

2023 STATE OF THE COUNTY'S HEALTH

Alleghany County, North Carolina



11,049

Population
(Census 2021)

Leading Causes of Death

- 1 Cancer
- 2 Diseases of the Heart
- 3 Chronic Lower Respiratory Diseases

Median Household Income

North Carolina
\$66,186



Alleghany
\$42,115

HEALTH PRIORITIES

The Alleghany Wellness Coalition selected the health priorities in August 2021. These priorities were chosen based on the 2020 Ashe County Community Health Assessment. Highlights to the priorities are below and additional detail can be found in the full report ([view full report on AppHealthCare's website](#)).

MENTAL & BEHAVIORAL HEALTH



Alleghany County is one of 15 communities in NC participating in Our State, Our Wellbeing initiative which aims to focus on implementing strategies to prevent suicide and suicidal ideation and improve resources available for mental and behavioral health. This initiative will work with various agencies and organizations in the community.

FAMILY & SOCIAL SUPPORTS

In 2023, the Triple P Team focused on building the capacity of existing practitioners and identifying new practitioners to train. Additionally, the team worked on making the program accessible to families in need in Alleghany County. As of the end of 2023, Triple P is available through five agencies in Alleghany County. These agencies include: AppHealthCare, Alleghany Pregnancy Care Center, BROC Headstart Gap Civil Center, Children's Center of NWNC, and the Alleghany Partnership for Children.



SUBSTANCE USE & MISUSE PREVENTION



Using the opioid settlement funds, Alleghany County authorized funds by AppHealthCare for the purchase of a mobile health bus. Additionally, funds will be used for further collaborative strategic planning to ensure a strong foundation for future investments.

Since February 2019...

724
individuals

served by NC Peer Support Specialists across Alleghany, Ashe & Watauga Counties

1,620 syringes
returned



220 naloxone kits
distributed



150 justice-involved
persons served



EMERGING ISSUES

Youth Risk Behavior Survey - Delta 8 and Delta 10

The 2023 YRBS added a new question about Delta 8 and Delta 10 which is a newer cannabis-derived substance of concern.

7.4%

of Alleghany High School students reported using Delta 8/10 during the past 30 days.

17.6%

of Alleghany High School students reported that they believe that smoking Delta 8/10 poses no risk to harming them physically or in other ways.