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- NC Youth Behavioral Risk Survey Middle School Questionnaire
- NC Youth Behavioral Risk Survey High School Questionnaire

2011 Forsyth County Community Health Assessment Report

Forsyth County Department of Public Health
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Preface

This report describes the participants, process, and outcomes of the 2011 Forsyth County Community Health Assessment (CHA). Although this process takes place every four years, the fundamental findings are based on population-based measures and they often change little in such a relatively short period. Some of the critical findings of this process that remain important are:

(a) Forsyth County residents experience a high level of preventable disease and death from tobacco use, unhealthy dietary habits, and inadequate physical exercise;
(b) Forsyth County residents experience a disproportionately high rate of pregnancy loss and infant death; and
(c) Health disparities are even greater in Forsyth County than in the State.

These findings were confirmed in the recent Forsyth County Health Rankings Report which indicated that the strongest predictors of better or poorer health status are better or poorer socioeconomic conditions respectively. The racial differences in socioeconomic status, neighborhood residential conditions, and access to medical care are important contributors to health disparities.

The priority health problems identified four years ago are still central issues. They are: Health Promotion (poor dietary practices, inadequate physical activity, and tobacco use); Infant Mortality (preventing repeat premature births.); Environmental Health (illegal dumping); Community Health (economic justice); Injury (domestic violence); and Mental Health (homelessness & access to care). These priority focus areas have been somewhat reformulated as the result of the current process into the following list of new priority focus areas:

- Physical Activity and Nutrition with emphasis on Healthy Families
- Physical Activity and Nutrition with emphasis on Tobacco Prevention &Cessation
- Physical Activity and Nutrition with emphasis on Nutrition
- Physical Activity and Nutrition with emphasis on Physical Activity
- Chronic Disease with emphasis on Chronic Disease Management
- Maternal and Infant Health with emphasis on Breastfeeding Initiative
- Social Determinants of Health with emphasis on Translating Social Determinants Messages for Lay Audiences

These priority concerns, and the bases for their identification, are discussed at length in the body of this document. The Forsyth County Healthy Community Coalition, which led the process of the CHA along with the Department of Public Health, will continue its efforts to improve the health of our community – through better collaboration with both hospitals, community partners, policymakers and other leaders in our community. The strategies are outlined in the Community Health Action Plans.

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Executive Summary

Introduction

Every four years, Forsyth County Healthy Community Coalition, Forsyth County Department of Public Health and community partners conduct a comprehensive community wide assessment to identify priority health issues and plan interventions to improve the health of the community. It is required for local Health Department accreditation through the NC Health Department Accreditation Board. During this cycle, we have collaborated with both hospitals: Forsyth Medical Center and Wake Forest Baptist Health to meet the Affordable Care Act/IRS 990 Schedule H Requirements for Not for Profit Hospitals. This document will serve as the basis for prioritizing the community's health needs, and culminate in planning to meet those needs.

Forsyth County Highlights from the Community Data Overview

- Cancer, heart disease, chronic lower respiratory diseases and stroke are the leading causes of death.
- African Americans continue to experience higher death rates for Diabetes, Heart disease, Stroke and Kidney Disease compared to Whites
- Whites experience higher death rates for Chronic Lower Respiratory Disease and Suicide compared to African Americans.
- Homicide deaths are 3.1 times higher among African Americans than Whites and 5.0 times higher among males compared to females and the leading cause of death among Hispanics.
- Prostate cancer deaths among African Americans are 2.3 times that of white men.
- Since 2005 to 2009, the non-Hispanic black babies die a rate of almost three times that of white babies
- In 2010, one in every five babies was born to a Hispanic mother and 10.6% were born to teen mothers
- 45,010 Forsyth County residents are uninsured
- In FY 2010, over 50% of Emergency department visits (both hospitals) were by uninsured persons
- There are five(5) dentists per 10, 000 residents
- In FY 2010, more than 1,175 emergency department visits were due to dental care
- 11,000 Adults and 4,200 children were served at Center Point for mental health, developmental disabilities, and/or substance abuse, in FY 2011
- 27% of Forsyth County residents reported that they had one or more poor mental health days in the past 30 days, according to the 2009 Behavioral Risk Factor Surveillance System
- "Outpatient mental health services are needed for adolescents. Alternatives are needed to prisons or institutions" 2011 Stakeholders Interview Report
- In 2011, 21% of middle school students surveyed reported feeling sad or hopeless almost every day for two weeks or more in a row to the extent they stopped doing some usual activities; 13% reported having made a suicide plan and 19% had seriously considered attempting suicide.
- In 2011, 26% of high school students surveyed reported feeling sad or hopeless almost every day for two weeks or more in a row to the extent they stopped doing some usual activities; 12% reported having made a suicide plan and 14% had seriously considered attempting suicide in the past year.
- In 2011, 264 WFUBMC emergency department visits were due to attempted suicide.
- In 2011, 26% of middle school students and 27%of high school students surveyed reported that they were slightly or very overweight.

Ranking Priority Focus Areas

On March 26, 2012, forty-five (45) individuals representing health care, mental health, public health, community members/leaders, education and faith community leader attended the CHA Priority Setting meeting. They were randomly assigned into eight (8) groups to prioritize the seven (7) focus areas. Random assignments allowed members to share their diverse knowledge, experience and challenges in addressing each priority area. They were presented with data specific to each priority area; and copies of the 2010 State of the County Health Report as well as other pertinent data materials for each priority area to facilitate group discussion. They were asked to review and rank each priority area based on the following five criteria:

- *Magnitude*: Proportion of the population affected or vulnerable.
- *Severity:* Impact on mortality, morbidity, disability and quality of life
- *Intervention Effectiveness*: Proven interventions exist that are feasible from a practical, economic and political viewpoint
- *Public Concern:* Degree of public concern and/or awareness

Urgency: Need for action based on degree and rate of growth (decline); Potential for affecting and amplifying other health or socioeconomic issues; Timing for public awareness, collaboration, and funding is present.

The rankings were as follows:

1. Physical Activity & Nutrition
2. Chronic Disease Prevention
3. Maternal & Infant Health
4. Social Determinants of Health
5. Access to Care
6. Mental Health
7. Substance Abuse Prevention

Recommendations

Four (4) action planning teams were formed based on the top four health issues, Physical Activity & Nutrition, Chronic Disease Prevention, Maternal & Infant Health and Social Determinants of Health. Examples of recommended actions are listed below:

Physical Activity & Nutrition

- Focus on chronic disease prevention by targeting children/healthy families and efforts to reduce hospital readmissions and tailor intervention to seniors
- Create and encourage partnership among community agencies/organizations to strengthen their commitment and initiatives related to nutrition and physical activity.
- Mobilize and support specific partners such as YMCA and include Transformation Nation; FC Department of Public Health with Step up Forsyth

Chronic Disease Prevention

- Review evidence-based intervention such as the Pregnancy care model for Chronic disease management
- Focus intervention with high mental health conditions or complications with those with chronic disease management complications

Maternal & Infant Health

- Promote a breast feeding policy through media campaign and presentation to businesses, hospital clinicians, and private practice physicians. According to emerging research, breastfeeding reduces infant mortality by 29%. Breastfeeding needs to be promoted as the norm for infant feeding in Forsyth County.

Social Determinants of Health

- Convene different community and business leaders to increase awareness of this issue
- Mobilize and support specific partners such as businesses, Forsyth Future, CHANGE

2011 Forsyth County Community Health Action Plans

The action planning working groups developed seven (7) community action plans and strategies to address our top priority issues/concerns:

- Physical Activity and Nutrition with emphasis on Healthy Families
- Physical Activity and Nutrition with emphasis on Tobacco Prevention &Cessation
- Physical Activity and Nutrition with emphasis on Nutrition
- Physical Activity and Nutrition with emphasis on Physical Activity
- Chronic Disease with emphasis on Chronic Disease Management
- Maternal and Infant Health with emphasis on Breastfeeding Initiative
- Social Determinants of Health with emphasis on Translating Social Determinants Messages for Lay Audiences

2011 Forsyth County Community Health Report

The full report can be accessed online at http://www.forsyth.cc/PublicHealth/publications.aspx; http://forsythfutures.org/ and http://www.healthycommunity.ws/ . This report serves as a reference for many agencies and organizations developing grant proposals and programming. A brochure summarizing findings and recommendations will be developed and mailed to community funders, elected officials; and will be easy to download and print at the websites listed above.

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Forsyth County, North Carolina

2011 Community Health Assessment
Focus Group Summary

Analysis of Data and Preparation of the Final report by
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Introduction

Forsyth County Department of Public Health is required by its consolidated agreement with the North Carolina Division of Public Health to conduct a comprehensive Community Health Assessment at least every 48 months. Furthermore, it is required for local health department accreditation through the NC Local Health department Accreditation Board.

During the three interim years, the local health department will issue a State-of-the County Report that will provide updated information about priority health issues specific to the county.

The Community Health Assessment (CHA) is a process by which community members gain an understanding of the health, health concerns, and health care systems of the community by identifying, collecting, analyzing, and disseminating information on community assets, strengths, resources, and needs. The CHA process involves analyzing primary data (*focus groups, stakeholders interviews & community health opinion survey among targeted FC residents*) and secondary data (data collected by other agencies & the state), combining primary and secondary data, selecting top health priorities and creating the CHA document with community health action plans.

The Forsyth County Healthy Community Coalition helps to guide and respond to the work of the CHA team. *Forsyth County Healthy Community Coalition is a community coalition whose mission is to create, build, and sustain efforts that improve the quality of life of the residents of Forsyth County*. The CHA team is made up of community residents and representatives from several organizations which reflect all facets of the community.

The goal of conducting focus groups is to synthesize the Forsyth County residents' viewpoint on important health and community issues. For the 2011 CHA process, focus group questions were specific to food access, healthcare access, neighborhood activism and other issues important to them into primary themes. These themes are often supported by quotes from the participants. Not all of the comments or themes will emerge into nice, neat categories. The summarized report will help the Forsyth County to identify its strengths, challenges, and future directions.

Methodology

During March to August 2011, nine focus groups were conducted by the Community Health Assessment (CHA) team as part of the state-mandated community health assessment process to collect primary data via focus groups in the Forsyth County community. The purpose of the focus groups was to better understand community concerns about food access, healthcare access, neighborhood activism and to identify barriers that affect the Forsyth County residents' overall health.

Focus groups agendas were the same across all targeted groups and were conducted by the CHA team who had undergone uniform training to assure consistency of results. Focus groups are informal structured meetings in which community members discuss their thoughts on various community topics through predetermined questions. The focus groups were conducted among neighborhood associations within the Winston-Salem wards, senior communities and churches to include the diversity of the county population including Hispanic, African Americans, and White.

After the target populations were identified, the CHA team recruited focus group participants from the target group. The group size for the focus groups ranked six (6) to sixteen (16). There were ninety-three participants overall. A list of the focus group target populations, locations, dates, size and racial composition is attached as Appendix A. The research is qualitative and exploratory in nature, therefore, samples were not chosen for statistical validity, but to ensure a diverse cross-section of participants.

Prior to the focus group session, the participants were presented with a written notice of consent form (see Appendix C). The notice of consent informed potential participants that the session would be audio taped and of the need to sign the consent agreement before participating in the session. The form was explained to and read by each participant. All signed consent agreements were submitted and stored in the Forsyth County Department of Public Health.

Focus group discussions were conducted in English and Spanish. Participants were referred to by first name only to ensure confidentiality. Each session was between 60 minutes to 90 minutes in duration. The focus group guides (English & Spanish) developed by the CHA team, were used to guide each session (see Appendix B). Each group session began with brief introductions from each participant.

This report is a fair and accurate report of what was observed and discussed in each session. Actual respondent verbatim responses accompany most, if not all, points made in the report. Highlights of individual sessions are presented below. Respondent quotations are italicized. The text heading for individual focus group is a summary of group comments and is not the opinion of the author. The discussion questions and topic were used as the organizing format for the analysis. An assessment was made of group responses to all the questions addressed in the meeting.

Conclusions/Recommendations

The participants identified specific areas of concerns regarding food access, healthcare access and neighborhood activism. A number of common themes to all the focus groups emerged:

Community concerns and opinions on food access included developing a habit of eating healthy; not having the time to cook; cost of healthier food; and eating out a lot. Their habits varied from style of cooking, cultural differences and selection of food. They mostly shopped at Walmart, Food Lion, Sam's Club, Costco and Aldi's because of their prices, location, convenience and buying in bulk. They stated that they went out to eat at different restaurants such as Chinese, K&W, Golden Corral, and fast food restaurants. Majority stated that they drove their cars, rode with someone else, took the bus or walked to the store or restaurants. Most of them stated that they had the skills to prepare healthy meals. Their concern regarding food preparation and storage were cross contamination, preparing food at the right temperature, labeling food properly and food spoilage.

Community concerns and opinions on healthcare access included medical care, mental care and going to work while sick. Most of the participants go to their primary care provider (PCP) for medical care because of the lengthy relationship and built trust; and those without health insurance go to a Hospital Emergency Department, Church clinics or health fairs. They would go to their PCP referral, Behavioral Health Plaza or Daymark for mental health concern or a Hospital Emergency Department. Their form of payment ranges from health insurance, state assistance or church assistance or payment plans. They either drive or take the bus to get to their appointments. For after hours crisis, they would call 911, their PCP on-call number or use a Hospital Emergency Department. More than half stated that they went to work sick for lack of sick paid leave.

Overall concerns and opinions on neighborhood activism included neighborhood concerns, bringing change to their neighborhood and success already achieved. Their major concerns were increased crime, gang activity, drug activity and public safety. They mentioned ways to activate their neighborhoods were through meetings, involving their City of Winston-Salem Neighborhood Liaisons and law enforcement. As neighborhoods, they believed that they could bring about the change they desired. Majority stated that they had an active neighborhood association and communicated through printed media, phone calls and going door to door. The success achieved included neighborhood signage, crime watch, and cleaning up their neighborhood.

Hispanic community concerns and opinions on food access included the difficulty of avoiding starchy food; obesity of their children and the difficulty to motivate them to eat vegetables; cost of organic food; and unhealthy food choices in schools. They mostly shopped at Walmart, Compare, Aldi's, Food Lion, and Mexican stores because of their prices, store specials and finding everything at one place. They stated that they went out to eat at different restaurants such as Chinese, K&W, Golden Corral, CC Pizza and fast food restaurants because of affordability. Majority stated that they drove their cars, took the bus or walked to the store or restaurants. Most of them stated that they had the skills to prepare healthy meals. However they thought that it was too expensive to cook healthy meals at home they cook healthy meals 2 -3 times during the week. Their concern regarding food preparation and storage was labeling food properly.
"..They develop bad habits and only want hamburgers etc."
":.. to label food properly, you can only keep food for three days..."

Hispanic community concerns and opinions on healthcare access included medical care, mental care and going to work while sick. Their responses regarding where they go for medical care varied from Free Clinic, Church Clinics, Health Fairs, Prime Care, high bills from the Emergency Department, affordable payment plan at Downtown Health Plaza, too many requirements from Community Care Center to not going anywhere because of lack of health insurance. They stated they had no concerns with mental health. Their form of payment ranged from Carolina Access, state assistance or church assistance or payment plans. They rode the bus, took a taxi or drove their cars to get to their appointments. For after hours crisis, some stated that they would call 911 while others stated that they do not to call anyone because of language barriers. Majority stated that they went to work sick for lack of sick paid leave, they were temporary workers and they can't afford to miss any days of work due to the economy; so they take some medicine and go on to work.
"…I don't call anybody because of the English barrier..."
"I don't call 911 because they do not have interpreters and it takes a long time..."
"If you don't show for work there is someone right behind you to take your place"
"Who's going to pay the bills if you don't work?"
"..There's not enough money, so we won't waste a day of work..."

Hispanic community concerns and opinions on neighborhood activism included neighborhood concerns, bringing change to their neighborhood and success already achieved. Their major concerns were the need for more safe parks for children; affordable daycares; citizens' rights regarding debt collectors; lack of interest/support from the police department; robbery; gang activity; loud music; accessible dental clinics; public safety for children and mistreatment from DSS staff. They also mentioned the need for more programs for teen education about sex and pregnancy, access to eye care and healthcare; more resource information; YMCA programs are unaffordable; after school care at churches to help with homework and English. They wanted to see changes in their community but do not know how to start. They also wanted the WS Police Department to take more interest in their community; and have more support from the local businesses and the City. They communicated through the radio and pass news to everyone in the community or church. The success achieved included crime watch, and cleaning up their neighborhood and have security checks at Lakeside. They were unaware of First Line, 211 neighborhood liaisons with the city.

" the police aren't interested in getting to Latino neighborhoods"
"They are good at giving tickets to Latinos."
".. we need more information to help us plan.."
"It's one thing not to be able to see well, but if you have a horrible tooth pain, you can't eat"

FINDINGS

Voices of ---------- Council Heights Neighborhood Association

Food Access

When asked about the barriers or problems they experienced by trying to improve their diet and eat healthier, majority responded that diet food is expensive and they can not afford it due to financial constraints. They also stated that not following diet guidelines, eating alone and not being motivated to buy healthy foods were barriers to improving their diet.

When asked about their habits, concerns, and interests about food, their responses varied from eating unhealthy food (fried food); inability to develop the habit of eating healthy; health issues due to eating unhealthy food and their upbringing eating unhealthy.
"..cooking for just one person is hard.."

When asked about where they shop for groceries and why do they go there, they stated Walmart, Food Lion, Save-A-Lot and Harris Teeter. They unanimously reported that they go there because of cheaper prices and appearance of the store. However they also reported driving to other neighborhood stores to shop due to poor customer service, poor food quality, and long lines in the stores in their neighborhood.
"..prices are cheaper and can use coupons.."

When asked where do go when they want to eat out and why do they go there, they said due to the poor quality of food at the fast food restaurants and lack of good restaurants in their neighborhood, they drive to Kernersville where there are more choices.

When asked about how they get to the store or restaurants, their response varied from driving their cars; riding the bus, to riding with a friend.

When asked about having any skills to prepare healthy meals, majority responded that they had cooking skills and used cookbooks to prepare healthy meals.

When asked if they have any concern related to food preparation or storage, they mentioned cross contamination and to preparing the food at the right temperature.

Healthcare Access

When they or their family member gets sick, they usually go to their primary care provider, Emergency Department or Downtown Health Plaza.

When they asked where do they go when they have a mental health concern, all responded that they go to their own doctor to get a referral.

When asked why they go to their primary care provider, majority responded that they have long-term relationship with their provider and they are very comfortable with their doctor.

When asked how they pay for their health care charges, almost everyone responded to have a health benefits.

When asked how they get to their doctor, majority responded they drive their cars and to ride a bus.

When asked what they do if they have a medical need or mental health crisis after hours, majority responded that they either call the nurse on call or call their primary care provider.

When asked about going to work sick because they didn't have health benefits and paid sick leave, majority responded that don't relate to this group as they all are retired seniors and enjoyed the benefits of health insurance.

Neighborhood Activism

When asked about their concerns in their neighborhood, respondents expressed their concern towards keeping their neighborhood clean, unleashed animals, trash and traffic issues. They also mentioned their concern of absent landlords, parking issues in the community and most of all safety.

When asked how they activate their neighborhood to bring about the change they desire, majority relied on networking and exchange of ideas with their neighbors. They also stated they talk with police and organize meetings with their neighborhood association to bring the issue on table.

When asked if they believe that they can bring the change in their neighborhood, they responded yes by being proactive and doing the follow up on every aspect to make changes.

When asked if they think that they can bring about change in their neighborhood, majority responded "Yes".

When asked about the best ways to get information to people in the community, they stated that newsletters, approaching neighbors by calling them and going door to door to reach the other members in the community.

When asked to share their success in bringing change in their community, they responded that because of their efforts now they have speed limit signs in their neighborhood. They also mentioned crime watch and a cleaner neighborhood.

When asked if they are aware of Neighborhood Liaisons with the City, almost all mentioned the name of "Chris Mack" who attended all their association's meeting.

When asked if they know about First Line or 211, majority responded "No". Some mentioned that they heard but never used First Line or 211.

When asked what else they could tell us about their community, they said they have good neighbors and strong leadership. People are well connected and friendly.

Voices of……. Heritage Woods Retirement Community

Food Access

When asked about the barriers and problems they experience by trying to improve their diet and eat healthier, they responded that residents have a good diet plan and their menu was planned by a nutritionist who included a good selection of food, salad bar and soups. However their expressed their concern of having limited cooked vegetables.

When asked about the habits, concerns and interests about food, their responses varied from being raised in the North and the cooking here being Southern, being raised in a different country and high salt food items.

When asked about where did they shop for groceries and why did they go there, majority said that they shop from Food Lion, Harris Teeter, Lowes and Walmart. The facility provides them with a van service at no cost and it's very convenient for them to go to their choice of stores.

When asked about where they went to eat out and why they go there, the most common responses were eating at K&W, Village Tavern, Olive Garden and at their family members homes.

Many residents have cars and drive themselves, have a family member provide transportation and the facility also provides a bus service once a month to go out to eat.

When asked about having any skills to prepare healthy meals, they responded that there are no facilities to prepare their own food.

Residents were overall happy with the food preparation and storage and had no concerns.

Healthcare Access

When they get sick for any reason, they usually go to their primary care provider. When asked who they go to when they have a mental health concern, all responded to go to their doctor to get a referral. There is also a van service available to take them to their medical appointments at no charge.

When asked what they do if they have a medical need or mental health crisis after hours, majority responded that they call their primary care provider, family or go to the Emergency Department to seek help.

When asked about working when sick because they didn't have health benefits, they responded that they had health benefits and never worked sick.

When asked how they pay for their medical care, they responded to have Medicare and Medicare supplement and pay a small co-payment during their health visits.

Neighborhood Activism

When asked about their concerns for their neighborhood, they responded that their neighborhood is very nice. Staff is excellent and friendly. They mentioned that they have no concerns living in this community.

When asked how they activate their neighborhood to bring about the change they desire, they responded to bring the issue up to the Executive Director at a resident meeting that is held once in a month. They expressed concern that information and meeting minutes are not being posted and people are not aware of changes.

When asked if they can bring about the change in their neighborhood, they stated that if enough people shared a common concern, then change could take place but people do not want to be involved.

When asked about what would be the best ways to get information to people in their community, they stated that through resident council meetings and the dining room committee.

When asked if they had any success making changes in their neighborhood, they responded to have success in changing their menu.

When asked what else they could tell us about their community, they said Heritage Woods is a great place to live where people associate with each other, a great friendly place with excellent staff and a well kept building. Some mentioned that they pay a good fee to enjoy the many benefits of Heritage Woods.

Voices of ……. West Salem Neighborhood Association

Food Access
When asked about the barriers and problems they experience by trying to improve their diet and eat healthier, majority responded that healthier food cost more. They mentioned that they had not developed the habit of eating healthy because they do not know the recipes for healthy cooking and do not have the time to cook home made food.

When asked about the habits, concerns and interests about food, responses varies from not eating as often, interested in trying new recipes, eating organic foods, and using lots of cookbooks for cooking help. They also mentioned their concerns about the selection of food in the school system; which they said is not nutritious. They suggested that the meals needs to be prepared with more varieties of fruits and vegetables.

When asked where they shop for groceries and why do they go there, their responses were Food Lion because of cheaper cost and convenience; Aldi because of good selection of food; Whole Foods; Harris Teeter; Compare Foods; Ronny's; Farmers Market and Back Yard Produce.

When asked about where do they want to eat out and why do they go there, the most common responses were Mayflower, Mama Zoe, Mooney's, Subway, Golden Corral, Milner's and Cloverdale. Most residents have cars to go out and others get a ride; there is nothing close to walk to.

When asked about having any skills to prepare healthy meals majority stated hat they do have skills but do not prepare healthy meals because they are only cooking for one person and it is more convenient to eat out.

When asked if they have any concern related to food preparation or storage, they stated not knowing what quantity to buy and food spoilage.

Healthcare Access
When asked where they go for medical care when they get sick majority stated they go to their primary care provider(PCP) or Emergency Department. Others stated that they had health issues but have no health insurance and can not pay for the care.

When asked where they go if they have a mental health concern, their responses varied form PCP referral, Daymark, to Behavioral Health Plaza. Those who worked with the school system had full mental health coverage.

When asked why they go there, majority responded that they built a great relationship with their provider and convenience.

When asked what they do if they have a medical need or mental health crisis after hours, they responded that using their PCP on-call service or go to Emergency Department for children's sickness.

When asked if they go to work sick because of not having health insurance or paid sick leave, majority responded that they go to work sick because they had to go to work. Some stated they missed work because of sick children.
"Not having healthcare is just wrong".

Neighborhood Activism
When asked about their concerns in their neighborhood, their responses varied from crime, drugs, prostitution, poor management of properties and unleashed dogs. They also mentioned broken sewage pipes, and run off seeping into drinking water and outdated pipes in the houses and underground.

When asked how they activate their neighborhood to bring about the change they desire, they usually relied on the help line. They mentioned they have a positive relationship with their City Council member but did not know who their Neighborhood Liaison was and their role.

When asked if they believe that they can bring the change in their neighborhood, they responded positively by being proactive; starting an email chain and following up on every aspect to make changes.

When asked about what would be the best ways to get information to people in the community, they stated that through newsletters, email chains and board members.

When asked if they know about First Line or 211, majority responded yes and did know about City Link.

When asked what else they could tell us about their community, they said that it's very cohesive and protected neighborhood. They are well connected and have a great diversity of age, gender and ethnicity. They expressed some concerns on the quality of food for children; accessible healthcare; accessible supermarkets within walking distance; upkeep of property; community gardens and the crossing lanes at Peters Creek and Academy.

Voices of……. City View Neighborhood Association

Food Access
When asked about the barriers/problems they experience by trying to improve their diet and eat healthier, their responses included motivation, high price and quality of food, pesticides and hormones in food.

When asked where they shop for groceries and why they go there, their responses included Aldi's, Whole Foods, Costco, Sams, Walmart and wherever they could get the best price.

When asked where they go when they want to eat out, their responses varied from Japanese restaurants, Applebees, Golden Corral, Meta's to K & W. They stated that healthy food is needed in their neighborhood and they have to go across the town to get the healthy food.

When asked if they have skills to prepare healthy meals, majority stated that they do have skills. They expressed concern that younger folks do not have skills.

When asked if they have any concern related to food preparation or storage, they stated eating proper portions and food preparation.

Healthcare Access
When asked what they do when they get sick and where they go for medical care, those with insurance go to their primary care provider (PCP) or VA hospital; while others stated that they had no insurance.

When asked where people in their neighborhood go if they have a mental health concern, they responded that they go to the Behavioral Health Plaza.

When asked why they go there, majority responded that it's convenient and they all have cars to commute easily to their health care provider.

When asked what they do if they have a medical need or mental health crisis after hours, they responded that they would call 911 or go to the Emergency Department.

When asked if they go to work sick because of not having health insurance or paid sick leave, they all stated that they were retired and have health benefits and never worked while being sick.

Neighborhood Activism
When asked about their concerns in their neighborhood, their responses included drugs, crime, lack of healthcare, lack of jobs, trash, unleashed dogs, prostitution, abandoned houses and cars. They were also concerned about drug dealing and illegal activity in the neighborhood.

When asked how they activate their neighborhood to bring about the change they desire, they stated having neighborhood meetings and taking a stand to make change. They would invite the Housing Director, Neighborhood Liaison, Winston-Salem Police to their meetings to talk about different issues and concerns.

When asked if they believe that they can bring the change in their neighborhood, they responded positively. They have had an extensive conversation with the Crime Watch program and have Crime Watch Block Captains and report any suspicious activity to WSPD. They are working hard to getting rid of drug dealers and also they watch their neighborhood closely.

When asked about what would be the best ways to get information to people in the community, they stated that through printed materials(hand outs) and via telephone.

When asked if they know about First Line or 211, they all stated that they did.

When asked what else they could tell us about their community, they expressed their concern about safety and drug dealing in their community.

Voices of…… Rockford Community Association

Food Access
When asked about the barriers/problems they experience by trying to improve their diet and eat healthier, their responses included not being consistent with their diet, eating lots of sweets and eating out a lot. They stated the need to choose the right combination of food to eat.

When asked to share their habits, concerns and interests about food, some stated that traditionally, they cooked with fat meat, grease and ham hock. Others said if they wanted pesticide-free food they had to go to Whole Foods which are quite expensive; also canned foods were cheaper but had lots of sodium which is unhealthy.

When asked where they shop for groceries and why do they go there, their responses included Costco, Sam's Club and Walmart; because the food was cheaper and they could buy in bulk and freeze the food.

When asked where they go when they want to eat out, their responses were K&W, Olive Garden, Arrigato, Texas Roadhouse, Longhorn Steakhouse and Cracker Barrel. They all have cars to get to the restaurants.

When asked if they have skills to prepare healthy meals, they all stated that they do have skills.

When asked to express any of their concern related to the food preparation or storage, they mentioned food borne illness and freeze burn on food kept in freezer too long.

"..if you don't prepare chicken and poultry right, you can get "Salmonella".

Healthcare Access
When asked what they do when they get sick and where do they go for medical care, they stated Winston-Salem Health Care and the Emergency Department.

When asked where people in their neighborhood go if they have a mental health concern, they stated the Behavioral Health Plaza or to their primary care provider for the referral.
"Can give me a Xanax and I feel better"

When asked why they go there, they responded that they get their prescribed medicines and feel better.

When asked what they do if they have a medical need or mental health crisis after hours, they responded that they go to the Emergency Department.

When asked if they go to work sick because of not having health insurance or paid sick leave, they all stated that they all had paid sick leave benefits.

Neighborhood Activism
When asked about their concerns in their neighborhood, they mentioned the speeding, safety and house maintenance issues in the area. They stated that neighbors do not speak up or want to get involved for fear of retaliation; but they need to watch out for each other.

When asked how they activate their neighborhood to bring about the change they desire, they responded that they had organized in 2009. It was because of stolen cars, speeding, and profanity that they organized, but these problems have subsided since 2009.

When asked if they believe that they can bring the change in their neighborhood, they responded positively and stated that this is why they formed in 2009.
"We *wanted to take our community back, so we could know each other and look out and help each other."*

When asked about what would be the best ways to get information to people in the community, they stated using flyers because they had no email, website or newsletter.

When asked if they are aware of Neighborhood Liaisons with the City, they all said they did and their liaison "Vanessa Smith" attended all their association's meeting and she worked closely with them.

When asked what else they could tell us about their community, they stated that their strengths included pulling together, developing a relationship with WSPD and receiving a plaque from the City of Winston-Salem for their efforts. Their concerns included keeping the community, curb and gutters clean and free from debris and keeping stolen vehicles off their streets.

Voices of …….Stonewall Community Association

Food Access
When asked about the barriers/problems they experience by trying to improve their diet and eat healthier, some responded not wanting to change their eating habit; could not get organic vegetables and low sodium food.

When asked to share some of their habits, concern and interests about food, they responded that they avoid foods that are high in fructose corn syrup, use sea salt and avoid MSG.

When asked where they shop for groceries and why do they go there, their responses were Food Lion, Walmart, Harris Teeter and Lowes Foods, because of convenience, great value, and the lay out of the stores.

When asked where they go when they want to eat out, their responses were Ruby Tuesday, Applebee's, Macaroni Grill, Cities, Outback Steakhouse, Carrabba, Chinese food, K&W, Subway and Chi-Fil-A.

When asked if they have skills to prepare healthy meals, they all stated that they did.

When asked to express any of their concern related to the food preparation or storage, they responded that they had no concerns.

Healthcare Access

When asked what they do when they get sick and where do they go for medical care, they all responded to go to their primary care provider (PCP).

When asked where people in their neighborhood go if they have a mental health concern, they responded to go to their PCP for the referral; their therapist or use emergency mental health number.

When asked why they go there, they responded that they trusted in their doctor due to length of their relationship.
"…twenty-five years with same care provider.."

When asked what they do if they have a medical need or mental health crisis after hours, they responded that they would call 911, Prime care or wait for the next day to go to their health care provider.

When asked if they go to work sick because of not having health insurance or paid sick leave, some said they missed work but used paid sick leave.

Neighborhood Activism

When asked about their concerns in their neighborhood, they stated the protection of property; new neighbors coming in to the community and not keeping up their property.

When asked how they activate their neighborhood to bring about the change they desire, they usually called their neighborhood president (Spencer) and bring the issue to their meetings.

When asked if they believe that they can bring the change in their neighborhood, they responded positively.

When asked if they had any success making change in their neighborhood, they shared their fact sheet of successes in their neighborhood. They have organized since1975 due to children playing in their neighborhood. They monitor zoning issues and voice their opinions, home inspection for any code violations every spring.

When asked about what would be the best ways to get information to people in the community, majority stated through printed media such as newsletter, flyers; phone calls; by organizing committees(youth, beautification, hospitality etc); annual community day and pot luck dinner.

When asked if they know about First Line or 211, majority responded “No” but knew about City link.

When asked if they are aware of neighborhood liaisons with the city, they stated that they work closely with their neighborhood liaison, Deronda Kee-Lucas.

When asked what else they could tell us about their community, they mentioned that committee leadership is important to the success of the neighborhood association. They said providing a safe walking route by connecting sidewalks from their neighborhood to Indiana Avenue.

Voices of …….Alpha & Omega Church

Food Access
When asked about the barriers/problems they experience by trying to improve their diet and eat healthier, majority responded the high cost of organic food; their mindset of feeling you can not eat healthy and their environment.

When asked to share some of their habits, concerns and interests about food, majority responded their concern over clean restrooms in the restaurants and grades of restaurants. They stated there was a need to develop good hygiene habits and preferred domestic chickens and eggs. Some mentioned their concern over big chicken parts because of steroids and would rather eat vegetables from their garden and not from the store.
“people need to wash their hands if they are around food..”

When asked where they shop for groceries and why do they go there, their responses were Food Lion, Walmart, Lowes Food, Sams, Harris Teeter and Costco. Reasons ranged from convenience, to good deals and low prices.

When asked where they go when they want to eat out, their responses included Golden Corral, Mexican, Japanese, Soul food, Chinese buffet to K&W. They stated that they ride with someone, drive or take the bus to get to the stores and /or restaurants.

When asked if they have skills to prepare healthy meals, majority stated that they do have skills and that Alpha & Omega offered cooking classes to help their residents develop skills.

When asked to express concerns related to food preparation or storage, majority responded that good sanitation and using thermometers in refrigerators was important for food safety.

Healthcare Access
When asked what they do when they get sick and where they go for medical care, responses included their primary care provider, Downtown Health Plaza, Emergency Departments and RJR Health Care.

When asked where people in their neighborhood go if they have a mental health concern, their responses were Hope Ridge, Center Point, Behavioral Health Plaza, Emergency Department, DayMark and the Mental Health Association.

When asked why they go there, they responded because of referral or family recommendation.

When asked how they pay for their health care; majority stated that they had Medicare, Medicaid and SSI.

When asked what they do if they have a medical need or mental health crisis after hours, they responded that they would call 911 and go to DayMark after hour's hotline.

When asked if they go to work sick because of not having health insurance or paid sick leave, majority responded that they had gone to work while sick. They also stated that many people have died because of not having insurance, not seeking treatment and working while sick.
" ..went to work for months when I was sick.."
"..many have died because they did not go to the doctor when sick for lack of health insurance.."

Neighborhood Activism
When asked about their concerns in their neighborhood, their responses included speeding, child safety, small kids playing without any adult supervision, no sidewalks and drug dealing and usage in the neighborhood.

When asked how they activate their neighborhood to bring about the change they desire, they mentioned that they are supposed to have a community watch, but it does not work in their community. There is constant drug activity; Center for Community Safety is a great help.

When asked if they believe that they can bring the change in their neighborhood, majority responded positively. They stated that there is a need to develop the community watch with trusted leadership for the betterment of their neighborhood.
"They need to stop being afraid but some lives have been threatened."

When asked about what would be the best ways to get information to people in the community, majority stated that they have no means of communication.

When asked if they know about First Line or 211, majority responded "No".

When asked if they are aware of neighborhood liaisons with the city, majority stated "No".

When asked what else they could tell us about their community, they stated that Alpha & Omega has a great reputation and is very positive. There is not much crime or gang activity, and that drug activity decreased with closing of a store. There is a need for community activism and involvement; getting the youth involved in church and off the streets; safety; stores overcharging and the need for healthy options in the stores. There is also social isolation of seniors with some being found dead in their residences.

Voices of …… Cordero de Dios Church

Food Access
When asked about the barriers/problems they experience trying to improve their diet and eat healthier, some responded that it was difficult to avoid starchy food and eat healthier. They also stated that their children were obese and it was difficult to motivate them to eat vegetables which are important.

When asked where they shop for groceries and why they go there, their responses were Aldi, Walmart, Compare and Food Lion because of the prices, store specials and finding everything at one place.

When asked where they go when they want to eat out, majority mentioned McDonald's, Pizza and Chinese buffet because of affordability.

When asked how they get to the stores or restaurants, they responded that they drive their own cars, take the bus or walk to the store.

When asked if they have skills to prepare healthy meals, majority stated that they do have skills. However they thought that it was too expensive to cook healthy meals at home.

When asked to express any of their concern related to the food preparation or storage, they responded that foods needed to be labeled properly.
":.. to label food properly, you can only keep food for three days.."

Healthcare Access
When asked what they do when they get sick and where do they go for medical care, majority responded that they do not go anywhere because of lack of health insurance, high bills from the Emergency Department and too many requirements from Community Care Center. Some stated that they go to Downtown Health Plaza because of their affordable payment schedule and FC Health Department for referral to other clinics.

When asked where people in their neighborhood go if they have a mental health concern, some responded that they go to FC Health Department because they have resources and contact phone numbers.

When asked how they pay for their health care services, majority responded that they are registered with the Carolina Access program and also have a payment monthly plan.

When asked how they get there, they responded that they rode the bus, took a taxi or drove their cars.

When asked what they do if they have a medical need or mental health crisis after hours, they responded that they call 911. Some mentioned that they do not to call anyone because of language barriers.
"…I don't call anybody because of the English barrier.."
" I don't call 911 because they do not have interpreters and it takes a long time.."

When asked if they go to work sick because of not having health insurance or paid sick leave, they responded that they can't afford to miss any days of work due to the economy; so they take some medicine and go on to work.
"..there's not enough money, so we won't waste a day of work.."

Neighborhood Activism
When asked about their concerns in their neighborhood, their responses were the need for more safe parks for children; affordable daycares; citizens rights regarding debt collectors; lack of interest/support from the police department, robbery, accessible dental clinics and mistreatment from DSS staff.

When asked how they would activate their neighborhood to bring about change, they stated that they wanted to see changes in their community but do not know how to start. They also wanted the WS Police Department to take more interest in their community; and have moresupport from the local businesses and the City.
".. we need more information to help us plan.."

When asked if they have an active neighborhood association, they stated that they had tried about four years prior but it did not work out. There was no firm agreement.

When asked if they knew about First Line or 211 or were aware of neighborhood liaisons with the city, they all responded negatively.

When asked what else they could tell us about their community, they stated that they wanted more daycares; a park for children to play; a library and accessible dental clinics.

Voices of …… Aposento Alto Church

Food Access
When asked about the barriers/problems they experience when trying to improve their diet and eat healthier, majority stated that organic food was expensive and expressed their concern about unhealthy food in schools.
"..They develop bad habits and only want hamburgers etc.."

When asked where they shop for groceries and why do they go there, many responded that they shop at Aldi, Walmart, Compare and Mexican stores because of the prices and great variety.

When asked where they go when they want to eat out, majority mentioned CC pizza and Chinese buffet.

When asked how they get to the stores, they responded that they drove their own cars.

When asked if they have skills to prepare healthy meals, majority believes that they do have skills and they cook healthy meals 2 -3 times during the week.

When asked if they have any concern related to food preparation or storage, there was a need to to label the food properly.

Healthcare Access
When asked what they do when they get sick and where they go for medical care, their responses varied from Free Clinic, Church Clinics, Health Fairs and Prime Care to Emergency Department.

When asked where people in their neighborhood go if they have a mental health concern, they all responded that they do not have any mental health concerns and were all fine.

When asked how they pay for their health care services, some responded that their Church helps or the State.

When asked what they do if they have a medical need or mental health crisis after hours, they responded that they call 911.

When asked if they go to work sick because of not having health insurance or paid sick leave, majority responded that they work sick because some are temporary workers and have no paid sick leave.
" If you don't show for work there is someone right behind you to take your place"
"Who's going to pay the bills if you don't work?"

Neighborhood Activism

When asked about concerns in their neighborhood, they stated robbery, gang activity, loud music and public safety for children.
" the police aren't interested in getting to Latino neighborhoods"
"They are good at giving tickets to Latinos."

When asked how they would activate their neighborhood to bring about change, they stated that they talk in church or through the radio and pass news to everyone in the community.

When asked if they think that they have an active neighborhood association, they stated that they are involved in Neighborhood Watch. They communicate by putting notices on doors.

When asked if they have had any success making changes in their neighborhood they stated they have landlords to fix broken items; they put new swings but they were broken within 2 days. They have crime stoppers; they organize to clean the neighborhood and Lakeside has security checks.

When asked if they knew about First Line or 211 or aware of neighborhood liaisons with the city they all responded negatively.

When asked what else they could tell us about their community, they mentioned the need for government help to create more programs for teen education about sex and pregnancy. They also wanted access to dental care, eye care and healthcare; more resource information; YMCA programs are unaffordable; after school care at churches to help with homework and English

"It's one thing not to be able to see well, but if you have a horrible tooth pain, you can't eat"
"They give food but sometimes it's food we don't eat or can't cook"

Analysis of each interview questions:

FOOD ACCESS

Question 1: What barriers/problems do you think you would experience by trying to improve your diet and eat more healthfully?

Below are the most common responses:

- Developing a habit of eating healthy
- Changing your diet is in your mind
- Not having the time to cook
- Cost of healthier food
- Limited cooked vegetables
- Eat out a lot - hard to find healthy fast food
- Avoid high fructose food; no MSG and prefer low sodium food

"More problems as you age – eating well eliminates some of the problems that come with aging."
"Price – quality foods cost more."
"On the go – eat out a lot- hard to find healthy fast food."
"Sticking to it, being consistent."
"Not wanting to change eating habits no matter how harmful the food."
"Mindset - feeling that you can't eat healthy."
"Food not the same as 30-40 years ago – now we have a lot of pesticides. Hormones get into the children and they mature earlier."

Question 1(b): What are your habits, concerns, and interests about food?

Below are the most common responses:

- Cooking style
- Cultural differences
- Hygienic habits
- Prefer domestic chicken/eggs and home grown vegetables
- Eating habitss
- Love of fried food
- Cost of organic food

"Concerns about the selection of food in the school system".
"If you don't prepare chicken and poultry right, you can get salmonella."
"I am concerned about how big chicken parts have gotten – from steroids."
"When you see seasoned chicken in the store, the chicken is old and I don't buy it."
"They eat unhealthy foods that they were raised eating knowing it is not healthy but they still do."
"Getting food pesticide-free."

Question 1 (c): Where do you shop for groceries?

Below are the most common responses:

- Walmart
- Food Lion
- Costco
- Aldi's
- Sam's Club
- Harris Teeter
- Compare

"*People drive to other neighborhood stores due to poor customer service, poor food quality, long lines, and their stores don't have the same food items as other stores across town.*"
"They have a van that goes to the grocery store 2-3 times/month…."
"People without cars can't go to other stores; they can only go where they can get to."
"Food Lion on Hwy 109 not the one on Waughtown (…… deal with attitude when you get groceries – due to young people – they bring attitude to work. At the Food Lion on 109, they greet you when you come in."

Question 1 (d): Why do you go there?

Below are the most common responses:

- Good, cheaper prices
- Closer and convenient
- Buy in bulk
- Special food items
- Better deals and use coupons

"They have low prices - the ones on the outskirts of town have better food than in East Winston."
"People drive to other neighborhood stores due to poor customer service, poor food quality, long lines, and their stores don't have the same items as other stores across town."
"I buy in Walmart when they have specials and Aldi because it is cheaper than the Mexican store. I go where it is more economical."

Question 1(e): Where do you go when you eat out?

Below are the most common responses:

- Steak houses
- K&W
- Golden Corral
- Chinese food
- Metas
- Japanese restaurants
- Fast food restaurants
- Depends on their budget

•

"Have to drive far due to the lack of "good" restaurants in their neighborhood."
"Have a lot of fast food restaurants in their neighborhood with poor quality of food choices."
"Drive to Kernersville because there more choices of good restaurants."

Question 1(f): How do you get to the store and/or restaurants?

More than half of the respondents stated that they had their own transportation; others rode the bus; walked; rode with someone else or transportation was provided.

"Heritage provides a bus service once a month to go out to eat - they go to various restaurants in the community."
"I walk to Food Lion, because it is closer".
"But the truth is, sometimes we don't want to walk and take the car instead."

Question 1(g): Do you have the skills to prepare healthy meals?

Participants overwhelmingly stated that they had skills to prepare healthy meals.

"Use cook books to help prepare healthy food."
"No facilities to prepare own food."
"Alpha & Omega has offered cooking classes and would like to do this again."
"Yes, we cook them sometimes 2-3 times per week."

Question 1(h): Do you have any concerns related to food preparation or storage?

Below are the most common responses:

- Preparing food at the right temperature
- Cross contamination
- Food getting bad (spoilage)
- Label the food properly
- Getting food pesticide free
- Eat proper portions
- Food safety
- Quantity to purchase

"*Yes preparing food at the tight temperature such as chicken to prevent food poisoning."*
"Concerned about food going bad (spoilage)."
"Getting food pesticide-free – you have to go to whole foods and it is expensive."
"Canned foods are not that good for you – they have a lot of sodium and stay in the can too long (it is cheap)."

Healthcare Access

Question 2(a): When you get sick, where do you go for medical care?

Majority of the participants went to their primary care provider for medical care. Other responses are listed below:

- Primary care provider
- Emergency Department
- Don't have insurance and can't get Medicare
- Downtown Health Plaza
- Church & Free Clinics
- Health fairs

"All have a medical care provider off site".
"Have healthcare issues but don't go to a healthcare provider because don't have enough money to pay for care."
"The truth, I don't go anywhere, first of all because the hospital I used to go(Forsyth or Baptist) takes a long time to see you, then you have a huge bill of $1000 or $1500….. therefore I just buy something to help me at the store."
"Health Department, because sometimes they might refer me to some clinics."

Question 2(b): Where do people in your neighborhood go if you have a mental health concern, where do you get help?

For mental health concerns, majority stated that they used the referral from their primary care provider. Other responses are listed below:

- Primary Care Provider referral
- Hope Ridge Behavioral Health Plaza
- Day Mark
- Center Point
- Mental health crisis number
- Therapist/ Psychiatrist
- Downtown Health Plaza
- Emergency Department

"Go to own doctor and ask for a referral."
"Working with the school system they provided mental health coverage."
"Downtown Health Plaza will work with you if you don't have medical insurance."

Question 2(c): Why do you go there?

Below are the most common responses:

- Length of their relationship
- Convenience
- Primary Care Provider Referral
- Bedside manners

"..recommendation from my sister."
"25 years with the same provider."
"Have insurance but - have to take turns going to the doctor and dentist."

Question 2(d): Who do you see?

Below are the most common responses:

- Primary Care Provider (PCP)
- Day Mark
- Emergency Department

Question 2(e): How do you pay for it?

Majority had some form of health insurance; other responses are listed below:

- Health insurance
- Church assistance
- State assistance
- Medicare and Medicare

"I am in the program Carolina Access and just pay a co-payment."
"Make a payment plan; you can pay $20, $30 or $50 dollars a month."
"I'll be honest with you; I don't [Baptist Hospital]. I haven't paid in 3 times that I've been. The state pays for me."

Question 2(f): How do you get there?

The most common responses are listed below:

- Personal car
- Ride a bus
- Van service
- Taxi

Question 2(g): What do you do if you have a medical need or mental health crisis after hours?

Below are the most common responses:

- 911
- Primary Care Provider on-call service
- Emergency Department

"DayMark after hour's hotline".
"Bad experience at Prime Care so waited and suffered with an injury throughout the weekend to go to primary care provider on Monday."
"Only go to emergency after hours care unless have to (i.e. kids are sick).

Question 2(h): Did you go to work sick because you didn't have health benefits and paid sick leave?

The majority of the respondents stated that they go to work sick; others stated that they had health benefits and paid leave.

"There is not enough money, so we won't waste a day of work."
"In my job, we don't have permission to go to the doctor."
"We work temporary, with 3 no shows you lose your job even with a note from a doctor."
"Who's going to pay the bills if you don't work? - Single mother with no benefits, you have to go."

Neighborhood Activism

Question 3(a): What are some concerns in your neighborhood?

Their various responses are listed below:

- Increased crime, gangs & public safety
- Drug activity; gang activity
- Traffic, speeding cars & child safety
- Keeping community clean
- Maintenance and upkeep of properties
- Unleashed dogs
- Lack of job opportunities
- Prostitution
- Boarded houses
- Citizen's right regarding debt collectors
- Lack of interest by law enforcement
- Broken sewage pipes
- Affordable daycare
- Affordable teen programs

"In the community where I lived (lakeside) there are a lot of gangs. The situation is critical. Many young children live there."
"Lack of interest from the police department when we ask for help."
"Concerned about new neighbors coming into the community and not keeping up their property."
"Local business not concerned about illegal activity – often, criminals duck into a store to hide from law enforcement, because they buy from the store, the store owner/worker doesn't turn them in."
"Neighbors that don't speak up when they know something is going on – they don't want to get involved. Maybe they are afraid - retaliation."

Question 3(b): If you have a concern about a neighborhood issue, how would you activate your neighborhood to bring about the change you desire?

Their responses varied as listed below:

- Neighborhood meeting
- Exchange ideas
- Bring issue up with Executive Director
- Neighborhood Association President
- Bring in the attention of Police
- Help line
- Radio
- Church gatherings

"We are supposed to have a community watch, but it does not work".
"Invite Housing Director, WSPD, neighborhood liaison and others to meeting."
"We want the Police Department to have more interest in our community. We call them for an important need, and they don't show up at your house."
"Many of us are here today because we want to see changes, but we need support from the police and the local business."

Question 3(c): Do you believe you can bring about the change you desire?

The overwhelming majority said "Yes"

"….We need to develop the community watch…."
"... There are prominent signs in neighborhood for Crime Watch. She has neighborhood crime watch Block Captains, knows the boundaries of her neighborhood and the captains report problems to her, she then reports the problems to WSPD (eliminates too many calls going to WSPD). She further stated that the WSPD does a criminal background check on Block Captains- this way you now the person isn't working for a drug dealer and just wanting to share the information with the dealer."

Question 3(d): Do you have an active neighborhood association? If yes, how do they communicate with you?

Majority stated that they had an active neighborhood association. The best ways to communicate within their community is listed below:

- Printed media: flyers, newsletter
- Email chain
- Calling neighbors
- Door to door
- Dinning Room Committee
- Contact Board members
- Suggestion box

"Use door to door due their age and could use younger people involved."

"Have a Residents Council with officers. Meetings happen and minutes are taken but information /minutes are not posted so people don't know what is going on or aware of changes. Information not posted."
"We are supposed to have a neighborhood watch, but have no communication."

Question 3(e): Have you had any success making change in your neighborhood?

Their responses are listed below:

- Put speeding signage in neighborhood
- Crimes watch
- Clean up neighborhood
- Menu changes
- Zoning issues
- Inspection for housing code violation

"We need parks for kids. Many times kids are playing in the streets."
"On Peters Creek they put up new swings and in 2 days they were broken. It had to be bigger kids. There were trash and cigarette butts."
"Stop building stores in neighborhoods."

Question 3(f): Are you aware of the Neighborhood Liaisons with the City?

More than half of the responses stated that they were aware of the Neighborhood Liaisons with the City

Question 3(g): Do you know about First Line or 211?

About 82% of the respondents stated that they knew about First Line or 211.

Closing Question: What else do you think we should know about your neighborhood and community?

Positive feedback

- Built relationship with WSPD
- Community day event
- Diversity in age, gender and ethnicity
- Excellent staff in retirement home
- Good neighbors
- Strong leadership
- Very cohesive neighborhood
- Very protective neighbors
- Well connected and very friendly
- Well kept building

Concerns

- Accessible dental care
- Accessible eye care
- Accessible healthcare
- Affordable tubal ligations
- Affordable YMCA programs
- Afterschool care @ church for home work and teaching English
- Break-ins
- Crossing lane on Peters Creek parkway and Academy Street
- Drug activity
- Get youth involved and off the streets
- Healthy food options in schools
- Keep community, curbs and gutters clean
- Maintenance and upkeep of property
- More affordable daycare for Hispanics
- Need community activities
- Need for community garden
- Programs to prevent teen pregnancy
- Safe walking route on Indiana Avenue
- Social isolation of senior citizens
- Stores over-charging
- Safety

APPENDIX A

Focus Groups

Group 1
Date: March 21, 2011
Time: 11.00am
Location: Sold Rock Church
Target Group: Council Heights Neighborhood
Racial Composition: African Americans
Number of Participants: 16

Group 2
Date: March 23, 2011
Time: 11:00am
Location: Heritage Woods
Target Group: Seniors
Racial Composition: Whites
Number of Participants: 6

Group 3
Date: March 28, 2011
Time: 6:00pm
Location: Christ Moravian Church
Target Group: West Salem Neighborhood
Racial Composition: White & African Americans
Number of Participants: 12

Group 4
Date: March 31, 2011
Time: 6.00pm
Location: Fine Delta Arts Center
Target Group: City View Neighborhood
Racial Composition: African American
Number of Participants: 8

Group 5
Date: April 4, 2011
Time: 6.00pm
Location: Sprague Recreational Center
Target Group: Rockford Community Association
Racial Composition: African Americans & White
Number of Participants: 7

Group 6
Date: April 17, 2011
Time: 6:00pm
Location: Bethabara Visitors Center
Target Group: Stonewall Neighborhood Association
Racial Composition: African Americans & White
Number of Participants: 13

Group 7
Date: August 17, 2011
Time: 12:30pm
Location: Alpha & Omega Church of Faith
Target Group: Congregation
Racial Composition: African Americans
Number of Participants: 9

Group 8
Date: August 19, 2011
Time: 1.00pm
Location: Cordero de Dios
Target Group: Congregation
Racial Composition: Hispanics
Number of Participants: 14

Group 9
Date: August 25, 2011
Time: 7:00pm
Location: El Aposento Alto
Target Group: Congregation
Racial Composition: Hispanics
Number of Participants: 8

APPENDIX B

Focus Group Guide
(English & Spanish)

2011 Community Health Assessment
FOCUS GROUP GUIDE

Opening

- *Thank you* for taking the time to meet with us for this discussion group. We recognize that your time is valuable and we appreciate your participation.
- We are part of a community health assessment team made up of community residents and representatives from several organizations which reflect all facets of the community.

  The purpose of the group is to help the Forsyth County community to identify its strengths, challenges, and future directions.

  My name is _____ and I am from _____*(fill in appropriate agency)*. I am here today with _____ from _____, who will be taking notes on what is said during the discussion. The information we gather will be summarized and shared with the community and agencies within Forsyth County. The community assessment will also be used to update the Forsyth County Community Health Assessment Report. A copy of the report will be sent to the NC State Office of the Department of Health and Human Services. The document will be used to support health planning and advocacy needs in Forsyth County. We will share with the community through the local libraries and the Health Department website. If you would like to receive a copy of the executive summary by mail or e-mail, please put your name and address on the sign-up sheet.

- The purpose of speaking with you today is to find out about your thoughts and experiences of living in Forsyth County. We are interested in your opinions. **There are no right or wrong answers.**

- The discussion should last about 60-90minutes.

Confidentiality

- Your comments today will remain confidential. We will be reporting summaries of the comments made by community members but will not identify who said what, nor will we identify the names of the individuals who participate. We would like to only use first names in the discussion, if that is okay.

- We would also like to take notes and tape record this interview. Your input is important and we want to make sure that we accurately record what you tell us. After we are finished using the tapes to summarize what people say, the tapes will be stored at the Forsyth County Department of Public Health. However, your full name will not be attached to the tape. Is this okay with everyone?

Ground Rules

- You are not required to answer any question you may not wish to answer.
- If at any time while we are talking you do not feel comfortable, you do not need to respond.
- Please speak clearly, listen to the responses of other participants, and do not interrupt others.
- If you cannot hear what I am saying or what the other participants are saying, please ask us to speak up.
- Also, please do not discuss responses of the people in this discussion with others when you leave here today – this is one of our confidentiality guidelines.
- Limit your answers to 30 seconds.

Ice-breaker (10min)

The point of this exercise is to have everyone introduce someone else. After forming into pairs, the first person interviews the other person to find out their name and institution/work situation and other non-professional things such as hobbies, pets, or favorite vacation spot. At three minutes, the leader calls time and the second person interviews the first. At three minutes everyone returns to the circle and then each member of the group introduces their partner.

Food Access (15 mins.)

- What barriers/problems do you think you would experience by trying to improve your diet and eat more healthfully?
- Probe or Follow-up questions:
  - What are your habits, concerns, and interests about food?
  - Where do you shop for groceries? Why do you go there?
  - Where do you go when you want to eat out? Why do you go there?
  - How do you get to the store and/or restaurants?
  - Do you have the skills to prepare healthy meals?
  - Do you have any concerns related to food preparation or storage?

Healthcare Access (15 mins.)

- When you get sick, where do you go for medical care?
- If you have a mental health concern, where do you get help?
- Probe or Follow-up questions:
  - Why do you go there?
  - Who do you see?
  - How do you pay for it?
  - How do you get there?
  - What do you do if you have a medical need or mental health crisis after hours?
  - How many days did you miss work last year because you were sick?
  - Did you go to work sick because you didn't have health benefits and paid sick leave?

Neighborhood Activism (15 mins.)

- What are some concerns in your neighborhood?
- Probe or Follow-up questions:
  - If you have a concern about a neighborhood issue, how would you activate your neighborhood to bring about the change you desire?
  - Do you believe you can bring about change in your neighborhood?
  - Do you have an active neighborhood association? If yes, how do they communicate with you?
  - Have you had any success making change in your neighborhood?
  - Are you aware of the Neighborhood Liaisons with the City?
  - Do you know about First Line or 211?

Closing (5 mins.)

- What else do you think we should know about your neighborhood and community?
  Probe: *What do you see as strengths or good things about your community?*
- Of all the issues we have talked about today, which one do you think is the most important for your community to address?

Condado de Forsyth
Evaluación de Salud en la Comunidad 2011
GUIA DE ENFOQUE EN GRUPO

Apertura

• Gracias por haber tomado el tiempo de reunirse con nosotros para un intercambio de opiniones en grupo, sabemos que su tiempo es valioso por eso apreciamos su participación.

• Somos parte de un equipo de evaluaciones en salud para la comunidad, formado por residentes y representantes de varias organizaciones que reflejan todas las facetas de la comunidad.

El propósito de este grupo es de ayudar a la comunidad del Condado de Forsyth a identificar cuales son sus puntos fuertes, desafíos y orientación futura.

Mi Nombre es_____ y soy de _____
(llenar la agencia apropiada) Estoy hoy con _____de_____
_____que va a estar tomando nota de lo que sea mencionado durante este debate. De la información obtenida se va hacer un resumen y compartir en la comunidad y con las agencias dentro del Condado. La evaluación en la comunidad también va a ser usada para actualizar el reporte de evaluación de la salud comunitaria del Condado de Forsyth.
Una copia del informe será enviado a la oficina del estado de Carolina del Norte del Departamento de Salud y de Servicios Humanos. El documento será utilizado para apoyar las necesidades de planificación y recomendaciones de salud en el Condado de Forsyth. También compartiremos la información con la comunidad a través de las bibliotecas locales y por la red de Internet (website) del Departamento de Salud. Si usted desea recibir una copia del resumen por correo o correo electrónico, por favor anote su nombre y dirección en la hoja de asistencia.

• El propósito de hablar con ustedes es de conocer sus ideas y experiencias que están viviendo aquí en el Condado de Forsyth, estamos interesados en sus opiniones. No hay respuestas correctas ni incorrectas.

• Este debate tomara un promedio de 60 a 90 minutos.

Es confidencial

• Sus comentarios se mantendrán confidencialmente. Nosotros haremos un resumen de los comentarios hechos por los miembros de la comunidad, pero no se identificará a nadie, ni identificaremos a ningún nombre de los que participen. Solo nos gustaría usar su primer nombre durante nuestro debate, sí es que están de acuerdo
• También nos gustaría escribir notas y usar la grabadora para esta entrevista. Su aportación es importante y queremos asegurarnos de que estamos grabando precisamente lo que nos expresa. Después de que hayamos usado las grabaciones para hacer un resumen de lo que los participantes han mencionado; las cintas serán guardadas en el Departamento de Salud del Condado de Forsyth. No obstante su nombre no estará escrito en la cinta. ¿Están de acuerdo todos?

Reglas generales
• No es requerido que conteste alguna pregunta que no desee responder.
• Si en cualquier momento no se siente cómodo(a) mientras hablamos, no necesita responder.
• Por favor hable claro, escuche las respuestas de los demás participantes y no interrumpa a otros.
• Si en algún momento usted no me escucha o no escucha lo que esta diciendo algún participante, siéntase en confianza de pedir que se hable más alto.
• También les pedimos que al salir de aquí, no discuta con otros las manifestaciones de los demás participantes. Esta es parte de las instrucciones de confidencialidad.
• Limite sus respuestas a **30 segundos**

- Actividad de acogida (10 min.)

El punto de este ejercicio es que alguien tiene que presentar a otra persona. Después de formar parejas, la primera persona entrevista a la otra persona para averiguar su nombre y situación del trabajo o la institución y otras cosas no relacionadas a la profesión como los pasatiempos, mascotas, o el lugar preferido para ir de vacaciones. A los tres minutos, el líder suspende la entrevista diciendo "tiempo" y la persona que fué entrevistada ahora entrevista a la que le preguntó. A los tres minutos todos volvemos al círculo y entonces cada miembro del grupo presenta a su compañero.

Food Access (15 mins.)

- What barriers/problems do you think you would experience by trying to improve your diet and eat more healthfully?
- Probe or Follow-up questions:
  - What are your habits, concerns, and interests about food?
  - Where do you shop for groceries? Why do you go there?
  - Where do you go when you want to eat out? Why do you go there?
  - How do you get to the store and/or restaurants?
  - Do you have the skills to prepare healthy meals?
  - Do you have any concerns related to food preparation or storage?

Healthcare Access (15 mins.)

- When you get sick, where do you go for medical care?
- If you have a mental health concern, where do you get help?
- Probe or Follow-up questions:
  - Why do you go there?
  - Who do you see?
  - How do you pay for it?
  - How do you get there?
  - What do you do if you have a medical need or mental health crisis after hours?
  - How many days did you miss work last year because you were sick?
  - Did you go to work sick because you didn't have health benefits and paid sick leave?

Neighborhood Activism (15 mins.)

- What are some concerns in your neighborhood?
- Probe or Follow-up questions:
  - If you have a concern about a neighborhood issue, how would you activate your neighborhood to bring about the change you desire?
  - Do you believe you can bring about change in your neighborhood?
  - Do you have an active neighborhood association? If yes, how do they communicate with you?
  - Have you had any success making change in your neighborhood?
  - Are you aware of the Neighborhood Liaisons with the City?
  - Do you know about First Line or 211?

Cierre del debate (5min.)

¿Qué otra cosa piensa usted que debemos de saber sobre su comunidad y vecindario?

Investigue: ¿Cuáles puntos fuertes o cosas buenas mira en su comunidad?

• De todos los problemas planteados, ¿Cuál de ellos opina usted que es el más importante, que su comunidad debe de abordar?

APPENDIX C

Informed Consent Forms
(English & Spanish)

INFORMED CONSENT FORM

The Forsyth County Department of Public Health is conducting the 2011 Community Health Assessment process which includes gathering opinions and experiences from Forsyth County residents on community health issues. The purpose of the process is to help the Forsyth County community to identify its strengths, challenges, and future directions.

I AGREE TO PARTICIPATE IN THIS RESEARCH STUDY UNDER THE FOLLOWING CONDITIONS:

1. I understand the purpose of the study is to have a discussion group to find out my opinions about community health issues.

2. I understand the study involves a focus group interview that lasts 60-90 minutes and will be audio taped.

3. My participation will be kept confidential and no reference to my name will be used in any reports or documentation.

4. I agree to arrive on time and stay for the entire discussion.

5. My participation is voluntary.

6. I understand that I may not receive any direct benefit from participating in the study, but that my participation may help others in the future.

I have read and understand this information, and I agree to take part in this focus group.

_____ _____

PARTICIPANT'S SIGNATURE DATE

FORMULARIO DE CONSENTIMIENTO E INFORMACIÓN

El Departamento de Salud Publica del Condado Forsyth esta llevando acabo el proceso 2011 de evaluación y sugerencias sobre la Salud de la Comunidad. La cual incluirá una recopilación de opiniones y experiencias de residents del Condado Forsyth sobre temas de salud. El propósito de este proceso es de ayudar a la comunidad del Condado Forsyth a identificar sus puntos fuertes y su orientación futura.

ESTOY DE ACUERDO EN PARTICIPAR EN ESTE ANÁLISIS BAJO LAS SIGUIENTES CONDICIONES:

1. Entiendo que el propósito de este análisis es de tener una discusión en grupo para saber mis opiniones sobre el tema de salud en la comunidad.

2. Entiendo que el estudio envuelve una entrevista de enfoque en grupo que durara de 60 a 90 minutos y será grabado en una cinta.

3. Mi participación se conservara confidencial y no habrá referencias sobre mi nombre, ni será usado en ningún reporte o documentación.

4. Estoy de acuerdo de llegar a tiempo y quedarme hasta que acabe este análisis.

5. Mi participación es voluntaria.

6. Entiendo que quizás no pueda recibir beneficio directo participando en este análisis, pero mi participación puede ayudar a otros en el futuro.

_____ _____

Firma del Participante Fecha

Community Stakeholders Interview

2011 Community Health Assessment

Forsyth County, North Carolina

Analysis of Data and Preparation of the Final report by

Ayotunde Ademoyero, MPH

Forsyth County Department of Public health

January 2012

Community Stakeholders Interview

Methodology

From March to June of 2011, Forsyth County Department of Public Health; Forsyth Futures staff and Forsyth County Healthy Community Coalition members conducted telephone interviews with 41 stakeholders representing multiple organizations in Forsyth County. The interviewees worked in the key sectors of the community, including cultural, recreation, healthcare, education, business, law enforcement and social services.

Participating stakeholders were assured that their personal identities would be protected and would not be connected to the report during the interview consent. Stakeholders shared information about the services they provide, their perceptions on current and emerging community issues, the strengths of the community, and areas that need improvement.

Data was recorded in the written form and analyzed by counting the number of participants comments made about a topic or issue. Only the most often mentioned topics or issues are presented in this report, and illustrative quotes that reflect the themes have been included. In instances in which identifying information is included, statements were paraphrased. The interview results are summarized below.

Interview Participants

There were 41 interviews conducted. Participants from the following agencies and organizations participated in the stakeholders interviews:

Arts Council of Winston-Salem/Forsyth County
BB&T Corporation
Centerpoint Human Services
City of Winston-Salem
Data Max
Department of Juvenile Justice
Department of Social Services
Family Services, Inc
Forsyth County Government
Forsyth County Sheriff's Office
Forsyth Technical Community College
Goler Community Development Center
Goodwill Industries
Insight Human Services
Kate B. Reynolds Foundation
Mental Health Association of Forsyth County
Neighborhood Solutions
Novant Health
Piedmont Environmental Alliance
Carolina Farm Stewardship Association
Senior Services
SmartStart of Forsyth County
Tanglewood Park
Temple Emmanuel
The Children's Home
UNC School of the Arts
Wake Forest University
Winston-Salem Foundation
Winston-Salem Police Department
Winston-Salem State University
Winston-Salem Symphony
Winston-Salem/Forsyth County School System
WS Sustainability Resource Center
WSSU Center for Community Safety
YMCA
Z. Smith Reynolds Foundation

Analysis of each interview question

1. What services does your agency or organization provide for community residents?

Most agencies offered a multiple services to the community. The most-provided services were related to youth and physical health (9), mental health and/or substance abuse (8), education (5), social services (5), government and public safety(4), grants and funding (4), and the arts (4).

2. What populations benefit from the services of your organization?

Approximately half of all participants stated that their agencies benefited all populations (19), while others reported that their agencies were to benefit children and/or youth (9), and low income individuals (5).

3. What are some of the main barriers that county residents face in accessing your services?

Participating stakeholders stated that the main barriers for residents seeking to access their agencies' services were as follows:

- Lack of accessibility and awareness of services (17)
- Economic Stress/ Affordability (11)
- Transportation (8)

Language Barriers (5)

"…stigma associated with mental illness; Lack of awareness of the Mental Health Association and its related services"

"*The perception of a language barrier; Lack of awareness regarding specialty and newer services"*

"…worry about transportation in centralized location particularly homebound/elderly"

"Social/economic stress factors prevent parents from seeking access & lack of awareness of mental health services"

4. What would you consider to be the major strengths in our county?

Stakeholders indicated that Forsyth County has much strength. The most often mentioned strengths are listed below:

- Caring and philanthropic nature of the community (13)
- Good health care system and two well managed hospitals (12)
- Quality schools and post-secondary educational institutions 12)

Variety of services and resources available, including non-profits, foundations, and community agencies/ organizations (10)

"We have a positively engaged community with much philanthropy and volunteerism…"

"Two major medical centers; active EMS; on the whole our community is well"

"Quality of life; local health care; local colleges and universities; strong public schools and private schools"

"…very livable place, easy to get around, people are personable.."

5a. What do you consider to be the major challenges or needs for residents that are not being addressed?

Stakeholders indicated that the major challenges or needs for residents that are not being addressed are as follows:

- Employment opportunities/Retraining & Job Skills (7)
- Financial constraint (5)
- Mental health issues (5)
- Wealth disparity (4)
- Access to healthcare (3)

"Rising rates of co-morbidities in older adults with cardiovascular disease, diabetes, and cancer; Obesity epidemic in kids – a generation of kids getting early diabetes and Type 2 diabetes"
"Gaps in service - mental health - not addressing mental health in terms of types of services"
"….increasing gap between low and high SES not being addressed in our current conversations;"
"Underemployment; Employment - We need more appropriate level compensation and skills for jobs."

5b. In your opinion, why are the major challenges not being addressed?

The most often mentioned major challenges not being addressed were as follows:

- Inadequate funding/legislatures cutting funding (11)
- Slow job growth/underemployment (3)
- Racial segregation (3)

"….general stress of inadequate funding for HHS creates competition for funding"
"When employers sent jobs out of county, no system (job retraining) was put into place for people to train for new jobs"
"Racial divide is not being addressed. There is no recognition that it truly exists"

6. What do you perceive to be the major health related problems in our county?

The most often mentioned major health-related problems they perceived in their county are listed below:

- Overweight and obesity (18)
- Mental health issues; lack of mental illnesses services (8)
- Chronic illnesses such as diabetes, high blood pressure, heart disease (8)
- Access to healthcare; no health insurance (7)
- Infant mortality (5)
- Substance abuse /addiction (4)

"….youth-unhealthy/inactive lifestyles; obesity, child diabetes, high blood pressure, stress.."
"Extreme use of emergency room for non-emergency issues due to lack of insurance."

"Smoking – RJR has been a great community partner, but tobacco is still a bad product and shows up in our infant morality rates. "

"Mental Health (due to restructuring at the state level); Obesity"

7. How would you try to reduce these health related problems?

Stakeholders gave many valuable suggestions and ideas to reduce those health-related problems mentioned in question 6 as listed below:

Obesity/overweight, Nutrition, Physical Activity and Lifestyle

"*….sidewalks, easier access to walk around, how we plan our community - not pedestrian friendly- kids can't walk"*

"Obesity efforts across the whole community including schools and businesses"

"More sidewalks – expanded parks and greenways, especially in poor neighborhoods;"

"Improve access to healthy foods; create more physical activity opportunities; early treatment of high blood pressure;

"….education on resources low/free recreation; physical self assessment; run/rollerblade/walk, start a walking club at work

Mental Health

"*….address mental health issues, provide access to mental health care"*

"Improve education in the community at large to improve understanding and knowledge about the benefits of good mental health services – this would help us all – not just those who are mentally ill."

"Mental health needs to be restructured and addressed at the state level with input from local providers;"

Chronic and/ Or Preventable Illnesses

"*….implement a wellness initiative as part of insurance program"*

"…programs to assist eliminating smoking habits - not a cost burden, the problem ; need more prenatal screening"

"Create more recreational opportunities that engage whole families in physical activity and other healthy habits; Make physical activity part of our culture, with more employee wellness and community support."

"Keeping diabetes and blood lipids under control; Early cancer screenings"

8. What are the strengths of the health services available in our county?

The most often identified strengths in their county were:

- Having two large hospitals (22)
- Abundant and top notch health care services (15)
- Access to health care (13)

"…excellent hospitals and physicians access is good; affordability is the issue"

"We have the best resources (hospital providers) around for major "diseases" and "injuries", but we lack services for everyday health and well-being."

"We have a broad base of specialists; Very accessible services; First rate services"

"..high quality care access, lots of organizations, best safety net"

9. What health services are needed for children and adolescents that are not being provided in our county?

The most identified health services that are needed for children and adolescents were:

- Access to mental health (8)
- Lack of education and awareness (5)
- Basic dental health (5)
- Recreation facilities and activities (4)

"….mental health long term services - few for preschool/ early childhood services."

"Outpatient mental health services are needed for adolescents. Alternatives are needed to institutions and prisons."

"*We have Brenner Children's Hospital (excellent), but we need more public awareness about the available services offered."*

"Recreational activities and facilities are needed – more outside activities to get kids away from screens – we need bigger capacity."

"…..dental care for certain populations, regular primary care"

10. In your opinion, which one service needs the most improvement in our county? (Stakeholders were read a list of 20 options from which they could select. The list included "other" and "none.")

Their selection of services was as follows:

- Availability of employment (11).
- Universal health care and more affordable health services (7)
- Counseling/ mental health/ support groups (4)
- Positive teen activities (3)
- More affordable housing (3)
- Healthy family activities(2)
- Higher paying employment(2)
- Better/ more healthy food choices(2)
- Transportation options(1)

11. In your opinion, what could be done to make the job market better for our county?

The responses varied from providing business incentives to policies as listed below:

- Business Incentives (7)
- Education (6)
- Investment in small Business (5)
- Job training in high school; trained workforce (4)
- Opportunity for entrepreneur (4)
- Better policies and effective planning (3)

"Attract businesses with reasonable taxes and investment in workforce."

"*Give incentives for businesses to locate and expand. Having good schools, medical system, and art make it attractive for businesses to locate."*

" Provide job training classes in high schools for students not pursuing college."

"*We have a lot of proposals on the table on that - continue to be road blocks in policies that cause it to make it difficult"*

"Improve graduation rates; literacy rates and decrease dropouts"

12. Which community organizations would you say are most active in the county?
The most mentioned active organizations were:

- United Way (16).
- Forsyth Future (10)
- Faith-based communities/ organizations (8)
- CHANGE (8)
- YMCA/YWCA (5)
- Art community (5)
- Chamber of commerce (5)

13. How would you characterize the way different races or ethnic groups get along?
Race relations were characterized as follows:

- Great diversity (9)
- Relation between different races and ethnic groups are getting better (9)
- Too much segregation in jobs, schools, neighborhoods (6)
- Lots of room for improvement and to increase understanding (5)

"There is a troubled history in Winston-Salem. Separate health care in the past created lack of trust. It has improved but lots of work to be done. Healthy efforts going on - Church groups and public health are very active in addressing this issue."

"Deep long history of racial animosity, getting along better. There has been lots of progress in worship, playing, and working together."

"…reasonably well with reservations and concerns on all sides."

"There is much history in this community. Focusing on the past and not moving forward on race issues threatens to jeopardize our future."

"We have a tri-ethnic community, race relations are modestly good. Hispanics are getting their feet on the ground, but not yet assimilated into community activities."

14. What are the things you like most about living or working here?
The most likeable features they liked living here are listed below:

- Right size (10)
- Good climate (6)
- Good quality of life (6)
- Great environment (5)
- Arts/Entertainment (5)

"…small enough community that there are still spaces to enjoy (green ways parks - Tanglewood)"

"Beautiful setting; Wonderful people; Safe place"

"..*there is a good balance of activities and cultural events, but things are still a quiet and relaxed; We have an urban feel with a rural mentality;.."*

15. What are the things that concern you most about living or working here?

The top two concerns mentioned were:

- Joblessness and unemployment in the county (10)
- Stressful economic environment (7)

"It is hard to keep the young here, they leave for jobs. We need to create an attractive environment to keep young people working and living here."

"Employment improves stability of a community; Lack of full-time jobs – underemployment."

"Economy / long term viability; Not growing as we could; Disappearing manufacturing base is not being replaced; Generate more jobs; Improve public schools."

16. Name some things that you and others do to stay healthy?

Overwhelmingly the two responses named were:

- Exercise, physically healthy and active life style (32)
- Healthy and nutritious food (17)

"Annual physical, eat healthy, exercise daily-golf/walking, activities with children."

"….exercise/walk on treadmill, got a dietician - get sleep, try to eat right, active family."

"Bike regularly; Walk the dogs, we have a very walkable neighborhood; Gardening."

"Cook from scratch; Eat lots of fruits and vegetables."

17. What are some of the main health problems that you or family members have had to deal with?

The most often mentioned health problems were:

- Cancer (14)
- Mental health (11)
- Heart-related issues (11)
- Overweight/obesity; weight control (7)
- Diabetes (6)

18. Which groups in the county do you belong to?

The most common groups mentioned were:

- Faith based Organizations/ Churches (15)
- Coalitions, Boards (13)
- Different clubs (12)
- Professional (7)
- Sorority/ Fraternity (6)

19. Is there any other information that you would like to share about community health in our county?

Below are some of the closing comments regarding community health:

"Mental health should be fully embraced as a public health issue."

"….would like community health to be seen as an economic driver on the same level as education and business economic."

"I would like to see more integrated services for mental and physical health, as they now practice as separate entities."

"Young people smoking and drinking alcohol is an issue."

"The health department needs to continue to advocate for public health in Forsyth County, and keep on keeping on."

"…access is biggest issue; homelessness not readily available; dissemination of information."

2011 Youth Risk Behavior Survey
Winston-Salem/Forsyth County Middle School Students
Survey Highlights

June 2012

Supported By:

Winston-Salem/Forsyth County School System &

Forsyth County Department of Public Health

Epidemiology and Surveillance Division

Forsyth County
Department of Public Health

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Introduction & Overview

The Youth Risk and Behavior Survey (YRBS) was developed by the Centers for Disease Control and Prevention (CDC) to monitor behaviors which contribute to death and other health and social problems that affect youth and young adults. The data is used to help schools, government agencies, and community organizations develop programs that address the most pertinent issues in their community.

The survey has been adapted to meet the needs of North Carolina as both middle school and high school students are sampled across the state by North Carolina Healthy Schools. The survey is conducted every 2 years to assess health risk behaviors that contribute to some of the leading causes of morbidity and mortality in youth.

In addition to the state's administration of the YRBS, the survey is administered locally to Winston-Salem/Forsyth County School System (WSFC) students. In 2011, the YRBS was administered to 15 public middle schools in WSFC to a total of 2,184 middle school students. The survey was administered during 2nd period to randomly selected classes. Parents had the option to decline their child's participation in the survey by returning the Passive Parental Consent Form that was sent home before the scheduled survey day.

Characteristic	WSFC Middle (%)	Surveyed Youth (%)
Grades		
6th	34.1	28.7
7th	33.2	36.8
8th	32.6	34.2
Race		
White	46.2	58.4
Black	28.0	29.8
Other	25.8	11.9

These highlights should be taken with caution with interpretation as trend and (multi-year) analysis would be more reliable. For more information, please contact Ayotunde Ademoyero, Director of Epidemiology and Surveillance, Forsyth County Department of Public Health at ademoyat@forsyth.cc

Alcohol, Tobacco, & Other Drugs

The use of alcohol, tobacco, and other drugs (ATOD) in youth has been linked to the causation of unintentional injuries, physical fights, illegal behavior, and academic and occupational problems. Alcohol is used by youth more than tobacco and other drugs while among illicit drugs, marijuana is the most used in youth.[1]

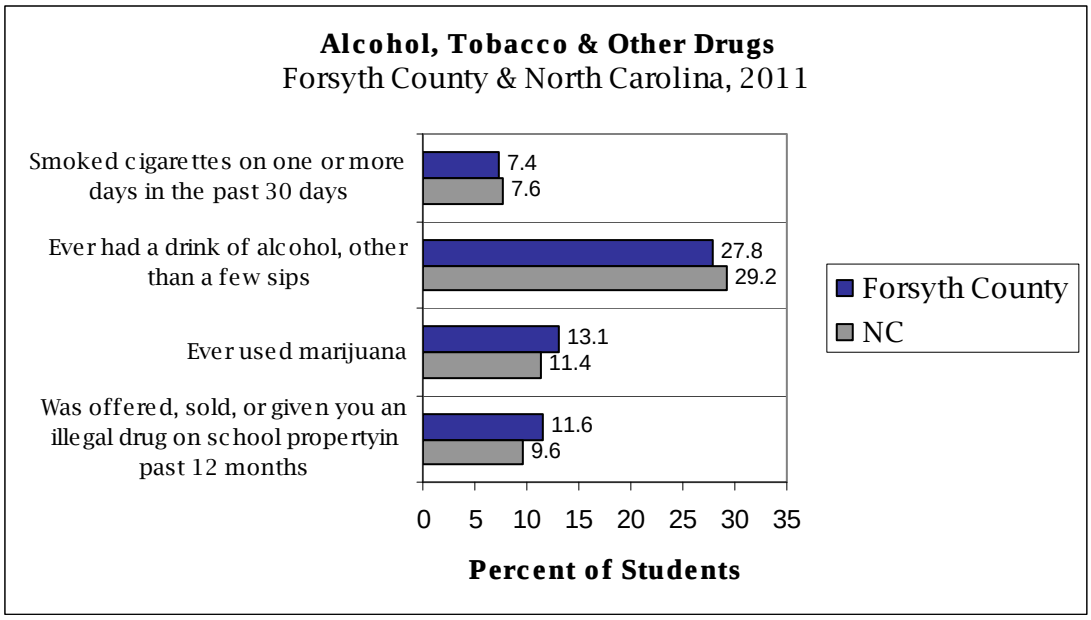
Overall WSFC middle school students reported having used alcohol, cigarettes and other tobacco, inhalants, marijuana, cocaine, steroids and other prescription drugs. Among ATOD use, students had the highest lifetime prevalence-of-use rates for alcohol (27.6%), marijuana (13.0%), cigarettes (12.8%), and inhalants (12.0%).

Age of First Use

WSFC eighth grade students reported the age of first use:

- For alcohol at age 11.4
- For cigarettes as age 11.1
- For marijuana at age 11.4

Marijuana use begin before age 11 for 5.1% of WSFC middle school students in comparison to the North Carolina reporting use began before age 11 3.9%.



Alcohol Use

Students reported getting alcohol in the past 30 days by some other way (5.4%), someone gave it to them (4.7%), took it from store or family member (3.1%), someone bought it for me (2.0%), and store (2.0%). Restaurants or bar (0.3%) and public events (0.2%) were instances in which students reported they were less likely to get alcohol.

Tobacco Use

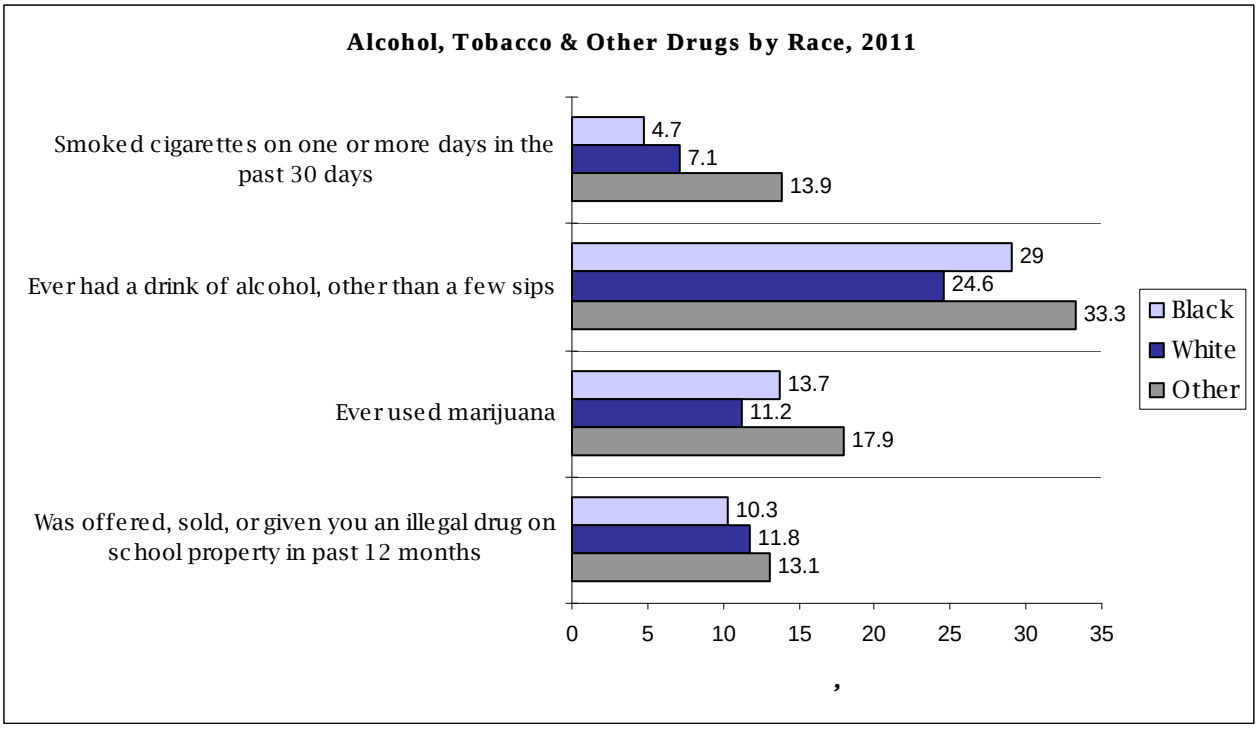
Cigarette use by all middle school students was reported at any point in their lives was 12.8% with 12.4% of females and 13.4% of males having smoked at some point in their lives. In the past 30 days, 4.5% of students reported using chewing tobacco, snuff, or dip on more that 1 day.

Alcohol, Tobacco & Other Drugs	***2011 WSFCS***	***2011 NC***	***2009 WSFCS***	***2009 NC***
Smoked cigarettes on one or more days in the past 30 days	7.4%	7.6%	7%	8%
Ever had a drink of alcohol, other than a few sips	27.8%	29.2%	29%	30%
Ever used marijuana	13.1%	11.4%	13%	10%
Been offered, sold or given an illegal drug on school property	11.6%	9.6%	12%	9%

Other Drugs

Other drugs had lower reported use among middle school students. Cocaine, including crack or freebase, was reported having been used by 3.6% of WSFC middle school students slightly higher than the state's 3.1%. Inhalant use was reported by 12% of students. Students also reported the following prescription drug use:

- 2.0% reported using steroid pills or shots not prescribed to them
- 5.8% reported using other prescription drugs (OxyContin, Percocet, Vicodin, Adderall, Ritalin, or Xanax) that were not prescribed to them

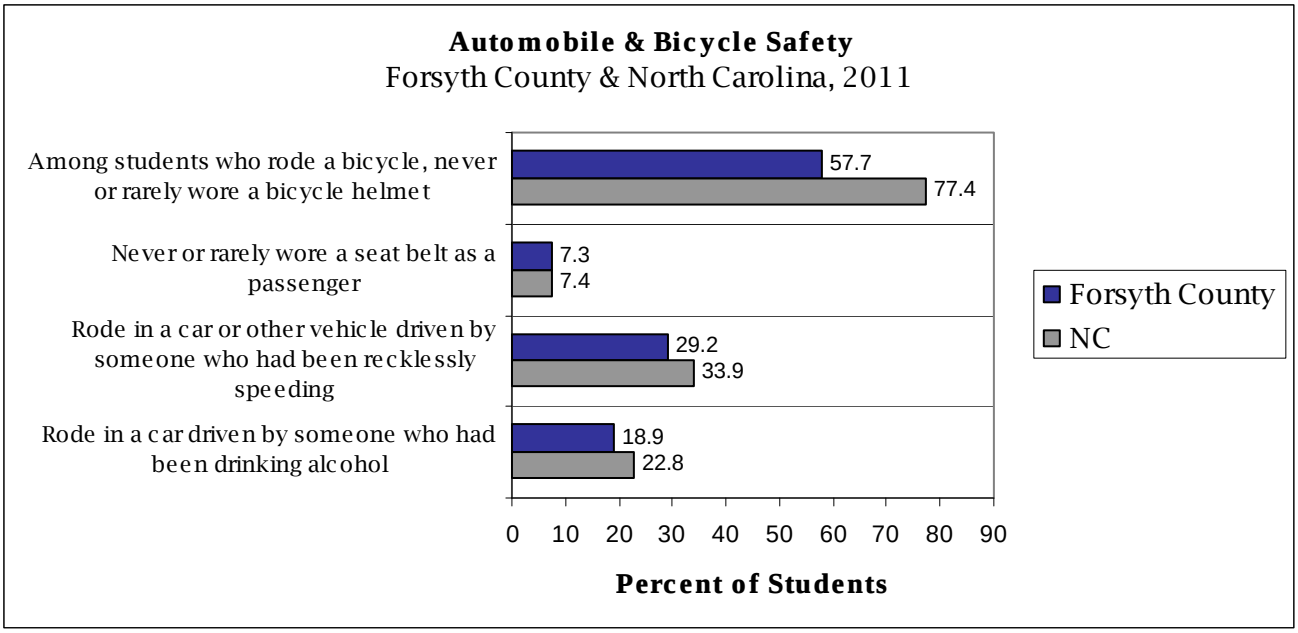


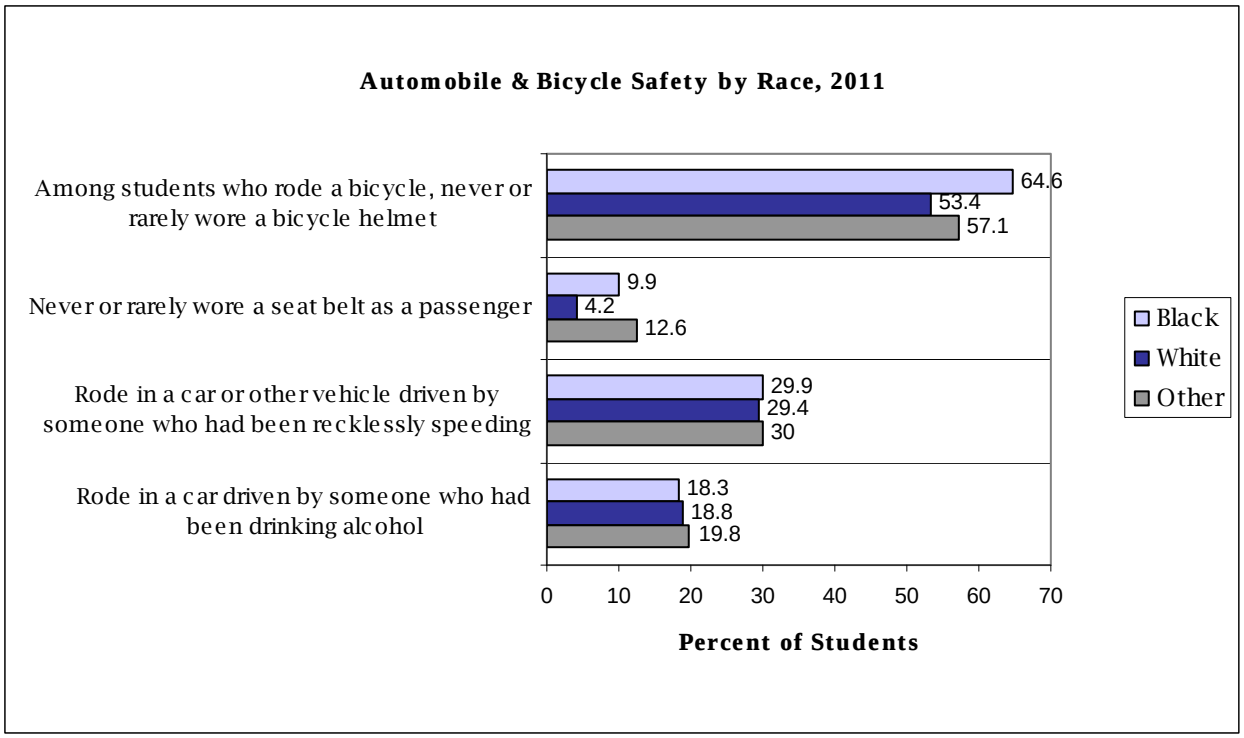
Automobile & Bicycle Safety

Injuries are the leading cause of death or disability for individuals aged 1-44 years. For adolescents aged 10-24 years olds motor vehicle crashes attributed to 30% of deaths in this group from injuries sustained in the crash.[2]

Automobile & Bicycle Safety	2011 WSFCS	2011 NC	2009 WSFCS	2009 NC
Among students who rode a bicycle, never or rarely wore a bicycle helmet	57.7%	77.4%	55%	76%
Never or rarely wore a seat belt as a passenger	7.3%	7.4%	7%	7%
Rode in a car driven by someone who had been recklessly speeding	29.2%	33.9%	33%	38%
Rode in a car driven by someone who had been drinking alcohol	18.9%	22.8%	24%	27%

Among WSFC middle school students, 57.7% reported always wearing a seatbelt. Females were more likely to always wear a seatbelt at 59.2% in comparison to males at 56.0%. Eighth grade students were less likely to report always wearing a seatbelt at 50.4% in comparison to 60.7% of seventh grade students and 62.9% of sixth grade students.





When riding a bike, 14.4% reported wearing a helmet most of the time or always. Males were less likely wear a helmet when biking as 51.5% of male students reported never wearing a helmet in comparison to 39.8% of females. WSFC middle school students were less likely than the state average to never or rarely wear a helmet when biking.

When asked about helmet use when rollerblading or skateboarding, 50.5% did not ride, 33.9% never wore one, 6.6% rarely wore one, 3.9% sometimes wore one, 3.0% wore one most of the time, and 2.2% always wore one.

Eighth grade students were more likely than sixth and seventh grade students to ride in a car with someone who had been recklessly speeding or drinking alcohol. WSFC middle school students reported an increase of 5.1 percentage points since 2009 in riding in a car driven by someone who had been drinking alcohol, while the state average saw a decrease of 4.2 percentage points.

21% less students reported riding in car driven by someone who had been drinking alcohol in 2011 than in 2009

Violence-Related Behavior

Youth violence includes two types of behavior—violent acts and robbery or assault. Violent acts can cause both emotional and physical harm through bullying, slapping, or hitting while robbery or assault can lead to injury or death and performed with or without weapons.[3] Youth violence is considered the second leading cause of death for young people between 10 and 24 years old.[3] Violence can lead to death, injuries, and disabilities while also affecting the health of communities.[3] Among those youth killed by homicide 86% were males.

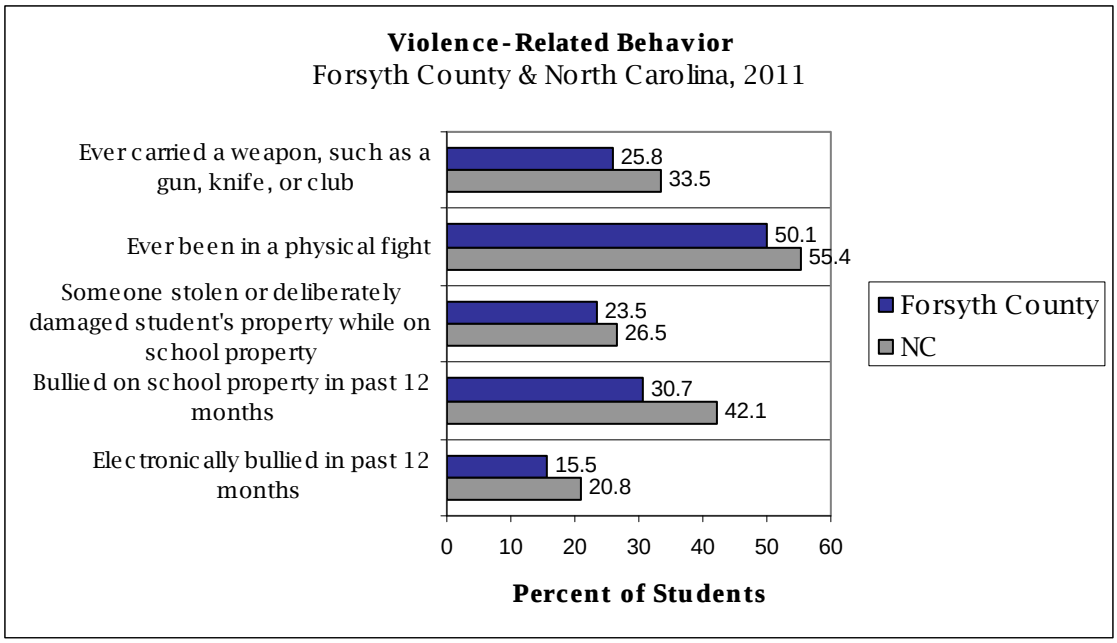
WSFC middle school students reported that 5.1% of them had been threatened or injured with a gun, knife, or club on school property in the past 12 months, while 25.8% have carried a weapon such as a gun, knife, or club. Similar to NC, WSFC saw in a decrease in students carrying weapons since 2009, although WSFC middle school students are less likely to carry weapons in comparison to the state. A smaller amount of students, 3.0%, did not go to school on one or more of the past 30 days because it felt unsafe. Of the students who were in a physical fight (50.1%), 4.7% reported sustaining an injury that needed medical treatment. WSFC middle school students reported at a higher rate that there was gang activity at their school at 30.1% than the state's average of 22.5%.

WSFC middle school students reported decreases on all selected Violence-Related Behavior questions in 2011.

Bullying

Bullying is considered a form of youth violence and includes: attack or intimidation with intention to cause fear, distress, or harm through physical, verbal, or psychological/relational means; imbalance of power between the bully and victim; or repeated attacks or intimidation between the same children over time.[3] Bullying can occur both in-person in through the use of technology in an electronic form.[5] In the 2007-2008 school year, a higher percentage of middle schools reported daily or weekly occurrences of bullying in comparison to elementary and high schools.[5]

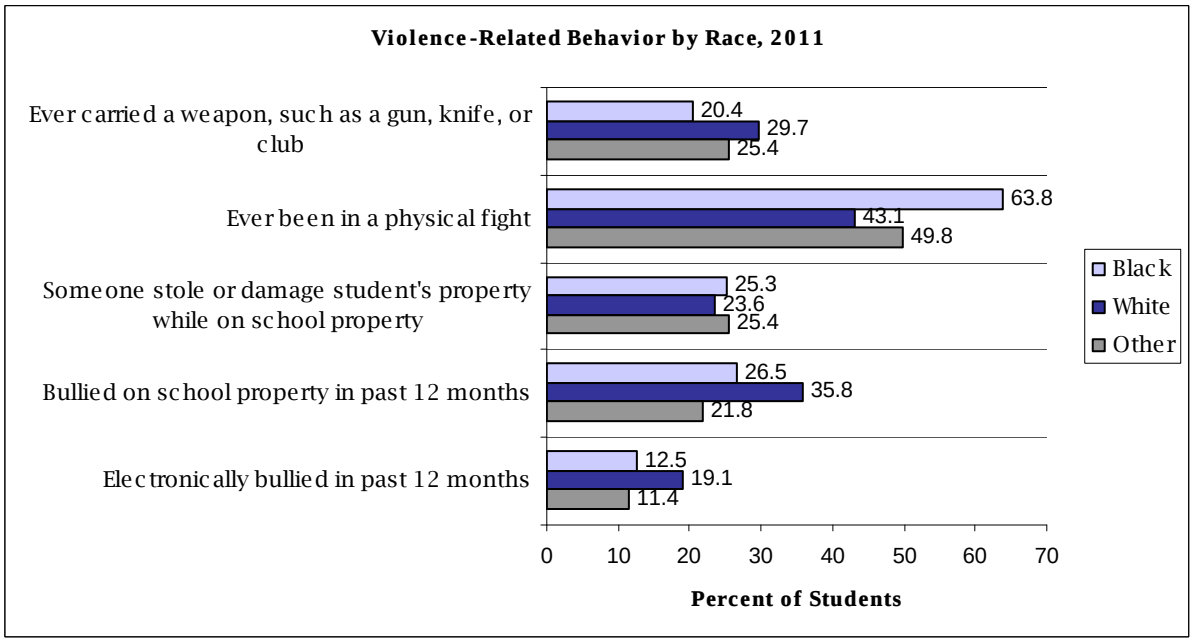
Violence-Related Behavior	*2011 WSFCS*	*2011 NC*	*2009 WSFCS*	*2009 NC*
Ever carried a weapon such as a gun, knife, club	25.8%	33.5%	32%	39%
Ever in a physical fight	50.1%	55.4%	53%	53%
Someone stole or damage student's property while at school	23.5%	26.5%	28%	28%
Bullied on school property in past 12 months	30.7%	42.1%	34%	42%
Electronically bullied in past 12 months	15.5%	20.8%	19%	21%



Bullying affects health in the form of physical injury, social and emotional distress, and even death.[5]

Victims of bullying have an increased risk for mental health problems, psychosomatic complaints, and poor school adjustment while the youth who are committing acts of bullying have an increased risk for substance use, academic problems and violence later in life.[3]

A higher percentage of females, 19.6%, reported being electronically bullied than males at 10.9%. In the past 12 months, 64.7% of students witness other students being bullied in schools. Students reported that 17.3% of them had been victims of teasing or name calling because someone thought they were gay, lesbian, or bisexual.



Sex Education

Sex education is deemed an important health topic as youth are affected by pregnancy, sexually transmitted diseases, and other behaviors that place them at risk for HIV infection.

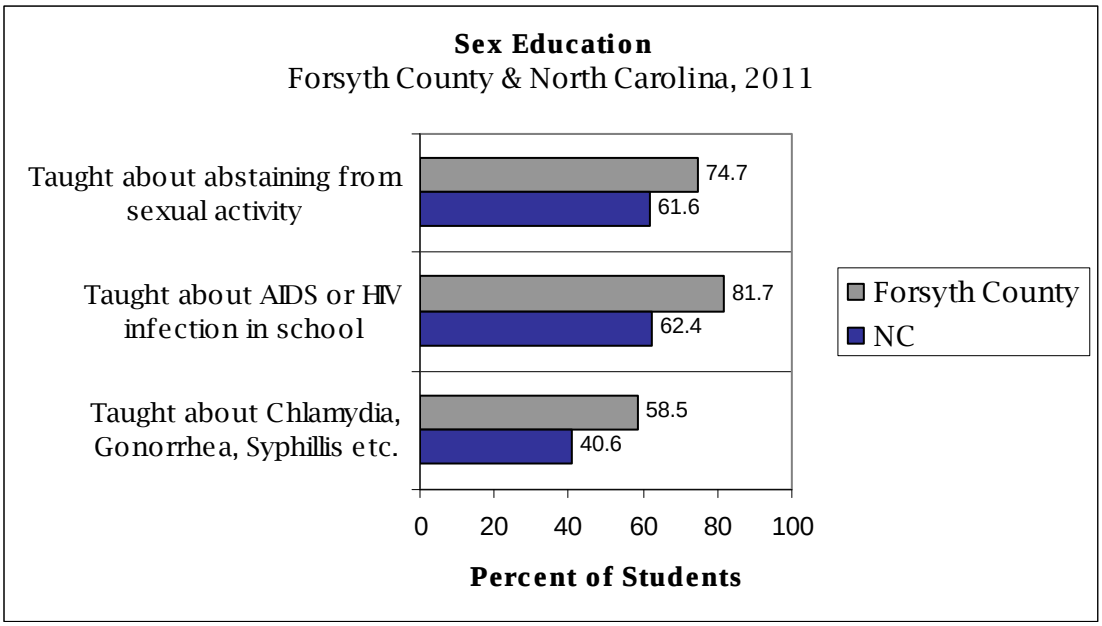
Abstinence

Most middle schools students, 74.7%, reported being taught about abstinence, while females reported a higher percentage level, at 78.5%, than males at 70.4%. The percent of students reporting being taught abstinence also increased with grade levels, as 56.4% of 6th grade students, 77.7% of 7th grade students, and 86.3% of 8th grade students reported that they had been taught about abstinence. WSFC middle school students reported higher than the state average in being taught about abstinence from sexual activity.

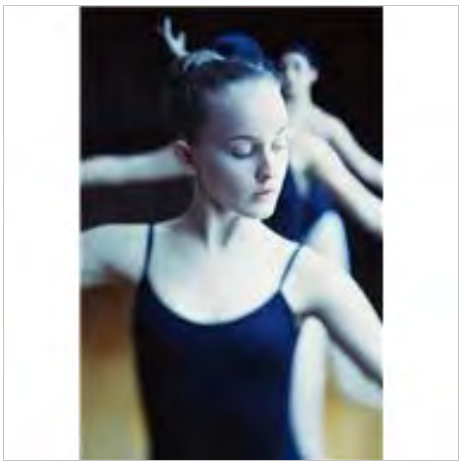
AIDS/HIV and other STDs

Most students, 81.7% also reported being taught about AIDS/HIV in schools. Similar to abstinence education, the levels increase with grade levels as 60.2% of 6th grade students, 87.8% of 7th grade students, and 93.0% of 8th grade students reported being taught about AIDS/HIV in school.

There is a difference also between grade levels when asked if taught about other STDs, 22.5% of 6th grade students, 61.5% of 7th grade students, and 85.3% of 8th grade students reported they had been taught. Overall 58.5% of middle school students reported being taught about other STDs. Similar to being taught about abstinence, WSFC middle school students reported higher than the state total of being taught about AIDS and



Sex Education	*2011 WSFCS*	*2011 NC*	*2009 WSFCS*	*2009 NC*
Taught about abstaining from sexual activity	74.7%	61.6%	72%	66%
Taught about AIDS or HIV infection	81.7%	62.4%	83%	69%
Taught about Chlamydia, Gonorrhea, Syphilis etc	58.5%%	40.6%	55%	49%

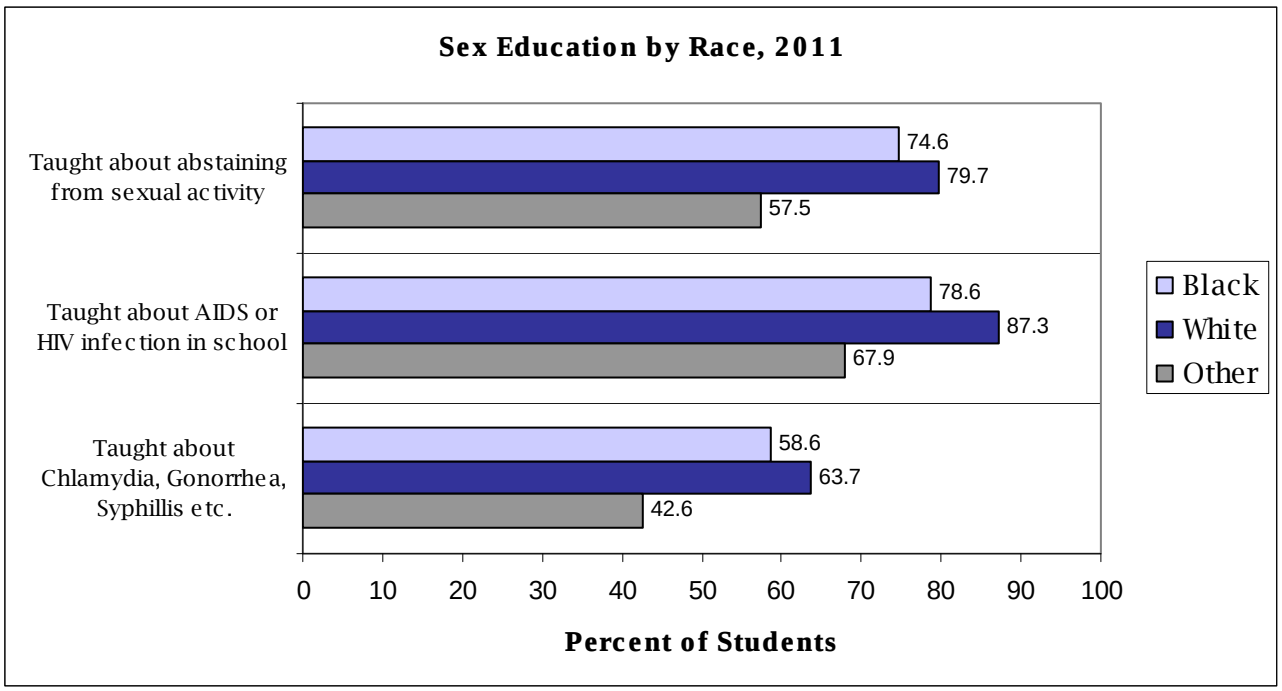


HIV as well as Chlamydia, Gonorrhea, Syphilis and other STDs. In contrast to the state total, WSFC middle school females are more likely to have been taught about STDS than middle school males

Parental Expectation

WSFC middle school students reported that 59.6% of them have had their parents or other adults in their family talk with them about what they expected the student to do or not to do when it comes to sex, while 29.0% had not, and 11.4% were unsure.

In between 2009 and 2011Forsyth County saw increases in the percent of students being taught about abstinence and other STDS, while in comparison North Carolina had decreases in the number of students taught about abstinence and other STDS.



Suicide-Related Attitudes & Behavior

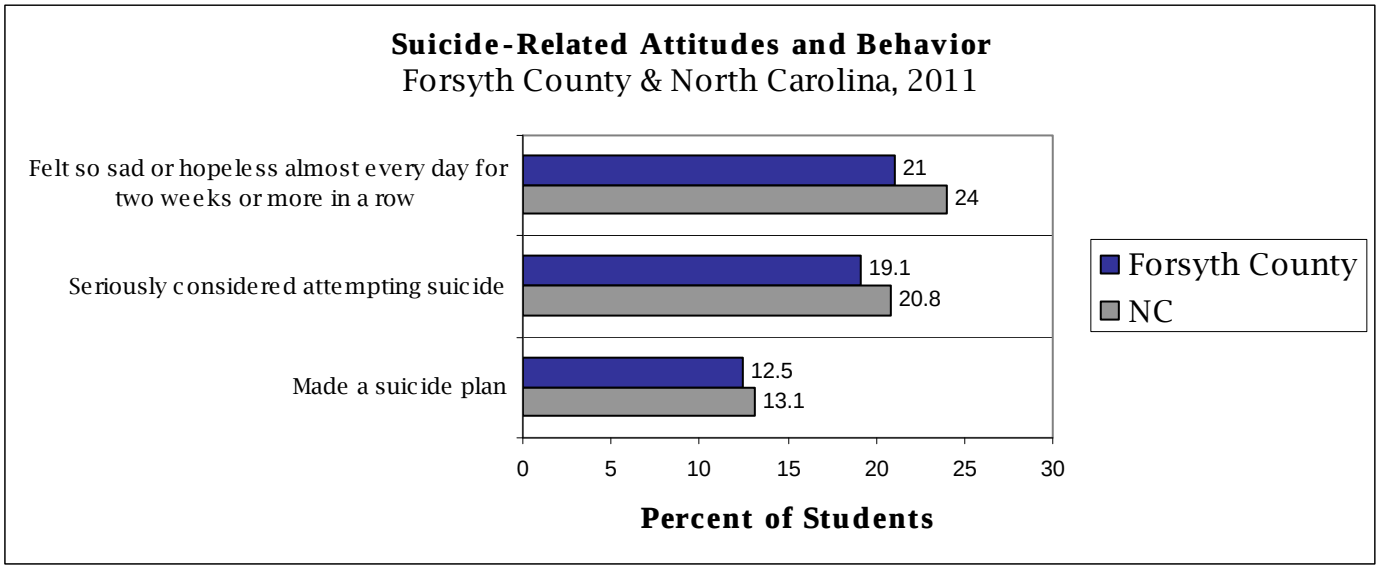
Suicide is the third leading cause of death for youth ages 10-24 years, and accounts for 12% of all deaths for this age group.[2] Males are more likely to die from suicide then females in the 10-24 years old age group, while females are more likely to report having attempted suicide than males. Hispanic youth were more likely to report attempting suicide than their white or black counterparts, while Native American/Alaskan Native youth have higher rates of suicide related fatalities.

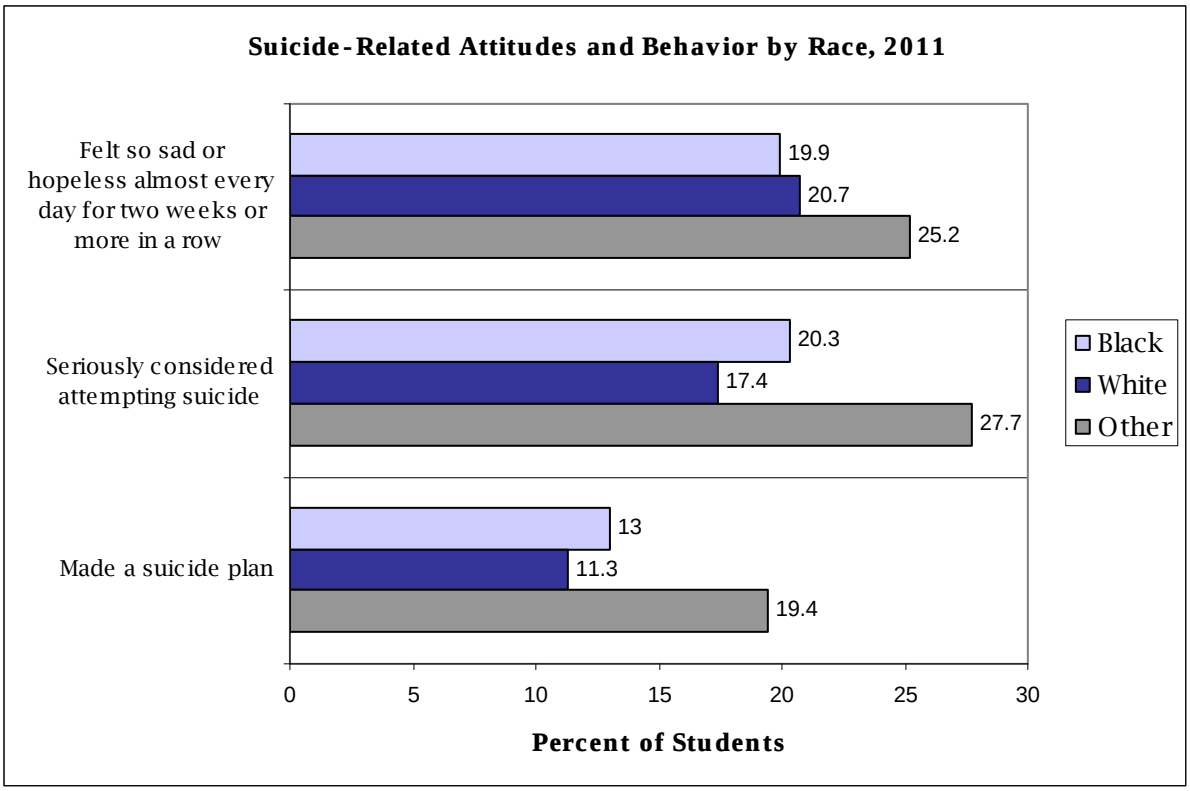
Suicide-Related Attitudes & Behavior	2011 WSFCS	2011 NC	2009 WSFCS	2009 NC
Felt so sad or hopeless almost every day for two weeks or more in a row	21%	24%	26%	23%
Seriously considered attempting suicide	19.1%	20.8%	20%	19%
Made a suicide plan	12.5%	13.1%	15%	13%

12% less students made a suicide plan in Forsyth County in 2011 than in 2009, while North Carolina saw no changes

WSFC middle school students reported that 21.0% of them had feelings of sadness or hopelessness for two weeks or more in a row that they stopped doing some usual activities. When asked about suicide, 19.1% reported seriously considering attempting suicide, with 22.2% of females reporting that while 15.6% of males said they did. Females were also more likely than males to report having made a suicide plan, 14.8% vs. 10.0%.

Students reported that 9.3% of them had tried to kill themselves. A higher percentage females, 10.8%, reported that they have tried to kill themselves than males at 7.5%.





Middle school students talk to friends or siblings (40.8%), parent or other adult family member (24.6%), or some other person (5.7%) when they feel sad, empty, hopeless, angry, or anxious. A higher rate of males, 34.9%, reported not feeling sad in comparison to 17.6% of females.

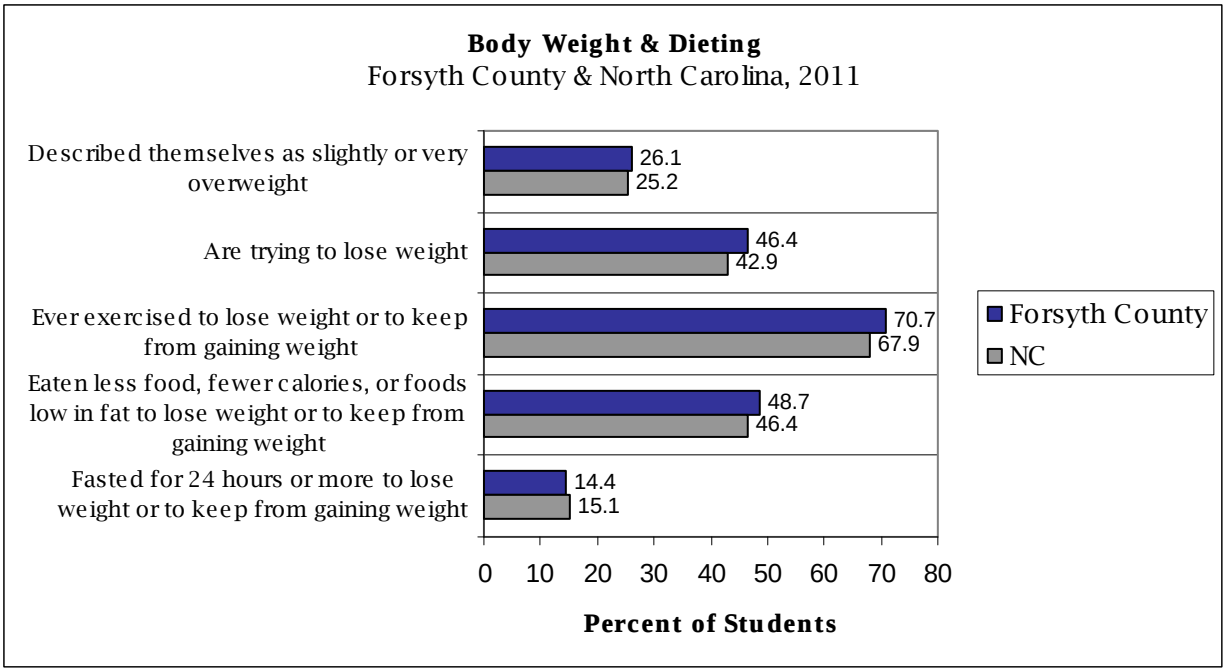
Body Weight & Dieting

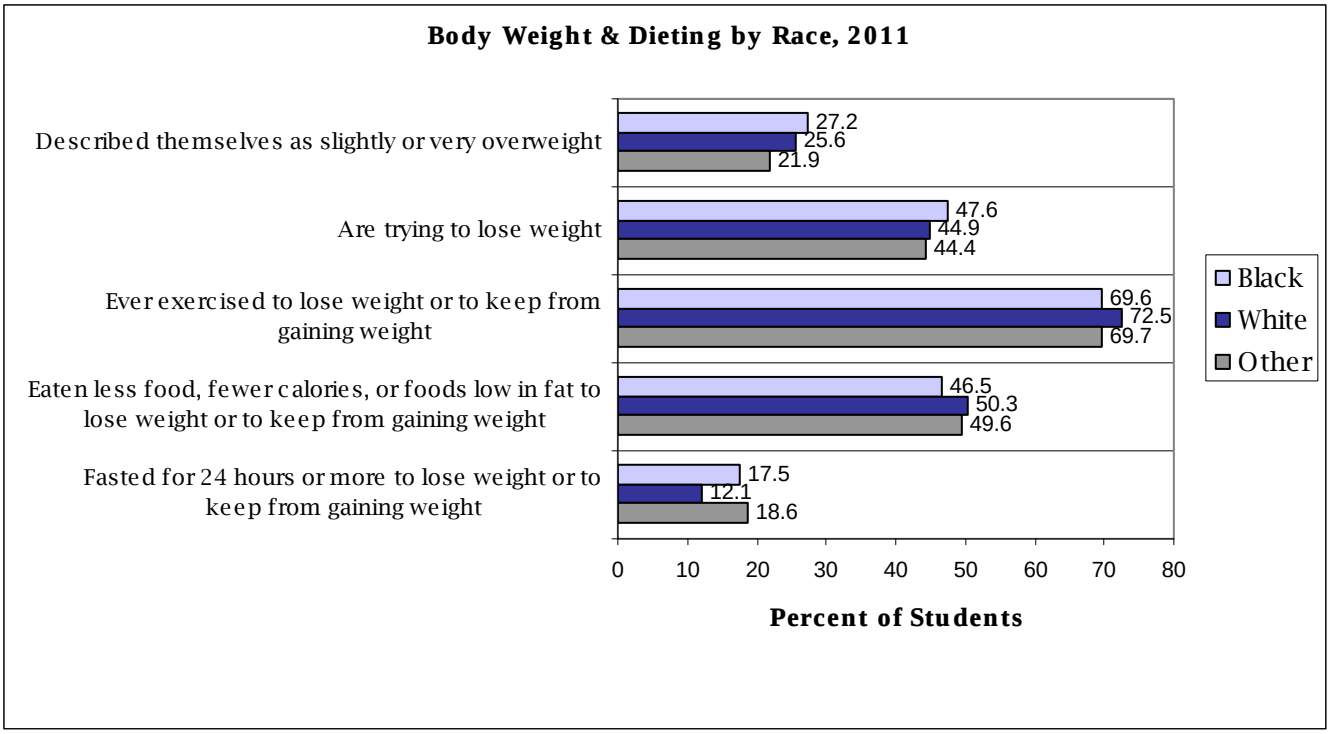
Obesity in children has more than tripled in the past 30 years. In 2008 of the nation's children 20% of children between 6-11 years old were obese, while 18% adolescents aged 12-19 were considered obese.[6] There are both immediate and long-term effects on health and well-being for youth who are obese.[6]

Body Weight & Dieting	2011 WSFCS	2011 NC	2009 WSFCS	2009 NC
Described themselves as slightly or very overweight	26.1%	25.2%	26%	26%
Are trying to lose weight	46.4%	42.9%	47%	46%
Ever exercised to lose weight or to keep from gaining weight	70.7%	67.9%	70%	71%
Eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight	48.7%	46.4%	43%	46%
Fasted for 24 hours or more to lose weight or to keep from gaining weight	14.4%	15.1%	15%	15%

These effects include[6]:

- Increased risk factor for cardiovascular disease (high cholesterol, high blood pressure)
- Increased likelihood to have pre-diabetes
- Increased risk for bone and joint problems, sleep apnea, and social and psychological problems (stigmatization and poor self-esteem)
- Increased likelihood to be obese adults
- Increased risk for cancers





In WSFC middle schools 28.6% of female students and 23.2% of male students described themselves as either "slightly overweight" or "very overweight." Most students, 56.5%, described themselves as being at "about the right weight." More females, 54.9%, were trying to lose weight in comparison to 36.7% of males.

- 5.2% of students reported they had taken diet pills, powders or liquids without doctor's advice to lose weight or keep from gaining weight (excluding meal replacement products like Slim Fast)
- 6.7% reported they have vomited or taken laxatives to lose weight or to keep from gaining weight
    - Males and females reported about the same percentages with 6.4% and 6.8% respectively
- 18.4% reported skipping meals to lose weight or keep from gaining weight in the past 30 days

Meals

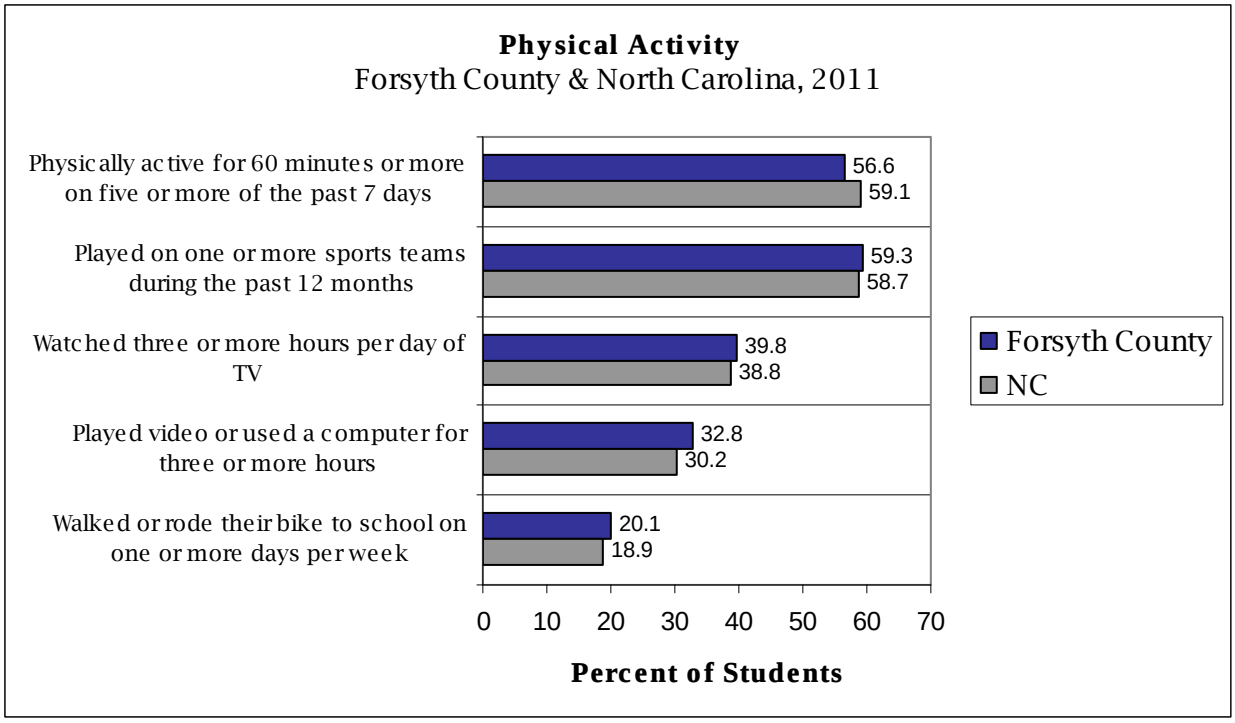
Students reported in the past 7 days:

- 45.9% ate breakfast on all days
- 48.7% ate dinner at home on all days with family

Physical Activity and Health

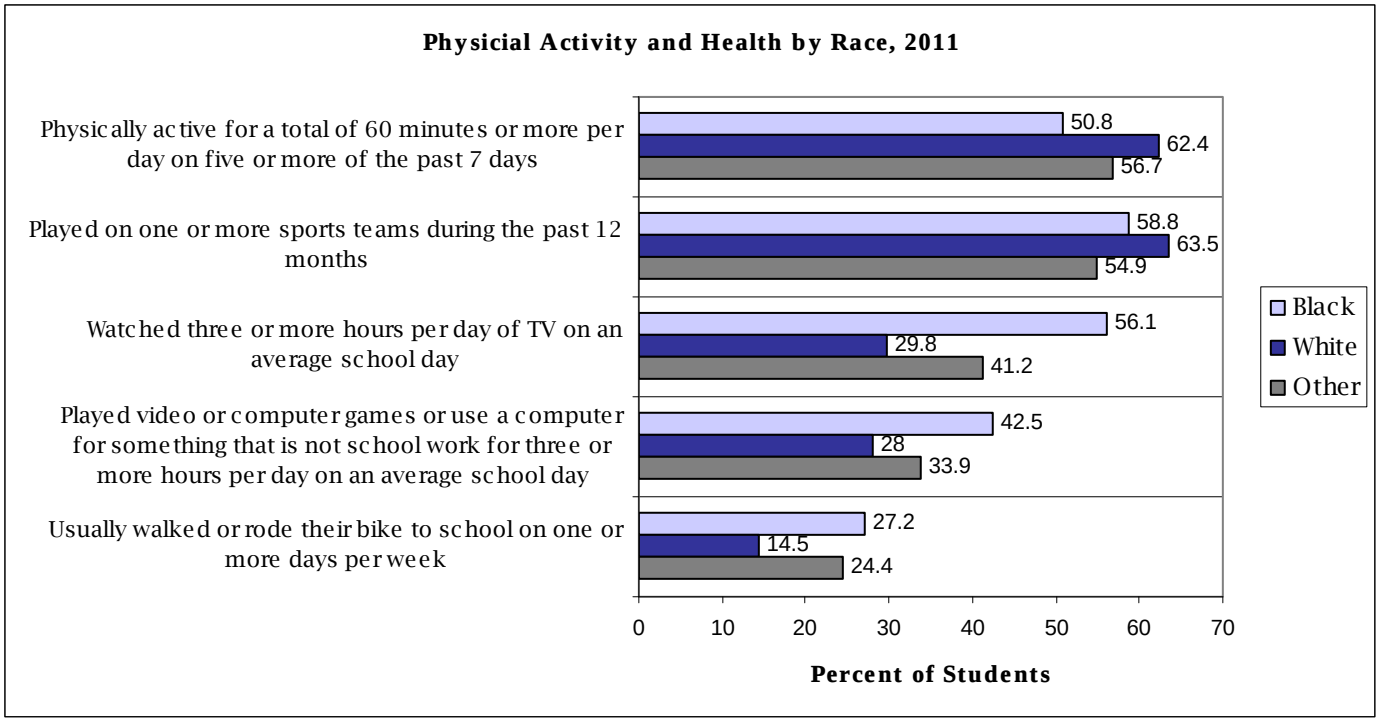
Physical activity has multiple benefits for children and adolescents that include[7]:

- Improvements in strength and endurance
- Builds healthy bones and muscles
- Controls weight
- Reduces anxiety and stress
- Improves self-esteem levels
- Improves blood pressure and cholesterol levels
- Improves academic performance
- Reduces risk for developing chronic diseases



Youth between the ages of 6 and 17 years old are recommended to receive at least 60 minutes of physical activity daily.[7] Physical inactivity can result in increased risk for diseases and illnesses related to overweight and obesity.

Physical Activity & Health	***2011 WSFCS***	***2011 NC***	***2009 WSFCS***	***2009 NC***
Physically active for a total of 60 minutes or more per day on five or more of the past seven days	56.6%	59.1%	55%	60%
Played on one or more sports teams during the past 12 months	59.3%	58.7%	57%	62%
Watched three or more hours per day of TV on an average school day	39.8%	38.8%	41%	38%
Played video or computer games or use computer for something that is not school work for three or more hours per day on an average school day	32.8%	30.2%	28%	26%
Usually walked or rode their bike to school on one or more days per week	20.1%	18.9%	20%	19%

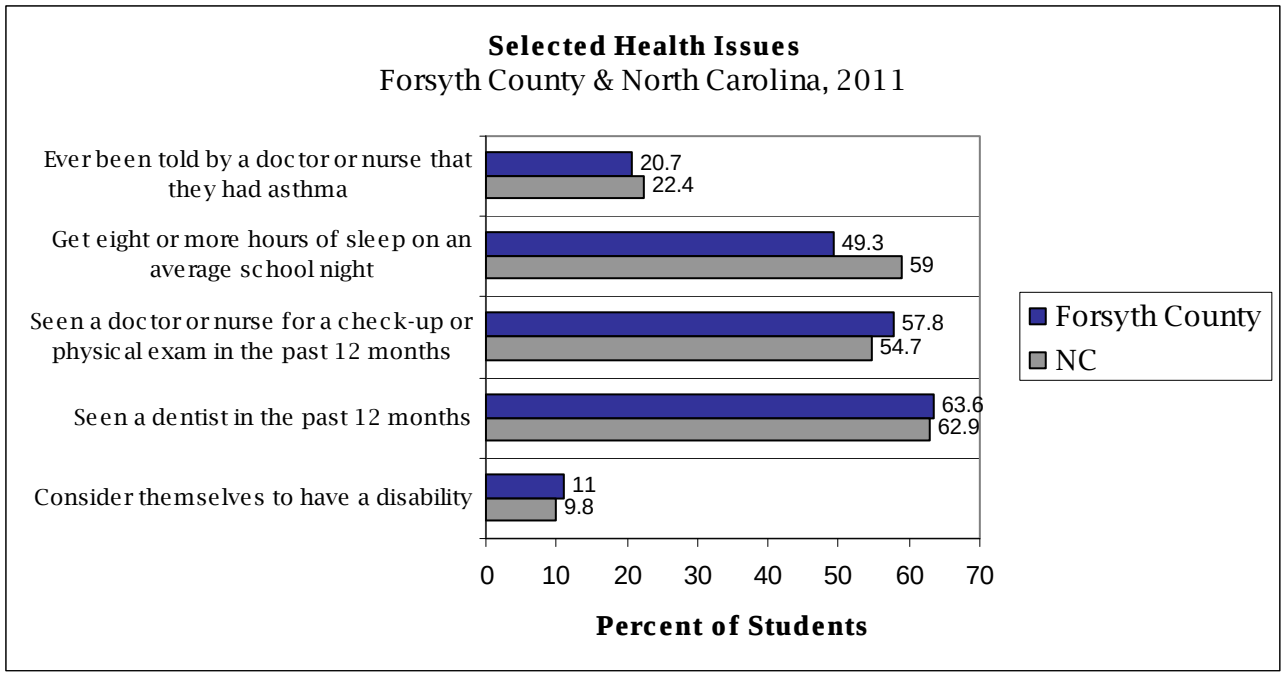


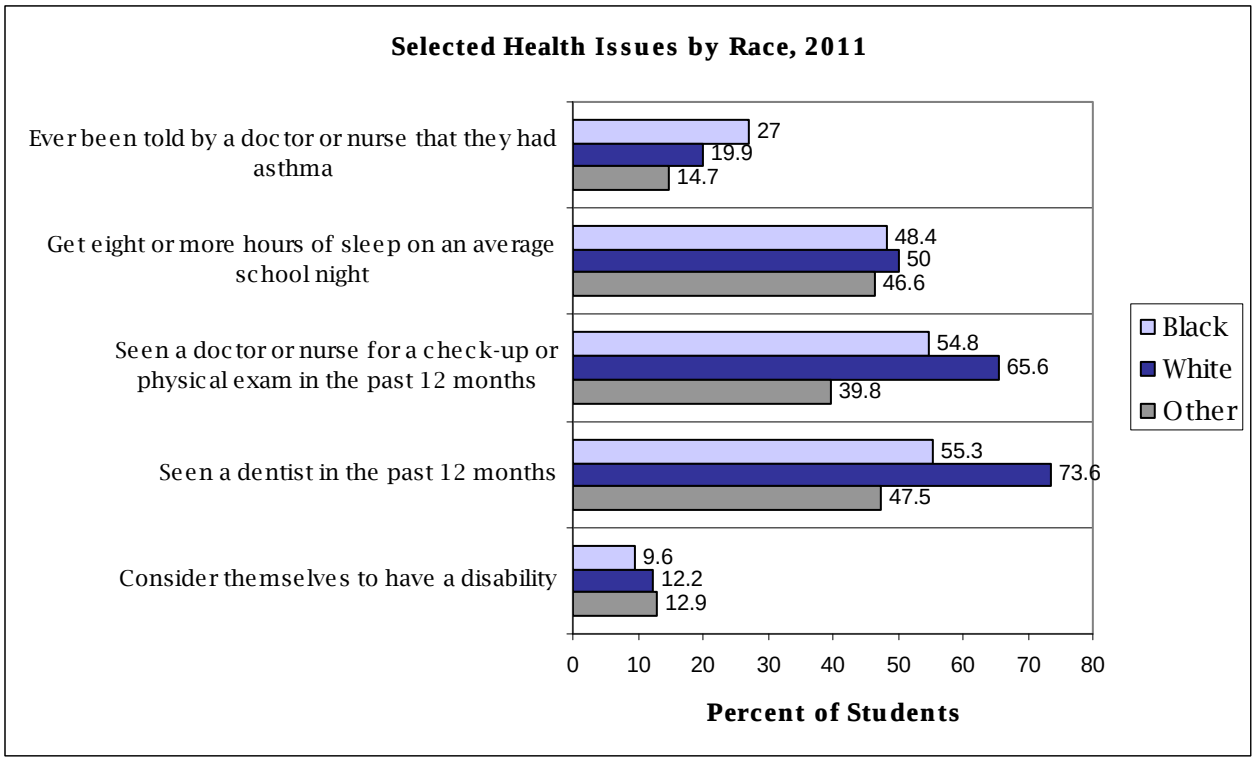
Selected Health Issues

Other conditions also affect youth. Health conditions such as asthma is common among youth. Asthma is one of the leading chronic diseases among youth in the Nation and a leading cause of school absenteeism.[8] Youth who are low-income, minorities, or live in inner cities experience asthma that results in more emergency department visits, hospitalizations, and death than the general population.[8]

Selected Health Issues	2011 WSFCS	2011 NC	2009 WSFCS	2009 NC
Ever been told by a doctor or nurse that they had asthma	20.7%	22.4%	20%	19%
Get eight or more hours of sleep on an average school night	49.3%	59%	51%	58%
Seen a doctor or nurse for a check-up or physical exam in the past 12 months	57.8%	54.7%	58%	58%
Seen a dentist in the past 12 months	63.6%%	62.9%	61%	63%
Consider themselves to have a disability	11%	9.8%	11%	12%

The amount of sleep teens receive is another health issue as sleep is recognized as important to public health. Sleep deficiency is linked to motor vehicle crashes, industrial disasters, as well as errors in medical and other occupations.[9] Sleep deficiency also increases risk for chronic diseases. Teens ages 10-17 years old are recommended to receive 8.5-9.25 hours of sleep a night. [10] In addition the overall health of teens rely on both regular physical visits for physicals and dental visits twice a year.





Overall, WSFC middle school students reported that:

- 17.0% strongly agreed or agreed that they felt alone in life
- 77.9% strongly agreed or agreed that they feel good about themselves
- Average hours of sleep per night was 7.3 hours
- 50.4% participated in school activities other than sports, such as band, drama, student government etc.
- 60% strongly agreed or agreed that their teacher really cares about them and gives them encouragement
- Reported higher percentages than the state total for seeing a doctor or nurse for a check-up

- Reported higher percentages for having an asthma action plan on file at school than the state total (13.3% versus 5.0%)

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2011 Youth Risk Behavior Survey

Winston-Salem/Forsyth County High School Students

Survey Highlights

June 2012

Supported By:

Winston-Salem/Forsyth County School System &

Forsyth County Department of Public Health

Epidemiology and Surveillance Division

Summary Report Preparation: Whitney Rouse, Statistical Research Assistant

FCDPH Division of Epidemiology & Surveillance

Special Thanks:

Data Collection: Forsyth County Department of Public Health Staff and Forsyth County Healthy Community Coalition Members

Data Analysis and Preparation of Report: Gramercy Research Group

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Introduction & Overview

The Youth Risk and Behavior Survey (YRBS) was developed by the Centers for Disease Control and Prevention (CDC) to monitor behaviors which contribute to death and other health and social problems among youth and young adults. The data is used to help schools, government agencies, and community organizations develop programs that address the most pertinent issues in their communities.

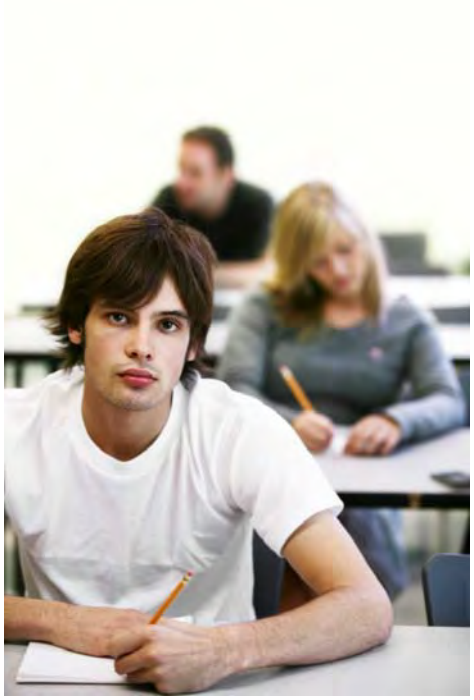
The survey has been adapted to meet the needs of North Carolina as both middle school and high school students are sampled across the state by North Carolina Healthy Schools. The survey is conducted every 2 years to assess health risk behaviors that contribute to some of the leading cause of morbidity and mortality in youth.

Characteristic	WSFC High Schools (%)	Survey Participants (%)
Grade		
9th	28.4	32.6
10th	25.3	30.9
11th	25.0	21.6
12th	21.3	14.9
Race		
White	47.2	58.3
Black	34.1	32.8
Other	18.7	8.9

In addition to the state's administration of the YRBS, the survey is administered locally to Winston-Salem/Forsyth County School System (WSFC) students. In 2011, the YRBS was administered to 13 public high schools in WSFC to a total of 1,532 high school students. The survey was administered during 2nd period to randomly selected classes. Parents had the option to decline their child's participation in the survey by returning the Passive Parental Consent Form that was sent home before the scheduled survey day.

These highlights should be taken with caution with interpretation as trend and (multi-year) analysis would be more reliable. For more information, please contact Ayotunde Ademoyero, Director of Epidemiology and Surveillance, Forsyth County Department of Public Health at ademoyat@forsyth.cc

Alcohol, Tobacco, & Other Drugs



The use of alcohol and other drugs in youth has been linked to the causation of unintentional injuries, physical fights, illegal behavior, and academic and occupational problems. Alcohol is used by youth more than tobacco and other drugs. [1] Among illicit drugs, marijuana is the most used in youth.[1]

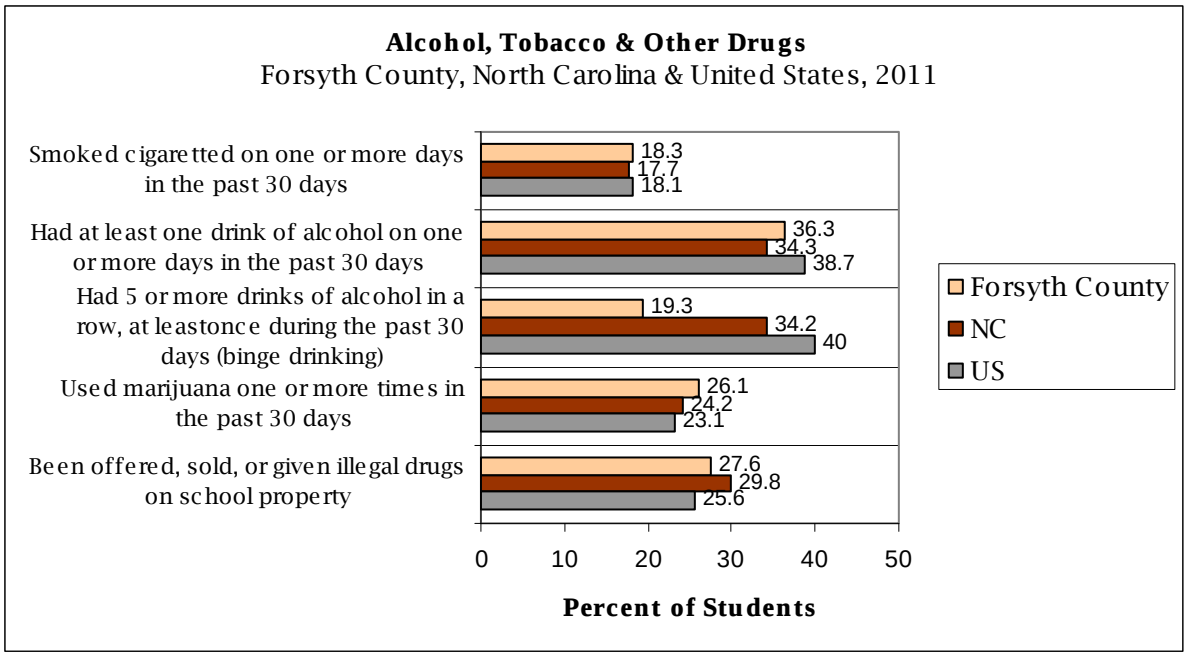
Overall WSFC high school students reported having used alcohol, cigarettes and other tobacco, inhalants, marijuana, cocaine, steroids and other prescription drugs. Males have higher rates of lifetime alcohol, tobacco, and other drugs (ATOD) use in all categories. WSFC 12th grade students reported the age of first use for alcohol, cigarettes, and marijuana occurred between the average age of 11.3-11.9 years.

WSFC high school students reported the following lifetime prevalence-of-use rates:

- 61.5% consumed alcohol
- 42.8% used marijuana
- 31.2% smoked cigarettes
- 17.7% used prescription drugs without a prescription

Alcohol Use

Students reported that 40% of them had their first drink of alcohol between 13 and 16 years old. Students reported that 7.3% of them had at least one drink of alcohol on school property in the past 30 days. Overall, 63.7% of students reported not drinking in the past 30 days.



Tobacco Use

Cigarette use by all high school students at any point in their lives was reported by 28.8% of females and 33.2% of males. In the past 30 days, 8.2% of students reported using chewing tobacco, snuff, or dip on more that 1 days.

Other Drugs

Other drugs had lower reported rates of use. Over half of students, 57.4%, said they have never tried marijuana. Most students, 30.6%, were between the ages of 13-16 when they tried marijuana for the first time. Only 7.5% of students reported using marijuana on school property at least once in the past 30 days.

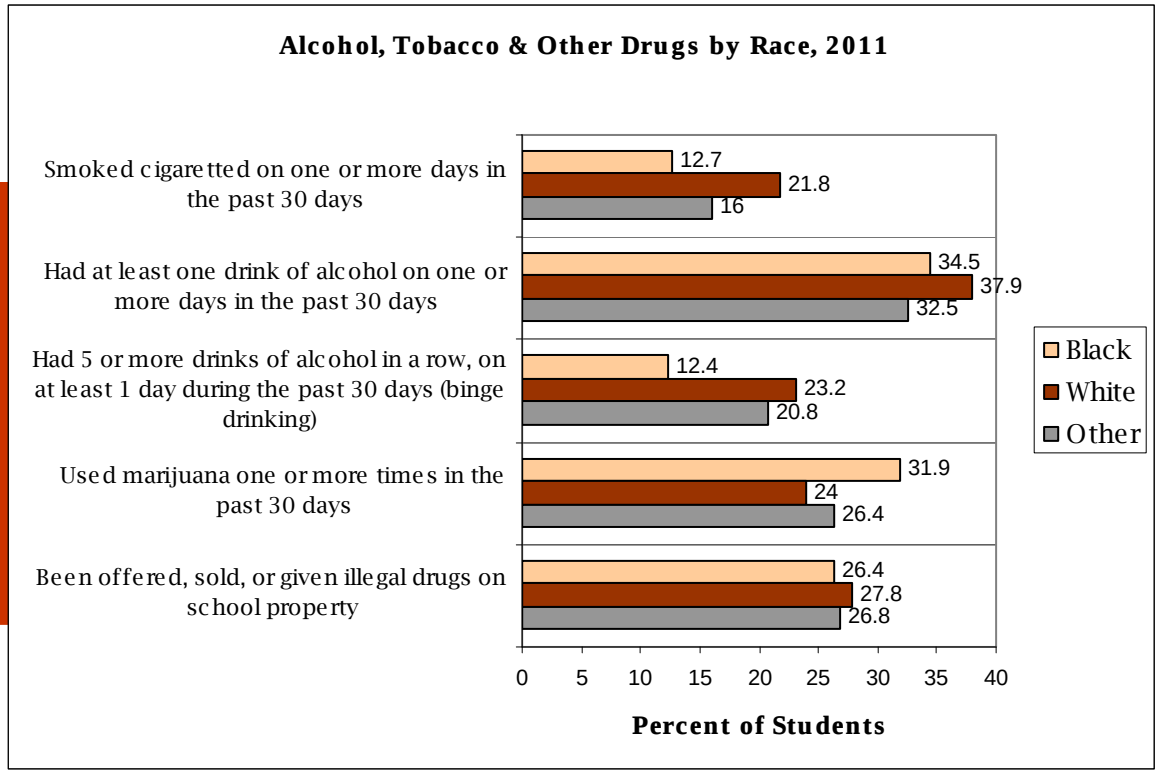
Alcohol, Tobacco, & Other Drugs	*2011 WSFCS*	*2011 NC*	*2011 US*	*2009 WSFCS*	*2009 NC*	*2009 US*
Smoked cigarettes on one or more days in the past 30 days	18.3%	17.7%	18.1%	19%	18%	20%
Had at least one drink of alcohol on one or more days in the past 30 days	36.3%	34.3%	38.7%	37%	35%	42%
Had 5 or more drinks of alcohol in a row, on at least 1 day during the past 30 day (binge)	19.3%	34.2%	40.0%	20%	19%	24%
Used marijuana one or more times in the past 30 days	26.1%	24.4%	23.1%	22%	20%	21%
Been offered, sold, or given illegal drugs on school property	27.6%	29.8%	25.6%	30%	30%	23%

Other drug use reported by WSFC high school students:

- 7.5% have used cocaine (crack or freebase)
- 11.5% have used inhalants (aerosol spray cans, paints, other sprays)
- 5.4% have used methamphetamines (speed, crystal, crank, or ice)
- 4.1% have taken steroid pills or shots without a doctor's prescription
- 17.7% have used prescription drugs (OxyContin, Percocet, Vicodin, Adderall, Ritalin, Xanax) without a doctor's prescription

18.6% more students reported using marijuana one or more times in the past 30 days in 2011 than in 2009

When using alcohol or drugs, 16.2% of students have gotten into trouble with family or friends, missed school, or gotten into fights



Automobile and Bicycle Safety

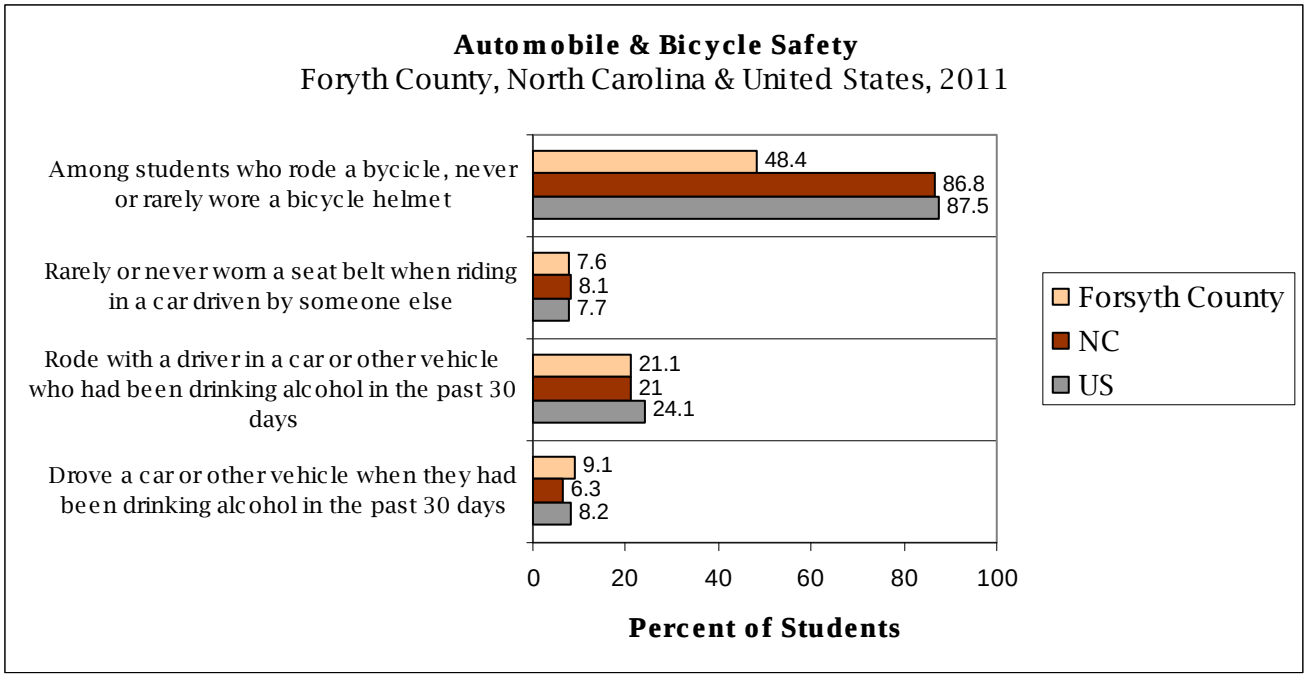
Injuries are the leading cause of death or disability for individuals aged 1-44 years. For adolescents aged 10-24 years old motor vehicle crashes attributed to 30% of deaths in this group from injuries sustained in the crash.[2]

Automobile & Bicycle Safety	2011 WSFCS	2011 NC	2011 US	2009 WSFCS	2009 NC	2009 US
Among students who rode a bicycle, never or rarely wore a bicycle helmet	48.4%	86.8%	87.5%	44%	84%	85%
Rarely or never worn a seat belt when riding in a car driven by someone else	7.6%	8.1%	7.7%	8%	7%	10%
Rode with a driver in a car or other vehicle who had been drinking alcohol in the past 30 days	21.1%	21.0%	24.1%	21%	21%	28%
Drove a car or other vehicle when they had been drinking alcohol in the past 30 days	9.1%	6.3%	8.2%	8%	8%	10%

Among WSFC high school students, 56.3% reported always wearing a seatbelt. When riding a bike, 7.0% reported wearing a helmet most of the time or always.

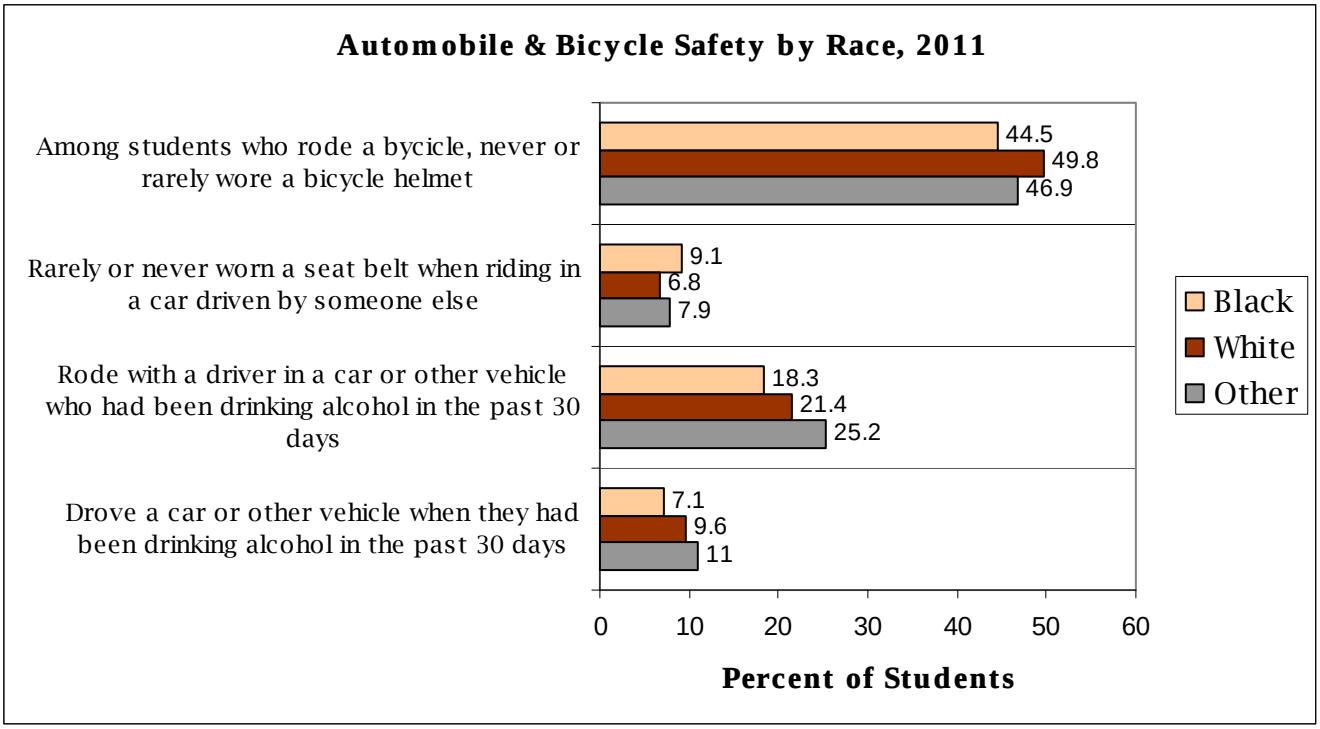
During the past 30 days, 30.2% of high school students reported they text or email while driving a car or other vehicle more than once. The percent of students texting or emailing while driving a car or other vehicle in the past 30 days increases with grade level :

- 55.1% of 12th grade students
- 41.9% of 11th grade students
- 28.7% of 10th grade students



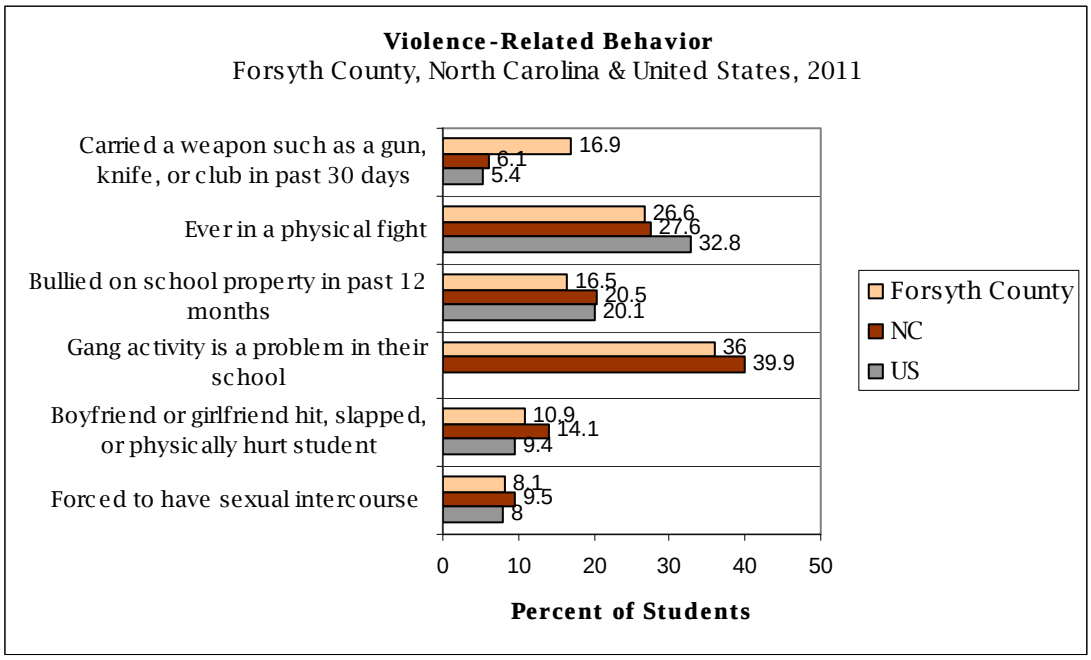
10% more students reported never or rarely wearing a helmet when riding a bicycle in 2011 than in 2009

Males were more likely to drive a car under the influence of alcohol (10.4% versus 7.4%) or send a text or email (32.5% versus 27.6%). Females were more likely than males to ride in a car with someone who had been drinking alcohol (21.5% versus 20.6%).



Violence & Bullying

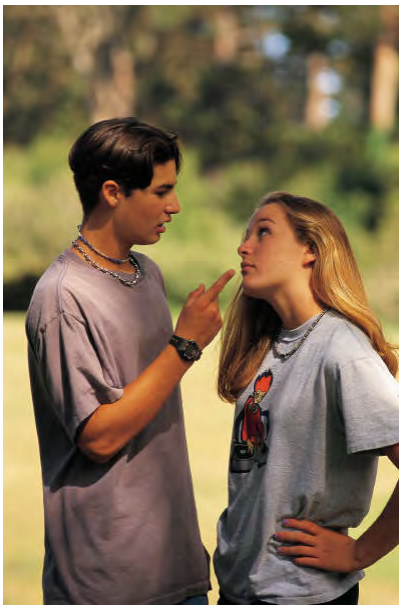
Youth violence includes two types of behavior—violent acts and robbery or assault.[3] Violent acts can cause both emotional and physical harm through bullying, slapping, or hitting.[3] Robbery or assault can lead to injury or death and performed with or without weapons.[3] Youth violence is considered the second leading cause of death for young people between 10 and 24 years old.[3] Violence can lead to death, injuries, and disabilities while also affecting the health of communities.[3]

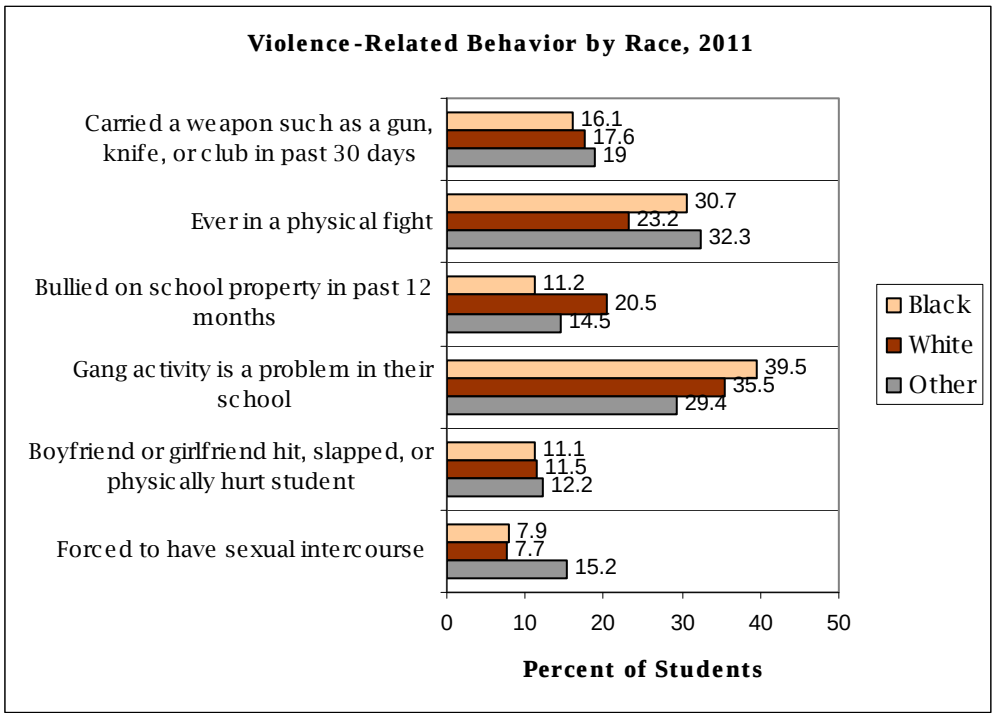


WSFC high school students reported that 6.4% of them had been threatened or injured with a gun, knife, or club on school property in the past 12 months. Males students had a higher percentage reporting that they did not go to school on one or more days in the past 30 days due to feeling unsafe, at 6.5% compared to 4.9% of females. In the past 12 months, 4.2% of students reported sustaining an injury from a physical fight that needed medical treatment.

Dating Violence

- 10.9% of them had been hit, slapped, or physically hurt by their boyfriend or girlfriend on purpose
  - 12.7% of males had been physically hurt
  - 8.8% of females had been physically hurt
- 8.1% of students reported being physically forced to have sexual intercourse when they did not want to
  - 6.3% of males were physically forced to have intercourse
  - 10.2% of females were physically forced to have intercourse





Bullying

Bullying is considered a form of youth violence and includes: attack or intimidation with intention to cause fear, distress, or harm through physical, verbal, or psychological/ relational means; imbalance of power between the bully and victim; or repeated attacks or intimidation between the same children over time.[4] Victims of bullying have an increased risk for mental health problems, psychosomatic complaints, and poor school adjustment while the youth abusers of bullying have an increased risk for substance use, academic problems and violence later in life.[4]

Additionally:

- 18.3% of females were electronically bullied in past 12 months
- 8.4% of males electronically bullied in past 12 months
- 57.0% witnessed other students being bullied in past 12 months
- 10.7% were teased or called names because someone thought they were gay, lesbian, or bisexual.

Violence-Related Behavior	***2011 WSFCS***	***2011 NC***	***2011 US***	***2009 WSFCS***	***2009 NC***	***2009 US***
Carried a weapon such as a gun, knife, club in past 30 days	16.9%	6.1%	5.4%	17%	20%	18%
Ever in a physical fight	26.6%	27.6%	32.8%	29%	29%	32%
Bullied on school property in past 12 months	16.5%	20.5%	20.1%	14%	17%	20%
Gang activity is a problem in their school	36.0%	39.9%	n/a	32%	36%	n/a
Boyfriend or girlfriend hit, slapped, or physically hurt student	10.9%	14.1%	9.4%	12%	13%	10%
Forced to have sexual intercourse	8.7%	9.5%	8.0%	8%	9%	7%

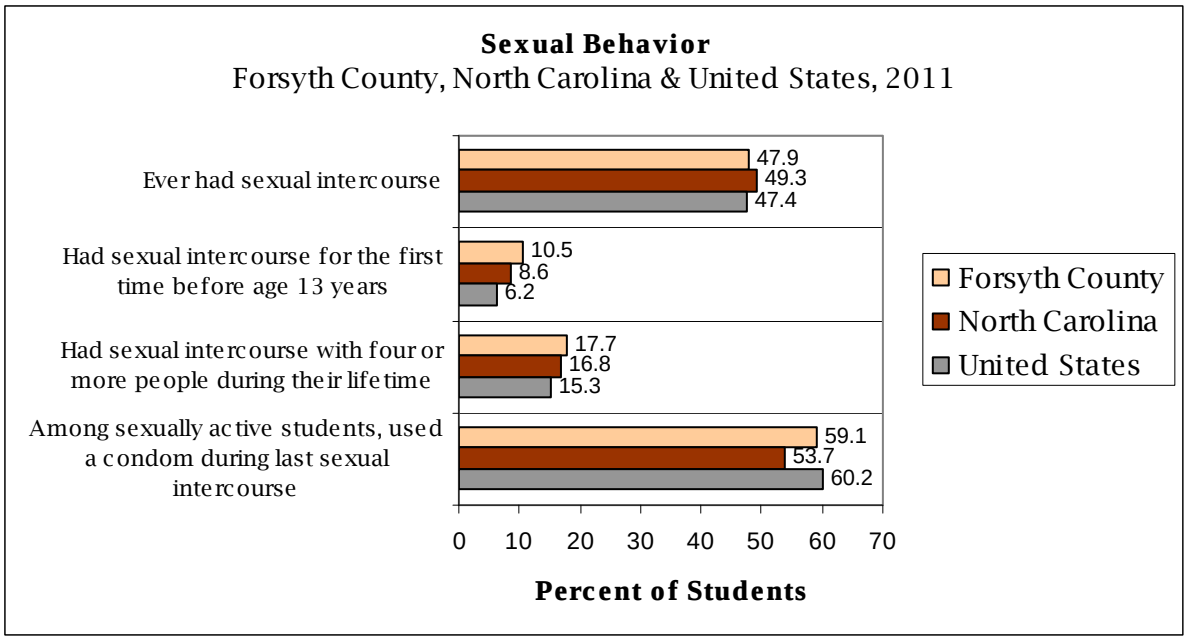
Sexual Behavior

Sex education is deemed a health topic as youth engage in behaviors that lead to pregnancy, sexually transmitted diseases, and place them at risk for HIV infection. Nationally 46% of high school students have had sex, with 39% not using a condom during last sexual intercourse.[5] In 2010 Forsyth County had 636 pregnancies for teens between the ages of 15-19 years old.[6] The same year there were 1,010 sexually transmitted diseases among youth ages 10-19 years including syphilis, chlamydia, and gonorrhea additionally 4 cases of HIV were diagnosed and 1 case of AIDS was diagnosed among this age group.[6]

Sexual Intercourse

The average age of first sexual intercourse for WSFC high school students is 14. Students who engaged in sexual intercourse increased with grade levels:

- 36.7% of 9th grade students
- 45.6% of 10th grade students
- 55.1% of 11th grade students
- 67.6% of 12th grade students
- Males had an average of 3.3 partners during their lifetime
- Females had an average of 2.8 partners during their lifetime
- Males who were sexually active in the past 3 months had an average of 2.1 sex partners
- Females who were sexually active in the past 3 months had an average of 1.4 sex partners
- 10.7% of students reported drinking alcohol or using drugs prior to having sexual intercourse
    - 12.7% of males drank alcohol or used drugs prior to having sexual intercourse
    - 8.6% of females drank alcohol or used drugs prior to having sexual intercourse

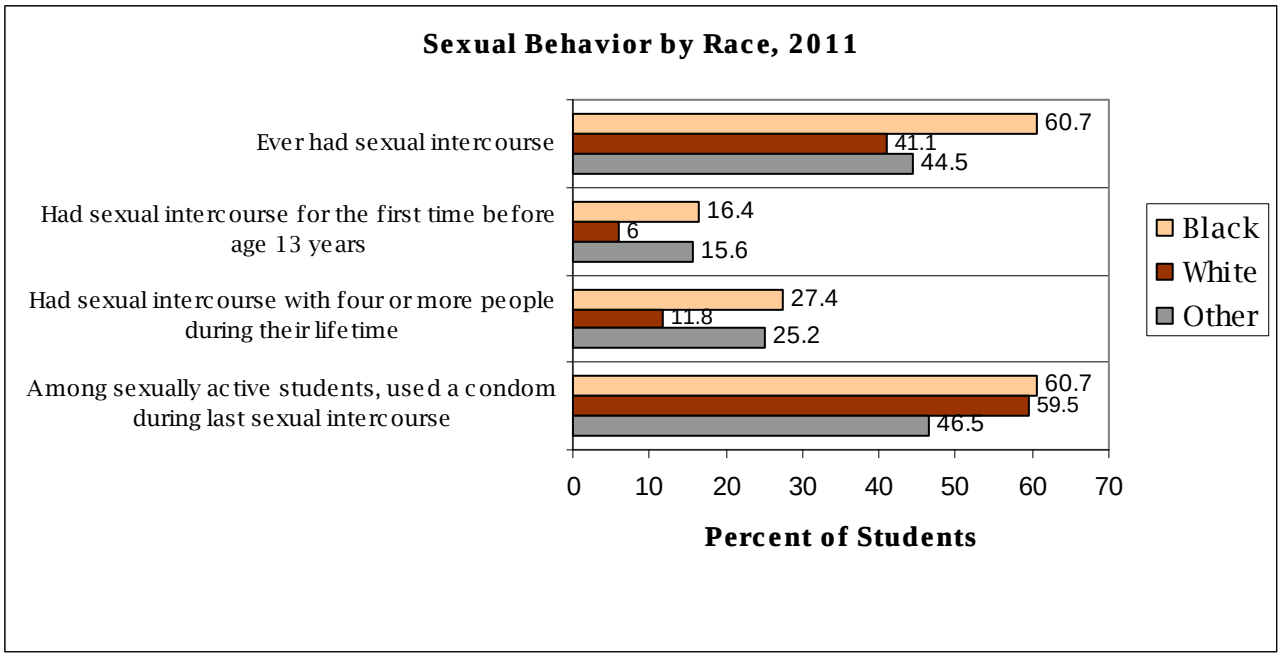


Sex Behavior	2011 WSFCS	2011 NC	2011 US	2009 WSFCS	2009 NC	2009 US
Ever had sexual intercourse	47.9%	49.3%	47.4%	50%	51%	46%
Had sexual intercourse for the first time before age 13 years	10.5%	8.6%	6.2%	10%	8%	6%
Had sexual intercourse with four or more people during their lifetime	17.7%	16.8%	15.3%	16%	16%	14%
Among sexually active students, used a condom during last sexual intercourse	59.1%	53.7%	60.2%	63%	62%	61%

Partner age also varied with gender as 2.9% of females had partners 3 or more years younger than them, and 10.7% of females responding yes to having sexual partners 3 or more years older then they. A higher percentage, 4.2%, of males had sexual partners that were 3 or more years younger, while 8.4% of males had sexual partners that were 3 or more years older than them.

Parental Expectations

WSFC high school students reported that 75.8% of them have had their parents or other adults in their family talk with them about they expected the student to do or not to do when it comes to sex, while 17.7% had not, and 6.6% were unsure. Females had a higher percentage at 81.8% of parental discussion in contrast to males at 70.6%.

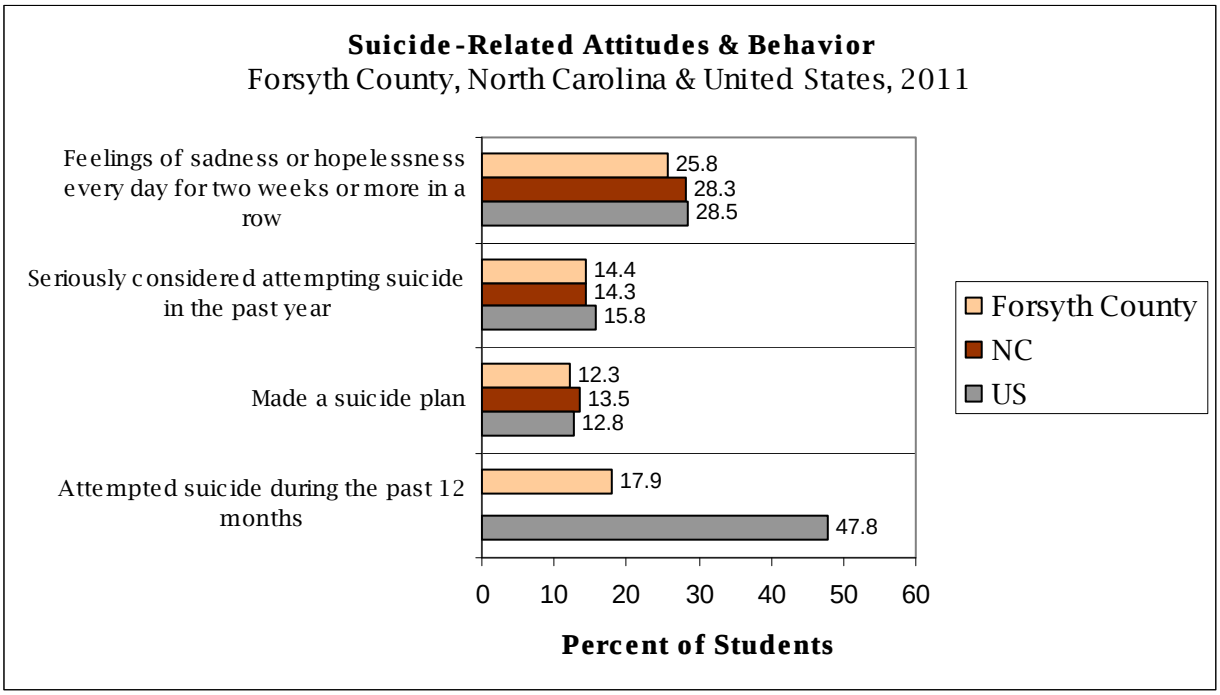


Suicide-Related Attitudes & Behavior

Suicide is the third leading cause of death, accounting for 12% of deaths, for youth ages 10-24 years.[2] For youth ages 10-14, suicide is the fourth leading cause of death.[7] The feelings that lead to suicide are highly treatable if tied to mental or substance abuse disorder.[7]

A higher percentage of females, 32.0%, felt sad and hopeless almost everyday for two weeks or more in row in the past 12 months that they stopped doing usual activities, in contrast to 20.2% of males who felt the same. Others were more likely to report feeling so sad or hopeless almost every day for two weeks or more that they stopped doing some usual activities in comparison to Blacks or Whites.

Overall 14.4% of WSFC high school students seriously considered suicide, with 17.2% 9th grade students reporting they had considered it in comparison to 12.4% of 12th grade students. There was a 7.3 percentage point gap between male and females, with 11% of males considered suicide in comparison to 18.3% of females.

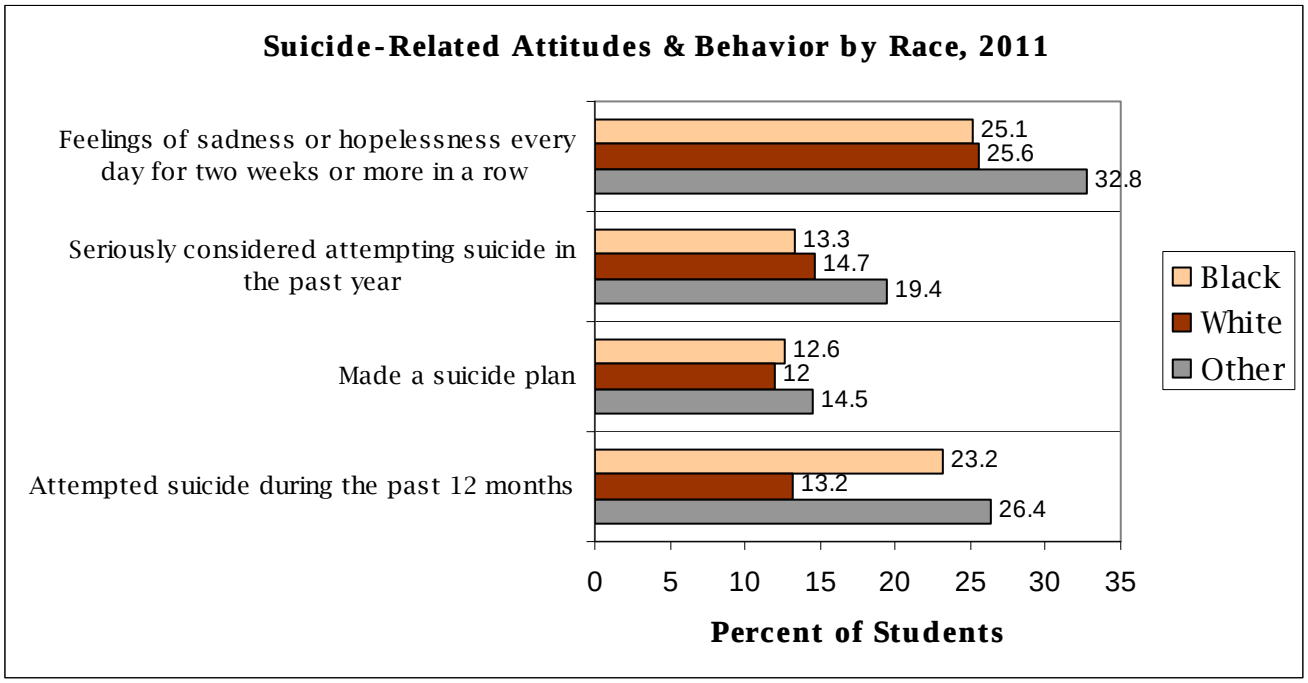


Suicide-Related Attitudes & Behavior	2011 WSFCS	2011 NC	2011 US	2009 WSFCS	2009 NC	2009 US
Feelings of sadness or hopelessness every day for two weeks or more in a row	25.8%	28.3%	28.5%	25%	27%	26%
Seriously considered attempting suicide in the past year	14.4%	14.3%	15.8%	14%	13%	14%
Made a suicide plan	12.3%	13.5%	12.8%	11%	10%	11%
Attempted suicide one or more times in the past year	17.9%	n/a	7.8%	12%	10%	6%

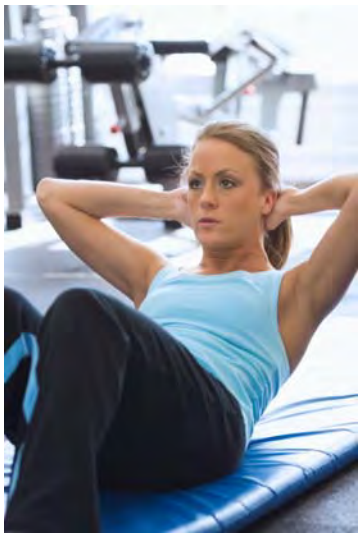
Females reported that 14.5% of them had made suicide plans in comparison to 10.3% of males. Students reported that 17.9% of them had tried to kill themselves. WSFC high school students reported that 5.6% of them had been seriously injured from a suicide attempt, more than 1 in 20 respondents. Males reported that 6.5% of them had to be treated by a doctor or nurse following a suicide attempt in comparison to 4.7% of females needing treatment. Others also were more likely to report needing treatment at 10.4% in comparison to 7.6% of Black students and 4.0% of White students.

49% more students reported that they attempted suicide one or more times in the past year in 2011 than in 2009

High school students turn to their friends or siblings (45.7%), parent or other adult family member (15.5%), or some other person (8.9%) when they feel sad, empty, hopeless, angry, or anxious. A higher rate of males, 79.8%, reported not feeling sad in comparison to 68.0% of females.



Weight Management & Nutrition



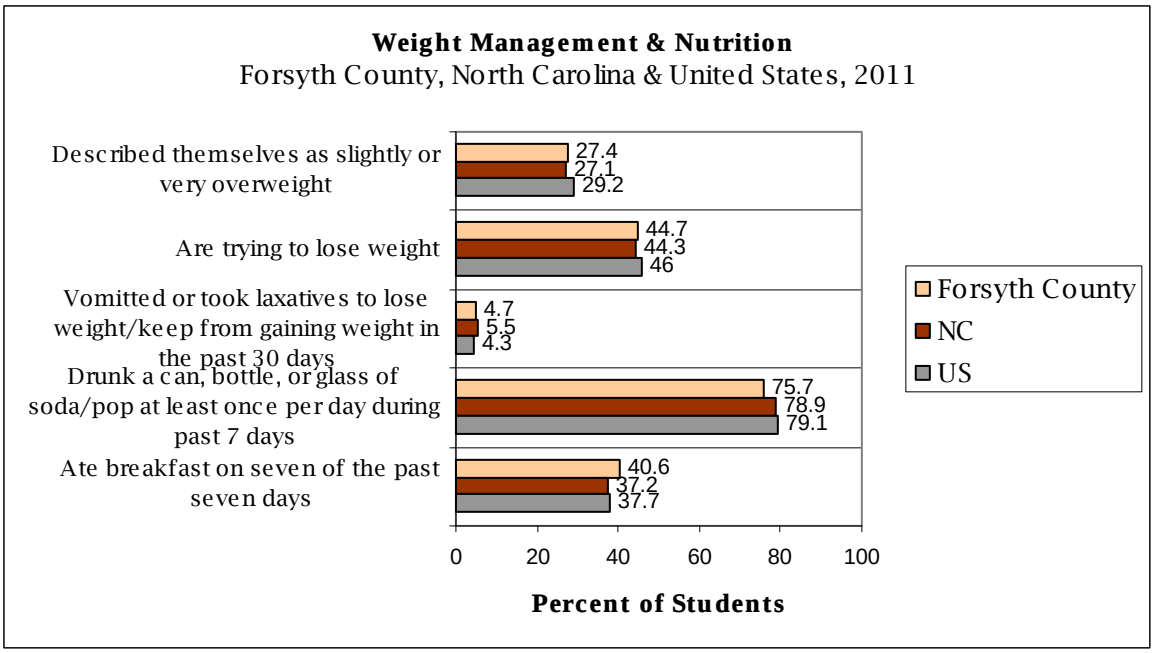
Childhood obesity has more than tripled in the past 30 years. In 2008, 20% of children between 6-11 years old were obese, while 18% adolescents aged 12-19 are obese.[8] There are both immediate and long-term effects on health and well-being for youth who are obese.[8] These effects include[8]:

- Increases risk for cardiovascular disease (high cholesterol, high blood pressure)
- Increases likelihood to have pre-diabetes
- Increases risk for bone and joint problems, sleep apnea, and social and psychological problems (stigmatization and poor self-esteem)
- Increases likelihood to be obese adults
- Increases risk for cancers

In WSFC high schools, 32.3% of female students and 23.1% of male students described themselves as either "slightly overweight" or "very overweight". Most students, 57.0%, described themselves as being at "about the right weight". More females, 59.8%, were trying to lose weight in comparison to 31.3% of males. In the past 30 days, to either lose weight or keep from gaining weight:

- 69.7% of female students and 52.5% of male students exercised
- 53.0% of female students and 27.1% of male students ate less food
- 5.6% of female students and 5.3% of male students took diet pills, powders, or liquids without a doctor's advice
- 5.8% of female students and 3.7% of male students vomited or took laxatives

64% less students reported drinking a can, bottle, or glass of soda or pop at least once a day in 2011 than in 2009.

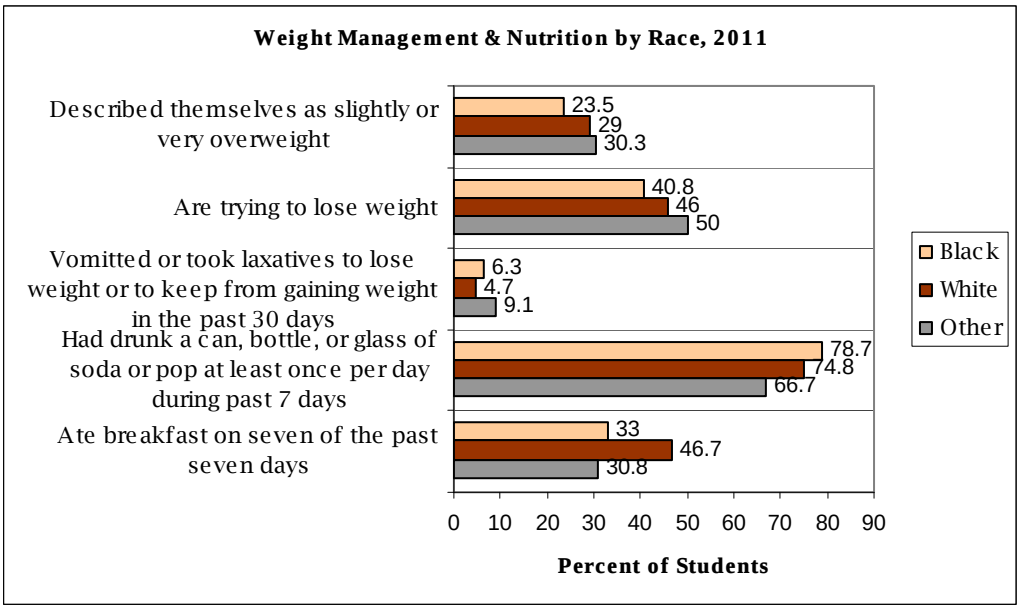


Weight Management & Nutrition	2011 WSFCS	2011 NC	2011 US	2009 WSFCS	2009 NC	2009 US
Described themselves as slightly or very overweight	27.4%	27.1%	29.2%	25%	28%	28%
Are trying to lose weight	44.7%	44.3%	46.0%	43%	46%	45%
Vomited or took laxatives to lose weight or to keep from gaining weight in the past 30 days	4.7%	5.5%	4.30%	5%	5%	4%
Had drunk a can, bottle, or glass of soda or pop at least once per day during past 7 days	23%	30.4%	27.8%	36%	33%	29%
Ate breakfast on seven of the past seven days	40.6%	37.2%	37.7%	38%	34%	n/a

Nutrition

Students reported in the past 7 days they:

- Drank an average of 5 sodas
- Consumed fruit or vegetables an average of 16.4 times
- Ate breakfast an average of 5.5 times
- Had dinner with family an average of 5.3 times
- 78% drank 100% fruit juice one or more times
- 87.3% ate fruit on one or more times
- 60.7% ate a green salad one or more times
- 62.9% ate potatoes one or more times
- 42.4% ate carrots one or more times
- 83.1% ate other vegetables one or more times
- 83.4% drank a sugar sweetened beverage



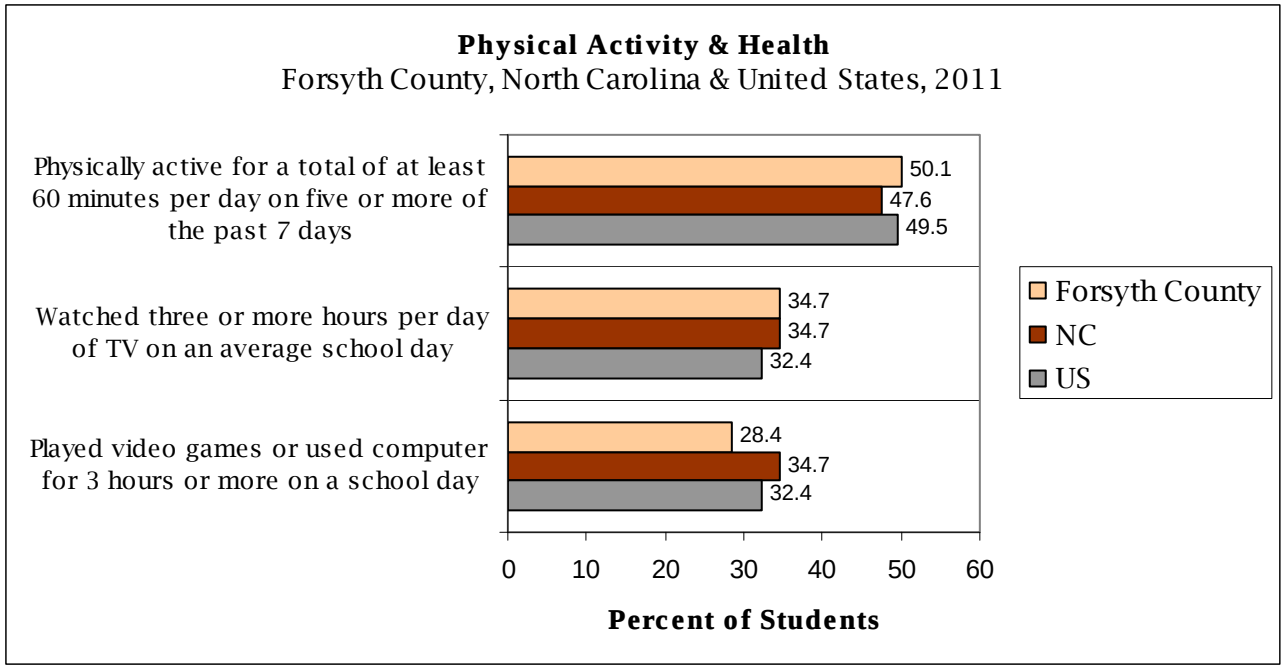
Physical Activity and Health

Physical activity has multiple benefits for children and adolescents that include[9]:

- Improves strength and endurance
- Builds healthy bones and muscles
- Controls weight
- Reduces anxiety and stress
- Improves self-esteem levels
- Improves blood pressure and cholesterol levels
- Improves academic performance
- Reduces risk for developing chronic diseases

Youth between the ages of 6 and 17 years old are recommended to receive at least 60 minutes of physical activity daily.[9] Physical inactivity can result in increased risk for diseases and illnesses related to overweight and obesity.[9]

Students reported being physically active for at least 60 minutes an average of 5.1 days, with 42.6% of students participating in team sports and 23.6% participating individual sports.

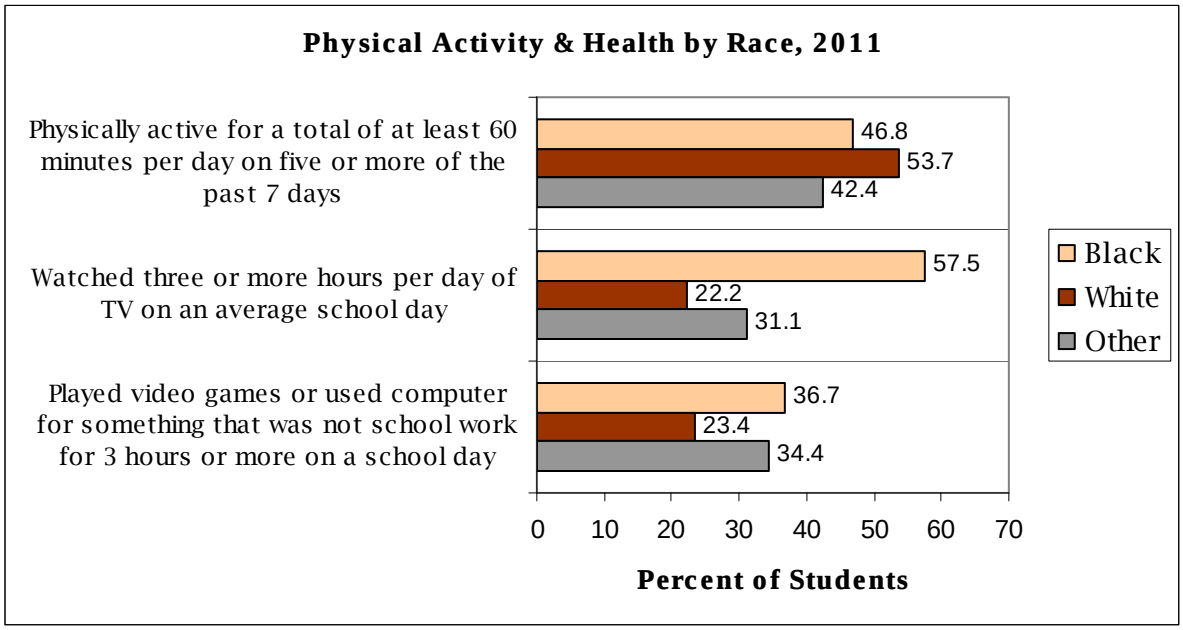


Physical Activity & Health	2011 WSFCS	2011 NC	2011 US	2009 WSFCS	2009 NC	2009 US
Physically active for a total of at least 60 minutes on five or more of the past seven days	50.1%	47.6%	49.5%	46%	46%	37%
Watched three or more hours per day of TV on an average school day	34.7%	34.7%	32.4%	35%	36%	33%
Played video games or used computer for something that was not school work for 3 hours or more a school day	28.4%	34.7%	32.4%	23%	24%	25%

Additionally:

- 5.4% of males and 4.6% of females reported being physically active.
- 5.3% of 9th grade students reported being physically active, above the all average of 5.1%
- 48.5% of males participated in team sports in comparison to 36.0% of females
- Team sport participation decreased with grade level
    - 46.0% of 9th grade students
    - 44.9% of 10th grade students
    - 39.1% of 11th grade students
    - 33.8% of 12th grade students
- 30.7% of males participated in individual sports in comparison to 15.6% of females

23% more students played video games or used computers for something that was not school work 3 or more hours a school day in 2011 than in 2009

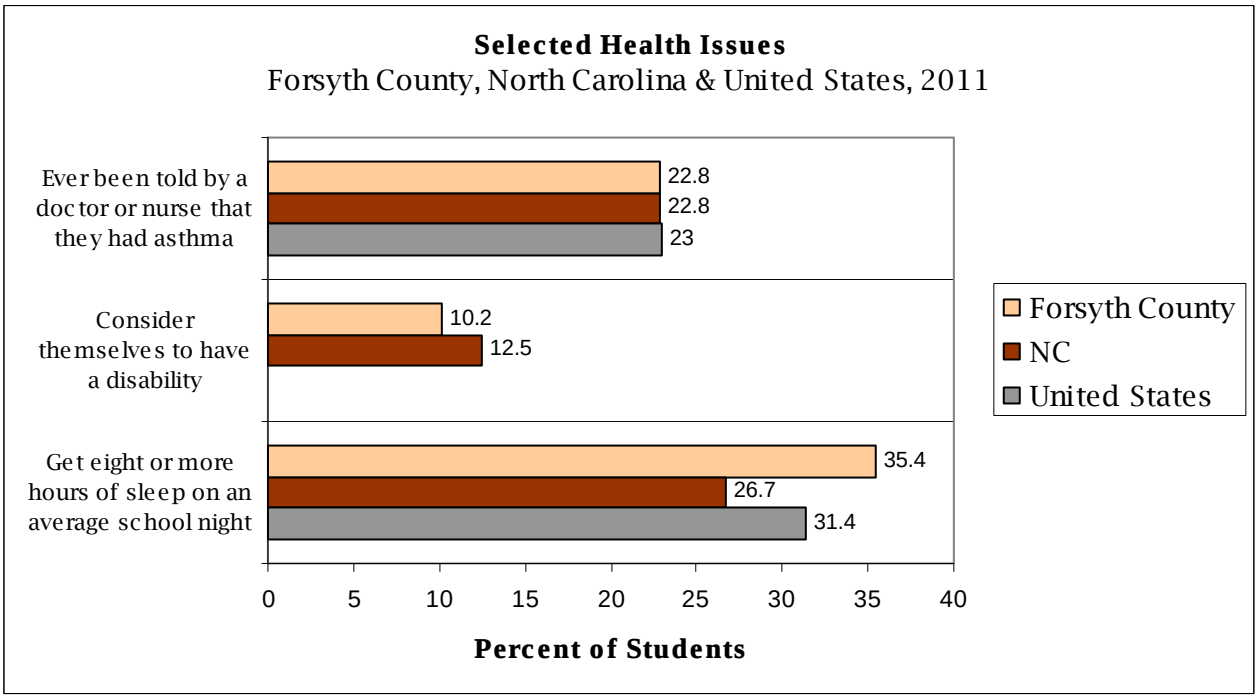


Selected Health Issues

Other conditions also affect adolescents. Health conditions like asthma is common among youth. Asthma is one of the leading chronic diseases among youth in the Nation and a leading cause of school absenteeism10 Youth who are low-income, minorities, or live in inner cities experience asthma that results in more emergency department visits, hospitalizations, and death than the general population.[10] Another health issue among teens is the amount of sleep teens receive. Sleep is recognized as important to public health, with sleep deficiency linked to motor vehicle crashes, industrial disasters, as well as errors in medical and other occupations.[11] Sleep deficiency also increases risk for chronic diseases. Teens ages 10-17 years old are recommended to receive 8.5-9.25 hours of sleep a night. [12] In addition the overall health of teens rely on both regular physical visits for physicals and dental visits twice a year.

WSFC high school students reported:

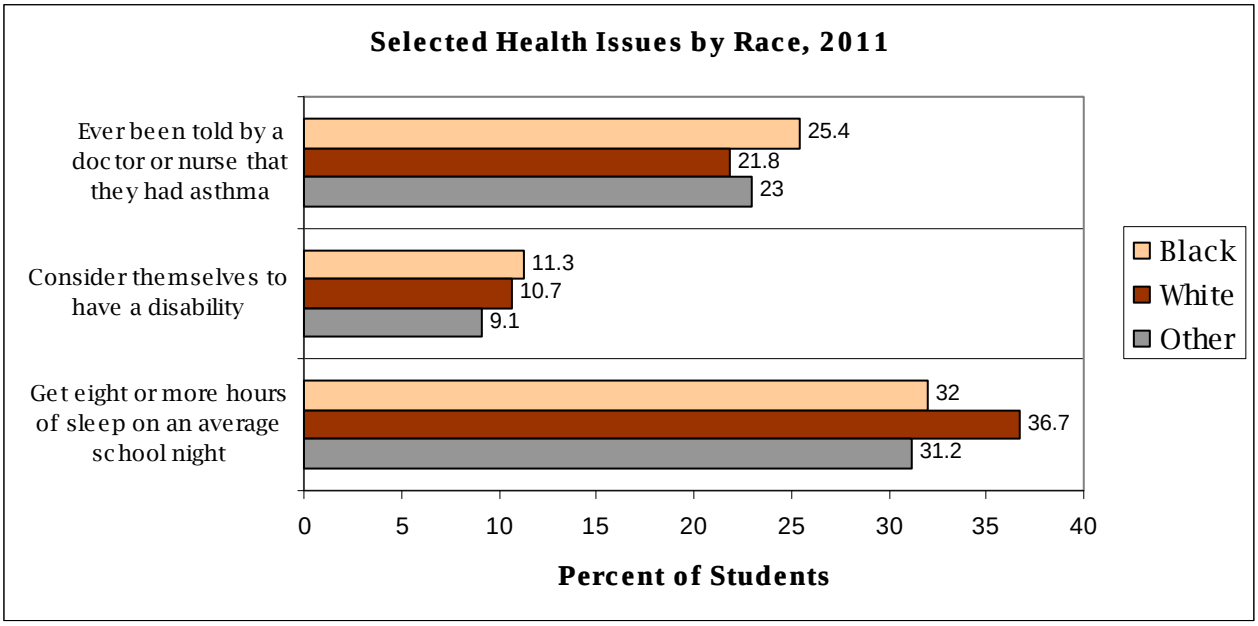
- An average of 6.9 hours of sleep per night
- 16.3% strongly agreed or agreed that they felt alone in life
- 80.0% strongly agreed or agreed that they feel good about themselves
- 54.8% strongly agreed or agreed that their teacher really cares about them and gives them encouragement.
- 15.9% had been tested for HIV
- 10.2% considered themselves to have a disability
- 35.6% have gambled one or more times in the past 3 months
- 16% still had asthma



Selected Health Issues	2011 WSFCS	2011 NC	2011 US	2009 WSFCS	2009 NC	2009 US
Ever been told by a doctor or nurse that they had asthma	22.8%	22.8%	23.0%	22%	22%	22%
Consider themselves to have a disability	10.2%	12.5%	0%	12%	11%	n/a
Get eight or more hours of sleep on an average school night	35.4%	26.7%	31.4%	34%	29%	31%

Additional Differences:

- 11.9% of males considered themselves to have a disability in comparison to 8.25 of females
- 14.3% of White students reported trouble learning, remembering, or concentrating because of a disability or health problem in comparison to 10.7% of Black students and 10.7% of Other students
- For HIV Testing
    - 18.7% of female students and 13.5% of males students were tested tested
    - 23.9% of Black students, 11.5% of White students and 17.5% of Other students were tested



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2011 Forsyth County
Community Health Resources

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
AIDS/HIV		
AMIGOS Peer Educators **Agency: AIDS Care Services**	995 Northwest Blvd Winston-Salem, NC 27101 Phone: (336) 725-8682	The AMIGOS program offered by AIDS Care Service recruits and coordinates training of volunteers to educate the Spanish-speaking community about AIDS prevention, testing and care. Hours: Monday - Friday 9:00 am - 5:00 pm.
Back to Basics	995 Northwest Blvd Winston-Salem, NC 27101 Phone: (336) 777 - 0116 Email: acswsnc@bellsouth.net	The Back to Basics program provides home visits and phone interviews to follow up with housing clients. Staff conducts life skills training classes, and supports HIV+ and AIDS-affected people and families with information and referrals. Hours: Monday - Friday 9:00 am - 5:00 pm.
Comprehensive Risk Counseling Service **Agency: AIDS Care Service, Inc.**	995 Northwest Blvd Winston-Salem, NC 27101 Phone: (336) 777 - 0116 Email: acswsnc@bellsouth.net	The Comprehensive Risk Counseling Services of Aids Care Service provides a combination of individually focused prevention activities focused on multiple objectives such as: risk reduction, increased participation in medical care, and adherence interventions for HIV+ persons. Hours: Monday - Friday 9:00 am - 5:00 pm.
Housing Program **Agency: AIDS Care Service, Inc.**	995 Northwest Blvd Winston-Salem, NC 27101 Phone: (336) 722 - 6551 Email: acswsnc@bellsouth.net	The AIDS Care Service Housing Program offers temporary housing for up to five families at a time in their Horseshoe Apartments. The assist clients with finding affordable permanent housing via coordination and administration of Shelter Plus Care, HOPWA and Section 8 vouchers. They also provide HOPWA Emergency Housing Funding for rent and utility assistance. Hours: Monday - Friday 9:00 am - 5:00 pm.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Holly Haven Family Care Home **Agency: AIDS Care Service, Inc.**	995 Northwest Blvd Winston-Salem, NC 27101 Phone: (336) 725-3555 Email: acswsnc@bellsouth.net	Holly Haven provides residential treatment and other services for persons with HIV/AIDS and their families. AIDS Care Service provides 24-hour holistic care at Holly Haven, a six-bed family care home built to meet the unique needs of persons seriously ill with AIDS-related symptoms. Hours: Monday - Friday 9:00 am - 5:00 pm
Latino Client Health Educators **Agency: AIDS Care Service, Inc.**	995 Northwest Blvd Winston-Salem, NC 27101 Phone: (336) 725 - 8438 Email: acswsnc@bellsouth.net	Provides home and hospital visits, support services, caregiver support referral, translation, and access to transportation. Hours: Monday - Friday 9:00 am - 5:00 pm.
Positive Action Club Support Groups **Agency: AIDS Care Service, Inc.**	995 Northwest Blvd. Winston-Salem, NC 27101 Phone: (336) 777-0208	This program offers group networking and counseling with others about living with HIV/ AIDS. Hours: Monday - Friday 9:00 am-5:00 pm.
Client Supportive Program: Referrals for HIV/AIDS Social Service Agencies	PO Box 21373 Winston-Salem, NC, 27120 Phone: (336) 777 – 0142	The program provides referrals for individuals with HIV/AIDS to local social services agencies and treatment organizations.
Communicable Disease Control **Agency: Forsyth County Department of Public Health**	799 N Highland Ave Winston-Salem, NC, 27101 Phone: (336) 703-3100	Communicable Disease Control includes the investigation of disease outbreaks and unusual situations and to implement control measures to minimize further transmission of disease. Hours: Monday, Tuesday, Thursday, 8:30 am-3:45 pm; Wednesday, 9:30 am- 6:45 pm, Friday, 8:30 am-11:45 am.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
HIV/AIDS Case Management **Agency: Abundant Quality Care (AQC)**	651 Akron Dr Winston-Salem, NC, 27105 Phone: (336) 744-9293	AQC (Abundant Quality Care) - provides case management to bring about a positive change in the lives of individual infected with HIV/AIDS as well as bring beneficial relief, assistance and change to the family unit. Hours: Monday - Friday 8:30 am - 4:30 pm.
Northwest Care Consortium	301 N Main St, Ste 1700 Winston-Salem, NC, 27101 Phone: (336) 721-9332	The Consortium serves the HIV/AIDS population in fourteen counties in Northwest North Carolina (Alexander, Burke, Allegany, Ashe, Caldwell, Catawba, Davidson, Davie, Forsyth, Stokes, Surry, Watauga, Wilkes, and Yadkin).
Positive Wellness Alliance	1001 S Marshall St, Ste 257 & 258 Phone: (336)-722-0976	Positive Wellness Alliance provides services and support to people infected with and affected by HIV/AIDS through case management, outreach, and prevention education in Davidson, Forsyth, Davie, and Yadkin counties. Hours: Mondays and Wednesdays-Fridays, 8:00 am to 5:00 pm.
The Pantry **Agency: Aids Care Service, Inc.**	995 Northwest Blvd Winston-Salem, NC 27101 Phone: (336) 777 - 0116 Email: acswsnc@bellsouth.net	The Pantry offered by AIDS Care Service provides monthly supplies of food to persons with HIV. Hours: Monday - Friday 9:00 am - 5:00 pm.
Serenity's Haven, Inc: HIV/AIDS Case Management	163 Stratford Ct, Ste 214 Winston-Salem, NC, 27103 Phone: (336) 723 - 7717	Coordinate care for HIV+ persons with NC Medicaid and link them to other community resources. Monday - Friday 9:00 am - 5:00 pm.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Ancillary Services		
Ancillary Services - Forsyth County **Agency: Forsyth County Department of Public**	799 N Highland Ave Winston-Salem, NC 27101 Phone: (336) 727-8231	Provides support for all health department clinics with services that include: testing for sexually transmitted diseases, hematology, blood chemistry and urinalysis. In addition to clinical testing, the lab also works closely with Environmental Health to monitor the quality of drinking water from wells in the area and to ensure that local package treatment plants are performing properly. Hours: Monday-Friday, 8:00 am - 5:00 pm.
Chiropractic Services		
Advance Chiropractic and Health Center	**2505 Neudorf Rd** **Clemmons, NC 27012** **(336) 766-0888**	**Care may include massage, acupuncture, nutrition, exercise and stress counseling in addition to the chiropractic adjustments.**
Body Care Chiropractic	**5919 James St, Ste C** **Clemmons, NC 27012** **Phone: (336) 766-3993**	**Help people who suffer from a variety of health issues. Naturally, chiropractors help traditional neck and back problems, but chiropractic has also produced wonderful results with a variety of problems you wouldn't normally associate with the spine. Hours: Monday, Wednesday & Friday 9:00 am -12:00pm; Monday-Wednesday 2:00 pm- 5:30 pm and Thursday 2:00 pm – 5:15 pm.**
Brittan Chiropractic Center, PLLC	205 S Stratford Rd Winston-Salem, NC 27103 Phone: (336) 293-8931	Chiropractic Clinic offering a full range of services including adjusting techniques, physiotherapy, rehab exercise, and nutritional counseling to help patients toward optimal health and wellness.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Bronson Chiropractic and Acupuncture Clinic of the Triad	4526 Country Club Rd Winston-Salem, NC 27104 Phone: (336) 765-0404	BC&A is a clinic offering many complimentary and alternative options for the care and treatment of patients. Functional Medicine and Nutrition are used to address chronic pain, digestive problems, hormonal imbalances, and allergies as well as diabetes, heart disease and cancer, etc. Acupuncture is used in the treatment of pain, arthritis, digestive issues, allergies and other autoimmune diseases. Chiropractic care is available for musculoskeletal issues. Hours are by appointment Monday – Thursday.
Gray Chiropractic & Sports Associates, P.A.	223 Harper St Winston-Salem, NC 27104 Phone: (336) 774-1624	Offers a diverse array of cutting edge techniques that address health and wellness, including chiropractic care, laser therapy, soft tissue treatment, acupuncture and body performance.
Robinson Center for Chiropractic	3300 Reynolda Rd, #102 Winston-Salem, NC 27106 Phone: (336) 782-3243	Winston Salem Chiropractic Clinic and Wellness Center offering a full range of services. Hours: Monday – Thursday, 8:00 am to 6:00 pm, Friday, 8:00 am to 1:00 pm, and Saturday, 8:00 am to 12:00 pm.
Salama Chiropractic Center	Oak Ridge Office: 1692 NC Hwy 68 N, Ste E Oak Ridge, NC 27310 Phone: (336) 644-6446 Winston-Salem Office: 1515 Hanes Mall Blvd Winston-Salem, NC 27103 Phone: (336) 773-7373	Treats headaches, migraines, neck pain, arthritis, whiplash, lumbar pain, disc pain, carpal tunnel pain, back pain, knee pain, wrist pain, arm & shoulder pain, numbness and tingling, extremity pain, auto/work/sports injuries, muscle aches, sprains and strains, fribromyalgia, and scoliosis. Appointments are available Monday through Saturday.
Sharp Chiropractic	4622 Country Club Rd, # 140, Winston-Salem, NC 27104 Phone: (336) 768-7227	Hours: Monday to Thursday 9:00 am to 1:00 pm and 3:00 pm to 6:00 pm.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Dental Health Providers		
Cleveland Avenue Dental Health Center	501 Cleveland Ave Winston Salem, NC 27101 Phone: (336) 703-3090	A full range of basic dental care services are offered to children of all ages and adults. Medicaid and Health Choice are accepted. Hours: Monday- Thursday 8:00 am - 5:00 pm and Friday 8:00 am - 12:00 pm.
Community Care Center	2135 New Walkertown Rd Winston-Salem, NC 27101 Phone: (336) 723 – 7904	Safety Net Dental Clinics are non-profit dental facilities where low income families can go for dental care.
Preschool Dental Health Program/ School Age Dental Health Program **Agency: Forsyth County Department of Public Health/Smart Start of Forsyth County**	799 North Highland Ave Winston-Salem, NC 27102 *Preschool* Phone: (336) 703-3376 *School Age* Phone: (336) 703-3090	Promotes and protects good oral health for the citizens of Forsyth County, specifically children ages 0 - 5, their parents, child care providers and women of childbearing age. Provides calibrated dental assessment, preventive education, and liaison services for school age children.
Forsyth Tech Dental Education Clinic	2100 Silas Creek Pkwy Winston-Salem, NC 27103 Phone: (336) 734-7550	Offers dental hygiene and dental assisting services including: cleanings, x-rays, sealants, complete examinations, filings, extractions, root canals and additional services if selected as a patient. No insurance accepted. Services range from $5.00 to $450.00.
Health Check	799 North Highland Ave Winston-Salem, NC 27101 Phone: (336) 703-3100	Health Check is Medicaid for children. Health Check covers complete medical and dental check-ups, and provides vision and hearing screenings and referrals for treatment. Hours: Monday, Tuesday, Thursday, 8:30 am-3:45 pm; Wednesday, 9:30 am- 6:45 pm, Friday, 8:30 am-11:45 am.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Rescue Mission Dental Clinic	710 North Trade St Winston-Salem, NC 27101 Phone: (336) 723-7904	Safety Net Dental Clinics are non-profit dental facilities where low income families can go for dental care. Most accept insurance and Medicaid, and some have payment on a sliding scale. Hours: 6:30am on the 2nd & 4th Thursday of each month Only take 10 clients by appointment, occasionally a walk in can be seen for clients that do not show. Dental extractions only.
Smile Starters	2041 Silas Creek Pkwy Winston-Salem, NC 27103 Phone: (336) 777-1272	Provides dental treatment to underserved children and young adults up to age 20. Accepts Medicaid and Health Choice.
Domestic Violence & Sexual Assault		
Battered Women's Shelter - Safe Relationships **Agency: Family Services, Inc.**	24 HourCrisis Line: (336) 723-8125	Provides safe temporary shelter for women and children who are victims of domestic violence or sexual assault. Partners with other agencies to assist victims of human trafficking
Advocacy for Domestic Violence Victims **Agency: Next Step Ministries**	PO Box 793 Kernersville, NC 27285 Phone: (336) 413-3156 Email: marthashouse@embarqmail.com	Next Step Ministries assist domestic violence victims by helping them process 50B restraining orders, providing transportation related to domestic violence court procedures and appointment, coordinated programming with community agencies, assistance with obtaining employment and assistance with securing permanent housing. Call 336-413-3156 (Domestic Violence Crisis Line)

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Safe on Seven: Forsyth Domestic Violence Center **Agency: Family Services, Inc.**	1200 S Broad St Winston-Salem, NC 27101 Phone: (336) 722-8173	Safe on Seven: (SOS) Forsyth Domestic Violence Center is a multi-agency approach to provide services for victims of domestic violence. The Center is located on the seventh floor of the Forsyth County Hall of Justice, Winston-Salem, NC. The Safe on Seven Center provides a "one-stop shop" for domestic violence victims by bringing together key service providers from the criminal and civil justice systems, law enforcement, victim advocates, legal advocates and social services, providing access to a variety of services to victims in one centralized location. Hours: Monday-Friday, 8:00 AM-12:30 PM and 2:00 PM-5:00 PM. For screening for 50B, hours are 8:30-12:30 and 2:00-3:30.
Time Out - Safe Relationships **Agency: Family Services, Inc.**	1200 S Broad St Winston-Salem, NC, 27101 Phone: (336) 722-8173	State-approved, psycho-educational program for batterers that addresses issues regarding abuse and control in relationships.
Sexual Assault Crisis **Agency: Family Services, Inc.**	Sexual Assault Line: (336) 722-4457	Advocates are available to assist through the legal and court processes in applying for Victim's Compensation, crisis intervention, support, information, survivor groups, and trained nurses and representatives in sexual assault.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Foundations & Nonprofit Agencies		
Arts Council	305 W 4th St, Ste 1-C Winston-Salem, NC 27101 Phone: (336) 722-2585	The Arts Council offers five competitive grant and award programs. Hours: Monday - Friday 8:30 am - 5:00 pm.
Jaycees, Winston-Salem	1001 S Marshall St, Ste 89 Winston-Salem, NC 27101 Phone: (336) 776 - 0690	The Jaycees is an organization of young professionals, age 21 to 40 years-old, involved in a variety of community, individual development, networking and financial projects.
Kate B. Reynolds Charitable Trust	128 Reynolda Village Winston-Salem, NC 27106 Phone: (336) 397-5514	The Trust is a private foundation with two grant making divisions: the Poor and Need Division which responds to the basic needs and invests in solutions that improve the quality of life for financially needs residents of Forsyth County through two programs: 1) increasing self reliance; 2) providing basic needs. Hours: Monday-Friday, 8:00 am-5:00 pm.
Lupus Foundation of America	2841 Foxwood Ln Winston-Salem, NC 27103 Phone**: (**336) 768 – 1493 Email: lfawinston-t.nclf@juno.com	Non-profit, all volunteer organization operated primarily by Lupus patients which lends support to people (and their families) with Lupus and related diseases.
March of Dime, Greater Triad Division	410 Brookstown Ave Winston-Salem, NC 27101 Phone: (336) 723 - 4386	The March of Dimes works toward prevention of birth defects through research and public professional health education. They Contribute to seminars, continuing education relating to birth defects, and to research being done at Bowman Gray School of Medicine. Hours: Monday - Friday 8:30 am - 4:30 pm.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Mary Reynolds Babcock Foundation	2920 Reynolda Rd Winston-Salem, NC 27106 Phone: (336) 748 – 9222 Email: info@mrbf.org	Assists people in the Southeast to build just and caring communities that nurture people, spur enterprise, bridge differences and foster fairness.
Reynolds American Foundation	P.O. Box 2990 Winston-Salem, NC 27102 Phone: (336)741-7693	The Reynolds American Foundation's main focus is funding educational, arts and human services programs through direct grants and employee giving programs.
Ronald-McDonald House of Winston-Salem	419 S Hawthorne Rd Winston-Salem, NC 27103 Phone: (336) 723-0228	The Ronald McDonald House of Winston-Salem provides a "home away from home" for families of children who are receiving medical care in our community's hospitals. The House and Family Room programs offer physical comforts, emotional support, education, and referral services designed to promote the well-being of the whole family. Must be referred from provider. Hours: Monday-Friday, 9:00 am – 9:00 pm; Saturday, 9:00 am-2:00 pm; and Sunday 2:00 pm – 9:00 pm.
SECU Family House on the Richard J. Reynolds III & Marie M. Reynolds Campus	1970 Baldwin Ln Winston-Salem, NC 27103 Phone: (336) 793-2822	The SECU Family House provides affordable lodging in a caring environment for referred adult patients and/or their caregivers who travel to Winston-Salem, N.C., for medical treatment. Referrals to SECU Family House will be made by Forsyth Medical Center, Wake Forest Baptist Medical Center and by Hospice & Palliative CareCenter.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
The Winston-Salem Foundation	860 W 5th St Winston-Salem, NC 27101 Phone: (336) 725-2382	Make grants to charitable organizations serving the greater Forsyth County area for a wide range of charitable purposes including new staff positions, capacity building projects, planning work, and new programs in areas of arts and culture, education, health, human services, community development and building social capital.
Z. Smith Reynolds Foundation	147 S Cherry St, Ste 200 Winston-Salem, NC 27101 Phone: 1 (800) 443-8319	The Foundation makes grants only to nonprofit, tax-exempt, charitable organizations and institutions that are exempt under Section 501(c)(3) of the Internal Revenue Code or to governmental units. This Foundation is restricted to making grants supporting projects in North Carolina with the purpose of benefiting residents of North Carolina.
Free Clinic & Community Health Centers		
Bethany Baptist Church Medical Clinic	600 Old Hollow Rd Winston-Salem, NC 27105 Phone: (336) 767-0760	Provides services to those who can not afford health care. General medicine (no dental), school sports physicals, pediatrics, men's clinic, women's clinic (OB/GYN). Medical Clinic held once a month on the second Saturday from 9:00 am - noon.
Community Care Center	2135 New Walkertown Rd Winston-Salem, NC 27101 Phone: (336) 723 - 7904 Email:operationsccc@bellsouth.net	New patients must come for an initial financial eligibility screening on Tuesdays and Wednesdays from 3:00pm to 5:00 pm .

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Community Mosque Clinic	1419 Waughtown St Winston-Salem, NC 27107 Phone: (336) 756-7766	Services provided for chronic conditions, acute care, physicals, primary care, pharmacy samples and lab testing (selective tests only). Held the 3rd Saturday of each month.
Downtown Health Plaza	1200 Martin Luther King Jr. Dr Winston-Salem, NC 27101 Phone: (336) 713-9800	Provides for chronic and acute condition, immunizations, primary care, adult care, pharmacy and lab testing. Hours: Monday – Friday 7:45 am to 5:00 pm (by appointment only).
Forsyth County Department of Public Health	799 N Highland Ave Winston-Salem, NC 27101 Phone: (336) 703-3100	Offers HIV/STD Clinic, Family Planning Clinic, WIC Program, and Child and Adult Immunizations. Hours: Monday, Tuesdays and Thursdays:8:30 am to 3:45 Pm, Wednesdays 9:30 am to 6:45 pm, Fridays 8:30 to 11:45 pm.
Green Street United Methodist Church Clinic	639 S Green St Winston-Salem, NC 27101 Phone: (336) 722-8379	Physicals, Primary Care, Chronic Condition Care, Pharmacy samples. Meal is also served at 5:58pm. $1 donation is recommended for meal. Open to all, Wednesdays 6:30-7:15pm.
Healthcare Access	501 Cleveland Ave, Ste 4 Winston-Salem, NC 27101 Phone: (336) 723-6565	Links patients with a doctor for primary care and specialist services. Program works with local hospital for special procedures and hospitalization. Hours: Monday – Friday 8:30 am to 5:00 pm.
Northwest Community Care Network	2000 W 1st St, Ste 704 Winston-Salem, NC 27104 Phone: (336) 716-2698	A network of primary care providers who provide medical care to the Medicaid population in northwest North Carolina with local care managers, system-wide education, and disease management protocols.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Planned Parenthood	3000 Maplewood Ave, Ste 112 Winston-Salem, NC 27103 Phone: (336) 768-2980	Provides sexual and reproductive health care. Must schedule appointment. Hours: Monday, Thursday, and Friday 9:00 am-5:00 pm; Tuesday and Wednesday, 10:00 am – 7:00 pm; and Saturday 7:00 am- 1:00 pm.
Southside United Health and Wellness Center	3009-A Waughtown St Winston-Salem, NC 27107 Phone: (336) 293-8730	Services include adult general medicine, prenatal and well child. Cost is $25 per appointment, lab costs are additional. Call for appointments. Hours: Monday-Thursday, 8:00am- 5:00pm and Friday 8:00am -12:00pm.
Sunnyside Clinic – Trinity Moravian Church	319 Haled St Winston-Salem, NC 27127 Phone: (336) 724-7558	Provides physicals, immunizations, primary care and health education on the first and third Thursdays 5:00pm – 9:00 pm.
Today's Women Health and Wellness Center Agency: Novant Health	2001 Today's Woman Ave Winston-Salem, NC 27105 Phone: (336) 722-1818	Offers free pregnancy tests Monday 3:00 pm -4:30 pm.
Winston-Salem Rescue Mission, Inc: Medical & Dental Clinic	718 N Trade St Winston-Salem, NC 27101 Phone: (336) 723-1848	The clinic provides free medical and dental services to patients. All walk-ins are seen on a first come/first served basis. Hours: Medical Clinic: Every Thursday, 7:00 am - 9:00 am; Dental Clinic: 2nd and 4th Thursdays of each month from 7:00 am - 9:00 am.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Home Health Care		
Advanced Homecare	1100 S Stratford Rd Building B, Ste 410 Winston-Salem, NC 27103 Phone: (336) 896-3100	Provides clinical services, products and supplies needed regardless of medical condition, injury or illness. Services and programs aim to improve personal health and maximize independence to keep clients out of hospitals and in home.
Amedisys Home Health	1100 S Stratford Rd, Ste 531 Winston-Salem, NC 27103 Phone: (336) 768-7200	Amedisys Home Health helps clients manage a chronic disease; provide palliative care for terminal illness, or hospice care at the end of life. Our experienced, friendly clinicians deliver personalized health care services to patients and families in their homes
Bayada Home Health Care	1605 Westbrook Plaza Dr, Ste 102 Winston-Salem, NC 27103 *Winston-Salem Adults* Phone: (336) 768-4000 *Pediatrics of Winston-Salem* Phone: (336) 331-1000	Services include home health care, pediatrics, hospice and habilitation. Staff includes nurses, therapists, home health aides, and medical social workers to provide care to multiple ages and stages of life.
Gentiva Health Services	3187 Peters Creek Pkwy, Ste B Winston-Salem, NC 27127 Phone: (336) 397-3331 145 Kimel Park Dr, Ste 200 Winston-Salem, NC 27103 Phone: (336) 760-8336 720 Parke Centre, Ste A Kernersville, NC 27284 Phone: (336) 564-0185	Provider of home health and hospice services which include a full range of clinical services: skilled nursing, physical, occupational, and speech language therapy, cardiac and pulmonary care, neurorehabilitation, would care, disease and pain management, medication management and education, patient education, treatment for balance problems, and hospice services.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Hospice and Palliative CareCenter	101 Hospice Ln Winston-Salem, NC 27103 Phone: (336) 768-3972	Hospice and Palliative CareCenter provides skilled nursing for patients with serious illness. Skilled nursing need such as wound care, catheter care, or education related to diagnosis or seeking curative therapy in order to be eligible for home health care. Home health services provided: spiritual care as requested, nursing assistance, medical social workers, volunteers, physical/occupational/ speech therapy as needed and assistance in obtaining medical equipment and supplies.
Interim HealthCare of the Triad, Inc.	3325 Healy Dr, Ste A Winston-Salem, NC 27103 Phone: (336) 768-6997	Services include personal care and support, home care, and healthcare staffing.
Homeless Services		
Advocacy for the Poor, Inc.	608 Summit St, Ste 4 Winston-Salem, NC 27101 Phone: (336) 519-8355	A non-profit organization committed to speaking out for the financially poor of the community. Hours: Monday - Friday 8:30 am - 5:00 pm.
Community Action Agency	1550 University Ct Winston-Salem, NC 27101 Phone: (336) 722-9400 Email: twellman@webitxpress.com	Community Action provides aid for the homeless which includes transitional housing, basis education and GED Program, First Time Homeowners Program, NC Save, and Earned Income Credit.
Transitional Services to Homeless Families	1550 University Ct Winston-Salem, NC 27101 Phone: (336) 722 - 9400 Email: patricia.mumford@eisr.org	Provides case management primarily to clients classified as "chronic homeless" by HUD Guidelines, and experiencing debilitating crisis. Goal is to help these people find and keep permanent shelter. Hours: Monday - Friday 8:00 am - 6:00 pm.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Battered Women Shelter- Safe Relationships **Agency: Family Services, Inc.**	1200 S Broad St Winston-Salem, NC 27101 Phone: (336) 723-8125	Provides safe temporary shelter for women and children who are victims of domestic violence or sexual assault. Partners with other agencies to assist victims of human trafficking.
Bethesda Center for the Homeless	930 N Patterson Ave Winston Salem, NC 27101 Phone: (336) 722-9951	The largest provider of emergency night shelter as well as continuing to be the area's only day shelter. Has a 100-bed night shelter. Day shelter opens at 8:00 am each morning.
Samaritan Inn Shelter **Agency: Samaritan Ministries**	1243 Patterson Ave Winston-Salem, NC 27101 Phone: (336) 748-1962	The Samaritan Inn provides a 69 bed homeless shelters for homeless men with safe, temporary shelter for a maximum of 90 days.
Winston-Salem Rescue Mission Shelter	718 N Trade St Winston-Salem, NC 27101 Phone: (336) 723-1848	Serves adult men only. Ministers to physical and spiritual needs of those requesting help. Provides food, clothing and shelter.
Hospice		
Hospice and Palliative Care Center	101 Hospice Ln Winston-Salem, NC 27103 Phone: (336) 768-3972	Hospice care to patients of all ages who are dealing with any potentially life limiting illness including Alzheimer's, congestive heart failure, COPD, dementia, emphysema, and etc.
Hospice of the Piedmont	1801 Westchester Dr High Point, NC 27262 Phone: (336) 889-8446	Offers five programs (Hospice and Palliative Care, Kids Path, Hospice Home at High Point, and the Grief Counseling Center) to Forsyth, Guilford, Randolph, and Davidson counties.
Kate B. Reynolds Hospice Home	101 Hospice Ln Winston-Salem, NC 27103 Phone: (336) 760-1114	Kate B. Reynolds Hospice Home provides in-patient care for both acute and residential. A place where hospice patients, who for whatever reason cannot remain at home, will receive hospice's professional care and support, in personal, homelike surroundings.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Hospitals & Urgent Care		
Brenner Children's Hospital and Health Services **Agency: Wake Forest University Baptist Medical Center**	301 Medical Center Blvd Winston-Salem, NC 27157 Phone: (336) 716-2255	Brenner Children's Hospital, is the expert in children's medicine. Brenner Children's Hospital is western North Carolina's only full-service pediatric hospital provides care for neonates through teens.
FastMED Urgent Care Winston-Salem	4937 Old Country Club Rd Winston-Salem, NC 27104 Phone: (336) 546-1666	Provides both urgent care with walk-in attention for non-life-threatening injuries or illness as well as family medicine needs with scheduled appointments. Hours: Monday-Friday, 8:00 am- 7:45 pm; Saturday 9:00 am- 4:45 pm; and Sunday 10:00 am- 5:45 pm.
Forsyth County Emergency Medical Services **Agency: Forsyth County Emergency Medical Services**	911 E 5th St Winston-Salem, NC 27101 Phone: (336) 703-2750	911 Emergency response and ambulance transportation. Serves as coordination point for 20 volunteer rescue squads and fire departments when appropriate. Ambulance bills are collected and handled by the Forsyth County EMS.
Forsyth Medical Center Agency: **Novant Health**	3333 Silas Creek Pkwy Winston-Salem, NC 27103, Phone: (336) 718-5000	A 921-bed, not-for-profit tertiary care hospital, offering a emergency, medical, surgical, rehabilitative and behavioral health services. Open 24 hours, 7 days a week.
Kernersville Medical Center Agency: **Novant Health**	1750 Kernersville Medical Pkwy Kernersville, NC 27284 Phone: (336) 564-4000	Open to serve 24 / 7 / 365 with emergency department. Other services includes inpatient hospital rooms, surgery services, diagnostic and support services, and inpatient and outpatient medical care.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Medical Park Hospital Agency: **Novant Health**	1950 South Hawthorne Rd Winston-Salem, NC 27103 Phone: (336) 718-0785	A 22-bed, not-for-profit hospital that specializes in elective inpatient and outpatient surgeries. Open 24 hours, 7 days a week.
North Carolina Baptist Hospital **Agency: Wake Forest Baptist Medical Center**	Medical Center Blvd Winston-Salem, NC 27157 Phone: (336) 716-2011	A 855-bed teaching hospital integrated with Baptist Medical Center. The Medical Center also includes the Comprehensive Cancer Center, Heart Center, and Institute of Regenerative Medicine which are a few of the resources available to patients.
Oldtowne Immediate & Family Care	3734 Reynolda Rd Winston-Salem, NC 27106 Phone: (336) 922-1102	Provides urgent care services 7 days a week as well as routine medical care. Offers the following services: sports medicine, occupational services, internal medicine, primary care. Industrial medicine, podiatry care, diabetic treatment and care, and worker's compensation claims.
Select Specialty Hospital-Winston-Salem **Forsyth Medical Center**	3333 Silas Creek Pkwy 6th Floor Winston-Salem, NC 27103 Phone: (336) 718-6300	Provides care for patients in the hospital with a need for a longer acute care stay due to their illness, multiple injuries, trauma, or medical complications. Specialized services include wound care and pulmonary services.
Immunizations		
Immunizations **Agency: Forsyth County Department of Public Health**	799 N Highland Ave Winston-Salem, NC 27101 Phone: (336) 703 - 3100 Email: monroect@co.forsyth.nc.us	Children and Adults may obtain immunizations in order to prevent and control communicable diseases. All childhood immunizations are provided free of charge. Hours: Monday, Tuesday, Thursday, 8:30 am-3:45 pm; Wednesday, 9:30 am- 6:45 pm, Friday, 8:30 am-11:45 am.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Passport Health	2803 Lyndhurst Ave Winston-Salem, NC 27103 Phone: (336) 768-0717	Travel health medical services, information, and immunizations needed before travel.
Insurance Providers and Employee Health Benefits/Services		
Action for Children **Children's Health Insurance Coverage**	1300 Saint Mary's St, Ste 500 Raleigh, NC 27605 Phone: (919) 843-6623	Works to ensure that all children have access to high-quality, affordable health insurance coverage by advocating for Medicaid, Health Choice and N.C. Kids Care -- public programs that expand children's access to care.
Adult/Family & Children Medicaid **Agency: Forsyth County Department of Social Services**	741 N Highland Ave Winston-Salem, NC 27101 *Adult Medicaid* Phone: (336) 703-3502 *Family & Children Medicaid* Phone: (336) 703-3803	Adult Medicaid: Assist persons in registering for Medicaid. Income limits for individuals are $903 a month and $1215 for couples for the disabled (under age 64) and the aged (over age 65). Family and Children Medicaid pays medical bills for low-income families and children.
Alliance Insurance Services, LLC	348 Summit Square Blvd Winston Salem , NC 27105 Phone: (336) 377-9003	Offers health insurance, as well as homes, auto, life, and business insurance. Hours: Monday-Friday, 9:00 am to 6:00 pm and Saturday 9:00 am to 1:00 pm.
Infinite Wellness Solutions	3300 Reynolda Rd Winston-Salem, NC 27106 Phone: (336) 725-8624	A partial list of wellness programs Infinite Wellness Solutions can help with includes: health risk assessment, health coaching, online wellness programs, gym discounts, wellness incentives and tracking, onsite health promotion staffing and fitness center staffing, executive wellness, corporate fitness programs, wellness newsletters, health fairs, health screening, flu shots and much more. Offers help to all types of organizations including employers, insurance brokers and companies, EAP's and even wellness companies.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
MedCost Benefit Services	165 Kimel Park Dr Winston-Salem, NC 27103 Phone: (336) 774-4400	Largest, leading independent PPO network and health management innovator in the Carolinas providing benefit administration, comprehensive care management programs, health and wellness, preferred provider network services, and help in managing health care trends.
Nationwide Insurance	3445 Robinhood Rd Winston-Salem, NC 27106 Phone: (800) 254-5183	Offers life insurance, auto insurance, and other insurance products. Hours: Monday – Friday, 9:00 am -5:00 pm, and Saturday, by appointment.
NC Health Check and NC Health Choice **Agency: Forsyth County Department of Social Services**	741 N Highland Ave Winston-Salem, NC 27101 Phone: (336) 703-3223	Health Check(Medicaid) or NC Health choice is free or low-cost Health insurance for children and teens under 19 years old .
State Farm Insurance Agency ***Additional Local Agents are Available**	Steff Hamilton: 1624 S Hawthorne Rd Winston Salem, NC 27104 Phone: (336) 765-0301 Matt Murphy: 5019 Country Club Rd Winston-Salem, NC 27104 Phone: (336) 722-1718 Joe Daniels: 2200 Silas Creek Pkwy #7 Winston-Salem, NC 27103 Phone(336) 724-9257	State Farm Insurance offers health, automobile, homeowner, condo owner, renter, long-term care, and life insurance. Local agents have various hours.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Wilson Insurance Services	3288 Robinhood Rd, # 102 Winston-Salem, NC 27016 Phone: (336) 794-2810	Provides information regarding health, automobile, home, life, liability, and property insurance.
Health Services for Jail Inmates		
Forsyth Correctional Center	307 Craft Dr Winston-Salem, NC 27105 Phone: (336) 896-7041	Inmates can initiate visits for medical care, and no inmate is denied health care access.
Maternal and Child Care		
Baby Love/ Maternity Care Coordination **Agency: Forsyth County Department of Public Health**	799 N Highland Ave Winston-Salem, NC, 27101 Phone: (336) 703-3100 Email: monroect@co.forsyth.nc.us	Baby Love is program designed by the Forsyth County Department of Public Health to help pregnant women have healthy babies. This program provides care management services for high risk women during pregnancy and for two months after delivery by a social worker or nurse.
Birthright, Inc.	1400 Millgate Dr, Ste B Winston-Salem, NC 27103 Phone: (336) 774-0456	Birthright, Inc. offers free pregnancy testing, abortion alternatives, and Medical referrals (including Medicaid Pregnancy Referral) through confidential non-judgmental and caring advice. Offers a gift of friendship and emotional support to each women may it be prenatal information, medical, educational, and/or housing referrals, or information on other community services, as well as adoption contacts if needed. Hours: Monday, Wednesday, and Friday, 11:00am- 2:00pm.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Care Coordination for Children (CC4C) **Agency: Forsyth County Department of Public Health**	799 N Highland Ave Winston-Salem, NC, 27101 Phone: (336) 703-3242	A free and voluntary program for children from birth to age three who are at risk for or birth to age 5 who have been diagnosed with developmental delay, disability, long-term illness, and or social/emotional disorders. with care managers who assist with finding medical care, transportation, childcare and/or financial aid. The program goals are: to connect your family with services for children and families; to support your children in reaching their developmental potential; to help ensure that children are raised in healthy, safe, and nurturing environments.
Her Choice of Forsyth County, Inc.	1927 Angelo St Winston-Salem, NC 27104 Phone: (336) 748-8777	A Christian pro-life organization dedicated to educating Forsyth County and surrounding areas to the trauma that abortion causes to women and men throughout their lives.
Center for Women's Healthcare **Agency: MedCenter Kernersville, Cone Health**	1635 NC 66 South, Ste 245 Kernersville, NC 27284 Phone: (336) 992-5120	With an all-female staff, the Center for Women's Healthcare features an exceptional balance of expertise and compassion for patients in different life stages. Supporting our physicians are highly-qualified Certified Nurse Midwives, whose services to patients extend beyond delivering babies. We can also help you coordinate yearly screenings for your convenience and as part of our dedicated focus on wellness. Services: obstetrics, gynecology, pap smears, and ultrasound. Hours: Monday-Thursday, 8:00am- 5:00pm and Friday, 8:00am-12:00pm (closed for lunch 12:00pm-1:00pm).

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Nursing Mother Center **Agency: Forsyth Medical Center- Maya Angelou Center for Women's Health & Wellness**	3333 Silas Creek Pkwy Winston-Salem, NC 27103 *(First Floor of the North Tower at Forsyth Medical Center)* Nursing Mother Helpline (336) 718-5636 (336) 718-8233	Comprehensive lactation center in Winston-Salem, featuring exceptional services, supplies, equipment and support for nursing mothers. Goal of helping mother and baby enjoy the best possible nursing experience. Provides: In-room hospital consultations after baby's birth; Free infant weight check to ensure proper weight gain after discharge from the hospital; Infant nutritional advice; Private breastfeeding consultations (fee); Retail shop with top-quality supplies, nursing clothing, accessories and equipment, including brand-name breast pumps at value prices. Any mother (self-referred or referred by healthcare provider) can use our services, regardless of her delivery hospital. Hours: Monday – Friday, 8:30 a.m. - 5:00 p.m., Saturday and Sunday, 9:00 a.m. - 1:00 p.m.
Maya Angelou Center for Women's Health and Wellness **Agency: Novant Health**	333 Silas Creek Parkway Winston-Salem, NC, 27103 Phone: (336) 718 - 0060	The facility, located on the Forsyth Medical Center campus, delivers nearly 7,000 babies a year - more than any other hospital in the region. The Center offers comprehensive care for women. Hours: Monday - Friday 8:00 am - 5:00 pm for most services, but emergency services are 24/7/365.
Women's and Children's Health **Agency: Forsyth County Department of Public Health**	799 N Highland Ave Winston-Salem, NC, 27101 Phone: (336) 703-3100	The mission of the Women's and Children's Health Section (WCH) is to assure, promote and protect the health and development of families with emphasis on women, infants, children and youth. WCH programs place a major emphasis on the provision of preventive health services beginning in the pre-pregnancy period and extending throughout childhood.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Medical Schools		
Wake Forest University	1834 Wake Forest Rd Winston-Salem, NC 27106 Phone: (336) 758-5000	A collegiate university in Winston-Salem, North Carolina distinguished by small classes and faculty-student engagement.
Salem College	601 S Church St Winston-Salem, NC 27101 Phone: (336) 721-2600	Offers degrees in Biological and biomedical sciences, Clinical Laboratory Science and Medical Technology/Technologist.
Forsyth Technical Community College	2100 Silas Creek Pkwy Winston-Salem, NC 27103 Phone: (336) 723-0371	Forsyth Tech is the community college services included: Biological and biomedical sciences, Clinical/Medical Laboratory Technician, Diagnostic Medical Sonography/Sonographer, Ultrasound Technician and Emergency Medical Technology.
Medical and Health Transportation		
Ardmore United Methodist Church	630 S Hawthorne Rd Winston-Salem, NC 27103 Phone: (336) 722-5686	Ministry of Ardmore area churches. Serves Ardmore residents 60+ years old (not flexible) and ambulatory. Primarily set up to transport to life-support. Hours: Monday-Friday, 8:30 am - 12:00 pm.
Cavalry Medical Transport Service Company	1095 Fairchild Rd Winston-Salem, NC 27105 Phone: (336) 725-9119	Cavalry Medical Transport is a a medical transport service company providing local medical transportation in Winston-Salem.
Clemmons First Baptist Church Transportation Ministry	3530 Clemmons Rd Clemmons, NC 27012 Phone: (336) 766-6486	Must live in Clemmons, and request transportation 2 weeks in advance. Transportation provided to medical appointments, pick up medications, and other.
Lewisville Transportation Ministry	Phone: (336) 723-6377	Older adults and adults with disabilities living in Lewisville area only. Need 2-3 days notice for transportation to medical and dental appointments.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
LifeStar Emergency Transport	3475 Myer Lee Dr Winston-Salem, NC 27101 Phone: (336) 722-5433	Provides medical transportation at basic life support level for Forsyth County. Also completed inter-facility transports of bed ridden patients and other medically necessary transports, but must originate or end in Forsyth County. Long distance transports available.
The Shepherd's Center of Greater Winston-Salem	1700 Ebert St Winston-Salem, NC 27103 Phone: (336) 748-0217	Provides 1 medical transportation trip per week in addition to home visitation, respite care for family caregivers, minor home repairs, and grocery shopping for older adults.
The Shepherd's Center of Kernersville	431-B W Bodenhamer St Kernersville, NC 27284 Phone: (336) 996-6696	Transportation provided for medical appointments in Winston-Salem, Greensboro, High Point and for any destination in Kernersville. Recipients must be disabled or 60 years or older. Other services available for older or disabled adults in eastern Forsyth County.
Medication Assistance		
Forsyth County Department of Public Health Pharmacy	725 N Highland Ave Winston-Salem, NC 27101 Phone: (336) 703-3250	Pharmacy can help in applying for MedAssist, if qualify may be able to obtain medications for free.
Med-Aid **Agency: Community Care Center for Forsyth County, Inc.**	1900 S Hawthorne Rd, Ste 664 Winston-Salem, NC 27103 Phone: (336) 714-2359	Medication Assistance Program providing access to free prescription medications for uninsured, low-income families.
Medication & Financial Assistance **Agency: Cancer Services, Inc.**	3175 Maplewood Ave Winston-Salem, NC 27103 Phone: (336) 760-9983	Clients residing in Davie, Forsyth, Stokes and Yadkin Counties and meeting our eligibility requirements may be able to obtain assistance from Cancer Services and/or other prescription assistance resources with obtaining their cancer related prescription medications. Financial eligibility is based upon 200% of the Federal Poverty Guideline, as well as household expenses and current need.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Pharmacy **Agency: Crisis Control Ministry**	200 E 10th St Winston-Salem, NC 27101 Phone: (336) 724-7875	Provide free life sustaining medications to persons who can't afford them. Must be a resident of Forsyth County who demonstrates true financial need.
Mental Health Services *(Day Treatment, Psychosocial Rehabilitation, Residential Level II & III)*		
Advanced Placement BHHS, Inc.	2295 E 14th St, Ste 400 Winston-Salem, NC Phone: (336) 722-1862	Offers behavioral health and human services: case management, therapy and counseling, diagnostic assessment, intensive in home service, substance abuse counseling, and level III residential care/group homes.
Associates in Christian Counseling	8025 North Point Blvd, Ste 231, Winston-Salem, NC 27106 Phone: (336) 896-0065 Ext: 205	Provides complete counseling and psychological services for a wide range of emotional difficulties.
A Sure House, Inc.	1265 Arbor Rd Winston-Salem, NC 27104 Phone: (336) 773-7627	A Sure House is a level III residential treatment facility for children and adolescents.
CenterPoint Human Services	4045 University Parkway Winston-Salem, NC 27106 Phone: (336) 714-9100 Consumer Affairs: (866) 804-4323	Local Management Entity for publically funded Mental Health, Developmental Disabilities, and Substance Abuse Services in Forsyth, Stokes, Davie and Rockingham Counties.
The Children's Home, Inc.	1001 Reynolda Rd Winston-Salem, NC 27104 Phone: (336) 721-7600	Programs include child/adolescent day treatment, 24 hour respite care services, assessment, counseling, hourly respite services, intensive In-home services, level II and III residential group services, and targeted case management.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Counseling, Catholic Social Services	627 West Second Street, Winston-Salem, NC 27101 Phone: (336) 727-0705	Offers marriage, family and individual counseling. Clients do not have to be Catholic to be eligible for services. Post-abortion counseling also available. Sliding scale fee. Hours: Monday - Friday 9:00 am - 12:30 pm and 1:30 pm - 5:00 pm.
Direct Care Community Base Services, LLC	4401 Providence Ln, Ste 121 Winston-Salem, NC 27106 Phone: (336) 397-9983	Provides Medicaid CAP services to adults and children including home and community support, individual/caregiver training and education, personal care services, respite care (non-institutional), specialized consultative services, and supported employment.
Essence of Care, Inc.	1137 Pine Knolls Rd Kernersville, NC 27284 Phone: (336) 272-3095	A licensed Level III residential treatment facility for children and adolescents.
Forsyth Medical Center Behavioral Health **Agency: Novant Health**	3333 Silas Creek Parkway Winston-Salem, NC 27103 Phone: (336) 718-5000 *Forsyth Medical Center Behavioral Health Services* Suite 100 175 Kimel Park Drive Winston-Salem, NC 27103 Phone: (336) 718-3550 *Winston-Salem Health Care Psychiatry* 250 Charlois Boulevard Winston-Salem, NC 27103 Phone: (336) 718-1000	Forsyth Medical Center Behavioral Health provides excellent patient care with mental health and substances abuse problems. The Crisis Response Team is a 24 hour, seven day a week service provided by Forsyth Medical Center Behavioral Health to help people with mental health or substance abuse crises in the community. Provides both inpatient and outpatient services.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Foundation Strong, LLC	1677 Banbridge Rd Kernersville, NC 27285 Phone: (336) 307-3198	Foundation Strong, LLC is a residential level III service for teenagers. Services include: social and recreational skills, building self-esteem, group therapy, anger management classes, life skills training, and educational assistance. Hours: Monday-Friday, 9:00 am-5:00 pm.
Hands to Hands Rehabilitation Center, LLC	500 West 4th Street, Winston-Salem, NC 27101 Phone: (336) 723-7589	Provides assessment, individual and group therapy, psychosocial rehabilitation, substance abuse outpatient services, referral to medication management, and support services to adults with mental illness throughout North Carolina.
Inspirationz, LLC	607 Hillhaven Dr Winston-Salem, NC 27107 Phone: (336) 788-8579	Inspirationz, LLC is therapeutic residential level III facility for children and adolescents. That offers services to develop social and independent living skills including daily group sessions, individual and group therapy, adolescent family therapy, and counseling for grief and loss.
Lutheran Family Services in the Carolinas-TAP Program **Agency: Lutheran Family Services in the Carolinas**	5712 Shattalon Drive Winston-Salem, NC 27105 Phone: (336) 744-7350 General Information Phone: (704) 940 - 3333 info@lfscarolinas.org	Human service agency providing Foster Care, Adoption, ACTT, Youth & Adult Residential Care (for Mentally Ill & Developmentally Disabled Individuals). Hours: Monday-Friday 9:00am-5:00 pm. Provides residential services for adults (with traumatic brain injuries or mentally retarded) and transitional apartments for homeless adults with severe and persistent mental illness and for those with traumatic brain injuries.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Mental Health Association	1509 South Hawthorne Rd. Winston-Salem, NC 27103 Phone: (336) 768-3880	Offers consumer support through hospital outreach program and representative payee services and support groups. Family support is offered through the Court Assistance Program, and advocacy and outreach. Community education is conducted through information and referral, resource center, speakers bureau and systems advocacy.
My Sister's Place Community Services, Inc.	595 Waughtown St Winston-Salem, NC 27107 Phone: (336) 784-5922	Offers psychosocial rehabilitation and adult developmental vocational programs for adult and children. Provides the following Medicaid services: (CAP) day supports, home and community support, personal care services, residential support (level 1) and supported employment.
New-Lite Living Choices, Inc.	3634 Vest Mill Rd Winston Salem, NC 27103 Phone: (336) 602-2016	A human services provider that offers Sexually Aggressive Youth (S.A.Y.) Program, outpatient services, family and therapeutic level II foster care, and female adolescent duel-diagnosed program.
Old Vineyard Behavioral Health Services	3637 Old Vineyard Rd Winston-Salem, NC 27104 Phone: (336) 794-3550	Old Vineyard Behavioral Health Services specializes in acute treatment for adolescents, acute treatment for adults, and partial hospitalization and intensive out-patient programs for adults.
People Helping People of North Carolina, LLC	1510 Martin St Winston-Salem, NC 27103 Phone: (336) 760-133 1100 W 1st St Winston-Salem, NC 27101 Phone: (336) 724-9768	Provides the following Medicaid services: assertive community treatment team (ACTT), CAP home and community supports, CAP residential supports Level 1-3, CAP respite non-institution, CAP supported employment, community support team, diagnostic assessment, intensive in-home services, and targeted case management. Non-Medicaid services provided are developmental therapy, personal assistance, and targeted case management for both mental health and substance abuse.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
PQA Healthcare, Inc.	300 Northgate Park Dr Winston-Salem, NC 27106 Phone: (336) 306-9690	Offers psychosocial rehabilitation (Alpha Club 6) in addition to non-Medicaid services of : Assertive Community Treatment Team, and community support teams for adults; services to children and adult include counseling, personal assistance, while children are also eligible for intensive in-home services
Triumph LLC	ACTT Program 1010 Northwest Blvd Winston-Salem, NC 27101 Phone: (336) 722-4000 Forsyth Program 725 N Highland Ave, 2nd Floor Winston-Salem, NC 27101 Phone: (336) 607–8501	Triumph LLC offers: psychiatric evaluations and medication monitoring, psychological evaluations and testing, clinical assessment, outpatient therapy, community support, intensive in-home services, psychosocial rehabilitation, and assertive community treatment teams. Hours: Monday –Friday 8:30am to 5:00 pm.
V.I.P. Care Services, Inc: Intensive In Home for Children and Youth Up to Age 20	7830 North Point Blvd, Ste 203 Winston-Salem, NC 27106 Phone: (336) 896-0680	Time-limited, intensive child and family intervention based on the clinical needs of the youth.
Vision Behavioral Health Services, LLC	100 S Marshall St, Ste 2 Winston-Salem, NC 27101 Phone: (336) 723-4130	This is a time-limited intensive family preservation intervention intended to stabilize the living arrangement, promote reunification or prevent the utilization of out-of-home therapeutic resources (i.e., psychiatric hospital, therapeutic foster care, residential treatment facility) for the identified youth through the age of 20. Services include: community support team, diagnostic assessment, intensive in-home services, substance abuse comprehensive outpatient treatment, and substance abuse intensive outpatient program.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Wake Forest Baptist Health-Psychiatry and Behavioral Medicine	Medical Center Blvd Winston-Salem, NC 27157 *General Psychiatry Appointments and Information* Phone: (336) 716-4551 *Child Guidance* Phone: (336) 715-5511 *Sticht Center* Phone: (336) 713-8100	Offers inpatient services for adults at the Sticht Center and children and adolescents in Brenner Children's Hospital. Services include: evaluation, treatment of depressions, bipolar disorder, anxiety disorders and schizophrenia and electroconvulsive therapy (ECT). Children inpatient services include evaluations and treatment for depressive disorders, anxiety disorders, oppositional defiant disorder, and conduct disorder. Outpatient services for adults: evaluation and treatment for the full range of psychiatric disorders, alcoholism, and substance abuse, group therapy, and ECT. Child/adolescent outpatient services: evaluation and treatment of all childhood psychiatric disorders. Geriatric house calls are available.
Wilson's Constant Care, LLC	1228 N Highland Ave Winston-Salem, NC 27101 Phone: (336) 703-9650	A licensed residential treatment level III facility for children/adolescents.
Youth Opportunities	2020 E 12th St Winston-Salem, NC 27101 Phone: (336) 748-4133	Offers family-centered mental health services to children and youth with services offered in office, family home or other community locations. Programs and services include: structured day programs (treatment) delivered in group settings in partnership with schools; clinical assessments; and psychiatric services which include both intensive in-home and outpatient therapy. Targeted case management for mental health substance abuse is also available.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Nursing Homes and Intermediate & Skilled Care Facilities		
Arbor Acres United Methodist Retirement Community	1240 Arbor Rd Winston-Salem, NC 27104 Phone: (336) 724-7921	A full service accredited continuing care retirement community. Offers independent living, elite care, assisted care, skilled care and memory care. The Fitzgerald Health Center is the skilled care portion of the Arbor Acres community.
Brian Center Health and Retirement, Winston-Salem	4911 Brian Center Ln Winston-Salem, NC 27106 Phone: (336) 744 - 5674	The Brian Center provides skilled nursing, rehabilitation services, and rest home services for short and long term residents. The Center has 40 skilled nursing beds. Open 7 days a week 24 hours a day.
Brookridge Retirement Community	1199 Hayes Forest Dr Winston-Salem, NC 27106 Phone: (336) 759-1044	A continuing care retirement community. Offers 4 living options: active retirement, assisted living, memory enhanced residence, and nursing care (Prince Nursing Care Center).
Clemmons Nursing Home and Rehab Center	3905 Clemmons Rd Clemmons, NC 27012 Phone: (336) 766-9158	Skilled nursing facility located in Clemmons with 120 beds.
Kindred Transitional Care and Rehab-Silas Creek	3350 Silas Creek Pkwy Winston-Salem, NC 27103 Phone: (336) 765-0550	Part of a network of post-acute care for short-term rehabilitation therapy to longer-term restorative care. The center offers a full range of nursing care and social services. Silas Creek Manor is a skilled nursing facility owned by the Kindred Healthcare Community
Oak Forest Health & Rehabilitation	5680 Windy Hill Dr Winston-Salem, NC 27105 Phone: (336) 776-5000	A skilled nursing facility that provides nursing home and short term care rehabilitation.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
The Oaks at Forsyth	901 Bethesda Ct Winston-Salem, NC 27103 Phone: (336) 768-2211	Provides short term in-patient rehabilitation services; physical, occupational and speech therapy; and long term care with 24 hour nursing.
Piney Grove Nursing and Rehabilitation Center	728 Piney Grove Rd Kernersville, NC 27284 Phone: (336) 996-4038	Provides residents with 24-hour skilled nursing care in a 92-bed facility.
Salemtowne Moravian Retirement Community	*Physical Address* 190 Moravian Way Dr Winston-Salem, NC 27106 *Mailing Address* 1000 Salemtowne Dr Winston-Salem, NC 27106 Phone: (336) 767-8130	Provides short term rehabilitation, long term care, Alzheimer's care, assisted and independent living.
Springwood Care Center **Agency:** **Novant Health**	5755 Shattalon Dr Winston Salem, NC 27105 Phone: (336) 767-2750	This 200-bed facility offers residential skilled nursing care, Alzheimer's care program, infusion, physical and occupational therapies, speech pathology, and recreation for long-term residents or patients transitioning from hospital care. Open 24 hours/ 7 days a week.
Trinity Glen	849 Waterworks Rd Winston-Salem, NC 27105 Phone: (336) 595-2166	Trinity Glen offers short-stay guests and long-term residents a 24-hour skilled nursing care and state-of-the-art rehabilitation services for those recovering from an injury, surgery, or a recent hospitalization.
Winston-Salem Nursing and Rehabilitation	1900 West First St Winston Salem, NC 27104 Phone: (336) 724-2821	The facility is a five story nursing facility with 230 skilled nursing beds. Provides a full range of services to elderly or medically challenged individual.
Nursing School		
Forsyth Tech	2100 Silas Creek Pkwy Winston-Salem, NC 27103 Phone: (336) 723-0371	Forsyth Tech is the community college. It's the source for affordable college education, offering two-year AAS degrees and college transfer opportunities.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Winston-Salem State University	601 S. Martin Luther King Jr. Dr Winston-Salem, NC 27110 Phone: (336) 750-2000	Winston-Salem State University, a constituent institution of the University of North Carolina, is a historically black university that today is a recognized regional institution offering baccalaureate and graduate programs to a diverse student population.
Nutrition Services		
Barb Andresen, R.D., L.D.N. **Medical Nutrition Services**	3447 Robinhood Rd, Ste 201 Winston-Salem, NC 27106 Phone: (336) 659-8622	Specializes in medical nutrition treatment for patients with eating disorders or unhealthy eating practices. Services include individualized nutrition counseling for weight loss, heart disease, sports nutrition and women's health issues. Also provides healthy eating coaching from grocery store tours to cooking basics and recipe ideas. Presentations and nutrition courses are available for groups, schools and classrooms from preschool to college courses.
Forsyth Medical Center Diabetes and Nutrition Counseling Agency: **Novant Health**	*Nutrition Counseling & Planning* 3333 Silas Creek Pkwy Winston-Salem, NC 27103 Phone: (336) 718-5000 *Nutrition Planning* 1900 S Hawthorne Rd, Ste 504 Winston-Salem, NC 27103 Phone: (336) 277-1660	Provides nutrition counseling to develop heart healthy eating plan to reduce cholesterol and maintain a healthy body weight. Nutrition Planning offers a diet analysis and consultation for weight control (loss or gain), implementing a healthy eating pattern, or plan to assist in the prevention of disease.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Wake Forest Baptist Medical Center-Outpatient Clinical Nutrition	Medical Center Boulevard, Winston-Salem, NC 27157 (2nd Floor, Sticht Center) Phone: (336) 713-3043	Medical Nutrition Therapy involves the assessment of nutritional needs of neonatal, pediatric, adolescent, adult, and geriatric age groups and culturally diverse populations based on Disease Specific Needs so that medical care is optimized. Based on this assessment, the clinical nutritionist will develop an Individualized Plan of Care which will include treatment goals. Services include provision of Medical Nutrition Therapy to pediatric and adult patients from the Outpatient Nutrition Office located on the 2nd floor of the Sticht Center. Consultation with the referring and primary care physicians is integral to developing a comprehensive nutritional plan of care.
WomanCare Nutrition Services	Stratford Executive Park 114 Charlois Blvd Winston-Salem, NC 27103 Phone: (336) 765-5470	WomanCare's nutrition experts can help clients develop a personal health improvement plan that addresses their special nutritional needs. Nutrition experts work closely with a referring physician to ensure client is on the path to a healthier lifestyle. Our dietitians specialize in: Adolescent Nutrition, including weight loss; Breastfeeding Assistance; Cholesterol Reduction; Diabetes Care; Eating Disorders, such as Anorexia Nervosa, Bulimia Nervosa, and Binge Eating; Gastrointestinal Diseases, such as Crohn's Disease; Irritable Bowel Syndrome; Reflux; Hypertension; Pre-Menstrual Syndrome (PMS); Menopause Management; Polycystic Ovarian Syndrome; Prenatal Nutrition and Weight Control; Vegetarian Diets; and Weight Management.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Renal Dialysis Center		
WFU Baptists Medical Center Dialysis Unit	8 N Hemodialysis Medical Center Blvd Winston-Salem, NC 27157 Phone: (336) 716-3170	WFU Baptist Medical Center Dialysis Unit is a Non-Profit dialysis facility in Winston Salem, North Carolina with 4 stations.
Miller St Dialysis Center **Agency: Wake Forest Baptist Health**	120 Miller St Winston-Salem, NC 27103 Phone: (336) 724-0468	Miller St Dialysis Center is a Non-Profit dialysis facility in Winston Salem, North Carolina with 36 stations.
Northside Dialysis Center **Agency: Wake Forest Baptist Health**	500 W Hanes Mill Rd Winston-Salem, NC 27105 Phone: (336) 744-0577	Northside Dialysis Center is a Non-Profit dialysis facility in Winston Salem, North Carolina with 45 stations.
Piedmont Dialysis Center **Agency: Wake Forest Baptist Health**	655 Cotton St Winston-Salem, NC 27101 Phone: (336) 721-1360	Piedmont Dialysis Center is a Non-Profit dialysis facility in Winston Salem, North Carolina with 62 stations.
Salem Kidney Center **Agency: Wake Forest Baptist Health**	2705 Boulder Park Ct Winston-Salem, NC 27101 Phone: (336) 761-8808	Salem Kidney Center is a Non-Profit dialysis facility in Winston Salem, North Carolina with 36 stations
School Health Services		
Ashley Elementary School Wellness Center	1647 NE Ashley School Cir Winston-Salem, NC 27105 Phone: (336) 748-4143	Provides treatment for minor illness and injury, immunizations, nutrition services, laboratory services, comprehensive physicals, health education, chronic illness management, and dental screenings.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Bulldog Health Center at Mineral Springs Elementary & Middle Schools	4555 Ogburn Ave Winston-Salem, NC 27105 Phone: (336) 661-4952	Provides treatment for minor illness and injury, immunizations, nutrition services, laboratory services, comprehensive physicals, health education, chronic illness management, and dental screenings.
North Forsyth High School Health Promotion Program	5705 Shattalon Dr Winston-Salem, NC 27105 Phone: (336) 661-4880, ext 50	Provides treatment for minor illness and injury, immunizations, nutrition services, laboratory services, comprehensive physicals, health education, chronic illness management, and dental screenings.
Winston-Salem Preparatory Academy Wellness Center at Atkins	1215 N Cameron Ave Winston-Salem, NC 27101 Phone: (336) 703-6737	Provides treatment for minor illness and injury, immunizations, nutrition services, laboratory services, comprehensive physicals, health education, chronic illness management, and dental screenings.
Screening, Testing and Diagnosis		
Cardiac and Vascular Services Agency: **Novant Health**	3333 Silas Creek Pkwy Winston-Salem, NC 27103 Phone: (336) 718-5000 *Winston-Salem Cardiology* 186 Kimel Park Dr Winston-Salem, NC 27103 Phone: (336) 277-2000 *Winston-Salem Cardiology (Kernersville)* 3rd Floor 1750 Kernersville Medical Center Pkwy Kernersville, NC 27284 Phone: (336) 996-7076	Ranked among the top heart centers in the country, Forsyth Cardiac and Vascular Center provides comprehensive diagnosis, treatment, rehabilitation, and support, as well as educational, prevention, and screening programs.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Downtown Health Plaza X ray Services **Agency: Wake Forest Baptist Hospital**	1200 Martin Luther King, Jr. Dr., Winston-Salem, NC 27101 Phone: (336) 713-9800	Downtown Health Plaza laboratory. Hours: Monday - Friday, 8:00 am - 5:00 pm.
Epidemiology Clinic **Agency: Forsyth County Department of Public Health**	799 N Highland Ave Winston-Salem, NC 27101 Phone: (336) 703-3100	The Epidemiology Clinic provides screenings for reportable communicable diseases.
Blind Services **Agency: Forsyth County Department of Social Services**	741 Highland Ave Winston-Salem, NC 27101 Phone: (336) 703-3400	There is a case worker for the blind that assists visually impaired persons in developing their maximum individual capabilities and in becoming self-sufficient.
Health Check **Agency: Forsyth County Department of Public Health**	799 N Highland Ave Winston-Salem, NC 27101 Phone: (336) 703-3100	Health Check is Medicaid for children. Health Check covers complete medical and dental check-ups, and provides vision and hearing screenings and referrals for treatment.
WomanCare Agency: **Novant Health**	Stratford Executive Park 114 Charlois Blvd Winston-Salem, NC 27103 Phone: (336) 765-5470	WomanCare's healthcare team offers a comprehensive range of preventive, diagnostic and chronic and acute care treatments to meet the wide range of women's healthcare needs.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Forsyth Medical Center Imaging **Agency: Novant Health**	Winston-Salem Health Care: 250 Charlois Blvd Winston-Salem, NC 27103 Phone: (336) 718-1007 The Breast Clinic: 2025 Frontis Plaza Blvd Winston-Salem, NC 27103 Phone: (336) 397-6035 Kernersville Imaging Center: 445 Pineview, Ste 100 Kernersville, NC 27284 Phone: (336) 397-6102 Maplewood imaging Center: 3155 Maplewood Dr Winston-Salem, NC 27103 Phone: (336) 397-6000 *North Carolina Diagnostic Imaging* Piedmont Imaging: 185 Kimel Park Dri Winston-Salem, NC 27103 Phone: (336) 760-1880	Forsyth Medical Center Imaging is a network of diagnostic imaging centers committed to providing excellent quality and customer service to the patients in Winston-Salem, Kernersville and surrounding communities. With 4 locations in the area Forsyth Medical Center Imaging offer services such as magnetic resonance imaging (MRI), computed tomography (CT), nuclear medicine, ultrasound, mammography, bone densitometry, fluoroscopy and x-ray. Hours: Monday - Friday 8:00 am - 5:00 pm for most services, but emergency services are 24/7/365.
Forsyth Regional Orthopaedic Center Agency: **Forsyth Medical Center/Novant Health**	3333 Silas Creek Pkwy Winston-Salem , NC 27103 Phone: (336) 718-7000	Recognized as one of the top 100 orthopaedic centers in the country, the center focuses on prevention, diagnosis, treatment, and rehabilitation of injuries and diseases of the musculoskeletal system, including broken bones, back problems, work injuries, knee and hip joints, and damage to tendons, muscles, and nerves.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Breast Health Services **Agency: Forsyth Medical Center/Novant Health**	The Breast Clinic 2025 Frontis Plaza Blvd Winston-Salem, NC 27103 Phone: (336) 397-6035	Forsyth Medical Center has comprehensive breast health services for women from breast cancer screening using the latest in digital mammography to diagnostic services, leading-edge breast cancer treatment and support services to help every step of the way. Offers same and next day appointments. Hours: Monday-Friday, 7:00am-5:30pm.
Substance and Alcohol Abuse Services		
Addiction Recovery Care Association	1931 Union Cross Rd Winston-Salem, NC 27107 Phone: (336) 784-9470	ARCA offers detoxification from withdrawl for: alcohol; Benzodiazepines and other sedatives; and Heroin, Oxycodone (Oxy) and other opioids. A residential treatment program offers: a twelve step introduction and philosophy, recovery support groups, individual therapy, group therapy, community guest lectures, weekly multi-family therapy, weekly family education, and bilingual counselors for Spanish-speaking clients. Hours: Monday–Friday 8:00 am to 5:00 pm.
A Greater Divine Place, Inc.	1409 W Plaza Rd, Ste J Winston-Salem, NC 27103 Phone: (336) 293-8788	Is a substance abuse intensive outpatient program licensed by the state of North Carolina. Counseling for addiction (substance use disorder), mental health, and marriage and family therapy.
Day Treatment **Agency: Advanced Placement**	2295 E 14th St, Ste 4 Winston-Salem, NC 27105 Phone: (336) 722 - 1862	Day Treatment provides mental health and/or substance abuse interventions, which focus on achieving functional gains and on reintegrating the child back into school or transitioning into employment. Hours: Monday-Friday 8:00 am to 5:00 pm.
Substance Abuse Counseling **Agency: Advanced Placement**	2295 E 14th St, Ste 4 Winston-Salem, NC 27105 Phone: (336) 722-1862	Substance Abuse Counseling involves a Licensed Addictions specialist who is trained in the area of Substance Abuse and a Certified Clinical Supervisor. Hours: Monday – Friday 8:00 am to 5:00 pm.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
DUI and Other Court Ordered Services **Agency: Advanced Placement**	2295 E 14th St, Ste 4 Winston-Salem, NC 27105 Phone: (336) 722-1862	Advanced Placement is authorized by the NC Division of Mental Health DUI Services Section to provide DUI services. Hours: Monday-Friday 8:00 am to 5:00 pm.
Alcoholics Anonymous	1020 Brookstown Ave, #10 Winston-Salem, NC 27108 Phone: (336) 725-6031	Alcoholics Anonymous is a fellowship of men and women who share their common experience, strength and hope with each other. 24 hour answering service
WISH (Women and Infant Services for Health) **Agency: Community Choices Inc.**	725 N Highland Ave Winston-Salem, NC 27101 Phone: (336) 607-8513 Referrals: (336) 397-7500	Community Choices, Inc provides a holistic, gender-specific substance abuse treatment program for pregnant, postpartum and parenting adult women and their children. The WISH Program provides outpatient treatment.
Substance Abuse Outpatient Treatment **Agency: DayMark Recovery Services, Inc.**	725 N Highland Ave First Floor Winston-Salem, NC 27101 Phone: (336) 607-8523	Group and individual therapy for youth and adults with chemical dependency and abuse. Hours: Monday-Friday 8:00am to 5:00pm.
Epiphany Family Services	1001 S Marshall St, Ste I-29 Winston-Salem, NC 27101 Phone: (336) 782-8485	Provides a substance abuse intensive outpatient program.
Essential Life Connections **Agency: Winford Brown-Ramseur & Associates, LLC.**	4680-D Brownsboro Rd, Ste 201 Winston-Salem, NC 27106 Phone: (336) 896-9771	Offers diagnostic assessments for both children and adults, and adult substance abuse intensive outpatient programs.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Glenn's Assessment and Counseling Service	8005 N Point Blvd, Ste A, Winston-Salem, NC 27106 Phone: (336) 896-9990	Treats patients suffering from alcoholism, drug addiction, substance abuse, DWI charges, and recurring relapses. Hours: Monday and Wednesday, 9:00 am- 8:00pm, Tuesday and Thursday 9:00 am -5:00 pm, Friday is by appointment only, and Saturday 9:00 am- 1:00 pm.
Insight Human Services **Agency: Partnership for a Drug-Free NC, Inc.**	665 W 4th St Winston-Salem, NC 27101 Phone: (336) 725-8389 24 Hour Crisis Assistance Phone: 1-800-758-6077	Insight Human Services has both outpatient and residential clinical facilities that serve individuals by providing counseling, psychiatric services and substance abuse treatment. Begin Again Treatment Services (BATS) is a community based service for adults. Adolescent Substance Abuse Intensive Outpatient Program (SAIOP) for those age 13-18 who have not had success with outpatient services or are being discharged from a residential treatment program.
Ivy House Center for Self-Sufficiency	502 E 15th St Winston-Salem, NC 27105 Phone: (336) 331-3440 Phone: (336) 602-1730	Services include: assessment, substance abuse comprehensive outpatient treatment, and substance abuse intensive outpatient program.
LifeSkills Counseling Center	1001 S Marshall St, Ste 260 Winston-Salem, NC 27101 Phone: (336) 631-8904	Provide counseling, intervention, and substance abuse services. Other services offered: DWI assessments, group counseling sessions, domestic violence classes, and ADETS classes.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
OSA Assessment & Counseling Services	220 Century Blvd Kernersville, NC 27284 Phone: (336) 996-0900 6345 Cook Ave, Ste A Clemmons, NC 27012 Phone: (336) 766-2229	Provides counseling and treatment for persons addicted to alcohol or other drugs or substances. Services include Alcohol Drug Education Traffic School (ADETS); short term, longer term, and intensive outpatient treatment for substance abuse; and substance abuse, court-ordered substance abuse assessments and DOT/SAP evaluations.
The Recovery Center of the Triad, LLC.	8064 N Point Blvd, #102 Winston-Salem, NC 27106 Phone: (336) 293-7101	A group of psychotherapists that offer group therapy for those suffering from substance abuse, substance abuse and mental illness, as well as individual therapy.
Top Priority Care Services	7990 N Point Blvd, Ste 204, Winston-Salem, NC 27106 Phone: (336) 896-1323	Community Support (CS) consists of mental health and substance abuse rehabilitation services and supports necessary to assist the client in achieving and maintaining rehabilitative, sobriety, and recovery goals.
Triad Homes-NC / ED-CORE, Inc.	5016 Sunny Ln Walkertown, NC 27051 Phone: (336) 995-1442	Residential Treatment for boys and girls ages 0-17 with emotional issues, Mental health issues, developmental disabilities, and substance abuse, homelessness, foster care, and therapeutic foster care services.
Twin City Area Narcotics Anonymous	PO Box 24682 Winston-Salem, NC 27114 Helpline: (800) 365-1035	The Twin City Area holds NA meetings in the following communities in North Carolina: Winston-Salem, Clemmons, King, Lewisville, Lexington, Mocksville, Mount Airy, Pilot Mountain and Yadkinville.
Alpha Acres **Agency: Winston-Salem Rescue Mission**	718 N Trade St Winston-Salem, NC 27101 Phone: (336) 463-5155	A drug and alcohol recovery center for men located in Yadkin County. Uses a 12 month program with bible study, academic instruction, hard work, and recreation.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
YWCA Hawley House	941 West Dr Winston-Salem, NC 27101 Phone: (336) 721-0733	A substance abuse recovery facility that houses women for 9-12 months and offers 6 months of aftercare for women ages 18 and older diagnosed with the disease of addiction.
Suppliers of Medical Equipment		
Forsyth Medical Supply	3041 Trenwest Dr Winston-Salem, NC 27103 Phone: (336) 768-5512	Medical supply location. Offers compression garments, ostomy and wound care, ambulation aids, bath safety, post-mastectomy care, braces and supports, and diabetic shoes. Hours: Monday- Friday, 9:00am- 5:30pm; and Saturday, 9:00am-12:00pm.
Majors Medical Supply	6311A Stadium Dr Clemmons, NC 27012 Phone: (336) 712-1040	Majors Medical Supply provides a wide array of durable medical equipment, aids, and supplies. From mobility products, ambulatory aids, post-breast surgery products, aids to daily living, and ostomy supplies to compression therapy, incontinence products, orthopedic supports and braces, and bathroom safety products.
American HomePatient, Inc.	4305 Enterprise Dr, # D Winston-Salem, NC 27106 Phone: (336) 767-7600	We offer a comprehensive range of services and products that go beyond respiratory care, including: nebulizer treatment, nutrition, home medical equipment, & infusion.
Triad Respiratory Solutions	3061-B Trenwest Dr Winston-Salem, NC 27103 Phone: (336) 774-6500	Triad Respiratory Solutions is a provider for respiratory and durable home medical equipment.
Carolina Mobility Homecare	4500 Indiana Ave, #45 Winston-Salem, NC 27106 Phone: (336) 245-4736	Provides home health supplies such as: power wheel chairs, power scooters, rollators, diabetic shoes, diabetic supplies, oxygen & oxygen products, semi-electric beds, gel overlay, gel seat cushion and back braces.

Type of Agency and Name of Agency/Provider	Location/Phone Number	Services Provided and Hours Available
Holladay Surgical Supply	2551 Landmark Dr Winston-Salem, NC 27103 Toll Free Phone: (800) 227-7602 Local Phone: (336) 760-2111	Holladay Surgical Supply can meet the needs of patients receiving services of a nursing home, hospice or home health agency. Offers medical products such as nutritional supplements, oxygen, oral care, personal care, personal protective equipment, respiratory, urological, advanced wound care, tapes, decubitus, diabetic, diagnostics, IV solutions, durable medical equipment, incontinence, needles, syringes and sharp's collectors.
Uninsured/ Financial Assistance (Hospital)		
Financial Assistance for the Uninsured **Agency: Forsyth Medical Center**	3333 Silas Creek Pkwy Winston-Salem, NC 27101 Phone: (336) 718-5000	Forsyth Medical Center provides free care to uninsured patients with incomes of up to 300 percent of the federal poverty level, with 100 percent write-off. Uninsured patients with income over 300 percent of the federal poverty level are eligible for a self-pay discount. Any patient (even with health insurance) with a balance over $5,000 and income over 300 percent of the federal poverty level is eligible for a catastrophic discount. Any patient is eligible for an individualized payment plan based on the amount due and the patient's financial status, with terms extending up to five years. No interest charged, unless appropriate.
Uninsured Financial Assistance **Agency: Wake Forest University Baptist Medical Center**	Billing Dept. Inquiries Medical Center Blvd Winston-Salem, NC 27157 Phone: (336) 716-4729	Provides catastrophic discounts, payment plans, and charity care discounts for patients who have difficulty paying due to income.

2011 NORTH CAROLINA
YOUTH RISK BEHAVIOR SURVEY

MIDDLE SCHOOL QUESTIONNAIRE

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to improve health education for young people like yourself.

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Make sure to read every question. Fill in the circles completely. When you are finished, follow the instructions of the person giving you the survey.

Thank you very much for your help.

Directions

- **Use a #2 pencil only.**
- **Make dark marks.**
- **Fill in a response like this: A B ● D.**
- **If you change your answer, erase your old answer completely.**

1. How old are you?
   A. 10 years old or younger
   B. 11 years old
   C. 12 years old
   D. 13 years old
   E. 14 years old
   F. 15 years old
   G. 16 years old or older

2. What is your sex?
   A. Female
   B. Male

3. In what grade are you?
   A. 6th grade
   B. 7th grade
   C. 8th grade
   D. Ungraded or other grade

4. Are you Hispanic or Latino?
   A. Yes
   B. No

5. What is your race? **(Select one or more responses.)**
   A. American Indian or Alaska Native
   B. Asian
   C. Black or African American
   D. Native Hawaiian or Other Pacific Islander
   E. White

6. During the past 12 months, how would you describe your grades in school?
   A. Mostly A's
   B. Mostly B's
   C. Mostly C's
   D. Mostly D's
   E. Mostly F's
   F. None of these grades
   G. Not sure

The next 12 questions ask about personal safety and violence-related behaviors.

7. **When you ride a bicycle**, how often do you wear a helmet?
   A. I do not ride a bicycle
   B. Never wear a helmet
   C. Rarely wear a helmet
   D. Sometimes wear a helmet
   E. Most of the time wear a helmet
   F. Always wear a helmet

8. **When you rollerblade or ride a skateboard**, how often do you wear a helmet?
   A. I do not rollerblade or ride a skateboard
   B. Never wear a helmet
   C. Rarely wear a helmet
   D. Sometimes wear a helmet
   E. Most of the time wear a helmet
   F. Always wear a helmet

9. How often do you wear a seat belt when **riding** in a car?
   A. Never
   B. Rarely
   C. Sometimes
   D. Most of the time
   E. Always

10. Have you ever **ridden** in a car or other vehicle **driven by someone who had been recklessly speeding?**
    A. Yes
    B. No
    C. Not sure

11. Have you ever ridden in a car driven by someone who had been drinking alcohol?
    A. Yes
    B. No
    C. Not sure

12. Have you ever carried a **weapon**, such as a gun, knife, or club?
    A. Yes
    B. No

13. During the past 12 months, did someone threaten or injure you with a weapon such as a gun, knife, or club **on school property**?
    A. Yes
    B. No

14. Have you ever been in a physical fight?
    A. Yes
    B. No

15. Have you ever been in a physical fight in which you were hurt and had to be treated by a doctor or nurse?
    A. Yes
    B. No

16. During the past 30 days, did you **not** go to school because you felt you would be unsafe at school or on your way to or from school?
    A. Yes
    B. No

17. During the past 12 months, has someone stolen or deliberately damaged your property, such as your clothing or books, **on school property**?
    A. Yes
    B. No

18. Is there gang activity in your school?
    A. Yes
    B. No
    C. Not sure

The next 4 questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.

19. Have you ever been bullied **on school property**?
    A. Yes
    B. No

20. Have you ever been **electronically bullied**? (Include being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)
    A. Yes
    B. No

21. Have you seen other students being bullied in your school?
    A. Yes
    B. No
    C. Not sure

22. Have you ever been the victim of teasing or name calling because someone thought you were gay, lesbian, or bisexual?
    A. Yes
    B. No

The next 5 questions ask about attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide or killing themselves.

23. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more** in a row that you stopped doing some usual activities?
    A. Yes
    B. No

24. When you feel sad, empty, hopeless angry, or anxious, with whom do you **usually** talk?
    A. I do not feel sad, empty, hopeless, angry, or anxious
    B. Parent or other adult family member
    C. Teacher or other adult in this
    D. Religious leader
    E. Doctor or nurse
    F. Other adult
    G. Friend or sibling
    H. Some other person

25. Have you ever **seriously** thought about killing yourself?
    A. Yes
    B. No

26. Have you ever made a **plan** about how you would kill yourself?
    A. Yes
    B. No

27. Have you ever **tried** to kill yourself?
    A. Yes
    B. No

The next 4 questions ask about tobacco use.

28. How old were you when you smoked a whole cigarette for the first time?
    A. I have never smoked a whole cigarette
    B. 8 years old or younger
    C. 9 years old
    D. 10 years old
    E. 11 years old
    F. 12 years old
    G. 13 years old or older

29. During the past 30 days, on how many days did you smoke cigarettes?
    A. 0 days
    B. 1 or 2 days
    C. 3 to 5 days
    D. 6 to 9 days
    E. 10 to 19 days
    F. 20 to 29 days
    G. All 30 days

30. During the past 12 months, did you ever try **to quit** smoking cigarettes?
    A. I did not smoke cigarettes during the past 12 months
    B. Yes
    C. No

31. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip,** such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?
    A. 0 days
    B. 1 or 2 days
    C. 3 to 5 days
    D. 6 to 9 days
    E. 10 to 19 days
    F. 20 to 29 days
    G. All 30 days

The next 3 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions drinking alcohol does not include drinking a few sips of wine for religious purposes.

32. Have you ever had a drink of alcohol, other than a few sips?
    A. Yes
    B. No

33. How old were you when you had your first drink of alcohol other than a few sips?
    A. I have never had a drink of alcohol other than a few sips
    B. 8 years old or younger
    C. 9 years old
    D. 10 years old
    E. 11 years old
    F. 12 years old
    G. 13 years old or older

34. During the past 30 days, how did you **usually** get the alcohol you drank?
    A. I did not drink alcohol during the past 30 days
    B. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station
    C. I bought it at a restaurant, bar, or club
    D. I bought it at a public event such as a concert or sporting event
    E. I gave someone else money to buy it for me
    F. Someone gave it to me
    G. I took it from a store or family member
    H. I got it some other way

The next 4 questions ask about marijuana use. Marijuana also is called grass or pot.

35. Have you ever used marijuana?
    A. Yes
    B. No

36. How old were you when you tried marijuana for the first time?
    A. I have never tried marijuana
    B. 8 years old or younger
    C. 9 years old
    D. 10 years old
    E. 11 years old
    F. 12 years old
    G. 13 years old or older

37. During the past 30 days, did you use marijuana?
    A. Yes
    B. No

38. During the past 30 days, did you use marijuana **on school property**?
    A. Yes
    B. No

The next 5 questions ask about other drug use.

39. Have you ever used **any** form of cocaine, including powder, crack, or freebase?
    A. Yes
    B. No

40. Have you ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high?
    A. Yes
    B. No

41. Have you ever taken **steroid pills or shots** without a doctor's prescription?
    A. Yes
    B. No

42. Have you ever taken a **prescription drug** (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?
    A. Yes
    B. No

43. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?
    A. Yes
    B. No

The next 5 questions ask about abstinence, AIDS, and STD education.

44. Have you ever been taught about abstaining from sexual activity?
    A. Yes
    B. No
    C. Not sure

45. Have you ever been taught about AIDS or HIV infection in school?
    A. Yes
    B. No
    C. Not sure

46. Have you ever been taught about chlamydia, gonorrhea, syphilis, human papillomavirus, or genital warts?
    A. Yes
    B. No
    C. Not sure

47. When you have questions about sexually transmitted diseases (STD), HIV, AIDS, or pregnancy prevention, with whom do you **usually** talk?
    A. I do not have questions about sexually transmitted diseases (STD), HIV, AIDS, or pregnancy prevention
    B. Parent or other adult family member
    C. Teacher or other adult in this school
    D. Religious leader
    E. Doctor or nurse
    F. Other adult
    G. Friend or sibling
    H. Some other person

48. Have your parents or other adults in your family ever talked with you about what they expect you to do or not to do when it comes to sex?
    A. Yes
    B. No
    C. Not sure

The next 8 questions ask about body weight.

49. How do **you** describe your weight?
    A. Very underweight
    B. Slightly underweight
    C. About the right weight
    D. Slightly overweight
    E. Very overweight

50. Which of the following are you trying to do about your weight?
    A. **Lose** weight
    B. **Gain** weight
    C. **Stay** the same weight
    D. I am **not trying to do anything** about my weight

51. Have you ever **exercised** to lose weight or to keep from gaining weight?
A. Yes
B. No

52. Have you ever **eaten less food, fewer calories, or foods low in fat** to lose weight or to keep from gaining weight?
A. Yes
B. No

53. Have you ever **gone without eating for 24 hours or more** (also called fasting) to lose weight or to keep from gaining weight?
A. Yes
B. No

54. Have you ever **taken any diet pills, powders, or liquids** without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)
A. Yes
B. No

55. Have you ever **vomited or taken laxatives** to lose weight or to keep from gaining weight?
A. Yes
B. No

56. During the past 30 days, did you **skip meals** to lose weight or to keep from gaining weight?
A. Yes
B. No

The next 2 questions ask about food you ate or drank during the past 7 days.

57. During the past 7 days, on how many days did you eat **breakfast**?
A. 0 days
B. 1 day
C. 2 days
D. 3 days
E. 4 days
F. 5 days
G. 6 days
H. 7 days

58. During the past 7 days, on how many days did you eat dinner at home with your family?
A. 0 days
B. 1 day
C. 2 days
D. 3 days
E. 4 days
F. 5 days
G. 6 days
H. 7 days

The next 5 questions ask about physical activity.

59. During the past 7 days, on how many days were you physically active for a total of **at least 60 minutes per day**? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)
A. 0 days
B. 1 day
C. 2 days
D. 3 days
E. 4 days
F. 5 days
G. 6 days
H. 7 days

60. During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)
   A. 0 teams
   B. 1 team
   C. 2 teams
   D. 3 or more teams

61. On an average school day, how many hours do you watch TV?
   A. I do not watch TV on an average school day
   B. Less than 1 hour per day
   C. 1 hour per day
   D. 2 hours per day
   E. 3 hours per day
   F. 4 hours per day
   G. 5 or more hours per day

62. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Xbox, PlayStation, Nintendo DS, iPod touch, Facebook, and the Internet.)
   A. I do not play video or computer games or use a computer for something that is not school work
   B. Less than 1 hour per day
   C. 1 hour per day
   D. 2 hours per day
   E. 3 hours per day
   F. 4 hours per day
   G. 5 or more hours per day

63. How many days per week do you usually walk or ride your bike to school?
   A. 0 days
   B. 1 day
   C. 2 days
   D. 3 days
   E. 4 days
   F. 5 days

The next 8 questions ask about other health-related topics.

64. Has a doctor or nurse ever told you that you have asthma?
   A. Yes
   B. No
   C. Not sure

65. Do you still have asthma?
   A. I have never had asthma
   B. Yes
   C. No
   D. Not sure

66. An asthma action/management plan contains instructions about how to care for your asthma. Do you have a written asthma action plan or asthma management plan on file at school?
   A. I do not have asthma
   B. No
   C. Yes
   D. Don't Know

67. On an average school night, how many hours of sleep do you get?
   A. 4 or less hours
   B. 5 hours
   C. 6 hours
   D. 7 hours
   E. 8 hours
   F. 9 hours
   G. 10 or more hours

68. On an average school day, how long after school are you alone without a parent or adult?
   A. I am not alone after school
   B. Less than 1 hour per day
   C. 1 or 2 hours per day
   D. 3 hours per day
   E. 4 hours per day
   F. 5 hours per day
   G. 6 or more hours per day

69. Do you participate in school activities other than sports, such as band, drama, clubs, or student government?
    A. Yes
    B. No

70. When was the last time you saw a doctor or nurse for a check-up or physical exam when you were not sick or injured?
    A. During the past 12 months
    B. Between 12 and 24 months ago
    C. More than 24 months ago
    D. Never
    E. Not sure

71. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?
    A. During the past 12 months
    B. Between 12 and 24 months ago
    C. More than 24 months ago
    D. Never
    E. Not sure

The next 3 questions ask about disabilities. A disability can be physical, mental, emotional, or communication-related.

72. Do you consider yourself to have a disability?
    A. Yes
    B. No
    C. Not sure

73. Are you limited in any way in any activities because of any disability or health problem?
    A. Yes
    B. No
    C. Not sure

74. Do you have trouble learning, remembering, or concentrating because of disability or health problem?
    A. Yes
    B. No
    C. Not sure

For the next 3 questions, indicate how much you agree or disagree.

75. Do you agree or disagree that you feel alone in your life?
    A. Strongly agree
    B. Agree
    C. Not sure
    D. Disagree
    E. Strongly disagree

76. Do you agree or disagree that you feel good about yourself?
    A. Strongly agree
    B. Agree
    C. Not sure
    D. Disagree
    E. Strongly disagree

77. Do you agree or disagree that your teachers really care about you and give you a lot of encouragement?
    A. Strongly agree
    B. Agree
    C. Not sure
    D. Disagree
    E. Strongly disagree

This is the end of the survey.
Thanks you very much for your help.

2011 North Carolina
Youth Risk Behavior Survey
High School Questionnaire

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to improve health education for young people like yourself.

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Make sure to read every question. Fill in the ovals completely. When you are finished, follow the instructions of the person giving you the survey.

Thank you very much for your help.

Directions

- **Use a #2 pencil only.**
- **Make dark marks.**
- **Fill in a response like this: A B ● D.**
- **If you change your answer, erase your old answer completely.**

1. How old are you?
   A. 12 years old or younger
   B. 13 years old
   C. 14 years old
   D. 15 years old
   E. 16 years old
   F. 17 years old
   G. 18 years old or older

2. What is your sex?
   A. Female
   B. Male

3. In what grade are you?
   A. 9th grade
   B. 10th grade
   C. 11th grade
   D. 12th grade
   E. Ungraded or other grade

4. Are you Hispanic or Latino?
   A. Yes
   B. No

5. What is your race? **(Select one or more responses.)**
   A. American Indian or Alaska Native
   B. Asian
   C. Black or African American
   D. Native Hawaiian or Other Pacific Islander
   E. White

6. How tall are you without your shoes on?
   Directions: Write your height in the shaded blank boxes. Fill in the matching oval below each number.

Example

Height	
Feet	**Inches**
5	***7***
③	⓪
④	①
●	②
⑥	③
⑦	④
	⑤
	⑥
	●
	⑧
	⑨
	⑩
	⑪

7. How much do you weigh without your shoes on?
   Directions: Write your weight in the shaded blank boxes. Fill in the matching oval below each number.

Example

Weight		
Pounds		
1	***5***	***2***
⓪	⓪	⓪
●	①	①
②	②	●
③	③	③
	④	④
	●	⑤
	⑥	⑥
	⑦	⑦
	⑧	⑧
	⑨	⑨

8. During the past 12 months, how would you describe your grades in school?
   A. Mostly A's
   B. Mostly B's
   C. Mostly C's
   D. Mostly D's
   E. Mostly F's
   F. None of these grades
   G. Not sure

The next 5 questions ask about safety.

9. **When you rode a bicycle** during the past 12 months, how often did you wear a helmet?
   A. I did not ride a bicycle during the past 12 months
   B. Never wore a helmet
   C. Rarely wore a helmet
   D. Sometimes wore a helmet
   E. Most of the time wore a helmet
   F. Always wore a helmet

10. How often do you wear a seat belt when **riding** in a car driven by someone else?
   A. Never
   B. Rarely
   C. Sometimes
   D. Most of the time
   E. Always

11. During the past 30 days, how many times did you **ride** in a car or other vehicle **driven by someone who had been drinking alcohol**?
   A. 0 times
   B. 1 time
   C. 2 or 3 times
   D. 4 or 5 times
   E. 6 or more times

12. During the past 30 days, how many times did you **drive** a car or other vehicle **when you had been drinking alcohol**?
   A. 0 times
   B. 1 time
   C. 2 or 3 times
   D. 4 or 5 times
   E. 6 or more times

13. During the past 30 days, on how many days did you **text or e-mail** while **driving** a car or other vehicle?
   A. 0 days
   B. 1 or 2 days
   C. 3 to 5 days
   D. 6 to 9 days
   E. 10 to 19 days
   F. 20 to 29 days
   G. All 30 days

The next 10 questions ask about violence-related behaviors.

14. During the past 30 days, on how many days did you carry **a weapon** such as a gun, knife, or club?
   A. 0 days
   B. 1 day
   C. 2 or 3 days
   D. 4 or 5 days
   E. 6 or more days

15. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club **on school property**?
   A. 0 days
   B. 1 day
   C. 2 or 3 days
   D. 4 or 5 days
   E. 6 or more days

16. During the past 30 days, on how many days did you **not** go to school because you felt you would be unsafe at school or on your way to or from school?
    A. 0 days
    B. 1 day
    C. 2 or 3 days
    D. 4 or 5 days
    E. 6 or more days

17. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club **on school property**?
    A. 0 times
    B. 1 time
    C. 2 or 3 times
    D. 4 or 5 times
    E. 6 or 7 times
    F. 8 or 9 times
    G. 10 or 11 times
    H. 12 or more times

18. During the past 12 months, how many times were you in a physical fight?
    A. 0 times
    B. 1 time
    C. 2 or 3 times
    D. 4 or 5 times
    E. 6 or 7 times
    F. 8 or 9 times
    G. 10 or 11 times
    H. 12 or more times

19. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?
    A. 0 times
    B. 1 time
    C. 2 or 3 times
    D. 4 or 5 times
    E. 6 or more times

20. During the past 12 months, how many times were you in a physical fight **on school property**?
    A. 0 times
    B. 1 time
    C. 2 or 3 times
    D. 4 or 5 times
    E. 6 or 7 times
    F. 8 or 9 times
    G. 10 or 11 times
    H. 12 or more times

21. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?
    A. Yes
    B. No

22. Have you ever been physically forced to have sexual intercourse when you did not want to?
    A. Yes
    B. No

23. Is there gang activity in your school?
    A. Yes
    B. No
    C. Not sure

The next 4 questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.

24. During the past 12 months, have you ever been bullied **on school property**?
    A. Yes
    B. No

25. During the past 12 months, have you ever been **electronically bullied**? (Include being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)
    A. Yes
    B. No

26. During the past 12 months, have you ever seen other students being bullied in your school?
    A. Yes
    B. No

27. During the past 12 months, have you ever been the victim of teasing or name calling because someone **thought** you were gay, lesbian, or bisexual?
    A. Yes
    B. No

The next 5 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, which is, taking some action to end their own life.

28. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more** in a row that you stopped doing some usual activities?
    A. Yes
    B. No

29. When you feel sad, empty, hopeless, angry, or anxious, with whom do you **usually** talk?
    A. I do not feel sad, empty, hopeless, angry, or anxious
    B. Parent or other adult family member
    C. Teacher or other adult in this school
    D. Religious leader
    E. Doctor or nurse
    F. Other adult
    G. Friend or sibling
    H. Some other person

30. During the past 12 months, did you ever **seriously** consider attempting suicide?
    A. Yes
    B. No

31. During the past 12 months, did you make a plan about how you would attempt suicide?
    A. Yes
    B. No

32. **If you attempted suicide** during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?
    A. **I did not attempt suicide** during the past 12 months
    B. Yes
    C. No

The next 4 questions ask about tobacco use.

33. How old were you when you smoked a whole cigarette for the first time?
    A. I have never smoked a whole cigarette
    B. 8 years old or younger
    C. 9 or 10 years old
    D. 11 or 12 years old
    E. 13 or 14 years old
    F. 15 or 16 years old
    G. 17 years old or older

34. During the past 30 days, on how many days did you smoke cigarettes?
    A. 0 days
    B. 1 or 2 days
    C. 3 to 5 days
    D. 6 to 9 days
    E. 10 to 19 days
    F. 20 to 29 days
    G. All 30 days

35. During the past 12 months, did you ever try to **quit** smoking cigarettes?
    A. I did not smoke during the past 12 months
    B. Yes
    C. No

36. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip**, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?
    A. 0 days
    B. 1 or 2 days
    C. 3 to 5 days
    D. 6 to 9 days
    E. 10 to 19 days
    F. 20 to 29 days
    G. All 30 days

The next 5 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

37. How old were you when you had your first drink of alcohol other than a few sips?
    A. I have never had a drink of alcohol other than a few sips
    B. 8 years old or younger
    C. 9 or 10 years old
    D. 11 or 12 years old
    E. 13 or 14 years old
    F. 15 or 16 years old
    G. 17 years old or older

38. During the past 30 days, on how many days did you have at least one drink of alcohol?
    A. 0 days
    B. 1 or 2 days
    C. 3 to 5 days
    D. 6 to 9 days
    E. 10 to 19 days
    F. 20 to 29 days
    G. All 30 days

39. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?
    A. 0 days
    B. 1 day
    C. 2 days
    D. 3 to 5 days
    E. 6 to 9 days
    F. 10 to 19 days
    G. 20 or more days

40. During the past 30 days, on how many days did you have at least one drink of alcohol **on school property**?
   A. 0 days
   B. 1 or 2 days
   C. 3 to 5 days
   D. 6 to 9 days
   E. 10 to 19 days
   F. 20 to 29 days
   G. All 30 days

41. During the past 30 days, how did you **usually** get the alcohol you drank?
   A. I did not drink alcohol during the past 30 days
   B. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station
   C. I bought it at a restaurant, bar, or club
   D. I bought it at a public event such as a concert or sporting event
   E. I gave someone else money to buy it for me
   F. Someone gave it to me
   G. I took it from a store or family member
   H. I got it some other way

The next 4 questions ask about marijuana use. Marijuana also is called grass or pot.

42. During your life, how many times have you used marijuana?
   A. 0 times
   B. 1 or 2 times
   C. 3 to 9 times
   D. 10 to 19 times
   E. 20 to 39 times
   F. 40 to 99 times
   G. 100 or more times

43. How old were you when you tried marijuana for the first time?
   A. I have never tried marijuana
   B. 8 years old or younger
   C. 9 or 10 years old
   D. 11 or 12 years old
   E. 13 or 14 years old
   F. 15 or 16 years old
   G. 17 years old or older

44. During the past 30 days, how many times did you use marijuana?
   A. 0 times
   B. 1 or 2 times
   C. 3 to 9 times
   D. 10 to 19 times
   E. 20 to 39 times
   F. 40 or more times

45. During the past 30 days, how many times did you use marijuana **on school property**?
   A. 0 times
   B. 1 or 2 times
   C. 3 to 9 times
   D. 10 to 19 times
   E. 20 to 39 times
   F. 40 or more times

The next 7 questions ask about other drugs.

46. During your life, how many times have you used **any** form of cocaine, including powder, crack, or freebase?
   A. 0 times
   B. 1 or 2 times
   C. 3 to 9 times
   D. 10 to 19 times
   E. 20 to 39 times
   F. 40 or more times

47. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?
A. 0 times
B. 1 or 2 times
C. 3 to 9 times
D. 10 to 19 times
E. 20 to 39 times
F. 40 or more times

48. During your life, how many times have you used **methamphetamines** (also called speed, crystal, crank, or ice)?
A. 0 times
B. 1 or 2 times
C. 3 to 9 times
D. 10 to 19 times
E. 20 to 39 times
F. 40 or more times

49. During your life, how many times have you taken **steroid pills or shots** without a doctor's prescription?
A. 0 times
B. 1 or 2 times
C. 3 to 9 times
D. 10 to 19 times
E. 20 to 39 times
F. 40 or more times

50. During your life, how many times have you taken a **prescription drug** (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?
A. 0 times
B. 1 or 2 times
C. 3 to 9 times
D. 10 to 19 times
E. 20 to 39 times
F. 40 or more times

51. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?
A. Yes
B. No

52. Have you ever gotten into trouble with your family or friends, missed school, or gotten into fights, while using alcohol or drugs?
A. Yes
B. No

The next 9 questions ask about sexual behavior.

53. Have you ever had sexual intercourse?
A. Yes
B. No

54. How old were you when you had sexual intercourse for the first time?
A. I have never had sexual intercourse
B. 11 years old or younger
C. 12 years old
D. 13 years old
E. 14 years old
F. 15 years old
G. 16 years old
H. 17 years old or older

55. During your life, with how many people have you had sexual intercourse?
A. I have never had sexual intercourse
B. 1 person
C. 2 people
D. 3 people
E. 4 people
F. 5 people
G. 6 or more people

56. During the past 3 months, with how many people did you have sexual intercourse?
   A. I have never had sexual intercourse
   B. I have had sexual intercourse, but not during the past 3 months
   C. 1 person
   D. 2 people
   E. 3 people
   F. 4 people
   G. 5 people
   H. 6 or more people

57. Did you drink alcohol or use drugs before you had sexual intercourse the **last time**?
   A. I have never had sexual intercourse
   B. Yes
   C. No

58. The **last time** you had sexual intercourse, did you or your partner use a condom?
   A. I have never had sexual intercourse
   B. Yes
   C. No

59. The **last time** you had sexual intercourse, how many years younger or older than you was your partner?
   A. I have never had sexual intercourse
   B. 5 or more years younger
   C. 3 to 4 years younger
   D. About the same age
   E. 3 to 4 years older
   F. 5 or more years older
   G. Not sure

60. When you have questions about sexually transmitted diseases (STD), HIV, AIDS, or pregnancy prevention, with whom do you **usually** talk?
   A. I do not have questions about sexually transmitted diseases (STD), HIV, AIDS, or pregnancy prevention
   B. Parent or other adult family member
   C. Teacher or other adults in this school
   D. Religious leader
   E. Doctor or nurse
   F. Other adult
   G. Friend or sibling
   H. Some other person

61. Have your parents or other adults in your family ever talked with you about what they expect you to do or not to do when it comes to sex?
   A. Yes
   B. No
   C. Not sure

The next 6 questions ask about body weight.

62. How do **you** describe your weight?
   A. Very underweight
   B. Slightly underweight
   C. About the right weight
   D. Slightly overweight
   E. Very overweight

63. Which of the following are you trying to do about your weight?
   A. **Lose** weight
   B. **Gain** weight
   C. **Stay** the same weight
   D. I am **not trying to do anything** about my weight

64. During the past 30 days, did you **exercise** to lose weight or to keep from gaining weight?
A. Yes
B. No

65. During the past 30 days, did you **eat less food, fewer calories, or foods low in fat** to lose weight or to keep from gaining weight?
A. Yes
B. No

66. During the past 30 days, did you **take any diet pills, powders, or liquids** without a doctor's advice to lose weight or to keep from gaining weight? (Do **not** include meal replacement products such as Slim Fast.)
A. Yes
B. No

67. During the past 30 days, did you **vomit or take laxatives** to lose weight or to keep from gaining weight?
A. Yes
B. No

The next 10 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

68. During the past 7 days, how many times did you drink **100% fruit juices** such as orange juice, apple juice, or grape juice? (Do **not** count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)
A. I did not drink 100% fruit juice during the past 7 days
B. 1 to 3 times during the past 7 days
C. 4 to 6 times during the past 7 days
D. 1 time per day
E. 2 times per day
F. 3 times per day
G. 4 or more times per day

69. During the past 7 days, how many times did you eat **fruit**? (Do **not** count fruit juice.)
A. I did not eat fruit during the past 7 days
B. 1 to 3 times during the past 7 days
C. 4 to 6 times during the past 7 days
D. 1 time per day
E. 2 times per day
F. 3 times per day
G. 4 or more times per day

70. During the past 7 days, how many times did you eat **green salad**?
   A. I did not eat green salad during the past 7 days
   B. 1 to 3 times during the past 7 days
   C. 4 to 6 times during the past 7 days
   D. 1 time per day
   E. 2 times per day
   F. 3 times per day
   G. 4 or more times per day

71. During the past 7 days, how many times did you eat **potatoes**? (Do **not** count french fries, fried potatoes, or potato chips.)
   A. I did not eat potatoes during the past 7 days
   B. 1 to 3 times during the past 7 days
   C. 4 to 6 times during the past 7 days
   D. 1 time per day
   E. 2 times per day
   F. 3 times per day
   G. 4 or more times per day

72. During the past 7 days, how many times did you eat **carrots**?
   A. I did not eat carrots during the past 7 days
   B. 1 to 3 times during the past 7 days
   C. 4 to 6 times during the past 7 days
   D. 1 time per day
   E. 2 times per day
   F. 3 times per day
   G. 4 or more times per day

73. During the past 7 days, how many times did you eat **other vegetables**? (Do **not** count green salad, potatoes, or carrots.)
   A. I did not eat other vegetables during the past 7 days
   B. 1 to 3 times during the past 7 days
   C. 4 to 6 times during the past 7 days
   D. 1 time per day
   E. 2 times per day
   F. 3 times per day
   G. 4 or more times per day

74. During the past 7 days, how many times did you drink a **can, bottle, or glass of soda or pop**, such as Coke, Pepsi, or Sprite? (Do **not** count diet soda or diet pop.)
   A. I did not drink soda or pop during the past 7 days
   B. 1 to 3 times during the past 7 days
   C. 4 to 6 times during the past 7 days
   D. 1 time per day
   E. 2 times per day
   F. 3 times per day
   G. 4 or more times per day

75. During the past 7 days, how many times did you drink a can, bottle, or glass of any other sugar-sweetened beverage? (Include sweet tea, punch, Kool-Aid, fruit-flavored drinks, energy drinks, and sports drinks. Do **not** include diet or sugar-free drinks.)
   A. I did not drink sugar-sweetened beverages during the past 7 days
   B. 1 to 3 times during the past 7 days
   C. 4 to 6 times during the past 7 days
   D. 1 time per day
   E. 2 times per day
   F. 3 times per day
   G. 4 or more times per day

76. During the past 7 days, on how many days did you eat **breakfast**?
   A. 0 days
   B. 1 day
   C. 2 days
   D. 3 days
   E. 4 days
   F. 5 days
   G. 6 days
   H. 7 days

77. During the past 7 days, on how many days did you eat dinner at home with your family?
   A. 0 days
   B. 1 day
   C. 2 days
   D. 3 days
   E. 4 days
   F. 5 days
   G. 6 days
   H. 7 days

The next 5 questions ask about physical activity.

78. During the past 7 days, on how many days were you physically active for a total of **at least 60 minutes per day**? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)
   A. 0 days
   B. 1 day
   C. 2 days
   D. 3 days
   E. 4 days
   F. 5 days
   G. 6 days
   H. 7 days

79. On an average school day, how many hours do you watch TV?
   A. I do not watch TV on an average school day
   B. Less than 1 hour per day
   C. 1 hour per day
   D. 2 hours per day
   E. 3 hours per day
   F. 4 hours per day
   G. 5 or more hours per day

80. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Xbox, PlayStation, Nintendo DS, iPod touch, Facebook, and the Internet.)
   A. I do not play video or computer games or use a computer for something that is not school work
   B. Less than 1 hour per day
   C. 1 hour per day
   D. 2 hours per day
   E. 3 hours per day
   F. 4 hours per day
   G. 5 or more hours per day

81. During the current school year, do you participate in an official school sport or sports where you play as part of a team such as baseball, basketball, football, volleyball, softball, or soccer?
A. Yes
B. No

82. During the current school year, do you participate in an official school sport or sports where you play as an individual such as golf, track and field, swimming, diving, wrestling, or tennis?
A. Yes
B. No

The next 3 questions ask about disabilities. A disability can be physical, mental, emotional, or communication-related.

83. Do you consider yourself to have a disability?
A. Yes
B. No
C. Not sure

84. Are you limited in any way in any activities because of disability or health problem?
A. Yes
B. No
C. Not sure

85. Do you have trouble learning, remembering, or concentrating because of disability or health problem?
A. Yes
B. No
C. Not sure

The next question asks about gambling. Gambling involves betting anything of value such as money, a watch, a soda, other possessions.

86. During the past 12 months, how many times have you gambled on a sports team, gambled when playing cards or when playing a dice game, played the lottery or scratch off tickets, gambled on the internet, or bet on a game of personal skill such as pool or a video game?
A. 0 times
B. 1 or 2 times
C. 3 to 9 times
D. 10 to 19 times
E. 20 to 39 times
F. 40 or more times

The next 9 questions ask about other health-related topics.

87. Have you ever been **tested** for HIV, the virus that causes AIDS? (Do **not** count tests done if you donated blood.)
A. Yes
B. No
C. Not sure

88. Has a doctor or nurse ever told you that you have asthma?
A. Yes
B. No
C. Not sure

89. Do you still have asthma?
A. I have never had asthma
B. Yes
C. No
D. Not sure

90. An asthma action/management plan contains instructions about how to care for your asthma. Do you have a written asthma action plan or asthma management plan on file at school?
   A. I do not have asthma
   B. Yes
   C. No
   D. Not sure

91. On an average school night, how many hours of sleep do you get?
   A. 4 or less hours
   B. 5 hours
   C. 6 hours
   D. 7 hours
   E. 8 hours
   F. 9 hours
   G. 10 or more hours

92. On an average school day, how long after school are you alone without a parent or adult?
   A. I am not alone after school
   B. Less than 1 hour per day
   C. 1 or 2 hours per day
   D. 3 hours per day
   E. 4 hours per day
   F. 5 hours per day
   G. 6 or more hours per day

93. Do you agree or disagree that you feel good about yourself?
   A. Strongly agree
   B. Agree
   C. Not sure
   D. Disagree
   E. Strongly disagree

94. Do you agree or disagree that your teachers really care about you and give you a lot of encouragement?
   A. Strongly agree
   B. Agree
   C. Not sure
   D. Disagree
   E. Strongly disagree

95. Do you agree or disagree that you feel alone in your life?
   A. Strongly agree
   B. Agree
   C. Not sure
   D. Disagree
   E. Strongly disagree

This is the end of the survey. Thank you very much for your help.