

2015 Columbus County Community Health Assessment

Presented by: Columbus County Health Department





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Executive Summary

The community health assessment is conducted every four years and the last assessment was conducted in 2012. The Community Health Assessment process is designed to allow us to gather information from our community members (this is primary data) to gauge the health of the county, while comparing this data with health statistics (health statistics are known as secondary data).

The Columbus County Health Department in collaboration with a Health Assessment Task Force comprised of some of Healthy Columbus's members (formerly the Columbus County Healthy Carolinians task force) as well as residents of the county, met five times (however, individual meetings are not counted in this total). The Columbus County Health Assessment Task Force approved the survey questions that were asked of residents in the spring of 2015, and also the focus group questions used in two opposite areas of the county; Chadbourn and Bolton. An additional joint focus group was held to ask Columbus County Board of Health Members and Columbus County Board of Commissioner Members the same questions as the focus groups, however, they were not asked about how they felt about the health department's hours of operation or how to improve services, since the task force felt that these questions were better suited for Health Department consumers and the general public.

Data Collection and Process of Data Collection

We made every effort to ensure that as many community members as possible took part in the survey; we had both paper and pen surveys and Survey Monkey online surveys, and focus groups. Task Force members agreed to distribute surveys to organizations and residents within their own communities, thus allowing us to create opportunities to glean responses collected that reflect those of the entire county. We also (as we did in the 2012 Community Health Assessment) determined the

areas of the county with the largest populations, and recognized that we needed to make a concerted effort to collect 5% of surveys distributed from these towns(Whiteville, Tabor City, Chadbourn) as well as smaller towns(Brunswick, Bolton, Delco). The number of surveys collected from each town was set by Task Force members aiming to distribute the number of surveys in each town equal to 10% of the town's population, with a 5% return rate. Focus groups were "advertised" in areas by residents from those communities and Task Force members were asked to recruit individuals to participate as well.

Community Responses and Findings

The community responded that the lack of access to health care, the ability to pay for healthcare services, chronic diseases (heart disease, stroke, cancer, and diabetes), obesity, and substance abuse are issues that will be needed and addressed in near future.

Health Priorities/ Concerns

The Columbus County Health Assessment Task Force and Healthy Columbus members will begin to look at our residents' concerns, and we **will focus on chronic disease prevention, obesity, and substance abuse prevention for the next four years.** We felt that we had the capacity to address these issues as a group, due to the current undertakings of community agencies and organizations to address these health topics. Furthermore, our efforts to address chronic diseases and obesity will be a continuation of efforts that began in 2012. Action plans for the aforementioned health concerns will be developed in the spring and summer of 2016.

Below are the important 2015 Community Health Assessment information and findings:

- In the 2015 Community Health Assessment, we found that the **biggest health issues or concerns** are: chronic diseases (cancer, diabetes, heart disease, stroke), followed closely by substance **abuse and obesity. Chronic diseases and obesity do continue to contribute to our county's leading causes of death; cardiovascular disease, some types of cancer, and stroke.**

Substance abuse, although not a leading cause of death in itself, is directly tied to motor vehicle deaths and unintentional injuries. These are the 3 areas that we will develop action plans for to address in the next four years. Our community identified these issues as problems and the data concurs that these issues are the biggest health issues in the county. As we address these issues, we will be working to achieve the following North Carolina 2020 goals(North Carolina Department of Health and Human Services): **Chronic Disease:** Increase the percentage of adults getting the recommended amount of physical activity; Increase the percentage of adults who report they consume fruits and vegetables five or more times per day; reduce the cardiovascular disease mortality; Increase the percentage of adults who are neither overweight nor obese rate (per 100,000 population); Decrease the percentage of adults with diabetes. The aforementioned will address both chronic diseases and obesity. **Substance Abuse:** Reduce the percentage of traffic crashes that are alcohol-related.

- **Chronic Diseases are still the number one concern of residents (this was number one in the 2012 Columbus County Health Assessment) and there has been substantial emphasis on this topic with our strong allies. Efforts include programming and implementation of chronic disease prevention efforts, including Stanford University's Chronic Disease Self-Management Program, Stanford University's Diabetes Self-Management Program, and the Centers for Disease Control and Prevention's Diabetes Prevention Program. These efforts have remained ongoing since 2012.**
- **Obesity was a close second to substance abuse in the 2015 Community Health Assessment, and substance abuse has remained the second leading concern of residents since the 2012 Columbus County Community Health Assessment. Because obesity is directly tied most of the chronic conditions that our community members are concerned about, we will continue to deliver Stanford's chronic disease and diabetes self- management classes(which address weight management, nutrition, physical activity), and continue to provide outreach and education on obesity.**
- **Substance Abuse was the third concern of the communities.** Within the past two years, substance abuse has been and continues to be addressed through multiple agency efforts, and by grant funding provided by Wake Forest University and Project Lazarus. We are already working with healthcare organizations to focus on overprescribing and we are working to provide additional support to the town of Chadbourn to implement community watch groups to decrease drug trafficking. In addition, we will address the number of alcohol related fatalities by coordinating efforts with local law enforcement.
- **As part of the Wake Forest University's grant process, there was a Substance Abuse Needs Assessment conducted in fall of 2014 and the spring of 2015, through the use of Survey Monkey, and by focus groups conducted in the county. We have included this information as an appendix to the 2016 Community Health Assessment, since this topic continues to be of concern.**
- **Our county is described as persistently poor by the United States Department of Agriculture (USDA) as 25% of the county's population is below the federal poverty levels, compared to 17.5% of North Carolina as a whole.**

- The USDA has identified food deserts in our county (areas where there is limited access to fruits and vegetables), and has recognized that 20% of the county’s population struggles to feed themselves and their families on a daily basis (USDA, 2015)
- County Health Rankings data from the Robert Wood Johnson Foundation and University of Wisconsin has ranked Columbus County 100 (last) in the state for health outcomes for the past six years in a row (2009-2015).
- There is still a lack of physical activity, eating healthier foods, and smoking among adults as reported in the 2015 Behavioral Risk Factor Surveillance Survey (BRFSS). These three health behaviors are self-reported among Columbus residents and negatively impact the health of residents.
- Focus group participants voiced that the economy is their biggest concern and they feel that the lack of economic opportunities (including employment) is one of the main reasons why our county continues to be ranked last in the state for health.
- The leading causes of death in order for Columbus County are: heart disease, cancer, stroke, unintentional injuries, Alzheimer’s disease, chronic lower respiratory diseases, nephritis, motor vehicle injuries, diabetes, and assault. Assault and Alzheimer’s were not on the list for leading causes of death in 2012.

We hope that residents will find the information contained in this document as a resource, and as a tool for change in our county. Furthermore, we are grateful to all residents who took their time to participate in this process.

Future Plans

Community Health Assessment (CHA) Document for Columbus County will be:

- Submitted to the NC Division of Public Health –March 2016
- Presented to Columbus County Board of Health, Board of Commissioners, and press – April-May 2016
- Disseminated to the local community – April-May 2016

Community Health Action Plans for Columbus County will be:

- Developed by the Assessment Team – April 2016
- Submitted to the NC Division of Public Health – September 2016

State of the County's Health Report (SOTCH) for Columbus County will be submitted:

- March 2017
- March 2018
- March 2019

Acknowledgments

We would like to thank the Health Assessment Task Force members and Healthy Columbus members. Without their contributions, this undertaking would be impossible.

Columbus County 2015 Community Health Assessment Task Force Members:

Terrie Priest, Columbus Regional Healthcare System

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Shawn Maynor, Town of Bolton

Julie Strickland, Columbus County Parks and Recreation

Darrell Trivette II, Chadbourn Police Department

Letter from the Health Director

It is my pleasure to present the 2015 Columbus County Community Health Assessment. I hope that this document will serve as a catalyst for change in our communities, especially since our county has been identified for last six years as the state's least healthy county.

I would also like to express my sincere gratitude to our community partners, and the role that they played as we planned for and collected information for the 2015 Community Health Assessment. Without these strong allies, our health assessment would not have been distributed and collected from all across our county. Their time and commitment is invaluable.

If you have questions about the health assessment, I encourage you to the health department at the number below.

In health,

Kim Smith

Kimberly L. Smith

Health Director

910-640-6615

Columbus County Geographical Features and brief History

Columbus County can be found a short distance from the Atlantic Ocean, in the fertile lowlands of the coastal plain. This 959 square-mile expanse of land occupies one of the most Southeastern sections of the state. The South Carolina state line borders Columbus County, with Brunswick County to the east and Robeson County to the west. Bladen and Pender counties bound Columbus County on the north.

The land and its heritage have been shaped by many geographical features. Lake Waccamaw, the largest natural lake from New York to Florida, was the site of Indian habitation long before white men arrived. The Waccamaw River, which flows from Lake Waccamaw, has linked the most southeastern section of the county to South Carolina and its coastal ports. The county's western limits are defined by the swift, dark waters of the Lumber River. A northeastern section of the county is comprised by the Cape Fear River. Access to the Cape Fear and port city of Wilmington has been a major factor in settlement and commercial development of the county. Before roads were constructed, the Cape Fear, Lumber, and Waccamaw Rivers were the main arteries which penetrated the dense woodlands of this area.

Columbus County is divided into the following towns:

- Bolton- The town of Bolton has a total area of 3.1 square miles, all of it land.
- Brunswick- The town of Brunswick has a total area of 0.4 square miles, all of it land.
- Cerro Gordo- The town of Cerro Gordo has a total area of 0.8 square miles, all of it land.
- Chadbourn- The city of Chadbourn was started in 1882 and incorporated in 1886. The first charter stipulated that there should be no legalized sale of whiskey in the town, and Chadbourn has the distinction of never having had liquor stores in it. Nicknamed the "Sunny South Colony" in the early 1900s, Chadbourn is home to the North Carolina Strawberry Festival, the longest-running agricultural festival in the state.
- Clarendon- The town of Clarendon has a land area of 38.1 square miles.

- Delco- The town of Delco is formerly known as Brinkley and Pershing. Delco is also the home of Acme Delco Middle School, Home of the Trojans.
- Evergreen- The town of Evergreen has a land area of 3.86 square miles.
- Fair Bluff- Fair Bluff, nestled against the banks of the nationally recognized “Wild & Scenic” Lumber River, is home to the southeastern North Carolina Watermelon Festival. The Old Trading Post in Fair Bluff, probably the oldest building in Columbus County, stands on the banks of the Lumber River. Built in the late eighteenth century, people from Robeson, Bladen, and Columbus counties brought farm produce and naval goods to be sold or exchanged for other products.
- Hallsboro- The town of Hallsboro has a land area of 3.26 square miles. Hallsboro is also the home of Hallsboro Elementary and Hallsboro Middle School.
- Lake Waccamaw- From its sandy shorelines to its tree-lined natural areas, Lake Waccamaw offers peaceful surroundings, an intriguing natural history and fun in the sun. You can view one of the greatest geological mysteries of the eastern United States—the phenomenon of Carolina bays; it boasts rare plants such as the carnivorous Venus Flytrap and several animal species found nowhere else on earth, such as the Waccamaw Killifish.
- Nakina- Nakina is a small community that lies just North of the South Carolina - North Carolina border. It was until the 1990's best known for producing very high quality flue cured tobacco.
- Riegelwood- Riegelwood is the home of International Paper Mill. The mill supports civic and non-profit groups within a 50-mile radius of the mill.
- Tabor City- Tabor City is the southernmost town in Columbus County. Once known as the “Yam Capital of the World,” Tabor City pays tribute to the area’s sweet potato crop with the annual North Carolina Yam Festival.
- Whiteville- Whiteville holds the role as county seat. Whiteville was chartered in 1873 and is home to many historic sites and the Harvest Days Festival.

There are also nine unincorporated townships within Columbus County which include, Bogue, Bug Hill, Lees, Ransom, South Williams, Tatums, Welch Creek, Western Prong and Williams.

Explanation of Information and Appendices

The 2015 Community Health Assessment team chose the same questions as the 2012 Community Health Assessment in order to better compare data. However, over 800 surveys were collected in 2015 versus approximately 1200 in 2012. The team felt that even though the number of surveys distributed was lower, the data is still representative of the county's population. This will be described more in the next section, the "Community Health Survey Response" information.

A copy of the bilingual community health opinion survey is located in Appendix A.

Appendix B contains the Columbus County Health Databook.

Appendix C contains a Substance Abuse needs assessment that was conducted in 2014-2015 by the Columbus County Health Department, Columbus County Sheriff's Office, Chadbourn Police Department, and Tabor City Police Department.

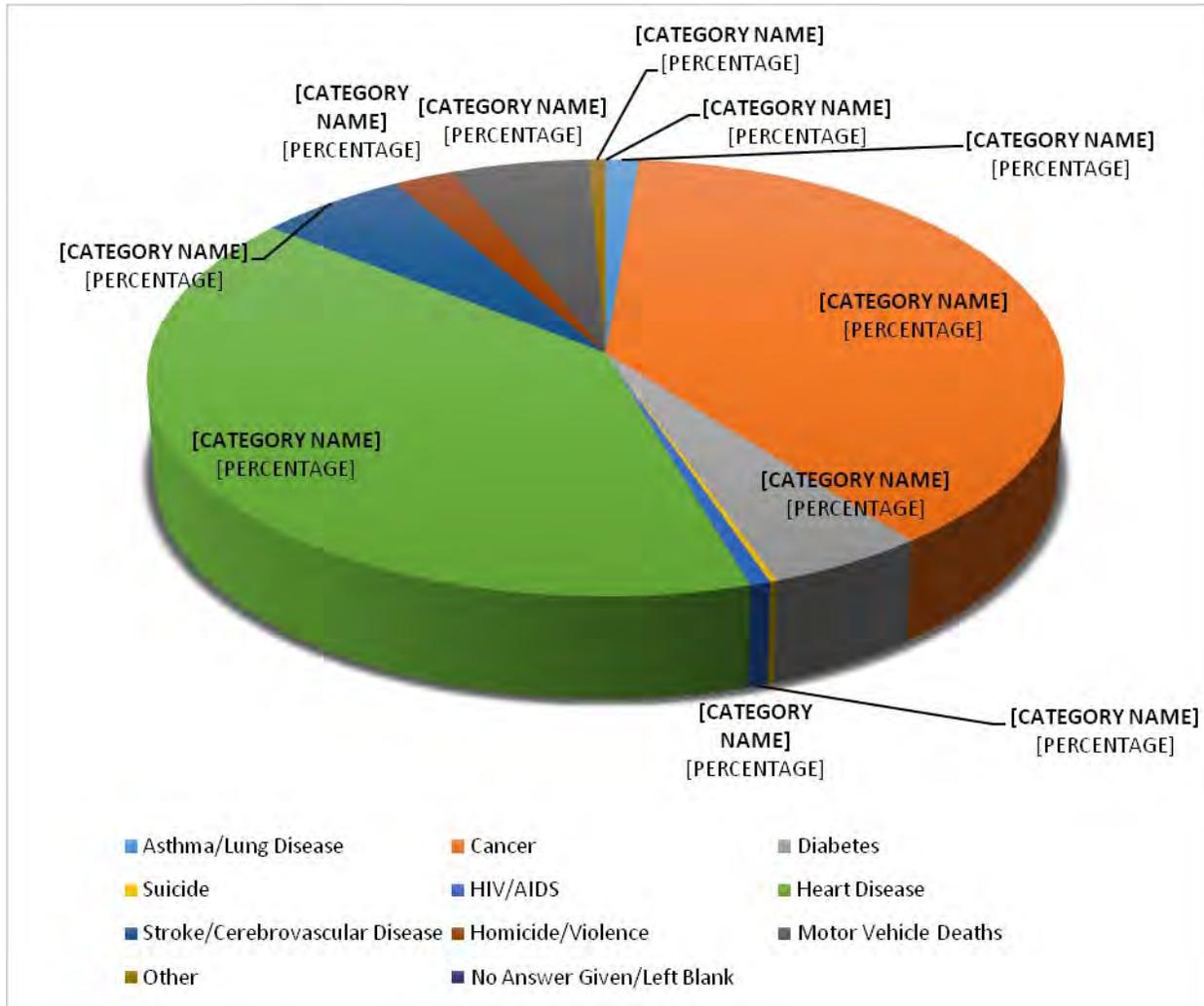
Appendix D contains a report that was compiled in 2013 using GIS technology (by Holland Planning Consultants). This report is included because it contains health data and maps that can be used by residents to see where there are higher concentrations of chronic diseases, concentration of elderly population, proximity to grocery stores/food outlets, and proximity to parks and recreational facilities. There is also additional information that is contained.

Appendix E is a list of parks and recreational facilities in the county, as well as non-profit organizations (mainly faith organizations) that offer free group exercise sessions.

Appendix F contains resources in our county, including healthcare.

Primary Data- Questions and Responses from the Community Health Assessment Survey (results are combination of paper and pen surveys and Survey Monkey responses)

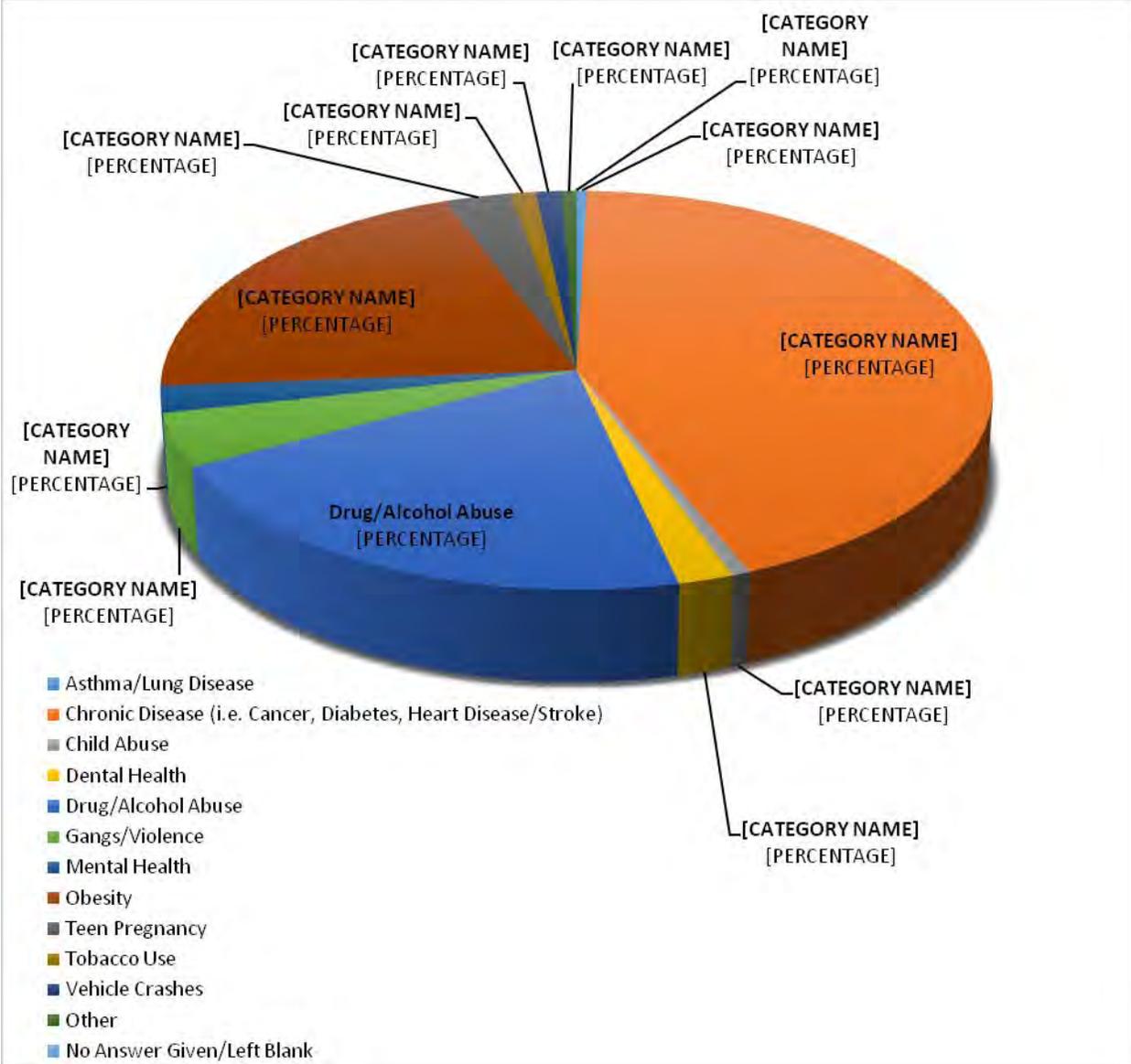
Question 1: In your opinion, what do most people die from in your Community?



According to the community, Heart Disease (40%) and Cancer (38%) are the top two leading causes of death. Stroke/Cerebrovascular Disease and Motor Vehicle Deaths follow with 6% as well as Diabetes with 5%. 2% of the community chose Homicide/Violence while 1% felt HIV/AIDS, Asthma/Lung Disease, or other health issues were what people suffered from.

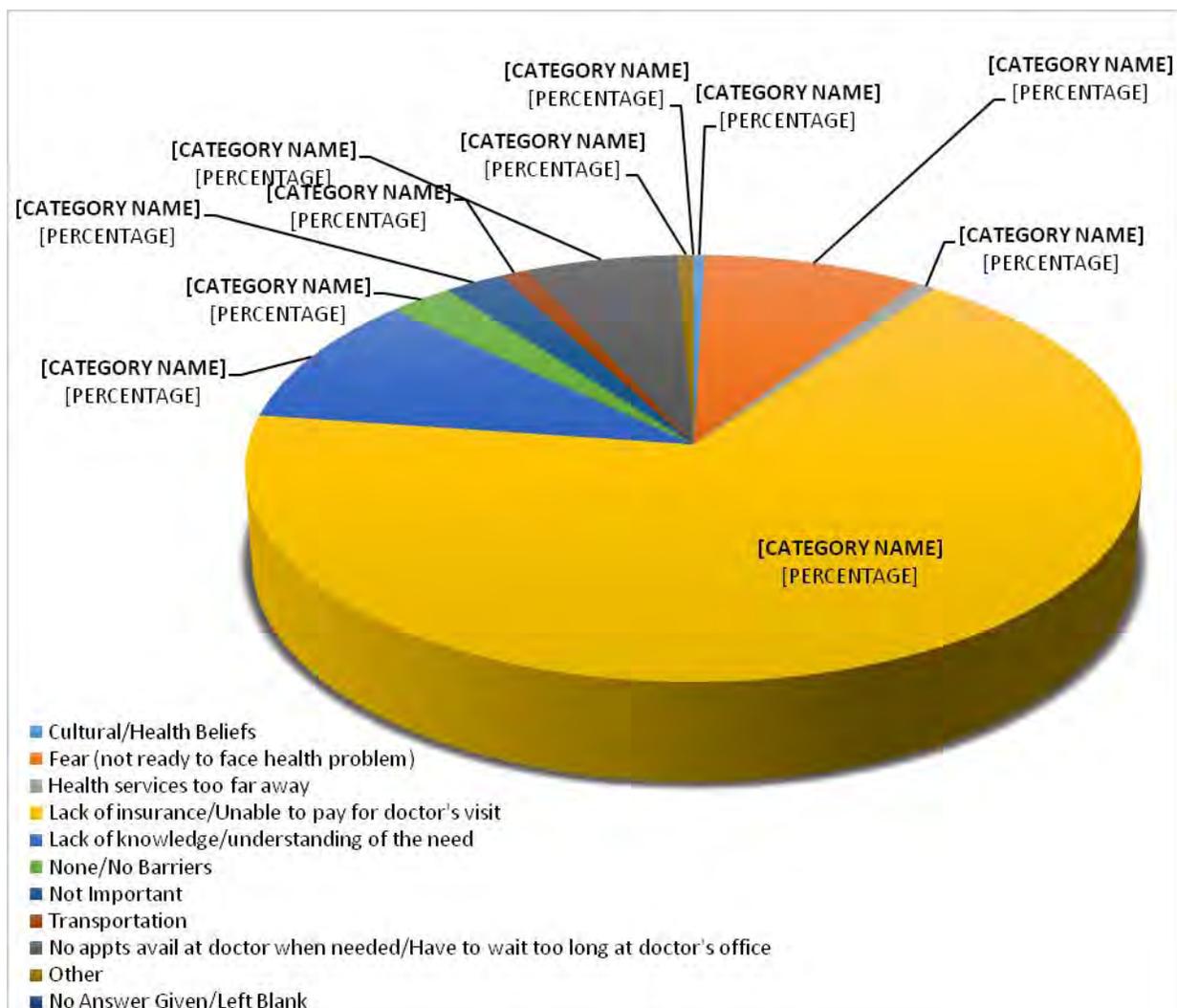
Using the same survey in 2012, we found that 43.1 % of people felt that heart disease was the leading cause of death, followed by cancer at 33.6%, and stroke at 8.22 % (caution; 865 surveys were collected in 2016 versus 1200 in 2012).

Question 2: In your opinion, what is the biggest health issue of concern in your community? (Check only one)



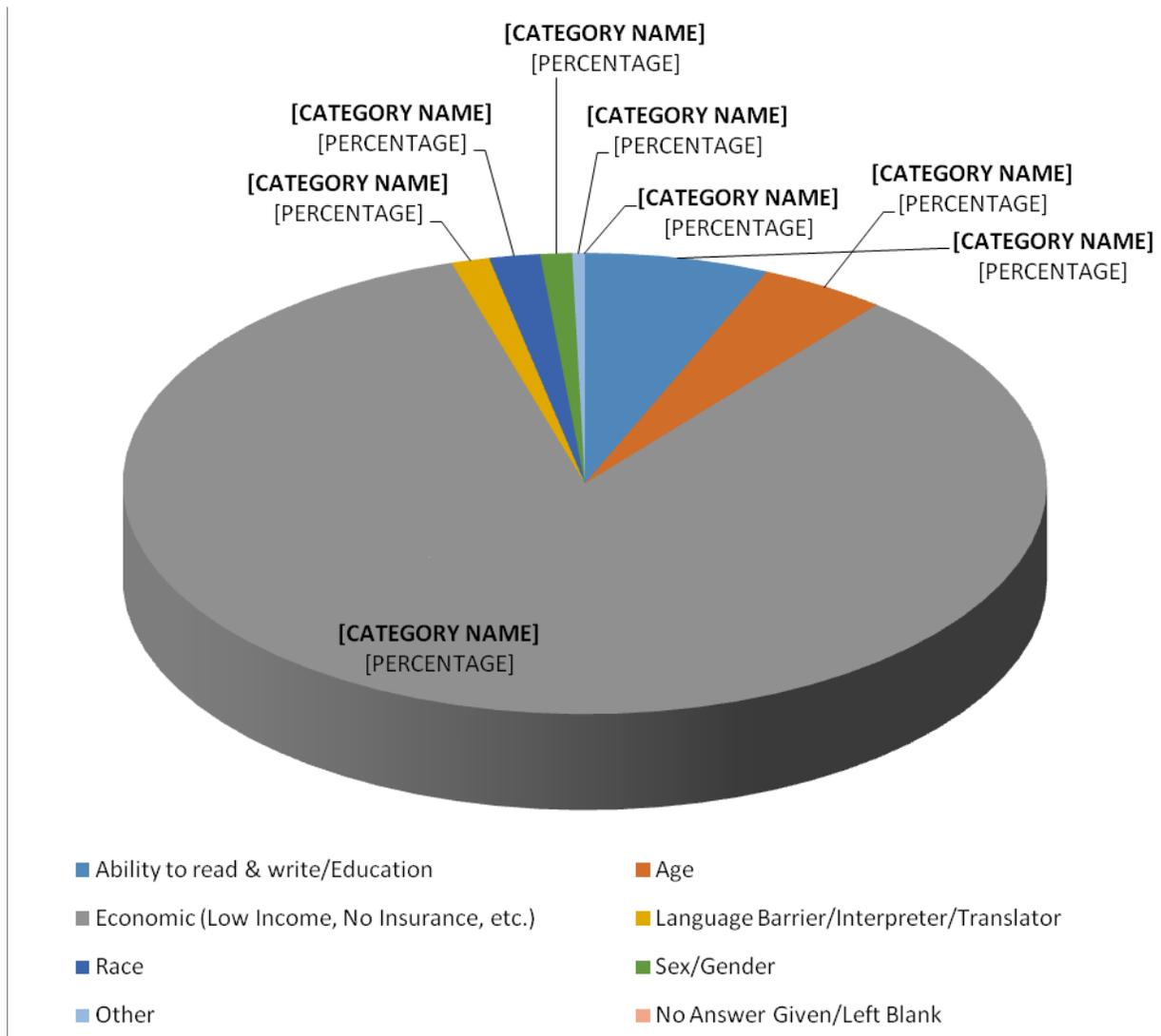
The above graph illustrates the number and percentage of the population surveyed who feel that the stated issues are the biggest health concerns in their community. According to the community, Chronic Disease (i.e. Cancer, Diabetes, and Heart Disease/Stroke) is the most concerning health issue with 43%. Drug/Alcohol Abuse and Obesity are the next biggest health issue of concern with 21%. 4% of the community feels Gangs/Violence is the biggest health issue of concern while 3% feel it is Teen Pregnancy. 2% of the community feel Dental Health and Mental Health are the biggest concerning health issues while 1% feels Child Abuse, Tobacco Use, Vehicle Crashes, or other health issues are the biggest concerns. This is similar to 2012 results when 46% of people cited chronic diseases as the biggest issue, followed by drug and alcohol abuse, at 21.3% and obesity at 12.5%.

Question 3: In your opinion, what do you think is the main reason that keeps people in your community from seeking medical treatment? (Check only one)



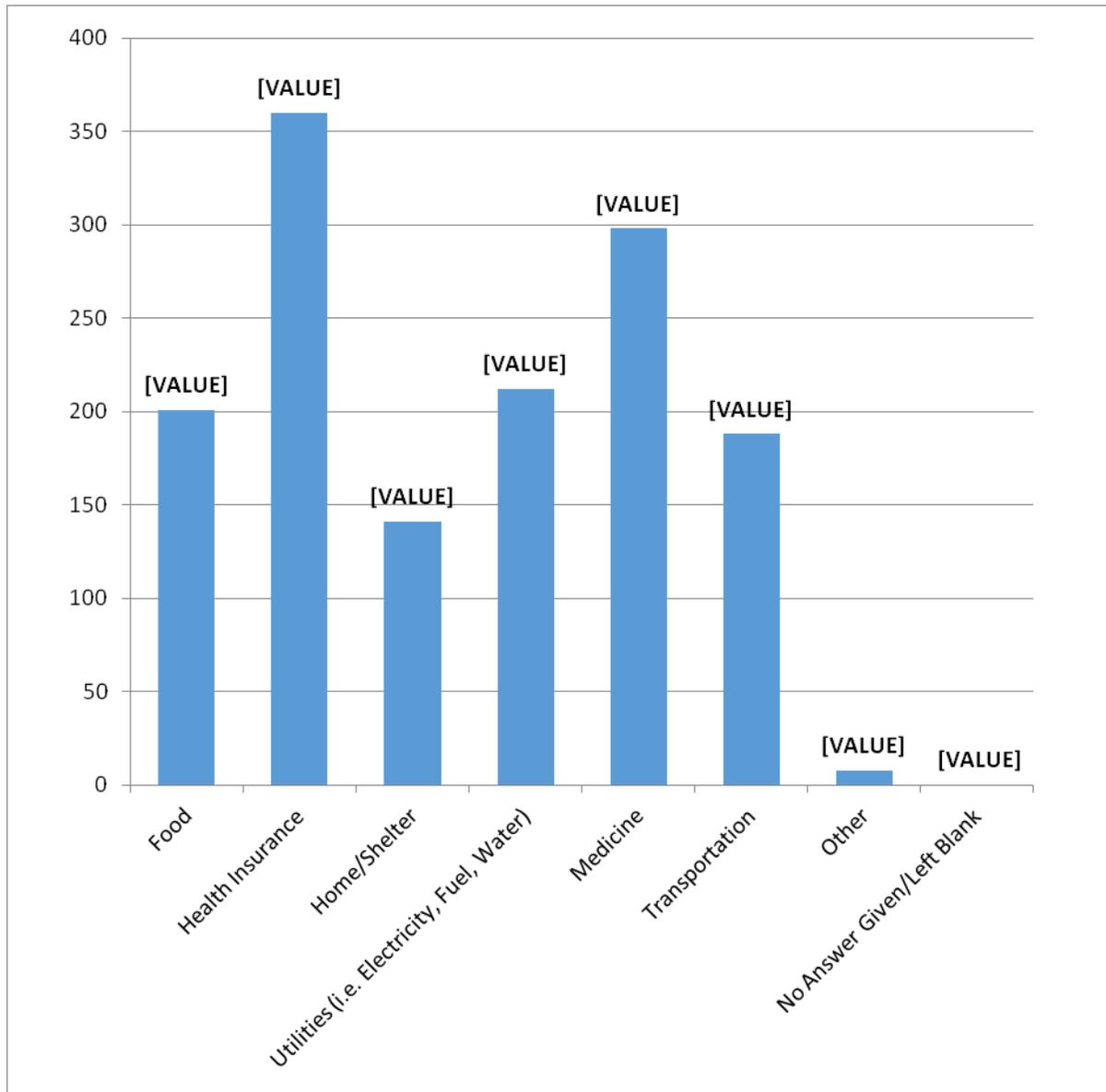
The above graph illustrates the number and percentage of the population surveyed who feel that the stated issues are the main reasons people in the community do not seek medical treatment. According to the community, 67% feel Lack of insurance/Unable to pay for doctor's visit is the main reason keeping people in the community from seeking medical treatment. 10% of the community feels Lack of knowledge/Understanding of the need is the main reason, while 9% of the community feels it is Fear (not ready to face health problem) that keeps people from seeking medical treatment. 6% of the community feel No appointments available at doctor when needed/Have to wait too long at doctor's office is the main reason that keeps people from seeking medical treatment. 3% of the community said None/No Barriers while 2% feel it is Not Important. 1% of the community feel Health services are too far away, transportation, or other reasons are what keep people from seeking medical treatment. In 2012, 66% residents reported that lack of insurance was the main reason that kept people from accessing health care.

Question 4: Which factor do you feel most affects the quality of the health care you or people in your community receive? (Check only one)



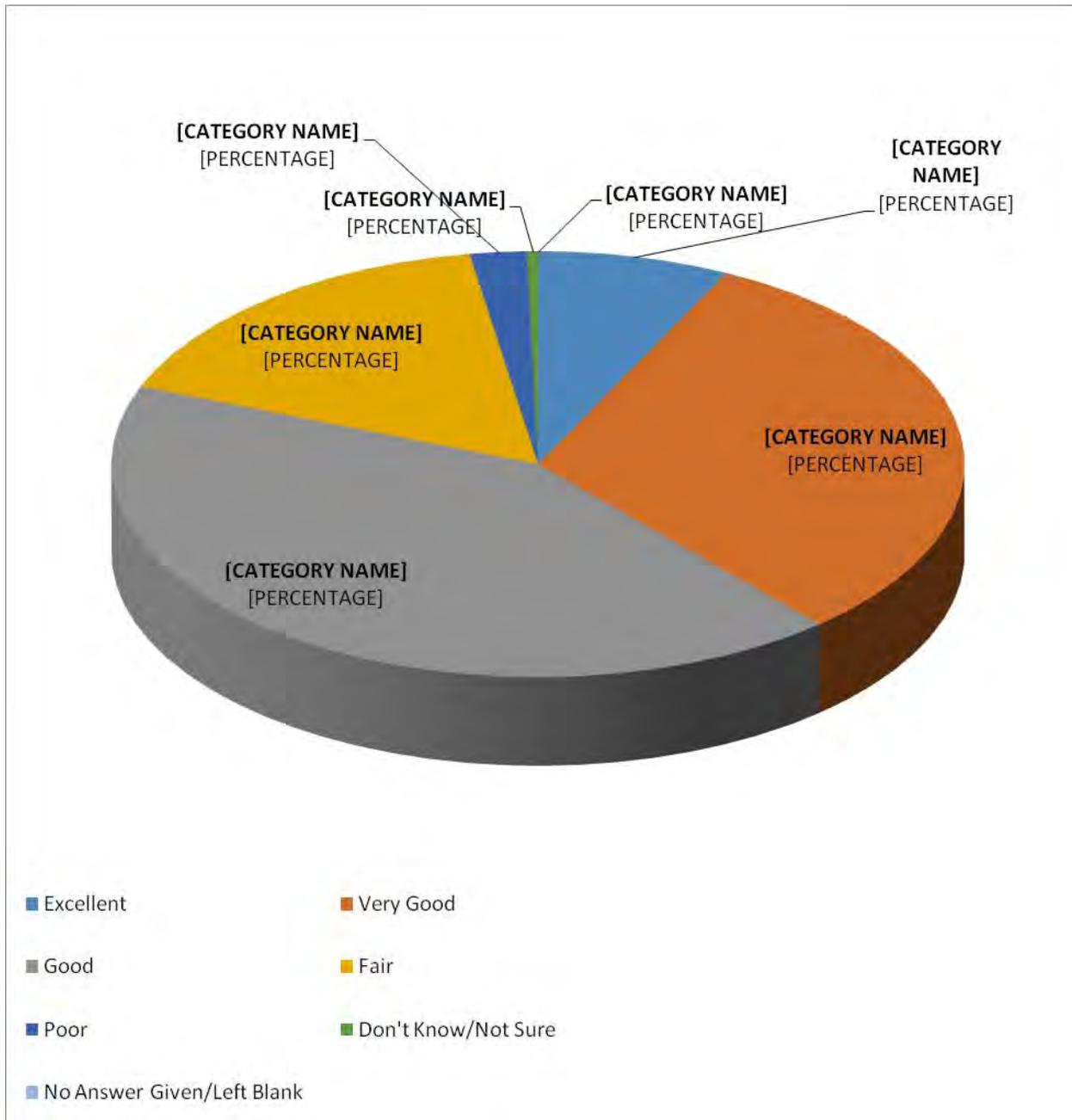
84% of residents cited that economic factors are what affects people’s quality of life, followed by education/the ability to read at 7 %. In 2012, 75% reported economic reasons affecting people’s quality of life, followed by education at 8%.

Question 5: In your opinion, do you feel people in your community lack the funds for any of the following: (Check all that apply)



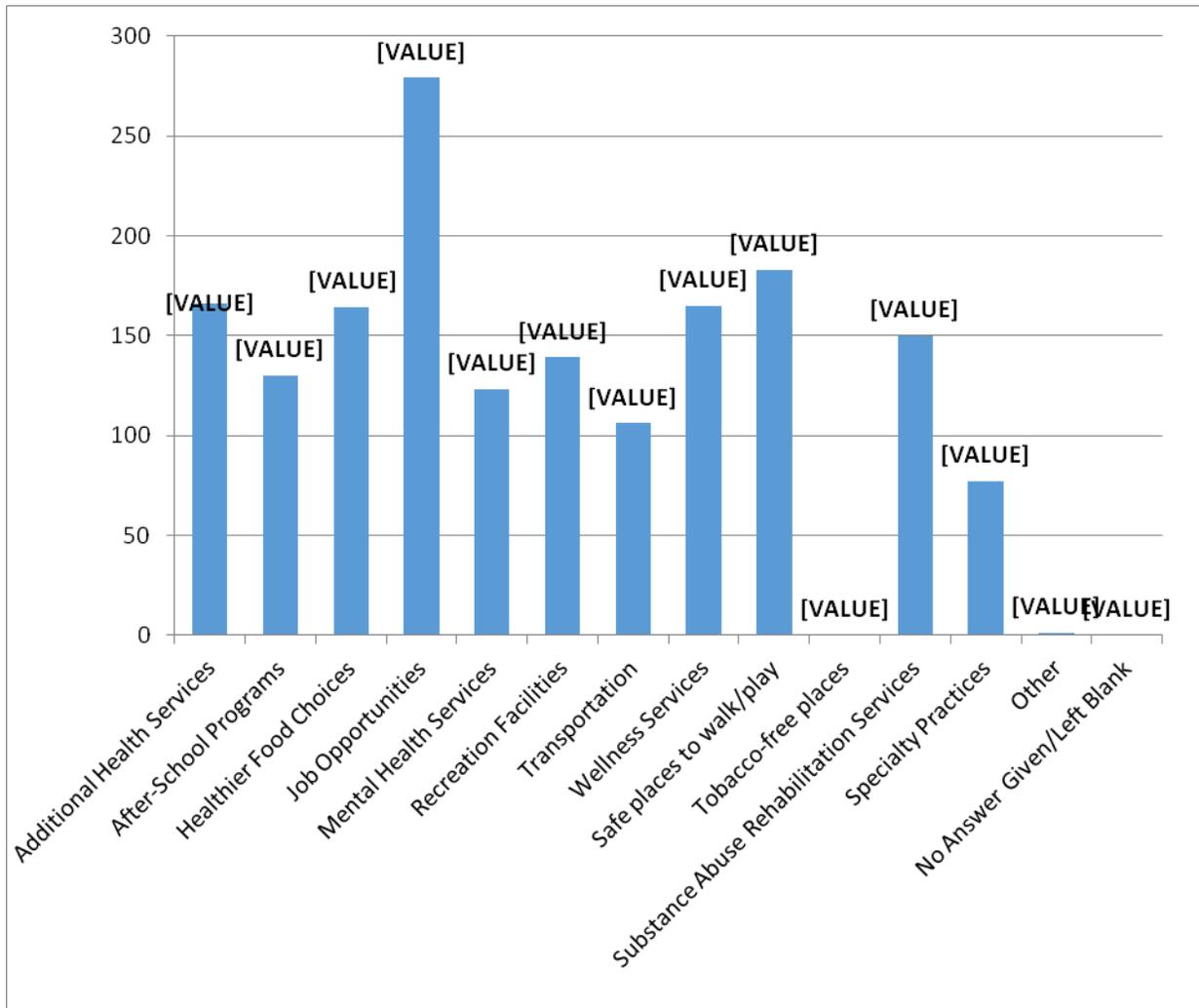
The above graph illustrates the number and percentage of the population surveyed who feel that people in their community lack the funds for the stated resources. According to the community, 360(n=860) or 41% of those surveyed reported they feel people in their community lack the funds for Health Insurance, and 298 feel people in their community lack funds for medicine(33%). 212 of those surveyed feel people in their community lack funds for Utilities (i.e. Electricity, Fuel, Water), and 201 feel people in their community lack funds for Food. 188 of those surveyed feel people in their community lack funds for Transportation and 141 feel people lack funds for Home/Shelter. 8 of those surveyed feel people in their community lack funds for other resources. In 2012, 26% of residents reported that health insurance was the first reason that people had the lack of funds.

Question 6: How do you rate your own health? (Check only one)



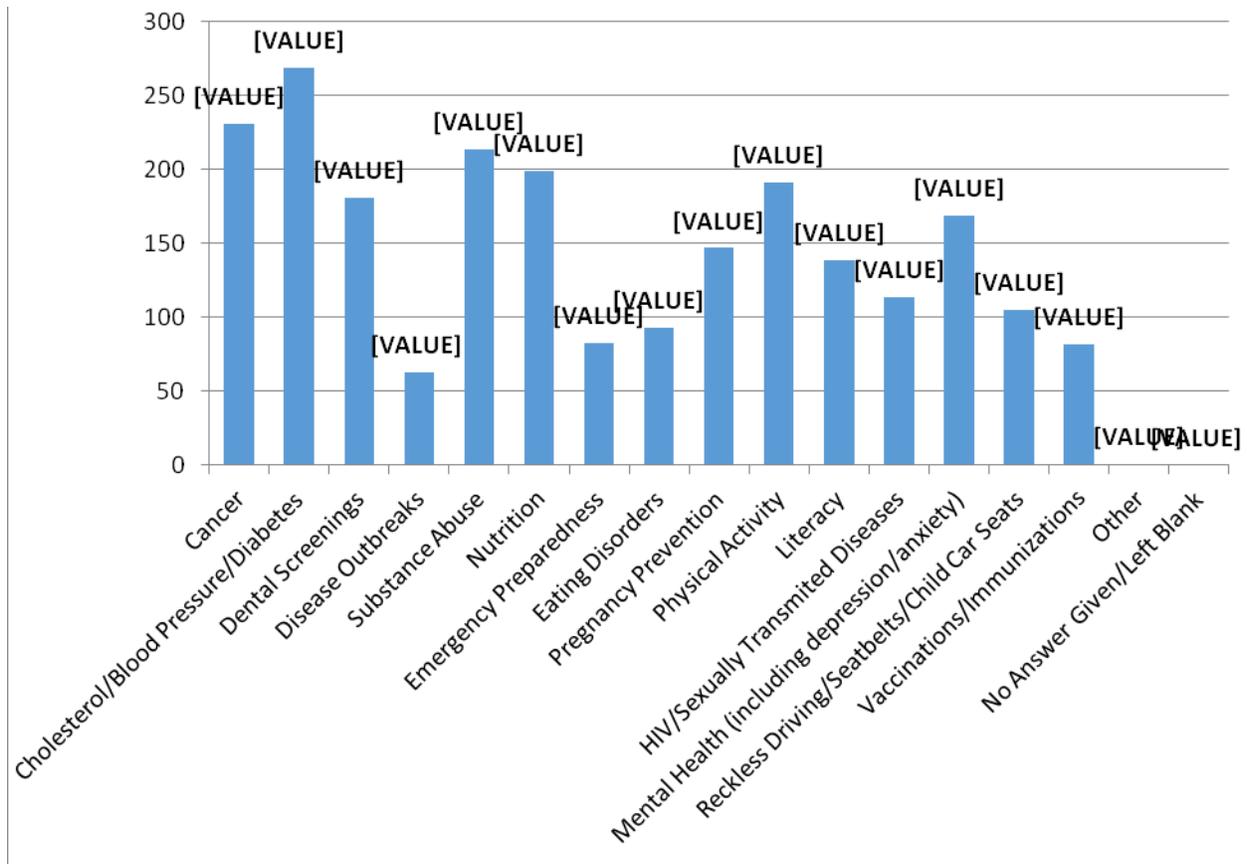
The graph above shows the number and percentage of the population surveyed who rated their personal health. As shown, 42% of the community rated their personal health as good. 31% of the community rated their personal health as very good while 17% rated their personal health as fair. 7% of the community rated their personal health as excellent while 2% rated their personal health as Poor. 1% answered Don't Know/Not Sure. In 2012, 38% reported their health as good, followed by very good at 31%.

Question 7: What does your community need to improve the health of your family, friends, and neighbors? (Check all that apply)



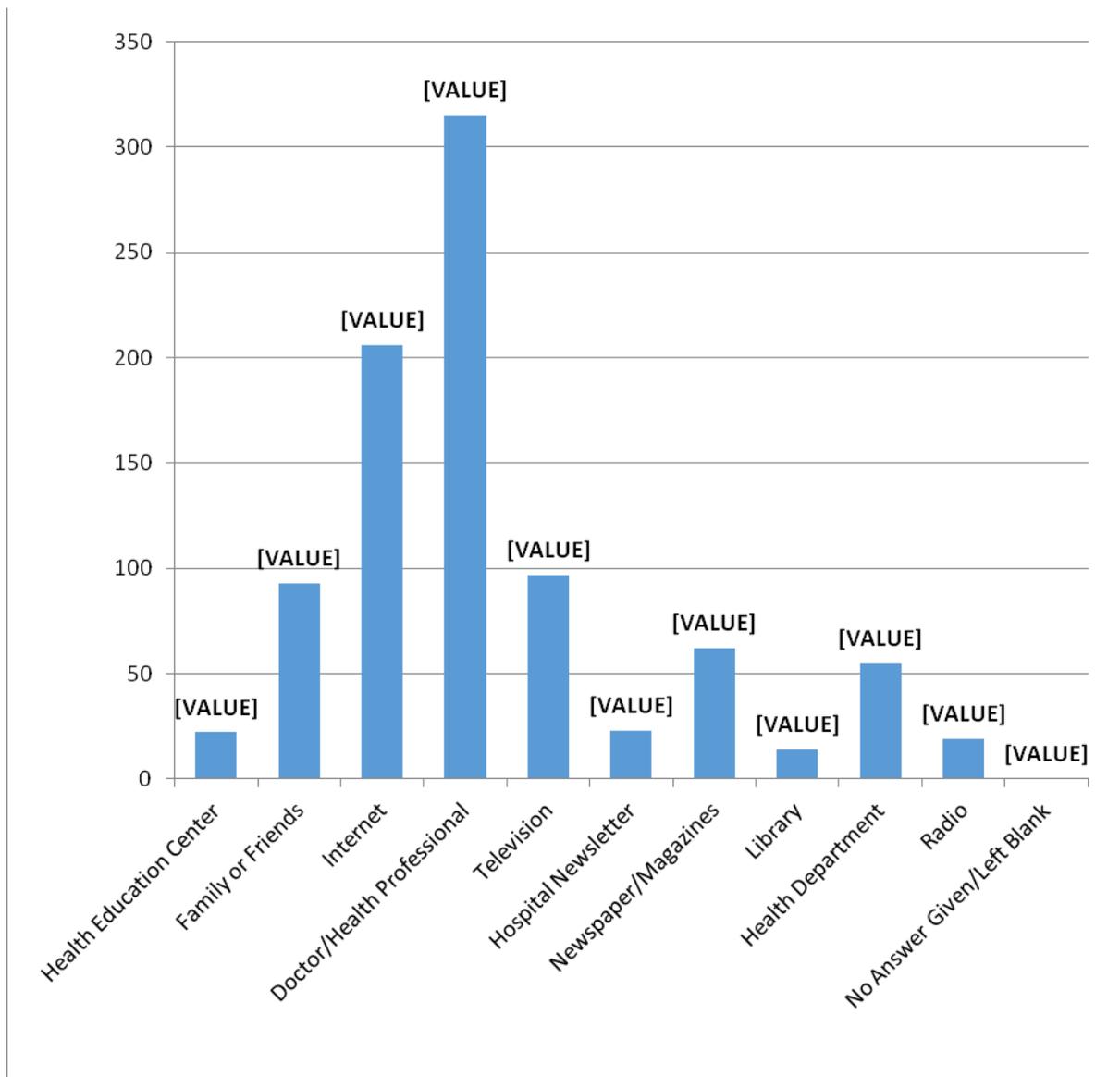
The graph above shows the percentage of those surveyed who feel that the stated resources are needed to improve the health of their family, friends, and neighbors. 279(32%) of those surveyed feel job opportunities are needed and 183 feel safe places to walk/play are needed to improve the health of the community. 166 of those surveyed feel Additional health services are needed, 165 feel wellness services are needed, and 164 feel healthier food choices are needed to improve the health of their family, friends, and neighbors. 150 of those surveyed feel substance abuse rehabilitation services are needed and 139 feel recreation facilities are needed to improve the health of the community. 130 of those surveyed feel after-school programs are needed, 123 feel mental health services are needed, and 106 feel transportation is needed to improve the health of the community. 77 of those surveyed feel specialty practices are needed. In 2012, 18% cited job opportunities as most needed to improve health of family, friends, and neighbors.

Question 8: What health screenings or education/information services are needed in your community? (Check all that apply)



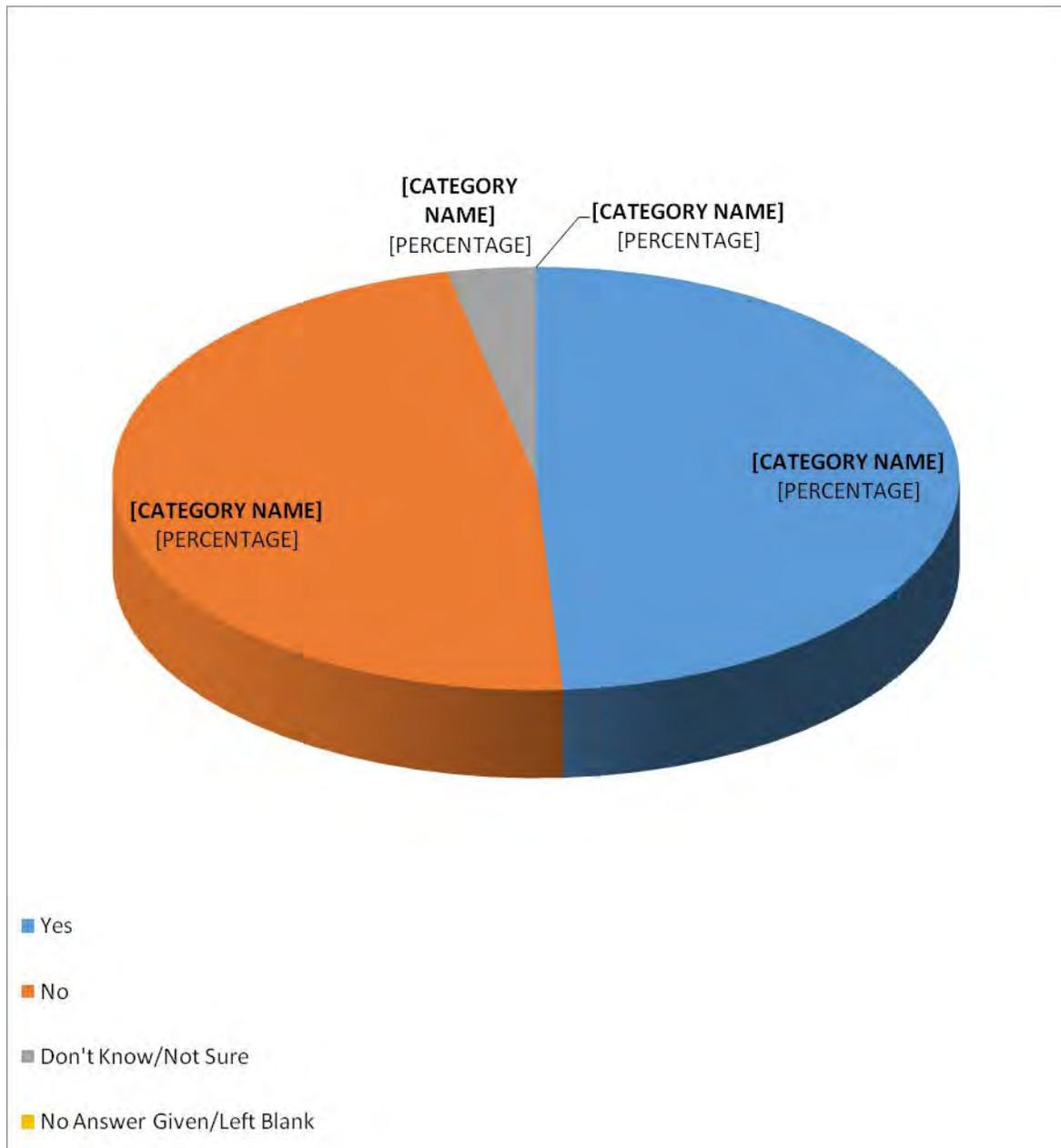
The graph above shows the number and percentage of the population surveyed who feel that the stated health screenings or educational/informational services are needed in their community. 269 of those surveyed feel cholesterol/blood pressure/diabetes health screenings or educational/informational services are needed in their community (31%). 231(27%) of those surveyed feel cancer and 214 feel substance abuse health screenings or educational/informational services are needed in their community. 199 of those surveyed feel nutrition and 191 feel physical activity health screenings or educational/informational services are needed in their community. 181 feel dental screenings are needed in their community and 169 feel mental health screenings or educational/informational services are needed in their community. 147 of those surveyed feel teen pregnancy prevention programs are needed, followed by literacy (139) and HIV/Sexually Transmitted Diseases (114). 105 of those surveyed feel reckless driving/seatbelts/child car seats educational/informational services are needed in their community and 93 feel eating disorder health screenings or educational/informational services are needed. 83 of those surveyed feel emergency preparedness educational/informational services are needed in their community. Vaccinations (82) followed by disease outbreak screenings (63) were the reported by residents as least needed in their community. In 2012, 11 % of respondents felt that cholesterol/blood pressure/diabetes screenings were needed, followed by cancer at 10%.

**Question 9: Where do you and your family get most of your health information?
(Check all that apply)**



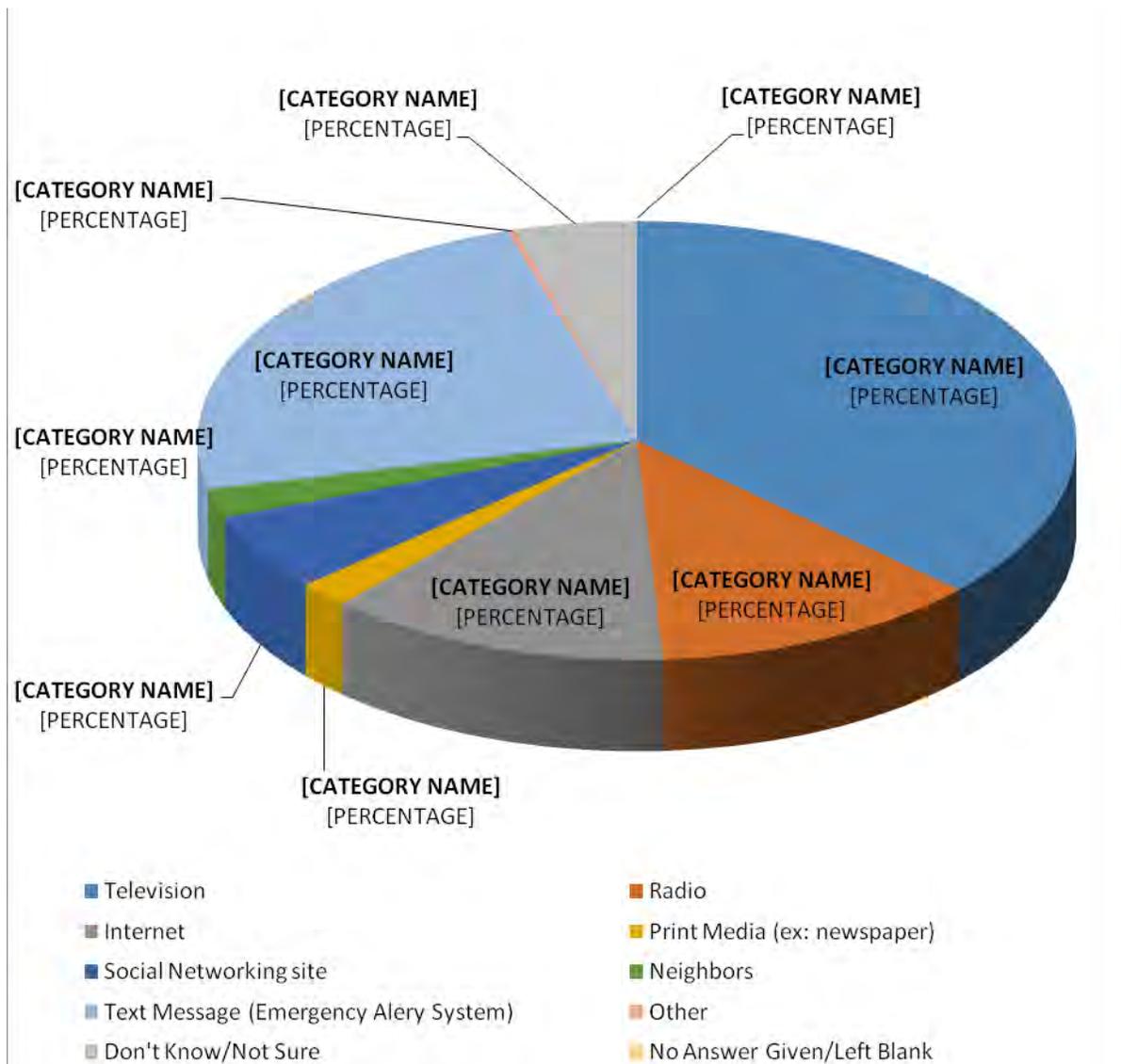
Of those surveyed, 315(37%) get most of their health information from doctors/health professionals. 206 of those surveyed get their health information from the internet (24%). 97 of those surveyed get most of their health information from television and 93 get their information from family or friends. 62 of those surveyed get their health information from newspaper/magazines, 55 get their information from the health department, 23 get their information from the hospital newsletter, and 22 get their health information from the health education center. 19 of those surveyed get their health information from the Radio and 14 get their information from the library. In 2012, 32% reported receiving their information from a doctor, while 18 % indicated the internet.

Question 10: Does your family have a basic emergency supply kit? (These kits include water, non-perishable food, any necessary prescriptions, first aid supplies, flashlights and batteries, non-electric can opener, blankets, etc.)



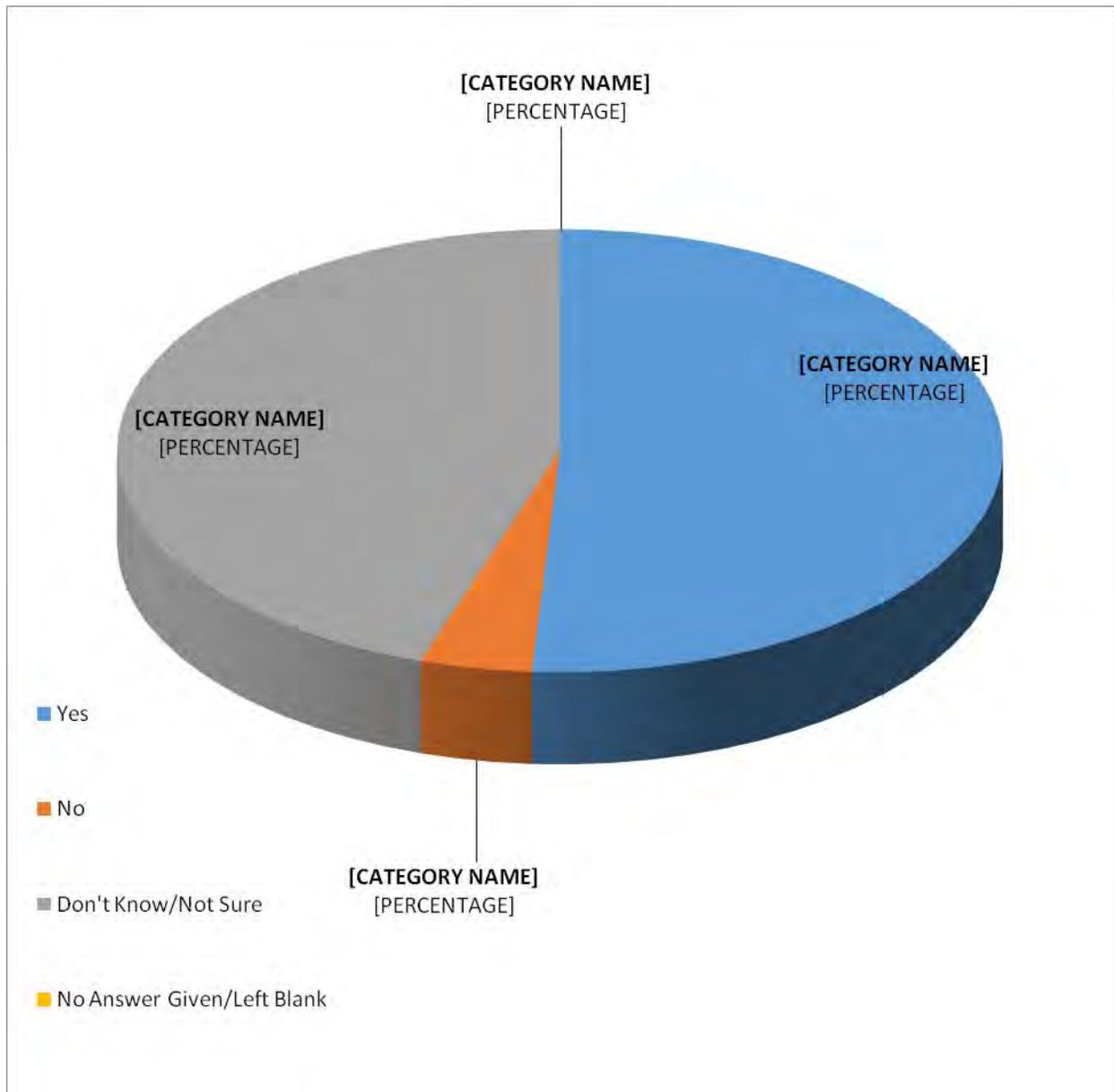
The graph above shows the percentage of the population surveyed that indicated whether their families have a basic emergency supply kit. Of those surveyed, 49% said yes and 48% said no. 3% of those surveyed reported don't know/not sure. In 2012, 49% surveyed that they had a basic emergency supply kit.

Question 11: What would be your main way of getting information from authorities in a large-scale disaster or emergency? (Check only one)



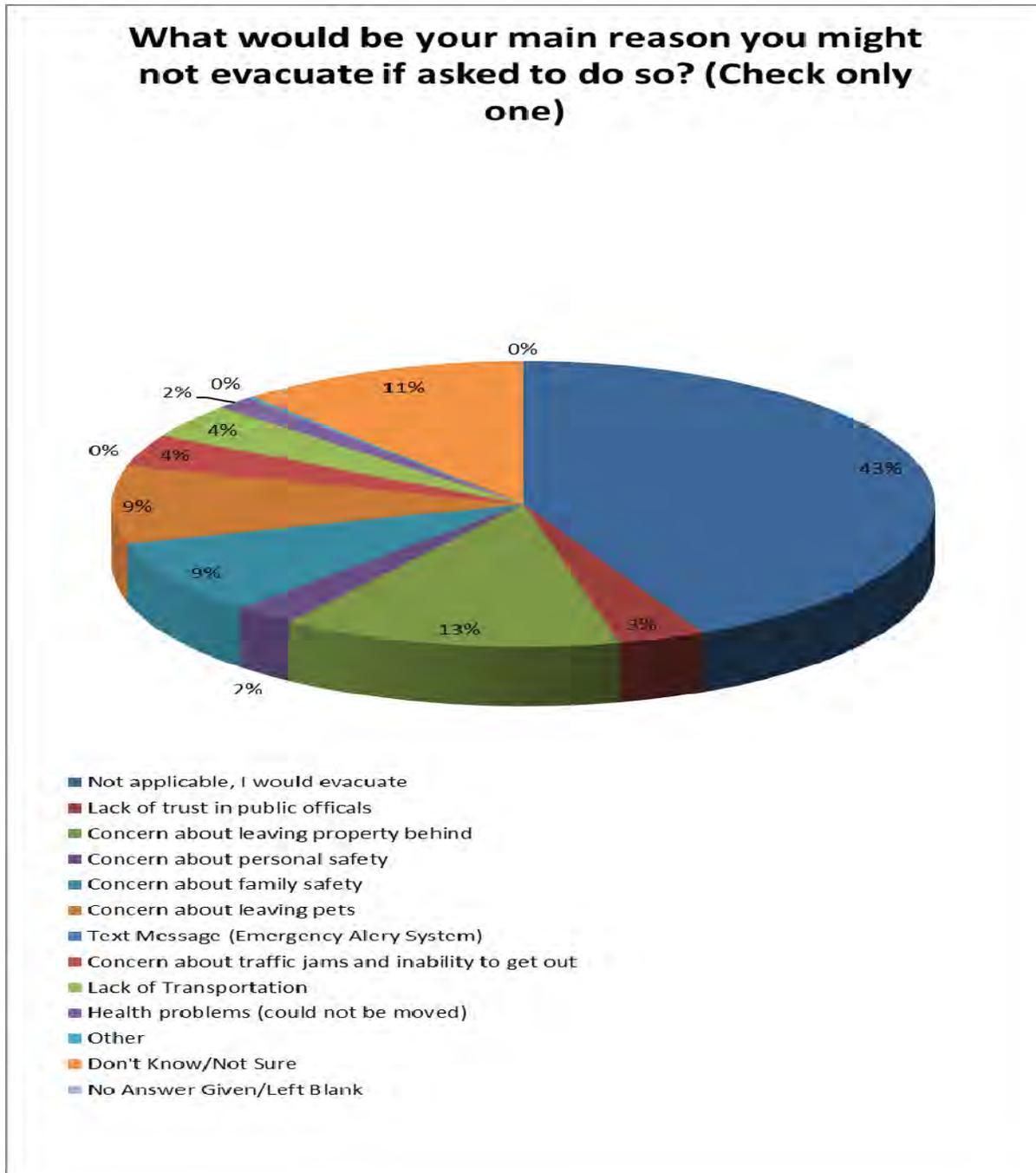
The graph above shows the number and percentage of the population surveyed that indicated the primary means of obtaining information from authorities in a large-scale disaster or emergency will be from the stated resources; 37% of those surveyed will obtain information from authorities from the television, 24% will obtain information from text message (Emergency Alert System), 13% will obtain information from the Internet, and 12 % will obtain information from the Radio. Of those surveyed, 6% will obtain information from authorities through social networking site, 4% said they were did not know/unsure of how they will obtain information, and 2% said they will obtain information from neighbors or print media (ex: newspaper). In 2012, 42 % reported that they would obtain information from TV, followed by radio at 22% and text messaging at 10%.

Question 12: If public authorities announced a mandatory evacuation from your neighborhood or community due to a large-scale disaster or emergency, would you evacuate? (Check only one)



The graph above shows the percentage of the population surveyed who would be willing to evacuate from their neighborhood/community due to a mandatory evacuation ordered by public authorities during a large-scale disaster or emergency. Of those surveyed, 51% of the respondents indicated yes, they would evacuate. 45% of those surveyed indicated they did not know/not sure if they would evacuate from their neighborhood/community, while 4% indicated that they would not evacuate. In 2012, 74% responded that they would evacuate, followed by not sure at 16%.

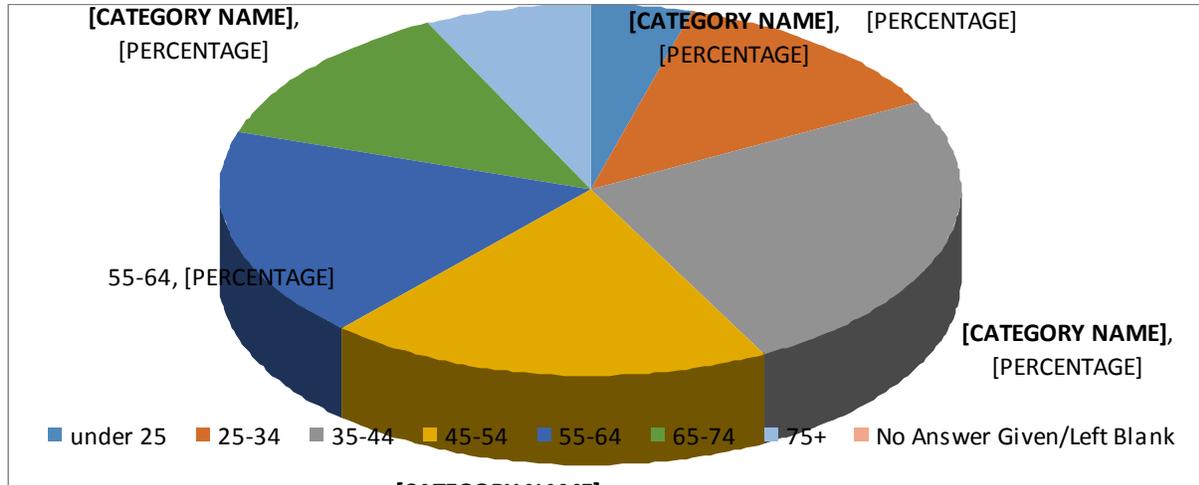
Question 13: What would be your main reason you might not evacuate if asked to do so? (Check only one)



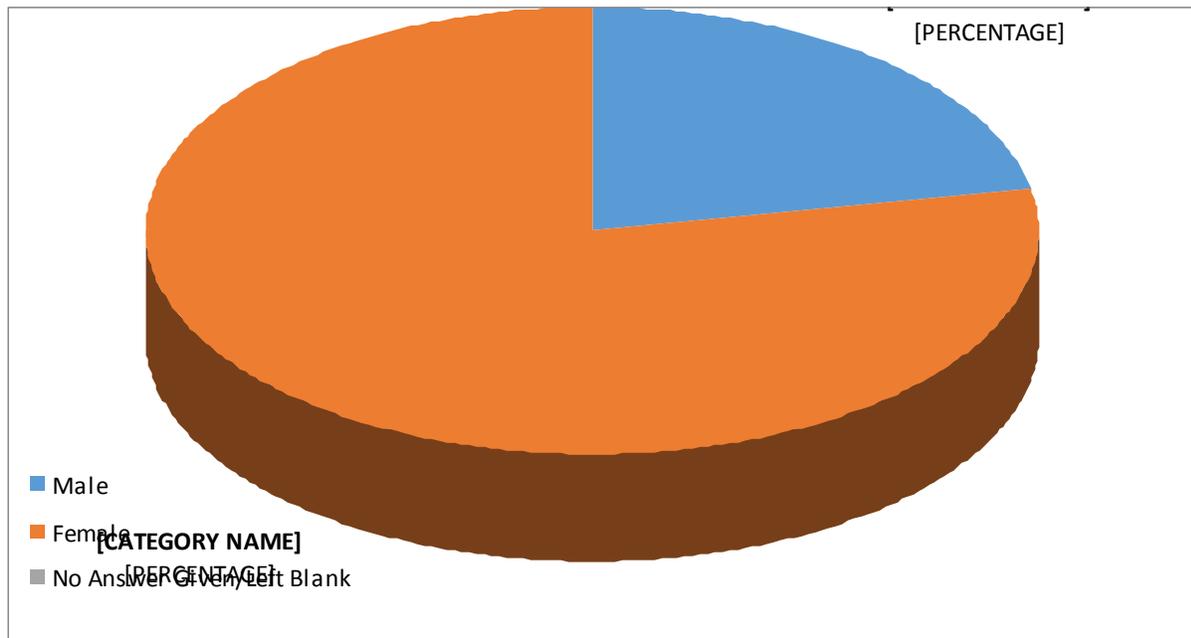
The graph above shows the percentage of the population surveyed that indicated what reason might cause them to not evacuate if public authorities announced a mandatory evacuation from their neighborhood or community due to a large-scale disaster or emergency. Of those surveyed, 43% of the respondents indicated it is not applicable, they would evacuate. 13% of those surveyed would not evacuate due to concern about leaving property behind, 11% don't know/not sure if they would evacuate, and 9% of the respondents would not evacuate due to concern about family safety or concern about leaving pets. 4% of respondents indicated

they would not evacuate due to concern about traffic jams and inability to get out or due to lack of transportation. 2012 results indicated that 40% of persons would evacuate.

Respondents Age

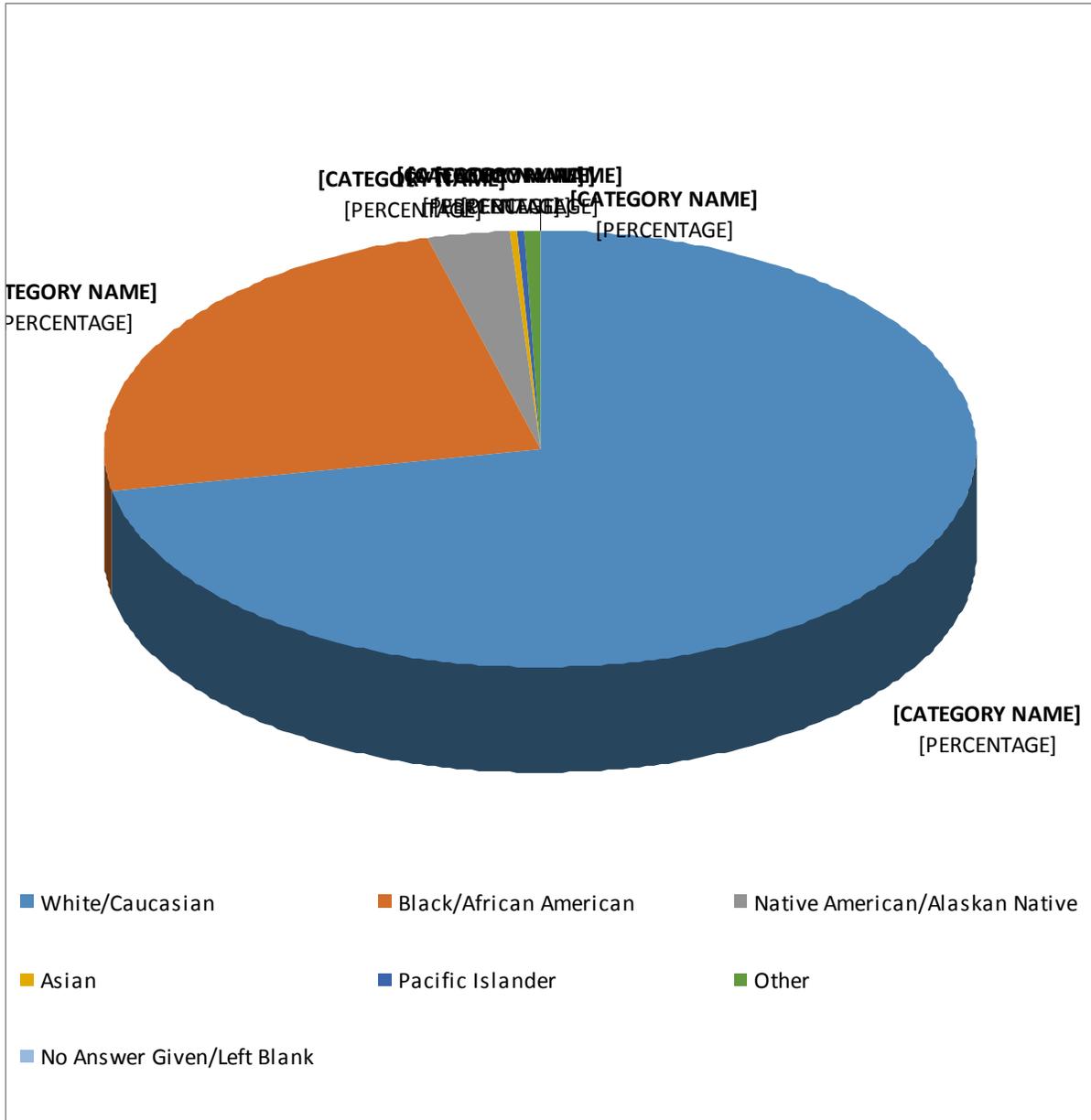


The above graph shows the percentages of respondent's age. 25% of those surveyed are 35-44 years of age, 20% of those surveyed are 45-54 years of age, and 18% of those surveyed are 55-64 years of age. 13% of respondents are 65-74 or 25-34 years of age. 7% of respondents are 75+ years of age and 4% of respondents are under 25 years of age. Our county's population is comprised of 54.5% of people ages 18-64, and 80% of surveys were collected from these age ranges combined.



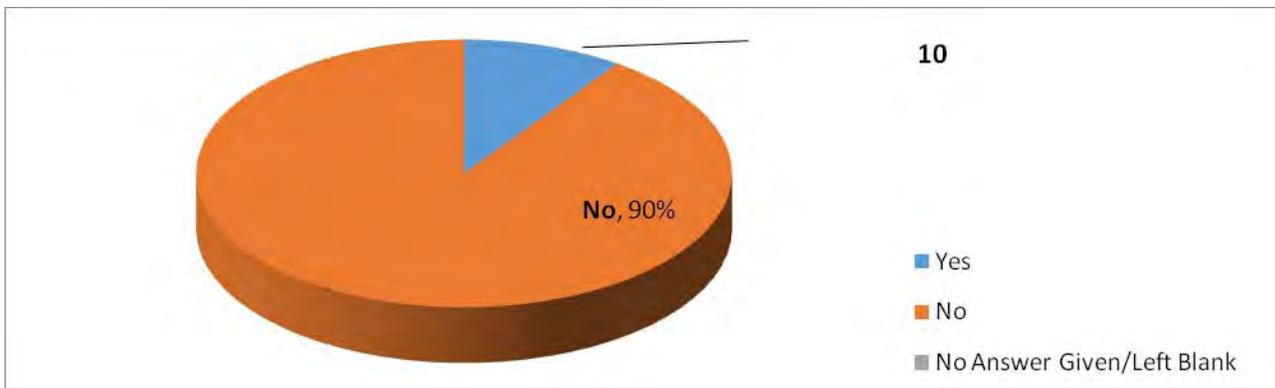
The majority of survey responses were females.

Respondents Race



The above graph shows respondents race. 72% of those surveyed are White/Caucasian, 24% are Black/African American, 3% are Native American/Alaskan Native, and 1% chose other. Please see secondary data for the county's racial make-up (64% are White, 30% are African American, and 5% are Hispanic /Latino, and 3% are Native American/Alaskan).

Are you Hispanic, Latin o, or Spanish origin



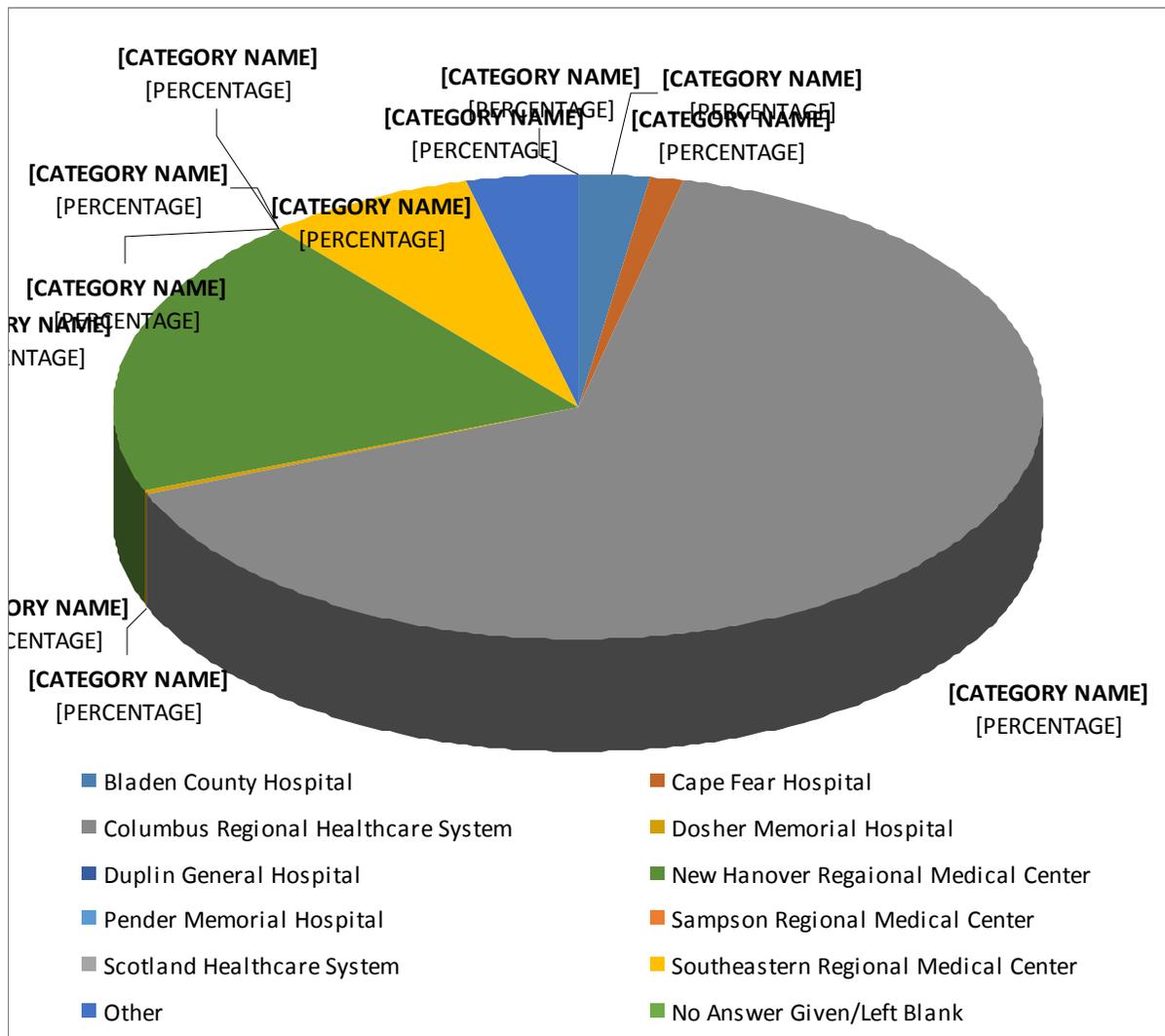
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<i>Location</i>	<i># of Surveys Distributed and Returned</i>
Bolton	75/35
Brunswick	50/25
Cerro Gordo	50/15
Chadbourn	100/50
Clarendon	80/40
Delco	100/50
Evergreen	80/40
Fair Bluff	70/35
Hallsboro	50/25
Lake Waccamaw	150/75
Nakina	100/50
Riegelwood	100/50
Tabor City	300/150

When the Community Health Assessment team came together, we used the same number of surveys needed that we developed for the 2012 Community Health Assessment as a guide (the county’s population from 2012 to 2016 has not increased significantly). Our goal was to distribute 10% of each town’s population and to have a 5% return. We met this goal and the total number of surveys collected was 865 for the 2016 health assessment.

Whiteville, which is the county’s seat, has the largest population compared to the other towns in the county,

followed by Tabor City, and then Chadbourn.

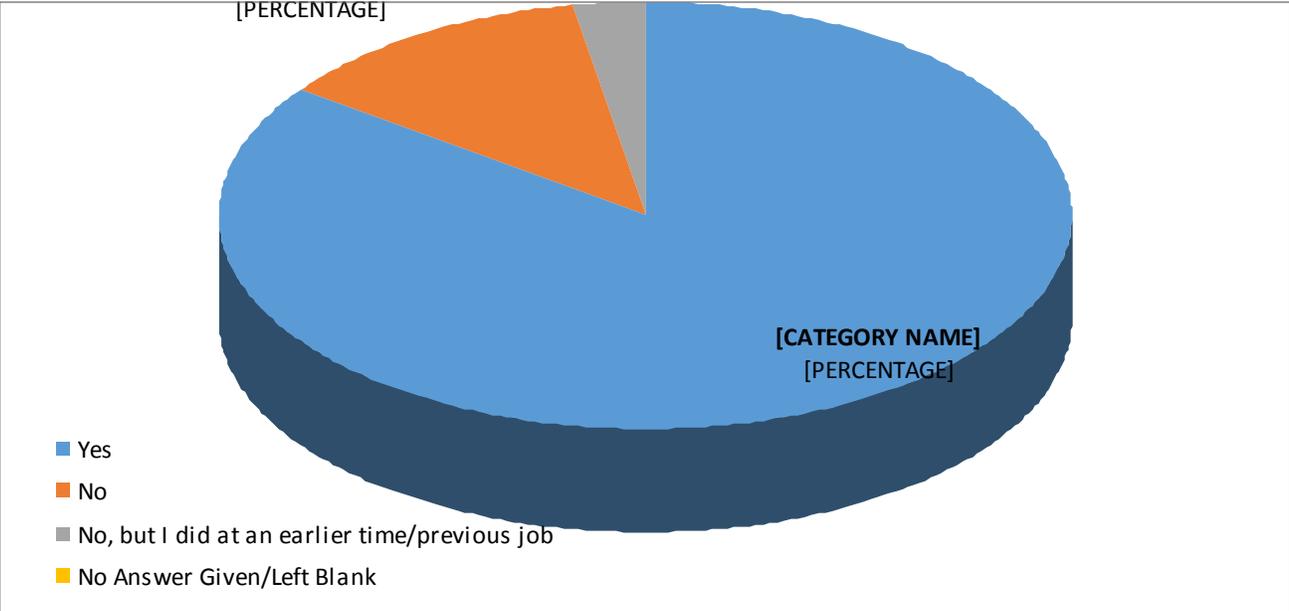


When seeking care, what

hospital do you visit first? (Check only one)

Do you currently have Health Insurance?

In 2012, 76% reported that they had insurance coverage, and in 2016 85% reported that they had health insurance coverage.



Focus Group Information

Focus groups were conducted in Chadbourn and Bolton, and at the December 2015 Board of Health/Board of Commissioner meeting). The responses are grouped and categorized together. Questions 5 and 6 were not posed to the Board of Health and Board of Commissioners, since our task force felt that these questions were better suited for those that were not in elected positions, or holding a position on a board(such as the Board of Health).

Focus Group Questions/Responses

1. What do you feel the county's biggest health concerns are?

Lack of economic opportunities/Lack of money/little or no income/ to get what is needed for health, people on drugs/substance abuse issues, diabetes, lack of education among residents of health; Chronic diseases (diabetes, heart disease), substance abuse, nutrition/healthy eating, lack of physical activity, teen pregnancy, poverty

2. What conditions/factors do you believe influence the health of our residents?

No jobs (which equates to bad health), no education, lack of money required to buy healthier food,/ join gyms, young people selling and using drugs, prescription drug abuse, no in-county mental health/substance abuse rehabilitation services, poor Poverty, substance abuse, lack of jobs, changing traditions/adopting healthier habits (eating healthier, more physical activity)

3. What kinds of things would you like to see happen to improve the health of residents?

More education provided, specialized physicians and better health clinics, better recreational facilities including walking trails, better nutrition (teaching residents how to eat healthier, growing their own gardens, growing school gardens), programs for young people/mentoring programs, Wellness center, more jobs, increase in the number of residents who have health insurance, access /creation of physical activity facilities

4. What do you and others do to stay healthy?

Go to the doctor, exercise, eating healthier foods (less sugar, less calories), eating healthier, physical activity, compliance with healthcare advice and getting regular health check-ups, following state laws such as seatbelts, motorcycle helmets

5. Do you feel that Columbus County Health Department hours of operation are based on community need?

Hours are fine/ok, WIC (Women Infants, Children) hours be extended, possibly extend an hour or two during week in evenings to accommodate those who work later hours, offer appointments at later times if needed/requested by customers

6. How can we improve health services?

Cut greeting on phone/make it shorter, educate residents about all the services the health department offers, update website to be more user friendly

To summarize, most people in the focus groups felt that the county's economic conditions influence health of the county because people lack the funding for health care/insurance, and because they cannot afford healthier foods, or have the ability to pay for physical activity/fitness centers. In addition, a large majority of the participants discussed the county's youth and lack of programming and/or services that could accommodate youth. Substance abuse was mentioned several times in both focus groups, and residents voiced that it seems like substance abuse is becoming more severe in the county. Most of the residents felt that the health department's hours were adequate, but they felt that the services we offered were not advertised enough, and that the information on our website needed to be updated and easier to navigate. Another frustration voiced several times was the difficulty in reaching the health department, as some voiced that the phone system was difficult to use.

Secondary Data* Please also refer to “Databook Appendix” for additional secondary data**

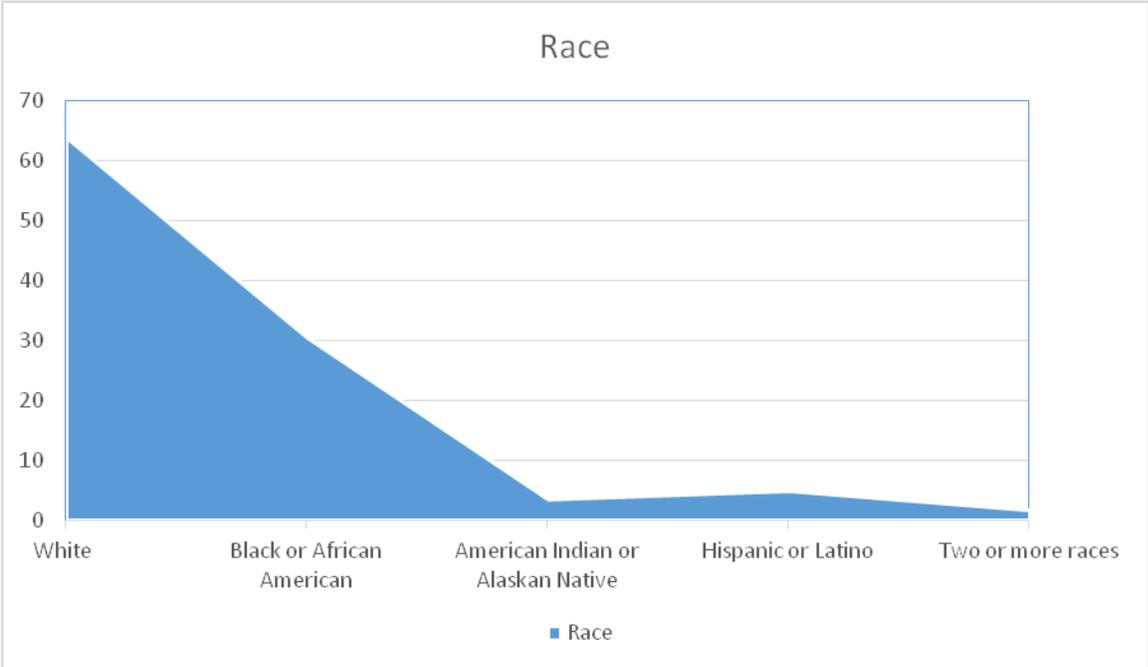
Demographic Data

Columbus County, NC Census Data

2014 Population= 56, 953

- Persons under 5= 5.5%
- Persons under 18= 22.3%
- Persons 65 and older= 22.3%

Columbus County Racial Data (in percentages)



Persons below poverty level, 2009-2013= 26.9 % (in 2000 the US Census reported that 18% of residents were below the federal poverty level

Columbus County Leading Causes of Death, 2014

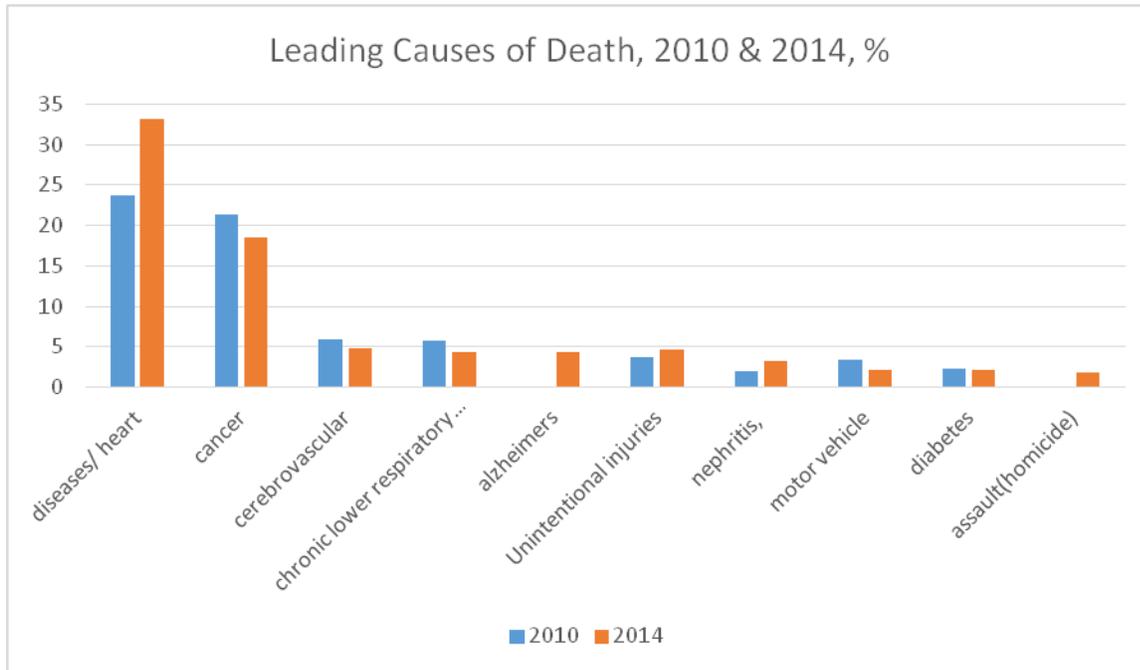
Rank	Cause	Number	%
1	Diseases of heart	224	33.1
2	Cancer	125	18.5
3	Cerebrovascular diseases	33	4.9
4	All other unintentional injuries	31	4.6
5	Alzheimer's disease	30	4.4
	Chronic lower respiratory diseases	30	4.4
7	Nephritis, nephrotic syndrome and nephrosis	22	3.2
8	Motor vehicle injuries	17	2.5
9	Diabetes mellitus	15	2.2
10	Assault (homicide)	13	1.9
	All other causes (Residual)	137	20.3
Total Deaths -- All Causes		677	100

Leading Causes of Death in Columbus County, 2010

Rank	Cause	Number	%
1	Diseases of heart	165	23.7
2	Cancer	149	21.4
3	Cerebrovascular diseases	41	5.9
4	Chronic lower respiratory diseases	40	5.7
5	All other unintentional injuries	26	3.7
6	Motor vehicle injuries	24	3.4
7	Diabetes mellitus	16	2.3
8	Influenza and pneumonia	15	2.2
9	Nephritis, nephrotic syndrome and nephrosis	14	2.0
10	Septicemia	13	1.9
	All other causes (Residual)	193	27.8
Total Deaths -- All Causes		696	100.0

Source: State Center for Health Statistics, North Carolina

When comparing the leading causes of death data for years 2010 through 2014, we see that there is an increase in the number of deaths caused by diseases of the heart, while there have been slight declines in deaths attributed to cancer and cerebrovascular disease (stroke). In addition, in 2010 the leading causes of death did NOT include Alzheimer's and assault (homicide), but did include septicemia and influenza and pneumonia.



For additional Columbus County Health Data please see the "Databook Appendix"

Prevention and Health Promotion Needs and Resources

As evidenced by the 2015 Community Health Survey, we found that most residents desired wellness screenings that include blood pressure, glucose, cholesterol as well as cancer. Other services that were desired as indicated were substance abuse followed by nutrition and dental screenings. Respondents also indicated that job opportunities, safe places to walk and play, additional health services, wellness services, and healthier food choices are needed to improve the health of their family, friends, and neighbors.

As of press time of the Community Health Assessment, the Columbus County Health Department, along with the support and participation from community agencies, offers the following health promotion resources (* Indicates evidenced based programs, or programs that have been shown to be effective by researchers)

*Chronic Disease Self-Management Program (Stanford) - a program designed to help those with chronic conditions to improve management of their condition(s)

*Diabetes Self-Management Program (Stanford) - a program designed to help those with diabetes to improve management of their condition

*Diabetes Prevention Program (CDC) - a program designed for those who are “borderline” or who have diagnosed/identified as at risk for Type II Diabetes

*Eat Smart Move, More Weigh Less- a program designed to educate participants of how to make healthier food choices, and be more physically active

* Faithful Families- a program designed for faith based communities, with emphasis on healthier eating, physical activity, and policy or environmental changes that can promote better health among congregation members

* Teen Pregnancy Prevention- Making Proud Choices- a program designed for middle and high school youth which focuses on adolescent pregnancy prevention, as well as making better decisions to improve the health of youth

*Promoting better health through promotion of healthier food choices at corner stores including Hispanic/Latino stores

*Diabetes and High Blood pressure screenings

*Body Mass Index screenings

*Improving worksite health by the adoption of policies and environmental changes

Fit and Faith (a faith based program designed to reward congregation members for increasing their physical activity)

*Substance Abuse Prevention- working with community members and faith leaders to address substance abuse prevention through implementation of community watch programs, and providing financial support to increase patrol within neighborhoods; also with healthcare organizations to deter the prescribing of narcotics, including pain medications

The Columbus County Health Department also provides additional health education services, attendance at health fairs/community events, as requested by residents on other topics.

Some of our community partners are working to address HIV/STD screenings, infant mortality prevention/reduction, community screenings, diabetes management, establishing improved community parks, recreation facilities, improve community design to improve and construct new pathways for bicycling and walking, working with physicians to improve management of chronic conditions and reduce prescriptions for narcotics, and improving economic prosperity. Although this is not a complete listing and reflects community initiatives at press time, we encourage residents to call the Columbus County Health Department for more information.

Community Concerns, Priorities

After the completion of the Community Health Survey and collection of secondary data, the Columbus County Community Health Assessment Team determined the community's health priorities by a voting process, where members kept in mind that we needed to address the areas of health that we have the capacity to address and change. For example, residents reported that chronic conditions and obesity were concerns, and these two areas were addressed in our 2012 Community Health Assessment Action Plans. Substance Abuse Prevention was also selected because efforts to address this issue began in 2013, and we anticipate that we will continue the efforts that we have begun. We did not include economic concerns, because our group did not feel that they did not have the capacity to improve the county's overall economic prosperity.

The Community Health Assessment Action Plans are due to North Carolina Department of Health and Human Services in the fall of 2016, but we anticipate that we will have these developed and will have feedback from NCDHHS prior to this deadline.

Appendix A- Copy of the Community Health Survey

Columbus County Health Department

1. In your opinion, what do most people die from in your community? *(Check only one)*
 - Asthma/Lung Disease Cancer Diabetes Suicide
 - HIV/AIDS
 - Heart Disease Stroke/Cerebrovascular Disease Homicide/Violence Motor Vehicle Deaths
 - Other (please specify) _____

2. In your opinion, what is the biggest health issue of concern in your community? *(Check only one)*
 - Asthma/Lung Disease Chronic Disease (i.e. Cancer, Diabetes, Heart Disease/Stroke) Child Abuse
 - Dental Health Drug/Alcohol Abuse Gangs/Violence Mental Health Obesity
 - Teen Pregnancy Tobacco Use Vehicle Crashes Other (please specify)
 - _____

3. In your opinion, what do you think is the main reason that keeps people in your community from seeking medical treatment? *(Check only one)*
 - Cultural/Health Beliefs Fear (not ready to face health problem) Health services too far away
 - Lack of insurance/Unable to pay for doctor's visit Lack of knowledge/understanding of the need
 - None/No Barriers Not Important Transportation
 - No appointments available at doctor when needed/Have to wait too long at doctor's office
 - Other (please specify) _____

4. Which factor do you feel most affects the quality of the health care you or people in your community receive? *(Check only one)*
 - Ability to read & write/Education Age Economic (Low Income, No Insurance, etc.)
 - Language Barrier/Interpreter/Translator Race Sex/Gender Other (please specify)
 - _____

5. In your opinion, do you feel people in your community lack the funds for any of the following: *(Check all that apply)*
 - Food Health Insurance Home/Shelter Utilities (i.e. Electricity, Fuel, Water)
 - Medicine Transportation Other (please specify) _____

6. How do you rate your own health? *(Check only one)*
 - Excellent Very Good Good Fair Poor Don't Know/Not Sure

7. What does your community need to improve the health of your family, friends, and neighbors? *(Check all that apply)*
 - Additional Health Services After-School Programs Healthier Food Choices Job Opportunities
 - Mental Health Services Recreation Facilities Transportation Wellness Services
 - Safe places to walk/play Substance Abuse Rehabilitation Services
 - Specialty Physicians (Type? _____) Other (please specify)
 - _____

8. What health screenings or education/information services are needed in your community? *(Check all that apply)*
 - Cancer Cholesterol/Blood Pressure/Diabetes Dental Screenings Disease Outbreaks Substance Abuse
 - Nutrition Emergency Preparedness Eating Disorders Pregnancy Prevention Physical Activity
 - Literacy HIV/Sexually Transmitted Diseases Mental Health (including depression/anxiety)

Reckless Driving/Seatbelts/Child Car Seats Vaccinations/Immunizations Other (please specify)

9. Where do you and your family get most of your health information? *(Check all that apply)*
- Health Education Center Family or Friends Internet Doctor/Health Professional Television
- Hospital Newsletter Newspaper/Magazines Library Health Department Radio
10. Does your family have a basic emergency supply kit? (These kits include water, non-perishable food, any necessary prescriptions, first aid supplies, flashlights and batteries, non-electric can opener, blanket, etc.) Yes No Don't Know/Not Sure
11. What would be your main way of getting information from authorities in a large-scale disaster or emergency? *(Check only one)*
- Television Radio Internet Print Media (ex: newspaper) Social Networking site
- Neighbors Text Message (Emergency Alert System) Other (describe) _____ Don't Know/Not Sure
12. If public authorities announced a mandatory evacuation from your neighborhood or community due to a large-scale disaster or emergency, would you evacuate? *(Check only one)* Yes No Don't Know/Not Sure
13. What would be the main reason you might **not** evacuate if asked to do so? *(Check only one)*
- Not applicable, I would evacuate Lack of trust in public officials Concern about leaving property behind
- Concern about personal safety Concern about family safety Concern about leaving pets
- Concern about traffic jams and inability to get out (could not be moved) Lack of Transportation Health problems
- Other (describe) _____ Don't Know/Not Sure

For Statistical Purposes Only, Please Complete the Following:

I am: Male Female. My age is: under 25 25-34 35-44 45-54 55-64 65-74
 75+

What is your zip code? _____

My race is: White/Caucasian Black/African American Native American/Alaskan Native Asian Pacific Islander Other

Are you of Hispanic, Latino, or Spanish origin? Yes No

If yes, are you Mexican, Mexican American, or Chicano Puerto Rican Cuban Other Hispanic or Latino (please specify) _____

Do you currently have Health Insurance? Yes No No, but did at an earlier time/previous job

I completed this survey in _____ County: Bladen Brunswick Columbus Duplin New Hanover Pender
 Robeson Sampson Scotland

Do you live or work in the county where you completed this survey? Both Live Work Neither

When seeking care, what hospital do you visit first? *(Check only one)*

Bladen County Hospital Cape Fear Hospital Columbus Regional Healthcare System

Doshier Memorial Hospital Duplin General Hospital New Hanover Regional Medical Center

Pender Memorial Hospital Sampson Regional Medical Center Scotland Healthcare System

Southeastern Regional Medical Center

Zip Code _____ Other _____

1. En su opinion, de que muere la mayoría de las personas en su comunidad ? (Marca solo una)
- Asma/Enfermedad de los pulmones Cancer Diabetes Suicidio Virus del sida/SIDA Enfermedad del corazo
- Embolia/Enfermedad cerebrovascular Homicidio/Violencia Muertes por accidente de vehiculo
- Otra enfermedad (favor de especificar) _____

2. En su opinion, que es la preocupacion de salud mas grande en su comunidad ? (Marca solo una)
- Asma/Enfermedad de los pulmones Enfermedades cronicas (como cancer, diabetes, enfermedad del corazon/embolia) Abuso de ninos

Salud Dental Abuso de drogas/Bebidas alcoholicas Bandas/Violencia Salud Mental
Obesidad
 Embarazo de jovenes Uso de tabaco Accidentes de vehiculo Otra cosa (favor de
especificar) _____

3. En su opinion, que prohíbe a las personas en su comunidad buscar tratamiento medico ? (Marca solo una)

Creencias culturales/de salud Miedo (no estan listos para enfrentar sus problemas de salud) Los servicios de
salud estan muy lejos

Falta de seguro medico/no puede pagar la visita con el medico Falta de conocimiento/entendimiento de
la necesidad

Nada/no hay obstaculos No es importante Falta de transporte

No hay citas disponibles con el medico cuando las necesitan/Tienen que esperar mucho tiempo en la oficina del
medico

Otra razon (favor de especificar) _____

4. En su opinion, que factor incluido abajo afecta mas la calidad de los servicios medicos que recibe usted o las personas en
su comunidad ?

(Marca solo una)

Capacidad de leer y escribir/educacion Edad Economico (falta de dinero o de seguro medico)

Obstaculo de idioma/no interprete/no traductor Raza El sexo de la persona Otra (favor de
especificar) _____

5. En su opinion, piensa usted que las personas en su comunidad les faltan dinero para algunas de las siguientes cosas ?
(Marca todas las cajas que aplican)

Comida Seguro de salud Casa/Refugio Empresas de servicios publicos (como electricidad,
combustible, agua)

Medicina Transporte Otra cosa (favor de especificar) _____

6. Como evaluaria usted su propia salud ? (Marca solo una)

Excelente Muy bien Bueno Mediano Pobre Yo no se/No
estoy seguro

7. Que necesita su comunidad para mejorar la salud de su familia, sus amigos, y sus vecinos ? (Marca todas las cajas que
aplican)

Mas servicios de salud Programas para ninos despues de la escuela Selecciones de comidas mas saludables
Oportunidades para trabajar

Servicios de Salud Mental Centros de Recreo Transporte

Servicios de Bienestar

Lugares seguros para caminar/jugar Servicios de rehabilitacion para los que abusan de
las sustancias

Especialistas medicos (que tipo ? _____) Otra cosa (favor de
especificar) _____

8. Que exámenes de salud o educacion/servicios de informacion son necesitados en su comunidad ? (Marca todas las cajas
que aplican)

Cancer Colesterol/Presion arterial/Diabetes Exámenes dentales Brote de enfermedad Abuso de
sustancia (drogas o alcohol)

Nutricion Preparacion para emergencias Trastornos de comer Prevencion de embarazo Actividad
fisica

Alfabetizacion HIV/SIDA/Enfermedades sexuales transmitidas Salud mental (incluyendo
depresion/ansiedad)

Manejando sin cuidado/Cinturones de seguridad/Sillas de carros para ninos Vacunaciones/Inmunizaciones Otro(favor de
especificar): _____

9. De donde recibe usted y su familia la mayoría de su informacion de salud ? (Marca todas las cajas que aplican)

Centro de educacion de salud Familia o Amigos Internet Medico/Profesional de salud

Television Boletin informativo del hospital Periodico/Revistas Biblioteca Departamento de Salud

Radio

10. Tiene su familia un botiquin basico de provisiones para emergencias ? (Estos botiquines incluyen agua, comida no
perecedera, sus

medicinas y recetas necesarias, provisiones de primeros auxilios, linternas y pilas, abrelatas no electricas, cobijas, y
mas)

Si No No se/No estoy seguro

11. Que seria su manera principal de conseguir informacion de las autoridades en un desastre de gran escala o en una
emergencia ?

(Marca solo una)

Television Radio Internet Medios impresos de comunicacion (como el periodico) Sitio de red social y comunicaciones
 Vecinos Mensajes de textos (Sistema de alertas para emergencias) Otra: (describela)_____ No se/No estoy seguro

12. Si las autoridades publicas anunciaron una evacuacion obligatoria de su vecindario o comunidad por desastre de gran escala o de una emergencia, evacuaria usted ? (Marca solo una) Si No No se/No estoy seguro

13. Que seria la razon principal por la que usted no evacuaria si ellos le pidieron hacerlo ? (Marca solo una)
 No aplicable, yo evacuaria. Falta de confianza en los oficiales publicos Preocupacion de dejar la propiedad detras
 Preocupacion de seguridad personal Preocupacion de seguridad de la familia Preocupacion de dejar animales domesticos
 Preocupacion de ser parado en trafico y incapacidad de salir Falta de transporte Problemas de salud (no puede ser movido)
 Otra (describela): _____ No se/No estoy seguro

Favor de contestar las preguntas abajo para propositos estadisticos solamente

Yo soy: Hombre Mujer

Mi edad es : menor de 25 25-34 35-44 45-54 55-64 65-74 75 o mas

Mi codigo postal es : _____

Mi raza es Blanco/Caucasian Negro/Afroamericano Americano Nativo/Nativo de Alaska Asiatico Isleno Pacifico

Otra: _____

Es usted de origen hispano. latino, o espanol ? Si No

Si su contesta es si, es usted Mexicano/Americano Mexicano, o Chicano Puertorriqueno Cubano
 Otro hispano o latino (favor de especificar): _____

Tiene usted ahora mismo algun tipo de seguro de salud ? Si No Ahora no, pero antes o en el trabajo anterior, si, yo tenia seguro medico

Yo complete este sondeo en el condado de Bladen Brunswick Columbus Duplin New Hanover Pender

Robeson Sampson Scotland

Vive o trabaja usted en el condado donde completo este sondeo ? Los dos Vivo Trabajo Ninguno de los dos

Cuando usted esta buscando cuidado medico, que hospital visita usted primero ? (Marca solo una)

<input type="checkbox"/> Hospital del Condado de Bladen	<input type="checkbox"/> Hospital de Cape Fear	<input type="checkbox"/> Sistema del cuidado de salud de la region de Columbus
<input type="checkbox"/> Hospital de Doshier Memorial	<input type="checkbox"/> Hospital General de Duplin	<input type="checkbox"/> Centro Medico de la Region de New Hanover
<input type="checkbox"/> Hospital de Pender Memorial	<input type="checkbox"/> Centro Medico de la region de Sampson	<input type="checkbox"/> Sistema del Cuidado de Salud de Scotland

Appendix B- Secondary Data/ Social Determinants of Health (as reported by the State Center for Health Statistics)

Social Determinants

Poverty, education, and housing are three important social determinants of health. These factors are strongly correlated with individual health. People with higher incomes, more years of education, and health and safe environment to live in tend to have better health outcomes and generally have longer life expectancies. Although these factors affect health independently, they also have interactive effects on each other and thus health. For example, people in poverty are more likely to engage in risky health behaviors, and they are also less likely to have affordable housing. In turn, families with difficulties paying rent and utilities are more likely to report barriers to accessing health care, higher use of the emergency department, and more hospitalizations. Below is a chart of the economic indicators that impact the quality of life for Columbus County residents. The unemployment rate is greater than the state’s rate and the need for state and federal resources is extremely high.

Indicator	Columbus County	North Carolina
High school graduates, percent of persons age 25+, 2005-2009	79.2%	84.9%
Persons below poverty level, percent, 2009-2013	25 %	17.5%
Unemployment, September 2015	7.9 %	10.6%
Median household income, 2009-2013	\$35,761.00	\$46,334.00

49.2% of the county’s residents were low-income on average from 2010 to 2012, meaning their incomes were less than twice the federal poverty level (NC Justice Center).

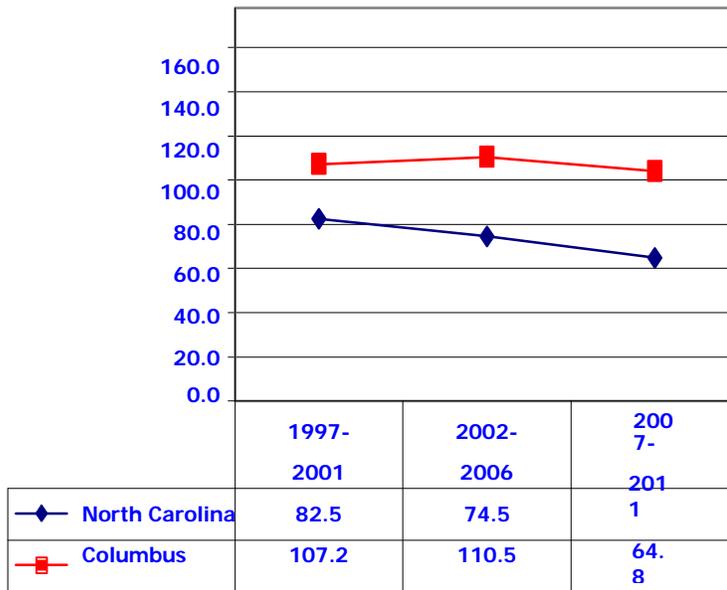
- The richest 5% of the county’s households had an average income that was 25 times greater than that of the poorest fifth of households and 6 times greater than that of the middle fifth of households on average from 2010 to 2012(NC Justice Center).
- 15,163 people were eligible for Medicaid in this county in December 2013, an increase of 8.4% since December 2007 (NC Justice Center).

Other Columbus County Health Data (NC State Center for Health Statistics, 2008-2012) *** Information Provided in RATES, unless otherwise indicated

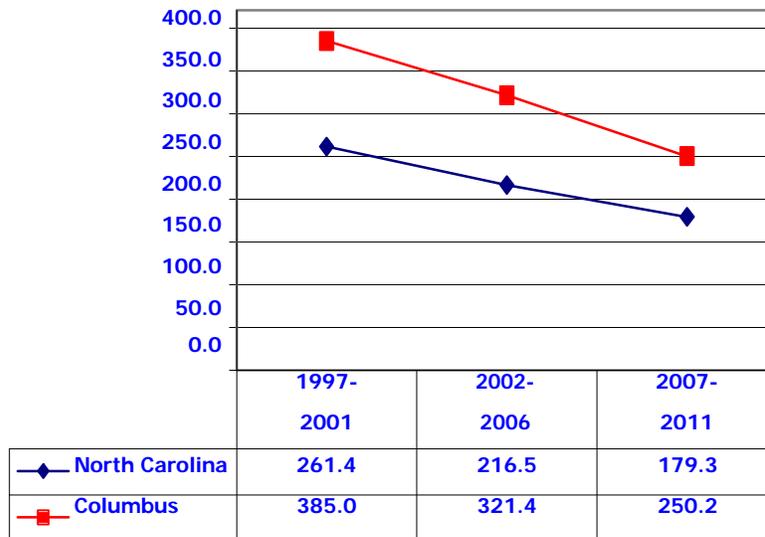
	Columbus	NC
Unintentional Poisoning Mortality(2008-2012)	21.1	11.1
Homicides	11.7	6.0
Infant Mortality(2008-2012)	11.0	7.5
Percentage of Positive Chlamydia Results(Ages 15-24)	12.0%	10.9%
New HIV Diagnoses(2007-2011)	19.8	17.7
Suicide	13.1	12.2
Pneumonia and Flu Mortality(2007-2011)	22.5	17.9
Percentage Living in Poverty	26.9%	17.4%
Cardiovascular Disease Mortality(2008-2012)	317.7	235.7
Colorectal Cancer Mortality(2008-2012)	12.0	14.8
Life Expectancy at Birth	74.2	78.2
Non-Elderly Uninsured	20.4%	19.6%

The above shows that Columbus is above the state rate for the following: Unintentional poisoning, homicides, infant mortality, percentage of positive chlamydia results for ages 15-24, new diagnoses of HIV, suicide, pneumonia and flu deaths, parentage of residents living in poverty, cardiovascular disease deaths and non-elderly uninsured. Columbus also has a lower life expectancy at birth compared to the state.

**Child Death Rates per 100,000 Residents
Ages 0-17**

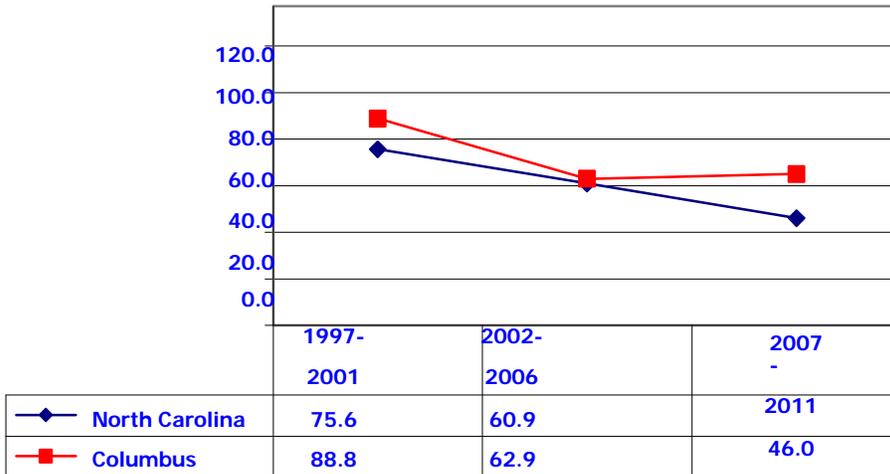


Age-Adjusted Heart Disease Death Rates per 100,000 Residents

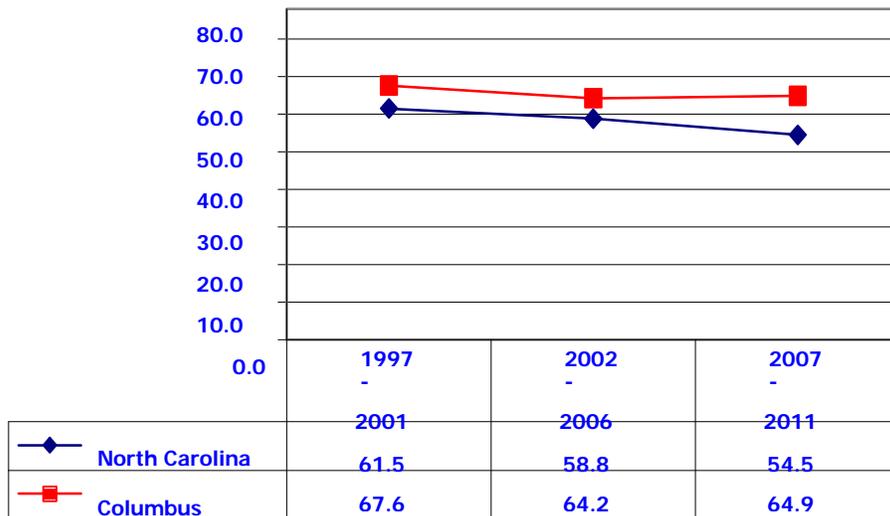


Columbus is higher than the state rates for teen pregnancies, child deaths, and heart disease, although these have decreased.

**Age-Adjusted Stroke
Death Rates per 100,000 Residents**



**Age-Adjusted Trachea, Bronchus, & Lung
Cancer Death Rates per 100,000 Residents**



Other Fast Facts (NC State Center for Health Statistics)

- Total cancer rates in Columbus County remain slightly higher than the NC rate; however Columbus County minority males demonstrated the highest rate, followed by white males.
- Colon, Rectal, Anus cancer deaths were higher among African Americans with a rate of 13.3 compared to whites at 6.4.
- Diabetes deaths are higher among African Americans with a rate of 46.2 compared to 30.8 among whites.

- Heart Disease deaths among African Americans were higher at 328.6 compared to whites at 231.9.
- Columbus County has ranked **last** in the state of North Carolina for health outcomes for the past six years (Robert Woods Johnson Foundation, 2009-15).
- 25% of residents reporting that they smoke
- 34% are obese
- 50% of all residents either classify as overweight or obese
- 21% have no health insurance
- 29% report having no physical activity
- 41% of children live in poverty

Columbus County rates for stroke and diabetes is above the state rate. However, diabetes deaths among African Americans is higher than that of whites, along with heart disease deaths. According the NC State Center for Health Statics, there are 25%of residents who report smoking, 34% are obese, and ½ of all residents classify as overweight or obese. Furthermore, almost ½ of residents report that they are NOT physically active. These numbers support data that shows that Columbus rates of the aforementioned are higher than state rates.

Columbus County and Peer Counties

As determined by the State Center for Health Statitics, Columbus County’s peer counties are Duplin, Halifax, and Sampson. Peer counties are similar in population and demographics.

Please view the table below to see how Columbus compares to our peers for the selected leading causes of death and other social determinents of health.

These causes of death and social deterimients of health were selected because they relfected the health issues of concern for Columbus residents in the 2015 Community Health Assessment. Heart disease and cancer deaths are higher than that of our peer counties.

Factor	Columbus	Duplin	Halifax	Sampson
Heart Disease Deaths	25%	23.2%	22.2%	21.3%
Cancer Deaths	23%	20.7%	22.8%	19.6%
Stroke Deaths	5.4%	4.6%	5.4%	6.6%
Diabetes Deaths	2.6%	3.5%	5.5%	4.7%
Drug Alcohol Abuse(Excessive Drinking)	6%	9%	8%	11%
Adult Obesity	34%	35%	39%	36%

We encourage residents to contact the Columbus County Health Department with questions or concerns:

Sarah Gray, M.A.
Columbus County Health Department
304 Jefferson Street
Whiteville, NC 28472
910-640-6615 ext. 7026
Sarah.gray@columbusco.org
Facebook:Columbuscountyhealthdepartment



Please visit us on Facebook for up-to-date health information and notices regarding public health programs and events that are offered by the Columbus County Health Department and community partners.

A Health and Wellness Initiative for Columbus County



A HEALTH AND WELLNESS INITIATIVE FOR COLUMBUS COUNTY

Acknowledgments

This project was made possible by a Healthy Communities grant obtained by the Columbus County Health Department and also through funding from the Community Transformation Grant Project. *A Health and Wellness Initiative for Columbus County* was prepared with the gracious support and feedback of county health department staff and the Health and Wellness Advisory Committee. The County would like to thank the following committee members:

- Kim Smith
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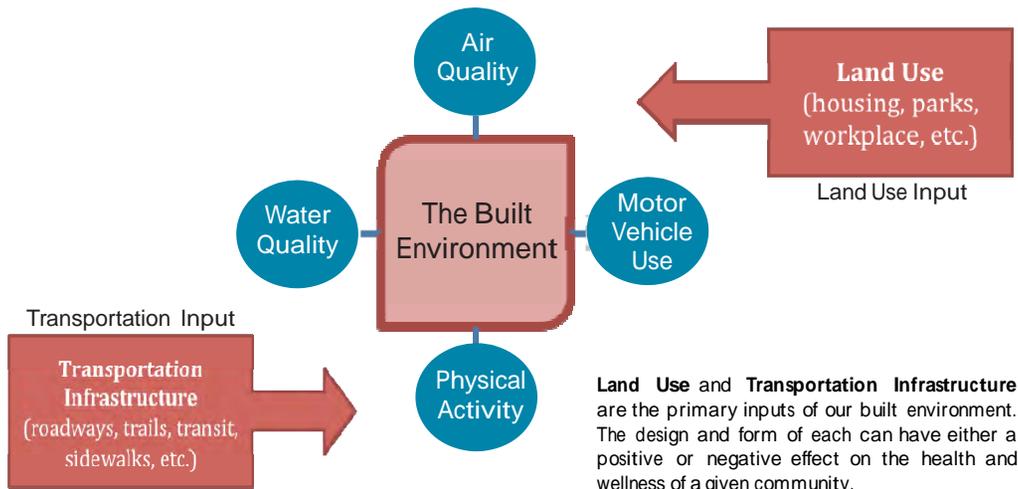
CHAPTER 1 – INTRODUCTION

A. Plan Purpose

Our health and wellness is affected in many ways by the environment around us, including the built environment. Defined as “the environment as humans have shaped it,” our built environment includes our neighborhoods, buildings, roadways, and parks. Across the country, the design of our residential developments, roadways, and settlement patterns all contribute to the relative health and wellness of citizens. Land use and transportation planning lay the foundation for changes to our built environment, in turn affecting our air and water quality, our level of motor

vehicle use, and ease of access to open space amenities (physical activity opportunities.)

Over the past ten years, community officials have seen an increasing need to address health disparities through changes to the built environment. This plan is a result of this evolving thought process and will be unlike most traditional planning documents—its focus is primarily on health related issues. The diagram below details the impact of land use and transportation systems on our built environment.



Local food stand in Whiteville, NC (Image Source: HCP)

“A Health & Wellness Initiative for Columbus County” is an addendum to the Columbus County Comprehensive Plan adopted in January of 2012. The comprehensive plan is a plan that guides development and directs change for a community. It provides the basis and direction for a community’s land use policies and regulations. This plan examines the interrelationships among land use, transportation, utilities, the local economy, food sources, recreation, and community character. The increasing emphasis on public health as part of the comprehensive planning process has created a new model for community officials.

This new type of plan addresses the basic elements of urban form and land use, but also focuses on planning for public health — including increasing the availability of nutritionally vigorous foods, increasing physical activity in our communities by ensuring community walkability, and providing access to parks and recreational facilities. All of these factors can foster healthy and sustainable communities. Through collaboration with a broad range of interest groups and disciplines, a community planning strategy may be developed that has impacts well beyond the issues of transportation and land use policy.



Residential street, Lake Waccamaw area (Image Source: HCP).

B. Planning Process

This project was conducted as an addendum to the Columbus County Comprehensive plan. A Health and Wellness Advisory Committee was selected to provide guidance during the project. The committee was composed of public health practitioners, hospital staff, and planning professionals.

Table 1: Health and Wellness Advisory Committee

Name	Representing
Kim Smith	Columbus County Health Department
Sarah Gray	Columbus County Health Department
Gabriela Maggioli	Columbus County Health Department
Lorraine Matthews	Columbus County Health Department
Tammie Robinson	Columbus County Health Department
Henry Hawthorne	Columbus Regional Hospital
Terrie Priest	Columbus Regional Hospital
Robert Lewis	Columbus County Planning Department

The project was a six-month effort that included monthly meetings to solicit committee feedback and review completed work. Multiple academic sources and research reports were used to establish a general information base related to health and the built environment. Communi-

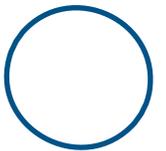
ty data and health information has been collected from the 2012 Columbus County Community Health Assessment and local public health officials to create this "Health & Wellness Initiative for Columbus County." The following items are addressed in this plan:

- Socioeconomic status
- Concentration of elderly individuals (65+)
- Access to full-service grocery stores
- Proximity to quick service restaurants (fast food establishments)
- Population vulnerable to chronic disease
- Access to non-motorized transportation (bicycle and pedestrian facilities)
- Access to parks and recreation facilities
- Identification of health and wellness priority Areas

C. Historical Context of Planning & Public Health

In the 19th and early 20th centuries, architects and urban planners in cities across the country helped defeat infectious diseases like cholera and tuberculosis by retrofitting buildings, streets, neighborhoods, clean water systems, and parks. In particular, buildings and streets were designed to increase air flow and provide daylight in an effort to combat bacteria.

In the 21st century, planners and urban designers can again play a crucial role in combating the biggest public health epidemics of our time: obesity and related chronic diseases such as diabetes, heart disease, and some cancers. Today, an unhealthy diet and the lack of physical activity are second only to tobacco use as the main cause of premature death in the United



D. Planning: Land Use & Transportation Basics

The term land use planning is often used interchangeably with urban planning. At its most basic, land use planning determines which parts of a community will be used for residential, commercial, industrial, or recreational uses. This effort is achieved through land use ordinances such as zoning and subdivision regulations. Places we live, work, and play – planned and regulated by the aforementioned ordinances – are connected by transportation networks that require a planning process to become a reality.

Land use decisions also have an effect on the health and wellness of individuals within the community. Studies have shown that communities with a mix of land uses (residential, commercial, recreation, etc.) serve to increase the walkability of an area. Yet, conventional zoning districts often restrict multiple land uses, making new development single use in nature, thus, contributing to a lack of walkability and active transportation users.

Transportation planning includes several components. In the United States, the automobile is often the dominant force driving urban design. Prior to the last decade, transportation planning primarily dealt with the efficient flow of only the automobile. The vast demand for private vehicular transportation regu-

larly dictates the scale of our streets, the relationship between buildings, and the speed at which we experience our environment. A shift in thinking has changed the way departments of transportation now perceive roadway design.

Now, planning for all modes of travel – the pedestrian, bicyclist, transit user, and motorist – has become increasingly important. This element of transportation planning has a tremendous effect on our ability to make travel mode choices. Roadways designed for all modes of use provide increased travel options with enhanced access to healthy food sources and support for a more active living lifestyle.

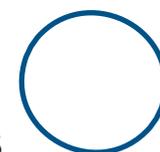


Roadways designed with only the automobile in mind (shown above) deter pedestrians and bicyclists from use and create barriers to these active transportation choices (Image Source: HCP).



Roadways designed for all users (shown above) have proven to increase multi-modal travel and active transportation use (Image Source: HCP).





CHAPTER 2 – COMMUNITY PROFILE

A. Introduction

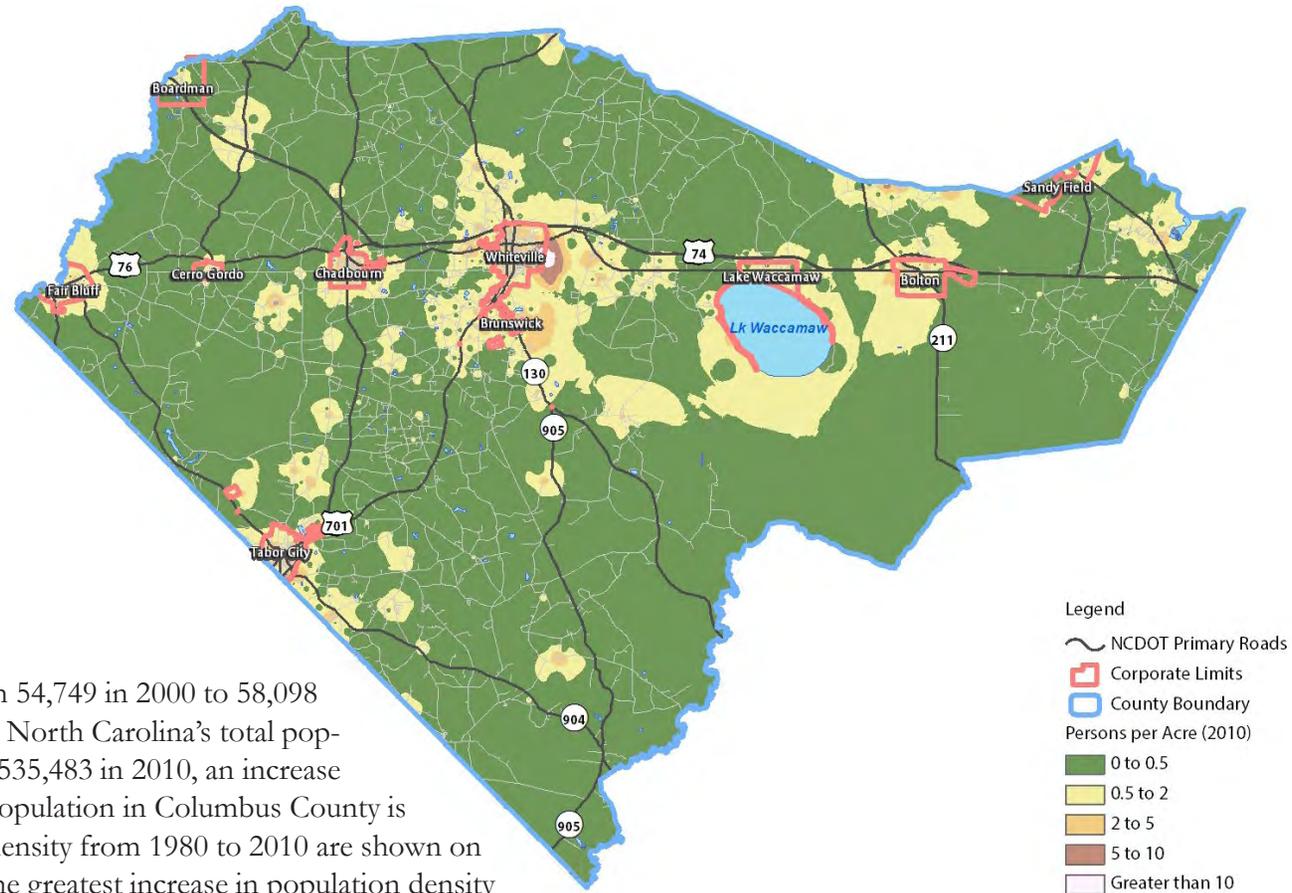
This section provides a synopsis of the current population, housing, and economic conditions in Columbus County. Public Health and Wellness statistics have been summarized based on the 2012 Columbus County Community Health Assessment. Demographic data is sourced from both the 2000 & 2010 Census, NC Office of State Budget & Management (NC OSBM), and the NC Department of Commerce, Division of Employment Security Commission.

B. Population

1) Population Growth

Columbus County's population increased from 54,749 in 2000 to 58,098 in 2010, an increase of 6.1%. By comparison, North Carolina's total population increased from 8,049,313 in 2000 to 9,535,483 in 2010, an increase of 18.5%. A generalized distribution of the population in Columbus County is delineated on Map 1. Changes in population density from 1980 to 2010 are shown on Map 2. Areas that are dark blue experienced the greatest increase in population density during that time.

Map1: Columbus County Population Density 2010



1) Population Growth Continued

Table 2 provides a comparison of Columbus County's 2000-2010 population to that of the surrounding counties of Brunswick, Pender, Bladen, and Robeson.

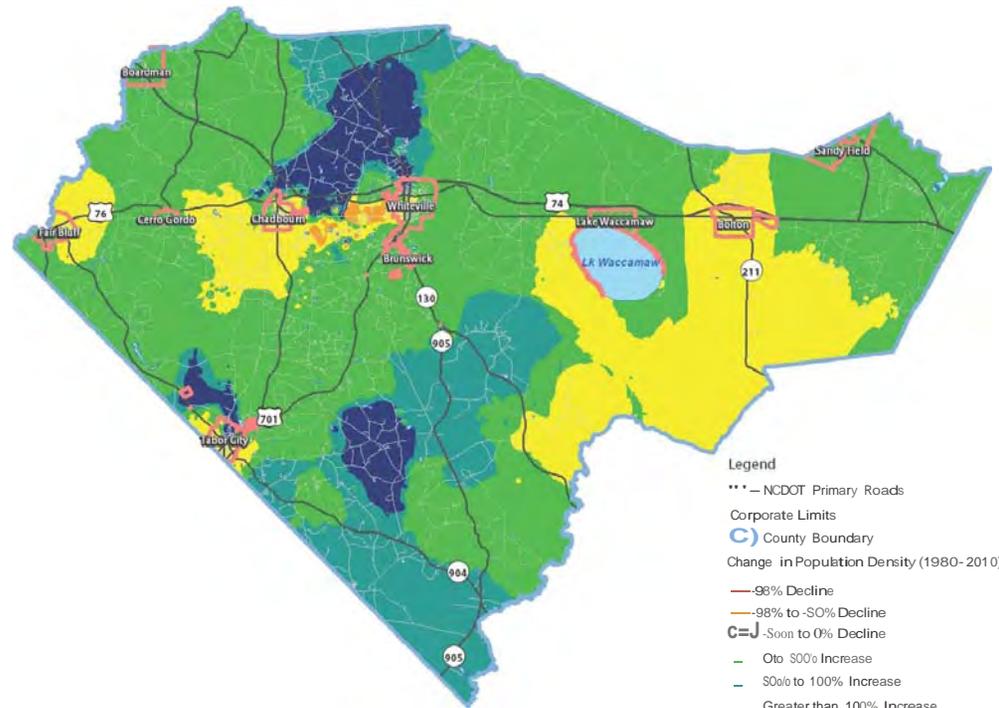
Columbus County's rate of growth significantly lagged behind that of the State and slightly trailed adjacent rural North Carolina counties. However, unlike many predominantly rural eastern North Carolina counties, Columbus County is not losing population. The County's population size is influenced by the overall growth in southeastern North Carolina.

Table 2: Population Growth, Columbus County and Adjacent NC Counties

Location	2000	2010	%
Bladen County	32,278	35,190	9.0%
Brunswick County	73,143	107,431	46.9%
Columbus County	54,749	58,098	6.1%
Pender County	41,082	52,217	27.1%
Robeson County	123,339	134,168	8.8%
North Carolina	8,049,313	9,535,483	18.5%

Source: US Census Bureau

Map 2: Columbus County- Change in Population Density



2) Population Age

Table 3 provides a summary of Columbus County and North Carolina's 2000 and 2010 population by age distribution. The County's overall population is older than that of the State. For the County overall, 43.9% of the 2010 population is below the age of 35, while 46.8% of North Carolina's population falls below the age of 35. In addition, 15.2% of the County's 2010 population is over the age of 65, while 12.9% of North Carolina's population is over the age of 65. The population is aging as evidenced by the increase in the 55 to 64 age group from 2000 to 2010.

Table 3: Population by Age

Age	Columbus County			North Carolina		
	2000	2010	% Change	2000	2010	% Change
0 to 14 years	11,475	11,143	-2.9%	1,653,429	1,899,089	14.9%
15 to 34 years	14,231	14,357	0.9%	2,330,854	2,567,757	10.2%
35 to 54 years	15,849	15,948	0.6%	2,372,270	2,695,797	13.6%
55 to 64 years	5,656	7,820	38.3%	723,712	1,138,761	57.4%
65 to 74 years	4,278	5,192	21.4%	533,777	697,567	30.7%
75 years and over	3,260	3,638	11.6%	435,271	536,512	23.3%
Total Population	54,749	58,098	6.1%	8,049,313	9,535,483	18.5%
Median Age	36.9	39.8	-	35.3	37.4	-

Source: US Census Bureau

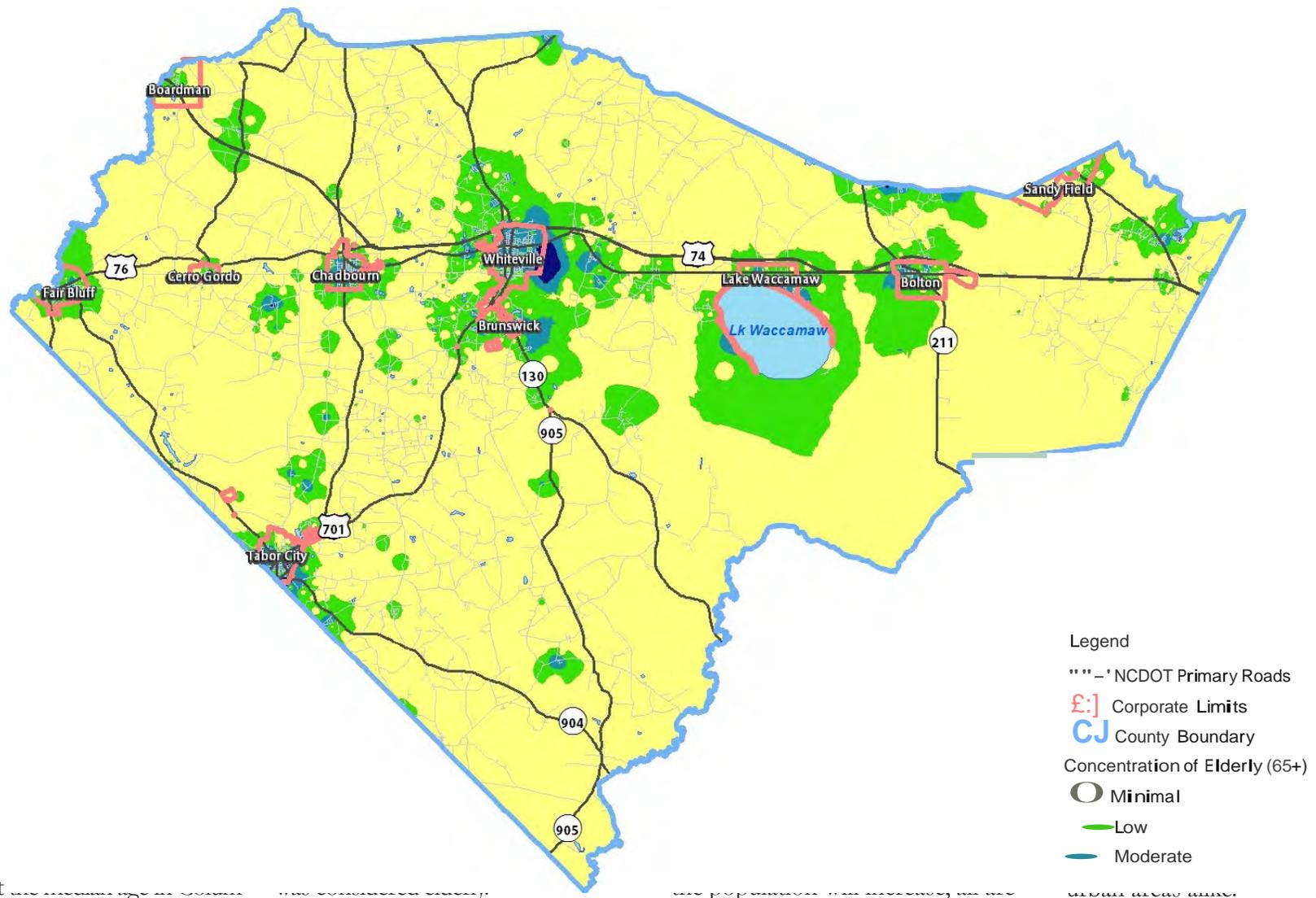
The 2000 median age for Columbus County was 36.9, which increased to 39.8 in 2010. The 2010 median age for North Carolina was 37.4. Since 2000, the median age has increased statewide from 35.3 to 37.4; however, the population age in Columbus County has increased significantly from just over 36 years of age to 39.8 (see Table 3 above). Using the same percent increase, it is

This increase in median age in Columbus County can be attributed to both the “aging in place” trend – whereby older adults are less likely to move from their residences – as well as a net migration of the younger segment of the population. In Columbus County, between the years of 2000 and 2010, the elderly population increased 33%. In 2010, 15% of the total population

In the United States, over ninety percent of the elderly population has at least one chronic disease and more than 75% have at least two (1). To exacerbate the issue, in the next thirty years, the portion of the population over the age of 65 is expected to more than double (2). Although estimates vary in terms of the extent to which this segment of

short of significant. In addition, by 2030, more than nine percent of the population is estimated to be over the age of 85 (3). In Columbus County, elderly populations are scattered throughout the jurisdiction (see Map 3). This finding is consistent with findings nationwide that show elderly populations are found in rural and

Map 3: Concentration of the Elderly



- Legend
- NCDOT Primary Roads
 - ⌈⌋ Corporate Limits
 - Ⓒ County Boundary
 - Concentration of Elderly (65+)
 - Minimal
 - Low
 - Moderate

expected that the percentage of the population considered elderly in Brunswick County will be 46.3 by 2030.

the population will increase, it is certain that increases will be nothing



High

3) Gender and Racial Composition

Columbus County's gender and racial composition has been constant. In 2000, the male/female composition was 26,323/28,426, for a 48%/52% mix. By 2010, the male/female composition was almost the same at 28,753/29,354, for a 49%/51% mix. By comparison, the 2010 North Carolina distribution was 48.7% male and 51.3% female.

In 2000, 63.5% of the County's population

was White, with 30.9% Black and 5.6% Other. By 2010, the racial mix was 61.5% White, 30.5% Black, and 8.0% Other. The Other racial category increased from 5.7% in 2000 to 8.0% in 2010. This trend is expected to continue. The Black percent of total population decreased from 30.9% to 30.5% while the White population decreased from 63.5% to 61.5%. Thus, in 2010, the County's total minority population was 22,363, or 38.5% of the total population.

4) Housing

Affordable housing is an increasing public health concern. Recent studies show that families contributing a large percentage of their income to housing are less likely to provide sufficient funds for essential items like food, health care, and medical insurance (4). Table 4 provides a summary of Columbus County housing problems based upon 2000 Census data. The summary has been compiled by the US Department of Housing and Urban Development (HUD) through its 2000 Comprehensive Housing Affordability Strategy. More recent HUD data is not available.

Table 4: Housing Summary, Columbus County

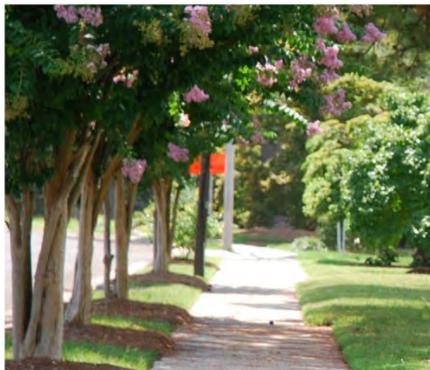
Renters					Owners				
Income Level	Total Renter Households	% Reporting Housing Problems	% Cost Burden >30%	% Cost Burden >50%	Total Owner Households	% Reporting Housing Problems	% Cost Burden >30%	% Cost Burden >50%	% Cost Burden >50%
Very Low ≤30% MFI	1,666	61.9	59.7	43.5	2,312	70.8	69.5	47.8	3,978
Low >30% to 50% MFI	1,010	54.1	47.5	11.5	2,119	49.7	47.2	22.0	3,129
Moderate >50% to 80% MFI	871	18.0	11.7	0.5	2,958	38.2	34.7	12.7	3,829
Above LMI >80% MFI	1,478	6.9	0.3	0.0	8,903	11.6	9.9	1.3	10,381
Total Households	5,025	36.5	31.5	16.8	16,292	29.8	27.7	12.6	21,317



4) Housing, continued

Of Columbus County households reporting in 2000, 36.5% of rental households and 29.8% of owner-occupied households had some housing problems. Approximately 31.5% of renters and 27.7% of owners had a cost burden greater than 30% of gross income, and 16.8% of renters and 12.6% of owners had a cost burden greater than 50% of their gross income.

As of 2011, over half (52.2%) of Columbus County's housing stock was greater than 30 years old, highlighting the potential for large concentrations of substandard housing units.



Residential street, Whiteville, NC (Image Source: HCP).



Residential housing unit, Lake Waccamaw (Image Source: HCP).

5) Income

Income plays a significant role in health outcomes of individuals. Countless studies have noted the correlation between low-income populations and unhealthier lifestyles. In 2011, the Columbus County median household income

was \$34,938, compared to North Carolina's \$46,291 median household income figure. In addition, nearly a quarter (23%) of Columbus County's population is considered below the poverty line. Concentrations of low-income

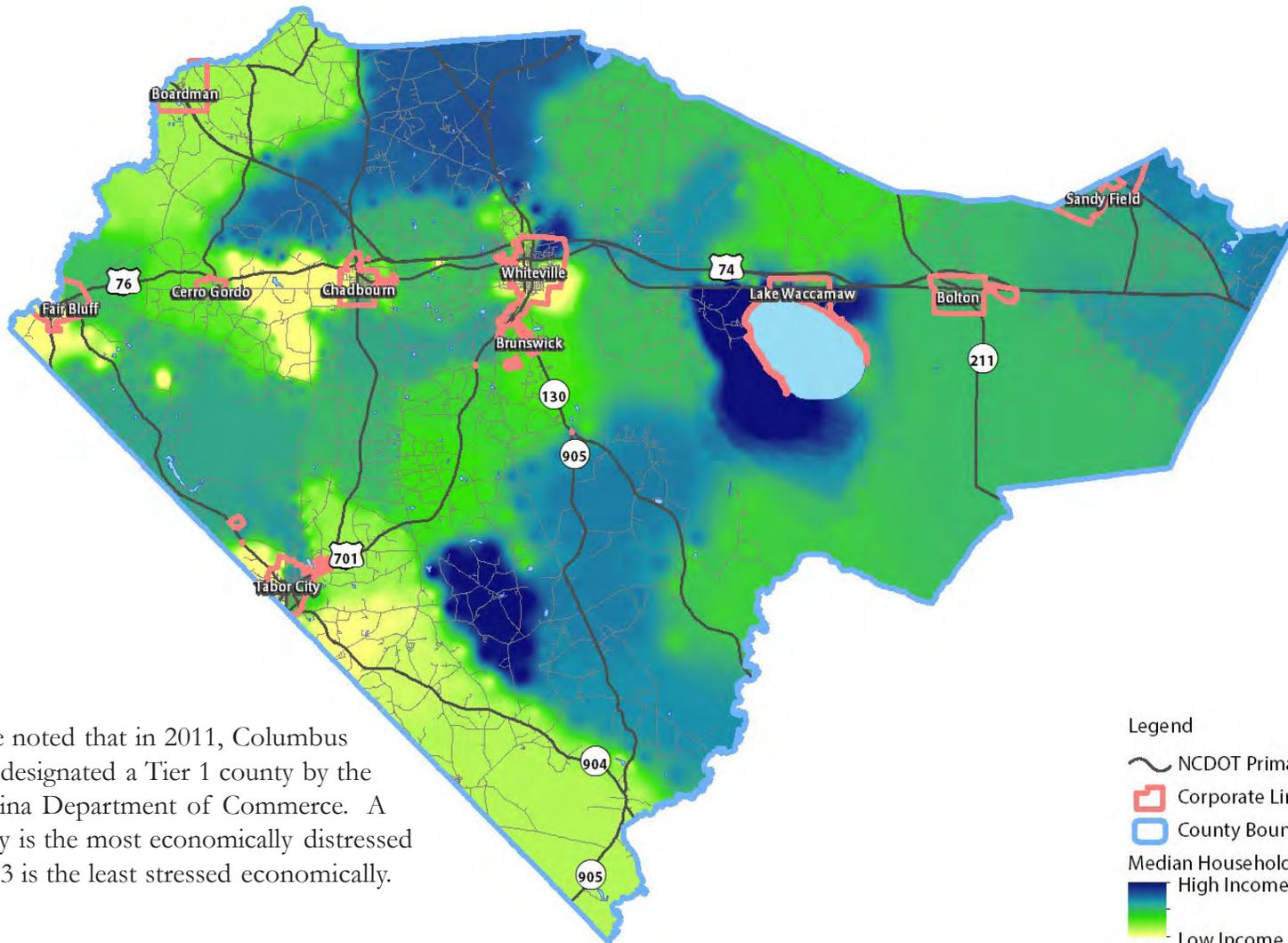
individuals are located south of Whiteville, along the US 74/76 corridor between Cerro Gordo and Chadbourn, and north/south of Tabor City. See Map 4 for additional information.

In terms of personal income, Columbus County has continued to lag behind the state and nation. Table 5 provides a summary of per capita income from 2005 to 2009.

Table 5: 2005-2009 Per Capita Income, Columbus County, North Carolina, and United States

	2005	2006	2007	2008	2009
Columbus County	\$26,978	\$27,571	\$28,333	\$29,660	\$29,822
North Carolina	\$32,037	\$33,562	\$34,968	\$35,683	\$34,879
United States	\$35,424	\$37,698	\$39,461	\$40,647	\$39,635
NOTE: Data not adjusted for inflation.					
Source: Bureau of Economic Analysis, Regional Accounts Data					

Map 4: Columbus County Median Income



It should be noted that in 2011, Columbus County was designated a Tier 1 county by the North Carolina Department of Commerce. A Tier 1 county is the most economically distressed while a Tier 3 is the least stressed economically.

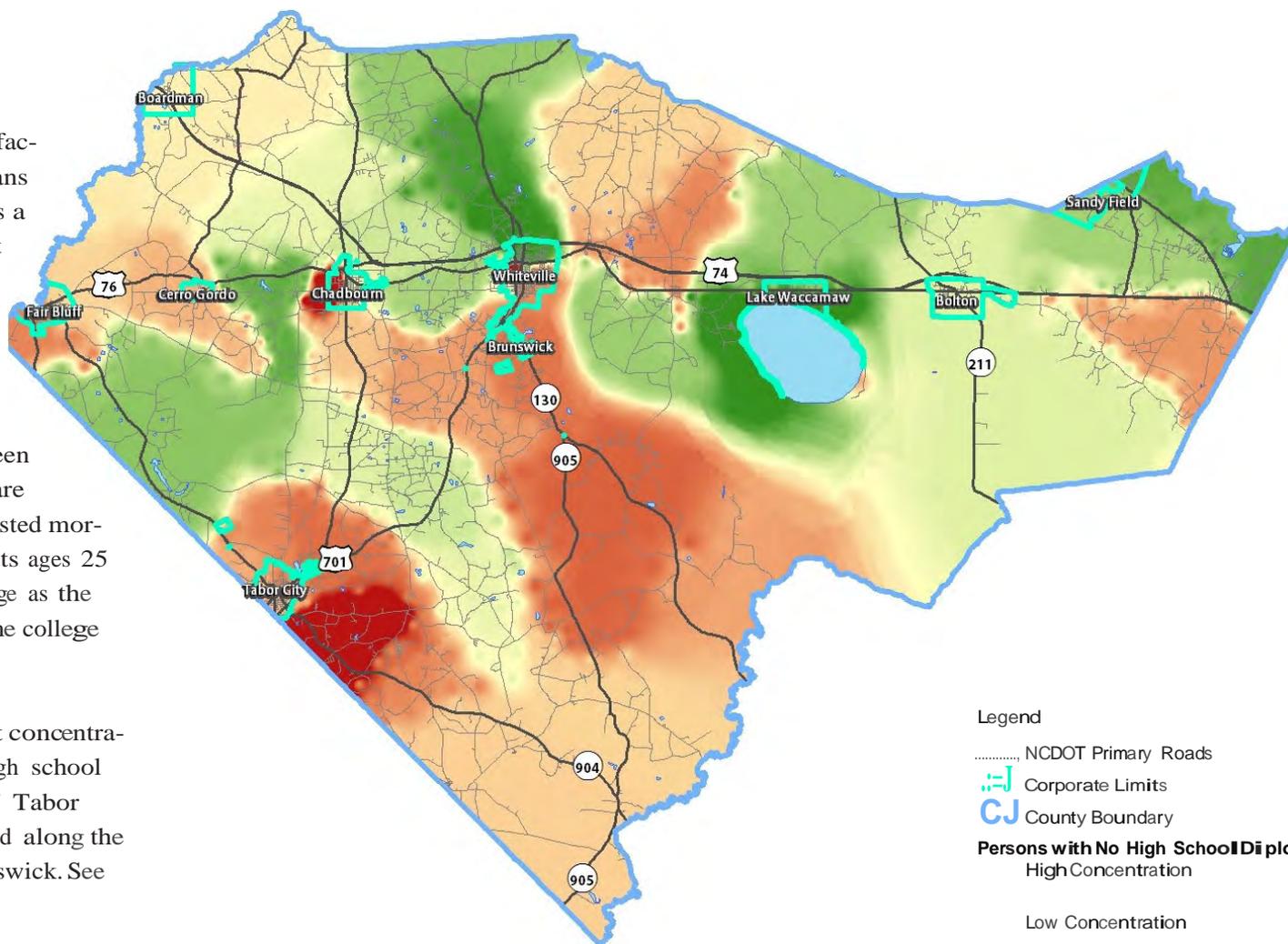


Map 5: Individuals with No High School Diploma

6) Educational Attainment

Educational attainment is a key factor in the overall health of humans across the United States. There is a well-known, large, and persistent association between education and health. This pattern has been observed in many countries and time periods, and for a wide variety of health measures. The differences between the more and the less educated are significant: in 1999, the age-adjusted mortality rate of high school dropouts ages 25 to 64 was more than twice as large as the mortality rate of those with some college education (5).

In Columbus County, the largest concentrations of individuals without a high school diploma are located southeast of Tabor City, just west of Chadbourn, and along the NC 130 corridor south of Brunswick. See Map 5 for more information.



7) Travel Time to Work

In North Carolina, Columbus County is the third largest county in terms of land mass. Because the county is also rural, residents experience, at times, lengthy travel times between destinations such as work or food outlets. As a result, the Columbus County labor force is very mobile. In 2008, approximately one-half of the County's workforce traveled out of the County to their place of

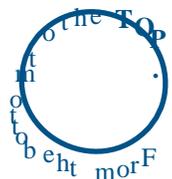
employment. In 2011, the mean travel time to work was 25.1 minutes. A 2006 study of 33 California cities found that adults who drove the most had obesity rates that were three times higher than those who drove the least, leading some public health researchers to identify excessive drive times as a risk factor for obesity (6).



Commercial street, Whiteville, NC (Image Source: HCP).

Table 6. 2008 Commuting Patterns, Columbus County

Columbus County Residents Who Live and Work in Columbus County		10,290	
Total Workers Commuting out of Columbus County		10,439	
Total Workers Commuting into Columbus County		6,211	
Out of Columbus County		Into Columbus County	
Destination County	Number of Workers	Origin County	Number of Workers
Horry County, SC	1,561	Horry County, SC	505
New Hanover County, NC	1,449	New Hanover County, NC	874
Brunswick County, NC	1,035	Brunswick County, NC	781
Wake County, NC	971	Robeson County, NC	555
Bladen County, NC	829	Bladen County, NC	967
Other Areas	4,594	Other Areas	2,529
Source: US Census Bureau			



CHAPTER 3 – HEALTH & WELLNESS CONCERNS



Columbus Regional Hospital, Whiteville, NC (Image Source: HCP).



A. Introduction

A century ago, infectious diseases were the primary cause of death in the United States, but proper hygiene, environmental design, and immunization have led to the downfall of such diseases in the United States.

Now, chronic diseases, such as diabetes and heart disease, are the most common diseases in the US—they are also the most preventable. Chronic disease differs from infectious disease (or communicable disease) in the way that it occurs in individuals. Infectious diseases usually occur because of contact with an affected host, while chronic diseases may occur solely because of a sedentary lifestyle.

Obesity is a leading cause of chronic disease in the United States and increases the risk for a variety of chronic diseases including heart disease, stroke, glucose intolerance, and some forms of cancer. It is not a direct cause of most diseases, but unfavorably alters the risk factor profile.

For example, obesity may lead to increases in blood pressure and blood cholesterol, which in turn, can lead to cardiovascular disease and strokes. The design of the built environment plays a role in both chronic disease and obesity.

“Chronic diseases - such as heart disease, stroke, cancer, diabetes, and arthritis are the leading cause of death and disability in the United States.”

Source: Centers for Disease Control

B. Health & Wellness Issues

In 2010, the Columbus County Health Department collaborated with the Healthy Carolinians Task Force to initiate a county-wide survey and to complete the “2012 Columbus County Community Health Assessment,” to gauge the health of county residents. Surveys were distributed to 1,300 residents of Columbus County. The surveys were available both online and on paper.

B. Health & Wellness Issues, Continued

The results of the survey were collected and compared to statistical data compiled by other local or state agencies to create a picture of the health of the community. According to the Assessment, the "Top 5 Serious Disease & Disability Problems" were listed as the following:

1. Heart Disease
2. Cancer
3. Stroke
4. Diabetes
5. Homicide/Violence

According to the Centers for Disease Control (CDC), chronic diseases -including heart disease, stroke, and diabetes - are among the most costly of all health problems in the United States. In Columbus County, the primary cause of death is heart disease. Columbus County identified seven priorities over the last few years as a result of the Community Health Assessments. These priorities are as follows:

1. Drug/Substance Abuse
2. Access to Health Care
3. Heart Disease
4. Physical Activity/Nutrition
5. Infectious Diseases
6. Unintentional Motor Vehicle Injuries
7. Diabetes



Columbus Regional Hospital, Whiteville, NC (Image Source: HCP).

C. Planning for Public Health Survey

Part of the planning for public health process included an active living and healthy eating-focused survey distributed to Columbus County health department clients. The short survey was completed by health department patients prior to receiving service. It was distributed in both English and Spanish versions. A total of 76 surveys were collected. Survey questions are as follows:

1. **Where do you most commonly shop for food items?**
Convenience Store/Gas Station
Discount Store (Family Dollar, Dollar General, etc.)
Grocery Store (Hill's, Food Lion, Wal-Mart)
Farmers' Market
Eat at restaurants most often/go to drive-through

Health Department: Survey Responses

2. What is your primary transportation mode?

(Choose one)

- . Car/Truck
- . County Van Service
- . Walk
- . Bicycle
- . Friends/Family

3. When do you feel safe walking around your neighborhood?

- . At night
- . During the day
- . Both night and day
- . Don't feel safe

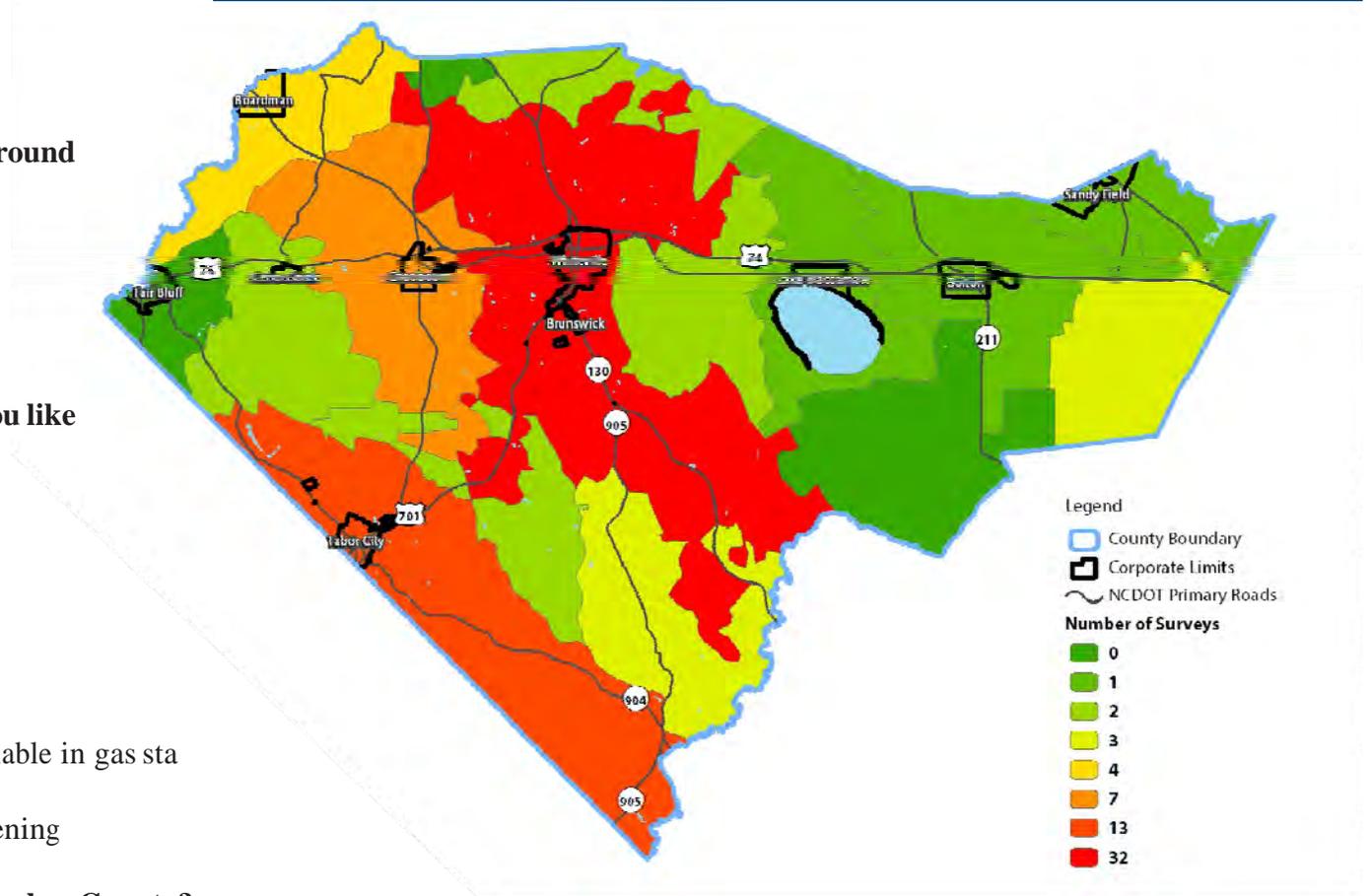
4. Which of the following would you like in your neighborhood?

(Please check ONLY two)

- . Mobile (trucks) food markets
- . Farmer's market
- . Neighborhood food bank
- . Community gardens
- . Sidewalks
- . Parks
- . Fresh fruits and vegetables available in gas stations/convenience stores
- . Classes on home vegetable gardening

5. How long have you lived in Columbus County?

- . 0 – 5 years
- . 5 – 10 years
- . 10 – 20 years
- . 20 years or more
- . My whole life



The majority of respondents listed 28472 as their zip code of residence.



Survey results were similar for all but one question, that being number 4. The majority of respondents (94%) reported the "grocery store" as the place they most commonly shop for food. Close to 85% of respondents reported the private "car or truck" as their primary means of transportation. Less than 10% of respondents reported not feeling safe walking around their neighborhood. Nearly 65% of respondents have lived in Columbus County for more than twenty years.

Question number 4, asking what types of active living/healthy eating amenities would you like in your neighborhood, had varying results as mentioned earlier. The two highest scoring amenities were "parks;" with 29 points, and "farmers' market" with 21 points (see Figure 2).

D. Barriers to Health and Wellness

The advisory committee was asked to list the "Top 3" barriers to improving health and wellness outcomes for Columbus County residents. Lack of insurance, low incomes and wages, reliable transportation, education, and access to recreational opportunities were the most commonly listed barriers to health outcomes. All of the barriers were recorded and a word cloud was created to better represent the results (see the Figure 1).

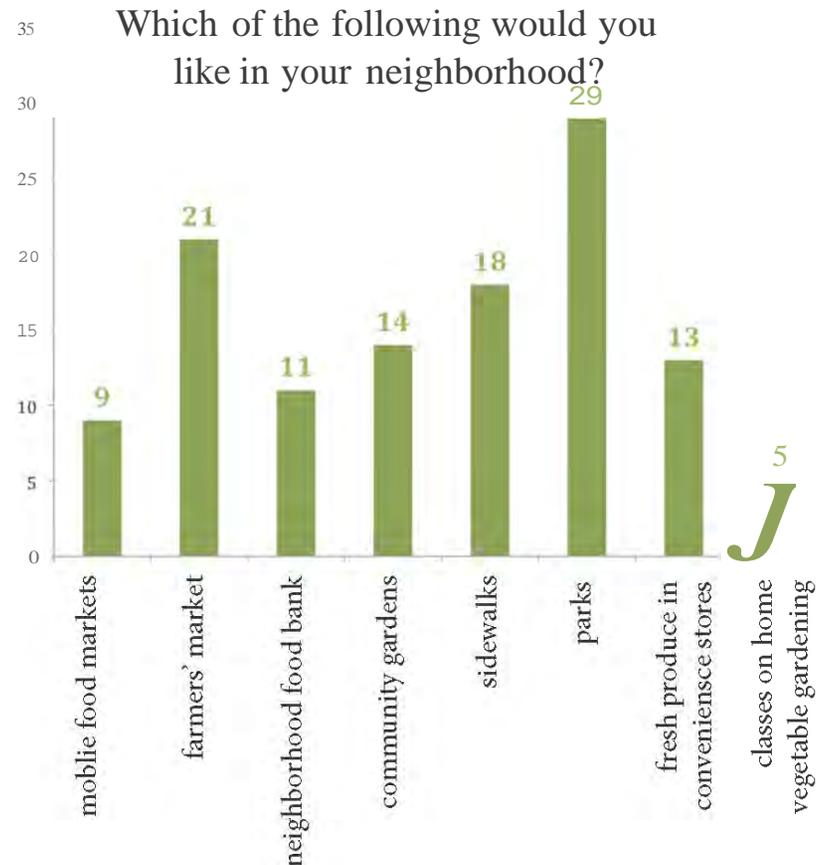


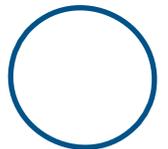
Figure 2: Desired Healthy Eating and Active Living Neighborhood Amenities

Insurance

poor recreational ngn-remote

L • centrally located S
Culture employment J/ : es reliable socioeconomic
doctor reluctant
Rural

Figure 1: Barriers to Health and Wellness



E. Access to Health & Wellness Services



Medical practitioner with stethoscope (Image Source: Creative Commons).

1) Medical Facilities

Columbus Regional Healthcare System (CRHS) serves as Columbus County's primary healthcare provider. In addition to the main hospital located at Whiteville, NC, there are five additional locations that provide primary and preventive care and services.

Columbus Regional Healthcare System was founded by local physician Dr. Warren Edwin Miller in 1935. It

ville, NC. One year later, the home's porches were enclosed to accommodate more patients and over the next 70 years, the hospital would be replaced twice. Licensed for 154 beds, governed by a local board of trustees, and managed by Carolinas Healthcare System, the current facility continues to grow and expand to meet the needs of its community. Carolinas Healthcare System is one of the nation's leading healthcare organizations and provides a full spectrum of healthcare and wellness programs through-

Today, highly trained medical staff and other healthcare professionals represent a range of specialties and are dedicated to the well-being of every patient in their care. Columbus Regional Healthcare System is licensed as a not-for-profit organization accredited by the Joint Commission on Accreditation of Healthcare Organizations. Carolinas Healthcare System (CHS) works to improve and enhance the overall health and well-being of its communities through high quality patient care, education and research programs, and numerous collaborative partnerships and initiatives.

Their collective goal is to deliver the best possible care, the latest procedures, and a continuous network of care with services including:

- Rehabilitation Services
- Infection Control
- Cardiac Services
- Laboratory Services
- Imaging
- Family Birthing Center
- Robotic Surgery
- Surgical Services
- Emergency Care
- Acute and Critical Care
- Cancer Care

In addition, outreach and education services are available to residents of the area. These services include Diabetes Education, American Heart Association classes, and Safe Sitter Training, as well as sponsoring community events and expos, and providing speakers for off-site educational programs.

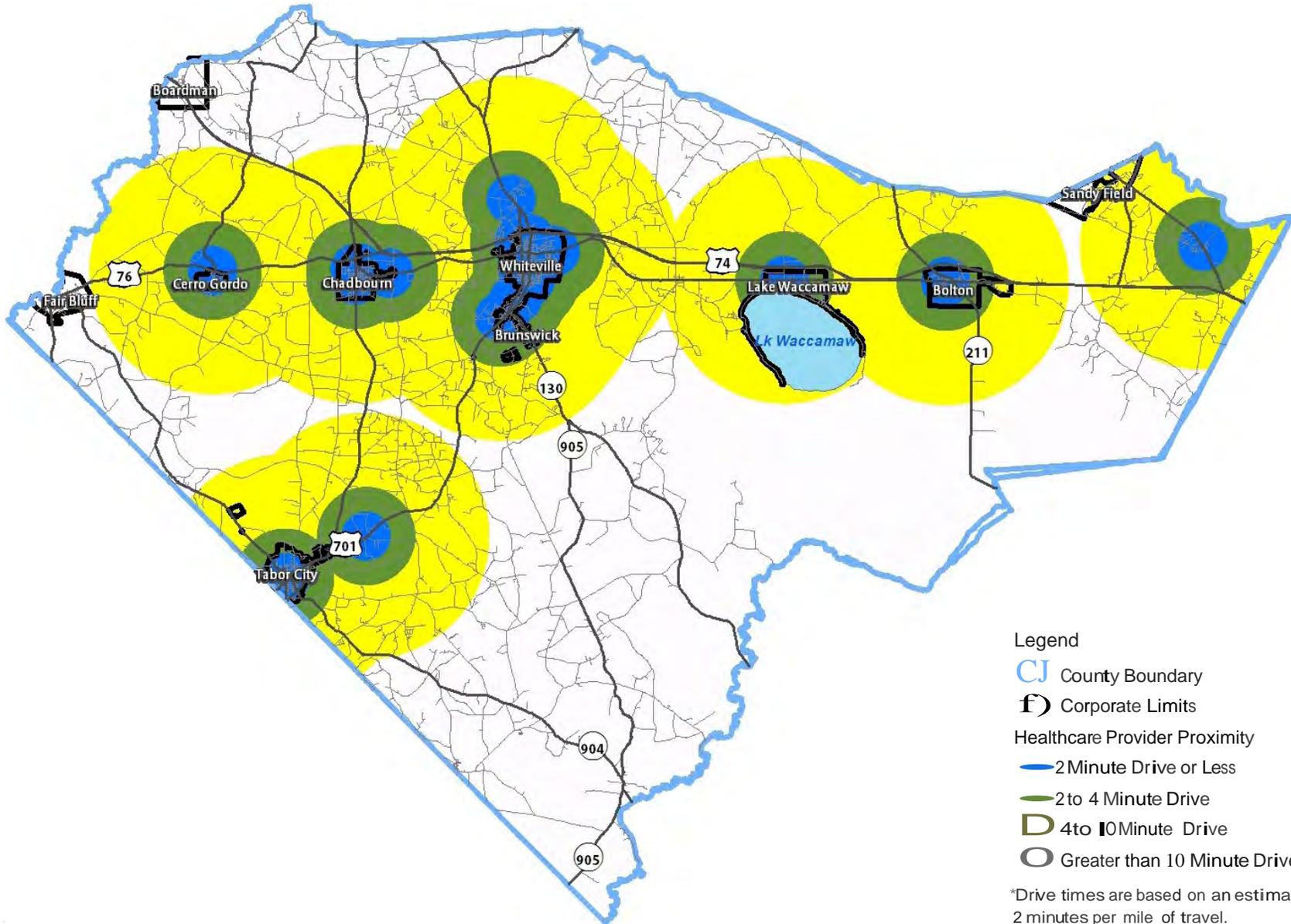
The other regional medical facilities under the Columbus Regional Healthcare System include:

- Southeast Primary Care
- South Columbus Medical Center
- Baldwin Woods Diagnostics
- Donayre Cancer Care Center
- Carolina Urology Associates

Healthcare providers with general practitioners were identified across the county. Locations and proximity to each were created using spatial analysis. Areas along the US 74/76 corridor have the greatest access to healthcare providers (see Map 6). Areas shown as white on the map are located greater than a ten-minute drive from the closest healthcare provider.



Map 6: Healthcare Provider Access



*Drive times are based on an estimation of 2 minutes per mile of travel.

2) Dental Health

North Carolina is ranked 47th in the nation for dentists per capita, with 4.3 dentists per 10,000 people. In fact, only eight North Carolina counties have dentist-to-patient ratios which exceed the national average of 6.0 dentists per 10,000 in population (Wake, Durham, Orange, Alamance, Guilford, Forsyth, Mecklenberg, and New Hanover Counties). Seventy-nine North Carolina counties are recognized as federally designated dental shortage areas.

Columbus County ranks significantly below the state average with 1.6 dentists per 10,000 residents and is currently recognized as a federally designated dental shortage area. The Columbus County Health Department provides an in-house dental clinic available to residents Monday through Thursday and a mobile clinic is available at Columbus County Schools Tuesday through Friday. Additionally, the East Carolina University School of Dental Medicine is working to improve access to dentistry throughout eastern North Carolina. This effort will involve the construction of several dental clinics

3) Mental Health

Local Management Entities (LMEs) are where people can go to find information for receiving mental health, developmental disability, or substance abuse services. Eastpointe is the LME that serves Columbus County residents.

Eastpointe Mission

Eastpointe will work together with individuals, families, providers, and communities to manage and continually improved our behavioral healthcare system to ensure accessibility, accountability, and empowerment of people to achieve valued outcomes.

The corporate office is located in Beulaville, NC, but there are three other regional offices - Goldsboro, Lumberton, and Rocky Mount - with over 600 service providers through-

dents of Columbus County. Eastpointe also offers a 24-hour access/crisis care line.

North Carolina has changed the way Medicaid pays for mental health, developmental disabilities, and substance abuse services. The change is known as the 1915(b)/(c) Medicaid Waiver. The goal of this change was to make sure that people who need help are able to easily get high quality services. Eastpointe has been identified as a 1915(b)/(c) Medicaid Waiver site and provides the following benefits to the people it serves:

- Telephone contact 7 days a week, 24 hours per day
- Emergency referrals 24/7 within one hour
- Emergency care within 2 hours and urgent care within 48 hours
- Routine care within 10 working days
- Must offer all medically necessary services in the benefit plan regardless of whether or not there is a provider in the network for that service
- Qualified staff to evaluate service requested by service providers
- A qualified provider network, with consumer choice between at least

minutes in an urban area

- Written material explaining the benefit plan, how to access services, and consumer rights
- Better communication with access to local decision makers
- Reimbursement rates to incentivize best practices
- Keep funding in the public system and better use of savings
- Adjust existing services to meet changing needs through consumer and family feedback in an annual Consumer Satisfaction Survey

4) Health Insurance

Lack of health insurance was identified by the advisory committee as a significant barrier to healthy lifestyles. According to a survey conducted as part of the 2012 Community Health Assessment, approximately 76% of respondents reported having health insurance coverage, 16% reported not having any health insurance, and 8% stated their health insurance coverage was with a previous job. Approximately 18% of North Carolinians are without health insurance according to the 2011 Small Area Health Insurance Es-

Other findings of the 1,300 survey respondents include:

- 26.04% feel that Columbus County residents lack the funds to pay for health insurance. (2008 statistic: 38%)
- 20.85% feel that Columbus County residents lack the funds to pay for medicine. (2008 statistic: 29%)

F. Chronic Disease Factors

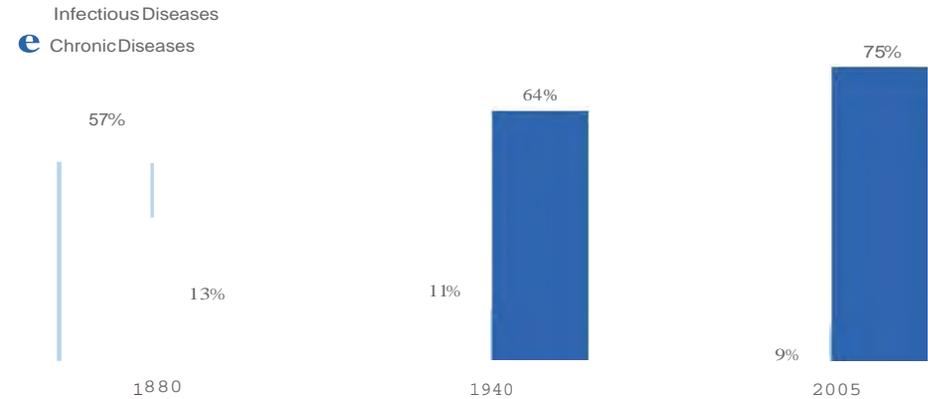
Whereas infectious diseases were the gravest health threats of an earlier era, the largest killers of our time have become chronic diseases such as heart disease and strokes, cancers, and diabetes, for which the leading risk factors are obesity, physical inactivity, poor diets, and smoking (see Figure 3).

Columbus County officials will use this plan to help combat factors in the built environment that may lead to obesity - the second leading preventable cause of disease and death in the United States - and chronic disease. Strategies and policies will relate to active living, healthy eating, and the prevalence of safe physical environments.

Two of the four most common causes of chronic disease include lack of physical activity and poor nutrition. Both causes can be altered by lifestyle changes./

Source: Centers for Disease Control

to serve eastern North Carolina. out the area, available to the resi-



Source: The City of New York Summary of Vital Statistics 2005

Figure 3: Infectious Diseases Versus Chronic Diseases, 1880- 2005

G. Obesity Mechanisms

Obesity results from a positive caloric balance, meaning that the intake of calories is greater than caloric expenditure. Nutrition plays a direct role in determining caloric balance because it is the sole variable when accounting for caloric intake. Caloric output, however, is dependent on three specific variables. These include physical activity, resting metabolism, and the thermogenic effect of food. Thermogenesis occurs when your body raises its core temperature. When your body increases its heat or energy output, your metabolism increases and you

fat cells are used as the main source of energy. Of the three variables, physical activity is the most often altered in order to increase caloric expenditure (7).

In general, obesity tends to be a multi-faceted problem with no one solution to combating its occurrence. However, there are certain segments of the population that are more likely to be obese, as it is more prevalent in the low socioeconomic status (SES) segments of society. Investigations have shown similar results in urban, inner cities (SAHIE).

suburban, and rural communities. In addition, a childhood spent in poor social and economic conditions has been shown to lead to a less healthy adulthood. In both adolescent boys and girls, low SES and parental education levels were related to an unfavorable risk factor profile indicating a need for early intervention in low SES communities.

To identify areas of Columbus County that are considered low in socioeconomic status, GIS analysis was used. Census estimates for educational attainment, employment, and income levels were combined to locate these areas. Concentrations of low SES are shown on Map 7.



Produce from fruit and vegetable stand in Whiteville, NC (Image Source: HCP).

H. Nutritionally Disparate

1) Full Service Grocery Access

You are what you eat – a common statement that rings true for many health practitioners. Increasing access to and encouraging consumption of fresh, healthy foods are important ways to address disease incidence and health care expenditures, particularly in under-served communities throughout Columbus County.

North Carolinians face a number of health challenges related to our food system. One is the incidence of diet-related chronic diseases, including obesity and diabetes, which are associated with consumption of nutrient poor, high-calorie foods. At the

same time, food insecurity is present across the state, which exists when an individual or family lacks adequate or consistent access to the foods necessary to lead an active, healthy lifestyle.

Children's health and wellbeing are connected to diet, nutrition and food security. Access to an ample quantity and variety of fruits and vegetables at school, at home, and in the community is critical. Access is especially important for school-age children, given that poor dietary habits can linger or worsen into the high school years and adulthood.

Programs such as Down East Connect and Feast Down East are actively trying to enhance our knowledge of the local food system while at the same time striving to increase our caloric intake of locally produced fruits and vegetables.

In Columbus County, there are 14 establishments that offer full service grocery items. For the purposes of this assessment, a "full service grocery" is defined as an establishment that is open 7 days a week, offers a variety of fresh fruits and vegetables at a competitive price, and accepts Supplemental Nutrition Assistance Program (SNAP), Electronic Benefits Transfer (EBT), and Benefits for Women, Infants, and Children (WIC).

Full service grocery stores are located primarily in the municipalities throughout the county (see Map 8). Areas shown white on the map are located greater than a ten-minute drive from a full service grocery store.

Map 7: Socioeconomic Status (SES)

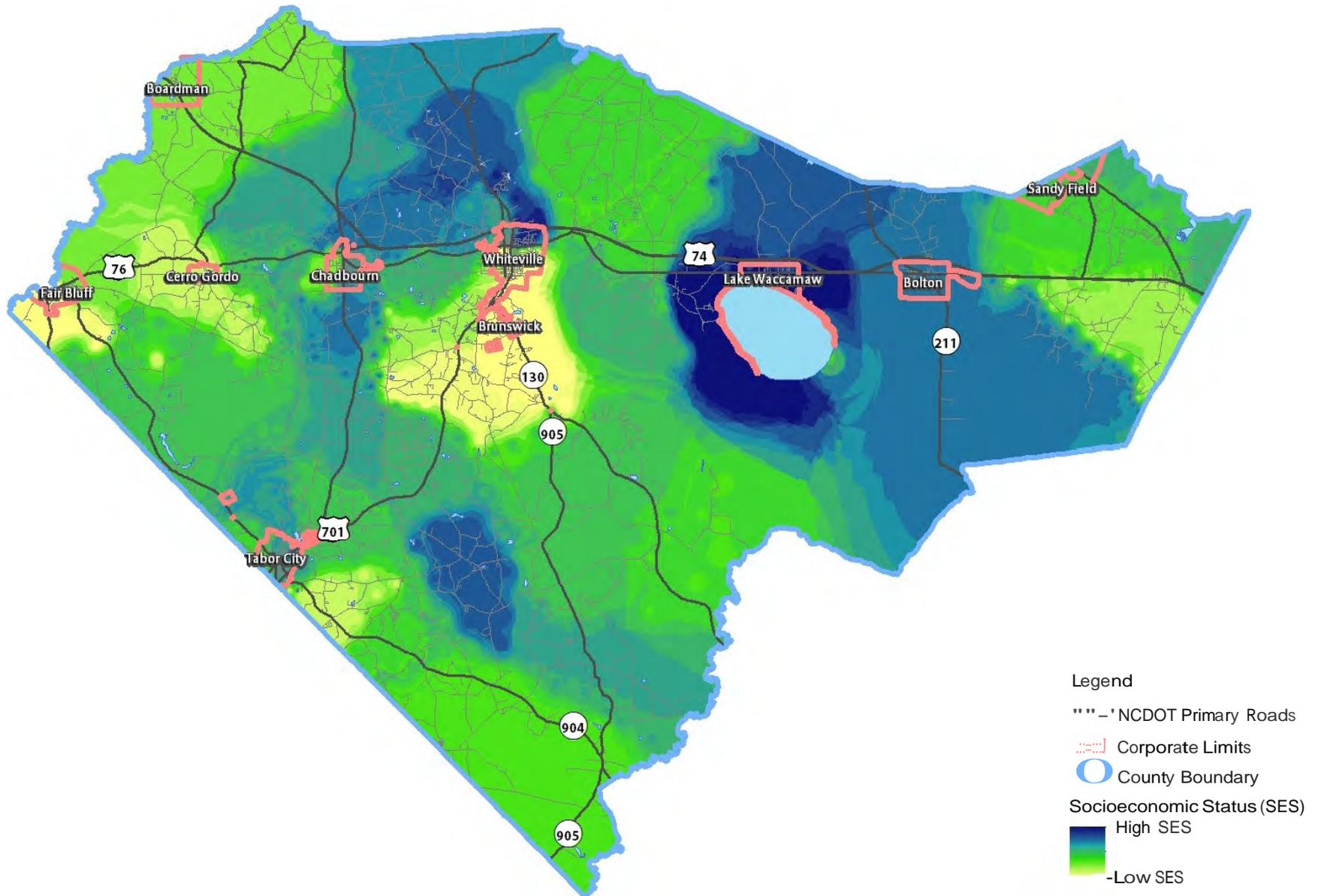


Table 7: Full-Service Grocery Stores, Columbus County, NC

Store	Address	City
Food Lion	80 Whiteville Town Center	Whiteville
Food Lion	809 N Brown St	Chadbourn
Food Lion	1200 S JK Powell Blvd	Whiteville
Food Lion	108 S US 701 Bypass	Tabor City
Piggly Wiggly	872 Conway Rd	Fair Bluff
Piggly Wiggly	121 E Strawberry Blvd	Chadbourn
Piggly Wiggly	200 N Carolina 87	Riegelwood
Walmart Supercenter	200 Columbus Corners Dr	Whiteville
Tabor City IGA	806 E 5th St	Tabor City
Whiteville IGA/KJ's	604 Jefferson St	Whiteville
Hills Food Store	1727 S Madison St	Whiteville
Fowler's Supermarket	13564 Swamp Fox Hwy E	Tabor City
Hills Food Store	126 E Old US Highway 74/76	Lake Waccamaw
Hills Food Store	252 JK-Powell Blvd	Whiteville

2) Quick Service Restaurants

Quick Service Restaurants or Fast Food Restaurants are establishments that are able to provide customers with a quick, consistent meal, with little or no table service. Quite often, these establishments are chain restaurants with many locations in a given region. According to the USDA, fast food accounted for a 325% increase in share of calories in the U.S. diet from 1978 to 2008 (8).

In Columbus County, there are approximately 0.64 Quick Service Restaurants (Fast Food) per 1,000 residents. According to the journal Critical Public Health, there are only 0.0752 Quick Service Restaurants per 1,000 residents in the United States. This figure is significantly lower than that of Columbus County. However, when looking at figures from across southeastern North Carolina, the statistic appears more reasonable. For example, in Brunswick County and Bladen County the figures are 1.13 and 0.34 per 1,000 residents, respectively.

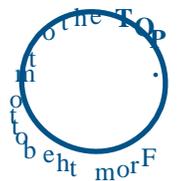
Between 1977-78 and 2005-08, food away from home, particularly fast food, provided an increasing share of calories in the U.S. diet



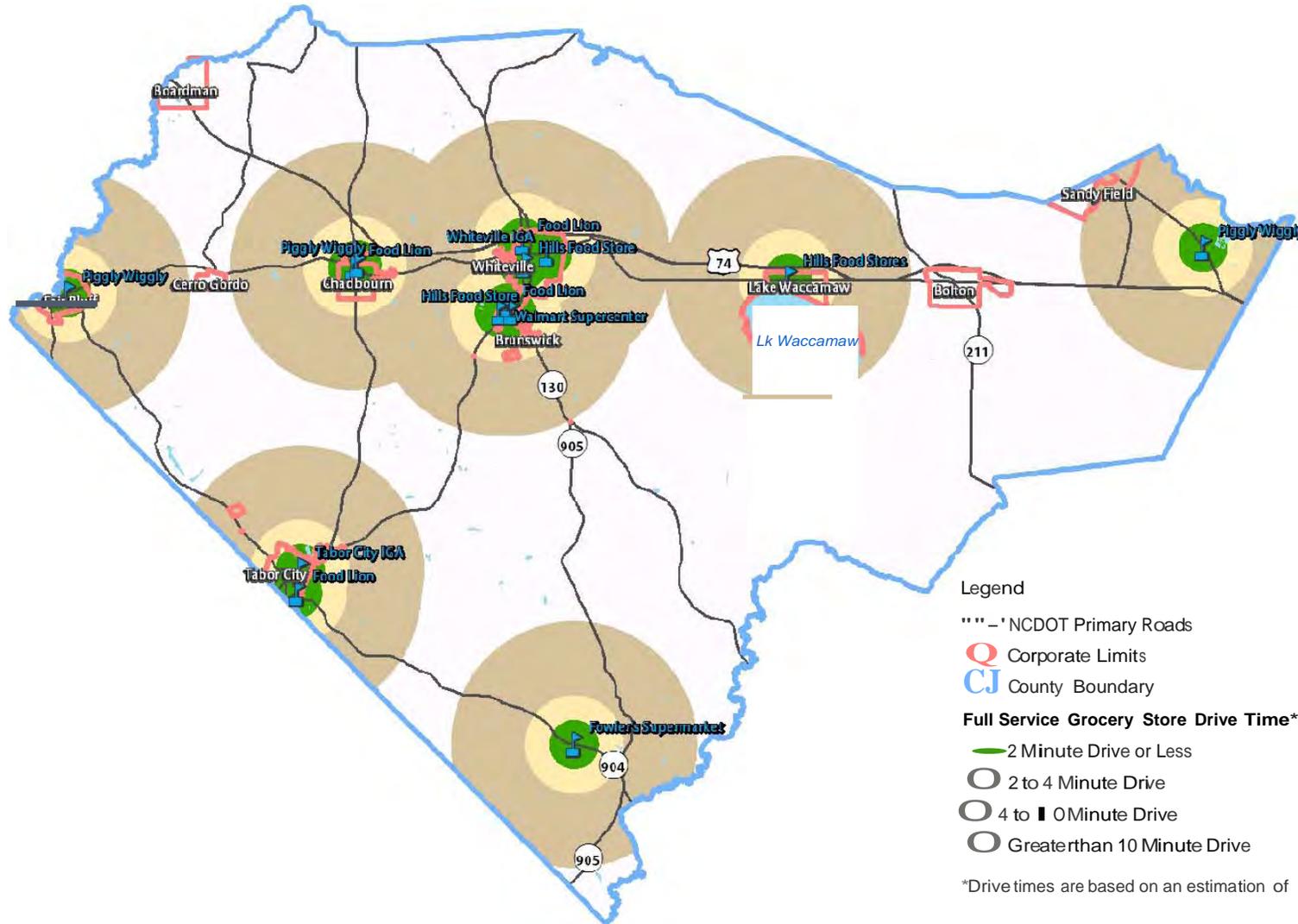
Note: Totals do not sum to 100 due to rounding.

Source: USDA, Economic Research Service analysis using data from the 1977-78 Nationwide Food Consumption Survey and the 2005-08 National Health and Nutrition Examination Survey.

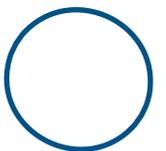
Figure 4: Changes in share of Calories from 1977 to 2008.



Map 8: Full Service Grocery Availability



2 minutes per mile of travel.



Map 9: Quick Service Restaurant Proximity

A recent study in the American Journal of Public Health noted “a significant relationship between the number of fast food restaurants and BMI for within a half-mile, one-mile and two-miles of the home, but only among lower-income study participants” (9). See Map 9 for locations of Quick Service restaurants (fast food) and the proximity to each. The municipalities of Whiteville, Brunswick, Tabor City, Chadbourne, and Lake Waccamaw all have Quick Service restaurants within a two-mile radius.

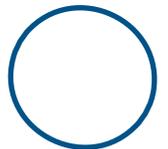
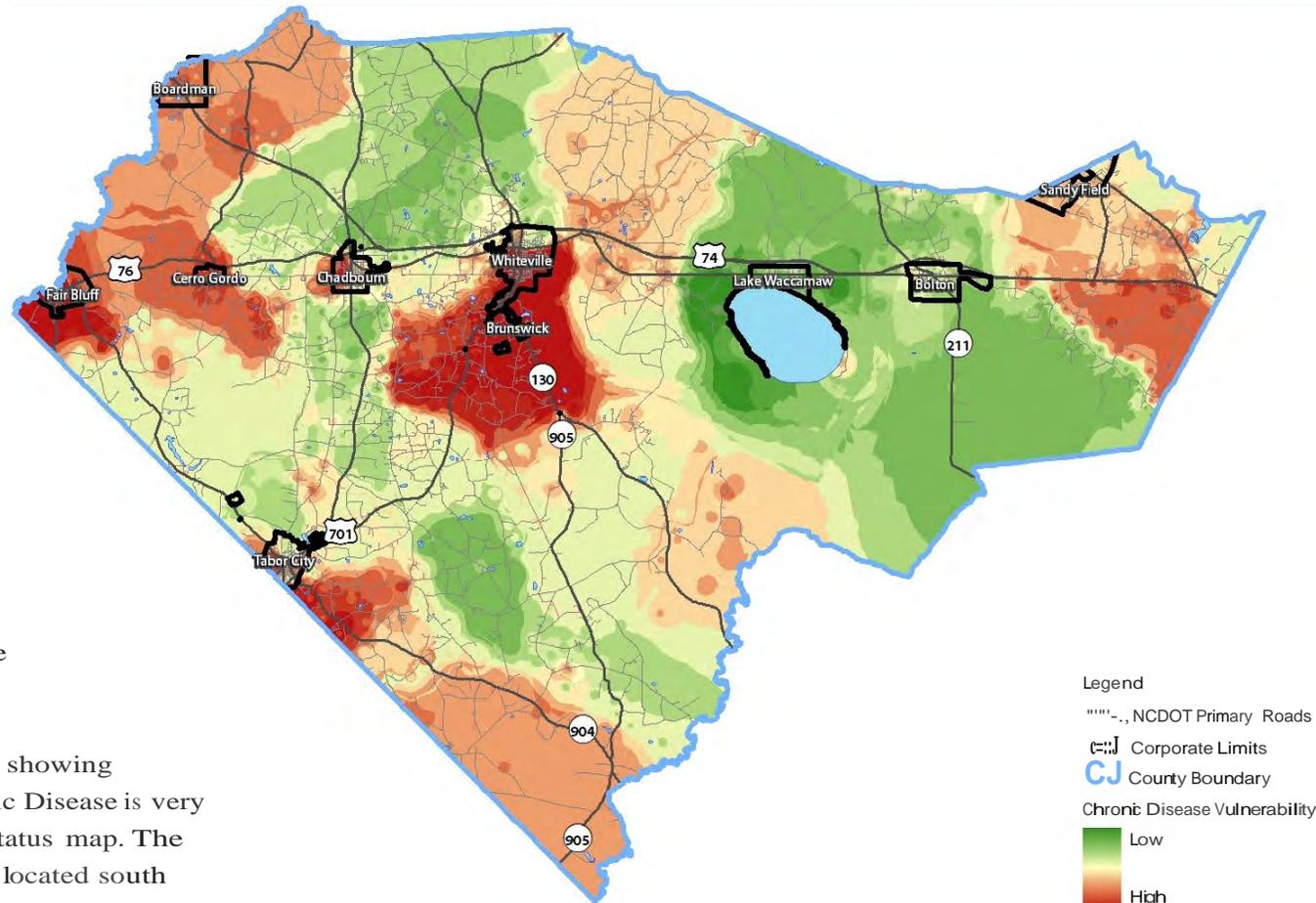


Map 10: Population Vulnerable to Chronic Disease

I. Population Vulnerable to Chronic Disease

In order to prioritize investment, it is important to locate spatially those areas most in need of health and wellness enhancement. To do so, GIS analysis was used to combine socioeconomic status and concentrations of the elderly population.

In general, the composite map showing Population Vulnerable to Chronic Disease is very similar to the Socioeconomic Status map. The most vulnerable populations are located south of Whiteville along NC 130 and south of Fair Bluff and Tabor City.



J. Mobility and Public Health

Mobility is generally defined as the movement of people from place to place. In the last hundred years, travel modes have shifted dramatically. Unfortunately, over the last forty years little emphasis has been placed on the non-motorized forms of movement, often to the detriment of cyclists and pedestrians. In fact, it was not until 1998 that the Federal Highway Administration authored a guidance manual addressing the design of bicycle and pedestrian facilities (10). During that same time, obesity rates for children and adolescents has more than tripled (11).

Table 8: Changes in travel choices 1980 to 2010.

Means of Transportation to Work in the US (1980-2010)	Walking
1980	5.6%
1990	3.9%
2000	2.9%
2010	2.9%

Walking trips have experienced a dramatic decline in recent decades. From 1977 to 1995, the U.S. experienced a 30% decrease in the number of all walking trips. Meeting the recommended daily exercise guidelines can be easily accomplished by such trips.

Yet, research shows that less than 10% of adults meet the recommended thirty minutes of exercise per day (12). The design of roadways and the urban environment may have much to do with the lack of exercise experienced in our daily travels.

Efficient flow and speed of the private vehicle, the primary determinant of vehicular level of service, is often the only component considered in designing a particular roadway (13). As a result, non-motorized travelers face difficulties due to a lack of facilities that provide for their safe and efficient movement.

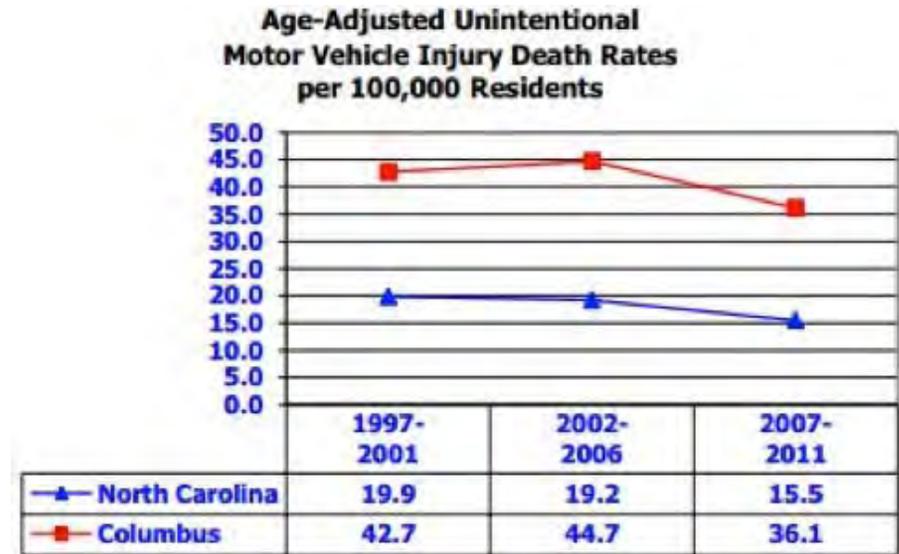


Figure 5: In Columbus County, motor vehicle death rates are 40% higher than the state average.

Motor vehicle deaths are a recurring problem for Columbus County residents. According to the North Carolina State Center for Health Statistics, motor vehicle deaths are approximately 40% higher than the statewide average. Columbus County ranks 96 out of 100 counties in motor vehicle death occurrences. Research has also proven that lengthy vehicular drive times can risk factor for obesity. Individuals that account for the highest number of vehicular miles traveled are much more likely to be obese.

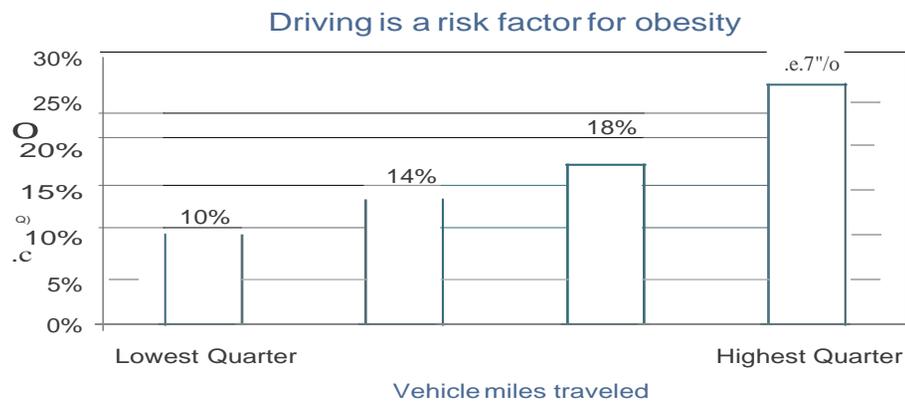


Figure 6: Excessive vehicular travel is a risk factor for obesity.

In the United States, the overwhelming majority of federal transportation funding (close to 80%) is dedicated to highways, yet over three-quarters of the population live in urban areas that do not necessarily need access to highways (14). At present, more emphasis is being placed on roadways that accommodate all modes of travel. Yet, in the United States the dominant mode of travel continues to be the private vehicle.

In 2010, only 1.9% of Columbus County residents listed walking as their primary means of transportation to work. That figure is significantly lower than the nationwide statistic. It is important to note, however, that Columbus County is very rural, decreasing the ability to walk for utilitarian purposes such as to work or to run errands.

Investments in transportation can either discourage or encourage use by non-motorized travelers. Research suggests that providing pedestrian and cyclist infrastructure will increase use and promote physical activity (15).



Buffered sidewalk facility, Whiteville, NC (Image Source: HCP).

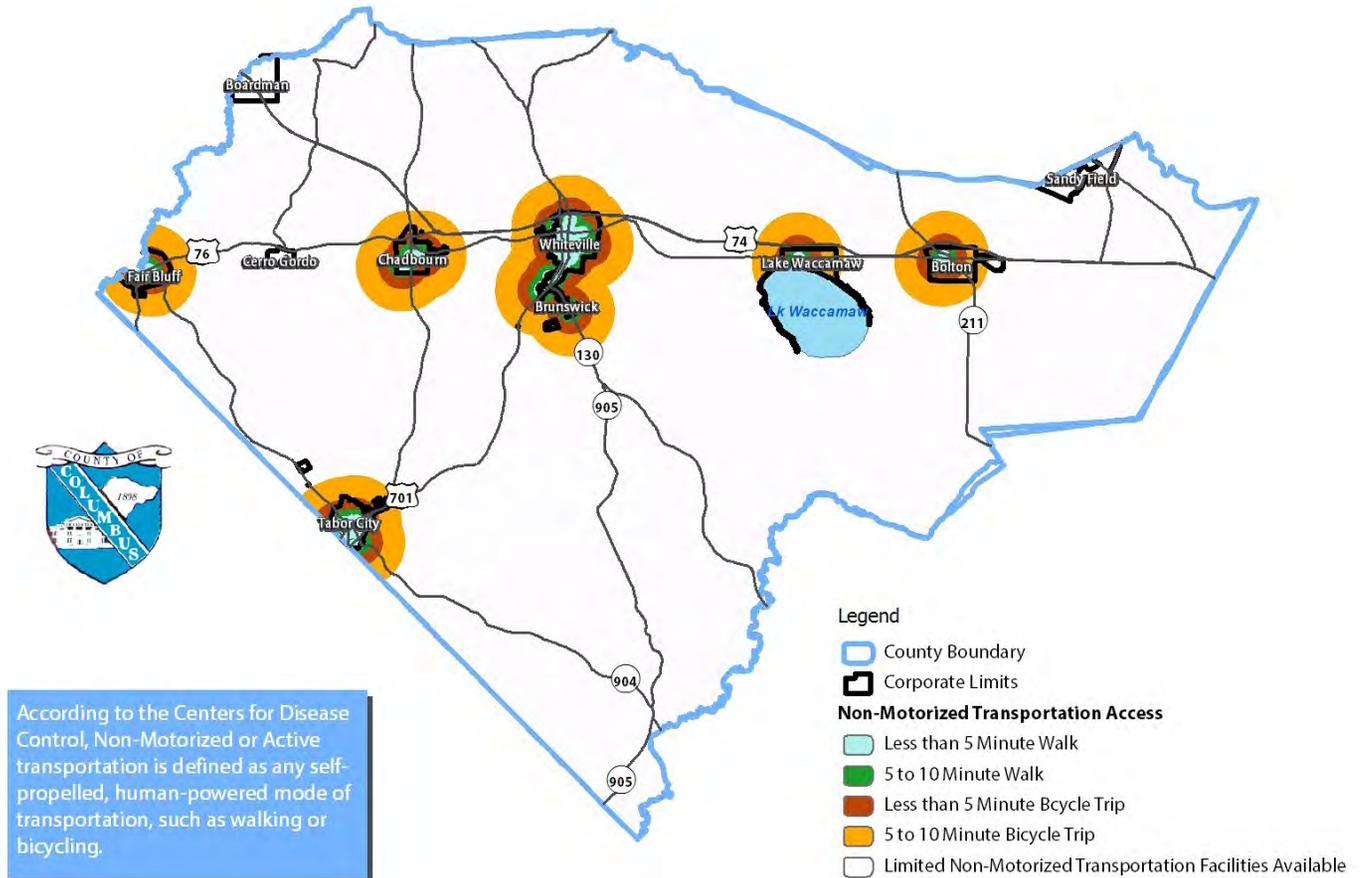
K. Non-Motorized Transportation (Access to Active Transportation)

Non-motorized transportation options include travel modes that require an individual to expend energy to reach his or her destination. Bicycling and walking are the two most common modes recognized as active transport.

In Columbus County, only sidewalks are available to area residents. Currently, there are no dedicated bicycle facilities or off-street multi-use paths available to cyclists. Sidewalk facilities are available in every municipality within the county except for Boardman and Cerro Gordo. Residents located in neighborhoods outside of municipalities have few active travel options (see Map 11).

In rural areas, however, a lack of dedicated facilities may not directly correlate to a lack of activity as significant options exist for unorganized activity in the form of hiking, hunting, or bird watching.

Map 11: Non-Motorized Transportation Access



L. Physical Activity and Recreational Facilities

Studies show one of the most effective ways to offset weight gain is through increased physical activity. Coincidentally, individuals looking to increase physical activity encounter barriers when access to recreational facilities is limited. In particular, parks in Columbus County do not have active transportation connections to other recreation facilities or residential areas.

According to the Centers for Disease Control, the following is a list of items that can be accomplished through increased or regular physical activity:

- Weight Control
- Reduced risk of cardiovascular disease
- Reduced risk of Type 2 diabetes and metabolic syndrome
- Reduced risk of some cancers
- Stronger bones and muscles
- Improved mental health and mood
- Improved ability to do daily activities and prevent falls, for older adults
- Increased chances of living longer

Columbus County residents have many opportunities for active recreation within the county, though as mentioned previously, nearly every facility will require a motor vehicle for access, potentially lessening the amount of physical activity exerted at each facility (see Map 12).

M. Health & Wellness Priority Areas

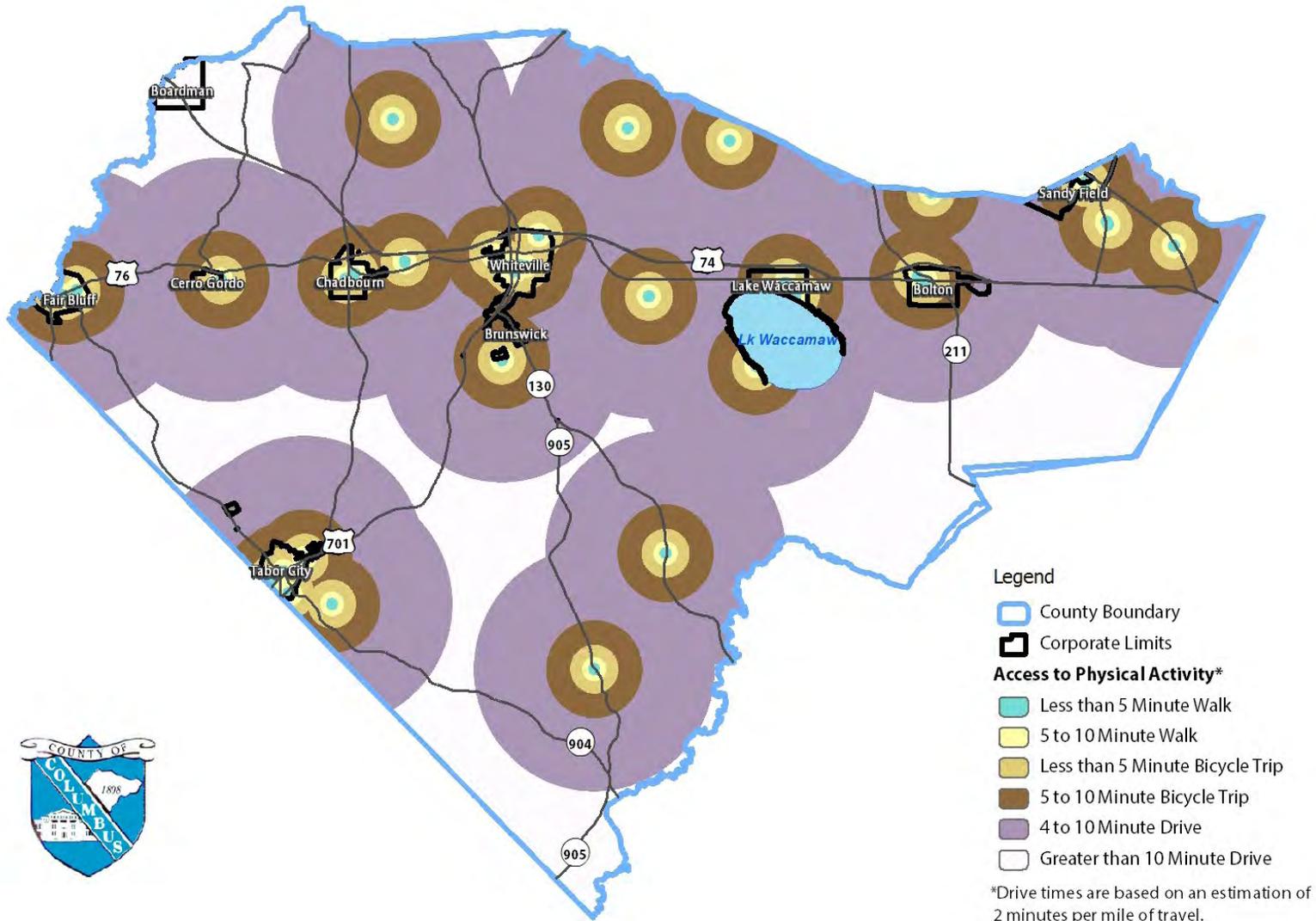
In Columbus County, public health officials should strive to focus their efforts in areas that are most vulnerable to wellness issues. Spatial analysis was used to identify those areas most in need of health and wellness related facilities. High priority wellness investment and enhancement areas are shown in red on the Health and Wellness Priority Area map.

Each of the health factors were ranked based on their impact on health outcomes. The advisory committee was tasked with identifying the most and least important factors impacting health outcomes. Low socioeconomic status was ranked as the most important contributing factor followed by proximity to a health care provider. Average commute to work was ranked as the least important.

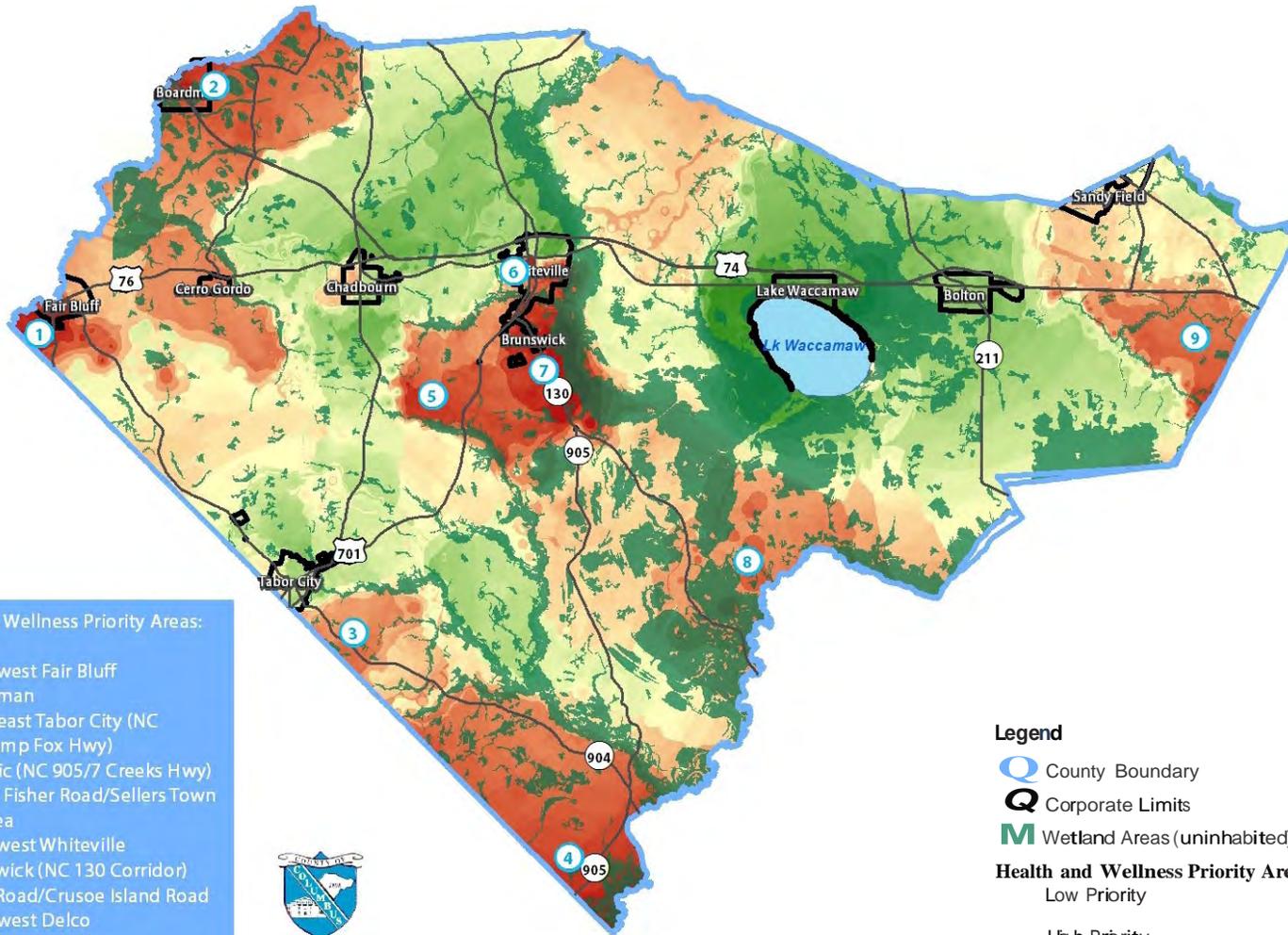
The following factors were combined in a weighted overlay analysis, the result of which is the Health and Wellness Priority Areas (see Map 13):

1. Socioeconomic Status
2. Proximity to a Healthcare Provider
3. Proximity to Parks and Recreation Facilities
4. Proximity to a Full Service Grocery Store
5. Access to Non-Motorized Transportation
6. Concentration of Elderly (65+)
Proximity to a Quick Service Restaurant

Map 12: Physical Activity and Recreation Access



Map 13: Health & Wellness Priority Areas



- Health & Wellness Priority Areas:
1. Southwest Fair Bluff
 2. Boardman
 3. Southeast Tabor City (NC 904/Swamp Fox Hwy)
 4. Olyphic (NC 905/7 Creeks Hwy)
 5. Shade Fisher Road/Sellers Town Road Area
 6. Northwest Whiteville
 7. Brunswick (NC 130 Corridor)
 8. Dock Road/Crusoe Island Road
 9. Southwest Delco

Areas shown as red on the map are considered high priority areas for health and wellness related capital improvements, policy changes, or community supported programming. These areas are, in general, considered to be of a low socioeconomic status and lack access to one or more amenities such as full-service grocery stores, recreational facilities, or healthcare providers.

Wetland areas (shown dark green) tend to be uninhabited. Health and wellness related improvements in these locations are not warranted.

- Legend**
- County Boundary
 - Corporate Limits
 - Wetland Areas (uninhabited)
- Health and Wellness Priority Areas**
- Low Priority
 - High Priority

CHAPTER 4– STRATEGIES

Both initiatives and strategies are provided in this chapter. The county and municipalities are responsible for implementation and may proceed with the initiatives and strategies as each sees fit.

A. Health & Wellness Related Agencies and Initiatives

Columbus County has been ranked the least healthy county in North Carolina since 2009, when the Robert Wood Johnson Foundation and the University of Wisconsin Popula-

tion Health Institute collaborated to launch the County Health Rankings & Roadmaps Program. Using data specific to each county, this program ranks the health of nearly every county in the nation. The Health Rankings illustrate factual data—what is known about what is making people sick or healthy. The Health Roadmaps help counties institute policies and programs to create healthier places to live, learn, work and play.

The Columbus County Health Department worked with the Columbus County Healthy Carolinians Task Force to create a community opinion survey in 2010. To ensure voices for as many Columbus County citizens as possible, the survey was offered throughout the county, accessible online, and on paper. The citizens' responses showed that the top three issues, or the leading causes of death,



in the community were heart disease, cancer, and stroke. The community assessment showed that chronic disease was the biggest health concern.

Since receiving the least healthy county rating, Columbus County officials and residents have worked to improve the health and mindset of its residents through education, programs, and actions. As of 2012, 3,000 residents have taken the opportunity to educate themselves and their families. Many businesses, churches, and other organizations have also taken positive steps to improve the health of their members.

Columbus County has several re-

sources in place to aid in the health and wellness of area residents. Some of the following programs and resources are common across the state, while others are considered innovative approaches to creating a more healthy community. Initiatives are separated into the following categories: Educational, Healthy Eating, and Healthcare Access.

It should be noted that these initiatives may require expenditures of the jurisdiction interested in completing the program or action item.

The Mission Statement of the Columbus County Health Department is to prevent disease, promote health and protect the environment for all citizens, and to continually assess and respond to the health needs of the community as a whole. Public health looks not only at the individual but also the family and community.





Lake Waccamaw, NC (Image Source: HCP).

Educational Initiatives

Education Programs

- Responsible Party: Columbus County/Municipalities/Volunteers
- Description: Educate citizens to help them make better, more informed decisions for their families.
- Action: Provide educational materials via presentations, workshops, classes, mailings, agri-tours, demonstrations, field days, community outreach, etc. Focus on safe, healthy eating, exercise, education.

Free Gardening Newsletters

- Responsible Party: Cooperative Extension
- Description: Newsletters mailed (or emailed) to people who sign up, covering a range of topics related to gardening or other home projects

- Action: Newsletters covering do-it-yourself projects, food and gardening, simple living, health, environment & green energy.

Healthy U Crew

- Responsible Party: Volunteers from Cooperative Extension, Health Department, and/or Healthcare Centers
- Description: Group of people (young and/or old) going into communities or establishments (community centers, YMCA/YWCA, daycares/schools, churches, etc.) to educate people about health and fitness.
- Action: Lunch & Learn - Employers allow presentations during work; Media Campaigns- Advertisements for healthier choices (food & exercise); Life Skills Courses- Students can attend free classes to learn healthful cooking & simple exercises.

Information Stations

- Responsible Party: County/ Cooperative Extension/Volunteers
- Description: Set up stations around the county, areas lacking access to resources (libraries, news stands, schools, businesses, rest area, etc.)
- Action: Make educational information (healthful eating, exercise, growing/ preserving, recipes, etc.) available to public.

Poster /Design Contests

- Responsible Party: Columbus County Farmers' Market
- Description: Poster contest for K-5 grades for "Choose Well, Eat Well"
- Action: Kindergarten thru Fifth Grade students create posters that highlight good nutrition and exercise, and benefits of healthier choices.

Active Living Initiatives

Community Sports Days

- Responsible Party: City/Parks & Recreation
- Description: Community-wide Field Days
- Action: Hold events in different community areas similar to those at school field days: tug-of-war, egg toss, three-legged race, obstacle courses, flag football, relay races, etc.

Eat Smart, Move More

- Responsible Party: Columbus County Health Department
- Description: Simple marketing to help people focus on easy, controllable efforts for health
- Action: Presentations to schools, churches, hospital groups, civic clubs, county offices to promote message. Emphasize healthful eating choices and easy exercise.

Employee Wellness

Programs

- Responsible Party: Columbus County Health Department
- Description: Exercise classes for employees
- Action: Zumba, Tuesdays 5:30pm, Whiteville Rescue Building

Joint Use Agreement for Outdoor Use of School Facilities

- Responsible Party: County/Municipalities
- Description: Allow other organizations to use outdoor facilities for recreation
- Action: Allow interested organizations to use/reserve the outdoor facilities at area schools for recreation and activities.

Park Days

- Responsible Party: City/County Parks & Recreation Department
- Description: Sponsor “Fun Days” at the Park.
- Action: Encourage communities to get out and go to the park. Park can host cook-outs or events sponsored by businesses in area.

Sports Clinics

- Responsible Party: County/Municipalities

- Description: Offer sports clinics for the young and young-at-heart.
- Action: Sports clinics and leagues are usually geared toward children. Make sports clinics available to adult/older citizens as well. Can also offer family sports/activity clinics.

Tourism Focus on Healthy Eating and Activities

- Responsible Party: Discover Columbus County
- Description: Health & Wellness categories on website
- Action: Provide health category on the tourism bureau website to include exercise facilities, healthy dining options, destination/activity farms, farmers market and/or produce outlets, area playgrounds, hiking trails, etc.

Healthy Eating Initiatives

Community Farming

- Responsible Party: Cooperative Extension/County/Municipalities
- Description: Teach citizens how to grow plants inside or on patios/porches
- Action: Farmers or community



Produce from fruit and vegetable stand in Whiteville, NC (Image Source: HCP).

volunteers help individuals start their own “indoor” gardens. Volunteers help educate, provide “starter kits” and/or seedlings.

Farm Fun Days

- Responsible Party: Local Farmers/Cooperative Extension
- Description: Farmers teaching planting/growing techniques specific to Columbus County
- Action: Focus on process and how to plant, grow, and harvest. Pick your own products, feeding farm animals, hayrides, picnics, etc.

Farm to School

- Responsible Party: Cooperative Extension/County/Municipalities/Farmers
- Description: Schools purchase fresh foods from farmers at discount and farmers receive difference from county budget
- Action: Farmers volunteer for program; provide schools with fresh produce for lunches, snacks, at comparable prices with some remuneration from county or funding source.

Gardens - Community

- Responsible Party: Cooperative Extension/County/Municipalities
- Description: Identify land in low-income and/or rural areas that will serve as a space for smaller communities to raise their own produce.
- Action: Cooperative extension and local farmers assist communities in starting and maintaining their own gardens. Volunteers help educate, provide "starter kits."

Gardens - Individual

- Responsible Party: Cooperative Extension/ County/ Municipalities
- Description: Volunteer Program for people who want to learn to plant and maintain a garden for their individual family.
- Action: Cooperative extension and local farmers assist individuals in starting and maintaining their own gardens. Volunteers help educate, provide "starter kits."

Healthy Snack Vending Options

- Responsible Party: County/ Municipalities
- Description: Adopt a policy regarding the types of foods available in vending machines on school property.

- Action: Adopt a policy that states at least 50% of foods in vending machines must meet the following standards: *No more than 35% of calories from total fat (not including nuts or seeds); *No more than **10%** of calories from saturated fat; *Zero trans fat (≤ 0.5 grams per serving); No more than 35% of calories from total sugars (except yogurt with no more than 30 grams of total sugar per 8 oz. portion as packaged); At least 3 grams of dietary fiber per serving in grain products; No more than 200 milligrams of sodium per package; No more than 200 calories per portion as packaged.

Local Food Challenge

- Responsible Party: Individuals or Organizations
- Description: Challenge members to complete a "Hundred Mile Diet:" Eat only foods that can be produced or made locally. Range can vary.
- Action: Pick a range and try to eat only foods that can be grown or made locally. Employers, churches, various organizations can implement.

Mobile Farmers Market

- Responsible Party: Columbus County/ Local Partner



Fruit and vegetable stand in Whiteville, NC (Image Source: HCP).

- Description: Provide access to healthy fruits and vegetables to those rural residents who lack easy access to fresh produce.
- Action: Local produce delivery to rural areas, farmers or local partners can provide access to healthy fruits and vegetables to those rural residents who lack easy access to fresh produce.

Nutritional Food Access (Healthy Food Equipment)

- Responsible Party: Blue Cross Blue Shield of NC
- Description: Provide equipment for faith-based organizations to bring healthier food to members and communities.
- Action: Old Zion Wesleyan Church will help increase access to healthy food via food pantry, community garden, and food preservation.

Show Off Your Garden Contests

- Responsible Party: Cooperative Extension/County
- Description: Participants submit photos & videos of their gardens or harvest to compete with others in the communities.
- Action: Contest can have specific themes: Largest Veggie/Fruit, Smallest Veggie/Fruit, Funniest, Most Variety, Prettiest, etc.

Start Your Own Farm Business Classes

- Responsible Party: Cooperative Extension/County
- Description: How-To Workshops for citizens interested in starting/growing a farming business
- Action: Farmers/volunteers help interested citizens start/grow a homegrown business.



Fruit and vegetable stand in Whiteville, NC (Image Source: HCP).

Healthcare Access Initiatives

Community Health Fairs

- Responsible Party: Health Department and/or Healthcare Centers
- Description: Set up free events throughout community for simple health checks (Body Mass Index, blood pressure, glucose, bone density, etc.)
- Action: Screening events set up around the community to offer health screenings & counseling/advice to those who request more information.

Healthy Community Workshops or Health Counseling

- Responsible Party: County Health

Department

- Description: Set up workshops for communities with individuals in healthcare or nutrition field.
- Action: Question & Answer Sessions, One-on-One Counseling, E-mail or Hot-Line Advice, etc.

Home Visitation Program for Low-Income Mothers (Ongoing)

- Responsible Party: NC Dept of Health & Human Services
- Description: Funding to implement Maternal, Infant, and Early Childhood Development Home Visiting (MIECHV) Program
- Action: Columbus County Health

Department to hire four additional registered nurses for program; improve maternal & child health, decrease pre-term labor, increase

school completion & job readiness, healthy practices.

B. Health and Wellness Implementing Strategies

In general, health and wellness involves multiple interrelated subcategories including: General Health and Wellness, Active Living, and Healthy Eating. As such, each implementing strategy is categorized into one of those subcategories. The strategies are authored to improve health outcomes through changes to the built environment and community supported programming. Each strategy coincides with one or more of the eight health and wellness priority areas (see Map 12 on page 3-19 for more information). It should also be noted that costs may be associated with each strategy and responsibility for implementation belongs to each jurisdiction within the county.



Implementing Strategies: General Health and Wellness

1.1 The Columbus County Planning Department, City of Whiteville, and other municipal or county departments should work closely with the County Public Health Department to coordinate the prevention of poor health issues outlined in the 2012 Community Health Assessment. Neighborhood Implementation should be guided by the eight Health and Wellness Priority Areas.

Health and Wellness Priority Area(s): All

1.2 In general, Columbus County municipalities should revise ordinances to:

- Control the density and prevalence of tobacco/alcohol retailers and fast food restaurants in close proximity to schools;
- Offer incentives to developers who include grocery stores or fresh food markets in new development; and
- Make farmers' markets and urban agriculture a permitted use in specific zones.



Fresh produce from fruit and vegetable stand in Whiteville, NC (Image Source: HCP).

Health and Wellness Priority Area(s): All

1.3 Columbus County and municipalities should support wellness initiatives via bicycle rallies, marathons, fishing tournaments, etc., that provide the county a link with regional and private resources.

Health and Wellness Priority Area(s): All

1.4 The Columbus County Emergency Services Department and should work with local religious groups to provide emergency support systems for large scale or traumatic events.

Health and Wellness Priority Area(s): All

1.6 The Columbus County Health Department should ensure that the results of the health and wellness analysis outlined in this plan are incorporated into the county's next Community Health Assessment update.

Health and Wellness Priority Area(s): All

1.7 The Columbus County Health Department and Columbus County Planning Department should take steps to create an Active Living & Healthy Eating working group that will continue to champion the Health and Wellness-related implementing strategies included in this plan.

Health and Wellness Priority Area(s): All

Implementing Strategies: Active living

1.8 The County Health Department in collaboration with municipal jurisdictions to increase access to active recreation facilities and programs to residents. These efforts will specifically target youth-aged and elderly populations. The County in conjunction with the Columbus County/Whiteville School System will undertake the implementation of this strategy through the establishment of joint use agreements.
Health and Wellness Priority Area(s): 2, 5, 7, 9

1.9 The Columbus County Planning Department should take steps



to ensure, to the maximum practicable, that all county buildings and facilities are handicap accessible and will work to provide recreation options specifically targeting persons within the community with disabilities.

Health and Wellness Priority Area(s): All

I.10 In order to promote alternative means of transportation, the County Health Department may partner with Columbus County Planning Department and City of Whiteville to engage in the following:

- Conduct clinics to teach safe cycling to school age children.
- Strategically place signs and

provide maps outlining existing and proposed pedestrian and bicycle routes.

Health and Wellness Priority Area(s): 5, 6, 7

Implementing Strategies: Healthy Eating

I.11 The Columbus County Planning Department, City of Whiteville, and other municipal/county departments should consider expanding working efforts with the Columbus County Extension Office and the Columbus County Public Health Department to achieve the following:

- Increase the opportunities for citizens to purchase and grow healthy foods.

- Support new opportunities for distribution of locally and regionally produced foods.
- Work to address disparities in access to healthy foods in inadequately served populations and neighborhoods.
- Support increased recovery of surplus edible food from businesses and institutions for distribution to food banks and meal programs.
- Work on increasing the availability of fresh fruits, vegetables, dairy and meat to the food support system including food banks and meal programs.

Health and Wellness Priority Area(s): All

I.12 The County should promote the Voluntary Agricultural District Program through marketing efforts. The applicable governing boards should set a threshold of acreage or numbers of farms to be added to the program each year.

Health and Wellness Priority Area(s): 4, 5, 8, 9

I.13 The County and City of Whiteville should continue to support the Columbus County Farmers' Market. Additionally, the Columbus County Cooperative Extension office will look for opportunities to expand upon the Farmers' Market operations. This task will include establishing farmers' markets aimed at serving areas of the County with few options for fresh fruits & vegetables.

Health and Wellness Priority Area(s): 2, 3, 4, 5, 8, 9



Whiteville, NC (Image Source: HCP).

I. 14 The County should support efforts to improve access to local produce and value-added agricultural products. This effort will serve as an economic development tool for improving access to healthy eating options for underserved populations, as identified in this plan.

Health and Wellness Priority Area(s): All

1.15 The Columbus County Planning Department and City of Whiteville Planning Department should work in conjunction with the Columbus Health Department and the Columbus County Cooperative Extension office to establish a promotional campaign focused on increasing the availability of fresh fruits and vegetables at corner/country store locations.

Health and Wellness Priority Area(s): 1, 5,6, 7

1.16 The Columbus County Health Department should take steps to ensure that all food waste stemming from grocery and retail outlets is disseminated to non-profit entities that provide outreach for the county's needy populations.

Health and Wellness Priority Area(s): All

1.17 The City of Whiteville may consider the establishment of zoning overlay districts, which may modify the regulations of the underlying land use zone categories that guide the development of FRESH food stores to promote and protect public health, safety, and general welfare. These general goals include, among others, the following purposes:

- Encourage a healthy lifestyle by facilitating the development of FRESH food stores that sell a healthy selection of food products.

- Provide greater incentives for FRESH food stores to locate in neighborhoods under-served by such establishments.
- Encourage FRESH food stores to locate in locations that are easily accessible to nearby residents.

A "FRESH food store" is a food store, where at least 6,000 square feet of floor area, or storage space is utilized for retailing the sale of a general line of food and non-food grocery products, such as dairy, canned and frozen foods, fresh fruits and vegetables, fresh and prepared meats, fish and poultry, intended for home preparation, consumption, and utilization. Such retail space utilized for the sale of a general line of food and non-food grocery products shall be distributed as follows:

- At least 3,000 square feet or 50% of such retail space, whichever

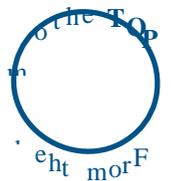
is greater, shall be utilized for the sale of a general line of food products intended for home preparation, consumption, and utilization; and

- At least 2,000 square feet or 30% of such retail space, whichever is greater, shall be utilized for the sale of perishable goods that shall include dairy, fresh produce, frozen foods, and fresh meats.

Health and Wellness Priority Area: 6

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Columbus County Comprehensive Plan
Health and Wellness Element
Advisory Meeting
07/7/13

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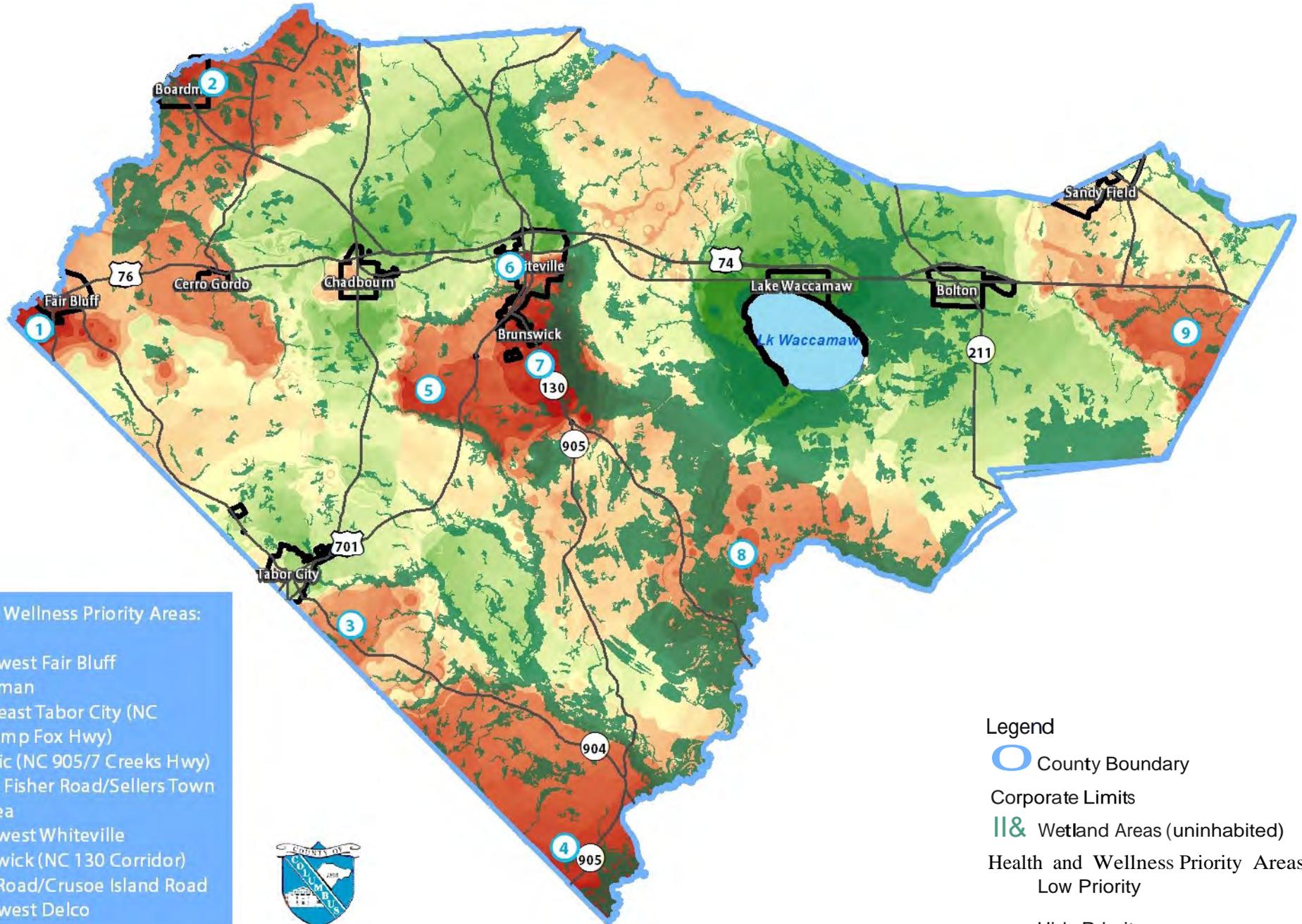
not present today:

randy.barrington@carelcf.org

Pat Johnson

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Health & Wellness Priority Areas



- Health & Wellness Priority Areas:
1. Southwest Fair Bluff
 2. Boardman
 3. Southeast Tabor City (NC 904/Swamp Fox Hwy)
 4. Olyphic (NC 905/7 Creeks Hwy)
 5. Shade Fisher Road/Sellers Town Road Area
 6. Northwest Whiteville
 7. Brunswick (NC 130 Corridor)
 8. Dock Road/Crusoe Island Road
 9. Southwest Delco



- Legend
- County Boundary
 - Corporate Limits
 - Wetland Areas (uninhabited)
 - Health and Wellness Priority Areas
 - Low Priority
 - High Priority

Park	Restrooms	Bicycle Trail	Walking Trail	Basketball	Playground	Soccer	Baseball/Softball	Volleyball	Tennis	Mini Golf	Splash Zone	Concessions	Community	Picnic Area	Map
Bolton Park 175 Old 211 St. Bolton					●		●								
Buckhead Community Park Waccamaw Siouan Development 7272 Old Lake Rd. Bolton				●	●		●					●		●	
Cerro Gordo Athletic Fields 404 Railroad St. East, Cerro Gordo							●					●			
Homer Thomas Park Chadbourn															
Our Park Playground 1st Ave. East, Chadbourn					●										
Etra & Gertrude Spaulding Park 219 Farmer's Union Rd., Clarkton				●	●		●							●	
Carver Community Center 213 Carver Circle, Fair Bluff															
Progressive Women's Park 135 Rogers St., Fair Bluff				●	●								●		
Riverwalk Park 146 Riverside Dr., Fair Bluff															
Bogue Community Park Jockey Rd. & Red Bug Rd., Hallsboro				●	●		●							●	
Council Field Pecan Lane, Lake Waccamaw							●								
Elizabeth Brinkley Park 100 Columbia Ave., Lake Waccamaw	●				●	●	●		●			●			



COMMUNITY RESOURCE GUIDE



This publication was funded in part by The Duke Endowment Program for the Rural Carolinas grant.

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Columbus County Overview

Columbus County is quietly progressive in both industry and farming. It is a county on the verge of substantial growth. Business is attracted to the lower taxes and the willingness of economic leaders to make things happen. Also, its proximity to the coast, with the county seat, Whiteville, equidistant to both Myrtle Beach, S.C. and Wilmington, N.C. makes it ideal for retirees who still want to be part of a tightly-knit community while being only 30 minutes from some of the finest golfing and recreational opportunities in the world. Tabor City, the county's second largest town, is 20 minutes from Myrtle Beach's Grand Strand.

Within the county, tree-lined, scenic rivers that are largely undeveloped, offer remarkable beauty and solitude. Lake Waccamaw, the largest natural lake in the state, is pristine and feeds into the wild expanses of the great Green Swamp, which is home to a large number of bear, deer, and exotic plants. Fishing is popular in Lake Waccamaw, known for its white perch that gather in large schools in the summertime.

Medical care is excellent. The county has a 166-bed hospital that offers a wide array of diagnostic and cardiac services in conjunction with Duke University Medical Center. Industrialists will find two accommodating industrial parks - Tabor City Industrial Park and Southeast Regional Park, which boasts all amenities including water and sewer, natural gas, rail, and an on-site community college for training.

Access to the state port in Wilmington, Interstates I-95, and I-40 are available within one hour's drive. A new interstate highway, I-73 traveling from Detroit to Charleston, is scheduled to run through Columbus County.

One of Columbus County's greatest assets is Southeastern Community College, the impetus for much of the county's progressiveness. It has highly-acclaimed nursing, computer and forestry programs, and annually sends scores of students on to North Carolina's renowned public and private colleges and universities. Southeastern also organizes many of the cultural opportunities for both students and the community as a whole, featuring internationally renowned celebrities including Julie Andrews and Pat Conroy, as well as concerts, art shows, and performances. The college provides a variety of customized training for local industry.

In short, Columbus County is the summation of everything good about the South—a temperate climate, untouched natural resources, progressiveness, and reasonable taxes and land prices; yet most of all, Columbus County offers a real sense of community comprised of friendly, hard-working people who genuinely believe this is the best place to live.

Adapted from Southeastern North Carolina Economic Development Information.

Columbus County Community Resource Guide

This community resource guide was originally envisioned, compiled, published and distributed by the Ladder to Success program, a comprehensive Welfare-to-Work Program of Southeastern Community College. Ladder to Success provided job training and placement opportunities to 651 participants from September 1998 to September 2003. A special “thank you” goes to the Ladder to Success staff members for their hard work and dedication in compiling this guide.

The current edition of the resource guide is made available through the Discover Columbus project, a part of The Program for the Rural Carolinas, funded by The Duke Endowment.



August 2008

Child Care



*The following is a list of child care providers and support services
in Columbus County.*

Columbus County Child Care Providers

Bolton

Beverly's Day Care

17125 Sam Potts Highway
Bolton, North Carolina 28423
(910) 655-4653
Hours: 6:30 a.m. – 5:30 p.m.

Waccamaw Siouan Day Care

7263 Old Lake Road
Bolton, North Carolina 28423
(910) 655-4358
Ages: 6 Weeks – 5 Years
Hours: 6 a.m. – 6 p.m.

Cerro Gordo

Little Blessings Preschool

257 Church St.
Cerro Gordo, NC 28430
(910) 654-3119

Precious Minds Child Care, Inc.

123 Haynes Lennon Highway
Cerro Gordo, NC 28430
(910) 654-3900

Chadbourn

Building Blocks Day Care

117 West 5th Avenue
Chadbourn, North Carolina 28431
(910) 654-3980
Hours: 6:30 a.m. – 5:30 p.m. Monday through
Thursday & 6:30 a.m. – 4:30 p.m. on Friday

Chubby Cheeks Home Day Care

320 J. D. Cartrette Road
Chadbourn, North Carolina 28431
(910) 653-5089
24-Hour care available M-F.

Edu-Care Preschool Center # 102

P.O. Box 394
5589 Chadbourn Highway
Chadbourn, North Carolina 28431
(910) 654-4810

Kid Kare Educational Center

P.O. Box 764
4881 Chadbourn Highway
Chadbourn, North Carolina 28431
(910) 654-5278
Hours: 6:30 a.m. – 6 p.m. M-F

Mary Kelly Home Day Care

129 Kelly Street
Chadbourn, North Carolina 28431
(910) 654-4520
Ages: 6 Weeks – 12 Years
Hours: 6:30 a.m. – 6 p.m.

Sugar-Berry Day Care Home

1855 Shade Fisher Rd.
Chadbourn, NC 28431
(910) 342-6819

Clarendon

Sweet as Home Preschool

3111 Walter Todd Road
Clarendon, North Carolina 28432
(910) 653-5742
Ages: 0-12
Hours: 6:30 a.m. – 6 p.m.

Delco

Faith Christian Academy (half-day pre-school)

26998 East Andrew Jackson Highway
Delco, North Carolina 28436
(910) 655-2432

Hallsboro

Faye's Family Child Care Home

4393 Honey Hill Road
Hallsboro, North Carolina 28442
(910) 646-4592
Ages: 6 Weeks – 12 Years
Hours: 7 a.m. – 6 p.m.

Lake Waccamaw

Cynthia's Home Day Care

2429 Old Northeast Road
Lake Waccamaw, North Carolina 28450

(910) 646-2019

Hours: 1st, 2nd & 3rd shifts and weekends available.

Von's Family Day Care

P.O. Box 333
10782 Sam Potts Highway
Lake Waccamaw, North Carolina 28450

(910) 646-3724

Hours: 6 a.m. - 6 p.m. M-F

Riegelwood

Bright Stars Child Care

947 Pineland Rd.
Riegelwood, North Carolina 28456

(910) 655-4329

Jan's TLC Home Day Care

13794 Old Lake Road
Riegelwood, North Carolina 28456

(910) 655-1555

Ages: 6 Weeks – 12 Years

Hours: 1st, 2nd and 3rd Shifts

Ransom Head Start Center

2694 General Howe Highway
Riegelwood, North Carolina 28456

(910) 655-4025

Sonya Marvin's Home Day Care

311 Pineland Road
Riegelwood, North Carolina 28456

(910) 655-2438

Ages: 6 Weeks – 12 Years

Hours: 7 a.m. – 5 p.m.

Teresa's Nursery & Child Care Center

11201 Old Lake Rd.
Riegelwood, North Carolina 28456

(910) 655-2635

Ages: 6 Weeks – 12 Years

Hours: 6 a.m. – 5:30 p.m.

Terry's Angelic Day Care

805 Sandhole Rd.
Riegelwood, North Carolina 28456

(910) 655-3861

Tabor City

Daisy's Good Beginnings

95 Vereen Ave.
Tabor City, North Carolina 28463

(910) 653-7215

Debbie's Day Care

8405 Swamp Fox Highway East
Tabor City, North Carolina 28463

(910) 653-3027 – Office

Faulk Kidland

1545 Sandy Plains Church Road
Tabor City, North Carolina 28463

(910) 653-2584

Ages: 6 Weeks – 12 Years

Hours: 7:30 a.m. – 5 p.m.

Frances Day Care

105 Mills Drive
Tabor City, North Carolina 28463

(910) 653-3758

Ages: 6 Weeks – 12 Years

Hours: 6 a.m. – 5:30 p.m.

Happy Kids Day Care

1400 East 5th St.
Tabor City, North Carolina 28463

(910) 653-4851

Ages: 6 Weeks – 12 Years

Hours: 6:30 a.m. – 5:30 p.m.

Little Rug Rats Day Care

13977 East Swamp Fox Highway
Tabor City, North Carolina 28463

(910) 653-6304

Ages: 6 Weeks – 12 Years

Hours: 6 a.m. – 6 p.m.

Love-My-Kids

1856 Shug Norris Rd.
Tabor City, North Carolina 28463

(910) 653-2326

Ruth's Little Wand Home Day Care
P.O. Box 833
914 West 6th Street
Tabor City, North Carolina 28463
(910) 653-9188
Hours: 7 a.m. – 5 p.m.

Tabor City Baptist Church Day Care
200 Live Oak Street
Tabor City, North Carolina 28463
(910) 653-3261
Ages: 6 Weeks – 12 Years
Hours: 6:30 a.m. – 5:30 p.m. M-F

Tabor City Head Start
205 Old Stake Road
Tabor City, North Carolina 28463
(910) 653-5403

Tandie's Tots
6083 Swamp Fox Highway West
Tabor City, North Carolina 28463
(910) 653-3775

Tiny Hands
102 Sykes St.
Tabor City, North Carolina 28463
(910) 653-5264

Whiteville

Alice's Day Care
3339 Midway Dr.
Whiteville, North Carolina 28472
(910) 642-7112

Ann's Day Care
2656 Smyrna Road
Whiteville, North Carolina 28472
(910) 642-6937
Hours: 7:30 a.m. – 5:30 p.m.

Best Home Day Care
230 Crepe Myrtle Lane
Whiteville, North Carolina 28472
(910) 640-3781
Ages: 6 Weeks – 12 Years
Hours: 6 a.m. – 6 p.m.

Edu-Care Preschool Center # 101
10741 James B. White Highway S.
Whiteville, North Carolina 28472
(910) 653-5506
Ages: 6 Weeks – 12 Years
Hours: 6:15 a.m. – 6:30 p.m.

Hickory Hill Child Care Center, Inc.
P.O. Box 546
1779 New Britton Road
Whiteville, North Carolina 28472
(910) 642-5319
Ages: 6 Weeks – 12 Years
Hours: 6:30 a.m. – 6 p.m.

Kaleidoscope Kidz
1830 Prison Camp Road
Whiteville, North Carolina 28472
(910) 640-2544
Ages: 6 Weeks – 12 Years
Hours: 6 a.m. – 6 p.m.

Kid Kare Academy
P.O. Box 1256
99 A. O. Inman Lane
Whiteville, North Carolina 28472
(910) 640-3818
Ages: 6 Weeks – 12 Years
Hours: 6:30 a.m. – 6 p.m.

Kuddles Home Day Care
466 Spring Hill Dr.
Whiteville, North Carolina 28472
(910) 642-5894

Lisa's Home Day Care
2711 Peacock Road
Whiteville, North Carolina 28472
(910) 642-4828
Ages: 6 Weeks – 12 Years
Hours: 7:30 a.m. – 11:30 p.m.

Miss Margie's Home Day Care
504 West Williamson Street
Whiteville, North Carolina 28472
(910) 642-3243

Mt. Olive Head Start
5465 Silver Spoon Road
Whiteville, North Carolina 28472
(910) 648-4860

Ninos Migrant Head Start
84 A.O. Inman Lane
Whiteville, North Carolina 28472
(910) 642-3861

Noah's Ark Home Day Care
206 Sellerstown Road
Whiteville, North Carolina 28472
(910) 642-4336 – Business
Hours: 7:30 a.m. – 5:30 p.m.

Opening Doors Preschool
201 South Lee Street
Whiteville, North Carolina 28472
(910) 642-2460
Ages: 6 Weeks – 12 Years
Hours: 6:30 a.m. – 6:30 p.m.

Pam's Home Day Care
2842 Thompson Town Road
Whiteville, North Carolina 28472
(910) 642-6596

Shirley Carr's Home Day Care
833 Pinewood Drive
Whiteville, North Carolina 28472
(910) 642-6130
Ages: 6 Weeks – 12 Years
Hours: 6:30 a.m. – 6 p.m.

**Southeastern Community College
Child Development Center**
P.O. Box 151
4564 Chadbourn Highway
Whiteville, North Carolina 28472
(910) 642-7141, ext. 225
Ages: 2 Years – 5 Years
Call for hours of operation.

Terri's Home Day Care
671 Sellerstown Road
Whiteville, North Carolina 28472
(910) 640-3119

Ages: 6 Weeks – 12 Years
Hours: 7 a.m. – 5:30 p.m.

Trinity Baptist Church Day Care
201 South Thompson Street
Whiteville, North Carolina 28472
(910) 642-7676
Hours: 6:30 a.m. – 6 p.m.

Waccamaw Academy
623 Warrior Trail
Whiteville, North Carolina 28472
(910) 642-7530

Williams Learning Center
1074 Feedmill Rd.
Whiteville, North Carolina
(910) 653-3791

Child Care Resource, Referral & Support Agencies

Columbus County Department of Social Services - Work First Employment Services

P.O. Box 397

40 Government Complex Road
Whiteville, North Carolina 28472

www.coulumbusco.org/main/dss

(910) 641-3187

(910) 641-3970 – FAX

(919) 733-4622 – Children Services

(800) 992-9457 – Child Support

(919) 733-7831 – Child Welfare

www.coulumbusco.org/main/dss

Description of Services: This agency offers job placement assistance and employment-related transportation to TANF recipients.

Columbus County JobLink Career Center

Southeastern Community College

P.O. Box 151

Whiteville, North Carolina 28472

(910) 642-7141, ext. 261

(910) 642-5658 – FAX

Description of Services: JobLink Career Centers are user-friendly facilities that provide job seekers, training seekers and businesses access to a variety of employment and training services all under one roof. Services include resume preparation, interview practice, career and personal assessment, employment readiness preparation, short-term skills training, job placement and follow-up, transportation assistance, child care assistance, Workforce Investment Act (WIA) for adults, youth, and dislocated workers, and services for displaced homemakers.

The *Displaced Homemaker Program* is a component of the Columbus County JobLink Career Center located at Southeastern Community College. This component enhances services and coordination with a variety of community and educational resources. The program includes the following services: strong outreach, personal counseling, job development and placement, workshops, skills training programs, direct support services, advocacy, follow-up, client tracking and financial aid.

“Smart Start”

109 W. Main St.

Whiteville, North Carolina 28472

(910) 642-8226

(800) 367-2229 – Toll Free

columbusmartstart.org

E-Mail: columbusmartstart@ncez.net

Day Care Licensure

North Carolina

Division of Child Development

(800) 859-0829

Four County Community Services, Inc.

Head Start Program

P.O. Box 337

425 North Lee Street

Whiteville, North Carolina 28472

(910) 641-0082

(910) 642-5407 – FAX

(910) 653-5403 – Tabor City

(910) 655-4025 – Ransom

(910) 648-4860 – Mt. Olive

Description of Services: Low-income children and children with special needs are provided the opportunity to begin their education through Head Start. They receive the social, nutritional, health, and educational advantages needed for a successful start in school.

Southeastern Child Care Resource & Referral

132 West Main St.

Whiteville, North Carolina 28472

(910) 642-8189

Description of Services: This agency provides parents with referrals for all types of childcare as well as consumer education material and counseling so that they may make an informed choice. Training and technical assistance are offered to child care providers and new providers are recruited when there is a shortage. Child Care Resource and Referral works with all groups, agencies, and institutions that serve families and children.

Education



The following information offers contacts for special education, preschool, K-12, adult education, and services to help individuals transition from one education level to another.

Flemington Academy/Boys and Girls Homes of North Carolina, Inc.

P.O. Box 127
400 Flemington Drive
Lake Waccamaw, North Carolina 28450

(910) 646-3083

(910) 646-4934 – FAX

www.boysandgirlshomesofnc.com

Hours: 8 a.m. - 5 p.m. Monday through Friday.
After-hours calls are redirected to an automated telephone answering system.

Description of Services: This home for children, located at Lake Waccamaw, North Carolina, provides out-of-home child care for at-risk children and youth ages birth through college age in one or more of three programs of care: residential care, family foster care, or emergency care. The programs of care include educational, social, and spiritual development. Boys and Girls Homes is licensed by the North Carolina Department of Human Resources as a child care agency and is accredited by educational assessment guidelines leading toward excellence.

Carolina Adventist Academy

3710 James B. White Hwy.
Whiteville, North Carolina 28472

(910) 640-0855

Description of services: This private school, which emphasizes Christian education, serves children in grades K-10.

Center for Prevention of School Violence

1801 Mail Service Center
Raleigh, North Carolina 27699-1801

(800) 299-6054

Columbus Christian Academy

115 W. Calhoun St.
Whiteville, North Carolina 28472

(910) 642-6196

Description of services: Columbus Christian Academy strives to assist parents and churches in the task of training young people to reach their fullest potential spiritually, academically, socially, and physically. CCA offers quality education to students in grades K-12.

Columbus County DREAM Center

P.O. Box 1757
403 S. Martin Luther King Jr. Avenue
Whiteville, North Carolina 28472

(910) 642-0633

(910) 642-0712 – FAX

Description of Services: Programs include *A Matter of Life* (prostate cancer awareness, prevention and treatment); *Adolescent Health Education Risk Reduction* (outreach resiliency training for HIV/STD & substance abuse prevention); *Columbus County Family Champions Family Resource Center* (helping families meet needs); *Columbus County IMPACT* (outreach, non-traditional HIV/STD counseling, testing, referrals, as well as substance abuse prevention & counseling); *Columbus County Governor's One-on-One Volunteer Program* (mentoring for at-risk youth); *Community Development* (community empowerment, economic development, and home ownership counseling and training); *Community Technology Center* (computer lab with free Internet access for adults and youth); *Safe Haven After School Tutoring and Summer Enrichment* (Grades 1-8), *Job Readiness and Workforce Development* (training for unemployed and underemployed); *Live The Dream: Say "No" to Alcohol and Drug Abuse* (self-esteem, content of character, non-violence, pursuit of excellence, civic responsibility); *LoLograre* (after school tutoring, English as a Second Language and other services for Latino/Hispanics); *Prayer Changes Things: AIDS Awareness in the Faith Community*, and *Summer Food Services Program* (nutritional snacks and lunches for ages 0-18).

Columbus County JobLink Career Center

Southeastern Community College
P.O. Box 151
Whiteville, North Carolina 28472

(910) 642-7141, ext. 261

(910) 642-5658 – FAX

Description of Services: JobLink Career Centers are user-friendly facilities that provide job seekers, training seekers and businesses

access to a variety of employment and training services all under one roof. Services include resume preparation, interview practice, career and personal assessment, employment readiness preparation, short-term skills training, job placement and follow-up, transportation assistance, child care assistance, Workforce Investment Act (WIA) for adults, youth, and dislocated workers, and services for displaced homemakers. The Displaced Homemaker Program is a component of the Columbus County JobLink Career Center located at Southeastern Community College. This component enhances services and coordination with a variety of community and educational resources. The program includes the following services: strong outreach, personal counseling, job development and placement, workshops, skills training programs, direct support services, advocacy, follow-up, client tracking and financial aid.

Columbus County Literacy Council

P.O. Box 964
201 West Main Street
Whiteville, North Carolina 28472
(910) 642-2442 or (910) 642-4855

Description of Services: Tutor training in the *Laubach Way to Reading* methodology and one-on-one tutoring, based on student needs, are offered.

Columbus County Schools

P.O. Box 729
Whiteville, North Carolina 28472
(910) 642-5168
(910) 640-1010 – FAX

www.columbus.k12.nc.us

Description of Services: The Columbus County School System serves approximately 6,900 students at 18 schools, employing 570 licensed personnel. The system strives to provide a quality education for each student.

Columbus County Schools Exceptional Children's Program

P.O. Box 729
817 Washington St.
Whiteville, North Carolina

(910) 642-5168

(910) 642-1010

Description of Services: This program meets the needs of children with disabilities, as well as children who are academically gifted. Early identification of special needs is accomplished through appropriate screening and assessments. Early intervention and special education are an integral part of the program as are related services. Training and consultation also are provided, as necessary. Exceptional children are served from grades Pre K-12, ages 3-21, by the implementation of an appropriate Individual Education Plan.

Columbus Industries

207 West Walter St.
Whiteville, North Carolina 28472
(910) 642-5827
(910) 642-8578 – Telefax

Description of Services: This agency strives to attain positive, consumer-driven social and behavioral outcomes for persons living with mental illness, developmental disabilities, and substance abuse through ethical, flexible, integrated, and culturally-sensitive services.

Communities In Schools

P.O. Box 1246
Whiteville, North Carolina 28472
(910) 640-1039
(910) 640-1039 – FAX

Description of Services: This program champions the connection of needed community resources with schools and other sites to help young people successfully learn, stay in school, and prepare for life.

Community Leaders And Student Success (CLASS)

Columbus County Services Management, Inc.
805 North Franklin Street
P.O. Box 551
Whiteville, North Carolina 28472
(910) 642-1862

(910) 642-8775 – FAX

Description of Services: This mentoring program provides services to at-risk minority girls ages 9 to 14 in Columbus County middle schools by offering positive role models. Mentors provide support and guidance to youth in an attempt to improve their academic achievement and their interpersonal relationships among peers, teachers, other adults, and family members, to reduce the school dropout rate, and to reduce juvenile delinquency and involvement in gangs. CLASS also recruits females who have an interest in working as mentors.

Education Assistance Authority (NC State)

P.O. Box 14002
RTP, North Carolina 27709
(800) 544-1644

Environmental Education

1609 Mail Service Center
Raleigh, North Carolina 27699-1609
(800) 482-8724

Southeastern Community and Family Services, Inc.

P.O. Box 337
425 South Lee Street
Whiteville, North Carolina 28472
(910) 642-8381
(910) 642-5407 – FAX

Description of Services: Through a community services block grant, this agency works with families to provide job training and employment assistance, educational and social programs, emergency assistance when funds are available, volunteer income tax preparation, USDA food, and transitional housing. Other programs include Head Start and weatherization.

Southeastern Community and Family Center
P.O. Box 337
425 North Lee Street
Whiteville, North Carolina 28472

(910) 641-0082

(910) 642-5407 – FAX

(910) 653-5403 – Tabor City

(910) 655-4025 – Ransom

(910) 648-4860 – Mt. Olive

Description of Services: Low-income children and children with special needs are provided the opportunity to begin their education through Head Start. They receive the social, nutritional, health, and educational advantages needed for a successful start in school.

Girl Scout Council of Coastal Carolina

P.O. Box 1735
Goldsboro, North Carolina 28533-1753
(919) 734-6231
(800) 558-9297 – Toll Free
www.gscoastalnc.org

Governor's One-on-One Program

Department of Juvenile Justice
410 S. Salisbury St.
Raleigh, North Carolina 27699-1801
(919) 733-3388

Job Corps

Odle Management Group, LLC
346 Wagoner Drive, suite 205
Fayetteville, NC 28303
(910) 551-5620
www.jobcorps.com

Description of Services: Job Corps is the nation's largest and oldest residential training program. It provides young adults, 16-24 years old, with free educational and vocational training allowing them to develop into more productive members of America's workforce.

More at Four Pre-Kindergarten
(910) 642-5168

Job Corps Training Sites in NC

Lyndon B. Johnson JCC
Franklin, North Carolina
(828) 524-4446

Kittrell JCC
Kittrell, North Carolina
(252) 438-6161

Oconaluftee JCC
Cherokee, North Carolina
(828) 497-5411

Schenck JCC
Pisgah Forest, North Carolina
(828) 862-6100

Literacy Resource Center
(800) 553-9759

National Center for Fathering
10200 West 75th Street, Suite 267
Shawnee Mission, Kansas 66204
P.O. Box 413888
Kansas City, Missouri 64141
(913) 384-4661
(800) 593-3237 – Toll Free
(913) 384-4665 – FAX
www.fathers.com

Description of Services: The National Center for Fathering inspires men to be better fathers through the use of a variety of resources. These resources include books, tapes, and small-group curricula, which address nearly every fathering situation. A nationwide radio program offers daily tips on fathering. The agency also provides testimony to legislative bodies and serves as a resource for social agencies, the government, the media, and the private sector.

National Guard Company B - 120th Infantry
(910) 642-2986

(910) 642-8499 – Recruiter's Office
(919) 664-6000

North Carolina Community College System
– **Main Office**
(919) 733-7051

North Carolina Department of Public Instruction
301 North Wilmington Street
Raleigh, North Carolina 27601
(919) 807-3300
www.ncpublicschools.org

North Carolina Small Business
& Technology Development Center (SBTDC)
(800) 258-0862

Description of Services: The North Carolina SBTDC helps small business owners and those interested in starting a business plan for the future viability of their businesses.

Southeastern Community College
P.O. Box 151
4564 Chadbourn Highway
Whiteville, North Carolina 28472
(910) 642-7141, ext. 279 (For information)
(910) 642-5658 – FAX
www.sccnc.edu

Founded in 1964, Southeastern Community College is a public, comprehensive community college providing accessible educational, cultural, and social opportunities for area adults. More than 50 occupational and liberal arts curriculum programs are offered by the college. Classes are small, quality is high, and student services, such as counseling and tutoring, help students realize their potential.

SCC provides a wide range of continuing education courses throughout Columbus County, serving more than 7500 adults annually. Through the college, enriching cultural events are brought to the area, and community services are provided for citizens of all ages.



Southeastern Community College

Basic Skills Lab

P.O. Box 151

4564 Chadbourn Highway

Whiteville, North Carolina 28472

(910) 642-7141, ext. 232

(910) 642-5658 – FAX

www.sccnc.edu

Description of Services: In SCC's Basic Skills Program persons 18 years of age or older (sixteen and seventeen years olds may enroll with special permission) may earn a (GED) High School Equivalency Diploma, improve reading, writing, and math skills to help children or grandchildren with schoolwork, learn to read, get one-on-one instruction from caring instructors, and use textbooks that are available in the classroom. Individuals who have already obtained a diploma may enroll to improve their reading, writing and math skills before testing for curriculum placement tests.

The Adult Basic Education program is designed for persons 18 or older who function below the 9th grade level. Students receive individualized instruction in basic math, language, and reading.

The ESL program is designed for adult students whose native language is not English. Instruction focuses on English skills which will enable students to interact effectively in the community and at the workplace.

Satellite Sites are located at Acme Delco Middle, Chadbourn Middle, Evergreen Elementary, Hallsboro Artesia Elementary, Whiteville Central Middle, Whiteville Primary School, Williams Township, Guideway Elementary, and Tabor City Elementary schools; as well as Bolton Senior/Youth Center, Family Champions in Tabor City, Buckhead Tribal Center, Dothan Bristol Creek Church, Hampton Place Apartments, Mt. Olive Head Start, Tabor City East Side Bible Ministries, and Whiteville-Victory in Jesus Ministries Church.

Southeastern Community College

Cooperative Education Program

P.O. Box 151

4564 Chadbourn Highway

Whiteville, North Carolina 28472

(910) 642-7141, ext. 327

(910) 642-5658 – FAX

www.sccnc.edu/coop.htm

Description of Services: This program stresses education based upon a cooperative arrangement between the college and employers to provide practical work experiences for students. Co-Op combines classroom study with employment related to a major and is based on the principle that learning does not confine itself to academic achievement but is equally dependent upon practical work experience.

Southeastern Community College

Dual Enrollment Program

P.O. Box 151

4564 Chadbourn Highway

Whiteville, North Carolina 28472

(910) 642-7141, ext. 265

(910) 642-5658 – FAX

Description of Services: The Dual Enrollment Program allows students to take college courses while they are still in high school. Courses may be taken during the day, at night or through distance learning as long as those courses do not interfere with the students' regular high school courses. High school students enrolled in com-

munity college courses are exempt from paying tuition for these courses; however, fees and book costs are not exempt.

The sole purpose of this program is to provide expanded educational opportunities and additional educational enrichment experiences for high school students. In no way does it supplant the opportunities and experiences available at the high schools.

Credit earned at SCC by qualifying student is entered on a college transcript at Southeastern. College transfer courses may also be transferred to other two- and four-year institutions.

High school students may be concurrently enrolled in courses at SCC subject to the following conditions:

- A dual enrollment student must be at least 16 years old.
- A dual enrollment form must be completed and submitted for each semester the student seeks to qualify for enrollment at SCC. The form must be signed by the student's parent or legal guardian, school counselor, principal, and the admissions officer at SCC. Forms are available at local high schools.

Southeastern Community College Educational Talent Search

P.O. Box 151
4564 Chadbourn Highway
Whiteville, North Carolina 28472

(910) 642-7141, ext. 286

(910) 642-0133

(910) 642-5658 – FAX

www.sccnc.edu/cat195.htm#talent

Description of Services: Educational Talent Search is funded by the United States Department of Education. The purpose of the program is to promote high school graduation and post-secondary enrollment. The counselors work in 12 schools throughout Columbus County and serve 850 students through counseling, workshops, and tutoring. They assist students

in career and college planning and in securing financial aid for educational expenses. They provide educational college tours and cultural enrichment activities.

Although Educational Talent Search serves sixth through twelfth grade students primarily in area schools, the program is also available to assist persons who have dropped out of high school or college and want to re-enter the educational system.

Southeastern Community College Human Resources Development (HRD)

P.O. Box 151
4564 Chadbourn Highway
Whiteville, North Carolina 28472

(910) 642-7141, ext. 261

(910) 642-5658 – FAX

Description of Services: This program helps unemployed adults find employment or resources to secure training and education. Office skills, computer, and in-home aide skills training are just some of the special training classes that are available. Tuition is waived for those who are unemployed, underemployed, or dislocated workers.

Southeastern Community College Upward Bound

P.O. Box 151
4564 Chadbourn Highway
Whiteville, North Carolina 28472

(910) 642-7141, ext. 287

(910) 642-7757

(910) 642-5658 – FAX

www.sccnc.edu/cat195.htm#up

Description of Services: This federally-funded program is designed to develop successful academic skills in high school students working below their potential to help prepare them for college. Summer and academic-year sessions are held for rising 9th -12th grade students who meet federal program requirements.

Tarheel ChalleNGe Academy

P.O. Box 39
Salemberg, North Carolina 28385
(910) 525-5520
(800) 573-9966 – Toll Free

Description of Services: This quasi-military style, 17-month program for at-risk high school dropouts is sponsored by the North Carolina National Guard free of charge to participants. This program provides an opportunity for young adults to obtain GEDs and encourages them to become productive citizens in their communities.

United States Department of Education

400 Maryland Avenue, SW
Washington, DC 20202-0498
(800) 872-5327
www.ed.gov/index.jsp



Whiteville City Schools

P.O. Box 609
Whiteville, North Carolina 28472
(910) 642-4116
(910) 642-0564 – FAX
www.whiteville.k12.nc.us

Description of Services: The Whiteville City School System offers a safe, orderly, and nurturing environment in which students can strive to reach their fullest academic potentials.

Whiteville City Schools

Exceptional Children's Program

2322 James B. White Highway North
Whiteville, North Carolina 28472
(910) 914-4161
(910) 914-4164 – FAX

Description of Services: This program provides screening, assessment, early intervention, child service coordination, occupational therapy, physical therapy, training, consultation, and educational services for students in the Whiteville City Schools district who qualify for special education services ages 3-21.

Workforce Investment Act Program

(800) 662-7131



Employment



The following agencies can assist with employment needs.

Columbus County Department of Social Services - Work First Program

P.O. Box 397
40 Government Complex Road
Whiteville, North Carolina 28472

(910) 641-3187

(910) 641-3970 – FAX

(919) 733-7831 – Raleigh

(919) 733-4622 – Children Services

(800) 992-9457 – Child Support

(919) 733-7831 – Child Welfare

www.coulumbusco.org/main/dss

Description of Services: This agency offers job placement assistance and employment-related transportation to TANF recipients.



Columbus County JobLink Career Center

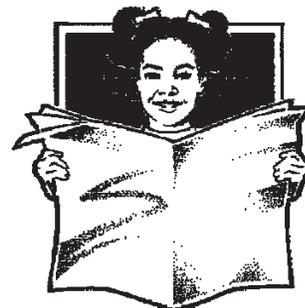
Southeastern Community College
P.O. Box 151
Whiteville, North Carolina 28472

(910) 642-7141, ext. 261

(910) 642-5658 – FAX

Description of Services: JobLink Career Centers are user-friendly facilities that provide job seekers, training seekers and businesses access to a variety of employment and training services all under one roof. Services include resume preparation, interview practice, career and personal assessment, employment readiness preparation, short-term skills training, job placement and follow-up, transportation assistance, child care assistance, Workforce Investment Act (WIA) for adults, youth, and dislocated workers, and services for displaced homemakers.

The Displaced Homemaker Program is a component of the Columbus County JobLink Career Center located at Southeastern Community College. This component enhances services and coordination with a variety of community and educational resources. The program includes the following services: strong outreach, personal counseling, job development and placement, workshops, skills training programs, direct support services, advocacy, follow-up, client tracking and financial aid.



**North Carolina Division of
Vocational Rehabilitation Services**

P.O. Box 566
118 Memory Plaza
Whiteville, North Carolina 28472
(910) 914-4150 or (910) 642-5406
(910) 642-2114 – FAX

Description of Services: This agency provides a wide range of services to persons with physical, mental or emotional impairments, which result in a substantial impediment to employment. Services include, but are not limited to, disability and vocational assessment, employment training, job placement, diagnostic evaluations, guidance and counseling, on-the-job training, college tuition and fees, tuition to a public sheltered workshop or rehabilitation facility, payment for interpreter services for the hearing impaired, post employment services, and employment marketing skills training.

**North Carolina
Employment Security Commission
Whiteville JobLink Career Center**

630 South Madison Street
Whiteville, North Carolina 28472
(910) 642-0146
(910) 641-3909 – FAX

www.ncesc.com

Description of Services: This agency assists with job placement, unemployment insurance, unemployment benefits, veterans services, labor market information, employer services, technical assistance, federal bonding, and agricultural services.

**Southeastern Community College
Human Resources Development (HRD)**

P.O. Box 151
4564 Chadbourn Highway
Whiteville, North Carolina 28472
(910) 642-7141, ext. 261
(910) 642-5658 – FAX

Description of Services: This program helps unemployed adults find employment or resources to secure training and education. Office skills, computer, and in-home aide skills training are some of the special training classes that are available. Tuition is waived for those who are unemployed, underemployed, or dislocated workers.

**Southeastern Community College
Small Business Center**

P.O. Box 151
4564 Chadbourn Highway
Whiteville, North Carolina 28472
(910) 642-7141, ext. 209
(910) 642-4409 – FAX

Description of Services: This program assists owners and their employees or would-be owners of small businesses through training and educational programs, professional counseling and referral services, and information dissemination. The center also provides facility management and technical support for the small business incubator, and operates a Micro Intake Professional (MIP) Loan Program that provides technical training and access to loans from \$500 to \$25,000 on an individual lending basis for business start-up or expansion in the four-county area of Brunswick, Bladen, Columbus, and Robeson. Entrepreneurship training for adult students through REAL—Rural Entrepreneurship through Action Learning, a program through which participants learn by actually

being entrepreneurs instead of just studying entrepreneurship, also is offered.

Telamon Corporation

P.O. Box 1626

630 S. Madison St.

Whiteville, North Carolina 28472

(910) 642-8229

(910) 642-8555 – FAX

Description of Services: This agency provides employment and training, work experiences, English-as-a-Second-Language and other supportive services. Previous farm work within the most recent 24 months is required. Participants must meet federal poverty level income guidelines.

To correct or add information to this document, forward information to:

**Columbus County JobLink Career Center
P.O. Box 151
Whiteville, NC 28472
or call
910-642-7141, ext. 261**

Financial



This section lists resources for assistance with financial management and budgeting issues, as well as resources to help with applications for Supplemental Security Income (SSI), Social Security, Temporary Aid for Needy Families (TANF), and other financial resources.

Columbus County Department of Aging

P.O. Box 1327
827 Washington Street
Whiteville, North Carolina 28472

(910) 640-6602

(910) 640-6646 – FAX

www.dhhs.state.nc.us/aging

Description of Services: This agency coordinates In-Home Aide services and the Community Alternatives Program for adults and children. Senior Centers provide community involvement and opportunities for older adults to become physically active, mentally challenged, emotionally supported, and socially involved. Exercise equipment and medical equipment are available for loan to seniors. Congregate meals and home delivered meals are offered to seniors. The Minor Home Repair program assists persons 60 years or older with minor repairs to their homes to remedy conditions that are a risk to their health and safety. Transportation is available to the nutrition sites.

Columbus County Department of Social Services

P.O. Box 397
40 Government Complex Road
Whiteville, North Carolina 28472

(910) 642-2800 or (910) 640-6631

(910) 641-3970 – FAX

(919) 733-4622 – Children Services

(800) 992-9457 – Child Support

(919) 733-7831 – Child Welfare

www.coulumbusco.org/main/dss

Description of Services: This agency offers an economic assistance program, emergency assistance with utility bills and rent, information about food stamps, and financial and medical assistance to low income families. Employment-related transportation is offered for TANF recipients. Child support enforcement and Medicaid information and services also are provided.

Columbus County DREAM Center

P.O. Box 1757
403 S. Martin Luther King Jr. Avenue
Whiteville, North Carolina 28472

(910) 642-0633

(910) 642-0712 – FAX

Description of Services: Programs include *A Matter of Life* (prostate cancer awareness, prevention and treatment); *Adolescent Health Education Risk Reduction* (outreach resiliency training for HIV/STD & substance abuse prevention); *Columbus County Family Champions Family Resource Center* (helping families meet needs); *Columbus County IMPACT* (outreach, non-traditional HIV/STD counseling, testing, referrals, as well as substance abuse prevention & counseling); *Columbus County Governor's One-on-One Volunteer Program* (mentoring for at-risk youth); *Community Development* (community empowerment, economic development, and home ownership counseling and training); *Community Technology Center* (computer lab with free Internet access for adults and youth); *Safe Haven After School Tutoring and Summer Enrichment* (Grades 1-8), *Job Readiness and Workforce Development* (training for unemployed and underemployed); *Live The Dream: Say "No" to Alcohol and Drug Abuse* (self-esteem, content of character, non-violence, pursuit of excellence, civic responsibility); *LoLograre* (after school tutoring, English as a Second Language and other services for Latino/Hispanics); *Prayer Changes Things: AIDS Awareness in the Faith Community*, and *Summer Food Services Program* (nutritional snacks and lunches for ages 0-18).

Columbus County Help Mission

P.O. Box 1011
127 West Commerce Street
Whiteville, North Carolina 28472

(910) 642-2724

Description of Services: This organization provides assistance with emergency food, clothing, furnishings, rent, medications, bills, and fuel.

Columbus County Housing

P.O. Box 829
715 Legion Road
Whiteville, North Carolina 28472

(910) 640-6618

(910) 642-0465 – FAX

Description of Services: This agency provides federally-subsidized housing based on applicant's ability to meet federal regulations.

**Columbus County RSVP
(Retired & Senior Volunteer Program)**

Southeastern Community College
4564 Chadbourn Highway
P.O. Box 151

Whiteville, North Carolina 28472

(910) 642-7141, ext. 294

(910) 642-3962 – FAX

Description of Services: The Retired and Senior Volunteer Program (RSVP) enhances the lives of adults 55 years of age and older by providing them with meaningful volunteer opportunities. RSVP has served Columbus County since 1973, providing 62,000 hours of service on an annual basis. These men and women volunteer in a number public and private nonprofit agencies and organizations, including civic clubs. Volunteers work in a variety of areas, including childcare, crime prevention, literacy, nutrition, and health care. They provide food and clothes to the needy, teach children to read, deliver hot meals to seniors, and visit hospital and rest home patients. The volunteers determine how much time to give and to which assignments.

Consumer Credit Counseling

9009 West Loop South, Suite 700

Houston, TX 77096

(713) 923-2227

(800) 873-2227 – Toll Free

www.cccsintl.org

Description of Services: This organization provides budget counseling, educational programs, debt management assistance, and housing counseling. Counseling is available online and by telephone, in Spanish or in English.

Consumer Product Safety Commission

(800) 638-2772

**Expanded Foods & Nutrition
Education Program (EFNEP)**

45 Government Complex Road
Whiteville, North Carolina 28472

(910) 641-3996

(910) 642-6315 – FAX

www.ces.ncsu.edu/columbus/EFNEPhomepage

Description of Services: This nutrition program targets low-income families with children and teaches the value of proper nutrition, how to better utilize food budgets, and food safety.

Family Champions

P.O. Box 694

109 North Main Street

Tabor City, North Carolina 28463

(910) 653-9200

(910) 653-9183 – FAX

Description of Services: This program offers an Adult Education Program, computer classes, parenting classes, daily job listings, CPR training, WIC, immunizations, reading and interactive learning for children ages 0-5, after school tutoring, and a Summer Youth Feeding Program for ages 0-18. Tax preparation and Notary Public services and working papers are also available. Classes for empowering parents and caregivers of children ages 0-12 are offered.

Food Bank of Coastal Carolina, Inc.

P.O. Box 1311

1314 Marstellar Street

Wilmington, North Carolina 28402-1311

E-mail: ttaylor@foodbankcenc.org

(910) 251-1465

(910) 251-3591- FAX

www.foodbanknc.org

Four County Community Services, Inc.

P.O. Box 337

425 South Lee Street

Whiteville, North Carolina 28472

(910) 642-8381

(910) 642-5407 – FAX

Description of Services: Through a community services block grant, this agency works with families to provide job training and employment assistance, educational and social programs; emergency assistance when funds are available, volunteer income tax preparation, USDA food, and transitional housing. Other programs include Head Start and weatherization.

Income Tax Refund Inquiries

(919) 733-4682

North Carolina Government

Individual Income Tax

(919) 733-4684

Inheritance Tax

(919) 733-4684

Revenue Department

(919) 733-3991

Sales/Use Tax

(919) 733-3661

Tax Forms

(919) 715-0397

Tax Fraud Hotline

(800) 232-4939

Withholding Income Tax

(919) 733-4626

**North Carolina Small Business & Technology
Development Center (SBTDC)**

(800) 258-0862

Description of Services: The SBTDC helps small business owners and those interested in starting a business plan for the future of their businesses.

**Southeastern Community College
Small Business Center**

P.O. Box 151

4564 Chadbourn Highway

Whiteville, North Carolina 28472

(910) 642-7141, ext. 419

(910) 642-4409 – FAX

Description of Services: This program assists owners and their employees or would-be owners of small businesses through training and educational programs, professional counseling and referral services, and information dissemination. The center also provides facility management and technical support for the small business incubator, and operates a Micro Intake Professional (MIP) Loan Program that provides technical training and access to loans

from \$500 to \$25,000 on an individual lending basis for business start-up or expansion in the four-county area of Brunswick, Bladen, Columbus, and Robeson. Entrepreneurship training for adult students through REAL—Rural Entrepreneurship through Action Learning, a program through which participants learn by actually being entrepreneurs instead of just studying entrepreneurship, also is offered.

Sprint Telecommunications Relay Service

P.O. Box 96064

Charlotte, North Carolina 28296-0064

(800) 735-2962 – TTY

(800) 735-8262 – Voice

www.sprint.com/local

Whiteville Housing Authority

504 Burkhead Street

Whiteville, North Carolina 28472

(910) 642-4979

Description of Services: This agency provides federally subsidized housing based on applicant's ability to meet federal regulations.



Government



Following is a listing of local, state, and federal government agencies.

Cape Fear Council of Governments

1480 Harbour Drive
Wilmington, North Carolina 28401

(910) 395-4553

(800) 218-6575 – Toll Free

(910) 395-2684 – FAX

www.capefearcog.org

Chadbourn Chamber of Commerce

P.O. Box 200
115 North Brown Street
Chadbourn, North Carolina 28431

(910) 654-3445

Hours: 9 a.m. – 5 p.m. Tuesdays and Thursdays

Description of Services: A voluntary business membership organization, the Chamber of Commerce strives to advance the economic, industrial, professional, cultural, and civic welfare of Chadbourn through the promotion, development, and education of the business community.

Citizens Help - Governor's Office

20301 Mail Service Center
Raleigh, North Carolina 27699-0301

(919) 733-2391

(800) 662-7952 – Toll Free

Citizen Services with TTY

(919) 733-4851

Columbus County Administration

111 Washington Street
Whiteville, North Carolina 28472

(910) 640-6630

www.columbusco.org

Columbus County Animal Control

288 Legion Drive
Whiteville, North Carolina 28472

(910) 641-3945

Description of Services: This agency is responsible for the welfare and maintenance of domiciles for animals, facilitates animal adoption to the public, makes emergency calls relating to animals on health-related issues such as animal bites, investigates abandonment or

animal cruelty issues, collects stray animals in the county and from towns' holding cages, sets up rabies clinics with veterinarians, assists sheriff, police, and state highway patrol departments during DWI's when animals are involved, on service calls 24 hours for emergencies relating to animals, collects rabies shots' receipts from local veterinarians and sends reports to Raleigh monthly, maintains records of animal incidences, and answers and follows-up on all animal-related complaints throughout the county.

Columbus County Board of Elections

P.O. Box 37
715 North Legion Drive, Suite A
Whiteville, North Carolina 28472

(910) 640-6609

(910) 640-0916 – FAX

Description of Services: This agency holds all county elections (local, state, federal, and specially called referendums), registers voters and issues voter registration cards, maintains rosters of registered voters by precincts, appoints poll workers, holds training seminars for poll workers, tests voting equipment prior to elections, provides supplies to poll workers, audits records twice yearly, and provides voter lists to the public by precinct, party, and age.

Columbus County Building Inspections

606 Thompson Street, Suite B
Whiteville, North Carolina 28472

(910) 640-6619

(910) 640-6649 – FAX

Columbus County Community Health Center

209 West Virgil Street
Whiteville, North Carolina 28472

(910) 641-0202

(910) 641-0208 – FAX

Description of Services: This center provides treatment of acute and chronic illnesses, information on women's health issues, children's health care and immunizations, adolescent health care, school, employment and sports

physical health screenings, drug testing, diagnostic laboratory, health education and counseling. The Medical Assistance Program (MAP) caters to low-income and unemployed residents of Columbus County.

Columbus County Cooperative Extension Service

45 Government Complex Road, Suite A
Whiteville, North Carolina 28472

(910) 640-6605

(910) 642-6315 – FAX

Description of Services: This agency offers a wide variety of educational programs based on research to businesses, farmers, homemakers, youth, and interested residents in the fields of agriculture, family, consumer education, community development, and 4-H youth.

Columbus County Courthouse

P.O. Box 1587

Whiteville, North Carolina 28472

(910) 641-3000

Columbus County Department of Aging

P.O. Box 1327

827 Washington Street

P.O. Box 1187

Whiteville, North Carolina 28472

(910) 640-6602

(910) 640-6646 – FAX

www.dhhs.state.nc.us/aging

Description of Services: This agency coordinates In-Home Aide services and the Community Alternatives Program for adults and children. Senior Centers provide community involvement and opportunities for older adults to become physically active, mentally challenged, emotionally supported, and socially involved. Exercise equipment and medical equipment are available for loan to seniors. Congregate meals and home delivered meals are offered to seniors. The Minor Home Repair program assists persons 60 years or older with minor repairs to their homes to remedy conditions that are a

risk to their health and safety. Transportation is available to the nutrition sites.

Columbus County

Department of Social Services

P.O. Box 397

40 Government Complex Road
Whiteville, North Carolina 28472

(910) 642-2800 or (910) 640-6631

(910) 641-3970 – FAX

(919) 733-4622 – Children Services

(800) 992-9457 – Child Support

(919) 733-7831 – Child Welfare

www.coulumbusco.org/main/dss

Description of Services: This agency offers counseling services, adoption information, adult In-Home Aide services, child and adult protective services; and financial and medical assistance to low income families. Emergency assistance with utility bills and rent, information about food stamps, custody studies, foster care placement, and job training also are offered. Employment-related transportation for TANF recipients is available, as well as child support enforcement, information about Medicaid, parenting skills services, and information and referral services. Fees and eligibility requirements vary based on the program.

Columbus County District Attorney's Office, District # 13

110 Courthouse Square

Whiteville, North Carolina 28472

(910) 641-3050

Columbus County DREAM Center

P.O. Box 1757

403 S. Martin Luther King Jr. Avenue
Whiteville, North Carolina 28472

(910) 642-0633

(910) 642-0712 – FAX

Description of Services: Programs include *A Matter of Life* (prostate cancer awareness, prevention and treatment); *Adolescent Health Education Risk Reduction* (outreach resiliency training for HIV/STD & substance abuse pre-

vention); *Columbus County Family Champions Family Resource Center* (helping families meet needs); *Columbus County IMPACT* (outreach, non-traditional HIV/STD counseling, testing, referrals, as well as substance abuse prevention & counseling); *Columbus County Governor's One-on-One Volunteer Program* (mentoring for at-risk youth); *Community Development* (community empowerment, economic development, and home ownership counseling and training); *Community Technology Center* (computer lab with free Internet access for adults and youth); *Safe Haven After School Tutoring and Summer Enrichment* (Grades 1-8), *Job Readiness and Workforce Development* (training for unemployed and underemployed); *Live The Dream: Say "No" to Alcohol and Drug Abuse* (self-esteem, content of character, non-violence, pursuit of excellence, civic responsibility); *LoLograre* (after school tutoring English as a Second Language and other services for Latino/Hispanics); *Prayer Changes Things: AIDS Awareness in the Faith Community*, and *Summer Food Services Program* (nutritional snacks and lunches for ages 0-18).

**Columbus County
Economic Development Commission**
P.O. Box 456
111 Washington Street
Whiteville, North Carolina 28472
(910) 640-6608
(910) 642-1876 – FAX
E-mail: edc@columbus.org
www.columbusforindustry.com

**Columbus County
Emergency Medical Services (EMS)**
608 North Thompson Street
Whiteville, North Carolina 28472
(910) 640-6610
(910) 640-1241 – FAX

Columbus County Fire Marshal
608 North Thompson Street
Whiteville, North Carolina
(910) 640-6613, ext. 224

Columbus County 4-H
P.O. Box 569
45 Government Complex Road
Whiteville, North Carolina 28472
(910) 640-6607
(910) 642-6315 – FAX
www.ces.ncsu.edu/columbus/
Description of Services: This family-oriented program is open to youth between ages 5 and 19 and provides opportunities for them to develop life skills. Program components include traditional clubs, project clubs, school enrichment, special interests, and after school activities, as well as camp, 4-H Congress, district and state competitions, awards, honors, scholarships, summer classes, workshops, and volunteer leadership training.

**Columbus County
Governor's One-On-One Volunteer Program**
406 Martin Luther King, Jr. Avenue
Whiteville, North Carolina 28472
(910) 642-0633
(910) 642-0712 – FAX
Description of Services: This program matches court involved youth with adult role models, provides group activities, and offers positive reinforcement.

Columbus County Habitat for Humanity
P.O. Box 2231
Whiteville, North Carolina 28472
(910) 770-0706
www.habitat.org

Columbus County Help Mission
P.O. Box 1011
127 West Commerce Street
Whiteville, North Carolina 28472
(910) 642-2724
Description of Services: This organization provides assistance with emergency food, clothing, furnishings, rent, medications, bills, and fuel.

**Columbus County
Juvenile Restitution Program**
P.O. Box 607
117 East Columbus Street
Whiteville, North Carolina 28472
(910) 642-5111
(910) 642-5113 – FAX

Columbus County Library
407 North Powell Boulevard
Whiteville, North Carolina 28472
(910) 640-6620
(910) 642-3829 – FAX
www.columbusco.org

Description of Services: Modern library resources and services that promote lifelong learning, enjoyment of reading, and enhance the quality of life of people within the county are offered through a five-branch library system. Adult and children's reference services, local history, genealogy, magazines, newspapers, videos, audio cassettes, children's story time, summer reading program, word processors, public Internet access, typewriters, inter-library loans, homebound services, bookmobile, copier and fax services are available.

Columbus County Literacy Council
P.O. Box 964
201 West Main Street
Whiteville, North Carolina 28472
(910) 642-2442 or (910) 642-4855

Description of Services: Tutor training in the *Laubach Way to Reading* methodology as well as one-on-one tutoring based on student needs are offered.

Columbus County Parks and Recreation
106 W. Smith Street
Whiteville, North Carolina 28472
(910) 640-6624
(910) 640-2135 – FAX

**Columbus County Partnership for Children
"Smart Start"**
109 W. Main St.
Whiteville, North Carolina 28472
(910) 642-8226
www.columbusmartstart.org
E-Mail: columbusmartstart@ncez.net

Columbus County Personnel Office
111 Washington Street
Whiteville, North Carolina
(910) 914-4119
(910) 642-2386 – FAX

Columbus County Public Utilities
805 Pinckney Street
Whiteville, North Carolina 28472
(910) 642-5257
(910) 642-1041 – FAX

Columbus County Register of Deeds
P.O. Box 1086
Courthouse Square
Whiteville, North Carolina 28472-1086
(910) 640-6625
(910) 640-2547 – FAX

Hours: 8:30 a.m. – 5 p.m. (M-F)
www.columbusCountyorg/ccdeeds
Description of Services: This office assists with filing assumed names for sole proprietorships, partnerships, and corporations, issues marriage licenses, and administers notary public oaths.

**Columbus County RSVP
(Retired & Senior Volunteer Program)**
Southeastern Community College
4564 Chadbourn Highway
P.O. Box 151
Whiteville, North Carolina 28472
(910) 642-7141, ext. 294
(910) 642-3962 – FAX

Description of Services: RSVP volunteers work in a variety of areas, including child care, crime prevention, literacy, nutrition, and health care. They distribute food and clothes to the needy, teach children to read, deliver hot meals to seniors, and visit hospital and rest home patients.

Columbus County Sheriff's Department
P.O. Box 280
805 Washington Street
Whiteville, North Carolina 28472
(910) 642-6551
(910) 642-4321 – FAX

Description of Services: This agency provides comprehensive law enforcement and protection services primarily to county residents. Some offices have Victims Advocates on staff. Please call for information.

Columbus County Tax Office
110 Courthouse Square
Whiteville, North Carolina 28472
(910) 640-6635
(910) 640-3305 – FAX

Columbus County Tourism Bureau
104 East Walter Street
Whiteville, North Carolina 28472
(910) 640-2818
(800) 845-8419 – Toll Free
(910) 642-6047 – FAX
www.discovercolumbuscounty.org

Columbus County Veteran's Administration
805 Pinckney St.
Whiteville, North Carolina 28472
(910) 640-6638
(910) 641-3971 – FAX

Columbus County Volunteer Center
P.O. Box 151
4564 Chadbourn Highway
Whiteville, North Carolina 28472
642-7141 x 324
642-7141 x 294
volunteer@sccnc.edu
Description of Services: This agency provides a professional resource center for the coordination of volunteer activities and opportunities with programs and agencies that improve the lives of the people of Columbus County. The purpose of the Volunteer Center is to increase public awareness and to recruit, screen, train, and evaluate volunteers to serve in the community, as well as to focus on mentoring, tutoring, and recreational programs for youth. Representatives of local agencies and organizations who use volunteers or have an interest in promoting volunteerism are also included.

Crisis Intervention
(919) 733-7831

Elections Board (North Carolina)
(919) 733-7173

Expanded Foods & Nutrition Education Program (EFNEP)
45 Government Complex Road
Whiteville, North Carolina 28472
(910) 641-3996
(910) 642-6315 – FAX
www.ces.ncsu.edu/columbus/EFNEPhomepage
Description of Services: This nutrition program targets low-income families with children and teaches the value of proper nutrition, how to better utilize food budgets, and food safety.

Fair Bluff Chamber of Commerce
P.O. Box 648
911 Main Street
Fair Bluff, North Carolina 28439
(910) 649-7134 or **(910) 649-5255**
(910) 649-6979 – FAX
Hours: 10 a.m. – 5 p.m. Monday through Friday
www.fairbluff.com
Description of Services: A voluntary business membership organization, the Chamber of Commerce strives to advance the economic, industrial, professional, cultural, and civic welfare of Fair Bluff through the promotion, development, and education of the business community.

Family Health Resource Line
(800) 367-2229

Farming Information
(919) 733-7125

Forestry
(919) 733-2162

Foster Care
(919) 733-4622

MADD – Mothers Against Drunk Driving
(800) 248-6233

Mental Health Association of Columbus County

P.O. Box 553
Whiteville, North Carolina 28472
(910) 653-4144
(910) 640-1153

National Response Center

2100 2nd Street, Southwest
Washington, DC 20593-0001
(202) 267-2675
(800) 424-8802
(202) 267-2165 – FAX
www.nrc.uscg.mil/

Description of Services: This agency serves as the sole national point of contact for reporting all oil, chemical, radiological, biological, and etiological discharges into the environment anywhere in the United States and its territories. The agency also maintains agreements with a variety of federal entities to make additional notifications regarding incidents meeting established trigger criteria.

North Carolina Center for Missing Persons
(800) 522-5437

Description of Services: This agency serves as the state's central repository for information regarding missing children and adults. Since its creation in 1985, the Center has worked with local, state, and federal law enforcement agencies to locate missing persons and reunite them with their families.

North Carolina Coalition Against Domestic Violence

115 Market Street, Suite 400
Durham, North Carolina 27701
(919) 956-9124

North Carolina Coalition Against Sexual Assault

183 Wind Chime Court, Suite 100
Raleigh, North Carolina 27615
www.nccasa.org

1-888-737-CASA (2282)
(919) 676-7611

North Carolina Commission of Indian Affairs

P.O. Box 336
Bolton, North Carolina 28423
(910) 655-8708

Description of Services: Designed to provide job training for economically disadvantaged American Indians, the Commission provides high school dropouts, elderly, and disabled individuals with job placements in not-for-profit agencies. Participants work 25 hours per week at the assigned job sites and attend classes at a local community college at least 15 hours per week. Job search assistance, placement, and referrals are provided to interested participants. College financial assistance programs are available to eligible participants.

North Carolina (Columbus County) Cooperative Extension Service

P.O. Box 569
45 Government Complex Road, Suite A
Whiteville, North Carolina 28472
(910) 640-6605
(910) 642-6315 – Fax

Description of Services: The North Carolina Cooperative Extension Service (NCCES) helps people improve the quality of their lives by providing research-based information and informal educational opportunities focused on issues and needs.

The range of topics Extension addresses includes:

4-H Youth Development -- develops important life skills in youth that build character and assist them in making career choices that strengthen citizenship and leadership. At-risk youth participate in school retention and enrichment programs. Youth learn science, math, and social skills through hands-on projects and activities.
Agriculture -- research and educational programs assist individuals to learn new ways to produce income through alternative enterprises, improved marketing strategies and management skills and help farmers and ranchers improve

productivity through resource management, controlling crop pests, soil testing, livestock production practices, rangeland management and marketing. Urban agriculture programs support residents and communities with urban forestry, home and public landscape, pest and disease control, lawn waste management, farmers' markets, and developing skilled master gardeners. *Community and Economic Development* -- assists local governments to investigate and create viable options for economic and community development such as improved job creation and retention, small and medium sized business development, effective and coordinated homeland defense and emergency response, solid waste disposal, tourism development, workforce education, and land use planning.

Family and Consumer Sciences -- helps families and communities become more resilient and healthy by teaching nutrition, obesity prevention, food preparation skills, positive child care, family communication, financial management, and health care strategies.

Leadership Development -- trains extension professionals and volunteers to deliver programs in gardening, health and safety, family and consumer issues, 4-H youth development, and prepares citizens to serve in leadership roles in the community.

Natural Resources -- teaches landowners and homeowners how to use natural resources more wisely and protect the environment with educational programs in water quality and water conservation, timber management, composting, and recycling.

North Carolina Crime Control and Public Safety - Division of Victim and Justice Services

P.O. Box 29588
Raleigh, North Carolina 27626-0588
(919) 733-7974
(800) 826-6200 – Toll Free

NC Department of Coastal Management

2728 Capital Blvd.
Raleigh, North Carolina 27604
(919) 733-2293

North Carolina Department of Justice (919) 716-6400

North Carolina Department of Transportation Division of Bicycle & Pedestrian Transportation

1552 Mail Service Center
Raleigh, North Carolina 27699
(919) 733-2804

www.ncdot/transmit/bicycle/safety

Description of Services: This agency encourages bicycle and pedestrian safety and education programs for children. A list of programs can be accessed on the website.

North Carolina Division of Vocational Rehabilitation Services

P.O. Box 566
118 Memory Plaza
Whiteville, North Carolina 28472
(910) 914-4150 or (910) 642-5406
(910) 642-2114 – FAX

Description of Services: This agency provides a wide range of services to persons with physical, mental or emotional impairments that result in a substantial impediment to employment. Services include, but are not limited to, disability and vocational assessment, employment training, job placement, diagnostic evaluations, guidance and counseling, on-the-job training, college tuition and fees, tuition to a public sheltered workshop or rehabilitation facility, payment for interpreter services for the hearing impaired, post employment services, and employment marketing skills training.

North Carolina Employment Security Commission Whiteville JobLink Career Center

630 South Madison Street
Whiteville, North Carolina 28472
(910) 642-0146
(910) 641-3909 – FAX

Description of Services: This agency assists with job placement, unemployment insurance, unemployment benefits, veterans services, labor market information, employer services, technical assistance, federal bonding, and agricultural services.

Police Stations

Chadbourn (910) 654-4146
Lake Waccamaw (910) 646-3558
Tabor City (910) 653-3149
Whiteville (910) 642-5111
Brunswick (910) 642-6551
Cerro Gordo (910) 642-6551
Evergreen (910) 642-6551
Hallsboro (910) 642-6551
Nakina (910) 642-6551
North Whiteville (910) 642-6551
Roseland (910) 642-6551
St. James (910) 642-6551
Welches Creek (910) 642-6551
White Marsh (910) 642-6551
Williams Township (910) 642-6551

Senior Centers

Bolton Senior and Youth Center

15354 Sam Potts Highway
Bolton, North Carolina 28423
(910) 655-4166

Bug Hill Senior Center

113300 Seven Creeks Highway
Nakina, North Carolina 28455
(910) 640-3791

Chadbourn Senior Center

403 Pine St.
Chadbourn, North Carolina 28431
(910) 654-4423

East Columbus Senior Center

2694 General Howe Highway
Riegelwood, North Carolina 28456
(910) 655-4754
(910) 655-0804 – Fax

Fair Bluff Senior Center

P.O. Box 652
Fair Bluff, North Carolina 28439
(910) 649-6881

Tabor City Senior Center

110 Lynwood Norris Street
Tabor City, North Carolina 28463
(910) 653-3063

Whiteville Senior Center

827 Washington Street
Whiteville, North Carolina 28472

(910) 640-6602

(910) 640-6646 – Fax

Description of Services: Located throughout Columbus County, Senior Centers provide community involvement and opportunities for older adults to become physically active, mentally challenged, emotionally supported, and socially involved. Congregate meals and home delivered meals are offered to seniors. The Minor Home Repair program assists persons 60 years or older with minor repairs to their homes to remedy conditions that are a risk to their health and safety. Transportation is available to the nutrition sites.

Social Security Administration

204 S. Lee St.
Whiteville, North Carolina 28472

(910) 642-7182

(800) 772-1213 – Toll Free

Southeastern Child Care Resource & Referral

132 W. Main St.
Whiteville, North Carolina 28472

(910) 642-8189

Description of Services: This agency provides parents with referrals for all types of childcare as well as consumer education material and counseling so that they may make an informed choice. Training and technical assistance is offered to childcare providers and CCRR recruits new providers when there is a shortage. CCRR works with all groups, agencies, and institutions that serve families and children.

Southeastern Community College Educational Talent Search

P.O. Box 151
4564 Chadbourn Highway
Whiteville, North Carolina 28472

(910) 642-7141, ext. 286

(910) 642-0133

(910) 642-5658 – FAX

www.sccnc.edu/cat195.htm#talent

Description of Services: Educational Talent

Search is funded by the United States Department of Education. The purpose of the program is to promote high school graduation and post-secondary enrollment. The counselors work in 12 schools throughout Columbus County and serve 850 students through counseling, workshops, and tutoring. They assist students in career and college planning and in securing financial aid for educational expenses. They provide educational college tours and cultural enrichment activities.

Although Educational Talent Search serves sixth through twelfth grade students primarily in area schools, the program is also available to assist persons who have dropped out of high school or college and want to re-enter the educational system.

Support Our Students (SOS)
(919) 733-3388

Tabor City Chamber of Commerce
P.O. Box 446
Tabor City, North Carolina 28463
(910) 653-2031
Hours: 9 a.m. – 4 p.m. Monday -Thursday
www.taborcity.com

Description of Services: A voluntary business membership organization, the Chamber of Commerce strives to advance the economic, industrial, professional, cultural, and civic welfare of Tabor City through the promotion, development, and education of the business community.

United States Department of Homeland Security
www.dhs.gov/dhspublic

Description of Services: This agency serves to protect the U.S. against terrorist attacks, to analyze threats and intelligence, to guard national borders and airports, to protect critical infrastructure, and to coordinate national response for all emergencies.

Veteran's Affairs
(919) 733-3851

Whiteville Building Inspector
P.O. Box 607
317 South Madison Street
Whiteville, North Carolina 28472
(910) 642-8046
(910) 642-8048 – FAX

Whiteville Chamber of Commerce
601 South Madison Street
Whiteville, North Carolina 28472
(910) 642-3171
(910) 642-6047 – FAX
Hours: 8:30 a.m. – 4:30 p.m. Monday through Friday
www.whitevillechamber.org

Description of Services: A voluntary business membership organization, the Chamber of Commerce strives to advance the economic, industrial, professional, cultural, and civic welfare of Columbus County through the promotion, development, and education of the business community.

Whiteville Parks and Recreation
308 S. Madison Street
Whiteville, North Carolina 28472
(910) 642-6004
(910) 642-4981

Workers' Compensation
(800) 688-8349

Health Care Services



View this section for information and a list of health and mental health care providers and resources.

Alzheimer's Association
400 Oberlin Road, Suite #220
Raleigh, North Carolina 27605
(919) 832-3732
(800) 228-8738 – Toll Free

Alzheimer's Support
(800) 2288738

American Cancer Society
3131 Wrightsville Avenue
Wilmington, North Carolina 28403
(910) 641-0222
(910) 763-1936 – FAX
www.cancer.gov

American Diabetes Association
(800) 342-2383

**American Red Cross Cape Fear Chapter
Columbus Service Delivery Unit**
704 North Thompson Street
Whiteville, North Carolina 28472
(910) 642-3364
(910) 642-2026 – FAX
Description of Services: This agency provides health and safety training; disaster relief services, and community relations volunteer training. This program also provides services to individuals interested in gaining skills as lifeguards, swimmers, or youth babysitters. HIV/AIDS education courses also are offered. These programs are open to individuals who have experienced a natural disaster, fire, or emergency need.

Asbury Homes, Inc.
11337 Joe Brown Highway South
Tabor City, North Carolina 28463
(910) 653-5050

Cancer Hotline
(800) 422-6237

Cancer Registry
(919) 715-4556

Care-Line, Office of Information
(800) 662-7030
www.careline.org

Children's Special Health Services
(800) 737-3028

**Columbus County CAP Program
Department of Aging**
827 Washington Street
Whiteville, North Carolina 28472
(910) 640-6602
(910) 640-6646 – FAX
www.dhhs.state.nc.us/aging

Description of Services: This agency offers In-Home Services, personal care services, Community Alternatives Program (CAP/DA & CAP/C), and private pay insurance. Senior Centers provide community involvement and opportunities for older adults to become physically active, mentally challenged, emotionally supported, and socially involved. Exercise equipment and medical equipment is available for loan to seniors. Congregate meals and home delivered meals are offered to seniors. The Minor Home Repair program assists persons 60 years or older with minor repairs to their homes to remedy conditions that are a risk to their health and safety. Transportation is available to the nutrition sites.

Columbus County Community Health Center
209 West Virgil Street
Whiteville, North Carolina 28472
(910) 641-0202
(910) 641-0208 – FAX

Description of Services: This center provides treatment of acute and chronic illnesses, information on women's health issues, children's health care and immunizations, adolescent health care, school, employment and sports physical health screenings, drug testing, diagnostic laboratory, health education and counseling. The Medical Assistance Program (MAP) caters to low-income and unemployed residents of Columbus County. The Patient Assistance Program helps to acquire medications, in most cases, free of charge directly from pharmaceu-

tical companies. The Migrant Program helps farmworkers to receive appropriate health care. The staff is trained in broad-based family primary care and works with local specialists as well as those in Chapel Hill, at Duke and in Wilmington.

Columbus County Department of Aging

827 Washington Street
Whiteville, North Carolina 28472

(910) 640-6602

(910) 640-6646 – FAX

Description of Services: This agency coordinates In-Home Aide services, Community Alternatives Program for adults and children. Senior Centers provide community involvement and opportunities for older adults to become physically active, mentally challenged, emotionally supported, and socially involved. Exercise equipment and medical equipment is available for loan to seniors. Congregate meals and home delivered meals are offered to seniors. The Minor Home Repair program assists persons 60 years or older with minor repairs to their homes to remedy conditions that are a risk to their health and safety. Transportation is available to the nutrition sites.

Columbus County Department of Social Services

P.O. Box 397
40 Government Complex Road
Whiteville, North Carolina 28472

(910) 642-2800 or (910) 640-6631

(910) 641-3970 – FAX

(919) 733-4622 – Children Services

(800) 992-9457 – Child Support

(919) 733-7831 – Child Welfare

www.coulumbusco.org/main/dss

Description of Services: This agency offers an economic assistance program, emergency assistance with utility bills and rent, information about food stamps, and financial and medical assistance to low income families. Employment-related transportation is offered for TANF

recipients. Child support enforcement, and Medicaid information and services also are provided.

Columbus County DREAM Center

P.O. Box 1757
403 S. Martin Luther King Jr. Avenue
Whiteville, North Carolina 28472

(910) 642-0633

(910) 642-0712 – FAX

Description of Services: Programs include *A Matter of Life* (prostate cancer awareness, prevention and treatment); *Adolescent Health Education Risk Reduction* (outreach resiliency training for HIV/STD & substance abuse prevention); *Columbus County Family Champions Family Resource Center* (helping families meet needs); *Columbus County IMPACT* (outreach, non-traditional HIV/STD counseling, testing, referrals, as well as substance abuse prevention & counseling); *Columbus County Governor's One-on-One Volunteer Program* (mentoring for at-risk youth); *Community Development* (community empowerment, economic development, and home ownership counseling and training); *Community Technology Center* (computer lab with free Internet access for adults and youth); *Safe Haven After School Tutoring and Summer Enrichment* (Grades 1-8), *Job Readiness and Workforce Development* (training for unemployed and underemployed); *Live The Dream: Say "No" to Alcohol and Drug Abuse* (self-esteem, content of character, non-violence, pursuit of excellence, civic responsibility); *LoLograre* (after school tutoring, English as a Second Language and other services for Latino/Hispanics); *Prayer Changes Things: AIDS Awareness in the Faith Community*, and *Summer Food Services Program* (nutritional snacks and lunches for ages 0-18).

Columbus County Health Department

P.O. Box 397

304 Jefferson Street

Whiteville, North Carolina 28472

(910) 640-6615

(910) 640-1088 – FAX

Description of Services: This agency offers family planning information, a prenatal clinic, a pediatric clinic, an adult health clinic, free immunizations, and the WIC program. Screenings, assessment, physical therapy referral, childcare referral, child service coordination, speech/language therapy referral, orthopedic clinic, dental clinic, communicable and infectious disease clinics, family/parent education, training, consultation, child development, occupational therapy, and medical care and treatment also are offered.

Columbus County Home Health

P.O. Box 810

706 North Thompson Street

Whiteville, North Carolina 28472

(910) 642-0147

(910) 640-3859 – FAX

Columbus Regional Healthcare System

500 Jefferson Street

Whiteville, North Carolina 28472

(910) 642-8011

(910) 642-9305 – FAX

www.cchospital.com

Description of Services: This 166-bed, not-for-profit organization is accredited by the Joint Commission on Accreditation of Healthcare Organizations. Governed by a local board of trustees, Columbus Regional Healthcare System boasts an impressive and highly trained medical staff and other healthcare professionals who represent a wide range of specialties and are dedicated to the well being of every patient. The hospital also offers a breast feeding program and the Women's Choice Program.

Columbus Regional Healthcare System**Breast Feeding & Parenting Classes**

500 Jefferson Street

Whiteville, North Carolina 28472

(910) 642-9323

www.cchospital.com/education.htm

Description of Services: Classes are offered to assist new parents with parenting and breast-feeding skills. There is a \$10 charge for attending these classes. Classes are held monthly and schedules vary from month to month. Visit the Website or call for information.

Division of Services for the Deaf and Hard of Hearing

(919) 773-2970

Dial-A-Hearing Screening Test

(800) 345-3277

Disability Hotline (Social Security)

(919) 733-4427

(800) 772-1213 – Toll Free

Division of Aging

(919) 733-3983

www.dhhs.state.nc.us/aging

Division of Health Promotion

(919) 715-0122

Eldercare Locator

(800) 677-1116

www.eldercare.gov

Environmental Health

(919) 733-2884

Expanded Foods & Nutrition Education Program (EFNEP)
45 Government Complex Road
Whiteville, North Carolina 28472
(910) 641-3996
(910) 642-6315 – FAX

www.ces.ncsu.edu/columbus/EFNEPhomepage

Description of Services: This nutrition program targets low-income families with children and teaches the value of proper nutrition, how to better utilize food budgets, and food safety.

Families First, Inc.
P.O. Box 1776
809 Washington Street
Whiteville, North Carolina 284725
(910) 642-5996
(910) 641-0444 – Crisis
(910) 641-0253 – FAX
(800) 348-5068 – Victim Assistance
(800) 826-6200 – Victim Compensation

Description of Services: This organization provides temporary residential services and support to victims of abuse and their children. Services are provided to victims of domestic violence and sexual assault who reside in Bladen and Columbus counties.

Family Champions
P.O. Box 694
109 North Main Street
Tabor City, North Carolina 28463
(910) 653-9200
(910) 653-9183 – FAX

Description of Services: This program provides an Adult Education Program, computer classes, parenting classes, daily job listings, CPR training, WIC, immunizations, reading and interactive learning for children ages 0-5, after school tutoring, and a Summer Youth Feeding Program for ages 0-18. Tax services, notary public and working papers are also available.

Four County Community Services, Inc.
P.O. Box 337
425 South Lee Street
Whiteville, North Carolina 28472
(910) 642-8381
(910) 642-5407 – FAX

Description of Services: Through a community services block grant, this agency works with families to provide job training and employment assistance, educational and social programs, emergency assistance when funds are available, volunteer income tax preparation, USDA food, and transitional housing. Other programs include Head Start and weatherization.

Health & Human Services
(919) 733-4534

Health & Human Services Citizen Help
(919) 733-4261

Home Health Agency Hotline
(800) 624-3004

Hospitality House of Wilmington
1613 Medical Center Drive
Wilmington, North Carolina 28401
(910) 763-2130

Description of Services: This facility provides support services to patients and their families while they are experiencing a medical crisis.

Library for Blind & Physically Handicapped
(888) 388-2460

Lion's Club
P.O. Box 743
Whiteville, North Carolina 28472
(910) 640-3604
(910) 234-5888

Description of Services: This organization provides financial assistance for health services to individuals below the state's poverty level

as a supplement to Medicaid. Services include vision and eye care coverage to include examinations and glasses. Interviews for consideration are held on Wednesdays from 9:30 – 11:30 a.m. at the Columbus County Department of Social Services. The Lion’s Club also assists with the costs of prescription medications and hearing aids. Refer to the above contact telephone numbers for additional information.

Lower Cape Fear Hospice, Inc.

P.O. Box 636
121 West Main Street
Whiteville, North Carolina 28472
(910) 642-9051
(910) 642-0223 – FAX

www.hospicelowercapefear.org

Description of Services: This agency offers bereavement support services and counseling, skilled nursing care, medical social services, medications, personal care, chaplains, and volunteer assistance.

Mental Health Association of Columbus County

P.O. Box 553
Whiteville, North Carolina 28472
(910) 653-4144
(910) 640-1153

National Response Center

2100 2nd Street, Southwest
Washington, DC 20593-0001
(800) 424-8802
(202) 267-2165 – FAX

www.nrc.uscg.mil

Description of Services: This agency serves as the sole national point of contact for reporting all oil, chemical, radiological, biological, and etiological discharges into the environment anywhere in the United States and its territories. The agency also maintains agreements with a variety of federal entities to make additional

notifications regarding incidents meeting established trigger criteria.

North Carolina Department of Health and Human Services

(919) 733-4534

www.dhhs.state.nc.us

North Carolina Division of Vocational Rehabilitation Services

P.O. Box 566
118 Memory Plaza
Whiteville, North Carolina 28472
(910) 914-4150 or (910) 642-5406
(910) 642-2114 – FAX

Description of Services: This agency provides a wide range of services to persons with physical, mental or emotional impairments that result in a substantial impediment to employment. Services include, but are not limited to, disability and vocational assessment, employment training, job placement, diagnostic evaluations, guidance and counseling, on-the-job training, college tuition and fees, tuition to a public sheltered workshop or rehabilitation facility, payment for interpreter services for the hearing impaired, post employment services, and employment marketing skills training.

North Carolina Health Choice

Columbus County Department of Social Services
50 Government Complex Road
Whiteville, North Carolina 28472
(910) 642-2800

(800) 367-2229 – Toll Free

(910) 641-3970 – FAX

(919) 733-4622 – Children Services

(800) 992-9457 – Child Support

(919) 733-7831 – Child Welfare

www.nchealthystart.org

Description of Services: This organization provides low-cost health insurance for children and teens based on household income.

**Nutrition Services &
Special Nutrition Program**
(919) 733-3816

**Poison Control Center
at Carolinas Medical Center**
(800) 222-1222

**Reach to Recovery
Columbus Regional Healthcare System**
500 Jefferson Street
Whiteville, North Carolina 28472
(910) 642-8011

Description of Services: This breast cancer support group meets on the first Tuesday of each month from 7 – 9 p.m.

Senior Centers

Bolton Senior and Youth Center
15354 Sam Potts Highway
Bolton, North Carolina 28423
(910) 655-4166

Bug Hill Senior Center
113300 Seven Creeks Highway
Nakina, North Carolina 28455
(910) 640-3791

Chadbourn Senior Center
403 Pine St.
Chadbourn, North Carolina 28431
(910) 654-4423

East Columbus Senior Center
2694 General Howe Highway
Riegelwood, North Carolina 28456
(910) 655-4754
(910) 655-0804 – FAX

Fair Bluff Senior Center
P.O. Box 652
Fair Bluff, North Carolina 28439
(910) 649-6881

Tabor City Senior Center
110 Norris Road
Tabor City, North Carolina 28463
(910) 653-3063

Whiteville Senior Center
827 Washington Street
Whiteville, North Carolina 28472
(910) 640-6602
(910) 640-6646 – FAX

Description of Services: Located throughout Columbus County, Senior Centers provide community involvement and opportunities for older adults to become physically active, mentally challenged, emotionally supported, and socially involved. Exercise equipment and medical equipment are available for loan to seniors. Congregate meals and home delivered meals are offered to seniors. The Minor Home Repair program assists persons 60 years or older with minor repairs to their homes to remedy conditions that are a risk to their health and safety. Transportation is available to the nutrition sites.

**Seniors Health Insurance Information
Program (S.H.I.I.P)**

North Carolina Cooperative Extension Services
45 Government Road, Suite A
Whiteville, North Carolina 28472
(910) 640-6607
(800) 443-9354
(910) 642-6315 – FAX

**Southeastern Regional Mental Health,
Developmental Disabilities, & Substance
Abuse Services**
(910) 738-5261

**Southeastern Regional
Mental Health Area Program**
450 Country Club Rd.
Lumberton, North Carolina 28360
910-738-5261 (M-F 8 a.m. - 5 p.m.)
24 Hour Crisis Services: 800-672-8255
Access Line: 800-670-6871
Customer Services: 800-760-1238
TTY: 866-315-7368
www.srmhc.org

Social Security Administration
204 S. Lee St.
Whiteville, North Carolina 28472
(910) 642-7182
(800) 772-1213 – Toll Free

Soil & Water
(919) 715-2302

State Health Benefits Plan
(800) 422-4658

Taking Off Pounds Sensibly (TOPS)
Columbus County Hospital
500 Jefferson Street
Whiteville, North Carolina 28472
(910) 642-8011

Description of Services: This group meets
Mondays from 5 to 8 p.m. to discuss nutrition,
proper diet, and weight loss methods.

Water Quality
(919) 733-7015

*To correct or add information to this
document, forward information to:*

Columbus County JobLink Career Center
P.O. Box 151
Whiteville, NC
or call
910-642-7141, ext. 261

Housing



Contact information for emergency, transitional, and low-income housing, home modification, home ownership, and other housing-related information, as well as housing information for the elderly and people with disabilities, is included in this section.

Emergency Housing

Columbus County

Crisis Housing Assistance (CHAF)

111 Washington Street
Whiteville, North Carolina 28472
(910) 640-1157
(910) 640-2378 – FAX

Columbus County Department of Aging

827 Washington Street
Whiteville, North Carolina 28472
(910) 640-6602
(910) 640-6646 – FAX

Description of Services: This agency assists persons 60 years of age or older with minor repairs to their homes to remedy conditions that are a risk to their health and safety.

Columbus County

Department of Social Services

P.O. Box 397
40 Government Complex Road
Whiteville, North Carolina 28472
(910) 642-2800 or **(910) 640-6631**
(910) 641-3970 – FAX
(919) 733-4622 – Children Services
(800) 992-9457 – Child Support
(919) 733-7831 – Child Welfare
www.coulumbusco.org/main/dss

Description of Services: This agency offers emergency assistance with utility bills and rent. Fees and eligibility requirements vary based on program.

Columbus County DREAM Center

P.O. Box 1757
403 S. Martin Luther King Jr. Avenue
Whiteville, North Carolina 28472
(910) 642-0633
(910) 642-0712 – FAX

Description of Services: Programs include *A Matter of Life* (prostate cancer awareness,

prevention and treatment); *Adolescent Health Education Risk Reduction* (outreach resiliency training for HIV/STD & substance abuse prevention); *Columbus County Family Champions Family Resource Center* (helping families meet needs); *Columbus County IMPACT* (outreach, non-traditional HIV/STD counseling, testing, referrals, as well as substance abuse prevention & counseling); *Columbus County Governor's One-on-One Volunteer Program* (mentoring for at-risk youth); *Community Development* (community empowerment, economic development, and home ownership counseling and training); *Community Technology Center* (computer lab with free Internet access for adults and youth); *Safe Haven After School Tutoring and Summer Enrichment* (Grades 1-8), *Job Readiness and Workforce Development* (training for unemployed and underemployed); *Live The Dream: Say "No" to Alcohol and Drug Abuse* (self-esteem, content of character, non-violence, pursuit of excellence, civic responsibility); *LoLograre* (after school tutoring, English as a Second Language and other services for Latino/Hispanics); *Prayer Changes Things: AIDS Awareness in the Faith Community*, and *Summer Food Services Program* (nutritional snacks and lunches for ages 0-18).

Families First, Inc.

P.O. Box 1776
809 Washington Street
Whiteville, North Carolina 284725
(910) 642-5996
(910) 641-0444 – Crisis
(910) 641-0253 – FAX
(800) 348-5068 – Victim Assistance

Description of Services: This organization provides temporary residential services and support to victims of abuse and their children. Services are provided to victims of domestic violence and sexual assault who reside in Bladen and Columbus counties.

Mercy House

411 Red Cross Street
Wilmington, North Carolina 28401
(910) 343-0300
(910) 343-0322 – FAX

Description of Services: This overnight shelter for men conducts intake between 6 and 7:30 p.m.

Salvation Army

Administration and Social Services Offices
820 North 2nd Street
Wilmington, North Carolina 28402
(910) 762-7354
(910) 762-1501 – FAX

**Housing for Senior Citizens
& Handicapped Individuals****Berry Court Apartments**

316-A 6th Avenue
Chadbourn, North Carolina 28431
(910) 654-4010

Cypress Village Apartments

197 Orange Street
Fair Bluff, North Carolina 28439
(910) 649-7971

Elm Tree Apartments

College Street
Clarkton, North Carolina 28433
(910) 647-2973

Madison Hill Apartments

206 South Madison Street
Whiteville, North Carolina 28472
(910) 642-8883

Oak Village Apartments

100 Eastside Drive
Whiteville, North Carolina 28472
(910) 640-3593

Village Street Elderly Apartments

549 Highway 410
Bladenboro, North Carolina 28423
(910) 863-4491

Low Income Housing**Columbus County Housing**

P.O. Box 829
715 Legion Road
Whiteville, North Carolina 28472
(910) 640-6618
(910) 642-0465 – FAX

Description of Services: This agency provides federally-subsidized housing based on an applicant's ability to meet federal regulations.

Whiteville Housing Authority

504 Burkhead Street
Whiteville, North Carolina 28472
(910) 642-4979

Description of Services: This agency provides federally-subsidized housing based on applicant's ability to meet federal regulations.

Subsidized Housing (Income Based)**Berry Park Apartments**

624 North Wilkes Street
Chadbourn, North Carolina 28431
(910) 654-5888

Columbus Court Apartments 301-
F West Calhoun Street Whiteville,
North Carolina 28472 **(910) 642-
7729**

Hampton Place Apartments

800 Blue Jean Road
Whiteville, North Carolina 28472
(910) 640-1460

Kent Place Apartments

116 Tram Road
Whiteville, North Carolina 28472
(910) 642-8891

Oxford Village Apartments

127 Oxford Village
Green Sea Road
Tabor City, North Carolina 28463
(910) 653-2675
(910) 653-5796 – FAX

Riverbend Apartments

2029 Main Street
Fair Bluff, North Carolina 28439
(910) 649-7886

Sandy Ridge Apartments

608 Nolan Avenue
Whiteville, North Carolina 28472
(910) 642-3765

Saw Mill Apartments

332 West Hay Street
Whiteville, North Carolina 28472
(910) 642-0434

Waccamaw Village Apartments

P.O. Box 330
403 East Oak Street
Lake Waccamaw, North Carolina 28450
(910) 646-4715

Wellonton Apartments

200 West 6th Avenue
Chadbourn, North Carolina 28431
(910) 654-3067

Other Housing Opportunities

Fannie Mae

3900 Wisconsin Avenue Northwest
Washington, DC 20016-2892
(202) 752-7000

www.fanniemae.com

Description of Services: This organization provides financial products and services that make it possible for low, moderate, and middle income families to buy homes.

United States Department of Housing & Urban Development (HUD)

451 7th Street Southwest
Washington, D.C. 20410
(202) 708-1112

www.hud.gov

To correct or add information to this document, forward information to:

Columbus County JobLink Career Center
P.O. Box 151
Whiteville, NC
or call
910-642-7141, ext. 261

Legal



Contacts for general information regarding legal issues, including guardianship, estate planning, due process, and individual rights.

Administrative Office of Courts
(919) 733-7107

Attorney General
(919) 716-6400

Attorney General, Citizens Rights
(919) 716-6780

Columbus Correctional Institution
P.O. Box 8
Brunswick, North Carolina 28424
(910) 642-3285
(919) 716-3600 – Dept. of Corrections
(919) 733-4926 – Corrections/Prisons
(919) 733-2126 – Crime Control
(800) 368-1985 – Citizen/Victim Service

Columbus County Courthouse
P.O. Box 1587
Whiteville, North Carolina 28472
(910) 641-3000

Columbus County District Attorney's Office, District #13
110 Courthouse Square
Whiteville, North Carolina 28472
(910) 641-3050

Columbus County Juvenile Restitution Program
P.O. Box 607
117 East Columbus Street
Whiteville, North Carolina 28472
(910) 641-3049

Columbus County Sheriff's Department
P.O. Box 280
805 Washington Street
Whiteville, North Carolina 28472
(910) 642-6551
(910) 642-4321 – FAX

Description of Services: This agency provides comprehensive law enforcement and protection

services primarily to county residents. Victims advocates are on staff. Please call for information.

Conference of District Attorneys
Victim Service Coordinator
(919) 733-3484

Federal Bureau of Investigation (FBI)
Charlotte
(704) 377-9200

Description of Services: This agency protects the citizens of the U.S. from foreign and domestic terrorist and cyber-based attacks and high-technology crimes. It also works to protect the civil rights of individuals.

Guardian ad Litem, District #13
106 West Smith St.
Whiteville, North Carolina 28472
(910) 641-3095
(800) 982-4041 – Toll Free

Description of Services: Guardians ad Litem and attorney advocates are appointed by Juvenile/District Court to represent the interests of children who are allegedly being abused or neglected. Guardians ad Litem and the attorneys represent the children for the duration of the court proceedings. Guardians ad Litem report objectively to the court at each juvenile hearing to summarize and prioritize each child's need. The Guardians ad Litem and the attorneys work together to ensure quality representation for children throughout the justice system. Additionally, Guardians ad Litem work with other community agencies to locate and develop resources for children.

Legal Aid of North Carolina, Inc.
(910) 763-6207

Description of Services: This agency assists with legal services for Brunswick, Columbus, New Hanover, and Pender counties (also serves Bladen, Duplin, and Onslow counties).

Legislative Operator
(919) 733-4111

National Victim Center
(800) 394-2255

North Carolina Attorney General's Office
Citizens' Rights Section
(919) 716-6780

North Carolina Crime Control and Public
Safety - Division of Victim and Justice
Services
P.O. Box 29588
Raleigh, North Carolina 27626-0588
(919) 733-7974
(800) 826-6200 – Toll Free

North Carolina Department of Justice
(919) 716-6400

North Carolina Department of Juvenile
Justice and Delinquency Prevention
704 North Thompson Street
Whiteville, North Carolina 28472
(910) 641-3080
(910) 641-0245 – FAX

Description of Services: This agency provides intake, probation, and post-release supervision services for delinquent and undisciplined juveniles. This agency is also responsible for post/pre-court services, psychological testing, substance abuse testing/treatment, school counselors for DJJ youth, parenting class, peer circle, and home arrest.

North Carolina Lawyer Referral Service
(800) 662-7660

North Carolina SAVAN - Statewide
Automated Victim Assistance & Notification
(877) 627-2826
www.ncsavan.org

State Bureau of Investigation - Raleigh
(800) 662-7610

Tabor Correctional Institution
P.O. Box 730
Tabor City, NC 28463
(910) 653-6413
(910) 653-6837 FAX

United States Secret Service
Field Offices:
Charlotte (704) 442-8370
Greensboro (336) 547-4180
Raleigh (919) 790-2834
Wilmington (910) 815-4511
www.secretservice.gov

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Columbus County JobLink Career Center
P.O. Box 151
Whiteville, NC
or call
910-642-7141, ext. 261

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Columbus County JobLink Career Center

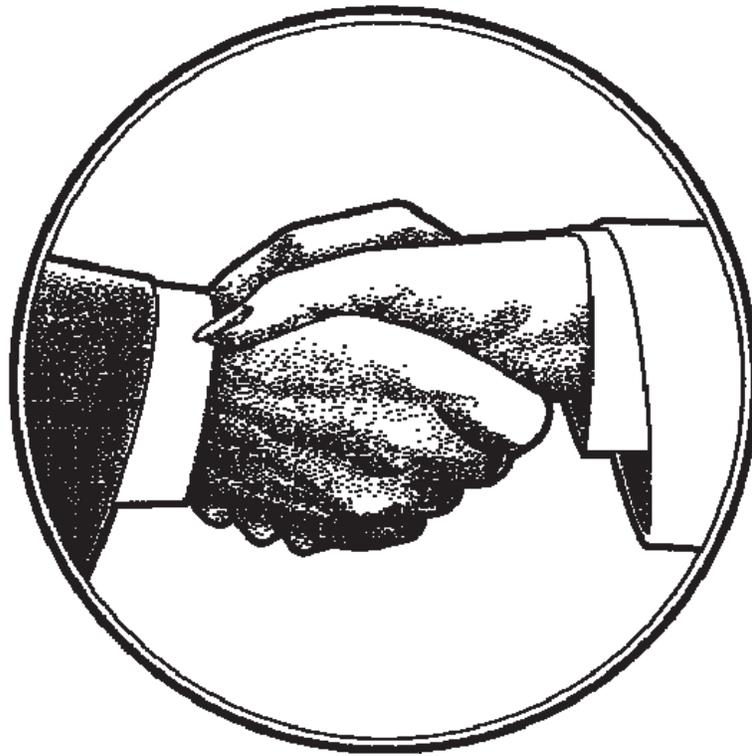
P.O. Box 151

Whiteville, NC

or call

910-642-7141, ext. 261

Support



*Following is a list of contacts for support groups
and advocacy organizations.*

ACTT Crisis Services
Southeastern Regional Mental Health Center
450 Country Club Rd.
Lumberton, North Carolina 28360
910-738-5261 (M-F 8 a.m. - 5 p.m.)
24 Hour Crisis Services: 800-672-8255
Access Line: 800-670-6871
Customer Services: 800-760-1238
TTY: 866-315-7368
www.srmhc.org

Alcoholics Anonymous
Whiteville, North Carolina 28472
(910) 642-4342
(910) 642-0287
(910) 640-1228 (Meeting Schedule)
Description of Services: Meetings are held Mondays, Wednesdays, and Thursdays from 8 p.m. to 9 p.m. Thursday is an open meeting.

Alzheimer's Association
Eastern North Carolina Chapter
400 Oberlin Road, Suite 220
Raleigh, North Carolina 27605
(919) 832-3732
(800) 228-8738
www.alznc.org

American Cancer Society
930-B Wellness Drive
Greenville, North Carolina 27834
(866) 227-8837
www.cancer.gov

American Diabetes Association - North Carolina
(800) 682-9692

American Red Cross Cape Fear Chapter
Columbus County Service Delivery Unit
704 North Thompson Street
Whiteville, North Carolina 28472
(910) 642-3364
(910) 642-2026 – FAX
Description of Services: This organization provides disaster relief, blood services, service to military and their families, and health and safety training.

Columbus County Department of Aging
827 Washington Street
Whiteville, North Carolina 28472
(910) 640-6602
(910) 640-6646 – FAX
Description of Services: This agency coordinates In-Home Aide services and the Community Alternatives Program for adults and children. Senior Centers provide community involvement and opportunities for older adults to become physically active, mentally challenged, emotionally supported, and socially involved. Exercise equipment and medical equipment is available for loan to seniors. Congregate meals and home delivered meals are offered to seniors. The Minor Home Repair program assists persons 60 years or older with minor repairs to their homes to remedy conditions that are a risk to their health and safety. Transportation is available to the nutrition sites.

Columbus County
Department of Social Services
P.O. Box 397
40 Government Complex Road
Whiteville, North Carolina 28472
(910) 642-2800 or (910) 640-6631
(910) 641-3970 – FAX
(919) 733-4622 – Children Services
(800) 992-9457 – Child Support
(919) 733-7831 – Child Welfare
www.coulumbusco.org/main/dss

Description of Services: This agency offers an economic assistance program, emergency assistance with utility bills and rent, information about food stamps, and financial and medical assistance to low income families. Employment-related transportation is offered for TANF recipients. Child support enforcement and Medicaid information and services also are provided.

**Columbus County
Domestic Violence Shelter and Services**

Families First, Inc.
P.O. Box 1776
809 Washington Street
Whiteville, North Carolina 28472
(910) 642-5996
(910) 641-0444 – Crisis
(910) 641-0253 – FAX
(800) 348-5068 – Victim Assistance
(800) 826-6200 - Victim Compensation

Description of Services: This organization provides temporary residential services and support to victims of abuse and their children. Services are provided to victims of domestic violence and sexual assault who reside in Columbus and Bladen counties. Outreach/community education presentations also are provided as well as prevention programs in schools.

Columbus County DREAM Center

P.O. Box 1757
403 S. Martin Luther King Jr. Avenue
Whiteville, North Carolina 28472
(910) 642-0633
(910) 642-0712 – FAX

Description of Services: Programs include *A Matter of Life* (prostate cancer awareness, prevention and treatment); *Adolescent Health Education Risk Reduction* (outreach resiliency training for HIV/STD & substance abuse prevention); *Columbus County Family Champions Family Resource Center* (helping families meet needs); *Columbus County IMPACT* (outreach, non-traditional HIV/STD counseling, testing, referrals, as well as substance abuse prevention & counseling); *Columbus County Governor's One-on-One Volunteer Program* (mentoring for at-risk youth); *Community Development* (community empowerment, economic development, and home ownership counseling and training); *Community Technology Center* (computer lab with free Internet access for adults and youth); *Safe Haven After School Tutoring and Summer Enrichment* (Grades 1-8), *Job Readiness and Workforce Development* (training for unemployed and underemployed); *Live The Dream:*

Say "No" to Alcohol and Drug Abuse (self-esteem, content of character, non-violence, pursuit of excellence, civic responsibility); *LoLograre* (after school tutoring, English as a Second Language and other services for Latino/Hispanics); *Prayer Changes Things: AIDS Awareness in the Faith Community*, and *Summer Food Services Program* (nutritional snacks and lunches for ages 0-18).

Columbus County Help Mission

P.O. Box 1011
127 West Commerce Street
Whiteville, North Carolina 28472
(910) 642-2724

Description of Services: This organization provides emergency assistance with food, clothing, furnishings, rent, medications, bills, and fuel.

**Columbus County RSVP
(Retired & Senior Volunteer Program)**

Southeastern Community College
4564 Chadbourn Highway
P.O. Box 151
Whiteville, North Carolina 28472
(910) 642-7141, ext. 294
(910) 642-3962 – FAX

Description of Services: The Retired and Senior Volunteer Program (RSVP) enhances the lives of adults 55 years of age and older by providing them with meaningful volunteer opportunities. RSVP has served Columbus County since 1973, providing 62,000 hours of service on an annual basis. These men and women volunteer in a number of public and private nonprofit agencies and organizations including civic clubs. Volunteers work in a variety of areas including child care, crime prevention, literacy, nutrition, and health care.

**Community Leaders And Student Success
(CLASS)**

805 North Franklin Street
P.O. Box 551
Whiteville, North Carolina 28472

(910) 642-1862

(910) 642-8775 – FAX

Description of Services: This program serves females ages 9 to 14 throughout Columbus County middle schools, offering positive role models to high-risk minorities by one-on-one mentoring. Mentors provide support and guidance in an attempt to improve academic achievement and interpersonal relationships among peers, teachers, other adults, and family members. The program seeks to reduce the school dropout rate, juvenile delinquency, and involvement in gangs. CLASS also recruits females who have an interest in working as a Mentor.

**Diabetes Education Program
Columbus Regional Healthcare System**

500 Jefferson Street
Whiteville, North Carolina 28472

(910) 642-9454

**Division of Services for the Deaf
and Hard of Hearing**

(919) 773-2970

Domestic Violence Commission

(919) 733-2455

www.doa.state.nc.us/doa/cfw/cfw.htm

Economic Independence

**Food Stamp/Policy/Work First/Energy
& Program Integrity**

(919) 733-7831

**Expanded Foods & Nutrition
Education Program (EFNEP)**

45 Government Complex Road
Whiteville, North Carolina 28472

(910) 641-3996

(910) 642-6315 – FAX

www.ces.ncsu.edu/columbus/EFNEPhomepage

Description of Services: This nutrition program targets low-income families with children and teaches the value of proper nutrition, how to better utilize food budgets, and food safety.

Food Bank of Coastal Carolina, Inc.

P.O. Box 1311
1314 Marstellar Street
Wilmington, North Carolina 28402-1311

E-mail: ttaylor@foodbankcenc.org

(910) 251-1465

(910) 251-3591- FAX

www.foodbanknc.org

**Hope Harbor Home, Inc.
Domestic Violence Shelter**

P.O. Box 230
Supply, North Carolina 28462

(910) 754-5726

(910) 754-5856 – Crisis Line

(910) 754-9049 – FAX

**Hospitality House of Wilmington
1613 Medical Center Drive
Wilmington, North Carolina 28401**

(910) 763-2130

(910) 763-3141 – FAX

Description of Services: This facility provides support services to patients and their families while they are experiencing a medical crisis.

**Library for Blind & Physically Handicapped
(888) 388-2460**

Lower Cape Fear Hospice, Inc.

121 West Main Street
Whiteville, North Carolina 28472

(910) 642-9051

(910) 642-0223 – FAX

www.hospicelowercapefear.org

Description of Services: This agency offers bereavement support services and counseling, skilled nursing care, medical social services, medications, personal care, chaplains, and volunteer assistance.

Low Income Energy Assistance

(919) 733-7831

Mercy House

411 Red Cross Street
Wilmington, North Carolina 28401
(910) 343-0300
(910) 343-0322 – FAX

Description of Services: This overnight shelter for men conducts intake between 6 and 7:30 p.m.

Narcotics Anonymous**Columbus Regional Healthcare System**

500 Jefferson Street
Whiteville, North Carolina 28472
(910) 642-8011

Description of Services: Meetings are held Tuesdays, Fridays, and Sundays from 8 - 9 p.m. Tuesday meetings are open meetings.

North Carolina Division of Vocational Rehabilitation Services

P.O. Box 566
118 Memory Plaza
Whiteville, North Carolina 28472
(910) 914-4150 or (910) 642-5406
(910) 642-2114 – FAX

Description of Services: This agency provides a wide range of services to persons with physical, mental, or emotional impairments that result in a substantial impediment to employment. Services include, but are not limited to, disability and vocational assessment, employment training, job placement; diagnostic evaluations, guidance and counseling, on-the-job training, college tuition and fees, tuition to a public sheltered workshop or rehabilitation facility, payment for interpreter services for the hearing impaired, post employment services, and employment marketing skills training.

Reach to Recovery**Columbus Regional Healthcare System**

500 Jefferson Street
Whiteville, North Carolina 28472
(910) 642-8011

Description of Services: This breast cancer support group meets on the first Tuesday of each month from 7 – 9 p.m.

Senior Centers**Bolton Senior and Youth Center**

15354 Sam Potts Highway
Bolton, North Carolina 28423
(910) 655-4166

Bug Hill Senior Center

113300 Seven Creeks Highway
Nakina, North Carolina 28455
(910) 640-3791

Chadbourn Senior Center

403 Pine St.
Chadbourn, North Carolina 28431
(910) 654-4423

East Columbus Senior Center

2694 General Howe Highway
Riegelwood, North Carolina 28456
(910) 655-4754
(910) 655-0804 – Fax

Fair Bluff Senior Center

P.O. Box 652
Fair Bluff, North Carolina 28439
(910) 649-6881

Tabor City Senior Center

110 Norris Road
Tabor City, North Carolina 28463
(910) 653-3063

Whiteville Senior Center

827 Washington Street
Whiteville, North Carolina 28472
(910) 640-6602
(910) 640-6646 – Fax

Description of Services: Located throughout Columbus County, Senior Centers provide community involvement and opportunities for older adults to become physically active, mentally challenged, emotionally supported, and socially involved. Exercise equipment and medical equipment are available for loan to seniors. Congregate meals and home delivered meals are offered to seniors. The Minor Home Repair program assists persons 60 years or older with minor repairs to their homes to remedy condi-

tions that are a risk to their health and safety. Transportation is available to the nutrition sites.

**Southeastern Community College
Educational Talent Search**

P.O. Box 151
4564 Chadbourn Highway
Whiteville, North Carolina 28472
(910) 642-7141, ext. 286
(910) 642-0133
(910) 642-5658 – FAX

www.sccnc.edu/cat195.htm#talent

Description of Services: Educational Talent Search is funded by the United States Department of Education. The purpose of the program is to promote high school graduation and post-secondary enrollment. The counselors work in 12 schools throughout Columbus County and serve 850 students through counseling, workshops, and tutoring. They assist students in career and college planning and in securing financial aid for educational expenses. They provide educational college tours and cultural enrichment activities.

Although Educational Talent Search serves sixth through twelfth grade students primarily in area schools, the program is also available to assist persons who have dropped out of high school or college and want to re-enter the educational system.

Southeastern Sickle Cell Association

928 North 4th Street
Wilmington, North Carolina 28401
(910) 343-0422
(910) 343-0124 – FAX

**STRIVE – Supporting Those Reared In
Violent Environments
Families First, Inc.**

P.O. Box 1776
Whiteville, North Carolina 28472
(910) 642-5996
(910) 641-0444 – Crisis Line
(800) 348-5068 – Victim Assistance
(800) 826-6200 – Victim Compensation

Description of Services: This agency works with children and parents and offers 24-hour

crisis response, individual counseling, information and referrals, court advocacy and accompaniment, community education, support groups, emergency shelter, and volunteer training.

**Taking Off Pounds Sensibly (TOPS)
Columbus Regional Healthcare System**

500 Jefferson Street
Whiteville, North Carolina 28472
(910) 642-8011

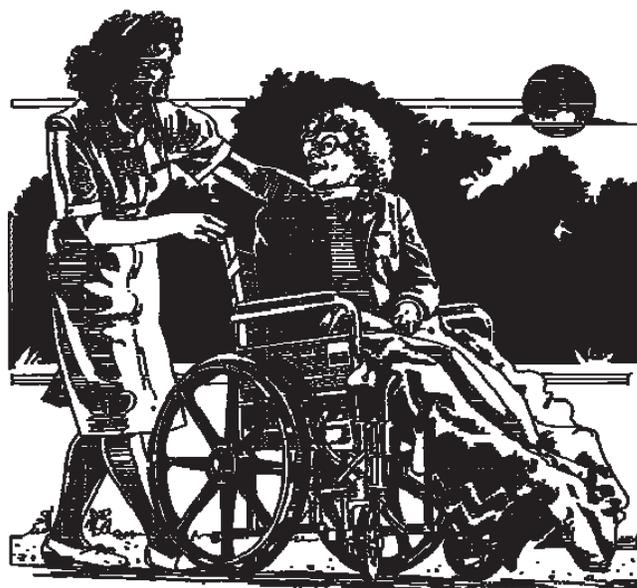
Description of Services: This group meets Mondays from 5 to 8 p.m. to discuss nutrition and proper diet and weight loss methods.

Telamon Corporation

P.O. Box 1626
630 S. Madison St.
Whiteville, North Carolina 28472
(910) 642-8229

(910) 642-8555 – FAX

Description of Services: This agency offers employment and training, including on-the-job training, work experiences, classroom training, English-as-a-Second-Language and other supportive services. Previous farm work within the most recent 24 months is required and participants must meet federal poverty level income guidelines.



Transportation



*Following is contact information for employment-related
and medical transportation providers.*

Adopt-A-Highway
(800) 331-5864

Boat Registration
(800) 628-3773

Columbus County Department of Aging

827 Washington Street
Whiteville, North Carolina 28472
(910) 640-6602
(910) 640-6646 – FAX

Description of Services: Transportation is available to senior center nutrition sites.

Columbus County
Department of Social Services

P.O. Box 397
40 Government Complex Road
Whiteville, North Carolina 28472
(910) 642-2800 or **(910) 640-6631**
(910) 641-3970 – FAX
(919) 733-4622 – Children Services
(800) 992-9457 – Child Support
(919) 733-7831 – Work First Program

www.coulumbusco.org/main/dss

Description of Services: This agency offers employment-related transportation to TANF recipients.

Columbus County
Emergency Medical Services (EMS)

608 North Thompson Street
Whiteville, North Carolina 28472
(910) 640-6610
(910) 640-1241 – FAX

Columbus County Medac-EMS

205 West Main Street
Whiteville, North Carolina 28472
(910) 640-3049

Columbus County Transportation

209 Legion Drive
Whiteville, North Carolina 28472
(910) 642-7201

(910) 642-6338 – FAX

Description of Services: This agency provides subscription and demand-response transportation services for Columbus County residents. Hours of operation are from 6 a.m. to 6 p.m., Monday through Friday. Fees are required for some services.

North Carolina Automobile Title, Registration Renewal and Tags

28 Hill Plaza
Whiteville, North Carolina 28472
(910) 642-3810
(919) 715-7000 – Raleigh

North Carolina Department of Motor Vehicles

917 Washington Street
Whiteville, North Carolina 28472
(910) 642-0216
(919) 715-7000 – Raleigh

North Carolina Department of Transportation Bicycle Helmet Program

P.O. Box 25201
Raleigh, North Carolina 27611
(919) 733-2804

Description of Services: This program encourages children to use bicycle helmets and provides pertinent information to parents concerning helmet use.

North Carolina Driver's License Office

917 Washington Street
Whiteville, North Carolina 28472
(910) 642-2017
(910) 640-2551 – FAX

North Carolina Highway Patrol

Division of State Highway Patrol
4702 Mail Service Center
512 North Salisbury Street
Raleigh, North Carolina 27699-4702
(919) 733-7952
www.ncshp.org/

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