

**Cortland County
Health Department
Community Health Assessment
Survey Results (Phase 1)**



Public Health
Prevent. Promote. Protect.

Cortland County Health Department

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Purpose

Counties are required by the state to conduct a Community Health Assessment (CHA) to align with the New York State Prevention Agenda, the new cycle will cover 2019-2024. The CHA is a fundamental tool of public health practice. It describes the health of the community by presenting information on health status, community health needs, resources and current local health problems identifying target populations that may be at increased risk for poor health outcomes. The CHA enables public health professionals to gain a better understanding of their community's needs, as well as to assess the larger community environment and how it relates to the health of individuals. The CHA identifies areas where additional information is needed, especially information on health disparities among different subpopulations, quality of health care, and the occurrence and severity of disabilities in the population.

With the first Community Health Assessment in 2013, public opinion was obtained from numerous focus groups and surveys conducted. In May 2013 Seven Valleys Health Coalition also conducted two non-random sample surveys, one of business leaders, and the other of the general public, at the Business Showcase. Human service providers and key informants from the various fields of health, human service, business, and government were also surveyed by mail and email. An initial meeting was held with key leaders of Health and Human Services programs throughout community to review the data and set priority areas for our collaborative focus.

The Cortland County Health Department (CCHD) and Guthrie Cortland Medical Center (formally known as Cortland Regional Medical Center) identified in 2014; priority areas that included both: *Prevent Chronic Disease* and *Promote Healthy Women, Infants and Children*, with the addition of *Promote Mental Health and Prevent Substance Abuse* in 2016. These priorities were focused on through 2018.

In early 2018, the CCHD Strategic Planning Committee (SPC) was tasked with the creation of a new CHA Survey for the upcoming 2019-2024 cycle of the NYS Prevention Agenda, using elements of previous concepts from the 2013 CHA. A collaborative review of the survey by the Community Assessment Team (CAT) occurred in May. The members of the Community Assessment Team include CCHD, Seven Valleys Health Coalition, Guthrie Cortland Medical Center, United Way, and SUNY Cortland-Institute for Civic Engagement. By having the SPC

forefront the creation of the survey, the linkages between our strategic priorities and our priorities for our Community Health Assessment and Community Health Improvement Plan will continue to align. This was necessary not only for requirements of the NYS Prevention Agenda, but will help to foster community engagement by seeking input from those we serve.

Beginning in May 2018, the Health Department began disseminating the Cortland County Community Health Assessment Survey, to stakeholders, partners, governing bodies and the community at large. This was done through Health Department programming, partnering agencies and organization and through social media. The completed surveys were collected through May 2018-January 2019.

Survey

This Community Health Assessment Survey was ten questions in length, containing questions about factors that create a healthy community, the most important health related problems impacting overall health, the top unmet health needs, top risky behaviors impacting overall health, and the top unmet non-health needs in our community. The survey also asked respondents demographic information. (See appendix A) There were 1,435 surveys completed from May 2018-January 2019.

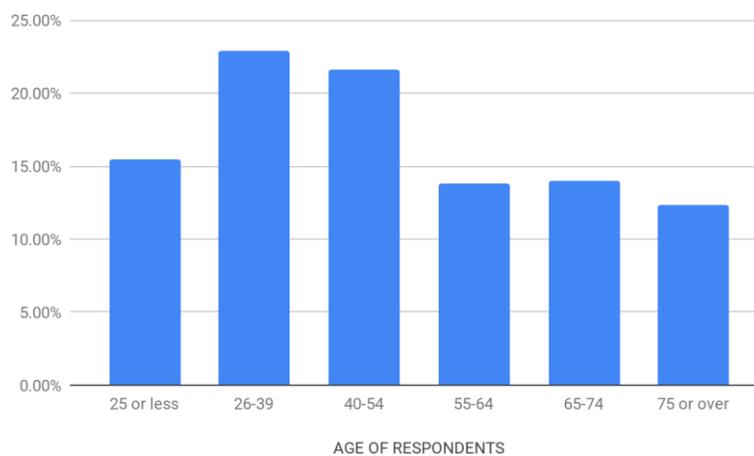
Surveys were circulated throughout the community by the Health Department, partnering agencies and organizations and through social media. Dissemination of the survey included many places throughout the community in order to reach a large portion of the population. These included: the Healthy Neighborhoods Program, Traveling Tots Program, the Jacobus Center for Reproductive Health, Water Festival, Senior Enrichment Day, Senior Games, Relay for Life, Cortland County Employees, Chris's Run, Cortland County Jail, Cortland Senior Center, McGraw Senior Center, Marathon Senior Center, Scott Senior Center, New York Connects Resource Fair, Law Enforcement Day, Willet Senior Center, Harford Senior Center, Homer Senior Center, Conservation Field Days, Truxton Senior Center, Cortland High School Open House, Community Baby Shower, Loaves and Fishes, Immunization Coalition of Cortland County, Lawrence House, Family Counseling Services, Chamber of Commerce, CAPCO (Staff, Parents/Caregivers), Schools, Cortland Counts Mailing List, Area Physician Offices, 211, YWCA, Cortland Health Center, Office of Aging (Meals on Wheels, HEAP, Annual Enrollment), Access to Independence, Cortland County Health Department's Facebook, Guthrie Cortland Medical Center, and Cortland Counts Forum.

Results

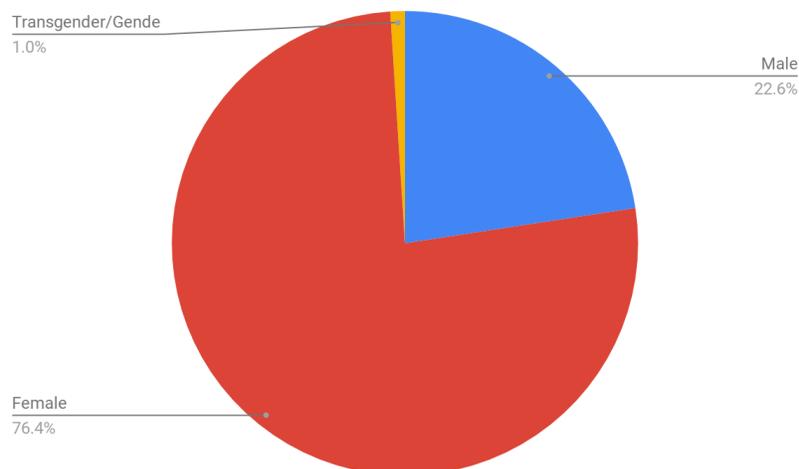
The Cortland County Health Department and community partners will use the results of this survey and other information to identify the most pressing problems which can be addressed through community action. There were 1,435 respondents that completed the survey.

Overall Results (Demographics):

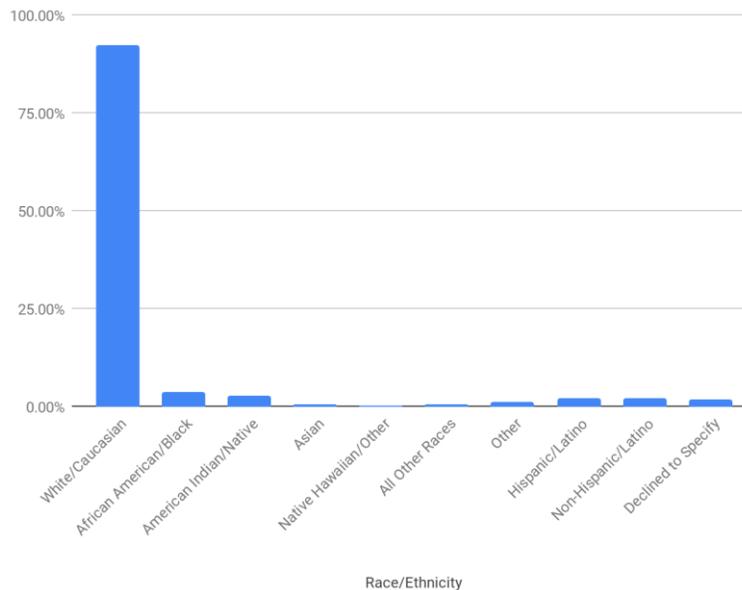
The majority of the respondents were ages 26-39 with 22.85% followed by ages 40-54 (21.62%), 25 or less (15.47%), 65-74 (14.03%), 55-64 (13.81%) and those aged 75 and older with 12.36%.



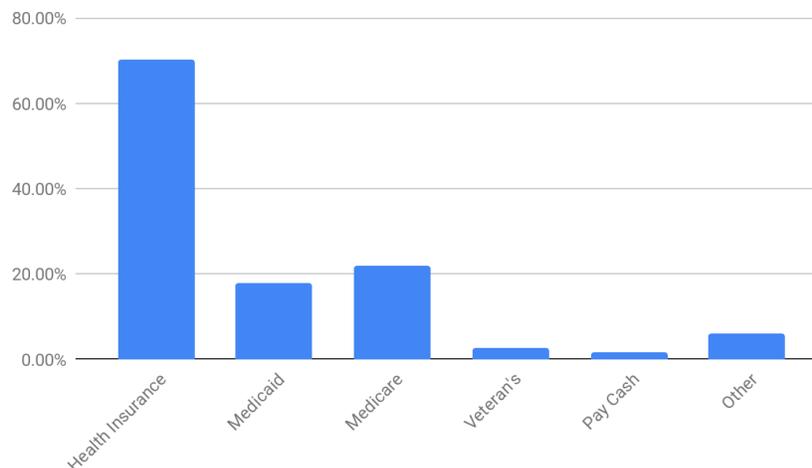
Approximately 76% of respondents were female, 23% were male and the remaining 1% identified as transgender, genderqueer, additional gender category, or none.



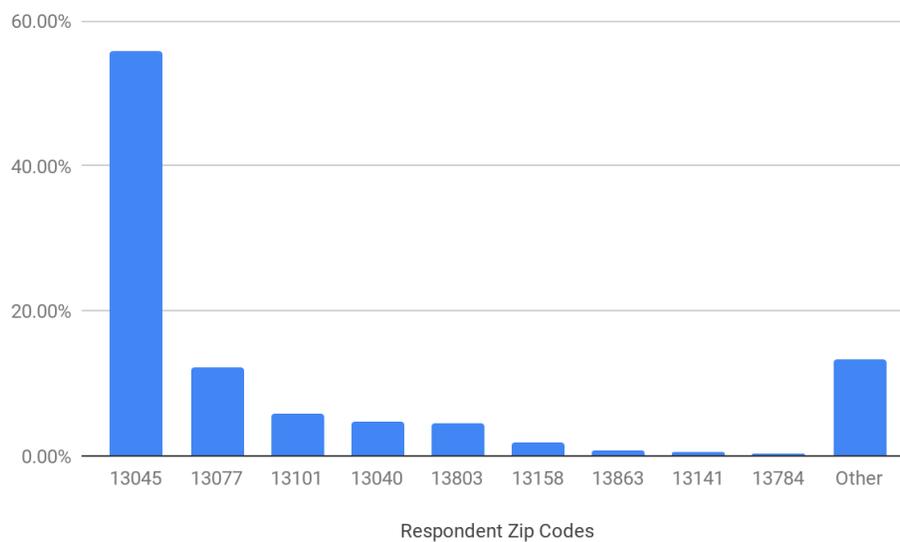
The majority of the respondents identified as White/Caucasian (92%). The remaining respondents identified as African American/Black (3.78%), 2.76% identified as American Indian/Native American, less than 1% identified as Asian, Native Hawaiian/other Pacific Islander, and 3.27% declined to specify or chose other. Approximately 2% of the respondents identified as Hispanic/Latino.



Approximately 70% of the respondents stated that they have health insurance. While 18.05% specified having Medicaid and 22.03% indicated having Medicare. 2.81% of respondents had either no health insurance or have Veteran's Administration as their coverage. 1.72% stated that they pay cash for their health care.



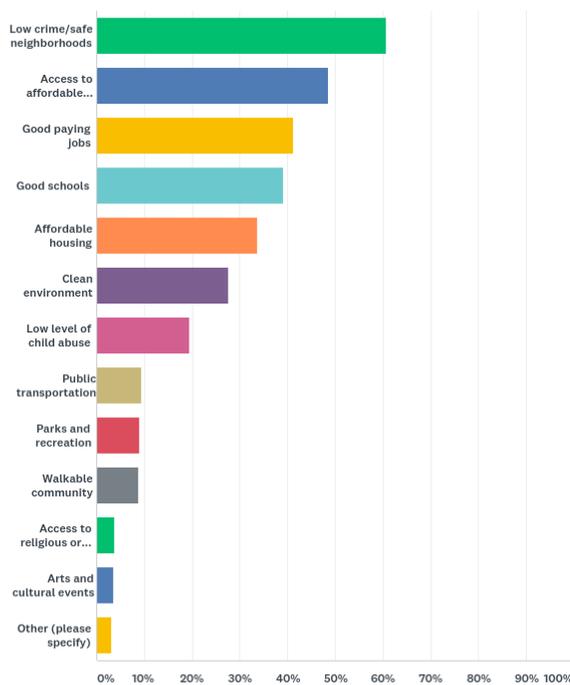
The majority of respondents reside in Cortland County (approximately 87%). The remaining respondents live outside of the County (approximately 13%). It was important to have perspective from those outside the County as well; these respondents may work, shop, and participate in events within the community. Within the County, the majority of the respondents lived within zip code 13045 (approximately 56%), zip code 13077 (approximately 12%) and zip code 13101 (approximately 6%).



Overall Results: Question #1-Three most important factors that create a healthy community

Overall respondents felt that the three most important factors that created a health community include low crime and safe neighborhoods, access to affordable health care and good paying jobs. For those in the age groups of 25 or less and 26-39, priorities included a clean environment and good schools.

Q1 In the following list, what are the three most important factors that create a healthy community? Check only three:



The following results look at the percentages of the top three choices by overall respondents, followed by a breakdown of the top three choices by age group.

Overall: Low crime and safe neighborhoods (60.58%)
 Access to affordable health care (48.62%)
 Good paying jobs (41.23%)

25 or less: Low crime and safe neighborhoods (60.28%)
 Clean Environment (44.86%)
 Good Schools (42.06%)

26-39: Low crime and safe neighborhoods (65.51%)

Good Schools (43.67%)

Good Paying Jobs (42.72%)

40-54: Low crime and safe neighborhoods (57.19%)

Access to affordable health care (52.84%)

Good Paying Jobs (45.48%)

55-64: Low crime and safe neighborhoods (46.69%)

Access to affordable health care (52.88%)

Good Paying Jobs (46.60%)

65-74: Access to affordable health care (62.18%)

Low crime and safe neighborhoods (59.59%)

Good Paying Jobs (38.34%)

75 and older: Low crime and safe neighborhoods (60.36%)

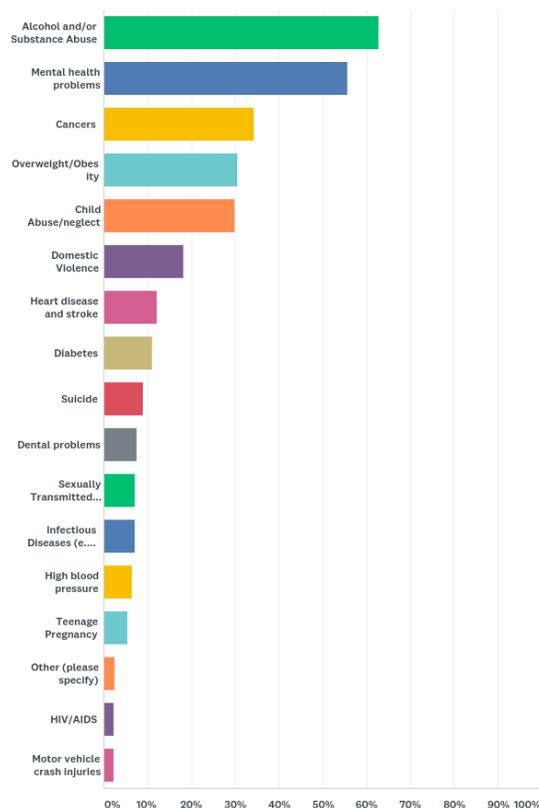
Access to affordable health care (55.62%)

Good Schools (39.64%)

Overall Results: Question #2-Three most important health related problems impacting our overall community health

Overall respondents felt that the three most important health related problems impacting our overall community health include alcohol and/or substance abuse, mental health problems and cancers. For those in the age groups of 25 or less and 26-39, child abuse/neglect was included in their top three. For ages 40-54, 55-64, and 75 and older, included overweight/obesity as an important health related problem. For ages 55-64, 65-74 and those 75 and older included cancers as one of the most important health related problems in our County.

Q2 In the following list, what are the three most important health related problems impacting our overall community health? Check only three:



The following results look at the percentages of the top three choices by overall respondents, followed by a breakdown of the top three choices by age group.

Overall: Alcohol and/or Substance Abuse (62.99%)
Mental Health Problems (56.17%)
Cancers (34.40%)

25 or less: Alcohol and/or Substance Abuse (65.42%)
Mental Health Problems (51.87%)
Child Abuse/Neglect (32.24%)

26-39: Alcohol and/or Substance Abuse (70.48%)
Mental Health Problems (61.90%)
Child Abuse/Neglect (37.46%)

40-54: Alcohol and/or Substance Abuse (70.90%)
Mental Health Problems (69.23%)
Overweight/obesity (33.11%)

55-64: Alcohol and/or Substance Abuse (68.59%)
 Mental Health Problems (61.78%)
 Cancers (35.60%)

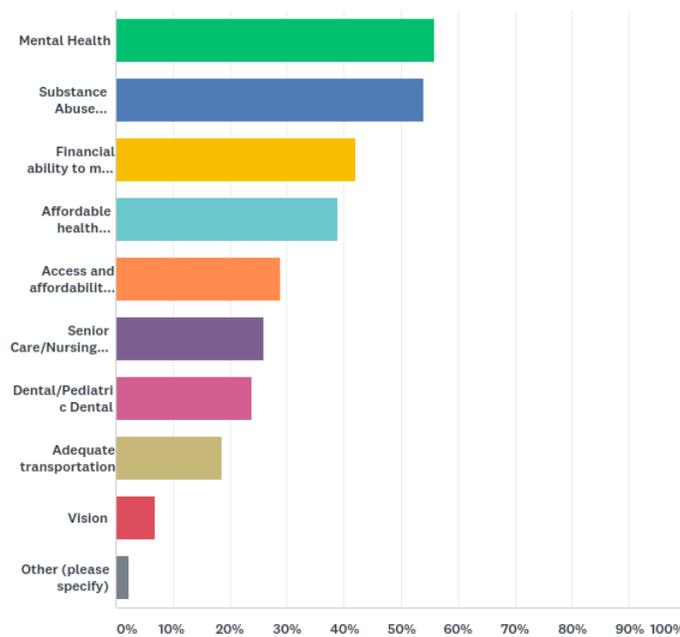
65-74: Alcohol and/or Substance Abuse (51.04%)
 Mental Health Problems (50.00%)
 Cancers (46.35%)

75 and older: Cancers (57.99%)
 Alcohol and/or Substance Abuse (39.05%)
 Overweight/obesity (31.95%)

Overall Results: Question #3- Three top unmet health needs within the community

Overall the respondents chose mental health, substance abuse rehab/counseling/prevention and financial ability to meet health care needs as the three top unmet health needs within our community. All age groups agreed with these top unmet health needs, except respondents aged 25 or less, this group felt that access and affordability of healthy food was a high priority.

Q3 In the following list, what are the three top unmet health needs within the community?
 Check only three:



The following results look at the percentages of the top three choices by overall respondents, followed by a breakdown of the top three choices by age group.

Overall: Mental Health (55.82%)
Substance Abuse Rehab/Counseling/Prevention (54.42%)
Financial ability to meet health care needs (41.75%)

25 or less: Mental Health (56.60%)
Substance Abuse Rehab/Counseling/Prevention (55.66%)
Access and Affordability of Healthy Food (43.40%)

26-39: Mental Health (59.94%)
Substance Abuse Rehab/Counseling/Prevention (56.73%)
Financial ability to meet health care needs (39.10%)

40-54: Mental Health (63.51%)
Substance Abuse Rehab/Counseling/Prevention (61.49%)
Financial ability to meet health care needs (37.50%)

55-64: Substance Abuse Rehab/Counseling/Prevention (61.50%)
Mental Health (56.15%)
Financial ability to meet health care needs (43.32%)

65-74: Affordable Health Care/Adequate Insurance (49.20%)
Mental Health (47.59%)
Financial ability to meet health care needs (47.59%)

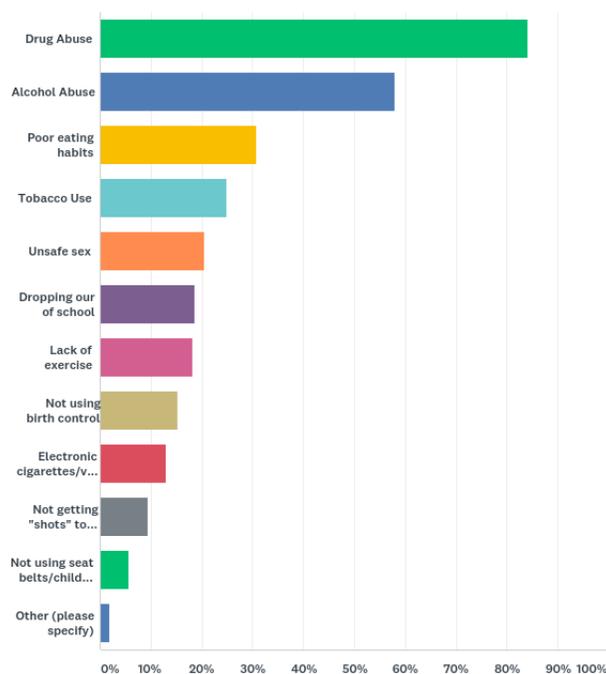
75 and older: Affordable Health Care/Adequate Insurance (51.20%)
Financial ability to meet health care needs (47.59%)
Mental Health (42.77%)
Senior Care/Nursing Homes (42.77%)

Overall Results: Question #4- The three top risky behaviors impacting our overall community health

Overall the respondents chose drug abuse, alcohol abuse and poor eating habits as the top three risky behaviors impacting our overall community health. For all of the respondents drug abuse and alcohol abuse are the top two, but there are some varying thoughts on the third risky behavior. For ages 25 or less unsafe sex is a top three risky behavior. For ages 26-39, 40-54, and 55-64 poor eating habits are part of their top three risky behaviors. For ages 65-74 and 75 and

older, tobacco use is a concern for this age group. Also a growing concern within the community is the use of Electronic Cigarettes/vaping, with 12.67% of the respondents attributing this as a risky behavior.

Q4 In the following list, what are the three top risky behaviors impacting our overall community health? Check only three:



The following results look at the percentages of the top three choices by overall respondents, followed by a breakdown of the top three choices by age group.

Overall: Drug Abuse (84.18%)
Alcohol Abuse (57.80%)
Poor eating habits (30.99%)

25 or less: Drug Abuse (80.75%)
Alcohol Abuse (60.09%)
Unsafe sex (36.15%)

26-39: Drug Abuse (91.05%)
Alcohol Abuse (54.31%)
Poor Eating Habits (33.55%)

40-54: Drug Abuse (88.93%)
 Alcohol Abuse (53.02%)
 Poor Eating Habits (34.56%)

55-64: Drug Abuse (82.35%)
 Alcohol Abuse (59.25%)
 Poor Eating Habits (41.71%)

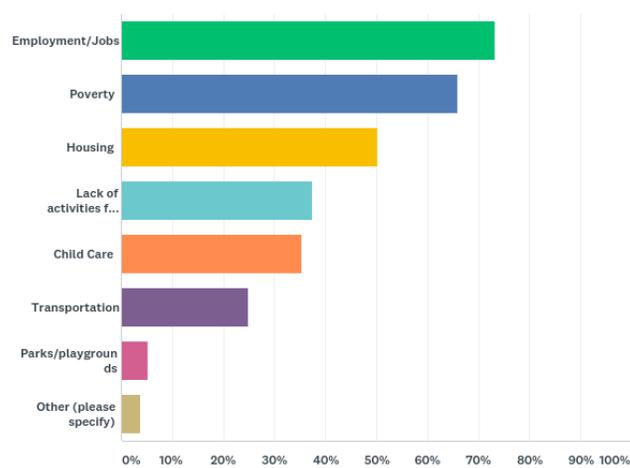
65-74: Drug Abuse (79.58%)
 Alcohol Abuse (61.78%)
 Tobacco Use (31.94%)

75 and older: Drug Abuse (74.55%)
 Alcohol Abuse (64.24%)
 Tobacco Use (29.70%)

Overall Results: Question #5- The three top unmet non-health needs within the community

Overall the respondents felt that employment/jobs, poverty and housing were the top three unmet non-health needs with our community. These three factors were top three for each individual age group as well. These social determinants can impact the health of the community; all of these factors will need to be collectively addressed in order to help provide a positive impact on the health of the community.

Q5 In the following list, what are the three top unmet non-health needs within the community?
 Check only three:



The following results look at the percentages of the top three choices by overall respondents, followed by a breakdown of the top three choices by age group.

Overall: Employment/ Jobs (73.08%)
Poverty (65.86%)
Housing (50.74%)

25 or less: Employment/ Jobs (74.29%)
Poverty (61.43%)
Housing (57.14%)

26-39: Employment /Jobs (70.38%)
Poverty (66.24%)
Housing (51.59%)

40-54: Employment /Jobs (74.83%)
Poverty (71.43%)
Housing (44.56%)

55-64: Employment/ Jobs (73.94%)
Poverty (62.77%)
Housing (55.32%)

65-74: Employment/ Jobs (73.02%)
Poverty (68.25%)
Housing (48.68%)

75 and older: Employment/ Jobs (72.39%)
Poverty (61.96%)
Housing (49.08%)

Next Steps

In December 2018, it was decided that the Cortland County Health Department would be completing a joint Community Health Improvement Plan (CHIP) with Guthrie Cortland Medical Center. This partnership will be focused on setting upcoming priorities to focus on for the NYS Prevention Agenda 2019-2024 cycle. Completing the goals and objectives of the new CHIP will be a full collaborative effort between agency partners, organizations, and stakeholders within the Cortland County community.

To continue to make an informed decision on what priorities to choose to focus on, continued community engagement is an essential building block for this. Organizing and facilitating focus groups throughout the community to discuss the results of the CHA survey and other important community health issues and concerns will be essential in completing our assessment. These focus groups will be facilitated by the Health Department, GCMC, and partnering agencies and organization, and will occur over the next few months.

Cortland County Community Health Assessment Survey

Please take a minute to complete the survey below. The purpose of this survey is to get your opinions about community health problems in Cortland County.

The Cortland County Health Department will use the results of this survey and other information to identify the most pressing problems which can be addressed through community action.

Remember... YOUR OPINION IS IMPORTANT!

Thank you and if you have any questions please contact Nicki Anjeski @ 607-758-5526 or nanjeski@cortland-co.org.

1.) In the following list, what are the **three most important factors that create a healthy community?**

Check only three:

- | | |
|---|---|
| <input type="checkbox"/> Low crime/safe neighborhoods | <input type="checkbox"/> Affordable housing |
| <input type="checkbox"/> Low level of child abuse | <input type="checkbox"/> Arts and cultural events |
| <input type="checkbox"/> Good schools | <input type="checkbox"/> Good paying jobs |
| <input type="checkbox"/> Parks and recreation | <input type="checkbox"/> Access to religious or spiritual options |
| <input type="checkbox"/> Clean environment | <input type="checkbox"/> Walkable community |
| <input type="checkbox"/> Access to affordable health care
(e.g., medical provider, medical centers, hospitals) | <input type="checkbox"/> Public transportation |
| <input type="checkbox"/> Other _____ | |

2.) In the following list, what are the **three most important health related problems** impacting our overall community health?

Check only three:

- | | |
|---|--|
| <input type="checkbox"/> Cancers | <input type="checkbox"/> Infectious Diseases (e.g., Hepatitis, TB, etc.) |
| <input type="checkbox"/> Child Abuse/neglect | <input type="checkbox"/> Mental health problems |
| <input type="checkbox"/> Dental problems | <input type="checkbox"/> Motor vehicle crash injuries |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Suicide |
| <input type="checkbox"/> Domestic Violence | <input type="checkbox"/> Teenage Pregnancy |
| <input type="checkbox"/> Heart disease and stroke | <input type="checkbox"/> Overweight/Obesity |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Alcohol and/or Substance Abuse |
| <input type="checkbox"/> HIV/AIDS | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Sexually Transmitted Infections (STIs)
(e.g., Chlamydia, Gonorrhea, Syphilis) | |

3.) In the following list, what are the **three top unmet health needs** within the community?

Check only three:

- | | |
|--|--|
| <input type="checkbox"/> Dental/Pediatric Dental | <input type="checkbox"/> Substance Abuse Rehab/Counseling/Prevention |
| <input type="checkbox"/> Mental Health | <input type="checkbox"/> Access and affordability of healthy food |
| <input type="checkbox"/> Vision | <input type="checkbox"/> Affordable health care/Adequate insurance |
| <input type="checkbox"/> Senior Care/Nursing Homes | <input type="checkbox"/> Adequate transportation |
| <input type="checkbox"/> Financial ability to meet health care needs | <input type="checkbox"/> Other_____ |

4.) In the following list, what are **the three top risky behaviors** impacting our overall community health?

Check only three:

- | | |
|---|--|
| <input type="checkbox"/> Alcohol Abuse | <input type="checkbox"/> Not getting “shots” to prevent disease |
| <input type="checkbox"/> Dropping out of school | <input type="checkbox"/> Not using birth control |
| <input type="checkbox"/> Drug Abuse | <input type="checkbox"/> Not using seat belts/child safety seats |
| <input type="checkbox"/> Lack of exercise | <input type="checkbox"/> Unsafe sex |
| <input type="checkbox"/> Poor eating habits | <input type="checkbox"/> Electronic cigarettes/vaping (e.g. JUULing) |
| <input type="checkbox"/> Tobacco Use | <input type="checkbox"/> Other_____ |

5) In the following list, what are the **three top unmet non-health needs** within the community?

Check only three:

- | | |
|--|--|
| <input type="checkbox"/> Employment/Jobs | <input type="checkbox"/> Lack of activities for kids/teens |
| <input type="checkbox"/> Child Care | <input type="checkbox"/> Poverty |
| <input type="checkbox"/> Housing | <input type="checkbox"/> Parks/playground |
| <input type="checkbox"/> Transportation | <input type="checkbox"/> Other_____ |

Demographics:

6.) Zip code:

7.) Age:

- 25 or less
- 26-39
- 40-54
- 55-64
- 65-74
- 75 or over

8.) Gender Identity:

- | | |
|--|---|
| <input type="checkbox"/> Male | <input type="checkbox"/> Transgender male/ Trans man/ Female-to-Male |
| <input type="checkbox"/> Female | <input type="checkbox"/> Transgender female/ Trans woman/ Male-to-Female |
| <input type="checkbox"/> Declined to Specify | <input type="checkbox"/> Genderqueer, neither exclusively male nor female |
| <input type="checkbox"/> None | <input type="checkbox"/> Additional gender category/Other_____ |

9.) Please select all that apply:

- | | |
|---|--|
| <input type="checkbox"/> African American/Black | <input type="checkbox"/> Hispanic/Latino |
| <input type="checkbox"/> American Indian/Native American | <input type="checkbox"/> Non-Hispanic/Latino |
| <input type="checkbox"/> Asian | <input type="checkbox"/> Declined to Specify/Unknown |
| <input type="checkbox"/> Native Hawaiian/Other Pacific Islander | |
| <input type="checkbox"/> White/Caucasian | |
| <input type="checkbox"/> All Other Races | |
| <input type="checkbox"/> Other_____ | |

10.) What is your health insurance coverage? (Check all that apply)

No health insurance pay cash

Medicaid Medicare

Veterans' Administration Other

Health insurance
(e.g., private insurance, Blue Shield, HMO)