



The Community Agrees: MAHEC Is Among the Best in WNC

Readers of Mountain Xpress vote MAHEC in the top of four categories in 2026 poll



(Asheville, NC – August 19, 2026): With significant competition and thousands of readers casting their votes in this highly competitive regional awards program, MAHEC once again earned impressive recognition in the 32nd annual Mountain Xpress poll in the following categories:

- Best Family Medical Practice: No. 2
- Best Place to Get Medical Care When Under- or Uninsured: No. 2
- Best Women's Health Center: No. 3
- Best Maternity Care/Service: No. 3

In addition, MAHEC proudly recognizes Kate Rasche, MD, voted No. 1 Best Physician in WNC and Rusty Adcock, MD, voted No. 3 Best Physician in the 2026 contest. Dr. Rasche is a member of the MAHEC Asheville Family Medicine Class of 2015, where she served as Chief Resident. Dr. Adcock graduated from the MAHEC Asheville Family Medicine Residency Program in 2006. As an ABLM/ACLM Certified Diplomate, he is also a graduate of the Lifestyle Medicine Residency Curriculum, earning certification through the American Board of Lifestyle Medicine.

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Mountain Area Health Education Center

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