

# Tioga County, New York Community Health Assessment

---

2025 - 2030

# Acknowledgements

This assessment would not have been possible without the support and participation of many key Tioga County partners. From data review and statistical analysis to survey distribution, this project's success was due to the diligence and dedication of many individuals.

## Project Staff

Laura Bennett, Senior Public Health Educator  
Cristin Hickey, Public Health Educator  
Kylie Holochak, Public Health Project Coordinator  
Vandya Kamagere, Seasonal Public Health Educator  
Susan Medina, Deputy Director of Public Health  
Kristin Russell, Public Health Educator  
Katie Wait, Public Health Educator

## Key Informants

Sarah Begeal, Tioga County Mental Hygiene  
Laura Bennett, Tioga County Public Health  
Nick Cecconi, GetThere  
Corinne Cornelius, Tioga County Office of Emergency Services  
Louise Dorsey, Tioga County Public Health  
Dr. Julia Hunter, United Health Services  
Elaine Jardine, Tioga County Economic Development and Planning  
Amanda Kushner, Tioga Opportunities, Inc.  
Amy Lord, United Health Services  
Porshea Moore, Tioga County Mental Hygiene  
Sister Mary O'Brien, Tioga County Rural Ministry  
Christine Shaver, Tioga Opportunities, Inc.  
Dr. James Skiff, United Health Services  
Sophia Torres, Cornell Cooperative Extension  
Wendy Walsh, Tioga County Soil & Water  
Nicole Whitmore, Tioga County Public Health  
Robert Williams, Tioga County Public Safety/Coroner's Office

## Supporting Agencies

CASA-Trinity  
Catholic Charities of Tioga County  
Cornell Cooperative Extension of Tioga County  
Family Resource Center of Tioga County  
HealtheConnections  
Newark Valley Community Connection  
Open Door Mission Food Pantry  
Racker Center  
Spencer Van Etten Community Food Cupboard  
Tioga Central School District  
Tioga County Agricultural Society  
Tioga County ASAP Coalition  
Tioga County Mental Hygiene  
Tioga County Public Health  
Tioga County Department of Social Services  
Tioga County Information Technology & GIS  
Tioga County Rural Ministry  
Tioga Opportunities, Inc.  
Tioga Theater  
United Health Services (UHS)  
Valley Food Pantry

Cover Photo: Waverly Glen State Park,  
Photos found throughout the document are used with permission from the Owego Pennysaver.

# Message from the Public Health Director

On behalf of Tioga County Public Health, I am proud to present the 2025–2030 Tioga County Community Health Assessment. This document reflects the collective effort of our department, local agencies, community partners, and residents who contributed their time, insights, and experiences to help us better understand the health needs of our county.

The findings outlined here provide a clear picture of both our strengths and the challenges we face. Tioga County excels in areas such as cancer screenings and physical activity, yet we continue to confront pressing concerns, including cardiovascular disease, obesity, mental health, and limited access to specialty care. Environmental factors such as flooding, radon exposure, and vector-borne diseases further highlight the importance of resilience and preparedness in protecting community health.

This assessment is more than a report—it is a roadmap. It will guide the development of the 2025–2030 Community Health Improvement Plan, ensuring that our strategies are data-driven, community-informed, and focused on equity. By working together, we can address health behaviors, strengthen access to care, and build a healthier future for all residents of Tioga County.

I extend my deepest gratitude to our internal team, the individuals and organizations who participated in surveys, interviews, and collaborative planning sessions. Your voices are at the heart of this assessment, and your commitment to improving health outcomes inspires our work every day.

As we move forward, Tioga County Public Health remains dedicated to fostering partnerships, promoting prevention, and advancing initiatives that support the well-being of every resident. Together, we can create lasting change and ensure that Tioga County is a place where all people have the opportunity to live healthy, fulfilling lives.

*Heather Vroman*

Heather Vroman, MPH, MEd.  
Public Health Director  
Tioga County Public Health

# Table of Contents

3.....	Message from the Public Health Director
5 .....	Executive Summary
7 .....	Health Report Card
13 .....	Key Terms
15 .....	Community Profile
27 .....	Health Behaviors
28 .....	Health Behaviors: Physical Activity
30 .....	Health Behaviors: Nutrition
32 .....	Health Behaviors: Substance Use
34 .....	Health Behaviors: Communicable Disease
36 .....	Health Behaviors: Cancer Screening
38 .....	Health Behaviors: Maternal & Child Health
40 .....	Health Behaviors: Traffic Safety
43 .....	Health Outcomes
44 .....	Health Outcomes: Maternal & Child Health
46 .....	Health Outcomes: Chronic Diseases
48 .....	Health Outcomes: Cancer
50 .....	Health Outcomes: Laboratory -Confirmed Diseases
52 .....	Health Outcomes: Mental Health & Well-Being
54 .....	Health Outcomes: Injuries
56 .....	Health Outcomes: Leading Causes of Death
59 .....	Physical Environment
60 .....	Physical Environment: Outdoor Environment
62 .....	Physical Environment: Zoonotic Diseases
64 .....	Physical Environment: Community Infrastructure
67 .....	Access to Services
68 .....	Access: Transportation
70 .....	Access To Care: Medical
72 .....	Access To Care: Dental
74 .....	Access To Care: Mental Health
76 .....	Access: Food
79 .....	Areas of Special Interest
80 .....	Lack of Providers in Tioga County
81 .....	Mental Health & Well-Being
82 .....	Healthcare Providers and Mental Health
83 .....	Child & Adolescent Health
84 .....	Climate & Health
85 .....	Community Assets
93 .....	Source Summary
97 .....	Appendix



# Executive Summary

Tioga County Public Health developed the 2025 - 2030 Tioga County Community Health Assessment in collaboration with various local agencies within or that serve Tioga County. The findings of this assessment will assist community leaders and organizations in identifying priorities and strategies to address health behaviors, thereby improving health outcomes. Furthermore, this assessment will lead to the collective development and implementation of the 2025 - 2030 Community Health Improvement Plan for Tioga County.

## Community Profile

Tioga County is situated in the Southern Tier of New York State. The latest Census records a population of 48,455, of which 94.2% are White (not Hispanic or Latino), 2.1% are Hispanic or Latino, 1.4% are Two or more Races, 1.1% are Black or African American, 0.9% are Asian, and 0.3% are American Indian. The median age in Tioga County in 2020 was 44.8 years. Families are changing; more people are living alone, and nonfamily households are increasing. While median household income has increased, the percentage of families below the poverty level has also increased.

## Health Behaviors

One of the health behaviors among Tioga County residents that is higher than the New York State average is adult binge drinking in the past month (18.8%), according to the 2019-2024 New York State Prevention Agenda data. Additionally, cigarette smoking rates are also concerning, with 21.5% of adults reporting cigarette use. Only 64.5% of children aged 24-35 months have completed the 4:3:1:3:3:1:4 vaccine series, and only 19.9% have completed the Human Papillomavirus (HPV) vaccine series by age 13. On a positive note, Tioga County is excelling in cancer screenings. 88.9% of women ages 21 – 65 received cervical cancer screenings, 81.8% of women ages 50 – 74 received breast cancer screenings based on recent guidelines, and 79% of adults ages 50 – 64 received colorectal cancer screenings. Leisure-time physical activity rates are higher among adults (79.3%), adults with disabilities (63.8%), and adults 65+ years (76%), all of which exceed the state averages.

## Health Outcomes

According to the 2019-2024 New York State Prevention Agenda data, adult obesity rates in Tioga County are significantly higher (37.2%) than the New York State average (29.1%), along with the prevalence of cardiovascular disease (12.8% versus 7.4%). Lyme disease incidence rate (157.9 per 100,000) is also significantly higher than the state average. The leading causes of death in the years 2020, 2021, and 2022 were heart disease, cancer, and COVID-19. Lastly, Tioga County's infant mortality rate (2.0 per 1,000 live births) and maternal mortality rate (0 per 100,000) are lower than the state average.

## Physical Environment

Tioga County experiences extreme weather events, including significant precipitation and frigid/hot temperatures. Notably, since 2017, Tioga County has been included in 21 Federal Emergency Management Agency (FEMA) declarations for severe storm-related disasters. Residents have access to 3,692 acres of state forests and 12 parks throughout the county. Human-animal interaction is especially notable, with the rate of animal bite reports from both domestic and wild animals, as well as vector-borne diseases (ticks, mosquitoes), increasing. Tioga County has some of the highest average radon levels in homes in the entire state. Tioga County also has an older housing stock, with over 31% of homes being built before 1950, which can lead to many issues, including costly upkeep and potential lead exposure in many of our homes.

# Executive Summary

## Access to Care

Multiple hospitals are within a 30-minute drive for residents. Nearly 95% of Tioga County adults have health insurance. With access to numerous primary care providers throughout the county, it's not surprising that over 75% utilize a provider within the county. Over 46% of residents report having a dental provider within the county, while the remaining travel outside of the county for dental care or do not have a dental provider. Residents report mental health concerns and access to quality providers as top health concerns, with data to support an increase in self-reported poor mental health status.

## Areas of Special Interest

Tioga County faces a significant shortage of specialty healthcare providers, which limits residents' access to essential medical services. According to the Health Resources and Services Administration (HRSA), Tioga County is designated as a Health Professional Shortage Area (HPSA) for both primary and specialty care. With no hospital within its borders, neighboring counties provide for specialty services such as cardiology, endocrinology, and oncology. This geographic and provider gap contributes to longer wait times, increased travel burdens, and delayed diagnoses for residents—particularly impacting low-income and elderly populations who may lack reliable transportation.

Mental health remains a growing concern across all age groups in Tioga County, from youth to adults. The significant shortage of mental health care providers limits timely access to care and exacerbates existing challenges. Alarming, the rate of self-inflicted injury hospitalizations among adolescents aged 15–19 has risen to 16.1 per 10,000, surpassing the New York State average. This trend underscores the urgent need for expanded mental health services, early intervention programs, and community-based support to address the escalating mental health crisis.

Child and adolescent health remains a critical concern, particularly in relation to obesity. The childhood obesity rate of 23.3% is notably higher than the New York State average of 20.6%. Among younger children ages 2 to 4 enrolled in the Women, Infants, and Children (WIC) program, the obesity rate is also elevated at 16.9%. These figures highlight the urgent need for targeted prevention and intervention strategies to promote healthier lifestyles and long-term well-being for Tioga County's youth.

Tioga County is increasingly vulnerable to the impacts of weather and climate change, which heighten the risk of natural disasters and zoonotic disease events. More frequent and intense rainfall has led to increased flooding along the Susquehanna River and its tributaries, damaging infrastructure and displacing residents. These flood events can contaminate water supplies and create breeding grounds for disease-carrying vectors, such as mosquitoes and ticks. Additionally, warmer temperatures have impacted the life cycle of ticks, contributing to a rise in Lyme disease and other tick-borne illnesses.



# Tioga County, NY Health Report Card

Key:

☑: Met the New York State Prevention Agenda objective

✘: Did not meet the New York State Prevention Agenda objective

**Suppressed:** Sample population too small to report

The Prevention Agenda 2019–2024 is New York State’s comprehensive health improvement plan, serving as a strategic framework for both state and local efforts to enhance the health and well-being of all New Yorkers and advance health equity among populations facing disparities. The Tioga County, NY Health Report Card provides a snapshot of key health indicators, highlighting how the county's performance compares to the goals outlined in the Prevention Agenda 2024.

## Improve Health Status and Reduce Health Disparities

Indicators	Prevention Agenda
Deaths that are premature (before 65 years) <sup>39</sup>	☑
Premature deaths (before age 65 years), differences in percentages between Black non-Hispanics and White non-Hispanics <sup>39</sup>	☑
Premature deaths (before 65 years), difference in percentages between Hispanics and White non-Hispanics <sup>39</sup>	☑
Potentially preventable hospitalizations among adults, age-adjusted rate per 10,000 <sup>8</sup>	☑
Potentially preventable hospitalizations among adults, difference in age-adjusted rates per 10,000 between Black non-Hispanics and White non-Hispanics <sup>8</sup>	Suppressed
Potentially preventable hospitalizations among adults, difference in age-adjusted rates per 10,000 between Hispanics and White non-Hispanics <sup>8</sup>	Suppressed
Adults with health insurance, age 18-64 years <sup>28</sup>	✘
Adults who have a regular health care provider, age-adjusted percentage <sup>26</sup>	☑

## Prevent Chronic Diseases

Indicators	Prevention Agenda
Children with obesity, among children aged 2-4 years participating in the WIC program <sup>45</sup>	✘
Children and adolescents with obesity (New York State outside New York City) <sup>64</sup>	✘
Adults with obesity <sup>26</sup>	✘
Adults with an annual household income less than \$25,000 with obesity <sup>26</sup>	✘
Adults with an annual household income less than \$25,000 who consume one or more sugary drinks per day <sup>26</sup>	Suppressed
Adults with an annual household income less than \$25,000 with perceived food insecurity <sup>26</sup>	Suppressed
Adults who participate in leisure-time physical activity <sup>26</sup>	☑
Adults with disabilities who participate in leisure-time physical activity <sup>26</sup>	☑
Adults who participate in leisure-time activity, aged 65+ years <sup>26</sup>	☑

# Tioga County, NY Health Report Card

Key:

☑: Met the New York State Prevention Agenda objective

✘: Did not meet the New York State Prevention Agenda objective

**Suppressed:** Sample population too small to report

Prevent Chronic Diseases (Continued)	
Indicators	Prevention Agenda
Prevalence of cigarette smoking among adults <sup>26</sup>	✘
Adults who smoke cigarettes among adults with income less than \$25,000 <sup>26</sup>	✘
Adults who receive a colorectal cancer screening based on the most recent guidelines, aged 50-64 years <sup>9</sup>	☑
Adults who had a test for high blood sugar or diabetes within the past 3 years, aged 45+ years <sup>26</sup>	✘
Adults with an annual household income less than \$25,000 who had a test for high blood sugar or diabetes within the past 3 years, aged 45+ years <sup>26</sup>	Suppressed
Asthma emergency department visits, rate per 10,000, aged 0-17 <sup>8</sup>	☑
Medicaid Managed Care members (aged 5-18) with persistent asthma medication ratio of 0.50 or greater <sup>65</sup>	Suppressed
Adults with hypertension who are currently taking medicine to manage their high blood pressure <sup>26</sup>	✘
Adults with chronic conditions (arthritis, asthma, CVD, diabetes, CKD, cancer) who have taken a course or class to learn how to manage their condition <sup>26</sup>	✘

Promote a Healthy and Safe Environment	
Indicator	Prevention Agenda
Hospitalizations due to falls among adults, rate per 10,000 population, aged 65+ <sup>3</sup>	✘
Assault-related hospitalizations, per 10,000 population <sup>3</sup>	Suppressed
Assault-related hospitalizations, ratio of rates between Black non-Hispanics and White non-Hispanics <sup>3</sup>	Suppressed
Assault-related hospitalizations, ratio of rates between Hispanics and White non-Hispanics <sup>3</sup>	Suppressed
Assault-related hospitalizations, ratio between low-income ZIP Codes and non-low-income ZIP Codes <sup>3</sup>	Suppressed
Firearm assault-related hospitalizations, rate per 10,000 population <sup>3</sup>	☑
Work-related emergency department (ED) visits, ratio of rates between Black non-Hispanics and White non-Hispanics <sup>3</sup>	Suppressed
Crash-related pedestrian fatalities, rate per 100,000 population <sup>66</sup>	☑
Population living in a certified Climate Smart Community <sup>29</sup>	✘
People who commute to work using alternate modes of transportation (e.g., public transportation, carpool, bike/walk) or who telecommute <sup>28</sup>	✘
Registered cooling towers in compliance with 10 NYCRR Subpart 4-1 (New York State outside New York City) <sup>30</sup>	✘



# Tioga County, NY Health Report Card

Key:

☑: Met the New York State Prevention Agenda objective

✘: Did not meet the New York State Prevention Agenda objective

**Suppressed:** Sample population too small to report

Promote Healthy Women, Infants, and Children	
Indicators	Prevention Agenda
Women with a preventative medical visit in the past year, aged 18-44 <sup>26</sup>	Suppressed
Women with a preventative medical visit in the past year, aged 45+ <sup>26</sup>	☑
Women who report ever talking with a health care provider about ways to prepare for a healthy pregnancy, aged 18-44 <sup>26</sup>	Suppressed
Maternal mortality, rate per 100,000 live births <sup>10</sup>	☑
Infant mortality, rate per 1,000 live births <sup>10</sup>	☑
Births that are preterm <sup>12</sup>	☑
Newborns with neonatal withdrawal syndrome and/or affected by maternal use of opioid or other substance (any diagnosis), crude rate per 1,000 newborn discharges <sup>9</sup>	Suppressed
Infants who are exclusively breastfed in the hospital among all infants <sup>12</sup>	☑
Infants who are exclusively breastfed in the hospital among Hispanic infants <sup>12</sup>	Suppressed
Infants who are exclusively breastfed in the hospital among Black non-Hispanic infants <sup>12</sup>	Suppressed
Infants supplemented with formula in the hospital among breastfed infants <sup>12</sup>	☑
WIC enrolled infants who are breastfed at 6 months <sup>46</sup>	Suppressed
Suicide mortality among youth, rate per 100,000, aged 15-19 years <sup>39</sup>	✘
Families participating in the Early Intervention Program who meet the state's standard <sup>67</sup>	☑
Residents served by community water systems that have optimally fluoridated water <sup>68</sup>	✘
Promote Well-Being and Prevent Mental and Substance Use Disorders	
Indicators	Prevention Agenda
Opportunity Index Score <sup>69</sup>	✘
Frequent mental distress during the past month among adults, age adjusted percentage <sup>26</sup>	✘
Economy Score <sup>69</sup>	☑
Community Score <sup>69</sup>	✘
Binge drinking during the past month among adults, age-adjusted percentage <sup>2</sup>	✘
Overdose deaths involving any opioids, age-adjusted rate per 100,000 population <sup>10</sup>	☑
Patients who received at least one buprenorphine prescription for opioid use disorder, age-adjusted per 100,000 population <sup>11</sup>	☑

# Tioga County, NY Health Report Card

Key:

☑: Met the New York State Prevention Agenda objective

✘: Did not meet the New York State Prevention Agenda objective

**Suppressed:** Sample population too small to report

## Promote Well-Being and Prevent Mental and Substance Use Disorders (Continued)

Indicators	Prevention Agenda
Opioid analgesic prescription, age-adjusted rate per 1,000 population <sup>11</sup>	☑
Emergency department visits (including outpatients and admitted patients) involving any opioid overdose, age-adjusted rate per 100,000 population <sup>8</sup>	☑
Adults who have experienced two or more adverse childhood experiences (ACEs) <sup>26</sup>	✘
Indicated reports of abuse/maltreatment, rate per 1,000 children, aged 0-17 years <sup>70</sup>	✘
Suicide mortality, age-adjusted rate per 100,000 population <sup>39</sup>	✘
Opportunity Index Score <sup>69</sup>	✘
Frequent mental distress during the past month among adults, age adjusted percentage <sup>26</sup>	✘
Economy Score <sup>69</sup>	☑
Community Score <sup>69</sup>	✘
Binge drinking during the past month among adults, age-adjusted percentage <sup>2</sup>	✘
Overdose deaths involving any opioids, age-adjusted rate per 100,000 population <sup>10</sup>	☑
Patients who received at least one buprenorphine prescription for opioid use disorder, age-adjusted per 100,000 population <sup>11</sup>	☑
Opioid analgesic prescription, age-adjusted rate per 1,000 population <sup>11</sup>	☑
Emergency department visits (including outpatients and admitted patients) involving any opioid overdose, age-adjusted rate per 100,000 population <sup>8</sup>	☑
Adults who have experienced two or more adverse childhood experiences (ACEs) <sup>26</sup>	✘
Indicated reports of abuse/maltreatment, rate per 1,000 children, aged 0-17 years <sup>70</sup>	✘
Suicide mortality, age-adjusted rate per 100,000 population <sup>39</sup>	✘

## Prevent Communicable Diseases

Indicators	Prevention Agenda
24-35-month-old children with the 4:3:1:3:3:1:4 immunization series <sup>6</sup>	✘
13-year-old adolescents with a complete HPV vaccine series <sup>6</sup>	✘
Newly diagnosed HIV cases, rate per 100,000 population <sup>71</sup>	☑
Gonorrhea diagnoses, age-adjusted rate per 100,000 population <sup>7</sup>	☑
Chlamydia diagnoses, age adjusted rate per 100,000 population <sup>7</sup>	☑
Early syphilis diagnoses, age-adjusted rate per 100,000 population <sup>7</sup>	☑

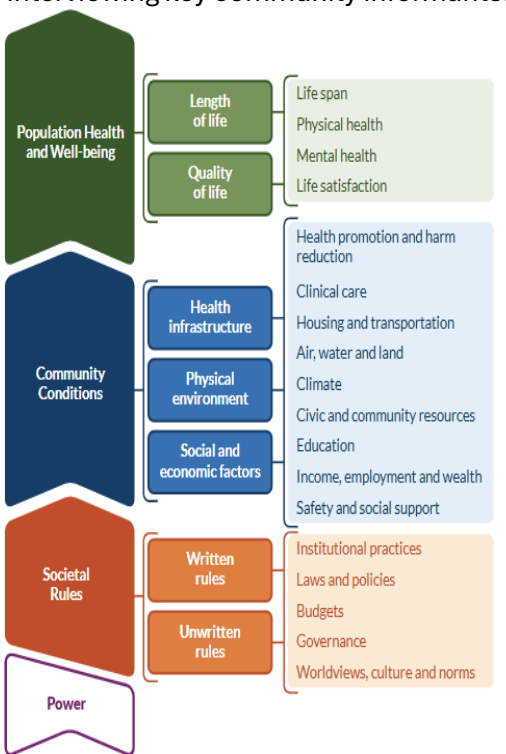
# Introduction to the 2025 Tioga County Community Health Assessment

## Process

Tioga County Public Health (TCPH) is the lead agency responsible for compiling the Tioga County Community Health Assessment, with input and support from various local agencies and organizations. The community health assessment process began in December 2024. An internal team was formed, and a planning document was created to outline the necessary steps.

The group set objectives and established a timeline for activities. Additionally, it was identified that more staff resources were needed. As a result, the position of Seasonal Public Health Educator was proposed for approval by the Tioga County Legislature. Following their approval, the position was successfully filled.

Tioga County Public Health utilized the Association for Community Health Improvement’s model for the assessment process and the University of Wisconsin Population Health Institute Model for Health framework for data collection. Key activities included data compilation and analysis, gathering community insights and experiences, and identifying and interviewing key community informants.



University of Wisconsin Population Health Institute Model of Health © 2023

Tioga County Public Health staff used various sources to compile secondary data measures and compared them with New York State and, as applicable, the New York State Prevention Agenda’s objectives. Primary data was obtained through a community survey and key informant interviews.

Community members actively engaged in the assessment process by participating in the “My Health Story” survey. Tioga County residents had multiple options for completing the survey, including an online version, a paper form, or verbally with a TCPH team member. To ensure a diverse demographic was reached, the survey was made available at various community organizations and events throughout the collection period. These included food pantries, community meal sites, and the Tioga County Fair, among others. A total of 949 surveys were completed, exceeding the target of 805 to constitute a valid survey.









To complement the framework of data measures, key informants were identified who could best provide firsthand experience of what they were observing from a “boots on the ground” perspective. A total of 15 key informant interviews were conducted and are incorporated throughout the assessment document.

All findings of the Tioga County Community Health Assessment were presented to multiple community sectors for review and discussion. Together, the sectors and Tioga County Public Health will formulate the Tioga County Community Health Improvement Plan, to be submitted to the New York State Department of Health by June of 2026.

# Tools for Understanding the Tioga County Community Health Assessment

This document was compiled and presented in a format to present health findings in an organized and concise manner. To do this, numerous data sources were utilized, and key measures were organized by topic or population. Data interpretation was defined by multiple means, including comparisons with New York State, excluding New York City, as available; trend patterns across previous years; and whether the data met the objectives established within the 2019-2024 New York State Prevention Agenda.

When reviewing this document, you will see the following icons, which are interpreted as indicated below:

Icon/Symbol	Meaning
	Compared with the most recent data, the current data indicates a trend upward toward desirable health behaviors or outcomes.
	Compared with the most recent data, the current data indicated an upward trend in concerning health behaviors or adverse health outcomes.
	Compared to the most recent available data, current figures indicate a decline in undesirable health behaviors or outcomes, suggesting progress toward improved overall health.
	Compared to the most recent available data, current data indicates a downward trend, reflecting a shift toward more concerning health behaviors or outcomes.
	Met or exceeded the New York State Prevention Agenda target.
	Did not meet the New York State Prevention Agenda target.
	Provided first-hand experiences and observations as shared by community key informants.
	Call to action icons to highlight important factors influencing community health outcomes.

## Limitations

Although every effort has been made to present the most current data available, limitations in data availability and source reliability may result in the inclusion of information more than 3 years old. Consequently, users must approach this data with a critical eye. When analyzing data, one should pay close attention to trend indicators, as they provide essential context to determine whether health metrics are trending positively or negatively over time.

Data sources often update measures on a time period different from that of the Tioga County Community Health Assessment. It is important to note that once the final document of the Tioga County Community Health Assessment for the 2025-2030 period is completed, it will not include these updated data measures. This means that any changes or improvements made to the data after the final document is released will not be included, potentially impacting the conclusions drawn from it.

# Key Terms

## **Adequate Prenatal Care**

Prenatal care started by the fourth month of pregnancy and includes attending 80% or more of the recommended visits.

## **Age-adjusted Rate**

A rate of morbidity or mortality in a population that is statistically modified to eliminate the effect of age differences in a population.

## **Behavioral Risk Factor Surveillance System (BRFSS)**

A telephone survey that collects data on health-related risk behaviors, chronic health conditions, and use of preventive services from U.S. residents 18 years of age and older.

## **Binge Drinking**

The consumption of an excessive amount of alcohol in a short period of time, typically defined as five or more drinks for men, or four or more drinks for women, within about two hours.

## **Birth Rate**

The total number of live births per 1,000 females in a population in a year.

## **Body Mass Index (BMI)**

A measure of body fat calculated from a person's weight and height.

## **Communicable Disease**

An illness caused by infectious agents—such as bacteria, viruses, or parasites—that can be spread from person to person, or through contact with contaminated surfaces, food, water, or vectors.

## **Food Insecurity**

The state of being without reliable access to enough affordable, nutritious food.

## **Morbidity**

A term used to refer to an illness or illnesses in a population.

## **Mortality**

A term used to refer to deaths in a population.

## **New York State Prevention Agenda**

A framework for local public health agencies, hospitals, government agencies, community-based organizations, health care providers, advocates, educators, policymakers, and other critical partners to promote action, maximize resources, and prioritize strategies that advance health.

## **Obesity**

A medical condition characterized by an excessive accumulation of body fat, typically defined by a body mass index (BMI) of 30 or higher.

## **Rate Per 100,000**

Rates put disease frequency into perspective relative to the size of the population. Rates are useful for comparing disease frequency across different locations, over time, or among groups with potentially different population sizes. While Tioga County has a population of 48,455, you will frequently see numbers expressed as rates per 100,000, which may make some numbers appear higher than they are. The rate is helpful for comparison with NYS averages.

## **School-based Mental Health Clinics**

Clinics located within school buildings provide direct, timely access to mental health treatment and support for students and their families. These clinics operate in places familiar to students; they become a visible part of this community, helping reduce the stigma associated with seeking this care.

## **Well-being**

A positive outcome that is meaningful for people and for many sectors of society, because it tells us that people perceive that their lives are going well.

## **Zoonotic Disease**

An infectious disease that is transmitted between animals and humans, either directly or through vectors like ticks or mosquitoes.

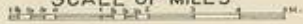
## **4:3:1:3:3:1:4 Immunization Series**

Is a shorthand used in public health to describe a complete set of recommended childhood vaccinations by a certain age—typically by 19 to 35 months of age. Each number represents the number of doses of a specific vaccine that a child should receive.

Intentionally Blank

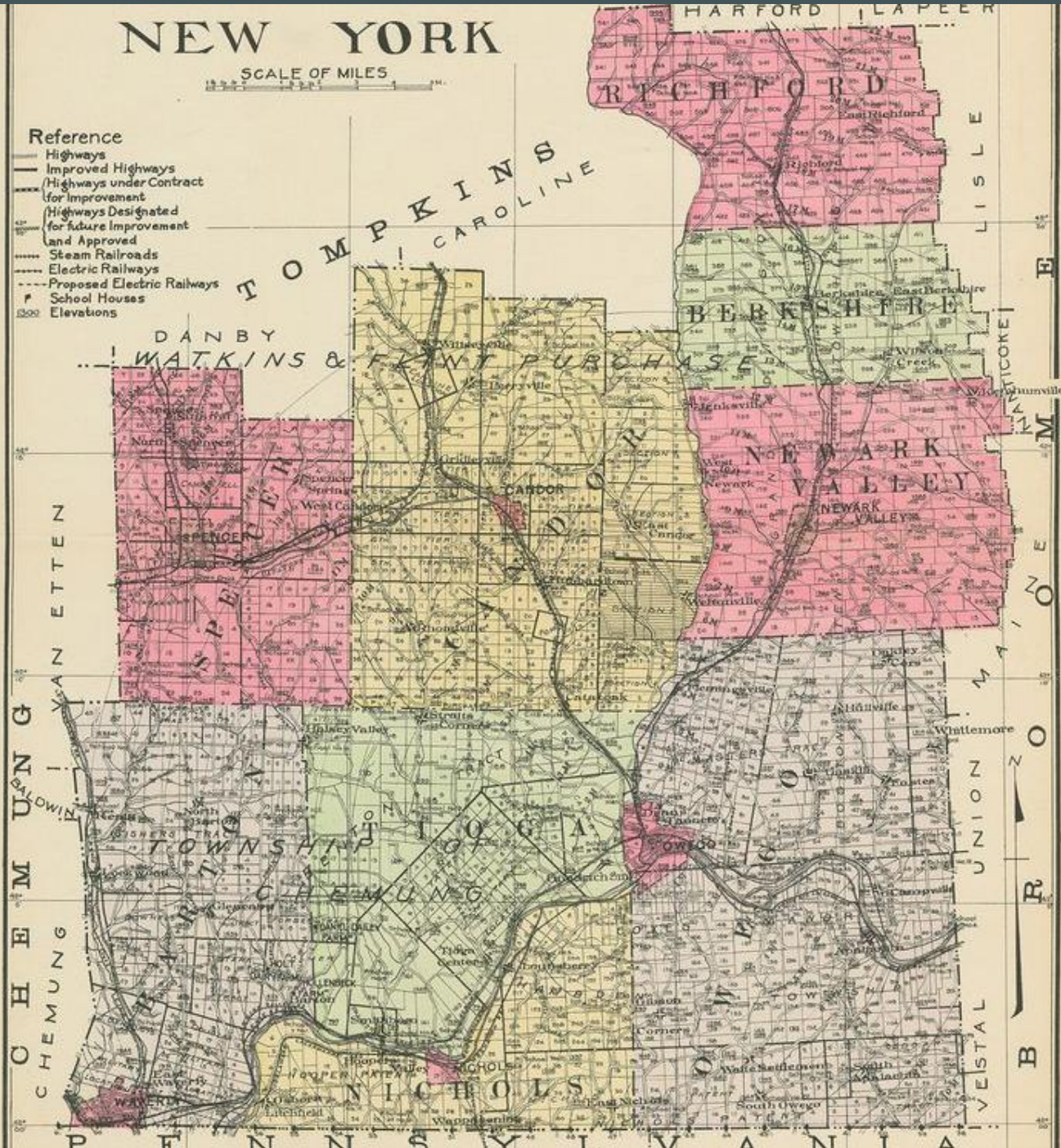
# NEW YORK

SCALE OF MILES



## Reference

- Highways
- Improved Highways
- Highways under Contract for Improvement
- Highways Designated for future Improvement and Approved
- Steam Railroads
- Electric Railroads
- Proposed Electric Railroads
- School Houses
- Elevations



## Community Profile

# Community Profile: Geography & Infrastructure

Tioga County is located in the Southern Tier region of New York State. Counties bordering Tioga County include Chemung (west), Tompkins (north-west), Cortland (north), and Broome (east). The state of Pennsylvania is on the southern border.

Tioga County is 523 square miles in size and includes 33 miles of the Susquehanna River. It is mainly rural with a population density of 98 people per square mile and 3,692 acres of state forests.

Tioga County is comprised of nine towns and six villages, which are found along the main routes: 38, 96, and 17C. These include the towns of Barton, Berkshire, Candor, Newark Valley, Nichols, Owego, Richford, Spencer, and Tioga. Villages include Candor, Newark Valley, Nichols, Owego, Spencer, and Waverly. The more populated villages have public water and sewer services, while rural residents rely on private wells and septic systems.



Tioga County has a history of significant weather events, including heavy rainfall and significant snow accumulations. Devastating events include the 2011 severe flooding from Tropical Storm Lee, which impacted several communities in the county.

The top identified risks include flooding, flash flooding, extreme temperatures, and severe winter snowstorms. Local planning efforts are in place to evaluate and prepare for crippling events. The Tioga County Local Emergency Planning and Hazard Mitigation Committees play a vital role in identifying risks, developing plans, and testing capabilities.

Broadband access is essential for supporting education, healthcare, and economic development. While approximately 90% of the county now has access to broadband<sup>90</sup>, many rural and remote areas still experience limited connectivity or slower speeds, contributing to a persistent digital divide. This gap affects students' ability to engage in online learning, restricts access to telehealth services, and limits the growth potential of local businesses.

“There’s a lot of impact from extreme weather conditions, especially to roadways. Some of them are already in poor condition, and it takes a lot to keep the bridges clean.”

*Corrine Cornelius  
Director of Emergency Services  
Tioga County Office of Emergency  
Services*



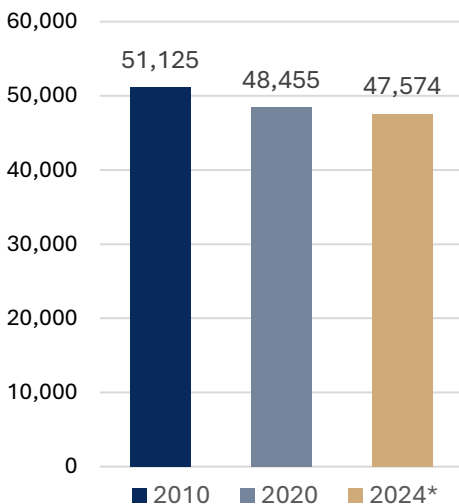
# Community Profile: Population

Tioga County’s population is predominantly White, with an average age of 44.8 years. The largest age group is persons 65 years and over at 23.3%. The estimated population percent change from April 1, 2020, to July 1, 2024, is -1.8%. The median household income is \$71,191, which is lower than the averages for both New York State and the United States as a whole.<sup>32</sup>

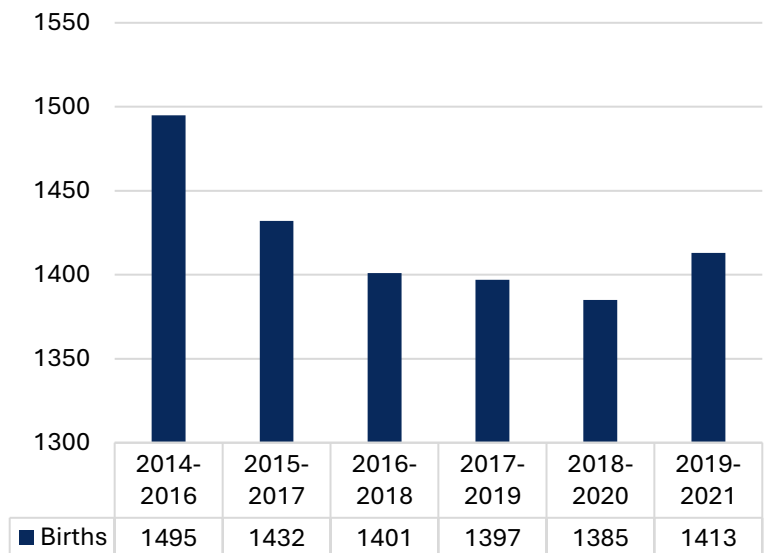
## Data Snapshot

Measure	2020	2024	+/-
Population <sup>32</sup>	48,455	47,574	-881
Median Age <sup>32</sup>	44.8	44.8	NA
Foreign-Born Population <sup>32</sup>	1.9%	2.3%	+0.4%
Veterans <sup>32</sup>	7.2%	8.1%	+0.9%
White alone <sup>32</sup>	97.3%	95.6%	-1.7%
Black or African American alone <sup>32</sup>	0.9%	1.3%	+0.4%
American Indian/Alaska Native alone <sup>32</sup>	0.9%	0.3%	-0.6
Asian alone <sup>32</sup>	1.2%	1.0%	-0.2%
Native Hawaiian/Other Pacific Islander alone <sup>32</sup>	0%	0.1%	+0.1%
Two or More Races <sup>32</sup>	1.7%	1.7%	NA
Hispanic or Latino (of any race) <sup>32</sup>	2.1%	2.6%	+0.5%
White alone, not Hispanic or Latino <sup>32</sup>	94.5%	93.5%	-1.0%

Total Population  
Tioga County, NY <sup>32</sup>



Total Births, Tioga County, NY <sup>10</sup>



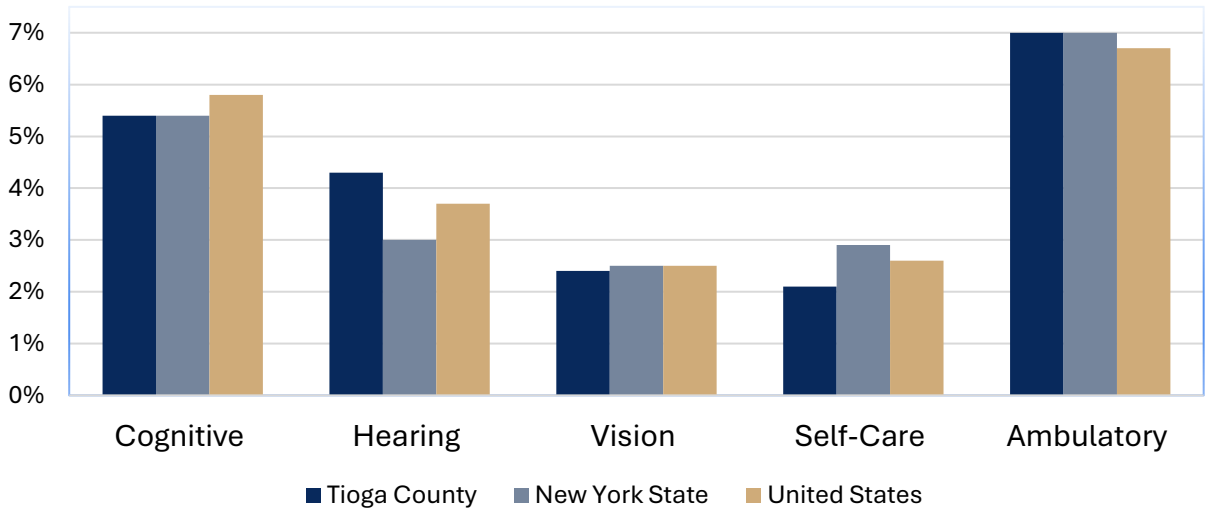
# Community Profile: Population

## Disability

Disability significantly affects the older population (ages 65+) more than any other age group. Ambulatory limitations are the most significant, followed by hearing, cognitive, vision, and self-care. 32.8% of those 65+ have a disability, compared to only 12.9% of those ages 18-64. Tioga County has a higher percentage of its population having a disability than New York State and the United States.

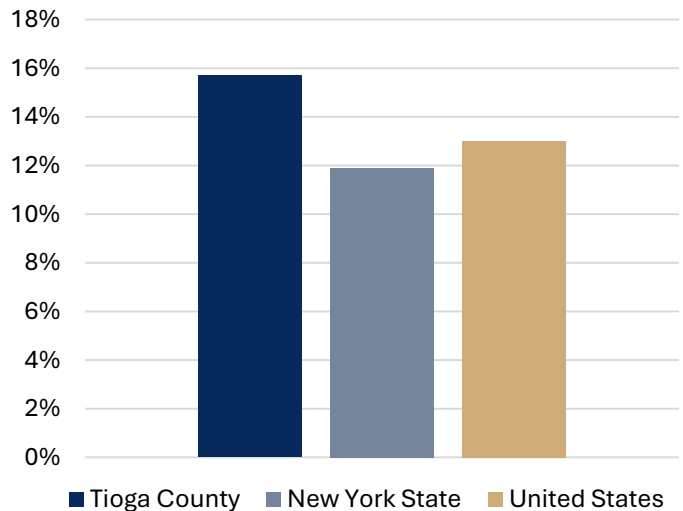
% Population with a Disability <sup>32</sup>		
	2020	2023
Total	15.3	15.7
Under 18 years	5.5	8.9
18-64 years	12.9	14
65+	32.8	29

Disability Types, 2023 <sup>32</sup>



*In Tioga County, supporting individuals with disabilities strengthens the whole community. What more can be done to make programs, spaces, and activities accessible for everyone?*

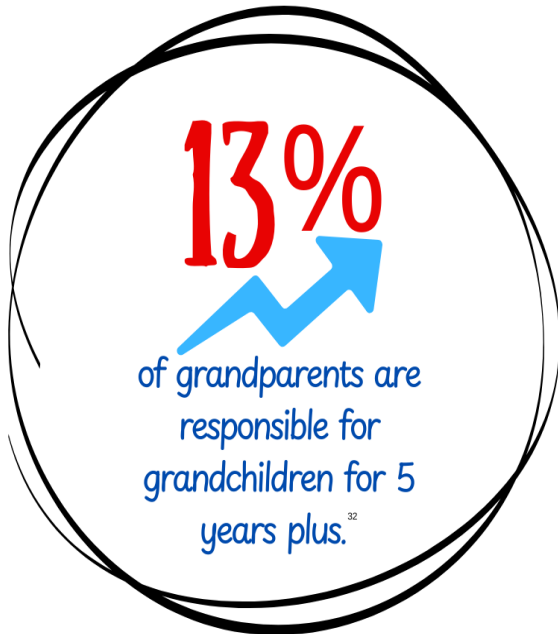
Persons With a Disability, 2023 <sup>32</sup>



# Community Profile: Households

Overall, Tioga County has experienced a decline in the total number of households, with a significant reduction in married-couple families. At the same time, there are fewer female-headed households, a rise in individuals living alone, and an increase in non-family households. Notably, since 2019, there has been a sharp rise in the number of children being raised solely by their grandparents.

Data Snapshot			
Measure	2020	2023	+/-
Households <sup>32</sup>	20,643	20,214	-429
Married couple family <sup>32</sup>	53.5%	49.1%	-4.4%
Male householder, no spouse/partner <sup>32</sup>	15.1%	17.7%	+2.6
Female householder, no spouse/partner <sup>32</sup>	23.8%	22.7%	-1.1
Households with 1+ people under 18 <sup>32</sup>	26.7%	25.7%	+1.0%
Household with 1+ people 65+ <sup>32</sup>	34.9%	35.7%	+0.8
Living alone <sup>32</sup>	14.9%	15.2%	+0.3
Average Family Size <sup>32</sup>	2.8	2.8	-



“One of the trends that we’ve been seeing for several years is the increasing older adult population. Our population is aging, and that’s due to many reasons. People are living longer, receiving better healthcare, and living in their homes longer. These are all good things, but it creates a need across so many different sectors. People are staying home, and they need help with bathing or dressing, or they need home-delivered meals.”

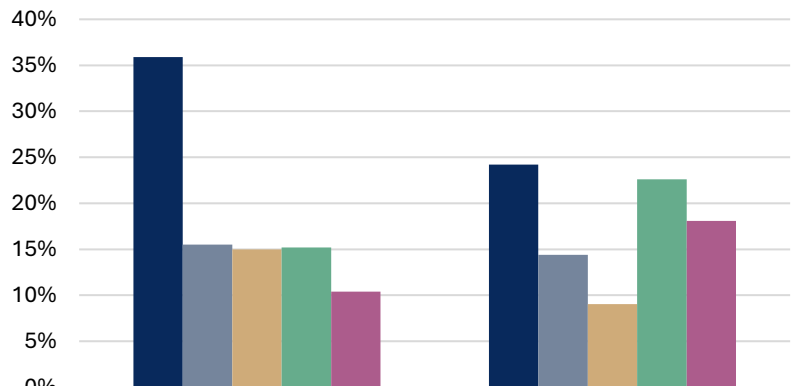
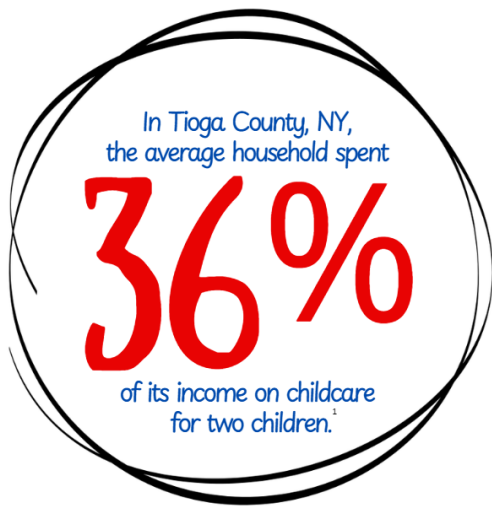
*Christine Shaver  
Executive Director  
Tioga Opportunities, Inc.*

# Community Profile: Socioeconomics

While median household income in Tioga County is on the rise, the percentage of residents living in poverty has also increased, highlighting persistent economic disparities. Although the number of students eligible for free or reduced-price school lunches has declined slightly, poverty remains a concern. The unemployment rate, which spiked during the COVID-19 pandemic, has been steadily decreasing. However, access to childcare remains limited, with only three licensed childcare centers in the county compared to the New York State average of seven per county, posing a significant challenge for working parents, along with the costs associated with childcare.

Data Snapshot			
Measure	Tioga County	New York	Trend
Median household income <sup>32</sup>	\$71,791	\$81,386	↑
Children under 18 below poverty level <sup>32</sup>	12.2%	17.0%	↑
Children ages 5 & under below the poverty level <sup>32</sup>	25.1%	19.6%	↑
Child Care Centers per 1,000 children under the age of 5 <sup>1</sup>	3	7	NA
Enrolled students eligible for free or reduced lunch <sup>35</sup>	47.6%	54.1%	↓

Education Attainment- 25 Years & Older  
2023 <sup>56</sup>



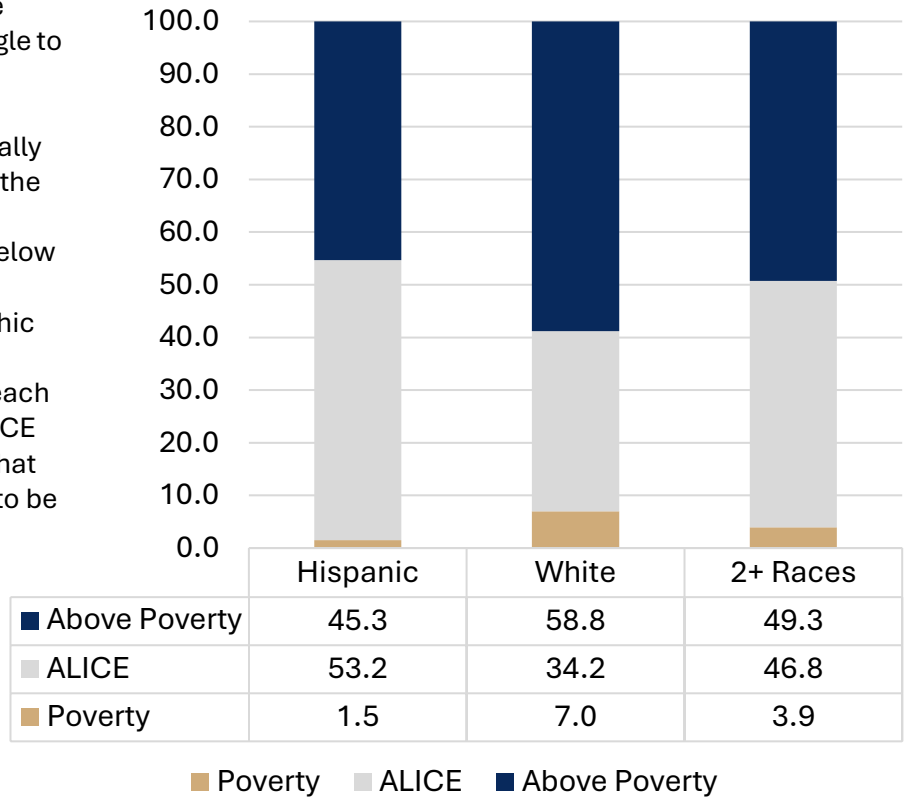
	Tioga County, NY	NY State
■ High school or equivalent degree	35.9%	24.2%
■ Some college, no degree	15.5%	14.4%
■ Associate's degree	15.0%	9.1%
■ Bachelor's degree	15.2%	22.6%
■ Graduate or professional degree	10.4%	18.1%

# Community Profile: Socioeconomics

**Asset Limited, Income Constrained, Employed (ALICE):** a growing demographic that includes households who are above poverty level but struggle to afford basic needs.

Financial hardship is not equally distributed. By total number, the groups with the largest populations of households below the ALICE threshold are also among the largest demographic groups. However, when examining the proportion of each group that falls below the ALICE threshold, it becomes clear that some groups are more likely to be ALICE than others.

Households by Race/Ethnicity, Tioga County, NY, 2023 <sup>36</sup>



“ALICE shines light on the need to make services more available. Increased accessibility would help all residents, both ALICE and those below the poverty line, to improve their quality of life..”

*Christine Shaver  
Executive Director  
Tioga Opportunities, Inc.*

“I think it’s important to recognize that the clients of many [of our] services are the ALICE population and not just those living below the poverty line.”

*Christine Shaver  
Executive Director  
Tioga Opportunities, Inc.*

# Community Profile: Economics

Tioga County boasts a diverse economic landscape, supported by a wide range of businesses and industries. Major employers like Lockheed Martin anchor the manufacturing sector, drawing from both within and beyond county lines. Human services organizations also play a vital role, accounting for nearly 30% of the local workforce. Additionally, the growing Amish population has brought a notable economic influence, particularly through thriving agricultural ventures and skilled construction enterprises.

“The Amish contribute to the economy by buying local supplies like wood and other things needed for their businesses. That has had a really positive impact on Tioga County, making for a rounder, diversified economy.”

*Elaine Jardine  
County Planning Director*

*Tioga County Economic Development and Planning*

Top 3 Employment Industries <sup>28</sup>	
Educational Services, Healthcare & Social Assistance	27.7%
Manufacturing	13.1%
Retail Trade	11.6%

## Tioga County Amish Population

Settlement	Settlement Date	Estimated Population 2022 <sup>33</sup>	Estimated Population 2024 <sup>34</sup>
Berkshire	2018	35	120
Candor	2017	45	70
South Owego	2019	25	30
Total	-	105	220

“Our economy is stable. There is a diverse economic base of employment and industries.”

*Elaine Jardine  
County Planning Director  
Tioga County Economic  
Development and Planning*

In 2017, Tioga County farms had a market value of over \$40.8 million in products sold, with milk and other dairy products at the top. The total number of individual farms slightly decreased. The land and size of farms both increased. Farm operators are predominantly White males with an average age of 59.

Measure <sup>57</sup>	2012	2017	2022
# of Farms	536	535	502
Land in Farms (acres)	107,873	113,182	118,841
Average Size (acres)	201	212	237



Source: Engelbert Farm, Nichols, NY

# Community Profile: Education

Tioga County has six public school districts that educate 6,590 students. Students are evenly divided between male (51%) and female (49%) and are 95% white. There is one remaining parochial school, North Spencer Christian Academy. There is also a school building in Berkshire for the Amish community.

## Tioga County Schools

Candor School District

Newark Valley School District

Owego-Apalachin School District

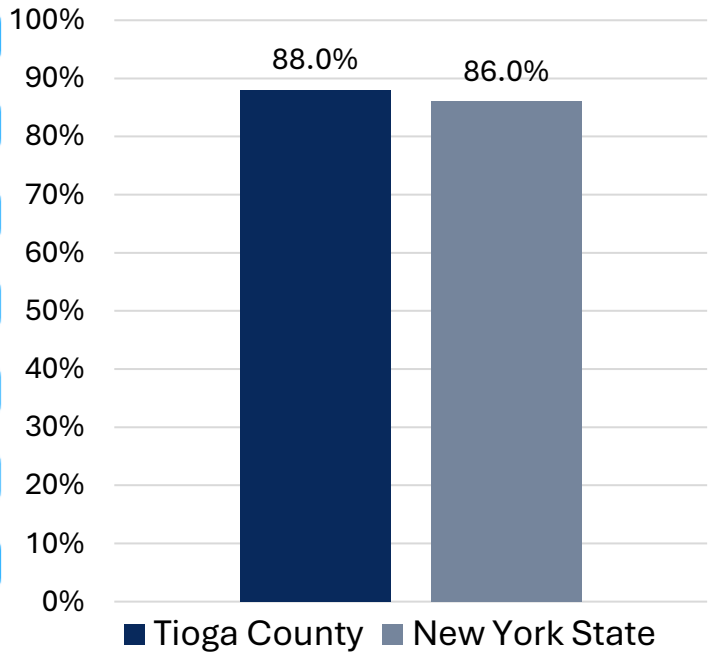
Spencer-Van Etten School District

Tioga Central School District

Waverly School District

North Spencer Christian Academy

## High School Graduation Rate 2023



Tioga County School Districts are often viewed as the center of the communities they serve. They play a vital role in hosting community events and are used as cooling centers and flood refuges. What are other ways the community and schools can work together?



# Community Profile: Healthcare Systems

Tioga County is served by several regional healthcare systems, including United Health Services, Centralus Health (previously Arnot and Cayuga Medial Systems), and Guthrie. Seven primary care offices are distributed across various towns and villages, providing essential frontline care. However, the county lacks both specialty care providers and hospital facilities, creating significant gaps in local healthcare access.

From 2021 to 2024, emergency medical services (EMS) in the county relied on a combination of paid staff and volunteer responders. Response times to 911 calls vary widely, ranging from 10 to 40 minutes depending on location and ambulance availability. Additionally, most residents are 35 to 55 minutes away from the nearest trauma center. This poses a serious concern for several communities located more than 20 miles from the closest hospital, highlighting the urgent need for improved emergency and specialty care infrastructure.

## Population to Provider Ratios

	Tioga County	New York State
Primary Care <sup>48</sup>	3,690:1	1,200:1
Dentist <sup>48</sup>	5,970:1	1,200:1
Mental Health <sup>48</sup>	590:1	280:1

## Top 10 Emergency Medical Syndromes Tioga County 2021-2024 <sup>42</sup>

Syndrome Reported	%
Respiratory	11%
Cardiovascular	10%
Neurological	10%
Gastrointestinal	9%
Trauma	8%
Mental Health	6%
Fall: Ground Level	8%
Chest Pain	5%
Substance Use Disorder	4%
Constitutional (Generalized Symptoms-unknown underlying condition)	5%

“The main challenge is a lack of specialists in Tioga County. Once we have adequate staff in a specialty, then they do try to bring them to Tioga County. It’s just getting enough providers that can come to the county.”

*Amy Lord  
Family Nurse Practitioner  
United Health Services*



# Community Profile: Outdoor Recreation

Tioga County has 12 community parks, including Two Rivers State Park (Waverly), Nichols Park Pond (Spencer), Trout Ponds (Newark Valley), and Hickories Park (Owego). There are multiple state forests and the Susquehanna River for fishing and boating/paddling enthusiasts. There are also two dog parks for canine companions and numerous golf courses.

These outdoor spaces offer a safe place to walk and for children to play. Residents and visitors enjoy activities such as hiking, hunting, fishing, and golfing. Several boat launch areas on the Susquehanna River, Catatonk Creek, and other waterways allow for paddling, fishing, and other water activities.

## Popular Outdoor Activities in Tioga County, NY

Hunting

Boating/Paddling

Hiking/Biking

Fishing

Golfing

According to the My Health Story Survey,

**50%**

of respondents said Tioga County is a good place for children to play outdoors.

**41%**

of respondents said Tioga County is a good place for adults to walk outdoors.

"There's an opportunity for you to be able to get outside and utilize the public space."

*Wendy Walsh  
District Manager  
Tioga County Soil & Water*

## Top 5 Hiking Trails in Tioga County, NY

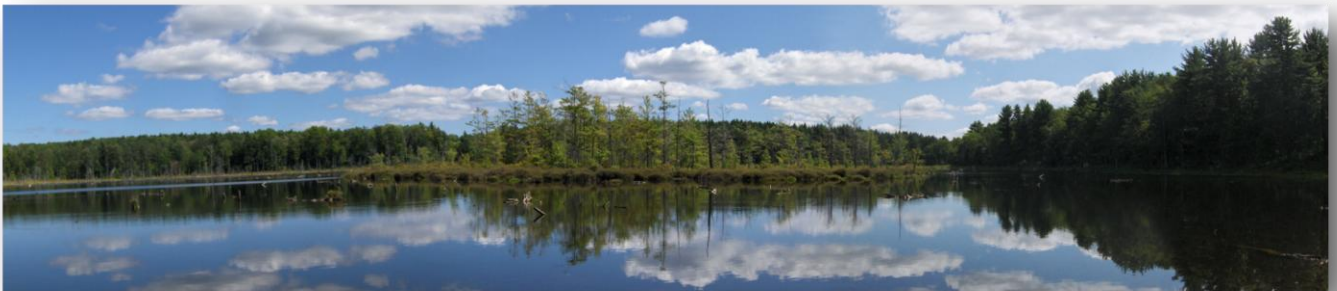
Logan Hill Nature Preserve

Waverly Glen Park

Waterman Conservation Center

Robinson Hollow State Forest

Oakley Corners State Forest



Intentionally Blank





# Health Behaviors

---

# Health Behaviors: Physical Activity

## What the Data Tells Us...

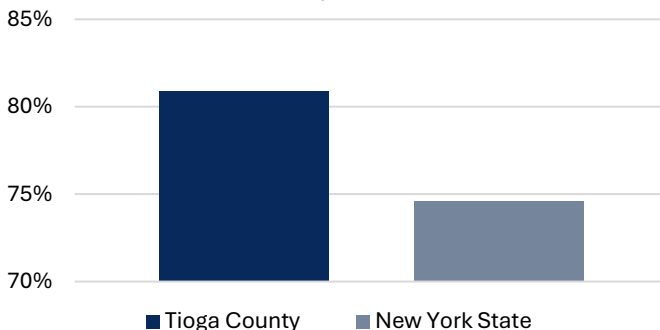
Physical activity encompasses any movement of the body that uses energy. This includes not only structured exercise routines and fitness activities but also everyday actions such as walking, cleaning, gardening, or playing. Compared to the New York State average, Tioga County residents have slightly better access to exercise opportunities, as more individuals live near parks or recreational facilities. Additionally, nearly 80% of adults in the county report engaging in some form of physical activity.

Tioga County’s natural assets—such as local parks and expansive forested areas—offer valuable opportunities for physical activity and outdoor recreation. However, transportation patterns present a challenge to integrating active living into daily routines. Fewer than 20% of residents commute using alternatives to driving, limiting opportunities for walking or biking to work. This trend reflects the rural nature of the county, where infrastructure and distances often do not support alternative transportation methods. On a more positive note, the recent rise in telework may be influencing this trend. With more residents working from home, there may be increased flexibility and time for incorporating physical activity into daily life, potentially contributing to improved health outcomes over time.

Data Snapshot				
Measure	Tioga County	New York	Trend	Prevention Agenda
Access to Exercise Opportunities <sup>1</sup>	64%	51%	NA	NA
Adults who participate in leisure time physical activity <sup>2</sup>	79.3%	74.2	↑	☑
Adults with disabilities who participate in leisure-time physical activity <sup>2</sup>	63.8%	58.3%	↓	☑
Adults who participate in leisure-time physical activity, aged 65+ years <sup>2</sup>	76.0%	68.4%	↑	☑
People who commute to work using alternate modes of transportation or who telecommute <sup>28</sup>	16.8%	47.7%	↑	✗



**% of Adults who Participated in Leisure Time Physical Activity in the past 30 days<sup>1</sup>**  
2022



# Health Behaviors: Physical Activity

## What You Told Us...

Physical activity is a cornerstone of good health, yet many Tioga County residents indicate there is room for improvement. According to the *My Health Story Survey*, 50% of respondents rated their physical activity as “fair,” and 52% described their overall physical health the same way. These findings underscore the need to expand and promote opportunities for residents to stay active. Investing in community programs, safe walking and biking infrastructure, and accessible recreational spaces can play a vital role in encouraging regular movement. By fostering an environment that supports active lifestyles, Tioga County can strengthen the overall health, well-being, and quality of life for its residents.

My Health Story Survey			
Question	Response		
	Good	Fair	Poor
34. How would you describe your <b>physical activity</b> :	34.4%	50.2%	15.4%
34. How would you describe your <b>physical health</b> :	40.8%	52.1%	7%



With access to parks, trails, and school facilities, there are many opportunities to stay active.

How can schools, local organizations, and residents work together to promote more movement and promote healthier lifestyles?



# Health Behaviors: Nutrition

## What the Data Tells Us...

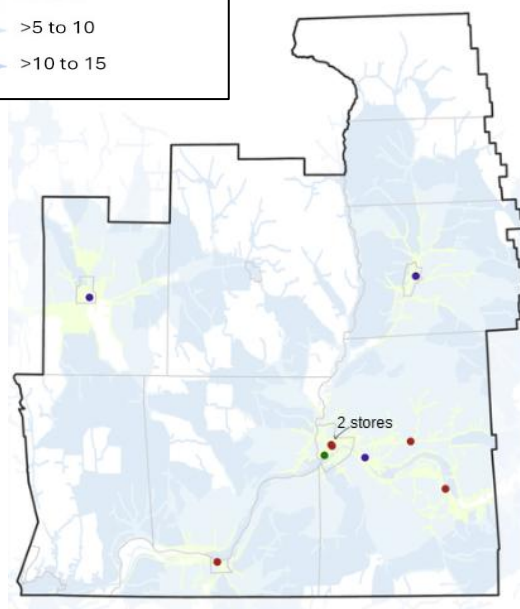
Proper nutrition is about access to healthy, nutritious foods and their conscious selection. Access to healthy food choices, such as fruits and vegetables, remains a barrier for Tioga County residents. Almost half of Tioga County’s population reported eating fruit less than one time per day, and nearly 35% of the population consumes one or more sugary drinks per day. Both are higher than in previous years. The Food Environment Index (FEI) is a measure of factors that contribute to a healthy food environment, ranging from 0 (worst) to 10 (best). Tioga County’s FEI is 8.9, compared to NYS at 8.6.

Data Snapshot				
Measure	Tioga County	New York	Trend	Prevention Agenda
Food Environment Index <sup>1</sup>	8.9	8.6	NA	NA
% of Adults Who Report Consuming Fruit Less than One Time a Day <sup>2</sup>	45.6%	34.2%	NA	NA
Adults with an annual household income less than \$25,000 who consume one or more sugary drinks per day <sup>2</sup>	34.8%	31.0%	↑	✘



## What is Food Insecurity?

Food insecurity is defined by the United States Department of Agriculture as the lack of access, at times, to enough food for an active, healthy life. Food insecurity is associated with numerous adverse social and health outcomes and is increasingly considered a critical public health issue. Key drivers of food insecurity include unemployment, poverty, and income shocks, which can prevent adequate access to food. Alternatively, multiple interventions have been shown to reduce food insecurity, including participation in food assistance programs and broader societal-level improvements in economic stability.



# Health Behaviors: Nutrition

## What You Told Us...

65% of the *My Health Story Survey* respondents said that they, on average, consume about 1-2 servings (or cups) of fruits or vegetables in a typical day. 33% of survey respondents said they get their fruits and vegetables from chain supermarkets or super-stores. Overall, 53% of respondents described their healthy eating habits as “fair”.

"When a community’s main grocery option is a store like Dollar General — where whole foods like fruits, vegetables, and whole grains are limited — people end up relying on processed foods that are higher in added salt or sugar and lower in fiber. When those processed options are also the easiest to access, it becomes a serious challenge for the health of Tioga County residents."

*Sophie Torres  
SNAP-ED Nutritionist  
Cornell Cooperative Extension*



Schools, community groups, and local farms all contribute to helping residents access fresh, healthy foods.

What other ways can the community and schools come together to promote better nutrition for all?

My Health Story Survey		
Question	Response	
22. On average, how many servings (or cups) of fruits and vegetables do you eat in a typical day?	0	9%
	1-2	65%
	3-4	21%
	5 or more	4%
24. Where do you usually get your fruits and vegetables?  (Top 3 responses)	Chain supermarket or super-store	33%
	Local grocery store	26%
	Farmer's market	18%
34. How would you describe your <b>healthy eating habits</b> :	Good	34%
	Fair	53.1%
	Poor	12.9%

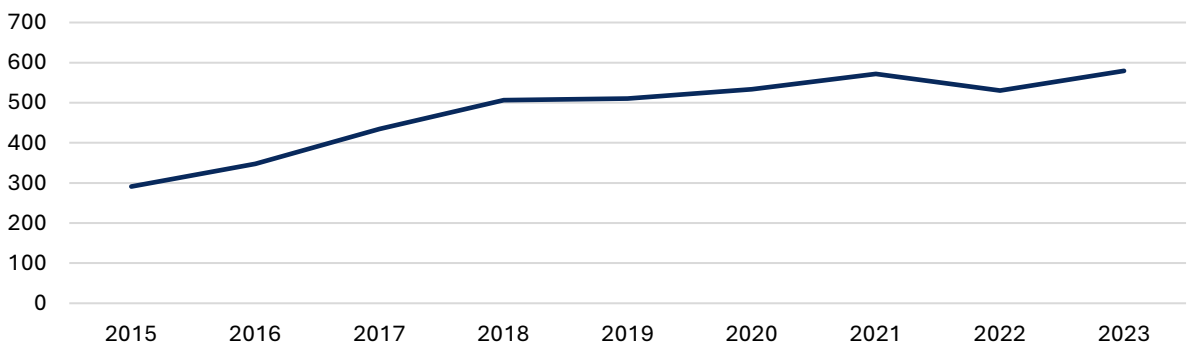
# Health Behaviors: Substance Use

## What the Data Tells Us...

Substance use—including alcohol and tobacco—remains a significant public health concern in Tioga County, with rates consistently higher than the New York State average. Nearly 20% of residents report engaging in binge drinking, defined as consuming an excessive amount of alcohol in a short period. This rate has remained relatively unchanged in recent years. While alcohol-related motor vehicle injuries and fatalities have fluctuated since 2011, there has been a positive trend: the rate declined after 2017, reaching its lowest point in 2019 at 23 incidents. Tobacco use has also seen modest improvement. Since 2008, smoking rates in Tioga County have slightly decreased. However, over 20% of adults still report smoking, indicating that continued efforts are needed to further reduce tobacco use and its associated health risks.

Data Snapshot				
Measure	Tioga County	New York	Trend	Prevention Agenda
Binge drinking during the past month among adults <sup>2</sup>	18.8%	16%	↓	✗
Cigarette smoking among adults <sup>2</sup>	21.5%	12.0%	↔	✗
Adults who smoke cigarettes with income less than \$25,000 <sup>2</sup>	21.6%	20.4%	↓	✗
Motor vehicle crash deaths that involved alcohol <sup>1</sup>	9%	22%	↓	NA
Off-Premise Alcohol Outlets per 10,000 population <sup>27</sup>	8.5	NA	NA	NA
Patients who received at least one buprenorphine prescription for opioid use disorder, age-adjusted rate per 100,000 population <sup>11</sup>	579.4	462.1	↑	☑
Opioid analgesic prescription, age-adjusted rate per 1,000 population <sup>11</sup>	287.7	225.8	↓	☑
Emergency department visits (including outpatients and admitted patients) involving any opioid overdose, age-adjusted rate per 100,000 population <sup>8</sup>	23.0	67.1	↓	☑

Buprenorphine Prescriptions for Opioid Use Disorder, Tioga County, NY <sup>11</sup>





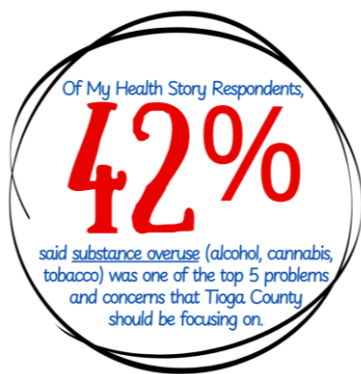
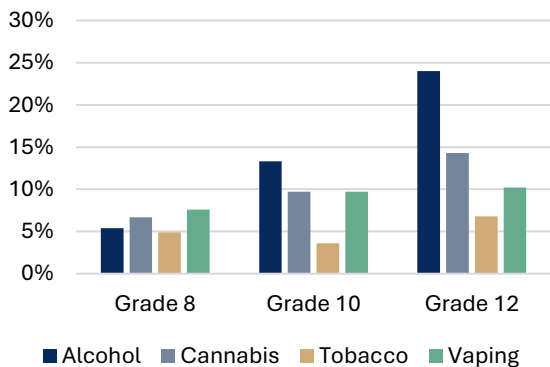
# Health Behaviors: Substance Use

## What You Told Us...

According to the *My Health Story* survey, among respondents who reported substance use, alcohol was the most commonly used substance, followed by cannabis and cigarettes. These findings align with data from the *2023 Community-Level Youth Development Evaluation* <sup>5</sup>, which identified similar patterns of substance use among Tioga County youth. Community members consistently identify substance use as a leading health concern, emphasizing the need for targeted prevention, early intervention, and expanded support services to address this ongoing issue.

My Health Story Survey		
Question	Response	
21. Do you use any of the following products?	None	44%
	Alcohol (including beer, wine, and liquor)	25%
	Cannabis/Marijuana	11%
	Cigarettes	8%
	Vapes or e-cigarettes	5%
	Nicotine pouches (ex. Zyn)	2%
	Cigars	1%
	Smokeless tobacco (chewing tobacco)	1%
	Other	1%
	Opioids (including heroin, Fentanyl)	<1%
	Pills (for recreational use)	<1%
	Methamphetamine	<1%
	Crack/Cocaine	<1%

Self-Reported Tioga County Youth Past 30 Day Substance Use <sup>5</sup>



“A large percentage of our youth population is using. I’d say our youth is mostly using alcohol...and definitely cannabis.”

Sarah Begeal  
Deputy Director of  
Community Services  
Tioga County Mental  
Hygiene

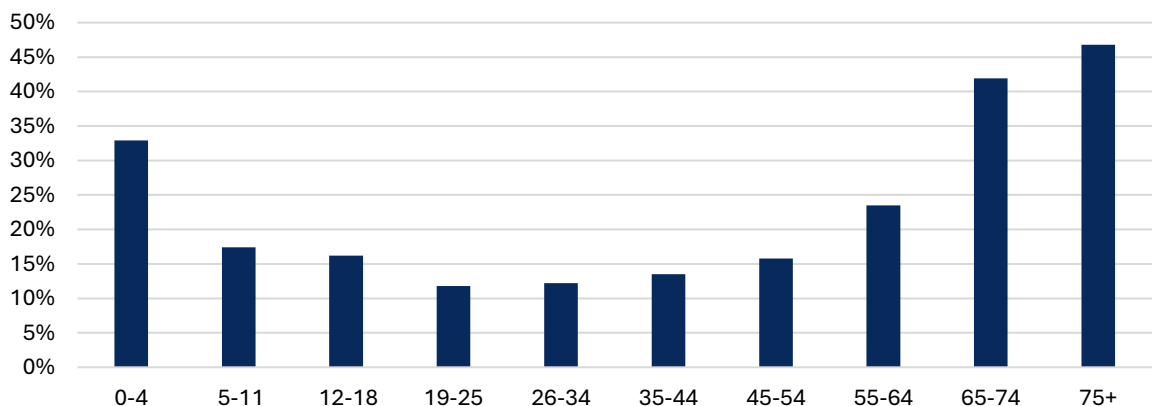
# Health Behaviors: Communicable Disease

## What the Data Tells Us...

Immunization rates in Tioga County have declined in recent years, particularly for influenza, raising concern given the increased risk it poses to vulnerable populations such as infants, older adults, and individuals with weakened immune systems. Ensuring high vaccination coverage is essential to protect these groups and prevent the spread of preventable diseases. There are also notable gaps in routine childhood and adolescent immunizations. For example, children aged 24–35 months show low completion rates of the recommended 4:3:1:3:3:1:4 immunization series, which protects against diseases such as diphtheria, tetanus, pertussis, polio, measles, and hepatitis B. In addition, Human Papillomavirus (HPV) vaccination rates among adolescents remain below target, with many not completing the full series by age 13. Improving these rates is critical for reducing the long-term risk of HPV-related cancers. In terms of sexually transmitted infections (STIs), Tioga County has experienced a concerning rise in cases of gonorrhea and chlamydia, despite overall rates remaining lower than the New York State average. These increases suggest a need for enhanced sexual health education, expanded access to testing and treatment services, and community outreach to promote safe practices.

Data Snapshot				
Measure	Tioga County	New York	Trend	Prevention Agenda
Children 24-35 months with 4:3:1:3:3:1:4 Immunization Series <sup>6</sup>	64.5%	70.5%	↑	✗
Adults 65 years and older with pneumococcal immunization <sup>2</sup>	66.9	65.6	↓	NA
Adolescents, age 13 with complete HPV vaccine series <sup>6</sup>	19.9%	37.2%	↓	✗
Influenza vaccination rates <sup>6</sup>	23.5%	26.9%	NA	NA
Gonorrhea diagnoses, age-adjusted rate per 100,000 <sup>7</sup>	82.7	230.9	↑	✓
Chlamydia diagnoses, age adjusted rate per 100,000 <sup>7</sup>	276.8	553.4	↑	✓
Early syphilis diagnoses, age-adjusted rate per 100,000 <sup>7</sup>	1.4	49.5	↓	✓

Influenza Vaccination Rates, Tioga County, NY <sup>19</sup>



# Health Behaviors: Communicable Disease

## What You Told Us...

According to the *My Health Story* survey, 59% of respondents reported being sexually active within the past 12 months. Among them, 29% indicated they were not using birth control, despite not intending to become pregnant. When it came to preventing the spread of sexually transmitted infections (STIs), monogamy was the most commonly cited method, reported by 48% of participants—a figure that aligns with the 91% who said they had only one sexual partner in the past year. In addition to STIs, other communicable diseases, such as influenza, continue to affect the region. Seasonal flu vaccination rates remain below the New York State average across several age groups, leaving many residents vulnerable. Furthermore, recurring outbreaks of respiratory illnesses and gastrointestinal viruses highlight the ongoing need for robust prevention strategies, timely vaccinations, and public health education to reduce transmission and protect community health.

My Health Story Survey		
Question	Response	
29. What forms of protection do you use to prevent the spread of sexually transmitted infections?	Monogamy	48%
	None- STI prevention is not a focus for me	28%
	Condoms	11%
	I get tested for STIs between new sexual partners	4%
	I ask any new partners about STIs and/or ask them to get tested	4%
	HPV vaccine	1%
	Abstinence (vaginal, anal, or oral sex)	1%
	Other	1%
	HIV PrEP	< 1%

**Stay Up to Date on Vaccinations!**

✓ Safe

✓ Effective

Public Health Tioga County

“Over the past 5 years, the COVID-19 pandemic has caused a lack of trust in public health and vaccines among Tioga County residents.....[This is addressed through] promotion of factual information....encouraging local vaccine champions.”

*Louise Dorsey, RN, BSN  
Public Health Nurse  
Tioga County Public Health*

# Health Behaviors: Cancer Screening

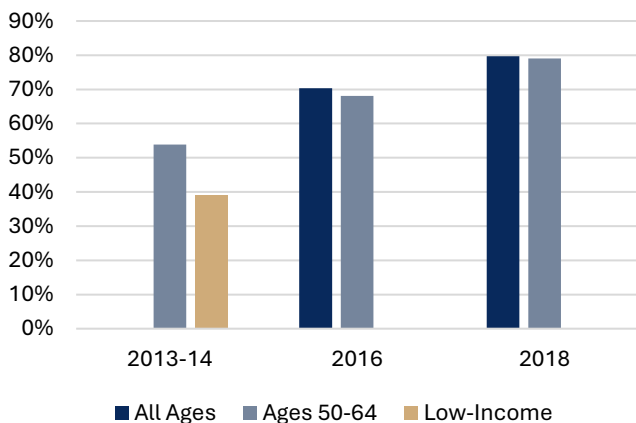
## What the Data Tells Us...

Cancer screenings play a critical role in detecting cancer at its earliest and most treatable stages, significantly improving outcomes and survival rates. Routine screenings for cervical, breast, and colorectal cancers are especially important, as these cancers often develop without noticeable symptoms in the early stages. Promisingly, Tioga County has demonstrated strong performance in cancer screening rates, surpassing the New York State average in several key areas. Cervical cancer screening rates in Tioga County are approximately 89%, compared to the state average of around 85%. Breast cancer screening rates among eligible women in the county are near 82%, exceeding the state average of 78%. Colorectal cancer screening rates are also higher in Tioga County, with about 79% of adults aged 50–64 being up to date with recommended screenings, compared to the state average of 65%. These rates not only exceed state rates but also meet or surpass the New York State Prevention Agenda objectives.

### Data Snapshot

Measure	Tioga County	New York	Trend	Prevention Agenda
Women aged 21 – 65 years receiving cervical cancer screening based on most recent guidelines <sup>15</sup>	88.9%	84.7%	↑	NA
Women aged 50 – 74 years receiving breast cancer screening based on recent guidelines <sup>2</sup>	81.8%	78.2%	↑	NA
Women aged 50 – 74 years who had a mammogram done between October 1, 2019, and December 31, 2021 <sup>14</sup>	56.3%	65.5%	↓	NA
Adults who receive a colorectal cancer screening based on the most recent guidelines, ages 50 – 64 years <sup>9</sup>	79%	65.4%	↑	✓
Adults who receive a colorectal cancer screening <sup>9</sup>	79%	65.4%	↑	✗

Colorectal Cancer Screening Rates  
Tioga County, NY<sup>3</sup>



# Health Behaviors: Cancer Screening

## What You Told Us...

Cancer screenings are a cornerstone of preventive health care, enabling early detection and timely treatment that can significantly improve outcomes. Given that cancer touches nearly every individual, ensuring access to screenings is a critical public health priority. According to the *My Health Story* survey, 10% of respondents identified access to cancer screenings as one of the top five health issues to prioritize in Tioga County, highlighting a clear community concern. Reassuringly, 69% of women surveyed reported receiving a cervical cancer screening or pap smear within the past three years, a key preventive measure recommended for early detection of cervical abnormalities. While these figures reflect positive engagement with preventive care, they also underscore the need for continued outreach, education, and access—especially for underserved populations. Expanding mobile screening services, reducing cost barriers, and increasing awareness about the importance of routine screenings can help ensure that more residents benefit from early cancer detection and improved health outcomes.

My Health Story Survey		
Question	Response	
30. For Women Only - have you been screened for cervical cancer (had a pap smear) in the last 3 years?  <i>(results do not include those who selected not applicable)</i>	Yes	69%
	No	28%
	I'm unsure	3%



“[The working poor] make money, but they have a high deductible. Those are the ones that simply decline to do the [cancer] screenings because it costs too much.”

Amy Lord  
Family Nurse Practitioner  
United Health Services



# Health Behaviors: Maternal & Child Health

## What the Data Tells Us...

Access to prenatal care remains a challenge in Tioga County, as there are currently no medical facilities within the county that offer direct prenatal services. Despite this limitation, the rate of first-trimester prenatal care in Tioga County is comparable to the New York State average, indicating that expectant mothers are finding ways to access early care—likely by traveling to neighboring counties or utilizing alternative healthcare arrangements. However, concerns have emerged around breastfeeding practices, particularly the decline in the percentage of infants who are exclusively breastfed during their hospital stay. While Tioga County’s overall breastfeeding rates remain on par with the state average, the downward trend in exclusive breastfeeding suggests a need for enhanced support systems for new mothers through policies, education, resources, and empowerment.

### Data Snapshot

Measure	Tioga County	New York	Trend	Prevention Agenda
Births with early (1 <sup>st</sup> trimester) prenatal care <sup>13</sup>	76.7%	76.6%	↓	NA
Births with late (3 <sup>rd</sup> trimester) prenatal care <sup>13</sup>	4.3%	5.1%	↓	NA
Births to teens, aged 15-17, 3-year average <sup>13</sup>	1.2%	0.6%	↑	NA
Births to women, aged 35 and older, 3-year average <sup>13</sup>	13.9%	25.4%	—	NA
WIC enrolled infants who are breastfed at 6 months <sup>46</sup>	23.8%	34.8%	↓	✗
Infants who are exclusively breastfed in the hospital among all infants <sup>12</sup>	62.1%	44.0%	↓	☑
Live births conceived within 18 months of previous live birth, 3-year average <sup>13</sup>	36.4	34.6	↑	NA



# Health Behaviors: Maternal & Child Health

## What You Told Us...

According to the *My Health Story* survey, among respondents who reported being pregnant within the past three years, 94% received prenatal care during their first trimester. This is a promising indicator, especially considering that Tioga County currently lacks local facilities offering direct prenatal care. The data suggests that expectant mothers are successfully seeking early care through providers in neighboring areas or through alternative healthcare arrangements. Additionally, 34% indicated they were unable to access lactation support when needed, revealing a significant gap in postpartum care and breastfeeding resources. Despite these challenges, 32% of respondents reported breastfeeding or pumping for one year or longer, reflecting a strong commitment to infant health and nutrition.

“Access to breastfeeding resources in the area is limited. Unless people qualify for WIC, there aren’t a lot of other programs that can help provide support.”

*Laura Bennett  
Senior Public Health Educator  
Tioga County Public Health*

My Health Story Survey		
Question	Response	
39. What was your primary way of feeding your baby during their first 3 months of life? ( <i>Top 3 responses</i> )	Breastfeeding	38%
	Breastfeeding & pumping	22%
	Breastfeeding/pumping and supplementing with formula	20%
40. How long did you breastfeed and/or pump for? ( <i>Top 3 responses</i> )	3-6 months	17%
	6-12 months	26%
	12 months- 2 years	32%

In the *My Health Story* Survey, 65 women reported being pregnant in the last 3 years:

**94%**

started prenatal care with an OBGYN or Midwife during the first trimester

**58%**

reported they breastfed and/or pumped for six months or longer

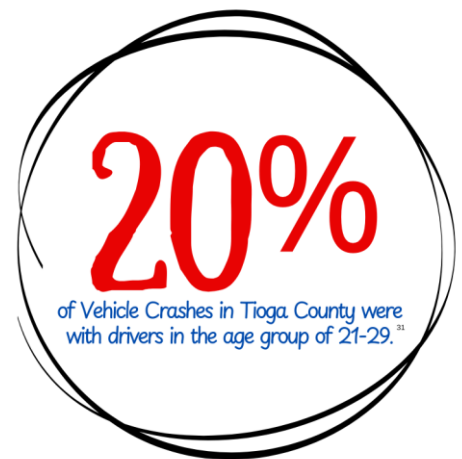
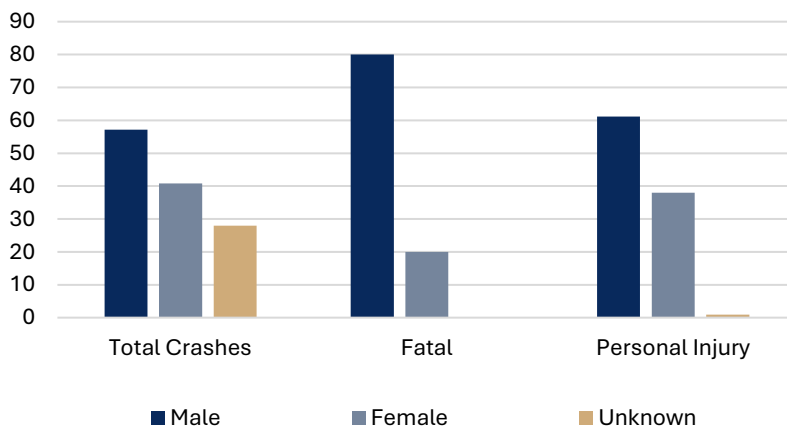
# Health Behaviors: Traffic Safety

## What the Data Tells Us...

Tioga County experiences an average of over 1,000 motor vehicle crashes each year, posing a significant public safety concern. Speeding remains the most commonly reported contributing factor, highlighting the ongoing need for traffic enforcement and driver education initiatives. Although motorcycle and pedestrian-related crashes represent a small portion of total incidents, they are disproportionately responsible for the majority of traffic-related fatalities. This underscores the heightened vulnerability of these road users and the importance of targeted safety measures—such as improved road design, visibility enhancements, and public awareness campaigns—to reduce fatal outcomes.

Data Snapshot				
Measure	2020	2021	2022	2023
Total Vehicular Crashes <sup>31</sup>	1,033	1,094	1,111	1,075
% Vehicular Crashes with Personal Injury <sup>31</sup>	15%	16%	16%	13%
% Vehicular Crashes Fatal <sup>31</sup>	>1%	>1%	>1%	>1%
% Vehicular Crashes Alcohol-Related <sup>31</sup>	2%	2%	3%	3%
% Vehicular Crashes Speed-Related <sup>31</sup>	11%	11%	13%	10%
Pedestrian/Motor Vehicle Crashes <sup>31</sup>	11	5	11	4
% Pedestrian/Motor Vehicle Crashes with Personal Injury <sup>31</sup>	82%	60%	91%	75%
% Pedestrian/Motor Vehicle Crashes Fatal <sup>31</sup>	0%	20%	9%	25%
Motorcycle Crashes <sup>31</sup>	14	11	15	11
% Motorcycle Crashes with Personal Injury <sup>31</sup>	64%	45%	60%	81%
% Motorcycle Crashes Fatal <sup>31</sup>	7%	9%	13%	0%

Vehicular Crashes (%), 2023  
Tioga County, NY <sup>31</sup>

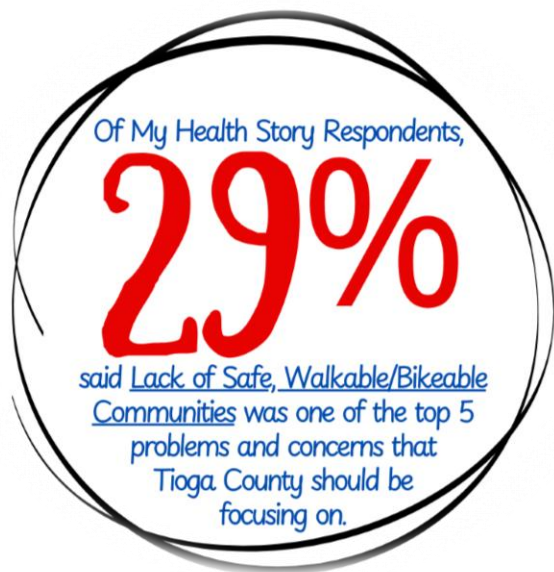




# Health Behaviors: Traffic Safety

## What You Told Us...

A significant number of residents have expressed concerns about the lack of safe infrastructure for walking and biking in Tioga County, which limits opportunities for active transportation and physical activity. According to the *My Health Story* survey, 29% of respondents identified the absence of walkable and bikeable communities as one of the top five issues the county should prioritize.



“I know we’ve had a lot more off-road vehicles or motorcycle-related incidents that have involved alcohol, not just regular vehicles on the roadway.”

*Corinne Cornelius*  
Director of Emergency Services  
Tioga County Office of Emergency Services



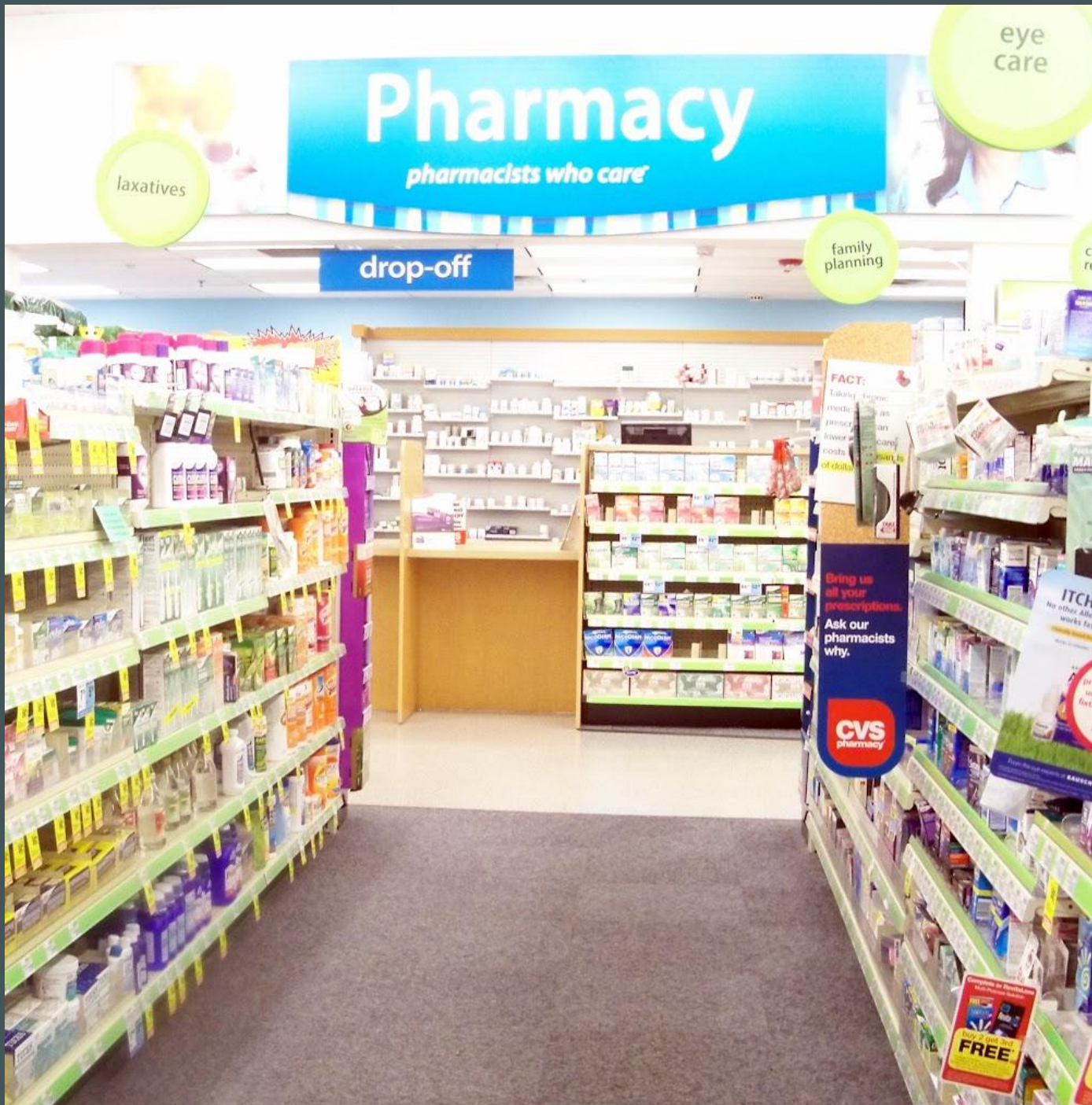
With several walking and biking routes located near active railroad crossings, safety education and infrastructure improvements are especially important to prevent crashes and injuries.

Continued efforts to enhance bike safety and pedestrian awareness can help create safer travel for everyone.



Intentionally Blank





# Health Outcomes

---

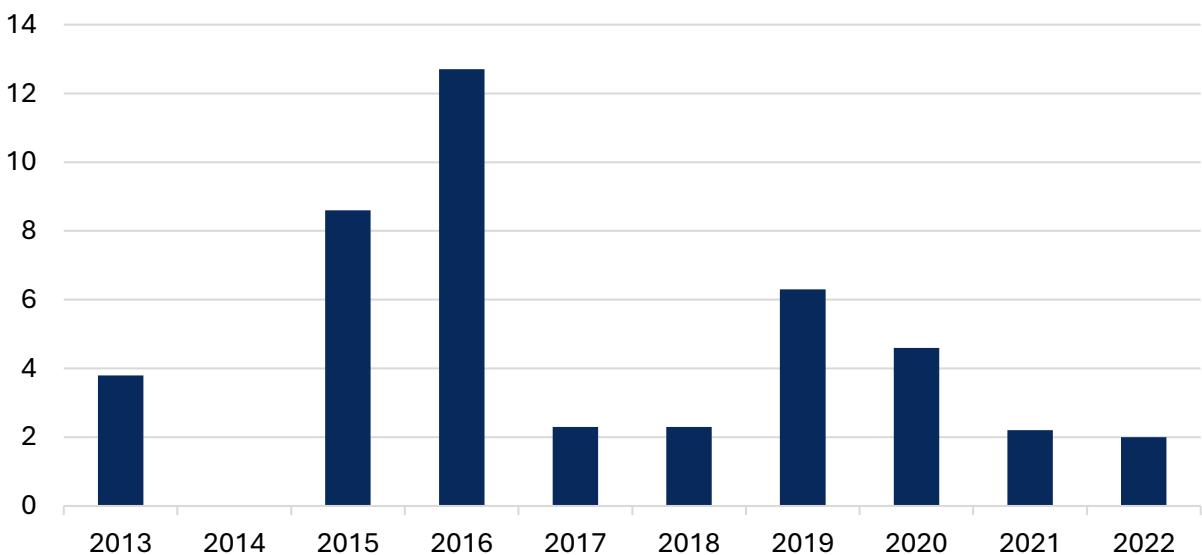
# Health Outcomes: Maternal & Child Health

## What the Data Tells Us...

Tioga County experienced a modest increase in births between 2020 and 2022, compared to the previous period from 2017 to 2019. One of the most positive trends in the recent birth data is the decline in infant mortality: the number of infant deaths dropped between 2019 and 2022, reflecting progress in maternal and infant health outcomes. As previously mentioned, there was a slight uptick in teen births; several other key indicators showed improvement. The county saw reductions in the rates of premature births, low birth weight infants, and instances of late or no prenatal care. These positive shifts suggest that efforts to support maternal health and early intervention may be having a meaningful impact.

Data Snapshot				
Measure	Tioga County	New York	Trend	Prevention Agenda
Maternal mortality, rate per 100,000 live births <sup>10</sup>	0.0	21.3	<->	☑
Infant mortality, rate per 1,000 live births <sup>10</sup>	2.0	4.3	↓	☑
Births that are preterm <sup>12</sup>	7.6%	9.4%	↓	☑

Infant Mortality, Rate/1,000  
Tioga County, NY <sup>10</sup>



# Health Outcomes: Maternal & Child Health

## What You Told Us...

Of the *My Health Story Survey*, respondents who reported being pregnant within the past three years, 34% indicated they were unable to access lactation support when needed, revealing a significant gap in postpartum care and breastfeeding resources. In addition to previously noted breastfeeding support, mental health during the postpartum period emerged as a key concern. Notably, 23% of women said that if they could change one aspect of their most recent pregnancy experience, they would seek more support for postpartum depression and anxiety. These findings underscore the need for expanded maternal health services, including accessible lactation consultants, peer support programs, and mental health resources tailored to new mothers.

My Health Story Survey		
Question	Response	
42. If you could change one thing about your most recent pregnancy, what would it be? (Top 3 responses)	None	37%
	Help for postpartum depression and/or anxiety	23%
	More support from my partner	9%

“To improve maternal and child health outcomes, it’s important that we continue to provide outreach and education on the use of child safety seats, safe sleep practices, breastfeeding, and the importance of routine well child visits.”

*Laura Bennett  
Senior Public Health Educator  
Tioga County Public Health*



These findings emphasize the ongoing need for accessible maternal health services, mental health resources, and community-based supports for new mothers in Tioga County.

Strengthening local support networks could greatly improve outcomes for families in the region.

In the *My Health Story Survey*, 65 women reported being pregnant in the last 3 years:

**34%** were unable to get lactation support when they needed it

**32%** pumped or breastfed for one year or longer

**23%** said if they could change one thing about their most recent pregnancy, they would want help for postpartum depression and/or anxiety

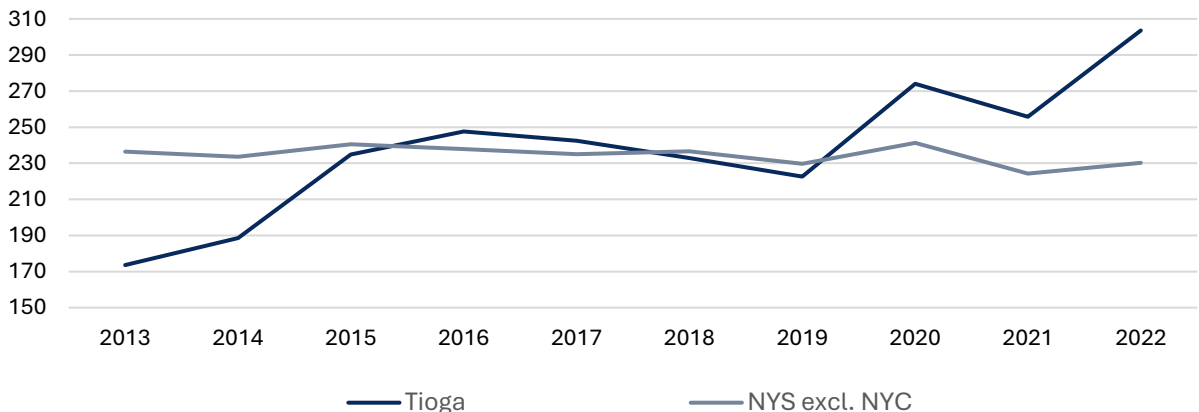
# Health Outcomes: Chronic Diseases

## What the Data Tells Us...

Cardiovascular disease remains one of the most pressing health concerns in Tioga County. The county is currently tied with one other county for the highest prevalence of cardiovascular conditions in New York State, including heart attack, angina/coronary heart disease, and stroke. In addition, mortality from heart disease in Tioga County exceeds the state average, underscoring the urgent need for prevention and intervention strategies. Contributing to this trend are elevated adult obesity rates, which also remain consistently higher than the New York State average. Obesity is a well-established risk factor for cardiovascular disease, and its continued prevalence in the county highlights the importance of promoting healthier lifestyles.

Data Snapshot				
Measure	Tioga County	New York	Trend	Prevention Agenda
Adults with Obesity <sup>2</sup>	37.2	29.1	↑	✗
Adults with an annual household income of less than \$25,000 with obesity <sup>2</sup>	49%	34.4%	↑	✗
Adults who had a test for high blood sugar or diabetes within the past three years, aged 45+ <sup>2</sup>	58.6%	64.3%	↑	✓
Asthma emergency department visits, rate per 10,000, aged 0-17 years <sup>8</sup>	32.2	93.8	↑	✗
Prevalence of Cardiovascular Disease (Heart Attack, Angina/Coronary Heart Disease, and Stroke) <sup>2</sup>	12.8%	7.4%	NA	✗
Adults with hypertension who are currently taking medicine to manage their high blood pressure <sup>2</sup>	74.5%	80.2%	↓	✓
Adults with chronic conditions (arthritis, asthma, diabetes) who have taken a course or class to learn how to manage their condition <sup>2</sup>	5.8%	9.8%	↓	✗
Medicare beneficiaries with dementia (highly likely) <sup>62</sup>	5.4%	8.5%	NA	NA

Diseases of the Heart Mortality Rate per 100,000 <sup>13</sup>



# Health Outcomes: Chronic Diseases

## What You Told Us...

According to the *My Health Story Survey*, 40% of respondents identified "Lack of Access to Affordable Healthy Foods" as one of the top five issues Tioga County should prioritize. This concern is particularly significant in light of the county's chronic disease burden—87% of individuals reported being diagnosed with at least one chronic health condition, such as diabetes, hypertension, or heart disease. The strong link between nutrition and chronic disease prevention highlights the need for expanded access to affordable, nutritious food options, especially in underserved or rural areas. Addressing food insecurity and promoting healthy eating habits could play a critical role in improving long-term health outcomes across the county.

My Health Story Survey		
Question	Response	
23. Have you ever been told by a health professional that you had any of the following?	High blood pressure, or hypertension	20%
	High cholesterol	18%
	None	13%
	Extreme overweight or obesity	12%
	Blood sugar problems, or diabetes	11%
	Mental Health Concerns	10%
	Asthma, COPD, or other breathing issues	9%
	Cancer	6%
	Alcoholism or Substance Use Disorder	2%



"As far as helping residents develop healthier lifestyles and increase quality of life and longevity, the tricky part is getting people to take action, and there's a lot of factors that play into that. For one reason or another, people just don't take action on the things that we would hope they'd take action on, but we try to do the best we can and make people aware of the current health issues in Tioga County."

*Bob Williams*  
Coroner  
Tioga County Coroner's Office

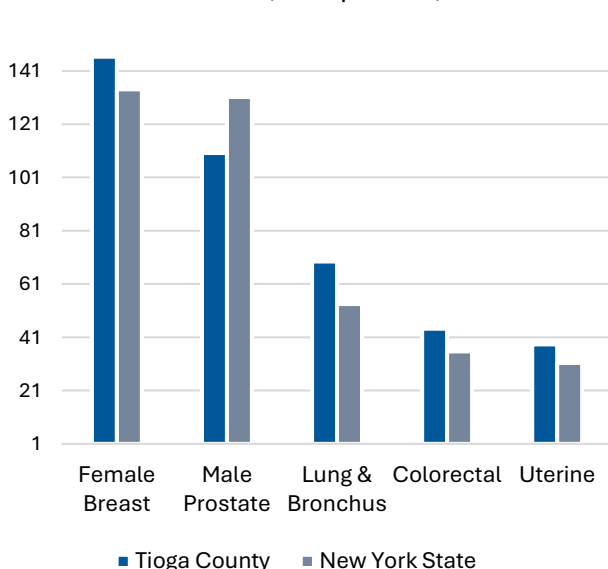
# Health Outcomes: Cancer

## What the Data Tells Us...

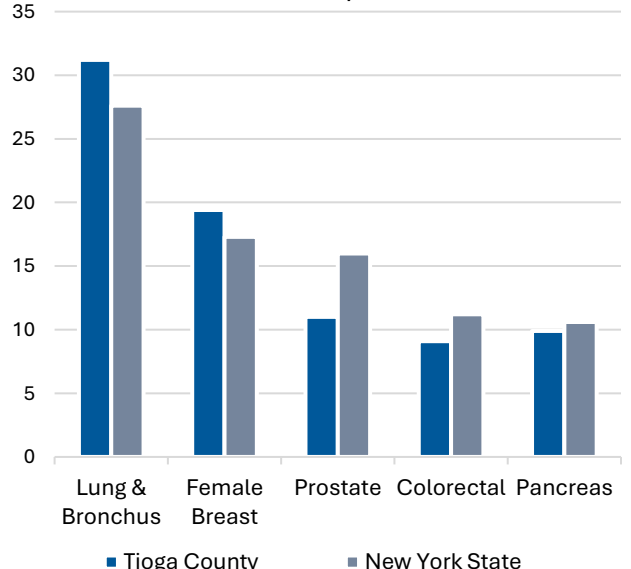
In Tioga County, female breast cancer and prostate cancer remain the most commonly reported cancer types, reflecting statewide and national trends. However, lung and bronchus cancers continue to have the highest mortality rates, underscoring the severity and late-stage detection often associated with these diagnoses. Continued progress in cancer prevention and early detection can be achieved by promoting age-appropriate screening tests, such as mammograms, prostate-specific antigen (PSA) tests, and low-dose CT scans for individuals at high risk of lung cancer. Targeted outreach and education efforts can help increase screening rates and improve outcomes, particularly for cancers with high mortality. For a detailed breakdown of cancer incidence and mortality trends in Tioga County, please refer to the “Detailed Cancer Incidence/Mortality” chart in the appendix.

Data Snapshot				
Measure	Tioga County	New York	Trend	Prevention Agenda
Lung and bronchus cancer incidence rate per 100,000 <sup>55</sup>	87.5	67.6	↑	NA
Oral cavity and pharynx cancer incidence rate per 100,000 <sup>55</sup>	23.4	14.0	↑	NA
Colon and rectum cancer incidence rate per 100,000 <sup>55</sup>	43.4	60.6	↓	NA
Female breast cancer incidence rate per 100,000 <sup>55</sup>	167.6	195.2	↑	NA
Prostate cancer incidence rate per 100,000 <sup>55</sup>	174.3	169.0	↑	NA

Top 5 Occurring Cancers  
2017-2021, rate per 100,000



Top 5 Cancer Mortality (Deaths)  
2017-2021, rate per 100,000





# Health Outcomes: Cancer

## What You Told Us...

Lifestyle behaviors such as tobacco use, alcohol and drug consumption, physical inactivity, and poor nutrition are well-established contributors to cancer risk. In the *My Health Story Survey*, six percent of respondents reported having been diagnosed with some form of cancer, underscoring the importance of prevention and early intervention.

Among survey participants:

- 25% reported regular alcohol use
- 11% used cannabis or marijuana
- 8% smoked cigarettes

Over half rated their physical activity and healthy eating habits as only "fair." These self-reported behaviors reflect broader concerns about limited access to healthy foods, opportunities for physical activity, and support for healthier lifestyle choices. Tobacco use is strongly linked to lung, throat, and bladder cancers, while excessive alcohol consumption increases the risk of liver, breast, and colorectal cancers. Poor nutrition and physical inactivity can contribute to chronic inflammation, obesity, and weakened immune function, all of which elevate cancer risk. Together, these findings highlight a growing public health challenge in Tioga County. Investing in community education, prevention programs, and access to healthier lifestyle resources is essential to reducing cancer risk and improving long-term health outcomes.

"Choosing a variety of whole foods helps your body get the nutrients it needs. And even small steps toward choosing these over processed options can make a real difference. Any move toward more balance is better than making no changes at all."

*Sophie Torres*  
SNAP-ED Nutritionist  
Cornell Cooperative Extension



We know that outcomes are better for individuals when cancer is caught and treated in earlier stages.

We need to continue to promote ways to prevent and decrease one's chances of getting cancer and encourage our community to have cancer screenings done.

**The HPV Vaccine is Cancer Prevention!**

According to the CDC, the percentage of cervical precancers caused by HPV types most commonly linked to cancer has dropped by 40% among vaccinated women.

THE HPV VACCINE IS RECOMMENDED FOR GIRLS AND BOYS BEGINNING AT AGE 11!

\*IT CAN BE GIVEN AS EARLY AS AGE 9\*

Cervical Cancer Awareness Month

Public Health Tioga County

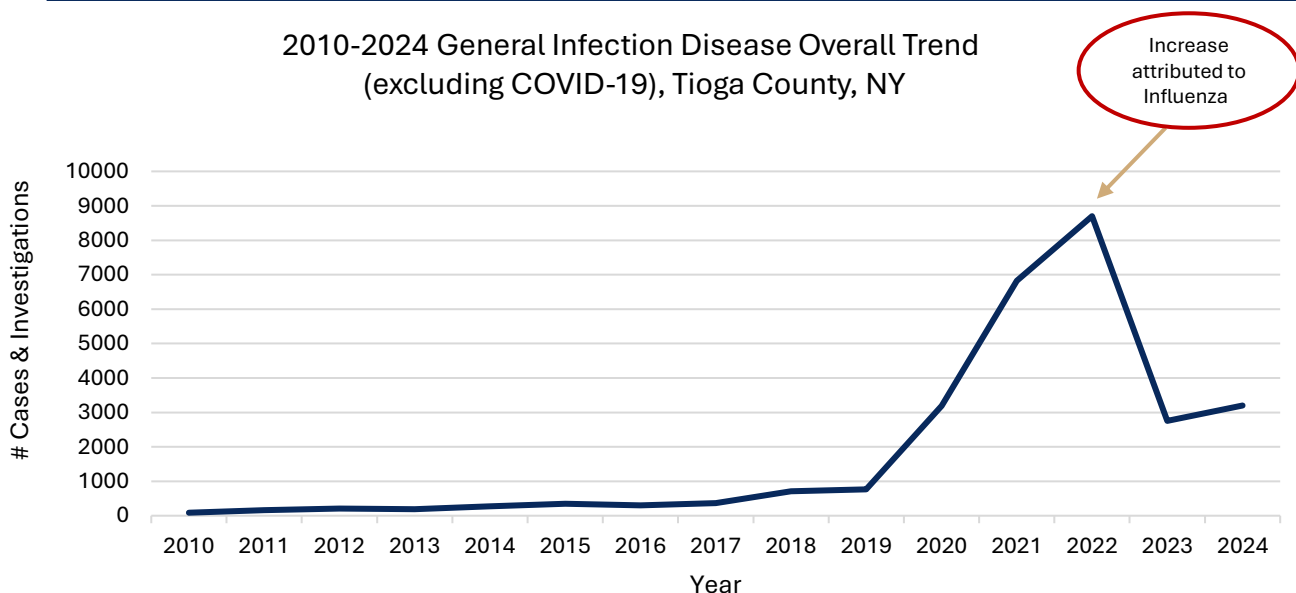
# Health Outcomes: Laboratory Confirmed Diseases

## What the Data Tells Us...

While rates of gonorrhea and chlamydia remain below New York State averages, both have shown recent increases, highlighting the need for continued sexual health education and screening efforts. Chronic Hepatitis C rates, HIV, and early-stage syphilis rates are lower and trending downward, suggesting progress in prevention and treatment initiatives. However, Lyme disease remains a significant concern, with Tioga County's incidence rate **more than double the state average**. The overall infectious disease trend from 2010 to 2024 indicates a recent sharp rise in reported cases, underscoring the importance of sustained public health surveillance, community awareness, and prevention strategies to address both vector-borne and sexually transmitted infections. Sepsis is a life-threatening condition caused by the body's extreme response to infection. Measuring sepsis rates, such as Tioga County's 220.6, is crucial for identifying trends.

Data Snapshot				
Measure	Tioga County	New York	Trend	Prevention Agenda
Gonorrhea diagnoses, age-adjusted rate per 100,000 <sup>7</sup>	82.7	230.9	↑	☑
Chlamydia diagnoses, age adjusted rate per 100,000 <sup>7</sup>	276.8	553.4	↑	☑
Early syphilis diagnoses, age-adjusted rate per 100,000 <sup>7</sup>	1.4	49.5	↓	☑
Chronic Hepatitis C, cases per 100,000 <sup>51</sup>	36	30.2	↓	☑
Lyme disease incidence per 100,000 <sup>51</sup>	157.9	72.7	↓	☑
Newly diagnosed HIV cases, rate per 100,000 <sup>71</sup>	2.8	5.0	↓	☑
Severe sepsis (without COVID-19), age-adjusted rate per 100,000 <sup>60</sup>	220.6	385.2	NA	NA

2010-2024 General Infection Disease Overall Trend (excluding COVID-19), Tioga County, NY



# Health Outcomes: Laboratory Confirmed Diseases

## What You Told Us...

Several key informants in Tioga County have voiced growing concern about ticks and tick-borne diseases, citing them as an emerging public health issue in the region. With the county's abundant wooded and rural areas, residents are frequently exposed to environments where ticks thrive, increasing the risk of illnesses such as Lyme disease, anaplasmosis, and babesiosis. Informants emphasized the need for greater public education on prevention strategies, including proper tick checks, use of repellents, and awareness of early symptoms. They also highlighted the importance of collaboration between public health, healthcare providers, and outdoor recreation groups to ensure timely diagnosis, treatment, and community outreach. This feedback underscores the value of proactive measures to address vector-borne diseases in both rural and recreational settings. While laboratory-confirmed diseases are a concern locally, they are not a top concern for our community. In the *My Health Story Survey*, only 1 in 4 respondents reported that protecting against sexually transmitted infections was not a focus for them.

"Interviews with individuals affected by tick-borne illnesses indicate that most experience severe symptoms for a minimum of three days, with many reporting durations of five days or longer."

*Louise Dorsey, RN, BSN  
Public Health Nurse  
Tioga County Public Health*

"[Our biggest concerns locally, related to communicable disease are] tick-borne illness, gastrointestinal illness, and sexually transmitted infections, specifically chlamydia."

*Louise Dorsey, RN, BSN  
Public Health Nurse  
Tioga County Public Health*



Many communicable diseases are preventable through vaccination. It is essential to continue educating our community about the importance of immunization to protect against harmful illnesses.

Tioga County residents should speak with their healthcare provider to discuss what vaccines they may need to prevent specific illnesses.

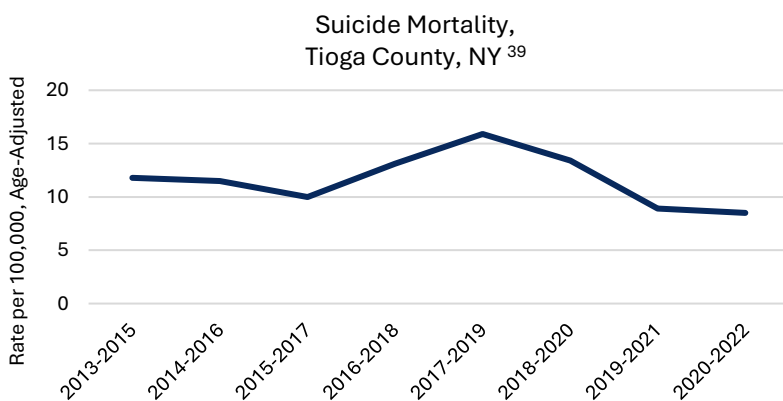


# Health Outcomes: Mental Health & Well-Being

## What the Data Tells Us...

While rates of reported mental distress and deaths by suicide in Tioga County are showing a downward trend, they remain above the targets set by the New York State Prevention Agenda. Data reveals that suicide rates are disproportionately higher among men, individuals aged 30–49, and those involving the use of firearms, highlighting the need for targeted prevention strategies within these groups. At the same time, hospitalizations due to self-inflicted injuries are on the rise, particularly among adolescents aged 15–19, where rates have now surpassed the New York State average. Emergency department visits for self-harm are also notably higher among young females and youth aged 10–19, pointing to a growing mental health concern among young people. These trends emphasize the urgent need for expanded mental health services, early intervention programs, and community-based supports, especially for youth and high-risk populations.

Data Snapshot				
Measure	Tioga County	New York	Trend	Prevention Agenda
Frequent mental distress during the past month among adults, age-adjusted <sup>2</sup>	13.4%	13.4%	↓	✗
Suicide mortality, age-adjusted rate per 100,000 <sup>39</sup>	8.5	8.0	↓	✗
Self-inflicted injury hospitalization rate per 10,000, 3-year average <sup>8</sup>	5.1	5.4	↑	NA
Self-inflicted injury hospitalization rate per 10,000, 3-year average-Ages 15-19 <sup>8</sup>	16.1	13.7	↑	NA



Of Self-Harm Emergency Department Visits of Tioga County, NY residents, 2021: <sup>41</sup>

**63%** were **Female**

**80%** between ages **10-19**

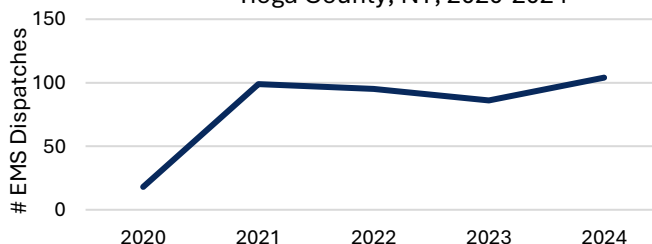
Of deaths by suicide in Tioga County, NY between 2018-2023: <sup>40</sup>

**84%** were **Male**

**53%** by **Firearm**

**42%** between ages **30-49**

EMS Dispatched Reason: Psychiatric Problem/Abnormal Behavior/Suicide Attempt, Tioga County, NY, 2020-2024 <sup>42</sup>



# Health Outcomes: Mental Health & Well-Being

## What You Told Us...

Mental health and emotional well-being survey questions indicate feelings of distress. Twenty-six percent of survey respondents reported feeling anxious in the last year. Feelings of depression, helplessness/hopelessness, and thoughts of self-harm were also indicated. Overall, more than 30% of Tioga County youth report sometimes feeling that life is “not worth it.”

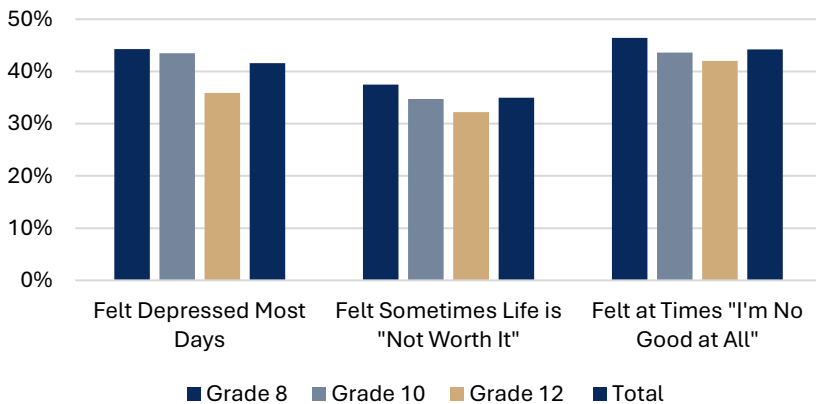
When asked whether *My Health Story Survey* respondents received the help they needed, 62% responded “yes.” The majority report that they found help at their primary care provider (32%) or their personal support system (22%).

“There is a need for prevention. Common themes we see are trauma, there's quite a bit of family discord, and people impacted by death. People are also impacted by suicide, and overdoses. There's many stressors.”

*Sarah Begeal  
Deputy Director of Community  
Services  
Tioga County Mental Hygiene*

My Health Story Survey		
Question	Response	
18. Have you ever experienced...	Anxiety	26%
	Depression	21%
	Feeling helpless or hopeless	11%
	Thoughts of self-harm	4%
19. Did you get the help you needed?	Yes	62%
	No	38%
20. Where did you find help? (If yes to #19) (Top 3 responses)	Primary Care Provider	32%
	Personal Support System (Family/Friends)	22%
	Agency outside of Tioga County	12%

## Community Level Youth Development Evaluation (CLYDE), Tioga County, 2023



Both the data measures and survey responses indicate that mental health and emotional distress are areas of concern.

Actions should be taken to support residents and ensure resources are available before a mental health crisis.



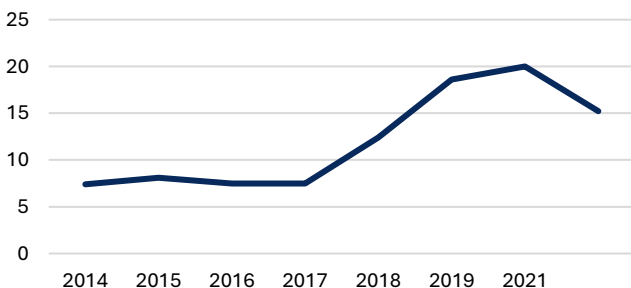
# Health Outcomes: Injuries

## What the Data Tells Us...

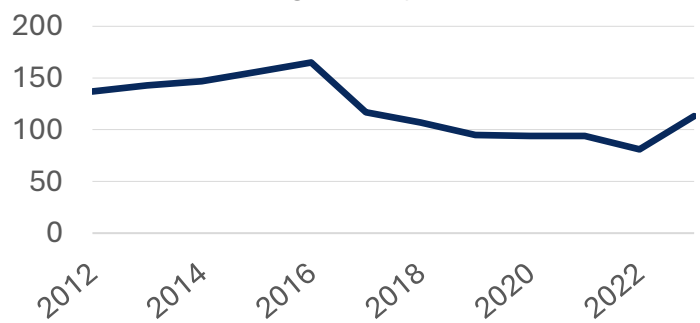
Tioga County experiences a higher rate of unintentional injury mortality, along with elevated rates of motor vehicle-related deaths and traumatic brain injury (TBI) hospitalizations. While TBI hospitalization rates remain slightly below the New York State average, motor vehicle injuries continue to be a significant concern. On a more positive note, Tioga County reports lower hospitalization rates for falls, poisoning, and alcohol-related motor vehicle injuries and fatalities compared to state averages. These trends suggest that while the county is performing well in certain areas of injury prevention, motor vehicle safety, and overall unintentional injury prevention remain key areas for improvement. Continued efforts to promote safe driving behaviors, helmet use, fall prevention strategies, and community education will be essential in reducing injury-related health burdens and improving long-term outcomes.

Data Snapshot				
Measure	Tioga County	New York	Trend	Prevention Agenda
Unintentional injury mortality rate per 100,000 <sup>10</sup>	60.7	58.2	↑	NA
Falls hospitalization rate (age-adjusted) <sup>13</sup>	20.1	38.4	↑	NA
Poisoning hospitalization rate (age adjusted) <sup>13</sup>	5.8	8.6	↓	NA
Motor vehicle injury mortality rate (3-year rate)(age-adjusted) <sup>10</sup>	16.0	8.2	↓	NA
Alcohol related motor vehicle injuries and deaths per 100,000 (3-year rate) <sup>20</sup>	13.2	31.4	↓	NA
Traumatic brain injury hospitalization per 10,000 <sup>8</sup>	6.7	8.5	↑	NA
Overdose deaths involving any opioids, age-adjusted rate per 100,000 <sup>10</sup>	11.2	26.4	↓	☑

Motor Vehicle Injury Mortality Rate/100,000 (3-year average) Tioga County, NY



Domestic Violence Victims Reports, 2012-23 Tioga County, NY<sup>63</sup>



# Health Outcomes: Injuries

## What You Told Us...

According to the *My Health Story Survey*, Tioga County residents overwhelmingly report feeling safe in their homes, with 82% stating they feel “very safe” and 18% feeling “somewhat safe.” However, this strong perception of safety contrasts with the lived experiences of many community members. Furthermore, 26% of individuals disclosed experiencing domestic violence, particularly emotional/verbal abuse, emphasizing the ongoing need for comprehensive support services, prevention initiatives, and community education. These findings highlight a critical reality: while most residents feel physically safe, interpersonal violence remains a significant and often hidden issue. Addressing this requires a sustained commitment to trauma-informed care, survivor-centered resources, and collaborative efforts across health, social service, and justice systems.

“We have different trends every year. Some years, we have a bunch of motor vehicle accidents. Other years, it’s crushing injuries. The trends have been continued with people just being very reckless in certain ways.”

*Corinne Cornelius  
Director of Emergency Services  
Tioga County Office of  
Emergency Services*

My Health Story Survey		
Question	Response	
15. How safe do you feel in your home?	Very safe	82%
	Somewhat safe	18%
	Not safe at all	0%
16. Have you ever experienced domestic violence?	No	74%
	Yes	26%
17. What types of abuse have you experienced or witnessed in your community over the last 5 years?	Emotional/Verbal Abuse	26%
	Digital Abuse	15%
	Physical Abuse	12%
	Financial Abuse	10%
	Stalking	10%
	Sexual Abuse	6%
	None	21%

“Intimate partner violence continues to be a problem in Tioga County, with people of all categories (age, class, race, familial status, etc) experiencing control and abuse by their partners. Compounding the problem of IPV are: a lack of safe and affordable housing for people to move to when leaving an abusive partner; a lack of resources such as financial, transportation, childcare; and the strain on services/service providers.”

*Sarah DiNunzio  
Assistant Director  
A New Hope Center*

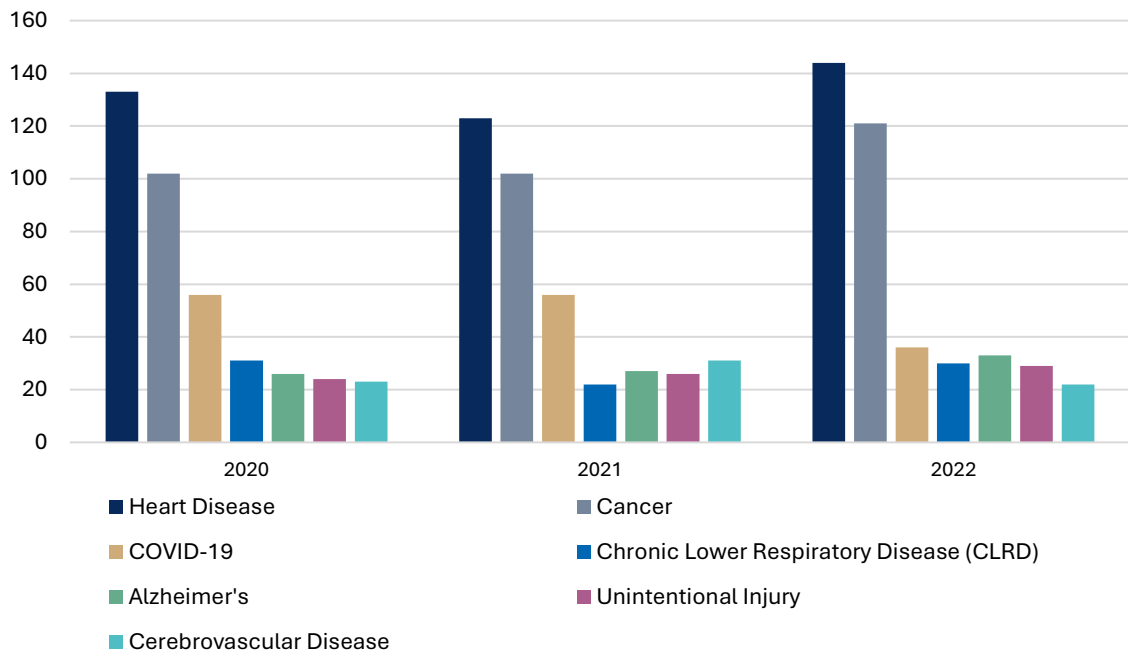


# Health Outcomes: Leading Causes of Death

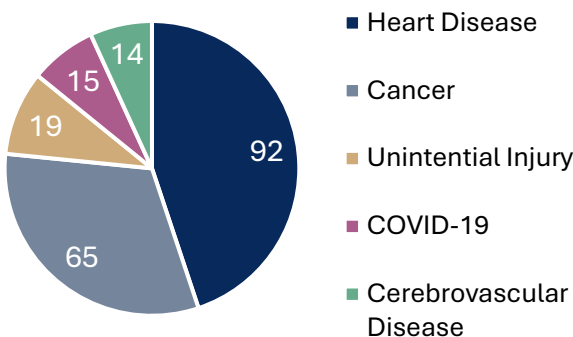
## What the Data Tells Us...

Heart disease and cancer remain the leading causes of death in Tioga County, consistently ranking as the top contributors to mortality. This trend has remained relatively steady over the past several years, indicating a persistent burden of cardiovascular disease and cancer in the community. From 2020 to 2022, COVID-19 emerged as the third leading cause of death, reflecting the significant impact of the pandemic on the local population during that period. Alzheimer's disease has also remained among the top five causes of death, highlighting the growing need for dementia-related care and support services. Additionally, unintentional injuries ranked as the sixth leading cause of death across all three years, underscoring the importance of injury prevention efforts and public safety initiatives.

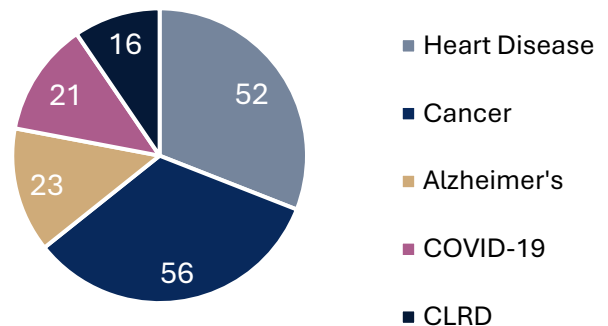
Leading Causes of Death <sup>10</sup>  
Tioga County, NY



Leading Causes of Death-Males  
Tioga County, NY, 2022 <sup>10</sup>



Leading Causes of Death-Females  
Tioga County, NY, 2022 <sup>10</sup>





# Health Outcomes: Leading Causes of Death

## What You Told Us...

Chronic health conditions are widespread in Tioga County, with approximately 75% of respondents in the *My Health Story Survey* reporting at least one diagnosed condition. The most commonly reported were high blood pressure and high cholesterol—both major risk factors for heart disease and stroke, which continue to be leading causes of death locally, as well as across New York State and the United States. In addition to cardiovascular risks, residents also reported high rates of diabetes, obesity, respiratory illnesses, mental health conditions, and cancer, all of which contribute to the county’s overall chronic disease burden. These findings underscore the critical need for ongoing investment in prevention, early detection, and long-term disease management strategies. Expanding access to primary care, promoting healthy lifestyle choices, and supporting community-based wellness programs will be essential to improving health outcomes and reducing the impact of chronic disease in Tioga County.



“The majority of chronic health conditions fall under the metabolic syndrome...[resulting] from insulin resistance. Typically, the insulin resistance is due to obesity. In my experience, there is also a component of stress that is inadequately managed.”

*James M. Skiff, MD  
Primary Care Provider  
UHS Primary Care Candor/Newark Valley*



Chronic diseases remain leading causes of death in Tioga County, many of which are linked to preventable risk factors, such as obesity.

Community efforts to promote healthy eating, regular physical activity, and routine health screenings can play a major role in reducing these risks.

In the *My Health Story Survey*, respondents stated that

**20%** Have High Blood Pressure or Hypertension

**18%** Have High Cholesterol

**12%** Are Considered Extremely Overweight or Obese

Intentionally Blank





# Physical Environment

---

# Physical Environment: Outdoor Environment

## What the Data Tells Us...

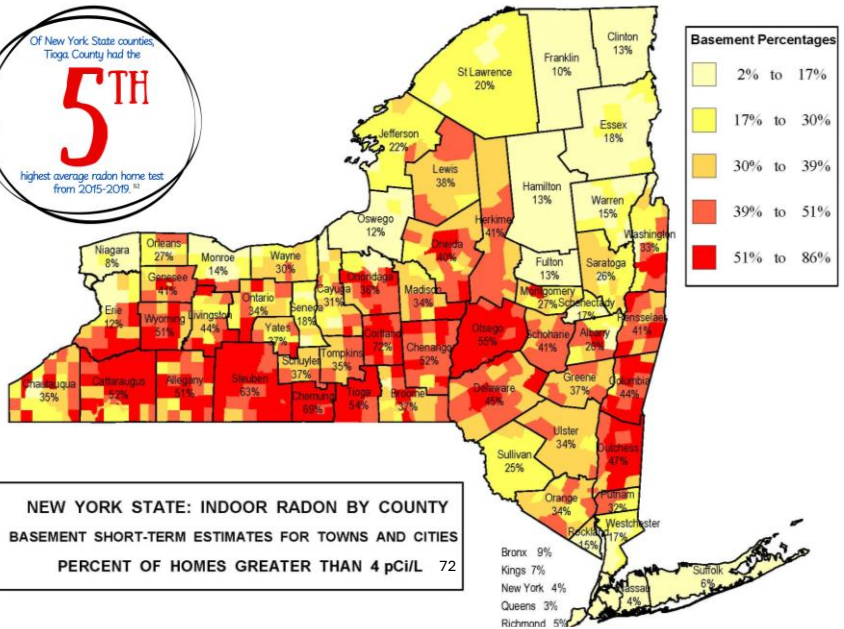
Tioga County continues to face the impacts of extreme weather events, with annual temperature fluctuations ranging from periods of intense heat to unusually cool conditions. These climate shifts reflect broader environmental variability affecting the region. Since 2001, Tioga County has been included in 21 Federal Emergency Management Agency (FEMA) disaster declarations, primarily due to severe storms, flooding, and hurricanes—events that pose risks to infrastructure, public safety, and long-term community resilience. In addition to weather-related challenges, home environments in Tioga County are influenced by environmental health factors such as air quality and radon exposure. Elevated radon levels, in particular, are a known risk factor for lung cancer, while poor air quality can exacerbate respiratory conditions like asthma and COPD. These environmental exposures are closely linked to chronic disease outcomes, highlighting the importance of environmental monitoring, public awareness, and mitigation efforts to protect community health.

### Data Snapshot

Measure	Tioga County	New York	Trend	Prevention Agenda
Asthma emergency department visits, rate per 10,000, aged 0-17 years <sup>8</sup>	32.2	93.8	↑	☑
Average radon home test value (actionable level is 4 pCi/L) <sup>52</sup>	9.2 pCi/L	4.5 pCi/L	NA	NA

#### Radon Levels in Tioga County, NY

Radon is the leading cause of lung cancer among nonsmokers and the second leading cause overall. This invisible, odorless, and tasteless gas occurs naturally as uranium in soil and rock breaks down. Outdoors, radon disperses harmlessly, but indoors it can accumulate to dangerous levels. Radon enters homes and buildings through cracks in foundations, gaps around pipes, and other openings. Once inside, it mixes with the air you breathe—often without any warning signs. The Southern Tier of New York State, including Tioga County, has some of the highest radon levels in the entire state, making testing and mitigation especially important for local residents.



### Tioga County, NY Estimated % of Homes with Greater than 4 pCi/L Radon Levels in Basement<sup>72</sup>

Barton	Candor	Newark V.	Spencer	Nichols	Tioga	Richford	Berkshire	Owego
68%	64%	61%	58%	57%	52%	53%	53%	42%

# Physical Environment: Outdoor Environment

## What You Told Us...

Community partners in Tioga County have confirmed noticeable changes in local weather patterns, which align with observed data trends. Unusual weather events—such as extended droughts and record-breaking rainfall or snowfall—are increasingly common and have substantial impacts on residents and critical infrastructure. These impacts include washed-out roads and bridges, overwhelmed stormwater systems, and power outages, all of which strain emergency response efforts and long-term recovery planning.

“On the forefront of my mind right now is drought as we went from an extremely wet spring to almost an entire month with no precipitation, this has major impacts to Tioga’s agricultural community”.

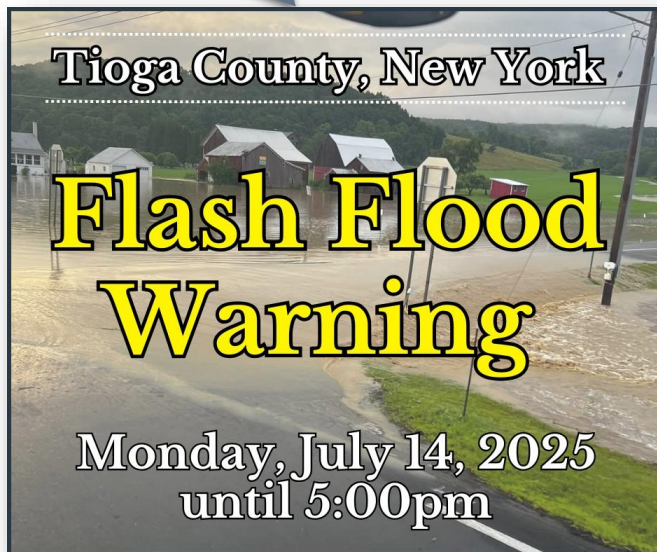
“My priority is trying to do the best we can to conserve and restore natural infrastructure. That means focusing our efforts on our streams and stream corridors, creating wetlands and allowing for opportunities for water to slow down, spread out and soak in when we can.”

*Wendy Walsh  
District Manager  
Tioga County Soil & Water*



*It's hard to plan for the unknown, but extreme weather events should be considered a regular occurrence for Tioga County.*

*How can we better prepare the community for such events?*



“There’s a lot of impact from extreme weather conditions, especially to roadways. Some of them are already in poor condition, and it takes a lot to keep the bridges clean and keep the foliage out of the drains.”

*Corinne Cornelius  
Director of Emergency Services  
Tioga County Office of Emergency Services*

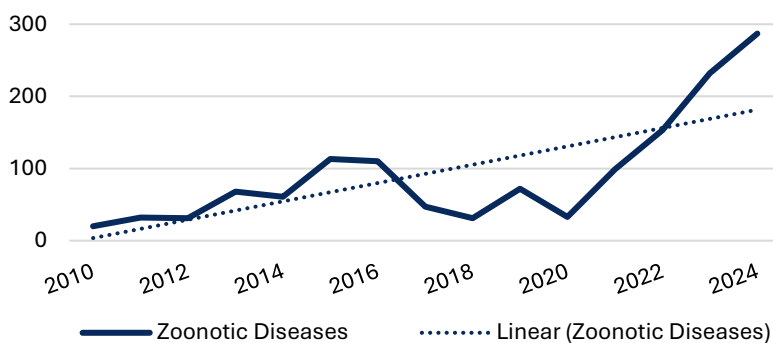
# Physical Environment: Zoonotic Diseases

## What the Data Tells Us...

Zoonotic diseases are infectious diseases that can be transmitted from animals to humans and pose a significant public health risk. They have become a leading health concern in our area over the past few years. The most important contributor to this is the increase in tick-borne illnesses being reported in Tioga County. Lyme disease has been a concern for several years now. However, other tick-borne illnesses, such as anaplasmosis, have also been reported more frequently. Overall testing of animals and the reporting of animals positive for the rabies virus has declined. This may be attributed to improved messaging about animal interactions and the importance of pet rabies vaccinations.

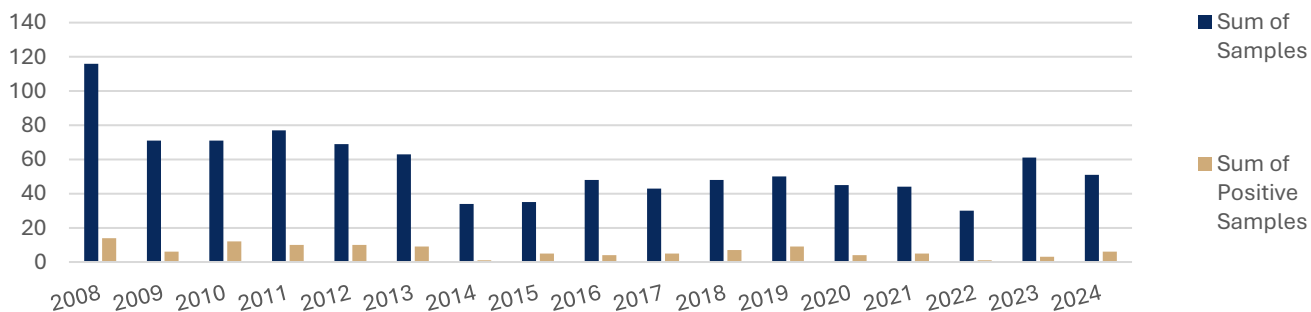
Data Snapshot				
Measure	Tioga County	New York	Trend	Prevention Agenda
Lyme disease cases per 100,000, 2023 <sup>54</sup>	332.9	168.0	↑	NA
Anaplasmosis cases per 100,000, 2023 <sup>54</sup>	14.7	17.1	↑	NA

Zoonotic Diseases Overall Trend, Tioga County, NY  
2010 - 2024 (Projected) <sup>54</sup>



With tickborne illnesses on the rise, Tioga County Public Health focuses on helping residents prevent tick bites through education and awareness. We love to be outdoors in Tioga County, so make sure to protect your kids and pets from preventable illnesses. Tick safety starts at home!

Animals Submitted for Rabies Testing Versus Positive Results, 2008-2025  
Tioga County, NY <sup>53</sup>



# Physical Environment: Zoonotic Diseases

## What You Told Us...

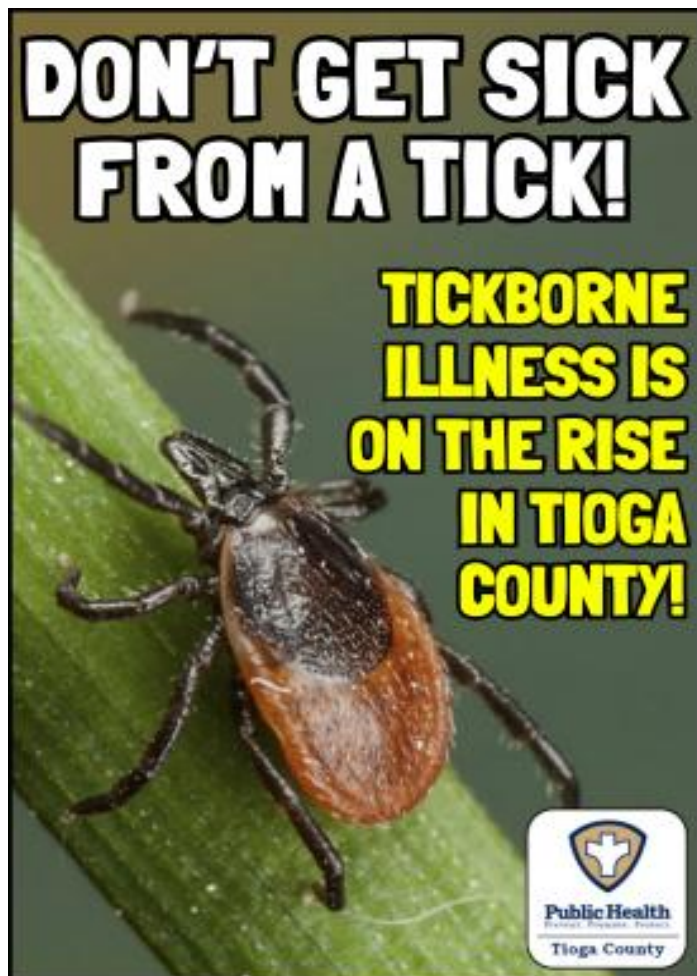
Our community partners have raised concerns regarding the illnesses associated with tick bites, which align closely with the data we have collected. The increasing rate of hospitalizations linked to tick-borne diseases is particularly alarming, as these illnesses not only impact individuals' health but also contribute to a notable increase in absenteeism from work and school. This trend poses a broader challenge to our community's well-being, emphasizing the urgent need for awareness, prevention strategies, and efforts to address the risks associated with tick exposure.

"The tick population and the impacts of us working in the field have become more of a concern for staff. I've had several instances of staff with tick bites, so we now have increased awareness of that health impact and what it means for the field work we do."

*Wendy Walsh  
District Manager  
Tioga County Soil & Water*

"The climate is getting warmer and wetter, and that creates an atmosphere where ticks and other bugs are able to thrive. So, it makes sense that we would see an increase in their activity and more people getting diseases like Lyme Disease and anaplasmosis."

*Laura Bennett, MPH, CHES  
Senior Public Health Educator  
Tioga County Public Health*



"In many cases, middle age people have reported experiencing symptoms of tick-borne illness that resemble those typically seen in older adults, including severe illness, low blood platelets, elevated liver enzymes, and anemia to name a few."

*Louise Dorsey, RN, BSN  
Public Health Nurse  
Tioga County Public Health*

# Physical Environment: Community Infrastructure

## What the Data Tells Us...




Given Tioga County’s predominantly rural landscape, it is not surprising that a significantly higher percentage of residents commute alone by car compared to the New York State average. Limited access to public transportation, longer travel distances between home and work, and fewer alternative commuting options contribute to this trend. However, there has been a modest upward trend in alternative modes of transportation—such as carpooling, biking, and telecommuting—which may reflect a broader acceptance of remote work and flexible job arrangements. Additionally, Tioga County has a lower proportion of its population living in Climate Smart Communities\* (see full description below), suggesting room for growth in local sustainability efforts. Compounding these challenges, approximately 31% of housing units in the county were built before 1950, raising concerns about energy efficiency, indoor air quality, and the need for modernization to meet current environmental and health standards.

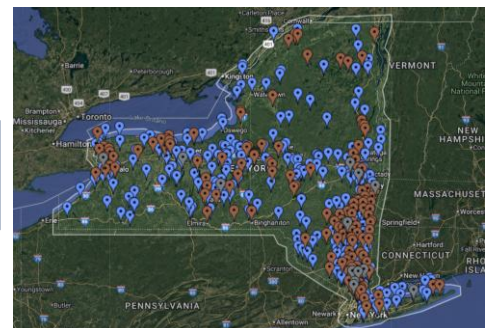
### Data Snapshot

Measure	Tioga County	New York	Trend	Prevention Agenda
Mean travel time in minutes to work <sup>28</sup>	24.0	32.8	↑	NA
Work population who drove alone (car, truck, or van) <sup>28</sup>	82.2%	50.5%	↓	NA
Work population who used public transportation (excluding taxicab) <sup>28</sup>	0.2%	22.4%	↓	NA
People who commute to work using alternate modes of transportation (e.g., public transportation, carpool, bike/walk) or telecommute <sup>25</sup>	16.8%	47.7%	↑	×
Population living in a certified Climate Smart Community <sup>29</sup>	7.6%	35.6%	↑	×
Registered cooling towers in compliance with 10 NYCRR Support 4-1 (New York State outside New York City) <sup>30</sup>	58.8%	56.7%	↑	×
Housing units built before 1950 <sup>32</sup>	31%	NA	NA	NA

#### \* State Support for Local Climate Action

Climate Smart Communities (CSC) is a New York State program that helps local governments take action to reduce greenhouse gas emissions and adapt to a changing climate. The program offers grants, rebates for electric vehicles, and free technical assistance.

- Registered 
- Bronze Certified 
- Silver Certified 





# Physical Environment: Community Infrastructure

## What you Told Us...

Residents of Tioga County value their community as a great place for children and adults to enjoy the outdoors, with abundant natural spaces and opportunities for unstructured recreation. However, feedback from community members indicates less satisfaction with the availability of organized activities and recreational facilities. Many respondents expressed concern about the limited options for structured programs and family-friendly amenities, particularly those geared toward children.

My Health Story Survey		
Question	Response	
14. How would you rate your community as...		
A place for children to play outdoors?	Good	50%
	Fair	42%
	Poor	8%
A place for adults to walk?	Good	41%
	Fair	45%
	Poor	14%
A place with a lot of activities for children and families in Tioga County?	Good	15%
	Fair	52%
	Poor	33%

“Transportation and housing are the two biggest needs in Tioga County. In regards to housing, it comes down to affordability, accessibility, safety. For those wanting to age in place in their own homes, safety and affordability are key.”

*Amanda Kushner  
Director of Supportive Services  
Tioga Opportunities, Inc.*

“We’ve been working with our municipalities on trying to improve their outdoor parks and other recreational assets. It’s such an important part of quality of life.”

*Elaine Jardine  
County Planning Director  
Tioga County Economic  
Development and Planning*



Intentionally Blank





## Access to Services

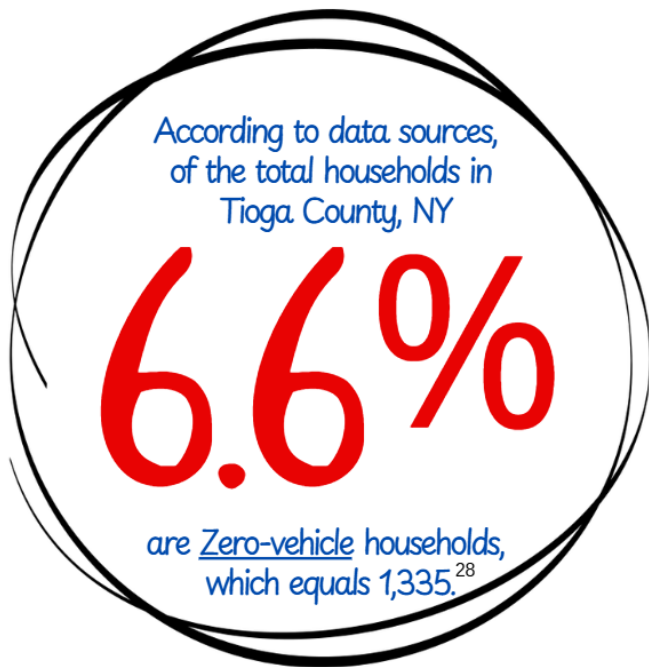
---

# Access: Transportation

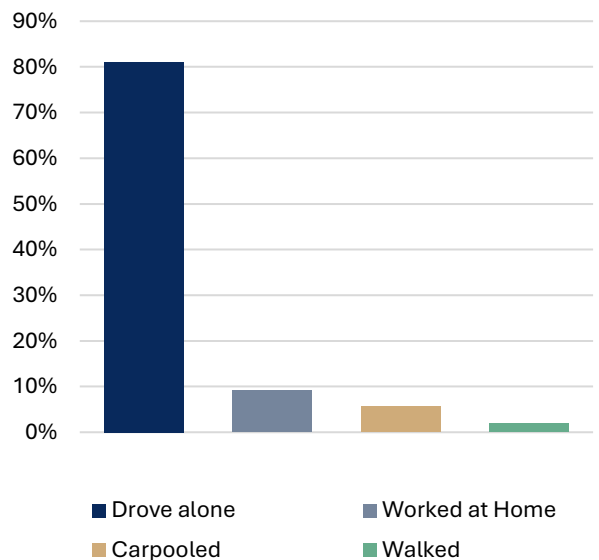
## What the Data Tells Us...

In Tioga County, residents primarily rely on personal vehicles for transportation. While average commute times are relatively short—typically under 25 minutes—most trips are made alone. This heavy reliance on cars for commuting, grocery shopping, medical care, and social activities can pose significant challenges for individuals without a reliable vehicle or a valid driver’s license, often requiring support from family or neighbors. Notably, the most significant shift in recent years has been the rise in remote work. The percentage of residents working from home has doubled, increasing from 4.5% in 2020 to 9.1% in 2023.

Data Snapshot				
Measure	Tioga County	New York	Trend	Prevention Agenda
Average commute time, minutes <sup>28</sup>	24.0	32.8	NA	NA
Workers who used public transportation <sup>28</sup>	0.3%	22.4%	NA	NA
Workers who worked at home <sup>28</sup>	9.1%	13.3%	NA	NA



Method of Commuting to Work, 2023<sup>28</sup>



# Access: Transportation

## What You Told Us...

Transportation limitations and barriers are common in rural communities, where implementing public transportation services can be challenging. Residents of Tioga County report experiencing transportation barriers that make it difficult to access medical services and healthy foods, ultimately affecting their overall health. Community-based organizations provide support through transportation programs that help those in need within the community.

“There’s certainly a lack of access, which is what we’re working on at GetThere. It means you’re seeing people who have limited transportation having to forego healthcare appointments and primary care appointments because that depends on their ability to access reliable transportation.”

*Nick Cecconi  
Director of GetThere Mobility Management  
Rural Health Network of SCNY*

My Health Story Responses		
Question	Response	
10. How many vehicles are in your household?	0	4%
	1	26%
	2	41%
	More than 2	29%
	I have one, but it does not currently run	0%
25. What do you feel are the biggest barriers to healthy food options like fruit, vegetables, whole grains, and meats for you and your family?	Distance to grocery stores	21%
35. In the past year, was there a time that you needed any of the following (medical care, mental health care, dental health care, prescription medications, nutritional foods) but you could not, or did not, receive it?	Yes	12.3% - 24.1%
36. If you answered yes to the previous question, what were the barriers that you experienced	Transportation: It was too hard to get there	7%

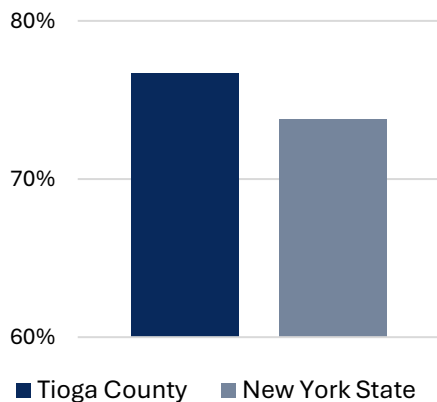
# Access to Care: Medical

## What The Data Tells Us...

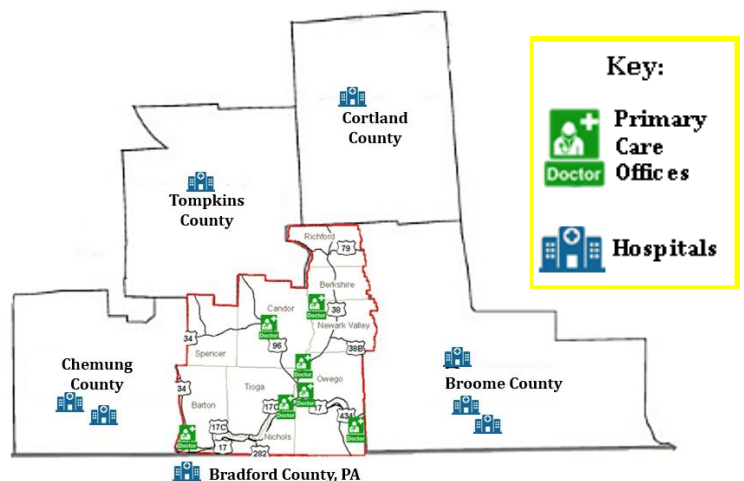
Tioga County has seen a decline in access to primary care, with the number of primary care offices decreasing from nine to seven in recent years. Despite this reduction, health insurance coverage among residents has increased and now exceeds the New York State average. Reassuringly, most adults in the county continue to report having a regular primary care provider, suggesting strong patient-provider relationships despite limited local availability. While there are currently no obstetricians practicing in the county, early prenatal care rates remain high—exceeding 75%—which is above the state average. However, the absence of a hospital and specialty care providers within the county means that residents must travel outside the area to access many essential medical services.

Data Snapshot				
Measure	Tioga County	New York	Trend	Prevention Agenda
Number of primary care physicians per 100,000 population <sup>1</sup>	27	80	↓	NA
Adults with health insurance, ages 18 – 64 <sup>25</sup>	95.1%	93.1%	↑	✘
Children <19 with health insurance <sup>25</sup>	97.7%	97.4%	↑	NA
Adults who have a regular health care provider, age-adjusted <sup>26</sup>	91.7%	86.7%	↑	☑
Ratio of population to primary care physicians <sup>48</sup>	3,690:1	1,240:1	↑	NA

Births with 1<sup>st</sup> Trimester Prenatal Care<sup>12</sup>



Hospital and Medical Care Distribution



# Access To Care: Medical

## What You Told Us...

Residents of Tioga County report a favorable assessment of their healthcare insurance coverage and the availability of primary care physicians. Nevertheless, financial constraints occasionally present challenges, leading to increased stress and influencing decisions related to the pursuit of medical care or prescriptions. Overall, Tioga County residents place a high value on having a primary care provider and actively seek their expertise for health-related information.



My Health Story Survey			
Question	Response		
31. Do you have health care coverage/insurance?	Yes	95%	
	Used to, but I don't anymore	3%	
	No	2%	
32. Do you have a primary care provider?	Yes	91%	
	Used to, but I don't anymore	5%	
	No	4%	
33. How often are you stressed about having enough money to afford <b>medical care</b> ?	Always stressed	16.4%	
	Sometimes Stressed	33.7%	
	Rarely/Never Stressed	49.9%	
35. In the past year, was there any time that you needed any of the following, but you could not, or did not, receive it?	Medical Care	No	85.4%
	Medical	Yes	14.6%
	Prescription medications	No	87.7%
	Prescription medications	Yes	12.3%
36. If you answered yes to the previous question, what were the barriers that you experienced?	Not applicable	36%	
	Cost	23%	
	Insurance denial	9%	

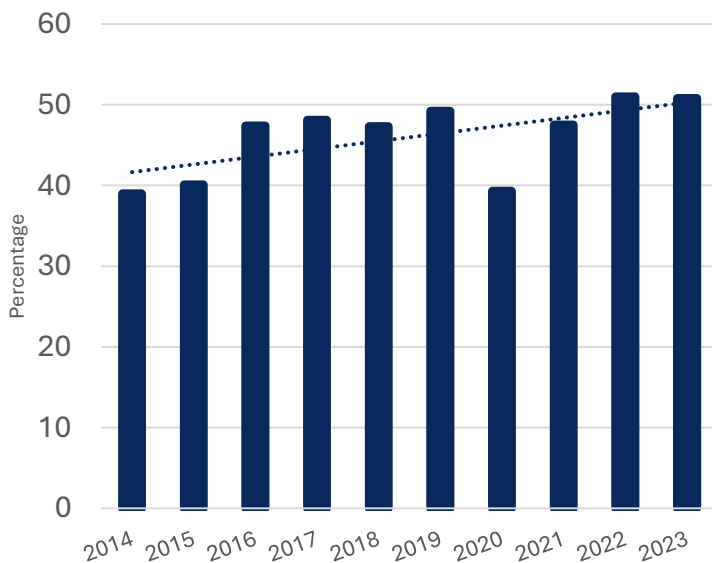
# Access to Care: Dental

## What the Data Tells Us...

Tioga County is facing a decline in the number of practicing dentists, which is further compounded by limited provider participation in state-funded dental insurance programs such as Medicaid. This combination presents a significant barrier to accessing dental care, particularly for low-income residents. Preventive dental care plays a critical role in identifying oral health issues early and reducing the risk of serious, irreversible dental diseases. Despite its importance, only 25% of Medicaid enrollees in the county received a preventive dental visit in the past year, highlighting a gap in both access and utilization of essential oral health services.

Data Snapshot				
Measure	Tioga County	New York	Trend	Prevention Agenda
Number of dentists per 100,000 population <sup>1</sup>	27	83	↓	NA
Adults who had a dentist visit within the past year, age-adjusted <sup>15</sup>	61.4%	69.6%	NA	NA
Medicaid enrollees with at least one preventive dental visit within the last year <sup>14</sup>	24.7%	26.0%	↑	NA
Medicaid enrollees (aged 2 – 20 years) with at least one preventive dental visit within the last year <sup>14</sup>	44.9%	45.2%	↑	NA

Medicaid Enrollees (aged 2-20 years) who had At Least One Dental Visit within the Last Year  
Tioga County, NY



While Medicaid Enrollees (aged 2-20 years) who had at least one dental visit within the last year are trending upward, improving from around 40% in 2014 to over 50% in 2023, there is still room for improvement.

Additional efforts are needed to direct this population to use the Tioga Smiles Dental van!



# Access To Care: Dental

## What You Told Us...

Findings from the *My Health Story Survey* offer valuable insights into the financial barriers and perceptions surrounding dental health among Tioga County residents. A significant 58% of respondents reported that financial limitations affected their ability to afford dental care. This economic strain is closely tied to self-perceived oral health, with half of participants rating their dental health as 'poor' or 'fair.' Alarming, 25% of respondents indicated they were unable to obtain the dental care they needed, underscoring a critical gap in access to essential oral health services.

My Health Story Survey		
Question	Response	
33. How often are you stressed about having enough money to afford <b>dental care</b> ?	Always Stressed	23.5%
	Sometimes Stressed	34.6%
	Rarely/Never Stressed	42%
34. How would you describe your <b>dental health</b> ?	Poor	18.3%
	Fair	32.3%
	Good	49.4%
35. In the past year, was there any time that you needed <b>dental care</b> , but you could not, or did not, receive it?:	Yes	24%
	No	76%

“Your teeth are important for several reasons: They are the first step in digestion which can impact nutrition. They affect speech and a beautiful smile boosts self-esteem.”

*Nicole Whitmore  
Director of Dental Services  
Tioga County Public Health*

“Economic hardship is definitely impacting the oral health of the county.”

*Nicole Whitmore  
Director of Dental Services  
Tioga County Public Health*

# Access to Care: Mental Health

## What the data tells us...

Data reveals a significant shortage of mental health providers in Tioga County, highlighting an urgent and growing need to improve access to behavioral health services. The current ratio of mental health professionals to residents is well below state and national averages, creating substantial barriers for individuals seeking timely, consistent, and effective care. This shortage is particularly concerning for vulnerable populations, including children, adolescents, and individuals with low income or limited transportation options, who may face additional challenges in accessing services outside the county. The lack of local providers often results in long wait times, increased travel burdens, and unmet mental health needs, which can contribute to worsening symptoms, academic struggles, and broader public health concerns. In this context, school-based mental health programs have emerged as a critical strategy to bridge service gaps. By integrating mental health professionals directly into school settings, these programs offer students convenient access to counseling, crisis intervention, and preventive care without the need for external referrals or transportation.

Data Snapshot				
Measure	Tioga County	New York	Trend	Prevention Agenda
Number of mental health providers per 100,000 population <sup>1</sup>	170	356	↑	NA
Unique individuals enrolled in OASAS (NYS Office of Addiction Services and Supports) treatment programs per 100,000 – who reported any opioid as the primary substance <sup>38</sup>	503.4	465.2	NA	NA
Adults who have experienced two or more adverse childhood experiences (ACEs) <sup>26</sup>	59.3%	41.9%	↑	✘

"We collaborate with several schools where we have school-based mental health programs. The number of participating schools has increased over the years, which really has opened up more providers through us."

*Sarah Begeal  
Deputy Director of Community Services  
Tioga County Mental Hygiene*

### Tioga County School-Based Mental Health Programs Offered At:

- Apalachin Elementary
- Owego Elementary
- Newark Valley Middle School
- Newark Valley High School
- Van Etten Elementary School
- Spencer-Van Etten Middle School
- Spencer-Van Etten High School

# Access To Care: Mental Health

## What You Told Us...

In Tioga County, a significant number of residents characterize their mental health as ranging from "fair" to "good." However, there is a noteworthy portion of the population that indicates they have not received the necessary mental health support or care for emotional distress. This gap underscores the ongoing need for enhanced access to mental health services and resources within the community, ensuring that all residents can obtain the assistance they need to improve their overall well-being.

My Health Story Survey		
Question	Response	
33. How often are you stressed about having enough money to afford <b>mental health care</b> ?	Always Stressed	13%
	Sometimes Stressed	25.5%
	Rarely/Never Stressed	61.5%
34. How would you describe your <b>mental health</b> ?	Poor	8.6%
	Fair	42.9%
	Good	48.5%
35. In the past year, was there any time that you needed <b>mental health care</b> but you could not, or did not, receive it?:	Yes	17%
	No	83%



In the My Health Story Survey, respondents sought care for mental health illness or emotional distress from...

**32%** Primary Care Provider

**22%** Personal Support System

**8%** Tioga County Mental Hygiene Clinic

**8%** Virtual Counseling

# Access: Food

## What the Data Tells Us...

Food insecurity is defined as a lack of consistent access to sufficient, safe, and nutritious food for all household members. Tioga County has a lower percentage of adults who reported being food insecure than the NYS average. Food insecurity affects 15% of children in the county. As the years pass, the number of food-insecure children in Tioga County is decreasing; however, it's essential to note that the problem persists. Food markets are changing in the county, with local grocery stores closing, resulting in fewer WIC (Women, Infants, and Children)-authorized stores than in years past.

Data Snapshot				
Measure	Tioga County	New York	Trend	Prevention Agenda
Population who did not have access to a reliable source of food during the past year. <sup>4</sup>	11.5%	10.0%	NA	NA
Households receiving Food Stamp/SNAP benefits in the past 12 months. <sup>28</sup>	11.7%	14.6%	↓	NA
Food Insecurity Rate. <sup>4</sup>	12.6%	14.5%	↑	NA



“We need improved access to food for people living in rural areas. In a county without any public transportation, rural families will definitely fall through the cracks. An improved system is a necessity.”

*Sr. Mary O’Brien  
Executive Director  
Tioga County Rural Ministry*

# Access: Food

## What You Told Us...

57% of Tioga County residents report that the most significant barrier to accessing healthy foods is the cost associated with purchasing them. Financial limitations further contribute to this issue. Additionally, 21% of residents reported that they had experienced a period in the past year when they were unable to obtain nutritious food.

My Health Story Survey		
Question	Response	
25. What do you feel are biggest barriers to healthy food options like fruits, vegetables, whole grains, and meats for you and your family?	Cost of healthy food options	57%
	Distance to grocery stores	18%
	Cooking skills needed to prepare healthy meals	9%
	Access to a kitchen/equipment to make meals	2%
33. How often are you stressed about having enough money to afford <b>to buy healthy and nutritious foods?</b>	Always Stressed	16%
	Sometimes Stressed	41.3%
35. In the past year, was there any time that you needed <b>nutritional (healthy) foods</b> , but you could not, or did not, receive it?:	Yes	21%
	No	79%

“Our signature programs include the food pantry and financial assistance in times of need. The financial aid that we offer to residents experiencing a crisis helps to alleviate food insecurity. When people have to choose between paying rent, utility bills, or needed car repairs to stay employed, the choice to buy nutritious and healthy food will always be the first need to suffer.”

*Sr. Mary O'Brien  
Executive Director  
Tioga County Rural Ministry*



Intentionally Blank





## Areas of Special Interest & Emerging Trends

---

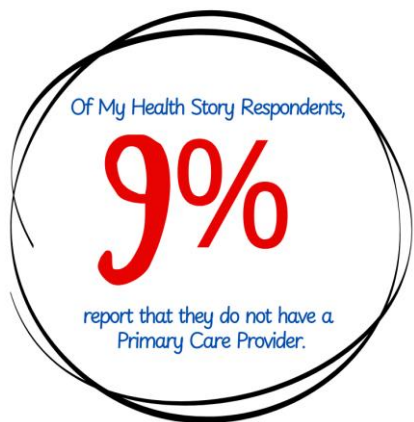
# Lack of Providers in Tioga County

Tioga County continues to face a persistent shortage of healthcare providers across multiple disciplines. The absence of a hospital within the county means that residents must often travel outside the area to access essential medical services, including specialty care.

In the face of these limitations, primary care providers are frequently relied upon to address a wide range of health needs—including mental health, substance use treatment, and pediatric care—due to the lack of specialists in these areas.

Additionally, the cost of care remains a significant barrier for many residents. Concerns about affordability often lead individuals to delay or forgo

necessary medical attention, further exacerbating health disparities within the community.



Data Snapshot	
Measure	Tioga County
Primary Care Offices in Tioga County	7
Pediatric Offices in Tioga County	0
Dental Offices in Tioga County	6
Mental Health Offices in Tioga County	2
Pharmacies in Tioga County	3
Hospitals in Tioga County	0

“For the people who choose not to go to a provider, a lot of it comes down to cost. For instance, when we have [someone who] falls, a lot of people are refusing to even call for help.”

*Amanda Kushner  
Director of Support Services  
Tioga Opportunities, Inc.*

**A FRIENDLY REMINDER**

**MAKE AN APPOINTMENT WITH YOUR PRIMARY CARE PROVIDER**

**- OR -**

**SELECT A PRIMARY CARE PROVIDER**

Public Health  
Tioga County



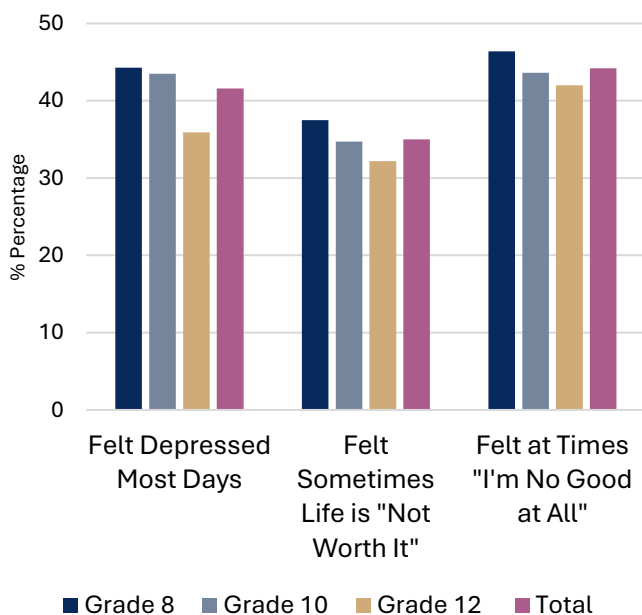
# Mental Health & Well-Being

Rising rates of anxiety, depression, stress-related illnesses, and substance use have highlighted the importance of addressing mental health and well-being. The COVID-19 pandemic accelerated this trend by exposing how isolation, uncertainty, and grief can take a toll on individuals and our communities. In New York, 1 in 5 people have symptoms of mental health disorders, and more concerning, 1 in 10 adults and children experience mental health challenges that impact their day-to-day lives. Employers, schools, and healthcare systems are increasingly integrating mental health resources into their services, showing that well-being is now considered central to community health. This shift reflects a recognition that promoting mental wellbeing—through prevention, early intervention, and community support—strengthens overall public health and fosters healthier, more connected communities.

## Data Snapshot

Measure	Tioga County	New York	Trend	Prevention Agenda
Frequent mental distress during the past month among adults, age-adjusted <sup>2</sup>	13.4%	13.4%	↓	✗
Suicide mortality, age-adjusted rate per 100,000 <sup>39</sup>	8.5	8.0	↓	✗
Self-inflicted injury hospitalization rate per 10,000, 3-year average <sup>8</sup>	5.1	5.4	↑	NA
Self-inflicted injury hospitalization rate per 10,000, 3-year average-Ages 15-19 <sup>8</sup>	16.1	13.7	↑	NA
Average Daily Census for Psychiatric Inpatient Services <sup>58</sup>	1.6	3.6	↑	NA

Tioga County Community-Level Youth Development Evaluation, 2023 <sup>5</sup>



“Social Services has seen an increase in the number of clients with hoarding behavior in both the Adult Services area and the Child Welfare area. These clients are found in living situations where they have been unable and unwilling to discard items within their home which is resulting in unsafe home settings. Some clients have expressed embarrassment with their situation, which results in them not seeking assistance, while others appear to have underlying mental health concerns, which result in compulsive shopping and/or the inability to discard items, as there is a connection or need to have them.”

*Elizabeth Myers  
Deputy Commissioner  
Tioga County Department of Social Services*

# Healthcare Providers and Mental Health

Tioga County has seen an increase in mental health conditions; however, there is a lack of mental health providers, leaving those who need treatment and care unable to get it. Primary care providers are treating mental health conditions that a mental health professional would likely be more appropriate for.

To address the lack of mental health care providers, the online platform CredibleMind was launched for Tioga County residents to help fill an existing gap; however, this doesn't replace the need for more specialized mental health providers in the county. In addition to CredibleMind, the rise of online crisis intervention hotlines is available and heavily promoted. 988 provides free and confidential emotional support 24 hours a day, 7 days a week to people in crisis.

## Data Snapshot

Measure	Tioga County	New York	Trend	Prevention Agenda
Number of mental health providers per 100,000 population <sup>1</sup>	170	356	↑	NA

**PRIORITIZE YOUR**  
*Mental Health & Wellness*

TIOGA COUNTY RESIDENTS NOW HAVE ACCESS TO CREDIBLEMIND, AN ONLINE PLATFORM THAT OFFERS MENTAL HEALTH & WELLNESS RESOURCES THROUGH VIDEOS, ARTICLES, PODCASTS, & MORE!

YOU GET ACCESS TO MENTAL HEALTH RELATED RESOURCES 24/7 RELATED TO:

MINDFULNESS	DEPRESSION	SELF-CARE	STRESS & ANXIETY	LGBTQAI+
CAREGIVING	BURNOUT	ADDICTION	GRIEF & LOSS	AND MORE!

Mental Health is Health!  
TIOGA.CREDIBLEMIND.COM

“There is a shortage of mental health services in Tioga County without a doubt. That does make it difficult, particularly for those with transportation problems, to get mental health services. Mental health is a significant part of what we do in primary care, but more severe conditions are better served with more expertise.”

*James M. Skiff, MD  
Primary Care Provider  
UHS Primary Care  
Candor/Newark Valley*

**988 SUICIDE & CRISIS LIFELINE**

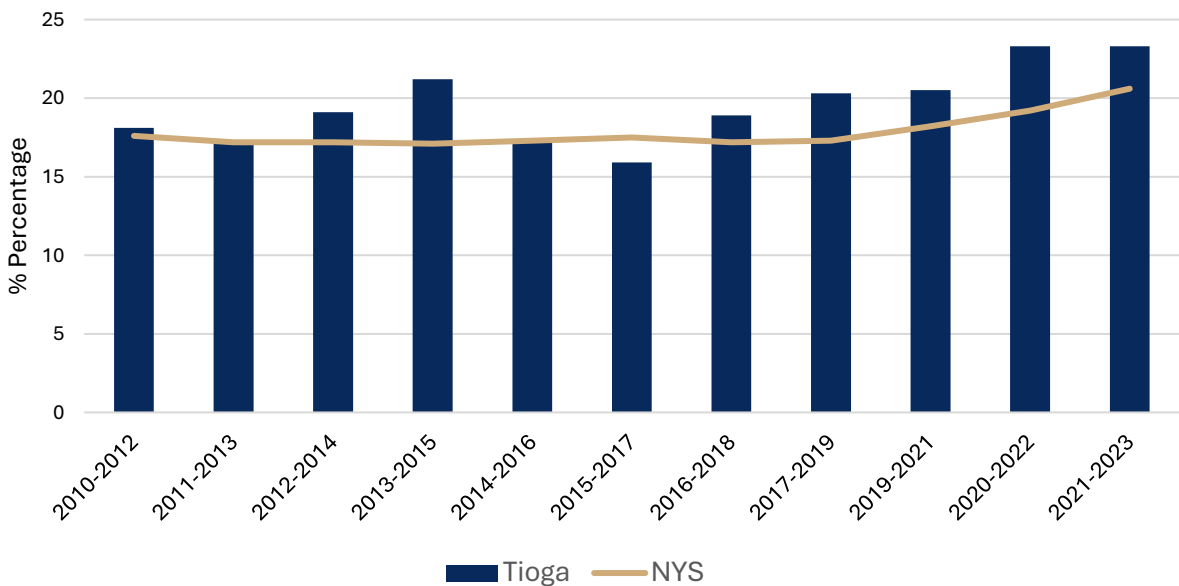
# Child & Adolescent Health

## What the data tells us...

One notable and growing public health concern in Tioga County is the rising rate of childhood obesity. Recent data show a significant increase in the percentage of children classified as obese—from 18.1% during the 2010–2012 period to 23.3% between 2021 and 2023. This upward trend is particularly alarming given that childhood obesity rates in Tioga County continue to exceed the New York State average. Childhood obesity is a complex issue influenced by a range of factors, including limited access to healthy foods, reduced opportunities for physical activity, socioeconomic challenges, and environmental influences. The long-term health implications are substantial, as children who are obese are at a significantly higher risk of developing chronic conditions such as type 2 diabetes, cardiovascular disease, certain types of cancer, and musculoskeletal disorders. Additionally, obesity can negatively impact mental health, self-esteem, and academic performance.

Data Snapshot				
Measure	Tioga County	New York	Trend	Prevention Agenda
Children with obesity, among children aged 2-4 years participating in WIC <sup>45</sup>	16.9%	13.9%	↓	✗
Children and adolescents with obesity <sup>64</sup>	23.3%	20.6%	↔	✗
Elementary school students overweight or obese <sup>64</sup>	35.3%	35.5%	NA	NA
Middle/high school students overweight or obese <sup>64</sup>	42.9%	38.6%	NA	NA

Children & Adolescents with Obesity



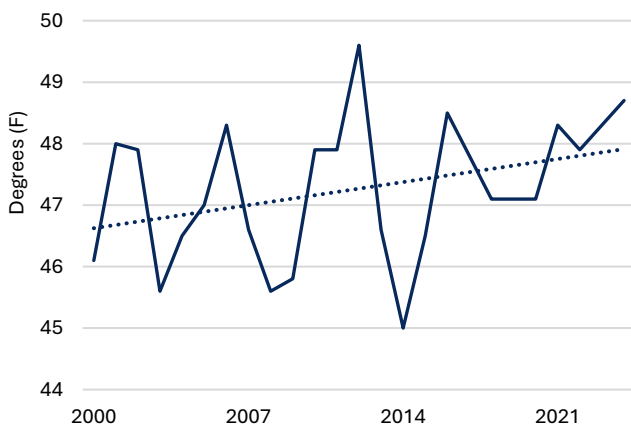
# Climate & Health

Average temperatures are expected to increase across all regions of New York State. Temperatures in the Southern Tier region are projected to rise between 4.6°F and 6.4°F by the 2050s. With changing weather patterns, extreme events such as heat waves and heavy rainfall are becoming more common. The number of extreme heat days is projected to increase to 11-23 days per year by 2050, compared to the historical rate of three days per year over 90°F. Across New York State, total precipitation is expected to keep increasing by 6%-17% by the end of the century.

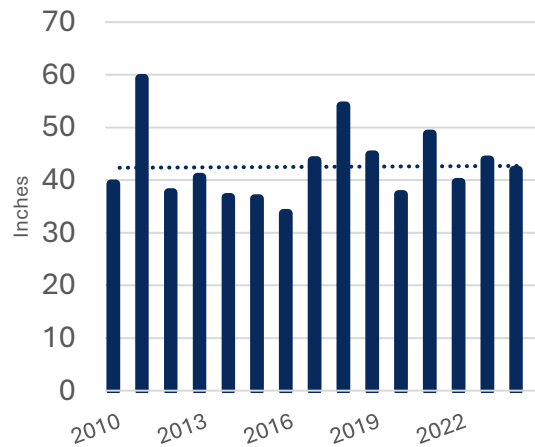
Changes in average temperature and rainfall affect ecological systems that, in turn, affect human health. For example, better breeding conditions for ticks and mosquitoes lead to higher rates of tick-borne and other zoonotic diseases.

Systems must be put into place to prepare for more frequent extreme weather events, such as flooding, with special consideration for vulnerable populations, including older adults, young children, and people with physical or mental illnesses or disabilities.

2000-2021 Average Yearly Temperature, Tioga County, NY<sup>16</sup>



Precipitation Totals, Tioga County, NY



## Zoonotic Diseases Reported in Tioga County

	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024
Anaplasmosis	0	0	0	0	0	0	1	2	1	13	6	39	22	45	51
Babesiosis	1	0	0	0	1	1	0	2	0	1	0	6	4	11	11
Ehrlichiosis	0	0	0	0	0	0	1	2	1	5	2	2	2	7	0
Lyme Disease	18	31	31	68	60	111	107	38	28	50	25	49	123	169	225
Malaria	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0
Rocky Mtn Spotted Fever	0	0	0	0	0	1	1	3	0	3	0	3	2	0	0
West Nile Virus	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0
<b>Total Zoonotic Diseases Reported</b>	<b>20</b>	<b>32</b>	<b>31</b>	<b>68</b>	<b>61</b>	<b>113</b>	<b>110</b>	<b>47</b>	<b>31</b>	<b>72</b>	<b>33</b>	<b>99</b>	<b>153</b>	<b>232</b>	<b>287</b>



# Community Assets

---

# Economic Stability

A community asset is any resource, organization, person, or place that contributes positively to the health and well-being of a community. These assets can include schools, healthcare providers, food pantries, faith-based organizations, local businesses, and more. They represent the strengths and resources that communities can build upon to improve health outcomes and quality of life.

Identifying community assets is essential. It helps highlight existing supports, reduce duplication of services, and uncover opportunities for collaboration. By mapping and leveraging these assets, public health initiatives can be more targeted, sustainable, and responsive to the community's unique needs. During this Community Health Assessment cycle, New York State identified 5 priority areas to group community assets: Economic Stability, Social and Community Context, Neighborhood and Built Environment, Healthcare Access and Quality, and Education Access and Quality.

## Housing

A New Hope Center- Emergency Shelter  
Catholic Charities Tompkins/Tioga  
Open Door Mission Men's Housing  
Rehabilitation Support Services (RSS)  
Safe Options Support (SOS) Catholic Charities of Cortland County  
Tioga Opportunities Inc.



## Economic Stability

Northern Tioga Chamber of Commerce  
Tioga County Chamber of Commerce  
Tioga County Economic Development & Planning - Team Tioga  
Tioga County Employment Center



## Food Security

Allied Christians of Tioga  
Apalachin Mobile Food Pantry  
Bread of Life Food Pantry  
Catholic Charities Tioga  
Helping Hands Food Pantry  
Open Door Mission Food Pantry  
Park Terrace Food Pantry  
Project Neighbor of Newark Valley  
Richford Mobile Food Pantry  
Spencer Van Etten Food Cupboard  
Tioga County Rural Ministry  
Valley Food Pantry  
Waverly Mobile Food Pantry

While we hope to have captured all assets in Tioga County, we apologize for any agencies unintentionally left off these lists.

# Social and Community Context



## Mental Wellbeing and Substance Use Treatment & Prevention

CASA Trinity, Inc.  
 Family & Children's Counseling Services  
 HeaHea Eating Disorder Treatment Center  
 Rehabilitation Support Services (RSS)  
 Renovation House of Spencer  
 Southern Tier Counseling Solutions  
 SP Counseling and Treatment  
 The Center for Psychological Services  
 Tioga County Advocacy, Support, and Prevention (ASAP) Coalition  
 Tioga County Public Health  
 Tioga County Mental Hygiene  
 Tioga County Suicide Prevention Coalition



**Cornell University**  
 Cooperative Extension  
 Tioga County

## Healthy Eating

Candor's Farmer's Market  
 Newark Valley Farmer's Market  
 Parker's Produce Farm Stand  
 The Owego Farmers Market/7 Counties  
 Tioga County Cornell Cooperative Extension  
 Tioga Opportunities WIC Program



## BOYS & GIRLS CLUB OF TIOGA COUNTY

### Organizational Assets

ACCORD  
 A New Hope Center  
 Joshua's House  
 Racker  
 Renewal Ranch  
 Tioga County Boys & Girls Club  
 Tioga Opportunities Aging Services  
 Tioga County Youth Bureau  
 Tioga County United Way

### Spiritual Assets

Directory located at:  
[livetiogany.com/live/worship/](http://livetiogany.com/live/worship/)



# Neighborhood and Built Environment

## Physical Activity

Art of Combat Sports and Championships  
Buff Daisy Fitness  
Fay's Fitness  
Inspire S-VE Community Center  
New Image Fitness Center  
Peak Performance Physical Therapy & Tioga Fitness  
Summit Fitness  
Waverly Fitness Center



## Public Safety

Candor Police Department  
New York State Troopers  
Owego Police Department  
Spencer Police Department  
Tioga County Emergency Services  
Tioga County Sheriff's Office  
Waverly Police Department

## Outdoor Recreation

Ahwaga Park  
Draper Park  
Hickories Park  
Kirby Park  
Logan Hill Nature Preserve  
Marvin Park  
Moyer Park  
Muldoon Park  
Nichols Pond  
Ransom Park  
Rawley Park  
Rebecca Weitsman Memorial Dog Park  
Trout Ponds  
Two Rivers State Park  
Waterman Conservation Center  
Waverly Glen Park





# Health Care Access and Quality

## Health Insurance Coverage

Catholic Charities Tioga  
Mothers & Babies Perinatal Network  
Southern Tier Independence Center (STIC)  
Tioga Opportunities, Inc  
Tioga County Department of Social Services



## Health Care Access

Apalachin Family Care  
Dr. Joseph Picco Family Dentistry  
Dr. Matthew Cook  
Guthrie Owego  
Guthrie Owego - 5th Ave  
Guthrie Waverly  
Guthrie Waverly Eye Care  
Hiawatha Dental Center  
Owego Dental  
Tioga County Public Health  
Tioga County Mobile Dental Van  
Tioga Opportunities Family Health Clinic  
Tioga County Veterans' Service Agency  
UHS Primary Care - Candor  
UHS Primary Care - Newark Valley  
UHS Primary Care – Owego  
Williams Family Eye Care  
Wilson Dental



## Pharmacies

CVS Pharmacy  
The Owego Pharmacy  
Waverly Pharmacy



# Education Access and Quality

## Tioga County School Districts

Candor Central School  
Newark Valley Central School  
North Spencer Christian Academy  
Owego Apalachin Central School  
Spencer-Van Etten Central School  
Tioga Central School  
Waverly Central School

## Libraries

Apalachin Public Library  
Berkshire Free Library  
Cady Library  
Candor Free Library  
Coburn Free Library  
Spencer Library  
Tappen-Spaulding Memorial Library  
Waverly Free Library

## Daycares

Abide in the Vine Childcare Center (Day Care Center)  
Amy White (Family Day Care)  
Candor Community Pre-School  
Catherine Westfall (Group Family Day Care)  
Christine's Family Daycare (Group Family Day Care)  
Country Bumpkins Child Care LLC (Family Day Care)  
Diane Vanorman (Family Day Care)  
Emmy's Place (Family Day Care)  
Family Enrichment Network (Day Care Center)  
Giggle Box Playhouse LLC (Day Care Center)  
Hannah Lowe (Group Family Day Care)  
Houston Homestead: Holly's Family Daycare (Family Day Care)  
It Is Well Before & After School (School-Age Child Care)  
KCE Champions LLC (School-Age Child Care)  
Kimberly Holland (Group Family Day Care)  
Little Sprouts Daycare (Family Day Care)  
Little Wonders Daycare (Family Day Care)  
Lora McCreary (Family Day Care)  
Michaela Leyburn (Group Family Day Care)  
Rosebud's Child Care (Group Family Day Care)  
Pamela Arnold (Group Family Day Care)  
Shannon Wheeler (Group Family Day Care)  
Stacey Thorp (Group Family Day Care)  
Tioga Downs (Day Care Center)  
Terri's Little Angels (Family Day Care)





# Source Summary

---

# Data Sources

Number	Source
1	County Health Rankings: University of Wisconsin Population Health Institute. County Health Rankings & Roadmaps 2025. <a href="http://www.countyhealthrankings.org">www.countyhealthrankings.org</a> .
2	New York State Behavioral Risk Factor Surveillance Survey.
3	Statewide Planning and Research Cooperative System.
4	Map the Meal: Dewey, A., Harris, V., Hake, M., & Engelhard, E. (2024). Map the Meal Gap 2024: An Analysis of County and Congressional District Food Insecurity and County Food Cost in the United States in 2022. Feeding America.
5	Community-Level Youth Development Evaluation (CLYDE). Tioga County Youth Development Dashboard, 2023.
6	New York State Immunization Information System (NYSIIS) and Citywide Immunization Registry (CIR), data as of October 2024.
7	New York State Sexually Transmitted Infection Surveillance System, data as of September 2024.
8	Statewide Planning and Research Cooperative System, data as of July 2024.
9	New York State Behavioral Risk Factor Surveillance Survey, data as of August 2020.
10	New York State Vital Records, data as of November 2024.
11	Prescription Monitoring Program Registry, data as of October 2024.
12	New York State Vital Records, data as of May 2024.
13	New York State Vital Records, data as of August 2024.
14	New York State Medicaid and Child Health Plus, data as of October 2024.
15	New York State Expanded Behavioral Risk Factor Surveillance System, data as of December 2020.
16	National Centers for Environmental Information.
17	Feeding America.
18	New York State Communicable Disease Electronic Surveillance System.
19	New York State COVID-19 and Influenza Vaccination Dashboard, New York State Immunization Information System.
20	New York State Department of Motor Vehicles, data as of September 2024.
21	National Survey on Drug Use and Health, 2023.
22	Youth Risk Behavior Surveillance System (YRBSS), 2023.
23	Center for Disease Control, Web-based Injury Statistics Query and Reporting System, 2023.
24	New York State Vital Records, data as of January 2025.
25	U.S. Census Bureau, data as of October 2024.
26	New York State Behavioral Risk Factor Surveillance System, data as of October 2022.

# Data Sources

Number	Source
27	Report-New York State Department of Health, Alcohol Outlet Density in New York State, March 2023. Published, 6/5/2025.
28	U.S Census, American Community Survey 5-Year Estimates, data as of December 2023.
29	NYSDEC Climate Smart Communities program, data as of October 2024.
30	NYS Cooling Tower Registry, data as of October 2024.
31	Institute for Traffic Safety Management & Research.
32	United States Census Bureau QuickFacts.
33	<a href="http://groups.etown.edu/amishstudies/statistics/amish-population-profile-2022">Amish Population Profile, 2022.” Young Center for Anabaptist and Pietist Studies, Elizabethtown College. http://groups.etown.edu/amishstudies/statistics/amish-population-profile-2022.</a>
34	<a href="http://groups.etown.edu/amishstudies/statistics/amish-population-profile-2024">Amish Population Profile, 2024.” Young Center for Anabaptist and Pietist Studies, Elizabethtown College. http://groups.etown.edu/amishstudies/statistics/amish-population-profile-2024.</a>
35	New York State Department of Education.
36	<a href="#">ALICE Threshold, 2022; American Community Survey, 2023.</a>
37	New York State Vital Records, data as of August 2024.
38	New York State Office of Addiction Services and Supports, as of October 2024.
39	New York State Vital Records, data as of March 2025.
40	Centers for Disease Control and Prevention, National Center for Health Statistics. National Vital Statistics System, Mortality 2018-2023 on CDC WONDER Online Database, released in 2024. Data are from the Multiple Cause of Death Files, 2018-2023.
41	Statewide Planning and Research Cooperative System.
42	Biospatial, Inc. 2025. Tioga County, NY. Electronic Prehospital Care Reports.
43	New York State Cooling Tower Registry, data as of October 2024.
44	New York State Department of Health Childhood Lead Exposure Prevention Program.
45	Pediatric Nutrition Surveillance System (PedNSS), data as of June 2019.
46	Pediatric Nutrition Surveillance System (PedNSS), data as of October 2024.
47	Health Resources and Services Administration. Maternal and Infant Health Mapping Tool: <a href="https://data.hrsa.gov/maps/mchb/">https://data.hrsa.gov/maps/mchb/</a> . Accessed on 8/26/2025.
48	<i>Area Health Resources Files (AHRF) 2022-2023.</i> U.S. Department of Health and Human Services, Health Resources and Services Administration, Bureau of Health Workforce, Rockville, MD.

# Data Sources

Number	Source
49	New York State Department of Health, Pediatric Nutrition Surveillance System (PedNSS), 2023 Pediatric Nutrition Surveillance Report.
50	New York State WIC Vendors. Find A WIC Store. Accessed 9/23/2025.
51	Bureau of Communicable Disease Control, data as of August 2024.
52	Bureau of Environmental Radiation Protection, 2015-2019.
53	Wadsworth Center Rabies Laboratory. Rabies Laboratory submissions, 2007-2024.
54	New York State Department of Health, Bureau of Communicable Disease Control, 2023 & 2024 Communicable Disease Annual Reports.
55	Cancer Registry Data, as of September 2024.
56	U.S. Bureau of Statistics, as of May 2025.
57	U.S. Department of Agriculture Statistics Services.
58	New York State Office of Mental Hygiene Office of Population Health & Evaluation, County Planning Profiles, Updated 2024.
59	New York State Climate Impacts Assessment.
60	Sepsis Clinical Data-New York State Sepsis Care Improvement Initiative, 2021.
61	HDPulse: An Ecosystem of Minority Health and Health Disparities Resources. National Institute on Minority Health and Health Disparities. Created 11/26/2025. Available from <a href="https://hdpulse.nimhd.nih.gov">https://hdpulse.nimhd.nih.gov</a> .
62	NORC at the University of Chicago. (2024). Dementia Datahub. Retrieved December 1, 2025 from <a href="http://dementiadatahub.org">dementiadatahub.org</a> .
63	Domestic Violence Victim Data by County. New York State Division of Criminal Justice Services. Retrieved December 1, 2025.
64	Student Weight Status Category Reporting System (SWSCRS), data as of October 2023.
65	QARR, data as of October 2024.
66	New York State Vital Records, data as of February 2022.
67	Early Intervention New York Family Survey, data as of October 2024.
68	Safe Drinking Water Information System (SDWIS), data as of December 2023.
69	Child Trends and Opportunity Nation with data from Opportunity Index and Community Survey, data as of September 2024.
70	National Child Abuse and Neglect Data System (NCANDS), data as of October 2023.
71	HIV Surveillance, data as of June 2023.
72	New York State Department of Health Radon Monitoring Program.



# Appendix

---

Grocery Store-Large						
Food Access Point Name	Street Address	Municipality	Access Period	Delivery Offered	Fresh Produce Available	WIC Accepted
Price Chopper	42 W Main St	Village of Owego	Year-Round	No	Yes	Yes

Grocery Store-Medium						
Food Access Point Name	Street Address	Municipality	Access Period	Delivery Offered	Fresh Produce Available	WIC Accepted
ALDI	1150 State Route 17C	Town of Owego	Year-Round	No	Yes	No
Hollenbeck's ShurFine Grocery Store	17 N Main St	Village of Newark Valley	Year-Round	No	Yes	Yes
Spencer ShurFine Food Mart	15 N Main St	Village of Spencer	Year-Round	No	Yes	Yes

Grocery Store-Small						
Food Access Point Name	Street Address	Municipality	Access Period	Delivery Offered	Fresh Produce Available	WIC Accepted
Community Shop	106 North Ave	Village of Owego	Year-Round	No	Yes	No
Engelbert Farms Store and Creamery	263 W River Rd	Village of Nichols	Year-Round	No	Yes	No
John's Fine Foods	88 North Ave	Village of Owego	Year-Round	No	Yes	No
Little Creek Farm	2027 Day Hollow Rd	Town of Owego	Year-Round	No	Yes	No
Sweeney's Market	1518 State Route 434	Town of Owego	Year-Round	No	Yes	Yes

Combination Grocery/Other						
Food Access Point Name	Street Address	Municipality	Access Period	Delivery Offered	Fresh Produce Available	WIC Accepted
Dollar General	1140 Owego Rd	Town of Candor	Year-Round	No	No	No
Dollar General	65 E River Rd	Village of Nichols	Year-Round	No	No	No
Dollar General	1147 State Route 17C	Town of Owego	Year-Round	No	No	No
Dollar General	97 Owego Rd	Town of Candor	Year-Round	No	No	No
Dollar General	7146 State Route 434	Town of Owego	Year-Round	No	No	No
Dollar General	91 W Tioga St	Village of Spencer	Year-Round	No	No	No
Dollar General	12343 State Route 38	Town of Berkshire	Year-Round	No	No	No
Dollar General	575 Broad St	Village of Waverly	Year-Round	No	No	No
Family Dollar	42 W Main St	Village of Owego	Year-Round	No	No	No
Soprano's Italian Market	607 Cayuta Ave	Village of Waverly	Year-Round	No	No	No

Convenience Store						
Food Access Point Name	Street Address	Municipality	Access Period	Delivery Offered	Fresh Produce Available	WIC Accepted
Jolly Farmer Convenience Store	7 Elizabeth St	Village of Waverly	Year-Round	No	No	No

Seasonal-Farmers Market						
Food Access Point Name	Street Address	Municipality	Access Period	Delivery Offered	Fresh Produce Available	WIC Accepted
Berry Good Acres	424 Upper Fairfield Rd	Town of Candor	Seasonal	No	Yes	No
Bloodnick Farm	979 Pennsylvania Ave	Town of Owego	Seasonal	No	Yes	No
Bottomland Farm	410 Brown Rd	Town of Newark Valley	Year-Round	Yes	Yes	No
Candor Farmers Market	101 Owego Rd	Town of Candor	Seasonal	No	Yes	No
Gary's Berries	5603 State Route 17C	Town of Owego	Seasonal	No	Yes	No
Golden Bee Acres Farm Market	87 Jenksville Hill Rd	Town of Candor	Year-Round	No	Yes	No
Happy Compromise Farm and Sanctuary	41 Besemer Rd	Town of Barton	Seasonal	No	Yes	No
Hillberry Farm	785 Jewett Hill Rd	Town of Berkshire	Seasonal	No	Yes	No
Honeypot Oven	696 Honeypot Rd	Town of Candor	Year-Round	No	Yes	No
Hostetter Store/Stand	10236 State Route 38	Town of Newark Valley	Year-Round	No	Yes	No
Huizinga Farmstead	463 Ithaca Rd	Town of Candor	Seasonal	No	Yes	No
Iron Kettle	707 Owego Rd	Town of Candor	Seasonal	No	Yes	No
Jacksons Pumpkin Farm	6425 State Route 17C	Town of Owego	Seasonal	No	Yes	No
Johnson Farms	737 Waits Rd	Town of Owego	Seasonal	No	Yes	No
Jordan Farms	182 Sunnyside Rd	Town of Nichols	Year-Round	Yes	No	No
Kingbird Farm	9398 W Creek Rd	Town of Richford	Year-Round	No	Yes	No
Kline's Amish Farm Store and Maple	948 Blodgett Rd	Town of Owego	Year-Round	No	Yes	No
Mandeville Farms	894 Ithaca Rd	Town of Spencer	Seasonal	No	Yes	No
Miller's Berry Farm	208 Evelien Hill Rd	Town of Tioga	Seasonal	No	Yes	No
Our Five Acre Homestead/Nellie's Knoll Creamery	275 Ballou Hill Rd	Town of Berkshire	Year-Round	No	No	No
Owego Farmers Market	153 Main St	Village of Owego	Seasonal	No	Yes	No
Peabody Farms	5086 Newark Valley Maine Rd	Town of Newark Valley	Year-Round	No	Yes	No
Richford Hill Farm	659 Payne Marsh Rd	Town of Richford	Seasonal	No	Yes	No
Side Hill Acres	79 Spencer Rd	Town of Candor	Year-Round	No	No	No
Spencer-Van Etten Farmers Market	12 Owego Street Ext	Village of Spencer	Seasonal	No	Yes	No
Stoughton's	10898 State Route 38	Town of Newark Valley	Seasonal	No	Yes	No
Thol Hill Farm	493 Catatunk Hill Rd	Town of Candor	Year-Round	No	Yes	No
Tri-Kay Farm	445 W Creek Rd	Town of Owego	Seasonal	No	Yes	No
Twin Brook Farm	304 Lainhart Rd	Town of Owego	Year-Round	No	No	No

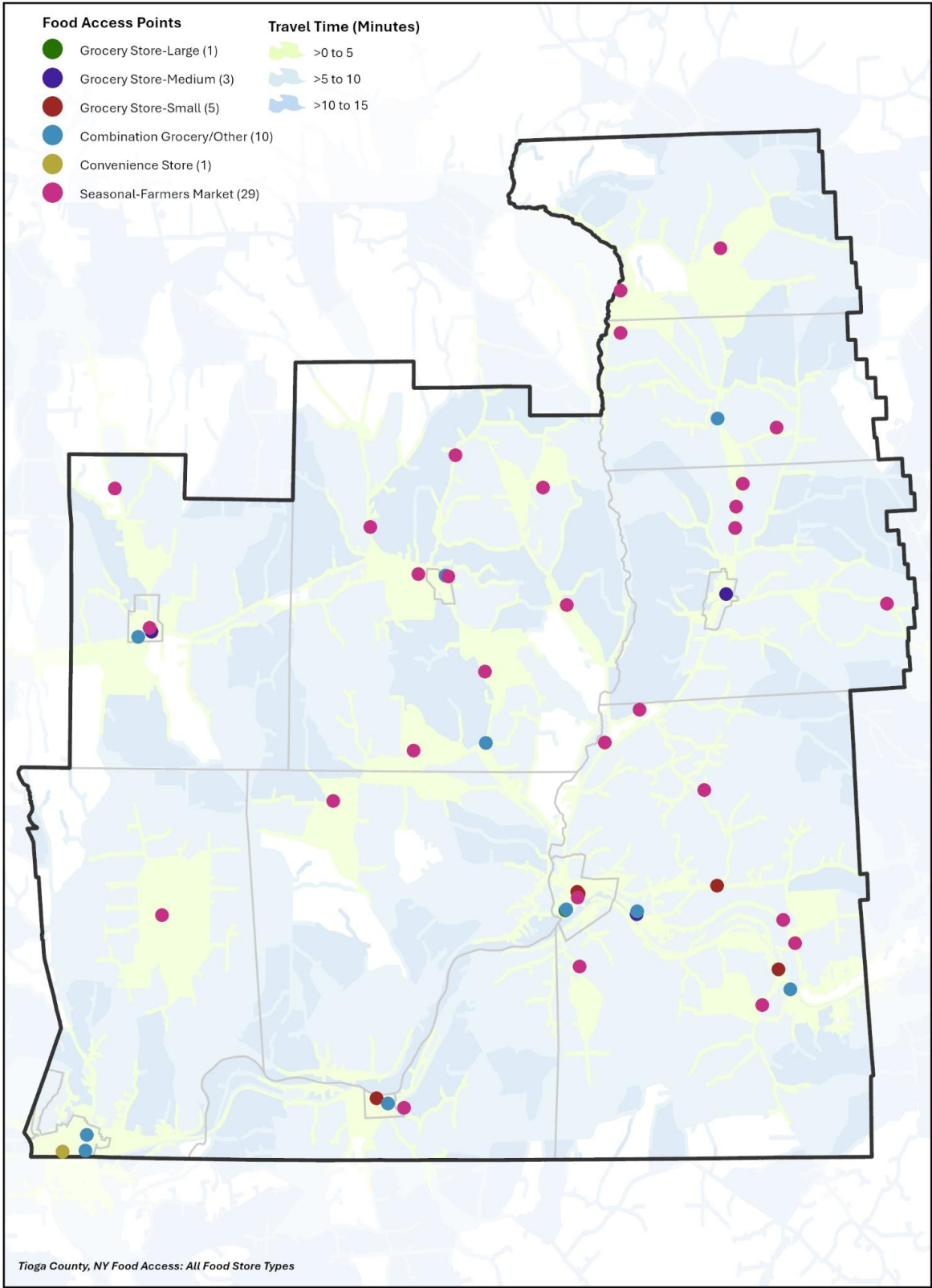


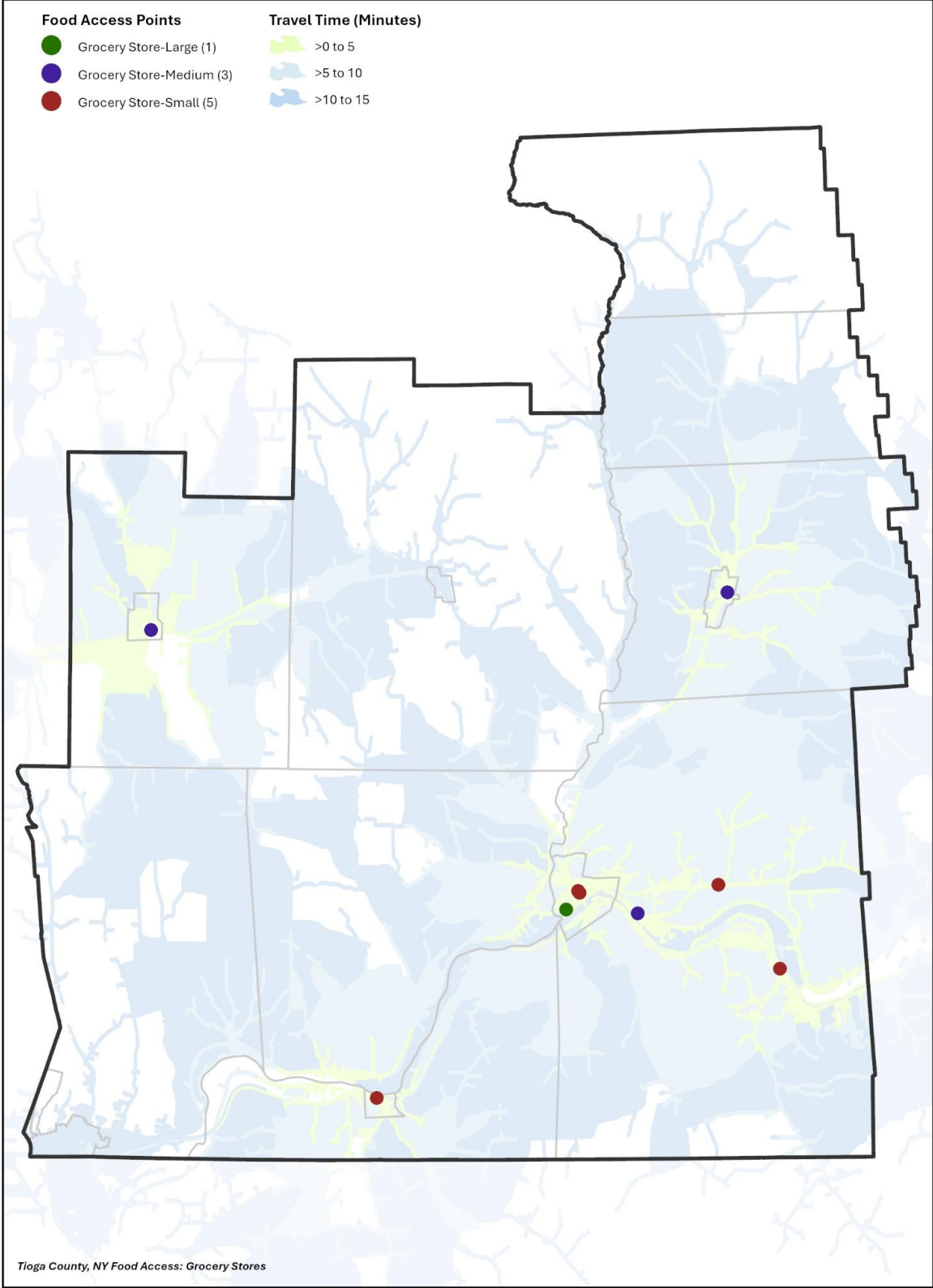
Tioga County, NY									
	Total Population	Senior Population	Median Age	Internet Access at Home	Total Households	Average Household Size	Median Household Income	HHs Inc Below Poverty Level	HHs w/Public Assist Income
	2020	2025	2025	2025	2025	2025	2025	2023 (ACS 5-Yr)	2023 (ACS 5-Yr)
	48,456	10,884	44.6	35,483	19,903	2.32	\$71,608	2,355	669
	46,855	10,884	44.6	35,483	19,903	2.32	\$71,608	2,355	669

Tioga County, NY Food Access: All Food Store Types									
Travel Time (Minutes)	Total Population	Senior Population	Median Age	Internet Access at Home	Total Households	Average Household Size	Median Household Income	HHs Inc Below Poverty Level	HHs w/Public Assist Income
	2020	2025	2025	2025	2025	2025	2025	2023 (ACS 5-Yr)	2023 (ACS 5-Yr)
<0 to 5	21,314	4,770	43.9	15,617	8,000	2.29	\$67,489	1,113	270
>5 to 10	34,750	7,827	44.9	25,497	14,219	2.33	\$74,908	1,667	496
>10 to 15	45,855	10,312	44.6	33,633	18,943	2.31	\$71,902	2,221	634
>15 (Unserve)	2,601	572	44.6	1,860	960	2.57	\$67,720	134	35

Tioga County, NY Food Access: Grocery Stores									
Travel Time (Minutes)	Total Population	Senior Population	Median Age	Internet Access at Home	Total Households	Average Household Size	Median Household Income	HHs Inc Below Poverty Level	HHs w/Public Assist Income
	2020	2025	2025	2025	2025	2025	2025	2023 (ACS 5-Yr)	2023 (ACS 5-Yr)
<0 to 5	9,448	2,159	34.3	7,070	4,046	2.23	\$72,674	544	137
>5 to 10	20,940	4,897	45.5	15,996	8,681	2.29	\$75,544	925	278
>10 to 15	35,504	8,299	44.8	26,870	15,146	2.29	\$72,683	1,679	491
>15 (Unserve)	11,952	2,985	44.8	8,623	4,757	2.42	\$65,625	676	178

Tioga County, NY Food Access: Seasonal Food Retailers									
Travel Time (Minutes)	Total Population	Senior Population	Median Age	Internet Access at Home	Total Households	Average Household Size	Median Household Income	HHs Inc Below Poverty Level	HHs w/Public Assist Income
	2020	2025	2025	2025	2025	2025	2025	2023 (ACS 5-Yr)	2023 (ACS 5-Yr)
<0 to 5	12,613	2,526	44.3	9,293	5,233	2.30	\$71,052	748	187
>5 to 10	31,997	7,181	44.9	23,428	13,099	2.32	\$74,839	1,967	471
>10 to 15	42,525	9,522	44.5	31,159	17,827	2.31	\$70,850	2,127	611
>15 (Unserve)	5,351	1,362	44.8	4,334	2,376	2.49	\$65,560	228	58





# Tioga County, New York

We want to hear from you!

## SHARE YOUR HEALTH STORY

TAKE OUR BRIEF 5-10 MINUTE SURVEY!

SCAN HERE



Visit [ph.tiogacountyny.gov](http://ph.tiogacountyny.gov) or scan the QR code with your camera to take the survey!

All responses are anonymous.

**Those who complete the survey will be entered to win 1 of 8 - \$50 Aldi gift cards!**

**This survey is only for Tioga County, NY residents!**



Every 5 years, Tioga County Public Health completes a Community Health Assessment (CHA). This helps us evaluate the health of our community and identify areas for improvement.



We are collecting data from Tioga County residents to get a glimpse at your health, health concerns within the county, and areas for us to improve on with the work we do.



## My Health Story Survey Responses

## My Health Story Survey Results

Question

Responses

### 1. Do you live in Tioga County, NY?

Yes 938

No (survey is for Tioga County residents only) 11

### 2. Which municipality do you live in?

Apalachin 89 9%

Barton 74 8%

Berkshire 24 3%

Candor 94 10%

Endicott 24 3%

Lockwood 13 1%

Newark Valley 70 7%

Nichols 52 6%

Owego 282 30%

Richford 17 2%

Smithboro 4 < 1%

Spencer 52 6%

Tioga Center 22 2%

Waverly 111 12%

Willseyville 10 1%

### 3. What best describes where you live?

Village 226 24%

Town 220 23%

Neighborhood 99 11%

Mobile Home Park 24 3%

Countryside 361 38%

Other 8 1%

## My Health Story Survey Results

Question	Responses	
<b>4. What is your gender?</b>		
Male	252	
Female	673	
Transgender	2	
Non-binary	4	
Prefer not to say	6	
Other	1	
<b>5. What is your age?</b>		
18-20	34	4%
21-24	41	4%
25-34	122	13%
35-49	216	23%
50-63	261	28%
65 and older	264	28%
<b>6. How would you describe yourself?</b>		
White (Non-Hispanic)	884	
White (Hispanic)	28	
Black or African American	4	
Asian	5	
Native American	3	
Pacific Islander	0	
Multi-Racial	10	
Other	4	
<b>7. How many children under age 18 live in your household?</b>		
0	609	65%
1	135	14%
2	106	11%
3	60	6%
4	19	2%
5+	9	1%

## My Health Story Survey Results

Question	Responses	
<b>8. Is English your primary language?</b>		
Yes	994	
No	4	
<b>9. What is your education level?</b>		
High School/ GED	316	34%
Trade School	55	6%
Associate's Degree	179	19%
Bachelor's Degree	217	23%
Master's Degree	146	16%
65 and older	25	3%
<b>10. How many vehicles are in your household?</b>		
0	33	
1	246	
2	383	
More than 2	272	
I have one, but it does not currently run	4	
<b>11. Are you currently employed?</b>		
Full-time	436	43%
Part-time	132	13%
Retired	260	26%
Unemployed	31	3%
Disabled	61	6%
Student	29	3%
I am a stay-at-home parent/family caregiver	62	6%

## My Health Story Survey Results

Question

Responses

### 12. How many different jobs are you working now?

0	994	38%
1	469	50%
2	80	9%
3 or more	28	3%

### 13. What are the top 5 problems and concerns Tioga County should be focusing on?

<b>1. Living Wage Jobs that Support Household Expenses</b>	522
<b>2. Limited Affordable Housing (Rent &amp; Mortgage Rates, Available Housing)</b>	503
<b>3. Access to Community Services (Pantries, Shelters, Older Adult Programs)</b>	404
<b>4. Substance Overuse (Alcohol, Cannabis, Tobacco)</b>	391
<b>5. Lack of Access to Affordable Healthy Foods</b>	371
Poverty Rates	369
Limited Social Activities (Community Events, Group Fitness, Youth Activities)	350
Feelings of Anxiety, Stress, Depression & Not Belonging	300
Access to Childhood Behavioral/Mental Health Services	276
Lack of Safe, Walkable/Bikeable Communities (Sidewalks, Wide Shoulders, Enforced Speed Limits)	274
Crime and Violence Rates (Theft, Drunk Driving, Domestic Violence)	235
Drug-Related Overdoses & Deaths	228
Access to Child Development Services (Physical, Speech, & Occupational)	159
Unsafe Housing (Lead Paint Hazards, Disrepair, Fire Hazards, Rodents)	121
Access to Cancer Screenings	97
Access to Prenatal Care	46
Premature Death Rates (Infant, Suicide, Traffic Deaths)	44

### 14. How would you rate your community as a place for children to play outdoors?

Good	49.9%
Fair	42.4%
Poor	7.7%



## My Health Story Survey Results

Question

Responses

### 14. How would you rate your community as a place for adults to walk?

Good	41%
Fair	45.3%
Poor	13.6%

### 14. How would you rate your community as a place with a lot of activities for children and families in Tioga County?

Good	14.7%
Fair	52.2%
Poor	33%

### 15. How safe do you feel in your home?

Very Safe	769
Somewhat safe	169
Not safe at all	0

### 16. Have you ever experienced domestic violence?

Yes	242
No	696

### 17. What types of abuse have you experienced or witnessed in your community over the last 5 years?

<u>Emotional/Verbal Abuse</u> ( <i>non-physical behaviors like threats, insults, screaming, etc.</i> )	478
<u>Financial Abuse</u> (controlling, taking, or withholding money from a partner or family member)	190
<u>Stalking</u> ( <i>being watched, followed, monitored, or harassed either online or in person</i> )	175
<u>Physical Abuse</u> (any intentional use of physical touch to cause fear or injury, like hitting, shoving, strangling, etc.)	216
<u>Digital Abuse</u> (using technology to bully, stalk, threaten, or intimidate someone using social media, texting, apps, etc.)	279
<u>Sexual Abuse</u> (involving any type of non-consensual sexual acts)	108
<u>None</u> - I have not seen any violence in my community in the last 5 years	374

## My Health Story Survey Results

Question	Responses
<b>18. In the past year have you ever experienced...?</b>	
Heavy alcohol use (Eight or more drinks for women, or 15 or more drinks for men during a typical week.)	71
Daily cannabis use	78
Substance use (that impacts your daily life)	15
Anxiety	456
Depression	359
Feeling helpless or hopeless	196
Thoughts of self-harm	64
Post partum depression and/or anxiety	40
Other mental health conditions	72
None of the above	371
Other	20
<b>19. Did you get the help you needed?</b>	
Yes	351
No	224
Not applicable (I answered none of the above to question # 18)	363
<b>20. Where did you find help?</b>	
Tioga County Mental Hygiene	40
Group therapy	13
Hospital Emergency Department	9
Hospital Psychiatric Unit	4
Personal support system (Family/Friends)	112
Primary Care Provider	160
OBGYN	14
Agency outside of Tioga County	56
Virtual Counseling	42
Other	50

## My Health Story Survey Results

Question

Responses

### 21. Do you currently use any of the following products?

Cigarettes	93
Cigars	15
Smokeless tobacco (chewing tobacco)	10
Nicotine pouches (ex. Zyn)	19
Alcohol (including beer, wine, and liquor)	284
Cannabis/Marijuana	123
Opioids (including heroin, Fentanyl)	5
Pills (for recreational use)	4
Methamphetamine	4
Crack/Cocaine	3
None of the above	494
Other	8

### 22. On average, how many servings (or cups) of fruits and vegetables do you eat in a typical day?

0	87	9%
1-2	614	65%
3-4	200	21%
5 or more	37	4%

### 23. Have you ever been told by a health professional that you had any of the following?

Blood sugar problems, or diabetes	195	11%
High blood pressure, or hypertension	360	20%
High cholesterol	329	18%
Asthma, COPD, or other breathing issues	163	9%
Extreme overweight or obesity	221	12%
Cancer	108	6%
Mental health concerns	176	10%
Alcoholism or Substance Use Disorder	30	2%
None of the above	236	13%

## My Health Story Survey Results

Question	Responses	
<b>24. Where do you usually get your fruits and vegetables?</b>		
Chain supermarket or super-store	614	33%
Local grocery store	477	26%
Farmer's market	335	18%
Food pantry	69	4%
My own garden	263	14%
Restaurants	67	4%
I don't really buy fruits or vegetables	5	2%
<b>25. What do you feel are the biggest barriers to healthy food options like fruits, vegetables, whole grains, and meats for you and your family?</b>		
Cost of healthy food options	700	57%
Distance to grocery stores	219	18%
Cooking skills needed to prepare healthy meals	107	9%
Access to a kitchen/equipment to cook meals	27	2%
None apply (no barriers)	178	14%
<b>26. Are you, or have you been, sexually active in the last 12 months?</b>		
Yes	549	59%
No	389	41%
<b>27. If you are sexually active, what measures are you taking to prevent a pregnancy?</b>		
Birth Control Pill	43	
IUD	50	
Implant	3	
Birth Control Shot	6	
Condoms	76	
Cycle Tracking	23	
Withdrawal	32	
Vasectomy	70	
Tubal Ligation	75	
Other birth control method	48	
I am currently trying to conceive	19	
I am not currently sexually active	5	
Not on birth control, but not trying to conceive	180	

## My Health Story Survey Results

Question	Responses	
<b>28. How many partners have you had in the last 12 months?</b>		
0	1	
1	498	
2-3	35	
4-5	6	
6 or more	2	
I don't know	7	
<b>29. What forms of protection do you use to prevent the spread of sexually transmitted infections?</b>		
Abstinence (vaginal, anal, or oral sex)	7	
Monogamy (only have one sexual partner)	305	
I get tested for STIs between new sexual partners	27	
I ask any new partners about STIs and/or ask them to get tested	24	
HPV Vaccine	9	
Condoms	71	
HIV PrEP	3	
None- STI prevention is not a focus for me	179	
Other	9	
<b>30. (For Women Only) Have you been screened for cervical cancer (had a pap smear) in the last 3 years?</b>		
Yes	447	48%
No	184	20%
I'm unsure	18	2%
Not applicable	289	31%
<b>31. Do you have health care coverage/insurance?</b>		
Yes	895	95%
No	16	2%
Used to, but I don't anymore	27	3%
<b>32. Do you have a primary care provider?</b>		
Yes	851	91%
No	39	4%
Used to, but I don't have one anymore	48	5%

## My Health Story Survey Results

Question

Responses

### 33. How often are you stressed about having enough money to afford each of the following:

<b>To pay your rent or mortgage</b>	Always Stressed	15.4%
	Sometimes Stressed	27.4%
	Rarely/Never Stressed	57.2%
<b>To buy healthy and nutritious foods</b>	Always Stressed	16%
	Sometimes Stressed	41.3%
	Rarely/Never Stressed	42.8%
<b>To afford medical care</b>	Always Stressed	16.2%
	Sometimes Stressed	34%
	Rarely/Never Stressed	49.8%
<b>To afford dental care</b>	Always Stressed	23.7%
	Sometimes Stressed	34.4%
	Rarely/Never Stressed	41.9%
<b>To afford mental health care</b>	Always Stressed	13%
	Sometimes Stressed	25.5%
	Rarely/Never Stressed	61.5%
<b>To afford prescription medications</b>	Always Stressed	12.2%
	Sometimes Stressed	31.2%
	Rarely/Never Stressed	56.6%

## My Health Story Survey Results

Question	Responses	
<b>34. How would you describe your:</b>		
<b>Physical Health</b>	Poor	7%
	Fair	52.1%
	Good	40.8%
<b>Mental Health</b>	Poor	8.6%
	Fair	42.9%
	Good	48.5%
<b>Dental Health</b>	Poor	18.4%
	Fair	32%
	Good	49.6%
<b>Physical Activity</b>	Poor	15.4%
	Fair	50.2%
	Good	34.4%
<b>Healthy Eating Habits</b>	Poor	12.9%
	Fair	53.1%
	Good	34%
<b>35. In the past year, was there any time that you needed any of the following, but you could not, or did not, receive it?:</b>		
<b>Medical care</b>	Yes	14.6%
	No	85.4%
<b>Mental health care</b>	Yes	17.3%
	No	82.7%
<b>Dental health care</b>	Yes	24.1%
	No	75.9%
<b>Prescription medications</b>	Yes	12.3%
	No	87.7%
<b>Nutritional (healthy) foods</b>	Yes	21.4%
	No	78.6%

## My Health Story Survey Results

Question	Responses	
<b>36. If you answered yes to the previous question, what were the barriers that you experienced?</b>		
Cost	323	
Insurance denial	123	
Transportation: It was too hard to get there	61	
They weren't open when I could get there	57	
I couldn't get time off from work	64	
I had no one to watch my children	36	
I couldn't get an appointment	89	
I didn't know where to get the care or medication I needed	42	
I decided not to go because I don't like going to see healthcare providers	33	
I was afraid of what they would tell me	49	
Not applicable	512	
Other	31	
<b>37. Have you been pregnant in the last 3 years?</b>		
Yes	65	
No	873	
<b>38. Think back to your most recent pregnancy resulting in delivery. When did you start prenatal care with your OBGYN or Midwife?</b>		
During the first trimester ( <i>Between 4 weeks and 13 weeks</i> )	61	
During the second trimester ( <i>Between 14 weeks and 27 weeks</i> )	3	
During the third trimester ( <i>Between 28 weeks and 40 weeks</i> )	0	
I don't remember	1	
I had no pre-natal care	0	
<b>39. What was your primary way of feeding your baby during their first 3 months of life?</b>		
Breastfeeding	25	38%
Formula	12	18%
Exclusively pumping	1	2%
Breastfeeding & pumping	14	22%
Breastfeeding/pumping and supplementing with formula	13	20%



## My Health Story Survey Results

Question	Responses	
<b>39. What was your primary way of feeding your baby during their first 3 months of life?</b>		
Less than 3 months	11	17%
3-6 months	11	17%
6-12 months	17	26%
12 months- 2 years	21	32%
I did not breastfeed at all	5	8%
<b>41. Was there ever a time that you needed lactation support, and were unable to get it?</b>		
Yes	22	34%
No	43	66%
<b>42. If you could change one thing about your most recent pregnancy, what would it be?</b>		
More support from my partner	6	9%
More community resources	4	6%
Help for postpartum depression and/or anxiety	15	23%
Access to family planning supports	2	3%
Availability of labor classes	6	9%
Availability of parenting classes	2	3%
None of the above	24	37%
Other	6	9%
<b>43. Where do you typically get important health information?</b>		
Primary Care Provider	756	
Internet sources like Web MD, Heart Association, CDC	434	
Health Insurance Company	96	
Social Media (reliable health/medical pages)	193	
Social Media (non-health/medical pages)	57	
Tioga County Public Health	128	
Family Members	207	
Friends	140	
Other	40	

