DOWN HOME NORTH CAROLINA

Adam Hege
Board Of Commissioners 1

BIOGRAPHY/ACCOMPLISHMENTS:



Bio:
Adam Hege is a public health professor at Appalachian State University, a Watauga County Board of Education member, and a community advocate. He holds a Ph.D. in Community Health Education and has spent his career working on issues including rural health, food insecurity, access to care, and the factors that shape community well-being. He was elected to the Watauga County Board of Education in 2024.

Why he's running:
Adam is running for County Commissioner to bring his experience in public service, community health, and education to county government. His approach focuses on ensuring county decisions improve residents' quality of life and create opportunities for families and communities to thrive. He has emphasized that his focus is on people and the opportunities available to them, rather than politics.

Affordable Accessible Healthcare:	• Address barriers to healthcare and support healthier communities, particularly in rural areas.
Strong Public Schools:	• Support adequate funding, teacher recruitment and retention, and resources that give every student an opportunity to succeed.
Affordable Housing:	• Address Watauga County's housing challenges, including how high housing costs affect families and the ability to recruit and retain teachers and workers.
Workforce & Economic Opportunity:	• Support both traditional college pathways and trades so residents have multiple routes to good careers.
Community Health & Wellbeing:	• Focus on issues such as food security, mental health, access to care, and the broader social conditions that affect people's health.
Safe & Supportive Communities:	• Take a prevention-focused approach to community safety, including addressing mental health and other factors that contribute to violence and instability.