Steuben County Planning Document for 2019-2021 Community Health Assessment (CHA), Community Service Plan (CSP) and Community Health Improvement Plan (CHIP)

April 2019
Executive Summary

The Steuben County Health Department, in partnership with Guthrie Corning, Arnot Health and St. James Hospital, is updating their Community Health Assessment (CHA), Community Service Plan (CSP) and Community Health Improvement Plan (CHIP). They are seeking input from stakeholders and community members to decide on the health priority areas to focus on through 2021. The intent of this report is to serve as a planning document to help make informed decisions on selection of the new priority areas.

Based upon the scope of public health services, as well as the breadth and workflow of other public health system entities, consideration must be made to determine what priority areas Public Health and Hospitals ought to select for the 2019-2021 Community Health Improvement Plan. At prioritization meetings, participants will be asked their opinions regarding potential priority areas based upon data and community input already received. Throughout this document you will find all of the tools necessary to help inform the public health and hospital action plan including:

- A brief summary of the Prevention Agenda (the guiding document for CHA/CSP/CHIP planning);
- Public Health and Hospital’s role in community health;
- A summary of community input already received; and
- Data regarding county demographics and health indicators.

The New York State Prevention Agenda

The Prevention Agenda is New York State’s blueprint to help improve the health and well-being of its residents and promote health equity through state and local action. Every three years, New York States requests that local health departments and their local hospital systems work together to create a joint community health assessment and improvement plan utilizing the Prevention Agenda guidelines. Local entities must choose two priority areas to focus on improving in the community for the improvement plan period. There are five areas of choice including:

1. Prevent Chronic Disease
2. Promote a Healthy and Safe Environment
3. Promote Healthy Women, Infants and Children
4. Promote Well-Being and Prevent Mental and Substance Use Disorders
5. Prevent Communicable Diseases

During each new cycle, public health and hospital systems turn to key partners and community informants to help determine what the course of action ought to be to improve the population’s health. In the 2016-2018 Community Health Improvement Plan, Steuben County selected as their priority areas: (1) prevent chronic disease and (2) promote healthy women, infants and children. These priority areas were selected based on input from public health and hospital staff, key stakeholders and community members. The following chart demonstrates a summary of the progress made for each of the priority areas in the past cycle.
<table>
<thead>
<tr>
<th>Priority Area</th>
<th>Progress</th>
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</table>
| **1. Prevent Chronic Disease** | Strategies in this priority area included increasing the number of schools with comprehensive Wellness policies, increasing breastfeeding exclusivity at hospital discharge, encouraging local providers and day care centers to become NYS Breastfeeding Friendly certified, implementing nutrition and beverage standards in public institutions, worksites, and other key locations, encouraging adoption of smoke-free policies in publicly and privately operated housing, participation in the regional blood pressure registry, and promoting the use of evidence-based interventions to prevent or manage chronic diseases. Activities undertaken to support these strategies are described below.  
  The Smart Steuben team has worked with four school districts that have wellness programs in place and one has a program in development.  
  Corning Hospital has seen its breastfeeding rate increase from 43.7% to 59.3% due to ongoing efforts that successfully standardized programs to educate all patients on the importance of breastfeeding and the identification of patients at admission who are in need of a breast pump, which is made available by discharge. The hospital has also partnered with NYSDOH to develop and enhance breastfeeding policy and meets all 44 required policy components to meet the NYSDOH breastfeeding initiative.  
  One Arnot Medical Services family practice in Corning successfully obtained NYS Breastfeeding Friendly Practice certification. Among day care providers, 9 are designated Breastfeeding Friendly and 7 more have requested the designation.  
  Corning Hospital continues their ongoing efforts to reduce the availability of sugar sweetened beverages and is labeling all menu items to highlight the healthier options. Arnot Health is working on improving healthy vending options and labeling items as healthy or not as healthy on a red, yellow, green scale.  
  In January 2018, a smoke-free multi-unit policy was passed covering 118 units at a low income housing complex and foundational work has been laid with other property management companies that could lead to more complexes going smoke-free in 2019.  
  There are 14,365 residents from Steuben County in the High Blood Pressure Registry. In June 2018, Steuben's control rate was 84%, almost reaching the target rate of 85%. |
A number of Chronic Disease Self-Management Program (CSDMP), Chronic Pain Self-Management Program (CPSMP), and National Diabetes Prevention Program (NDPP) workshops have been offered in the county, and training in delivering CDSMP has also been made available by Steuben Rural Health Network (SRHN).

Arnot Health introduced CDSMP to case managers and Guthrie Hospital’s patient centered medical home has case managers referring into programs. These efforts may result in referral into other Evidence-Based Interventions (EBIs).

| 2. Promote Healthy Women, Infants and Children | Strategies in this priority area included home visits and assisting women in obtaining health insurance, engaging in health care services, securing basic needs assistance, and practicing healthy behaviors. Activities undertaken to support these strategies are described below.

Corning Hospital has Comprehensive Interdisciplinary Developmental Services, Inc. (CIDS) visiting patients in the hospital and providing referrals to outside organizations for home visits. Corning Hospital hopes to integrate the WIC program with peer counselors into hospital rounds. Arnot Health also has CIDS visiting with moms in the hospital and providing referrals to outside organizations, including Public Health. Public Health started implementing prenatal home visits in addition to the postpartum visits in 2018. Public Health received 270 postpartum referrals and 175 prenatal referrals through November for home visits. Public Health made 29 postpartum visits and 4 prenatal visits through November. |
Public Health’s Role

The Public Health System comprises of all public, private and voluntary agencies and entities which contribute to delivery of services that protect and promote the health of its community. The system includes public health departments, healthcare providers, human service agencies, education and youth organizations, environmental agencies, mental health, and more. All entities strive to work together in their efforts to improve the health of the community. One agency simply cannot do it alone.

There are ten essential services that the system strives to conduct. Its direct services and programs may range from county to county but their principles remain the same. Listed in the wheel below are the ten essential services including the three major themes: assessment, policy development and assurance.

The ten essential services include:

1. **Monitor health** status to identify and solve community health problems
2. **Diagnose and investigate** health problems and health hazards in the community
3. **Inform, educate, and empower** people about health issues
4. **Mobilize community partnerships** and action to identify and solve health problems
5. **Develop policies** and plans that support individual and community health efforts
6. **Enforce laws** and regulations that protect health and ensure safety
7. **Link people** to needed personal health services and assure the provision of health care when otherwise unavailable
8. **Assure competent** public and personal health care **workforce**
9. **Evaluate** effectiveness, accessibility, and quality of personal and population-based health services
10. **Research** for new insights and innovative solutions to health problems

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1 Centers for Disease Control and Prevention, The Public Health System & the 10 Essential Public Health Services 2018
A public health system assessment was recently completed by stakeholders in Steuben County. The survey sought to determine feedback on how well the public health system, including health and non-health sectors, work together to address the ten essential services and provide an effective work flow that promotes, supports and maintains the health of the community. Results from the survey help to identify areas for improvement for addressing the needs of the community.

Overall, respondents indicated that they believe the healthcare community is effective at working together to conduct (72%), update (65%) and promote use of the Community Health Assessment (62%) in the community. Of note, 64% of respondents also indicated that they believe the healthcare community actively seeks to improve the health of its residents. 83% of respondents agreed that the healthcare community collaborates with each other and other groups to provide health promotion activities.

When specifically asked about improvement areas, respondents indicated the need for more mental health and substance use services. Transportation was also an area identified as a need in the county. In addition, one respondent indicated the need for cultural sensitivity training for healthcare staff.
Community Feedback – Potential Priority Areas

In the summer of 2018, Common Ground Health oversaw a broad effort to collect health-related insights from across the Finger Lakes region. Residents were encouraged to participate in the *My Health Story* survey and share their health experiences via a series of closed and open ended questions. Over 3,800 adults participated within the eight-county region. 485 residents participated from Steuben County.

Within the survey, participants were asked questions relating to their top concerns for the health of themselves, loved ones, and adults and children in the community generally. Listed below are the most common concerns listed for each of the categories. As you will see, weight and mental/emotional health issues have risen to the top for each of the four categories. Of note, substance use and obesity indicators including exercise, diet and nutrition are concerns for children in the county. Aging and cost of care were also highlighted as concerns for respondents’ fears for themselves and for others.

*Figure 1: Steuben County summary of health-related concerns for self, loved ones and county to prioritize*

<table>
<thead>
<tr>
<th>Biggest fear – for self</th>
<th>Biggest fear – for others</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight (12.6%)</td>
<td>Cost (9.5%)</td>
</tr>
<tr>
<td>Mental / emotional health issues (9.2%)</td>
<td>Weight (8.8%)</td>
</tr>
<tr>
<td>Exercise (9.2%)</td>
<td>Mental / emotional health issues (8.1%)</td>
</tr>
<tr>
<td>Aging (9.0%)</td>
<td>Cancer (7.0%)</td>
</tr>
<tr>
<td>Cost (7.8%)</td>
<td>Aging (6.6%)</td>
</tr>
</tbody>
</table>

**County priority – for adults**

<table>
<thead>
<tr>
<th></th>
<th>County priority – for children</th>
</tr>
</thead>
<tbody>
<tr>
<td>Substance abuse (23.6%)</td>
<td>Diet / nutrition (25.2%)</td>
</tr>
<tr>
<td>Weight (20.3%)</td>
<td>Mental / emotional health issues (20.5%)</td>
</tr>
<tr>
<td>Mental / emotional health issues (18.6%)</td>
<td>Weight (18.5%)</td>
</tr>
<tr>
<td>Cost (11.0%)</td>
<td>Substance abuse (15.5%)</td>
</tr>
<tr>
<td>Aging (9.7%)</td>
<td>Exercise (13.4%)</td>
</tr>
</tbody>
</table>

Source: *My Health Story* survey 2018. Analysis by Common Ground Health incorporates weighting to normalize survey participants to demographics of each county. Top 5 issues shown for each question. Data shown are the percent of participants with responses in each category.

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2 The eight county region includes Chemung, Livingston, Ontario, Schuyler, Seneca, Steuben, Wayne and Yates Counties.
The Steuben County Public Health Department also conducted focus groups in late 2018 to gain additional community input on potential priority areas. Focus groups were selected based upon populations that were under-represented in the My Health Story survey. At the focus groups, participants were asked a series of questions relating to their thoughts on potential health priorities, trends influencing health, emerging issues, and assets/strengths of the county. A summary of respondent answers is shown in the chart below.

<table>
<thead>
<tr>
<th>Steuben County Focus Group Summary</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What are we missing in terms of health priorities?</strong></td>
</tr>
<tr>
<td><strong>What trends and factors are influencing health?</strong></td>
</tr>
<tr>
<td><strong>What are the emerging issues you are seeing in your community?</strong></td>
</tr>
<tr>
<td><strong>What assets and/or strengths does your county have that help to contribute to the health of residents?</strong></td>
</tr>
<tr>
<td><strong>What gaps in service do we have?</strong></td>
</tr>
</tbody>
</table>

\(^1\) Provider shortages in the area (PCPs, specialists, and mental health), high cost of care, distance to Corning Hospital, and lack of transportation were cited.
Steuben County Demographics

A total of 97,539 persons reside in Steuben County, the majority of which (95%) are White Non-Hispanic. Population projections show a growing number of residents aged 65+ (Figure 2). Of note, 2017 estimates reveal 26% of the 65+ population (N=4,623) is living alone which may be a cause for concern, particularly with the increased risk of falling in this population. This rate is down 4% from 2012 estimates where 30% of the 65+ population (N=4,675) was living alone. In addition, 15% of the population are women of child bearing age, and 18% of the 16+ population are living with a disability.\(^3\)

*Figure 2: Total population and projections*

Of note is the density of poverty in the county. 14.5% of residents are living below the federal poverty level, and another 22% living near it. Living in poverty may pose challenges in accessing, maintaining and/or inability to prioritize basic needs such as adequate housing, medical and dental care, healthy food and more. The distribution of poverty in the county is shown below in Map 1.

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\(^3\) Disability status is defined by the Census Bureau and includes reported sensory, physical, cognitive, self-care, go-outside-home and employment disabilities.
With the implementation of the Affordable Care Act, rates of uninsured individuals have decreased over the past several years. Data below show the trend in uninsured rates over the past 5 years compared to the 8-County Region which has decreased 4% since 2012 for Steuben County (Figure 3). Lack of insurance may lead to a person being unable to access or afford medical and/or dental services which will decrease preventative care accessibility and potentially early diagnosis of any acute or chronic disease.

Figure 3: Percent of population that is uninsured

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4 8-County Region includes Chemung, Livingston, Ontario, Schuyler, Seneca, Steuben, Wayne and Yates Counties.
Steuben County Health Indicators
Chronic Disease

Approximately 1 in 3 adults in Steuben County are obese (Figure 4). Affecting an estimated 21,670 adults and 670 children, long-term health complications may lead to development of diabetes, hypertension, and premature mortality due to related conditions. Regionally, respondents to the My Health Story survey indicated that better diet and nutrition and physical activity habits would help them manage their weight better.

*Figure 4: Percent of adults 18+ who are obese*

An estimated 32% adults in the county have been diagnosed with hypertension. However, important to note is the hypertension control rate for Steuben County residents. For the past several registry reports produced by Common Ground Health, Steuben County had one of the highest community control rates in the 8-county region (Figure 5).
Of note is the difference in control rate by socioeconomic status- a difficult disparity to eliminate (Figure 6). Reducing the disparity requires engaging patients in taking control of their blood pressure through various methods- blood pressure medication adherence, promotion of physical activity, healthy eating, and more. Low income patients are often less likely to be able to afford medications, and it is therefore important to work with providers to prescribe generic medications that are less expensive and accepted by insurance companies.

**Figure 5: Percent of patients with blood pressure controlled, June 2018 high blood pressure registry**

- Seneca: 71%
- Wayne: 77%
- Ontario: 79%
- Schuyler: 81%
- Yates: 82%
- Livingston: 83%
- Steuben: 84%
- Chemung: 85%

Data Source: June 2018 Common Ground Health Hypertension Registry

**Figure 6: Steuben County control rate by socioeconomic status over time**

Data Source: June 2018 Common Ground Health Hypertension Registry
Tobacco use may also increase the risk of cardiovascular issues. An emerging issue identified in the community and surrounding areas is the use of e-cigarettes, especially among younger adults. While data at this time are sparse, the popularity of the device has grown substantially. It is likely that estimates of use is actually much higher than shown in Figure 7.

Figure 7: Percent of adults (18+) who smoke every day or some days

![Bar chart showing percentage of population smoking cigarettes and e-cigarettes in different counties.

Data Source: Division of Chronic Disease and Injury Prevention, Bureau of Chronic Evaluation and Research, New York State Department of Health, Behavioral Risk Factor Surveillance System, Year 2016. Analysis Completed by Common Ground Health

Efforts to reduce the burden of obesity and its related diseases is no small feat and has been a long standing initiative in not only Steuben County but in the other areas within the 8-county region. According to My Health Story survey data, 22% of the county respondents reported the nearest grocery store is 20+ minutes away, where vehicles were needed to access them. Notably, respondents also indicated their primary source of healthy foods are from a supermarket or grocery store. Living in rural communities where the majority of the population relies on a vehicle to access grocery stores and healthy foods may negatively impact resident health, particularly if someone does not have vehicle access.

Data from the Behavioral Risk Factor Surveillance System (2016) revealed 41% and 65% of the population reported eating fruits and vegetables respectively on a regular basis. Of note, 27% also report daily sugary drink consumption.

My Health Story respondents were asked the biggest challenges or barriers keeping them from eating healthier. Table 1 reveals barriers reported by Steuben County residents. The biggest barrier to eating healthier in Steuben County, particularly for those of low income, is that healthy food is too expensive. Other issues which rose to the top were not enough time and lack of knowledge of how to shop and prepare the food.
In Steuben County, 76% of residents engaged in physical activity in the past month. According to My Health Story data, the main reason for not engaging in more physical activity was lack of time and feeling too tired to exercise. Of note, the low income population reported that they cannot afford a gym membership as their biggest barrier to being physically active (Table 2).

**Table 1: Barriers to eating healthy**

<table>
<thead>
<tr>
<th>Reason</th>
<th>Steuben Income up to $50K</th>
<th>Steuben Overall</th>
<th>8 County Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buying healthy food is too expensive</td>
<td>51%</td>
<td>40%</td>
<td>42%</td>
</tr>
<tr>
<td>I don’t have the time to shop for, and prepare, healthy food</td>
<td>18%</td>
<td>19%</td>
<td>19%</td>
</tr>
<tr>
<td>I don’t know how to cook and prepare healthy meals that taste good</td>
<td>16%</td>
<td>12%</td>
<td>13%</td>
</tr>
<tr>
<td>I don’t have the supplies and equipment I’d need to cook healthy food</td>
<td>9%</td>
<td>5%</td>
<td>4%</td>
</tr>
<tr>
<td>The others in my household don’t eat healthy, and we eat together</td>
<td>8%</td>
<td>10%</td>
<td>13%</td>
</tr>
<tr>
<td>I don’t enjoy the taste of healthy food</td>
<td>7%</td>
<td>6%</td>
<td>7%</td>
</tr>
<tr>
<td>I don’t have any place nearby to buy healthy food</td>
<td>6%</td>
<td>5%</td>
<td>3%</td>
</tr>
<tr>
<td>I don’t have the transportation to go shopping for healthy food</td>
<td>4%</td>
<td>2%</td>
<td>3%</td>
</tr>
<tr>
<td>I really don’t have any barriers keeping me from eating healthy food</td>
<td>30%</td>
<td>39%</td>
<td>36%</td>
</tr>
<tr>
<td>I don’t want or need to eat healthier than I already do</td>
<td>5%</td>
<td>8%</td>
<td>8%</td>
</tr>
</tbody>
</table>

*Source: My Health Story survey 2018. Analysis by Common Ground Health incorporates weighting to reflect demographics of each county and the region.*

**Table 2: Barriers to being physically active**

<table>
<thead>
<tr>
<th>Reason</th>
<th>Steuben Income up to $50K</th>
<th>Steuben Overall</th>
<th>8 County Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>I can’t afford a gym membership or other fitness opportunities</td>
<td>42%</td>
<td>30%</td>
<td>26%</td>
</tr>
<tr>
<td>I always seem to be too tired to exercise</td>
<td>32%</td>
<td>32%</td>
<td>29%</td>
</tr>
<tr>
<td>I don’t have the time to get more exercise</td>
<td>28%</td>
<td>37%</td>
<td>40%</td>
</tr>
<tr>
<td>I can’t exercise because of a physical limitation or disability</td>
<td>18%</td>
<td>14%</td>
<td>14%</td>
</tr>
<tr>
<td>I don’t have anyone to exercise with, and don’t like to exercise alone</td>
<td>18%</td>
<td>15%</td>
<td>16%</td>
</tr>
<tr>
<td>My life is too complicated to worry about exercise</td>
<td>11%</td>
<td>9%</td>
<td>8%</td>
</tr>
<tr>
<td>I don’t have a safe place nearby to get more exercise</td>
<td>7%</td>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td>I don’t have transportation to get places where I could get more exercise</td>
<td>7%</td>
<td>4%</td>
<td>3%</td>
</tr>
<tr>
<td>I really don’t have any barriers keeping me from being physically active</td>
<td>20%</td>
<td>24%</td>
<td>24%</td>
</tr>
<tr>
<td>I don’t want or need to be more active than I already am</td>
<td>13%</td>
<td>12%</td>
<td>8%</td>
</tr>
</tbody>
</table>

*Source: My Health Story survey 2018. Analysis by Common Ground Health incorporates weighting to reflect demographics of each county and the region.*
Poor diet and exercise habits may lead to increased risk of developing diabetes. In Steuben County, rates of persons diagnosed with diabetes has remained around 10% over the past several years. Regionally, respondents to the My Health Story survey indicated that better diet and nutrition habits would help them manage their diabetes better.

Dental health is another issue of concern. Untreated dental problems may lead to gum disease, tooth decay, or teeth loss, all which may impact a person’s everyday life including eating and drinking. 61% of Steuben County adults and 82% of children have visited a dentist in the past year (Figure 8). Of note, an estimated 60% of adults have had permanent teeth removed due to tooth decay or gum disease. In addition, 23% of third grade children in the county have experienced dental cavities- 23% of which have not been treated.5

Figure 8: Percent of residents who have visited the dentist in the past year

![Dental Health Chart](https://example.com/dental-health-chart.png)


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Screening for cancers is an important preventative step in primary care. Figure 9 below shows the percent of population which has received screenings for various types of cancer based on recommended guidelines in Steuben County. Of note, prostate cancer screenings are the lowest in the county, which is similar to each of the other counties in the 8-county region.

*Figure 9: Percent of population receiving cancer screening*

Data Source: Division of Chronic Disease and Injury Prevention, Bureau of Chronic Evaluation and Research, New York State Department of Health, Behavioral Risk Factor Surveillance System, Year 2016. Analysis Completed by Common Ground Health
Maternal and Child Health

Total births in Steuben County have decreased 5% over the past several years, a trend that is consistent with other nearby counties. From 2010-12, there were 3,280 total births and only 3,111 from 2014-16. This is consistent with the 8-County regional reduction rate of 4%.

New York State collects several pieces of information on births including the number of premature and low birth weight babies. A baby born prematurely (<37 weeks gestation) is at risk for several health complications including jaundice, anemia, apnea, and more. The earlier a baby is born in pregnancy, the more likely it is that the baby will need to spend time in the neonatal intensive care unit (NICU). Long-term health complications associated with premature birth include intellectual and developmental delays, problems with communicating, getting along with others, and even taking care of him or herself. Neurological disorder, behavioral problems, and asthma may also occur.6

Premature birth is the primary cause of low birth weight. A child born at a low birth weight may suffer a range of health complications at birth. Some of the common issues for a low birth weight newborn include low oxygen levels, breathing complications due to immature lungs, difficulty feeding and gaining weight, neurological and gastrointestinal problems, infection, and more.7

In Steuben County, rates of premature birth and low birth weight have been fairly consistent and comparable to the 8-county region over the past several years (9.5% and 6.5% of births respectively).8

Data on maternal access to prenatal care is also collected by New York State. Receiving early and adequate prenatal care is important for ensuring a healthy pregnancy. During prenatal care visits, health care providers will order certain vaccinations and tests and help with managing maternal chronic diseases that may have an impact on pregnancy. In addition, health care providers will inform women about steps they can take to prevent complications.9 In Steuben County, rates of late or no prenatal care (care sought after the third trimester or not at all) are higher than average (6% of total births) in the 8-county region (4% of total births) (Figure 10).

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7 Stanford Children’s Health, Low Birthweight
8 Source: NYS Perinatal Data Profile
9 New York State Department of Health, Prenatal Care in New York State, 2015
The rate of infant mortality (deaths that occurred less than 1 year after birth) have increased over the past several years with an average of 19 deaths per 3-year period (Figure 11). Causes of infant mortality may be related to prematurity and related conditions, infections, obstetric conditions, sudden unexpected infant death and external causes such as unsafe sleep.

Figure 11: Rate of Infant Mortality
Communicable Disease

Sexually transmitted diseases are a prominent issue in New York State, including all 8 counties in the region. Historical data are available on the incidence of Chlamydia and Gonorrhea. In comparison to the 8-county region, Steuben County is on par with rates of Chlamydia. Rates have steadily decreased since 2015 (Figure 12).

Figure 12: Rate of chlamydia per 100,000

Steuben County’s rates of Gonorrhea have also decreased since 2015 and are lower than several other counties in the 8-county region (Figure 13).

Figure 13: Rate of gonorrhea per 100,000
Vaccine preventable diseases, including Hepatitis A, Hepatitis B, Measles, Meningococcal, Mumps, Pertussis and Tuberculosis, are on the rise for the 8-county region. The number of patients diagnosed with vaccine preventable diseases range from 0 to 21 cases annually per county in the 8-county region. With the increased number of those who choose not to vaccinate, it is important now more than ever to increase education and awareness of the benefits of vaccinating children. Of note, there are several instances where children cannot be vaccinated due to age, health conditions or other factors. Herd immunity – where the majority of the population is immune to infection or disease – helps to reduce risk of disease to those who are unable to be vaccinated. The rise of those who choose not to vaccinate negatively impact the effectiveness of herd-immunity. The majority of vaccine preventable diseases in the 8-county region and in Steuben County are cases of Pertussis (Figure 14).

*Figure 14: Rate of vaccine preventable diseases*

The percentage of children receiving recommended immunizations by 36 months varies by county. On average, 69% of the region’s children have received recommended immunizations. Fully immunized 36 month olds have increased since 2015 in Steuben County from 56% in 2011 (not shown in figure) to 70% in 2016 (Figure 15).
Figure 15: Percent of children receiving recommended immunizations by 36 months

Data Source: NYS Immunization Information System 2014 - 2016
Mental Health and Substance Abuse

Overall, rates of substance use is growing in the 8-county region. Data from New York State Opioid Reporting indicate a 21% decrease in opioid overdose deaths in Steuben County from 2016 to 2017 (Figure 16). Total deaths in the county decreased from 17 cases in 2016 to 14 in 2017. Notably, Seneca and Steuben County were the only counties which saw a decrease in deaths from 2016.

Figure 16: All opioid overdose death rates per 100,000 population

To date, data shows a dip in Steuben County overdose deaths for the first two quarters of 2018. It is unknown at this time if this trend continued throughout the rest of the year. Documentation of Naloxone administrations have increased from 69 in 2016 to 88 in 2017, which does not include undocumented administrations by family, friends or bystanders. In addition, clients admitted to OASAS-certified chemical dependence treatment programs have increased in Steuben County from 2016 (N=418) to 2017 (N=477). The increased support from these programs are likely helpful in contributing to the lower number of deaths relating to opioids noted in 2017 and the first two quarters of 2018.

Binge drinking is another measure used to help gauge substance abuse in communities. According to data retrieved from the 2016 Behavioral Risk Factor Surveillance System, approximately 17% of Steuben County adult residents reported binge drinking in the past month. This has risen since 2013-14 (14%), though it is not a significant difference.
Rates of adults reporting poor mental health days in the past month have improved in Steuben County. According to the 2013-14 data from the Behavioral Risk Factor Surveillance System, 13.5% of its adult residents reported 14+ days with mental health reported as not good in the past month. In 2016, the rate dropped to 10%.

Rates of depressive disorders in Steuben County (18%) are consistent with the 8-county regional average of 17%. The regional county rates range from 11.2% to 22.0% (Figure 17).

*Figure 17: Percent of adults 18+ who have been told they have a depressive disorder*
According to survey data from My Health Story, almost half of the respondents indicated they have dealt with depression or sadness. Many others also reported they personally dealt with anxiety, fear, and trouble sleeping (Figure 18). For those who have dealt with mental or emotional health issues, 70.9% of survey respondents said they got the help they needed. The most commonly reported support was from doctors, counselors and other mental health professionals followed by support from friends and family.

Figure 18: Percent of adults who have personally dealt with each of the following mental or emotional health issues

<table>
<thead>
<tr>
<th>Mental Health Issue</th>
<th>Percentage</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression or sadness</td>
<td>50.4%</td>
<td>Steuben</td>
</tr>
<tr>
<td>Anxiety or fear</td>
<td>43.1%</td>
<td>Steuben</td>
</tr>
<tr>
<td>Trouble sleeping</td>
<td>35.9%</td>
<td>Steuben</td>
</tr>
<tr>
<td>None of the above</td>
<td>28.6%</td>
<td>Steuben</td>
</tr>
<tr>
<td>Trouble focusing</td>
<td>19.0%</td>
<td>Steuben</td>
</tr>
<tr>
<td>Feeling helpless or hopeless</td>
<td>16.5%</td>
<td>Steuben</td>
</tr>
<tr>
<td>Grief work around a personal loss</td>
<td>16.0%</td>
<td>Steuben</td>
</tr>
<tr>
<td>Self destructive or suicidal</td>
<td>10.8%</td>
<td>Steuben</td>
</tr>
<tr>
<td>Out of control anger</td>
<td>5.5%</td>
<td>Steuben</td>
</tr>
<tr>
<td>Abusing others or wanting to abuse others, etc.</td>
<td>0.7%</td>
<td>Steuben</td>
</tr>
<tr>
<td>Other issues [Explain if you want to]</td>
<td>5.5%</td>
<td>Steuben</td>
</tr>
</tbody>
</table>
Built Environment

Falls in the 65+ population have increased, though not significantly, in the past few years. Steuben County rates of falls in the 65+ population increased from 26% in 2013-14 to 37% in 2016 (Figure 19).

*Figure 19: Percent of 65+ population that reported a fall within past 12 months*

Water quality, as measured by the percentage of residents served by community water systems with optimally fluoridated water has remained at or near 27% for the last three years. Of note, Steuben County is much lower than the other counties in the region (Figure 20).

*Figure 20: Percent of residents served by community water systems with optimally fluoridated water*
As previously discussed, access to a supermarket or grocery store is important for accessing healthy foods. In Steuben County, 22% of My Health Story respondents indicated the nearest grocery or supermarket store was 20+ minutes away. Estimates reveal that 3% of Steuben County residents are low income and have low access to a grocery store (Figure 21). This has not changed significantly since 2010 (4%).

*Figure 21: Percent of population that is low income and has low access to a supermarket or large grocery store*

Reported food insecurity is an identified issue in Steuben County. Over 30% of the population reported experiencing food insecurity in the past 12 months (Figure 22). Of note, 11% of Steuben County’s My Health Story survey respondents reported they are always stressed about having enough money to afford healthy food.

*Figure 22: Percent of adults who reported food insecurity in past 12 months*
Figure 23 shows the food insecurity rates by census tract for Steuben County. Higher rates of food insecurity are in areas such as Bath and Hornell.

**Figure 23: Food insecurity rate by census tract, Steuben County**


Finally, 28% of Steuben County residents rent vs. own their home. In addition, 9% of occupied housing units have no vehicles available. Another 35% have access to only one vehicle. Of note, the average household size for occupied housing is greater than two people. Approximately 35% of residents are paying 35% of their household income on rent costs. Spending such a significant portion of one’s income on housing leaves little room for covering the remainder of basic needs, such as healthy foods, medical and dental care.\(^\text{10}\)

\(^{10}\) Source: US Census Bureau American Community Survey 2013-2017 5-Year Estimates
Mortality

The leading causes of death in Steuben County are largely due to heart issues and cancer. This is consistent with the 8-county region (Figure 24).

*Figure 24: Top 5 causes of mortality within Steuben County (2010-2015)*

Causes of premature mortality in Steuben County are also largely attributed to Cancer and heart conditions (Figure 25). Of note, there are higher rates of premature mortality due to suicide in Steuben County than in the 8-county region.

*Figure 25: Top 5 causes of premature mortality within Steuben County (2010-2015)*
Regionally, there are large disparities in the top causes of mortality and premature mortality by socioeconomic status as shown in Figure 26 and Figure 27 below. Persons of a lower socioeconomic status are more likely to die earlier than those of a higher socioeconomic status. The greatest disparity exists in heart conditions and cancer for both mortality and premature mortality. Of note, cancer mortality is largely driven by lung cancer.

*Figure 26: Top 5 causes of mortality rate disparity within 8-county region (2010-2015)*

Data Source: NYS Vital Statistics

*Figure 27: Top 5 causes of premature mortality rate disparity within 8-county region (2010-2015)*

Data Source: NYS Vital Statistics
Summary

New York State has requested an update to the 2016-2018 Community Health Assessment, Community Service Plan and Community Health Improvement Plans. Utilizing the Prevention Agenda, a blueprint to help improve the health and well-being of NYS residents, local health departments and hospitals have been asked to work together to create updated plans for their community. Local health departments and hospitals are required to select two priority areas from at least one of the five focus areas listed below:

1. Prevent Chronic Disease
2. Promote a Healthy and Safe Environment
3. Promote Healthy Women, Infants and Children
4. Promote Well-Being and Prevent Mental and Substance Use Disorders
5. Prevent Communicable Diseases

In years past, Steuben County has gained insight from key partners, hospital and public health staff, and community members when selecting priority areas. In the 2016-2018 cycle, Steuben County selected as their priority areas: (1) prevent chronic disease and (2) promote healthy women, infants and children.

The update for the 2019-2021 cycle has already begun. Data have been made available in this report for each of the five focus areas. Community members have already begun to provide their input via the My Health Story 2018 and focus groups conducted by Steuben County Health Department. Results revealed Steuben County residents remain concerned about chronic disease and mental emotional well-being (including weight, substance abuse, and mental health). Mental Health and substance abuse was repeatedly identified as an emerging issue in focus groups.

Keeping in mind the scope of public health services, as well as the breadth and workflow of other public health system entities, consideration must now be made to determine what priority areas Public Health and Hospitals ought to select for the 2019-2021 Community Health Improvement Plan.