour area for air quality monitoring. This area includes Alexander, Burke, Caldwell and Catawba counties. Since 2011, air quality in the Unifour area has greatly improved. Significant decreases in fine particulate pollution can be attributed to multiple factors including traffic improvements, mobile source emission reductions, alternative fuels and technologies, the addition of pollution control scrubbers at the coal fired electric power plant, more favorable weather patterns and poor economic conditions. In December 2011, the Unifour area was moved out of nonattainment status and into maintenance status because of the air quality improvements. Ozone monitor readings have been decreasing since 2010 due to the aforementioned improvement factors and will require less monitoring.

### Areas of Success

There is a strong sense of community engagement and a desire by organizations and individuals in Burke County to collectively address concerns that impact the health of residents. All of the initiatives mentioned are successful because of the dedication and commitment of the community to ensuring Burke County is a healthy place for all populations.

Success since the last CHNA comes in many forms in Burke County. This CHNA is being completed as a joint effort between Burke County Health Department and Carolinas HealthCare System Blue Ridge, along with the organizations that comprise the Burke Wellness Initiative. This has provided a process for formal community engagement.

Burke County has also seen the establishment of Burke Integrated Health where a provision of both primary care and behavioral health services is available to citizens who need a combination of medical, mental, behavioral, and/or substance abuse services. This endeavor helped fill a gap identified in the last CHNA.

Burke Health Network was also established to coordinate, connect, and create resources to improve whole person care for individuals who do not qualify for government assistance, but are unable to afford health care because their income falls below 100-200% of the Federal Poverty Level. This coalition of safety net providers in Burke County organized to create an efficient network to advocate for and model the integration of population and community health in decision-making and priorities.

Another area of success came from the 2013 Carolinas HealthCare System Blue Ridge action plan which addressed diabetes as a main priority. A formal group has met over the last four years to define the needs of Burke County citizens within the realm of diabetes self-management. A comprehensive diabetic resource center was determined as a need in Burke County. Grants and funding continue to be sought. In November 2015, the Burke County Commissioners approved two positions to work with this diabetes initiative for six months. The Health Department hired one staff person to provide community diabetes education, but has been unable to recruit a registered dietician due to low county pay. Commissioners approved continued funding for the

2016-2017 budget year for the health education position and provided additional funds to sub-contract with Carolinas Healthcare System Blue Ridge for the Registered Dietician position.

Burke County has been designated as recipient of the Healthy Places NC Initiative over a period of ten years. The Kate B. Reynolds Charitable Trust has hired a catalyst to form partnerships with diverse individuals and organizations, including the Burke County Public Schools, local government and municipalities, Burke County Chamber of Commerce, Burke County Health Department, Burke County Department of Social Services, Carolinas HealthCare System Blue Ridge, Community Foundation of Burke County, and the Burke Health Network, as well as other county-based organizations and groups of neighbors and residents.

Burke Substance Abuse Network (BSAN) is a community-based coalition, organized and led by Burke Recovery. BSAN partners with providers, support groups, stakeholders and other related agencies to: (a) network; (b) identify gaps in service; and (c) strategically plan responses to community needs as they relate to the reduction of substance abuse and misuse in youth, young adults, their families, and all citizens of Burke County for long term community health. BSAN Partners include, but are not limited to: treatment providers, medical community, pharmacists, law enforcement, faith community, recovery communities, consumers, human service agencies, media, educational leaders, mental health organization, prisons, government leaders, business owners, youth advocates, and veterans.

FaithHealthNC is another community-organized alliance. The mission of FaithHealthNC facilitated by Carolinas HealthCare System Blue Ridge, is to assist in making connections with local faith communities with the shared purpose of caring for people in need. FaithHealthNC identifies and links patients with faith based resources such as food pantries, clothing closets, home repair ministries, and other safety-net provisions. In addition, individuals are trained to provide support and encouragement to patients after discharge by making friendly visits, phone calls or providing occasional meals. FaithHealthNC also partners with faith communities in promoting the overall health and well-being of the community through health education and screening, church walking challenges, and other innovative events.

## Areas of Concern

Burke County's leading causes of death have remained relatively the same for the past eight years. Burke County continues to see growth in the older population. Therefore, the causes of death reflect the aging population within the county. The healthcare infrastructure and programming designated to serve the older population is limited. As the population continues to age, Burke Wellness Initiative has committed to work on ways to address areas of limited access.

Another concern being addressed is the dwindling healthcare funding for services. Due to reform within all areas of healthcare funding and third party reimbursements, all human service agencies across the county struggle with financial challenges and are working diligently to maximize resources and reduce duplication of services. For example, Burke Integrated Health has positioned themselves to work with a Federally Qualified Health Center, High Country Community Health to provide services for residents with Medicaid, Medicare, private insurance

and persons who are uninsured. As of January 2017, High Country Community Health will begin providing services including primary care, behavioral healthcare, dental care, and additional supplementary services.

The adoption of the Affordable Care Act (ACA) coupled with the state level determination not to expand Medicaid has left several individuals without access to health insurance coverage. Even with the implementation of subsidies, many residents are unable to afford the required monthly premiums. In addition, many businesses that once offered healthcare benefits are unable to afford group healthcare plans and thus are not able to offer employees these benefits. It is estimated, by The Duke Endowment, that there are over 6,000 individuals in Burke County currently without healthcare insurance coverage. This number increases when individuals who are underinsured, possessing healthcare coverage for catastrophic needs only, are factored into the equation. Even when faced with the reality of a penalty assigned when residents submit Federal tax returns, individuals continue to choose the penalty as it is a relatively more affordable option. The increasing number of residents without healthcare insurance has increased the need for safety-net organizations like the partner organizations in the Burke Health Network to offer primary, behavioral health, dental, and specialty care through donated services and/or grant-funded programs.

Substance misuse and abuse continues to be a great concern in Burke County. Through BSAN, Burke County is working to become a recovery-oriented community. The number of hospitalizations and deaths due to opioid, heroin, medication abuse continues to increase. Treatment center placements remain limited. Since 2014, Burke County parents with positive drug screens remain the leading cause of children being placed into foster care. Due to the exponential increase of children in need, Burke County Department of Social Services continues to struggle to find qualified foster parents for the large number of children being placed in the system. As of August 2016, Burke County had 202 youth in foster care of whom were placed due to their parents' drug issues.

The lack of individuals with higher education degrees also impacts the ability of residents to fulfill the needs of a job market that has gone from traditional manufacturing to advanced manufacturing involving greater automation and robotics. As a result, the related fields of industrial maintenance and mechatronics across many sectors of manufacturing in Burke County has over 20 related job openings that remain unfilled due to shortage of applicants with at least a directly related Associate in Applied Science degree. Due to an aging workforce it is expected that more openings will develop even as these 20 are filled. These are well paying positions with annual entry level salaries in at least the low 30s. These degree paths are available at Burke County's Western Piedmont Community College but an insufficient number of students are entering the programs.

## Top Health Priorities

### Priority One: Mental Health

During fiscal year 2015-2016, Burke Integrated Health served a total of 1,128 clients. Of the patients seen, all of whom had at least one mental health diagnosis, 64% presented with hypertension, 44% with depression, 34% were diagnosed with diabetes, 26% with asthma and 24% were diagnosed with COPD. The clients seen were surveyed with the following question, “If you were not seen at Burke Integrated Health, where would you go to secure care?” Clients responded as follows: 23% emergency room; 22% receive no services; 19% another agency; 17% primary care clinic; and 15% wait to get help.

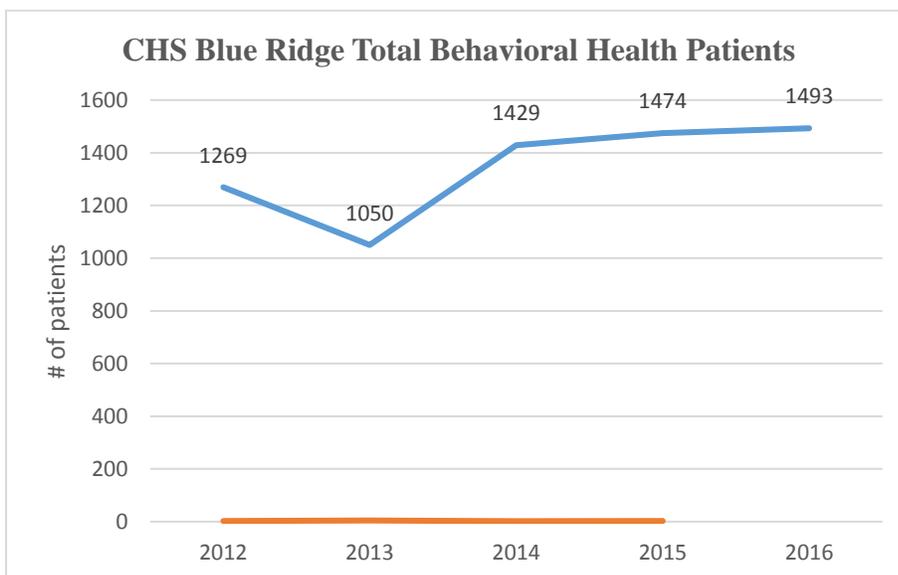
Carolinas Healthcare System Blue Ridge provided local data for Behavioral Health and Detox admissions and inpatient days from 2013-2015:

Behavioral Health		
Year	Admissions	Patient Days
2013	472	2,997
2014	577	3,616
2015	582	4,305

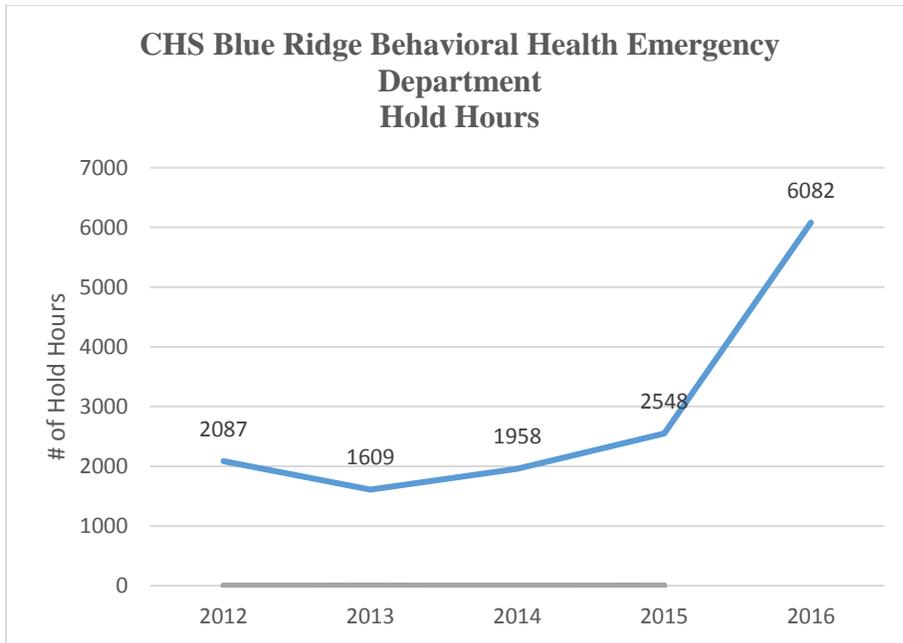
Detox		
Year	Admissions	Patient Days
2013	131	599
2014	200	869
2015	191	897

This data depicts a continued increase in hospital admissions and inpatient days for both issues.

Other local data for behavioral health hospital patients:



(2016 data represents patients seen from January to July 2016)



Data depicts the number of hold hours for behavioral health patients presenting to the emergency room from 2012 to 2016. This data depicts an increase in behavioral health patients and the large increase in the number of hold hours for those patients thereby increasing the number of hospital staff hours and resources for this group of patients.

### Priority Two: Substance Use/Misuse

Substance use/misuse of legal, illegal and non-medical use of prescription opioid medication continues to adversely impact the citizens of Burke County. The impact can be felt in all levels of resources, agencies and individual death and disability within this growing issue. According to the 2015 NC County Health Rankings and Roadmaps report, Burke County had 157 drug poisonings deaths and at 25 had the seventh highest drug poisoning death rate in NC. In 2015, the average rate of unintentional/undetermined prescription opioid overdose deaths in Burke County was 5.8 per 100,000 residents. In 2013, the rate of unintentional medication drug overdose deaths was 30.1, making it one of the highest in the state. Burke County had two unintentional medication drug overdose deaths in 1999 compared to 22 in 2014.

Local data shows EMS responded to 172 overdose calls in 2010 compared to 210 in 2014; depicting a 22% increase in four years. In 2004, Burke County had 19 hospitalizations for drug overdoses and 67 in 2013; a 252% increase in nine years. Burke County Highway Patrol found that 58% of DWI's were not alcohol related.

In 2014, it was reported by the NC State Center for Health Statistics and the NC Controlled Substance Reporting System that Burke County had one of the highest rates of controlled substances and opioids dispensed in the state at 292.5 per 100 residents in Burke County and 130.7 per 100 residents for the state. Within the last year, BSAN has developed a physician's task force to review and create ways to reduce this trend of over prescribing. In 2015, Carolinas Health Care System Blue Ridge implemented a new system- wide Prescribing Alert System

along with encouraging all physicians, including those outside the hospital system, to develop policies, and register and report into the NC Controlled Substance Reporting System. The physician's task force is encouraging area medical practices to move toward the use of electronic medical records to reduce the chance of theft of paper prescription pads and improve the tracking of prescriptions given to clients.

### **Priority Three: Poverty**

Poverty is a condition where people's basic needs; such as, food, clothing, shelter, are not being met. The World Health Organization sites that the poor are exposed to greater personal health risks, less nourished, have less information, and are less likely to have access to health care; therefore, leading to higher rates of illness and disability. The cycle then continues with illness or disability impacting household savings, lowers the ability to learn, reduces productivity, affecting an individual's quality of life and thus continuing the cycle of poverty. Poverty is one of the social determinants of health that greatly impacts the health and well-being of individuals/families. Burke County's poverty status is depicted earlier in this assessment and has been identified as one of the priorities to commit action plans, strategies and resources to over the next several years.

### **Priority Four: Chronic Disease**

A chronic condition is a human condition or disease that is persistent or otherwise long lasting in its effects or a disease that comes with time. The term chronic is often applied when the course of the disease lasts for more than three months. Burke County has experienced the same chronic conditions as the top leading causes of death since 2009; including heart disease, cancer, chronic lower respiratory diseases, cerebrovascular disease, and Alzheimer's disease. Most of the numbers has risen slightly since 2009.

### **Priority Five: Lack of Affordable Healthcare/ Health Insurance**

Currently, there are 6,365 residents in Burke County without access to healthcare because of an inability to afford such care. Every community, including Burke County, has to address this issue. Most communities in our country attempt to organize their resources so that people without insurance can access primary health care. Burke County has formed the Burke Health Network in an effort to combat this epidemic. The purpose of the Network is to identify residents who are without healthcare insurance and determine their options: apply for Medicaid benefits through the Department of Social Services, access Disability Services through the Department of Health and Human Services, apply for coverage via the HealthCare Marketplace (assistance provided by NC Legal Aid), be certified as a patient of the community's charitable clinic (Good Samaritan Clinic). Currently there are 1,137 patients enrolled in the Burke Health Network. From January 2016 through June 2016, these patients had 1,552 primary care medical visits; 211 specialty care visits; 63 dental visits; 314 diagnostic services; 96 behavioral health care visits; 14,645 thirty day prescriptions filled.

## Acknowledgements

Special thanks to all those individuals and agency representatives on the Burke Wellness Initiative for all their diligent work in the completion of this assessment. Without your collaborative work this assessment would not have been as comprehensive. Moving forward together as a community will inspire positive work within Burke County.

We would like to say thank you to the following agencies that provided valuable data and information used in this Community Health Needs Assessment:

**Burke County Department of Social Services**  
**Burke County Health Department**  
**Burke Health Network**  
**Burke Integrated Health**  
**Burke Recovery**  
**Carolinas Health Care System Blue Ridge**  
**Good Samaritan Clinic**  
**Western Piedmont Council on Governments**

We want to say a special “Thank You” to Lauren Simmons, Appalachian State University intern. Lauren worked closely with the health department staff and Burke Wellness Initiative group to distribute and collect CHNA surveys, assisted with community focus groups, and dictated focus groups sessions. She was a tremendous help in getting this document near completion.

## Appendices

Appendix A: Burke Wellness Initiative Members and Core Planning Team

Appendix B: 2016 Burke County CHNA Survey

Appendix C: 2016 Burke County CHNA Survey Results

Appendix D: 2016 Burke County CHNA Focus Group Results

Appendix E: Burke County Health Resource Guide

Appendix F: Access to the 2016 Burke County CHNA

Appendix G: References

## Appendix A: Burke Wellness Initiative Members

<b>First Name</b>	<b>Last Name</b>	<b>Title</b>	<b>Agency</b>
Brandi	Behlke	Fund Development	Blue Ridge Foundation
Danette	Brackett	Director of Business Development	Carolinas HealthCare System Blue Ridge
Susan	Brown	Vice President/ CNO	Carolinas HealthCare System Blue Ridge
Beverly	Carlton	President/CEO	Olive Hill Community Economic Development Corporation, Inc.
Johnnie	Carswell	Burke County Commissioner	Burke County
Wendy	Cato	Community Member	N/A
Julie	Causby	Community Project Manager	AccessCare
Joy	Clark	Director of Student Health	North Carolina School for the Deaf
Traci	Clark	General Accounting Manager	Carolinas HealthCare System Blue Ridge
Rhonda	Cook	Coordinator	Burke Recovery; Foothills Holistic Alliance
Rhia	Crawford	Vice President for Academic & Student Success	Western Piedmont Community College
Debbie	Dale	Valdese Site Administrator; Director Specialty Services	Carolinas HealthCare System Blue Ridge
Michael	Daniels	Dean of Health, Engineering, and Applied Technology	Western Piedmont Community College
Jerry	Davis	CEO	Burke County Chamber of Commerce
Sarah	Dergins	Prevention Specialist	Burke Recovery

<b>First Name</b>	<b>Last Name</b>	<b>Title</b>	<b>Agency</b>
Charlotte	Eidson	Catalyst Program Coordinator	NCPHF- Healthy Places
Carter	Florence	Director of Community Initiatives	Rural Support Partners
Banks	Hinceman	Major	Burke County Sheriff's Office
Jan	Hollar	Executive Director	Blue Ridge Foundation
Chris	Hoover	Director	Meeting Place
Steve	Hurd	Executive Director	Good Samaritan Clinic
Kim	James	Finance and Development Manager	Good Samaritan Clinic
Brenda	Kayga	Community Outreach	Carolinas HealthCare System Blue Ridge
Tracey	Kincaid	Economic Services Administrator	Burke County Department of Social Services
Arwen	March	Resource Development Director	The Outreach Center
Joe	Marks	Executive Director	Burke Recovery
Jackie	McKool	Speaker, Educator & Coach Board Certified Chiropractic Internist	
Rebecca	McLeod	Health Director	Burke County Health Department
Chae	Moore	Public Health Education Specialist	Burke County Health Department
Lisa	Moore	Health Education Supervisor	Burke County Health Department

<b>First Name</b>	<b>Last Name</b>	<b>Title</b>	<b>Agency</b>
Mayra	Moore	Spanish Language Interpreter	Burke County Health Department
Edward	Plyler	CMO Continuing Care	Carolinas HealthCare System Blue Ridge
Chasity	Poteat	Executive Director	Burke County United Way
Cathy	Pritchard	Assistant Health Director	Burke County Health Department
Karen	Pritchard	Interim Director of Nursing	Western Piedmont Community College
Jamie	Reinhardt	Community Liaison	Burke County Public Schools
Kim	Rhoads	System of Care Director	Partners Behavioral Health Management
Dennis	Stamper	Chaplain/ Coordinator of FaithHealthNC at Blue Ridge	Carolinas HealthCare System Blue Ridge
Camille	Sterling	Executive Director	Western Piedmont Regional Transportation Authority
Andrew	Thomas, II	Medical Group Director	Carolinas HealthCare System Blue Ridge
Honey	Vang	Hmong Interpreter	Hmong Interpreter
Victoria	Smith	Director	Morganton Housing Authority
Andy	Unger	Manager	NC Services for the Deaf and the Hard of Hearing
Steve	Whisenant	Sheriff	Burke County Sheriff's Office
Alma	Yanez	Coordinator	Burke County Circles Initiative

## **Core Planning Team**

Ashley Rink	Health Education Specialist	Burke County Health Department (Has since left the health department)
Rebecca McLeod	Health Director	Burke County Health Department
Danette Brackett	Dir. of Business Development	Carolinas Health Care System Blue Ridge
Lisa Moore	Health Education Supervisor	Burke County Health Department



10. Please check the most important **“unhealthy behaviors”** in Burke County. *Choose 5 from the list below.*

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Alcohol abuse             | <input type="checkbox"/> Not going to a dentist for regular check-ups          | <input type="checkbox"/> Second-hand smoke |
| <input type="checkbox"/> Drug abuse                | <input type="checkbox"/> Not going to a medical provider for regular check-ups | <input type="checkbox"/> Suicide           |
| <input type="checkbox"/> Having unsafe sex         | <input type="checkbox"/> Not using child safety seats                          | <input type="checkbox"/> Tobacco use       |
| <input type="checkbox"/> Lack of exercise          | <input type="checkbox"/> Not using seat belts                                  | <input type="checkbox"/> Unhealthy eating  |
| <input type="checkbox"/> Not getting immunizations | <input type="checkbox"/> Reckless/drunk driving                                | <input type="checkbox"/> Violent behavior  |
| <input type="checkbox"/> Other: _____              |  |  |

11. Do you have children or teens living in or regularly visiting your home?

- Yes (If so, what are your attitudes and behaviors around adolescent substance use?)       No (*Go to next question.*)

*Check all answers that apply.*

- |  |   |
|--|---|
| <input type="checkbox"/> I have prescription medications unlocked in my home                           | <input type="checkbox"/> I have alcohol in unlocked spaces in my home (cabinet, refrigerator)                                     |
| <input type="checkbox"/> I save unused prescription medications in the home for later use              | <input type="checkbox"/> I think it is okay to allow my son or daughter to drink alcohol in our own home                          |
| <input type="checkbox"/> I know how to properly get rid of medications (medication drop boxes)         | <input type="checkbox"/> I allow my child to attend adult chaperoned parties where alcohol is served                              |
| <input type="checkbox"/> I am aware of the medication drop boxes in Burke County                       | <input type="checkbox"/> I talk with my child about the dangers of high risk behaviors (such as sex, drinking and drug use, etc.) |
| <input type="checkbox"/> I keep prescription and over-the-counter medications in a lock box in my home |   |

12. Please check the most important **“social issues”** in Burke County. *Choose 5 from the list below.*

- |   |   |
|---|---|
| <input type="checkbox"/> Access to healthy food                               | <input type="checkbox"/> Lack of resources for people with cultural or language differences |
| <input type="checkbox"/> Disaster preparedness/bioterrorism                   | <input type="checkbox"/> Neglect and abuse (of a child, a spouse, the elderly, etc.)        |
| <input type="checkbox"/> Homelessness   | <input type="checkbox"/> Places to walk, exercise, play, etc.                               |
| <input type="checkbox"/> Inadequate/unaffordable housing                      | <input type="checkbox"/> Pollution (air, water, land)                                       |
| <input type="checkbox"/> Lack of affordable health insurance/health care      | <input type="checkbox"/> Poverty  |
| <input type="checkbox"/> Lack of education/dropping out of school             | <input type="checkbox"/> Racism   |
| <input type="checkbox"/> Lack of health care providers<br>What kind?<br>_____ | <input type="checkbox"/> Underemployment/poor-paying jobs                                   |
| <input type="checkbox"/> Lack of public transportation                        | <input type="checkbox"/> Violent crime  |
| <input type="checkbox"/> Other: _____   |   |

13. How would you rate your own personal health? *Please check one answer.*

- |                                       |   |   |   |
|---------------------------------------|---|---|---|
| <input type="checkbox"/> Very healthy | <input type="checkbox"/> Somewhat healthy | <input type="checkbox"/> Somewhat unhealthy | <input type="checkbox"/> Very unhealthy |
|---------------------------------------|---|---|---|

14. Do you currently have any of the following? **Check all that apply.**

- |   |  |
|---|--|
| <input type="checkbox"/> Alzheimer's Disease                          | <input type="checkbox"/> Heart Disease       |
| <input type="checkbox"/> Asthma                                       | <input type="checkbox"/> High blood pressure |
| <input type="checkbox"/> Cancer                                       | <input type="checkbox"/> High cholesterol    |
| <input type="checkbox"/> Chronic Obstructive Pulmonary Disease (COPD) | <input type="checkbox"/> Overweight/obesity  |
| <input type="checkbox"/> Diabetes                                     | <input type="checkbox"/> Thyroid Disorders   |
| <input type="checkbox"/> Diabetes Risk                                | <input type="checkbox"/> None                |
| <input type="checkbox"/> Other:                                       |  |
- 

15. During the past year, did you have a problem getting medical care you needed?

- |   |   |
|---|---|
| <input type="checkbox"/> Yes ( <i>If so, why? Check all that apply.</i> ) | <input type="checkbox"/> No ( <i>Go to next question.</i> )       |
| <input type="checkbox"/> Doctor/ dentist was not taking new patients      | <input type="checkbox"/> I did not have transportation            |
| <input type="checkbox"/> Doctor/ dentist would not take my insurance      | <input type="checkbox"/> I did not know where to go               |
| <input type="checkbox"/> Hospital would not take my insurance             | <input type="checkbox"/> My insurance did not cover what I needed |
| <input type="checkbox"/> I could not afford it/the cost was too high      | <input type="checkbox"/> Took too long to get an appointment      |
| <input type="checkbox"/> I did not have health insurance                  | <input type="checkbox"/> Other:                                   |
- 

16. When was your last routine physical/wellness check-up? **Do not include visits while you were sick or pregnant.**

- Within past year       1-2 years ago       3-5 years ago       5+ years ago       Never

17. During the past year, did you have a problem filling a prescription?

- |  |   |
|--|---|
| <input type="checkbox"/> Yes ( <b>Check all that apply.</b> )        | <input type="checkbox"/> No ( <i>Go to next question.</i> )       |
| <input type="checkbox"/> I could not afford it/the cost was too high | <input type="checkbox"/> I had a problem with Medicare Part D     |
| <input type="checkbox"/> I did not have health insurance             | <input type="checkbox"/> My insurance did not cover what I needed |
| <input type="checkbox"/> I did not have transportation               | <input type="checkbox"/> Other:                                   |
- 

18. Which of the following end of life plans do you have? **Check all that apply.**

- |   |  |
|---|--|
| <input type="checkbox"/> Do Not Resuscitate (DNR)                     | <input type="checkbox"/> Organ donor       |
| <input type="checkbox"/> Healthcare Power of Attorney                 | <input type="checkbox"/> Power of Attorney |
| <input type="checkbox"/> Living Will                                  | <input type="checkbox"/> I do not know     |
| <input type="checkbox"/> Medical Orders for Scope of Treatment (MOST) | <input type="checkbox"/> None              |

19. If one of your friends or family members needed counseling for a mental health, substance abuse, or developmental disability problem, whom would you suggest they contact? **Check all that apply.**

- |   |   |
|---|---|
| <input type="checkbox"/> A Caring Alternative   | <input type="checkbox"/> Doctor (Nurse Practitioner, Physician's Assistant, etc.) |
| <input type="checkbox"/> Broughton Hospital   | <input type="checkbox"/> Hospital Emergency Department                            |
| <input type="checkbox"/> Burke Integrated Health  | <input type="checkbox"/> Minister/Pastor  |
| <input type="checkbox"/> Burke Recovery/Burke Council on Alcoholism and Chemical Dependency | <input type="checkbox"/> Partners Behavioral Health Management                    |
| <input type="checkbox"/> Catawba Valley Behavioral Health                                   | <input type="checkbox"/> School Counselor   |
| <input type="checkbox"/> Children's Developmental Services                                  | <input type="checkbox"/> Vocational Rehabilitation/Independent Living             |
| <input type="checkbox"/> Counselor or Therapist in private practice                         | <input type="checkbox"/> I do not know  |

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

20. How often do you exercise for at least 30 minutes, outside of your job, each week?

\_\_\_ None- I do not exercise    \_\_\_ Once    \_\_\_ 2-3 times per week    \_\_\_ 4-6 times per week    \_\_\_ Daily

21. Do you and your family have a safe place to walk, play or be active in your neighborhood?

\_\_\_ Yes    \_\_\_ No (*If no, please tell us what kind of location you live in.*)

---

22. Where do you get your fresh fruits and vegetables? **Check all that apply.**

\_\_\_ Chain Grocery Store (Food Lion, Lowes, Galaxy, etc.)    \_\_\_ Local Produce Store  
\_\_\_ Family Garden    \_\_\_ Roadside Produce Stand  
\_\_\_ Farmers Market    \_\_\_ None- I do not like fresh fruits and vegetables  
\_\_\_ Local Food Pantry    \_\_\_ Other: \_\_\_\_\_

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

*Remember, your answers are confidential and cannot be linked to you in any way.*

23. How old are you? \_\_\_\_\_

24. Gender? \_\_\_ Female \_\_\_ Male

25. What is your race and ethnicity?

\_\_\_ Asian/Pacific Islander    \_\_\_ Black-Non-Hispanic    \_\_\_ Hispanic/Latino    \_\_\_ Native American    \_\_\_ White-Non-Hispanic    \_\_\_ Other: \_\_\_\_\_

26. What is the highest education level you have completed? **Check only one (1) answer.**

\_\_\_ Did not complete high school    \_\_\_ College no degree    \_\_\_ Bachelor's degree  
\_\_\_ High School Diploma/GED    \_\_\_ Associate's degree    \_\_\_ Graduate degree (Masters/Doctoral)

27. How many hours a week do you work?

\_\_\_ Employed full-time    \_\_\_ Unemployed    \_\_\_ Retired  
\_\_\_ Employed part-time    \_\_\_ Disabled; unable to work    \_\_\_ Student  
\_\_\_ Temporary/Seasonal    \_\_\_ Other: \_\_\_\_\_

**Thank you for completing the survey. Please return the completed survey to the Burke County Health Department or staff person that provided you with this information. For additional information contact the Burke County Health Department at 828-764-9218 or 828-764-9219.**

Appendix C: 2016 Burke County CHNA Survey Results

**Question 1: Do you live in Burke County**

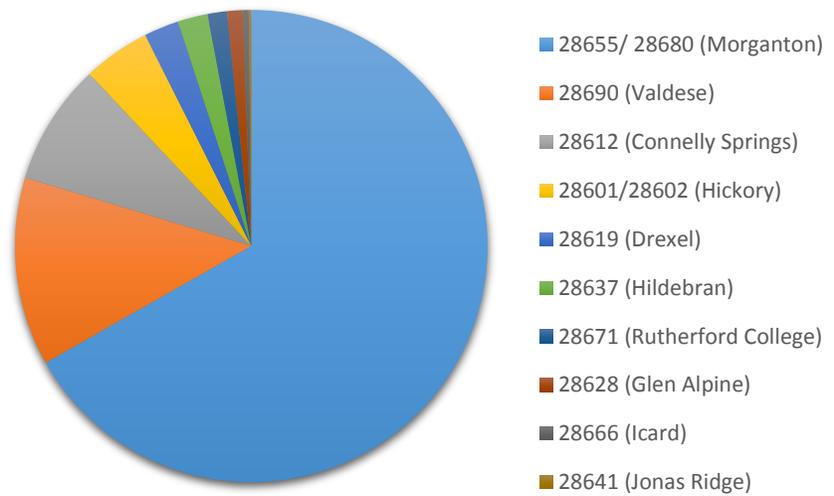
**Answered: 1,392      Skipped: 0**



\* All participants that answered “no” to living in Burke County were directed to a disqualification page.

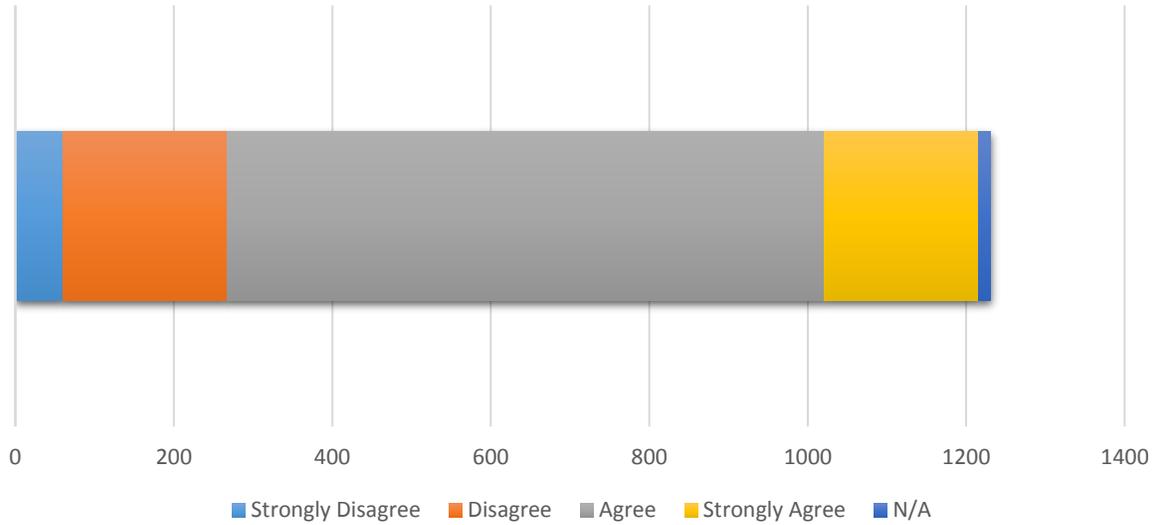
**Question 2: What is your zip code?**

**Answered: 1,237      Skipped:155**



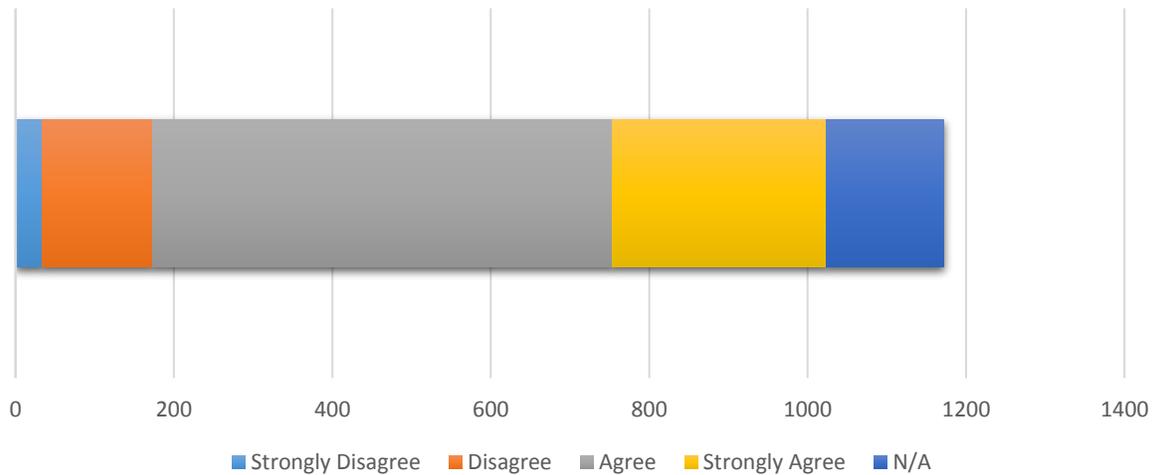
**Question 3: For a community our size, Burke County's health resources meet most of my medical needs.**

**Answered: 1231      Skipped: 161**



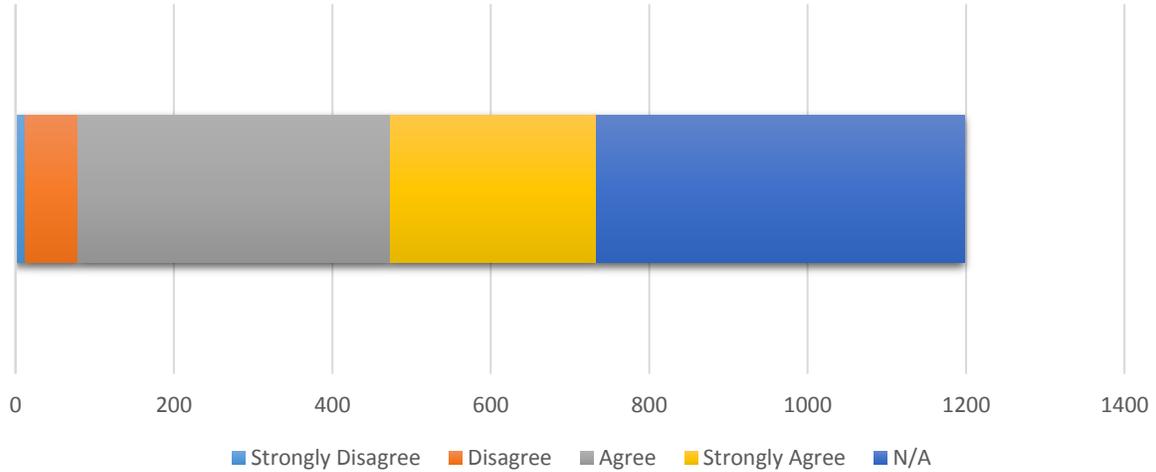
**Question 4: If you are 18-54 years old, Burke County is a good place to live.**

**Answered: 1172      Skipped: 220**



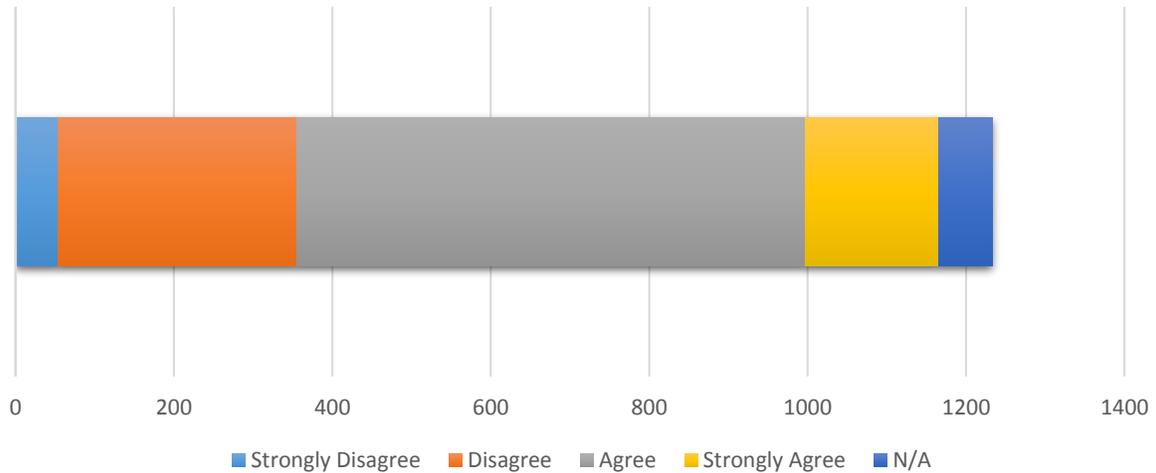
**Question 5: If you are 55 years or older, Burke County is a good place to live.**

**Answered: 1198      Skipped: 194**



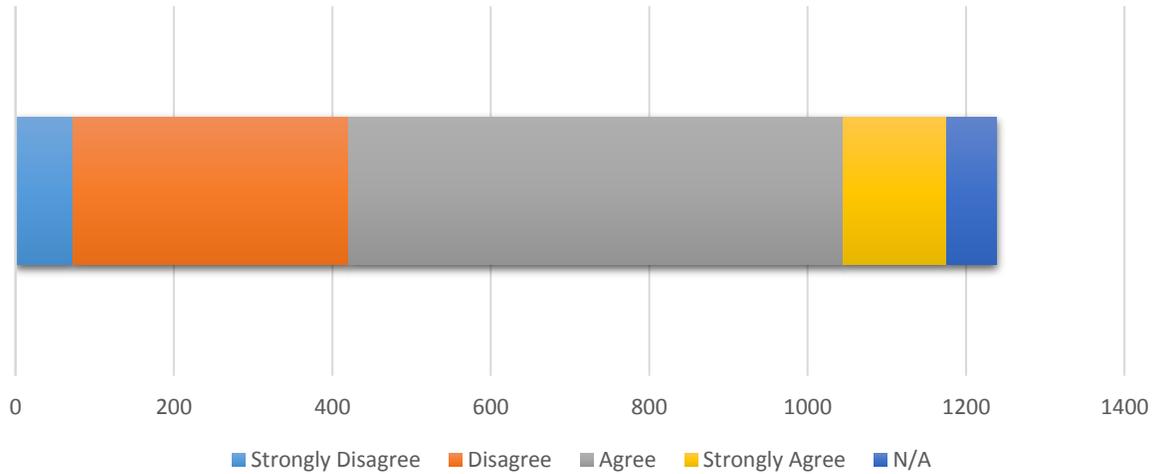
**Question 6: I know where to go to learn about jobs that are open in Burke County.**

**Answered: 1233      Skipped: 159**



**Question 8: Burke County has plenty of resources to help individuals and families during times of stress and need.**

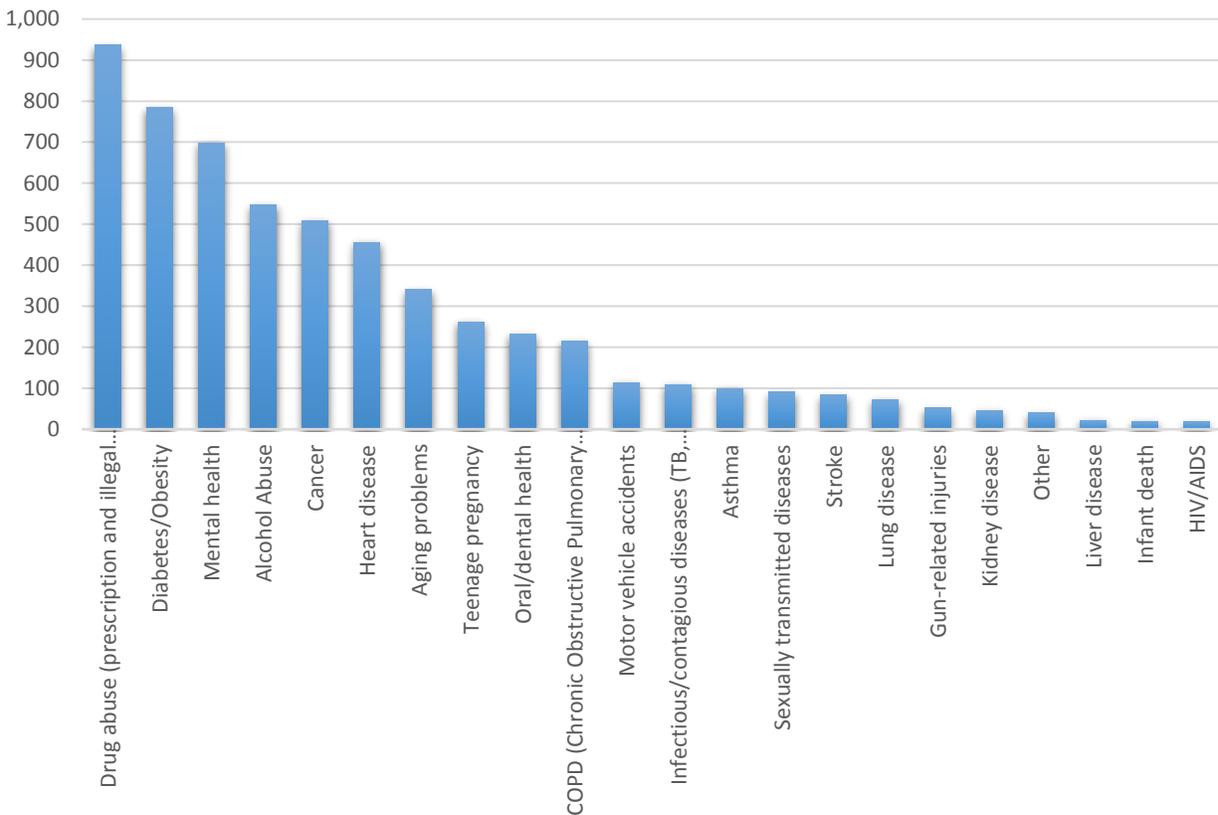
**Answered: 1239      Skipped: 153**



**Question 9: Please check the "top health issues" in Burke County. Choose 5 from the list below.**

**Answered: 1161**

**Skipped: 231**

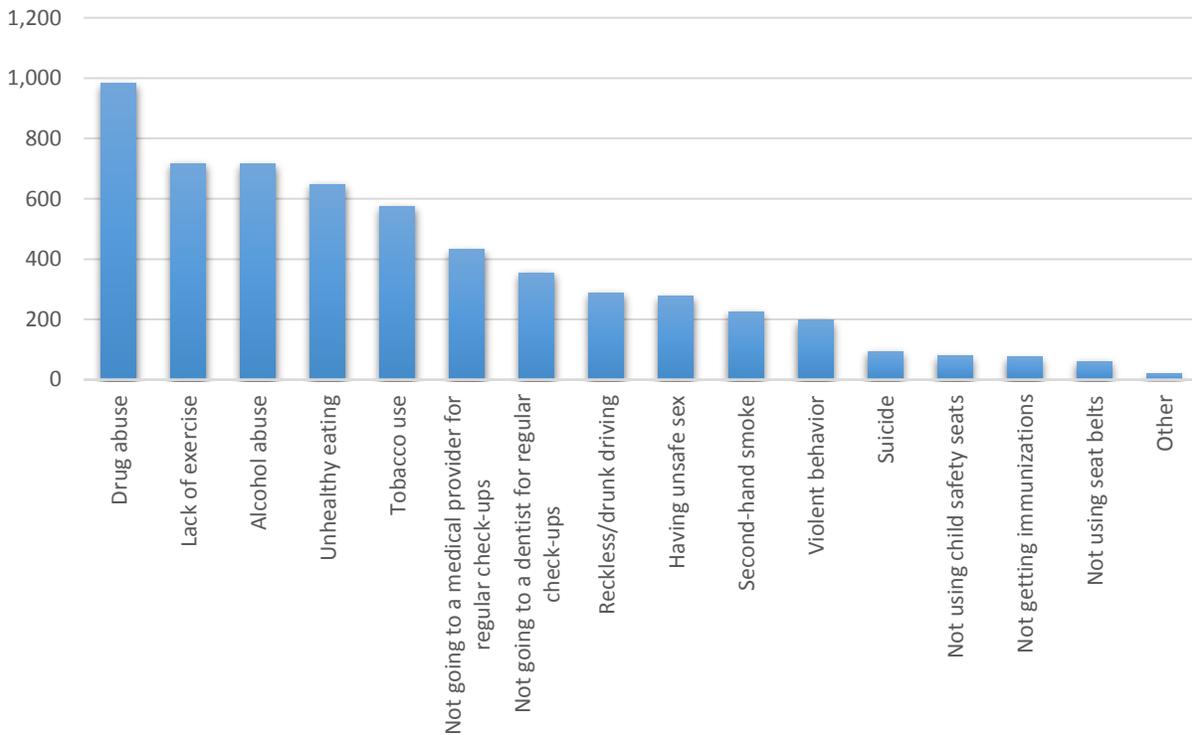


**Question 9: Other responses included:**

- Domestic violence/ child abuse/ elder abuse (6)
- Access to health care (4)
- Mental health/ substance abuse (4)
- Homeless/ homelessness (4)
- Obesity/ lack of physical activity/ poor lifestyle choices (3)
- Allergies (2)
- Poverty (2)
- Arthritis (1)
- Smoking (1)
- Developmentally disabled population (1)
- Head lice (school related issue) (1)
- Lack of specialists(1)
- Smoking (1)
- Texting while driving (1)
- Affordable dental (1)
- Lack of culture diversity training (1)
- Lack of resources (1)
- Lack of accessibility to nutritious food products (1)
- preventative medicine and alternative medicine (1)
- Unmet children's needs birth to 5 (1)

**Question 10: Please check the most important “unhealthy behaviors” in Burke County. Choose 5 from the list below.**

**Answered: 1159      Skipped: 233**



**Question 10: Other responses included:**

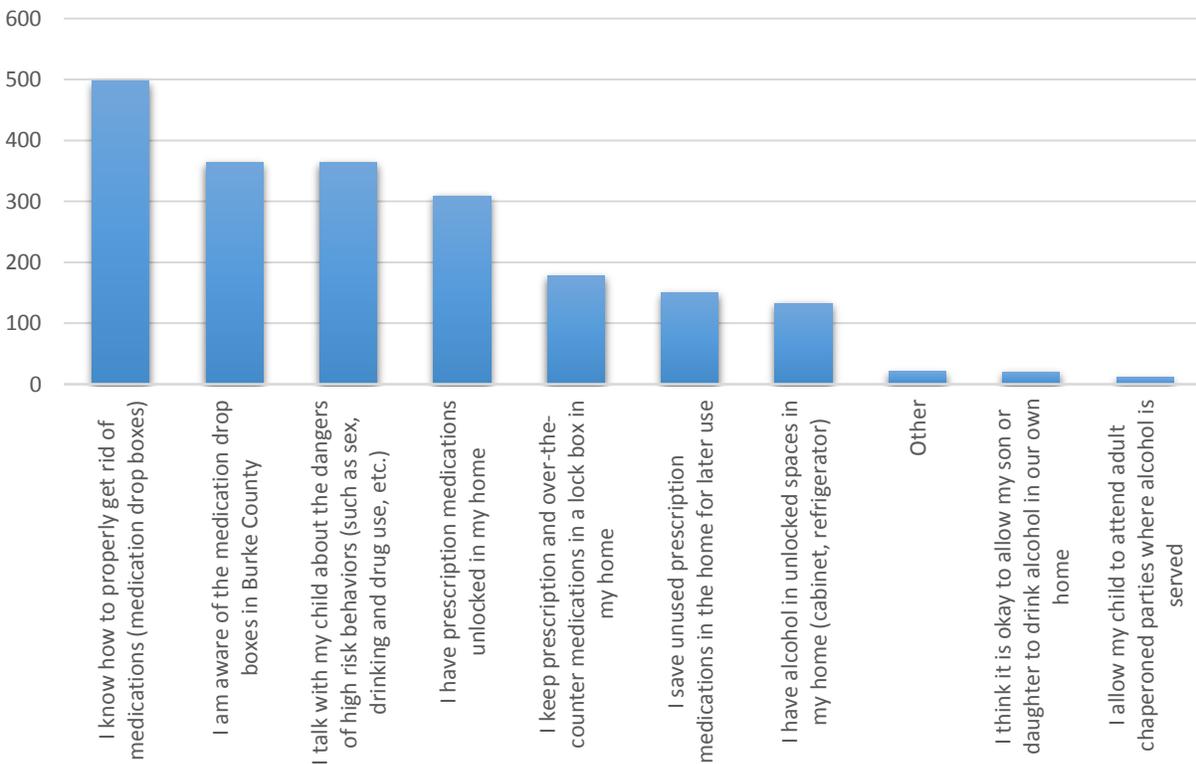
- Breakdown of families/ parenting (2)
- Lack of mental health support/ follow-up (2)
- Bad language (1)
- Cell phone use while driving (1)
- Compliance with healthcare provider recommendations
- Homeless (1)
- Lack of food education/ availability of nutritious foods (1)
- Lack of places for aging seniors to go in the eastern part of the county (1)
- Lack of rehab services for drug dealers/ repeat offenders (1)
- Need more primary care physicians in Burke County (1)
- Prescription drug abuse (1)
- Sex Offenders (1)
- Violent behavior (1)
- Unsafe sex (1)

**Question 11: Do you have children or teens living in or regularly visiting your home?**

**Answered: 1145      Skipped: 247**



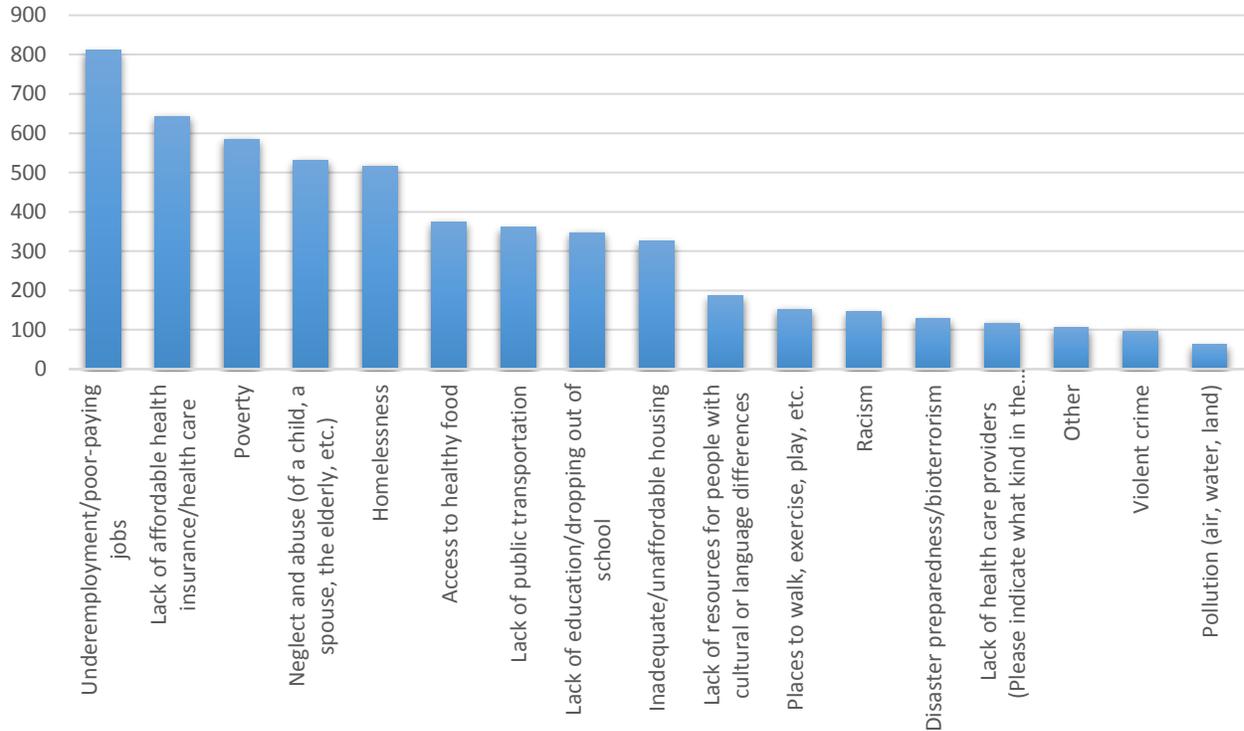
**Question 11: Yes (If so, what are your attitudes and behaviors around adolescent substance use? Check all answers that apply.)**



**Question 12: Please check the most important “social issues” in Burke County. Choose 5 from the list below.**

**Answered: 1156**

**Skipped: 236**



**Question 12: Other responses included:**

- Abuse of Medicaid/ Welfare (1)
- Access to health care (7)
- Affordable housing (3)
- Bullying (1)
- Child care (1)
- Dental care [lack of providers, children’s dentist, affordable dental care] (5)
- Discrimination (1)
- Families [parenting skills] (3)
- Immigration (3)
- Lack of recreation facilities outside of major cities (2)
- Lack of resources for developmentally disabled (1)
- Mental health (3)
- Poverty (2)
- Religion (2)
- Schools (2)
- Specialists (37)
- Substance abuse (4)

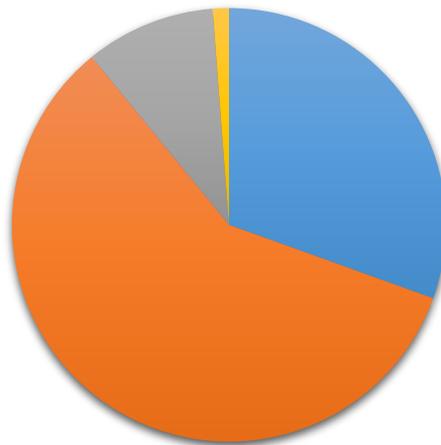
**Question 12: Other responses included continued:**

Of the 117 people who indicated that a lack of health care providers was one of the most important social issues, 37 listed in the other comments field the type of specialists they felt were lacking in Burke County:

- Lack of all specialists in county (1)
- Alternative/ Holistic/ Functional medicine (2)
- Dentists (4)
- Dermatologist (7)
- Endocrinologist (5)
- ENT (1)
- General practice (1)
- Gerontologist (1)
- GI specialist (1)
- Internal medicine (1)
- Mental health providers (7)
- Need 24 hour walk in clinic (1)
- Obgyn. (1)
- Ophthalmologist (1)
- Orthopedist (3)
- Primary care providers (2)
- Rheumatologist (2)

**Question 13: How would you rate your own personal health? Please check one answer.**

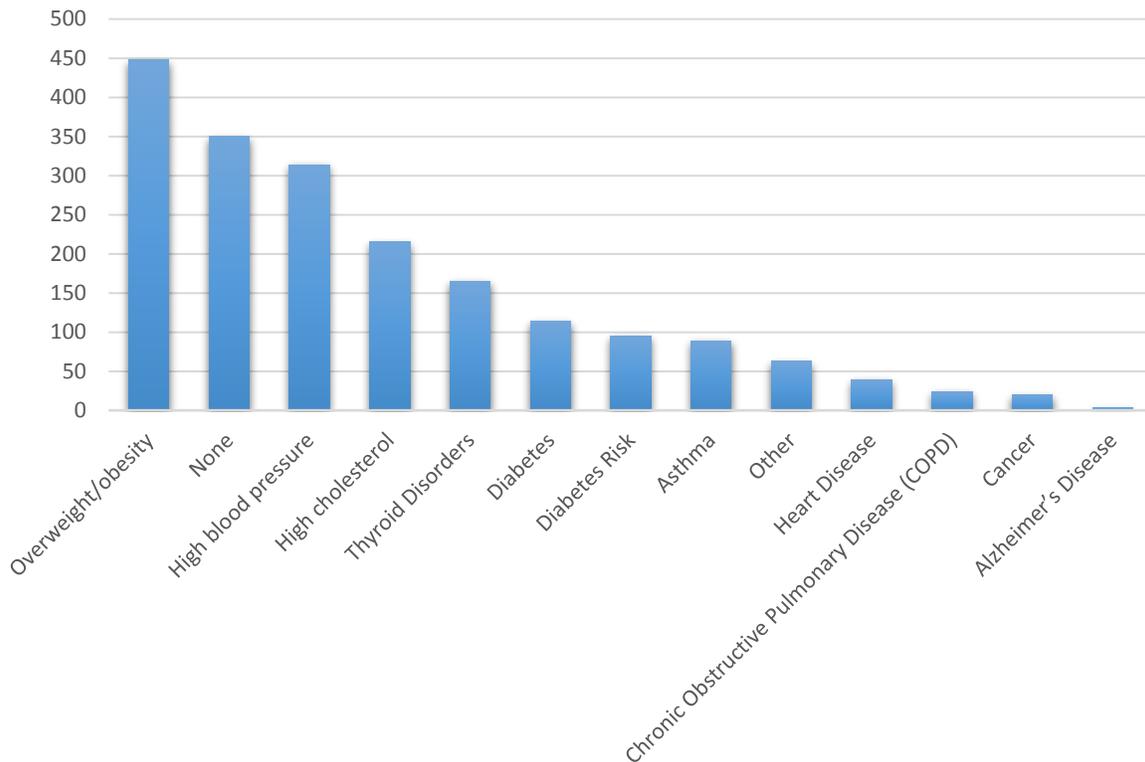
**Answered: 1154      Skipped: 238**



■ Very healthy   ■ Somewhat healthy   ■ Somewhat unhealthy   ■ Very unhealthy

**Question 14: Do you currently have any of the following? Check all that apply.**

**Answered: 1110      Skipped: 282**



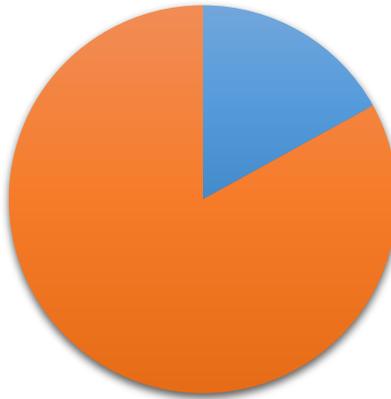
**Question 14: Other health concerns/ issues listed included the following:**

- A rare nerve disease (1)
- Acid reflux (1)
- Allergies (3)
- Anemia (1)
- Anxiety (1)
- Aotic stenosis (1)
- Arthritis (16)
- back issues (1)
- bone deterioration (1)
- Cancer risk (1)
- Celiac (1)
- chronic fatigue syndrome (1)
- Chronic pain (4)
- Crohn's (1)
- Degenerative Disc Disease (2)
- Depression (1)
- DJD (1)
- Emphysema (1)
- Epilepsy (1)
- Fibromyalgia (3)
- Gastropersis (1)
- Gluten (1)
- Gout (1)
- Kidney disease (1)
- Kidney Stones (2)
- knee replacement (1)
- lupus (3)
- Mental illness (5)
- Migraines (2)
- muscular dystrophy (1)
- Neurological Damage (1)
- Osteoporosis (1)
- Parkinson's Disease (2)
- Partial paralysis from stroke (1)
- Psoriasis (1)
- PTSD (1)
- Sciatica (2)
- Scleroderma (1)
- Seizures (1)
- Skin (1)
- Sleep Apnea (1)
- Stomach issues (1)

### Question 15: During the past year, did you have a problem getting medical care you needed?

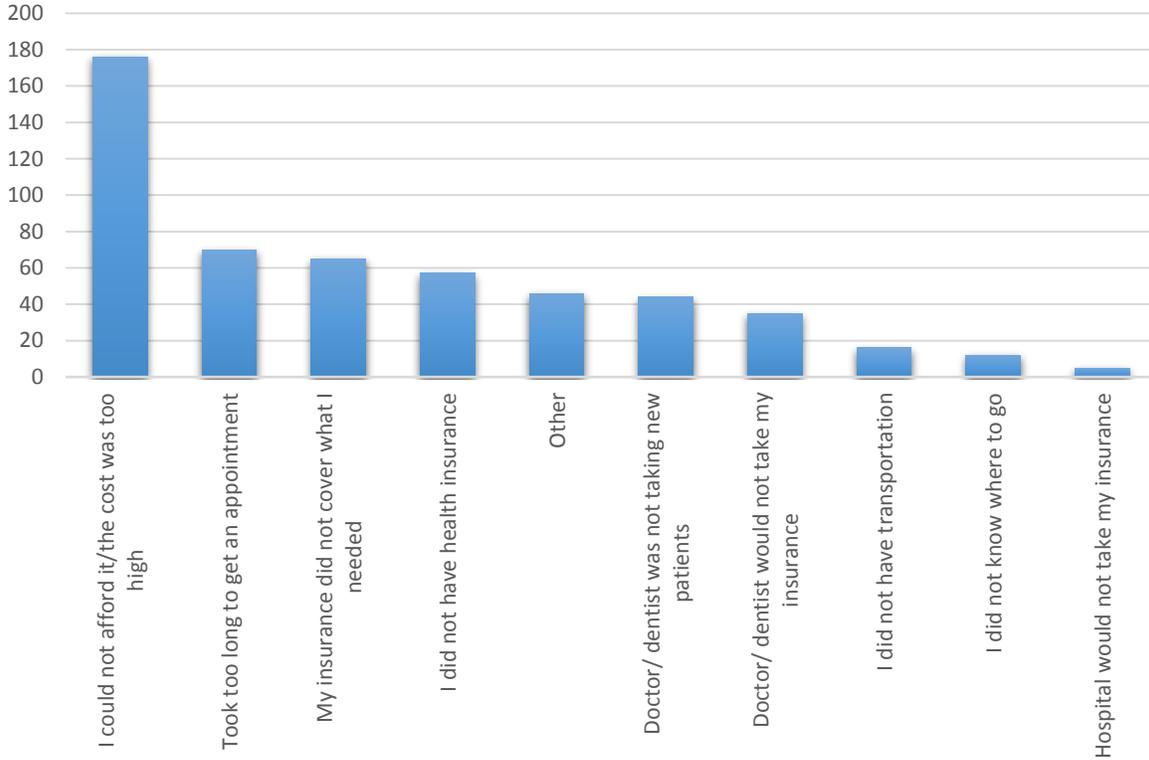
Answered: 1130

Skipped: 262



■ Yes ■ No

### Question 15: Yes (If so, why? Check all that apply.)

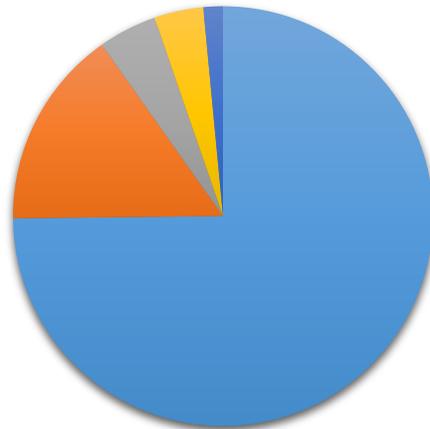


**Question 15: Other answer responses included:**

- Cannot afford dental care (5)
- Cost/ High Deductible/ Co-pay (9)
- Did not have time (1)
- Do not see doctor in county (3)
- Doctor refused service (1)
- Holistic/ alternative medicine clinics not available (3)
- Insurance would not cover alternative treatments (1)
- Misdiagnosed (1)
- Needed care after hours (1)
- Provider changed networks (1)
- Specialist needed not available in county (10)
- Wait time to get medical care (3)

**Question 16: When was your last routine physical/wellness check-up? Do not include visits while you were sick or pregnant.**

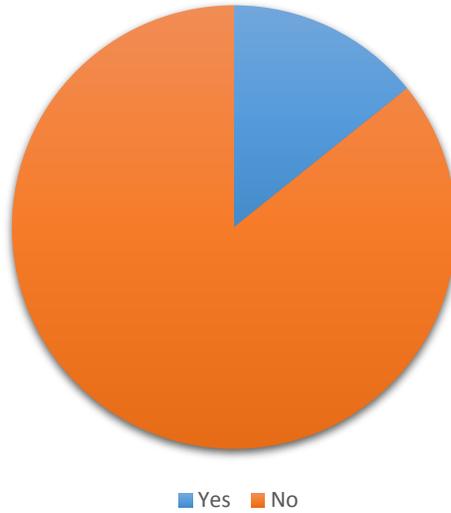
**Answered: 1145      Skipped: 247**



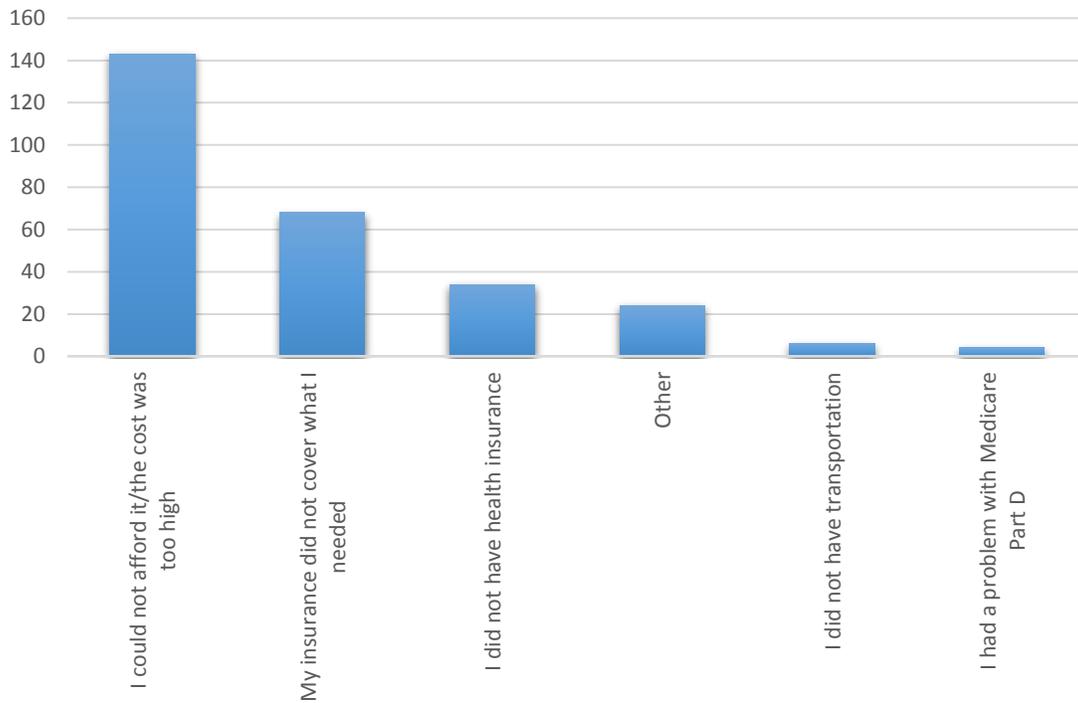
■ Within past year   ■ 1-2 years ago   ■ 3-5 years ago   ■ 5+ years ago   ■ Never

### Question 17: During the past year, did you have a problem filling a prescription?

Answered: 1130 Skipped: 262



### Question 17: Yes (Check all that apply.)

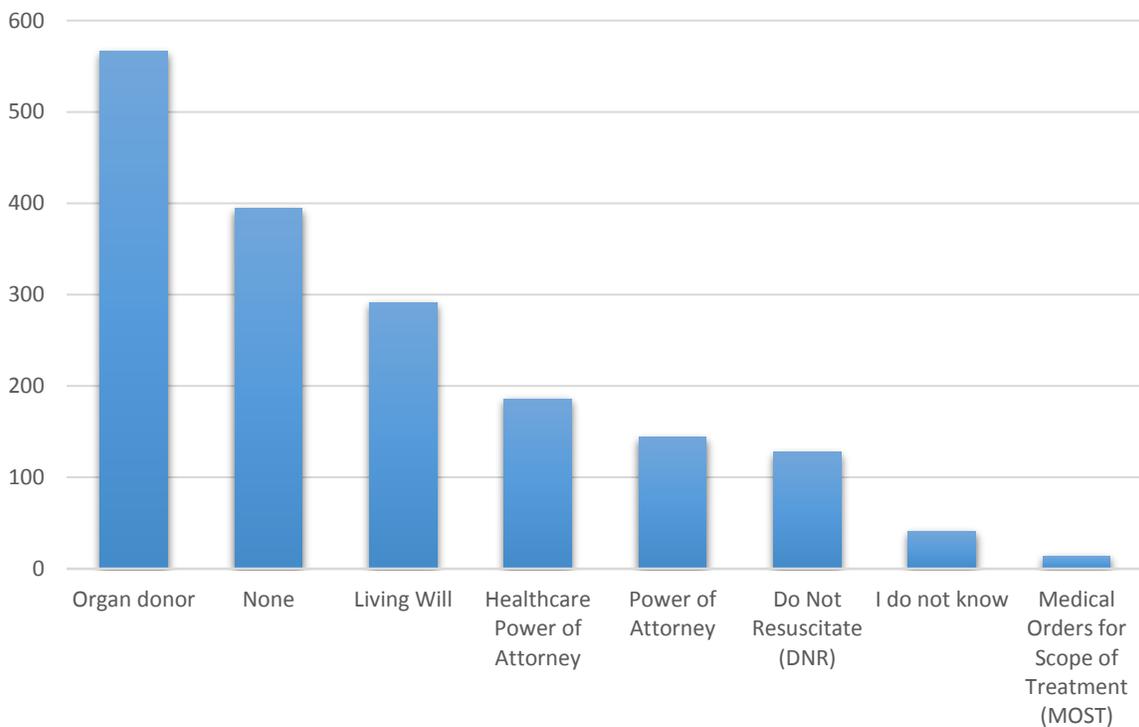


**Question 17: Other answer responses included:**

- Do not use pharmaceuticals- only natural (1)
- Have not needed a prescription (1)
- High co-pay with insurance (6)
- Insurance would not cover medication prescribed (7)
- Pharmacy did not have prescription in stock (1)
- Pharmacy gave the wrong prescription (2)
- Poor communication/ coordination between provider and pharmacy (1)
- Prescription required insurance approval (1)
- Wait time to receive mail order prescriptions (2)

**Question 18: Which of the following end of life plans do you have? Check all that apply.**

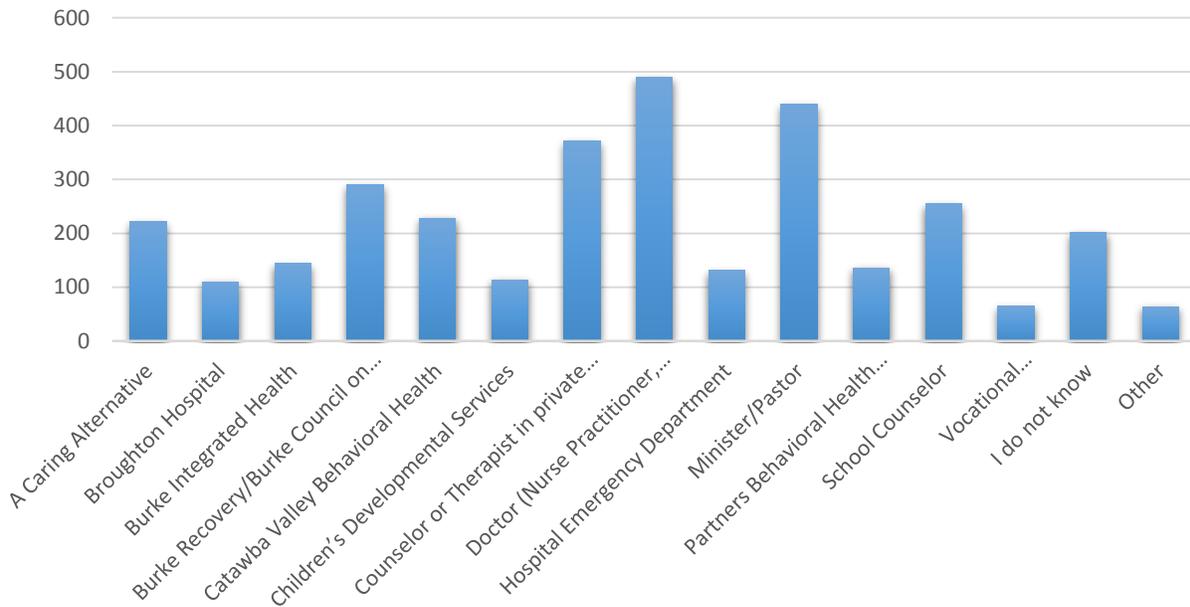
**Answered: 1138      Skipped: 254**



**Question 19: If one of your friends or family members needed counseling for a mental health, substance abuse, or developmental disability problem, whom would you suggest they contact? Check all that apply.**

**Answered: 1105**

**Skipped: 287**

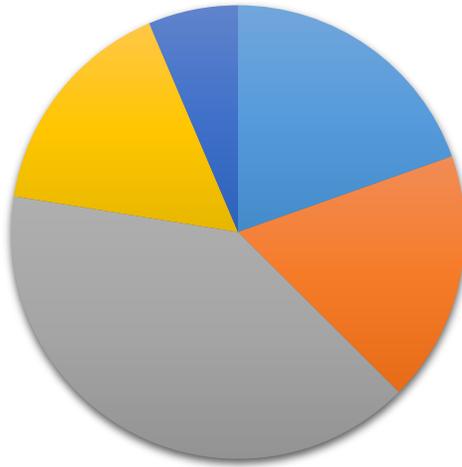


**Question 19: Other responses included:**

- Alcoholics Anonymous/ Narcotics Anonymous (1)
- Archway (1)
- Behavior analyst (1)
- Bethel Colony of Mercy (1)
- Burke Christian Counseling (1)
- Christ Centered Recovery Program (1)
- Do not know (3)
- Easter Seals Program (2)
- Focus Behavioral Health (3)
- Jail (1)
- Kids First Therapy (1)
- Mimosa Christian Counseling (4)
- One Love Services (1)
- Out of county provider (10)
- People know personally in the field (1)
- Private counselor, psychiatrist or support group (2)
- Provider that uses non-pharmacological therapies (1)
- Recommend call 911 (1)
- Recommend emergency department during a crisis (1)
- RHA Behavioral Health (2)
- Still Waters Counseling (1)
- Turning Point Services for DD (1)
- Universal Mental Health Services (1)
- VA (2)
- Would depend on individual's needs (2)
- Would not refer (3)
- Would recommend individual research carefully for care (1)

**Question 20: How often do you exercise for at least 30 minutes, outside of your job, each week?**

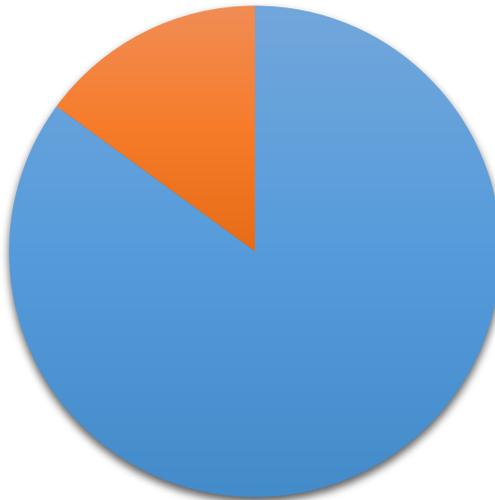
**Answered: 1148      Skipped: 244**



■ None- I do not exercise   ■ Once   ■ 2-3 times per week   ■ 4-6 times per week   ■ Daily

**Question 21: Do you and your family have a safe place to walk, play or be active in your neighborhood?**

**Answered: 1124      Skipped: 268**



■ Yes   ■ No

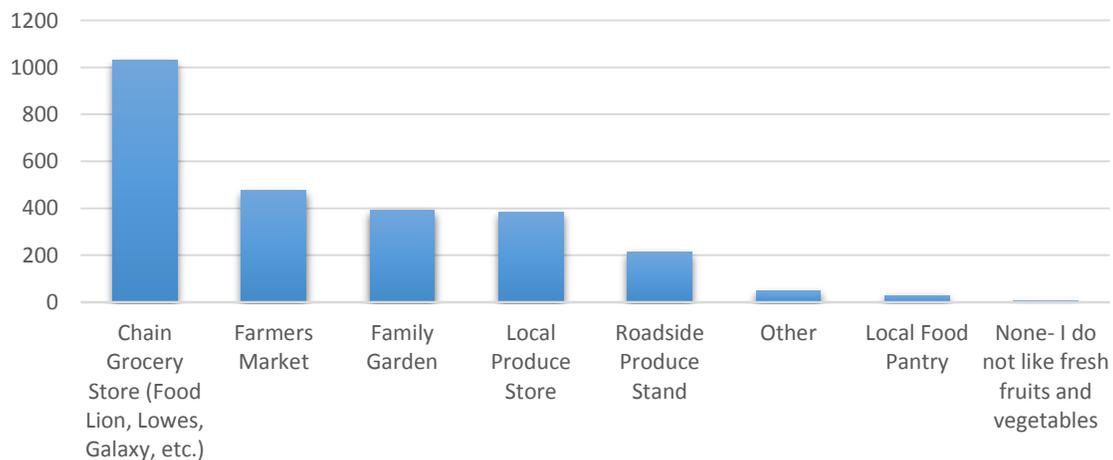
**Question 21: No (If no, please tell us what kind of location you live in.)- Other responses included:**

- Apartment (1)
- Bost Road (1)
- Brentwood community (1)
- Busy road (19)
- Chesterfield (4)
- City limits (1)
- Connelly Springs (1)
- Country (6)
- County (3)
- Do not feel safe (2)
- Do not feel safe (Drug dealers/sellers in neighborhood) (4)
- Do not feel safe (Poor lighting) (3)
- Do not feel safe (Lots of dogs in neighborhood) (4)
- Drexel (4)
- Dysartsville Road (1)
- Eastern end of county (1)
- George Hildebran (2)
- Hildebran (1)
- Hills (1)
- HWY 18 (1)
- HWY 70 (1)
- Jamestown Road (1)
- Kathy Road (1)
- Long View (1)
- Neighborhood does not have sidewalks (16)
- No answer (14)
- Oakhill area (3)
- Old 18 (1)
- Outside city limits (5)
- Public housing (2)
- Residential (5)
- Rhodhiss (1)
- Rural (46)
- Salem community (1)
- South Mountains (1)
- Subdivision (1)
- Suburbs (1)
- Urban (1)
- US 70 East (1)
- Valdese (2)
- West end fire (1)
- Zion Road Morganton (1)

**Question 22: Where do you get your fresh fruits and vegetables? Check all that apply.**

**Answered: 1141**

**Skipped: 251**

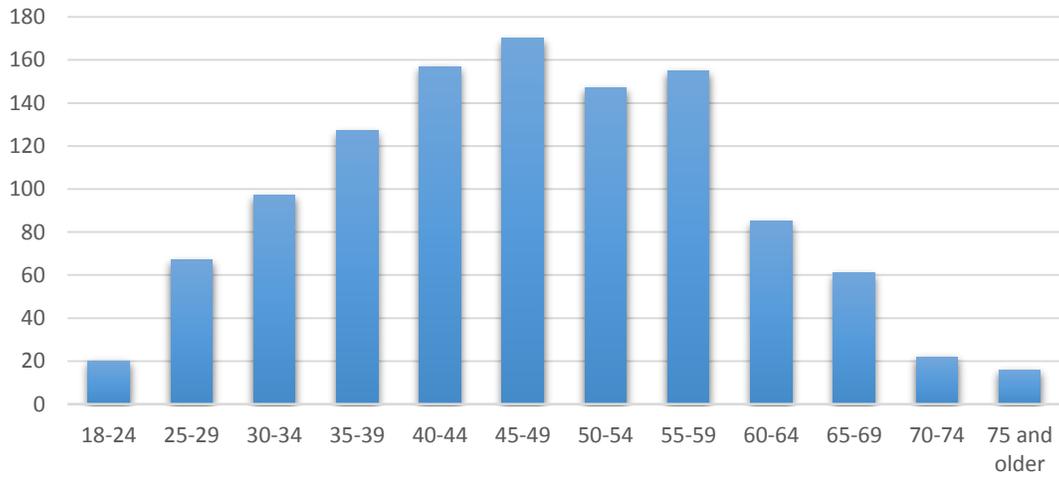


**Question 22: Other responses included:**

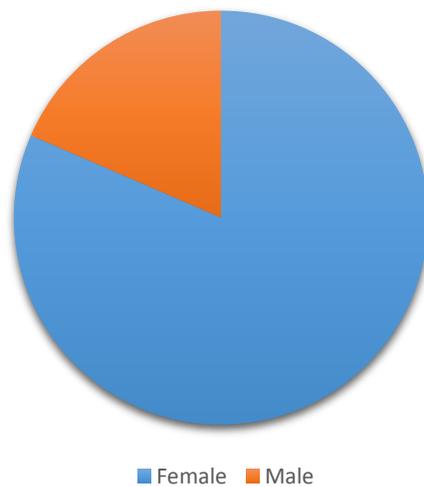
- Aldi (11)
- Cannot afford them (3)
- Churches (1)
- CSA (1)
- Food Matters (8)
- Fresh Market (1)
- Ingles (4)
- Neighbors
- Neighbors/ friends (2)
- Organic produce delivered (1)
- Own garden (5)
- Walmart (3)
- Whole Foods (1)

**Question 23: How old are you?**

Answered: 1132      Skipped: 260



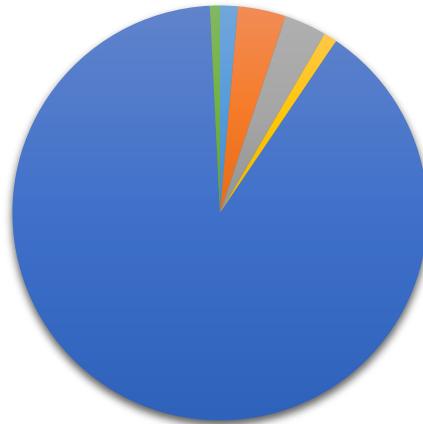
**Question 24: Gender?**



### Question 25: What is your race and ethnicity?

Answered: 1132

Skipped: 260

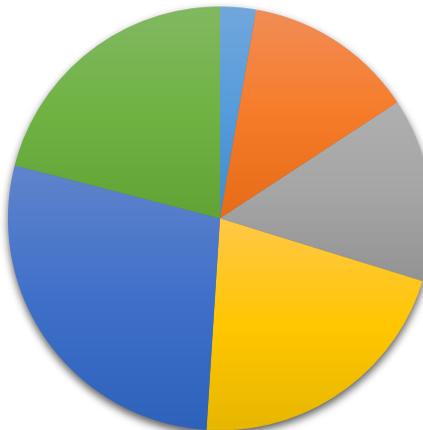


■ Asian/Pacific Islander	■ Black- Non- Hispanic	■ Hispanic/ Latino
■ Native American	■ White- Non-Hispanic	■ Other

### Question 26: What is the highest education level you have completed? Check only one (1) answer.

Answered: 1135

Skipped: 257

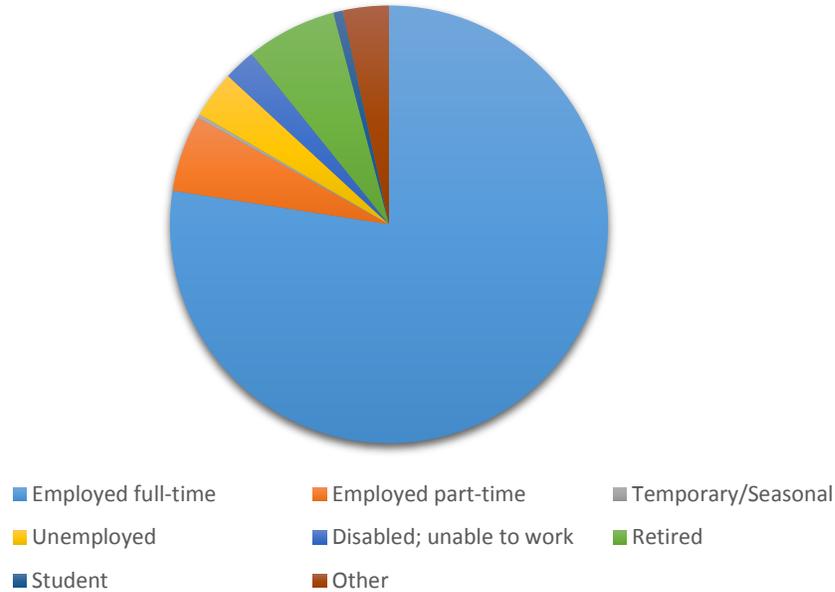


■ Did not complete high school	■ High School Diploma/GED
■ College no degree	■ Associate's degree
■ Bachelor's degree	■ Graduate degree (Masters/Doctoral)

## Question 27: How many hours a week do you work?

Answered: 1149

Skipped: 243



### Question 27: Other responses included:

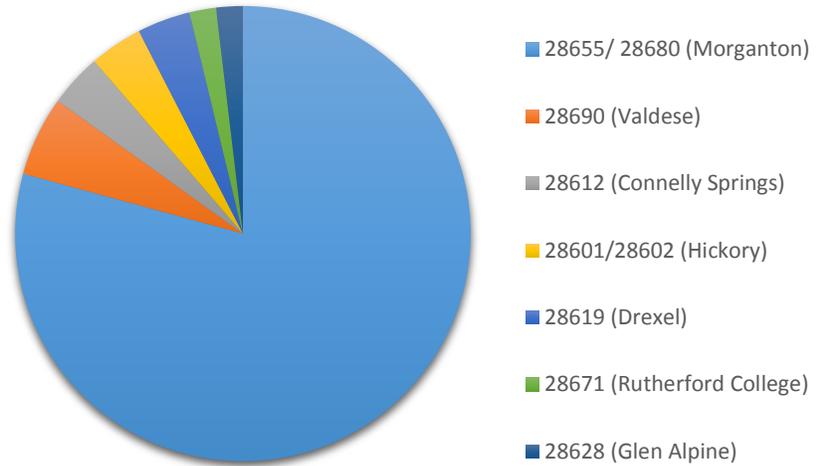
- Do not work in the summer (1)
- Have full time and part time job (5)
- Have more than one full time job (2)
- Have more than one part time job (1)
- Homemaker (3)
- Ministry (1)
- Self-employed (6)
- Stay at home mother (12)
- Volunteer

Appendix D: 2016 Burke County CHNA Focus Group Results

Focus Group Demographic Questions

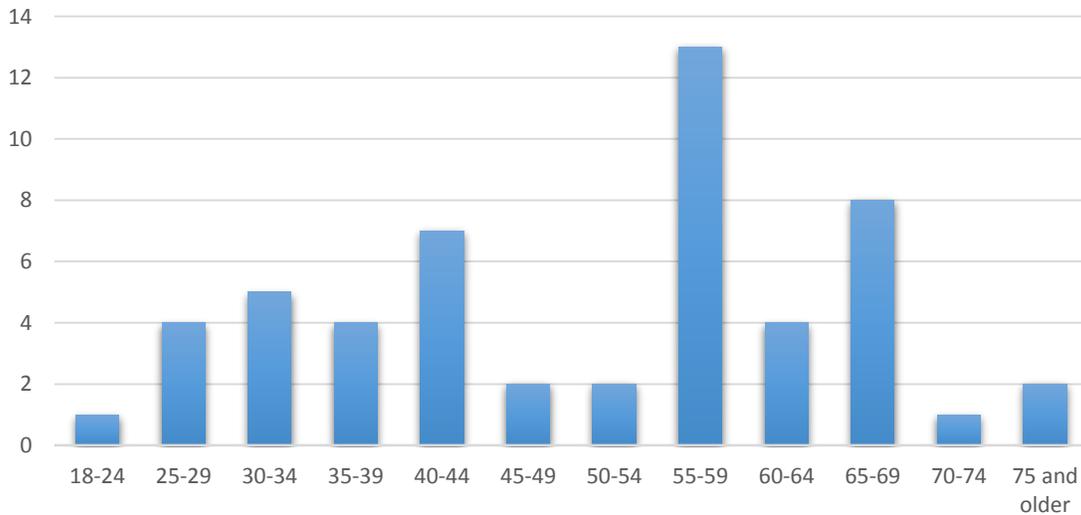
Question 1: What is your zip code?

Answered: 53 Skipped: 0

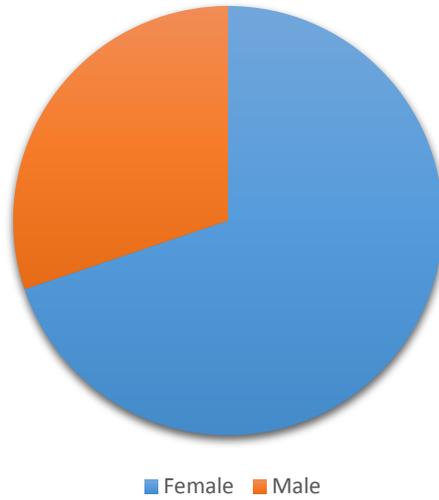


Question 2: How old are you?

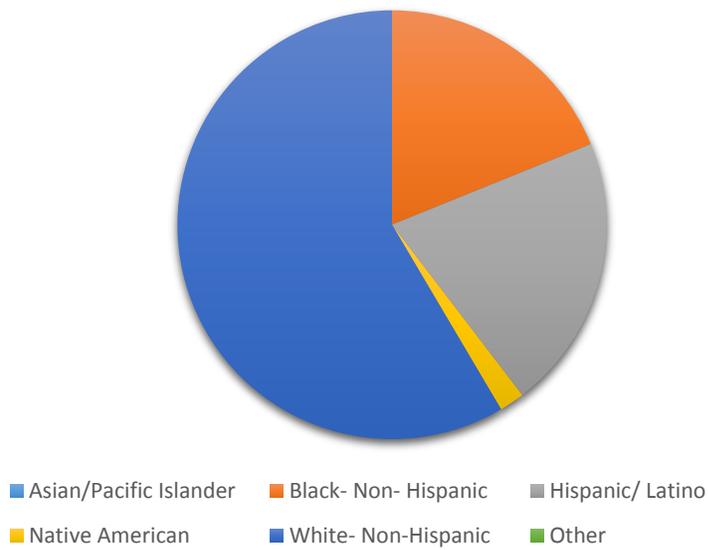
Answered: 53 Skipped: 0



**Question 3: Gender?**  
**Answered: 53**      **Skipped: 0**



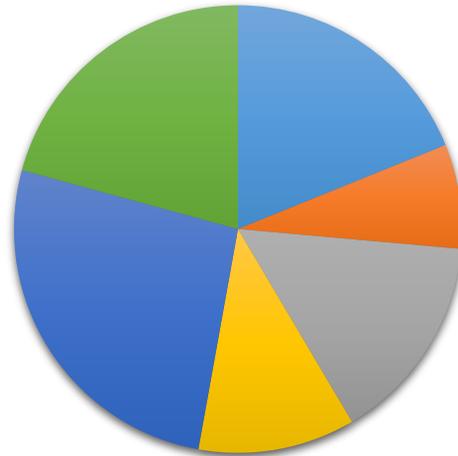
**Question 4: What is your race and ethnicity?**  
**Answered: 53**      **Skipped: 0**



**Question 5: What is the highest education level you have completed? Check only one (1) answer.**

**Answered: 53**

**Skipped: 0**

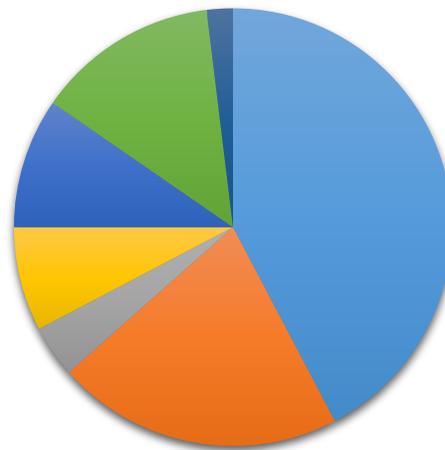


- |                                |                                      |
|--------------------------------|--------------------------------------|
| ■ Did not complete high school | ■ High School Diploma/GED            |
| ■ College no degree            | ■ Associate's degree                 |
| ■ Bachelor's degree            | ■ Graduate degree (Masters/Doctoral) |

**Question 6: How many hours a week do you work?**

**Answered: 52**

**Skipped: 1**



- |                      |                            |                      |
|----------------------|----------------------------|----------------------|
| ■ Employed full-time | ■ Employed part-time       | ■ Temporary/Seasonal |
| ■ Unemployed         | ■ Disabled; unable to work | ■ Retired            |
| ■ Student            | ■ Other                    |                      |

## **Focus Group Discussion Questions**

The top themes seen throughout the focus groups are included with each of the discussion questions. The full responses for the focus groups are available from the Burke County Health Department upon request.

### **Question 1: What you think is the best thing about living in Burke County?**

1. Location (close to mountains and beach)
2. Sense of community (southern hospitality; family)
3. Number of community resources
4. Access to recreation areas (parks, mountains, hiking trails)
5. Safe place to live

### **Question 2: What do people in this community do to stay healthy?**

1. Walking (including use of parks and trails)
2. Use Recreation Centers/ Parks
3. Biking
4. Community Gardens
5. Active in faith community
6. Yoga

### **Question 3: In this group's opinion, what are the top health issues in your community?**

1. Substance abuse ( prescription, illegal, alcohol)
2. Chronic diseases
3. Mental Health
4. Physical activities/ lifestyle choices
5. Transportation
6. Lack of affordable healthcare/ health insurance
7. Oral Health
8. Education
9. Aging Problems
10. Poverty

### **Question 4: What keeps people in your community from being healthy?**

1. Cost of health insurance and health services (including seeing a specialist)
2. Difficulty making healthy choices (self-motivation)
3. Transportation
4. Time (exercise; healthier food options; time management)
5. Lack of income/ Cost to be healthy
6. Education (on health and medical care)
7. Difficulty making healthy choices
8. Accessibility to drugs (prescription and illegal)

**1. What could be done to solve these problems?**

9. Educating people on how to prepare healthier food options/ health and wellness
10. Health and wellness resource list
11. Healthier options at public events
12. Public transportation
13. Work with employers to implement drug/ alcohol treatment programs
14. Lack of vocalization of issues within the community
15. Educating children and their parents on healthier lifestyles
16. Education on health
17. Farmer's markets
18. Assisting people with walking people through the healthcare system
19. Education on resources available in the community
20. Transportation- like a bus system
- A. Olive Hill Focus Group
  21. Advancing/ growing current community resources
  22. Educating children and their parents on healthier lifestyles
  23. Educating pregnant women on proper nutrition and healthy lifestyles and how to educate their children
  24. Use of alternative medicine/ treatments
- B. Morganton Housing Authority Focus Group #1
  25. Don't know
- C. Soup Kitchen Focus Group #2
  26. Legislation on Medicaid
- D. Circles Initiative Focus Group
  27. Bring more jobs into the area
  28. Community outreach programs to engage retired individuals
  29. Mobile crisis resources
  30. More activities for children
  31. Provide shelter for the homeless/ more shelters
  32. Public transportation (pick up points/ bus route)
- E. Morganton Housing Authority Focus Group #2
  33. Bring in industry
- F. Downtown Development Association Focus Group
  34. Educate professionals and citizens on health and wellness
  35. More health education within the community
  36. More responsibility for own health
  37. Use recreation facilities to their fullest potential
  38. Utilize holistic health and wellness/ alternative medicines

**2. Is there any group not receiving enough health care? If so, why?**

- A. BSAN Focus Group
  39. Individuals who make too much money to qualify for Medicare and not enough money to afford insurance through the Affordable Care Act

- 40. Non English speaking residents
- 41. Older individuals/ senior citizens
- 42. Poverty and the lower middle class
- B. Grace Ridge Retirement Community Focus Group
- 43. Hispanics
- C. Municipalities Focus Group
- 44. Individuals in the bubble (make too much to qualify, but not enough to pay fro what they need)
- 45. Lower income
- 46. Older individuals/ senior citizens
- 47. Transportation
- 48. Unaware of resources available in the community
- 49. Unemployed
- 50. Veterans
- D. Soup Kitchen Focus Group #1
- 51. Individuals on disability
- 52. Low income, working people
- 53. Older individuals/ senior citizens
- 54. Single parents
- E. Olive Hill Focus Group
- 55. Low income
- F. Morganton Housing Authority Focus Group #1
- 56. Migrant works (lack health insurance)
- G. Soup Kitchen Focus Group #2
- 57. Individuals who make too much for Medicaid, but not enough to pay for what they need
- H. Circles Initiative Focus Group
- 58. Individuals who make too much for Medicaid, but not enough to pay for what they need (like dental, eye care, etc.)
- 59. Underemployed
- 60. Undocumented immigrants
- 61. Working poor
- I. Morganton Housing Authority Focus Group #2
- 62. Elderly
- 63. Hispanics
- J. Downtown Development Association Focus Group
- 64. Low income
- 65. Senior citizens

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

- A. BSAN Focus Group
- 66. Adolescent mental healthcare resources
- 67. Gap in psychiatric services

68. Increased need for care coordination
69. Issue- dissemination of pornography among young children
70. Need to include health and wellness education early on in schools
71. Use of other allied health professionals (physician assistants, nurse practitioners, etc.)
- B. Grace Ridge Retirement Community Focus Group
72. Need psychiatric services/psychiatry in county
- C. Municipalities Focus Group
73. Need services on the eastern end of the county
- D. Soup Kitchen Focus Group #1
74. Nothing to add
- E. Olive Hill Focus Group
75. Emphasis on mental health
76. Importance of hospitality in healthcare
- F. Morganton Housing Authority Focus Group #1
77. Nothing to add
- G. Soup Kitchen Focus Group #2
78. Amount of resources available in the community- those used provide great customer service/ hospitality/ good quality services
- H. Circles Initiative Focus Group
79. Emphasize the importance of agencies that provide services to be respectful
80. Need for dentists
81. Need for more day care assistance
82. Need more activities for younger adults to do
83. Would like to see more children's activities/ programs
- I. Morganton Housing Authority Focus Group #2
84. Need more activities for younger adults to do
85. Would like to see more children's activities/ programs
86. Would like to see some type of free trade seminar to teach individuals in their twenties trade skills
87. Transportation is an issue- need public transportation
- J. Downtown Development Association Focus Group
88. Surprised at the number of elderly who are taking control of their health and wellness
89. Defining health and wellness versus medical care
90. There are a large number of individuals who are into fitness into the community

## Appendix E: Burke County Health Resource Guide

### [Burke County United Way – 211 \(Overall Community Resource\)](#)

NC211.org

#### **Burke County United Way**

121 West Union Street  
Morganton, NC 28655  
(828) 433-0681

### [Deaf and Hard of Hearing](#)

#### **Morganton Regional Center-MRC**

The Division of Services for The Deaf and Hard of Hearing (DSDHH) serves customers who are Deaf, Hard of Hearing and Deaf-Blind, or Deaf-Blind regardless of their mode of communication. This includes American Sign Language, Sign English, Cued and Oral. Our services can help you achieve equal access, effective communication and a better quality of life.

#### **Advocacy and Consultation**

Regional centers assist Deaf, Hard of Hearing and Deaf-Blind individuals in achieving equal access, reasonable accommodations and effective communication in a variety of areas in their communities. The Americans with Disabilities Act (ADA) makes sure that people with disabilities are not discriminated against in:

- Employment Transportation services
- Recreation programs
- Public accommodations
- Telecommunication services

Other laws that protect the rights of people with disabilities include:

- Rehabilitation Act of 1973 as amended Section 504 of the Rehabilitation Act
- Civil Rights Act of 1964
- Individuals with Disabilities Education Act (IDEA)

#### **Communication Support**

Communication Support provides support, and assistive listening information for various types of communication tools. This includes communication services consultation for medical visits, job interviews, training and education classes and others.

#### **Assistive Listening and Visual Systems**

The communication process is aided by:

- Qualified sign language interpreters
- Tactile or up-close interpreters
- Assistive listening devices
- Real-time captioning
- Television captioning and decoders
- Computer assisted note-taking
- Oral interpretation

- Cued speech transliteration

### **Interpreter Services**

Information on interpreter services and guidance is provided by our Regional Centers. Requests made by employers and service providers are:

#### **Information and Referral Services**

General information is provided to anyone. We provide information on:

- Local and state resources
- Programs concerning deafness and hearing loss
- Services provided by the DSDHH and its Regional Centers
- Other information as requested

#### **Referrals are made to programs and agencies including:**

- Employment Security Commission
- Vocational Rehabilitation and Independent Living
- Social Security Administration
- Division of Motor Vehicles
- Local police departments, city, county and state government programs and offices
- American Sign Language and interpreter training programs

#### **Information and Follow-ups**

Unemployment benefits job training and placement services/Government programs include:

- Social Security
- Food stamps
- Medicaid
- Medicare

#### **Personal and family information includes:**

- Legal separation or divorce
- Child support
- Income taxes
- Budgets, financial planning and management
- Estate planning
- Checking and savings accounts

### **Workshops and Training**

We provide training and educational opportunities to the local communities.

#### **Trainings include:**

- ADA and civil rights information
- Aging issues and information
- American Sign Language (ASL)
- Deaf Culture
- Employment issues and concerns
- Government programs
- Hearing loss

- Interpreter training and skills maintenance
- Legal rights, citizenship

## **Contact**

To learn more about these services, contact your local Regional Center for the Deaf and Hard of Hearing.

\*\*Check out Morganton Regional Center's Local Calendar of Events by contacting the Morganton Office, located at 107 Foothills Drive, Morganton NC 28655, or calling 1-800-999-8915 Voice/TDD, 828-475-6606 Video Phone and check out the State Face Book, NC DHHS Division of Services of Deaf and Hard of Hearing and Website, <http://www.ncdhhs.gov/dsdhh>

## **Deaf and Hard of Hearing resources for the top five priorities identified for 2016 Community Health Needs Assessment:**

### **Mental Health**

#### **A Caring Alternative**

Morganton Office  
Serving Alexander, Burke, Caldwell, Catawba, and Lincoln Counties  
617 South Green St., Ste 300, Ste 102  
P O Box 1536  
Morganton, NC 28655  
Phone: (828) 437-3000  
Fax: (828) 437-4999  
Website: <http://www.caringalternative.com/>

#### **Burke Outpatient Clinic**

350 E. Parker Rd.  
Morganton, NC 28655  
Phone: (828) 624-1900

#### **Catawba Valley Mobile Crisis**

Mobile Crisis Management provides crisis support for children, youth, and adults experiencing a mental health or substance use disorder. (877) 327-2593.

#### **Morganton Regional Center MRC- can provide communication access for Deaf and Deaf and Hard of Hearing individuals for mental health services by request.**

107 Foothills Drive, Morganton NC 28655  
1-800-999-8915 Voice/TDD  
828-430-7185 Voice  
828-475-6606 Video Phone  
Website: <http://www.ncdhhs.gov/dsdhh>

#### **Partners**

Phone: 1-888-235-4673  
TTY: 1-800-749-6099  
Website: <http://www.partnersbhm.org/mental-health-services/>

### **RHA Behavioral Health**

Caldwell County Office, Mobile Crisis Management & Deaf/Hard of Hearing Services  
2415 Morganton Blvd., SW  
Lenoir, NC 28645  
Office Phone: (828) 394-5563  
Videophone: (828) 475-0512  
Videophone: (704) 469-5890  
Fax: (828) 394-5418  
Mobile Crisis Line: 1-888-573-1006  
Mobile Crisis Services Available 24/7/365

### **Substance Use/Misuse**

#### **Catawba Valley Mobile Crisis-**

**Mobile Crisis Management provides crisis support for children, youth, and adults experiencing a mental health or substance use disorder. (877) 327-2593.**

Offices located at: Burke Outpatient Clinic  
350 E. Parker Rd.  
Morganton, NC 28655  
Phone: (828) 624-1900

**Morganton Regional Center MRC- can provide communication access for Deaf and Deaf and Hard of Hearing individuals for Substance Use/Misuse by request.**

107 Foothills Drive, Morganton NC 28655  
1-800-999-8915 Voice/TDD  
828-430-7185 Voice  
828-475-6606 Video Phone  
<http://www.ncdhhs.gov/dsdhh>

### **Poverty**

#### **Burke Senior Center**

501 N Green St  
Morganton, NC 28655  
Phone: (828) 430-4147

Offers free assistance in collaboration with Morganton Resource Center to fill out applications for Medicaid, Social Security and Insurance.

**Morganton Regional Center MRC- can provide communication access for Deaf and Deaf and Hard of Hearing individuals by request.**

107 Foothills Drive, Morganton NC 28655  
1-800-999-8915 Voice/TDD  
828-430-7185 Voice  
828-475-6606 Video Phone  
<http://www.ncdhhs.gov/dsdhh>

- Assist with Target Housing/Section 8 applications
- Free Communication Services
- Provide Alert Equipment
- Weather Radios
- Interpreting Collaboration with Burke Hospice
- Can provide free training to learn how to access services and act as a liaison for accessing communication services.

Unemployment benefits job training and placement services/Government programs include:

- Social Security
- Food stamps
- Medicaid
- Medicare

Personal and family information includes:

- Legal separation or divorce
- Child support
- Income taxes
- Budgets, financial planning and management
- Estate planning
- Checking and savings accounts

**Purple Communications** - Home of P3 Video Relay Service - VRS

<https://www.purplevrs.com/>

Purple Communications provides accurate ASL interpreting services for the deaf and hard-of-hearing through leading VRS technology including P3 and ...

- Obtain a free Video Phone
- Sorenson VRS®  
www.sorensonvrs.com/  
Sorenson VRS is the industry-leader with deaf-friendly features and services including the VP-200 Videophone, Direct VP Numbers and free technical support.
- Obtain free Video Phone

Can provide free Training to learn how to access services and act as a liaison for accessing communication services.

### **Vocational Rehabilitation Services Assistance**

**Vocational Rehabilitation Services-located on the campus of NCSD in the Hoff Meyer Building by the Football Field, Serving 17 counties.**

Address: 200 Enola Rd, Morganton, NC 28655

Phone: (828) 433-2423

The Division of Vocational Rehabilitation Services provides counseling, training, education, transportation, job placement, assistive technology and other support services to people with disabilities.

Assistive Technology (For People with Disabilities)  
Client Assistance Program (CAP)  
Community Rehabilitation Services  
Disability Determination Services  
Employment Services for People with Disabilities  
Independent Living for People with Disabilities  
Vocational Rehabilitation Services

### **Chronic Disease**

#### **Burke Hospice- offers free interpreting services**

1721 Enon Road  
Valdese, NC 28690  
Phone: (828) 879-1601

Burke Hospice & Palliative Care offers a wide range of End-of-Life services tailored to meet the needs of each patient and their family. Our specially trained staff is ready to help and assist during this special time of life. At Burke Hospice & Palliative Care, we offer the following

#### Palliative Care

- Hospice Care
- Our Hospice House
- Hospice in Community Facilities
- Grief Counseling
- Advance Care Planning
- Workshops/Education
- We Honor Veterans

#### **Morganton Regional Center MRC- can provide communication access for Deaf and Deaf and Hard of Hearing individuals for Advocacy Services, Insurance Applications, Assist with Medicaid Benefits, and Social Security applications by request.**

107 Foothills Drive, Morganton NC 28655  
1-800-999-8915 Voice/TDD  
828-430-7185 Voice  
828-475-6606 Video Phone  
<http://www.ncdhhs.gov/dsdhh>

## **Lack of Affordable Healthcare/Health Insurance**

**Morganton Regional Center MRC- can provide communication access for Deaf and Deaf and Hard of Hearing individuals for Advocacy Services, Insurance Applications, Assist with Medicaid Benefits, and Social Security applications by request. See a complete listing of services on pages 1-4 of this document.**

107 Foothills Drive, Morganton NC 28655

1-800-999-8915 Voice/TDD

828-430-7185 Voice

828-475-6606 Video Phone

<http://www.ncdhhs.gov/dsdhh>

## **Dental**

**Private Dental Practices**

**24 General Dentist Practices**

**2 Oral Surgeons**

**1 Pediatric Dentist Practice**

**1 Orthodontic Practice**

**Each practice would have to be contacted individually for more information.**

### **Good Samaritan Clinic**

305 W. Union Street

Morganton, NC 28655

Phone: (828) 212-4185

Fax: (828) 212-4193

**Services:** For treatment of those without access to dental insurance and/or the ability to afford dental care. The clinic is only able to offer extractions at this time due to the lack of volunteer dentists to assist in the provision of charitable care. There is a 6-month waiting list for these services.

### **Teeth In Need Program**

#### **Good Samaritan Clinic**

305 W. Union Street

Morganton, NC 28655

Phone: (828) 212-4185

Fax: (828) 212-4193

**Services:** Teeth in Need (TIN) is sponsored by the Good Samaritan Clinic, Inc. as a collaborative effort between the Burke County Public School Nurse Program, Good Sam, and the dental community to provide financial assistance to parents for their child's immediate dental care needs. TIN strongly supports effort in disease prevention and classroom dental education. The mission is to secure dental care for those school age children in need to relieve dental pain and suffering in Burke and Wilkes Counties.

## Education

### **Burke County Public Schools**

700 East Parker Road  
Morganton, NC 28655  
Phone: (828) 439-4312  
Website: [www.burke.k12.nc.us](http://www.burke.k12.nc.us)

### **Christ Classical Academy**

400 Malcolm Blvd.  
Connelly Springs, NC 28612  
Phone: (828) 432-7593  
Website: [www.cca4god.org](http://www.cca4god.org)

### **Morganton Day School**

305 W. Concord Street  
Morganton, NC 28655  
Phone: (828) 437-67852  
Website: [www.morgantondayschool.com](http://www.morgantondayschool.com)

### **New Dimensions School**

550 Lenoir Road  
Morganton, NC 28655  
Phone: (828) 437-5753  
Website: [www.newdimensions.teamcfa.org](http://www.newdimensions.teamcfa.org)

### **North Carolina School for the Deaf**

517 West Fleming Drive  
Morganton, NC 28655  
Phone: (828) 432-5202  
Website: [www.ncsd.net](http://www.ncsd.net)

### **Reflections of Christ Christian Academy**

110 3<sup>rd</sup> Street SE  
Hildebran, NC 28637  
Phone: (828) 397-3075

### **Silver Creek Adventist School**

2195 Jamestown Road  
Morganton, NC 28655  
Phone: (828) 584-3010  
Website: [www.silvercreekadventistschool.org](http://www.silvercreekadventistschool.org)

## **Western Piedmont Community College**

1001 Burkemont Avenue  
Morganton, NC 28655  
Phone: (828) 448-6000  
Website: [www.wpcc.edu](http://www.wpcc.edu)

### Financial Assistance

#### **American Red Cross**

305 W Union St. #A  
Morganton, NC 28655  
Main Phone: (828) 438-8844; (828) 437-1911 (nights, weekends, and holidays);  
(828) 406-5581 (Charles Avery, cell)  
Website: [www.burkecountyredcross.com](http://www.burkecountyredcross.com) / [www.redcross.org](http://www.redcross.org) (to register for a health class)

**Services:** Offers 24-hour disaster and military family emergency service, aid to victims of fire and other disasters, blood donation collections, health classes (CPR, First Aid, and Lifeguard), and disaster preparedness education.

#### **Assurance Wireless**

Main Phone: 1-888-898-4888  
Website: [www.assurancewireless.com](http://www.assurancewireless.com)

**Services:** FREE wireless phone, and 250 FREE minutes and 250 free texts each month, within a nationwide coverage area, if you participate in any of the following: Medicaid, F and S / SNAP (formerly Food Stamps), SSI, Temporary Assistance for Needy Families (TANF), Section 8 housing, Low Income Energy Assistance Program, National School Lunch Program's Free Lunch Program; OR, your household income is at or below the eligibility guidelines.

#### **Blue Ridge Community Action**

(Morganton Office) 800 North Green St.  
Morganton, NC 28655  
Main Office: (828) 438-6255

(Rutherford College Office)  
240 Bravard St.  
Rutherford College, NC 28655  
Main Office: (828) 879-2367

**Services:** Blue Ridge Community Action cares about the entire community, and is dedicated to helping people help themselves and each other. BRCA strives to obtain and maintain agency self-sufficiency, as well as assist employees and low-income residents to obtain and maintain self-sufficiency. Our mission is realized by providing services, advocacy and support for persons so they can become economically self-sufficient, improve the quality of their lives, and better provide opportunities for their families.

**Burke County Department of Social Services**

700 E Parker Rd.

Morganton, NC 28655

Phone: (828) 764-9600

**Services:** The Burke County Department of Social Services is dedicated to assist individuals who require or request our applicable social work services to maintain or enhance the quality of their lives. We further seek to provide those services in a manner that respects the dignity of each human being and recognizes the need for each individual to reach his/her highest level of independence.

**Burke Pregnancy Care Center**

302 S Main Street

Drexel, NC 28619

Phone: (828) 437-4357

**Services:** Pregnancy Care Center of Burke County provides pregnancy testing and verification, education on fetal development, limited ultrasounds, confidential peer counseling, referrals, baby and mom hygiene items, maternity clothes, baby clothes, and educational videos on various pregnancy subjects.

**Burke United Christian Ministries**

305 B West Union Street

Morganton, NC 28655

Phone: (828) 433-8075

Clothing Store Phone: (828) 433-8075 ext. 226

**Services:** Burke United Christian Ministries (BUCM) serves Burke County through offering people nutritious meals at our Soup Kitchen, counseling neighbors in times of crisis, and providing families with food, clothing and financial assistance.

**East Burke Christian Ministries**

103 3rd Ave SE

Hildebran, NC 28637

Phone: (828) 397-7074

Hours: Tuesday and Wednesday 9 a.m. – noon and 1:00 – 4 p.m., Thursday 9 a.m. – 12 p.m.

**Services:** Crisis ministry assists people needing emergency aid with food, clothes, and/or financial assistance in the form of power, rent, medicine, gas, and other needs. Clothing is \$1 per item, or \$7 to fill a 13-gallon bag; clothing items are free in a crisis such as a house fire. Serves eastern burke county residents living east of Mineral Springs Mountain Road.

**Family Guidance Center, Inc. (Catawba County-Serves Burke County)**

Consumer Credit Counseling

17 US Highway 70 SE

Hickory, NC 28602

Phone: (828) 322-1400

Website: <http://www.fgcservices.com/>

**Services:** Offers individual and family counseling, domestic violence services and credit/financial counseling (see listing for Consumer Credit Counseling Services). Also offers MAT

(Mate Abuser Treatment) program and shelter for battered women. Individual and family counseling services are offered on a sliding-fee scale.

**First Baptist Church of Drexel**

200 S Main St.

Drexel, NC 28619

Phone: (828) 437-3351

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

**Services:** Offers free clothing and food to community members in need on the 2nd Sunday of every month starting at 5:00 p.m. You must bring a photo ID.

**First Baptist Church of Valdese-Twice Blessed Clothes Closet**

500 Faet St. NW

Valdese, NC 28690

Phone: (828) 874-2266

Website: <http://www.valdesefirstbaptist.org>

**Services:** Twice Blessed is the Church's clothing ministry. It is located just inside the door to the church fellowship hall, which is accessed from the parking lot behind the church. The clothes closet offers many different sizes and types of clothing, all at no charge. This ministry is open to the community on Tuesdays and Thursdays from 2:00-4:00 p.m. Donations are accepted for new or gently used clothes.

**First United Methodist Church of Valdese- Hygiene Closet**

217 St. Germain Ave SE

Valdese, NC 28690

Phone: (828) 874-0006

**Services:** The Hygiene Closet/Outreach Mission event is the 1st Monday of each month from 5:30-6:00 pm. prayer and devotion to follow. It is a first come, first serve basis. The items available range from personal hygiene to cleaning supplies. No appointment is needed and it is available to residents of Burke County only.

**Foothills Thrift Store**

259 Main Street

Valdese, NC 28690

Phone: (Valdese) (828) 874-2521

2886 US Hwy 70 East

Morganton, NC 28655

Phone: (Drexel) (828) 437-7772

Website: [www.foothillsserviceproject.org/stores.html](http://www.foothillsserviceproject.org/stores.html)

**Services:** Donated thrift store items can be purchased at a 50% discount for families with needs referred by a school or agency. Store hours are 9:30 a.m. – 5:30 p.m.; extended summer hours in Valdese are Friday, 9:30 a.m. – 8:30 p.m.

### **North Carolina Foundation for Public School Children**

Phone: 1-800-662-7924, ext. 204

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

**Services:** Maximizes the effectiveness of the public school system by providing basic necessities for students such as eyeglasses, hearing aids, school supplies, clothing, and other educational fees. NCFPSC also offers grants to low-wealth counties for parent involvement and professional development. It insures quality educators for the future through the Teacher Cadet Program. Any school personnel may apply for student assistance or grants through the online application at [www.NCFPSC.org](http://www.NCFPSC.org).

### **Olive Hill Community Economic Development Corporation, Inc.**

309 Colombo St. SW

Valdese, NC 28690

Phone: (828) 522-4051

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

Hours: Monday-Thursday 9:30-5:45pm and Fridays 9:30-4:30pm

### **The Outreach Center**

510 E Fleming Dr.

Morganton, NC 28655

Phone: (828) 439-9550

Fax: (828) 437-8573

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

**Services:** Offers free groceries every afternoon from 1:00 – 5:00 p.m. on a first-come first-serve basis for those with a need; picture ID is required and proof of residence is required at first visit. Requests are considered for emergency clothing needs, or for job training participants. Offers GED classes and Workforce Development training; call 439-8300, or email [info@theoutreachcenter.org](mailto:info@theoutreachcenter.org) for more information. Distributes backpacks with school supplies to children in need in August. Please call before August 15th to sign up. Please bring your child's Medicaid card, Health Choice card, or your IRS 1040 to verify eligibility. Offers counseling including substance abuse, marriage, and family counseling; most insurance accepted. Visit the website [www.theoutreachcenter.org](http://www.theoutreachcenter.org) for more information.

### **Safelink Wireless**

Main Phone: 1-800-977-3768

**Services:** Government supported program that provides a free cell phone and airtime (1,000 texts and 250 minutes) each month for income-eligible customers.

### **St. Matthews United Methodist Church- Baby Supply Closet**

201 Shady Rest Rd.

Morganton, NC 28655

Main Office: (828) 437-5420

**Services:** The Baby Supply Closet provides diapers free of cost to those in need. A voucher is required and can be obtained from Department of Social Services (DSS), Burke County Health Department (BCHD), or Burke United Christian Ministries (BUCM). The supply closet is open Mondays and Wednesdays from 8 am to 12:00 pm. Recipients can come only once a month.

**Salvation Army (Catawba County)**

Phone: (828) 322-8061

Website: <http://www.salvationarmyusa.org>

**Services:** Serves to meet emergency short-term needs of the individual family whether physical, emotional, or spiritual. Salvation Army provides financial assistance, counseling, and clothing. Also provides a homeless and transient shelter in Hickory.

**Social Security Administration**

1050 US Hwy 321 NW

Hickory, NC 28601

Phone: 1-888-877-1615/TTY 1-800-735-8262

Website: [www.ssa.gov](http://www.ssa.gov)

**Services:** Assists individuals applying for retirement, survivors' (dependents of a deceased individual), Social Security Disability, and Supplemental Security Income (SSI) benefits.

**Valdese First Christian Church-Dry Bottoms Baby Closet Ministry**

916 Berry Ave SE

Valdese, NC 28690

Phone: (828) 879-8054

**Services:** The Dry Bottoms Baby Closet provides assistance to those who are need of diapers, wipes, creams, powder, shampoo, baby wash, and other basic needs for small children. The closet is open free of charge to those who are need. Recipients may come by once a month. Hours are every 2nd and 4th Tuesday of the month, excluding holidays from 2:00-4:00pm.

**Food/Shelter****Food Pantries****Abernethy Memorial United Methodist Church**

360 Malcolm Blvd.

Rutherford College, NC

Phone: (828) 879-8894

**Bridge 42 Church**

107 Calvin Heights St.

Morganton, NC 28655

Phone: (828) 584-2876

**Burke United Christian Ministries**

305-B W. Union St.

Morganton, NC 28655

Phone: (828) 433-8075

Contact person for Mobile Food Pantry Program: Rosemary Ohnesorge (828) 433-8075 (Ext. 223)

**Burkemont Baptist Church**

4668 Burkemont Rd.

Morganton, NC 28655

Phone: (828) 437-2357

**Crosslink Church**

400 Malcolm Blvd.  
Rutherford College, NC  
Phone: (828) 874-0428

**Denton's Chapel United Methodist Church**

5358 Denton's Chapel Rd.  
Morganton, NC 28655  
Phone: (828) 433-7985

**East Burke Christian Ministries**

202 S. Center St.  
Hildebran, NC 28637  
Phone: (828) 397-7074

**El Bethel Baptist**

1669 N. Green St.  
Morganton, NC 28655  
Phone: (828) 437-0570

**First Baptist Church of Drexel**

200 S. Main St.  
Drexel, NC 28619  
Phone: (828) 437-3351

**First Baptist of Hildebran**

8831 Old Highway 10  
Hildebran, NC 28637  
Phone: (828) 397-3641

**First Baptist Church of Morganton**

502 W. Union St.  
Morganton, NC 28655  
Phone: (828) 437-2544

**High Peak Baptist Church**

3073 High Peak Rd.  
Valdese, NC 28690  
Phone: (828) 874-0164

**Oak Ridge Baptist Church**

7449 Oak Ridge Church Rd.  
Connelly Springs, NC 28612  
Phone: (828) 874-0891

**The Outreach Center**

510 E. Fleming Dr.  
Morganton, NC 28655  
Phone: (828) 439-8300

**Pleasant View Baptist Church**

1834 US 70 E.  
Morganton, NC 28655  
Phone: (828) 437-3469

**St. Charles Catholic Borromeo Church**

728 W. Union St.  
Morganton, NC 28655  
Phone: (828) 437-3108

**Waldensian Presbyterian Church**

109 Main St. East  
Valdese, NC 28690  
Phone: (828) 874-2531/ (828) 879-9010

**Zion Baptist Church**

3396 Pea Ridge Rd.  
Morganton, NC 28655  
Phone: (828) 437-7755

**Shelters****Burke Women's Shelter (The Meeting Place)**

208 White Street  
Morganton, NC 28655  
Phone: (828) 439-3625  
Email: [meetingplacemarks@gmail.com](mailto:meetingplacemarks@gmail.com)

**Services:** Emergency shelter for women and young children, served on a first come first serve basis. Check in is between 5pm and 7pm daily. Check out is by 8am daily.

**FACES (Families Adjusting Changing Evolving Safely – The Meeting Place)**

813 W. Union Street  
Morganton, NC 28655  
Phone: (828) 439-3625  
Email: [meetingplacemarks@gmail.com](mailto:meetingplacemarks@gmail.com)

**Services:** Duplex used for transitional shelter for families; transitional living for 6 months to 1 year. Call for availability.

**Habitat for Humanity of Burke County**

305 W. Union Street (Burke Mission Station)

Morganton, NC 28655

Phone: (828) 437-0370/(828) 437-5306

Email: [habitat@burkehabitat.org](mailto:habitat@burkehabitat.org)

Website: <http://www.burkehabitat.org>

**Services:** Builds affordable homes for qualified people. Participants must live in Burke County and currently live in overcrowded or substandard housing conditions; have steady, verifiable income making enough money to make a house payment but not so much that one would qualify for a loan at a bank; have a decent credit report; and be willing to help build their house and the houses of others.

**House of Refuge**

106 Murphy Street

Morganton, NC 28655

Phone: (828) 433-8921

Email: [info@refugeministries.us](mailto:info@refugeministries.us)

Website: [www.refugeministries.us](http://www.refugeministries.us)

**Services:** Provides overnight emergency shelter for homeless men and provides direction in seeking housing and employment.

**The Meeting Place Mission**

600 Burkemont Ave.

Morganton, NC 28655

Phone: (828) 439-3625

Email: [meetingplacemarks@gmail.com](mailto:meetingplacemarks@gmail.com)

Website: <http://www.meetingplacemission.com>

**Services:** Provides transitional shelter to homeless adult men with referrals to area services. Call before coming to the shelter. Inquiry calls are accepted 9am – 5pm.

**Morganton Housing Authority**

644 1<sup>st</sup> Street

Morganton, NC 28655

Phone: (828) 437-9101

Fax: (828) 439-8351

Email: [mail@morgantonhousing.com](mailto:mail@morgantonhousing.com)

Website: [www.morgantonhousing.com](http://www.morgantonhousing.com)

**Services:** Provides public housing for families with low income. All housing is located within Morganton city limits.

### **Options of Burke County**

PO Box 2512

Morganton, NC 28680

Director: Kristy Graf, Executive Director

Phone: (828) 438-9444

Email: [inc6400@bellsouth.net](mailto:inc6400@bellsouth.net)

**Services:** Provides a variety of assistance to victims of all violent crimes or threat of crime, including battered spouses, rape, sexual assault, and incest. Offer services for battered women and children, counseling for abused children, court assistance, and community education. Programs for school aged children in the areas of personal safety, domestic violence and child abuse are available for presentation in the public schools. Call about area support groups.

### **Valdese Housing Authority**

1402 Lydia Avenue

Valdese, NC 28690

Phone: (828) 874-0098

Fax: (828) 874-4352

**Services:** Provides public housing for families with low income.

### **Western Piedmont Council on Governments (WPCOG) Section 8 Rental Assistance Program**

1880 2<sup>nd</sup> Ave. NW

Hickory, NC 28601

Contact: Jo Ann Parlier

Phone: (828) 322-9191

Website: <http://www.wpcog.org/index.asp>

**Services:** Assists very low income families and the disabled to receive a “Housing Choice Voucher” (formerly called Section 8 Housing) that pays a significant portion of rent for participating landlords. Participants are able to search for their own housing, including single family homes, manufactured homes, townhouses, and apartments. Eligibility for a housing voucher is based on the annual gross income and family size and is limited to US citizens and special categories of non-citizens who have eligible immigration status.

### Healthcare

#### **Burke County Health Department**

700 East Parker Road

Morganton, NC 28655

Phone: (828) 764-9150

Fax: (828) 764-9153

Website: [www.burkenc.org/departments/health](http://www.burkenc.org/departments/health)

Call for appointments and eligibility

The Burke County Health Department works to serve the citizens of our community through improving the health of the people and protecting the environment in which we live.

**Clinical Services:** Maternity  
Family Planning  
Sexually Transmitted Infection Clinic  
Adult Health  
Child Health  
Communicable Disease  
Immunizations

**Other Services:** WIC  
Environmental Health  
Health Education  
Pregnancy Care Managers/Care Coordination for Children  
Safe Kids Burke County  
Preparedness

**Broughton Hospital**  
1000 South Sterling St.  
Morganton, NC 28655  
Phone: (828) 433-2111  
Contact us by Email at: [BH.Information@dhhs.nc.gov](mailto:BH.Information@dhhs.nc.gov)

Broughton Hospital is one of three regional psychiatric hospitals with statutory responsibility for operating as a part of the Division of State Operated Healthcare Facilities (DSOHF) within the North Carolina Department of Health and Human Services to provide help and support to North Carolinians and their families experiencing mental illness. The hospital serves the western thirty-seven (37) counties of North Carolina, approximately 35% of the total population, as part of the state's system of care and treatment for persons with mental illness. Broughton Hospital, as part of the state's mental health system, participates in a continuum of services that originates with local managing entities in western North Carolina. This local service is designated as the single portal of entry for referrals to Broughton Hospital. Prior to admission communication is encouraged between this hospital and the referring agent. This includes verbal contact with admitting services and documentation sent with the patient as to history, reason for admission, medical condition and prospective needs.

**Services:** A 297 bed state operated psychiatric hospital, in the midst of building a \$154 million state of the art facility due to be completed in the fall of 2017.

**Burke Hospice and Palliative Care**  
1721 Enon Road  
Valdese, NC 28690  
Phone: (828) 879-1601  
Website: <http://www.burkehospice.org>

Hospice and palliative care programs offer specialized care to people suffering from life-limiting illnesses and injuries. Hospice is a philosophy of care which respects and values the dignity of each person. Hospices care for people approaching death by cherishing life by helping patients (and those who love and care for them) live each day to the fullest. Hospice and palliative care is the practical expression of that personal and professional commitment.

Burke Hospice and Palliative Care serves Burke, Catawba, Caldwell, Avery, McDowell, Rutherford, Cleveland, and Lincoln counties of Western NC.

**Services include:**

- Palliative Care
- Hospice Care
- Relief and Resources
- Hospice House
- Hospice Care in Community Facilities
- Grief Counseling
- Advanced Care Planning
- Workshops and Education

### **Burke Integrated Health**

350 E. Parker Road

Morganton, NC 28655

Phone: (828) 624-0300

Fax: (828) 528-5800

24 hr. Crisis Line: 1-888-235-4673

Website: <http://www.burkeintegratedhealth.com>

Burke Integrated Health provides access to medical, mental health and substance abuse care in one location. Care is provided through collaboration between Partners Behavioral Health Management and the following organizations: Burke Primary Care, A Caring Alternative, Catawba Valley Behavioral Healthcare, The Cognitive Connection and Community Care of North Carolina/AccessCare.

### **Carolinas Healthcare System Blue Ridge-Morganton Campus**

2201 South Sterling Street

Morganton, NC 28655

Phone: (828) 580-5000

Website: [info@BlueRidgeHealth.org](mailto:info@BlueRidgeHealth.org)

**Services:** The independent, not for profit hospital provides advanced, affordable healthcare for the residents of Burke County. This hospital system offers a broad scope of inpatient and outpatient services. The hospital anchors Carolinas Healthcare System – Blue Ridge’s system of local professionals and institutions dedicated to promoting wellness and meeting lifetime healthcare needs by providing comprehensive, high quality and cost effective services and facilities.

### **Carolinas Healthcare System Blue Ridge – Valdese Campus**

720 Malcolm Blvd.

Valdese, NC 28690

Phone: (828) 580-7640

We are leading the way in advanced, comprehensive, community based healthcare services, including:

A full service, 24 hour emergency department

Physician practices

Advanced diagnostic imaging

Laboratory services

Community room – coming in 2017

### **Carolinas HealthCare System – Urgent Care and Express Care**

695 West Fleming Drive

Morganton, NC 28655

Phone: (828)580-3278

Monday – Friday 8am – 8:30pm

Saturday 10am – 8:30pm

Sunday 2pm – 8:30pm

**Services:** Treatment for sore throats, earaches, bronchitis, colds, flu and upset stomach  
Treatment for cuts, burns, strains and sprains  
Physicians for school, camp or work  
Assistance in selecting a primary care physician

### **Good Samaritan Clinic**

305 West Union Street

Morganton, NC 28655

Phone: (828) 212-4185

Fax: (828) 212-4193

Website: <http://burkegoodsamclinic.org>

Facebook: <https://www.facebook.com/goodsamaritanclinic>

**Services:** Good Samaritan Clinic is an interdenominational Christian ministry providing charitable medical, dental and mental health care to Burke County residents who are without government assistance, private insurance or the financial resources to afford such care. No one is refused services based on race, gender, religious beliefs or sexual orientation. Good Samaritan Clinic is founded on the belief that healthcare is a God-given right for all, regardless of the ability to pay.

**Services:** Primary Care/Specialist Services  
Farmworker Health Program  
Teeth in Need Program  
Emergency dental care  
Labs and X-rays  
Prescription medications  
Mental Health case management, peer support and psychiatric services, etc.

**Services not provided:** family planning services; child immunizations; pain management; disability exams; and prescriptions for controlled substances.

**J.Iverson Riddle Developmental Center**

300 Enola Road  
 Morganton, NC 28655  
 Phone: (828) 433-2731

This center is the state operated developmental center for North Carolina’s western region. Riddle provides services and support to individuals with intellectual and developmental disabilities, complex behavioral challenges and or medical conditions whose clinical treatment needs exceed the level of care available in the community.

**Services include:** Residential, medical, habilitation and training to promote independence, self-determination and to support community living  
 Facility based respite services to provide caregivers temporary relief  
 The Family Infant Preschool Program (FIPP) provides support and resources to women who are pregnant and children from birth through five years of age with identified intellectual and developmental disabilities and their families

**Psalms Urgent Care Center**

200-C S. College Street  
 Morganton, NC 28655  
 Phone: (828) 438-1117  
 Fax: (828) 438-1119

Monday – Friday 9am – 5:30pm  
 Saturday 9am – 4:30pm  
 Sunday 1pm – 4:30pm

**Urgent Care of Mountain View**

1101 N. Green Street  
 Morganton, NC 28655

**Services:** The Urgent Care treats a variety of illnesses and injuries in the urgent care setting. We perform a number of in-house labs and have partnered with Solstas Labs for more complicated testing. Also provides onsite digital x-rays. If your condition requires hospitalization, our team of medical providers can admit you directly to the hospital, allowing you to bypass a more costly visit to the emergency room. Our team of experienced medical professionals treats both adults and children and our staff members have worked in urgent cares and emergency rooms across the Unifour and beyond.

**Holistic Wellness: Providers that specialize in complementary and alternative forms of wellness****Awakenings Spa**

115 Queen Street  
 Morganton, NC 28655  
 Phone: (828)408-3670  
 Website: [www.awakeningsspa.com](http://www.awakeningsspa.com)

**Breathe Yoga and Wellness**

131 W. Union Street  
Morganton, NC 28655  
Phone: (828) 475-5775  
Website: [www.breatheyogawellness.com](http://www.breatheyogawellness.com)

**Foothills Holistic Alliance**

(Coalition of Practitioners)  
Website: [www.foothillsholisticalliance.com](http://www.foothillsholisticalliance.com)

**Optimal Health and Wellness**

Dr. Johnny Gomes  
113 Davis Street  
Glen Alpine, NC 28628  
Phone: (828) 584-8199  
Website: [www.optimalhealthwnc.com](http://www.optimalhealthwnc.com)

**Wisdom Path, LLC**

220 W. Union Street  
Morganton, NC 28655  
Phone: (828) 475-6544  
Website: [www.wisdompathnc.com](http://www.wisdompathnc.com)

[Job Resources](#)**Employment Security Commission**

720 E Union St.  
Morganton, NC 28655  
Phone: (828) 438-6161  
Website: [www.ncworks.gov](http://www.ncworks.gov)

**Olive Hill Economic Development Center**

309 Colombo St. SW  
Valdese, NC 28690  
Phone: (828) 522-4051  
Website: [www.ohcedc.org](http://www.ohcedc.org)  
Hours: Monday-Thursday 9:30-5:45pm and Fridays 9:30-4:30pm

**Western Piedmont Community College****Job & Career Training**

Website: [www.wpcc.edu/job-career/](http://www.wpcc.edu/job-career/)

## Mental Health/Behavioral

### **Agape Counseling**

207 E. Union Street

Morganton, NC 28655

Phone: (828) 448-5425

Website: [www.agapecounselingpllc.com](http://www.agapecounselingpllc.com)

### **A Caring Alternative**

617 South Green St.

Morganton, NC 28655

Phone: (828) 437-3000

Website: [www.caringalternative.com](http://www.caringalternative.com)

### **Broughton Hospital**

1000 South Sterling St.

Morganton, NC 28655

Phone: (828) 433-2111

Email inquiry: [bh.information@dhhs.gov](mailto:bh.information@dhhs.gov)

### **Burke Integrated Health**

350 E. Parker Rd #102

Morganton, NC 28655

Phone: (828) 624-0300

### **Carolina HealthCare System Blue Ridge Behavioral Health**

2201 South Sterling St.

Morganton, NC 28655

Phone: (828) 580-6400

Website: [www.info@blueridgehealth.org](http://www.info@blueridgehealth.org)

### **Catawba Valley Behavioral Healthcare**

350 East Parker Road, Suite #1

Morganton, NC 28655

Phone: (828) 624-1900/(828) 438-6225

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

### **Counseling Group**

1301 S. Sterling Street

Morganton, NC 28655

Phone: (828) 438-0215

Website: [www.thecounselinggroup.com](http://www.thecounselinggroup.com)

### **Focus Behavioral Health Services**

207 Queen Street

Morganton, NC 28655

Phone: (828) 439-8191

**Fresh Start Counseling Center**

512 E. Fleming Dr.  
Morganton, NC 28655  
Phone: (828) 443-0005  
Website: [www.fscounselingcenter.com](http://www.fscounselingcenter.com)

**Life Works**

205 E. Union Street  
Morganton, NC 28655  
Phone: (828) 433-9190  
Website: [www.lifeworksnc.org](http://www.lifeworksnc.org)

**Mimosa Christian Counseling Center**

220 Burkemont Ave.  
Morganton, NC 28655  
Phone: (828) 433-5600  
Website: [www.mimosachristiancounseling.org](http://www.mimosachristiancounseling.org)

**Dr. Byron K. Strother, MD, JD**

123 Wamsutta Mill Rd.  
Morganton, NC 28655  
Phone: (828) 475-4327

**Universal Mental Health Services**

301 E. Meeting St., #3  
Morganton, NC 28655  
Phone: (828) 438-0006  
Website: [www.umhs.net](http://www.umhs.net)

**Richard Welser, PhD**

401-B S. Green Street  
Morganton, NC 28655  
Phone: (828) 437-2004

**[Non-English Speaking Resources](#)**

**Banco Rural from Guatemala** (This Bank branch is inside the store Rincon Hispano) where the Guatemalan people can send money to Guatemala only and open saving accounts.

319 S Sterling St.  
Morganton, NC 28655

**Guatemalan Consul**

Morganton Recreation Center  
300 Collette St  
Morganton NC 28655

**Main office address**

2750 Buford Hwy NE

Atlanta GA 30324

Phone: (404) 320-8804

The Guatemalan Consul comes to Morganton once a year to register married couples, give ID picture, passport, and register children born in this country for them to have double citizenship

**CONALFA**

1311 Bethel Road

Morganton NC 28655

Phone: (828) 403-4665

Phone: (828) 201-99-09

A literacy program sponsor by the Guatemalan government, teaches people to read and write in Spanish to those who did not finish elementary school. (Location inside the Church Luz y Verdad)

**Rincon Hispano and other Latino/Hispanic stores**

319 S Sterling St.

Morganton, NC 28655

These stores have services for shipping packages, sending money anywhere in the world and selling phone cards for people to call other countries for a lower cost.

**Latino/ churches help with Religion, Culture and Education****Iglesia Nueva Vida**

501 Amherst Rd

Morganton, NC 28655

Phone: (828) 437-6365

**Jehovah's Witnesses**

1663 Jamestown Rd

Morganton NC 28655

Phone: (828) 584-6096

**St Charles Catholic Church**

728 W Union St

Morganton NC 28655

Phone: (828) 437-3108

**Emmanuel Spanish Assembly of God**

688 Kirksey Dr

Morganton NC 28655

Phone: (828) 433-8432

**Luz y Verdad**

1311 Bethel Road

Morganton NC 28655

Phone: (828) 432-0561

## Recreation

### **Breathe Yoga and Wellness**

131 W. Union Street  
Morganton, NC 28655  
Phone: (828) 475-5775  
Website: [www.breatheyogawellness.com](http://www.breatheyogawellness.com)

### **Burke County Parks and Recreation**

200 Avery Ave.  
Morganton, NC 28655  
Phone: (828) 764-9000  
Website: [www.burkenc.org/departments/parks-and-recreation](http://www.burkenc.org/departments/parks-and-recreation)

### **Catawba Meadows Park**

701 Sanford Dr.  
Morganton, NC 28655  
Phone: (828) 437-8863  
Website: <http://www.morgantonnc.gov/index.php/government/parks-recreation/parks/catawba-meadows-park>

### **Drexel Recreation Department**

700 E. Main St.  
Drexel, NC 28619  
Phone: (828) 439-4370  
Website: <http://www.ci.drexel.nc.us/department/recreation/index.php>

### **Kaboom**

4301 Connecticut Ave., NW, Ste. ML-1  
Washington, DC 20008  
Phone: (202) 659-0215  
Website: [www.mapofplay.kaboom.org](http://www.mapofplay.kaboom.org)

### **Lake James State Park**

2785 NC-126  
Nebo, NC 28761  
Phone: (828) 584-7728  
Website: [www.ncparks.gov/lake-james-state-park](http://www.ncparks.gov/lake-james-state-park)

### **Morganton Aquatics Center**

117 Alphabet Ln.  
Morganton, NC 28655  
Phone: (828) 438-5380  
Website: [www.morgantonnc.gov/index.php/government/parks-recreation](http://www.morgantonnc.gov/index.php/government/parks-recreation)

### **Morganton Recreation Department**

300 Collett St.

Morganton, NC 28655

Phone: (828) 438-5350

Website: [www.morgantonnc.gov/index.php/government/parks-recreation](http://www.morgantonnc.gov/index.php/government/parks-recreation)

### **Phifer Wellness Center**

2165 S. Sterling St.

Morganton, NC 28655

Phone: (828) 580-6600

Website: <http://www.phiferwellness.com>

### **Valdese Recreation Department Aquatics and Fitness**

312 Massel Ave. SE

Valdese, NC 28690

Phone: (828) 879-2132

Website: <https://townofvaldese.com/recreation/>

### Recovery Support

#### **Burke Recovery**

203 White St.

Morganton, NC 28655

Phone: (828) 433-1221

[www.burkerecovery.com](http://www.burkerecovery.com)

#### **Carolinas Healthcare System Blue Ridge**

##### **Medical Detoxification**

2201 S. Sterling Street

Morganton, NC 28655

Phone: (828) 580-6378 or (828) 580-6393

Website: <http://www.blueridgehealth.org/medical-detox.html>

**Services:** Medical Detox is a short term, inpatient program designed to help patients withdraw from alcohol, benzodiazepines, barbiturates and opiates safely and without medical complications. Criteria for admission are severe symptoms of substance withdrawal that requires 24 hour medical supervision.

#### **Alcoholics Anonymous (AA)**

Phone: (828) 433-4440

Phone: 877-960-4789

[www.ncd12aa.org](http://www.ncd12aa.org)

[www.intherooms.com](http://www.intherooms.com)

## **Narcotics Anonymous (NA)**

www.crna.org

www.intherooms.com

Phone: 866-848-2567

Al-Anon/Alateen

[www.alanon.org](http://www.alanon.org)

[www.ncbermudaafg.org](http://www.ncbermudaafg.org)

Phone: 800-344-2666

## Transportation

### **Greenway: (828) 464-9444**

First come first serve, so call ahead to schedule an appointment. Rides in Burke County are \$2.50 each way. If you have Medicaid, call your DSS caseworker to arrange transportation.

### **DSS Medicaid Transportation**

For last name beginning with

A through K: Karen Kirby, (828) 764-9300

L through Z: Gina Elliot, (828) 764-9612

### **Handicare**

Age 60 and over receive free rides in Burke County. Under age 60 or traveling outside of Burke County call for rates.

Phone: (828) 437-8429

### **PremierCare Medical Transportation**

\$60/hour

Phone: (828) 327-2012

## Appendix F: Access to the 2016 Burke County CHNA

**The 2016 Community Health Needs Assessment can be accessed through the following outlets:**

Public Libraries

Burke County Government website

Burke County United Way website

Carolinas Health Care System Blue Ridge website

Legislative Representatives

Western Piedmont Community College website

**Community Health Needs Assessments presentations will include:**

Carolinas Health Care System Blue Ridge Board of Directors

Burke County Board of Commissioners

Burke County Board of Health

Burke County Chamber of Commerce/Business for Breakfast

Burke County United Way Board

Partners Behavioral Health Management

Townships/Municipalities (Upon request)

If your organization/agency is interested in a presentation of the 2016 Community Health Needs Assessment, please contact Lisa Moore, Burke County Health Department, at 828-764-9218 or [lisa.moore@burkenc.org](mailto:lisa.moore@burkenc.org)

## Appendix G: References

- <sup>1</sup> Healthy People 2020, Adolescent Health Topics and Objectives; accessed on 11/23/16 from: [https://www.healthypeople.gov/2020topics-objectives/topics/Adolescent-Health#Ref\\_02](https://www.healthypeople.gov/2020topics-objectives/topics/Adolescent-Health#Ref_02)
- <sup>2</sup> National Research Council, Panel on High-risk Youth, commission on Behavioral and Social Sciences and Education. Losing generations: Adolescents in high-risk settings. Washington: National Academies Press; 1993.
- <sup>3</sup> NCPASS 2009 North Carolina Nutrition and Physical Activity Surveillance System Data on Childhood Obesity; accessed on 11/23/16 from <http://www.eatsmartmovemorenc.com/Data/ChildAndYouthData.html>
- <sup>4</sup> County Health Rankings and Roadmaps; accessed on 11/23/16 from <http://www.countyhealthrankings.org/app/North-carolina/2016/measure/factors/11/map>
- <sup>5</sup> Neonatal Abstinence Syndrome; accessed on 12/1/16 from <http://emedicine.medscape.com/article/978763-overview> on eMedicine
- <sup>6</sup> Burke County GIS Department
- <sup>7</sup> United States Census Bureau. (2016). American Fact Finder: Annual Estimates of the Resident Population: April 1, 2010 to July 1, 2015 more information- 2015 Population Estimates: table: PEPANNRES. Retrieved from <http://factfinder.census.gov/>.
- <sup>8</sup> United States Census Bureau. (2015). American Fact Finder: 2014 American Community Survey 1-year estimates: table: CP05; Retrieved from <http://factfinder.census.gov/>.
- <sup>9</sup> United States Census Bureau. (2015). American Fact Finder: 2014 American Community Survey 1-year estimates;; Retrieved from <http://factfinder.census.gov/>.
- <sup>10</sup> United States Census Bureau. (2015). American fact finder: 2014 American community survey-tables: C23008; S1101; S1601; S0901; QT-P2. Retrieved from <http://factfinder.census.gov/>.
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