



Photo Credit: TCRH

2022

Carroll, Grayson and Galax Counties, VA

Community Health Needs Assessment

*Paper copies of this document may be obtained at: Twin County Regional Hospital
200 Hospital Drive, Galax, VA 24333 or by phone 276-236-1654 or via the hospital website. Tcrh.org*

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Perspective / Overview

About Twin County Regional Hospital

Making Communities Healthier

At Twin County Regional Healthcare, we compassionately pursue the health and well-being of our patients, employees and the community through our culture of exceptional service and commitment to quality.

Welcome to a place where people care about you and your health. At Twin County Regional Healthcare, we're the region's leader in providing quality healthcare services. That's because we're so much more than a hospital. We're an organized healthcare delivery system dedicated to providing healthcare services you need.

Twin County Regional Healthcare opened its doors in 1973 as the region's source for high quality, affordable healthcare. And today, we're still caring, still growing, and still taking care of our friends and neighbors.

Because we're part of your community, we're in tune with the services you need. In response, we continually develop and improve the services we offer. At Twin County Regional Healthcare, we hold the values that are important to all of us-service, quality, safety, people, cost effectiveness and growth.

At Twin County Regional Healthcare, the resources and services we provide can help you stay healthy or guide you through recovery. And all the while surrounded by neighbors, friends and family who have a vested interest in you.

Twin County Regional Healthcare (TCRH) is located in Galax, Virginia, which is in the center of the Twin Counties of Grayson and Carroll in Southwest Virginia. TCRH is a 141-bed facility that includes acute care, ambulatory care and emergency services. TCRH is considered a rural hospital that serves a large Medicare population, as well as a total population of approximately 60,000. We operate within a 100-mile radius.

Twin County Regional Hospital

- | | | |
|--|---|------------------|
| Acute Medical & Surgical Care | Orthopedics | Gastroenterology |
| Behavioral Health | Pain Services | Orthopedics |
| Cardiac Rehabilitation & Cardio Direct | Rehabilitation Services | Pediatrics |
| Cardiology | Sleep Center | Surgery |
| Cardiopulmonary Services | Stroke Center | Urgent Care |
| Chronic Disease Management & Education | Teleneurology | Urology |
| Diagnostic Imaging/Radiology | Women's Health & Birthing Center | |
| Emergency Services | Twin County Physician Practices | |
| Gastroenterology | Behavioral Health | |
| Intensive Care Unit | Cardiology | |
| Laboratory Services & Lab Direct | Family Practice: Galax, Hillsville & Independence | |
| Occupational Health/WorkPoint Wellness | | |

Creating a Culture of Health in the Community



Action Cycle Source: the Robert Wood Johnson Foundation's County Health Rankings website:

<http://www.Countyhealthrankings.org/roadmaps/action-center>

The Community Health Needs Assessment (CHNA) uses systematic, comprehensive data collection and analysis to define priorities for health improvement, creates a collaborative community environment to engage stakeholders, and an open and transparent process to listen and truly understand the health needs of Carroll, Grayson and Galax Counties, Virginia.

The Action Cycle shows how to create healthy communities. The rankings later in the document assist in understanding what makes a healthy community.

Impact of 2019 CHNA and Implementation Plan

Impact

COVID-19 impacted implementation in 2020. Groups were unable to meet in person and services were limited in the community. However, progress was made prior to COVID.

In 2019, Twin County Regional Hospital selected the following significant health needs:

1. Substance misuse
2. Lifestyle/obesity
3. Mental health
4. Family issues
5. Access to care
6. (tie) Socioeconomics and Senior issues

The following outlines initiatives and impact of those initiatives.

2022 Community Health Needs Assessment

This document is a hospital facility-specific Community Health Needs Assessment (CHNA) for Twin County Regional Hospital (TCRH)

Twin County Regional Hospital, as the sponsors of the assessment, engaged national leaders in community health needs assessments to assist in the project. Stratasan, a healthcare analytics and services company based out of Nashville, Tennessee, provided the analysis of community health data, analyzed survey data, facilitated the focus groups, conducted the interviews and facilitated a community health summit to receive community input into the priorities and brainstorm goals and actions the community could take to improve health.

- ✔ Starting on **November, 2022**, this report is made widely available to the community via Twin County Regional Hospital's website <https://www.tcrh.org> and paper copies are available free of charge at Twin County Regional Hospital 200 Hospital Drive, Galax, VA 24333 or by phone 276-236-1654
- ✔ Twin County Regional Hospital's board of directors approved this assessment on **October 11, 2022**.

PROJECT GOALS

- 1 To continue a formal and comprehensive community health assessment process which allows for the identification and prioritization of significant health needs of the community to assist with resource allocation, informed decision-making, and collective action that will improve health.
- 2 To continue a collaborative partnership between all stakeholders in the community by seeking input from persons who represent the broad interests of the community.
- 3 To support the existing infrastructure and utilize resources available in the community to instigate health improvement in the community.

“ We initiated the Community Health Needs Assessment with the goal to assess the health and needs of the community. This process is an affirmation of what we’ve been doing to improve health and has jumpstarted our next implementation plan,” said Gregory Pearson, CEO Twin County Regional Hospital.

The information gathered both from public health data and from community stakeholders provided the insight the community needed to set priorities for significant health issues and will be used by the community to inform and support our implementation plans,” added Betty Elmore, Director of Marketing Communications, Twin County Regional Hospital. ”

Community

Input and Collaboration

Data Collection and Timeline

In April 2022, Twin County Regional Hospital began a Community Health Needs Assessment for Carroll, Grayson and Galax Counties and sought input from persons who represent the broad interests of the community using several methods:

- Information gathering, using secondary public health sources, occurred in May – June 2022.
- 32 community members participated in focus groups and individual interviews for their perspectives on community health needs and issues on June 2, 2022.
- A community online survey was conducted from May 1 – July 30, 2022.
- An online survey of Twin County Regional Hospital employees and community providers was conducted
- A Community Health Summit was conducted on August 16, 2022, with community stakeholders. The audience consisted of healthcare providers, business leaders, government representatives, schools, not-for-profit organizations, employers, and other community members.

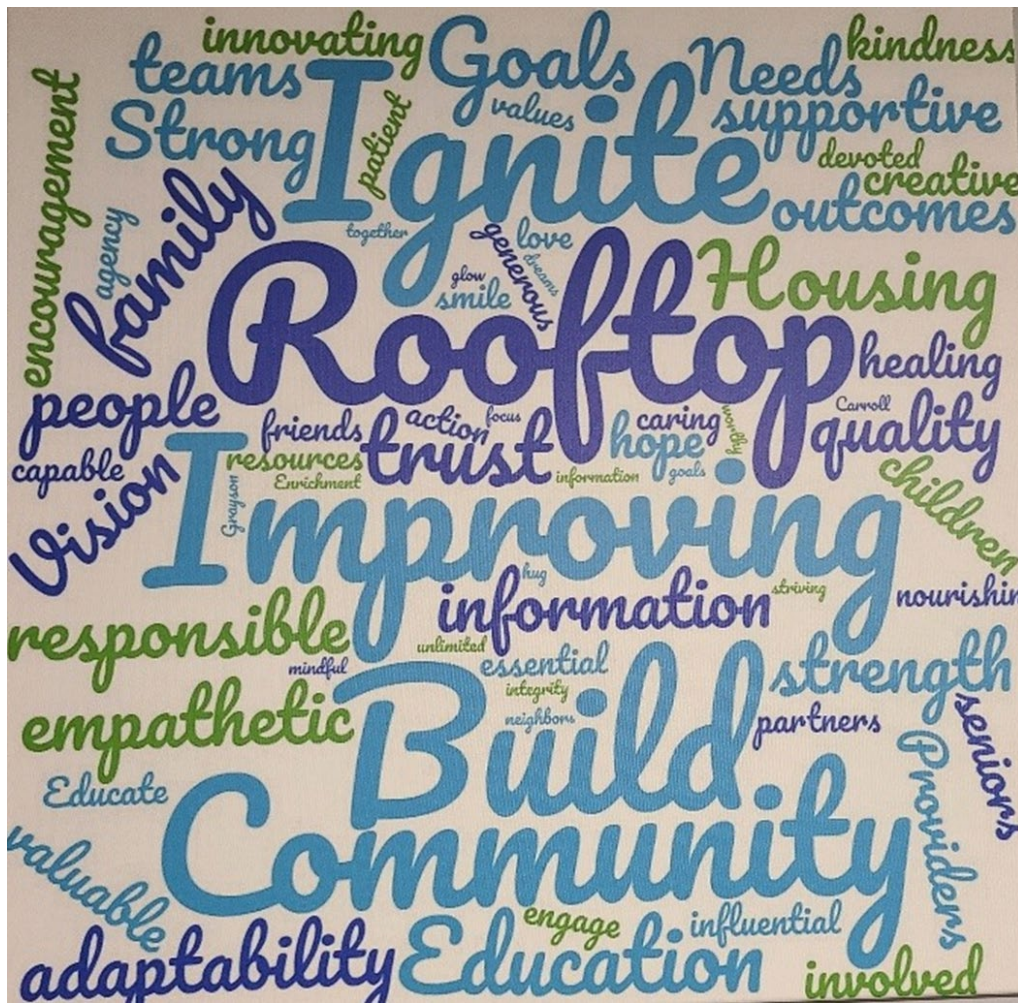


Photo Credit: TCRH

Information Gaps

While this assessment was quite comprehensive, it cannot measure all possible aspects of health in the community, nor can it adequately represent all possible populations of interest. It must be recognized that these information gaps might in some ways limit the ability to assess all the community’s health needs:

Participants

Sixty individuals from twenty-eight community organizations collaborated to implement a comprehensive CHNA process focused on identifying and defining significant health needs, issues, and concerns of Carroll, Grayson and Galax Counties. The three-month process centered on gathering and analyzing data, as well as receiving input from persons who represented the broad interests of the community, to provide direction for the community and hospital to create a plan to improve the health of the communities.

Participation by those Representing the Broad Interests of the Community

Participation in interviews and the Community Health Summit creating the Carroll, Grayson and Galax Counties Community Health Needs Assessment and Improvement Plan included:

Organization	Population Represented (kids, low income, minorities, those w/o access)	How Involved
Blue Ridge Home Health	Seniors, Homebound	Summit
Carroll County Emergency Services	Public Safety	Focus Group
Carroll County Public Schools	K-12	Focus Group
Carter Bank and Trust	Healthcare	Summit
Chamber of Commerce	Economic development, public health	Focus Group
City of Galax Police Department	Public safety	Focus Group
Crossroads Institute	Economic development / education	Focus Group
Curtis Bartlett Fitness	Fitness	Focus Group
Free Clinic of Twin Counties	Urgent care, public health	Focus Group
Galax - Grayson Emergency Medical Services	EMS	Focus Group
Galax Parks & Recreation	Healthcare	Summit
Grayson County Department of Social Services	Kids, children	Focus Group
Grayson County Sheriff's Office	Public safety	Focus Group
Hillsville Police Department	Public safety	Focus Group
Larrowe & Co	Healthcare	Summit
Life Center of Galax	Adults with SUD, Medicaid	Focus Group/Summit
Mount Rogers Community Services	Mental health, disabled, substance use	Focus Group
Mount Rogers Health District	Public health	Focus Group
PUSH Ministries	Community service, social work	Focus Group
Senior Home Share	Elderly	Focus Group/Summit
Town of Hillsville	Public/community/town health	Focus Group
Tri-Area Community Health	Seniors, All	Summit
Twin County GFCC	Urgent care	Focus Group
Twin County Hospice	Hospice	Focus Group
Twin County Physician Practices	Urgent care, public health	Focus Group
Twin County Regional Healthcare	Urgent care, public health, access	Focus Group/Summit
VDH Mount Rogers	Public health	Focus Group
Virginia Department of Health	Public health, minorities	Focus Group/Summit

In many cases, several representatives from each organization participated



Photo Credit: TCRH

Community Engagement and Transparency

Many members of the community participated in focus group, individual interviews, survey and the Summit. We are pleased to share the results of the Community Health Needs Assessment with the rest of the community in hopes of attracting more advocates and volunteers to improve the health of our communities. The following pages highlight key findings of the assessment. We hope you will take the time to review the health needs of our community as the findings impact every citizen in one way or another; and join in the improvement efforts.

Input of the Medically Underserved, Low-Income, and Minority Populations

Input of medically underserved, low-income and minority populations was received through interviews, focus groups and the community health summit. Agencies representing these population groups were intentionally invited to the focus group, interviews and summit. The community survey was representative of the whole community – by age, income, and education.

Input of those with Expertise in Public Health

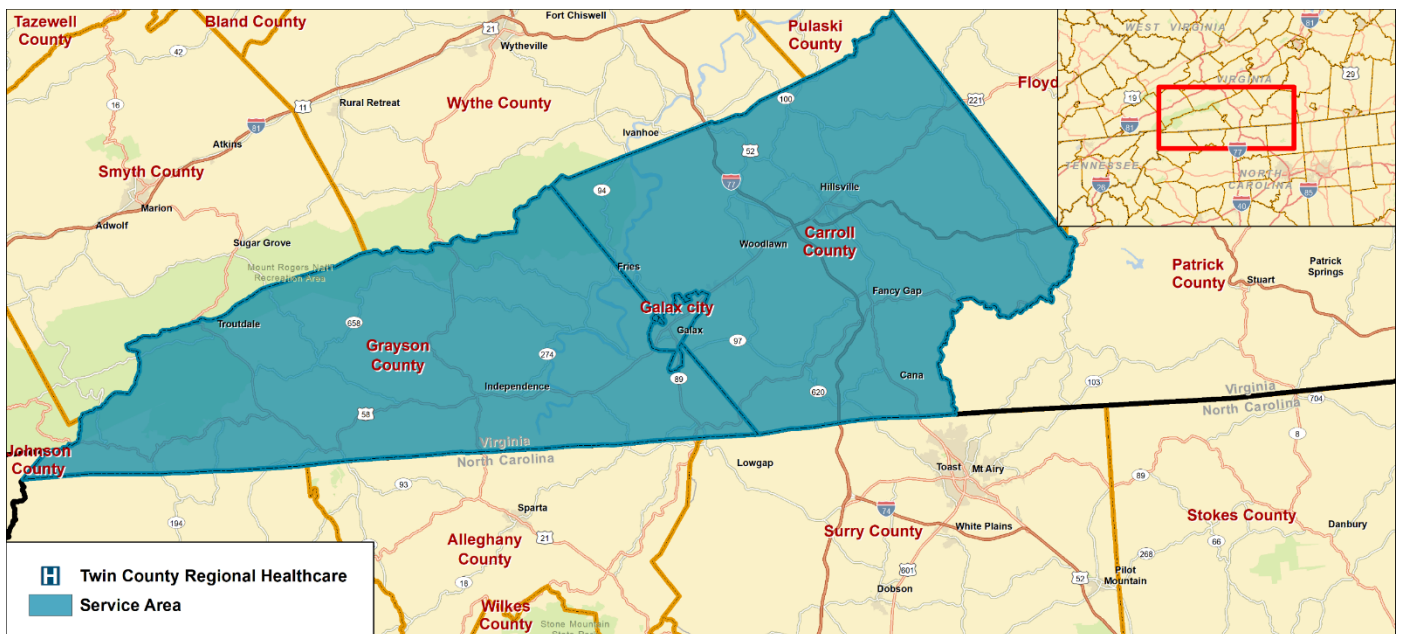
The Mount Rogers Health District of the Virginia Department of Health participated in the focus groups as well as attended the community health summit. Their community health knowledge and expertise was invaluable during this process.

Community Selected for Assessment

Carroll, Grayson and Galax Counties was the primary focus of the CHNA due to the service area of Twin County Regional Hospital. Used as the study area, Carroll, Grayson and Galax Counties provided **XX%** of inpatient discharges from January 1, 2021, through December 31, 2021. The community includes medically underserved, low-income, and minority populations who live in the geographic areas from which Twin County Regional Hospital draws their patients.

All patients were used to determine the service area without regard to insurance coverage or eligibility for financial assistance under Twin County Regional Hospital's Financial Assistance Policy.

Twin County Regional Hospital Study Area - 2022



Key Findings

Community Health Assessment

Results

Based on the previous CHNA priorities, secondary data, focus groups, and surveys, the summit participants selected the following significant health needs to be the focus of the work of community over the next three years.

1. Substance Use Disorder
2. Mental Health
3. Healthy Eating/Active Living/Food Insecurity
4. Socioeconomics
5. Education/Communication
6. Access to Care

Process and Methods

Both primary and secondary data sources were used in the CHNA.

Primary methods included:

- Focus groups with community members
- Community online surveys
- Employee and provider surveys
- Community Health Summit

Secondary methods included:

- Public health data – death statistics, County Health Rankings, cancer incidence
- Demographics and socioeconomics – population, poverty, uninsured, unemployment
- Psychographics – behavior measured by spending and media preferences



Photo Credit: TCRH

Description of the Communities Served

Demographics

The table below shows the demographic summary of Carroll, Grayson and Galax Counties compared to Virginia and the U.S.

	3 Counties Combined	Galax City	Carroll County	Grayson County	Virginia	USA
Population	53,178	6,607	30,670	15,901	8,695,186	333,934,112
Median Age	47.4	45.0	47.5	48.1	39.2	38.8
Median Household Income	\$41,040	\$32,970	\$45,324	\$36,798	\$76,448	\$64,730
Annual Pop Growth (2021-2026)	-0.25%	-0.40%	-0.04%	-0.60%	0.73%	0.71%
Household Population	22,387	2,730	13,008	6,649	3,314,697	126,470,675
Dominant Tapestry	Rooted Rural (10B)	Small Town Simplicity (12C)	Rooted Rural (10B)	Rooted Rural (10B)	Enterprising Professionals (2D)	Green Acres (6A)
Businesses	1,614	517	742	355	279,748	12,013,469
Employees	17,703	7,433	7,169	3,101	4,011,542	150,287,786
Health Care Index*	74	66	78	69	117	100
Average Health Expenditures	\$4,592	\$4,104	\$4,857	\$4,284	\$7,326	\$6,237
Total Health Expenditures	\$102.8 M	\$11.2 M	\$63.2 M	\$28.5 M	\$24.3 B	\$788.8 B
Racial and Ethnic Make-up						
White	89%	83%	95%	81%	65%	69%
Black	6%	7%	1%	15%	19%	13%
American Indian	0%	0%	0%	0%	0%	1%
Asian/Pacific Islander	0%	1%	0%	0%	7%	6%
Other	3%	6%	2%	2%	4%	7%
Mixed Race	2%	3%	1%	1%	4%	4%
Hispanic Origin	6%	17%	4%	5%	10%	19%

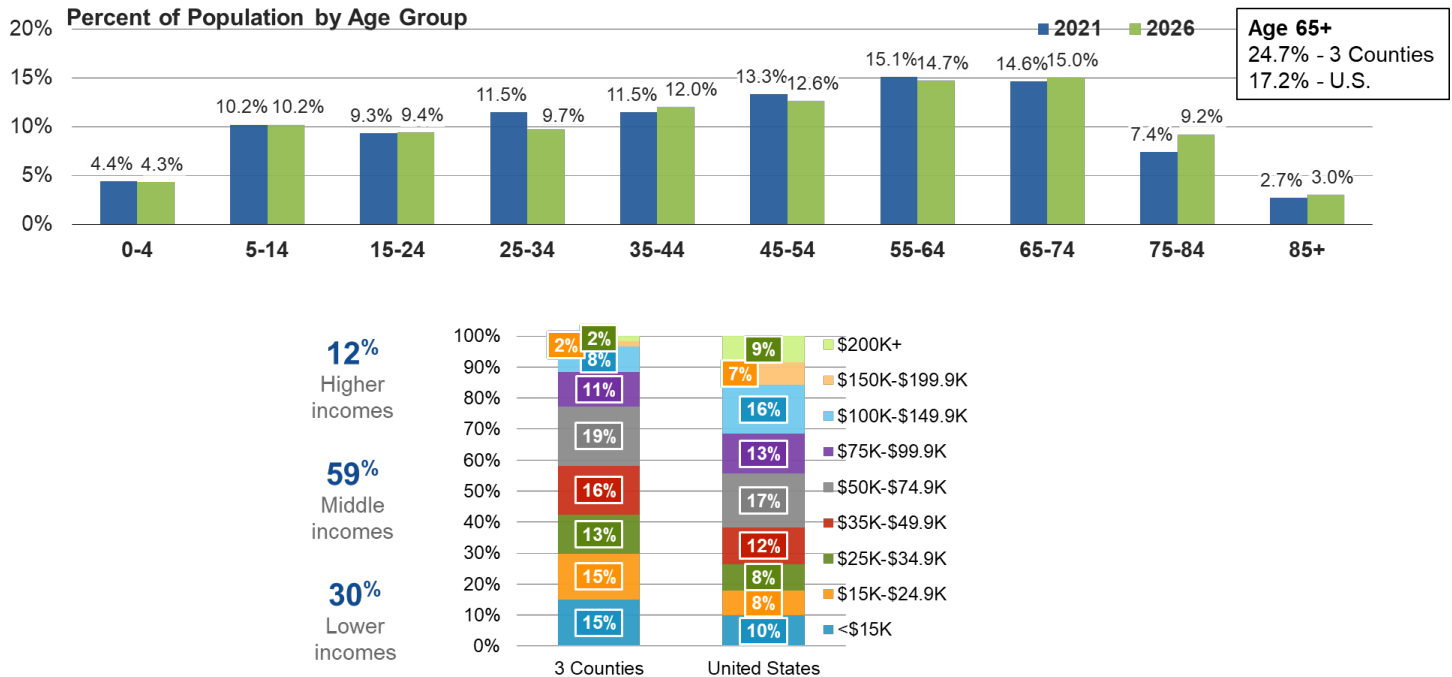
Source: Esri

*The Health Care Index is household-based, and represents the amount spent out of pocket for medical services and insurance relative to a national index of 100.

The median is the value at the midpoint of a frequency. There is an equal probability of falling above or below the median.

Demographics, cont.

Three Counties

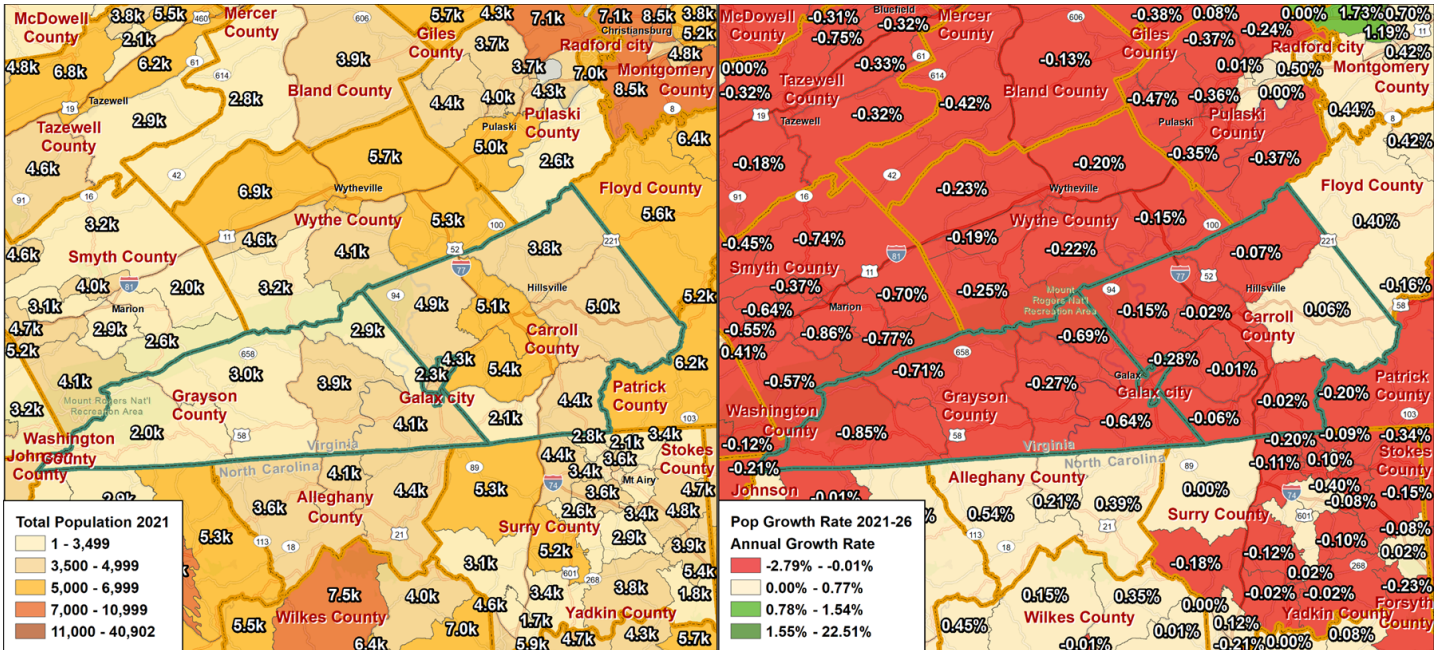


Source: Esri

- The population of the three counties is projected to decrease from 2021 to 2026 (-.25% per year). Virginia is projected to increase .73% per year. The U.S. is projected to increase 0.71% per year.
- The three counties had a higher median age (47.4 median age) than VA (39.2) and the U.S. (38.8). In the three counties the percentage of the population 65 and over was 24.7%, higher than the U.S. population 65 and over at 17.2%.
- The three counties' median household income at \$41,040 was lower than VA (\$76,448) and the U.S. (\$64,730). The rates of poverty in Carroll, Grayson and Galax respectively were 13.2%, 16.2% and 18.8% which were all higher than VA (9.2%) and the U.S. (11.9%).
- The household income distribution of the three counties was 12% higher income (over \$100,000), 59% middle income, and 30% lower income (under \$25,000). The largest income group is the 19% making \$50,000 to \$74,999.
- The health care index measures how much the populations spent out-of-pocket on health care services including insurance premiums. The U.S. index was 100. The three counties' index was 74, indicating 26% less spent out of pocket than the average U.S. household on medical care (doctor's office visits, prescriptions, hospital visits) and insurance premiums.
- The racial and ethnic make-up of Carroll, Grayson and Galax Counties was 89% White, 6% Black, 6% Hispanic origin, 2% more than one race, and 3% other. (These percentages total to over 100% because Hispanic is an ethnicity, not a race.) 17% of Galax was Hispanic.

Demographics, cont.

2021 Population by Census Tract and Change (2021-2026)



Source: Esri

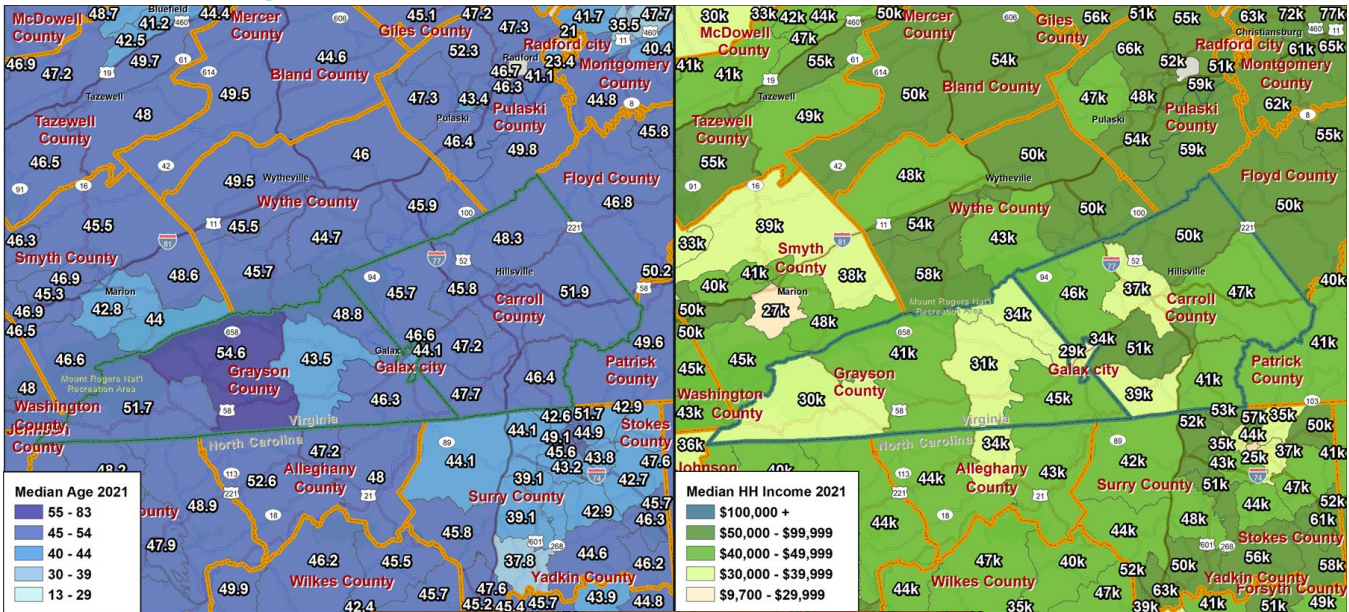
Red is population decline
 Yellow is positive up to the VA growth rate
 Green is greater than the VA growth rate
 Dark green is twice the VA growth rate

Census tracts generally have a population size between 1,200 and 8,000 people, with an optimum size of 4,000 people. The higher populated census tracts are smaller geographically and the less populated census tracts are larger in geography. The highest populated census tracts combined were in Galax with a population of 6,607. There are some 5K+ tracts in Carroll County around Hillsville and Woodlawn.

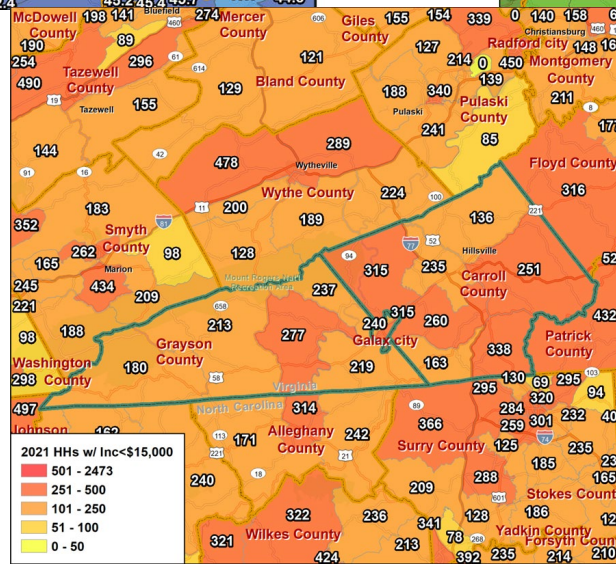
All census tracts in the three counties are projected to decline except one tract in eastern Carroll County which was projected to increase .06% per year. The largest declines were projected in Grayson County.

Demographics, cont.

2021 Median Age & Income



Source: Esri



The top two maps depict median age and median income by census tract. Looking at age and income by census tract is helpful to demonstrate all areas of a county are not the same. The health needs may be very different in the census tract west of Galax, Independence, with a lower median age (43.5) and the tract in the western Grayson County containing Volney with a median age of 54.6.

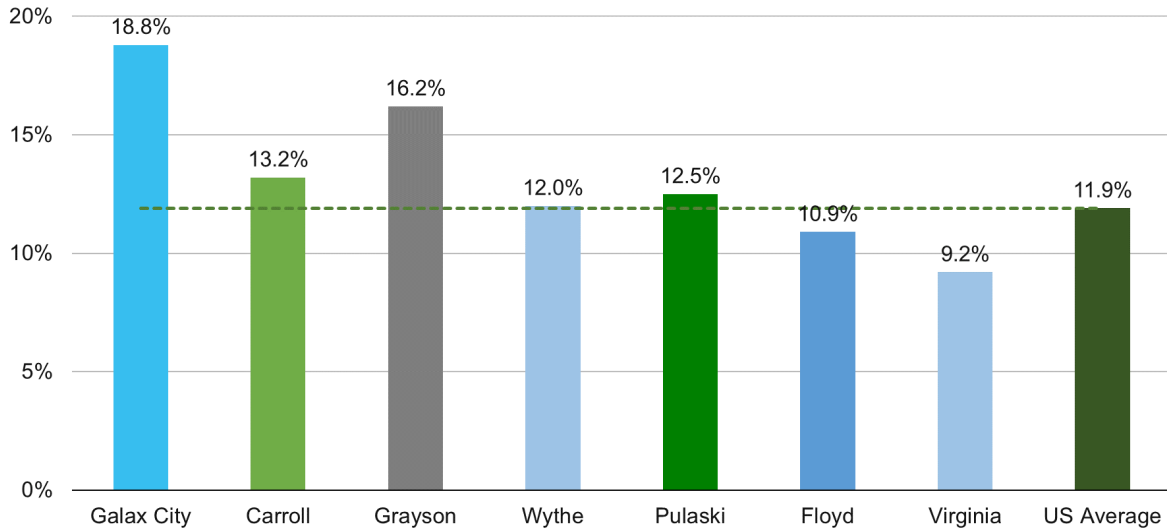
Looking at median household income by census tract also gives insight into health status. The lower income areas may require more assistance than the higher income tracts. The lowest median income census tract is in Galax at 29K per year. This tract may have very different health needs than the tract to the east of Galax with 51K median household income.

The lower map is the number of households making less than \$15,000 per year. Again, further attempting to identify those areas within the county that may have a lower health status. There are three tracts with over 300 households making less than \$15,000 per year.

Demographics, cont.

Galax, Carroll and Grayson counties had 2020 poverty percentage of 18.8%, 13.2% and 16.2% respectively. Compared to Virginia at 9.2% and the U.S. at 11.9%, the cost of living in Carroll, Grayson and Galax Counties was lower than VA and the U.S.

Percent in Poverty



Business Profile

67% percent of employees in the three counties were employed in:

- Manufacturing (16.4%)
- Health Care & Social Assistance (15.9%)
- Retail Trade (14.8%)
- Education (10.9%)
- Accommodation & Food Service (9.0%)

Source: Esri

Retail, accommodation and food service offer health insurance at a lower rate than healthcare, manufacturing, and educational services.

Carroll, Grayson and Galax Counties' May 2022 preliminary unemployment was 3.3%, 2.4%, and 2.9% respectively, compared to 6.2% for Virginia and 4.0% for the U.S.

It is beneficial to contact people in groups to improve health. There are three primary places people gather during the week: work, church and school. These are three excellent places to reach people to create a culture of health.

Demographics, cont.

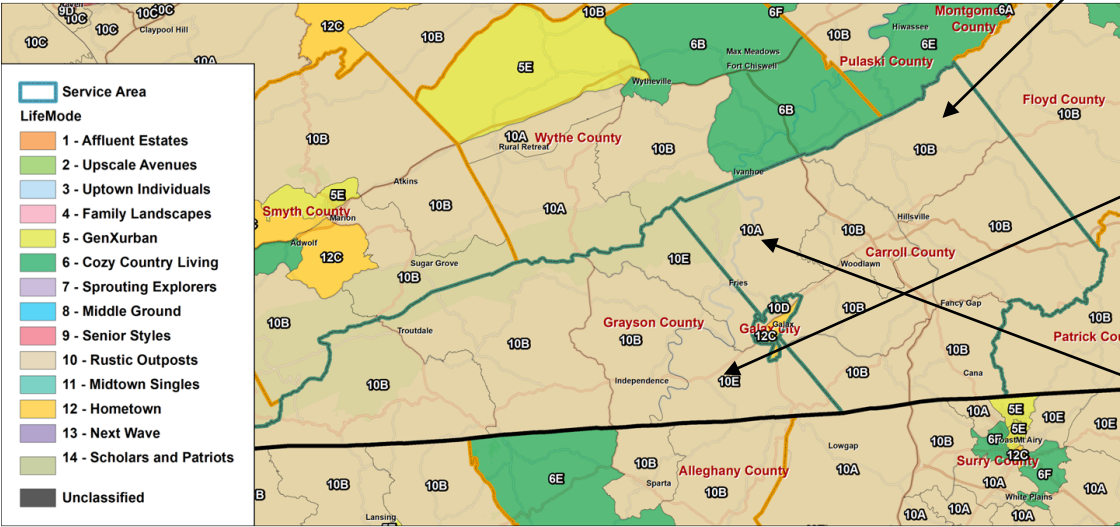
Tapestry Segmentation

Demographics are population, age, sex, and race. Psychographics are adding behavior data in the form of spending habits and survey data on top of demographics. Ninety-one percent of Carroll, Grayson and Galax Counties are included in three Tapestry Segments. The map below is color coded by LifeMode, which are groupings of Tapestry Segments that behave similarly. The dominant Tapestry Segment of each census tract is identified by number.

The dominant Tapestry Segments in the county were Rooted Rural (68%), Rural Bypasses (16%), and Southern Satellites (8%). The map below demonstrates the dominant Tapestry Segment by census tract.

There is a very brief description of the segments on the right of the map. There is much more information on Tapestry Segments, at <http://doc.arcgis.com/en/Esri-demographics/data/tapestry-segmentation.htm>. Analyzing the Tapestry Segments in the study area helps determine health habits and communication preferences of residents, enabling more effective communication and implementation of solutions to improve health. Many spoke of meeting people where they are in the focus group and interviews. Studying their Tapestry Segment can help do that.

Top three categories represent 91.3% of total households.



Top 3 Tapestry Segments

- 10B | Rooted Rural (67.6%)**
 - 45.2 med. age
 - \$42k med. HH income
 - Shoppers that use coupons frequently and buy generic goods
 - Clothes a necessity; not a fashion statement, only buy new clothes when old clothes wear out
 - Often find computers and cell phones too complicated and confusing
- 10E | Rural Bypasses (15.6%)**
 - 40.4 med. age
 - \$33k med. HH income
 - Labor force participation is low at 47%
 - Income is primarily derived from wages and supplemented with Social Security and supplemental security incomes
 - The rely on television to stay informed
- 10A | Southern Satellites (8.1%)**
 - 40.3 med. age
 - \$48k med. HH income
 - Labor force participation rate is 59.1%, slightly lower than the US.
 - They tend to be somewhat late in adapting to technology.
 - They obtain a disproportionate amount of their information from TV, compared to other media.

Source: Esri

Focus Group and Survey Results

Focus Groups

Community stakeholders representing the broad interests of the community as well as those representing low income, medically underserved, and minority populations participated in individual interviews and focus groups on June 9, 2022, for their input into the community's health. Community participation in focus groups represented a broad range of interests and backgrounds. Below is a summary of the focus groups and interviews. The full summary is in the appendices.

The participants defined health as physical, mental, emotional, spiritual, psychological, financial and environmental health and well-being.

Participants believe the health of the counties is fair to poor and struggling.

They believe the most significant health issues in the community are:

- Socioeconomics – choosing between first level needs, rent, food, gas and health which can take a back seat. Generational poverty, lack of industry and lack of resources were also concerns. Unhoused population.
- Nutrition – food insecurity and scarcity, affordable healthy food options
- Access to care – public transportation, primary care, subspecialty care, high cost of care
- Mental health – stigma, access to care, police officers dealing with and transporting mental health patients isn't ideal.
- Substance misuse – drug crisis, vaping, self medicate, lack of access to rehabilitation
- Chronic diseases – obesity, diabetes, heart disease,
- Family dynamics – combined households, single or grandparent households, childcare, teen pregnancy
- Education – in schools on drugs, vaping, generational trauma, health
- Language and cultural barriers – fear, racism

If given a magic wand and no resource restrictions, the participants selected the following solutions to improve health.

- Increase availability for drug rehabilitation access
- Increase access to public transportation and a bus system
- Increase ambulances for transport
- Work together on the same team – all cities and counties
- Integrate mental health into primary care
- Increase preventative services
- Provide more childcare and mental health counselors in schools
- Increase wages
- Better youth and community education

Survey Results

Twin County Regional Hospital conducted online community surveys via SurveyMonkey in Carroll, Grayson and Galax Counties. Fifty-four surveys were completed from May 23, 2022, through July 20, 2022. The surveys were distributed via email and social media placement.

- 91.5% of respondents believe their health is good or excellent. They are the least satisfied with their physical activity.
- 17% have had trouble seeing a doctor, 9% trouble seeing a dentist, 2% seeing a mental health professional, and 9% could not obtain medications when needed.
- 58% believe the pandemic made it easier to discuss mental health issues.
- The top three most significant health issues were: (all over 10% of responses)
 1. Substance/drug misuse
 2. Obesity
 3. Access to mental health services
 4. Healthy diet
 5. Childcare/day care options
 6. Availability and quality of mental health services
 7. Food insecurity
 8. Access to affordable health care
 9. Access to primary care
 10. Access to specialty care
 11. Access to affordable health insurance
- Respondents have been told by a doctor they have the following conditions, diseases or challenges: (all over 10% of responses)
 1. High blood pressure
 2. Overweight or obese
 3. High cholesterol
 4. Arthritis
 5. Diabetes
- Healthcare, health education or public health services or programs respondents would like to see offered in the community:
 1. Healthcare resources for the uninsured or poor
 2. Senior services/elderly services
 3. Nutrition/diet programs
 4. Wellness programs

Survey Results

- Healthcare, health education or public health services or programs respondents would like to see offered in the community (cont.): (all responses over 20%)
 5. Access to specialty physicians
 6. Affordable insurance
 7. Preventative services
 8. Exercise resources/fitness center
 9. Health education for chronic conditions
 10. Affordable healthcare
 11. Increased access to primary care
 12. Substance misuse services

- 73.3% are somewhat or very likely to utilize virtual physician care through the computer or smart phone.

TCRH and Stratasan conducted online surveys of hospital employees for their opinions on community health status and needs. Fifty-eight surveys were completed from July 11, 2022, through August 1, 2022. Where feasible, 89 results from 2019 were compared to 2022.

- Only 7% of hospital employees described the health of the communities good.
- The most prevalent chronic diseases in the communities are:
 1. Diabetes
 2. High blood pressure
 3. Obesity
 4. Mental health
 5. Heart disease
 6. Respiratory disease
 7. Cancer
 8. Kidney disease
- The top three issues that impact people's health were:
 1. Substance/drug misuse
 2. Access to affordable health insurance
 3. Access to mental health services
 4. Access to affordable healthcare services
 5. Access to specialty care
 6. Nicotine use
 7. Stress
 8. Access to primary care

Survey Results

- The top three issues that impact people’s health were (cont.): (all over 15% of responses)
 9. Availability of doctors
 10. Access to affordable mental health services
 11. Alcohol misuse
- The top three social determinants of health impacting people’s health were:
 1. Poverty, low income
 2. Available and/or affordable housing
 3. Jobs/employment
 4. Education
 5. Transportation

Health Status Data, Rankings and Comparisons

Health Status Data

Based on the 2022 County Health Rankings study performed by the Robert Wood Johnson Foundation and the University of Wisconsin², Carroll County ranked 58th out of 133 Virginia counties ranked for health outcomes (1= the healthiest; 133 = unhealthiest), and 95th for health factors. Grayson County ranked 71st for health outcomes and 99th for health factors. Galax city ranked 130th for health outcomes and 123rd for health factors. Health outcomes are composed of length of life and quality of life. Health factors are comprised of health behaviors, clinical care, social & environmental factors, and physical environment.

County Health Rankings suggested the areas to explore for improvement in Carroll County were higher adult smoking, higher percentage of adult obesity, higher percentage of physical inactivity, higher uninsured, higher preventable hospital stays, lower high school completion, lower percentage with some college and higher unemployment. The areas of strength were higher food environment index, population to primary care physicians and higher percentage of flu vaccines.

County Health Rankings suggested the areas to explore for improvement in Grayson County were higher adult smoking, higher percentage of adult obesity, lower food environment index, higher percentage of physical inactivity, higher alcohol-impaired driving deaths, higher uninsured, higher population to primary care physicians, lower high school completion, lower college attendance, higher children in poverty and lower social associations. The areas of strength were lower preventable hospital stays, higher flu vaccinations and lower percentage of unemployment.

County Health Rankings suggested the areas to explore for improvement in Galax City were higher adult smoking, higher percentage of adult obesity, lower food environment index, higher percentage of physical inactivity, higher alcohol-impaired driving deaths, higher teen births, higher uninsured, lower high school completion, lower college attendance, higher unemployment and higher children in poverty. The areas of strength were lower excessive drinking, lower population to dentists and mental health providers, higher mammography screening, higher flu vaccinations, and higher social associations.

When analyzing the health status data, local results were compared to Virginia, the U.S. (where available), and the top 10% of counties in the U.S. (the 90th percentile). Where Carroll, Grayson and Galax Counties' results were worse than VA and U.S., groups and individuals have an opportunity to act and improve these community measures. To become the healthiest community in Virginia and eventually the nation, Carroll, Grayson and Galax Counties must close several lifestyle gaps. For additional perspective, Virginia was ranked the 14th healthiest state out of the 50 states. (Source: 2020 America's Health Rankings; lower is better) Virginia strengths were lower prevalence of frequent physical distress, lower percentage of households with food insecurity, and low prevalence of high-risk HIV behaviors. The challenges for VA were lower per capita public health funding, high prevalence of insufficient sleep, and low supply of mental health providers.



Photo Credit: TCRH

Health Status Data, Rankings and Comparisons

Comparisons of Health Status

Information from County Health Rankings and America's Health Rankings was analyzed in the CHNA in addition to the previously reviewed sociodemographic information and other public health data. Other data analyzed is referenced in the bullets below, such as: causes of death, demographics, socioeconomic, consumer health spending, and interviews. If a measure was better than Virginia, it was identified as a strength, and where an indicator was worse than Virginia, it was indicated as an opportunity for improvement. To prevent strengths from becoming opportunities for improvement, it's important to continually focus on them. Opportunities were denoted with red octagons, and strengths were denoted with green stars for easy interpretation. The years displayed on the County Health Rankings graphs show the year the data was released. The actual years of the data are contained in the source notes below the graphs.

² The Rankings are based on a model of population health that emphasizes the many factors that, if improved, can help make communities healthier places to live, learn, work and play. Building on the work of America's Health Rankings, the University of Wisconsin Population Health Institute has used this model to rank the health of Virginia's counties every year since 2003.

Comparisons of Health Status

In most of the following graphs, Galax County will be blue, Carroll County will be red, Grayson County will be gray, Virginia (VA) will be orange, the U.S. will be green and the 90th percentile of counties in the U.S. will be gold.

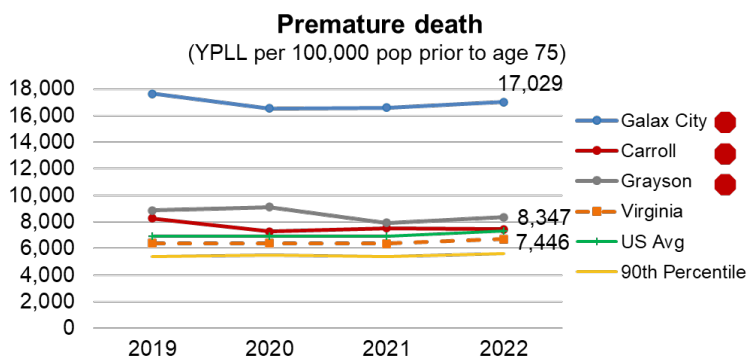
Health Outcomes (Length of Life and Quality of Life)

Health Outcomes are a combination of length of life and quality of life measures. Galax, Carroll, and Grayson Counties ranked 130th, 58th, and 71st out of 133 Virginia counties, respectively.

Length of Life

Length of life was measured by years of potential life lost per 100,000 population prior to age 75; here, lower is better. For example, a 25-year-old killed in an accident equates to 50 years of potential life lost prior to age 75. Galax, Carroll, and Grayson Counties ranked 130th, 45th, and 59th in length of life in VA, respectively. Carroll County lost 7,446 years of potential life per 100,000 population, Grayson County lost 8,347 years of potential life per 100,000 population, and Galax lost 17,029 years of potential life per 100,000. All three counties were higher than both VA (6,707) and the U.S. (7,300).

Galax County residents can expect to live 10 years less the average U.S. resident and 11.8 years less than the average Virginia resident. Carroll County residents can expect to live 0.7 years more than the average U.S. resident and 1.1 years less than the average Virginia resident. Grayson County residents can expect to live 0.4 years less than the average U.S. resident and 2.2 years less than the average Virginia resident.



Life Expectancy
(Average number of years a person can expect to live)

2018-2020	
Galax City	67.3
Carroll County	78.0
Grayson County	76.9
Virginia	79.1
US Avg*	77.3
90th Percentile	80.6

*US is 2020 data; due to COVID-19, life expectancy in the US decreased 1.87 years in 2020.

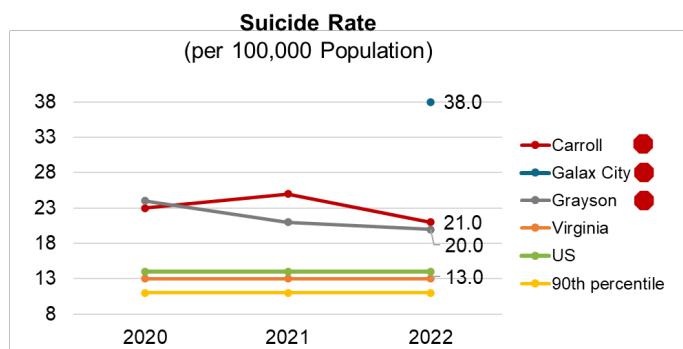
Source: County Health Rankings; National Center for Health Statistics – Mortality File 2018-2020

Leading Causes of Death: Age-Adjusted Death Rates per 100,000 Population

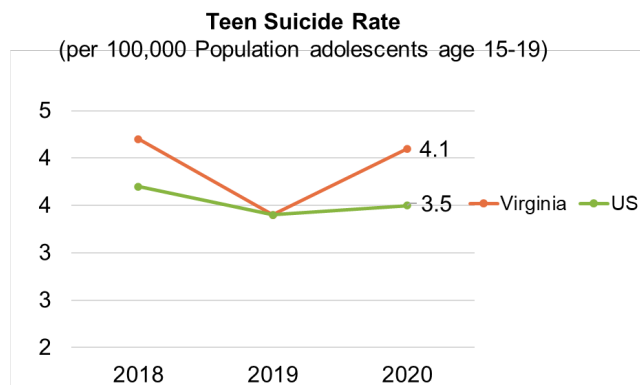
Cause of Death	Galax City	Carroll County	Grayson County	Virginia	US
Heart Disease	268.1	145.4	128.7	152.0	168.2
Cancer	343.8	151.7	171.1	146.6	144.1
COVID-19*	227*	89.4	101.0	56.3	85.0
Accidents (Unintentional Injuries)	62.6	48.9	44.0	52.5	57.6
Respiratory Diseases	137.4	50.8	66.1	32.8	36.4
Strokes	63.1	37.4	29.4	39.9	38.8
Suicide	NR	22.2	NR	13.5	13.5
Alzheimer's	52.5	30.2	62.6	28.7	32.4
Diabetes	75.0	26.1	32.7	24.7	24.8
Septicemia	NR	8.5	NR	9.5	9.7
Influenza and Pneumonia	50.6	20.9	21.5	11.5	13.0
Parkinson Disease	12.5	8.1	NR	10.5	9.9
Liver Disease	NR	16.8	NR	11.8	13.3
Nephritis, nephrosis	NR	16.3	14.4	15.9	12.7

Age-adjusted rates per 100,000 population.
Galax City, Carroll County, and Grayson county data combined from 2015-2020. US and VA data from 2020
Rates that appear in red for a county denote a higher value compared to state data.
Age Adjustment Uses 2000 Standard Population.

Rates in red had death rates higher than VA. The leading causes of death in Galax County were cancer, heart disease, COVID-19, and respiratory diseases, followed by diabetes, strokes, and accidents. The leading causes of death in Carroll County were cancer, heart disease, COVID-19, followed by respiratory diseases, and accidents. The leading causes of death in Grayson County were cancer, heart disease, COVID-19, followed by respiratory diseases and Alzheimer's.



Age-adjusted rates per 100,000 population.
Galax City, Virginia, and US data are from individual years.
Age Adjustment Uses 2000 Standard Population.



Crude rates per 100,000 population.
Virginia, and US data are from individual years.
Age Adjustment Uses 2000 Standard Population.

The three counties' suicide rate was above VA and the U.S., but the trend is down. Teen suicide rate in VA increased slightly in 2020.

Source(s): Wonder CDC.gov (2019) Age-adjusted rates per 100,000 population. Age Adjustment Uses 2000 Standard Population.



Photo Credit: TCRH

Length of Life STRENGTHS

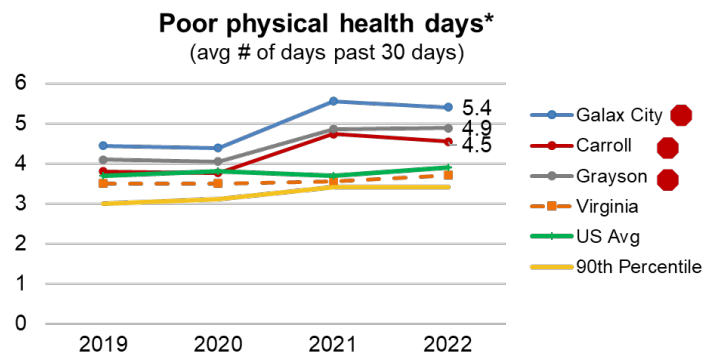
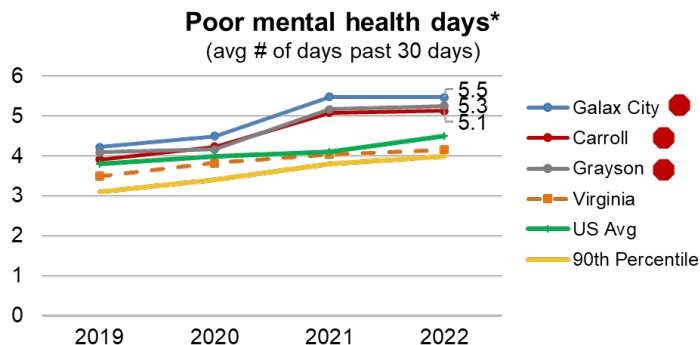
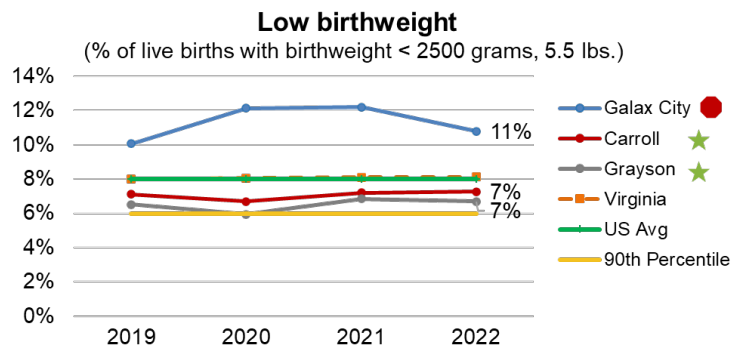
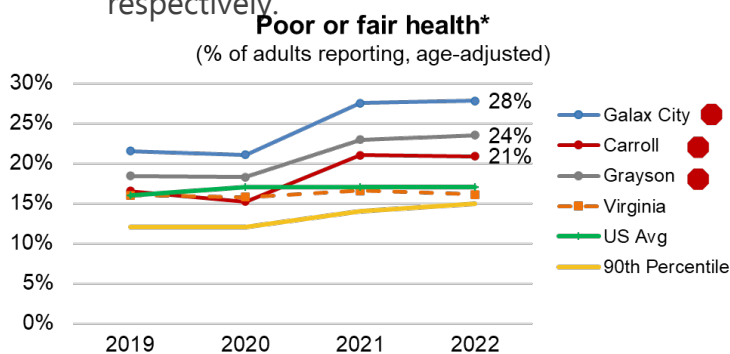
- Both Carroll and Grayson Counties had lower death rates by heart disease, accidents and strokes, than both VA and the U.S.
- Grayson County had a lower death rate due to nephritis/nephrosis than VA.
- Carroll County had a lower death rate due to Parkinson's Disease than VA.

Length of Life OPPORTUNITIES

- Galax County had higher death rates by heart disease, cancer, COVID, accidents, respiratory diseases, strokes, Alzheimer's, diabetes, influenza and pneumonia, and Parkinson's disease than both VA and the U.S.
- Both Grayson and Carroll Counties had higher death rates for cancer, COVID-19, respiratory diseases, Alzheimer's and diabetes than VA and the U.S.
- Carroll County had a shorter life expectancy at 78 years than VA at 79.1.
- Galax County had shorter life expectancy at 67.3 years than VA at 79.1 and the U.S. at 77.3.
- Grayson County had a shorter life expectancy at 76.9 than VA at 79.1 and the U.S. at 77.3.
- All three counties had higher number of years of potential life lost prior to age 75 than VA (6,707) and the U.S. (7,300). Galax 17,029, Carroll 7,446 and Grayson 8,347 years of potential life lost per 100,000 population prior to age 75.
- All three counties had higher suicide rates than VA Galax 38.0, Carroll 21.0 and Grayson at 20.0 compared to VA at 13.0.

Quality of Life

Quality of life was measured by: % reporting fair or poor health, the average number of poor physical health days and poor mental health days in the past 30 days, and % of live births with birthweight less than 2500 grams, or 5.5 lbs. Galax, Carroll, and Grayson counties ranked 128th, 74th, and 80th in quality of life out of 133 Virginia counties, respectively.



Source: County Health Rankings; Behavioral Risk Factor Surveillance System (BRFSS) 2019
 Source: County Health Rankings; National Center for Health Statistics – Natality files (2014-2020)

Quality of Life STRENGTHS

- Carroll and Grayson Counties had a lower percentage of low birthweight babies at 7% than both VA and the U.S. at 8%.

Quality of Life OPPORTUNITIES

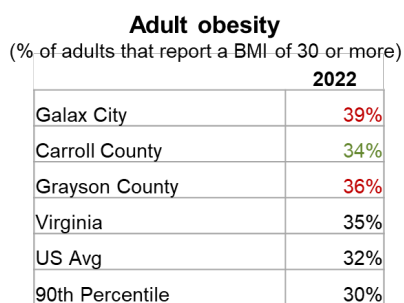
- Galax County had a higher percentage of low birthweight babies at 11% than both VA and the U.S. at 8%.
- All three counties had a higher average number of poor mental health days in the last 30 days than VA at 4.2 and the U.S. at 4.5.
- All three counties had a higher average number of poor physical health days at than VA at 3.7 and the U.S. at 3.9.
- All three counties had higher percentages of adults reporting poor or fair health than VA at 16% and the U.S. at 17%.

Health Factors or Determinants

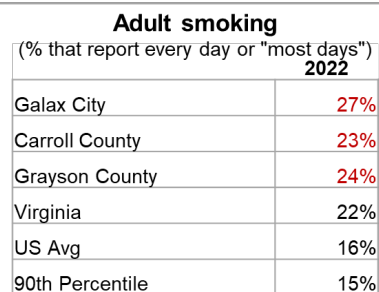
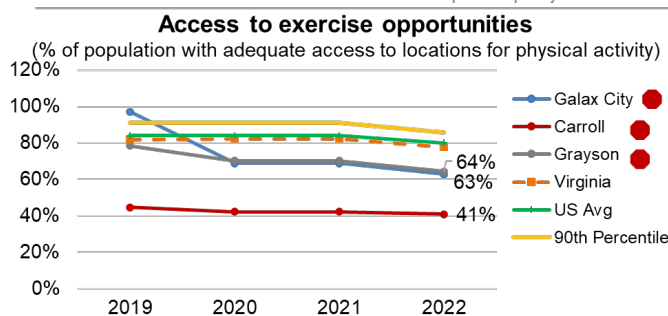
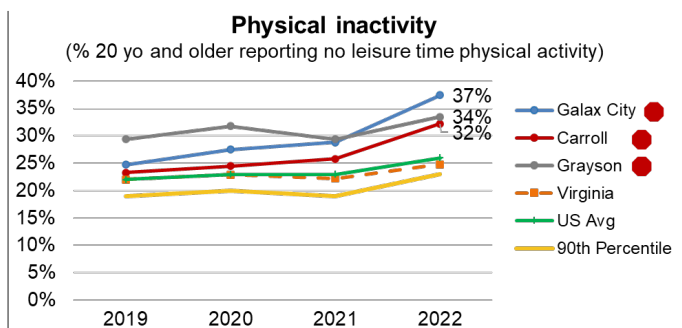
Health factors or determinants rankings are comprised of measures related to health behaviors (30%), clinical care (20%), social & economic factors (40%), and physical environment (10%). Galax, Carroll, and Grayson Counties ranked 123rd, 95th, and 99th in health factors out of 133 Virginia counties, respectively.

Health Behaviors

Health behaviors are made up of nine measures and account for 30% of the county rankings. Galax, Carroll, and Grayson Counties ranked 129th, 88th, and 122nd in health behaviors out of 133 counties in Virginia, respectively.



Beginning with 2022 CHR, the CDC has updated their modeling procedure for producing small-area estimates. 2022 released data should not be compared to prior years.

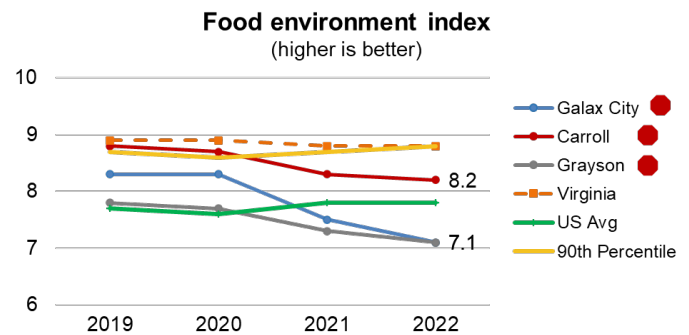
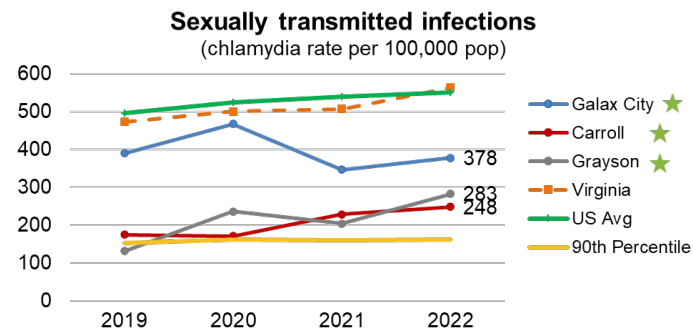
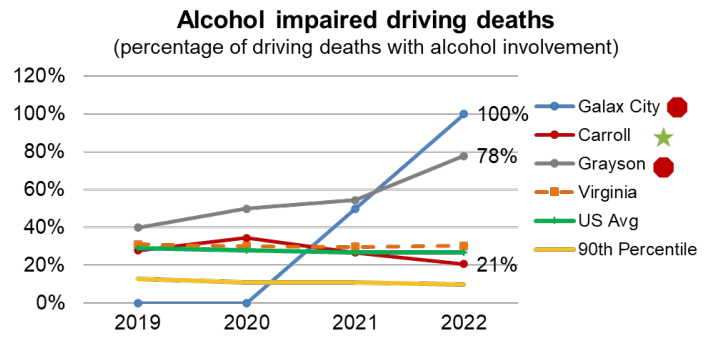
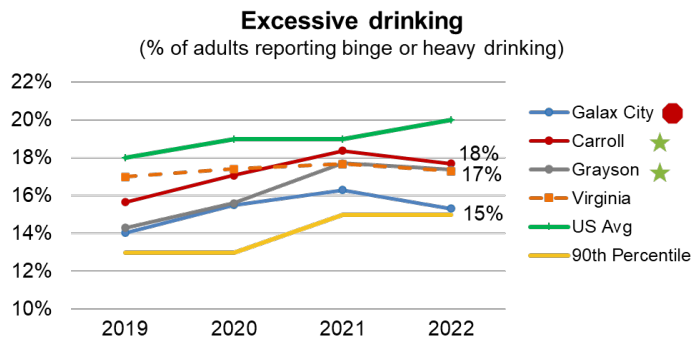


In 1965, 45% of the US smoked

Beginning with 2022 CHR, the CDC has updated their modeling procedure for producing small-area estimates. 2022 released data should not be compared to prior years.

Source: Obesity & Physical Inactivity – CHR, Behavioral Risk Factor Surveillance System, 2019
 Source: Access to exercise opportunities – CHR, Business Analyst, Delorme map data, Esri, & US Census Tigerline Files, 2010 and 2021. Measures the percentage of individuals in a County who live reasonably close to a location for physical activity, defined as parks or recreational facilities (local, state national parks, gyms, community centers, YMCAs, dance studios and pools based on SIC codes)
 Source: Smoking - CHR; Behavioral Risk Factor Surveillance System (BRFSS), 2019

Health Behaviors, Cont.



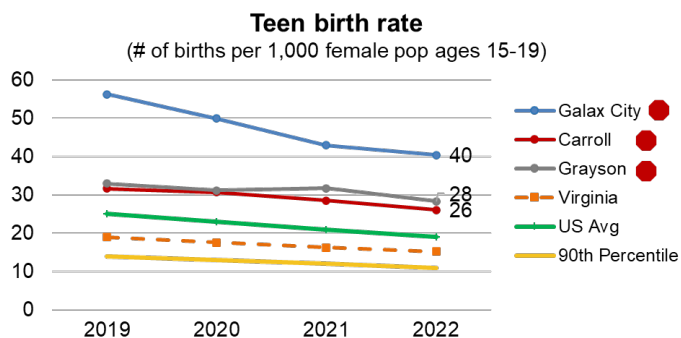
Source: Excessive drinking - CHR; Behavioral Risk Factor Surveillance System (BRFSS), 2019

Source: Alcohol-impaired driving deaths - CHR; Fatality Analysis Reporting System, 2016-2020

Source: STIs - CHR; National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, 2019

Source: Food environment: CHR; USDA Food Environment Atlas, Map the Meal Gap from Feeding America, 2019

The food environment index is comprised of % of the population with limited access to healthy foods and % of the population with food insecurity. Limited access to foods estimates the % of the population who are low income and do not live close to a grocery store. Food insecurity is the % of the population who did not have access to a reliable source of food during the past year.



Teen birth rate
(# of births per 1,000 female pop ages 15-19)

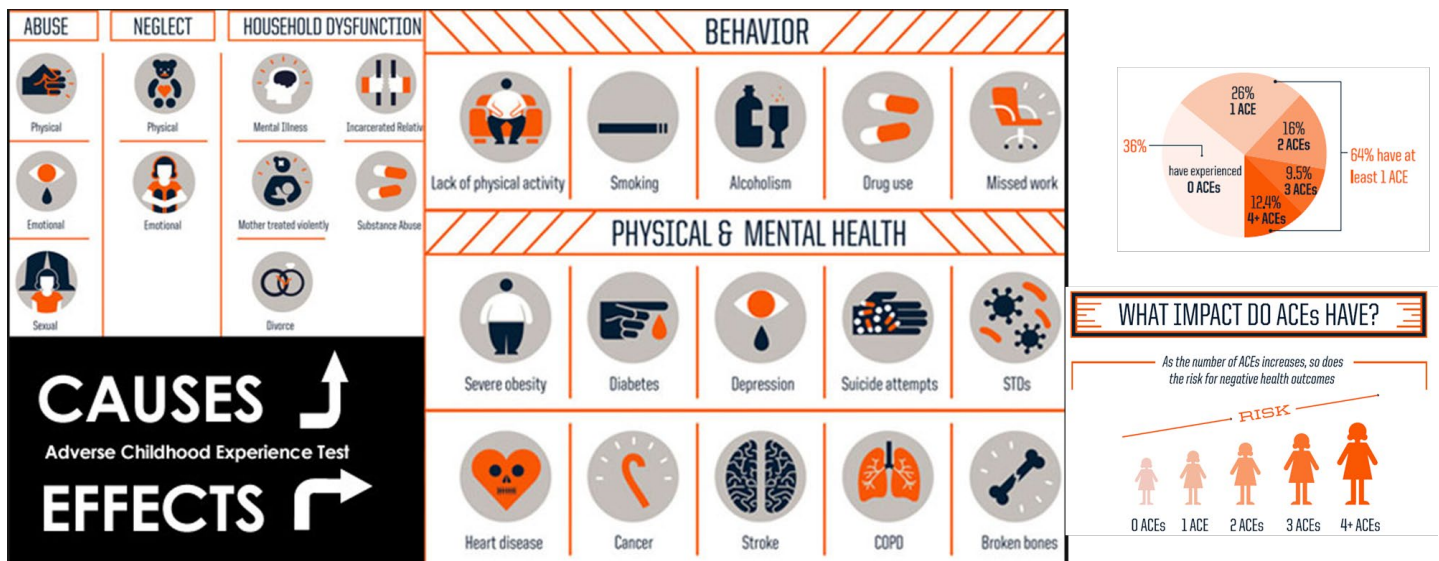
Ethnicity/Race	Galax	Carroll	Grayson
Asian	NA	NA	NA
Black	NA	NA	NA
Hispanic	44	28	NA
White	43	26	NA

Source: Teen birth rate - CHR; National Center for Health Statistics - Natality files, 2014-2020

Health Behaviors, Cont.

Adverse Childhood Experiences (ACEs)

Abuse, neglect and household dysfunction have the effect of poor health behaviors as well as poor physical and mental health. The more ACEs a child has the higher risk they are for poor health outcomes. According to the CDC, "Adverse Childhood Experiences have a tremendous impact on future violence victimization and perpetration, and lifelong health and opportunity." ACEs are strongly associated with social inequities. While present in all populations, females, LGBTQ+, people of color, and those experiencing income disparities are at a greater risk of experiencing multiple ACEs.



	0 ACEs	1 ACEs	2+ ACEs
United States	54%	25%	22%
Virginia	59%	22%	19%

Among children from birth through age 17, percentage reported to have had zero, one, and two or more ACEs, nationally and by state. Data Source: National Survey of Children's Health 2016, Health Resources and Services Administration, Maternal and Child Health Bureau.

<https://mchb.hrsa.gov/data/national-surveys>. Citation: Child and Adolescent Health Measurement Initiative. 2016 National Survey of Children's Health (NSCH) data query. Data Resource Center for Child and Adolescent Health supported by the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau (MCHB). Retrieved [09/15/21] from [www.childhealthdata.org].

ACEs data is not available for Galax, Carroll, and Grayson Counties. However, Virginia had a higher percentage of youth with no ACEs and lower percentages of youth with 1 or 2 or more ACEs.

Health Behaviors STRENGTHS

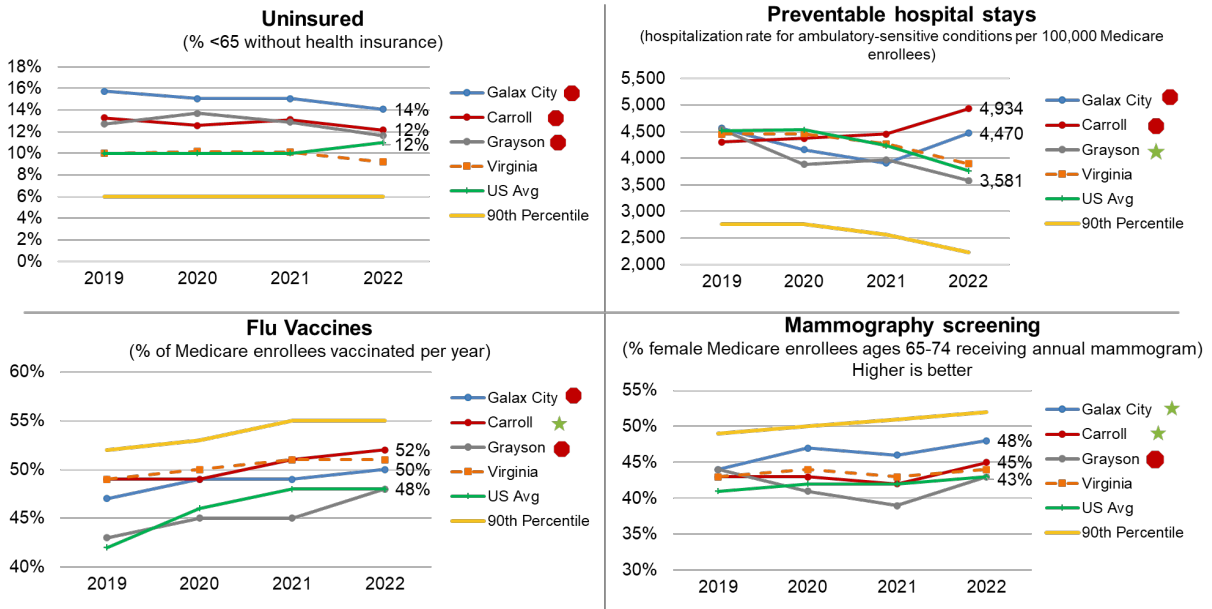
- All three counties had a lower percentage of adults reporting binge or heavy drinking than the U.S. at 20%.
- Galax had a lower percentage of adults reporting binge or heavy drinking at 15% than VA at 17%.
- Carroll County had a lower percentage of alcohol impaired driving deaths at 21% than both VA (30%) and the U.S. (27%)
- Sexually transmitted infections measured by chlamydia rate per 100,000 population were lower in all three counties than VA (564) and the U.S. (551).
- The food environment index was higher (better) in Carroll County (8.2) than the U.S. (7.8)
- Adult obesity was lower in Carroll County (34%) than the VA average (35%)

Health Behaviors OPPORTUNITIES

- Carroll County had a higher percentage of adults reporting binge or heavy drinking than VA at 17%.
- The food environment index was lower (worse) in all three counties than VA (8.8), and lower in Grayson and Carroll counties at 7.1 than the U.S. at 7.8.
- Adult obesity was higher in all three counties than the U.S. average (32%). Obesity puts people at increased risk of chronic diseases including diabetes, kidney disease, joint problems, hypertension, and heart disease. Obesity can cause complications in surgery and with anesthesia. It has been implicated in Alzheimer's and often leads to metabolic syndrome and type 2 diabetes.
- Physical inactivity was higher in the three counties than both VA at 25% and the U.S. at 26%.
- All three counties had less access to exercise opportunities compared VA (78%) and the U.S. (80%)
- All three counties had a higher percentage of adult smoking than VA at 22% and same as the U.S. at 16%.
- Alcohol impaired driving deaths were higher in Grayson (78%) and Galax (100%) Counties than in VA (30%) and the U.S. (27%).
- Although the teen birth rate in the three counties is trending down, it was higher in Galax, Carroll, and Grayson Counties than both VA (15) and the U.S. (19)

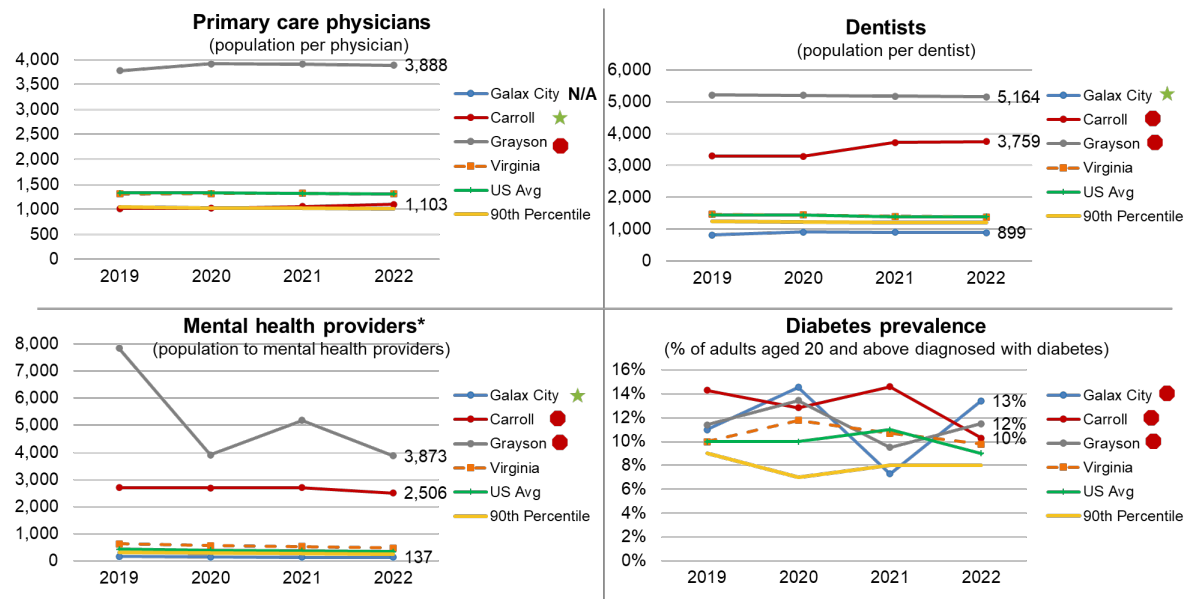
Clinical Care

Clinical care ranking is made up of seven indicators, and account for 20% of the county rankings. Galax, Carroll, and Grayson counties ranked 89th, 93rd, and 87th in clinical care respectively out of 133 Virginia counties.



Source: Uninsured - CHR; Small Area Health Insurance Estimates, 2019

Source: Preventable hospital stays, mammography screening, flu vaccinations – CHR, CMS Mapping Medicare Disparities Tool, 2019



Source: Pop to PCP - CHR; Area Health Resource File/American Medical Association, 2019

Source: Pop to Dentists - CHR; Area Health Resource File/National Provider Identification file, 2020

Source: Pop to mental health provider (psychiatrists, psychologists, licensed clinical social workers, counselors, marriage and family therapists and advanced practice nurses specializing in mental health) CHR; CMS, National Provider Identification, 2021

Source: Diabetes prevalence – Behavioral Risk Factor Surveillance System, 2019

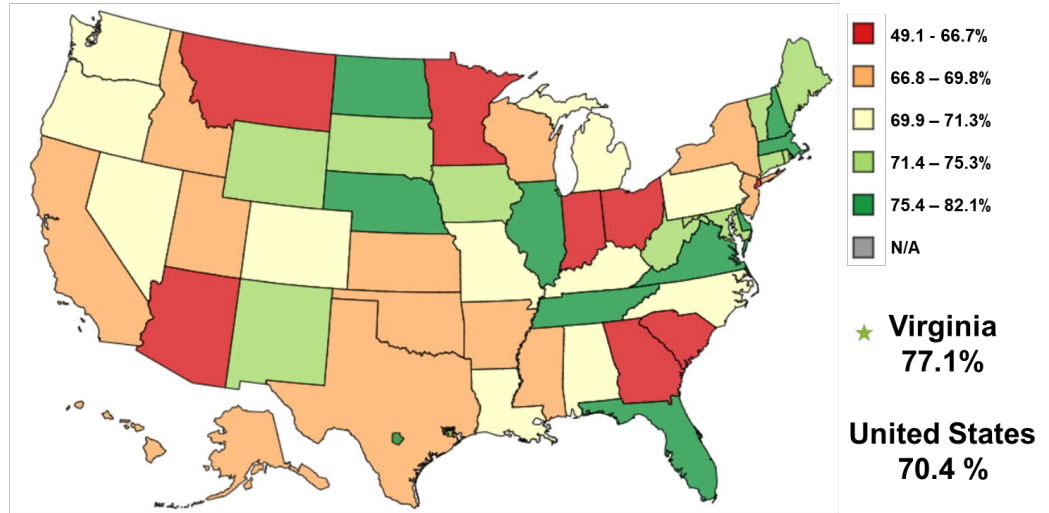
Clinical Care, cont.

VA had a lower vaccination percentage among children 19-35 months old than the U.S. and lower COVID-19 vaccination rates.

Vaccination Coverage Among Children and COVID-19 Vaccination Rates

Combined 7-vaccine Series Vaccination % coverage among children 19-35 months by state
National Immunization Survey-Child (NIS-Child), 2017

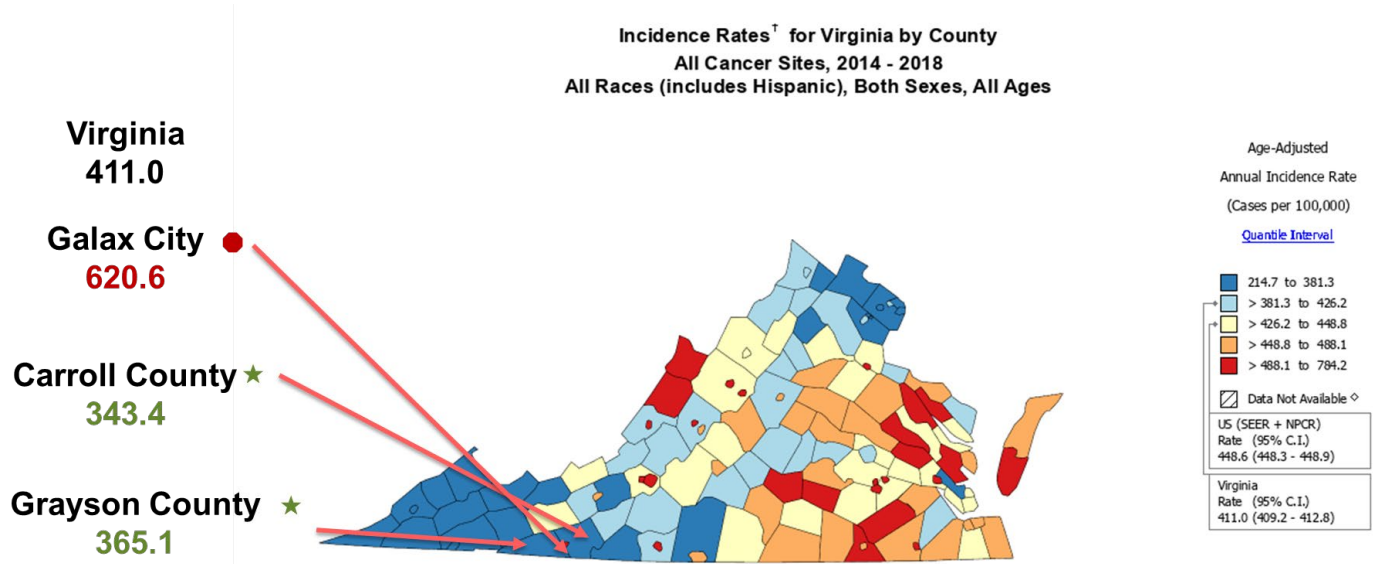
42% of the total residents of Carroll County, 57% of the total residents of Galax City, 47% of the total residents of Grayson County are fully vaccinated for Covid 19.
VA = 74%
US = 66%
5/18/2022



Combined 7 vaccine series (4:3:1:3*:3:1): 4 or more doses of DTaP, 3 or more doses of Polio, 1 or more doses of MMR, Hib full series (3 or 4 doses, depending on product type received), 3 or more doses of HepB, 1 or more doses of Varicella, and 4 or more doses of PCV (In 2013 data, referred to as 4:3:1:4:3:1:4-FS)

Source: CDC, National Center for Immunization and Respiratory Diseases (2017 data posted 2020)

Cancer Incidence Rates – VA Counties



Notes:
State Cancer Registries may provide more current or more local data.
Data presented on the State Cancer Profiles Web Site may differ from statistics reported by the State Cancer Registries (for more information).
† Incidence rates (cases per 100,000 population per year) are age-adjusted to the 2000 US standard population (19 age groups: <1, 1-4, 5-9, ..., 80-84, 85+). Rates are for invasive cancer only (except for bladder which is invasive and in situ) or unless otherwise specified. Rates calculated using SEER*Stat. Population counts for denominators are based on Census populations as modified by NCI.
The 1969-2018 US Population Data File is used for SEER and NPCR incidence rates.
Rates are computed using cancers classified as malignant based on ICD-O-3. For more information see [malignant.html](#)
◊ Data not available for this combination of geography, statistic, age and race/ethnicity.
Data for the United States does not include data from Puerto Rico

Cancer incidence rates (cases per 100,000 population) were lower in Carroll and Grayson Counties than in VA and the U.S., while Galax City incidence rates (cases per 100,000) were higher than VA and the U.S.

Clinical Care STRENGTHS

- The percent of Medicare enrollees with flu vaccines per year was higher in Carroll County at 52% than VA (51%).
- The percent of Medicare enrollees with flu vaccines per year was higher in both Carroll and Galax counties at 52% and 50% respectively than the U.S. (48%)
- Preventable hospital stays in Grayson County were 3,581 per 100,000 Medicare enrollees which was lower than VA (3,896) and the U.S. (3,767). Hospitalization ambulatory-care sensitive conditions, which are diagnoses treatable in outpatient settings, suggests that the quality of care provided in the outpatient setting was less than ideal. This measure may also represent a tendency to overuse hospitals as a main source of care. Preventable Hospital Stays could be classified as both a quality and access measure, as some literature describes hospitalization rates for ambulatory care-sensitive conditions primarily as a proxy for access to primary health care. Source: CHR; Brumley R, Enguidanos S, Jamison P, et al. Increased satisfaction with care and lower costs: Results of a randomized trial of in-home palliative care. J Am Geriatric Soc. 2007;55:993-1000.
- Mammography screening was higher in Carroll and Galax Counties at 45% and 48% respectively, than VA at 44% and the U.S. at 43%.
- The population per dentists was 899 in Galax County, lower than both VA and the U.S. at 1,400.
- The population per mental health providers was lower in Galax County at 137 than VA (484) and the U.S. (350)
- The cancer incidence rates in Carroll and Grayson Counties were 343.4 and 365.1 cases per 100,000 population respectively, which was lower than VA (411), and the US (449).
- The percentage of vaccination coverage among children 19-35 months was higher in VA at 75.4% than the U.S. at 71.3%.

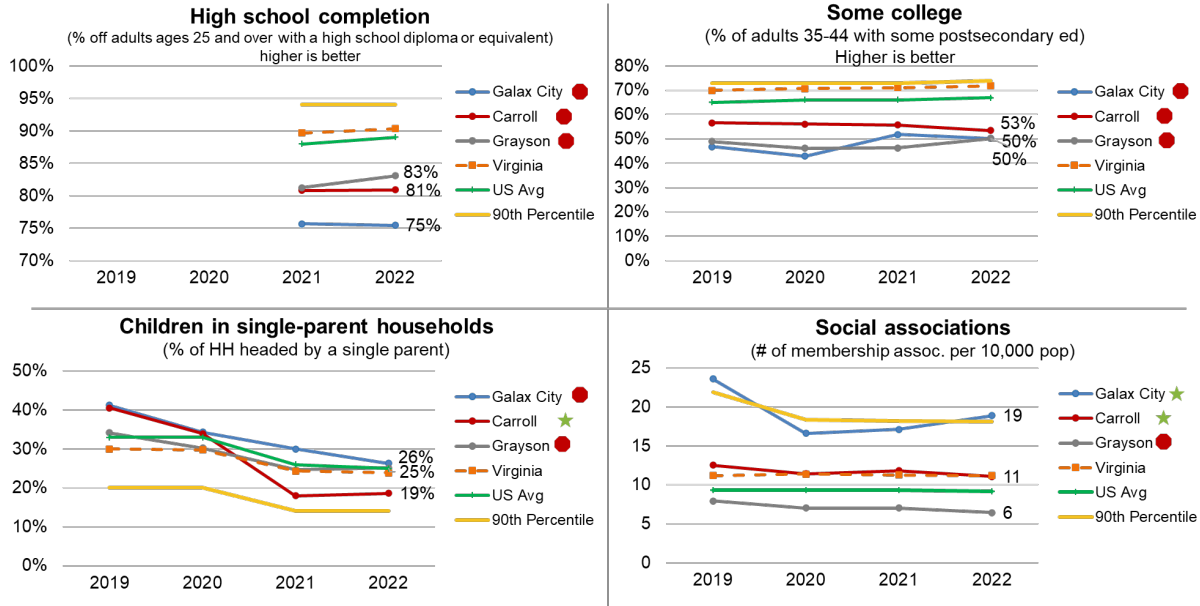
Clinical Care OPPORTUNITIES

- In Grayson and Galax counties, the percent of Medicare enrollees with flu vaccines per year was lower than VA at 51%.
- Preventable hospital stays in Galax and Carroll counties were higher than both VA (3,896) and the U.S. (3,767)
- In all three counties, COVID-19 vaccinations were lower than VA at 74% and the U.S. at 67%.
- Mammography screening was lower in Grayson County at 43% than VA at 44%.
- The cancer incidence rate in Galax County was 620.6 cases per 100,000 population which was higher than VA (411), and the US (449).
- The population per dentists was higher in both Grayson (5,164) and Carroll (3,759) counties than VA and the U.S. (1,400)
- The population per primary care physicians in Grayson county was higher at 3,888 than both VA and the U.S. at 1,310.
- The population per mental health providers was higher in Carroll and Grayson Counties than both VA (484) and the U.S. (350)
- Galax and Grayson counties had a higher prevalence of diabetes than VA (10%) and the

U.S. (9%)

Social & Economic Factors

Social and economic factors account for 40% of the county rankings. There are eight measures in the social and economic factors category. Galax, Carroll, and Grayson counties ranked 122nd, 103rd, and 87th in social and economic factors out of 133 Virginia counties.

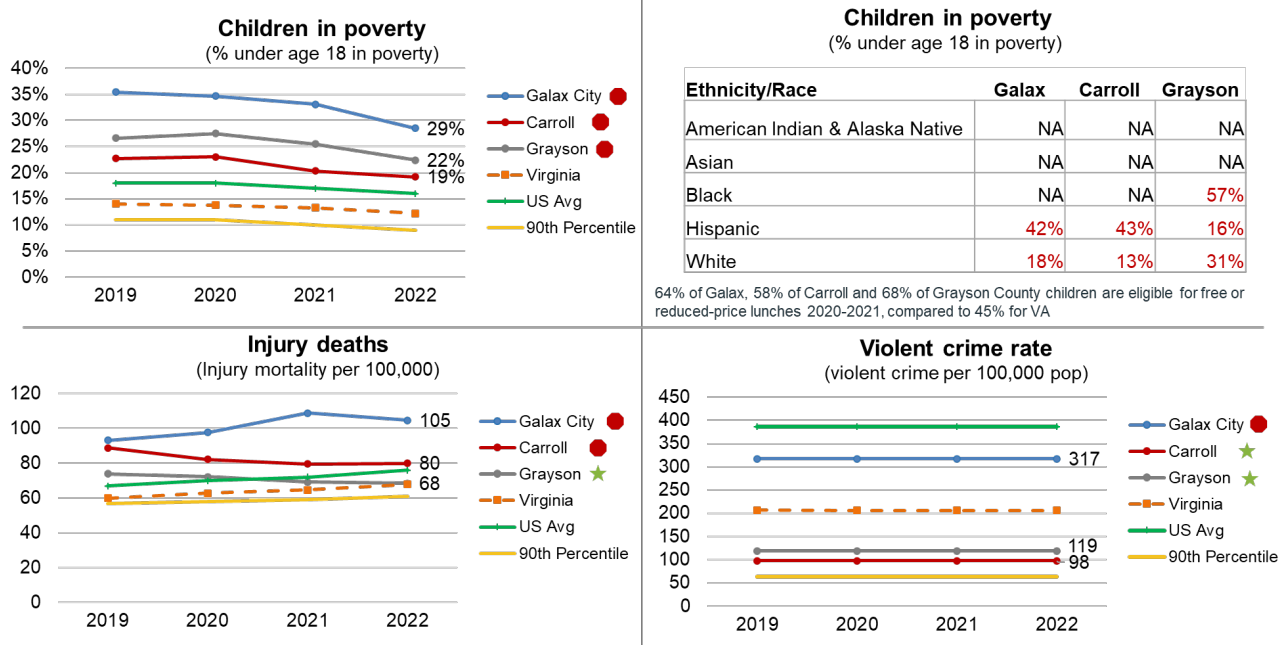


Source: High school completion– CHR, American Community Survey, 5-yr estimates, 2016-2020

Source: Some college CHR; American Community Survey, 5-year estimates, 2016-2020.

Source: Children in poverty - CHR; U.S. Census, Small area Income and Poverty Estimates, 2020

Source: Social associations - CHR; County Business Patterns, 2019

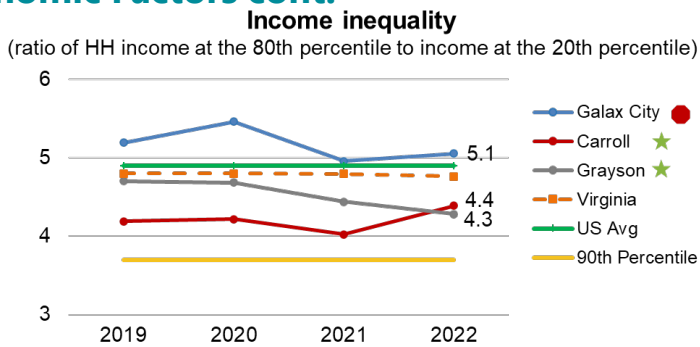


Source: Income inequality and children in single-parent households - CHR; American Community Survey, 5-year estimates 2016-2020

Source: Injury deaths – CHR; National Center for Health Statistics – Mortality Files, 2016-2020

Source: Violent crime - CHR; Uniform Crime Reporting – FBI, 2014 & 2016

Social & Economic Factors cont.



Social & Economic Factors STRENGTHS

- The percentage of children in single-parent households was 19% in Carroll County, lower than VA (24%) and the U.S. at 25%.
- Social associations were higher in Galax County at 19 memberships per 10,000 population than VA at 11 and the U.S. at 9 memberships. Carroll County social associations were higher than the U.S. (9) at 11 memberships, and the same as VA. Associations include membership organizations such as civic organizations, bowling centers, golf clubs, fitness centers, sports organizations, religious organizations, political organizations, labor organizations, business organizations, and professional organizations.
- Income inequality represents the ratio of household income at the 80th percentile compared to income at the 20th percentile. Income inequality was lower in both Grayson and Carroll County than VA at 4.8 and the U.S. at 4.9.
- The violent crime rate in all three counties were per 100,000 population were lower than the U.S. at 386.

Social & Economic Factors OPPORTUNITIES

- The percentage of children in single-parent households was 26% in Galax County, higher than VA (24%) and the U.S. at 25%.
- All three counties had a lower percentage of postsecondary education than both VA (72%) and the U.S. (67%).
- Social associations were lower in Grayson County at 6 memberships per 10,000 population than VA at 11 and the U.S. at 9 memberships.
- Median household income in all three counties was significantly less than both VA (\$76,448) and the U.S. (\$64,730).
- The high school graduation rate was lower in all three counties than VA at 90% and the U.S. at 89%.
- The children in poverty rate was higher in all three counties than VA (16%) and the U.S. (12%).
- The poverty estimates for 2020 in all three counties were higher than VA at 9.2% and the U.S. at 11.9%.
- Income inequality was higher in Galax County than VA at 4.8 and the U.S. at 4.9.
- In all three counties, the percentage of children in poverty was higher than both VA (12%) and the U.S. (16%)



Photo Credit: TCRH

Social & Economic Factors OPPORTUNITIES Cont.

- In Galax and Carroll Counties, the number of injury deaths were higher than VA (68) and the U.S. (76)
 - The violent crime rate in Galax city was 317 per 100,000 population, higher than VA at 207.
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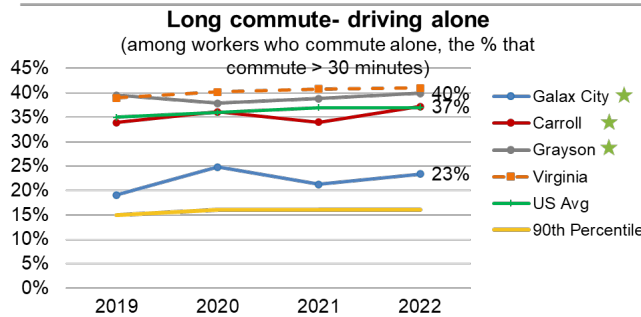
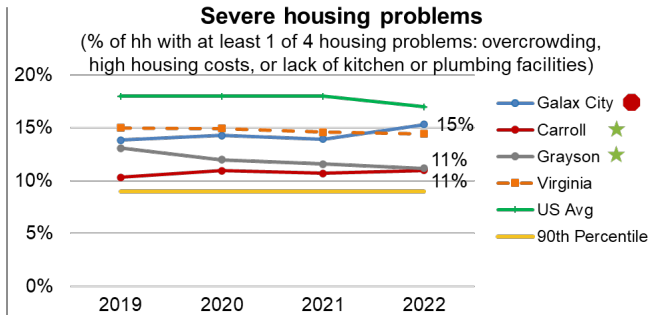
Physical Environment

Physical environment contains four measures in the category and accounts for 10% of the county rankings. Galax, Carroll, and Grayson Counties ranked 19th, 51st, and 36th in physical environment out of 133 Virginia counties, respectively.

Drinking water violations

	2020	2021	2022
Galax City	NA	No	No
Carroll County	No	No	No
Grayson County	Yes	No	No

Source: EPA Safe Drinking Water Information System.



Broadband access
(% of households with broadband internet connection)

2022	
Galax City	74%
Carroll County	71%
Grayson County	74%
Virginia	85%
US Avg	85%
90th Percentile	88%

Source: Drinking water violations – County Health Rankings; EPA, Safe Drinking Water Information System, 2020 Source: Severe housing problems – County Health Rankings; HUD Comprehensive Housing Affordability Strategy data, 2014-2018. Source: Driving alone to work and long commute – County Health Rankings; American Community Survey, 5-year estimates, 2016-2020. Source: Air pollution – County Health Rankings; CDC National Environmental Health Tracking Network, 2018

Source: Broadband access – CHR; American Community Survey, 5-yr estimates, 2016-2020

Physical Environment STRENGTHS

- In both Carroll and Grayson Counties, severe housing problems were lower (11%) than both VA (14%) and the U.S. (17%).
- All three counties' workers who commute alone commute over 30 minutes were lower than VA at 41%.
- Carroll County reported no drinking violations in each of the last three years.
- Galax County reported no drinking violations in 2021 or 2022.

Physical Environment OPPORTUNITIES

- In Galax County, severe housing problems were higher at 15% than VA at 14%.
- Grayson County reported drinking violations in 2020.
- In all three counties, Broadband access was lower than both VA and the U.S. at 85%.



Photo Credit: TCRH

There were Four Broad Themes that Emerged in this Process:

- Galax, Carroll, and Grayson Counties needs to continue to create a “Culture of Health” which permeates throughout the towns, employers, churches, and community organizations to engender commitment to health improvement.
- There is a direct relationship between health outcomes and affluence (income and education). Those with the lowest income and education generally have the poorest health outcomes.
- While any given measure may show an overall good picture of community health, subgroups such as the lower income census tracts may experience lower health status measures.
- It takes partnerships with a wide range of organizations and citizens pooling resources to meaningfully impact the health of the community. Carroll, Grayson and Galax Counties have many assets to improve health.

Results of the CHNA: Community Health Summit Prioritized Health Needs

Prioritization of Health Needs

Prioritization Criteria

At the Community Health Summit, the attendees reviewed the community health information and used the criteria below to prioritize the health needs in the community.

Magnitude / scale of the problem	How big is the problem? How many people does the problem affect, either actually or potentially? In terms of human impact, how does it compare to other health issues?
Seriousness of Consequences	What degree of disability or premature death occurs because of this problem? What would happen if the issue were not made a priority? What is the level of burden on the community (economic, social or other)?
Feasibility	Is the problem preventable? How much change can be made? What is the community's capacity to address it? Are there available resources to address it sustainably? What's already being done, and is it working? What are the community's intrinsic barriers and how big are they to overcome?

Most Significant Community Health Needs

The following needs were prioritized by attendees at the Community Health Summit. Using a nominal group technique, each attendee received three sticky notes and selected their top three health needs and posted their ideas on paper at the front of the room.

1. Substance Use Disorder (24)
2. Mental Health (17)
3. Healthy Eating/Active Living/Food Insecurity (14)
4. Socioeconomics (10)
5. Education/Communication (8)
6. Access to Care (8)

Community Health Summit Brainstorming

Community Health Goals and Actions Brainstorming

Once the stakeholders had prioritized the most significant health issues, the summit participants brainstormed what might be done in the communities to improve the health issue. Below are notes from the brainstorming.

Significant Health Need 1: Substance use disorder

- ✓ **Goal 1 – Implement a Harm Reduction Program at health department**
 - Action 1** – Establish team/coalition
 - Action 2** – Create funding/budget
 - Resources/Collaborators Needed: VDH, coalition – community/schools, police, primary care, CSB epidemiologist, data analyst*
- ✓ **Goal 2 – Create education program in in schools – age based**
 - Action 1** – Present to school board and get approval
 - Action 2** – Create a curriculum
 - Resources/Collaborators Needed: PCP, hospital, schools/school board, peer support, educators, parents, VDH*

Significant Health Need 2: Mental health/Referral facility in community

- ✓ **Goal 1 – Bring in mental health workers who will raise awareness and educate**
 - Action 1** – Increase mental health staff
 - Resources/Collaborators Needed: mental health staff, education and training*
- ✓ **Goal 2 – Build facility that coordinates referrals, getting patients from point A to B**
 - Action 1** – Gather resources to build facility
 - Resources/Collaborators Needed: Collaboration with employers in the community, social workers, police officers*

Significant Health Need 3: Healthy – Active living/ Food insecurity

- ✓ **Goal 1 – Access to healthy, nutritious food for all**
 - Action 1** – Food trucks that accept EBT/SNAP, sliding scale for discounted prices
 - Action 2** – Meal kits as a tool to educate people how to cook with staple foods, incorporate into schools, churches, etc.
 - Resources/Collaborators Needed: Grants/donations, local government, schools, churches, civic organizations*
- ✓ **Goal 2 – Decrease electronics and screen time, increase activity**
 - Action 1** – Reward Programs – earn dollars to spend at food trucks
 - Action 2** – Activity in a box for homebound geared toward the needs
 - Resources/Collaborators Needed: Grants, schools, Galax Park and Rec, recreation departments, local health facilities and gyms, hospital, pediatrics, physician clinics, churches, library*

Community Health Goals and Actions Brainstorming, cont.

Significant Health Need 4: Socioeconomics

- ✓ **Goal 1 – Educate underserved populations with community partners**
Action 1 – Provide education/health screening event for community partners, such as God’s storehouse or willing partners.
Resources/Collaborators Needed: High School Vocational Training, Local Businesses, Schreiner University, Christian Job Corps
- ✓ **Goal 2 – Participate in sponsoring food for backpack buddies with education as well as food.**

Significant Health Need 5: Education and Communication

- ✓ **Goal 1 – Educate grade school children on healthy lifestyles**
Action 1 – Partner with schools to provide Health Expo grade school students annually for next 3 years with Carroll, Galax, and Grayson
Resources/Collaborators Needed: Schools
- ✓ **Goal 2 – Identify faith-based partners, local churches to provide education on specific topics monthly**
Action 1 – Develop annual calendar of education
Action 2 – Identify resources for education material
Action 3 – identify faith-based partners
Resources/Collaborators Needed: Churches, religious organizations

Significant Health Need 6: Access to Care

- ✓ **Goal 1 – Improve Transportation**
Action 1 – Request expanded transit coverage with Galax City (Lynx) to assist in transporting patients to and from visits
Action 2 – Search for grant funding for area residents to assist with cost of public transportation
Resources/Collaborators Needed: Grants, local transportation
- ✓ **Goal 2 – Affordable Care**
Action 1 – Educate population on affordable health programs available, and inform of financial counselors
Action 2 – Utilize mailing, radio, TV, and social media blasts to target all age groups with information on services provided.
Resources/Collaborators Needed: Local media outlets

Impact of 2019 CHNA and Implementation Plan

Impact

COVID-19 impacted implementation in 2020. Groups were unable to meet in person and services were limited in the community. However, progress was made prior to COVID.

Impact of 2019 CHNA and Implementation Plan, cont.

Impact

Impact of 2019 CHNA and Implementation Plan, cont.

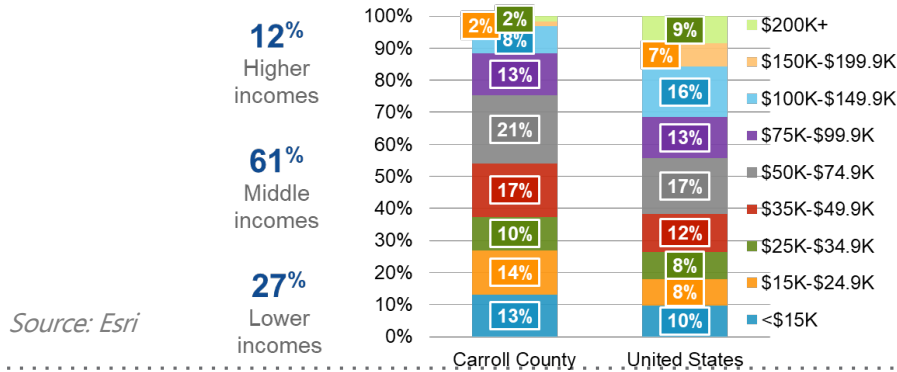
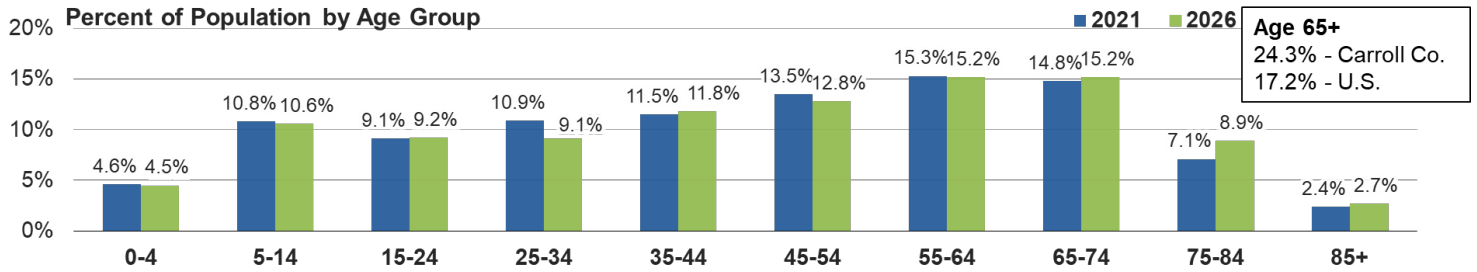
Impact

Appendices

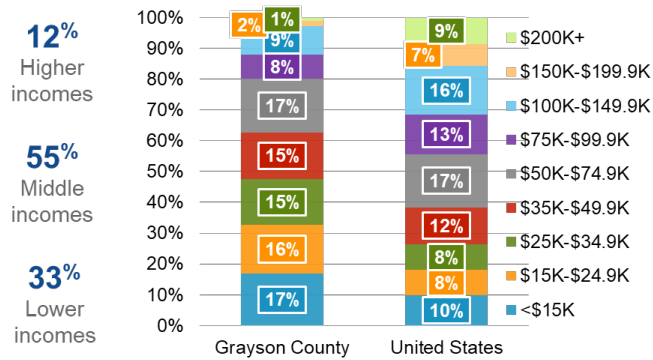
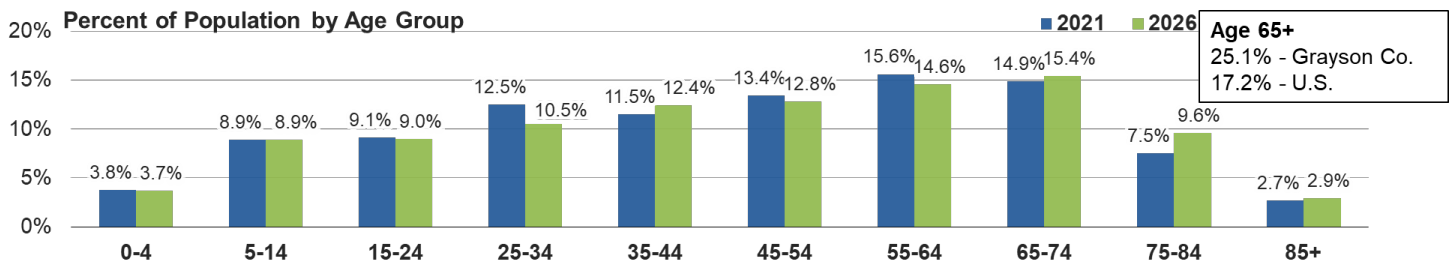
- 1. Additional Demographics**
- 2. Focus Group Summary**
- 3. Survey Summaries**
- 4. Community Asset Inventory**

Demographics

Carroll County

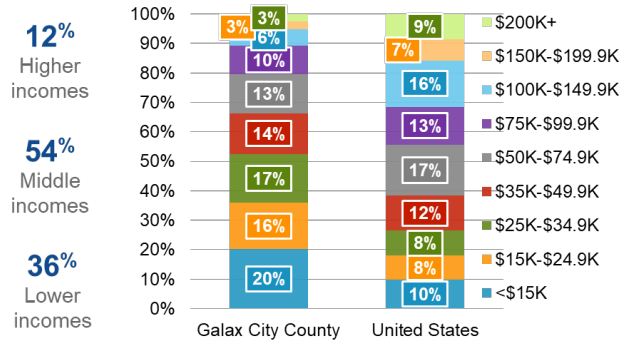
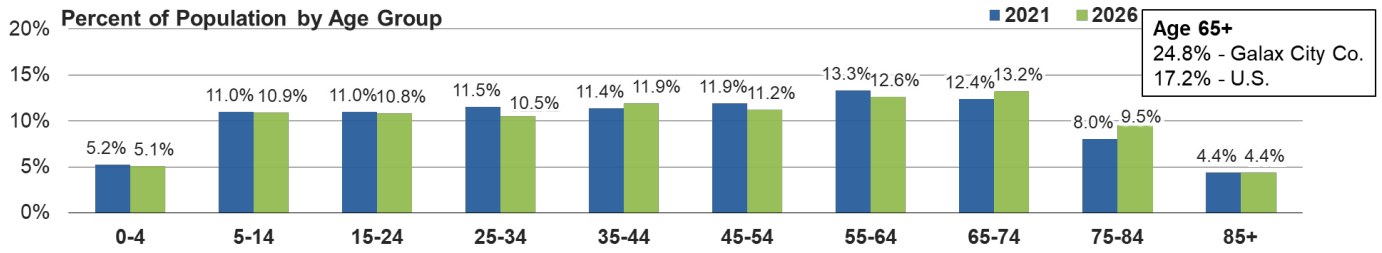


Grayson County



Demographics

Galax City



Source: Esri

Focus Group Results

Focus Groups

Community stakeholders representing the broad interests of the community as well as those representing low income, medically underserved, and minority populations participated in individual interviews and focus groups on June 9, 2022, for their input into the community's health. Community participation in individual interviews represented a broad range of interests and backgrounds. Below is a summary of the focus groups and interviews.

1. How do you define health?

- Overall wellbeing – physical, mental, social, community, organization
- Wholistic
- Thrive and survive
- Degree to which an individual or collection is struggling or thriving
- Is a spectrum, and differs based on disability, health, and resources

2. For the purposes of this Community Health Needs Assessment, the community is Carroll, Grayson and Galax Counties. Generally, how would you describe the community's health?

- It depends on social and economic ability to seek out care
- Overall above average, but lower income are challenged
- 50/50– some are more health conscious than others

3. What are the most significant health issues for the community today?

- Mental Health – isolation, fear, depression, bipolar disorder, schizophrenia
- Substance Use Disorder – drugs and alcohol due to stress and anxiety
- Access to resources and coordination
- Access to healthcare – telemedicine for mental health, ED visits for primary care, home care, cardiology, expand Medicaid
- Employee shortages – mental health nurse practitioners, law enforcement, EMS
- Social determinants of health
 - Housing
 - Broadband, computer literacy
 - Food
 - Transportation
 - Literacy
- Overweight society are more prone to health problems

4. What are the most significant health issues facing various populations including medically underserved and low-income populations?

- Mental health – depression, including suicides in children
- Medical issues – diabetes, allergies, asthma, dental issues
- Substance misuse – drugs, smoking and alcohol
- Social determinants of health – basic needs, housing, transportation, food. Health is going to come after these other needs.

Interview and Focus Group Results, cont.

5. What are the most significant health issues facing the minority populations?

- Language barriers
- Lack of access to healthcare – delayed care, chronic illnesses not addressed, dental care
- Immigration status – lack of trust, fear
- Diet/exercise leading to obesity and diabetes
- Substance misuse and mental health

6. What are the most important health issues facing youth and children?

- Mental health – stress, depression, grief
- Education – positive lifestyle decisions, ready for employment
- Substance Use – drugs, vaping, marijuana, alcohol
- Diet, nutrition, exercise – game playing, sedentary, expensive healthy food, cheap unhealthy food, leads to diabetes
- Use of electronics and social media – how to have conversations, want to be social media influencers
- Others: loss of pediatrician, asthma, parental issues, what's normal?

7. What are the most important health issues facing seniors?

- Mental health – still stigma with this group, dementia
- Isolation, loneliness
- Chronic diseases & multiple ailments – cardiovascular (heart) health, GI, dementia, cancer, joint replacements, diabetes, vision, hearing, dental
- Mobility/independence – fear of losing independence, falls
- Others: substance misuse, lack of understanding of Medicare Advantage plans

8. The community performed a CHNA in 2019 and identified priorities for health improvement

- | | |
|---|---|
| a. Access to care and insurance | e. Socioeconomics/housing/environmental |
| b. Obesity – healthy eating & active living | f. Substance misuse |
| c. Mental health | g. Chronic diseases |
| d. Children's health issues | |

What has changed most related to health status in the last three years?

- Access to care has improved slightly
- All are still issues
- Due to COVID, most have gotten worse
- Move socioeconomics and housing up in priority
- Additional
 - Dental Care
 - Combine mental health and substance misuse; they're related

Interview and Focus Group Results, cont.

9. What, if any, health issues or inequities did the Covid-19 pandemic expose in the community?

- For those in and near poverty, life was harder, food deliveries increased
- Resources became available – economic assistance, food
- People of color more susceptible to COVID and afraid to seek care
- Low wages for essential workers
- Mental health issues increased – depression, suicide
- Lack of access to the Internet
- Knowledge about the healthcare system
- When barriers to receive care are dropped, people get care

10. What behaviors have the biggest impact on community health?

- Neglect seeking care
- Drugs, smoking, sugar, and alcohol
- Circle of influence
- Emotional state – choice to be happy or sad

11. What environmental factors have the biggest impact on community health?

- Safe places to exercise
- Housing – expensive, need low income
- Commute times – traffic, transportation
- Air quality - dust, wind, rock quarries
- Places for kids to hang out – bowling alley, skating rinks

12. What do you think the barriers will be to improve health in the communities?

- Communication about available resources
- Suspicion of institutions
- Managing growth – taxes, housing values
- Economics – disadvantaged
- People of color and immigrants not using the hospital, staying within their own groups, language barriers

Interview and Focus Group Results, cont.

13. What community assets support health and wellbeing?

- Great places to exercise, parks, natural beauty, river
- Multiple community nonprofit organizations
- Community – focused leaders and volunteers
- Schreiner University
- Camps
- Churches
- Sports – little league, YMCA leagues
- Twin County Regional Hospital
- Raphael Clinic
- Philanthropy – 2 large foundations, giving community
- Doyle Center
- Chamber of Commerce
- Dietert Center
- Kroc Center

14. If you had a magic wand, what improvement activity should be a priority for Carroll, Grayson and Galax Counties to improve health?

- Increase access to mental health resources, knowledge, and providers
- Integrate primary care with mental health, mental health home visits
- Need a continuum of care for mental health – crisis intervention, short stay, residential
- Police dealing with and transporting mental health patients is not a great use of that resource. Integrate mental health providers with police
- Build more houses and get work force to live in Kerrville
- Increase access to care – more clinics, urgent care, providers
- Work with high schools and colleges to get students to stay here
- Increase funds for area nonprofits. Have joint fundraisers
- Centralized database to match people with resources
- Create a universal application to qualify for assistance. Decrease the barriers to receive assistance
- More activities for kids – bowling, older, experienced mentors
- A children's wing on the hospital
- Incentives to stop vaping
- Teach life skills – cooking, budgeting, doing taxes, grocery shopping, financial literacy

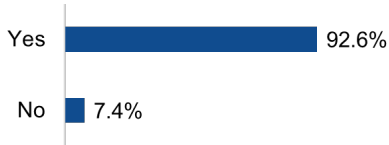
Survey Results

Community Surveys

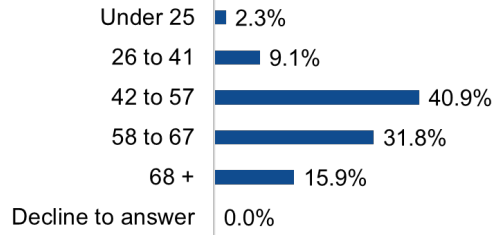
TCRH and Stratasan conducted online community surveys via SurveyMonkey through email distribution and social media placement for Galax, Grayson and Carroll Counties. 54 surveys were completed from May 23, 2022, through July 20, 2022.

Demographics

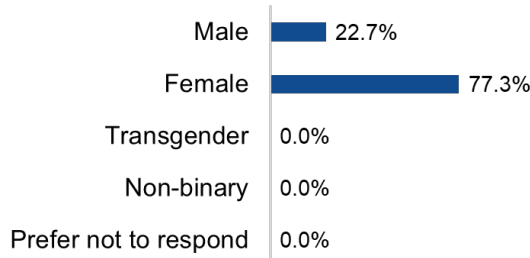
Do you live or work in Galax City, Carroll County, or Grayson County?



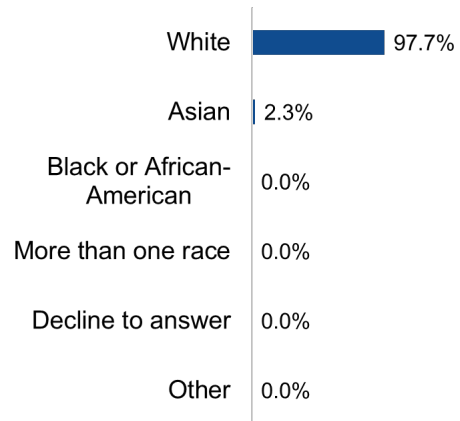
Which of the following ranges includes your age?



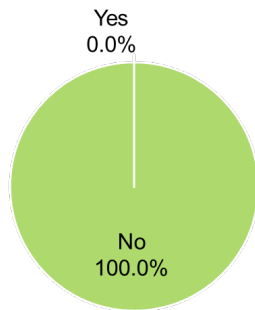
What is your gender?



How would you best describe yourself?



Are you of Hispanic/Latino/Spanish Origin?

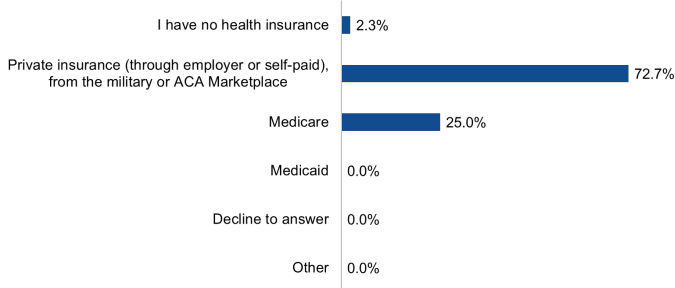


N=54 Q1. Do you live or work in Galax City, Carroll County, or Grayson County?
 N=44 Q44. What is your gender?
 N=44 Q45. Which of the following ranges includes your age?
 N=44 Q46. Which of the following best describes your health insurance situation?

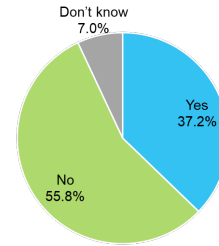
Survey Results

Community Surveys

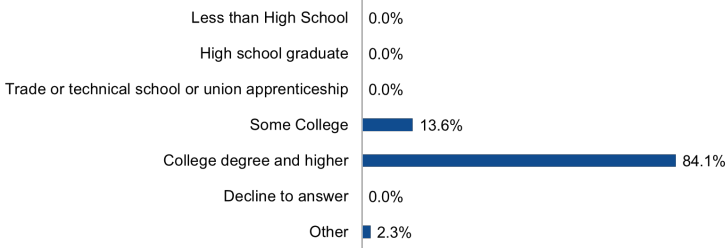
Which of the following best describes your health insurance situation?



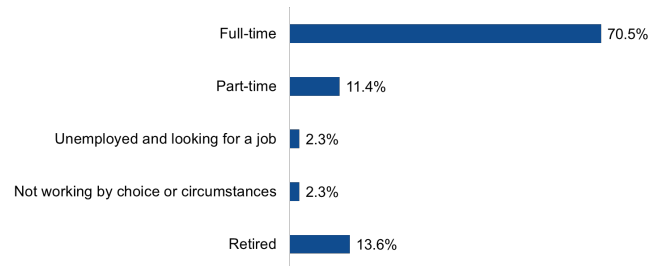
Do you have a high deductible health plan? Defined as a deductible over \$1,350 for individual and \$2,700 for a family.



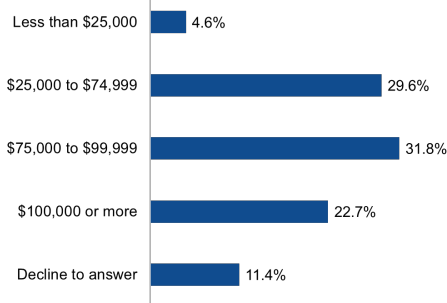
What formal education have you earned?



What is your current employment status?



Which of the following includes your annual household income?



N=44 Q46. Which of the following best describes your health insurance situation?

N=43 Q47. Do you have a high deductible health plan? Defined as a deductible over \$1,350 for individual and \$2,700 for a family. N=44 Q48. What formal education have you earned?

N=44 Q48. What formal education have you earned?

N=44 Q49. What is your current employment status?

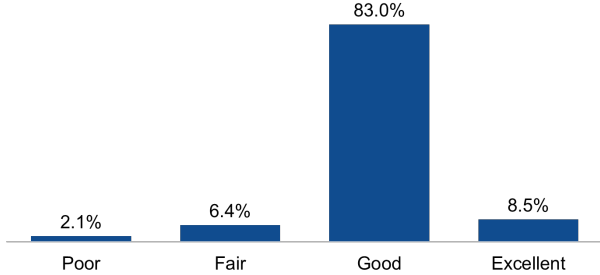
N=44 Q50. Which of the following includes your annual household income?

Survey Results

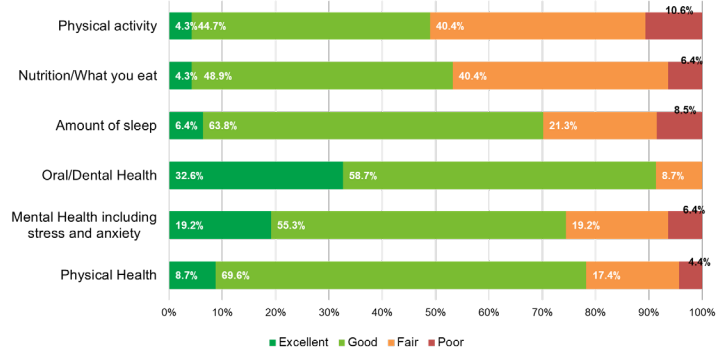
Community Survey

Health Status

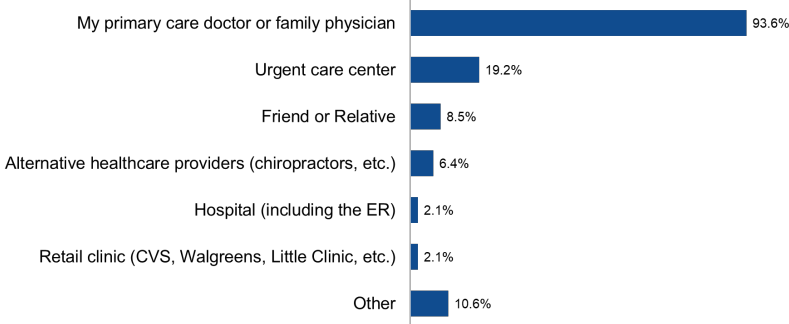
Generally, how would you describe your health? Would you say it is...



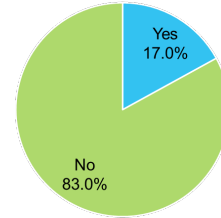
Generally, how satisfied are you with your...



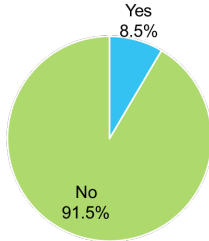
If you have one person or group you turn to for basic healthcare needs, where do you go most often? (May select multiple answers)



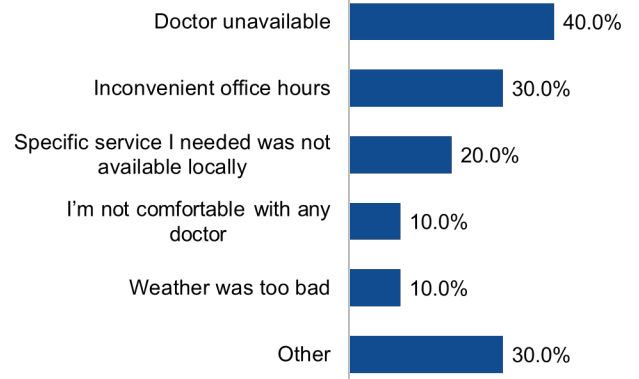
Was there a time in the past 12 months when you needed to see a doctor but could not?



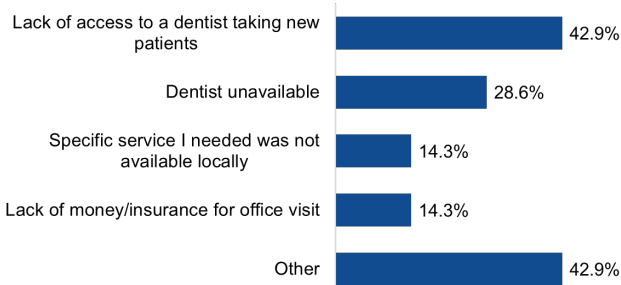
Was there a time in the past 12 months when you needed to see a dentist but could not?



What are some of the reasons why you could not see a doctor?



What are some of the reasons why you could not see a dentist?



N=47 Q2. Generally, how would you describe your health? Would you say it is...

N=47 Q2. Generally, how would you describe your health? Would you say it is...

N=47 Q3. Generally, how satisfied are you with your...

N=47 Q4. If you have one person or group you turn to for basic healthcare needs, where do you go most often? (May select multiple answers)

N=47 Q5. Was there a time in the past 12 months when you needed to see a doctor but could not?

N=10 Q6. If yes, what are some of the reasons why you could not see a doctor? (Select all that apply)

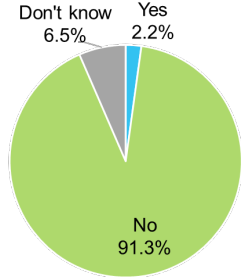
N=47 Q7. Was there a time in the past 12 months when you needed to see a dentist but could not?

N=7 Q8. If yes, what are some of the reasons why you could not see a dentist? (Select all that apply)

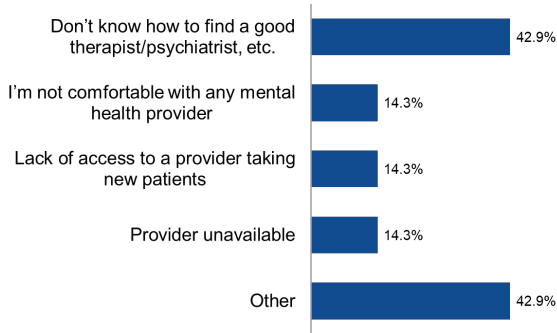
Survey Results

Community Surveys

Was there a time in the past 12 months when you needed to see a mental health professional but could not?



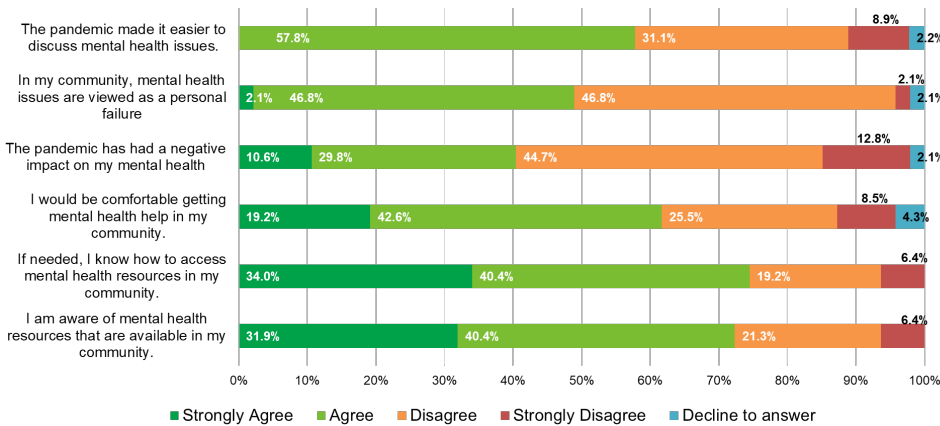
What are some of the reasons why you could not see a mental health professional?



N=46 Q9. Was there a time in the past 12 months when you needed to see a mental health professional but could not?

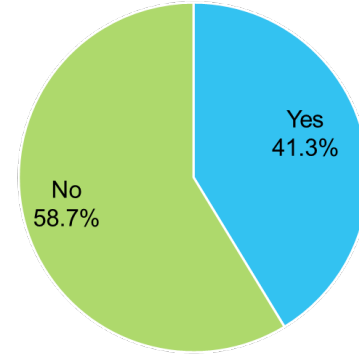
N=7 Q10. What are some of the reasons why you could not see a mental health professional? (Select all that apply)

Q11. Please tell us to what level you agree or disagree with the following statements.

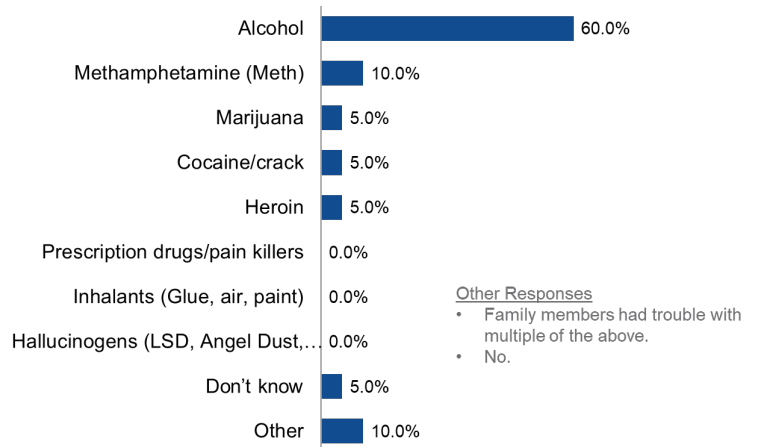


N=47 Q11. Please tell us to what level you agree or disagree with the following statements.

Have you, a relative or close friend experienced substance abuse or addiction?



Q13. If yes, what substance was involved?



Other Responses

- Family members had trouble with multiple of the above.
- No.

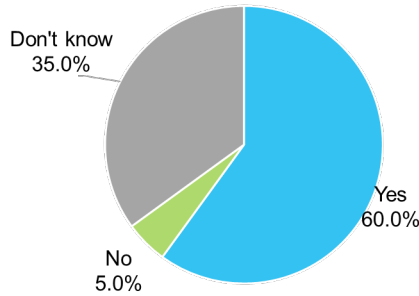
N=46 Q12. Have you, a relative or close friend experienced substance abuse or addiction?

N=20 Q13. If yes, what substance was involved?

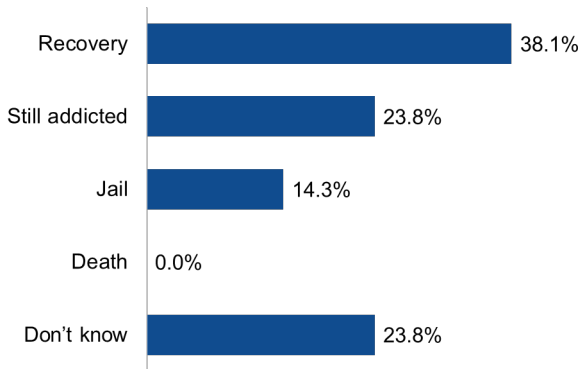
Survey Results

Community Surveys

Q14. Was addiction treatment available?

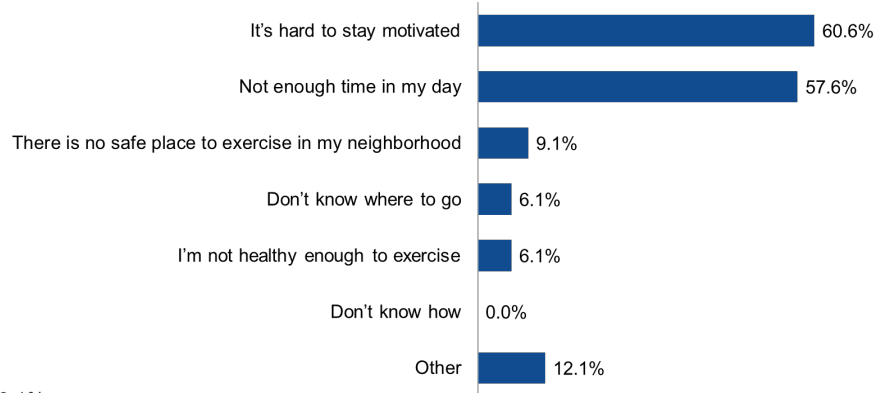


Q15. What was the result of the addiction?



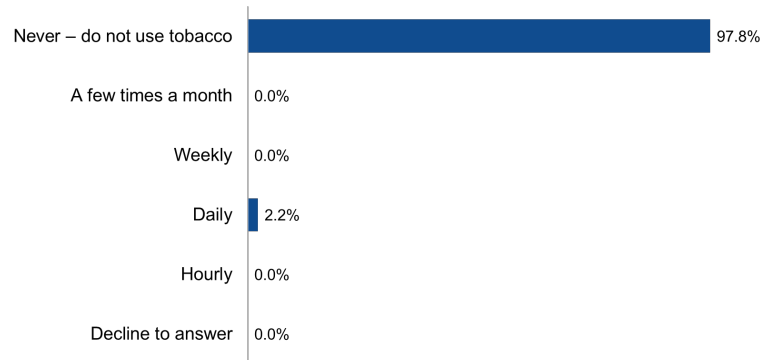
N=20 Q14. Was addiction treatment available?
N=21 Q15. What was the result of the addiction?

Q19. What are the reasons you have not participated in any exercise during the past month? (Select all that apply)



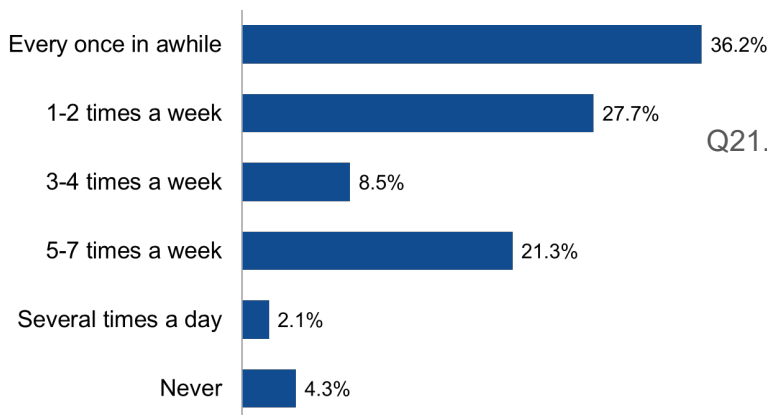
N=33 Q19. What are the reasons you have not participated in any exercise during the past month? (Select all that apply)

Q20. How often do you smoke or use smokeless tobacco, if you do?



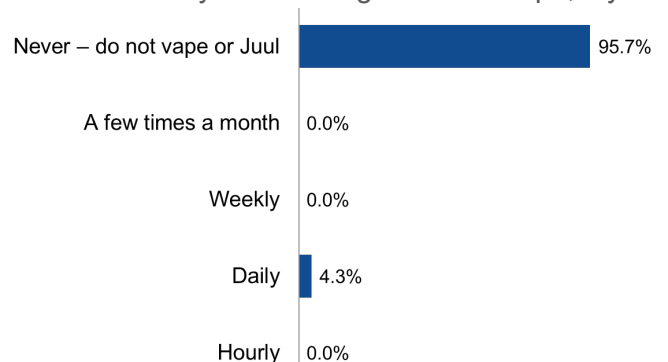
N=46 Q20. How often do you smoke or use smokeless tobacco, if you do?

Q18. How often did you participate in any physical activities or exercise such as fitness walking, running, weight-lifting, team sports, etc.?



N=47 Q18. During the past month, other than on your regular job, about how often did you participate in any physical activities or exercise such as fitness walking, running, weight-lifting, team sports, etc.?

Q21. How often do you use e-cigarettes or vape, if you do?

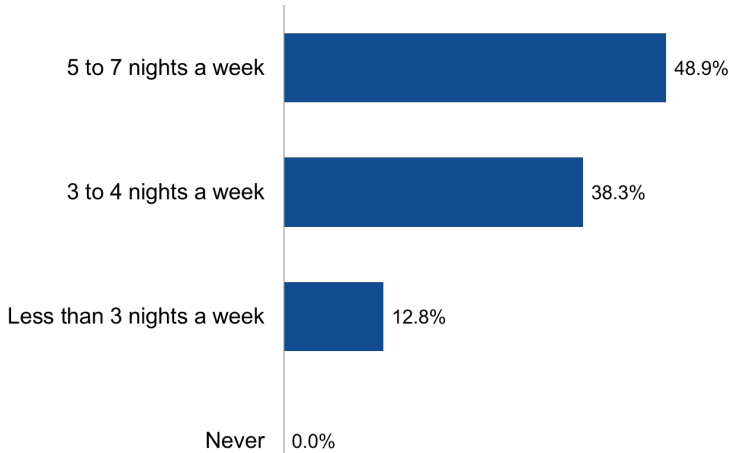


N=47 Q21. How often do you use e-cigarettes or vape, if you do?

Survey Results

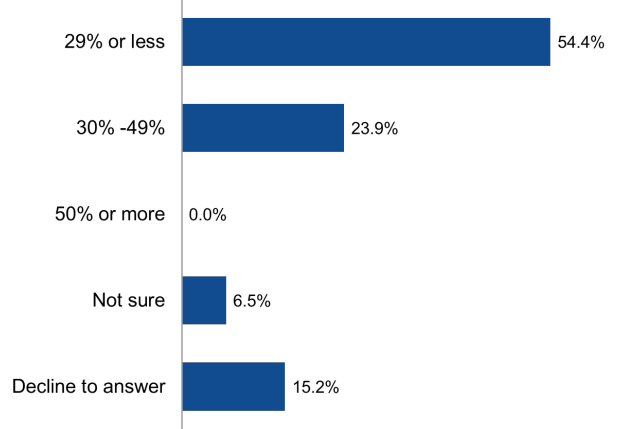
Community Surveys

Q22. How often do you or another family member cook dinner at home?



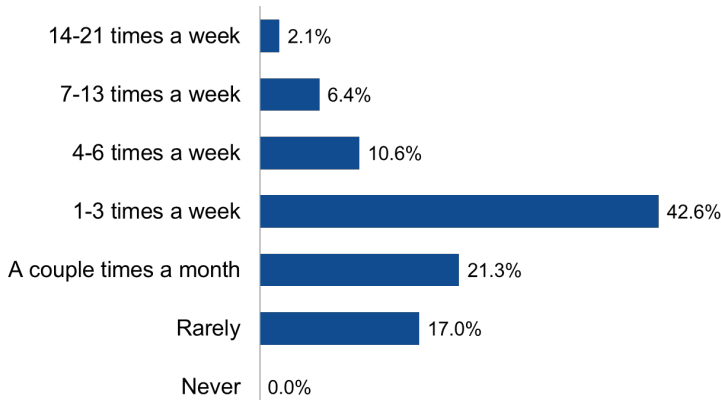
N=47 Q22. How often do you or another family member cook dinner at home?

Q22. How often do you or another family member cook dinner at home?



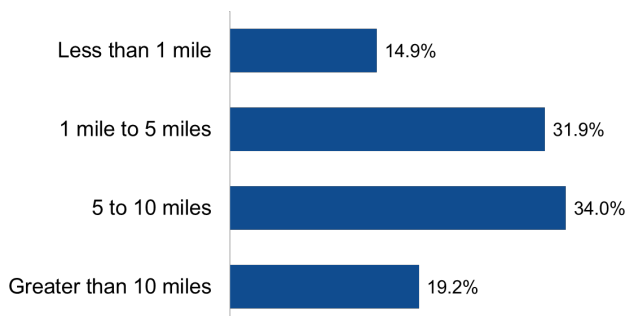
N=46 Q25. Approximately what percentage of your total household monthly income would you say you spend on your rent or mortgage payment?

Q23. How many times a week do you eat fast food?



N=47 Q23. How many times a week do you eat fast food?

Q24. How close in distance is the nearest grocery store that offers fresh fruits and vegetables?



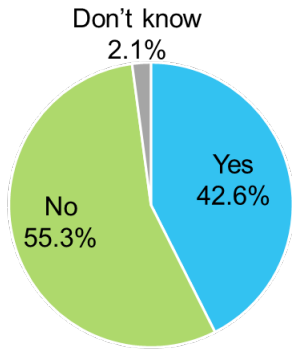
N=47 Q24. How close in distance is the nearest grocery store that offers fresh fruits and vegetables?

Survey Results

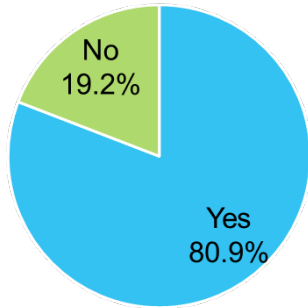
Community Surveys

COVID-19 Questions

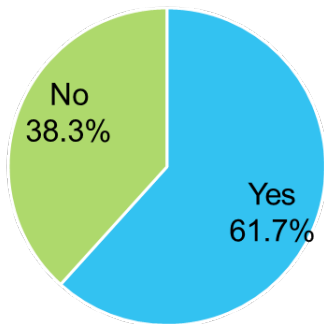
Have you ever been diagnosed with COVID-19?



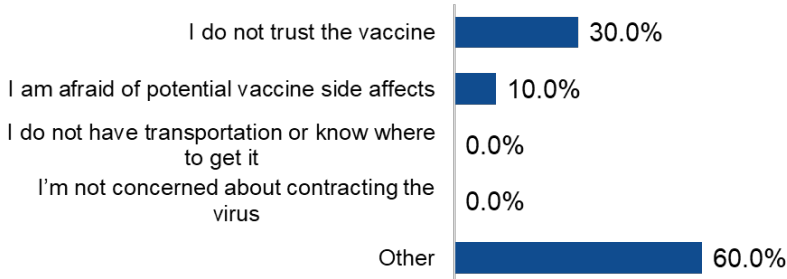
Have you received the COVID-19 vaccine?



Have you received the COVID-19 booster(s)?



If no, what statement best describes your reason for not getting the COVID-19 vaccine?



Other Responses

- It is my personal decision and right to decline the vaccine.
- Use of aborted babies as well as side effects.
- Answers B,C, and D.- I am also very concerned with my reproductive health.
- Religious reasons.
- I have also been boosted twice and waiting for the next one.
- Allergic to polyethylene glycol and multiple chemical and drug sensitivity.

N=47 Q26. Have you ever been diagnosed with COVID-19?

N=47 Q27. Have you received the COVID-19 vaccine?

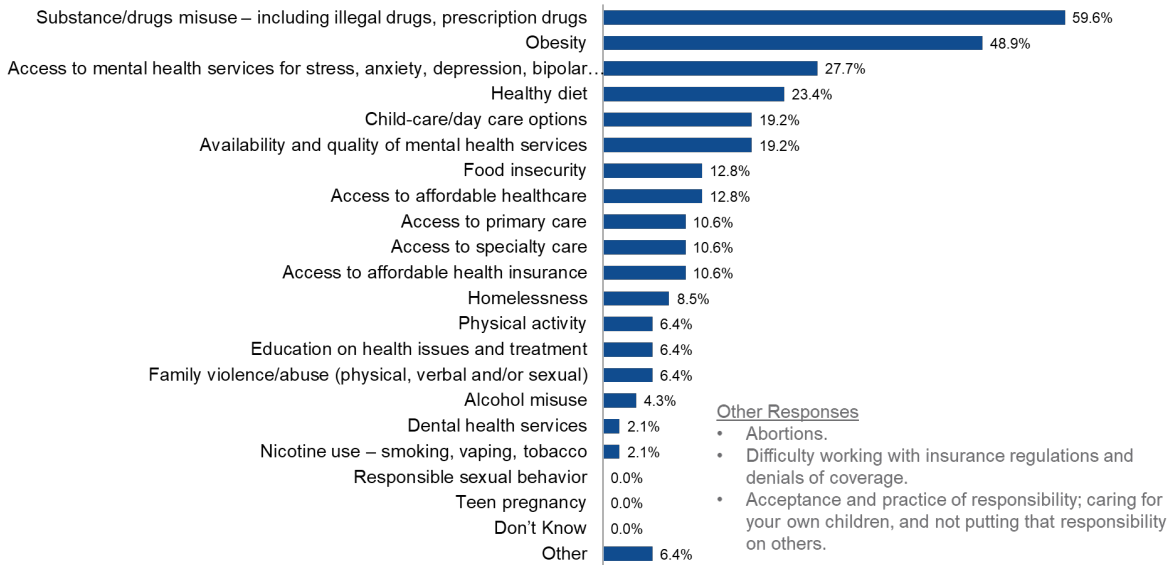
N=10 Q28. If no, what statement best describes your reason for not getting the COVID-19 vaccine?

N=47 Q29. Have you received the COVID-19 booster(s)?

Survey Results

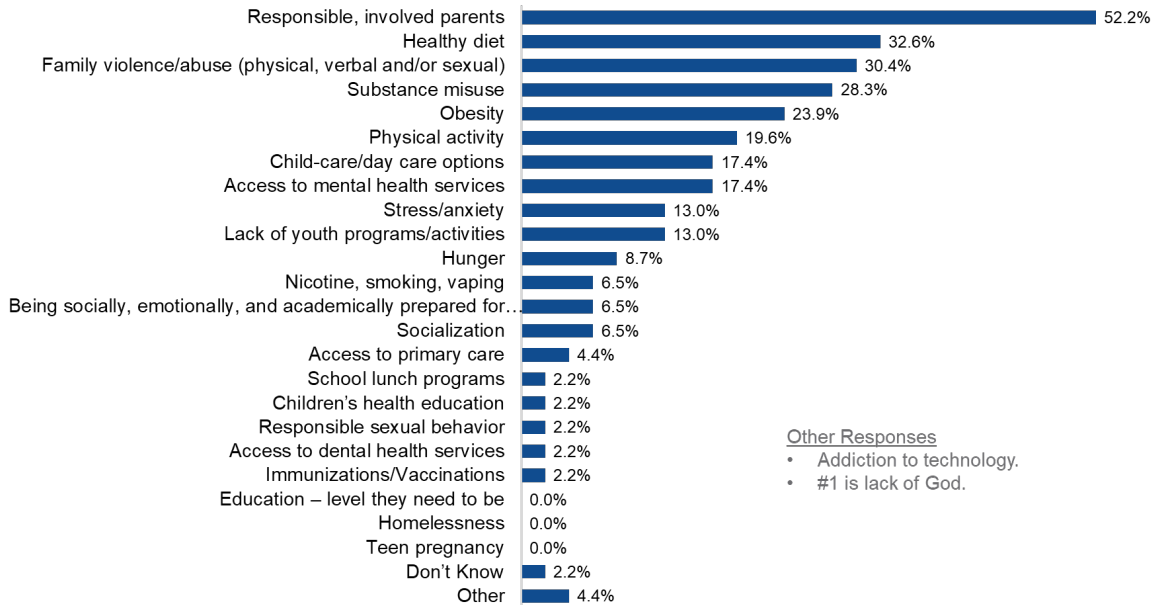
Community Surveys

Q30. In your opinion, what are the top 3 most significant health issues in the counties?



N=47 Q30. In your opinion, what are the top 3 most significant health issues in the counties?

Q31. In your opinion, what are the top 3 health concerns for children and youth in your community? (Select three responses)

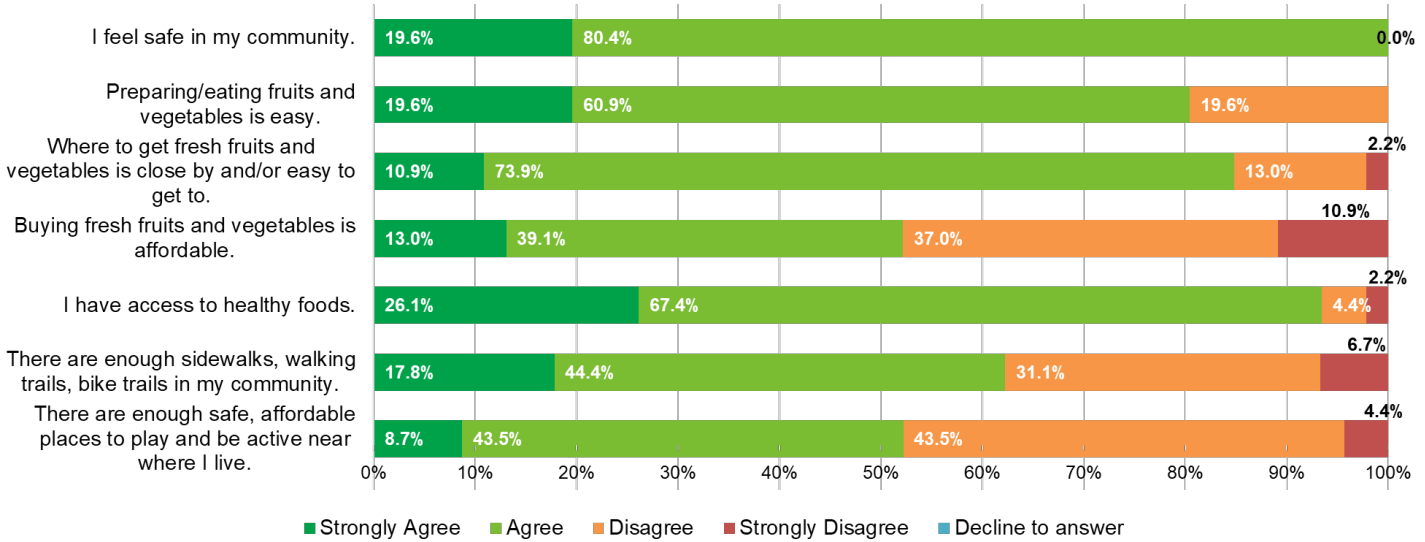


N=46 Q31. In your opinion, what are the top 3 health concerns for children and youth in your community? (Select three responses)

Survey Results

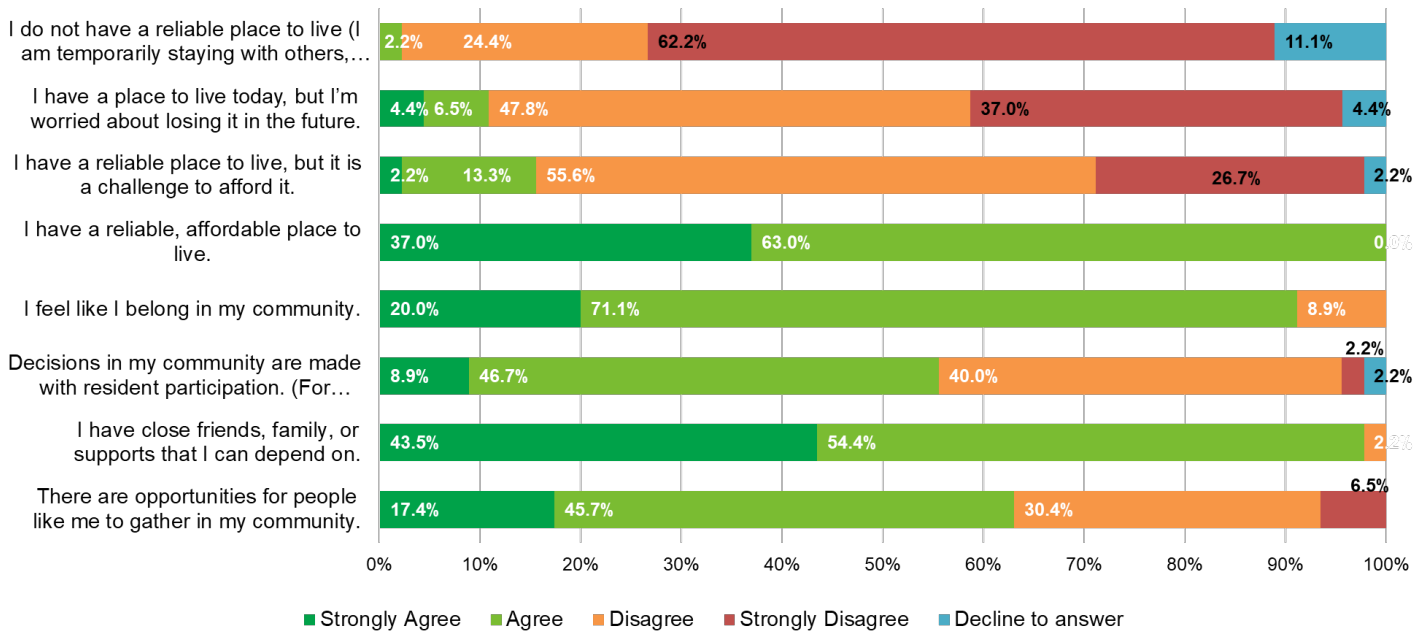
Community Surveys

Q32. Please tell us how much you agree or disagree with the following statements. (1 of 3)



N=46 Q32. Please tell us how much you agree or disagree with the following statements.

Q32. Please tell us how much you agree or disagree with the following statements. (2 of 3)

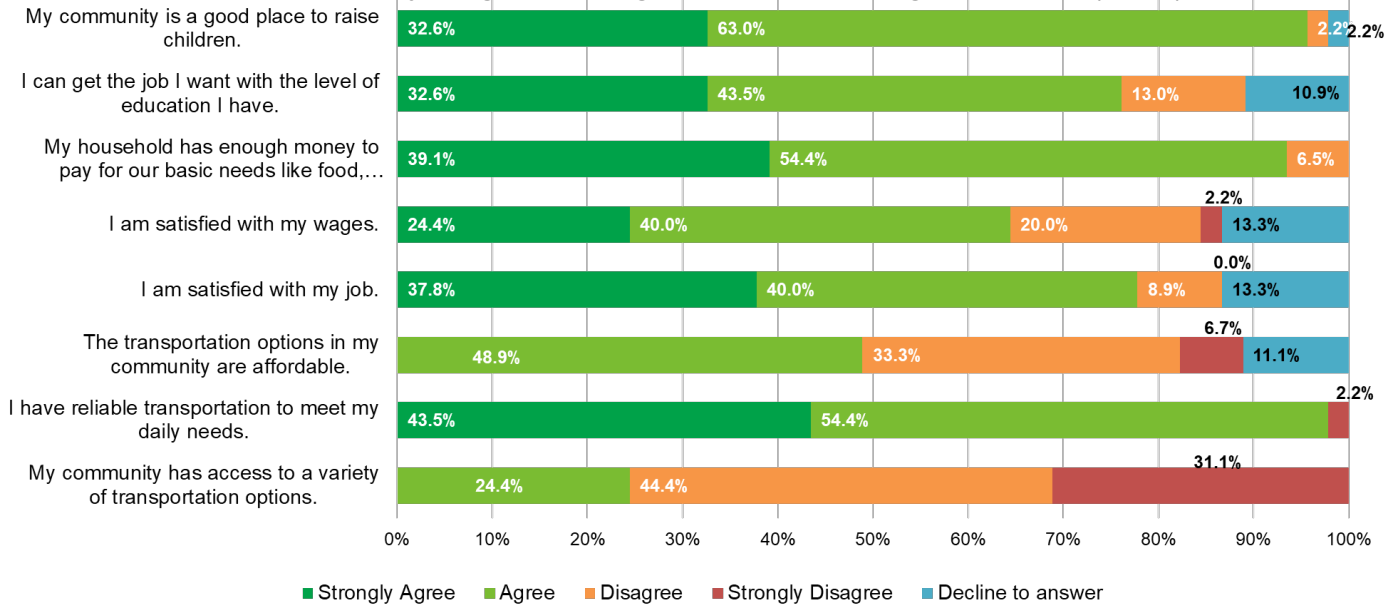


N=46 Q32. Please tell us how much you agree or disagree with the following statements.

Survey Results

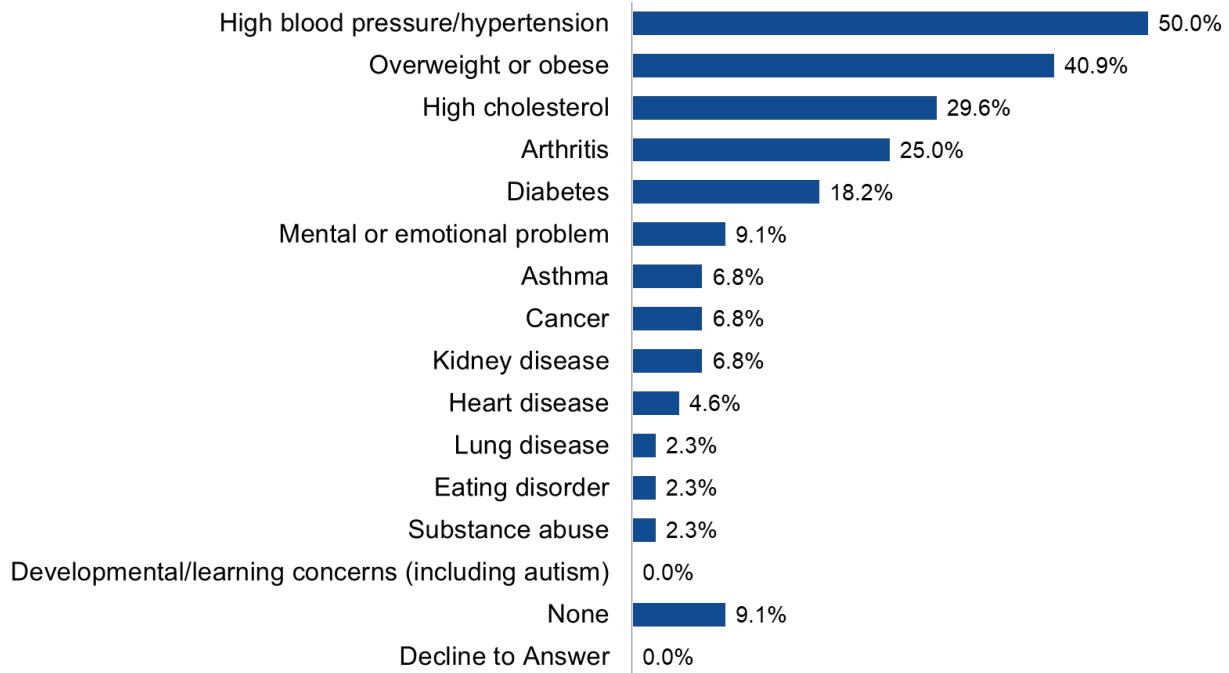
Community Surveys

Q32. Please tell us how much you agree or disagree with the following statements. (3 of 3)



N=46 Q32. Please tell us how much you agree or disagree with the following statements.

Q33. Have you ever been told by a doctor you have any of these conditions, diseases or challenges? (Select all that apply)

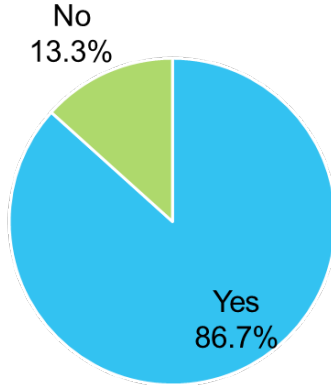


N=44 Q33. Have you ever been told by a doctor you have any of these conditions, diseases or challenges? (Select all that apply)

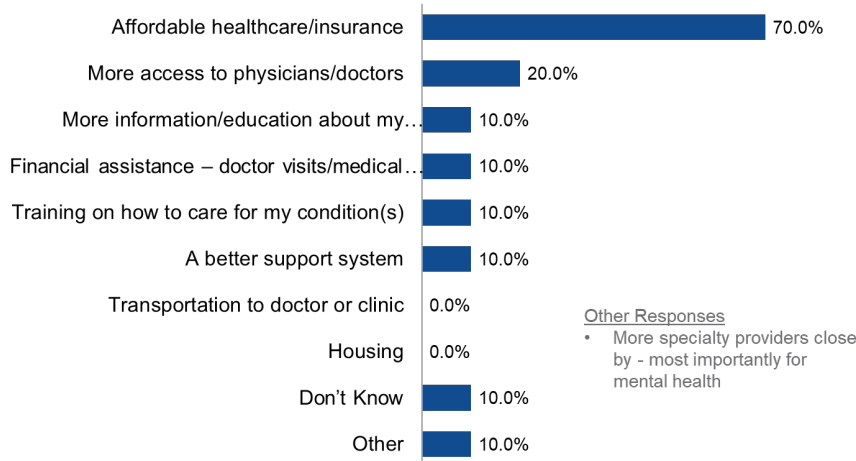
Survey Results

Community Surveys

Q34. Do you feel you have all that you need to manage your health condition(s)?

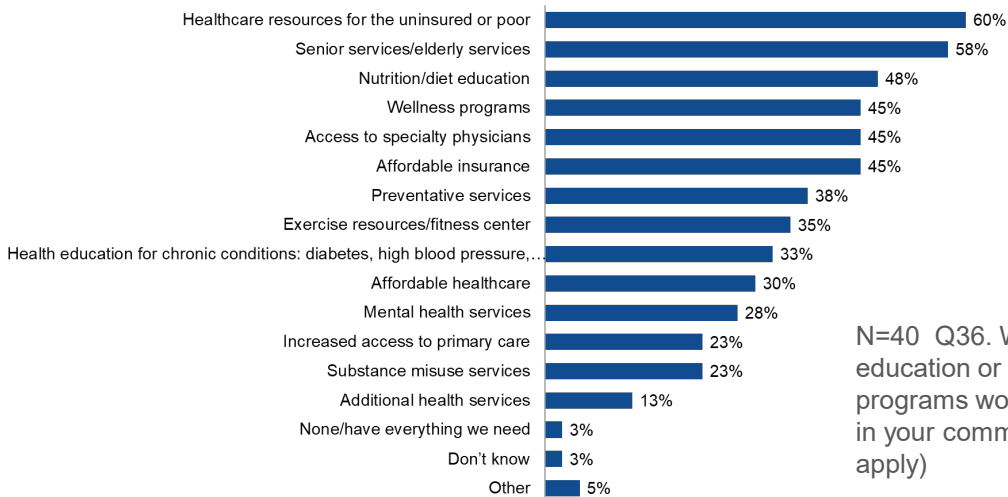


If no, what do you need in order to manage your health condition(s)?



N=45 Q34. Do you feel you have all that you need to manage your health condition(s)?
 N=10 Q35. If no, what do you need in order to manage your health condition(s)? (Select all that apply)

Q36. What healthcare, health education or public health services or programs would you like to see offered in your community? (Select all that apply)

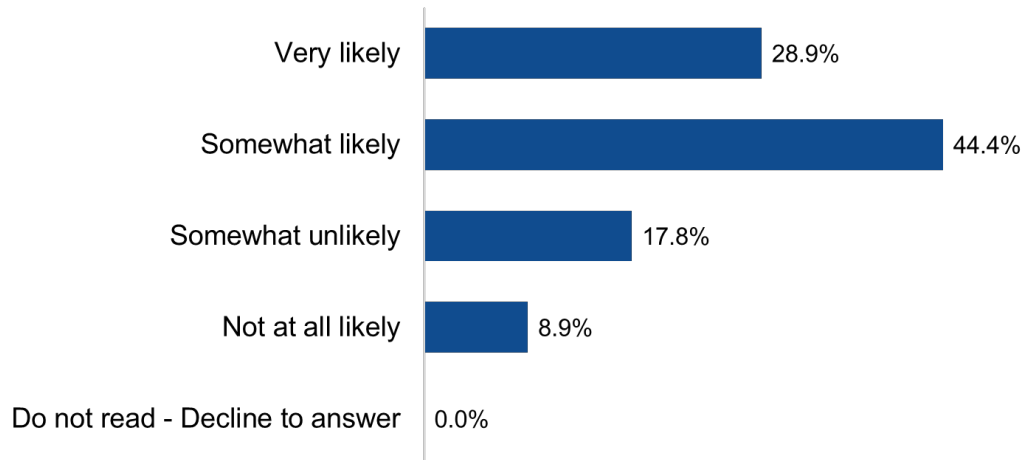


N=40 Q36. What healthcare, health education or public health services or programs would you like to see offered in your community? (Select all that apply)

Survey Results

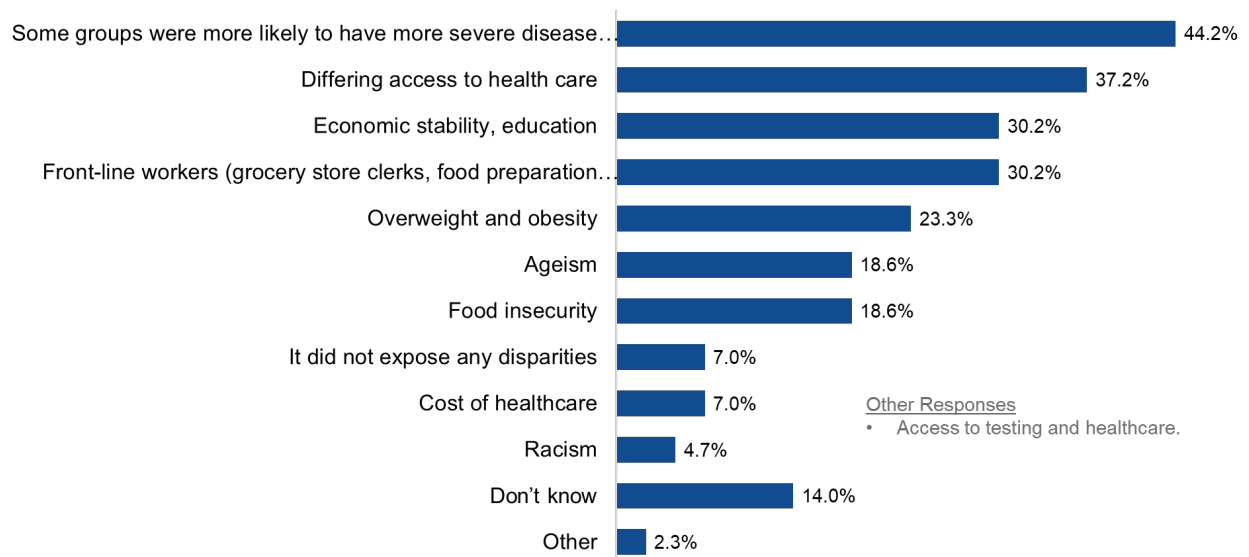
Community Surveys

Q37. How likely are you to utilize virtual physician care such as through the computer or your smart phone?



N=45 Q37. How likely are you to utilize virtual physician care such as through the computer or your smart phone?

Q38. What were the causes of health disparities or inequities (differences in health) exposed in your community by the COVID-19? (select as many as desired)



N=43 Q38. What were the causes of health disparities or inequities (differences in health) exposed in your community by the COVID-19? (select as many as desired)

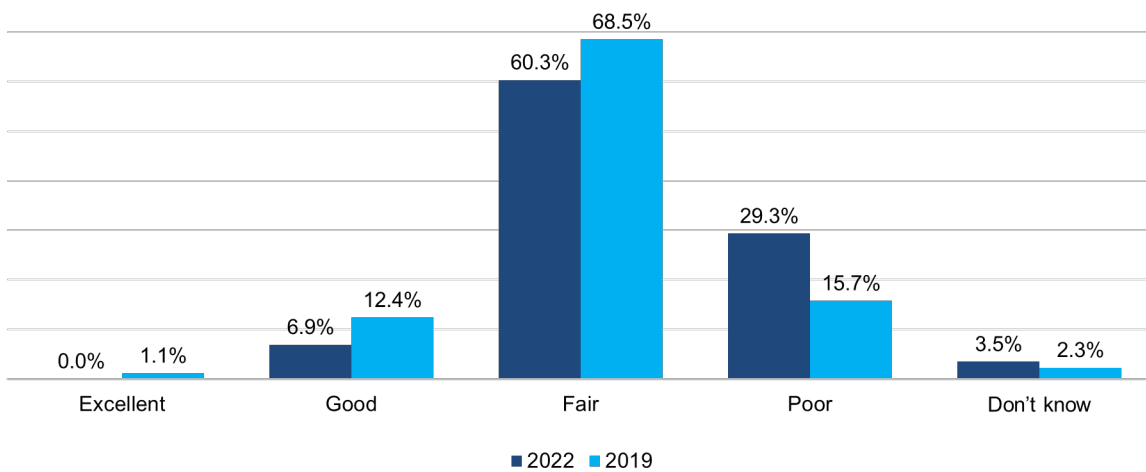
Survey Results

Employee Surveys

TCRH and Stratasan conducted online surveys of hospital employees for their opinions on community health status and needs. Fifty-eight surveys were completed from July 11, 2022, through August 1, 2022. Where feasible, 89 results from 2019 were compared to 2022.

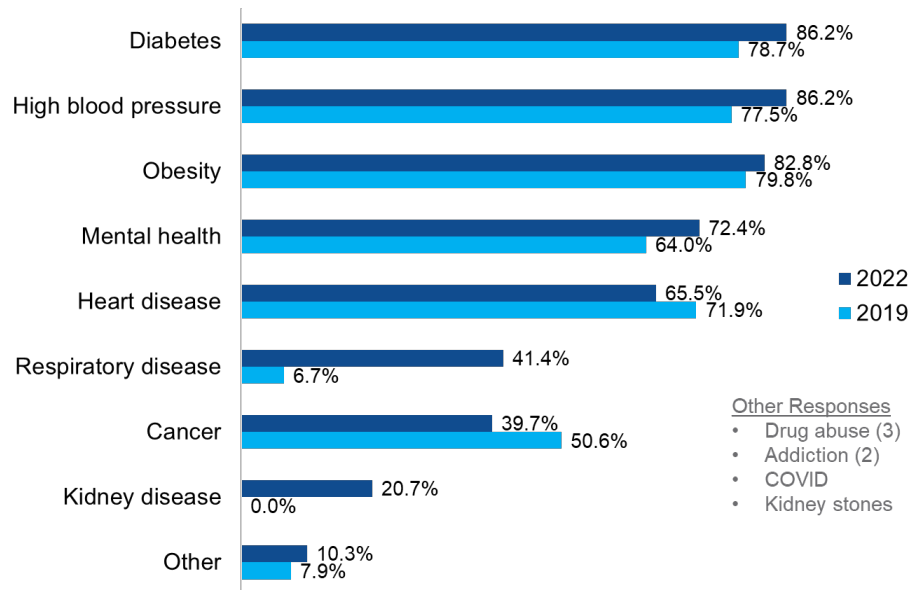
Health Status

Q1. How would you describe the overall health status of the citizens of Galax City, Carroll County, and Grayson County? Would you say it is...



N=58 N=89 Q1. How would you describe the overall health status of the citizens of Galax City, Carroll County, and Grayson County? Would you say it is...

Q2. What are the most prevalent chronic diseases in your community? (Mark all that apply)

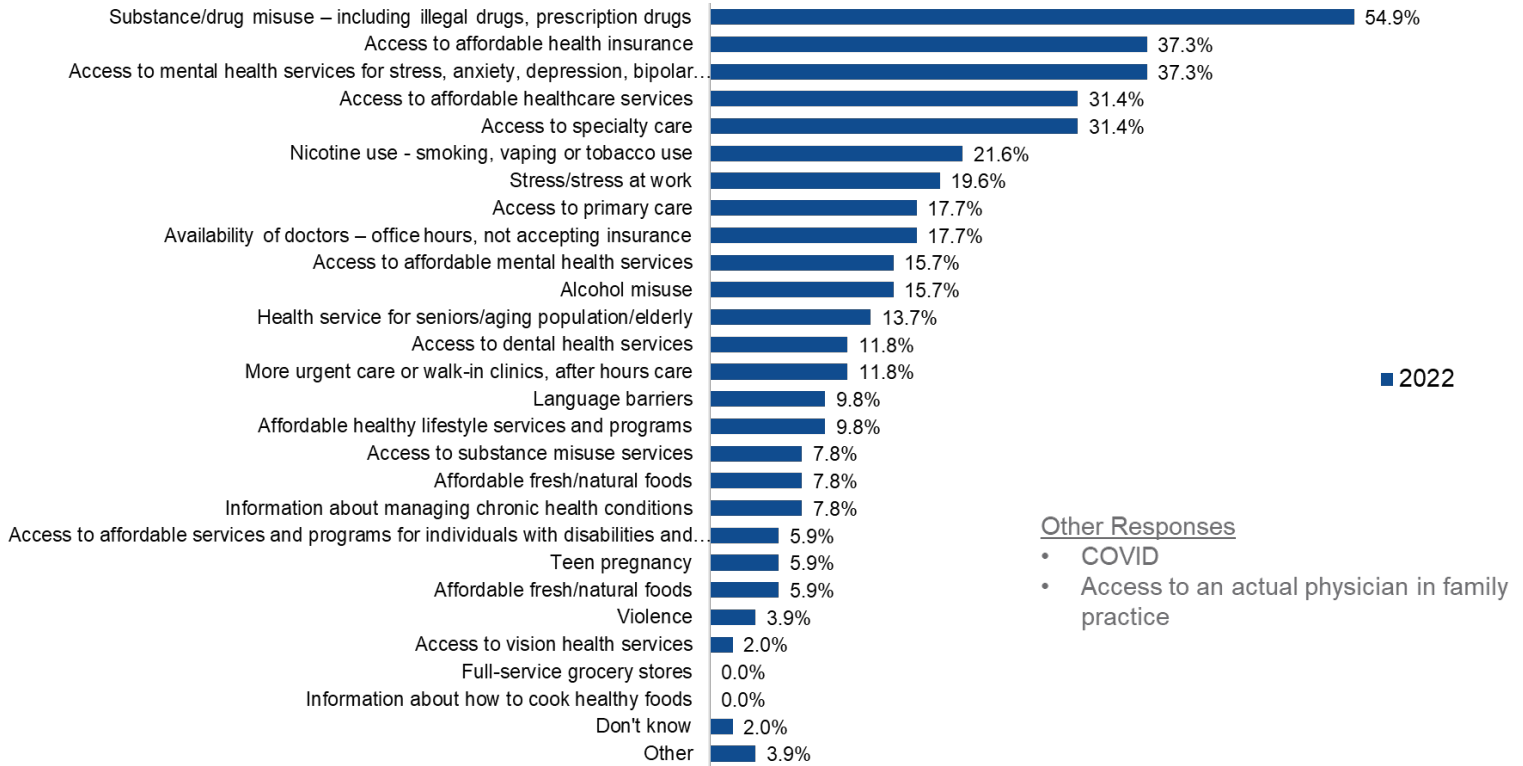


N=58 N=89 Q2. What are the most prevalent chronic diseases in your community? (Mark all that apply)

Survey Results

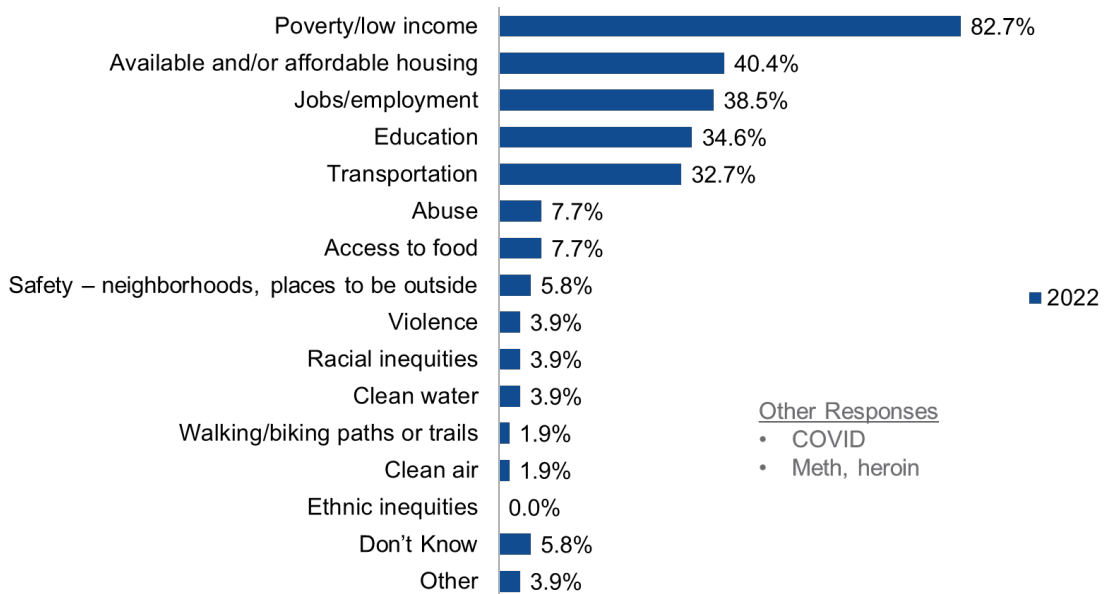
Employee Surveys

Q3. What are the top 3 issues in your community that impact people’s health?



N=51 N=88 Q3. What are the top 3 issues in your community that impact people’s health? These issues could be related to Healthcare Access, Community Issues, General Lifestyle, Quality of Life issues or any other issues you can think of. (Select up to 3 responses)

Q4. What are the top 3 social determinants of health issues that are impacting people’s health?(Select up to 3 responses)

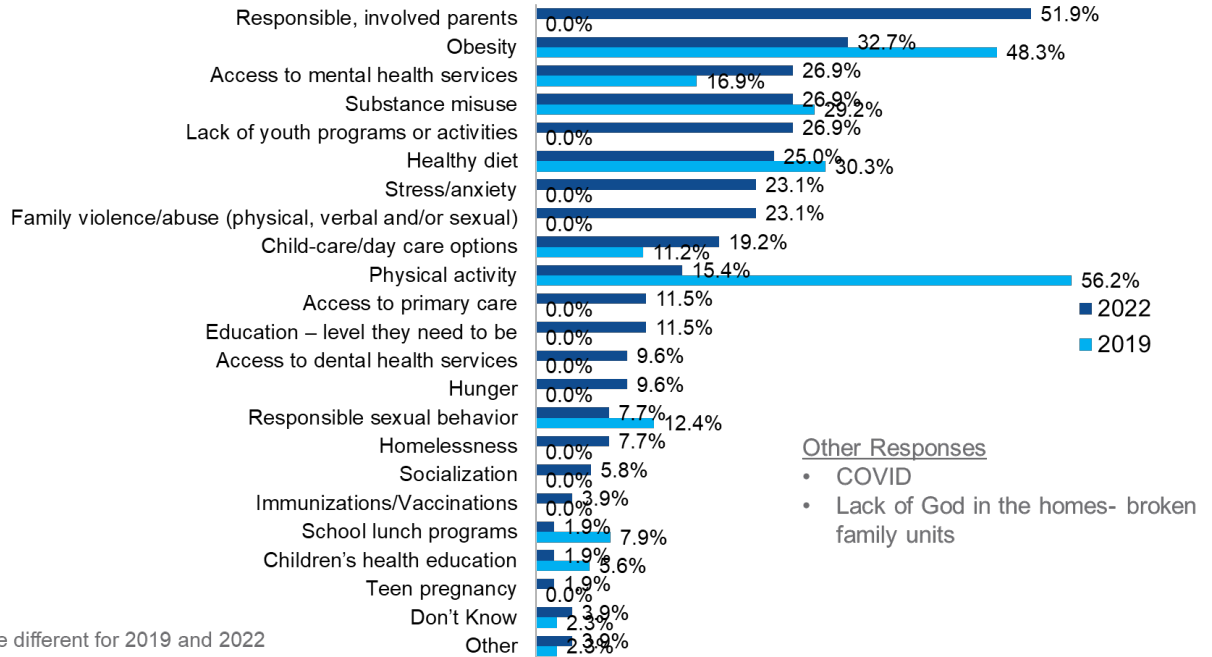


N=52 Q4. What are the top 3 social determinants of health issues that are impacting people’s health?(Select up to 3 responses)

Survey Results

Employee Surveys

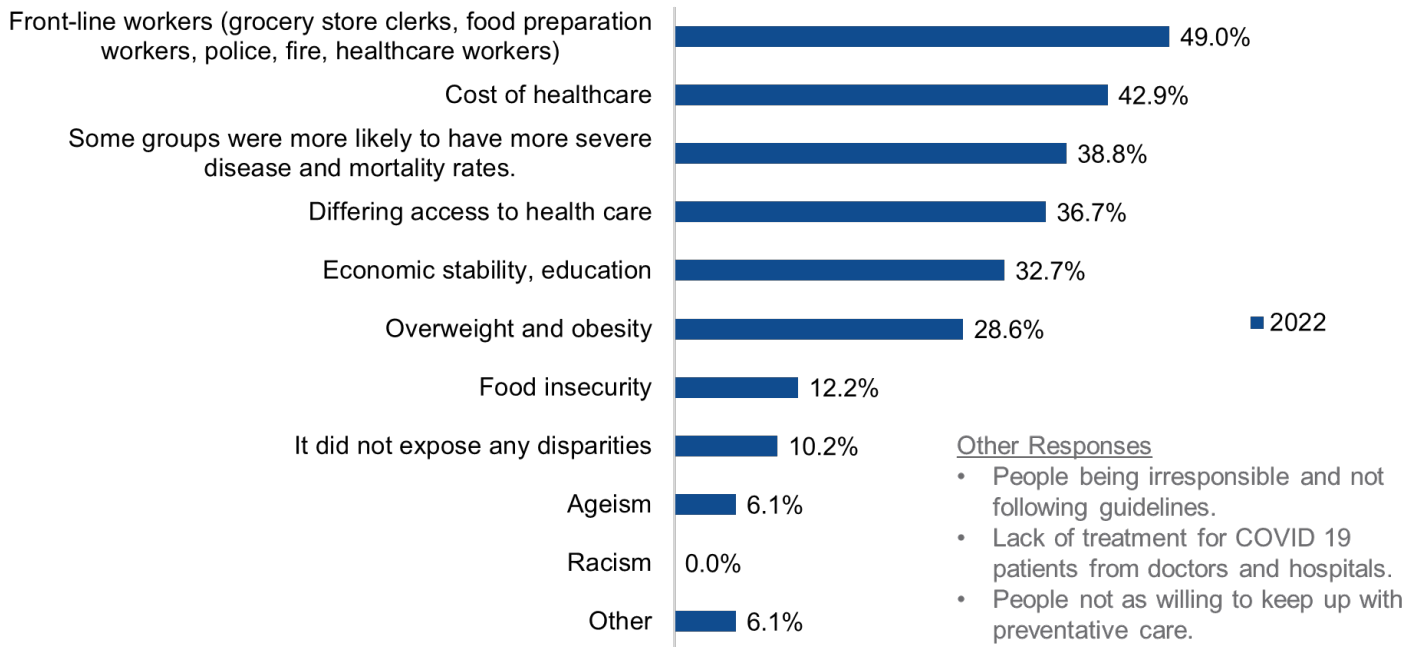
Q5. In your opinion, what are the top 3 health concerns for youth and children in your community?(Select all that apply)



Listed responses were different for 2019 and 2022

N=52 N=89 Q5. In your opinion, what are the top 3 health concerns for youth and children in your community?(Select all that apply)

Q6. What were the causes of health disparities or inequities (differences in health) exposed in your community by the COVID-19?

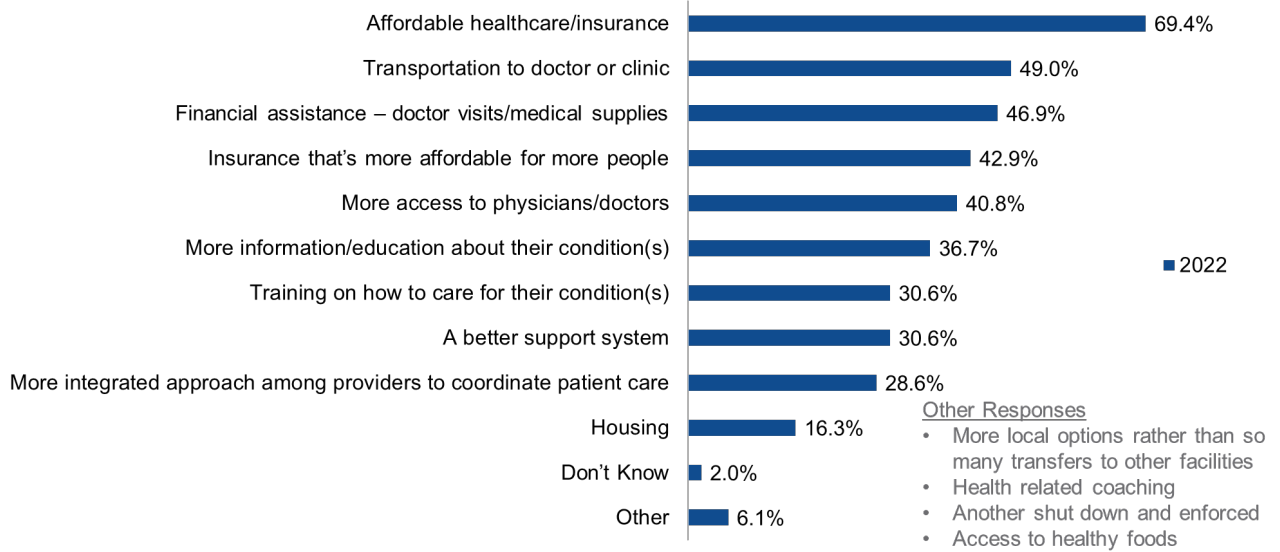


N=49 Q6. What were the causes of health disparities or inequities (differences in health) exposed in your community by the COVID-19? (Select as many as desired)

Survey Results

Employee Surveys

Q7. What, if anything, do you think the people in the county need in order to manage their health more effectively? (Select all that apply)



N=49 Q7. What, if anything, do you think the people in the county need in order to manage their health more effectively? (Select all that apply)

Asset Inventory Table of Contents

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The document contains a list of community assets and resources that can help improve the health of the community and assist with implementation of the plan accompanies this document. The focus group also identified community resources to improve health, which are listed on page 20 of the Community Health Needs Assessment.

Substance Use Disorder

Carroll House Group Home
56 Carroll House Ln.
Hillsville, VA 24343

Family Preservation Services
523 N Main St.
Hillsville, VA 24343

Center for Behavioral Health
500 Glendale Rd.,
Galax, VA 24333
(276) 236-0179

Life Center of Galax
112 Painter St.,
Galax, VA 24333

Twin County Prevention Coalition
Po Box 217
Independence, VA 24348

Mental Health

Counseling Services

Fernwood Counseling Center
6999 Carrollton Pike #1
Galax, VA 24333
(276) 238-9700

River Rose Counseling and Consulting
205 West Grayson Street
Galax, VA 24333
(276) 233-1263

Family Preservation Services
523 North Main Street
Hillsville, VA 24343

Legacy Wellness LLC
225 North Main Street
Hillsville, VA 24343
(276) 266-3631

Mental Health

Counseling Services

Rowlins Mental Health and Wellness Center,
LLC
117 North Main Street #2
Galax, VA 24333

Mt Rogers Youth Services
140 Larkspur Lane Suite C
Galax, VA 24333

Twin County Counseling Services
487 Stone Brook Drive
Galax, VA 24333
(276) 233-3764

Mt Rogers IDC
494 Industrial Park Drive
Hillsville, VA 24343
(276) 236-8128

Grayson House
110 Bedwell Street
Independence, VA 24348
(276) 773-3525

Body and Mindfully Healthy
210 Calhoun Street
Galax, VA 24333
(276) 293-1235

Healthy Eating/Active Living

Obesity/Diabetes Resources

Carroll Wellness Center Inc.
PO Box 1266
Galax, VA 24333

Retinal Consultants of San Antonio
1446 Sidney Baker St.
Kerrville, VA 78028
(210) 615-1311

Carilion Clinic
199 Hospital Dr.,
Galax, VA 24333
(540) 510-6200

Free Clinic of the Twin Counties
140 Larkspur Ln.
Galax, VA 24333
(276) 236-0421

Oldtown Medical Care
306 North Meadow Street
Galax, VA 24333
(276) 236-5300

PT Solutions Physical Therapy
106 W Stuart Dr.,
Galax, VA 24333
(276) 238-8900

Heartland Rehabilitation Services of VA-
Hillsville
1113 Carrollton Pike
Hillsville, VA 24343

Mountain Valley Physical Therapy-
Independence
574 E Main St.,
Independence, VA 24348

Parks and Outdoor Recreation

Galax Parks & Recreation Dept.
601 S Main St.,
Galax, VA 24333
(276) 236-3218

Carroll County Recreation Department
129 Ballpark Dr.
Hillsville, VA 24343

Grayson Parks & Recreation
Grayson County Parks & Recreation
85 County Park Ln.
P.O. Box 742
Independence, VA 24348
(276) 773-3841

Beaver Dam Creek Walking Trail
Beaver Dam Rd.
Hillsville, VA 24343

Blue Ridge Parkway
134 Ranger Rd.
Fancy Gap, VA 24328

Crooked Creek Fish Management Area
Woodlawn, VA 24381

Olde Mill Golf Resort
2258 Stone Mountain Rd.
Laurel Fork, VA 24352

Lake Ridge RV Resort
8736 Double Cabin Rd.
Hillsville, VA 24343

Socioeconomics

Economic Development Organizations

Galax-Carroll-Grayson Chamber of Commerce Inc.
405 N Main St.,
Galax, VA 24333
(276) 236-2184

Southwest Regional Enterprise Center Inc.
1117 E Stuart Dr.,
Galax, VA 24333

Virginia's Industrial Advancement Alliance
605-1 Pine St.
Hillsville, VA 24343

Carroll County Chamber of Commerce
515 N. Main St.
P.O. Box 1184
Hillsville, VA 24343

Economic Development Authority
129 Davis St.
Independence, VA 24348

Basic Needs Assistance

Willing Partners Inc.
544 E Stuart Dr., Ste. D
Galax, VA 24333
(276) 236-2072

Good Shephard Food Pantry and Ministries
4786 Pipers Gap Rd.,
Galax, VA 24333

Grayson County Department of Social Services
129 Davis St.
Independence, VA 24348

Grayson County Office of Virginia Cooperative Extension
122 Davis St., Ste. 1
Independence, VA 24348

Socioeconomics

Basic Needs Assistance

Twin County United Way
P.O. Box 95
Independence, VA 24348

Community Service Organizations

Rooftop of Virginia
206 N Main St.,
Galax, VA 24333
(276) 236-7131

Moose Lodge
1114 E Stuart Dr.,
Galax, VA 24333
(276) 236-8541

Twin County Community Foundation
PO Box 1131
Galax, VA 24333
(276) 601-8011

Free/Low Income Housing

Grayson Manor
224 Nichols Dr.
Independence, VA 24348

Long-term Care/Assisted Living/Senior Services

Grayson Nursing and Rehab Center
400 S Independence Ave.
Independence, VA 24348

Galax Department of Parks & Recreation Senior Walking Program
601 S Main St.,
Galax, VA 24333
(276) 236-3218

Socioeconomics

Long-term Care/Assisted Living/Senior Services

District Three Senior Services
300 Oldtown St.,
Galax, VA 24333
(276) 236-5228

Carroll County Senior Citizen
449 Training Center Rd.
Hillsville, VA 24343

Education

Libraries

Carroll County Public Library
101 Beaver Dam Rd.
P.O. Box 1629
Hillsville, VA 24343

Galax Public Library
610 W Stuart Dr.,
Galax, VA 24333
(276) 236-2351

Grayson County Public Library
147 S Independence Ave.,
Independence, VA 24348
(276) 773-2761

Fries Public Library
105 W Main St
Fries, VA 24330
(276) 744-3160

Whitetop Public Library
16309 Highlands Pkwy
Whitetop, VA 24292
(276) 388-2873

Education

Public Schools

Galax City Elementary School
225 Academy Dr.,
Galax, VA 24333
(276) 236-6159

Galax City Middle School
202 Maroon Tide Dr.,
Galax, VA 24333
(276) 236-6124

Galax City High School
200 Maroon Tide Dr.,
Galax, VA 24333
(276) 236-2991

Fairview Elementary School
2323 Fairview Rd.,
Galax, VA 24333
(276) 236-2365

Hillsville Elementary School
90 Patriot Ln.,
Hillsville, VA 24343
(276) 728-7312

Fancy Gap Elementary School
63 Winding Ridge Rd.
Fancy Gap, VA 24328
(276) 728-7504

Carroll County Middle School
1036 N Main St.
Hillsville, VA 24343
(276) 728-2382

Carroll County High School
100 Cavs Ln.
Hillsville, VA 24343
(276) 728-2125

Education

Public Schools

Grayson County High
110 Blue Devil Dr.,
Independence, VA 24348
(276) 773-2131

Grayson Highlands
6459 Troutdale HWY.,
Troutdale, VA 24378
(276) 579-2235

Independence Elementary
915 E Main St.,
Independence, VA 24348
(276) 773-9566

Independence Middle
100 Blue Devil Dr.,
Independence, VA 24348
(276) 773-0479

Fries School
114 E Main St.,
Fries, VA 24330
(276) 774-7201

Private Schools

Landmark Baptist Academy
101 N Depot Ave.,
Galax, VA 24333
(276) 238-3007

New Life Christian Academy
PO Box 1268
Hillsville, VA 24343

Oak Hill Academy
2635 Oak Hill Rd.,
Mouth of Wilson, VA 24363
(276) 579-2619

Public Schools

St. Paul Elementary School
63 Winding Ridge Rd.
Fancy Gap, VA 24328
(276) 728-7504

Gladesboro Elementary School
63 Winding Ridge Rd.
Fancy Gap, VA 24328
(276) 728-7504

Southwestern Virginia training Center
(SWVTC)
160 Training Center Rd.
Hillsville, VA 24343
(276) 728-3121

Carroll-Galax Regional Alternative Education
Program/RAE Center
605-9 Pine St.
Hillsville, VA 24343
(276) 728-9055

Child Care Centers

Noah's Ark Daycare Center
585 Deer Ridge Rd.
Hillsville, VA 24343
(276) 766-3502

Liddle Adventures Learning Academy
564 Industrial Park Dr.
Hillsville, VA 24343
(276) 728-5793

Little Treasures Learning Center
2875 Wards Gap Rd.
Cana, VA 24317
(276) 755-0145

Education

Child Care Centers

First Baptist Church of Galax Daycare
1024 E Stuart Dr.,
Galax, VA 24333
(276) 236-9195

Galax Head Start Center
125 Rosenwald Felts Dr.,
Galax, VA 24333
(276) 238-8633

Fairview Baptist Church Daycare
3543 Skyline Highway Fairview Church
Galax, VA 24333
(276) 236-5541

Fries Head Start Center
76 Gilley Ln.,
Fries VA 24330

Independence Early Head Start
110 Blue Devil Dr.,
Independence, VA 24348

Rock'n Robins Day Care
48 Magnolia Ln.,
Independence, VA 24348

Hillsville Head Start Center
205 Oak St.
Hillsville VA 24343
(276) 728-4284

Liddle Tykes Child Development Center
59 Melrose L.,
Galax, VA 24333
(276) 236-3421

Child Care Centers

Cherished Children Childcare
203 N Main St.
Hillsville, VA 24343
(276) 728-0039

Gracie's Daycare
161 Partridge Rd.
Woodlawn, VA 24381
(276) 236-6393

First United Methodist Church
225 Fulcher St.
Hillsville VA 24343
(276) 728-2434

Access to Care

Hospitals

Twin County Regional Healthcare (Located in Galax City)
225 Hospital Dr.
Galax, VA 24333
(276) 236-6906

Health Department

Carroll County Health Department
605-15 Pine St.
Hillsville, VA 24343
(276)730-3180

Galax City Health Department
502 S Main St.,
Galax, VA 24333
(276) 236-6127

Grayson County Health Department
186 W Main St.,
Independence, VA 24348
(276) 773-2961

Clinics

Carilion Clinic
199 Hospital Dr.,
Galax, VA 24333
(540) 510-6200

Free Clinic of the Twin Counties
140 Larkspur Ln.
Galax, VA 24333
(276) 236-0421

TCRH Urgent Care
961 E Stuart Dr.,
Galax, VA 24333
(276) 238-0439

Life Center of Galax
112 Painter St.,
Galax, VA 24333
(276) 522-0406

Clinics

Thompson Michael MD
200 Hospital Dr.,
Galax, VA 24333
(276) 236-8181

Pediatric Family Care
106 Doctor's Pl.,
Galax, VA 24333
(276) 236-8166

Carilion Clinic Family Medicine
416 S Main St.
Hillsville, VA 24343

Twin County Family Care Center
702 Pine St.
Hillsville, VA 24343

Hillsville Family Medicine
523 N Main St.
Hillsville, VA 24343

Family Medical Care Inc.
1953 Carrollton Pike
Hillsville, VA 24343

Troutdale Medical Center
67 High Country Ln.
Troutdale, VA 24378

Mount Rogers Clinic Inc.
799 Ripshin Rd.
Troutdale, VA 24378

Grayson Highlands Family Medicine
127 W Main St.
Independence, VA 24348

Independence Family Care Center
217 S Independence Ave.
Independence, VA 24348

Western Virginia Treatment Centers
140 Larkspur Ln.,
Galax, VA 24333
(276) 601-7642

Sources

Substance Use Disorder

<https://www.graysoncountyva.gov/grayson-county-health-department/>
[https://carrollcountyva.gov/residents and community services/health department.php](https://carrollcountyva.gov/residents-and-community-services/health-department.php)
<https://galaxva.com/galax-va-health-department/>
<https://www.tcrh.org/>

Mental Health Services

<https://www.graysoncountyva.gov/grayson-county-health-department/>
[https://carrollcountyva.gov/residents and community services/health department.php](https://carrollcountyva.gov/residents-and-community-services/health-department.php)
<https://galaxva.com/galax-va-health-department/>
<https://www.tcrh.org/>

Healthy Eating Active Living

<https://www.graysoncountyva.gov/grayson-county-health-department/>
[https://carrollcountyva.gov/residents and community services/health department.php](https://carrollcountyva.gov/residents-and-community-services/health-department.php)
<https://galaxva.com/galax-va-health-department/>
<https://www.tcrh.org/>

Socioeconomics

<https://galaxva.com/>
<https://carrollcountyva.gov/>
<https://www.graysoncountyva.gov/>

Education

<https://www.grayson.k12.va.us/en-US>
<https://www.ccpd.k12.va.us/en-US>
<https://galaxschools.us/>

Access to Care

<https://www.graysoncountyva.gov/grayson-county-health-department/>
[https://carrollcountyva.gov/residents and community services/health department.php](https://carrollcountyva.gov/residents-and-community-services/health-department.php)
<https://galaxva.com/galax-va-health-department/>
<https://www.tcrh.org/>

To update or add information, complete the form below

Name of Organization:

Contact Name:

Phone #:

Fax #:

Email:

Web page:

Mailing Address:

List services:

Please describe your organization's purpose, services, etc.

Submit updated information to:
Twin County Regional Hospital Marketing Department

Community Health Needs Assessment for Carroll, Grayson and Galax Counties

*Completed by Twin County Regional Hospital in partnership
with:*

Stratasan

