



**NATHAN
LITTAUER**
Hospital & Nursing Home



Fulton County
Public Health Department



2019-2021 COMMUNITY HEALTH NEEDS ASSESSMENT

Community Service Plan/Community Health Improvement Plan

Service Area: Nathan Littauer Hospital Service Region & Fulton County

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EXECUTIVE SUMMARY

The Mohawk Valley Population Health Improvement Program (MVPHIP) partnered with Fulton County Public Health Department and Nathan Littauer Hospital & Nursing Home to complete their 2019-2021 Community Health Needs Assessment utilizing key informant survey data compiled by Adirondack Rural Health Network. The key informants represent a broad range of sectors, community interests, and includes organizations that represent the medically underserved, low-income, and minority populations. In addition to the key informant responses, the assessment includes quantitative data sources collected and published by New York State, as well as health indicators included on the MVPHIP website compiled by Healthy Communities Institute. The site includes a comprehensive dashboard of community indicators covering over 20 topics in the areas of health, social determinants of health, and quality of life from public secondary data sources.

Fulton County Public Health Department and Nathan Littauer Hospital & Nursing Home also collected a small sample of community members' views on the health of the community. Community members were asked to select their top three biggest health issues. Sixty-five percent felt substance use was the biggest priority, followed by chronic diseases at fifty-seven percent, and mental health issues at forty-six percent.

Based on the key informant priority rankings and their ability to affect the chosen priorities, Fulton County Public Health Department and Nathan Littauer Hospital & Nursing Home will collaborate on the following New York State Prevention Agenda priorities:

Prevent Chronic Diseases

- **Focus Area 4: Preventive Care and Management**
 - **Goal:** In the community setting, improve self-management skills for individuals with chronic diseases, including asthma, arthritis, cardiovascular disease, diabetes, prediabetes and obesity
 - **Disparity Focus:** Rural residents -access to care due to limited options for public transportation and high expense of cabs. Limited access for healthy food and childcare.
 - **Intervention:** Expand access to evidence-based self-management interventions for individuals with arthritis, asthma, cardiovascular disease, and diabetes
 - **Process Measures:** Number of workshops delivered. Number of participants who complete four of the six sessions. Number of sites/counties where workshops are delivered.

Prevent Communicable Diseases

- **Focus Area 5: Antimicrobial Resistance and Healthcare-Associated Infections**
 - **Goal:** Reduce inappropriate antibiotic use
 - **Disparity Focus:** Low socioeconomic status rural residents
 - **Interventions:** Conduct an educational campaign for the public on antimicrobial resistance and appropriate antibiotic use
 - **Interventions:** Healthcare clinician education and public health detailing to prescribers
 - **Process Measures:** Number of community members encountered. Number of healthcare clinicians encountered. Number of printed materials produced and distributed. Number of classes offered in the community on antibiotic resistance.

A. INTRODUCTION

Bassett Research Institute's Mohawk Valley Population Health Improvement Program (MVPHIP), a grant funded program from the New York State Department of Health, provided technical assistance to Nathan Littauer Hospital & Nursing Home and the Fulton County Public Health Department. The Community Health Needs Assessment provides the hospital, local county health department, and key informants with data and responses so that they may identify, prioritize, and address health care challenges facing their communities. The Community Health Needs Assessment also supports the New York State Commissioner of Health's mission "To Make New York the Healthiest State for People of All Ages" and to participate in New York State Prevention Agenda public health initiatives.

A regional group, facilitated by the Adirondack Rural Health Network (ARHN), provided the forum for area hospitals and local health departments to take part in a regional planning process to address the Commissioner's public health priorities identified in the New York State Prevention Agenda toward the Healthiest State. By participating in this public health effort, Nathan Littauer Hospital and Fulton County Public Health Department supported the overall goals of the New York State Health Department, which are to focus on primary/secondary disease prevention, promote access to quality health care services, and eliminate health care disparities where they exist.

ARHN provided a forum for the various community partners to share resources and to collaborate on the development of each county's and hospital's Community Health Needs Assessment. In 2019 ARHN prepared a key informant survey to identify the needs in Essex, Fulton, Hamilton, Saratoga, Warren and Washington counties.

a. Hospital Service Region:

Nathan Littauer Hospital & Nursing Home (NLH), opened in 1894, is the only hospital in Fulton County. Located in Gloversville, in the foothills of the Adirondack Mountains, NLH is a fully licensed and accredited health care facility. NLH provides a wide array of services ranging from critical care to routine outpatient procedures. They have a 74-bed acute care hospital, an 84-bed residential Nursing Home, a Medical Arts Building, state-of-the-art Surgical Center and a Primary/Specialty Care Center. Additional Primary/Specialty Care Centers are located in Broadablin, Fonda, Mayfield, Speculator, Caroga Lake, 3 in Johnstown, Perth, and 1 additional location in Gloversville. These locations provide health care accessibility for the citizens of Fulton, Montgomery, and southern Hamilton counties.

NLH provides a full array of inpatient and outpatient services including medical/surgical, pediatrics, obstetrics and gynecological services, nutritional counseling, oncology/infusion therapy, patient education, diabetic teaching, rehabilitative medicine, women's health and respiratory care as well as CT scans, including PET and colonoscopy, nuclear medicine procedures, and bone density testing. They added a robust gastroenterology specialty in the past five years thereby increasing access to an underserved community. They also offer a comprehensive orthopedic specialty and regularly conduct spine surgeries. Stereotactic breast biopsy system and digital mammography are utilized at their facility. Dialysis treatment is available through the Gloversville Dialysis Center, which offers patients a variety of treatment modalities including in-center hemodialysis, Peritoneal Dialysis and home hemodialysis. The Emergency Room is open 24 hours per day and sees most of

the community's emergent cases. They employ about 1000 individuals and have 64 practitioners on staff. NLH is the second largest employer in Fulton County.

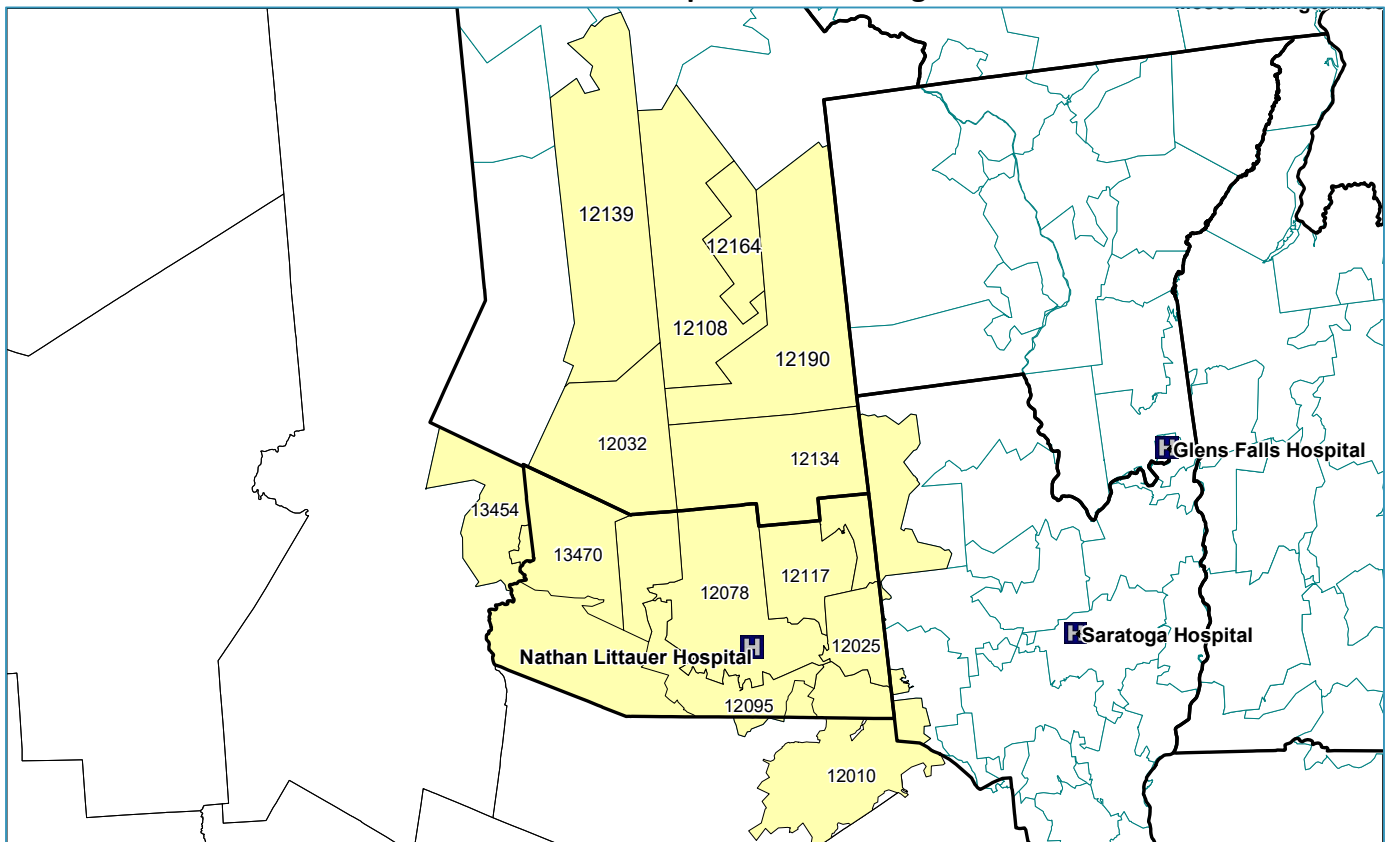
The other programs that are supported and offered through NLH also demonstrate their service and commitment to the community:

Lifeline, a Personal Emergency Response System, allows elderly residents and those who may be in need of assistance the comfort and security of a 24-hour response in case of emergency.

NLH is also affiliated with **Community Health Center (CHC)** and **Home Health Care Partners**. The home health care agencies service clients in Fulton and Montgomery counties who require short-term as well as long-term care in the home. Additional services such as therapy, housekeeping and dietary consultation are also available. CHC was founded through collaboration with St. Mary's Hospital of Amsterdam. Home Health Care Partners provides private duty nursing, sitters/companions, housekeeping services, and is affiliated with CHC.

HealthLink impacts the community by offering a myriad of free or low cost evidence-based programs and services, and educational topics for those who want to improve their health by making lifestyle changes. Smoking cessation, blood pressure, glucose and cholesterol screenings, childbirth preparation, and breastfeeding are just a few of the areas covered by educators through this department.

Nathan Littauer Hospital's Service Region



The service area for Nathan Littauer Hospital is composed of thirteen zip codes in Fulton County, Southern Hamilton County and bordering areas of Montgomery County. Historically, about eighty-eight percent of Nathan Littauer Hospital's in-patients reside within this geography.

Nathan Littauer Hospital's Primary Service Region by Zip Code, Population Counts from Claritas 2019

Town	Zip Code	County	Population
Amsterdam	12010	Montgomery	28,968
Broadalbin	12025	Fulton	5,573
Caroga Lake	12032	Fulton	492
Gloversville	12078	Fulton	22,996
Johnstown	12095	Fulton	12,243
Lake Pleasant	12108	Hamilton	417
Mayfield	12117	Fulton	3,144
Northville	12134	Fulton	3,488
Piseco	12139	Hamilton	178
Speculator	12164	Hamilton	330
Wells	12190	Hamilton	576
Salisbury Center	13454	Herkimer	588
Stratford	13470	Fulton	676

The total population in the service region is 79,669 persons.

b. County Health Department Description:

The Fulton County Public Health Department (FCPH) located in Johnstown, New York, under the direction of the Fulton County Board of Supervisors and the New York State Department of Health, seeks to promote wellness, to protect from disease, to prevent injury/disability, to prepare for emerging illness/disease and to assist Fulton County residents in attaining and maintaining optimal health. Each person and/or their family will be educated in accessing health care and will be empowered to be responsible for the decisions regarding their health care needs. Many services offered by FCPH are provided free of charge; others have eligibility criteria and sliding fee scales are available for the uninsured.

B. COMMUNITY HEALTH ASSESSMENT

1. COMMUNITY DESCRIPTION

Fulton County and Nathan Littauer Hospital's primary service region combined are the total population served.

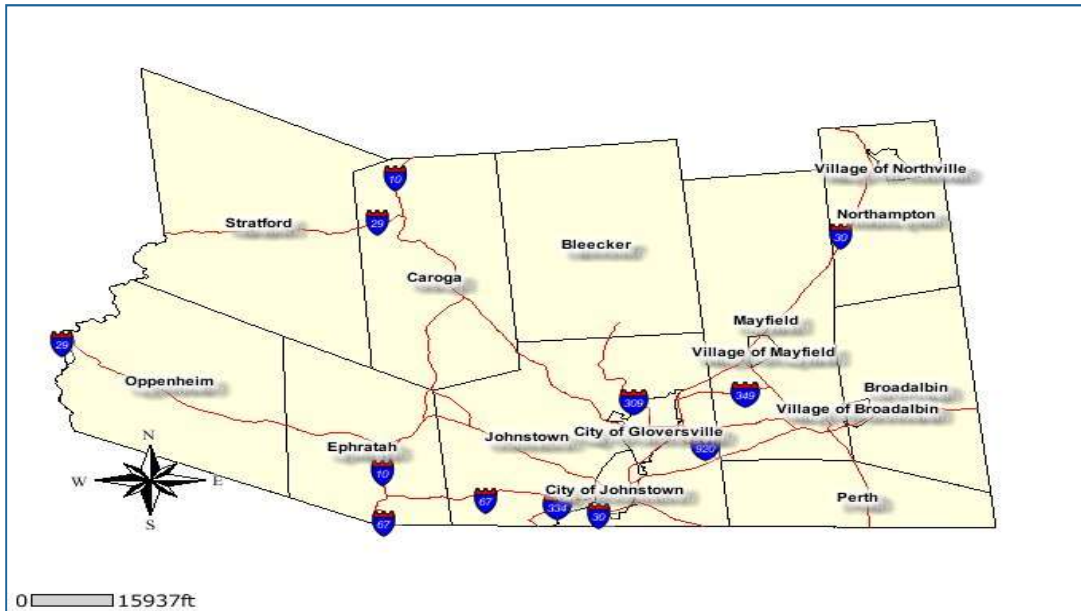
Geography:

Nathan Littauer Hospital is located in Gloversville, Fulton County, New York. Fulton County is bordered by Hamilton County to the north, Herkimer County to the west, Montgomery County to the south and Saratoga County to the east. Fulton County is predominately rural and the land area in square miles is 495.47 with a population per square mile of (112.1) compared to (411.2) for New York State and (87.4) for the United States.

Fulton County consists of 15 municipalities: the cities of Gloversville and Johnstown, the villages of Broadalbin, Northville and Mayfield and the towns of Bleeker, Broadalbin, Caroga, Ephratah, Johnstown, Mayfield, Northampton, Oppenheim, Perth, and Stratford. Approximately 317 square miles of Fulton County lies within

the Adirondack Park. The towns of Bleecker, Caroga, Northampton, and Stratford lie entirely within the Park. The towns of Broadalbin, Ephratah, Johnstown, Mayfield and Oppenheim partially lie within the Park.

Map of Fulton County

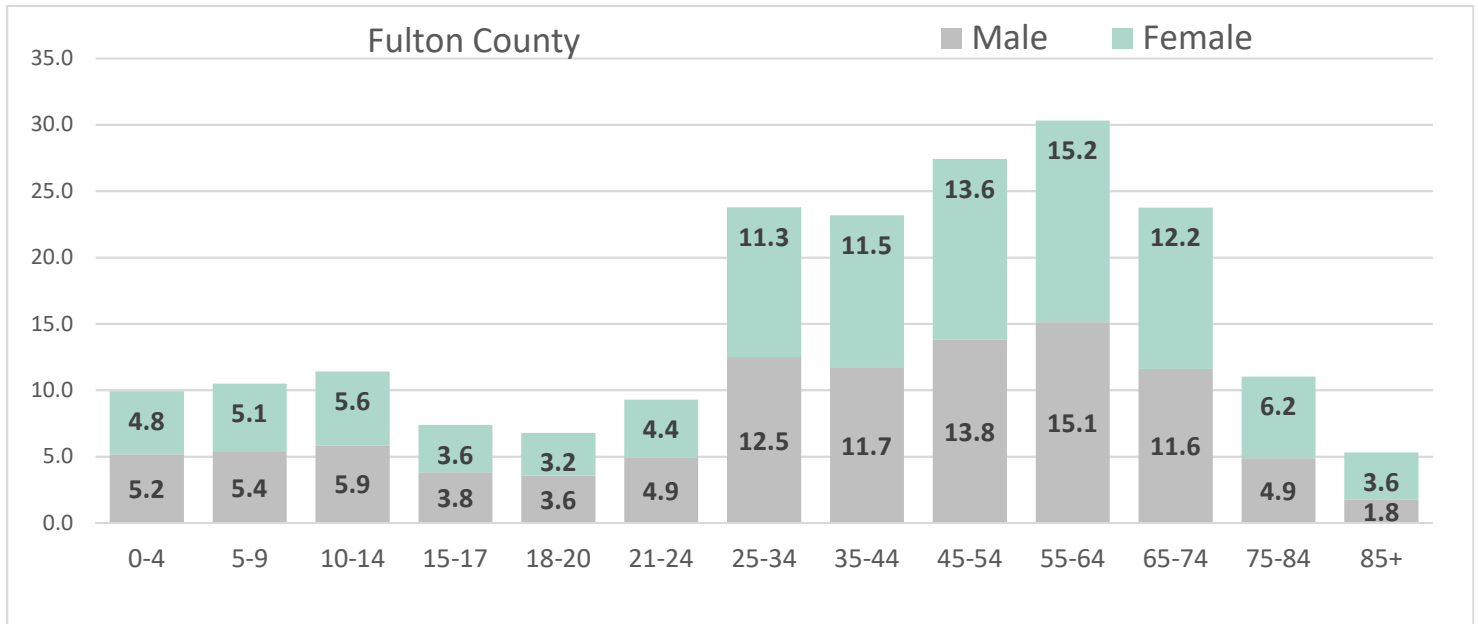


a) Demographics:

NLH Service Region Zip Code Level Population by Sex & Median Age, Claritas Data 2019

County	Zip Code	Town	Population	Median Age	Male	Female
Hamilton	12108	Lake Pleasant	417	56.5	49.4%	50.6%
Hamilton	12164	Speculator	330	56.4	51.2%	48.8%
Hamilton	12139	Piseco	178	53.8	48.9%	51.1%
Hamilton	12190	Wells	576	52.1	49.1%	50.9%
Fulton	12032	Caroga Lake	492	50.0	52.4%	47.6%
Fulton	12134	Northville	3,488	48.9	50.1%	49.9%
Fulton	13470	Stratford	676	46.4	49.1%	50.9%
Fulton	12117	Mayfield	3,144	46.2	50.6%	49.4%
Fulton	12025	Broadalbin	5,573	45.8	49.9%	50.1%
Fulton	12095	Johnstown	12,243	43.4	50.2%	49.8%
Fulton	12078	Gloversville	22,996	42.8	49.0%	51.0%
Montgomery	12010	Amsterdam	28,968	41.9	48.8%	51.2%
Herkimer	13454	Salisbury Center	588	40.7	50.9%	49.2%
		Fulton County	53,750	44.1	49.7%	50.3%
		Mohawk Valley	255,457	43.1	49.3%	50.7%

Percentage of Population by Sex & Age, Claritas Data 2019



Percentage of the population by sex and age is evenly distributed prior to age 65; then there are more females than males.

NLH Service Region Zip Code Level Population Distribution by Race & Hispanic Origin, Claritas Data 2019

Zip Code	Town	Pop.	White	American Indian/ Alaskan Native	Asian	Black	Native Hawaiian /Pacific Islander	Some Other Race	Two or More Races	Hispanic
13470	Stratford	676	98.4%	0.0%	0.0%	0.2%	0.0%	0.6%	0.9%	3.3%
12139	Piseco	178	97.8%	0.0%	1.1%	0.0%	0.0%	0.0%	1.1%	0.6%
12117	Mayfield	3,144	97.6%	0.2%	0.4%	0.6%	0.0%	0.2%	1.0%	1.3%
13454	Salisbury Center	588	97.3%	0.3%	0.2%	0.2%	0.0%	1.0%	1.0%	3.6%
12032	Caroga Lake	492	97.0%	0.0%	0.2%	0.0%	0.0%	0.0%	2.9%	0.4%
12108	Lake Pleasant	417	96.9%	0.5%	1.0%	0.2%	0.5%	0.0%	1.0%	1.7%
12164	Speculator	330	96.7%	0.3%	1.2%	0.6%	0.3%	0.0%	1.0%	1.8%
12134	Northville	3,488	96.6%	0.4%	0.3%	0.3%	0.2%	0.5%	1.7%	1.6%
12025	Broadalbin	5,573	96.5%	0.5%	0.7%	0.7%	0.0%	0.2%	1.4%	2.6%
12190	Wells	576	94.3%	0.0%	1.2%	2.6%	0.0%	0.4%	1.6%	2.6%
12078	Gloversville	22,996	94.0%	0.3%	0.6%	2.1%	0.0%	1.0%	2.0%	3.8%
12095	Johnstown	12,243	91.9%	0.2%	1.3%	4.1%	0.0%	1.0%	1.6%	4.1%
12010	Amsterdam	28,968	82.4%	0.6%	0.9%	3.7%	0.1%	9.0%	3.4%	22.0%
	Fulton County	53,750	94.5%	0.3%	0.7%	2.1%	0.0%	0.7%	1.7%	3.3%
	Mohawk Valley	255,457	93.3%	0.3%	0.9%	2.0%	0.1%	1.6%	1.9%	5.4%

The population in the Nathan Littauer Hospital's service region is predominately white with some racial and ethnic diversity in Amsterdam.

Immigrant/Migrant Status, U.S. Census QuickFacts 2013-2017

	City of Amsterdam	Town of Amsterdam	City of Gloversville	City of Johnstown	Fulton County	Montgomery County	NYS	US
Percent of Foreign born persons	5.8	1.8	1.9	3.4	2.0	3.4	22.7	13.4
Percent of Language other than English spoken at home of persons age 5 years +	27.2	5.1	2.9	5.6	3.3	14.3	30.6	21.3

The City of Amsterdam has higher percentages of foreign-born persons and language other than English spoken at home than Fulton and Montgomery counties.

NLH Service Region Zip Code Level Population Distribution by Income, Claritas Data 2019

Zip Code	Town	Total HHS	Owner Occupied- Average Home Value	Median Household Income	# Families Below Poverty Level	% Families Below Poverty Level	# Families with Children Below Poverty Level	% Families with Children Below Poverty
12025	Broadalbin	2,292	188,749	70,500	122	7.9%	109	7.1%
12139	Piseco	84	306,053	61,842	2	3.9%	2	3.9%
12164	Speculator	155	266,681	61,648	12	12.8%	4	4.3%
12108	Lake Pleasant	196	272,273	61,321	14	11.8%	5	4.2%
12117	Mayfield	1,311	182,346	59,365	78	8.6%	44	4.9%
12134	Northville	1,538	250,329	58,657	82	8.1%	42	4.1%
12095	Johnstown	4,904	144,764	54,770	229	7.5%	154	5.1%
12032	Caroga Lake	226	293,428	50,581	7	5.2%	4	2.9%
13454	Salisbury Center	217	118,360	49,392	17	11.0%	5	3.2%
12190	Wells	256	182,111	48,750	25	15.2%	11	6.7%
12010	Amsterdam	11,963	156,453	47,429	1,191	16.1%	1,025	13.9%
13470	Stratford	276	113,790	45,909	16	8.3%	4	2.1%
12078	Gloversville	9,542	137,631	43,258	1,075	18.3%	838	14.2%
	Fulton County	22,022	154,095	51,027	1,737	12.3%	1,305	9.3%
	Mohawk Valley	104,212	163,073	52,587	7,594	11.5%	5,769	8.7%

The owner-occupied average home values are similar or higher than the Mohawk Valley region with the exceptions of Johnstown, Salisbury Center, Amsterdam, Stratford, and Gloversville. Six communities' median household incomes are lower than the Mohawk Valley region: Caroga Lake, Salisbury Center, Wells, Amsterdam, Stratford, and Gloversville.

Computer and Internet Use, U.S. Census QuickFacts 2013-2017

	City of Amsterdam	Town of Amsterdam	City of Gloversville	City of Johnstown	Fulton County	Montgomery County	NYS	US
Percent of Households with a Computer	79.1	86.1	79.8	90.1	83.7	81.1	86.8	87.2
Percent of Households with a Broadband Internet Subscription	69.8	79.0	67.3	82.1	73.3	71.9	78.9	78.1

The percent of Fulton County households with a computer is lower than New York State and fewer households have a broadband internet subscription with the exception of the City of Johnstown, which has a higher percentage than New York State.

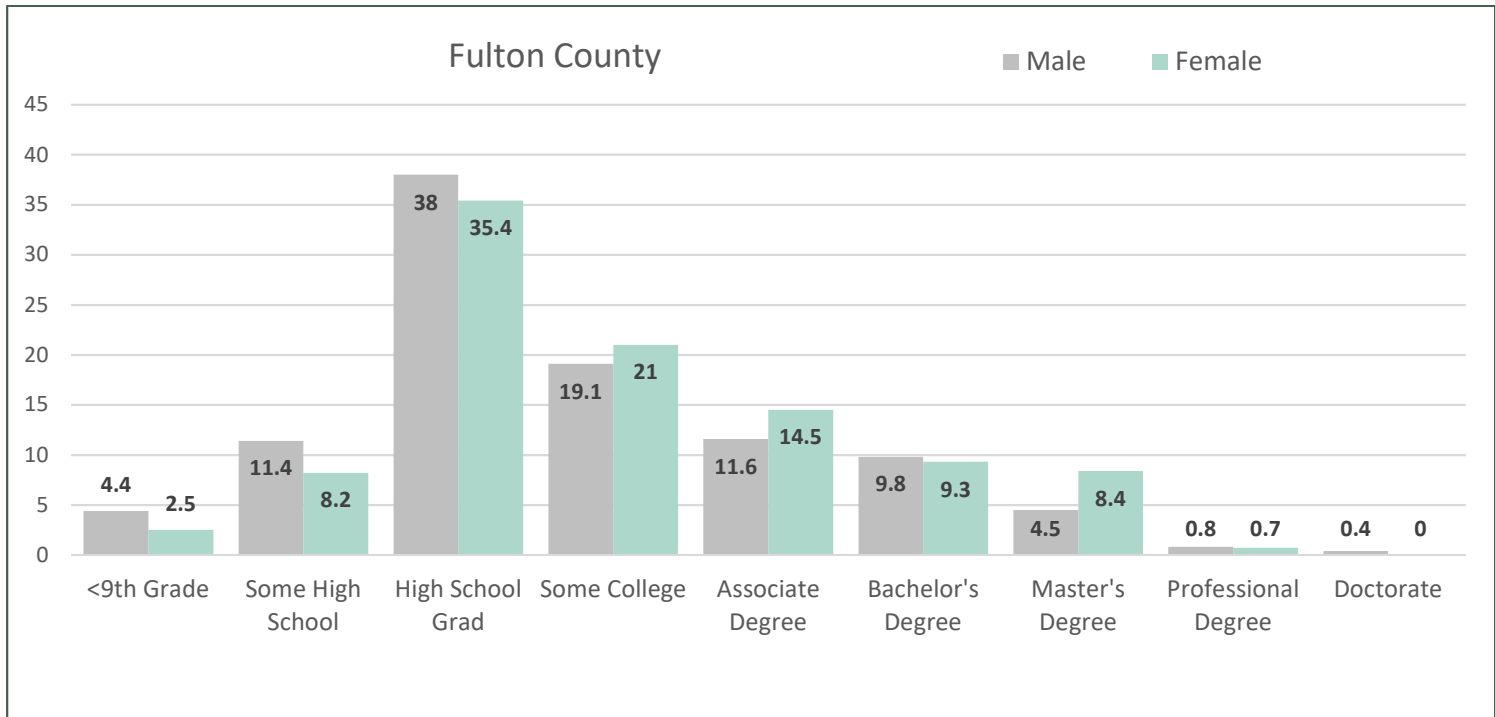
NLH Service Region Zip Code Level Education Attainment, Claritas Data 2019

Zip Code	Town	<9 th Grade, Pop. 25+	Some High School, Pop. 25+	High School Grad, Pop. 25+	Some College, Pop. 25+	Associate Degree Pop. 25+	Bachelor's Degree, Pop. 25+	Master's Degree, Pop. 25+	Professional Degree, Pop. 25+	Doctorate Degree, Pop. 25+
12164	Speculator	10.3%	7.4%	28.4%	10.3%	22.5%	9.6%	10.0%	0.4%	1.1%
12108	Lake Pleasant	8.9%	7.7%	30.1%	10.1%	23.5%	8.6%	9.2%	0.6%	1.2%
12010	Amsterdam	5.6%	9.8%	34.4%	19.6%	13.6%	10.4%	5.3%	1.0%	0.4%
13454	Salisbury Center	4.9%	18.1%	39.5%	20.4%	9.2%	5.4%	2.6%	0.0%	0.0%
12078	Gloversville	4.1%	12.0%	36.5%	21.1%	11.4%	7.7%	6.5%	0.5%	0.2%
13470	Stratford	3.5%	15.4%	38.5%	19.8%	10.0%	6.9%	6.0%	0.0%	0.0%
12117	Mayfield	3.1%	8.8%	36.2%	18.9%	14.8%	8.5%	8.9%	0.6%	0.3%
12190	Wells	2.8%	15.2%	24.5%	19.9%	23.4%	6.1%	6.8%	1.2%	0.2%
12025	Broadalbin	2.6%	6.0%	33.3%	22.2%	17.2%	12.9%	4.5%	0.8%	0.7%
12095	Johnstown	2.3%	8.4%	37.3%	18.5%	13.0%	11.8%	7.7%	1.0%	0.2%
12134	Northville	2.1%	6.3%	39.6%	20.0%	12.3%	11.0%	7.6%	0.7%	0.4%
12032	Caroga Lake	1.1%	7.1%	35.0%	19.2%	11.6%	10.3%	12.4%	3.4%	0.0%
12139	Piseco	0.0%	9.8%	39.9%	9.0%	28.6%	7.5%	3.8%	0.8%	0.8%
	Fulton County	3.4%	9.8%	36.7%	20.1%	13.1%	9.5%	6.5%	1.0%	0.2%
	Mohawk Valley	3.6%	8.2%	35.8%	18.6%	12.9%	11.9%	7.0%	1.2%	0.8%

The indicator of less than a ninth grade education, as the highest level of attainment, is higher than the Mohawk Valley region in Speculator, Lake Pleasant, Amsterdam, Salisbury Center and Gloversville.

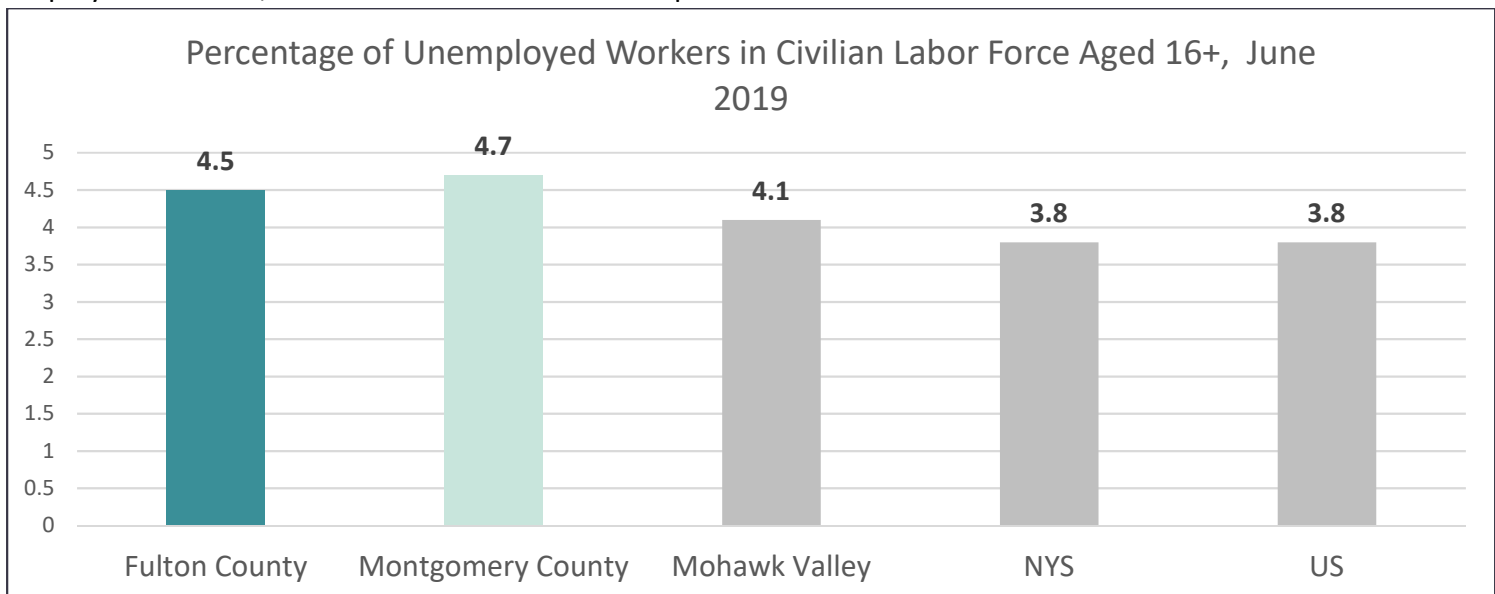
The indicator of some high school is higher than the Mohawk Valley region in Amsterdam, Salisbury Center, Gloversville, Stratford, Mayfield, Wells, Johnstown, and Piseco.

Percentage of Educational Attainment by Sex, Claritas Data 2019



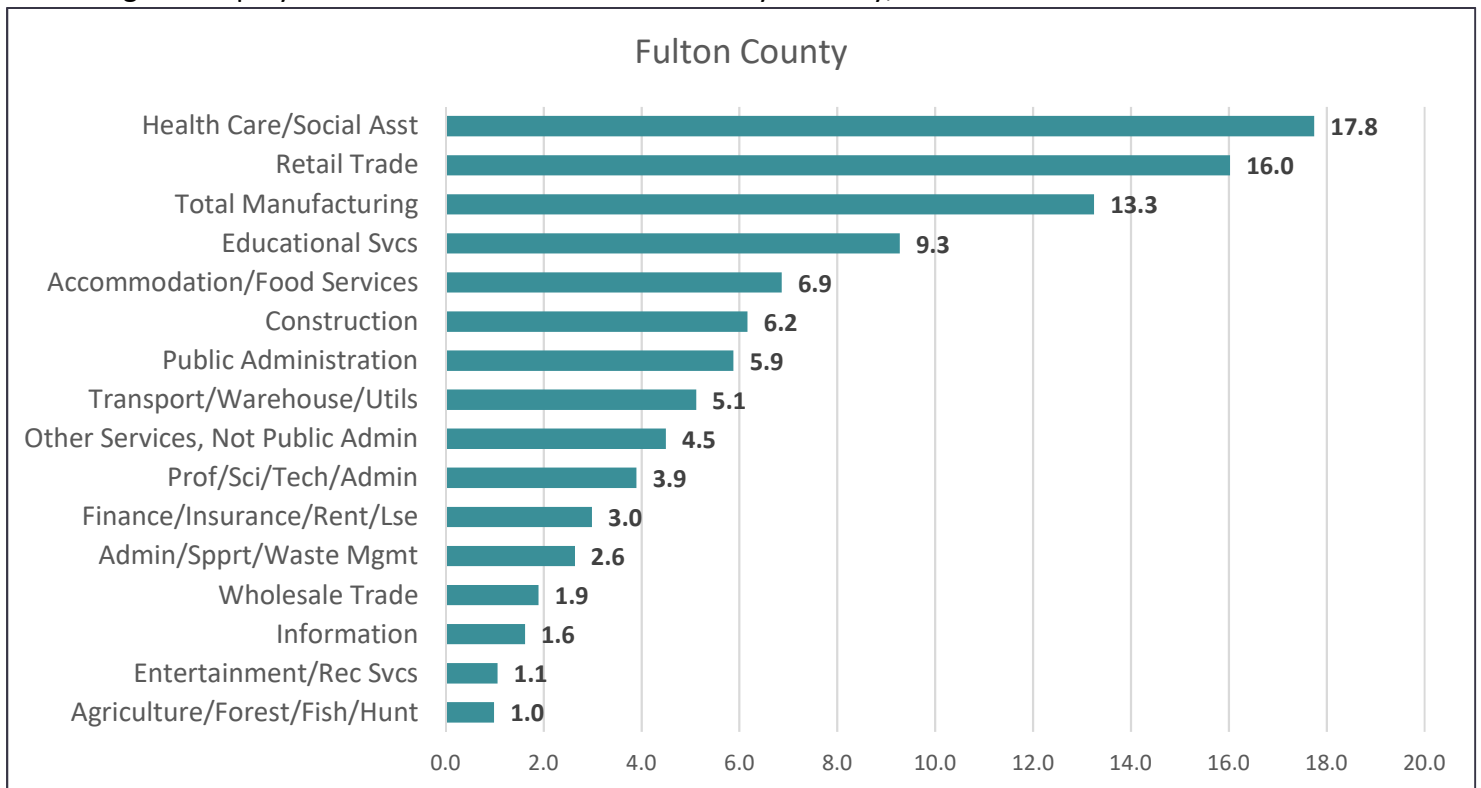
Fewer females than males have less than a 9th grade education or some high school as their highest level of educational attainment. Females attend some college, obtaining associate degrees, and master's degrees at higher percentages, which is reflective in more males having high school diplomas as their highest level of educational attainment. The attainment of bachelor's degrees are similar among the sexes. Males are acquiring marginally more professional and doctorate degrees than their female counterparts.

Employment Status, US Bureau of Labor Statistics April 2019



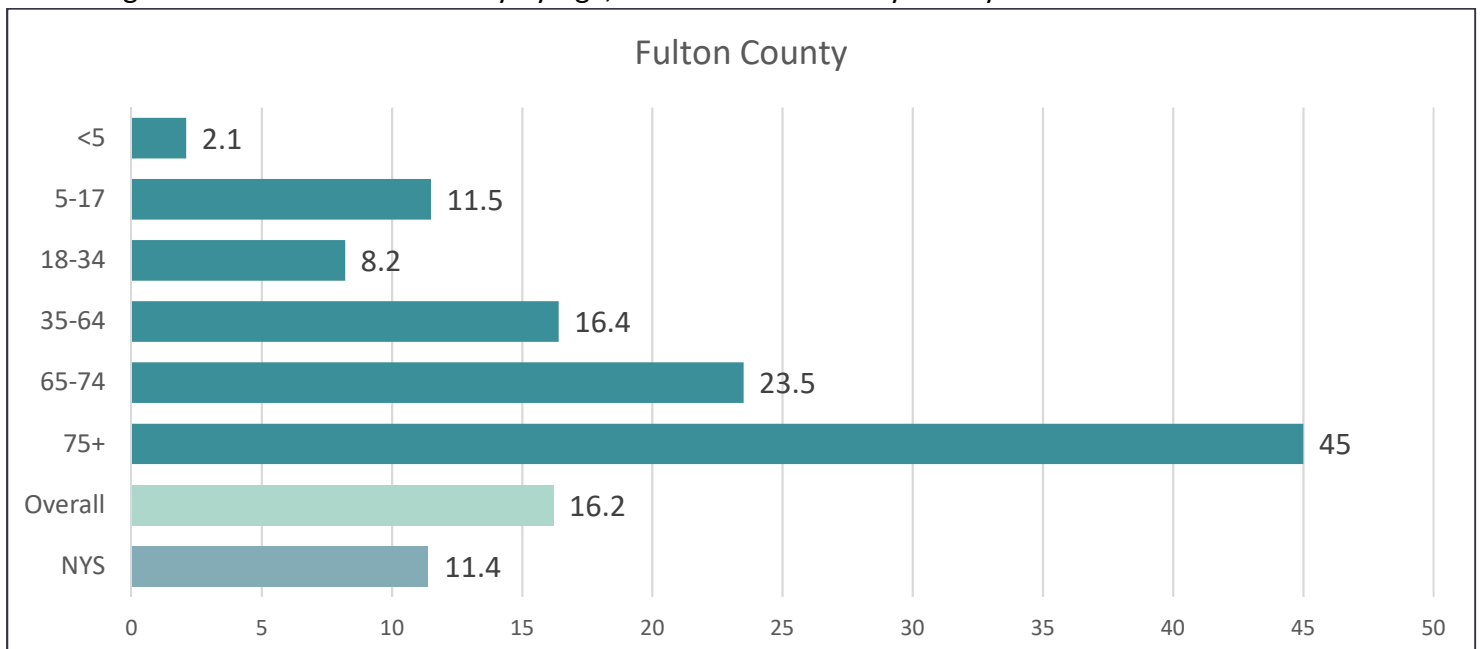
The percentage of unemployment is higher than the Mohawk Valley region, New York State, and the United States.

Percentage of Employed Workers in Civilian Labor Force by Industry, Claritas Data 2019



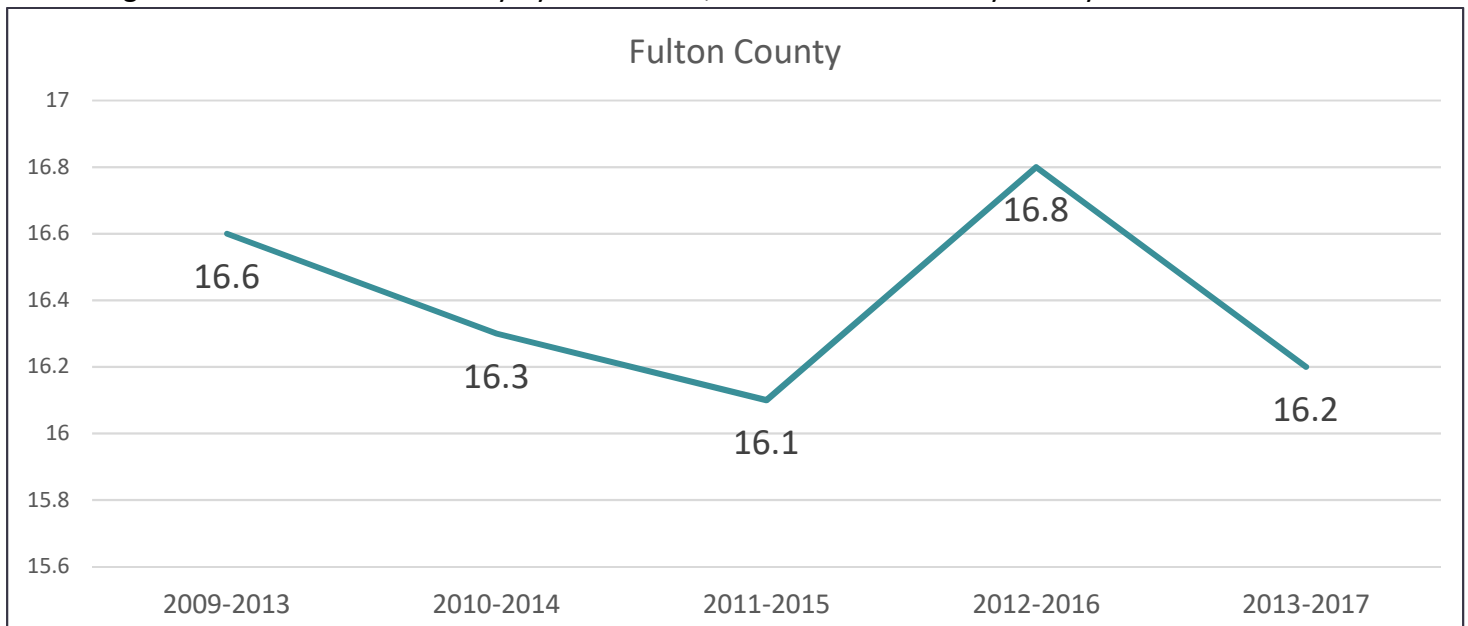
Health Care/Social Asst., Retail Trade, Manufacturing, and Education Services are the leading industries in the county.

Percentage of Persons with a Disability by Age, American Community Survey 2013-2017



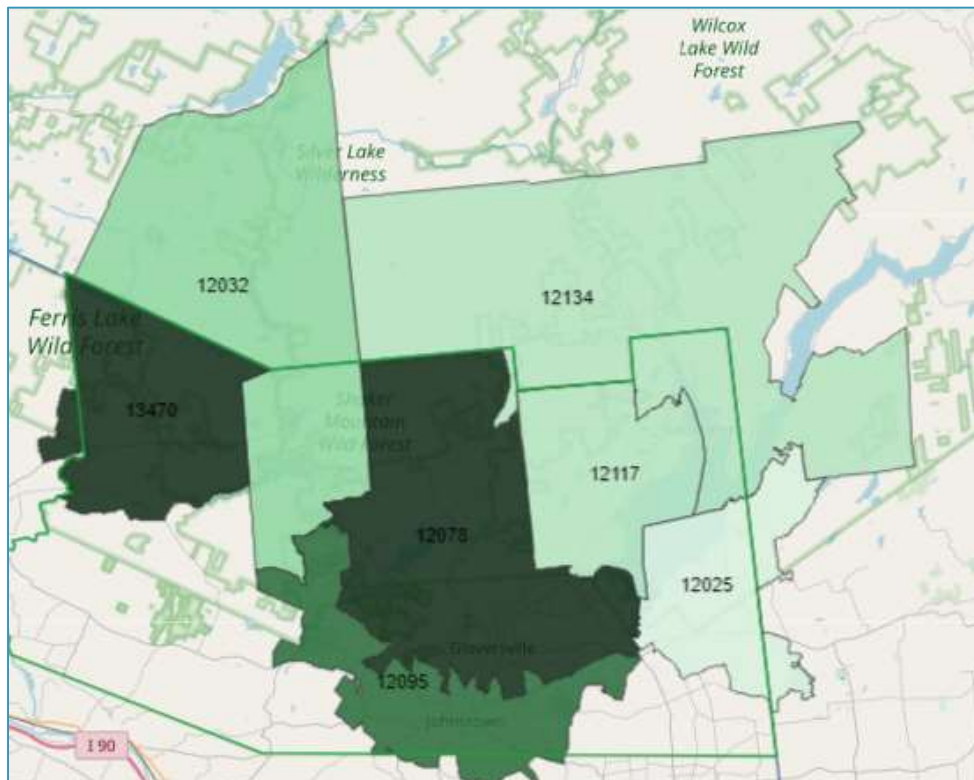
Fulton County's disability percentage is higher than the state, and individuals 65 and older have a higher percentage than the county.

Percentage of Persons with a Disability by Time Series, American Community Survey 2013-2017



Persons with a disability has remain the same over time

Map of 2019 SocioNeeds Index for Fulton County, Claritas Data



According to the MVPHIP website, “The 2019 SocioNeeds Index, created by Conduent Healthy Communities Institute, is a measure of socioeconomic need that is correlated with poor health outcomes. All communities can be described by various social and economic factors that are well known to be strong determinants of health outcomes. The SocioNeeds Index takes these factors (which range from poverty to education) and

generates an Index Value (from 0 – 100) for each zip code and county in the nation. Those with the highest values are estimated to have the highest socioeconomic need which is correlated with preventable hospitalizations and premature death. To identify the relative level need within a community, the national Index Values for each location (e.g. zip code) in the community are sorted from low to high, and divided into 5 Ranks. These ranks are used to color the Needs Index map.” The darker the color, the greater the need. Based on the SocioNeeds Index, the needs are the greatest in Gloversville, Salisbury Center and Amsterdam, while Broadalbin ranks with the lowest need.

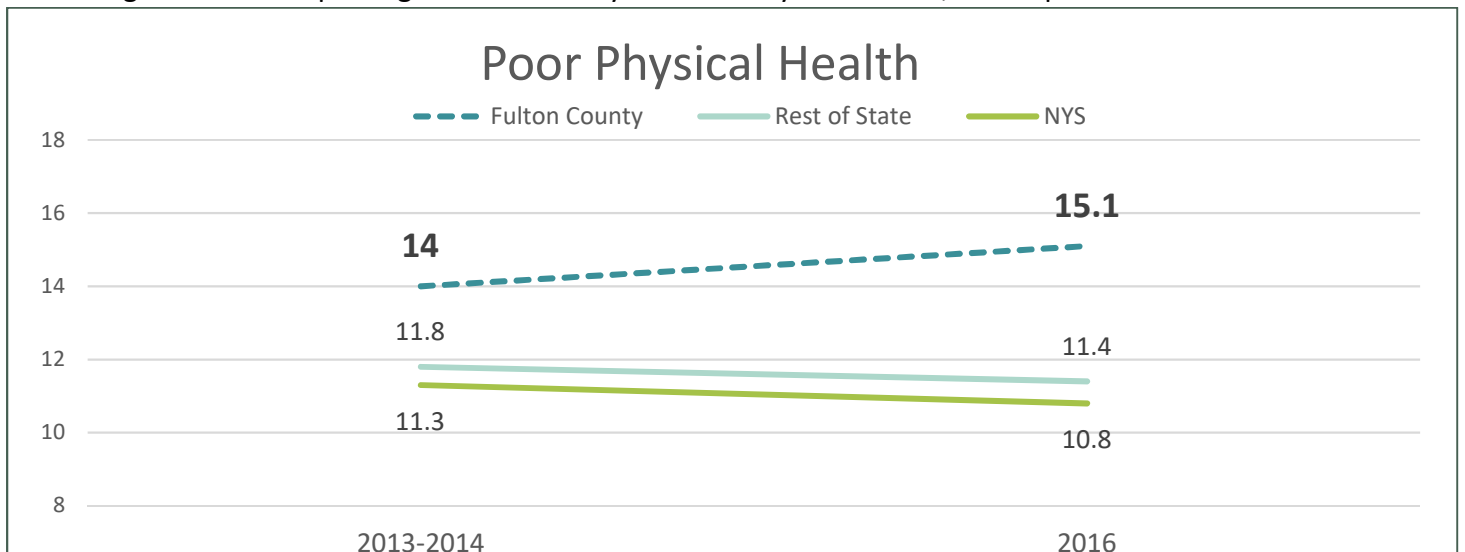
2019 SocioNeeds Index by NLH Service Region, Claritas Data

County	Zip Code	Town	Pop.	Index	Rank
Fulton	12078	Gloversville	22,996	84.2	5
Herkimer	13454	Salisbury Center	588	82.7	5
Montgomery	12010	Amsterdam	28,968	79.2	5
Fulton	13470	Stratford	676	68.8	4
Fulton	12095	Johnstown	12,243	47.5	2
Fulton	12032	Caroga Lake	492	47.3	2
Fulton	12134	Northville	3,488	41.8	2
Fulton	12117	Mayfield	3,144	41.2	2
Fulton	12025	Broadalbin	5,573	37.5	1

Based on the SocioNeeds Index, the needs are the greatest in Gloversville, Salisbury Center, and Amsterdam, while Broadalbin ranked with the lowest need. The data was not available for Hamilton County zip codes.

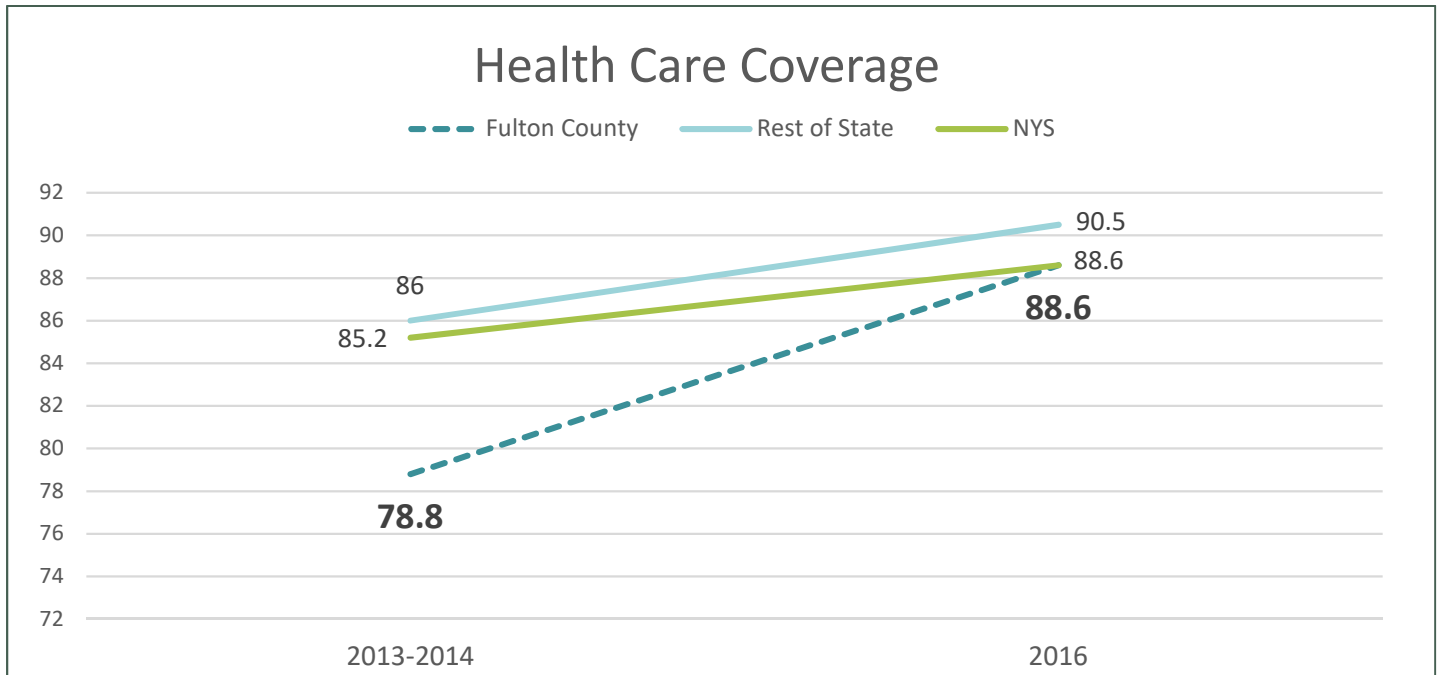
b) Health Status:

Percentage of Adults Reporting 14 or More Days of Poor Physical Health, NYS expanded BRFSS



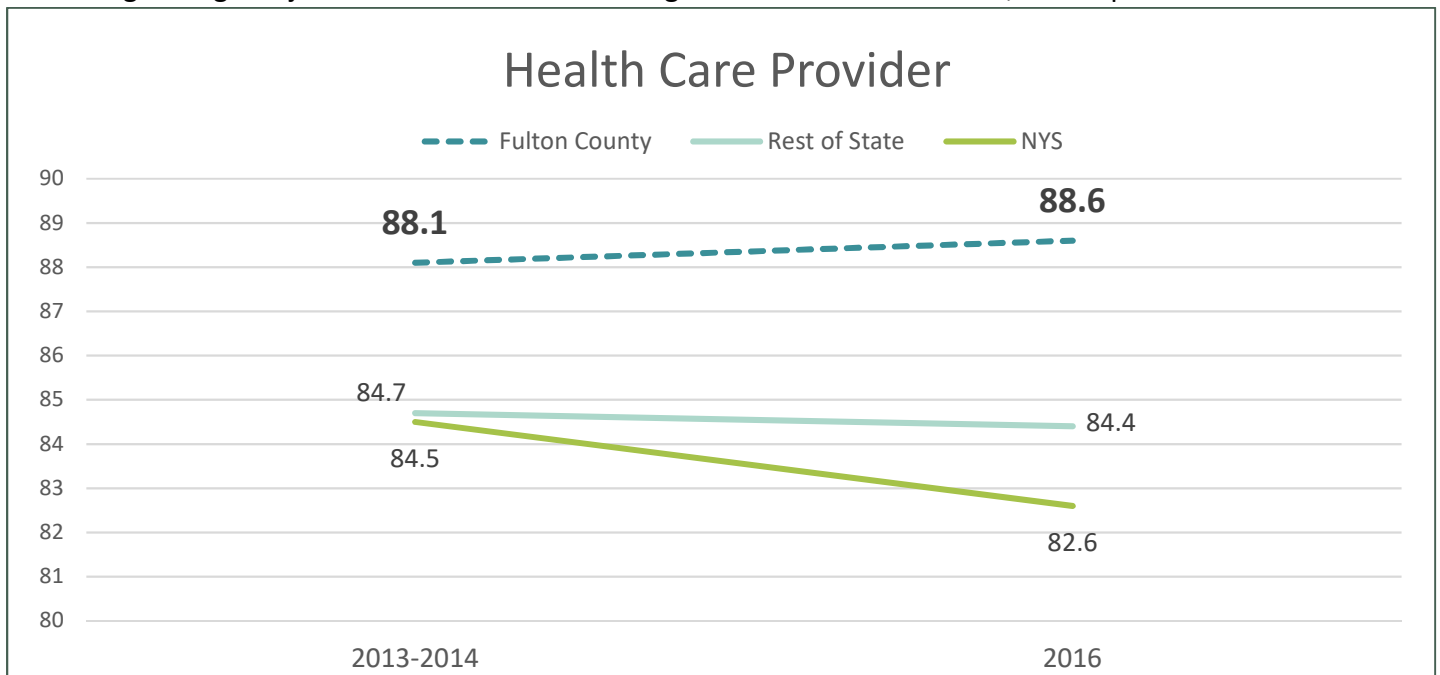
The percentage of Fulton County residents who report having 14 or more days of poor physical health has increased. The percentage is higher than the rest of the state (which excludes New York City) and New York State (includes New York City).

Percentage of Adults Aged 18-64 years with health care coverage, NYS expanded BRFS



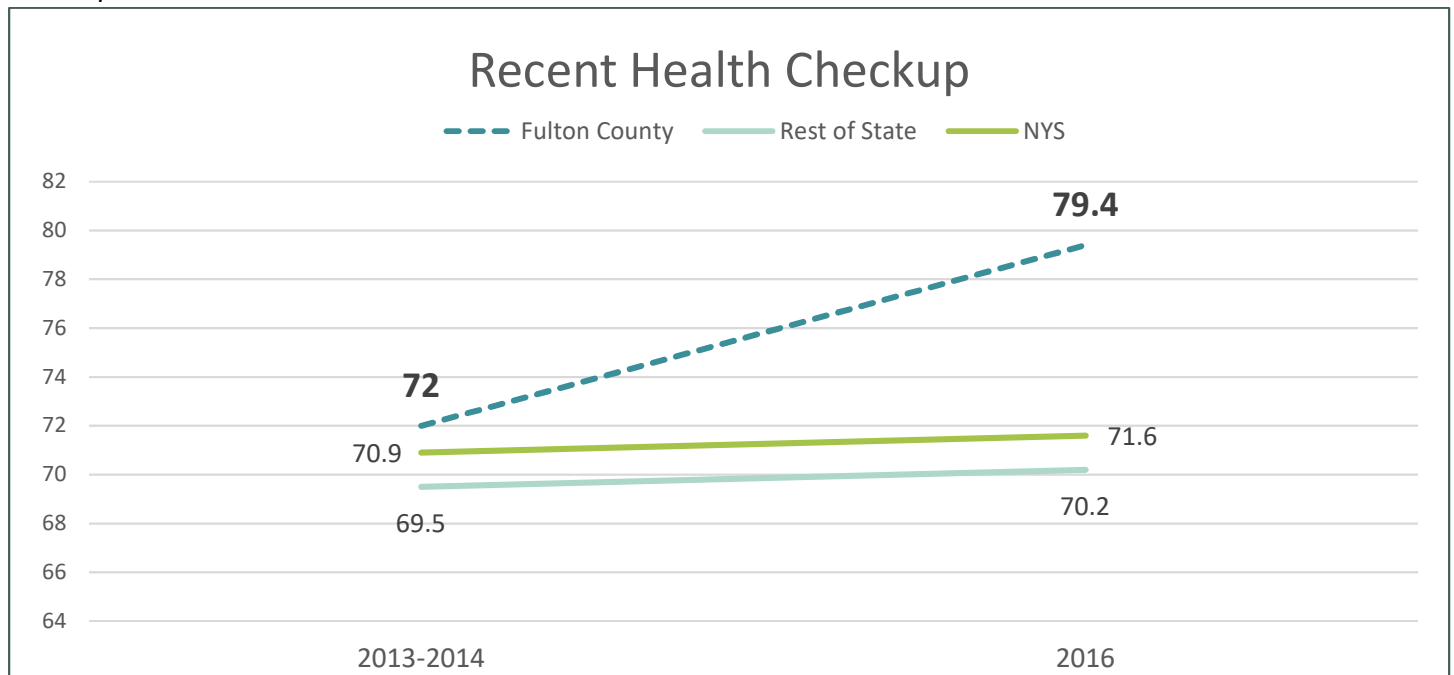
The percentage of Fulton County residents who have health care coverage has increased and is the same as New York State.

Percentage of Age-Adjusted Adults Who Have a Regular Health Care Provider, NYS expanded BRFS



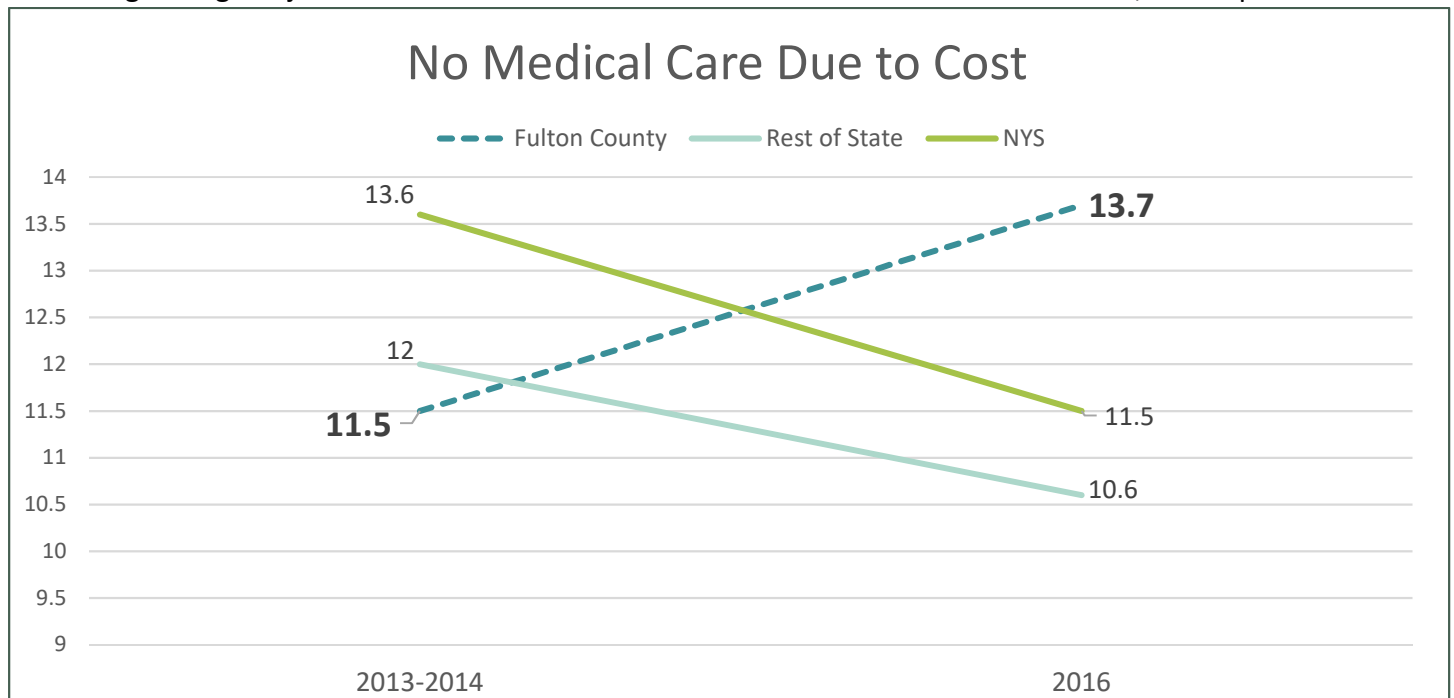
The percentage of Fulton County residents with a regular health care provider has remained the same. The percentage is higher than the rest of the state and New York State.

Percentage of Adults Aged 18-64 years, who saw a Doctor for a Routine Checkup within the Last Year, NYS expanded BRFSS



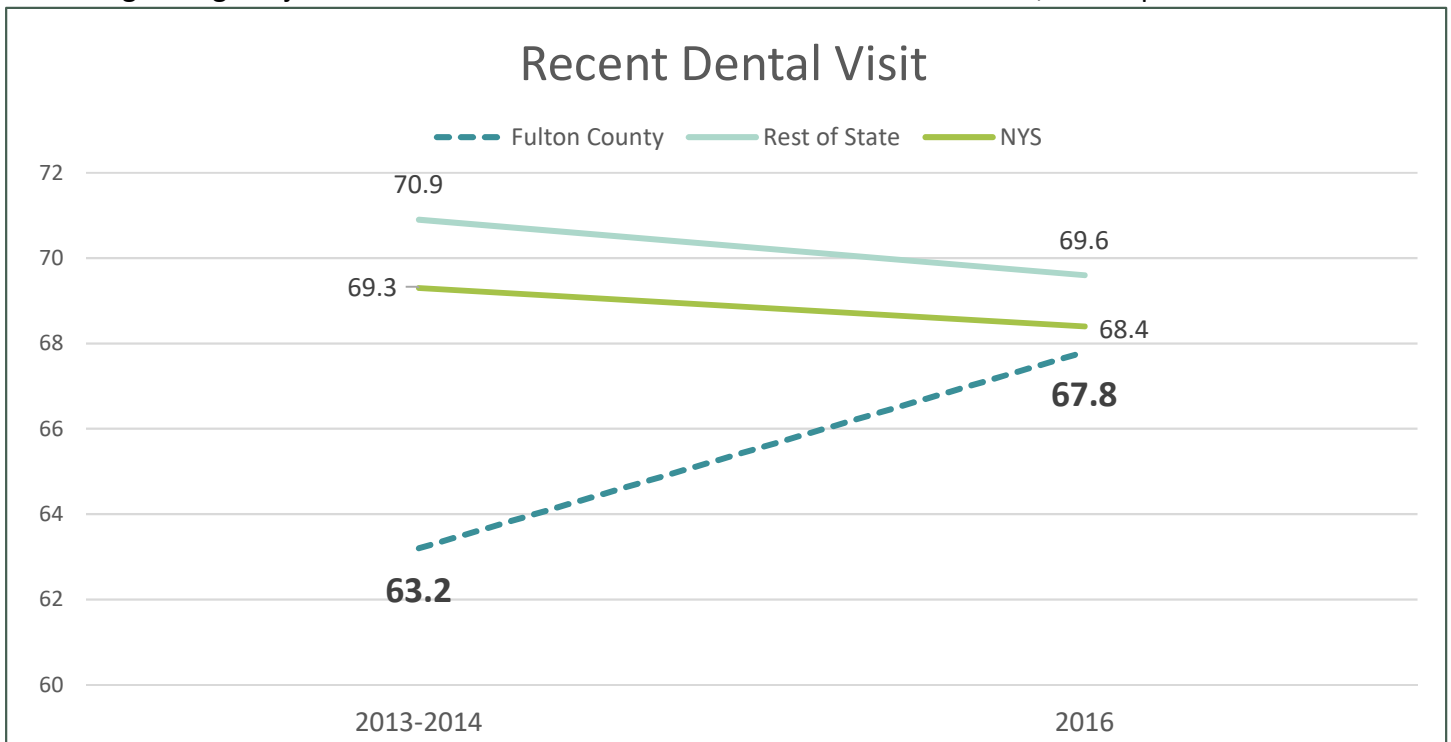
The percentage of Fulton County residents with a recent checkup has increased and is higher than rest of state and New York State.

Percentage of Age-adjusted Adults Who Did Not Receive Medical Care Because Of Cost, NYS expanded BRFSS



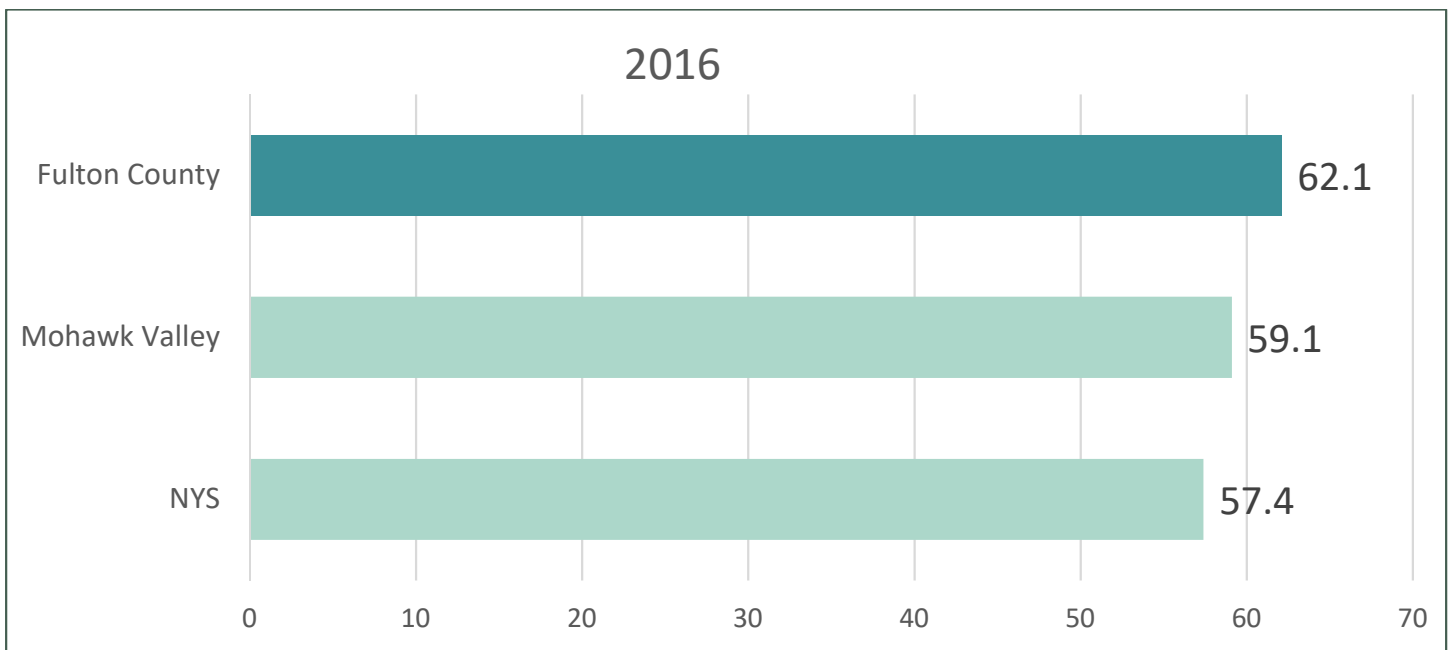
The percentage of Fulton County residents who did not receive medical care because of cost has increased.

Percentage of Age-adjusted Adults Who Had a Dentist Visit within the Past Year, NYS expanded BRFS



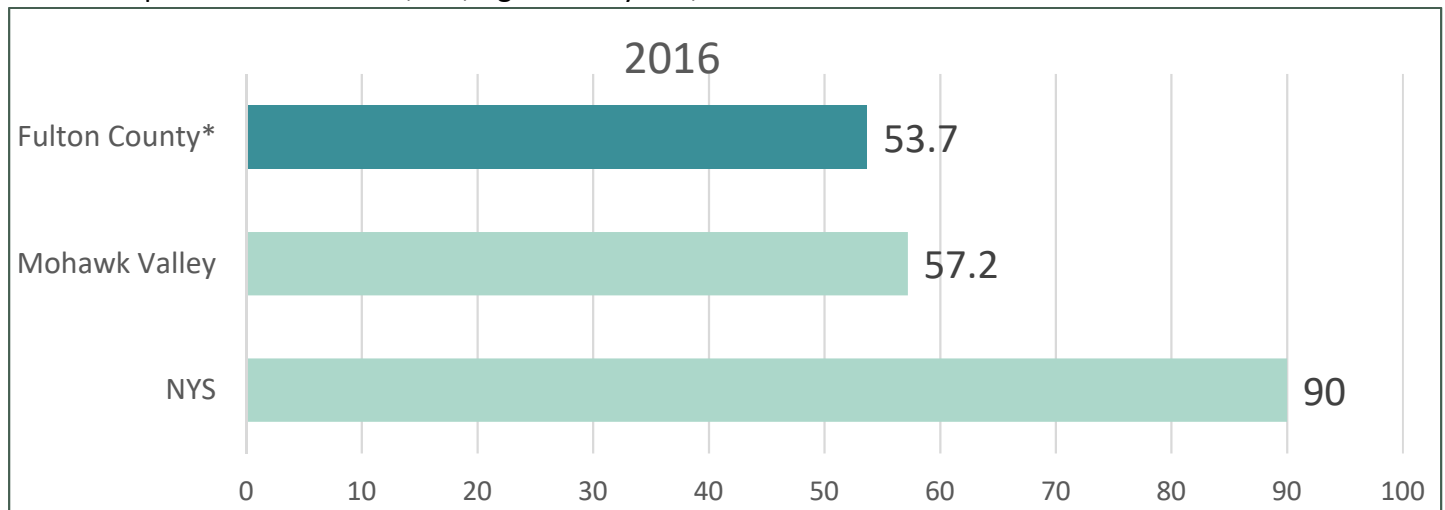
The percentage of adults with a recent dental visit has increased.

Percentage of Children (aged 2-20 years) with at least One Preventive Dental Visit within the Last Year, NYS Medicaid and Child Health Plus Data as of June 2018



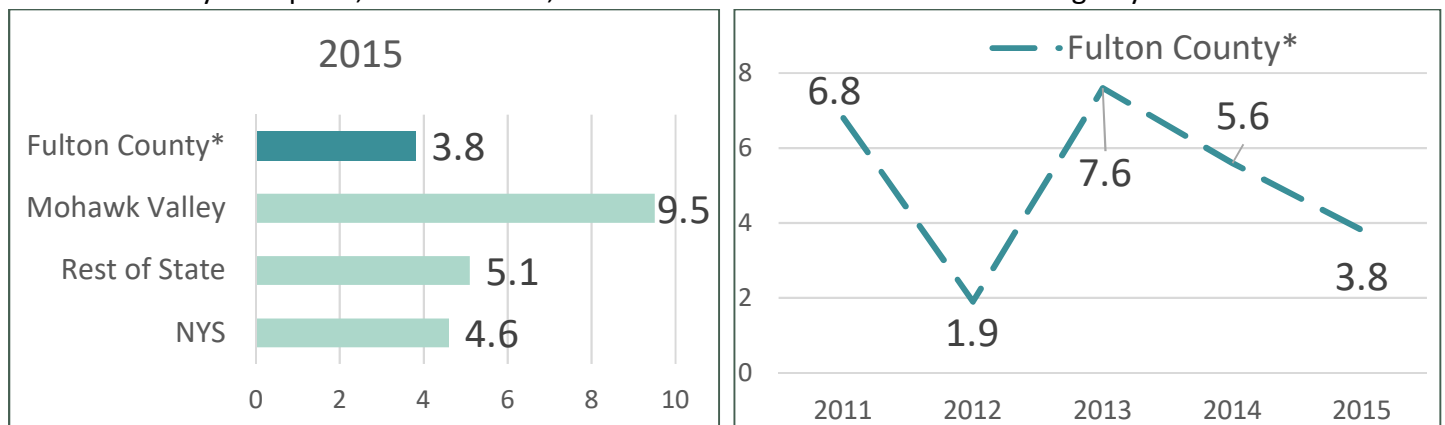
The percentage of children with at least one preventive dental visit is higher than the Mohawk Valley region and New York State.

Caries Outpatient Visit Rate 10,000, Aged 3 – 5 years, SPARCS as of December 2017



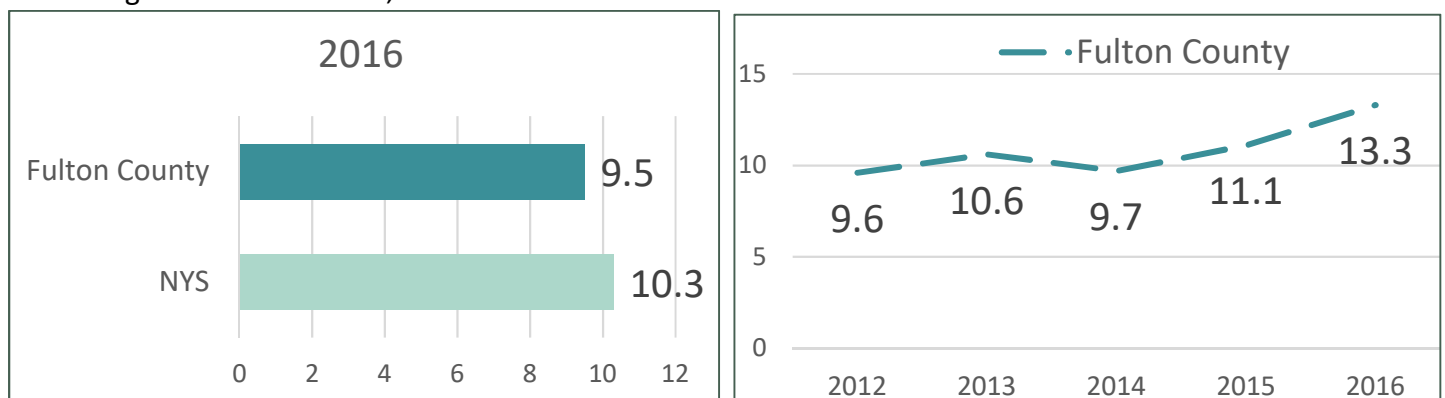
The percentage of children three to five years with outpatient caries is lower than New York State and the Mohawk Valley region. *The rate should be viewed with caution, since 10 or fewer events are in the numerator.

Infant Mortality Rate per 1,000 live births, New York State Vital Statistics Event Registry



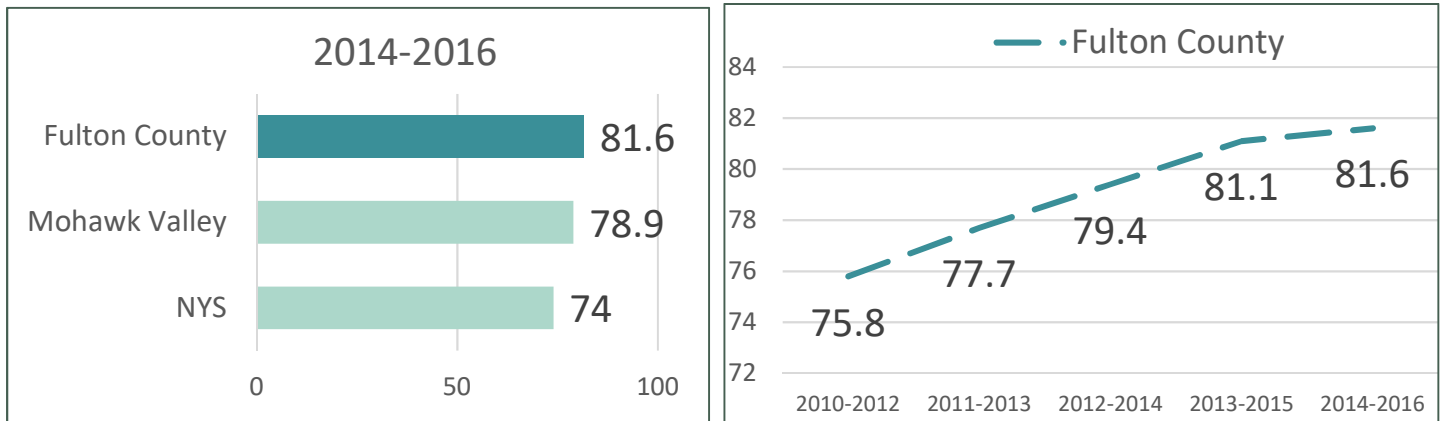
The infant mortality rate is lower than the Mohawk Valley region, rest of state and New York State. *The rates had fewer than 10 events in the numerator and should be viewed with caution.

Percentage of Preterm births, New York State Vital Records



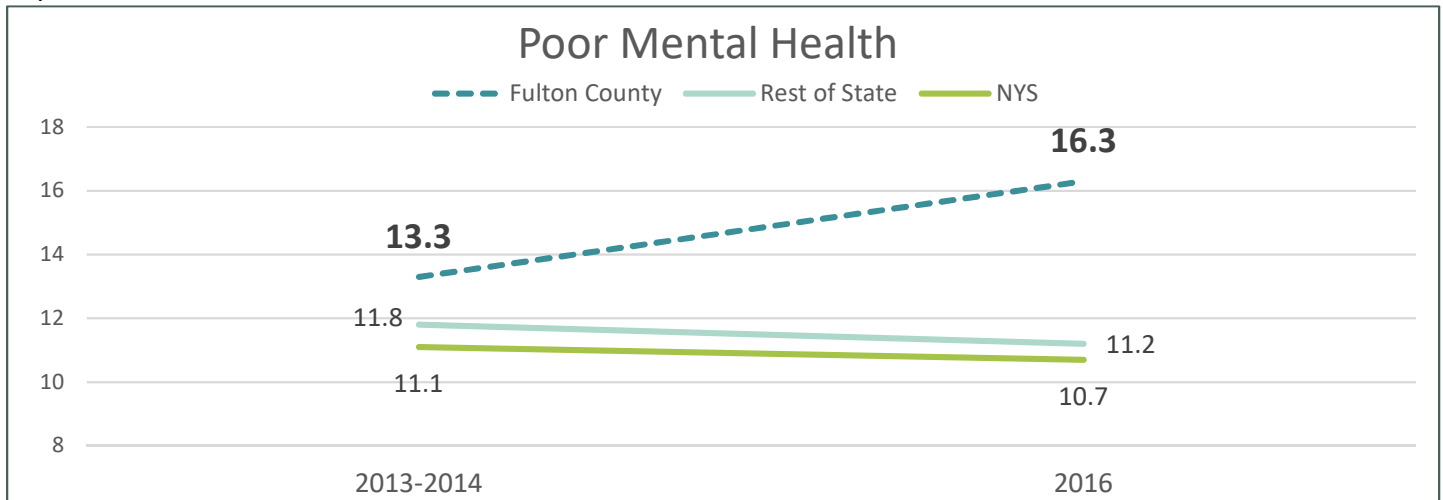
The percentage of preterm births is lower than the New York State percentage.

Percentage of Births with Adequate Prenatal Care, New York State Vital Statistics



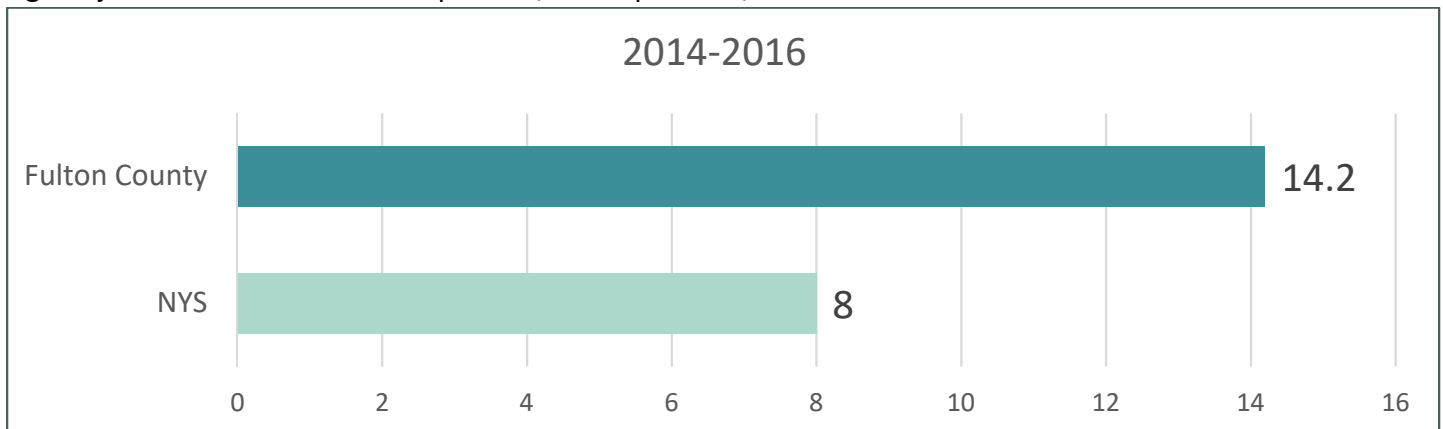
The percentage of births with adequate prenatal care is higher than the Mohawk Valley and New York State.

Percentage of Age-adjusted Adults with Poor Mental Health for 14 or More Days in the Last Month, NYS expanded BRFSS



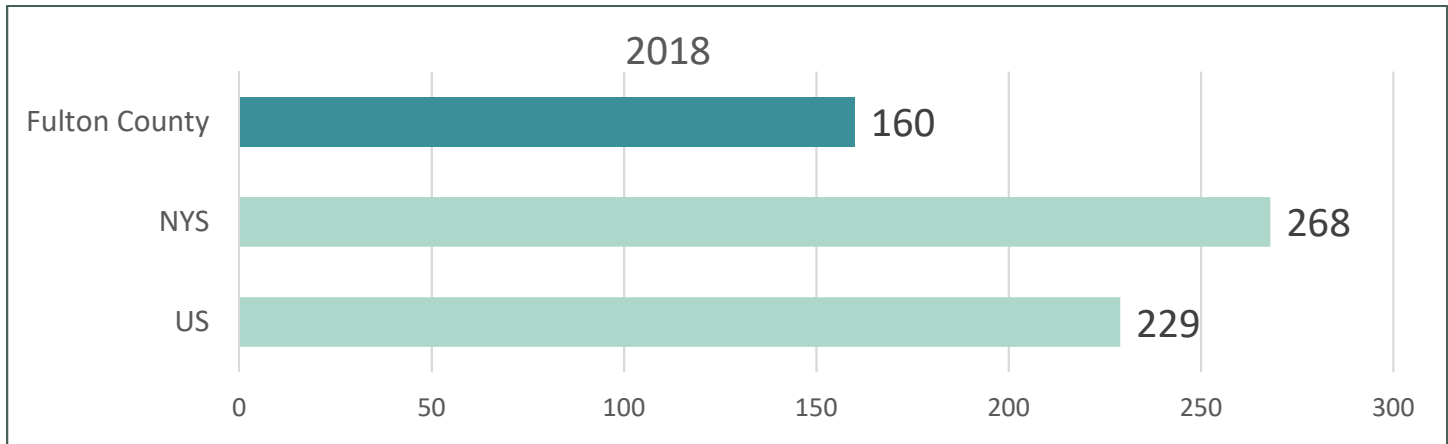
The percentage of Fulton County adults reporting poor mental health has increased.

Age-adjusted Suicide Death Rate per 100,000 Population, NYS Vital Records



Fulton County's suicide death rate is higher than New York State.

Mental Health Provider Rate per 100,000 Population, County Health Rankings



The rate of Fulton County providers is lower than New York State and the United States.

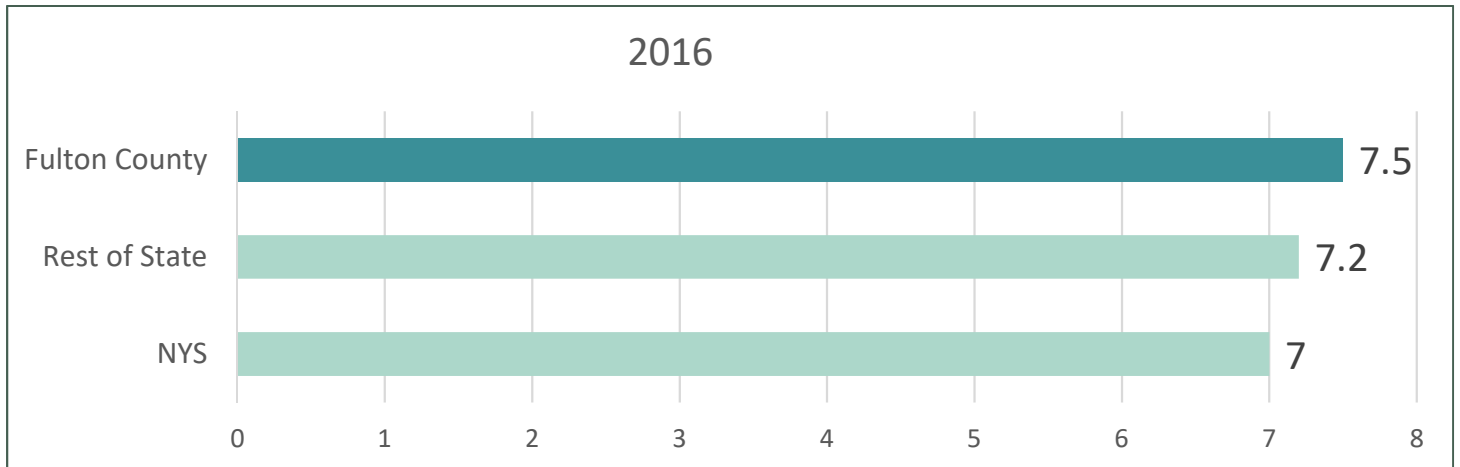
2. MAIN HEALTH CHALLENGES

Leading Causes of All Deaths for Total Population, NYS Leading Causes of Death

Fulton County Number of Deaths and Age-adjusted Death Rate				
Year	Total Deaths	#1 Cause of Death	#2 Cause of Death	#3 Cause of Death
2016	612 801.8 per 100,000	Heart Disease 179 225.9 per 100,000	Cancer 137 175.1 per 100,000	CLRD 47 59.2 per 100,000
2015	596 773.5 per 100,000	Heart Disease 168 210.7 per 100,000	Cancer 120 153.1 per 100,000	CLRD 38 48.1 per 100,000
2014	577 767.9 per 100,000	Heart Disease 155 202.3 per 100,000	Cancer 132 173.1 per 100,000	CLRD 50 65.2 per 100,000
2013	589 783.2 per 100,000	Heart Disease 156 195.5 per 100,000	Cancer 137 186.1 per 100,000	CLRD 44 57.2 per 100,000
2012	644 836.6 per 100,000	Heart Disease 174 216.4 per 100,000	Cancer 130 173.2 per 100,000	CLRD 59 78.4 per 100,000

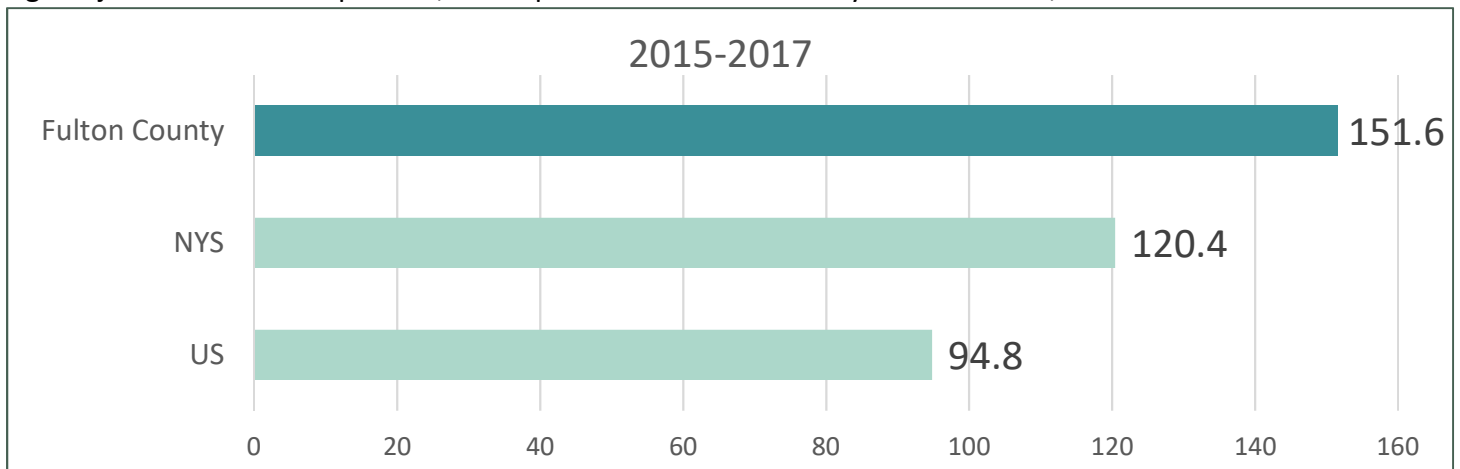
Heart Disease, Cancer, and Chronic Lower Respiratory Diseases (CLRD) remain the top three leading causes of death in Fulton County.

Percentage of Age-adjusted Adults with Cardiovascular Disease, NYS expanded BRFSS



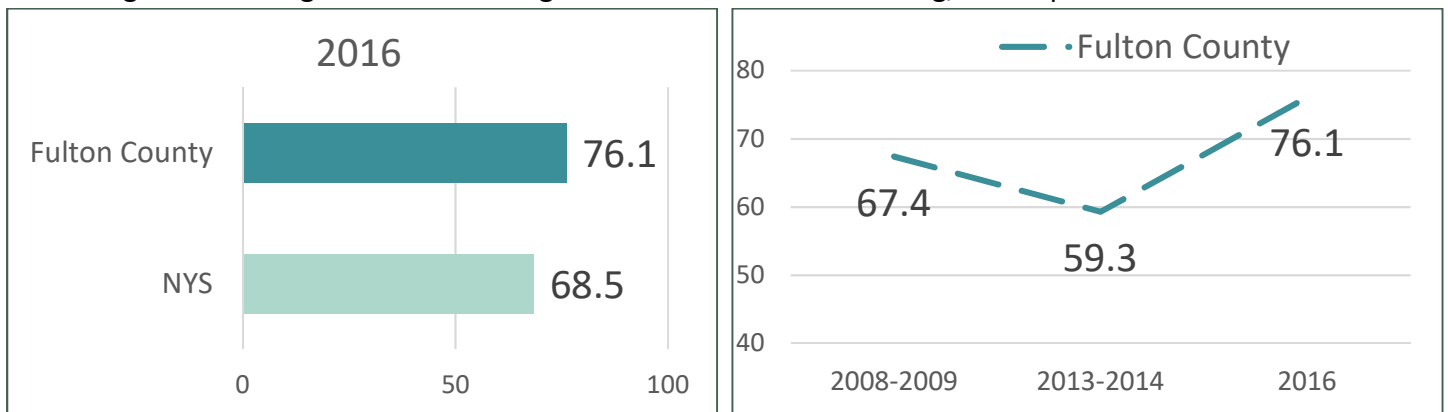
The percentage of adults with cardiovascular disease is similar to the rest of state and New York State.

Age-adjusted Death Rate per 100,000 Population Due to Coronary Heart Disease, CDC Wonder



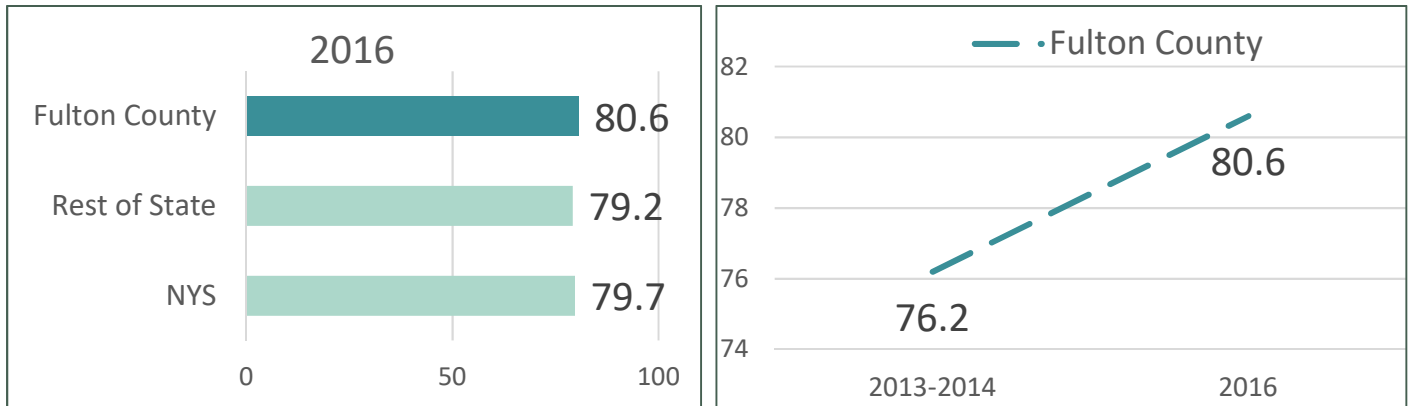
The death rate due to coronary heart disease is higher than New York State and higher than the United States.

Percentage of Adults aged 50-75 receiving a Colorectal Cancer Screening, NYS expanded BRFSS



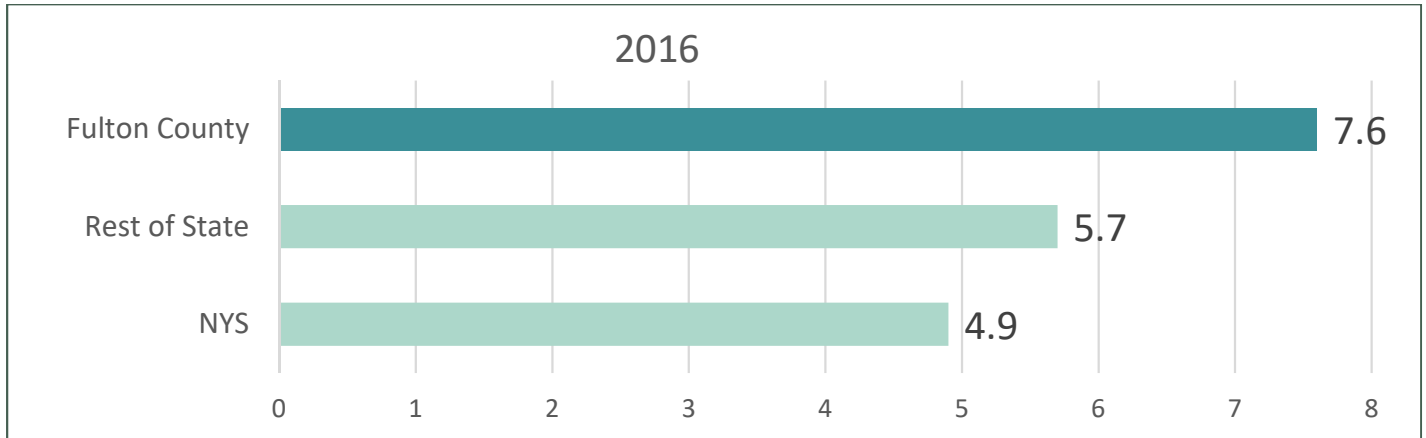
The percentage of adults aged 50-75 receiving a colorectal cancer screening based on the guidelines is higher than New York State.

Percentage of Women aged 50-74 receiving a Breast Cancer Screening, NYS expanded BRFS



The percentage of women aged 50-74 receiving a breast cancer screening based on the guidelines has increased over time and is higher than the rest of state and New York State.

Percentage of Age-adjusted Adults with Chronic Obstructive Pulmonary Disease (COPD), NYS expanded BRFS



The percentage of adults with COPD is higher than the rest of state and New York State

2019 County Health Rankings for the Mohawk Valley Region, University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation

County	Health Outcomes	Length of Life	Quality of Life	Health Factors	Health Behaviors	Clinical Care	Social & Economic Factors	Physical Environment
Fulton	44	41	50	58	55	54	57	7
Herkimer	45	55	33	44	45	24	42	23
Otsego	32	39	23	15	24	12	24	29
Montgomery	54	56	48	60	50	57	61	16
Schoharie	20	20	18	35	32	37	38	33

The County Health Rankings utilizes measures to rank each state's counties annually. Health Outcomes ranking includes the measures from Length of Life and Quality of Life. The Health Factors ranking includes

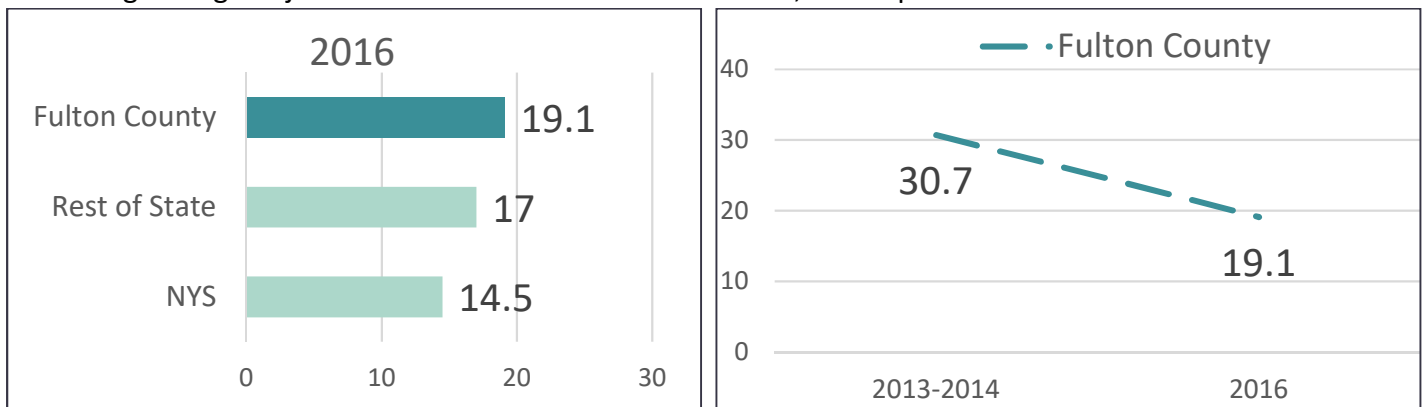
Health Behaviors, Clinical Care, Social & Economic Factors, and the Physical Environment. New York State has 62 counties. Therefore, each ranking is 1 out of 62. Fulton ranked 44 out of 62 in Health Outcomes and 58 out of 62 in Health Factors. Based on information from the County Health Rankings website, the rankings identify areas of opportunity for change in the counties. Taken individually, Fulton County performs well in the measure of Physical Environment. The areas of opportunity are Length of Life, Quality of Life, Health Behaviors, Clinical Care, and Social & Economic Factors.

a) Behavioral Risk Factors:

The County Health Rankings ranked Fulton County 55 out of 62 counties in Health Behaviors. Those behaviors include the following: adult smoking, adult obesity, food environment index, physical inactivity, access to exercise opportunities, excessive drinking, alcohol-impaired driving deaths, sexually transmitted infections, and teen births. Utilizing this framework, below are some indicators from various sources related to health behavioral risk factors.

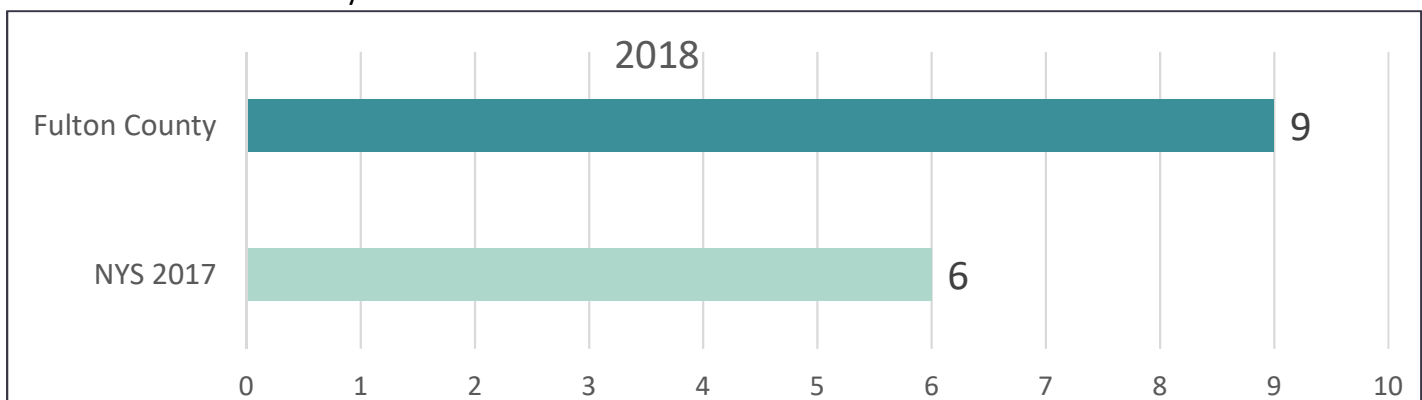
SMOKING AND VAPING:

Percentage of Age-adjusted Adults who are Current Smokers, NYS expanded BRFSS



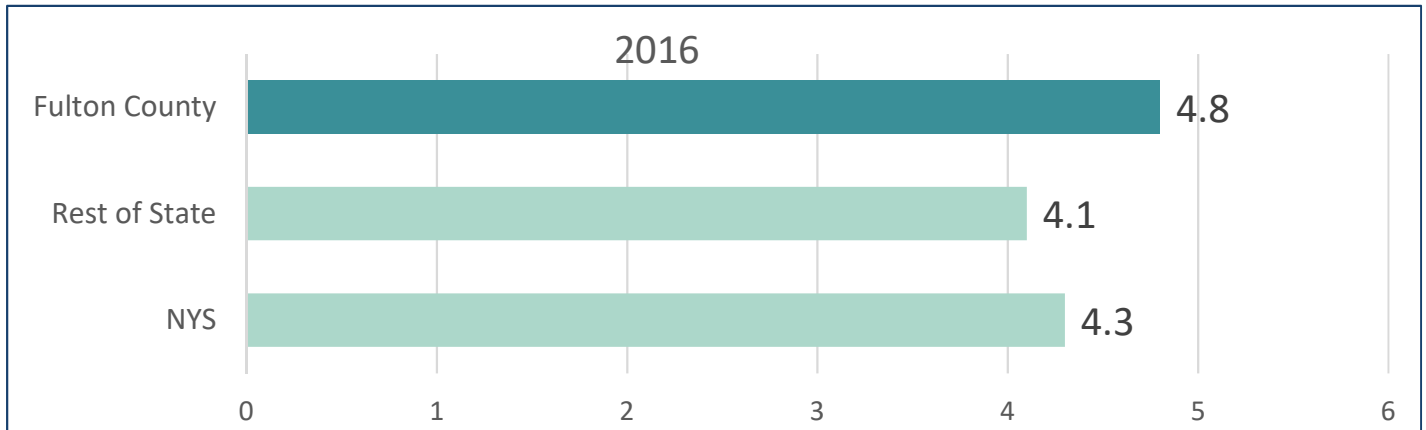
The percentage of current adult smokers has decreased, and the current rate is higher than the rest of state and New York State.

Percentage of High School Students who Smoked One or More Cigarettes in the Past 30 days, Fulton County Youth Risk Behavior Survey



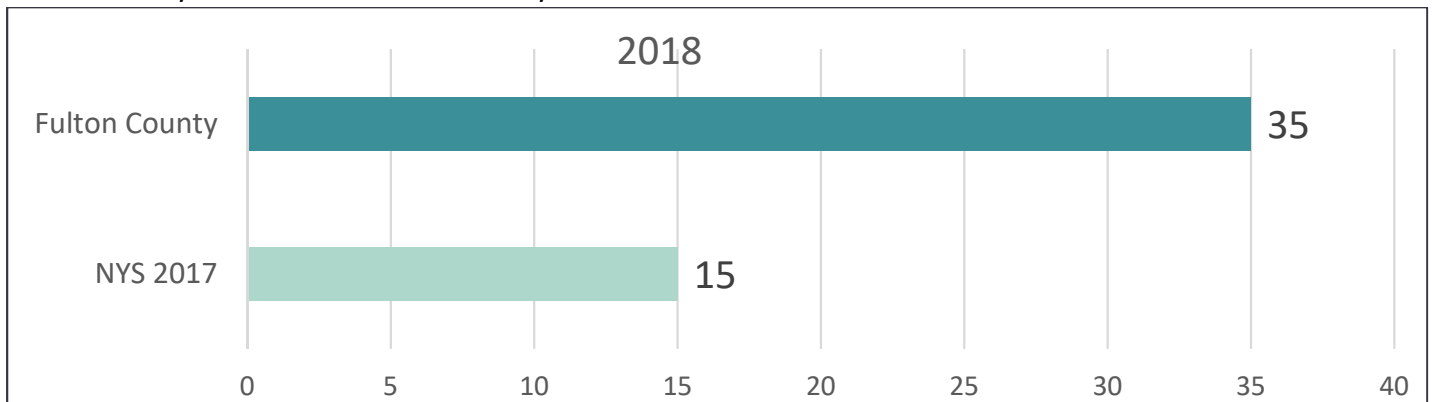
The percentage of high school students reporting smoking one or more cigarettes in the past 30 days is higher than New York State.

Percentage of Age-adjusted Adults who use E-Cigarettes, NYS Expanded BRFSS



The percentage is higher for the county than it is for the rest of state and New York State.

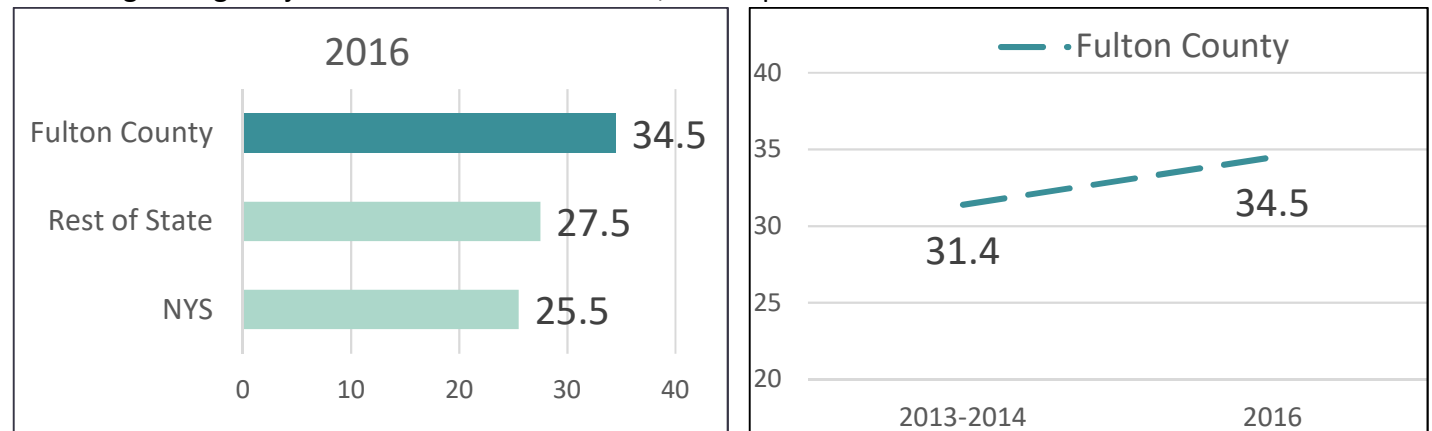
Percentage of High School Students who used Electronic Vapor Products on One or More of the Past 30 Days, Fulton County Youth Risk Behavior Survey



The percentage is higher for the county than it is for New York State.

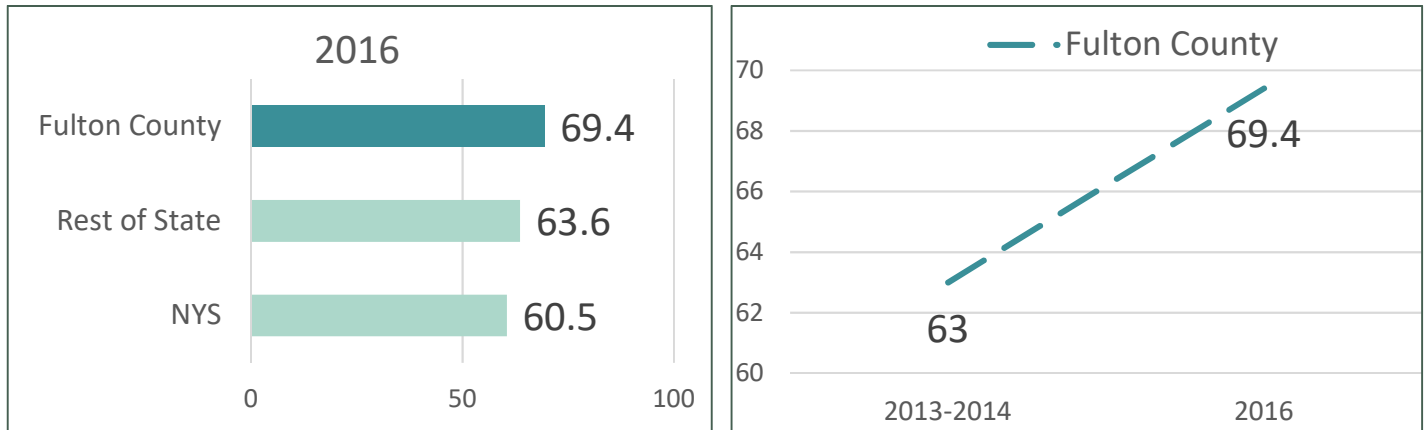
NUTRITION & PHYSICAL ACTIVITY:

Percentage of Age-adjusted Adults who are Obese, NYS expanded BRFSS



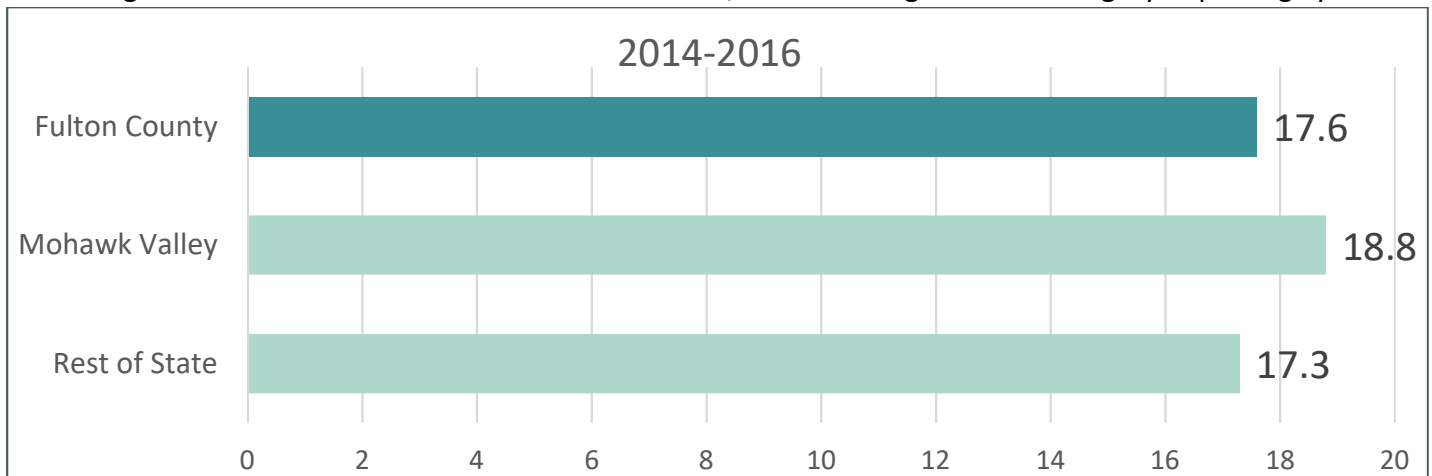
The percentage of adults who are obese is higher than rest of state and New York State.

Percentage of Age-adjusted Adults who are Overweight or Obese, NYS expanded BRFSS



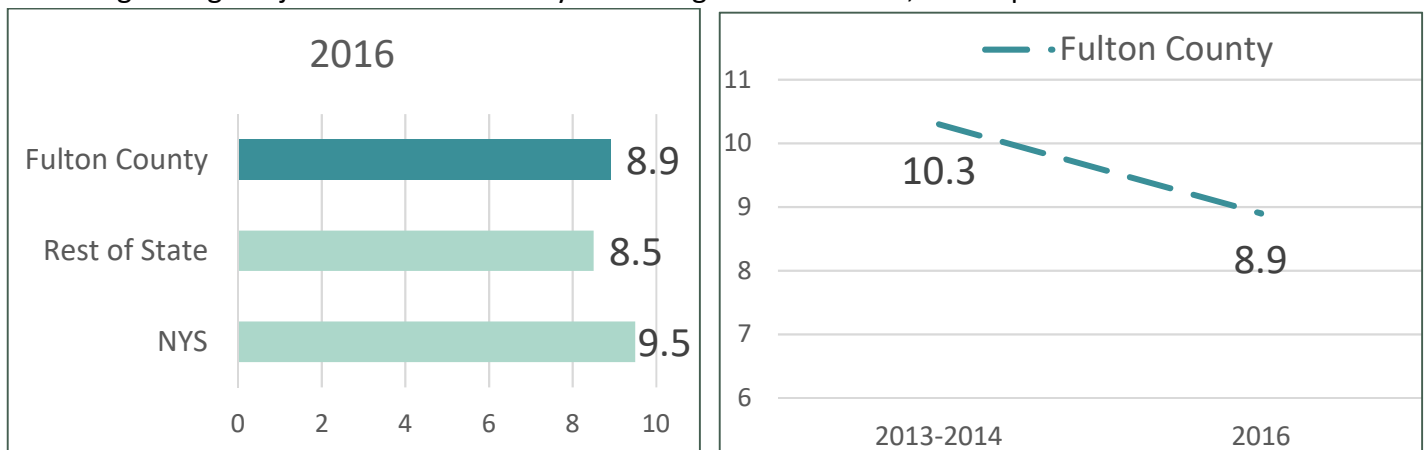
The percentage of adults who are overweight or obese has increased and the current rate is higher than New York State.

Percentage of Children and Adolescents who are Obese, Student Weight Status Category Reporting System



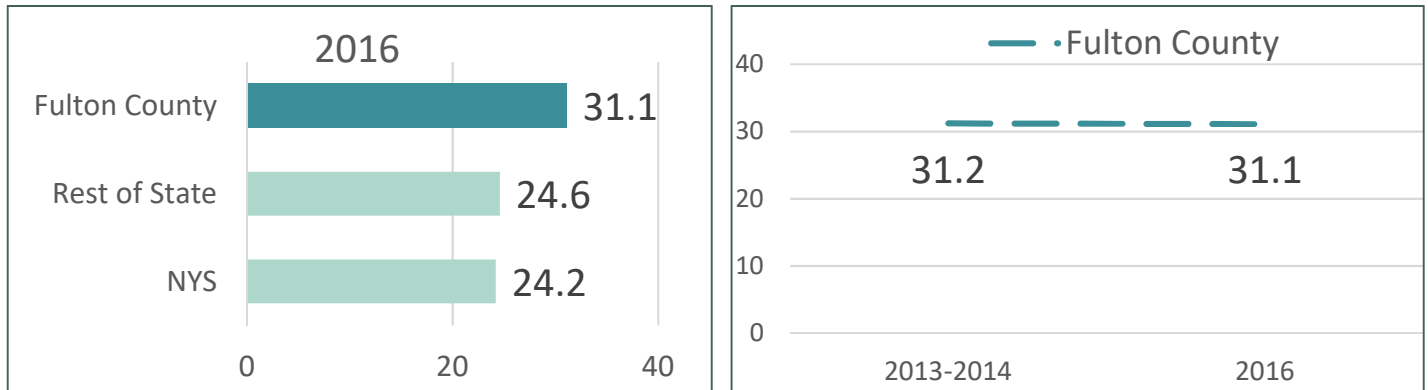
The percentage of children and adolescents who are obese is similar to the rest of state.

Percentage of Age-adjusted Adults with Physician Diagnosed Diabetes, NYS expanded BRFSS



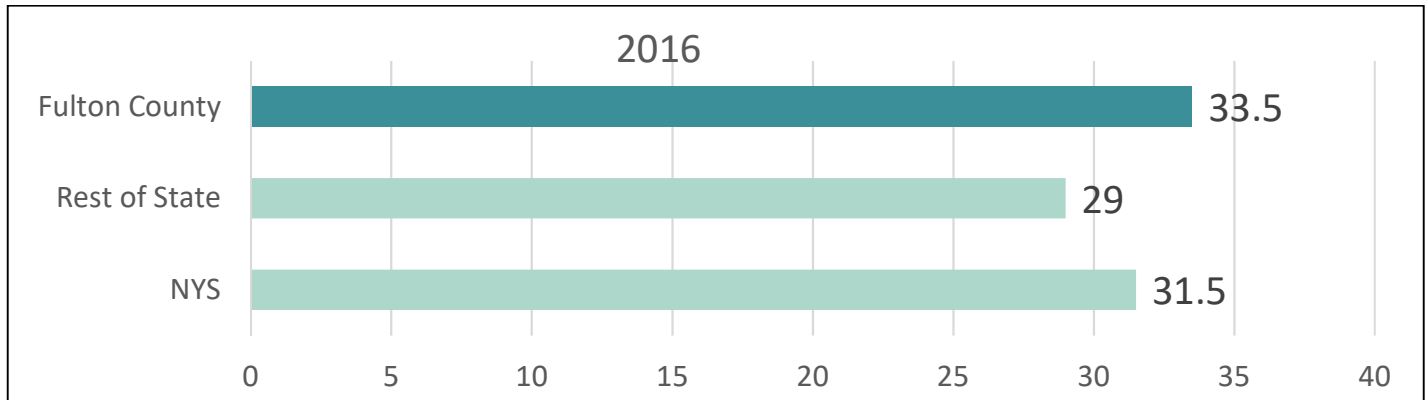
The percentage of adults with physician diagnosed diabetes has decreased.

Percentage of Age-adjusted Adults who consume one or More Sugary Drinks Daily, NYS expanded BRFSS



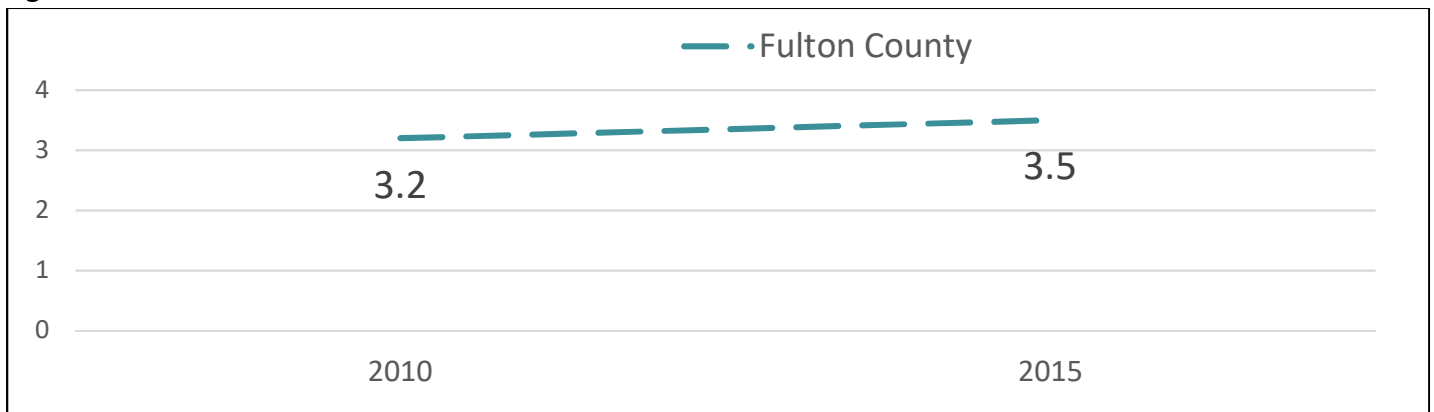
The percentage of adults who consume one or more sugary drinks daily is higher than the rest of state and New York State.

Percentage of Age-adjusted Adults who reported consuming less than One Fruit and less than One Vegetable Daily, NYS expanded BRFSS



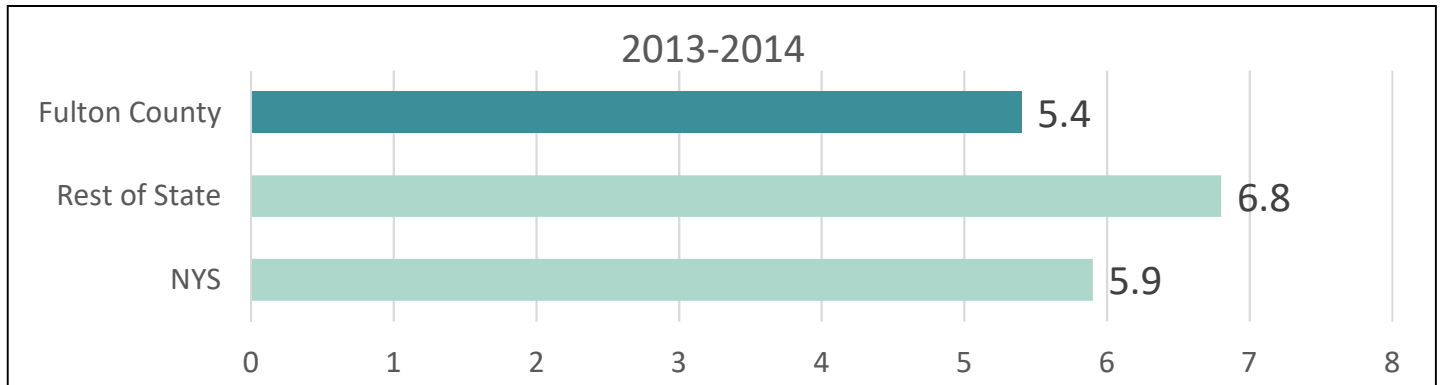
The percentage of adults who consuming less than one fruit and less than one vegetable daily is higher than the rest of state and New York State.

Percentage of the population with low income and low access to a grocery store, U.S. Department of Agriculture-Food Environment Atlas



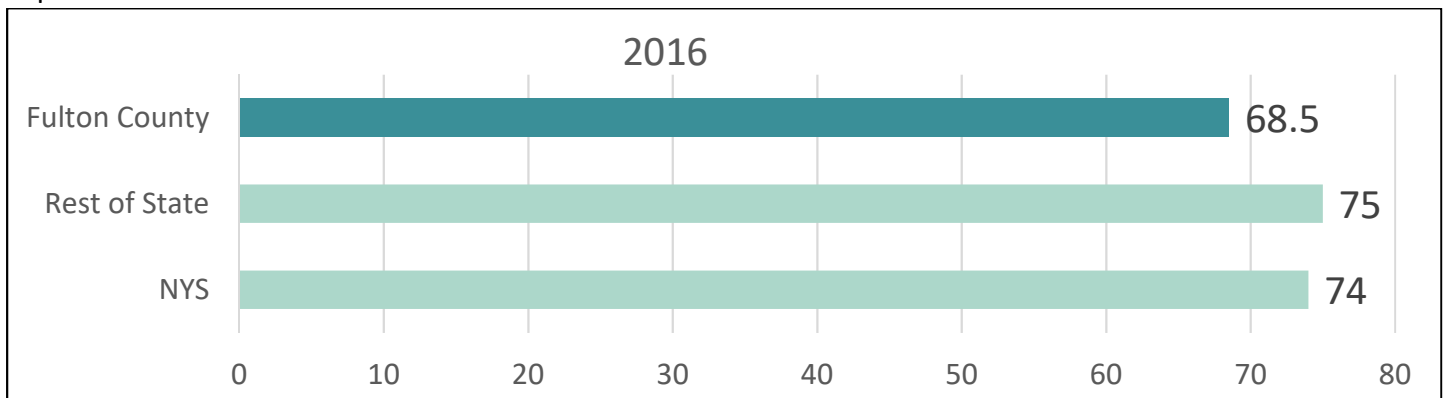
This indicator reflects the percentage of the population that has low income and living more than 10 miles from a grocery store. The percentage has remained the same.

Percentage of Age-adjusted Adults who consume Fast Food 3 or More Times per Week, NYS expanded BRFSS



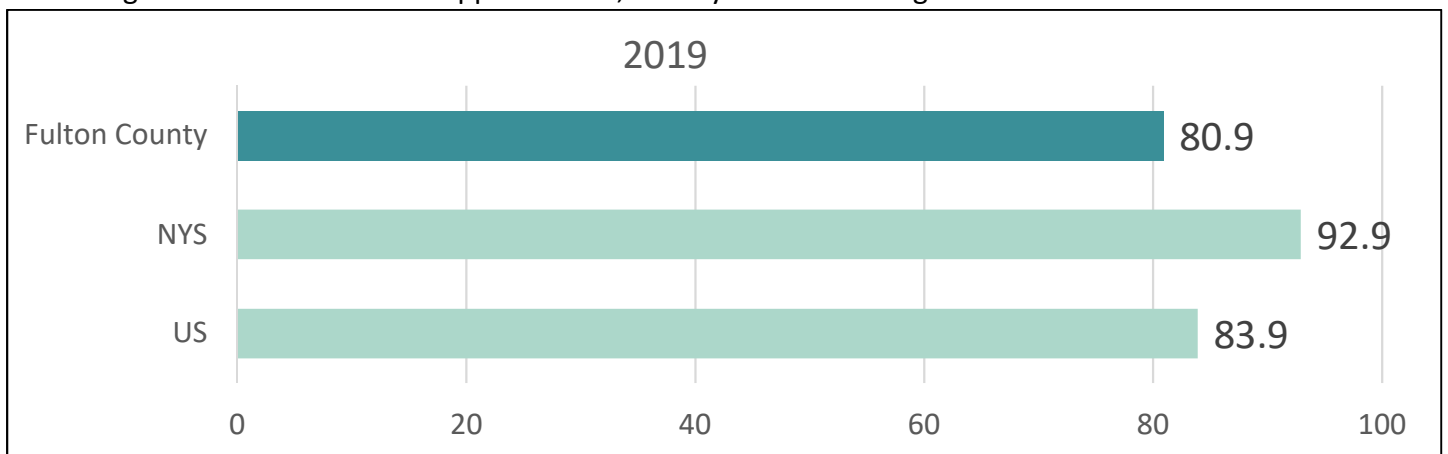
The percentage of adults who consume fast food three or more times per week is lower than the rest of state and New York State.

Percentage of Age-adjusted Adults who participated in Leisure Time Activity in the Past 30 Days, NYS expanded BRFSS



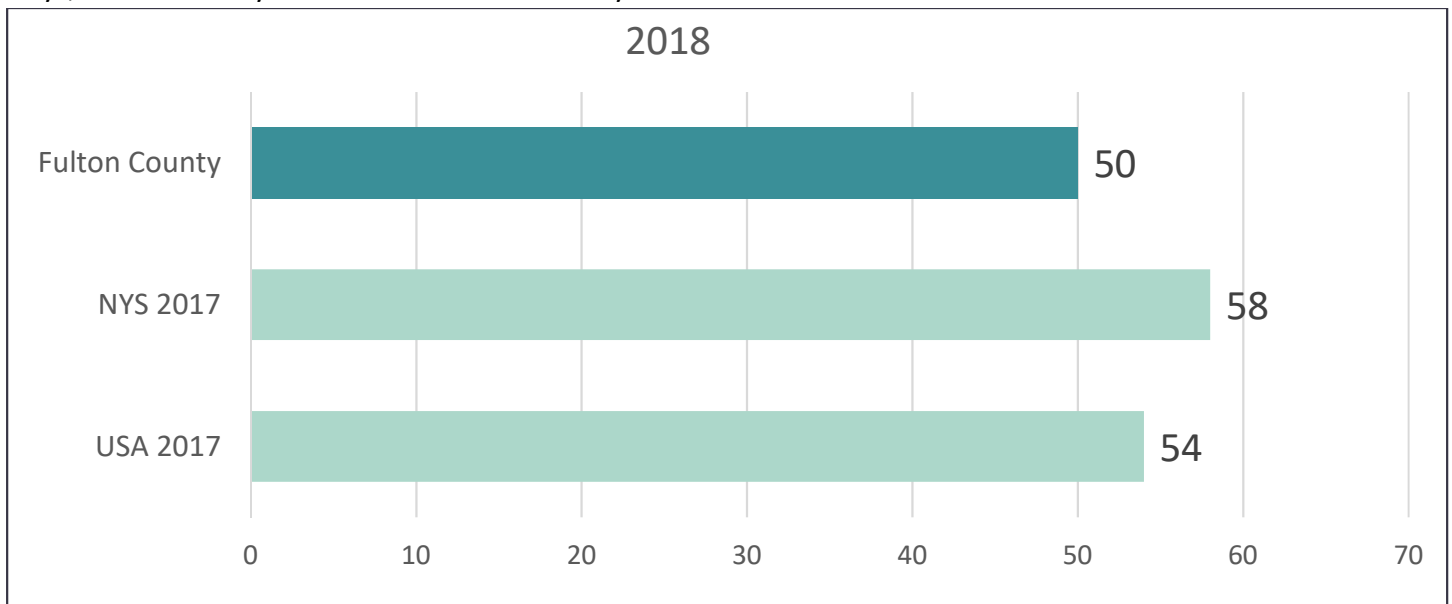
The percentage of adults who participated in leisure time activity is lower than New York State.

Percentage of Access to Exercise Opportunities, County Health Rankings



The percentage of individuals who have proximity to exercise opportunities, such as parks and recreation facilities is lower than New York State and United States. The 2019 percentage is lower than the 2018 percentage of (84.5).

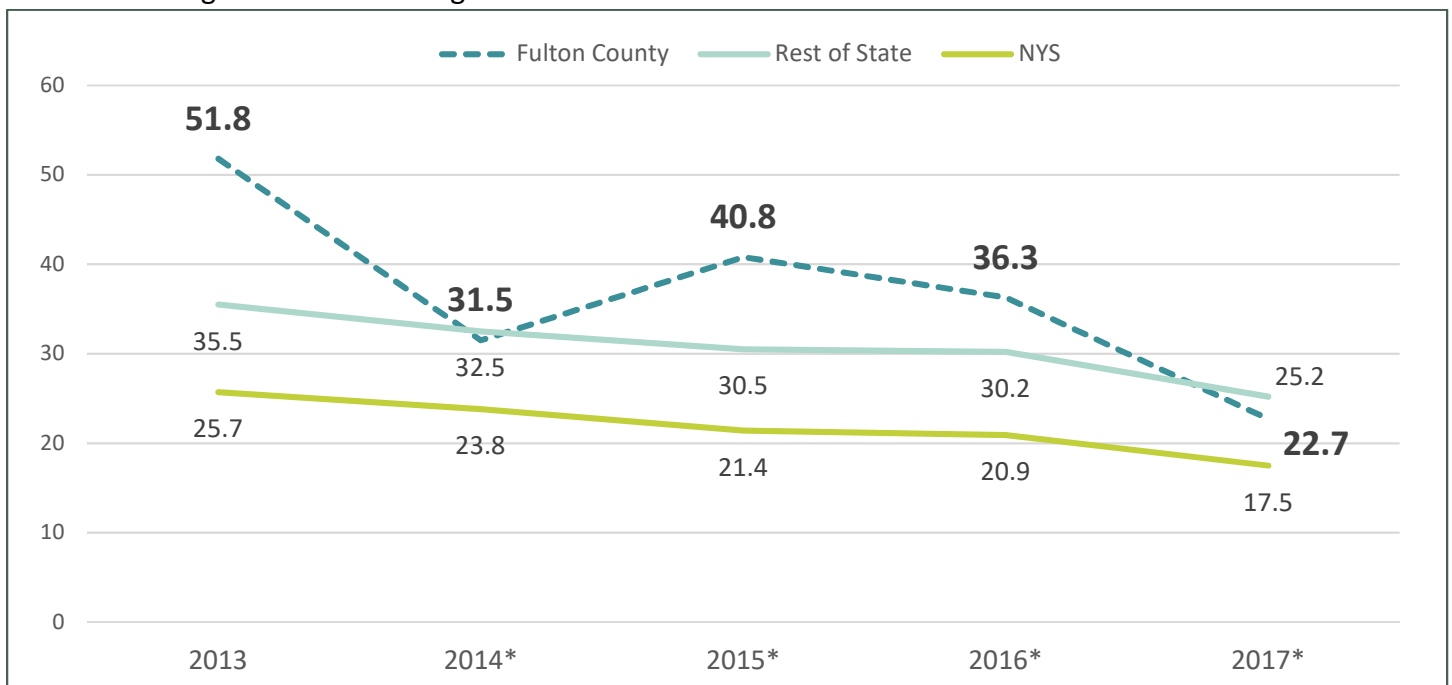
Percentage of High School Students who were Not Physically Active at least 60 minutes per Day on 5 or More Days, Fulton County Youth Risk Behavior Survey



The Fulton County percentage is lower than New York State and United States.

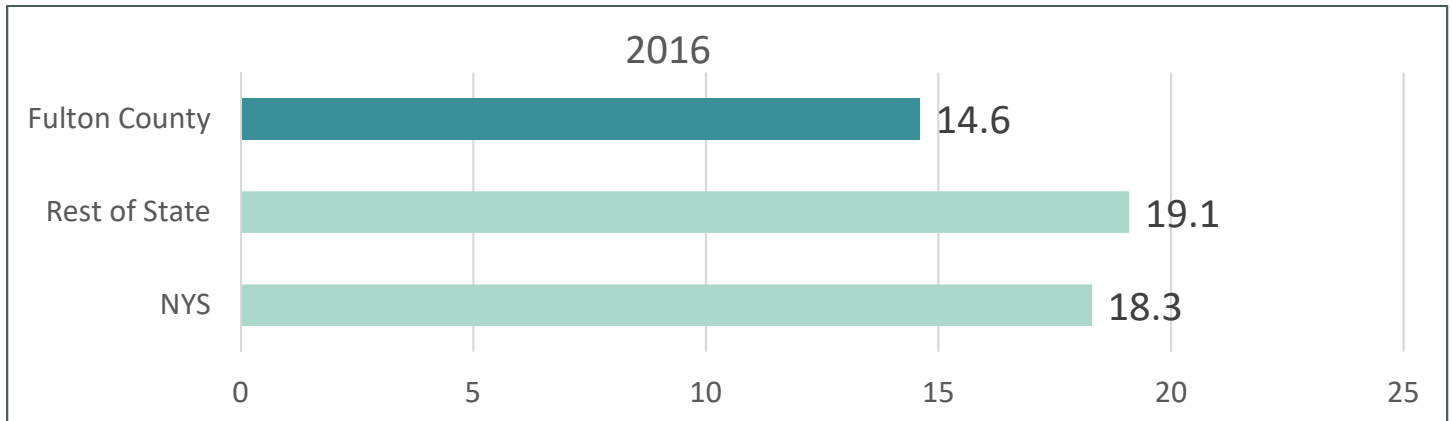
ALCOHOL & DRUG USE:

Young Adults Ages 16-21 yrs. driving while Intoxicated-Arrest rate per 10,000, Council on Children & Families Kids' Well-being Indicators Clearinghouse



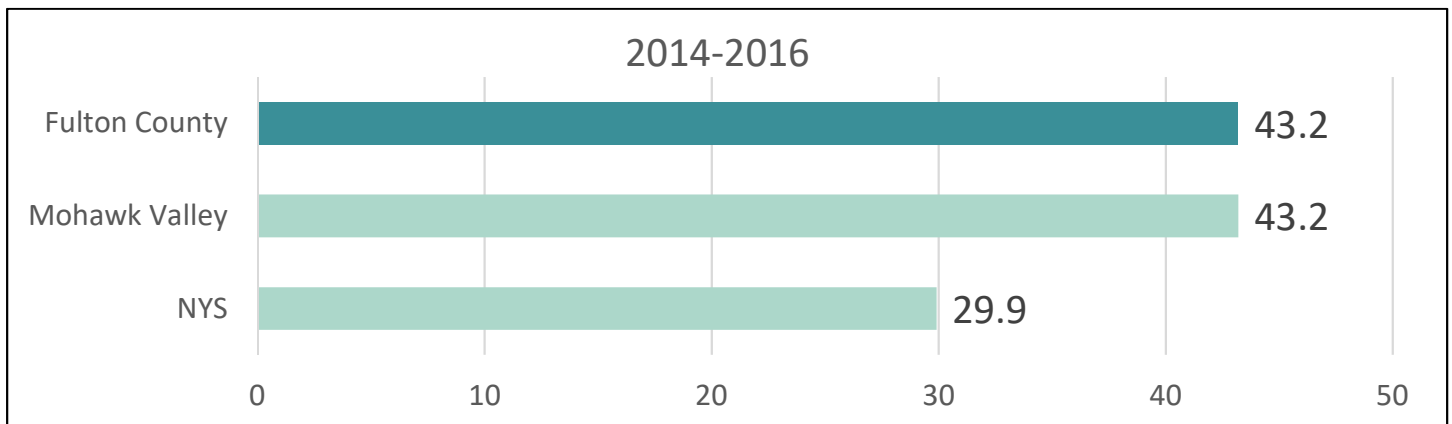
The Fulton County rate is higher than New York State, and has lowered over time. *The rates had fewer than 20 events in the numerator and should be viewed with caution.

Percentage of Age-adjusted Adults Binge Drinking during the Past Month, NYS expanded BRFSS



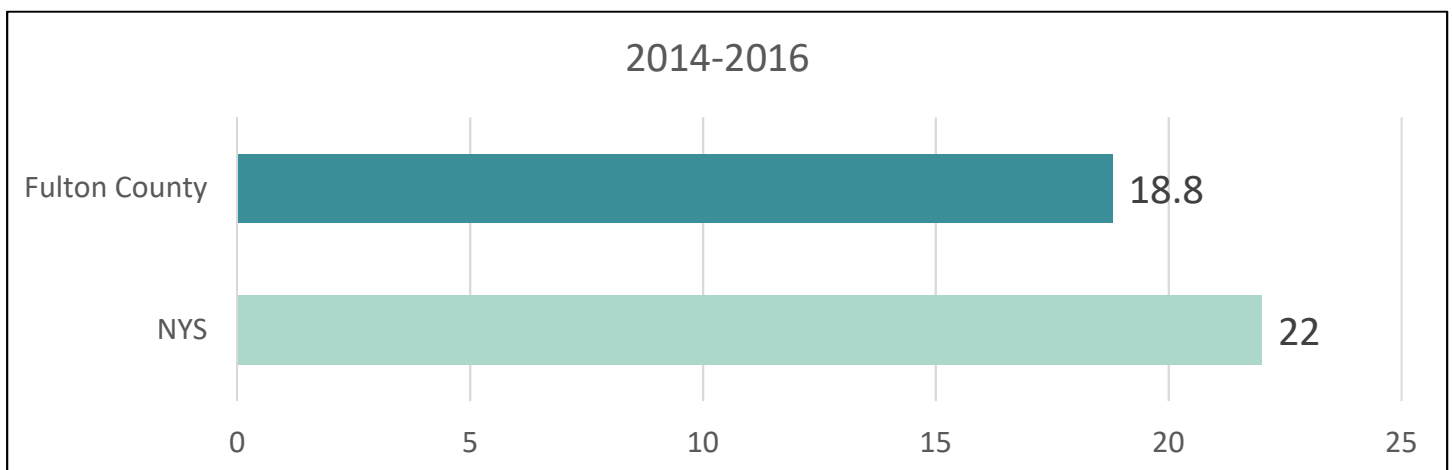
The percentage of adults binge drinking during the past month is lower than the rest of state and New York State.

Alcohol related Motor Vehicle Injuries and Death per 100,000 population, NYS Department of Motor Vehicles



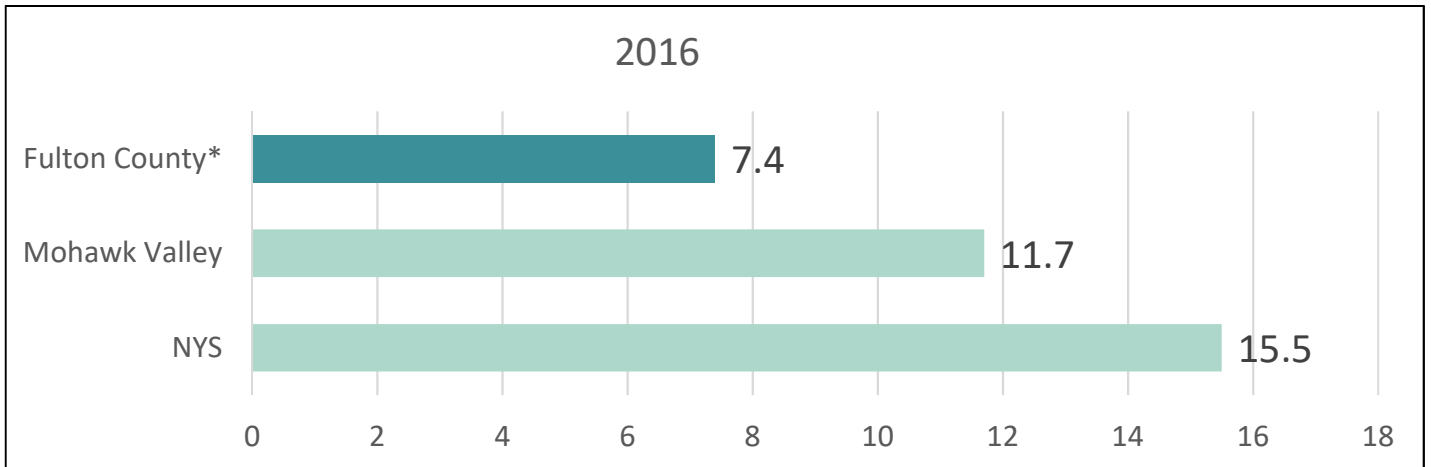
Fulton County's rate is higher than New York State.

Age-adjusted Adult Hospitalization rate due to Substance Use per 10,000 population 18+ yrs., NYS SPARCS



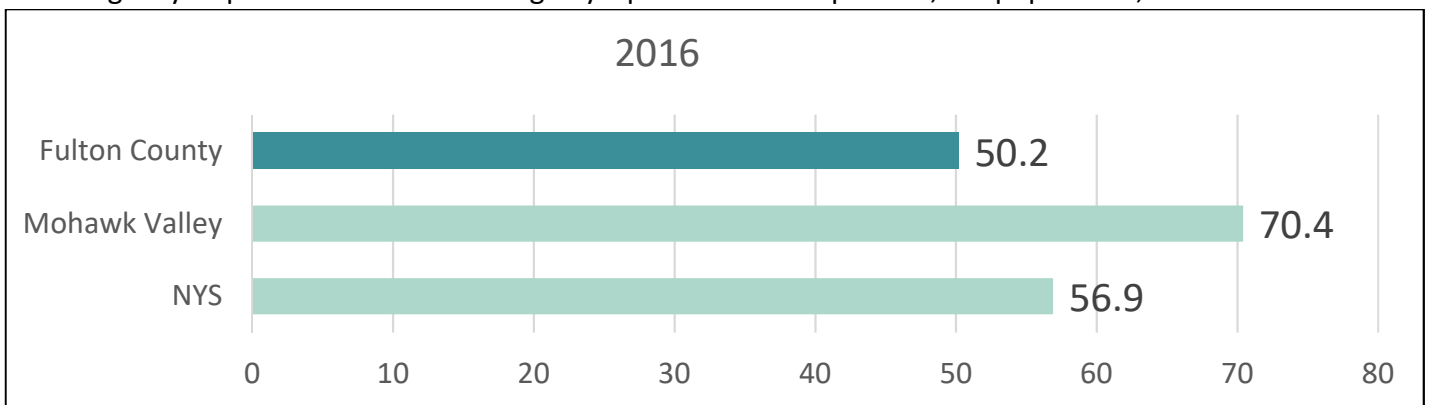
Fulton County's rate is lower than New York State and similar to the 2013-2015 rate of (18.2).

Overdose Deaths involving any Opioid crude rate per 100,000 population, NYS Vital Statistics



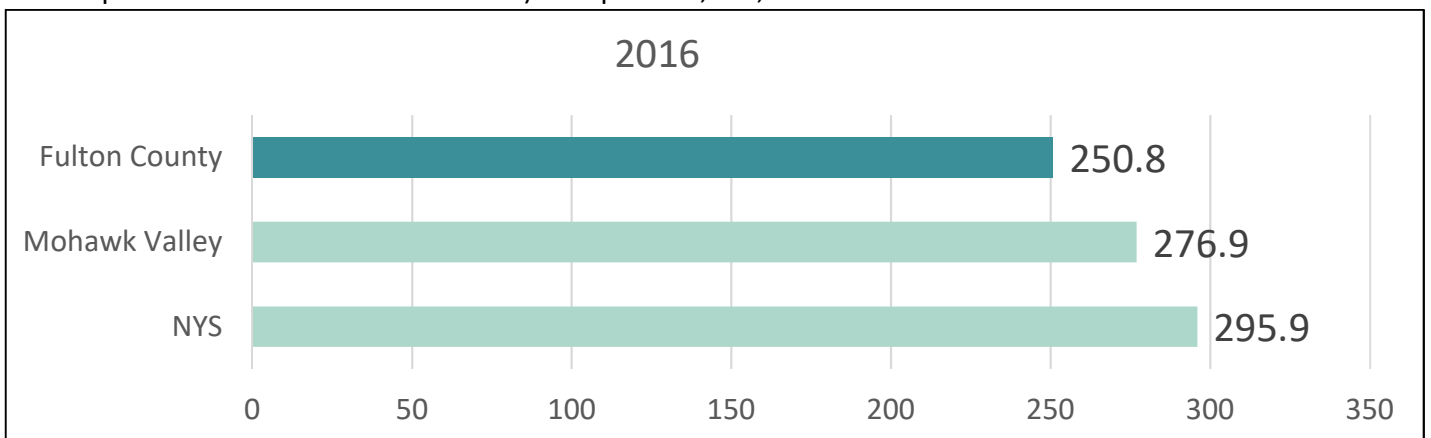
Fulton County's rate is lower than the Mohawk Valley region and New York State. *The rates had fewer than 10 events in the numerator and should be viewed with caution.

All Emergency Department visits involving any Opioid Overdose per 100,000 population, NYS SPARCS



Fulton County's rate is lower than the Mohawk Valley region and New York State.

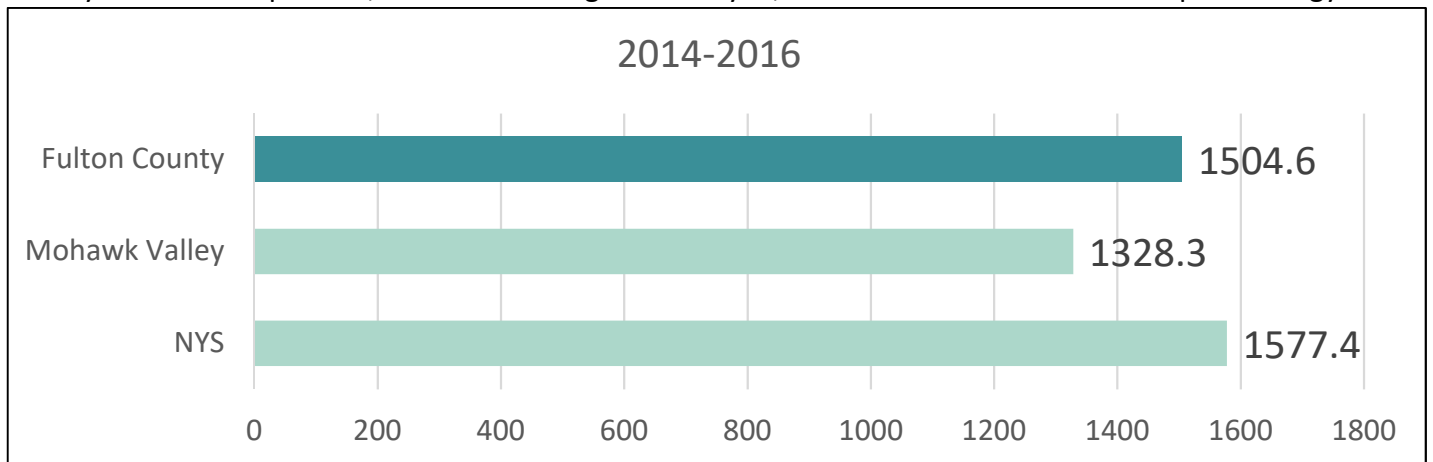
Opioid Burden (including ED visits and hospital discharges for non-fatal opioid overdose, abuse, dependence, and unspecified use and overdose death) rate per 100,000, NYS SPARCS



Fulton County's rate is lower than the Mohawk Valley region and New York State.

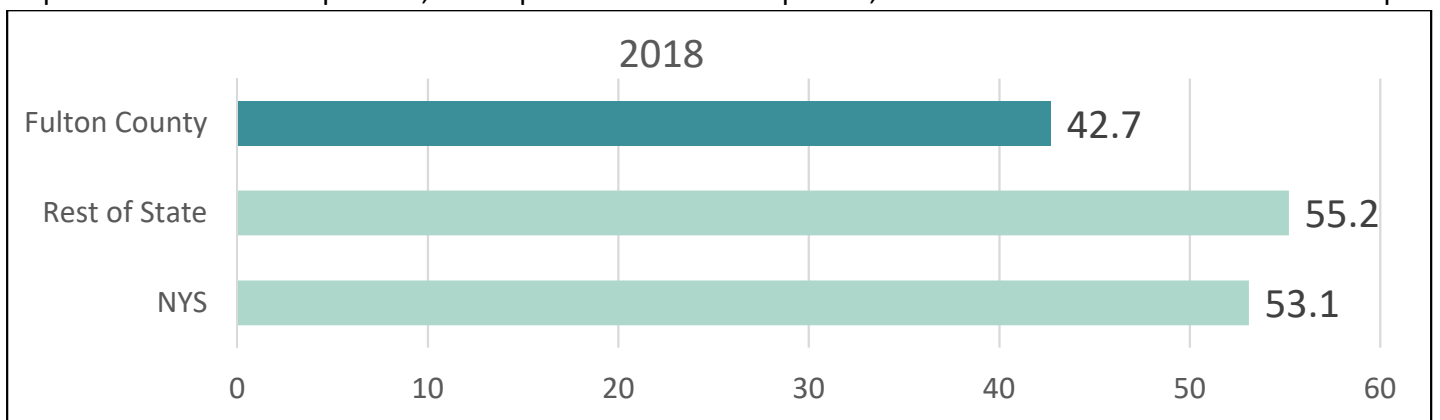
SEXUALLY TRANSMITTED INFECTIONS & TEEN BIRTHS:

Chlamydia case rate per 100,000 Women – Aged 15–44 yrs., Bureau of Sexual Health and Epidemiology



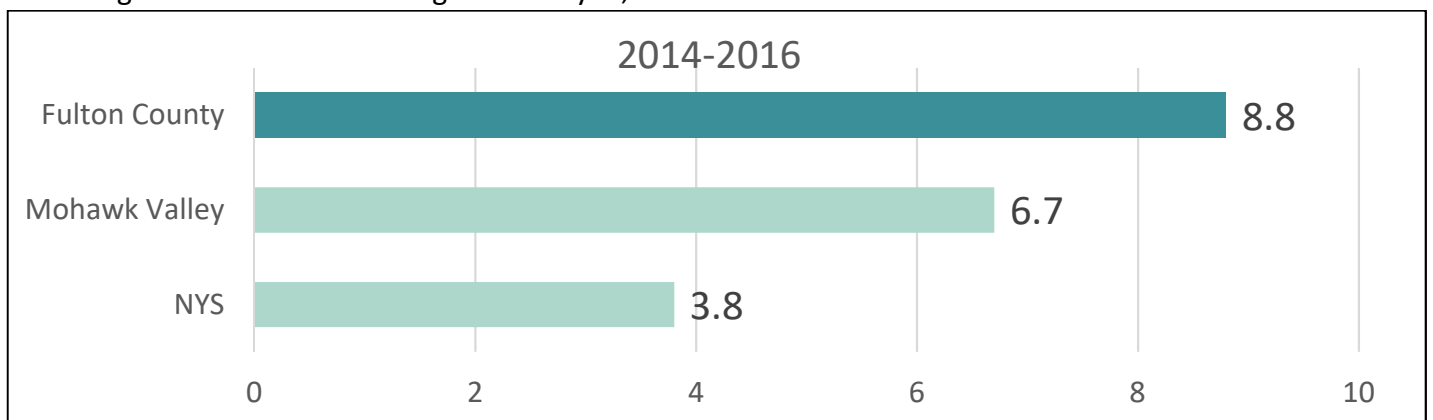
Fulton County's rate is lower than New York State and higher than the Mohawk Valley region.

Hepatitis C Chronic rate per 100,000 Population of Cases Reported, NYS Communicable Disease Annual Report



Fulton County's rate is lower than rest of state and New York State.

Percentage of Births to Teens – Aged 15–19 yrs., NYS Vital Statistics



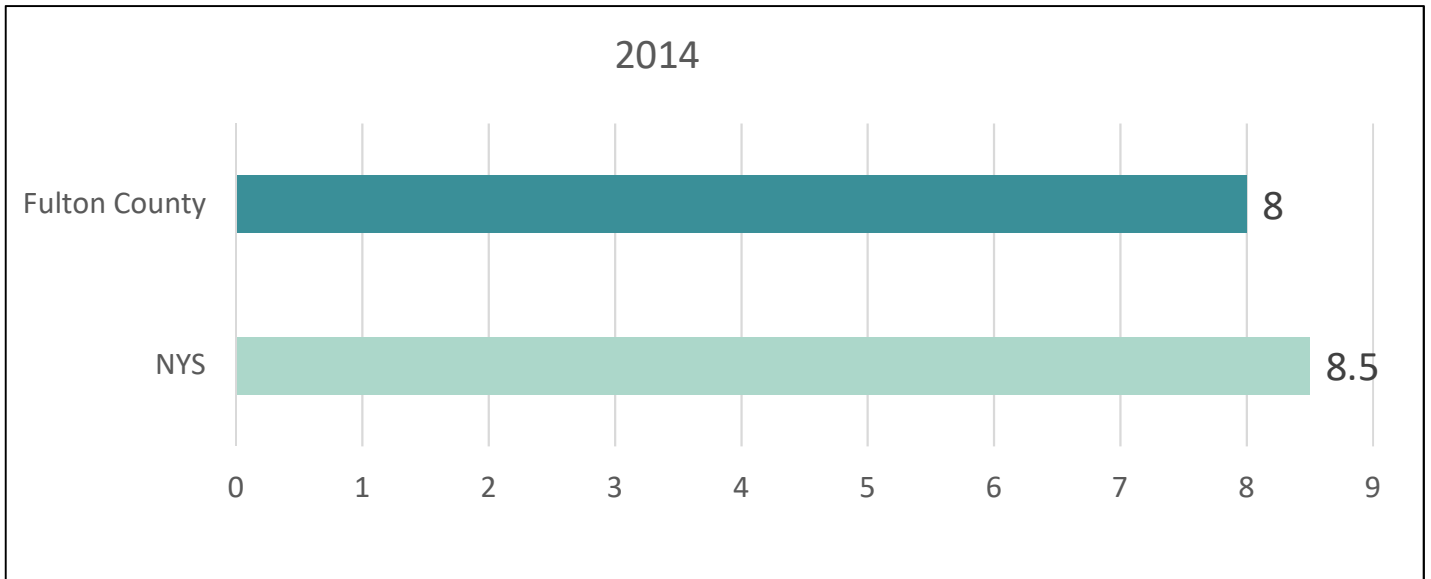
Fulton County's rate is higher than New York State and the Mohawk Valley region.

b) Environmental Risk Factors:

The County Health Rankings ranked Fulton County 7 out of 62 counties in Physical Environment. Those risk factors include the following: air pollution-particulate matter, drinking water violations, severe housing problems, driving alone to work, and long commute-driving alone. Below are some indicators from various sources related to environmental risk factors.

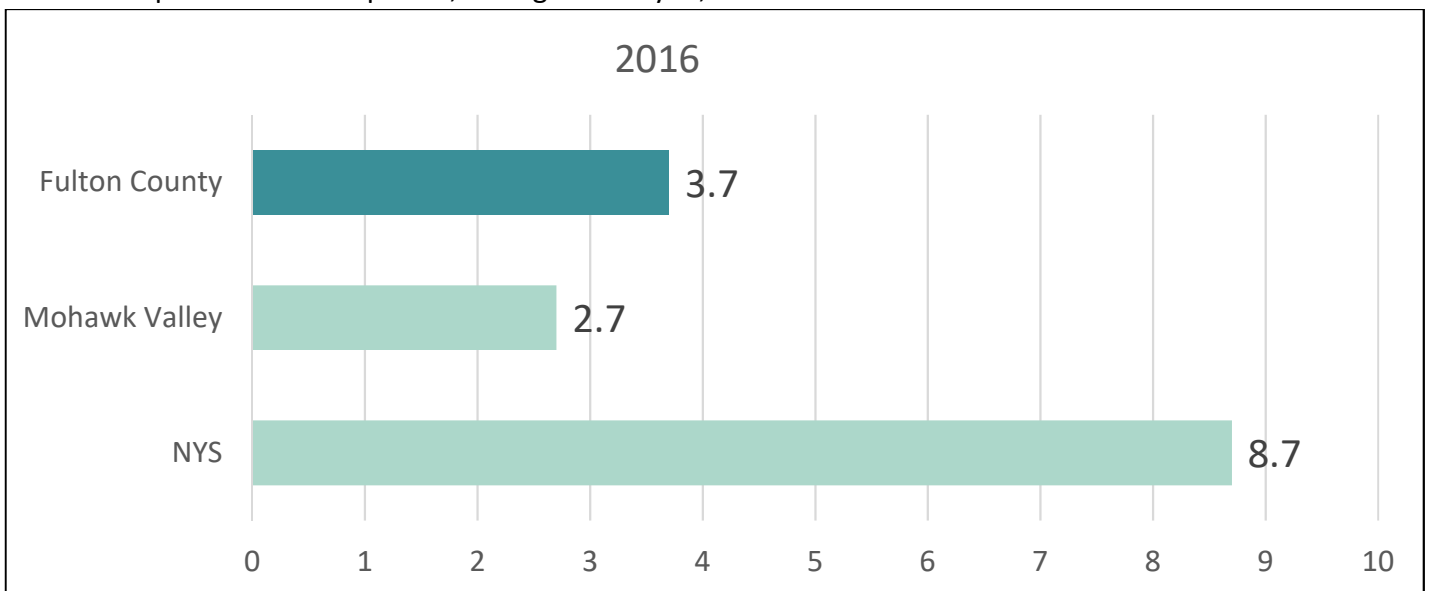
AIR QUALITY & ASTHMA:

Air Pollution– Avg. Daily Density of Particulate Matter in Micrograms per Cubic Meter, County Health Rankings



The Fulton County average daily density is similar to New York State.

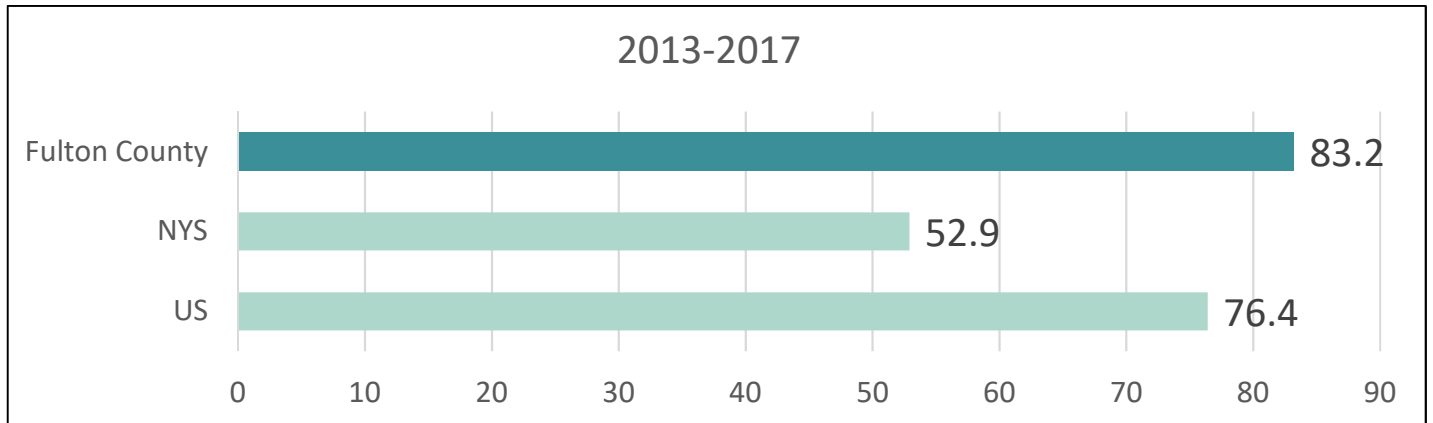
Asthma Hospitalization rate per 10,000 Aged 5-64 yrs., NYS SPARCS



Fulton County's rate is higher than the Mohawk Valley region and lower than New York State.

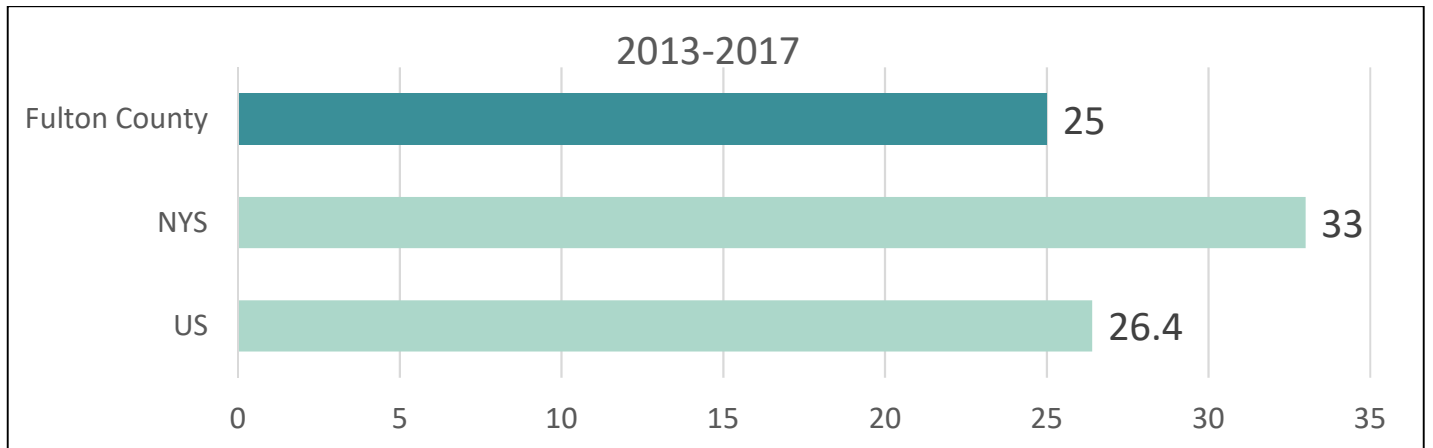
COMMUTING:

Percentage of Workers Aged 16 years and older who Drive Alone to Work, American Community Survey



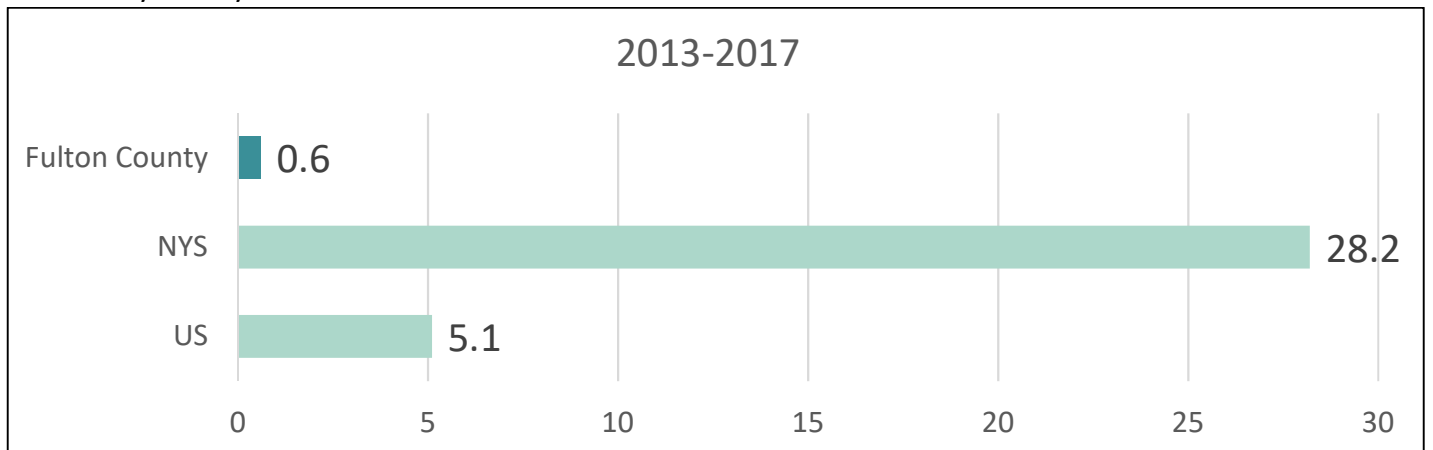
The Fulton County percentage is higher than New York State.

Mean Travel Time to Work (minutes), American Community Survey



Fulton County's time is lower than New York State and United States.

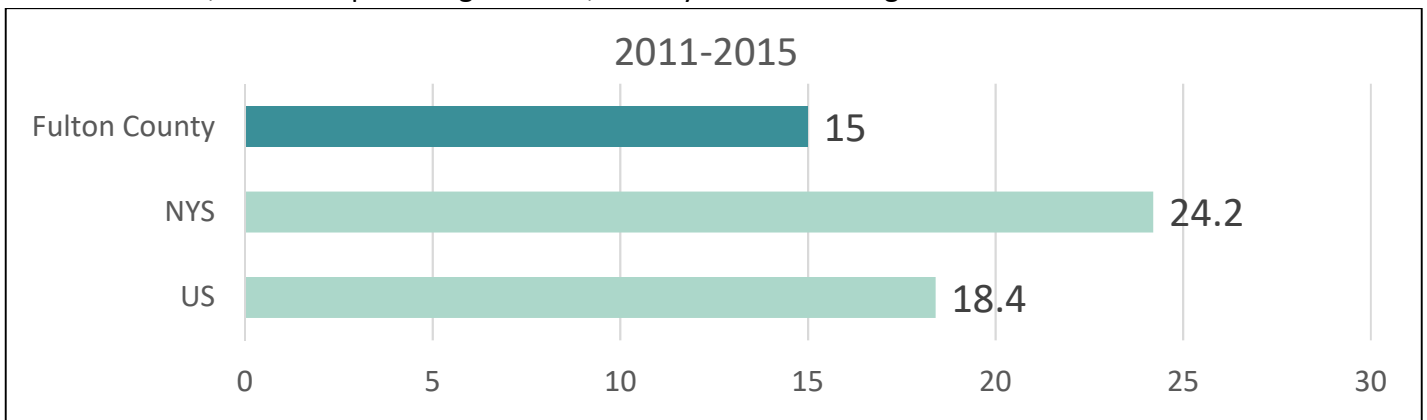
Percentage of Workers Aged 16 years and older who Commute by Public Transportation, American Community Survey



The Fulton County percentage is lower than New York State and United States.

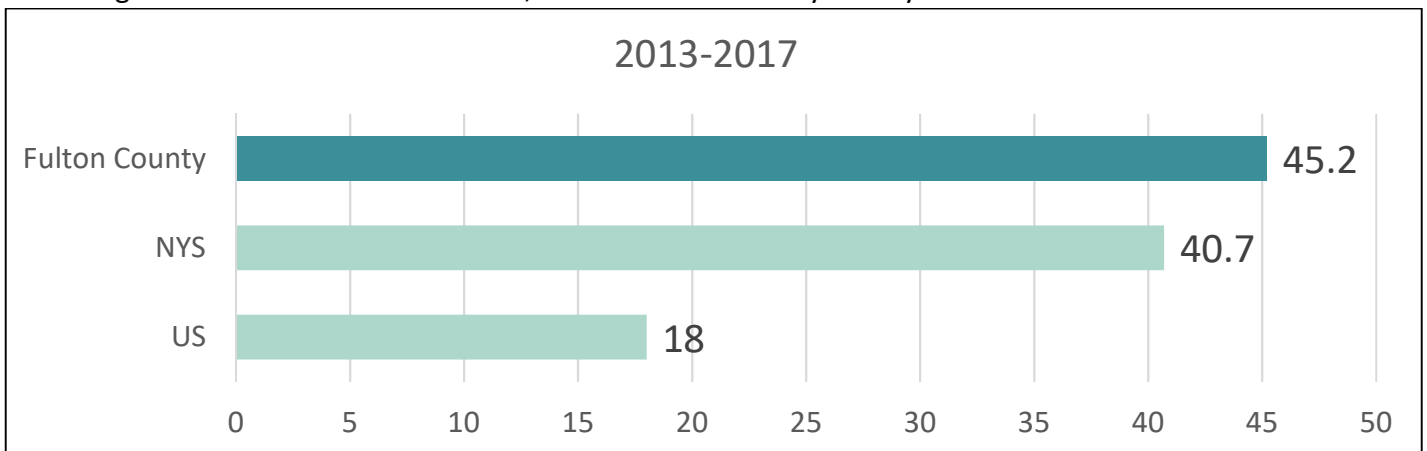
HOUSING PROBLEMS:

Percentage of Households with at least 1 of 4 Housing Problems (overcrowding, high housing costs, lack of kitchen facilities, or lack of plumbing facilities, County Health Rankings



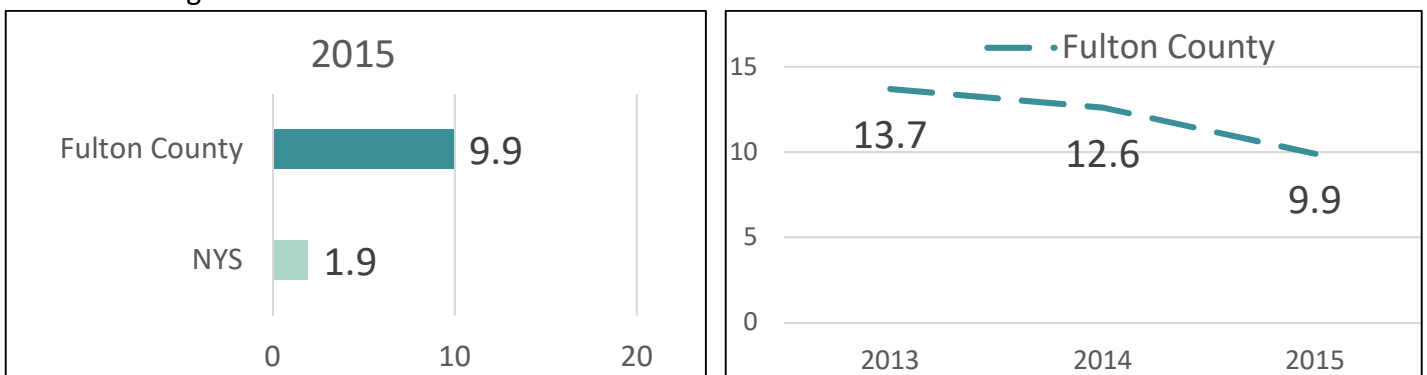
The Fulton County percentage is lower than New York State and United States.

Percentage of Houses Built Prior to 1950, American Community Survey



The Fulton County percentage is higher than New York State and United States.

Percentage of Blood Lead Levels in Children (>5 micrograms per deciliter), National Environmental Public Health Tracking Network



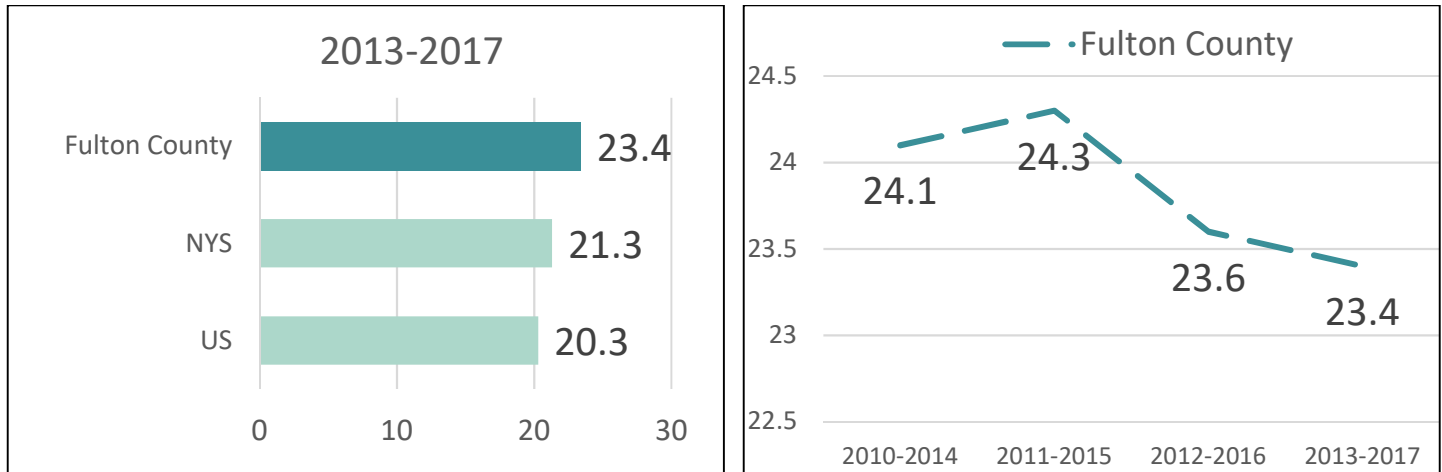
The percentage of blood lead levels are higher than New York State, but have decreased over time.

c) Socioeconomic Factors:

The County Health Rankings ranked Fulton County 57 out of 62 counties in Socioeconomic Factors. Those risk factors include the following: high school graduation, some college, unemployment, children in poverty, income inequality, children in single-parent households, social associations, violent crime, and injury deaths. Education attainment, employment, and income were included in demographics section of the report. Below are some indicators related to poverty, social isolation, crime, and unintentional injuries and injury deaths.

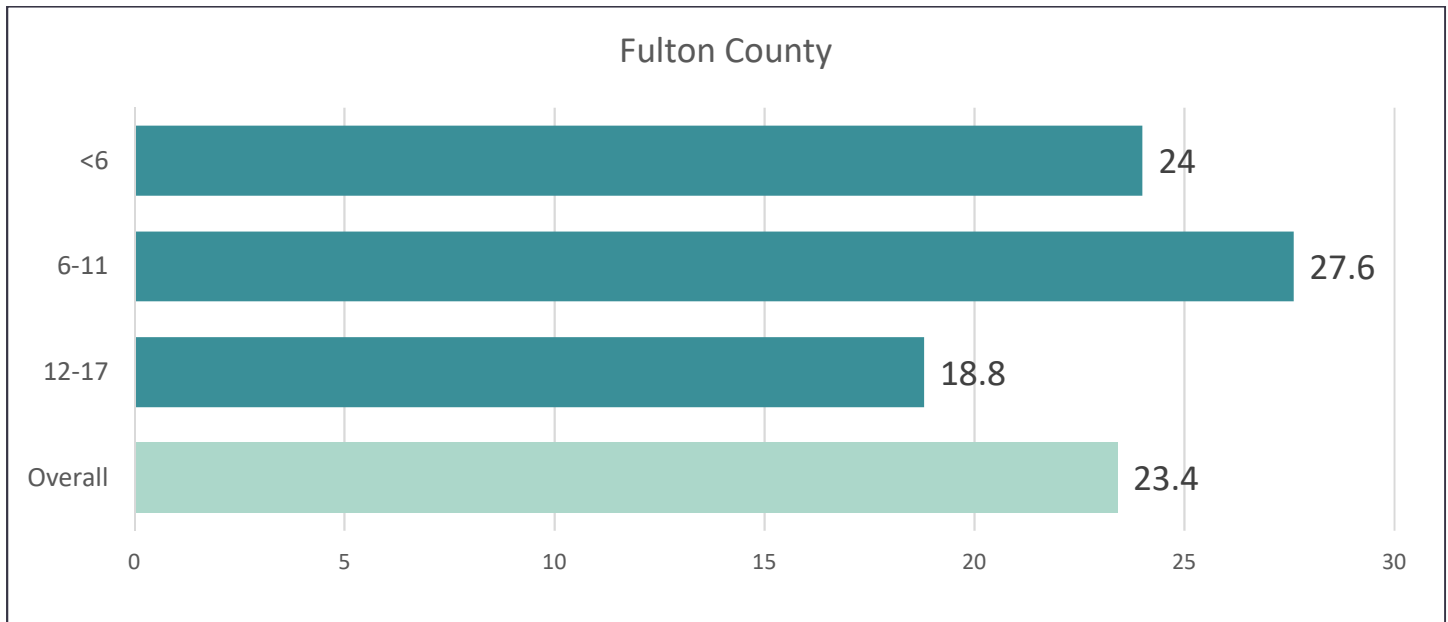
CHILDREN'S STATUS:

Percentage of Children Living Below Poverty Level, American Community Survey



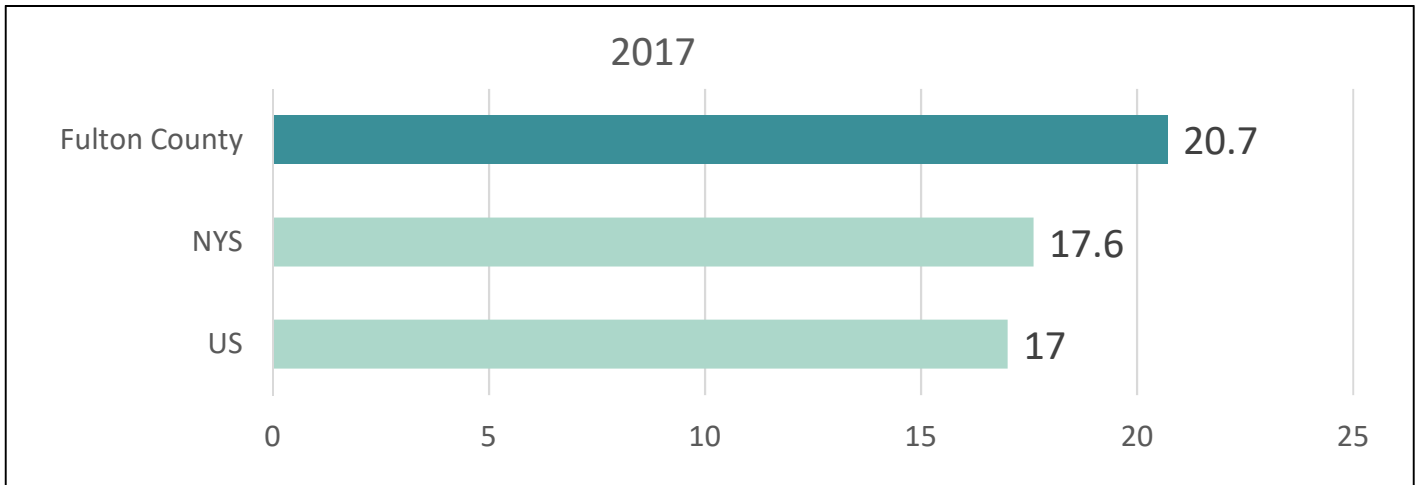
Fulton County's percentage is higher than New York State and US.

Percentage of Children Living Below Poverty Level by Age, American Community Survey 2013-2017



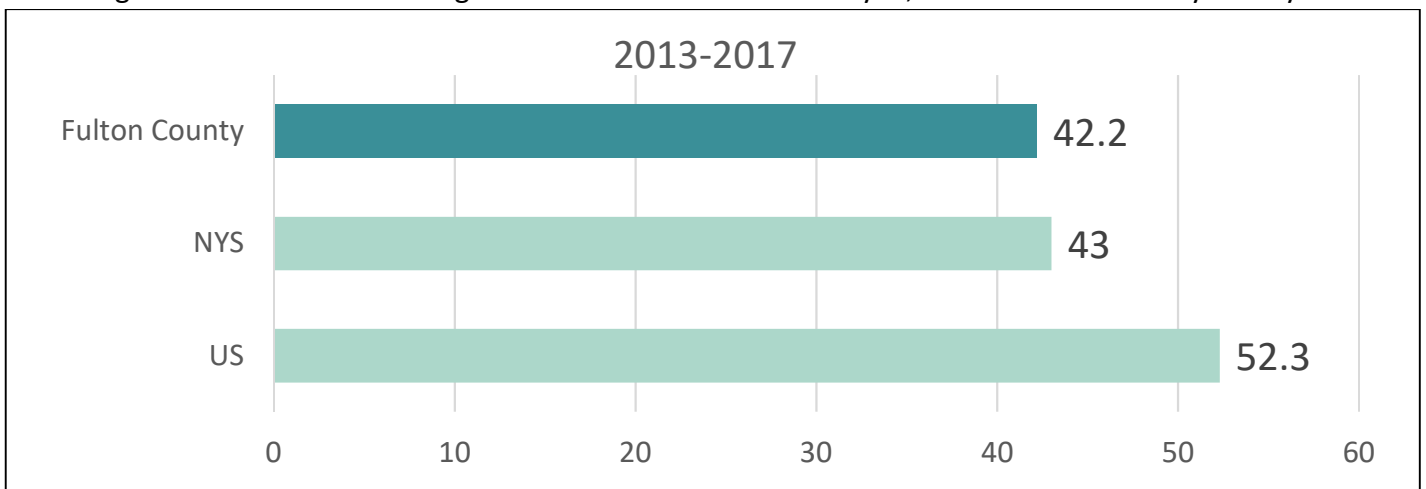
Children under the ages of 6 to 11 have a higher percentage than the overall percentage.

Percentage of Child Food Insecurity, Feeding America Research's Map the Meal Gap



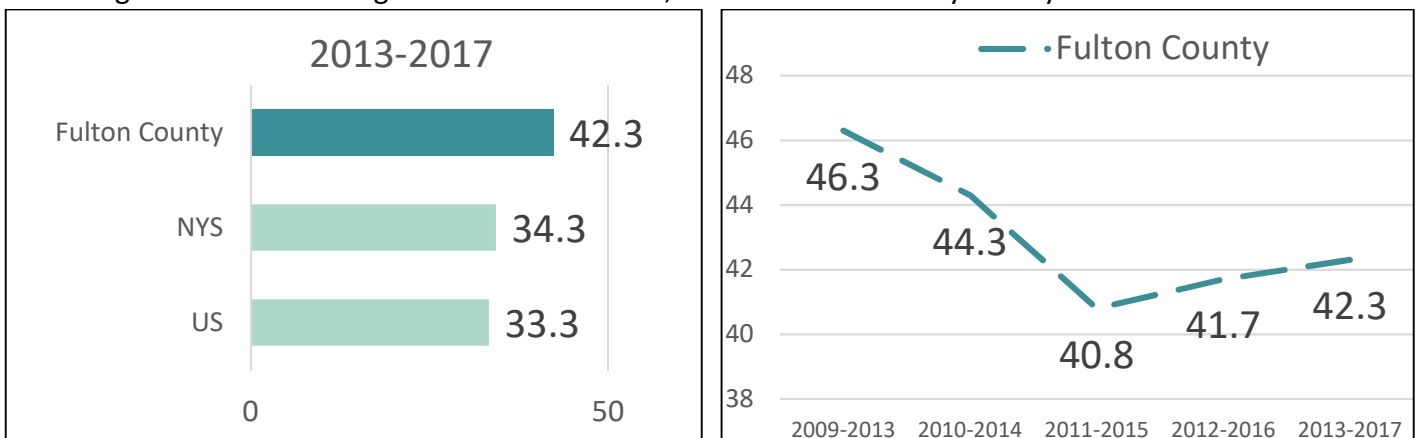
Fulton County's percentage is higher than New York State and United States.

Percentage of Households Receiving SNAP with Children under 18 yrs., American Community Survey



Fulton County's percentage is lower than New York State.

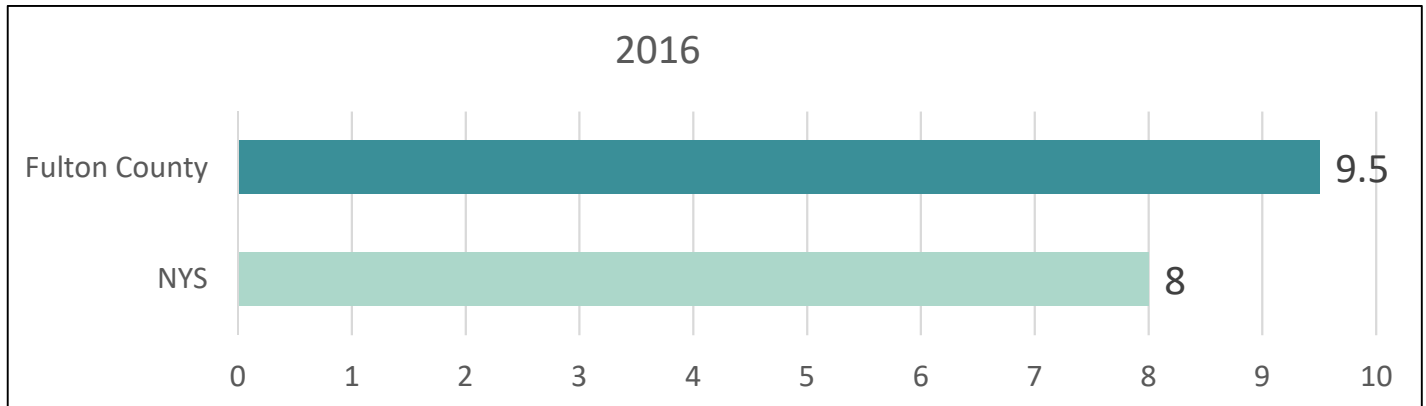
Percentage of Children in Single Parent Households, American Community Survey



Fulton County's percentage is higher than New York State and United States.

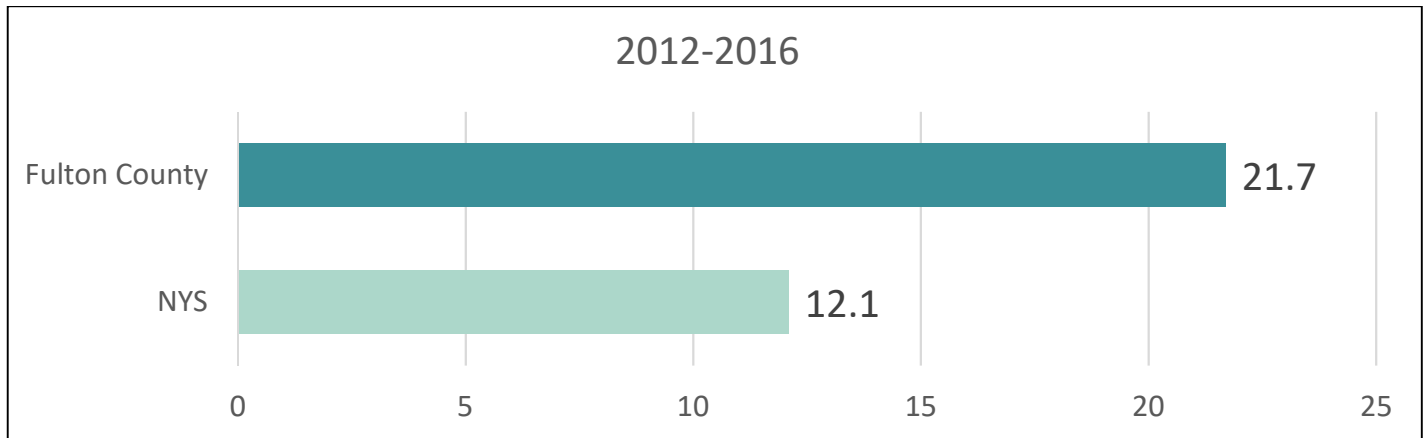
SOCIAL ASSOCIATIONS:

Social Associations (Number of Membership Associations) per 10,000 Population, County Health Rankings



Fulton County's number is higher than New York State.

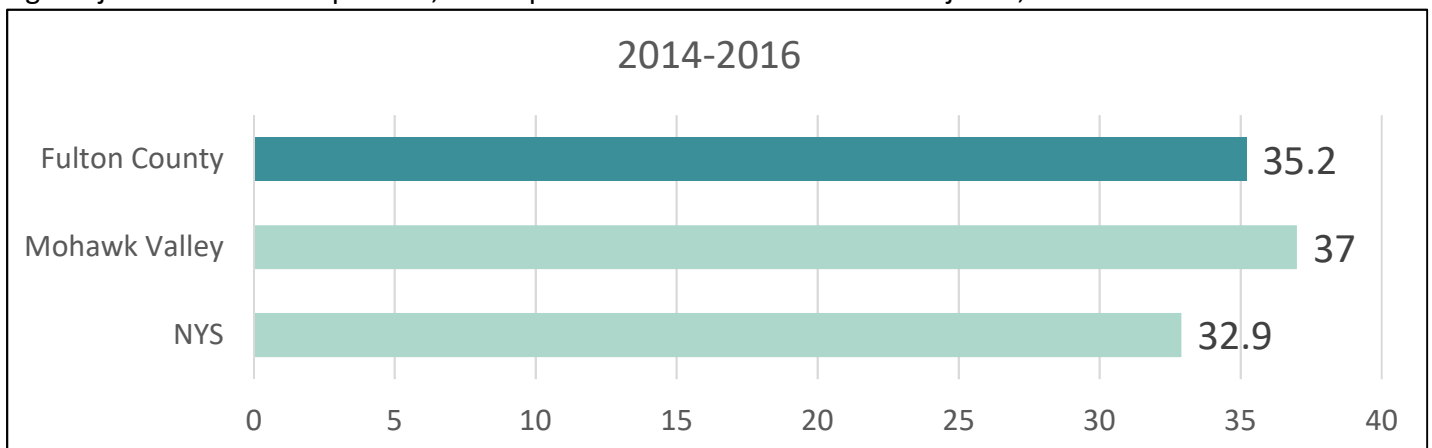
Percentage of Disconnected Youths Ages 16-24 who are Not Employed nor in School, Measure of America



Fulton County's percentage is higher than New York State.

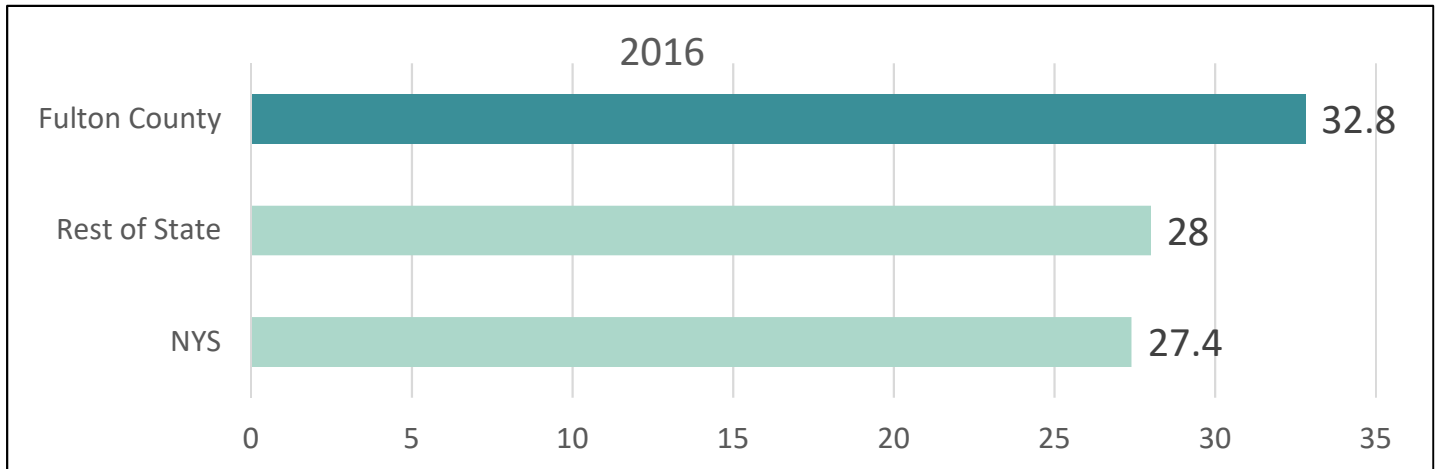
UNINTENTIONAL INJURIES AND INJURY DEATHS:

Age-adjusted Death rate per 100,000 Population due to Unintentional Injuries, NYS Vital Statistics



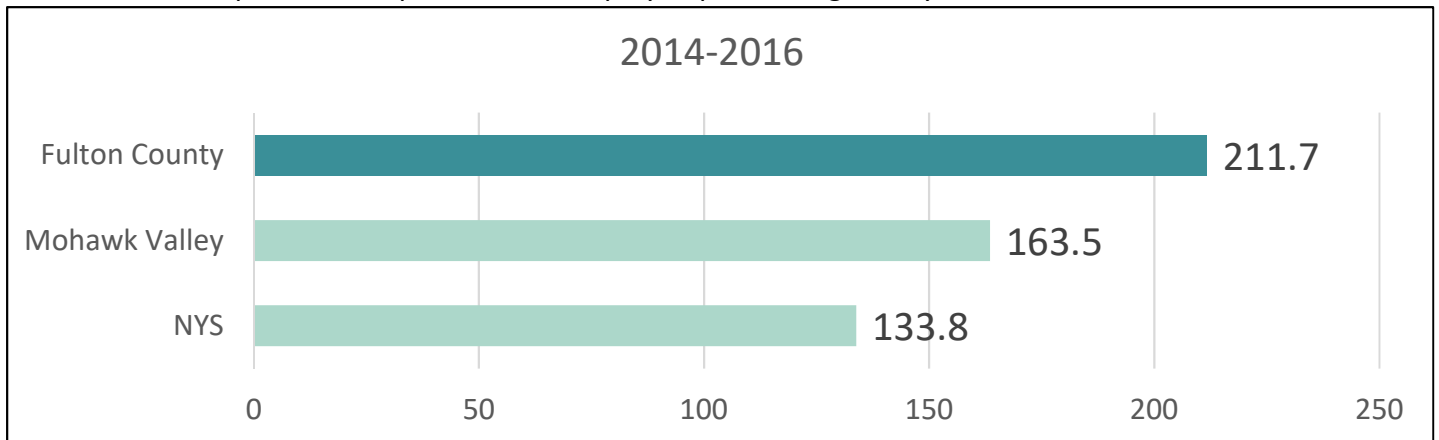
Fulton County's number is higher than New York State and lower than the Mohawk Valley region.

Percentage of Adults Aged 65+ with at Least One Fall in the Past 12 Months, NYS expanded BRFSS



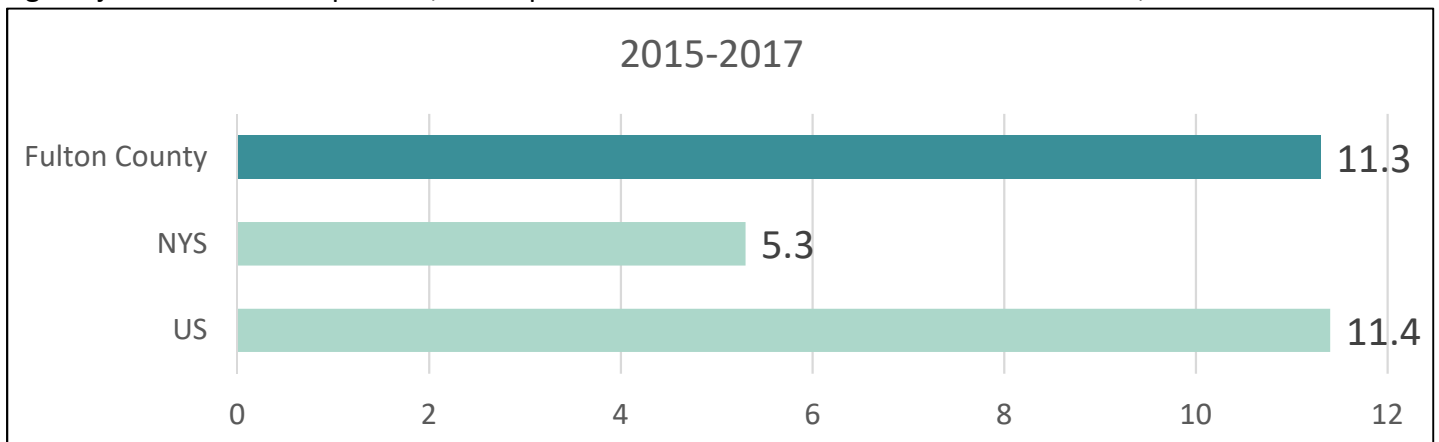
Fulton County's percentage is higher than the rest of state and New York State.

Work related Hospitalizations per 100,000 employed persons Aged 16 yrs. and older, NYS SPARCS



Fulton County's rate is higher than the Mohawk Valley and New York State.

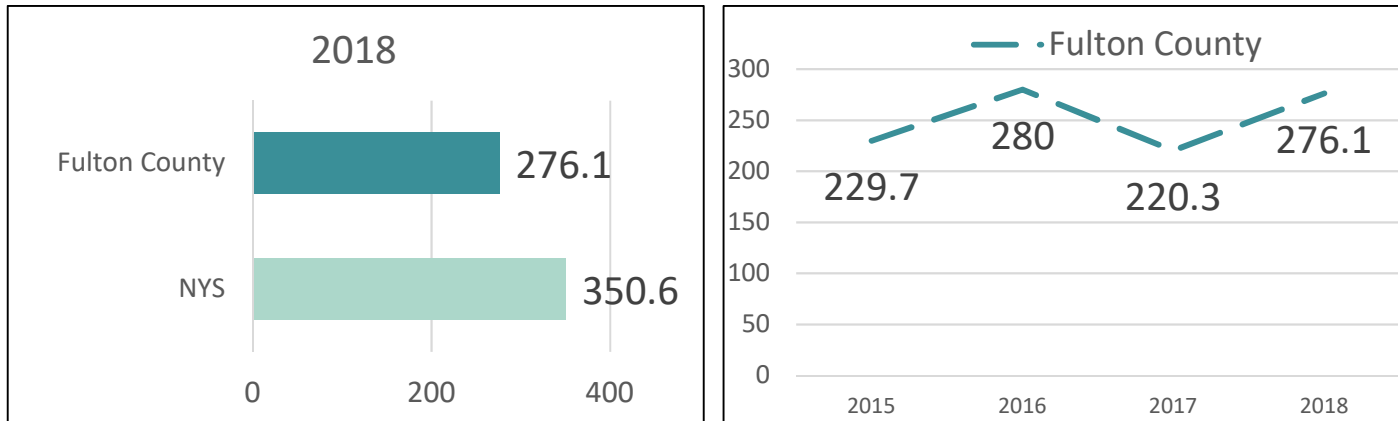
Age-adjusted Death rate per 100,000 Population due to Motor Vehicle Traffic Collisions, NYS Vital Statistics



Fulton County's rate is higher than New York State and similar to the United States.

VIOLENT CRIME:

Violent Crime rate per 100,000 Population, NYS Division of Criminal Justice Service



The violent crime indicator includes four offenses: murder and non-negligent manslaughter, rape, robbery and aggravated assault. Fulton County's rate is lower than New York State.

d) Policy Environment:

According to the Centers for Disease Control and Prevention, "policy interventions are particularly valuable because they are systems-based and can affect population by changing the context in which individuals take action or make decisions." Below are some of the systems-based policy changes and programs in Fulton County.

FLUORIDATION:

The Department of Health and Human Services, the Surgeon General, and the Community Preventive Services Task Force recommend fluoridation, since fluoride has been found to prevent tooth decay. The fluoridation of community waters has also been found to be the most cost-effective method for diminish tooth decay. According to the New York State Department of Health's Prevention Agenda dashboard, in 2017 (55.9) percent of residents served by community water systems have optimally fluoridated water.

TOBACCO FREE POLICIES:

Under New York Law, smoking and vaping are prohibited at all state parks, playgrounds, hospitals, and health care facilities. The New York State Department of Health has continued to grant fund Catholic Charities of Fulton and Montgomery to work on tobacco free policies in Fulton, Hamilton, and Montgomery counties. One of their projects is smoke free multi-unit housing. The following buildings in Fulton County have policies: the Gloversville Housing Authority and Trackside Homes in Johnstown.

Another project focuses on smoke free outdoor areas such as; parks, playgrounds, athletic fields and beaches. Tobaccofreenys.org has a list of the following parks in Fulton County that are 100% tobacco free: the village of Broadalbin, the towns of Broadalbin and Ephratah, and the city of Gloversville.

e) Other Unique Characteristics of the Community that Contributes to Health Status:

RECREATIONAL ASSETS:

According to Fulton County, NY's website, Fulton County is home to 44 lakes for fishing and 74,832 acres of wild forest for hunting. Hiking and mountain biking trails are in the Adirondack Park. The Powley-Piseco Road is described as one of the best seasonal roads in the Adirondacks and 8 miles of this trail are in Fulton County. Other biking opportunities exist on the FJ&G Rail Trail with two sections: Johnstown at Union Avenue traveling north to Dennie's Crossing, Gloversville and Vail Mills to the village of Broadalbin. The FJ&G Rail Trail is a paved trail for biking, running, and walking.

Fulton County has its own downhill ski facility, Royal Mountain, which features snowmaking and speedy chair lift lines. There are 13 trails ranging from easy to very difficult and a terrain park. Lapland Lake Nordic Vacation Center in Northville/Benson, a cross-country ski facility, is one of the best in the country. There are 50 kilometers of scenic ski and snowshoe trails here surrounded by the pristine southern Adirondack Park. The Rockwood State Forest is a popular cross-country ski destination.

THE PAUL NIGRA CENTER FOR CREATIVE ARTS:

The Paul Nigra Center for Creative Arts provides classes, entertainment, exhibitions, special events and a creative education resource for people of all ages and abilities. It is committed to offering accessible art programs for adults and children with developmental and physical differences.

3. COMMUNITY ASSETS AND RESOURCES

ASSETS:

- Nathan Littauer Hospital and Fulton County Public Health are participating partners in Adirondack Health Institute's Performing Provider System (AHI PPS) through the Delivery System Reform Incentive Payment (DSRIP) program. DSRIP's purpose is to restructure the health care delivery system by reinvesting in the Medicaid program. AHI PPS includes providers and community based organizations from Clinton, Essex, Franklin, Fulton, Hamilton, Saratoga, St. Lawrence, Warren and Washington counties. AHI PPS has 11 projects from New York State approved list organized by three domains: system transformation, clinical improvement, and population health.
- Catholic Charities of Fulton and Montgomery Counties provides a various services to the community such as; domestic violence/crime victims services, substance use prevention, tobacco control, food pantry, and emergency assistance.
- Fulmont Community Action Agency's mission is to improve and expand human services and programs in order to promote self-sufficiency and improve the quality of life of the socially and economically disadvantaged, as well as provide services to promote economic efficiency and stability in Fulton, Montgomery, and surrounding counties.
- Fulton County Office for the Aging provides services and programs to assist people to live independently.
- Fulton, Montgomery and Schenectady Cancer Services Program can assist in improving cancer screening rates (preventive care & management). Their services include client reminders for enrolled

clients, group education, one-on-one education, reducing structural barriers, and reducing client out-of-pocket-costs.

- HealthLink Littauer is Nathan Littauer Hospital’s wellness education and resource center. HealthLink’s offers a wide variety of programs and chosen based on the interests and needs of the community.
- National Alliance on Mental Illness (NAMI) for Montgomery, Fulton & Hamilton Counties is a nonprofit that provides educational courses for parents, loved ones, caregivers, mental health professionals, and those with mental health disorders. These courses educate people and help them to develop skills on how to care and manage mental health disorders.
- New York State Department of Health prioritizes the significant health needs of all communities across the state through the Prevention Agenda. According to the New York State Department of Health website “the Prevention Agenda 2019-2024 is New York State’s health improvement plan, the blueprint for state and local action to improve the health and well-being of all New Yorkers and to promote health equity in all populations who experience disparities. In partnership with more than 100 organizations across the state, the Prevention Agenda is updated by the New York State Public Health and Health Planning Council at the request of the Department of Health. This is the third cycle for this statewide initiative that started in 2008. New to this 2019-2024 cycle is the incorporation of a Health Across All Policies approach, initiated in 2017, which calls on all State agencies to identify and strengthen the ways that their policies and programs can have a positive impact on health. It embraces Healthy Aging to support New York's commitment as the first age-friendly state.”
- The ARC Lexington provides services and supports in Fulton and Albany Counties to approximately 1,000 children and adults with intellectual and developmental disabilities, including autism, mental illness, cerebral palsy, physical disabilities, epilepsy, and traumatic brain injuries.

RESOURCES:

- ADK Wellness Connections is a network of community, social service, and health care providers working together to make it easier for the public to find and get connected to the resources they need to live a healthy life.
- Eldercare Locator, a public service of the U.S. Administration on Aging connects individuals to services for older adults and their families on the web. Eldercare also has a toll free number 1-800-677-1116.
- New York State Office of Alcoholism and Substance Abuse Services’ (OASAS) website has a treatment provider directory search, bed availability dashboard, gambling treatment and prevention, developmental disability services, and resources for providers of clinical screening and assessment services for impaired driving offender
- NY Connects Resource Directory helps individuals connect to services and supports, such as health care, basic needs, consumer services, education, environment and public safety, income support and

employment, individual and family life, mental health and substance abuse, organizational/community/international services, and criminal justice and legal services. Individuals can also browse by target populations. NY Connects serves individuals who have specific disabilities, medical diagnoses, ethnic backgrounds, national origins, family relationships, income levels, religious affiliations, special problems or considerations, or other targeted characteristics.

- Fulton County has a directory of local services available on their website at fultoncountyny.gov.
- Overdose Detection Mapping Application Program (ODMAP) is a surveillance program that maps overdose data with the goal of increasing public safety and public health interventions for increases or hotspots of overdoses. With the data, public health officials can better allocate resources and initiate preventive programs to help decrease the incidences of overdoses.
- United Way's 2-1-1 is an easy-to-remember toll free telephone number with confidential community referral that connects callers with community based resources providing food, shelter, rent assistance, clothing, childcare options and other types of community assistance. Trained referral specialists are available to help individuals. 2-1-1 Resources are also available on the web.

4. PRIOR TOPICS FROM PRECEDING COMMUNITY HEALTH ASSESSMENT

Following a Community Health Needs Assessment (CHNA), a three year Community Service Plan (2016-2019) was developed. The following priorities identified for action for the 2016-2019 time period were:

- To “increase access to high quality chronic disease preventive care and management in both clinical and community settings in regards to colorectal cancer” and
- To “increase the proportion of NYS babies who are breastfed.”

As described under each priority is a summary of the area of focus and progress made, as well as the challenges encountered.

Priority #1- Increase access to high-quality chronic disease preventive care and management in both clinical and community settings in regards to colorectal cancer, specifically to increase the percentage of adults aged 50-75 years who received a colorectal cancer screening by 5%. By improving colorectal cancer awareness and screening more people, we will be addressing an identified disparity: access to care.

According to the Centers for Disease Control and Prevention (CDC), lifestyle factors that may contribute to an increased risk of colorectal cancer include – lack of regular physical activity, a diet low in fruit and vegetables, a low-fiber diet, being overweight and obesity, alcohol consumption, and tobacco use.

Accomplishments:

- Littauer Primary Care Centers (PCC) continued efforts to identify those at risk for colorectal cancer and encourage those who meet the criteria to be screened.
- The Primary Care staff are trained to offer alternative screening processes for those patients who choose not to have the recommended colonoscopy.

- Transportation vouchers are now available to patients who would otherwise face the barrier of accessing care.
- HealthLink Littauer offered six evidence based self-management programs in 2018 to teach community members how to manage their own care, improve communication skills, increase their activity level and improve their nutritional status to live a healthier life.
- HealthLink Littauer & Fulton County Public Health continue their efforts to increase community awareness of risk factors and the need for screening at health fairs, community and worksite wellness events, and through social media.
- On May 12, 2018, HealthLink Littauer hosted the second annual “Healthy Neighbor Event” in collaboration with New York Oncology Hematology. Attendance increased to over 75 farming family members (up from 50 in 2018) who were educated on cancer prevention and best practices. Doctors and Registered Nurses, Self-Management peer educators and ancillary staff were on site to answer questions and promote health literacy and communication.
- HealthLink Littauer continues to offer ongoing community health and wellness education and referrals, including cholesterol, glucose, blood pressure, and BMI screenings as well as programs and events to engage community members in increasing physical activity (Zumba and Zumba Gold, Gentle and Chair Yoga, and Tabata).
- Nathan Littauer Hospital’s Registered Dietitians provide outpatient nutrition counseling (as requested by provider) as well as nutrition specific community education programs which include the evidence-based weight management program CORE 4.
- Nathan Littauer Hospital in partnership with the NYS Cancer Services program offers breast, cervical and colorectal screening free of charge to uninsured and under insured community members.
- Nathan Littauer Hospital produced media campaigns including: “100 Reasons To Get A Mammogram” which ran in our local newspaper every day during the month of October in 2016, 2017, and 2018. Fulton County Public Health also completed social media campaigns during the month of October to promote breast cancer awareness and the importance of screening.

Challenges Include:

- Dedicating staff time to plan, implement, evaluate and track activities.
- Engagement of our target population – to accept the severity of the problem for our community and empowering each person to do something about their health such as; smoking cessation, weight management, and increasing physical activity, and participating in evidence-based educational programs.
- Access to training for research-based interventions is limited as is the monitoring/tracking/process strategies.
- Access to public transportation for community members to get to classes, events, and appointments with providers is limited.
- We have a large Medicaid population, which utilizes Medicaid transportation, which does not allow for transportation to educational events.
- Person support systems of patients are limited which prevents them from accessing care. For example, not being able to complete a colonoscopy because no one is available to monitor at home post-procedure.
- Weather is at times a challenge when we are planning outdoor events.

Priority #2- Promote healthy women, infants and children, specifically focus on increasing the proportion of NYS babies who are breastfed. Infants who are breastfed are less likely to be obese, develop respiratory and gastrointestinal infections, have lower risks of childhood cancers, developing asthma, and have a lower risk of Sudden Unexpected Infant Death (SUID). Mothers also benefit from breastfeeding. Evidence shows that moms who breastfeed have a decreased risk of developing breast and ovarian cancer, they have less incidences of postpartum depression, osteoporosis, and they are more likely to return to their pre-pregnancy weight.

Accomplishments:

- Nathan Littauer Hospital continues to have one of the few, International Board Certified Lactation Consultants (IBCLC) in the region. The number of patients seen by our IBCLC RN in 2018 was 197 year to date compared to 77 patients in 2017.
- As of October 2018, the percentage of moms who are exclusively breastfeeding is 55.6%, the year to date for 2018 is 60.9%. The percent of moms that breastfed at any point during their hospital stay is 69%. The supplementation rate year to date, has gone down from 15% in 2017 to 8.2% in 2018.
- Nathan Littauer Hospital continues to increase access to care for breastfeeding moms by facilitating breastfeeding support groups in different cities within our service area on different days of the week. In 2018 we were able to establish a working relationship with a local business (Mohawk Harvest Co-op) that will extend hours to us in 2019 to host at their location. Our support groups all encourage peer on peer support and education.
- Nathan Littauer Hospital was able to secure funding to continue the distribution of a baby box to every baby born at our hospital. According to some studies, baby boxes are proven to decrease the rate of Sudden Unexpected Infant Death (SUID). Each baby box contains supplies and educational material including access to Baby Box University which supports safe sleeping and breastfeeding efforts. New in 2018, Nathan Littauer Hospital became an official distribution center for baby boxes. This means all babies, no matter where they are born, will have access to a baby box should the parents so choose.
- Nathan Littauer Hospital celebrated World Breastfeeding Week in 2016, 2017, 2018, and 2019. On August 1, 2018 NLH celebrated World Breastfeeding Week to identify and promote educational messages on the benefits of breastfeeding for mother and baby. Social media was utilized to promote social norms and behaviors to promote positive attitudes towards breastfeeding. Providers were on hand to answer questions along with multiple community agencies, Fulton County Public Health, local law enforcement, EMS, and fireman. Our attendance grew from 100 community members in 2017 to 125 in 2018.
- Nathan Littauer Hospital's IBCLC has consulted with a local business, Townsend Leather, to promote the addition of a private and safe breastfeeding and pumping space on their campus. Nathan Littauer Hospital partnered with the Fonda Fair Board and supplied the equipment and services to construct a breastfeeding and pumping station on site for the week of the Fonda Fair. The administration of Nathan Littauer Hospital has also approved to increase the size of the breastfeeding and pumping station on the second floor of the hospital by 100% to increase access for our growing demand for space in our employee population and hospital visitors who are now choosing to breastfeed.
- Since January of 2017, one hundred percent of Nathan Littauer Hospital's maternity staff has completed the 20 hour module "10 Steps To Successful Breastfeeding." In 2018, this continues and 54% of our OB and pediatric providers have been trained.

- Nathan Littauer Hospital became a Milk Depot in 2017 and in 2018 we continue to be the only milk depot within 100 miles increasing access for local moms to drop off milk to be distributed to babies in need.
- Fulton County Public Health (FCPH) promotes breastfeeding at newborn home visits as well as sending informational packets to families of newborns that do not receive a visit from a FCPH RN. Their Health Educator developed a brochure that is distributed in the packet and at home visits.
- Challenge noted in 2017 was to increase the number of moms in the Medicaid population who were willing to breastfeed. Nathan Littauer Hospital added an RN to be stationed in our Women's Health Primary Care with the sole purpose to meet with expectant moms and their family for prenatal education in hopes of raising this number.

Challenges Include:

- Access to practical, research-based interventions.
- Access to monitor/track/process strategies.
- Recruitment of qualified staff in specialty areas.
- Storage of materials and the need to convert spaces are costly.
- The registration process was very extensive and time intensive to become and remain a milk depot.
- Fewer families are opting to have a home visit with FCPH RNs and Telehealth, which was a planned intervention, was not utilized due to the app not being completed.

C. COMMUNITY HEALTH IMPROVEMENT PLAN/COMMUNITY SERVICE PLAN

1. IDENTIFICATION OF PRIORITIES

According to the Adirondack Rural Health Network (ARHN)'s website, since 2002, ARHN has coordinated a multi-county, regional stakeholder committee to support community health planning and assessment, including capacity development, provision of decision-making resources/tools and leveraging collaborative partnerships/resources to address identified regional priorities. The priority identification process is determined by a community survey reviewed by the ARHN Community Health Assessment Committee.

The Community Health Assessment Committee is comprised of representatives from thirteen hospitals and local public health departments from seven counties who contract each year with ARHN/AHI for community health assessment services. Those committee members include Adirondack Health, Clinton County Health Department, Essex County Public Health, Franklin County Public Health, Fulton County Public Health, Glens Falls Hospital, Hamilton County Public Health, Nathan Littauer Hospital & Nursing Home, University of Vermont Health Network – Alice Hyde Medical Center, University of Vermont Health Network – Champlain Valley Physicians Hospital, University of Vermont Health Network – Elizabethtown Community Hospital, Warren County Health Services and Washington County Health Services.

At the June 15, 2018 CHA meeting, it was decided that an Ad Hoc Data Sub-Committee would be created to review tools and processes used by CHA Committee members to develop their Community Health Assessments/ Community Health Needs Assessments, as well as identify ways to enhance the Community Health Improvement Plans/Community Service Plans process. A primary activity of the Ad Hoc Data Sub-Committee was to collaboratively develop a key informant survey.

The survey was drafted by the Ad Hoc Data Sub-Committee. ARHN surveyed key informants in the seven-county service area, to provide the CHA Committee with input on regional health care needs and priorities. The survey was developed through SurveyMonkey and included 14 community health questions, as well as several demographic questions. The CHA Committee provided a list of health care, social service, education, government, and service providers by county to be surveyed.

The collected distribution list totaled 807 key informants. An initial email was sent to the community stakeholders in early January 2019 by the CHA Committee partners, introducing and providing a web-based link to the survey. A follow-up email was sent by ARHN staff approximately two weeks later after the initial reach out. CHA Committee members were provided the names of all non-respondents for additional follow-up, at partner discretion. The survey requested that key informants identify the top two New York State Prevention Agenda priority areas from a list of five. Key informants also gave insight on what they felt were the top health concerns and what contributing factors were most influential for those specific health concerns.

To analyze the chosen priority areas, responses were totaled by county and the priority area that received the most responses is listed as the First Choice, followed by the second most responses listed as Second Choice. Fulton County informants identified Promote Well-Being and Prevent Mental and Substance Use Disorders as their top priority and Prevent Chronic Disease as their second choice.

After reviewing the survey results and determining their ability to impact the focus areas, Nathan Littauer Hospital and Fulton County Public Health Department selected the priority areas of Prevent Chronic Disease with a focus area of Preventive Care and Management, and Prevent Communicable Diseases with a focus area of Antimicrobial Resistance and Healthcare-Associated Infections for their 2019-2021 service plans.

While Promote Well-Being and Prevent Mental and Substance Use Disorders was not selected as a top priority, the priority is addressed through multiple sectors.

- HFM Prevention Council's mission is to increase the health and wellness in Hamilton, Fulton and Montgomery Counties by preventing and reducing addiction disorders through education, recovery supports, supportive housing, and community outreach.
- St. Mary's Healthcare provides outpatient substance use disorder clinics in Amsterdam and Gloversville. These clinics provide a range of services including evaluation services and individual, group, and family counseling and a range of medications, including Suboxone. Treatment of withdrawal from opiates is provided on an outpatient basis at the clinic locations listed above. St. Mary's operates a Methadone Maintenance Treatment Program at clinic in Amsterdam. This program combines the daily administration of methadone with counseling services to assist individuals in overcoming addiction to heroin and other opiates. In addition, St Joseph's Hall, 14 bed unit, offers intensive residential treatment of addiction with a variable length of stay.
- HealthLink Littauer offers Chronic Pain and Chronic Disease Self-Management in the Preventive Care and Management interventions which improves well-being.

2. PRIORITY ACTION PLAN

NYS Prevention Agenda Priority: Prevent Chronic Diseases

Focus Area 4: Preventive Care and Management

Goal: In the community setting, improve self-management skills for individuals with chronic diseases, including asthma, arthritis, cardiovascular disease, diabetes, prediabetes and obesity

Objectives: By December 31, 2021, increase the percentage of adults with arthritis, asthma, cardiovascular disease and diabetes who have taken a course or class to learn how to manage their condition.

Health Disparity Focus Area: Rural residents -access to care due to limited options for public transportation and high expense of cabs. Limited access for healthy food and childcare.

Interventions	Process Measures	Partner Roles and Resources
<ul style="list-style-type: none"> Expand access to evidence-based self-management interventions for individuals with arthritis, asthma, cardiovascular disease and diabetes 	<ul style="list-style-type: none"> Number of workshops delivered Number of participants who complete 4 of the 6 sessions Number of sites/counties where workshops are delivered 	<p>Fulton County Public Health</p> <ul style="list-style-type: none"> Utilizes social media and printed materials to educate to the public on classes Make referrals as appropriate Secures workshop materials for evidence-based classes Convenes quarterly public health advisory meeting to review progress and action planning <p>Nathan Littauer Hospital</p> <ul style="list-style-type: none"> Referrals from Clinicians Number of certified peer leaders will increase in order to offer two additional Chronic Disease Self-Management Programs, Diabetes Self-Management Programs and three additional Chronic Self-Management Programs Chronic Disease Self-Management Program will be offered in Hamilton County Funding will be secured to train two staff in other evidence-based programs: Healthy Eating Every Day and Active Living Every Day. Two additional staff will be trained to deliver the evidence-based smoking cessation program, Butts Stops Here. Walk with Ease will begin in 2020 <p>Johnstown and Gloversville Senior Centers</p> <ul style="list-style-type: none"> Provides free community space for the delivery of workshops <p>The ARC Lexington</p> <ul style="list-style-type: none"> Provides free community space for the delivery of workshops Promotes workshops and helps to recruit participants <p>St. Johns Episcopal Church</p> <ul style="list-style-type: none"> Provides free community space for the delivery of workshops Promotes workshops on social media <p>Hamilton, Fulton & Montgomery Prevention Council</p> <ul style="list-style-type: none"> Promotes workshops during ASSAP's and Promise Coalition meetings

NYS Prevention Agenda Priority: Prevent Communicable Diseases**Focus Area 5: Antimicrobial Resistance and Healthcare-Associated Infections****Goal:** Reduce inappropriate antibiotic use**Objectives:** By December 31, 2021, increase the proportion of community members who are educated on inappropriate antibiotic use by 5% to reduce potentially avoidable antibiotic prescribing rates.**Health Disparity Focus Area:** Low socioeconomic status rural residents

Interventions	Process Measures	Partner Roles and Resources
<ul style="list-style-type: none"> Conduct an educational campaign for the public on antimicrobial resistance and appropriate antibiotic use Healthcare clinician education and public health detailing to prescribers 	<ul style="list-style-type: none"> Number of community members encountered Number of healthcare clinicians encountered Number of printed materials produced and distributed Number of classes offered in the community on antibiotic resistance 	<p>Fulton County Public Health</p> <ul style="list-style-type: none"> Distributes education materials through mailings Utilizes social media to educate to the public on appropriate antibiotic use Outreach to business, schools, and faith based organizations to educate their employees through speaking engagements and wellness events Public health detailing to clinicians on prescribing Convenes quarterly public health advisory meeting to review progress and action planning <p>Nathan Littauer Hospital</p> <ul style="list-style-type: none"> Develops and prints educational materials Utilizes social media to educate to the patients on appropriate antibiotic use through community education department Outreach to business, schools, and faith based organizations to educate their employees through speaking engagements and wellness events

3. STAKEHOLDER ENGAGEMENT

Over the next three years, Fulton County Public Health Department and Nathan Littauer Hospital will collaborate with their partners on each focus area and yearly updates will be made publicly on their websites. Each organization will also engage stakeholders through press releases related to their selected priorities as well as through regular convening of committees working on the priority selections. If necessary, mid-course corrections will be documented through the New York State Department of Health's yearly tracking report.

4. PLAN DISSEMINATION

2019 Community Health Needs Assessment and the combined Community Service Plan/Community Health Improvement Plan will be posted on the websites of Fulton County Public Health Department and Nathan Littauer Hospital. Key Informants involved with priority selection and NYS Prevention Agenda activities will be emailed a copy of the combined plan. Hard copies of the combined plan will be made available to the community upon request.