

2024 Community Health Needs Assessment

Abridged Report Prepared in Collaboration with
CaroMont Regional Medical Center

June – 2025



About the Community Health Needs Assessment (CHNA)



- A Community Health Needs Assessment identifies key health needs and issues through systematic, comprehensive data collection and analysis. The CHNA provides healthcare entities, policy makers and community partners with comprehensive information about the community's current health status, needs and issues.
- CaroMont Health and Gaston County Public Health jointly conducted the 2024 Community Health Needs Assessment.
- This abridged report provides an overview of the health status of Gaston County residents, including information obtained through a Quality-of-Life survey with high representation from historically marginalized populations.



About the CHNA (continued)

- Gaston County Public Health (GCPH) will release additional data later in 2025 and a full report in early 2026. Together, with other healthcare and community partners, CaroMont Health will finalize the prioritization of health issues and develop a Community Health Improvement Plan (CHIP) by October 31, 2025.
- A CHIP is a longer-term, systematic effort to address population health problems based on the results of community health assessment activities and the community health improvement process.

Developing a CHNA



- Three distinct methods were used to conduct the Community Health Needs Assessment:
 - Primary Data Collection – A community Quality of Life Survey was conducted at a variety of venues throughout the spring and summer of 2025. Although convenience sampling was the primary method, venues were chosen specifically to obtain reasonable representation both geographically and demographically. Over 1,000 surveys were completed during this period.
 - Focus Groups – Three focus groups were conducted. One group was conducted in Spanish, one with teens, and the other group was targeted towards families with young children.
 - Secondary Data Collection – Data were collected from a wide array of sources including the NC State Center for Health Statistics, the U.S. Census Bureau and other database systems.

CHNA Data Sources and Collection



Data Sources	Collection / Analysis Methods
Primary Data – 2025 Community Survey	Convenience sampling using an online platform with analysis software Nonprofit and other community organizations supported distribution and promotion of the survey
U.S. Census Bureau	Decennial Census – redistricting files, American Community Survey
NC State Center for Health Statistics	Vital Records
NC Department of Public Instruction	High School Graduation Rates
CDC – BRFSS	Regional Survey

CHNA Community Partners



- CaroMont Health
- City of Gastonia
- Community Foundation of Gaston County
- Gaston Business Association
- Gaston County Cooperative Extension
- Gaston County Department of Social Services
- Gaston County EMS
- Gaston County Manager's office
- Gaston County Planning office
- Parks and Recreation
- Gaston County Public Health
- Gaston County Schools
- Gaston County YMCA
- Gaston Together
- Highland Neighborhood Association
- Gaston County Municipalities
- Kintegra Health
- Partners Behavioral Health
- Gaston County Police
- Gaston County Sheriffs Department
- United Way of Gaston County

About Our Community

County information and demographics



Define the Community it Serves

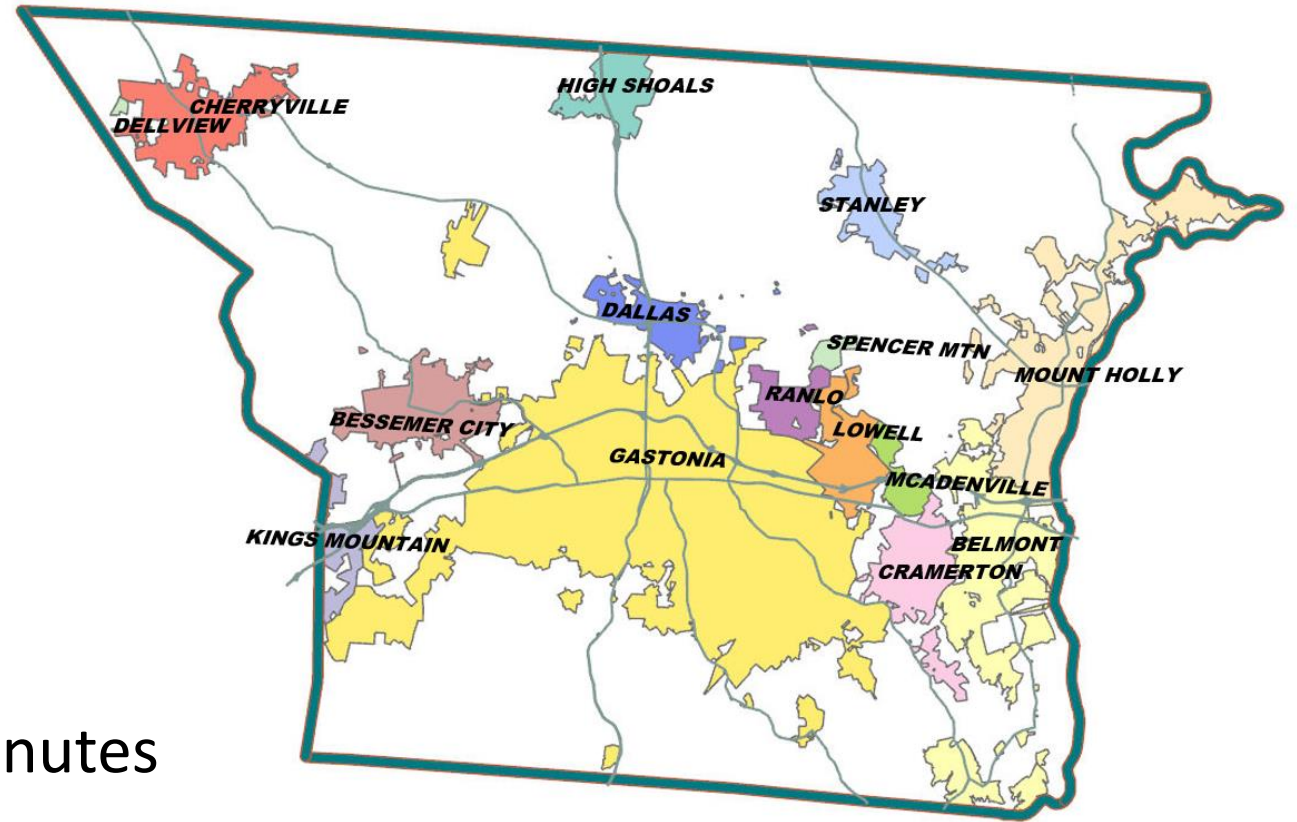


The primary service area of CaroMont Regional Medical Center is Gaston County, North Carolina. This conclusion is based on an analysis of hospital discharges by county of origin for calendar year 2024. Approximately 79.0 percent of the hospital's discharges are derived from Gaston County, while Cleveland, Lincoln, Mecklenburg and York Counties represent 17.8 percent of discharges combined. Another 3.2 percent of the hospital's discharges come from outside the five-county region outlined in the adjacent map.

About Gaston County



- 14 Municipalities
- Total Population – 231,485
- 356 Square Miles
- Average Travel to Work – 26.0 Minutes



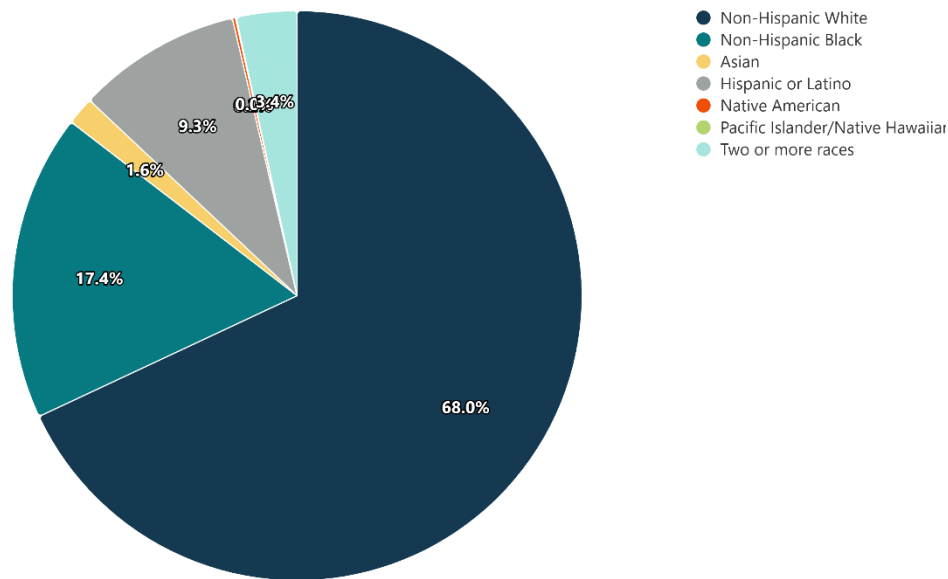
County Demographics



Race and Ethnicity

Population by Race/Ethnicity

Gaston County, NC, 2019-2023

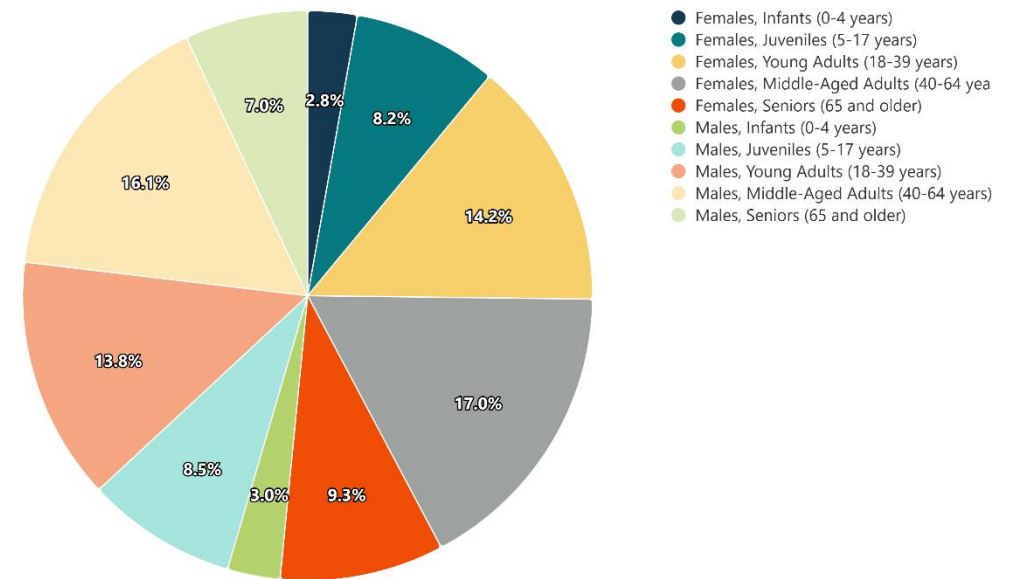


Created on Metopio | metop.io/i/hapc3cdb | Data source: U.S. Census Bureau: American Community Survey (ACS) (ACS: Table B01001; Decennial Census: Table P012)
Population: Average population over the time period.

Age and Gender

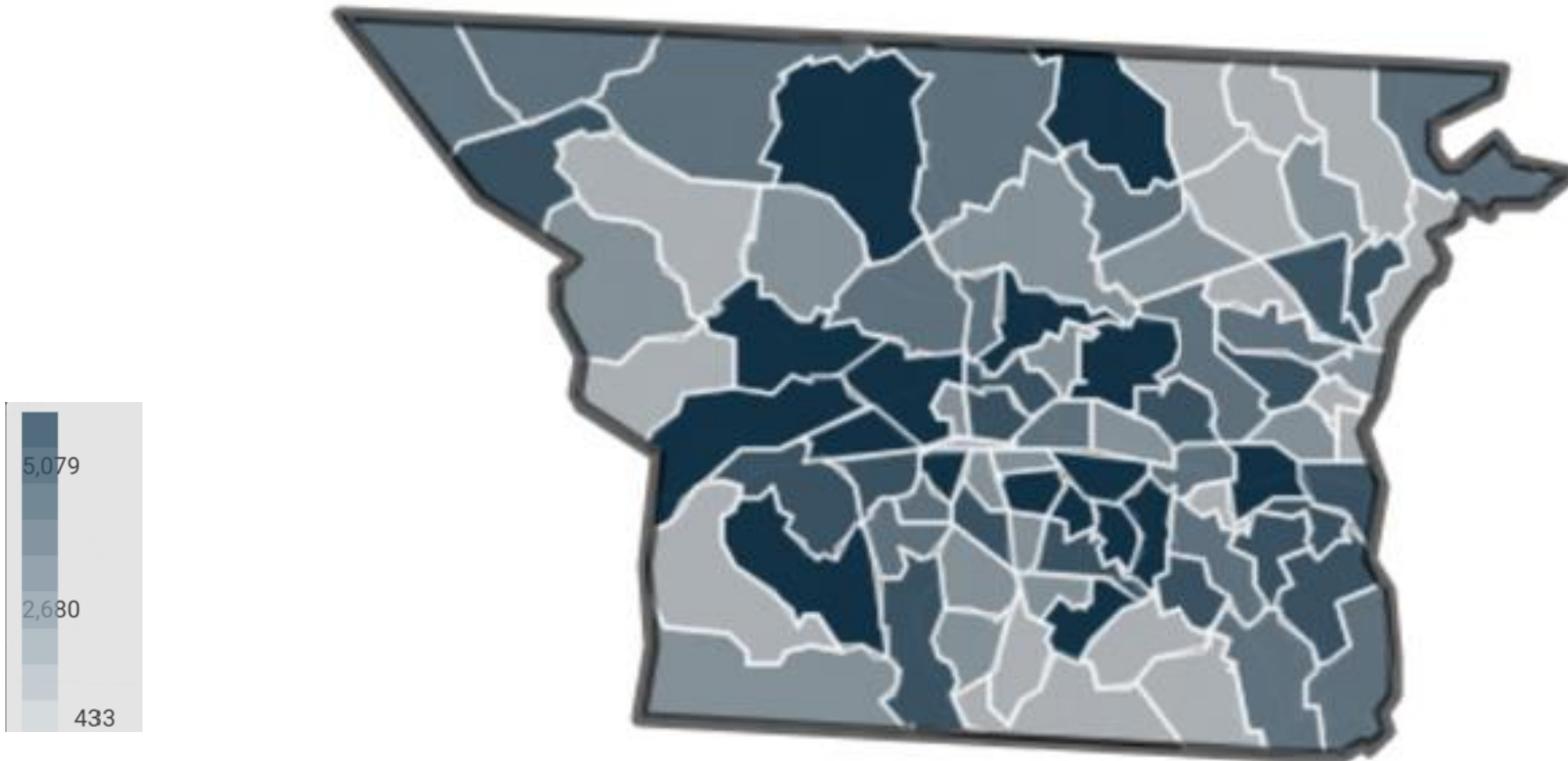
Population by Sex and Age

Gaston County, NC, 2019-2023



Created on Metopio | metop.io/i/qtsiisc | Data source: U.S. Census Bureau: American Community Survey (ACS) (ACS: Table B01001; Decennial Census: Table P012)
Population: Average population over the time period.

Population Density



Community Input

We want to know what health issues the community cares most about

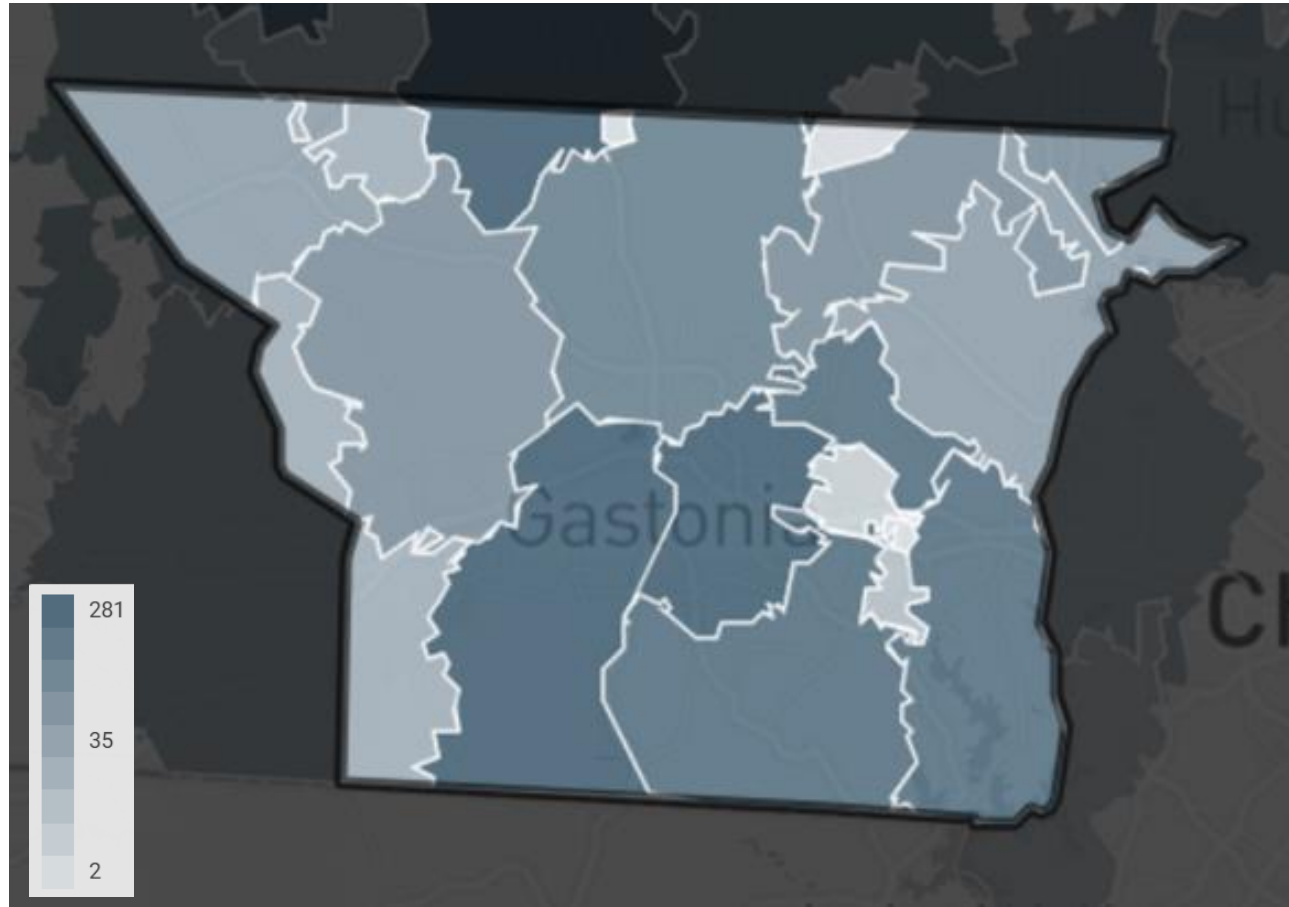


Quality of Life Survey



- A critical component of a CHNA is getting input across the entire population served by CaroMont Health, with a special interest in historically underserved populations and those with disproportionate health outcomes and access. Primary data collected through our Quality-of-Life Survey is the way we ensure local voices are heard.
- To ensure broad community representation, the survey was conducted in diverse settings, including food pantries, local libraries, and community events such as the Community Baby Shower, and senior centers, with particular attention to reaching historically underserved populations.

Survey Participant Rate by Zip Code



Key Health Needs of Gaston County

The following section identifies some of the most prevalent health concerns and barriers to health in Gaston County.

These issues were identified based on their importance to the community, prevalence, severity and their contribution to health outcomes and disparities.

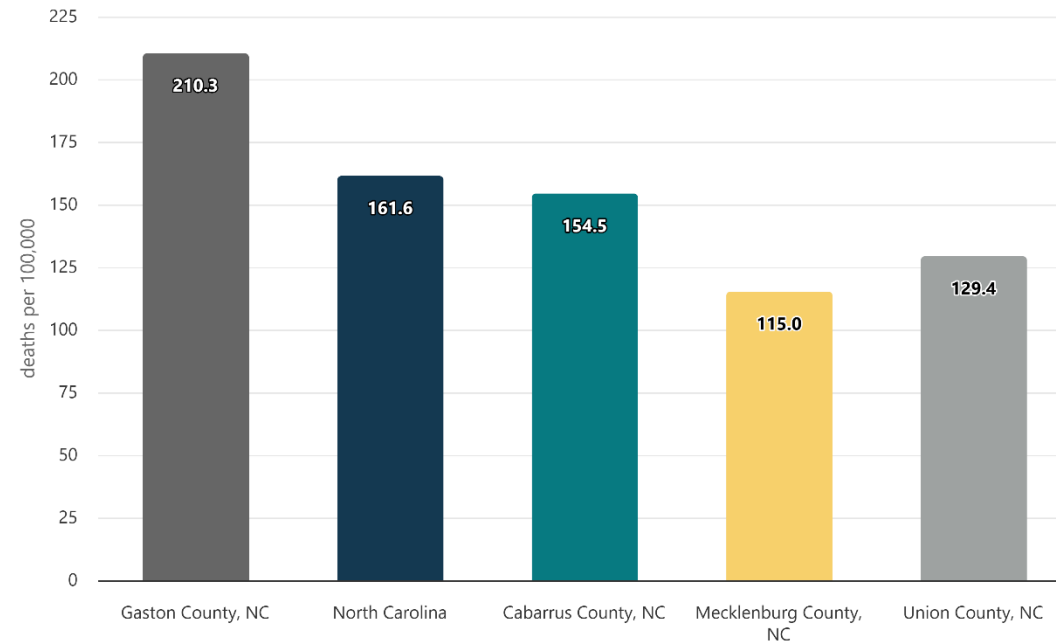


Leading Causes of Death



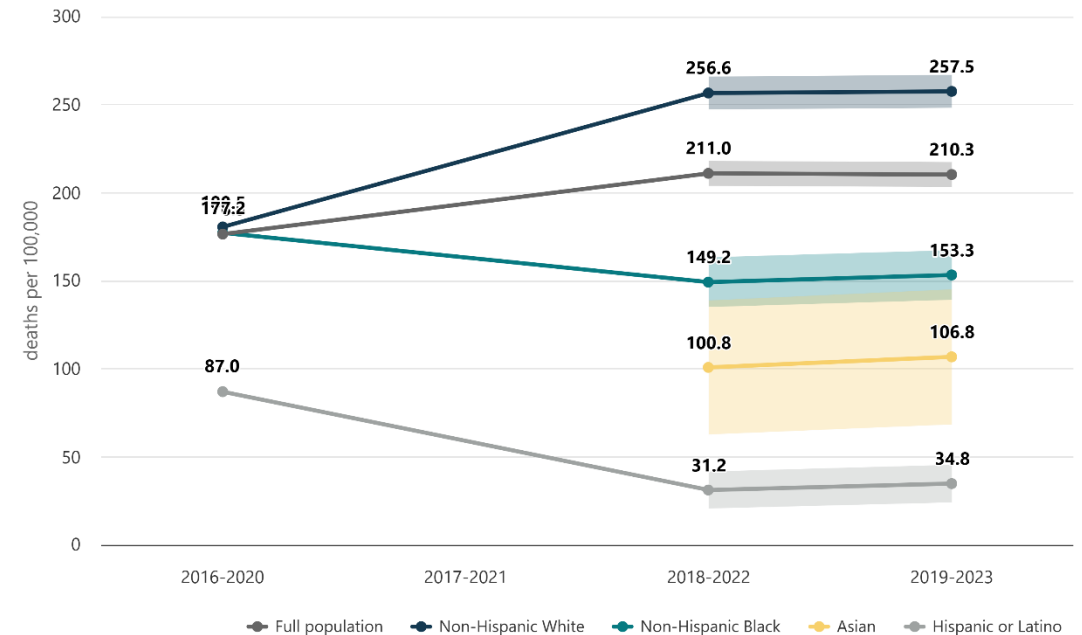
Heart disease mortality, 2019-2023

Gaston County, NC and comparison



Heart disease mortality

Gaston County, NC



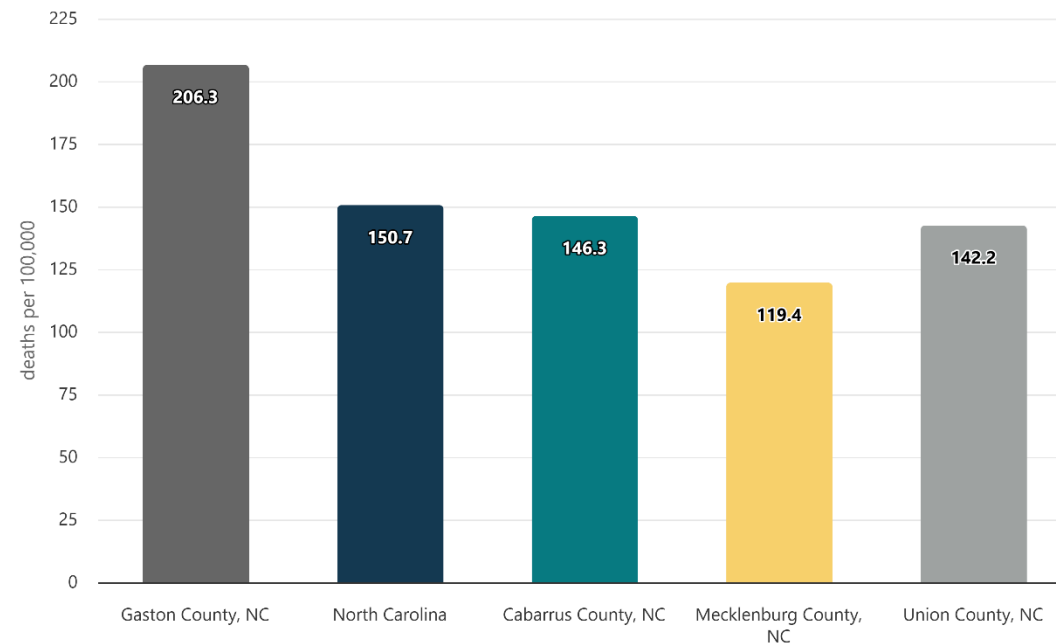
Created on Metopio | metop.io/i/vgo3s8jn | Data source: Centers for Disease Control and Prevention (CDC): National Vital Statistics System-Mortality (NVSS-M) (Via <http://healthindicators.gov>)
Heart disease mortality: Deaths per 100,000 residents with an underlying cause of heart disease (ICD-10 codes I00-I09, I11, I13, I20-I51).

Created on Metopio | metop.io/i/vgo3s8jn | Data source: Centers for Disease Control and Prevention (CDC): National Vital Statistics System-Mortality (NVSS-M) (Via <http://healthindicators.gov>)
Heart disease mortality: Deaths per 100,000 residents with an underlying cause of heart disease (ICD-10 codes I00-I09, I11, I13, I20-I51).

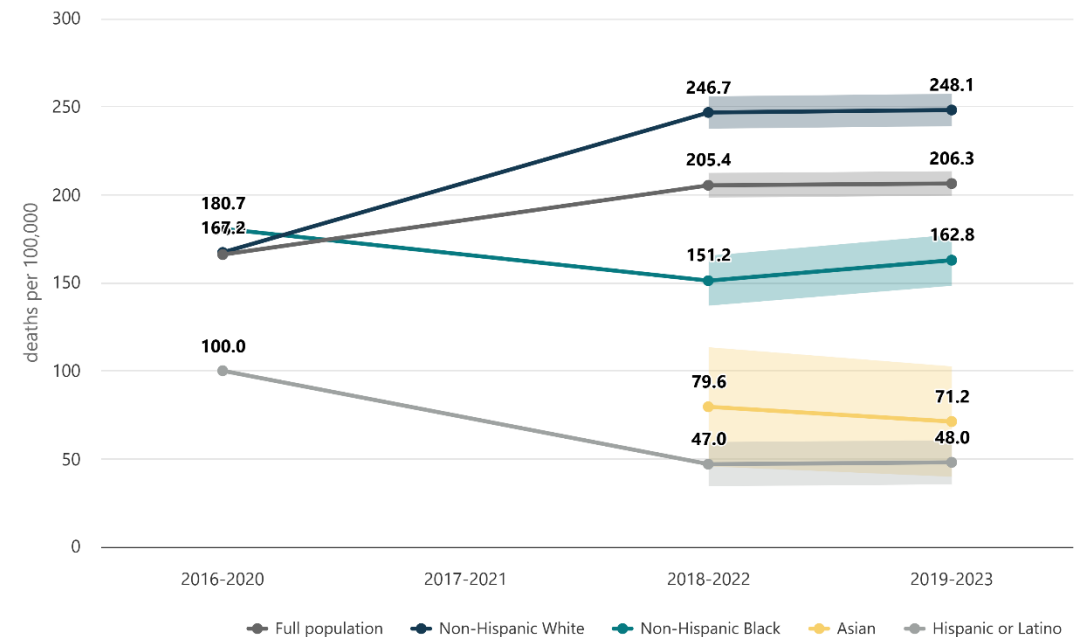
Leading Causes of Death



Cancer mortality, 2019-2023
Gaston County, NC and comparison



Cancer mortality
Gaston County, NC



Created on Metopio | metopio.io/i/16fvgyka | Data source: Centers for Disease Control and Prevention (CDC): National Vital Statistics System-Mortality (NVSS-M) (county, state, and US data)

Cancer mortality: Deaths per 100,000 residents due to cancer (ICD-10 codes C00-C97). This indicator is not a good measure of the burden of cancer in a community, because it is complicated by other causes of death (especially in the elderly); instead, use CCR (cancer diagnoses).

Created on Metopio | metopio.io/i/16fvgyka | Data source: Centers for Disease Control and Prevention (CDC): National Vital Statistics System-Mortality (NVSS-M) (county, state, and US data)

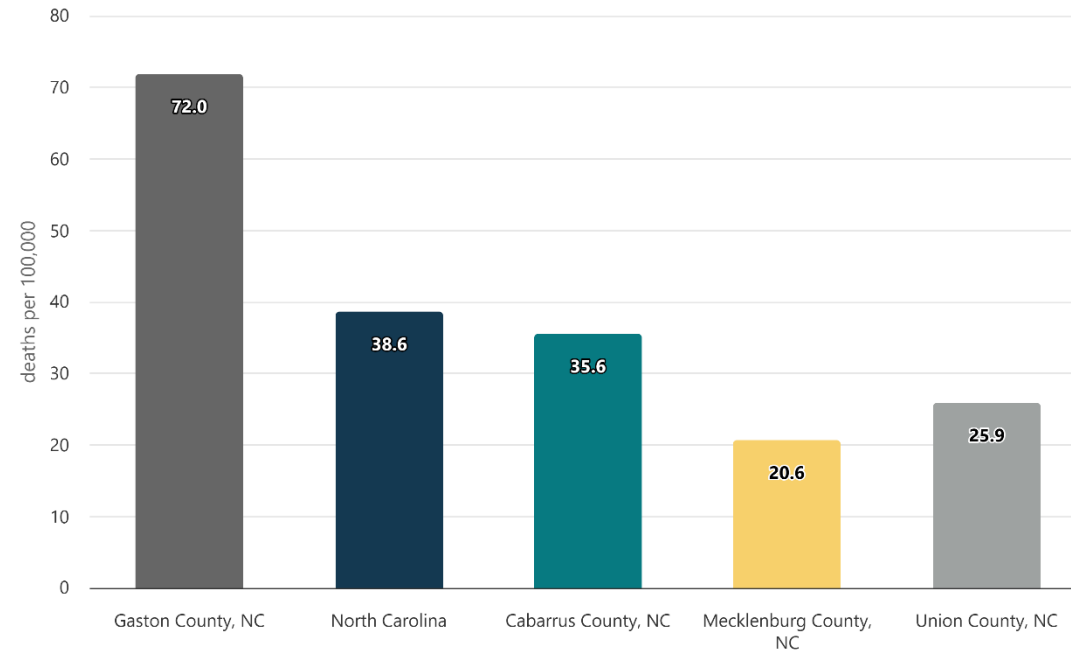
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Leading Causes of Death



Chronic lower respiratory disease mortality, 2019-2023

Gaston County, NC and comparison

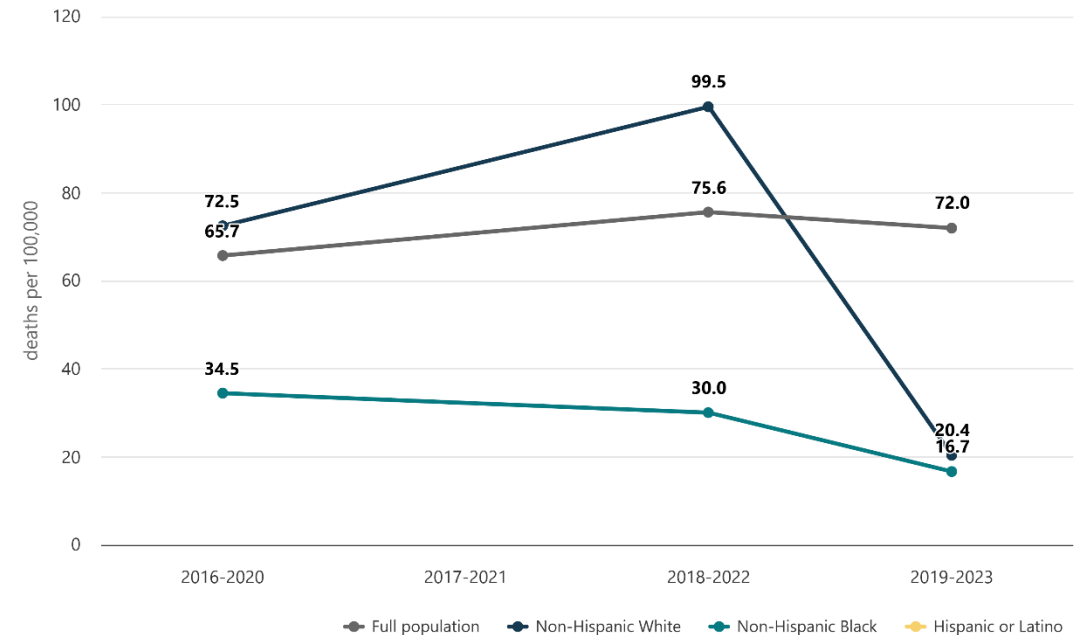


Created on Metopio | metop.io/i/a0an22r1 | Data source: Centers for Disease Control and Prevention (CDC): National Vital Statistics System-Mortality (NVSS-M) (Via <http://healthindicators.gov>)

Chronic lower respiratory disease mortality: Deaths per 100,000 residents due to chronic lower respiratory disease (ICD-10 codes J40-J47). The primary disease in this category is chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Also includes asthma and bronchiectasis.

Chronic lower respiratory disease mortality

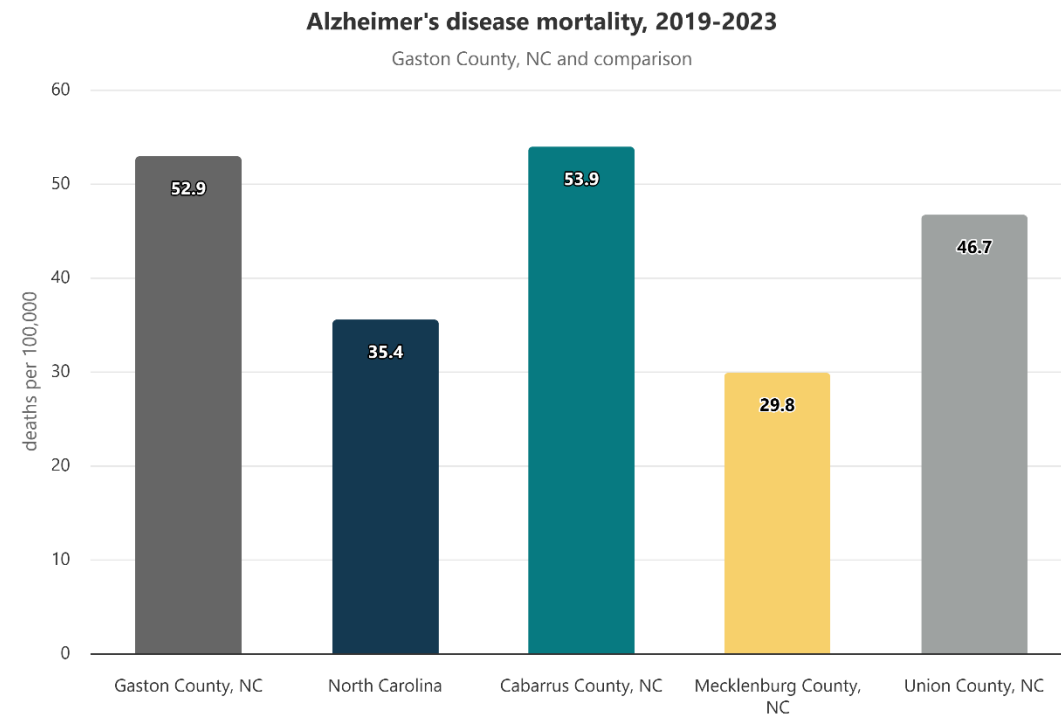
Gaston County, NC



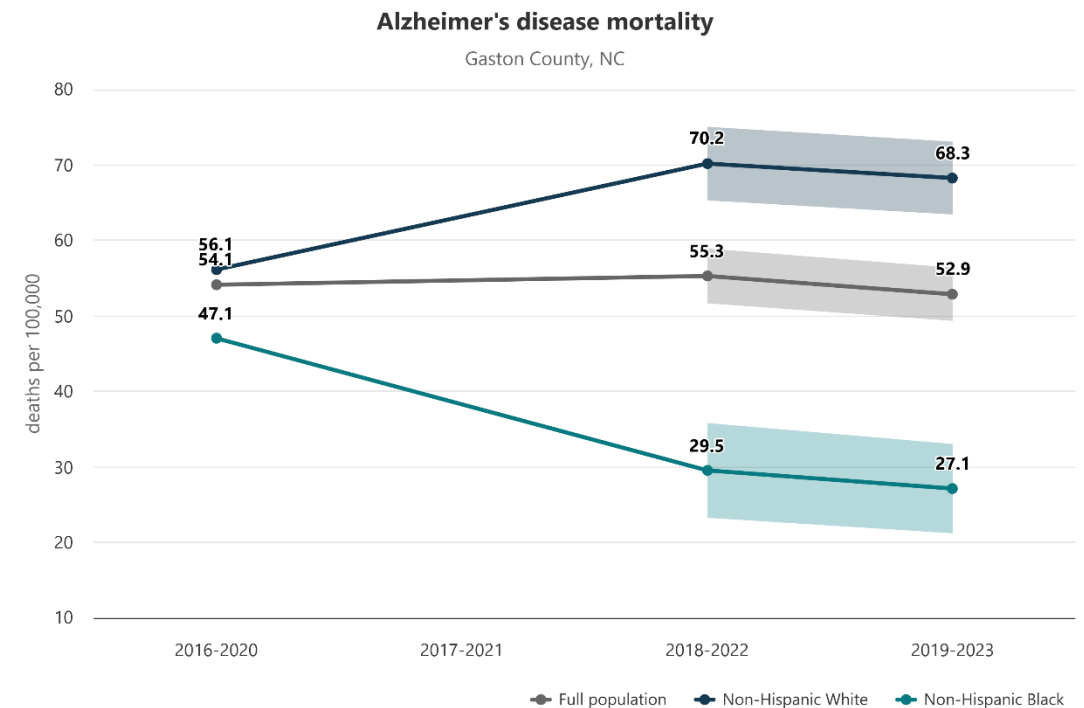
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Leading Causes of Death



Created on Metopio | metop.io/i/7z5vm15f | Data source: Centers for Disease Control and Prevention (CDC): National Vital Statistics System-Mortality (NVSS-M)
Alzheimer's disease mortality: Deaths per 100,000 residents due to Alzheimer's disease (ICD-10 code G30).



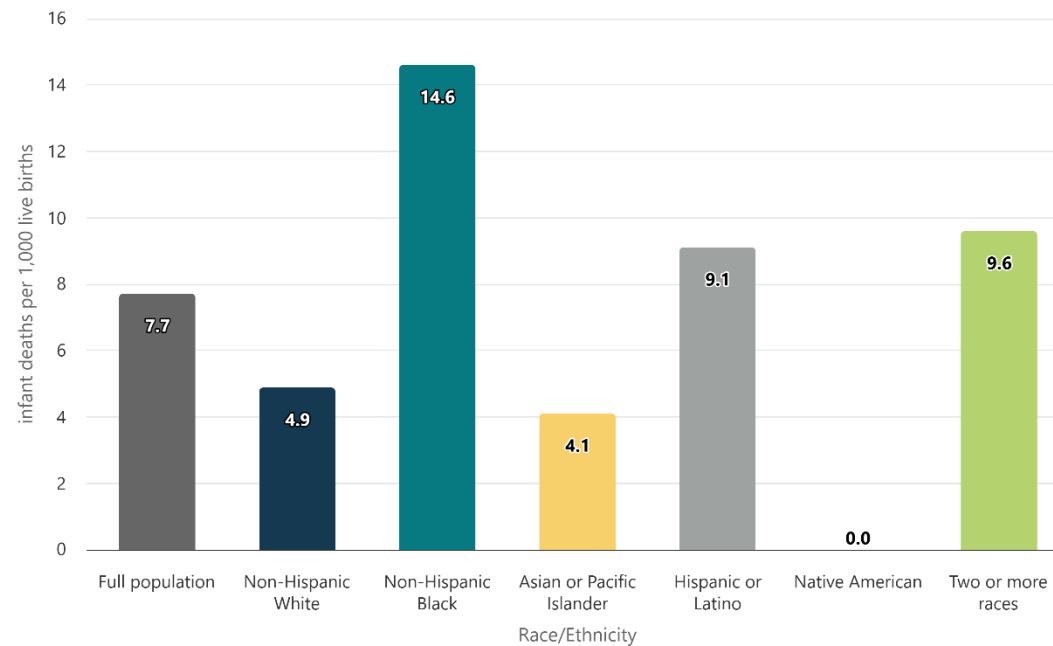
Created on Metopio | metop.io/i/7z5vm15f | Data source: Centers for Disease Control and Prevention (CDC): National Vital Statistics System-Mortality (NVSS-M)
Alzheimer's disease mortality: Deaths per 100,000 residents due to Alzheimer's disease (ICD-10 code G30).

Infant Mortality Rates



Infant mortality rate (NC) by Race/Ethnicity, Gaston County, NC

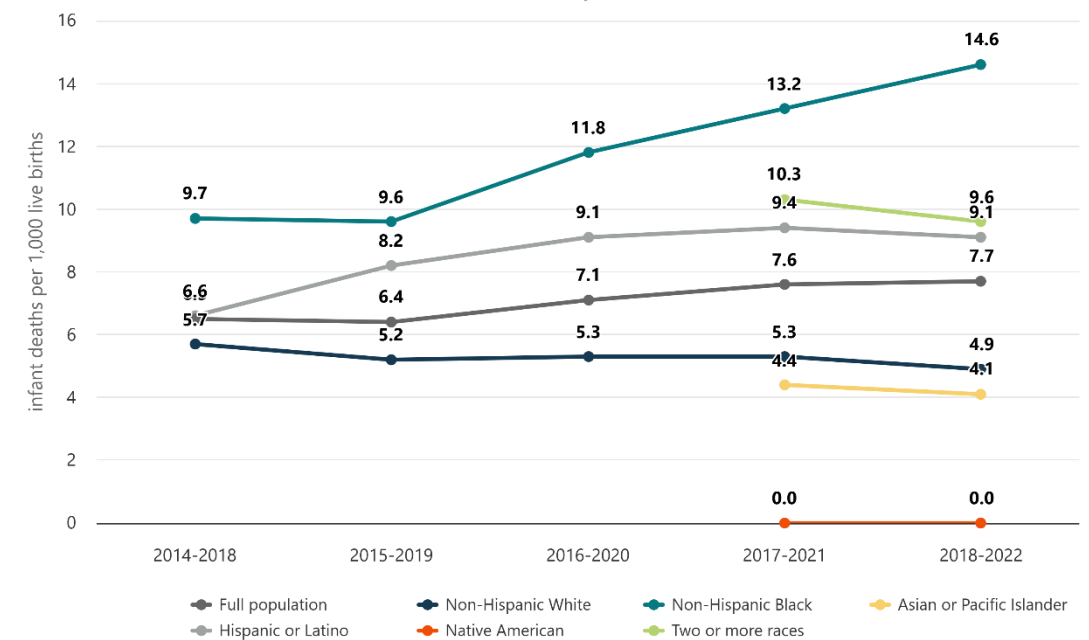
2018-2022



Created on Metopio | metopio.io/d1uiu2or | Data source: North Carolina Department of Health and Human Services (NCDHHS); North Carolina State Center for Health Statistics (NC SCHS)
Infant mortality rate (NC): Infant deaths in a year per 1,000 live births. Infant death is defined as death of a live born infant under one year of age.

Infant mortality rate (NC)

Gaston County, NC



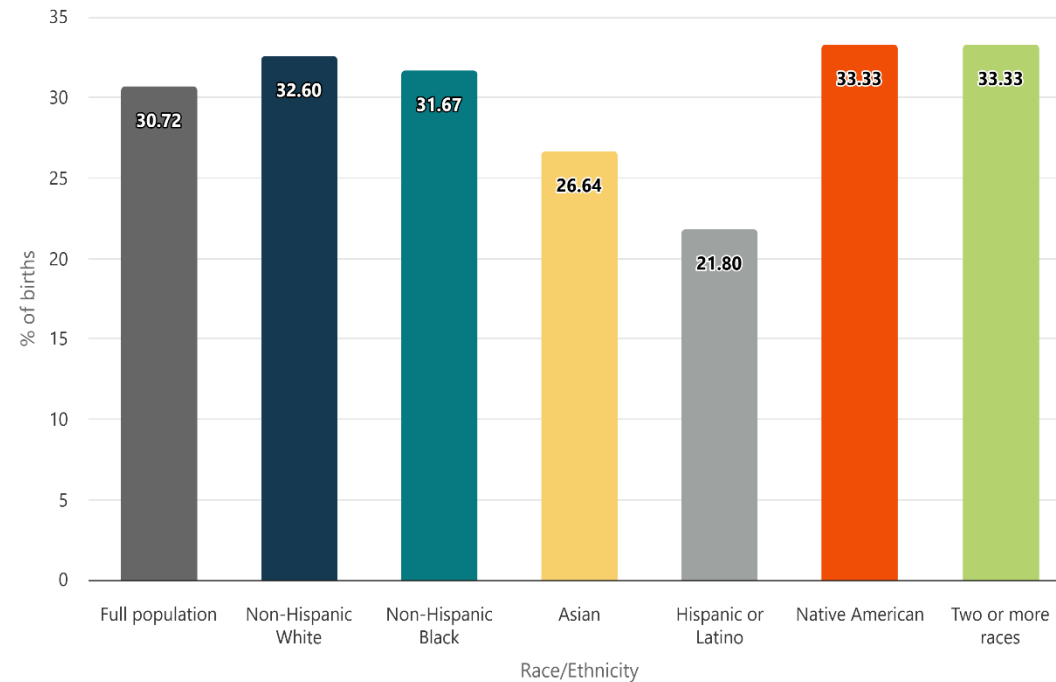
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Maternal Risk Factors



Births with at least one maternal risk factor by Race/Ethnicity, Gaston County, NC

2019-2023

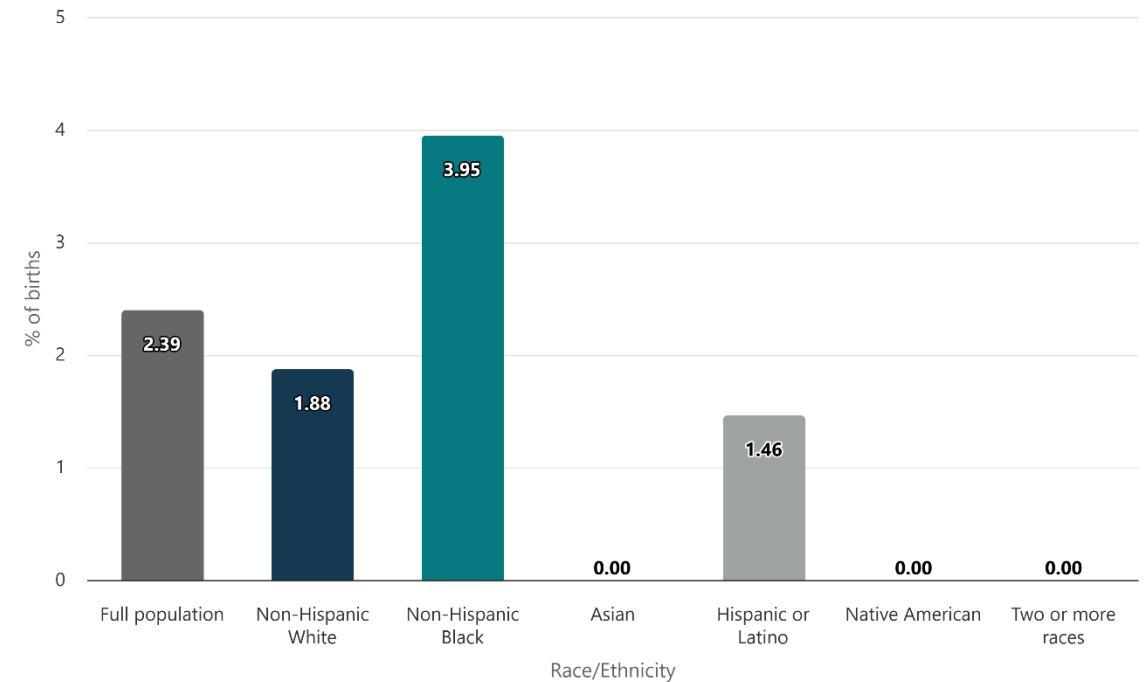


Created on Metopio | metop.io//d1uiu2or | Data source: Centers for Disease Control and Prevention (CDC): National Vital Statistics System-Nativity (NVSS-N) (via CDC Wonder, 5 year data)

Births with at least one maternal risk factor: Births where the mother has at least one of the following conditions: Chronic Hypertension, Eclampsia, Diabetes, Tobacco use, or Pregnancy-associated hypertension

Very preterm births by Race/Ethnicity, Gaston County, NC

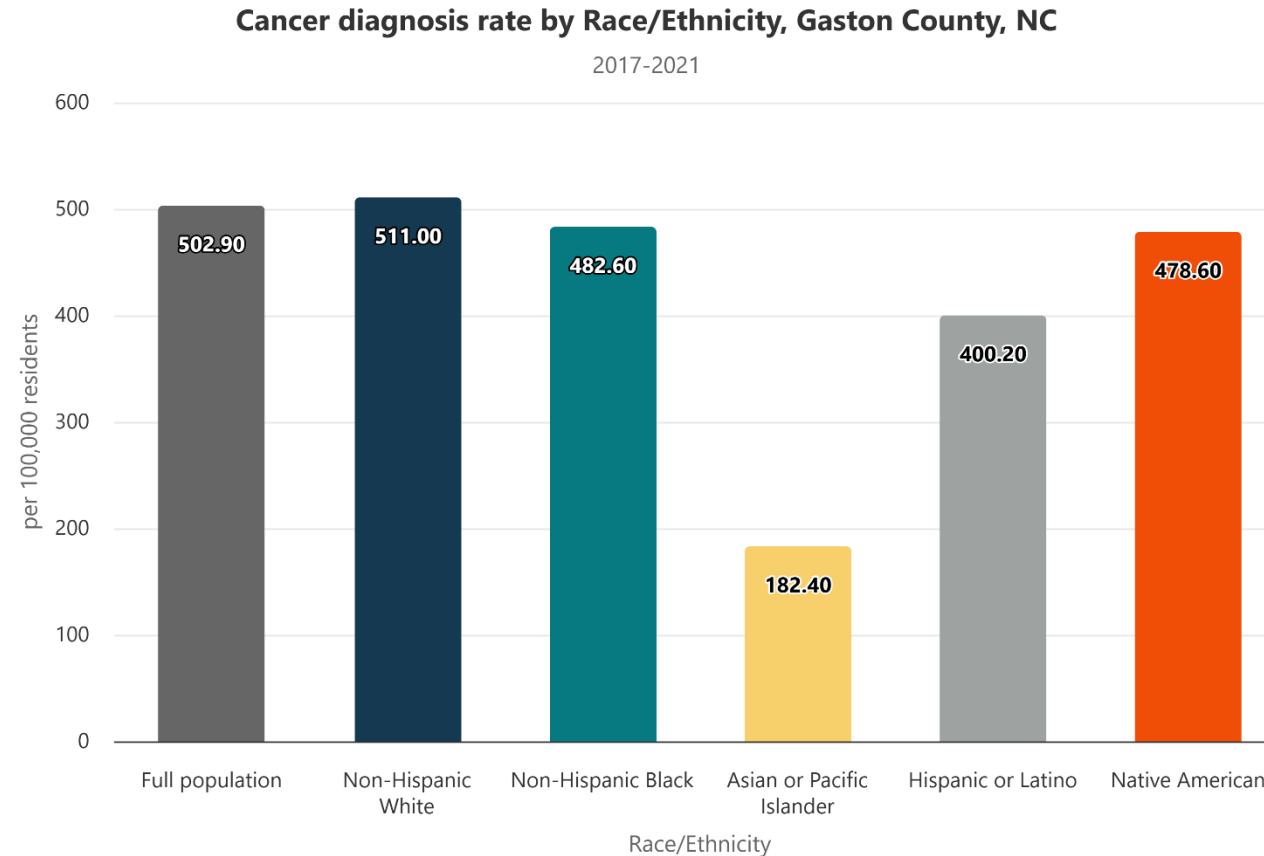
2019-2023



Created on Metopio | metop.io//d1uiu2or | Data source: Centers for Disease Control and Prevention (CDC): National Vital Statistics System-Nativity (NVSS-N) (via CDC Wonder, 5 year data)

Very preterm births: Births before 32 weeks

Cancer Diagnosis



Created on Metopio | metop.io/i/d1uiu2or | Data source: National Cancer Institute (NCI): State Cancer Profiles (WI: racial stratifications only) (Everywhere except IL)

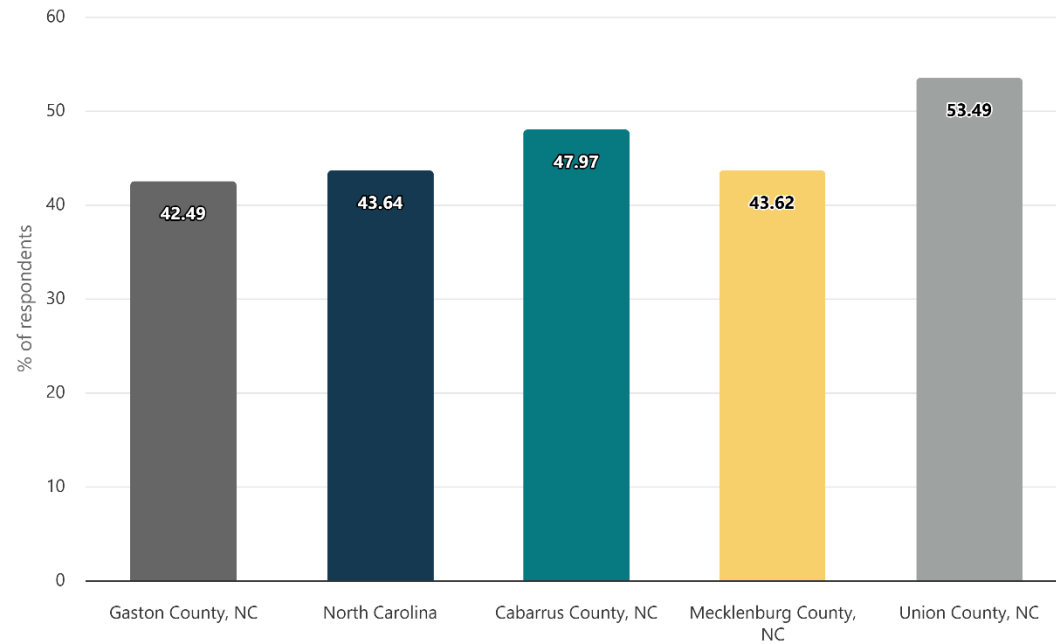
Cancer diagnosis rate: Annual diagnosis rate for all invasive cancers. Does not include pre-cancerous diagnoses such as breast cancer in situ or urinary cancer in situ. All ages, risk-adjusted.

Survey Responses Satisfied with Healthcare



Respondents satisfied with healthcare, 2025

Gaston County, NC and comparison

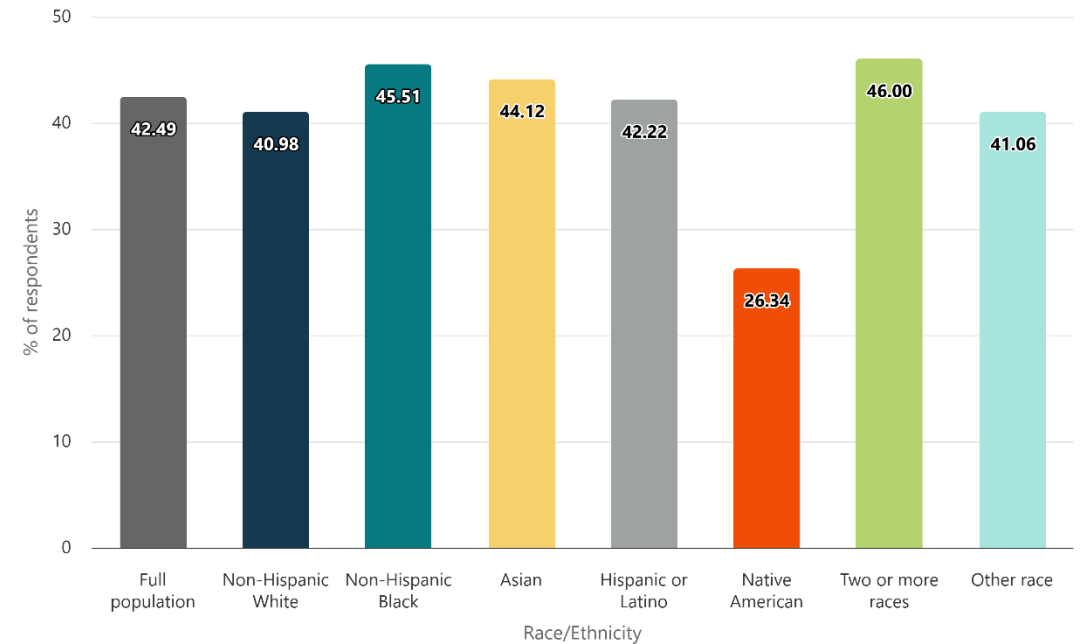


Created on Metopio | metop.io/i/wsbyf73n | Data source: CCCC Community Health Needs Survey

Respondents satisfied with healthcare: Percentage of survey respondents who selected 'Agree' or 'Strongly Agree' in response to the statement: 'I am satisfied with the healthcare system in this community.'

Respondents satisfied with healthcare by Race/Ethnicity, Gaston County, NC

2025



Created on Metopio | metop.io/i/wsbyf73n | Data source: CCCC Community Health Needs Survey

Respondents satisfied with healthcare: Percentage of survey respondents who selected 'Agree' or 'Strongly Agree' in response to the statement: 'I am satisfied with the healthcare system in this community.'

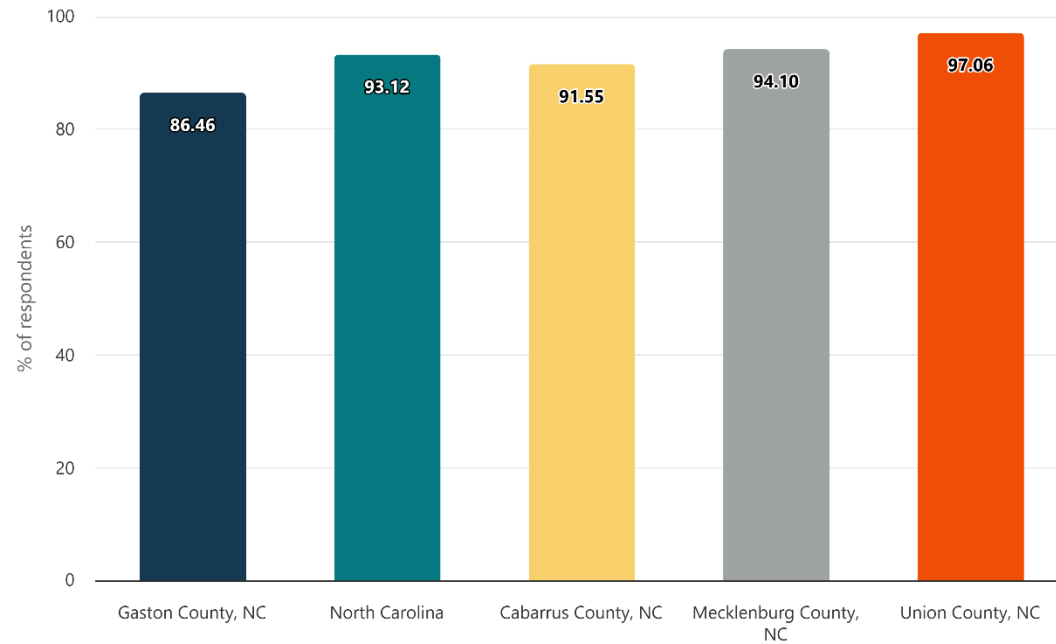
Survey Responses

Have a primary care provider



Respondents with a primary care provider, 2025

Gaston County, NC and comparison

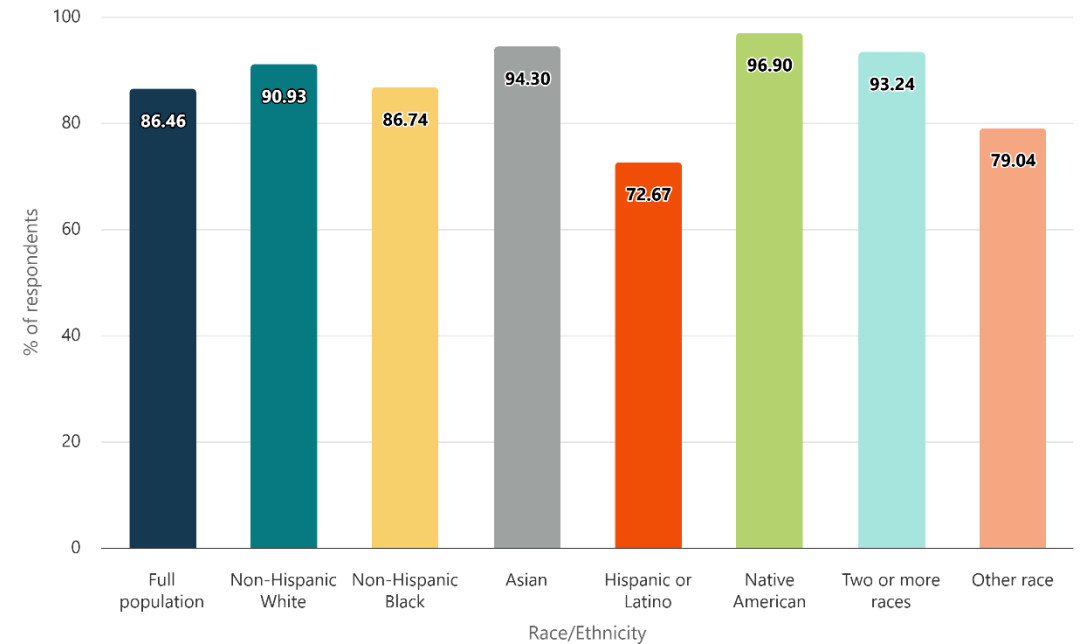


Created on Metopio | metopio.io/i/wsbyf73n | Data source: CCCC Community Health Needs Survey

Respondents with a primary care provider: Percentage of survey respondents who selected 'Yes' in response to the question: 'Do you have a doctor or clinic where you go for care when you need it?'

Respondents with a primary care provider by Race/Ethnicity, Gaston County, NC

2025



Created on Metopio | metopio.io/i/wsbyf73n | Data source: CCCC Community Health Needs Survey

Respondents with a primary care provider: Percentage of survey respondents who selected 'Yes' in response to the question: 'Do you have a doctor or clinic where you go for care when you need it?'

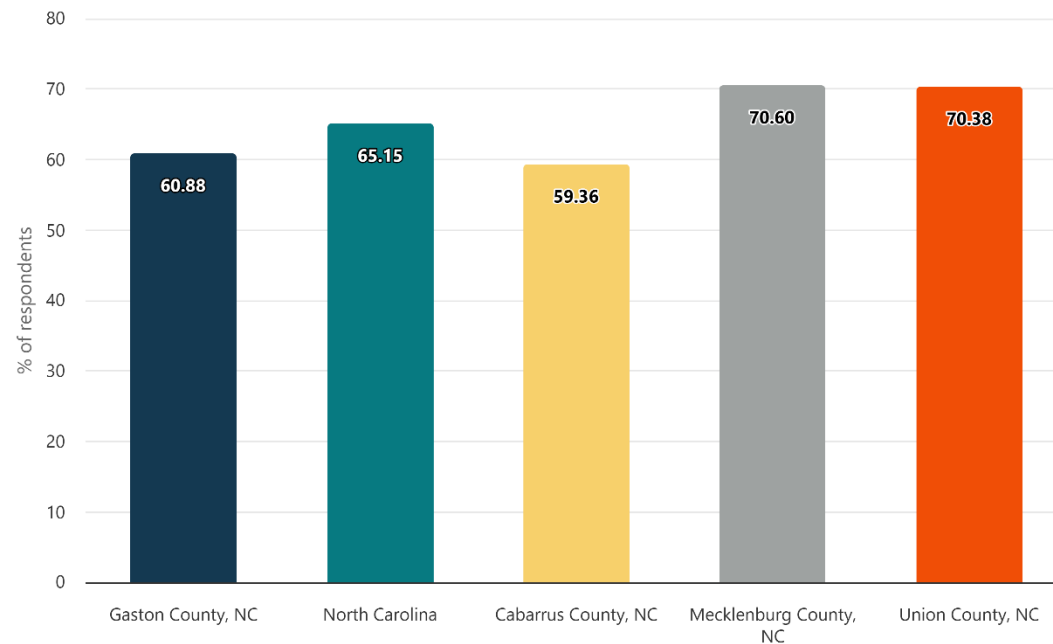
Survey Responses

I am satisfied with my health insurance



Respondents satisfied by insurance, 2025

Gaston County, NC and comparison

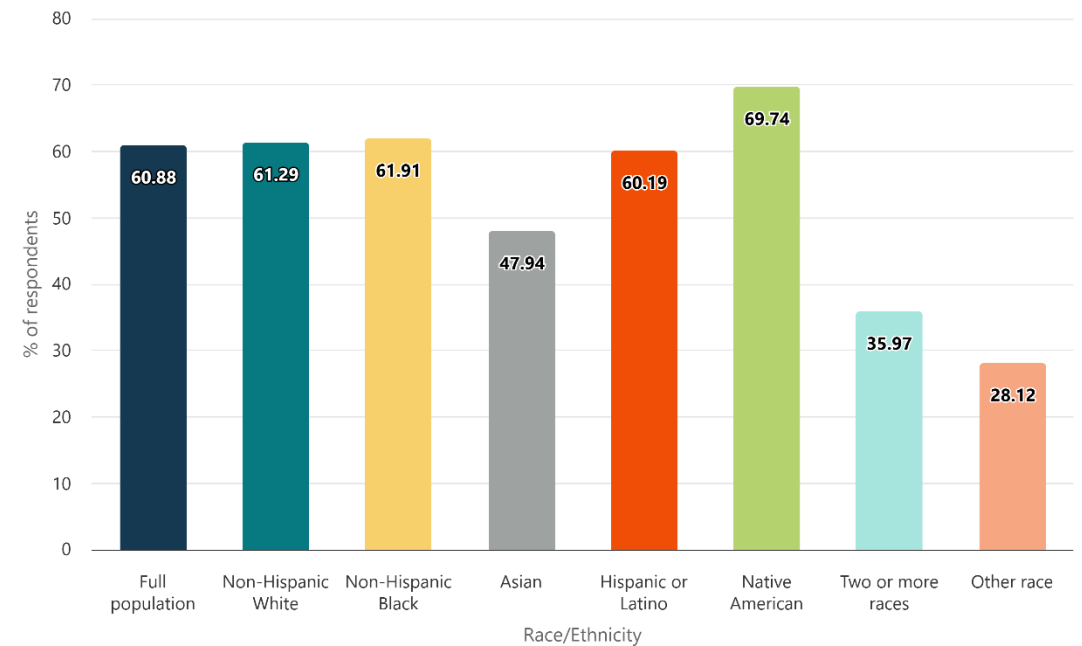


Created on Metopio | metop.io/i/wsbyf73n | Data source: CCCC Community Health Needs Survey

Respondents satisfied by insurance: Percentage of insured survey respondents who selected 'Satisfied' or 'Very Satisfied' in response to the question: 'How well does your insurance meet your needs?'

Respondents satisfied by insurance by Race/Ethnicity, Gaston County, NC

2025



Created on Metopio | metop.io/i/wsbyf73n | Data source: CCCC Community Health Needs Survey

Respondents satisfied by insurance: Percentage of insured survey respondents who selected 'Satisfied' or 'Very Satisfied' in response to the question: 'How well does your insurance meet your needs?'

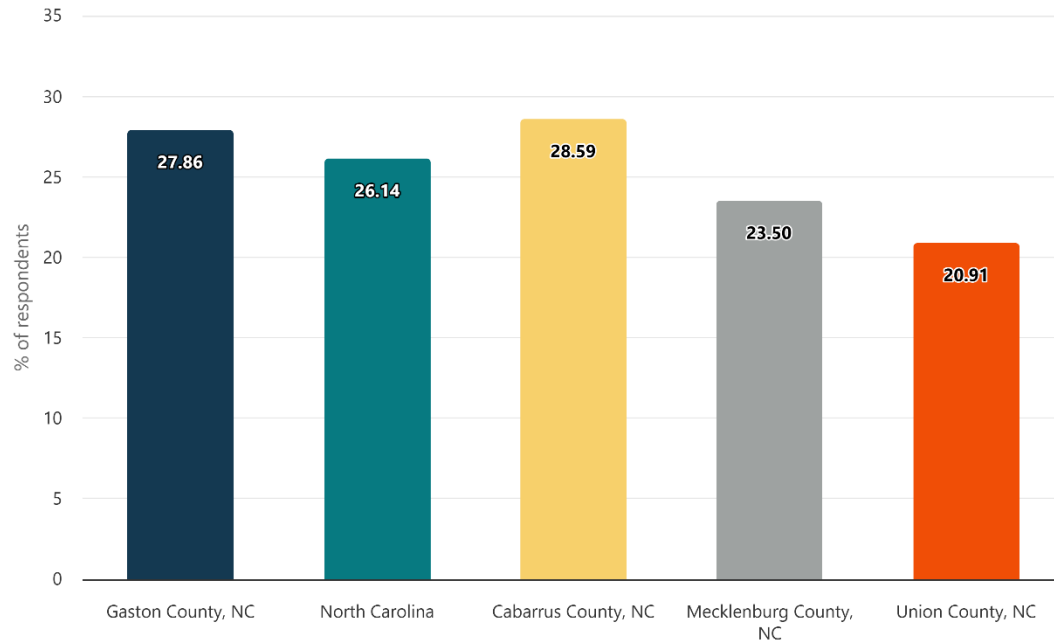
Survey Response

I have delayed healthcare due to cost



Respondents who delayed care, 2025

Gaston County, NC and comparison

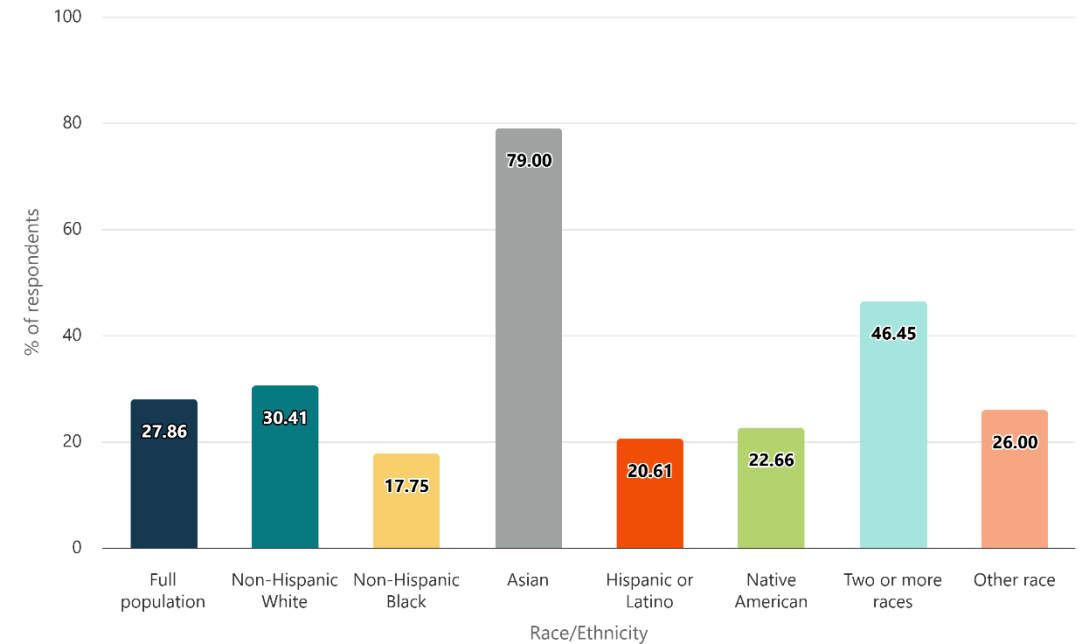


Created on Metopio | metop.io/i/wsbyf73n | Data source: CCCC Community Health Needs Survey

Respondents who delayed care: Percentage of survey respondents who answered 'Yes' in response to the question: 'In the past 12 months, have you delayed any medical care such as annual physicals?'

Respondents who delayed care by Race/Ethnicity, Gaston County, NC

2025



Created on Metopio | metop.io/i/wsbyf73n | Data source: CCCC Community Health Needs Survey

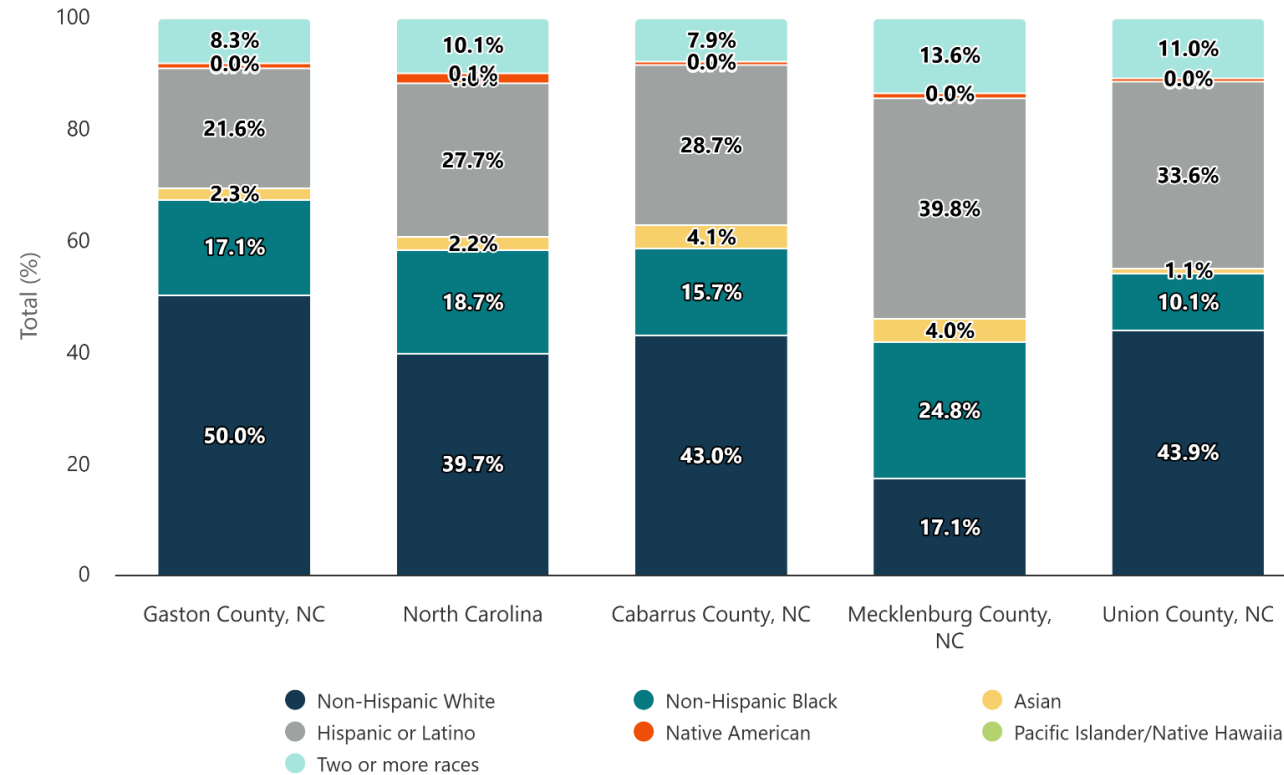
Respondents who delayed care: Percentage of survey respondents who answered 'Yes' in response to the question: 'In the past 12 months, have you delayed any medical care such as annual physicals?'

Uninsured Population



Uninsured residents by Race/Ethnicity, 2019-2023

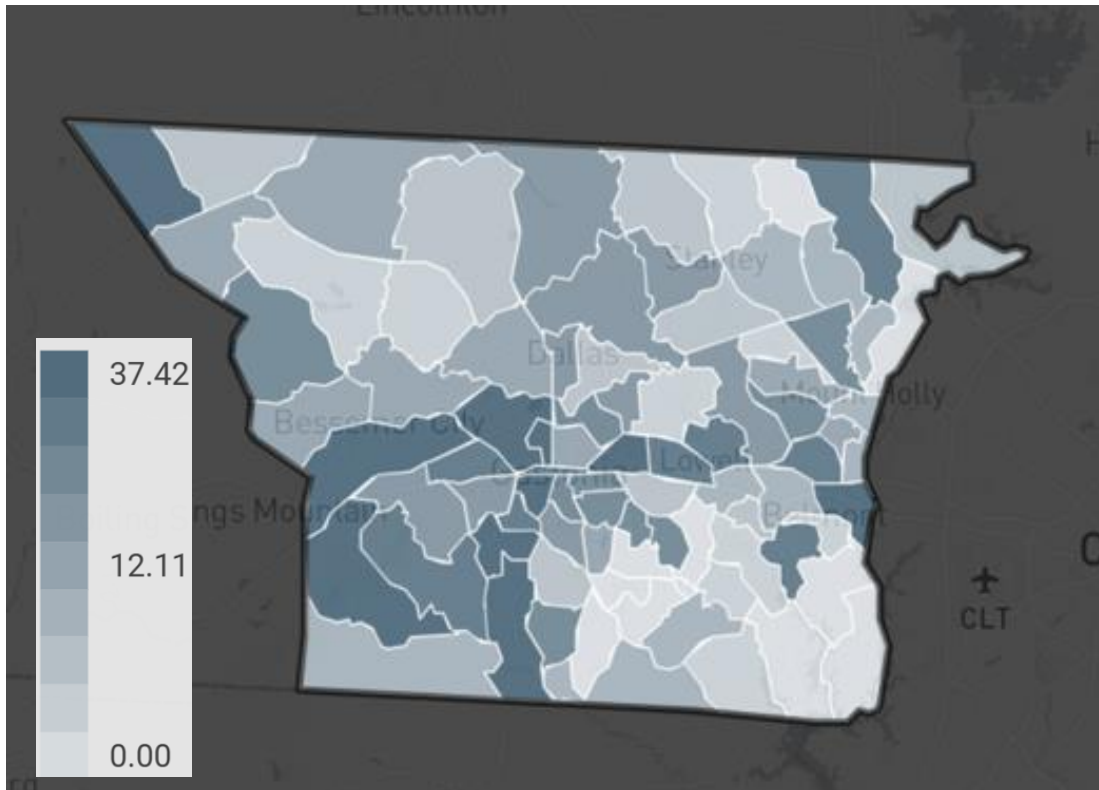
Gaston County, NC and comparison



Created on Metopio | metop.io/i/wsbyf73n | Data source: U.S. Census Bureau: American Community Survey (ACS) (Tables B27001/C27001)

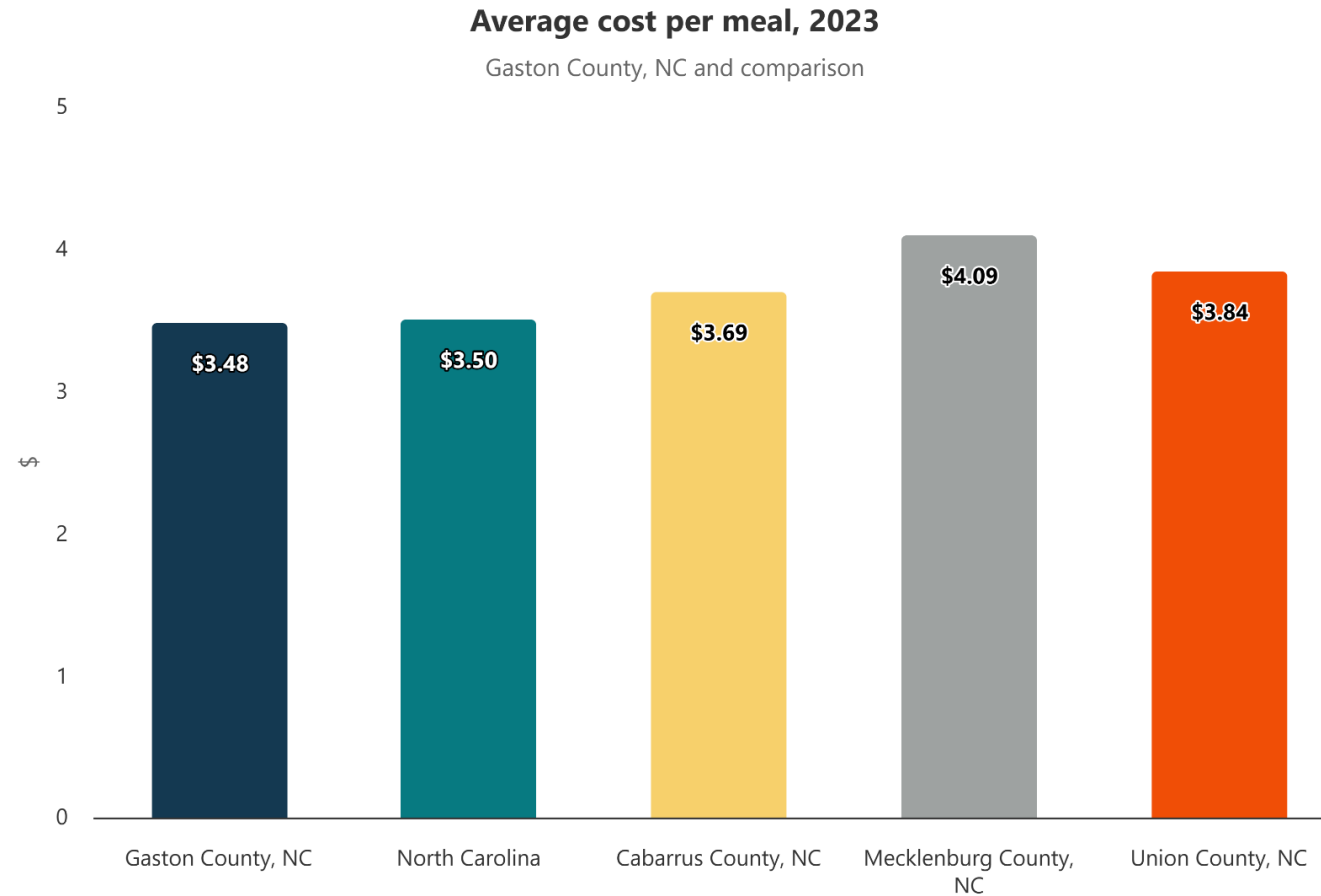
Uninsured residents: Number of residents without health insurance.

Poverty Levels by Census Tract



- Median Household Income: \$65,472
- Poverty Level: 13.5%
- Broadband Subscription: 87.2%

Food Costs



Created on Metopio | metop.io/i/wsbyf73n | Data source: Feeding America: Map the Meal Gap

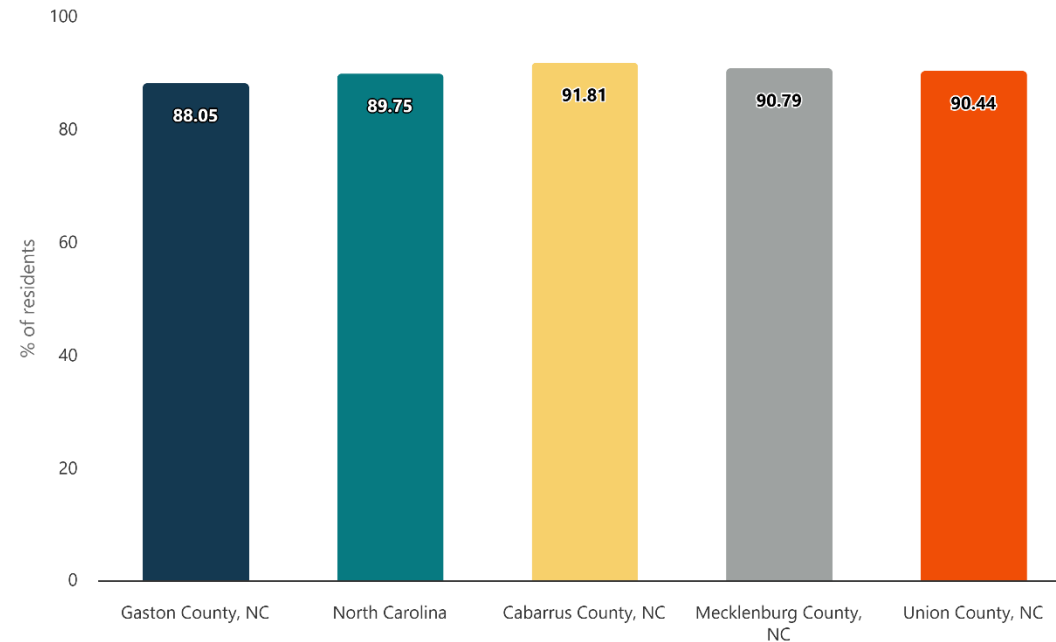
Average cost per meal: Relative price index representing the average cost per meal, calculated using nationwide food sales data weighted by food groups and divided by three meals per day.

High School Graduation Rates



High school graduation rate, 2019-2023

Gaston County, NC and comparison

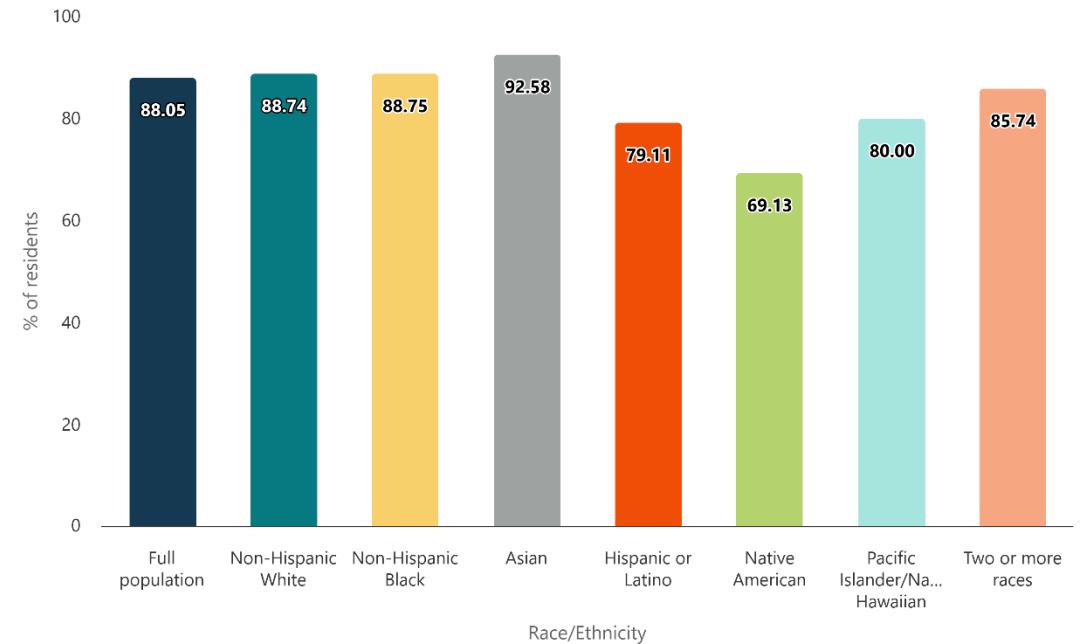


Created on Metopio | metop.io/i/wsbyf73n | Data source: U.S. Census Bureau: American Community Survey (ACS) (Table B15002)

High school graduation rate: Residents 25 or older with at least a high school degree: including GED and any higher education

High school graduation rate by Race/Ethnicity, Gaston County, NC

2019-2023



Created on Metopio | metop.io/i/wsbyf73n | Data source: U.S. Census Bureau: American Community Survey (ACS) (Table B15002)

High school graduation rate: Residents 25 or older with at least a high school degree: including GED and any higher education



Local Health Resources

- CaroMont Health: www.caromonthhealth.org
- Gaston County Public Health: www.gastongov.com/publichealth
- Kintegra Health: www.kintegra.org
- Partners Health Management: www.partnersbhm.org
- United Way 2-1-1: www.nc211.org

Update on Previous Priorities



Leading Causes of Death – Gaston County

Source: NC State Center for Health Statistics



Rank	2009-2013	2013-2017	2016-2020
1	Heart Disease: 2,296	Cancer: 2,335	Heart Disease: 2,330
2	Cancer: 2,253	Heart Disease: 2,257	Cancer: 2,292
3	Respiratory Disease: 836	Respiratory Disease: 872	Respiratory Disease: 884
4	Stroke: 491	Alzheimer's: 596	Alzheimer's: 674
5	Alzheimer's: 478	Stroke: 564	Stroke: 580

Top Health Issues – Gaston County

Source: Gaston County Community Health Assessment, Quality of Life Surveys, 2021.



Rank	Past Surveys			
	2012	2015	2018	2021
1	Obesity	Obesity	Mental Health	Access to Healthcare
2	Illegal Drug Use	Illegal Drug Use	Illegal Drug Abuse	Infant and Maternal Health
3	Teen Pregnancy	Teen Pregnancy	Prescription Drug Abuse	Substance Abuse
4	Alcohol Abuse	Alcohol Abuse	Homelessness and Safe Housing	Not Applicable
5	Prescription Drug Abuse	Prescription Drug Abuse	Lack of Healthcare for the Uninsured	

CaroMont Health Priorities

2022-2024



1. Increase access to care in the following service lines – behavioral health, cardiovascular, primary care, oncology and urgent care (providers and sites)
2. Enhance strategies to reduce infant mortality
 - Three additional CaroMont Women's sites of care (Belmont, Lake Wylie, Lincolnton)
 - Collaborate with the Department of Health & Human Services
 - Sleep sack distribution to all families with newborns (in collaboration with Women Optimizing Wellness)
3. Enhance community collaboration and leadership to reduce substance abuse; other strategies include
 - Bridge therapy access expansion
 - Hire additional social workers
 - Enhance collaboration between family practice and behavioral health providers