

Montgomery County Department of Health

Community Health
Assessment 2024

Dear Residents of Montgomery County,

As the Public Health Director of Montgomery County, North Carolina, it is my privilege to present the 2025 Community Health Assessment. This document reflects the collective efforts of our residents, healthcare providers, community organizations, and local government partners, all working together to better understand the health status, needs, and strengths of our county.

Montgomery County is a vibrant, diverse community with a rich history and strong sense of resilience. However, like many rural communities, we face unique challenges that impact the health and well-being of our residents — from access to healthcare services, to economic stability, to chronic disease prevention and social determinant of health. This assessment serves as a vital tool to help us identify and prioritize these challenges, while also recognizing the many assets and resources we can build upon.

The Community Health Assessment process is grounded in data collection, community input, and collaborative engagement. Throughout this process, we have listened to the voices of our residents, analyzed key health indicators, and worked with our partners to gain a comprehensive understanding of the factors influencing health in Montgomery County. The findings in this report will guide our public health planning, inform our programs and policies, and serve as the foundation for our next Community Health Improvement Plan.

I want to sincerely thank everyone who contributed their time, expertise, and perspectives to this important work. Together, we can create a healthier, stronger Montgomery County — one where every resident has the opportunity to live their healthiest life.

Sincerely,

Angela Callicutt, RN, MSN CPHN

Public Health Director

Montgomery County, NC



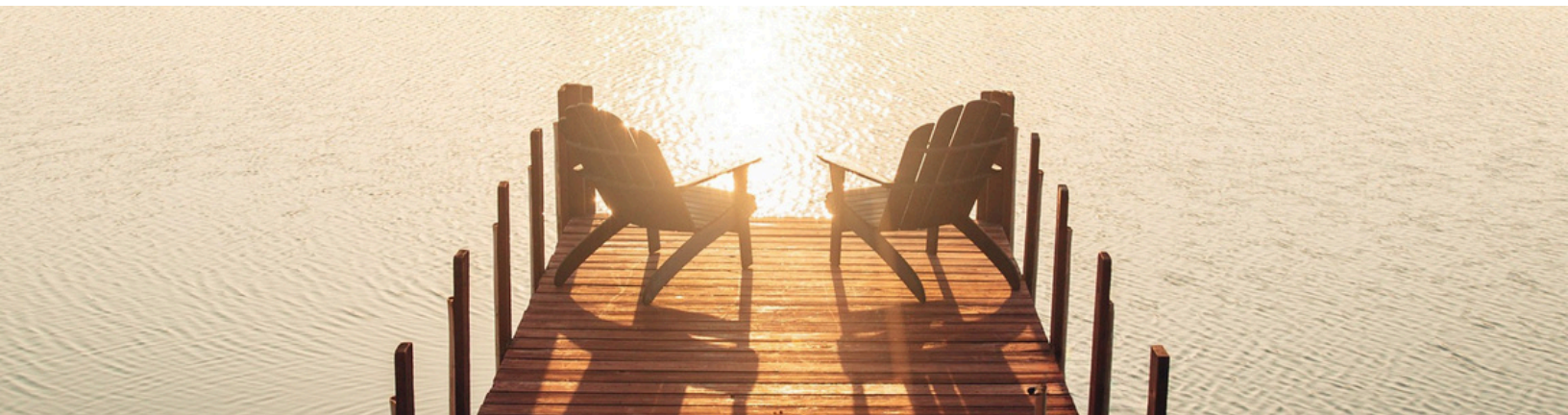
Table of Contents

Executive Summary	5
Vision	5
Leadership & Partnership	6
Collaborative Process	7
Framework	8
Health Priorities	9
Key Findings	10
Next Steps	10
County Geography	11
County Demographics	12
Social Determinants of Health	15
Economic Stability	15
Employment/Unemployment	18
Education	19
Housing	21
Transportation	22
Data Collection	23
Priority Populations	25



Table of Contents

Health Status	27
Leading Causes of Death	27
Diseases of the Heart	29
Cancer	31
Alzeihmer’s	33
Diabetes	35
Behavioral Heallth	36
Substance Use	39
Access to Care	43
Environmental Health	47
Resource Assessment	51
Appendecies	52
A Community Health Assessment Workgroup	
B Montgomery County Department of Health Community Health Survey 2024	
C Focus Group Summary	
D Department of Health Resource Guide	
References	126



Vision

The Montgomery County Department of Health (MCDH) and its Community Partners share a unified vision: to improve residents' quality of life by empowering them to lead healthier lifestyles.

MCDH and its Community Partners conducted the Community Health Assessment (CHA) with several objectives in mind:

- **Evaluate the health status** in the County, including the leading causes of death, prevalent diseases and conditions, and where residents access health care.
- **Center the voices of community members** to identify health and wellness challenges, ensuring their experiences and insights guide meaningful solutions.
- **Compare current health status** with past data to identify areas for process improvement and enhanced communication aimed at driving real change.



Leadership

The 2024 Community Health Assessment was a collaborative initiative led by the Montgomery County Department of Health's Health Education team, in partnership with FirstHealth of the Carolinas' Community Health Services department. The successful completion of the CHA highlights the vital role of community input and the collective efforts of local residents, stakeholders, and partner organizations.

Acknowledgements

The Montgomery County Department of Health would like to acknowledge and thank the community members of Montgomery County for providing insight and feedback into the needs of our community. Your voices have played a vital role in identifying key health priorities, shaping the understanding of local challenges, and guiding strategies for a healthier future. This assessment reflects your lived experiences, concerns, and aspirations, and we are committed to ensuring that your input continues to inform decisions and actions aimed at improving the health and well-being of our entire community.

The 2024 Community Health Assessment was authored by Margaret Gibbons, MPH, Public Health Education Supervisor, Tiffany Ward, Health Educator II, and McKenzie Jackson. The CHA process was significantly influenced by Dr. Jessica K. Wilson who serves as the Data & Outcomes Coordinator within the Community Health Services department at FirstHealth of the Carolinas.

Images throughout the 2024 Community Health Assessment are used with permission and provided by the Montgomery County Tourism Development Authority.

Partnerships

We would also like to acknowledge and thank the many individuals, organizations, and others who participated in or assisted in the Community Health Assessment (CHA) process. A full list of CHA team members and contributions can be found in Appendix A.

Types of Partnership Represented	Number of Partners	Types of Partnership Represented	Number of Partners
Public Health Agency	6	Community Organization(s)	2
Hospital/Health Care System(s)	3	Business(s) - employers, not organizations	1
Healthcare Provider(s)	1	Educational Institution(s)	1
Behavioral Health Provider(s)	1	Community Member(s)	1
First Responder(s)	2	Other	0

Collaborative Process

Montgomery County Department of Health began the community health assessment process in June 2024 by engaging an internal team to set the goals and structure of the 2024 Community Health Assessment. The 2024 assessment combined both primary and secondary data sources to develop a well-informed Community Health Assessment.

Primary data was collected directly from community members through:

- **Focus groups**, which offer rich, qualitative insights into lived experiences and perceptions of health; (January 2025)
- **Surveys**, which provide quantitative data on health behaviors, access to services, and community concerns; (November 2024)

Secondary data was gathered (August 2024) from trusted public and state-level sources such as:

- **NC Data Portal** an online database to culminate information for access to data, maps, and tools to support community health assessments and other public health activities.
- **National databases** including the Centers for Disease Control and Prevention (CDC) and U.S. Census Bureau;
- **Community-level indicators** from tools like County Health Rankings and Behavioral Risk Factor Surveillance System (BRFSS)

Following data collection, the MCDH leadership convened a CHA workgroup consisting of community members, organizational leaders, and partnership representation. A full list of partners can be found in Appendix A. This workgroup analyzed data collected throughout the process and identified top health priorities. Following prioritization, workgroup members along with MCDH staff set results statements reflective of the communities health needs.



**June
2024**
Begin
CHA

**August
2024**
Data
Collection

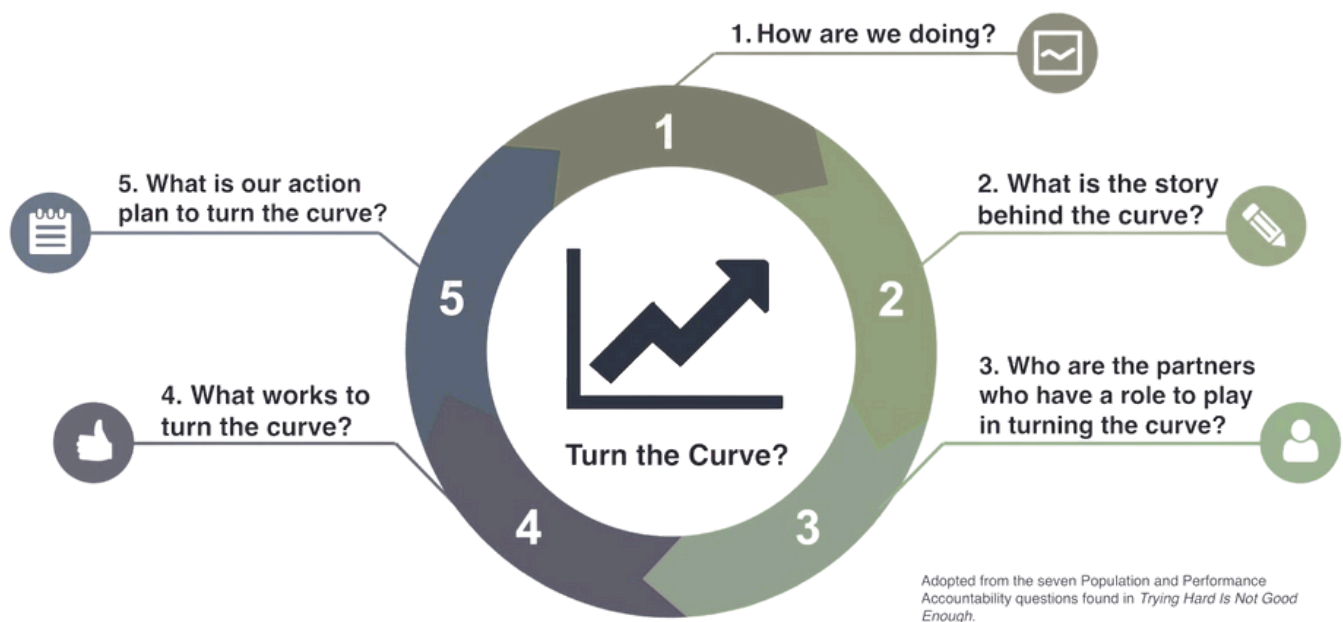
**January
2025**
Focus
Groups

**March
2025**
CHA
Workgroup &
Prioritization

**June
2025**
Complete
CHA &
Disseminate
to the
community

Framework

Results Based Accountability Framework: Results-Based Accountability™ (RBA) is a disciplined way of thinking and taking action. This framework is used by communities to improve the lives of children, families and the community as a whole. RBA is also used by agencies to improve the performance of their programs. RBA starts with the ends and works backward, step by step, towards the means. For communities, the ends are conditions of well-being for children, families, and the community as a whole.



For programs, the ends state how customers are better off when the program works the way it should. For example: The percentage of people in the job training program who get and keep good paying jobs. RBA improves the lives of children, families, and communities and the performance of programs because RBA:

- Gets from talk to action quickly.
- Is a simple, common-sense process that everyone can understand.
- Helps groups to surface and challenge assumptions that can be barriers to innovation.
- Builds collaboration and consensus
- Uses data and transparency to ensure accountability for both the well-being of children, families and communities, and the performance of programs.

Health Priorities

After the completion of the community focus groups and survey, a group of stakeholders convened to identify top health priorities for Montgomery County. During these workgroups, members analyzed primary and secondary data through a Results-Based Accountability lens. This approach guided the group in developing result statements and selecting key indicators for each focus area.



Access to Care

Results Statement: All people in Montgomery County have equitable access to care that promotes their whole-person well-being through affordable services, appropriate transportation, and a variety of care options.

Indicators: Uninsured: Percent of Montgomery County population under age 65 years without health insurance, Primary Care Clinicians: Number of NC counties with a "primary care workforce" to "county population" ratio of 1:1,500



Behavioral Health

Results Statement: All people in Montgomery County have access to culturally appropriate resources that support whole person health and social well-being.

Indicators: Suicide Death Rate per 100,000, Adverse Childhood Experiences (ACEs): Percent of children in NC (Total) with 2 or more ACEs



Substance Use

Results Statement: All people in Montgomery County have equitable access to coordinated support networks related to substance use that promote connectedness, recovery and long-term wellness.

Indicators: Drug Overdose Death Rates, Drug Poisoning Death Rate, Opioid Related Emergency Room Visits

Key Findings

While some distinctions were observed between primary data collection methods (such as focus groups and surveys) and secondary data, the priorities stayed closely aligned. Many focus group participants emphasized the significance of factors related to health outcomes, which in turn influenced the overall health status of the county.

Additionally, many participants emphasized their lived experiences and the influence of environmental health factors on their perceptions of health priorities. The CHA workgroup considered this valuable information when establishing health priorities, utilizing the social vulnerability index to highlight these influential factors.

Secondary data offered a wider statistical view, revealing trends such as COVID-19 being a leading cause of death in Montgomery County, alongside the significant issue of limited resources regarding healthcare access.

Primary data summaries and methods can be found in appendix B and C.

Next Steps



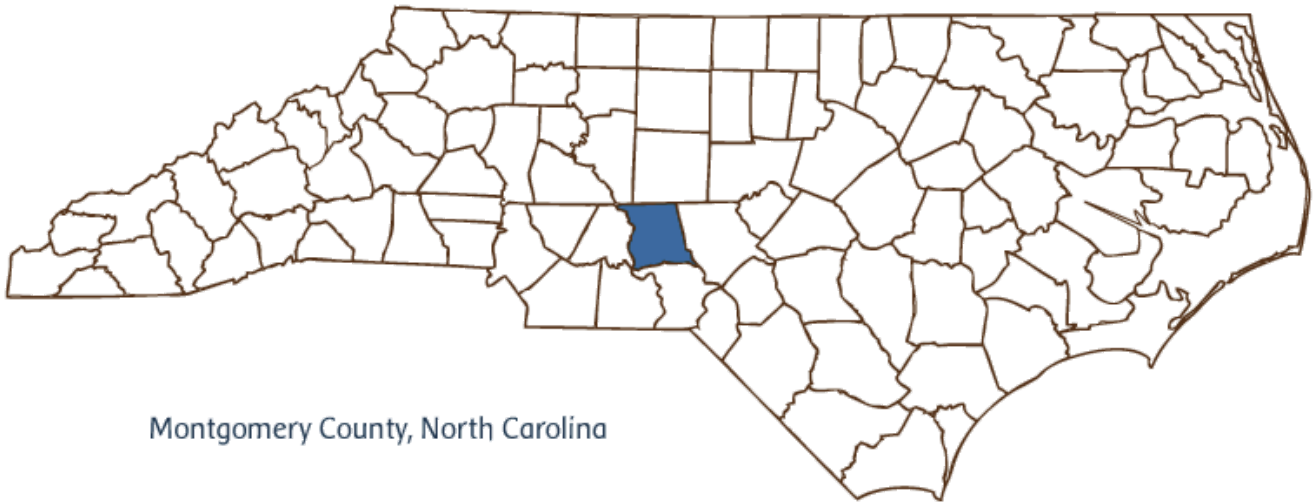
Disseminate the CHA to the community



Engage community partners to develop a community health improvement plan

If you would like to participate in future community health processes, please reach out to our Health Education Team at 910-572-1393.

County Geography



Montgomery County, North Carolina

Located in central North Carolina, Montgomery County is bordered by the counties Randolph and Davidson to the north, Moore to the east, Richmond to the south, and Stanly to the west. At its southwest corner lies Anson County, and at its northwest corner lies Rowan County.

Montgomery County is 491.54 square miles, with a population of 52.4 per square mile, meaning the entire county is recognized as rural. There are 5 townships: Troy (being the largest and holds the county seat), Star (the geographical center of the state), Candor (home to the NC Peach Festival), Biscoe, and Mt. Gilead.

National forest land make up nearly 80 square miles of the county and it is home to part of the Uwharrie Mountain range. There are multiple bodies of

water crucial to the county's tourism, including Badin Lake, Lake Tillery, the Yadkin-Pee Dee River, and the Uwharrie River.



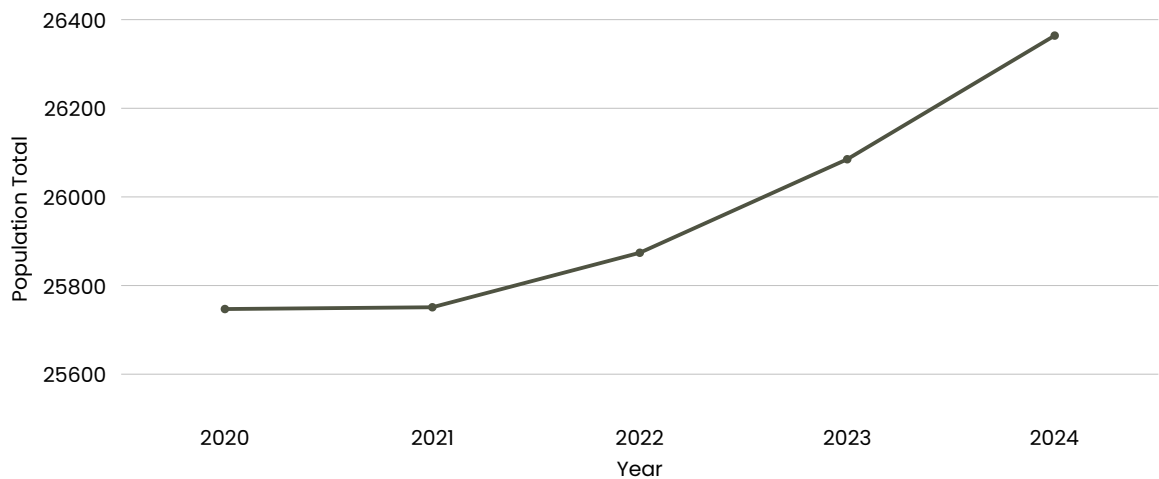
While being a popular tourist spot itself, Montgomery County lies exactly halfway between the East Coast and the western mountains of North Carolina, making it a popular place to live and work in North Carolina.

County Demographics

Total Population

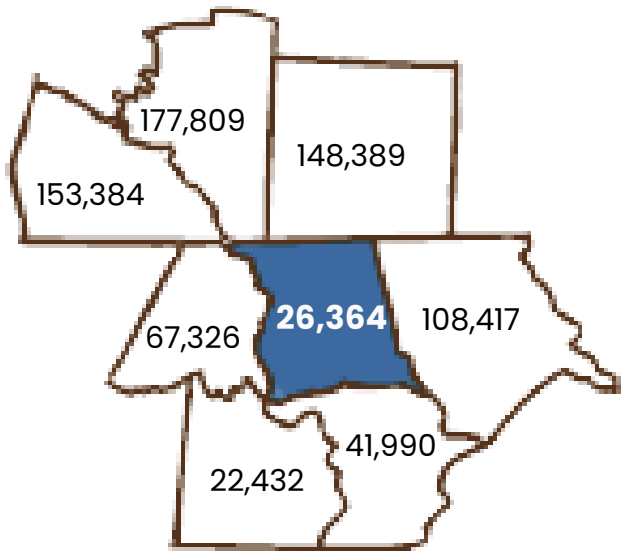


The total population of Montgomery County, NC has gradually increased since the previous health assessment in 2020, according to data from the U.S. Census Bureau.



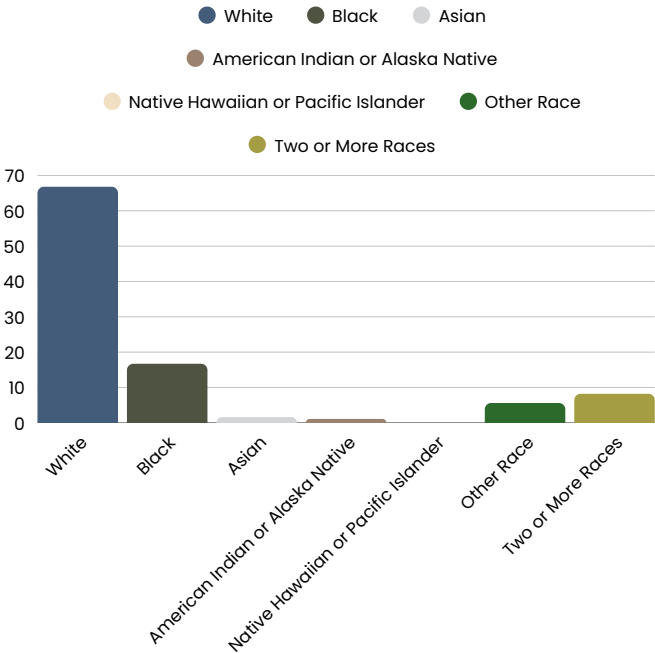
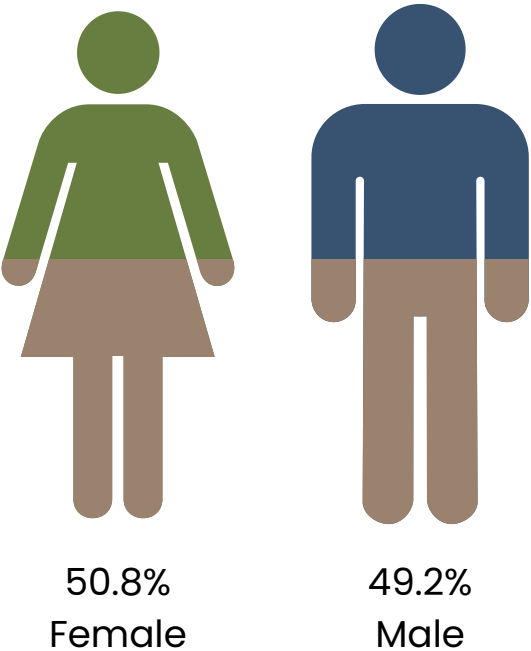
U.S. Census Bureau quickfacts: Montgomery County, North Carolina.

Montgomery County is surrounded by the following counties: Rowan, Davidson, Randolph, Moore, Richmond, Anson, and Stanly. Compared to neighboring areas, Montgomery County has a notably smaller population. This demographic insight is essential for understanding health outcomes, recognizing disparities, and creating strategies that address local needs and resources. By focusing on community-specific solutions, Montgomery County can effectively address health disparities and promote the well-being of its residents.



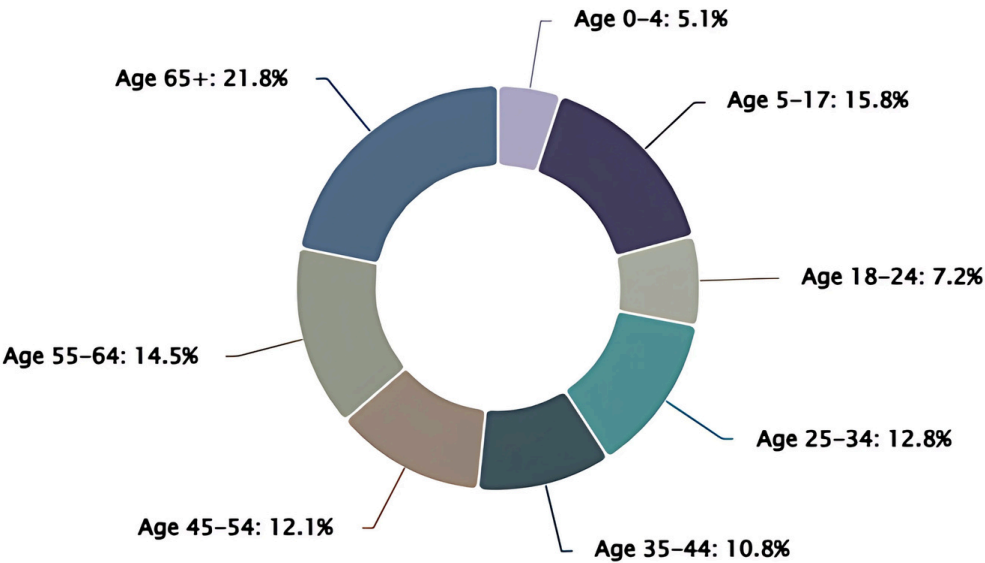
County Demographics

Population Breakdown



The population of Montgomery County is characterized by a diverse demographic makeup that significantly influences its public health needs. Key population groups include older adults (Age 65 +) and children (Age 5-17). Understanding the composition and characteristics of the local population is essential for identifying health disparities, prioritizing public health efforts, and ensuring that health interventions are culturally appropriate and effectively targeted.

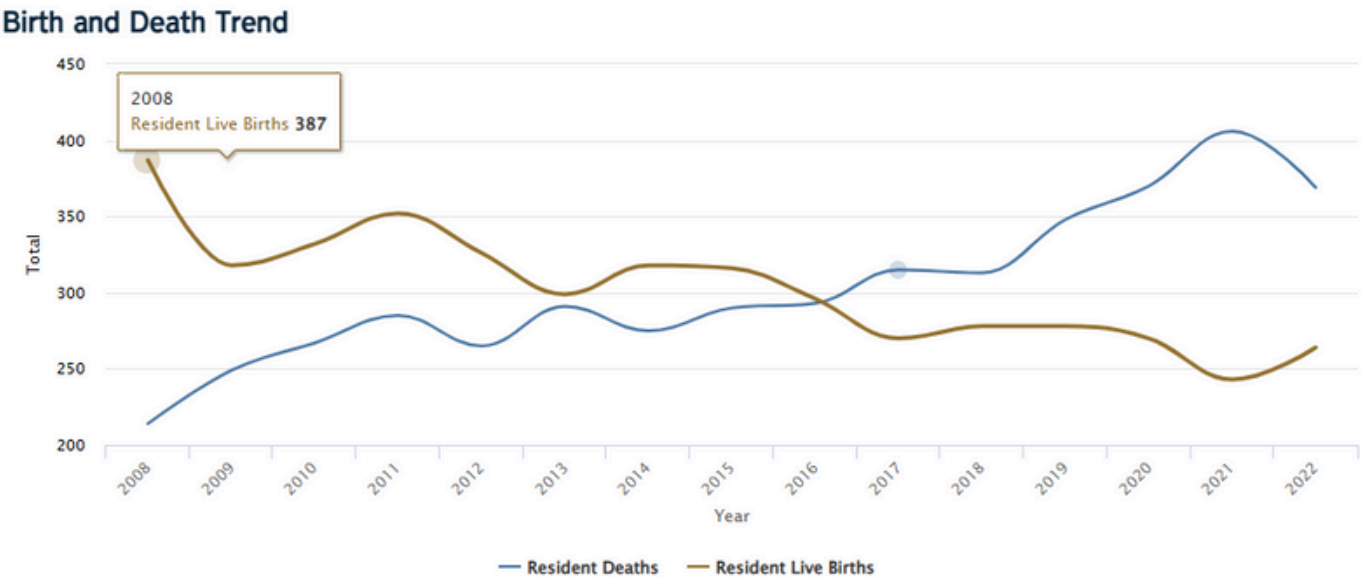
Data Source:
"Community Health Assessment."
North Carolina Data Portal.
Accessed 2025.
<https://ncdataportal.org/>.



County Demographics

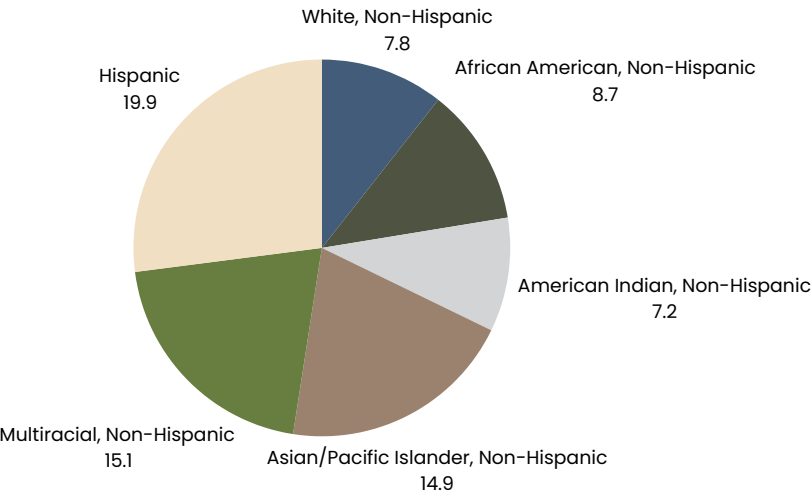
Population by Age and Gender

Since 2017, Montgomery County has seen a rise in death rates alongside a decline in live birth rates. Recently, however, both trends have begun to shift unexpectedly, bringing them closer to a potential crossover point.



Data Source: "North Carolina Vital Statistics and Health." Vital statistics and health - NC OSBM.

In 2022, the birth rates in Montgomery County revealed significant variations among racial and ethnic groups, highlighting demographic and cultural factors that may affect family size, access to healthcare, and reproductive health trends within different communities.



Data Source: 2022 North Carolina Vital Statistics – 2025, NC Department of Health and Human Services Division of Public Health State Center for Health Statistics <https://schs.dph.ncdhhs.gov/data/databook/>

Social Determinants of Health

Economic Stability

Tier Status

Since 2007, North Carolina has used a three-level system for designating County Development Tiers. The designations, which are mandated by state law, determine a variety of state funding opportunities to assist in economic development.

Tier Rankings use Four Factors:

- Average unemployment rate for the most recent twelve months for which data are available
- Median household income for the most recent twelve months for which data are available
- Growth in population for the most recent 36 months for which data are available
- Adjusted property tax base per capita for the most recent taxable year

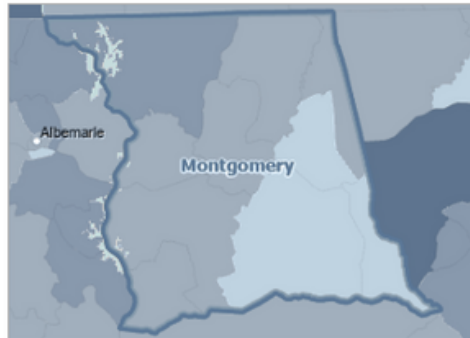


During the year 2025, Montgomery County will be shifting from Tier Two to Tier One, labeling the area as a more distressed location based on the four ranking factors. The county's economic distress rank weakened to #40 (from #47 in 2024). The main factor in the county's shift to Tier One is a 10 position drop in median household income rank.

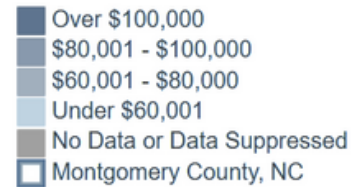
Social Determinants of Health

Economic Stability

Montgomery County continues to face economic challenges as displayed in the median family income. According to the U.S. Census Bureau, the median household income is approximately \$55,849, nearly 80% of the state average. This income disparity underscores the need for targeted economic development initiatives, affordable housing solutions, and workforce training programs to uplift families and stimulate sustainable growth in the region.

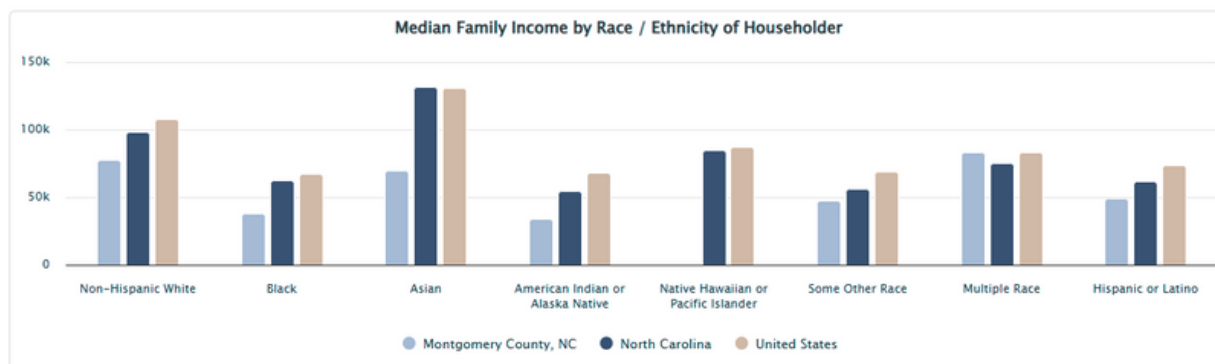
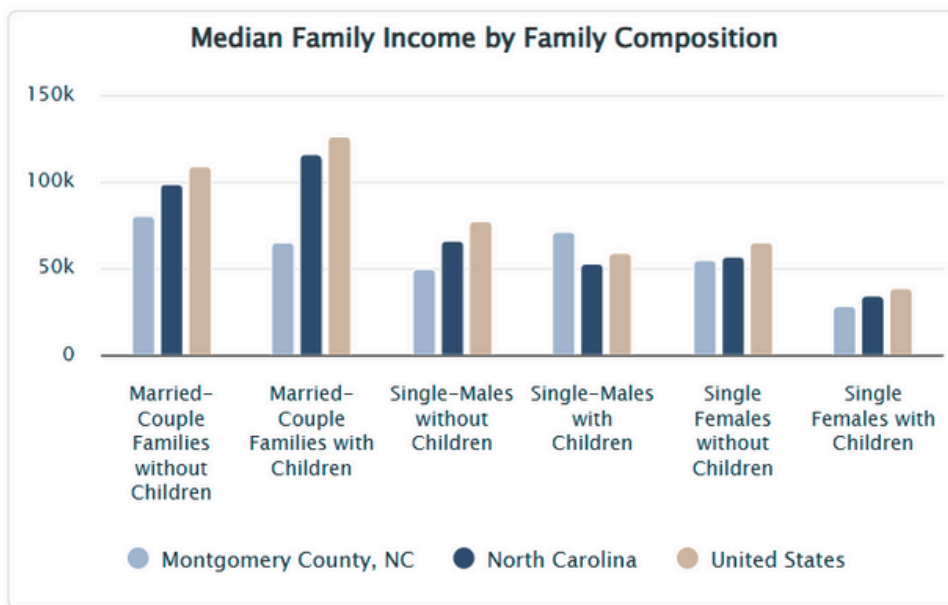


Median Family Income by Tract, ACS 2019-23



Data Source: US Census Bureau, [American Community Survey](#). 2019-23.

Single parent homes, specifically single females with children see the lowest family income in Montgomery County. Furthermore, American Indian/Alaska Native and Black families experience a lower median household income in the county.

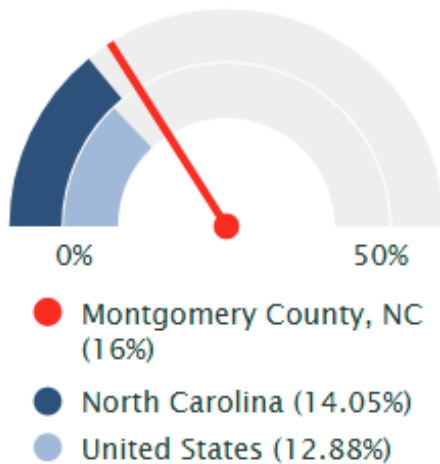


Data Source: US Census Bureau, [American Community Survey](#). 2019-23.

Social Determinants of Health

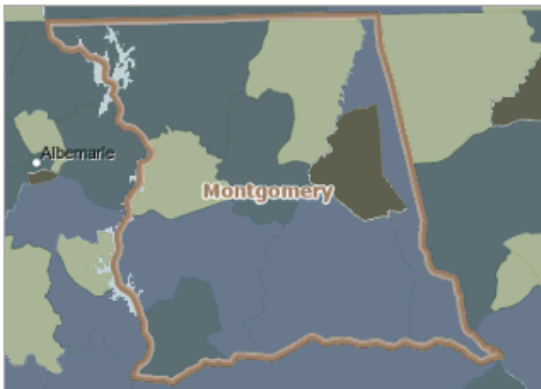
Economic Stability

Percentage of Total Population with Food Insecurity

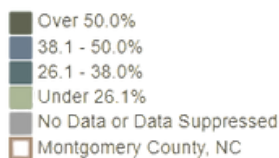


Data Source: Data Source: [Feeding America](#). 2022.

Montgomery County has a high rate of food insecurity among individuals compared to North Carolina. Currently, 25% of children under the age of 18 experienced food insecurity at some point during the year. Efforts such as expanding access to local food banks, implementing school meal programs, and promoting community gardens could play a pivotal role in ensuring that children and families have consistent access to nutritious meals.

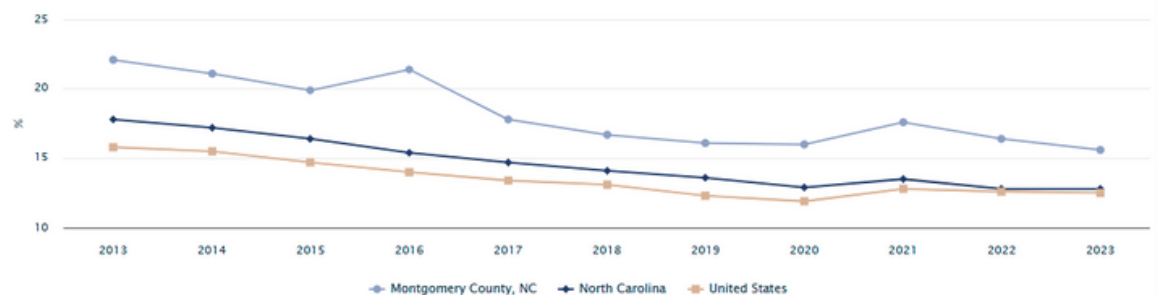


Population Below 200% Poverty Level, Percent by Tract



According to recent data from the U.S. Census Bureau, approximately 16% of residents in Montgomery County live 100% below the poverty line with nearly 40% living 200% below the federal poverty line. This creates barriers for those living in Montgomery County to access health services, healthy food, and other necessities that contribute to poor health status.

Population in Poverty, Percentage by Year, 2013 through 2023



Data Source: US Census Bureau, [Small Area Income and Poverty Estimates](#). 2023

Social Determinants of Health

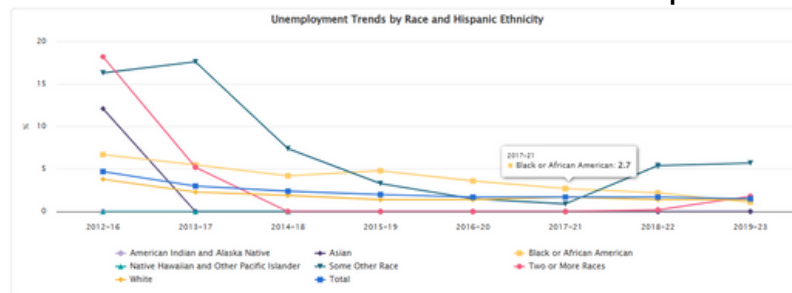
Employment/Unemployment

Montgomery Counties largest employer is the Manufacturing market which employs a total of 3,121 employees with an average salary of \$68,799. Government and government enterprises and Retail trade are the next largest sectors, employing 1,613 and 1,143 workers, respectively. The education and healthcare sectors are also notable employers, offering stability and growth, with local schools and hospitals playing significant roles. Community leaders are actively working to attract more businesses and improve infrastructure that supports both economic development and quality of life for its residents.

Job Sector	Total Employment
Manufacturing	3,121
Government	1,613
Retail	1,143

Data Source: US Department of Commerce, US Bureau of Economic Analysis. 2022

According to the most recent American Community Survey estimates, total unemployment in the report area is 326, or 2.90% of the civilian labor force. This indicator is relevant because unemployment creates financial instability and barriers to access including insurance coverage, health services, healthy food, and other necessities that contribute to poor health status.

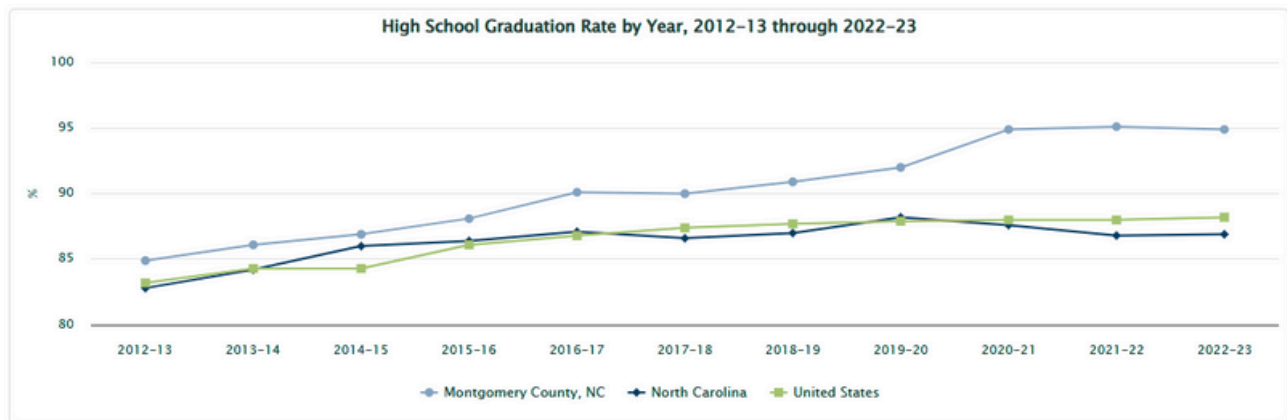


Data Source: US Census Bureau, American Community Survey. 2019-23



Social Determinants of Health

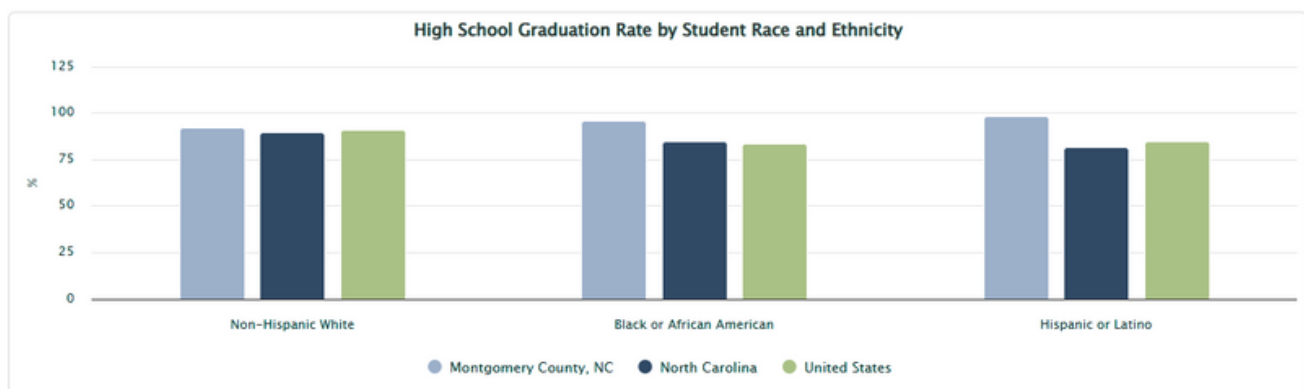
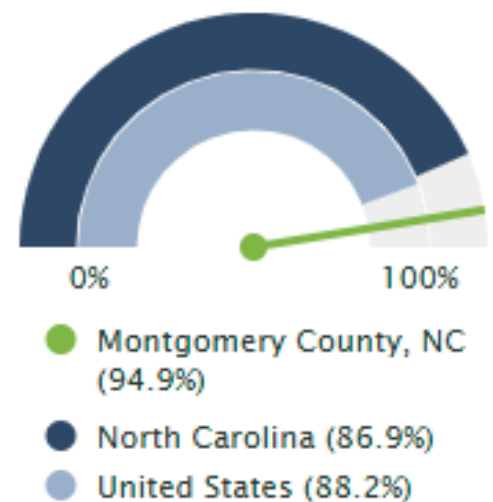
Education



The Montgomery County school district proudly boasts an impressive graduation rate of 94.9%, which showed a positive trend from 2012 to 2020 before stabilizing over the past three school years for which data is available. This rate surpasses the overall graduation rate of North Carolina by 8% and the national average by nearly 7%. Additionally, within Montgomery County, the graduation rates by race and ethnicity also exceed state and national levels, with the following rates:

- 98% - Hispanic
- 95.8% - African American
- 91.8% - White

Adjusted Cohort Graduation Rate



Data Source: NC Data Portal, Montgomery County

Social Determinants of Health

Education

19.3%

Bachelor's degree
or higher

84%

high school graduate or higher

Data Source: US Census QuickFacts for Montgomery County, NC

In Montgomery County, 84% of people aged 25 years and older have completed at least a high school diploma. Of those that have completed high school, 19.3% have completed a Bachelor's degree or higher. This highlights the importance of education as a key social determinant of health, influencing employment opportunities, income levels, and overall quality of life. The schools in Montgomery County play a crucial role in laying the foundation for academic success, with a range of elementary, middle, and high schools dedicated to nurturing students' potential.

3600
Students

332
Certified
Staff

11
Schools



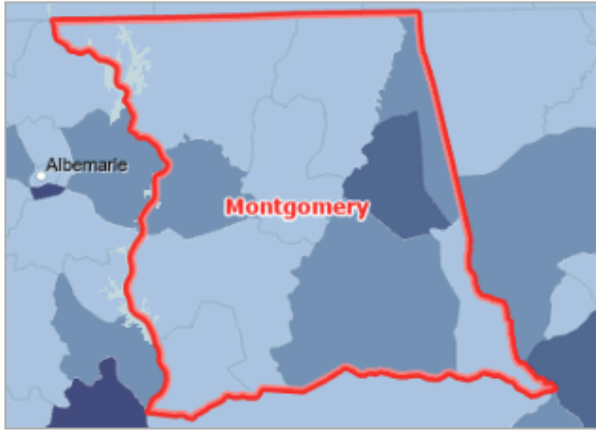
Montgomery County
Public Schools System

- Candor Elementary
- Green Ridge Elementary
- Mount Gilead Elementary
- Star Elementary
- Troy Elementary
- Page Street Elementary
- East Middle
- West Middle
- Montgomery Learning Academy
- Montgomery Central High
- Montgomery County Early College

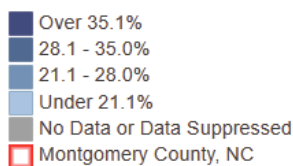
Data Source: Montgomery County Schools

Social Determinants of Health

Housing



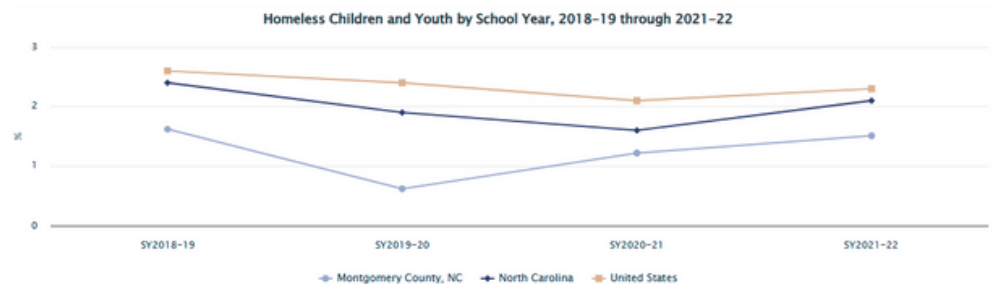
Cost Burdened Households (Housing Costs Exceed 30% of Household Income), Percent by Tract, ACS 2019-23



Data Source: US Census Bureau, American Community Survey. 2019-23.

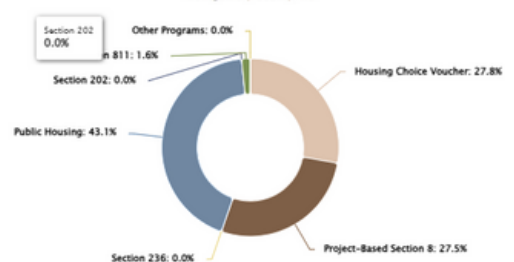
Housing affordability in Montgomery County remains a significant challenge for many residents. According to the U.S. Census Bureau, 19.3% of residents are cost-burdened. Meaning they are spending more than 30% of their income on housing costs. Nearly 8% of residents are spending more than 50% of their income costs on housing.

Homelessness in Montgomery County is a multifaceted issue, often exacerbated by the lack of affordable housing options and limited access to supportive services. The availability of HUD programs, such as Housing Choice Vouchers and Public Housing, is vital in providing stable housing solutions for low-income families. However, the demand for these programs often exceeds the available resources, leading to long waiting lists and unmet needs



Data Source: US Department of Education, ED Data Express. Additional data analysis by CARES. 2021-2022

Assisted Housing Units – HUD Programs – by Assistance Program
Montgomery County, NC

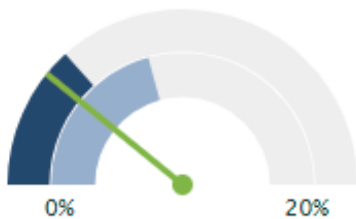


Data Source: US Department of Housing and Urban Development. 2017-21.

Social Determinants of Health

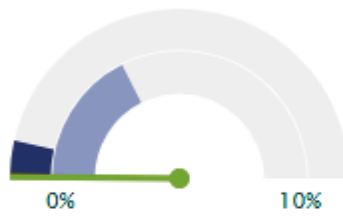
Transportation

Percentage of Households with No Motor Vehicle



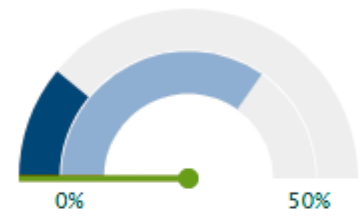
● Montgomery County, NC (4.35%)
● North Carolina (5.33%)
● United States (8.32%)

Percent Population Using Public Transit for Commute to Work



● Montgomery County, NC (0.03%)
● North Carolina (0.72%)
● United States (3.51%)

Percentage of Population within Half Mile of Public Transit



● Montgomery County, NC (0%)
● North Carolina (10.9%)
● United States (34.76%)

Data Source: NC Data Portal, Montgomery County



In Montgomery County, a pressing concern that is gaining attention is the lack of transportation options. Given the county's size and geography, it has a low walkability ranking. This lack of accessibility can create barriers to essential services such as healthcare, education, and employment, disproportionately affecting vulnerable populations, including the elderly, low-income families, and those with disabilities.

Data Collection

Data collection at the local level consisted of focus groups among target populations and conducting a county-wide health survey. In addition to these methods, data was also sourced from reputable sources including:

- North Carolina State Center for Health Statistics
- NC Data Portal
- U.S. Census Bureau
- County Health Rankings
- Other state and local resources

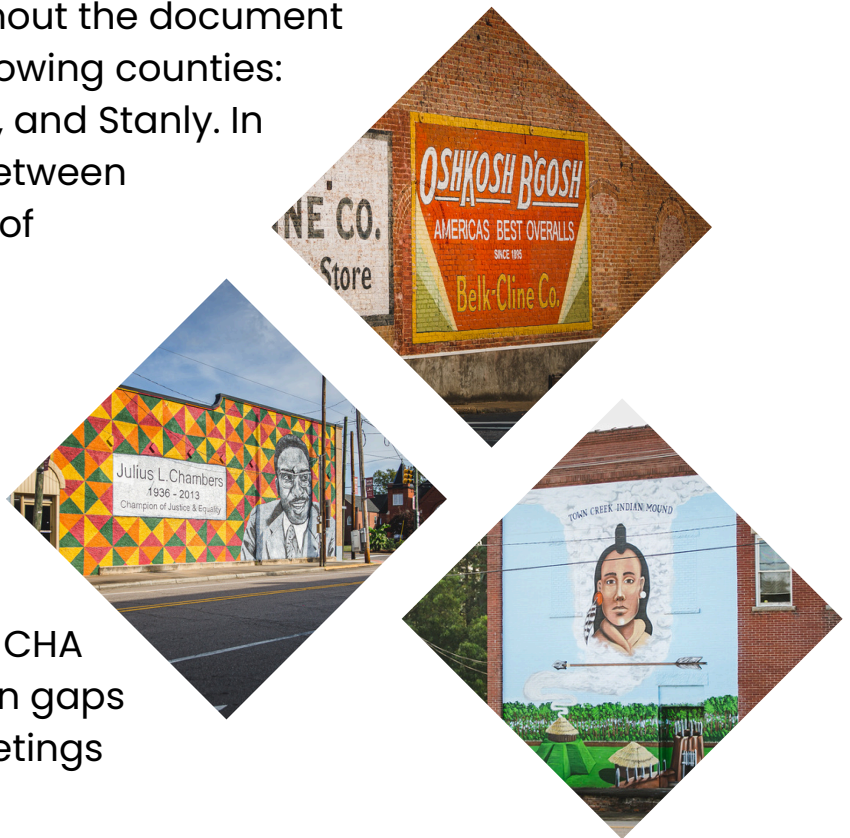
Once the data was collected, a comprehensive aggregated report was developed to highlight the overall health and well-being of Montgomery County's priority health population, available community resources, and priority health issues.

Comparison

Montgomery County used a set list of comparison counties throughout the assessment to highlight trends in health status and potential ways that communities can improve. Throughout the document you will see comparisons to the following counties: Anson, Moore, Randolph, Richmond, and Stanly. In addition, comparisons are made between Montgomery County and the State of North Carolina.

Planning Meeting

In November 2024, Montgomery County Department of Health collaborated with partners at FirstHealth of the Carolinas to align CHA focus areas and identify information gaps for the CHA process. Additional meetings were held as needed.



Data Collection

Comprehensive Health Survey

The Montgomery County Department of Health released an opinion survey as part of its Community Health Assessment 2024, conducted over a 61-day period from December 1 to January 31. During this time, the survey was promoted through social media platforms, community partners and stakeholders, as well as local events.

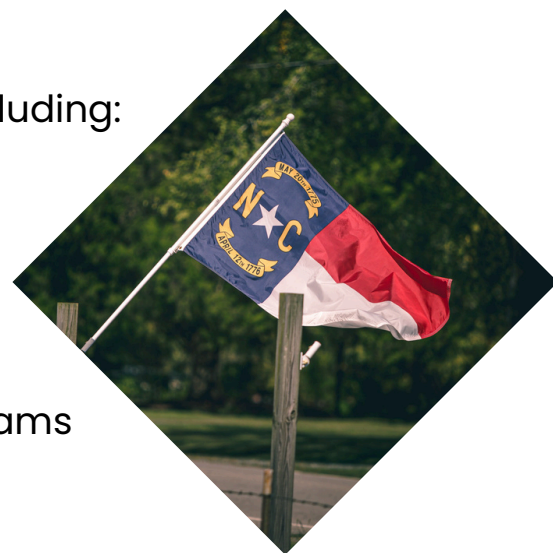
The survey consisted of 35 questions related to the health and wellness of Montgomery County, while also addressing gaps in knowledge from secondary data sources. For a detailed overview of the survey responses, please refer to Appendix B.

Focus Groups

Montgomery County Department of Health in conjunction with FirstHealth of the Carolinas hosted focus groups across the county beginning in January 2025. This qualitative approach was used to engage a broad range of community members in group discussion around the health and wellness of Montgomery County.

Focus groups consisted of target populations including:

- First responders
- Faith based community members
- Non-profit organizations
- Healthcare professionals
- Aging community members
- Individuals working with substance use programs
- Rural populations



Overall, six focus group sessions were hosted throughout the community with nearly 60 participants. For a full summary of focus group responses, please refer to Appendix C.

Priority Populations

Identifying priority populations for health topics is crucial for effective public health interventions. Targeting groups disproportionately affected by issues like chronic diseases and mental health allows for efficient resource allocation and tailored outreach, addressing unique community needs and barriers.

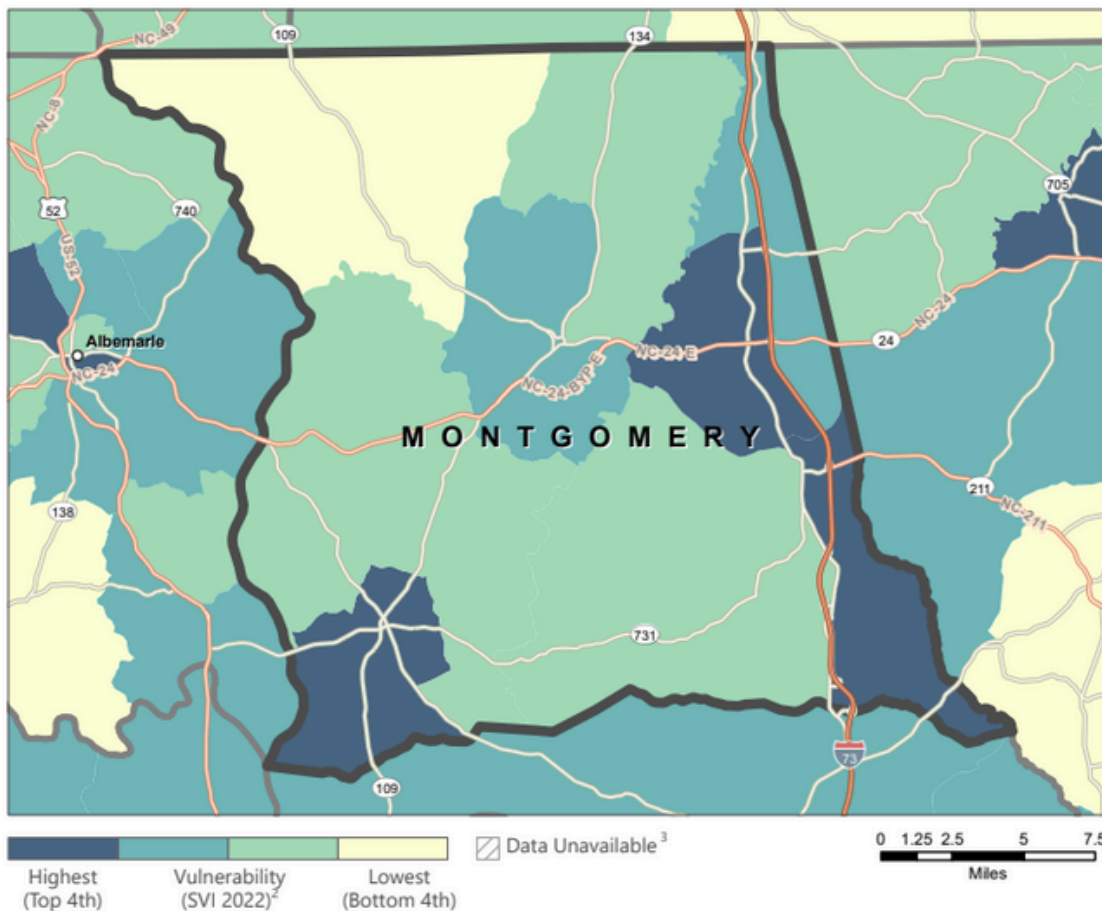
Significant Health Problems	Priority Population
Access to care	Montgomery County residents living in rural areas with little to no access to transportation services, internet services, or public facilities have lower access to care.
Housing	1.51% of students in Montgomery County reported experiencing homelessness
Transportation	In Montgomery County, 8.61% of renter-occupied households are without a motor vehicle compared to 2.78% of owner-occupied households. Additionally, 0 households in Montgomery County reside within a 0.5 mile of public transportation.
Substance Use	In Montgomery County, North Carolina, the priority population for substance use prevention and intervention efforts is young adults aged 18–35, with a specific focus on individuals experiencing economic hardship and limited access to mental health services. This group has been disproportionately affected by substance use disorders, particularly involving opioids, methamphetamines, and prescription medications.
Mental Health	Data shows that 43% of women and 30% of men report experiencing mental health issues, highlighting a gender gap in mental health prevalence. This disparity may reflect differences in social, emotional, or biological factors that influence how mental health challenges are experienced and reported.
Crime & Violence	Incarceration rates in Montgomery County are notably higher for men compared to women. Furthermore, the rates for American Indian individuals exceed those of other racial and ethnic groups.
Cancer	Incidence rates of cancer were higher in Non-Hispanic White and Non-Hispanic Black individuals than other race/ethnicity groups in 2017-2021.
Alzheimer's Disease	Rates of Alzheimer's disease in Montgomery County are significantly higher in individuals less than 65 years old. Rates in Montgomery County are comparable to that of North Carolina.
Diseases of the Heart	Diseases of the heart was the top cause of death for individuals ages 85+ in Montgomery County during 2019-2023.

Priority Populations

Social vulnerability refers to a community's capacity to prepare for and respond to the stress of hazardous events ranging from natural disasters, such as tornadoes or disease outbreaks, to human caused threats, such as toxic chemical spills.

The CDC/ATSDR Social Vulnerability Index (CDC/ATSDR SVI 2022)⁴ County Map depicts the social vulnerability of communities, at census tract level, within a specified county. CDC/ATSDR SVI 2022 groups sixteen census-derived factors into four themes that summarize the extent to which the area is socially vulnerable to disaster. The factors include economic data as well as data regarding:

- education
- family characteristics
- housing, language ability
- ethnicity
- vehicle access

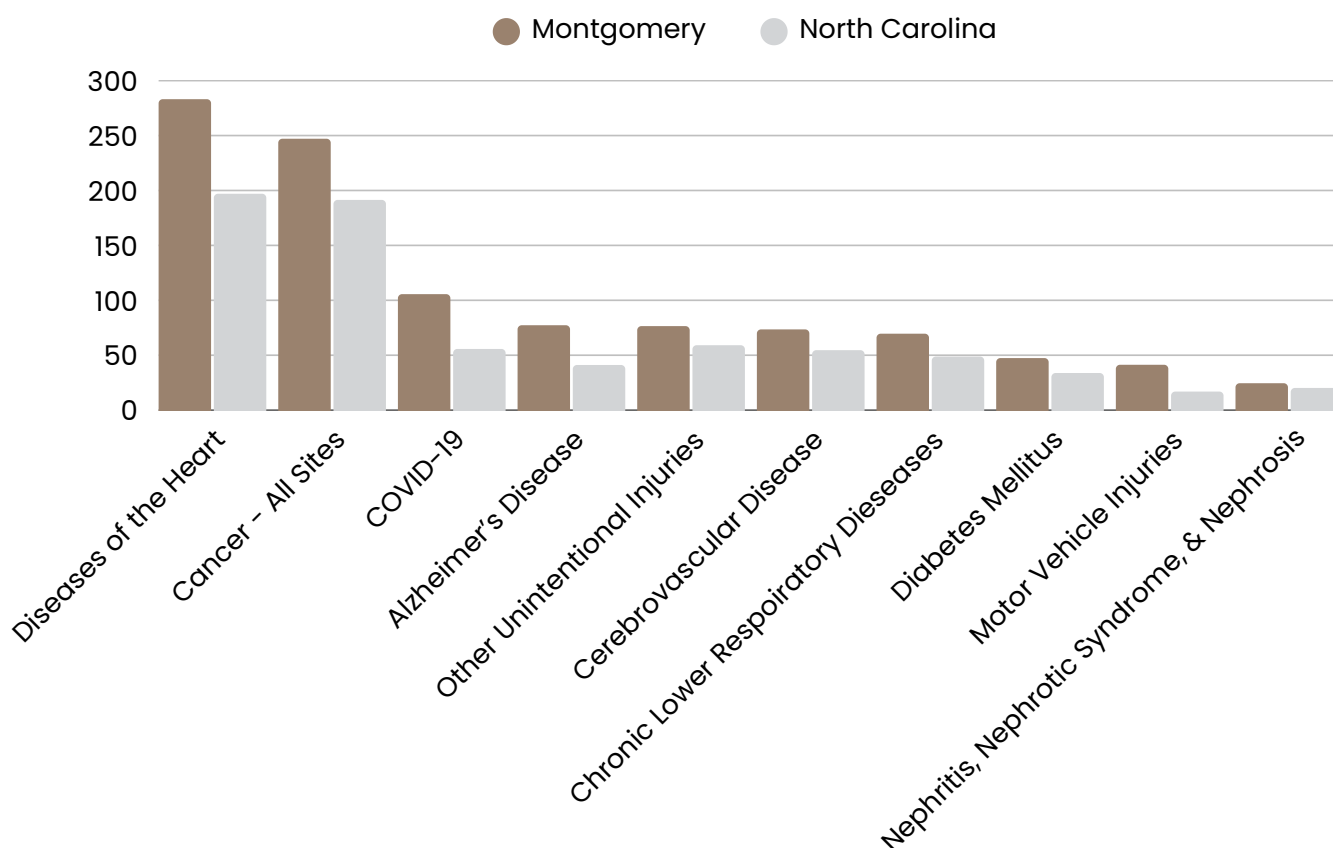


Data Source: "SVI Interactive Map."
Centers for Disease Control and
Prevention.

Health Status

Leading Causes of Death

The primary cause of death in Montgomery County continues to be heart disease. Since the 2020 Community Health Assessment (CHA), there has been an uptick in death rates due to COVID-19 and Alzheimer's disease. When compared to the state of North Carolina, Montgomery County exhibits significantly higher mortality rates from heart diseases, various types of cancer, and COVID-19.



Data Source: North Carolina County Health Data Book – 2025, NC Department of Health and Human Services Division of Public Health State Center for Health Statistics <https://schs.dph.ncdhhs.gov/data/databook/>

According to the North Carolina State Center for Health Statistics 2025 County Health Data Book, the top 10 leading causes of death in Montgomery County in order are: disease of the heart, cancer - all sites, COVID-19, Alzheimer's disease, other unintentional injuries, cerebrovascular disease, chronic lower respiratory diseases, diabetes mellitus, motor vehicle injuries, nephritis, nephrotic syndrome, & nephrosis.

Health Status

Leading Causes of Death

In line with previous years, heart disease and cancer – across all sites – continue to be the leading causes of death in Montgomery County. The data gathered for the 2020 Community Health Assessment was collected before the COVID-19 pandemic, which is why it was not acknowledged as a cause of death at that time. By 2025, COVID-19 has emerged as the third leading cause of death in Montgomery County. As seen in the graphs below, the top 5 leading causes of death in Montgomery County have significantly shifted due to the emergence of new diseases.

2025 Leading Cause of Death	Rank	Montgomery County
Diseases of the Heart	1	283.1
Cancer – All Sites	2	247.1
COVID-19	3	105.6
Alzheimer’s Disease	4	77.3
Other Unintentional Injuries	5	76.5

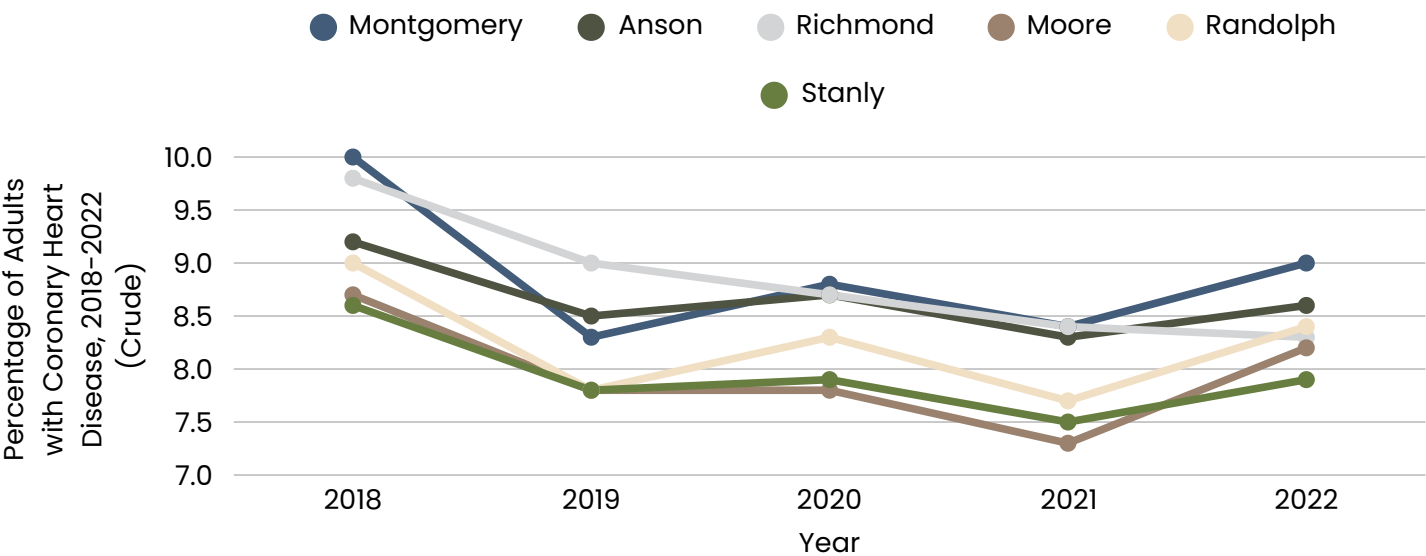
2020 Leading Cause of Death	Rank	Montgomery County
Diseases of the Heart	1	166.9
Cancer – All Sites	2	159
Alzheimer’s Disease	3	58.8
Chronic Lower Respiratory Disease	4	52.8
Other Unintentional Injuries	5	38.5

Data Source: North Carolina County Health Data Book – 2025 & 2020, NC Department of Health and Human Services Division of Public Health State Center for Health Statistics <https://schs.dph.ncdhhs.gov/data/databook/>

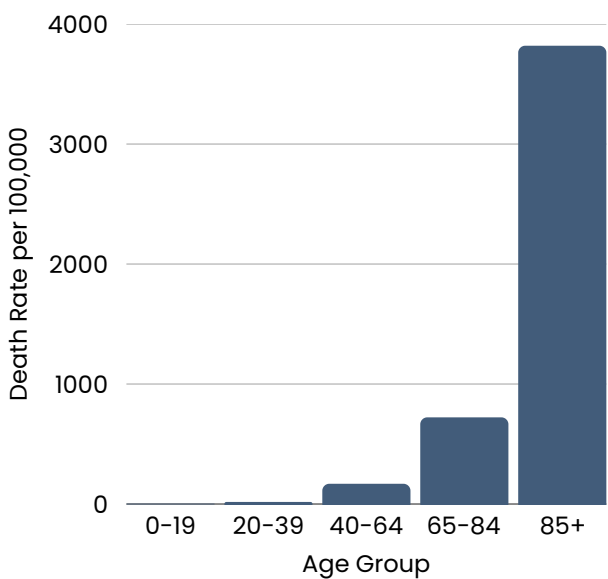
Health Status

Diseases of the Heart

As in past years, diseases of the heart remains the **leading cause of death** in Montgomery County. Diseases of the heart includes heart disease, high blood pressure, and high cholesterol among other chronic diseases. Compared to surrounding counties, Montgomery County has a higher prevalence of these chronic conditions among individuals ages 18+.



This chart displays annual trends in the percentage of adults age 18+ who have ever been diagnosed with coronary heart disease. Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2022



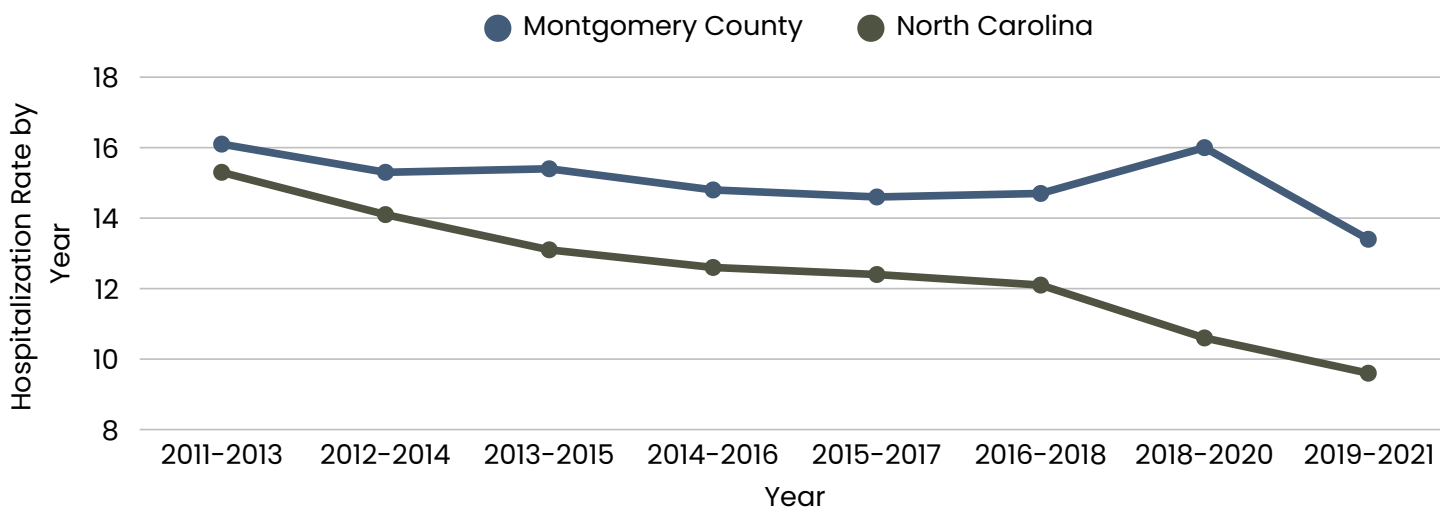
Diseases of the heart was the top cause of death for individuals ages 85+ in Montgomery County during 2019–2023. Efforts to combat these diseases have been ongoing, with local health initiatives focusing on promoting lifestyle changes such as increased physical activity, healthier diets, and regular medical check-ups.

Data Source: North Carolina County Health Data Book – 2025, NC Department of Health and Human Services Division of Public Health State Center for Health Statistics <https://schs.dph.ncdhhs.gov/data/databook/>

Health Status

Diseases of the Heart

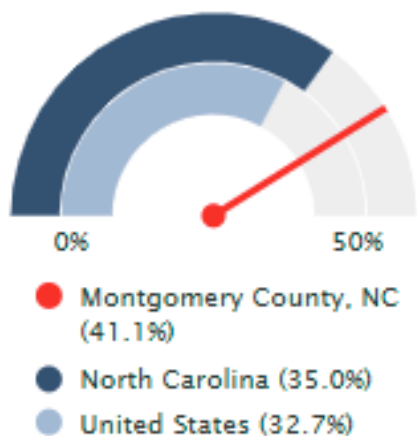
The rate of hospitalizations in Montgomery County have decreased through the years with a slight increase throughout 2018–2020. The chart below displays local and state trends in coronary heart disease hospitalization rates per 1,000 Medicare beneficiaries.



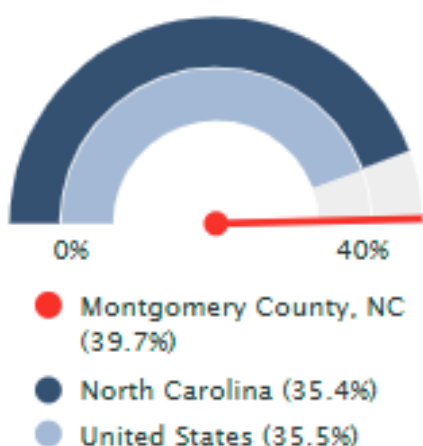
Data Source: NC Data Portal, Montgomery County

Montgomery County displays elevated percentages and rates of high blood pressure and high cholesterol among adults aged 18 and above. Additionally, there is a notable increase in hospitalizations due to cardiovascular diseases associated with heart conditions.

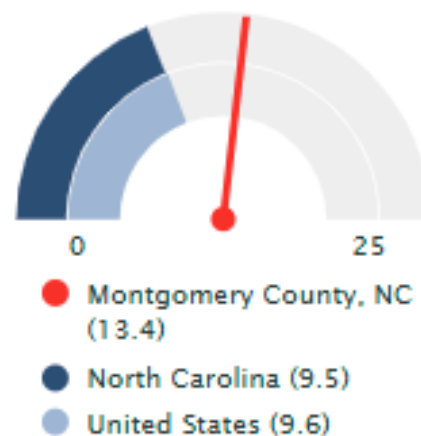
Percentage of Adults Age 18+ with High Blood Pressure



Percentage of Adults Age 18+ with High Cholesterol



Cardiovascular Disease Hospitalizations, Rate per 1,000 Medicare Beneficiaries

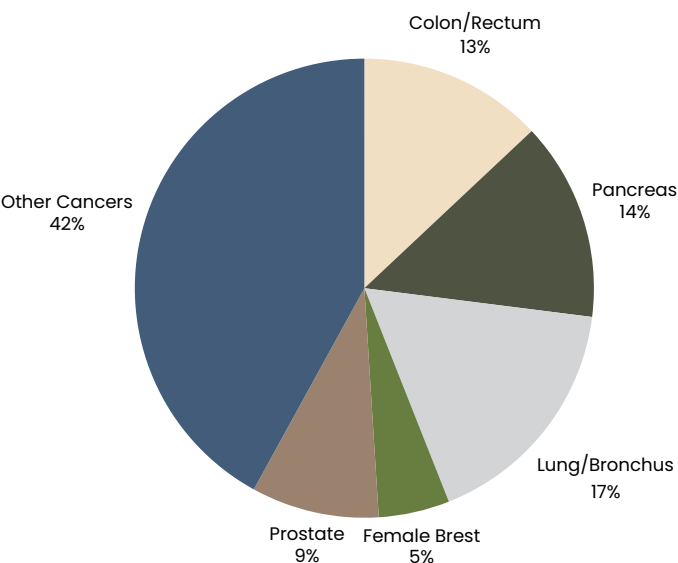


Data Source: NC Data Portal, Montgomery County

Health Status

Cancer

Cancer of all types is the **second leading cause of death** in Montgomery County. Although some types of cancer are not attributed to lifestyle choices, many are considered to be affected by specific risk factors and interventions. Understanding these risk factors and implementing effective interventions can significantly influence the incidence of cancer in the community. Lifestyle choices such as smoking, excessive alcohol consumption, poor diet, and lack of physical activity are well-documented contributors to various types of cancer. By promoting healthier habits, such as a balanced diet rich in fruits and vegetables, regular exercise, and smoking cessation programs, we can help reduce the risk of developing cancer.



Montgomery County 2022 Cancer Deaths by Site

Data Source: "Cancer Profiles Montgomery 2024." NCDHHS, Division of Public Health, NC State Center for Health Statistics. <https://schs.dph.ncdhhs.gov/units/ccr/>.

County Name	Cancer Incidence Rate per 100,000 (State Cancer Profiles 2017–2021)
Montgomery	454.1
Anson	554.9
Moore	499.4
Randolph	493.5
Richmond	518.5
Stanly	519.7
North Carolina	475.5

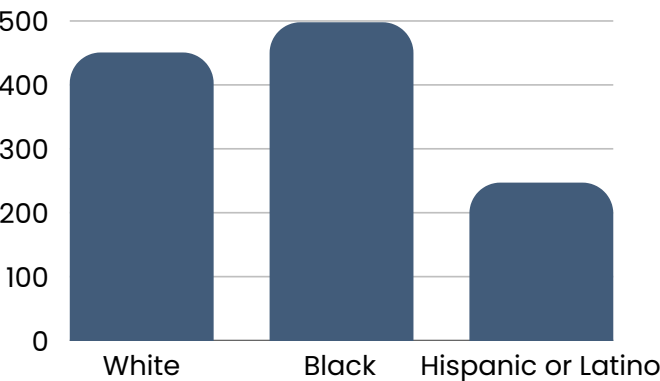
In contrast, Montgomery County exhibits a lower incidence rate of cancer compared to six neighboring counties and the state of North Carolina overall. The chart on the left illustrates the incidence rate per 100,000 population, based on state cancer profiles from 2017 to 2021.

Data Source: NC Data Portal, Montgomery County

Health Status

Cancer

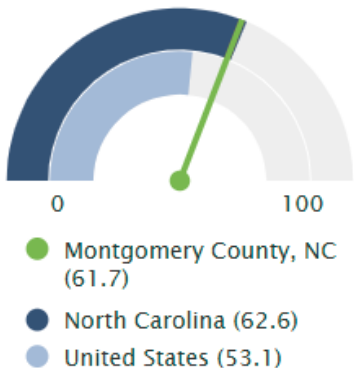
**Cancer Incidence (Rate per 100,000)
by Race/Ethnicity**



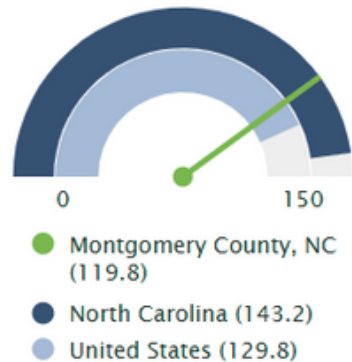
Data Source: "Cancer Profiles Montgomery 2024." NCDHHS, Division of Public Health, NC State Center for Health Statistics. <https://schs.dph.ncdhhs.gov/units/ccr/>.

Incidence rates of cancer in Montgomery County can be seen in the table to the left. This indicator reports the age-adjusted cancer incidence rate per 100,000 people for the 5-year period 2017–2021 by race and by Hispanic origin. Due to low rates, information for Asian/Pacific Islander and American Indian/Alaska Native have been suppressed.

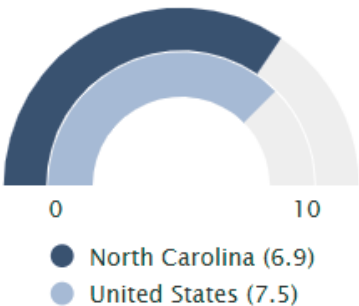
**Lung Cancer Incidence Rate
(Per 100,000 Pop.)**



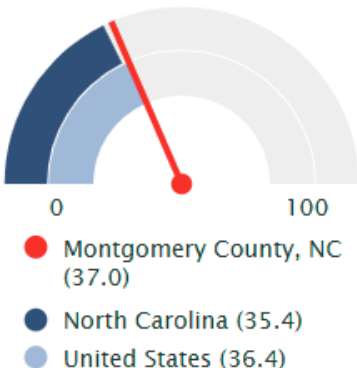
**Breast Cancer Incidence Rate
(Per 100,000 Females)**



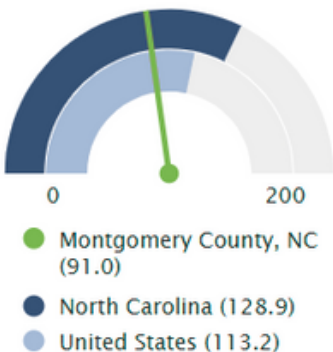
**Annual Cervical Cancer
Incidence Rate
(Per 100,000 Females)**



**Colon and Rectum Cancer
Incidence Rate
(Per 100,000 Pop.)**



**Prostate Cancer Incidence Rate
(Per 100,000 Males)**



Each of these charts illustrates the age-adjusted incidence rates for specific cancer types impacting Montgomery County. Please note that data for Cervical Cancer has been suppressed due to low case counts.

Data Source: NC Data Portal, Montgomery County

Health Status

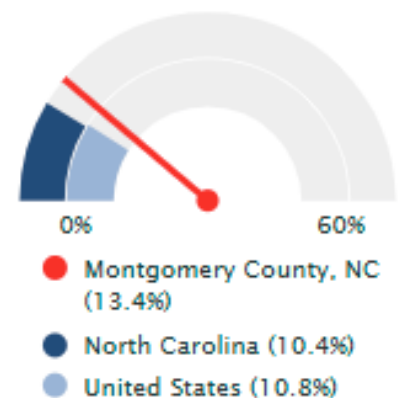
Alzheimer's

Alzheimer's disease is the **fourth leading cause of death** in Montgomery County. Alzheimer's Disease is the most common form of dementia, with the first symptoms usually appearing after age 60. While there is no single specific cause known for Alzheimer's Disease, a combination of factors may make certain individuals higher risk. These factors include:

- Genetic makeup
- Family history
- Environmental factors
- Lifestyle behaviors

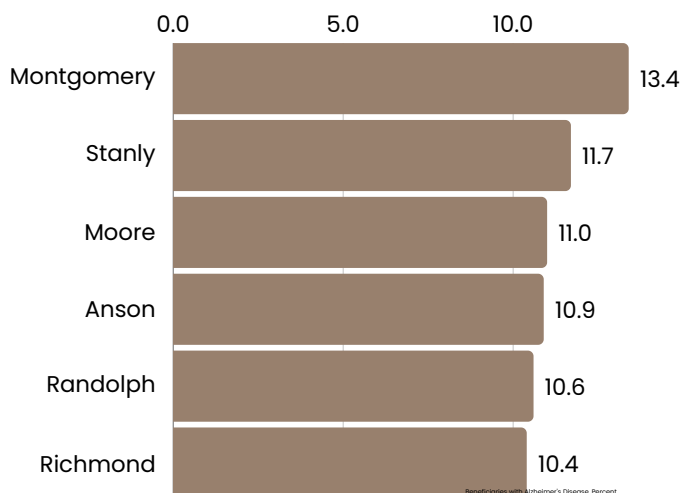
Maintaining physical activity and ensuring good heart health can help reduce the risk of memory loss and slow its progression once it begins. While there is currently no cure for Alzheimer's disease, some medications can be utilized to alleviate the severity of symptoms.

Percentage of Medicare Beneficiaries with Alzheimer's Disease



Data Source: NC Data Portal, Montgomery County

Medicare Beneficiaries with Alzheimer's Disease, Percent



Data Source: NC Data Portal

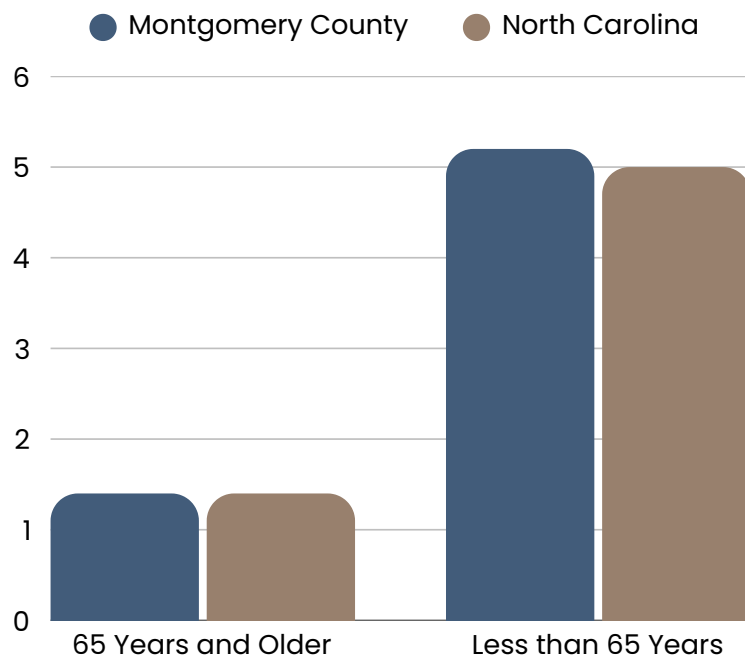
Montgomery County has the highest rate of Alzheimer's disease among Medicare beneficiaries when compared to neighboring counties. This is particularly concerning given the aging population in the area. By fostering a community-wide approach, Montgomery County aims to improve the quality of life for individuals affected by Alzheimer's and create a supportive environment for their families.

Health Status

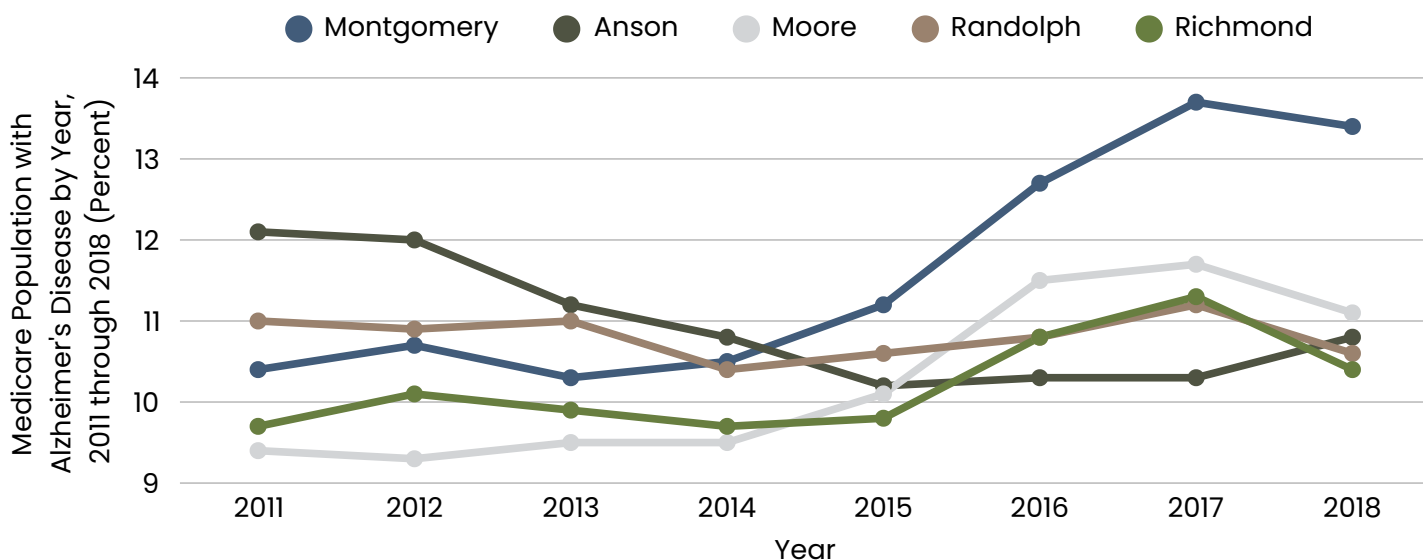
Alzheimer's

Montgomery County ranks similar to North Carolina in regard to the percentage of individuals both under and over 65 years old. This indicator reports the prevalence of Alzheimer Disease among Medicare beneficiaries by age.

The percentage values could be interpreted as, for example, "Of all the Medicare beneficiaries age 65 years and older within the report area, the proportion with Alzheimer's Disease is (value)."



Data Source: Centers for Medicare & Medicaid Services, [Centers for Medicare & Medicaid Services - Chronic Conditions](#). 2018



Data Source: Centers for Medicare & Medicaid Services, [Centers for Medicare & Medicaid Services - Chronic Conditions](#). 2018

Compared to neighboring counties, Montgomery ranks higher in Medicare population diagnosed with Alzheimer's disease since 2015.

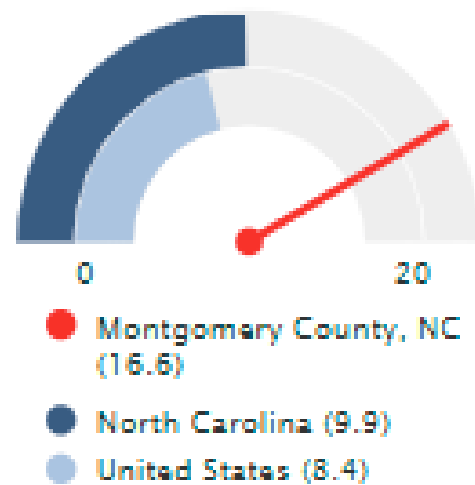
Health Status

Diabetes

This indicator reports the number and rate (per 1,000) of adults age 20 and older who have been diagnosed with diabetes in the last year, i.e., the difference between their age at the time of the CDC's Behavioral Risk Factor Surveillance System (BRFSS) survey and the age they provided to the question, "How old were you when you were told you have diabetes?" was less than one. If the difference was between one year and two years, the person was weighted as half a

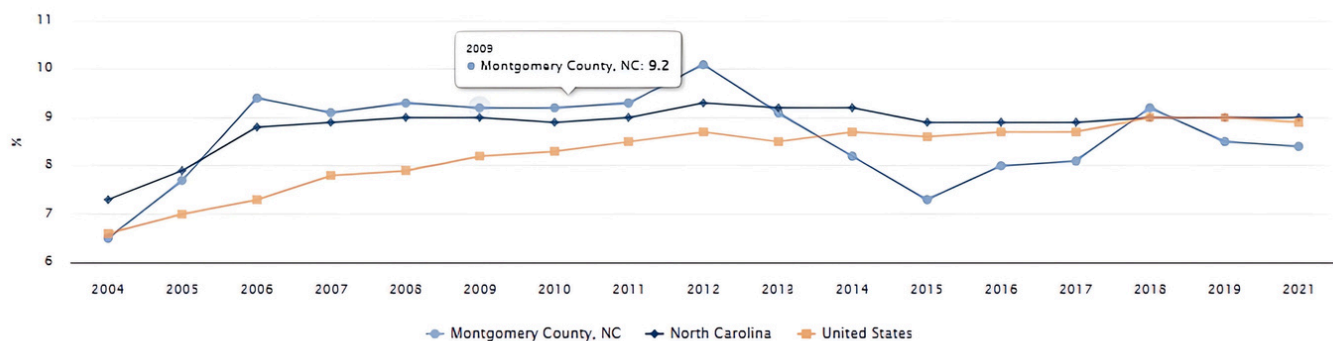
newly diagnosed case. This indicator is relevant because diabetes is a prevalent problem in the U.S.; it may indicate an unhealthy lifestyle and puts individuals at risk for further health issues. Montgomery County has seen a steady incline of adults diagnosed with diabetes since 2015. Efforts to mitigate this trend are essential to improving public health outcomes. Community health initiatives focusing on education about healthy eating, regular physical activity, and routine medical check-ups are crucial.

Rate per 1000 Adults Age 20+ Newly Diagnosed with Diabetes (Age-Adjusted), 2019



Data Source: NC Data Portal, Montgomery County

Adults with Diagnosed Diabetes by Year, 2004 through 2021



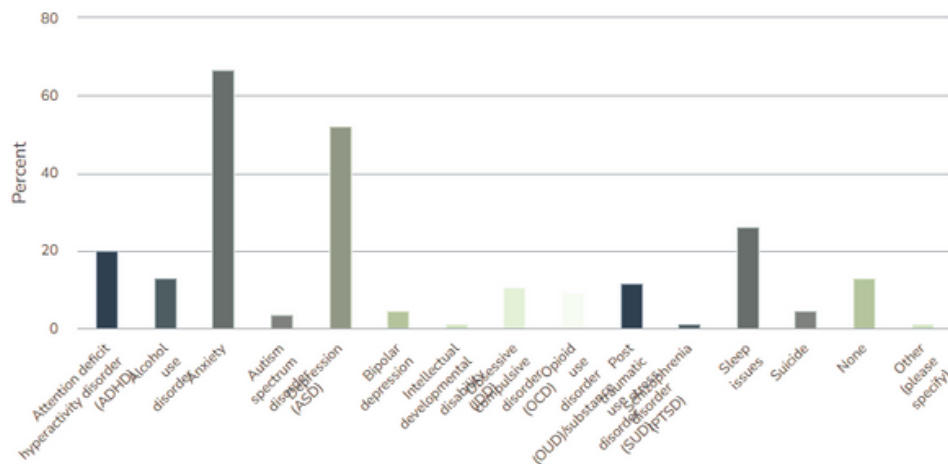
Data Source: NC Data Portal, Montgomery County

Health Status

Behavioral Health

While poor mental health is not identified statistically as a leading cause of death, through the focus groups and community survey respondents identified it as being a top problem adversely affecting overall health status. This highlights the critical need for targeted interventions and accessible mental health services, especially in rural areas where resources are limited. By prioritizing mental health, communities can work towards a healthier, more resilient population that is better equipped to handle life's challenges.

15. Listed below are mental health concerns. Select up to THREE(3) that cause most concern for you AND your family's mental health.



When asked what were the three top health concerns for mental health, respondents answered anxiety, depression, and sleep issues. A comprehensive analysis of the community survey is available in Appendix B

In Montgomery County, North Carolina, 14% of adults reported experiencing poor mental health for 14 or more of the last 30 days.

14%
reported poor mental health

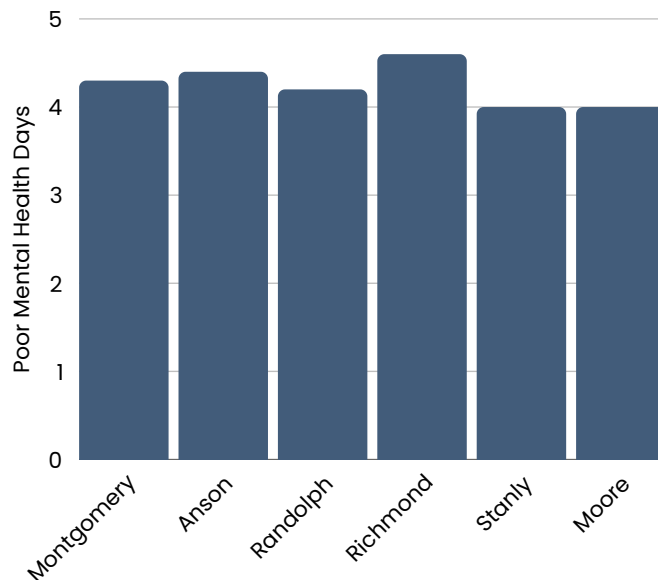
4.3
of the previous 30 days were poor mental health

In Montgomery County, North Carolina, adults reported that their mental health was not good on 4.3 of the previous 30 days.

Health Status

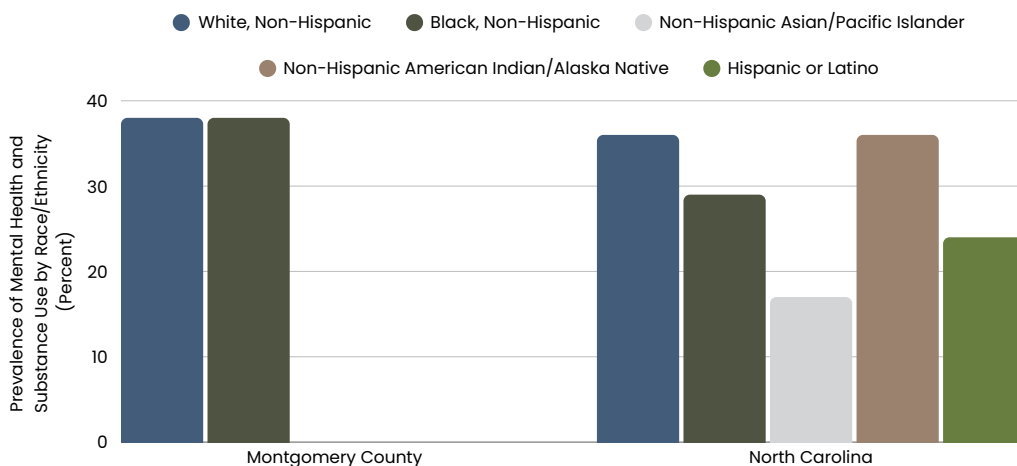
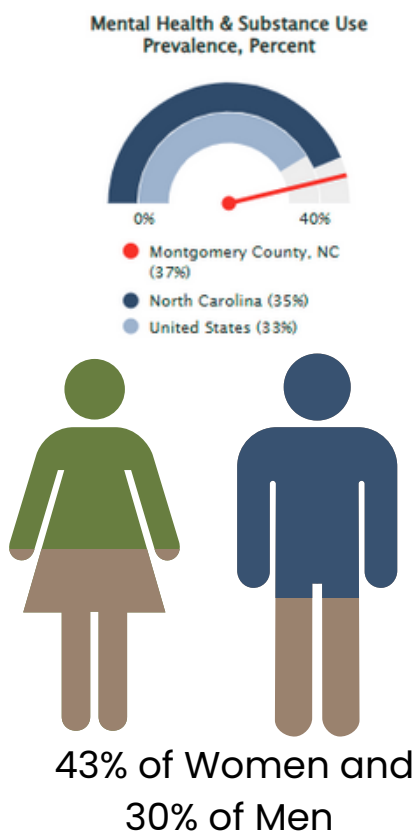
Behavioral Health

Data show an average of 4.3 poor mental health days per month for people in Montgomery County, placing it mid-range in comparison to surrounding peer counties. This suggests that Montgomery County experiences a moderate level of behavioral health concerns, with room for improvement compared to some neighboring counties.



Data Source: County Ranking and Roadmaps

Among those who died of an overdose, one in four also had a mental health disorder like depression, anxiety, or bipolar disorder. Overdose is the most common cause of death among people experiencing homelessness.



Data shows that 43% of women and 30% of men report experiencing mental health issues, highlighting a gender gap in mental health prevalence. This disparity may reflect differences in social, emotional, or biological factors that influence how mental health challenges are experienced and reported.

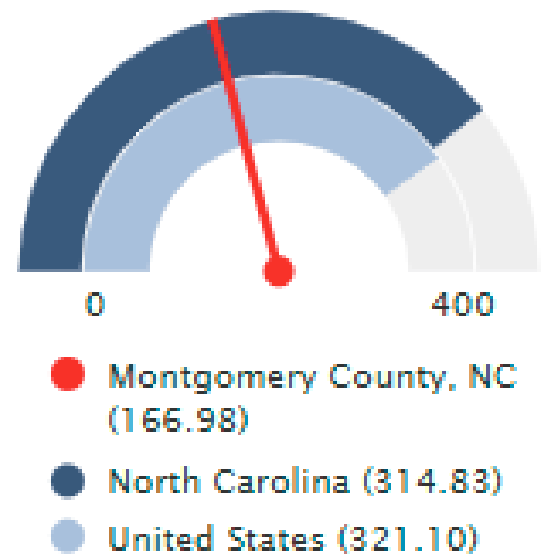
Data Source: NC Data Portal, Montgomery County

Health Status

Behavioral Health

Montgomery County is home to seven mental health provider facilities, each offering support across various aspects of behavioral health care. While a majority of these providers are licensed social workers or counselors focused on therapeutic services, a number also specialize in medication management for mental health conditions. These facilities deliver a wide range of services, including individual and group therapy sessions, substance abuse treatment, psychiatric care, neurological evaluations, and additional supportive programs tailored to individual needs. This network of providers plays a vital role in addressing the mental health needs of the community.

Mental Health Care Providers, Rate per 100,000 Population



Data Source: NC Data Portal, Montgomery County

Results Statement: All people in Montgomery County have access to culturally appropriate resources that support whole person health and social well-being.

Indicators addressing the progress the community makes towards developing culturally appropriate resources to support whole person health are:

- Suicide Death Rate per 100,000
- Adverse Childhood Experiences (ACEs): Percent of children in NC (Total) with 2 or more ACEs
- Chronic Conditions – Mental Health and Substance Use Conditions

Health Status

Substance Use

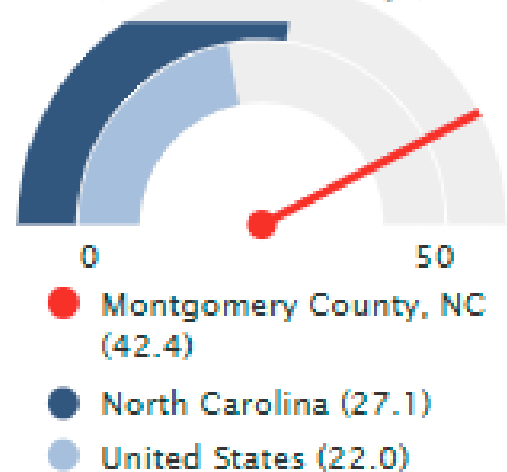
Substance use is a complex and multi-dimensional issue, identified by residents of Montgomery County as one of the most detrimental factors impacting their health. According to 2022 data from the CDC, over 1 in 6 Americans aged 12 and older reported experiencing a substance use disorder.

A substance use disorder is classified by various symptoms that can span the cognitive, behavioral, and physiological aspects of an individual's health. Given the intricate nature of these disorders, some symptoms may be quite severe and significantly impact daily life, while others may show little to no visible signs. As a result, treatment options are just as intricate as the disorders themselves. Recovery typically involves a combination of:

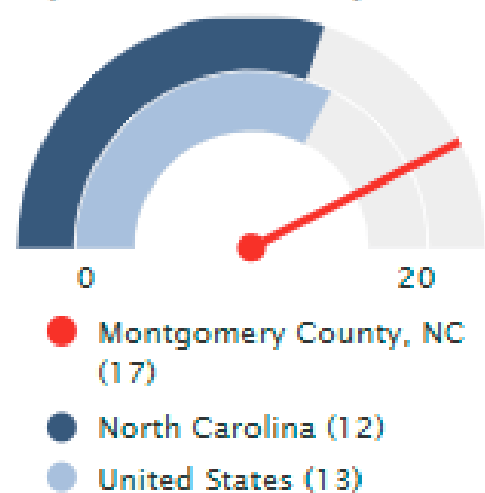
- Outpatient counseling
- Inpatient rehabilitation
- Behavioral health care
- Medications for opioid use disorder

Substance use disorders can encompass a wide range of substances, including alcohol, cannabis, nicotine, opioids, hallucinogens, stimulants, and sedatives.

Opioid Drug Overdose Mortality, Crude Death Rate (Per 100,000 Pop.)



Overarching Opioid Use Disorder Indicator Hospitalization, Rate per 1,000

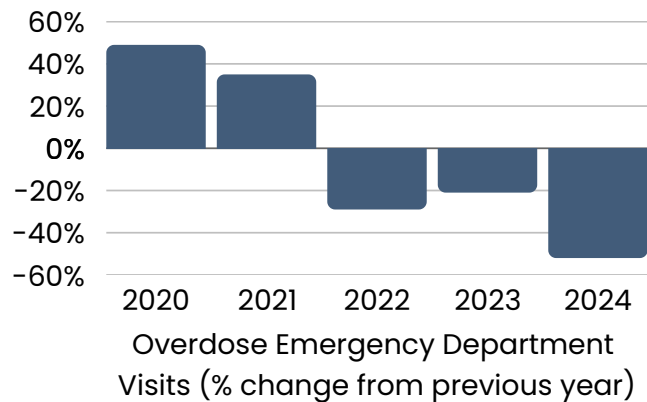


Data Source: NC Data Portal, Montgomery County

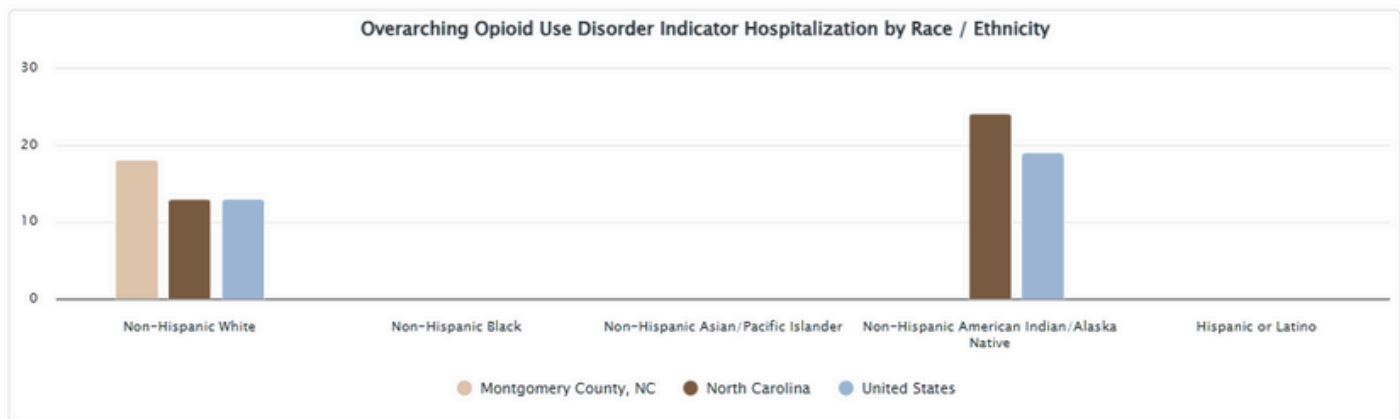
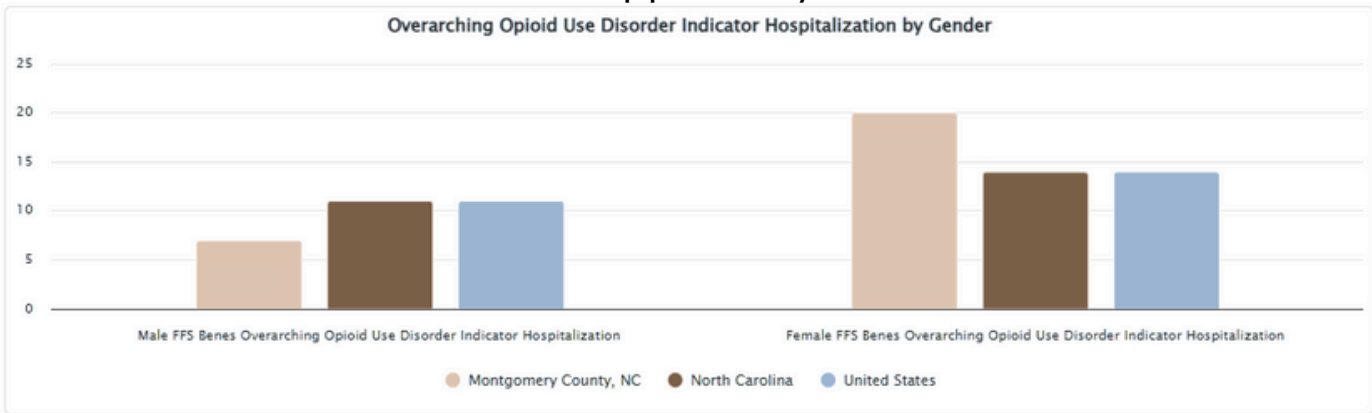
Health Status

Substance Use

In Montgomery County specifically, trends in Overdose-Related Emergency Department visits have been declining since the last Community Health Assessment. Local organizations have increased access to treatment programs and support services, emphasizing preventive care and education about the risks of substance use. Additionally, collaborations between healthcare providers, law enforcement, and community leaders have strengthened efforts to reduce the stigma associated with seeking help, encouraging more individuals to access the support they need.



Data Source: North Carolina Department of Health and Human Services, Division of Public Health – North Carolina Overdose Epidemic Data, 2025

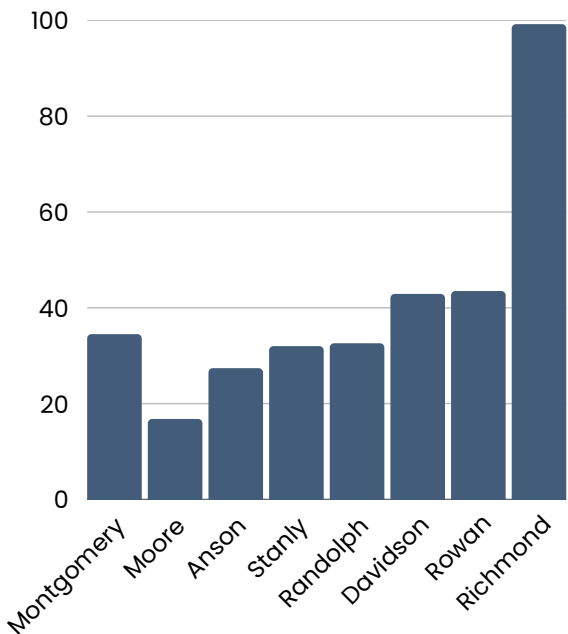


Data Source: NC Data Portal, Montgomery County

Health Status

Substance Use

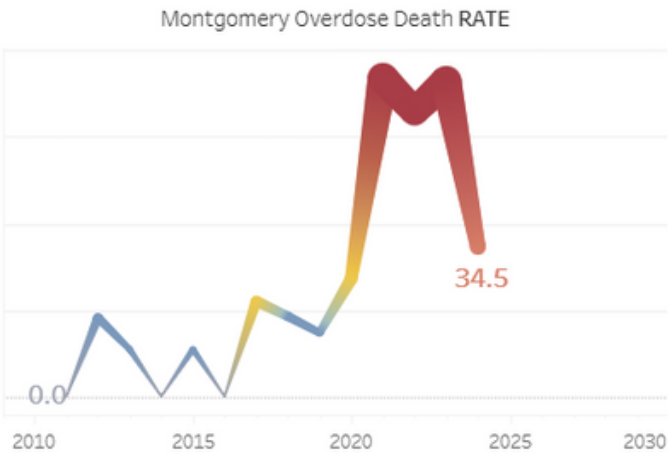
Recent data from 2024 reveals that Montgomery County's overdose death rate is roughly average, showing neither excessively high nor alarmingly low figures in comparison to other regions. However, this rate is slightly higher than that of some surrounding counties, indicating that while Montgomery County encounters challenges, they are not as pronounced as in some other areas. Conversely, it falls just below the rates seen in Davidson and Rowan Counties, highlighting a complex landscape of overdose issues across these counties, each facing its own distinct challenges and circumstances that influence these statistics.



2024 Overdose Death Rate

Data Source: North Carolina Department of Health and Human Services, Division of Public Health - North Carolina Overdose Epidemic Data, 2025

Overdose death rates have remained elevated since the 2020 Community Health Assessment during the COVID-19 pandemic. However, data from recent years indicate a decline in these rates, with the sole exception of a slight, unexplained increase in 2023. By fostering partnerships across healthcare providers, law enforcement, and local organizations, Montgomery County is striving to build a comprehensive support system to combat substance misuse challenges effectively.



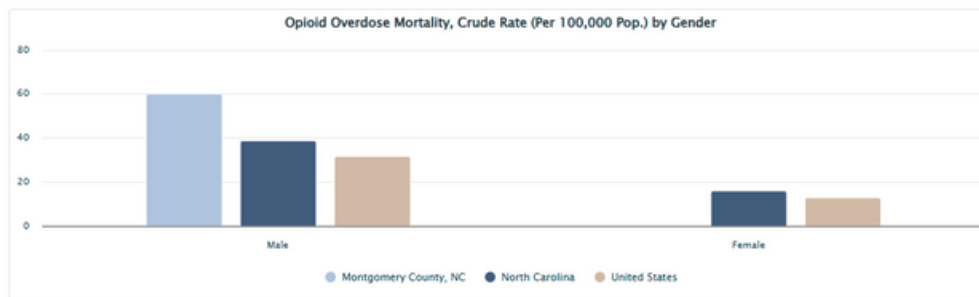
Data Source: North Carolina Department of Health and Human Services, Division of Public Health - North Carolina Overdose Epidemic Data, 2025

Health Status

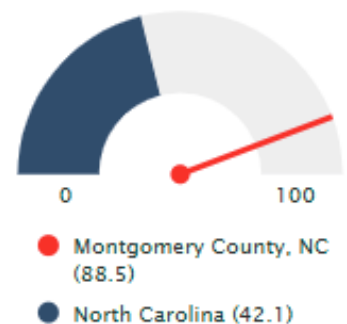
Substance Use

Utilizing the results-based accountability framework, the CHA workgroup developed a results statement aimed at improving substance use outcomes for Montgomery County.

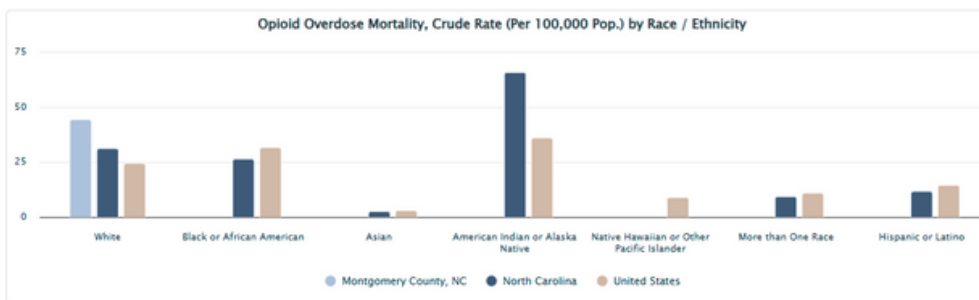
Results Statement: All people in Montgomery County have equitable access to coordinated support networks related to substance use that promote connectedness, recovery and long-term wellness.



Drug Overdose Death Rate: Per 100,000 Population



Data Source: NC Data Portal, Montgomery County



Indicators addressing the process the community makes towards addressing substance use disorders are:

- Drug Overdose Death Rates: deaths caused by drug overdoses
- Drug Poisoning Death Rate: deaths caused by the toxic effects of legal or illegal drugs—whether intentional, unintentional, or of undetermined intent
- Opioid Related Emergency Department Visits: number of visits to hospital emergency departments due to opioid use, overdose, or complications, including both prescription opioids and illicit opioids
- Other key indicators will be identified by our workgroup during the Community Health Improvement process

Health Status

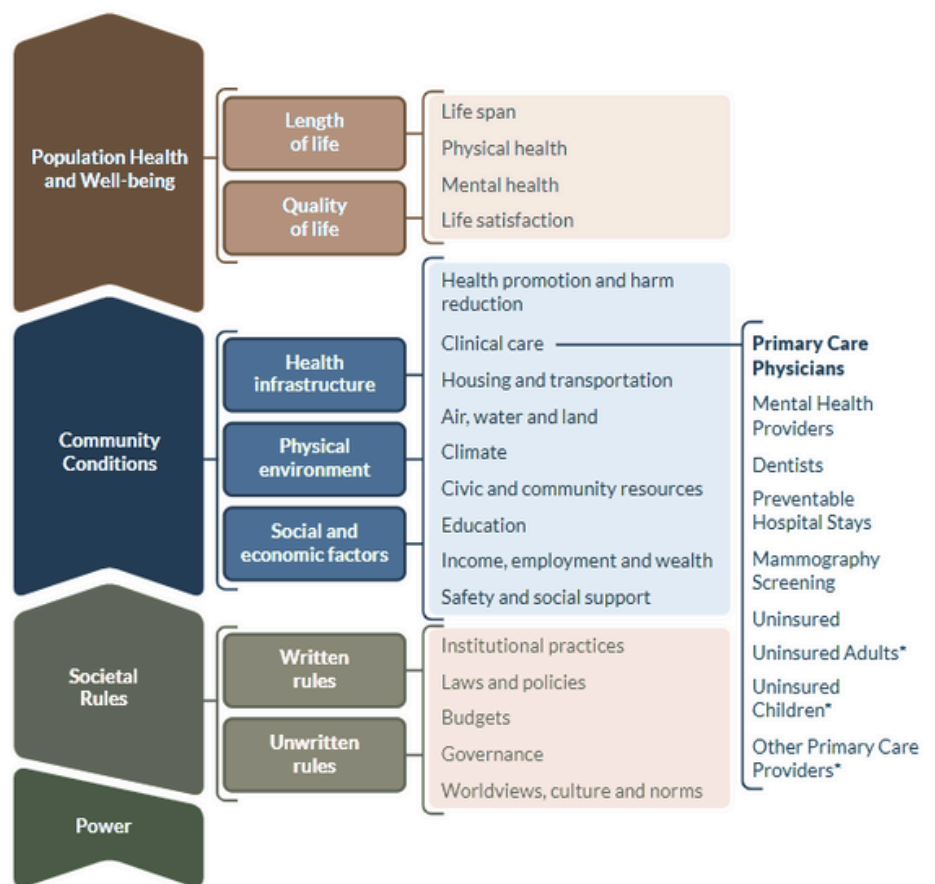
Access to Care

Health infrastructure, along with physical environments and social/economic factors, plays a crucial role in shaping the conditions of our community, which in turn affects our overall well-being. A significant aspect of health infrastructure is the clinical care accessible within the community.

Montgomery County, as a rural area, encounters a high population-to-provider ratio across various disciplines.

During the community focus groups and surveys, access to care emerged as a significant health outcome that adversely affects the community's health. Consequently, the CHA workgroup concluded that access to care should be recognized as a health priority throughout the CHA process.

Addressing this priority requires a multifaceted approach that includes increasing the number of healthcare providers, enhancing transportation options to reach healthcare facilities, and expanding telehealth services to cater to the needs of remote populations. [Focus group and survey summaries can be found in Appendices B and C.]



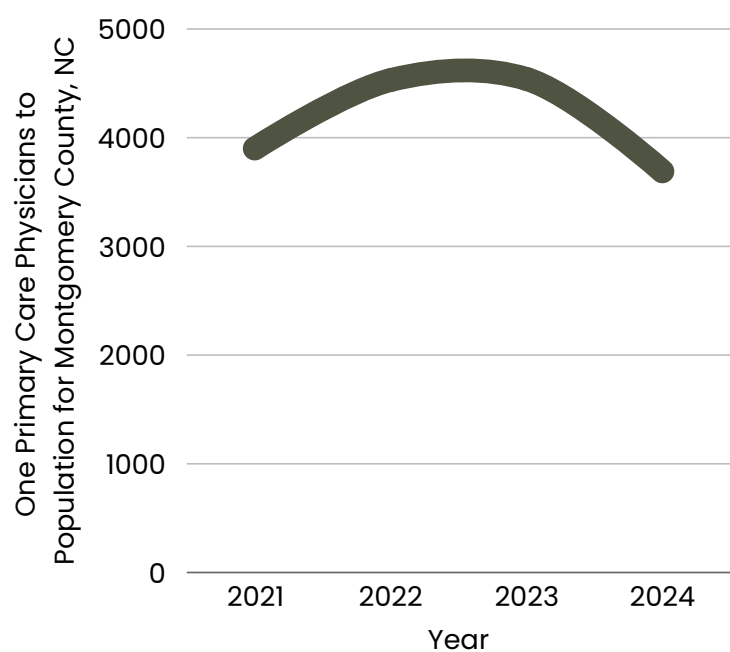
University of Wisconsin Population Health Institute Model of Health © 2025

Data Source: County Health Rankings and Roadmaps: Primary Care Physicians in Montgomery, North Carolina

Health Status

Access to Care

The state of North Carolina has nearly three times the number of primary care physicians per person compared to Montgomery County. In 2024 North Carolina had a rate of 1,410:1 for primary care physicians to individual according the the County Health Rankings. The chart to the right shows the trend in primary care physicians for Montgomery County for the last four years. Although the ratio of individuals to care providers has improved over the last two years, residents still often need to seek medical care beyond county borders.



Data Source: County Health Rankings and Roadmaps: Primary Care Physicians in Montgomery, North Carolina

Primary Care
Physicians

3,690:1

Dentists

3,700:1

Mental Health
Providers

660:1

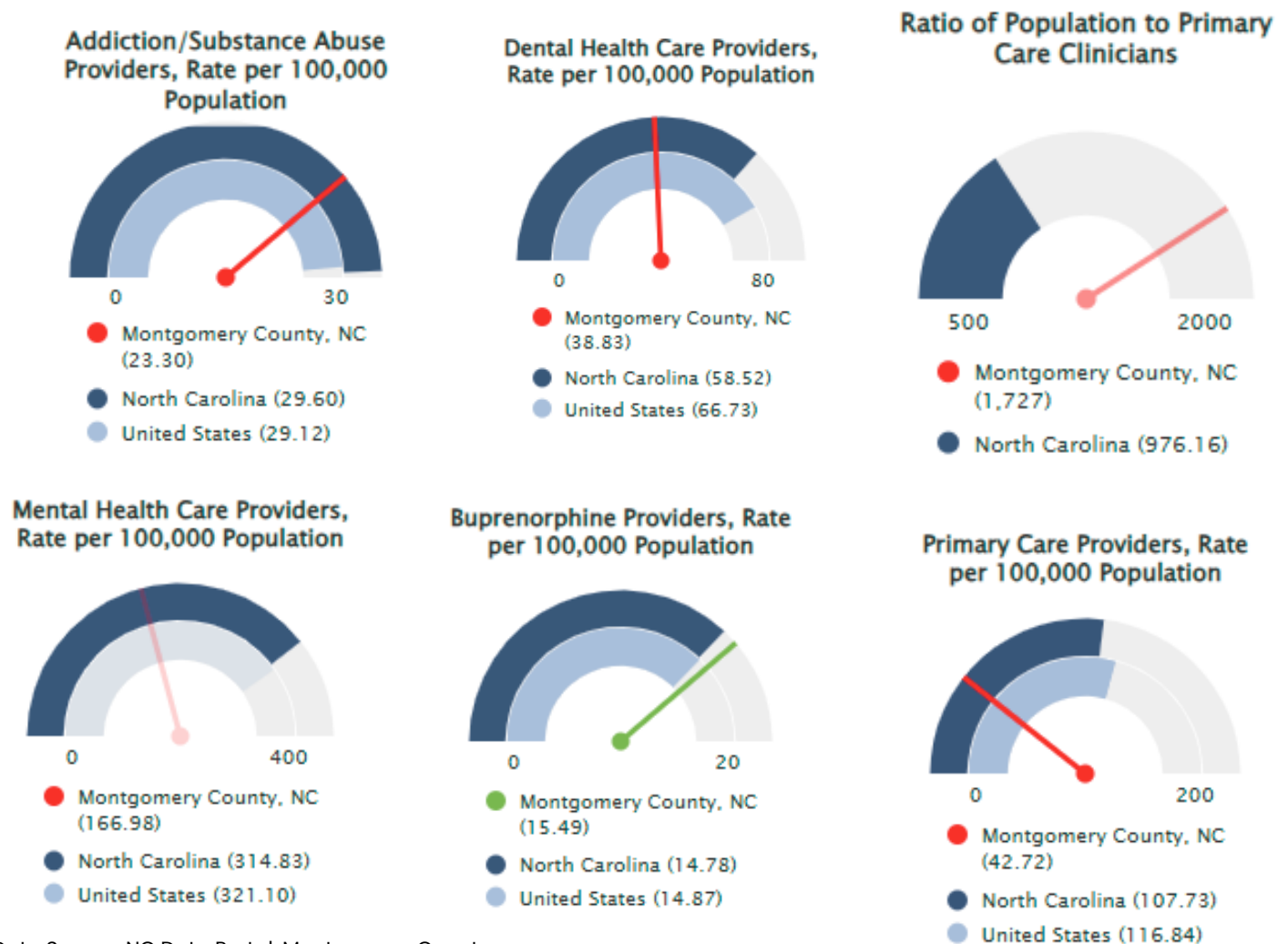
Source: County Health Rankings

Montgomery County Department of Health, along with Montgomery County 2030 members produce a Community Wellness and Resource Guide each year highlighting the provider practices throughout the community. To see a full resource guide, refer to Appendix D.

Health Status

Access to Care

Montgomery County has limited access to healthcare providers. The graphs below illustrate the population-to-provider ratio across various specialties. The shortage of healthcare professionals in the county has been a growing concern, as it directly impacts residents' ability to receive timely and adequate medical care. For instance, the ratio of primary care physicians to patients is significantly below the state average, leading to longer wait times for appointments and potential delays in diagnosis and treatment. Additionally, there is a scarcity of specialists, such as cardiologists and psychiatrists, further complicating health management for patients with chronic or complex conditions.



Data Source: NC Data Portal, Montgomery County

Health Status

Access to Care

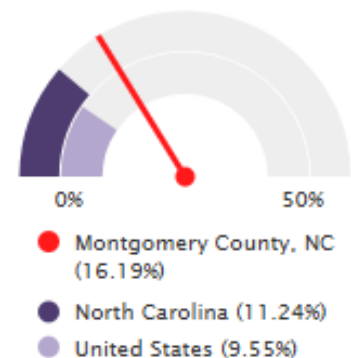
Utilizing the results based accountability framework, the CHA workgroup developed a results statement aimed to improve the overall outcome of access to care for Montgomery County.

Results Statement: All people in Montgomery County have equitable access to care that promotes their whole-person well-being through affordable services, appropriate transportation, and a variety of care options.

	Pop. Age 0-64 with Insurance, Percent	Pop. Age 0-64 without Insurance, Percent
Montgomery County, NC	83.81	16.19
North Carolina	88.76	11.24

Data Source: NC Data Portal, Montgomery County

Percent Population Under Age 65 Without Medical Insurance



Indicators addressing the progress the community makes towards increasing access to care are:

- Uninsured: Percent of Montgomery County Population Under Age 65 years without insurance
- Primary Care Clinicians: Number of NC counties with a "primary care workforce" to "county population" ratio of 1:1,500
- Other key indicators will be identified by our workgroup during the Community Health Improvement process

Environmental Health & Environmental Health Quality

Introduction and Assessment

Exposures in the environment have downstream impacts on individual and community health. These exposures may come from the air we breathe, the water we drink, the food we eat, or the ground we walk on. **Environmental health** centers around the relationship that people have with their environment.

The physical, chemical, and biological factors external to a person and their related behaviors are referred to as the **environmental determinants of health**.



Parts of the environment that an individual or community is exposed to can have downstream impacts on health.

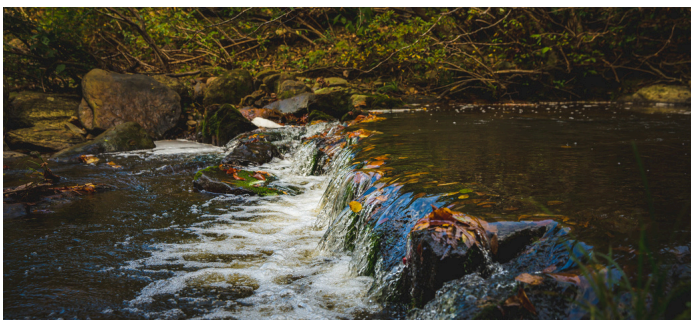
What a person is exposed to in the environment, combined with their socioeconomic status, the social context they live within, and their genetics all intersect together to impact their health.

All people in Montgomery County are exposed to various factors of the environment. However, related health outcomes are dependent on the nature, amount and frequency of the exposure. Though two different individuals may be exposed to the same environmental factor, the resulting outcome on their health may differ depending on the time of their exposure, how long each of them had been exposed, their pre-existing conditions, and genetics. Additionally, socioeconomic status, access to healthcare, and lifestyle choices can further influence the health impacts of environmental exposures. This chapter aims to find potential correlations between environmental exposures and health outcomes in Montgomery County.

The Environmental Health Department

Each local public health authority has a designated **Environmental Health Department** responsible for monitoring the health and safety of the county within its programs. The local Environmental Health Department ensures the compliance of the Environmental Health rules, laws, and codes that are set in place by the State of North Carolina.

Registered Environmental Health Specialists (REHS) are the qualified professionals within the health department who are authorized to ensure compliance from the community for various environmental programs. These programs can include food and lodging facilities, permitted tattoo artists, permitting of public swimming pools, and sanitation of schools and other childcare centers.



Onsite Wastewater Protection

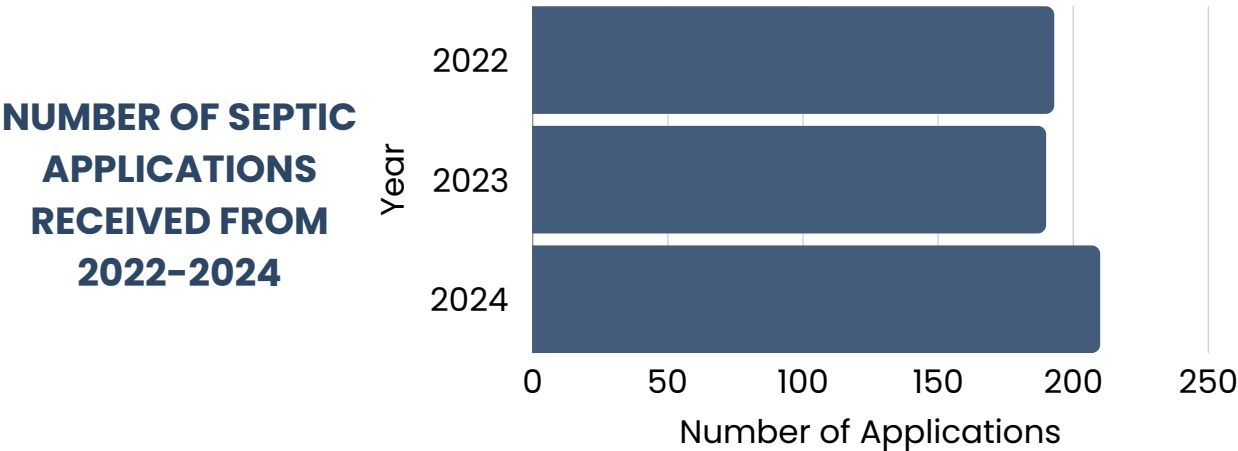
The Onsite Water Protection Branch provides regulatory oversight of subsurface sewage disposal systems, also known as septic systems. Septic systems treat and dispose of sewage on residential and commercial properties unable to connect to the public sewer system.

The septic tank separates solid and liquid wastes and breaks down the solid parts. The remaining liquid flows through a series of pipes, called trenches, into the drainfield then seeps into the soil. The soil and beneficial organisms naturally treat the water before letting it re-enter into the environment. Well-functioning and maintained septic systems protect human health by preventing groundwater contamination.

As a principle component of groundwater protection, Montgomery County Environmental Health is responsible for the permitting of septic tank systems and water supply wells. Septic tank permits are issued for new construction and repairs to existing, failing septic tank systems.

Groundwater quality is monitored through collection of water samples from new water supply wells. Water samples are also collected from existing well by owner request. Water supply wells are monitored for the presence of total coliform and E.coli as well as inorganic items such as iron, hardness, and pH.

Between January 1, 2022 and December 31, 2024, 593 septic permits were issued for new construction, expansions, and repairs to existing failing septic tank systems. During this same period wells were sampled for a total of 80 individual water samples.



Food & Lodging

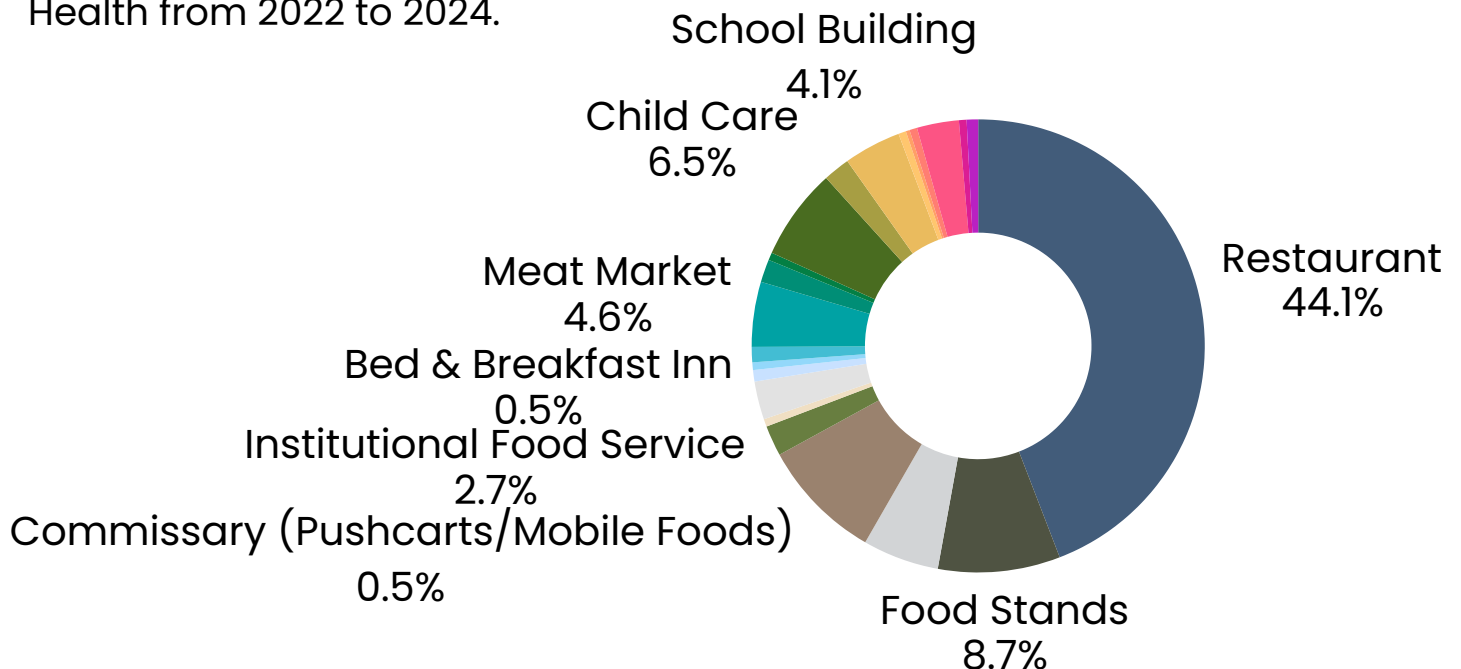
The local environmental health department regulates all establishments selling food for pay and enforces rules in the North Carolina Food Code Manual. In local environmental health departments, Registered Environmental Health Specialists inspect all facilities within their county, including restaurants, food stands, mobile food units, school cafeterias, meat markets, and lodging.

Each permitted facility is routinely inspected one to four times each year depending on their assigned risk category. These inspections assess facility sanitation, food handling procedures, and proper food protection while it is being prepared including hand washing, food and utensil storage, and transportation.



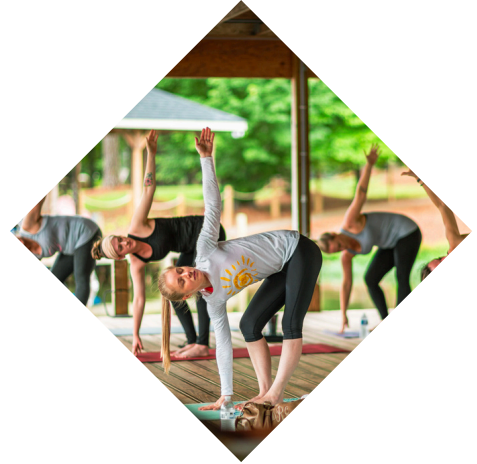
The Food & Lodging Division also investigates sanitation complaints and potential outbreaks of food-borne illness. The REHS also helps with education on food safety to ensure compliance with food code rules.

Unannounced inspections are conducted one to four times per year depending on the regulatory requirement for each type of establishment. Between January 1, 2022 and December 31, 2024, staff conducted 367 routine inspections. The chart beside shows the inspections broken down by establishment type from the sector of Montgomery County Environmental Health from 2022 to 2024.



Resource Assessment

With the help of the Montgomery County 2030 group, Montgomery County Department of Health compiles a community resource guide that consists of all health and wellbeing resources in and around the county [a full resource guide can be found in Appendix D].



Montgomery County Health & Wellness Resource Guide

2025



217 South Main Street, Troy, NC 27371
910-572-1393
Monday-Thursday 8am-6pm
Friday 8am-12pm

While Montgomery County offers a wide range of health and wellness resources, participants in the focus groups shared valuable insights on additional resources that could enhance community health. The identified needs include:

- Specialty care services
- Transportation (affordability, scheduling flexibility)
- Childcare
- Aging services (home health, in-home aid for activities of daily living, adult daycare)
- Food pantries / Meal sites
- Infrastructure (speed limit signs, speed bumps, etc.)
- Employment opportunities
- Homeless shelters / Resources



Appendices

- A Community Health Assessment Workgroup
- B Montgomery County Department of Health
Community Health Survey 2024
- C Focus Group Summary
- D Department of Health Resource Guide

Appendix A

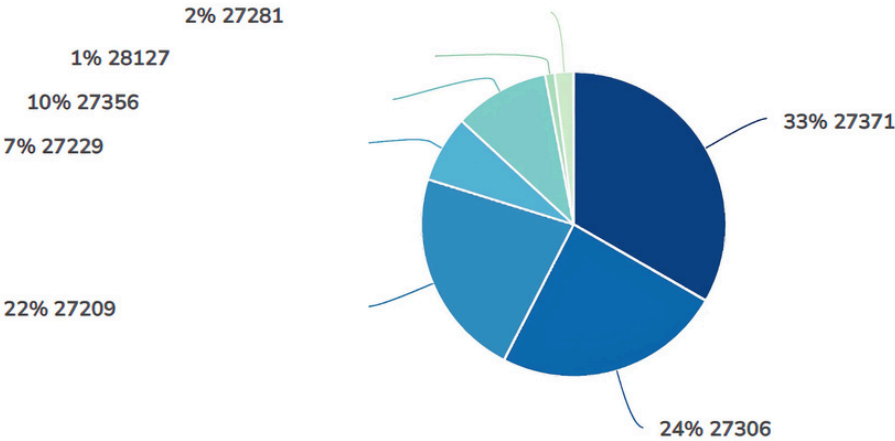
Community Health Assessment Workgroup

Name	Affiliated Organization/Role
Angel Calicutt	Montgomery County Department of Health
Margaret Gibbons	Montgomery County Department of Health
Tiffany Ward	Montgomery County Department of Health
Sunshine Dennis	Montgomery County Department of Health
Alyvia Cooke	Public Health Intern
McKenzie Jackson	Public Health Intern
Jessica Wilson	FirstHealth of the Carolinas
Pete Herron	Sheriff
Debbi Musika	Partnership for Children
Rhonda Peters	Cooperative Extension
Savannah Health	Montgomery County
Jack Cagle	Montgomery County Schools
Talmedge LeGrand	Police Chief, Town of Mount Gilead
Amy Hamilton-Forester	FirstHealth of the Carolinas
Dale Patterson	FirstHealth of the Carolinas
Robert Nelson	Trillium
Willie Moore	Community Partner, Men of MoCo
Samantha Allen	FirstHealth of the Carolinas

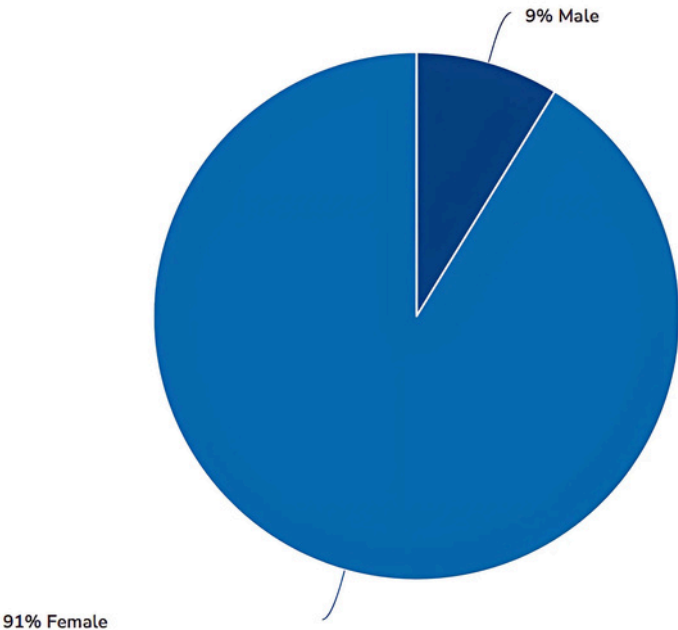
Appendix B

Montgomery County Department of Health Community Health Survey 2024

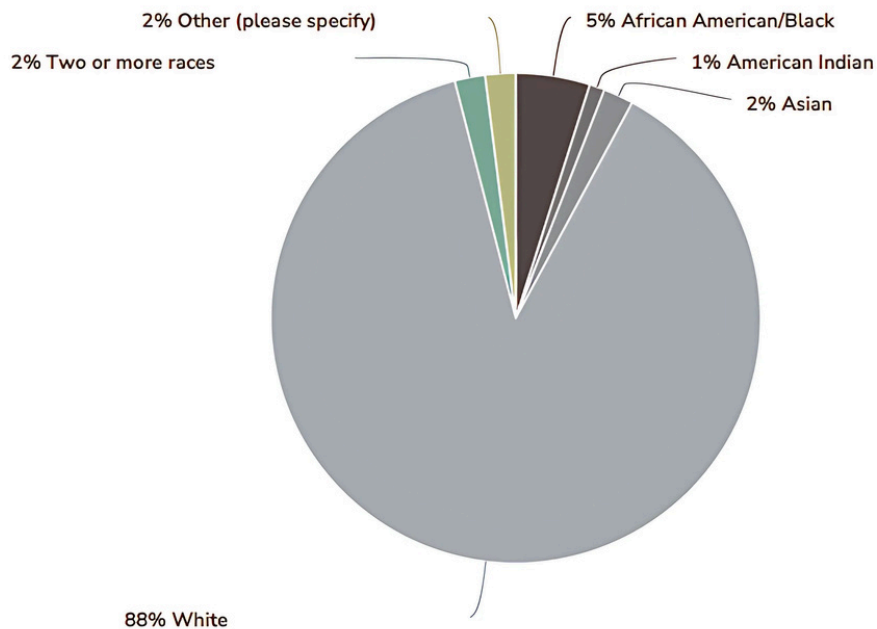
1. What is your zip code?



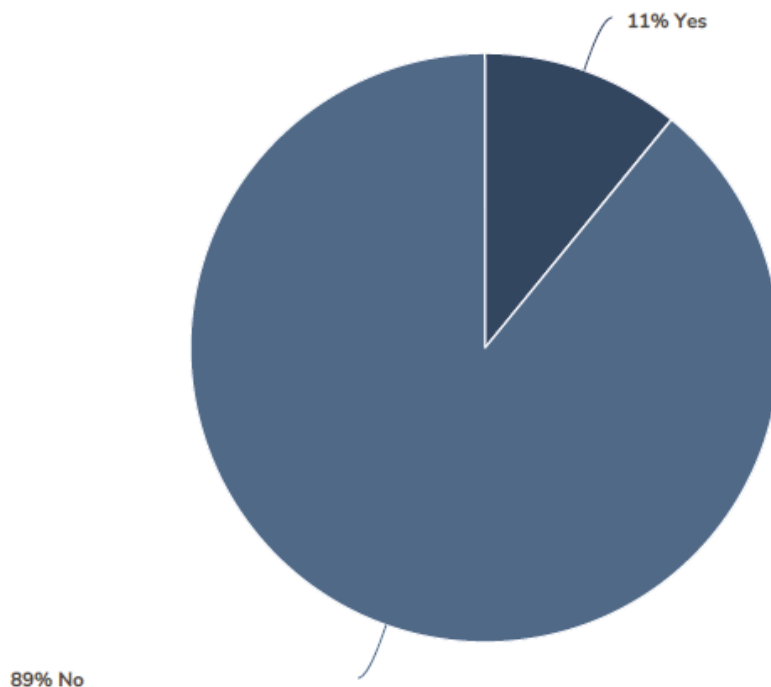
2. What is your sex assigned at birth?



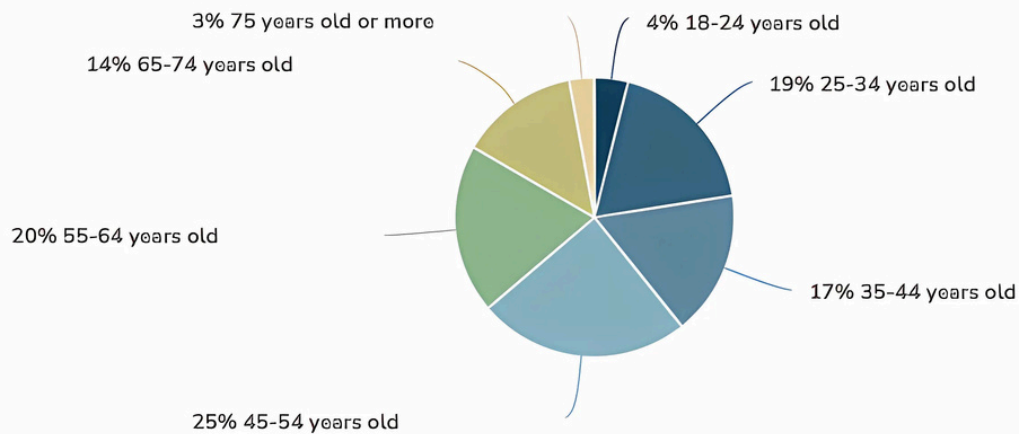
3. How would you describe your race?



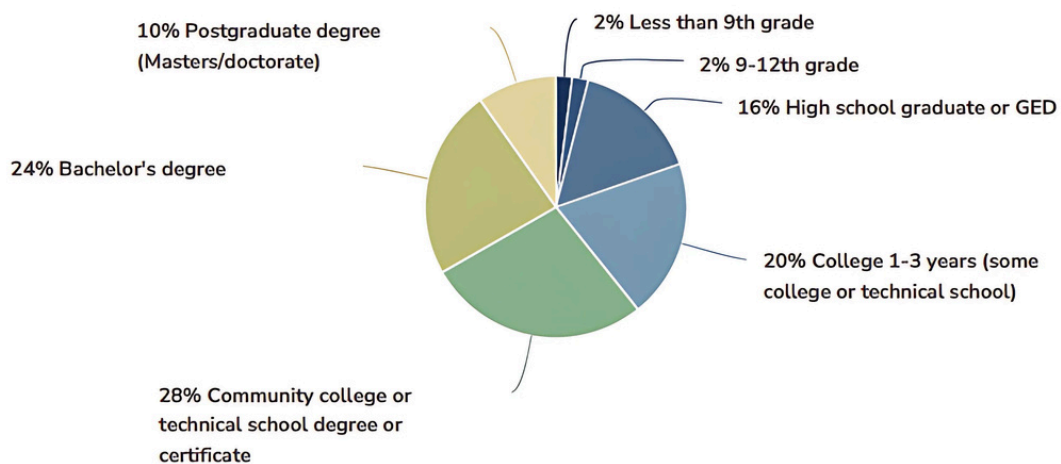
4. Are you of Hispanic or Latino origin, or is your family originally from a Spanish-speaking country? (The census bureau defines "Hispanic or Latino" as "a person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin, regardless of race.")



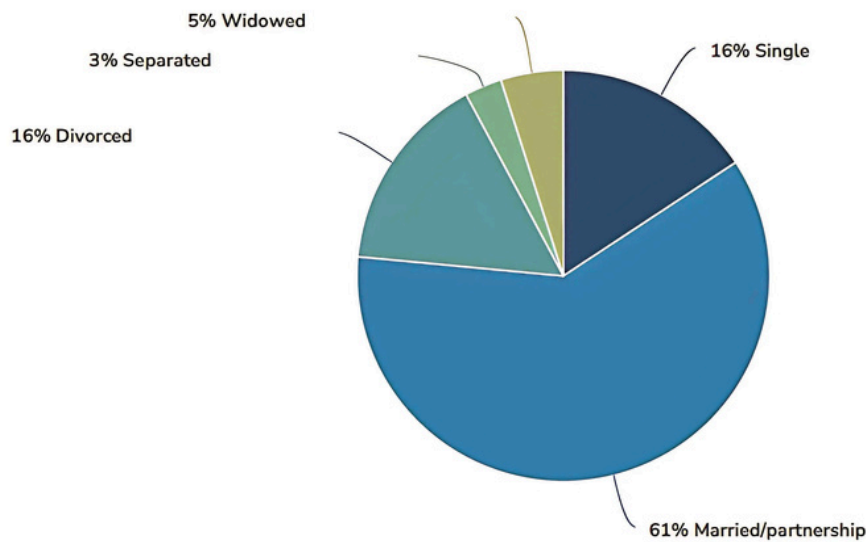
5. What is your age?



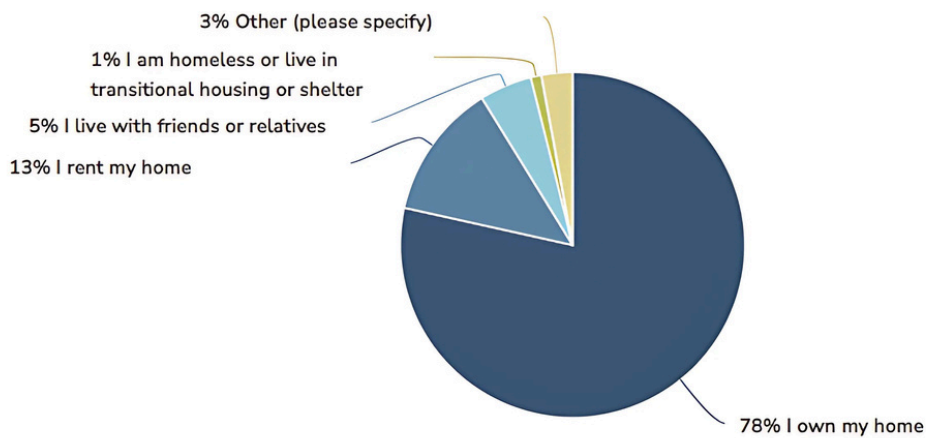
6. What is the highest level of education you have completed?



7. What is your marital status?



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



Other (please specify)

Count

I live in a home owned by family, but not with family.

1

I live in a home owned by family.

1

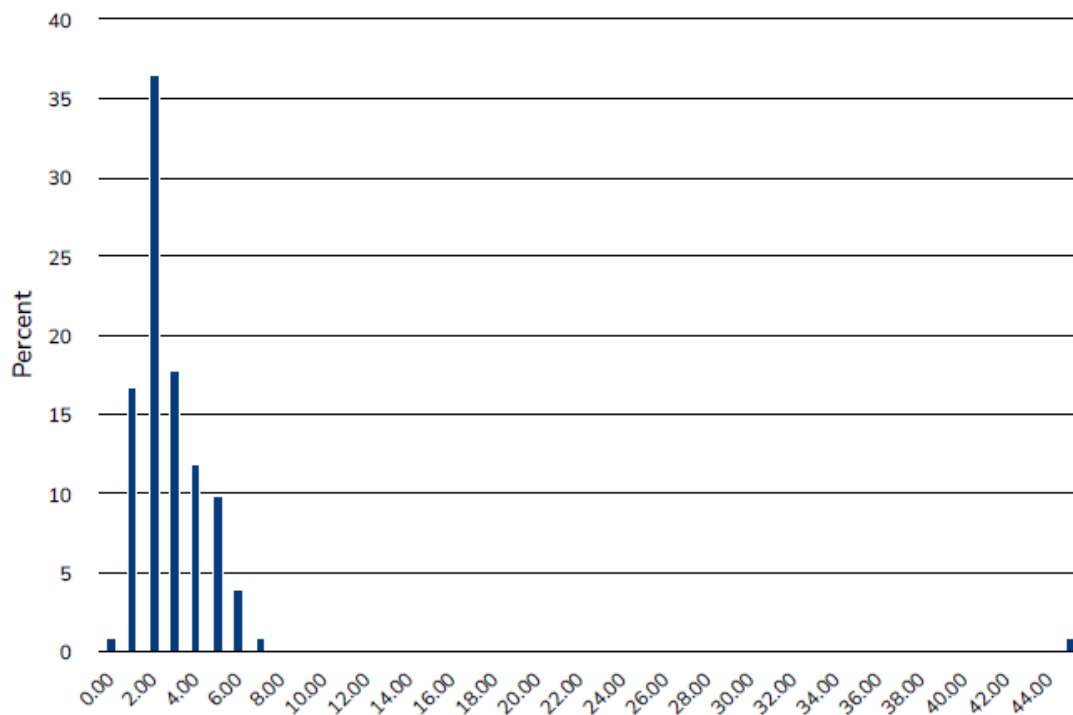
Living with my fiancée

1

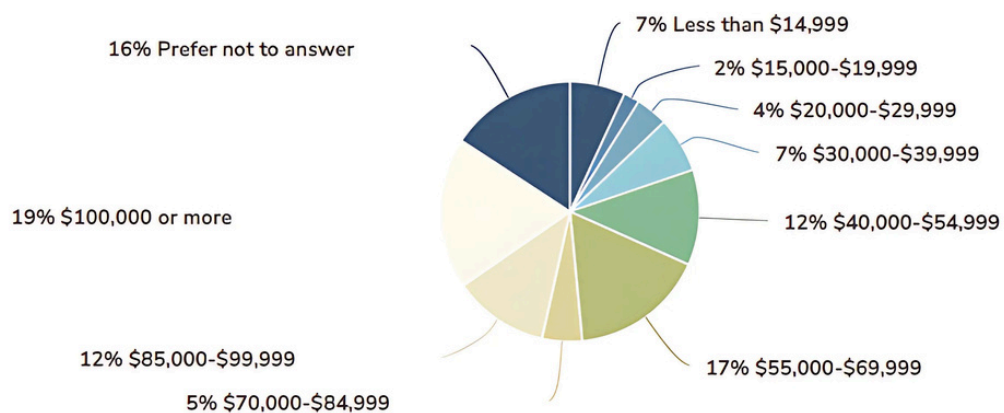
Totals

3

9. How many people (including yourself) are in your household?



10. What is your total household income per year?



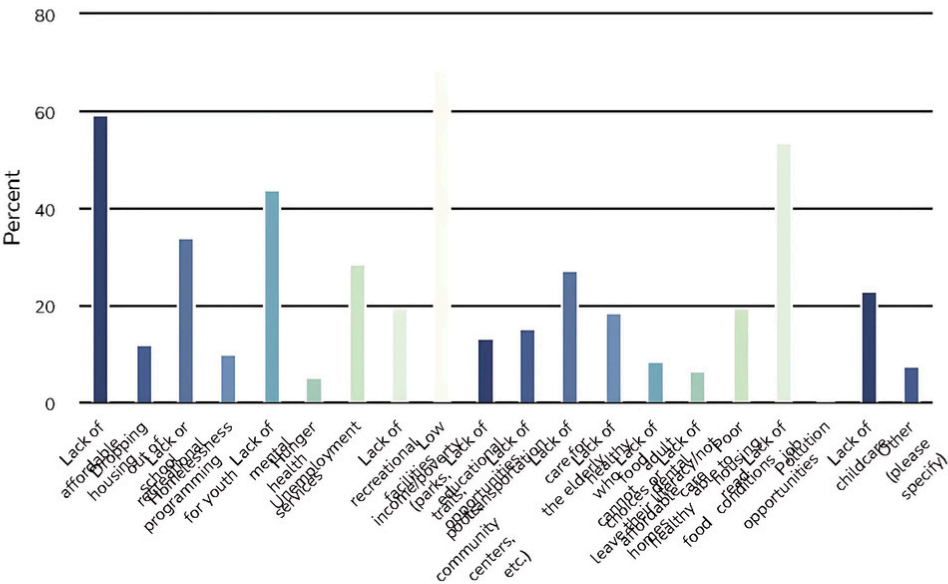
11. Rank the following:

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Responses
<p>Montgomery County is a good place to live. (Consider your sense of safety, well-being, participation in community life and associations, etc.)</p> <p>Count Row %</p>	17 18.5%	50 54.3%	13 14.1%	10 10.9%	2 2.2%	92
<p>Montgomery County is a good place to raise children. (Consider the quality of schools, childcare programs, afterschool programs, and places to play in this county.)</p> <p>Count Row %</p>	11 12.0%	36 39.1%	17 18.5%	23 25.0%	5 5.4%	92
<p>Montgomery County is a good place to grow old. (Consider the elder-friendly housing, transportation to medical services, churches, shopping, elder daycare, social support for the elderly living alone, meals on wheels, etc.)</p> <p>Count Row %</p>	12 13.2%	34 37.4%	22 24.2%	21 23.1%	2 2.2%	91


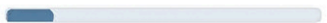
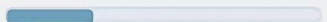

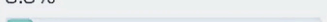

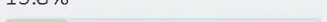



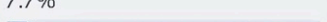
	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Responses
<p>Montgomery County is a safe place to live. (Consider the residents' perceptions of safety in the home, the workplace, schools, playgrounds, parks, and shopping centers. Do neighbors know and trust one another? Do they look out for one another?)</p> <p>Count Row %</p>	9 9.9%	45 49.5%	21 23.1%	13 14.3%	3 3.3%	91
<p>There is economic opportunity in Montgomery County. (Consider locally owned and operated businesses, jobs with career growth, job training/higher education opportunities, reasonable commute, etc.)</p> <p>Count Row %</p>	2 2.2%	19 20.7%	28 30.4%	30 32.6%	13 14.1%	92
<p>There is affordable housing in Montgomery County that meets the needs of the community. (Consider the availability and quality of safe, affordable housing.)</p> <p>Count Row %</p>	6 6.5%	12 13.0%	21 22.8%	37 40.2%	16 17.4%	92

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Responses
<p>There are networks of support for individuals and families during times of stress and need. (Consider social support in the county, neighbors, support groups, faith community outreach community organizations, etc.)</p> <p>Count Row %</p>	4 4.3%	31 33.7%	25 27.2%	24 26.1%	8 8.7%	92
<p>There is good healthcare in Montgomery County. (Consider access, cost, availability, quality and options in healthcare.)</p> <p>Count Row %</p>	9 9.9%	27 29.7%	17 18.7%	28 30.8%	10 11.0%	91
<p>There are good mental health services in Montgomery County. (Consider access, cost, availability, quality and options in mental health care.)</p> <p>Count Row %</p>	3 3.3%	13 14.3%	26 28.6%	30 33.0%	19 20.9%	91
<p>Totals</p> <p>Total Responses</p>						92

12. In your opinion, which FIVE (5) issues most affect the quality of life for residents in Montgomery County?

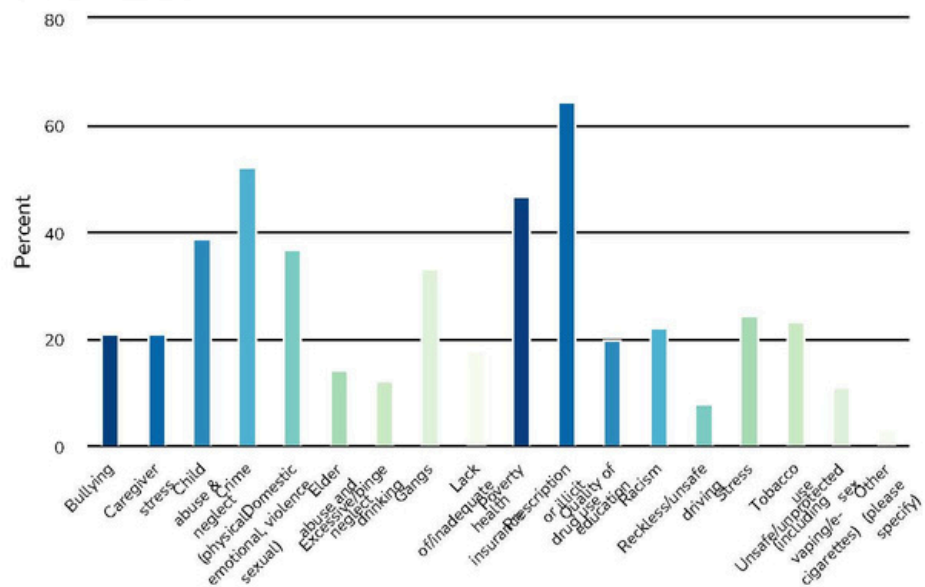



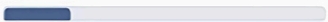



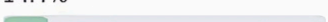

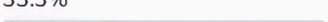










Value	Percent	Responses
Lack of affordable housing	59.3%	54
Dropping out of school	12.1%	11
Lack or recreational programming for youth	34.1%	31
Homelessness	9.9%	9
Lack of mental health services	44.0%	40
Hunger	5.5%	5
Unemployment	28.6%	26
Lack of recreational facilities (parks, trails, pools, community centers, etc.)	19.8%	18
Low income/poverty	69.2%	63


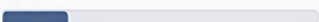



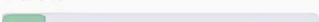

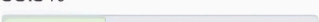



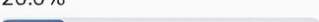
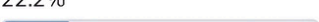
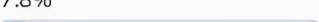

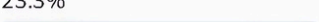


Value	Percent	Responses
Lack of educational opportunities	13.2% 	12
Lack of transportation	15.4% 	14
Lack of care for the elderly who cannot leave their homes	27.5% 	25
Lack of healthy food choices or affordable healthy food	18.7% 	17
Lack of adult dental care	8.8% 	8
Lack of literacy/not able to read	6.6% 	6
Poor housing conditions	19.8% 	18
Lack of job opportunities	53.8% 	49
Pollution	1.1% 	1
Lack of childcare	23.1% 	21
Other (please specify)	7.7% 	7

Other (please specify)	Count
Crime	1
DRUGS	1
Drugs	1
Lack of entertainment, bars, bowling, movies, etc, for the 30-55 age group.	1
Laziness and people no willing to work wanting everything for free	1
The public school system, just read their mission statement	1
substance abuse	1
Totals	7

13. Listed below are factors that can cause poor health outcomes. Select up to FIVE (5) community issues that you feel keep Montgomery County from being healthy.

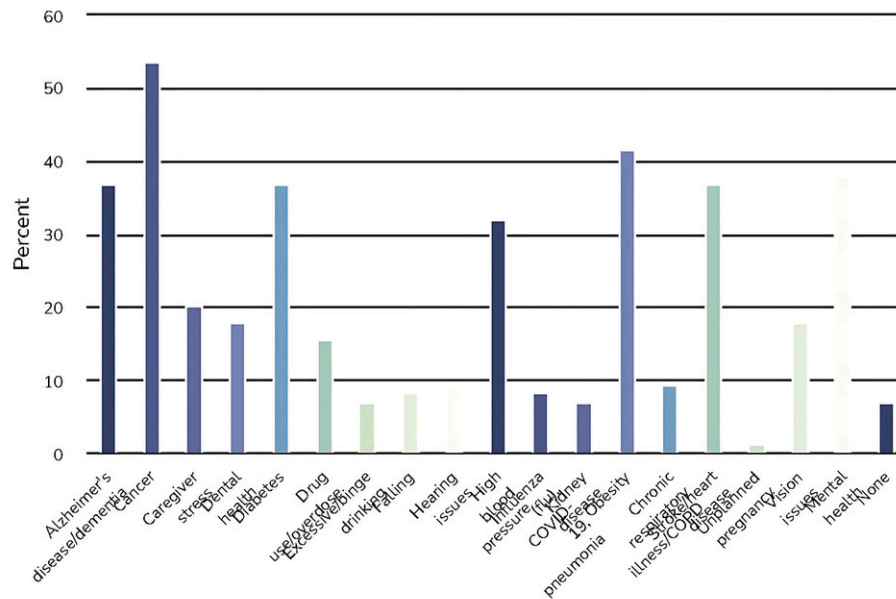


Value	Percent	Responses
Bullying	21.1% 	19
Caregiver stress	21.1% 	19
Child abuse & neglect (physical, emotional, sexual)	38.9% 	35
Crime	52.2% 	47
Domestic violence	36.7% 	33
Elder abuse and neglect	14.4% 	13
Excessive/binge drinking	12.2% 	11
Gangs	33.3% 	30
Lack of/inadequate health insurance	17.8% 	16
Poverty	46.7% 	42
Prescription or illicit drug use	64.4% 	58
Quality of education	20.0% 	18
Racism	22.2% 	20
Reckless/unsafe driving	7.8% 	7
Stress	24.4% 	22
Tobacco use (including vaping/e-cigarettes)	23.3% 	21
Unsafe/unprotected sex	11.1% 	10
Other (please specify)	3.3% 	3

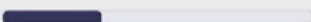

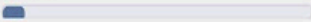

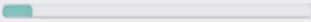
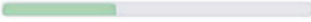
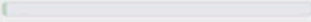
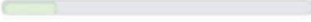
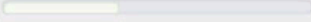
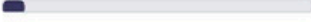
Value	Percent	Responses
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Caregiver stress	21.1% 	19
Child abuse & neglect (physical, emotional, sexual)	38.9% 	35
Crime	52.2% 	47
Domestic violence	36.7% 	33
Elder abuse and neglect	14.4% 	13
Excessive/binge drinking	12.2% 	11
Gangs	33.3% 	30
Lack of/inadequate health insurance	17.8% 	16
Poverty	46.7% 	42
Prescription or illicit drug use	64.4% 	58
Quality of education	20.0% 	18
Racism	22.2% 	20
Reckless/unsafe driving	7.8% 	7
Stress	24.4% 	22
Tobacco use (including vaping/e-cigarettes)	23.3% 	21
Unsafe/unprotected sex	11.1% 	10
Other (please specify)	3.3% 	3

Other (please specify)	Count
Affordable access to mental health treatments.	1
Many residents are living off of government programs like Food Stamps, Medicaid, WIC, etc, due to not working and continuously having babies.	1
Obesity	1
Totals	3

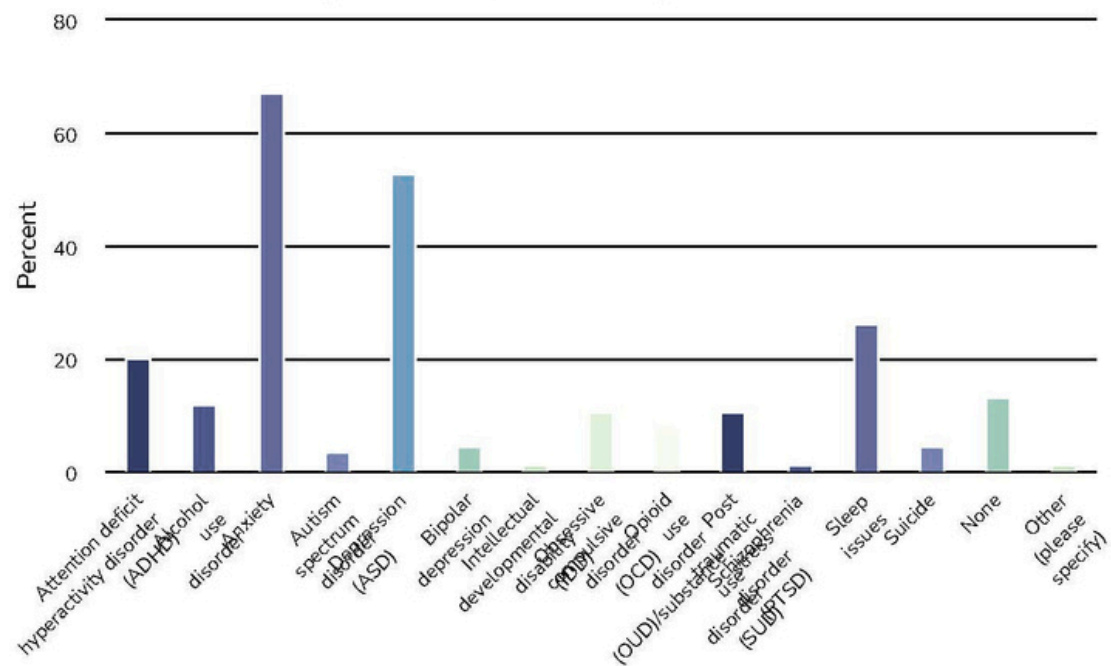
14. Listed below are health concerns. Check up to FIVE (5) that cause most concern to you AND your family's health.


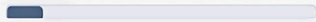

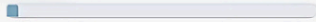

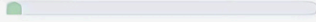

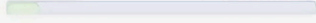
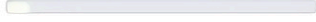
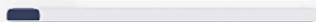



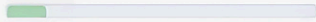



Value	Percent	Responses
Alzheimer's disease/dementia	36.9%	31
Cancer	53.6%	45
Caregiver stress	20.2%	17
Dental health	17.9%	15
Diabetes	36.9%	31
Drug use/overdose	15.5%	13
Excessive/binge drinking	7.1%	6
Falling	8.3%	7
Hearing issues	9.5%	8

Value	Percent	Responses
High blood pressure	32.1% 	27
Influenza (flu), COVID-19, pneumonia	8.3% 	7
Kidney disease	7.1% 	6
Obesity	41.7% 	35
Chronic respiratory illness/COPD	9.5% 	8
Stroke/heart disease	36.9% 	31
Unplanned pregnancy	1.2% 	1
Vision issues	17.9% 	15
Mental health	38.1% 	32
None	7.1% 	6
Other (please specify)		Count
Totals		0

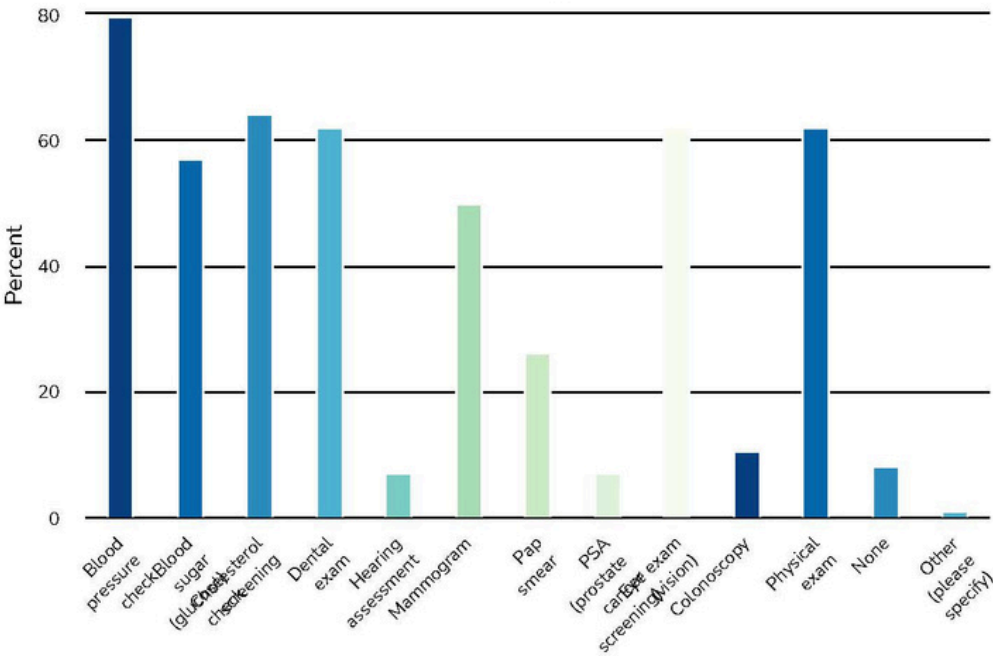
15. Listed below are mental health concerns. Select up to THREE(3) that cause most concern for you AND your family's mental health.


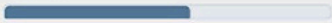


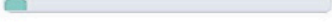
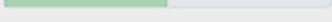
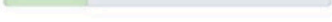
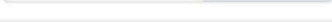
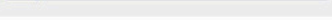





Value	Percent	Responses
Attention deficit hyperactivity disorder (ADHD)	20.5% 	17
Alcohol use disorder	12.0% 	10
Anxiety	67.5% 	56
Autism spectrum disorder (ASD)	3.6% 	3
Depression	53.0% 	44
Bipolar depression	4.8% 	4
Intellectual developmental disability (IDD)	1.2% 	1
Obsessive compulsive disorder (OCD)	10.8% 	9
Opioid use disorder (OUD)/substance use disorder (SUD)	8.4% 	7
Post traumatic stress disorder (PTSD)	10.8% 	9
Schizophrenia	1.2% 	1
Sleep issues	26.5% 	22
Suicide	4.8% 	4
None	13.3% 	11
Other (please specify)	1.2% 	1

Other (please specify)	Count
I have to check several of these, but I can't. So I will list them here: ADHD, anxiety, ASD, Depression, PTSD, CPTSD, Sleep issues, suicide	1
Totals	1

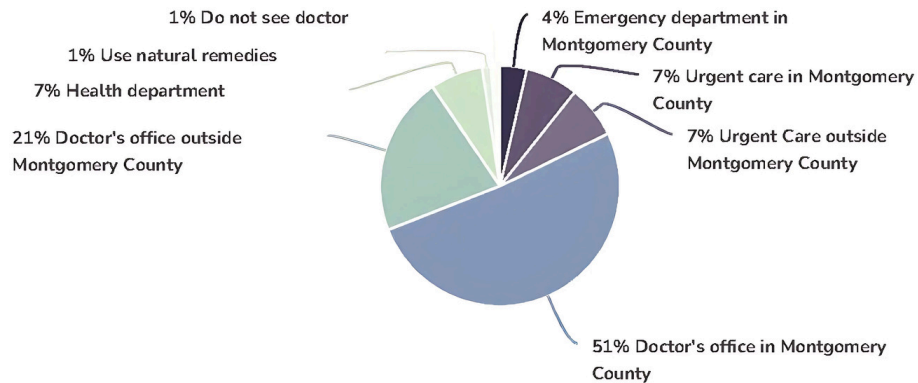
16. In the PAST 12 MONTHS, which of the preventative health services have you have received? Check all that apply.



Value	Percent	Responses
Blood pressure check	79.8% 	67
Blood sugar (glucose) check	57.1% 	48
Cholesterol screening	64.3% 	54
Dental exam	61.9% 	52
Hearing assessment	7.1% 	6
Mammogram	50.0% 	42
Pap smear	26.2% 	22
PSA (prostate cancer screening)	7.1% 	6
Eye exam (vision)	61.9% 	52
Colonoscopy	10.7% 	9
Physical exam	61.9% 	52
None	8.3% 	7
Other (please specify)	1.2% 	1

Other (please specify)	Count
Dermatology	1
Totals	1

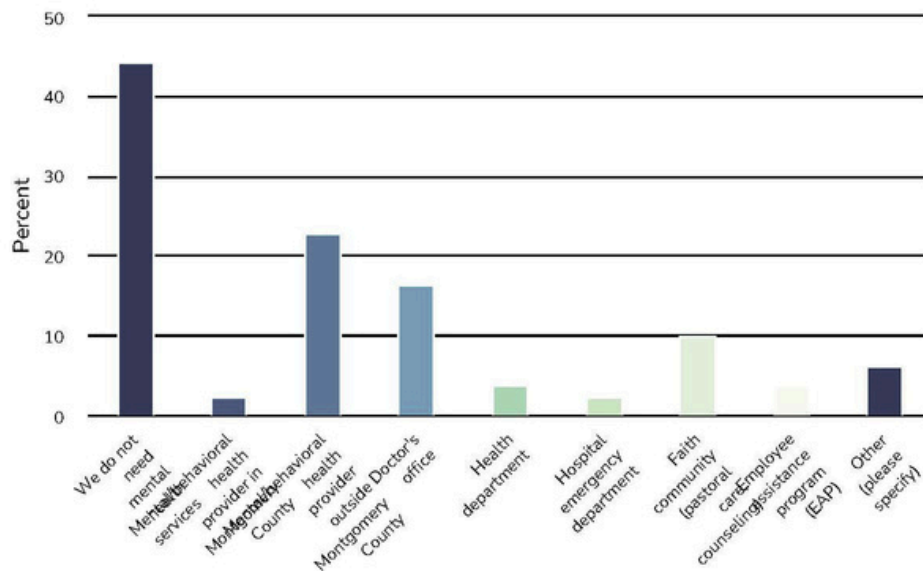
17. Where do you go most often when you seek medical attention for a sickness?



Value	Percent	Responses
Emergency department in Montgomery County	3.6%	3
Urgent care in Montgomery County	7.1%	6
Urgent Care outside Montgomery County	7.1%	6
Doctor's office in Montgomery County	51.2%	43
Doctor's office outside Montgomery County	21.4%	18
Health department	7.1%	6
Use natural remedies	1.2%	1
Do not see doctor	1.2%	1

Totals: 84

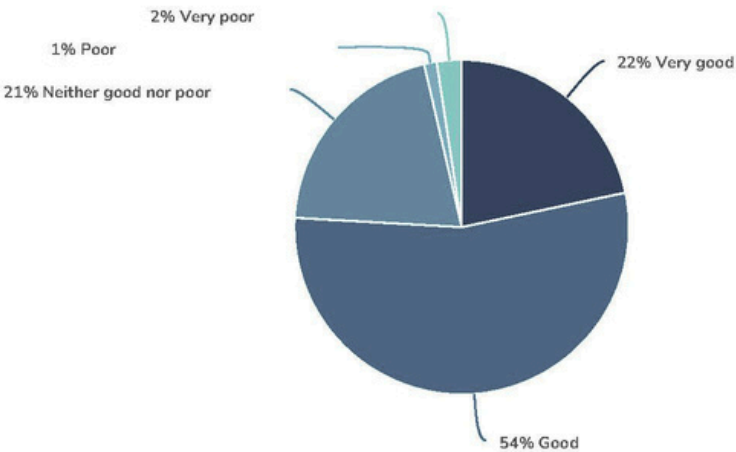
18. Where do members of your household go for mental health care?



Value	Percent	Responses
We do not need mental health services	44.3%	35
Mental/behavioral health provider in Montgomery County	2.5%	2
Mental/behavioral health provider outside Montgomery County	22.8%	18
Doctor's office	16.5%	13
Health department	3.8%	3
Hospital emergency department	2.5%	2
Faith community (pastoral care, counseling)	10.1%	8
Employee assistance program (EAP)	3.8%	3
Other (please specify)	6.3%	5

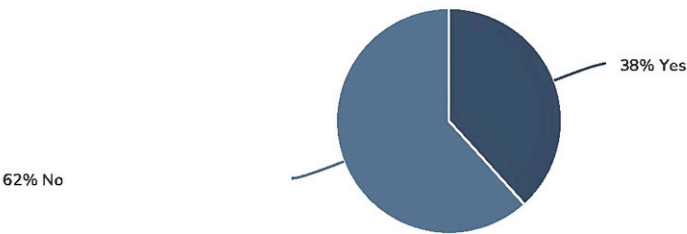
Other (please specify)	Count
Chapel hill	1
Darryl	1
None	1
Nowhere	1
We don't go anywhere's	1
Totals	5

19. Overall, how would you rate your mental health?



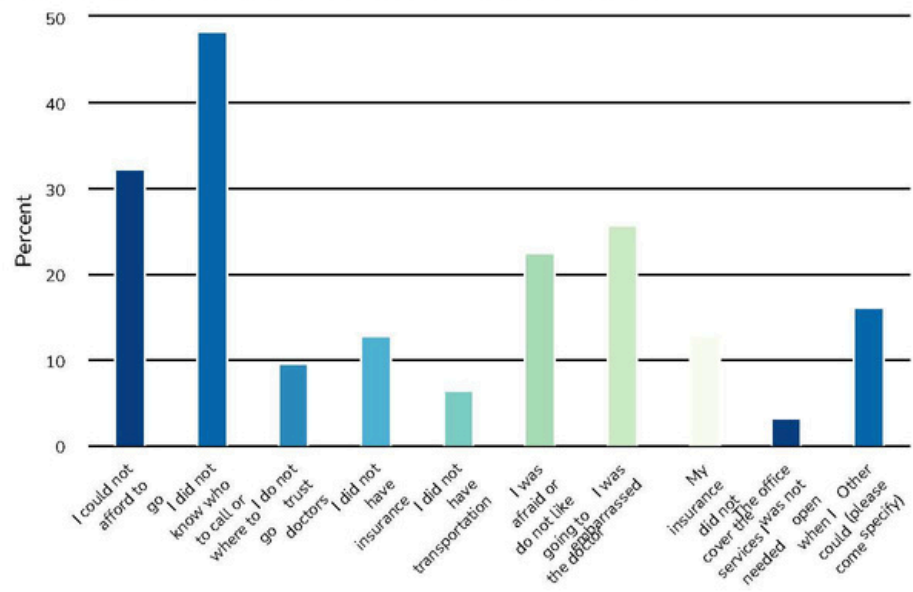
Value	Percent	Responses
Very good	21.7% <div><div></div></div>	18
Good	54.2% <div><div></div></div>	45
Neither good nor poor	20.5% <div><div></div></div>	17
Poor	1.2% <div><div></div></div>	1
Very poor	2.4% <div><div></div></div>	2
Totals: 83		



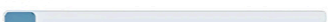
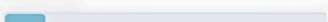





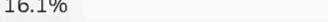
20. Have you ever felt that you needed mental health services and did not get them?



Value	Percent	Responses
Yes	38.3%	31
No	61.7%	50
Totals: 81		

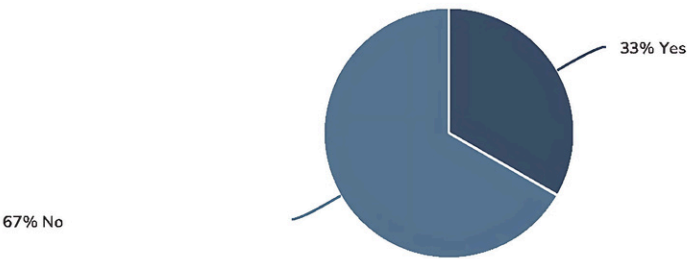
21. Why did you not receive mental health services?



Value	Percent	Responses
I could not afford to go	32.3% 	10
I did not know who to call or where to go	48.4% 	15
I do not trust doctors	9.7% 	3
I did not have insurance	12.9% 	4
I did not have transportation	6.5% 	2
I was afraid or do not like going to the doctor	22.6% 	7
I was embarrassed	25.8% 	8
My insurance did not cover the services I needed	12.9% 	4
The office was not open when I could come	3.2% 	1
Other (please specify)	16.1% 	5

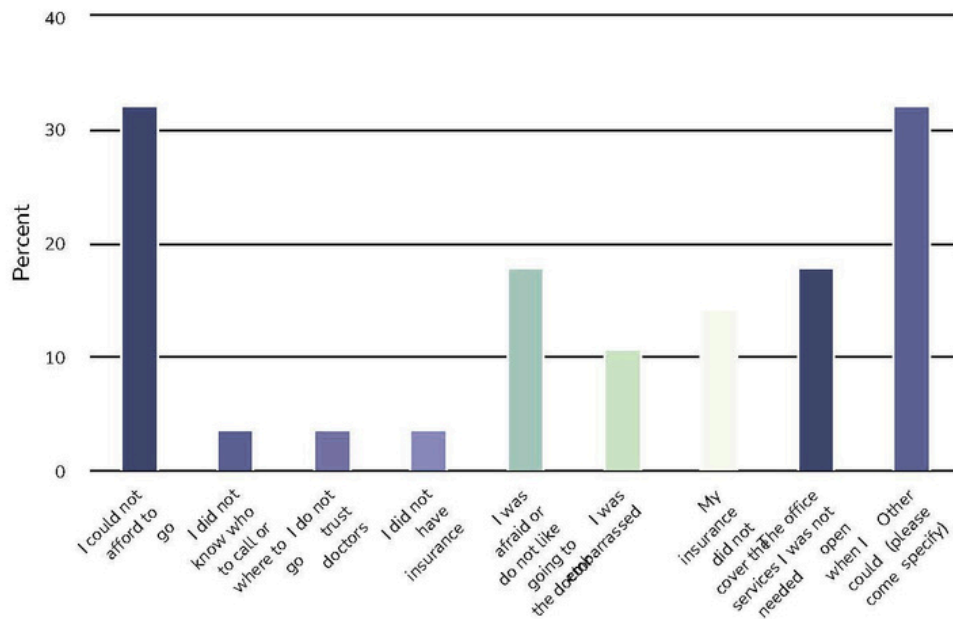
Other (please specify)	Count
Dr told me that I had alot to be thankful for	1
It was not me, but a family member. There are no reputable mental.health services in this county.	1
No where in Montgomery County I felt comfortable going too.	1
Time	1
can not take time off work	1
Totals	5

22. In the PAST 12 MONTHS, was there ever a time you needed to see a doctor but did not?



Value	Percent	Responses
Yes	33.3%	28
No	66.7%	56
Totals: 84		

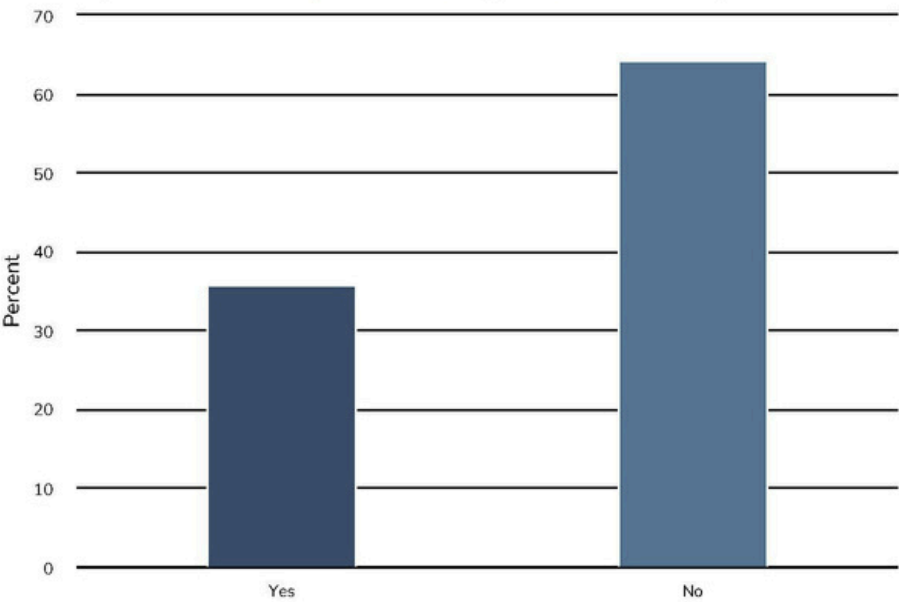
23. What were the reasons you did not see a doctor?



Value	Percent	Responses
I could not afford to go	32.1%	9
I did not know who to call or where to go	3.6%	1
I do not trust doctors	3.6%	1
I did not have insurance	3.6%	1
I was afraid or do not like going to the doctor	17.9%	5
I was embarrassed	10.7%	3
My insurance did not cover the services I needed	14.3%	4
The office was not open when I could come	17.9%	5
Other (please specify)	32.1%	9

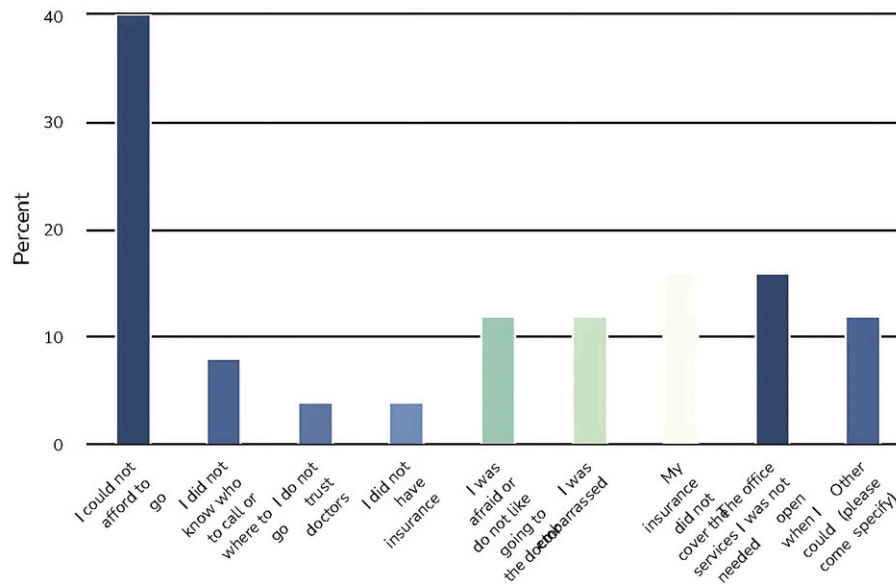
Other (please specify)	Count
I did not have health insurance due to not being able to afford insurance while I was out of work.	1
Lack of appointments.	1
Long wait times	1
No appointment	1
No appointment available	1
No appointments available for days.	1
Too far to drive for the services needed.	1
could not take time off work	1
insurance deductibles too high	1
Totals	9

24. In the PAST 12 MONTHS, was there a time that you needed to see a SPECIALIST (ex. dermatologist, cardiologist, obstetrician) but did not?



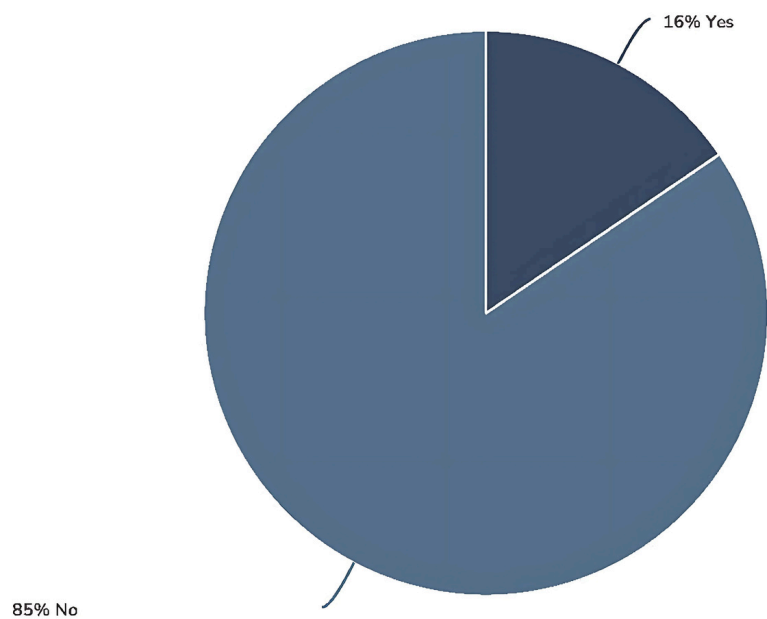
Value	Percent	Responses
Yes	35.7%	30
No	64.3%	54

25. What were the reasons you did not see a specialist?



Value	Percent	Responses
I could not afford to go	40.0%	10
I did not know who to call or where to go	8.0%	2
I do not trust doctors	4.0%	1
I did not have insurance	4.0%	1
I was afraid or do not like going to the doctor	12.0%	3
I was embarrassed	12.0%	3
My insurance did not cover the services I needed	16.0%	4
The office was not open when I could come	16.0%	4
Other (please specify)	12.0%	3

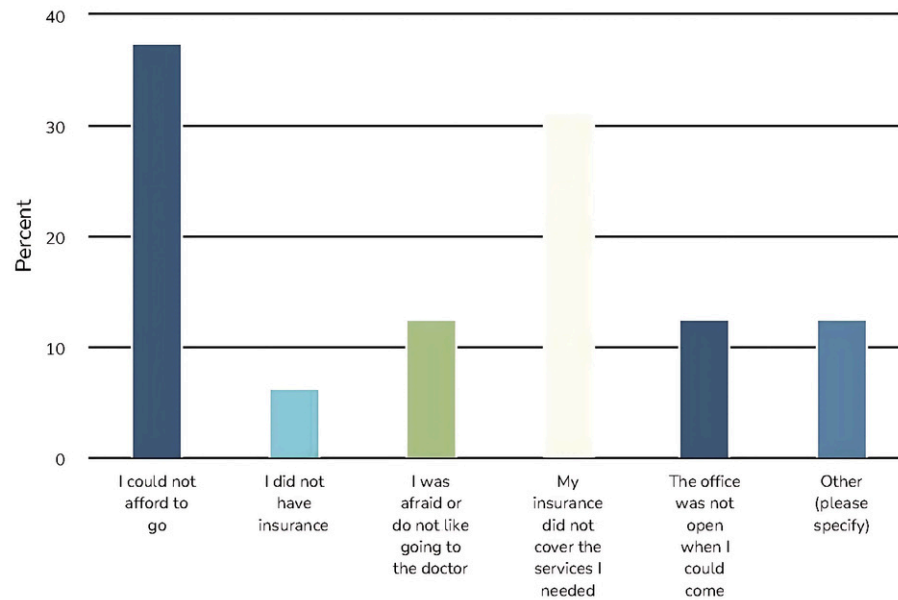
26. In the PAST 12 MONTHS, have you needed a prescription medication (pills, insulin, oxygen, etc.) and did not get it?



Value	Percent	Responses
Yes	15.5%	13
No	84.5%	71

Totals: 84

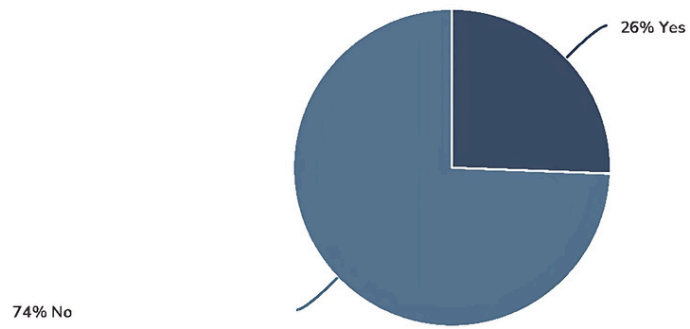
27. What were the reasons you did not receive your prescription?



Value	Percent	Responses
I could not afford to go	37.5%	6
I did not have insurance	6.3%	1
I was afraid or do not like going to the doctor	12.5%	2
My insurance did not cover the services I needed	31.3%	5
The office was not open when I could come	12.5%	2
Other (please specify)	12.5%	2

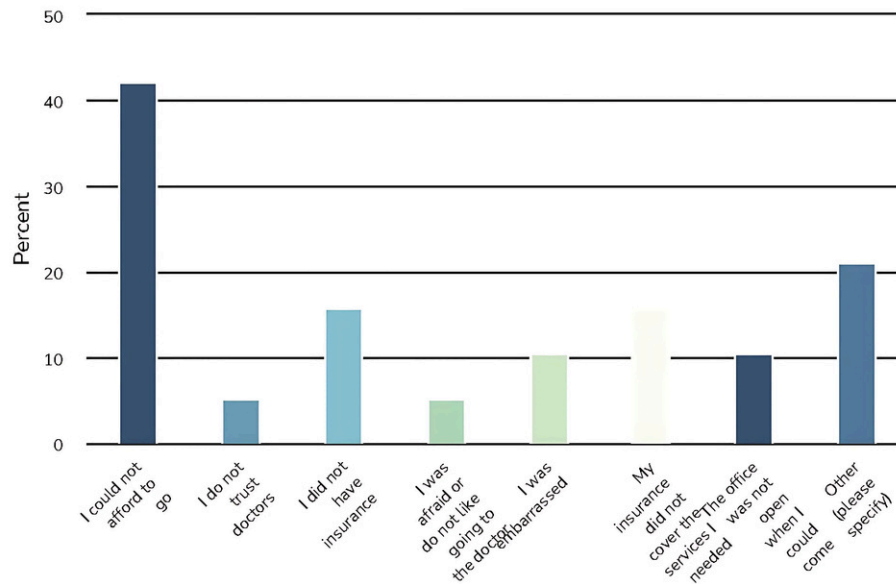
Other (please specify)	Count
N.a	1
n/a	1
Totals	2

28. In the PAST 12 MONTHS, was there a time that you needed to see a dentist but did not?



Value	Percent	Responses
Yes	25.6%	21
No	74.4%	61
Totals: 82		

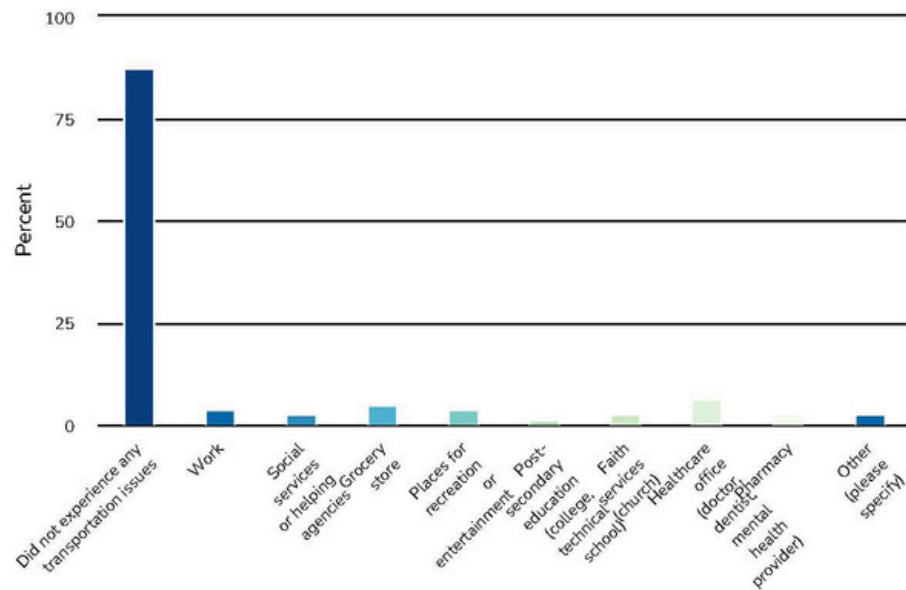
29. What were the reasons you did not see a dentist?


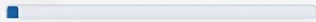

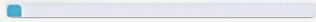

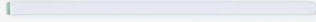

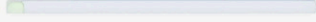

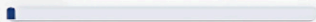


Value	Percent	Responses
I could not afford to go	42.1%	8
I do not trust doctors	5.3%	1
I did not have insurance	15.8%	3
I was afraid or do not like going to the doctor	5.3%	1
I was embarrassed	10.5%	2
My insurance did not cover the services I needed	15.8%	3
The office was not open when I could come	10.5%	2
Other (please specify)	21.1%	4

Other (please specify)	Count
I was told my weight was an issue for dental surgery	1
N.a	1
N/A	1
n/a	1
Totals	4

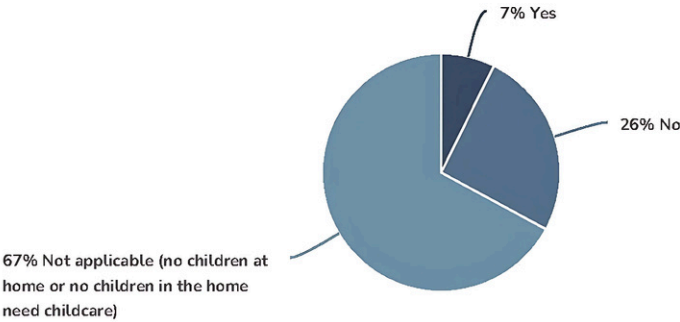
30. In the PAST 12 MONTHS, which of the following places have you or someone in your household had a difficult time getting to because transportation was not available?



Value	Percent	Responses
Did not experience any transportation issues	87.5% 	70
Work	3.8% 	3
Social services or helping agencies	2.5% 	2
Grocery store	5.0% 	4
Places for recreation or entertainment	3.8% 	3
Post-secondary education (college, technical school)	1.3% 	1
Faith services (church)	2.5% 	2
Healthcare office (doctor, dentist, mental health provider)	6.3% 	5
Pharmacy	2.5% 	2
Other (please specify)	2.5% 	2

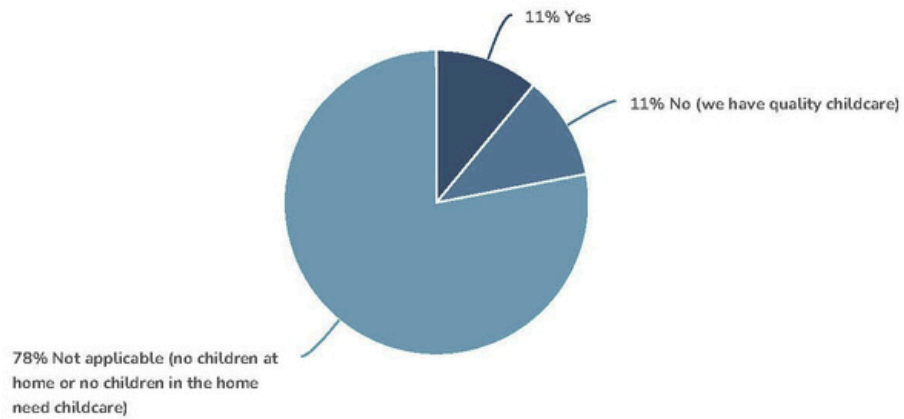
Other (please specify)	Count
Enjoyment	1
None	1
Totals	2

31. In the PAST 12 MONTHS, has your family has trouble affording childcare for your children?



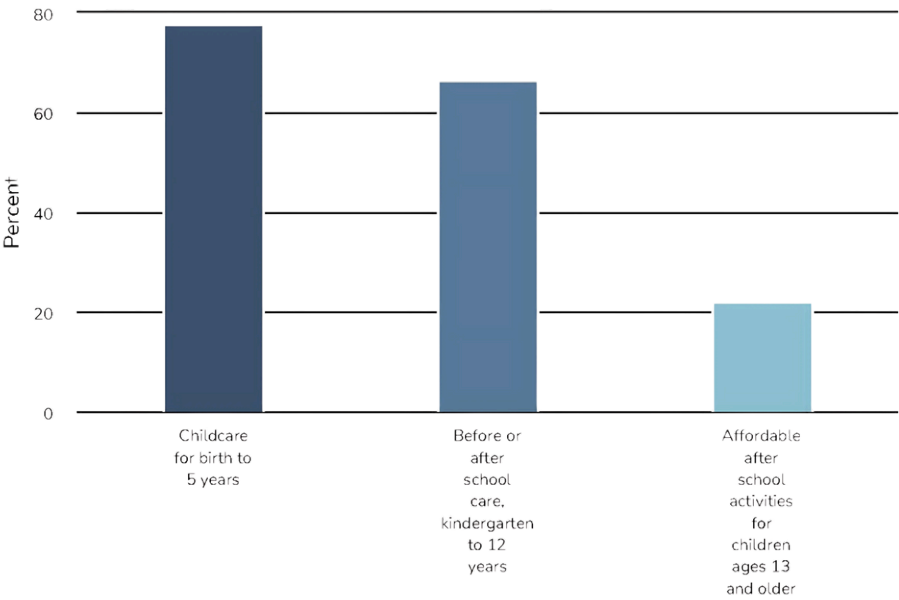
Value	Percent	Responses
Yes	7.3%	6
No	25.6%	21
Not applicable (no children at home or no children in the home need childcare)	67.1%	55
Totals: 82		

32. In the PAST 12 MONTHS, have you had any problems finding quality childcare in Montgomery County?



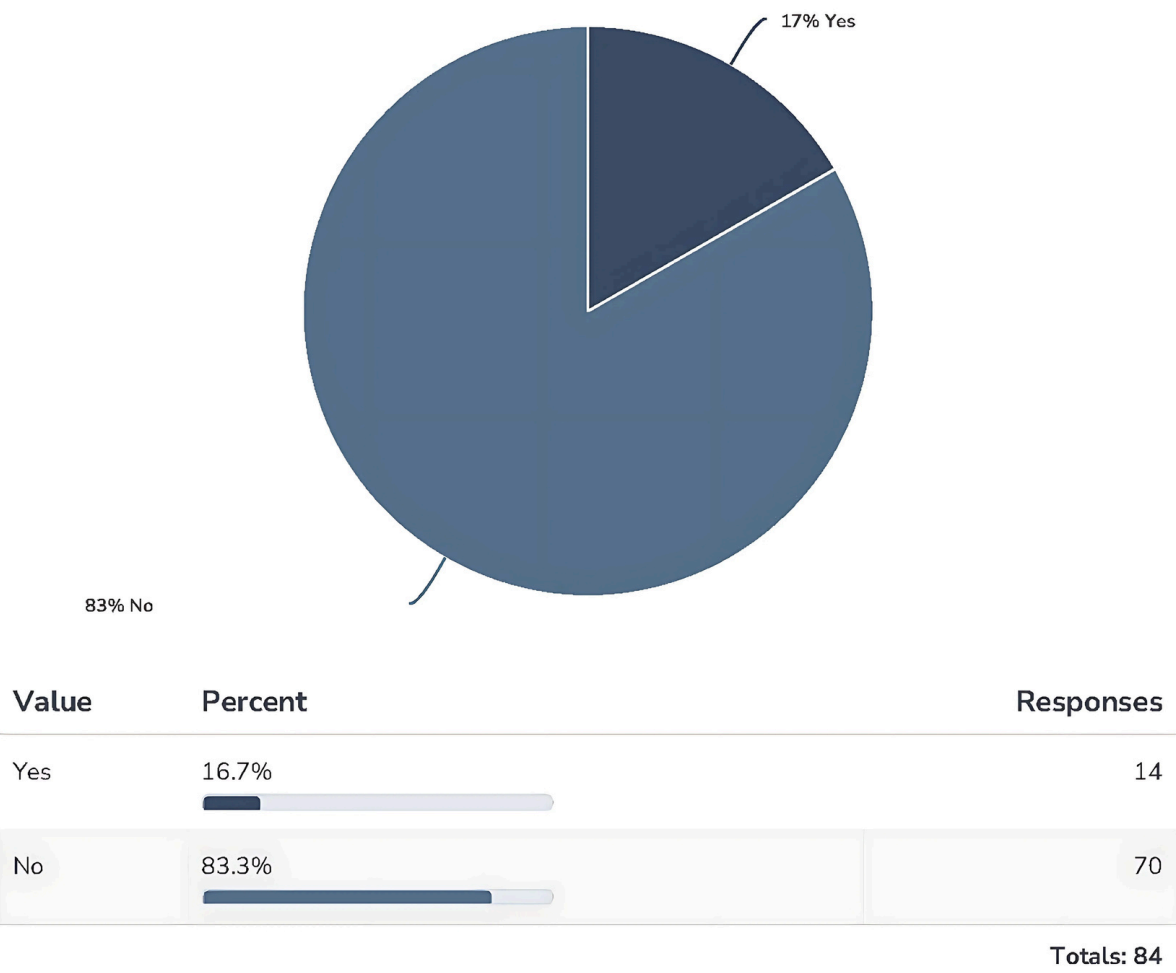
Value	Percent	Responses
Yes	11.0%	9
No (we have quality childcare)	11.0%	9
Not applicable (no children at home or no children in the home need childcare)	78.0%	64
Totals: 82		

33. What type of childcare did you attempt to access?

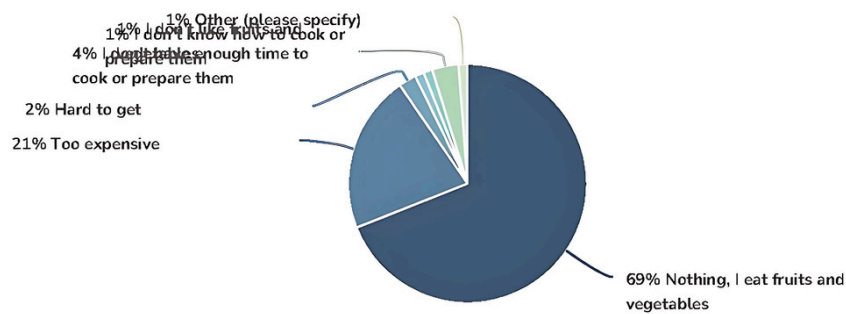


Value	Percent	Responses
Childcare for birth to 5 years	77.8%	
Before or after school care, kindergarten to 12 years	66.7%	6
Affordable after school activities for children ages 13 and older	22.2%	2
Other (please specify)		Count
Total:		0

34. In the PAST 12 MONTHS, did you or others in your household every cut the size of a meal or skip meals because there wasn't enough money for food?



35. What prevents you from eating fruits and vegetables?

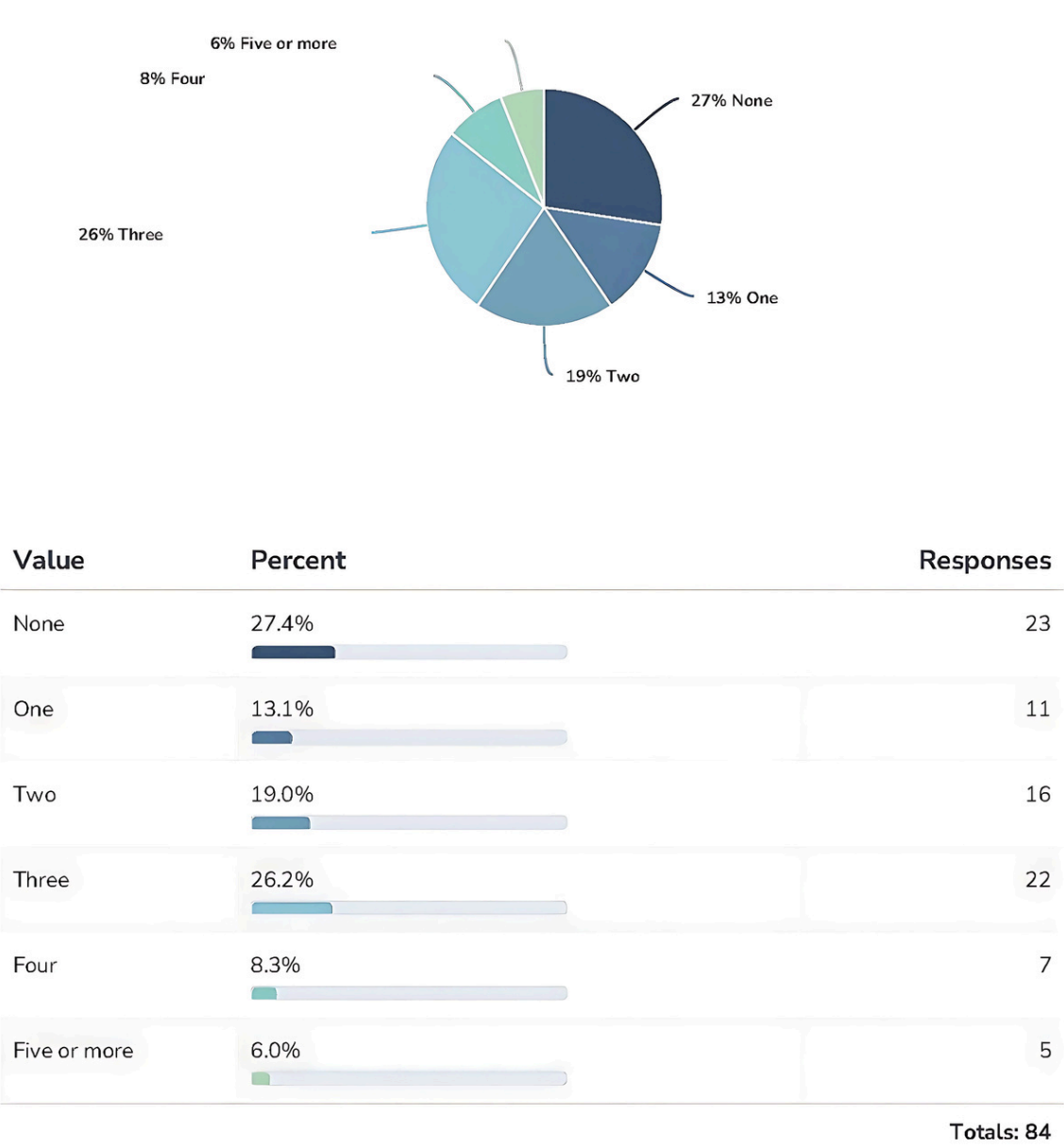


Value	Percent	Responses
Nothing, I eat fruits and vegetables	69.0%	58
Too expensive	21.4%	18
Hard to get	2.4%	2
I don't know how to cook or prepare them	1.2%	1
I don't like fruits and vegetables	1.2%	1
I don't have enough time to cook or prepare them	3.6%	3
Other (please specify)	1.2%	1

Totals: 84

Other (please specify)	Count
i dont get full off these alone	1
Totals	1

36. How many days each week do you normally get at least 30 minutes of exercise for fitness?



Appendix C

Focus Group Summary

1. What does your vision of a healthy community look like?

- Community Involvement – including faith-based communities
- Neat, clean environments (nice yards, street lights, no abandoned houses/buildings)
- Safe to walk around
- Everyone gets along
- Access to health care and mental health services
- Job opportunities/ opportunities to succeed
- Parenting education/ enforcement of family unit

2. What would you say are the top 3 concerns facing your community?

- Safety & Drug use
- Environment (housing, homelessness, beautification)
- Access to care (health care, mental health, & substance use)

3. What are some things/resources that your community needs to become healthier?

- Specialty care services
- Transportation (cost, flexibility of scheduling)
- Childcare
- Aging services (home health, in home aide for ADLs, adult daycare)
- Food pantries/ Meal sites
- Infrastructure (speed limit signs, speed bumps, etc.)
- Jobs
- Homeless shelters/ resources

4. What are some ways the health system and/or public health department can help improve the health of the community?

- Community engagement (community forums, partnerships with communities)
- Staffing (have staffing to provide education, be accessible to community, workforce retention)
- More promotion of financial assistance programs and assistance enrolling
- Provide resources in format for those without internet access
- Telehealth and help accessing
- Collaboration with faith community

Appendix C

Focus Group Summary

5. What do you enjoy most about your community?

- Community involvement
- Community support
- “Neighbors helping neighbors”
- Living in the middle of the state
- “It is not the city”
- Not overdeveloped
- Close-knit
- Familiar faces
- People come together

6. Is there anything else that you would like us to know about your community?

- “There is more good than bad here.”
- “Small town, eventually everybody knows everybody”
- Welcome new community members
- More needs to be done to address homelessness
- Costs are too high

Montgomery County Health & Wellness Resource Guide 2025



217 South Main Street, Troy, NC 27371
910-572-1393
Monday-Thursday 8am-6pm
Friday 8am-12pm

Glossary

Agricultural Resources

Animal Services

Children & Youth Concerns

Community Support

Emergency Assistance

Food Pantries

Housing Services

Medication Assistance Program

Services for the Blind/Deaf/Speech Impaired

Services for the Intellectually/Developmentally Disabled

Transportation

Crisis & Mental Health Services

Education & Childcare

Emergency Services

Government Agencies

Health Services

Hospice

Hospitals

Lactation Assistance

Long-term Care

Medical Offices

Dentists

School-Based Health Centers

Funeral Services

Hotlines

Library

Pharmacies

Recreation

Senior Support

Substance Misuse & Addiction

Veterans Services

Voter Registration

Agricultural Resources

Consolidated Farm Service Agency

910-572-3677 x2

Montgomery County Farm Bureau

230 Albemarle Road
Troy, NC 27371
910-572-1341

NC Forest Service Ranger's Office

910-576-5481

NC Wildlife Resources Commission

910-439-5103

Poultry Agent

203 West Main Street
Troy, NC 27371
704-283-3743

Soil Conservation Service

910-572-2700

**4-H Agent, Family & Consumer
Science Agent, Horticulture Agent,
& Livestock Agent**

203 West Main Street
Troy, NC 27371
910-576-6011

Animal Services

Biscoe Pet Hospital

302 North Main Street
Biscoe, NC 27209
910-428-1801

**Montgomery County Animal
Services**

442 Landfill Road
Mt. Gilead, NC 27306
910-572-3067

Seagrove Animal Hospital

6961 US 220 Alternate
Asheboro, NC 27205
336-873-7997

Montgomery Animal Clinic

1324 Albemarle Road
Troy, NC 27371
910-572-3781

Sandhill's Spay and Neuter

5071 US-1
Vass, NC 28394
910-725-8188

Children & Youth Concerns

Butterfly House Child Advocacy

932 North 2nd Street
Albemarle, NC 28001
704-984-4626

Department of Social Services

102 East Spring Street
Troy, NC 27371
910-576-6531

4-H Club

203 West Main Street
Troy, NC 27371
910-576-6011

Eckerd Boys' Residential Academy

500 E Ku Su Mee Road
Candor, NC 27229
910-974-4183

Partners for Children & Families

7720 NC-22
Carthage, NC 28327
910-949-4045

Mt. Gilead Summer Park Program

127 East Allenton Street
Mt. Gilead, NC 27306
910-439-5456

Troy Summer Park Program

200 Park Road
Troy, NC 27371
910-572-4464

Montgomery County Partnership for Children

404 North Main Street
Troy, NC 27371
910-576-2363

Sandhill's Children's Developmental Services Agency

10 Parker Lane Suite 2
Pinehurst, NC 28374
910-295-3133

Community Support

Emergency Assistance

American Red Cross

704-982-0070

United Way of Moore County

780 NW Broad Street #110
Southern Pines, NC 28387
910-692-2413

United Way of Stanly County

116 East North Street
Albemarle, NC 28001
704-982-6916

United Way of Randolph County

363 South Cox Street
Asheboro, NC 27203
336-625-4207

Food Pantries

Brutonville Community Center

112 Brutonville School Road
Candor, NC 27229
910-974-2077

Macedonia Presbyterian Church

3629 Candor Troy Road
Biscoe, NC 27209
910-974-7337

Covington Baptist Church

838 S. Main St. Troy
NC 27371
910-572-2608

Mt. Gilead Food Pantry

101 E. Ingram St.
Mt. Gilead, NC 27306
910-400-1462

Eldorado United Methodist Church

4345 State Hwy 109 N
Troy, NC 27371
910-572-2607

Montgomery Churches in Action

217 N. Main Street
Troy, NC 27371
910-974-3323

Greater Faith Church in Biscoe

415 Blake Street
Biscoe, NC 27209
910-428-1164

Pekin Community Building

5327 Pekin Road
Mt. Gilead, NC 27306

Highland Community Center

131 Hoffman Drive
Mt. Gilead, NC 27306
910-439-9099

Ropers Grove AME Zion Church

196 Ropers Grove Church Road
Mt. Gilead, NC 27306
910-439-5153

McAuley AME Zion Methodist Church

2829 NC Hwy. 109
Mt. Gilead, NC 27306
910-439-5580

Troy First Wesleyan Church

1368 NC Hwy 134
Troy, NC 27371
910-572-2218

Troy Montgomery Senior Center

200 Park Road
Troy, NC 27371
910-572-4464

Housing Services

Rocky Knoll

600 Wallace Ave #2F
Troy, NC 27371
910-572-3077

Uwharrie Ridge

1036 N Main Street
Troy, NC 27371
910-572-1204

Sandhills Community Action Program

910-975-9536

Wesleyan Homes #1

920 Lindsey Drive
Troy, NC 27371
910-572-2421

Troy Housing Authority

408 S Main Street
Troy, NC 27371
910-576-0611

Wesleyan Homes #2

107 Wesleyan Street
Troy, NC 27371
910-572-5577

US Housing Discrimination Information

800-669-9777

Westwood Apartments

516 Wallace Avenue
Troy, NC 27371
910-572-2107

Medication Assistance Programs

FirstHealth of the Carolinas

910-571-5975

Services for the Blind/Deaf/Speech Impaired

American Council on the Blind

800-424-8666

EyeCare America

800-222-8666

NC Liberty for the Blind

888-388-2460

Local Contact

919-733-4376

Social Services Department

102 East Spring Street

Troy, NC 27371

910-576-6531

Vocational Rehabilitation Services

910-259-1530

Services for the Intellectually/Developmentally Disabled

Autism Center

3571 Carthage Road

West End, NC 27376

910-673-1007

Monarch

215 Page Street

Biscoe, NC 27209

910-428-4298

Children's Developmental Service Agency

910-997-9117

Family Support Network of North Carolina

800-852-0042

Brighter Vision

114 South Main Street

Mt Gilead, NC 27306

910-493-2084

Library of Congress - Division of the Blind and Physically Handicap

800-424-8567

Transportation

Daisy and Edward Transportation

910-439-4285

R-CATS

910-572-3430

NC Department of Transportation

121 Dot Drive

Carthage, NC 28327

910-773-8000

Crisis & Mental Health Services

Esther House

9313 North 2nd Street
Albemarle, NC 28001
704-961-7500

Journey Counseling & Consulting

1617 North Main Street
Troy, NC 27371
910-572-2225

Daymark Recovery Services

227 North Main Street
Troy, NC 27371
910-572-3681

Why Not Me Services

104 West Main Street
Biscoe, NC 27209
910-427-5336

Sandhills Center- Mental Health Services

1120 Seven Lakes Drive
West End, NC 27376
910-673-9111

Education & Childcare

Childcare

Kountry Kids Biscoe

304 Brooks Street #9803
Biscoe, NC 27209
910-975-2910

Kountry Kids Star

836 South Main Street
Star, NC 27356
336-465-0259

Save the Children Candor Head Start Academy

112 Brutonville Road
Candor, NC 27229
910-974-8307

Family Worship Ministries Learning Center

401 Troy-Candor Rd
Troy, NC 27371

Save the Children Troy Head Start Academy

414 South Main Street
Troy, NC 27371
910-974-8308

Trinity Preschool

239 North Russell Street
Troy, NC 27371
910-576-0070

WesCare Center for Children

441 Eldorado Street
Troy, NC 27371
910-576-3737

Public Schools

Montgomery County Schools Administrative Office

441 Page Street
Troy, NC 27371
910-576-6511

Candor Elementary (PreK-5th)

414 South Main Street
Candor, NC 27229
910-974-4582

Greenridge Elementary (PreK-5th)

129 McCaskill Road
Biscoe, NC 27209
910-428-4196

Mt. Gilead Elementary School (PreK-5th)

100 South School Street
Mt. Gilead, NC 27306
910-439-5411

Page Street Elementary (3rd-5th)

897 Page Street
Troy, NC 27371
910-576-1307

Star Elementary (PreK-5th)

302 South Main Street
Star, NC 27356
910-428-4333

Troy Elementary (PreK-2nd)

310 North Russell Street
Troy, NC 27371
910-576-3651

East Middle (6th-8th)

130 Merlins Maze
Biscoe, NC 27209
910-428-3278

Public Schools

Montgomery Learning Academy

310 South Main Street
Troy, NC 27371
910-572-1161

Montgomery Central High School (9th-12th)

770 Timberwolf Drive
Troy, NC 27371
910-556-5500

Montgomery County Early College (9th-12th)

1011 Page Street
Troy, NC 27371
910-898-9690

West Middle (6th-8th)

129 NC-109
Mt. Gilead, NC 27306
910-572-9378

Charter Schools

Tillery Charter Academy

Academy Drive
Biscoe, NC 27209
910-828-4143

Uwharrie Charter Academy

207 Eagle Lane
Asheboro, NC 27205
336-610-0813

Private Schools

Family Worship Ministries Christian Academy (K4-12th)

401 Troy Candor Road
Troy, NC 27371
910-576-1617

Long Hill Christian School (K-12th)

637 Capelsie Road
Candor, NC 27229
910-572-2265

Home School Co-Ops

Lift Team Co-Op

Albemarle First Assembly of God
1501 NC 24/27 Bypass West
Albemarle, NC 28001
704-983-3719

Koinonia Homeschool Co-Op

Prospect Baptist Church
502 Prospect Church Road
Albemarle, NC 28001
704-982-6167

Emergency Services

Fire Department

Troy Fire Department

610 North Main Street
Troy, NC 27371
910-572-1313

Town of Candor Fire Department

215 North School Street
Candor, NC 27229
910-974-7499

Uwharrie Volunteer Fire Department

3147 NC-109
Troy, NC 27371
910-572-3838

Star Fire Department

454 South Main Street
Star, NC 27356
910-428-4623

Badin Lake Fire Department

387 Uwharrie Point Parkway
New London, NC 28127
336-461-3211

Lake Tillery Fire & Rescue

7913 NC-73
Mt Gilead, NC 27306
910-439-1010

Wadeville Fire Department

111 Wadeville Fire Station Road
Mt Gilead, NC 27306
910-439-5492

Mt Gilead Fire Department

106 East Allenton Street
Mt Gilead, NC 27306
910-439-6322

Biscoe Volunteer Fire Department

110 West Main Street
Biscoe, NC 27209
910-428-4541

Pekin Fire Department

5321 Pekin Road
Mount Gilead, NC 27306
910-439-5652

Police Department

Biscoe

114 West Main Street
Biscoe, NC 27209
910-428-2978

Star

454 South Main Street
Star, NC 27356
910-428-9224

Candor

208 East Main Street
Candor, NC 27229
910-974-4777

Troy

120 East Broughton Street
Troy, NC 27371
910-576-8151

Mt. Gilead

123 North Main Street
Mt. Gilead, NC 27306
910-439-6711

Government Agencies

City Offices

Biscoe Town Office

110 West Main Street
Biscoe, NC 27209
910-428-4112

Candor Town Office

214 South Main Street
Candor, NC 27229
910-974-4221

Mt Gilead Town Office

110 West Allenton Street
Mt. Gilead, NC 27306
910-439-5111

Star Town Hall

454 South Main Street
Star, NC 27356
910-428-4623

Troy Town Hall

315 North Main Street
Troy, NC 27371
910-572-3661

County Offices

Administration/Finance Office

102 East Spring Street
Troy, NC 27371
910-576-4221

Animal Services

442 Landfill Road
Mt Gilead, NC 27306
910-572-3067

Board of Elections

327 North Main Street
Troy, NC 27371
910-572-2024

County Manager

PO Box 425
Troy, NC 27371
910-576-4221

Human Resources

PO Box 425
Troy, NC 27371
910-576-4221, ext. 1310

Inspections Department

444 North Main Street
Troy, NC 27371
910-572-3304

Planning Department

444 North Main Street
Troy, NC 27371
910-572-3304, ext. 1432

Public Utilities

Operations
724 Hydro Road
Mt Gilead, NC 27306
910-439-6197
Customer Service
444 North Main Street
Troy, NC 27371
910-572-1221

Register of Deeds

102 East Spring Street
Troy, NC 27371
910-576-4221

Department of Health

217 South Main Street
Troy, NC 27371
910-572-1393

Department of Social Services

102 East Spring Street
Troy, NC 27371
910-576-6531

Emergency Services

199 South Liberty Street
Troy, NC 27371
910-572-1347

Environmental Health

444 North Main Street
Troy, NC 27371
910-572-3304

Sheriff's Office

111 West Main Street
Troy, NC 27371
Non-emergency: 910-572-1313

**Special Supplemental Nutrition
Program for Woman, Infants, &
Children (WIC)**

217 South Main Street
Troy, NC 27371
910-572-8174

Soil & Water Conservation

227-D North Main Street
Troy, NC 27371
910-572-2700

Tax Department

102 East Spring Street
Troy, NC 27371
910-576-4311

Veteran Services

219 South Main Street
Troy, NC 27371
910-576-0448

Social Security Administration

Albemarle

202 Charter Street
Albemarle, NC 28001
800-772-1213

Asheboro

157 Dublin Square Road
Asheboro, NC 27203
800-772-1213

State Offices

NC Department of Revenue*Charlotte*

301 McCullough Drive Suite 300
Charlotte, NC 28262
704-519-3000

Durham

3518 Westgate Drive Suite 150
Durham, NC 27707
910-627-6900

Town Creek Indian Mound Historic Site

509 Town Creek Mound Road
Mt Gilead, NC 27306
910-439-6802

Health Services

Medical Offices

Atrium Health Primary Care Troy Family Medicine

835 Albemarle Road
Troy, NC 27371
910-572-2309

Family Care Associates

507 North Main Street
Troy, NC 27371
910-576-0042

FirstHealth Family Medicine Biscoe

104 Professional Drive
Biscoe NC 27209
910-428-1544

FirstHealth Family Medicine Candor

210 East Main Street
Candor, NC 27229
910-974-7555

FirstHealth Montgomery School Based Health Center

770 Glen Road
Troy, NC 27371
910-728-9392

FirstHealth Montgomery School Based Health Center

1122 US Highway 220 Alternate Sout
Biscoe, NC 27209

FirstHealth Occupational Health

522 Allen Street Suite 203
Troy, NC 27371

FirstHealth Primary Care Troy

522 Allen Street Suite 101
Troy, NC 27371
910-571-5510

Mid Carolina Family Medicine

1038 Albemarle Road
Troy, NC 27371
910-572-1785

Montgomery Community Health Center

103 Cotton Creek Road
Star, NC 27356
910-428-9020

Montgomery County Department of Health

217 South Main Street
Troy, NC 27371
910-572-1393

Goshen Medical

103 Cotton Creek Road
Star, NC 27356

Urgent Care

Carolina QuickCare

2265 NC-24
Biscoe, NC 27209
910-828-1131

Dialysis

Davita, Inc.

323 West Main Street
Biscoe, NC 27209
910-428-4326

Health Services

Pediatricians

Albemarle Pediatrics

1420 US-52 Suite A
Albemarle, NC 28001
704-982-5437

Atrium Health Levine Children's Stanly Pediatrics

105 Yadkin Street Suite 303
Albemarle, NC 28001
704-982-2683

Atrium Health Primary Care Troy Family Medicine

835 Albemarle Road
Troy, NC 27371
910-572-2309

Premier Pediatrics

135 Turner Street
Southern Pines, NC 28387
910-246-2229

Premier Pediatrics (Asheboro)

530 Greensboro Street
Asheboro, NC 27203
336-625-0500

Randolph Health Pediatrics

713 South Fayetteville Street Suite B
Asheboro, NC 27203
336-625-2467

Sandhills Pediatrics (Southern Pines)

195 West Illinois Avenue
Southern Pines, NC 28387
910-692-2444

Sandhills Pediatrics (West End)

155 Grant Street
Seven Lakes, NC 27376
910-673-1600

Montgomery County Department of Health

217 S Main St
Troy, NC 27371
910-572-1393

Women's Services

Albemarle Women's Clinic

815 North 3rd Street
Albemarle, NC 28001
704-550-5260

Atrium Health Wake Forest Baptist OBGYN Asheboro

136 South Park Street
Asheboro, NC 27203
336-626-6371

Atrium Health Women's Care Stanly OB-Gyn

105 Yadkin Street Suite 102
Albemarle, NC 28001
980-323-5330

Montgomery County Department of Health

217 South Main Street
Troy, NC 27371
910-572-1393

Pinehurst Surgical Clinic - Women's Care

5 First Village Drive
Pinehurst, NC 28374
910-295-0290

Southern Pines Women's Health Center-First Health

145 Applecross Road
Southern Pines, NC 28388
910-692-7929

Health Services

Specialists

FirstHealth Cardiology Services

522 Allen Street Suite 101
Troy, NC 27371
910-571-5510

FirstHealth Montgomery Pulmonary Rehab

524 Wood Street
Troy, NC 27371
910-571-5277

FirstHealth Surgical Specialties

522 Allen Street Suite 201
Troy, NC 27371
910-571-5277

Specialty Care Center – Podiatry

522 Allen Street Suite 203
Troy, NC 27371
910-571-5710

Dr. Carlyle D. Haywood. Jr., OD

326 Albemarle Road
Troy, NC 27371
910-576-7371

Stanly County Chiropractic Center

1649 South Main Street
Albemarle, NC 28001
704-982-2102

Dentists

Dr. Terry V. Wood, DMD

201 North Main Street
Troy, NC 27371
910-576-3971

FirstHealth Dental Care

105 Perry Drive
Southern Pines, NC 28387
910-692-5111

FirstHealth Dental Care – East Middle School

NC Highway 109 South
Mt. Gilead, NC 27306
910-571-5700

FirstHealth Dental Care – West Middle School

NC Highway 109 South
Mt. Gilead, NC 27306
910-571-5700

Lane & Associates Family Dentistry Biscoe

131 Montgomery Crossing
Biscoe, NC 27209
910-428-2048

Lane & Associates Family Dentistry Troy

473 Wood Street
Troy, NC 27371
910-572-2811

Johnny L McKinnon Jr, DDS, PA

407 North Main Street
Mt. Gilead, NC 27306
910-439-9744

Powers Pediatric Dentsitry

110 Fox Hollow Court
Pinehurst, NC 28374
910-521-9280

Randolph Pediatric Dentistry

207 East Salisbury Street
Asheboro, NC 27203
336-521-9280

Sparkling Smiles

422 North Church Street
Asheboro, NC 27203
336-625-1319

Health Services

School-Based Health Centers

FirstHealth Montgomery School-Based Health Center – East Middle School

130 Merlins Maze
Biscoe, NC 27209

FirstHealth Montgomery School-Based Health Center – West Middle School

129 NC Highway 109
Mt. Gilead, NC 27306

FirstHealth Montgomery School-Based Health Center – Montgomery Central High School

770 Glen Road
Troy, NC 27371

Funeral Services

Briggs Funeral Home

187 Farmers Market Road
Candor, NC 27229
910-974-4786

Bostic Funeral Home

905 Brutonville Road
Candor, NC 27229
910-974-4914

Bumgarner Family Funeral Service

320 Albemarle Road
Troy, NC 27371
910-571-0656

Edwards Funeral Home

200 West Allenton Street
Mount Gilead, NC 27306
910-439-5341

H L Kearns Funeral Service

858 Pekin Road
Troy, NC 27371
910-572-1802

Harris Funeral Home

2529 NC Highway 109 South
Mount Gilead, NC 27306
910-439-4368

Phillips Funeral Home

216 South Main Street
Star, NC 27356
910-428-2124

Pugh-Troy Funeral Home

211 North Main Street
Troy, NC 27371
910-576-2811

Hotlines

CDC National AIDS Hotline

800-CDC-INFO

Cancer Hotline

800-4-CANCER

Center for Substance & Mental Abuse Treatment

800-662-HELP

Community Resource Connection

910-572-3757

DNA Paternity Testing Center

800-362-2368

Environmental Protection Agency

800-424-5210

Federal Emergency Management (FEMA)

800-638-6620

Hill-Burton Program

800-638-0742

Medicare Hotline

800-633-4227

Safe Spot Overdose Hotline

800-972-0590

Poison Control

1-800-222-1222

National Health Information Center

800-336-4797

National Pesticide Info Center

800-858-7378

National Runaway Switchboard

800-RUN-AWAY

National Suicide Prevention Lifeline

1-800-273-TALK

Safe Drinking Water Hotline

800-426-4791

Sexually Transmitted Diseases

800-227-8922

Small Business Administration

800-827-5722

Social Security Administration

800-772-1213

Veterans Administration

800-488-8244

Crisis Lifeline

9-8-8

NC Quitline

1-800-784-8669

Library

Troy - Main Library

215 West Main Street
Troy, NC 27371
910-572-1311

John C. Currie Memorial Library

138 South School Road
Candor, NC 27229
910-974-4033

Allen Library

307 Page Street
Biscoe, NC 27209
910-428-2551

Mt Gilead Branch Library

110 West Allenton Street
Mt. Gilead, NC 27306
910-439-6651

Star Branch Library

222 South Main Street
Star, NC 27356
910-428-2338

Pharmacies

Biscoe Pharmacy

2295 NC Highway 24/27 East
Biscoe, NC 27209
910-428-1149

Quality Care Pharmacy

1103 Seven Lakes Drive North
West End, NC 27376
910-673-3784

Carolina Pharmacy

510 North Broad Street
Seagrove, NC 27341
336-873-8246

Standard Drug

522 Allen Street
Troy, NC 27371
910-572-2070

Cochran Ridenhour Drug

116 South Main Street #9254
Mt. Gilead, NC 27306
910-439-6541

Troy Pharmacy

436 Albemarle Road
Troy, NC 27371
910-573-3431

CVS Pharmacy

902 Albemarle Road
Troy, NC 27371
910-572-1396

Walmart Pharmacy

201 Montgomery Crossing
Biscoe, NC 27209
910-428-3313

Recreation

<p>CANDOR ELEMENTARY 414 S MAIN ST CANDOR</p>  <p>5 LAPS = MILE</p>	<div style="display: flex; align-items: center;">  <div> <h2 style="margin: 0;">Your Local Trail Guide</h2> </div> </div> <div style="display: flex; justify-content: space-between; align-items: center; margin-top: 10px;"> <div style="text-align: center;"> <p>THE FOUNDATION</p> <p>FirstHealth</p> <p>Montgomery Foundation</p> </div> <div style="text-align: center;"> <p><i>Funded in Partnership by:</i></p>  <p>With support from Healthy People, Healthy Carolinas An Initiative of The Duke Endowment</p> </div> </div>			<p>BISCOE COMMUNITY CENTER 380 PAGE ST BISCOE</p>  <p>5 LAPS = MILE</p>
<p>GREEN RIDGE ELEMENTARY 129 MCCASKILL RD BISCOE</p>  <p>4 LAPS = MILE</p>	<p>MT. GILEAD ELEMENTARY 100 S SCHOOL ST MT. GILEAD</p>  <p>5 LAPS = MILE</p>	<p>PAGE STREET ELEMENTARY 897 PAGE ST TROY</p>  <p>4 LAPS = MILE</p>	<p>STAR ELEMENTARY 302 S MAIN ST STAR</p>  <p>4 LAPS = MILE</p>	<p>TROY ELEMENTARY 310 W RUSSELL ST TROY</p>  <p>5 LAPS = MILE</p>

Senior Support

Department of Social Services

102 East Spring Street
Troy, NC 27371
910-576-6531

Troy Montgomery Senior Center

200 Park Road
Troy, NC 27371
910-572-4464

**Autumn Care Nursing and Rehab
of Biscoe**

401 Lambert Road
Biscoe, NC 27209
910-428-2117

Baaseiah Family Care Home #1

200 North Main Street
Candor, NC 27229
910-974-7701

Baaseiah Family Care Home #2

602 Aileen Street
Biscoe, NC 27209
910-428-9234

Baaseiah Family Care Home #3

314 Tomlinson Street
Candor, NC 27229
910-974-3987

Candor House

110 East Blake Street
Candor, NC 27229
910-974-9668

Montgomery Senior Living

327 Freeman Street
Star, NC 27356
910-428-2101

Montgomery Adult Group Home

321 Taft Street
Troy, NC 27371
910-576-0640

**Randolph Health StayWell Senior
Care (Pace Program)**

809 Curry Drive
Asheboro, NC 27205
336-628-4200

**Fox Hollow Senior Living
Community**

190 Fox Hollow Road
Pinehurst, NC 28374
910-695-0011

Poplar Springs Rest Home

601 Dover Road
Star, NC 27356
910-428-2981

Montgomery Village

312 Freeman Street
Star, NC 27356
910-428-2101

**Mt. Gilead Independent Senior &
Assisted Living**

110 Roosevelt Street
Mt. Gilead, NC 27306
910-439-5493

Sandy Ridge Assisted Living

326 Bowman Road
Candor, NC 27229
910-974-4162

NC Baptist Aging Ministry

P.O. Box 338
Thomasville, NC 27361
877-506-4511

Family First Home Care, LLC

521 N Main Street
Troy, NC 27371
910-576-2273

Substance Use and Addiction

Alcohol & Drug Services

334 North Main Street
Troy, NC 27371
910-572-1995

**Center for Substance Abuse
Treatment (CSAT) National Drug
Abuse Hotline**

800-662-HELP

Daymark Recovery Services

227 North Main Street
Troy, NC 27371
910-572-3681

Family Care Associates

507 North Main Street
Troy, NC 27371
910-576-0042

**Montgomery County Peer Support
Services**

217 South Main Street
Troy, NC 27371
910-331-0474

Journey Counseling & Consulting

617 North Main Street
Troy, NC 27371
910-572-2225

**National Clearinghouse for Alcohol
& Drug Information**

800-729-6686

**NC Perinatal & Maternal
Substance Abuse Initiatives**

800-688-4232

**Pinehurst Comprehensive
Treatment Center**

20 Page Drive
Pinehurst, NC 28374
910-235-9090

Tech Talk Therapy

910-975-1416
www.techtalktherapy.com

Veteran Services

American Red Cross
704-982-0070

Montgomery County Veteran's Service
203 North Main Street
Troy, NC 27371
910-576-4711

Job Link & NC Employment Services
910-572-3641

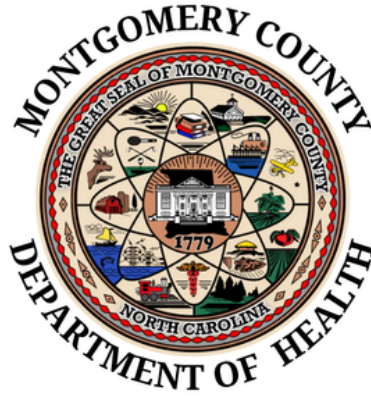
Veterans Regional Office/ Benefits Information
800-827-1000

Veterans Crisis Line
800-273-TALK
988 x ?

Voter Registration

Montgomery County Board of Elections
327 North Main Street
Troy, NC 27371
910-572-2024

Montgomery County Department of Social Services
102 East Spring Street
Troy, NC 27371
910-572-3757



Montgomery County Department of Health

217 South Main Street
Troy, NC 27371
910-572-1393

Monday–Thursday 8am–6pm
Friday 8am–12pm

Electronic versions of this publication are
available online at
www.montgomerycountync.com.
Updated March 2025



References

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References

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<https://www.hud.gov/>.

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