

# 2023 STATE OF THE COUNTY'S HEALTH

## Ashe County, North Carolina



**26,711**

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



Ashe  
\$49,176

## HEALTH PRIORITIES

The Ashe Health Alliance selected the health priorities in July 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



#### Our State, Our Wellbeing

Ashe 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.

#### Gate Keeper Training

AppHealthCare is partnering with two contractors to work with local organizations to establish policies and/or programs to address suicide prevention. Additionally, these contractors work with organizations and community members to provide gatekeeper training for suicide prevention. The goal of this effort is to equip individuals in a variety of settings to know what to do in situations where someone may be at risk for suicide.

### SUBSTANCE USE & MISUSE PREVENTION



Using the opioid settlement funds, Ashe 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.

**724**  
individuals

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

**25,010 syringes**  
returned



**1,647 naloxone kits**  
distributed



**158 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.

**8.3%**

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

**19.8%**

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