GRAYSON COUNTY COMMUNITY HEALTH ASSESSMENT

2018
Table of Contents

Executive Summary ................................................................. 2
Purpose and Background .......................................................... 3
Secondary Data ........................................................................ 5
Demographics .......................................................................... 5
Poverty and Education ............................................................ 5
Food Access ............................................................................. 7
Maternal Child Health .............................................................. 8
Child Safety ............................................................................. 8
Premature Death ..................................................................... 8
Health Care Access ................................................................. 9
Substance Abuse .................................................................... 9
Primary Data ............................................................................ 15
Focus Group ............................................................................ 15
Community Survey ................................................................. 16
Priorities and Conclusion ....................................................... 19
References .............................................................................. 21
Appendix I .............................................................................. 24
Grayson County stakeholders gathered in June 2018 to begin the community health assessment process. This process included meetings of the CHA team for assessment, prioritization, and implementation planning, a focus group meeting, and community surveys. The CHA team identified health care access, transportation, obesity/activity, substance abuse, and food access/nutrition as top priorities for the county.

Community feedback indicated top areas of concern of health care, drugs, employment, cancer, aging issues, obesity, mental health, dental care, heart disease and stroke, food access, transportation, walkability, the need for a wellness/recreation center, and the need for a clinic in the community.
In June 2018, Grayson County Administration and Mount Rogers Health District convened a group of stakeholders to complete a community health assessment for the county. This group included Mount Rogers Health District Virginia Department of Health (MRHD), Mount Rogers Community Services Board (CSB), Grayson County Department of Social Services (DSS), Twin County Regional Hospital, Alleghany Memorial Hospital, Grayson County Schools, Grayson County Board of Supervisors, Grayson County Administration, Mount Rogers Planning District Commission, the town of Fries, the town of Troutdale, Grayson County Sheriff’s Office, Ballad Health, Rooftop of Virginia, Wythe-Grayson Regional Library, and the Grayson County Senior Advocacy Committee.

The group met to evaluate health data for the county and select priority areas for intervention. The five areas chosen were healthcare access, transportation, obesity/activity, substance abuse, and food access/nutrition.

Grayson County does not have a hospital, and residents travel to Twin County Regional Hospital in Galax, to Alleghany Memorial Hospital in North Carolina, or to other regional health care providers.

In February 2017, Mountain States Health Alliance and Wellmont Health Systems merged under a Certificate of Public Advantage (COPA) into Ballad Health System. Ballad’s catchment area includes much of the MRHD coverage area, as well as regions in Tennessee. Grayson County falls into this catchment area, despite the lack of a Ballad facility. State authorities for Tennessee and Virginia selected priority health issues where Ballad must demonstrate improvement for the population’s health, as part of the COPA agreement.
The five areas chosen by the CHA group were selected after reviewing secondary data sources, and through discussion about community needs and strengths.

After the priorities were selected, MRHD conducted a focus group meeting and distributed a community survey to gather input from residents of Grayson County. The survey was distributed at County Administration, the Department of Social Services, Twin County Regional Hospital, Grayson County Health Department, local banks, a Remote Area Medical clinic, and Grayson County High School. It was also available and publicized online and shared with all partner agencies.
Secondary Data

Demographics

There are 15,566 residents in Grayson County (1). From 2000-2010, Grayson County lost 13.22% of the population (2). Eighteen percent of the population has a disability, compared to 11% of Virginia (2). The life expectancy for men is 73.7 years, and for women, it is 78 years (3).

Poverty and Education

The median income for male full-time, year-round workers is $32,475 (4). The median income for female full-time, year-round workers is $28,211 (4). Sixteen percent of all families are below the federal poverty level (4). Thirty-two percent of families with children under 18 are below the federal poverty level (4). Forty-six percent of families with children under age 5 and of single mother households are below the federal poverty level (4). Of all single mother households with children under 18, 65% are below the federal poverty level (4). For single mother households with children under age 5, this number increases to 88% below the federal poverty level (4).

Eleven percent of the population of Grayson County does not have health insurance (4). Fifteen percent of those who are employed do not have health insurance (4). Almost 40% of those who are seeking work but unemployed do not have health insurance (4). Among those who are not in the labor force, 23% do not have health insurance (4).

The median income in Grayson County is $31,002, and the unemployment rate is 7.1% (4).
The high school graduation rate in Grayson is 83%, compared to 86% for Virginia, and 51% of residents have some college education, compared to 70% for Virginia (5). Twenty-six percent of Grayson County children live below the federal poverty level, compared to 14% of Virginia’s children (5). While 41% of Virginia’s children are eligible for free or reduced-price lunch, 63% of Grayson County children are eligible (5).

The Opportunity Atlas tracks outcome data for adults born between 1978 and 1983 based on their place of birth (6). It indicates what the economic opportunity of someone is based on where they were born. Household income for this group in Grayson County averages $38,000, with an average employment rate of 76% (6). Sixty percent of these adults are in the same area as where they grew up (6). This group has a high school graduation rate of 86%, a college graduation rate of 27%, and they work an average of 34.6 hours per week (6).

Grandparents raising their grandchildren has become an increasingly common phenomenon. In Grayson County, 59% of grandparents living with their grandchildren are responsible for them (7). Among this group, 62% of have been responsible for their grandchildren for five years or longer (7).
Food Access

Food insecurity impacts 13% of Grayson County residents, compared to 11% for Virginia, which includes limited access to healthy foods for 9%, compared to 4% for Virginia (5).

5,357 people live in a food desert defined as a low-income census tract where a significant number of residents are more than 10 miles from the nearest supermarket (8). An additional 3,905 people live in a food desert defined as a low-income census tract where more than 100 housing units do not have a vehicle and are more than ½ mile from the nearest supermarket (8). This means that 9,262 people live in a food desert in Grayson County under those two definitions, a high percentage of the county.
Maternal Child Health

Five percent of babies in Grayson County were low birth weight in 2015, down from 9% in 2013 (9). The teen birth rate is 41.9/1,000 15-19 year-old females (9). The infant mortality rate for Grayson County was 14.2/1,000 live births, compared to 5.7 for Virginia (17). In 2015, the maternal (pregnancy) smoking rate in Grayson County was 28.8% (9).

Eighty-eight percent of kindergartners in Grayson County pass the PALS-K exam, which measures kindergarten readiness (10). Among 3rd graders, 77% of economically disadvantaged students pass the reading SOL, and 88% of not economically disadvantaged students pass the reading SOL (10). These numbers are better than the state averages, but do not match those of the top Virginia performers.

Child Safety

In 2017, Grayson County DSS accepted 230 referrals of child abuse or neglect, which resulted in 196 family assessments and eight founded investigations (11). The rate of children entering foster care in Grayson County is 3.6/1,000, compared to 1.5/1,000 for Virginia (10).

Premature Death

Grayson County had 7,500 years of premature death, compared to 6,100 years for Virginia (5). There are higher rates in Grayson County than Virginia for injury, motor vehicle crash, alcohol-impaired driving, and firearm deaths (5). There are also high rates of cancer, heart disease, lung disease, and stroke deaths (2).

Thirty percent of the population is obese (28% Virginia), and 29% of adults report no leisure time physical activity (22% Virginia) (5).
Health Care Access
The ratio of primary care physicians in Grayson County is 4,000:1, compared to 1,320:1 for Virginia (5). The ratio for dentists is 5,040:1, compared to 1,490:1 for Virginia (5). The ratio of mental health providers is 15,110:1, compared to 680:1 for Virginia, and is the worst in Mount Rogers Health District (5). 100% of the population lives in a health professional shortage area (2).

Substance Abuse
The overall rates of substance abuse data indicate that perhaps the problem is not substantial in Grayson County. However, a closer look reveals that while in many cases the county rate is lower than the state rate, certain age groups have much higher rates than the state rate.

Narcan, the brand name of naloxone, is a medication that can be used to revive someone who has overdosed on opioids. REVIVE! is the Opioid Overdose and Naloxone Education program for the Commonwealth of Virginia (12). REVIVE! provides training to professionals, stakeholders, and others on how to recognize and respond to an opioid overdose emergency with the administration of naloxone (12). REVIVE! is a collaborative effort led by the Virginia Department of Behavioral Health and Developmental Services (DBHDS) working alongside the Virginia Department of Health, the Virginia Department of Health Professions, recovery community organizations such as the McShin Foundation, OneCare of Southwest Virginia, the Substance Abuse and Addiction Recovery Alliance of Virginia (SAARA), and other stakeholders (12). REVIVE! Training can be provided by health department employees, medical reserve corps volunteers, and any other professional or lay community members who have been trained to offer REVIVE! There is a standing order for naloxone at pharmacies in Virginia, signed by the Commissioner of the Department of Health (13). This means that anyone can go to a pharmacy and request naloxone, without an additional prescription. If the person has not been previously trained in naloxone administration, pharmacy staff will provide the training at the time the naloxone is dispensed.
The rate of Narcan distributed by EMS from 2011, 2012, 2013, and 2015 show that for the age groups who required Narcan, the rates are much higher than the Virginia rate (14).
A similar situation is seen with fatal opioid overdoses. For example, the opioid overdose death rate for Grayson in 2016 was 6.6/100,000 people, compared to 5.5 for Virginia (14). However, the only age group with an overdose death rate (35-44) had a rate of 62.9 (14). This can also be seen in opioid overdose deaths for 2011, 2012, and 2013 (14).
The rates of emergency department visits for opioid overdose have been rising for Grayson County residents since 2015 (14).
There has also been an increase in emergency department visits for heroin overdoses in the last two years (14).

![Emergency Department Visits for Heroin Overdose, 2016](image1)

The rate of new cases of reported Hepatitis C among 18-30 year-olds was 160/100,000 people in 2017, compared to 140.9 for Virginia (14).

![Emergency Department Visits for Heroin Overdose, 2017](image2)

Neonatal abstinence syndrome (NAS) is the withdrawal effects a newborn shows at birth as a result of in utero exposure to a drug or drugs (16). NAS frequently occurs within the context of multiple substance abuse (15). NAS may result from use of tobacco, marijuana, and other legal or illegal drugs, but is well-known as a consequence of opioid use during pregnancy (15). In 2015, Grayson County’s NAS rate was 7.2/1,000 births, compared to a state rate of 6.1, and in 2016, the Grayson rate was 8.5, compared to a Virginia rate of 6.7 (14).

Eighteen percent of Grayson County residents smoke, compared to 15% for Virginia (5).
Focus Group

A focus group was held to discuss the priorities selected by the CHA team. The focus group echoed the priorities of the CHA team. They noted that substance abuse seems like a problem that is getting worse, and access to mental health services is a substantial problem. Smokeless tobacco was raised as a concern.

Poverty in general was noted as a major issue that impacts jobs, food access, and health care. One participant noted, “Access is the key word – there is no access in this county.”

Participants noted that sidewalks are used in Independence, and that if more recreational trails were available, county residents would use them. A gym in the county was a request – residents have to travel and pay fees, plus the hours are not always convenient for those who work long hours.

Health care access was another issue raised. Having to call ahead for services is a barrier for many people, as is having to travel long distances for specialty care. While some public transit is available, people still have problems getting to the access point for it, and the schedule is not well publicized.

Participants raised questions about the proposed federally qualified health center, including where it will be located, if there will be a pharmacy nearby, and if the center will be able to offer transportation.

Participants suggested adding vocational programs to the high school, and noted the lack of civic and children’s organizations. One participant said, “We need things for young people to do. People always say there is nothing to do in an area, but there is really nothing to do here.”
Community survey

Grayson County residents were asked to complete an assessment survey. There is limited access to internet in Grayson County, so the majority of the surveys were completed on paper by residents. 550 surveys were completed, and all seven zip codes were represented. 69% of respondents were female, and 30% were male (not all respondents answered all questions). The racial makeup was 95% White or Caucasian, 2% American Indian or Alaska Native, 2% Prefer Not to Answer, and 1% Other. Thirty-three percent of respondents have a high school diploma, and 56% have some sort of higher education. Seventy-two percent have an income between $10,000 and $100,000. Fifty-six percent of respondents are insured through an employer, 35% are insured through Medicare or Medicaid, and 7.5% do not have health insurance.

Community members reported that their top concerns were cost of health care, drug use/abuse, availability of health care, unemployment, and cancer. When asked how they would improve their community, they commented most frequently about jobs/unemployment, health care/insurance, food access, drugs, and the need for a federally qualified health center (FQHC)/health clinic in Grayson County. These align with many of the concerns selected by the CHA team. Obesity was selected as the 7th most pressing category by respondents, and transportation issues were the 9th and 10th most commented on issues.

Over a quarter (26%) of respondents have been to the emergency room in the last year, but only 8% of these visits were for an emergency injury. Almost 30% of the respondents have a chronic illness, and 64% of these people can afford their medication.

Five percent of respondents indicated that they have thought about suicide or self-harm in the last 12 months, yet 45% of this group has not had a mental health visit in the last year.
Twenty percent of respondents used tobacco in the last month. Nineteen percent of tobacco users indicated they want to live in a home where indoor smoking is allowed, but 69% of tobacco users indicated they want to live in a home where indoor smoking is not allowed.

Thirty-eight percent of respondents do not think it is easy to get fresh fruits or vegetables. Fourteen percent of respondents did not have enough money to pay rent at some point in the last year, 18% did not have enough money to buy medicine at some point in the last year, and 20% did not have enough money to buy food at some point in the last year. Nine percent of respondents regularly receive food from a food pantry.

Seventy percent of respondents must travel outside their community for healthcare, and 7.5% do not have insurance. This is one area where the survey respondents are not reflective of the larger community, which has an 11% uninsured rate.

When asked to respond to the statement, “My community provides good job opportunities”, 79% disagreed or strongly disagreed.

Sixty-seven percent of respondents answered the question, “How would you improve your community?”
The word cloud shows which words appeared most frequently in response to this question. When sorted, there were 36 categories. The top 10 categories were jobs/increased wages (105), health care/insurance (101), food access/restaurants/grocery stores (39), drugs (39), FQHC/health clinic (39), senior resources (36), education (34), wellness center (32), bike lanes/sidewalks/roads (32), and public transit (30).

Complete survey results are available in Appendix 1.
Priorities and Conclusion

Overall, the priorities of the Grayson County residents, the Community Health Assessment team, and the secondary data of Grayson County health needs align to illustrate a community whose most pressing needs are health care access, substance abuse, transportation, food access/nutrition, obesity/activity, unemployment, cancer, and increasing community resources.
The implementation plan created by the CHA team includes applying for an FQHC, increasing awareness of community services, tracking childhood obesity, increasing opportunities for physical activity, participation in a Cooking Matters grant, accessing Medicaid expansion, increase community health education, treatment services for pregnant substance-abusing women, establishing DSS prevention services, expanding mental health services, increasing the number of grocery stores in the county, and connecting agricultural resources with the community. A complete implementation plan can be found in the corresponding Grayson County Community Health Improvement Plan (CHIP). The CHIP includes goals, objectives, and performance measures.
References


Appendix I

Complete Survey Results

1) Please enter your zip code.

2) Select the top 5 concerns that impact your community.

Access to healthy foods (79, 14.4%), Aging issues (152, 27.7%), Alcohol use/abuse (103, 18.8%), Air pollution (21, 3.8%), Availability of health care (257, 46.8%), Bullying (35, 6.4%), Cancer (182, 33.2%), Child abuse/neglect (96, 17.5%), Cost of healthcare (296, 53.9%), Dental care (113, 20.6%), Diabetes (68, 12.4%), Disability issues (48, 8.7%), Distracted driving (36, 6.6%), Domestic violence (29, 5.3%), Drug use/abuse (289, 52.6%), Elder abuse/neglect (28, 5.1%), Family planning (27, 4.9%), Firearm injuries/deaths (4, 0.7%), Gang involvement (15, 2.7%), Heart disease and stroke (110, 20.0%), High blood pressure (74, 13.5%), HIV/AIDS (6, 1.1%), Homicide (3, 0.5%), Infant death (2, 0.4%), Infectious disease (TB, hepatitis, etc) (5, 0.9%), Influenza (10, 1.8%), Lack of exercise (82, 14.9%), Lyme disease (49, 8.9%), Mental health issues (127, 23.1%), Motor vehicle accidents (18, 3.3%), Obesity (139, 25.3%), Prenatal (pregnancy) healthcare (11, 2.0%), Rabies (6, 1.1%), Racism (21, 3.8%), Respiratory/lung disease (29, 5.3%), Restaurant food safety (16, 2.9%), School graduation rates (21, 3.8%), Suicide (31, 5.6%), Smoking/tobacco use (77, 14.0%), Teen pregnancy (18, 3.3%), Unemployment (219, 39.9%)
Diabetes (68, 12.4%), Disability issues (48, 8.7%), Distracted driving (36, 6.6%), Domestic violence (29, 5.3%), Drug use/abuse (289, 52.6%), Elder abuse/neglect (28, 5.1%), Family planning (27, 4.9%), Firearm injuries/deaths (4, 0.7%), Gang involvement (15, 2.7%), Heart disease and stroke (110, 20.0%), High blood pressure (74, 13.5%), HIV/AIDS (6, 1.1%), Homicide (3, 0.5%), Infant death (2, 0.4%), Infectious disease (TB, hepatitis, etc) (5, 0.9%), Influenza (10, 1.8%), Lack of exercise (82, 14.9%), Lyme disease (49, 8.9%), Mental health issues (127, 23.1%), Motor vehicle accidents (18, 3.3%), Obesity (139, 25.3%), Prenatal (pregnancy) healthcare (11, 2.0%), Rabies (6, 1.1%), Racism (21, 3.8%), Respiratory/lung disease (29, 5.3%), Restaurant food safety (16, 2.9%), School graduation rates (21, 3.8%), Suicide (31, 5.6%), Smoking/tobacco use (77, 14.0%), Teen pregnancy (18, 3.3%), Unemployment (219, 39.9%)
4) I have had an eye exam within the last 12 months
Yes (338, 61.6%), No (207, 37.7%), Not applicable (4, 0.7%)

5) I have had a mental health visit within the last 12 months
Yes (67, 12.3%), No (342, 62.9%), Not applicable (135, 24.8%)
6) I have had a dental exam within the last 12 months
Yes (364, 66.4%), No (169, 30.8%), Not applicable (15, 2.7%)

7) I have had a substance abuse visit within the last 12 months
Yes (6, 1.1%), No (340, 62.4%), Not applicable (199, 36.5%)

8) I have thought about suicide or self-harm within the last 12 months
Yes (29, 5.3%), No (437, 79.9%), Not applicable (81, 14.8%)
9) I have taken my minor child(ren) to the doctor in the last 12 months
Yes (134, 24.6%), No (90, 16.5%), Not applicable (321, 58.9%)

10) I have been to the emergency room within the last 12 months
Yes (138, 25.3%), No (382, 70.1%), Not applicable (25, 4.6%)

11) I have been to the emergency room for an injury (motor vehicle crash, burn, poisoning, fall, cut, etc) within the last 12 months
Yes (40, 7.3%), No (475, 87.0%), Not applicable (31, 5.7%)
12) I have been a victim of domestic violence or abuse in the last 12 months
Yes (13, 2.4%), No (485, 88.8%), Not applicable (48, 8.8%)

13) My doctor has told me that I have a long-term or chronic illness
Yes (159, 29.2%), No (366, 67.3%), Not applicable (19, 3.5%)

14) I take the medicine my doctor tells me to take to control my chronic illness
Yes (217, 39.9%), No (134, 24.6%), Not applicable (193, 35.5%)
15) I can afford the medicine I need for my health conditions
Yes (345, 63.5%), No (117, 21.5%), Not applicable (81, 14.9%)

16) I am over 21 years old and have had a pap smear in the past 3 years
Yes (246, 45.3%), No (136, 25.0%), Not applicable (161, 29.7%)

17) I am over 40 years of age and have had a mammogram in the past 12 months
Yes (205, 37.5%), No (155, 28.4%), Not applicable (186, 34.1%)
18) I am over 50 years of age and have had a colonoscopy in the past 10 years
Yes (240, 43.9%), No (169, 30.9%), Not applicable (138, 25.2%)

19) I have used tobacco products within the last month
Yes (106, 19.4%), No (402, 73.8%), Not applicable (37, 6.8%)

20) Does your community support physical activity (parks, sidewalks, bike lanes, etc)?
Yes (349, 64.3%), No (186, 34.3%), Not applicable (8, 1.5%)
21) Does your community support healthy eating (community gardens, farmers markets, etc)?
Yes (379, 69.7%), No (154, 28.3%), Not applicable (11, 2.0%)

22) In the area where you live, is it easy to get affordable fresh fruits and vegetables?
Yes (335, 61.6%), No (207, 38.1%), Not applicable (2, 0.4%)

23) Have there been times in the last 12 months when you did not have enough money to buy the food that you or your family needed?
Yes (111, 20.4%), No (426, 78.2%), Not applicable (8, 1.5%)
24) Have there been times in the last 12 months when you did not have enough money to pay your rent or mortgage?
Yes (74, 13.6%), No (431, 79.1%), Not applicable (40, 7.3%)

25) Have there been times in the last 12 months when you did not have enough money to buy medicine?
Yes (99, 18.2%), No (423, 77.6%), Not applicable (23, 4.2%)

26) How do you feel about your overall health?
Excellent (36, 6.6%), Very good (145, 26.4%), Good (249, 45.4%), Fair (98, 17.9%), Poor (21, 3.8%)
27) Within the last 12 months, I received health care services through (select all that apply):
Community health center (74, 13.6%), Free clinic (15, 2.8%), Urgent care center (138, 25.4%), Emergency room (111, 20.4%), Health department (45, 8.3%), Telemedicine (7, 1.3%), None of the above (272, 50.1%)

28) If you used any of the services in the last question, why did you do so? Select all that apply:
I had a true emergency (100, 39.2%), My regular doctor was closed/could not see me (131, 51.4%), I do not have a regular doctor (44, 17.3%), I could not afford services at private doctor (24, 9.4%), I do not have insurance (26, 10.2%)
29) Where do you get the food that you eat at home?
Backpack or summer food programs (20, 3.7%), Community garden (11, 2.0%), Corner store/convenience store/gas station (75, 13.7%), Dollar store (154, 28.2%), Farmers market (142, 26.0%), Food bank/food kitchen/food pantry (47, 8.6%), Grocery store (525, 96.2%), Home garden (201, 36.8%), I do not eat at home (2, 0.4%), I regularly receive food from family, friends, neighbors, or my church (27, 4.9%), Meals on Wheels (2, 0.4%), Take-out/fast food/restaurant (208, 38.1%)

30) The quality of life in my community is good
Strongly disagree (12, 2.2%), Disagree (50, 9.3%), Undecided (106, 19.7%), Agree (313, 58.1%), Strongly agree (58, 10.8%)
31) Overall, I live in a healthy community
Strongly disagree (15, 2.8%), Disagree (115, 21.2%), Undecided (143, 26.4%), Agree (234, 43.2%), Strongly agree (35, 6.5%)

32) I am able to get the health care I need
Strongly disagree (35, 6.4%), Disagree (88, 16.2%), Undecided (55, 10.1%), Agree (310, 57.1%), Strongly agree (55, 10.1%)

33) I must travel outside my community for health care
Strongly disagree (28, 5.2%), Disagree (101, 18.7%), Undecided (33, 6.1%), Agree (228, 42.2%), Strongly agree (150, 27.8%)
34) Health care is of good quality in my community
Strongly disagree (70, 13.0%), Disagree (152, 28.3%), Undecided (132, 24.5%), Agree (164, 30.5%), Strongly agree (20, 3.7%)

35) My community is a good place to raise children (consider education, safety, child care, youth programs, etc)
Strongly disagree (22, 4.1%), Disagree (67, 12.3%), Undecided (114, 21.0%), Agree (279, 51.4%), Strongly agree (61, 11.2%)

36) My community is a good place to grow old (consider housing, transportation, social support, etc)
Strongly disagree (23, 4.2%), Disagree (127, 23.4%), Undecided (120, 22.1%), Agree (234, 43.1%), Strongly agree (39, 7.2%)
37) My community provides good job opportunities
   Strongly disagree (172, 31.6%), Disagree (255, 46.9%), Undecided (67, 12.3%), Agree (43, 7.9%), Strongly agree (7, 1.3%)

38) Children receive high-quality education in my community
    (consider public, private, and home schooling)
    Strongly disagree (44, 8.1%), Disagree (119, 21.9%), Undecided (154, 28.4%)
    Agree (194, 35.7%), Strongly agree (32, 5.9%)

39) Housing is affordable in my community
    Strongly disagree (33, 6.1%), Disagree (108, 19.9%), Undecided (147, 27.1%)
    Agree (239, 44.0%), Strongly agree (16, 2.9%)
40) I am prepared for a public health emergency, such as a flu pandemic
Strongly disagree (45, 8.3%), Disagree (137, 25.3%), Undecided (136, 25.1%), Agree (204, 37.6%), Strongly agree (20, 3.7%)

41) My community is safe (consider lighting, criminal activity, etc)
Strongly disagree (22, 4.0%), Disagree (82, 15.0%), Undecided (100, 18.3%), Agree (309, 56.7%), Strongly agree (32, 5.9%)

42) My community offers enough space for recreation (consider parks, indoor facilities, trails, etc)
Strongly disagree (36, 6.6%), Disagree (132, 24.4%), Undecided (77, 14.2%), Agree (252, 46.5%), Strongly agree (45, 8.3%)
43) I prefer to live in a home where indoor smoking is not allowed
Strongly disagree (18, 3.3%), Disagree (22, 4.0%), Undecided (30, 5.5%),
Agree (208, 38.2%), Strongly agree (266, 48.9%)

44) My community is walkable and has enough sidewalks
Strongly disagree (74, 13.8%), Disagree (172, 32.0%), Undecided (81, 15.1%),
Agree (184, 34.3%), Strongly agree (26, 4.8%)

45) My personal method of transportation meets my needs
Strongly disagree (15, 2.8%), Disagree (19, 3.5%), Undecided (34, 6.3%),
Agree (370, 68.1%), Strongly agree (105, 19.3%)
46) Public transportation is available that meets my needs
Strongly disagree (119, 22.8%), Disagree (138, 26.5%), Undecided (151, 29.0%), Agree (92, 17.7%), Strongly agree (21, 4.0%)

![Pie chart showing public transportation responses]

47) Air quality is good in my community
Strongly disagree (16, 3.0%), Disagree (36, 6.7%), Undecided (86, 16.0%), Agree (315, 58.4%), Strongly agree (86, 16.0%)

![Pie chart showing air quality responses]

48) Water quality is good in my community
Strongly disagree (16, 3.0%), Disagree (55, 10.2%), Undecided (92, 17.0%), Agree (301, 55.6%), Strongly agree (77, 14.2%)

![Pie chart showing water quality responses]
49) Sewage/septic services are available and meet my needs
Strongly disagree (27, 5.0%), Disagree (49, 9.1%), Undecided (81, 15.1%),
Agree (323, 60.3%), Strongly agree (56, 10.4%)

50) In the past 7 days, how many times were you physically active for
a total of at least 30 minutes (add up all the times you spent in any
physical activity that increased your heart rate and made you breathe
hard for some of the time)?
0 days (62, 11.5%), 1 day (47, 8.7%), 2 days (83, 15.4%), 3 days (99, 18.3%), 4
days (62, 11.5%), 5 days (69, 12.8%), 6 days (25, 4.6%), 7 days (93, 17.2%)
51) What type of transportation do you use? Select all that apply. Personal vehicle (511, 93.8%), Bike (23, 4.2%), Walk (148, 27.2%), Friends/family drive me (76, 13.9%), Public transit (8, 1.5%), Taxi (4, 0.7%), Ride-sharing service (Uber, etc) (3, 0.6%)

52) What is your gender?
53) Age:
18 or under (12, 2.2%), 19-25 (13, 2.4%), 26-39 (86, 15.7%), 40-54 (150, 27.4%), 55-64 (132, 24.1%), 65 or older (154, 28.2%)

54) Ethnicity:
Hispanic/Latino (5, 1.1%), Not Hispanic/Latino (464, 98.9%)

55) Racial identity (check all that apply):
American Indian or Alaska Native (11, 2.0%), Asian (1, 0.2%), Black or African American (1, 0.2%), Native Hawaiian or other Pacific Islander (0, 0.0%), White or Caucasian (519, 96.3%), Other (2, 0.4%), Prefer not to answer (12, 2.2%)
56) What language do you mostly speak at home?

57) Household size (including you):
1 (74, 13.7%), 2 (248, 45.8%), 3 (99, 18.3%), 4 (73, 13.5%), 5 or more (47, 8.7%)

58) Your highest level of education
Less than high school (42, 7.7%), GED (16, 2.9%), High school diploma (181, 33.3%), Associate degree (99, 18.2%), College degree (135, 24.8%), Graduate degree (71, 13.1%)
59) Household income:
Less than $10,000 per year (31, 5.8%), $10,000 to $24,999 per year (94, 17.6%), $25,000 to $49,999 per year (135, 25.3%), $50,000 to $99,999 per year (155, 29.1%), $100,000 or more per year (45, 8.4%), Prefer not to answer (73, 13.7%)
60) How do you pay for your healthcare?
No insurance (pay out of pocket) (41, 7.7%), Health insurance through employer (or spouse/family member’s employer) (296, 55.6%), Purchase private health insurance (64, 12.0%), Medicaid or FAMIS (39, 7.3%), Medicare (147, 27.6%), TRICARE/VA healthcare (11, 2.1%), Affordable Care Act marketplace (26, 4.9%)

61) How would you improve your community?
• support universal healthcare, support our libraries and public schools, support strong minimum wages tied to automatic increases based on inflation, support more public transit and medical transit - it is so far to get anywhere for medical treatments and specialists
• Get rid of drugs, better education for our children and better meals served in our schools.
• Dental care opportunities Mental Health programs for children are overloaded Few options for childcare School funding is limited
• Wellness Center needed!!
• more job opportunities

• Well put places for teens that would offer very safe places to be beside the streets pool halls free bowling free pool halls big good monitoring in these places for kids and teenagers. On front page, noted teen smoking and teen cutting.

• Have harsher punishments for drug related crimes. Offer NA and AA meetings.
• Better and more sidewalks
• I have an adequate income and so have what I need. But many do not have access to medical or dental services, or affordable medications or healthy food. We need more programs to provide HEALTHY food and encourage people to garden, as their grandparents did.
• To focus on preventative care (smoking cessation, more physical activity & healthy eating) with emphasis at job sites (govt, schools, major employers), as reducing diabetes, obesity, lung cancer and high blood pressure would create a healthier community, and reduce burdensome medical costs and the added effects (lost work, chronic care, subsidized medical care). Working with local government to create policies that 'rewarded' good behaviors, (using metrics), and looked at innovative ways to change behaviors for the better. Also, if the community had a Community Health Promoter to work with govt., schools, hospitals, and major (and minor) employers to create a comprehensive 'Be Healthy' campaign, it would be a good start. Thanks for allowing my voice!
• New county supervisors
• Chemicals from Christmas trees are a concern in our area. A study is needed to test for water contamination and air contamination through evaporation. Grayson County is the leading Christmas tree producer in the state. A wellness center is needed.
• We need more things for the younger generation to do. Our young kids are having to leave to find good jobs and it's really sad. Grayson County is the most beautiful place and because of our lack of resources, people do not stay. There is NOTHING to do.
• Jobs
• Crack down on drug activity
• Better doctors. More resourses to help seniors
• I would like to see more industry into this area.
• More dental care
• Public water and sewage
• More job opportunities
• Better transportation for elders, more and easily accessible health care, a wellness center
• I'm concerned about drugs. I'm also concerned about gang activity as I've heard they are here working on our farms.
• Tougher drug sentences and more inforcement. Better access to internet services. Better health care.
• Na

• Better law enforcement presence  Better rescue squad service  More jobs  Stop focusing on tourism
• I would improve my community by having a walk in clinic for emergencies.
• Better healthcare options including better equiped hospital and wider range of specialists. More affordable health insurance and especially some kind of supplemental drug program. With insurance, we pay $1800 every three months for prescription drugs.
• New leadership
• Getting the youth more involved, farmers market, community service for the seniors.
• More business to bring in more people.
• Hate to see that burglary is on the rise. Not sure how to improve that situation.
• Bring industry in and have better paying jobs. Updated health facilities, restaurants that provide healthy options and not so much fast food places
• County Well water testing, eliminate aerial spraying, Monitoring of senior citizens/single people/disabled through county computer call system for emergencies, paid positions for rescue squad for 24 hour coverage, satellite health clinics or medical consult via computer
• 1) Need more jobs to keep people living here 2) A clean, decent restaurant in our town 3) More activities for teenagers and young adults 4) Better roads and sidewalks throughout our town
• More parks (recreation) in the Mouth of Wilson/Troutdale area. It would be great to have a wellness center.
• The drug laws need to be enforced stronger.
• For myself: bike lanes (for wheelchair transport) outside of town limits. Improve public transport. For others: Create community center offering space (tables, chairs, couches, etc.) where folks could meet to socialize. Build 24-hr. Urgent Care facility.
• Gym, exercise programs for all ages
• Have a community health center staffed with physicians and dentists who are accepting patients on a regular basis, not walkins or emergency only.
• Improve rescue squad support and provide more accessible senior activities, transportation and programs.
• Improved road, fix culverts
• Engage more residents in voting for a responsible, informed city council and county board of supervisors. Stop consolidating small family oriented schools into giant warehouses, where first-graders spend 1 1/2 hours travel time on mountain roads. Abandon bribing business and industry with tax-free status. Concentrate on attracting locally based jobs instead of tourism. Expand farmers market Fridays to attract more local people, in addition to the educated, well-to-do people who are moving here.
• More education is needed regarding food and health effects. Internet access needs to be greatly improved in rural areas. Meth and opioid abuse need to be the focus of law enforcement, not marijuana.
• More accessible grocery stores in rural areas
• Renovate the only Grocery Store we have (Food City) to add a Deli and better selection of healthy foods.
• Affordable access to health care which would include improved internet access
• Provide faster internet. Fix our broken education system. Even the person who created this survey cannot spell. (It's 'receive', not 'recieve'.) We homeschooled our child all twelve years.
• Too many thoughts here to write down.
• Better healthcare, and more funding for our public schools, would be a huge step. Grayson county folks would be great at public works projects as well, especially since we need more steady well paying employment.
• This area is still largely in a food desert. I'd improve access to high quality, fresh, healthy foods as a means of addressing health needs in the community. The farmer's markets help a lot in this regard, but beyond that we have limited access. Educating community members/kids about how to lead healthier lives, having more access to programs like the GATE center which provides other opportunities for kids to gain skills, have paths to employment for high school students so children have choices. There are many programs that are aided in a large part from churches and community organizations -- food/backpack programs, food banks, camps... these services can be expanded through willing donations from community members and organizations to provide these opportunities for more children. Support at-risk families with mental health services, life, skills and family counseling which can go a long way in addressing things like drug abuse, child abuse, domestic abuse, poverty, unemployment, health concerns, etc.
• Full financial support for our schools
• Stop bullying by community members who think they 'own' the community they live just because they have money, etc. Provide more community activities and resources for each individual community.
• I did not answer the above because I think you are going a good job working with the problems involved. I am responding because I do not see the most serious problem anywhere on the survey. The problem is the air, soil, water pollution being caused by the aerial spraying of the christmas tree plantations. As an example, I did grow shitake mushrooms organically until this practice started now I can't. Elk Creek has a high incidence of cancer to start with and it is sure to rise with this practice. There is no caution about staying away from streams or peoples homes or refraining from spraying when winds are strong so drift is a major factor. I think this problem overshadows all of the other factors in your survey. Theses trees are not classed as agriculture and so the safety laws don't apply to them. I am a retired Extension Agent so I do know we have a serious problem that will affect the local populations health and well-being in the long run in Grayson County

• Urgent care. Center closer  More public transportation in rural areas
• Offer healthy choices from restaurants. More physicians who specialize in the common
• Better Health Care Plan - better grocery store in Independence
• 1. Do more for seniors who are not able to drive and get out into the community--Meals on Wheels; 2. Have a summer lunch program that can get the children who need it most to the free breakfasts and lunches.
• More after school/summer activities for youth
• 1.) More DARE program and drug prevention systems in High Schools. 2.) Community outreach in low income neighborhoods.
• x
• Better Jobs, Healthcare options--prescription drug assistance
• Change in school leadership
• Health Clinic or Doctors office. More community activities
• Combat the continuous drug issues and bring more industry to the area.
• Outdoor activities, bring specialist care to area.
• More job opportunities. Bike and walking sidewalks throughout. Larger and better farmers market. We need a Hospice house. More housing for older citizens that is handicap accessible and close to shopping.
• More free opportunities for kids - recreation league is great, but not everyone can afford to play. I think we offer many great opportunities for kids here, but want to be sure those are available to all children.
• Better employment opportunities are needed in our area.
• more stable medical provider community-- too much turnover
• A lot of the sidewalks need replacing. Unsafe to walk on.
• Indoor recreational activities for all ages
• Provide more health care
• Provide more free recreation, affordable and high quality childcare, better access to healthcare
• Healthcare
• Local healthcare with qualified providers
• Na
• Nicer restaurants and more shopping options
• More jobs
• Better jobs
• More things for children to do access to stores closer to my community right now we must drive 20 miles just to get gas
• Provide support for the people on methamphetamines. Increase police presence in the community to decrease those who are driving without a license, insurance, and vehicle inspection.
• Make
• Better recreation activities (rec park is not operated well), technology needs to be improved in the school system, schools need to be better funded, needed more businesses and better paying jobs.
• NA
• Great place to live, but could use more health and other social services nearby. It would be wonderful to have some recreational/wellness facilities. Public transportation is needed, as well.
• Better choices in health care providers. A health food store.
• free health care
• More Jobs in the community
• Nice if there were sidewalks to walk on.
• affordable health care for everyone
• Need more public transportations  
• Need more doctors who are specialists  
• Need more 'Free medical and dental services' for uninsured  
• Need more activities for seniors and more services for seniors  
• Bike trails. Concerted effort to stop elder abuse. Child abuse.  
• Improve better access to healthcare (urgent care) within the county. Better access to health insurance. More specialized medicine in the county ie: endocrinology, cardiology, gastroenterology, etc. More recreation/social programs for children and seniors in the county.  
• Need more job  
• Transportation (Public) More Jobs  
• more employment opportunities more convenient childcare for areas in Mouth of Wilson, Troutdale, Independence affordable healthcare for individuals w/no insurance drug screens for individuals receiving public assistance (SNAP benefits)  
• more educational opportunities more substance abuse programs  
• I would love to see more extensive research done to determine why the cancer rate is so high in our area. I don't know how to make it happen but I would love to see illegal drugs eliminated. More businesses/stores - jobs. Less welfare and more self-reliant citizenry.  
• Better education in the school system Promote Life Skills and self sufficiency Community Resources for children and elderly Bring businesses that relate to everyday needs Think outside the box instead of doing the same thing for years that's never worked just because its tradition.  
• MORE JOB OPPORTUNITIES  
• health care education diabetes education RURAL INTERNET AND CELL PHONE COVERAGE  
• More jobs  
• More services for seniors; more information on current services available. More family practice physicians.  
• Be active in the community. Support learning programs outdoor programs. Support Farmers Market buy local.  
• more health services a walk in clinic would be great  
• Paid ambulance support Couple more family practice doctors in the county Establish walking park in our area
• better education  more connections between opposite sides
• JOBS, Affordable and Available health care
• Less drug use, more exercise.
• Support and encourage local businesses, better funding for schools, and limit/control pesticide use on tree farms.
• A lot more focus on the needs of the people.
• More and 'Better' Jobs to retain youth and attract new families.
• It is in such a severe need of improvement on so many levels that I don't have the time or enough blank paper to express myself sufficiently.
• It would be nice to have a place to walk, e.g. a track.
• Improve access to quality primary health care and specialty clinics.
• Get a community center going in the closed school Baywood.
• Indoor facility for walking exercise etc
• My community needs to make upgrades to the town park, the streets and the sidewalks.
• more community involvement plans that are free for families that are struggling to make ends meet
• 1- Regulate against unsightly junk yards, unused, inoperative vehicles, in yards and homesteads and fields. Also junk farm machinery. 2 - Require upkeep for safety, or full demolition, of ratty old buildings and residences. 3 - Create a senior hot lunch program available in all communities. 4 - Do pollution checks for noise and exhaust fumes on race tracks and farm machinery. 5 - Enforce all Virginia pesticide laws and rules - including spraying poison into natural winds exceeding 5 mph. (This is one of Grayson's greatest violations and health risk problems). Think X-mas trees! 6 - Organize a prompt, regular, dependable transportation program - i.e. less 'hit or miss', w/clearly posted schedules.
• improve sidewalks , update street lights, work on pot holes in road.
  Fries VA
• More affordable health care, more doctors offices
• *public transportation *book stores *indoor activity places for kids/teens *more psychiatrists *doctors that don't ignore you because you don't have the right insurance *internet with actual speeds a family can function on from a reliable company available everywhere in 24333. Everywhere! *more places to shop for clothes & everyday needs, less fast food.
1- Regulate against unsightly junk yards, unused, inoperative vehicles, in yards and homesteads and fields. Also junk farm machinery. 2 - Require upkeep for safety, or full demolition, of ratty old buildings and residences. 3 - Create a senior hot lunch program available in all communities. 4 - Do pollution checks for noise and exhaust fumes on race tracks and farm machinery. 5 - Enforce all Virginia pesticide laws and rules - including spraying poison into natural winds exceeding 5 mph. (This is one of Grayson's greatest violations and health risk problems). Think X-mas trees! 6 - Organize a prompt, regular, dependable transportation program - i.e. less 'hit or miss', w/clearly posted schedules.

1. Make health care more affordable, bring in more business, better wages and low cost housing.
2. Better access to healthcare
3. More looking out for our elderly population and low income families as far as food, medicine, health care etc
4. Better access to affordable care via primary providers. If you get sick here on the week-end or after 5:00 on a weekday, you go to the emergency room or tough it out.
5. Better Mental Health Options and help with mental health medications so I can remain stable mentally
6. My community needs road and sidewalk repairs, affordable child care, assisted living for the elderly, a library that is actually open on a regular schedule, upgraded park equipment for the children, some sort of economic development and a community center that is open more than a couple hours a day. We also need the summer lunch program to be available in the Town limits again.

• more mental health support
• Closer access to healthcare, more recreational opportunities for healthy lifestyles
• wellness center with walking track
• ?
• Better paved streets and improved sidewalk repair.
• More affordable healthcare for the majority of the community; options for elderly long-term care; mental health care.
• Full time caregiver for 87 year old - need more senior programs - need cheaper health care - can’t afford to visit after paying monthly premiums. Need jobs that pay money - need to move into the new century
• I would spend more on education, including technical training. I would put more emphasis on bringing new jobs to the area, or provide more incentives to create new businesses locally.
• Public transportation, recreation programs for seniors, high-paying jobs, healthcare providers including specialists, high-speed affordable internet access and other infrastructure improvements, improvements in public education
• Installing a fitness facility with an indoor pool on RT 21 near Elk Creek, VA would work VERY well in improving the quality of life for many of the aging residents of the area who cannot drive on icy roads over the mountain to get exercise in the winter months. Water aerobics are the only activity that is possible for some with their medical conditions. Younger (obese) residents would find it very useful as well. Availability of fresh foods is a common issue, especially in the winter months as the local (Independence) grocery store doesn’t have much selection and the gardens/farmers markets are closed. A static ‘farmers market’ building near Elk Creek, VA which sells a large selection of fresh produce and/or ready made healthy foods (wraps, salads, etc) would make eating healthier a much less arduous task, help bring down the obesity rate, and increase the overall quality of life of the residents in the area.
• By attracting more industry and doing more to get rid of the drug problem.
• Employment opportunities within the county are poor and most all of them pay below average for the position. General medical care is easily accessible here, but specialized care typically requires travel 2 or more hours away. County supervision is poor, and it seems like you are taxed or charged a fee for everything with little to no indication of revenue being used to enhance the County/Community welfare and opportunities for its citizens. I have lived here all my life and pay more in taxes, trash fees, etc. now than ever and have steadily watched the quality of life, economic opportunities for the public, and overall sense of community diminish over several years.
• Need doctors
• I would create an accessible healthcare system that allows residents to have a doctor available to them within 15 minutes from their home. This would allow for patient stabilization in emergencies and also decrease the overuse of first responding vehicles and expensive ER visits. I would also raise funding for a local community wellness center. The lack of an exercise facility is very detrimental to our community and is the underlying cause to many of our health problems. I firmly believe if exercise equipment was available at a reasonable price, our community health and morale would greatly improve.
• We need a health clinic or urgent care to meet medical needs for families.
• Higher wages, better employment opportunities. Better screening for Medicaid/government assistance programs. i.e. Put applicants in a work program so as to discourage abuse of programs. More/better recreation facilities for exercise. Recycling program.
• All these foreigners should learn to speak English, If they want to come over and use our freedom, they should speak our Language (underlined five times)
• I DO NOT KNOW
• Increase the availability of health care, and increase the availability and quality of jobs in the area.
• Work to provide more high quality jobs.
• better health care
• Better food selection and better healthcare
• There has to be a better way of serving patients and providing an affordable insurance.
• More doctors
• better education, less drug use, more recreation facilities/wellness centers, more jobs, better pay
• Add a wellness center, and urgent care Revitalize downtown Independence- buildings look old and out of date, little sense of community in the town itself. Town council reactionary rather than proactive and planning ahead.
• Increase educational opportunities that are tailored to meet the needs of industry. Actively seek and recruit potential employers. Hire a grant writer. Develop a network of low cost, high quality health care.
• We need more industry instead of trying to keep it out. All this community wants is tourism. That don't help anyone's pocketbook!!
• Health insurance is a serious issue for county employees. We need to seriously look at putting all the county employees including our schools on the same plan reducing rates. Teachers do not get their steps as planned when they were hired and have faithfully stayed with the county. Now their family plan insurance is 1300+. That is a large portion of their salary. Are our county employees facing this type of issue. If so could we bind together with the surrounding counties and do something to lower the cost.
• Provide cheaper health insurance
• We need more jobs in this area, which would open the doors for more services.
• Too many parents on meth that are neglecting their children. Need to have a clinic in the schools to see the children while they are school similar to the dentist that sees the students while they are at school. For some children, this is the only time they receive medical care.
• Have a park available for use when needed or a community center.
• Providing a youth center in the county and City of Galax. Increase public transportation options for the areas of the county that are more rural. More businesses needs to come to the area to provide job opportunities for everyone.
• more job opportunities and education. more transportation
• Extend the hours of the Farmer's Market so that people who work can go there. Emergency healthcare available after 4:30 - the doctor's office won't answer the phone after 4:30.
• better medical care  eliminate false claims of disability  healthier food choices  drug tests for disability claims (you fail, you lose it) free or reduced housing/health care for people who truly qualify
• Providing better health care opportunities. Increase fitness areas in Independence. Provide food for those in need.
• Cheaper health care options, more awareness of types of healthy options available to the community.
• Get rid of drug dealers
• I AM UNABLE TO AFFORD THE EMPLOYER HEALTH INSURANCE AND PRIVATE HEALTH INSURANCE AND I MAKE TOO MUCH MONEY FOR THE AFFORDABLE CARE ACT SO I PURCHASED A CHRISTIAN INSURANCE WHICH IS NOT LISTED ABOVE.

• Beautify independence. Put a nice park by the river.
• The community needs more employment opportunities, health care and affordable housing.
• Better leadership
• Pay teachers to match surrounding counties so we can keep high-quality teachers. It saddens me to see how many super teachers we have lost to higher paying schools just one county over in every direction.
• By finding a way to give everyone a reason to smile and be happy every day. Share the love!
• Available healthcare and facility for all. Affordable healthcare through my company for a family. A family plan costs $1300 out of pocket. (school system) More trails and exercise walking paths. More recreation areas for all. More playgrounds for kids.
• Increased accessibility of healthcare and family planning for the uninsured. Improved internet availability in remote areas. Improved public transportation.
• Better options for medical care in the 'mountain' communities
• get more special doctors like neurologist, diabetice doctoers, kidney spealists stomach doctors
• Provide affordable health care and ability for residents to visit a local doctor. Better monitoring of older residents living alone. Increase funding for foster homes for children born into dysfunctional homes.
• Provide more opportunity for business in order to increase tax base. Provide more ways to help caregivers with elderly family members to help them through difficult circumstances both financially and mentally and physically.
• affordable health care
• Better/more doctors, more services for the elderly
• MORE JOBS NEEDED
• Make it more diverse
• Infrastructure --- high speed, dependable, internet over the entire county---Jobs that will give our children the option to stay here---a second hand clothing store---Family planning, for adults and children--- We live in a great place---Health care will always be an issue---Jobs also--it is the nature of living here. Retirement community, yes but health care again come up---Recreation, river and mountains--yes this is seasonal, so we can not count of this for full time jobs. It is a piece of the pie. Community garden would be good--not free, you have to work the dirt.... I love this area---about to retire, have plans to spent more time in my garden, on the river enjoying the wonderful place God has allowed me to live. I know the question was not answered, this community is work in progress and it will happen as long as people work with each other.

• More Jobs, Better training, on the job  Make More stuff Available For training Elderly  More Health Care
• No Litering
• WORK TOGETHER TO PROVIDE MORE JOBS & TO KEEP THE CURRENT JOBS IN THIS AREA
• Continue to pray for it, and try to reach it with the Gospel of Christ. Drug abuse, apathy, neglecting oneself or the needs of others are all symptomatic of the condition of society. To think that we simply change attitudes and behaviors without fundamentally changing the way we view and value ourselves and others is folly.
• Incentives to draw experienced medical providers to area, more public transportation options, better communication of information (programs are sometimes provided/available, but nobody knows about them), better coordination of benefits (medicare/medicaid)
• By making organic whole foods more available and affordable (some stores are getting better at this); improving the air and water quality in municipalities and counties; having more integrative physicians and holistic doctors more accessible in the communities.
• Raise Pay levels to counter cost of living
• Indoor recreation center, more businesses in town.
• better transportation services  better grocery stores  better health facilities
• Don't Give hand-outs  Let people give back by  Working toward community  before handing out $
• (Free Parenting Classes)
• Better and more healthcare options. More focus on bringing suitable jobs into the area, supporting agriculture that actually benefits the local area, and less focus on making the area a retirement community where outsiders can come in and buy land at a price that is cheap because they come from areas where economic growth is prospering.
• Encourage volunteer opportunities Promote regular recycling in all communities Reduce waste @ each public school - (use rewashable plates/silverware, etc .... in each cafeterias.) Job shadowing for high school students We need more employment opportunities
• Better Social Programs for community!
• Show love to each other
• Spraying of Christmas trees Speeding
• I would like to see the younger generation go to work, instead of living off the system! I think that if a family is living off the system they should be limited to a number [underlined] of children that the system would cover, or pay for. I also think that if they are on assistance it should be for a limited time. And programs offered to get them working and on their own feet. If they do get assistance they should be drug-tested often [underlined three times].
• Better Paying Jobs.
• Safe walking areas
• Public transportation for elderly
• I strongly support a Wellness Center with a pool for the Town of Independence. It could have child, youth, adult and senior activities that would encourage people to pay attention to their physical and mental health. It could provide employment and enjoyment. Thank you!
• Elect politicians to actually serve the least of these
• More early childhood educ. opportunities local healthcare (doctor/nurse practitioner) healthy food (not white [underlined] bread!) obesity/smoking public health educ.
• Health care and wellness center
• More economic opportunities
• I think our community would benefit from better healthcare access. Many of us drive nearly 2 hours to see better qualified doctors and specialists. Not only are these doctors expensive, so is travel.
• Try to get more industry into the County
• Crack down on drugs and Alcohol
• more Jobs for adults and Teens to work at
• Wild animals are NOW a problem. I am unable to walk for fear of them. Theft is a problem, but I have NO solution.
• Our community needs more opportunities for employment. We also need to invest in our schools.
• Additional supports/activities for the aging population. More options available.
• we need a doctor in the community. we need jobs in the community.
• jobs doctors
• employment dollar store gas and food store fast food cell phone towers
• have closer healthcare and transportation
• more jobs dollar store fast food cell phone towers stores, gas, ect
• ?
• we need a local health care provider mt. rogers schools should be open to the public. for walking and music county to pay insurance for school use
• be very proactive dealing with the drug and alcohol epidemic that plagues the community
• get the school back! get rid of meth! put railroad back in.
• health care located in community dollar store in community
• gas and food store dollar store cell phone towers fast food grocery store employment
• plant more flowers
• i would help people understand the importance of mental health
• better paying jobs
• we need more access to quality healthcare
• We desperately need any medical services we can get!! Clinics or urgent care with MD's, Dental clinics and pharmacies also.
• Would like a pool in Carroll County and it not being a country club. Even though I Live in Grayson.
• Better recreation department. Better school system. More jobs
• More daycares for families w/multiple kids
• Internet providers Phone service Lack of food choices Available Daycare Centers
• Quality Healthcare  Education on healthy lifestyles that includes need for exercise/movement and need to eat non-processed food.
• Improve the local healthcare situation. Twin County Hospital is a joke - I have instructed my friends and family to drive me to Another hospital or take me across the state line and call 911. Under NO [underlined] circumstance do I wanted to be treated in Galax. They have missed too many diagnosis and sent people home who could have died had they not sought health care somewhere else! Low-income families need more access to fresh, non-processed food and education about healthy choices
• Don't Know
• Make it more ethical & concentrate on Family need such as: Education, job available, less hand outs to people who abuse the system. Parenting classes. Harder punishment on drugs as well as others.
• Keep drugs out of community
• N/A
• Recreation Center  Improve Roads/Mowing Road sides  More Doctors/specialists
• I Really don't know what to do. It is hard to improve when you have Nothing To Improve. All we have in the Community is a Library, Com. Center, Bank, Post office and I Really Poorly Run Store.
• Have a wellness Center because it is too far to travel to other facilities Have good stores, and sitdown Resturant Have a area For child to take lesson in Music, RecReation such as (gymstics, ball teams) Have places that will draw in income For all the visitors that come through this area
• Turn Mt. Rogers Schools into Music/Excercise/heritage Center/cell phone service/better Medical care
• Getting a Doctor in the area. Cell Towers, help elderly with housing updates.
• Industry [underlined twice], needed Bad - a lot of our young people have to move away to make a living Help!
• Better Health care available.
• Closer law enforcement Less drug around More Community activity Use of closer stores With food products - Like Dollar stores.
• I would like to have a doctor's office in our community. Many of our residents must drive long distances to access health care services. We also need affordable, quality child care services. A lot of parents, single or dual, rely upon elderly relatives to care for their young children. While it is good for both generations to interact and spend time together, it is, oftentimes, physically and mentally tasking for the elderly relatives. Our young people need to be challenged and stimulated. A lack of opportunities and hope seems to foment a strong alcohol and drug culture. Healthcare, self-care and exercise initiatives and programs would be extremely beneficial. Financial literacy programs for both adults and children could be beneficial.

• More activities for community children and adults. Crime watch programs. Law enforcement sub station for protection and other needs.

• More opportunity for people to get better Jobs and offered more help w/utilities and Rent etc. More help w/gas for vehicles.

• More Parks, better education opportunities

• public transit that coordinates throughout the twin counties and Galax. I personally have my own vehicles, but so many vulnerable people don't (sick, elderly, underemployed, etc). I have become aware of people who went ways w/o eating (had resources to buy food) and was unable to get to a store to buy it. We need better access to affordable Housing for the working poor income level. If you make too much for income based housing, that does not mean you can afford 500-700 per month for what sometimes is still a hovel. We need true housing options for 2-3 bedroom places that is 300-400 per month for the family w/regular jobs that can actually afford all their other bills and a vehicle that is safe. Grayson County is a wonderful community to retire in, but that will not generate the funds the county and schools need to operate. I leave Grayson Co. to work in Carroll Co. everyday. We need jobs, better infrastructure, and more involvement from community members besides the top 5% of the county.

• Community Board Meetings

• Bigger and Better community center with exercise and physical activities programs Transportation services for citizens to get to Appointments From and to Grayson County
• We need better public transportation that goes out to the more rural areas. My zip code is a Galax zip code, but in Grayson, there is little public transportation. It makes it almost impossible for people to get the services some people need.
• Help provide Transpation
• Stable employers that can offer decent wages and benefits. This is critical to keep our young adults from leaving the area. Incentives to attract physicians in all specialty areas as well as family practitioners. This problem could cause retirees to leave the area.
• More speed control on back roads
• Community watches, More patrol of officers
• Higher Quality of Jobs
• Bring New Industry And Good Doctors to the AREA.
• -Promote tourism - local vendors, shops, trails, river, etc. -Bring family restaurants (not fast-food) ex: Cheddars -Work to get more jobs
• More good jobs for younger people
• Taking drugs off the streets.
• Indoor facility for fitness source for groceries closer than 30 min. drive
• Day care for elderly - community center for both young and old to mingle and learn from each other. Elderly needs a sense of purpose - working with children would be great!
• More transportation options better healthcare
• We need better access to quality health care, dental care, family planning and mental health
• Pay raise, lower housing cost, better doctors, more doctors, more police patrolling, more things for kids to do cheaper, more activities for families, more resources for those dealing with drug or alcohol abuse, physical abuse, ect.
• Get jobs in this community Get things for our young people to do. Get our school school system straightened out.
• More people working then seating at home. Work on all the drugs in our area and stop it. I think if they got food staps the should have to take Drug test.
• Community Garden.
• Provide Health care affordable
• More help for elderly who live in their homes. -wheelchair transportation -meals -doctors that visit the home in bad weather.
• more public transportation, community gardens, healthcare facilities, jobs, and opportunities for community members to have recreational activities (especially for the children).
• would like to see cheaper rates on INS.
• ?
• Helping any way I can.
• WE NEED HELP FOR THE ELDERLYLY! NO STORES, NO DOCTORS, NO MEALS-ON-WHEELS MOST NEED HOME HEALTH SERVICES SOME NEED SPECIAL HOUSING, OR HOME REPAIRS.
• Aid for elderly.
• Jobs/Employment Opportunities Needed Health Care/Clinic Needed Road Improvement (Narrow and dangerous roads with lumber/tree trucks and No passing lanes) Grocery Store/Supply Store Needed Gas Station Needed for Community
• Gas station Needed for community Grocery store Needed Road Improvement Job Employment Needed Health Care Clinic
• More jobs More recreation Health care providers
• More jobs More recreation
• more Jobs and public transportation
• Bring in more jobs. Better the High School that has been here for years. Not just put makeup on it. Get more transportation service for folks that can't drive themselves anymore. Like patients that have to see dr's out of town.
• inforce drug laws be aware of child abuse poverty
• Take drugs away, be more aware of child abuse/neglect
• Win the Lottery
• More Activities for Kids
• Better policing.. More Responsive EMS Cell service
• MORE EMPLOMENT
• 1. Need help recruiting a MD, PA, or Np. 2. Open Mt. Rogers School to walk and use excersie equipment. 3. County pay insurance on Mt. Rogers school 4. Music classes @ Mt. Rogers school
• Better roads they are a disgrace.
• Better roads They Are A disgrace!
• Roads in everyway
• Health Care FACILITIES MORE LAW ENFORCEMENT AVAILABLE
• Improve roads, Get health care in Whitetop Open Mr. Rogers School for community activities. Walking, Music, etc.
• By Figuring out a way to get Rid of drugs and for them to not be so easily accessable and be stricter on gang members.
• flower and more sunshine maybe legal weed [drawing of a flower]
• I see ya around for a long time ... I really remember you when you drank my wine... why can't we be friends I'd seen ya walking down in Chinatown ... I called ya but ya could not look around ... why can't we be friends I pay my money to the welfare line ... I see ya standing in it every time ... why can't we be friends The color of your skin don't matter to me ... as long as we can live in harmony ... why can't we be friends
• Get a Rec center (indoor) for Independence.
• NEEDS Good - INS.
• a community urgent care would be wonderful.
• More Awareness and teaching of HiV, Drug Abuse, Any Abuse, and Signs and Help to get there and have Support Groups for grief and Depression
• Lobby for more industry. More and better park activities for children that are better organized. More doctors offices.
• Wellness center Heat county pool Pave walking track next to pool Bike trail that is not all downhill. We need more physicians & dentists.
• More Dr.s More dentists Wellness Center
• Wellness Center, stricter drug laws (many repeat offenders in our area), more budget for school facilities & a Monday-Friday after school program.
• More help with mental healthcare
• Having more specialists available for health care. More mental health treatment sites Retirement communities with quick access to needs but not a nursing home Quality-safe affordable housing for growing families
• More work places for young families.
• Recruit more doctors Educate & train the unemployed Workforce development for the employed Clean up illegal drug sales and gang activity Recruit eldercare support to our area
• City of Galax has to clean up the drugs and related crime. The City also must do more to improve employment opportunities for its citizens, including college grads. Simply living in the past is not good enough.
• Having a for-profit hospital is a terrible things to have. We need a good not-for-profit hospital instead. Not enough RNs or physicians and too many nurse practitioners!
• Wellness Center Health Care w/n a shorter distance Broadband
• Road's [underlined]
• Need Dollar Store (save gas & money) Police protection 24/7 Lack of emergency response Need more activities for elderly & kids
• MORE JOBS
• MORE IMPLOYMENT
• I live out in the county with no formal homeowners associations, etc. We have grand kids close by and they seem to find all the activities that they want to participate in. I get to help with homework on occasion and they seem to be learning about what I remember from long ago.
• 1) add more jobs 2) stricter/stronger drug task force 3) affordable housing for elderly and working families 4) Better Healthcare providers 5) cheaper fresh vegetables.
• Food that's good for you, is too expensive to buy therefor you buy whats on sale which is usually bad for you.
• Better, closer health-care facility.
• MORE job opportunities
• Another grocery store A clothing store
• Anything you can do
• 1 - Better Education for our children  2 - Better emergency medic Personel and Transporation  3 - HosPitals  4 - Roads  5 - Doctors
• Stop using chemical fertilizers and weed killers Instead of Xmas trees, we should grow non-poisonous crops.
• No cell service  No internet  Better communication
• Low cost high speed internet
• PUBLIC TRANSIT  MORE FREQUENT ROADSIDE MOWING
• Drug Control  Better job opportunities  Better pay and benefits
• Lower Tax
• Anything we can get to help
• Better Job Opportunities  Better school management  Better Health Care Providers
• Public water and sewer  Better education system  Curbside recycling including glass (all colors)  Verizon cell phone service  More reliable electrical service (fewer outages)  Better Internet connections  Better cell phone service with US Cellular
• Better Roads ALL  Hard Top Not Dirt Roads
• Enforce littering fines
• NO Xmas Tree burning.  Fix pot holes in roads  lower gas prices  more senior citizen discounts  better raises on Social Security
• quality healthcare
• Wellness Center
• I don't have enough room to explain.  #1 Health care closer
• 1. We need to have a Wellness Center bldg. where there are machines and a walking lane.  2. I would like to see less spraying by helicopter for Christmas trees.  3. More job opportunities for young people in area -  4. Raising of health care awareness  5. Better Internet Reception  6. Curbside Recycling  7. County wide water and sewer.
• Community center. Better Healthcare that is affordable.
• Less Tree growers, and more tree farms  That grow food for people to Eat.  You Can't eat Christmas trees.  What A Waste of good FARM LAND.
• Less Christmas Tree's which appear to increase the risk of cancer in the area
• Community Center/Wellness center  Healthcare closer
• Our area needs good jobs.  Teachers need to be paid better. Plus, our health insurance costs are far too high.  I appreciate the local health improvements such as places to walk, the farmer's market, etc. Keep such programs going and try to add more pl