



2022 COMMUNITY HEALTH ASSESSMENT

Compiled by:

SURRY COUNTY HEALTH AND NUTRITION CENTER

118 Hamby Road, Dobson NC 27017
336-401-8534
<https://www.co.surry.nc.us>



TABLE OF CONTENTS

| | |
|--|-----|
| Executive Summary | 1 |
| Surry County Profile | 6 |
| Race | 7 |
| Age and Sex | 8 |
| Income and Economics | 9 |
| Community Needs | 10 |
| Healthcare Needs | 11 |
| Mental Health and Substance Use Needs | 14 |
| Family Needs | 17 |
| Social, Economic, and Educational Needs | 18 |
| Equity as a Need | 21 |
| Surry County Initiatives | 23 |
| Community Health Needs Assessment | 33 |
| Community Health Needs Assessment Results | 46 |
| Community Resources | 71 |
| Data Notes | 99 |
| References | 100 |

EXECUTIVE SUMMARY

Vision Statement

A healthy and educated community where individuals and families are supported and encouraged to reach their full potential in a safe and clean environment.

Leadership

The Surry County Health and Nutrition Center and the Surry County Board of Health helped to provide leadership and guidance for the Community Health Assessment (CHA) process.

Partnerships

| Partnerships | Number of Partners | Organizations |
|------------------------------|---------------------------|---|
| Hospital/Health Care Systems | 2 | Northern Regional Hospital Hugh Chatham Memorial Hospital |
| EMS | 1 | Surry County Emergency Services |
| County of Surry | 5 | Surry County Substance Abuse Recovery Surry County DSS Surry County- NC Cooperative Extension Surry County Media Department Surry County Economic Development |
| Behavioral Health Services | 2 | Insight Human Services Partners Behavioral Health |
| Law Enforcement | 5 | Surry County Sheriff's Department Elkin Police Department Dobson Police Department Mt. Airy Police Department Pilot Mountain Police Department |
| Fire Departments | 3 | Surry County Fire Marshall Office Mt. Airy Fire Department Elkin Fire Department |
| Pharmacies | 3 | Gates Pharmacy Elk Pharmacy Bridge Street Pharmacy |
| Public School Systems | 3 | Surry County Schools Elkin City Schools Mt. Airy City Schools |

Partnerships cont.

| Partnerships | Number of Partners | Organizations |
|------------------------------|---------------------------|--|
| Private School System | 1 | Millennium Charter Academy |
| Educational Institution | 1 | Surry Community College |
| Businesses | 1 | Nester Hosiery |
| Local Organizations | 4 | Mt. Airy Chamber of Commerce Easter Seals UCP The Shepherd's House Jones Family Resource Center |
| Parks and Recreation Centers | 5 | Surry County Parks and Recreation Mt. Airy Parks and Recreation Elkin Parks and Recreation Pilot Mountain Armfield Center Camp Raven Knob Bpy Scouts |

Regional and Contracted Services

No support was received from regional community health initiatives or privately contracted vendors for Surry County's 2022 Community Health Assessment.

Theoretical Framework/Model

The Surry County Health and Nutrition Center uses the Results-Based Accountability Framework (Clear Impact Scorecard). This approach helps to organize and improve the effectiveness of the programs taught. The RBA focuses on asking the most important performance measure questions, which are: How much did we do? How well did we do it? Is anyone better off? This Model keeps the SCHNC on the right track with planning, implementing, and evaluating its programs.

Collaborative Process Summary

Surry County's collaborative process is guided by a CHA Team. This team reviews the primary and secondary data to determine the top priority health concerns within the community. Once the health concerns are established, agencies will work together to implement initiatives that address those concerns. Over the next 4 years, much emphasis will be placed on programs and efforts to reach diverse populations regarding the identified health issues.

Key Findings

Surry County has approximately 71,359 residents, according to the 2020 census. Around 83.11% of the county's population is white, 11.91% are Latino, 3.49% are African American, 0.53% are Asian, 0.44% are American Indian or Alaska Native, and 0.02% identify as Other Pacific Islander. Approximately 89.66% of the total population speak English.

There is a growing population of older adults in Surry County, with over a fifth (approximately 21%) being 65 years of age or older. Over a third of Surry County citizens are in later adulthood, with approximately 35% being between the ages of 40-64. As the late adult/elderly population grows, we have to consider the potential for an increase in chronic health concerns. Around 50.92% of the population is female while 48.79% is male.

The median household income for Surry County is \$51,950 and the county falls 16.5% below the poverty line. The unemployment rate in the county is at 2.9% which is 1.9% decrease from where we were in 2018, at the time of the last CHA. Only 77% of Surry County residents age 25 and older hold a high school diploma or higher. In most households, both parents are working, resulting in 62.2% of children between the ages of birth and 2 needing some kind of childcare.

Peer County Review

Compared to peer county, Rutherford, Surry County is doing pretty well when looking at the Median Household Income, percent below Poverty Level, and the Unemployment Rate as mentioned above. The overall death rate in Surry County per 10,000 residents (8.55) is much lower than Rutherford County (13.19). When looking at the unintentional injury death rate per 10,000 in Surry (8.83), it is comparable to that of Rutherford (8.84). Surry County has a higher rate of Fall Injury Deaths per 10,000 (3.08) compared to Rutherford (1.40).

Surry County had 78 Suicide Deaths between 2016-2020. The county has also had 47 Unintentional Opioid-related deaths since 2018, not including the data from 2021-2022. When looking at Emergency Department (ED) visits per 10,000, those that were seen for Alcohol Incidents in Surry County landed at 58.91 and Rutherford 102.72. ED visits related to Methamphetamine were Surry 4.06 and Rutherford 4.81. ED visits related to any type of Substance were Surry 125.53 and Rutherford 424.55. Those statistics show that Rutherford has had a much greater concern around Substance Use-related ED visits than Surry County.

Health Priorities

The top 3 health priorities in 2022 were identified as:

- **Substance Use**
- **Mental Health**
- **Overweight/Obesity**

Other health and safety concerns fell around Communicable Disease, Injury and Violence, and Cancer.

Next Steps

The Community Health Assessment will be shared with Community Stakeholders and Members. It can be found in the local libraries, Chamber of Commerce, on the Surry County Government website, and the Surry County Health and Nutrition Center's media outlets. As mentioned before, local agencies such as the Hospitals, EMS, local Health Department, and many others will work together to create a plan for addressing the identified health priorities.

The health priorities identified were also the top ones listed in the 2018 CHA. The community will continue working to implement existing and new efforts to help reduce the burden that these health issues have on our residents.

Surry County is truly a wonderful place to live and our hope is to give all that reside here the best quality of life possible.

If you have questions about the CHA please contact the Surry County Health and Nutrition Center at 336-401-8400.

PROFILE: SURRY COUNTY, NC

What Does Surry County Look Like?

Surry County is a predominantly rural county with 4 municipalities (Mount Airy, Elkin, Pilot Mountain, and Dobson). It can be found at the northwestern end of the piedmont, boarding Virginia and could arguably be associated with some of the more mountainous counties being that it falls between the Blue Ridge Mountains and the Sauratown Mountains. Covering 535.42 square miles, Surry County belongs to the Yadkin Valley and is known for its agriculture, scenery, and various vineyards.

Geographically, the county is home to mountains as famous as Pilot Mountain as well as to more humble elevations such as Buck Mountain. In between there are rolling hills, often occupied by farmland, temperate woodland, residential areas, small businesses, and commercial clusters within the municipal areas. Relatively large lakes are abundant throughout the county with the most prominent body of water defining the southern border: the Yadkin River.

71,359 individuals in the 2020 census called Surry County home . That's over 71,000 residents who the Surry County Health and Nutrition Center proudly serves and have been granted the privilege to protect, monitor, and prevent the jeopardy of their health.

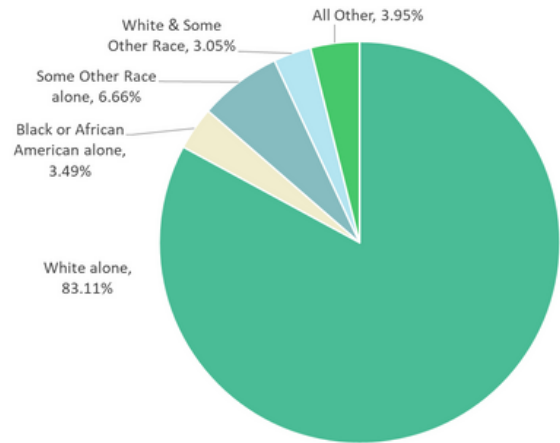
In The Pages That Follow

The pages that follow highlight the demographic properties of our county. Additionally, we will compare our profile to our comparison area, Rutherford County. Rutherford County is located near the southwest boarder of North Carolina, and boasts a population of 64,444 as of 2020¹. The demographics of the State of North Carolina will also be observed. Comparing our attributes to that of North Carolina enable us to establish a median or mean value for us to compare our standing to (since NC has 100 counties, marking our standing is seemingly simple). A comparison to Rutherford County, on the other hand, provides insight as to what a similar county would do and how we differ or resemble a similar county.

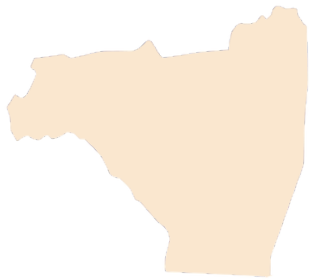
Rutherford County's 2018 Community Health Assessment can be found at this link:

https://schs.dph.ncdhhs.gov/units/ldas/cha2018/Rutherford_2018_%20CHA_Report.pdf

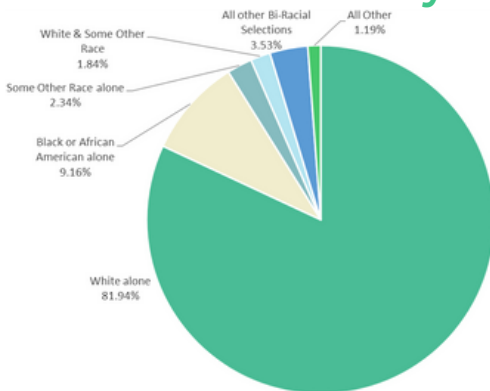
Race



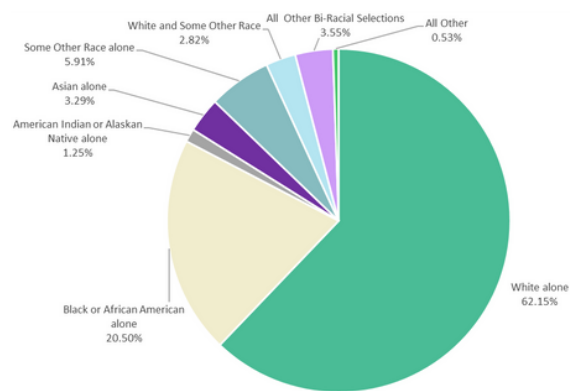
Surry County is composed of 83.11% White residents, making this racial group the majority. **11.91% of the population identified as Latino**, a significant portion of the population provided that 89.66% of the total population speak only English at home (9.06% speak Spanish at home). Independent of ethnicity, 6.66% of citizens reported “some other race alone” to the U.S. Census Bureau in 2020, making up the second largest racial identity in the county. The next largest groups, in order, are Black/ African American (3.49%), White and some other race combined (3.05%), all other biracial selections (2.70%, includes any two-race selection that is not White and some other race), Asian (0.53%), American Indian or Alaska Native (0.44%), three or more races selected (0.26%), and Native Hawaiian and Other Pacific Islander (0.02%)¹.



Rutherford County



North Carolina



Compared with Rutherford County and the state, Surry County appears to be less racially diverse than its counterparts. However, Surry County has a higher Latino population than both the state and Rutherford at 11.91%, with **10.72% of North Carolinians and 5.10% of Rutherford County residents identifying as Latino**, independent of race. A curious correlation exists between those who identify as Latino and those who identify as "Some Other Race Alone". Looking at these 3 areas alone, a sustained positive correlation exists. This may infer that many Hispanic or Latino individuals do not feel comfortable identifying with a traditional race, and instead find the most comfort identifying with their ethnicity instead. Earlier research from the previous 2010 census seems to support this view².

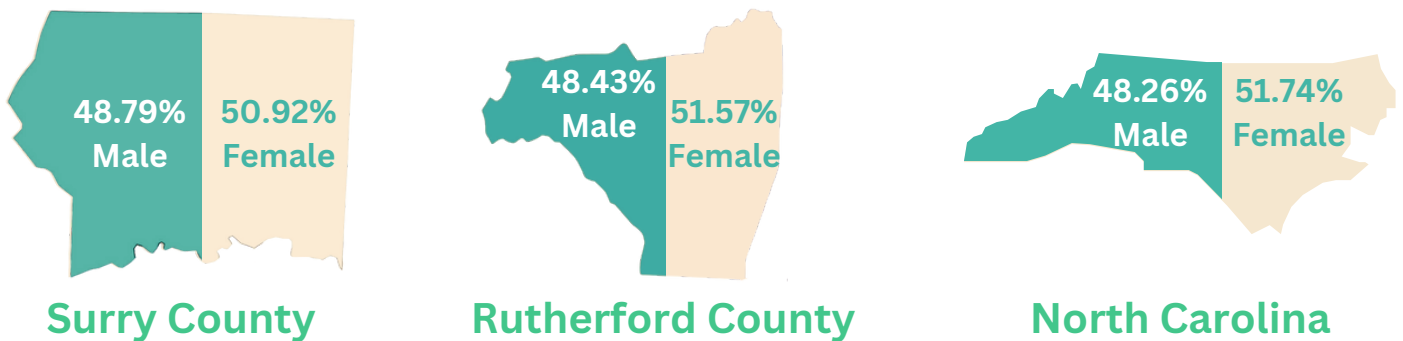
Age



Like most of the U.S., there is a growing population of older adults in Surry County, with over a fifth (approximately 21%) being 65 years of age or older. **Over a third of Surry County citizens are in later adulthood, with approximately 35% being between the ages of 40-64.** With this statistic comes some practical concerns, such as what this means for the prevalence of chronic illness. Since many chronic illnesses, such as COPD and congestive heart failure, tend to not cause disability or distress until the later years in life, establishing information of current habits and exposures that lead to adverse health effects in 40-64 age group (1958-1982 cohort) may allow us to better prepare for the chronic diseases we are soon to encounter. Hence, the significance of monitoring population age data.

Compared to the state, Surry County's younger generations have a far weaker representation amongst the overall population. Rutherford County also seems to chart similar to Surry in that regard, showing a stronger proportion of older adults¹.

Sex



Compared to Rutherford and North Carolina overall, Surry's male-to-female ratio is slightly larger than the other two comparisons. The difference is not significant, however, compared to the other demographics that have previously been discussed¹.

Income & Economics

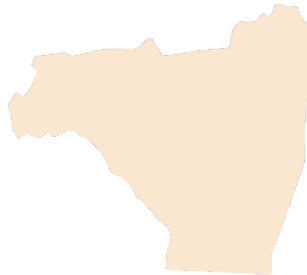


Surry County

\$ \$51,950
Median Household
Income

16.5%
Percentage Below
the FPL

2.9%
Unemployment
Rate

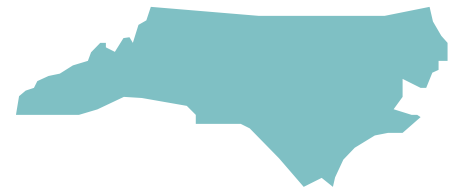


Rutherford County

\$ \$45,500
Median Household
Income

18.2%
Percentage Below
the FPL

5.2%
Unemployment
Rate



North Carolina

\$ \$61,972
Median Household
Income

13.4%
Percentage Below
the FPL

4.4%
Unemployment
Rate

Reporting income and economics as a component of demographics is not an easy nor clear-cut visual of who is struggling in our communities. The U.S. Census Bureau data shows that Surry County lies between the state and Rutherford County in terms of Median Household Income, and those below the federal poverty line¹. The Department of Labor's Bureau for Labor Statistics also shows that as of December 2022, Surry falls short of the state's average for unemployment but fairs better than Rutherford³.

In Surry County, the detriments of income are not evenly distributed. Those most likely to be impacted by poverty were those with less than a High School Diploma (28.8%), with increasing educational attainment decreasing the likelihood of poverty. The most likely of those to be in poverty are, unfortunately, those under the age of 5 (23%). 18-34 year-olds were the second most impacted (21.1%). The US Census Bureau does not have statistics for racial specifications to poverty in Surry County other than that 15.9% of those who identified as White Alone are below the poverty level. Provided that Surry's average is 16.5%, racial and ethnic disparities in income may be responsible for increasing the overall portion. More research is needed for this matter¹.

COMMUNITY NEEDS

What is a Resource?

The term "resource" often seems to be thrown around and applied to anything someone may deem useful. While this isn't necessarily false, for the sake of the Community Health Assessment, we define a **Resource** as an entity, organization, service, provider, or tool that can be used to promote the health of an individual. Thus, by ensuring the availability of and access to resources within the community, we promote population health.

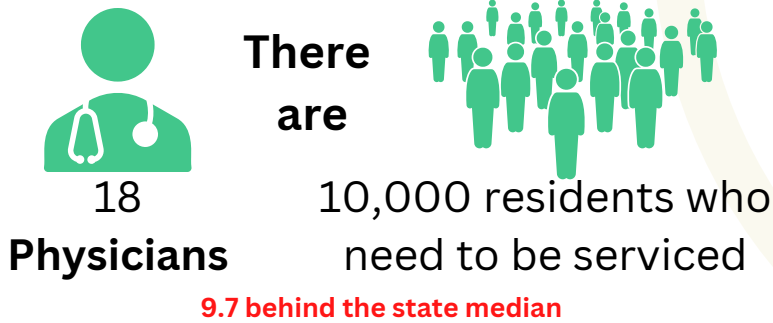
Surry County is home to hundreds of resources, ranging from housing to daycares to schools to crisis assistance. Many of those resources have been listed later in the assessment. An index of the resources that we have not only allows providers to refer clients for assistance, but it also provides us with a number of resources from which we can categorize and compare to neighboring counties and State data to determine if we have enough resources for our community. The pages that follow are dedicated to just that: needed resources in Surry County.



Healthcare Needs

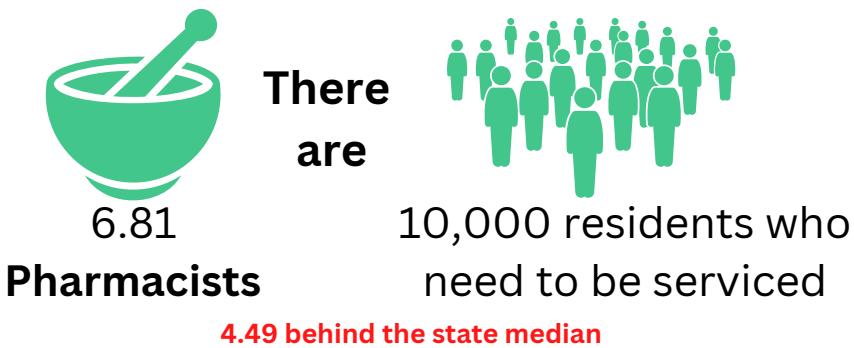
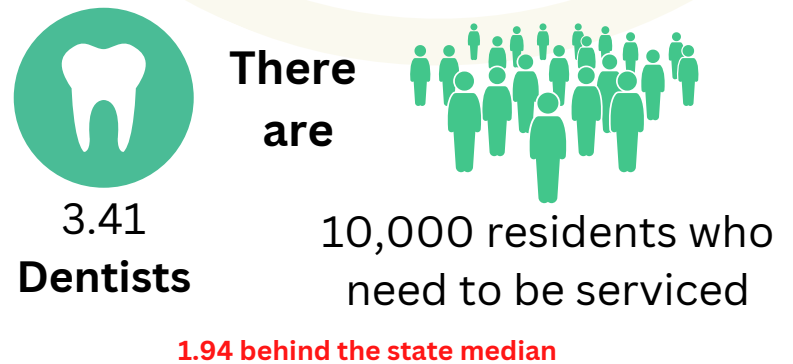
For every...

Data from the UNC "Sheps Health Workforce NC" interactive dashboard ⁴



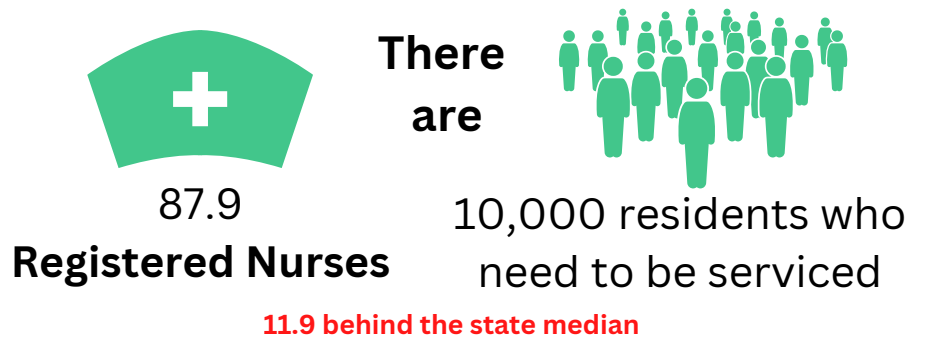
A healthcare-to-population ratio is a good metric for the quality of life for a population. In Surry County, 132 physicians reported to be operating in 2021. Over the county's population (71,359), that is approximately 18 physicians per 10,000 residents. The state of North Carolina, however, boasts a rate of 27.7. Rutherford County, NC, has only 11.4 physicians per 10,000 residents. When analyzed by physician specialty, there are some specialties that Surry County meets or exceeds the state median. These include Family Medicine (0.09), Gastroenterology (0.01), General Surgery (0.18), Geriatrics (0.13), Addiction Psychiatry (0.03), and Urology (0.32).

Dentistry offers another metric for provider-to-population measurements. Across all specialties and the general category of dentistry, with the exception of orthodontics (0.02), Surry County falls behind the state median for dentists per 10,000 residents. This includes oral surgeons and other dental specialists. Rutherford County follows with a rate of 2.31.



50 pharmacists claim Surry County as their primary service area. However, when configured to how many pharmacists serve 10,000 Surry County citizens, only 6.81 are available to dispense and review medications. This figure is just over half the state median. Rutherford County follows closely at a rate of 6.07

Registered nurses represent one of the largest skilled and credentialed providers in the healthcare workforce. Hence, while there is a significantly higher ratio of nurses-to-population, Surry County still falls behind the state median. Rutherford County, by comparison, has an even larger deficit at 54.6 nurses per 10,000 residents.

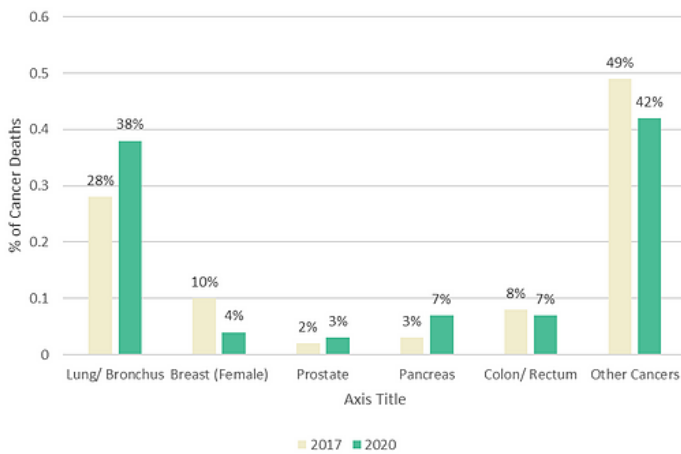


Healthcare Needs

Needed resources are not limited in the healthcare workforce. In 2019, the 10 leading causes of death for Surry County as reported by NCDHHS begin to show why an adequate workforce is necessary in order to provide quality care to all of the individuals in a population. Starting from the highest, the leading cause of death in Surry County were cancer, heart disease, Alzheimer's disease, chronic lower respiratory disease, unintentional injuries, cerebrovascular disease, diabetes mellitus, nephritis and related disease, influenzas/pneumonia, and septicemia⁵.

Cancer

Cancer encompasses a very broad array of malignant neoplasms. Cancer is the leading cause of death in Surry County, with a mortality rate of 20.2%. Approximately **38% of cancer deaths in Surry County are lung or bronchus related; the most preventable type of cancer**⁶. As displayed on the graph below, from 2017 to 2020, lung/ bronchus cancers made up a larger portion of cancer deaths in recent assessments than they did in 2017^{6,7}.



The chart above shows a break-down of cancer deaths for Surry County based on the North Carolina Central Cancer Registry Profile data^{6,7}. Combatting cancer will require a multi-disciplinary and multi-faceted approach to facilitate lifestyle and environmental changes. In fact, changes made already, such as a declining smoking rate, appear to be making progress: the 2017 profile reported 21.3% of cancer patients would succumb to their illness, higher than the mortality rate in 2020. From 2017 to 2020, Surry County has also remained **below** the state average for cancer mortality consistently^{6,7}.

Cardiovascular Disease

Cardiovascular disease encompasses any disease that impacts the heart or circulatory system in a manner to compromise its function and ability. The cost of care for cardiovascular medical emergencies

are often high due to the intensive and chronic nature of the treatment. Despite cardiovascular disease, or "heart disease", being the second largest cause of mortality in Surry County, it was ranked relatively low on the 2022 Community Health Assessment Survey. However, overweight/obesity was the third highest concern and has a strong correlation with cardiovascular disease. This may be indicative of the need of more educational efforts to help individuals connect the correlation between obesity and heart disease. NCDHHS estimates that **in 2019, 36.58 people per 10,000 Surry County residents died from Cardiovascular disease***. This mirrors similar comparison trends to NC and Rutherford County; above the state rate of 25.74, and below Rutherford's rate of 41.43⁵.

Obesity

Not only did our CHA survey results indicate that many Surry County residents identified obesity as a problem, but a large number of participants reported that they had a conversation with their provider about it. Both local community hospitals, Hugh Chatham Health and Northern Regional Hospital, identified Obesity as priority health concerns^{8,9}.

According to Hugh Chatham Health's 2022 Community Health Needs Assessment, **adult obesity affects 36% of Surry County Residents**.

Obesity complicates multiple body systems. This includes the cardiovascular system as previously discussed, as well as renal functions, respiratory quality, and endocrine and hormonal functioning¹⁰. With over one third of the Surry County population facing obesity as a challenge to their health, additional comorbidities are likely to present a rising challenge to both patients and providers in the future. Based on cardiovascular disease death data alone, obesity and all the factors affecting it will need to become a health priority.

*Data provided by a "Detailed Mortality Statistics" report, where the cause of death was set to include the following ICD-10-CM codes: I05-I099 Chronic rheumatic heart diseases, I10-I15 Hypertensive diseases, I20-I259 Ischemic heart diseases, I26-I289 Pulmonary heart disease and diseases of pulmonary circulation, I30-I52 Other forms of heart disease, I60-I698 Cerebrovascular diseases, I70-I79 Diseases of arteries, arterioles and capillaries, I80-I899 Diseases of veins, lymphatic vessels and lymph nodes, not elsewhere classified, I95-I99 Other and unspecified disorders of the circulatory system, I38-I38 Endocarditis, valve unspecified, I64-I64 Stroke, not specified as hemorrhagic or infarction, I81-I81 Portal vein thrombosis, I99-I99 Other and unspecified disorders of circulatory system, I48-I48 Atrial fibrillation and flutter. All ages, races, genders, and Hispanic origins were included in this statistic.

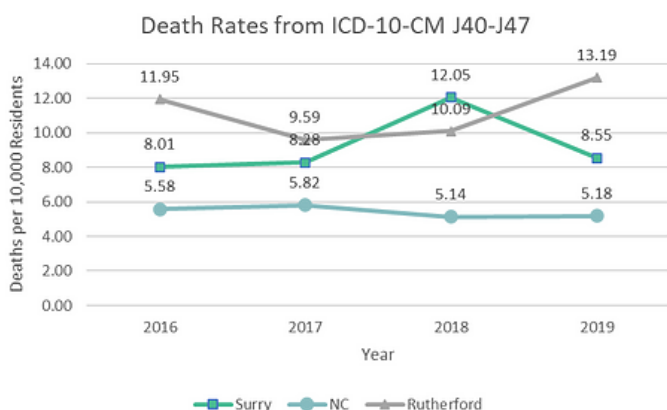
Healthcare Needs

Alzheimer's Disease

Alzheimer's disease is a type of dementia that involves a gradual decline in cognitive function and ability to complete activities of daily living. What makes Alzheimer's disease, as well as other forms of dementia, significant in the context of vital statistics is its impact. The pathogenesis of the disease is complex and is still a major topic of research, so the cause of the disease itself isn't clear yet. What is clear is the burden it puts on caretakers, both family and facilities. As the disease progresses, increased attention, time, and resources are consistently expended on the patient over the course of many years. This does not include the emotional burden that accompanies the process. **11.34% of Surry County Medicare beneficiaries are diagnosed with Alzheimer's or another dementia, ranking number 16 in the state of North Carolina**¹¹.

Chronic Lower Respiratory Disease

Chronic lower respiratory disease broadly encompasses many diseases that impact the pulmonary system long term. Of these, the two most well known are chronic bronchitis and chronic obstruction pulmonary disease (COPD), which in itself can be broken down into even more specific pathological processes.

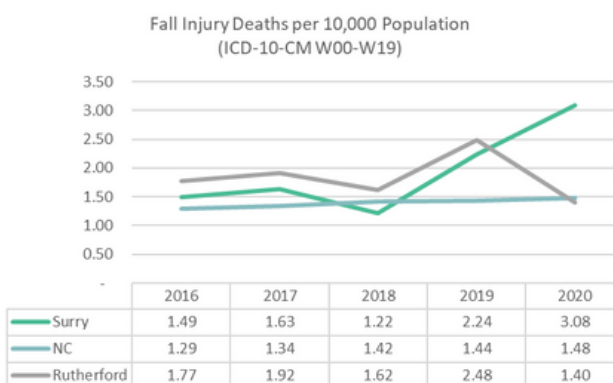
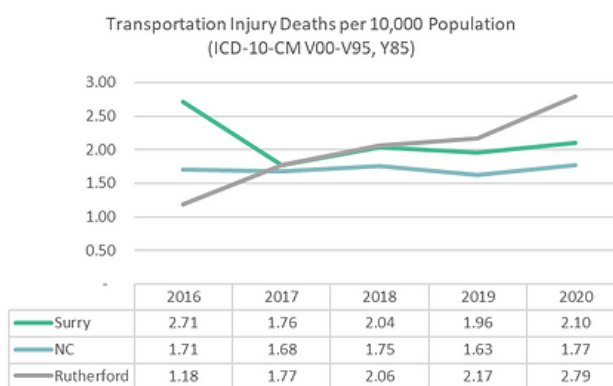
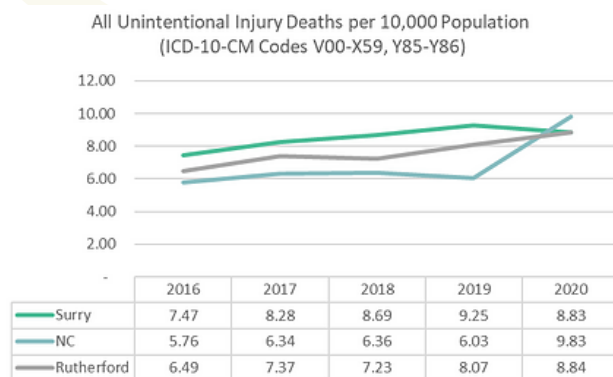


With the exception of 2018, we have charted above the state median for deaths (5.18 per 10,000 people.) The most recent data from **2019 shows that 8.55 per 10,000 Surry County residents** died that year⁵. Smoking is a major contributing factor to the development of chronic lower respiratory diseases. The relationship between smoking and chronic lower respiratory disease could also explain the high incidence of lung cancer related deaths in Surry County.

The 2022 CHA survey also reflects a high prevalence of smoking among respondents: 43.7% are current cigarette smokers, of which 86% of those smokers have upheld the habit for 30-40 years. The need to address negative behavioral impacts on health, including smoking, will require addressing not only intrapersonal factors, but environmental ones as well.

Unintentional Injuries

The fifth leading cause of death in Surry County, fatalities due to unintentional injuries cover a large spectrum of events. Detailed in the graphs below are 2 of the largest culprits: transportation accidents and falls.⁵ **Transportation accident deaths made-up 23.81% of all unintentional injury deaths in 2020, while falls made up 34.92%.**

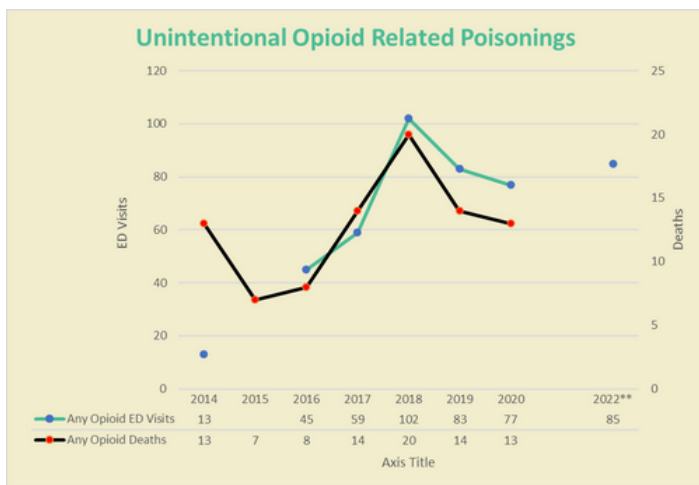


Mental Health & Substance Use Needs

The 2022 CHA revealed that the highest and second highest rated health issues from the community were substance use and mental health, respectively. It comes as no surprise then, that there is a large need for preventative, interventional, and maintenance initiatives for behavioral health in Surry County. The data appears to support this urgency.

Opioid Epidemic

Current data is showing hope for Surry County: a trending decline in unintentional opioid related ED visits and deaths. This could be attributed to a variety of resources that have become present through the collaborative efforts of SCHNC and community partners, such as Surry County's Opioid Response Team (ORT). The graph below shows data provided by NCDETECT, with preliminary ED visit data for 2022. While 2022 shows a possible increase, the effects of the COVID-19 pandemic may have resulted in a number of confounding variables that compromised protective social spheres and resource availability for those struggling with opioid use disorder. All factors considered, Surry County no longer ranks in the top 10 counties for Opioid Overdose deaths *nor* ED visits; however, our rate of overdose deaths for all intents, **20.3 per 100,000 residents**, is still higher than the statewide rate at 19.3¹².



Substance Use

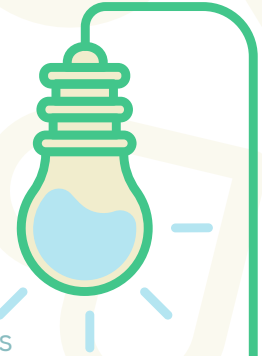
Opioids and opiates are not the only cause for concern in Surry County. The CHA Survey reported methamphetamine and abuse of prescription drugs and pills as the first and second largest concerns respectively for question 46. The following chart illustrates one way of tracking substance use in Surry

Quick Facts

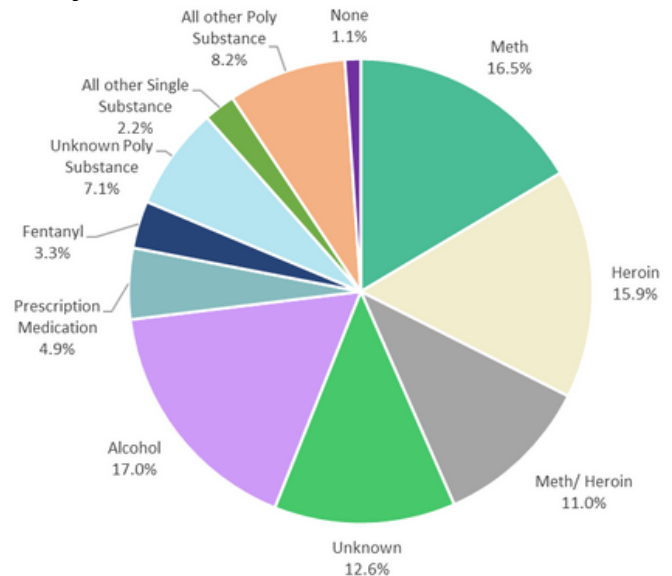
78 Suicides between 2016 and 2020

0 Licensed Psychologists claim Surry as their primary service area

47 Unintentional opioid-related overdose deaths since 2018, not including data from 2021-2022



County: Substance Use Intervention Team Referrals¹³



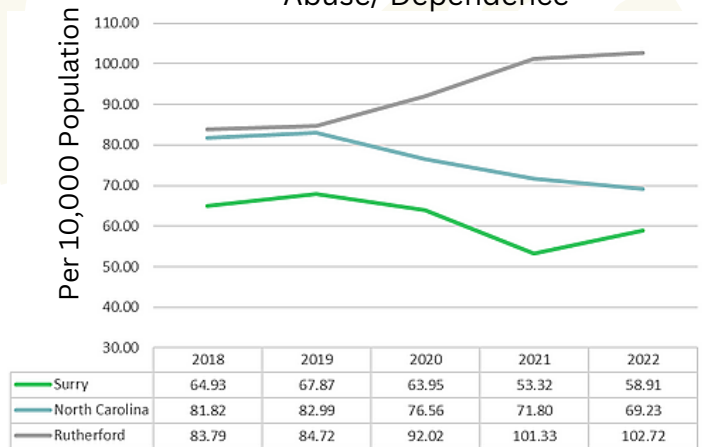
The Surry County Substance Use Recovery Office dispatches the Intervention Team upon referral. There is not any comparative data from the state or Rutherford County as detailed as Surry County. This data is obviously not all-inclusive, as many victims of substances may not receive a referral. However, it helps to guide substance use efforts to address specific

Mental Health & Substance Use Needs

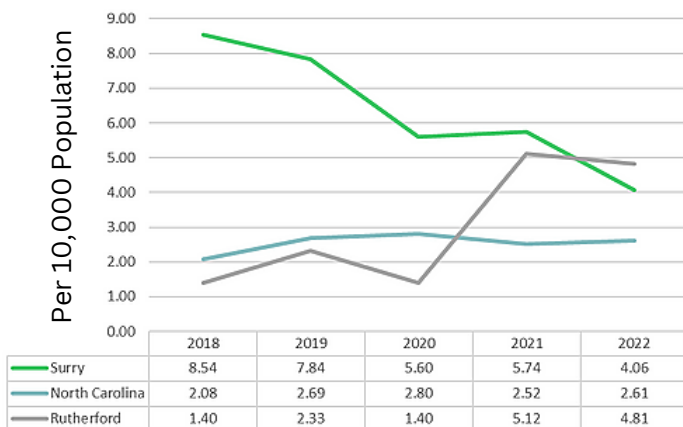
substance concerns and allow for prioritization of efforts. While this confirms that methamphetamine and opiates/opioids are all still relevant concerns for the county, it also illustrates that more "accepted" substances, such as alcohol, are also still relevant problems. CHA survey results along with lung cancer and COPD data also suggest that tobacco use may be a substance of current concern as well.

What does the data say for overall substance use in Surry County? By observing ED visits through NCDTECT, the following statistics have been derived. Thus far, the results seem very promising, with decreased ED visits in Surry County across multiple substances.

ED Visits Involving Alcohol Abuse/ Dependence



ED Visits Involving Methamphetamine

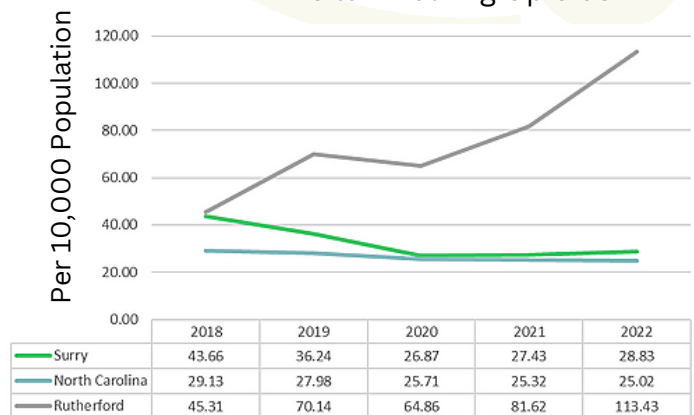


The above graph details ED visits where methamphetamine was involved. Currently, **4.06 ED visits per 10,000 population involve methamphetamine**. As the NCDTECT data shows, Surry County has enjoyed a large decrease since the last CHA.

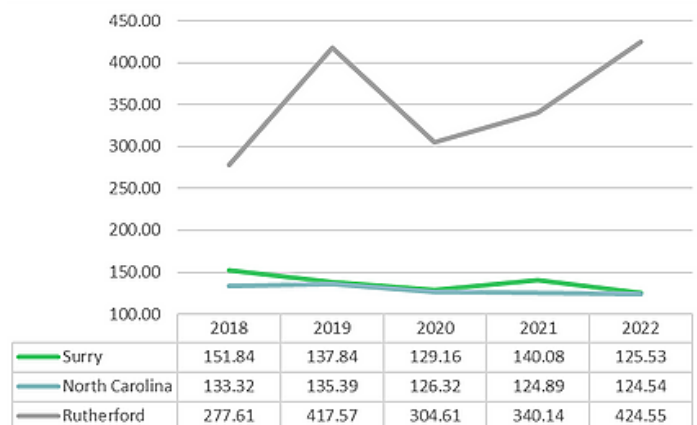
By comparison, alcohol accounts for far more ED visits than methamphetamine. This is likely due to ease of access and increased social acceptability of alcohol intoxication as opposed to other substances. 2022 saw an increase in ED visits, with 58.91 ED visits per 10,000 population due to either alcohol abuse or dependence, not including withdrawals.

For opioids, Surry County has seen a steady decline. Currently, **28.83 ED visits per 10,000 population are attributed to opioids**, not including overdoses or deaths, or polysubstance visits.

ED Visits Involving Opioids



ED Visits Involving Any Broad Range of Substances



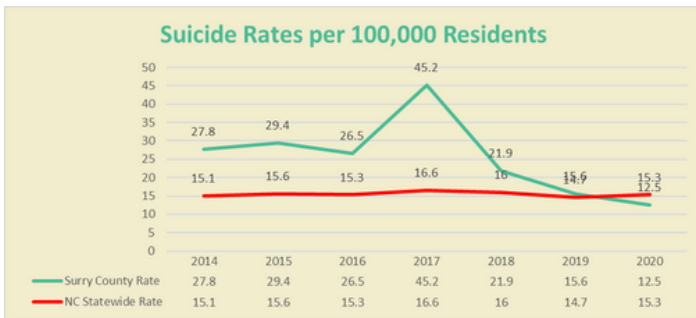
Mental Health & Substance Use Needs

Substance use is still rightfully a concern for members of the community. But trends show that Surry County is moving in the right direction overall. For all metrics except methamphetamine, the county charts either below or closely with the state median.

Suicide

Completed suicides are a "tip of the iceberg" metric; the CDC estimates that for every 1 suicide, there are approximately 27 suicide attempts and 275 events of suicidal ideation¹⁴. Suicide has seen a sharp decline in Surry County, from 45.2 suicides per 100,000 people in 2017 to **12.5 suicides per 100,000 people** in 2020¹⁵. Compared to the state, who holds a rate of 15.3, the county is doing better than average. However, this is the first time that Surry County has fallen below average, and it will take continuous efforts to keep the county in the right path.

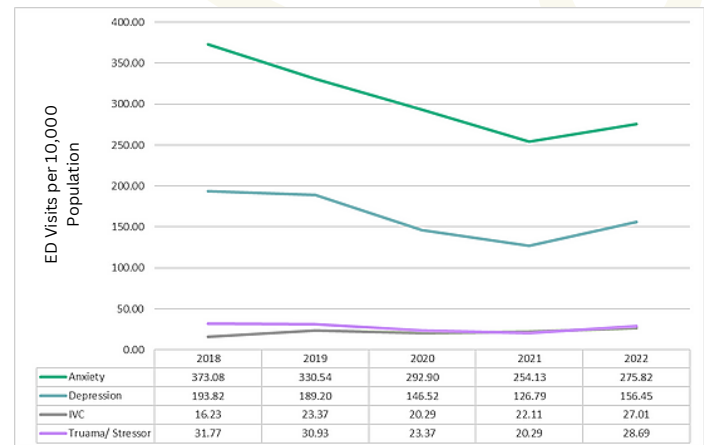
In Surry County, between the years of 2016 and 2020 there were 2 pediatric suicides. Across North Carolina, suicide was the 6th leading cause of deaths between the ages of 0-17, but was the #1 leading cause of death for those ages 10-14, and #3 for those ages 15-17⁵. While there were no reported child suicides in 2020, efforts to prevent suicide should be maintained and even enhanced to keep the county's suicide rate on the decline.



Mental & Behavioral Health

Suicide, parasuicide, and suicidal ideation do not provide a complete image of the mental health problem alone. There are a range of psychiatric disorders and behavioral deficits (diagnosed and undiagnosed) that are not always accompanied by suicide.

A lack of advanced clinical resources poses a barrier to receiving mental health care. A quick search engine inquiry for "Psychologists in Surry County" will only produce two private practices with minimal business information. UNC reports that there are no licensed psychologists who claim Surry County to be their primary operational location⁴. The attraction and retention of advanced mental healthcare professionals is vital to ensure the elimination of accessibility barriers for the residents of Surry County. Data from NCDETECT, graphed below, shows that until 2022, mental health emergencies were on the decline across anxiety, depression, IVC, and Trauma/Stressor related visits.



Mental health is not easy to harness from a public health perspective. Access to mental healthcare, co-occurring substance use, social support, economic factors, physiological health, adverse childhood experiences (ACEs), patient history, trauma, and ongoing and persistent stressors all factor in to both an individual's resilience and the likelihood of experiencing a behavioral health crisis. Part of the solution lies in the clinical setting: using evidence-based practices, patient-centered care, and involving the patient in their treatment plan. Public Health can assist in this by introducing and distributing the latest research and best practices to providers in our jurisdiction. From the non-clinical arena, collaborative efforts will be needed to address affordability, availability, and physical access (transportation, etc). Prioritizing prevention and early-intervention will yield the greatest results for assisting our community through what is a persistently high concern from the community.

Family Needs

The CHA survey revealed a few interesting statistics about what happens in the households of our communities. While well over 60% of respondents had both parents in the household, just over 20% of households were maintained by a single parent. 10.5% of respondents reporting having trouble finding quality childcare within the county. It is often difficult to detect these challenges in the community due to the resilience and resourcefulness that parents either have or develop, but that does not mean that there are still not needs to be addressed within the community.

Childcare

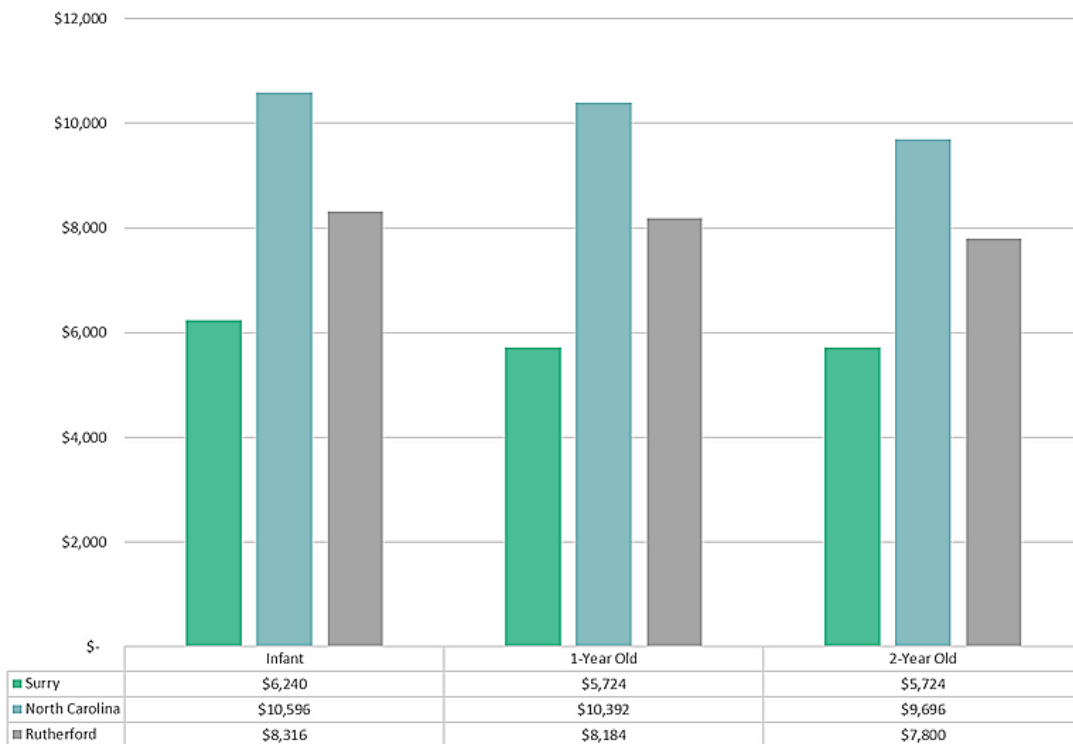
Childcare has obvious significance provided that many households today involve single-parent households or dual-working parent households. The need to attain employment is critical for all residents, and often cannot co-occur alongside parenting responsibilities. Of the reported 2,238 children between the ages of birth and two, 1,392 had dual-working parents¹⁶. Put another way, **62.2% of children between the ages of birth and age two need some kind of childcare because both parents are working.** There are two facets to obtaining childcare in Surry County: access by affordability, and access by availability.

Affordability of childcare refers to the actual out-of-pocket cost for the parent for someone to watch their child or children. The cyclic irony is that the inability to afford childcare leads to the inability to work, which in turn further inhibits the ability to afford childcare and so on. The Yadkin Valley Economic Development District, Inc (YVEDDI) found

during their 2020 Community Needs Assessment that the statewide average cost of childcare was \$8,113 per year for non-infants, and \$9,480 for infants¹⁷.

Availability of childcare is the next concern for parents, for even if they can afford the childcare, there may not be spots available for them. Only 29 facilities are registered through the state, and an additional 13 elementary schools offer Pre-K¹⁶. According to YVEDDI, for every spot available there are 1.52 children who potentially need childcare. Despite this, there is a 8% vacancy rate¹⁷. The inability to afford those spots and accommodations made due to the COVID-19 Pandemic could likely be responsible for this small vacancy.

Fortunately, Surry County falls below the state median for average cost of childcare, and compared to Rutherford County we appear to fare better as well. This data has been reflected in the graph below for average annual childcare expenditures.



The chart above is based on data from the Think Babies NC Alliance and the Child Care Services Association Landscape studies^{16 18 19}.

Social, Economic, & Educational Needs

Health is impacted beyond direct health needs. Socioeconomic factors place a vital role in predicting health outcomes. Some relationships are more direct: those who earn low wages may not be able to afford healthcare or health insurance, for example. Other relationships exist, however, that may not always be so clear. These mechanisms involve a complex interaction among economic, cultural, social, societal, and other "man-made" spheres of influence.

Education

Education is one of the strongest indicators of income and health independently. Thus, quality educational attainment remains a priority and concern for health stakeholders. The table below is based off data from the U.S. Census Bureau's 2020 Census¹ for Surry County.

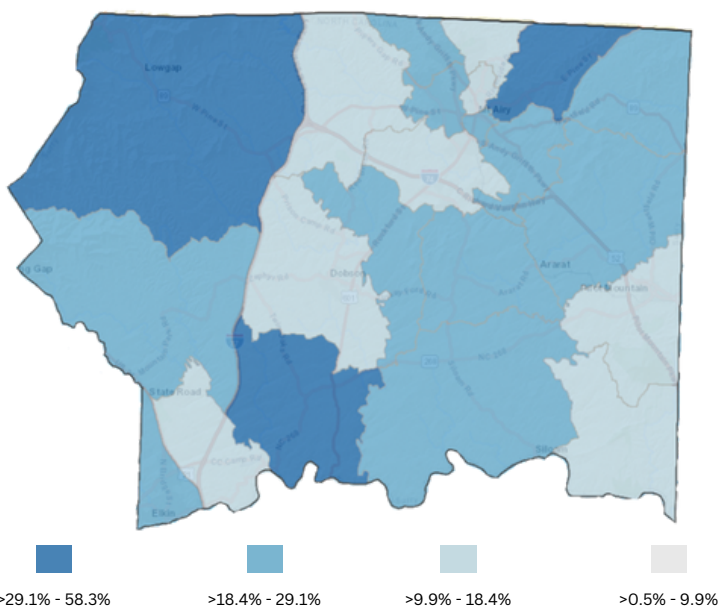
| Sex, Race, and Ethnicity | Bachelor's degree or higher | High school graduate or higher |
|--|-----------------------------|--------------------------------|
| FEMALES | | |
| American Indian or Alaska Native alone | - | - |
| Asian alone | - | - |
| Black alone | 31% | 69% |
| Hispanic or Latino Origin | 2% | 68% |
| Native Hawaiian and Other Pacific Islander alone | - | - |
| Some other race alone | - | - |
| Two or more races | 7% | 85% |
| White alone | 22% | 88% |
| White alone, not Hispanic or Latino | 23% | 89% |
| MALES | | |
| American Indian or Alaska Native alone | - | - |
| Asian alone | - | - |
| Black alone | 2% | 76% |
| Hispanic or Latino Origin | 9% | 65% |
| Native Hawaiian and Other Pacific Islander alone | - | - |
| Some other race alone | - | - |
| Two or more races | 14% | 89% |
| White alone | 20% | 84% |
| White alone, not Hispanic or Latino | 20% | 84% |

There are three factors at play: race, ethnicity, and sex. These are social factors involved with educational attainment, as there are no biological nor physiological explanations for the variance between the variables. Based on this data, we can see that racial detriments exist: non-Hispanic white males and females boast high school graduation rates of 84% and 89% respectively. While this is still a concern (**only about 77% of residents ages 25+ hold a high school diploma²⁰**), those who identified as black or Hispanic suffer from much higher drop-out rates.

Disparities in educational attainment are amplified when it advances to obtaining a Bachelor's degree or higher. Black males and Hispanic males are the least likely to obtain an advanced degree, at only 2% attainment. Nearly a quarter of non-Hispanic white females, however, will go to receive a Bachelor's degree or graduate degree, at 23%.

According to the U.S. Census, the median household income increased incrementally by \$7,300 for those with an associates degree, \$10,847 for those with a bachelors degree, and those with a graduates degree by \$10,745¹. Therefore, it is worthwhile to consider education across a spectrum of demographics and to note the disparities that exist within each, as barriers to educational attainment may also indicate barriers to wealth, healthcare affordability, and affordability of shelter, utilities, food, and other necessities. Health literacy would also seem to correlate with education as well, as even with income controlled, health still correlates positively with beneficial health outcomes²¹.

Percent Less than a High School Diploma by Census Tract²⁰

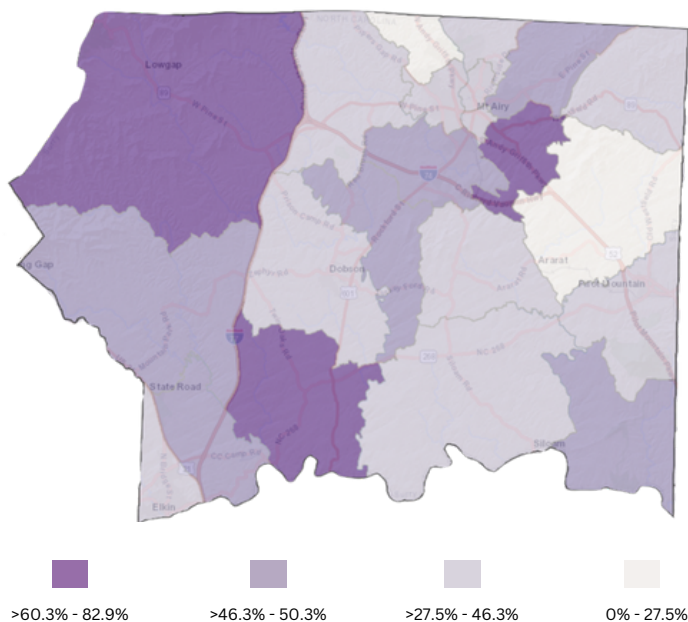


Social, Economic, & Educational Needs

Housing

Cost of living (COL) is considered independently from income and employment because it fluctuates with inflation and market supply/demand. Of the economic factors, COL is the most removed from the consumer's control. It can reduce purchasing power, the ability to save for emergencies and major expenses, and it can leave individuals susceptible to financial crises. COL is important when it comes to housing because it can determine whether or not someone can purchase a home and establish wealth (in fact, homeownership is the largest asset to wealth that most individuals have²²). The amount of money someone spends on housing monthly should ideally be no more than 30% of their gross income, regardless of if it is rent or mortgage based. A housing expense above that is considered a threat to financial stability. It can also be recognized as an economic determinant of health that is influenced by a variety of factors, which in turn influences other variables, independently and mutually, that impact quality of life and health.

Percent Paying More than 30% of Gross Income to Rent by Census Tract²⁰



42.7% of renters pay 30% or more of their household income in Surry County, compared to 15.1% of mortgaged homeowners and 7.7% of non-mortgaged homeowners¹. This makes transferring from a renter

to a homeowner harder, and in turn makes building wealth harder. Despite making up over 1/10th of the Surry County population, approximately 43.2% of Hispanic residents are homeowners, compared to 77.7% of non-Hispanic White residents in 2021¹. The variation in homeownership (and thus wealth) may indicate that certain health disparities are tied to certain ethnicities and racial groups, making those identifiers themselves social factors in health.

Unemployment

A lack of employment is not only a barrier to income and financial stability, but also a barrier to health insurance as well as other wealth-building benefits (e.g. retirement).³

Percent Unemployed



The graph above is from the US Bureau of Labor Statistics. As of December 2022, Surry County had a reported **unemployment rate of 2.9%**. In April of 2020, it peaked at 15.1%, likely attributed to the COVID-19 pandemic. The last incidence of this level of unemployment was in March of 2009, at 14.3%.

Income

Employment is only part of the puzzle to economic determinants of health. Once employed, the amount of money an individual or a household makes also contributes to accessing care, obtaining health foods, and sustaining health activities. Income is based on industry, and the largest industry in Surry County is Retail Trade, accounting for 14.1% of all employment in the county²³. However, it is important to note that even though the industry is gracious in

Social, Economic, & Educational Needs

employment, the average wage earned in this industry was \$31,148 in the third quarter of 2021²³. This is less than the \$51,950 median household income reported by the US Census Bureau. The fifth largest industry, Accommodation and Food Services, covers 8.3% of employment with an average salary of \$16,792.

Income also differs between non-family households (e.g. those who live alone) and multi-occupant households.

Percent of Population By Income Bracket by Household Status¹



It is important to distinguish the difference in incomes by household type. Notice that while the median income for households all together would fall into the \$50,000-\$74,999 bracket. However, for individuals who live on their own, the mode clearly falls in the \$15,000-\$24,999 bracket. The median income non-family households is \$41,549 and \$69,717 for multi-occupant households¹.

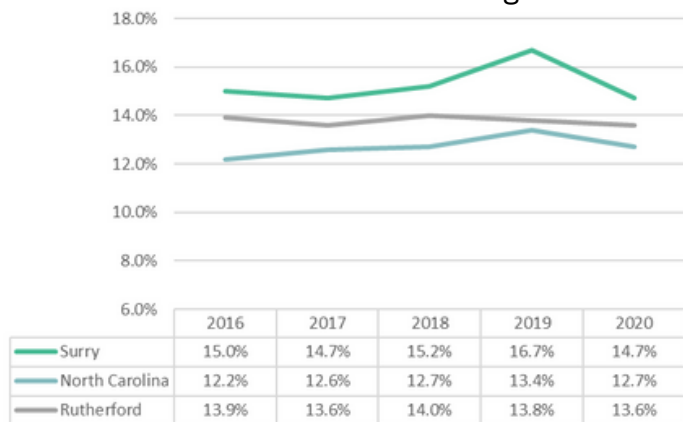
Consider this information regarding purchasing a home: The Joint Center for Housing Studies, a Harvard University initiative, found that the median price for a home in the Mount Airy, NC market was \$172, 936. The needed income to purchase said home would be \$47,553, which assumes that the purchaser made a 3.5% down payment (\$6,052.76 out of pocket at the time of purchase)²⁴. The majority of non-family households would not be able to afford a median-priced home, nor would anyone in Surry County who worked in the top 3 industries (Retail Trade, Health Care and Social Assistance, and Manufacturing, accounting for 41.3% of Surry County workers) and made the average wage or less²³.

All in all, Surry County's overall median income looks promising. However, the economic struggle of certain groups is far more prominent.

Insurance Coverage

One of the most direct impacts on health is the affordability of healthcare, and thus access to it by financial means. Health insurance often serves as the bridge that crosses the affordability gap, but everyone does not have insurance. In 2020, **14.7% of Surry County residents did not carry health insurance**²⁵. This means that outside of publicly offered services and emergency departments, there isn't an option for preventative, continuous, or routine care (unless they can afford the out-of-pocket cost, which is not likely). Emergency Departments often become the source for all of their needs since they are legally entitled to care. As a result, EDs begin to overflow and space becomes limited for more urgent patients, leading to increased wait times.

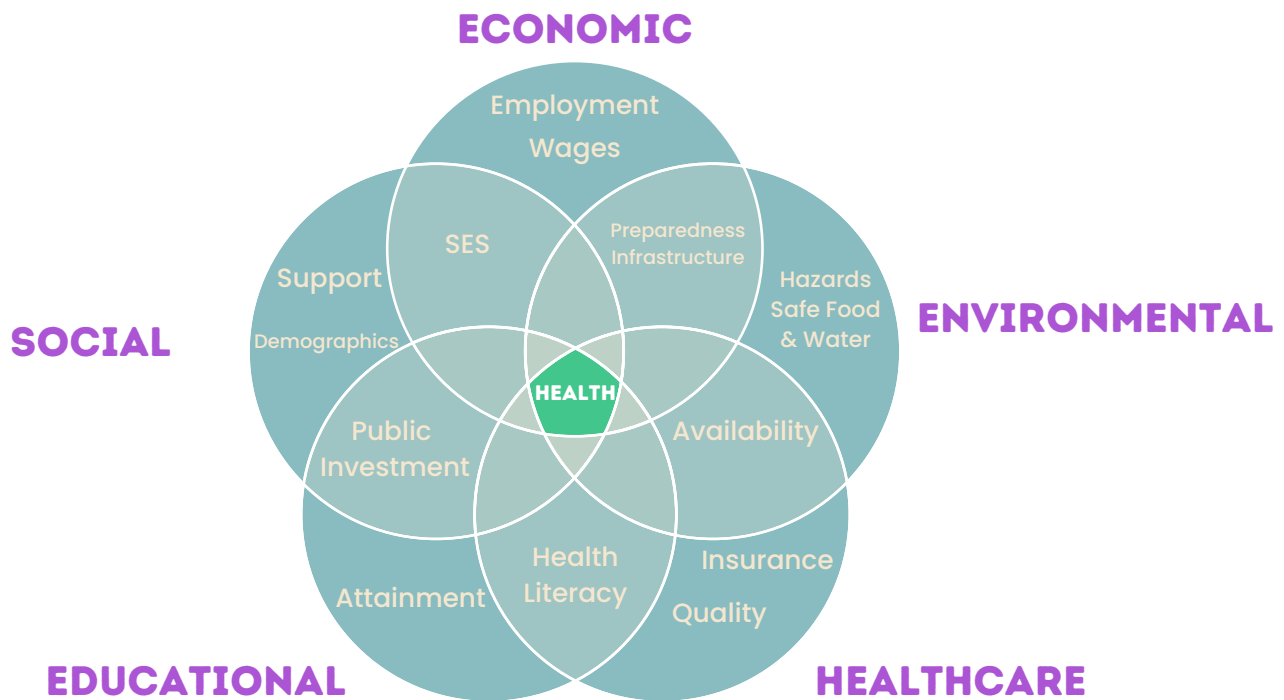
Percent Without Health Insurance Coverage²⁵



The lack of insurance is not evenly distributed, either. In 2020, 16% of males in Surry County lacked health insurance compared to 13.4% of females²⁵. Also notice that between Surry County, Rutherford County, and the state, insurance coverage fares the worst for Surry.

Equity as a Need

What does all of this mean? What do social factors, economic factors, education, demographics, or anything else have to do with assessing community health? **It has everything to do with health.** All of the factors discussed previously are referred to as Social Determinants of Health, a framework that describes how belonging to certain groups increases the chances of a given person experiencing adverse health outcomes. People do not control how they are born, where they are born, to what socioeconomic status they are born into, or anything like that. While the market economy offers mobility, it does not offer that mobility equitably to everyone. This leads to social disparities, which research has found to be linked to determining the likelihood of certain health outcomes. It is not possible to address community health without addressing these social determinants, hence why Public Health has come to establish a focus on this framework and these barriers.



Some of these factors seem to "stack up" against some groups more than others. As the data has shown, being a Hispanic resident in Surry County appears to be tied to several social, economic, and educational disparities. There are likely countless other notable disparities along the lines of race, gender, nationality, and other demographics. Additional research will be required to dissect the matter, along with improved monitoring and reporting availability for rural areas on the local level. In the meantime, using equity as a framework alongside the social determinants of health allows us to amplify the first core function of public health: Assessment. Most importantly, we can determine **who is at risk**.

It goes without saying that technically everyone is at risk for any given illness, disability, or cause of death. Some groups of individuals, however, are more at risk than others for suffering adverse experiences to their health. Those risks are not easily calculated or predicted without careful observation and keen attention to data. There are 3 key groups in Surry County that are considered at-risk for negative health outcomes: those without insurance or underinsured, those in poverty, and being of Latino or Hispanic origin.

Equity as a Need

The Uninsured & Underinsured

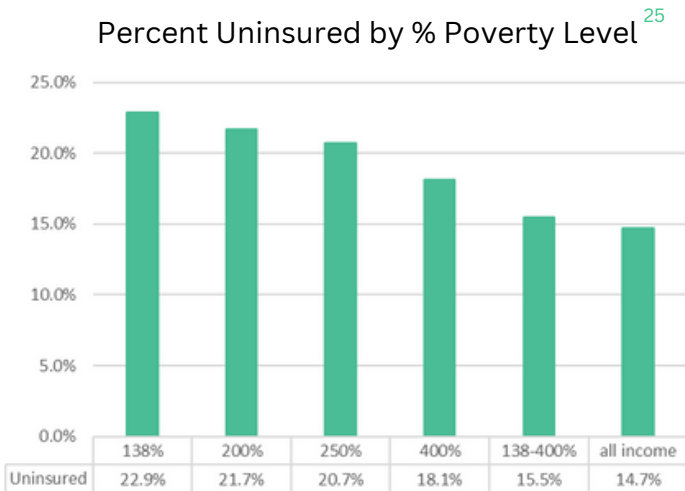
Those who do not have health insurance coverage and those whose insurance coverage is insufficient are both at an elevated risk for health complications. The primary reason is the barrier to affording healthcare.

Healthcare is not cheap, and many private providers are not willing to see patients who do not carry an insurance policy or who are unable to pay. Care received at the Emergency Department is not always comprehensive for the chronic and preventative needs of patients who cannot go elsewhere. It is also far more expensive than other forms of healthcare, leaving patients with an increasing amount of medical debt that they cannot afford.

Surry County Health and Nutrition Center offers a wide variety of clinics and programs to address health issues across the domains of nutrition, diabetes management, behavioral health, dental health, pediatric health, preventative health, and more. These clinics are often at little to no cost for those who qualify, and also help patients navigate the use of public insurance programs (such as Medicaid and Medicare). A sliding-fee scale based on income is utilized. This assures equitable access to patients who are financially barred from seeing a provider.

The Impoverished

Poverty is closely related with a lack of insurance. Consider the graph below from the U.S. Census Bureau in regards to Surry County.



Many of the same barriers exist between the same groups. Poverty, however, also encompasses other financial hardships beyond insurance status. The ability to obtain transportation, access to food and shelter, the ability to afford basic necessities, etc., are all additional concerns for this group. This poses not only affordability concerns, but physical access concerns as well. Additionally, hygiene and nutrition fall to the wayside as priorities for the impoverished, increasing susceptibility to disease and infection.

In addition to the methods used to address insurance coverage, Surry County Health and Nutrition Center offers solutions for transportation. Many of the services available address hygienic and nutrition issues, such as the dental clinic. Ensuring that money is not a barrier creates equity within Surry County along economic spheres of influence.

Latino or Hispanic Origin

As noted in previous sections, Hispanic Surry County residents do not prosper as much as their non-Hispanic counterparts from a socioeconomic perspective. Educational attainment trends show that Hispanic residents are less likely to become providers themselves, and because of that creates a cultural and linguistic barrier to those needing healthcare. Health literacy, composing and following a care plan, and understanding financial resources all require linguistic and cultural competency. Diminished health outcomes, poor patient-provider relationships, marginalization, and decreased patient adherence are all potential consequences of failing to meet the needs of this population. Recall from the demographics segment of this report that over 1 in 10 Surry County citizens identify as Hispanic or Latino, meaning that not only is the need for equitable action significant, but it will also produce high-impact results.

Hence, Surry County Health and Nutrition Center has extensive investment and resources to assist attaining cultural competency. In addition to translators being available at all hours of service, all literature and signage can be found in Spanish and is ready for distribution at all times to patients. A language line is also financed at all times to ensure that patients of any linguistic background are not barred from health by their language.

SURRY COUNTY INITIATIVES

The following pages consist of Substance Abuse, Obesity and Mental Health Initiatives that have taken place in the county since 2019. This is only a glimpse of the efforts that have been put into place by the Surry County Health and Nutrition Center and other local agencies.

Substance Abuse Initiatives

Raven Knob Boy Scout Presentations:

The Surry County Health and Nutrition Center has participated every Summer for the past 6 years in providing education to the Raven Knob Boy Scouts. A health educator teaches Drug and Tobacco prevention classes for 6 weeks each summer as part of a good citizenship course that the scouts are required to take.

Tobacco Cessation Programs:

Health Educators provide Tobacco Cessation Programs to Medical Ministries and Northern Hospital as well as other worksites in the community.

Substance Abuse Outreach:

The Surry County Office of Substance Abuse Recovery provides outreach on substance related issues like opioids, tobacco, alcohol and other drugs through weekly newspaper articles, the local radio station, facebook, and their website: surrycountycares.com.

SURRY COUNTY INITIATIVES

Substance Abuse Initiatives

Too Good for Drugs Program:

Too Good for Drugs is an evidence-based, comprehensive program that uses substance use and violence curricula designed to build protection within the child to mitigate risk factors associated with risky behavior. This program develops a framework of social skills to establish and promote setting reachable goals, making responsible decisions, communicate effectively, identify and manage emotions, bond with pro-social peers in addition to peer pressure refusal, learn problem solving, conflict resolution and media literacy. The program consists of 10 lessons that are implemented once a week for 10 weeks or twice a week for 5 weeks.

The Surry County Health and Nutrition Center partnered with Surry County Schools to implement Too Good for Drugs within all the Elementary Schools. So far, we have taught the program in grades K-2 at Dobson Elementary, reaching 150 students; grades K-5 at Flat Rock Elementary, reaching 201 students; and grades K-2 at Franklin Elementary, reaching 117 students.

Catch My Breath (CATCH):

Catch My Breath is an evidence-based youth vaping prevention program that equips students with the knowledge and skills they need to make informed decisions about the use of e-cigarettes, including JUUL devices. The Surry County Health and Nutrition Center partnered with Elkin City Schools and Surry County Schools to implement this program.

In 2020, a total of 153 students in Elkin Middle School and High School were taught Catch My Breath. In 2021, a total of 12 students at North Surry High School and 61 students from Elkin High School were taught Catch My Breath. In 2022, a total of 415 students at Pilot Mountain Middle School , 137 students at Elkin High School and 30 students from North Surry High School were taught Catch My Breath.

SURRY COUNTY INITIATIVES

Substance Abuse Initiatives

Medicine vs. Candy Initiative:

The Health Education Team provided Medicine Safety and Medicine vs. Candy activities for many Elementary Schools as well as summer camps serving elementary-aged children. The primary goal of this initiative is to educate students and their families as to how similar candy looks to medicine and how many medicines now have candy coating or are candy flavored.

During these activities, students were given a chance to look at a board displaying various medicines and candies that were very similar in appearance. They were also given the opportunity to learn through games. One game required them to decipher whether a given item was medicine, candy, or another household substance that should not be ingested. Another game called "Good Choice or Bad Choice" allowed them to discuss the dangers of things such as sharing medicine with their friends, taking medicine without an adult's help, and the importance of keeping medicine stored in a safe location.

Hopefest for Recovery Event:

Each year the Surry County Health and Nutrition Center, Surry County Office of Substance Abuse Recovery, Insight, Partners Behavioral Health, Southern Family Medicine, and various Church Groups organize an event for individuals in recovery from substance abuse disorders and mental health disorders. This event allows providers/agencies the opportunity to provide free resources to those in need of information and guidance to help them and their families in their recovery journey. This is also a time to celebrate those taking a step in the right direction, as well as those who have maintained their sobriety for any length of time. A meal is always provided for the families that attend, along with fun activities, games and music. It's always important to remember to celebrate the small victories!

SURRY COUNTY INITIATIVES

Substance Abuse Initiatives

Opioid Resource Guide:

The Surry County Health and Nutrition Center partnered with the Surry County Office of Substance Abuse Recovery to create the Opioid Resource Guide. The idea was inspired by the fact that many community members desired access to substance abuse and mental health information and resources. This packet contains many different pieces of useful information, including how to do CPR, how to recognize an opioid overdose, information about Naloxone and how to administer it, addiction and mental health treatment resources, support groups serving Surry County, family support, and information about the Good Samaritan Law.

The Opioid Resource Guide is distributed to many agencies in the county such as DSS, the health department, EMS, hospitals, law enforcement, churches, non-profits and other community organizations. All First Responders in Surry County, including the Sheriff's Department, Police, Fire Dept., and EMS now carry the Resource Guides and distribute them as they see fit when responding to drug and/or overdose related calls.

Faith Community Opioid Forum:

In May 2019, the Surry County Office of Substance Abuse Recovery partnered with SCHNC, various churches and other agencies to host an Opioid Forum specifically geared toward the Faith Community. There are around 275 churches in Surry County and many church members wanted to explore ways that they could help their community survive the opioid epidemic.

The Forum took place over a full day and included guest speakers on the topics of opioid use prevention, intervention, treatment and recovery. Our Substance Prevention Specialist was one of the speakers at this event, providing information on ways the health department could help church groups implement education in their church. Over 100 community members attended the Opioid Forum and served as a motivator of several opioid-related advocacy efforts among the faith community in Surry County.

SURRY COUNTY INITIATIVES

Obesity Prevention Initiatives

Healthy Cooking:

The Surry County Health and Nutrition Center has partnered with Mt. Airy Parks and Recreation to bring healthy cooking presentations to their Summer Camp kids each June for the past few years. We practice cooking a variety of healthy foods and discuss the nutrients, calories, nutrition facts (carbohydrates, protein, sugar, etc.) and ingredients used in those foods. The kids have a lot of fun measuring the ingredients, reading cooking instructions, and learning how to cook a meal on their own, which they can easily do at home.

Diabetes Self-Management Program:

The Surry County Health and Nutrition Center's Diabetes Self-Management Education and Support Program has been an American Diabetes Association Recognized Education Program since 2005. Diabetes and Medical Nutrition Therapy education are conducted by a Certified Diabetes Education Specialist (Registered Nurse) and Registered Dietitian. The personalized, comprehensive education consists of both individual and group sessions. Patients are taught how to manage their disease using diet, exercise, medications, and blood glucose monitoring. They are also taught prevention, detection, and treatment of both acute and chronic complications associated with diabetes. The goal is better health and empowerment through improved health literacy. Medical Nutrition Therapy (MNT) at the health department also provides education targeting weight loss for people who desire to prevent diabetes and pre-diabetes nutrition counseling. Insurance is accepted and fees may be reduced based on the household income sliding fee scale.

SURRY COUNTY INITIATIVES

Obesity Prevention Initiatives

Surry Medical Ministries Diabetes Program:

The Surry County Health and Nutrition Center has partnered with Surry Medical Ministries for several years to provide access to free, onsite Diabetes Education for the underserved. Surry Medical Ministries is a free medical clinic in Mt. Airy that serves the uninsured and financially disadvantaged population. The diabetes classes have encouraged improved self-care, ultimately, lowering diabetes medical expenses and improving the health of the underserved population in the community.

Throughout 2019, these combined programs reached people from various races and socioeconomic backgrounds and included both English and Spanish speaking individuals. The Diabetes Educator found significant improvements were made including: compliance with medication and blood glucose monitoring recommendations, consuming smaller portion sizes/less sweetened beverages, increased physical activity, and improved blood glucose and blood pressure.

Diabetes and You:

The Surry County Health and Nutrition Center Diabetes Self-Management Education and Support Program has partnered with the NC Cooperative Extension of Surry County to provide community diabetes education for many years. The monthly classes are free to anyone in the community that is eager to learn how to either manage or prevent Type 2 Diabetes. The classes are held at both Reeves Community Center in Mt. Airy and the NC Cooperative Extension Office in Dobson.

By partnering with our local Extension Family and Consumer Sciences Agent, healthy recipes are demonstrated during each class. Participants can taste each dish, receive a copy of the recipes, and learn healthy recipe modifications. Education on various diabetes topics are also presented by SCHNC's Diabetes Educators. We appreciate our partnership with Reeves Community Center, who provides the funding for the recipes at their location.

SURRY COUNTY INITIATIVES

Obesity Prevention Initiatives

Women, Infants, and Children (WIC):

Women, Infants, and Children (WIC) is a federal program that helps provide high quality, nutritious foods to low-income pregnant women, postpartum and breastfeeding women, as well as infants and children until they reach the age of five. WIC provides supplemental nutritional foods and education on proper nutrition and breastfeeding support.

Surry County Health and Nutrition Center's WIC Program continues to be a steady service in the community. On average, WIC serves approximately 1,600 participants per month. In an effort to expand WIC Program participation, the SCHNC was awarded additional funding for clinical renovations in 2019. These updates assist the WIC Program in providing excellent client-centered care.

WIC is fundamental in improving infant mortality rates and child health outcomes in Surry County and strives to implement changes to meet the needs of the community.

Breastfeeding Program:

Breastfeeding is a wonderful way for women to bond with their new babies and give them proper nutrition for growth and development. One of the many benefits of breastfeeding includes a decreased risk for childhood obesity. The Surry County Health and Nutrition Center's Breastfeeding Program strives to promote breastfeeding, inspire discussion, and provide support to breastfeeding mothers and infants within the community.

The WIC program offered breastfeeding classes each month on the third Thursday for women interested in breastfeeding. Due to COVID, classes stopped in March of 2020 and have yet to resume.

SURRY COUNTY INITIATIVES

Obesity Prevention Initiatives

National Nutrition Month:

Every March, the Surry County Health and Nutrition Center's Health Educators and Nutritionists partner to focus on various aspects of Nutrition in the county's three school systems.

In March 2019, the Health Educators visited the Elementary Schools to talk about the effects of sugar on the body. As a hands on activity, students were asked to look at a variety of typical snack foods and drinks consumed by their age group as well as some healthier snack options, and try to determine how many grams of sugar they thought was in one serving size of that item through the use of sugar cubes. One sugar cube equals 4 grams of sugar, therefore, they had to lay out how many sugar cubes they thought each item contained.

At the end, we went over the items and the actual grams of sugar each contained. Students were shocked that one serving of some of their favorite food and drinks contained more than the daily sugar recommendation. Through this activity, students were able to better understand how much sugar they are actually consuming throughout the course of a day, which far exceeded the amount any child or adult needs. This was certainly an eye opener for the kids.

In March 2022, the Health Education Team visited the elementary schools throughout the county, teaching MyPlate and performing Taste Tastings with students. The taste testing consisted of kiwi, sweet potato, cauliflower, feta cheese, cantaloupe, wheat thins, and green beans. Students learned what their plates need to consist of daily for balanced nutrition. They also discovered that they really liked foods that they hadn't tried before. This was a great way for them to find new and healthy foods that their parents can incorporate into meals. Taste Testing was a big hit for students and teachers!

SURRY COUNTY INITIATIVES

Obesity Prevention Initiatives

The Walking School Bus:

For nearly six years now, Tharrington Primary School has implemented the Walking School Bus Program before school periodically throughout the school year. All students who participate meet at a local restaurant and walk the greenway to school, accompanied by teachers, parents, local law enforcement, and sometimes other community partners. The children walk approximately 15-20 minutes, which is a perfect way for students to start out their day; energized and ready to learn! Plus, they have completed part of the daily recommendation for physical activity for children their age. The program is run solely by school staff now and continues to be very successful. The students and teachers have a lot of fun with it!

Mental Health Initiatives

Yoga for Kids:

The Surry County Health and Nutrition Center partnered with Surry County Schools, Elkin City Schools and Mt. Airy City Schools to implement a one-time Yoga class for kids in November and December of 2021. The class consisted of promoting positive mental health and talking about ways to reduce stress/anxiety. After the presentation we practiced yoga that was appropriate for each age group to show how simple exercises and stretching can have a positive impact on mental and emotional health. The Health Educators reached nearly 900 students in two months time implementing Yoga for Kids. Yoga is still taught periodically for different classes and adults.

SURRY COUNTY INITIATIVES

Mental Health Initiatives

Surry County Schools Counselor Resource Event:

On January 31, 2020 the Surry County Health and Nutrition Center partnered with Surry County Schools to host a School Counselor Resource Event for school counselors and nurses. The purpose of this event was to bring in local mental health and substance abuse agencies to talk with the counselors and nurses about the services they could provide if and when a student needed help related to a mental or emotional health issue, or if they were struggling with substance misuse. The agencies went over resources that would be helpful if certain situations were to occur in the schools. Staff were also taught how to make referrals and the steps that need to be followed to get students or potentially family members, the additional help that they need. Overall, school staff walked away feeling more confident about which agencies they could contact for particular matters and how to go about the process.

COMMUNITY HEALTH NEEDS ASSESSMENT

1. **Do you live in Surry County? If no, please do not continue with this survey.**

- Yes
- No

2. **What is your age?**

- Under 18
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65+

3. **What is your gender?**

- Female
- Male
- Other

4. **What is your race/ethnicity?**

- White
- Black or African American
- Latino or Hispanic
- Asian or Pacific Islander
- Native American
- Other (please specify)

5. What is your marital status?

- Single
- Married
- Separated
- Divorced
- Widowed
- Prefer not to answer

6. How many people, including you, live in your household?

- 1
- 2
- 3
- 4
- 5
- 6
- Other (please specify)

7. Which of the following best describes your current living situation?

- I own my home
- I rent my home
- I live with relatives or friends
- I live in a hotel or motel
- I am homeless or live in a shelter
- Other (please specify)

8. What is your household's zip code?

9. Does the place you are living have any of the following issues?

- Exposed wiring
- Heating issues
- Leaking roofs, water leaks (mold)
- Holes in floors or walls
- Lack of cold and hot running water
- A shower or toilet that doesn't function properly
- None of the above
- Other (please specify)

10. What is the highest level of education you have completed?

- 12th grade or less, no diploma
- High School graduate or GED
- Some college but no degree
- Associate's degree or vocational training
- Bachelor's Degree
- Graduate or Professional Degree (Master's or PHD)

11. What was your total household income last year before taxes?

- Less than \$10,000
- \$10,000 to \$14,999
- \$15,000 to \$19,999
- \$20,000 to \$24,999
- \$25,000 to \$34,999
- \$35,000 to \$44,999
- \$45,000 to \$54,999
- \$55,000 to \$74,999
- \$75,000 to \$99,999
- \$100,000 to \$149,999
- More than \$150,000

12. Which of the following best describes your current employment status?

- Employed full-time
- Employed part-time
- Unemployed
- Caregiver; Homemaker
- Student
- Retired
- Unable to work

13. How many children under the age of 18 are living in your household?

- 1
- 2
- 3
- 4
- 5 or more

14. Who is raising the child/children in your household?

- Single Parent
- Both Parents
- Grandparents
- Other Family Members
- Other (please specify)

15. Have you had problems finding quality child care in Surry County?

- Yes
- No

16. If yes, what type of child care are you trying to access?

- Childcare for birth to 5 years
- Before or after school care for school-age children
- Childcare that accepts financial assistance
- Other (please specify)

17. Where do you take your child for medical care?

- Doctor's Office
- Health Department (Surry County Health and Nutrition Center)
- Hospital Emergency Room
- Urgent Care, Minute Clinic
- Community Free Clinics
- Other (please specify)

18. What type of health insurance does your child/children have?

- My child/children do not have health insurance
- Private or employer-provided insurance
- Medicaid
- Other (please specify)

19. Which of the following places have you or someone in your household had a difficult time getting to because transportation was not available?

- Have not experienced any transportation issues
- Job
- Social Services
- Grocery store
- Places for recreation and entertainment
- Post-secondary education (college, technical school, etc.)
- Faith Community (Church)
- Health Care Office (Dentist, Doctor, Mental Health Provider)
- Pharmacy
- Child Care
- Other (please specify)

20. Do you or the members of your household seek regular or preventative medical care? (Example: Physical Exams, Dental, Eye)

- Yes
- No

21. In the past year, has anyone in your household had an issue getting any of the following health care services?

- Primary Care Services (Physicals, child well checks, immunizations, sick visits)
- Vision Services
- Hearing Services
- Dental Services
- Mental Health Services
- Services for developmental disabilities
- Alcohol or drug treatment services
- Weight loss or Wellness programs (nutrition and exercise)
- Prescription Medication
- Medical Specialists
- Not applicable
- Other (please specify)

22. Where do you or members of your household seek medical care?

- Doctor's Office
- Free Community Clinic (Example: Medical Ministries)
- Health Department (Surry County Health and Nutrition Center)
- Hospital Emergency Room
- Urgent Care or Minute Clinics
- Employee Health Clinic
- Veterans Health Administration (VA Office)
- None
- Other (please specify)

23. Where do you or members of your household seek dental care?

- Dentist Office
- Health Department (Surry County Health and Nutrition Center)
- Urgent Care, Minute Clinic
- Community Free Clinic (Example: Medical Ministries)
- None
- Other (please specify)

24. Where do you or members of your household go for mental health care?

- Mental Health Provider
- Doctor's Office
- Community Free Clinic (Example: Medical Ministries)
- Health Department (Surry County Health and Nutrition Center)
- Hospital
- Urgent Care, Minute Clinic
- Faith Community
- Employee Assistance Program (EAP)
- We have not utilized mental health services
- Other (please specify)

25. What has prevented you or someone in your household from using health care services?

- Transportation
- No health insurance
- Cost of services
- Accessible programs/services
- Not Applicable
- Other (please specify)

26. What type of health insurance do you currently have?

- I do not have health insurance
- Private or employer provided insurance
- TriCare (Military or Veteran's insurance)
- Medicaid
- Medicare
- Other (please specify)

27. Do you or anyone in your household have a chronic condition or special health care need, diagnosed or undiagnosed (physical, medical, intellectual, developmental, emotional or behavioral)?

- Yes, an individual age 0-17
- Yes, an individual age 18 and older
- No

28. Where do you get most of your health-related information?

- Hospital
- Doctor/Nurse
- Health Department (Surry County Health and Nutrition Center)
- My child's school
- Friends and family
- Internet
- Other (please specify)

29. Have you been told by a doctor, nurse, or other health care professional that you have any of the following health conditions?

- Cancer
- Angina/Heart Disease
- Overweight/Obesity
- Osteoporosis
- Diabetes (Not during pregnancy)
- High Cholesterol
- High Blood Pressure
- Depression or Anxiety
- Other (please specify)

30. Would you say that, in general, your health is:

- Excellent
- Very Good
- Good
- Fair
- Poor
- Very Poor
- Not Sure

31. The recommendation for physical activity is 30 minutes a day, 5 days a week (2.5 hours per week). Please choose the main reason keeping you from getting this much physical activity.

- Nothing, I get this much physical activity
- I am physically active at my work
- I am physically disabled
- There is no safe place to exercise
- I do not have time to exercise
- It is expensive
- I do not like to exercise
- Other (please specify)

32. Where do you go to exercise or engage in physical activity?

- Parks and Trails
- Public Recreation Center
- Private Gym or Pool
- Home/Neighborhood
- Work
- Other (please specify)

33. Do you currently smoke cigarettes?

- Yes
- No

34. How many years have you smoked cigarettes?

35. Do you currently use vaping products (Ex. E-Cigs, Vape Pens, Mods, Pod Mods)

- Yes
- No

36. How often do you Vape?

- Less than 10 times a day
- 10-20 times a day
- 21-30 times a day
- A few times a week
- A few times a month
- Other (please specify)

37. Where would you go if you wanted to quit smoking/vaping?

- Pharmacy
- Private Counselor/Therapist
- Doctor
- Health Department (Surry County Health and Nutrition Center)
- Quit Line NC
- I don't know
- I don't smoke
- Other (please specify)

38. Do you support tobacco-free environments, such as restaurants, workplaces, community colleges, and other public areas?

- Yes
- No

39. How prepared do you feel your household is to handle a large-scale disaster or emergency?

- Well prepared
- Somewhat prepared
- Not prepared at all
- Not sure

40. Where do you first go to find out about local news or events?

- Social Media (Ex. Facebook, Twitter)
- TV
- Internet
- Newspapers
- Workplace
- School
- Email updates
- Friends and Family
- Other (please specify)

41. Where do you buy most of your food?

- Grocery Store (Food Lion, Lowes Foods, Walmart Grocery)
- Farmer's Market
- Gas Station/Convenience Store
- Drugstore (CVS/Walgreens)
- Fast Food/Restaurants
- Other (please specify)

42. How often do you eat fresh fruits and vegetables?

- Everyday
- A few times a week
- A couple times per month
- Never
- I don't know

43. One recommendation for healthy eating is to eat at least 5 servings of fruits and vegetables a day (not french-fries or potato chips). Please choose the main reason that keeps you from eating this way.

- I eat 5 or more servings a day
- I (or my family) do not like them
- I do not know how to prepare them
- They go bad before we eat them
- I do not think they are important
- I just don't think about it
- I do not have time to fix them
- They are expensive
- Other (please specify)

44. Which of the following makes it hard for you to buy food?

- Transportation
- Cost of food
- Distance to grocery store
- Unemployment
- Other (please specify)

45. Which of the following Surry County Environmental Health concerns do you believe most affects your health?

- | | |
|---|--|
| <input type="radio"/> Drinking water | <input type="radio"/> Lead Exposure |
| <input type="radio"/> Flouride-enriched water | <input type="radio"/> Drought |
| <input type="radio"/> Mold | <input type="radio"/> Meth Labs |
| <input type="radio"/> Ozone | <input type="radio"/> Air Quality |
| <input type="radio"/> Radon | <input type="radio"/> Food safety |
| <input type="radio"/> Recycling | <input type="radio"/> Rabies |
| <input type="radio"/> Second-hand smoke | <input type="radio"/> Septic System failure |
| <input type="radio"/> None of the above | <input type="radio"/> Other (please specify) |

**46. What are the top 3 biggest Substance Abuse problems in Surry County?
Rank 1 to 3, with 1 being the biggest problem.**

- Marijuana
- Methamphetamine (Meth)
- Other Street Drugs (Cocaine, Crack, Heroin)
- Abuse of Prescription Drug/Pills
- Alcohol
- Drinking and Driving
- I really do not know

**47. In your opinion, which top 3 health behaviors do people in your community
need more information about?**

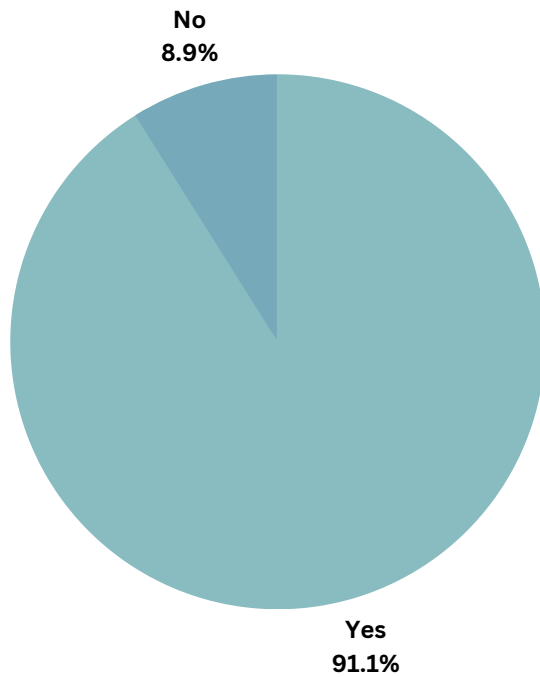
- Eating Well/Nutrition
- Exercising/Fitness
- Managing Weight
- Going to a dentist for check-ups/Preventative care
- Going to a doctor for yearly check-ups and screenings
- Getting prenatal care during pregnancy
- Getting Flu Shots and other vaccines
- Preparing for an Emergency/Disaster
- Using Child Safety Car Seats
- Using seat belts
- Driving Safely
- Quitting Smoking/Tobacco Use Prevention
- Childcare/Parenting
- Caring for family members with special needs/Disabilities
- Preventing Pregnancy and Sexually Transmitted Infections (Safe Sex)
- Substance Abuse (Drugs and Alcohol)
- Suicide Prevention/Depression
- Stress Management
- Domestic Violence
- Crime Prevention
- Other (please specify)

47. In your opinion, what are Surry County's top 3 Health Issues? Please select 3.

- Mental Health
- Substance Abuse
- Overweight/Obesity
- Injury and Violence
- Environmental Quality
- Diabetes
- Communicable Disease (Flu, COVID, etc.)
- Alzheimer's Disease
- Heart Disease
- Cancer
- Unintentional Injury (Car accidents, fire, drowning, etc.)
- Other (please specify)

COMMUNITY HEALTH NEEDS ASSESSMENT RESULTS

1. Do you live in Surry County? If no, please do not continue.

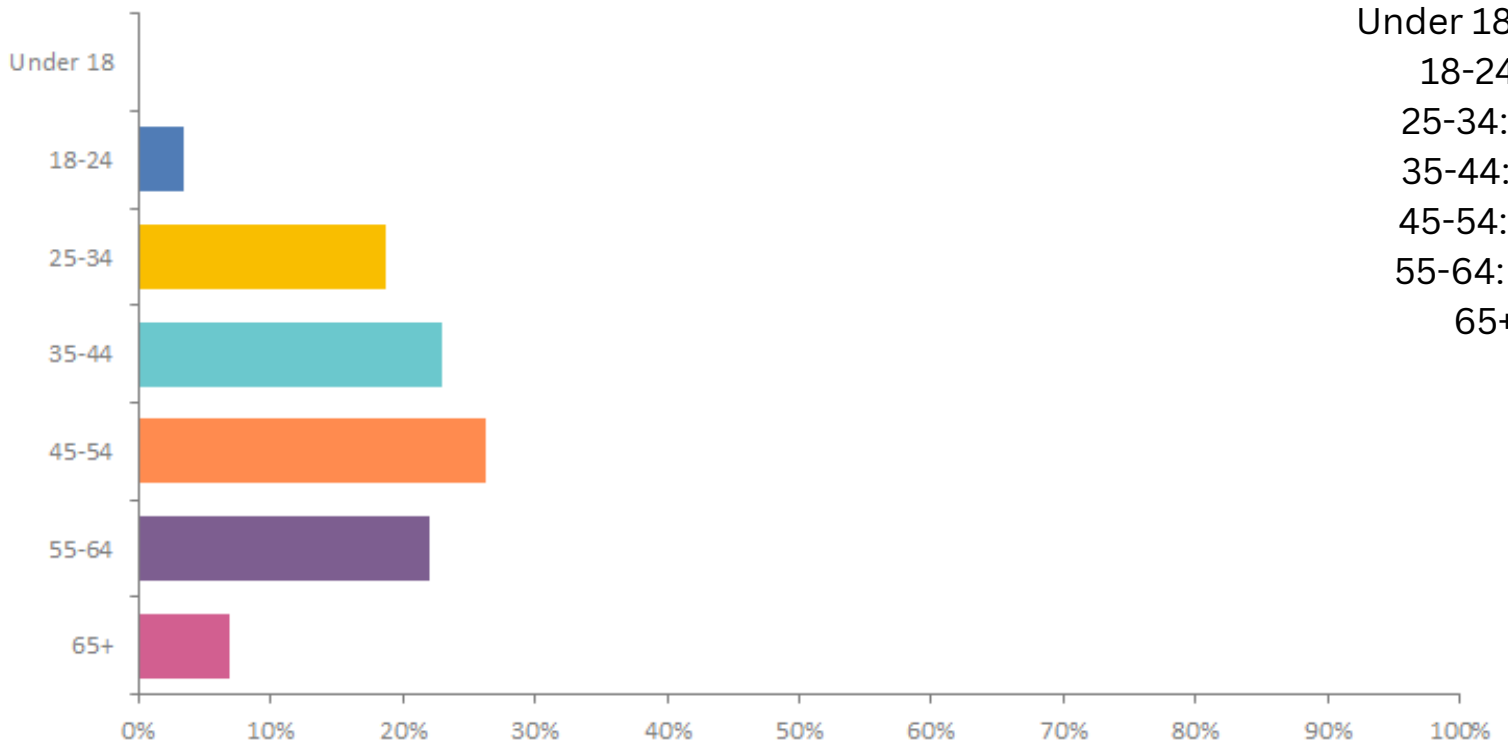


Results

Yes: 112

No: 11

2. What is your age?



Results

Under 18: 0

18-24: 4

25-34: 22

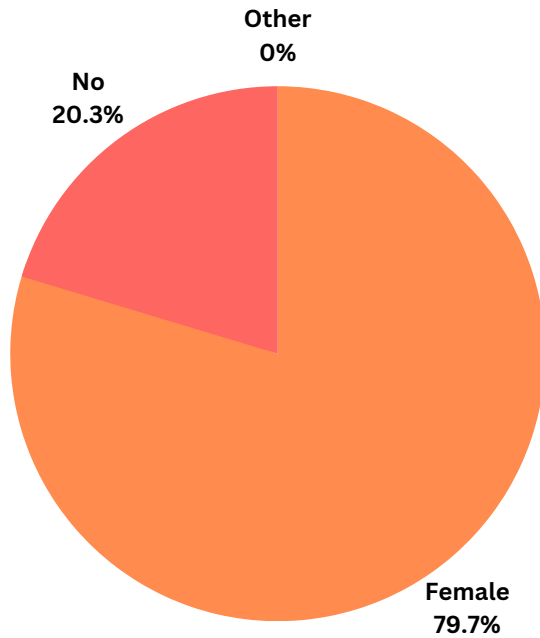
35-44: 27

45-54: 31

55-64: 26

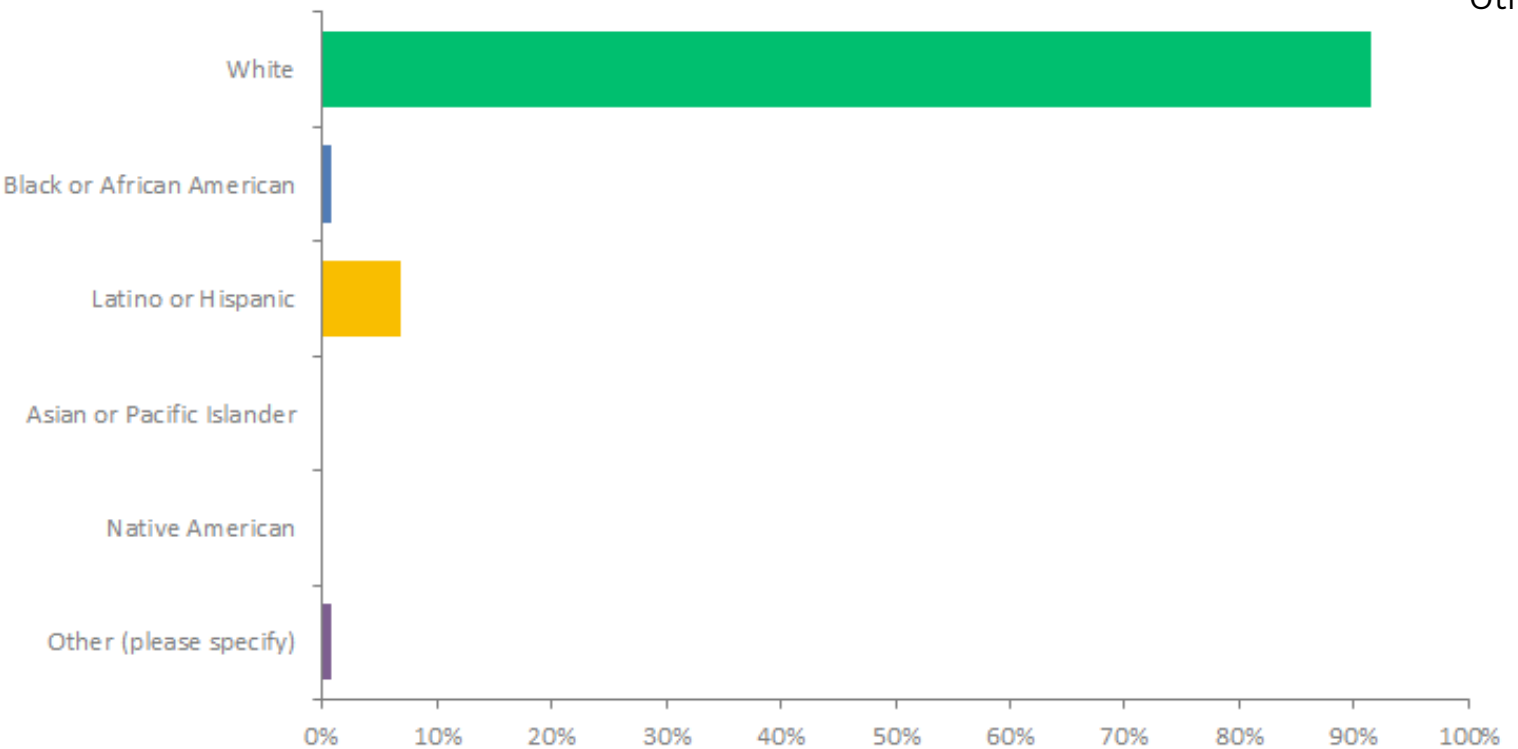
65+: 8

3. What is your gender?



Results
Female: 94
Male: 24
Other: 0

4. What is your race/ethnicity?



Results
White: 107
Black or African American: 1
Latino or Hispanic: 8
Asian or Pacific Islander: 0
Native American: 0
Other: 1

5. What is your marital status?

Results

Single: 25

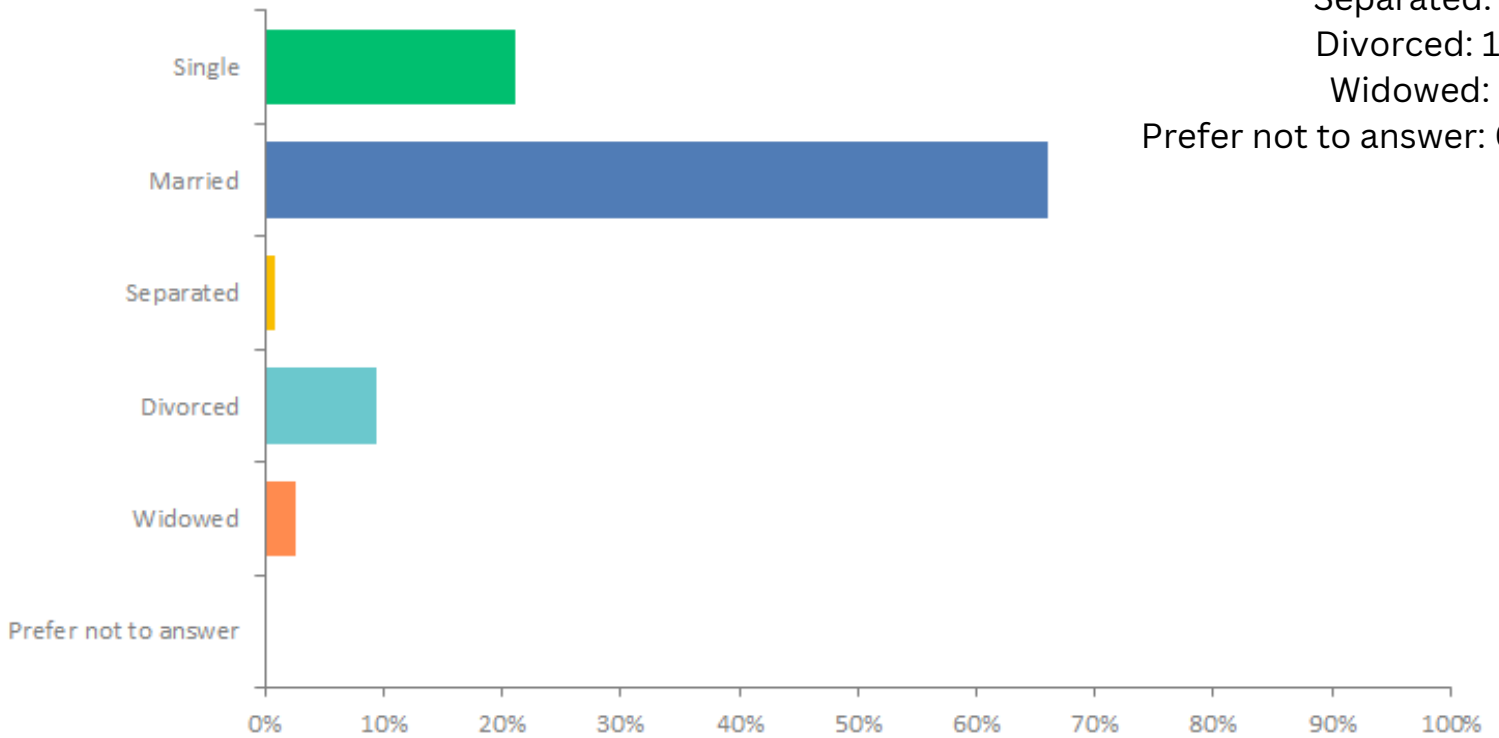
Married: 78

Separated: 1

Divorced: 11

Widowed: 3

Prefer not to answer: 0



6. How many people, including you, live in your household?

Results

1: 14

2: 35

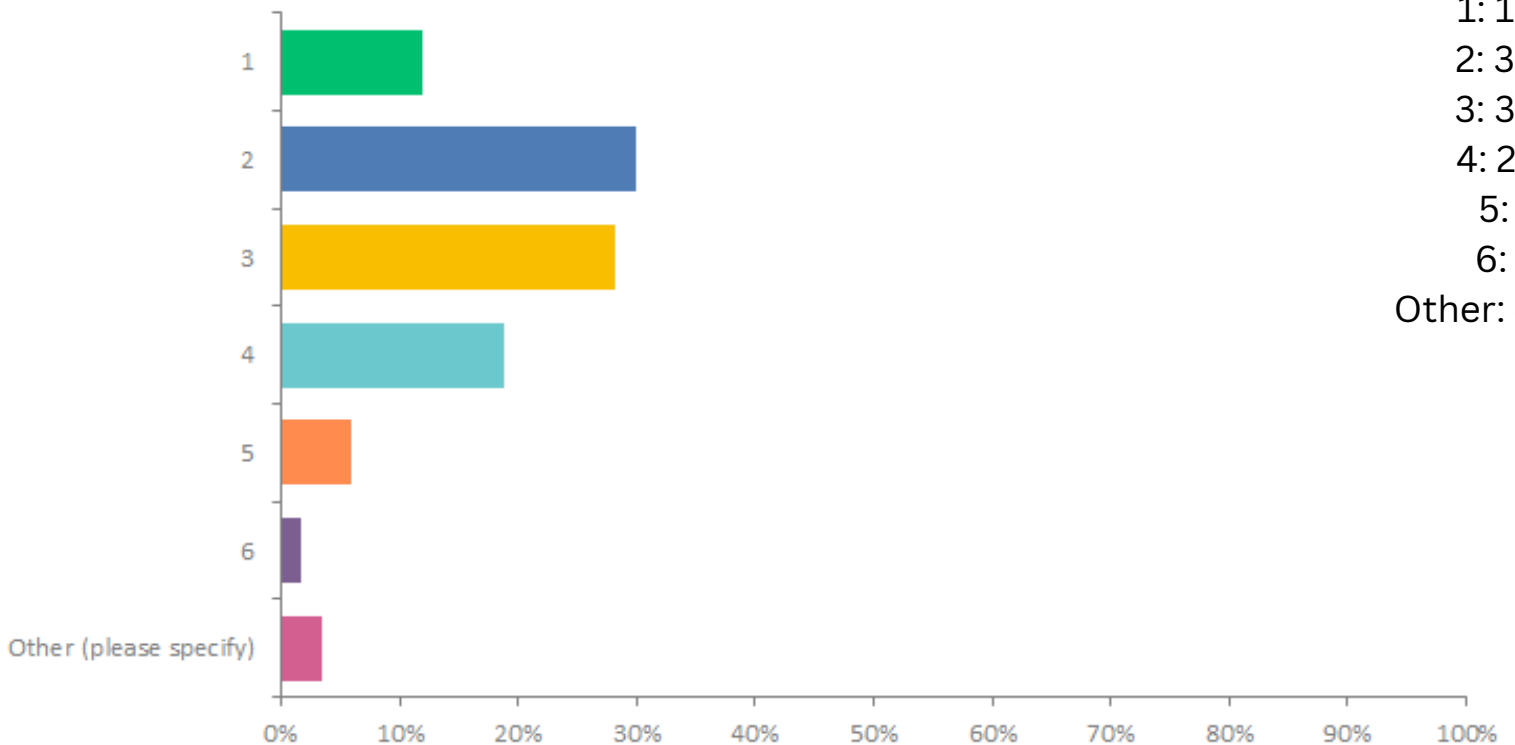
3: 33

4: 22

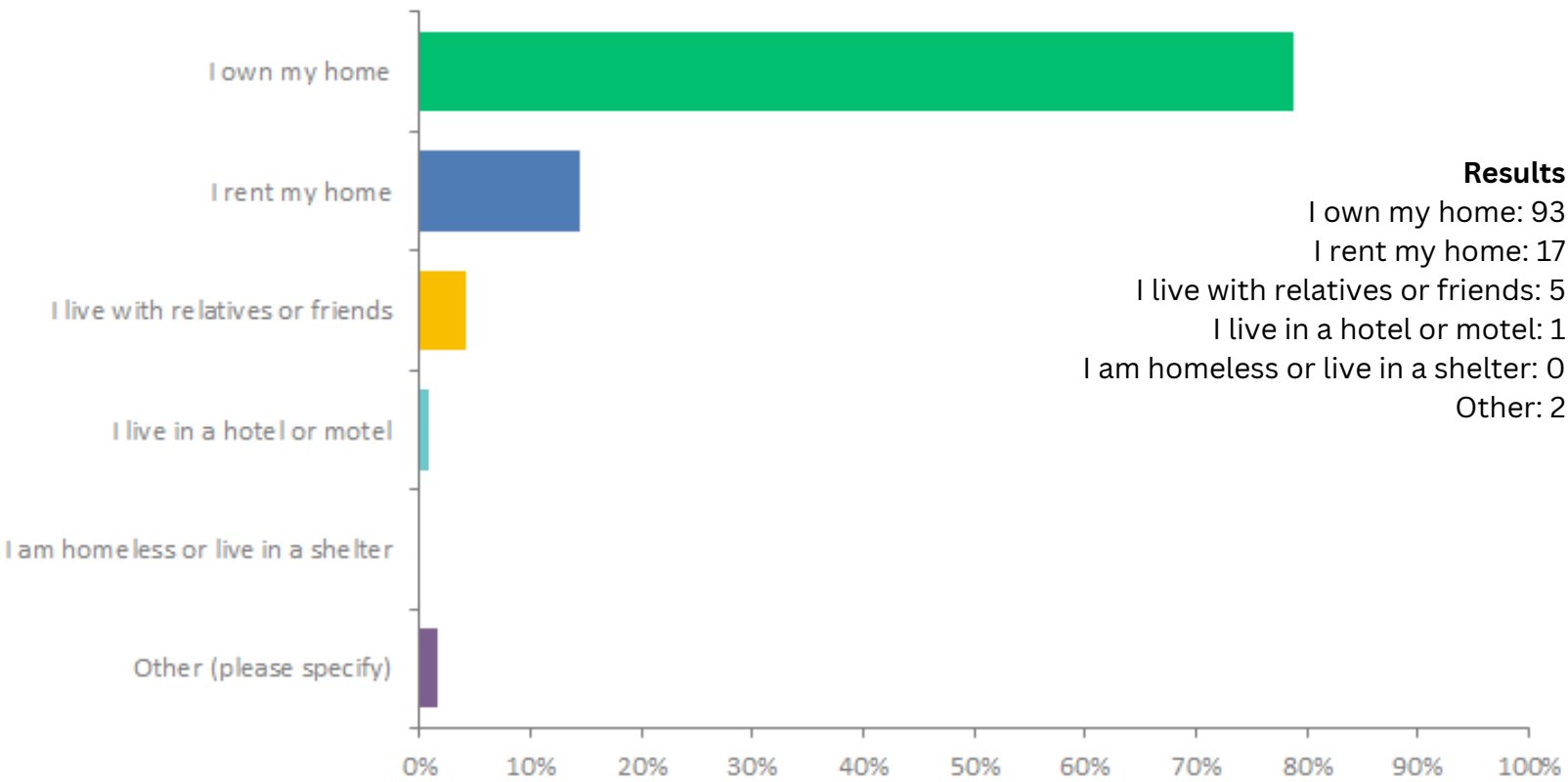
5: 7

6: 2

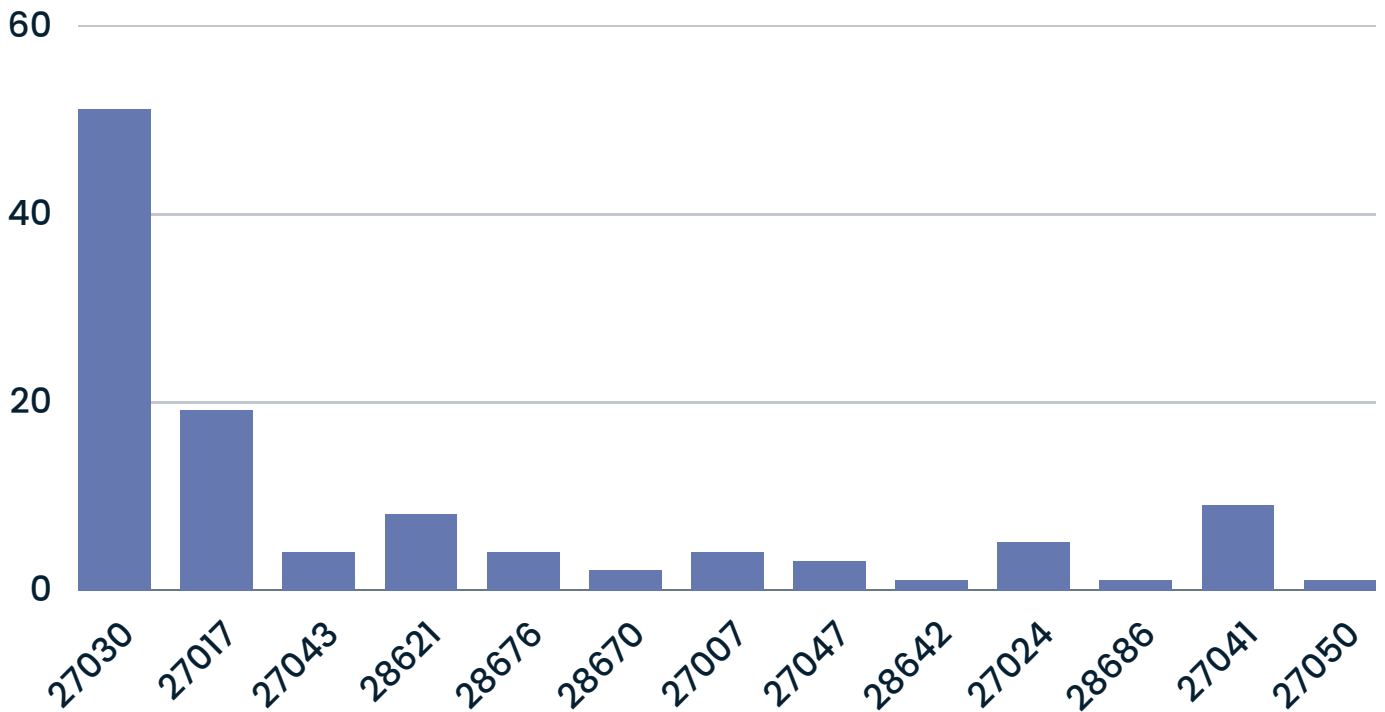
Other: 4



7. Which of the following best describes your current living situation?

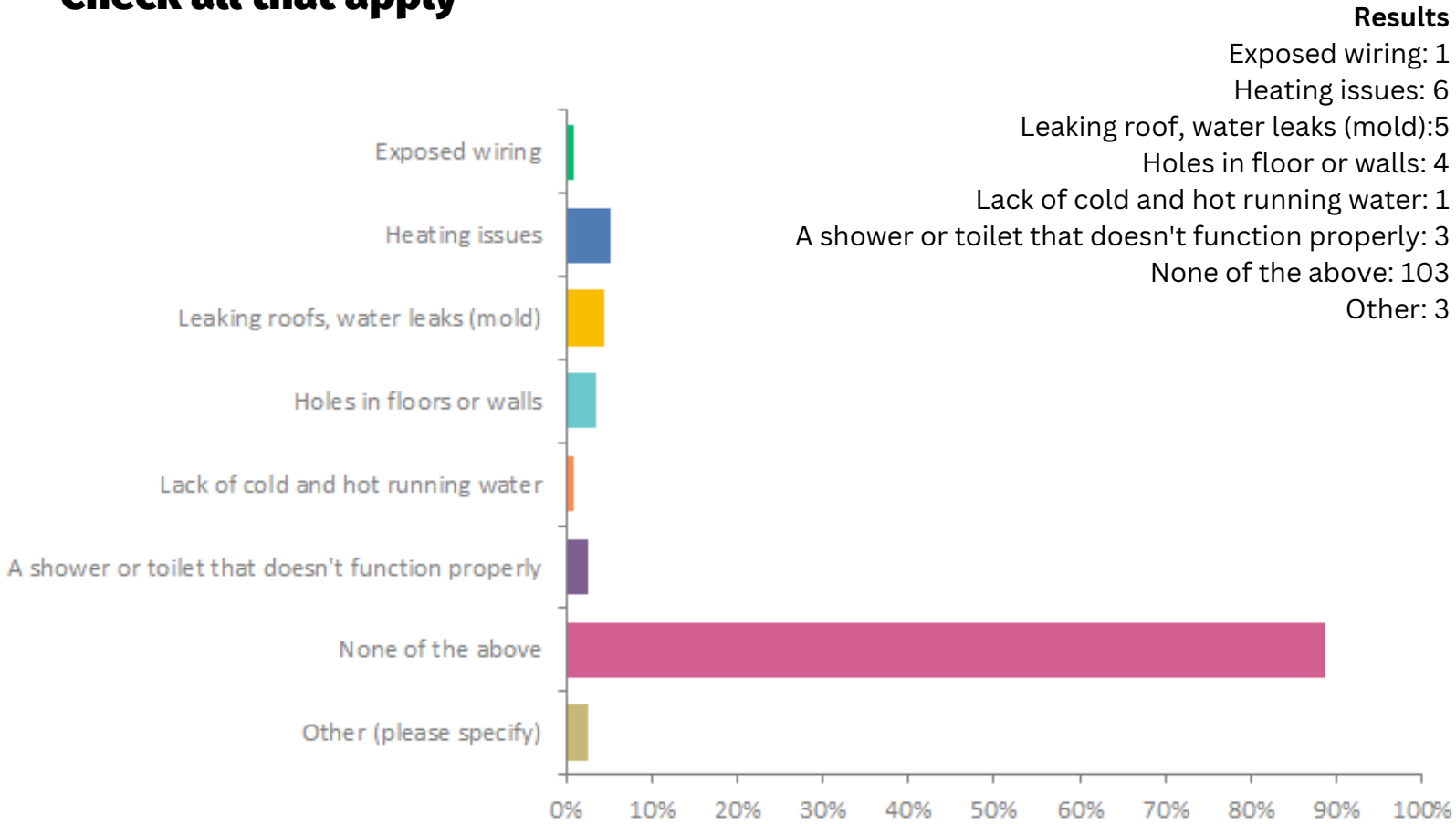


8. What is your zip code?

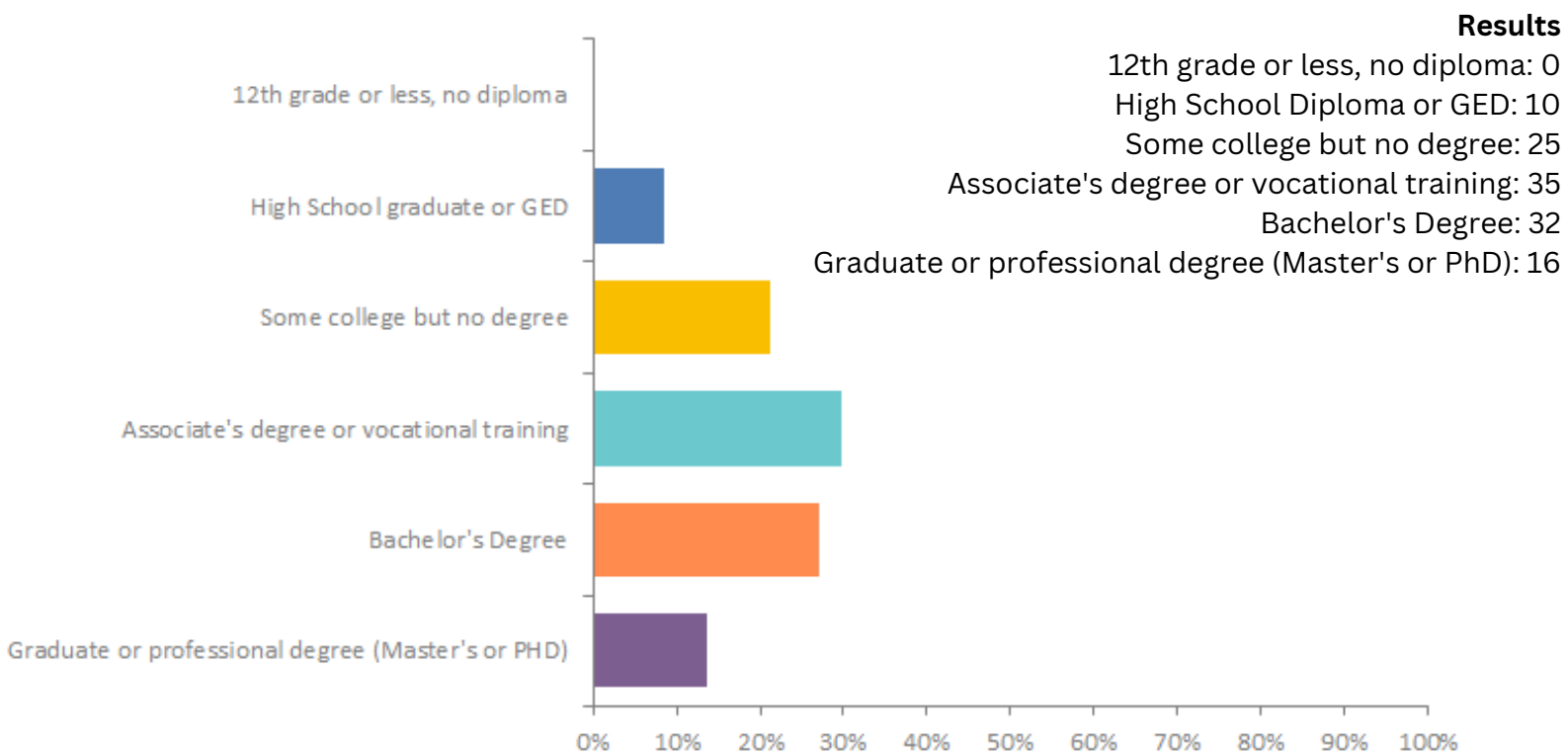


| <u>Zip Code</u> | 27030-51 | 28676-4 | 27047-3 | 28686-1 |
|-----------------|----------|---------|---------|---------|
| <u>Totals:</u> | 27017-19 | 28670-2 | 28642-1 | 27041-9 |
| | 27043-4 | 27007-4 | 27024-5 | 27050-1 |
| | 28621-8 | | | |

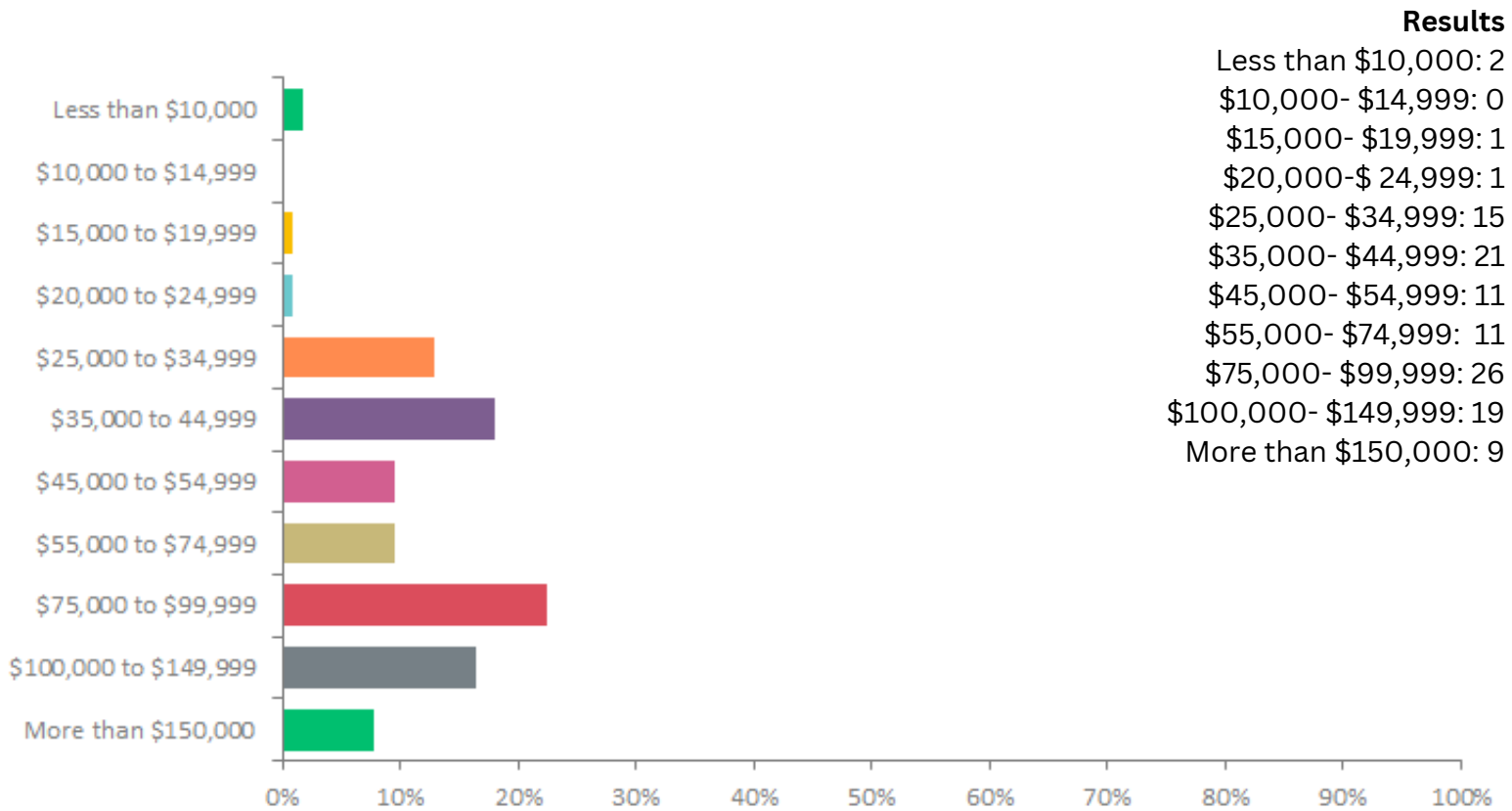
9. Does the place you are living have any of the following issues? Check all that apply



10. What is the highest level of education you have completed?



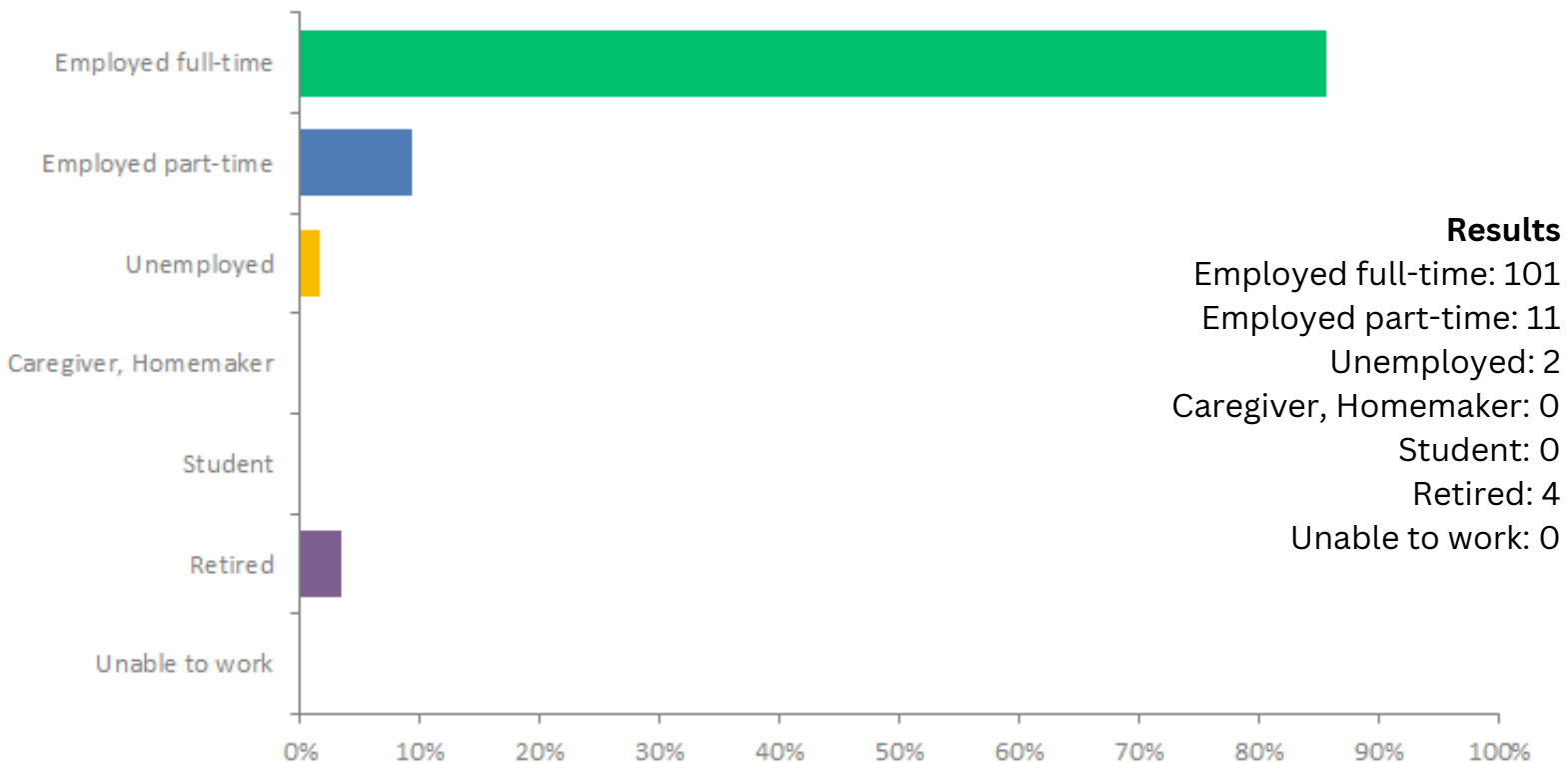
11. What was your total household income last year before taxes? Please check one.



Results

| | |
|-----------------------|----|
| Less than \$10,000: | 2 |
| \$10,000- \$14,999: | 0 |
| \$15,000- \$19,999: | 1 |
| \$20,000- \$24,999: | 1 |
| \$25,000- \$34,999: | 15 |
| \$35,000- \$44,999: | 21 |
| \$45,000- \$54,999: | 11 |
| \$55,000- \$74,999: | 11 |
| \$75,000- \$99,999: | 26 |
| \$100,000- \$149,999: | 19 |
| More than \$150,000: | 9 |

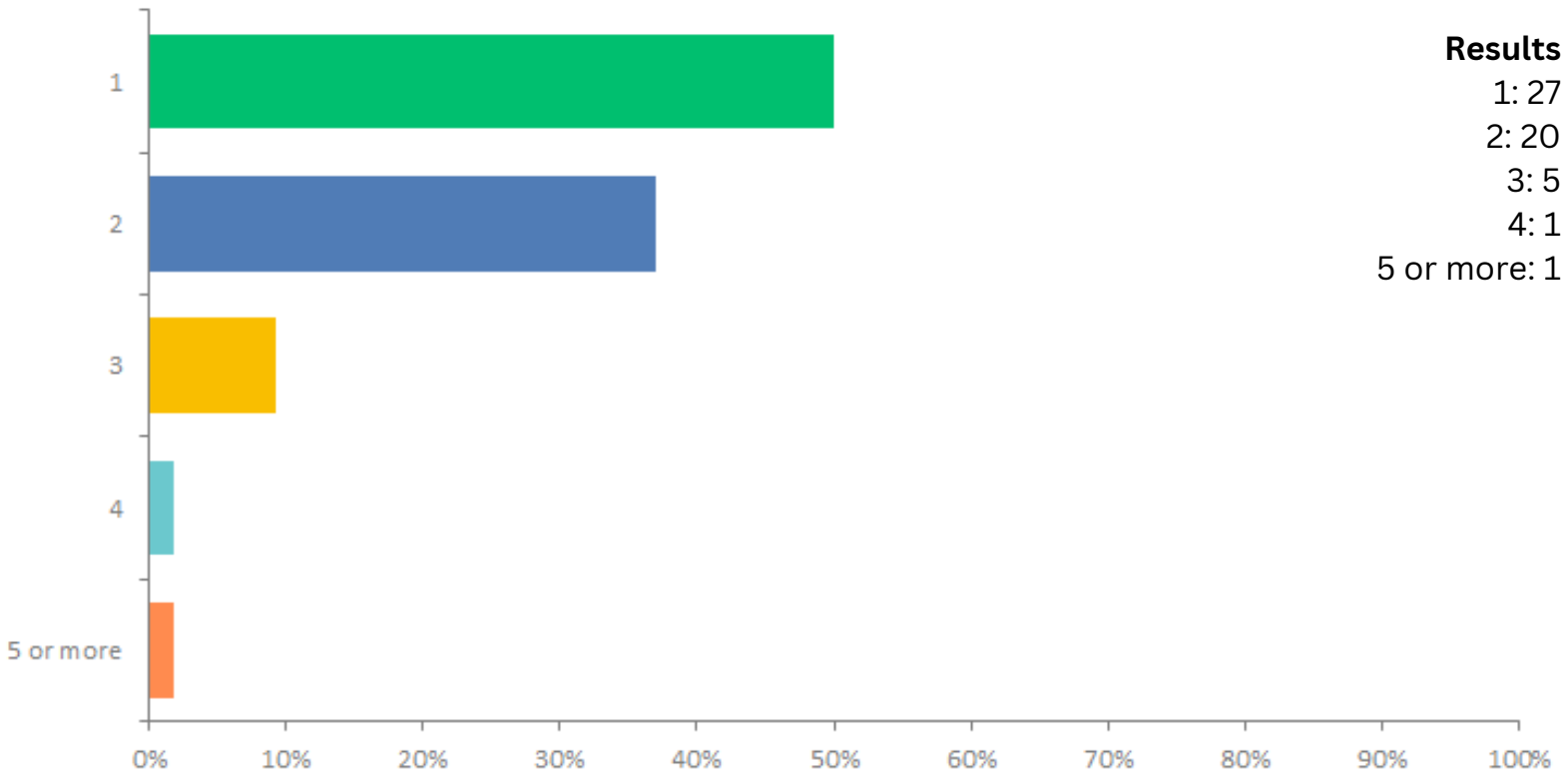
12. Which of the following best describes your current employment status?



Results

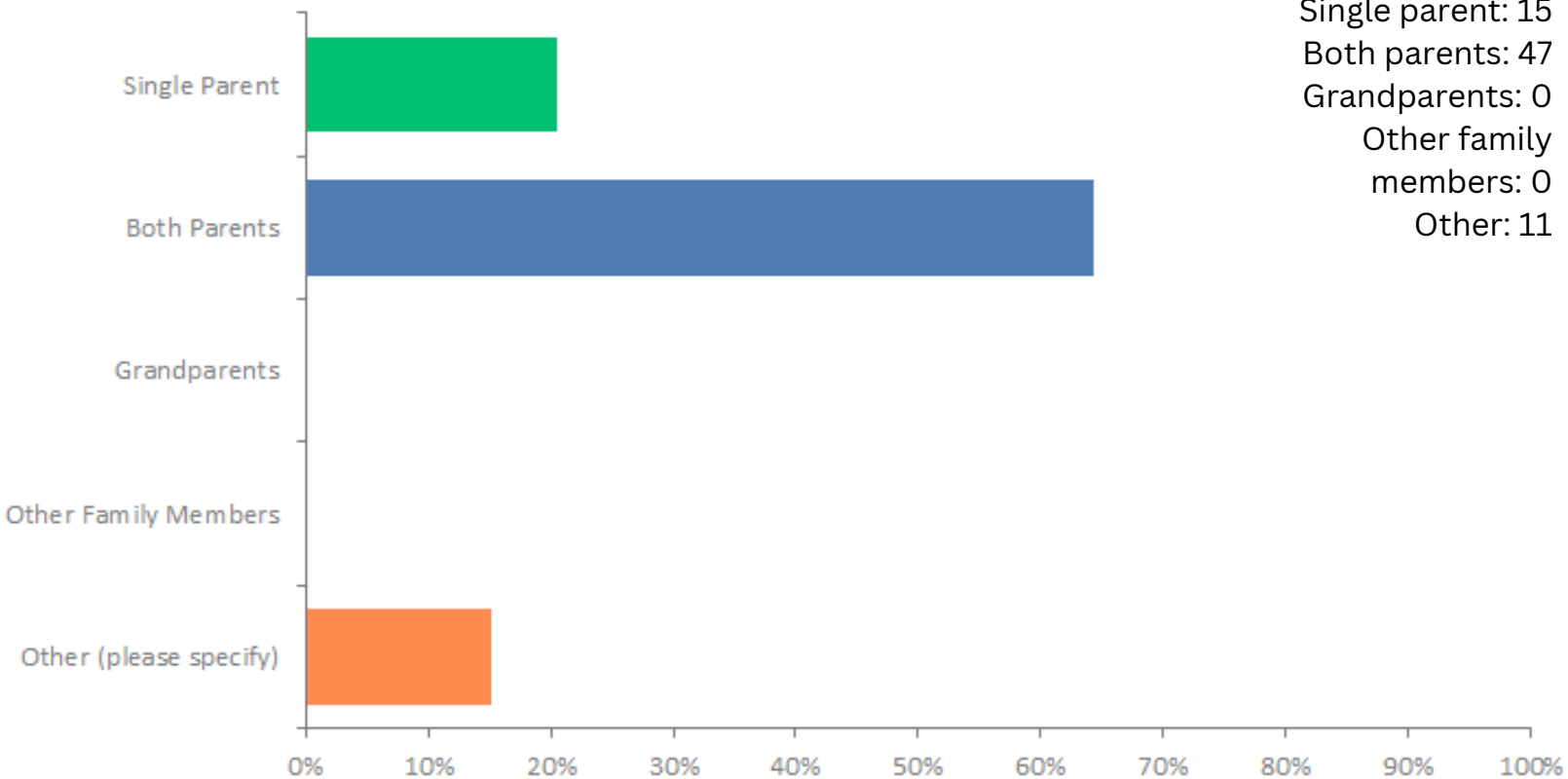
| | |
|-----------------------|-----|
| Employed full-time: | 101 |
| Employed part-time: | 11 |
| Unemployed: | 2 |
| Caregiver, Homemaker: | 0 |
| Student: | 0 |
| Retired: | 4 |
| Unable to work: | 0 |

13. How many children under the age of 18 are living in your household?



Results
1: 27
2: 20
3: 5
4: 1
5 or more: 1

14. Who is raising the child/children in your household?



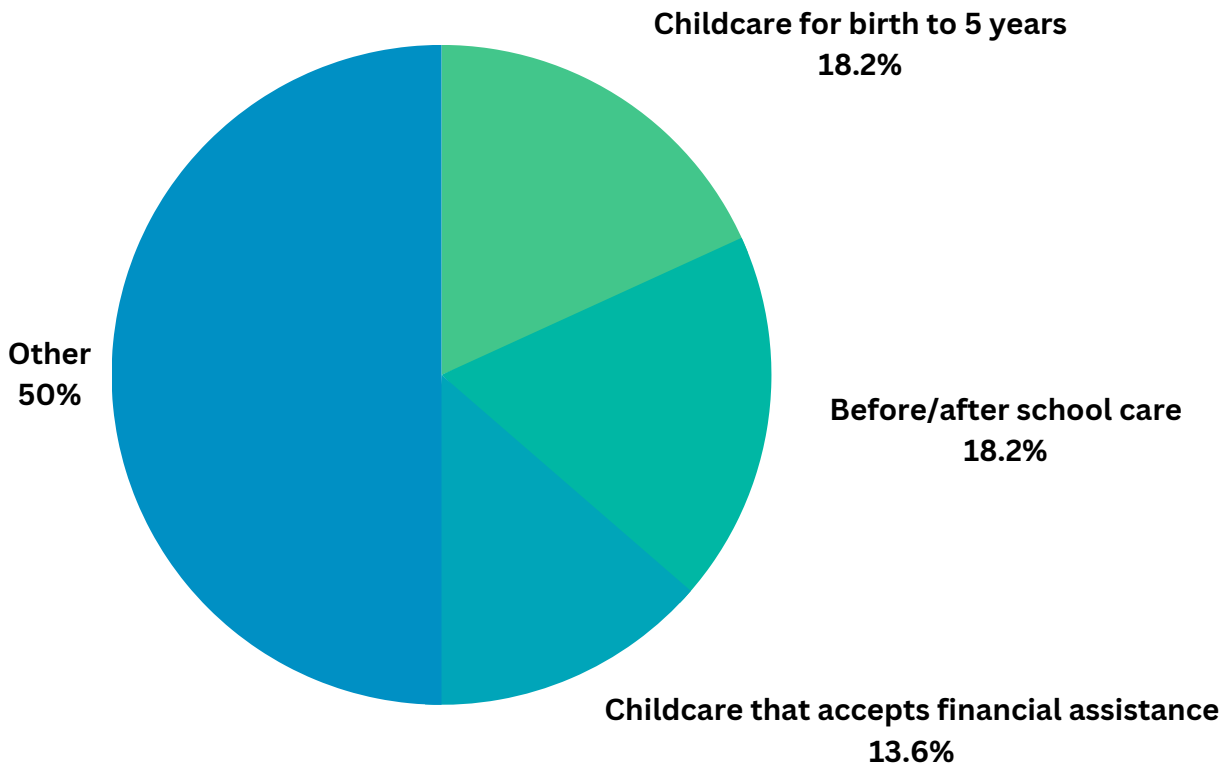
Results
Single parent: 15
Both parents: 47
Grandparents: 0
Other family members: 0
Other: 11

15. Have you had problems finding quality child care in Surry County?



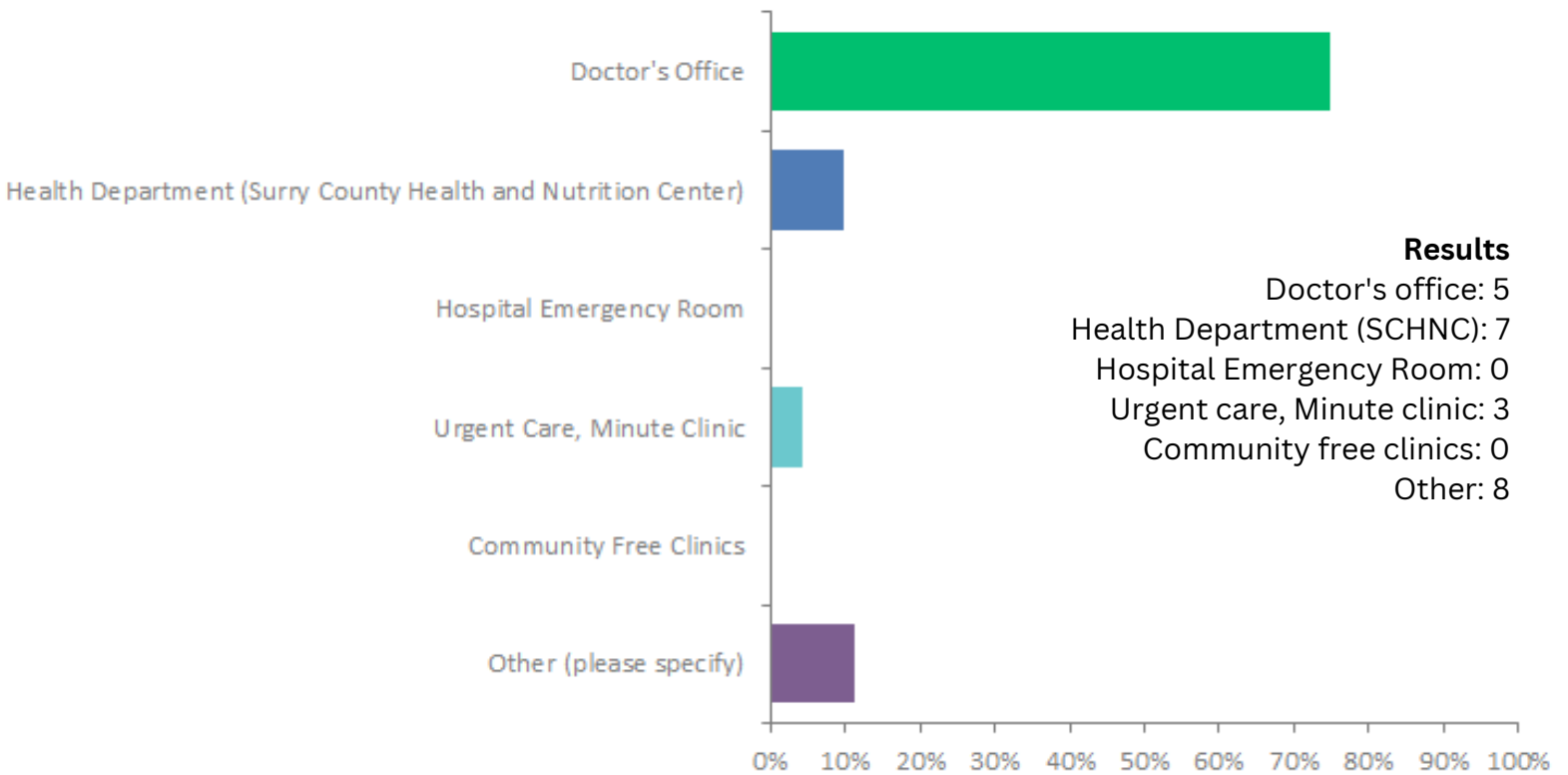
Results
Yes: 8
No: 68

16. If yes, what type of childcare are you trying to access?

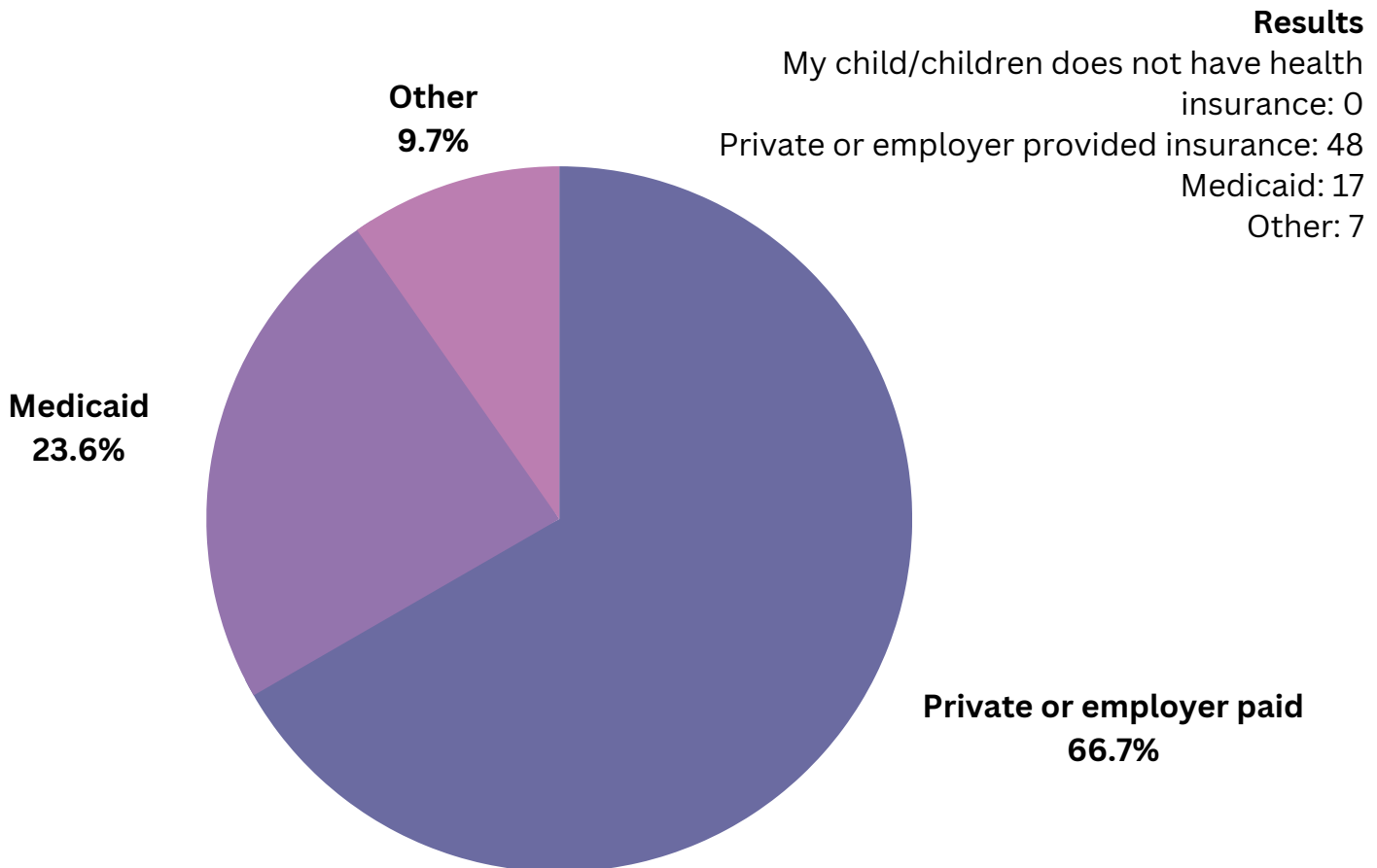


Results
Childcare birth to 5 years: 4
Before/after school care for school-age children: 4
Childcare that accepts financial assistance: 3
Other: 11

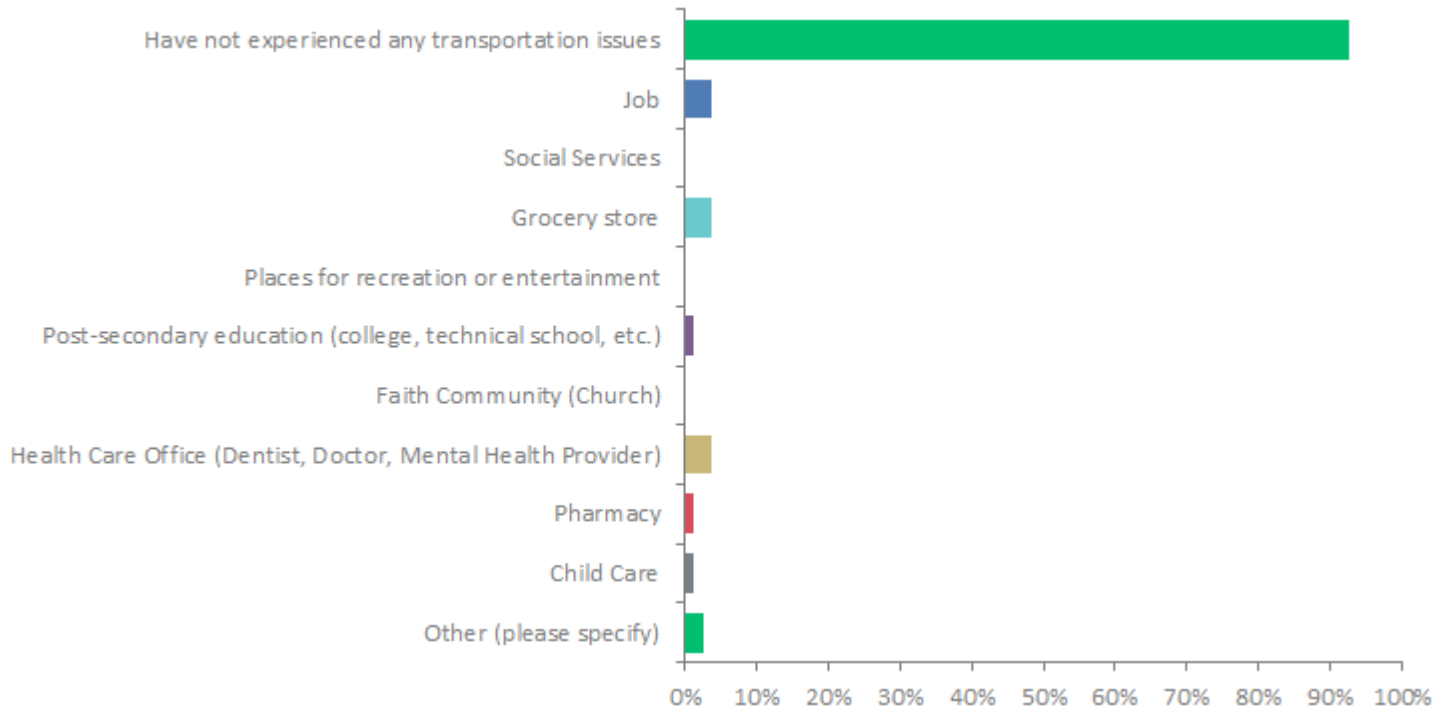
17. Where do you take your child for medical care?



18. What type of health insurance does your child/children have?

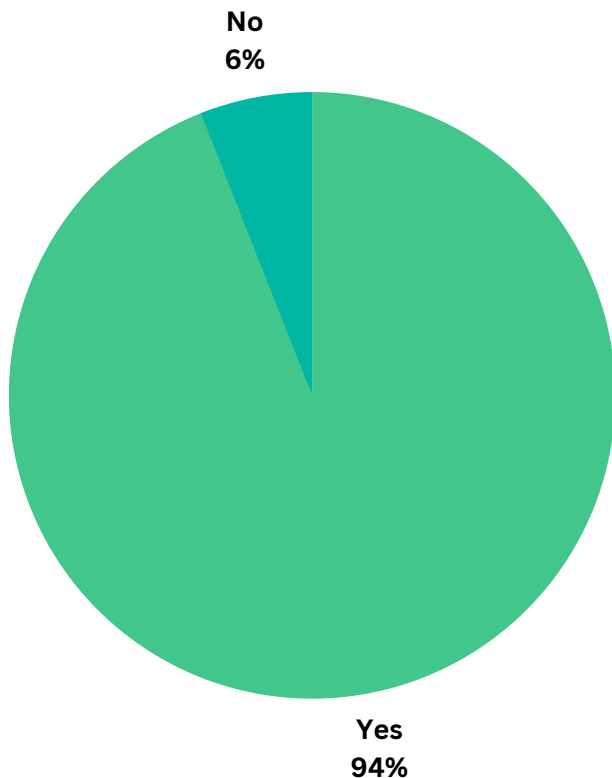


19. Which of the following places have you or someone in your household had a difficult time getting to because transportation was not available? Check all that apply



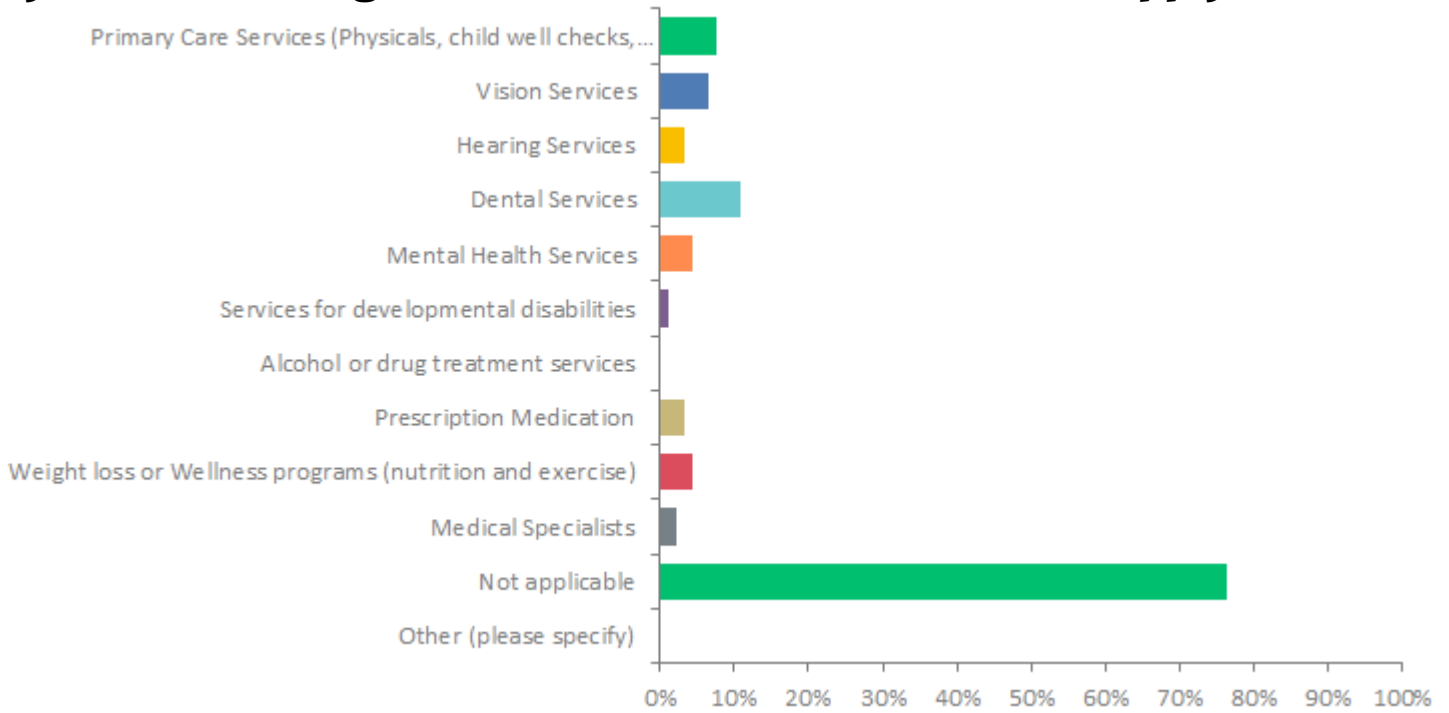
Results Have not experienced any transportation issues: 74 Places for recreations or entertainment: 0 Pharmacy: 1
 Job: 3 Post-secondary education: 1 Child care: 1
 Social Services: 0 Faith community (church): 0 Other: 2
 Grocery Store: 3 Health Care office: 3

20. Do you or the members of your household seek regular or preventative medical care? (Examples: Physical Exams, Dental, Eye)



Results
 Yes: 110
 No: 7

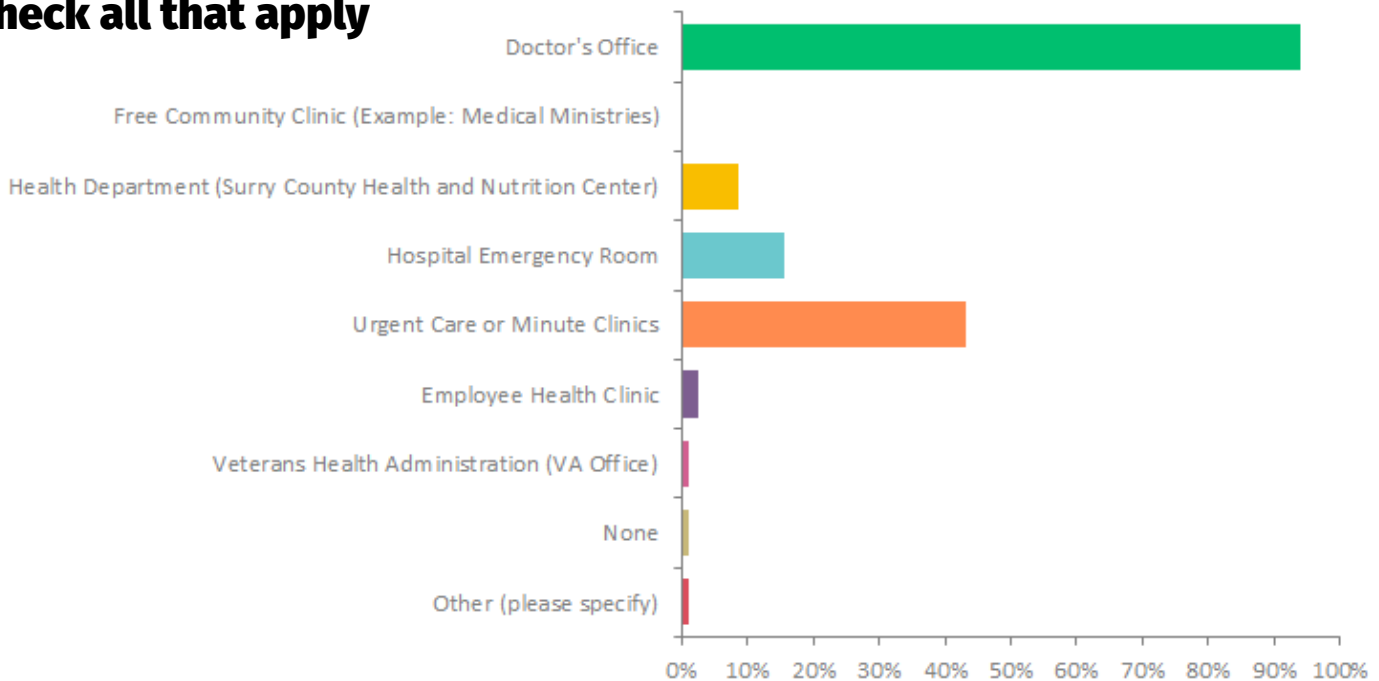
21. In the past year, has anyone in your household had an issue getting any of the following health care services? Check all that apply



Results

| | |
|--|---------------------------------------|
| Primary Care Services: 7 | Alcohol or drug treatment services: 0 |
| Vision services: 6 | Prescription medication: 3 |
| Hearing services: 3 | Weight loss wellness programs: 4 |
| Dental services: 10 | Medical specialist: 2 |
| Mental Health Services: 4 | Not applicable: 71 |
| Services for developmental services: 1 | Other: 0 |

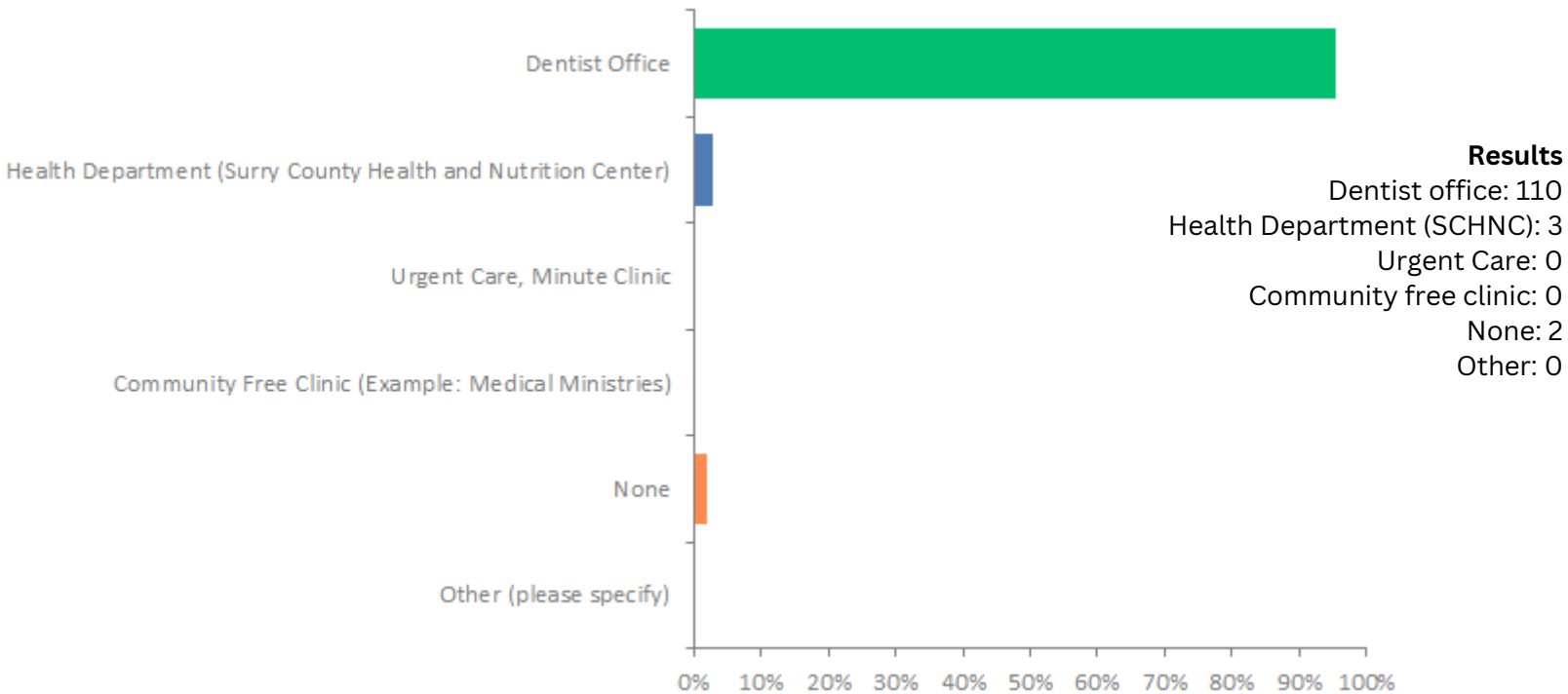
22. Where do you or members of your household seek medical care? Check all that apply



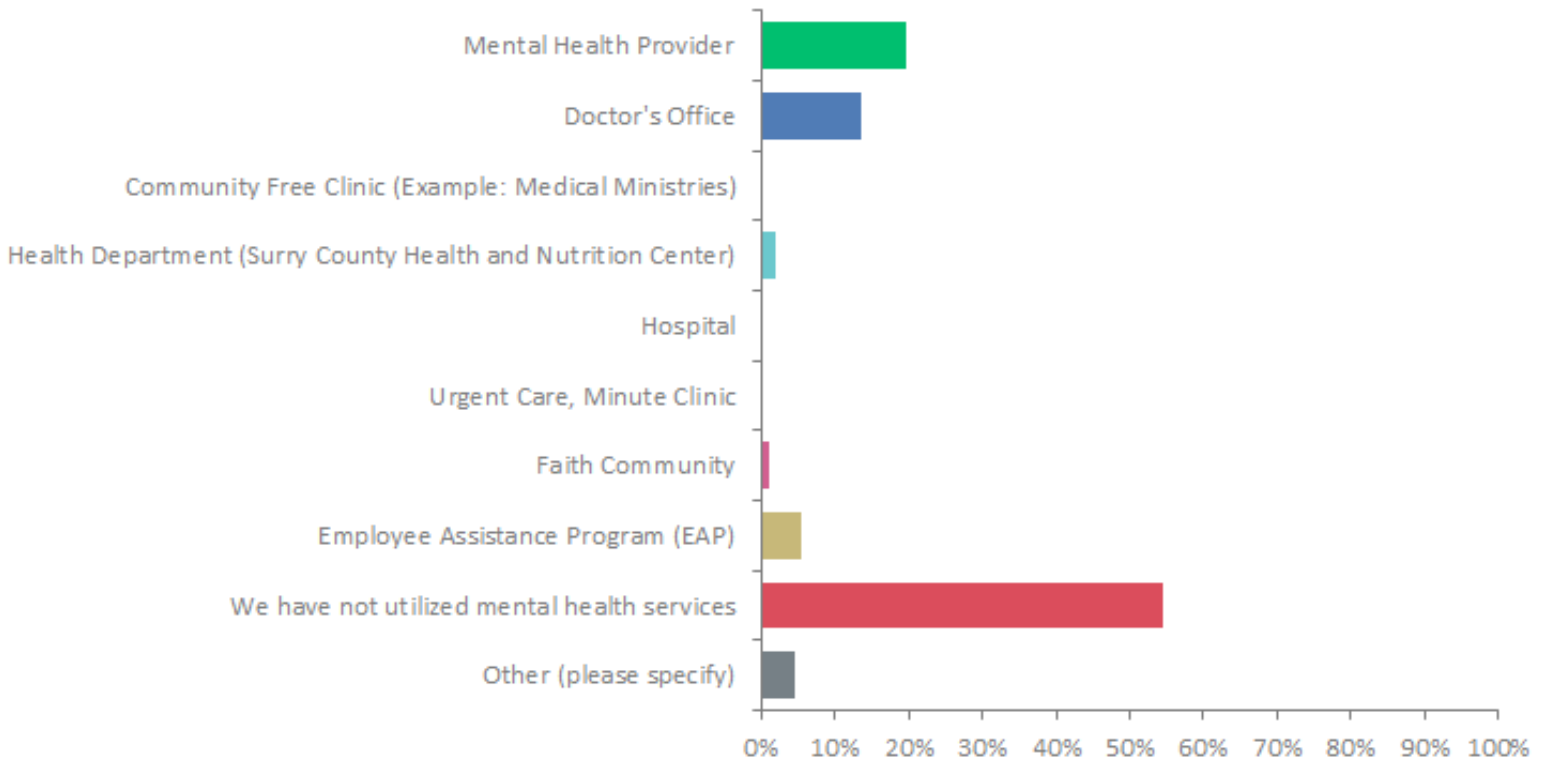
Results

| | |
|----------------------------------|------------------------------------|
| Doctor's office: 109 | Employee health clinic: 3 |
| Free community clinic: 0 | Veteran's health administration: 1 |
| Health Department: 10 | None: 1 |
| Hospital emergency room: 18 | Other: |
| Urgent care or minute clinic: 50 | |

23. Where do you or members of your household seek dental care?



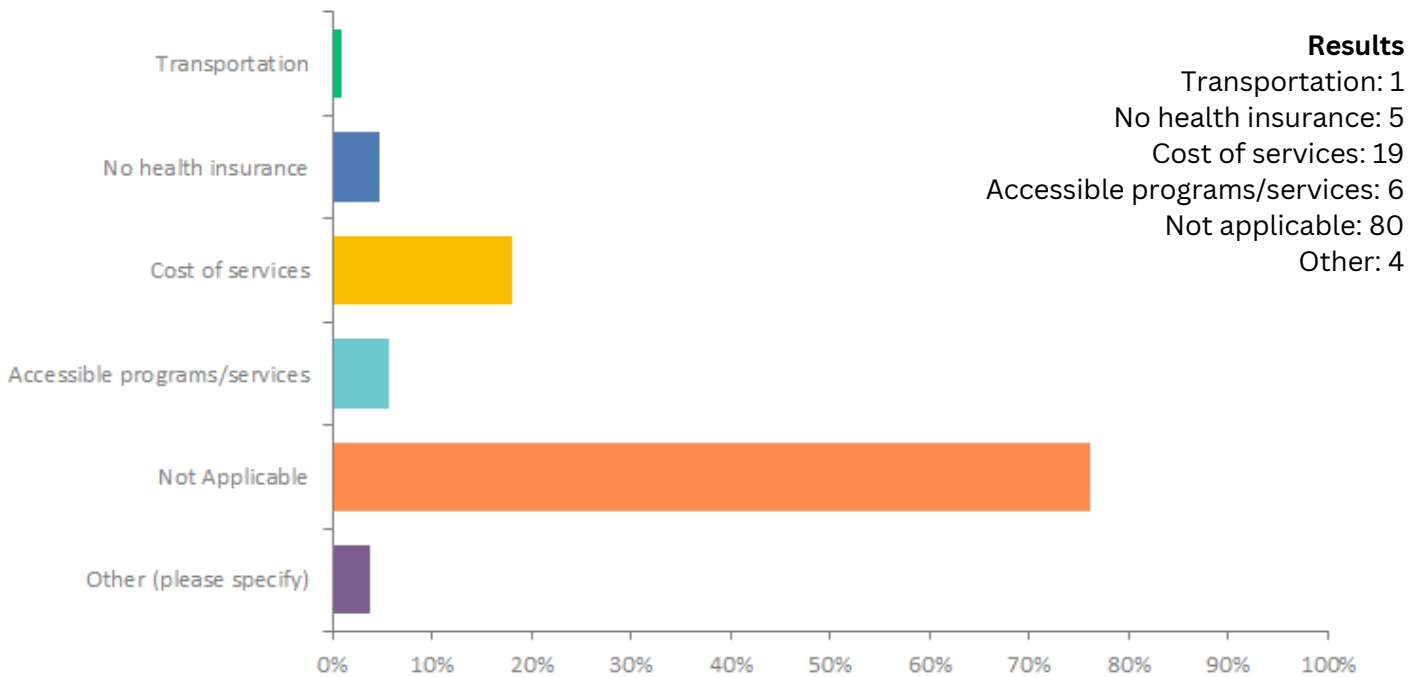
24. Where do you or members of your household go for mental health care?



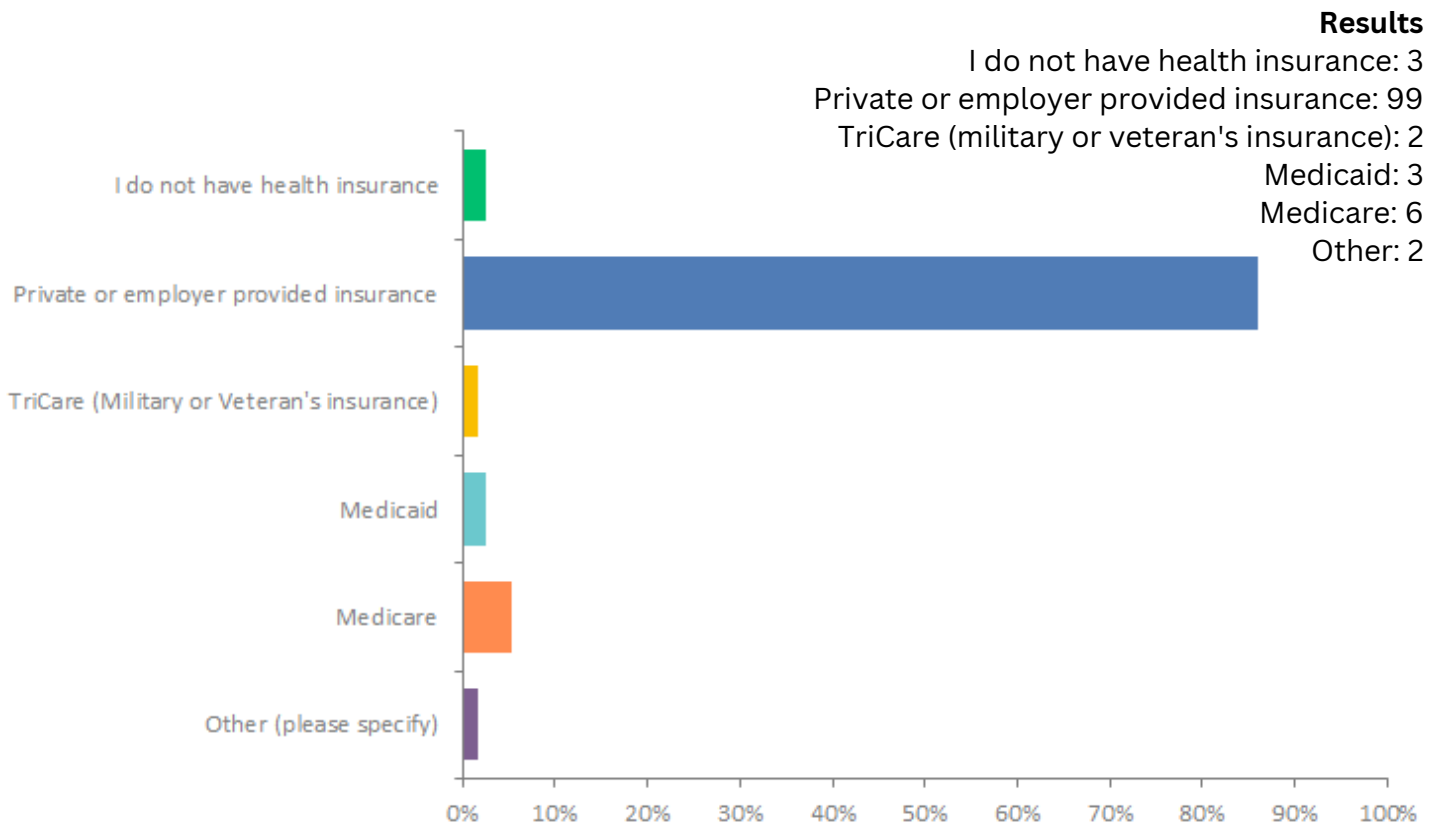
Results

| | |
|------------------------------|---|
| Mental health provider: 22 | Urgent care: 0 |
| Doctor's office: 15 | Faith community: 1 |
| Community free clinic: 0 | Employee assistance program: 6 |
| Health department (SCHNC): 2 | We have not utilized mental health services: 61 |
| Hospital: 0 | Other: 5 |

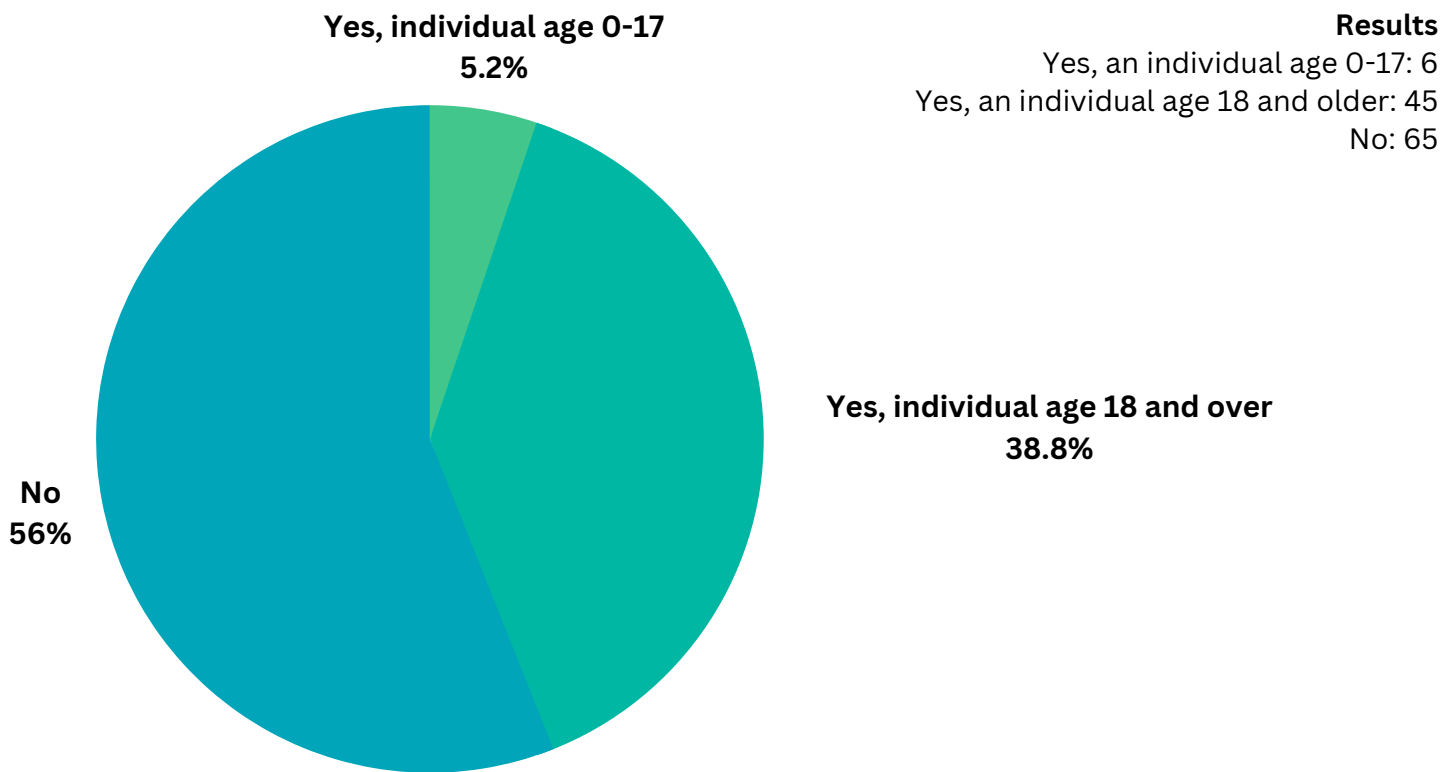
25. What has prevented you or someone in your household from using health care services. Check all that apply.



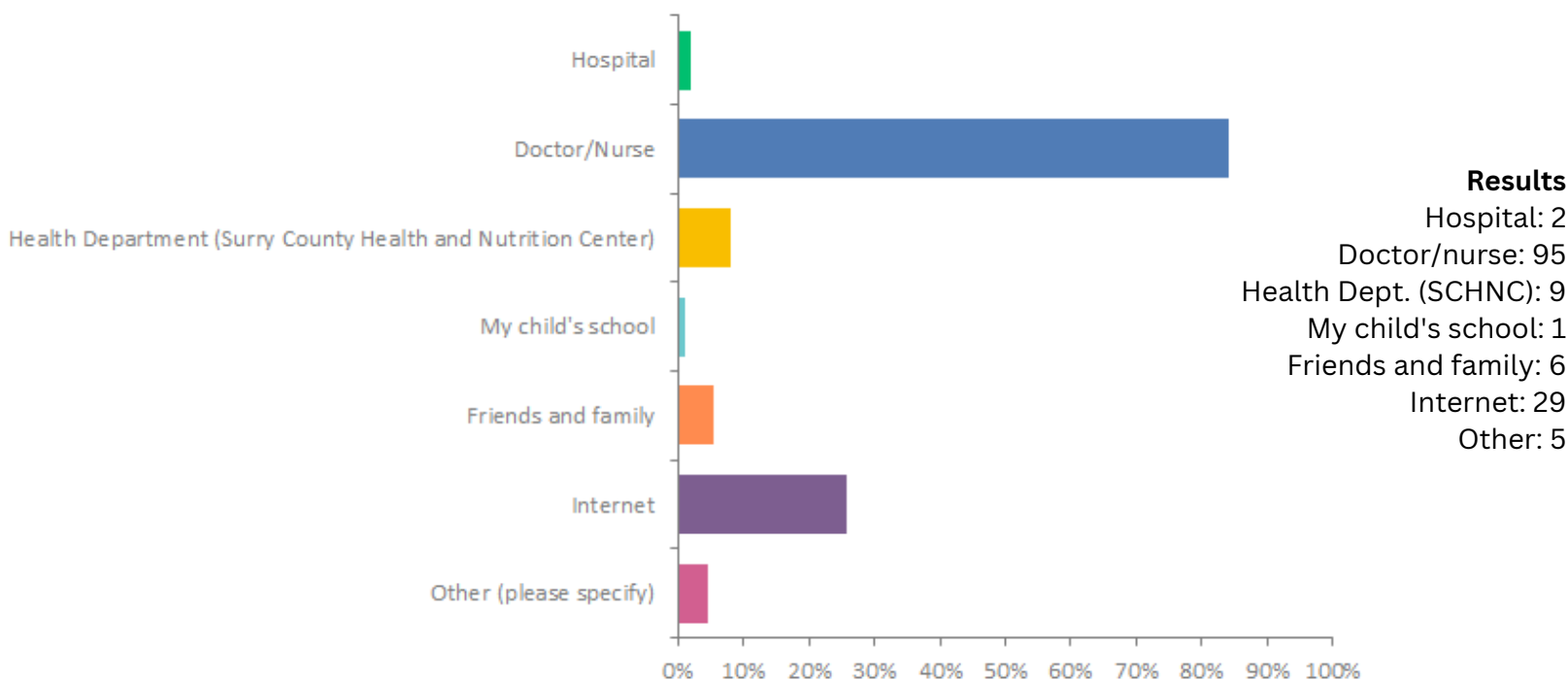
26. What type of health insurance do you currently have?



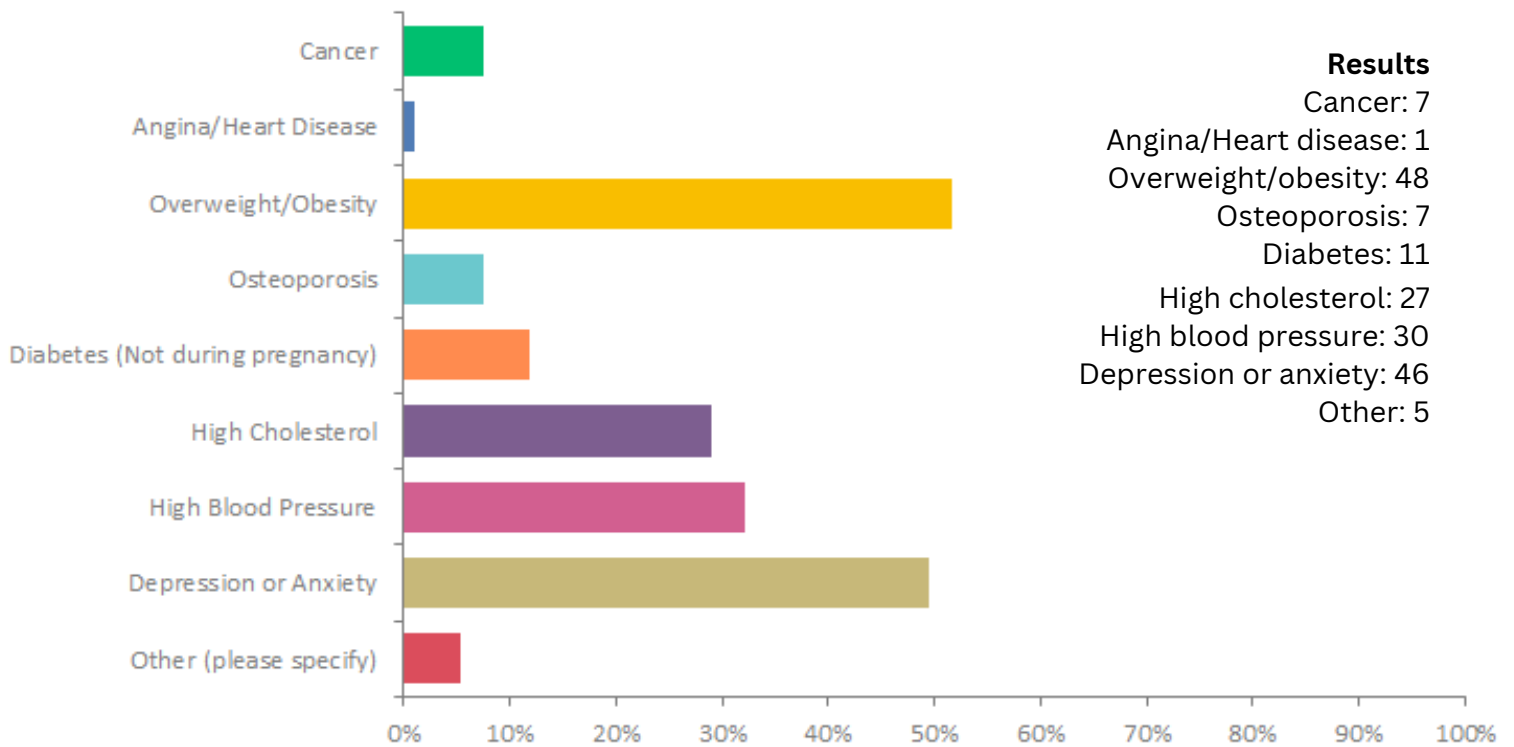
27. Do you or anyone in your household have a chronic condition or special health care need, diagnosed or undiagnosed (physical, medical, intellectual, developmental, emotional or behavioral)? Check all that apply



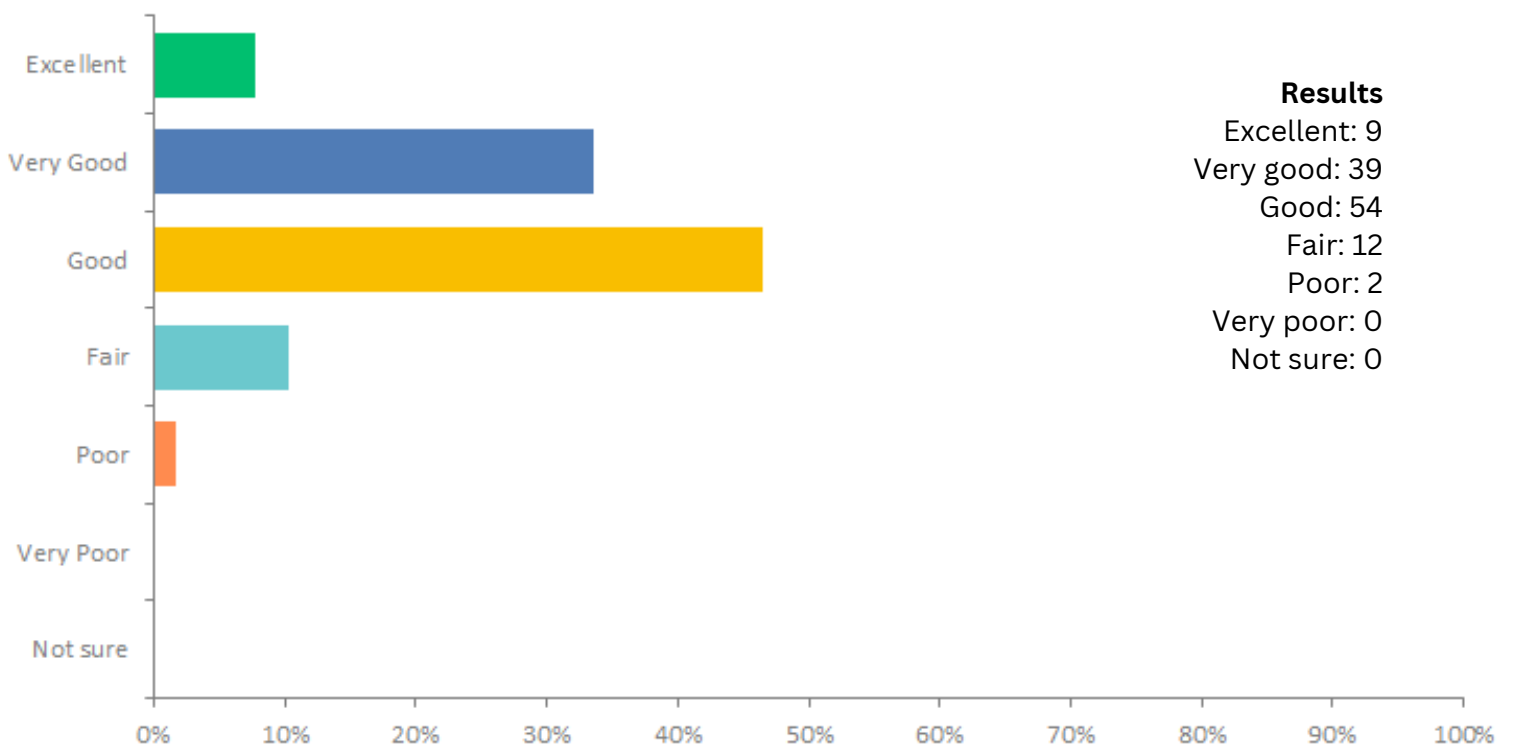
28. Where do you get most of your health-related information? Please check one.



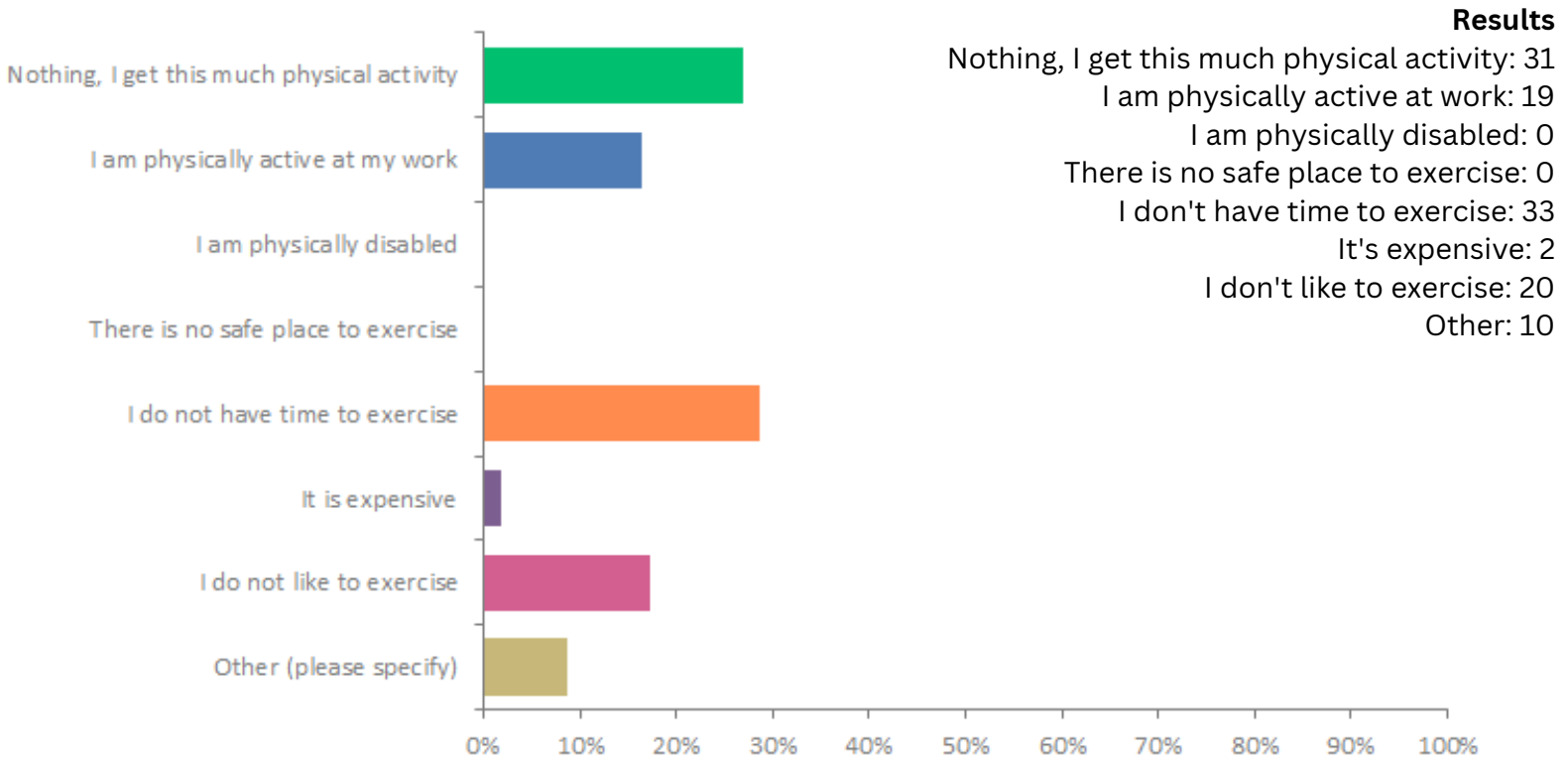
29. Have you been told by a doctor, nurse, or other health care professional that you have any of the following health conditions? Please check all that apply.



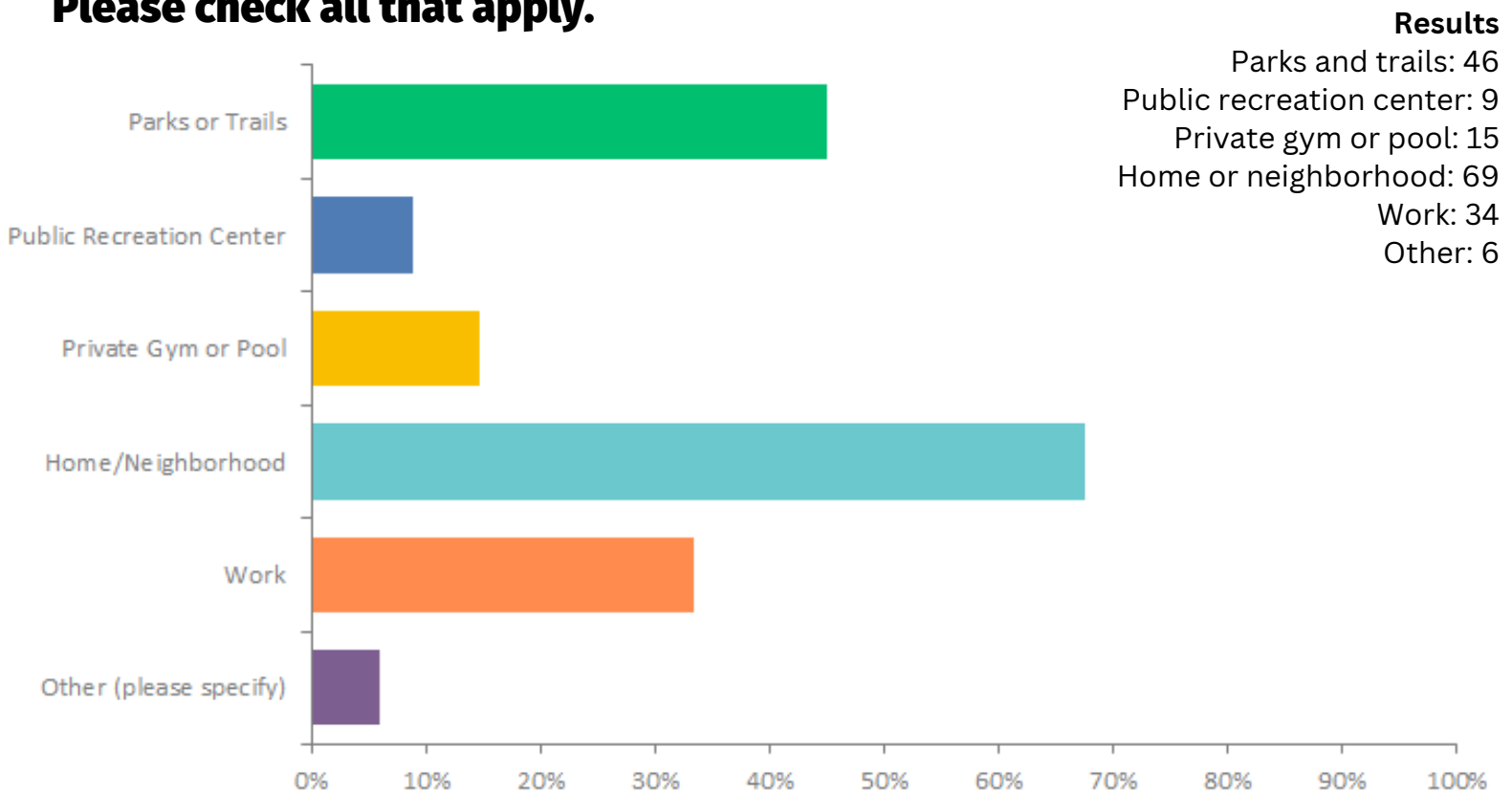
30. Would you say that, in general, your health is: Please check one



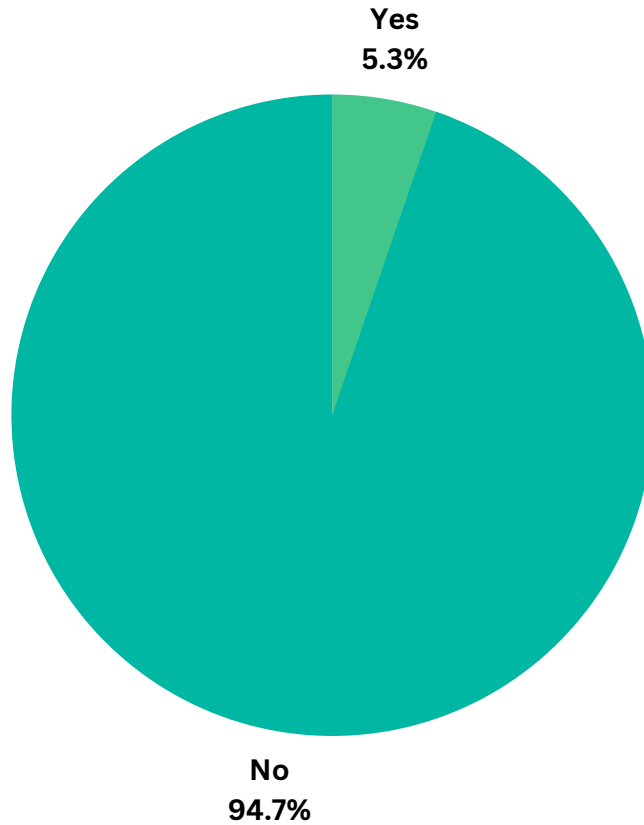
31. The recommendation for physical activity is 30 minutes a day, 5 days a week (2.5 hours per week). Please choose the main reason keeping you from getting this much physical activity. Please check one.



32. Where do you go to exercise or engage in physical activity? Please check all that apply.

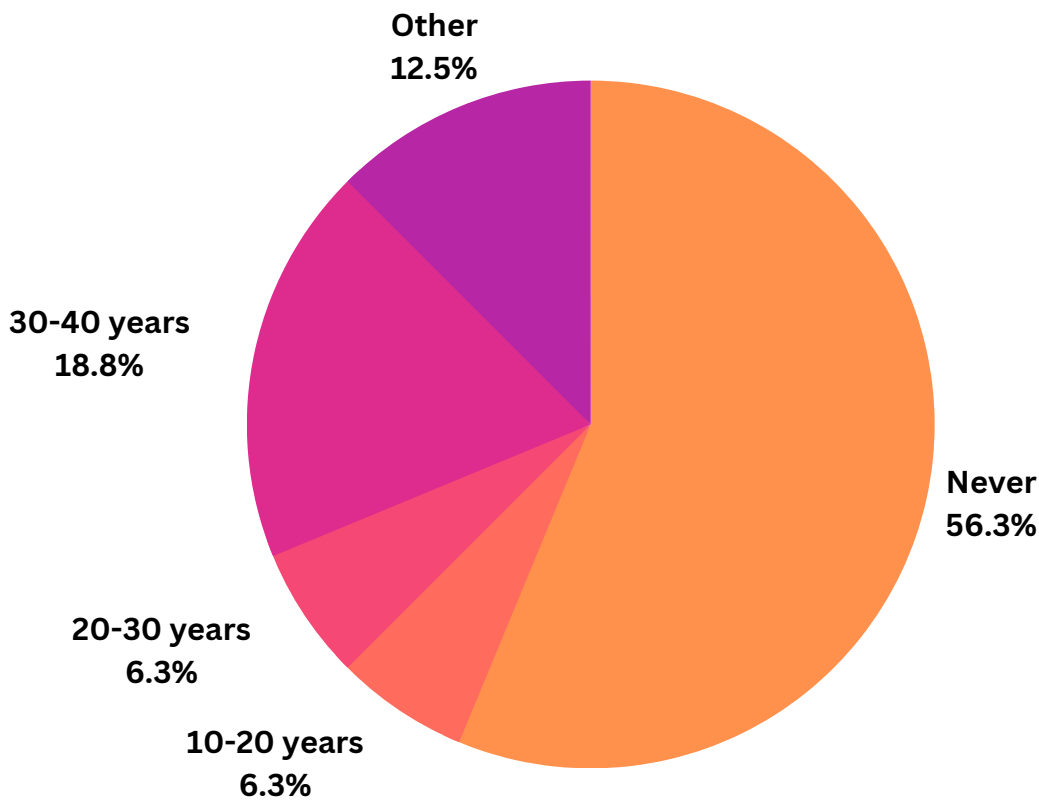


**33. Where do you go to exercise or engage in physical activity?
Please check all that apply.**



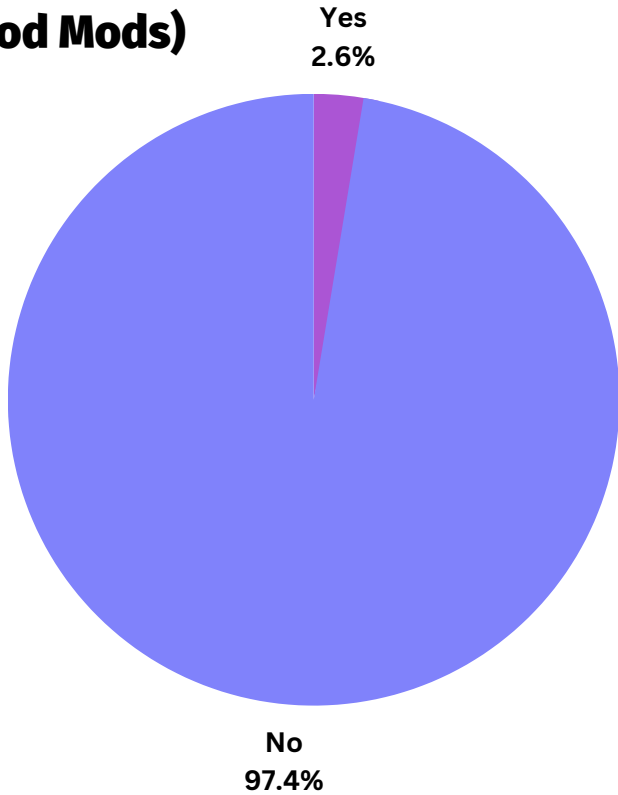
Result
Yes: 6
No: 108

34. How many years have you smoked cigarettes?



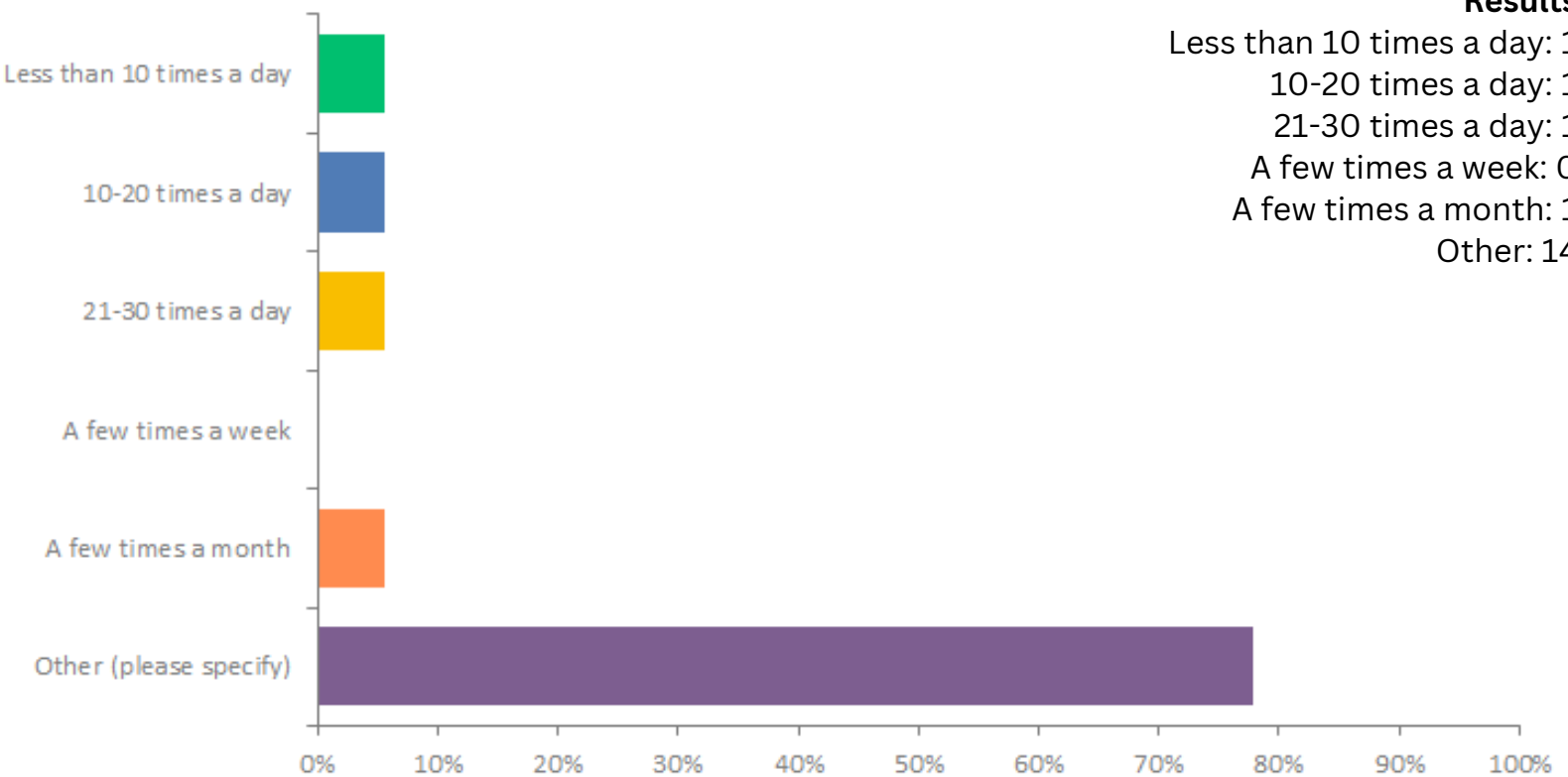
Results
Never: 9
1-10 years: 0
10-20 years: 1
20-30 years: 1
30-40 years: 3
Other: 2

35. Do you currently use vaping products? (Ex. E-Cigs, Vape Pens, Mods, Pod Mods)



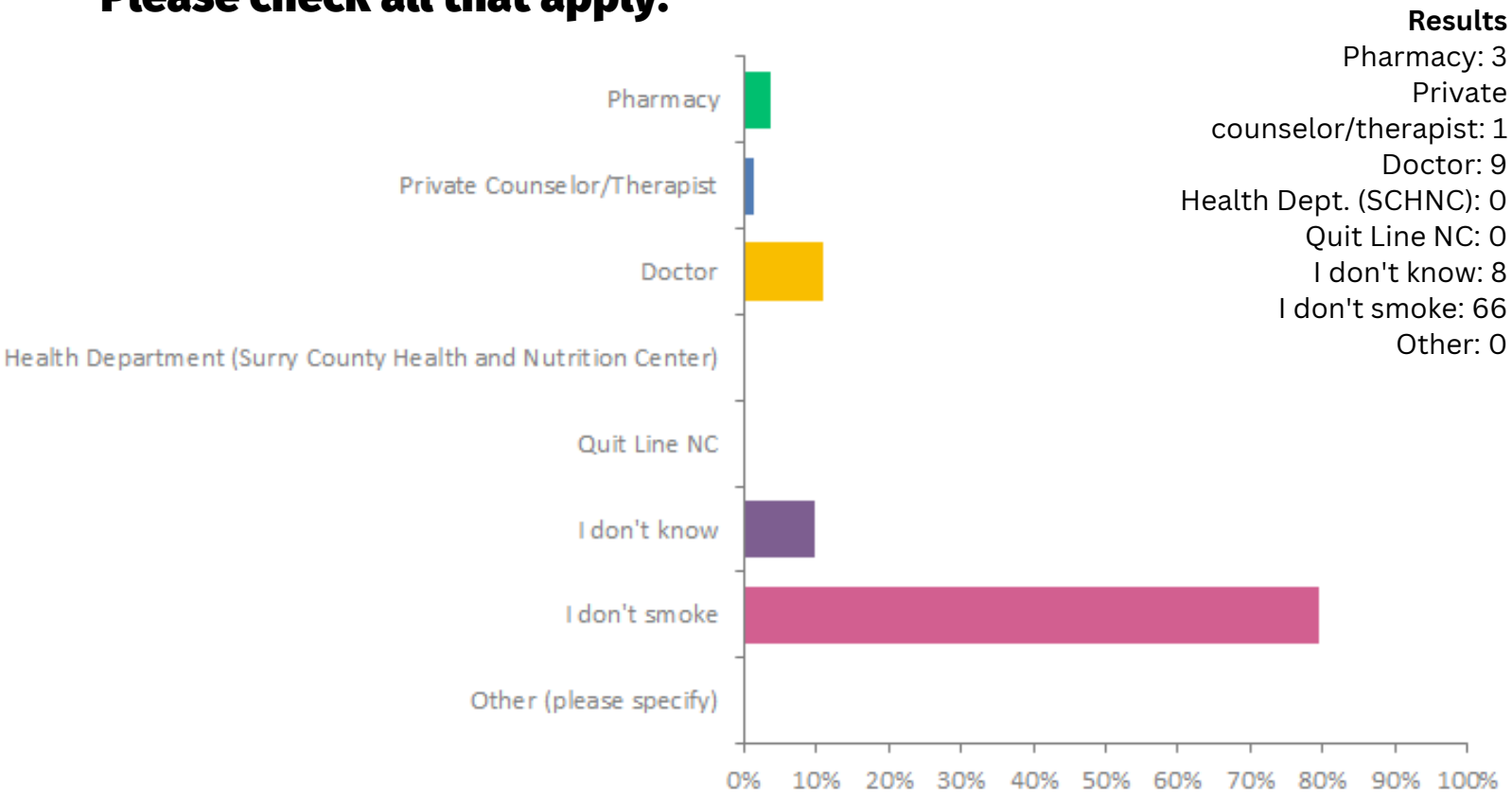
Results
Yes: 3
No: 112

36. How often do you vape?

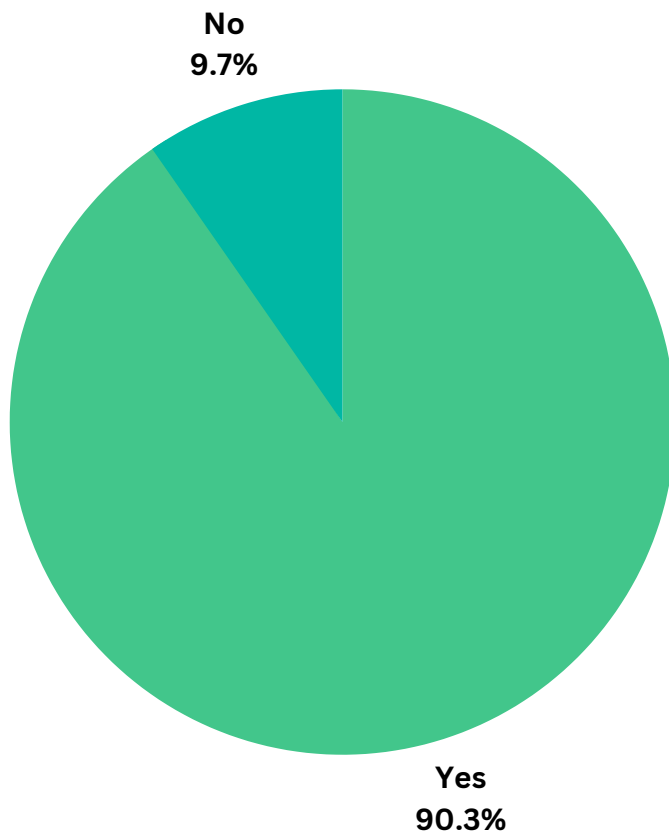


Results
Less than 10 times a day: 1
10-20 times a day: 1
21-30 times a day: 1
A few times a week: 0
A few times a month: 1
Other: 14

**37. Where would you go if you wanted to quit smoking/vaping?
Please check all that apply.**

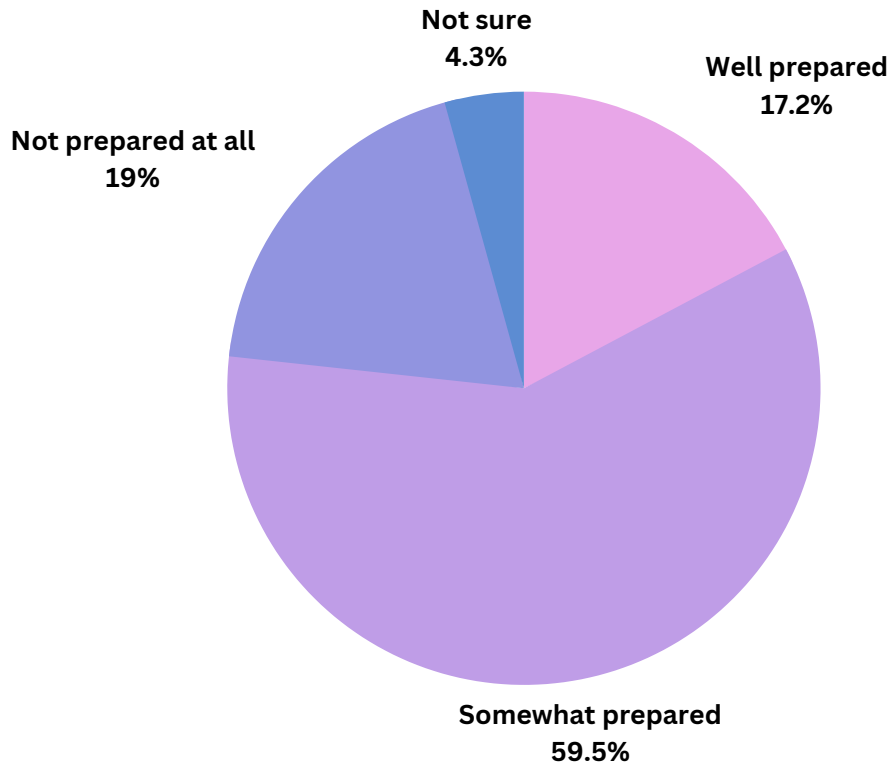


38. Do you support tobacco-free environments, such as restaurants, workplaces, community colleges, and other public areas?



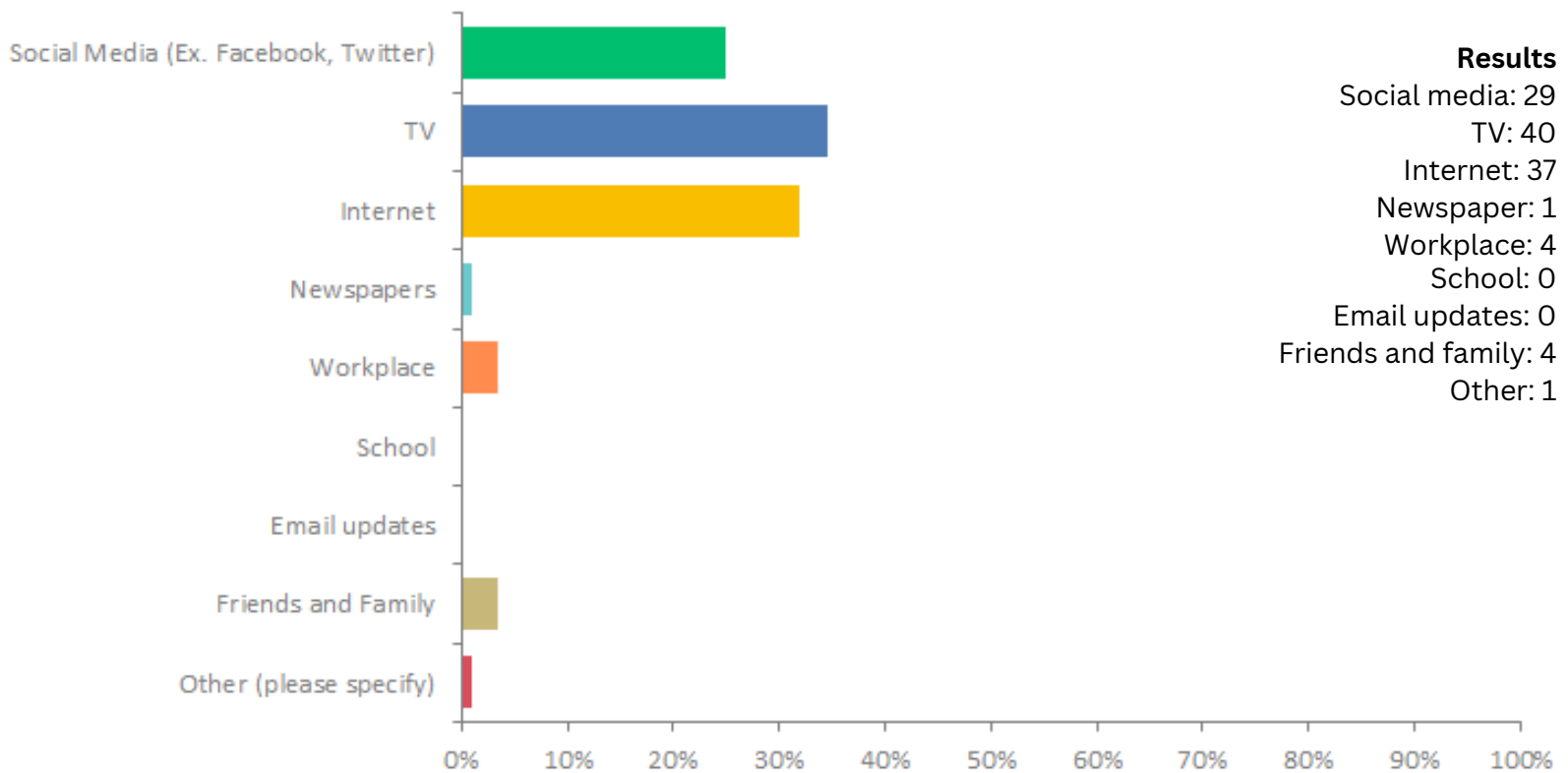
Results
Yes: 102
No: 11

39. How prepared do you feel your household is to handle a large-scale disaster or emergency?



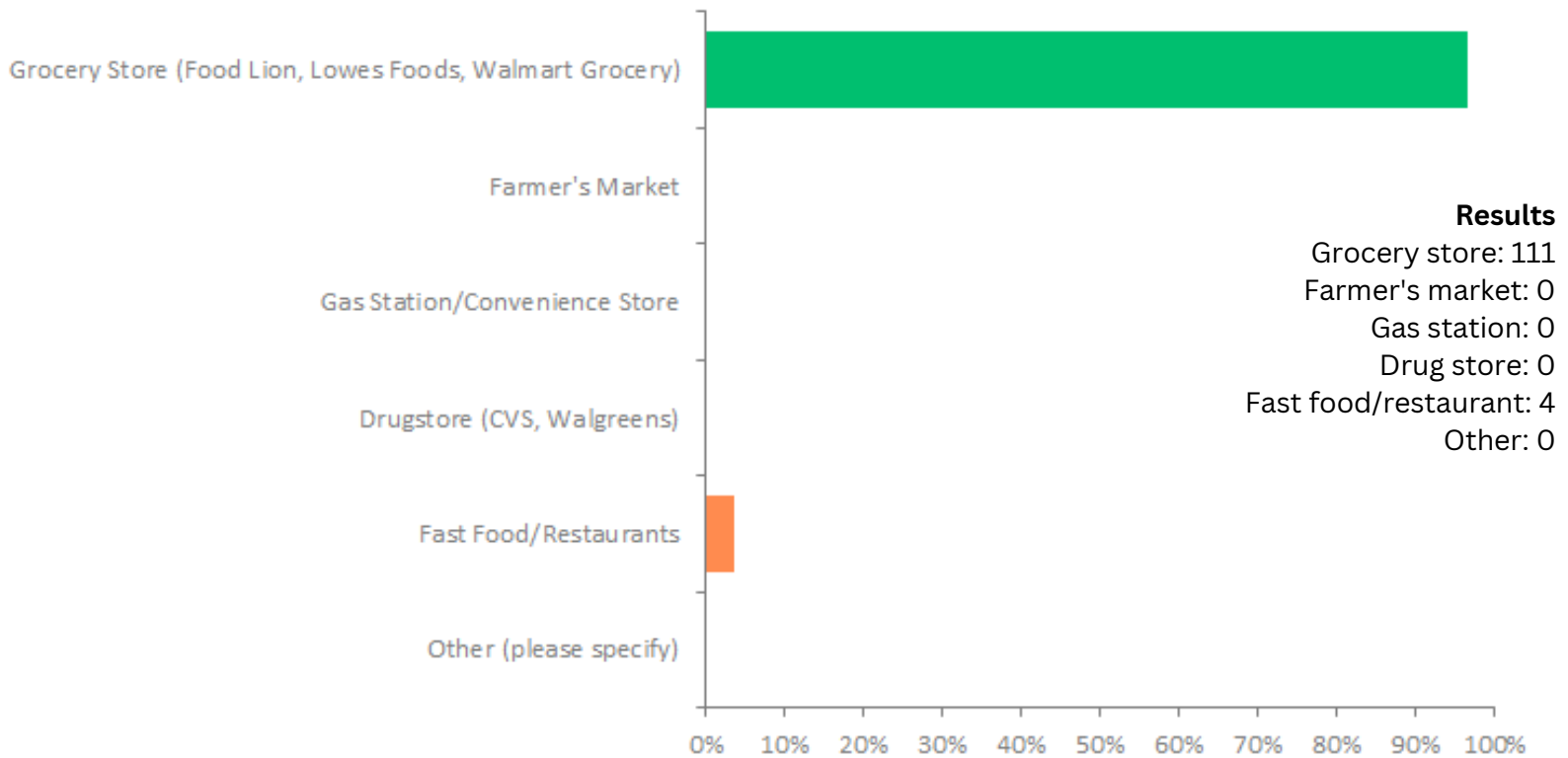
Results
 Well prepared: 20
 Somewhat prepared: 69
 Not prepared at all: 22
 Not sure: 5

40. Where do you first go to find out about local news or events? Please check one.

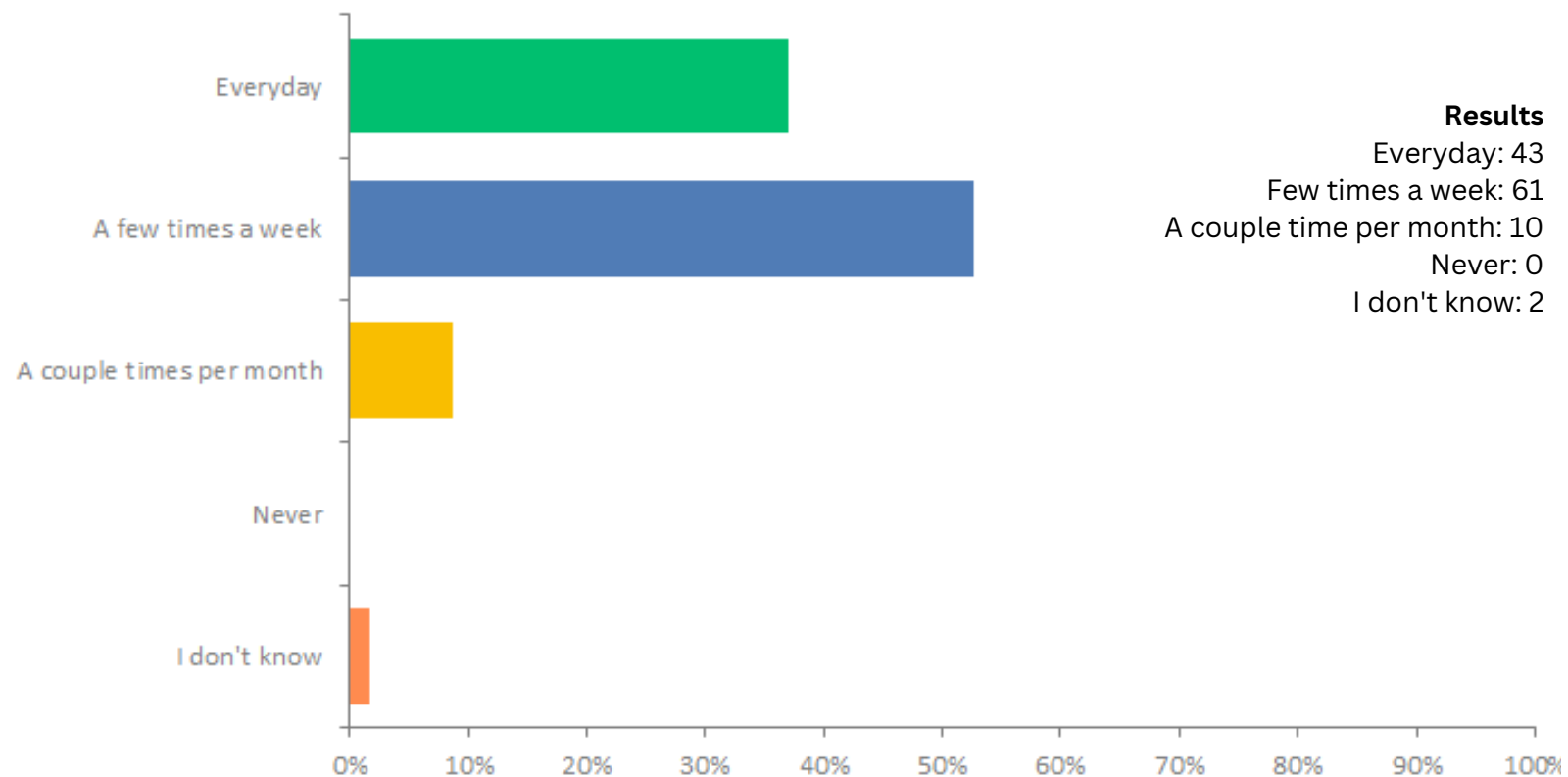


Results
 Social media: 29
 TV: 40
 Internet: 37
 Newspaper: 1
 Workplace: 4
 School: 0
 Email updates: 0
 Friends and family: 4
 Other: 1

41. Where do you buy most of your food? Please check one.



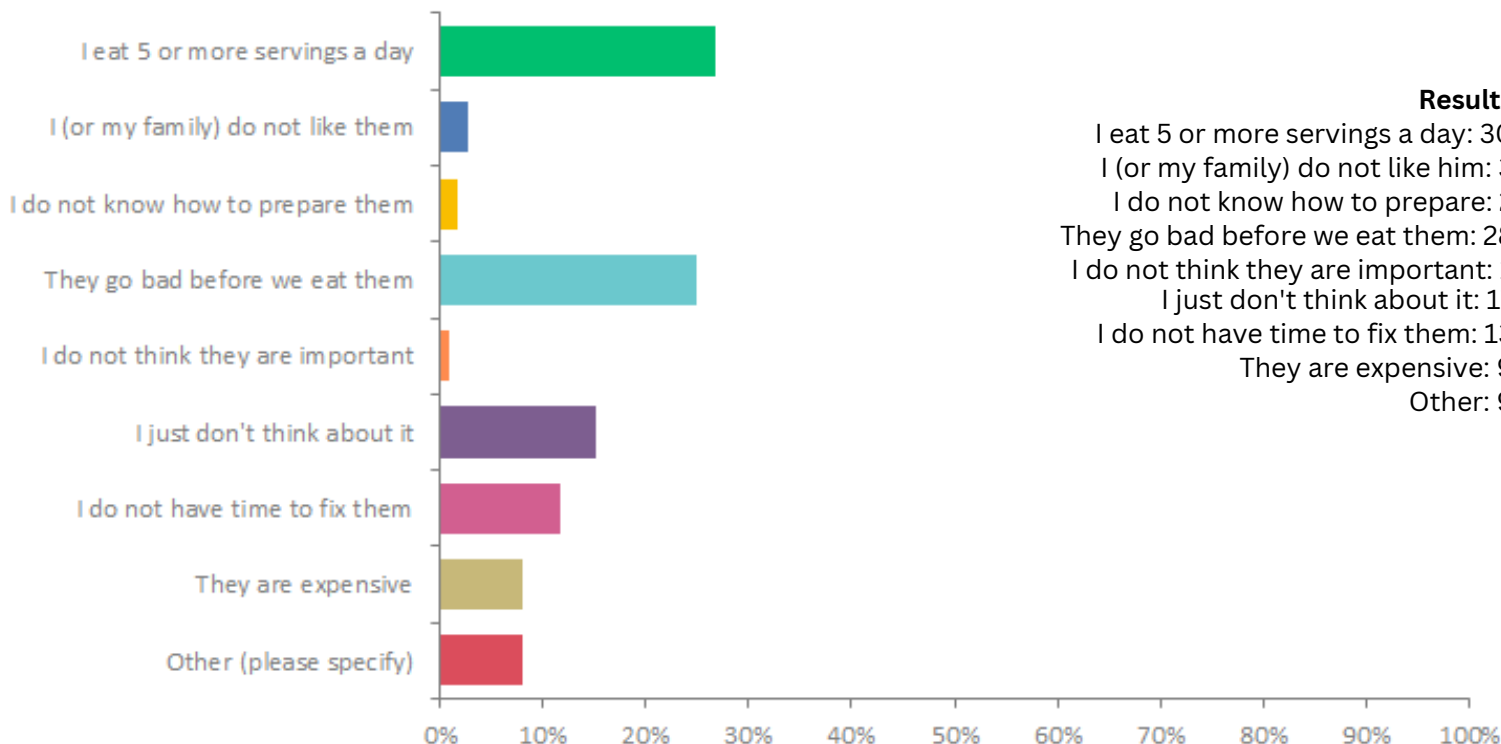
42. How often do you eat fresh fruits and vegetables? Please check one.



43. One recommendation for healthy eating is to eat at least 5 servings of fruits and vegetables a day (not french-fries or potato chips).

Please choose the main reason that keeps you from eating this way?

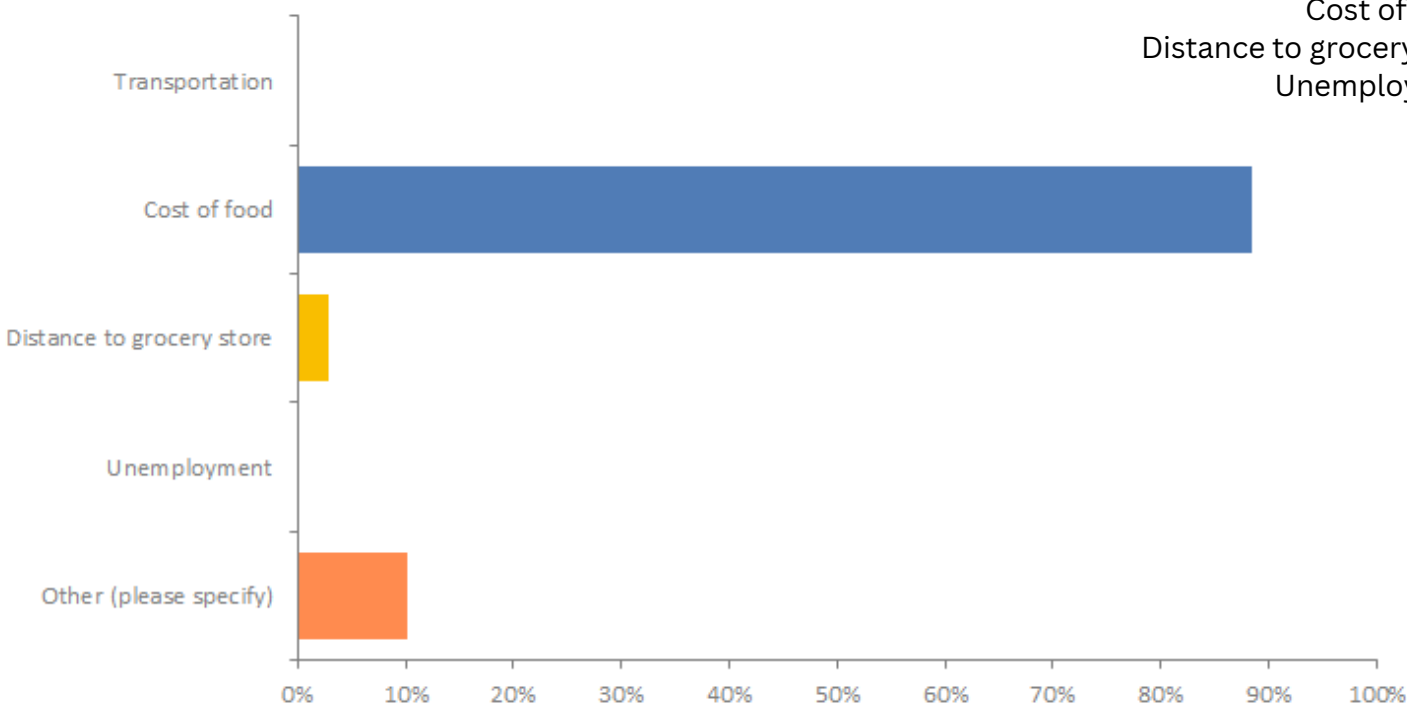
Choose one.



Results
 I eat 5 or more servings a day: 30
 I (or my family) do not like him: 3
 I do not know how to prepare: 2
 They go bad before we eat them: 28
 I do not think they are important: 1
 I just don't think about it: 17
 I do not have time to fix them: 13
 They are expensive: 9
 Other: 9

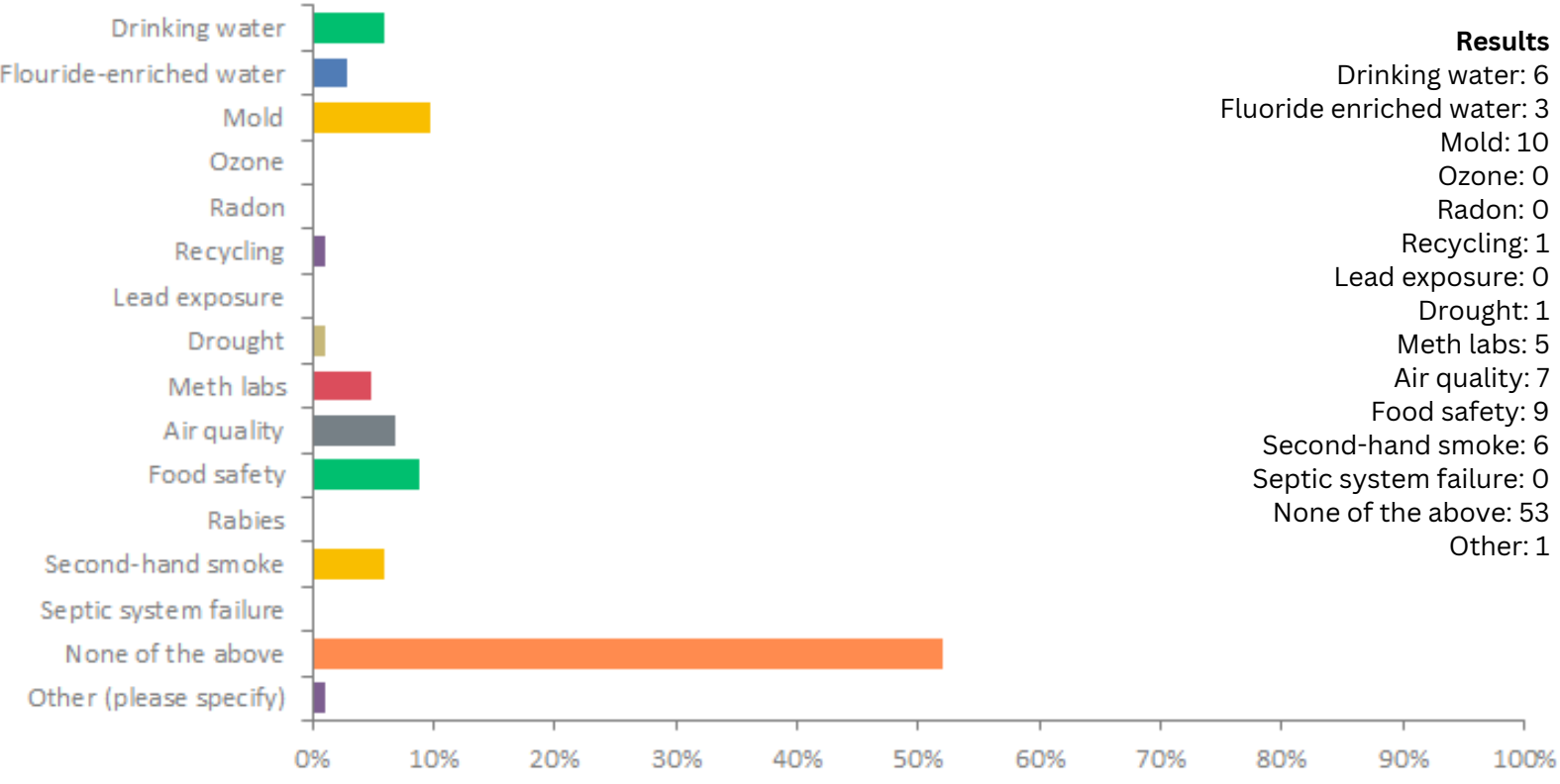
44. Which of the following makes it hard for you to buy food?

Please check all that apply.



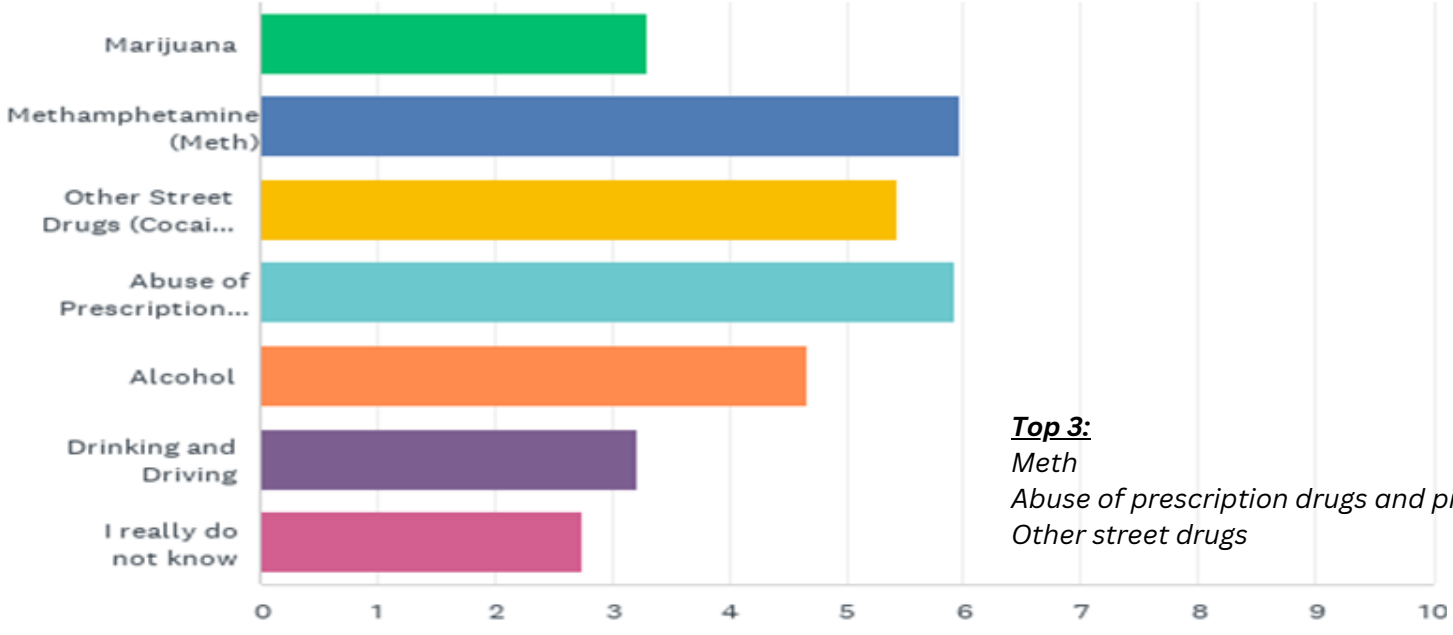
Results
 Transportation: 0
 Cost of food: 61
 Distance to grocery store: 2
 Unemployment: 0
 Other: 7

45. Which of the following Surry County Environmental Health Concerns do you believe most affects your health? Please choose one.



Results
 Drinking water: 6
 Fluoride enriched water: 3
 Mold: 10
 Ozone: 0
 Radon: 0
 Recycling: 1
 Lead exposure: 0
 Drought: 1
 Meth labs: 5
 Air quality: 7
 Food safety: 9
 Second-hand smoke: 6
 Septic system failure: 0
 None of the above: 53
 Other: 1

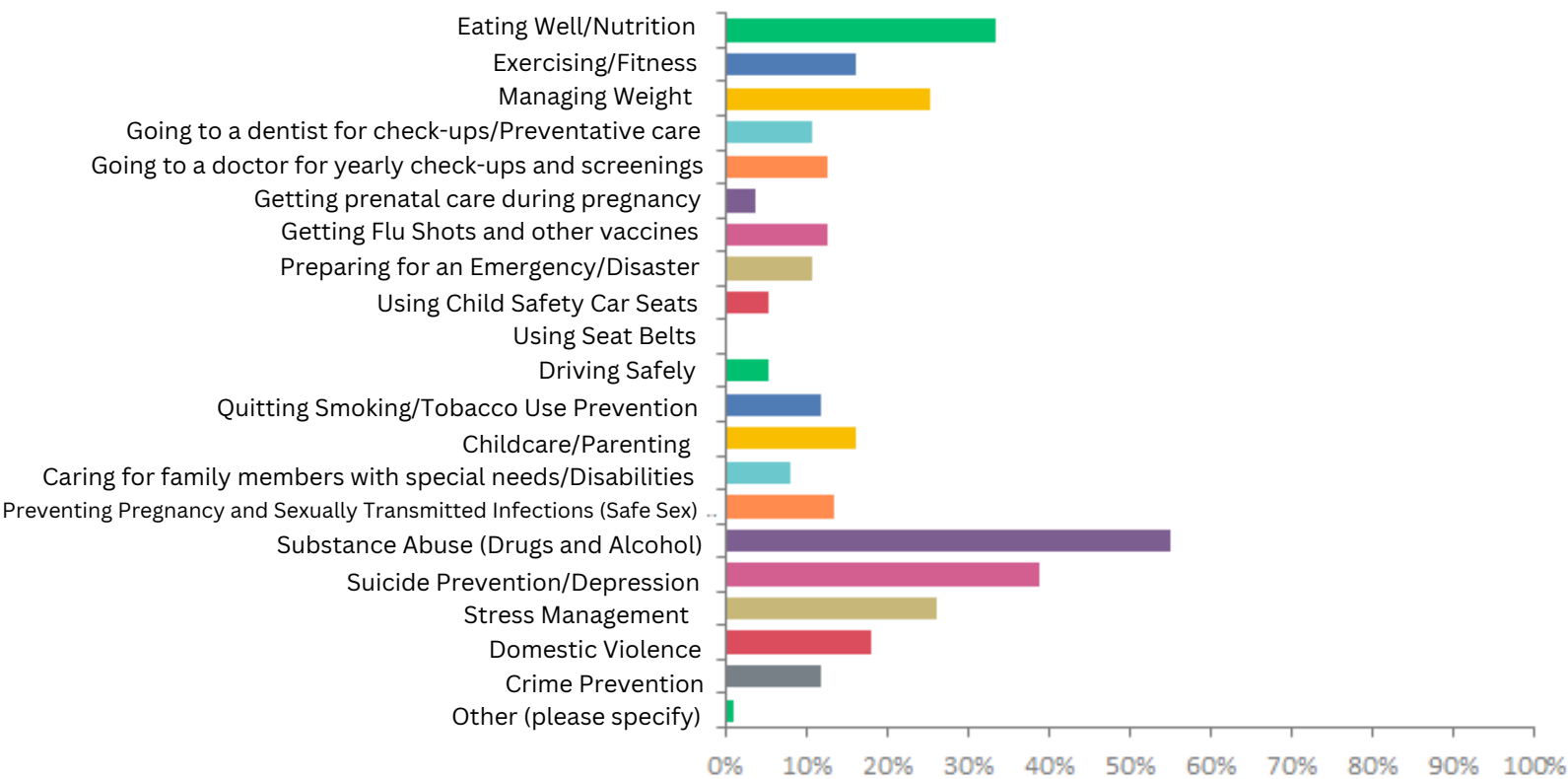
46. What are the top 3 biggest Substance Abuse problems in Surry County? Rank 1 to 3, with 1 being the biggest problem.



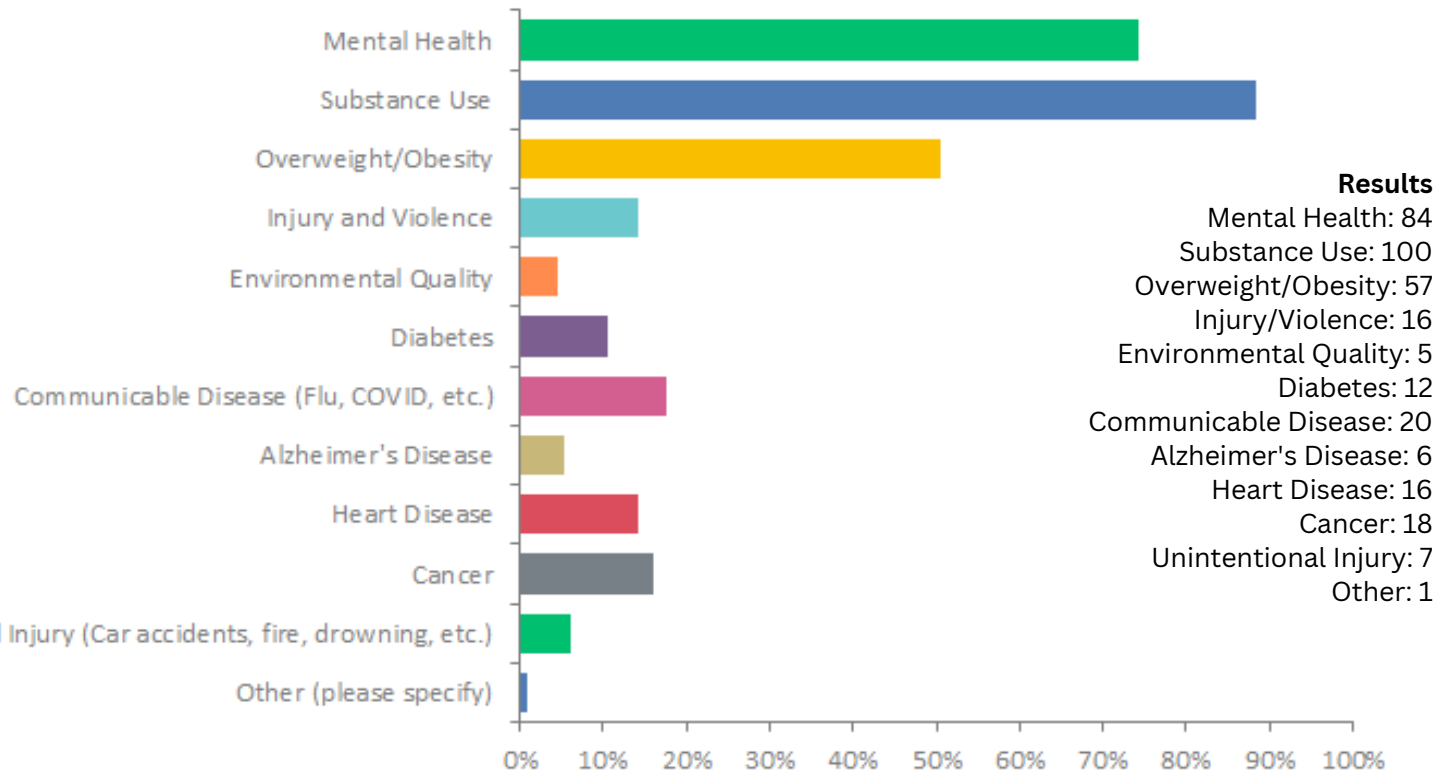
Top 3:
 Meth
 Abuse of prescription drugs and pills
 Other street drugs

Results
 Marijuana: 3
 Meth: 41
 Other street drugs (cocaine, heroin): 17
 Abuse of prescription drugs and pills: 35
 Alcohol: 7
 Drinking and driving: 0
 I really don't know: 8

47. In your opinion, which top 3 health behaviors do people in your community need more information about? Please check your top 3.



48. In your opinion, what are Surry County's top 3 Health Issues? Please select 3.



COMMUNITY RESOURCES

The following pages contain a number of lists that contain a variety of resources available to the residents of Surry County. There are multiple key partners listed in the following pages, displaying the importance of engagement and interoperability between the various public agency jurisdictions, as well as the extensive and vital role that non-governmental organizations in the private sector play.

Resource Quick Reference:

| | |
|--|----|
| Counseling & Therapy | 72 |
| Crisis Assistance | 74 |
| Daycares | 77 |
| Education | 79 |
| Family Support | 81 |
| Health and Development Services | 85 |
| Medical Providers | 86 |
| Vision Services | 89 |
| Dental Services | 90 |
| Developmental and Intellectual Disabilities..... | 91 |
| Housing (Non-Crisis) | 92 |
| Shelters | 94 |
| Parks, Recreation, & Wellness..... | 95 |
| Other Important Resources | 97 |

Counseling & Therapy

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|--|--|---|--|--|
| Partners Behavioral Health Management | 877-864-1454 | 200 Elkin Business Park Dr Elkin, NC, 28621 https://www.partnersbhm.org/ | M-F, 8am-5pm (See "Crisis Assistance" for 24/7 information) | Mental health services; substance use services, developmental disorder services; Also see "Crisis Assistance" |
| Elkin Valley Child Family Counseling | 336-835-2885 | 112 Church St #A Elkin, NC 28621 | | Mental health services; pediatric behavioral services; family counseling |
| GriefShare Support Group | 800-395-5755 | Multiple locations based on groups https://www.griefshare.org/findagroup | | Grief support group; grief and bereavement resources |
| Hope Valley | Men's Services: 336-386-8511 Women's Services: 336-368-2427 | 105 County Home Rd Dobson, NC, 27017 https://hopevalleytreatment.org/ | M-F, 8am-5pm | Case management, substance use rehabilitation |
| Michael McColloch, PHD | 336-786-8023 | 1346 Ashley Square Winston Salem, NC 27103 | | Family and marital counseling; psychological testing |
| Professional Assessment | 336-835-3968 | 110 ChurchSt Elkin, NC 28621 | | Mental health services, substance use services |
| YVEDDI - Surry County Domestic Violence and Sexual Assault | Administrative Line: 336-443-4030 Crisis Line: 336-356-2014 | 124 West Kapp St Dobson, NC 27017 https://yveddi.com/domestic-violence-programs/ | M-F, 8am-4:30pm | Domestic Violence and Sexual Assault referrals, services, crisis services, and post-incident services. |
| Serenity Counseling/ Consulting | 336-710-1321 | 129 W Main St Pilot Mountain, NC 27041 http://serenitycounseling.net/index.html | M-F, hours vary by appointment | Mental health services, substance use services (adolescent and adult), anger management |
| Daymark Recovery Services | 336-783-6919 Crisis Hotline 866-275-9552 | 940 West Lebanon St Mount Airy, NC, 27030 https://www.daymarkrecovery.org/index.php | M-F, 8am-5pm | Provides comprehensive behavioral healthcare services based on community need to include substance abuse services. Offers group meeting. |
| Behavioral Services | 336-719-1686 | 2342 South Main St Mount Airy, NC, 27030 | M-F, 8am-5pm | Committed to providing individualized services that meet the specific needs of each consumer. |
| Riverwood Therapeutic Riding Center | 336-922-6426 | 6825 Rolling View Dr Tobaccoville,, NC, 27050 | M-Sa, 11am-6pm | Non-profit charity that serves individuals with special needs in North Carolina. |
| Elkin Valley Child-Family Counseling LLC | 336-835-2885 | 112 Church St #A Elkin, NC, 28621 | | Provides family, marital and domestic violence counseling. |
| Surry Christian Counseling Center | 336-789-7405 | 364 Welch Rd Mount Airy, NC, 27030 https://christiancounseling.org/locations/ | | Surry Christian Counseling Center |
| Carter Center for Counseling | 336-874-8220 | 974 Pleasant Ridge Rd. Elkin, NC, 28621 | | Counseling services |
| Jodi Province Counseling Services | 336-818-0733 | 189 Samaritans Ridge Rd Elkin, NC, 28621 https://www.jodiprovincecs.com/ | M-F, 8am-5pm | Behavioral health services, trauma informed care, substance use services |

Counseling & Therapy

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|-----------------------------------|----------------|--|--|--|
| Insight Transformation Center | (336) 443-4121 | 109 W Atkins St. Dobson, NC, 27017 https://www.insighttransformationcenter.com/ | | Counseling services, all ages |
| Atrium Health CareNet | 336-786-1922 | 131 W Lebanon St Mount Airy, NC, 27030 | M-F, 8am-5pm | Eligibility: no physician referral needed, fee adjustments based on personal financial needs. |
| Choose Life | 336-926-2293 | 113 N Crutchfield St Dobson, NC, 27017 | M-Th 8am-9pm F 8am-6pm Sa 1-8pm Su 2-6:30pm | |
| Atrium Health MHS | 336-716-4551 | 791 Jonestown Rd Winston Salem NC, 27103 | M-F, 8am-5pm | |
| Surry Christian Counseling Center | 36-789-7405 | 364 Welch Rd Mount Airy, NC, 27030 | M-F, 8am-5pm | Provide comprehensive counseling and psychological services to children, adolescents, adults, couples, and families. |

Crisis Assistance

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|--|--|---|--------------------------------|---|
| Daymark Mobile Crisis Management Services | 1-877-492-2785 | Daymark Dispatch Center (Iredell, Surry and Yadkin) https://www.daymarkrecovery.org | 24/7 | Respond and stabilize mental health developmental disability and/or substance abuse emergency. Will be asked to provide relevant insurance information, but will not be charged for the service. |
| YVEDDI - Surry County Domestic Violence and Sexual Assault | Administrative Line: 336-443-4030 Crisis Line: 336-356-2014 | 124 West Kapp St Dobson, NC 27017 https://yveddi.com/domestic-violence-programs/ | 24/7 | Domestic Violence and Sexual Assault referrals, services, crisis services, and post-incident services. |
| DSS Food Stamp Program | 336-401-8700 | 118 Hamby Rd Dobson, NC 27017 https://www.co.surry.nc.us/departments/(k_through_z)/social_services/epass.php | M-F, 8:15am-5pm | Bring proof of residence with current address, birth certificates and social security cards of everyone in the home, bank statements and proof of income for the previous month. Any utilities, monthly medicine bills, monthly doctor bills, income tax records, and proof of child support (paying or receiving). |
| Fifth Street Ministries | 704-872-4045 | 1421 5th St Statesville, NC, 28677 https://www.fifthstreetministries.com/ | 24/7 | Emergency Housing/Shelter |
| First Baptist Church – Friends Feeding Friends | 336-786-5185 | 714 N. Main St Mount Airy, NC 27030 https://fbcmountairy.org/get-connected/friends-feeding-friends/ | Free meals Th 5:30pm-6:00pm | Eligibility: None |
| Daymark Mobile Crisis Management Services | 1-877-492-2785 | Daymark Dispatch Center (Iredell, Surry and Yadkin) https://www.daymarkrecovery.org/ | 24/7 | Respond and stabilize mental health developmental disability and/or substance abuse emergency. Will be asked to provide relevant insurance information, but will not be charged for the service. |
| Foothills Food Pantry | 336-386-8405 | 233 Cooper St Dobson, NC, 27017 | M, 6-7pm Tu & Th, 9am-12pm | Must have proof of income for the home, picture ID, social security card for each family member in the home, proof that client lives in Surry County. Any normal monthly bills (ex. Rent, power, phone, cable, doctor bills, prescription medicine bills). |
| Habitat for Humanity | 336-786-4663 | 217 S South St. Mount Airy, NC, 27030 | M-F, 10am-5am Sa, 10am-3pm | Retail thrift store. Clothing and items can often be found for a low cost. |
| Haymore Memorial Baptist Church | 336-786-7435 | 319 Rockford St Mount Airy, NC 27030 | Thursday 9:00am-12:00pm | Free food and clothes pantry |
| Miracle Waters Worship Center – Food Ministry | 336-429-9827 | 348 Triple R Dr Mount Airy, NC 27030 | | |
| Partners Behavioral Health Management | 1-888-235-HOPE (4673) | | 24/7 | Help with mental health, substance abuse, intellectual/developmental disabilities. |

Crisis Assistance

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|--|--|---|--|--|
| Pilot Mountain Outreach | Food Pantry: 336-368-4907 Store: 336-368-4949 | 407 E 52 Bypass Pilot Mountain, NC, 27041 https://pilotmountainoutre.wixsite.com/oureach | Food Pantry: Tu-Th, 9am-12:30pm | Services: Food pantry assistance is available every 2 months; store items for sale to fund pantry. Eligibility: Social Security Cards of everyone in home, Picture ID, Proof of physical address. If you have an EBT card– bring proof of amount of EBT. List of monthly bills. |
| Salvation Army | 336-786-4075 | 651 South St Mount Airy, NC, 27030 | M-Th, 9am-12pm, 1pm-4pm F, 9am-12pm | Rent & Utilities Emergency Assistance, Clothing and Furniture Vouchers, Christmas Assistance, Disaster Relief |
| Salvation Army Family Store | 336-786-9253 | 220 Fredrick St, Suite 200 Mount Airy, NC, 27030 | M-F 9am-5pm | Provides food and clothing. Eligibility: Vouchers received from Salvation Army Church |
| SEAMS Ministries | 336-368-4949 | 317c E 52 Bypass Pilot Mountain, NC, 27041 | Food Pantry: M, Tu, Th, & F 9am-12pm | Meeting short-term needs, working towards long term solutions. Assistance to include food, clothing, utilities, fuel assistance and medical needs assistance such as referrals. Eligibility: Bring picture ID, Social Security cards for each person living in the household, bill/letter with current address on it, food stamp card, proof of income and list of household expenses (rent, electricity, insurance, food, etc.) |
| Surry Yadkin Electric Company | 336-356-8241 | 510 South Main St Dobson, NC, 27017 https://www.syemc.com/operation-round | M-F, 8am-5pm | Round Up Program; assists with housing fires and catastrophic illnesses. |
| The Ark/ Echo Ministry | 336-527-1637 | 130 Hill St Elkin, NC 28621 https://www.thearkelkin.org | 24/7 | Emergency housing for homeless families who are not victims of domestic violence. Eligibility: No couples unless married; no single men; accepts single father with children. |
| The Shepherd's House | 336-786-1420 | 246 Spring St Mount Airy, NC, 27030 https://shepherdshousema.org/ | | Shelter for homeless families and single women who are not victims of domestic violence. Eligibility: No single men without children; will take single men with children. |
| Tri County Christian Crisis Ministries | 336-526-1089 | 290 N Bridge St Elkin, NC, 28621 https://tric-ministry.com/ | M, 1pm-4pm We & F, 9am-12pm | Emergency food, clothing, power, water, medicine (must bring in prescription every 3 months, no more than 3 times a year), and some medical supplies for the residents of Jonesville, Elkin, Dobson, State Road and Rhonda. Eligibility: Must have a disconnect notice within 10 days |
| Trinity Episcopal Church | 336-786-6067 | 472 North Main St Mount Airy, NC, 27030 https://www.trinitymtairy.com/ | Food Pantry: Th, 8:30am-9:30am Medical Equipment: Tu 10am-12pm Th, 3pm-5pm | Emergency food assistance pantry. Food stamp recipients can receive assistance once. Donated medical equipment also provided. Eligibility: Valid ID and proof of income |

Crisis Assistance

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|----------------------------------|--------------|---|-----------------|---|
| Yokefellow Co-Operative Ministry | 336-789-5838 | 215 Jones School Rd Mount Airy, NC 27030 | M-F 9am-11:15am | Assists with power and kerosene. To receive assistance the person must have a disconnect notice or be out/nearly out of kerosene, notice must be within 5 days. Help is only available on Wednesday mornings for power and utilities. Accepts the first 6 people only. Assists with medication, must bring a prescription. Assists with food 4 times in 2 years with 90 days between assistance. Eligibility: Must bring photo ID and social security card. |
| Stone's Throw Ministries | 336-366-7591 | 103 Fellowship Way State Road, NC, 28676 | M-F 9am-5pm | Provides assistance to individuals in a crisis situation with supplies, team approach to help community crisis situations. Distribution center contains supplies |
| Suicide and Crisis Lifeline | 988 | https://988lifeline.org/ | 24/7 | Call, text, or visit online to chat. |

Daycares

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|--|---|--|--------------|--------------------|
| A Grace Academy of Mt. Airy | 336-789-7771 | 170 Hartway Ln Mount Airy, NC, 27030 http://www.graceacademychildcare.com/ | M-F, 6am-6pm | Ages 0-12 |
| Amanda's Angels | 336-648-1308 | 140 Saddle Crest Mount Airy, NC 27030 | | Ages 0-12 |
| BH Tharrington Preschool | 336-789-9046 | 315 Culbert St Mount Airy, NC, 27030 | | |
| Central Methodist Child Care | 336-786-4416 | 1909 North Main Street Mount Airy, NC 27030 | | |
| Elkin Elementary Preschool | 336-835-2756 | 135 Old Virginia Road Elkin, NC, 28621 | | |
| Jones Head Start | 336-786-6155 | 215 Jones School Road Mount Airy, NC 27030 | | 3-12 |
| Kindercare Learning Center | Mt. Airy – Piedmont Triad West Dr. 336-786-6155 Mt. Airy – S South St. 336-719-0500 Mt. Airy – Riverside Dr. 336-719-0298 Elkin 336-835-7605 Dobson 336-386-8883 | Mt. Airy – Piedmont Triad West Dr.: 203 Piedmont Triad West Dr Mt. Airy – S South St: 41 S South St Mt. Airy – Riverside Dr : 760 Riverside Dr Elkin: 850 Johnson Ridge Rd Dobson: 720 W Kapp St https://www.kindercare.com/ | M-F, 6am-6pm | 6 weeks – 12 years |
| Lil Love Bugs | 276-733-3949 | 181 Clyde Hayes Rd Lowgap, NC 27024 | | |
| Little Birds Child Care Home | 336-835-1455 | 160 Newman St Elkin, NC 28621 | | |
| Little Folks Day Care | 336-648-3801 | 159 Mahone St Mount Airy, NC, 27030 | | |
| Magical Moments Learning Academy | 336-789-1332 | 122 Williamson Ave Mount Airy, NC, 27030 | | |
| Mount Pilot Child Enrichment Center | 336-368-1020 | 132 Shoals Rd Pinnacle, NC, 27043 | | |
| Oak Grove Head Start | 336-835-4248 | 453 Oak Grove Rd Elkin, NC, 28621 | | |
| Paynetown Head Start | 336-786-7628 | 205 Marshall Farm Rd Mount Airy, NC, 27030 | | |
| Pleasant Hill Baptist Church Day Care | 336-258-8070 | 650 NC Hwy 268 W Elkin, NC, 28621 | | |
| Rainbow Child Care Center | 336-786-5588 | 412 Junction St Mount Airy, NC, 27030 | | |
| Red Hill Creek Head Start | 336-352-4588 | 101 McMickles School Rd Dobson, NC, 27017 | | |
| Sharon Bledsoe's Child Care Home | 336-366-2860 | 146 Promise Ln Dobson, NC, 27017 | | |
| South Main Children's Center | 336-789-7030 | 338 E Pine St. Mount Airy, NC, 27030 | | |

Daycares

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|---------------------------------|--------------|--|--------------|----------|
| South Main Children's Center II | 336-789-6840 | 1707 S Main St Mount Airy, NC, 27030 | | |
| Surry Head Start | 336-367-7202 | 389 Jenkinstown Rd Dobson, NC, 27017 | | |
| Tiny Hands Child Care of Dobson | 336-356-2244 | 721 S Main St Dobson, NC, 27017 | | |
| Twinkle Tots Child Care Home | 336-356-2244 | 136 Johnson Ave Mount Airy, NC, 27030 | | |
| Vickie's Day Care Home | 336-401-5259 | 196 Sugarbranch Rd Dobson, NC, 27017 | | |
| White Plains Baptist Childcare | 336-786-9066 | 631 Old Hwy 601 Mount Airy, NC, 27030 | | |

Education

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|---------------------------------------|--------------|---|--------------|-------------------------|
| Elementary Schools | | | | |
| Cedar Ridge Elementary | 336-401-1475 | 734 Flippin Rd Lowgap, NC, 27024 | | Pre-K offered |
| Copeland Elementary | 336-401-1475 | 948 Copeland School Rd Dobson, NC, 27017 | | Pre-K offered |
| Dobson Elementary | 336-401-1475 | 400 W Atkins St Dobson, NC, 27017 | | Pre-K offered |
| Elkin Elementary | 336-835-2756 | 135 Old Virginia Rd Elkin, NC, 28621 | | Pre-k offered |
| Flat Rock Elementary | 336-401-1475 | 1539 E Pine St Mount Airy, NC, 27030 | | Pre-K offered |
| Franklin Elementary | 336-401-1475 | 519 S Franklin Rd Mount Airy, NC, 27017 | | Pre-K offered |
| J.J. Jones Intermediate School | 336-786-4131 | 2170 Riverside Dr Mount Airy, NC, 27030 | | |
| Mountain Park Elementary | 336-401-1475 | 505 Mountain Park Rd State Road, NC, 28676 | | Pre-K offered |
| Pilot Mountain Elementary | 336-401-1475 | 218 Friends St Pilot Mountain, NC, 27041 | | Pre-K offered |
| Rockford Elementary | 336-401-1475 | 719 Rockford Rd Dobson, NC, 27017 | | Pre-K offered |
| Shoals Elementary | 336-401-1475 | 1800 Shoals Rd Pinnacle, NC, 27043 | | Pre-K offered |
| Tharrington Primary School | 336-789-9046 | 315 Culbert St. Mount Airy, NC, 27030 | | Pre-K through 2nd Grade |
| Westfield Elementary | 336-401-1475 | 831 Old Hwy 601 Mount Airy, NC, 27030 | | Pre-K offered |
| White Plains Elementary | 336-401-1475 | 710 Cadle Ford Rd Mount Airy, NC, 27030 | | Pre-K offered |
| Middle Schools | | | | |
| Central Middle | 336-386-4018 | 883 Zephyr Rd Dobson, NC, 27017 | | |
| Elkin Middle | 336-835-3175 | 300 Elk Spur st Elkin, NC, 28621 | | |
| J Sam Gentry Middle | 336-786-4155 | 1915 W Pine St Mount Airy, NC, 27030 | | |
| Meadowview Magnet Middle | 336-789-0276 | 1282 McKinney Rd Mount Airy, NC, 27030 | | |
| Mount Airy Middle | 336-789-9021 | 249 Hamburg St Mount Airy, NC, 27030 | | |
| Pilot Mountain Middle | 336-368-2641 | 543 Old Westfield Rd Pilot Mountain, NC, 27041 | | |
| School Administrative Contacts | | | | |
| Elkin City Schools | 336-835-3135 | 202 W Spring St Elkin, NC, 28621 | | |
| Mount Airy City Schools | 336-789-9021 | 249 Hamburg St Mount Airy, NC, 27030 | | |
| Surry County Schools | 336-386-8211 | 209 N. Crutchfield St Dobson, NC, 27017 | | |

Education

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|--|--------------|---|--------------|---|
| High Schools & Early Colleges | | | | |
| East Surry High | 336-368-2251 | 801 W Main St Pilot Mountain, NC, 27041 | | |
| Elkin High | 336-835-3858 | 334 Elk Spur St Elkin, NC, 28621 | | |
| Mount Airy High | 336-789-5147 | 1011 N South St Mount Airy, NC, 27030 | | |
| North Surry High | 336-789-5055 | 2440 W Pine St Mount Airy, NC, 27030 | | |
| Surry Central High | 336-386-8842 | 716 S Main St Dobson, NC, 27017 | | |
| Surry Early College | 336-386-3621 | 630 S Main St Dobson, NC, 27017 | | |
| Surry Online Magnet School | | https://www.surry.k12.nc.us/domain/3824 | | |
| Higher Education | | | | |
| Surry Community College | 336-386-8121 | 630 S Main St Dobson, NC, 27017 | | Associate's degree programs, vocational training, various certification tracks, continuing education, GED, and skills enrichment. |

Family Support

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|---|--------------|--|---|--|
| United Way | 211 | https://www.211.org/ | | Community resource connection hotline |
| Addiction Recovery Medical Services | 704-872-0231 | 526 Signal Hill Dr Ext Statesville, NC, 28625 | M, Tu, Th 5am-12pm W 4am-12pm F 5am-11:30am | Provides suboxone Eligibility: Only accepts full Medicaid, patients will have a \$3 co-pay. Pregnancy Medicaid is considered self-pay. Yveddi will transport from Surry to Statesville and daily if needed. |
| Autism Society of NC - Surry Chapter | | https://www.autismsociety-nc.org/find-help/ | See website for monthly meetings | Education, support, and awareness for autism and autism resources |
| Care Coordination for Children (by SCDSS) | 336-401-8400 | 118 Hamby Rd Dobson, NC, 27017 | M-F 8:15am-5pm | Referral and coordination services for children from birth to age 5 years old for those children at risk for developmental delay, long-term stressful situations and special health care needs.' |
| NC Cooperative Extension | 336-401-8025 | 915 E Atkins St, Suite 300 Dobson, NC, 27017 | M-F, 8:15-5pm | USDA, 4-H, and farmers markets |
| DSS Medicaid | 336-401-8400 | 118 Hamby Rd Dobson, NC, 27017 | M-F 8:15am-5pm | Health coverage follow-income adults, children, pregnant women, elderly adults and people with disabilities. Eligibility: income based |
| DSS Health Choice | 336-401-8400 | 118 Hamby Rd Dobson, NC, 27017 | M-F 8:15am-5pm | A health insurance program for children of families whose income exceeds Medicaid guidelines, but cannot afford private insurance. Eligibility: income based |
| Division of Services for the Blind | 336-783-8785 | 1218 State St. Suite 100 Mount Airy, NC 27030 | W, F, and every other Tu 8:15am-5pm | Provides services for those visually impaired, vocational rehabilitation, medical eye care, low vision services, deaf/blind services and aid supplies. |
| Family Support Network of Greater Forsyth | 336-703-4289 | 4505 Shattalon DR Winston Salem, NC, 27030 | M-F, 8-5 | Strives to care for children with developmental delays, orthopedic disabilities, and/or other long-term chronic health impairments to prepare them to lead independent, productive and fulfilling lives. |
| Easterseals UCP of NC & VA | 336-789-9492 | 414 W Lebanon St Mount Airy, NC, 27030 https://eastersealsucp.com/ | M-Th 8:30-6pm F 9-1pm | Provides individual and community supports for individuals with intellectual development disabilities, intensive in-home services and multi-systemic treatment for children, adolescents and families; assertive community treatment team services for adults with severe and persistent mental illness; as well as outpatient therapy(individual group and family therapy) and psychiatric services for children, adolescents and adults. |
| NCWorks Career Center | 336-789-4169 | 541 W Pine St. Suite 300 Mount Airy, NC, 27030 | M-F 8-5 | Employer linked training, individual employment plan retraining, basic skills, career planning, child care assistance, transportation assistance, and job search assistance. |

Family Support

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|---|--------------|---|--------------------|--|
| Freedom House | 336-286-7618 | https://helpfreedomhouse.org/ | | A home where single mothers can live with their children while they experience support in their recovery. Cost is \$500.00 at start and can stay up to a year. |
| Elkin Career Center | 336-526-2144 | 1457 N Bridge St Elkin, NNC, 28621 | M-F 8-5 | Job and skills training |
| Mountain Valley Hospice and Palliative Care | 336-356-5000 | Joan & Howard Woltz Hospice Home: 945 Zephyr Rd. Dobson, NC, 27017 Mount Airy Office: 1427 Edgewood Dr. Suit 101, Mount Airy, NC Elkin Office: 968 N Bridge St. Elkin NC, 28621 Pilot Mountain Office: 129 Veterans Dr. Pilot Mountain, NC, 27041 https://www.mtnvalleyhospice.org/ | 24/7 | Facilitates case management and patient care/ transportation for respite and end-of-life patients. Offers two Public Housing communities with 300 units for families and senior/disabled individuals . |
| Kids Path (Hospice of the Piedmont) | 336-889-8446 | 2504 Summit Ave. Greensboro, NC, 27405 https://www.hospiceofthepiedmont.org/programs/kids-path/ | 8:30am-5pm, M-F | Care for children with terminal illness or children dealing with grief from the loss of a loved one. |
| HUD (Housing and Urban Development) | 336-783-8500 | 1218 State St Mount Airy, NC, 27030 | M 9-4 | Public housing established to provide decent and safe rental housing for eligible low-income families, the elderly and persons with disabilities. |
| Housing Authority | 336-789-8321 | 505 Jeffries St Mount Airy, NC, 27030 | | Public housing community access |
| The Legacy Center | 336-783-0011 | 707 W Pine St Mount Airy, NC, 27030 https://www.legacymtairy.org/ | M, W, F 10am-5pm | Pregnancy testing and verification, information on pregnancy, abortion risks and procedures, abortion alternatives, community referrals, prenatal and parenting classes, earn while you learn program, earn items from the baby boutique, infant and baby necessities up to 2 years old, childbirth classes, information on abstinence , and post abortion healing |
| Legal Aid of NC | 336-219-5262 | 102 W. 3rd St. Suite 460 Winston Salem, NC, 27101 https://legalaidnc.org/ | M-F, 8:30am-4:30pm | Free legal help for civil cases, involving basic human needs like safety, shelter and income. Help with domestic violence/ sexual assault, child custody, human trafficking, poor treatment of migrant farm workers, education, retention of entitled government benefits, criminal records, advance directives, unfair/deceptive trade or debt collections, employment/unemployment issues, housing issues and other cases. Eligibility |
| LH Jones Family Resource Center | 336-786-6155 | 215 Jones School Rd Mount Airy, NC, 27030 | M-F, 8-5 | Assistance for low income individuals and families, will help meet employment, housing and crisis prevention needs. |

Family Support

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|---|------------------------------|---|----------------|--|
| Medication Assistance | 336-783-8500 | 1218 State St Mount Airy, NC, 27030 | M-F 8:15am-5pm | Assists seniors and low-income individuals in evaluating, applying for, and completing prescription assistance applications. |
| Vocational Rehabilitation Services | 336-789-5039 | 784 W Lebanon St. Mount Airy, NC, 27030 | M-F 8-5 | Provides counseling, training, education, transportation, and other support services to persons with physical or mental disabilities in order to help them become job ready or achieve their independent living goals. |
| Postpartum Newborn Home Visiting | 336-401-8400 | 118 Hamby Rd Dobson, NC, 27017 | M-F 8:15am-5pm | Provides a home visit after delivery, assessing both mom and baby, education regarding both mom and baby and referral to community resources if needed. |
| Pregnancy Care Management | 336-401-8400 | 118 Hamby Rd Dobson, NC, 27017 | M-F 8:15am-5pm | Promote healthy mothers and healthy babies, provide care management services for high risk women during pregnancy and 2 months after delivery. |
| Reformers Unanimous (Temple Baptist Church) | 336-320-2090 | 3615 Rockford St Mount Airy, NC, 2730 | F at 7pm | Faith-based program that ministers to the addicted. Provides child care during meeting times and free transportation |
| Surry County Substance Abuse Recovery | | https://www.surrycountycare.com/ | | Virtual resource for care, resources, referrals, and transportation |
| Social Security Administration | 800-722-1213 | 1187 N Andy Griffith Pkwy Mount Airy, NC, 27030 | 9am-4pm | Retirement, disability, Medicare, survivor's supplemental security income, retirement estimator, after incarceration transition, spouses retirement, and SSI |
| Text4Baby | | https://www.text4baby.org/ | | Receive free text message three times per week, timed to due date or baby's birthdate, through pregnancy and up until baby's first birthday. Text4Baby sends personalized messages directly to you and the texts have information you can trust. Topics include: nutrition for you and your baby, safe sleep tips, baby's milestones, signs and symptoms of labor, doctor visit and appointment reminders, breastfeeding advice, car seat safety, information on health insurance, urgent health alerts, and resource hotlines and websites. Free App also available for download. |
| YVEDDI Transportation | 336-401-8400 | 118 Hamby Rd Dobson, NC, 27017 | M-F 8:15am-5pm | mileage reimbursement for non-emergent medical appointments. Public Transportation: provides transportation at the cost of \$2.00 per trip. |
| YVEDDI Home Weatherization | 336-367-3535 336-367-5997 | 3800 River Rd Boonville, NC, 27011 | M-F 8-4"30pm | Designed to weatherize homes of the elderly, disabled and low-income. |

Family Support

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|------------------------------------|---|---|-------------------|--|
| Work First | 336-401-8700 | 118 Hamby Rd Dobson, NC, 27017 | M-F 8:15am-5pm | Temporary assistance for families in need, helps parents support themselves by offering short-term training and other services to increase the chances of employment. Referrals to childcare and other community and agency resources. |
| Workforce Unlimited | Mount Airy: 336-789-8220 Elkin: 336-258-2505 | Mount Airy: 187 Independence Blvd. Mount Airy, NC, 27030 Elkin: 1300 N Bridge St. Suite 203. Ekin, NC, 28621 | M-F 8-5 | Support in completing applications and seeking employment. |
| Surry Friends of Youth | 336-789-9064 | 1151 W Lebanon St Mount Airy, NC, 27030 http://www.sfoy.org/ | | Advocating the needs of young people through individual and family counseling, best friends, special needs, parenting skills, and restitution/community services. |
| The Dragonfly House | 336-753-6155 | 387 Valley Rd Mocksville, NC, 27028 https://www.thedragonflyhouse.com/ | M-Th 8-5 F 8-1 | Streamlines child abuse or neglect cases. Forensic interviewing, physical exam, processing advocate, and children's therapy provided in one place. |
| WIC (Women, Infants, and Children) | 336-401-8700 | 118 Hamby Rd Dobson, NC, 27017 | M-F 8:15am-5pm | Assistance with formula and nutritional needs for women (pregnancy and up to 12 months post pregnancy if breast feeding), infants, and children. |
| Children's Center of Surry | 336-386-9144 | 520 N Main St Dobson, NC, 27017 | M-F 8-5 | Residential placement, parent classes, parenting program, circle of parents support group, parents as teachers program. Children's residential home |

Health & Developmental Services

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|---|--------------|---|--|---|
| Grace Clinic of Yadkin Valley | 336-835-1467 | 948 Johnson Ridge Rd Elkin, NC, 28621 https://www.graceclinicnc.org/ | M,Tu,Th 8-5 W 8am-11:30am | Medical care for those without insurance. |
| Surry County Health and Nutrition Center | 336-401-8400 | 118 Hamby Rd Dobson, NC, 27017 | M-F 8:15am-5pm | Child Health, Adult Primary Care Clinic, Immunizations, Dental Clinic, Family Planning, Breast and Cervical Cancer, Testing and treatment for TB and STD, Project Lazarus, Diabetes Education, Medical Nutrition Therapy, Senior Services Programs, WIC, Breastfeeding Education, Care Coordination for Children, Pregnancy Care Management, Medication Assistance, Health Education, Community Alternatives Program (CAP), Environmental Health, Women's Adult Health, and Migrant Health. |
| Surry Medical Ministries | 336-789-5058 | 951 Rockford St Mount Airy, NC, 27030 | M, W, Th 9am-3pm Tu 5pm-8pm | Medical treatment and prescriptions; food bags given out last Tuesday night of each month. |
| Atrium Health Ryan White HIV/ AIDS Program and Clinic | 336-716-2700 | Janeway Tower, 7th Floor 1 Medical Center Blvd Winston Salem, NC, 27157 | M-W, 7:40am-11am Th, 9am-11am F, 7:40am-11am, 1:30pm-3pm | |

Medical Providers

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|---|--------------|--|-----------------------------------|---|
| Atrium Health Wake Forest Baptist Medical Center | 336-716-2011 | 1 Medical Center Blvd Winston Salem, NC, 27157 | 24/7 | Specialty services, Emergency Department , ICU, CIVCU, Level I Trauma Center , Behavioral Health, Inpatient, Cancer Center, Pediatric Emergency Department , Inpatient Surgery, Outpatient Surgery, Stroke Center |
| Atrium Health Foothills (Family Medicine, Diagnostic Imaging, Urology, Neurology) | 336-786-5108 | 910 Worth St Mount Airy, NC, 27030 | M-F 8am-5:30pm Sa 8am-11am | Primary care provider, diagnostic imaging, urology, and neurology |
| Atrium Health Dobson Family Medicine | 336-386-4452 | 111 N Comer St Dobson, NC, 27017 | M-F, 8am-5pm | Primary care provider |
| Atrium Health Northern Cardiology | 336-786-6146 | 708 S South St Mount Airy, NC, 27030 | M-Th, 8am-5pm | Cardiologist |
| Atrium Health Heart and Vascular | 336-716-2405 | 100 Johnson Ridge Rd Elkin, NC, 28621 | M-F, 8am-12pm, 1pm-5pm | Cardiologist |
| Atrium Health Hematology and Oncology | 336-786-8880 | 450 Price St Mount Airy, NC, 27030 | M-F 8am-5pm | Hematologists (blood disease), cancer specialists |
| Atrium Health Mount Airy Dialysis Center | 336-789-4090 | 1280 Newsome St Mount Airy, NC, 27030 | M-Sa, 6am-4:30pm | Dialysis |
| Hugh Chatham Memorial Hospital | 336-527-7000 | 180 Parkwood Dr Elkin, NC, 28621 https://hughchatham.org/find-a-location/ | 24/7 | In-patient hospitalization, ICU, emergency department , Stroke Center |
| Hugh Chatham Express Care (Dobson) | 336-374-1113 | 911 E Atkins St Dobson, NC, 27017 | M-F 7am-6:30pm Sa-Su 8am-4pm | Urgent Care , family medicine, primary care |
| Hugh Chatham Urgent Care (Elkin) | 336-366-1072 | 631 CC Camp Rd Elkin, NC, 28621 | M-F 7am-6:30pm Sa-Su 8am-4pm | Urgent care |
| Hugh Chatham Dermatology | 336-835-0165 | 201-A Eldon Parks Dr Elkin, NC, 28621 | M-Th 8-5 | Dermatology provider |
| Hugh Chatham Endocrinology | 336-258-8100 | 500 Chatham Medical Park Elkin, NC, 28621 | M-F 8-5 | Endocrinology provider |
| Hugh Chatham Family Medicine and Obstetrics | 336-257-8359 | 680 Parkwood Medical Park Elkin, NC, 28621 | M-F 8-5 | Family medicine, primary care, obstetrics provider |
| Hugh Chatham Family Medicine of Elkin | 336-835-4819 | 600 Chatham Medical Park Elkin, NC, 28621 | M-F 8-5 | Family medicine, primary care |
| Hugh Chatham Gastroenterology | 336-835-2349 | 201 W Main St Elkin, NC, 28621 | M-F 8-5 | GI specialist |
| Hugh Chatham General Surgery | 336-835-2349 | 101A Eldon Parks Dr Elkin, NC, 28621 | M-Th 8-5 | General surgery |
| Hugh Chatham Internal Medicine | 336-835-3136 | 500 Chatham Medical Park Elkin, NC, 28621 | M-F 8-5 | Internal medicine specialist |
| Hugh Chatham Internal Medicine and Transitional Health | 336-258-8094 | 300 Johnson Ridge Medical Park Elkin, NC, 28621 | M-F, 8am-5pm | Chronic illness specialists, certain screenings and procedures |
| Hugh Chatham Multispecialty | 336-352-4500 | 123 Scenic Outlet Ln, Suite 3 Mount Airy, NC, 27030 | M-F, 8am-12pm | |
| Hugh Chatham Nephrology | 336-835-3136 | 500 Chatham Medical Park Elkin, NC, 28621 | M-F, 8am-5pm | Nephrologist, kidney specialists |
| Hugh Chatham Neurology | 336-526-0188 | 101-B Eldon Parks Dr Elkin, NC, 28621 | M-F, 8am-5pm | Neurologists |
| Hugh Chatham Orthopedics of Elkin (Tri-County Orthopedics and Sports Medicine) | 336-526-4500 | 400 Johnson Ridge Medical Park Elkin, NC, 28621 | M-F, 8am-5pm | Orthopedics, sports medicine |
| Hugh Chatham Orthopedics of Mount Airy | 336-789-9041 | 1908 Caudle Dr Mount Airy, NC, 27030 | M-Th, 8:30-4:30pm F 8:30am-1pm | Orthopedics, sports medicine |

Medical Providers

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|---|--------------|--|---|---|
| Hugh Chatham Outpatient Therapy of Elkin | 336-835-0303 | 400 Johnson Ridge Medical Park Elkin, NC, 28621 | M-Th, 8am-5pm F 8am-1pm | Physical rehabilitation |
| Hugh Chatham Outpatient Therapy of Mount Airy | 336-352-4500 | 123 Scenic Outlet Lane, Suite 3 Mount Airy, NC, 27030 | M-Th, 8am-5pm F 8am-12pm | Physical rehabilitation |
| Hugh Chatham Podiatry | 336-835-7676 | 150 Chatham Medical Park Elkin, NC, 28621 | M-Th, 8am-5pm | Foot care specialists |
| Hugh Chatham Psychiatry and Behavioral Health | 336-526-2619 | 690 Parkwood Medical Park Elkin, NC, 28621 | M-Th, 8am-5pm | Behavioral health services, outpatient psychiatric services |
| Hugh Chatham Urology | 336-526-0040 | 200 Johnson Ridge Medical Park Elkin, NC, 28621 | M-Th, 8am-5pm | Urologist |
| Hugh Chatham Women's Center | 336-835-5945 | 150 Parkwood Medical Park Elkin, NC, 28621 | M-F, 8am-5pm | OBGYN, Women's health |
| Hugh Chatham Wound Center | 336-527-1033 | 800 Chatham Medical Park Elkin, NC, 28621 | M-F, 8am-5pm | Wound care and management |
| Northern Regional Hospital | 336-719-7000 | 830 Rockford St Mount Airy, NC, 27030 | 24/7 | Emergency Department, Inpatient, outpatient surgery, Stroke Center, Imaging/ Radiology, ICU, Skilled Nursing Center |
| Northern Urgent Care | 336-719-7200 | 119 Welch Rd Mount Airy, NC, 27030 | M-F, 8am-7pm Sa, 8am-5pm Su, 11am-5pm | Urgent Care |
| Northern Cardiac Rehabilitation | 336-783-8448 | 806 S. South St Mount Airy, NC, 27030 | M-F, 8am-5pm | Cardiovascular physical rehabilitation |
| Northern Cardiology | 336-786-6146 | 708 S. South St, Suite 200 Mount Airy, NC, 27030 | M-Th, 8am-5pm F 8am-12pm | Cardiology, heart specialists |
| Northern Family Medicine | 336-786-4133 | 280 North Point Blvd Mount Airy, NC, 27030 | M-Th, 8am-7pm F 8am-6pm | Primary care provider, general medicine |
| Northern Gastroenterology | 336-786-6277 | 708 S. South St, Suite 100 Mount Airy, NC, 27030 | M-Th, 8am-5pm F 8am-12pm | GI specialists |
| Northern Rehabilitation | 336-719-7129 | 314 S. South St, Suite 100 Mount Airy, NC, 27030 | By appointment | Physical rehabilitation |
| Northern Occupational Health | 336-719-7138 | 119 Welch Rd., Suite C Mount Airy, NC, 27030 | M-F, 8am-5pm | Occupational health and screenings |
| Northern Orthopedics | 336-719-0011 | 314 S. South St, Suite 100 Mount Airy, NC, 27030 | M-Th, 8am-5pm F 8am-12pm | Orthopedics and sports medicine |
| Northern Pediatrics | 336-789-6267 | 100 North Pointe Blvd Mount Airy, NC, 27030 | M-Th, 9am-7pm F, 8am-5pm Sa, 9am-1pm | Pediatrician |
| Northern Pulmonary Rehabilitation | 336-783-8448 | 806 S. South St Mount Airy, NC, 27030 | M-F, 8am-5pm | Pulmonary physical rehabilitation |
| Northern Urology | 336-786-5144 | 423 S. South St Mount Airy, NC, 27030 | M-Th, 8am-5pm F 8am-12pm | Urologist |
| Northern Obstetrics and Gynecology | 336-786-4522 | 510 S. South St Mount Airy, NC, 27030 | M-F, 8am-5pm | OBGYN |
| Northern Wound Care Center | 336-786-2033 | 314 S. South St, Suite 200 Mount Airy, NC, 27030 | M-F, 8am-4:30pm | Wound care, wound management |
| Surry Rural Health Center | 336-352-4900 | 13 Scenic Outlet Ln., Unit 2 Mount Airy, NC, 27030 | M-F, 8am-7pm Sa, 8am-2pm Su, 1pm-5pm | Primary care provider, labs, urgent care, pharmacy |
| Piedmont Ear, Nose, and Throat Associates | 336-786-7366 | 708 S. South St., Suite 300 Mount Airy, NC, 27030 | M-F, 8am-5pm | ENT |
| Novant Health Forsyth Medical Center | 336-718-5000 | 3333 Silas Creek Pkwy Winston-Salem, NC, 27103 | 24/7 | Emergency Department, Inpatient, outpatient surgery, Stroke Center, Imaging/ Radiology, ICU, CVICU |

Medical Providers

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|--|--------------|---|---|-------------------------------------|
| Novant Health Surry Medical Associates | 336-719-6100 | 865 Westlake Dr. Mount Airy, NC, 27030 | M-F, 7:30am-5pm | Primary care provider |
| Novant Health Surry Medical Extended Care | 336-673-6560 | 2133 Rockford St. Suite 1400 Mount Airy, NC, 27030 | M-Sa, 7am-7pm | Walk-in Primary Care provider |
| Novant Health Neurology and Sleep, Brain and Spine Surgery | 336-277-2200 | 933 Rockford St., Suite 2 Mount Airy, NC, 27030 | Neurology & Sleep: F, 8am-5pm Brain & Spine Surgery: Th, 1pm-5pm | Neurologist, sleep studies, surgery |
| Novant Health Cancer Institute of Mount Airy | 336-783-6935 | 1908 Caudle Dr. Suite 200 Mount Airy, NC, 27030 | M-F, 8am-5pm | Oncology, cancer services |
| Novant Health Pilot Mountain Medical Care | 336-368-5011 | 207 Medical St Pilot Mountain, NC, 27041 | M-F, 8am-5pm | Primary care provider |
| Novant Health Cardiology | 336-719-7892 | 694 Riverside DR Mount Airy, NC, 27030 | M-F, 8am-5pm | Cardiologist |
| Novant Cardiology of Elkin | 336-526-3005 | 189 Samaritans Ridge Rd Elkin, NC, 28621 | M-F, 8am-5pm | Cardiologist |
| Aegis Family Health Center | 336-786-5108 | 910 Worth St Mount Airy, NC, 27030 | | |
| Bethany Medical Center of Mount Airy | 336-289-2288 | 1908 Caudle Dr Mount Airy, NC, 27030 | M, 8am-5pm Tu-Sa, 8am-6pm | Primary care, pain management |
| Carolina Heart Care | 336-386-4477 | 651 S Main St Dobson, NC, 27017 | M-Th, 8am-4pm | Cardiologist |

Vision Services

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|---------------------------------------|---|--|---|----------|
| Mount Airy Vision Center | 336-789-9031 | 602 S Renfro St Mount Airy, NC, 27030 | M, 9am-5pm Tu-Th, 8am-5pm F, 8am-12pm | |
| Eye Care Center | 336-386-8526 | 212 S Main St Dobson, NC, 27017 | M-Th, 8:30am-5:30pm F, 8:30am-5pm | |
| Walmart Vision and Glasses | Elkin: 336-835-5211 Mount Airy: 336-786-2026 | Elkin: 548 CC Camp Rd Elkin, NC, 28621 Mount Airy: 2241 Rockford St Mount Airy, NC, 27030 | M-F, 9am-6pm Sa, 9am-5pm Su, 10am-3pm | |
| Atrium Health Eye Center - Mount Airy | 336-716-0650 | 1015 Worth St Mount Airy, NC, 27030 | M-F, 8am-5pm | |
| Atrium Health Eye Center - Elkin | 336-716-3822 | 177 Parkwood Dr Elkin, NC, 28621 | M, 8am-6pm Tu-F, 8am-5pm | |
| Family Vision Care | 336-835-2244 | 1816 N Bridge St Elkin, NC, 28621 | M-F, 8am-5pm | |
| Optical Place | 336-786-4173 | 447 N Andy Griffith Pkwy, Suite 200 Mount Airy, NC, 27030 | | |
| Elkin Eye Care | 336-835-1312 | 346 N Bridge St Elkin, NC, 28621 | M-Th, 8:15am-12:15pm, 1:15pm-5pm F, 8:15am-12pm | |

Dental Services

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|--|--------------|---|---|----------|
| ManiDental Family Practice | 336-444-9027 | 835 Claremont Center Dr Elkin, NC, 28621 | M-F, 7:30am-3:30pm | |
| Blue Ridge Dental | 336-789-5306 | 933 Rockford St Suite 7 Mount Airy, NC, 27030 | M-Th, 8am-5pm | |
| Dobson Dental | 336-386-8251 | 214 S Crutchfield St Dobson, NC, 27017 | M-Th, 8am-4pm | |
| Aspen Dental | 336-429-4146 | 2151 Rockford St Mount Airy, NC, 27030 | M, 9am-7pm Tu-Th, 7:30am-5:30pm F, 7:30am-12:30pm | |
| Lane and Associates Family Dentistry | 336-789-1025 | 161 Kodiak Ln Mount Airy, NC, 27030 | M-Th, 7:30am-5pm | |
| Sumner Family Dentistry | 336-786-6612 | 1124 S South St Mount Airy, NC, 27030 | M-Th, 8am-5pm F, 8am-12pm | |
| James H. Wells, DDS, PA | 336-789-2929 | 1284 Newsome St Mount Airy, NC, 27030 | M-Th, 8am-5pm F, 8am-1pm | |
| Melissa W. Smith, DDS, PA | 336-786-5045 | 304 E Independence Blvd. Suite 200 Mount Airy, NC, 27030 | M-Th, 8am-1pm, 2pm-5pm | |
| Mount Airy Dental Studio | 336-844-2281 | 933 Rockford St Suite 1 Mount Airy, NC, 27030 | M-Th, 8am-5pm F, 8am-2pm | |
| John L. Gravitte, DDS, PA | 888-477-2555 | 140 North Pointe Blvd Mount Airy, NC, 27030 | M-Tu, 7:30am-6pm W-F, 7:30am-3:30pm | |
| Parkwood Dental | 336-835-5579 | 400 Parkwood Medical Park Elkin, NC, 28621 | M-Th, 8am-5pm | |
| Elkin Dental | 336-835-7113 | 320 Parkwood Medical Park Elkin, NC, 28621 | M-Th, 8am-5pm F, 8am-1pm | |
| My Orthodontist | 336-789-4742 | 933 Rockford St, Suite 4 Mount Airy, NC, 27030 | M-Th, 8am-5pm F, 9am-2pm | |
| Mount Airy Pediatric Dentistry | 336-415-7777 | 202 Rawley Ave. Mount Airy, NC, 27030 | M-F, 8am-5pm | |
| Foothill Family Dentistry | 336-368-4708 | 111 S. Davis St Pilot Mountain, NC, 27041 | M-Th, 7:30am-4:30pm | |
| DC4 Dentistry | 336-835-2275 | 500 Parkwood Medical Park Elkin, NC, 28621 | M-Th, 8am-5pm | |
| Patrick McMillan, DDS | 336-368-2638 | 105 E Marion St Pilot Mountain, NC, 27041 | M-W, 7:30am-4pm Th, 7:30am-12pm | |
| Surry County Health and Nutrition Center - Dental Clinic | 336-401-8409 | 118 Hamby Rd Dobson, NC, 27017 | M-Th, 8:15am-5pm | |

Developmental & Intellectual Disabilities

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|---|----------------|---|-----------------|---|
| Surry County Schools Exceptional Children Services | 336-386-8211 | 209 N Crutchfield St Dobson, NC, 27017 | M-F, 8:15am-5pm | Contact for the Surry County School system |
| Surry County Health and Nutrition Center - Community Alternatives Program (CAP) | 336-401-8400 | 118 Hamby Rd Dobson, NC, 27017 | M-F, 8:15am-5pm | |
| Lifespan Services | 336-374-4466 | 623 Rockford Rd Dobson, NC, 27017 https://www.lifespanservices.org/ | | Provides periodic CAP/MR services to children and adults who have a developmental disability. |
| ABC of NC | 336-251-1180 | 905 Friedberg Church Rd Winston Salem, NC, 27127 https://abcofnc.org/ | M-F, 8:30am-5pm | Behavior analysis, learning/ education center, and counseling services for those diagnosed with autism |
| A Bridge to Achievement | 336-560-7878 | 1959 N Peace Haven Rd Winston Salem, NC, 27106 | | Diagnostics, Assessments, and caregiver training for children diagnosed with autism |
| North Carolina Children and Youth with Special Health Care Needs Help Line | 1-800-737-3028 | https://www.dph.ncdhhs.gov/wch/families/helplines.htm | | Help line that can provide information and support with a wide range of needs for those with physical, behavioral, and developmental disabilities |

Housing (Non-Crisis)

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|-----------------------------------|--------------|---|--------------|---|
| River Hill Apartments | 336-789-6714 | 1248 Newsome St Mount Airy, NC, 27030 | | |
| Spencer's Mill Apartments | 336-355-2226 | 328 Willow St Mount Airy, NC, 27030 | | |
| Edgewood Place Apartments | 336-320-7033 | Edgewood Place Ln Mount Airy, NC, 27030 | | |
| South Village Apartments | 336-789-4146 | 1348 Carolina Ct Mount Airy, NC, 27030 | | |
| Globe Tobacco Lofts | 336-786-1438 | 838 S Main St Mount Airy, NC, 27030 | | |
| Camden Apartments | 336-789-6714 | 541 Merrit St Mount Airy, NC, 27030 | | Accommodations for those with physical disabilities, section 8 housing |
| Northwood Apartments | 336-786-1888 | 112 Northwood Dr Mount Airy, NC, 27030 | | |
| Pine Terrace Apartments | 336-789-1995 | 407 Pine Terrace Dr Mount Airy, NC, 27030 | | Income-based housing |
| Willow Hill Apartments | 336-789-8500 | 830 Willow Hill Cir Mount Airy, NC, 27030 | | |
| Jasper Pointe Apartments | 336-823-1282 | 100 Jasper Pointe Cir Mount Airy, NC, 27030 | | |
| Mountain Place Apartments | 336-719-2226 | 501 Mountain Place Ln Mount Airy, NC, 27030 | | Accommodations for those with physical disabilities, income based housing |
| Whistler's Cove Apartments | 336-415-5906 | 129 Whistler's Cove Ct Mount Airy, NC, 27030 | | Income based housing |
| Isabelle Court | 336-673-0745 | 120 W 52 Bypass Pilot Mountain, NC, 27041 | | |
| Pinnacle Hill Apartments | 336-368-2345 | 106 S Key St Pilot Mountain, NC, 27041 | | |
| Pilot Grove Apartments | 704-857-7355 | 320 N Key St Pilot Mountain, NC, 27041 | | |
| Creekside Village Apartments | 336-386-9636 | 240 Creekside Dr Dobson, NC, 27017 | | |
| Dobson Village Apartments | 336-386-8656 | 101 Village Cir Dobson, NC, 27017 | | |
| Shamrock Terrace Apartments | 336-386-4502 | 100 Shamrock Terrace Ln Dobson, NC, 27017 | | Income based housing |
| Surry Manor Apartments | 336-386-8349 | 100 Surry Manor Ln Dobson, NC, 27017 | | |
| Spring Valley Apartments | 336-526-0193 | 100 S Kirkland Ave Elkin, NC, 28621 | | |
| Elk Court Apartments | 336-835-4033 | 150 Elk Ct. Dr Elkin, NC, 28621 | | |
| Woodrun Apartments | 336-835-4071 | 200 Lyles St Elkin, NC, 28621 | | |
| Collinswood Apartments | 336-835-5590 | 250 Lyles St Elkin, NC, 28621 | | |
| Woodland Bluff Apartments | 336-820-4129 | 125 Woodland Dr Elkin, NC, 28621 | | |
| Chatham Wood Senior Living | 336-835-9663 | 230 Hawthorne Rd Elkin, NC, 28621 | | |
| Parkwood Place Independent Living | 336-526-6000 | 601 Johnson Ridge Rd Elkin, NC, 28621 | | |

Housing (Non-Crisis)

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|-----------------------------|--------------|--|--------------|----------|
| Yadkin Valley Senior Living | 336-835-6672 | 500 Johnson Ridge Rd Elkin, NC, 28621 | | |
| Cooper Terrace Apartments | 336-258-8880 | 259 PGW Dr Elkin, NC, 28621 | | |
| Maple Ridge Apartments | 336-835-1566 | 900 Johnson Ridge Rd Elkin, NC, 28621 | | |

Shelters

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|------------------------|--------------|---|--------------|---|
| The Ark/ Echo Ministry | 336-527-1637 | 130 Hill Street Elkin, NC 28621 https://www.thearkelkin.org/ | 24/7 | Emergency housing for homeless families who are not victims of domestic violence. Eligibility: No couples unless married; no single men; accepts single father with children. |
| The Shepherd's House | 336-786-1420 | 246 Spring St Mount Airy, NC 27030 https://shepherdshousema.org/ | NA | Shelter for homeless families and single women who are not victims of domestic violence. Eligibility: No single men without children; will take single men with children. |

Parks, Recreation, & Wellness

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|--|--------------|--|---|--|
| Workout Anytime | 336-339-4721 | 639 W Independence Blvd Mount Airy, NC, 27030 | 24/7 Access Staffed hours may vary | Indoor gym with 24/7 access. Personal trainers available. |
| Anytime Fitness | 336-719-6588 | 844 N Main St Mount Airy, NC, 27030 | 24/7 Access Staffed hours may vary | Indoor gym with 24/7 access. Personal trainers available. |
| Northern Wellness and Fitness Center (Pro Health) | 336-783-0399 | 280 N Pointe Blvd Mount Airy, NC, 27030 | M-F, 5am-10pm Sa, 5am-5pm Su, 1pm-5pm | Indoor gym, pool, and indoor sports. Located with a variety of medical providers and doctor's offices. |
| Reeves Community Center | 336-786-8313 | 113 S Renfro St Mount Airy, NC, 27030 | M-F, 5:30am-9pm Sa, 8am-5pm Su, 1pm-5pm | Indoor gym, outdoor pool, indoor and outdoor sports facilities. Also includes a nursery room. |
| Ridzo CrossFit & Athletics | 336-648-8040 | 541 W Pine St Mount Airy, NC, 27030 | M-F, 6am-7pm Sa, 9am-10am | Gym for crossfit training and fitness. |
| PrimeTime Performance | 336-401-0651 | 1247 N South St Mount Airy, NC, 27030 | M-Th, 10am-8pm F, 10am-6pm Sa, 9am-2pm | Sports training facility for adults and children. |
| Hugh Chatham Aquatic and Wellness Center | 336-527-7468 | 700 Chatham Medical Park Elkin, NC, 28621 | M-Th, 6:30am-7:30pm F, 6:30am-6:30pm | Indoor gym and aquatic fitness. |
| Elkin Recreation Center | 336-258-8917 | 399 Hwy 268 W Elkin, NC, 28621 | M-Th, 6am-9pm F, 6am-7pm Sa, 7am-2pm Su, 1pm-5pm | Indoor and outdoor sports facilities, outdoor pool, and indoor gym. Small fee to utilize. |
| North Bridge Physio | 336-970-0324 | 1605 N Bridge St Elkin, NC, 28621 | M-F, 3:30pm-7:30pm Sa, 9am-10:30pm | Offers crossfit, personal trainers, and sports performance enhancement. |
| Fisher River Park | 336-401-8239 | 251 County Home Rd Dobson, NC, 27017 | Su-Sa, 8am-8pm | Playground, variety of outdoor sports facilities, and walking and biking trails |
| Riverside Park | 336-786-9313 | 350 Riverside Dr Mount Airy, NC, 27030 | Su-Sa, 6am-9pm | Playground, variety of outdoor sports fields, walking and biking trails, river access, and picnic areas |
| Westwood Park | 336-786-8313 | 1250 Galax Trl Mount Airy, NC, 27030 | Su-Sa, 7am-9pm | Playground, sports fields, walking and biking trails, and fishing pond |
| Tharrington Park | 336-786-8313 | 1040 Spring St Mount Airy, NC, 27030 | Su-Sa, 6am-8:30pm | Walking and biking trails, river access, sports fields |
| H. B. Rowe Environmental Park | | 217 Hamburg St Mount Airy, NC, 27030 | Su-Sa, 6:30am-9pm | Walking and biking trailers and picnic shelter |
| Veterans Memorial Park | 336-786-2236 | 691 W Lebanon St Mount Airy, NC, 27030 | Tu-F, 10am-5pm Sa, 10am-4pm | RV parking, campsites, event space, sports fields, walking and biking trails |
| Greenway Dog Park | | 597 W Independence Blvd Mount Airy, NC, 27030 | | Green field area for walking dogs and pets |
| Dobson Squad Park | 336-356-8962 | 110 S Crutchfield St Dobson, NC, 27017 | | Walking path, green area, playground, splash pad |
| Pilot Mountain State Park | 336-444-5100 | 1721 Pilot Knob Park Rd Pinnacle, NC, 27043 | Su-Sa, 8am-6pm | Camping areas, hiking and biking trails, scenic areas, picnic areas |
| Armfield Civic and Recreation Center | 336-368-2012 | 873 W 52 Bypass Pilot Mountain, NC, 27041 | M-F, 5:30am-8pm Sa, 8am-4pm Su, 1pm-5pm | Indoor gym, indoor and outdoor sports fields and tracks, indoor pools, youth programs, child care |
| Elkin Municipal Park | 336-258-8917 | 399 NC 268 W Elkin, NC, 28621 | 24/7 | Walking trails, biking trails, green areas, sports fields, river access |

Parks, Recreation, & Wellness

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|------------------------------------|--------------|---|-----------------|--|
| Homeplace Recreational Park | 336-374-5173 | 258 Homeplace Park Rd Ararat, NC, 27007 | Su-Sa, 10am-6pm | Outdoor pools, splash pad, playgrounds, sports fields, miniature gold course |
| Salem Fork Community Park | | 112 Salem Fork Rd Elkin, NC, 28621 | | Baseball field |
| Shoals Community Recreation Center | | 2954 Shoals Rd Pinnacle, NC, 27043 | | Sports fields, walking and biking trails |
| Mountain Park Community Park | | 505 Mountain Park Rd State Road, NC, 28676 | | Walking trailer with stage and area for community events |
| Camp Raven Knob | 336-352-4307 | 266 Raven Knob Rd Mount Airy, NC, 27030 | M-F, 9am-5pm | Boy Scout reservation with hiking and biking trails, various sports fields and ranges, and lake access |

Other Resources

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|--|---------------------|---|---|--|
| Emergency Services | | | | |
| Surry County 911 Communications Emergency Line | 911 | 139 Dobson Church of Christ Rd Dobson, NC, 27017 | 24/7 | For all life-threatening and immediate emergencies, call 911 |
| Surry County 911 Communications Administrative Line | 336-374-3000 | 139 Dobson Church of Christ Rd Dobson, NC, 27017 | 24/7 | For urgent but non-emergency problems that require law enforcement, emergency medical services, the fire departments, the rescue squads, or any other emergency service, call the administration line |
| Surry County Sherriff's Office | 336-401-8900 | 218 N Main St Dobson, NC, 27017 | M, Tu, W, F, 8am-5pm Th, 8am-7pm (Contact Communications after hours) | All administrative services, including general questions, gun permits/ concealed carry, backgrounds checks, and similar activities. |
| Surry County Detention Center | 336-401-8975 | 218 N Main St Dobson, NC, 27017 | 24/7 | For jail services, bail and inmate inquiries |
| Elkin Police Department | 336-258-8910 | 226 N Bridge St Elkin, NC, 28621 | 24/7 | For administrative needs and for urgent, but non-emergent, law enforcement assistance in the Town of Elkin. |
| Mount Airy Police Department | 336-786-3535 | 150 Rockford St Mount Airy, NC, 27030 | 24/7 | For administrative needs and for urgent, but non-emergent, law enforcement assistance in the City of Mount Airy. |
| Dobson Police Department | 336-356-8161 | 201 W Kapp St Dobson, NC, 27017 | M-F, 8am-5pm (Contact Communications after hours) | For administrative needs and crime reports during business hours. For urgent or emergency dispatch, contact communications. |
| Pilot Mountain Police Department | 336-368-4725 | 124 W Main St Pilot Mountain, NC, 27041 | M-F, 8am-5pm (Contact Communications after hours) | For administrative needs and crime reports during business hours. For urgent or emergency dispatch, contact communications. |
| Surry County Emergency Services | 336-783-9000 | 1218 State St Mount Airy, NC, 27030 | M-F, 8am-5pm (Contact Communications after hours) | For administrative needs, including billing and patient information. For urgent or emergency dispatch, contact communications. |
| Surry County Fire Marshall's Office | 336-783-9040 | 1218 State St Mount Airy, NC, 27030 | M-F, 8am-5pm (Contact Communications after hours) | For administrative needs, including permits and regulations. For urgent or emergency dispatch, contact communications. |
| County Administration & Legal Contacts | | | | |
| Surry County Register of Deeds | 336-401-8150 | 201 E Kapp St Dobson, NC, 27017 | M-F, 8:15am-5pm | Birth, death, marriage, and military records, real estate documents, other records and documentation services |
| Surry County Magistrate | 336-386-3719 | 120 W Kapp St Dobson, NC, 27017 | M-F, 8:15Am-5pm (Contact Communications after hours) | Emergency and urgent legal proceedings, 50B processes, criminal charges, issuance of marriage licenses, other legal proceedings |
| Surry County District Attorney | 336-386-3710 | 201 E Kapp St Dobson, NC, 27017 | M-F, 8am-5pm | |
| Surry County Clerk of Court | 336-386-3700 | 201 E Kapp St Dobson, NC, 27017 | M-F, 8:30am-5pm | All administrative aspects relating to the local court system or an upcoming court case |

Other Resources

| Resource Name | Phone | Address/ Website | Office Hours | Services |
|--|--------------|-----------------------------------|-----------------|--|
| Surry County Health and Nutrition Center | 336-401-8400 | 118 Hamby Rd Dobson, NC, 27017 | M-F, 8:15am-5pm | Provides a wide variety of clinics (dental, pediatric, and adult) for little to no costs, as well as specialty services and clinics, and is responsible for community health education, epidemiology and population health. |
| Surry County Department of Social Services | 336-401-8700 | 118 Hamby Rd Dobson, NC, 27017 | M-F, 8:15am-5pm | Provides assistance with child and parental wellbeing, social assistance, assistance for the elderly, those struggling with financial problems, and those with disabilities. Also provides child protection and adult protective services. |

Data Notes

Secondary Data

Secondary data has been extracted from the sources individually cited and referenced.

NC DETECT and other data initially reported as counts were converted into incidence rates per 10,000 people consistently throughout the Community Health Assessment (CHA). Incidence rates were calculated by dividing the defined count by the total number of individuals assessed (typically cases/ deaths by the entire population), then multiplied by 10,000. All incidence rates from 2018 to present were calculated using the 2020 Census data as reported by the US Census Bureau from the decennial census. All incidence rates from 2017 and previous were calculated using the 2010 Census data as reported by the US Census Bureau from the decennial census. No statistics presented were calculated using the US Census Bureau's Population Estimates Program (PEP).

Certain data may not be presented in a linear function due to small counts in individual timeframes that would warrant suppression to protect patient privacy, and thus may have been grouped over a multi-year span (aggregated data). Aggregating the data presented also assists in adjusting for the high-impact that small variations in year-to-year counts can cause for overall incidence rates.

All data collected and reported from NCDETECT are expressed in crude rates. Unless otherwise specified, data from other secondary sources is expected to crude rates and not age-adjusted rates.

Data timespans may not be consistent throughout the document. This is due to variations in data reported based on the source. Certain agencies may have reported data as soon as 2022, while other's may only be as recent as 2019. For the sake of this CHA, we attempted to exclude secondary sources that were not able to provide County-level data up to at least 2020. In order to illustrate trends with this delayed data, the utilization of earlier years may be displayed, though 2018 was our target benchmark as to track progress from our previous CHA.

Regional data has been expressed as such, and may have been used in place of local data. Regional data is expressed in terms of NCALHD Region 3. Due to the diverse nature of Region 3 and the wide variations in demographics and health determinants, no regional averaging was used to attempt to portray Surry County individually.

Primary Data

Primary data was collected through the use of a Community Needs Assessment. The Assessment was distributed via email to other local agencies in the county, businesses, faith-based communities, schools, senior centers, childcare centers, and healthcare providers. It was also located on the county's social media page. Paper copies were distributed to those who did not have access to technology/internet.

Primary data was also collected from Community Partners, such as Emergency Management, Hospitals, Chamber of Commerce, School Systems, and Economic Development.

References

1. **United States Census Bureau.** Data. data.census.gov. [Online] 2020. <https://data.census.gov/advanced?g=0500000US37171>.
2. *Issues in the Assessment of 'Race' among Latinos: Implications for Research and Policy.* **Vincent Jr, Allen C, et al. 4,** Hispanic journal of behavioral sciences, Vol. 33.
3. BLS Data Finder 1.1. **United States Department of Labor: Bureau of Labor Statistics [USDOL BLS].** 2022.
4. **University of North Carolina [UNC].** North Carolina Health Professional Supply Data. Sheps Health Workforce NC. [Online] 2021. <https://nchealthworkforce.unc.edu/interactive/supply/>.
5. **North Carolina Department of Health and Human Services, NC State Center for Health Statistics [NCDHHS NCSCHS].** Statistics and Report. [Online] November 14, 2019. <https://schs.dph.ncdhhs.gov/data/other.cfm>.
6. **North Carolina Department of Health and Human Services [NCDHHS].** *Cancer Profiles: Surry July 2020.* 2020.
7. **North Carolina Department of Health and Human Services [NCDHHS].** *Cancer Profiles: Surry April 2017.* 2017.
8. **Northern Regional Hospital.** *Northern Regional Hospital Community Health Assessment.* Mount Airy, NC : n.a., 2022.
9. **Hugh Chatham Memorial Hospital.** *Hugh Chatham Memorial Hospital 2022 Community Health Needs Assessment and Report.* n.a. : n.a., 2022.
10. *OBESITY-RELATED HYPERTENSION.* **Dobrescu, Marian, et al. 1,** Bucharest : Sciendo General Reviews, 2022, Vol. XIX.
11. **Centers for Medicare and Medicaid Services [CMS].** Medicare Chronic Conditions Dashboard: County Level. [Online] January 2021. <https://portal.cms.gov/MSTR2021/servlet/mstrWebevt=2048001&src=mstrWeb.2048001&documentID=231CD7E04382A8FF2EAB119297740CAA&visMode=0¤tViewMedia=1&ru=1&share=1&hiddensections=header,path,dockTop,dockLeft,footer&Server=v343069p&Port=0&Project=OIPDA-B>.
12. **North Carolina Department of Health and Human Services: Injury and Violence Prevention Branch [NCDHHS IVPB].** IVP Branch: Overdose Data. [Online] 10 03, 2022. <https://injuryfreenc.dph.ncdhhs.gov/DataSurveillance/Overdose.htm>.
13. **Surry County Substance Abuse Recovery Office.** Intervention Team Data Book. 2022.
14. **Centers for Disease Control and Prevention [CDC].** Suicide Data and Statistics. Suicide Prevention. [Online] January 09, 2023. <https://www.cdc.gov/suicide/suicide-data-statistics.html>.
15. **North Carolina Department of Health and Human Services: Injury and Violence Prevention Branch [NCDHHS IVPB].** NC Violent Death Reporting System. [Online] 2020. https://dashboards.ncdhhs.gov/t/DPH/views/NCVDRSDashboard/NC-VDRSDashboard?%3Adisplay_count=n&%3Aembed=y&%3AisGuestRedirectFromVizportal=y&%3Aorigin=viz_share_link&%3AshowAppBanner=false&%3AshowVizHome=n.
16. **Think Babies NC Alliance and Child Care Services Association.** *2021-2022 Surry County Infant-Toddler Child Care Landscape Study.* 2022.
17. **Yadkin Valley Economic Development District, Inc. [YVEDDI].** *2020 Community Assessment.* n.a. : n.a., 2020.
18. **Think Babies NC Alliance and Child Care Services Association.** 2021-2022 Rutherford County Infant-Toddler Child Care Landscape Study. 2022.
19. **Think Babies NC Alliance and Child Care Services Association—.** 2021-2022 North Carolina Infant-Toddler Child Care Landscape Study. 2022.
20. **North Carolina Department of Health and Human Services, NC Office of Minority Health and Health Disparities [NCDHHS NCOMHHD].** North Carolina Social Determinants of Health by Regions. [Online] 2020. <https://nc.maps.arcgis.com/apps/MapSeries/index.html?appid=def612b7025b44eaa1e0d7af43f4702b>.
21. *The Relationship Between Education and Health: Reducing disparities through a contextual approach.* **Zajacova, Anna and Lawrence, Elizabeth M. O,** April 01, 2018, Annual Review of Public Health, Vol. 39, pp. 273-289.
22. **Domhoff, G. William.** Wealth, Income, and Power. *Who Rules America.* [Online] University of California at Santa Cruz, April 2017. <https://whorulesamerica.ucsc.edu/power/wealth.html#:~:text=Home%20ownership%20%26%20wealth,most%20significant%20wealth%20they%20possess>.

23. **Chmura Economics & Analytics.** *Economic Overview: Surry County, NC.* n.a. : n.a., 2022.
24. **Harvard University.** HIGH INCOMES ARE NEEDED TO AFFORD HOMES IN MANY METROS. *Joint Center for Housing Studies of Harvard University.* [Online] April 2022. <https://www.jchs.harvard.edu/son-2022-affordability>.
25. **United States Census Bureau.** SAHIE Interactive Tool. *Small Area Health Insurance Estimates [SAHIE].* [Online] 2020. https://www.census.gov/data-tools/demo/sahie/#/?s_statefips=37&s_stcou=37171&s_year=2020.
26. **Centers for Disease Control and Prevention [CDC].** EXPLORE FATAL INJURY DATA. *Web-based Injuries Statistics Query and Reporting System [WISQARS].* [Online] 2020. <https://wisqars.cdc.gov/data/explore-data/explore>.
27. **North Carolina Department of Health and Human Services: Division of Child Development and Early Education [NCDHHS DCDEE].** Child Care Facility Search. *NCDHHS.* [Online] 2023. <https://ncchildcare.ncdhhs.gov/childcaresearch>.