

# Tioga County, NY Community Health Improvement Plan

## *Tioga County Public Health*

1062 State Route 38

Owego, NY 13827

(607) 687-8600

<http://www.tiogacountyny.com/departments/public-health/>

### *Participating Hospitals*

#### **Guthrie Healthcare System - Guthrie Robert Packer Hospital**

One Guthrie Square

Sayre, PA 18840

(570) 888-6666

<http://www.guthntent/community-health-needs-assessment>

#### **Our Lady of Lourdes Hospital**

169 Riverside Drive

Binghamton, NY 13905

(607) 798-5111

<http://www.lourdes.com/about-us/community-service-plan/>

#### **UHS Hospitals**

##### **UHS Wilson Medical Center**

33-57 Harrison Street

Johnson City, NY 13790

(607) 763-6000

##### **UHS Binghamton General Hospital**

10-42 Mitchell Avenue

Binghamton, NY 13903

(607) 762-2200

<http://www.uhs.net/about/us>

## *Community Partners and Stakeholders*

Rural Health Network of South Central New York

HealthLinkNY Community Network

Tioga County WIC

Cornell Cooperative Extension of Broome and Tioga

Eat Smart New York

Food and Health Network of South Central New York

Tioga County Hunger Coalition's Anti-Hunger Task Force

Tioga Opportunities, Inc.

Tioga County Boys & Girls Club

Mobile Integration Team

Tioga County Suicide Prevention Community Coalition

Tioga County Mental Hygiene

Tioga County Social Services

Tioga County United Way

## **Executive Summary**

The New York State Prevention Agenda is the blueprint for state and local action to improve the health of New Yorkers in five priority areas and to reduce health disparities for racial, ethnic, disability, socioeconomic and other groups who experience them. These ideas were turned into a plan that involves a unique mix of organizations including local health departments, health care providers, health plans, community-based organizations, advocacy groups, academia, and employers, as well as state agencies, schools, and businesses whose activities can influence the health of individuals and communities that will address health disparities.

The Prevention Agenda has five overarching goals that are broken into five priority areas, which are then further broken into focus areas; followed by goals and objectives. In Tioga County we are continuing to collaborate with community partners, including three hospitals that serve our county, to address the top priority areas for 2016-2018. They have remained the same from the initial community health assessment: preventing chronic diseases and promoting mental health and preventing substance abuse.

There are multiple interventions within our Community Health Improvement Plan (CHIP) that play an integral role in addressing our disparities and increasing quality of life for our community members. Tioga County is a rural county with no hospital, limited providers, and no public transportation. Many of the interventions outlined in our CHIP have positively impacted the lives of people from low-socioeconomic backgrounds. The food insecure has been identified as one group of disparate people in Tioga County. Also, data indicates that middle-aged white men have the highest completed suicide rate.

Tioga County will continue to address chronic disease, mental health, and substance abuse as the most important health needs as outlined in the 2013-2017 Community Health Assessment and Improvement Plan. Although some progress has been made in regards to these health priorities there remain some alarming trends in several focus areas. This update has strengthened community partnerships and Tioga County agencies are committed to continuing collaborating to address these health priorities in the community.

Tioga County has since established two coalitions to address needs in priority areas. The Tioga County Suicide Prevention Coalition has made great progress in training coalition members in suicide interventions, training community members in Question, Persuade, and Refer (QPR), and spreading awareness through events such as a candlelight vigil on our courthouse lawn downtown and race dedication night at a local horse-racing track. A substance abuse coalition has also been formed to address the growing concern for substance abuse including prescription drug abuse, heroin, alcohol-impaired crash deaths, and binge drinking. The coalition is planning on holding education and awareness nights in many towns throughout the county that will focus on prevention as well as treatment issues facing the communities.

We reviewed data from the Prevention Agenda Dashboard, the County Health Rankings, the Population Health Improvement Plan (PHIP), and data from our community partners. Tioga County works with several organizations and community leaders to help improve the health and well-being of our residents, specifically when it comes to our two priority health issues. Among these organizations, Tioga County is working with Rural Health Network of South Central New York; our local Women, Infants and Children (WIC) Program; Cornell Cooperative Extension of Broome and Tioga Counties; Eat Smart New York; Food and Health Network of South Central New York; Tioga County Hunger Coalition's Anti-Hunger Task Force; Tioga Opportunities,

Inc.; local hospitals including UHS, Lourdes, and Guthrie; Tioga County Boys & Girls Club; Tioga County Suicide Prevention Community Coalition; our local Mobile Integration Team; Tioga County Mental Hygiene; Tioga County Social Services; and Tioga County United Way. Each organization has programming that helps to assess our community's health disparities as well as implement processes to improve health throughout the county.

Throughout the past two years, Tioga County Public Health has collaborated with several partners from the original Community Health Assessment Steering Committee to collect data. This data includes information from personal assessments, annual agency updates, and program implementation that have helped confirm these priorities are still at the forefront in Tioga. Additionally, we have forged a partnership with our Population Health Improvement Coordinator, who has collected extensive data from the community and conducted focus groups.

Various community organizations are using evidence-based interventions and activities to address our county's top health priorities. WIC is addressing obesity among children through their Enhanced Breastfeeding Peer Counseling Program. Additionally, members of Tioga County Public Health are providing nutrition and physical education presentations to local Head Start programs. Representatives from Cornell Cooperative Extension of Broome and Tioga Counties are working with area elementary schools on creating "smarter" lunchrooms that include healthy food tastings and lesson plans on decreasing the intake of sugary drinks.

The Rural Health Network of South Central New York and Tioga County Public Health are addressing the need for having increased access to high quality chronic disease preventive care. Both organizations have personnel certified to administer Stanford University's Chronic Disease Self-Management Program to the public at centralized locations. In order to evaluate the

program's impact, participants are given surveys at the conclusion of the program to gauge improvements and increases in areas including, but not limited to physical activity, choosing healthier foods, and communication with their primary care physicians.

Lourdes, UHS, and Guthrie hospitals and primary care providers are using standardized screening protocols and patient education for monitoring and controlling hypertension, lipids, blood glucose (A1C levels), tobacco use/cessation, and pulmonary function testing. Tioga County also has mobility management services through Mobility Management of South Central New York for area residents to ensure that they are able to get transportation to their doctors' appointments, etc.

Tioga Opportunities, Inc. has a contract with the Cancer Services Program of Broome, Chenango & Tioga Counties to provide breast exams and orders for mammograms and pap smears to women who qualify for breast cancer services. The New York State WIC Program is using a computer-based program for documenting all data collected during WIC visits and reports are generated to help with monitoring and tracking. The Family Planning division uses a monthly visit tally indicating which services were used by parents including cancer services, family planning, STD services, etc.).

The Tioga County Boys & Girls Club offers multiple athletic programs for youth and adults as well as food and health-focused programs for area youth. They are also partnering with Cornell Cooperative Extension's Reality Check program on tobacco use prevention and there is an active anti-tobacco campaign on the organization's grounds. The Club's organizers evaluate programs by keeping track of youth and adult attendance and participation during programs and activities.

## **Report**

Tioga County is located in the Southern Tier of New York State and borders Pennsylvania although it is also considered to be in the Central New York Region. According to the US Census Bureau, the county has a total area of just over 522 square miles, of which 519 square miles is land and approximately five square miles is open water, with the Susquehanna River flowing through. The county is comprised of nine towns and six villages. The nine towns are: Barton, Berkshire, Nichols, Newark Valley, Owego, Richford, Spencer, Tioga, and Waverly. In 2010 the estimated population was 51,215, averaging 98 persons per square mile population density. Owego is the largest town, making up almost 47% of the county's population. The next largest towns are Barton and Candor. In 2009, Owego was voted "Coolest Small Town in America" by Budget Magazine, a claim to fame that the county is proud of.

As previously identified, the Prevention Agenda priorities are preventing chronic diseases and promoting mental health and preventing substance abuse. Throughout the past two years, Tioga County Public Health has collaborated with several partners from the original Community Health Assessment Steering Committee, including our local hospitals, to collect data. This data includes information from their personal assessments, annual agency updates, and program implementation that have helped confirm these priorities are still at the forefront in Tioga County. Additionally, we have forged a partnership with our Population Health Improvement Coordinator, who has collected extensive data from the community and conducted focus groups.

Tioga County Public Health will continue to hold steering committee meetings with members of local partner organizations and stakeholders to stay updated on the progress of various activities and interventions within the community. These meetings will serve as a way

for all stakeholders to see how these programs are working to improve our priority health areas and if there are ways to adjust and improve our overall efforts. Additionally, our executive summary will be disseminated to the public through the Tioga County Public Health Department website at <http://www.tiogacountyny.com/departments/public-health/>. A link to this information will also be made available on our Facebook page. If there are any questions regarding this update, contact Amy Fancher, Health Educator, at (607) 687-8623 or [fanchera@co.tioga.ny.us](mailto:fanchera@co.tioga.ny.us).