ALLEGHANY HEALTH

An Affiliate of Atrium Health Wake Forest Baptist & Hugh Chatham Health

COMMUNITY HEALTH NEEDS ASSESSMENT 2023

BACKGROUND

About Alleghany Memorial Hospital and Alleghany Health

Alleghany County Memorial Hospital dba Alleghany Health (AH) is a Critical Access Hospital (CAH) in the northwest mountains of North Carolina, that has been providing emergency care, inpatient treatment, and rapid transfers to tertiary medical centers as needed for the residents of Alleghany and surrounding counties for over 70 years. With the goal of providing the highest level of healthcare to the communities' members served, at the best possible value. AH employs a combination of 100 fulltime, parttime, as needed employees, it is served by more than 20 physicians representing 10 specialties or subspecialties, including Cardiology, Emergency Medicine, Family Medicine, General Surgery, Hematology/Oncology, Internal Medicine, Orthopedic, Pediatric, Podiatry, Pulmonology, Sleep Medicine, Urgent Care, and Urology.

In 1951, Alleghany Memorial Hospital was established. In 2018, Wake Forest Baptist Medical Center and Hugh Chatham Memorial Hospital entered a partnership to ensure the future of AH and the communities patients served. Under the agreement, Wake Forest Baptist and Hugh Chatham created a 50-50 joint venture called Alleghany Health, LLC, now the full owner of the hospital. The goal being to sustain fiscal stability and to enhance coordination of patient care and access to clinical services across the region. AH and partners work closely to integrate clinical and operational services to further enhance healthcare delivery for our communities' patients. This partnership brings financial sustainability, increased access to nationally ranked teaching and research hospitals, and a network of physician services from regional hospitals. One of the most important and basic advantages is this small community in the heart of the Blue Ridge mountains can continue to provide high quality healthcare close to home for the communities' patients.

In 2020, during the Covid-19 pandemic and after a large capital campaign had taken place. AH worked diligently to create a model of care to support the healthcare needs of a rural community. This model of care would combine both emergency care services and inpatient care within a combined unit. In mid-2020, the organization completed Phase I of renovation of the emergency department, with the addition of three inpatient rooms. Early 2021, observational level rooms were completed to support this model of care and bring this new model of care to fruition. In early 2022, a new two-story medical office building with twelve clinic rooms, two procedure rooms, Physical and Pulmonary Therapy support rooms were made available. Providing a full range of services to include Family, Internal, Specialty, Urgent Care, Pulmonary and Physical Therapy Services within one location. Completing the vision of forward-thinking effort for additional services and increased capability to provided surgical services and specialty care for years to come.

Vision Statement

People you know. Care and trust. Here when you need us.

Mission Statement

To provide top-quality healthcare services, facilitate education and wellness for healthcare needs, and coordinate healthcare services that exceed the scope of our facility.

Awards and Honors

1. Accreditation with The Joint Commission, a global leader in accrediting and certifying health care organizations to advance safety and quality.

2) Rural Health Clinic designation, increasing access to primary care services for patients in rural communities.

Executive Summary

Introduction

The IRS requires each non-profit (Section 501(c)(3)) hospital to conduct a community health needs assessment (CHNA) every three years as part of the federal Patient Protection and Affordable Care Act. The 2023 Community Health Needs Assessment (CHNA) survey was conducted by Alleghany Health (AH) in the summer of 2024 to explore the health status of people living within the communities we serve. The objective of the assessment was to pinpoint the most pressing health issues in our communities and determine three things: 1) who is affected by them; 2) who is already working on these issues and what progress is being made, and 3) what more can be done to improve the health of the people we serve?

The 2023 CHNA primarily focused on Alleghany, Ashe, Wilkes, and Grayson counties. These counties are considered our "community" as greater than ninety (90) percent of the AH inpatient population resides within these four counties. Primary data for the assessment was gathered through a survey tool with more than one hundred twenty-four (124) submissions. Participants represented multiple organizations and included individuals who have a broad knowledge of the community and/or had specific expertise or knowledge. Secondary data was obtained from local and national data published in government and private sources. A comprehensive list of identified health issues was compiled, and recommendations were made to AH's executive leadership for further review and prioritization. Priorities were assessed and ranked based on issue prevalence, issue severity, and ability to impact. Final prioritization as determined by the executive leadership was approved by the AH Board of Trustees.

Key Findings: Where we will focus our efforts

Based on CHNA findings, AH has developed and will implement a community-wide health improvement plan to address the following health issues listed:

- Access to Medical Care
- Access to Preventative and Chronic Care Health Needs
- Prescription drug abuse: to continue to support a regional response to the prescription drug/opioid crisis

Services Programs Provided by Alleghany Health

Health Screenings and Immunizations

- Cancer Screenings (Prostate, Breast, Skin, Colon)
- Cholesterol/Glucose
- Blood Pressure/Heart Rate/Oxygen Saturation
- Weight/Body Mass Index
- Concussion Screenings
- Fall Assessment
- Bone Density
- Musculoskeletal Fitness screening
- Speech
- Covid Screenings
- Vaccinations

Health Promotion, Outreach, and Support Groups

- AppHealthCare collaboration with Board Engagement
- Alleghany Wellness Center collaboration with Board Engagement
- Alleghany County School system collaboration with Blue Ridge Energy engagement for "Heart of a Trojan" sport screenings annually
- Alleghany County Wellness Coalition collaboration with leadership engagement to support the overall behavioral health and wellness needs of community at large
- Alleghany Health Chaplaincy Program development
- Town of Sparta Police Department collaboration
- Alleghany County Department of Social Services collaboration

2023 Community Health Needs Assessment

Introduction

The Mountain of North Carolina, specifically, Alleghany, Ashe, and Grayson County, VA, are known for its beautiful landscape which display natural beauty and other amenities that make for a great place to visit, live, and retire. Those of us fortunate enough to call this beautiful area "home" also know that one of its strongest assets is the high-quality healthcare available throughout the region.

Healthcare in the United States is undergone an enormous transformation, especially after the COVID-19 pandemic. As a nation, we have discovered the impact on our health and prevention of widespread infection. Therefore, health systems are shifting away from a system that pays for services to treat illness to one that focuses on optimizing health and wellness for individuals and communities. AH is responding to this fundamental shift by redesigning care to be as efficient, effective, and as convenient as possible to our communities' patients.

Our 2023 CHNA represents a collaborative, community-based approach to identify, assess, and prioritize the most important health issues affecting our community. The process is also the foundation that AH as a healthcare system and the community can utilize to collaboratively plan, develop, and implement programs to effectively address the needs in our community.

The CHNA looked at health status, barriers to care, and other demographic and social issues affecting people and organizations in the community. The completion of the CHNA enabled AH to take an in-depth look at its greater community. The findings from the assessment were utilized to prioritize population health issues and develop a community health implementation plan focused on meeting community needs. AH is committed to the people it serves and the communities they live in. The CHNA process consists of five steps as pictured below:

Data Collection Methods

AH identified community health needs by undergoing an assessment process. This process incorporated a comprehensive review of both primary and secondary source data by the hospital's Community Needs Assessment Team. Primary data was collected through the surveying of community members living in Alleghany, Ashe, Wilkes, and Grayson counties. Secondary source data included a wide range of measures related to health and health related factors including morbidity and mortality, health behaviors, clinical care, social and economic factors, and environmental factors. The team used several sources of qualitative and quantitative health, social, and demographic data specific to Alleghany, Ashe, Wilkes, and Grayson Counties provided by local public health agencies, healthcare associations, and other verified data sources.

Data Collected

Input from the community, which is inclusive of providers, patients, and community members, was gathered in several ways to use in the analysis process. Surveys were designed to elicit information related to community members' perception of their own health, the health of the community, and factors related to both. Surveys were conducted in both paper and online format. Surveys were provided to several key community groups: Alleghany Wellness Center, Alleghany Memorial Hospital Foundation Members, Alleghany Health staff and community partners. Surveys were placed in each of the Alleghany Health registration areas and in public spaces within each county to capture the broad interests of the communities served. Additionally, team members distributed fliers at restaurants, coffee shops, and other frequented locations throughout the region. The survey was shared on Alleghany Health's Facebook page using a QR code method for ease of data collection and a flyer was distributed with the QR code included to allow for ease in the completion of the survey.

Data Collection Limitations

The demographics of those who returned the surveys were noted to be closely aligned with the four primary geographic locations of the patients served by the hospital as determined through market share data. However, there were several key deviations from the three counties' demographics that may have an impact on the subsequent analyses. Specifically, the respondents were more likely to be insured, to have a college education, to be Caucasian, and to be female than the general demographics of the counties served. These important demographic differences may have had a secondary effect of skewing other data such as access to care. Additionally, the surveys are based on self-reported data. It is generally expected that respondents tend to under-report health risk behaviors and to have a sense that their own health is better than that of the general population.

Secondary Data

One of the primary sources of secondary data utilized in this assessment is based on a model of health that represents health outcomes, morbidity, and mortality, as functions of a set of health factors. The County Health Rankings & Roadmaps (CHR&R) is a program of the University of Wisconsin Population Health Institute.

The CHR&R program provides data, evidence, guidance, and examples to build awareness of the multiple factors that influence health and support leaders in growing community power to improve health equity. The Rankings are unique in their ability to measure the health of nearly every county in all 50 states, and are complemented by guidance, tools, and resources designed to accelerate community learning and action. CHR&R is known for effectively translating and communicating complex data and evidence-informed policy into accessible models, reports, and products that deepen the understanding of what makes communities healthy and inspires and supports improvement efforts.

Community Demographic Profile and Socioeconomic Factors Affecting Health

	Ashe	Wilkes	Grayson, VA	Alleghany	NC
Population (2020)	26,759	65,784	15,333	10,989	10,439,388
• **Under 18** • **Over 65** • **Female**	4,523 7,120 13,505	13,114 15,393 31,849	2,499 3,908 7,292	1,792 3,079 5649	2,584,073 1,861,045 5,338,844
Race					
• **White** • **Hispanic** • **African American**	24,435 1,406 127	57,105 2,725 2,634	13,558 247 904	9,544 602 104	6,488,459 1,118,596 2,140,217
Education					
• **25+ Years with HS Diploma** • **25+ Years with Bachelors** • **25+ Years with Advanced Degree**	6,183 2,588 4,270	14,641 5,030 1,937	4,653 1,216 444	2,557 1,143 622	1,834,892 1,678,483 969,516
Income (Median Household)	$49,176	$45,508	$43,348	$42,115	$67,481
Unemployment Rate	3.3%	3.7%	4.3%	5.3%	3.5%

Framework for Community Health Status

To present the data in a way that would tell a story of the community and identify needs, the framework of Healthy People 2030 was selected to guide the assessment and evaluation of the secondary data and community input. This framework was selected based on its national recognition and its mission to:

- Identify nationwide health improvement priorities.
- Increase public awareness and understanding of the determinants of health, disease, and disability and the opportunities for progress.
- Provide measurable objectives and goals that are applicable at the national, state, and local levels.
- Engage multiple sectors to take actions to strengthen policies and improve practices that are driven by the best available evidence and knowledge.
- Identify critical research, evaluation, and data collection needs.

Healthy People 2030 provide a comprehensive set of 10-year, national goals and objectives for improving the health of all Americans. The indicators will be used to assess and compare the health of the communities we serve and to motivate action at the community level to improve the health of those communities.

Healthy People 2030 utilize the concept of Determinants of Health, the range of personal, social, economic, and environmental factors that influence health status, to examine:

- What makes some people healthy and others unhealthy?
- How can we create a society in which everyone has a chance to live a long, healthy life?

Healthy People 2030

County Health Data

	Ashe	Wilkes	Grayson, VA	Alleghany	NC
Newborn Rates					
Infant Deaths (per 1,000 births	3.8	8	14	6.4	7
Low birthweight	9%	10%	7%	8%	9%
Teen Births (per 1,000 total births)	25	39	24	36	18
Premature Death					
Premature Death (Life Lost prior to age 75, per 100,000 people)	9,300	11,300	8,700	8,800	8,900
Unintentional Death Rates					
Motor Vehicle	17	22	26	23	15
Homicide Rate	7	0	0	Not reported	7
Suicide Rate	32	20	20	31	13
Drug Overdose (per 100,000 people)	Not reported	33.3	6.5	Not reported	18.5
Quality of Life					
Adult Smoking	17%	18%	22%	22%	15%
Adult Obesity	19%	29%	37%	37%	36%
Access to Exercise Opportunities	47%	47%	67%	37%	73%
Diabetes Prevalence	11%	14%	11%	12%	11%
Cancer Prevalence (per 100,000 population)	429.6	412.5	437.9	379.7	469.2
Life Expectancy	79.3	76.7	76.0	77.8	78.1
Mental Health Emergency Visits (per 100,000 population)	2114	2114	Not reported	2114	1902
Resources to Community					
Primary Care Physicians (per 10,000 population)	4.7	5	1.3	4.4	8
Dentists (per 10,000 population)	4	2.3	2.0	1.7	5
Mental Health Providers (per 10,000 population)	1.1	.4	5.9	.9	3.6

**Past data was used from 2016-2022*

As the data from the county health rankings indicates, many measures for Alleghany, Ashe, Wilkes, and Grayson County have a negative variance from the North Carolina state-wide scores.

The result is predominantly rural population that has unhealthy behaviors that lead to negative outcomes. All four counties' overall health outcome scores place them in the lower half of the state. The data is clear that the current model of individuals accessing care for primary treatment of acute medical problems is not adequately addressing the need for preventive healthcare such as screenings and development of healthy living behaviors nor is it managing chronic illnesses.

Additionally, the suicide and drug overdose rate for those reporting is well above the state average and with access to psychiatric care being very limited (as evidenced by the ratio of primary care/mental health professionals available). These statistics present an increasingly clear picture of the mental health crisis in rural communities.

Factors Affecting Health

Economic Factors Affecting Health

Alleghany and Ashe County are each designated as a Tier 2 county while Wilkes County is classified as a Tier 1 by the 2023 statistics by the North Carolina Department of Commerce. Tier calculations are based on average unemployment rate, median household income, growth percentage in population, and adjusted property tax base per capita. The median household income in these counties is at least $18,000 less than the North Carolina median and has continued a downward trend.

In review of each counties demographics, the unemployment rate is greater than the NC unemployment rate.

Social and Physical Factors

Social determinants of health reflect the social factors and physical conditions of the environment in which people are born, live, learn, play, work, and age. Also known as social and physical determinants of health, they impact a wide range of health, functioning, and quality-of-life outcomes.

Examples of social determinants include:

- Availability of resources to meet daily needs, such as educational and job opportunities, living wages, or healthful foods
- Exposure to crime, violence, and social disorder, such as the presence of trash
- Social support and social interactions
- Exposure to mass media and emerging technologies, such as the Internet or cell phones

Examples of physical determinants include:

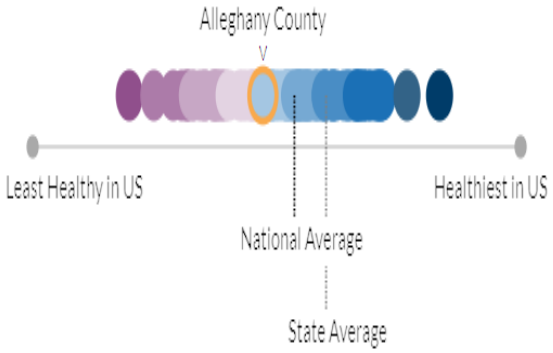
- Natural environment, such as plants, weather, or climate change
- Worksites, schools, and recreational settings
- Housing, homes, and neighborhoods
- Exposure to toxic substances and other physical hazards

Poor health outcomes are often made worse by the interaction between individuals and their social and physical environment.

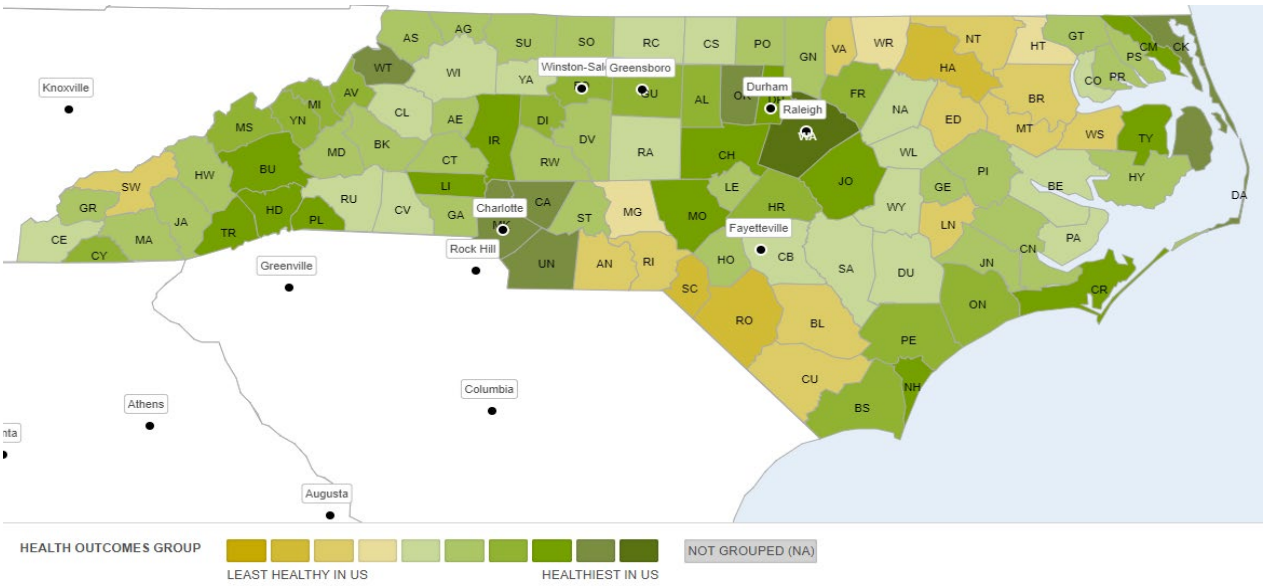
Alleghany County Health Factors

Many things influence how well and how long we live. Health Factors represent those things we can improve to live longer and healthier lives. They are indicators of the future health of our communities.

Alleghany County is faring worse than the average county in North Carolina for Health Factors, and worse than the average county in the nation.



***Above from County Health Ranking and Roadmaps (Alleghany, NC) 2024**



***Above from County Health Rankings and Roadmaps. (Indication of how long people live within a community, including how much physical and mental health individuals have within a community while living.)**

Community Health Survey
(Below is a copy of the survey administered in 2024)

ALLEGHANY HEALTH

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Community Health Needs Assessment

Mission: Alleghany Health's mission is to provide top quality healthcare services, facilitate education for healthcare needs, and coordinate healthcare services that exceed the scope of our facility.

Goal: Alleghany Health has launched a comprehensive community health needs assessment initiative to determine how well the community's current health needs are being met by Alleghany Health.

This survey is anonymous and voluntary. The information gained will be used to direct future healthcare services needed in the area. We expect the survey will take about 5-10 minutes to complete. Thank you in advance for your participation.

1) What is your gender?
    a) Male
    b) Female
    c) Non-binary
    d) Other
    e) Prefer not to answer
2) What is your sexual orientation?
    a) Straight
    b) Gay/Lesbian
    c) Bisexual
    d) Other
    e) Prefer not to answer
3) What is your race?
    a) African American/Black
    b) Native American
    c) White
    d) Two or more races
    e) Other (please specify) _____
    f) Prefer not to answer
4) Do you identify as Hispanic or Latino?
    a) Yes
    b) No
5) What is your county of residence?
    a) Alleghany
    b) Wilkes
    c) Grayson
    d) Ashe
    e) Other (please specify) _____
6) What is your five-digit zip code?
    a) _____

7) What is your age range?
    a) Under 18
    b) 18-24
    c) 25-34
    d) 35-44
    e) 45-54
    f) 55-64
    g) 65+
8) What is your current employment status?
    a) Employed full-time
    b) Employed part-time
    c) Student
    d) Unemployed
    e) Other (please specify) _____
9) What is your household income range?
    a) $0-$24,999
    b) $25,000-$49,999
    c) $50,000-$74,999
    d) $75,000-$99,999
    e) Over $100,000
    f) Prefer not to answer
10) What is the highest level of education you have completed?
    a) Primary School (Kindergarten-8th)
    b) Some high school
    c) High school graduate
    d) Some college
    e) College graduate
    f) Advanced degrees (master's and above)
    g) Other (please specify) _____
11) How would you describe your overall health?
    a) Excellent
    b) Good
    c) Fair
    d) Poor
12) Where do you go for your routine healthcare?
    a) Primary care physician
    b) Health department
    c) Urgent care clinic
    d) I do not receive routine healthcare
    e) Other (please specify) _____
13) What type of healthcare coverage do you have?
    a) Medicare
    b) Medicaid
    c) Commercial health insurance (Aetna, Blue Cross, etc.)
    d) I do not have healthcare coverage
    e) Other (please specify) _____
14) Are you able to visit a doctor when needed?
    a) Yes
    b) No

If no, please explain why: _____

15) What has affected the quality of healthcare you receive?
- a) Cost
- b) Ability to read and/or write
- c) Language barrier
- d) Discrimination against race, gender, etc.
- e) Other (please specify) _____

16) Please check all statements below that apply to you:
- □ I exercise at least three times per week
- □ I eat at least 5 servings of fruits and vegetables each day
- □ I smoke or vape
- □ I chew tobacco
- □ I use illegal drugs
- □ I use prescription medication for non-prescribed reasons
- □ I use prescription medication above the prescribed dosage
- □ I consume more than 4 alcoholic beverages per day
- □ I use sunscreen or protective clothing for planned time in the sun
- □ I receive a flu shot each year
- □ I have access to a wellness program through my employer
- □ None of these statements apply to me

17) Please select the top 3 health challenges you face:

□ Cancer	□ Drug Addiction	□ Stroke
□ Diabetes	□ High Blood Pressure	□ Heart Disease
□ Joint/Back Pain	□ Kidney Disease	□ Obesity
□ Lung Disease	□ Mental Health Problems	□ None

□ Other (please specify): _____

18) Which of the following preventative procedures have you had in the past 12 months?
- □ Mammogram
- □ Pap Smear
- □ Prostate Cancer Screening
- □ Flu Shot
- □ Colon/Rectal Exam
- □ Blood Pressure Check
- □ Blood Sugar Check
- □ Skin Cancer Screening
- □ Cholesterol Screening
- □ Vision Screening
- □ Hearing Screening
- □ Cardiovascular Screening
- □ Bone Density Test
- □ Dental Cleaning/X-Rays
- □ Physical Exam
- □ None of the above

19) Do you feel physically and/or emotionally unsafe in your home?
- a) Yes
- b) No

20) Within the past 12 months, have you been hit, kicked, or otherwise physically hurt by anyone?

a) Yes
b) No

21) Within the past 12 months, have you been humiliated or emotionally abused by anyone (name calling, neglect, shaming, blaming, manipulation, etc.)?

a) Yes
b) No

22) Within the past 12 months, have you been limited in your finances by someone or experienced financial abuse (withholding information about where income is being used, not allowing you to work, the person feels entitled to your money or assets, etc.)?

a) Yes
b) No

23) Please check any of the following situations that have applied to you in the past 12 months:

- □ I worried about getting sick and being unable to take time off work
- □ I worried about getting sick and being unable to see a doctor
- □ I worried I may run out of food or groceries before I got the money to buy more
- □ I ran out of food or groceries because I did not have the money to buy more
- □ I worried about losing my home
- □ I have stayed outside, in a car, in a tent, at an overnight shelter, or temporarily in someone else's home because I had nowhere else to stay
- □ I have been faced with possible disconnection of my utilities because I was unable to afford them
- □ My utilities have been disconnected because I was unable to afford them
- □ A lack of transportation kept me from getting to medical appointments
- □ A lack of transportation kept me from doing things needed for daily living (getting to work, grocery shopping, etc.)
- □ I had to choose between paying my bills or buying my medication

24) Do you have ongoing problems with pest infestations, mold, lead, and/or water leaks at the place you stay?

a) Yes
b) No

25) What are three biggest concerns or challenges you think our community faces?

1) _____
2) _____
3) _____

26) What are additional health services that need to be offered to meet challenges in the community?

_____
_____
_____

27) Is there anything else you would like to add? _____
_____
_____

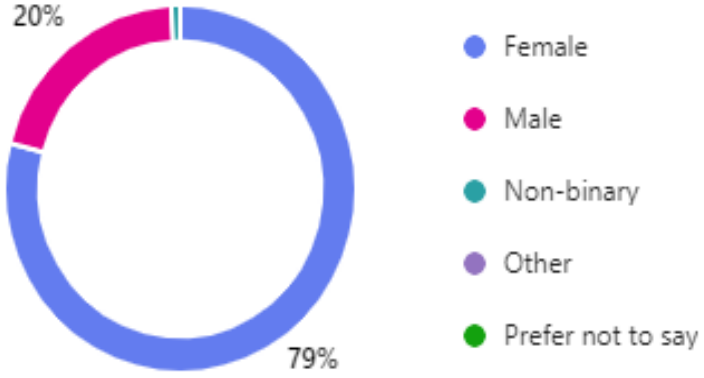
Thank you for your help and participation!

Results:
There was a total of 124 participants who completed the survey digitally. Nearly 79% of the respondents were female. The geographic distribution was representative of the service area, and the age range was well distributed, although no one under the age of 18 completed the survey. More of the respondents were commercially insured than the rates in the service area, with approximately 4% of respondents indicating they are uninsured.

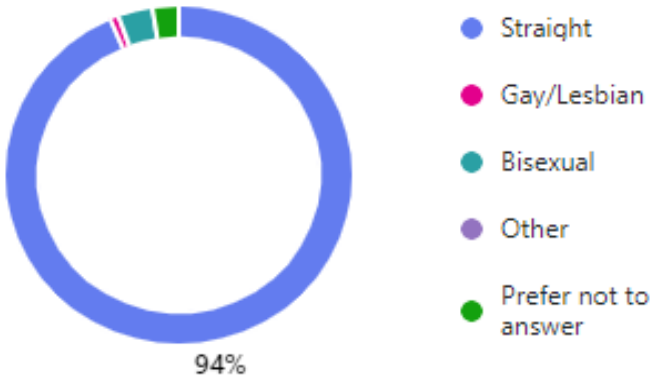
Community Health Needs Assessment Questionnaire Results in Graphs

Demographic Results by Question

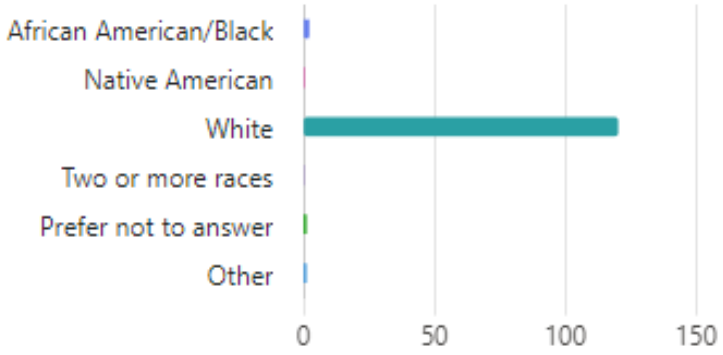
1. What is your gender?



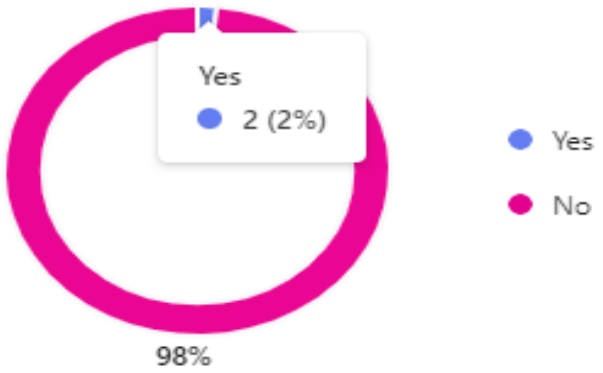
2. What is your sexual orientation?



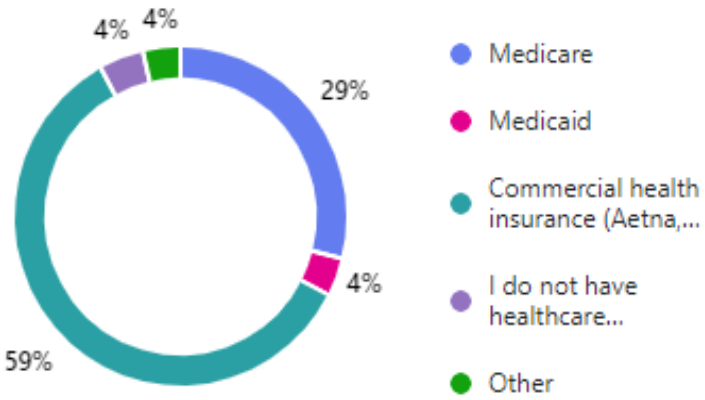
3. What is your race?



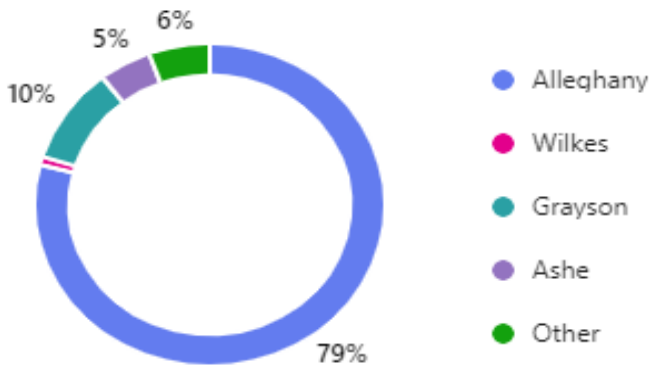
4. Do you identify as Hispanic or Latino?



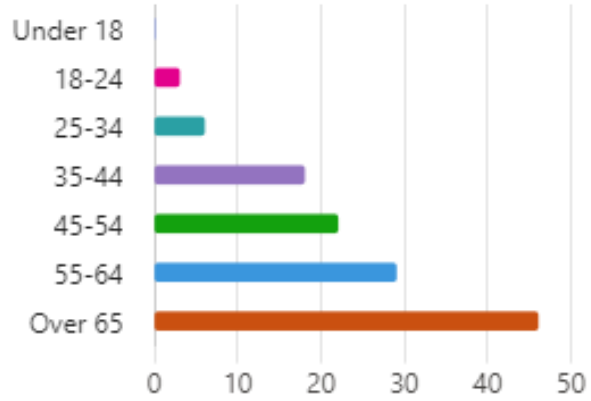
13. What type of healthcare coverage do you have? (sele...



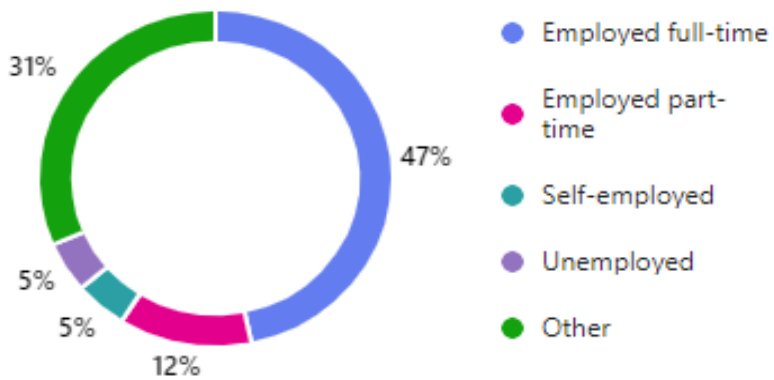
5. What is your county of residence?



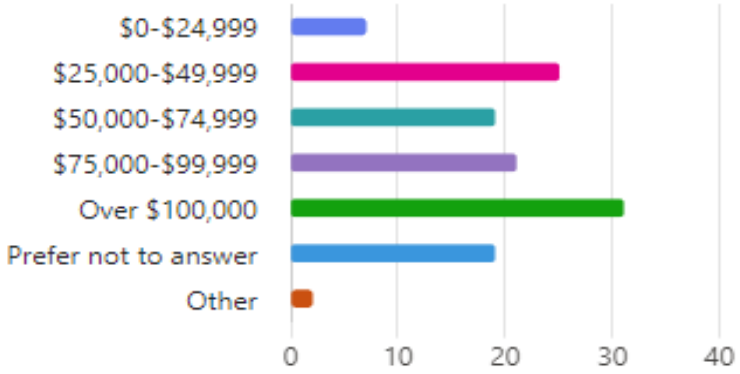
7. What is your age range?



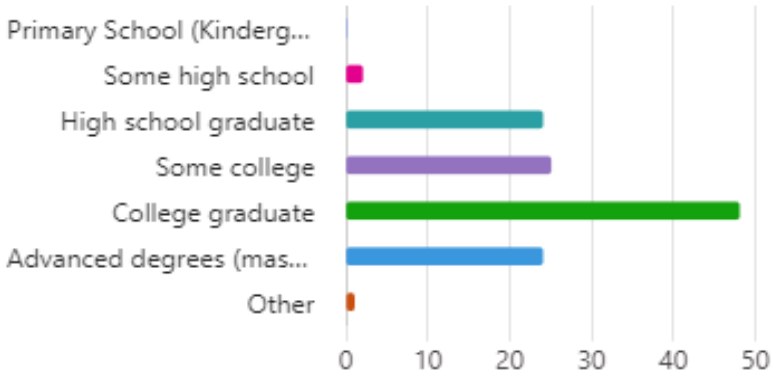
8. What is your current employment status?



9. What is your household income range?

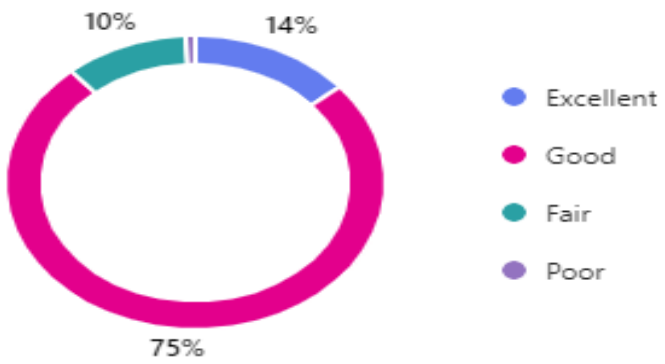


10. What is the highest level of education you have com...

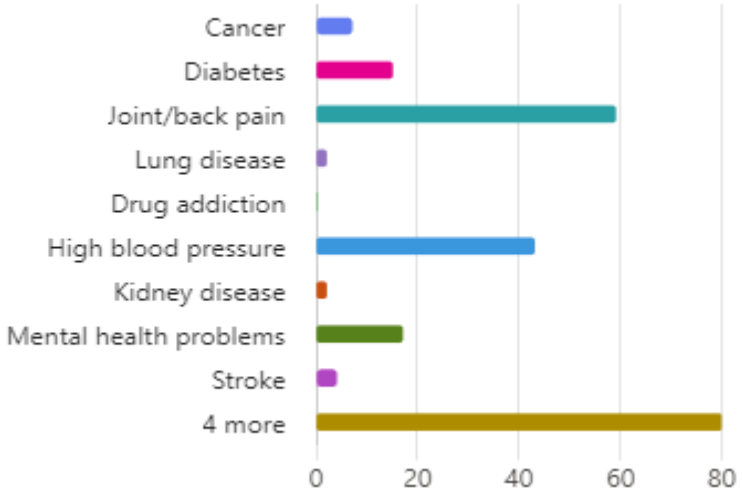


Health Status Results by Questions #:

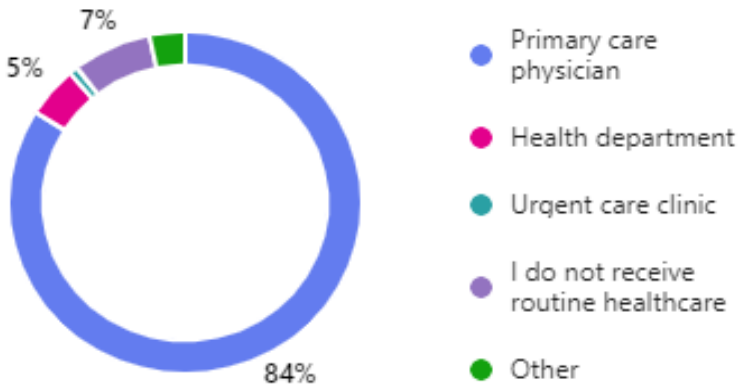
11. How would you describe your overall health?



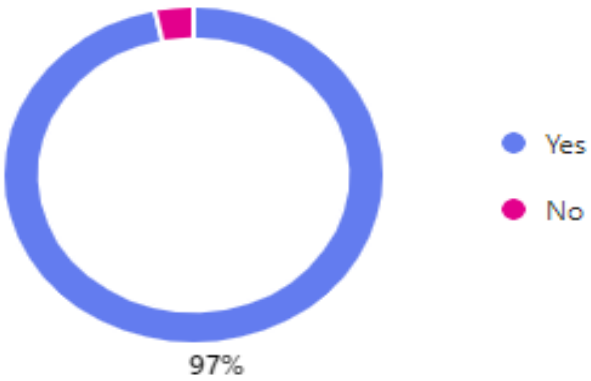
18. Please select the top 3 health challenges you face:



12. Where do you go for your routine healthcare?



14. Are you able to visit a doctor when needed?

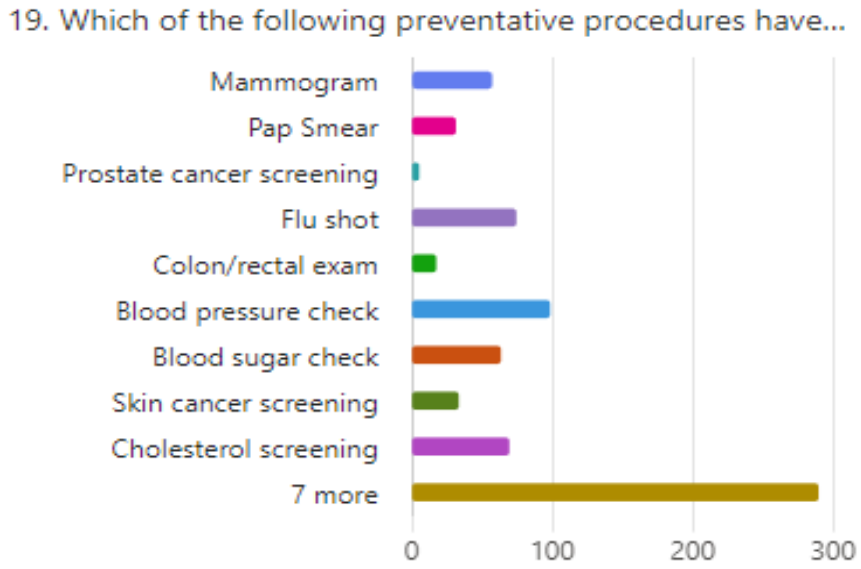


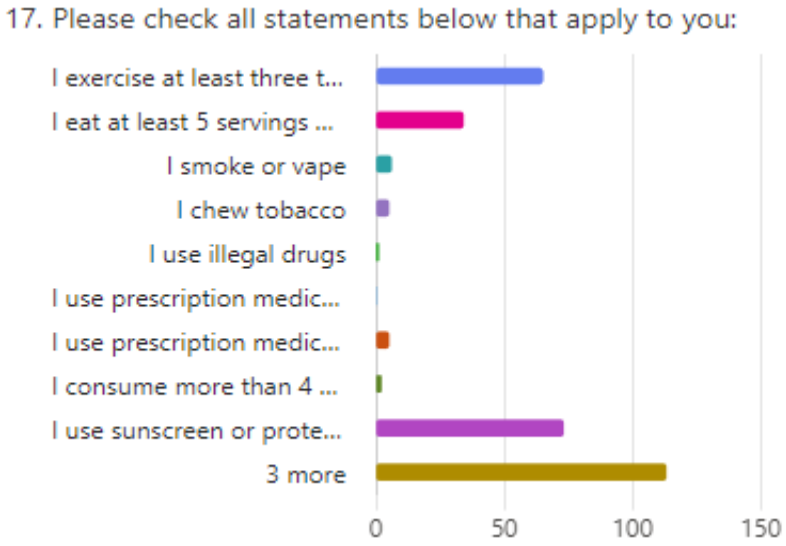
If you answer “no” on question 14, what is preventing you from visiting a doctor?

Responses were: Lack of suitable choice, funds, shortage of providers makes it difficult to get appointments with primary care, and urgent care clinic needs longer hours and weekend hours

Most of the survey participants indicated that they received their routine healthcare within a physician’s office. This is a positive indicator of continuity of care and access to preventive healthcare. Most participants stated they were able to see a doctor when needed. Cost was the greatest barrier to being able to visit a doctor, no appointments available due to lack of provider, and urgent care hours availability. This positive view on the insured individual’s ability to access appropriate care is reassuring, but with minimal survey response from uninsured community members leaves room for questions regarding their ability to access preventive and routine healthcare.

Promoting Health and Preventing Illness Questions:





The responses to promoting health and preventing illness questions reflect a contradictory picture.

- More than half of the respondents reported having received the flu vaccine which is encouraging; however, the overall population in the counties in our survey area are significantly less vaccinated than NC overall.
- Most respondents indicated that they are receiving routine non-invasive preventative care such as dental cleaning, a physical exam, vision screening, and blood pressure checks.
- Invasive procedures such as colonoscopy, prostate exams, pap smears and cardiovascular screening were less consistently reported. While mammography is not invasive, it also was reported at a higher-than-expected rate, due to the increased volume in female respondents.
- The respondents had a positive trend of using tobacco and nicotine products at a significantly lower incident rate than that of the population in the geographical area by a significant margin.
- Only about a fourth of respondents eat at least 5 servings of fruits and vegetables each day.
- While 8% of participants have access to a wellness program, over half of the participants reported exercising at least three times a week.

Many of the responses to the promoting health and preventing illness questions may reflect the skewed response population of being more female, insured, and educated than the public leading to increased concern that the overall health status of the population may be worse than is reflected by the survey results. Regardless, the last two points positively correlate with the three most prevalent reported health problems of Overweight/Obesity, Joint or Back Pain, and High Blood Pressure.

Establishing Priorities

Decisions as to which of the many valid and deserving issues that were identified through the Community Health Needs Survey process could be addressed by Alleghany Health over the next one to three years, were weighed to include:

- How much of an impact (prevalence and severity) does the issue have on our community at large?
- Does Alleghany Health have the resources and expertise to address the issue, or would it be more advantageous to partner with other community resources?
- Does it fall within the scope of our mission statement; “To provide top quality healthcare services”?
- Are there other organizations which can more effectively influence the issue?

Based on CHNA findings, Alleghany Health has developed and will implement a community-wide health improvement plan to address aspects of the following health issues listed:

- Cost of Care: This remains a topic of highest concern and potential for severity in terms of both individual and community health outcomes. Our geographic catchment area has an inordinate percentage of individuals having no insurance, limited insurance, or high deductible. High unemployment in conjunction with increasing overall health costs leads to decreased access and utilization.
- Prescription Drug abuse: Alleghany Health has supported and will continue to support the regional response to the ongoing prescription drug/opioid crisis in our community. The number of overdose deaths and suicides in our geographic region continues to exceed state and national numbers.
- Promotion of Healthy Living and preventive care models: specifically related to both lifestyle choices, testing, and treatment. Survey participants who are likely to be healthier than our overall

population identified issues related to being overweight/obese, experiencing joint or back pain, and having high blood pressure as being of greatest concern to them.

CHNA findings which are outside the scope of our mission or fall outside the area of expertise for Alleghany Health and thus are excluded in this current plan include:

- Drug Abuse programs: Alleghany Health provides emergency psychiatric care within its emergency department while appropriate care needs are determined, and referrals are made. The scope of services required by these patients is more extensive than what can be provided by Alleghany Health for Inpatient Service.

Community Health Needs Implementation Strategies

Identified Need	AH Resources	Potential Key Metrics	Potential Strategic Partners
Access To Care	• Promotion of Urgent Care availability within community • Promotion of Specialty Clinic availability within community • Telehealth visits promotion • Patient portal promotion	• Visit numbers for Urgent Care Service • Decrease visits in Emergency Department for UC level of care • Increased number of patients with Patient Portal Access	• Alleghany News, surrounding counties communication resources • Alleghany County Chamber of Commerce

***Alleghany County Chamber of Commerce Visitor Guide**

***Above campaign initiated to increase patient awareness of having access to care.**

The Health Care Cost Institute shows healthcare spending per person exceeded $6,700 in 2022, and the average out-of-pocket being more than $850 per person in 2022.

Alleghany Health has a multimodal approach to helping our community have access to the right care, with Outpatient Services, Family Medicine, Internal Medicine, multiple Specialty Medicine options, and Urgent Care within one location for care to be provided.

A primary approach has been providing additional points of care for walk-in or unscheduled needs. With the addition of an Urgent Care option of care to be provided, from 8am-4pm Monday through Friday of each week. Urgent Care offers patients immediate access to care at a significantly lower cost than seeking care within an Emergency Department setting.

One additional focus has been the introduction of telehealth and virtual care opportunities. Individuals can receive exceptional care in the convenience of their home to decrease concerns regarding the potential exposure to communicable diseases. Additionally, access to primary care allows patients in this rural area to avoid transportation costs/barriers as well as expanding access. Additionally, the development and promotion of patient portal access for Alleghany Health patients increase patient access to their provider. When questions arise for the patient that require attention, such as general medical questions in follow-up to visits, medication refills requests, or referral needs. This truly provides patients with access to direct messaging to the clinical staff teams, providing care that is efficiently integrated into the electronic medical record.

***Billboard on US21 South**

Identified Need	AH Resources	Potential Key Metrics	Potential Strategic Partners
Promotion of Preventative Care (Medicare Wellness/Athletic Screenings/Annual Wellness/Well Child Exams)	• Promotion of free annual wellness visits to Medicare and Medicare Advantage patients • Promotion of free annual athletic screening • Community Education of Services Provided to local and communities at large	• # of covered Medicare lives and number of annual Medicare wellness exams performed • # of outpatient consults • # of athletic screens performed	• Senior Center's • Churches • Blue Ridge Energy • Alleghany School Systems • Stellar Health

These regions patients are primarily of a geriatric population, the focus to provide care close to home for this specific patient population has and continues to be our partner's Atrium Health Wake Forest Baptist Health and Hugh Chatham Health's primary focus. Providing access to primary care providers who can complete Medicare Wellness Exams, Annual Wellness, Well Child Checks, and Sports Screenings is key to the chronic care management needs of the community at large. Alleghany Health partners with Blue Ridge Energy annually to provide annual sports screens to all Alleghany County School systems students. This is a huge benefit to the students of Alleghany County, providing a free screening to allow for entry into the sports program of their choosing. Picture below of students, physician, and staff supporting event.

HEALTH SCREENINGS – Alleghany Health hosted Heart of a Trojan, a health screening event for Alleghany students at the hospital, on May 2 and 3. Above, Deshon Galyean is checked in by Alleghany Health Controller Julie Tucker. At left, Dr. Jose Arocha examines Carson Worrick. According to AMH Foundation Executive Director Robin Gambill, 326 students were screened, the largest the event has ever served. The event was sponsored by Alleghany Health and Blue Ridge Energy.

PHOTOS BY ZACHARY WEAVER

HEART OF A TROJAN

Identified Need	AH Resources	Potential Key Metrics	Potential Strategic Partners
Prescription Drug Abuse: Addressing the Opioid epidemic	• Active Participation in the implementation of strategies to decrease the availability of prescription narcotics in community • Active participation and support of county and private initiatives to address the opioid epidemic • Access to Narcan within safe location of hospital	• # of opioid prescriptions written in ED and/or at discharge • # of opioid related EMS calls/deaths	• AH Primary Care Practices (use of DrFirst) • AH ED (use of DrFirst) • Daymark Recovery Systems • Alleghany Wellness Coalition • AppHealthCare-Regions Health Department • County Sheriff Departments and Local Police Department

Alleghany Health and its providers utilize DrFirst within the Emergency Department and Outpatient clinics to ensure pain medicine protocols which allows for appropriate management of both acute and chronic pain concerns while maintaining a high level of awareness and preventing the availability of excess narcotics in the community.

Alleghany Health provides emergency treatment and stabilization of acute narcotic overdoses in its emergency department. Additionally, Alleghany Health provides immediate care for those requiring detoxification from these substances while placement in a treatment program is located. Alleghany Health has partnered with AppHealthCare through a grant program to work to make Narcan available to those most at risk for opioid injury or death. This would be made available, within a secure environment at Alleghany Health, to ensure access to those in need of this medication. Providing Narcan to those most in need access twenty-four seven, free of charge. Alleghany Health leadership sits on the Alleghany Wellness Coalition, consisting of county leaders, medical community members, local school/college, faith-based community leaders, and law enforcement. Providing leadership, strategic planning, and collaboration for the county's opioid response efforts, and additional health priorities.

Alleghany Health Resources

Facility Name	Contact Information
Alleghany Health Services- Internal Medicine	233 Doctors Street Sparta, NC 28675 336-372-5511
Alleghany Family Medicine	233 Doctors Street Sparta, NC 28675 336-372-5511
Alleghany Health Urgent Care	233 Doctors Street Sparta, NC 28675 336-372-5511
Alleghany Health Specialty- Cardiology	233 Doctors Street Sparta, NC 28675 336-372-5511
Alleghany Health Specialty- General Surgery	233 Doctors Street Sparta, NC 28675 336-372-5511
Alleghany Health Specialty- Orthopedics	233 Doctors Street Sparta, NC 28675 336-372-5511
Alleghany Health Specialty- Urology	233 Doctors Street Sparta, NC 28675 336-372-5511
Alleghany Health Specialty-Podiatry	233 Doctors Street Sparta, NC 28675 336-372-5511
Alleghany Health Specialty-Hematology & Oncology	233 Doctors Street Sparta, NC 28675 336-372-5511
Alleghany Health Specialty- Pulmonary	233 Doctors Street Sparta, NC 28675

	336-372-5511
Alleghany Health Rehabilitation Services- Physical Therapy, Speech Therapy, Respiratory Therapy	233 Doctors Street Sparta, NC 28675 336-372-5511
Alleghany Health Sleep Study Services	233 Doctors Street Sparta, NC 28675 336-372-5511
Alleghany Health Emergency Department	233 Doctors Street Sparta, NC 28675 336-372-5511
Alleghany Health Inpatient Services	233 Doctors Street Sparta, NC 28675 336-372-5511
Alleghany Health Surgical Services	233 Doctors Street Sparta, NC 28675 336-372-5511

Medical Facilities within Survey Focus Area

Alleghany Health
233 Doctors Street
Sparta, NC 28675
(336)372-5511
www.alleghanyhealth.org

Ashe Memorial Hospital
200 Hospital Ave
Jefferson, NC 28640
(336)846-7101
www.ashememorial.org

Atrium Health Wake Forest Baptist/Wilkes Medical Center
1370 West D Street
North Wilkesboro, NC 28659
(336)651-8100
Wilkes Medical Center | Atrium Health Wake Forest Baptist (wakehealth.edu)

Alleghany County Community Resources and Contacts

Alleghany Cares……**336-372-5959**
25 Womble St, Sparta, NC 28675
Non-profit corporation with a tax-free status. Collect and process donated items, with a thrift store setting, give assistance without charge in times of crisis, and contribute monetarily to need in the
community.

Alleghany In Motion…….....**336-372-8747**
90 South Main St, Sparta, NC 28675
Is the public transportation system for Alleghany County, goal is to provide quality community transportation services that are efficient and responsive to the current and changing needs of Alleghany County.

Alleghany Department of Social Services…….…336-372-2411
182 Doctors St, Sparta NC 28675
To promote quality of life, dignity and respect for all citizens of Alleghany County through competent and compassionate provision of social and economic services, community engagement, and resource development.

Alleghany County Group Homes……...……...336-372-5671
133 Health Services Rd, Sparta, NC 2867
Dedicated to enhancing the quality of life for the developmentally disabled citizens of Alleghany County.

Alleghany Wellness Center…….…….....336-372-2944
63 Wellness Way, Sparta, NC 28675
To provide the people of Alleghany County and surrounding areas the opportunity to achieve and maintain healthy lifestyles.

Alleghany Senior Citizens Center……..……...…336-372-4640
30 Wellness Way, Sparta, NC 28675
Promoting the well-being of Alleghany County's older adults.

Alleghany County WIC Program…….....336-372-5644
157 Health Services Rd, Sparta, NC 28675
A registered service for supplemental nutrition program for women, infants, and children.

Daymark Recovery Services…….....336-372-4095
1650 N Carolina 18, Sparta, NC 28675.
Provides an array of outpatient and psychiatric services for the treatment of mental health illnesses, substance use disorders, and developmental disabilities.
24-Hour Crisis Hotline…….866-275-9552
Suicide Prevention Lifeline……...988

Solid Rock Food Closet…….....336-372-6560
71 Womble St, Sparta NC 28675
Focus on nutrition and food distribution of Alleghany County, following The Emergency Food Assistance Program financial guidelines program.

Medi Home Care……...……...336-372-4028
72 S Main St, Sparta, NC 28675
Provide sales, service, and rental for home medical equipment and respiratory products.

Medi Home Health and Hospice……336-372-8018
403 S Main St Ste 101, Sparta, NC 28675
Provider offering home healthcare and hospice care.

References

NC County Trends Reports Published November 2023
https://www.commerce.nc.gov
http://www.census.gov
NC Dept of Commerce, Labor and Economic Analysis Division County Rankings
http://www.countyhealthrankings.org

http://www.vdh.virginia.gov

***Above mural within Alleghany Health completed to depict the community's partners collaboration during the Covid-19 pandemic.**