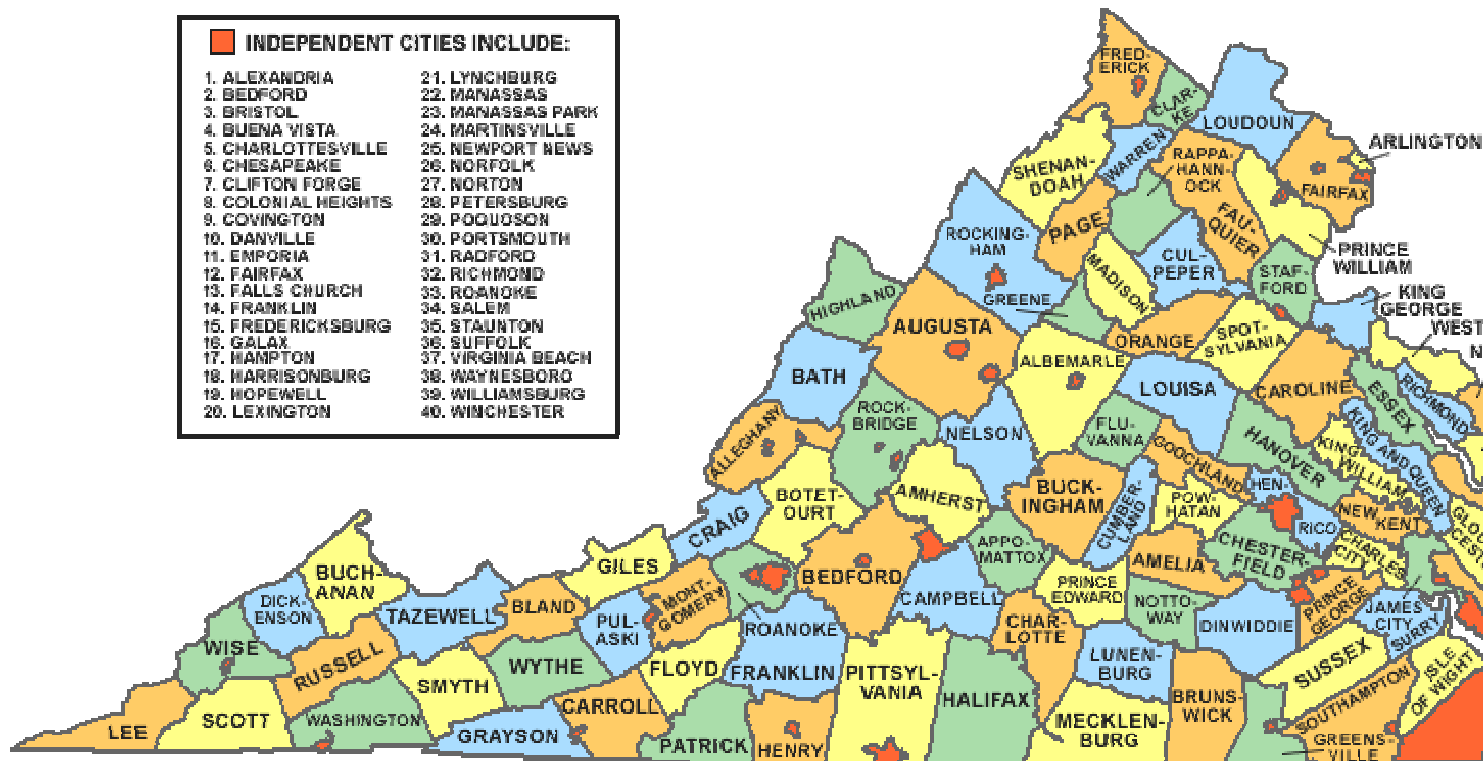


Community Survey: GATE CITY, VIRGINIA 24251

- ♦ SCOTT COUNTY
- ♦ LENOWISCO HEALTH DISTRICT



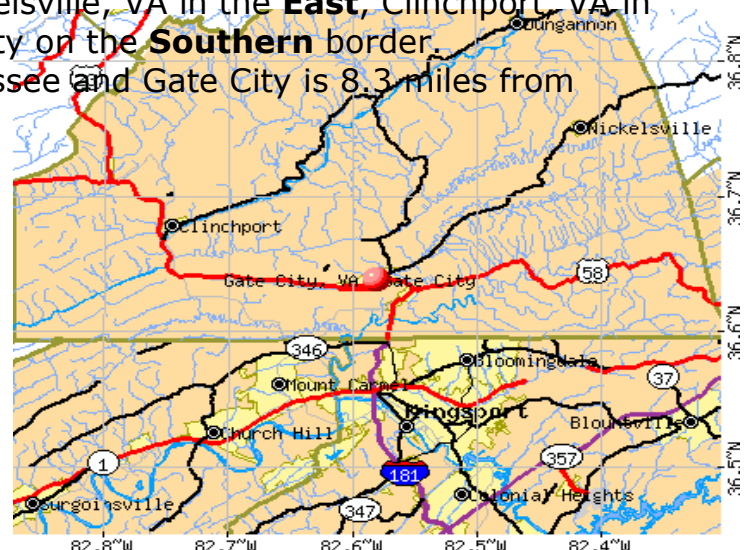
NOTE: Lenowisco District includes the counties of Scott, Wise, Lee and City of Norton.

LOCATION:

The town of Gate City is located at latitude 36.638 and longitude -82.581. The elevation is 1,339 feet. Gate City had a population of 2,018 (change of -6.5% since 2000); a land area of 3.91 sq. miles; a water area of 0.03 sq. miles; and a population density of 516.24 people per sq. mil according to the US Census Bureau estimate of July 1, 2009.¹

The town borders are as follows: **North:** Alley Valley Road, heading toward Fort Blackmore, VA; US 71 heading toward Nickelsville, VA in the **East**, Clinchport, VA in the **West**; US 23 and the town of Weber City on the **Southern** border.

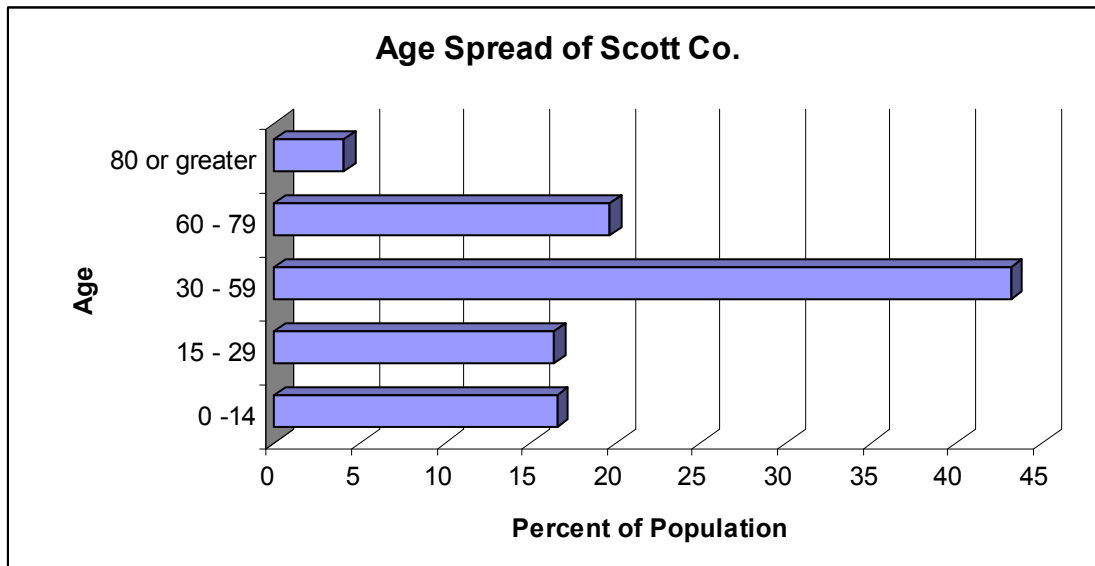
Scott County borders the state of Tennessee and Gate City is 8.3 miles from Kingsport if driving.



Note: All statistics are from www.city-data.com

POPULATION COMPOSITION:

Males: 943 (46.7%)
Females: 1,075 (53.3%)
Median resident age: 42.7 years
Virginia median age: 35.7 years



The majority of the population of Scott County fall within the 30-59 age range.

Estimated median household income in 2009: \$39,084 (it was \$31,875 in 2000)

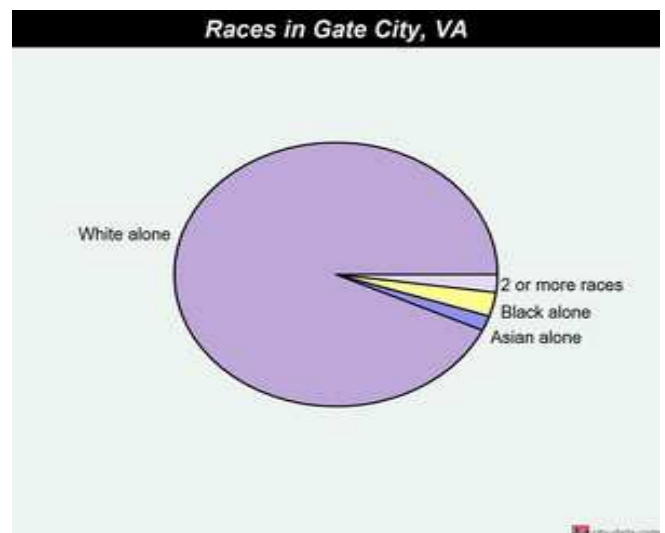
Gate City: \$39,084

Virginia: \$59,330

Estimated per capita income in 2009: \$19,873

RACE STATISTICS:

- ♦ White alone - 2,242 (93.1%)
- ♦ Black alone - 71 (2.9%)
- ♦ Two or more races - 52 (2.2%)
- ♦ Asian alone - 44 (1.8%)



Percentage of residents living in poverty in 2009: 20.0%(18.2% for White Non-Hispanic residents, 0.0% for Black residents, 100.0% for two or more races)



Average household size:

This town: 2.2 people
Virginia: 2.5 people

Percentage of family households:

This town: 61.4%
Whole state: 68.5%

Percentage of households with unmarried partners:

This town: 2.8%
Whole state: 4.7%

Likely homosexual households (counted as self-reported same-sex unmarried-partner households)

- ♦ Lesbian couples: 0.5% of all households
- ♦ Gay men: 0.1% of all households

For population 25 years and over in Gate City:

- ♦ High school or higher: 71.6%
- ♦ Bachelor's degree or higher: 17.6%
- ♦ Graduate or professional degree: 7.5%
- ♦ Unemployed: 6.3%
- ♦ Mean travel time to work (commute): 18.5 minutes

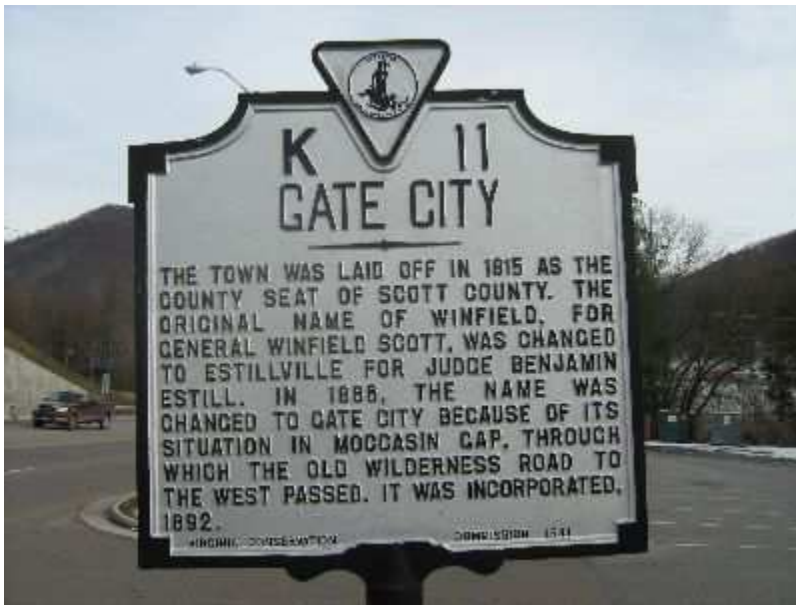


For population 15 years and over in Gate City town:

- ◆ Never married: 20.9%
- ◆ Now married: 51.9%
- ◆ Separated: 5.7%
- ◆ Widowed: 11.7%
- ◆ Divorced: 9.7%

Community windshield assessment:





♦ **Friday, May 27, 2011, 10:00 a.m.**

♦ **PEOPLE**

Driving through the town of Gate City on a Friday morning can be a bit deceiving. If someone was not familiar with this small town, they may actually believe it was a hub of social meeting. Upon further exploration, you notice all the traffic from both foot and car, are from the Friday morning flea market. Local farmers, antique dealers, junk collectors, the local "sock lady" and various other sorts of folks looking to make a buck meet and greet the local residents. It is the social event of the week, unless of course we are talking about a home football game (later that night). The people you see when driving through Gate City, may seems cookie cutter of sorts. The older population are mostly farmers, still wearing overalls and dusty work boots. The younger generation, used to shopping in the Tri-cities, are more modern and fashionable. The teenage generation are typical and varied and range from gothic to preppy to grunge, the vast majority sporting Justin Bieber haircuts.

At a glance, the town people appear in good health, perhaps on the lower end of income scale, but the vast majority is familiar with hard work and believe in earning your keep. The majority are Caucasian. There are a few people walking dogs and just about every house you pass in Gate City has some sort of animal; either livestock, ranging from goats and sheep, cattle, horses to more exotic type located in the Creation Kingdom Zoo.





One thing that is apparent in passing by the homes of Gate City is that most people have some form of garden. The vast majority are large, growing a variety of corn, potatoes, tomatoes, cucumber, squash and other vegetables. I asked a local resident who has lived here all his life, "of 81 years" to describe the culture of Gate City. He replied without hesitation, "hard-working, God fearing, simple people who respect the land".



I drove around the outskirts of town, noticing the activity of the townspeople. The overall feel you get, is relaxed. Some people were working in the garden, watching birds or just sitting on the porch. Some were mowing grass, tilling the land on tractors, the vast majority smoking with whatever activity was being done.

◆ LANDSCAPE

◆ The water resource around Gate City is abundant. Copper Creek intertwines Gate City and eventually flows into the Clinch River. The North Fork of the Holston River is also within miles of Gate City. The railroad is also a large part of Gate City and surrounding communities and has been for centuries. The railroad runs through the town of Gate City and Northwest out of the town. There are several houses following the line of tracks but most have railroad crossing lights. Hazards related to the railroad seem to be fairly low, due to most crossings being residential in nature and not traveled by the general flow of traffic.



The roads are curvy and are carved along the sides of mountains in some locations, making driving difficult for those not used to the roads. The road conditions range from paved to gravel. The statistics listed below show Gate City residents are below state average for fatal accidents.

Fatal road traffic accident statistics for 1975 - 2009 (per 100,000 population)

Fatal accident count: 4

- ◆ Vehicles involved in fatal accidents: 6
- ◆ Fatal accidents caused by drunken drivers: 1
- ◆ Fatalities: 4
- ◆ Persons involved in fatal accidents: 9
- ◆ Pedestrians involved in fatal accidents: 0

Virginia average:

- ◆ Fatal accident count: 184
- ◆ Vehicles involved in fatal accidents: 274
- ◆ Fatal accidents caused by drunken drivers: 65
- ◆ Fatalities: 201
- ◆ Persons involved in fatal accidents: 427
- ◆ Pedestrians involved in fatal accidents: 28

EMPLOYMENT OPPORTUNITY

Employment is an obvious issue apparent just by driving through Gate City. There are no factories present. Aside from jobs to sustain the town; for example, police, power company, cable company, co-op, gas station, fast food, etc. there is not enough employment for the residence of Gate City. When asking a resident about employment in Gate City, he states, "if you are going to make enough to keep food on the table, you have to go to Kingsport to get work". The community overall, I would say does pretty well. Most people do work in Kingsport and a few in some plants located in Big Stone Gap, Virginia. There are a few areas where the socio-economic status is well below the state and national average. The area is a rural area and not industrious.

◆ HEALTHCARE

There are limited healthcare facilities in Gate City. There is one doctor's office with two Primary Care Physicians, two nurses, a limited laboratory and x-ray. The town has two dentists. The Scott County Health Department is located in Gate City and offers immunizations, WIC, and certain health screenings, such as leads, PAP smears and hematocrit, provide birth control, but is not able to treat illness. The Scott County Lifesaving Crew is staffed with full-time paid members and also volunteer members for times of high calls. I spoke to a member of the volunteer staff, who says the majority of calls are for transport of the elderly to the hospital for things such as strokes, heart attacks and an occasional accident. He states they are called out on average twice a day. There are three pharmacies for the residents of Gate City to choose from. There is a CVS and two hometown pharmacies. I asked a long time resident of Gate City, which pharmacy she chose to use and why. She stated, "I use Broadwater drug, I know this pharmacist. You may have to pay a little more, but you get better service and advice when you are sick."

◆ SHOPPING

Gate City has a Food Lion, Food City and Thrift Way available for grocery shopping. I would say most of the prices are comparable and when speaking to a local of Gate City, she stated, "I go where the sales are. They are all within driving distance." There is a furniture store located in Gate City, that has prices comparable to those in Kingsport. At this time the residents must travel to Kingsport for shopping needs for clothes and other miscellaneous items. The only clothing store is the Dan Paul Community Closet. Virginia residents have a sales tax of 5% and a food sales tax of 2.5%; in comparison to Tennessee sales tax of 7% and food sales tax of 5.5%. (<http://www.taxadmin.org/fta/rate/sales.pdf>) This fact may bring income into the Gate City area, since Kingsport is only 8 miles away, it is cheaper for Tennesseans to travel to Virginia to shop for food.

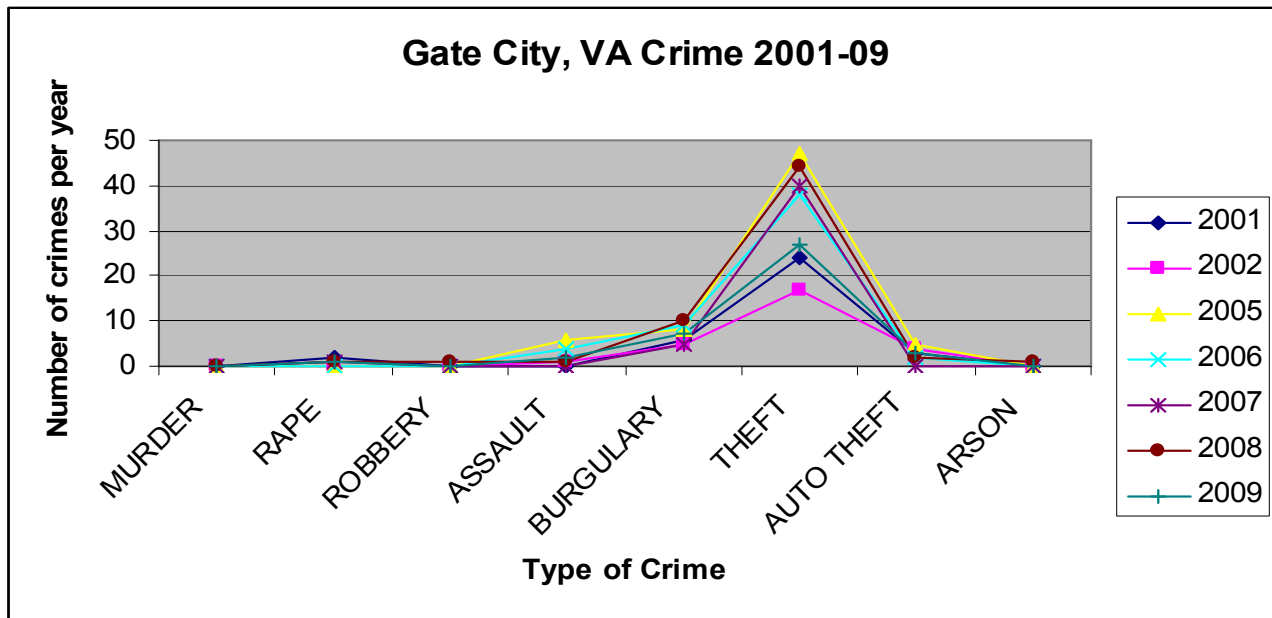
◆ COMMUNITY CONCERNS

I spoke to a young shop owner in Gate City, she states a big concern she hears from her clients, is the economy. Small towns like Gate City are often hit hard by economic downturn, especially self-employed small business owners. Most people are

used to driving in order to get what they need and work is no exception. No one I talked to mentioned healthcare as a concern. Most people are concerned with finding and keeping work and being able to pay a mortgage and live comfortable.

♦ BUILDINGS AND HOUSING

There is little damage to buildings or signs around Gate City. It does appear as you leave the town and head out to the more rural areas there are several mailboxes that have fallen victim to a Saturday night game of "mailbox tag".



In general most residents of Gate City advise it is a town where most people know each other and take care of one another. It is the kind of place where you can still leave your door unlocked and feel safe.

There are several large subdivisions in Gate City with homes ranging from \$350,000 up to \$550,000. The average home in the town is modest with large yards and typically enough space for a garden or a few animals. Most residents are kept well with groomed yards; however, there are a few exceptions to the rule. There is a large community park located on the Western end of town. It is bordered on one side by railroad tracks and on the other a small stream; both of which have fences around them. It appears to be safe and in good working condition.

There are four denominations of churches in Gate City: Church of Christ, Jehovah's Witness, Baptist and Methodist. The local schools in Gate City include Elementary, Middle and High Schools. All of these structures are in good condition and appear well kept. The Library is also in the center of town and serves the surrounding counties as well as Gate City.

♦ **Wednesday, June 1, 2011, 3:00 p.m.**

A big difference in the population out on a Wednesday mid-day is seen from that of Friday mornings. There is an abundance of pick-up trucks with windows rolled down. I noticed a lot of people smoking, several people riding in the backs of pick-up trucks. The majority of people lining the Court House steps were smoking. The town is not as busy mid-day on Wednesday as it is on Friday morning flea market day.

◆ Health and Safety Hazards

The biggest health and safety hazard I see is smoking, driving without seat belts (or seats in the case of pick-up trucks). Noticeable safety measures are cross walks at both the middle school and high school. The playground has effective measures to prevent children from entering the stream or train tracks adjacent to the park. There is a relatively low crime rate in the town, but it could become an issue if people are so trusting. I also noticed several children not in the correct type of child seat or possibly not secured properly while in a motor vehicle. One car I passed while conducting this survey, the baby was riding in the mother's lap. The water level during flooding is also an issue. Some homes are built close to the water and have suffered flood damage due to recent rain fall. I couldn't find specific statistics regarding drug use and substance abuse in Scott County, but I believe it is a problem. There are several outreach programs offered by the Scott County Health Department and Appalachian Substance Abuse Coalition for Prevention and other agencies like this for the area.



◆ Transportation

The condition of most vehicles is over all good. The state of Virginia requires a detailed yearly inspection and insurance. Road conditions are in decent working order, with several new areas of construction, especially after recent storm damage. Rain and flooding is an issue for some areas in Gate City. There is only one way into the town and if that area were to be blocked (a train trestle passes over the road) a major detour would be necessary to get into a larger city, like Kingsport. Roads in this area would be made dangerous by snow or icy conditions. There are sidewalks, which have recently been restored and are in good condition. There is a road biking club that rides in the community every Thursday and most residents and local drivers are aware of the riders and watch out for them.

◆ What is missing?

Gate City is in need of retail stores, such as clothing stores or a large chain like Wal-mart. The residents of this community rely on Kingsport for all shopping needs. The closest Level I trauma center is in Kingsport. There is no competition for health care, such as a primary care physician. There is no health clinic for urgent care.

◆ Comparisons with State of Virginia

The population of Scott County is less prosperous than the general population of the state of Virginia (75% higher). The rate of those on Medicaid (24.4% Scott County) is also considerably higher than the state (10.8%). Pregnancy rates between ages 15-44 are 34% lower than Virginia as a whole. Teen pregnancy is also lower by 15%. Infant mortality is 46% higher than the state of Virginia. Death rates from common causes are higher in Scott County; for example, heart disease (+7%), cancer (+8%), stroke (+8%), chronic lower respiratory disease (+3%), *unintentional injury* (+44%), pneumonia and influenza (+11%), *diabetes mellitus* (+25%), and *suicide* (+131%). The

American Foundation for Suicide Prevention lists Virginia 31 out of 51 for rate of suicide. Overall, approximately 34,000 people die of suicide per year in the United States. (<http://www.asfp.org>)

◆ TOP 3 NEEDS OF GATE CITY

1. SUICIDE PREVENTION.
2. DIABETES PREVENTION.
3. ACCIDENT PREVENTION.

NURSING INDICATIONS:

SUICIDE PREVENTION. Educate teachers, parents and staff at health department (anyone in contact with the public) about risk factors and warning signs for suicide. Provide teaching programs to staff regarding suicide awareness and how to deal with a person contemplating suicide. Target the youth at the school to educate on suicide and depression. Provide teaching during Hunter's safety classes. A large part of the population in Scott County and Gate City have access to firearms. Scott County is not a dry county. When firearms, depression with suicidal ideation and alcohol are all present, the risk for successful suicide is very high. Suicide Gatekeeper seminars could be completed in the community. Local ads or articles could be ran on "Channel 30" (a station specific to Gate City), either advertising suicide awareness or seminars offered. Set up support groups for suicide survivors and allow them to advocate against suicide in the community. Insure the physicians in Gate City are routinely doing suicide and depression screenings and are open with clients about suicide. Collaborate with neighboring communities and get involvement for programs or funding on a state, local or government level.

DIABETES PREVENTION. Community based prevention programs are the key to preventing Diabetes. The same measures as above could be instituted. Education, running ads in the paper (games or quizzes) to educate the community that Diabetes is preventable with diet modification and exercise to maintain healthy weight. A community nurse could start a diabetes prevention running/walking program. A location could be established with a time to meet and run at the local track. In conjunction to the running/walking club, the nurse could lead the group on an eating adventure to educate the group about healthy eating choices when dining out. Allowing those most willing to take control of the disease and empower them to educate others. Provide education in the school system in the community. The town could host a 5K race to benefit the National Diabetes Association. Provide home visits to help educate those suffering with Diabetes. Include behavioral specialists in the education and training of participants of the study. The community could advertise and rally support from its members by publishing progress of the members of the community based program and this tool could be used to recruit future members of similar programs.

ACCIDENT PREVENTION. Education is the key with accident prevention. Use the home health agency servicing the community to educate those at risk for accidents in the home. Accidents such as fire, drowning, suffocation, choking, falls, firearm injury, and poisoning place children at higher risk for injury. Educate the public on basic precautions to prevent injury. Work with the local fire department to conduct screenings for properly installed car seats and free smoke detectors. Provide discount fire extinguishers. Since

the county of Scott is listed as below poverty in comparison to the state, funding for these services may be available. Use the local churches to conduct educational opportunity. Educate within the school system, working with Scott County's school nurse. Educate the community (especially teens) in risky behavior, including sex, driving, etc. Work in conjunction with the local fire department or colleges to provide elderly in the community quality housing safety tips and screenings. Offer seasonal outdoor heat/cold exposure safety tips in the local paper.