

2019

**Twin County Regional Healthcare
Galax City, Carroll County, & Grayson County, VA
Community Health Needs Assessment**



Photo Credit: pickplaystay.com

Paper copies of this document may be obtained at: Twin County Regional Healthcare, 200 Hospital Drive, Galax, VA 24333 or by phone (276) 236-8181 or via the hospital website: <https://www.TwinCountyregional.com>

Perspective / Overview

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

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 Galax City, Carroll County, and Grayson County, Virginia.

2019 Community Health Needs Assessment

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

Twin County Regional Healthcare as the sponsors of the assessment, engaged national leaders in community health needs assessments to assist in the project. Stratasan, a healthcare analytics and facilitation company based out of Nashville, Tennessee, provided the analysis of community health data, facilitated the focus group, 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 July 15, 2019**, this report is made widely available to the community via Twin County Regional Healthcare <https://www.tcrh.org/> and paper copies are available free of charge at Twin County Regional Healthcare, 200 Hospital Drive, Galax, VA 24333 or by phone (276) 236-8181.
 - ✔ Twin County Regional Healthcare's board of directors approved this assessment and the hospital's implementation plan on **July 15**.
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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 Dale Alward, CEO Twin County Regional Healthcare

“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 Ashley Hultman, RN Community/Occupational Health, Twin County Regional Healthcare.

Community

Input and Collaboration

Data Collection and Timeline

In March 2019, Twin County Regional Healthcare began a Community Health Needs Assessment for Galax City, Carroll, and Grayson Counties. Twin County Regional Healthcare sought input from persons who represent the broad interests of the community using several methods:

- Information gathering, using secondary public health sources, occurred in March 2019.
- Twin County Regional Healthcare conducted employee and physician surveys conducted between May 1 – May 13, 2019. A combined total of 90 employees and 18 physicians completed the online surveys.
- 23 community members, not-for-profit organizations representing medically underserved, low-income, minority populations, and the elderly, health providers, education providers, and the health departments participated in a focus groups and individual interviews for their perspectives on community health needs and issues on March 28, 2019.
- A Community Health Summit was conducted on May 17, 2019 with 21 community stakeholders. The audience consisted of healthcare providers, business leaders, government representatives, schools, not-for-profit organizations, employers and other community members.



Photo Credit: dcr.virginia.gov

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

Forty-four individuals from twenty-five community and healthcare organizations collaborated to implement a comprehensive CHNA process focused on identifying and defining significant health needs, issues, and concerns of Galax City, Carroll, and Grayson County. 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 the focus group, interviews and at the Community Health Summit creating the Galax City, Carroll, and Grayson County Community Health Needs Assessment and Improvement Plan included:

Organization	Population Represented (kids, low income, minorities, those w/o access)	Participation
Blue Ridge Crossroads Economic Development Authority		Focus group
Carillion Clinic/IM		Focus group
Carroll County Department of Social Services		Focus group
Chestnut Creek School	Youth, all	Summit
Crossroads Institute		Summit, focus group
Free Clinic of the Twin Counties		Focus group
Grayson County Administrator & Board Member		Summit, Interview
Grayson County Senior Advocacy Council		Focus group
Heritage Hall Laurel Meadows	Seniors	Summit
Hillsville Health and Rehab		Focus group
Mayor of Galax City	City of Galax	Summit, interview, focus group
Mount Rogers Community Services Board	Youth, mental health, all	Summit, focus group
Mount Rogers Health District	Twin County community	Summit, focus group
OB/GYN- Independent physician at Blue Ridge Physicians for Women	Women, all	Interview
Police Fitness	First Responders, all	Summit
Retired/PRN Surgeon & Board Member		Focus group, interview
Rooftop of VA Community Action	Community, kids, low income	Summit, focus group
Senior Home Share	Seniors and 18+	Summit, focus group
Tri-Area Community Health		Summit, focus group
Twin County Community Foundation Executive Committee	Twin County community	Focus group
Twin County Prevention Coalition President	Twin County community	Focus group, interview
Twin County Regional Healthcare	Twin County community	Summit, interview, focus group
Virginia Department of Health		Focus group
Virginia Employment Commission	Disabled Veterans	Summit
Waddell Nursing & Rehab		Focus group

In many cases, several representatives from each organization participated.

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

Input of medically underserved, low-income and minority populations was received during the focus groups, interviews and the Community Health Summit. Agencies representing these population groups were intentionally invited to the focus group, interviews and Summit. Additionally, the community survey was distributed through the health departments and other agencies serving the low-income, medically underserved and minority populations. Additionally, the community survey was representative of the whole community – by age, income, and education.

Input of those with Expertise in Public Health

Representatives of the Mount Rogers Health District from the Virginia Department of Health, participated in the focus groups, interviews and attended the Summit.

Community Engagement and Transparency

Many members of the community participated in the focus group, individual interviews, community surveys, 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 Galax City, Carroll, and Grayson County. 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 each and every citizen in one way or another; and join in the improvement efforts.

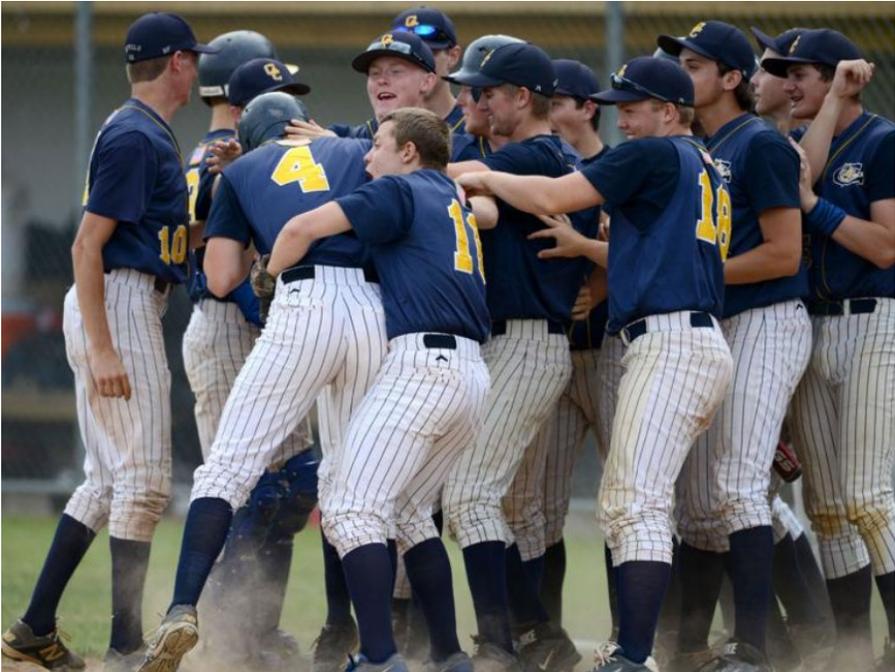
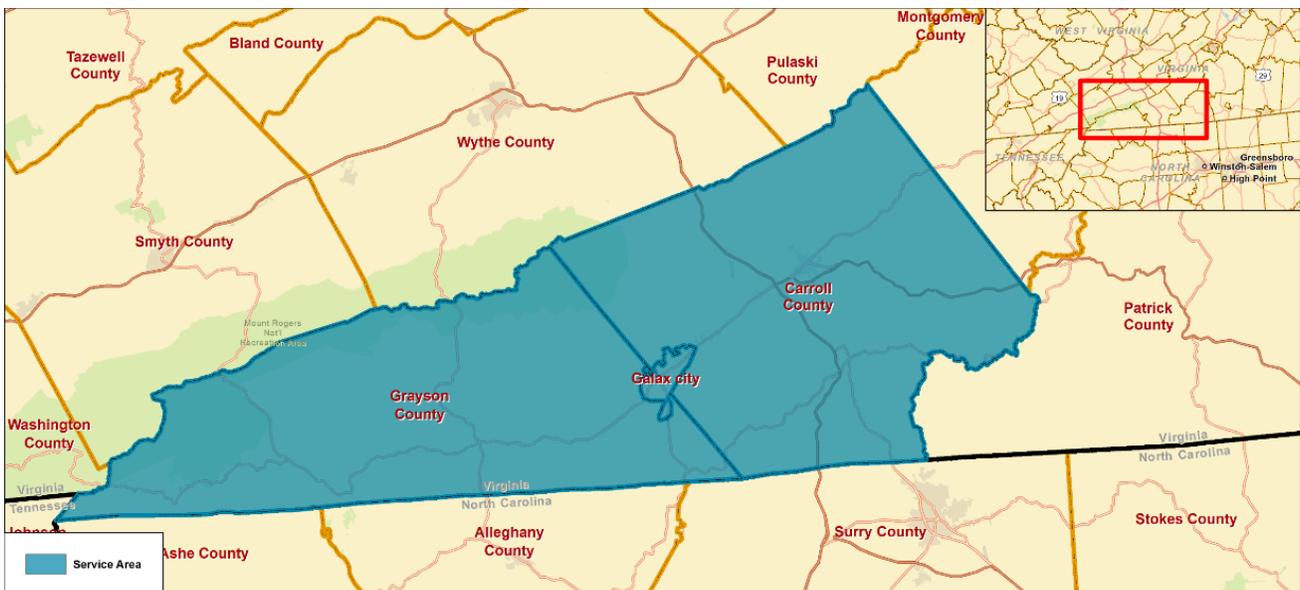


Photo Credit: Grayson County baseball team; heraldcourier.com

Community Selected for Assessment

Galax City, Carroll, and Grayson County were the primary focus of the CHNA due to the service area of Twin County Regional Healthcare. Used as the study area, Galax City, Carroll, and Grayson County provided 89% of inpatient discharges in 2018, Galax with 40%, Carroll County representing 30% and Grayson County at 19%. The community includes medically underserved, low-income and minority populations who live in the geographic areas from which Twin County Regional Healthcare 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 Healthcare's Financial Assistance Policy.

Twin County Regional Healthcare Service Area- 2018



Source: Twin County Regional Healthcare 2018

Key Findings

Community Health Assessment

Results

Based on the primary and secondary data, interviews, focus groups and surveys the following needs were prioritized by attendees at the Community Health Summit. The remainder of the document outlines the process and data.

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

Process and Methods

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

Primary methods included:

- Community focus groups
- Individual interviews with community members
- Survey of Twin County regional Healthcare employees and physicians via online 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: graysoncountyva.com

Demographics of the Community 2018-2023

Description of the Communities Served

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

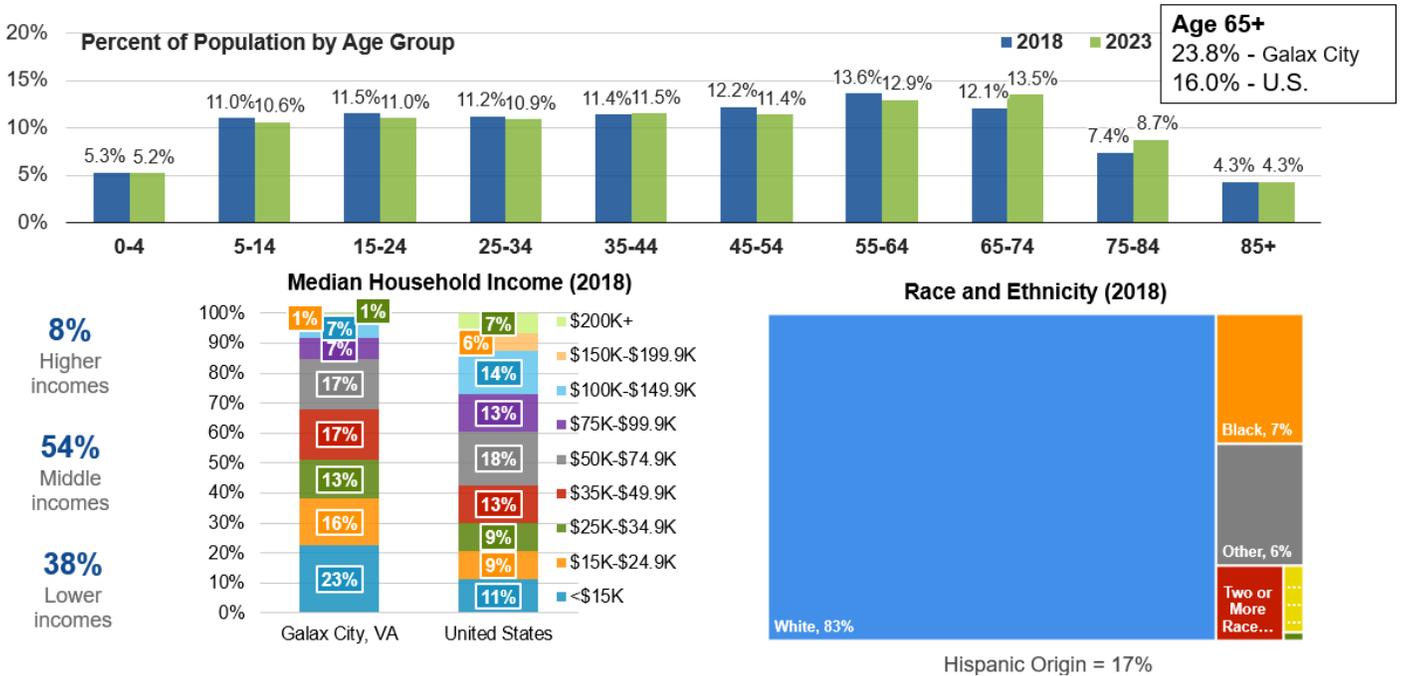
	Galax City	Carroll County	Grayson County	Virginia	USA
Population	6,922	30,127	16,000	8,566,397	330,088,686
Median Age	44.7	46.8	47.5	38.7	38.3
Median Household Income	\$33,826	\$38,180	\$36,375	\$68,682	\$58,100
Annual Pop. Growth (2018-2023)	-0.53%	-0.18%	-0.39%	0.83%	0.83%
Household Population	2,858	12,750	6,691	3,255,666	124,110,001
Dominant Tapestry	Small Town Simplicity (12C)	Rooted Rural (10B)	Rooted Rural (10B)	Enterprising Professionals (2D)	Green Acres (6A)
Businesses	535	713	358	280,657	11,539,737
Employees	8,245	7,267	2,908	3,971,556	151,173,763
Medical Care Index*	61	73	76	116	100
Average Medical Expenditures	\$1,180	\$1,418	\$1,475	\$2,254	\$1,950
Total Medical Expenditures	\$3.4 M	\$18.1 M	\$9.9 M	\$7.3 B	\$242.0 B
Racial and Ethnic Make-up					
White	83%	96%	90%	66%	70%
Black	7%	1%	6%	19%	13%
American Indian	0%	0%	0%	0%	1%
Asian/Pacific Islander	1%	0%	0%	7%	6%
Other	6%	2%	2%	4%	7%
Mixed Race	3%	1%	1%	4%	3%
Hispanic Origin	17%	3%	4%	10%	18%

Source: ESRI

*The Medical Care Index is household-based, and represents the amount spent out of pocket for medical services 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.

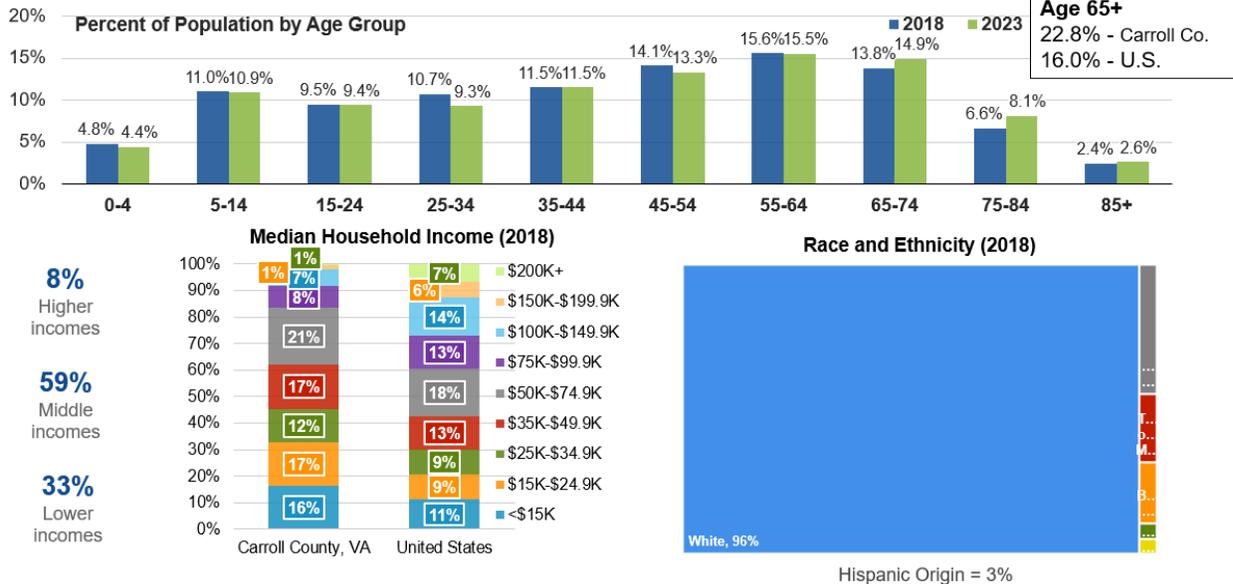
Galax City



Source: ESRI

- The population of Galax City is projected to decrease from 2018 to 2023 (by 0.53% per year). Virginia and the U.S. are projected to increase 0.83% per year.
- Galax City had a higher median age (44.7 median age) than VA (38.7) and the U.S. (38.3). Galax City percentage of the population 65 and over was 23.8%, higher than the U.S. population 65 and over at 16%.
- Galax City had a lower median household income at \$33,826 than VA (\$68,682) and the U.S. (\$58,100). The rate of poverty in Galax City was 21.5% which was higher than VA (10.7%) and the U.S. (13.4%).
- The household income distribution of Galax City was 8% higher income (over \$100,000), 54% middle income and 38% lower income (under \$24,999).
- The medical care index measures how much the populations spent out-of-pocket on medical care services. The U.S. index was 100. Galax City was 61, indicating 39% less spent out of pocket than the average U.S. household on medical care (doctor's office visits, prescriptions, hospital visits).
- The racial and ethnic make-up of Galax City was 83% White, 7% Black, 6% other, 3% two or more races, 1% Asian/Pacific, and 17% Hispanic Origin. (These percentages total to over 100% because Hispanic is an ethnicity, not a race.)

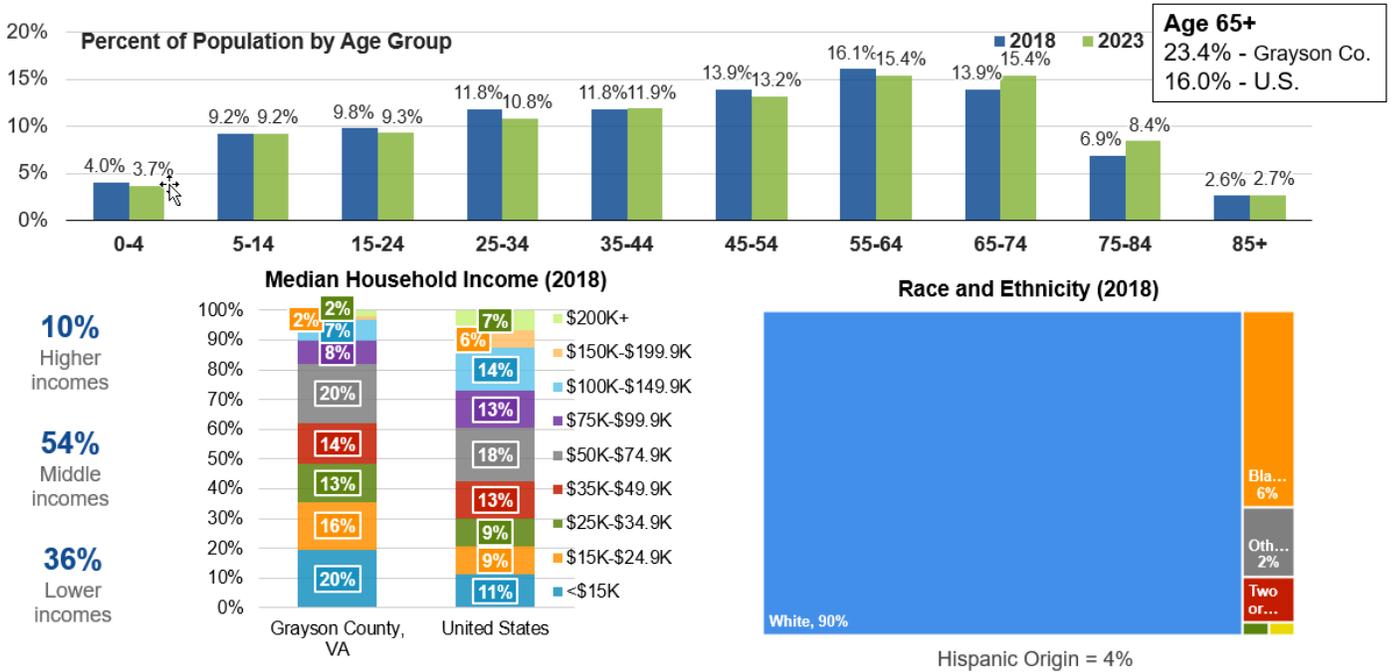
Carroll County



Source: ESRI

- The population of Carroll County is projected to decrease from 2018 to 2023 (by 0.18% per year). Virginia and the U.S. are projected to increase 0.83% per year.
- Carroll County had a higher median age (46.8 median age) than VA (38.7) and the U.S. (38.3). Carroll County percentage of the population 65 and over was 22.8%, higher than the U.S. population 65 and over at 16%.
- Carroll County had a lower median household income at \$38,180 than VA (\$68,682) and the U.S. (\$58,100). The rate of poverty in Carroll County was 16.8% which was higher than VA (10.7%) and the U.S. (13.4%).
- The household income distribution of Carroll County was 8% higher income (over \$100,000), 59% middle income and 33% lower income (under \$24,999).
- The medical care index measures how much the populations spent out-of-pocket on medical care services. The U.S. index was 100. Carroll County was 73, indicating 27% less spent out of pocket than the average U.S. household on medical care (doctor's office visits, prescriptions, hospital visits).
- The racial and ethnic make-up of Carroll County was 96% White, 2% other, 1% Black, 1% two or more races, and 3% Hispanic Origin. *(These percentages total to over 100% because Hispanic is an ethnicity, not a race.)*

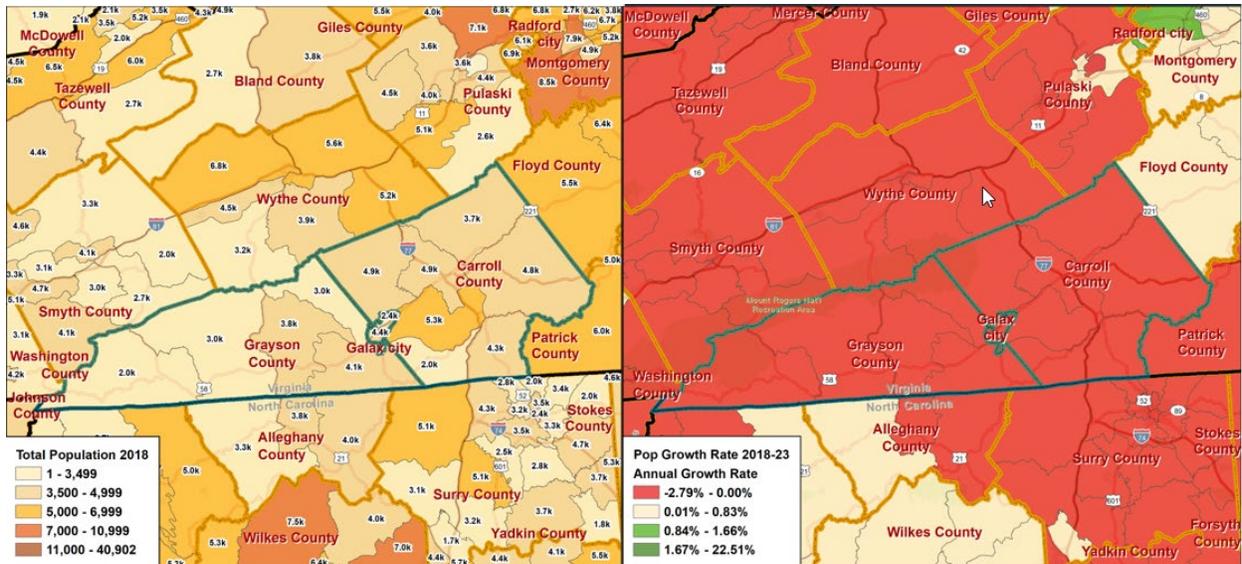
Grayson County



Source: ESRI

- The population of Grayson County is projected to decrease from 2018 to 2023 by (0.39% per year). Virginia and the U.S. are projected to increase 0.83% per year.
- Grayson County had a higher median age (47.5 median age) than VA (38.7) and the U.S. (38.3). Grayson County percentage of the population 65 and over was 23.4%, higher than the U.S. population 65 and over at 16%.
- Grayson County had lower median household income at \$36,375 than VA (\$68,682) and the U.S. (\$58,100). The rate of poverty in Grayson County was 19.1% which was higher than VA (10.7%) and the U.S. (13.4%).
- The household income distribution of Grayson County was 10% higher income (over \$100,000), 54% middle income and 36% lower income (under \$24,999).
- The medical care index measures how much the populations spent out-of-pocket on medical care services. The U.S. index was 100. Grayson County was 76, indicating 24% less spent out of pocket than the average U.S. household on medical care (doctor's office visits, prescriptions, hospital visits).
- The racial and ethnic make-up of Grayson County was 90% White, 6% Black, 2% other, 1% two or more races, 4% Hispanic Origin. (These percentages total to over 100% because Hispanic is an ethnicity, not a race.)

2018 Population by Census Tract and Change (2018-2023)



Source: ESRI

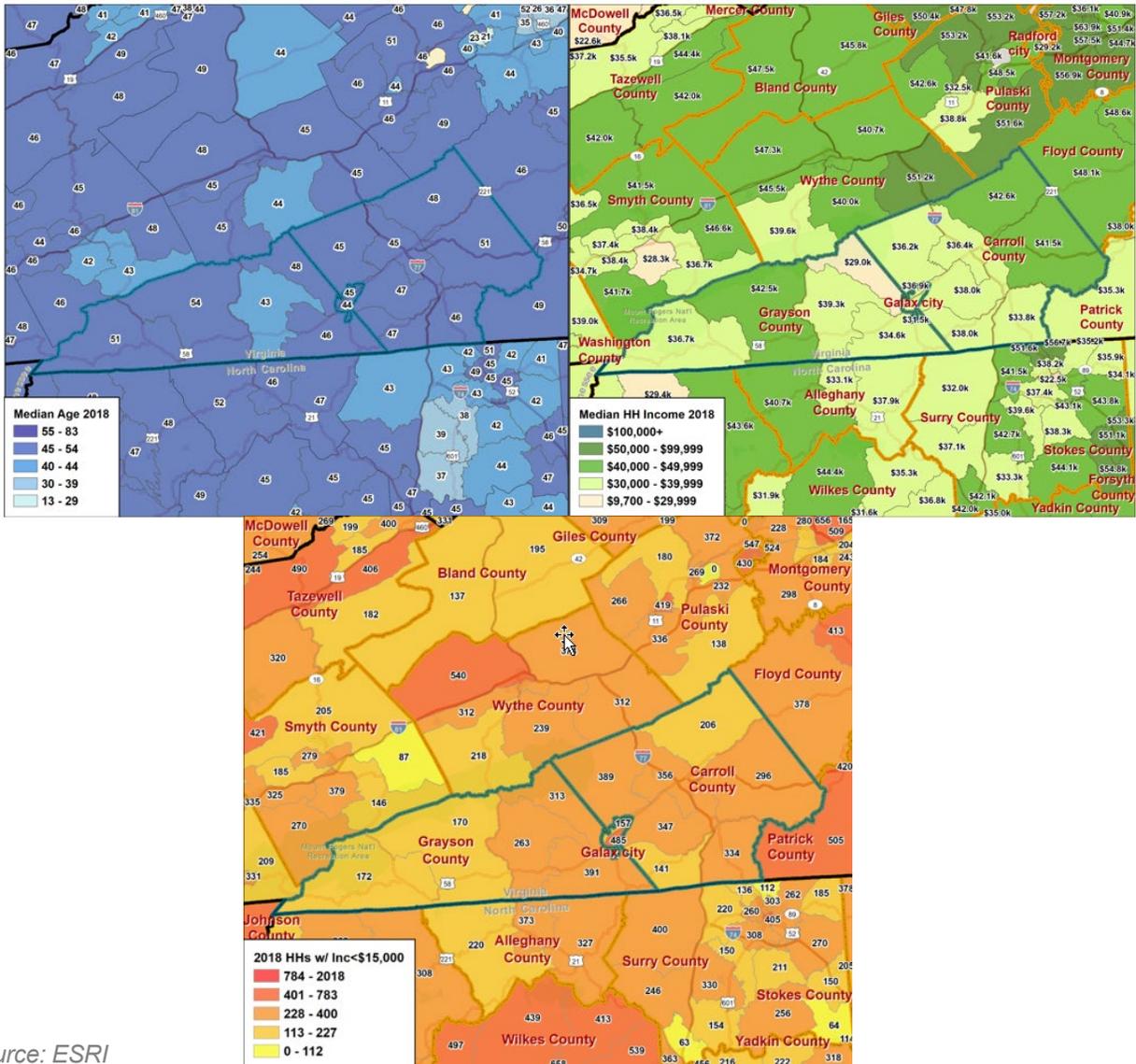
Red is population decline
Yellow is positive up to the VA growth rate
Green is greater than the VA growth rate
Dark Green is Twice the VA growth rate

Census tracts generally have a population size between 1,200 and 8,000 people, with an optimum size of 4,000 people.

The largest total population census tract was 5,300 east of Galax City in Carroll County.

Galax City, Carroll, and Grayson County populations were projected to decrease from 2018 to 2023, between 0.18%- 0.53% per year.

2018 Median Age & Income



Source: ESRI

These 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 west corner of Grayson County with a median age of 51 and the central Grayson County census tract with median age of 43.

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 health needs of the census tract in the northeastern corner of Grayson County with median household income of \$29,000 will be different than the tracts in the northeastern corner of Carroll County with median household incomes of \$41,500 and \$42,600 per year.

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 lower health status.

Demographics, cont.

Galax City's December 2018 preliminary unemployment was 3.5%, Carroll County's was 3.7%, Grayson's was 2.8% compared to 4.2% for Virginia and 3.9% for the U.S., which is a large decline in unemployment since 2014. These figures do not include those who have ceased looking for work and dropped out of the workforce. However, indications are these people have begun to reenter the workforce.

Business Profile

77.9% of employees in Galax City were employed in:

- Manufacturing (32.4%)
- Retail trade (17.7%)
- Health care & social assistance (12.4%)
- Accommodations & food service (9.2%)
- Public administration (6.2%)

Retail, accommodation & food service jobs offers health insurance at a lower rate than healthcare, manufacturing and finance and insurance. Galax City gains 1,279 net commuters per day commuting to the county for work, with 1,691 commuting out of the county and 2,691 commuting into the county.

66.2% of employees in Carroll County were employed in:

- Health care & social assistance (17.7%)
- Retail trade (15.5%)
- Accommodations & food service (12.1%)
- Manufacturing (11%)
- Educational services (9.9%)

Carroll County loses 3,607 net commuters per day commuting outside the county for work, with 6,835 commuting out of the county and 3,228 commuting into the county.

61.8% of employees in Grayson County were employed in:

- Educational services (25.1%)
- Public administration (13.8%)
- Professional, scientific & tech services (8.9%)
- Retail trade (8%)
- Manufacturing (6%)

Grayson County loses 2,181 net commuters per day commuting outside the county for work, with 3,717 commuting out of the county and 1,536 commuting into the county. *Source: US Census Bureau, American Community Survey (2009-2013), ESRI*

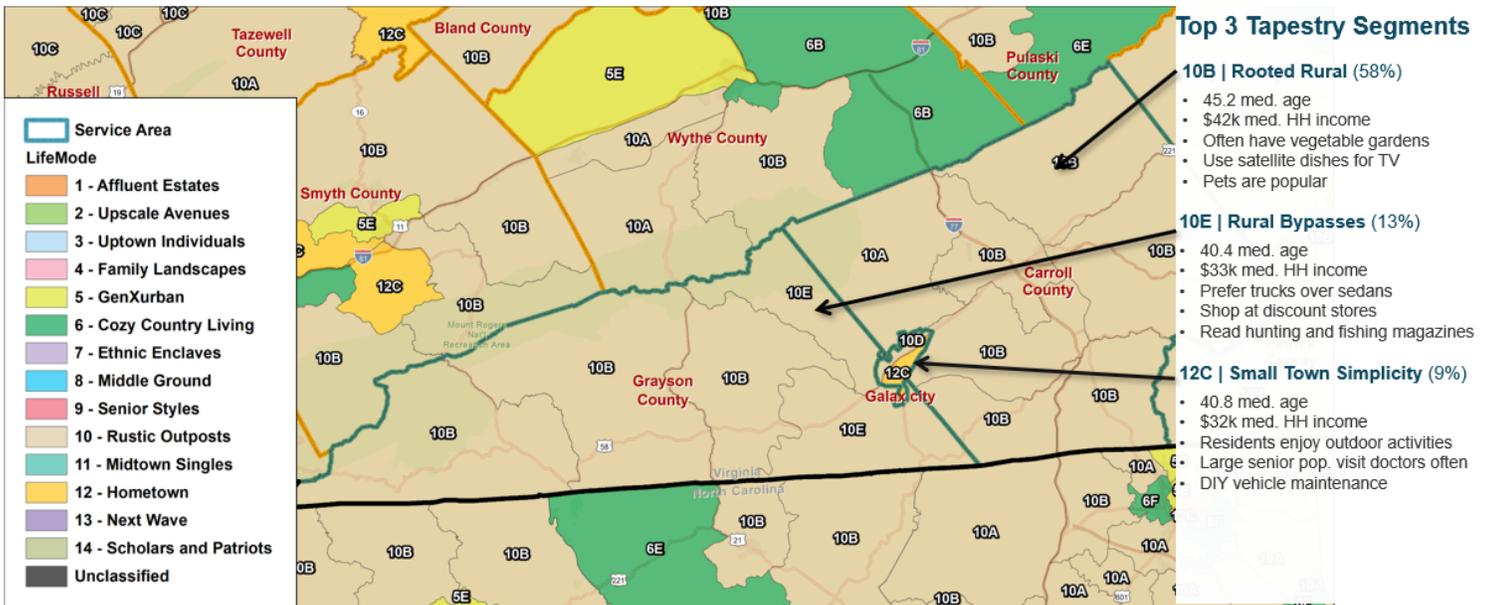
It is beneficial to contact people in groups to improve health. There are three primary places people gather during the week, work, church and school. These are three excellent places to reach people to create a culture of health.

Tapestry Segmentation

Demographics are population, age, sex, race. Psychographics are adding behavior data in the form of spending habits and survey data on top of demographics. 80% of Galax City, Carroll, and Grayson County are included in three Tapestry Segments. These are homogenous markets with only two different LifeModes represented. The map below is color coded by LifeMode, which are groupings of Tapestry Segments that behave similarly.

The dominant Tapestry Segments in the counties were Rooted Rural (58%), Rural Bypasses (13%), and Small Town Simplicity (9%). 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 and on the next two pages. There is much more information on Tapestry Segments, at <http://doc.arcgis.com/en/esri-demographics/data/tapestry-segmentation.htm>. Studying the Tapestry Segments in the study area help 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.



Source: ESRI



LifeMode Group: Rustic Outposts

Rooted Rural

10B

Households: 2,430,900

Average Household Size: 2.48

Median Age: 45.2

Median Household Income: \$42,300

WHO ARE WE?

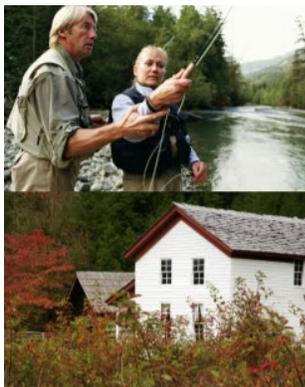
Rooted Rural is heavily concentrated in the Appalachian mountain range as well as in Texas and Arkansas. Employment in the forestry industry is common, and *Rooted Rural* residents live in many of the heavily forested regions of the country. Nearly 9 of 10 residents are non-Hispanic whites. This group enjoys time spent outdoors, hunting, fishing, or working in their gardens. Indoors, they enjoy watching television with a spouse and spending time with their pets. When shopping, they look for American-made and generic products. These communities are heavily influenced by religious faith, traditional gender roles, and family history.

OUR NEIGHBORHOOD

- This market is dominated by married couples, few with children at home.
- 80% of homes are owner occupied: primarily single family (73%) or mobile homes (24%).
- Nearly one in five housing units are vacant, with a high proportion for seasonal use.
- Home values are very low—almost half of owned homes are valued under \$100,000.

SOCIOECONOMIC TRAITS

- Thrifty shoppers that use coupons frequently and buy generic goods.
- Far-right political values on religion and marriage.
- Do-it-yourself mentality; grow their own produce and work on their cars and ATVs.
- Pay bills in person and avoid using the Internet for financial transactions.
- Often find computers and cell phones too complicated and confusing.
- Clothes a necessity, not a fashion statement; only buy new clothes when old clothes wear out.



LifeMode Group: Rustic Outposts

Rural Bypasses

10E

Households: 1,646,400

Average Household Size: 2.55

Median Age: 40.4

Median Household Income: \$33,000

WHO ARE WE?

Open space, undeveloped land, and farmland characterize *Rural Bypasses*. These families live within small towns along country back roads and enjoy the open air in these sparsely populated neighborhoods. Their country lifestyle focuses on the outdoors, gardening, hunting, and fishing. They are more likely to own a satellite dish than a home computer. Although a majority of households do have a connection to the Internet, their use is very limited. Those who are not yet retired work in blue collar jobs in the agriculture or manufacturing industries.

OUR NEIGHBORHOOD

- An older market, with more married couples without children and single households, the average household size is slightly lower at 2.55.
- Most residents own single-family homes, or mobile homes (Index 504).
- Most housing was built from 1970 to 1989; vacancy rates are higher due to seasonal housing.
- Residents live in very rural areas, almost entirely in the South.

SOCIOECONOMIC TRAITS

- Education is not a priority in this market. Almost 25% have not finished high school; only 11% have a bachelor's degree or higher.
- Unemployment is very high at 9% (Index 161); labor force participation is low at 47% (Index 76).
- Income is primarily derived from wages; however, dependence on Social Security and Supplemental Security Income is above average.
- Religion, faith, and traditional values are central in their lives.
- Many have a pessimistic outlook of their household's financial well-being.
- They rely on television to stay informed.



Note: The Index represents the ratio of the segment rate to the US rate multiplied by 100. Consumer preferences are estimated from data by GMR, MR.



LifeMode Group: Hometown

Small Town Simplicity



Households: 2,305,700

Average Household Size: 2.26

Median Age: 40.8

Median Household Income: \$31,500

WHO ARE WE?

Small Town Simplicity includes young families and senior householders that are bound by community ties. The lifestyle is down-to-earth and semirural, with television for entertainment and news, and emphasis on convenience for both young parents and senior citizens. Residents embark on pursuits including online computer games, renting movies, indoor gardening, and rural activities like hunting and fishing. Since 1 in 4 households is below poverty level, residents also keep their finances simple—paying bills in person and avoiding debt.

OUR NEIGHBORHOOD

- They reside in small towns or semirural neighborhoods, mostly outside metropolitan areas.
- Homes are a mix of older single-family houses (61%), apartments, and mobile homes.
- Half of all homes are owner-occupied (Index 79).
- Median home value of \$92,300 is about half the US median.
- Average rent is \$639 (Index 62).
- This is an older market, with half of the householders aged 55 years or older, and predominantly single-person households (Index 139).

SOCIOECONOMIC TRAITS

- Education: 67% with high school diploma or some college.
- Unemployment higher at 7.7% (Index 141).
- Labor force participation lower at 52% (Index 83), which could result from lack of jobs or retirement.
- Income from wages and salaries (Index 83), Social Security (Index 133) or retirement (Index 106), increased by Supplemental Security Income (Index 183).
- Price-conscious consumers that shop accordingly, with coupons at discount centers.
- Connected, but not to the latest or greatest gadgets; keep their landlines.
- Community-orientated residents; more conservative than middle-of-the-road.
- Rely on television or newspapers to stay informed.



Note: The Index represents the ratio of the segment rate to the US rate multiplied by 100. Consumer preferences are estimated from data by GfK MRI.

Focus Group and Interview Results

Twenty-three community stakeholders representing the broad interests of the community participated in a focus group and individual interviews on March 28, 2019 for their input into the community's health. Community participation in the focus group and interviews represented a broad range of interests and backgrounds. Below is a summary of the 90-minute focus group discussion and individual interviews.

1. How do you define health?

- Overall wellbeing, wellness
- Physical, spiritual, mental, environmental, financial
- Prevention
- Ability to function and to be a productive member of the community
- Absence of disease
- Security
- Happiness

2. Generally, how would you describe the community's health?

- Not very good, not good, lacking
- Socioeconomically challenged
- Pockets of people that are mindful of health and other population who aren't healthy
- Variety of health status- all levels of the spectrum
- In Grayson County it is very bad. People must drive 50 minutes to get healthcare.

3. What behaviors have the most negative impact on health?

- Smoking
- Depression, isolation
- Poor diets, fast food
- Lack of motivation and exercise
- Increase in disabilities and mental health issues- parents not interacting with children
- Lack of dentists taking Medicaid and lack of interest in dental health
- Bad eating habits, processed/fast foods, lack of quality food, fresh produce, food desert
- Unhealthy coping behaviors

4. What are the biggest health or health care concerns today?

- Substance use disorder – opioids, meth, stigma, smoking, increase of vaping and chewing tobacco
- Mental health – lack of providers, stigma, access, suicide, dysfunctional families, stress of living day to day, car, food
- Access to healthcare – proximity to quality care, transportation, cost, lack of providers, dental care, pediatrics and specialists, preventive care
- Access to health insurance
- Healthy lifestyle- lack of access/knowledge of healthy lifestyle, obesity, generational
- Chronic diseases- diabetes, heart disease, high blood pressure, stroke, cardiovascular disease, cancer
- Unrealized potential
- Health needs to be a top priority
- Lack of counselling on health habits and eating

Focus Group Results, cont.

5. The community performed a CHNA in 2016 and identified priorities for health improvement:

- **Mental health and substance abuse**
- **Obesity**
- **Healthy lifestyle**
- **Chronic diseases/ aging**
- **Socioeconomic issues**
- **Childhood experiences**

What has changed the most in the health status in the last 3 years?

Improved:

- Ability of individuals to take personal responsibility for wellness
- Community has come together to work/create a CHNA
- More information available
- Progress made on family dynamics

Worsened:

- Lack of public transportation
- Substance abuse- Methamphetamines
- Hepatitis C
- Behavior health- seen in children
- Isolated elderly population
- Teen pregnancy
- Lack of access and perception of access
- More children in foster care
- Unemployment, financial issues
- No money for prevention
- Neonatal Abstinence Syndrome

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

- Economy and lack of quality jobs or proper job training
- Pollen during the spring and fall
- Some people are still using well water and don't want to pay to get county water
- Clean air high in the mountains
- Sidewalks are in poor condition
- Mountain View parks, need more parking
- Need a bike trail through the city
- Recreation center and schools have walking tracks
- Lack of a built environment, need to enhance the towns, plant trees, redo storefronts
- Poverty
- Unstable living situations- moving around
- Lack of affordable rental housing

Focus Group Results, cont.

7. What were the barriers to addressing these issues?

- Lack of jobs, poor economy
- Lack of social activities, venues, restaurants, entertainment
- Lack of daycares
- Need emphasis on finishing education
- Technology- creates lack of motivation, socialization
- Difficulty getting providers to locate to the area
- Publics' lack of knowledge of current providers in the area
- People work outside the area
- People not knowing/hoping for anything better
- Fundraising/money
- Transportation, geographic distance

8. What community assets support health and well-being?

- Hospital- health fairs, rotating specialists
- Wellness center and Recreation Dept.
- City recreation department
- Free clinic of the Twin Counties
- Telehealth at Tri-County Clinic
- New river trail, parks, playgrounds, ballparks
- Galax Recreation Center
- Foodbank, Rooftop-soup kitchen
- Feeding Southwest, VA
- Backpack Buddies- Presbyterian Church
- Excellent school system
- Community College
- Head Start and Early Head Start
- Libraries
- Recovery programs at churches
- Appalachian substance abuse coalition
- Faith Community Initiative
- Family preservation services
- Community Service Board
- Mt. Rogers Community Services
- Medical Society
- Farmers markets
- Carroll County tomato farm
- Agriculture- biggest industry
- Foundations
- Department of behavioral health
- VA social indicator data system
- On the Crooked Road VA music trail

9. Where do members of the community turn for basic healthcare needs?

- Local doctors
- Emergency Department as primary care - convenient
- Number of primary care physicians and dentists are dwindling
- Grayson County- leave county, urgent care but no primary care physicians
- Urgent cares are good
- Can't get an appointment with doctors when call for acute conditions
- Long waits for primary care
- Family medical centers in Independence, Galax, and Hillsville but the public isn't aware

Focus Group Results, cont.

10. What does the community need in order to manage health conditions or stay healthy?

- Economy needs to improve
- Unemployment is a deterrent to health, need employers and jobs
- Need employers who offer insurance
- Resources- dire need for centralized and prioritized resources and information
- Twin County Prevention Coalition and Health Department need to prioritize the health needs, coordinate, and collaborate
- Did not expand Medicaid initially- lost opportunities and money from healthcare system
- Need less expensive addiction services in the community because it is draining resources

11. What priority health improvement actions should we focus on?

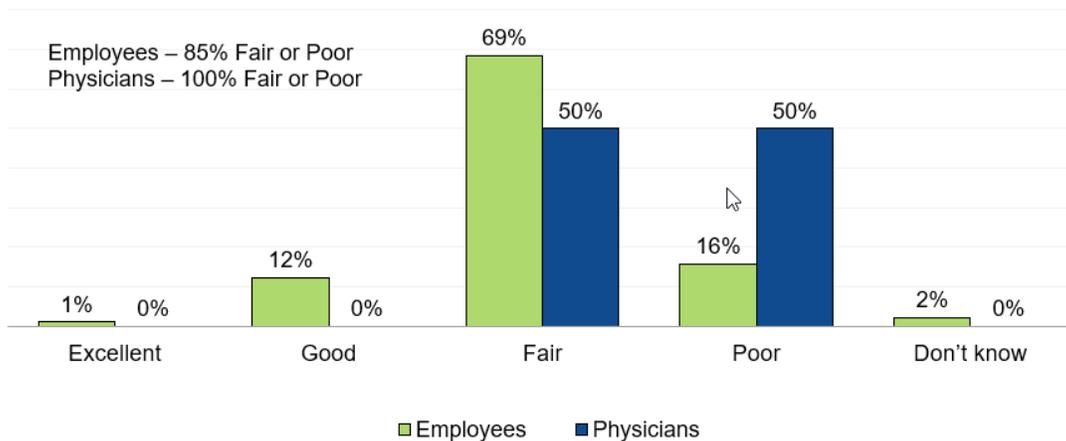
- Wellness, fitness
- Increase primary care and general surgeons, OB/gynecologists, pediatricians, cardiologists, etc.
- Need strong core of primary care in order to attract doctors
- Economy is everything
- Transportation
- Accessibility to healthcare
- Education and motivate community on healthy eating, exercise, lifestyle
- The opioid crisis

Survey Process

Twin County Regional Healthcare conducted employee and physician surveys about the health of Galax City, Carroll County, and Grayson County. A combined total of 90 employees and 18 physicians completed the on-line surveys. The surveys were conducted May 1, 2019 through May 13, 2019.

Survey Results- Health Status

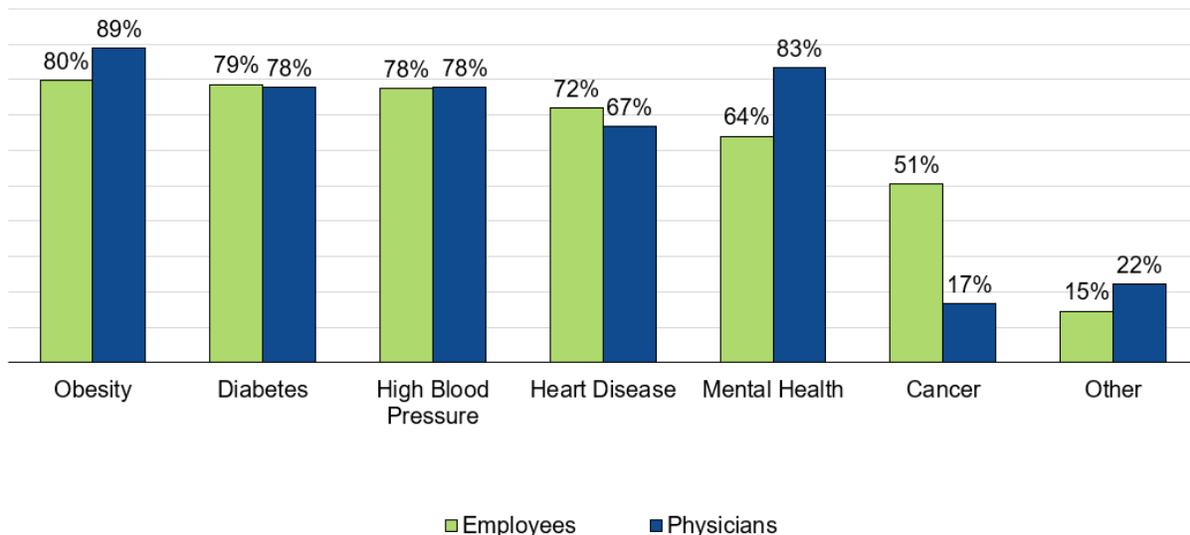
How would you describe the over health status of the citizens of Galax City, Carroll County, and Grayson County?



85% of employees and 100% of physicians believed the communities health status was fair or por.

Chronic Diseases

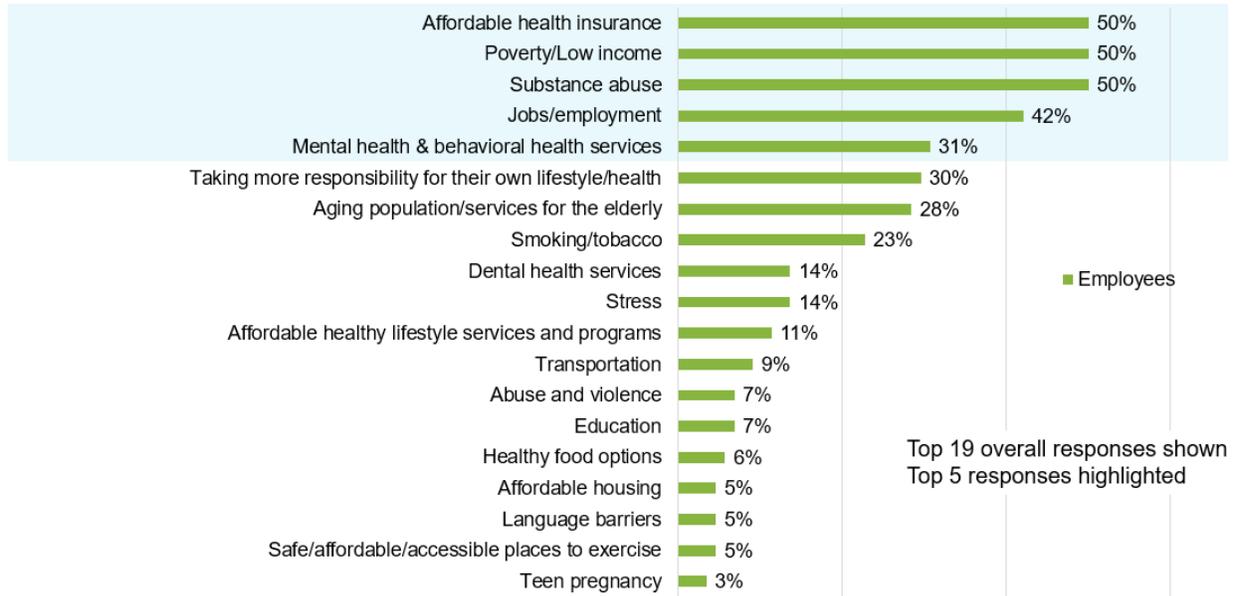
What are the most prevalent chronic diseases in your community?



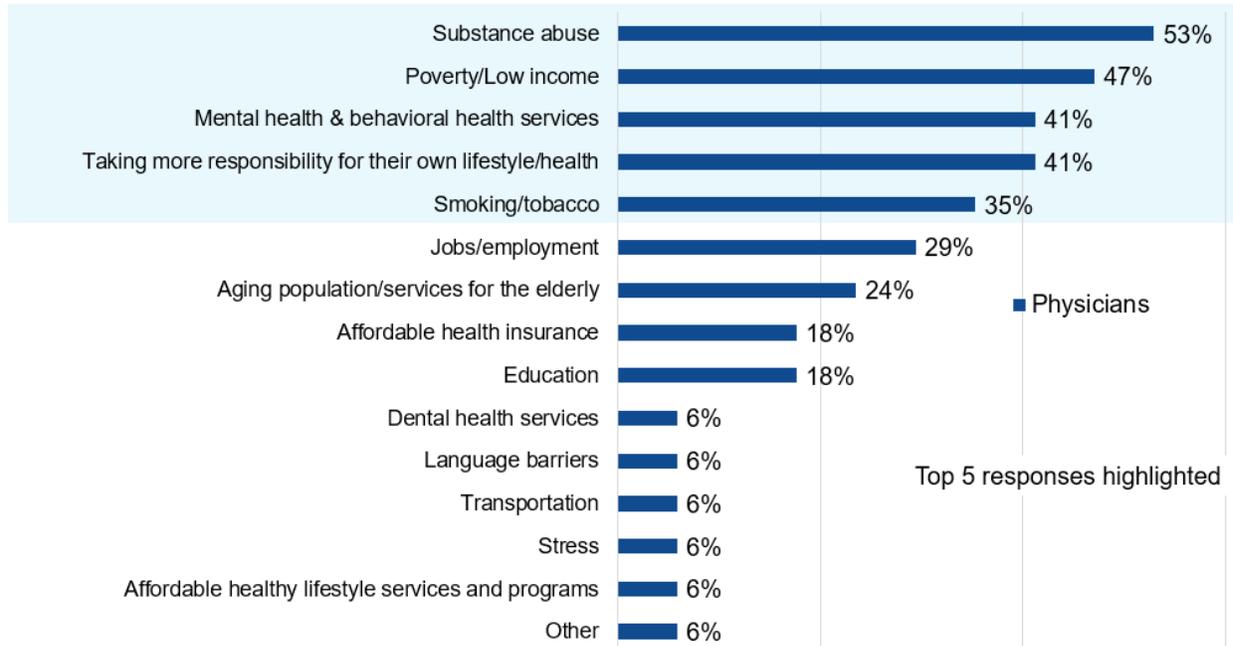
Both employees and physicians believed obesity was most prevalent chronic disease in the community.

Top Community Issues

What are the top 3 issues that need to be addressed in your community that impact people’s health?



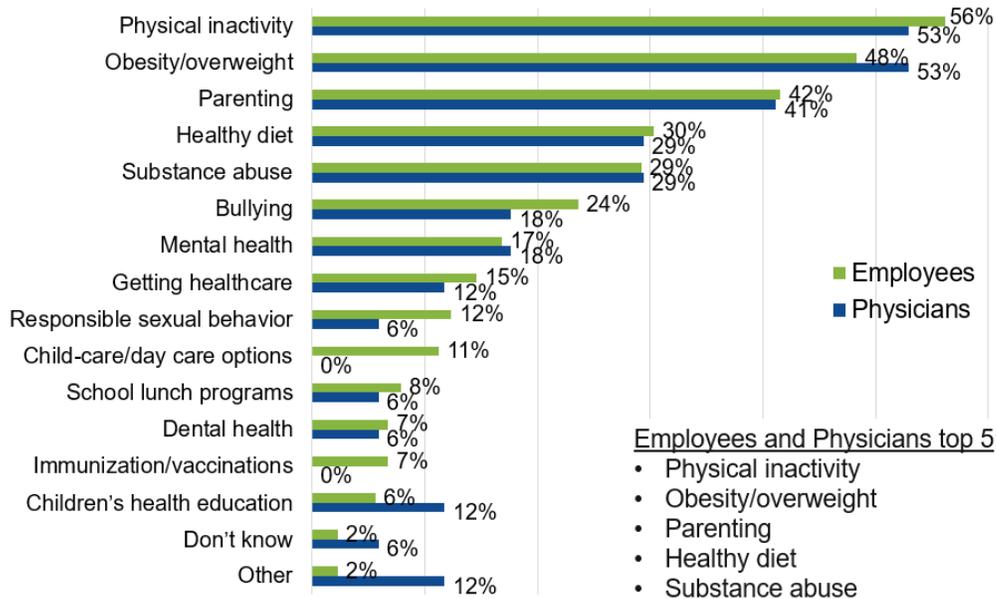
Employees believed affordable health insurance, followed by poverty/low income and substance abuse were the top issues impacting health in the community.



Physicians believed substance abuse, followed by poverty/low income, mental health and behavior health services, and taking more responsibility for their own lifestyle health were the top issues impacting health in the community.

Top Concerns for Children

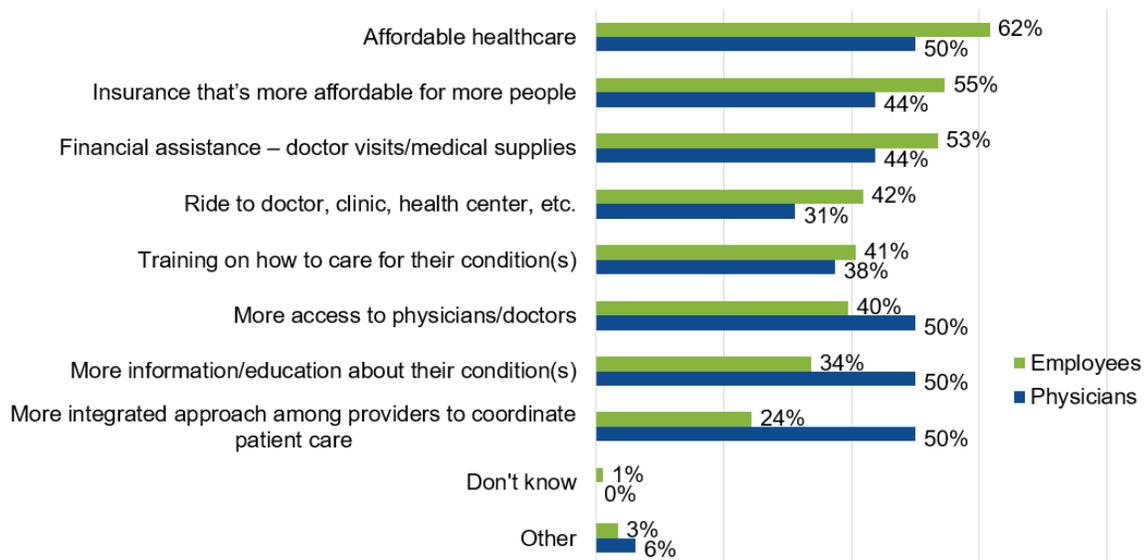
What are the top three health concerns for children in your community?



Employees and physicians believed physical inactivity, obesity/overweight, parenting, healthy diet, and substance abuse were the top concerns for children.

Healthcare Management

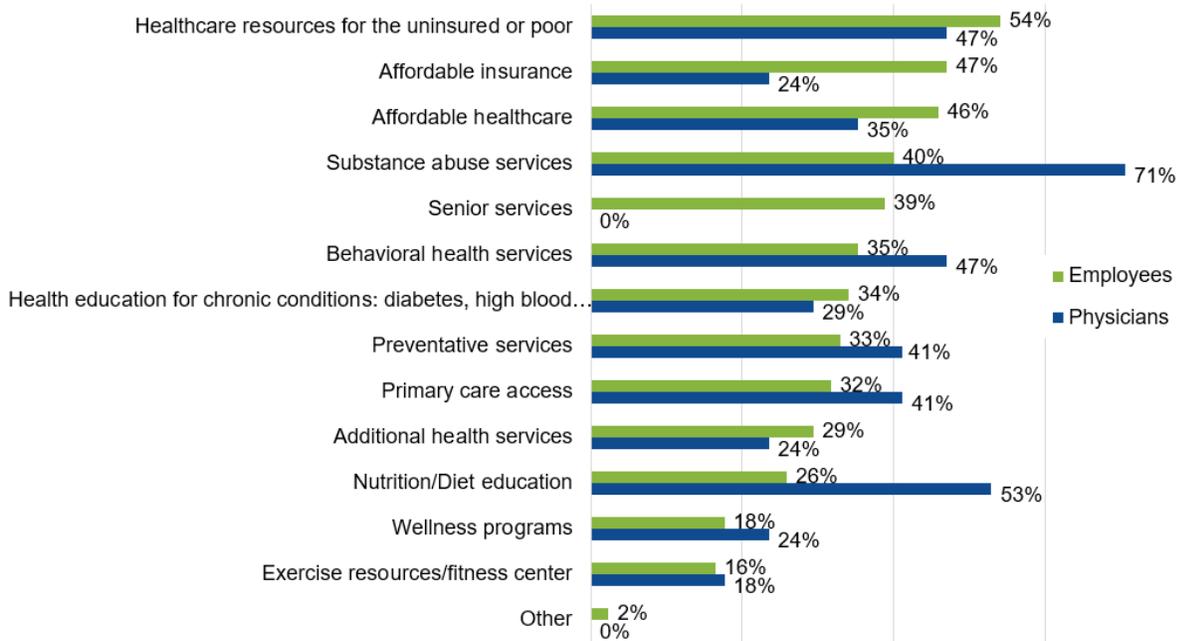
What, if anything, do you think the people in the community need in order to manage their health more effectively?



Employees believed the community needs affordable healthcare, followed by insurance that's more affordable for people, and financial assistance. Physicians believed the community needs affordable healthcare, more access to physicians/doctors, more information/education about their condition(s), and a more integrated approach among providers to coordinate patient care.

Improvements

What new healthcare, health education, or public health services/programs would be most beneficial to your community for the hospital to provide/offer?



Employees believed healthcare resources for the uninsured or poor, followed by affordable insurance and healthcare would be most beneficial to the community. Physicians believed substance abuse services, followed by nutrition/diet education, and behavioral health services would be most beneficial.



Photo Credit: New River Trail State Park; www.railstotrails.org

Health Status Data

Based on the 2018 County Health Rankings study performed by the Robert Wood Johnson Foundation and the University of Virginia², Galax City ranked 117th healthiest County in Virginia out of the 133 counties ranked (1= the healthiest; 133 = unhealthiest), 131st for health outcomes and 103rd for health factors. Carroll County ranked 71st healthiest county in Virginia, 67th for health outcomes and 75th for health factors. Grayson County ranked 86th healthiest county in Virginia, 85th for health outcomes and 87th for health factors.

County Health Rankings suggest the areas to explore for improvement in Galax City were: higher adult smoking, higher percentage of uninsured, lower percentage of adults with some college, higher percentage of unemployment, higher number of teen births, and higher percentage of children in poverty. The areas of strength were identified as lower adult obesity percentage, lower percentage of physical inactivity, lower percentage of excessive drinking, lower percentage of alcohol-impaired driving deaths, higher percentage of access to exercise opportunities, higher percentage of flu vaccinations, and lower ratios of mental health providers and dentists per population.

County Health Rankings suggest the areas to explore for improvement in Carroll County were: higher adult smoking, higher adult obesity percentage, higher percentage of uninsured, lower percentage of adults with some college, higher percentage of children in poverty, and higher percentage of unemployment. The areas of strength were identified as lower percentage of physical inactivity, higher food environment index, higher percentage of flu vaccinations, lower ratio of primary care physicians per population.

County Health Rankings suggest the areas to explore for improvement in Grayson County were: higher adult smoking, higher adult obesity percentage, higher physical inactivity percentage, higher percentage of uninsured, lower percentage of adults with some college, higher percentage of children in poverty, lower flu vaccination percentage, and larger ratio of primary care physicians per population. The areas of strength were identified as lower percentage of excessive drinking, lower number of sexually transmitted infections, and higher high school graduation percentage.

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 Galax City, Carroll, and Grayson 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, Galax City, Carroll and Grayson Counties must close several lifestyle gaps. For additional perspective, Virginia was ranked the 20th healthiest state out of the 50 states. (Source: 2018 America's Health Rankings) Virginia strengths were low violent crime rate, high immunization coverage among children, and low prevalence of excessive drinking. Virginia challenges were lower rate of mental health providers, high percentage of uninsured population, and low per capita public health funding.

²The 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

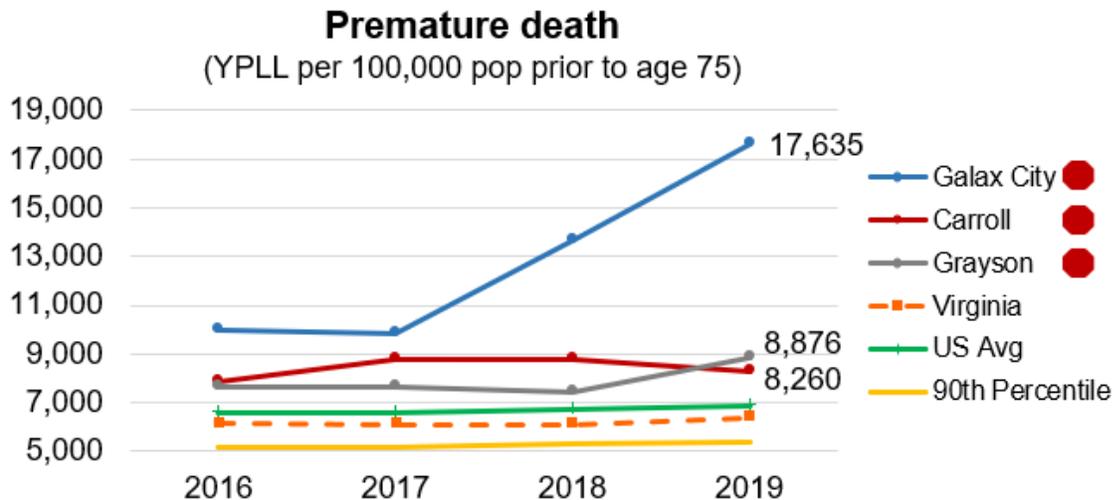
Information from County Health Rankings and America’s Health Rankings was analyzed in the CHA in addition to the previously reviewed information and other public health data. Other data analyzed is referenced in the bullets below, such as: causes of death, demographics, socioeconomics, consumer health spending, focus groups, and surveys. Data for Virginia, the U.S. or the top 10% of counties (90th percentile) were used as comparisons when available. If a measure was better than Virginia, it was identified as a strength, and where an indicator was worse than Virginia, it was indicated 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 symbols, 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.

Health Outcomes (Length of Life and Quality of Life)

Health Outcomes are a combination of length of life and quality of life measures. Galax City ranked 131st, Carroll County ranked 67th, and Grayson County ranked 85th in Health Outcomes out of 133 Virginia counties.

Length of Life

Length of life was measured by years of potential life lost per 100,000 population prior to age 75, lower is better. For example, if a 25-year-old is killed in an accident, that is 50 years of potential life lost prior to age 75. Galax City ranked 131st, Carroll County ranked 66th, and Grayson County ranked 85th in length of life in VA. Galax City lost 17,635 years of potential life per 100,000 population, Carroll County lost 8,260, and Grayson County lost 8,876, which were higher than VA and the U.S.



Source: County Health Rankings; National Center for Health Statistics – Mortality File 2015-2017

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

Cause of Death	Galax City	Carroll County	Grayson County	Virginia	US
Heart Disease	245.1	153.3	121.1	154.5	165.0
Cancer	331.9	152.7	168.6	152.6	152.5
Accidents	56.7	46.7	48.8	44.0	49.4
Lower Respiratory Disease	135.5	56.0	69.1	34.9	40.9
Stroke	44.6	34.2	26.4	37.5	37.6
Alzheimer's Disease	44.7	25.4	57.4	27.6	31.0
Diabetes	45.2	22.1	28.2	20.1	21.5
Influenza and Pneumonia	45.9	18.9	28.7	19.7	15.5

Source(s): Age-adjusted rates per 100,000 population

Virginia and US data from 2017. Galax City data from 2013-2017. Carroll County and Grayson County data from 2015-2017. Rates that appear in red for a county denote a higher value compared to state data. Age Adjustment Uses 2000 Standard Population

Red areas had death rates higher than VA. The leading causes of death in Galax City and Grayson County were cancer followed by heart disease. The leading cause of death in Carroll County was heart disease followed by cancer, like VA and the U.S. Lagging as causes of death were accidents, respiratory diseases, and Alzheimer's Disease, diabetes, and influenza and pneumonia.

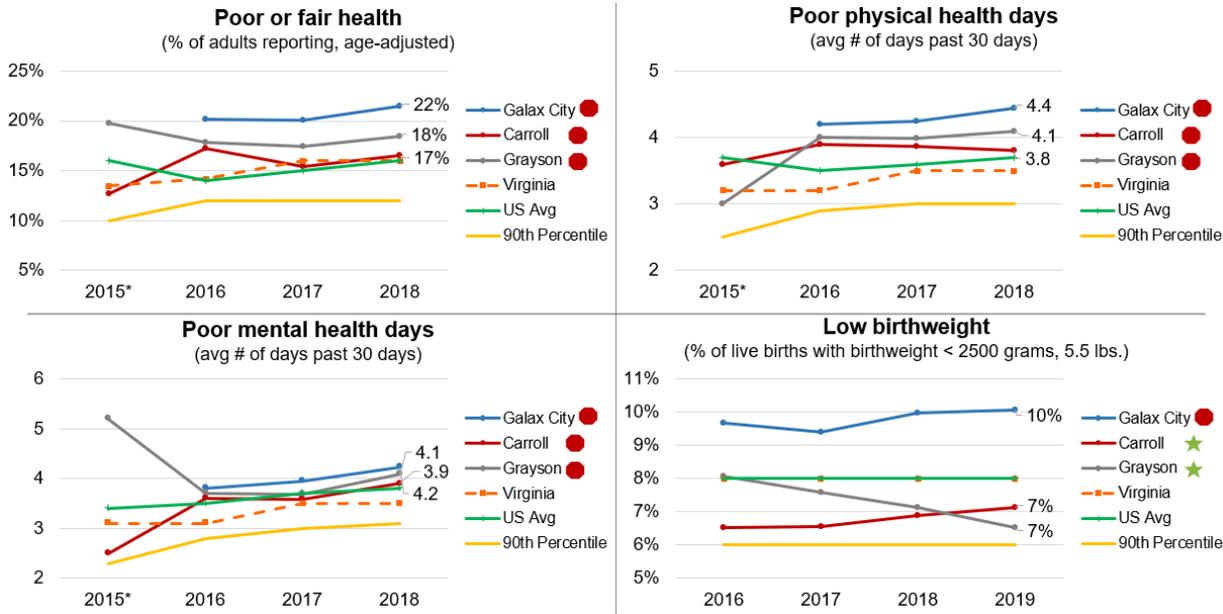
In most of the following graphs, Galax City will be blue, Carroll County will be red, Grayson will be grey, Virginia (VA) will be orange, U.S. green and the 90th percentile of counties in the U.S. gold. * indicates a change in the BRFSS Survey calculations of results. 2016 forward cannot be compared to prior year results.



Photo Credit: Felts Park; yelp.com

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 City ranked 123rd, Carroll County ranked 67th, and Grayson County ranked 82nd, in Virginia for quality of life.



Source: County Health Rankings; Behavioral Risk Factor Surveillance System (BRFSS) 2016
 Source: County Health Rankings: National Center for Health Statistics – Natality files (2011-2017)

Quality of Life STRENGTHS

- Carroll and Grayson Counties had a lower percentage of low birthweight babies at 7% than VA and the U.S. at 8%.
- Carroll and Grayson had lower death rates for heart disease, and stroke than VA and the U.S. Carroll County also had lower death rates for Alzheimer’s Disease and Influenza and Pneumonia than VA.

Quality of Life OPPORTUNITIES

- Galax City (22%), Carroll County (17%), and Grayson County (18%) had a higher percentage of adults reporting poor or fair health than VA and the U.S. at 16%.
 - Galax City (4.2), Carroll County (3.9), and Grayson County (4.1) had more poor mental health days than VA (3.5) and the U.S. (3.8).
 - Galax City (4.4), Carroll County (3.8), and Grayson County (4.1) had more poor physical health days than VA (3.5) and the U.S. (3.7).
 - Galax City had a higher percentage of low birthweight babies at 10% than VA and the U.S.
 - Galax City, Carroll and Grayson Counties had higher years of potential life lost prior to age 75 than VA and the U.S.
 - Galax City had higher death rates than VA for heart disease, cancer, respiratory diseases, accidents, stroke, Alzheimer’s Disease, diabetes, and influenza and pneumonia.
 - Carroll County had higher death rates than VA for cancer, accidents, respiratory diseases, and diabetes.
 - Grayson County had higher death rates than VA for cancer, respiratory diseases, accidents, Alzheimer’s Disease, diabetes, and influenza and pneumonia.
-



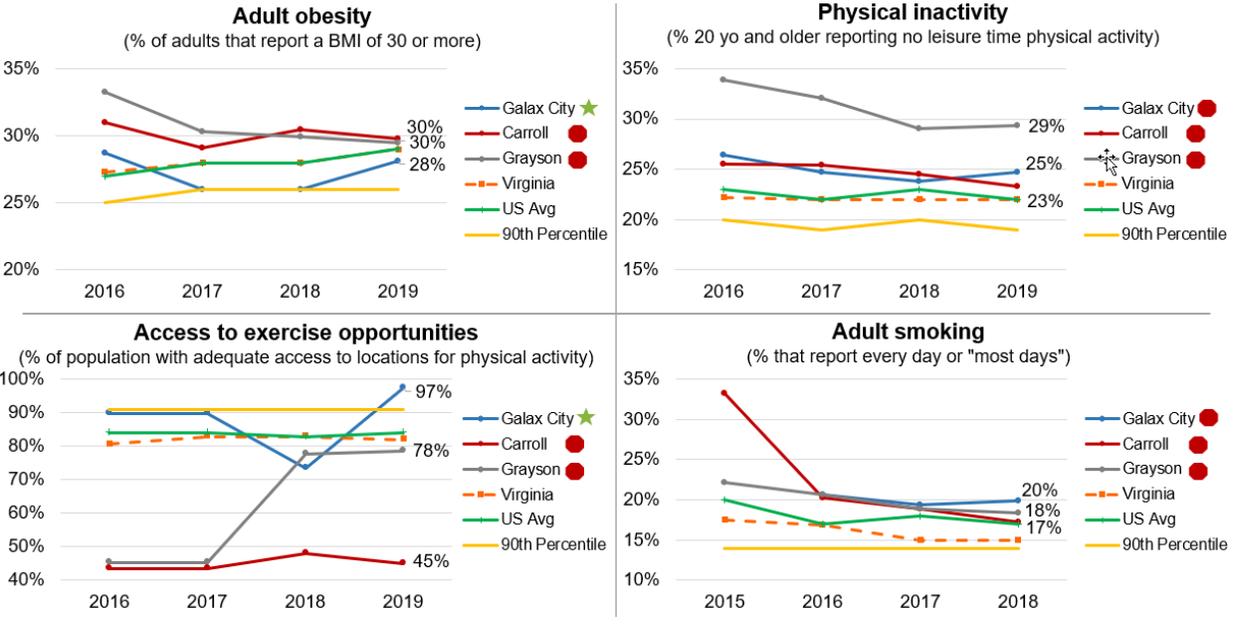
Photo Credit: New River Trail State Park; romiyo.com

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 City ranked 103rd, Carroll County ranked 75th, and Grayson County 87th, out of 133 Virginia counties.

Health Behaviors

Health behaviors are made up of nine measures and account for 30% of the county rankings. Galax City ranked 81st, Carroll County ranked 59th, and Grayson County 86th, out of 133 Virginia counties.



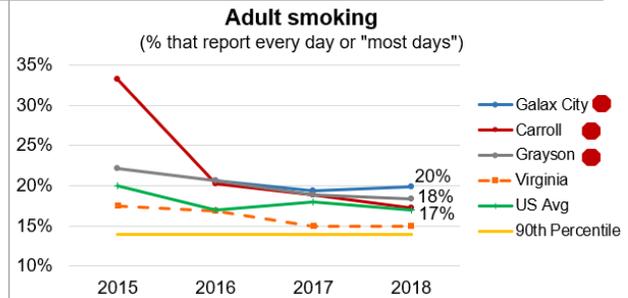
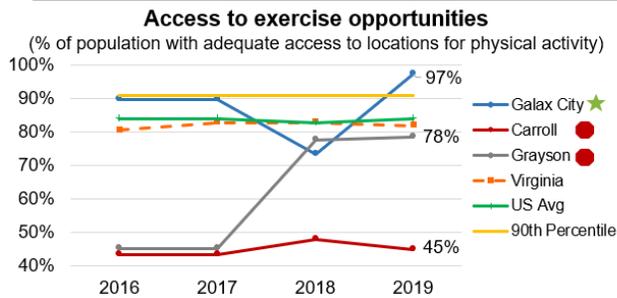
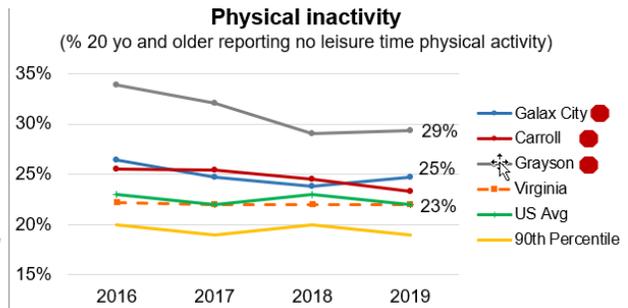
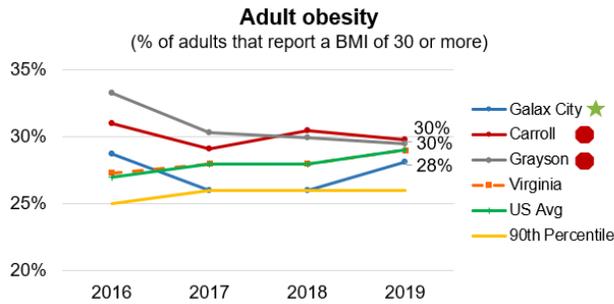
Source: Obesity, physical inactivity - County Health Rankings; CDC Diabetes Interactive Atlas based on responses to BRFSS and Census Bureau's population estimates program, 2015 Source: Access to exercise opportunities - County Health Rankings; ArcGIS Business Analyst, Delorme map data, Esri and U.S. Census Tigerline Files, 2010 and 2018. 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 - County Health Rankings; Behavioral Risk Factor Surveillance System (BRFSS), 2016

Reason for Smoking Ranking

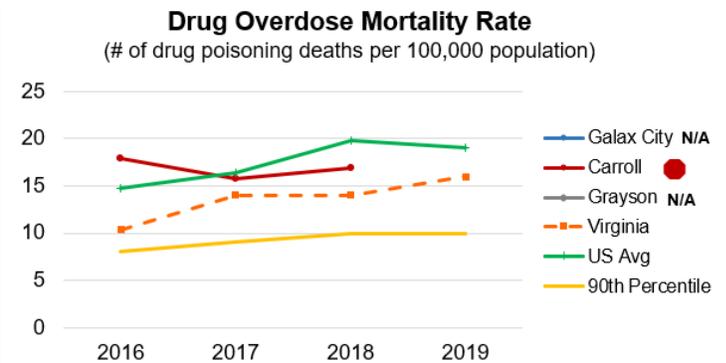
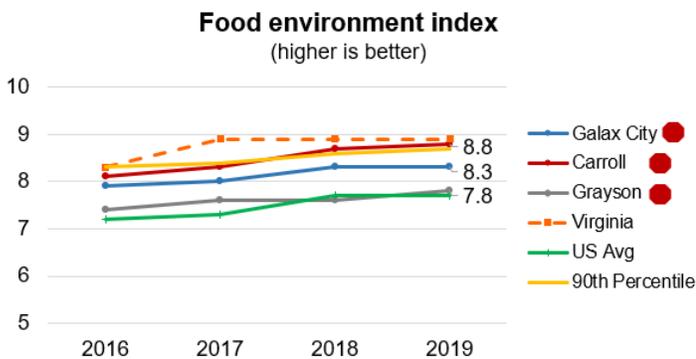
Each year approximately 480,000 premature deaths can be attributed to smoking.[1] Cigarette smoking is identified as a cause of various cancers, cardiovascular disease, and respiratory conditions, as well as low birthweight and other adverse health outcomes. Measuring the prevalence of tobacco use in the population can alert communities to potential adverse health outcomes and can be valuable for assessing the need for cessation programs or the effectiveness of existing programs.

[1] U.S. Department of Health and Human Services. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014[accessed 2018 Feb 22]. [2] Nelson DE, Holtzman D, Bolen J, Stanwyck CA, Mack KA. Reliability and validity of measures from the Behavioral Risk Factor Surveillance System (BRFSS). *Soz Praventivmed.* 2001;46:S3-S42.

Health Behaviors, Cont.



Source: Excessive drinking - County Health Rankings; Behavioral Risk Factor Surveillance System (BRFSS), 2016 Source: Alcohol-impaired driving deaths - County Health Rankings; Fatality Analysis Reporting System, 2013-2017 Source: STIs - County Health Rankings; National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, 2016 Source: Teen birth rate - County Health Rankings; National Center for Health Statistics - Natality files, 2011-2017



Source: County Health Rankings; USDA Food Environment Atlas, Map the Meal Gap from Feeding America, 2015 & 2016; CDC WONDER mortality data, 2015-2017

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.

Health Behaviors, Cont.

The Impact of E-Cigarettes on the Lung

Following excerpt taken from American Lung Association website, www.lung.org, “The Impact of E-Cigarettes on the Lung”

“In January 2018, the National Academies of Science, Engineering and Medicine¹ released a consensus study report that reviewed over 800 different studies.

That report made clear: using e-cigarettes causes health risks. It concluded that e-cigarettes both contain and emit a number of potentially toxic substances. The Academies' report also states there is moderate evidence that youth who use e-cigarettes are at increased risk for cough and wheezing and an increase in asthma exacerbations.

A study from the University of North Carolina found that the two primary ingredients found in e-cigarettes—propylene glycol and vegetable glycerin—are toxic to cells and that the more ingredients in an e-liquid, the greater the toxicity²

E-cigarettes produce a number of dangerous chemicals including acetaldehyde, acrolein, and formaldehyde. These aldehydes can cause lung disease, as well as cardiovascular (heart) disease.³

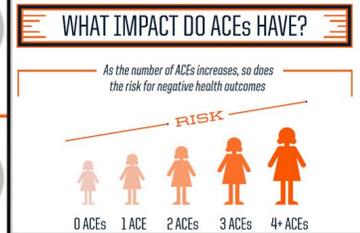
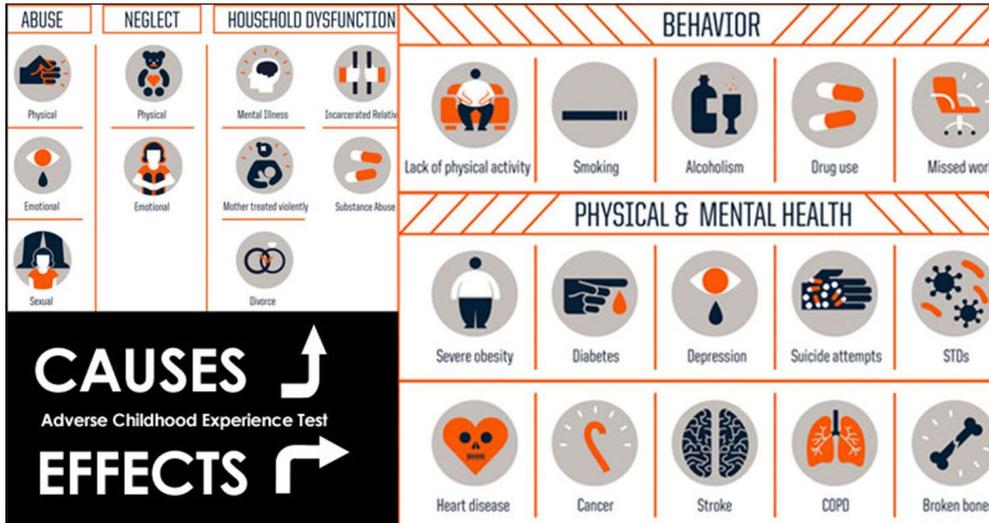
E-cigarettes also contain acrolein, a herbicide primarily used to kill weeds. It can cause acute lung injury and COPD and may cause asthma and lung cancer.⁴”

1. NAM Report - <https://www.nap.edu/resource/24952/012318ecigaretteConclusionsbyEvidence.pdf>
2. Sassano MF, Davis ES, Keating JE, Zorn BT, Kochar TK, Wolfgang MC, et al. (2018) Evaluation of e-liquid toxicity using an open-source high-throughput screening assay. *PLoS Biol* 16(3): e2003904. <https://doi.org/10.1371/journal.pbio.2003904>
3. Ogunwale, Mumiye A et al. (2017) Aldehyde Detection in Electronic Cigarette Aerosols. *ACS omega* 2(3): 1207-1214. doi: 10.1021/acsomega.6b00489].
4. Bein K, Leikauf GD. (2011) Acrolein - a pulmonary hazard. *Mol Nutr Food Res* 55(9):1342-60. doi: 10.1002/mnfr.201100279.

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 outcomes.



Health Behaviors STRENGTHS

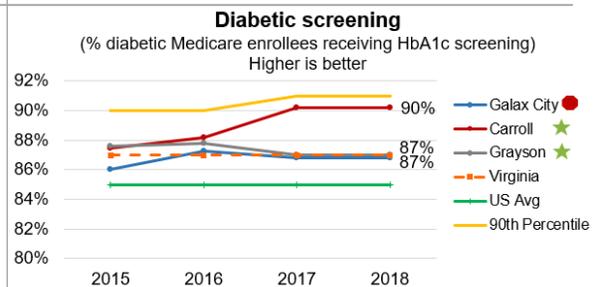
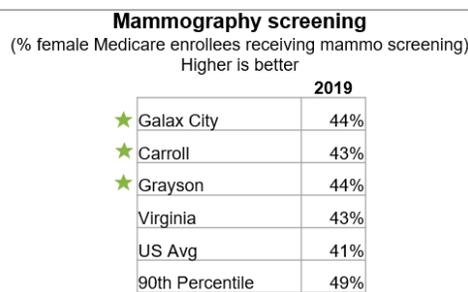
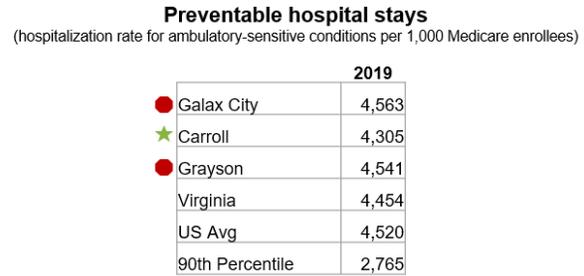
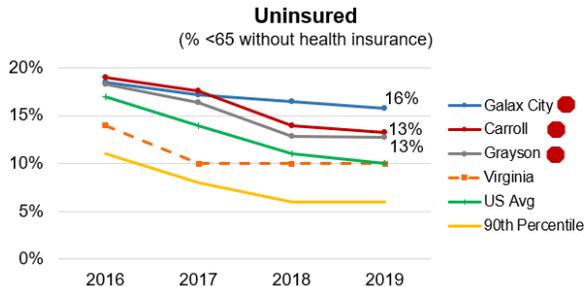
- Adult obesity in Galax City was lower than VA and the U.S. at 28%.
 - Access to exercise opportunities at 97% was higher in Galax City than VA (82%) and the 90th percentile of all U.S. counties (91%).
 - Sexually transmitted infections measured by chlamydia rate per 100,000 population were lower in Galax City (391) and Carroll County (175) and Grayson County (131) than VA (473) and the U.S. (497).
 - Alcohol impaired driving deaths were lower in Galax City (0%) and Carroll County (28%) than in VA (31%) and the U.S. (29%).
 - Excessive drinking was lower in Galax City (14%), Carroll County (16%), and Grayson County (14%) than VA (17%) and the U.S. (18%).
-

Health Behaviors OPPORTUNITIES

- Adult obesity in Galax City and Carroll County was 30%, both higher than VA and the U.S. at 29%. The obesity trend had been increasing in Galax City and Carroll County but appears to have leveled off. Obesity in Virginia and the U.S. continue to rise, putting 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 Disease and often leads to metabolic syndrome and type 2 diabetes.
- Physical inactivity was higher in Galax City at 25%, Carroll County (23%), and Grayson County (29%) than VA and the U.S. at 22%.
- Access to exercise opportunities in Carroll County was 45%, and 78% in Grayson County, both lower than VA at 82% and the U.S. at 84%.
- 26% of Galax City and 25% of Carroll County reported binge or heavy drinking equal to VA, but much higher than the U.S. at 18%.
- Adult smoking was higher in Galax City (20%), Carroll County (17%) and Grayson County (18%) than VA (15%).
- Alcohol impaired driving deaths were higher in Grayson County at 40% than VA and the U.S.
- The teen birth rate in Galax City was 56 births per 1,000 female population ages 15-19, 32 births in Carroll County, and 33 births in Grayson County, all higher than VA at 19 births and the U.S. at 25 births.
- The 2018 drug overdose mortality rate in Carroll County was higher than VA and the U.S. at 17 drug poisoning deaths per 100,000 population.
- The food environment index was lower in Galax City (8.3), Carroll County (8.8), and Grayson County (7.8) than VA (8.9), but higher than the U.S. (7.7).

Clinical Care

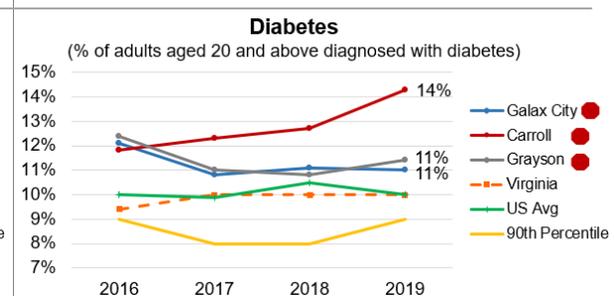
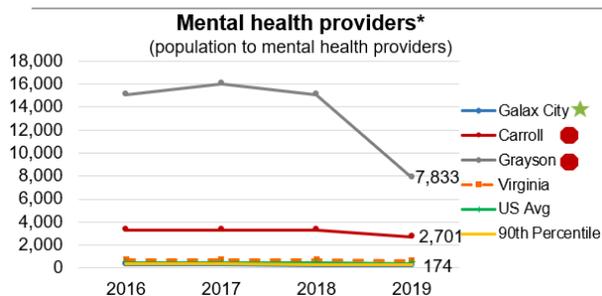
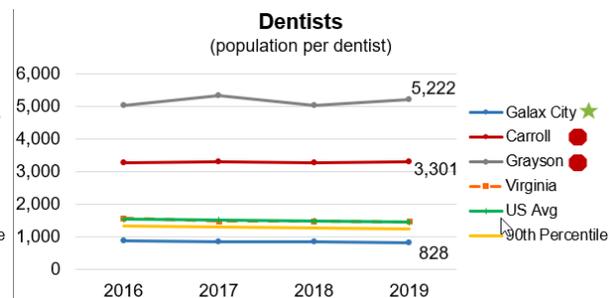
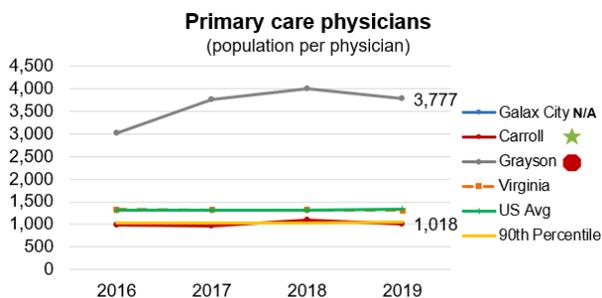
Clinical care ranking is made up of seven indicators, and account for 20% of the county rankings. Galax City ranked 90th, Carroll County ranked 69th, and Grayson County ranked 101st, out of 133 Virginia counties in clinical care.



Source: Uninsured - County Health Rankings; Small Area Health Insurance Estimates, 2016

Source: Preventable hospital stays, mammography screening – County Health Rankings, CMS Mapping Medicare Disparities Tool, 2016

Source: diabetic screening - County Health Rankings; Dartmouth Atlas of Health Care, Medicare claims data, 2016



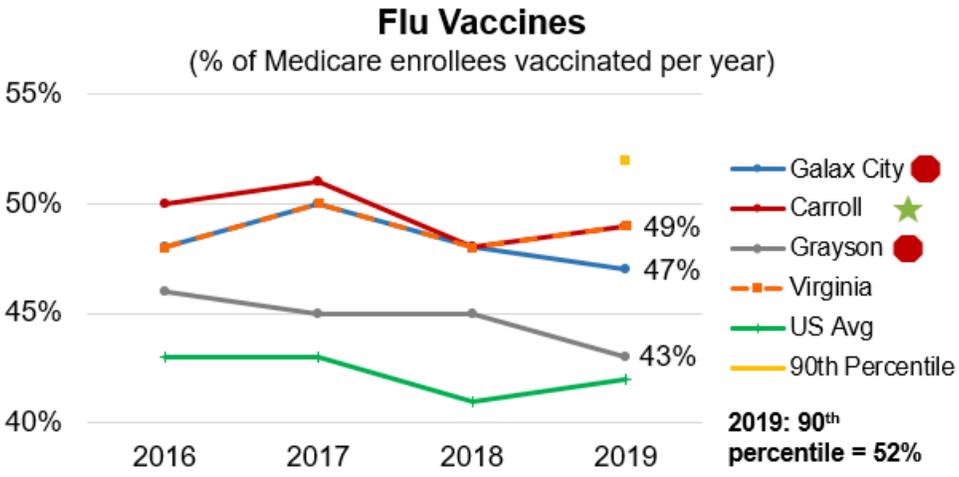
Source: Pop to PCP - County Health Rankings; Area Health Resource File/American Medical Association, 2016

Source: Pop to Dentists - County Health Rankings; Area Health Resource File/National Provider Identification file, 2017

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) County Health Rankings; CMS, National Provider Identification, 2018

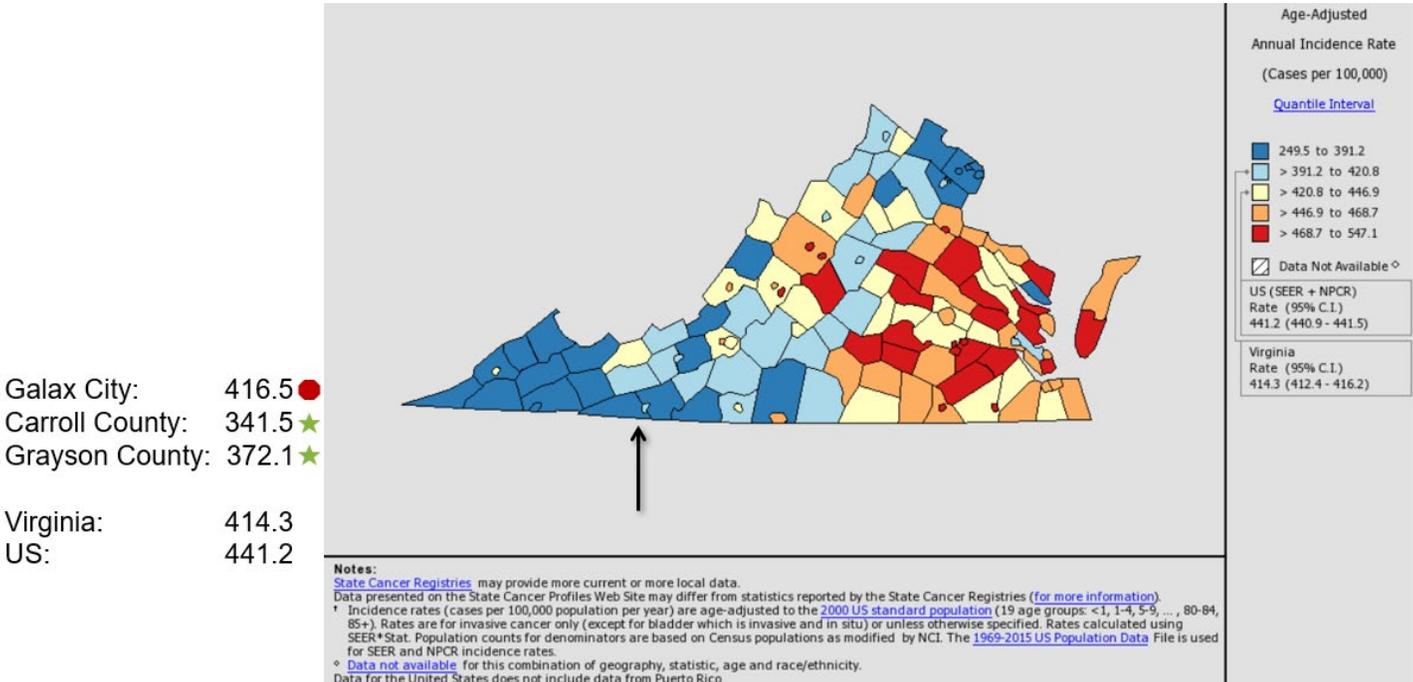
Provider Identification, 2018

Clinical Care, Cont.



Source: The Centers for Medicare & Medicaid Services Office of Minority Health's Mapping Medicare Disparities (MMD) Tool, 2016

Cancer Incidence Rates – VA Counties



Clinical Care STRENGTHS

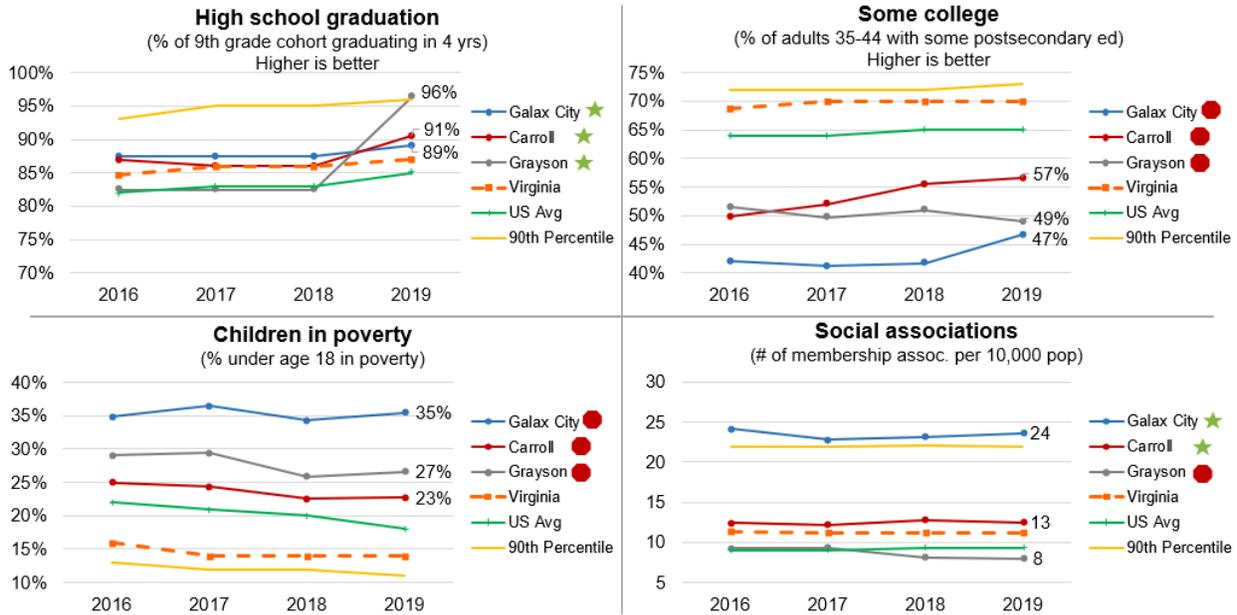
- Preventable hospital stays in Carroll County was 4,305 per 100,000 Medicare enrollees which was lower than VA (4,454) and the U.S. (4,520).
- Mammography screening was higher in Carroll County at 43% and the same in Galax City, Grayson County and VA at 44%.
- The percent of Medicare enrollees receiving diabetic screening was higher in Carroll County at 90% and the same in Galax City and Grayson County as VA 87%.
- The population per physicians was 1,018 in Carroll County, lower than VA at 1,330 and the 90th percentile of all U.S. counties at 1,050.
- The population per dentists was 828 in Galax City, lower than VA at 1,460 and the 90th percentile of all U.S. counties at 1,260.
- The population per mental health providers was 174 in Galax City, lower than VA at 630 and the 90th percentile of all U.S. counties at 310.
- The percent of Medicare enrollees with flu vaccines per year was the same in Carroll County and VA at 49% and higher than the U.S. at 42%.

Clinical Care OPPORTUNITIES

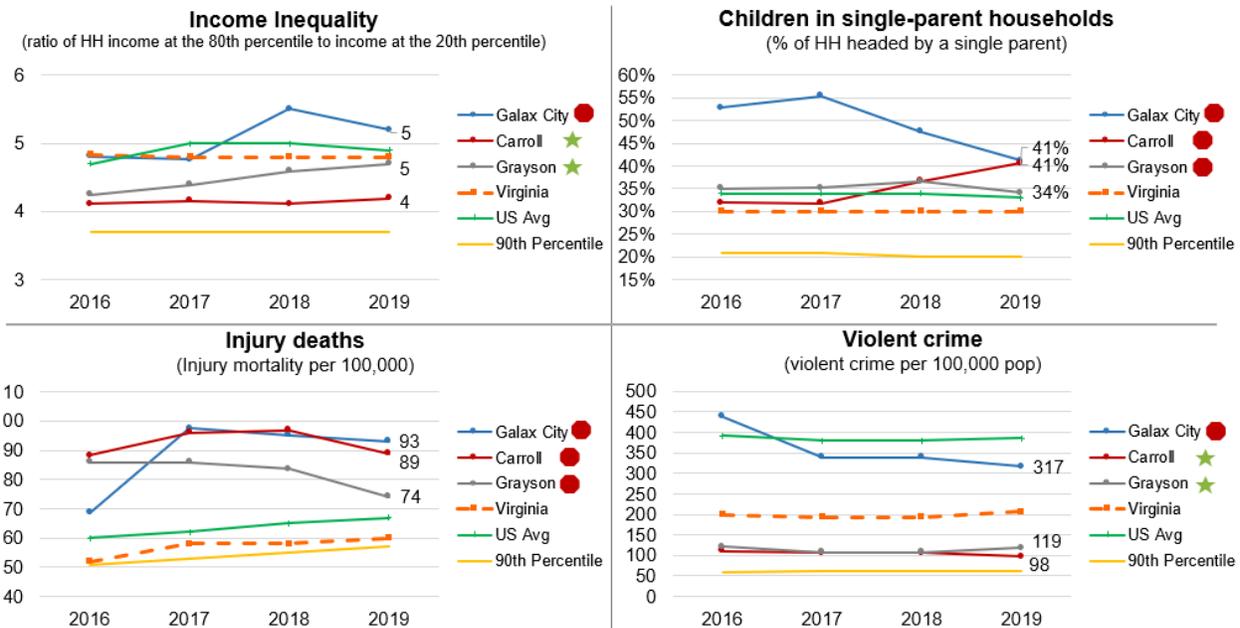
- The percent of population under sixty-five without health insurance was 16% in Galax City, and 13% in both Carroll and Grayson Counties, which was higher than VA and the U.S. at 10%.
- Preventable hospital stays were higher in Galax City and Grayson County at 4,563 and 4,541 per 100,000 Medicare enrollees than VA (4,454) and the U.S. (4,520).
- The population per primary care physicians was higher in Grayson County at 3,777 than VA and the U.S.
- The population per dentists was higher in Carroll and Grayson Counties at 3,301 and 5,222 than VA and the U.S.
- The population per mental health providers was higher in Carroll and Grayson Counties at 2,701 and 7,833 than VA and the U.S.
- The percentage of adults with diabetes was 11% in Galax City and Grayson County, and 14% in Carroll County, which were higher than VA and the U.S. both at 10%.
- The percent of Medicare enrollees with flu vaccines per year was 47% in Galax City and 43% in Grayson County, lower than VA (49%), but higher than the U.S. (42%).

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 City ranked 115th, Carroll County ranked 85th, and Grayson County ranked 82nd, out of 133 Virginia counties.



Source: High School graduation – County Health Rankings; VA Dept of Public Instruction, 2016-2017
 Source: Some college - County Health Rankings; American Community Survey, 5-year estimates, 2013-2017.
 Source: Children in poverty - County Health Rankings; U.S. Census, Small Area Income and Poverty Estimates, 2017
 Source: Social associations - County Health Rankings; County Business Patterns, 2016



Source: Income inequality and children in single-parent households - County Health Rankings; American Community Survey, 5-year estimates 2013-2017.
 Source: Injury deaths – County Health Rankings; CDC WONDER mortality data, 2013-2017.
 Source: Violent crime - County Health Rankings; Uniform Crime Reporting – FBI, 2014 & 2016

Social & Economic Factors STRENGTHS

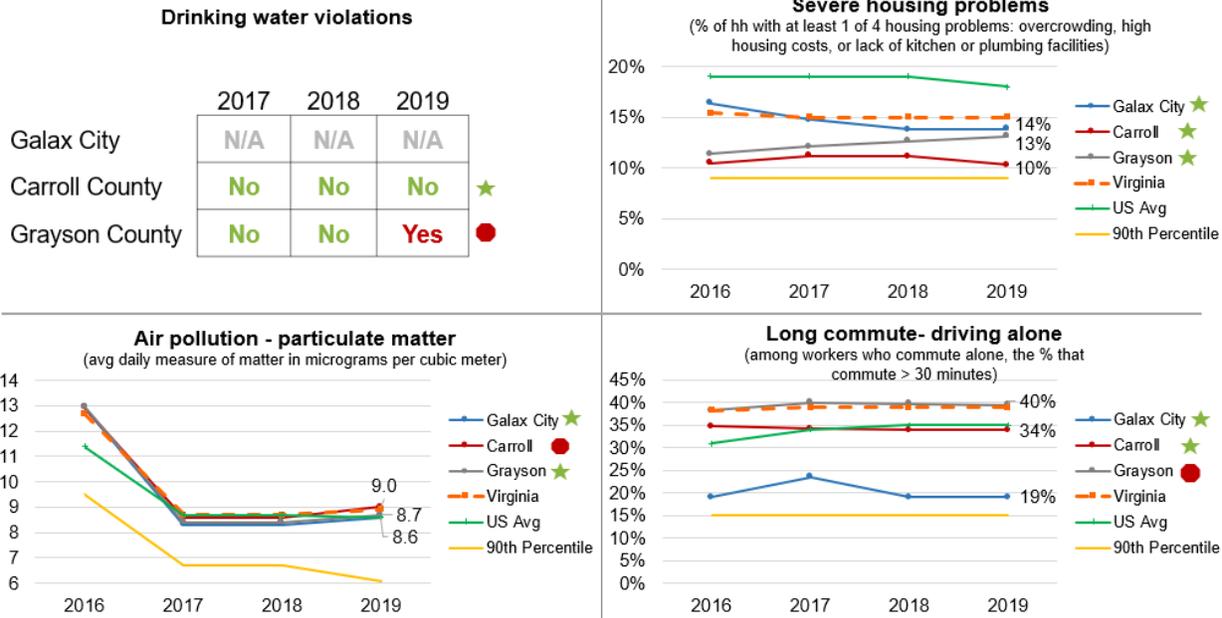
- High school graduation was higher in Galax City (89%), Carroll County (91%) and Grayson County (96%) than VA at 87% and the U.S. at 85%.
- Social associations were higher in Galax City at 24 and Carroll County at 13 memberships per 10,000 population than VA at 11 and the U.S. at 9 memberships. Associations 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 Carroll County at 4 and the same in Grayson County, VA, and the U.S. at 5.
- The violent crime rate in Carroll and Grayson Counties was 98 and 119 violent crimes per 100,000 population which was lower than in VA at 207 and the U.S. at 386.

Social & Economic Factors OPPORTUNITIES

- 47% of Galax City, 57% of Carroll County, and 49% of Grayson County adults had some postsecondary education which was lower than VA (70%) and the U.S. (65%).
- Social associations were lower in Grayson County at 8 memberships than VA at 11 and the U.S. at 9 memberships.
- The children in poverty rate was higher for Galax City (35%), Carroll County (23%), and Grayson County (27%) than VA (14%) and the U.S. (18%).
- Income inequality was higher in Galax city at 5 than VA and the U.S.
- Injury deaths in Galax City at 93, Carroll County at 89, and Grayson County at 74 per 100,000 population, were higher than VA (60).
- The violent crime rate was 317 per 100,000 population in Galax city, which was higher than VA, but lower than the U.S. and has decreased since 2016.
- The median household income in Galax City, Carroll and Grayson Counties were lower than VA and the U.S.
- The poverty estimates for 2017 have poverty in Galax City at 21.5%, Carroll County at 16.8%, and Grayson County at 19.1%, which were higher than VA (10.7%) and the U.S. (13.4%).
- The percentages of children in single-parent households was 41% in both Galax City and Carroll County and 34% in Grayson County, higher than VA at 30% and the U.S. at 33%.

Physical Environment

Physical environment contains four measures in the category and accounts for 10% of the County rankings. Galax City ranked 37th, Carroll County ranked 33rd, and Grayson County ranked 89th out of 133 Virginia counties in physical environment.



Source: Drinking water violations – County Health Rankings; EPA, Safe Drinking Water Information System, 2017. Source: Severe housing problems – County Health Rankings; HUD Comprehensive Housing Affordability Strategy data, 2011-2015. Source: Driving alone to work and long commute – County Health Rankings; American Community Survey, 5-year estimates, 2013-2017. Source: Air pollution – County Health Rankings; CDC National Environmental Health Tracking Network, 2014

Physical Environment STRENGTHS

- Galax City (14%), Carroll County (10%), and Grayson County (13%) had lower percentages of severe housing problems than VA (15%) and the U.S. (18%).
- Carroll County had no drinking water violations.
- The average daily measure of matter in micrograms per cubic meter was lower in Galax City and Grayson County at 8.8 and 8.7 than VA. The U.S. Carroll County and VA both had 9.0.
- 19% of workers in Galax City and 34% of workers in Carroll County who commute alone commute over 30 minutes which was lower than VA at 39%.

Physical Environment OPPORTUNITIES

- Grayson County had a drinking water violation.
- 40% of workers in Grayson County who commute alone commute over 30 minutes which was higher than VA at 39%.

There were Four Broad Themes that Emerged in this Process:

- Galax City, Carroll and Grayson County need 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 will take a partnership with a wide range of organizations and citizens pooling resources to meaningfully impact the health of the community. However, Galax City, Carroll and Grayson Counties have many assets to improve health.
-



Photo Credit: Galax, VA Safe Routes School Program receiving national recognition; hsrc.unc.edu

Results of the CHA: Community Health Summit Prioritized Health Needs, Goals and Actions

Prioritization of Health Needs

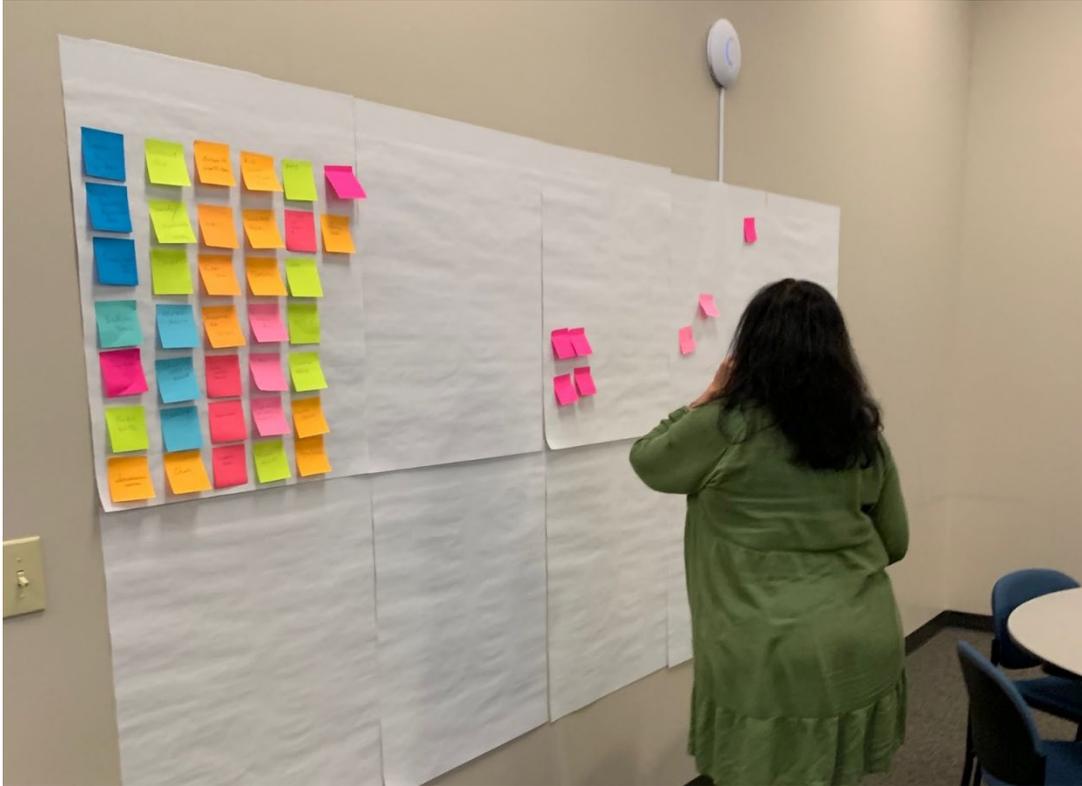


Photo Credit Stratasan

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.

<p>Magnitude / scale of the problem</p>	<p>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?</p>
<p>Seriousness of Consequences</p>	<p>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)?</p>
<p>Feasibility</p>	<p>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?</p>

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. The results of the activity are below with higher numbers indicating the number of “votes” or priority by topic. The bullets below the health need are many of the comments received on the sticky notes.

- 1. Substance misuse
- 2. Lifestyle/ Obesity
- 3. Mental health
- 4. Family issues

- 5. Access to care
- 6. (tie) Socioeconomics
- 7. (tie) Senior issues

1. Substance misuse (17 sticky notes)

- Drug abuse
- Neonatal Abstinence Syndrome
- Substance use disorder
- Substance abuse (8)
- Drug use
- Substance use- legal and illegal
- Smoking (3)
- Smoking/tobacco use

2. Lifestyle/ Obesity (9 sticky notes)

- Obesity (5)
- Healthy lifestyle
- Personal accountability/ responsibility for actions
- Obesity physical inactivity (diabetes)
- Unhealthy lifestyle

3. Mental health (8 sticky notes)

- Mental health (6)
- Loneliness, stress
- Depression

4. Family issues (7 sticky notes)

- Family dynamics
- Trauma/lack of coping skills
- Foster care
- Number of children in foster care
- Adverse Childhood Experiences (ACEs) (3)

5. Access to care (5 sticky notes)

- Transportation
- Cancer
- Access to healthcare
- Need more PCPs
- Lack of participation in preventive care

6. (tie) Socioeconomics (2 sticky notes)

- Socioeconomics (jobs, budgeting)
- Socioeconomic issues

7. (tie) Senior issues (2 sticky notes)

- Aging population
- Poor nutrition in seniors

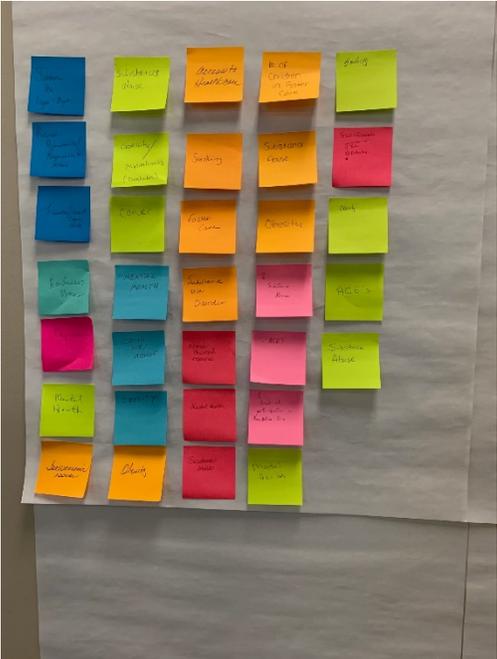


Photo Credit: Stratasan

Community Health Summit Brainstorming

Community Health Goals and Actions

The most significant health needs coalesced into seven categories. Table groups then brainstormed goals and actions for each goal along with resources and collaborators needed. The brainstorm results are below.

Significant Health Need 1: Substance abuse/family issues

- ✓ **Goal 1 – Reduce the amount of kids in foster care**
Action 1 - Implement parenting education, classes and support
Action 2 - Increase funding for prevention of kids entering foster care
Resources/Collaborators needed: DSS, community service providers, Virginia foundation grant writers
- ✓ **Goal 2 – Reduce the number of substance related deaths**
Action 1 - Increase access to addiction services
Action 2 - Initiate peer support recovery
Resources/Collaborators needed: Providers, church recovery groups, drug courts, law enforcement
- ✓ **Goal 3 – Reduce substance use as coping skill (including smoking)**
Action 1 - Implement a mentoring program
Action 2 - Prevention, support groups, intervene before the first use, address trauma, build protective factors targeting middle schoolers
Resources/Collaborators needed: Coaches, schools, school resource officers, churches, providers

Significant Health Need 2: Lifestyle/ Obesity

- ✓ **Goal 1 – Have a family night out twice during the summer to promote lifestyle and education**
Action 1 - Reach out to potential partners to develop a committee
Action 2 - Establish a plan
Resources/Collaborators needed: Law enforcement, sponsorships, volunteers, location, local government, schools, farmer's markets, churches
- ✓ **Goal 2 – Promote “Cooking Matters” to adults monthly at various locations (pop-up)**
Action 1 - Train the trainers so more people can provide the education
Action 2 - Obtain locations for popups
Resources/Collaborators needed: Walmart, local grocery stores, sponsorships, farmer's market, locations for popups
- ✓ **Goal 3 – Conduct a focus group to gain insight into changing culture and behaviors**
Action 1 - Reach out to potential committee members (pilot group)
Action 2 - Start meeting to develop a plan
Resources/Collaborators needed: DSS, soup kitchen, local news outlets, schools, mental health professionals, youth workers, churches, senior groups, exercise, fitness groups.

Significant Health Need 3: Mental Health

- ✔ **Goal 1 – Increase mental health providers/access to providers/CSB/Others**
Action 1 - Recruit healthcare providers
Action 2 - Decrease the stigma and increase identification and referral to resources
Resources/ Collaborators Needed: Available resources in the community to increase communication skills with providers
- ✔ **Goal 2 – Engagement to communicate service projects/social activities**
Action 1 - Identify community resources and educate providers
Action 2 - Make intergenerational classes/activities a priority
Action 3 - Community service projects – prescriptive referrals to services, tickets to classes, goals to get social programs started
Resources/ Collaborators Needed: nutritionist, schools, churches, local supermarkets
- ✔ **Goal 3 – Early age recognition of ACES/trauma as preventive measure**
Action 1 - Engage educational system to teach coping skills and resiliency
Action 2 - Educate the community on impact of ACEs and healthcare providers to recognize and refer accordingly- assess both the child and the parent
Resources/Collaborators needed: Use constructive measures to overcome adverse reactions, day treatment in schools, educational grants

Significant Health Need 4: Access to care

- ✔ **Goal 1 – Increase access to health care services and facilities**
Action 1 - Provide additional healthcare services
Action 2 - Seek any possible grants
Resources/ Collaborators Needed: Twin County, area health care providers
- ✔ **Goal 2 – Improve transportation**
Action 1 - Work with District III to make transportation more convenient for more people
Action 2 - Utilize the Grayson and Galax County bus. Work with the bus to take patients to their healthcare providers.
Resources/ Collaborators Needed: District III, Carroll and Grayson County, City of Galax, grant funding, transportation department
- ✔ **Goal 3 – Increase resources and affordability**
Action 1 - Develop and implement an affordable fee schedule for the working poor that don't have insurance and don't qualify for Medicaid
Action 2 - Form a committee to develop a centralized information repository of area resources. Provide this information to healthcare providers and patient care managers, anyone who could help refer patients to resources.
Resources/Collaborators needed: Need a leader and members of a committee and provide info to healthcare providers and services

Impact of 2016 CHA and Implementation Plan

Impact

In 2016, Galax City, Carroll and Grayson Counties, Virginia communities prioritized the following health needs:

1. Mental Health and Substance Abuse
2. Obesity
3. Healthy Lifestyle
4. Chronic diseases/aging
5. Socioeconomic issues
6. Adverse childhood experiences/trauma
7. Water and air issues

Below is the Impact of the 2016 Implementation Plan.

Action Item	Progress Notes	Project Owner	Is this area addressed elsewhere in your plan? (Yes or No)	Measurable Results
<p>Chronic Disease/Aging</p>	<ul style="list-style-type: none"> • Implemented an Asthma Support Group for adolescents at Twin County Pediatrics. • Continued to conduct a quarterly support group in the Cardiac Rehab Department for any patient interested in cardiac health. • Established a monthly community Diabetes Education Class to include; Certified Diabetic Educator, Dietitian & Pharmacist. Also, conduct monthly Diabetic Education through one-on-one appointments at our Twin County Family Care Centers (Galax, Hillsville & Independence). • Continue to provide transitional care management services. • Plan for implementation of Chronic Disease management at Twin County Family Care Centers for 2019. • As in 2017, continue community outreach for EHAC education and education to the community about Twin County's Chest Pain Accreditation through community and employer health events and our partnerships with area EMS groups. • Provide educational resources to the community about Dementia Support groups throughout the area. • Continue to provide presentations to the local Parkinson's Support Group, senior groups and faith based organizations. 	<p>CNO/ TCPP Clinical Coordinator</p> <p>WorkPoint Wellness Community Occ. Health Community Outreach Coordinator</p> <p>Director of Business Dev.</p>	<p>Yes</p>	<ul style="list-style-type: none"> • In 2017, 20, 679 people were provided EHAC education

Action Item	Progress Notes	Project Owner	Is this area addressed elsewhere in your plan? (Yes or No)	Measurable Results
<p>Healthy Lifestyle/Obesity continued</p>	<ul style="list-style-type: none"> In 2018, Mt. Rogers Health District/VA Department of Health received a Cooking Matters grant to include a partnership with Twin County Regional Healthcare to deliver Cooking Matters programming to reach low-income children ages 0-5 in the counties of Carroll, Grayson and the city of Galax. In 2019, we will continue this partnership engaging the VA Cooperative Extension, Faith Based Community and the Southwest Virginia Medical Reserve Corp to conduct hands on cooking classes, grocery store tours in the community and nutrition education classes to be held at Twin County Pediatrics. 	<p>CNO/ TCPP Clinical Coordinator</p> <p>WorkPoint Wellness Community Occ. Health Community Outreach Coordinator</p> <p>Director of Business Dev.</p>	<p>YES</p>	<ul style="list-style-type: none"> Projected number of participants that will be reached through Cooking Matters programming in the program year (defined as July 1, 2018—June 30, 2019) is 1,000 participants. With 50% of participants being part of the priority audience defined in the grant (ages 0—5).

Action Item	Progress Notes	Project Owner	Is this area addressed elsewhere in your plan? (Yes or No)	Measurable Results
<p>Healthy Lifestyle/Obesity continued</p>	<ul style="list-style-type: none"> In 2018, Mt. Rogers Health District/VA Department of Health received a Cooking Matters grant to include a partnership with Twin County Regional Healthcare to deliver Cooking Matters programming to reach low-income children ages 0-5 in the counties of Carroll, Grayson and the city of Galax. In 2019, we will continue this partnership engaging the VA Cooperative Extension, Faith Based Community and the Southwest Virginia Medical Reserve Corp to conduct hands on cooking classes, grocery store tours in the community and nutrition education classes to be held at Twin County Pediatrics. 	<p>CNO/ TCPP Clinical Coordinator</p> <p>WorkPoint Wellness Community Occ. Health Community Outreach Coordinator</p> <p>Director of Business Dev.</p>	<p>YES</p>	<ul style="list-style-type: none"> Projected number of participants that will be reached through Cooking Matters programming in the program year (defined as July 1, 2018—June 30, 2019) is 1,000 participants. With 50% of participants being part of the priority audience defined in the grant (ages 0—5).

Action Item	Progress Notes	Project Owner	Is this area addressed elsewhere in your plan? (Yes or No)	Measurable Results
Socioeconomic Issues	<ul style="list-style-type: none"> • Continue to be an active member of the Twin County Prevention Coalition group. • Continue to support the efforts of the Free Clinic of the Twin Counties. • Continue to partner with the VA Department of Health in the Medication Assistance Program. • Continue to provide patients with the GoodRx prescription savings card. • Offer free diabetes education classes to the public at Twin County Regional Hospital. • Offer free stroke support group meetings. • “Cooking Matters” grant with the Virginia Department of Health to provide health education to families regarding healthy meals and reading nutrition labels. 	CNO/ TCPP Care Coordinator	Yes	<ul style="list-style-type: none"> • Diabetes Class: 50+ participants

Community Health Needs Assessment for Galax City, Carroll and Grayson County

Completed by Twin County Regional Healthcare in partnership with:

Stratasan



Appendix

Community Assets and Inventory

Carroll County

Galax County

Grayson County

Carroll County, VA 2019 Community Asset Inventory

Twin County Regional Healthcare – Community Health Needs Assessment

Geography

Town

Hillsville

Census-designated places

Cana

Fancy Gap

Woodlawn

Other unincorporated communities

Dugspur

Lambsburg

Laurel Fork

Sylvatus

Pipers Gap

Transportation

Airport

Twin County Airport

504 Airport Rd.,

Hillsville, VA 24343

Major highways

I-74 (future)

I-77

US 52

US 58

US 221

SR 94

SR 100

SR 148

Media

Radio

AM radio

WHHV 1400 AM

FM radio

WFOG 95.9 FM

WWSO 99.7 FM

WEBI 100.5 FM

WXEZ 101.1 FM

Newspaper

The Carroll News

Government

Carroll County Government Offices

Animal Control	(276) 730-3011
Building Inspector	(276) 730-3018
Building Official	(276) 730-3019
Carroll Fire & Rescue	(276) 730-3197
Commissioner - Revenue	(276) 730-3081
Commonwealth Attorney	(276) 730-3090
County Administration	(276) 730-3010
General District Court	(276) 730-3043
GIS	(276) 730-3291
Human Resources	(276) 730-3002
Juvenile & Domestic Court	(276) 730-3045
Magistrate	(276) 730-3088
Public Schools	(276) 728-3191
Recreation	(276) 730-3190
Sheriff Office	(276) 730-3020
Social Services	(276) 730-3130
Victim Witness	(276) 730-3098
Voter Registration	(276) 730-3036
Human Resources	(276) 730-3014
School Board	(276) 236-8145

Carroll County Constitutional Officers

Clerk of the Circuit Court	Gerald Ray Goad	(276) 730-3070
Commissioner of the Revenue	Fran McPherson	(276) 730-3080
Commonwealth's Attorney	Nathan H. Lyons	(276) 730-3090
Sheriff	John B. Gardner	(276) 730-3020
Treasurer	Bonita M. Williams	(276) 730-3060

Carroll County Board of Supervisors

Supervisor at Large	Robbie McCraw
Sulphur Springs District	Rex Hill
Fancy Gap District	Phillip R. McCraw
Laurel Fork District	Joshua Neil Webb
Pine Creek District	R.J. "Bob" Martin, Jr.
Pipers Gap District	Thomas W. Littrell

Hillsville Town Officials

Mayor	Greg Crowder	704-604-2500
Councilman/Pipers Gap District	David Young	276-733-8824
Councilman/Laurel Fork District	Greg Yonce	276-728-4062
Councilman/Sulphur Springs District	Barry Jessup	276-728-2128
Councilman/Pine Creek District	Ed Terry	276-728-0686
Clerk of Council	Vickie Yonce	276-728-2128 ext. 304
Town Attorney	Cassell & Crewe	276-228-5566
Town Manager	Retta N. Jackson	276-728-2128
Adm. Asst./Treasurer	LeAnna Surratt	276-728-2128 ext. 308
Building Code Official/Engineer	Steven Bowman	276-728-2128 ext. 307
Public Works Assistant Director	James Hall	276-728-4458
Water/Wastewater Director	Darrick Mayes	276-728-5533
Police Chief	Shannon Goad	276-728-2251 ext. 222
Captain	Shannon Goad	276-728-2251 ext. 229
Planning Commission	Ann Largin	276-728-9624
Board of Zoning Appeals	Mabel Tate	276-728-5266

Major Employers

<http://www.townofhillsville.com/business-economy>

Parkdale Magnolia

Carroll County

Mohawk Industries

Ameripumps

Barker Microfarads

Mt. Rogers Industrial

Classic Creations

Carter Machinery & Tools (Caterpillar)

Trinity Mission

Va. Produce Company

Turman Sawmill

Public Safety

Police

Hillsville Police Department

130 Main St.

Hillsville, VA 24343

(276) 728-2251

Virginia State Police Area Office

57 Glendale Rd

Galax, VA 24333

(276) 236-5461

Fire

Carroll County Fire & Rescue

499 Floyd Pike

Hillsville, VA 24343

Cana Volunteer Fire Dept.

391 Firehouse Rd.

Cana, VA 24317

Hillsville Volunteer Fire Dept.

115 Fulcher St.

Hillsville, VA 24343

Laurel Fork Volunteer Fire Dept.

13139 Danville Pike

Laurel Fork VA, 24352

EMS

Carroll County Emergency Services

605-1 Pine St.

Hillsville, VA 24343

Cana Volunteer Rescue Squad

15607 Fancy Gap Hwy

Cana, VA 24317

Dugspur Volunteer Rescue Squad

118 Double Cabin Rd.

Dugspur, VA

Laurel Fork Volunteer Rescue Squad

8547 Danville Pike

Laurel Fork, VA 24352

Pipers Gap Volunteer Rescue Squad

5567 Elk Horn Rd.

Woodlawn, VA 24381

Health 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

Virginia Department of Public Health

<http://www.vdh.virginia.gov/>

Dentists

Cana Dental Center

16257 Fancy Gap Hwy

Cana, VA 24317

West Stuart Dental Arts Center

1192 W Stuart Dr.

Hillsville, VA 24343

Marlon A. Goad, DDS
1202 N Main St.
Hillsville, VA 24343

J.E Kilbourne Jr., DDS
305 Oak St.
Hillsville, VA 24343

Clinics (family practices and primary care)

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

Worrell Dan C., MD
22 Training Center Rd.
Woodlawn, VA 24381

Wynne-Roberts C.R., MD

2477 Huff Hill Rd.

Hillsville, VA 24343

Long Term Care and Assisted Living

Hillsville Rehabilitation and Healthcare Center

222 Fulcher

Hillsville, VA 24343

Heritage Hall Laurel Meadows

16600 Danville Pike

Laurel Fork, VA 24352

Commonwealth Senior Living at Hillsville

100 Kyle Dr.

Hillsville, VA 24343

Home Health and Hospice

Liberty Home Care Services

15397 Fancy Gap Hwy # 2

Cana, VA 24317

Mountain Valley Hospice & Palliative Care

1477 Carrollton Pike

Hillsville, VA 24343

Behavioral Health and Addiction Services

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

Durable Medical Equipment

Closest located in Galax City.

Other Healthcare Services

PT Solutions Physical Therapy
54 Floyd Pike
Hillsville, VA 24343

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

Eye Care on the Ridge
843 W Stuart Dr.
Hillsville, VA 24343

Wellness Pursuits

130 Volunteer Rd.
Hillsville, VA 24343

Hotlines

Crisis Hotlines

703-527-4077

Crisis Line of Central Virginia

434-947-4357

National Suicide Prevention Lifeline

800-273-TALK or 800-237-8255

National Runaway Switchboard

800-786-2929

National Runaway Switchboard

800-533-4148

National Centers for Disease Control

800-232-4636

Gay, Lesbian, Bisexual and Transgender National Hotline

888-843-4564

HIPS Hotline

800-676-HIPS

National Sexually Transmitted Disease Hotline

800-227-8922

TTY/TDD: 800-243-7889

Women Alive

800-554-4876

AIDS Info

800-HIV-0440

Project Inform

800-822-7422

Community, Civic, Non-Profit Organizations

Basic Needs Assistance (includes food, housing, utilities assistance)

4-H Clubs & Affiliated 4-H Organizations	605 Pine St Ste 6	Hillsville, VA 24343
Carroll County Genealogy Club	724 Lovell Ros	Hillsville, VA 24343
International Association of Lions Clubs	245 Laurel Dr	Fancy Gap, VA 24328
International Association of Lions Clubs	PO Box 122	Hillsville, VA 24343
Rotary Club of Hillsville Virginia Scholarship Foundation	PO Box 517	Hillsville, VA 24343
Rotary International Hillsville Rotary Club	Local	Hillsville, VA 24343
Webb Southern Carroll Community Club Inc.	16238 Fancy Gap Hwy	Cana, VA 24317

Children and Youth Organizations

Mountain View Youth and Family Services	100 Cavs Ln.	Hillsville, VA 24343
Carroll County Genealogy Club	724 Lovell Ros	Hillsville, VA 24343
International Association of Lions Clubs	245 Laurel Dr	Fancy Gap, VA 24328
International Association of Lions Clubs	PO Box 122	Hillsville, VA 24343
Rotary Club of Hillsville Virginia Scholarship Foundation	PO Box 517	Hillsville, VA 24343
Rotary International Hillsville Rotary Club	Local	Hillsville, VA 24343
Webb Southern Carroll Community Club Inc	16238 Fancy Gap Hwy	Cana, VA 24317

Community Service Organizations

4-H Clubs & Affiliated 4-H Organizations	605 Pine St Ste 6	Hillsville, VA 24343
Carroll County Genealogy Club	724 Lovell Ros	Hillsville, VA 24343
International Association of Lions Clubs	245 Laurel Dr	Fancy Gap, VA 24328
International Association of Lions Clubs	PO Box 122	Hillsville, VA 24343
Rotary Club of Hillsville Virginia Scholarship Foundation	PO Box 517	Hillsville, VA 24343
Rotary International Hillsville Rotary Club	Local	Hillsville, VA 24343
Webb Southern Carroll Community Club Inc	16238 Fancy Gap Hwy	Cana, VA 24317
Sylvatus Ruritan Club	6915 Sylvatus Highway	Sylvatus, Virginia
Hillsville Lions Club	P.O. Box 122	Hillsville, VA 24343
Rotary Club of Hillsville	2042 Carrollton Pike	Hillsville, Virginia 24343
Twin County/Galax Parent to Parent	397 Wildcat Rd.	Hillsville, VA 24343

Economic Development Organizations

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

Foundations

Carroll Scholarship Foundation Inc	PO Box 517	Hillsville, VA 24343
Devil S Den Nature Preserve Foundation	PO Box 517	Hillsville, VA 24343
Hale Wilkinson Carter Home Foundation Inc	PO Box 217	Hillsville, VA 24343
Stephen F Austin Memorial Foundation	PO Box 626	Austinville, VA 24312

Life Skills/Job Training

Southwestern VA Training Center Ep

160 Training Center Rd.

Hillsville, VA 24343

Virginia Cooperative Extension

205 Oak St., Ste. 102

Hillsville, VA 24343

Mountain Laurel Chapter American Business Women's Association

Non-Emergency Transport Services

Mountain Lynx Public Transit

(276) 783-3236

Outreach Ministries

The Battleground Outreach

759 Turner School Road Fancy Gap, VA 24328

Parks and Outdoor Activities

Carroll County Recreation Department

129 Ballpark Dr.

Hillsville, VA 24343

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

Senior Services

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

Other Groups

Carroll County Genealogy Club
Carroll County Historical Society
Jubal Early Camp #1619
Plant and Pluck Garden Club
Twin County Humane Society
Order of the Eastern Star Chapter #71

Attractions, Festivals, and Events

Summer Nights Concert & Classic Car Cruise-In
Memorial Day Flea Market
Fourth of July Celebration
Labor Day Flea Market and Gun Show
Historic Hillsville Chili Shootout
Safe Halloween
Christmas Stocking Stuffing, Tree Lighting and Parade
Hillsville Downtown Historic District

Sidna Allen House

Education Resources

Libraries

Carroll County Public Library

101 Beaver Dam Rd.

P.O. Box 1629

Hillsville, VA 24343

Public Schools

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

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

Private Schools

New Life Christian Academy

PO Box 1268

Hillsville, VA 24343

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

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

Hillsville Head Start Center

205 Oak St.

Hillsville VA 24343

(276) 728-4284

Post-Secondary Education

No resource found in Carroll County.

Museums

Carroll County Historical Society and Museum

515 N Main St.

Hillsville, VA 24343

Harmon's Museum

5122 Carrollton Pike

Woodlawn, VA 24381

Walk in the Wild Natural Museum

5212 Glendale Dr.

Woodlawn, VA 24381

Churches

Name	USGS Topo Map
Cana Baptist Church	Cana
Epworth Church	Cana
Flat Ridge Church	Cana

Flowers Gap Church	Cana
Mount Bethel Church	Cana
Mount View Church	Cana
Oak Ridge Church	Cana
Paul's Creek Church	Cana
Rocky Ford Church	Cana
Saint Paul Church of the Brethren	Cana
Sandy Ridge Church	Cana
Bethesda Church	Dugspur
Buffalo Mountain Church	Dugspur
Calvary Church	Dugspur
Green Hill Church	Dugspur
Liberty Bible Church	Dugspur
Meadow View Church	Dugspur
Mitchell Chapel	Dugspur
Mount Hebron Church	Dugspur
Pine Grove Church	Dugspur
Pine View Church	Dugspur
Silverleaf Church	Dugspur
Crooked Oak Church	Fancy Gap
Elk Spur Church	Fancy Gap
Fancy Gap Church	Fancy Gap
Mountain Plains Church	Fancy Gap
Oak Grove Church	Fancy Gap
Old Fellowship Church	Fancy Gap
Pleasant Grove Baptist Church	Fancy Gap
Round Knob Church	Fancy Gap
Sky View Church	Fancy Gap

Sunnyside Church	Fancy Gap
Bishops Chapel	Galax
Cliffview Church	Galax
Coal Creek Church	Galax
Fries Church	Galax
Gladeville Church	Galax
Glenwood Church	Galax
Grace Church	Galax
Hebron Church of Christ	Galax
Leonard Church	Galax
Midway Church	Galax
Mount Olivet Church	Galax
Mount Sinai Church	Galax
Quaker Church	Galax
Allison Chapel	Hillsville
Bethel Church	Hillsville
Dinwiddie Church	Hillsville
Fairview Church	Hillsville
Freemont Church	Hillsville
Gilmer Chapel	Hillsville
Goad Church	Hillsville
Harmony Grove Church	Hillsville
Island Creek Church	Hillsville
Liberty Hill Church	Hillsville
New Hope Church	Hillsville
Panther Creek Church	Hillsville
Westside Church	Hillsville
Blue Ridge Chapel	Lambsburg

Chestnut Grove Church	Lambsburg
Coleman Church	Lambsburg
Fairlawn Church	Lambsburg
Fellowship Tabernacle	Lambsburg
Holly Grove Church	Lambsburg
Mount Carroll Church	Lambsburg
Crooked Oak Church	Laurel Fork
Gladesboro Church	Laurel Fork
Gospel Chapel	Laurel Fork
Laurel Fork Church	Laurel Fork
Martin Church	Laurel Fork
New Fellowship Church	Laurel Fork
Stone Mountain Church	Laurel Fork
Willow Hill Church	Laurel Fork
Worrell Church	Laurel Fork
Corinth Church	Sylvatus
Coulson Church	Sylvatus
Dalton Hill Church	Sylvatus
Little Vine Church	Sylvatus
Pine Grove Church	Sylvatus
Pleasant View Church	Sylvatus
Round Knob Church	Sylvatus
Shiloh Church	Sylvatus
Shorts Creek Church of God	Sylvatus
Bethany Church	Woodlawn
Center Valley Church	Woodlawn
Cranberry Church	Woodlawn
Crooked Creek Church	Woodlawn

Elkhorn Church	Woodlawn
Forest Oak Church	Woodlawn
Good Hope Church	Woodlawn
Harmony Church	Woodlawn
Liberty Church	Woodlawn
Mount Lebanon Church	Woodlawn
Mount Olivet Church	Woodlawn
New Hope Church	Woodlawn
Oak Grove Church	Woodlawn
Oakland Church	Woodlawn
Woodlawn Methodist Church	Woodlawn

Sources

googlemaps.com

Wikipedia

https://en.wikipedia.org/wiki/Carroll_County,_Virginia

Carroll County website

<http://www.carrollcountyva.gov>

Hillsvill, VA website

<http://www.townofhillsville.com>

Local radio stations

<https://radio-locator.com>

Local employers

<http://www.wildwoodva.com/wp-content/uploads/2015/02/Major-Employers-Chart.pdf>

Local police

<https://www.usacops.com/va/p24343/index.html>

Local fire/ems

<http://www.virginiafirefighters.com/carroll.htm>

Local tourism

<https://pickplaystay.com>

To update or add information, complete the form below

Name of Organization:

Contact Name:

Phone #:

Fax #:

Email:

Web page:

Mailing

List services:

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

Send updated information to: **Name**

Galax City, VA 2019 Community Asset Inventory

Twin County Regional Healthcare – Community Health Needs Assessment

Geography

Cities

Galax

Transportation

Airport

Twin County Airport

Major Highways

VA Route 58

Media

AM radio

WCGX 1360 AM

FM radio

WOKG 90.3 FM

W243EH (WCGX-AM) 96.5 FM

WBRF 98.1 FM

WXMM (LPFM) 100.1 FM

Television

WSET

WDBJ

WWCW

WFXR

ION

WSLS

WBRA

Newspaper

The Galax Gazette

Government

Department Phone Numbers:

Building Official

(276) 236-7297

Chief of Police

(276) 236-8101

City Manager

(276) 236-5773

City Engineer

(276) 236-2422

Commissioner of Revenue

(276) 236-2528

Galax Parks & Recreation Dept.

(276) 236-3218

Voter Registrar

(276) 236-7509

Dept. of Social Services

(276) 236-8111

Director of Finance

(276) 236-2131

Environmental Prog. Mgr.

(276) 236-7380

Galax Combined Court

(276) 236-8731

GIS / Zoning

(276) 601-3600

Grants Administrator

(276) 236-9944

Public Works

(276) 236-3691

City Officials

City Manager

Keith Barker

(276) 236-5773

Director of Public Works

Charlie Joyce

(276) 236-2131

Building Official

Terry Atwell

(276) 236- 7297

City Engineer

Terry Atwell
(276) 236-2422

Zoning Administrator

Daniel Riegel
(276) 601-3600

County Clerk

Amanda Sawyers Stoneman
email: ASoneman@vacourts.gov
Phone: (276) 236-8731
Fax: (276) 236-2754

Human Resource Director

Judy Bolt
Email: jbolt@galaxva.com

Director of Finance

Judy Taylor-Gallimore
(276) 236-2131

Government Offices

Galax City Courthouse

353 N Main St.,
Galax, VA 24333
(276) 236-8731

Galax City Council

111 E Grayson St.,
Galax, VA 24333

City Manager

111 E Grayson St.,
Galax, VA 24333
phone: (276) 236-5773
fax: (276) 236-288

County Clerk Office

353 N Main St., Suite 204
Galax, VA 24333-2911

Phone: (276) 236-8731

Fax: (276) 236-2754

Human Resources

111 E Grayson St.,

Galax VA 24333

Major Employers

Vaughan Bassett Furniture

Twin County Regional Hospital

Walmart

City of Galax

Consolidated Glass and Mirror

Galax City Schools

Albany Industries LLC

Turnam Hardwood Flooring

The Life Center

Autumn Corporation

Results Customer Solution

Webb Furniture Enterprises

DLP Twin County Physician Practice LLC

Public Safety

Law Enforcement

353 N Main St.,

Galax, VA 24333

(276) 236-8102

Fire Departments

Galax Fire and Rescue

300 W Grayson St.,

Galax, VA 24333

(276) 235-9580

Health Care

Hospitals

Twin County Regional Healthcare

225 Hospital Dr.,

Galax, VA 24333

(276) 236-6906

Dentist

Galax Dental

1001 E Stuart Dr.,
Galax, VA 24333
(276) 236-0562

Hanna Gary DDS

1129 S Main St.,
Galax, VA 24333
(276) 236-6109

Clemons Mark DDS

301 W Grayson St.,
Galax, VA 24333
(276) 236-6321

Creed Joy K.

961 E Stuart Dr.,
Galax, VA 24333
(276) 236-9953

Family Dental Care

1022 E Stuart Dr., #E
Galax, VA 24333
(276) 236-4925

Carter & O'Connor DDS

206 W Washington St.,
Galax, VA 24333
(276) 236-7408

Hollyfield Neil DDS

209 Painter St.,
Galax, VA 24333
(276) 236-2978

Olsen Dana L.

6999 Carrollton Pike # 1
Galax, VA 24333
(276) 728-9184

Clinics**Dr. James E. Crozier, MD**

812 W Stuart Dr.,
Galax, VA 24333
(276) 238-3318

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

Western Virginia Treatment Centers

140 Larkspur Ln.,
Galax, VA 24333
(276) 601-7642

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

Home Health Services**Southwest Virginia Home Health**

2752 Glendale Rd.,
Galax, VA 24333
(276) 236-1222

Twin County Regional Home Health

818 Glendale Rd. #1
Galax, VA 24333
(276) 236-7935

Virginia Kare's Home Care Services, LLC

1139 S Main St.,
Galax, VA 24333
(276) 601-2846

Access Home Health Care and Rehabilitation

1123 E Stuart Dr.,
Galax, VA 24333
(276) 266-3149

Senior Home Share, LLC

1002 E Stuart Dr., Ste. 3
Galax, VA 24333
(276) 238-1448

Caring Companions

120 W Grayson St.,
Galax, VA 24333
(276) 601-2175

Blue Ridge Home Health Care

28 Shadetree Ln.,
Galax, VA 24333
(276) 236-1974

Pro-Careers

8078 Carrollton Pike
Galax, VA 24333
(276) 238-8812

Interim Health Care

530 E Stuart Dr.,
Galax, VA 24333
(276) 236-6066

Hospice Care

Twin County Hospice

818 Glendale Rd., Ste. 2
Galax, VA 24333
(276) 236-0973

Other Healthcare Services

PT Solutions Physical Therapy

106 W Stuart Dr.,
Galax, VA 24333
(276) 238-8900

Family Vision Care

1022 E Stuart Dr.,
Galax, VA 24333
(276) 236-4122

Durable Medical Equipment

Lincare

1047 E Stuart Dr.,
Galax, VA 24333
(276) 238-8880

Health Department

Virginia Department of Public Health

<http://www.vdh.virginia.gov/>

Galax City Health Department

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

Hotlines

Crisis Hotlines

703-527-4077

Crisis Line of Central Virginia

434-947-4357

National Suicide Prevention Lifeline

800-273-TALK or 800-237-8255

National Runaway Switchboard

800-786-2929

National Runaway Switchboard

800-533-4148

National Centers for Disease Control

800-232-4636

Gay, Lesbian, Bisexual and Transgender National Hotline

888-843-4564

HIPS Hotline

800-676-HIPS

National Sexually Transmitted Disease Hotline

800-227-8922

TTY/TDD: 800-243-7889

Women Alive

800-554-4876

AIDS Info

800-HIV-0440

Project Inform

800-822-7422

Community, Civic, Non-Profit Organizations

Basic Needs Assistance

Willing Partners Inc.

544 E Stuart Dr., Ste. D

Galax, VA 24333

(276) 236-2072

Services: Short-term financial assistance to needy families

Good Shephard Food Pantry and Ministries

4786 Pipers Gap Rd.,

Galax, VA 24333

Housing

Galax Hope House Ministries Inc.

Po Box 1331

Galax, VA 24333

(276) 236-7573

Services: To provide basic needs for homeless persons and families through job training / searches, financial counseling, educational tutoring, and affordable housing referrals without regard to gender, race, religion, national origin or physical ability. Many men were assisted in the transition to be self-supporting from societal financial dependency. A new women's shelter has opened in late November to start serving the women in the community with services to become independent from the welfare systems.

Economic Development Organizations

Galax-Carroll-Grayson Chamber of Commerce Inc.

405 N Main St.,
Galax, VA 24333
(276) 236-2184

Services: To promote economic development in the area. Provided information on the region in response to inquiries from both businesses and visitors via our web-site and by mailing/distributing over 30,000 pieces of information. Hosted various business teams evaluating the area. Working with local governments and local businesses, we sponsored, coordinated and/or hosted several events that attracted thousands of visitors to the area.

Southwest Regional Enterprise Center Inc.

1117 E Stuart Dr.,
Galax, VA 24333

Services: To help with the establishment and growth of small to medium-sized businesses by providing workshops, assistance with business plan development, marketing and professional networking opportunities with other local business and state organizations, in a modern facility with affordable office spaces dedicated to providing a safe environment where businesses can grow.

Church Outreach Ministries

Oldtown Masonic Lodge

212 W Washington St.,
Galax, VA 24333
(276) 238-0550

Services: Oldtown Masonic Lodge is a fraternal organization veiled in allegory and illustrated by symbols. Oldtown lodge 68 operates under the Grand lodge of Virginia of which Most Worshipful Louis K. Campbell presides.

Community Service Organizations

Rooftop of Virginia

206 N Main St.,
Galax, VA 24333

(276) 236-7131

Services: Rooftop of Virginia CAP is a private, non-profit agency supported by federal, state and local funds. Rooftop has been providing vital services to residents of the Twin Counties for over 45 years. Rooftop currently houses over twelve different programs. We are here to help with emergency services, education, rental assistance, energy efficiency and home improvement programs.

Moose Lodge

1114 E Stuart Dr.,

Galax, VA 24333

(276) 236-8541

Services: You may have heard the saying, "A burden heavy to one is borne lightly by many." This is at the core of the Moose organization and what makes us unique in our Lodges, local communities and charitable "cities" that we support.

Twin County Community Foundation

PO Box 1131

Galax, VA 24333

(276) 601-8011

Services: Twin County Community Foundation (TCCF), formerly known as "Twin County Regional Healthcare Foundation" (TCRHF), was originally formed as "Twin County Community Hospital Foundation" in July 1995 to support the charitable needs of Twin County Regional Hospital.

Life Skills/Job Training

Crossroads Rural Entrepreneurial Institute Inc.

1117 E Stuart Dr.,

Galax, VA 24333

(276) 236-0391

Services: Improve the lives of people in southwest Virginia by providing an innovative state of the art economic development engine coupling education with economic potential of the community.

Children and Youth Organizations

Galax Wrestling Boosters

110 Stanley Dr.,

Galax, VA 24333 USA

Galax Foundation for Excellence in Education

Po Box 487

Galax, VA 24333

(276) 236-4301

Services: Educational Assistance.

Youth Advocate

104-106 Rex Ln.,
Galax, VA 24333

Services: Supports youth and families

Behavioral and Addiction Services**Carroll Wellness Center Inc.**

PO Box 1266

Galax, VA 24333

Services: Mental health, Crisis intervention

Life Center of Galax

112 Painter St.,

Galax, VA 24333

Services: Addiction treatment

Senior Services**Galax Department of Parks & Recreation Senior Walking Program**

601 S Main St.,

Galax, VA 24333

(276) 236-3218

District Three Senior Services

300 Oldtown St.,

Galax, VA 24333

(276) 236-5228

Women's Services**Twin County Regional Hospital Women's Health & Birthing Services**

200 Hospital Dr.,

Galax, VA 24333

(276) 236-1704

Galax City Health Department WIC

502 S Main St.,

Galax, VA 24333

(276) 236-6127

Other Groups

Sons of Union Veterans of The Civil War

The Jack M. Matthews Foundation
Vietnam Veterans of America Inc
Wayne Henderson Music Festival Inc.
Paul C. Richards & Gladys Richards Charitable Foundation

Non-Emergency Transportation Services

Galax Transit

111 W Center St.,
Galax, VA 24333
(276) 236-3055

Mountain Lynx Transit

(276) 236-3055 or (866) 238-4293

Parks and Outdoor Recreation

Galax Parks & Recreation Dept.

601 S Main St.,
Galax, VA 24333
(276) 236-3218

Parks

Galax Recreation Center
Felts Park
Mountain View Recreational Park
Skate Park
Knob Hill Playground
Galax Municipal Golf Course

Education Resources

Libraries

Galax Public Library

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

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

Private Schools

Landmark Baptist Academy

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

Post-secondary Education

Unable to find.

Child Care Services

Liddle Tykes Child Development Center

59 Melrose L.,
Galax, VA 24333
(276) 236-3421

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

Museums, Attractions, Festivals, and Events

Annual Fireman's Carnival

601 South Main St.,

Galax, VA 24333

(276) 236-3218

Fourth of July Parade

100 N Main St.,

Galax, VA, 24333

(276) 235-9580

Fourth of July Parade Independence Day event Come and join for July 4th parade, picnic in the park and enjoy firework.

Lord's Acre Sale

Main St.,

Galax, VA, 24333

This community event is held the last Saturday in September at Felt's Park. Local churches sell locally raised and produced items from canned goods to crafts, from apples to cider.

Chestnut Creek School of the Arts

100 N Main St.,

Galax, VA, 24333

(276) 236-3500

Chestnut Creek School of Arts (CCSA) preserves and promotes the cultural heritage of southwest Virginia by fostering artistic and individual growth with classes and events for all ages and skill levels in traditional music, heritage crafts and contemporary arts.

Jeff Matthews Memorial Museum

606 W Stuart Dr.,

Galax, VA 24333

(276) 236-7874

A visit to the Jeff Matthews Memorial Museum is a rewarding experience for adults, families and children of all ages. Among the treasures are the historic cabins dating back to 1834, Victorian fashions,

over 10,000 Native American artifacts, a fascinating collection of African items, one of the largest Kodiak bears on display anywhere in the world, an extensive collection of hunting trophies and guns, one of the first pianos to arrive in Galax, a real covered wagon and thousands of pictures and historic items from every aspect of Galax's colorful and amazing history.

Matthews Living History Farm Museum

476 White Pine Rd.,
Galax, VA 24333
(276) 773-3080

Matthews Living History Farm Museum is a 21-acre working farm, circa 1900. We sponsor three seasonal events each year: Spring, Summer and Fall.

Blue Ridge Music Center

Blue Ridge Parkway
Galax, VA 24333
(276) 236-5309

The Blue Ridge Music Center celebrates the music and musicians of the Blue Ridge. Established by the U.S. Congress in 1985, the site includes an outdoor amphitheater and indoor interpretive center used to highlight an important strand of American musical culture, which is still alive and thriving in the region.

Houston Fest

Felts Park,
Galax, VA 24333
(276) 236-9908

Houston Fest was created in memory of Houston Caldwell, who passed away on April 30, 2010. He was only 18 years old, but his musical legacy, passion for the continued growth of our musical heritage, and his spirit of community service will live on as we continue to fulfill his vision.

Churches

Blue Ridge Christian Fellowship
Camp Zion Church
Church of The Good Shepherd
Cornerstone Community Church
Fairview Baptist Church
First Christian Church
Galax First Assembly of God
Haven of Rest Bible Church
Hillcrest Baptist Church
Landmark Baptist Church
Midway Baptist Church

Mount Olivet United Methodist Church
Mount Vale United Methodist Church
Hearts United Community Church - HUCC
Living Waters Christian Center
Mount Sinai Missionary Baptist Church
Mount Zion Holiness Church
Mountain Harvest Church
Oldtown Baptist Church
McMillian Ministries
First Baptist Church of Galax
Oakland Blue Ridge United Methodist Church
Snow Hill Baptist Church
Beech Grove Baptist Church
Chapel of the Good Shepherd
Door of Heaven
Galax SDA Church
Hebron Church of Christ
Joshua's Army Short Term Missions
Leonard Memorial United Methodist Church
Southern Baptist Convention
River Hill Christian Church
West Galax United Methodist Church
Blue Ridge Chapel Baptist Church
East Galax Baptist Church
Fairlawn Church of Christ
Gideons International

Sources

City-data.com

Internet research

Wikipedia

https://en.wikipedia.org/wiki/Galax,_Virginia

Galax City Website

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

RadioReference.com

<https://www.radioreference.com/apps/db/?ctid=2931>

Visit Galax.com

<https://www.visitgalax.com/get-to-know-galax-blue-ridge-mountains/>

District Three Governmental Cooperative Website

<http://district-three.org/>

Blue Ridge Crossroads Economic Development Authority Website

<http://www.braceda.org/>
[Google Maps](#)

To update or add information, complete the form below

Name of Organization:

Contact Name:

Phone #:

Fax #:

Email:

Web page:

Mailing

List services:

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

Send updated information to: **Name**

Community Asset Inventory

Grayson County, VA

Twin County Regional Healthcare Community Health Needs Assessment

Geography

Cities

Independence

Fries

Troutdale

Whitetop

Transportation

Mountain Lynx Transit

(276) 236-3055

Major Highways

US 21

US 58

US 221

SR 16

SR 89

SR 93

SR 94

SR 274

Media

AM radio

WCGX 1360 AM

FM radio

WCGX 96.5 FM

Newspaper

The Independence Declaration

Galax Gazette

Government

Department Phone Numbers:

Administrators Office

(276) 773-2471 or (276) 236-8149

Planning & Community Development

(276) 773-2000 or (276) 236-8140 ext. 110

Real Estate Office

(276) 773-2022

County Treasurer

(276) 773-2371

Commissioner of Revenue

(276) 773-2381

Day Report Center

(276) 773-3274

Building Department

(276) 773-2322 or (276) 236-8149 Ext. 148

Animal Control

(276) 773-3241

Commonwealth's Attorney

(276) 773-2421

Clerk of Circuit Court

(276) 773-2231

Clerk of District Court

(276) 773-2011

Victim Witness Program

(276)773-2553

Department of Social Services

(276) 773-2452 or (276) 236-9541

Extension Service

(276) 773-2491

Public Works

(276) 773-3181

Twin County E 911 Commission

(276) 236-5122

Health Department

(276) 773-2961

Grant Computer Center

(276) 221-1716

Sheriff's Office

(276) 773-3241 or (276) 236-9988

Board of Supervisors

Supervisor Kenneth R. Belton

Old Town District

Supervisor Michael S. Hash

Providence District

Supervisor Thomas R. Revels

Wilson District

Supervisor Brenda R. Sutherland

Elk Creek District

Supervisor John S. Fant

Supervisor at Large

City Officials

County Administrator

William Shepley

Deputy County Administrator

Mitchell L. Smith

Director of Finance

Leesa Gayheart

Treasurer's Office

R. Kelly Haga, Treasurer
Karen Dickson, Deputy Treasurer
Becky Kirk, Deputy Treasurer
Angie Blevins, Deputy Treasurer
Tamara McPherson, Deputy Treasurer #3/Bookkeeper

Sheriff

Sheriff Richard Vaughan

Commissioner of Revenue

Larry Bolt

Grayson County Electoral Board

Sarah C. Osborne – Chairperson

Charles T. Sturgill – Vice Chair

Gloria J. Price – Secretary of Electoral Board

Commonwealth's Attorney

Douglas S. Vaught

Administrative Assistant

Sara Hall

Clerk of Court

Susan Herrington, Clerk of Court

Debbie Hensley, Deputy Clerk

Evelyn Osborne, Deputy Clerk

Clerk of Combined District Court

Autumn Hawks

Deputy Clerk of Combined District Court

Tiffany Houk

Director of Judicial Services

Antonina Marino

Director of Grayson County Department of Social Services

Kristin Shumate

Agriculture and Natural Resources Agent and Unit Coordinator

Kevin Spurlin

Government Offices

Administrators Office

129 Davis St., Ste. 204

PO Box 217

Independence, VA 24348

Board of Supervisors

129 Davis St., Room 206
PO Box 217
Independence, VA 24348

Grayson County Courthouse

129 Davis St.,
PO BOX 217
Independence, VA 24348

Real Estate Office

129 Davis St., Ste. 203
PO Box 126
Independence, VA 24348

County Treasurer

129 Davis St., Ste. 205
PO Box 127
Independence, VA 24348

Commissioner of Revenue

129 Davis St., Room 203
PO Box 126
Independence, VA 24348

Grayson County Public Schools

412 East Main St.
Independence, VA 24348

Commonwealth's Attorney

129 Davis St.
PO Box 445
Independence, VA 24348

Clerk of Circuit Court

129 Davis St.,
PO Box 130
Independence, VA 24348

Clerk of District Court

129 Davis St., Ste. 305
PO Box 280
Independence, VA 24348

Grayson County Victim Witness Program

PO Box 732
Grayson County Courthouse, Third Floor
Independence, VA 24348

Department of Social Services

129 Davis St., First Floor
PO Box 434
Independence, VA 24348

Major Employers

40 Largest Employers

1. Select Air Services LLC
2. Grayson County Correctional Center
3. Grayson County School Board
4. Grayson County
5. Independence Lumber Company
6. Core Health and Fitness
7. Grayson Nursing and Rehab Center
8. The Grayson National Bank
9. Oak Hill Academy
10. McAllister Mills
11. Oak Hall Industries
12. Hansen Turbine Assemblies
13. Darco
14. Food City
15. Virginia Department of Conservation
16. Independence Volunteer Rescue Squad Inc.
17. C & B Lumber
18. Grayson City Public Welfare
19. Town of Independence
20. Postal Service
21. Wythe Grayson Regional Library
22. Meriwether Godsey
23. Healthcare Services Group
24. Pizza Plus
25. Aunt Bea's Family Restaurant

26. Carolina Fraser Fir Company
27. Stewart Furniture Design Inc.
28. 21 Grocery and Valley Diner LLC
29. Dolgencorp LLC
30. Fox Creek Leather Co.
31. Grayson-Carroll-Wythe Mutual Insurance Co.
32. Meadow Creek Dairy LLC
33. Mike Shupe's Heating, Air Conditioning, and Refrigeration
34. Crest haven Farms Inc.
35. Creeper Trail Bike Rental and Shuttle
36. Rio Grande Mexican Grill
37. Subway
38. Woody's Pharmacy
39. Double AA Mart LLC
40. Town of Fries

Public Safety

Law Enforcement

Grayson County Sheriff's Office

304 Davis St.
PO Box 160
Independence, VA 24348
(276) 773-3241

EMS Services

Galax-Grayson EMS
305 W Oldtown St.
Galax, VA 24333
(276) 236-3441

Fire Departments

Galax Fire and Rescue

300 W Grayson St.
Galax, VA 24333
(276) 235-9580

Independence Fire Department

329 State Rte T 1101
Independence, VA 24348
(276) 773-2151

Fries Fire Department

832 E Main St.,
Fries, VA 24330
(276) 744-2141

Health Care**Hospitals****Twin County Regional Healthcare (Located in Galax City)**

225 Hospital Dr.
Galax, VA 24333
(276) 236-6906

Dentist**Miniclier J. Gordon, DDS**

150 W Main St.
Independence, VA 24348

Niemi C. Douglas, DDS

47 High County Ln.
Troutdale, VA 24378

Bobby N. Cox, DDS

1039 N Independence Ave.
Independence, VA 24348

Clinics**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

Dr. Mary- Emma H. Beres, MD

127 E Main St.

Independence, VA 24348

Home Health Services

New River Home Health Services

578 E Main St. B

Independence, VA 24348

Hospice Care

Closest is Twin County Hospice in Galax City

Other Healthcare Services

Mountain Valley Physical Therapy- Independence

574 E Main St.,

Independence, VA 24348

Behavioral Health and Addiction Services

Twin County Prevention Coalition

Po Box 217

Independence, VA 24348

Durable Medical Equipment

Closest located in Galax City

Health Department

Grayson County Health Department

186 W Main St.,

Independence, VA 24348

(276) 773-2961

Virginia Department of Public Health

<http://www.vdh.virginia.gov/>

Hotlines

Crisis Hotlines

703-527-4077

Crisis Line of Central Virginia

434-947-4357

National Suicide Prevention Lifeline

800-273-TALK or 800-237-8255

National Runaway Switchboard

800-786-2929

National Runaway Switchboard

800-533-4148

National Centers for Disease Control

800-232-4636

Gay, Lesbian, Bisexual and Transgender National Hotline

888-843-4564

HIPS Hotline

800-676-HIPS

National Sexually Transmitted Disease Hotline

800-227-8922

TTY/TDD: 800-243-7889

Women Alive

800-554-4876

AIDS Info

800-HIV-0440

Project Inform

800-822-7422

Community, Civic, Non-Profit Organizations

Basic Needs Assistance

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

Twin County United Way

P.O. Box 95

Independence, VA 24348

Housing

Grayson Manor

224 Nichols Dr.

Independence, VA 24348

Economic Development Organizations

Economic Development Authority

129 Davis St.

Independence, VA 24348

Galax-Carroll-Grayson Chamber of Commerce Inc.

405 N Main St.

Galax, VA 24333

Church Outreach Ministries

Abundance Life Ministerial Church

PO Box 682

Fries, VA 24330

Fries Ministerial Association

PO Box 573

Fries, VA 24330

Koinonia Ministries Inc.

7007 Flatridge Rd.

Troutdale, VA 24378

Community Service Organizations

Bits and Spurs Riding Center Inc.

PO Box 174

Fries, VA 24330

Blue Ridge Plateau Initiative

8784 Spring Valley Rd.
Fries, VA 24330

International Association of Lions Clubs

374 Tabernacle Rd.
Fries, VA 24330

Danford L. Sawyer & Ruth A. Sawyer Remain Unitrust

PO Box 6
Elk Creek, VA 24326

Fries Community Center

213 W Main St.
Independence, VA 24348

Grayson Land Care

PO Box 373
Independence, VA 24348

Children and Youth Organizations

Junior Appalachian Musicians, Inc.

State Rte. T 1137
Independence, VA 24348

Independence Head Start

Independence Elementary School
110 Blue Devil Dr.
Independence, VA 24348

Home Base Groups

Independence High School
915 East Main St.
Independence, VA 24348

Home Base Group

Grayson Highlands School
6459 Troutdale Highway
Troutdale, VA 24378

National Society of The Children of The American Revolution

916 Powder Mill Rd.
Elk Creek, VA 24326

Foundations

Charles Emory Bryant Education Foundation Inc.

PO Box 828
Elk Creek, VA 24326

1908 Courthouse Foundation Inc.

PO Box 336
Independence, VA 24348

Charles Emory Bryant Education Foundation Inc.

PO Box 828
Independence, VA 24348

Grayson County Virginia Heritage Foundation

578 E Main St.
Independence, VA 24348

Matthews Living History Farm Foundation

PO Box 356
Independence, VA 24348

Senior Services

Grayson Nursing and Rehab Center

400 S Independence Ave.
Independence, VA 24348

Violence Assistance

Helping Hearts: Christian Based Psychotherapy- Domestic Violence

Troutdale, VA 24378
(512) 900-3483

Other Groups

Fries Civic League Inc.
Grayson County Historical Society Inc.
Comers Rock Community Club

Life Skills/Job Training

No resources found in Grayson County.

Non-Emergency Transportation Services

Mountain Lynx Transit

(276) 236-3055

Parks and Outdoor Recreation

Grayson Parks & Recreation

Grayson County Parks & Recreation

85 County Park Ln.

P.O. Box 742

Independence, VA 24348

(276) 773-3841

Website: www.graysonrecrepark.com

Email: director@graysonrecrepark.com

Parks and Campgrounds

Grayson Highlands State Park

Grayson County Recreation Park

Double Shoals Campground

Old Cranks RV Park & Campground

River Views Campground

New River Trail State Park Access

Fries River Park

Museums, Attractions, Festivals, and Events

Attractions

Mount Rogers

The Blue Ridge Music Center

Whitetop Mountain

Blue Ridge Parkway

V-G Berry Farm

Owls Nest Farms

Osborne's Farm & Nursery

Events & Festivals

Grayson County Youth Livestock Show

Grayson Highlands Festival

Independence Fourth of July Celebration

Fries Fiddlers' Convention

Museums

Matthews Living History Farm Museum
Grayson Crossroads Museum

Education Resources

Libraries

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

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

Oak Hill Academy

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

Post-secondary Education

No resource found in Grayson County.

Child Care Services

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

Churches

Church Name	USGS Topo Map
Atkins Church	Brierpatch Mountain
Bald Rock Church	Middle Fox Creek
Bethany Church	Sparta West
Bethel Church	Middle Fox Creek
Big Spring Church	Cumberland Knob
Brush Creek Church	Sparta West
Burton Chapel	Middle Fox Creek
Center View Church	Brierpatch Mountain
Central Church	Middle Fox Creek

Chestnut Hill Church	Elk Creek
Chestnut Ridge Church	Middle Fox Creek
Cold Springs Church	Cripple Creek
Comers Creek Church	Trout Dale
Corinth Church	Grassy Creek
Cox Chapel	Sparta West
Cross Road Church	Elk Creek
Ebenezer Church	Brierpatch Mountain
Faith Church	Cripple Creek
Fellowship Church	Elk Creek
Flat Rock Church	Brierpatch Mountain
Forest Church	Elk Creek
Fox Union Baptist Church	Mouth of Wilson
Friendship Church	Trout Dale
Friendly Church	Park
Glenwood Church	Middle Fox Creek
Gold Hill Church	Mouth of Wilson
Grubbs Chapel	Middle Fox Creek
Helton Valley Church	Park
Hines Branch Church	Brierpatch Mountain
Honey Grove Church	Middle Fox Creek
Ivy Grove Church	Park
Jerusalem Church	Brierpatch Mountain
Laurel Hill Church	Grassy Creek
Liberty Church	Brierpatch Mountain
Liberty Hill Church	Trout Dale
Little Wilson Church	Trout Dale
Longview Church	Brierpatch Mountain
Meadow Creek Church	Cumberland Knob
Messiah Church	Park
Mount Carmel Church	Brierpatch Mountain
Mount Olive Church	Brierpatch Mountain
Mount Zion Church	Elk Creek
Mount Zion Church	Sparta West
Mountain View Church	Sparta West
Mountvale Church	Cumberland Knob
New Hope Church	Middle Fox Creek
Oak Grove Church	Sparta West
Pilgrims Rest Church	Brierpatch Mountain
Pine Branch Church	Middle Fox Creek

Pine Mountain Church	Brierpatch Mountain
Pleasant Branch Church	Grassy Creek
Pleasant Grove Church	Sparta East
Pleasant Hill Church	Brierpatch Mountain
Potato Creek Church	Mouth of Wilson
Providence Church	Brierpatch Mountain
Razor Ridge Church	Trout Dale
Redman Church	Brierpatch Mountain
River Hill Church	Brierpatch Mountain
Rock Creek Church	Brierpatch Mountain
Rockbridge Church	Middle Fox Creek
Saddle Creek Church	Sparta West
Saint John's Church	Grassy Creek
Salem Church	Elk Creek
Snow Hill Church	Cumberland Knob
Springfield Church	Brierpatch Mountain
Stones Chapel	Elk Creek
Summerfield Church	Brierpatch Mountain
Tolliver Chapel	Cumberland Knob
Union Church	Middle Fox Creek
Union Church	Elk Creek
Upper Helton Church	Park
Volney Church	Grassy Creek
Whitetop Church	Park
Wolf Knob Church	Grassy Creek
Youngs Chapel	Mouth of Wilson

Sources

Wikipedia

Google Maps

City-data.com

<https://www.radioreference.com/apps/db/?ctid=2857>

<https://www.gentledentleusa.com/general-dentists/Grayson-county-VA/locations.html>

<https://www.freeclinics.com/co/va-grayson>

<http://www.wythehope.org/PDFs/STREET%20SHEET%20Carroll-Galax-Grayson.pdf>

<https://www.communityhousingpartners.org/150/190/grayson-manor.html>

<https://virginia.hometownlocator.com/features/cultural,class,church,scfips,51077,startrow,76.cfm>

<https://www.taxexemptworld.com/organizations/grayson-county-va-virginia.asp>

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

<https://www.graysoncountyva.gov/>

https://childcarecenter.us/county/grayson_va

To update or add information, complete the form below

Name of Organization:

Contact Name:

Phone #:

Fax #:

Email:

Web page:

Mailing

List services:

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

Send updated information to: **name**

Community Asset Inventory

Completed by Stratasan in partnership with:

Twin County Regional Hospital

