BURKE COUNTY
NORTH CAROLINA

Table Rock

South Mountain State Park

Lake James State Park

Shortoff Mountain

2016 Burke County
Community Health Needs Assessment

Dated: December 1, 2016
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Executive Summary

Overview

The Community Health Needs Assessment (CHNA) is completed through a collaborative process in which community members gain insight into health concerns and resources within the county. This CHNA was completed as a joint effort between the Burke County Health Department (BCHD) and Carolinas HealthCare System Blue Ridge, along with the organizations that comprise the Burke Wellness Initiative. From January, 2015 through present day, over 50 community partners representing 30 agencies/community liaisons in Burke County collaborated to complete the 2016 Community Health Needs Assessment (CHNA) through a formal community engagement process, Mobilizing for Action Through Planning and Partnerships (MAPP).

The assessment was developed on four pillars split into primary and secondary data. The two components of primary data resulted from both survey and focus group data from Burke County citizens, regarding health and social issues that impact the health of the people living in Burke County. The primary data was collected from 1,392 completed community surveys and approximately 40 focus group attendees. The two pillars of secondary data were gathered from state, national and local statistics. Information from this community health needs assessment reveals the health and quality of life in Burke County while identifying the strengths, challenges and resources in the community.

Priority Determination

On Tuesday, September 6, 2016, the Burke Wellness Initiative and additional community partners reviewed the top fourteen health and social issues identified in the results of the community survey and focus groups. Attendees were then asked to identify the top ten priority areas. The group discussed and identified resources and programs currently addressing the ten priority areas in the community. Attendees then voted on what they viewed as the top five health priority areas. The top five priorities identified for the 2016 Community Health Needs Assessment are:

1. Mental Health
2. Substance Use/Misuse
3. Poverty
4. Chronic Disease
5. Lack of Affordable Healthcare/ Health Insurance

Priority Selection

Burke Wellness Initiative members, stakeholders and county residents met to determine the three priority areas to be addressed. After reviewing the data obtained, the group identified the top five most important priorities. The five priorities (Mental Health, Substance Use/Misuse, Poverty, Chronic Disease and Lack of Affordable Healthcare/Health Insurance) were then measured on an impact matrix to gauge the level of impact and effort for each priority. This matrix identified
the top three priorities that will be developed into action plans for community work over the next three years.

**Priority Areas:**

1. Mental Health
2. Substance Use/Misuse
3. Poverty

**Data Review**

**Demographics**
- Population of 88,842 residents
- Total population did see a decline from 2010-2015 from 90,912 to 88,842
- Population is 87% White with 13% being comprised of but not limited to African American, Hispanic, Asian, Native American and Pacific Islander
- Median age in Burke County is up from 41.2 in 2010 to 43.9 in 2015
- Burke County is 50.4% female and 49.6% male
- Burke County, like the state, has seen an increase in the 65 and older age group with the largest group being aged 60-64

**Economic Climate**
- Median household income in Burke County is $37,086 which is considerably lower than the NC county average of $46,556
- The poverty rate in Burke County has exceeded the state rate for the past eight years
- Between 2010 and 2014, the total percent of Burke County residents in poverty increased by 13.6%. During the same interval, the percent of Caucasian residents in poverty increased by 22% and the percent of African American residents in poverty decreased by 1%
- Largest difference in poverty occurred among the under 18 population
- In 2014, Burke County’s poverty rate for children under the age of 5 was greater than 40%

**Employment**
- Unemployment was 5.7% on average in 2015
- In 2015, the education and healthcare sectors were the top employers in Burke County with Case Farms and Valdese Weavers were the top employers in the private sector

**Education**
- Burke County exceeds the state graduation rate of 83% with 88% of Burke County students receiving high school diplomas
- Burke County’s percentage of free and reduced lunch is 59.35%

**Morbidity/Mortality**
- The five leading causes of death for residents in Burke County have not changed in the last several years: 1) Heart Disease, 2) Cancer, 3) Chronic Lower Respiratory Disease, 4)
Cerebrovascular Disease (Stroke) and 5) Alzheimer’s Disease. Most chronic conditions facing the community are costly and largely preventable with some positive lifestyle behavior changes. Diabetes is a serious chronic condition that was identified in the 2013 CHNA and the Diabetes Collaborative continues to develop strategies and devote resources to help curb potential problems associated with diabetes.

Areas of Success
- Both individuals and organizations in Burke County portray a strong sense of community engagement. The desire is evident in the pursuit to collectively address concerns that impact the health of residents and ensure Burke County is a healthy place for all populations.
- The establishment of Burke Integrated Health filled a gap identified in the last CHNA with providing both primary and behavioral health care services.
- Burke Recovery continues to lead a community based coalition, Burke Substance Abuse Network, to combat substance use/misuse among youth, adults and families in Burke County. Over the next year, BSAN will work on the submission of a Drug Free Community grant to remain vigilant in creating strategies to assist with reducing the drug problem facing Burke County.

Areas of Concern:
- The Burke Wellness Initiative and the Burke Health Network have made the commitment to address areas of inadequate access. However, all human service agencies across the county struggle adhering to constant reform in all aspects of healthcare funding and third party reimbursements. The partners work diligently to reduce duplication of services and maximize resources for optimal utilization.
- Just as much as the nation, substance use and misuse afflicts Burke County. As the number of hospitalizations and deaths to medication, opioid and heroin misuse continues to rise, treatment center placements remain quite limited. Children placed in foster care due to parent’s positive drug screens has resulted in an exponential increase for the Department of Social Services to find qualified foster parents.
- Traditional manufacturing, once a staple for employment in Burke County, has either left or transitioned to advanced manufacturing involving greater automation. While degree paths and training is available at Western Piedmont Community College, there are insufficient numbers of students entering these programs. In the future, WPCC will be offering additional new programs such as Megatronics and the new school of Science, Technology, Engineering and Mathematics (STEM) which will hopefully attract new students and boost enrollment.

Conclusion
Mental health, substance use/misuse and poverty touch every member of the community in one way or another. When caring communities pool resources and work together to provide education and access to care, they empower individuals to take responsibility for their health and well-being.
Background and Introduction

The Burke Wellness Initiative is the driving force for the Community Health Needs Assessment process. The Burke Wellness Initiative is led by the Burke County Health Department and Carolinas HealthCare System Blue Ridge. The Burke Wellness Initiative was formed in October 2014 to maximize community resources and input to develop the Community Health Needs Assessment using a formal community engagement process. The committee utilizes the Mobilizing for Action through Planning and Partnerships (MAPP) framework for community engagement. There are a total of 45 members from 27 agencies (refer to Appendix A for a full list of members and agencies).

The purpose and vision of the Burke Wellness Initiative is that Burke County embraces, educates and provides the opportunity to empower persons of all ages to make informed choices to live healthier lives. The values include, access, empowerment, engagement, capacity, education and continuity (communication). The Burke Wellness Initiative defines wellness as encompassing physical, emotional, mental and spiritual health and well-being. The Burke Wellness Initiative is responsible for the planning, marketing, implementation and evaluation of CHNA process.

MAPP is a community-wide strategic planning process for improving public health, as well as an action oriented process to help communities prioritize public health issues, identify resources for addressing them, and take action. The MAPP framework consists of six phases: (1) Organizing for Success and Partnership Development, (2) Visioning, (3) Four MAPP Assessments, (4) Identifying Strategic Issues, (5) Formulate Goals and Strategies and (6) The Action Cycle.

Data Collection

The CHNA reveals the health and quality of life in Burke County while identifying the strengths, challenges and resources within the community. The CHNA process gathers, analyzes and evaluates health data from primary and secondary sources. As part of the primary data collection, a CHNA survey was distributed and focus groups were hosted to collect residents’ opinions regarding health and social issues that impact the health of the citizens in Burke County. Secondary data was gathered from state and local statistics as cited in Appendix G: References.

The Burke Wellness Initiative collected primary data through the following methods:

- **Community Health Needs Assessment Survey**
  - 1288 Burke County residents completed survey responses
  - Burke Wellness Initiative members distributed paper copies and online links to CHNA survey in Survey Monkey to the following community areas and organizations, including but not limited to:
    - Burke County Chamber of Commerce
    - Burke County government employees
    - Burke County Public Libraries
    - Burke County Public School employees
    - Burke County United Way-Partner Agency Network
    - Burke Literacy Council
• Carolinas HealthCare System Blue Ridge employees
• Community Wide Health Screening - Lady Fair
• Grace Ridge Retirement Community
• Morganton Housing Authority
• Morganton-Burke Senior Center
• Recreation Centers
• Western Piedmont Community College

Focus Groups
  o Focus groups gathered additional information from citizens in regards to their health concerns, behaviors and potential solutions to address the identified health concerns.
  o Participants were invited through word of mouth, personal and public invitation and through other established groups.
  o Conducted ten focus groups
    ▪ Burke County United Way (Burke Substance Abuse Network members)
    ▪ Grace Ridge Retirement Community
    ▪ Local municipalities held at Connelly Springs- Town Hall
    ▪ Burke United Christian Ministries- Soup Kitchen (Two focus groups were held)
    ▪ Olive Hill Economic Development Corporation
    ▪ Morganton Housing Authority (Two focus groups were held)
    ▪ Burke County Circles Initiative
    ▪ Morganton Downtown Development Association

Peer Counties

Peer counties are determined by HealthStats, North Carolina’s interactive health statistics website. HealthStats provides statistical numerical data on the health status of North Carolinians and the state of the health care system in North Carolina. Peer counties are determined based on:

1. Population size
2. Number of individuals living below the poverty level
3. Population under 18 years of age
4. Population 65 years of age and older
5. Population density

Burke County’s peer counties include Caldwell, Lee, Rockingham, Surry and Wilkes counties. HealthStats selected Burke County’s peer counties on the following information:

1. Population size: 57,866-93,643
2. Individuals living below poverty level: 18.4%-19.9%
3. Population under 18 years: 22%-26%
4. Population 65 years and over: 14%-17%
5. Population density (people per square mile): 92-227
Populations at Risk
In local communities, populations at risk are vulnerable to economic, social and health issues. During the priority selection meeting, the Burke Wellness Initiative members determined the following groups as populations at risk to be considered within action plans developed around the three priority areas:

- **Uninsured/Underinsured**
  Access to affordable health care is a national concern affecting all; including the residents of Burke County. Even after the adoption of the Affordable Care Act, residents who were unable to qualify for governmental assistance (ex. Medicaid, Medicare) and who were also unable to afford the healthcare options offered through the HealthCare Marketplace fell into the "Medicaid Gap." After North Carolina voted not to expand the "Gap," these residents were left without an avenue through which to receive basic healthcare. These residents who live without health insurance seek health care at hospital emergency rooms; the most expensive venue for the treatment of non-emergent conditions, local free clinic or do not receive any health care assistance.

- **Mental Health/Substance Abuse Population/ Hepatitis C**
  Mental illness refers to a wide range of mental health conditions/disorders that affect your mood, thinking and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors. Many people have mental health concerns from time to time. One in five adults experiences a mental health condition every year. One in seventeen lives with a serious mental illness such as schizophrenia or bipolar disorder. In addition to person’s directly experiencing a mental illness, family, friends and communities are also affected.

  Common Substance Use Disorders are those related to alcohol, tobacco, cannabis, stimulants, hallucinogens, and opioids. The Diagnostic and Statistical Manual of Mental Disorders no longer uses the terms” substance abuse” and “substance dependence”; it refers to substance use disorders, which are defined as mild, moderate, or severe to indicate the level of severity, which is determined by the number of diagnostic criteria met by an individual. Substance use disorders occur when the recurrent use of alcohol and/or drugs causes clinically and functionally significant impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home. A diagnosis of substance use disorder is based on evidence of impaired control, social impairment, risky use, and pharmacological criteria.

  Hepatitis C is a contagious liver disease that ranges in severity from a mild illness lasting a few weeks to a serious, lifelong illness that attacks the liver. It results from infection with the Hepatitis C Virus (HCV), which is spread primarily through contact with the blood of an infected person. Hepatitis C can be either “acute” or “chronic.” Acute Hepatitis C virus infection is a short-term illness that occurs within the first six months after someone is exposed to the virus. For most people, acute infection leads to chronic infection. Chronic Hepatitis C infection is a long-term illness that occurs when the
Hepatitis C Virus remains in a person’s body. Hepatitis C virus can last a lifetime and lead to serious liver problems, including cirrhosis (scarring of the liver) or liver cancer. About 3.5 million people are estimated to be currently infected with Hepatitis C in the US. Up to 85% of individuals who are initially (acutely) infected with Hepatitis C will fail to eliminate the virus and will become chronically infected; thus developing the disease. Much progress has been made in the treatment of Hepatitis C. The rate of cure has increased (above 90% - 95%) with the development of direct-acting, all-oral antiviral medications. Most Hep C transmissions are directly linked to sharing of needles for injectable drug use.

- **Children with dual diagnosis (for example, IDD/mental health)**

  According to Access Care/CCNC for January 1, 2016 through November 2016, there are approximately 286 children dually diagnosed in Burke County.

- **Low income**

  Low income refers to those individuals/families that earn less than twice the federal poverty line.

- **Homeless**

  There is more than one “official” definition of homelessness. Health centers funded by the US Department of Health and Human Services (DHHS) use the following definition: A homeless individual is defined as an individual who lacks housing (without regard to whether the individual is a member of a family), including an individual whose primary residence during the night is a supervised public or private facility (e.g. shelters) that provides temporary living accommodations, and any individual who is a resident in transitional housing. A homeless person is an individual without permanent housing who may live on the streets; stay in a shelter, mission, single room occupancy facilities, abandoned building or vehicle; or in another unstable or non-permanent situation.

  An individual may be considered to be homeless if that person is “doubled up,” a term that refers to a situation where individuals are unable to maintain their housing situation and are forced to stay with a series of friends and/or extended family members. In addition, previously homeless individuals who are to be released from a prison or a hospital may be considered homeless if they do not have a stable housing situation to which they can return. A recognition of the instability of an individual’s living arrangement is critical to the definition of homelessness.

**Local data from the Point in Time Count:**

<table>
<thead>
<tr>
<th></th>
<th>2014</th>
<th></th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults 25+</td>
<td>78</td>
<td>Adults 25+</td>
<td>51</td>
</tr>
<tr>
<td>18-24</td>
<td>8</td>
<td>18-24</td>
<td>2</td>
</tr>
<tr>
<td>17 &amp; under</td>
<td>7</td>
<td>17 &amp; under</td>
<td>4</td>
</tr>
<tr>
<td>Chronically homeless</td>
<td>9</td>
<td>Chronically homeless</td>
<td>15</td>
</tr>
<tr>
<td>Veterans</td>
<td>8</td>
<td>Veterans</td>
<td>2</td>
</tr>
</tbody>
</table>
### 2016

- **Adults 25+** | 59
- **18-24** | 4
- **17 & under** | 9
- **Chronically homeless** | 7
- **Veterans** | 1

The majority of the homeless use emergency shelter and transitional housing facilities; however, in 2015 and 2016, eleven individuals were living in unsheltered situations. This local data is just a snapshot of the homeless population. These numbers are impacted by other factors such as weather, illness, physical limitations, etc. especially those individuals in unsheltered situations.

- **Older adults (65+)**

  Healthy People 2020, sees the growth in the number of older adults is unprecedented. In 2014, 14.5% (46.3 million) of the US population was aged 65 or older and is projected to reach 23.5% (98 million) by 2060. Aging adults experience higher risk of chronic disease. In 2012, 60% of older adults managed 2 or more chronic conditions. Burke County has also seen an increase in the older adult population.

- **Youth (Kindergarten to 25 years old)**

  The time of life when one is young especially the period between childhood and adulthood. Youth are especially important vulnerable population. The period between kindergarten to age 25 is critical to developing healthy habits and reducing exposures to potentially harmful substances. The leading causes of illness in this population are largely preventable. Environmental factors, such as family, peers, policies, neighborhoods, schools and culture, can either support or hinder the development of this age group. Physical activity and healthy eating are critical to building long term health. Obesity is a risk factor for youth. In 2009, nearly 50% of children between the ages of 5 to 18 in Burke County were considered overweight or obese. Additionally, the adult obesity rate, which includes young adults (18-25) is above the state average at 32%.

- **Spanish speaking**

  The Latino/Hispanic is united by a common language (Spanish), and is defined as any person from Latin America descent residing in the US. Latinos or Hispanics have some differences, but in this culture, the elderly are believed to have inner strength.

- **Offenders**

  A person who has committed/been convicted of a serious crime commonly punished by imprisonment. Burke County has 3 prison facilities: Foothills Correctional Institution, Foothills Minimum Custody Unit and Burke CRV.
Foothills Correctional Institute is a close custody that houses offenders aged 18-25. Foothills facility provides 712 close security single cells. The prison is comprised of four buildings for inmate housing, administrative building, visiting area, recreation area, dining hall, vocational and academic classrooms, warehouse, programs, medical and mental health offices. Foothills Minimum Custody Unit is part of the correctional institute with 230 beds for those offenders mainly serving in work release programs.

Burke CRV (Confinement in Response to Violation) is a minimum security prison that provides intensive behavior modification programs to 248 offenders that are housed up to 90 days for violations of probation, parole or post release supervision.

- **Children born with addicted mothers (Neonatal Abstinence Syndrome) (NAS)**
  
  NAS is a withdrawal syndrome of infants, caused by the cessation of the administration of licit or illicit drugs. There are two types of NAS: Prenatal and Postnatal.

  Prenatal NAS is caused by discontinuing drugs taken by the pregnant mother

  Postnatal NAS is caused by discontinuing drugs directly to the infant.

  Newborns with NAs are 19% more likely than all other hospital births to be low birthweight and 30% more likely to have respiratory issues.

- **Deaf/ Hard of Hearing**

  Individuals with Disabilities Education Act (IDEA) defines deafness as a hearing impairment that is so severe that a person is impaired in processing linguistic information through hearing with or without amplification. Deafness entails the most severe cases. Impairments can affect the ability to hear intensity, pitch or both.

  In 2015 the American Community Survey revealed there are approximately 5,970 Deaf and Deaf and Hard of Hearing individuals living in Burke County, out of 1,030,000 living in North Carolina. Only 20 percent of the people who need a hearing aid actually have one. People Age 65 and older are eight times more likely than those below age 65 to have a hearing loss. Deafness and Hearing loss affect all age groups. The breakdown for Burke County is as follows:

<table>
<thead>
<tr>
<th>Ages</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 and under</td>
<td>111</td>
</tr>
<tr>
<td>18-34</td>
<td>230</td>
</tr>
<tr>
<td>35-64</td>
<td>2,160</td>
</tr>
<tr>
<td>65-74</td>
<td>1,373</td>
</tr>
<tr>
<td>75-Over</td>
<td>2,096</td>
</tr>
</tbody>
</table>
• **Veterans**

A person who has served in any branch of the armed forces who has not been dishonorably discharged.

According to the 2014 American Community Survey estimates, there are 6,555 veterans in Burke County. Approximately, 29.9% of these veterans have some type of disability. The majority of the veterans served in the Vietnam War (41%); Gulf War from 1990 to 2001 (11.1%) or the Korean War (10.4%).

The age ranges are as follows:

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 to 34 years</td>
<td>5.4%</td>
</tr>
<tr>
<td>35 to 54 years</td>
<td>24.0%</td>
</tr>
<tr>
<td>55 to 64 years</td>
<td>23.9%</td>
</tr>
<tr>
<td>65 to 74 years</td>
<td>24.9%</td>
</tr>
<tr>
<td>75 and over</td>
<td>21.8%</td>
</tr>
</tbody>
</table>

• **Rural Areas**

Ninety-eight percent of the county has rural pockets where uninsured/underinsured residents live. Townships include: Connelly Springs, Drexel, Glen Alpine, Hildebran, Jonas Ridge, Linville, Lower Creek, Morganton, Quaker Meadows, Rhodhiss, Rutherford College, Smokey Creek, Upper Creek and Valdese.

**Community Profile**

**Geography**

Burke County is located in the western part of North Carolina in the foothills of the Blue Ridge Mountains. Burke County is bordered to the west by McDowell County and to the south by Rutherford and Cleveland counties. Its border to the north is shared by Caldwell and Avery counties while Catawba County lies due east.

Burke County covers a land mass of approximately 514 square miles with an elevation that ranges from 900 to over 4,300 feet above sea level. Burke County consists of 13 townships and seven municipalities; Morganton being the largest as well as the county seat.

The Catawba River runs through the county and feeds Lake James, which has become one of the major attractions of Burke County and support 1.5 million recreational users a year. One of the most pristine lakes remaining in the Southeast is Lake James, which is located in the northwestern portion of Burke County. To preserve Burke County’s environmental integrity the Lake James and South Mountain State Parks were established nearly 30 years ago. Other attractions include the wild, rugged and scenic wilderness of Linville Gorge, the age old mystery of the Brown Mountain Lights, and panoramic vistas from the top of Table Rock, Shortoff Mountain, and the Blue Ridge Parkway.
History

In 1777, the NC General Assembly passed an act dividing Rowan County and creating a new county named in honor of Thomas Burke. Mr. Burke was a representative in the Continental Congress until he became the third governor of the state. The new county of Burke comprised such a large territory that it later became the largest part of the 16 counties including Buncombe, Catawba, Mitchell, Madison, Yancey, Caldwell, McDowell and Alexander. In 1834, Burke County was reduced to its present size of 514 square miles.

Burke County’s first courthouse was built in 1785, about eight years after the county was formed. A second courthouse was constructed in 1791 and served as the county Courthouse until 1833 when a two-story building was authorized by the General Assembly. Until vacated for the new courthouse in 1976, the Old Burke County Courthouse was the oldest public structure in Western North Carolina still being used for its originally designated purpose.

To date, the largest landowners in Burke County are the US Government, Crescent Resources (Duke Energy Co.), and the State of North Carolina. Burke County also has the third largest concentration of state employees in North Carolina. Departments include: Department of Transportation, Department of Corrections, J. Iverson Riddle Developmental Center, North Carolina School for the Deaf and Broughton Hospital.
Demographics

Burke County is home to over 88,842 residents. From 2010 to 2015, the total population saw a decline of 2.3% from 90,912 to 88,842. Graph 1 shows a comparison of peer county population sizes in 2010 and 2015. Lee County was the only county among Burke, Caldwell, Rockingham, Surry and Wilkes to have an increase in total population from 2010 to 2015.

Graph 1: Peer County Population Size Comparison

Racial distribution within Burke County has changed slightly from 2010 to 2015 with the percentage of Caucasian being 84% in 2010 and 87% in 2015. Other races, including but not limited to, African American, American Indian, Asian, Hispanic and Pacific Islander comprised approximately 16% of the population in 2010 and approximately 13% in 2015. The percentage of the population that is Hispanic has increased from 5.1% in 2010 to 6.1% in 2015. Graph 2 shows the distribution of race in Burke County compared to the state.
According to 2014 American Community Survey data, 5,079 foreign-born residents were living in Burke County. The largest number of foreign-born individuals entered the county between 2000 and 2009. Even though there is a constant fluctuation of the foreign-born population, the numbers stay relatively stable. The fluctuation of numbers is due in part to the economic climate within the county. Of Burke County citizens, 95.5% speak only English, 1.5% speak Spanish and 3.0% speak other languages.

The median age in Burke County for 2015 was 43.9, a slight increase from 41.2 in 2010. The number of children under five years of age has declined from 5.6% (5,068) in 2010 to 4.8% (4,264) in 2015. Burke County’s total population is 50.4% female and 49.6% male.

When compared to peer counties, Burke County has a higher population of 65 and older residents. Graph 4 shows a comparison of populations of 5 to 19 year old and 65 and older age groups among peer counties. In 2015, Burke County had the highest percentage of the total population in the 65 and older and 5-19 age groups encompassing both ends of the life span as compared to peer counties.
Burke County and North Carolina have both seen an increase in the 65 and older age group over the course of the past five years. Persons aged 60-69 consistently represent the largest age group among older adults while adults over the age of 85 are the smallest sub-population among persons older than 60. Since the elderly population trend is projected to continue to increase, aging factors such as accessibility, mobility and disability will become issues Burke County will need to research and develop plans to address.

Social Determinants of Health

Poverty

As of 2014, the per capita personal income in Burke County was almost $5,400 lower than in the NC average of $25,774\textsuperscript{12}. Graphs 5 and 6 show the comparison among peer counties of per capita income and median household income.

The median household income in Burke County of $37,086 is substantially lower than the NC county average of $46,556\textsuperscript{13}.
The poverty rate is the percent of the population (both individuals and families) whose monetary income (which includes job earnings, unemployment compensation, social security income, public assistance, pension/retirement, royalties, child support, etc.) is below the threshold established by the Census Bureau. The poverty rate in Burke County has exceeded the state poverty rate in each of the past eight years. Graph 7 shows the annual poverty rates of Burke County compared to the state over an eight year period from 2007-2014.
Between 2010 and 2014, the total percent of Burke County residents in poverty increased by 13.6%. During this same interval the percent of Caucasian county residents in poverty increased by 22% and the percent of African American county residents in poverty decreased by 1%. Statewide over this time frame, the percentage of Caucasians in poverty increased by 0.1% while the percentage of African-Americans in poverty decreased by 1.2% compared to other races. Poverty rates in Burke County and North Carolina as a whole have been highest among the African American. The 2014 poverty rate for African Americans in the county was 9.3% higher than the comparable state percentage\textsuperscript{15}.

When compared to the state in 2010, Burke County had a higher percentage of the population below the poverty level in all age groups. The largest difference occurred among the populations under age 18; the Burke County rate was 11.2% higher than the state rate. In Burke County in 2014, 32% of all persons in poverty were under the age of 18; statewide 33% of all persons in poverty were in that same age group. According to Burke County Department of Social Services, there are 14,062 Food Stamp participants.

In 2014, the percentage of young children (under age 6) living in poverty in Burke County was above the rate of an average NC county. Poverty rates among children under 5 has risen dramatically between 2000 and 2014. In 2014, Burke County’s poverty rate for children under age 5 was greater than 40%.

**Graph 8: Peer County Annual Poverty Rate Comparison**

![Graph 8: Peer County Annual Poverty Rate Comparison](image-url)
Employment

Net employment growth in Burke County between 2010 and 2015 was 5.5%, reflecting numerous job gains; at the state level employment growth over the same period was 9.9%\(^\text{16}\). The largest employers in Burke County are Burke County Public Schools and Carolinas HealthCare System Blue Ridge. In 2015, top employers (350+ employees) included 6 manufacturers, 3 health care providers, 2 education providers, and 2 public administration groups\(^\text{17}\).

<table>
<thead>
<tr>
<th>Employer</th>
<th>Industry</th>
<th>Number Employed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burke County Schools</td>
<td>Education</td>
<td>1,550</td>
</tr>
<tr>
<td>Carolinas HealthCare System Blue Ridge</td>
<td>Health Care</td>
<td>1,400</td>
</tr>
<tr>
<td>Broughton Hospital</td>
<td>Health Care</td>
<td>1,200</td>
</tr>
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<tr>
<td>Western Piedmont Community College</td>
<td>Education</td>
<td>350</td>
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</table>

Source: Burke Development Incorporated and NC Works Online, 2016
Unemployment

In 2015, an average 5.7% of the Burke County and North Carolina’s civilian labor force was unemployed. The unemployment rate in Burke County and North Carolina increased overall between 2005 and 2010, and decreased significantly between 2010 and 2015. The unemployment rate in Burke County has exceeded the comparable state rate every year between 2005 and 2013. When compared to similar peer counties, Burke County has the fourth highest unemployment rate.

Graph 9: Peer County Unemployment Rate Comparison

Education Level

Burke County has a high school graduation rate of 88%, which is higher than the state graduation rate of 83%. In Burke County, approximately 1,043 students are homeschooled. Burke County has 4 private schools, Christ Classical Academy, Morganton Day School, Reflections of Christ Christian Academy and Silver Creek Seventh-day Adventist School. There are 116 students enrolled in private schools. Burke County has one charter school, New Dimensions, where approximately 231 kindergarten through 8th grade students are enrolled. During the 2015-16 school year, 12,398 students were enrolled in the Burke County Public School system (BCPS). Enrollment in BCPS schools has been declining steadily since 2007 due in large part to the reduction of employment in Burke County and a greater number of older adults (not within childbearing years) moving into the county. There were 933 students that graduated from Burke County Public Schools in 2015. In 2015-2016, 17 schools received free or reduced meals through the Federal Eligibility Program, increasing meal participation at these schools from the previous school year. Burke County’s percentage of free and reduced lunch is 59.35%.
Graph 10 depicts the comparison of high school graduation rates among peer counties. Compared to these similar counties, Burke County has the third highest graduation rates behind Wilkes and Caldwell counties.

**Housing**

The size of the average household in both Burke County and the state increased between 2010 and 2014. In 2014, Burke County’s home-ownership rate was 69.0%; this figure compares favorably to the statewide rate of 64.2%. In Burke County, the number of owner-occupied housing units decreased between 2010 and 2014, from 25,872 to 22,914. Owner-occupied units made up a lower percentage of occupied units in 2014 than in 2010. The percentage of owner-occupied housing units in Burke County was higher than the average NC County in 2010 and 2014. The number and percentage of renter occupied housing units in Burke County increased between 2010 and 2014, from 9,932 to 10,300. The median rent in Burke County increased slightly from $621 to $631 during the same reporting period; although as of 2014 it was $172 lower than the average North Carolina County.

In 2014, 30.2% of Burke County’s population was living in “unaffordable” housing; this compares to 32.5% statewide. The Census Bureau defines unaffordable housing as housing that costs more than 30% of the total household income. Less than 0.1% of Burke County housing units, compared to the same percentage statewide, were considered “substandard”, meaning they were overcrowded (more than one person living in a room) and lacking complete indoor plumbing facilities (hot and cold piped water, a flush toilet, and a bath or shower).
Morbidity and Mortality

The five leading causes of death for residents of Burke County have not changed in the last several years: (1) Heart Disease, (2) Cancer, (3) Chronic Lower Respiratory Disease, (4) Cerebrovascular disease (stroke), and (5) Alzheimer’s Disease.

2005-2009 Ten Leading Causes of Death in Burke County

<table>
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<th>Rate</th>
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</thead>
<tbody>
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<td>Disease of the heart</td>
<td>1,143</td>
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<tr>
<td>2</td>
<td>Cancer- All Sites</td>
<td>1,013</td>
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<tr>
<td>3</td>
<td>Chronic lower respiratory disease</td>
<td>261</td>
<td>48.7</td>
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<tr>
<td>4</td>
<td>Cerebrovascular disease</td>
<td>250</td>
<td>47.4</td>
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<td>5</td>
<td>Other unintentional injuries</td>
<td>203</td>
<td>43.8</td>
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<tr>
<td>6</td>
<td>Alzheimer’s Disease</td>
<td>151</td>
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<tr>
<td>7</td>
<td>Diabetes mellitus</td>
<td>115</td>
<td>21.7</td>
</tr>
<tr>
<td>8</td>
<td>Pneumonia &amp; influenza</td>
<td>108</td>
<td>20.6</td>
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<td>9</td>
<td>Nephritis, nephrotic syndrome, &amp; nephrosis</td>
<td>97</td>
<td>18.4</td>
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<td>10</td>
<td>Unintentional motor vehicle injuries</td>
<td>83</td>
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2010-2014 Ten Leading Causes of Death in Burke County

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<th>Rate</th>
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<td>Diseases of the heart</td>
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<td>Cancer - All Sites</td>
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<td>Chronic lower respiratory diseases</td>
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<td>Alzheimer's disease</td>
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<td>6</td>
<td>Other Unintentional injuries</td>
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<td>46.3</td>
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<tr>
<td>7</td>
<td>Diabetes mellitus</td>
<td>131</td>
<td>29.0</td>
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<tr>
<td>8</td>
<td>Pneumonia &amp; influenza</td>
<td>127</td>
<td>28.2</td>
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<tr>
<td>9</td>
<td>Nephritis, nephrotic syndrome, &amp; nephrosis</td>
<td>121</td>
<td>26.8</td>
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<tr>
<td>10</td>
<td>Chronic liver disease &amp; cirrhosis</td>
<td>78</td>
<td>17.3</td>
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<tr>
<td>10</td>
<td>Suicide</td>
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Graph 11, depicts a breakdown of the leading causes of death for the peer counties compared to Burke County. Overall the peer counties have similar statistics; the following counties are numeric matches: Burke and Caldwell counties, Lee and Rockingham counties and Surry and Wilkes counties.

**Oral Health**

Oral health is essential to general health and quality of life. It is a state of being free from mouth and facial pain, oral infection and sores, periodontal (gum) disease, tooth decay, tooth loss and any other diseases that limit the capacity for children or adults to eat, smile, speak and overall psychosocial wellbeing. Oral health can also affect self-esteem and school or job performance. Oral health has also been linked to other chronic conditions like diabetes and heart disease. Tooth decay is preventable for both children and adults. Public health strategies such as community water fluoridation and school dental sealant programs have proven to save money and prevent cavities but more is needed in care and resources for adults.

From the 2013/2014 NC Oral Health Status County level summary, 947 kindergarteners were screened and found that 22% had untreated dental decay and 54% presented with no decayed, filling or missing teeth.

Burke County has a great need for adult dental care services for those uninsured and underinsured. The Good Samaritan Clinic offers limited treatment of those without access to dental insurance and/or the ability to afford dental care. The clinic is only able to offer extractions at this time due to the lack of volunteer dentists to assist in the provision of charitable care. There is a 6-month waiting list for these services.
Environmental

Air Quality

Burke County is part of the Unifour area for air quality monitoring. This area includes Alexander, Burke, Caldwell and Catawba counties. Since 2011, air quality in the Unifour area has greatly improved. Significant decreases in fine particulate pollution can be attributed to multiple factors including traffic improvements, mobile source emission reductions, alternative fuels and technologies, the addition of pollution control scrubbers at the coal fired electric power plant, more favorable weather patterns and poor economic conditions. In December 2011, the Unifour area was moved out of nonattainment status and into maintenance status because of the air quality improvements. Ozone monitor readings have been decreasing since 2010 due to the aforementioned improvement factors and will require less monitoring.

Areas of Success

There is a strong sense of community engagement and a desire by organizations and individuals in Burke County to collectively address concerns that impact the health of residents. All of the initiatives mentioned are successful because of the dedication and commitment of the community to ensuring Burke County is a healthy place for all populations.

Success since the last CHNA comes in many forms in Burke County. This CHNA is being completed as a joint effort between Burke County Health Department and Carolinas HealthCare System Blue Ridge, along with the organizations that comprise the Burke Wellness Initiative. This has provided a process for formal community engagement.

Burke County has also seen the establishment of Burke Integrated Health where a provision of both primary care and behavioral health services is available to citizens who need a combination of medical, mental, behavioral, and/or substance abuse services. This endeavor helped fill a gap identified in the last CHNA.

Burke Health Network was also established to coordinate, connect, and create resources to improve whole person care for individuals who do not qualify for government assistance, but are unable to afford health care because their income falls below 100-200% of the Federal Poverty Level. This coalition of safety net providers in Burke County organized to create an efficient network to advocate for and model the integration of population and community health in decision-making and priorities.

Another area of success came from the 2013 Carolinas HealthCare System Blue Ridge action plan which addressed diabetes as a main priority. A formal group has met over the last four years to define the needs of Burke County citizens within the realm of diabetes self-management. A comprehensive diabetic resource center was determined as a need in Burke County. Grants and funding continue to be sought. In November 2015, the Burke County Commissioners approved two positions to work with this diabetes initiative for six months. The Health Department hired one staff person to provide community diabetes education, but has been unable to recruit a registered dietician due to low county pay. Commissioners approved continued funding for the
2016-2017 budget year for the health education position and provided additional funds to sub-contract with Carolinas Healthcare System Blue Ridge for the Registered Dietician position.

Burke County has been designated as recipient of the Healthy Places NC Initiative over a period of ten years. The Kate B. Reynolds Charitable Trust has hired a catalyst to form partnerships with diverse individuals and organizations, including the Burke County Public Schools, local government and municipalities, Burke County Chamber of Commerce, Burke County Health Department, Burke County Department of Social Services, Carolinas HealthCare System Blue Ridge, Community Foundation of Burke County, and the Burke Health Network, as well as other county-based organizations and groups of neighbors and residents.

Burke Substance Abuse Network (BSAN) is a community-based coalition, organized and led by Burke Recovery. BSAN partners with providers, support groups, stakeholders and other related agencies to: (a) network; (b) identify gaps in service; and (c) strategically plan responses to community needs as they relate to the reduction of substance abuse and misuse in youth, young adults, their families, and all citizens of Burke County for long term community health. BSAN Partners include, but are not limited to: treatment providers, medical community, pharmacists, law enforcement, faith community, recovery communities, consumers, human service agencies, media, educational leaders, mental health organization, prisons, government leaders, business owners, youth advocates, and veterans.

FaithHealthNC is another community-organized alliance. The mission of FaithHealthNC facilitated by Carolinas HealthCare System Blue Ridge, is to assist in making connections with local faith communities with the shared purpose of caring for people in need. FaithHealthNC identifies and links patients with faith based resources such as food pantries, clothing closets, home repair ministries, and other safety-net provisions. In addition, individuals are trained to provide support and encouragement to patients after discharge by making friendly visits, phone calls or providing occasional meals. FaithHealthNC also partners with faith communities in promoting the overall health and well-being of the community through health education and screening, church walking challenges, and other innovative events.

Areas of Concern

Burke County’s leading causes of death have remained relatively the same for the past eight years. Burke County continues to see growth in the older population. Therefore, the causes of death reflect the aging population within the county. The healthcare infrastructure and programming designated to serve the older population is limited. As the population continues to age, Burke Wellness Initiative has committed to work on ways to address areas of limited access.

Another concern being addressed is the dwindling healthcare funding for services. Due to reform within all areas of healthcare funding and third party reimbursements, all human service agencies across the county struggle with financial challenges and are working diligently to maximize resources and reduce duplication of services. For example, Burke Integrated Health has positioned themselves to work with a Federally Qualified Health Center, High Country Community Health to provide services for residents with Medicaid, Medicare, private insurance
and persons who are uninsured. As of January 2017, High Country Community Health will begin providing services including primary care, behavioral healthcare, dental care, and additional supplementary services.

The adoption of the Affordable Care Act (ACA) coupled with the state level determination not to expand Medicaid has left several individuals without access to health insurance coverage. Even with the implementation of subsidies, many residents are unable to afford the required monthly premiums. In addition, many businesses that once offered healthcare benefits are unable to afford group healthcare plans and thus re not able to offer employees these benefits. It is estimated, by The Duke Endowment, that there are over 6,000 individuals in Burke County currently without healthcare insurance coverage. This number increases when individuals who are underinsured, possessing healthcare coverage for catastrophic needs only, are factored into the equation. Even when faced with the reality of a penalty assigned when residents submit Federal tax returns, individuals continue to choose the penalty as it is a relatively more affordable option. The increasing number of residents without healthcare insurance has increased the need for safety-net organizations like the partner organizations in the Burke Health Network to offer primary, behavioral health, dental, and specialty care through donated services and/or grant-funded programs.

Substance misuse and abuse continues to be a great concern in Burke County. Through BSAN, Burke County is working to become a recovery-oriented community. The number of hospitalizations and deaths due to opioid, heroin, medication abuse continues to increase. Treatment center placements remain limited. Since 2014, Burke County parents with positive drug screens remain the leading cause of children being placed into foster care. Due to the exponential increase of children in need, Burke County Department of Social Services continues to struggle to find qualified foster parents for the large number of children being placed in the system. As of August 2016, Burke County had 202 youth in foster care of whom were placed due to their parents’ drug issues.

The lack of individuals with higher education degrees also impacts the ability of residents to fulfill the needs of a job market that has gone from traditional manufacturing to advanced manufacturing involving greater automation and robotics. As a result, the related fields of industrial maintenance and mechatronics across many sectors of manufacturing in Burke County has over 20 related job openings that remain unfilled due to shortage of applicants with at least a directly related Associate in Applied Science degree. Due to an aging workforce it is expected that more openings will develop even as these 20 are filled. These are well paying positions with annual entry levels salaries in at least the low 30s. These degree paths are available at Burke County’s Western Piedmont Community College but an insufficient number of students are entering the programs.
Top Health Priorities

Priority One: Mental Health

During fiscal year 2015-2016, Burke Integrated Health served a total of 1,128 clients. Of the patients seen, all of whom had at least one mental health diagnosis, 64% presented with hypertension, 44% with depression, 34% were diagnosed with diabetes, 26% with asthma and 24% were diagnosed with COPD. The clients seen were surveyed with the following question, “If you were not seen at Burke Integrated Health, where would you go to secure care?” Clients responded as follows: 23% emergency room; 22% receive no services; 19% another agency; 17% primary care clinic; and 15% wait to get help.

Carolinias Healthcare System Blue Ridge provided local data for Behavioral Health and Detox admissions and inpatient days from 2013-2015:

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<th>Year</th>
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<tbody>
<tr>
<td>2013</td>
<td>472</td>
<td>2,997</td>
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<td>2014</td>
<td>577</td>
<td>3,616</td>
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<td>2015</td>
<td>582</td>
<td>4,305</td>
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<table>
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<tr>
<th>Year</th>
<th>Detox Admissions</th>
<th>Patient Days</th>
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<tr>
<td>2013</td>
<td>131</td>
<td>599</td>
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<tr>
<td>2014</td>
<td>200</td>
<td>869</td>
</tr>
<tr>
<td>2015</td>
<td>191</td>
<td>897</td>
</tr>
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</table>

This data depicts a continued increase in hospital admissions and inpatient days for both issues.

Other local data for behavioral health hospital patients:

![CHS Blue Ridge Total Behavioral Health Patients](chart)

(2016 data represents patients seen from January to July 2016)
Data depicts the number of hold hours for behavioral health patients presenting to the emergency room from 2012 to 2016. This data depicts an increase in behavioral health patients and the large increase in the number of hold hours for those patients thereby increasing the number of hospital staff hours and resources for this group of patients.

**Priority Two: Substance Use/Misuse**

Substance use/misuse of legal, illegal and non-medical use of prescription opioid medication continues to adversely impact the citizens of Burke County. The impact can be felt in all levels of resources, agencies and individual death and disability within this growing issue. According to the 2015 NC County Health Rankings and Roadmaps report, Burke County had 157 drug poisonings deaths and at 25 had the seventh highest drug poisoning death rate in NC. In 2015, the average rate of unintentional/undetermined prescription opioid overdose deaths in Burke County was 5.8 per 100,000 residents. In 2013, the rate of unintentional medication drug overdose deaths was 30.1, making it one of the highest in the state. Burke County had two unintentional medication drug overdose deaths in 1999 compared to 22 in 2014.

Local data shows EMS responded to 172 overdose calls in 2010 compared to 210 in 2014; depicting a 22% increase in four years. In 2004, Burke County had 19 hospitalizations for drug overdoses and 67 in 2013; a 252% increase in nine years. Burke County Highway Patrol found that 58% of DWI’s were not alcohol related.

In 2014, it was reported by the NC State Center for Health Statistics and the NC Controlled Substance Reporting System that Burke County had one of the highest rates of controlled substances and opioids dispensed in the state at 292.5 per 100 residents in Burke County and 130.7 per 100 residents for the state. Within the last year, BSAN has developed a physician’s task force to review and create ways to reduce this trend of over prescribing. In 2015, Carolinas Health Care System Blue Ridge implemented a new system-wide Prescribing Alert System.
along with encouraging all physicians, including those outside the hospital system, to develop policies, and register and report into the NC Controlled Substance Reporting System. The physician’s task force is encouraging area medical practices to move toward the use of electronic medical records to reduce the chance of theft of paper prescription pads and improve the tracking of prescriptions given to clients.

**Priority Three: Poverty**

Poverty is a condition where people’s basic needs; such as, food, clothing, shelter, are not being met. The World Health Organization sites that the poor are exposed to greater personal health risks, less nourished, have less information, and are less likely to have access to health care; therefore, leading to higher rates of illness and disability. The cycle then continues with illness or disability impacting household savings, lowers the ability to learn, reduces productivity, affecting an individual’s quality of life and thus continuing the cycle of poverty. Poverty is one of the social determinants of health that greatly impacts the health and well-being of individuals/families. Burke County’s poverty status is depicted earlier in this assessment and has been identified as one of the priorities to commit action plans, strategies and resources to over the next several years.

**Priority Four: Chronic Disease**

A chronic condition is a human condition or disease that is persistent or otherwise long lasting in its effects or a disease that comes with time. The term chronic is often applied when the course of the disease lasts for more than three months. Burke County has experienced the same chronic conditions as the top leading causes of death since 2009; including heart disease, cancer, chronic lower respiratory diseases, cerebrovascular disease, and Alzheimer’s disease. Most of the numbers has risen slightly since 2009.

**Priority Five: Lack of Affordable Healthcare/ Health Insurance**

Currently, there are 6,365 residents in Burke County without access to healthcare because of an inability to afford such care. Every community, including Burke County, has to address this issue. Most communities in our country attempt to organize their resources so that people without insurance can access primary health care. Burke County has formed the Burke Health Network in an effort to combat this epidemic. The purpose of the Network is to identify residents who are without healthcare insurance and determine their options: apply for Medicaid benefits through the Department of Social Services, access Disability Services through the Department of Health and Human Services, apply for coverage via the HealthCare Marketplace (assistance provided by NC Legal Aid), be certified as a patient of the community’s charitable clinic (Good Samaritan Clinic). Currently there are 1,137 patients enrolled in the Burke Health Network. From January 2016 through June 2016, these patients had 1,552 primary care medical visits; 211 specialty care visits; 63 dental visits; 314 diagnostic services; 96 behavioral health care visits; 14,645 thirty day prescriptions filled.
Acknowledgements

Special thanks to all those individuals and agency representatives on the Burke Wellness Initiative for all their diligent work in the completion of this assessment. Without your collaborative work this assessment would not have been as comprehensive. Moving forward together as a community will inspire positive work within Burke County.

We would like to say thank you to the following agencies that provided valuable data and information used in this Community Health Needs Assessment:

Burke County Department of Social Services
Burke County Health Department
Burke Health Network
Burke Integrated Health
Burke Recovery
Carolinas Health Care System Blue Ridge
Good Samaritan Clinic
Western Piedmont Council on Governments

We want to say a special “Thank You” to Lauren Simmons, Appalachian State University intern. Lauren worked closely with the health department staff and Burke Wellness Initiative group to distribute and collect CHNA surveys, assisted with community focus groups, and dictated focus groups sessions. She was a tremendous help in getting this document near completion.
Appendices

Appendix A: Burke Wellness Initiative Members and Core Planning Team
Appendix B: 2016 Burke County CHNA Survey
Appendix C: 2016 Burke County CHNA Survey Results
Appendix D: 2016 Burke County CHNA Focus Group Results
Appendix E: Burke County Health Resource Guide
Appendix F: Access to the 2016 Burke County CHNA
Appendix G: References
## Appendix A: Burke Wellness Initiative Members

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<th>First Name</th>
<th>Last Name</th>
<th>Title</th>
<th>Agency</th>
</tr>
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<tr>
<td>Brandi</td>
<td>Behlke</td>
<td>Fund Development</td>
<td>Blue Ridge Foundation</td>
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<tr>
<td>Danette</td>
<td>Brackett</td>
<td>Director of Business Development</td>
<td>Carolinas HealthCare System Blue Ridge</td>
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<tr>
<td>Susan</td>
<td>Brown</td>
<td>Vice President/ CNO</td>
<td>Carolinas HealthCare System Blue Ridge</td>
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<tr>
<td>Beverly</td>
<td>Carlton</td>
<td>President/CEO</td>
<td>Olive Hill Community Economic Development Corporation, Inc.</td>
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<tr>
<td>Johnnie</td>
<td>Carswell</td>
<td>Burke County Commissioner</td>
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<tr>
<td>Wendy</td>
<td>Cato</td>
<td>Community Member</td>
<td>N/A</td>
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<tr>
<td>Julie</td>
<td>Causby</td>
<td>Community Project Manager</td>
<td>AccessCare</td>
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<tr>
<td>Joy</td>
<td>Clark</td>
<td>Director of Student Health</td>
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<tr>
<td>Traci</td>
<td>Clark</td>
<td>General Accounting Manager</td>
<td>Carolinas HealthCare System Blue Ridge</td>
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<tr>
<td>Rhonda</td>
<td>Cook</td>
<td>Coordinator</td>
<td>Burke Recovery; Foothills Holistic Alliance</td>
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<tr>
<td>Rhia</td>
<td>Crawford</td>
<td>Vice President for Academic &amp; Student Success</td>
<td>Western Piedmont Community College</td>
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<tr>
<td>Debbie</td>
<td>Dale</td>
<td>Valdese Site Administrator; Director Specialty Services</td>
<td>Carolinas HealthCare System Blue Ridge</td>
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<tr>
<td>Michael</td>
<td>Daniels</td>
<td>Dean of Health, Engineering, and Applied Technology</td>
<td>Western Piedmont Community College</td>
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<tr>
<td>Jerry</td>
<td>Davis</td>
<td>CEO</td>
<td>Burke County Chamber of Commerce</td>
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<tr>
<td>Sarah</td>
<td>Dergins</td>
<td>Prevention Specialist</td>
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<td>NCPHF- Healthy Places</td>
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<td>McKool</td>
<td>Speaker, Educator &amp; Coach Board Certified Chiropractic Internist</td>
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<tr>
<td>Rebecca</td>
<td>McLeod</td>
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<tr>
<td>Chae</td>
<td>Moore</td>
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<td>Burke County Health Department</td>
</tr>
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<td>Mayra</td>
<td>Moore</td>
<td>Spanish Language Interpreter</td>
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<td>Edward</td>
<td>Plyler</td>
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<td>Poteat</td>
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<td>Burke County United Way</td>
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<td>Karen</td>
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<td>Jamie</td>
<td>Reinhardt</td>
<td>Community Liaison</td>
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<td>Kim</td>
<td>Rhoads</td>
<td>System of Care Director</td>
<td>Partners Behavioral Health Management</td>
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<tr>
<td>Dennis</td>
<td>Stamper</td>
<td>Chaplain / Coordinator of FaithHealthNC at Blue Ridge</td>
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<td>Camille</td>
<td>Sterling</td>
<td>Executive Director</td>
<td>Western Piedmont Regional Transportation Authority</td>
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<td>Andrew</td>
<td>Thomas, II</td>
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<td>Carolinas HealthCare System Blue Ridge</td>
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<tr>
<td>Honey</td>
<td>Vang</td>
<td>Hmong Interpreter</td>
<td>Hmong Interpreter</td>
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<tr>
<td>Victoria</td>
<td>Smith</td>
<td>Director</td>
<td>Morganton Housing Authority</td>
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<tr>
<td>Andy</td>
<td>Unger</td>
<td>Manager</td>
<td>NC Services for the Deaf and the Hard of Hearing</td>
</tr>
<tr>
<td>Steve</td>
<td>Whisenant</td>
<td>Sheriff</td>
<td>Burke County Sheriff’s Office</td>
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<tr>
<td>Alma</td>
<td>Yanez</td>
<td>Coordinator</td>
<td>Burke County Circles Initiative</td>
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Core Planning Team

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<th>Name</th>
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<tr>
<td>Ashley Rink</td>
<td>Health Education Specialist</td>
<td>Burke County Health Department</td>
<td>(Has since left the health department)</td>
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<tr>
<td>Rebecca McLeod</td>
<td>Health Director</td>
<td>Burke County Health Department</td>
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<tr>
<td>Danette Brackett</td>
<td>Dir. of Business Development</td>
<td>Carolinas Health Care System Blue Ridge</td>
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<tr>
<td>Lisa Moore</td>
<td>Health Education Supervisor</td>
<td>Burke County Health Department</td>
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Appendix B: 2016 Burke County CHNA Survey

You can help identify the most important health issues in Burke County by completing this survey. Your answers will help our community develop plans to address these issues. Survey results are part of the Burke Wellness Initiative’s 2016 Community Health Needs Assessment. Responses are confidential. **Please do NOT write your name on the survey.**

1. Do you live in Burke County?  ___ Yes  ___ No *(STOP HERE if you do not live in Burke County.)*

2. What is your zip code?  __________________________

<table>
<thead>
<tr>
<th>Quality of Life Statements</th>
<th>Circle one number for each statement.</th>
</tr>
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<td>3. For a community our size, Burke County’s health resources meet most of my medical needs.</td>
<td>1 2 3 4 N/A</td>
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<tr>
<td>4. If you are 18-54 years old, Burke County is a good place to live.</td>
<td>1 2 3 4 N/A</td>
</tr>
<tr>
<td>5. If you are 55 years or older, Burke County is a good place to live.</td>
<td>1 2 3 4 N/A</td>
</tr>
<tr>
<td>6. I know where to go to learn about jobs that are open in Burke County.</td>
<td>1 2 3 4 N/A</td>
</tr>
<tr>
<td>7. Burke County is a safe place to live.</td>
<td>1 2 3 4 N/A</td>
</tr>
<tr>
<td>8. Burke County has plenty of resources to help individuals and families during times of stress and need.</td>
<td>1 2 3 4 N/A</td>
</tr>
</tbody>
</table>

9. Please check the “**top health issues**” in Burke County. **Choose 5 from the list below.**

___ Aging problems ___ Gun-related injuries ___ Lung disease
___ Alcohol Abuse ___ Heart disease ___ Mental health
___ Asthma ___ HIV/AIDS ___ Motor vehicle accidents
___ Cancer ___ Infant death ___ Oral/dental health
___ COPD (Chronic Obstructive Pulmonary Disease) ___ Infectious/contagious diseases ___ Sexually transmitted diseases (TB, pneumonia, flu, etc.)
___ Diabetes/Obesity ___ Kidney disease ___ Stroke
___ Drug abuse (prescription and illegal drugs) ___ Liver disease ___ Teenage pregnancy
___ Other: __________________________________________
10. Please check the most important “unhealthy behaviors” in Burke County. Choose 5 from the list below.

___ Alcohol abuse  ___ Not going to a dentist for regular check-ups  ___ Second-hand smoke
___ Drug abuse  ___ Not going to a medical provider for regular check-ups  ___ Suicide
___ Having unsafe sex  ___ Not using child safety seats  ___ Tobacco use
___ Lack of exercise  ___ Not using seat belts  ___ Unhealthy eating
___ Not getting immunizations  ___ Reckless/drunk driving  ___ Violent behavior
___ Other: ________________________________________

11. Do you have children or teens living in or regularly visiting your home?

___ Yes (If so, what are your attitudes and behaviors around adolescent substance use? Check all answers that apply.)
___ No (Go to next question.)

___ I have prescription medications unlocked in my home
___ I have alcohol in unlocked spaces in my home (cabinet, refrigerator)
___ I save unused prescription medications in the home for later use
___ I think it is okay to allow my son or daughter to drink alcohol in our own home
___ I know how to properly get rid of medications (medication drop boxes)
___ I allow my child to attend adult chaperoned parties where alcohol is served
___ I am aware of the medication drop boxes in Burke County
___ I talk with my child about the dangers of high risk behaviors (such as sex, drinking and drug use, etc.)
___ I keep prescription and over-the-counter medications in a lock box in my home

12. Please check the most important “social issues” in Burke County. Choose 5 from the list below.

___ Access to healthy food  ___ Lack of resources for people with cultural or language differences
___ Disaster preparedness/bioterrorism  ___ Neglect and abuse (of a child, a spouse, the elderly, etc.)
___ Homelessness  ___ Places to walk, exercise, play, etc.
___ Inadequate/unaffordable housing  ___ Pollution (air, water, land)
___ Lack of affordable health insurance/health care  ___ Poverty
___ Lack of education/dropping out of school  ___ Racism
___ Lack of health care providers  ___ Underemployment/poor-paying jobs
___ What kind?
___ Other: _______________________________________________________________________
___ Violent crime

13. How would you rate your own personal health? Please check one answer.

___ Very healthy  ___ Somewhat healthy  ___ Somewhat unhealthy  ___ Very unhealthy
14. Do you currently have any of the following? Check all that apply.
___ Alzheimer’s Disease  ___ Heart Disease
___ Asthma  ___ High blood pressure
___ Cancer  ___ High cholesterol
___ Chronic Obstructive Pulmonary Disease (COPD)  ___ Overweight/obesity
___ Diabetes  ___ Thyroid Disorders
___ Diabetes Risk  ___ None
___ Other:

________________________________________

15. During the past year, did you have a problem getting medical care you needed?
___ Yes (If so, why? Check all that apply.)  ___ No (Go to next question.)
___ Doctor/ dentist was not taking new patients  ___ I did not have transportation
___ Doctor/ dentist would not take my insurance  ___ I did not know where to go
___ Hospital would not take my insurance  ___ My insurance did not cover what I needed
___ I could not afford it/the cost was too high  ___ Took too long to get an appointment
___ I did not have health insurance  ___ Other:

________________________________________

16. When was your last routine physical/wellness check-up? Do not include visits while you were sick or pregnant.
___ Within past year  ___ 1-2 years ago  ___ 3-5 years ago  ___ 5+ years ago  ___ Never

17. During the past year, did you have a problem filling a prescription?
___ Yes (Check all that apply.)  ___ No (Go to next question.)
___ I could not afford it/the cost was too high  ___ I had a problem with Medicare Part D
___ I did not have health insurance  ___ My insurance did not cover what I needed
___ I did not have transportation  ___ Other:

________________________________________

18. Which of the following end of life plans do you have? Check all that apply.
___ Do Not Resuscitate (DNR)  ___ Organ donor
___ Healthcare Power of Attorney  ___ Power of Attorney
___ Living Will  ___ I do not know
___ Medical Orders for Scope of Treatment (MOST)  ___ None

19. If one of your friends or family members needed counseling for a mental health, substance abuse, or developmental disability problem, whom would you suggest they contact? Check all that apply.
___ A Caring Alternative  ___ Doctor (Nurse Practitioner, Physician’s Assistant, etc.)
___ Broughton Hospital  ___ Hospital Emergency Department
___ Burke Integrated Health  ___ Minister/Pastor
___ Burke Recovery/Burke Council on Alcoholism and Chemical Dependency  ___ Partners Behavioral Health Management
___ Catawba Valley Behavioral Health  ___ School Counselor
___ Children’s Developmental Services  ___ Vocational Rehabilitation/Independent Living
___ Counselor or Therapist in private practice  ___ I do not know
20. How often do you exercise for at least 30 minutes, outside of your job, each week?
   ___ None- I do not exercise
   ___ Once per week
   ___ 2-3 times per week
   ___ 4-6 times per week
   ___ Daily

21. Do you and your family have a safe place to walk, play or be active in your neighborhood?
   ___ Yes
   ___ No (If no, please tell us what kind of location you live in.)

22. Where do you get your fresh fruits and vegetables? Check all that apply.
   ___ Chain Grocery Store (Food Lion, Lowes, Galaxy, etc.)
   ___ Local Produce Store
   ___ Family Garden
   ___ Farmers Market
   ___ Local Food Pantry
   ___ Roadside Produce Stand
   ___ None- I do not like fresh fruits and vegetables
   ___ Other:

Please answer this next set of questions so we can see how different types of people feel about local health issues.
Remember, your answers are confidential and cannot be linked to you in any way.

23. How old are you? ______________________________

24. Gender? ___ Female ___ Male

25. What is your race and ethnicity?
   ___ Asian/Pacific Islander
   ___ Black-Non-Hispanic
   ___ Hispanic/Latino
   ___ Native American
   ___ White-Non-Hispanic
   ___ Other: ________________________________

26. What is the highest education level you have completed? Check only one (1) answer.
   ___ Did not complete high school
   ___ College no degree
   ___ Bachelor’s degree
   ___ High School Diploma/GED
   ___ Associate’s degree
   ___ Graduate degree (Masters/Doctoral)

27. How many hours a week do you work?
   ___ Employed full-time
   ___ Employed part-time
   ___ Temporary/Seasonal
   ___ Unemployed
   ___ Disabled; unable to work
   ___ Retired
   ___ Student
   ___ Other: ________________________________

Thank you for completing the survey. Please return the completed survey to the Burke County Health Department or staff person that provided you with this information. For additional information contact the Burke County Health Department at 828-764-9218 or 828-764-9219.
* All participants that answered “no” to living in Burke County were directed to a disqualification page.
Question 3: For a community our size, Burke County’s health resources meet most of my medical needs.
Answered: 1231     Skipped: 161

Question 4: If you are 18-54 years old, Burke County is a good place to live.
Answered: 1172     Skipped: 220
Question 5: If you are 55 years or older, Burke County is a good place to live.
Answered: 1198  Skipped: 194

Question 6: I know where to go to learn about jobs that are open in Burke County.
Answered: 1233  Skipped: 159
Question 8: Burke County has plenty of resources to help individuals and families during times of stress and need.

Answered: 1239  Skipped: 153
Question 9: Please check the "top health issues" in Burke County. Choose 5 from the list below.

Answered: 1161    Skipped: 231

Question 9: Other responses included:

- Domestic violence/ child abuse/ elder abuse (6)
- Access to health care (4)
- Mental health/ substance abuse (4)
- Homeless/ homelessness (4)
- Obesity/ lack of physical activity/ poor lifestyle choices (3)
- Allergies (2)
- Poverty (2)
- Arthritis (1)
- Smoking (1)
- Developmentally disabled population (1)
- Head lice (school related issue) (1)
- Lack of specialists (1)
- Smoking (1)
- Texting while driving (1)
- Affordable dental (1)
- Lack of culture diversity training (1)
- Lack of resources (1)
- Lack of accessibility to nutritious food products (1)
- preventative medicine and alternative medicine (1)
- Unmet children's needs birth to 5 (1)
Question 10: Please check the most important “unhealthy behaviors” in Burke County. Choose 5 from the list below.
Answered: 1159    Skipped: 233

Question 10: Other responses included:

- Breakdown of families/parenting (2)
- Lack of mental health support/follow-up (2)
- Bad language (1)
- Cell phone use while driving (1)
- Compliance with healthcare provider recommendations
- Homeless (1)
- Lack of food education/availability of nutritious foods (1)

- Lack of places for aging seniors to go in the eastern part of the county (1)
- Lack of rehab services for drug dealers/repeat offenders (1)
- Need more primary care physicians in Burke County (1)
- Prescription drug abuse (1)
- Sex Offenders (1)
- Violent behavior (1)
- Unsafe sex (1)
Question 11: Do you have children or teens living in or regularly visiting your home?  
Answered: 1145  
Skipped: 247

Yes   No

Question 11: Yes (If so, what are your attitudes and behaviors around adolescent substance use? Check all answers that apply.)
Question 12: Please check the most important “social issues” in Burke County. Choose 5 from the list below.
Answered: 1156      Skipped: 236

Question 12: Other responses included:

- Abuse of Medicaid/ Welfare (1)
- Access to health care (7)
- Affordable housing (3)
- Bullying (1)
- Child care (1)
- Dental care [lack of providers, children’s dentist, affordable dental care] (5)
- Discrimination (1)
- Families [parenting skills] (3)
- Immigration (3)
- Lack of recreation facilities outside of major cities (2)
- Lack of resources for developmentally disabled (1)
- Mental health (3)
- Poverty (2)
- Religion (2)
- Schools (2)
- Specialists (37)
- Substance abuse (4)
Question 12: Other responses included continued:

Of the 117 people who indicated that a lack of health care providers was one of the most important social issues, 37 listed in the other comments field the type of specialists they felt were lacking in Burke County:

- Lack of all specialists in county (1)
- Alternative/ Holistic/ Functional medicine (2)
- Dentists (4)
- Dermatologist (7)
- Endocrinologist (5)
- ENT (1)
- General practice (1)
- Gerontologist (1)
- GI specialist (1)
- Internal medicine (1)
- Mental health providers (7)
- Need 24 hour walk in clinic (1)
- Obgyn. (1)
- Ophthalmologist (1)
- Orthopedist (3)
- Primary care providers (2)
- Rheumatologist (2)

Question 13: How would you rate your own personal health? Please check one answer.

Answered: 1154    Skipped: 238
Question 14: Other health concerns/ issues listed included the following:

- A rare nerve disease (1)
- Acid reflux (1)
- Allergies (3)
- Anemia (1)
- Anxiety (1)
- Aortic stenosis (1)
- Arthritis (16)
- back issues (1)
- bone deterioration (1)
- Cancer risk (1)
- Celiac (1)
- chronic fatigue syndrome (1)
- Chronic pain (4)
- Crohn’s (1)
- Degenerative Disc Disease (2)
- Depression (1)
- DJD (1)
- Emphysema (1)
- Epilepsy (1)
- Fibromyalgia (3)
- Gastropersis (1)
- Gluten (1)
- Gout (1)
- Kidney disease (1)
- Kidney Stones (2)
- knee replacement (1)
- lupus (3)
- Mental illness (5)
- Migraines (2)
- muscular dystrophy (1)
- Neurological Damage (1)
- Osteoporosis (1)
- Parkinson's Disease (2)
- Partial paralysis from stroke (1)
- Psoriasis (1)
- PTSD (1)
- Sciatica (2)
- Scleroderma (1)
- Seizures (1)
- Skin (1)
- Sleep Apnea (1)
- Stomach issues (1)
Question 15: During the past year, did you have a problem getting medical care you needed?
Answered: 1130   Skipped: 262

Yes
No

Question 15: Yes (If so, why? Check all that apply.)

- I could not afford it/the cost was too high
- Took too long to get an appointment
- My insurance did not cover what I needed
- I did not have health insurance
- Doctor/dentist was not taking new patients
- Doctor/dentist would not take my insurance
- I did not have transportation
- I did not know where to go
- Hospital would not take my insurance
Question 15: Other answer responses included:

- Cannot afford dental care (5)
- Cost/ High Deductible/ Co-pay (9)
- Did not have time (1)
- Do not see doctor in county (3)
- Doctor refused service (1)
- Holistic/ alternative medicine clinics not available (3)
- Insurance would not cover alternative treatments (1)
- Misdiagnosed (1)
- Needed care after hours (1)
- Provider changed networks (1)
- Specialist needed not available in county (10)
- Wait time to get medical care (3)

Question 16: When was your last routine physical/wellness check-up? Do not include visits while you were sick or pregnant.
Answered: 1145     Skipped: 247
Question 17: During the past year, did you have a problem filling a prescription?
Answered: 1130    Skipped: 262

- Yes
- No

Question 17: Yes (Check all that apply.)

- I could not afford it/the cost was too high
- My insurance did not cover what I needed
- I did not have health insurance
- Other
- I did not have transportation
- I had a problem with Medicare Part D

Bar chart showing the number of responses for each reason.
Question 17: Other answer responses included:

- Do not use pharmaceuticals- only natural (1)
- Have not needed a prescription (1)
- High co-pay with insurance (6)
- Insurance would not cover medication prescribed (7)
- Pharmacy did not have prescription in stock (1)
- Pharmacy gave the wrong prescription (2)
- Poor communication/coordination between provider and pharmacy (1)
- Prescription required insurance approval (1)
- Wait time to receive mail order prescriptions (2)

Question 18: Which of the following end of life plans do you have? Check all that apply.
Answered: 1138  Skipped: 254
Question 19: If one of your friends or family members needed counseling for a mental health, substance abuse, or developmental disability problem, whom would you suggest they contact? Check all that apply.

Answered: 1105  Skipped: 287

**Question 19: Other responses included:**

- Alcoholics Anonymous/ Narcotics Anonymous (1)
- Archway (1)
- Behavior analyst (1)
- Bethel Colony of Mercy (1)
- Burke Christian Counseling (1)
- Christ Centered Recovery Program (1)
- Do not know (3)
- Easter Seals Program (2)
- Focus Behavioral Health (3)
- Jail (1)
- Kids First Therapy (1)
- Mimosa Christian Counseling (4)
- One Love Services (1)
- Out of county provider (10)
- People know personally in the field (1)
- Private counselor, psychiatrist or support group (2)
- Provider that uses non-pharmacological therapies (1)
- Recommend call 911 (1)
- Recommend emergency department during a crisis (1)
- RHA Behavioral Health (2)
- Still Waters Counseling (1)
- Turning Point Services for DD (1)
- Universal Mental Health Services (1)
- VA (2)
- Would depend on individual's needs (2)
- Would not refer (3)
- Would recommend individual research carefully for care (1)
Question 20: How often do you exercise for at least 30 minutes, outside of your job, each week?
Answered: 1148     Skipped: 244

- None - I do not exercise
- Once
- 2-3 times per week
- 4-6 times per week
- Daily

Question 21: Do you and your family have a safe place to walk, play or be active in your neighborhood?
Answered: 1124     Skipped: 268

- Yes
- No
Question 21: No (If no, please tell us what kind of location you live in.)- Other responses included:

- Apartment (1)
- Bost Road (1)
- Brentwood community (1)
- Busy road (19)
- Chesterfield (4)
- City limits (1)
- Connelly Springs (1)
- Country (6)
- County (3)
- Do not feel safe (2)
- Do not feel safe (Drug dealers/sellers in neighborhood) (4)
- Do not feel safe (Poor lighting) (3)
- Do not feel safe (Lots of dogs in neighborhood) (4)
- Drexel (4)
- Dysartsville Road (1)
- Eastern end of county (1)
- George Hildebran (2)
- Hildebran (1)
- Hills (1)
- HWY 18 (1)
- HWY 70 (1)
- Jamestown Road (1)
- Kathy Road (1)
- Long View (1)
- Neighborhood does not have sidewalks (16)
- No answer (14)
- Oakhill area (3)
- Old 18 (1)
- Outside city limits (5)
- Public housing (2)
- Residential (5)
- Rhodiss (1)
- Rural (46)
- Salem community (1)
- South Mountains (1)
- Subdivision (1)
- Suburbs (1)
- Urban (1)
- US 70 East (1)
- Valdese (2)
- West end fire (1)
- Zion Road Morganton (1)

Question 22: Where do you get your fresh fruits and vegetables? Check all that apply.
Answered: 1141     Skipped: 251
Question 22: Other responses included:

- Aldi (11)
- Cannot afford them (3)
- Churches (1)
- CSA (1)
- Food Matters (8)
- Fresh Market (1)
- Ingles (4)
- Neighbors
- Neighbors/ friends (2)
- Organic produce delivered (1)
- Own garden (5)
- Walmart (3)
- Whole Foods (1)

Question 23: How old are you?
Answered: 1132     Skipped: 260

Question 24: Gender?

Female    Male
Question 25: What is your race and ethnicity?
Answered: 1132    Skipped: 260

Asian/Pacific Islander  Black- Non- Hispanic  Hispanic/ Latino
Native American  White- Non-Hispanic  Other

Question 26: What is the highest education level you have completed? Check only one (1) answer.
Answered: 1135    Skipped: 257

Did not complete high school  High School Diploma/GED
College no degree  Associate’s degree
Bachelor’s degree  Graduate degree (Masters/Doctoral)
Question 27: How many hours a week do you work?  
Answered: 1149  
Skipped: 243

- Employed full-time
- Employed part-time
- Temporary/Seasonal
- Unemployed
- Disabled; unable to work
- Retired
- Student
- Other

**Question 27: Other responses included:**

- Do not work in the summer (1)
- Have full time and part time job (5)
- Have more than one full time job (2)
- Have more than one part time job (1)
- Homemaker (3)
- Ministry (1)
- Self-employed (6)
- Stay at home mother (12)
- Volunteer
Appendix D: 2016 Burke County CHNA Focus Group Results

Focus Group Demographic Questions

**Question 1: What is your zip code?**

Answered: 53   Skipped: 0

- 28655/ 28680 (Morganton)
- 28690 (Valdese)
- 28612 (Connelly Springs)
- 28601/28602 (Hickory)
- 28619 (Drexel)
- 28671 (Rutherford College)
- 28628 (Glen Alpine)

**Question 2: How old are you?**

Answered: 53   Skipped: 0
Question 3: Gender?
Answered: 53   Skipped: 0

- Female
- Male

Question 4: What is your race and ethnicity?
Answered: 53   Skipped: 0

- Asian/Pacific Islander
- Black- Non-Hispanic
- Hispanic/ Latino
- Native American
- White- Non-Hispanic
- Other
Question 5: What is the highest education level you have completed? Check only one (1) answer.
Answered: 53  Skipped: 0

- Did not complete high school
- High School Diploma/GED
- College no degree
- Associate’s degree
- Bachelor’s degree
- Graduate degree (Masters/Doctoral)

Question 6: How many hours a week do you work?
Answered: 52  Skipped: 1

- Employed full-time
- Employed part-time
- Temporary/Seasonal
- Unemployed
- Disabled; unable to work
- Retired
- Student
- Other
Focus Group Discussion Questions

The top themes seen throughout the focus groups are included with each of the discussion questions. The full responses for the focus groups are available from the Burke County Health Department upon request.

Question 1: What you think is the best thing about living in Burke County?
1. Location (close to mountains and beach)
2. Sense of community (southern hospitality; family)
3. Number of community resources
4. Access to recreation areas (parks, mountains, hiking trails)
5. Safe place to live

Question 2: What do people in this community do to stay healthy?
1. Walking (including use of parks and trails)
2. Use Recreation Centers/ Parks
3. Biking
4. Community Gardens
5. Active in faith community
6. Yoga

Question 3: In this group’s opinion, what are the top health issues in your community?
1. Substance abuse (prescription, illegal, alcohol)
2. Chronic diseases
3. Mental Health
4. Physical activities/ lifestyle choices
5. Transportation
6. Lack of affordable healthcare/ health insurance
7. Oral Health
8. Education
9. Aging Problems
10. Poverty

Question 4: What keeps people in your community from being healthy?
1. Cost of health insurance and health services (including seeing a specialist)
2. Difficulty making healthy choices (self-motivation)
3. Transportation
4. Time (exercise; healthier food options; time management)
5. Lack of income/ Cost to be healthy
6. Education (on health and medical care)
7. Difficulty making healthy choices
8. Accessibility to drugs (prescription and illegal)
1. **What could be done to solve these problems?**
   
   9. Educating people on how to prepare healthier food options/ health and wellness
   10. Health and wellness resource list
   11. Healthier options at public events
   12. Public transportation
   13. Work with employers to implement drug/ alcohol treatment programs
   14. Lack of vocalization of issues within the community
   15. Educating children and their parents on healthier lifestyles
   16. Education on health
   17. Farmer’s markets
   18. Assisting people with walking people through the healthcare system
   19. Education on resources available in the community
   20. Transportation- like a bus system

A. Olive Hill Focus Group
   
   21. Advancing/ growing current community resources
   22. Educating children and their parents on healthier lifestyles
   23. Educating pregnant women on proper nutrition and healthy lifestyles and how to educate their children
   24. Use of alternative medicine/ treatments

B. Morganton Housing Authority Focus Group #1
   
   25. Don’t know

C. Soup Kitchen Focus Group #2
   
   26. Legislation on Medicaid

D. Circles Initiative Focus Group
   
   27. Bring more jobs into the area
   28. Community outreach programs to engage retired individuals
   29. Mobile crisis resources
   30. More activities for children
   31. Provide shelter for the homeless/ more shelters
   32. Public transportation (pick up points/ bus route)

E. Morganton Housing Authority Focus Group #2
   
   33. Bring in industry

F. Downtown Development Association Focus Group
   
   34. Educate professionals and citizens on health and wellness
   35. More health education within the community
   36. More responsibility for own health
   37. Use recreation facilities to their fullest potential
   38. Utilize holistic health and wellness/ alternative medicines

2. **Is there any group not receiving enough health care? If so, why?**

A. BSAN Focus Group
   
   39. Individuals who make too much money to qualify for Medicare and not enough money to afford insurance through the Affordable Care Act
40. Non English speaking residents
41. Older individuals/ senior citizens
42. Poverty and the lower middle class
B. Grace Ridge Retirement Community Focus Group
43. Hispanics
C. Municipalities Focus Group
44. Individuals in the bubble (make too much to qualify, but not enough to pay for what they need)
45. Lower income
46. Older individuals/ senior citizens
47. Transportation
48. Unaware of resources available in the community
49. Unemployed
50. Veterans
D. Soup Kitchen Focus Group #1
51. Individuals on disability
52. Low income, working people
53. Older individuals/ senior citizens
54. Single parents
E. Olive Hill Focus Group
55. Low income
F. Morganton Housing Authority Focus Group #1
56. Migrant works (lack health insurance)
G. Soup Kitchen Focus Group #2
57. Individuals who make too much for Medicaid, but not enough to pay for what they need
H. Circles Initiative Focus Group
58. Individuals who make too much for Medicaid, but not enough to pay for what they need (like dental, eye care, etc.)
59. Underemployed
60. Undocumented immigrants
61. Working poor
I. Morganton Housing Authority Focus Group #2
62. Elderly
63. Hispanics
J. Downtown Development Association Focus Group
64. Low income
65. Senior citizens

3. Is there anything else you would like to add, or you think would be helpful for us to know?
A. BSAN Focus Group
66. Adolescent mental healthcare resources
67. Gap in psychiatric services
68. Increased need for care coordination
69. Issue- dissemination of pornography among young children
70. Need to include health and wellness education early on in schools
71. Use of other allied health professionals (physician assistants, nurse practitioners, etc.)
B. Grace Ridge Retirement Community Focus Group
72. Need psychiatric services/psychiatry in county
C. Municipalities Focus Group
73. Need services on the eastern end of the county
D. Soup Kitchen Focus Group #1
74. Nothing to add
E. Olive Hill Focus Group
75. Emphasis on mental health
76. Importance of hospitality in healthcare
F. Morganton Housing Authority Focus Group #1
77. Nothing to add
G. Soup Kitchen Focus Group #2
78. Amount of resources available in the community- those used provide great customer service/ hospitality/ good quality services
H. Circles Initiative Focus Group
79. Emphasize the importance of agencies that provide services to be respectful
80. Need for dentists
81. Need for more day care assistance
82. Need more activities for younger adults to do
83. Would like to see more children’s activities/ programs
I. Morganton Housing Authority Focus Group #2
84. Need more activities for younger adults to do
85. Would like to see more children’s activities/ programs
86. Would like to see some type of free trade seminar to teach individuals in their twenties trade skills
87. Transportation is an issue- need public transportation
J. Downtown Development Association Focus Group
88. Surprised at the number of elderly who are taking control of their health and wellness
89. Defining health and wellness versus medical care
90. There are a large number of individuals who are into fitness into the community
Appendix E: Burke County Health Resource Guide

Burke County United Way – 211  (Overall Community Resource)
NC211.org

Burke County United Way
121 West Union Street
Morganton, NC 28655
(828) 433-0681

Deaf and Hard of Hearing
Morganton Regional Center-MRC

The Division of Services for The Deaf and Hard of Hearing (DSDHH) serves customers who are Deaf, Hard of Hearing and Deaf-Blind, or Deaf-Blind regardless of their mode of communication. This includes American Sign Language, Sign English, Cued and Oral. Our services can help you achieve equal access, effective communication and a better quality of life.

Advocacy and Consultation
Regional centers assist Deaf, Hard of Hearing and Deaf-Blind individuals in achieving equal access, reasonable accommodations and effective communication in a variety of areas in their communities. The Americans with Disabilities Act (ADA) makes sure that people with disabilities are not discriminated against in:

• Employment Transportation services
• Recreation programs
• Public accommodations
• Telecommunication services

Other laws that protect the rights of people with disabilities include:
• Rehabilitation Act of 1973 as amended Section 504 of the Rehabilitation Act
• Civil Rights Act of 1964
• Individuals with Disabilities Education Act (IDEA)

Communication Support
Communication Support provides support, and assistive listening information for various types of communication tools. This includes communication services consultation for medical visits, job interviews, training and education classes and others.

Assistive Listening and Visual Systems
The communication process is aided by:
• Qualified sign language interpreters
• Tactile or up-close interpreters
• Assistive listening devices
• Real-time captioning
• Television captioning and decoders
• Computer assisted note-taking
• Oral interpretation
• Cued speech transliteration

**Interpreter Services**

Information on interpreter services and guidance is provided by our Regional Centers. Requests made by employers and service providers are:

**Information and Referral Services**

General information is provided to anyone. We provide information on:
- Local and state resources
- Programs concerning deafness and hearing loss
- Services provided by the DSDHH and its Regional Centers
- Other information as requested

**Referrals are made to programs and agencies including:**
- Employment Security Commission
- Vocational Rehabilitation and Independent Living
- Social Security Administration
- Division of Motor Vehicles
- Local police departments, city, county and state government programs and offices
- American Sign Language and interpreter training programs

**Information and Follow-ups**

Unemployment benefits job training and placement services/Government programs include:
- Social Security
- Food stamps
- Medicaid
- Medicare

**Personal and family information includes:**
- Legal separation or divorce
- Child support
- Income taxes
- Budgets, financial planning and management
- Estate planning
- Checking and savings accounts

**Workshops and Training**

We provide training and educational opportunities to the local communities.

**Trainings include:**
- ADA and civil rights information
- Aging issues and information
- American Sign Language (ASL)
- Deaf Culture
- Employment issues and concerns
- Government programs
- Hearing loss
• Interpreter training and skills maintenance
• Legal rights, citizenship

Contact
To learn more about these services, contact your local Regional Center for the Deaf and Hard of Hearing.

**Check out Morganton Regional Center’s Local Calendar of Events by contacting the Morganton Office, located at 107 Foothills Drive, Morganton NC 28655, or calling 1-800-999-8915 Voice/TDD, 828-475-6606 Video Phone and check out the State Face Book, NC DHHS Division of Services of Deaf and Hard of Hearing and Website, http://www.ncdhhs.gov/dsdhh**

**Deaf and Hard of Hearing resources for the top five priorities identified for 2016 Community Health Needs Assessment:**

**Mental Health**

**A Caring Alternative**
Morganton Office
Serving Alexander, Burke, Caldwell, Catawba, and Lincoln Counties
617 South Green St., Ste 300, Ste 102
P O Box 1536
Morganton, NC 28655
Phone: (828) 437-3000
Fax: (828) 437-4999
Website: [http://www.caringalternative.com/](http://www.caringalternative.com/)

**Burke Outpatient Clinic**
350 E. Parker Rd.
Morganton, NC 28655
Phone: (828) 624-1900

**Catawba Valley Mobile Crisis**
Mobile Crisis Management provides crisis support for children, youth, and adults experiencing a mental health or substance use disorder. (877) 327-2593.

**Morganton Regional Center MRC- can provide communication access for Deaf and Deaf and Hard of Hearing individuals for mental health services by request.**
107 Foothills Drive, Morganton NC 28655
1-800-999-8915 Voice/TDD
828-430-7185 Voice
828-475-6606 Video Phone
Website: [http://www.ncdhhs.gov/dsdhh](http://www.ncdhhs.gov/dsdhh)

**Partners**
Phone: 1-888-235-4673
TTY: 1-800-749-6099
Website: [http://www.partnersbhm.org/mental-health-services/](http://www.partnersbhm.org/mental-health-services/)
Substance Use/Misuse

Catawba Valley Mobile Crisis-
Mobile Crisis Management provides crisis support for children, youth, and adults experiencing a mental health or substance use disorder. (877) 327-2593.

Offices located at: Burke Outpatient Clinic
350 E. Parker Rd.
Morganton, NC 28655
Phone: (828) 624-1900

Morganton Regional Center MRC- can provide communication access for Deaf and Deaf and Hard of Hearing individuals for Substance Use/Misuse by request.
107 Foothills Drive, Morganton NC 28655
1-800-999-8915 Voice/TDD
828-430-7185 Voice
828-475-6606 Video Phone
http://www.ncdhhs.gov/dsdhh

Poverty

Burke Senior Center
501 N Green St
Morganton, NC 28655
Phone: (828) 430-4147
Offers free assistance in collaboration with Morganton Resource Center to fill out applications for Medicaid, Social Security and Insurance.

Morganton Regional Center MRC- can provide communication access for Deaf and Deaf and Hard of Hearing individuals by request.
107 Foothills Drive, Morganton NC 28655
1-800-999-8915 Voice/TDD
828-430-7185 Voice
828-475-6606 Video Phone
http://www.ncdhhs.gov/dsdhh
• Assist with Target Housing/Section 8 applications
• Free Communication Services
• Provide Alert Equipment
• Weather Radios
• Interpreting Collaboration with Burke Hospice
• Can provide free training to learn how to access services and act as a liaison for accessing communication services.

Unemployment benefits job training and placement services/Government programs include:
• Social Security
• Food stamps
• Medicaid
• Medicare

Personal and family information includes:
• Legal separation or divorce
• Child support
• Income taxes
• Budgets, financial planning and management
• Estate planning
• Checking and savings accounts

Purple Communications - Home of P3 Video Relay Service - VRS
https://www.purplevrs.com/

Purple Communications provides accurate ASL interpreting services for the deaf and hard-of-hearing through leading VRS technology including P3 and ...
• Obtain a free Video Phone
• Sorenson VRS®
  www.sorensonvrs.com/
  Sorenson VRS is the industry-leader with deaf-friendly features and services including the VP-200 Videophone, Direct VP Numbers and free technical support.
• Obtain free Video Phone

Can provide free Training to learn how to access services and act as a liaison for accessing communication services.

Vocational Rehabilitation Services Assistance

Vocational Rehabilitation Services-located on the campus of NCSD in the Hoff Meyer Building by the Football Field, Serving 17 counties.
Address: 200 Enola Rd, Morganton, NC 28655
Phone: (828) 433-2423

The Division of Vocational Rehabilitation Services provides counseling, training, education, transportation, job placement, assistive technology and other support services to people with disabilities.
Chronic Disease

Burke Hospice - offers free interpreting services
1721 Enon Road
Valdese, NC 28690
Phone: (828) 879-1601

Burke Hospice & Palliative Care offers a wide range of End-of-Life services tailored to meet the needs of each patient and their family. Our specially trained staff is ready to help and assist during this special time of life. At Burke Hospice & Palliative Care, we offer the following Palliative Care
- Hospice Care
- Our Hospice House
- Hospice in Community Facilities
- Grief Counseling
- Advance Care Planning
- Workshops/Education
- We Honor Veterans

Morganton Regional Center MRC - can provide communication access for Deaf and Deaf and Hard of Hearing individuals for Advocacy Services, Insurance Applications, Assist with Medicaid Benefits, and Social Security applications by request.
107 Foothills Drive, Morganton NC 28655
1-800-999-8915 Voice/TDD
828-430-7185 Voice
828-475-6606 Video Phone
http://www.ncdhhs.gov/dsdhh
Lack of Affordable Healthcare/Health Insurance

Morganton Regional Center MRC- can provide communication access for Deaf and Deaf and Hard of Hearing individuals for Advocacy Services, Insurance Applications, Assist with Medicaid Benefits, and Social Security applications by request. See a complete listing of services on pages 1-4 of this document.
107 Foothills Drive, Morganton NC 28655
1-800-999-8915 Voice/TDD
828-430-7185 Voice
828-475-6606 Video Phone
http://www.ncdhhs.gov/dsdhh

Dental
Private Dental Practices
24 General Dentist Practices
2 Oral Surgeons
1 Pediatric Dentist Practice
1 Orthodontic Practice
Each practice would have to be contacted individually for more information.

Good Samaritan Clinic
305 W. Union Street
Morganton, NC  28655
Phone: (828) 212-4185
Fax: (828) 212-4193
Services: For treatment of those without access to dental insurance and/or the ability to afford dental care. The clinic is only able to offer extractions at this time due to the lack of volunteer dentists to assist in the provision of charitable care. There is a 6-month waiting list for these services.

Teeth In Need Program
Good Samaritan Clinic
305 W. Union Street
Morganton, NC  28655
Phone: (828) 212-4185
Fax: (828) 212-4193
Services: Teeth in Need (TIN) is sponsored by the Good Samaritan Clinic, Inc. as a collaborative effort between the Burke County Public School Nurse Program, Good Sam, and the dental community to provide financial assistance to parents for their child’s immediate dental care needs. TIN strongly supports effort in disease prevention and classroom dental education. The mission is to secure dental care for those school age children in need to relieve dental pain and suffering in Burke and Wilkes Counties.
Education
Burke County Public Schools
700 East Parker Road
Morganton, NC 28655
Phone: (828) 439-4312
Website: www.burke.k12.nc.us

Christ Classical Academy
400 Malcolm Blvd.
Connelly Springs, NC 28612
Phone: (828) 432-7593
Website: www.cca4god.org

Morganton Day School
305 W. Concord Street
Morganton, NC 28655
Phone: (828) 437-67852
Website: www.morgantondayschool.com

New Dimensions School
550 Lenoir Road
Morganton, NC 28655
Phone: (828) 437-5753
Website: www.newdimensions.teamefa.org

North Carolina School for the Deaf
517 West Fleming Drive
Morganton, NC 28655
Phone: (828) 432-5202
Website: www.ncsd.net

Reflections of Christ Christian Academy
110 3rd Street SE
Hildebran, NC 28637
Phone: (828) 397-3075

Silver Creek Adventist School
2195 Jamestown Road
Morganton, NC 28655
Phone: (828) 584-3010
Website: www.silvercreekadventistschool.org
Western Piedmont Community College  
1001 Burkemont Avenue  
Morganton, NC 28655  
Phone: (828) 448-6000  
Website: www.wpcc.edu

Financial Assistance

American Red Cross
305 W Union St. #A  
Morganton, NC 28655  
Main Phone: (828) 438-8844; (828) 437-1911 (nights, weekends, and holidays);  
(828) 406-5581 (Charles Avery, cell)  
Website: www.burkecountryredcross.com / www.redcross.org (to register for a health class)

Services: Offers 24-hour disaster and military family emergency service, aid to victims of fire and 
other disasters, blood donation collections, health classes (CPR, First Aid, and 
Lifeguard), and disaster preparedness education.

Assurance Wireless
Main Phone: 1-888-898-4888  
Website: www.assurancewireless.com

Services: FREE wireless phone, and 250 FREE minutes and 250 free texts each month, within a 
nationwide coverage area, if you participate in any of the following: Medicaid, F and S / 
SNAP (formerly Food Stamps), SSI, Temporary Assistance for Needy Families (TANF), 
Section 8 housing, Low Income Energy Assistance Program, National School Lunch 
Program’s Free Lunch Program; OR, your household income is at or below the eligibility 
guidelines.

Blue Ridge Community Action
(Morganton Office) 800 North Green St.  
Morganton, NC 28655  
Main Office: (828) 438-6255

(Rutherford College Office)  
240 Bravard St.  
Rutherford College, NC 28655  
Main Office: (828) 879-2367

Services: Blue Ridge Community Action cares about the entire community, and is dedicated to 
helping people help themselves and each other. BRCA strives to obtain and maintain 
agency self-sufficiency, as well as assist employees and low-income residents to obtain 
and maintain self-sufficiency. Our mission is realized by providing services, advocacy 
and support for persons so they can become economically self-sufficient, improve the 
quality of their lives, and better provide opportunities for their families.
Burke County Department of Social Services
700 E Parker Rd.
Morganton, NC 28655
Phone: (828) 764-9600

Services: The Burke County Department of Social Services is dedicated to assist individuals who require or request our applicable social work services to maintain or enhance the quality of their lives. We further seek to provide those services in a manner that respects the dignity of each human being and recognizes the need for each individual to reach his/her highest level of independence.

Burke Pregnancy Care Center
302 S Main Street
Drexel, NC 28619
Phone: (828) 437-4357

Services: Pregnancy Care Center of Burke County provides pregnancy testing and verification, education on fetal development, limited ultrasounds, confidential peer counseling, referrals, baby and mom hygiene items, maternity clothes, baby clothes, and educational videos on various pregnancy subjects.

Burke United Christian Ministries
305 B West Union Street
Morganton, NC 28655
Phone: (828) 433-8075
Clothing Store Phone: (828) 433-8075 ext. 226

Services: Burke United Christian Ministries (BUCM) serves Burke County through offering people nutritious meals at our Soup Kitchen, counseling neighbors in times of crisis, and providing families with food, clothing and financial assistance.

East Burke Christian Ministries
103 3rd Ave SE
Hildebran, NC 28637
Phone: (828) 397-7074
Hours: Tuesday and Wednesday 9 a.m. – noon and 1:00 – 4 p.m., Thursday 9 a.m. – 12 p.m.

Services: Crisis ministry assists people needing emergency aid with food, clothes, and/or financial assistance in the form of power, rent, medicine, gas, and other needs. Clothing is $1 per item, or $7 to fill a 13-gallon bag; clothing items are free in a crisis such as a house fire. Serves eastern burke county residents living east of Mineral Springs Mountain Road.

Family Guidance Center, Inc. (Catawba County-Serves Burke County)

Consumer Credit Counseling
17 US Highway 70 SE
Hickory, NC  28602
Phone: (828) 322-1400
Website: http://www.fgcservices.com/

Services: Offers individual and family counseling, domestic violence services and credit/financial counseling (see listing for Consumer Credit Counseling Services). Also offers MAT
(Mate Abuser Treatment) program and shelter for battered women. Individual and family counseling services are offered on a sliding-fee scale.

**First Baptist Church of Drexel**
200 S Main St.
Drexel, NC 28619
Phone: (828) 437-3351
Website: [www.drexelfirstbaptist.org](http://www.drexelfirstbaptist.org)

**Services:** Offers free clothing and food to community members in need on the 2nd Sunday of every month starting at 5:00 p.m. You must bring a photo ID.

**First Baptist Church of Valdese-Twice Blessed Clothes Closet**
500 Faet St. NW
Valdese, NC 28690
Phone: (828) 874-2266
Website: [http://www.valdesefirstbaptist.org](http://www.valdesefirstbaptist.org)

**Services:** Twice Blessed is the Church’s clothing ministry. It is located just inside the door to the church fellowship hall, which is accessed from the parking lot behind the church. The clothes closet offers many different sizes and types of clothing, all at no charge. This ministry is open to the community on Tuesdays and Thursdays from 2:00-4:00 p.m. Donations are accepted for new or gently used clothes.

**First United Methodist Church of Valdese- Hygiene Closet**
217 St. Germain Ave SE
Valdese, NC 28690
Phone: (828) 874-0006

**Services:** The Hygiene Closet/Outreach Mission event is the 1st Monday of each month from 5:30-6:00 pm. prayer and devotion to follow. It is a first come, first serve basis. The items available range from personal hygiene to cleaning supplies. No appointment is needed and it is available to residents of Burke County only.

**Foothills Thrift Store**
259 Main Street
Valdese, NC 28690
Phone: (Valdese) (828) 874-2521

2886 US Hwy 70 East
Morganton, NC 28655
Phone: (Drexel) (828) 437-7772
Website: [www.foothillsserviceproject.org/stores.html](http://www.foothillsserviceproject.org/stores.html)

**Services:** Donated thrift store items can be purchased at a 50% discount for families with needs referred by a school or agency. Store hours are 9:30 a.m. – 5:30 p.m.; extended summer hours in Valdese are Friday, 9:30 a.m. – 8:30 p.m.
North Carolina Foundation for Public School Children

Phone: 1-800-662-7924, ext. 204
Website: www.NCFPSC.org

Services: Maximizes the effectiveness of the public school system by providing basic necessities for students such as eyeglasses, hearing aids, school supplies, clothing, and other educational fees. NCFPSC also offers grants to low-wealth counties for parent involvement and professional development. It insures quality educators for the future through the Teacher Cadet Program. Any school personnel may apply for student assistance or grants through the online application at www.NCFPSC.org.

Olive Hill Community Economic Development Corporation, Inc.
309 Colombo St. SW
Valdese, NC 28690
Phone: (828) 522-4051
Website: www.ohcedc.org

Hours: Monday-Thursday 9:30-5:45pm and Fridays 9:30-4:30pm

The Outreach Center
510 E Fleming Dr.
Morganton, NC 28655
Phone: (828) 439-9550
Fax: (828) 437-8573
Website: www.theoutreachcenter.org

Services: Offers free groceries every afternoon from 1:00 – 5:00 p.m. on a first-come first-serve basis for those with a need; picture ID is required and proof of residence is required at first visit. Requests are considered for emergency clothing needs, or for job training participants. Offers GED classes and Workforce Development training; call 439-8300, or email info@theoutreachcenter.org for more information. Distributes backpacks with school supplies to children in need in August. Please call before August 15th to sign up. Please bring your child’s Medicaid card, Health Choice card, or your IRS 1040 to verify eligibility. Offers counseling including substance abuse, marriage, and family counseling; most insurance accepted. Visit the website www.theoutreachcenter.org for more information.

Safelink Wireless
Main Phone: 1-800-977-3768

Services: Government supported program that provides a free cell phone and airtime (1,000 texts and 250 minutes) each month for income-eligible customers.

St. Matthews United Methodist Church- Baby Supply Closet
201 Shady Rest Rd.
Morganton, NC 28655
Main Office: (828) 437-5420

Services: The Baby Supply Closet provides diapers free of cost to those in need. A voucher is required and can be obtained from Department of Social Services (DSS), Burke County Health Department (BCHD), or Burke United Christian Ministries (BUCM). The supply closet is open Mondays and Wednesdays from 8 am to 12:00 pm. Recipients can come only once a month.
Salvation Army (Catawba County)
Phone: (828) 322-8061
Website: http://www.salvationarmyusa.org
**Services:** Serves to meet emergency short-term needs of the individual family whether physical, emotional, or spiritual. Salvation Army provides financial assistance, counseling, and clothing. Also provides a homeless and transient shelter in Hickory.

Social Security Administration
1040 Southgate Corp Park SW
Hickory, NC 28602
Phone: 1-888-877-1615/1-800-772-1213; TTY 1-800-325-0077
Website: www.ssa.gov
**Services:** Assists individuals applying for retirement, survivors’ (dependents of a deceased individual), Social Security Disability, and Supplemental Security Income (SSI) benefits.

Valdese First Christian Church-Dry Bottoms Baby Closet Ministry
916 Berry Ave SE
Valdese, NC 28690
Phone: (828) 879-8054
**Services:** The Dry Bottoms Baby Closet provides assistance to those who are need of diapers, wipes, creams, powder, shampoo, baby wash, and other basic needs for small children. The closet is open free of charge to those who are need. Recipients may come by once a month. Hours are every 2nd and 4th Tuesday of the month, excluding holidays from 2:00-4:00pm.

Food/Shelter

**Food Pantries**

Abernethy Memorial United Methodist Church
360 Malcolm Blvd.
Rutherford College, NC
Phone: (828) 879-8894

Bridge 42 Church
107 Calvin Heights St.
Morganton, NC 28655
Phone: (828) 584-2876

Burke United Christian Ministries
305-B W. Union St.
Morganton, NC 28655
Phone: (828) 433-8075
Contact person for Mobile Food Pantry Program: Rosemary Ohnesorge (828) 433-8075 (Ext. 223)

Burkemont Baptist Church
4668 Burkemont Rd.
Morganton, NC 28655
Phone: (828) 437-2357
Crosslink Church
400 Malcolm Blvd.
Rutherford College, NC
Phone: (828) 874-0428

Denton’s Chapel United Methodist Church
5358 Denton’s Chapel Rd.
Morganton, NC  28655
Phone: (828) 433-7985

East Burke Christian Ministries
202 S. Center St.
Hildebran, NC  28637
Phone: (828) 397-7074

El Bethel Baptist
1669 N. Green St.
Morganton, NC  28655
Phone: (828) 437-0570

First Baptist Church of Drexel
200 S. Main St.
Drexel, NC 28619
Phone: (828) 437-3351

First Baptist of Hildebran
8831 Old Highway 10
Hildebran, NC  28637
Phone: (828) 397-3641

First Baptist Church of Morganton
502 W. Union St.
Morganton, NC  28655
Phone: (828) 437-2544

High Peak Baptist Church
3073 High Peak Rd.
Valdese, NC  28690
Phone: (828) 874-0164

Oak Ridge Baptist Church
7449 Oak Ridge Church Rd.
Connelly Springs, NC  28612
Phone: (828) 874-0891
The Outreach Center
510 E. Fleming Dr.
Morganton, NC  28655
Phone: (828) 439-8300

Pleasant View Baptist Church
1834 US 70 E.
Morganton, NC  28655
Phone: (828) 437-3469

St. Charles Catholic Borromeo Church
728 W. Union St.
Morganton, NC  28655
Phone: (828) 437-3108

Waldensian Presbyterian Church
109 Main St. East
Valdese, NC  28690
Phone: (828) 874-2531/ (828) 879-9010

Zion Baptist Church
3396 Pea Ridge Rd.
Morganton, NC  28655
Phone: (828) 437-7755

Shelters
Burke Women’s Shelter (The Meeting Place)
208 White Street
Morganton, NC  28655
Phone: (828) 439-3625
Email: meetingplacemarks@gmail.com
Services: Emergency shelter for women and young children, served on a first come first serve basis. Check in is between 5pm and 7pm daily. Check out is by 8am daily.

FACES (Families Adjusting Changing Evolving Safely – The Meeting Place)
813 W. Union Street
Morganton, NC  28655
Phone: (828) 439-3625
Email: meetingplacemarks@gmail.com
Services: Duplex used for transitional shelter for families; transitional living for 6 months to 1 year. Call for availability.
**Habitat for Humanity of Burke County**

305 W. Union Street (Burke Mission Station)
Morganton, NC 28655
Phone: (828) 437-0370/(828) 437-5306
Email: habitat@burkehabitat.org
Website: [http://www.burkehabitat.org](http://www.burkehabitat.org)

**Services:** Builds affordable homes for qualified people. Participants must live in Burke County and currently live in overcrowded or substandard housing conditions; have steady, verifiable income making enough money to make a house payment but not so much that one would qualify for a loan at a bank; have a decent credit report; and be willing to help build their house and the houses of others.

**House of Refuge**

106 Murphy Street
Morganton, NC 28655
Phone: (828) 433-8921
Email: info@refugeministries.us
Website: [www.refugeministries.us](http://www.refugeministries.us)

**Services:** Provides overnight emergency shelter for homeless men and provides direction in seeking housing and employment.

**The Meeting Place Mission**

600 Burkemont Ave.
Morganton, NC 28655
Phone: (828) 439-3625
Email: meetingplacemarks@gmail.com
Website: [http://www.meetingplacemission.com](http://www.meetingplacemission.com)

**Services:** Provides transitional shelter to homeless adult men with referrals to area services. Call before coming to the shelter. Inquiry calls are accepted 9am – 5pm.

**Morganton Housing Authority**

644 1st Street
Morganton, NC 28655
Phone: (828) 437-9101
Fax: (828) 439-8351
Email: mail@morgantonhousing.com
Website: [www.morgantonhousing.com](http://www.morgantonhousing.com)

**Services:** Provides public housing for families with low income. All housing is located within Morganton city limits.
Options of Burke County
PO Box 2512
Morganton, NC 28680
Director: Kristy Graf, Executive Director
Phone: (828) 438-9444
Email: inc6400@bellsouth.net

Services: Provides a variety of assistance to victims of all violent crimes or threat of crime, including battered spouses, rape, sexual assault, and incest. Offer services for battered women and children, counseling for abused children, court assistance, and community education. Programs for school aged children in the areas of personal safety, domestic violence and child abuse are available for presentation in the public schools. Call about area support groups.

Valdese Housing Authority
1402 Lydia Avenue
Valdese, NC 28690
Phone: (828) 874-0098
Fax: (828) 874-4352

Services: Provides public housing for families with low income.

Western Piedmont Council on Governments (WPCOG) Section 8 Rental Assistance Program
1880 2nd Ave. NW
Hickory, NC 28601
Contact: Jo Ann Parlier
Phone: (828) 322-9191
Website: http://www.wpcog.org/index.asp

Services: Assists very low income families and the disabled to receive a “Housing Choice Voucher” (formerly called Section 8 Housing) that pays a significant portion of rent for participating landlords. Participants are able to search for their own housing, including single family homes, manufactured homes, townhouses, and apartments. Eligibility for a housing voucher is based on the annual gross income and family size and is limited to US citizens and special categories of non-citizens who have eligible immigration status.

Healthcare
Burke County Health Department
700 East Parker Road
Morganton, NC 28655
Phone: (828) 764-9150
Fax: (828) 764-9153
Website: www.burkenc.org/departments/health
Call for appointments and eligibility
The Burke County Health Department works to serve the citizens of our community through improving the health of the people and protecting the environment in which we live.

**Clinical Services:**
- Maternity
- Family Planning
- Sexually Transmitted Infection Clinic
- Adult Health
- Child Health
- Communicable Disease
- Immunizations

**Other Services:**
- WIC
- Environmental Health
- Health Education
- Pregnancy Care Managers/Care Coordination for Children
- Safe Kids Burke County
- Preparedness

**Broughton Hospital**
1000 South Sterling St.
Morganton, NC  28655
Phone:  (828) 433-2111
Contact us by Email at: BH.Information@dhhs.nc.gov

Broughton Hospital is one of three regional psychiatric hospitals with statutory responsibility for operating as a part of the Division of State Operated Healthcare Facilities (DSO HF) within the North Carolina Department of Health and Human Services to provide help and support to North Carolinians and their families experiencing mental illness. The hospital serves the western thirty-seven (37) counties of North Carolina, approximately 35% of the total population, as part of the state’s system of care and treatment for persons with mental illness. Broughton Hospital, as part of the state’s mental health system, participates in a continuum of services that originates with local managing entities in western North Carolina. This local service is designated as the single portal of entry for referrals to Broughton Hospital. Prior to admission communication is encouraged between this hospital and the referring agent. This includes verbal contact with admitting services and documentation sent with the patient as to history, reason for admission, medical condition and prospective needs.

**Services:** A 297 bed state operated psychiatric hospital, in the midst of building a $154 million state of the art facility due to be completed in the fall of 2017.

**Burke Hospice and Palliative Care**
1721 Enon Road
Valdese, NC  28690
Phone:  (828) 879-1601
Website:  http://www.burkehospice.org
Hospice and palliative care programs offer specialized care to people suffering from life-limiting illnesses and injuries. Hospice is a philosophy of care which respects and values the dignity of each person. Hospices care for people approaching death by cherishing life by helping patients (and those who love and care for them) live each day to the fullest. Hospice and palliative care is the practical expression of that personal and professional commitment.
Burke Hospice and Palliative Care serves Burke, Catawba, Caldwell, Avery, McDowell, Rutherford, Cleveland, and Lincoln counties of Western NC.

**Services include:**
- Palliative Care
- Hospice Care
- Relief and Resources
- Hospice House
- Hospice Care in Community Facilities
- Grief Counseling
- Advanced Care Planning
- Workshops and Education

**Burke Integrated Health**
350 E. Parker Road
Morganton, NC  28655
Phone: (828) 624-0300
Fax: (828) 528-5800
24 hr. Crisis Line: 1-888-235-4673
Website: [http://www.burkeintegratedhealth.com](http://www.burkeintegratedhealth.com)

Burke Integrated Health provides access to medical, mental health and substance abuse care in one location. Care is provided through collaboration between Partners Behavioral Health Management and the following organizations: Burke Primary Care, A Caring Alternative, Catawba Valley Behavioral Healthcare, The Cognitive Connection and Community Care of North Carolina/AccessCare.

**Carolinas Healthcare System Blue Ridge-Morganton Campus**
2201 South Sterling Street
Morganton, NC  28655
Phone: (828) 580-5000
Website: [info@BlueRidgeHealth.org](mailto:info@BlueRidgeHealth.org)

**Services:** The independent, not for profit hospital provides advanced, affordable healthcare for the residents of Burke County. This hospital system offers a broad scope of inpatient and outpatient services. The hospital anchors Carolinas Healthcare System – Blue Ridge’s system of local professionals and institutions dedicated to promoting wellness and meeting lifetime healthcare needs by providing comprehensive, high quality and cost effective services and facilities.
Carolinas Healthcare System Blue Ridge – Valdese Campus
720 Malcolm Blvd.
Valdese, NC 28690
Phone: (828) 580-7640
We are leading the way in advanced, comprehensive, community based healthcare services, including:
  A full service, 24 hour emergency department
  Physician practices
  Advanced diagnostic imaging
  Laboratory services
  Community room – coming in 2017

Carolinas HealthCare System – Urgent Care and Express Care
695 West Fleming Drive
Morganton, NC 28655
Phone: (828)580-3278
Monday – Friday 8am – 8:30pm
Saturday 10am – 8:30pm
Sunday 2pm – 8:30pm
Services: Treatment for sore throats, earaches, bronchitis, colds, flu and upset stomach
  Treatment for cuts, burns, strains and sprains
  Physicians for school, camp or work
  Assistance in selecting a primary care physician

Good Samaritan Clinic
305 West Union Street
Morganton, NC 28655
Phone: (828) 212-4185
Fax: (828) 212-4193
Website: http://burkegoodsamclinic.org
Facebook: https://www.facebook.com/goodsamaritanclinic
Services: Good Samaritan Clinic is an interdenominational Christian ministry providing charitable medical, dental and mental health care to Burke County residents who are without government assistance, private insurance or the financial resources to afford such care. No one is refused services based on race, gender, religious beliefs or sexual orientation. Good Samaritan Clinic is founded on the belief that healthcare is a God-given right for all, regardless of the ability to pay.

Services: Primary Care/Specialist Services
Farmworker Health Program
Teeth in Need Program
Emergency dental care
Labs and X-rays
Prescription medications
Mental Health case management, peer support and psychiatric services, etc.

Services not provided: family planning services; child immunizations; pain management; disability exams; and prescriptions for controlled substances.
J.Iverson Riddle Developmental Center
300 Enola Road
Morganton, NC  28655
Phone:  (828) 433-2731
This center is the state operated developmental center for North Carolina’s western region. Riddle provides services and support to individuals with intellectual and developmental disabilities, complex behavioral challenges and or medical conditions whose clinical treatment needs exceed the level of care available in the community.

Services include: Residential, medical, habilitation and training to promote independence, self-determination and to support community living
Facility based respite services to provide caregivers temporary relief
The Family Infant Preschool Program (FIPP) provides support and resources to women who are pregnant and children from birth through five years of age with identified intellectual and developmental disabilities and their families

Psalms Urgent Care Center
200-C S. College Street
Morganton, NC  28655
Phone:  (828) 438-1117
Fax:  (828) 438-1119
Monday – Friday  9am – 5:30pm
Saturday 9am – 4:30pm
Sunday  1pm – 4:30pm

Urgent Care of Mountain View
1101 N. Green Street
Morganton, NC  28655
Services: The Urgent Care treats a variety of illnesses and injuries in the urgent care setting. We perform a number of in-house labs and have partnered with Solstas Labs for more complicated testing. Also provides onsite digital x-rays. If your condition requires hospitalization, our team of medical providers can admit you directly to the hospital, allowing you to bypass a more costly visit to the emergency room. Our team of experienced medical professionals treats both adults and children and our staff members have worked in urgent cares and emergency rooms across the Unifour and beyond.

Holistic Wellness: Providers that specialize in complementary and alternative forms of wellness

Awakenings Spa
115 Queen Street
Morganton, NC  28655
Phone: (828)408-3670
Website:  www.awakeningsspa.com
Breathe Yoga and Wellness
131 W. Union Street
Morganton, NC 28655
Phone: (828) 475-5775
Website: www.breatheyogawellness.com

Foothills Holistic Alliance
(Coalition of Practitioners)
Website: www.foothillsholisticalliance.com

Optimal Health and Wellness
Dr. Johnny Gomes
113 Davis Street
Glen Alpine, NC 28628
Phone: (828) 584-8199
Website: www.optimalhealthwnc.com

Wisdom Path, LLC
220 W. Union Street
Morganton, NC 28655
Phone: (828) 475-6544
Website: www.wisdompathnc.com

Job Resources
Employment Security Commission
720 E Union St.
Morganton, NC 28655
Phone: (828) 438-6161
Website: www.ncworks.gov

Olive Hill Economic Development Center
309 Colombo St. SW
Valdese, NC 28690
Phone: (828) 522-4051
Website: www.ohcedc.org
Hours: Monday-Thursday 9:30-5:45pm and Fridays 9:30-4:30pm

Western Piedmont Community College
Job & Career Training
Website: www.wpcc.edu/job-career/
Mental Health/Behavioral

Agape Counseling
207 E. Union Street
Morganton, NC 28655
Phone: (828) 448-5425
Website: www.agapecounselingpllc.com

A Caring Alternative
617 South Green St.
Morganton, NC 28655
Phone: (828) 437-3000
Website: www.caringalternative.com

Broughton Hospital
1000 South Sterling St.
Morganton, NC 28655
Phone: (828) 433-2111
Email inquiry: bh.information@dhhs.gov

Burke Integrated Health
350 E. Parker Rd #102
Morganton, NC 28655
Phone: (828) 624-0300

Carolina HealthCare System Blue Ridge Behavioral Health
2201 South Sterling St.
Morganton, NC 28655
Phone: (828) 580-6400
Website: www.info@blueridgehealth.org

Catawba Valley Behavioral Healthcare
350 East Parker Road, Suite #1
Morganton, NC 28655
Phone: (828) 624-1900/(828) 438-6225
Website: www.cvbh.org

Counseling Group
1301 S. Sterling Street
Morganton, NC 28655
Phone: (828) 438-0215
Website: www.thecounselinggroup.com

Focus Behavioral Health Services
207 Queen Street
Morganton, NC 28655
Phone: (828) 439-8191
Fresh Start Counseling Center
512 E. Fleming Dr.
Morganton, NC  28655
Phone:  (828) 443-0005
Website:  www.fscounselingcenter.com

Life Works
205 E. Union Street
Morganton, NC  28655
Phone:  (828) 433-9190
Website:  www.lifeworksnc.org

Mimosa Christian Counseling Center
220 Burkemont Ave.
Morganton, NC  28655
Phone:  (828) 433-5600
Website:  www.mimosachristiancounseling.org

Dr. Byron K. Strother, MD, JD
123 Wamsutta Mill Rd.
Morganton, NC  28655
Phone:  (828) 475-4327

Universal Mental Health Services
301 E. Meeting St., #3
Morganton, NC  28655
Phone:  (828) 438-0006
Website:  www.umhs.net

Richard Welser, PhD
401-B S. Green Street
Morganton, NC  28655
Phone:  (828) 437-2004

Non-English Speaking Resources
Banco Rural from Guatemala  (This Bank branch is inside the store Rincon Hispano) where the Guatemalan people can send money to Guatemala only and open saving accounts.
319 S Sterling St.
Morganton, NC  28655

Guatemalan Consul
Morganton Recreation Center
300 Collette St
Morganton NC 28655
Main office address
2750 Buford Hwy NE
Atlanta GA 30324
Phone: (404) 320-8804
The Guatemalan Consul comes to Morganton once a year to register married couples, give ID picture, passport, and register children born in this country for them to have double citizenship

CONALFA
1311 Bethel Road
Morganton NC 28655
Phone: (828) 403-4665
Phone: (828) 201-99-09
A literacy program sponsor by the Guatemalan government, teaches people to read and write in Spanish to those who did not finish elementary school. (Location inside the Church Luz y Verdad)

Rincon Hispano and other Latino/Hispanic stores
319 S Sterling St.
Morganton, NC 28655
These stores have services for shipping packages, sending money anywhere in the world and selling phone cards for people to call other countries for a lower cost.

Latino/ churches help with Religion, Culture and Education

Iglesia Nueva Vida
501 Amherst Rd
Morganton, NC 28655
Phone: (828) 437-6365

Jehovah’s Witnesses
1663 Jamestown Rd
Morganton NC 28655
Phone: (828) 584-6096

St Charles Catholic Church
728 W Union St
Morganton NC 28655
Phone: (828) 437-3108

Emmanuel Spanish Assembly of God
688 Kirksey Dr
Morganton NC 28655
Phone: (828) 433-8432

Luz y Verdad
1311 Bethel Road
Morganton NC 28655
Phone: (828) 432-0561
Recreation

Breathe Yoga and Wellness
131 W. Union Street
Morganton, NC  28655
Phone:  (828) 475-5775
Website:  www.breatheyogawellness.com

Burke County Parks and Recreation
200 Avery Ave.
Morganton, NC 28655
Phone:  (828) 764-9000
Website:  www.burkenc.org/departments/parks-and-recreation

Catawba Meadows Park
701 Sanford Dr.
Morganton, NC 28655
Phone:  (828) 437-8863
Website:  http://www.morgantonnc.gov/index.php/government/parks-recreation/parks/catawba-meadows-park

Drexel Recreation Department
700 E. Main St.
Drexel, NC 28619
Phone:  (828) 439-4370
Website:  http://www.ci.drexel.nc.us/department/recreation/index.php

Kaboom
4301 Connecticut Ave., NW, Ste. ML-1
Washington, DC 20008
Phone:  (202) 659-0215
Website:  www.mapofplay.kaboom.org

Lake James State Park
2785 NC-126
Nebo, NC 28761
Phone:  (828) 584-7728
Website:  www.ncparks.gov/lake-james-state-park

Morganton Aquatics Center
117 Alphabet Ln.
Morganton, NC 28655
Phone:  (828) 438-5380
Website:  www.morgantonnc.gov/index.php/government/parks-recreation
Morganton Recreation Department
300 Collett St.
Morganton, NC 28655
Phone: (828) 438-5350
Website: www.morgantonnc.gov/index.php/government/parks-recreation

Phifer Wellness Center
2165 S. Sterling St.
Morganton, NC 28655
Phone: (828) 580-6600
Website: http://www.phiferwellness.com

Valdese Recreation Department Aquatics and Fitness
312 Massel Ave. SE
Valdese, NC  28690
Phone: (828) 879-2132
Website: https://townofvaldese.com/recreation/

Recovery Support
Burke Recovery
203 White St.
Morganton, NC 28655
Phone: (828) 433-1221
www.burkerecovery.com

Carolinas Healthcare System Blue Ridge
Medical Detoxification
2201 S. Sterling Street
Morganton, NC  28655
Phone: (828) 580-6378 or (828) 580-6393
Website: http://www.blueridgehealth.org/medical-detox.html
Services: Medical Detox is a short term, inpatient program designed to help patients withdraw from alcohol, benzodiazepines, barbiturates and opiates safely and without medical complications. Criteria for admission are severe symptoms of substance withdrawal that requires 24 hour medical supervision.

Alcoholics Anonymous (AA)
Phone: (828) 433-4440
Phone: 877-960-4789
www.ncd12aa.org
www.intherooms.com
Narcotics Anonymous (NA)
www.crna.org
www.intherooms.com
Phone: 866-848-2567
Al-Anon/Alateen
www.alanon.org
www.ncbermudaafg.org
Phone: 800-344-2666

Transportation
Greenway: (828) 464-9444

First come first serve, so call ahead to schedule an appointment. Rides in Burke County are $2.50 each way. If you have Medicaid, call your DSS caseworker to arrange transportation.

DSS Medicaid Transportation

For last name beginning with
A through K:  Karen Kirby, (828) 764-9300
L through Z:  Gina Elliot, (828) 764-9612

Handicare
Age 60 and over receive free rides in Burke County. Under age 60 or traveling outside of Burke County call for rates.
Phone: (828) 437-8429

PremierCare Medical Transportation
$60/hour
Phone: (828) 327-2012
Appendix F: Access to the 2016 Burke County CHNA

The 2016 Community Health Needs Assessment can be accessed through the following outlets:

Public Libraries
Burke County Government website
Burke County United Way website
Carolinas Health Care System Blue Ridge website
Legislative Representatives
Western Piedmont Community College website

Community Health Needs Assessments presentations will include:

Carolinas Health Care System Blue Ridge Board of Directors
Burke County Board of Commissioners
Burke County Board of Health
Burke County Chamber of Commerce/Business for Breakfast
Burke County United Way Board
Partners Behavioral Health Management
Townships/Municipalities (Upon request)

If your organization/agency is interested in a presentation of the 2016 Community Health Needs Assessment, please contact Lisa Moore, Burke County Health Department, at 828-764-9218 or lisa.moore@burkenc.org
Appendix G: References

1. Healthy People 2020, Adolescent Health Topics and Objectives; accessed on 11/23/16 from: https://www.healthypeople.gov/2020topics-objectives/topics/Adolescent-Health#Ref_02


6. Burke County GIS Department


