Alleghany Health
Community Health Implementation Strategy

January 1, 2026 - December 31, 2028

Community health improvement is an effective tool for creating a shared vision and supporting a planned and integrated approach to improving health outcomes. The basic premise of community health improvement is that entities identify community health issues, prioritize those that can be addressed, and then develop, implement, and evaluate strategies to address those issues. Tax-exempt hospitals are required to conduct a community health needs assessment (CHNA) and develop an implementation strategy to document how the hospital will address prioritized community health needs. The following outlines a summary of the CHNA process and provides details on Alleghany Health plans to address their prioritized community health needs.

SUMMARY OF CHNA PROCESS

In 2025, Alleghany Health conducted a Community Health Needs Assessment (CHNA) in Alleghany, Ashe, Wilkes, and Grayson (VA) counties, which consisted of a comprehensive presentation and analysis of both qualitative and quantitative data.

Alleghany Health CHNA relies on multiple sources of information:

Community Health Survey (Primary Data): Online surveys were conducted from February through April 2025, with nearly 7,500 respondents regionally and 551 Alleghany Health residents participating. The survey captured perspectives on priority health needs, self-rated overall health, access to health services, and key social drivers of health, including factors that support opportunities for a healthier community.

Metopio (Secondary Data): Advocate Health has a contract with Metopio to provide an internet-based data resource for their hospitals. This robust platform offers curated data from public and proprietary sources for information on health behaviors and health risks, health outcomes, health care utilization, demographic, and community-level drivers of health like economic, housing, employment, and environmental conditions. Data for each indicator is presented by various demographics when the data is available (Metopio: https://public.metop.io).

County Health Rankings and Roadmaps: Alleghany County 2025 (Secondary Data): A program of the University of Wisconsin Population Health Institute provides a compilation of data using county-level measures from a variety of national and state data sources.

Top Health Issues Identified

- Access to Care
- Alcohol & Substance Use
- Chronic Disease & Prevention
- Maternal & Child Health
- Mental Health

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The top health issues identified were presented to the Alleghany Health Steering Council, and members were asked to rank the issues based on the following criteria: size/seriousness of the problem, effectiveness of available interventions, available resources to address the health issue, health care system adequately situated to address the health issue, meets a defined community need as identified through data, potential for issue to impact other health and social issues and ability to effectively address or impact health issue through collaboration.

Using these criteria, Alleghany Health has prioritized the significant health needs to address in 2026-2028:

Significant Need	Implementation Strategy Selection Reasoning
Access to Care	Access to care means having the ability to obtain affordable, relevant health services and wellness programs that raise the quality of life for everyone. It includes local options for basic health care like screening and prevention services and having access to health care providers when urgent health care needs arise.
Behavioral Health: Mental Health and Substance Use	Mental health—our emotional, psychological, and social well-being—affects how we handle stress, build relationships, and make decisions, and it is more than the absence of illness; it's the ability to thrive. Alcohol and substance use, including tobacco, illicit drugs, and prescription misuse, contribute to preventable health issues and social challenges, and are closely tied to mental health conditions like depression, anxiety, and trauma. These issues often co-occur, creating complex barriers to recovery and highlighting the need for integrated prevention, treatment, and support strategies. (CDC, 2025)
Chronic Disease and Prevention	Chronic Diseases are long-term health problems that often develop slowly from genetic, environmental, and lifestyle factors. Some common ones are heart disease, diabetes, cancer, and asthma. These diseases can make daily life harder and often need ongoing medical care. Over half of Americans have at least one chronic disease. (CDC, 2024)

For each prioritized health need, the hospital plans to commit resources, which may include staff time, information technology systems, outreach, promotions and educational materials, funding, medical supplies, and other resources as available.

PRIORITY: Access to Care

DESCRIPTION OF HEALTH NEED DATA:

- Alleghany Health service area has 25.3 Family Medicine providers per capita (per 100,000 residents), falling below the state average of 30.8 and national average of 29.5.
- 10.3% of people in the Alleghany Health service area have medical debt, compared to 8.5% in North Carolina and 5% across the United States.
- Of the surveyed adults, 31.2% reported delaying care. North Carolina reported a lower rate of 26.1%.
- The uninsured rate for Alleghany Health is 11.5%, higher than the state and national averages.
- The preventable emergency department visit rate for Alleghany Health is 2,777.7 per 100,000 residents, which is higher than the North Carolina rate of 1,925.3.

STRATEGY #1: Create flexible care services and hours to reflect the needs of the community

COLLABORATIVE PARTNERS AND RESOURCES

- Hugh Chatham Health
- Local EMS
- Department of Social Services

MEASURING OUR IMPACT

- Number of virtual care appointments
- Number of after hours appointments (non-urgent care)

**Impact measures are subject to change depending on the direction of each intervention.*

PRIORITY: Behavioral Health: Mental Health and Substance Use

DESCRIPTION OF HEALTH NEED DATA:

- Of survey respondents in the Alleghany Health service area, 40.5% reported needing but not receiving mental health treatment. This percentage is higher than North Carolina's rate of 35.7%, indicating an unmet need in the service area.
- The suicide and self-injury emergency department visit rate in Alleghany Health service area is 105.5 visits per 100,000 residents, higher than the North Carolina rate of 70.8.
- Alleghany Health service area has 3.6% of respondents who reported smokeless tobacco use, surpassing the rate of 1.3% in North Carolina.
- Hospitalization rates and emergency department visit rates for opioid-related concerns, substance use, and alcohol use for Alleghany Health are all higher than rates for North Carolina

STRATEGY #1: Increase access to substance use treatment

COLLABORATIVE PARTNERS AND RESOURCES

- Alleghany Health ED Providers
- AppHealthCare
- Local EMS
- M.A.T. (Medication-Assisted Treatment) Alleghany County

MEASURING OUR IMPACT

- Number of Narcan kits dispensed from ED vending
- Number of emergency department visits for overdose
- Number of referrals to M.A.T.

**Impact measures are subject to change depending on the direction of each intervention.*

STRATEGY #2: Create access to mental health care with virtual options

COLLABORATIVE PARTNERS AND RESOURCES

- Atrium Health telehealth providers
- Medical Group

MEASURING OUR IMPACT

- Number of virtual mental health appointments
- Number of outpatient referrals to Daymark
- Emergency department visits linked to suicide attempt or self-injury

**Impact measures are subject to change depending on the direction of each intervention.*

PRIORITY: Chronic Disease and Prevention

DESCRIPTION OF HEALTH NEED DATA:

- The obesity rate in the Alleghany Health Service Area is 36.0%, which is higher than both the state of North Carolina at 33.9% and the United States at 33.2%.
- In the Alleghany Health Service Area, the Alzheimer's mortality rate is notably higher at 63.9 deaths per 100,000, compared to North Carolina at 35.4 and the national average of 30.0.
- The cancer mortality rate for the Alleghany Health service area is 275.1 deaths per 100,000 people, surpassing the state rate of 150.7 and the national rate of 144.1.
- Alleghany Health service area has a diabetes mortality rate of 51.9 deaths per 100,000, significantly higher than the state average of 27.1 and the national average of 23.7.
- The top three leading causes of death for Alleghany Health service area are heart disease, cancer, and chronic lower respiratory diseases. (County Health Rankings and Roadmaps, 2025)

STRATEGY #1: Increase preventative care in Alleghany Health service area

COLLABORATIVE PARTNERS AND RESOURCES

- Alleghany Health Hematology/Oncology Clinic
- Alleghany Health General Surgery Clinic

MEASURING OUR IMPACT

- Number of 3D mammograms completed
- Number of colonoscopies completed

**Impact measures are subject to change depending on the direction of each intervention*

Needs Not Addressed

This Community Health Implementation Strategy focuses on the above priority health needs selected by the hospital based on community input, available resources, and alignment with organizational and community partner capacity. The Community Health Needs Assessment (CHNA) also identified additional significant health needs, including medical debt. alcohol related issues, chronic disease prevention and maternal and child health. These needs are not addressed in this CHIS due to factors such as limited hospital resources, the presence of existing initiatives led by other organizations, or a determination that the hospital is not best positioned to lead efforts in these areas at this time. Alleghany Health will continue to collaborate with community partners and share resources, when appropriate, to support progress on these needs within the community.

Adoption of the Implementation Strategy

The Community Health Implementation Strategy report was adopted by the Alleghany Health Board on July 9, 2026.

Note: Plans to address selected CHNA priorities are dependent upon resources and may be adjusted on an annual basis to best address the health needs of our community.