




TWIN COUNTY
Regional Hospital

A Duke LifePoint Hospital



Twin County Regional Healthcare Community Health Needs Assessment (CHNA)

Carroll County, Grayson County, Galax City, VA | May 2022

Community Health Summit Agenda



10:00 a.m.	Welcome and Why We're Here	<i>Gregory Pearson, CEO Twin County Regional Medical Center</i>
	Review Agenda & Objectives	<i>Lee Ann Lambdin, SVP Healthcare Strategy, Stratasan</i>
	Progress since the last CHNA	<i>Betty Elmore, TCRMC</i>
	Health Department	<i>Patricia VanHoy, Mount Rogers Health District</i>
	Community Analysis	<i>Lee Ann Lambdin</i>
10 min.	Break	
	Community Health Assessment	<i>Lee Ann</i>
	Exercise 1 – Prioritize most significant health needs	<i>All</i>
20 min.	Lunch	
	Exercise 2 - Discussion Groups	<i>All</i>
	Report Out	<i>Spokespeople</i>
	Next Steps and Closing	
2:00 p.m.	Adjourn	

CHNA Action Plan 2019 – Action Plan



CHNA Action Plan 2019 – What we said we would do.



Action Item	Progress Notes	Project Owner
<p style="text-align: center;">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 style="text-align: center;">CNO/ TCPP Clinical Coordinator</p> <p style="text-align: center;">WorkPoint Wellness Community Occ. Health Community Outreach Coordinator</p> <p style="text-align: center;">Director of Business Dev.</p>

CHNA Action Plan 2019 – What we said we would do.

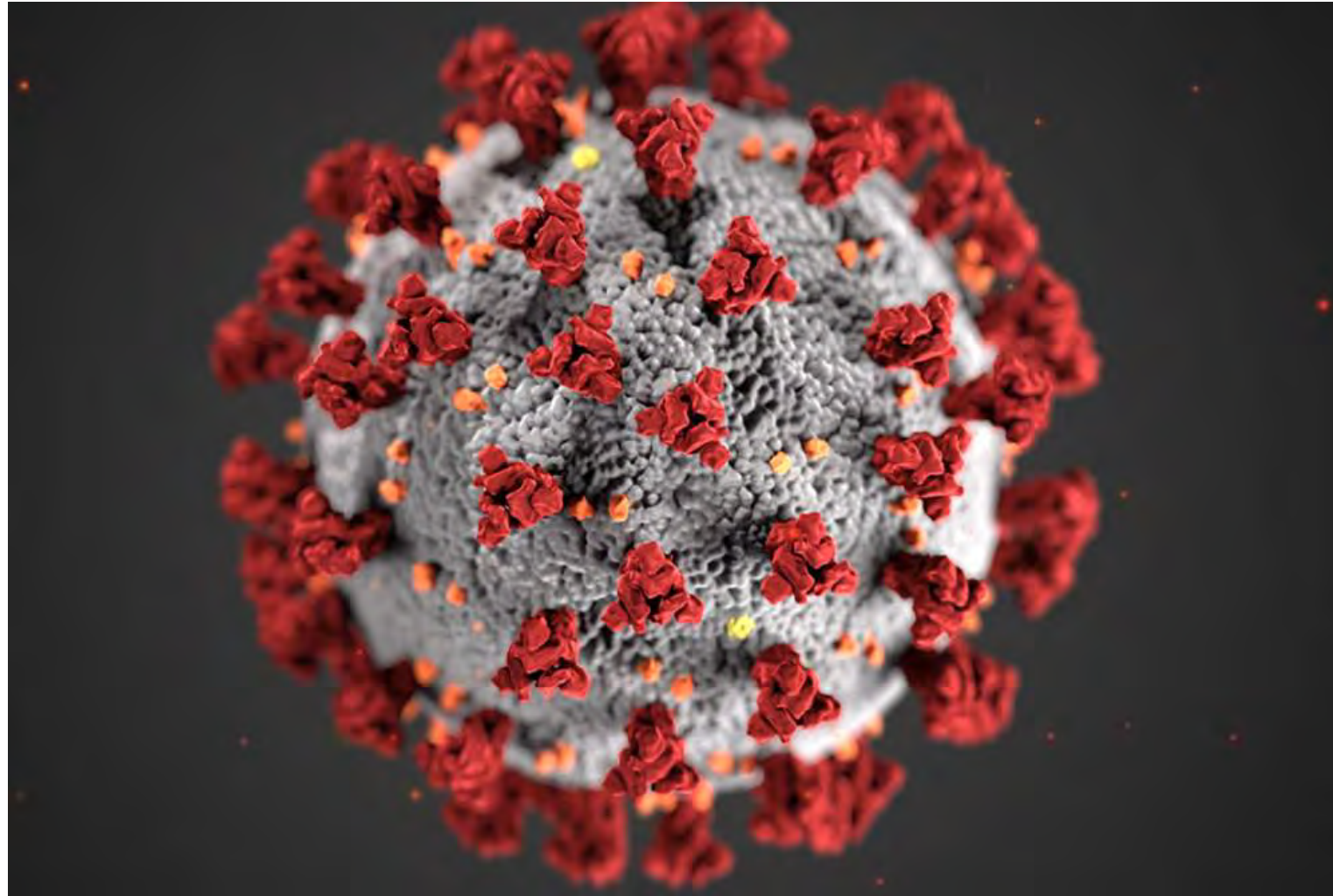


Action Item	Progress Notes	Project Owner
<p align="center">Healthy Lifestyle/Obesity continued</p>	<ul style="list-style-type: none"> In 2018, Mt. Rogers Health District/VA Department of Health received a Cooking Matters grant to include a partnership with Twin County Regional Healthcare to deliver Cooking 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 align="center">CNO/ TCPP Clinical Coordinator</p> <p align="center">WorkPoint Wellness Community Occ. Health Community Outreach Coordinator</p> <p align="center">Director of Business Dev.</p>

CHNA Action Plan 2019 – What we said we would do.



Action Item	Progress Notes	Project Owner
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





As our region found itself impacted by the COVID-19 pandemic, that mission became even more critical to the well-being of our community

- Residents were ordered to stay home with the exceptions of going to an essential job or shopping for essential needs
- As cases grew, hospitals become overwhelmed, and there was a nationwide shortage of personal protective equipment (PPE)
- TCRH and TCPP began telehealth visits to support patients who did not feel comfortable being seen in person
- As cases continued to surge, countries kept their borders sealed
- Businesses shut down (leading to massive job losses), schools closed, sporting events cancelled, and college students were sent home
- Community outreach halted grounding local and national economies
- People started wearing masks and practicing “social distancing”
- TCRH conducted COVID test clinics through our ER and physician practices
- Elective surgeries were cancelled for a few months due to the surge in COVID cases
- Volume recovery efforts began

CHNA Action Plan 2019 – Road to volume recovery and back in business!



- Launched 4th Phase with Curtis Bartlett Fitness
- Rehabilitation after COVID-19
- Biggest Winner Challenge (CBF)



JOIN US for our Heart Health Education Event



February 10th 10am-11am
Curtis Bartlett Fitness Center
199 Hospital Drive Galax VA

Guest speakers providing you with heart health education

Tour of the new Curtis Bartlett Fitness Center

FREE heart shaped Chick-Fil-A biscuits



Opportunity to join our Phase 4 Cardiac Rehab program with 3 months FREE membership

Free screenings for Phase 2 and 3 Cardiac Rehab

Galax Parks & Rec Scavenger Hunt!



Twin County Community Foundation
Serving Camell County, Grayson County and the City of Galax

TWIN COUNTY
Regional Healthcare



Senior Home Share
In-Home Health Care Services
276-238-1448



CHNA Action Plan 2019 – A few things we did accomplish!



Disease Management and Support Groups

- Cardiac Rehab
- In-house education with diabetic patients
- Providers provided education upon discharge as well as additional resources and support
- Patient Point screens were installed in patient rooms at clinics
- Tobacco cessation resources were readily available
- Brain Injury and Stroke Support Group
- Launched Low-dosed CT Lung Cancer Screening



CHNA Action Plan 2019 – A few things we did accomplish!



- Partnered with EMS at local events to promote EHAC
- Provided Hands Only CPR through social media, faith-based organizations and local schools
- AEDs placed in schools with mandatory student training
- Celebrated 10 Years with teleneurology
- American Heart Association Get With The Guidelines
- American College of Cardiology Chest Pain Accreditation
- LeapFrog “A” 2019 and 2022
- New telecardiology launch
- Blood drives continued



TCRH teleneurology celebrates 10th anniversary

By SHANNON WATKINS
Staff

Twin County Regional Hospital recently celebrated the 10th anniversary of its teleneurology program, with a reception and display of its device.

"The program is the result of a partnership between TCRH and Novant Health.

"Rural communities often are without access to advanced stroke and neurology services for emergency and critical care," said Gregory Pearson, CEO of Twin County Regional Healthcare. "By providing teleneurology services to our communities, TCRH provides this life-saving service close to home."

The teleneurology equipment allows TCRH doctors, especially in the emergency room, to videoconference and send images of patients' diagnostic tests, such as CT scans, and other information to Novant neurologists in Winston-Salem, N.C., to help pinpoint problems and suggest treatment.

This saves TCRH and its patients a lot of time and

expense, as not every problem requires patients to be immediately transported to Novant Health Forsyth Medical Center in Winston-Salem, but may still be serious enough to call for an intervention that the Galax hospital can handle.

"We don't have 24/7 neurology coverage," said Carla Gunter, stroke coordinator for

TCRH. "We don't have a neurologist in the area, but I always tell people we have the next best thing. This allows us to recommend interventions and treatment right when they present to the facility. Most small communities don't. Of course, we can pick up the phone and call somebody, but a picture's worth 1,000 words."



From left are Carla Gunter, stroke coordinator for TCRH; Amy Jones, system manager of neuro emergencies and telemedicine for Novant Health System; Dr. Morry D. Brown, diagnostic radiology specialist with Novant Health System.

Gazette photo by Shannon Watkins



From left are Gregory Pearson, CEO of Twin County Regional Healthcare; Dr. Morry D. Brown, diagnostic radiology specialist with Novant Health; Amy Jones, system manager of neuro emergencies and telemedicine for Novant Health System; and Nickolas Sullivan, vice president of neurosciences at Novant Health.

Photo courtesy of TCRH

CHNA Action Plan 2019 – A few things we did accomplish!



- Transitional care continued
- Established Community Health Worker Program with Federal Grant Funding - Kristin Bedsaul
- 3-D Mammography was installed
- 28 Days of Heart social media campaigns



Kristin Bedsaul Community Advocate

CHNA Action Plan 2019 – A few things we did accomplish!



- Cooking Matters was cancelled due to COVID, however, we continued to move forward.....
- ✓ Healthy living program in partnership with Curtis Bartlett Fitness (CBF) for Galax Police Department
- ✓ Provided resources for National Night Out and Carroll County Ag Fair
- ✓ Provided health fair and resources for special education students at Galax and Grayson schools
- ✓ Provided biometric screenings for Galax city
- ✓ Promoted Medicare Annual Wellness visits
- ✓ Provided a Community Resource Guide through collaboration with community partners
- ✓ GoodRx prescription savings cards
- ✓ Continued to support out employers through our WorkPoint Wellness program

COMMUNITY

Resource Fair

Date & Location

May 7th, 2022
10am-2pm
Galax Recreation Center
601 S. Main Street

Share & learn about resources in the area!

Free RETIVE training!

Employment opportunities!

Food trucks on site!

Participating Organizations

- VDH
- People Inc.
- Virginia Career Works
- TCRH
- Molina Complete Care
- Aetna Better Health of VA
- Medical Reserve Corps
- Mohawk Industries
- SWVA Legal Aid Society Inc.
- TASK - Taking Action for Special Kids
- SperoHealth
- Life Center of Galax
- Real Performance Machinery
- Oak Hall Cap and Gown LLC.
- Albany Industries
- Infant & Toddler Connection of Mount Rogers
- Free Clinic of the Twin Counties
- And many others!!!

Virginia Career Works

People Inc.



Questions?

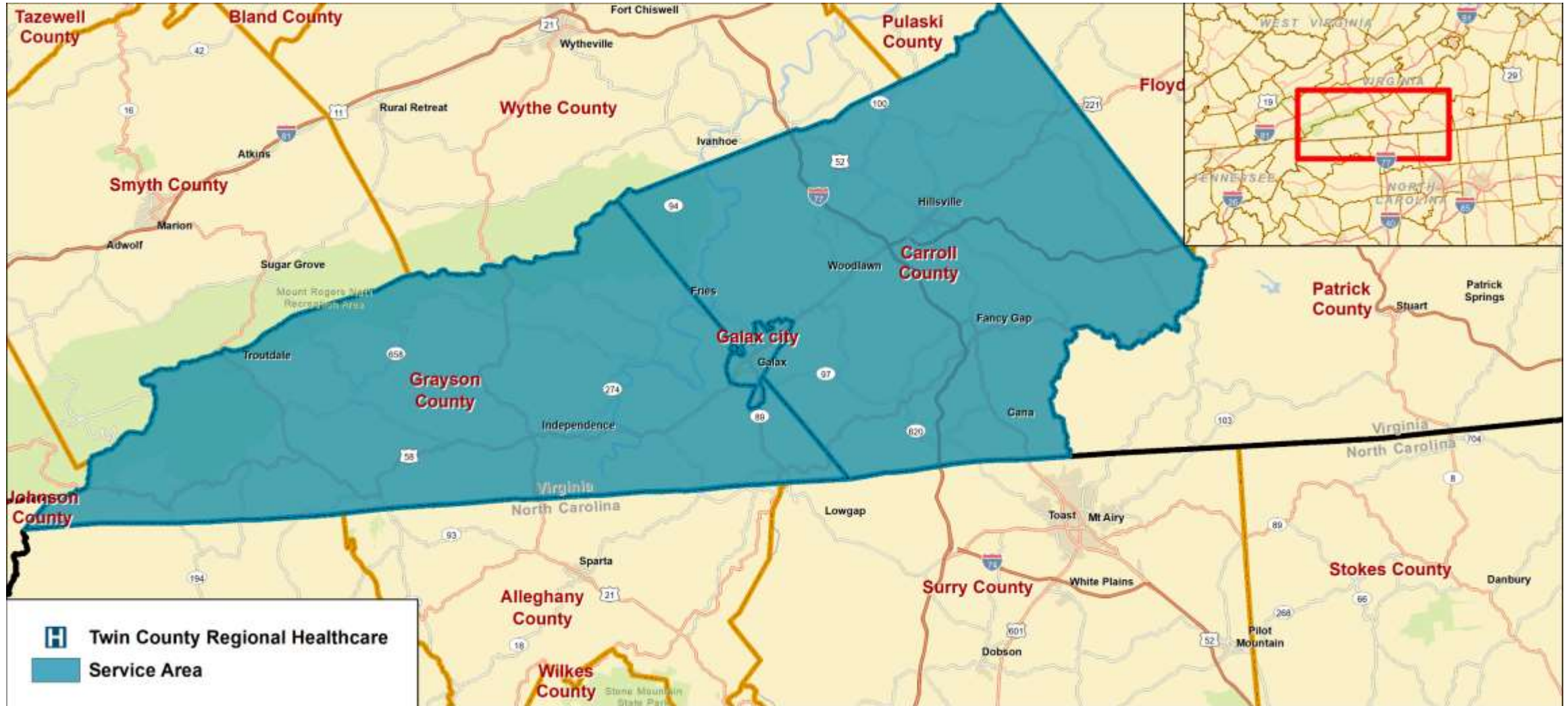
Betty Elmore, Director of Marketing and Communications



Demographics and Socioeconomics

Carroll County, Grayson County and Galax City, VA CHNA

Twin County Regional Healthcare CHNA Geography



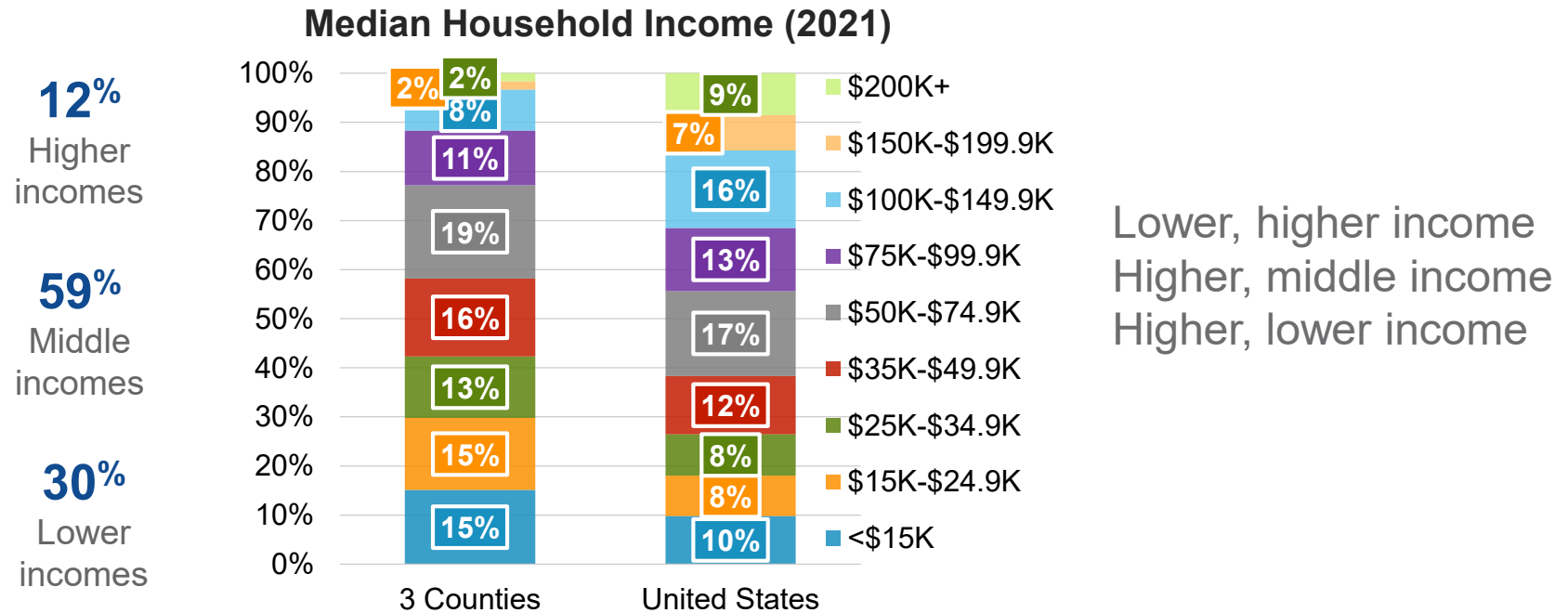
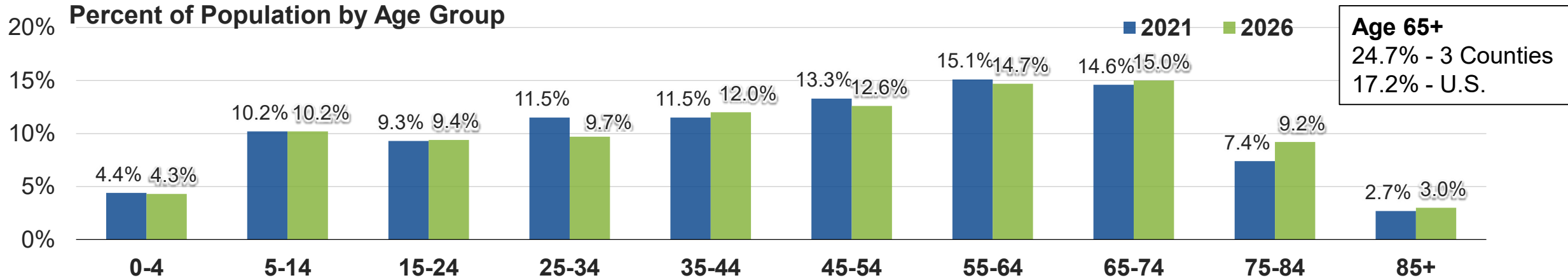
County Demographic Summary 2021



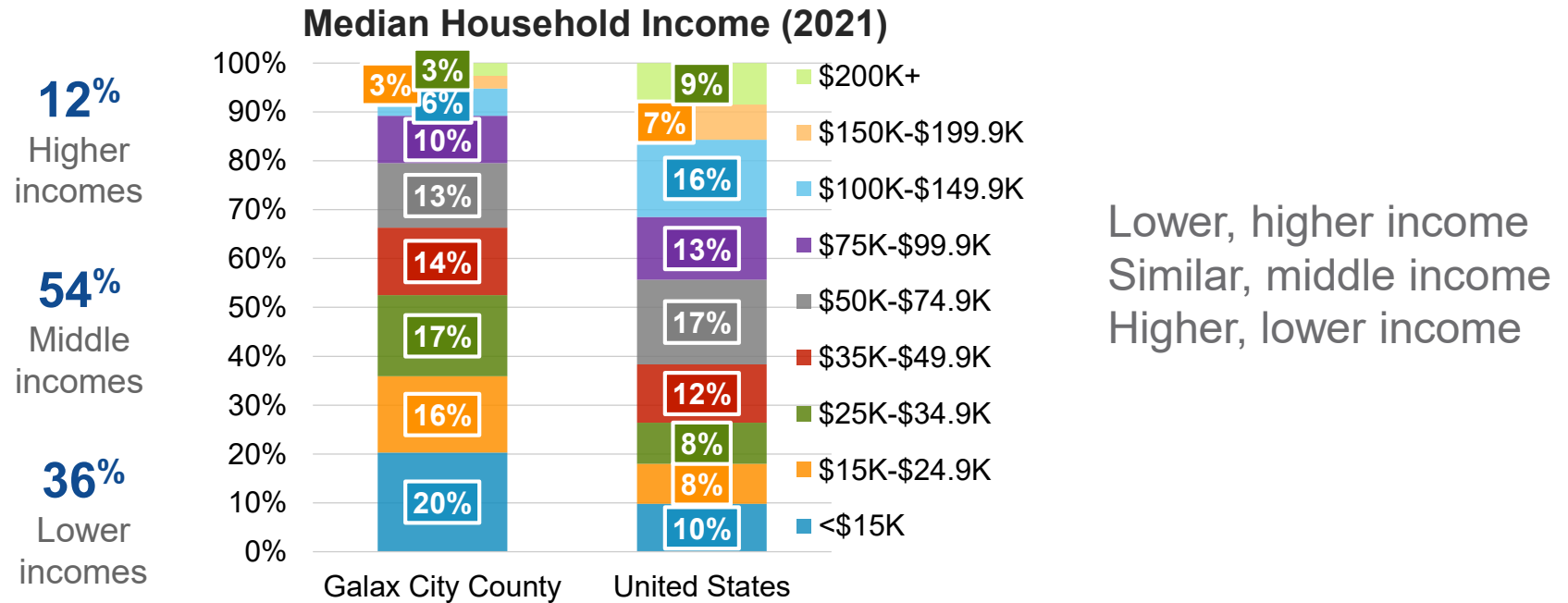
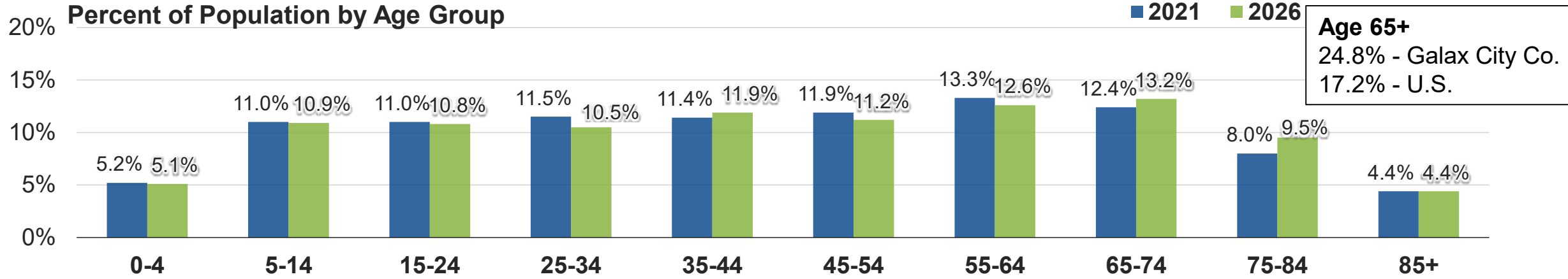
	3 Counties Combined	Galax City	Carroll County	Grayson County	Virginia	USA
Population	53,178	6,607	30,670	15,901	8,695,186	333,934,112
Median Age	47.4	45.0	47.5	48.1	39.2	38.8
Median Household Income	\$41,040	\$32,970	\$45,324	\$36,798	\$76,448	\$64,730
Annual Pop Growth (2021-2026)	-0.25%	-0.40%	-0.04%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

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

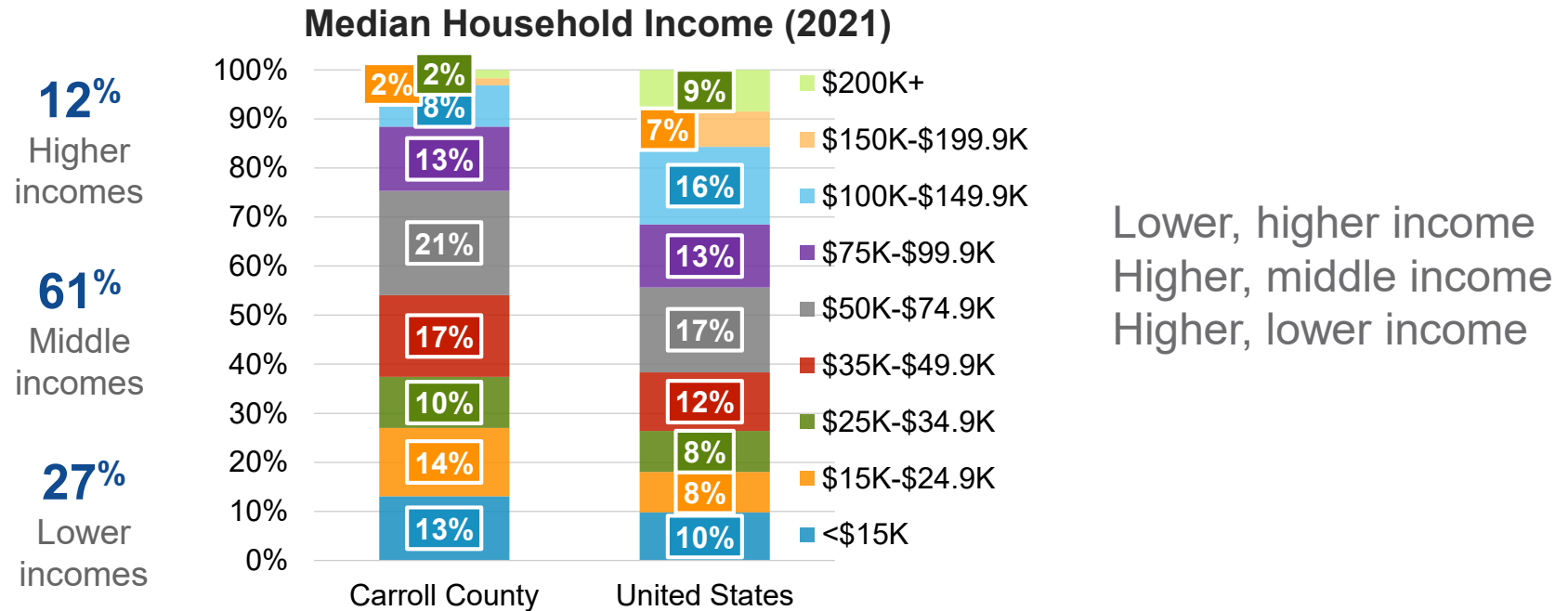
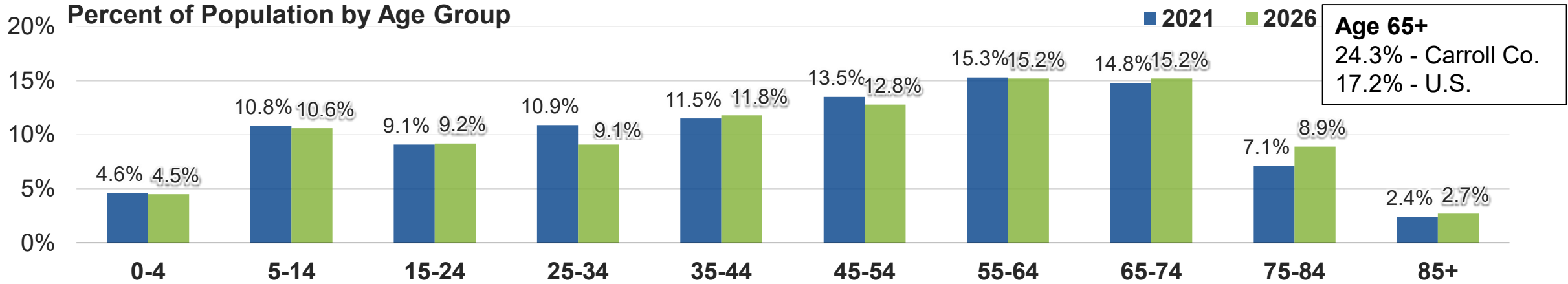
3 Counties Combined Demographics 2021



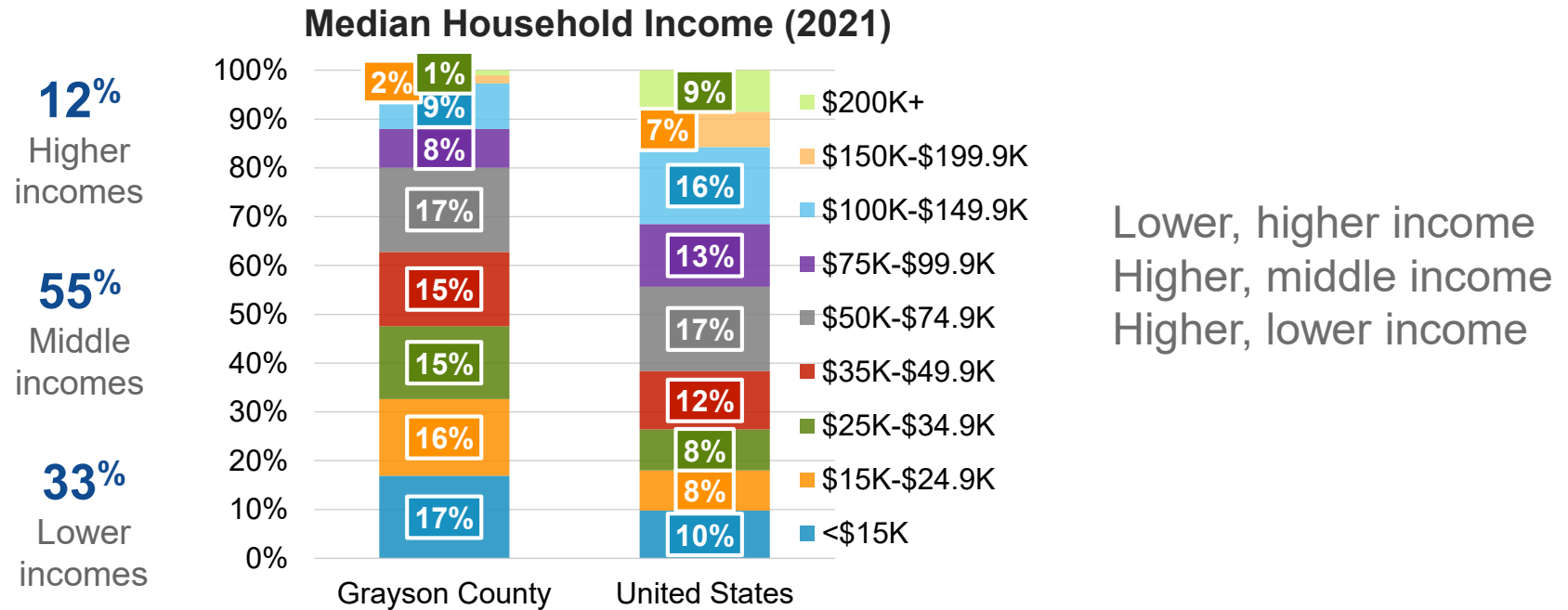
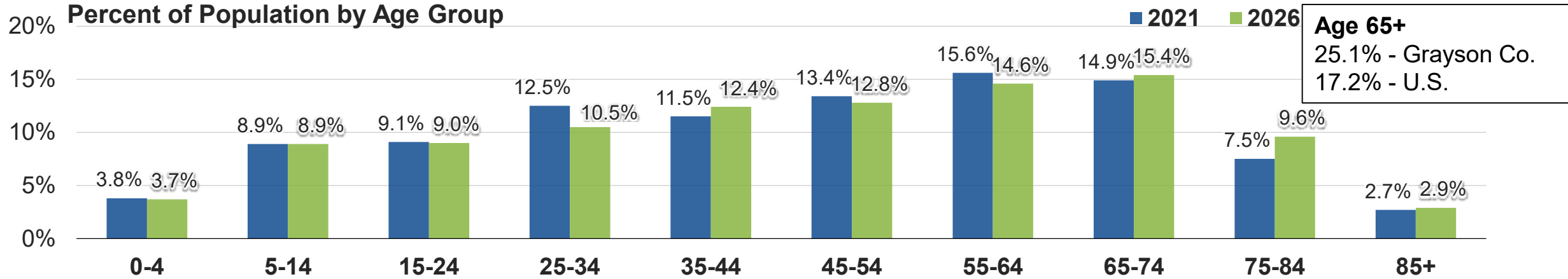
Galax City Demographics 2021



Carroll County Demographics 2021

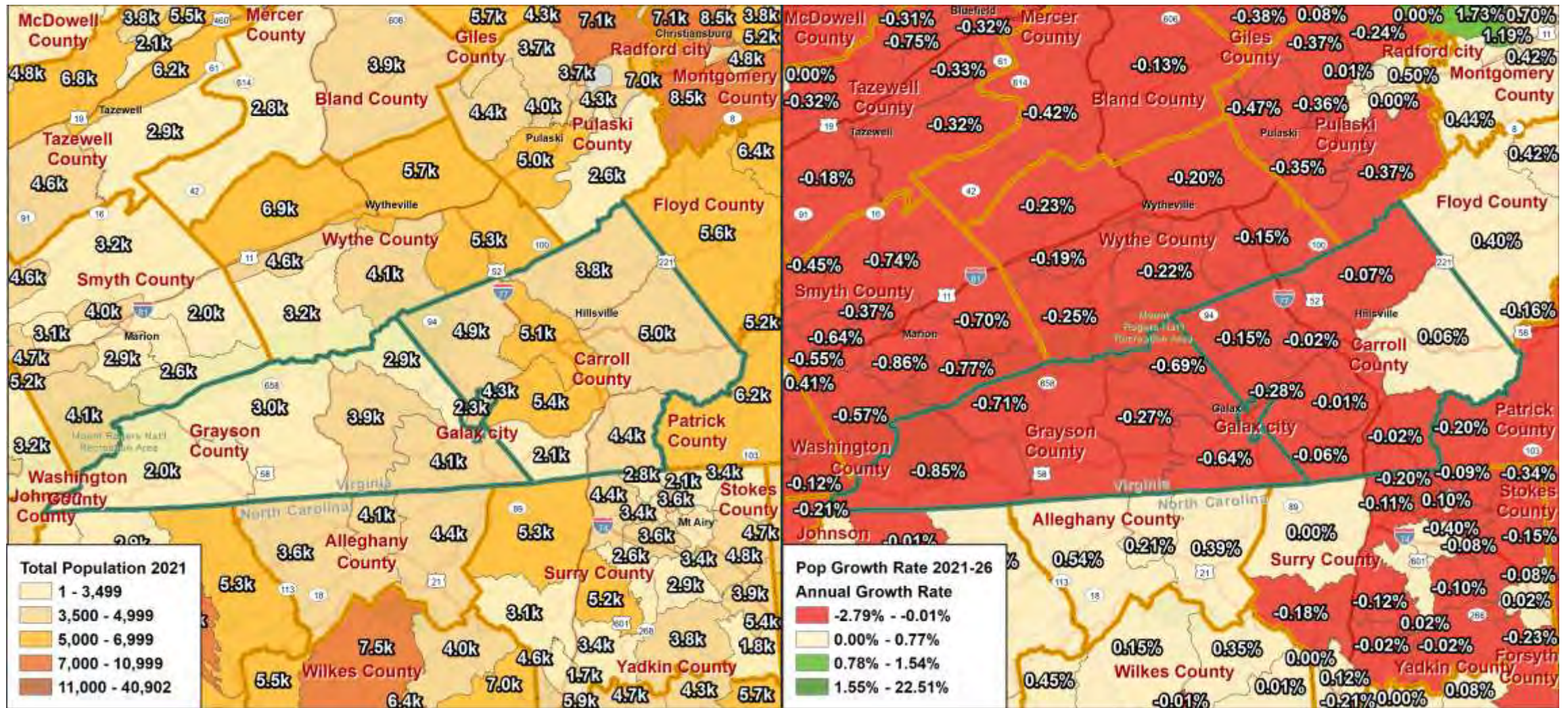


Grayson County Demographics 2021



Population by Census Tract

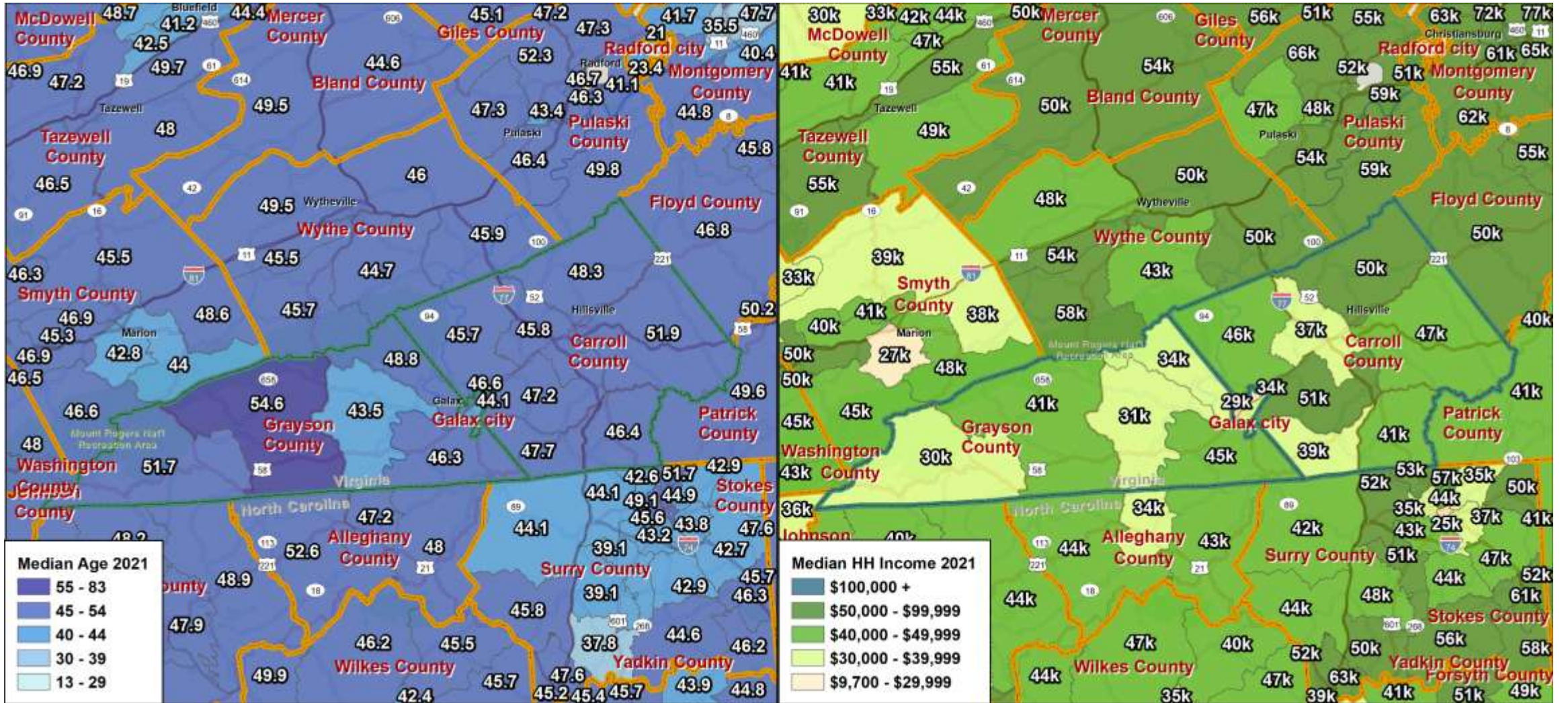
Population Change



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

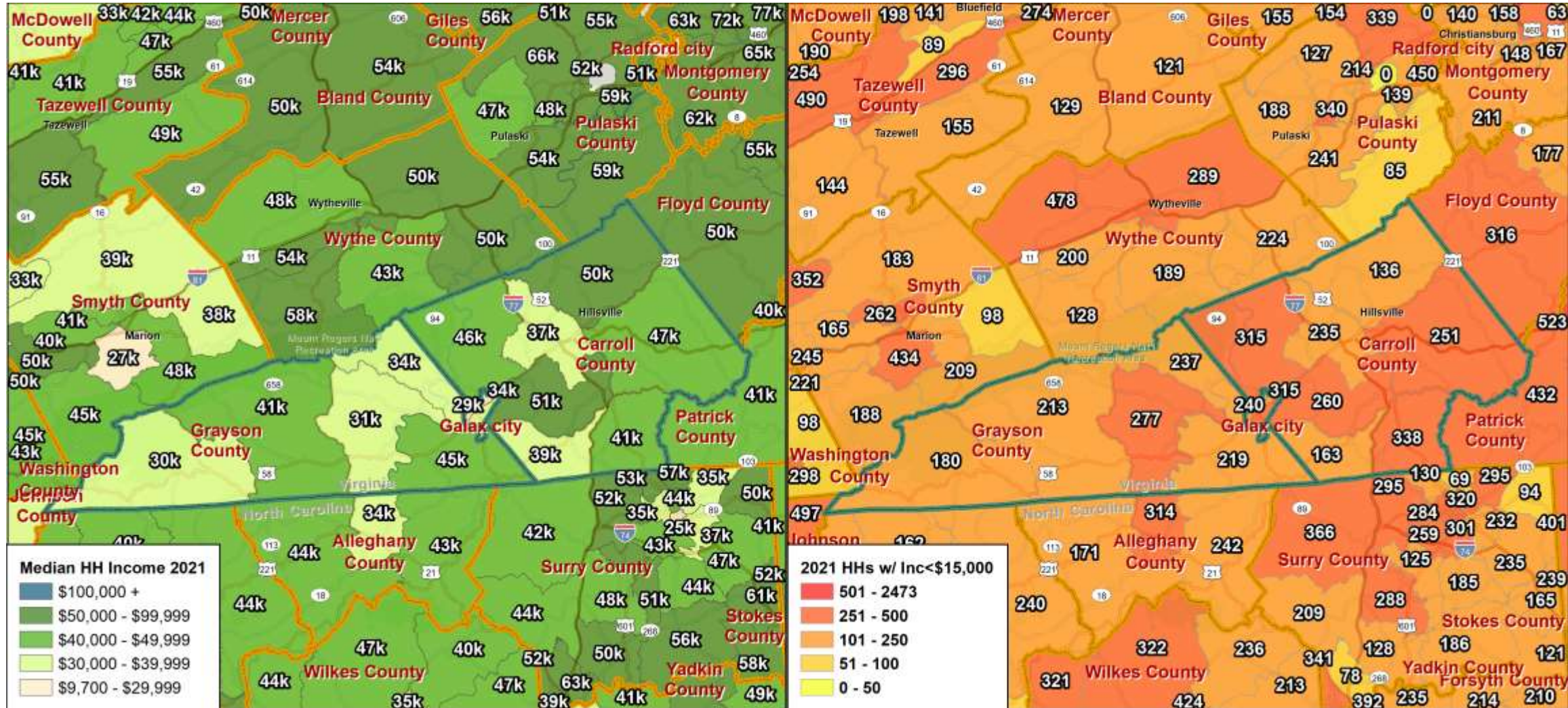
Median Age

Median Income

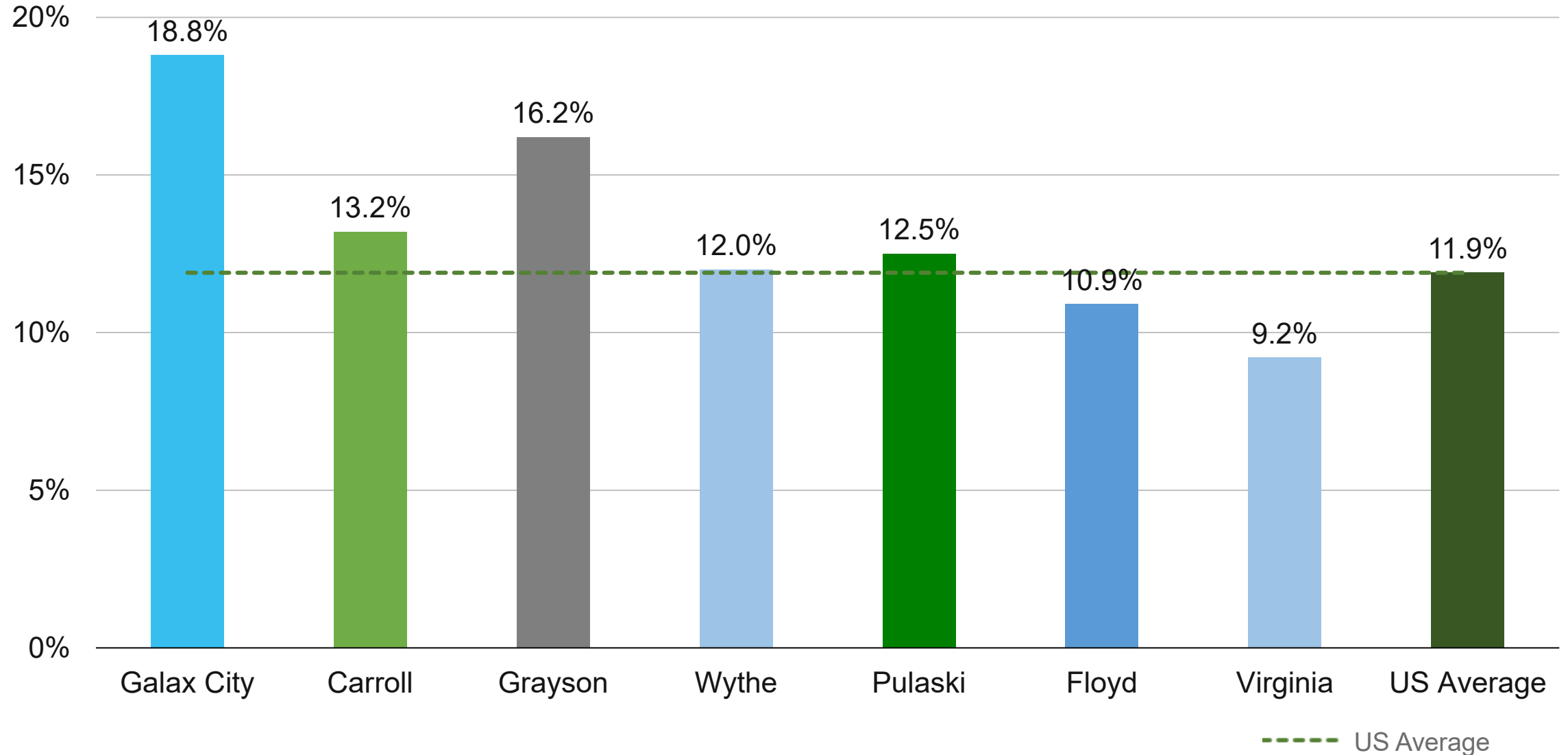


Median Income

Median Income < \$15,000



Poverty Estimates 2020 for Contiguous Counties, VA, and US



Cost of Living



	Galax City	Carroll County	Grayson County	Virginia	USA
Overall	75.2	75.3	76.6	103.7	100
Grocery	94.4	92.8	93.7	99.6	100
Housing	46	40.7	44	111.8	100
Median Home Cost	\$110,400	\$130,300	\$124,400	\$329,200	\$291,700
Utilities	95.5	98.7	94.9	99.3	100
Transportation	63.1	73.3	77.6	99.4	100
Miscellaneous	94.8	95.2	93.7	100.5	100

100 index = National Average

[https://www.bestplaces.net/cost_of_living/county/Virginia/Galax City](https://www.bestplaces.net/cost_of_living/county/Virginia/Galax%20City)

The total of all the cost-of-living categories weighted subjectively as follows: housing (30%), food and groceries (15%), transportation (10%), utilities (6%), health care (7%), and miscellaneous expenses such as clothing, services, and entertainment (32%). State and local taxes are not included in any category. The overall index for transportation costs, including gasoline, commuting, and auto insurance



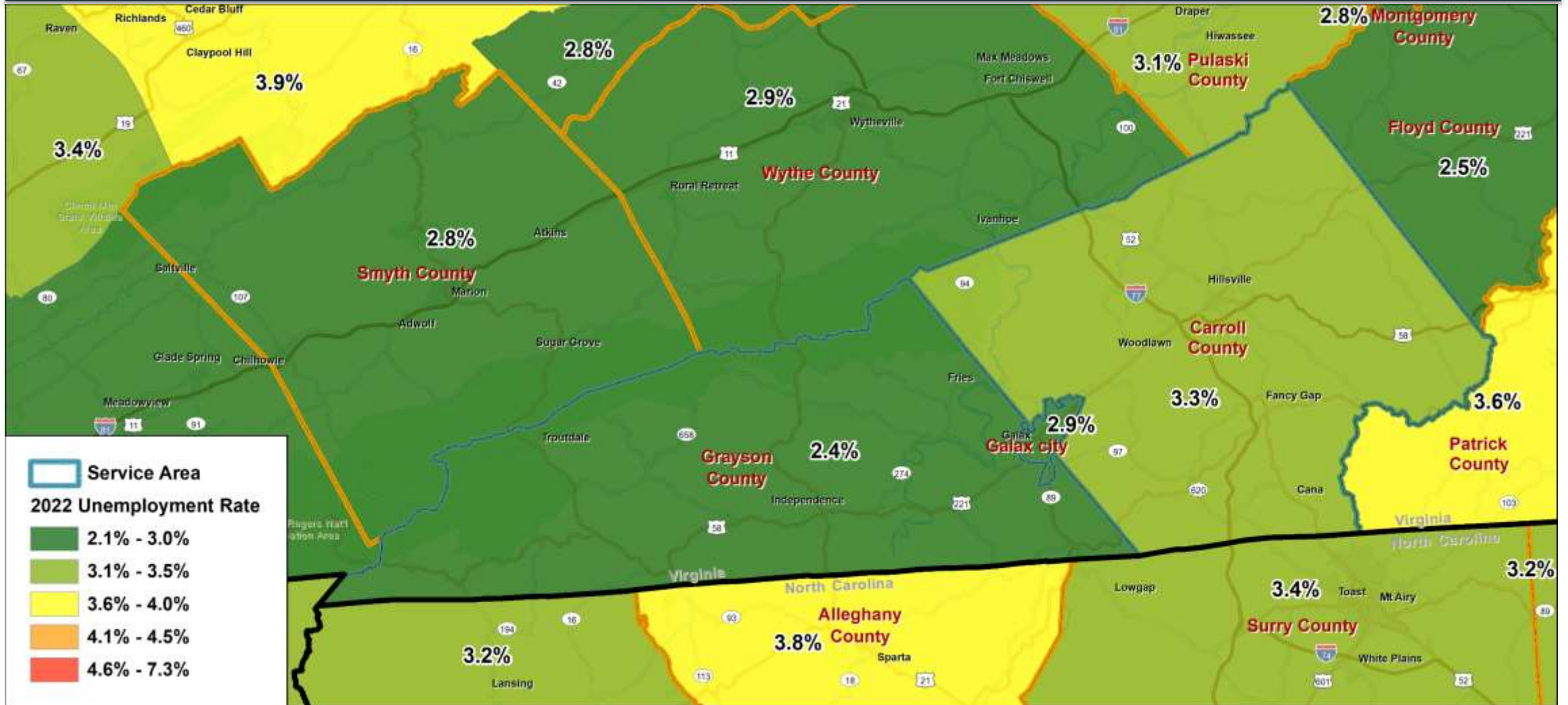
Business & Industry Environment

Carroll County, Grayson County and Galax City, VA CHNA

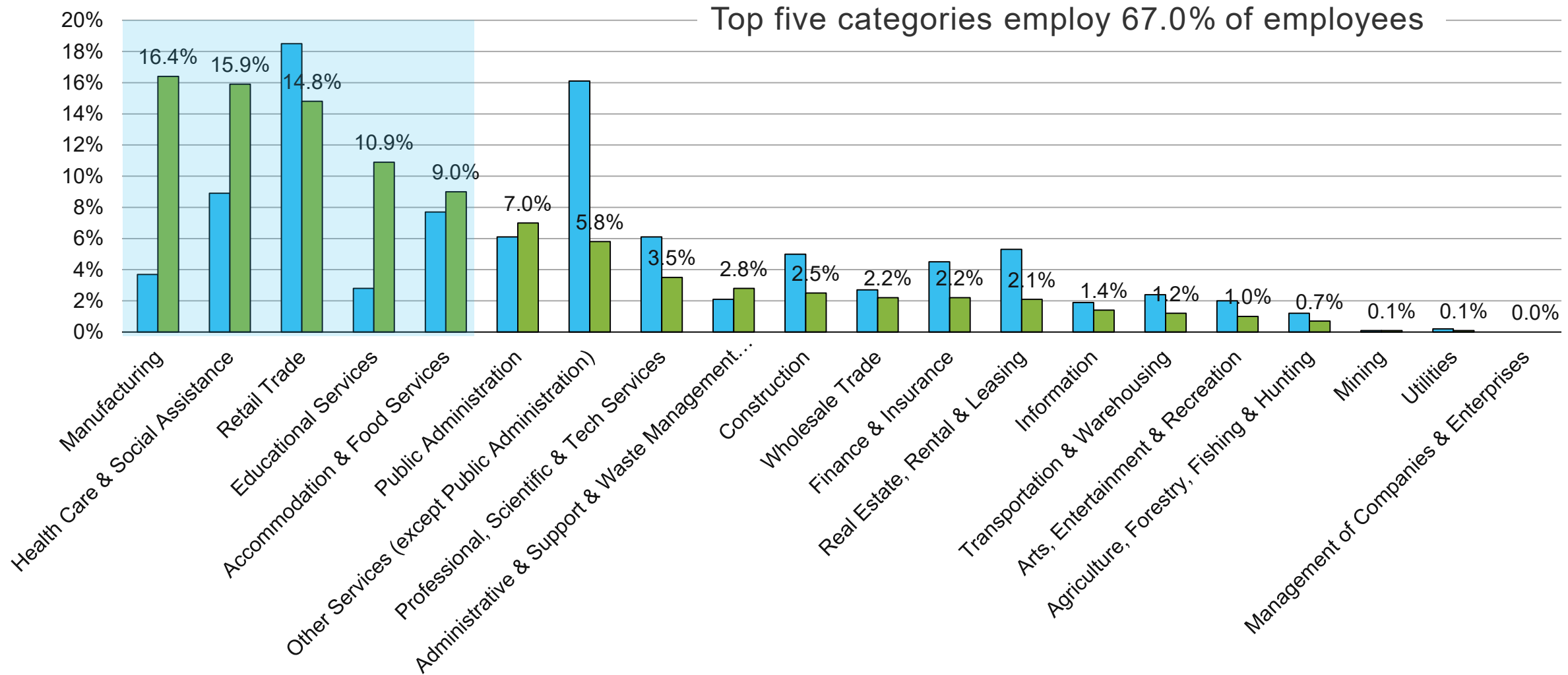
Unemployment by County



(2022 May Preliminary): Carroll – 3.3%, Grayson, 2.4%, Galax City – 2.9% | Virginia – 6.2% | U.S. – 4.0%



3 Counties Combined Business Environment 2021



Other Services (except Public Administration):

Establishments in this sector are primarily engaged in activities, such as equipment and machinery repairing, promoting or administering religious activities, grantmaking, advocacy, and providing dry-cleaning and laundry services, personal care services, death care services, pet care services, photofinishing services, temporary parking services, and dating services.

Galax City Commuter In-migration

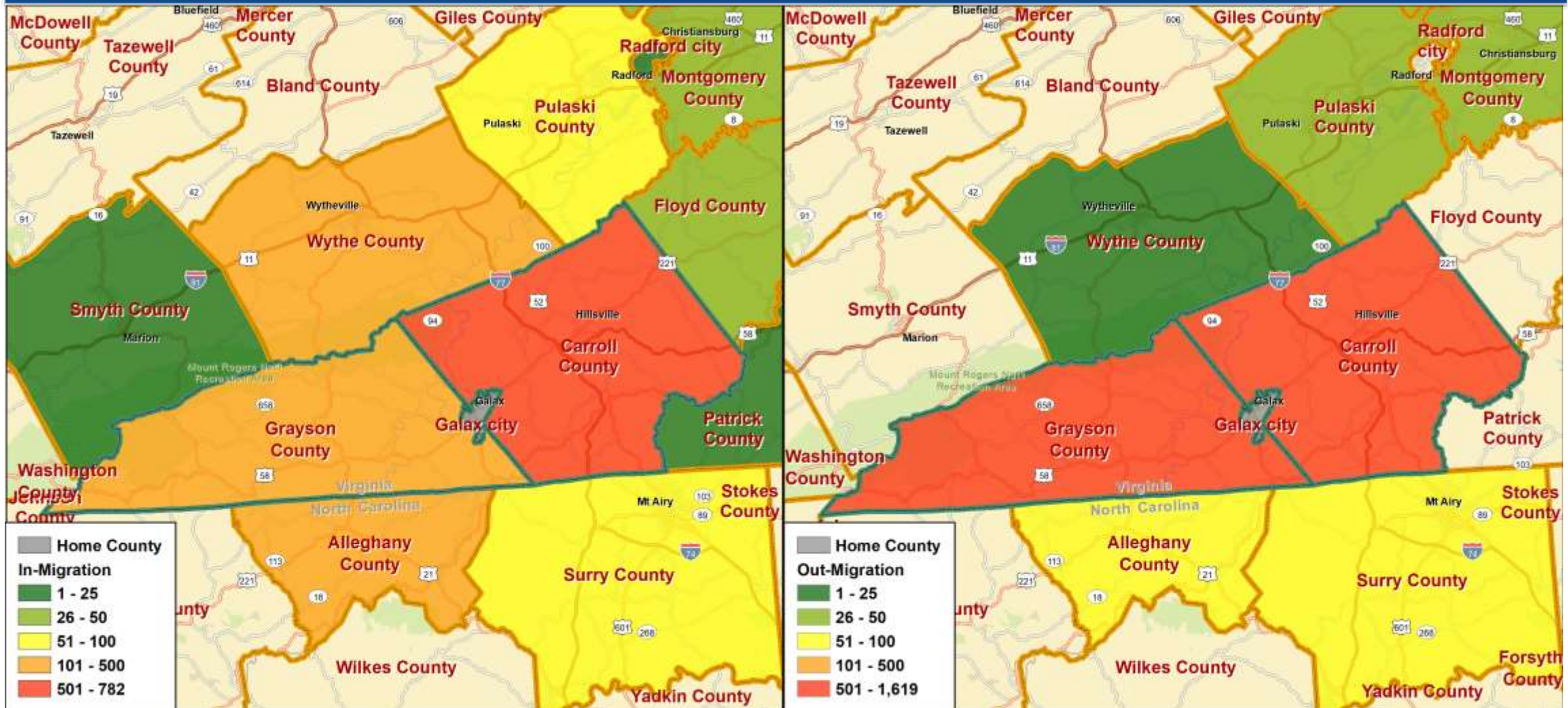
Galax City Commuter Out-migration



In Migration: 2,793

Out Migration: 3,839

Net Flux: -1,046



Carroll County Commuter In-migration

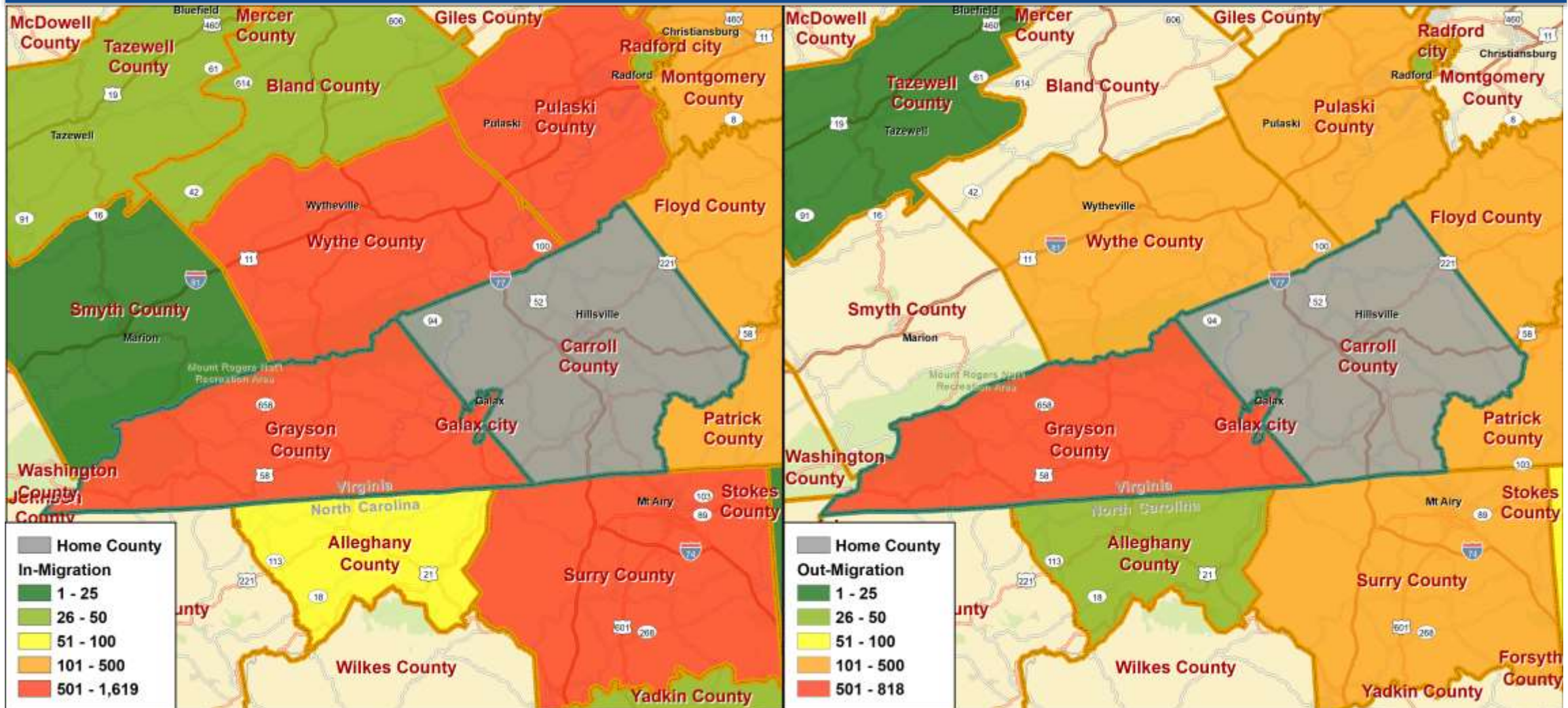
Carroll County Commuter Out-migration



In Migration: 12,771

Out Migration: 8,634

Net Flux: 4,173



Grayson County Commuter In-migration

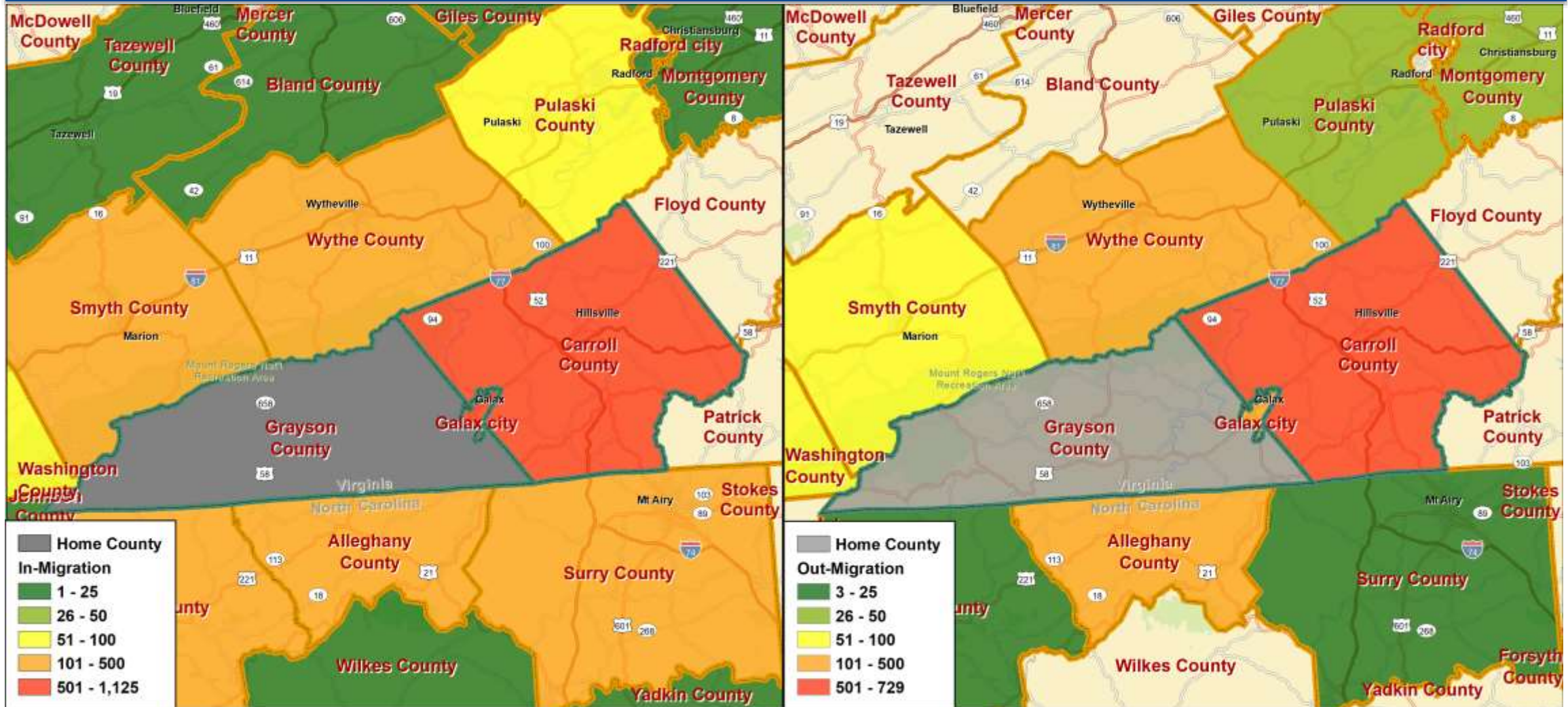
Grayson County Commuter Out-migration



In Migration: 6,175

Out Migration: 4,179

Net Flux: 1,996





Psychographics

Carroll County, Grayson County and Galax City, VA CHNA

Tapestry Profile



Neighborhood classification based on purchasing and lifestyle behaviors

14 LifeModes 67 Tapestry Segments

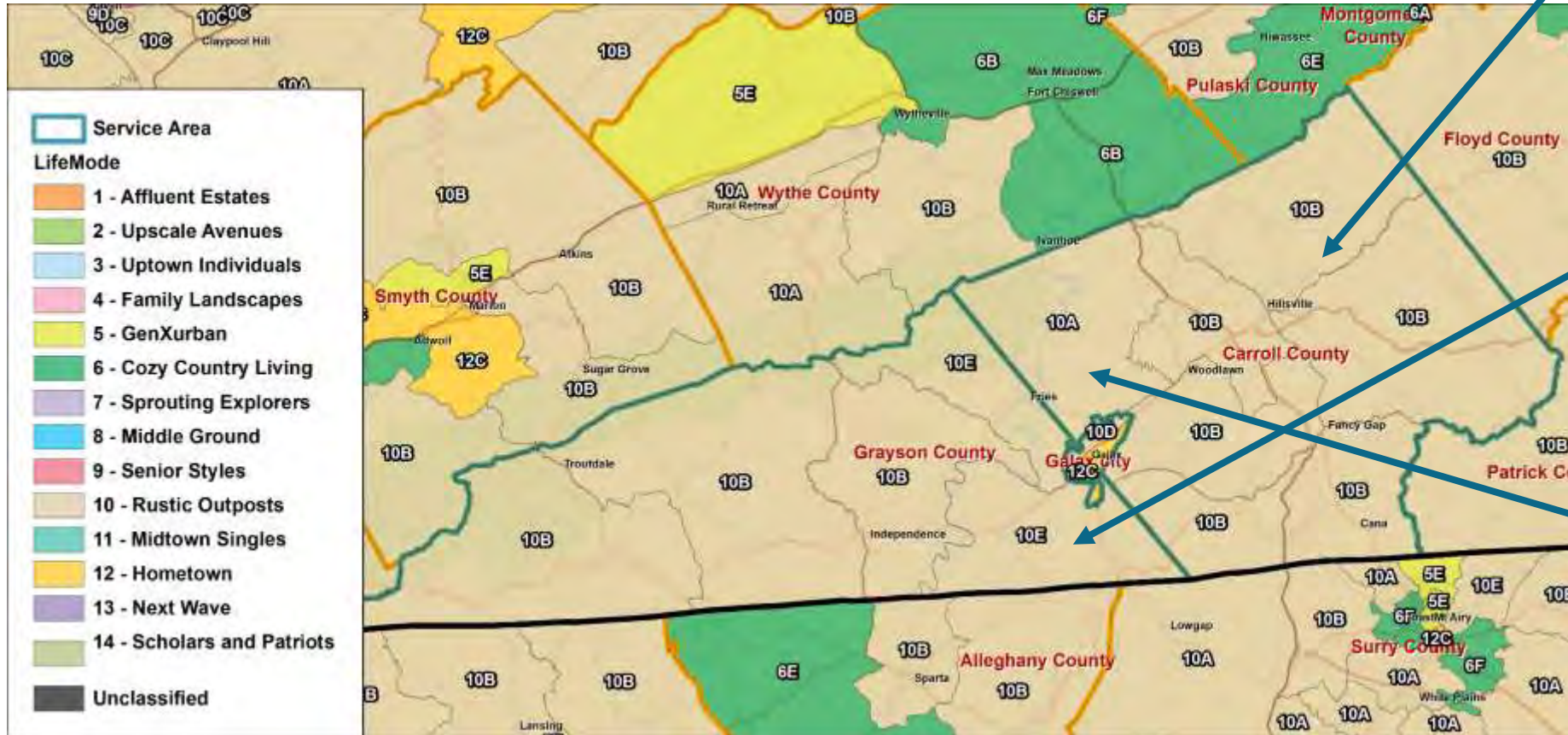
L0 LifeMode Group	L1 Affluent Estates	L2 Upscale Avenues	L3 Uptown Individuals	L4 Family Landscapes
0A Name Tapestry Segment Number EXAMPLE	1A Top Tier 1B Professional Pride 1C Boomburbs 1D Savvy Suburbanites 1E Exurbanites	2A Urban Chic 2B Pleasantville 2C Pacific Heights 2D Enterprising Individuals	3A Laptops & Lattes 3B Metro Renters 3C Trendsetters	4A Workday Drive 4B Home Improvement 4C Middleburg
L5 Gen X Urban	L6 Cozy Country Living	L7 Sprouting Explorers	L8 Middle Ground	L9 Senior Styles
5A Comfortable Empty Nesters 5B In Style 5C Parks & Rec 5D Rustbelt Tradition 5E Midlife Constants	6A Green Acres 6B Salt of the Earth 6C The Great Outdoors 6D Prairie Living 6E Rural Resort Dwellers 6F Heartland Communities	7A Up & Coming Families 7B Urban Villages 7C Urban Edge Families 7D Forging Opportunity 7E Farm to Table 7F Southwestern Families	8A City Lights 8B Emerald City 8C Bright Young Professionals 8D Downtown Melting Pot 8E Front Porches 8F Old & Newcomers 8G Hometown Heritage	9A Silver & Gold 9B Golden Years 9C The Elders 9D Senior Escapes 9E Retirement Communities 9F Social Security Set
L10 Rustic Outposts	L11 Midtown Singles	L12 Hometown	L13 Next Wave	L14 Scholars & Patriots
10A Southern Satellites 10B Rooted Rural 10C Economic Bedrock 10D Down the Road 10E Rural Bypasses	11A City Strivers 11B Young & Restless 11C Metro Fusion 11D Set to Impress 11E City Commons	12A Family Foundations 12B Traditional Living 12C Small Town Simplicity 12D Modest Income Homes	13A Diverse Convergence 13B Family Extensions 13C NeWest Residents 13D Fresh Ambitions 13E High Rise Renters	14A Military Proximity 14B College Towns 14C Dorms to Diplomas

[Click here for more information on Tapestry Segments](#)

Dominant Tapestry Segmentation by Census Tract



Top three categories represent 91.3% of total households.



Top 3 Tapestry Segments

10B | Rooted Rural (67.6%)

- 45.2 med. age
- \$42k med. HH income
- Do-it-yourselfers
- Pay bills in person
- Outdoors – gardening, hunting, fishing
- Have pets
- Often find computers and cell phones too complicated and confusing

10E | Rural Bypasses (15.6%)

- 40.4 med. age
- \$33k med. HH income
- Labor force participation is low at 47%
- Limited internet use
- They rely on television to stay informed
- Outdoors – gardening, hunting and fishing

10A | Southern Satellites (8.1%)

- 40.3 med. age
- \$48k med. HH income
- Labor force participation rate is 59.1%, slightly lower than the US.
- They tend to be somewhat late in adapting to technology.
- They obtain a disproportionate amount of their information from TV, compared to other media.

[Click here for more information on Tapestry Segments](#)

Dominant Tapestry Segmentation of Galax City, Carroll County, and Grayson County

Arrows point to the top 3 tapestry segments within the county. Tapestry segments only appear on map if they are ranked 1st in a census tract.

WHAT Report: Galax City, Carroll County, & Grayson County Combined Health & Behavior Habits



Health Habits of Your Community	More-Likely
Smoked 9+ Packs Of Cigarettes Last 7 Days	556
Used Chewing or Smokeless Tobacco Last 6 Mo	413
Smoked Non-Menthol Cigarettes Last 12 Mo	403
Used Denture Cleaner Last 6 Mo	357
Used Denture Adhesive or Fixative Last 6 Mo	353
Used Backache or Back Pain Prescription Drug	333
Visited Nurse Practitioner Last 12 Mo	311
Smoked Cigarettes Last 12 Mo	255
Used Arthritis or Osteoarthritis Prescription Drug	246
Used Sinus Congestion or Headache Prescription Drug	244
Used Allergy or Hay Fever Prescription Drug	241
Spent \$100-\$149 On Out of Pocket Prescription Drugs Last 30 Days	231
Filled Prescription at Discount or Department Store Last 12 Mo	210
Used Heartburn or Acid Reflux Prescription Drug	199

Behavior Habits of Your Community	More-Likely
Very Conservative Political Outlook	238
Strongly prefer travel in the U.S. over abroad	234
Affiliated With Republican Political Party	227
Do not follow a regular exercise routine	226
Do not use Internet for banking transactions	208
Am not more environmentally conscious than most people	192
Do not prefer shopping online over in-store	191
Buying American is important to me	190
Do not use the Internet to shop for fashion	185
Global warming is not a serious threat	185
Free shipping rarely attracts me to shop a website	183
Government shouldn't focus more on environmental issues	179
Very likely to buy a used vehicle in next 12 months	176
Rarely check food ingredients before buying	176

Note: United States Index is 100

WHAT Report: Galax City, Carroll County, & Grayson County Combined Communication & Technology Habits



Communication Habits of Your Community	More-Likely
HH Has Dish Network Satellite Dish	1023
Watched INSP Last Week	834
Watched Outdoor Channel Last Week	545
Watched TV Land Classic Last Week	429
Watched CMT (Country Music Television) Last Week	404
HH Has DirecTV Satellite Dish	399
Watched TV Land Last Week	354
Listen to Country Radio Format	318
Watched DIY Network Last Week	301
Watch Game Shows (Daytime) On TV	287
Watched Reelz Channel Last Week	282
Watched MeTV Last Week	281
Watched Sundance TV Last Week	250
Watched Investigation Discovery Last Week	234

Technology Habits of Your Community	More-Likely
Satellite Service Connection to Internet at Home	531
DSL Connection to Internet at Home	462
HH Most Recent TV Purchase: Medium Screen (27-35 in)	163
HH Owns 27-35 in (Medium) Screen TV	156
HH Spent \$1-\$499 On Most Recent Home Computer	156
Spend 0.5-0.9 Hours Online(Excluding Email) Daily	143
HH Owns <27 in (Small) Screen TV	140
HH Owns PlayStation 2 (PS2) Video Game System	139
Social Media: Show Support For Fav Companies/Brands Very Important	133
HH Most Recent TV Purchase: Small Screen (<27 in)	132
Social Media: Play Games Very Important	129
Social Media: Gain Access to VIP Events Very Important	125
Own 35mm Camera or Camcorder	124
Social Media: Get Exclusive Offers/Discounts Very Important	119

Note: United States Index is 100

3 Counties Combined Medical Expenditures Index



		Amount Spent	
		Average	Total
Health Care	74	\$4,592	\$102.8 M
Medical Care	73	\$1,545	\$34.6 M
Physician Services	63	\$159	\$3.6 M
Dental Services	63	\$253	\$5.7 M
Eyecare Services	66	\$45	\$1.0 M
Lab Tests, X-Rays	73	\$50	\$1.1 M
Hospital Room and Hospital Services	73	\$145	\$3.2 M
Convalescent or Nursing Home Care	36	\$12	\$0.3 M
Other Medical services	53	\$81	\$1.8 M
Nonprescription Drugs	91	\$141	\$3.2 M
Prescription Drugs	97	\$325	\$7.3 M
Nonprescription Vitamins	63	\$62	\$1.4 M
Medicare Prescription Drug Premium	103	\$123	\$2.7 M
Eyeglasses and Contact Lenses	72	\$70	\$1.6 M
Hearing Aids	53	\$22	\$0.5 M
Medical Equipment for General Use	63	\$4	\$0.1 M
Other Medical Supplies	69	\$51	\$1.2 M
Health Insurance	74	\$3,048	\$68.2 M
Blue Cross/Blue Shield	77	\$835	\$18.7 M
Commercial Health Insurance	61	\$512	\$11.5 M
Health Maintenance Organization	50	\$364	\$8.1 M
Medicare Payments	101	\$836	\$18.7 M
Long Term Care Insurance	61	\$30	\$0.7 M
Other Health Insurance	53	\$81	\$1.8 M

Note: United States Index is 100

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



Environment and Health Data

Carroll County, Grayson County and Galax City, VA CHNA

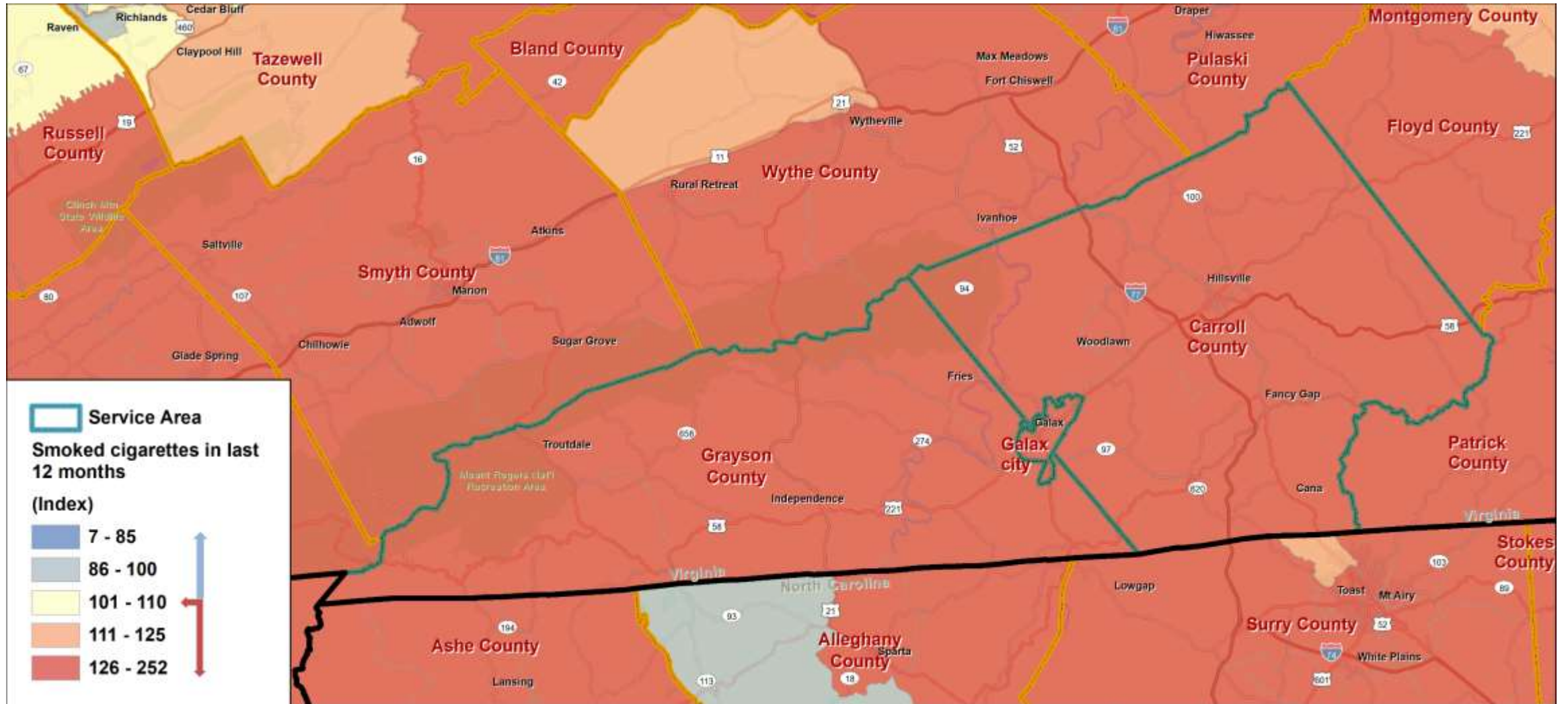
Consumer Spending on Health Care



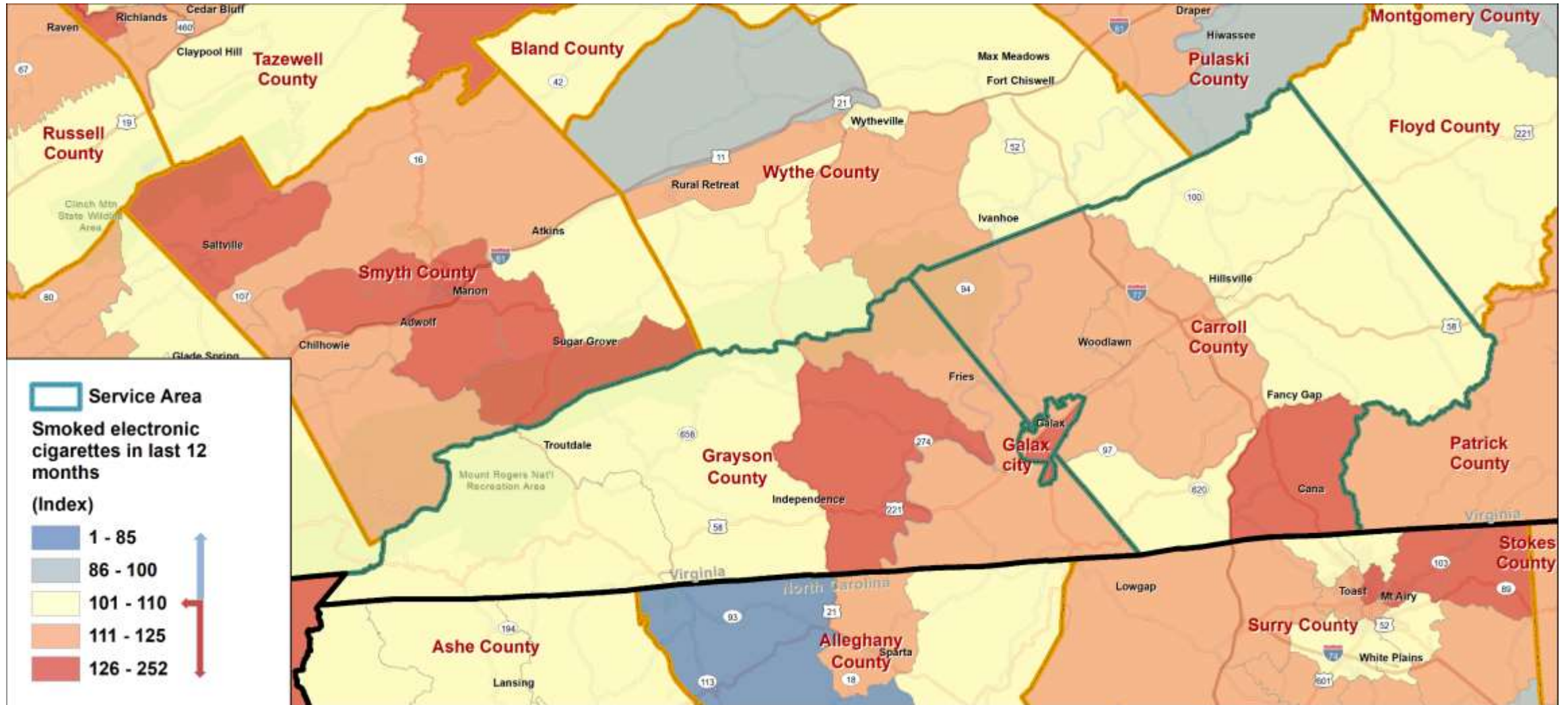
US Index is 100. Orange and red shaded census tracts are areas that spend more out of pocket on health care than the US average. Grey, blue, yellow colors spend less out of pocket on healthcare than the US.



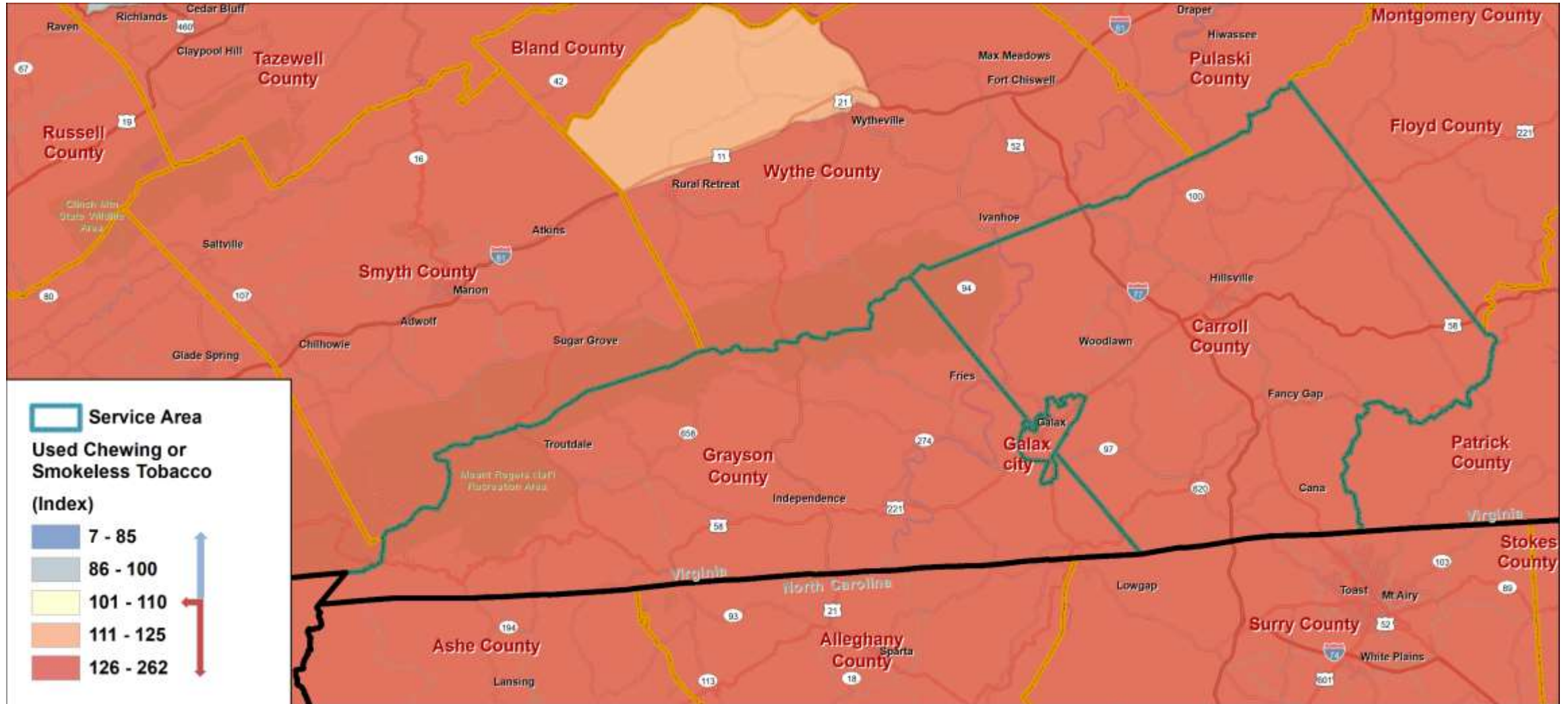
Smoked Cigarettes in the Last 12 Months



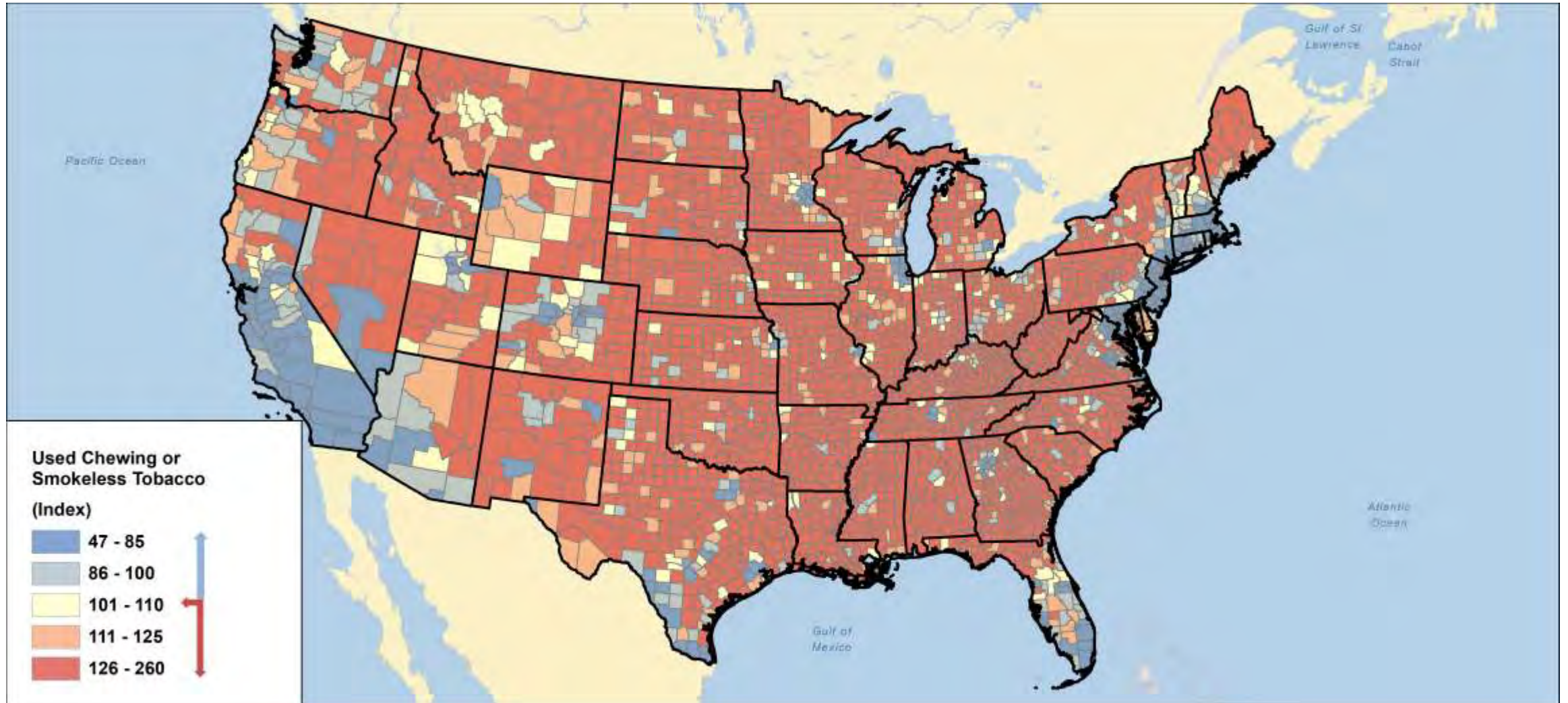
Smoked Electronic Cigarettes in the Last 12 Months



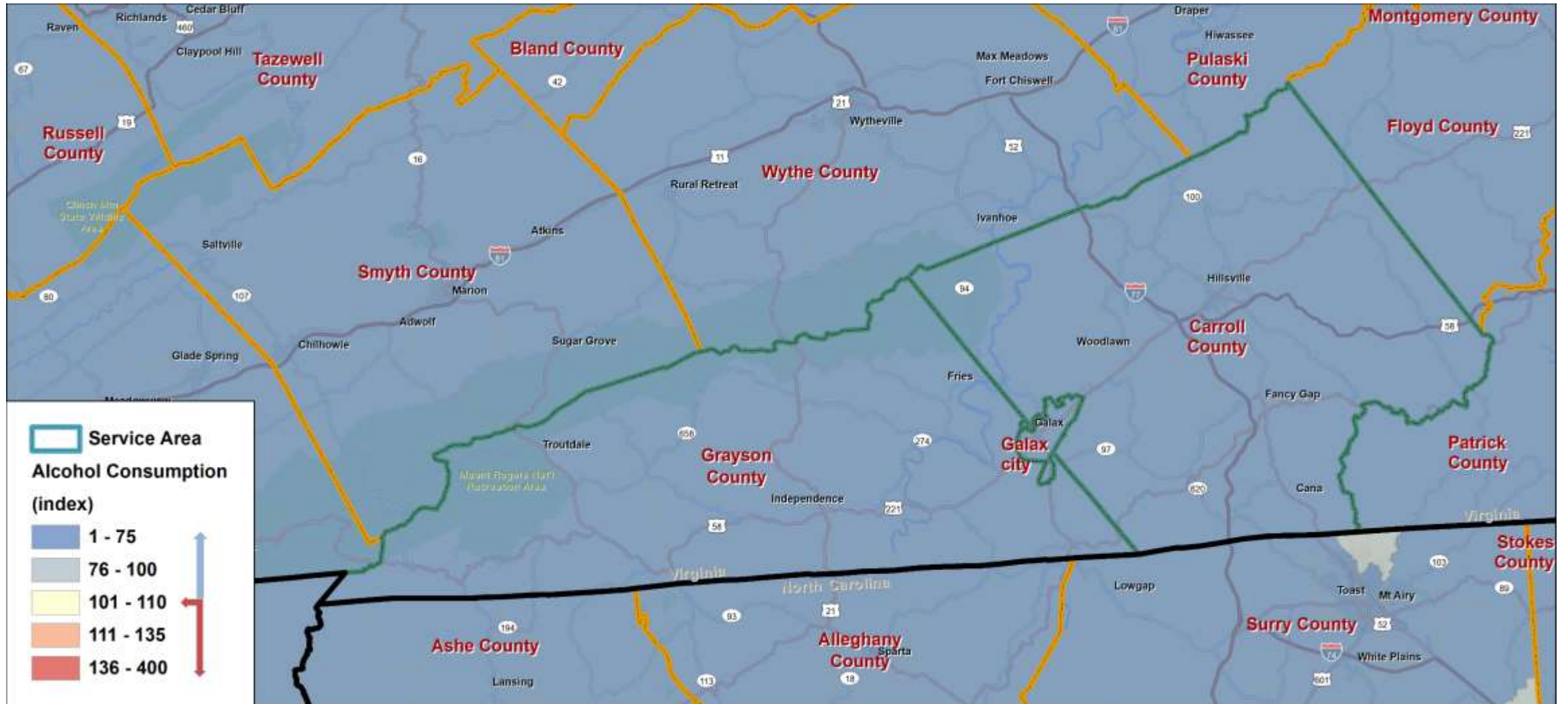
Used Chewing or Smokeless Tobacco in the Last 12 Months



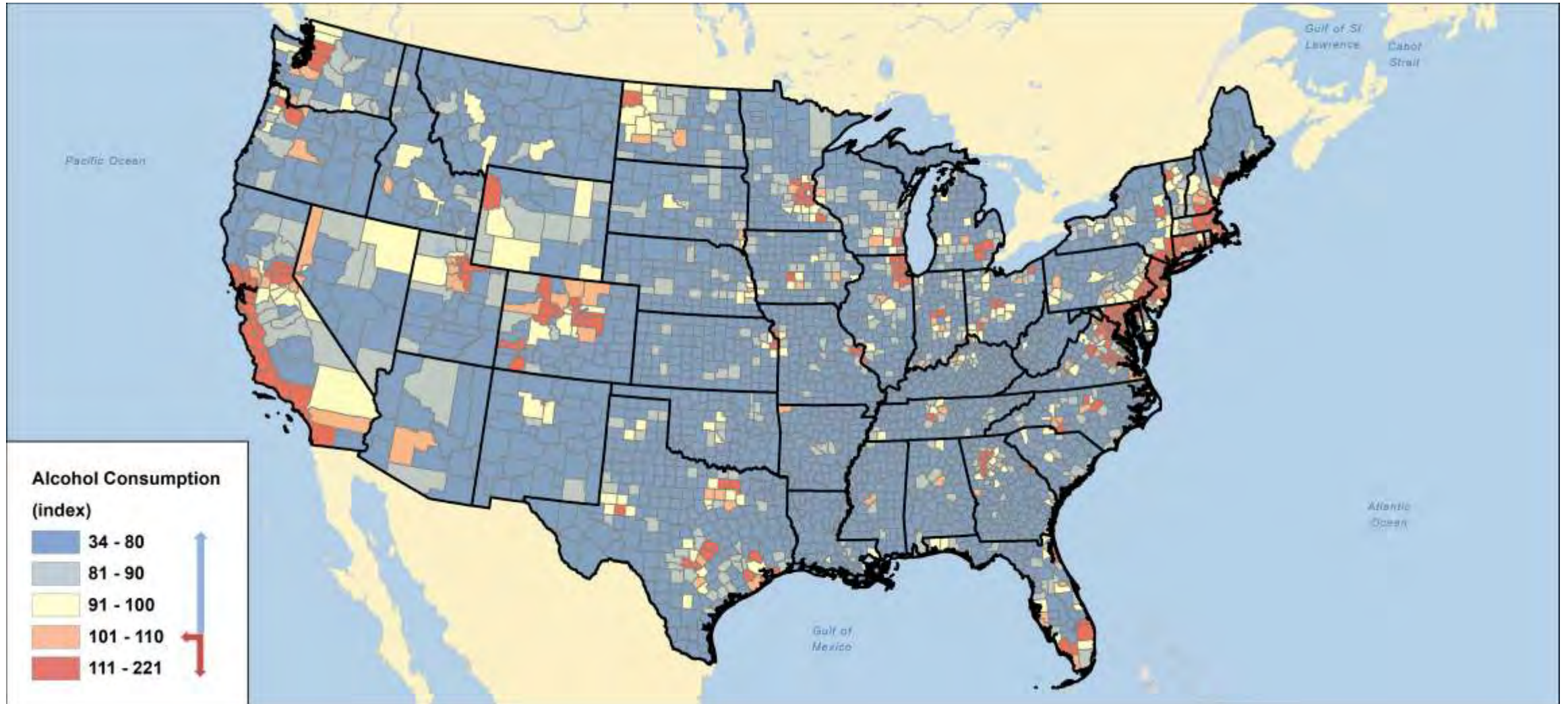
Used Chewing or Smokeless Tobacco in the Last 12 Months



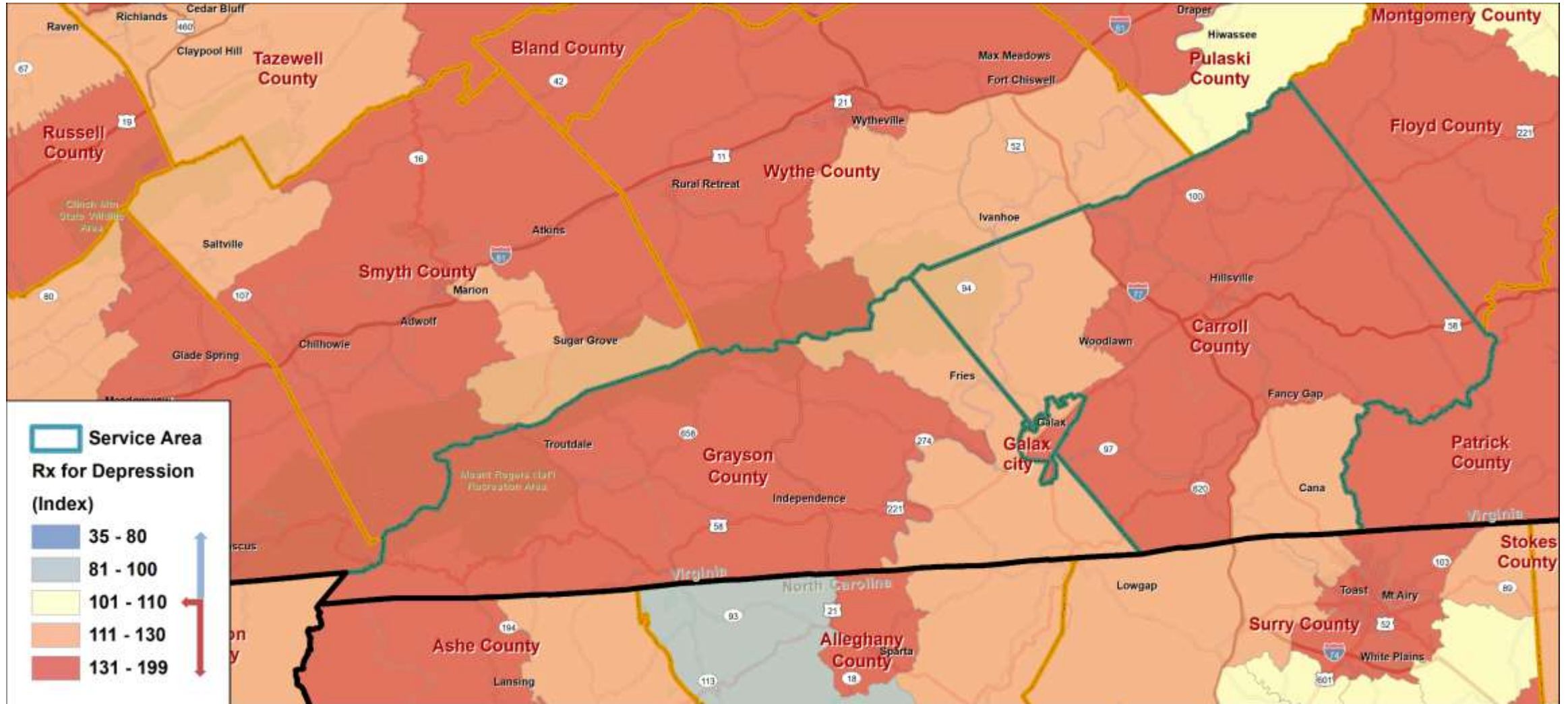
Alcohol Consumption in the Last 12 Months



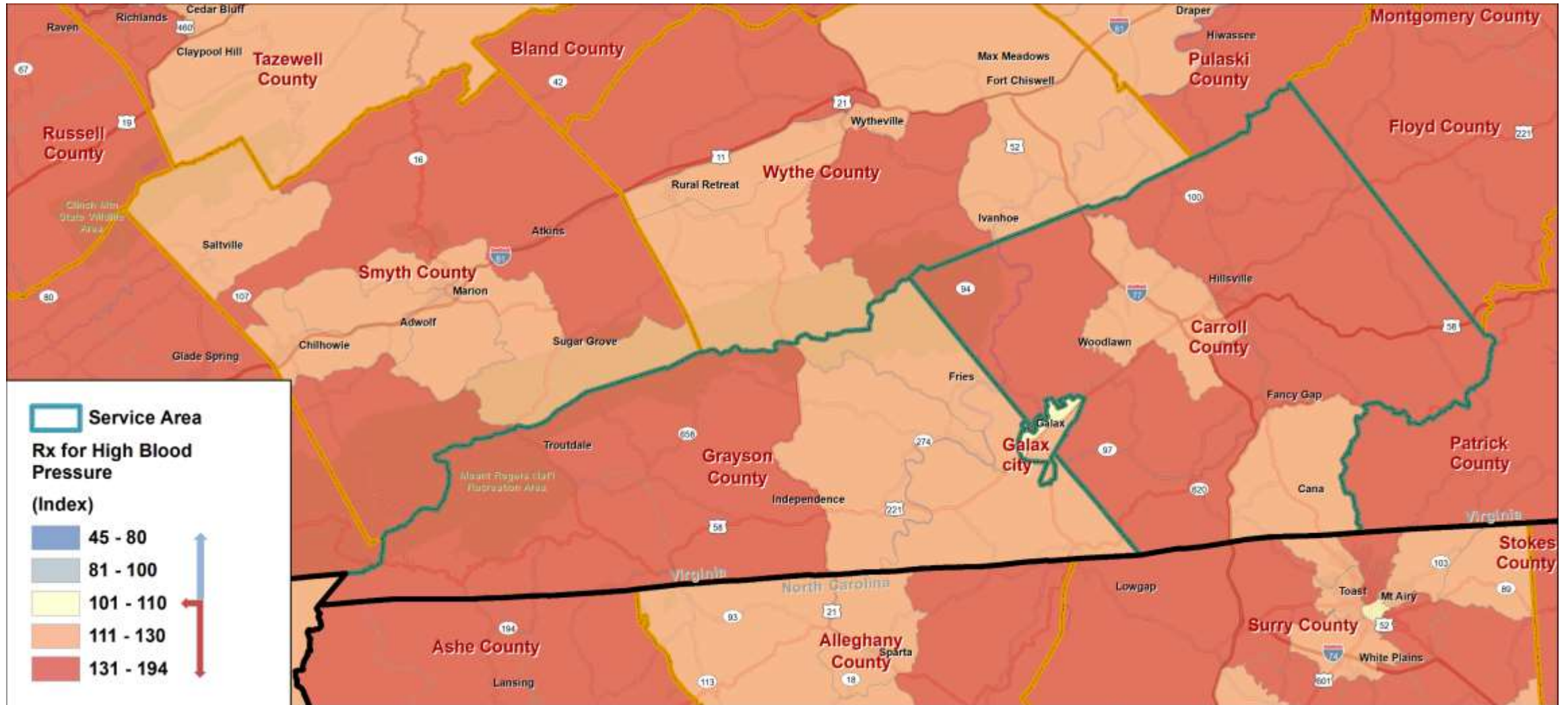
Alcohol Consumption in the Last 12 Months



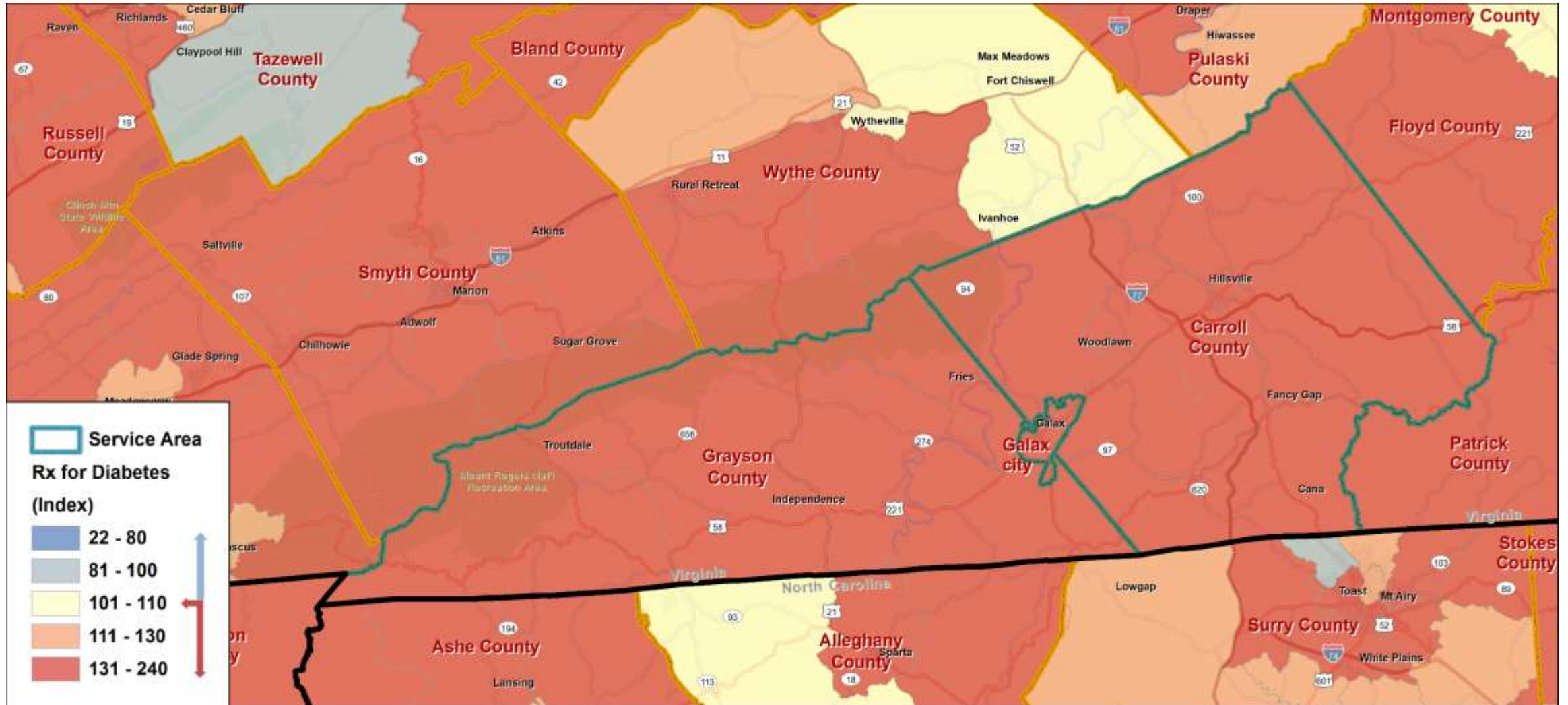
Use Prescription Drug for Depression



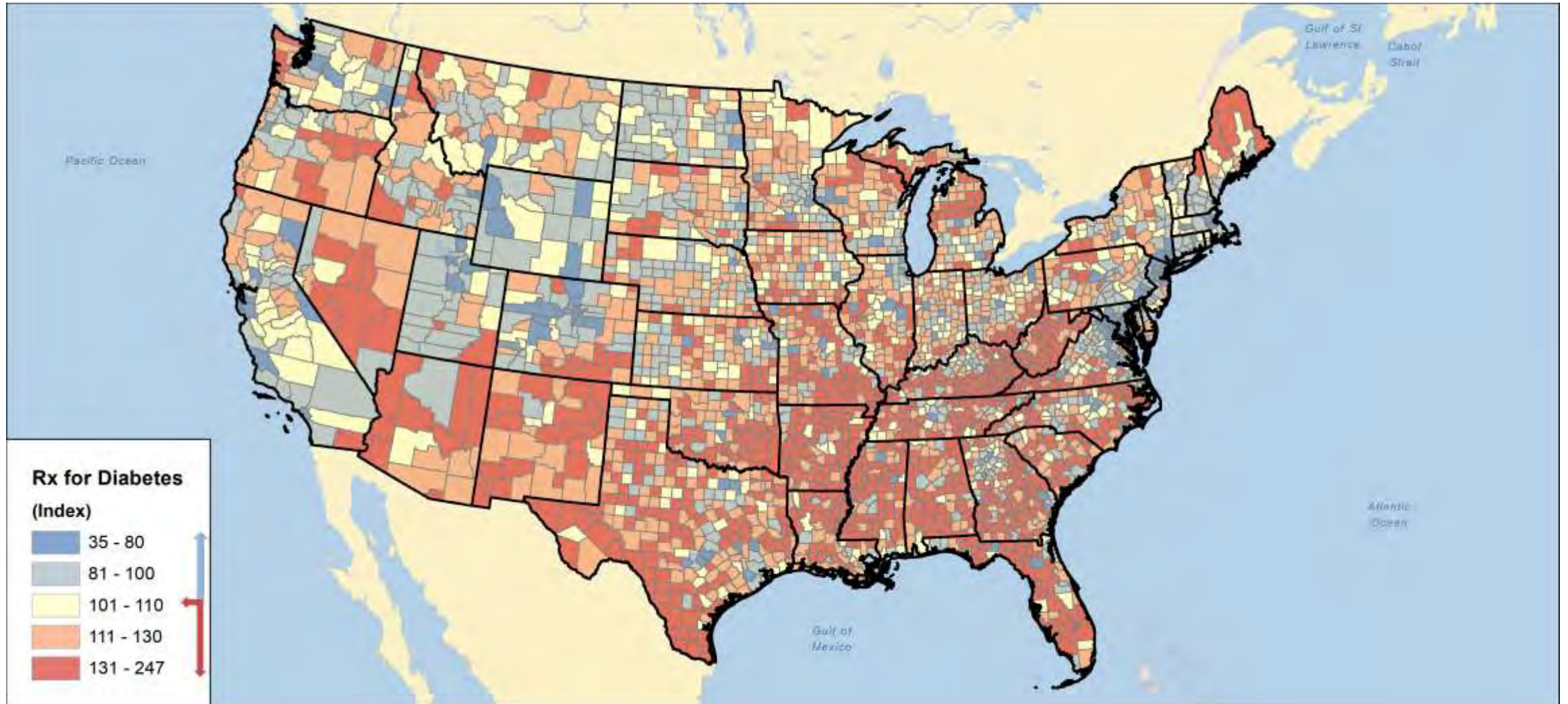
Use Prescription Drug for High Blood Pressure



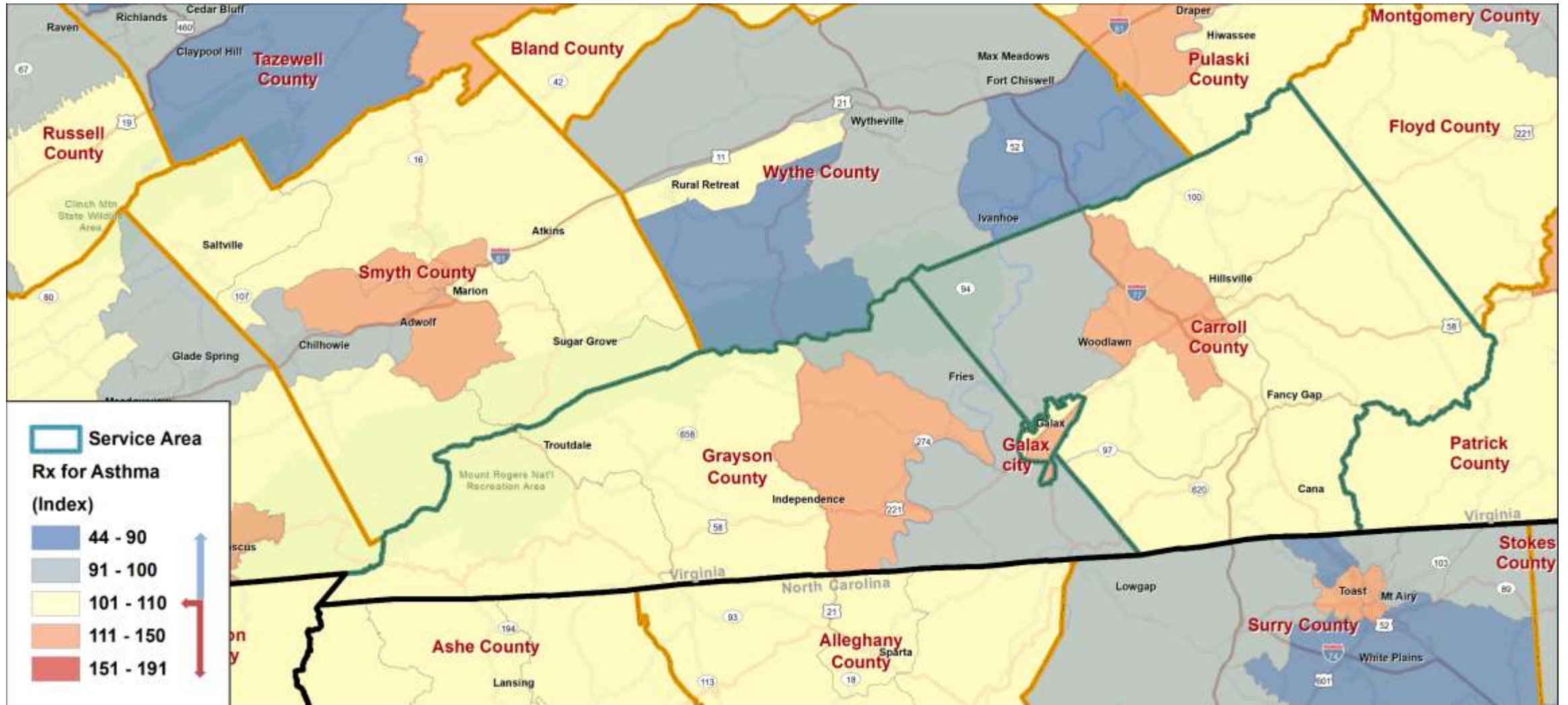
Use Prescription Drug for Diabetes (Insulin Dependent)



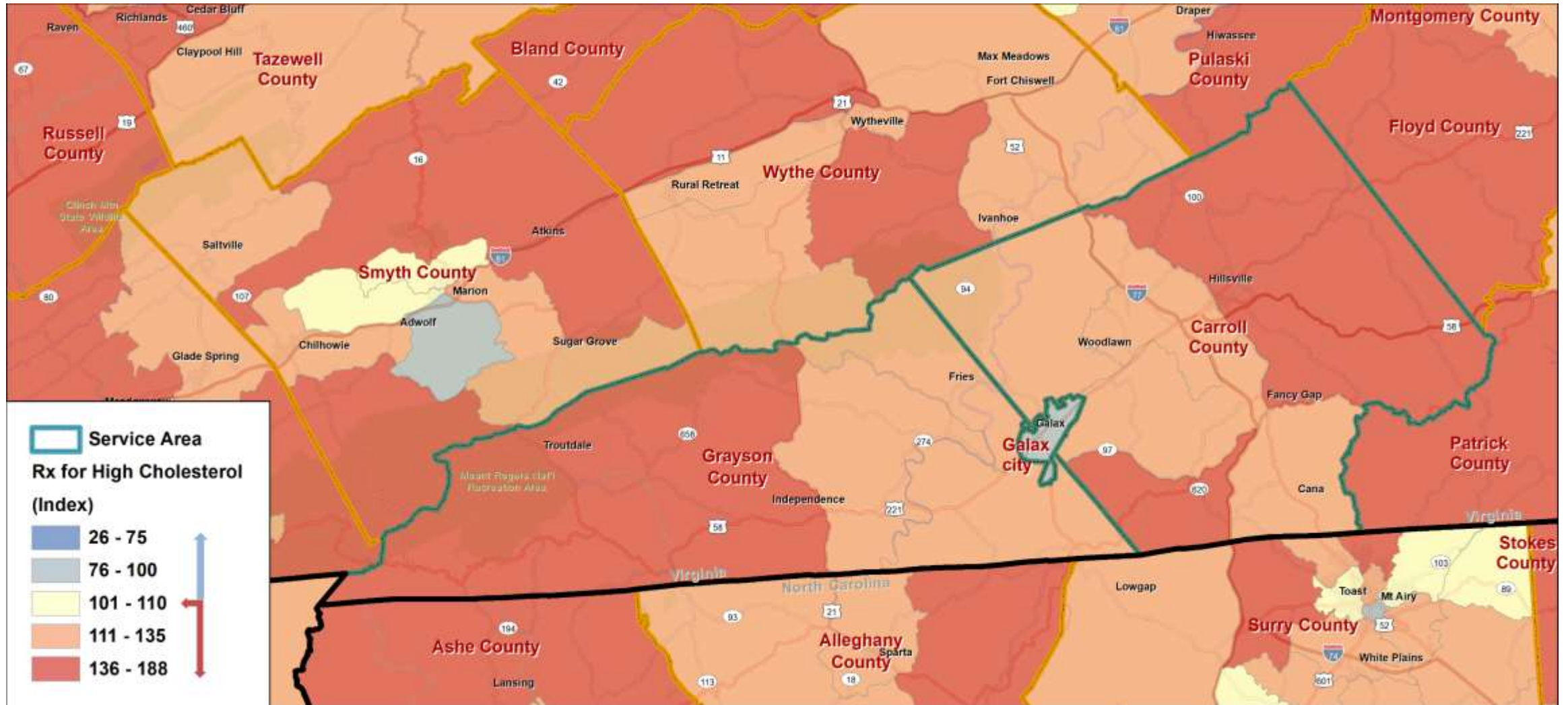
Use Prescription Drug for Diabetes (Insulin Dependent)



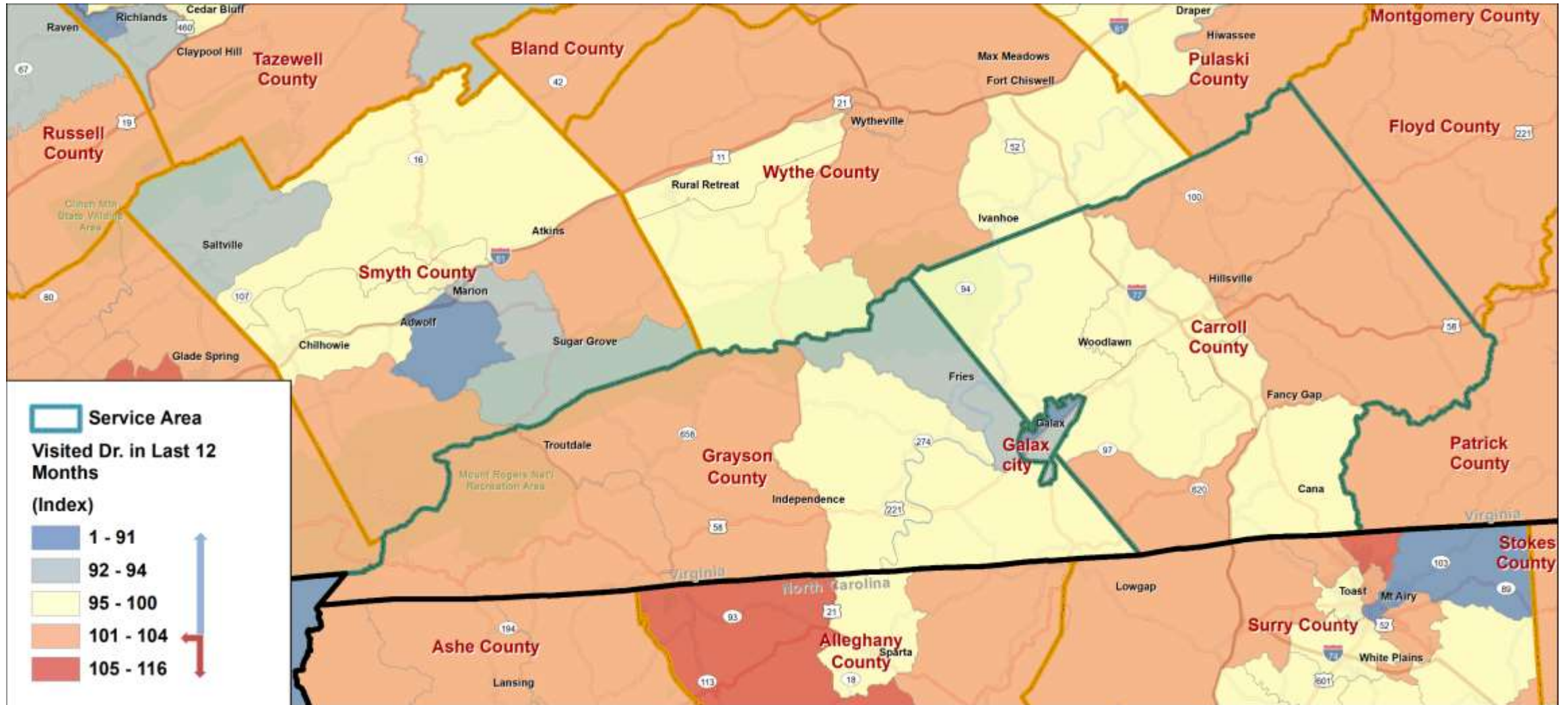
Use Prescription Drug for Asthma



Use Prescription Drug for High Cholesterol



Visited a Doctor in the Last 12 Months





Community Focus Groups/Interviews

Carroll County, Grayson County and Galax City, VA CHNA



On June 2, 32 community members participated in focus groups and individual interviews in Galax City to share their opinions on community health status and needs.

They represented:

- Public safety
- Health Department
- Healthcare providers – EMS, physicians, mental health, hospice, home care
- Not-for-profit, social organizations
- Government and community representatives
- Businesses
- Schools



How do you define health?

- Physical, mental, emotional, spiritual, psychological, financial, economic, and environmental health. Well-being, whole being. 3-legged stool
- Access to primary care, hospitals, most providers are completely full. Urgent care available but need to educate the public on health issues. For example, patients with heart attacks going to primary care and patients with sinus infections going to the ER
- Die young at a ripe old age. Enjoy life while there

How would you describe the health of the Galax, Carroll and Grayson communities?



- Fair to poor shape. Opportunities for improvement
- Struggling
- 70-30 split. 70% fairly healthy, 30% that only go to the doctor when something is wrong with them. Also, PCPs and dentists not accepting new patients
 - Outcomes aren't good for the patients we don't touch



What are the most significant health issues for the communities?

- Mental health – stigma, access to help, access to appropriate staff (not police)
- Socioeconomics – lack of industry, choosing between medicine, groceries, gas, rent, food
- Nutrition – Food insecurity, available, healthy, affordable food
- Substance misuse - drug use, vaping
- Trauma – stop generational trauma
- Access to care – affordable care, costs
- Education – trauma informed care, harm of vaping, health
- Family dynamics – combined households, teen pregnancy, childcare
- Chronic diseases – obesity, diabetes, heart disease

What are the most important health issues facing medically-underserved, low-income populations?



- Transportation - can't get to health services or medical appointments.
- Chronic diseases - Stroke, diabetes, high blood pressure, hypertension due to lack of treatment, intervention people not getting preventative care. These illnesses can be controlled, but people don't pay attention to them
- Mental health
- Substance misuse - alcohol, drugs
- Food availability; boxes of food distribution increasing
- Issue of unhoused in Galax



What are the most important health issues facing minority populations?

- Language and cultural barriers – need translators,
- Lack of insurance, using urgent care
- Immigration status – lack of trust, fear
- Racism
- Population with felonies

What are the most important health issues facing children/adolescents?



- Substance misuse – drugs, vaping, marijuana, alcohol, neonatal abstinence syndrome
- Access to pediatricians
- Food insecurity
- Mental health – depression, isolation, ADHD
- Lack of wellness checks
- Unstable home life, adverse childhood experiences, need more foster parents



What are the most important health issues facing seniors?

- Access to care – 85+ growing needs, staffing support, lack of specialty services, transportation
- Affordability – prescriptions, medical, ambulance
- Social interaction
- Chronic diseases – dementia, heart disease, diabetes
- Self-sufficiency

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



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

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

Better

- Access to food

Still Issues

- All
- Socioeconomics causation for many of these issues

Worse

- Costs
- COVID redefined everything

Additional

- None



What environmental factors have the biggest impact on community health?

- Housing - lack of affordable housing, older homes, few rentals
- Transportation
- Outdoors – lots of places to exercise – park, trail, sidewalks, rivers, great environment
- Unintended consequences of emptying state mental hospitals
- Social stigma, small town judgement
- Cost of health insurance
- Food availability



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

- Socioeconomics
- Transportation
- Lack of COVID-19 vaccinations
- Communication – Internet, handouts, newspaper
- Getting drugs under control
- Not enough providers
- Delayed care



What community assets support health and wellbeing?

- God's Storehouse
- Law enforcement and EMS
- Farmer's Market
- Hospital, physicians
- Free clinic
- Local gyms
- United Way
- Outdoor resources

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



- Staffing availability
- Mental health – isolation, culture, trauma, fear, substance use
- Communication difficulties
- Health literacy – when to use ER, doctor, urgent care, misinformation
- Education for kids during COVID not ideal and behind
- Internet deserts

What improvement activities should be a priority for the counties to improve health?



- Cities and counties need to cooperate
- Drug rehab centers more available
- Educate on addiction
- More transportation – ambulances, public transportation, Uber, activity bus for kids
- Integrate mental health into primary care
- Simplify Medicaid
- More preventative care
- More specialties – cardiology, GI, orthopedics, neuro, internal medicine, mental health
- Increase childcare
- Quality internet technology
- Add jobs, shopping, housing
- Mental health providers in all schools
- Improve education for kids
- Increase community education – chronic disease management, insurance, resources
- Staffing/wages/benefits



Community Survey

Carroll County, Grayson County and Galax City, VA CHNA

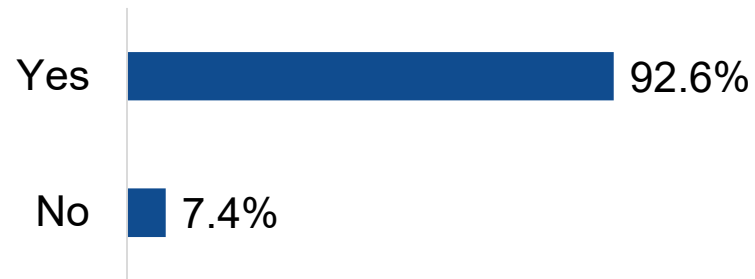


- TCRH and Stratason conducted surveys of the community, hospital employees and providers
- 54 surveys were completed via online surveys from May 23, 2022, through July 20, 2022
- Method of distribution –
 - Email distribution to hundreds of community partners and email distribution lists
 - Social media placement

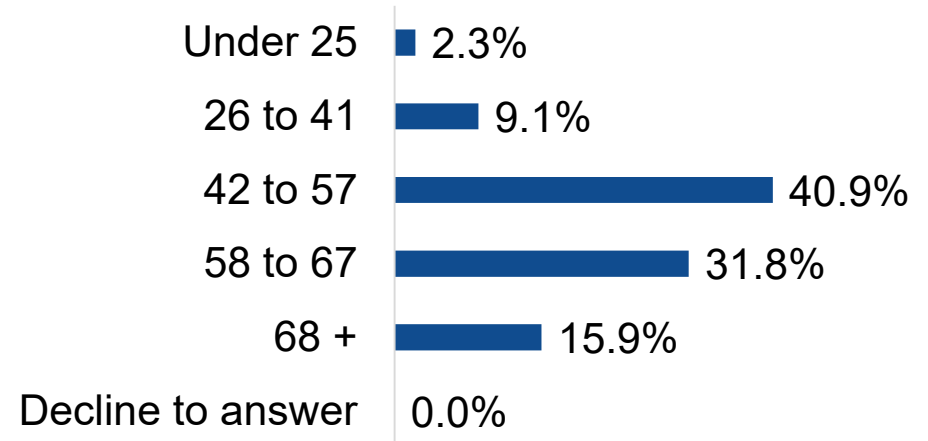
Respondent Demographics



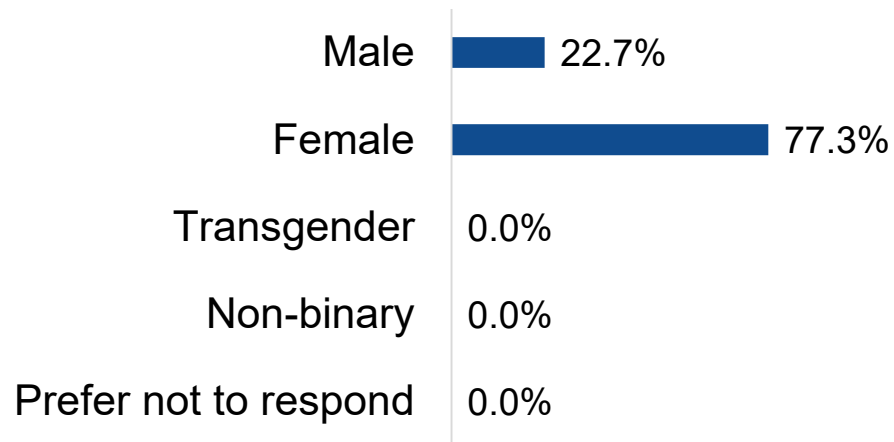
Do you live or work in Galax City, Carroll County, or Grayson County?



Which of the following ranges includes your age?

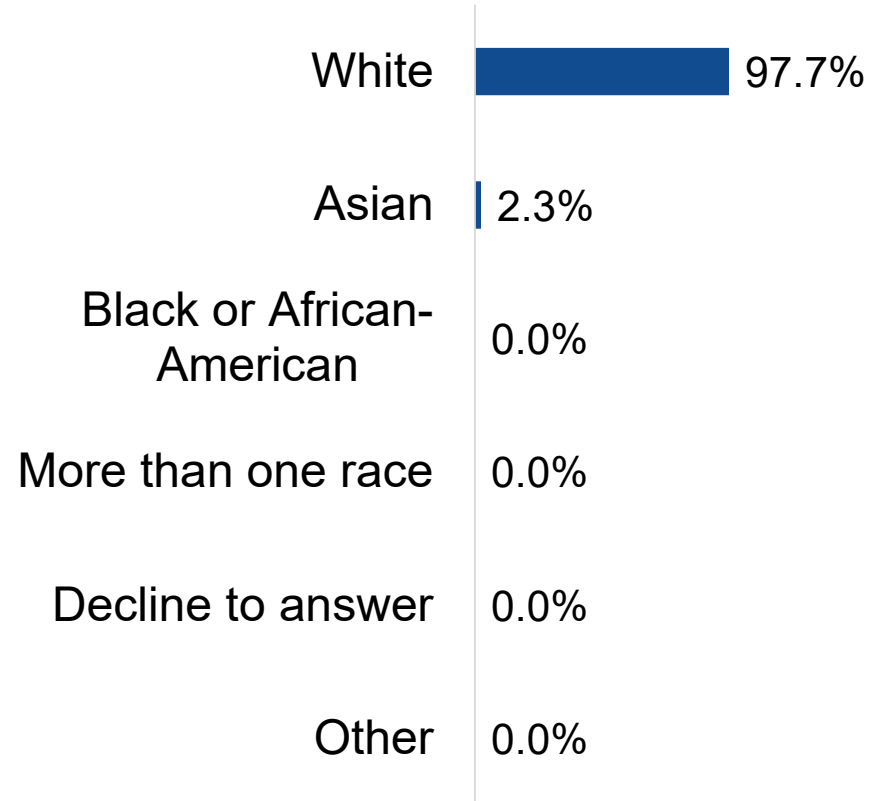


What is your gender?

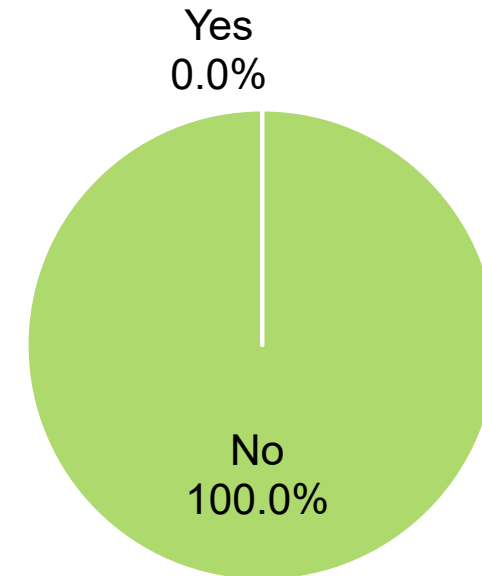




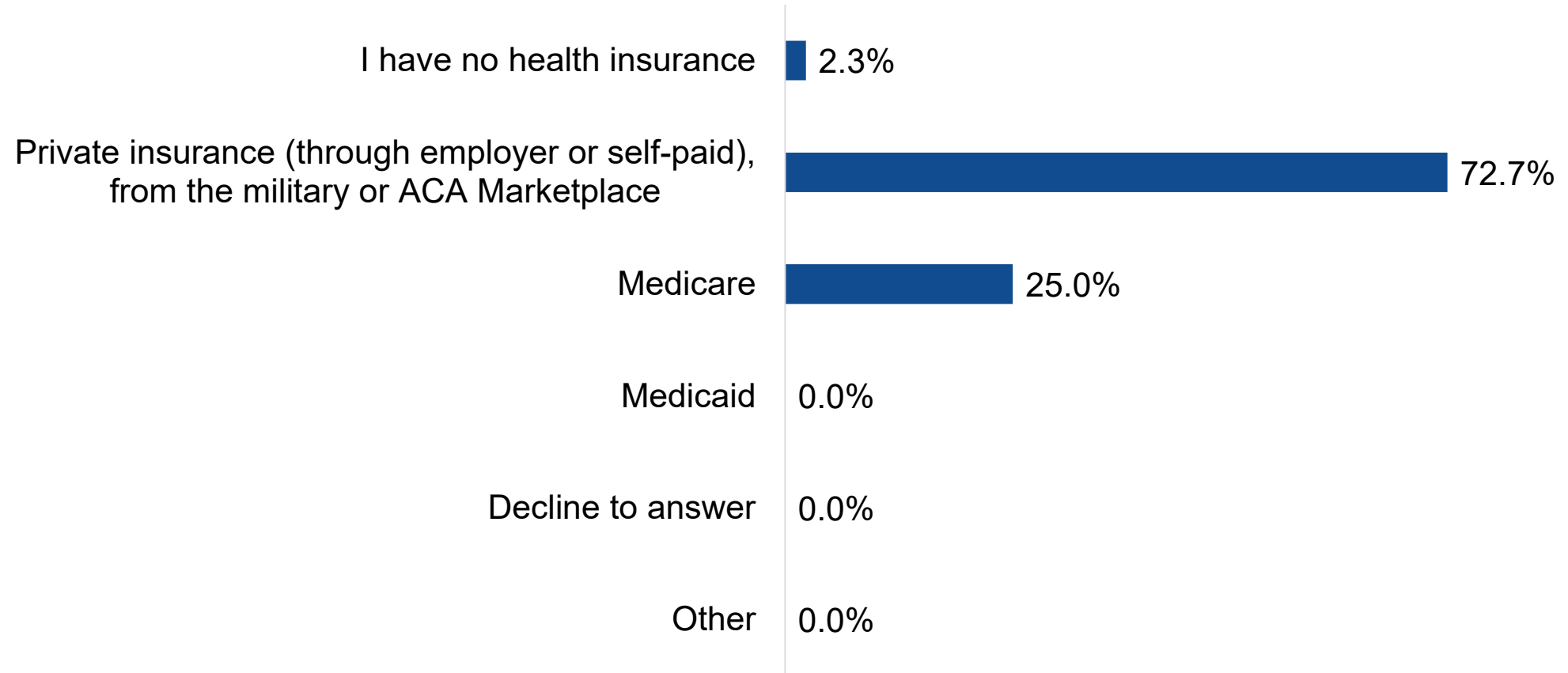
How would you best describe yourself?



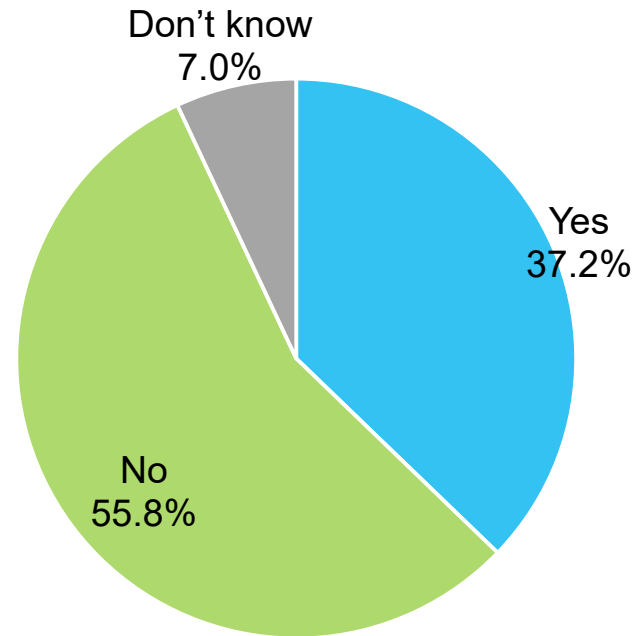
Are you of Hispanic/Latino/Spanish Origin?



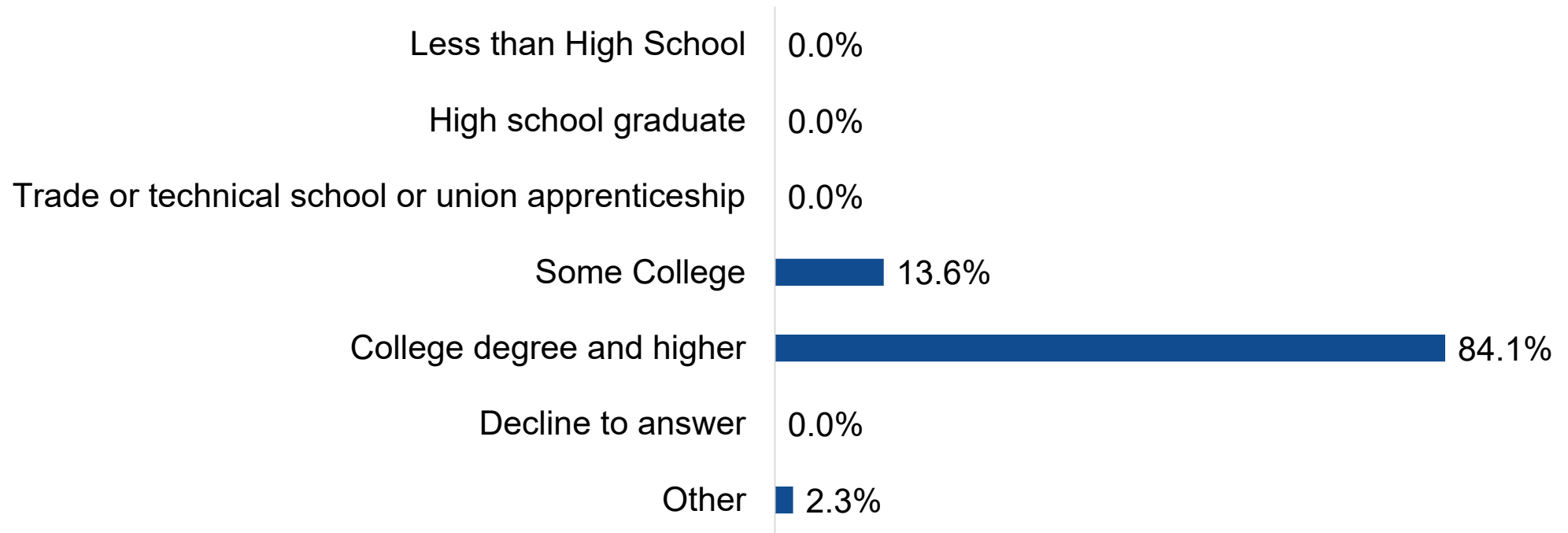
Q46. Which of the following best describes your health insurance situation?



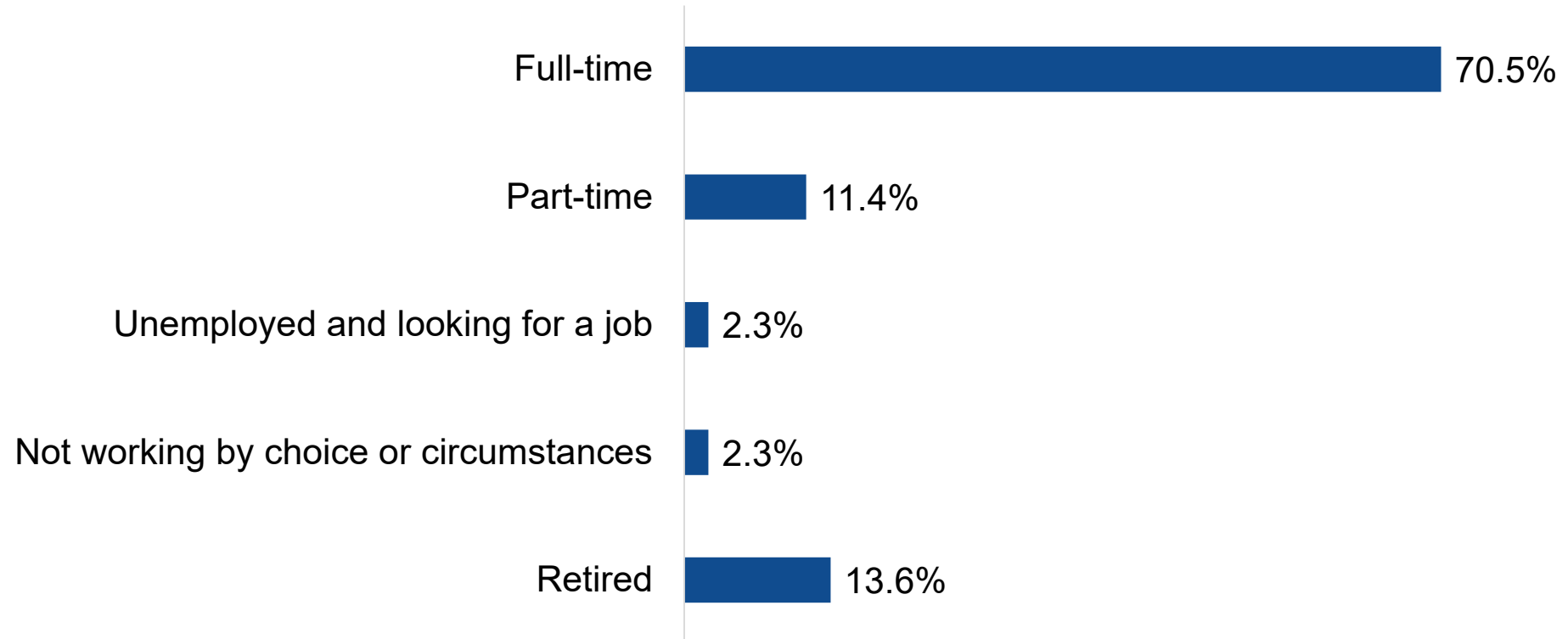
Q47. Do you have a high deductible health plan? Defined as a deductible over \$1,350 for individual and \$2,700 for a family.



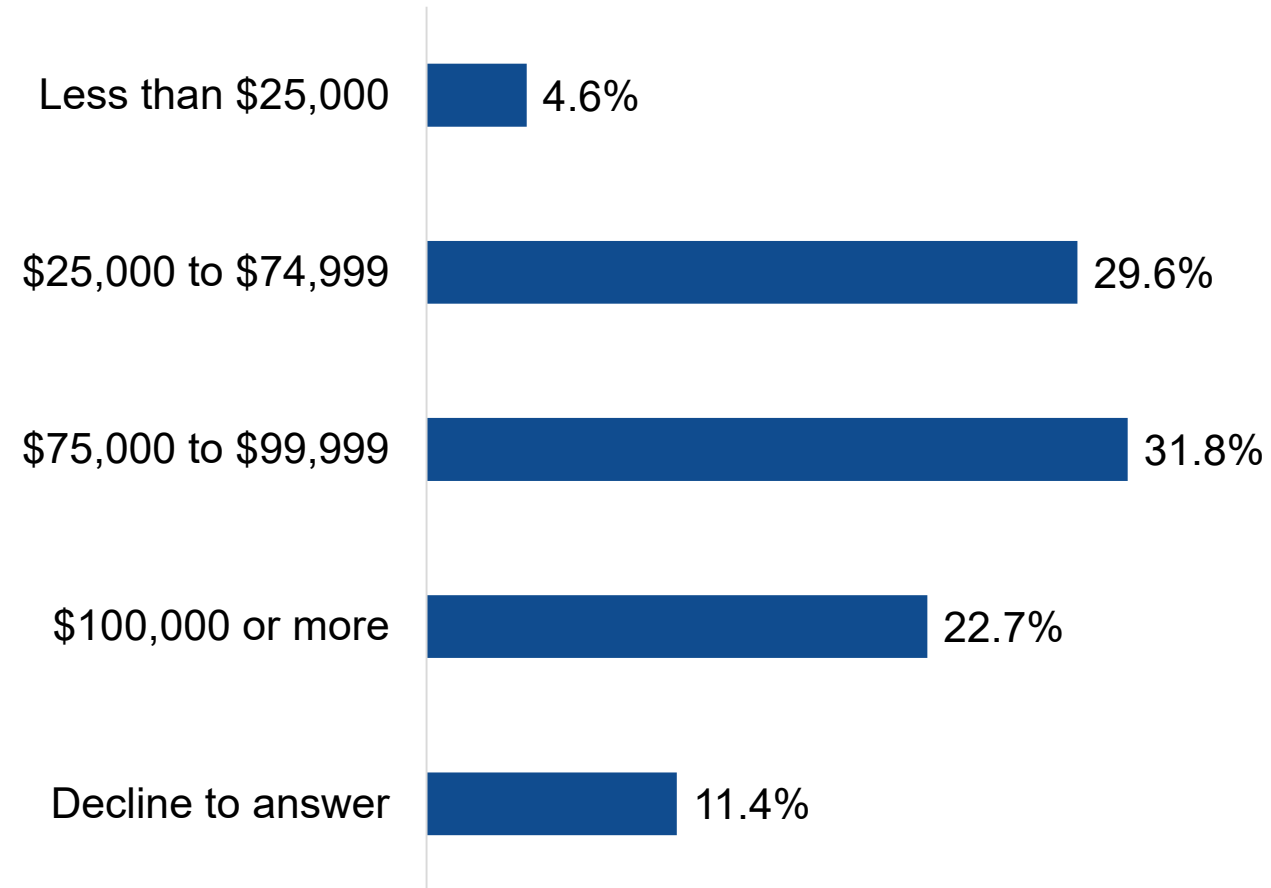
Q48. What formal education have you earned?



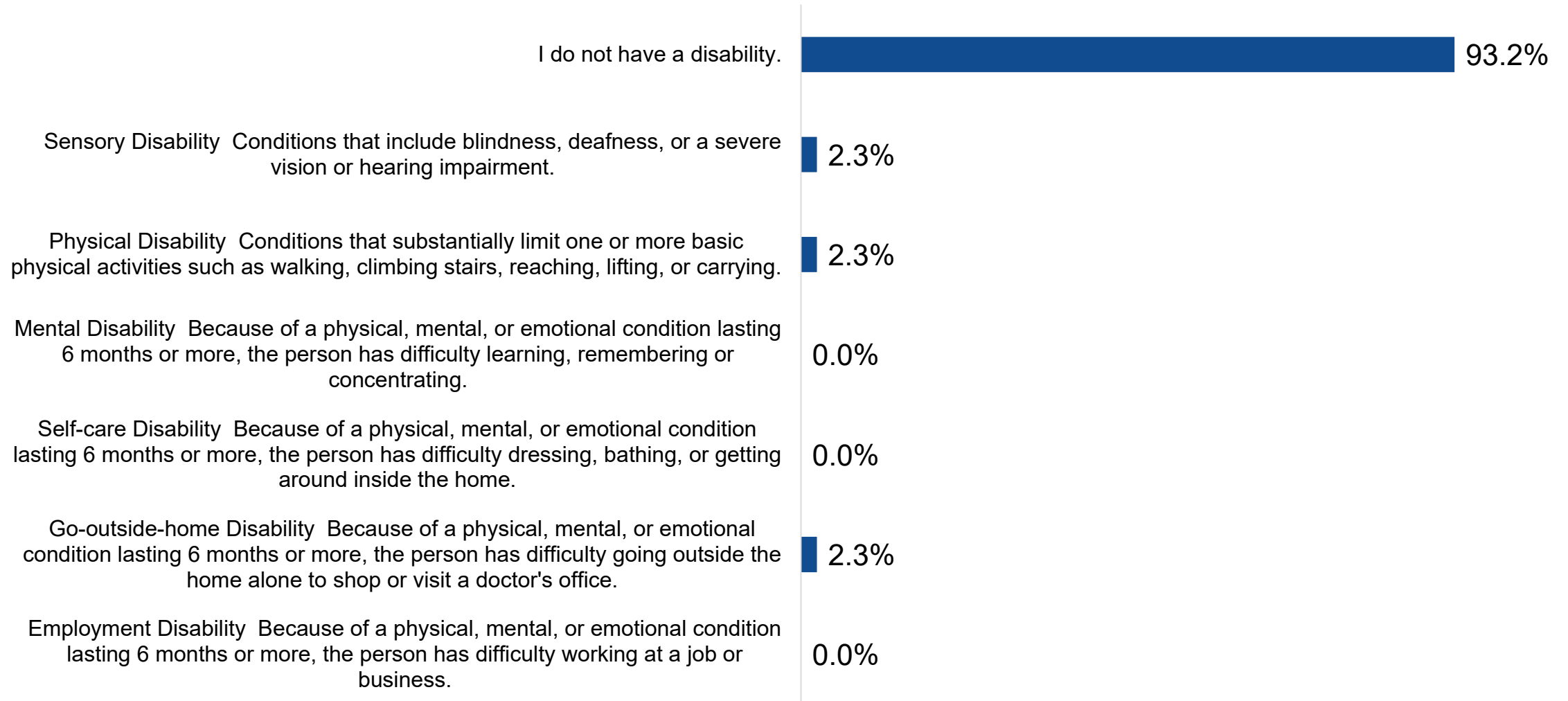
Q49. What is your current employment status?



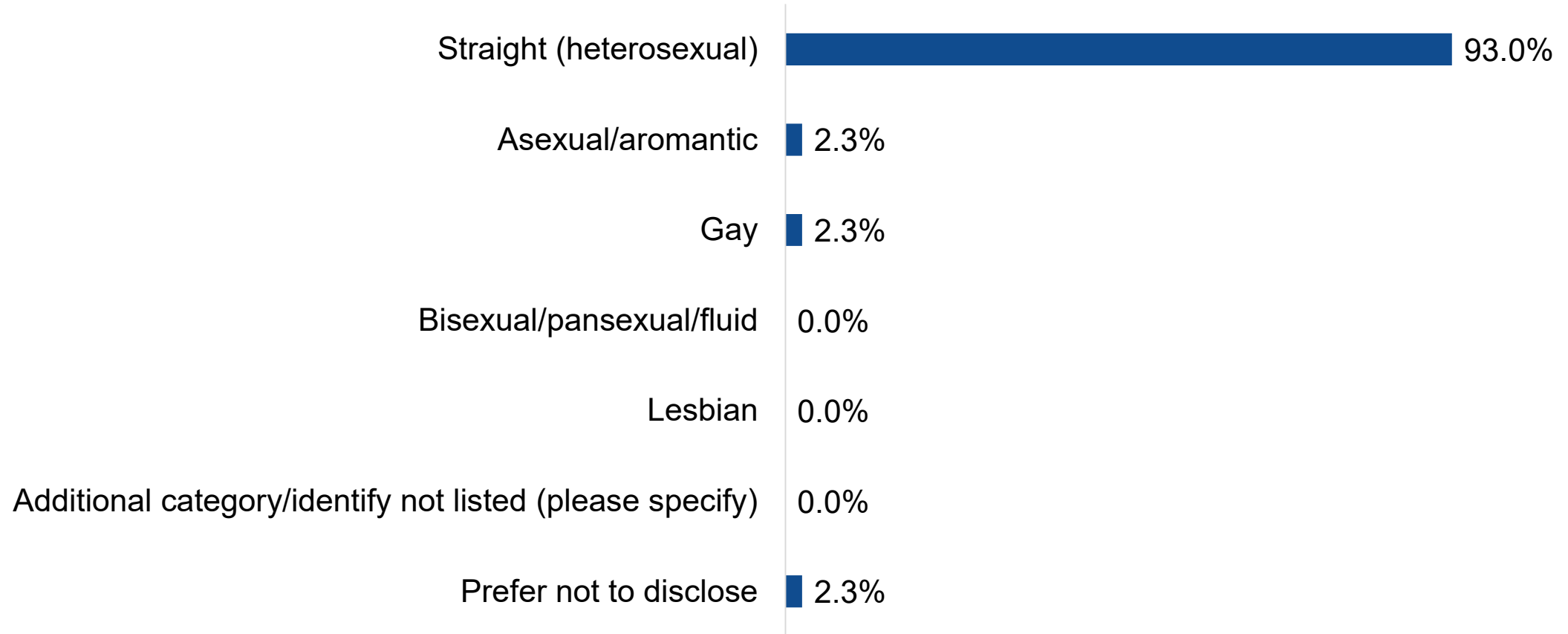
Q50. Which of the following includes your annual household income?



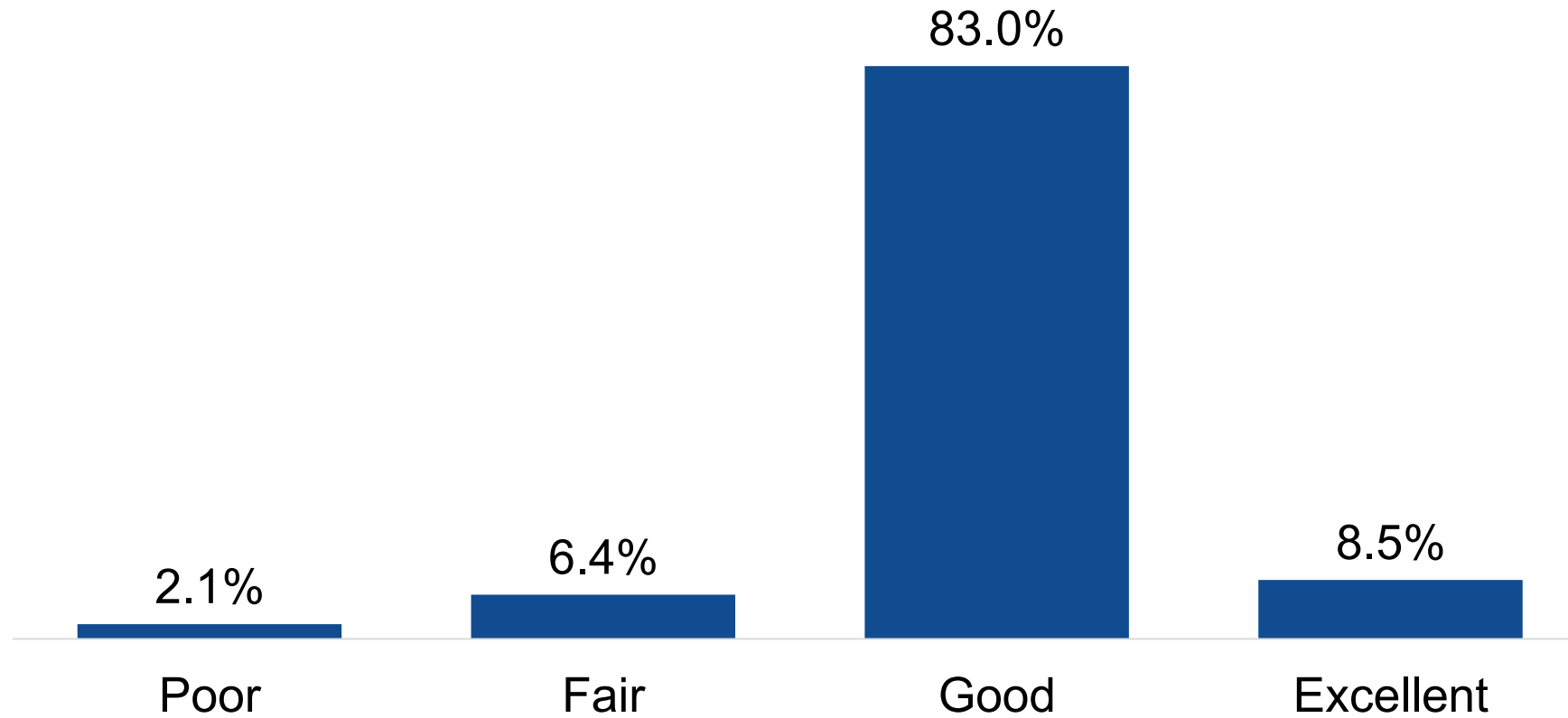
Q53. What is your disability status?



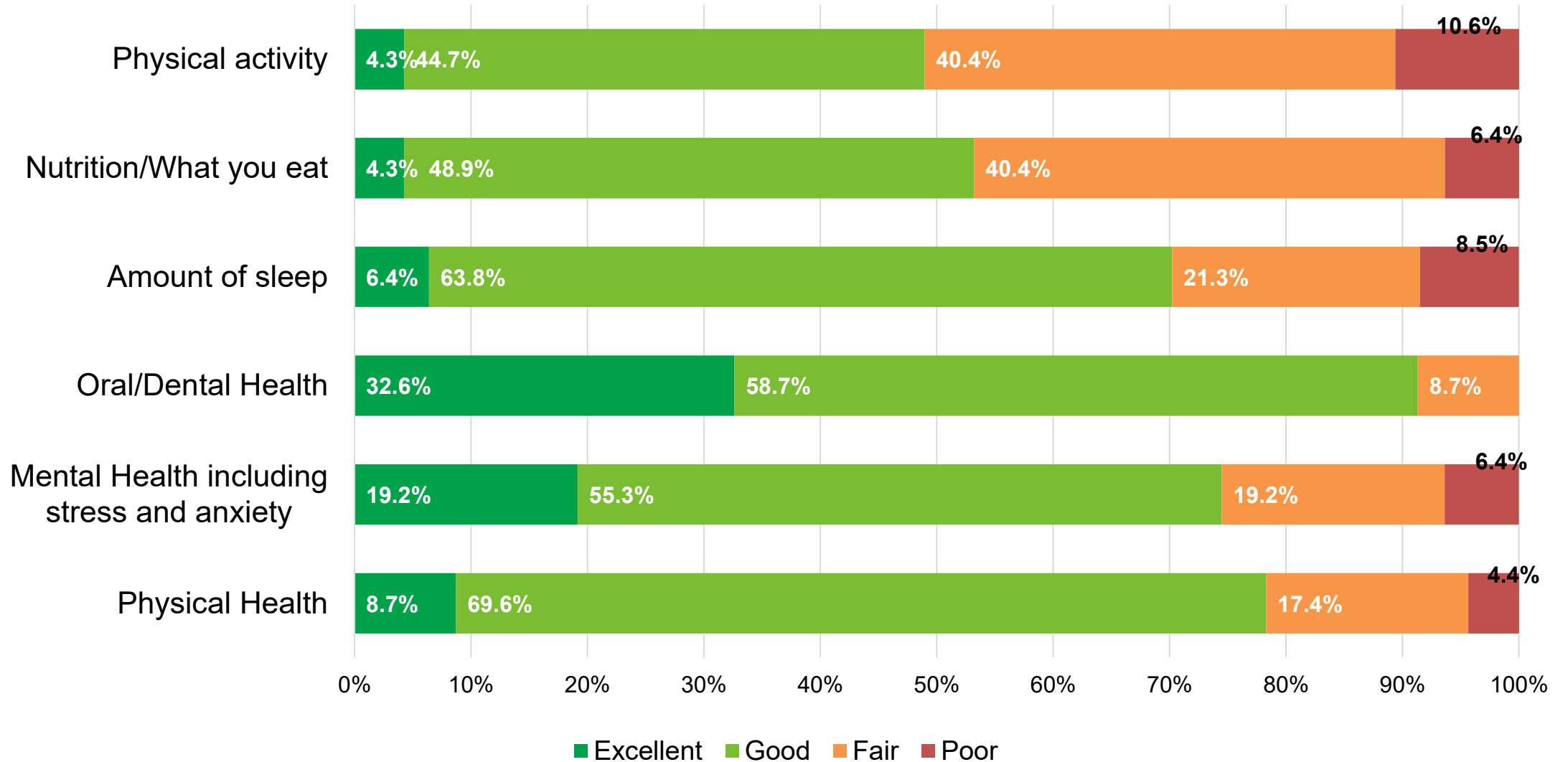
Q54. What is your sexual orientation?



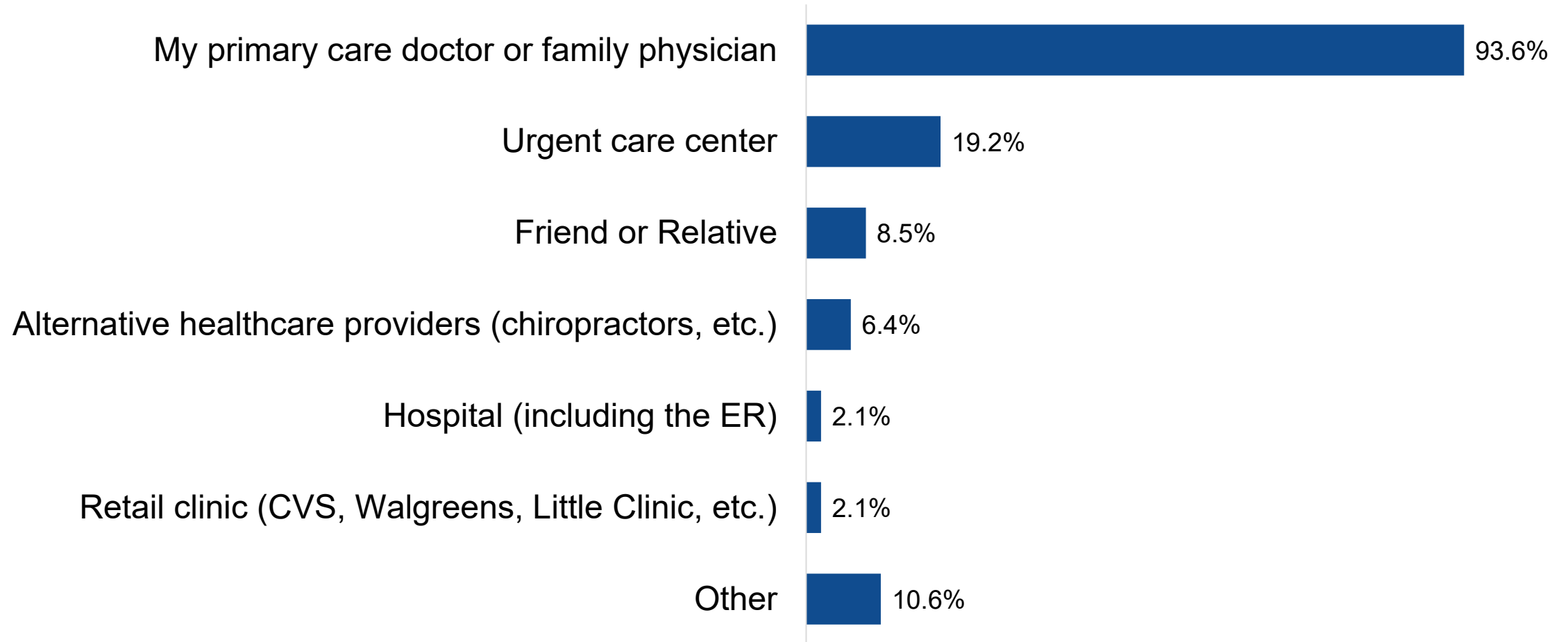
Q2. Generally, how would you describe your health? Would you say it is...



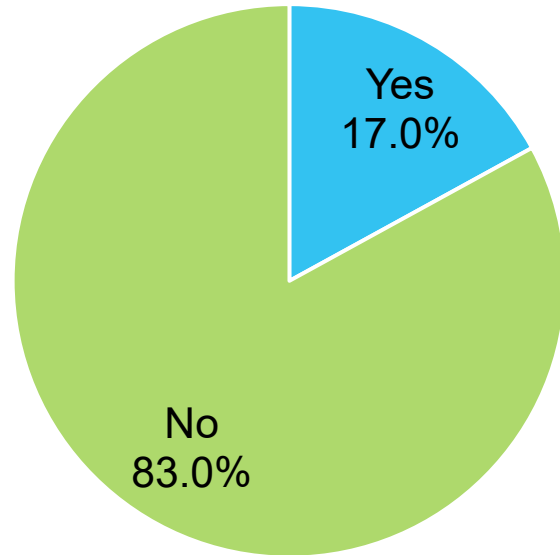
Q3. Generally, how satisfied are you with your...



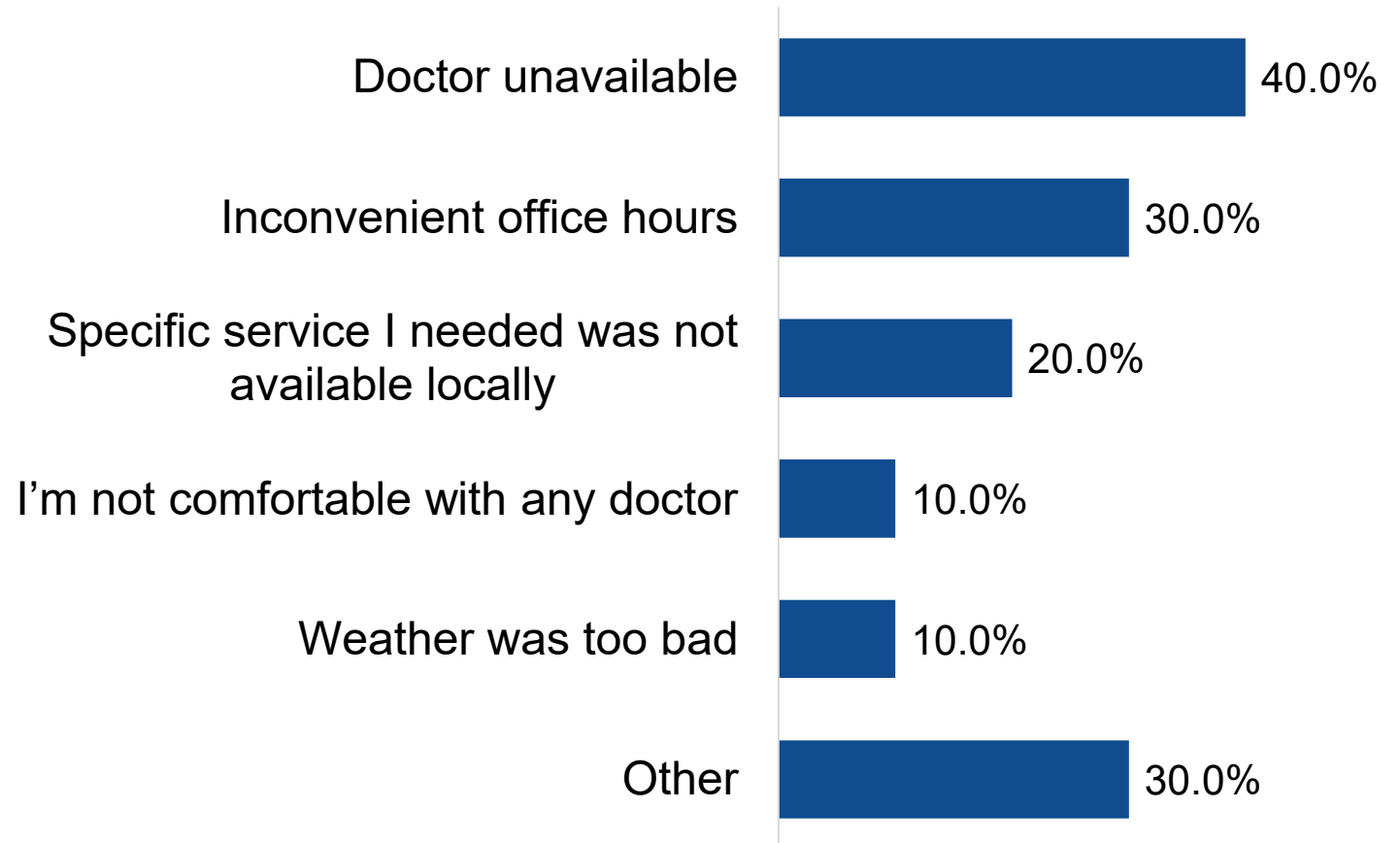
Q4. If you have one person or group you turn to for basic healthcare needs, where do you go most often? (May select multiple answers)



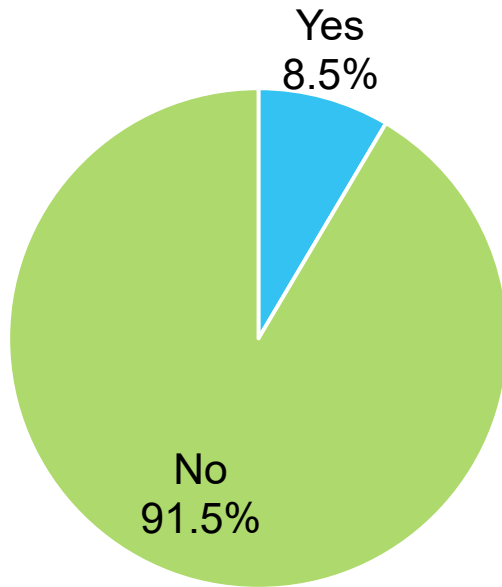
Q5. Was there a time in the past 12 months when you needed to see a doctor but could not?



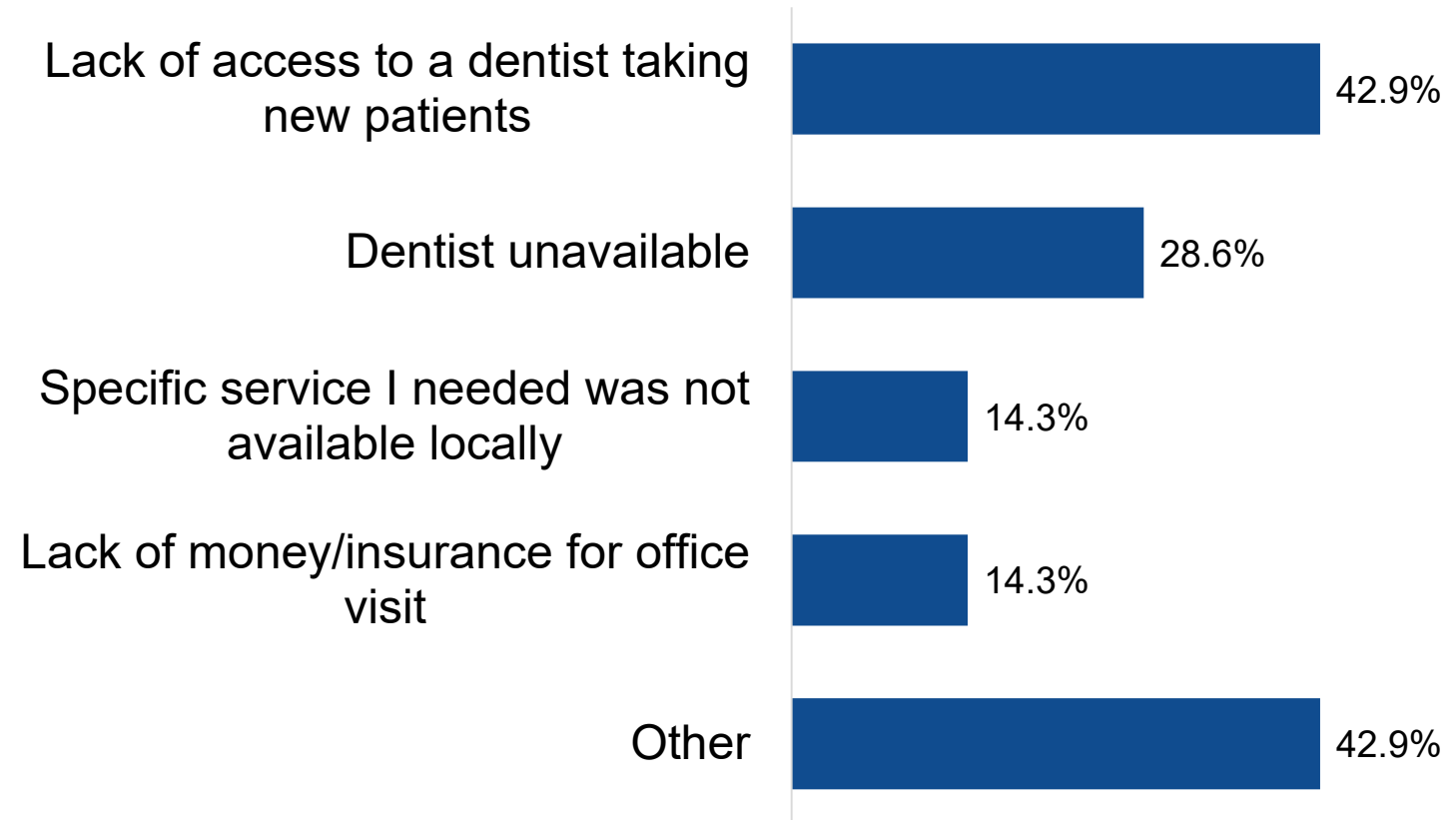
What are some of the reasons why you could not see a doctor?



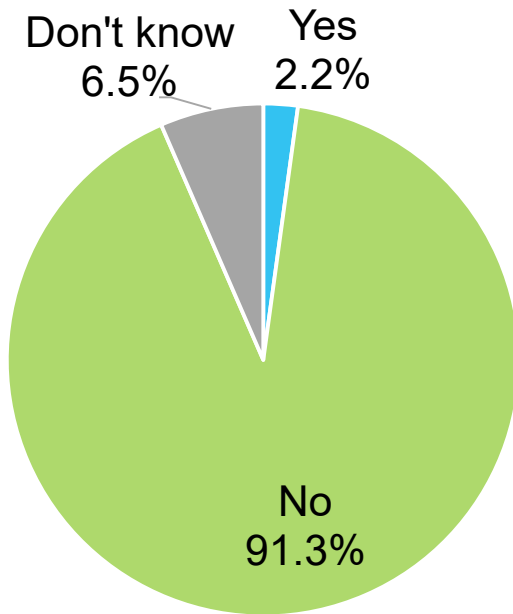
Q7. Was there a time in the past 12 months when you needed to see a dentist but could not?



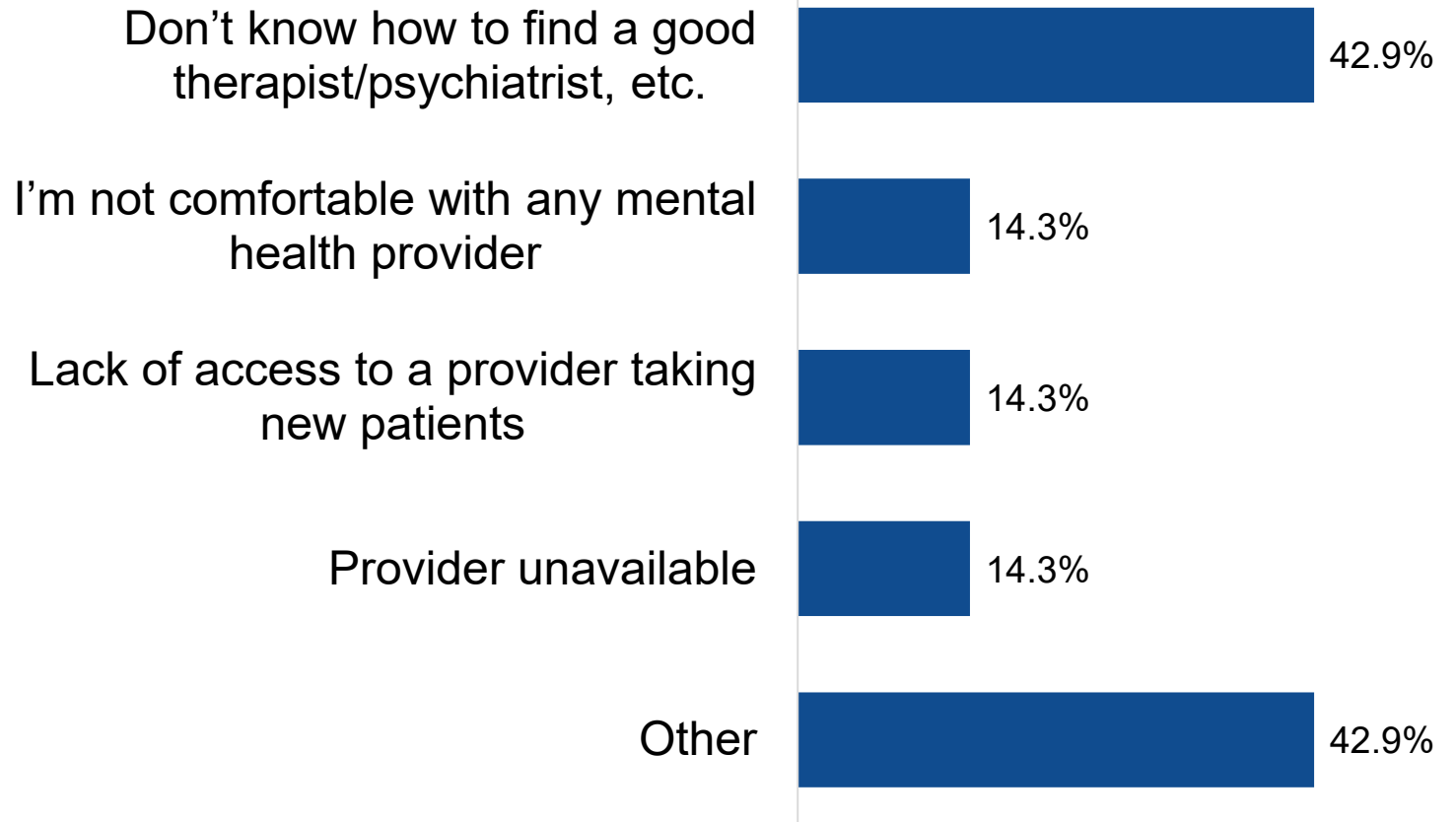
What are some of the reasons why you could not see a dentist?



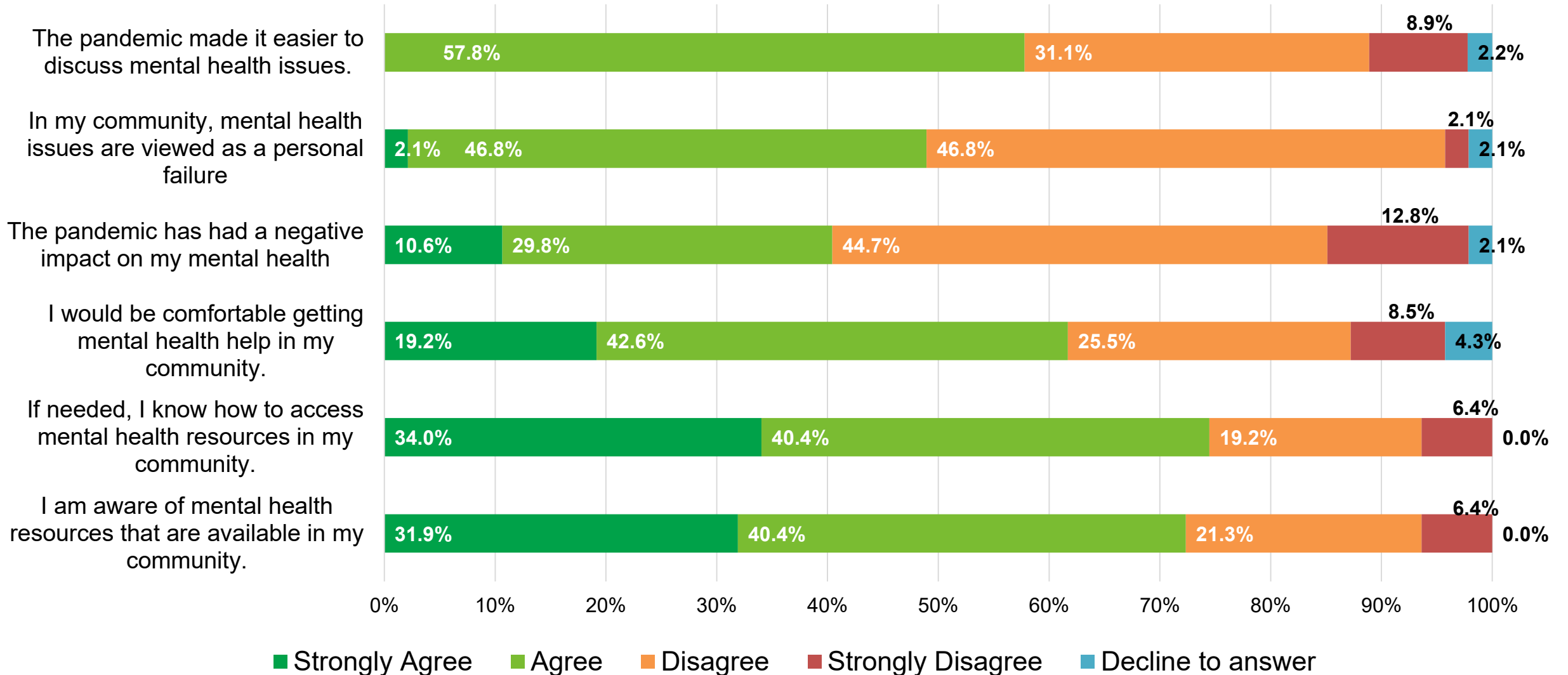
Q9. Was there a time in the past 12 months when you needed to see a mental health professional but could not?



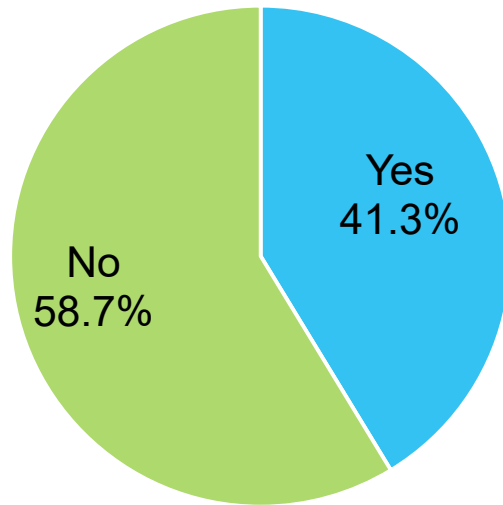
What are some of the reasons why you could not see a mental health professional?



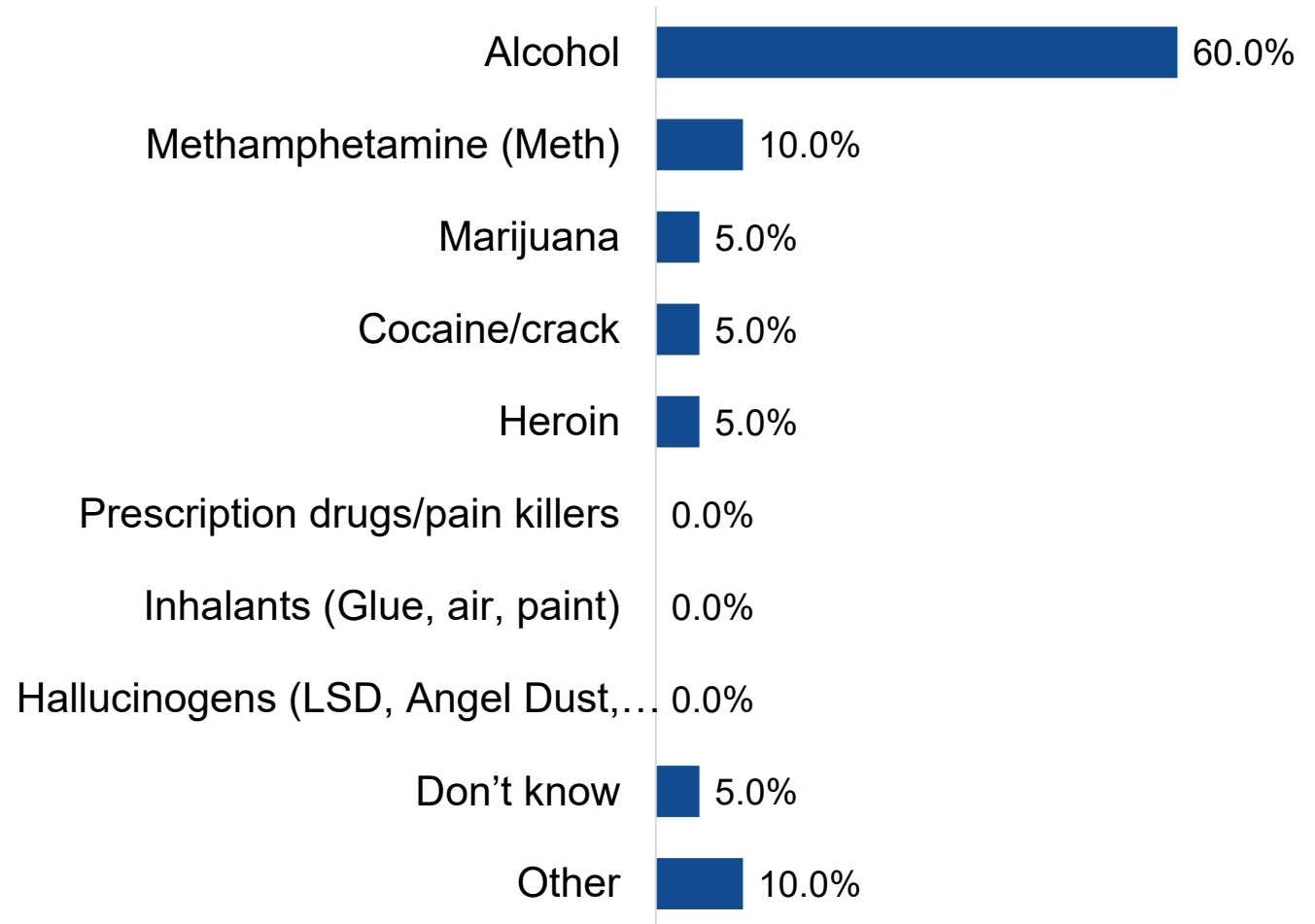
Q11. Please tell us to what level you agree or disagree with the following statements.



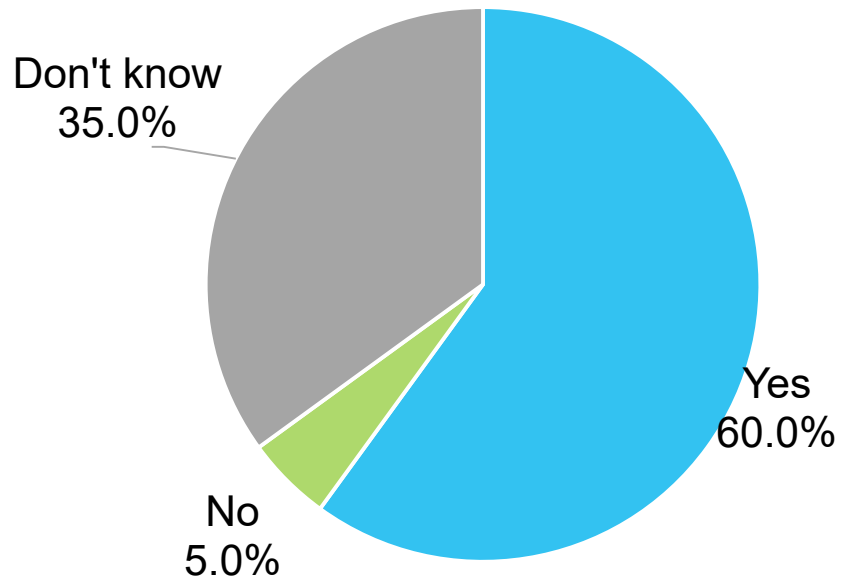
Q12. Have you, a relative or close friend experienced substance abuse or addiction?



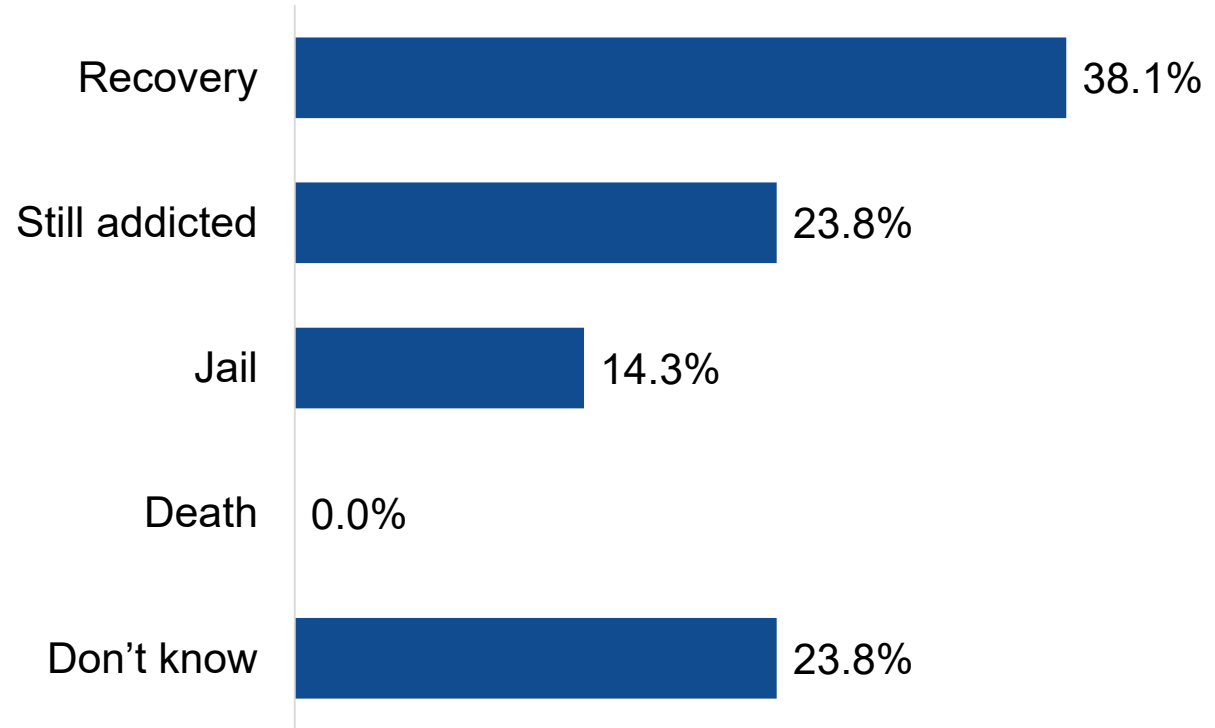
Q13. If yes, what substance was involved?



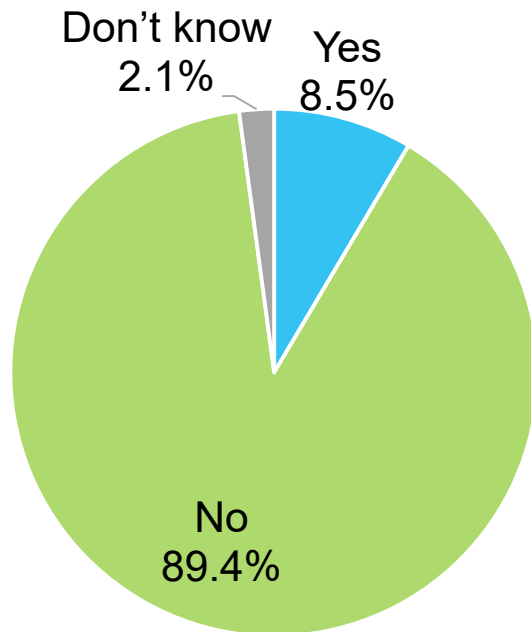
Q14. Was addiction treatment available?



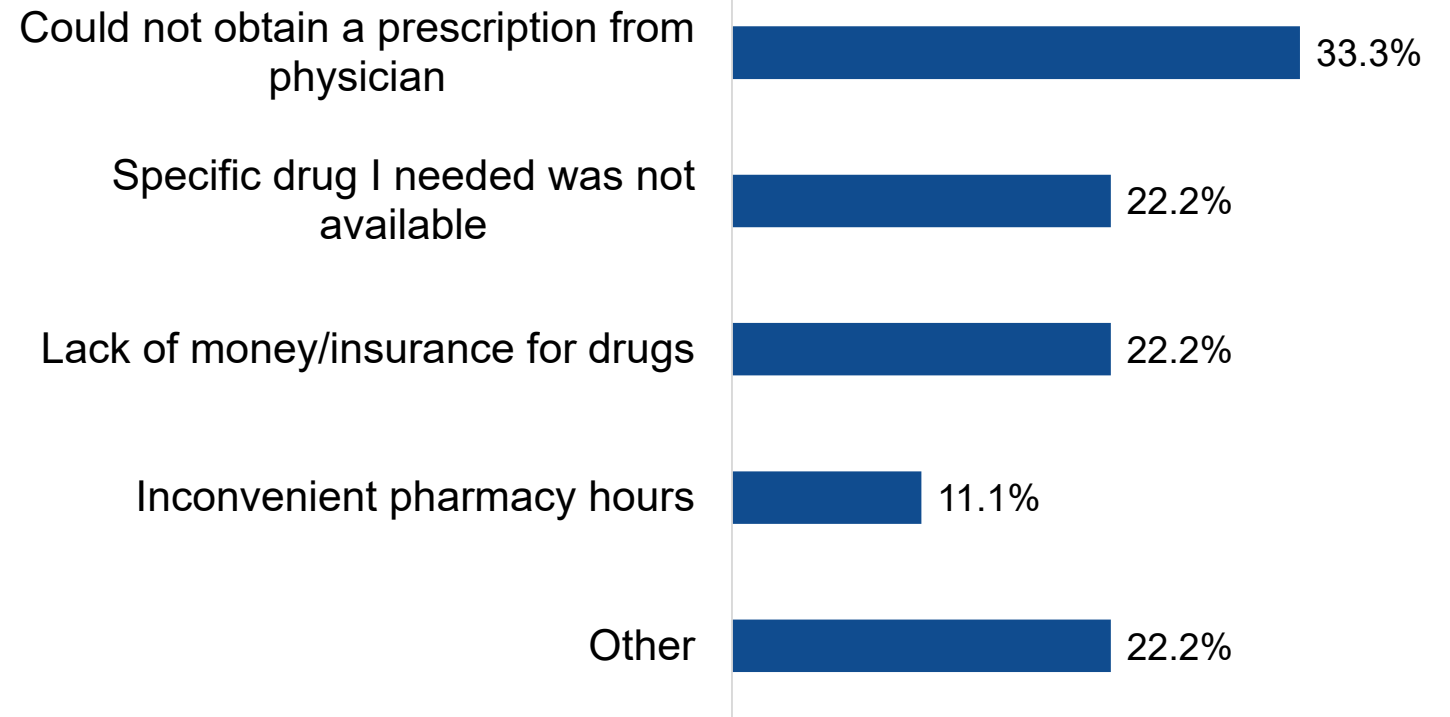
Q15. What was the result of the addiction?



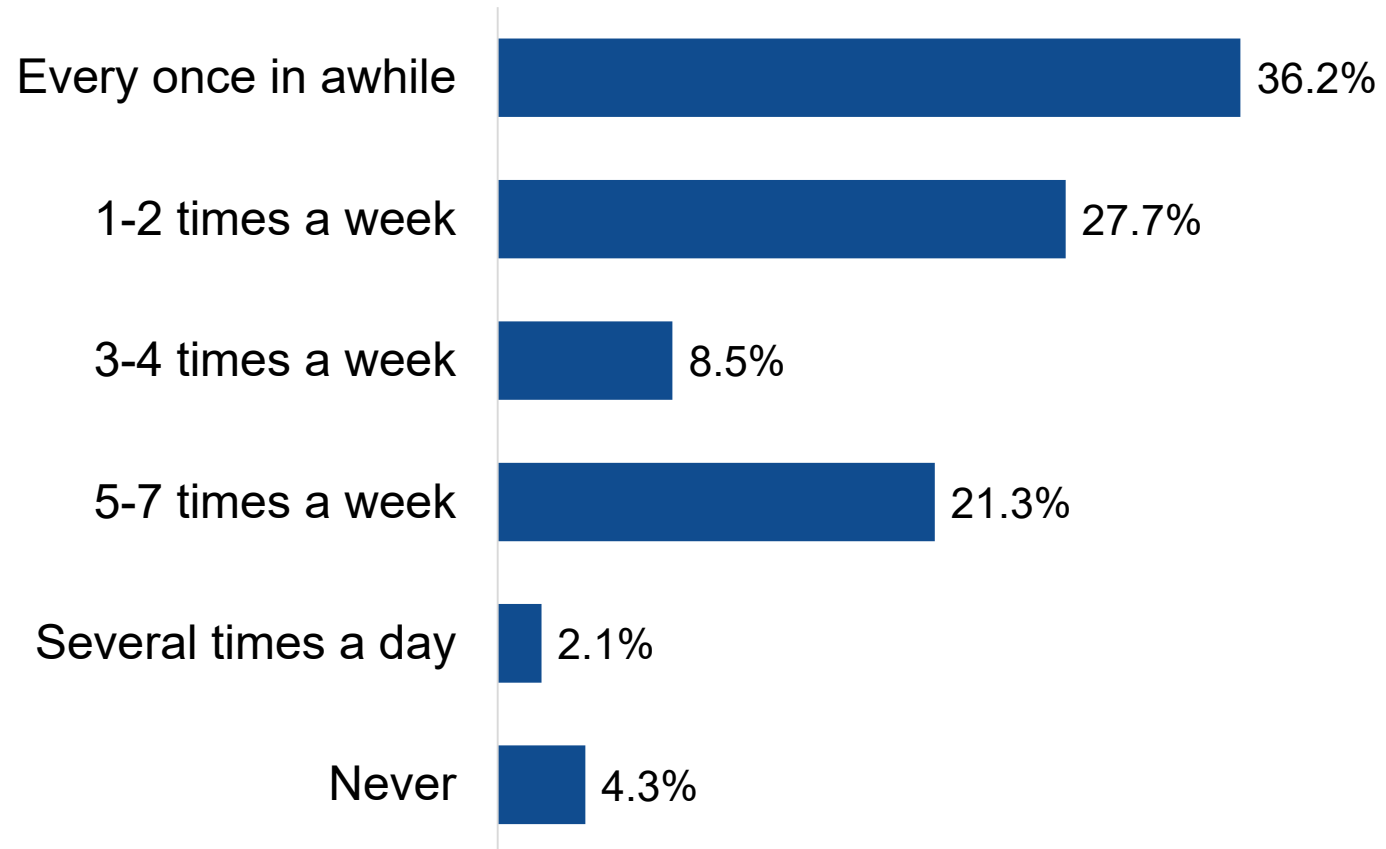
Q16. Was there a time in the past 12 months when you needed medications but could not obtain them?



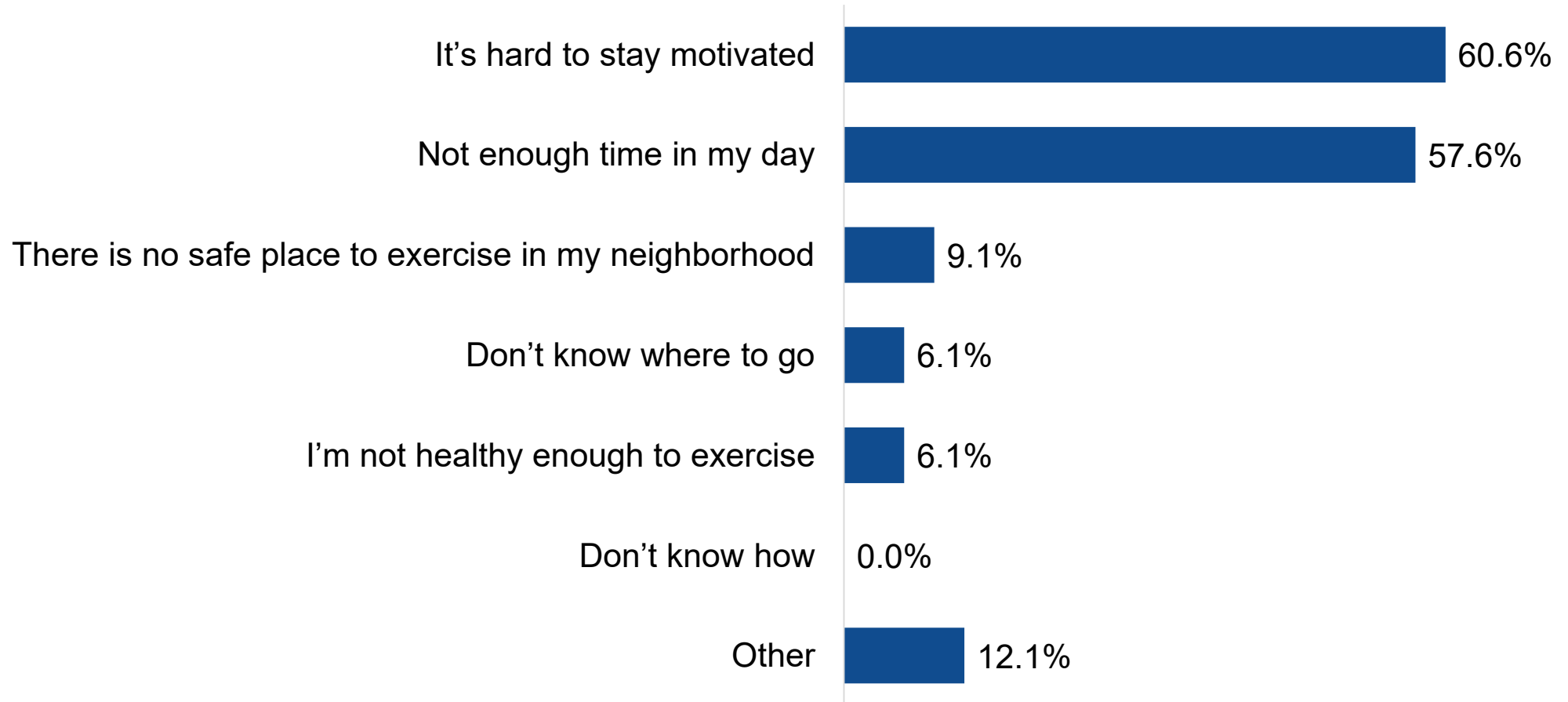
What are some of the reasons why you could not obtain needed medications?



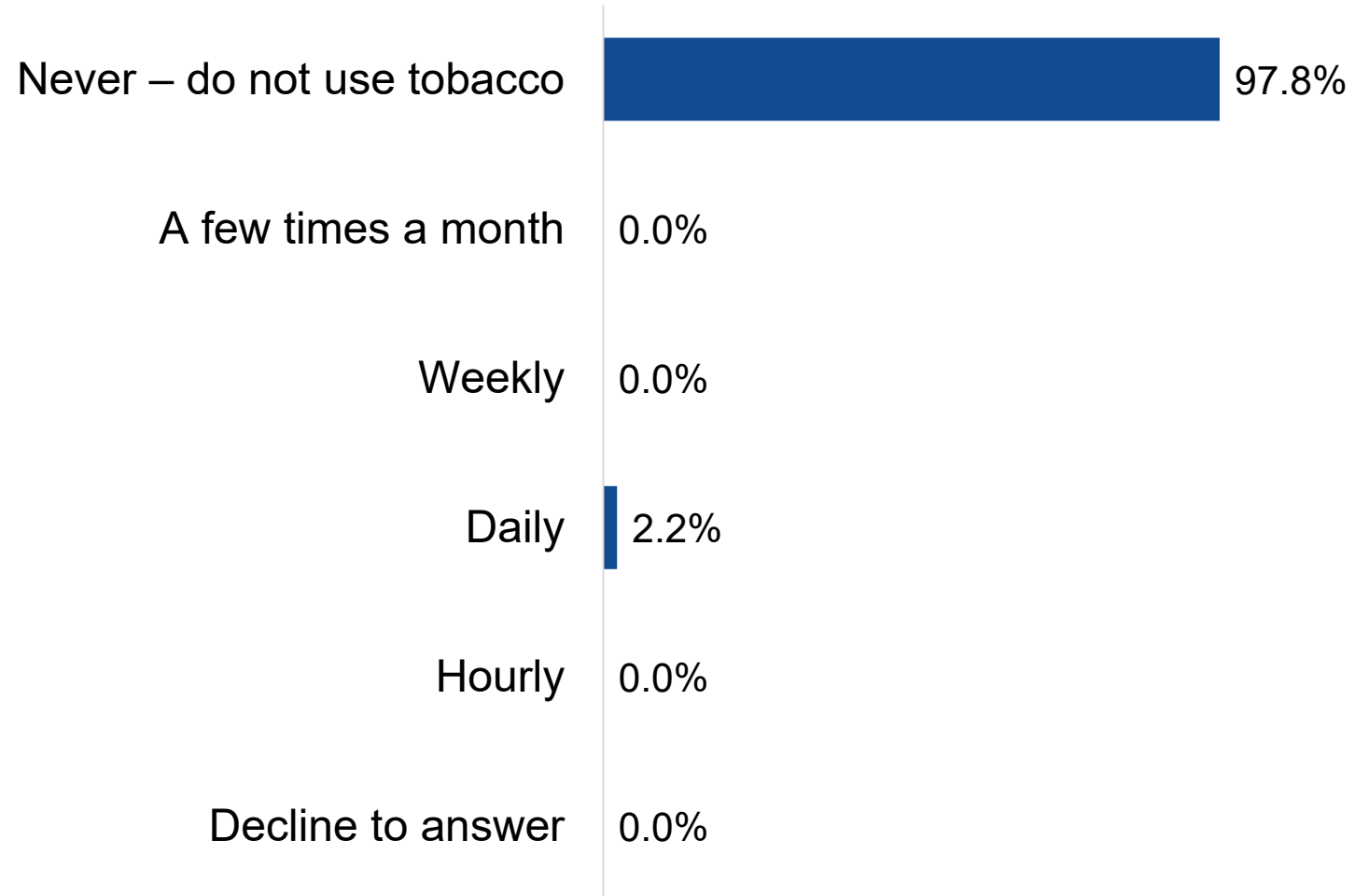
Q18. How often did you participate in any physical activities or exercise such as fitness walking, running, weight-lifting, team sports, etc.?



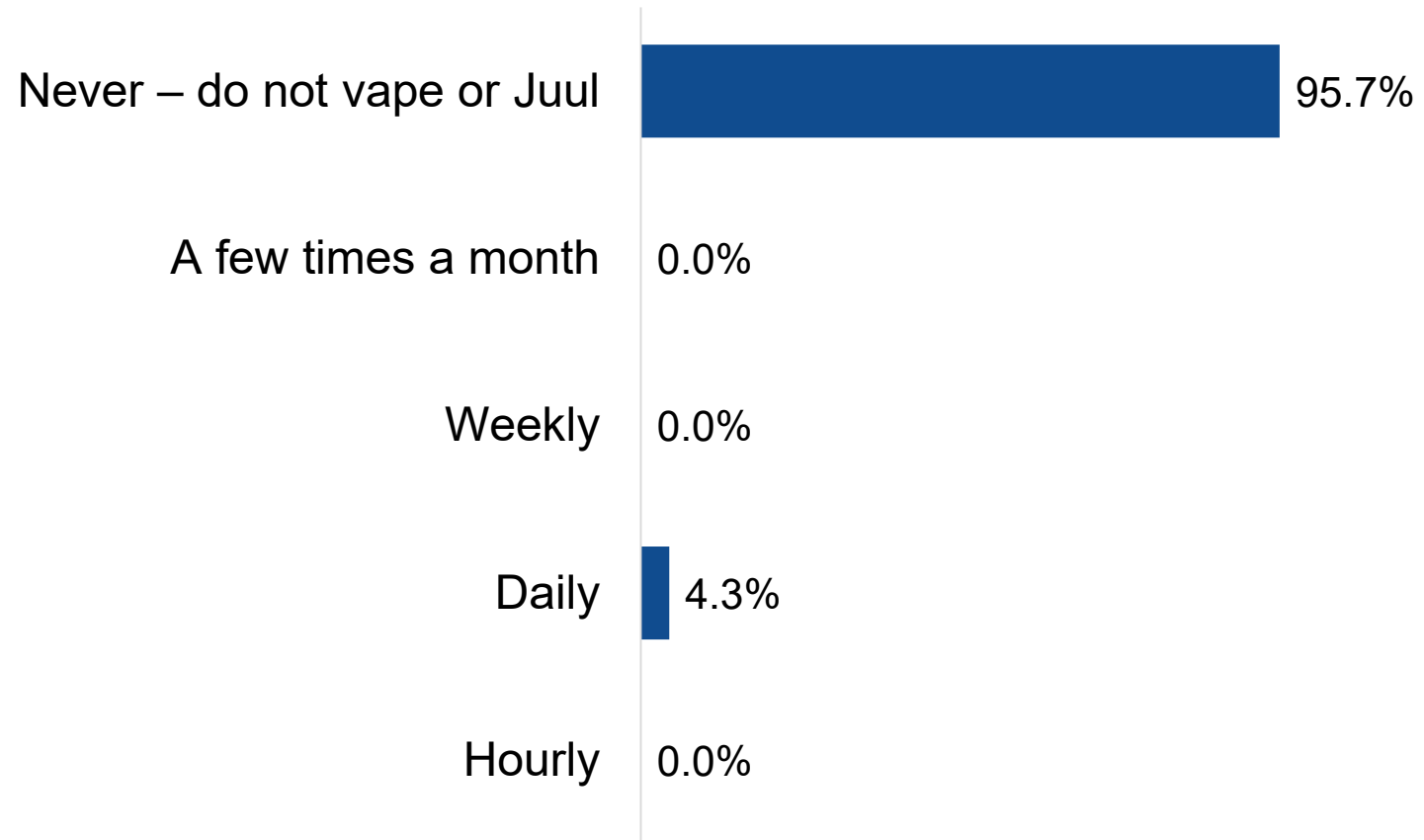
Q19. What are the reasons you have not participated in any exercise during the past month? (Select all that apply)



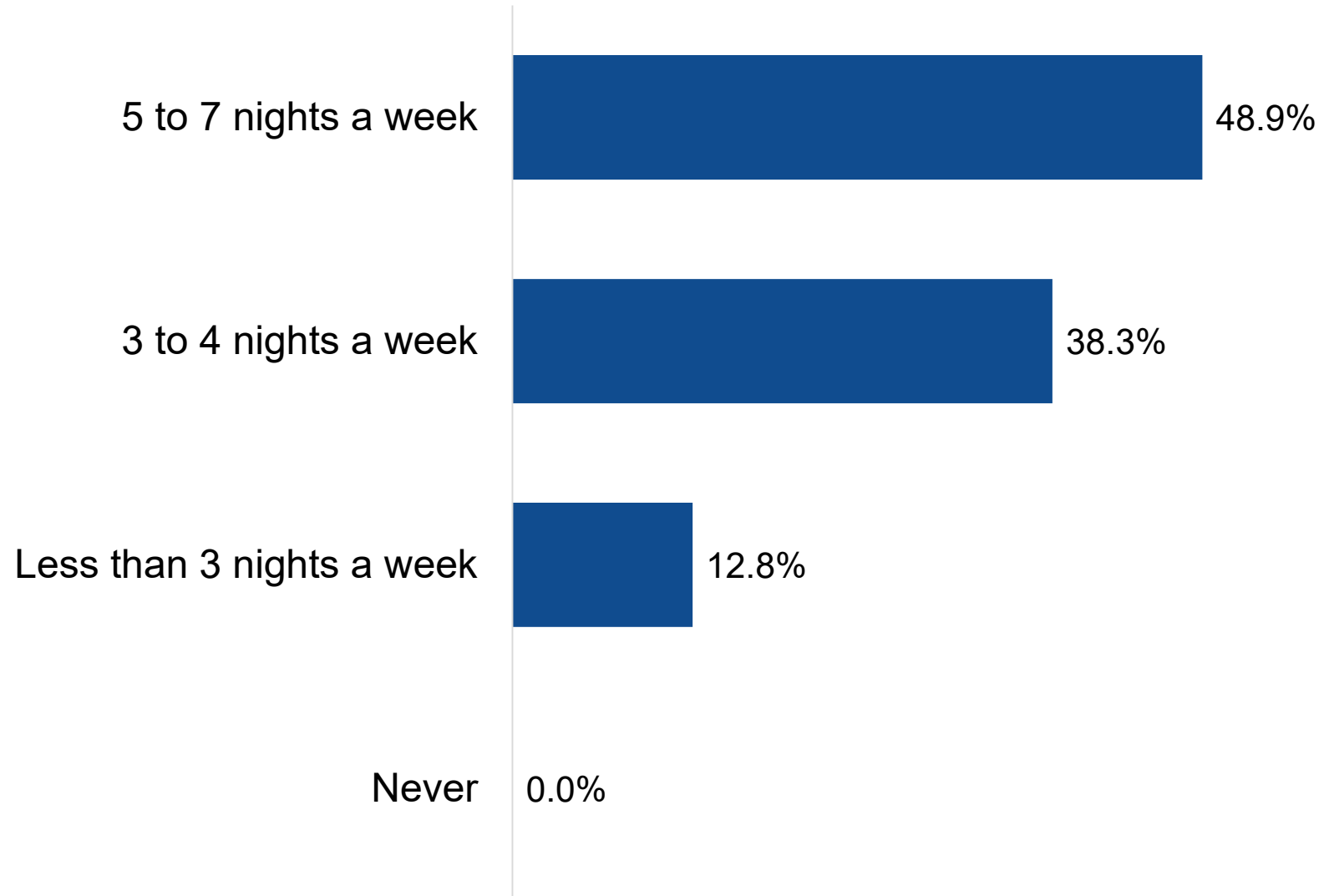
Q20. How often do you smoke or use smokeless tobacco, if you do?



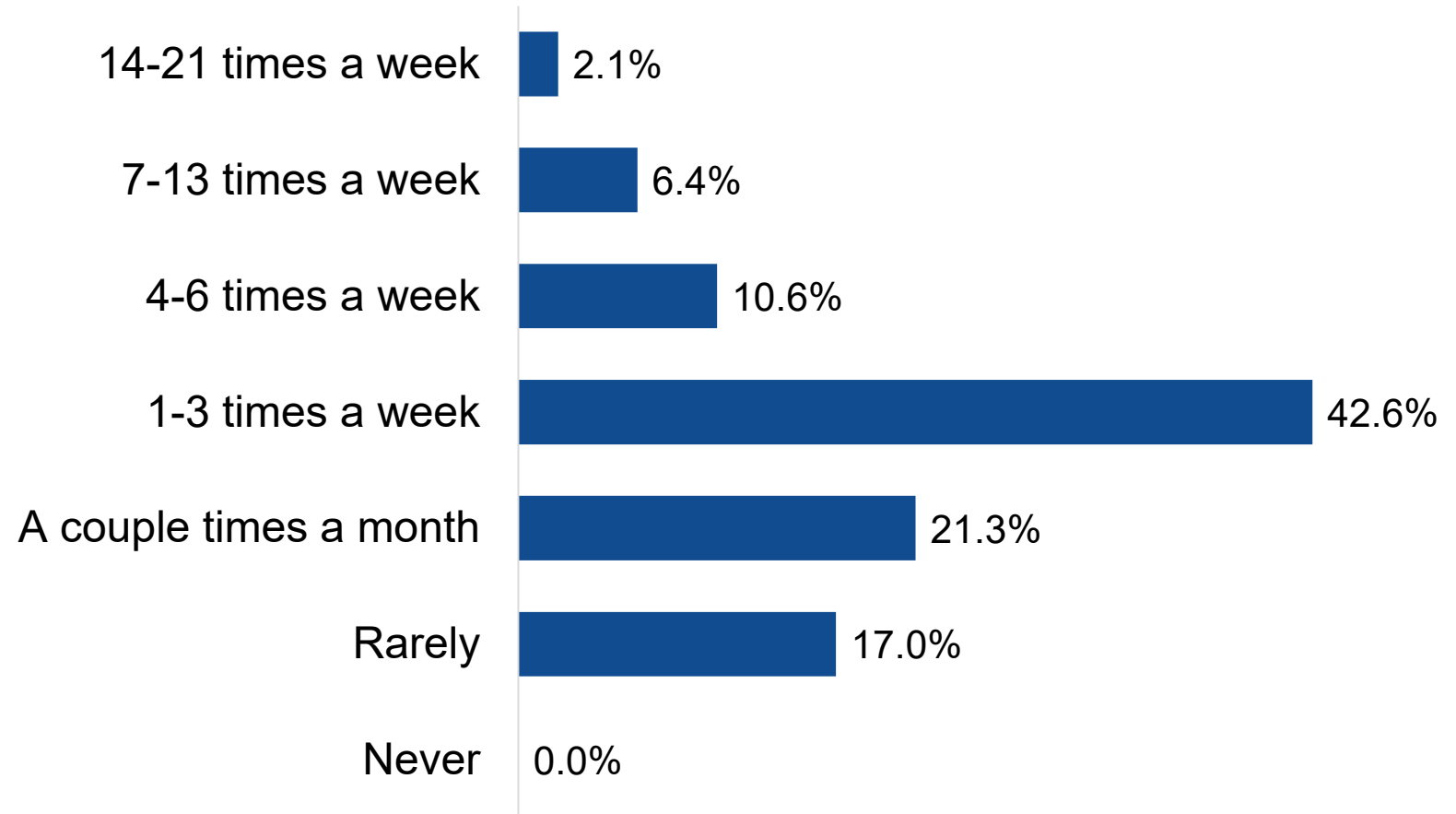
Q21. How often do you use e-cigarettes or vape, if you do?



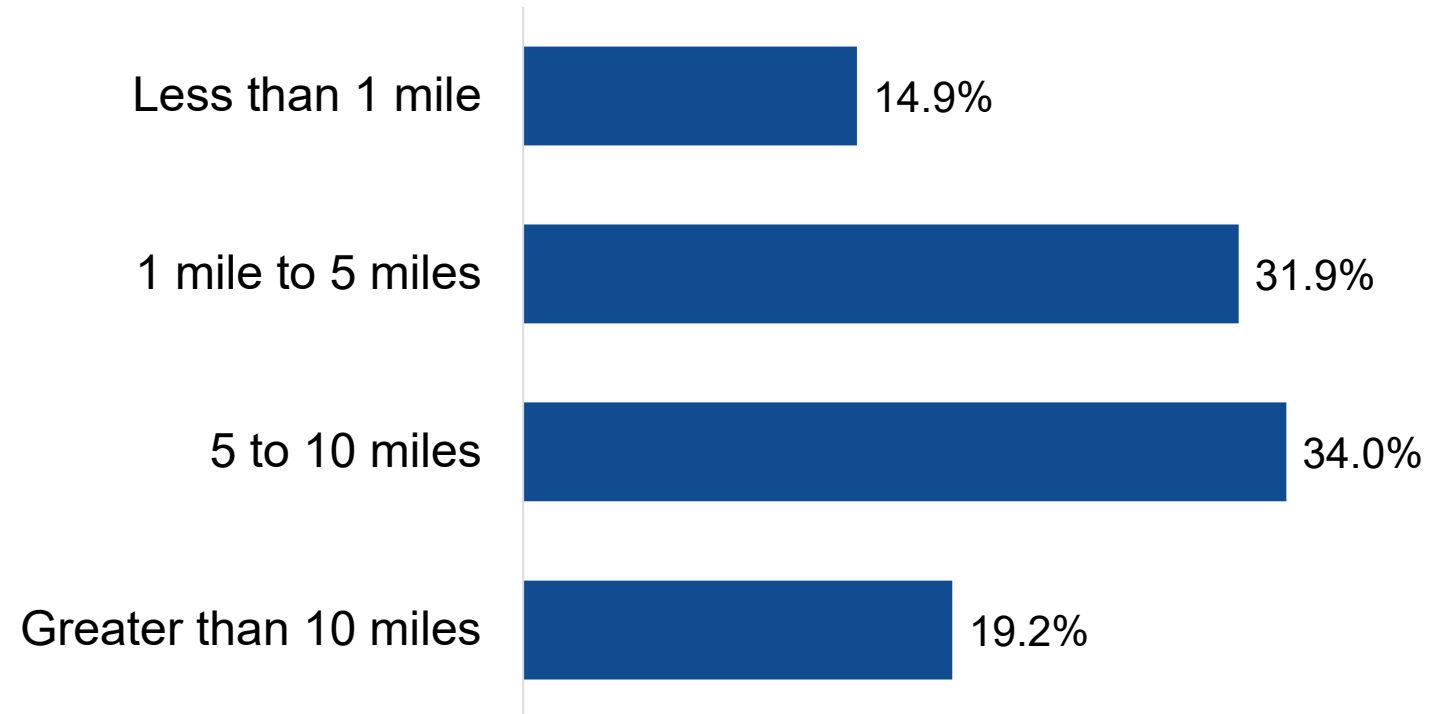
Q22. How often do you or another family member cook dinner at home?



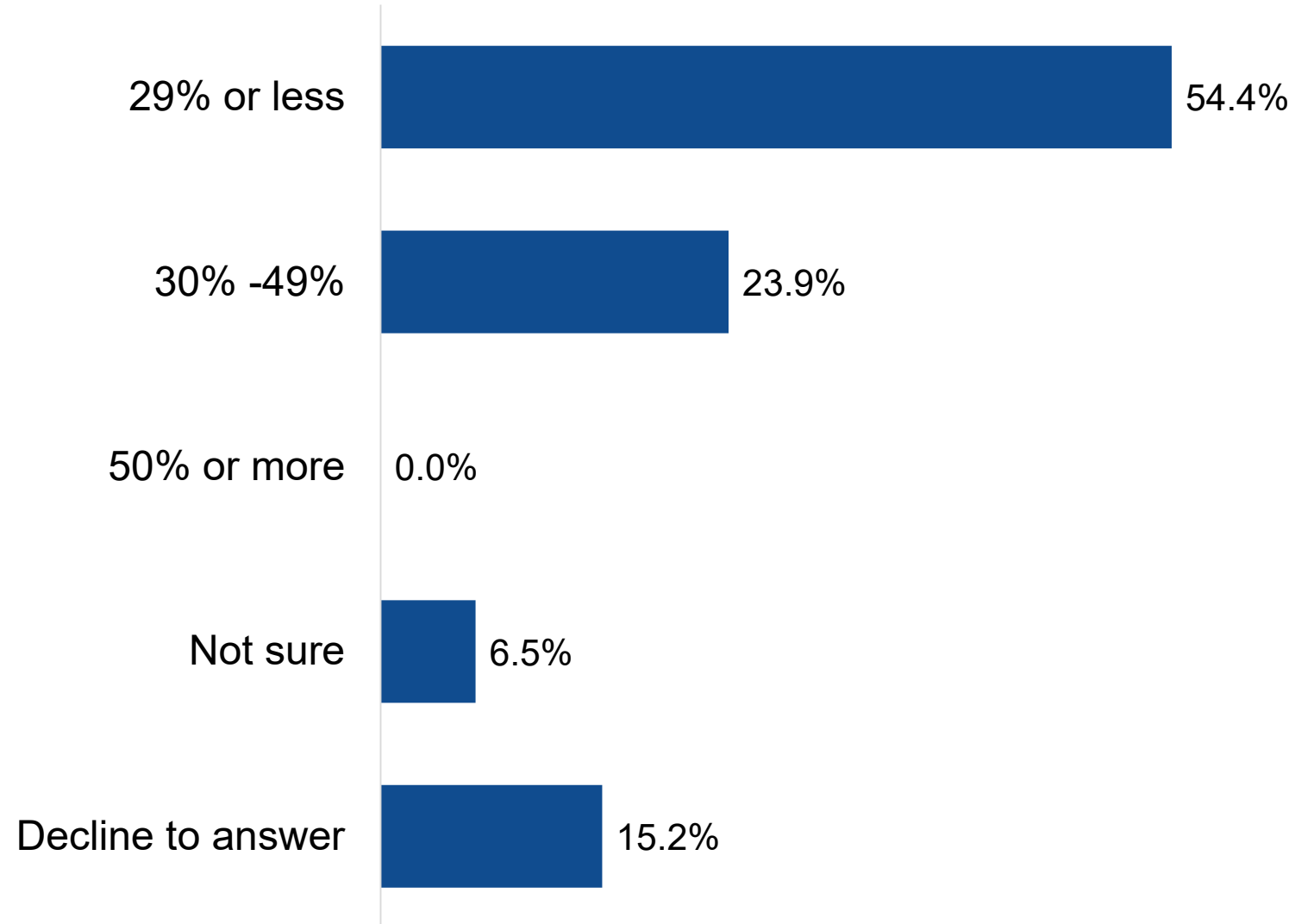
Q23. How many times a week do you eat fast food?



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

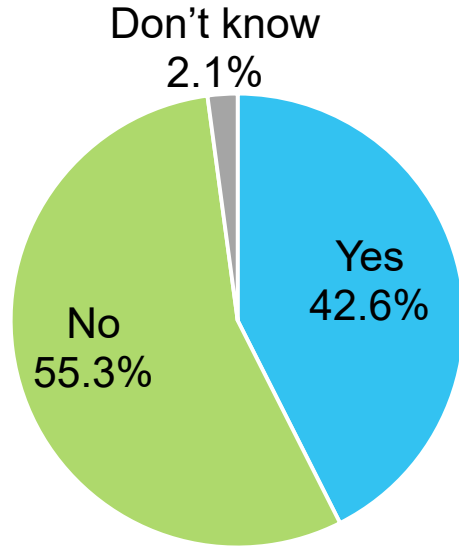


Q25. Approximately what percentage of your total household monthly income would you say you spend on your rent or mortgage payment?

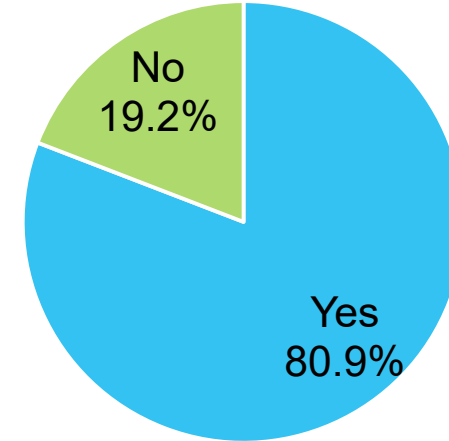




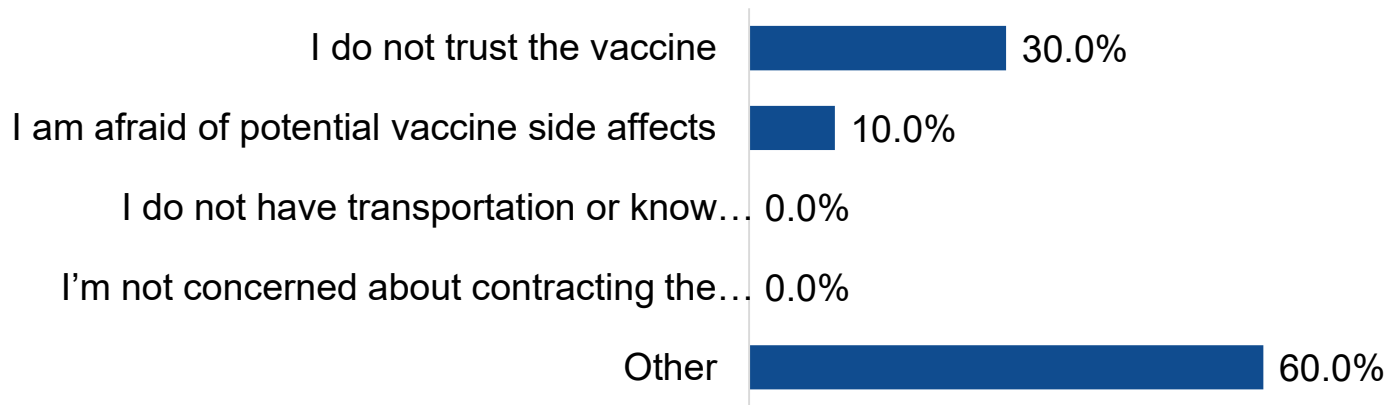
Have you ever been diagnosed with COVID-19?



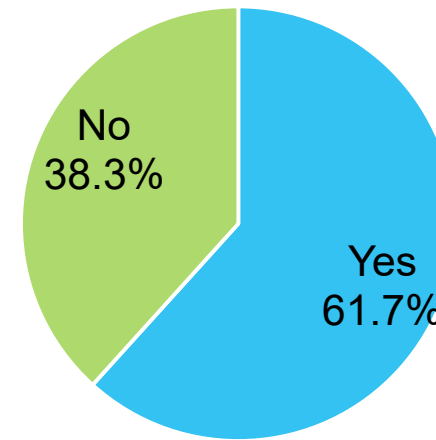
Have you received the COVID-19 vaccine?



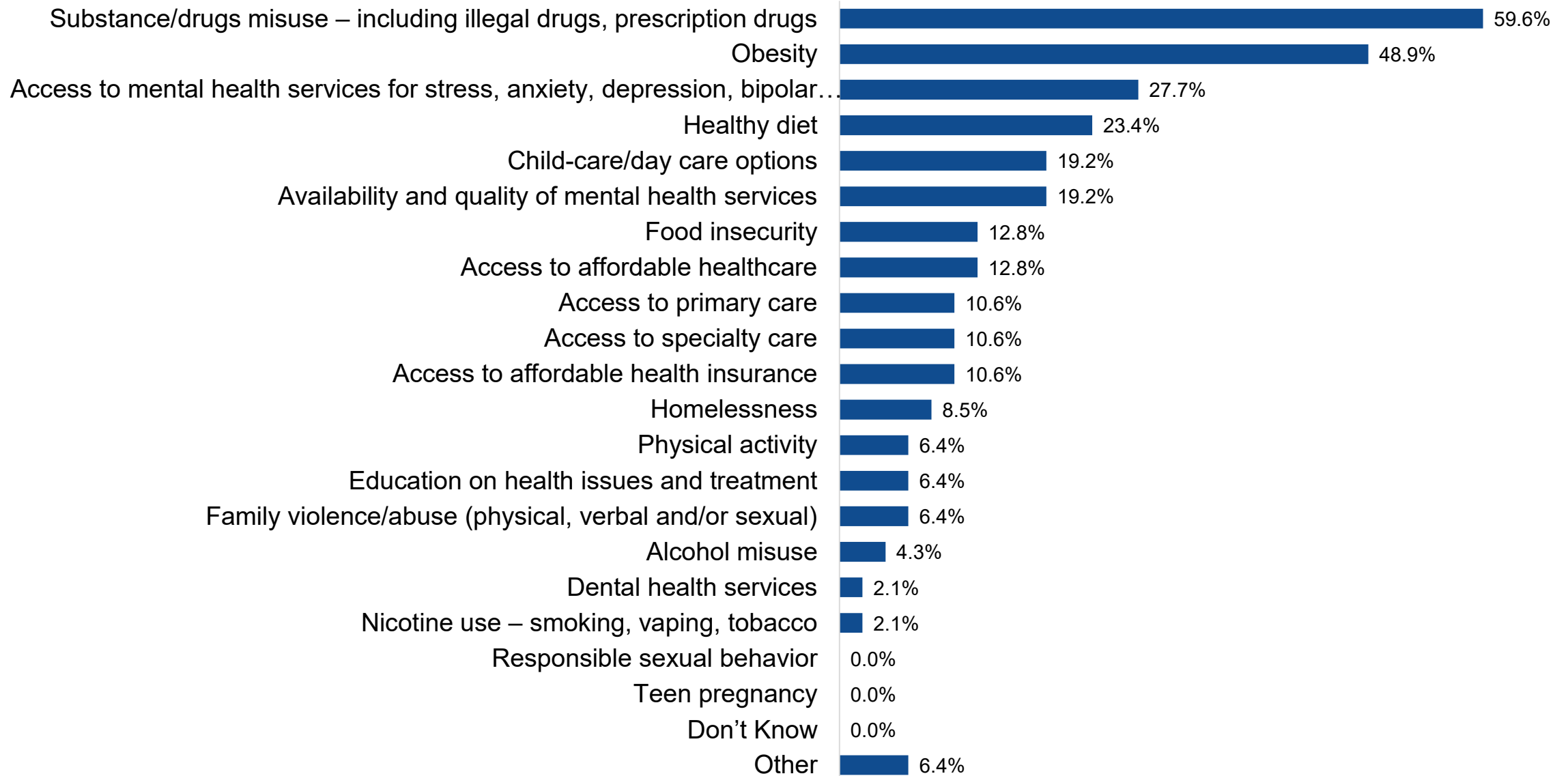
If no, what statement best describes your reason for not getting the COVID-19 vaccine?



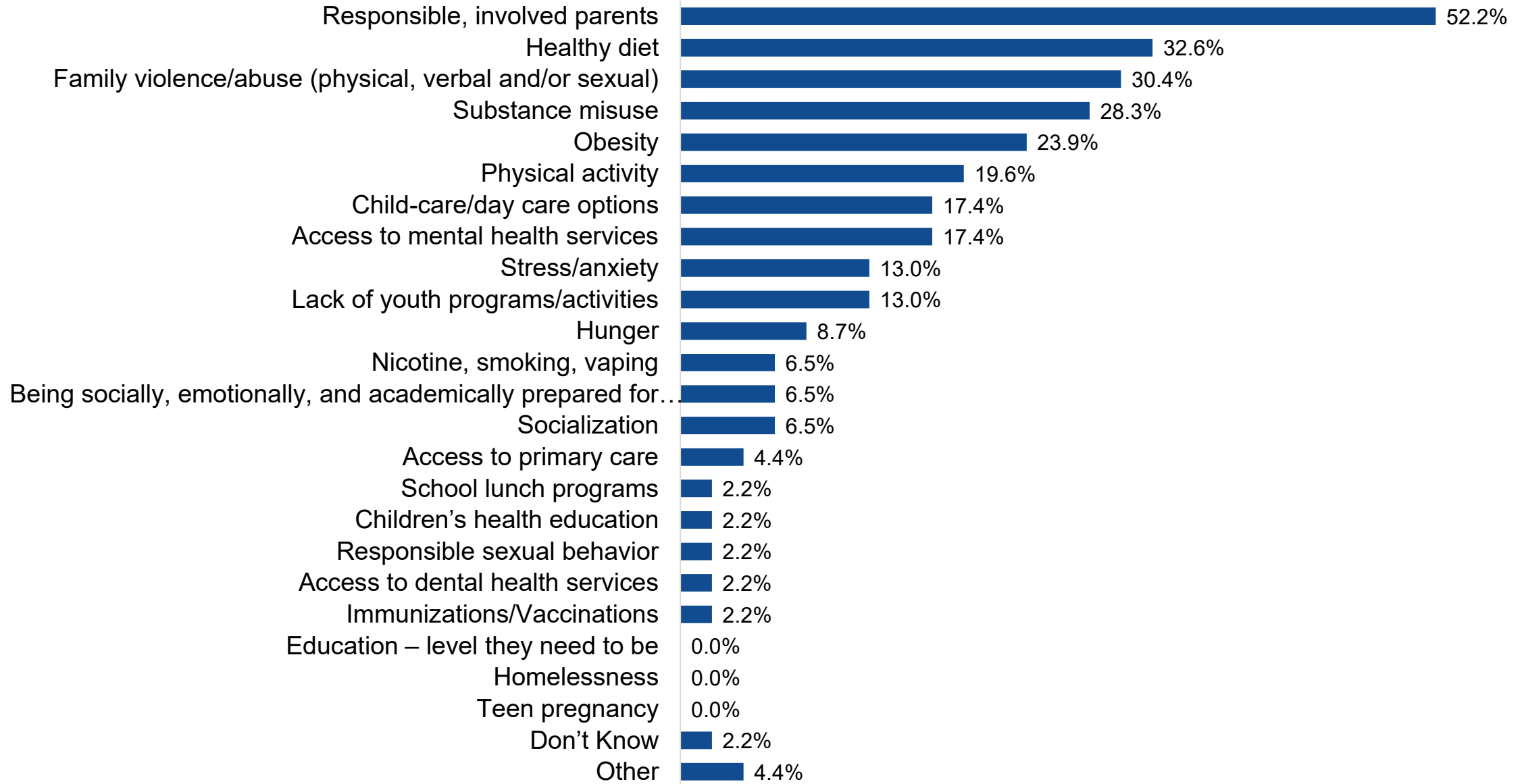
Have you received the Covid-19 booster(s)?



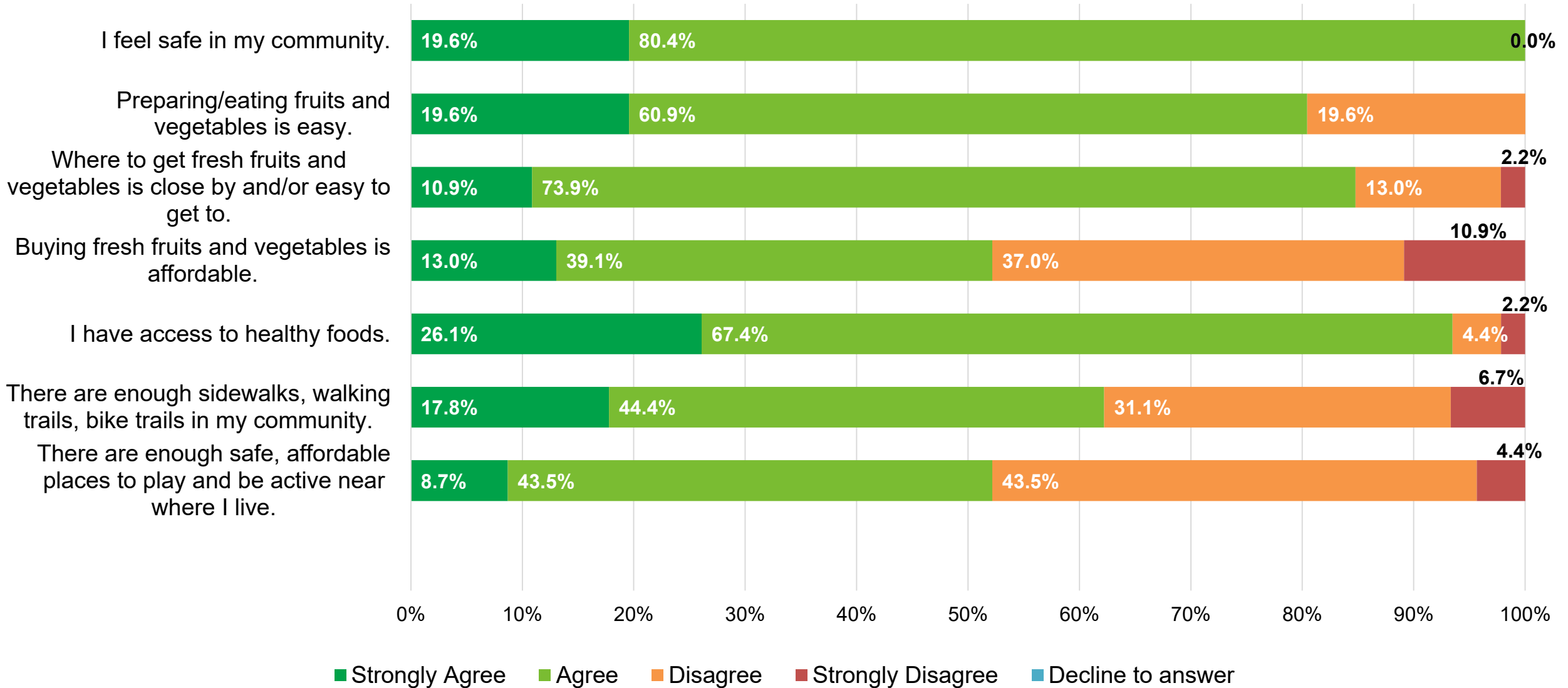
Q30. In your opinion, what are the top 3 most significant health issues in the county?



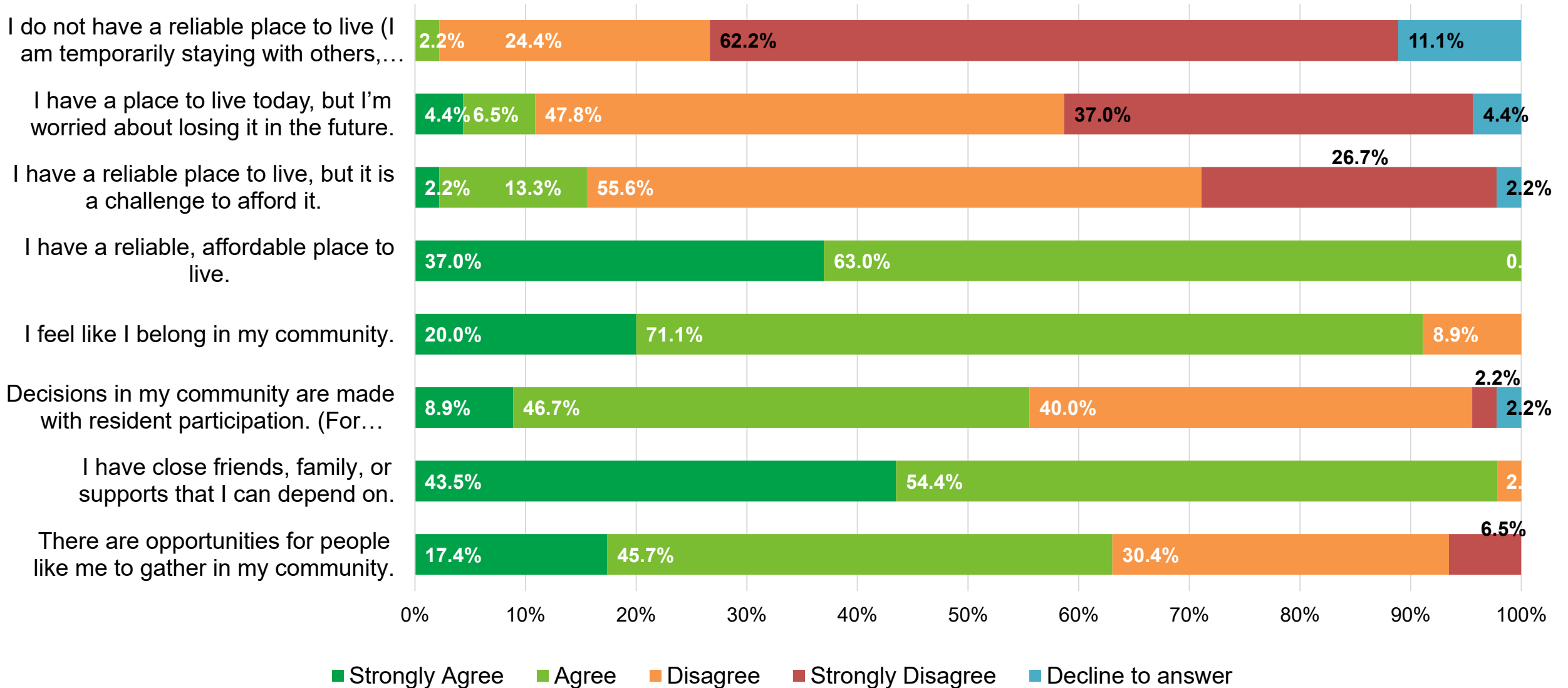
Q31. In your opinion, what are the top 3 health concerns for children and youth in your community? (Select three responses)



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

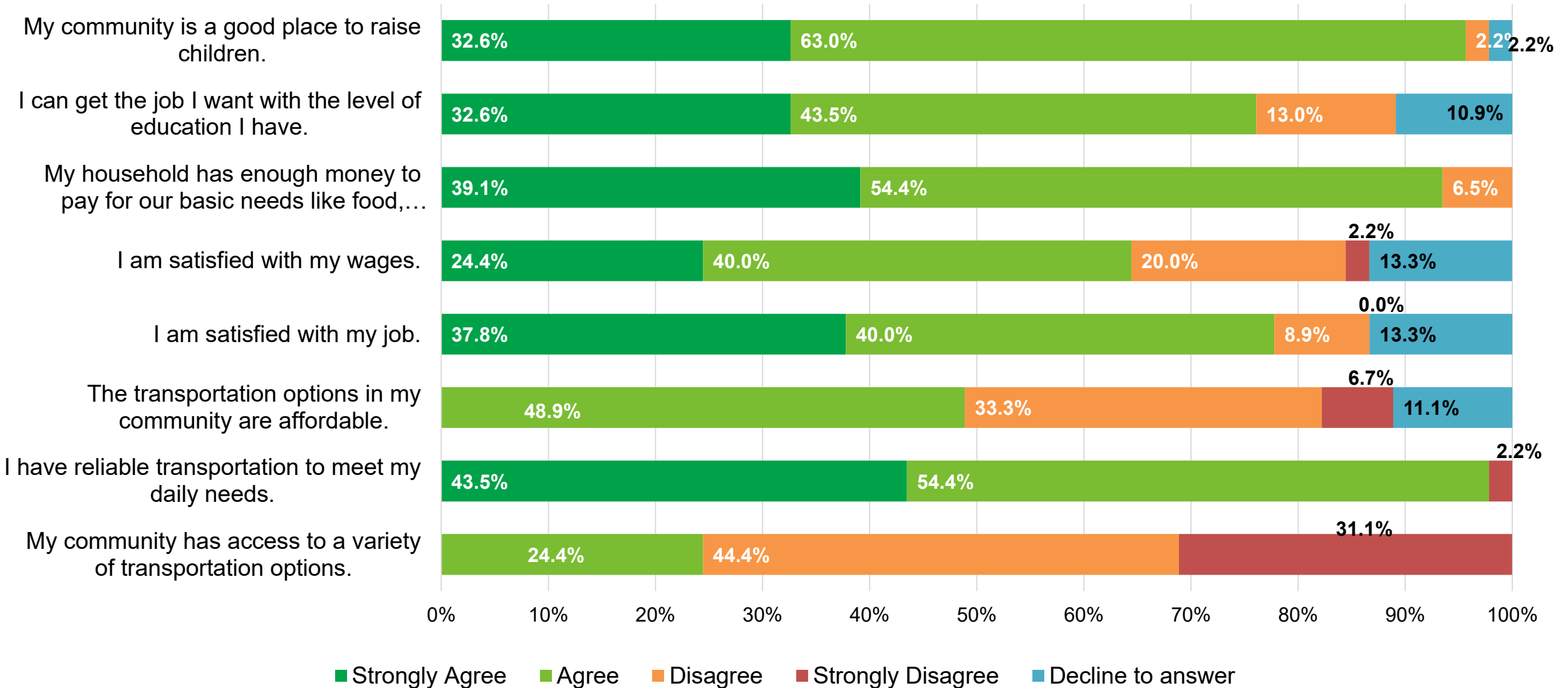


Q32. Please tell us how much you agree or disagree with the following statements. (2 of 3)

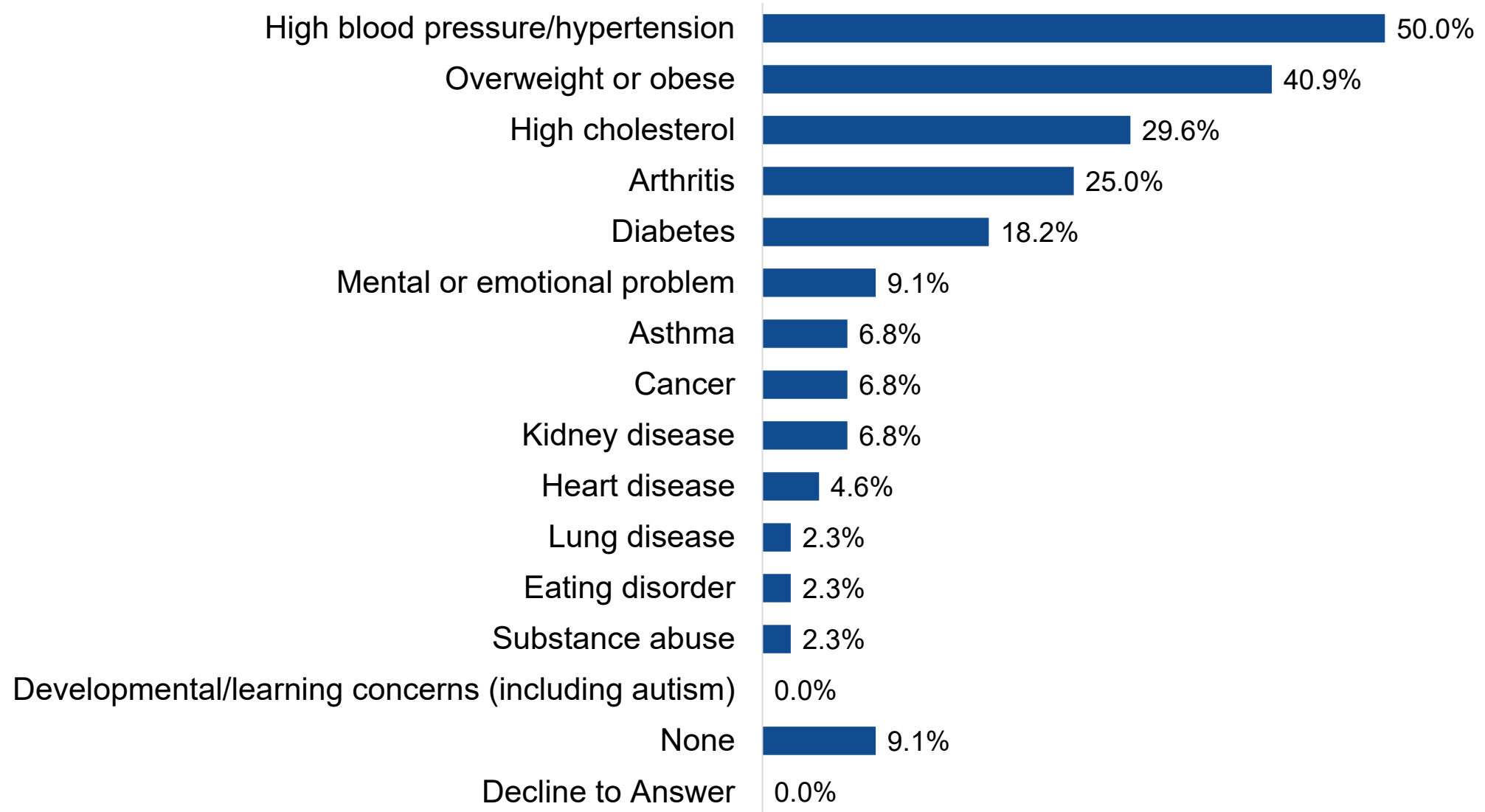


■ Strongly Agree
 ■ Agree
 ■ Disagree
 ■ Strongly Disagree
 ■ Decline to answer

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



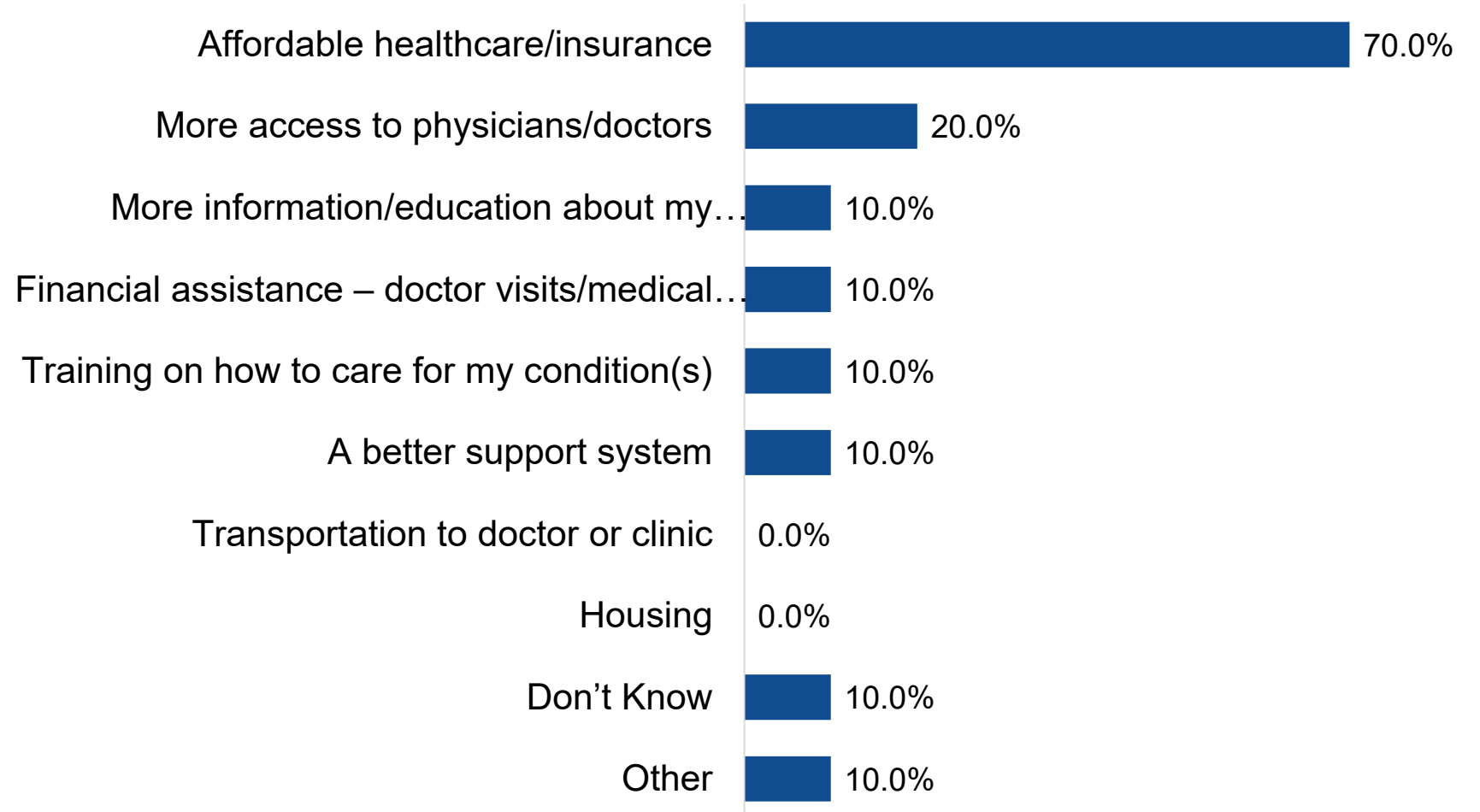
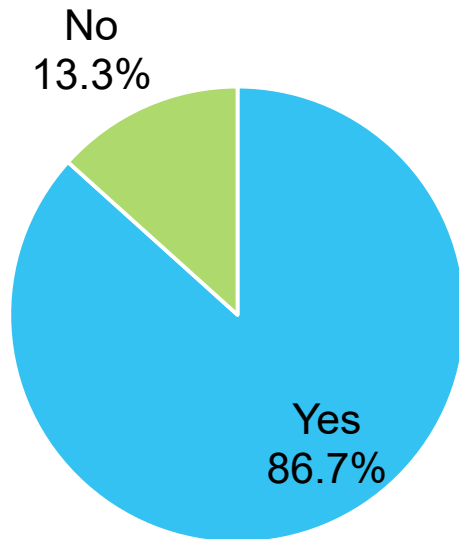
Q33. Have you ever been told by a doctor you have any of these conditions, diseases or challenges? (Select all that apply)



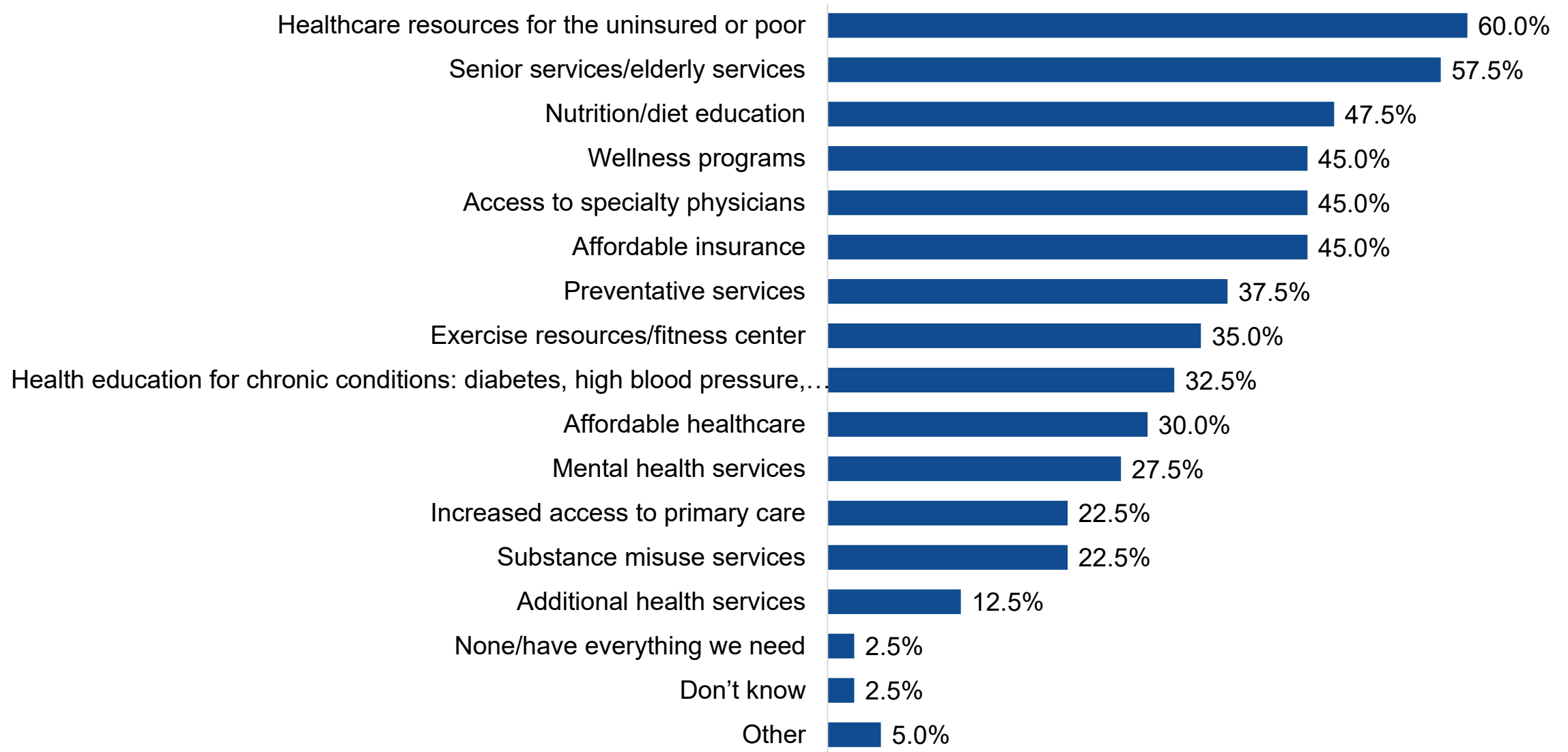
Q34. Do you feel you have all that you need to manage your health condition(s)?



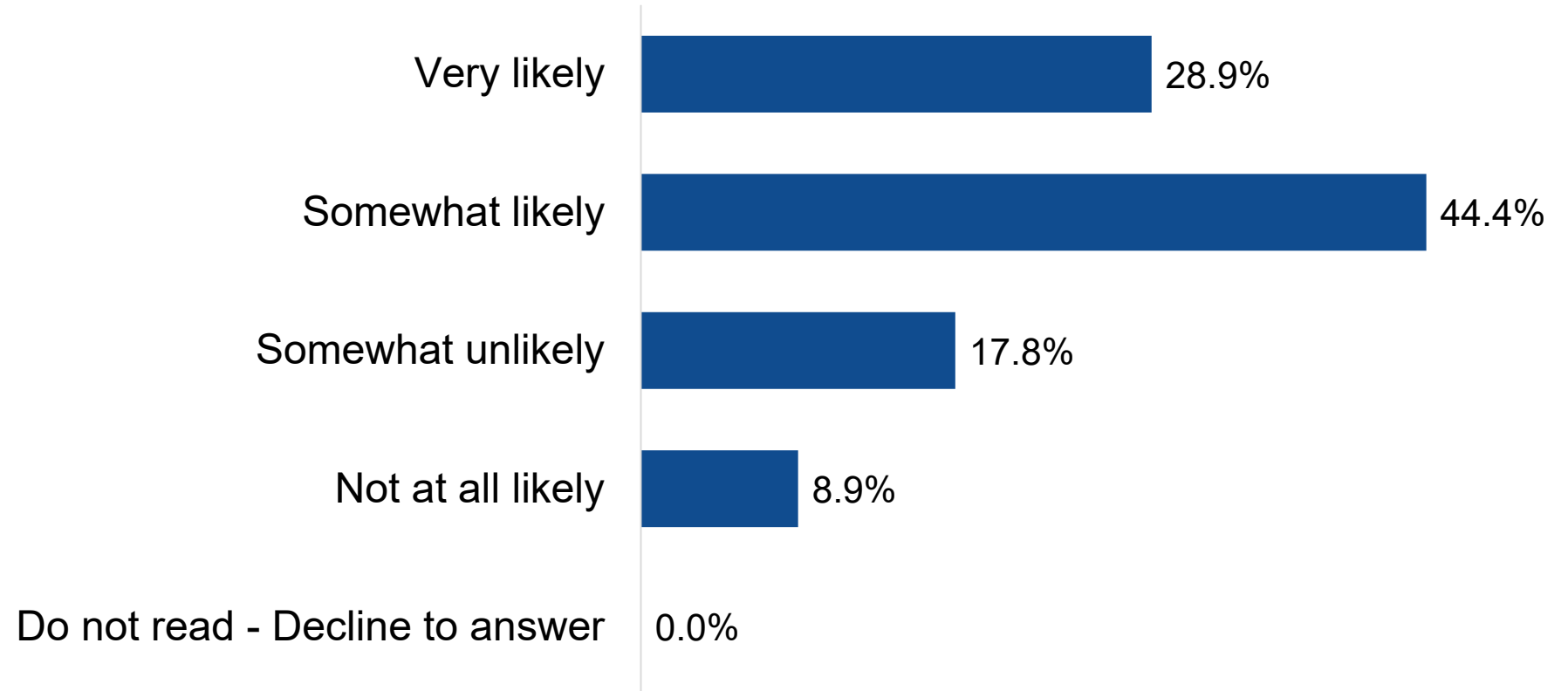
If no, what do you need in order to manage your health condition(s)?



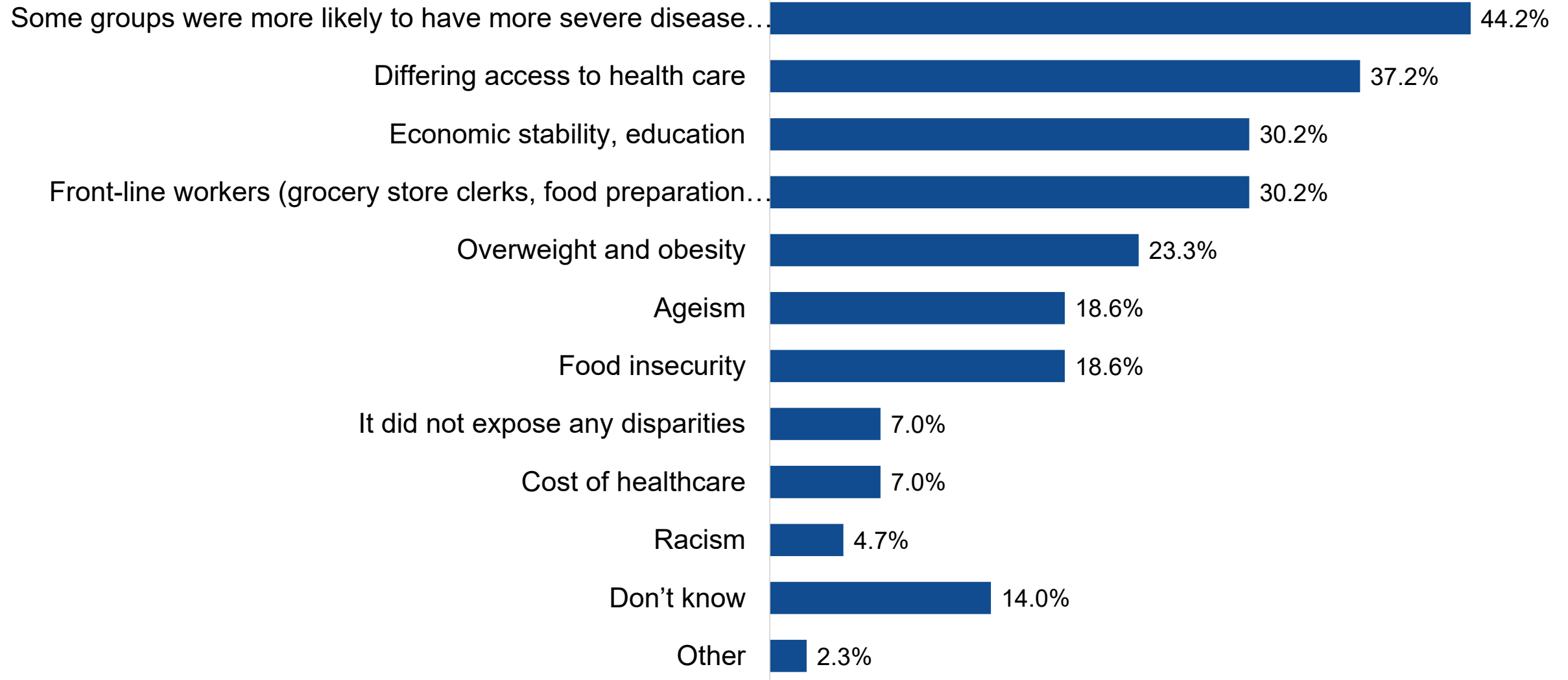
Q36. What healthcare, health education or public health services or programs would you like to see offered in your community? (Select all that apply)



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



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



Employee Survey

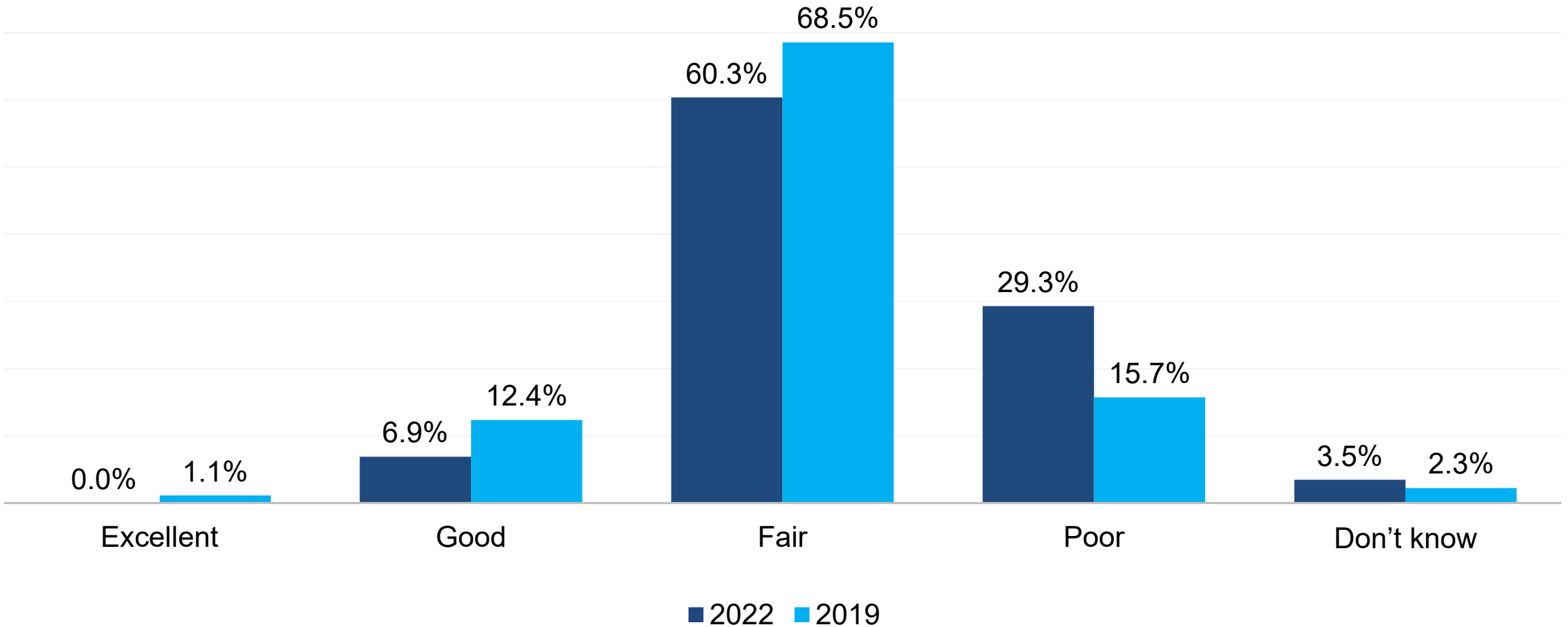
Carroll County, Grayson County and Galax City, VA CHNA

Survey Methodology

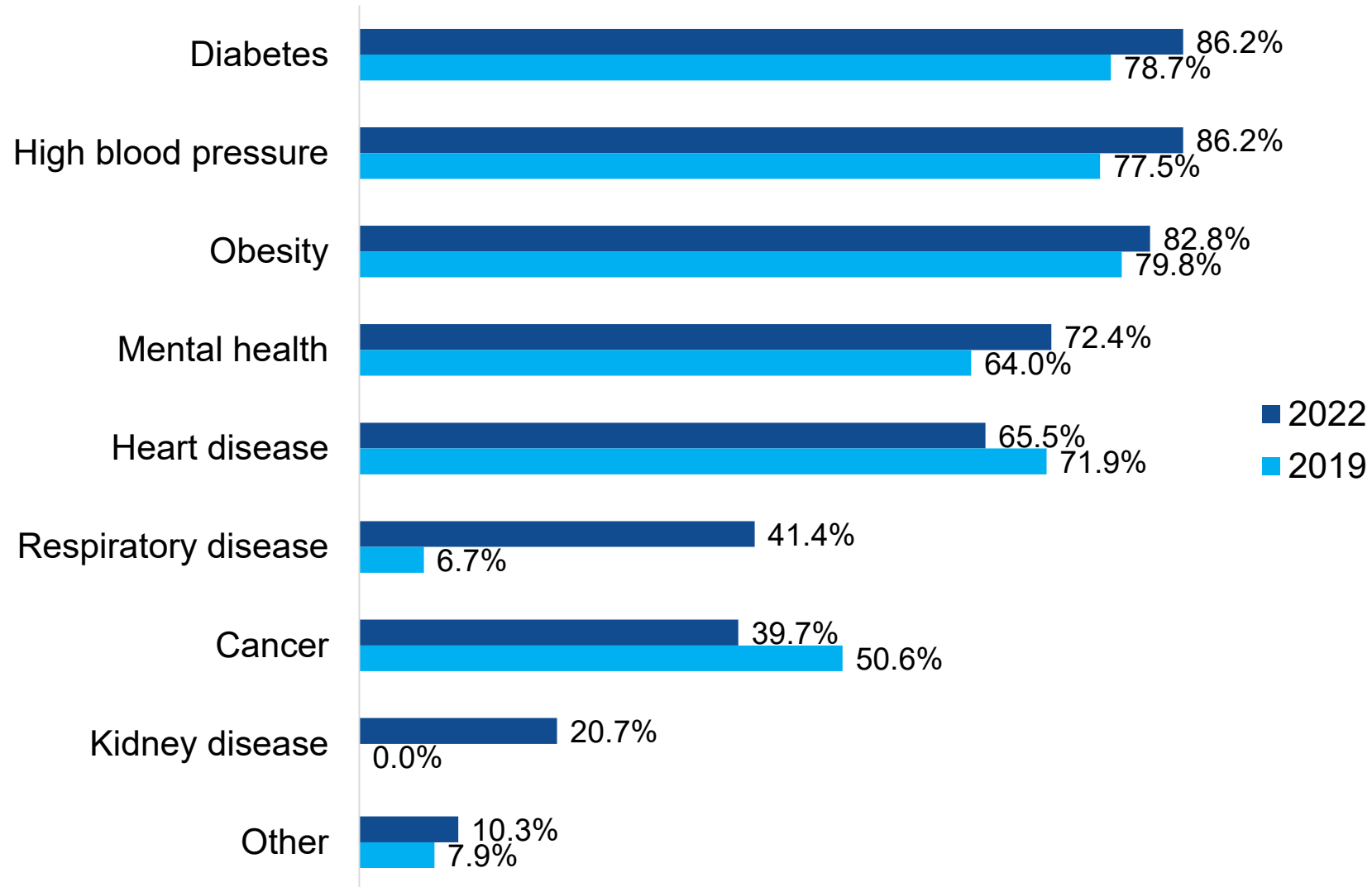


- TCRH and Stratason conducted surveys of the providers
- 58 surveys were completed via online surveys from July 11, 2022, through August 1, 2022
- Compared to 89 surveys completed in 2019

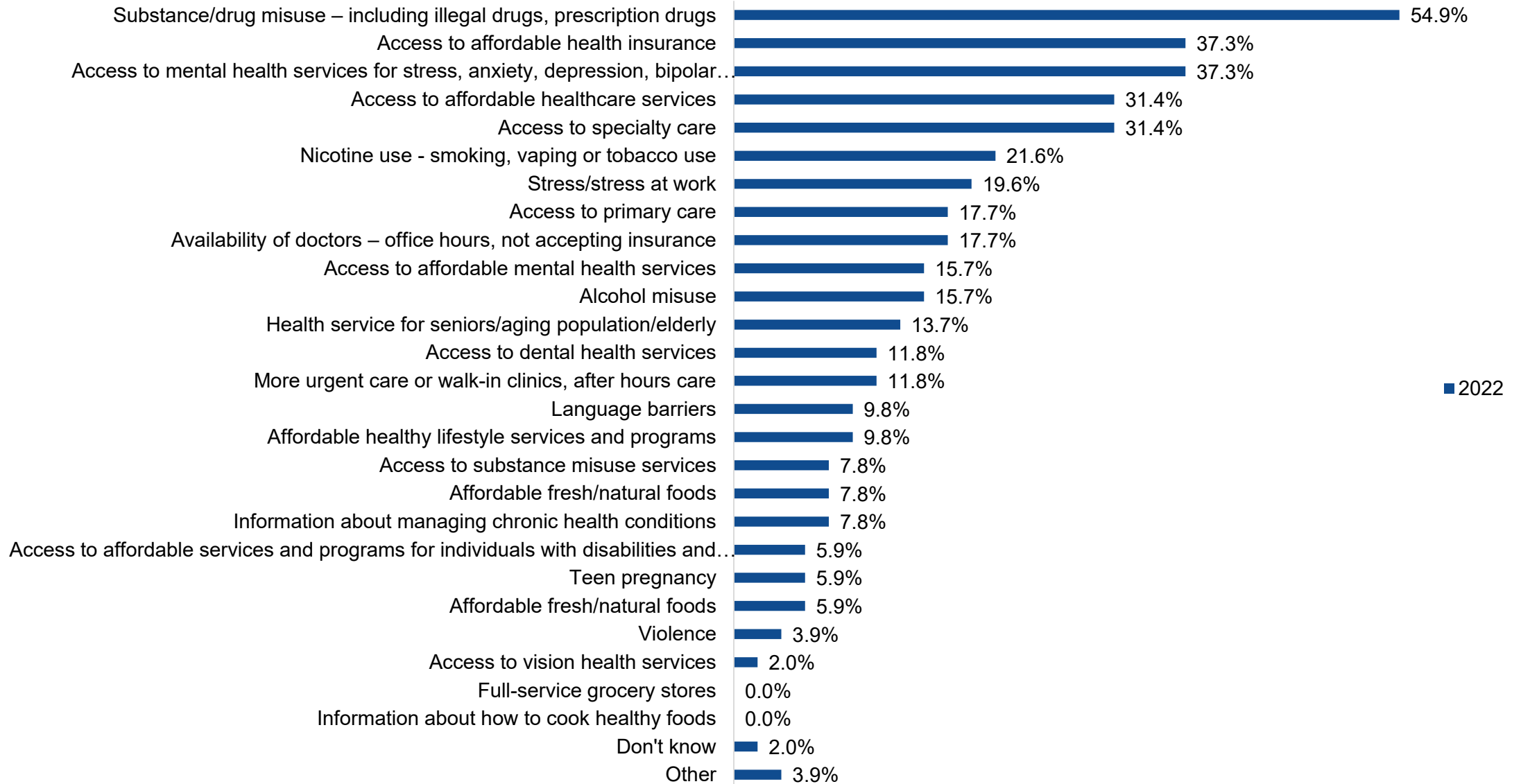
Q1. How would you describe the overall health status of the citizens of Galax City, Carroll County, and Grayson County? Would you say it is...



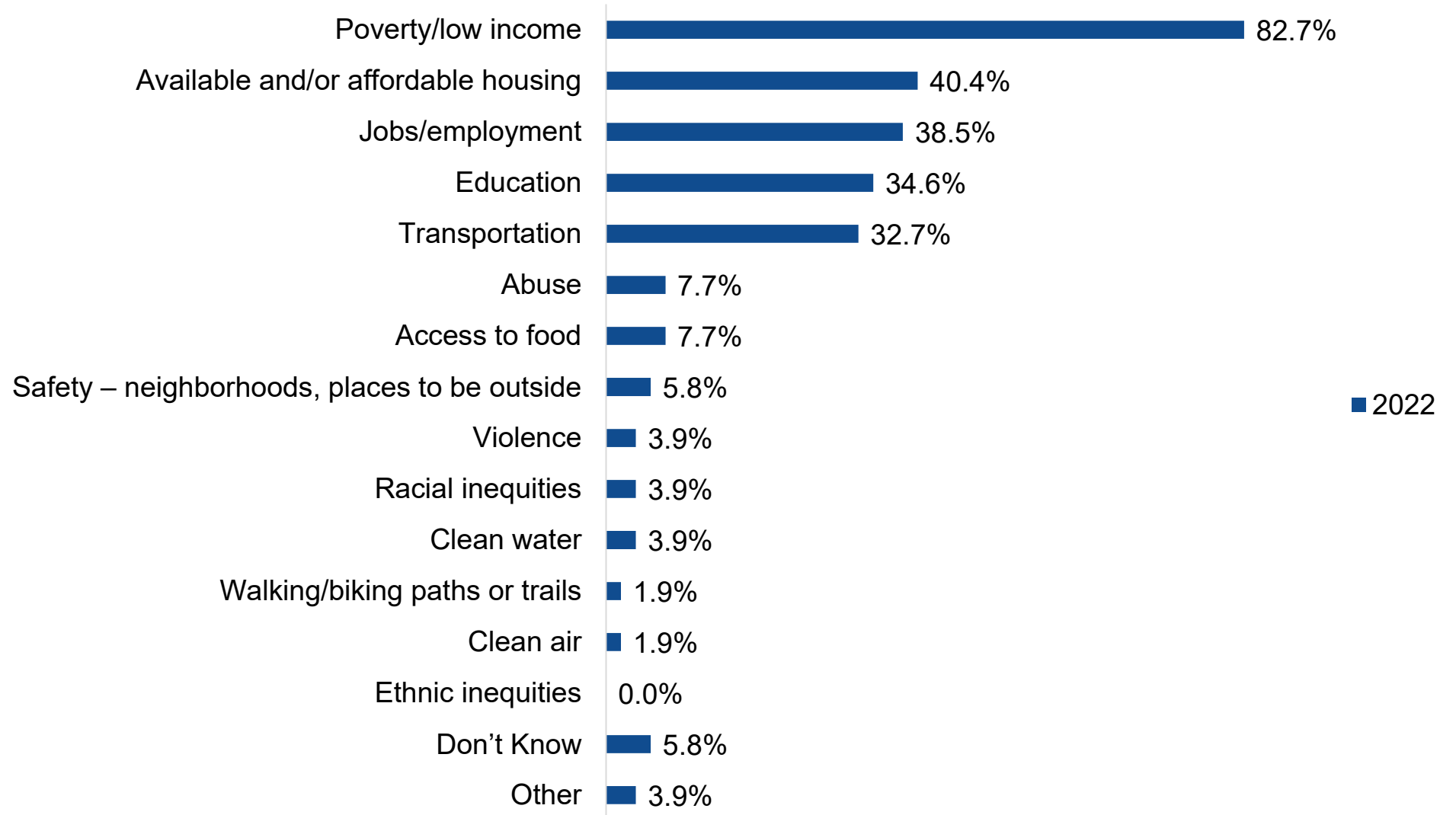
Q2. What are the most prevalent chronic diseases in your community? (Mark all that apply)



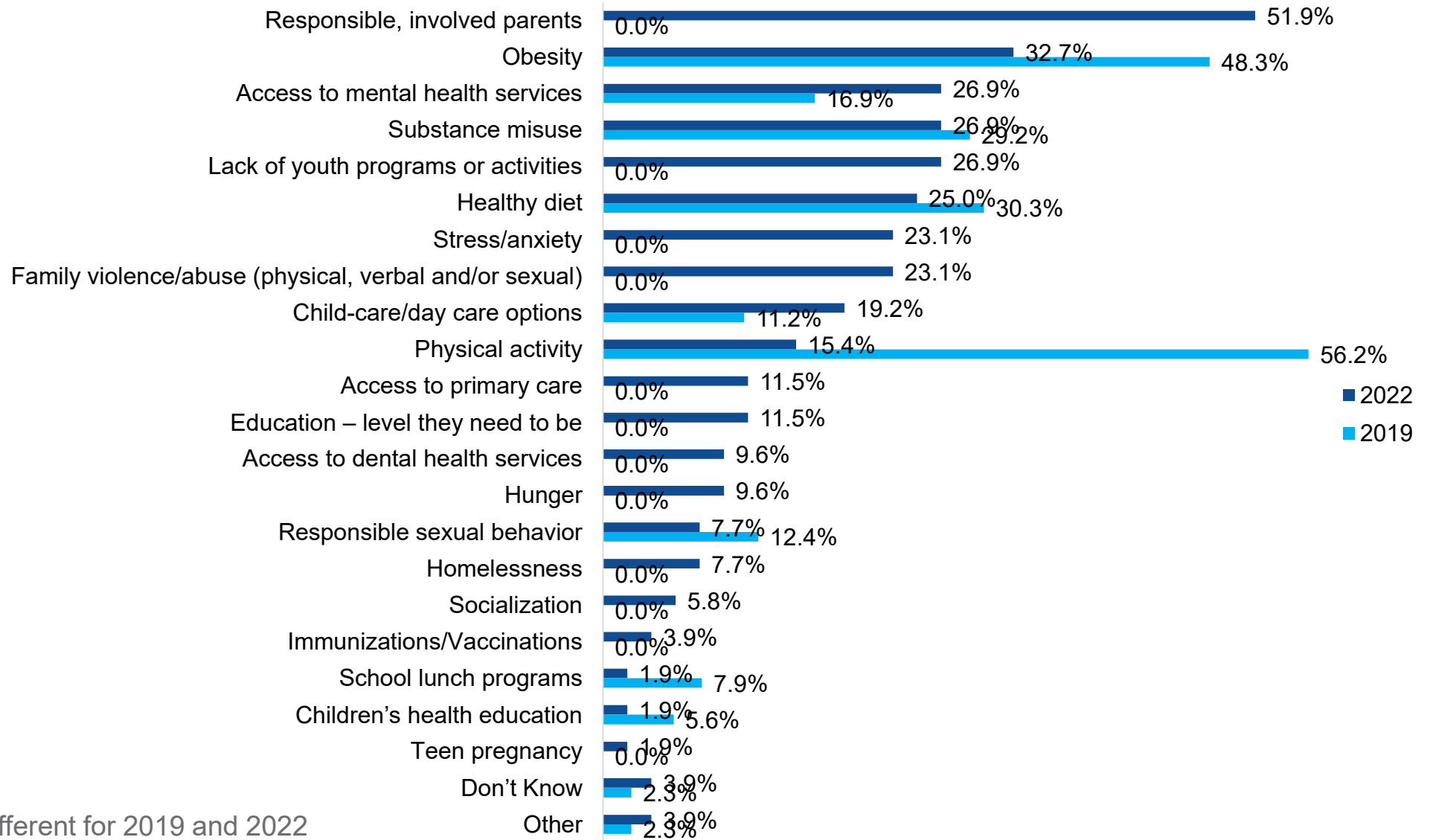
Q3. What are the top 3 issues in your community that impact people's health?



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

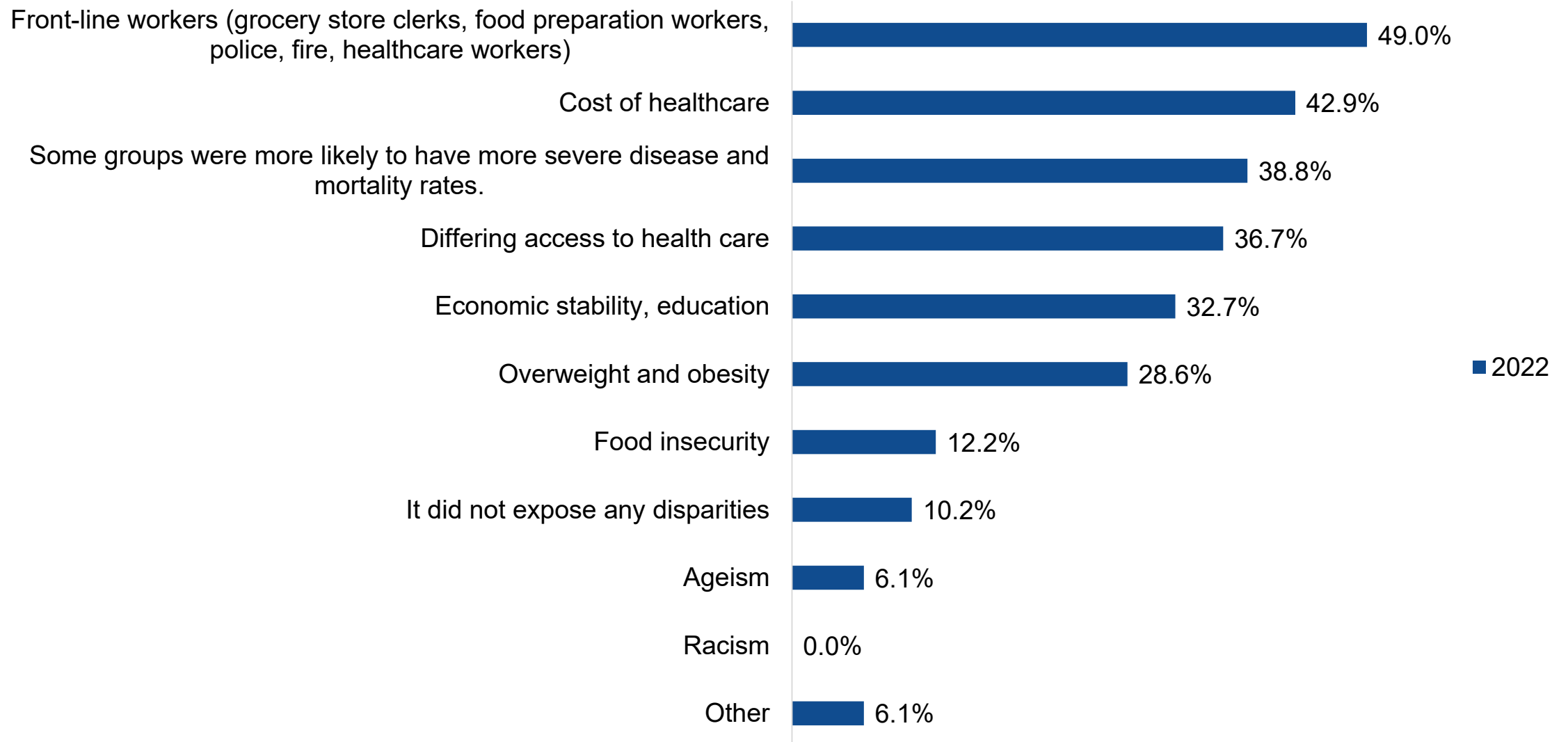


Q5. In your opinion, what are the top 3 health concerns for youth and children in your community?(Select all that apply)

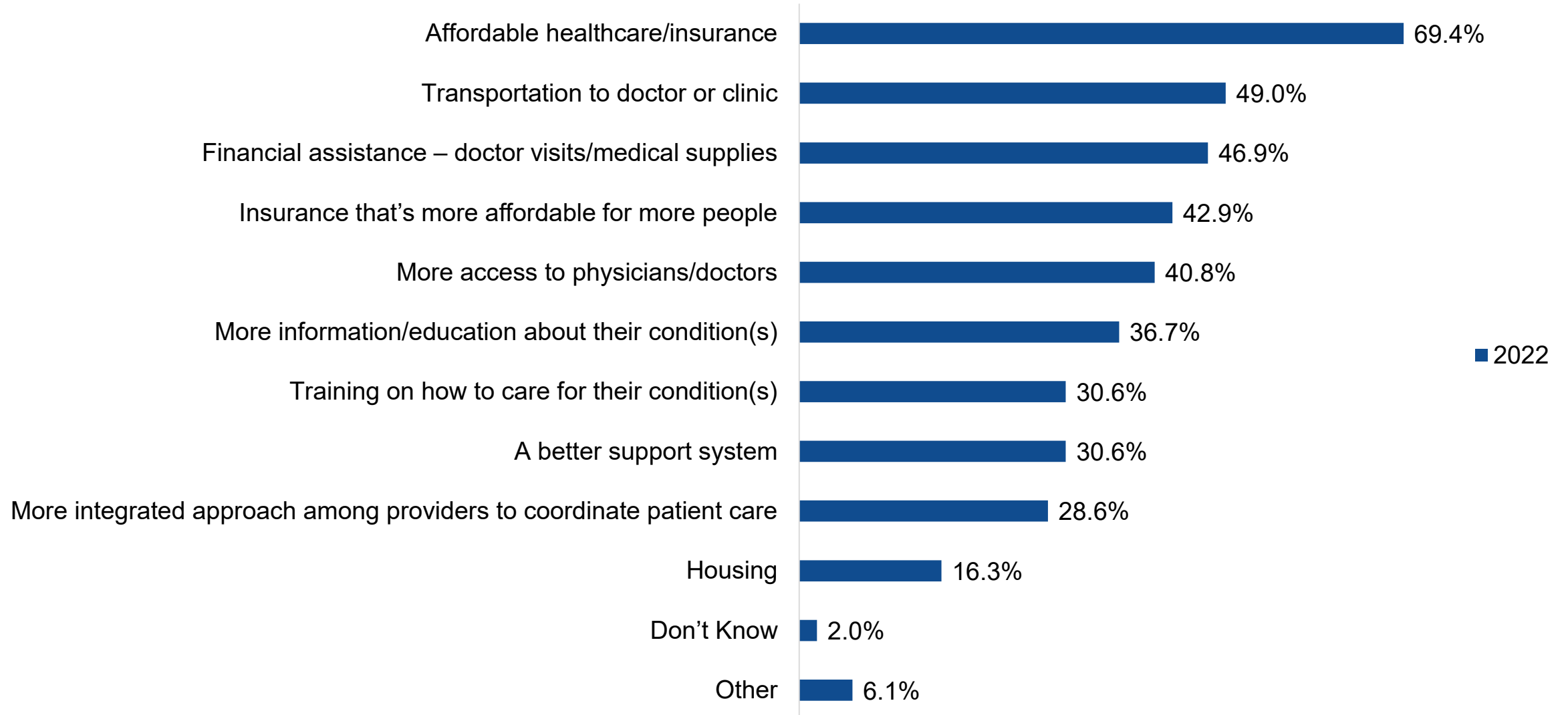


Listed responses were very different for 2019 and 2022

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



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



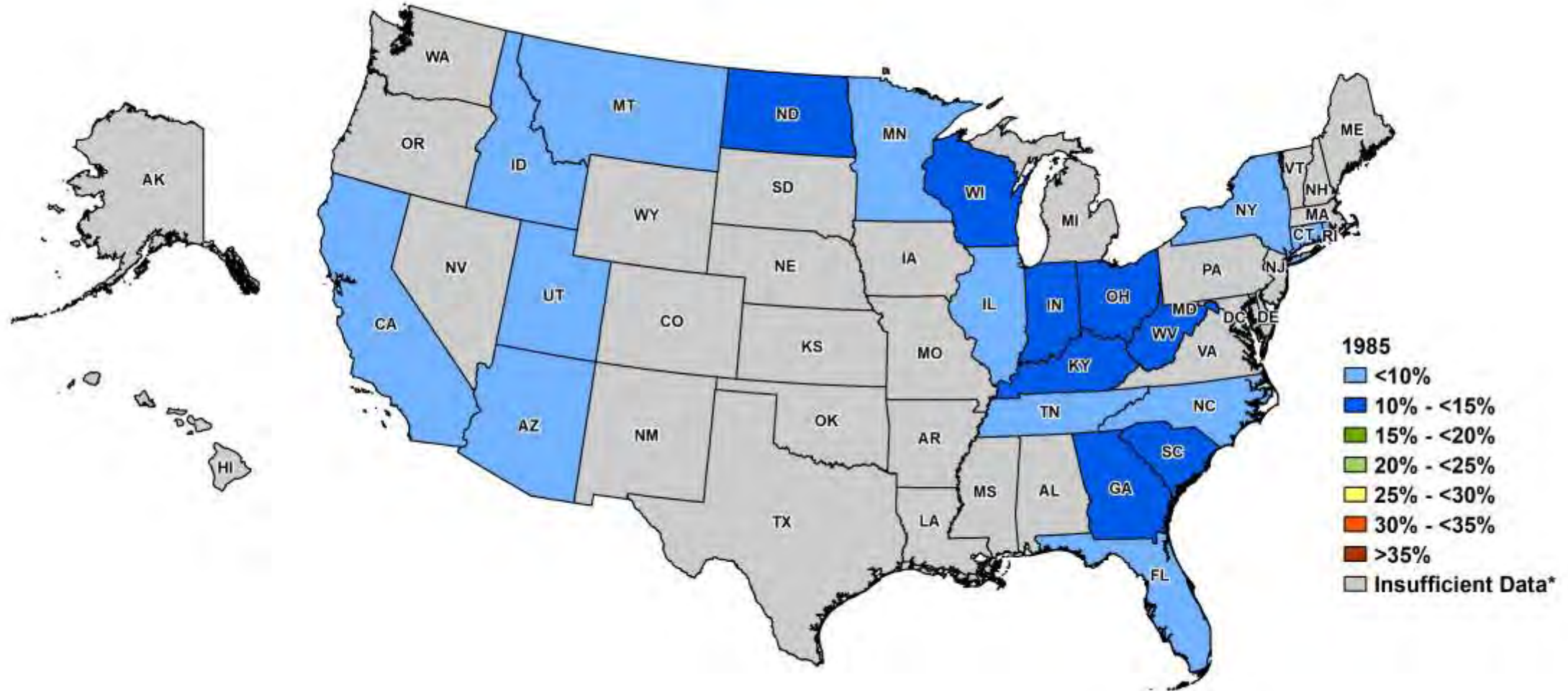
Health of the Community

Carroll County, Grayson County and Galax City, VA CHNA

Obesity Trends Among U.S. Adults 1985



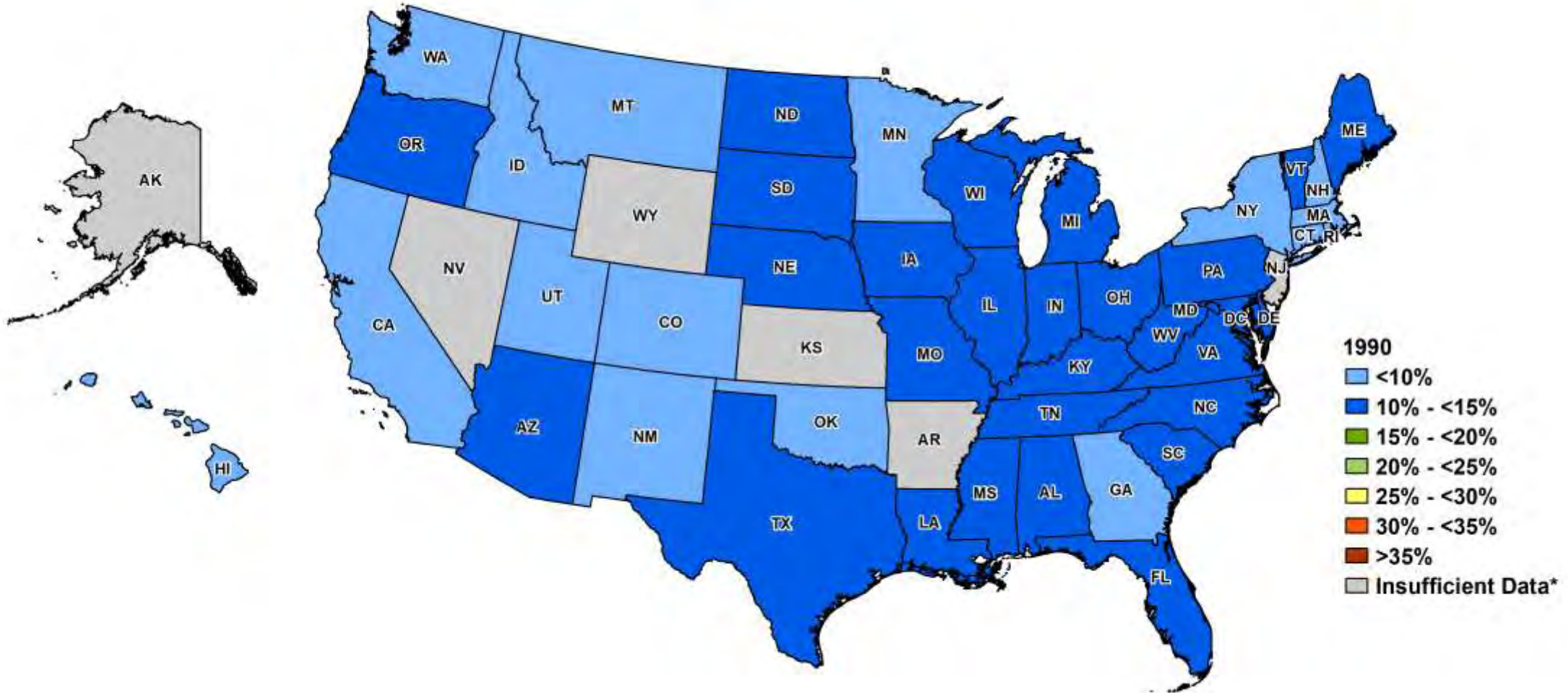
*BMI ≥ 30 , or ~ 30 lbs overweight for a 5'4" woman



Obesity Trends Among U.S. Adults 1990



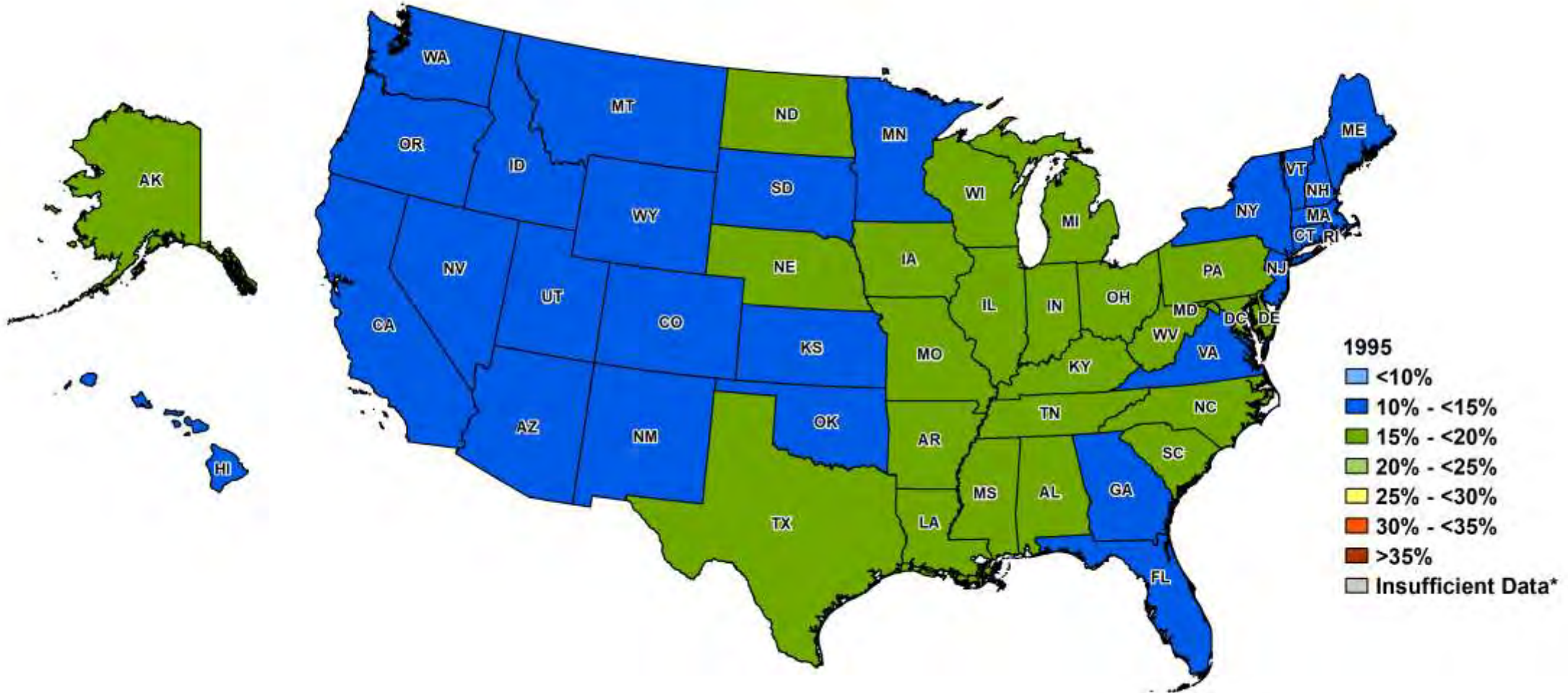
*BMI ≥ 30 , or ~ 30 lbs overweight for a 5'4" woman



Obesity Trends Among U.S. Adults 1995



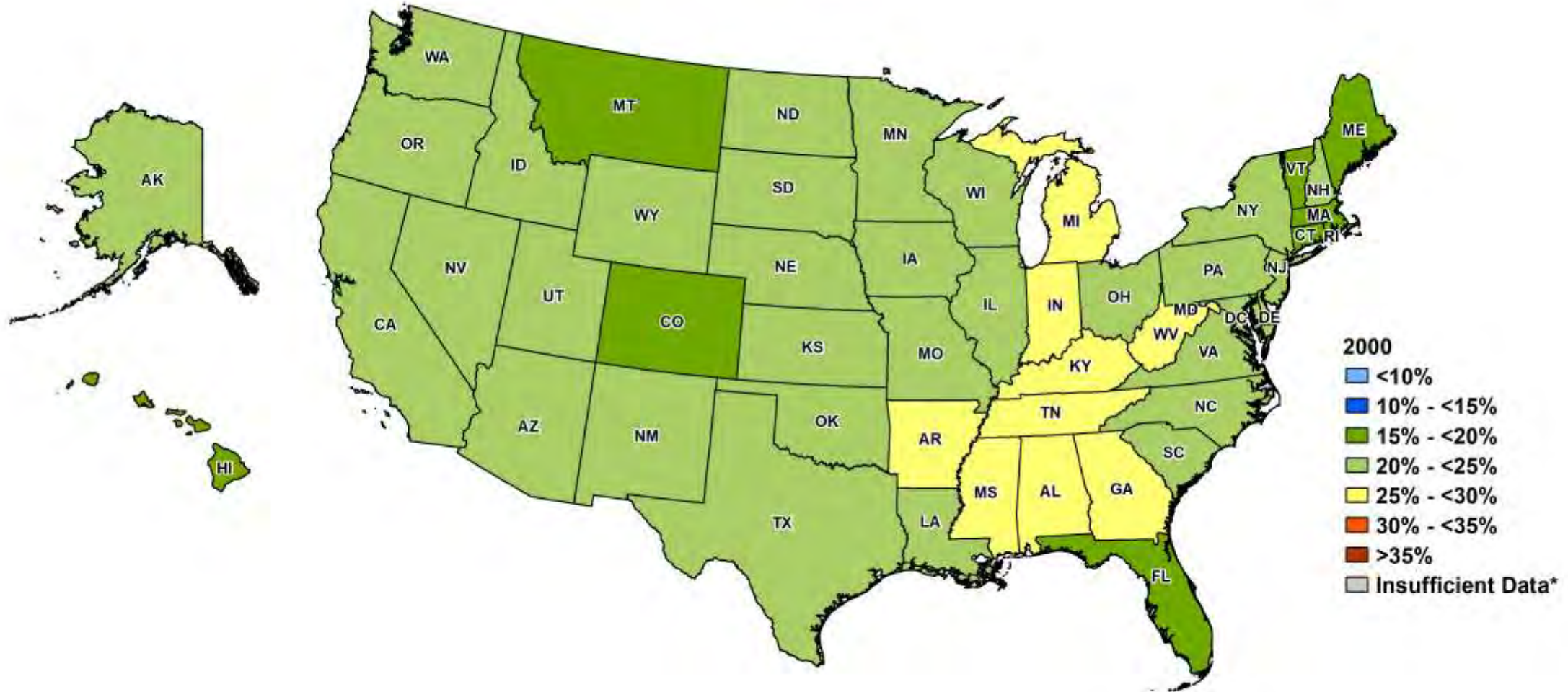
*BMI ≥ 30 , or ~ 30 lbs overweight for a 5'4" woman



Obesity Trends Among U.S. Adults 2000



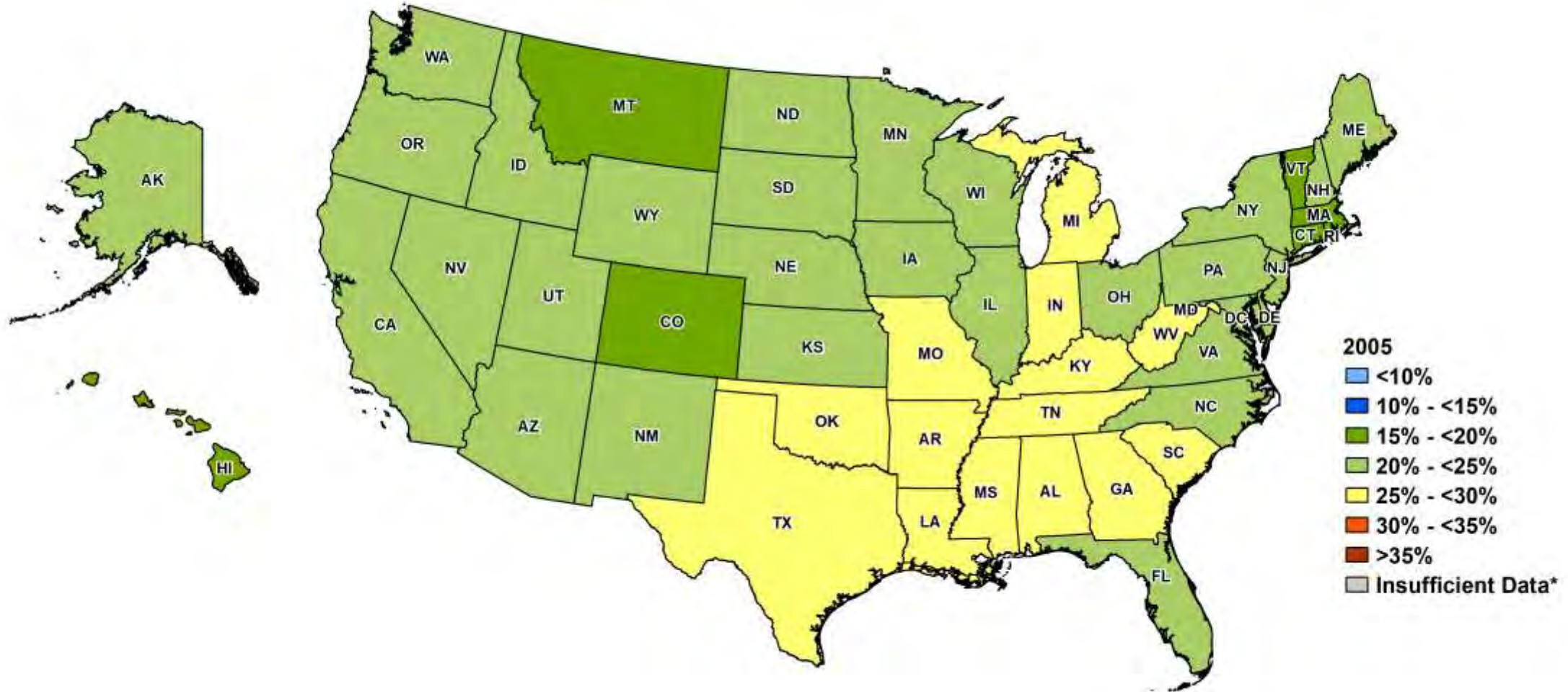
*BMI ≥ 30 , or ~ 30 lbs overweight for a 5'4" woman



Obesity Trends Among U.S. Adults 2005



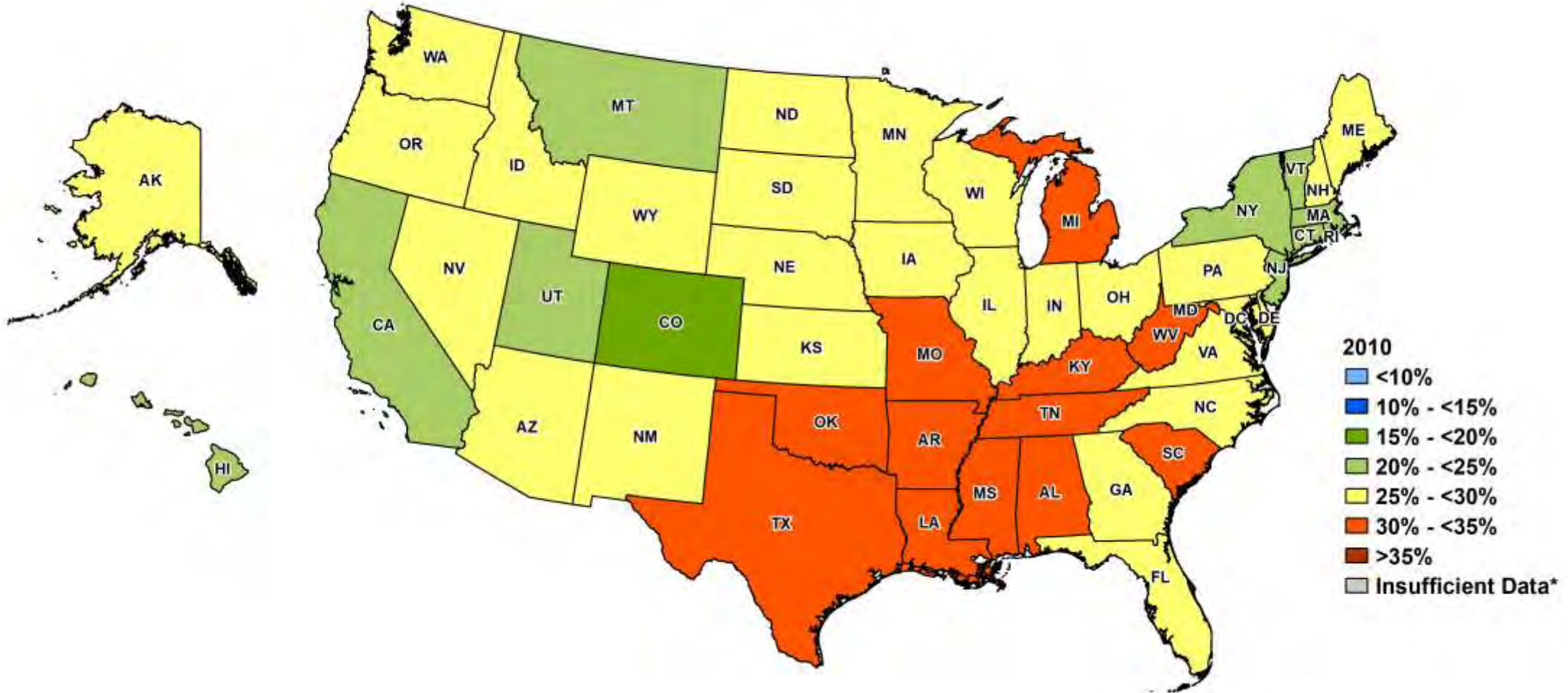
*BMI \geq 30, or ~ 30 lbs overweight for a 5'4" woman



Obesity Trends Among U.S. Adults 2010



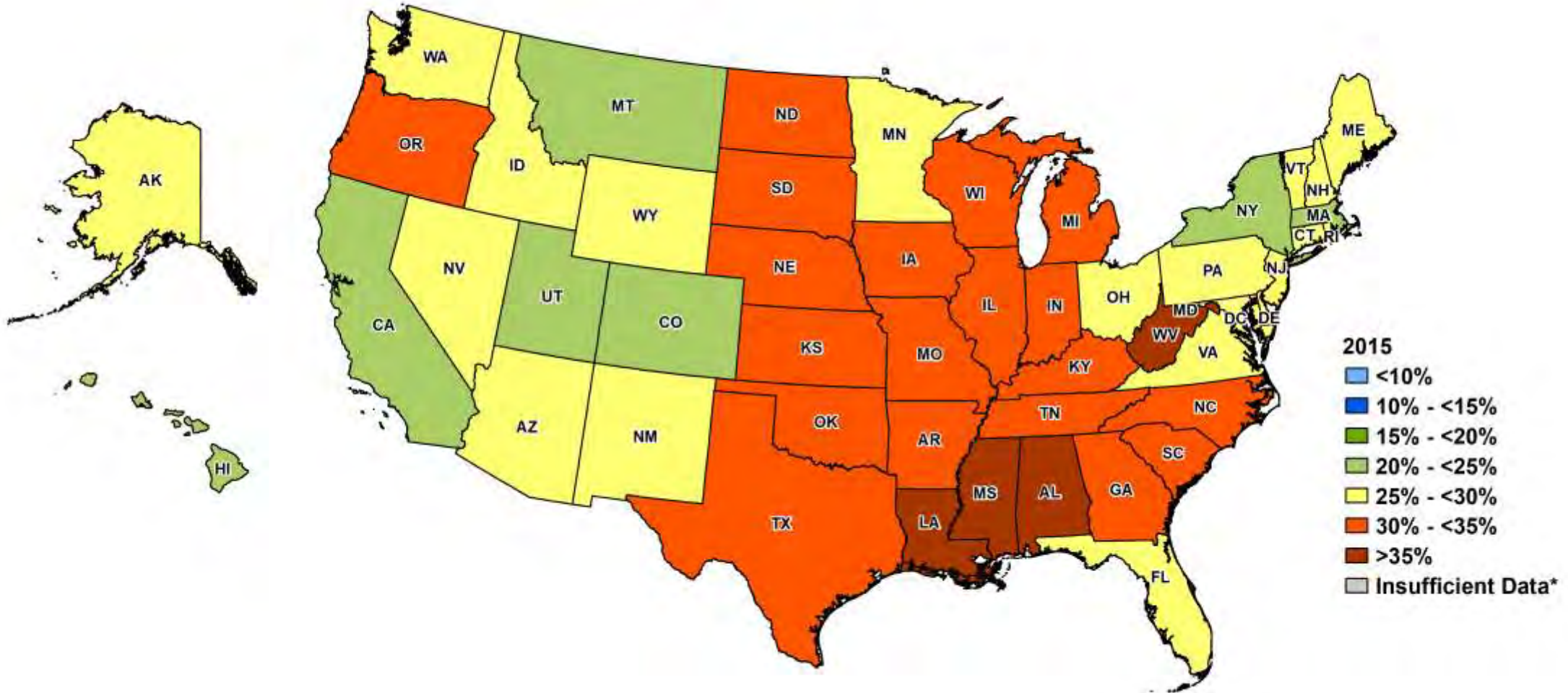
*BMI \geq 30, or ~ 30 lbs overweight for a 5'4" woman



Obesity Trends Among U.S. Adults 2015



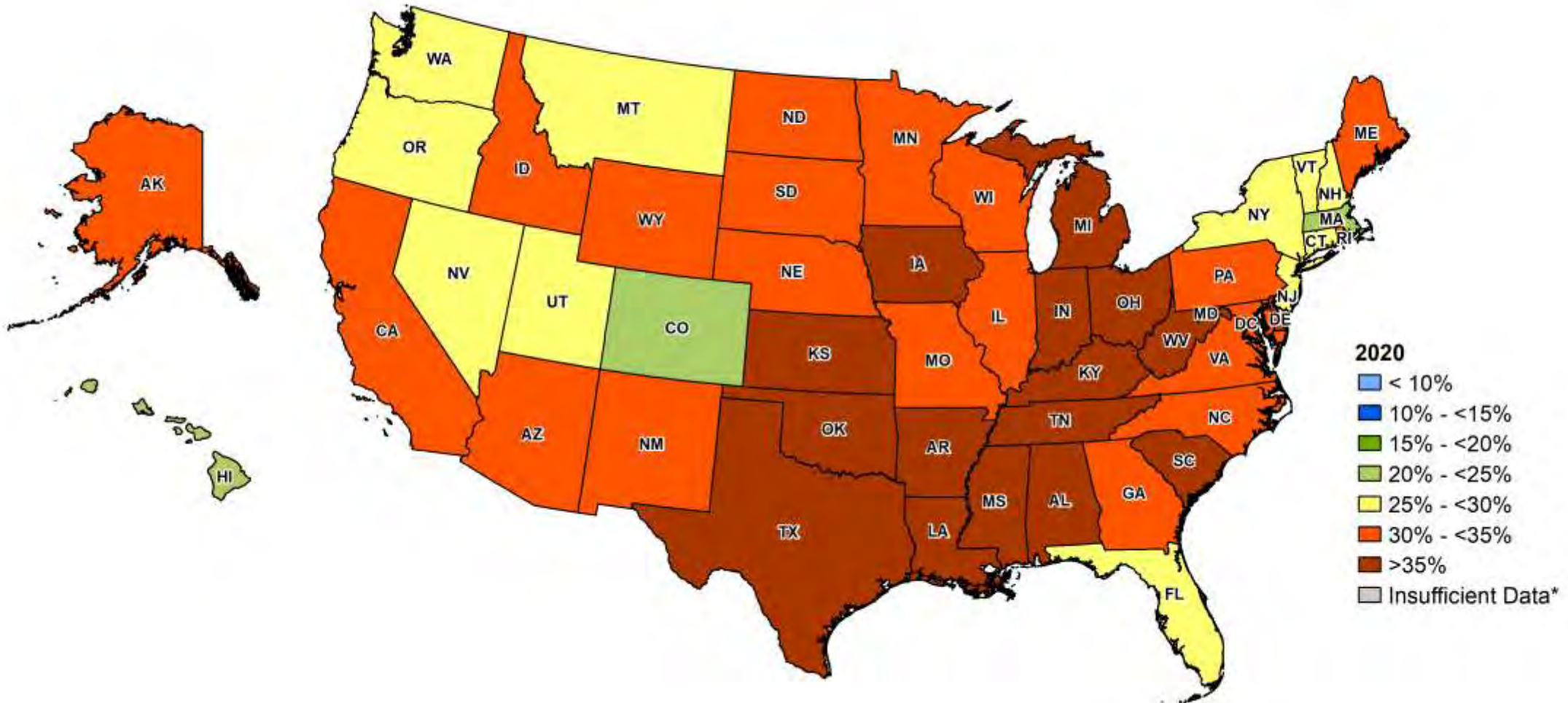
*BMI \geq 30, or ~ 30 lbs overweight for a 5'4" woman



Obesity Trends Among U.S. Adults 2020

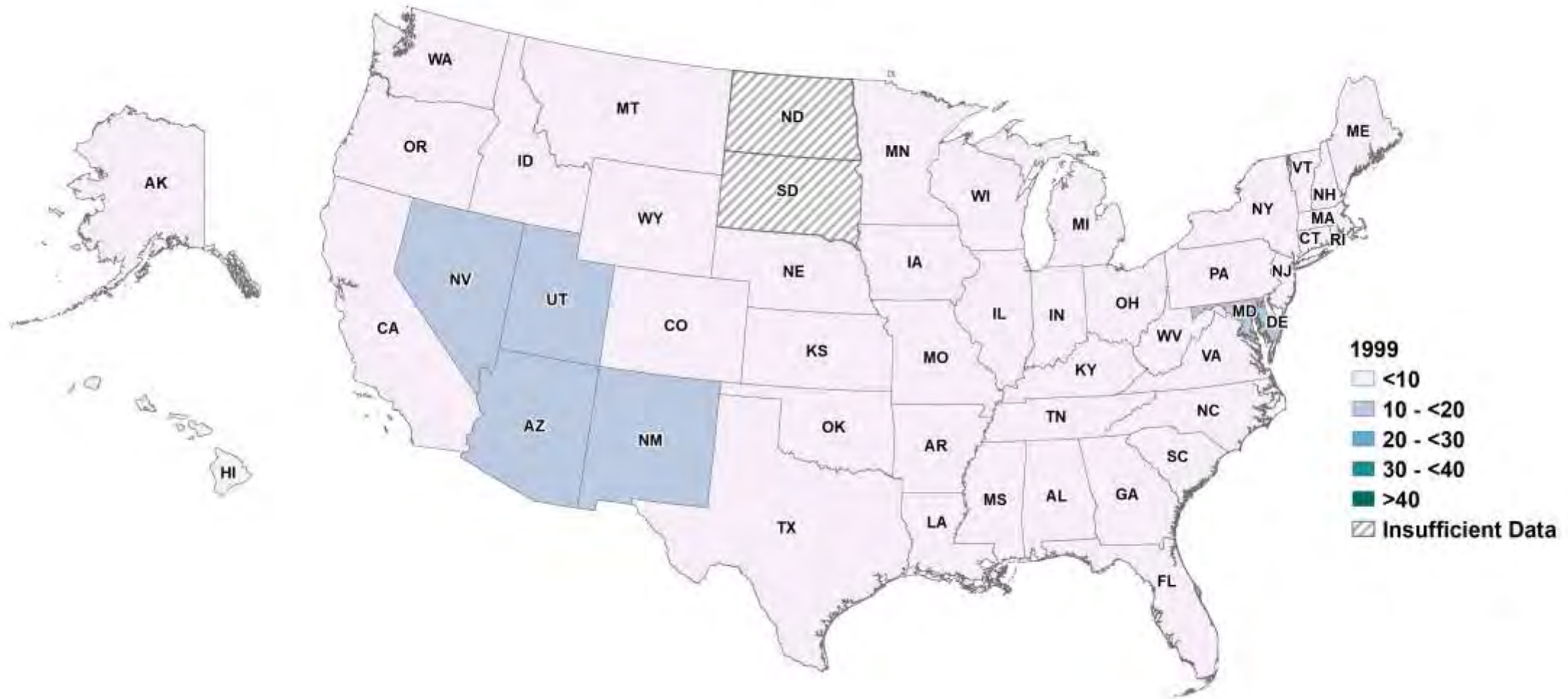


*BMI \geq 30, or ~ 30 lbs overweight for a 5'4" woman



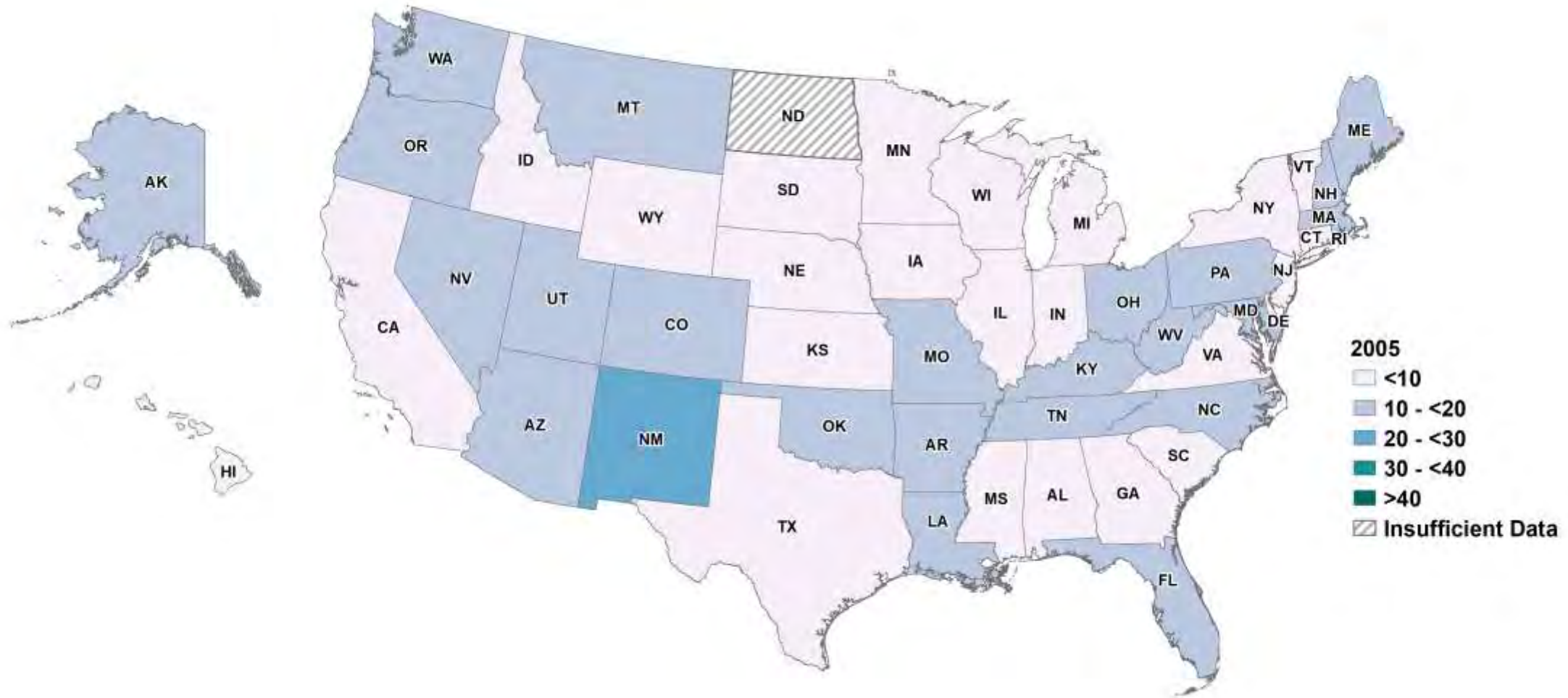
Drug Overdose Mortality Rates 1999

(per 100,000 population)



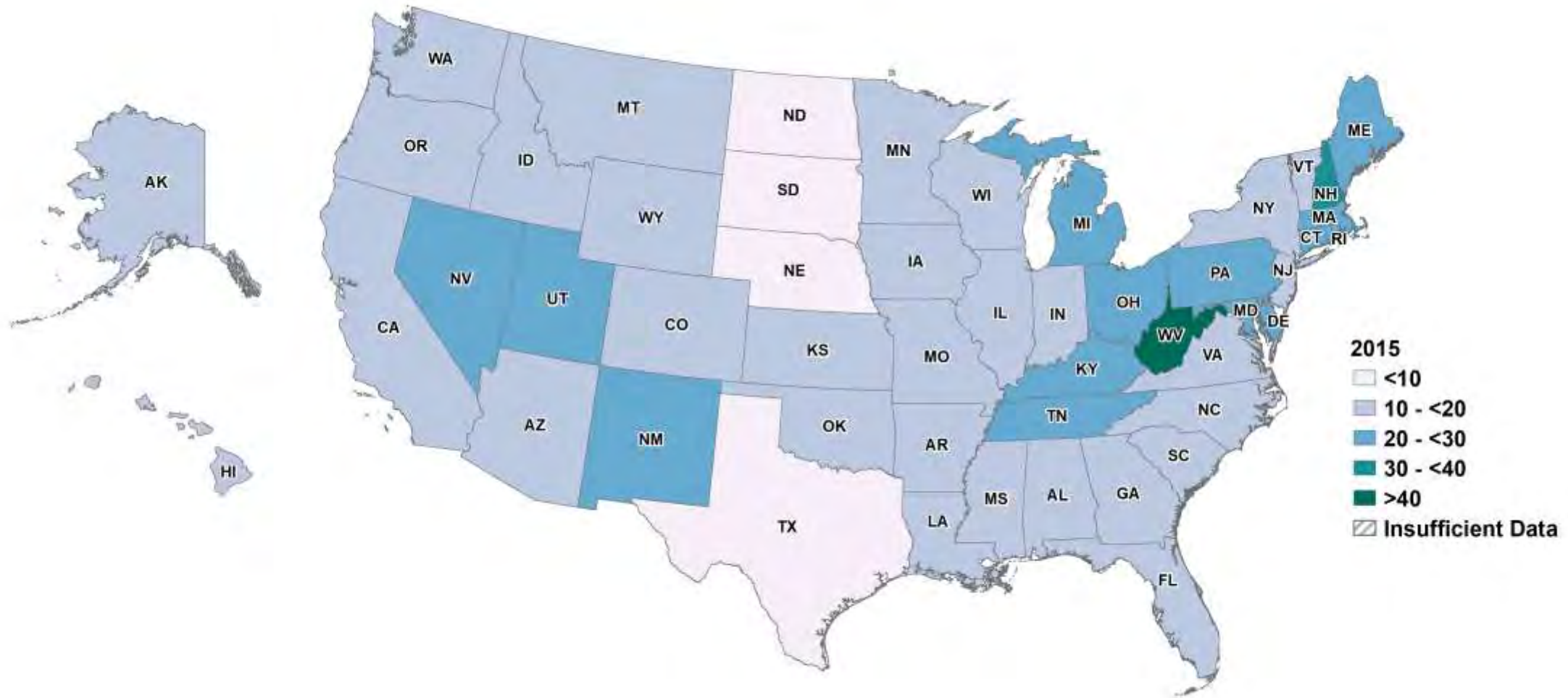
Drug Overdose Mortality Rates 2005

(per 100,000 population)



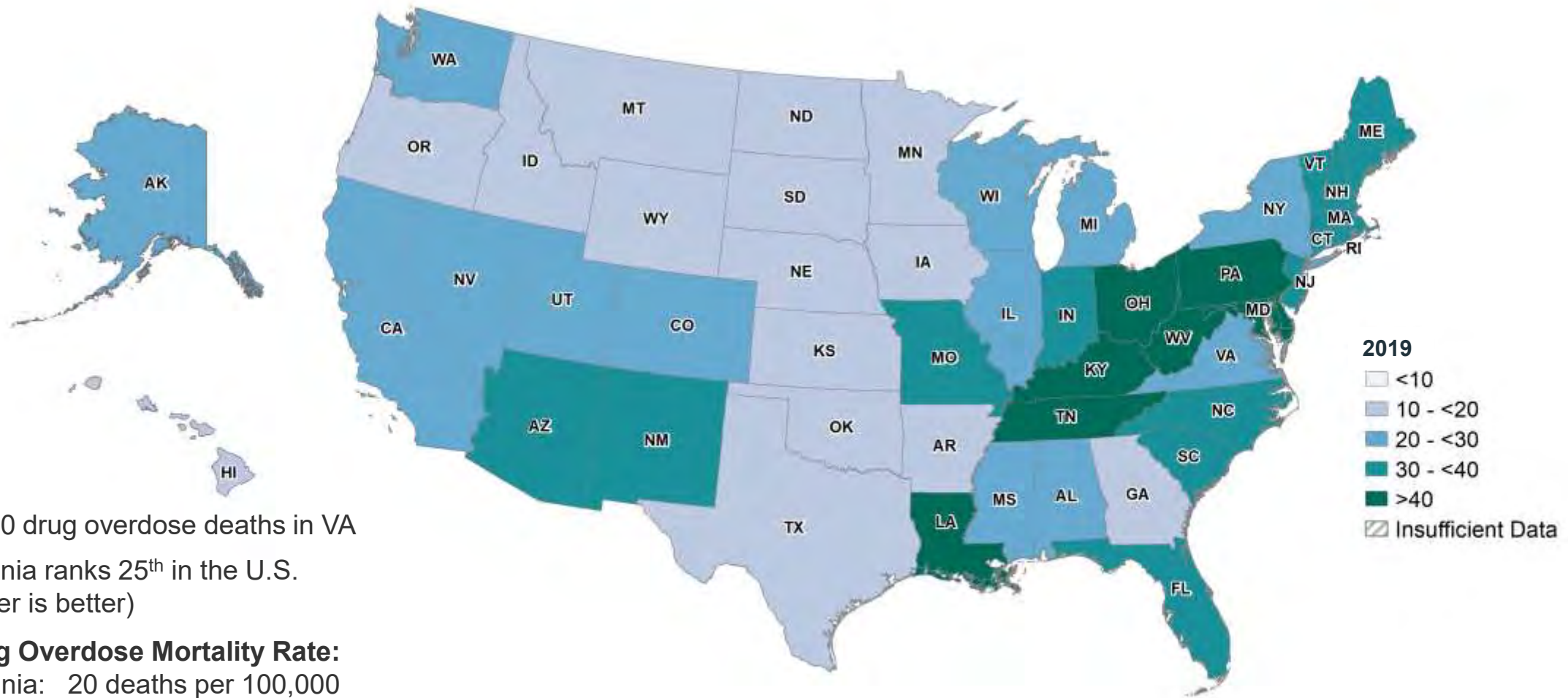
Drug Overdose Mortality Rates 2015

(per 100,000 population)



Drug Overdose Mortality Rates 2020

(per 100,000 population)



2,240 drug overdose deaths in VA

Virginia ranks 25th in the U.S.
(lower is better)

Drug Overdose Mortality Rate:

Virginia: 20 deaths per 100,000

Galax City: No Record

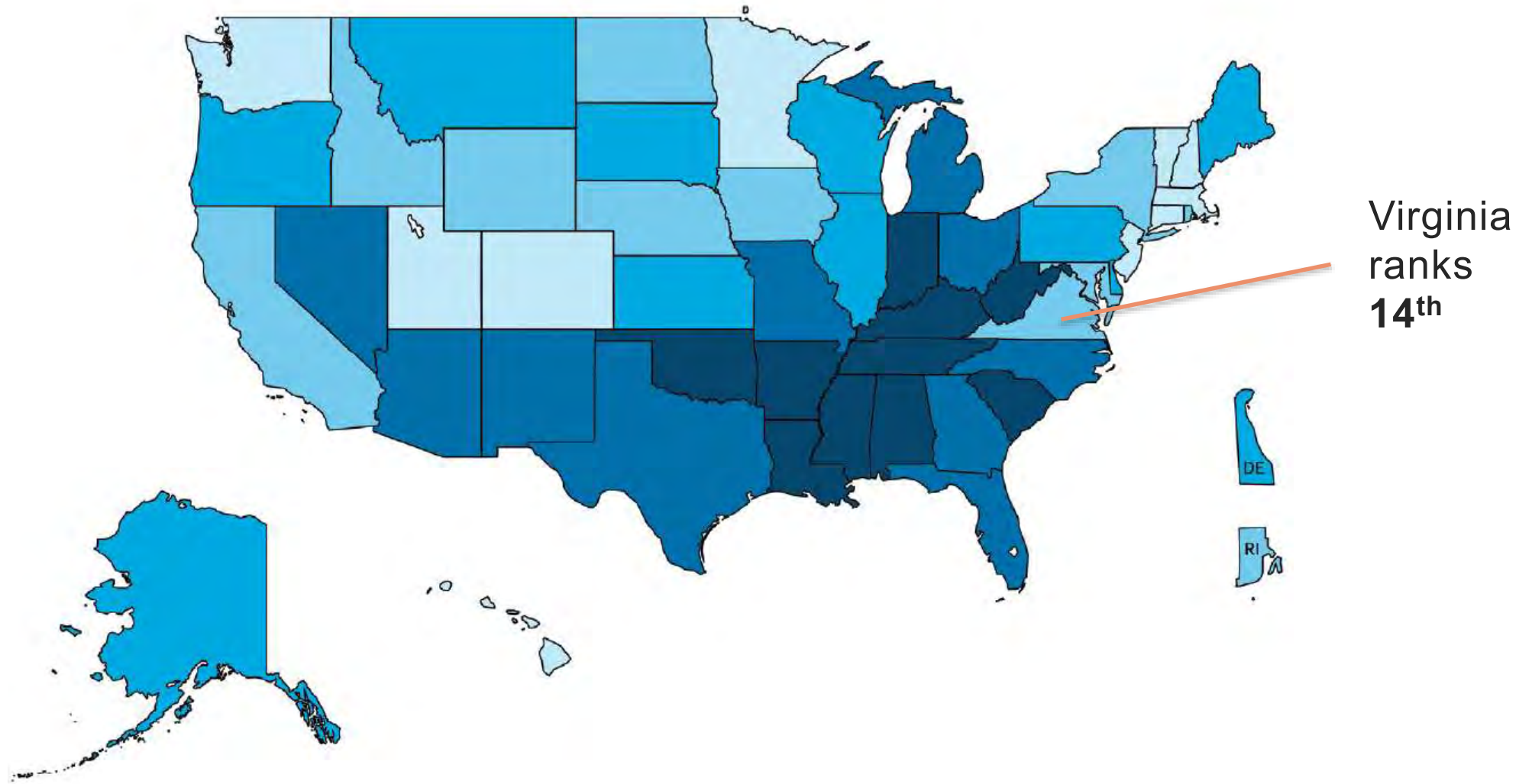
Carroll County: 28 deaths per 100,000

Grayson County: No Record

America's Health Rankings



1 to 10 11 to 20 21 to 30 31 to 40 41 to 50





Strengths

- Low prevalence of frequent physical distress
- Low percentage of households with food insecurity
- Low prevalence of high-risk HIV behaviors

Challenges

- Low per capita public health funding
- High prevalence of insufficient sleep
- Low supply of mental health providers

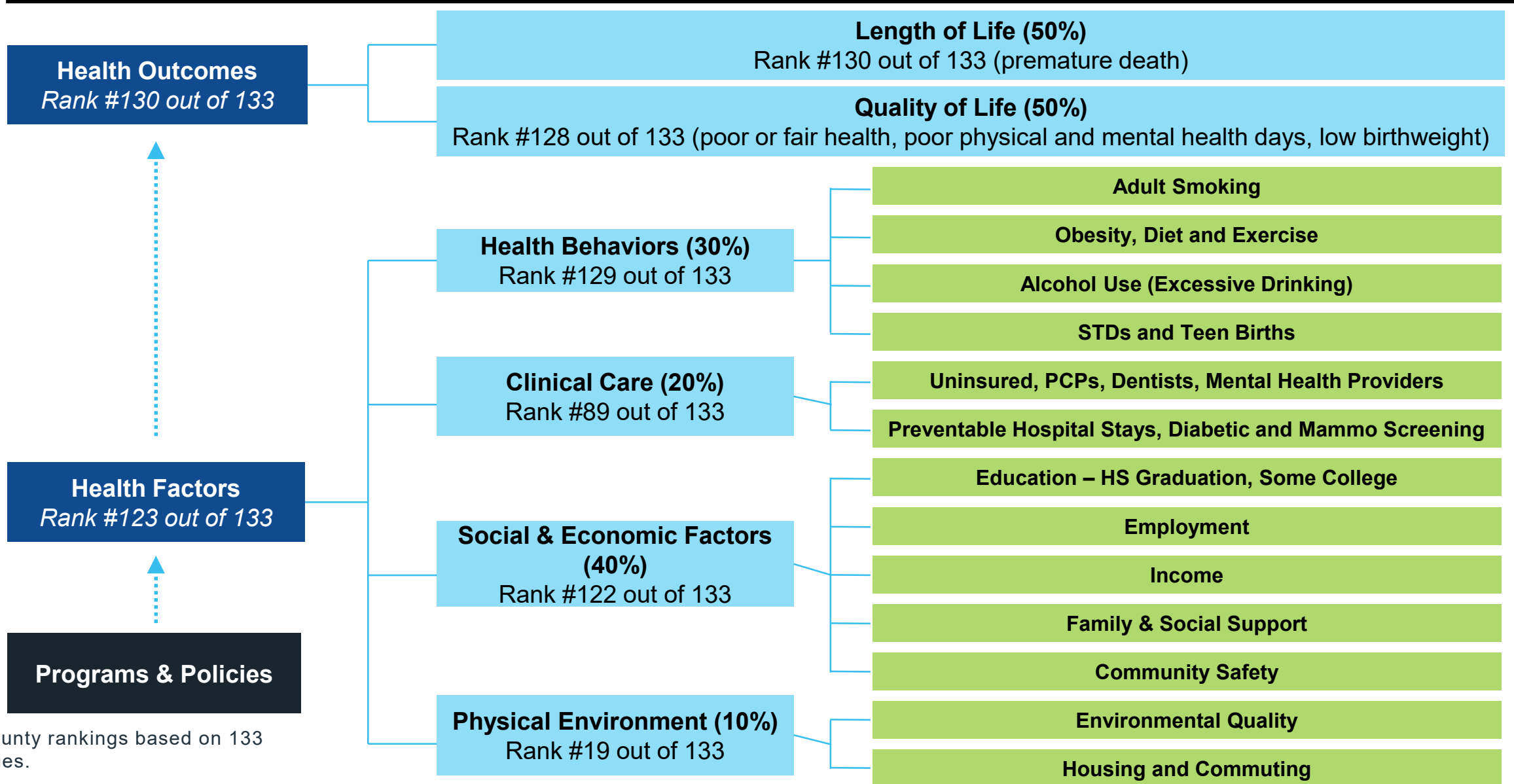
Highlights

- Frequent physical distress **decreased** 11.7% to 8.3% of adults between 2019 and 2020
- Chlamydia **increased** from 507.3 to 564.3 cases per 100,000 population between 2018 and 2019
- Mental health providers **increased** 193.2 to 207.8 per 100,000 population between 2020 and 2021

Select Rankings

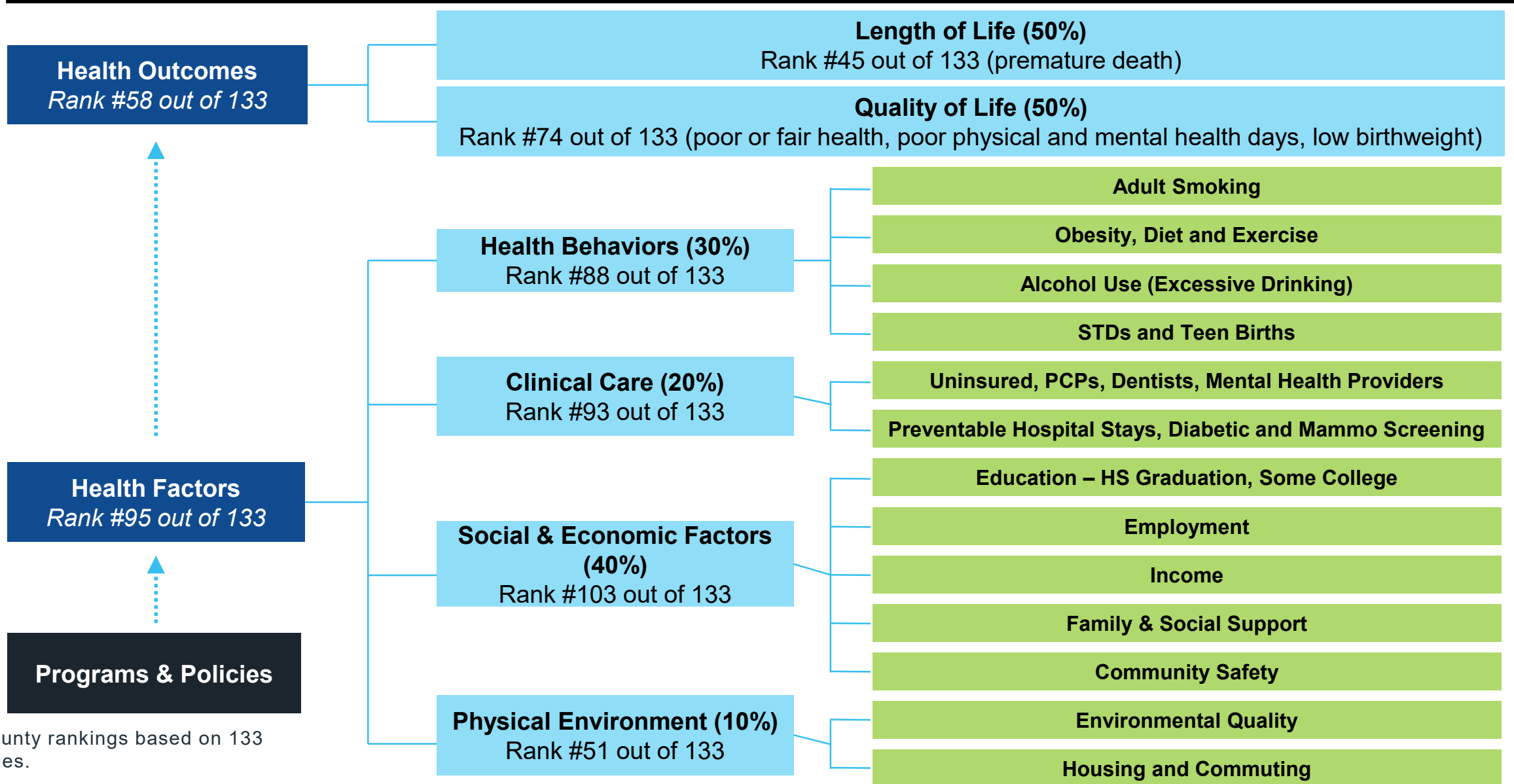
6	Residential Segregation - Black/White
6	Violent Crime
7	High-risk HIV Behaviors
8	Economic Hardship Index
8	Food Insecurity
28	HPV Vaccination
34	Insufficient Sleep
38	Public Health Funding
39	High School Graduation Racial Disparity
43	Risk-screening Environmental Indicator Score

Galax City, VA Health Rankings



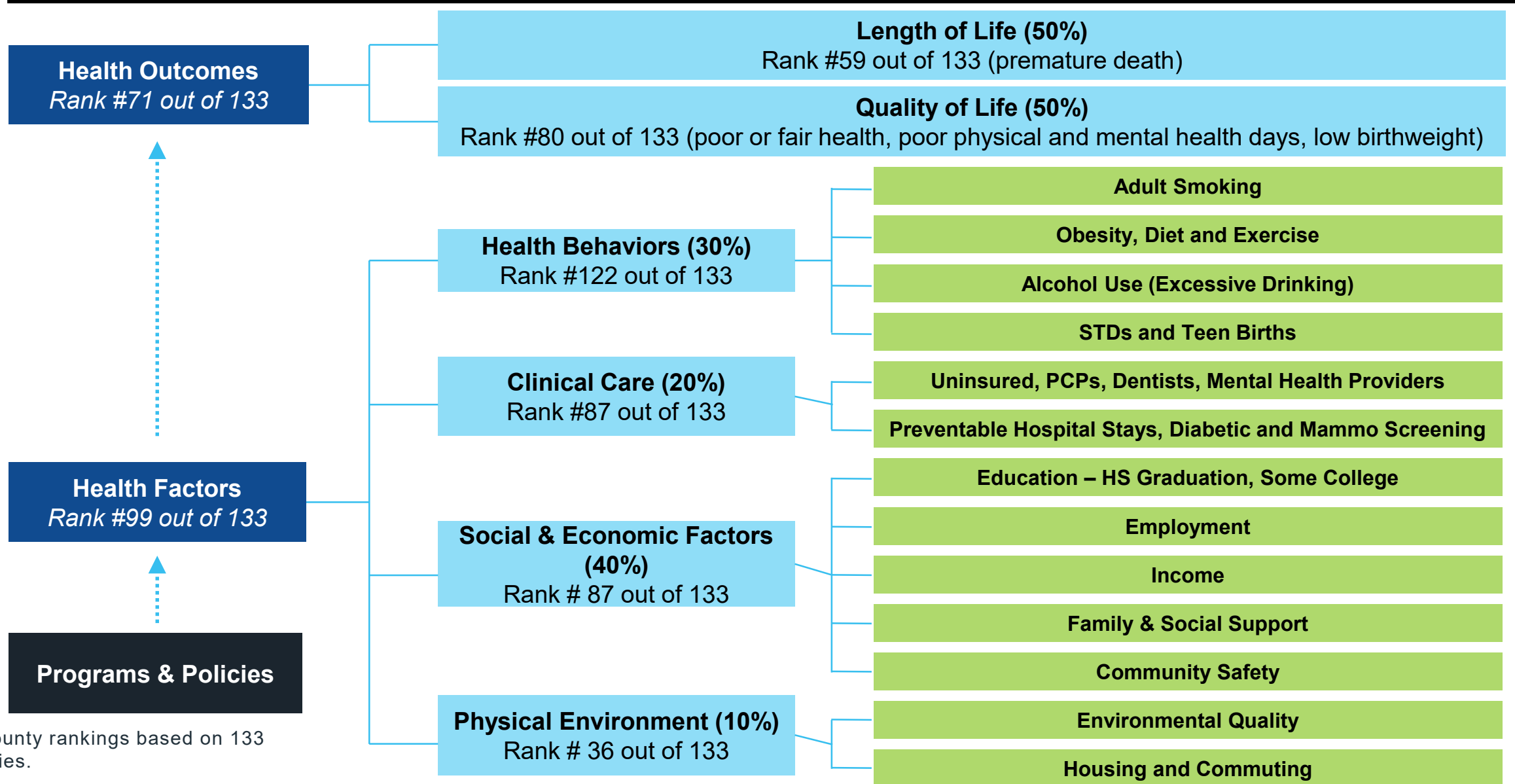
VA county rankings based on 133 counties.

Carroll County, VA Health Rankings



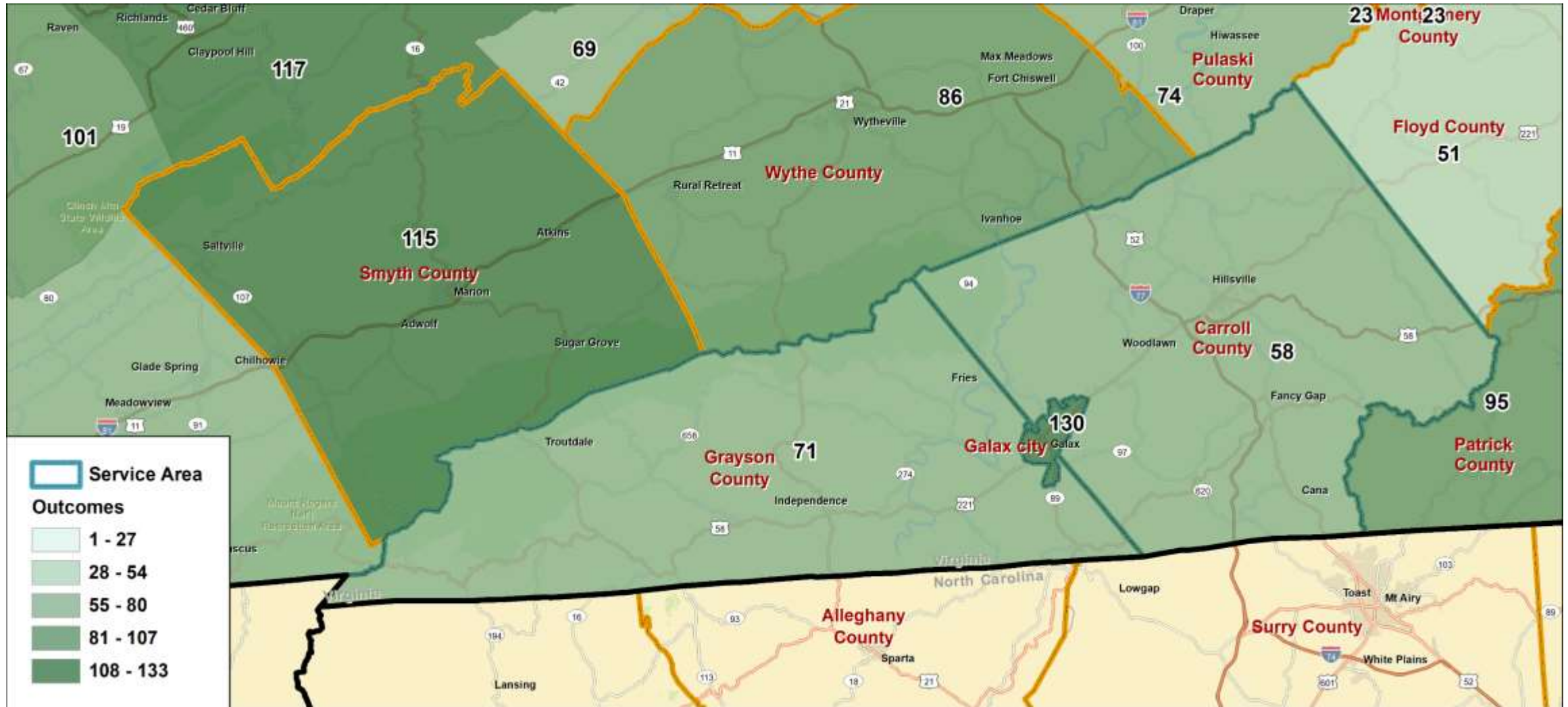
VA county rankings based on 133 counties.

Grayson County, VA Health Rankings



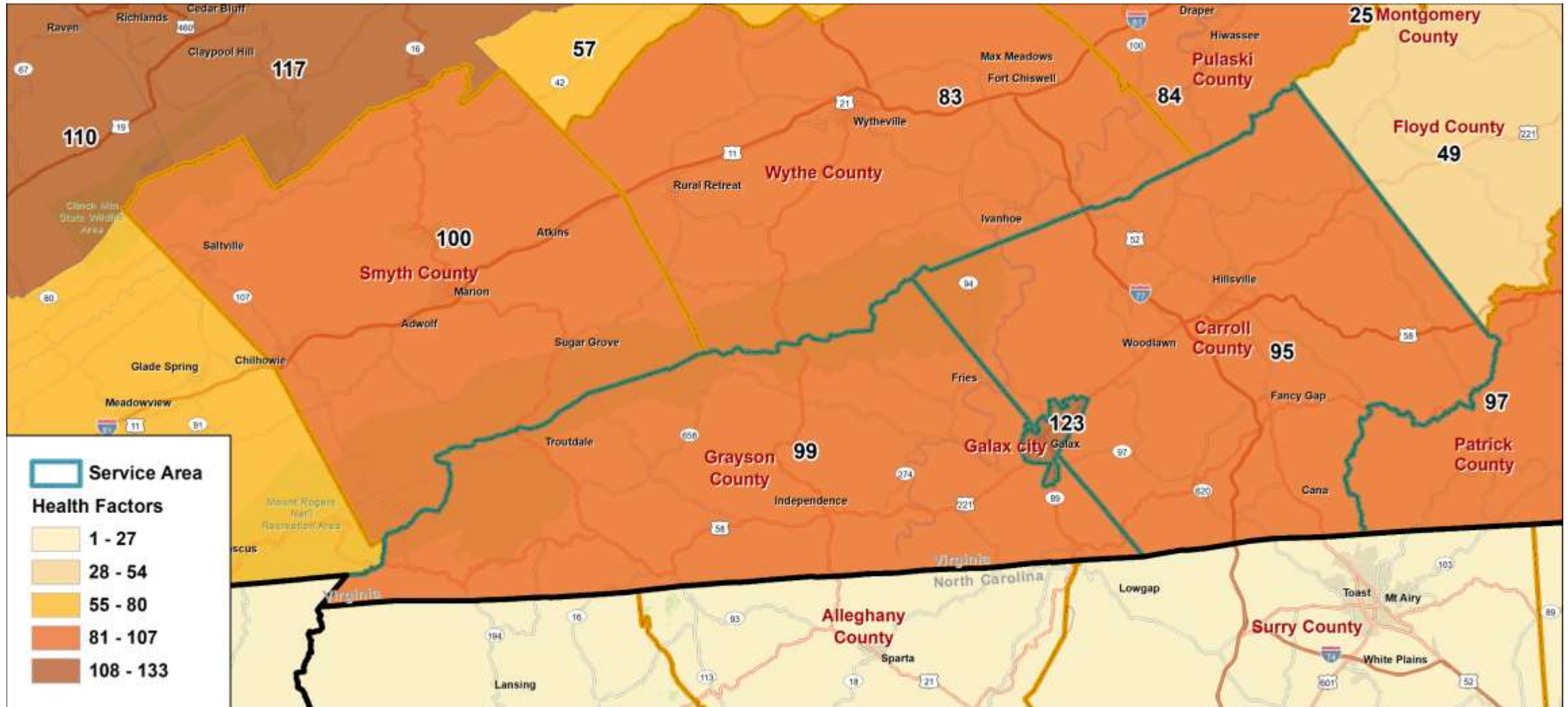
VA county rankings based on 133 counties.

Health Outcome Rankings - Virginia



VA county rankings based on 133 counties.

Health Factors Rankings - Virginia



VA county rankings based on 133 counties.

Contiguous Counties Health Rankings & Measures



	Galax City	Carroll	Grayson	Wythe	Pulaski	Floyd
Health Outcomes	130	58	71	86	74	51
Length of Life	130	45	59	94	91	57
Quality of Life	128	74	80	77	71	49
Health Factors	123	95	99	83	84	49
Health Behaviors	129	88	122	75	79	62
Clinical Care	89	93	87	106	70	76
Social & Economic Factors	122	103	87	86	85	42
Physical Environment	19	51	36	46	113	28
Adult smoking	24%	23%	24%	21%	21%	20%
Adult obesity	38%	34%	36%	34%	35%	30%
Physical inactivity	37%	32%	34%	31%	30%	28%
Alcohol-impaired driving deaths	100%	21%	78%	23%	24%	57%
Uninsured	14%	12%	12%	10%	8%	12%
High school completion rate	75%	81%	83%	87%	89%	89%

Ranks out of 133 VA counties

Red = Concern

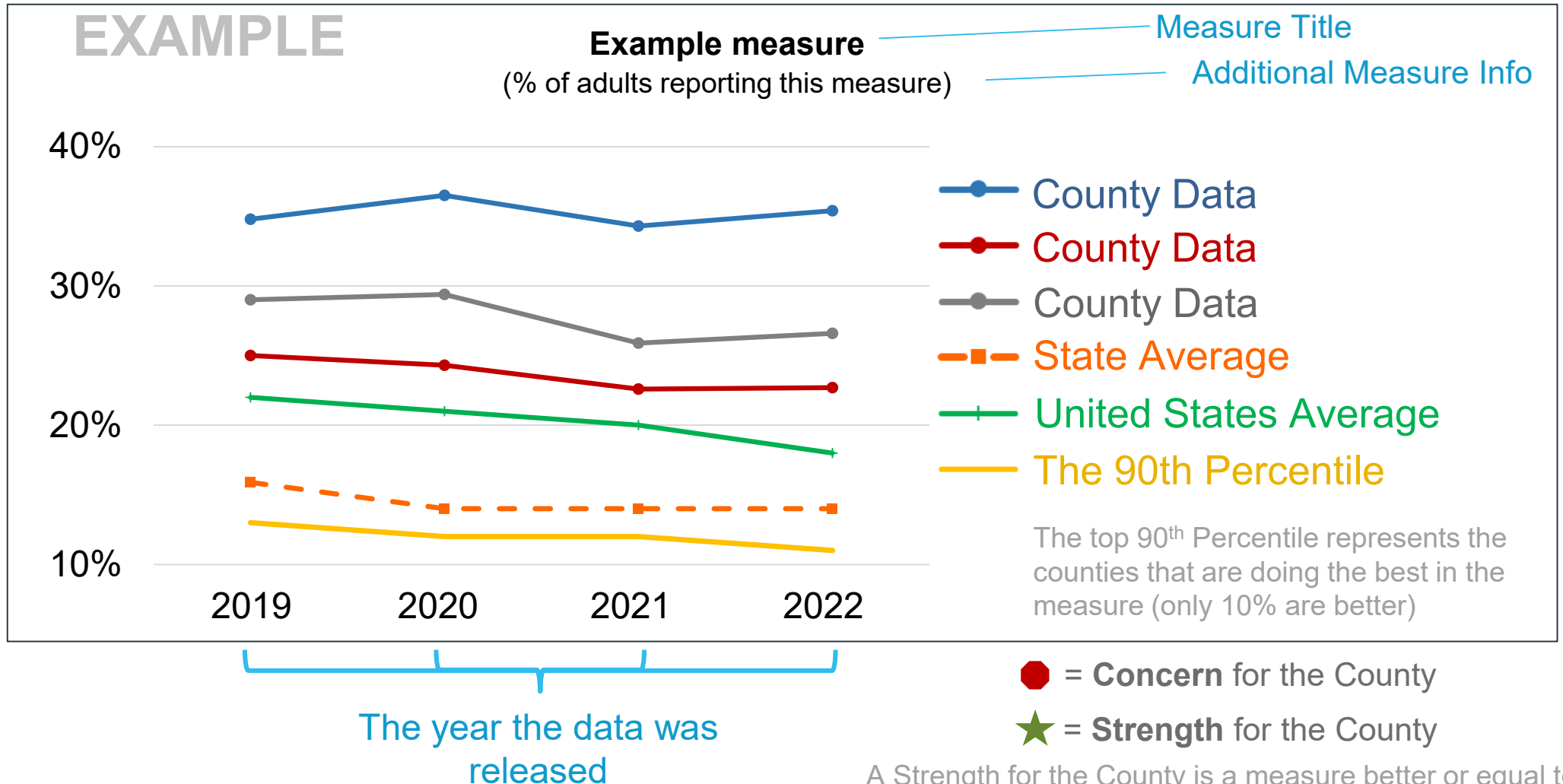
Healthy People 2030 Comparable Measures – United States



Category	Objective	Target for US 2030	Galax City 2022	Carroll County 2022	Grayson County 2022
Smoking	Tobacco Use Adult cigarette smoking (age-adjusted, percent, 18+ years)	5%	24%	23%	24%
Obesity	Nutrition and Weight Status Obesity among adults (age-adjusted, percent, 20+ years)	36%	38%	34%	36%
Excessive Drinking	Substance Abuse Binge drinking in past month—Adults (percent, 18+ years)	25%	15%	18%	17%
Diabetes	Diabetes Persons with diagnosed diabetes A1c over 9% (age-adjusted, percent, 18+ years)	12%	13%	10%	12%
Infant Mortality	Maternal, Infant, and Child Health All infant deaths (per 1,000 live births, <1 year) [MICH-1.3]	5	NR	NR	NR
Education	High school graduation (age-adjusted, percent, 18+ years)	91%	83%	87%	93%

Health Measure Trend Charts – How to read the next charts

A brief explanation of the health measure trend charts

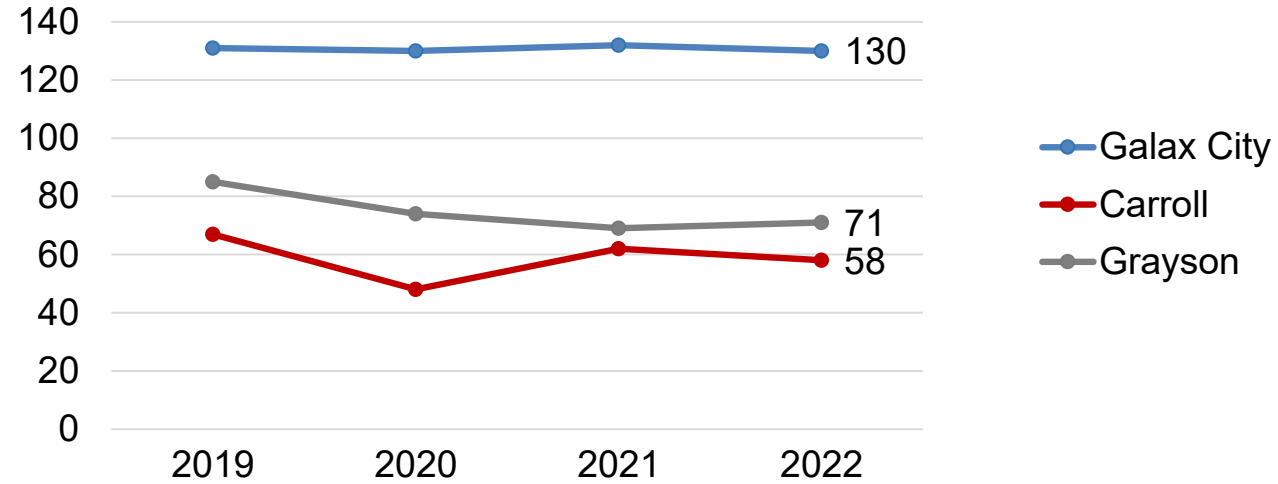


A Strength for the County is a measure better or equal to the state score, and a Concern is worse than the state score.



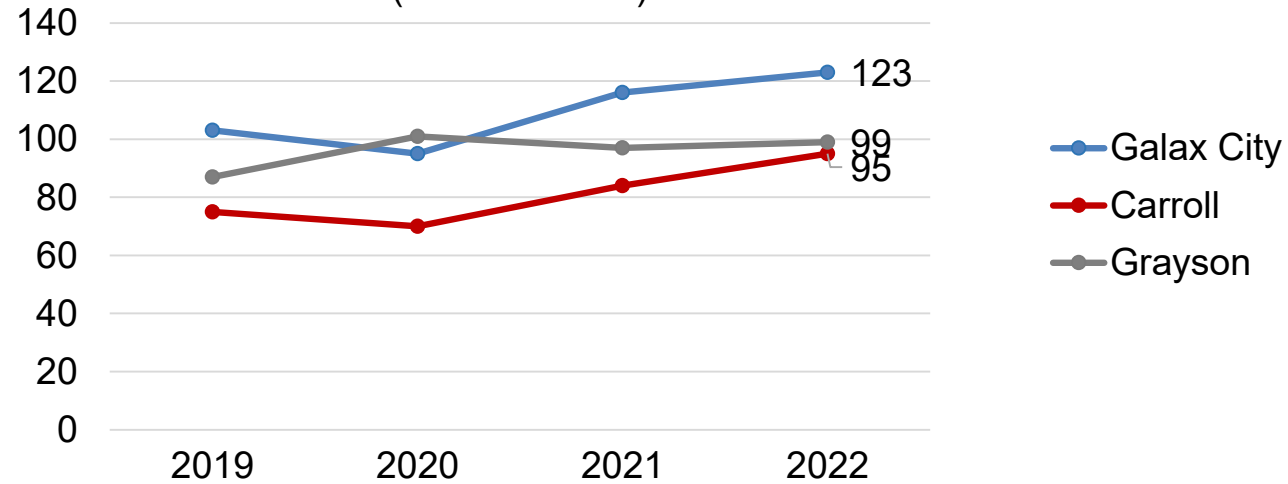
Health Outcomes

(lower is better)



Health Factors

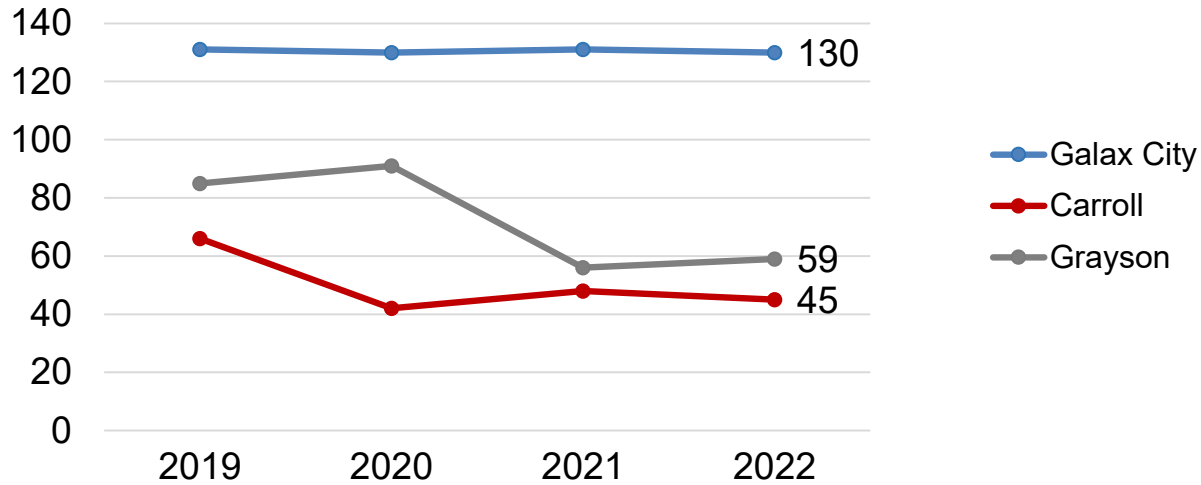
(lower is better)



Length of Life Rank



Length of Life Ranking (lower is better)



Life Expectancy

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

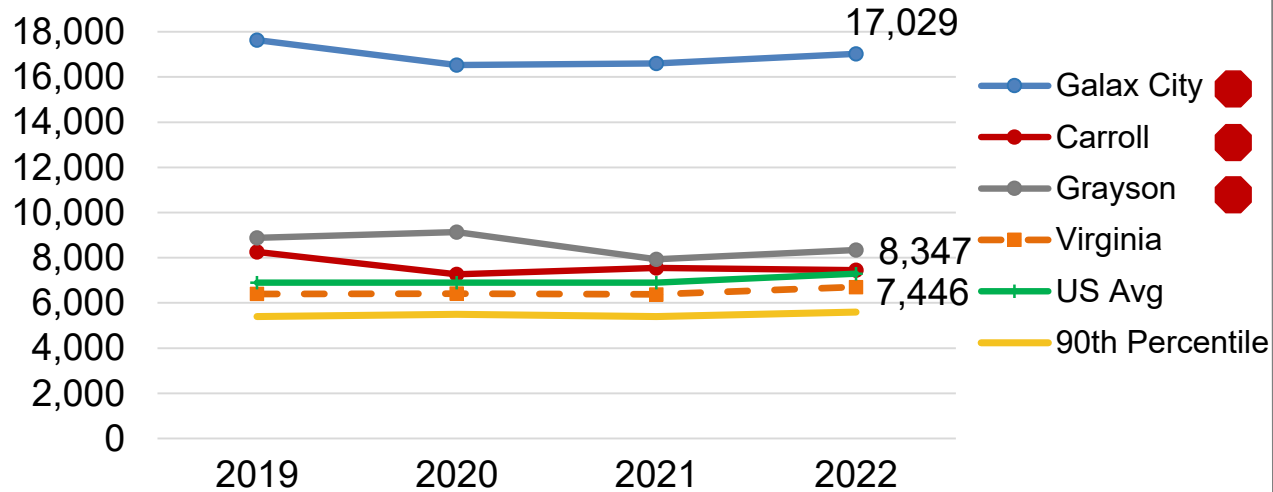
2018-2020

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

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

Premature death

(YPLL per 100,000 pop prior to age 75)



Premature death by race/ethnicity 2018-2020

(YPLL per 100,000 pop prior to age 75)

Ethnicity/Race	Galax	Carroll	Grayson
American Indian & Alaska Native	NR	NR	NR
Asian	NR	NR	NR
Black	NR	NR	NR
Hispanic	NR	NR	NR
White	NR	NR	NR

Leading Causes of Death per 100,000 Population 2020



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

Age-adjusted rates per 100,000 population.

Galax City, Carroll County, and Grayson county data combined from 2015-2020. US and VA data from 2020

Rates that appear in red for a county denote a higher value compared to state data.

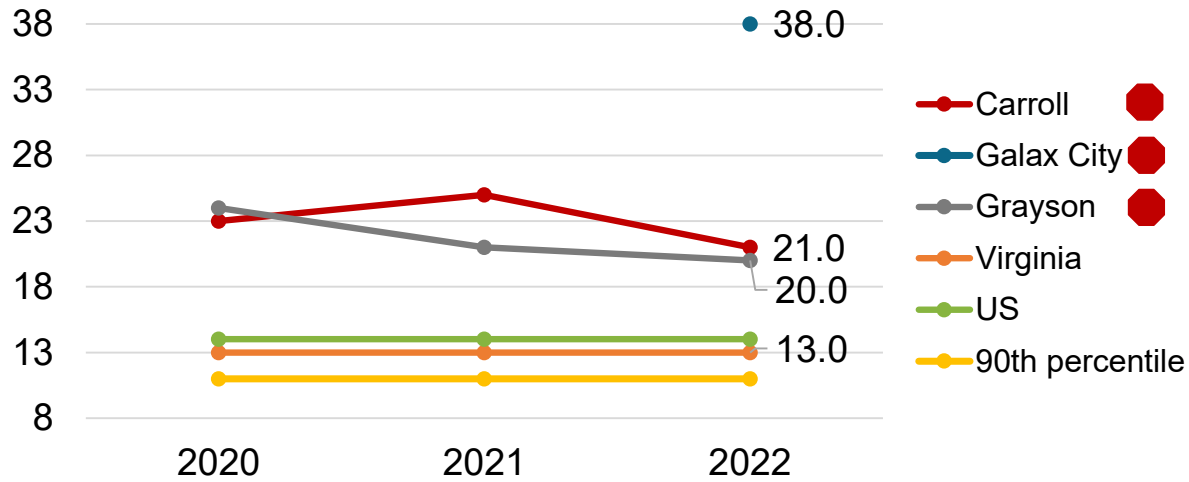
Age Adjustment Uses 2000 Standard Population.

* COVID-19 Data from 2020 CHR; Center for Health Statistics - Mortality Files

Suicide rate per 100,000 Population

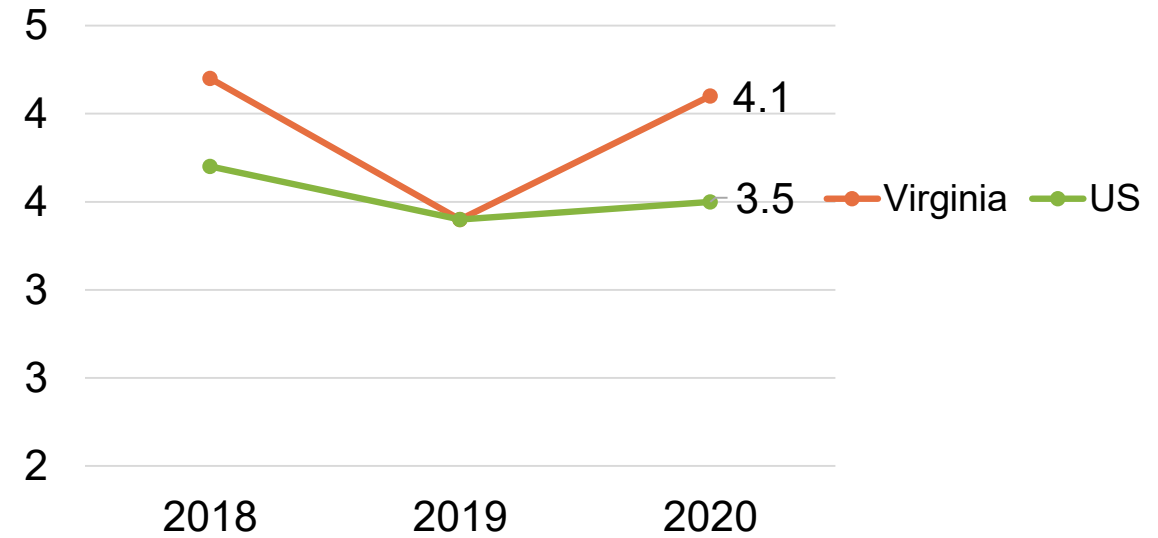


Suicide Rate
(per 100,000 Population)



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

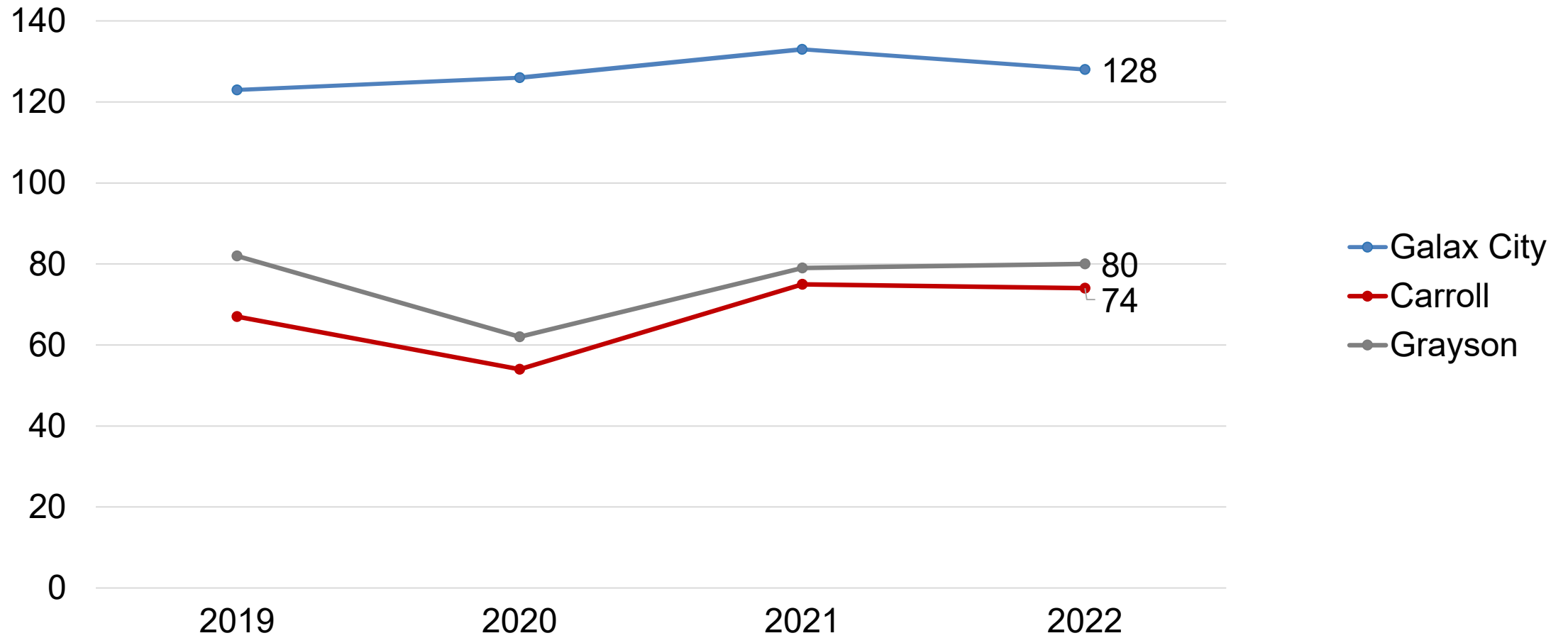
Teen Suicide Rate
(per 100,000 Population adolescents age 15-19)



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

Quality of Life Ranking

Quality of Life Ranking
(lower is better)

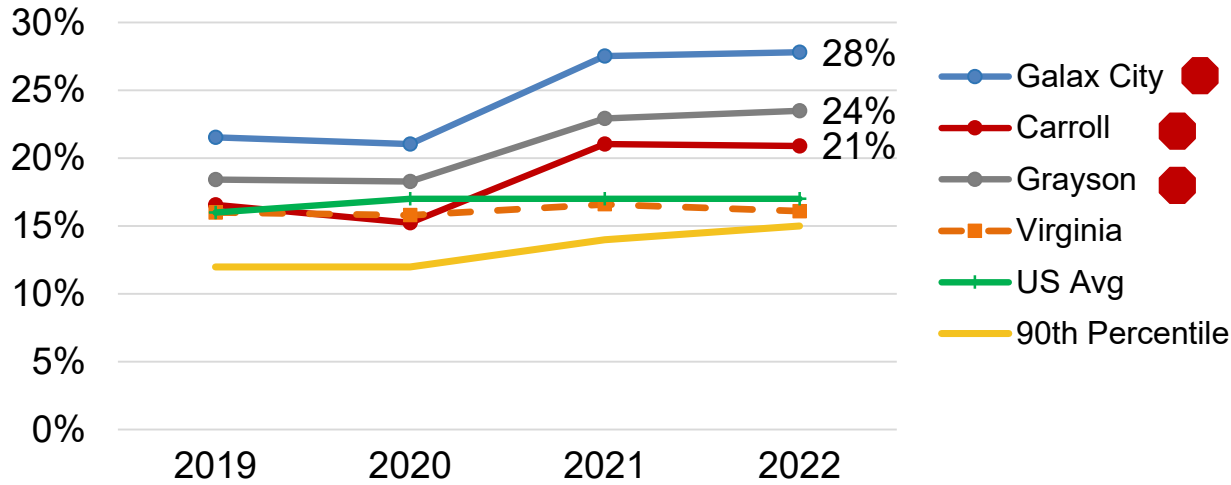


Quality of Life Rank



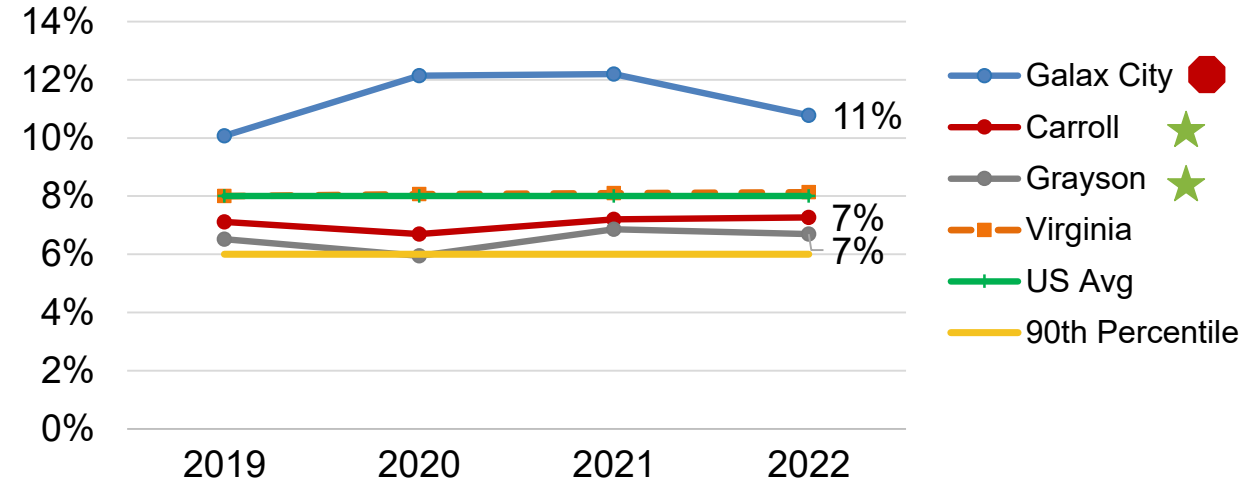
Poor or fair health*

(% of adults reporting, age-adjusted)



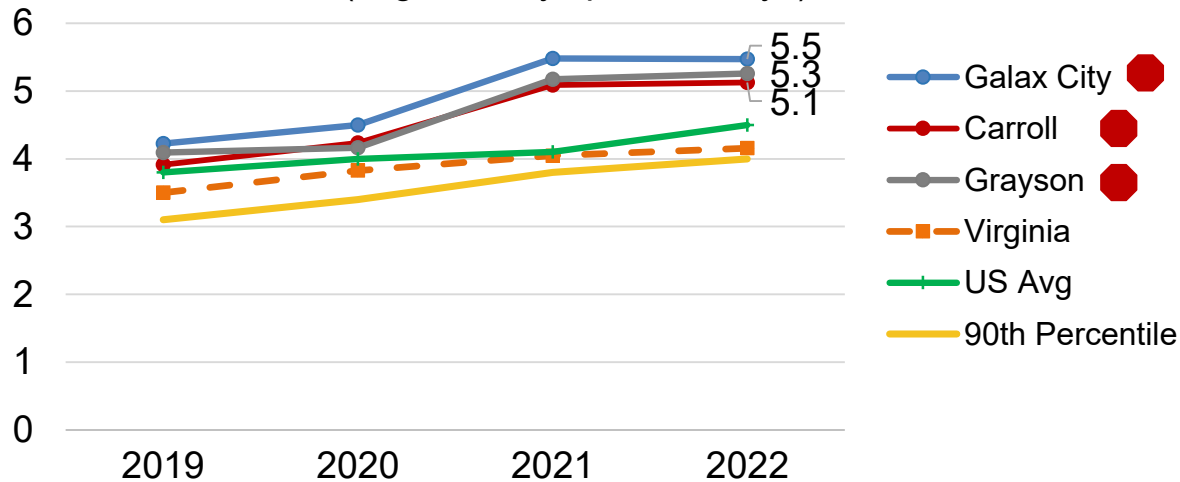
Low birthweight

(% of live births with birthweight < 2500 grams, 5.5 lbs.)



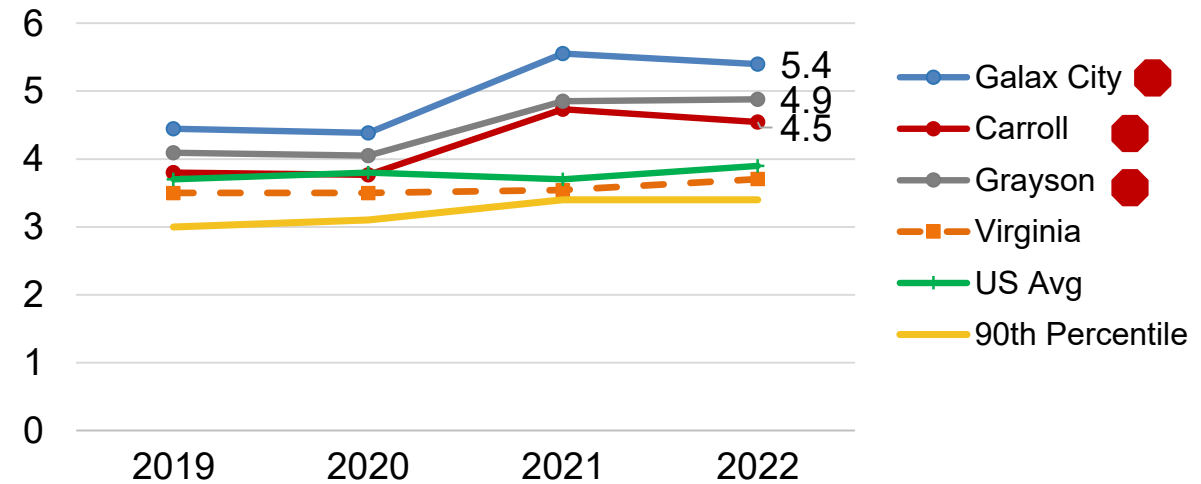
Poor mental health days*

(avg # of days past 30 days)



Poor physical health days*

(avg # of days past 30 days)

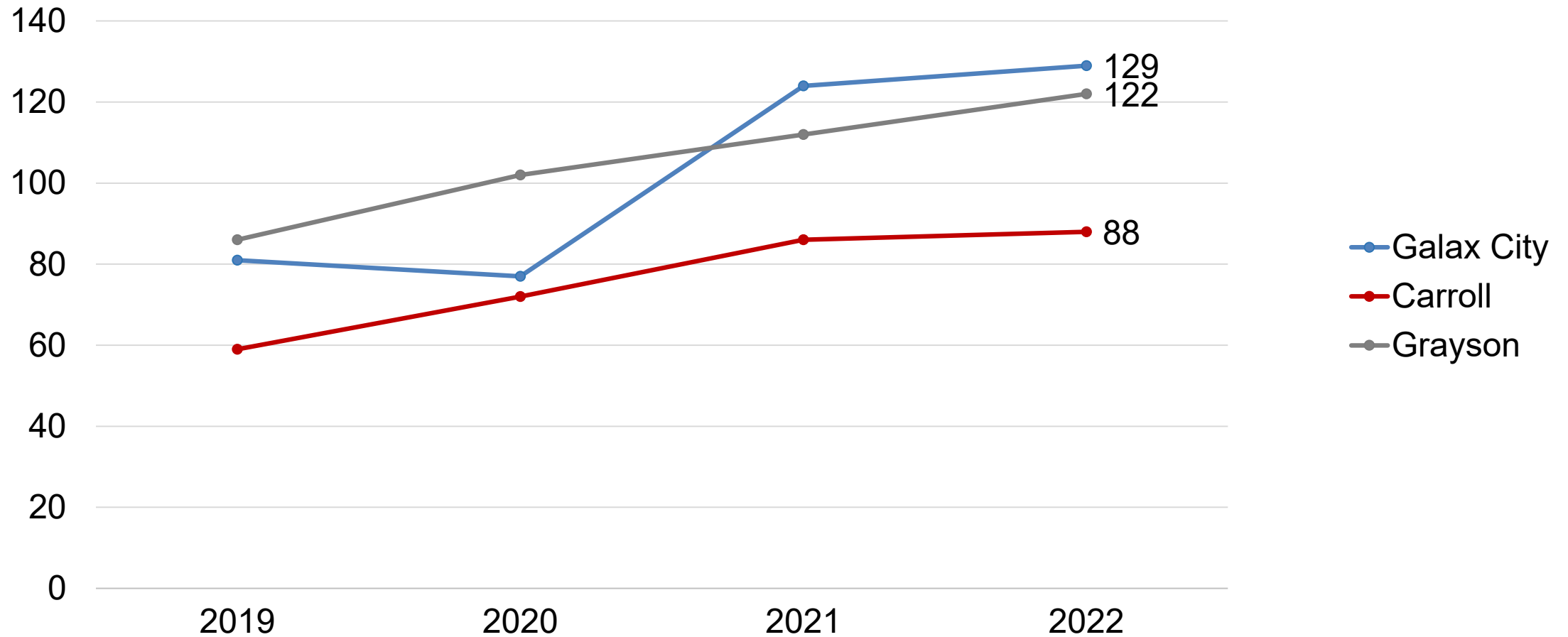


*Beginning with 2022 CHR, the CDC has updated their modeling procedure for producing small-area estimates. 2022 should not be compared to prior years.

Health Behaviors Ranking

Health Behaviors Ranking

(lower is better)





Adult obesity

(% of adults that report a BMI of 30 or more)

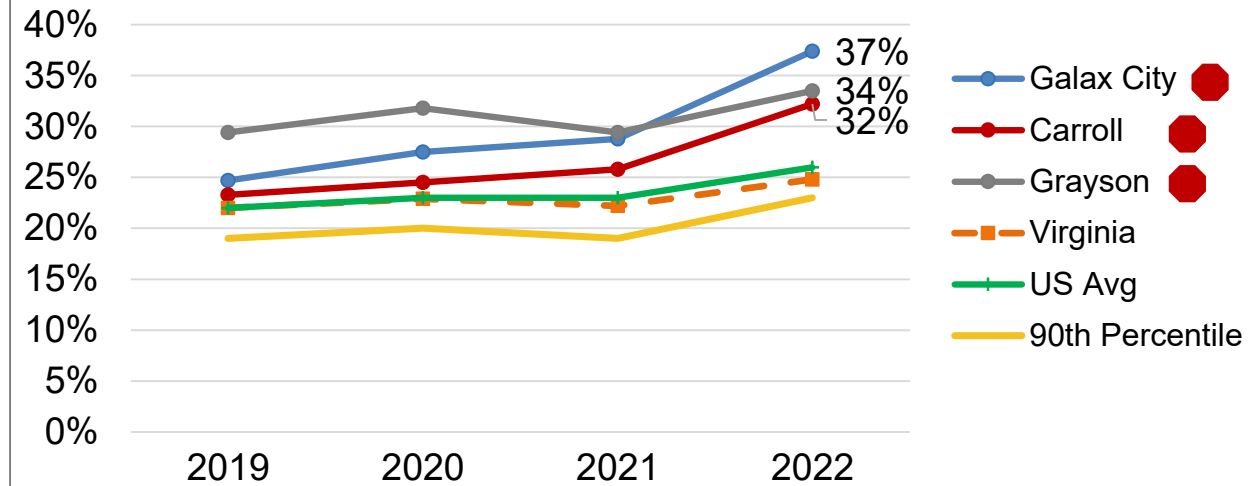
2022

Galax City	39%
Carroll County	34%
Grayson County	36%
Virginia	35%
US Avg	32%
90th Percentile	30%

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

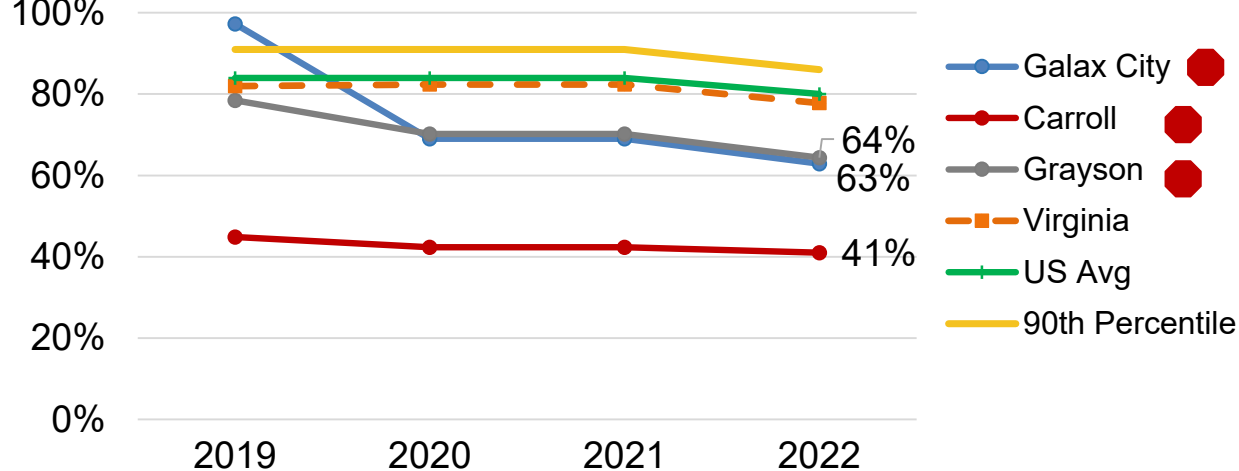
Physical inactivity

(% 20 yo and older reporting no leisure time physical activity)



Access to exercise opportunities

(% of population with adequate access to locations for physical activity)



Adult smoking

(% that report every day or "most days")

2022

Galax City	27%
Carroll County	23%
Grayson County	24%
Virginia	22%
US Avg	16%
90th Percentile	15%

In 1965, 45% of the US smoked

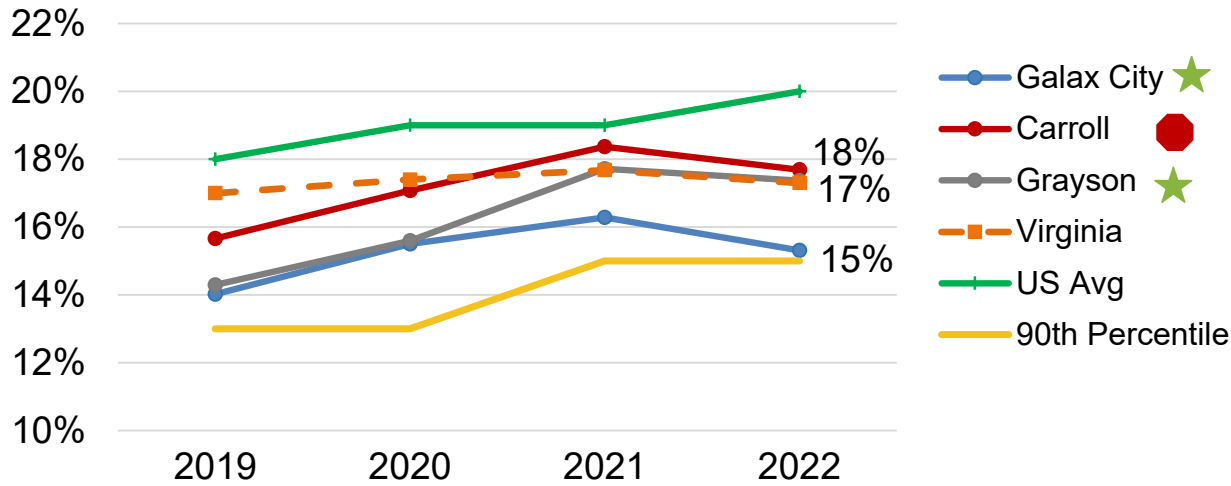
Beginning with 2022 CHR, the CDC has updated their modeling procedure for producing small-area estimates. 2022 released data should not be compared to prior years.

Health Behaviors



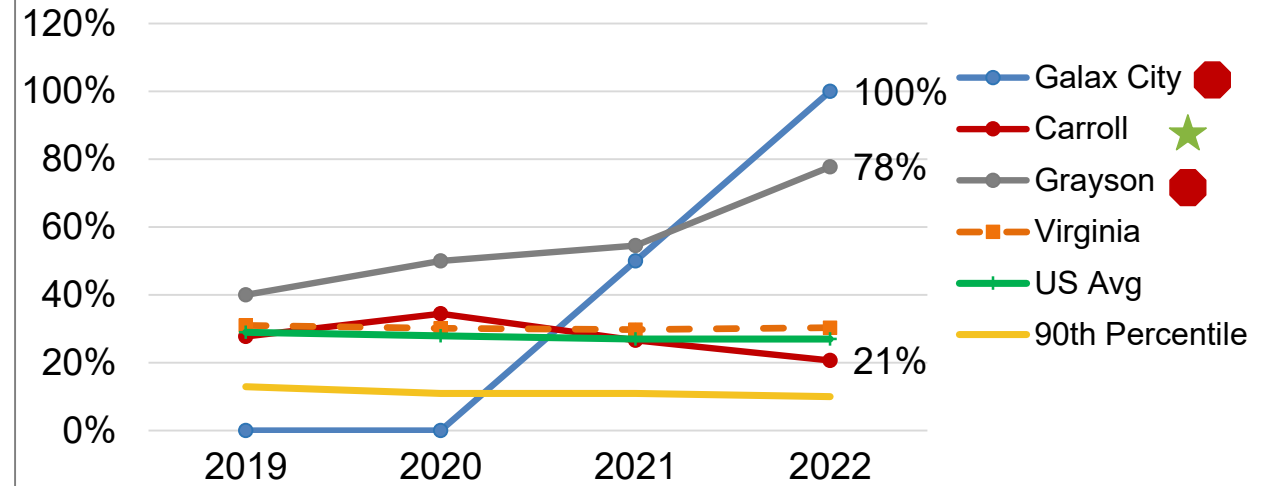
Excessive drinking

(% of adults reporting binge or heavy drinking)



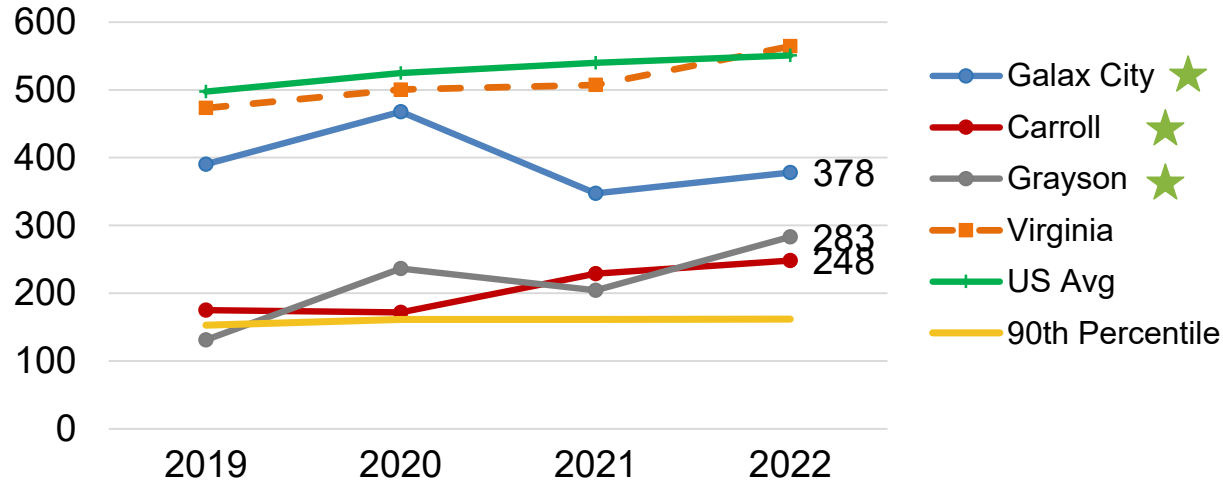
Alcohol impaired driving deaths

(percentage of driving deaths with alcohol involvement)



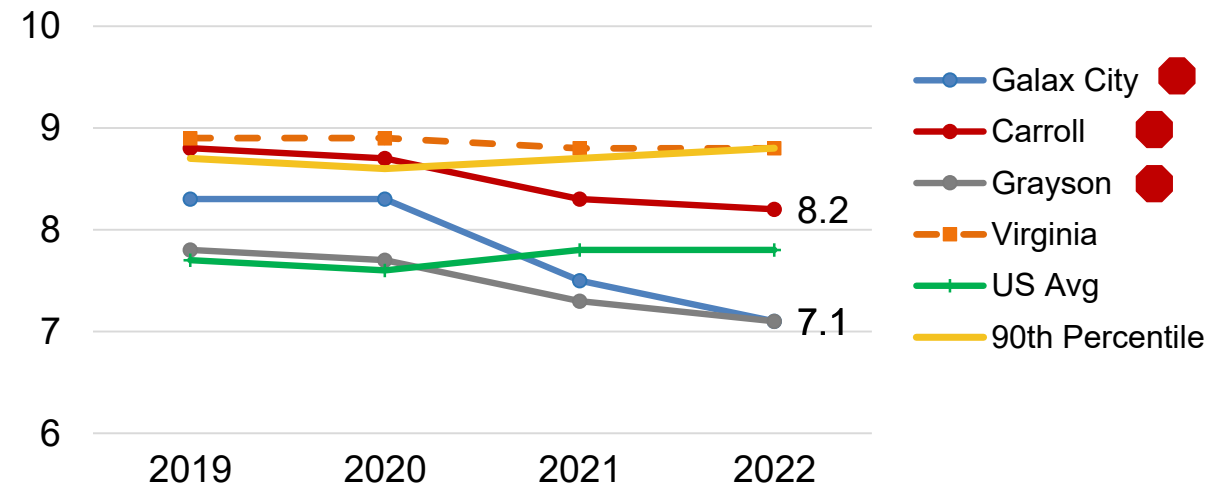
Sexually transmitted infections

(chlamydia rate per 100,000 pop)



Food environment index

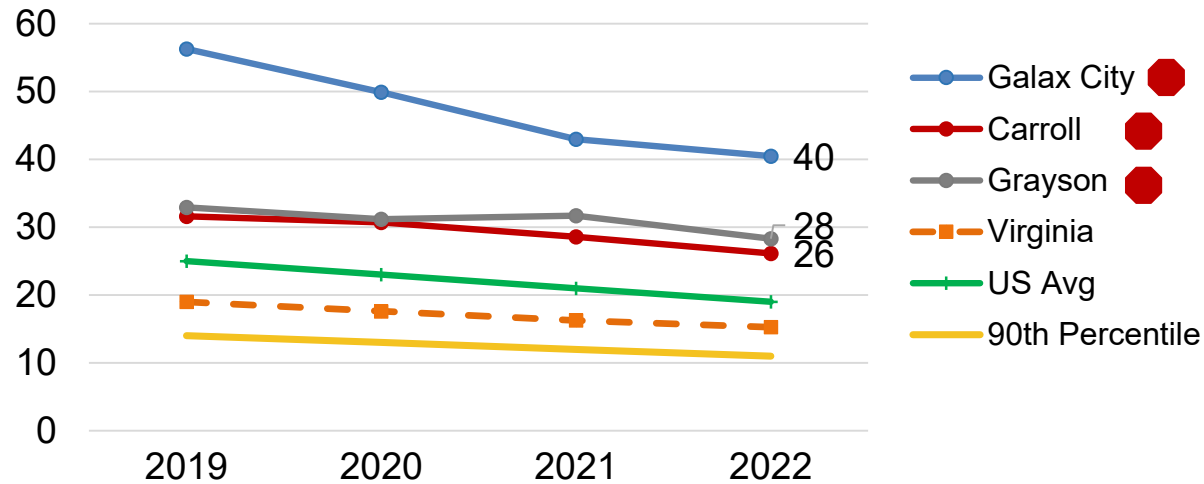
(higher is better)





Teen birth rate

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



Teen birth rate

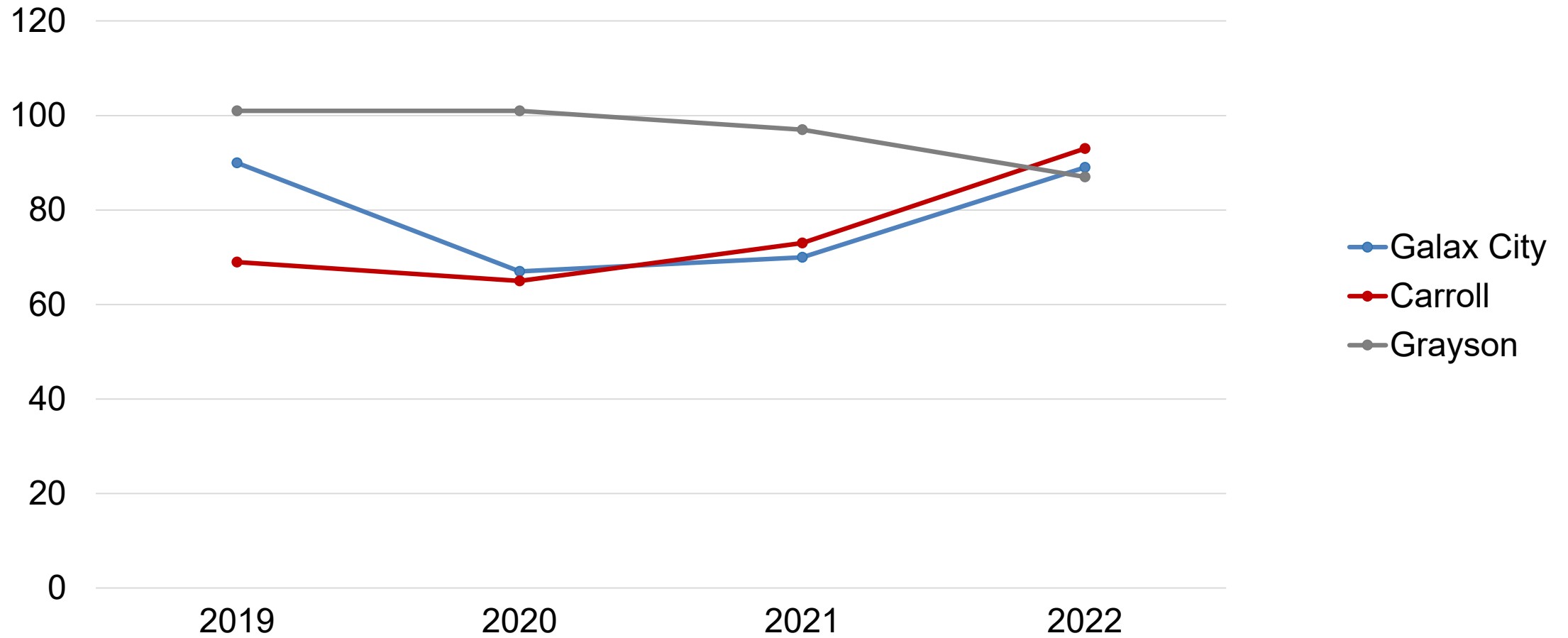
(# of births per 1,000 female pop ages 15-19)

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

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.

Clinical Care Rank

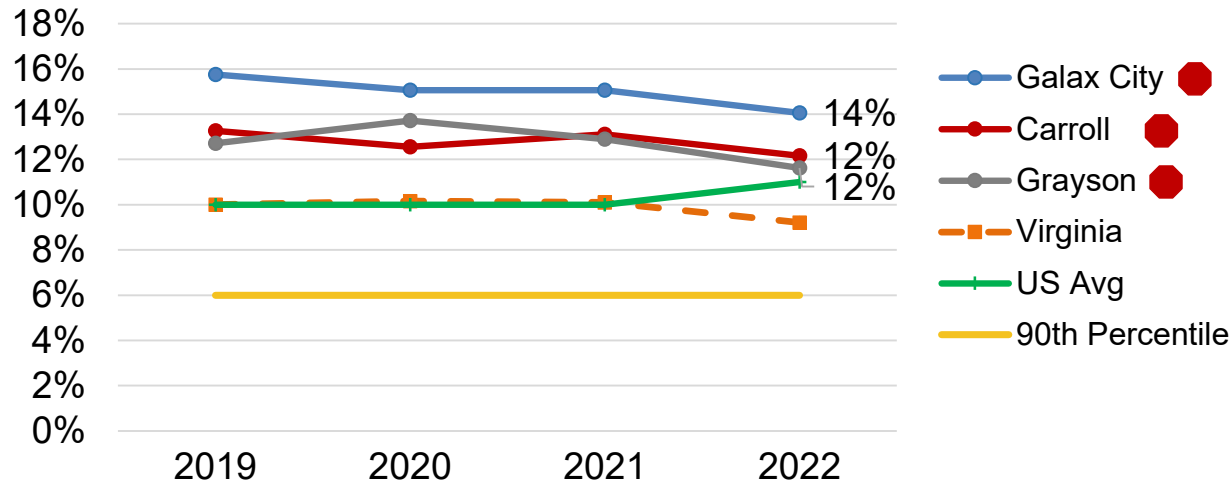
Clinical Care Rank
(lower is better)





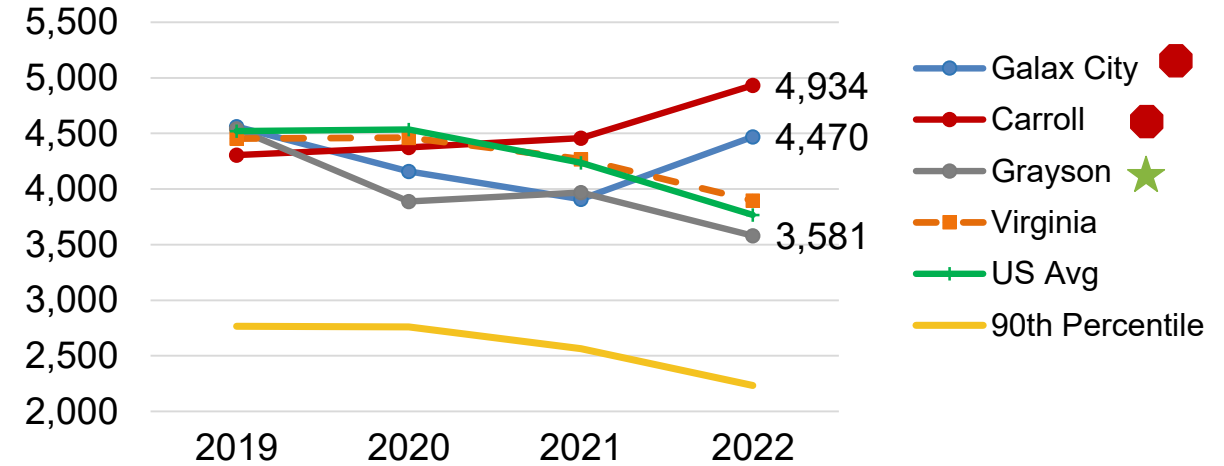
Uninsured

(% <65 without health insurance)



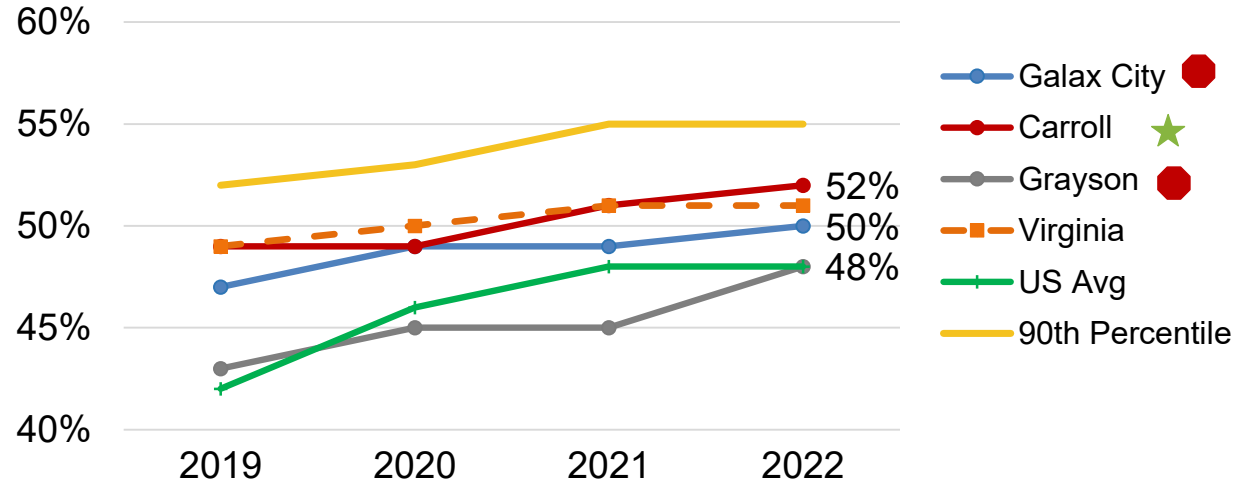
Preventable hospital stays

(hospitalization rate for ambulatory-sensitive conditions per 100,000 Medicare enrollees)



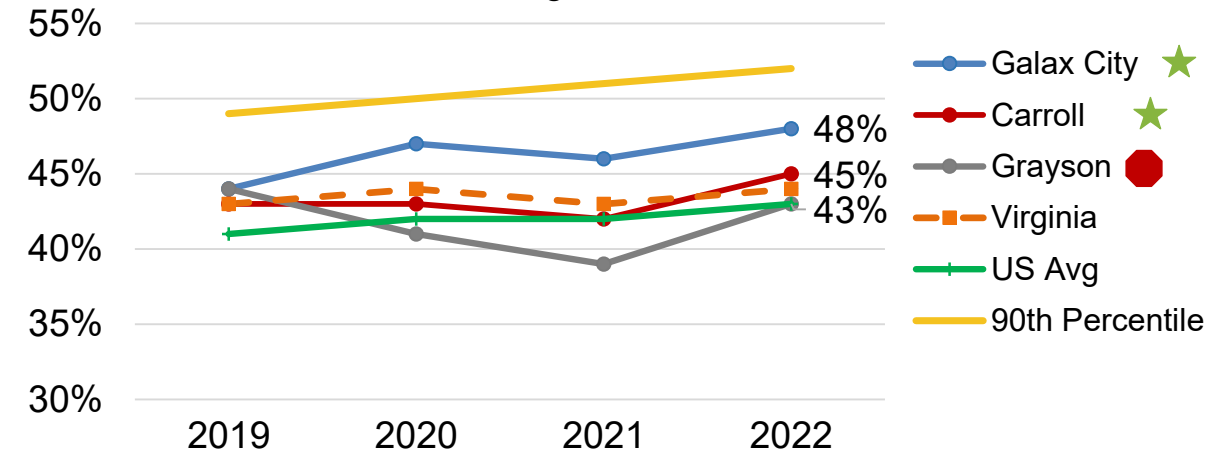
Flu Vaccines

(% of Medicare enrollees vaccinated per year)



Mammography screening

(% female Medicare enrollees ages 65-74 receiving annual mammogram)
Higher is better





Vaccination Coverage Among Children

Combined 7 Series Vaccination Coverage by Age 24 Months among Children Born in 2018, National Immunization Survey-Child (NIS-Child), 2018

Virginia
75.4%

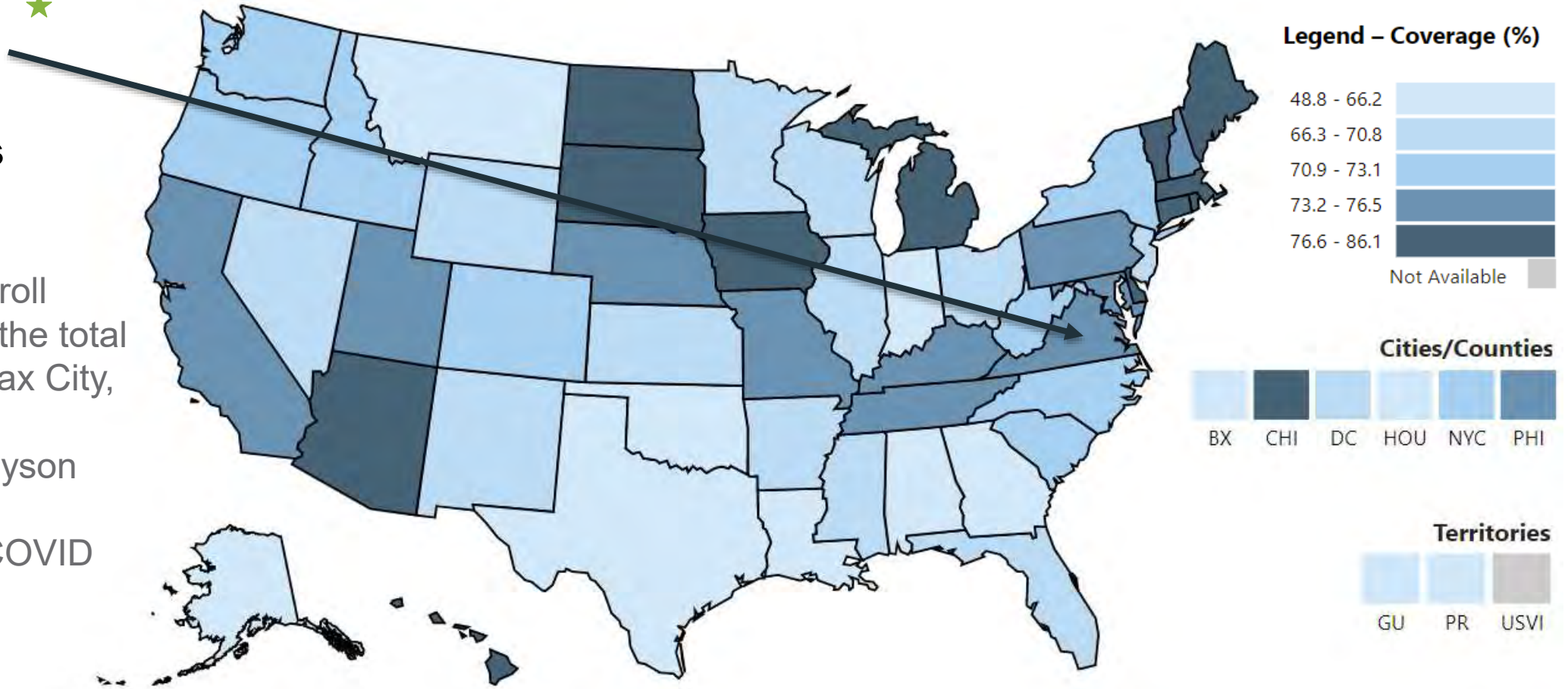


United States
71.3 %

33% of the total residents of Carroll County, 38% of the total residents of Galax City, 41% of the total residents of Grayson County are fully vaccinated for COVID 19.

VA = 74%
US = 67%

7/29/2022



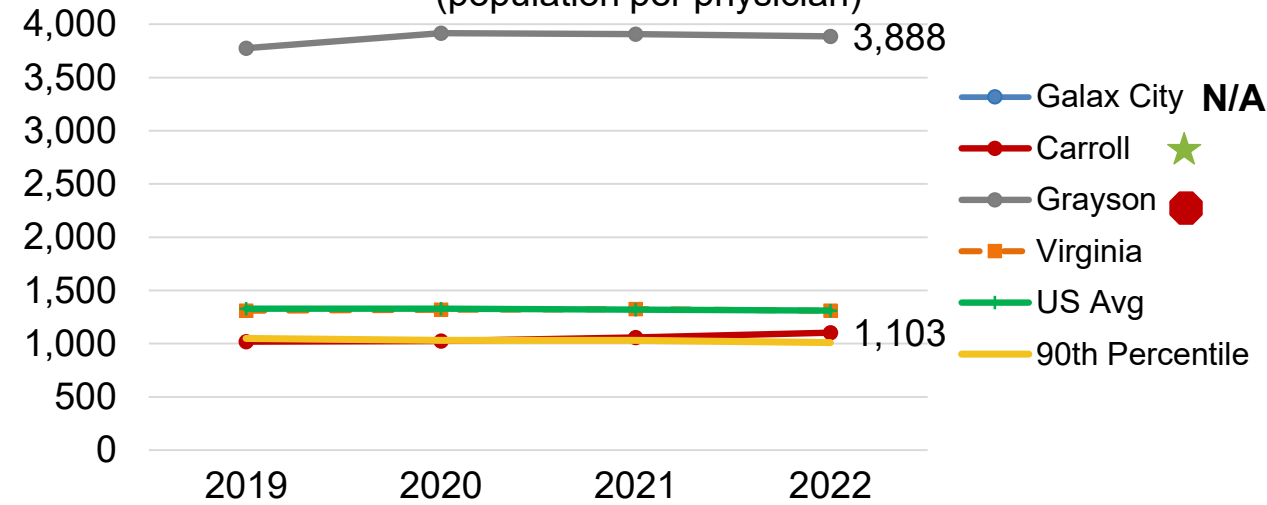
Combined 7 vaccine series (4:3:1:3*:3:1): 4 or more doses of DTaP, 3 or more doses of Polio, 1 or more doses of MMR, Hib full series (3 or 4 doses, depending on product type received), 3 or more doses of HepB, 1 or more doses of Varicella, and 4 or more doses of PCV (In 2013 data, referred to as 4:3:1:4:3:1:4-FS)

Clinical Care



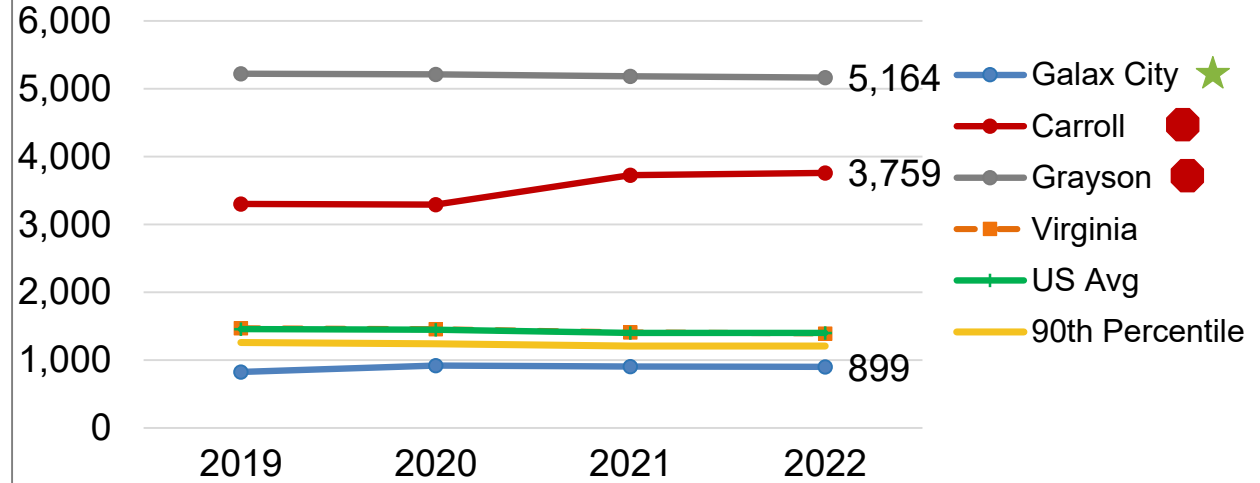
Primary care physicians

(population per physician)



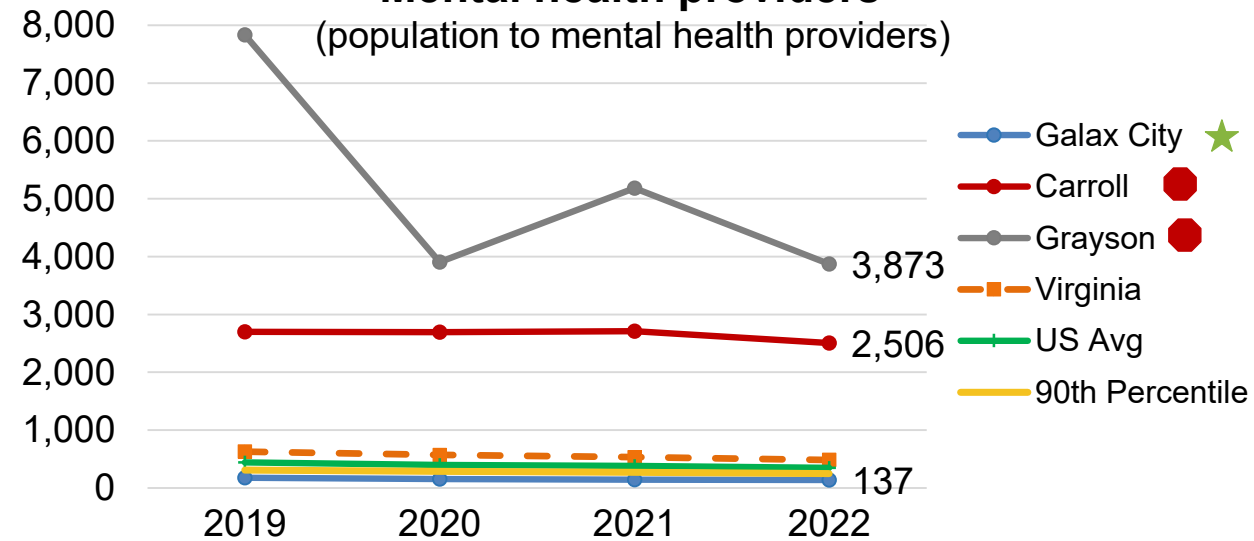
Dentists

(population per dentist)



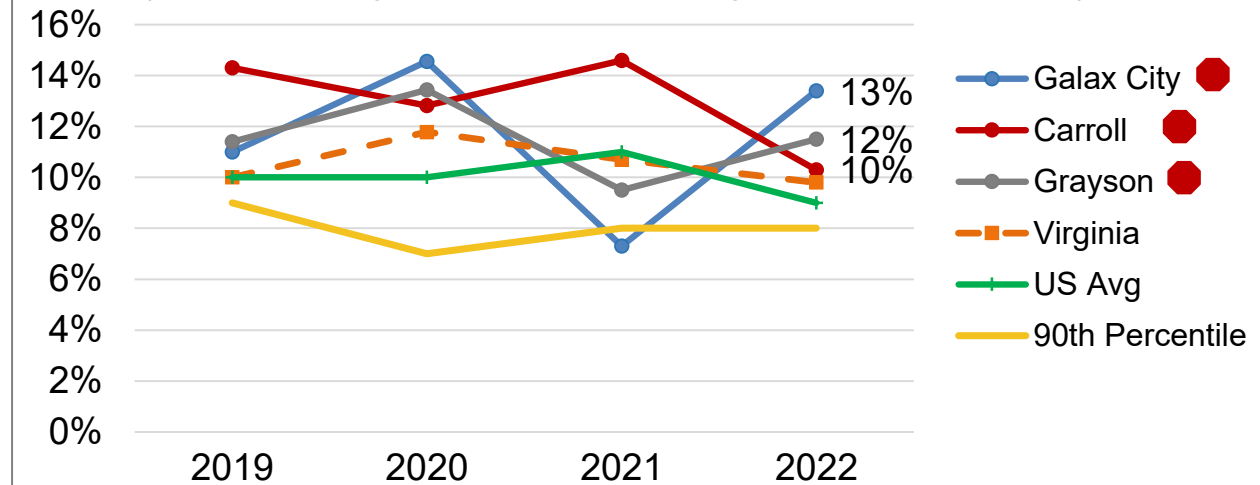
Mental health providers*

(population to mental health providers)



Diabetes prevalence

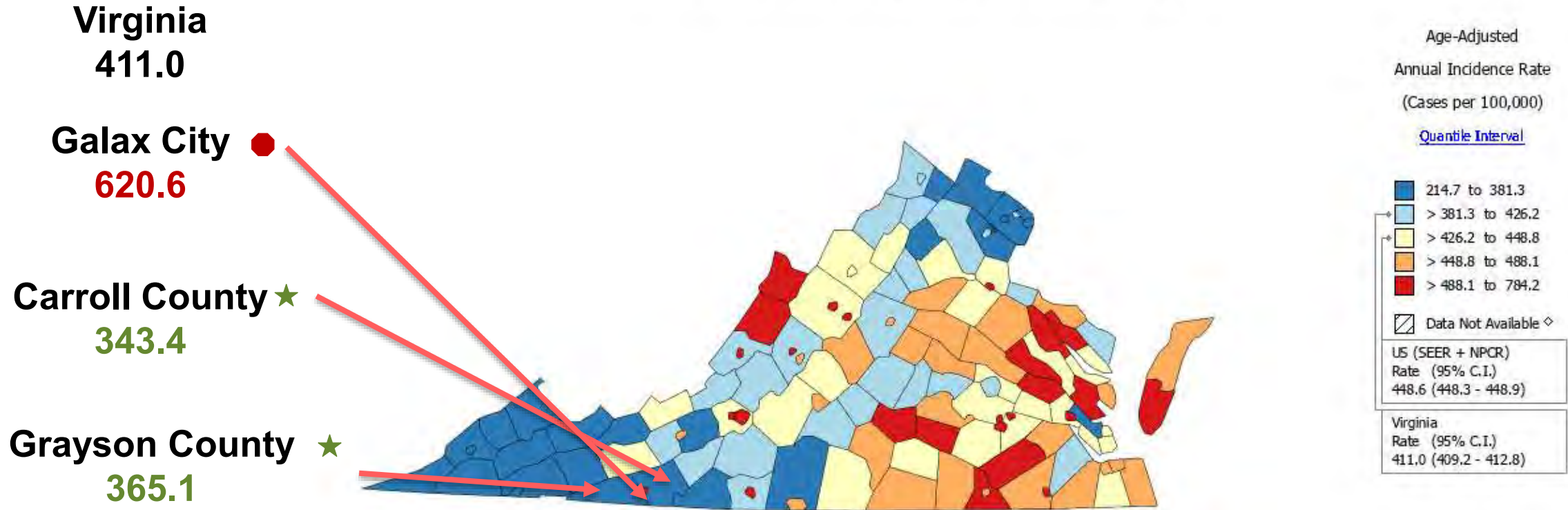
(% of adults aged 20 and above diagnosed with diabetes)



*Mental health providers include psychiatrists, psychologists, licensed clinical social workers, counselors, and advanced practice nurses specializing in mental health care.

Cancer Incidence Rates for Virginia Counties

Incidence Rates[†] for Virginia by County
 All Cancer Sites, 2014 - 2018
 All Races (includes Hispanic), Both Sexes, All Ages

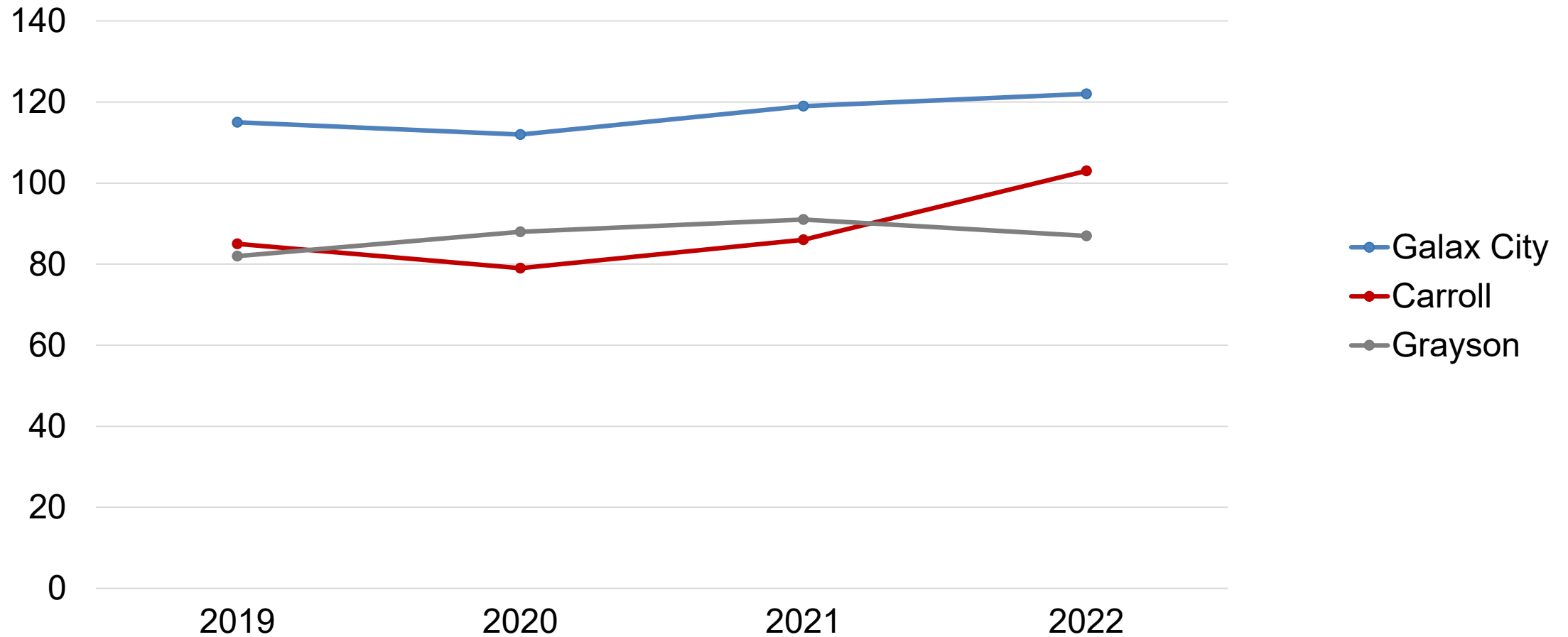


Notes:
 State Cancer Registries may provide more current or more local data.
 Data presented on the State Cancer Profiles Web Site may differ from statistics reported by the State Cancer Registries (for more information).
[†] Incidence rates (cases per 100,000 population per year) are age-adjusted to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

Social & Economic Factors Rank

Social and Economic Factors Ranking

(lower is better)

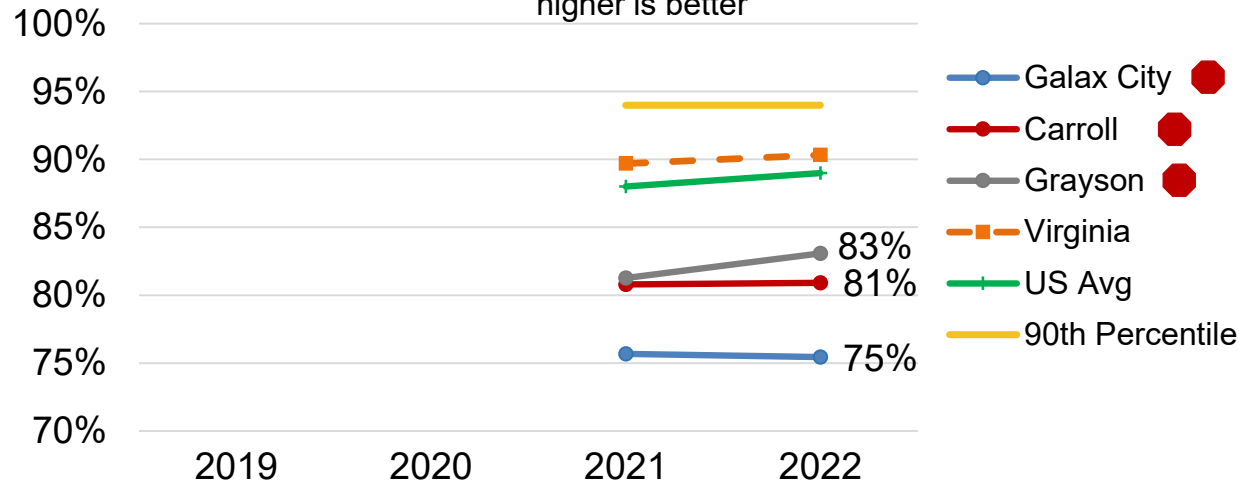


Social & Economic Factors



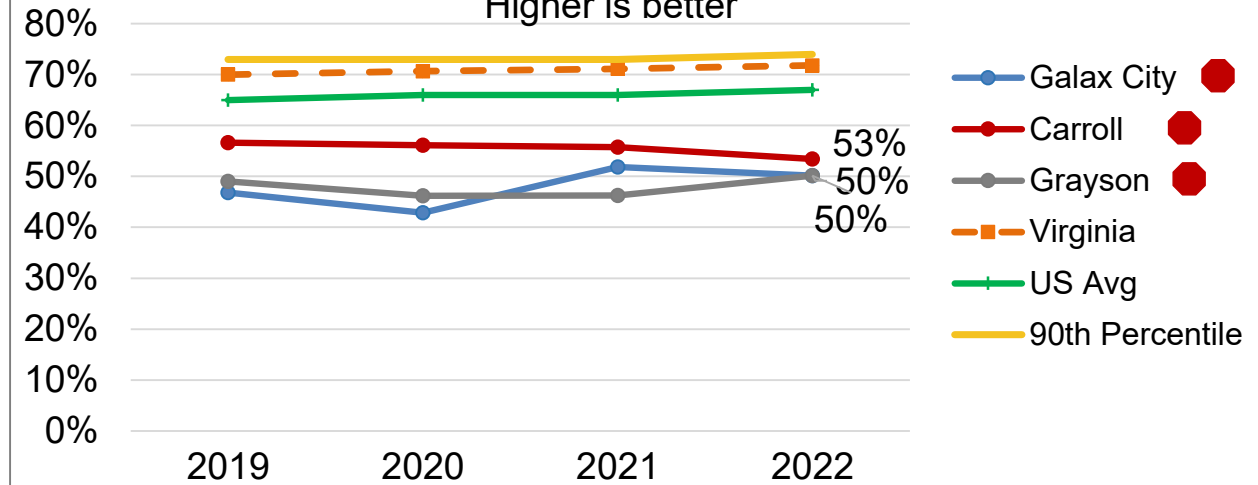
High school completion

(% off adults ages 25 and over with a high school diploma or equivalent)
higher is better



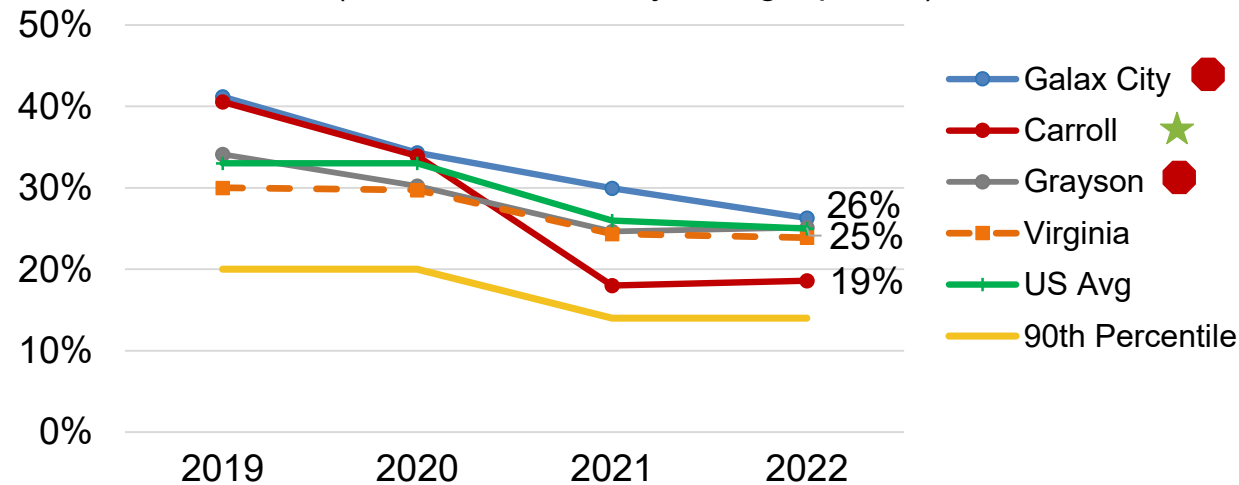
Some college

(% of adults 35-44 with some postsecondary ed)
Higher is better



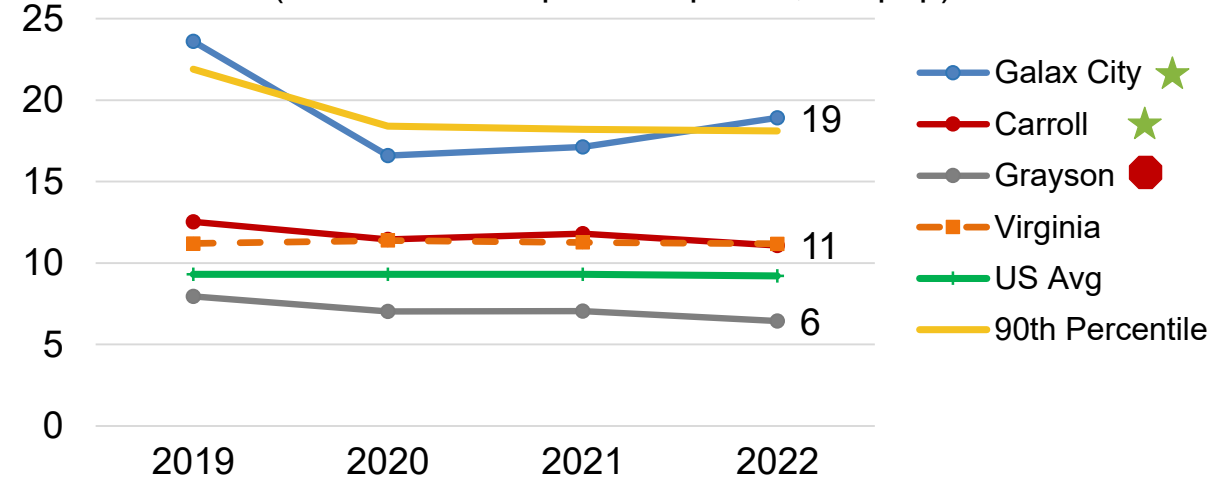
Children in single-parent households

(% of HH headed by a single parent)



Social associations

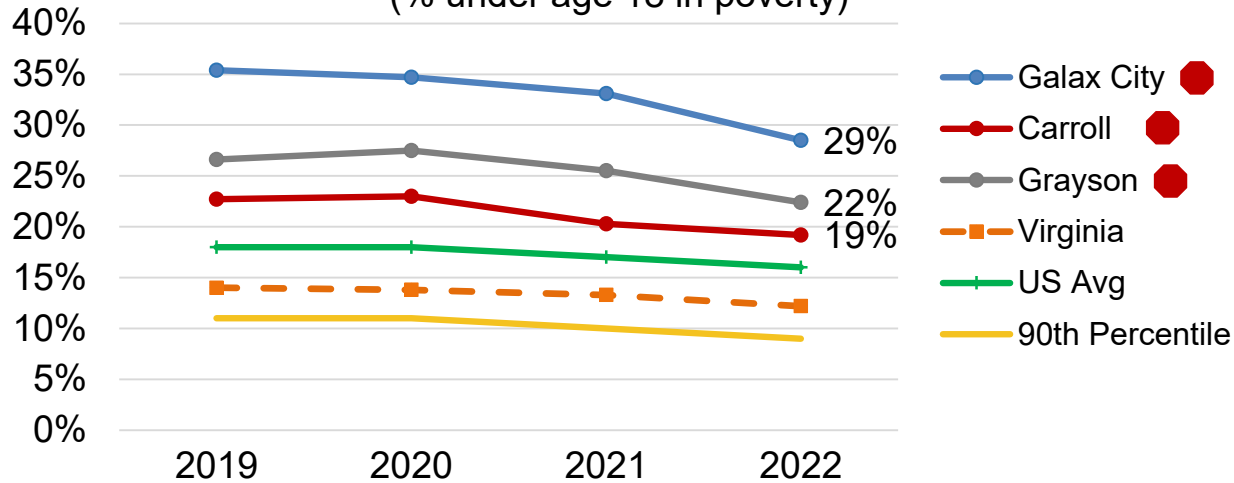
(# of membership assoc. per 10,000 pop)





Children in poverty

(% under age 18 in poverty)



Children in poverty

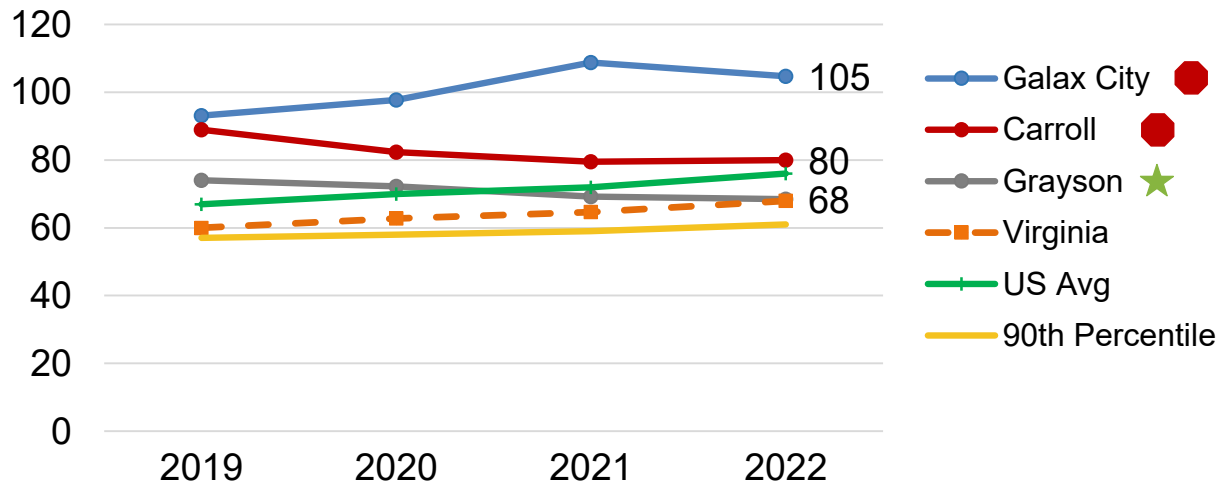
(% under age 18 in poverty)

Ethnicity/Race	Galax	Carroll	Grayson
American Indian & Alaska Native	NA	NA	NA
Asian	NA	NA	NA
Black	NA	NA	57%
Hispanic	42%	43%	16%
White	18%	13%	31%

64% of Galax, 58% of Carroll and 68% of Grayson County children are eligible for free or reduced-price lunches 2020-2021, compared to 45% for VA

Injury deaths

(Injury mortality per 100,000)



Injury deaths

(Injury mortality per 100,000)

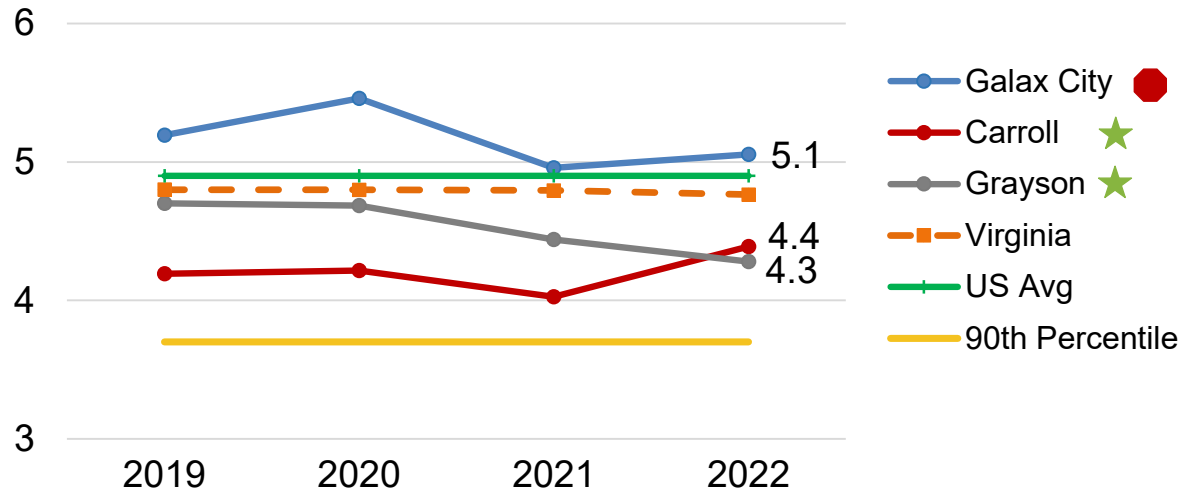
Ethnicity/Race	Galax	Carroll	Grayson
American Indian & Alaska Native	NR	NR	NR
Asian	NR	NR	NR
Black	NR	NR	NR
Hispanic	NR	NR	NR
White	NR	NR	NR

Social & Economic Factors



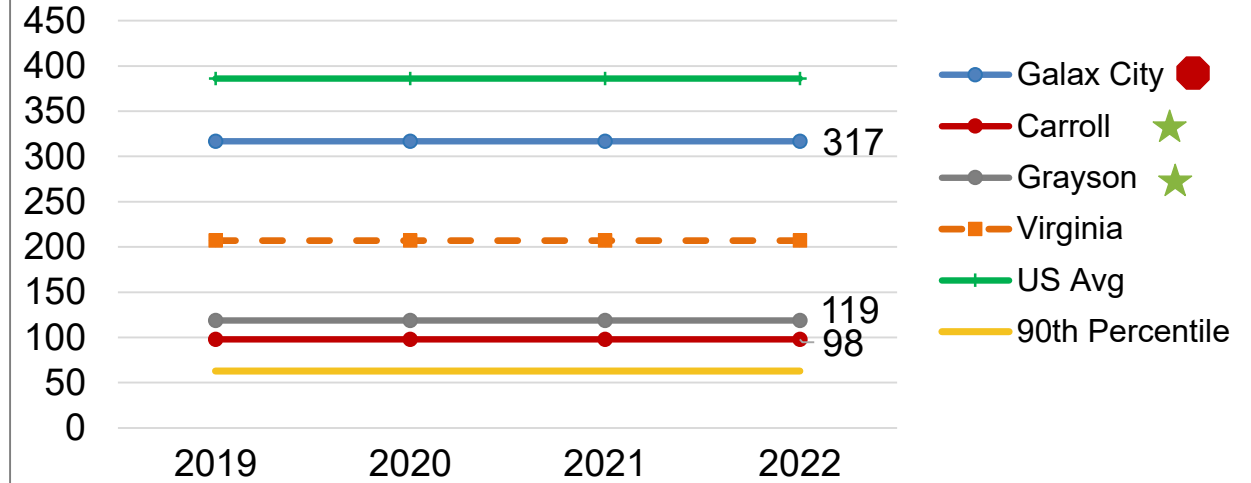
Income inequality

(ratio of HH income at the 80th percentile to income at the 20th percentile)



Violent crime rate

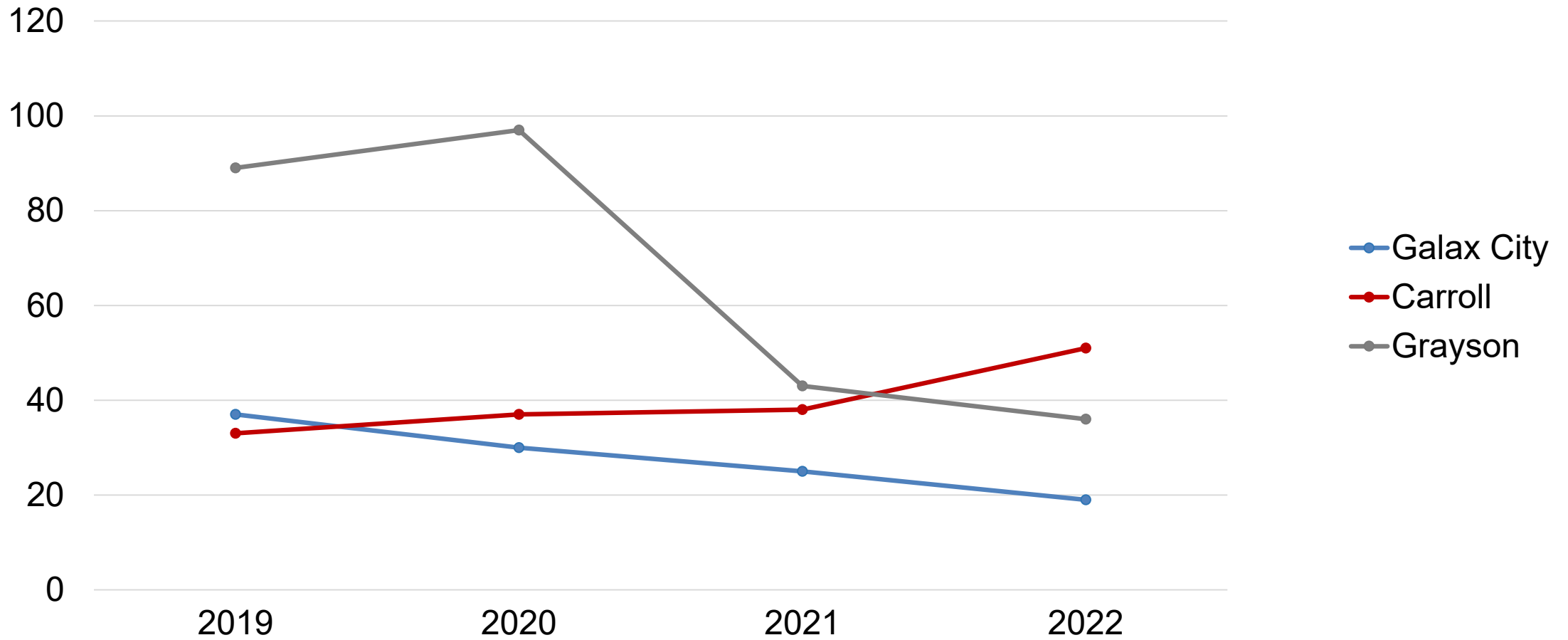
(violent crime per 100,000 pop)



Physical Environment Rank

Physical Environment Rank

(lower is better)





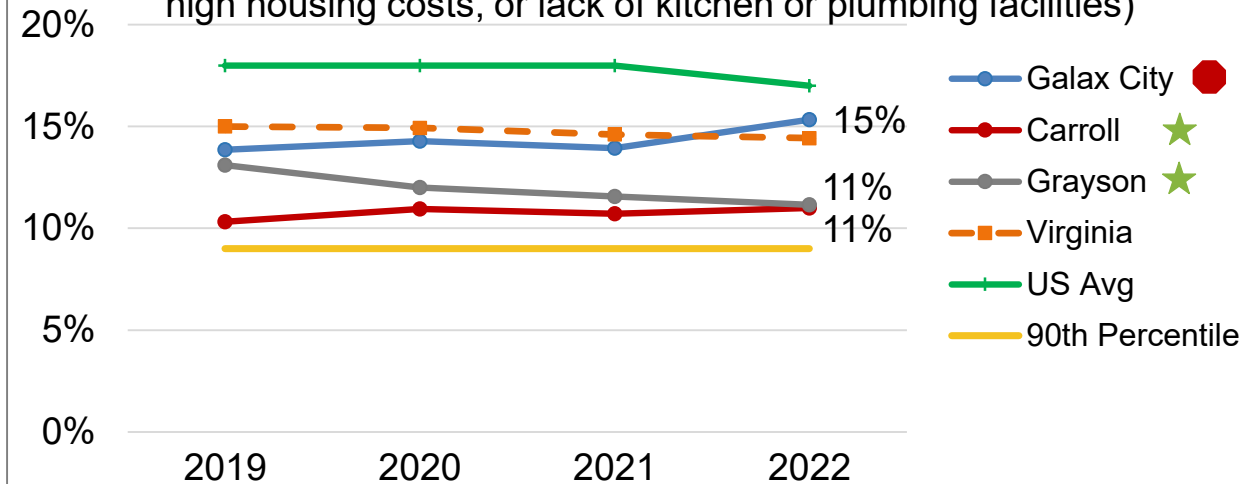
Drinking water violations

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

Source: EPA Safe Drinking Water Information System.

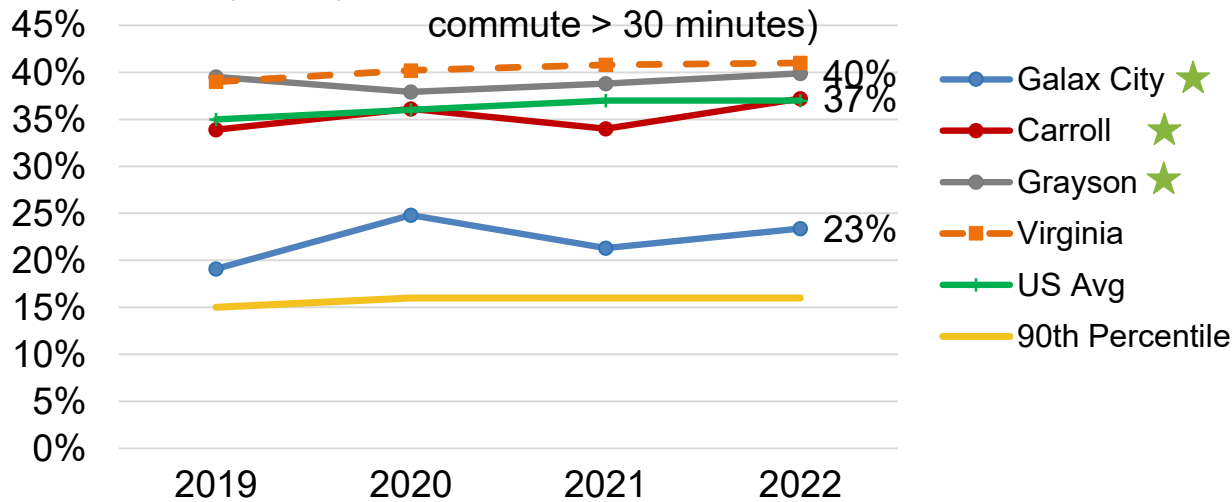
Severe housing problems

(% of hh with at least 1 of 4 housing problems: overcrowding, high housing costs, or lack of kitchen or plumbing facilities)



Long commute- driving alone

(among workers who commute alone, the % that commute > 30 minutes)

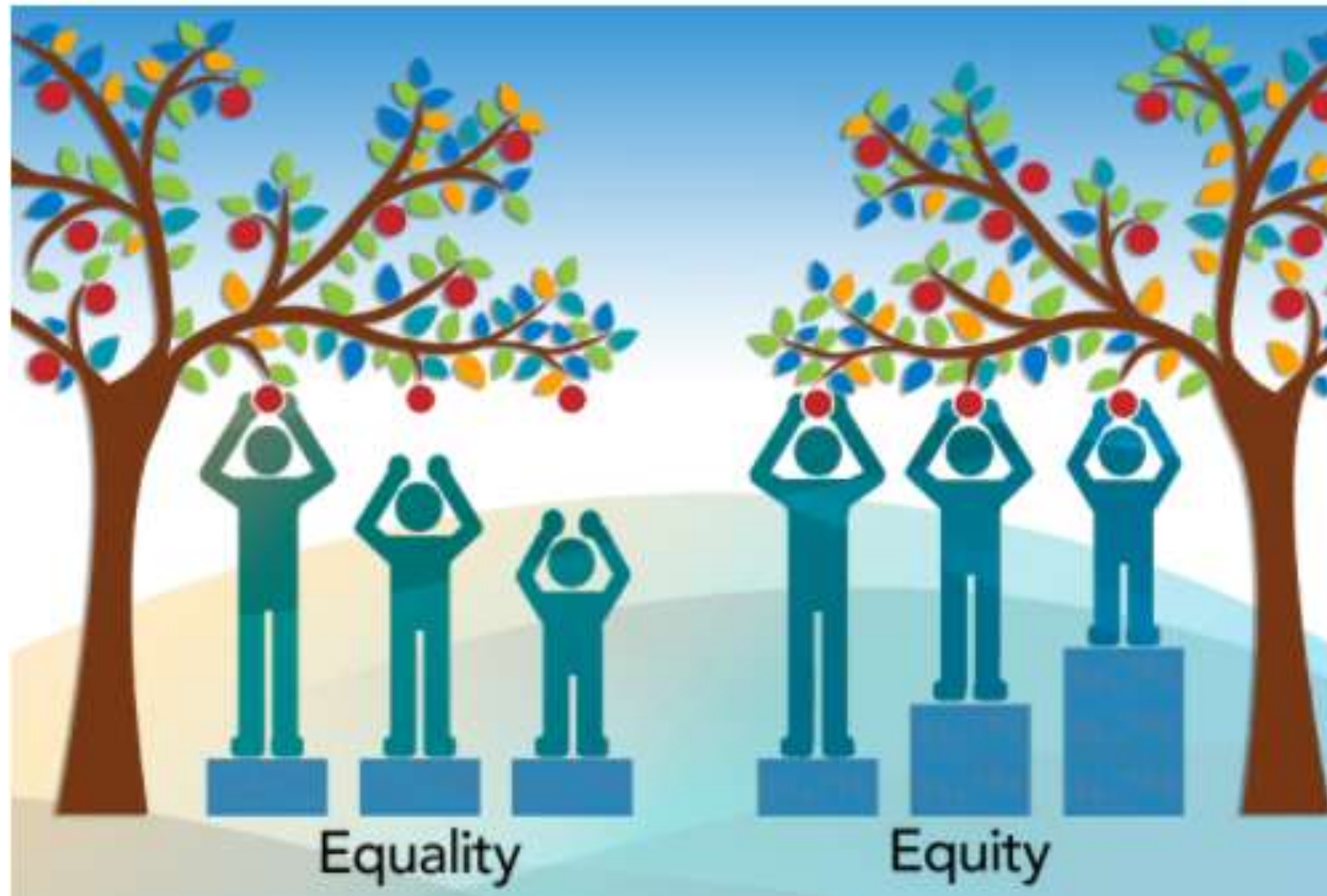


Broadband access

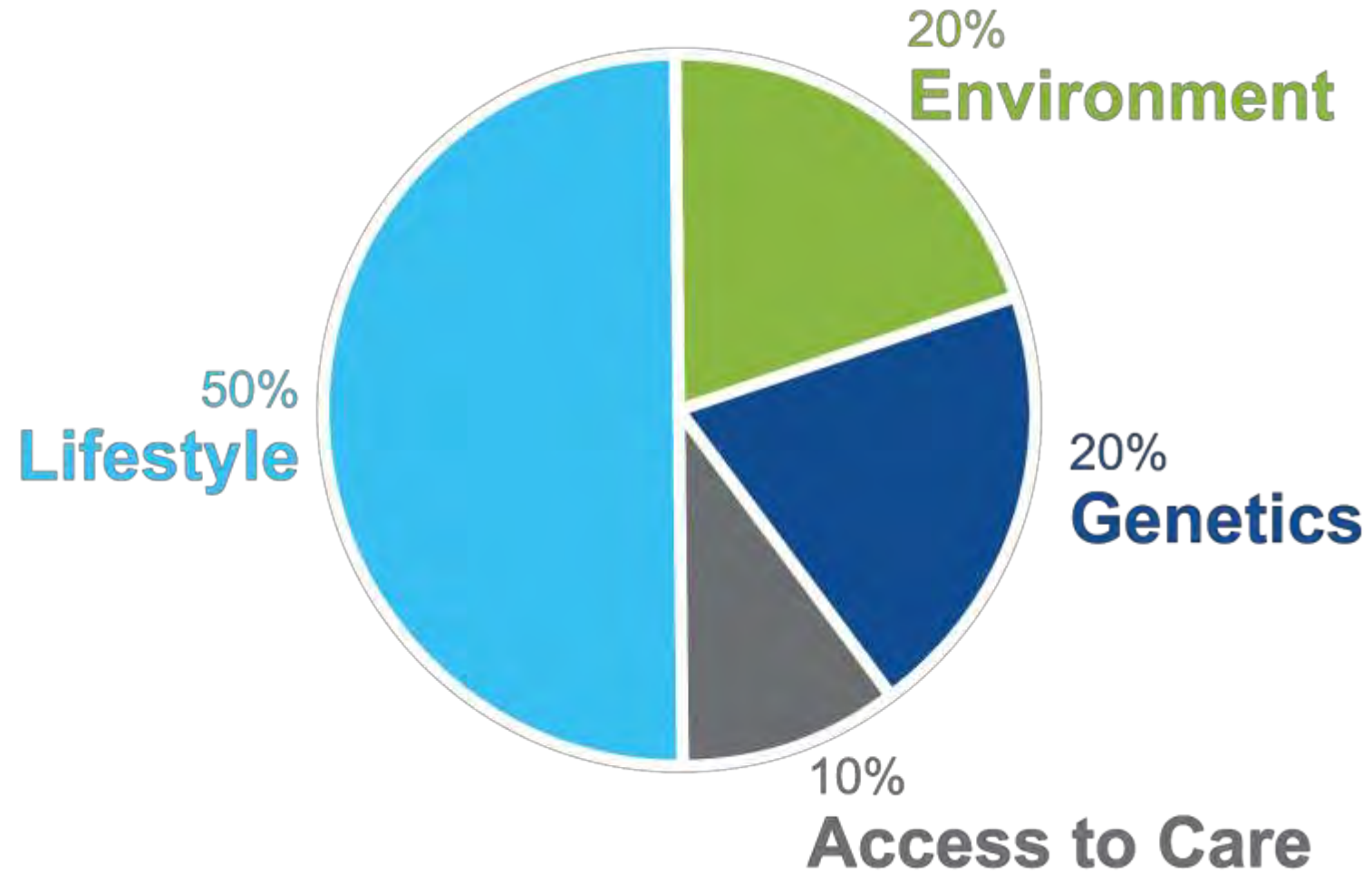
(% of households with broadband internet connection)

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

Health Equality and Health Equity



Major Impacts on Healthiness



Twin County Regional Healthcare Mission, Vision, & Principles



MISSION

Making Communities Healthier®

VISION

We want to create places where:

- people choose to come for healthcare
- physicians want to practice
- employees want to work

FIVE GUIDING PRINCIPLES

- Delivering high quality patient care
- Supporting physicians
- Creating excellent workplaces for our employees
- Taking a leadership role in our communities
- Ensuring fiscal responsibility





*“If there is **hope** in the future,
there is **power** in the present.”*

– John Maxwell

Significant Community Health Issues



2019 CHNA

- Substance misuse
- Lifestyle/obesity
- Mental health
- Family issues
- Access to care
- Socioeconomics
- Senior issues

Secondary Data

- Adult smoking
- Adult obesity
- Food insecurity
- Physical inactivity
- Alcohol-impaired driving deaths
- Uninsured
- High population to primary care physicians
- Preventable hospital stays
- High school completion
- Some college
- Children in poverty
- Social associations
- Teen births

Identified in Surveys

- Substance misuse
- Obesity
- Mental health
- Healthy diet
- Childcare options
- Availability of quality mental health options
- Food insecurity
- Affordable healthcare
- Responsible parenting
- Violence/abuse

Identified in Focus Groups/Interviews

- Mental health – stigma, access to help, access to appropriate staff (not police)
- Socioeconomics – lack of industry, choosing between medicine, groceries, gas, rent, food, unhoused pop,
- Nutrition – Food insecurity, available, healthy, affordable food
- Substance misuse - drug use, vaping, alcohol
- Trauma – stop generational trauma
- Access to care – affordable care, costs
- Education – trauma informed care, harm of vaping, health
- Family dynamics – combined households, teen pregnancy, childcare
- Chronic diseases – obesity, diabetes, heart disease

Exercise prioritizing significant health needs



- Please write down the community's top three significant health needs from your own personal perspective, but in context to the whole community on the sticky notes provided. One concern per sticky note.
- Once you have written down your Top 3, please come up and stick them on the white paper on the wall.
- Criteria for prioritization:
 - Magnitude – how big is the problem?
 - Seriousness of consequences – what would happen if the issue were not made a priority?
 - Equity – is this problem worse for a segment of the population?
 - Feasibility – is the problem preventable?



A blue background with a network diagram of white nodes and lines. The nodes are circles of varying sizes, some with smaller circles inside them, connected by thin white lines. The network is more dense on the left side and becomes sparser towards the right.

15 Minute Break

2022 Top Health Issues



1. Substance use disorder
2. Healthy eating/active living
3. Mental health
4. Socioeconomics
5. Access to care
6. Education/communication

Exercise 2

- You will be working with your table.
- On your table is a worksheet. We need three volunteers:
 - Scribe – official record keeper
 - Reporter – will report the group’s discussion
 - Facilitator – keep the group on track and on time
- Complete the worksheet – 2 goals and 2 actions for each goal with resources and collaborators needed.

Exercise 2 - Brainstorming

Significant Community Health Issue:

Please list your top 2 community health goals relative to your topic. Please make these goals SMART (Specific, Measurable, Attainable, Realistic, Time-bound)

1. _____

2. _____

Create a Community Action Plan for your 2 Goals with suggested resources needed:

Goal 1 (*from above*)

Resources/Collaborators Needed:

Action 1:

Action 2:

Goal 2 (*from above*)

Resources/Collaborators Needed:

Action 1:

Action 2:



Thank You!

Next Steps:

- *Implementation Plan*
- *Community Health Report*

A network diagram background consisting of various nodes (circles) of different sizes and colors (light blue, dark blue, white) connected by lines. Some nodes are highlighted with a dashed border. The diagram is spread across the top and bottom of the page.

Appendix

Additional Data

Original Source and Year



Focus Area	Measure	Source	Year(s)
HEALTH OUTCOMES			
Length of Life	Premature death*	National Center for Health Statistics - Mortality Files	2018-2020
Quality of Life	Poor or fair health‡	Behavioral Risk Factor Surveillance System	2019
	Poor physical health days‡	Behavioral Risk Factor Surveillance System	2019
	Poor mental health days‡	Behavioral Risk Factor Surveillance System	2019
	Low birthweight*	National Center for Health Statistics - Natality files	2014-2020
HEALTH FACTORS			
HEALTH BEHAVIORS			
Tobacco Use	Adult smoking‡	Behavioral Risk Factor Surveillance System	2019
Diet and Exercise	Adult obesity‡	Behavioral Risk Factor Surveillance System	2019
	Food environment index	USDA Food Environment Atlas, Map the Meal Gap from Feeding	2019
	Physical inactivity‡	Behavioral Risk Factor Surveillance System	2019
	Access to exercise opportunities	Business Analyst, ESRI, YMCA & US Census Tigerline Files	2010 & 2021
Alcohol and Drug	Excessive drinking‡	Behavioral Risk Factor Surveillance System	2019
	Alcohol-impaired driving deaths	Fatality Analysis Reporting System	2016-2020
Sexual Activity	Sexually transmitted infections	National Center for HIV/AIDS, Viral Hepatitis, STD, and TB	2019
	Teen births*	National Center for Health Statistics - Natality files	2014-2020
CLINICAL CARE			
Access to Care	Uninsured	Small Area Health Insurance Estimates	2019
	Primary care physicians	Area Health Resource File/American Medical Association	2019
	Dentists	Area Health Resource File/National Provider Identification file	2020
	Mental health providers	CMS, National Provider Identification	2021
Quality of Care	Preventable hospital stays*	Mapping Medicare Disparities Tool	2019
	Mammography screening*	Mapping Medicare Disparities Tool	2019
	Flu vaccinations*	Mapping Medicare Disparities Tool	2019
SOCIAL & ECONOMIC FACTORS			
Education	High school completion	American Community Survey, 5-year estimates	2016-2020
	Some college	American Community Survey, 5-year estimates	2016-2020
Employment	Unemployment	Bureau of Labor Statistics	2020
Income	Children in poverty*	Small Area Income and Poverty Estimates	2020
	Income inequality	American Community Survey, 5-year estimates	2016-2020
Family and Social	Children in single-parent households	American Community Survey, 5-year estimates	2016-2020
	Social associations	County Business Patterns	2019
Community Safety	Violent crime	Uniform Crime Reporting - FBI	2014 & 2016
	Injury deaths*	National Center for Health Statistics - Mortality Files	2016-2020
PHYSICAL ENVIRONMENT			
Air and Water	Air pollution - particulate matter	Environmental Public Health Tracking Network	2018
	Drinking water violations+	Safe Drinking Water Information System	2020
Housing and Transit	Severe housing problems	Comprehensive Housing Affordability Strategy (CHAS) data	2014-2018
	Driving alone to work*	American Community Survey, 5-year estimates	2016-2020
	Long commute - driving alone	American Community Survey, 5-year estimates	2016-2020

Original Source and Year



Focus Area	Measure	Source	Year(s)
HEALTH OUTCOMES			
Length of Life	COVID-19 age-adjusted mortality	National Center for Health Statistics - Mortality Files	2020
	Life expectancy*	National Center for Health Statistics - Mortality Files	2018-2020
	Premature age-adjusted mortality*	National Center for Health Statistics - Mortality Files	2018-2020
	Child mortality*	National Center for Health Statistics - Mortality Files	2017-2020
	Infant mortality*	National Center for Health Statistics - Mortality Files	2014-2020
Quality of Life	Frequent physical distress‡	Behavioral Risk Factor Surveillance System	2019
	Frequent mental distress‡	Behavioral Risk Factor Surveillance System	2019
	Diabetes prevalence‡	Behavioral Risk Factor Surveillance System	2019
	HIV prevalence+	National Center for HIV/AIDS, Viral Hepatitis, STD, and TB	2019
HEALTH FACTORS			
HEALTH BEHAVIORS			
Diet and Exercise	Food insecurity	Map the Meal Gap	2019
	Limited access to healthy foods	USDA Food Environment Atlas	2019
Alcohol and Drug Use	Drug overdose deaths*	National Center for Health Statistics - Mortality Files	2018-2020
	Motor vehicle crash deaths*	National Center for Health Statistics - Mortality Files	2014-2020
Other Health	Insufficient sleep‡	Behavioral Risk Factor Surveillance System	2018
CLINICAL CARE			
Access to Care	Uninsured adults	Small Area Health Insurance Estimates	2019
	Uninsured children	Small Area Health Insurance Estimates	2019
	Other primary care providers	CMS, National Provider Identification	2021
SOCIAL & ECONOMIC FACTORS			
Education	High school graduation+	EDFacts	2018-2019
	Disconnected youth	American Community Survey, 5-year estimates	2016-2020
	Reading scores*+	Stanford Education Data Archive	2018
	Math scores*+	Stanford Education Data Archive	2018
	School segregation	National Center for Education Statistics	2020-2021
	School funding adequacy+	School Finance Indicators Database	2019
Income	Gender pay gap	American Community Survey, 5-year estimates	2016-2020
	Median household income*	Small Area Income and Poverty Estimates	2020
	Living wage	The Living Wage Calculator	2021
	Children eligible for free or reduced	National Center for Education Statistics	2019-2020
Family and Social Support	Residential segregation - Black/white	American Community Survey, 5-year estimates	2016-2020
	Residential segregation - non-	American Community Survey, 5-year estimates	2016-2020
	Childcare cost burden	The Living Wage Calculator, Small Area Income and Poverty	2021 & 2020
	Childcare centers	Homeland Infrastructure Foundation-Level Data (HIFLD)	2021
Community Safety	Homicides*	National Center for Health Statistics - Mortality Files	2014-2020
	Suicides*	National Center for Health Statistics - Mortality Files	2016-2020
	Firearm fatalities*	National Center for Health Statistics - Mortality Files	2016-2020
	Juvenile arrests+	Easy Access to State and County Juvenile Court Case Counts	2019
PHYSICAL ENVIRONMENT			
Housing and Transit	Traffic volume	EJSCREEN: Environmental Justice Screening and Mapping Tool	2019
	Homeownership	American Community Survey, 5-year estimates	2016-2020
	Severe housing cost burden	American Community Survey, 5-year estimates	2016-2020
	Broadband access	American Community Survey, 5-year estimates	2016-2020

Esri Data Sources and Description

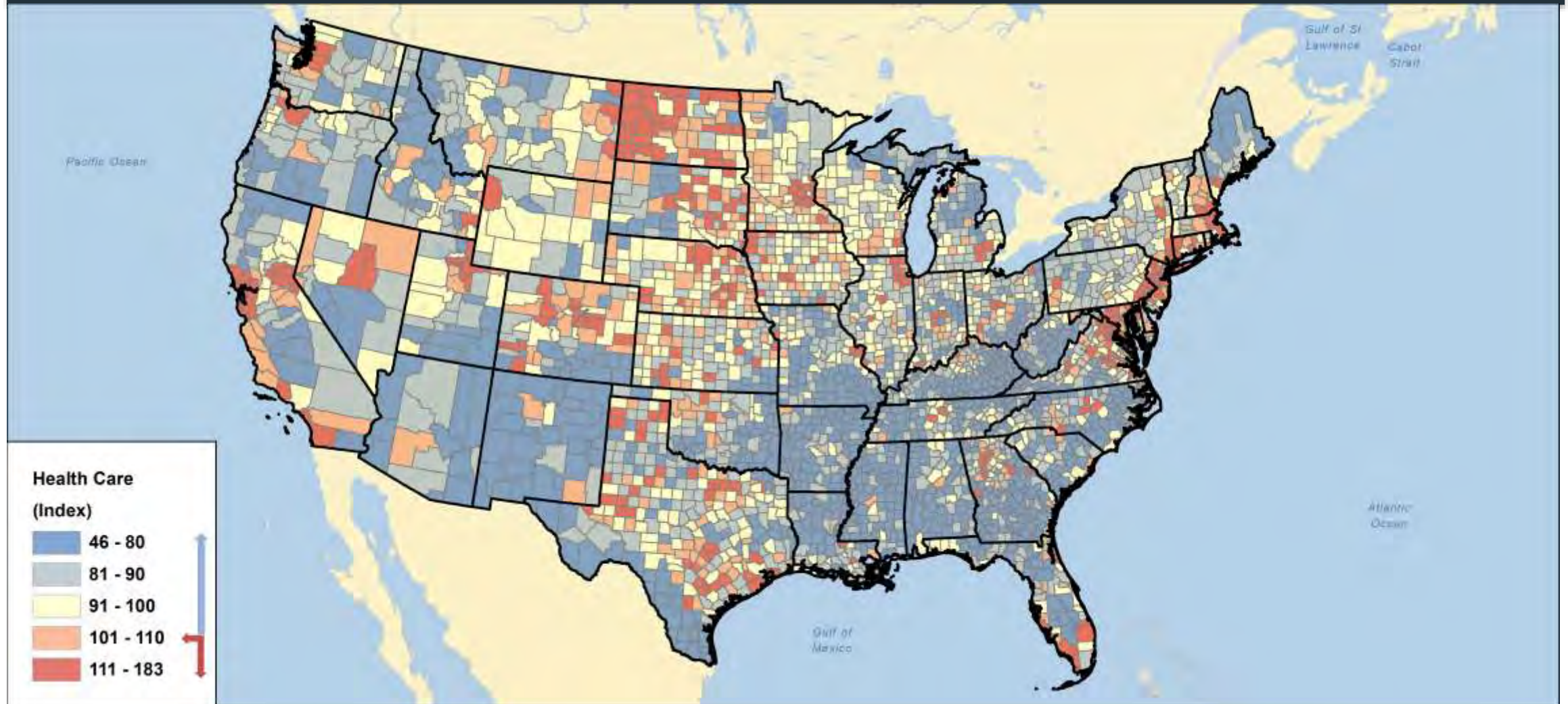


Database name	Source	Vintage	Description	Frequency of updates
Updated Demographics	Esri	2021/2026	Esri provides current-year updates and five-year projections of population, age by sex, race and Hispanic origin, households and families, tenure, home value, household income, household income by age of householder, per capita income, current-year employed population by occupation and industry, unemployment, current-year marital status, current-year educational attainment, current-year age by sex and race, current-year disposable income, current-year net worth, and more.	Annually
Census Data	Esri and U.S. Census Bureau	2010 & 2000	Esri provides census data for geographies not supplied by the Census Bureau including ZIP Codes, DMAs, rings, drive times, and hand-drawn areas. Esri also provides data for states, counties, tracts, block groups, places, CBSAs, congressional districts, and county subdivisions.	Decennially
American Community Survey (ACS)	U.S. Census Bureau	2015-2019	Esri provides ACS data for households by social security income, households by retirement income, poverty status, labor force, journey to work, languages spoken, and ancestry. To increase understanding of the data, Esri developed a system of reliability symbols that indicates the accuracy of each estimate. Esri also provides the ACS data for geographies not supplied by the Census Bureau, such as ZIP Codes, rings, drive times, and hand-drawn areas.	Annually
Tapestry Segmentation	Esri	2021	Tapestry Segmentation provides an accurate, detailed description of America's neighborhoods. U.S. residential areas are divided into 67 distinctive segments based on their socioeconomic and demographic composition.	Annually

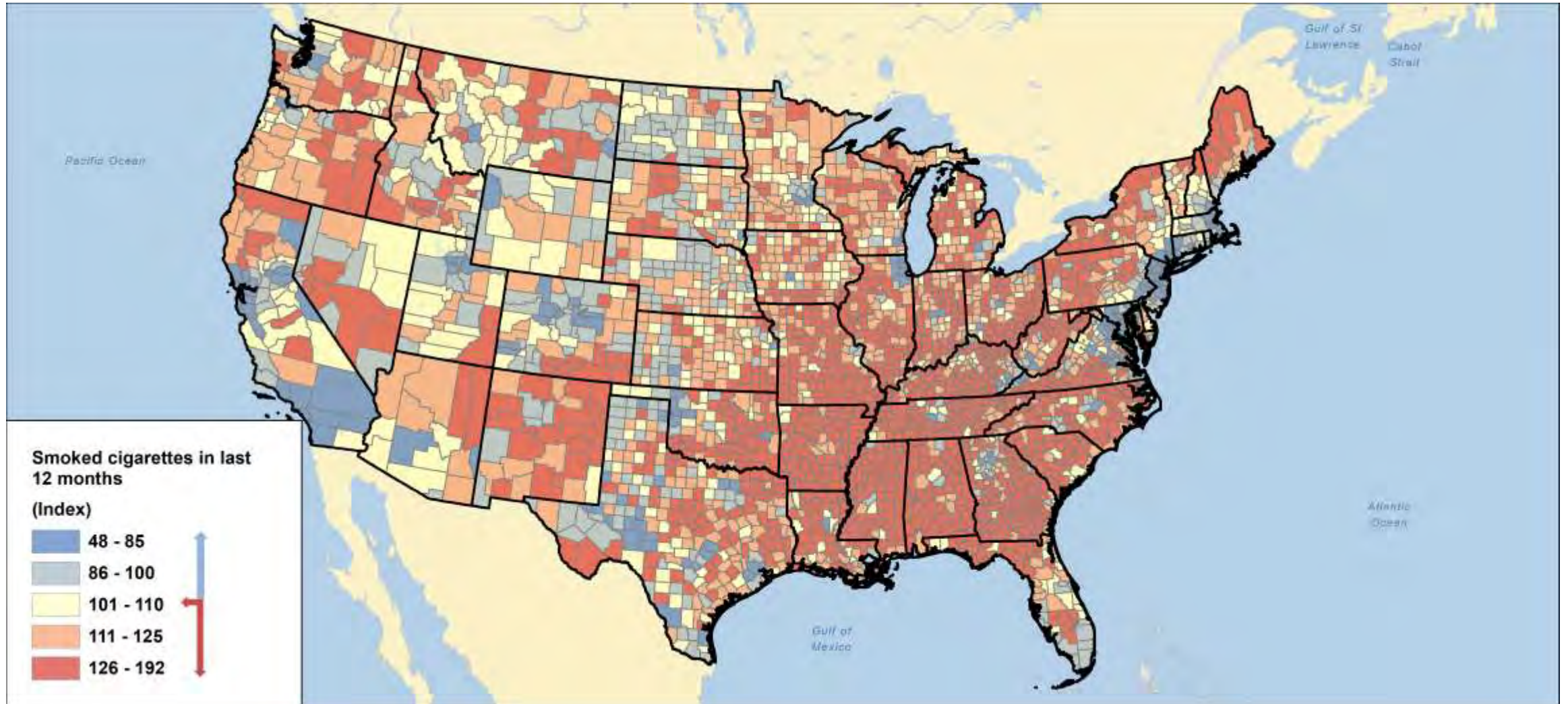
Consumer Spending on Health Care



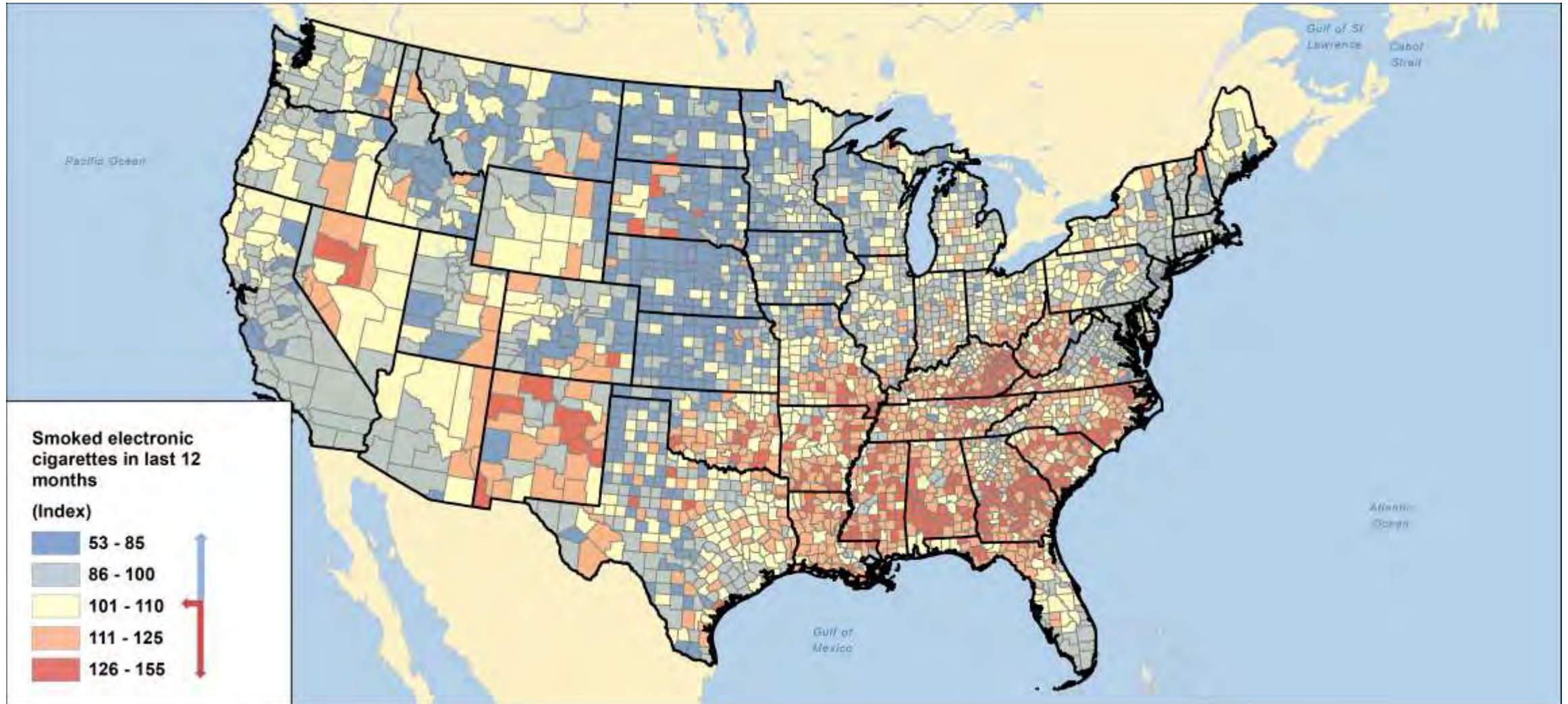
US Index is 100. Orange and Red shaded census tracts are areas that spend more out of pocket on health care than the US average. Grey, blue, and yellow colors spend less out of pocket on healthcare than the US.



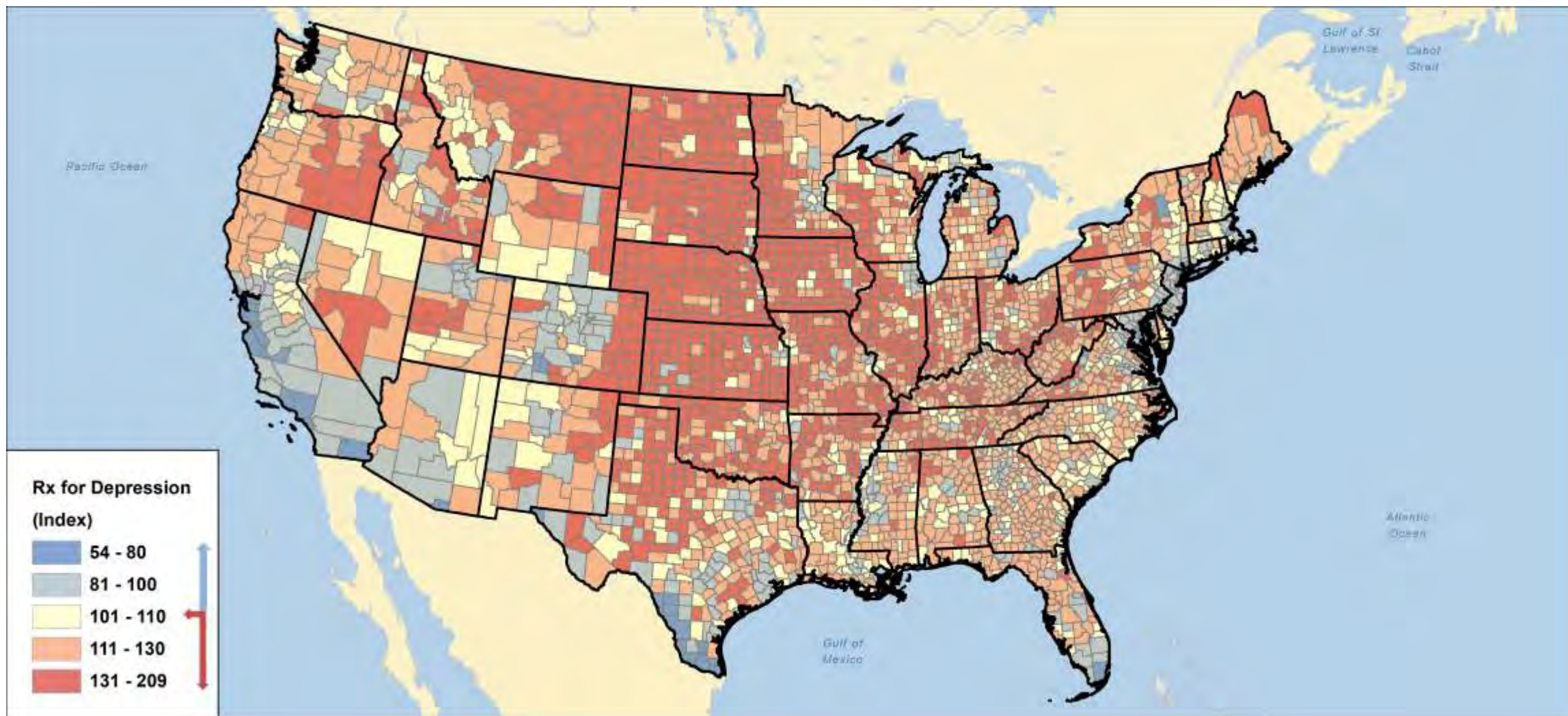
Smoked Cigarettes in Last 12 Months



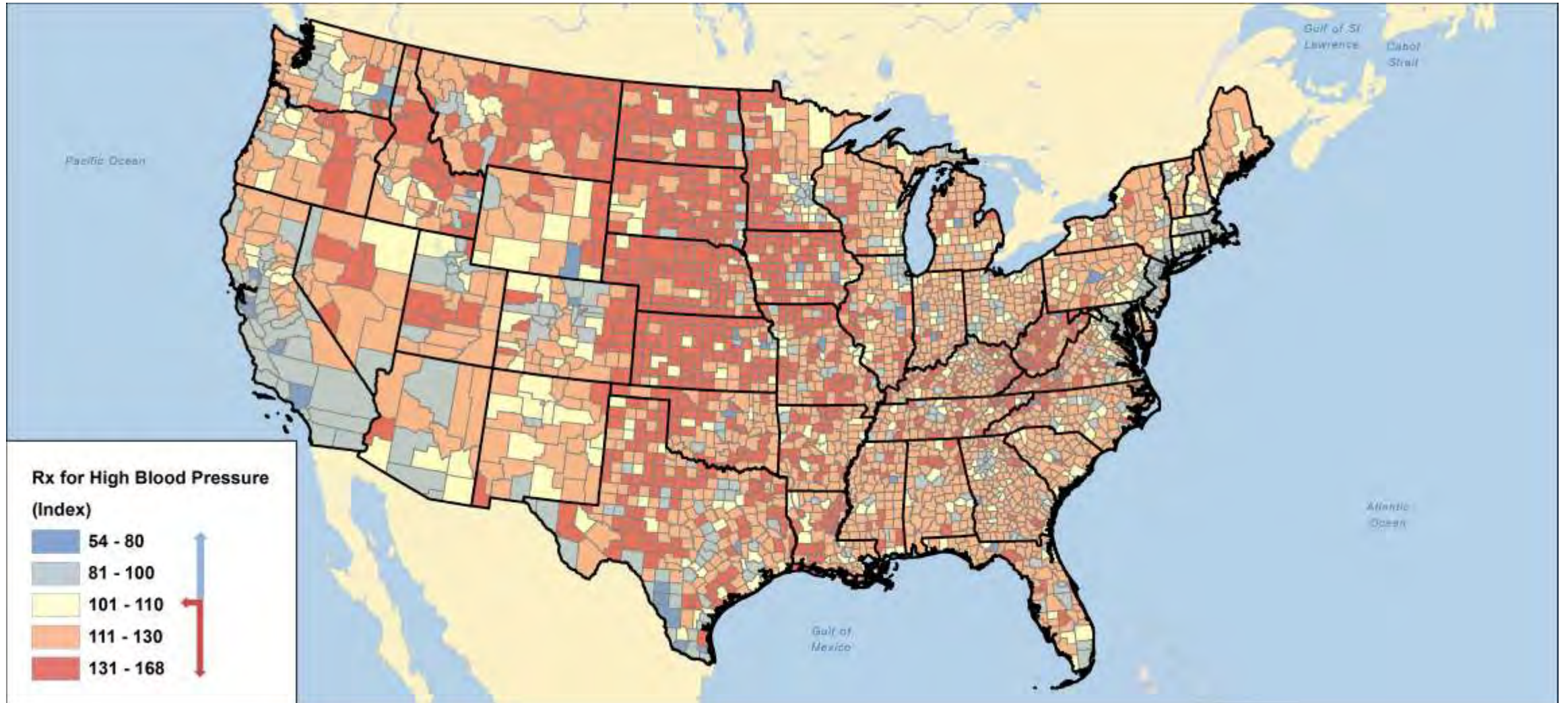
Smoked Electronic Cigarettes in the Last 12 Months



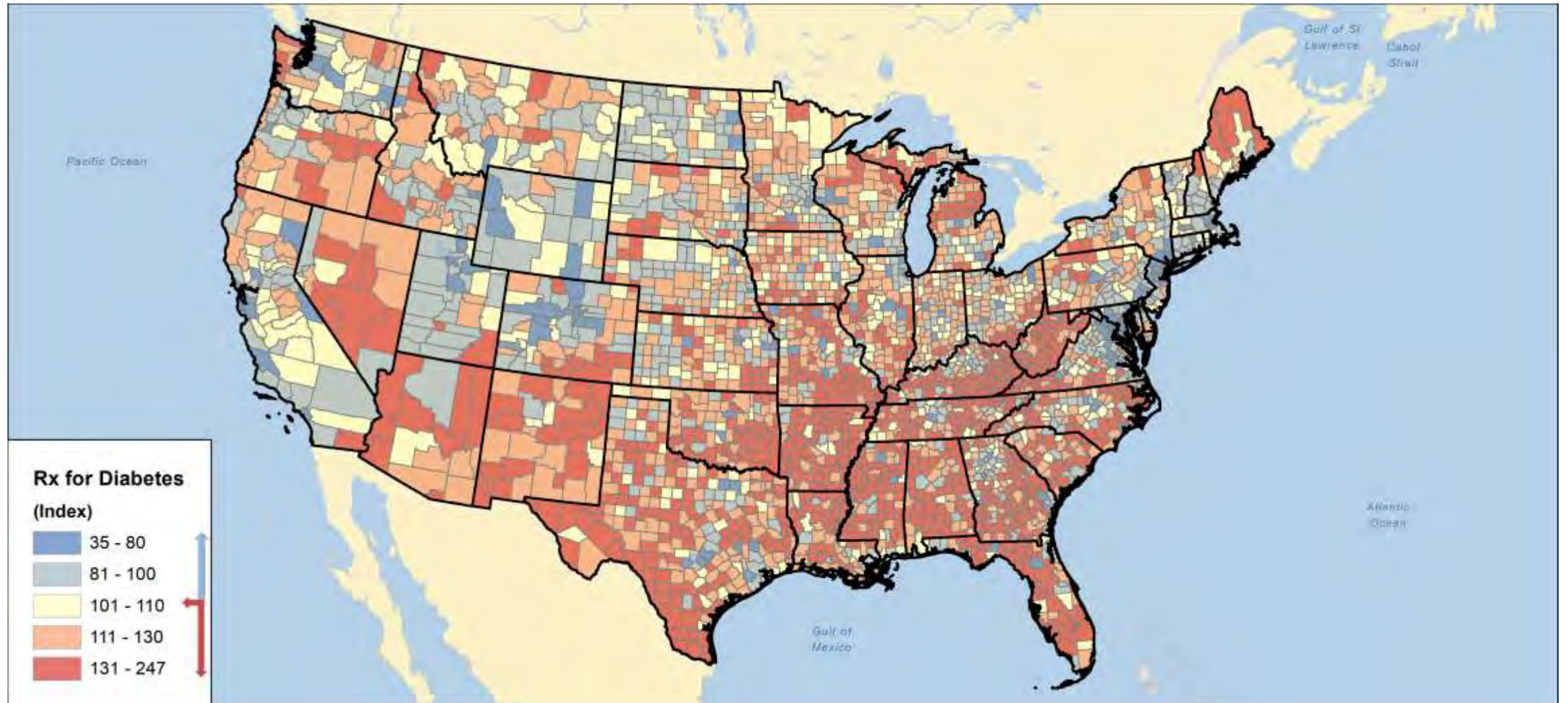
Use Prescription Drug for Depression



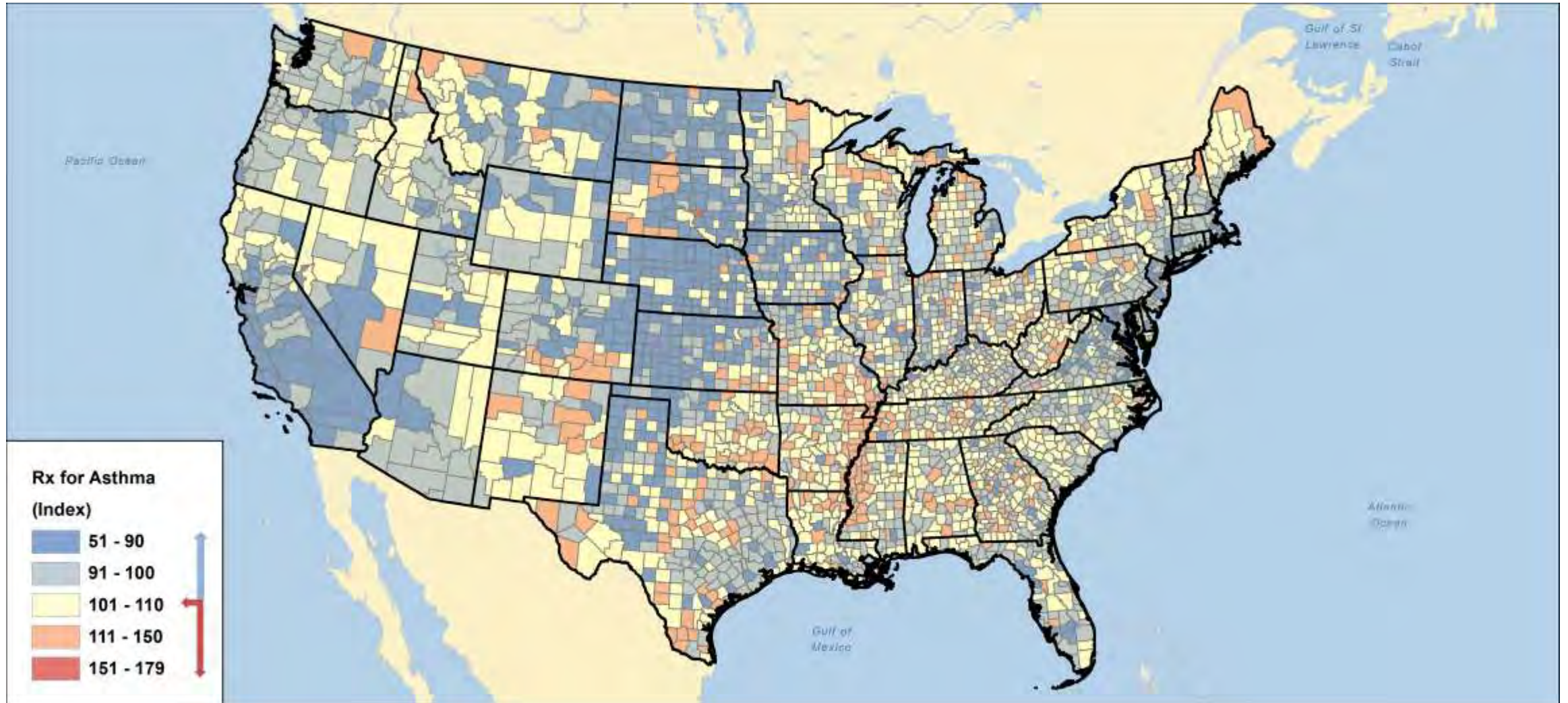
Use Prescription Drug for High Blood Pressure



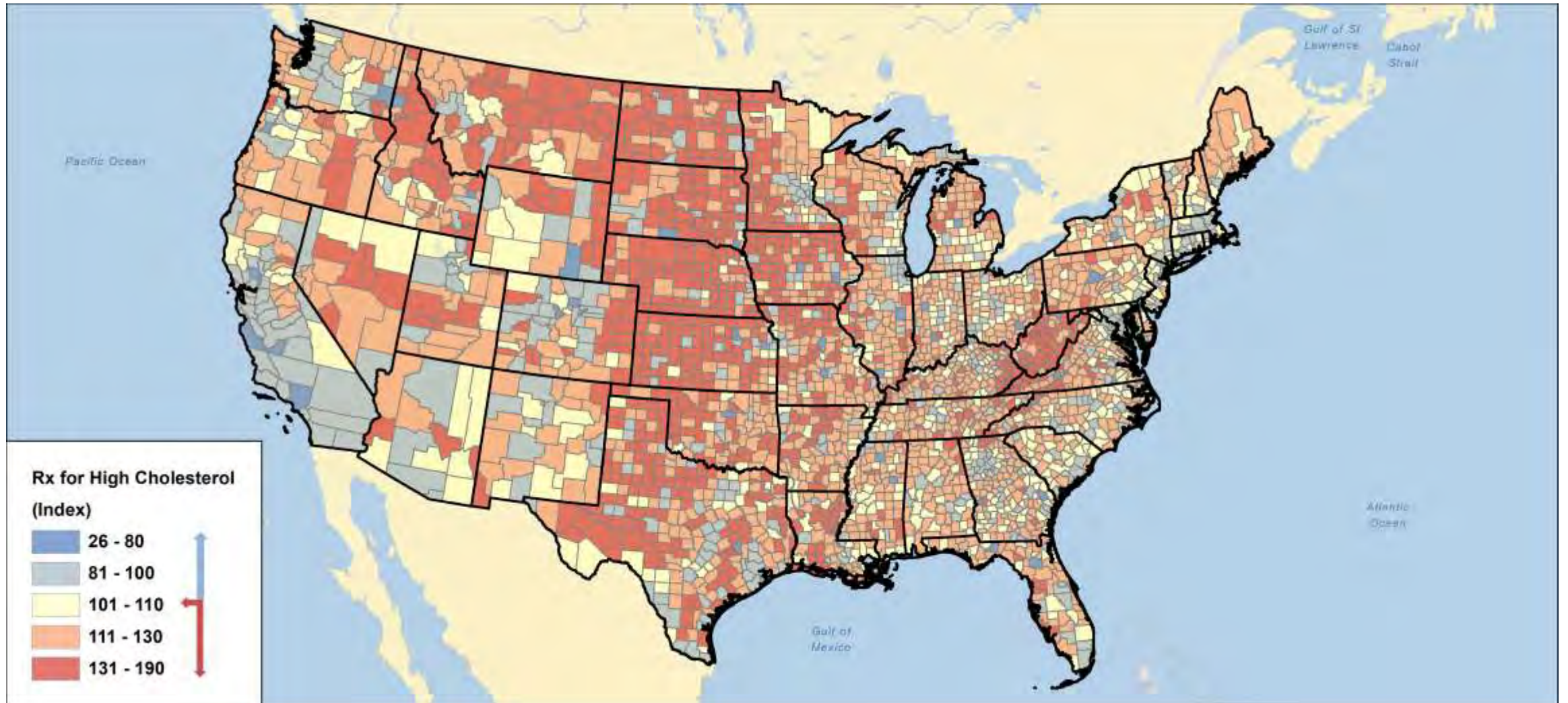
Use Prescription Drug for Diabetes (Insulin Dependent)



Use Prescription Drug for Asthma



Use Prescription Drug for High Cholesterol



Visited a Doctor in the Last 12 Months

