

Tioga County, NY 2019-2024 Community Health Assessment



Acknowledgements

This assessment would not have been possible without the support and participation of many key Tioga County partners.

From reviewing data and providing statistics, to survey distribution this project's success was due to the diligence and dedication of many individuals.

Project Staff

*Barbara Bilbrey, Supervising Public Health Nurse
Kylie Holochak, Public Health Educator
Albert Knapp, Public Health Sanitarian
Susan Medina, Deputy Director of Public Health
Heather Vroman, Supervisor Community Health
Marilyn Wertman, Secretary to the Public Health Director*

Project Support

*Karen Bayer, UHS Hospitals
Marty Borko, Carantouan Greenway
Bernard Bush, Ascension Health-Lourdes Hospital
Margaret Carey, Ithaca College Intern
Emily Dixson, SUNY Cortland Intern
Amy Fancher, Public Health Educator
Nancy Glasgow, Tioga Opportunities'
Christina Olevano, CASA-Trinity
Emily Pape, Care Compass Network
Christine Shaver, Tioga Opportunities Inc.
Leslie Usher, Guthrie
Emily Warfle, Public Health Educator*

Photos representing Tioga County credited to [The Owego Pennysaver](#)

Message from the Public Health Director

Dear Tioga County resident and community partners,

We are excited to share Tioga County's Health story with you. A lot of hard work is behind this assessment. Many agencies, many people, contributed to capturing information to paint a profile of our county's health, past and present. Thank you to all of you!

Please peruse, digest, at your leisure. There's so much here.

What questions does this document answer, raise? We've tried to find the answers, the reasons, in our 2019 Community Health Assessment.

Is Tioga County healthier today than it was in the past? Where do we do well? Do we need to change course? How do we compare to a comparable community, to the state? Drug use is rising, tobacco and alcohol are stagnant; suicide rates are saddening.

An overarching trend throughout – our waist sizes are increasing, we are too sedentary, heart disease is killing us and our choices are reflected in our children's health, our family's, our community's.

These are preventable outcomes. Please consider how we, you, can create change; move Tioga county in a positive direction.

Sincerely,



Lisa McCafferty, MPH
Tioga County Public Health Director

Public Health is the air we breathe; the water we drink; the food we eat.. and our impact on the planet and its future. *Prevent, Promote, Protect...*

“Health is the state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.”

World Health Organization's definition of health

Executive Summary

The 2019-2024 Tioga County Community Health Assessment was developed collaboratively with many local agencies including Tioga County Public Health, Guthrie, Lourdes-Ascension Health, and UHS Hospitals, Tioga Opportunities Inc., Carantouan Greenway, Care Compass-DSRIP and CASA-Trinity. The findings of this assessment will aid community leaders and organizations in identifying priorities and strategies to address health behaviors which will improve health outcomes. Furthermore, this assessment will lead to the collaborative development and implementation of the 2019-2021 Community Health Improvement Plan for Tioga County.

Community Profile

Tioga County is situated in the Southern Tier of New York State. The 2010 Census records a population of 51,125 which is 94% White, 1% Hispanic or Latino, 1% Two or more Races, 1% or less of Black, Asian or American Indian. There is an increasing median age which in 2018 was 44 years. We are seeing over 600 less births from the turn of the century. Families are changing, with an increase in grandparents raising grandchildren and nonfamily households. Median household income has increased along with the percentage of children below the poverty level.

Health Behaviors

Several health behaviors indicate trends toward poor health outcomes including physical activity, eating habits and substance use. While the community considers physical activity very important, inactivity rates are above 20% and trending upwards. 30% of residents report consuming fruit less than one time per day and nearly 25% consume one or more sugary drinks daily. Additionally, the number of WIC authorized stores have declined from 12 to 9 stores. Alcohol and tobacco substance use rates are indicating no change in behavior. Binge drinking rates are stagnant at around 20%. Alcohol-impaired driving deaths have decline most notably in 2017. Smoking amongst adults is higher than comparisons with rates plateauing above 20%. Immunization rates are lower than all comparisons in regards to adolescent HPV, and adult Influenza and Pneumococcal. Cancer Screenings are well utilized with rates close to 75%.

Health Outcomes

A review of multiple indicators present varied health outcomes. While the teen birth rate has steadily declined, there is still room for improvement. Pregnant, Women Infants and Children (WIC)-eligible mothers have higher rates of weight gain and hypertension. Chronic diseases including heart disease, obesity and diabetes are concerning. There has been an increase in deaths related to heart disease prior to ambulance transport. Since 2011 obesity rates remain around 30% of adults. Diabetes diagnosis is lower than the comparable county, but mortality rates are higher. Cancer incidence is highest among hormone-related breast and prostate cancers. Lung and bronchus is distant third, but has the highest mortality rate. Overall, cancer mortality rates are lower in comparison. Communicable diseases are also lower than comparisons for majority of lab-confirmed diseases, with the exception of Influenza and tick-borne diseases. Tioga County averages 400 deaths per year, mainly due to heart disease or cancer. Men are more

likely to die from unintentional injuries and women die more from Alzheimer's disease. Preventable mortalities related to our roadways indicate a higher rate than NYS for motor vehicle deaths and a significantly higher rate than all comparisons for pedestrian deaths.

Physical Environment

Tioga County has experienced extreme weather events including significant precipitation and frigid/hot temperatures. Notably, between 1954 and 2018, Tioga County was included in 15 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 and vector-borne (tick, mosquito) diseases increasing, especially ticks.

Access to Care

Although there are no hospitals within Tioga County, there are several within a 30 minute drive. 94% of adults have health insurance, plus residents have access to multiple medical primary care providers, with 60% utilizing a provider within the county. Inversely with a poor ratio of dentists, a majority of residents travel outside of the county for dental care. Residents report access to mental health providers as the 2nd top health concern, with data to support an increase of reported poor mental health status.

Areas of Special Interest

While conducting this assessment, certain areas raised flags and were deemed to be concerning. These include children's health, substance abuse and home environment. Continuing this trend will definitely lead to unhealthy adults with poor health outcomes. Substance use and abuse among youth and adults is well established and without community, family and personal action becomes an ingrained and accepted behavior. Lastly, healthy homes are essential as much of one's day is spent in their home. Tioga County homes are older, have concentrated lead or radon and can be a safety hazard for our aging population as well as for kids!

Emerging Trends

On the horizon we know that several changes are coming. Among these is the increasing aging population which will require an evaluation from a different perspective of the community and its available resources.

Is the community accessible to those with mobility constraints? Are there social supports in place? Our community has welcomed several Amish families who are establishing homes and businesses here. What are their health needs? How do horse and buggies impact road safety?


These are just a few of the thoughts and questions we have, but there is certainty of the changes to come within and around Tioga County.





Health Report Card for Tioga County

Source: NYSDOH


Performance Key

 Improved

 No Change





 Worsened

Health Behaviors


Indicator	Tioga County	Performance
Alcohol Related Motor Vehicle Deaths (Rate per 100,000)	55	
% Adults who are Current Smokers	22%	No Trend Data
% of Adults Binge Drinking During Past Month	19%	No Trend Data







Health Outcomes

Indicator	Tioga County	Performance
% Adults Overweight or Obese	70%	No Trend Data
% Students Overweight NOT Obese	18%	
% Students Obese	17%	
Cardiovascular Disease Mortality (Rate per 100,000)	288	
Lung & Bronchus Cancer Incidence (Rate per 100,000)	92	




Access

Indicator	Tioga County	Performance
% of Adults (aged 18-64) with Health Insurance	94%	
% of Adults with a Regular Health Care Provider	86%	No Trend Data
% of Population Experiencing Food Insecurity	10%	No Trend Data





Maternal & Infant Health

Indicator	Tioga County	Performance
% of Births with Early Prenatal Care	74%	
% of Births with Adequate Prenatal Care	85%	
Infant Mortality (Rate per 1,000)	7	
% Low Birthweight	6%	

Child & Adolescent

Indicator	Tioga County	Performance
% of Children 9-17 months with Lead Screening	48%	
% of Medicaid Enrollees (ages 2-20) with At Least 1 Preventive Dental Visit (within year)	42%	
Suicide Mortality ages 15-19 (Rate per 100,000)	21	

Mortality

Indicator	Tioga County	Performance
Years of Potential Life Lost (Rate per 100,000)	7,009	
Cancer Mortality (Rate per 100,000)	128	
Suicide Mortality (Rate per 100,000)	12	
Motor Vehicle Mortality (Rate per 100,000)	8	



call to Action!

- ◆ How can we shape community initiatives to match the changing community characteristics? Remember the aging population and changing family dynamic.
- ◆ With higher rates of population elderly disabilities, how can we design programs and community infrastructure to accommodate the needs of our senior citizens?
- ◆ Tioga County School Districts are viewed as the community hub. From hosting events such as the Tioga County Medical Mission to Trunk or Treat, our schools play a vital role. What are other ways the community and schools can work together?
- ◆ Radon mitigation is required to reduce harmful radon levels in homes.
- ◆ How do we reverse vector illnesses, including Lyme disease?
- ◆ What can we do differently to eliminate all tobacco use?
- ◆ Why are immunization rates so low?
- ◆ Heart disease rates are concerning!
- ◆ Whoa! Our children are obese.

Table of Contents

Message from the Public Health Director.....	3
Executive Summary.....	4
Table of Contents.....	9
Process.....	10
Tools for Understanding this Report.....	12

About Tioga County

Tioga County.....	14
Population Characteristics.....	15
Household Characteristics.....	16
Socioeconomics.....	17
Disability.....	18
Economic Profile.....	19
Education Profile.....	20
Health System Profile.....	21
Outdoor Recreation.....	22

Health Behaviors

Physical Activity.....	24
Nutrition.....	25
Alcohol Use.....	26
Tobacco Use.....	27
Vaccination.....	28
Preventative Cancer Screenings	29
Family Planning/STD Prevention.....	30

Health Outcomes

Births.....	32
Deaths.....	34
Adult Weight.....	35
Injuries.....	36
Heart Disease.....	37
Diabetes.....	38

Physical Environment

Outdoor Environment.....	42
Rabies.....	43
Insects & Ticks.....	44
Access to Food.....	45
Transportation.....	46

Access to Care

Medical Care.....	48
Mental Health Care.....	49
Dental Care	50

Areas of Special Interest

Children's Health.....	52
Children's Health: Weight.....	53
Healthy Homes: Aging Houses & Lead.....	54
Healthy Homes: Radon.....	55
Well-Being: Youth.....	56
Well-Being: Adults.....	57
Drug Use: Youth.....	58
Drug Use: Adults.....	59
Narcan Usage.....	60

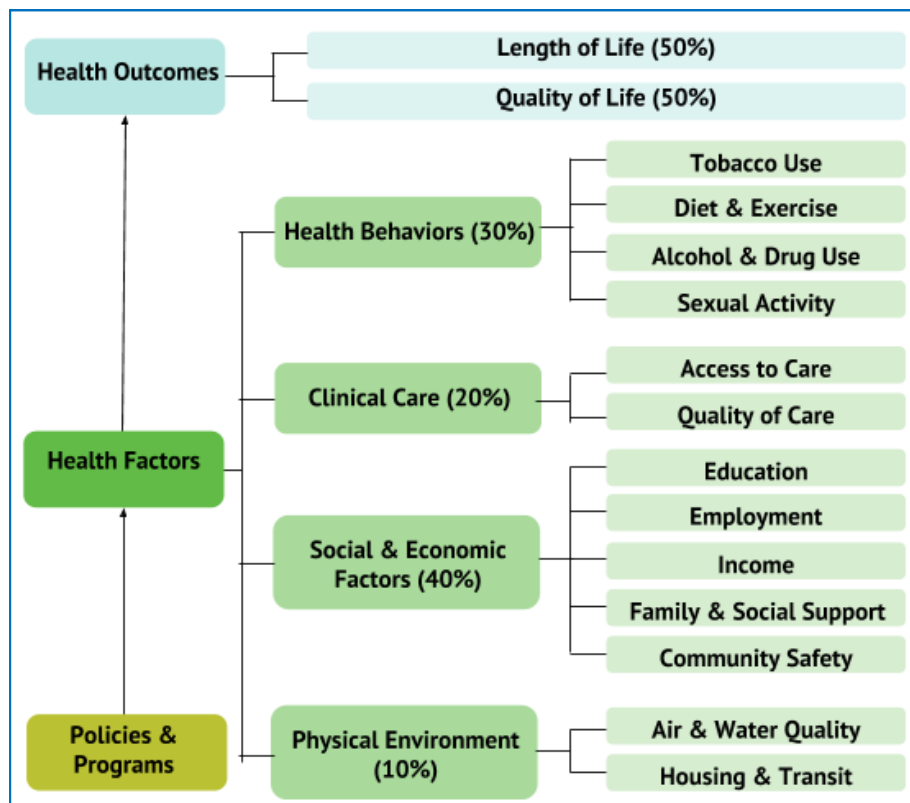
Emerging Trends

Amish Population in Tioga County	62
Senior Population in Tioga County.....	63
Community Assets.....	64
Data Sources.....	68
Appendix.....	70

Process

The community health assessment process started in the Summer of 2018. Tioga County Public Health identified the Association for Community Health Improvement's model for the assessment process and the County Health Rankings framework for data collection. Additionally, community partners from neighboring hospital systems were approached for their assistance and contribution. Several other entities were invited to represent community agencies.

INTRODUCTION



All participants contributed guidance and valuable insight into the health status and needs of the community.

Data presented in this report is compiled from a variety of sources and wherever possible the most currently available data is used. We decided to compare Tioga County to New York State, and a similar New York county (Seneca) to better gauge what the data means; and to provide another layer of perspective. The comparison county was selected based on the following criteria: comparable in size, median income, population and the lack of a hospital.

WHAT GOES INTO YOUR HEALTH?



SHARE YOUR HEALTH STORY!

The “My Health Story” survey solicited input from our residents.

We used:

- ◆ Mass mailings
- ◆ Attending community events (mobile food pantries and senior citizen luncheons)
- ◆ Assisting individuals with completing the survey
- ◆ Facebook solicitation and multiple newspaper advertisements.

With 826 responses, the survey was deemed a solid sample.

Tools for Understanding this Report

Throughout the document you will find visual cues to aid in interpretation of the presented information. Conversation bubbles display a “voice” capturing community and stakeholder responses and viewpoints. “Call to Actions” notes highlight specific areas where action now will tackle poor health trends. Look for a thumb-up or thumb-down for areas when Tioga County is meeting or missing Healthy People 2020 targets. Additionally, checkmarks and x-marks indicate Tioga County’s status on meeting New York State’s targets as outlined in the Prevention Agenda.

Community
Stakeholders
Viewpoints

Community
Member
Responses



CALL
to ACTIONS



Prevention
Agenda

Key Terms

Adequate Prenatal Care

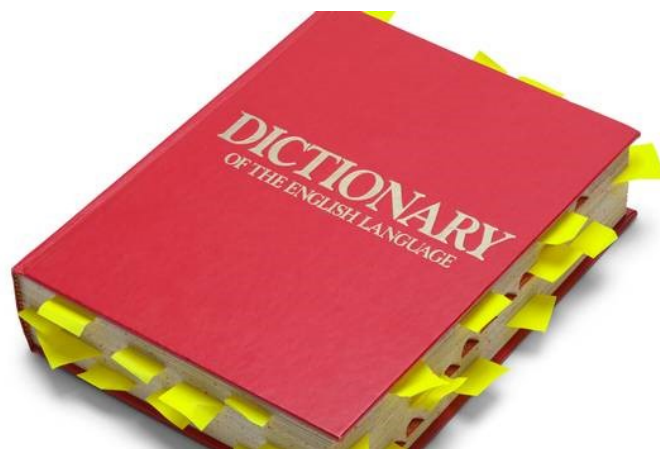
Prenatal care started by the fourth month of pregnancy and 80% or more of recommended visits.

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 collected 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

Adult males having 5 or more drinks in one occasion, and adult females having 4 or more drinks on one occasion.

Birth Rate

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

Body Mass Index

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

Communicable Disease

Disease that spread from one person to another or from an animal to a person.

Food Insecurity

The lack of access to food due to lack of money or other resources.

Morbidity

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

Mortality

A term used to refer to death or deaths in a population.

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.

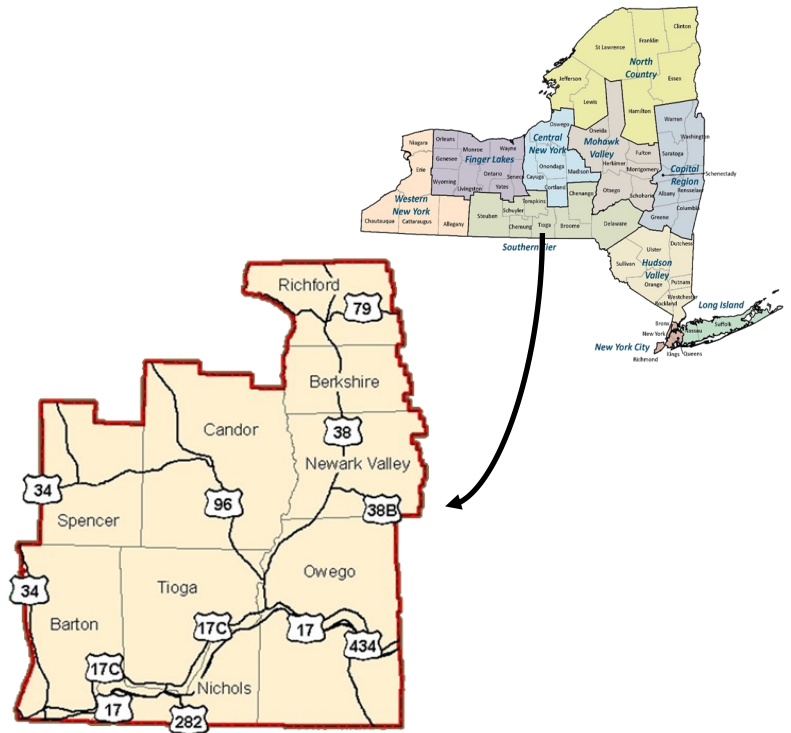
COMMUNITY PROFILE



TIOGA COUNTY

Geographic Area

Located in the Southern Tier of New York State. Counties bordering Tioga County include Chemung (west), Tompkins (north-west), Cortland (north) and Broome (east), with Pennsylvania on the southern border. Tioga County is 523 square miles in size which 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!



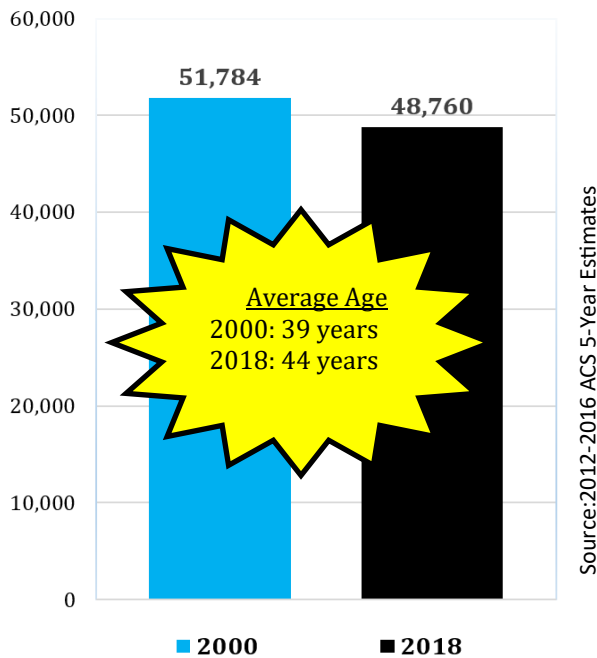
“Tioga County is a community rich in natural beauty, economic growth and small-town values. We are proud of our advancements and transformation as we see the world around us change and evolve. Tioga County is a generational home to many families and we are happy to be welcoming more and more new residents to this wonderful community.”

Martha Sauerbrey
Chair, Tioga County Legislature

Infrastructure and Services

Nine towns and six villages are found along the main Routes: 38, 96 and 17C. The more populated villages have public water and sewer services while rural residents rely on private wells and septic systems. Given our momentous weather events, including high amounts of rainfall and snow accumulations, municipal public works departments are heavily relied upon to maintain passage on roadways. 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.

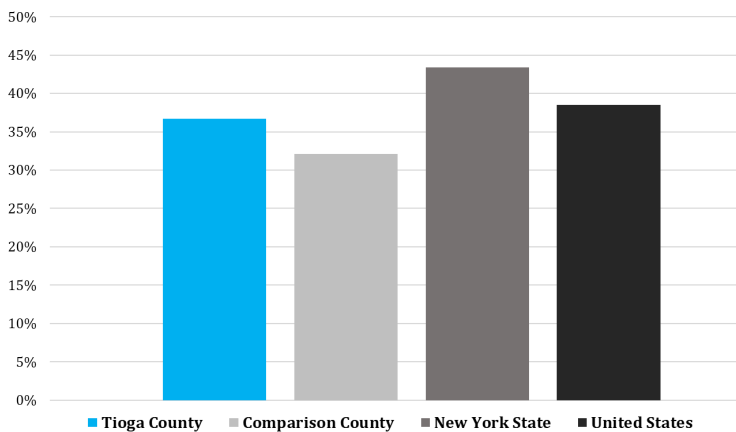
Tioga County Total Population



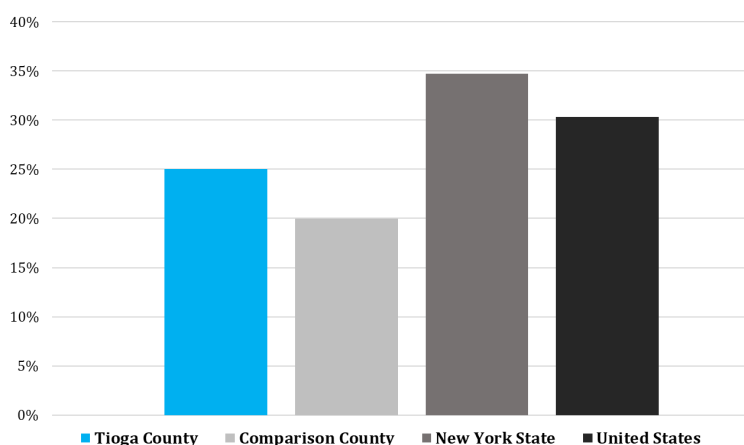
Population Characteristics

Our population is mostly Caucasian with an average age of 43.9 years. We have a notable percentage of individuals with higher education degrees, yet it is lower than that of New York State. Family composition is changing as more people are living alone. Additionally, birth rates have declined from the earlier part of the century by over 600 births, as recorded in 5 year spans. A decrease in total births has occurred in all age groups, except for women ages 45+. Overall, the population is decreasing and aging.

Population with an Associate's Degree or Higher 2012 – 2016



Population with a Bachelor's Degree or Higher 2012 – 2016



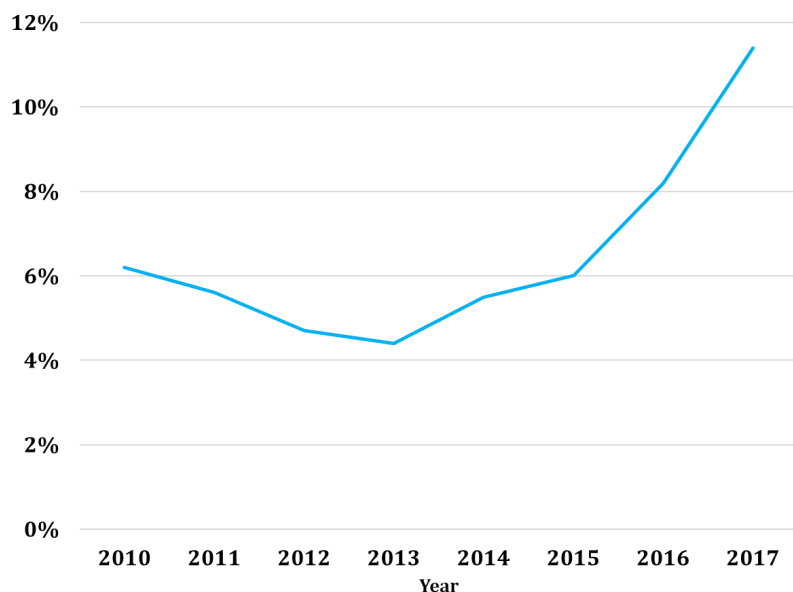
Tioga County Description	
Population	
Census 2010 Total Population	51,125
2017 Population Estimate (as of July 1, 2017)	48,578
2016 ACS 5-Year Population Estimate	49,649
Median Age	43.9
Number of Companies	3,228
Total housing units	22,170
Median Household Income	58,115
Foreign Born Population	1,107
Veterans	4,120
Race and Ethnicity	
White alone	48,088
Black or African American alone	365
American Indian and Alaska Native alone	16
Asian alone	334
Native Hawaiian and Other Pacific Islander alone	10
Some Other Race alone	115
Two or More Races	721
Hispanic or Latino (of any race)	842
White alone, Not Hispanic or Latino	47,392

Source: 2010 US Census Demographic Profile

Household Characteristics

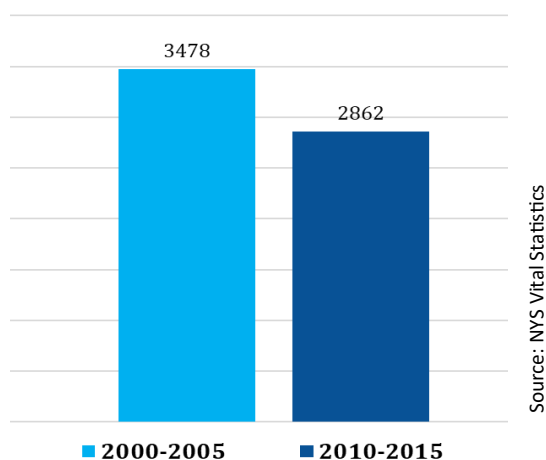
Households have decreased along with births. There are fewer family households and married-couple families. Instead, there are more 'female head of household', 'individuals living alone' and 'nonfamily households'. Of significance is the sharp increase of children being raised solely by grandparents.

Tioga County Households with Children Under 18 Where Grandparents are Responsible for Raising Grandchildren
2010 - 2017



Source: US Census American Community Survey

Tioga County Birth Rate



Source: NYS Vital Statistics

“Relative Care is becoming more the norm than it has ever been in providing stable homes for children in need of care. Most notably, with the challenges that the opioid epidemic has created for families, the care that grandparents and other relatives provide is critical in allowing children to be in a safe and caring environment.”

Shawn Yetter
Commissioner

Tioga County Department of Social Services

Tioga County Family Characteristics

	2010	2016*	+/-
Households	20,350	19,705	-645
Family Households	69.5%	68.2%	-1.3%
Married couple family	54.3%	53.9%	-0.4%
Female head of household-no husband present	10.3%	11%	+0.7
Nonfamily Households	30.5%	31.8%	+1.3%
Living alone	13.4%	26.8%	+13.4
Average Family Size	2.95	3.00	+0.05

Source: US Census American Fact Finder

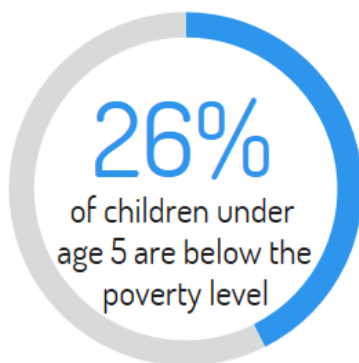


We must shape community initiatives to accommodate the changing community characteristics.

Considerations are needed for the aging population and changing family units.

	2010	2017
Median household income	\$51,948	\$57,153
% of families below poverty level	7.6%	7.7%
% of children under 18 below poverty level	12.7%	14.5%

US Census: American FactFinder



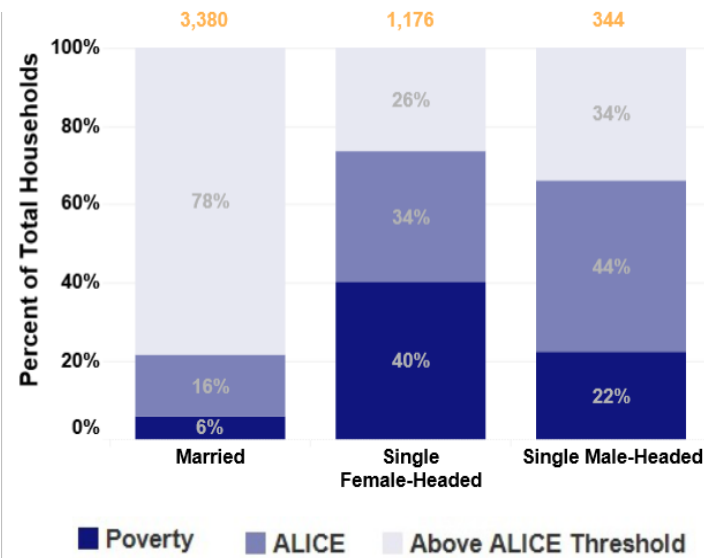
Source: US Census: American FactFinder, 2017

Socioeconomics

While the median household income is increasing, the percentage of the population living in poverty has also increased. More students than ever qualify for free or reduced price lunches at school. However, on the upside, the unemployment rate continues to decline.

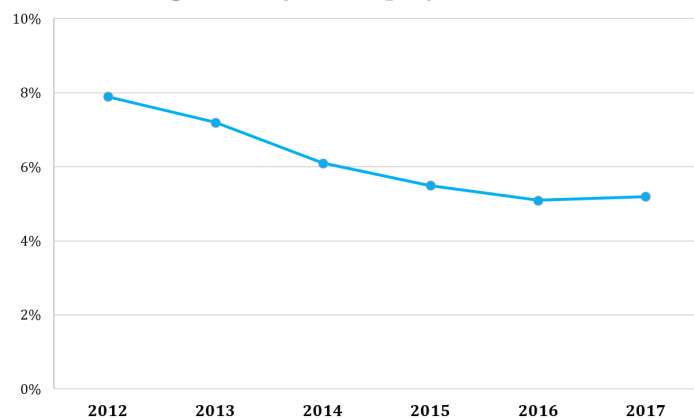
Asset Limited, Income Constrained, Employed Tioga County 2016

Total Households



Source: American Community Survey, 2016, and the ALICE Threshold, 2016.

Tioga County Unemployment Rate

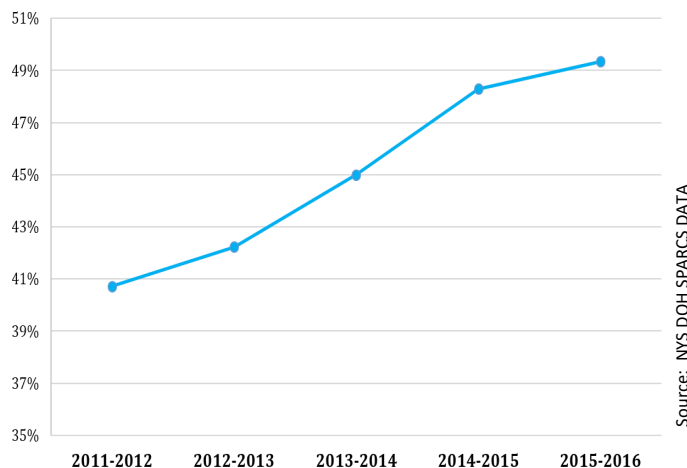


Source: Bureau of Labor Statistics

“The ALICE data combined with the county’s poverty data gives a more accurate picture of the number of households in Tioga County that are struggling to meet basic needs and are vulnerable to any number of situations that could plunge them back into the throes of poverty... Services aimed at keeping households above the prevention line need to be developed county-wide with a focused effort on addressing the social determinants of health.”

Maureen Abbott,
Executive Director, Tioga Opportunities, Inc.

Tioga County Students Eligible for Free or Reduced Price Lunch



Source: NYS DOH SPARCS DATA

Disability

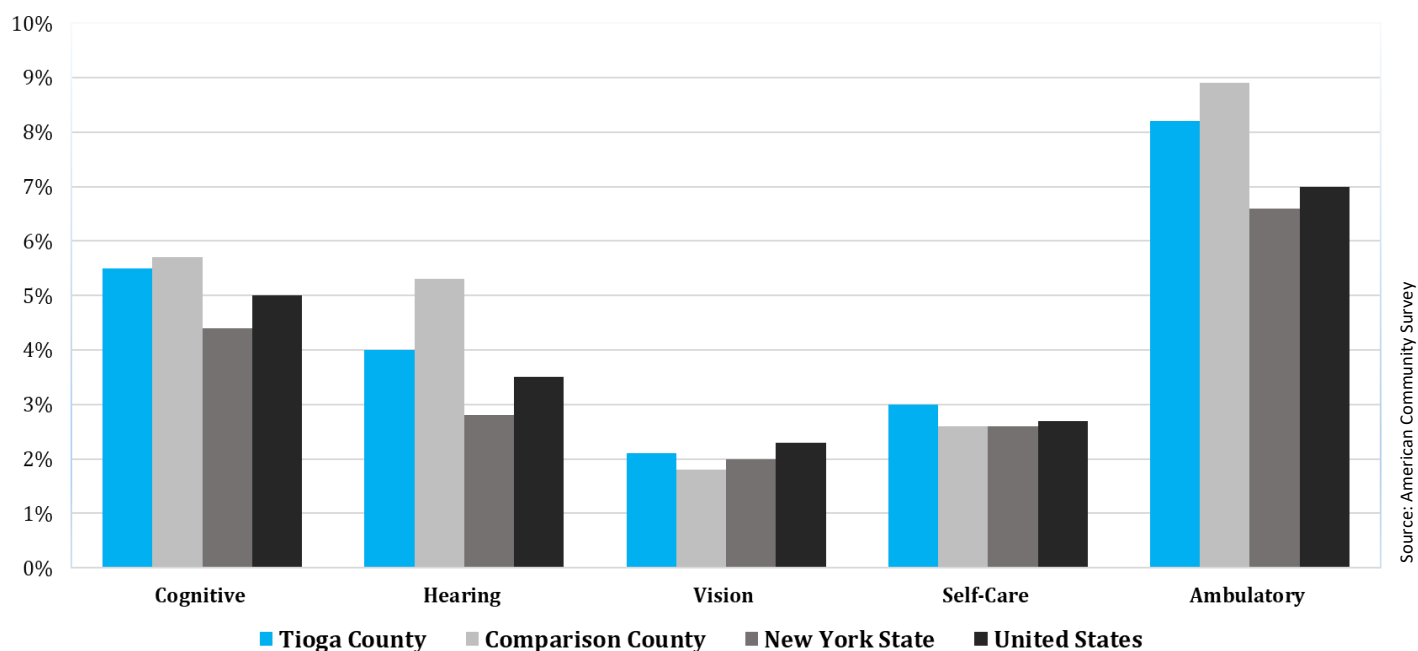
Disability impacts the older population ages 65+ significantly more than any other. Ambulatory limitations being the most significant followed by cognitive, which covers physical, mental or emotional problems, difficulty remembering, concentrating or making decisions.

% Population with a Disability

	2012	2016
Total	12.5	14.0
Under 18 years	5.6	5.5
18-64 years	10.2	10.8
65+	31.8	32.2

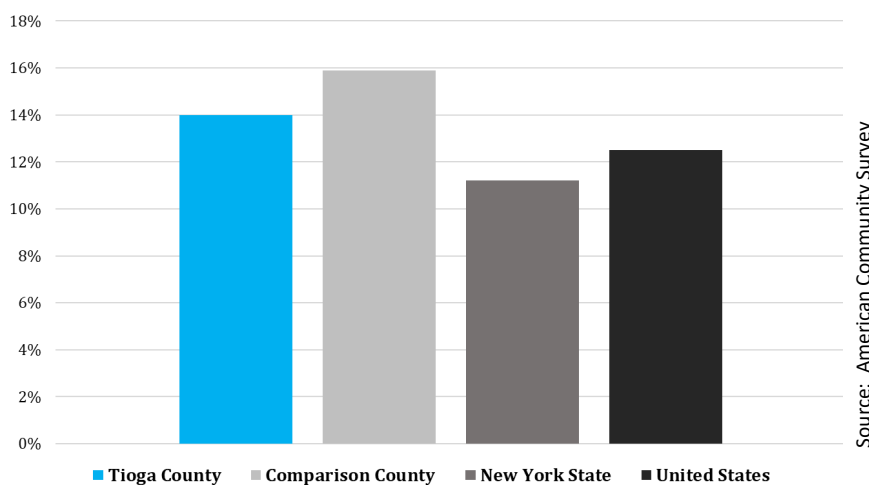
Source: American Community Survey

Disability Types 2012 – 2016



With higher rates of elderly disabilities, we must design programs and community infrastructure to accommodate the needs of our senior citizens.

Persons With a Disability 2012 – 2016





Economic Profile

Tioga County has 787 business establishments. According to the U.S. Census Bureau's County Business Pattern, in 2016 the Retail had the highest amount of establishments and employees. The remaining employee distribution was mainly spread among manufacturing, healthcare/social assistance and food services industries.

While employment opportunities in the manufacturing field remain a majority of jobs in the county, there is a significant decline since 2014, which had 3,634 employees to 2016 with a total of 1,170.

Team Tioga's efforts to promote business and the economy led to successful economic development projects including Crown Cork and Seal, expansion of Tioga Downs Casino and Resort plus the FedEx facility.

Top 3 Employers

#1	Lockheed Martin
#2	Tioga Downs Casino
#3	Owego Apalachin School District

Source: Tioga County Employment Services



59%
of residents travel outside
Tioga County for employment

Source: American Community Survey



Agriculture

In 2012 Tioga County farms had a market value over \$36.7 million in products sold of, with milk and other dairy products at the top. While the overall total of individual farms decreased, land and size of farms increased. Farm operators are predominantly Caucasian males with an average age of 59.

	2007	2012
# of Farms	565	536
Land in Farms (acres)	106,834	107,873
Average Size (acres)	189	201

Source: U.S Department of Agriculture Statistics Services



Education Profile

Tioga County has six public school districts serving just over 7,000 students. Students are evenly divided between male (50.8%) and female (49.2%) and are 95.1% white. Within the last decade, two religious-based schools have closed, St. Patrick's and Zion Lutheran Elementary. There is one remaining parochial school, North Spencer Christian Academy.

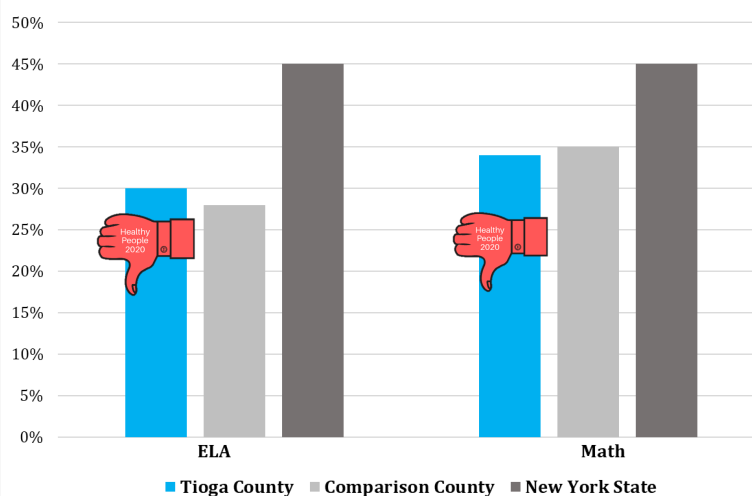
While there are no higher education institutions within the County, SUNY Broome Community College does offer college courses at the Tioga County Office Building.

Tioga County High Schools graduation rate is slightly higher than the New York State average. Proficiency rates in English Language Arts and Math are similar to the comparison county but lower than the New York State average.



Tioga County School Districts are often viewed as the center of the communities they serve. From hosting community events such as the Tioga County Medical Mission to Trunk or Treat, the school districts play a vital role. What are other ways the community and schools work together?

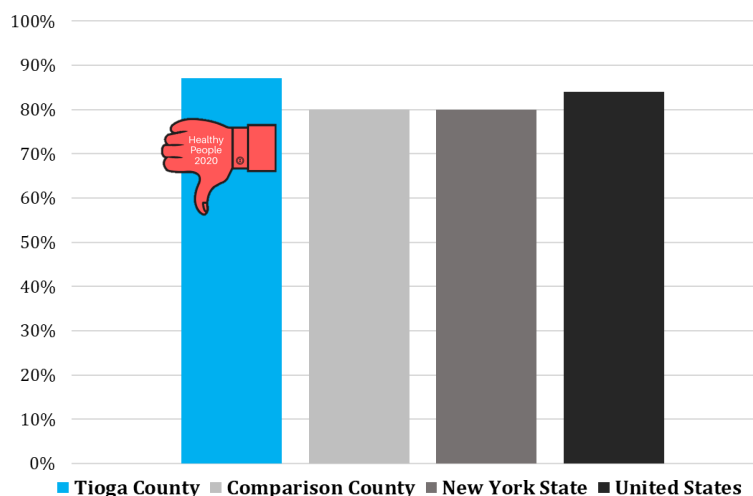
Student Proficiency (3-8 Grades) 2017



Source: NYS Report Card



High School Graduation Rate 2017



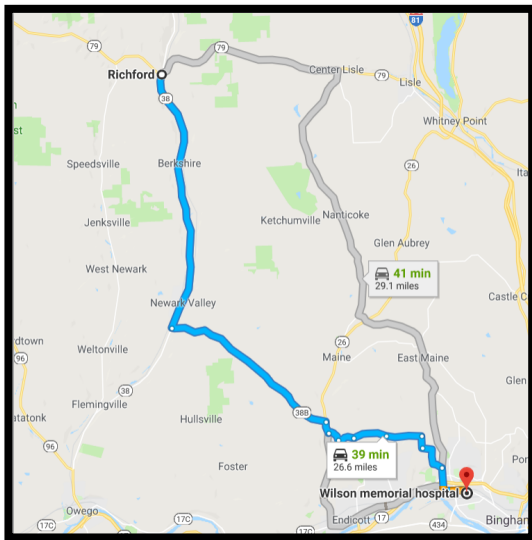
Source: NYS Report Card & NCES

Health Systems

Even though there are no hospitals within our borders, there are several medical healthcare options for residents. Healthcare systems serving the county include Lourdes-Ascension Health, UHS, Cayuga Medical Center and Guthrie Cortland and Sayre, PA. Ten primary care offices cover the county with good representation in the towns and villages.

In 2017, Link-to-Life alerts and Motor Vehicle-Pedestrian emergencies were just below 50% of medical-related 911 calls. Residents needing emergency care are dependent on a mix of paid-volunteer EMS responders. A 911 call response time ranges from 10-40 minutes depending on location and ambulance availability. Distance to a trauma center for a majority of the County ranges from 35-55 minutes. This is a concern for the towns of Richford and Berkshire, as they are over 20 miles from the nearest hospital.

Map from Richford, NY to Closet Trauma Center



“One of our greatest challenges we face in the county is declining volunteerism in our fire and EMS agencies.”

Mike Simmons
Tioga County Director of Emergency

Tioga County 911 Medical-Related Calls 2017

LINK TO LIFE	22.8%
MVA-PD	20.0%
SICK PERSON	8.5%
FALLS	7.9%
BREATHING PROBLEMS	6.9%
CHEST PAIN/CARDIAC ARREST	6.7%
MENTAL HEALTH	3.1%
ABDOMINAL PAIN	2.5%
CONVULSIONS SEIZURES	2.0%
UNCONSCIOUS FAINTING	1.9%
OVERDOSE	1.7%
BACK PAIN	1.4%
STROKE	1.4%
HEMORRHAGE	1.4%
DIABETIC PROBLEMS	1.2%
UNKNOWN PROB-MAN DOWN	1.0%
TRAUMATIC INJURY-SPECIFIC	1.0%
DEATH UNATTENDED DEATH	0.8%
INTOXICATION	0.8%
SEXUAL MISCONDUCT/ABUSE/RAPE	0.8%
ASSAULT	0.7%

Source: Tioga County Dispatch

Outdoor Recreation

Tioga County has 12 community parks including, Two Rivers State Park (Waverly), Nicholas Park Pond (Spencer), Trout Ponds (Newark Valley) and Hickories Park (Owego). Plus multiple State Forests and the Susquehanna River.

These outdoor spaces offer a safe place to walk, for children to play and, there is a dog park for canine friends. Residents and visitors enjoy activities such as hiking, hunting, fishing and golfing. There are also several boat launch areas on the Susquehanna River, Catatonk Creek, and other waterways for paddling, fishing and other water activities.

Popular Outdoor Activities

Hunting

Boating/Paddling

Hiking/Biking

Fishing

Golfing

State Forest

Acres

Beaverdam

1,148

Fairfield

815

Jenksville

1,349

Ketchumville

500

Michigan Hill

1,209

Oakley Corners

1,042

Robinson Hollow

1,402

Shindagin Hollow

5,265

Tracy Creek

512

Turkey Hill

1,108

Survey says:

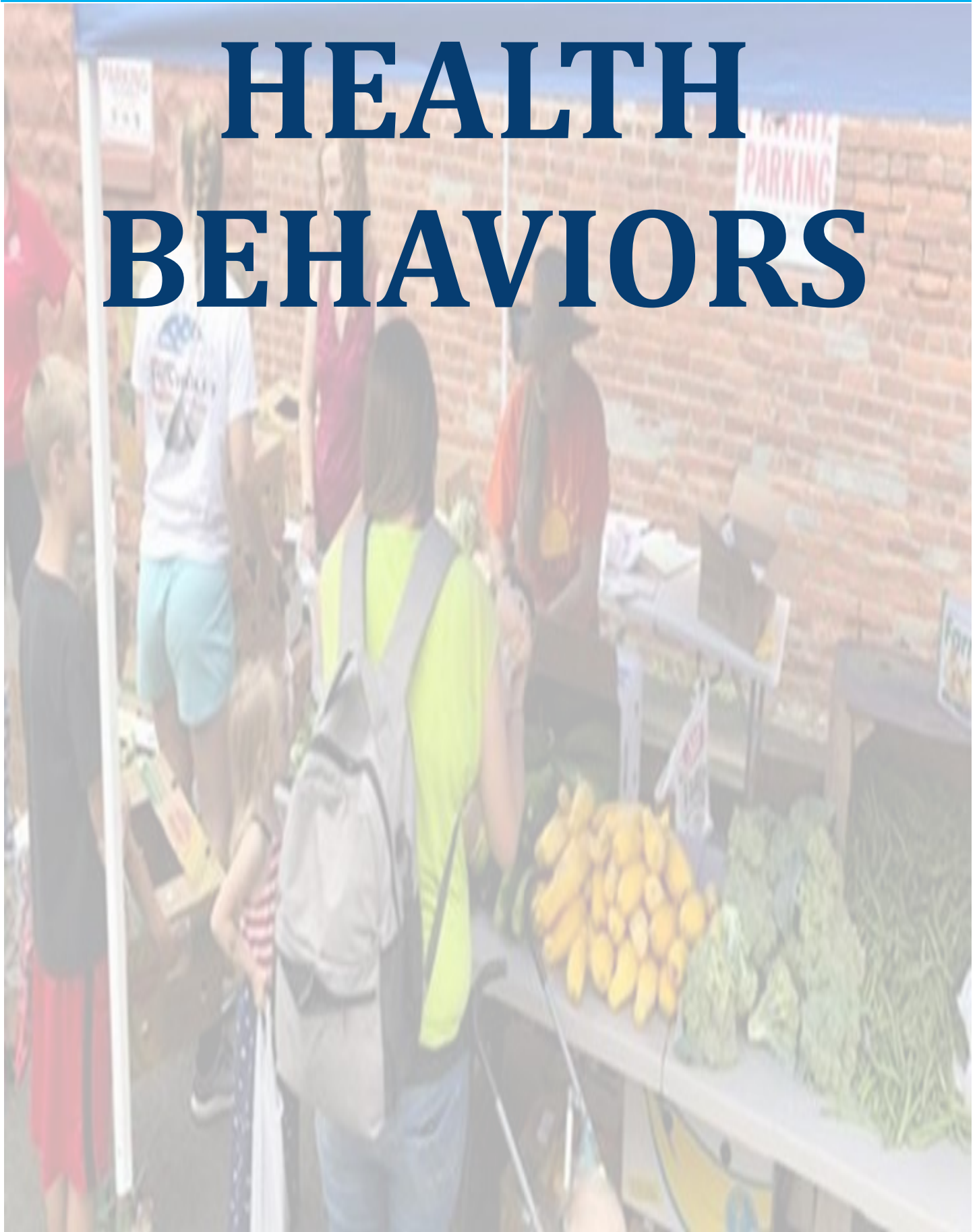
60% of survey respondents rated Tioga County as a “good” place for children to play outdoors.

64% said it’s a good place for adults to walk outdoors.



Photo credit: CNY Hiking

HEALTH BEHAVIORS

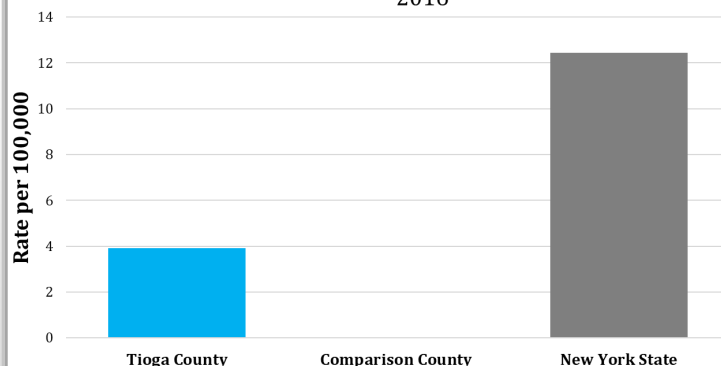


Physical Activity

Our county has less inactivity than the comparison county, NYS and the U.S. There are limited fitness facilities but our outdoor areas such as parks and wooded areas are available.

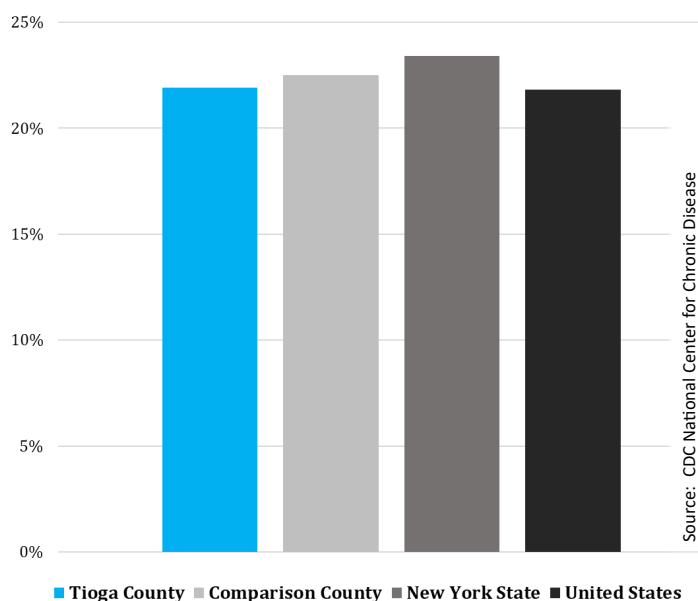
Rates of no leisure-time activity have increased since 2008. Survey participants did report that they valued physical activity. 70% reported being physically active 3 or more days a week.

Availability of Recreation and Fitness Facilities

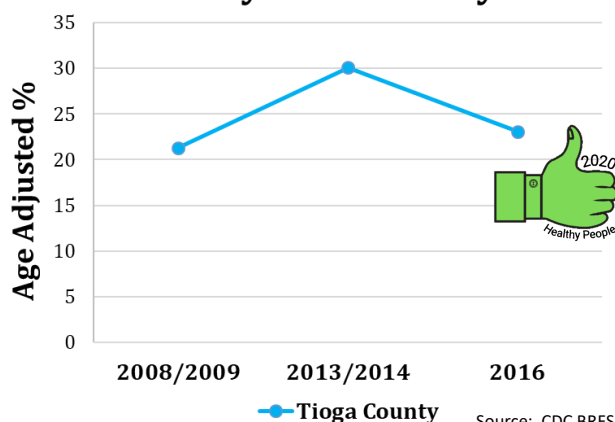


Source: US Census Bureau, County Business Patterns

Physical Inactivity



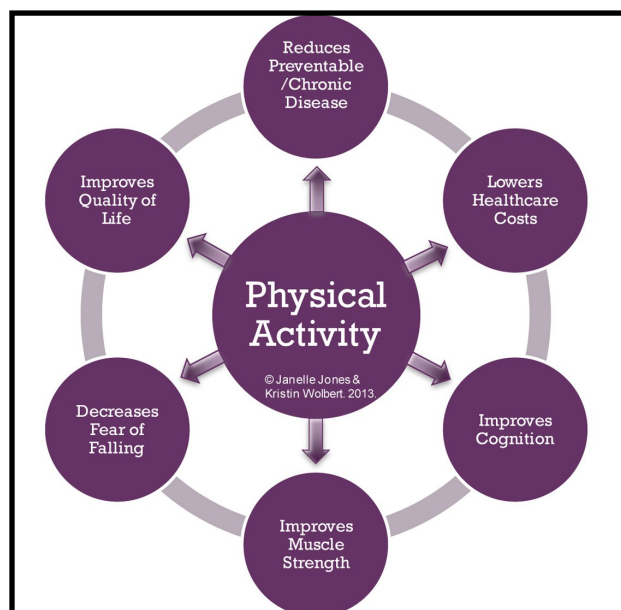
Adults Reporting No Leisure-Time Physical Activity



Survey says:

50% of respondents consider physical activity to be very important to them, and it's less important for the other half.

40% of respondents indicated access to physical activities as a health problem/concern.



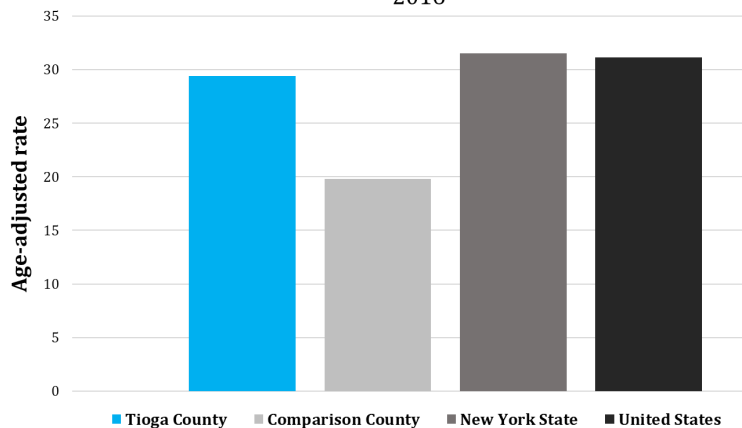
Survey says:

74% of residents purchase fruits and vegetables from a chain supermarket, 48% from a local grocery store and 32% from a farmer's market. 23% report they have their own garden.



Percent of Adults Who Report Consuming Fruit Less than One Time a Day

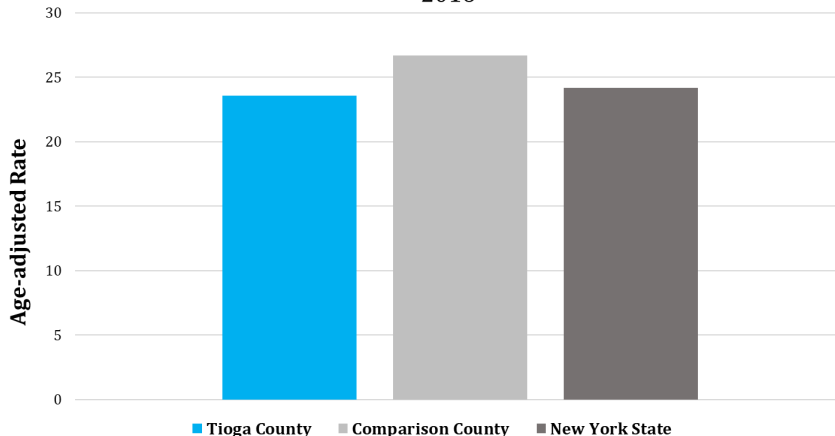
2016



Source: CDC BRFSS

Percent of Adults Who Consume One or More Sugary Drinks Daily

2016



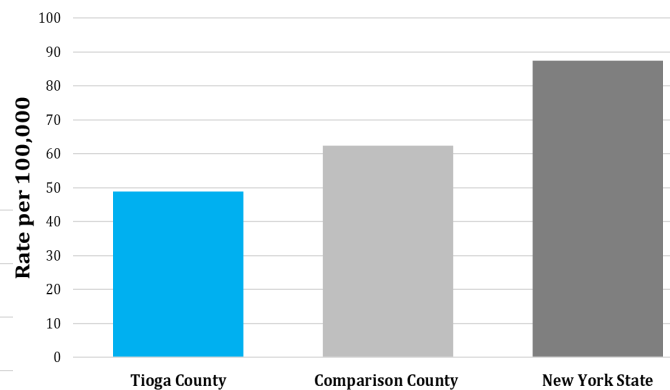
Source: CDC BRFSS

Nutrition

Proper nutrition is about access to and choosing healthy, nutritious foods. Nearly 30% of Tioga County's population reported eating fruit less than one time per day, and almost 25% of the population consumes one or more sugary drinks per day. The number of fast food restaurants is lower in contrast to the comparison index which can be an environmental influence on food choices.

Fast Food Restaurants

2016



Source: US Census Bureau, County Business Patterns

"....The main challenge nutrition educators have observed is the rural setting of the county. Accessibility of [healthy] food is limited. Many residents communicate their desires to make the healthier food choices but when it comes down to ease and accessibility it seems that convenience is what makes the decision. Thankfully over the past couple of years there has been an increase in farm stands and community gardens which have helped to increase the access to fresh produce. ..."

Kelly White,
Supervising Environmental Nutritionist
Cornell Cooperative Extension

Alcohol

Binge drinking is the consumption of an excessive amount of alcohol in a short period of time. Almost 20% of individuals in Tioga County reported binge drinking, and that number has remained steady throughout the past seven years.

Alcohol related motor vehicle injuries and deaths have fluctuated since 2011. Recent years are the first to reach a rate over 60 injuries/deaths.

What is Binge Drinking?

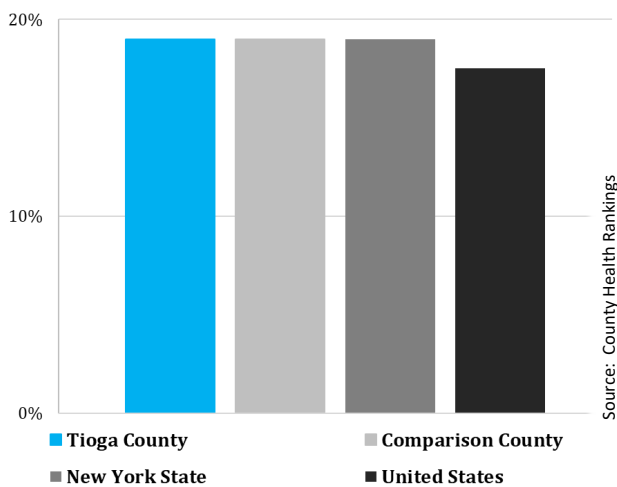


4 DRINKS
in 2 HOURS

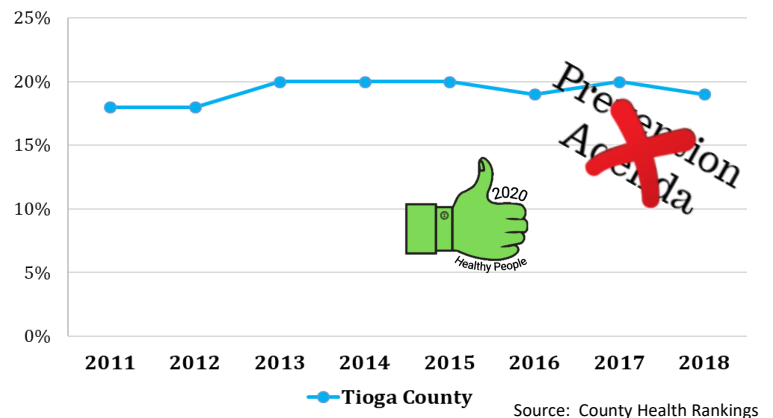


5 DRINKS
in 2 HOURS

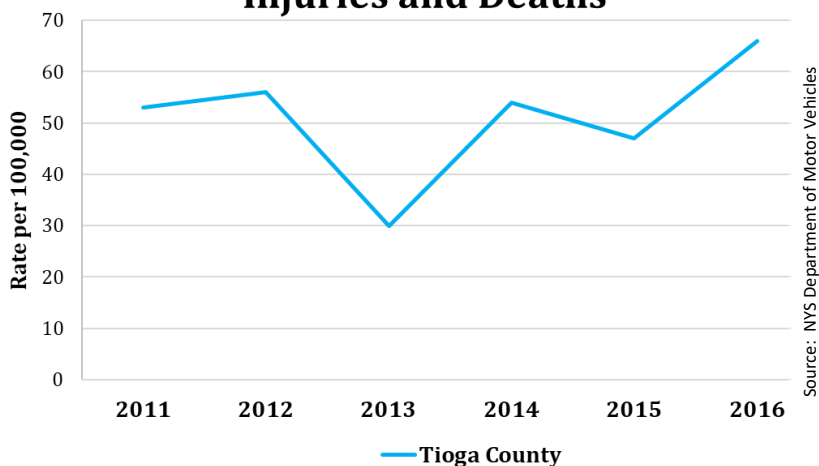
Adults Reporting Binge Drinking



Adults Reporting Binge/Heavy Drinking



Alcohol Related Motor Vehicle Injuries and Deaths



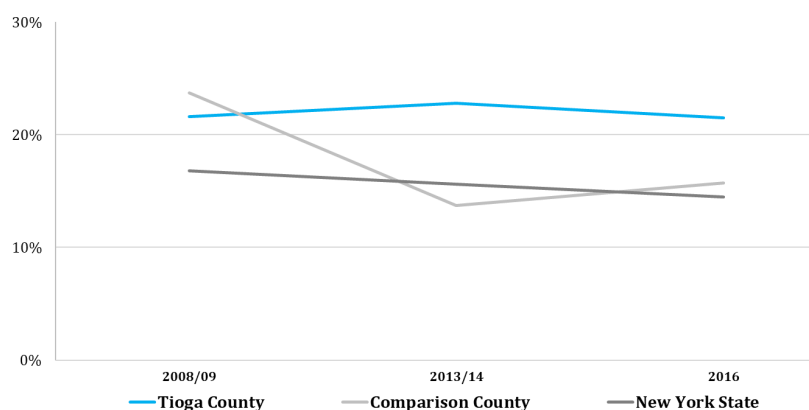


Tobacco Use

The number of people who smoke in Tioga County has slightly decreased since 2008. This decline has not been radical despite public service campaigns.

Tioga County has over 20% of adults smoking, which is higher than all comparisons.

Cigarette Smoking Among Adults

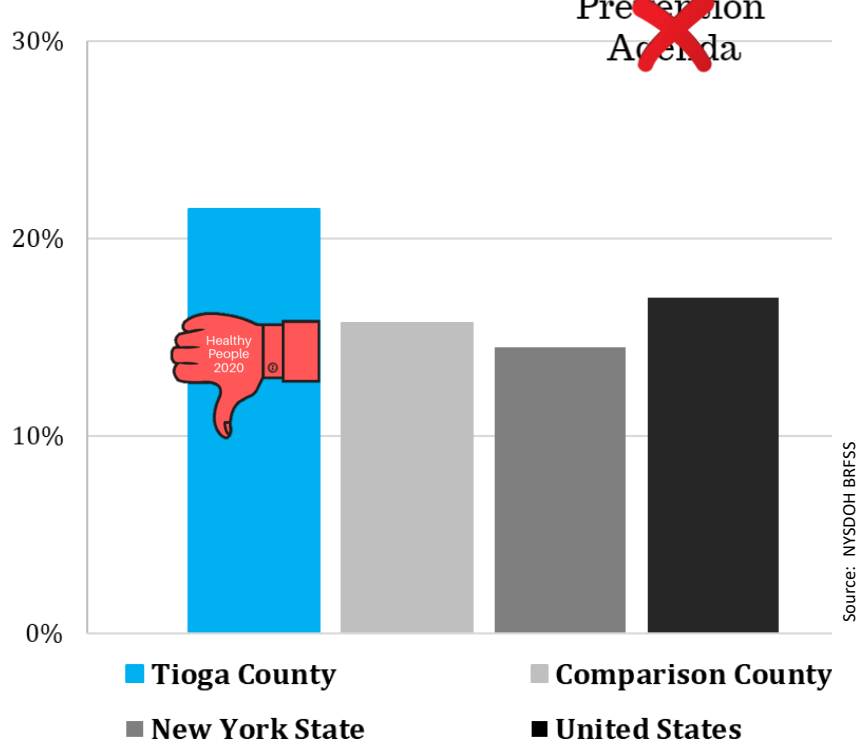


Survey says:

The majority of our community does not use tobacco in any form!

However, the most common tobacco product is cigarettes.

Adult Smoking 2016



Despite anti-tobacco ad campaigns, over 20% still smoke!

What can be done differently to stimulate the community to eliminate tobacco use?

Vaccination

Overall, immunization rates in Tioga County are lower than comparisons. This is concerning due to the risk it poses to certain groups in our population, especially infants, the elderly, and immunocompromised individuals. As a county, it's imperative we increase vaccination rates to prevent the spread of communicable disease.

"Vaccinated communities protect all members from the pain, suffering and sometimes death of vaccine-preventable disease. Vaccines are critical for the overall health of our residents."

Barbara Bilbrey
Supervising Public Health Nurse
Tioga County Public Health

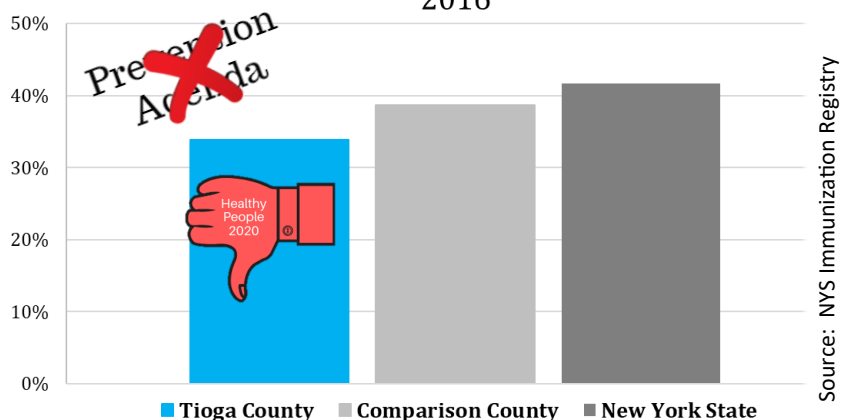


Investigation into why immunization rates are low is needed.

Plus outreach and education to the general public!

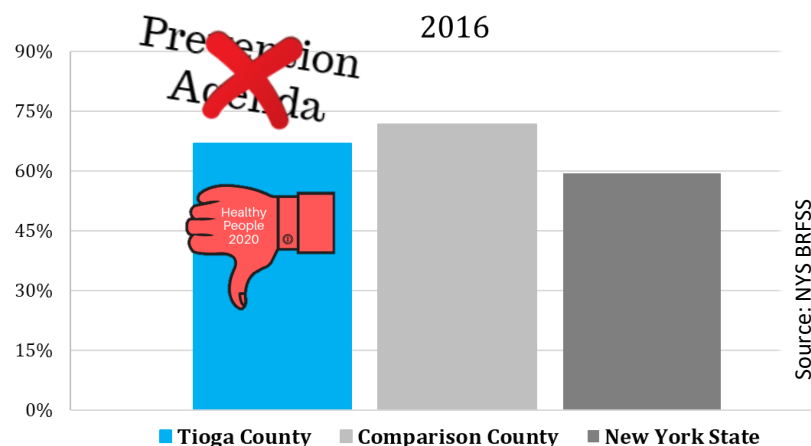
Adolescent Females that received 3 or more doses of HPV vaccine - Aged 13-17 years

2016



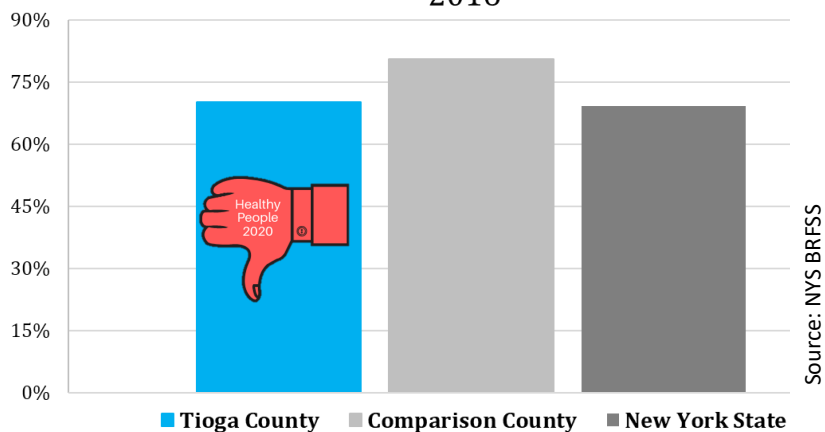
Adults 65+ with Influenza Immunization in the Past Year

2016



Adults 65+ with Pneumococcal Immunization in the Past Year

2016

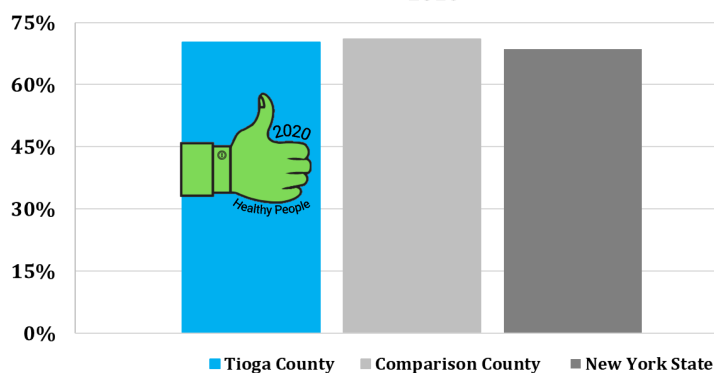


Preventative Cancer Screenings

Tioga County is doing well with colorectal cancer screening. Both pap smear and breast cancer screenings are lower than New York rates and the Health People 2020 target.

Adults who Receive a Colorectal Cancer Screening - Ages 50-75

2016



Tioga County Spotlight:

Tioga County is lucky to have access to the Lourdes "Mammo on the Move." This mobile mammogram van travels around the county making several stops in various locations each year, allowing women all over the county easy access to get their yearly mammogram!

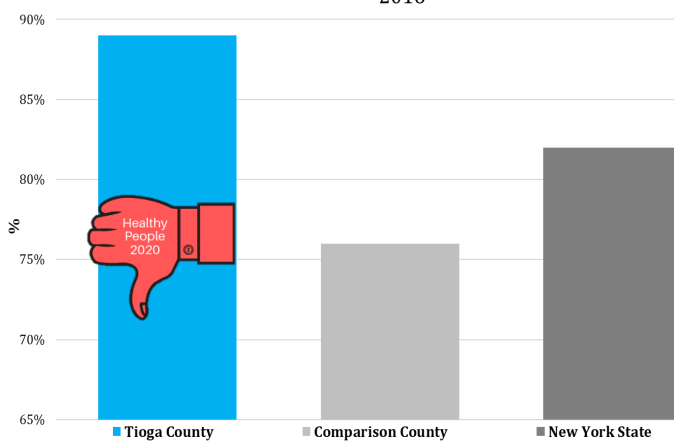


Cancer	Percent of Cancers Diagnosed at an Early Stage 2012-2016
Melanoma	87%
Prostate	76%
Breast	72%
Colorectal	45%

Source: NYS Cancer Registry

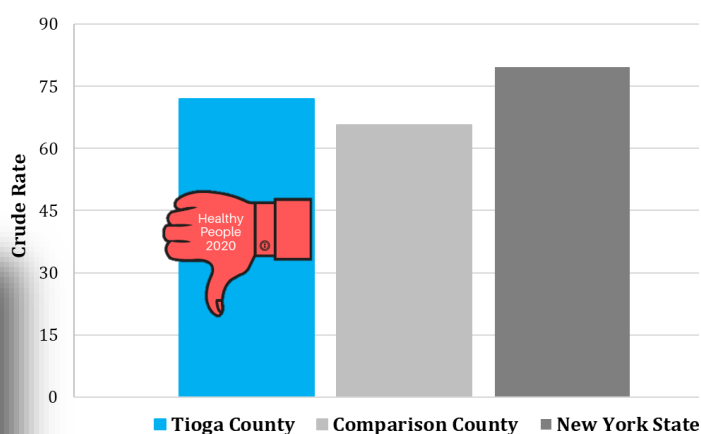
Women aged 21-65 Receiving Cervical Cancer Screening

2016



Breast Cancer Screening Women Aged 50-74 years

2016

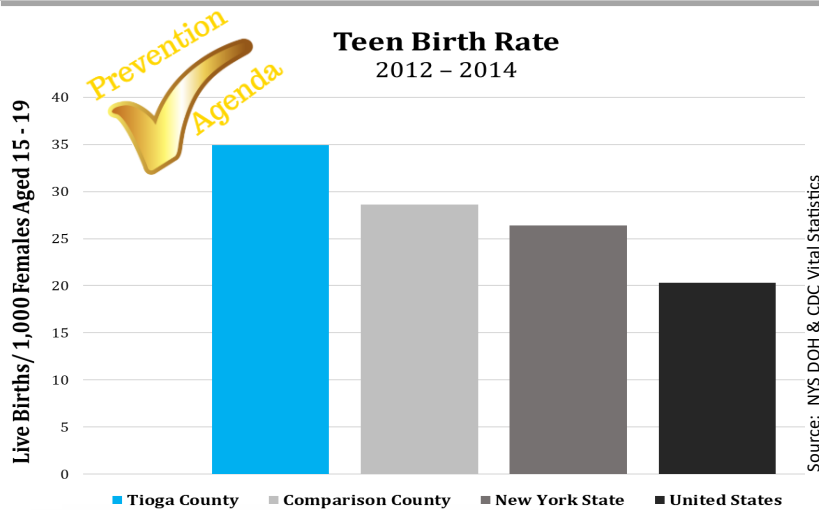


Family Planning/STD Prevention

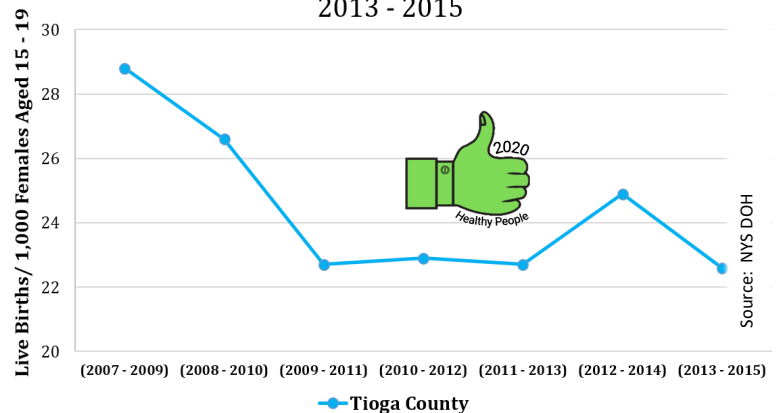
While teen birth rates are higher than the comparison index, there has been significant improvement. Sexually Transmitted Diseases (STD) are lower in comparison for both Gonorrhea and Chlamydia for teens 15-19 years old.

“Family Planning programs help to increase the intendedness of pregnancies and lead to positive health outcomes for women and babies. Reproductive health planning is important for men, women and youth to consider in order to make healthier lifestyle choices.”

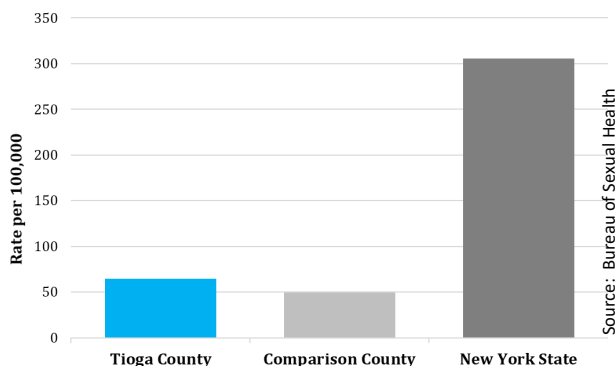
Christine Shaver
Director of Family Services
Tioga Opportunities



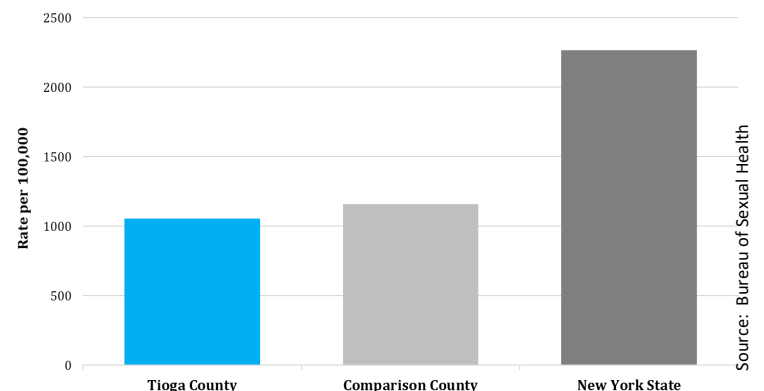
Tioga County Teen Birth Rate 15 - 19



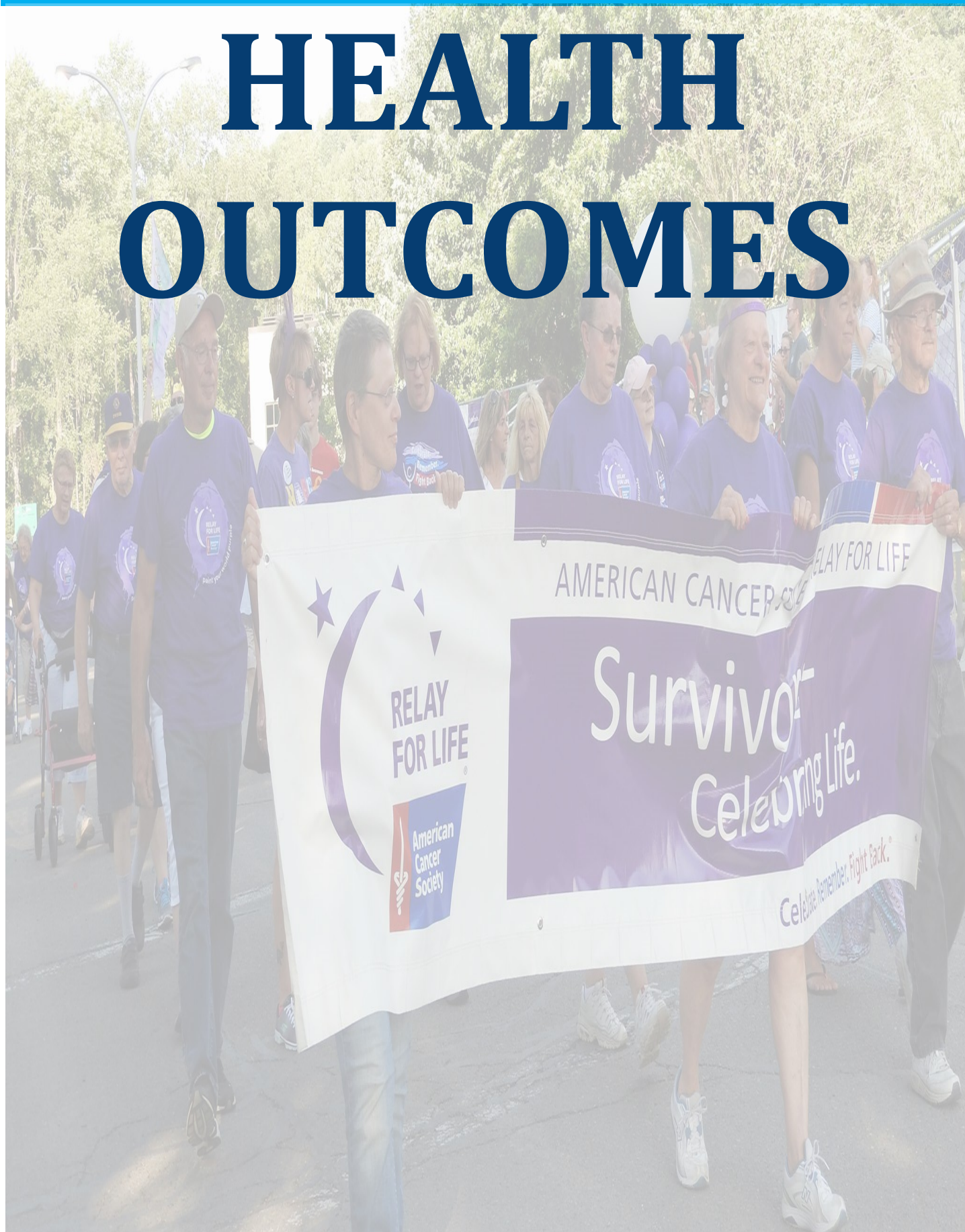
Gonorrhea Cases Ages 15-19 years



Chlamydia Cases 15-19 years



HEALTH OUTCOMES



Births

Tioga County has a significantly higher rate of teen births compared to the United States average, but the number is decreasing each year. Richford, Berkshire, Willseyville and Candor all have high levels of teen pregnancy and birth rates. Premature births in Spencer are alarming at 17.2%. Special attention is needed in Berkshire as they had 3 infant deaths from 2014-2016, and 15.2% of their births were low birth weight. WIC women have higher than ideal weight-gain and hypertension during pregnancy.

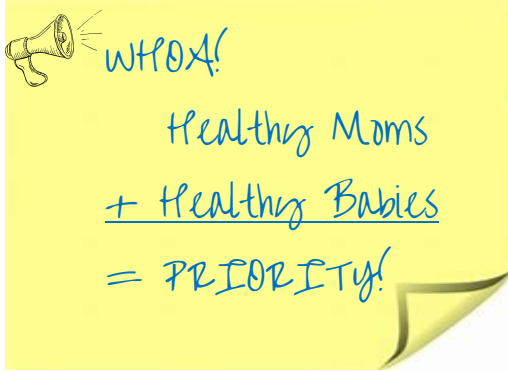
“It is important to note that the town with the highest late entry into prenatal care is the town with the highest teen births. There may be some outreach and education opportunities there.”

Christie Finch
Director Perinatal Programs
Mothers & Babies Perinatal Network

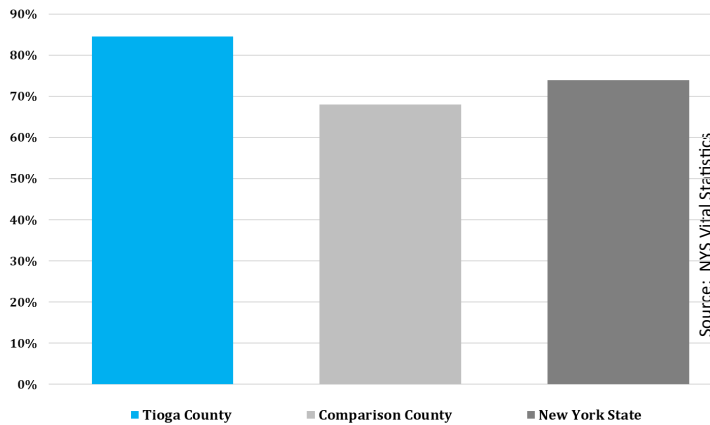
Tioga County Perinatal Data Profile 2014 – 2016

Town	Total Births	Teen Birth Rate (Per 1,000)	Teen Pregnancy Rate (Per 1,000)	% Premature Births	% Low Weight Births	% with Late or No Prenatal Care	Infant Deaths (2014-2016)	Infant Death Rate (Per 1,000 Live Births)
Richford	70	40.4	70.7	6.2	8.6	4.3	0	0
Berkshire	66	39.2	54.9	12.5	15.2	6.1	3	45.5
Willseyville	43	31.3	52.1	2.4	0	2.3	0	0
Candor	119	29.6	34.6	13.9	5.9	4.2	0	0
Newark Valley	107	21.2	29.7	10.8	4.7	4.7	0	0
Barton	47	18.5	27.8	5.1	4.3	2.1	2	42.6
Spencer	105	17	26.8	17.2	8.6	3.8	0	0
Lockwood	28	25.6	25.6	19	10.7	3.8	0	0
Owego	295	18	24	11.4	7.8	4.1	2	6.8
Apalachin	182	16.9	20.8	5.6	3.3	2.7	1	5.5
Nichols	55	9.1	18.3	2.2	7.3	3.6	0	0
Waverly	167	7.2	12.9	9.2	9.6	1.8	0	0
Total	1,284	19.1	26.7	9.9	7.1	3.6	8	6.2

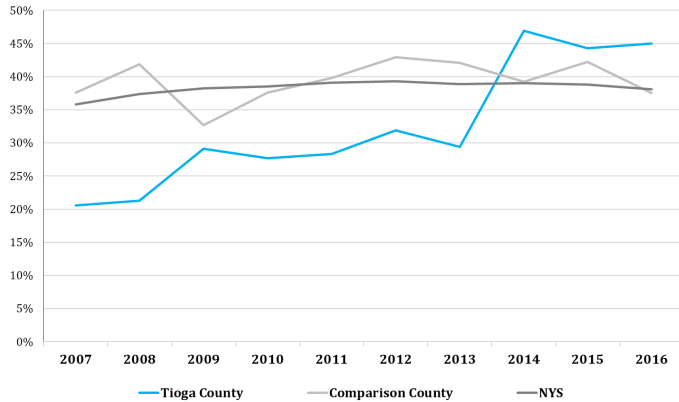
Source: NYS DOH



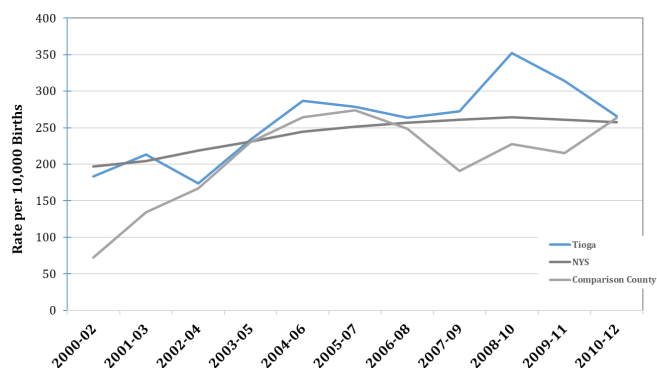
Births with Adequate Prenatal Care
2014-2016



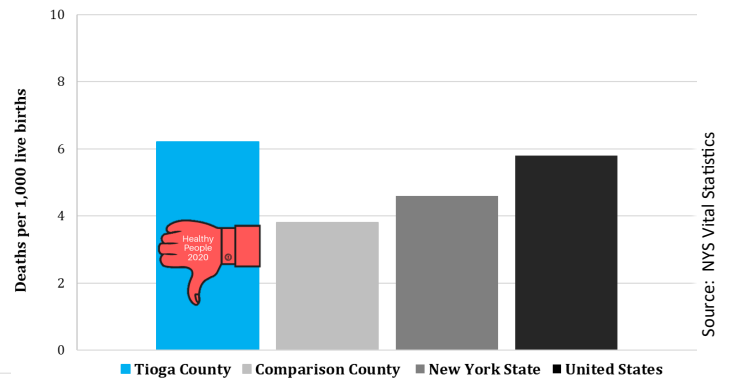
Births to Out-of-Wedlock Mothers
2007-2016



Children Born with Birth Defects
2000-2012



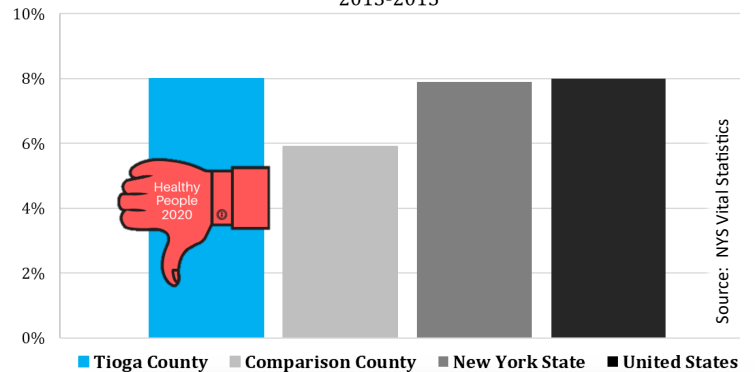
Infant Mortality Rate
2014-2016



Survey says:

72% of women had prenatal care within the first 2 months of pregnancy.
2% report having no prenatal care.

Babies with Low Birth Weight
2013-2015



Deaths

Heart disease and cancer consistently top the causes of death in Tioga County. Stroke and Alzheimer's disease are on the rise, specifically Alzheimer's disease among women. While Chronic Lower Respiratory Disease has gone from #3 cause of death to #5, it is still something on our radar, as is unintentional injuries, our #6 cause of death.

TOP Causes of Death

Heart Disease & Cancer

Number of Deaths and Age-Adjusted Death Rate

	Total Deaths	#1 Cause of Death	#2 Cause of Death	#3 Cause of Death	#4 Cause of Death	#5 Cause of Death	#6 Cause of Death	#7 Cause of Death
2015	Total Deaths 443 671.7 per 100,000	Heart Disease 116 167.4 per 100,000	Cancer 94 138.0 per 100,000	Alzheimer's Disease 26 36.6 per 100,000	Stroke 24 35.1 per 100,000	CLRD 24 32.8 per 100,000	Unintentional Injury 16 32.1 per 100,000	Diabetes 10 15.8 per 100,000
2012	Total Deaths 461 712.5 per 100,000	Heart Disease 116 174.2 per 100,000	Cancer 98 146.9 per 100,000	CLRD 31 46.0 per 100,000	Alzheimer's Disease 24 36.7 per 100,000	Stroke 23 35.0 per 100,000	Unintentional Injury 17 30.8 per 100,000	Diabetes 15 22.0 per 100,000
2008	Total Deaths 400 704.6 per 100,000	Cancer 123 209.7 per 100,000	Heart Disease 105 185.5 per 100,000	CLRD 29 51.3 per 100,000	Alzheimer's Disease 14 25.6 per 100,000	Stroke 14 25.5 per 100,000	Unintentional Injury 11 20.6 per 100,000	Kidney Disease and Diseases of the Urinary Tract 10 18.1 per 100,000

CLRD: Chronic Lower Respiratory Diseases

*Rates based on fewer than 10 events in the numerator are unstable.

Note: Ranks are based on numbers of deaths, then on mortality rates. Where county's death counts and rates are tied, '(tie)' appears at the bottom of the corresponding cells, and causes are further ranked alphabetically.

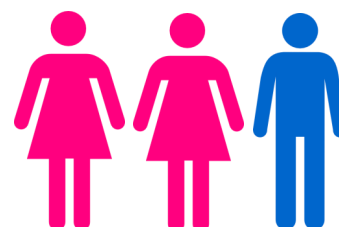
If a cell is blank, then there were no deaths from any of the 25 causes used in our tables. These causes are listed in the technical notes.

Source: Vital Statistics Data as of January 2018



Men die from unintentional injury 3x more than women.

Women die from Alzheimer's Disease 2x more than men.



Survey says:

20% report extreme
overweight or obesity.

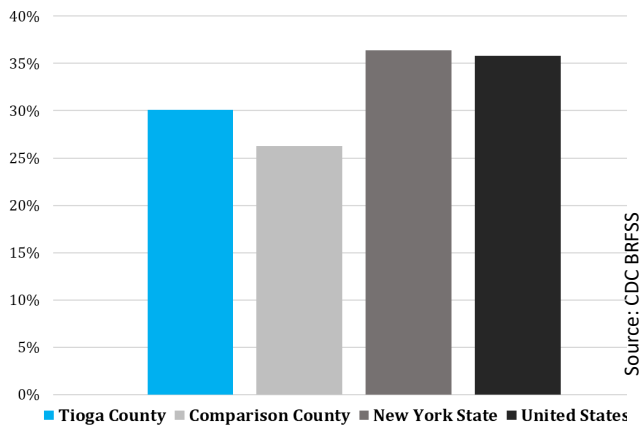
9% have poor eating habits

29% are active only 0-3
days a week.

Adult Weight

Overweight adults account for 30% of the population over 18 years. Rates of obesity have stagnated at or around 30% since 2011. This is discouraging as being overweight and obesity lead to poor health outcomes and chronic diseases such as heart disease. While survey responses acknowledge the importance of healthy eating and exercise, there appears to be challenges to maintaining and/or obtaining a healthy Body Mass Index (BMI).

Overweight Adults BMI 25-30
2011 - 2012



“Locally and state-wide, overweight and obesity are increasingly significant causes of excess morbidity and mortality. An astonishing 61% of NYS adults are overweight or obese and the incidence of childhood obesity has tripled in the past 30 years. This phenomenon is driven by unhealthy patterns of food intake and inadequate exercise.

The current medical system is poorly positioned to address this issue as it remains focused on the adverse outcomes associated with obesity such as hypertension, type II diabetes and cardiovascular disease rather than upon the lifestyle and dietary changes that are required. This multifactorial health problem remains a significant challenge and its solution will require significant changes in our food selections, activity patterns and expectations about what can and cannot be achieved through traditional medical interventions.”

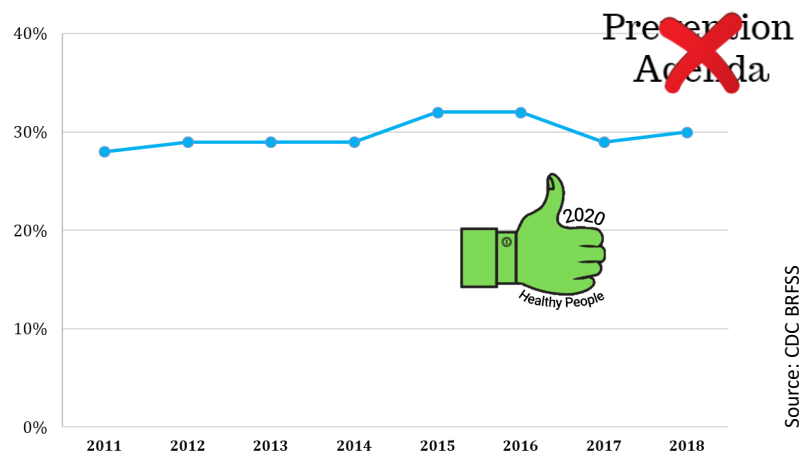
Dr. Keith A. Nichols, MD

Survey says:

96% believe physical activity is
important to very important and
99% believe healthy eating is
important to very important.



Tioga County Adults Reporting a BMI of 30+

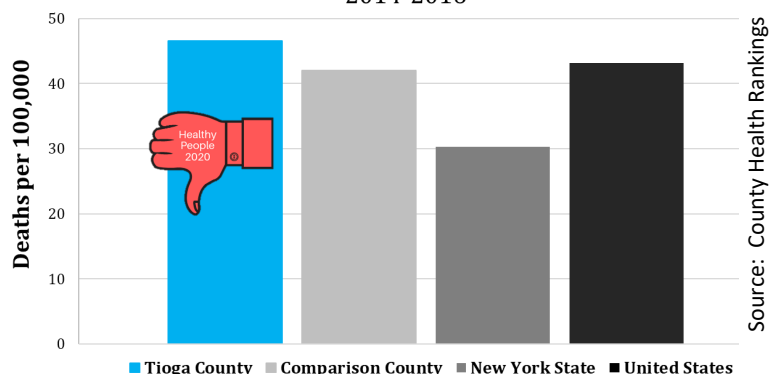


Injuries

Compared to New York State and the U.S. average, Tioga County has a significantly higher rate of motor vehicle accidents that involve pedestrians. Motor vehicle crash mortality rate is higher than New York State but lower than the comparison county.

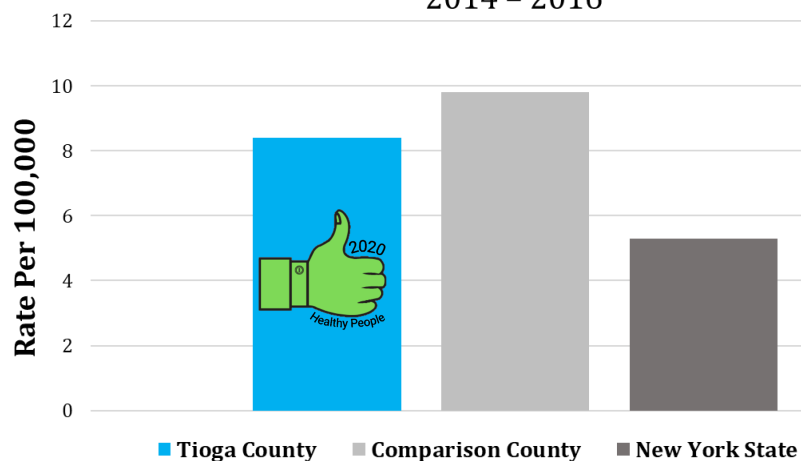
Age-Adjusted Death Rate due to Unintentional Injuries

2014-2016



Motor Vehicle Crash Mortality Rate

2014 - 2016

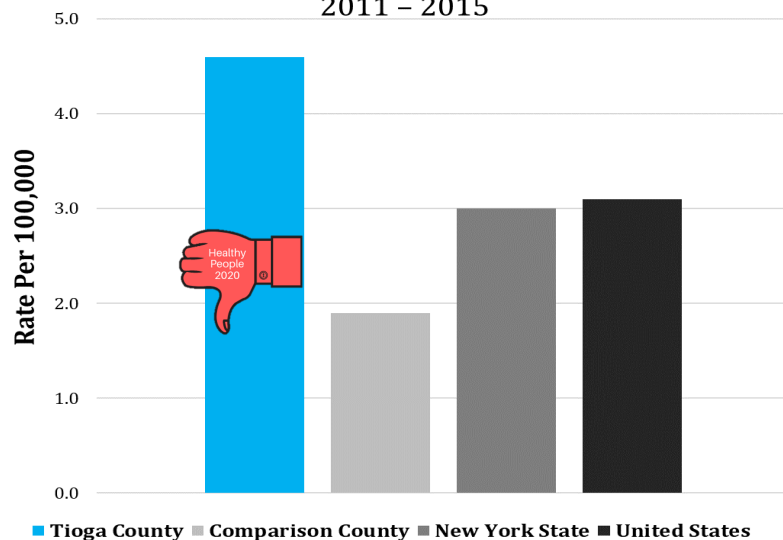


“For everyone’s safety, it’s important for not only motorists but also pedestrians and cyclists to abide by traffic laws. Pedestrian “jay-walking” and assuming right-of-way plus, cyclists riding against traffic and disregarding traffic signals, leads to confusion and challenges for motorists. Additionally, using railways to cross roads or as a means to walk, is trespassing on private property. All of these behaviors are hard to police and ticket but unfortunately people pay the ultimate cost by injury or death.”

Officer Woodburn
Village of Owego Police

Pedestrian-Motor Vehicle Crash Mortality Rate

2011 - 2015



It is important to monitor roadway safety, especially in regard to pedestrians!

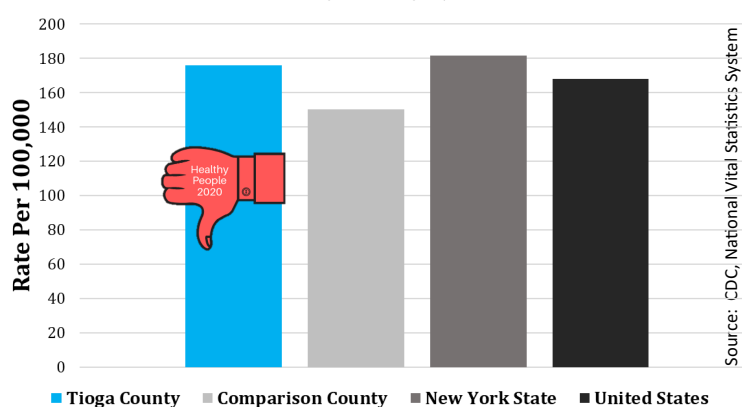
Survey says:

31.8% of residents report being told by a health professional that they have high blood pressure (hypertension).

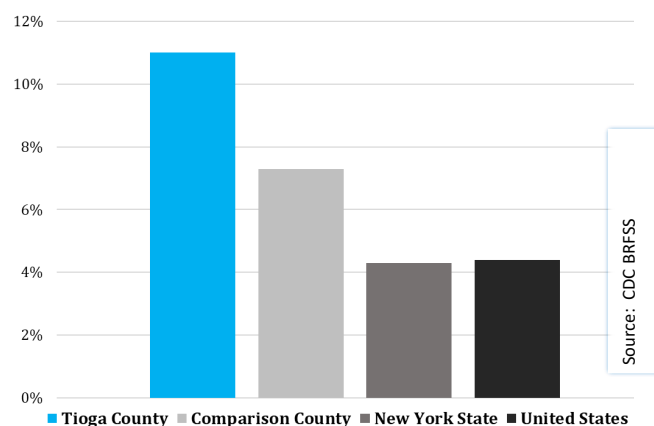
Heart Disease

Tioga County's heart disease mortality rate is consistent with New York State's and national averages. It is concerning that we are trending up in the number of deaths occurring at home before EMS transport which indicates severity of disease and/or delay in transport.

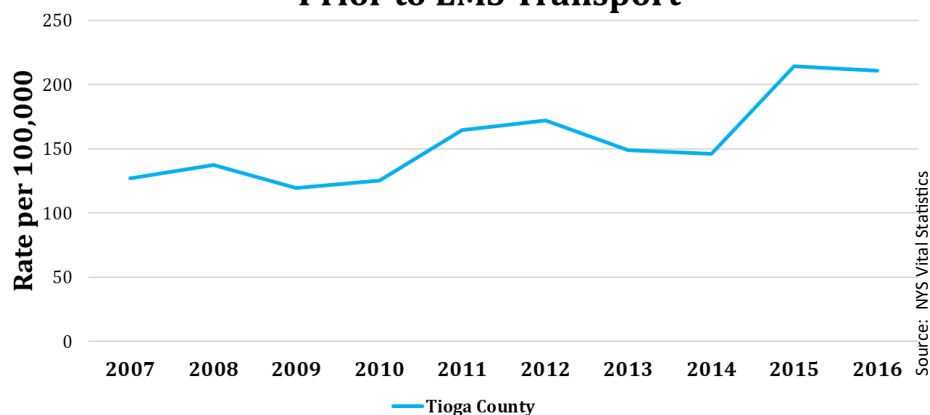
Heart Disease Mortality Rate 2012 - 2016



Adults with Heart Disease 2011 - 2012



Death due to Cardiovascular Disease Prior to EMS Transport

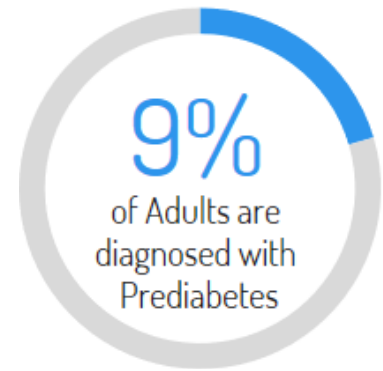


Heart disease is concerning! We need interventions to change the direction our rates are going.



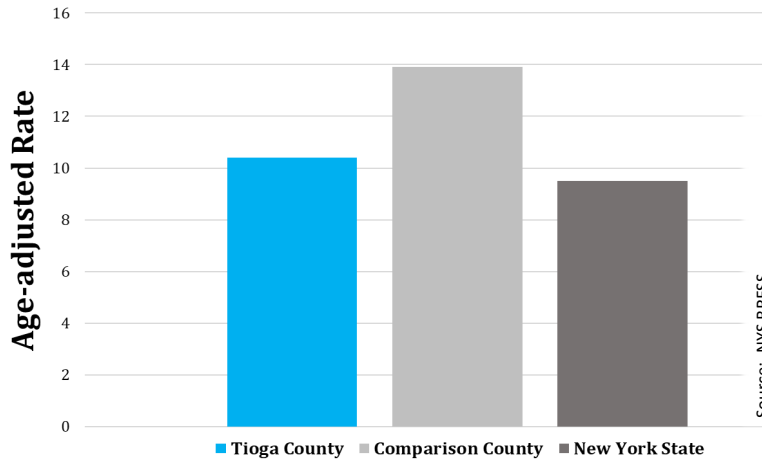
Diabetes

Diabetes rates and mortality are consistent with Newark York State's. Lack of diagnosis and/or poor disease management could result in mortality rates higher than the comparable county.



Source: 2016 NYS BRFS

Adults with Physician-Diagnosed Diabetes
2016



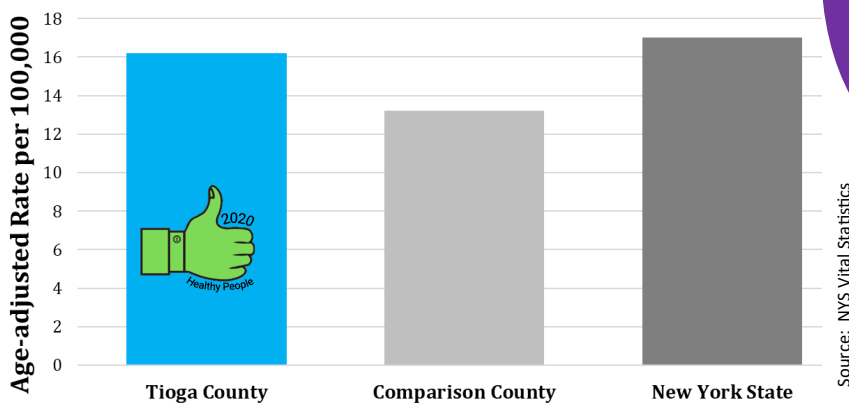
Survey says:

15.3% of survey respondents have been told by a health professional that they have either blood sugar problems, or diabetes.

“Overall there has been a steady increase in Type II diabetes. While there are many factors, locally we can attribute: rural infrastructure, as people tend to drive places instead of walking, and socioeconomic constraints which can influence food selection. There are many new medications available to control diabetes but for the uninsured, they can be financially out of reach. Furthermore, while pharmaceutical advancements are beneficial, medications cannot reverse the effects of unhealthy lifestyle and should not be seen as an alternative weight control and exercise...”

Dr. James Skiff, MD
Family Practitioner
UHS Newark Valley

Diabetes Mortality Rate
2014-2016





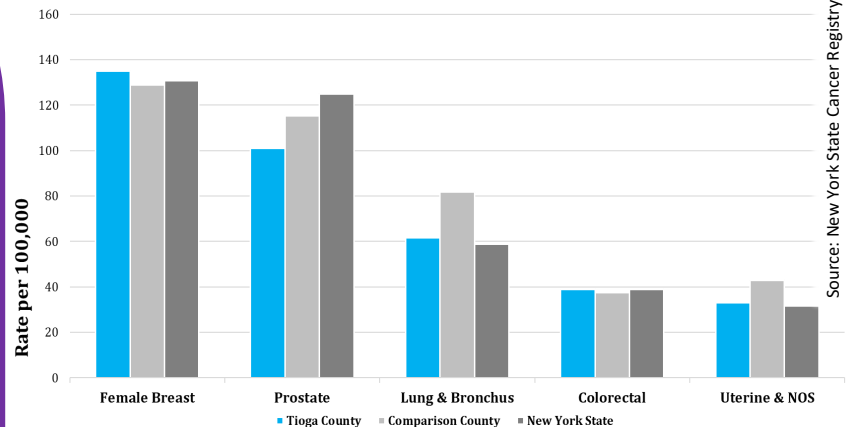
Cancer

Both breast and testicular cancer incidence rates are higher than the comparison index. On average, mortality rates are lower, which can be indicative of early diagnosis and treatment initiation.

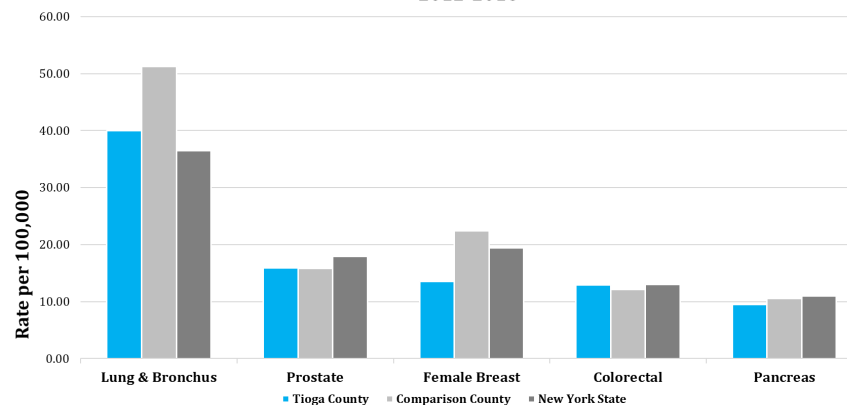
“...GetThere has been a strength, we need more transportation assistance for rural areas and for people on Medicaid that cannot afford to pay their spend down leaving them unable to utilize Medicaid transportation....Medicaid rules... are requiring a 3-day notice. Patients with cancer do not always have the ability to provide a 3 day notice.... Another huge barrier/ weakness is decent affordable housing...We also need to improve and increase our community case management for individuals that are struggling to meet their appointments due to a multitude of socioeconomic situations. We need better access to DSS systems...We need to bring help to them, not expect them to find yet another way to get to DSS....need more and better mental health care locally...affordable child care for patients requiring cancer treatment...It would also be nice for the financial advocates located in the cancer center to have ability/knowledge to complete Medicaid applications right on site and take to DSS themselves, taking this burden off of the patient that is already struggling with the cancer diagnosis and is fighting to live and beat their disease.”

Mary Mancini
Nurse Navigator–Oncology
United Health Services

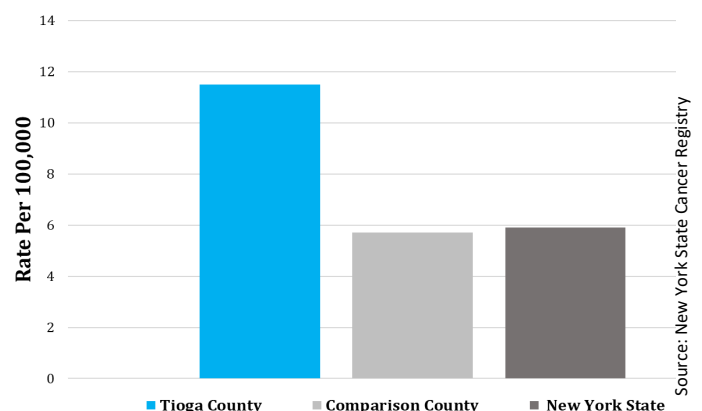
Top 5 Occurring Cancers
2012-2016



Top 5 Cancer Mortality (Deaths)
2012-2016



Testicular Cancer Incidence
2012-2016

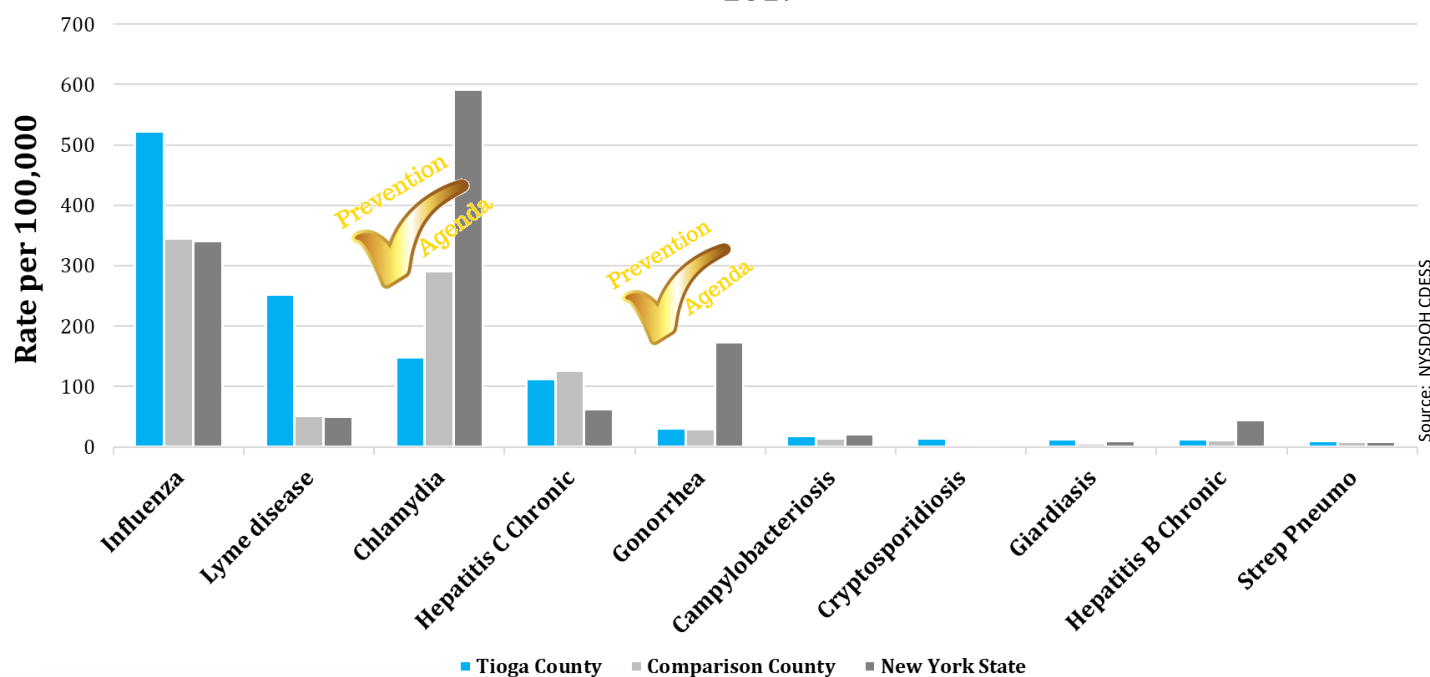


Laboratory-Confirmed Diseases

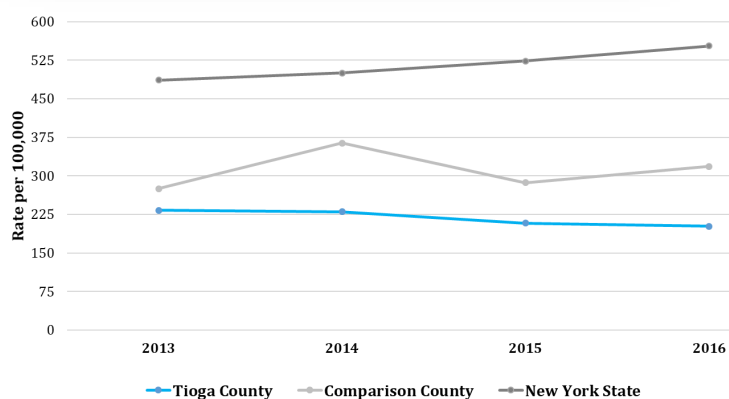
In 2017 Influenza and Lyme disease topped the charts for the most cases of reportable communicable diseases in Tioga County with rates higher than comparisons. The rate of Sexually Transmitted Diseases are much lower.

Top 10 Lab-Confirmed Diseases

2017

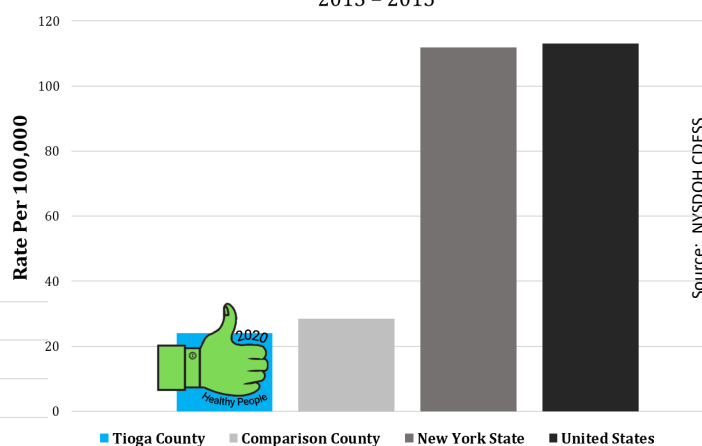


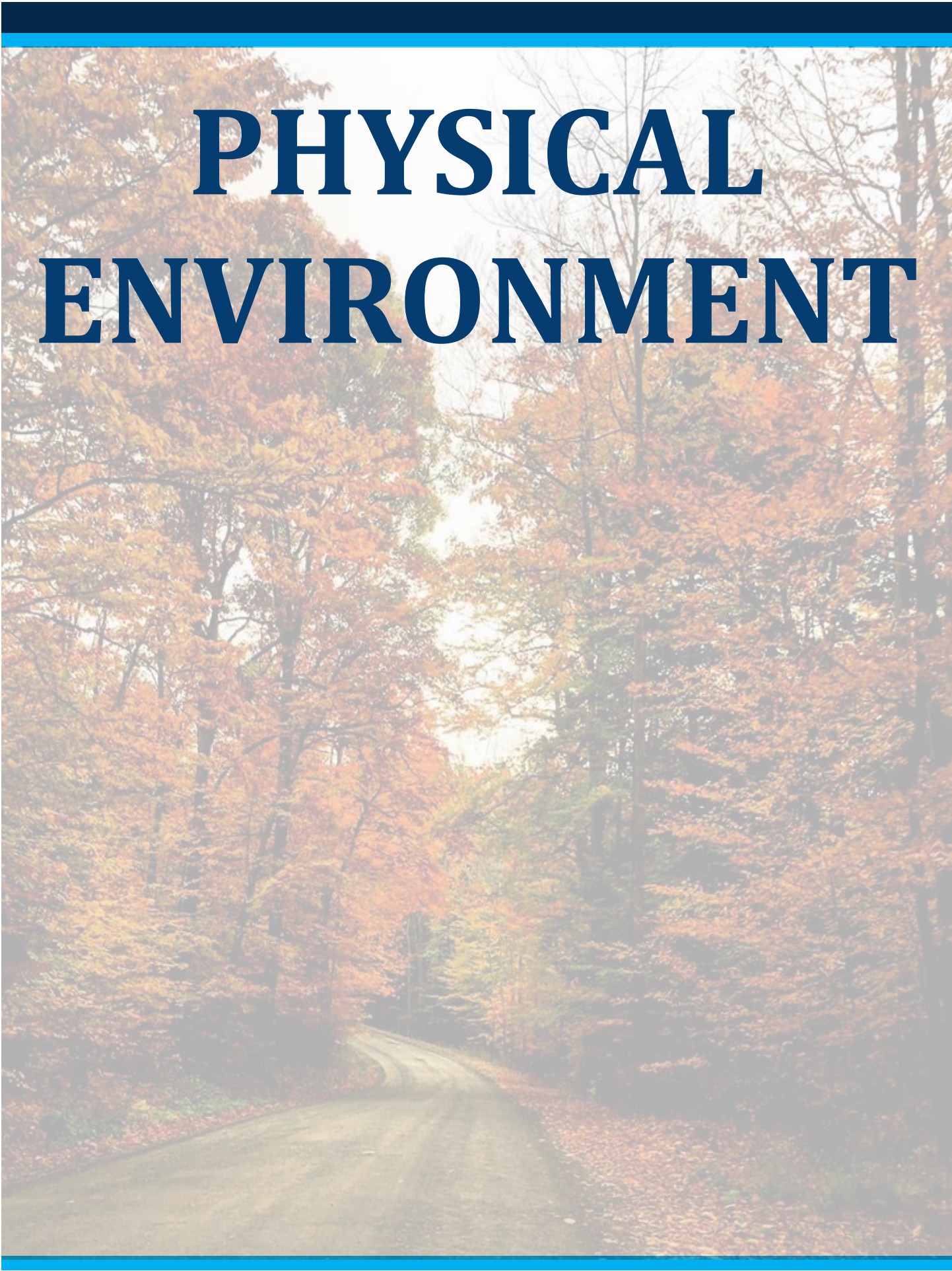
Chlamydia Cases



Gonorrhea Incidence Rate

2013 - 2015





PHYSICAL ENVIRONMENT

Outdoor Environment

Tioga County has experienced extreme weather events, specifically flooding. Annual average temperatures indicate the variability in the weather between extreme heat and cool temperatures. Notably, between 1954 and 2018, Tioga County was included in 15 FEMA declarations for severe storm-related disasters.

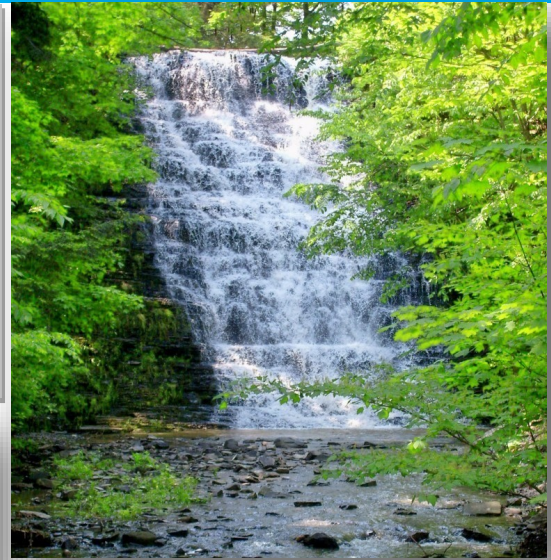
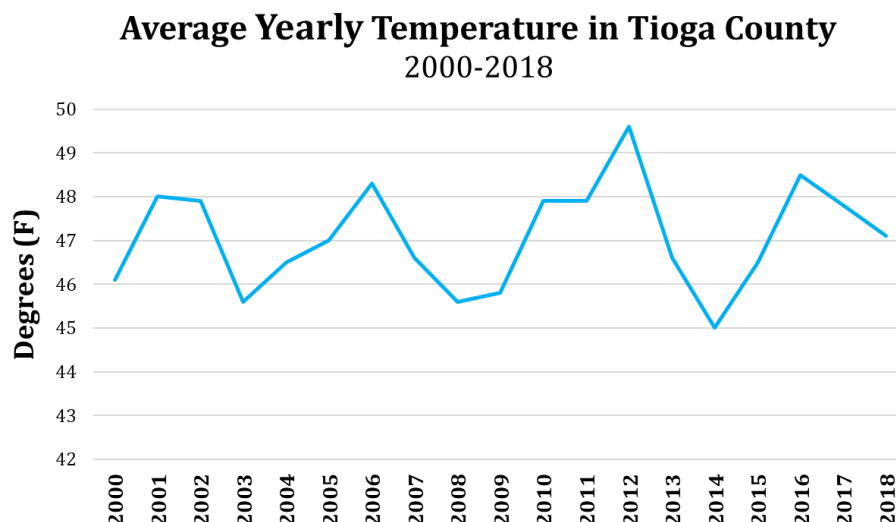
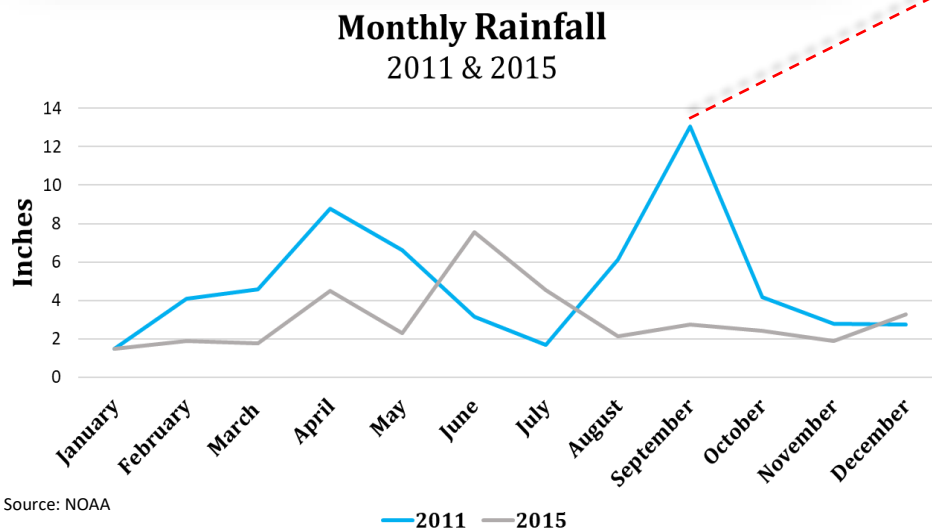
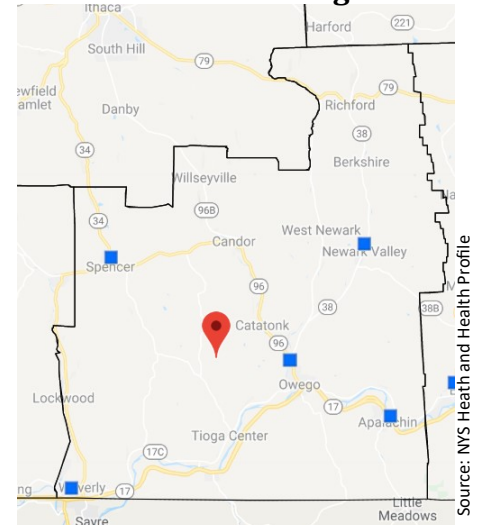


Photo from Experience Tioga

In September 2011, Tioga County experienced devastating flooding. The creeks and the Susquehanna River over-filled and resulted in millions of dollars worth of flood damage throughout the county.



Distribution of Cooling Centers



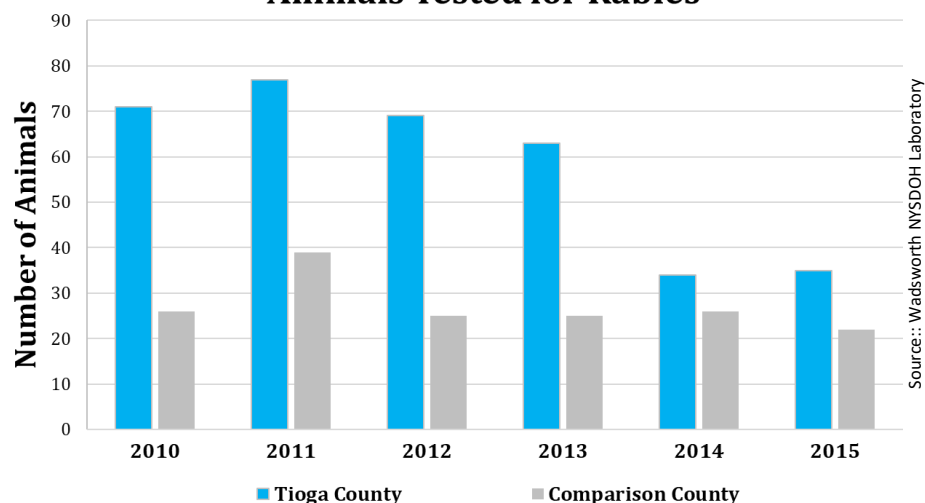
Rabies

Tioga County has significantly more animals tested for rabies than the comparison county, indicating a higher rate of reported animal bites/exposures. The majority of animals testing positive for rabies are wild animals, by far bats are most reported. On average of animals tested, 12% are positive for rabies.

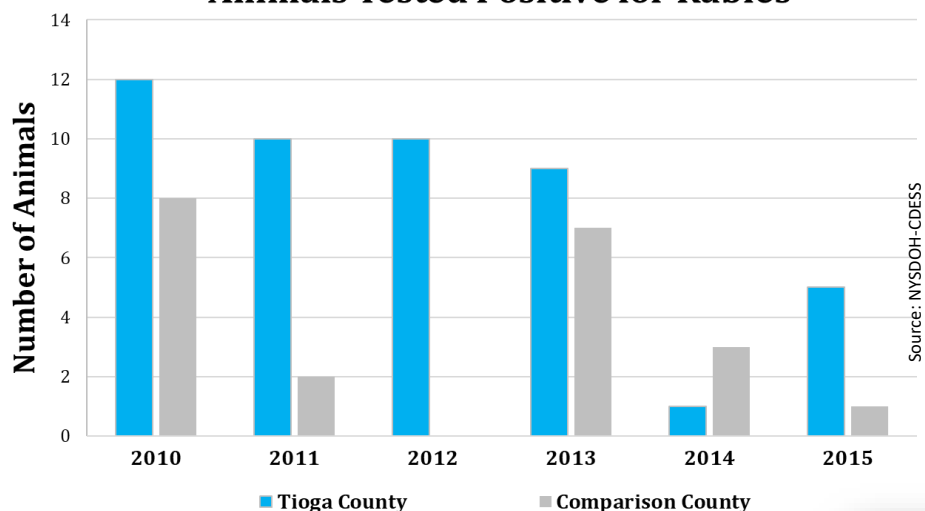
Tioga County Animals Tested for Rabies 2010-2015

Species	Animals Tested	Tested Positive
Alpaca	1	0
Bat	156	4
Bobcat	3	1
Cat	69	3
Cattle	11	1
Chipmunk	1	0
Deer	26	2
Fisher Cat	2	0
Fox Gray	4	4
Gerbil	1	0
Goat	7	0
Horse	6	0
Muskrat	1	0
Otter	1	0
Raccoon	40	29
Rat, wild	2	0
Opossum	5	0
Skunk	9	2
Squirrel-Flying	1	0
Squirrel, Gray	3	0
Woodchuck	2	1
Total	354	47

Animals Tested for Rabies



Animals Tested Positive for Rabies



Tioga County Spotlight:

Tioga County Public Health holds Rabies Vaccination Clinics 9 times throughout the year. Clinics are available throughout the county at convenient times. This helps residents keep their pet's rabies vaccine current and county rabies levels low! Dogs, cats, and ferrets may be vaccinated and no one is turned away for inability to pay.



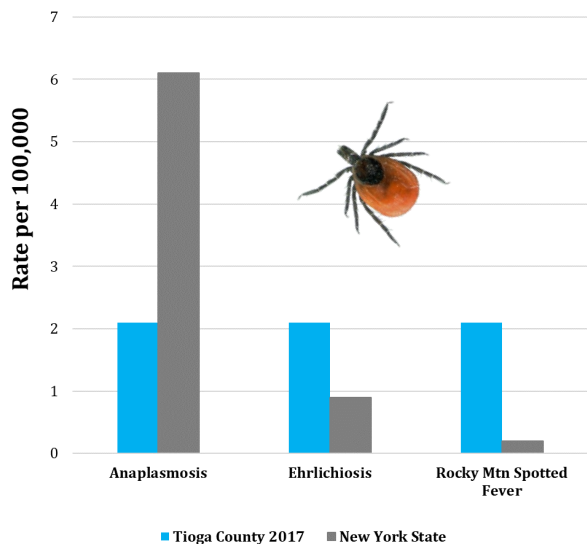
Insects & Ticks

Tioga County generally has a higher rate of vector-borne diseases than the state average. This is especially true for cryptosporidiosis (a parasite). Since 2010, there has been a rise in Lyme disease cases, peaking in 2015. In recent years, NYSDOH has designated some counties, including Tioga County, sentinel, meaning that only a fraction of Lyme disease cases are investigated each year. Therefore, confirmed cases are much higher than reported. However if a case is not investigated, it is either suspected or probable, but not confirmed.

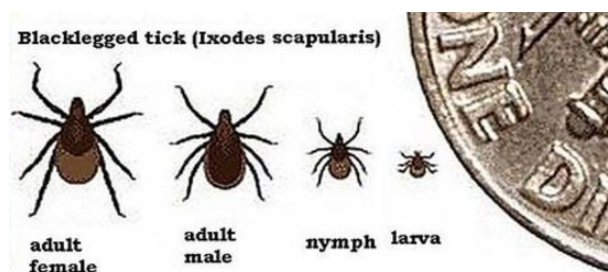
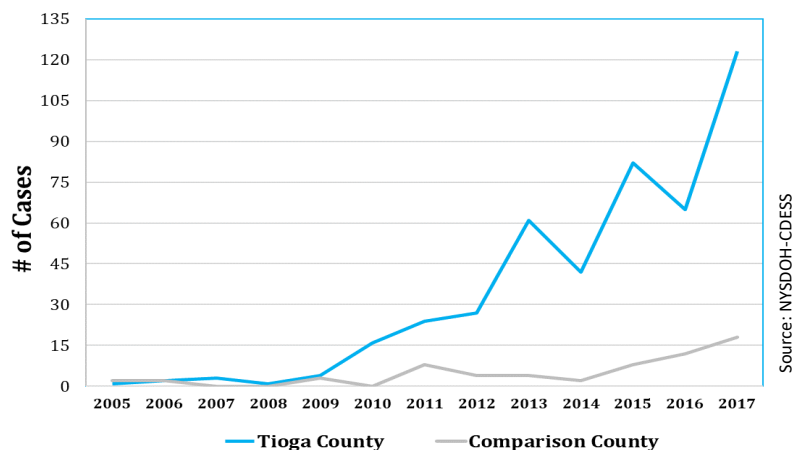
Survey says:

42% of respondents indicated "Insect Problems" as the top health problem.

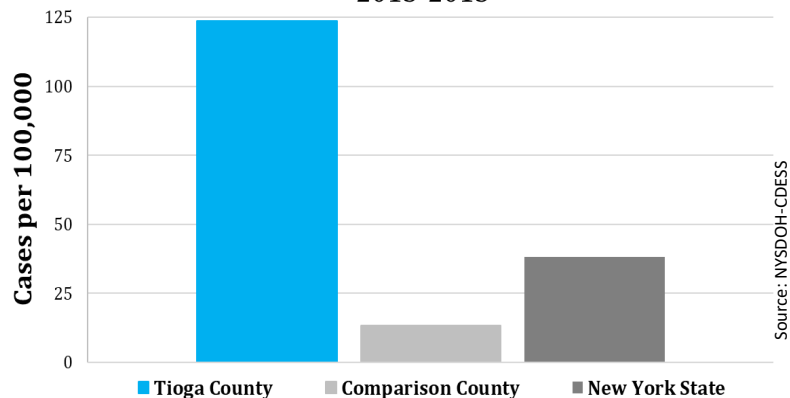
Vector-borne Diseases 2017



Lyme disease



Lyme Disease Incidence Rate 2013-2015



Disease rates call for intervention and community education. The public demonstrates awareness, yet needs additional information on how to avoid disease transmission.

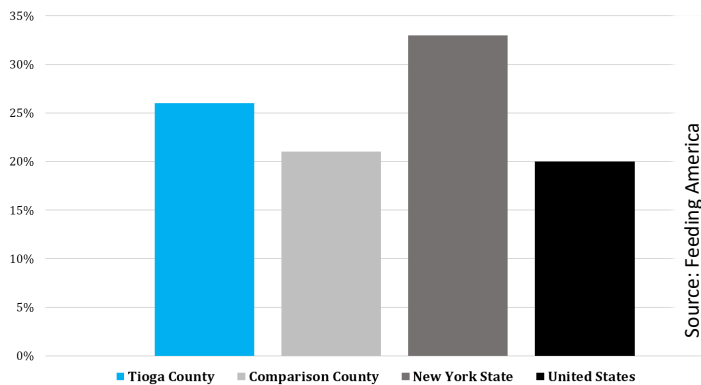


Access to Food

Tioga County has a smaller percentage of adults who reported they are food insecure compared to the NYS average. Food insecurity affects 18% of children in the county. As years progress, the number of food insecure children in Tioga County is decreasing. However, it's important to note that the problem is still present. Food markets are changing in the county with local grocery stores closing, which has created fewer WIC authorized stores.

Food Insecure Children Likely Ineligible for Assistance

2016

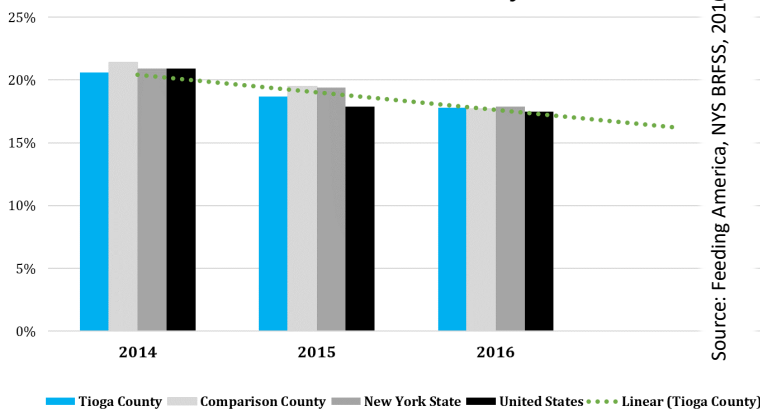


1 in 6 Tioga County Children Face Food Insecurity

2016



Child Food Insecurity



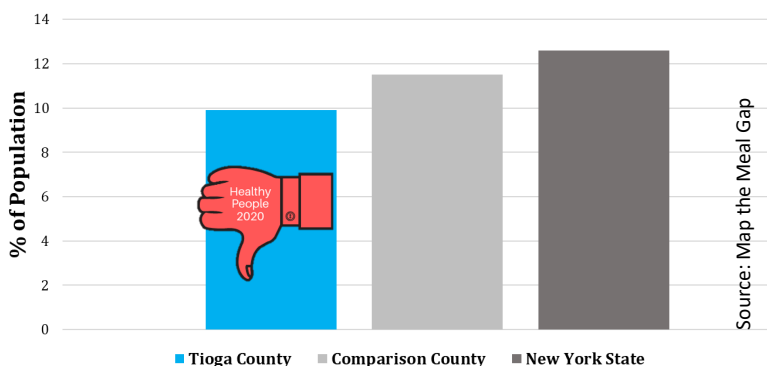
Tioga County WIC Authorized Stores

2008	2012	2019
12	9	6

Source: USDA/ Tioga County WIC

Lack of Reliable Source of Food During the Past Year (Food Insecurity)

2015



“The risk of food insecurity rises in the summer for families that depend on meals at school. Grocery bills increase putting a strain on budgets. Summer nutrition programs in Tioga County reach less than half of the nearly 2000 children at risk of not having enough food to eat.”

Nancy Eckstrom
Tioga County Anti-Hunger Taskforce

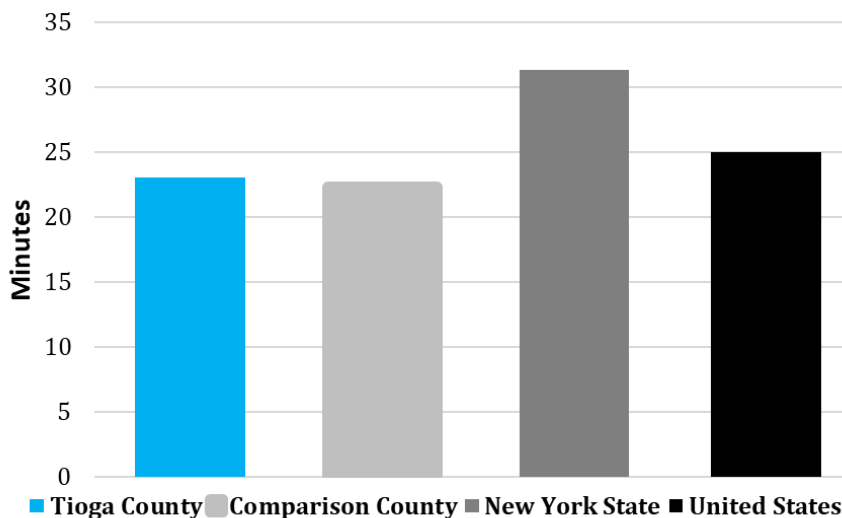
Transportation

Tioga County residents rely on vehicles as their main source of transportation. At less than 25 minutes, work commutes are reasonable, but are typically done solo. Dependence on vehicles to commute to work, grocery stores, medical appointments and social events can be limiting for individuals without a functioning car or valid driver's license and may require family or neighbors for assistance.

Survey says:

Between 74-79% of respondents reported never experiencing transportation barriers to healthy foods, medical care or social outings. Whereas, 14-18% reported sometimes and 5-6% reports always.

Average Commute Time 2016



Source: American Community Survey

The **average** household in Tioga County has

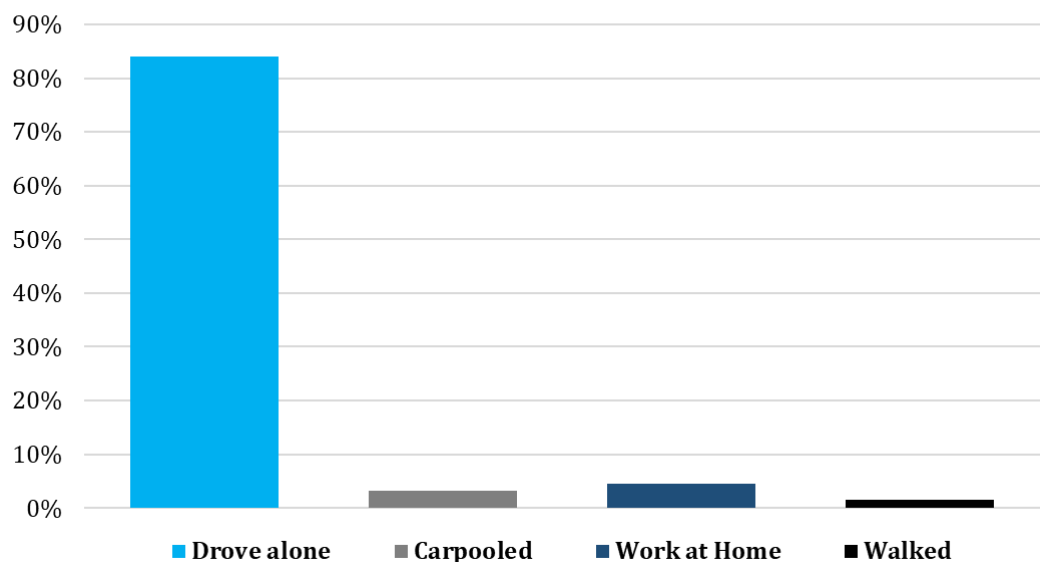


Source: ACS

Method of Commute in Tioga County 2016

Survey says:

Lack of transportation was the #2 top problem or concern of residents.



Source: American Community Survey

ACCESS TO CARE



Access to Medical Care

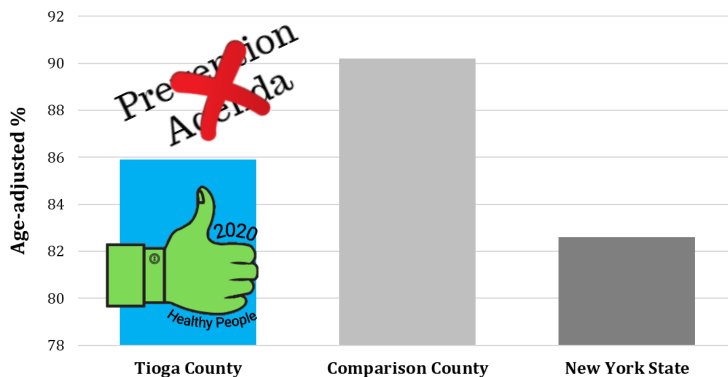
There are multiple primary care providers for routine health care needs. For in-patient or emergency care, residents must travel to neighboring counties. One walk-in/urgent care provider is available in Tioga County which is located in Owego, with hours from 8a.m. to 8p.m., therefore many residents utilize walk-in services outside of the county. 94% of adults have health insurance and 86% have an established primary care provider. Of the survey respondents, 60% report that their primary care provider is located within the county.

Survey says:

18% of respondents reported not seeking medical care when they needed it. The top three reasons were: cost, inability to get an appointment, and transportation.

Adults with a Regular Health Care Provider

2016



Source: NYS BRFS



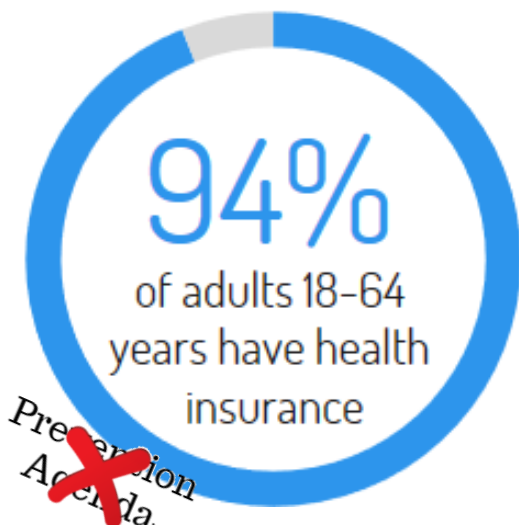
Access to Care

3,300:1 Primary Care Providers

5,420:1 Dentist

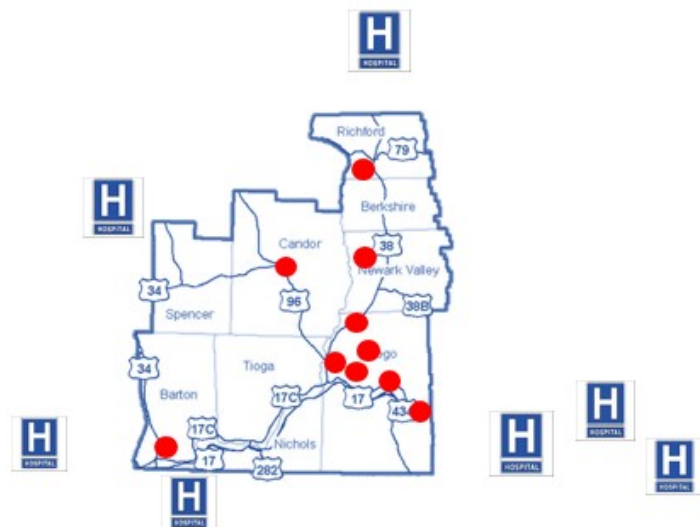
730:1 Mental Health provider

Source: County Health Rankings



Source: US Census Bureau

Hospital and Medical Care Distribution



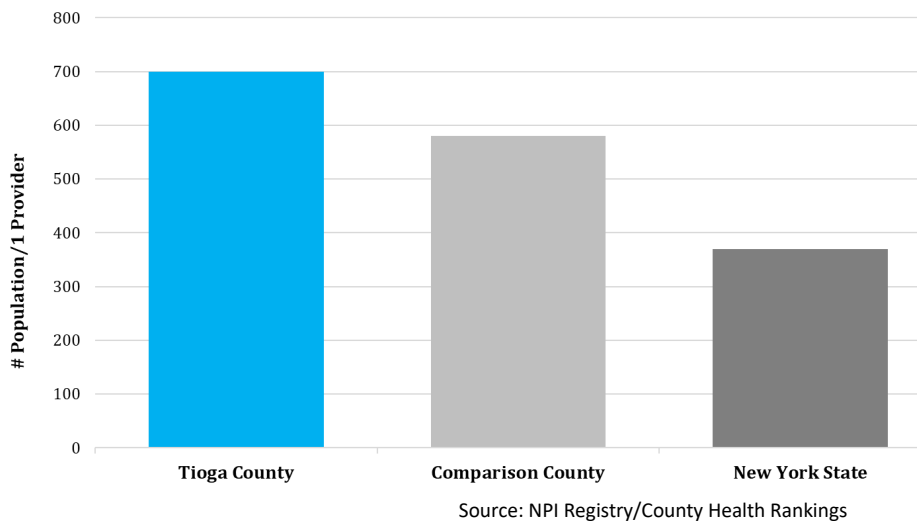
Access to Mental Health Care

Tioga County has a ratio of mental health providers to population 1:700, which is worse in comparison to New York State and the Comparison County. Mental Health care is available through School-Based Mental Health Programs and the Tioga County Mental Hygiene Clinic. Survey respondents identified a need for more mental health providers.

Survey says:

More mental health providers was the 2nd most important health problem/concerns residents report.

Population per Mental Health Provider
2018



Tioga County School-Based Mental Health Programs

School
Owego Elementary
Newark Valley Middle School
Newark Valley High School
Spencer-Van Etten Middle School
Van Etten Elementary School
Spencer-Van Etten High School
Waverly Middle School
Waverly High School
Elm St. Elementary
Lincoln St. Elementary

Tioga County Spotlight:

Tioga County Mental Hygiene Clinic offers many services including Counseling, Children & Youth Services, Substance Abuse Support and 24/7 Crisis Assistance.



“There is a noted increase in care management issues. Challenges such as, new state eligibility requirements, health insurance stipulations and access to providers can lead to delayed mental health supports.”

Wendy Arnold
Children's SPOA Coordinator
Suicide Prevention Coordinator

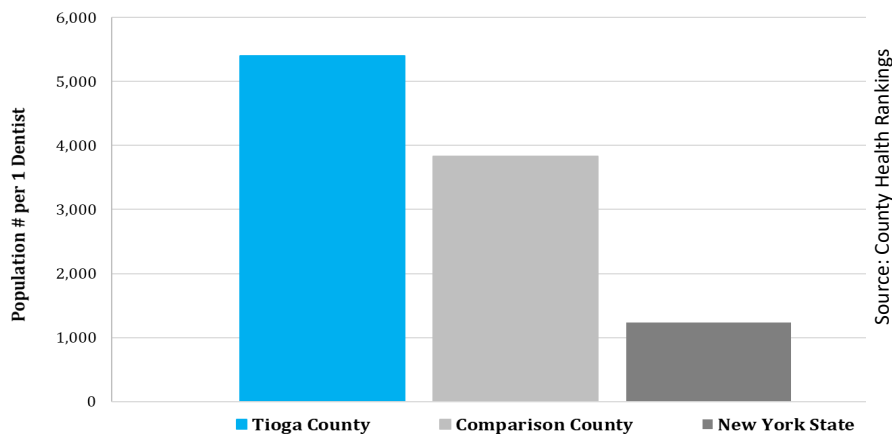
Access to Dental Care

Access to dental professionals is a challenge for residents due to a low rate of available providers 1:5,420, plus out-of-pocket costs associated with care. Medicaid enrollees have increased utilization of preventive care but at less than 50% of enrollees having at least one preventive dental appointments, there is definitely room for improvement.

Survey says:

25% of survey respondents reported not seeking dental care when they needed it. The top three reasons were: cost, unsure of where to get care, and transportation.

Population Per Dentist
2018

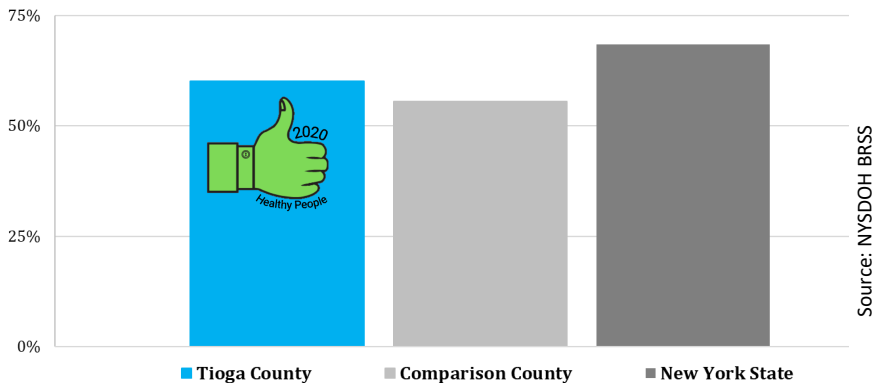


Tioga County Spotlight:

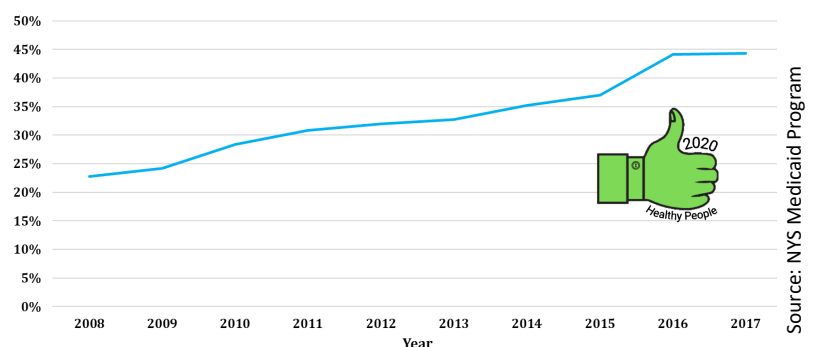
Tioga County is unique because we have the Tioga Smiles Mobile Dental Unit available for all county residents! The old unit has recently retired and a brand new unit is serving the community!



Age-Adjusted Rate of Adults who Visited a Dentist
2016



Tioga County Medicaid Enrollees (2-20 years) with at Least 1 Preventive Dental Visit Within the Year
2008-2017





AREAS OF SPECIAL INTEREST

Children's Health: Overall

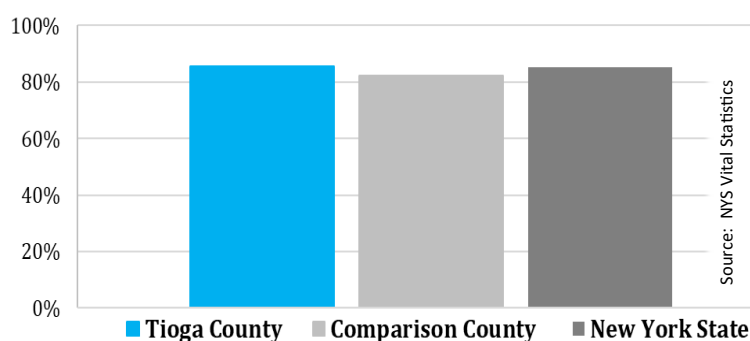
There are many factors contributing to the health of Tioga County children. Overall data review indicates the health of our children should be of utmost concern. Tioga County infants have lower rates of breastfeeding, higher blood lead levels and poorer immunization rates. Furthermore, there is a higher incidence of tooth decay. Child mortality rates are also startling in comparison.

Child Mortality Rate 2014-2016 (Rate per 100,000)

Age	Tioga County	Comparison County
Infant	6	4
1-4	32	22
5-9	0	0
10-14	0	0
15-19	54	33

Source: NYS Perinatal Data Profile, NYS Child and Adolescent Health Indicators

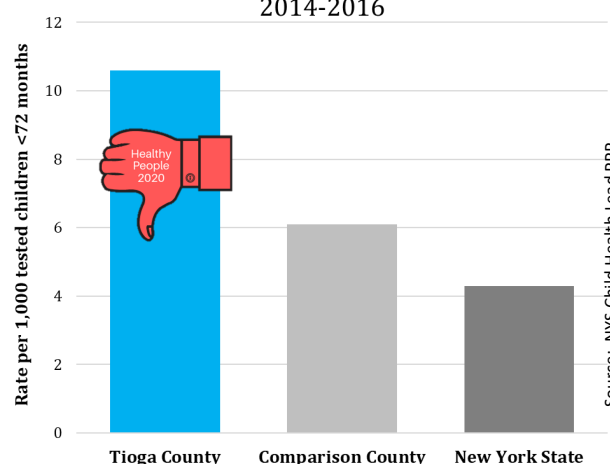
Infants Fed any Breast Milk in Delivery Hospital 2014-2016



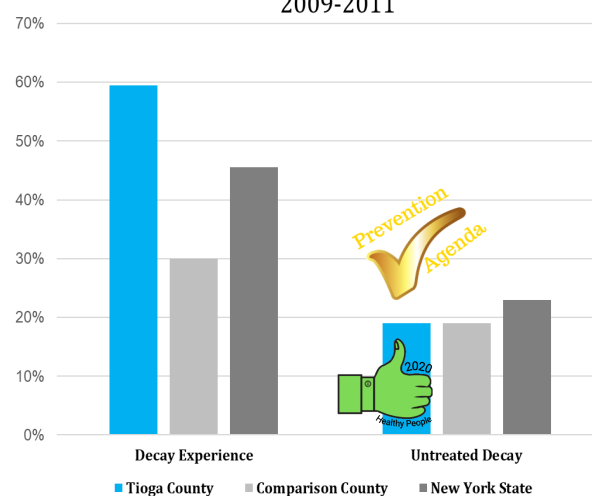
Survey says:

43% indicate limited activities for youth as a top problem or concern.

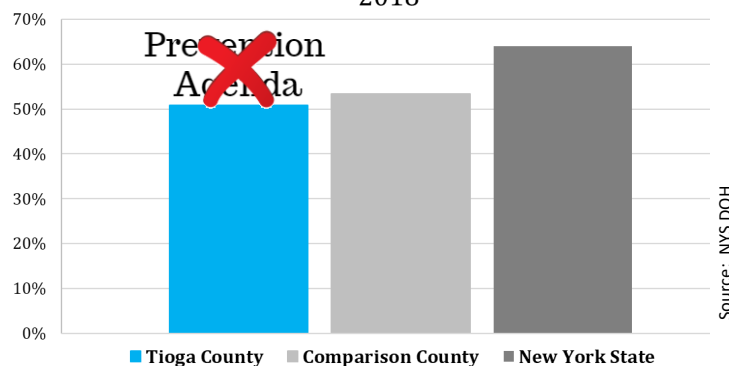
Incidence of Confirmed High Blood Lead Levels (10+mcg) 2014-2016



Oral Health Survey of 3rd Grade Children 2009-2011



Children with 4:3:1:3:3:1:4 Immunization Series - Aged 19-35 Months 2018





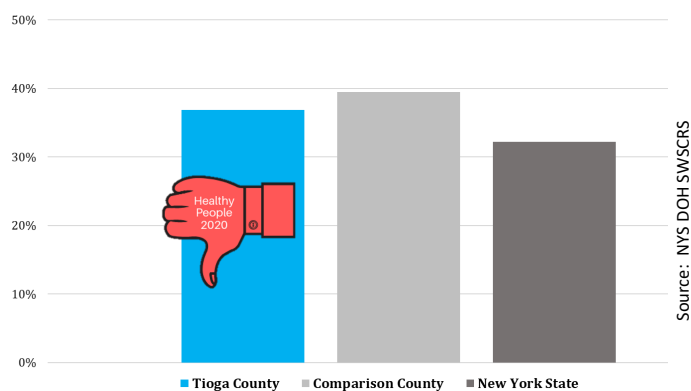
WFOA!

We need to identify and implement methods to curb childhood obesity.

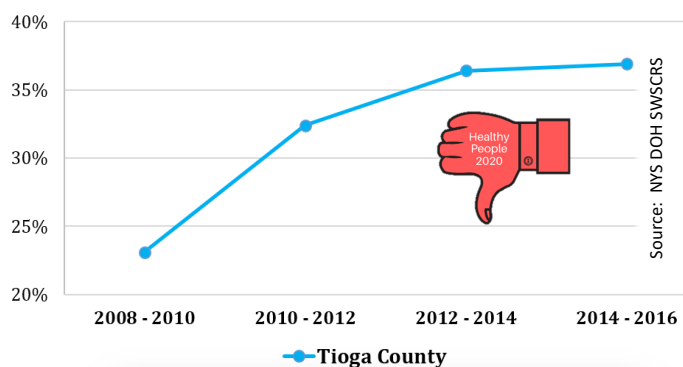
Children's Health: Weight

Since 2008, the percentage of overweight or obese elementary students has increased significantly in Tioga County. Elementary, middle, and high school students in Tioga County weigh-in higher than the state-wide average.

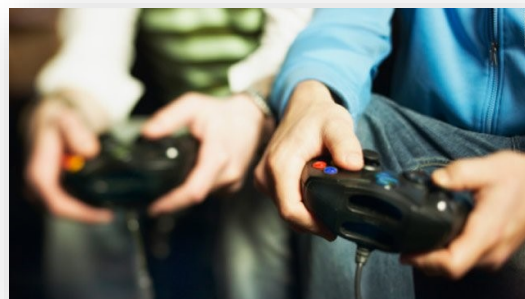
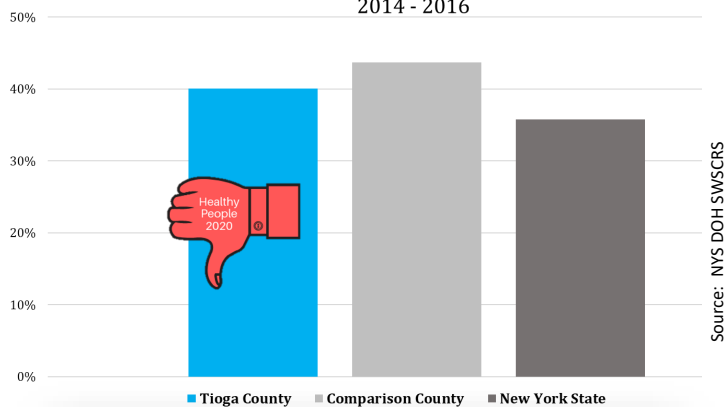
Elementary Students who are Overweight or Obese
2014 - 2016



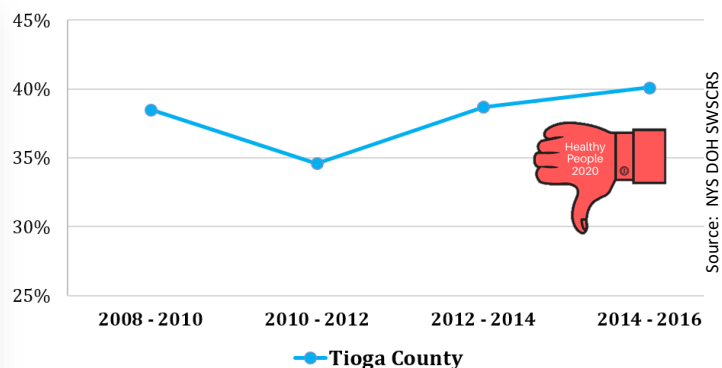
Tioga County Elementary Students who are Overweight or Obese



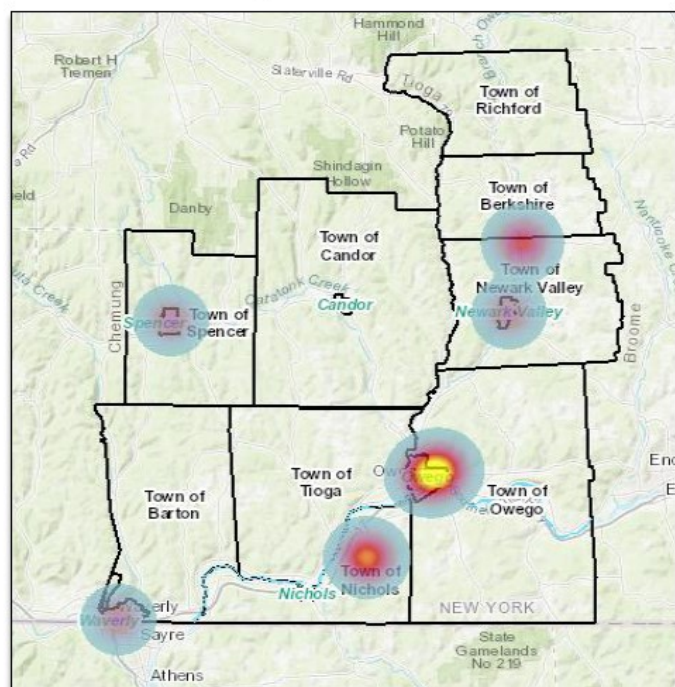
Middle & High School Students who are Overweight or Obese
2014 - 2016



Tioga County Middle & High School Students who are Overweight or Obese



Tioga County Public Health
Heat Map of Children w/ Elevated Lead Levels 5 DCL and Above
April thru June 2018



Legend

Heat Map shows areas of elevated lead levels with stronger colors that glow hotter representing increased incidence.



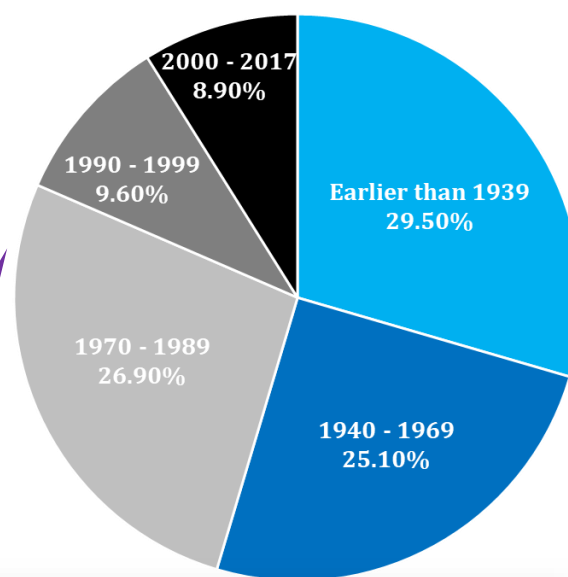
Source: NYS LPPP

Healthy Homes: Aging Houses & Lead

More than 1/2 of homes in Tioga County are greater than 50 years old. This contributes to higher childhood lead levels, especially in situations where large, older homes have been converted into multi-unit rentals.

According to the Tioga County Housing Study older homes can be challenging for senior citizens' safety with regard to mobility challenges and costly upkeep.

Age of Homes in Tioga County



Source: US Census

"People live in older homes for many reasons including charming architecture, walkable neighborhoods, and older homes are often cheaper than newer homes. Unfortunately, there are health hazards that older housing is identified with- lead and asbestos are in older homes. Fortunately, we know about these hazards and how to deal with them. Encapsulated lead paint and asbestos is unlikely to hurt anyone. While new housing is often full of VOCs used in plastic flooring, nylon carpets, and flame retardant upholstery. New housing has traded traditional lead and asbestos dangers for VOCs and sealed up homes concentrate these chemicals. So are older homes any safer than newer homes, probably not, we are just trading poisons."

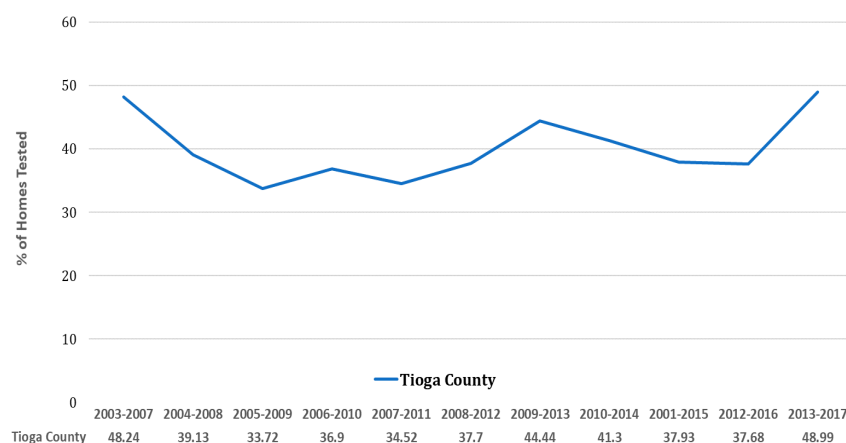
Adam Ace
Health Neighborhoods Program Coordinator Tioga County Public Health



Healthy Homes: Radon

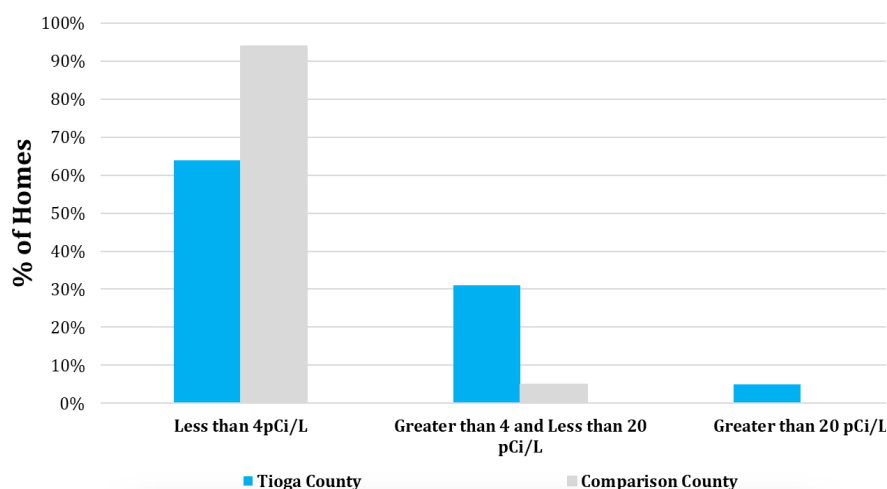
25% of houses in Tioga County had above-normal radon levels found on the 1st floor dwelling areas. Levels above 4 pCi/L are recommended to have radon remediation. Higher levels are indicated in the Candor, Barton and Newark Valley areas.

Homes with Elevated Radon Levels
2003-2017

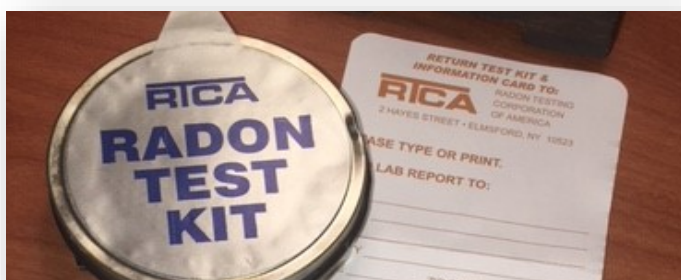


Source: NYSDOH Environmental Data

Radon Screening 1st Floor
2018



Source: NYSDOH Environmental Data



1 in 3



Homes

tested for radon had levels recommended for remediation.

Source: NYSDOH, October, 2018

Indoor Radon Higher than 4pCi/L 2007

35%	Candor
35%	Barton
32%	Newark Valley
28%	Nichols
28%	Spencer
26%	Tioga
24%	Berkshire
24%	Richford
15%	Owego

Source: NYSDOH Environmental Data

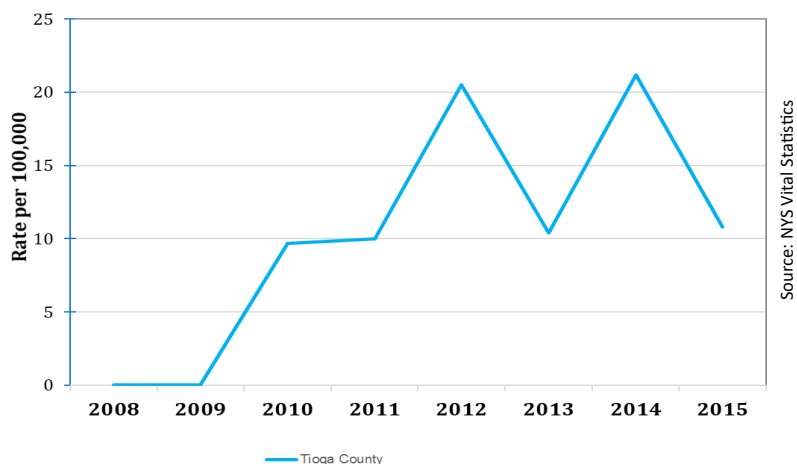


Radon mitigation is required to reduce harmful radon levels in homes. Assistance for low-income families is needed for costs associated with installing mitigation systems.

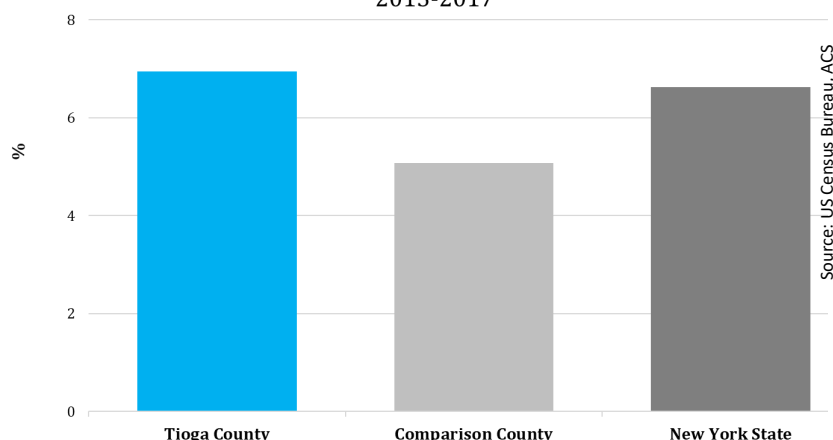
Well-Being: Youth

It can be difficult to gauge well-being of youth. Review of suicide rates and disconnected youth provides a slight glimpse into our older teens' well-being. For suicide mortality for 15-19 year olds we have been higher than the comparison county and unfortunately, have stayed above a death rate of 10 since 2011. Our disconnected youth rate is higher than the comparison index.

Tioga County Suicide Mortality Ages 15-19 years 2008-2015



Youth Ages 16-19 Not in School & Not Employed 2013-2017



Survey says:

32% of respondents chose Suicide Prevention as the most important health problem Tioga County should be focusing on.

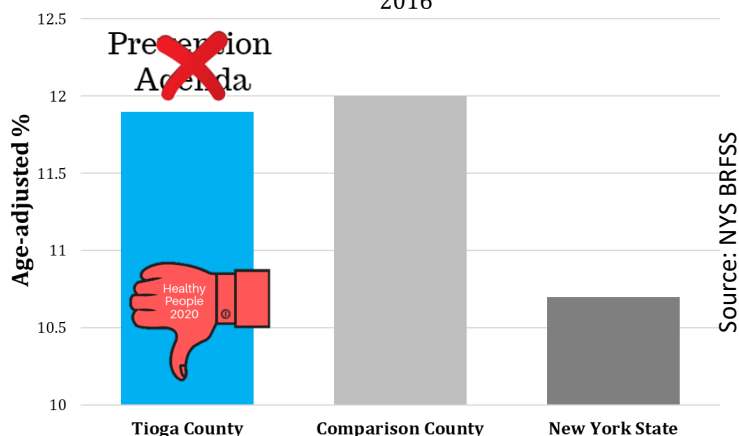
"I feel that we deal with a large amount of mental problems with the students in our district. I agree that this topic needs to be addressed. When I discover a student needing help with this I direct them to their counselor and/or the school psychologist. I do not feel that we have enough help in this area to keep up with the need in the school."

Rebecca Rorick, RN
Middle/High School Nurse
Waverly Central School District



How do we address youth well-being? What is our inventory of resources available to our teens? What additional services or community support is necessary to improve well-being?

Adults with Poor Mental Health for 14+ days in the Past Month 2016



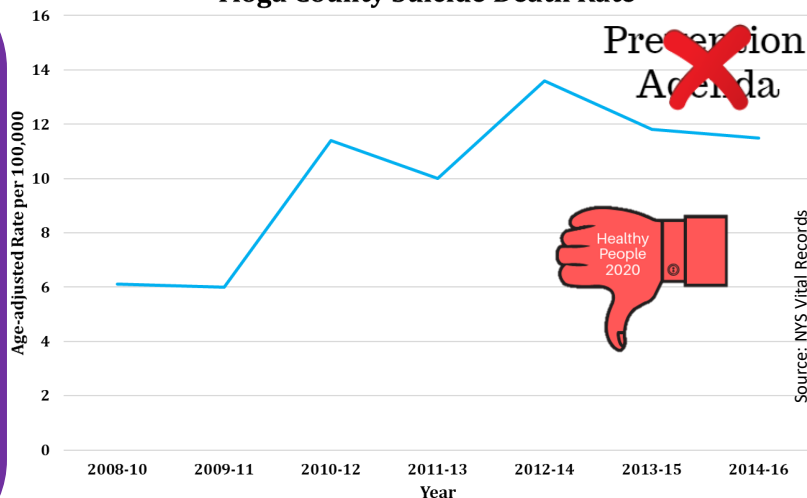
Well-Being: Adults

Data and survey responses indicate residents experience stress and poor mental health feelings. Suicide rates are trending down from recent years but are higher than New York State overall.

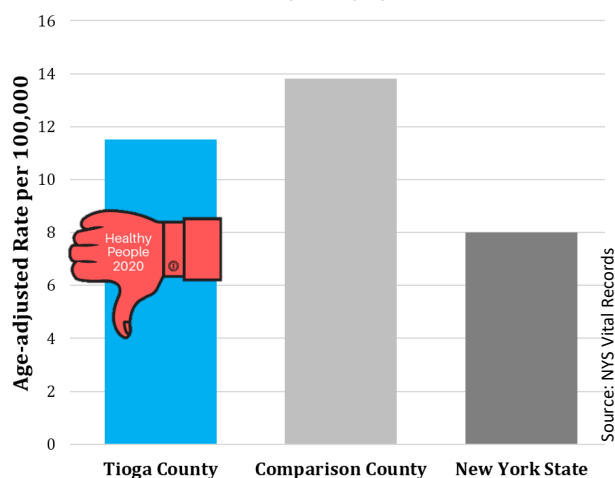
“The Tioga County Suicide Coalition is extremely busy training the community on suicide awareness. Our Mental Health Clinic also offers Open Access where we can expedite the admission process. We have certainly seen an incredible increase in demand for services.”

Lori Morgan
Tioga County Director of
Community Services

Tioga County Suicide Death Rate



Suicide Death Rate 2014-2016



Survey says:

34% report fair-poor mental/emotional health.
67% report their life is somewhat stressful.
46% report experiencing depression or sadness within the last year.

Drug Use: Youth

Self-reported substance use indicates above-national rates of teen alcohol consumption, with attention to the higher rates of binge drinking. Prevention Needs Assessment (PNA) survey reports alcohol access is mainly consumed at home, or a friend's home with adult permission. Marijuana use is below national rates along with cigarette and e-cigarettes. Chewing tobacco is reported at a higher rate.

PNA Survey says:

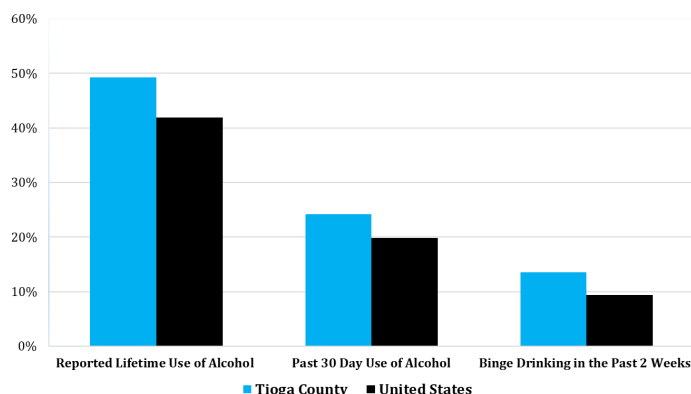
56% of students drank alcohol at home with parent's permission.

49% drank at home or someone else's without adult permission.

23% drank at someone else's home with their parent's permission.

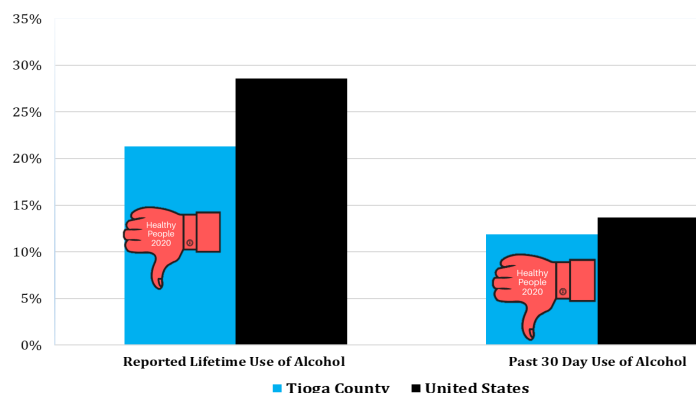
50% of students report getting alcohol from someone they know age 21 or older.

Teen Alcohol Use 2017



Source: 2017 Tioga County PNA Survey

Teen Marijuana Use 2017

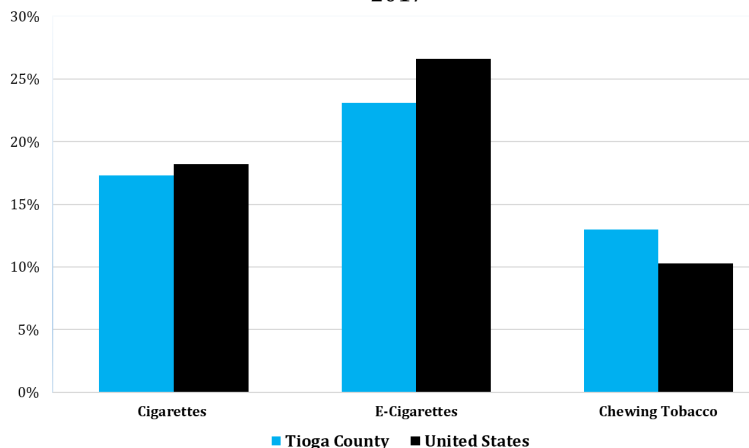


Source: 2017 Tioga County PNA Survey

"In Tioga County both the survey data and youth focus group input point toward alcohol and marijuana being the most used and abused substance. However, marijuana is becoming our biggest challenge in prevention as the perception of harm decreases, use rates increase. Teens report that marijuana is the easiest substance to get a hold of, even more so than alcohol."

Christina Olevano
Tioga County Prevention Services
Supervisor
CASA-Trinity

Teen Tobacco Use 2017



Source: 2017 Tioga County PNA Survey

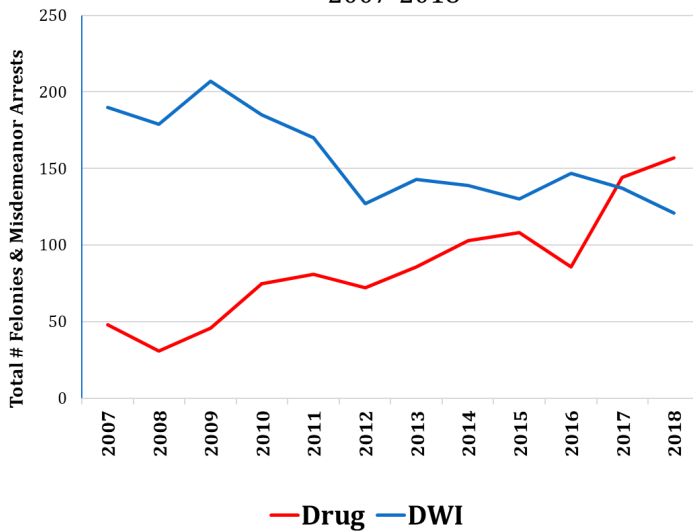
Survey says:

7% of respondents report having ever experienced alcoholism or substance use.

Drug Use: Adults

Adult drug use is captured through arrests and overdose death rates. While there was a pretty steady decline in DWI arrests, there have been an increase in drug related arrests. Opioid death rates peaked in 2017 and further monitoring is needed to truly indicate a decline.

**Tioga County
Drug & DWI Arrests
2007-2018**



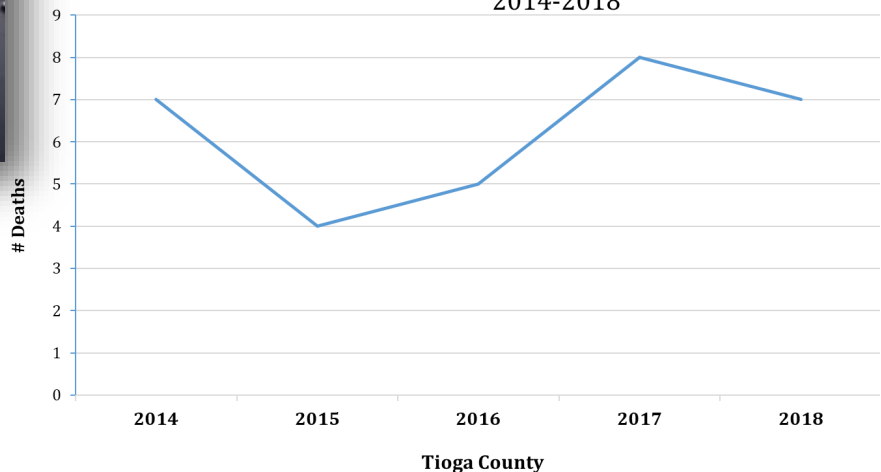
Source: NYS DOJ Criminal History Database

“We continue to see drug-related emergency calls, although there has recently been a decline. Typically, overdoses are not just one drug. If you treat for an opioid overdose with Naloxone by reversing it’s effects, other substances in the system take hold and this presents treatment challenges. Overall, we have definitely had to re-evaluate how we assess scene safety and security; not just related drug overdoses but in general. Amending personal protective protocols to include items such as bulletproof vests is not something we had to consider 20 years ago.”

Derek Hall
Chief
Greater Valley EMS



**Tioga County Opioid Overdose Death Rate
2014-2018**



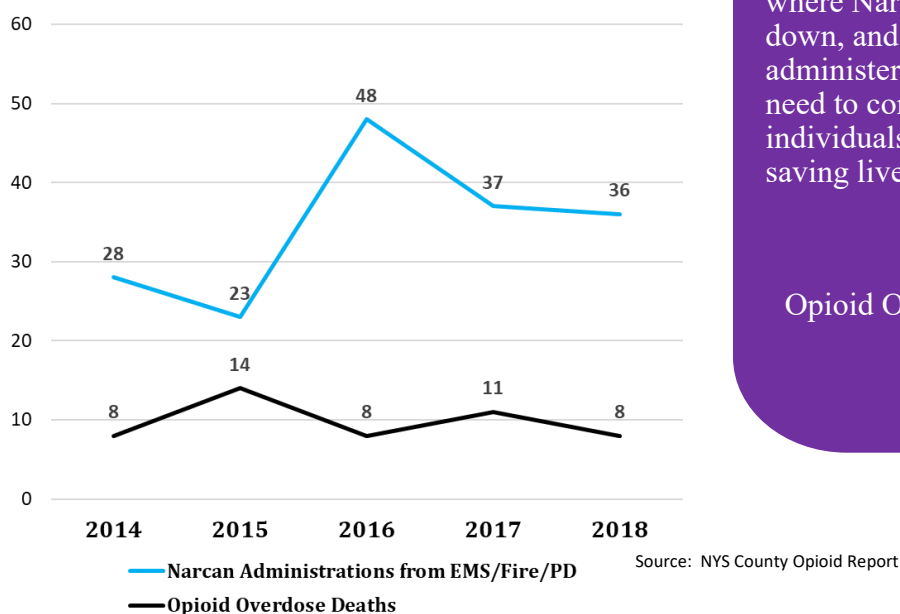
Source: NYS Vital Statistics

Narcan

With an increase in opioid overdoses, the availability and accessibility of Narcan to the general public has become increasingly important. Narcan has helped to save numerous lives of Tioga County residents over the past few years; thanks to the work of first responders, law enforcement, and the general public. Since 2014, we have consistently seen Narcan usage go up by Law Enforcement.



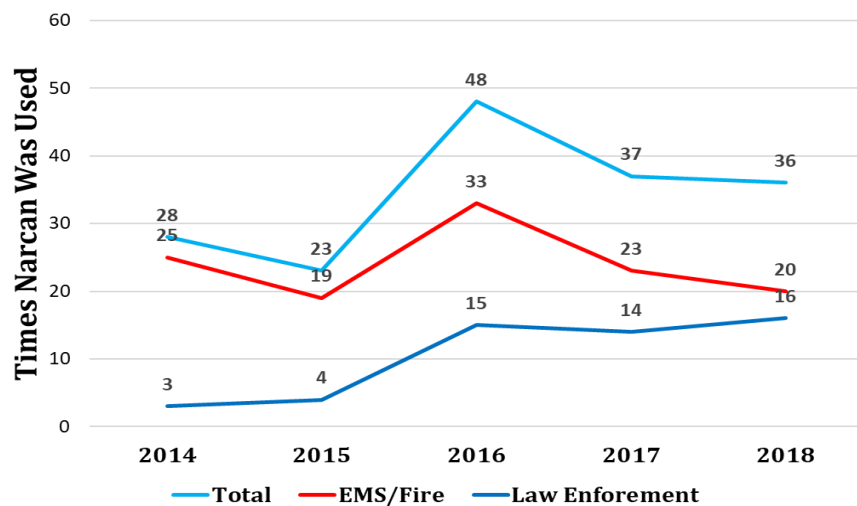
Tioga County Narcan Administrations 2014 - 2018



"The data shows that Narcan works! The years where Narcan was used more deaths went down, and years where Narcan wasn't administered as many times deaths went up. We need to continue training and encouraging individuals to carry Narcan in order to continue saving lives!"

Kylie Holochak
Opioid Overdose Prevention Program Director
Tioga County Public Health

Tioga County Narcan Administrations 2014 - 2018





EMERGING TREND: OUR CHANGING POPULATION

Amish Population in Tioga County

In recent years, the Amish population has grown in Tioga County. As with other New York counties that have seen an influx, our community murmurs a mix of excitement and uncertainty.

New York State is nationally ranked

#5

for Amish populations

Source: World Atlas

What does the Amish Population in Tioga County mean?

- Increased accessibility of construction workers makes home improvements on aging homes more likely affordable.
- Increased opportunities to purchase locally grown produce and baked goods.
- Farm rejuvenation and the rural lifestyle being bolstered.
- This population lives a lifestyle that promotes health and well-being.
- Unvaccinated population is at risk when a communicable disease enters the community.
- Uninsured or underinsured status can lead to costly health care bills which are paid out-of-pocket.
- Horse and buggies without proper lighting and on busy roads increases chance of severe accidents.

“Our new Amish neighbors enhance the rural character and opportunities in Tioga County.”

Barb Neal
Agriculture & Horticulture Educator
Cornell Cooperative Extension-Tioga County





Senior Population in Tioga County

Living in a rural community can be a challenge for older adults. Our senior population comprises a significant portion of the county. Sources vary on whether “senior” status begins at 55, 60, or 65. Regardless if you are considering 55+ and 60+ to be included in our senior population, it is still clear that this population makes up a significant portion of our population and will be increasing.

55+ — 33.9% of Tioga County Population

60+ — 25.2% of Tioga County Population

65+ — 18.5% of Tioga County Population

Median Age	
Tioga County	44
Comparison County	42.2
New York	38.4
U.S.	37.8

Source: US Census Bureau, ACS

Survey says:

40% report services for the elderly as a top problem/concern Tioga County should be focusing on.

“With the growing senior population we are seeing increased concerns with providing care, such as social concerns (children moving away from their parents’ home in search of occupation, leaving them without physical support in daily activities); maltreatment towards elderly; unmet food and nutritional requirements; psycho-emotional concerns (isolation, mental stress, difficulty in keeping themselves occupied); financial constraints (reduction in income upon retirement, to the extent that it may interfere with bare needs of life such as adequate nutrition, clothing and shelter); and health-care system factors (lack of accessibility, lack of paid and unpaid caregivers to meet their needs).”

Tina Lounsbury
Adult Protective Services
Tioga County DSS

Top Health Concerns and Disparities

Affecting Seniors in Tioga County

- Experience chronic conditions at higher rates
- Lack of providers and specialists to address and manage chronic conditions
- Transportation barriers make it increasingly difficult to get to appointments and social gatherings

Tioga County Spotlight:

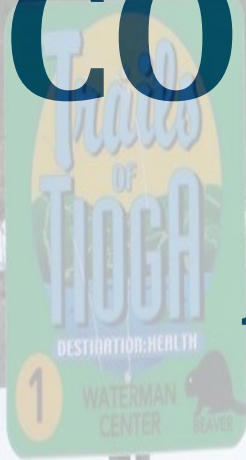
These programs and agencies were identified as
“strengths” in the community



FAMILY
HEALTH
SERVICES



COMMUNITY ASSETS



Coalitions

Immunization Coalition
Professional Elder Network
Tioga County Anti-Hunger Taskforce
Tioga County ASAP: Allies in Substance Abuse Prevention
Tioga County Non-Profit Network
Tioga County Suicide Prevention

Employment

Entrepreneurial Assistance Program/Waverly
Tioga County Chamber of Commerce
Tioga County Economic Development & Planning– Team Tioga
Tioga County Employment Center

Cultural

Apalachin Public Library
Berkshire Free Library
Cady Library
Candor Free Library
Coburn Free Library
Cornell Cooperative Extension
Newark Valley Historical Society
Rural Economic Area Partnership
Spencer Library
Susquehanna River Archaeological Center
Tappan Spaulding Memorial Library
Tioga Arts Council
Tioga Chamber of Commerce
Tioga County Tourism Office
Tioga Historical Society
Waverly Free Library

Educational

Abide in the Vine Daycare
BOCES to Careers Program
Candor Central School District
Family Enrichment Network-Head Start
Newark Valley Central School District
Owego-Apalachin School District
Spencer-Van Etten Central School District
SUNY Broome Community College-Owego
Tioga Central School District
Tot's Learning Center
Waverly Central School District



Food Banks

Catholic Charities Tioga County
Berkshire Helping Hands Food Pantry
Bread of Life Food Pantry
Food Bank of the Southern Tier: Mobile Food Pantry
Lounsberry Food Pantry
Park Terrace Food Pantry
Project Neighbor of Newark Valley
Spencer Van Etten Community Food Cupboard
Tioga County Rural Ministry
Tioga Open Door Mission/Pantry
Valley Food Pantry

Food System

Community Shop
Dollar General-Apalachin
Dollar General-Berkshire
Dollar General-Candor
Dollar General-Nichols
Dollar General-Owego
Dollar General-Waverly
Farmer's Markets (Seasonal)
Hollenbeck Food-Shurfine
John's Fine Foods
Jolly Farmer of Waverly
Lawler's Grocery
Price Chopper
Soprano's Italian Market
Spencer Big M
Sweeney's Market
Ted Clarks Busy Market
TOPS



Housing

Creamery Hills
Elizabeth Square Apartments
Newark Valley Apartments
Owego Gardens Senior Community
Spencer Elderly Housing
Tioga Open Door Mission
Tioga Opportunities Housing

Medical/Dental/Vision/Behavioral Health

Addiction Center of Broome County (ACBC)
 Apalachin Family Care
 Candor Family Care Center-UHS
 Casa-Trinity Center of Treatment Innovation (COTI)
 Dr. Christian Aumock General Dentist
 Dr. Keith Nichols
 Elderwood Healthcare at Tioga
 Guthrie Healthcare System
 Guthrie Waverly Family Care
 Hiawatha Dental Center
 Newark Valley Family Care Center-UHS
 Northern Tioga Center for Family Health-Lourdes
 Owego Family Care Center- Lourdes
 Owego Primary Care Center-UHS
 Rehabilitation Support Services (RSS)
 Riverview Manor Nursing Facility
 Tioga County Mental Hygiene Clinic
 Tioga Mobile Dental Services
 Williams Family Eye Care



Public Safety

A New Hope Center
 Candor Police Department
 New York State Troopers
 Owego Open Door Mission
 Owego Police Department
 Spencer Police Department
 Tioga County Emergency Services
 Tioga County Public Health Department
 Tioga County Sheriff's Department
 Waverly Police Department



Organizational Assets

A New Hope Center
 ACCORD
 ACHIEVE
 Baden Powell Council: Boys Scouts
 Big Brother/Big Sister of the Twin Tiers
 Casa-Trinity
 Catholic Charities,
 Cornell Cooperative Extension of Tioga County
 Family and Children's Society
 Family Enrichment Network
 Family Resource Center
 Girl Scouts of NYPENN Pathways
 Glove House
 Joshua's House
 Racker
 Salvation Army
 The Red Door
 Tioga Chamber of Commerce
 Tioga County ASAP Coalition
 Tioga County Boys & Girls Club
 Tioga County Department of Social Services
 Tioga County Department of the Aging
 Tioga Opportunities' Family Planning Services
 Tioga County 4-H
 Tioga County Mental Hygiene Department
 Tioga County Neighbors Helping Neighbors
 Tioga County Open Door Mission
 Tioga County Public Health Department
 Tioga County Social Services Emergency Aid
 Tioga County Veterans Services
 Tioga County WIC
 Tioga County Youth Bureau
 Tioga Opportunities
 Tioga United Way



Recreational Assets

Art of Combat MMA
Boat launches
Camp Ahwaga
Carantouan Greenway
Crossfit 29:11
El Rancho de Paz
Fay's Fitness
Four Seasons Fitness Studio
Indoor Pool at Owego Free Academy
Inspire Fitness
Jenksville State Forest
Marvin Park & Community Pool
New Image Fitness Center
Oakley Corners State Forest
Owego Gymnastics & Activity
Owego Riverwalk Path
Peak Performance
Stormpeak Crossfit
The Hickories
Tioga Central School Pool
Tioga County Boys & Girls Club
Trout Ponds Park
Two Rivers State Park
Waterman Conservation Education Center & Trail System
Waverly Fitness Center
Waverly Glen Park
Yeaman Athletics



Social/Spiritual Assets

American Legion– Candor
American Legion– Nichols
American Legion– Owego
Tioga County Catholic Charities
Tioga County Rural Ministry
Various Faith-Based Organizations
VFW– Owego
VFW– Waverly



Transportation

A1 Chucks Taxi
American Cancer Society: Road to Recovery
Broome-Tioga Greenway
C TRAN
Disabled American Veterans
Getthere! Call Center
Medivan
Northern Tioga Neighbors Network
Owego Taxi
R&L Taxi
Senior Information and Referral Service
Seniors Helping Seniors
Tioga County Rural Ministries
Tioga Opportunities
Valley Taxi



Getthere
Mobility Management of South Central New York

Source Summary

Centers for Disease Control: Behavioral Risk Factor Surveillance Survey
Centers for Disease Control: Center for Chronic Disease
Centers for Disease Control: National Vital Statistics
County Health Rankings (Robert Wood Johnson)
National Oceanic and Atmospheric Administration
New York State Bureau of Sexual Health
New York State Cancer Registry
New York State Congenital Malformations Registry
New York State Department of Criminal Justice: Criminal History Database
New York State Department of Education Report Card
New York State Department of Health Communicable Disease Electronic Surveillance System
New York State Department of Health: Behavioral Risk Factor Surveillance Survey
New York State Department of Health: Bureau of Dental Health
New York State Department of Health: Opioid Overdose Prevention Program
New York State Department of Health: Student Weight Status Data
New York State Department of Health: Wadsworth Laboratory
New York State Department of Motor Vehicles
New York State Immunization Registry
New York State Kids' Well-being Indicators Clearinghouse
New York State Pregnancy & Nutrition Surveillance Survey
New York State Vital Statistics
Tioga County Dispatch
Tioga County Employment Services
Tioga County Prevention Needs Assessment Survey
Tioga County Women Infants and Children (WIC)
United States Bureau of Labor Statistics
United State Department of Agriculture
United State Department of Agriculture Statistics Services
United State Department of Agriculture: Feeding America
United State Department of Agriculture: Map the Gap
United States Census: American Community Survey
United States Census: County Business Patterns
United States Census: Quickfacts
United States Department of Traffic: National Highway Safety Administration

A photograph of two mountain bikers riding on a dirt trail through a forest. The biker in the foreground is wearing an orange and grey jersey and a grey helmet. The biker in the background is wearing a dark jersey with green and red accents. The word "APPENDIX" is overlaid in large, bold, blue serif font.

APPENDIX

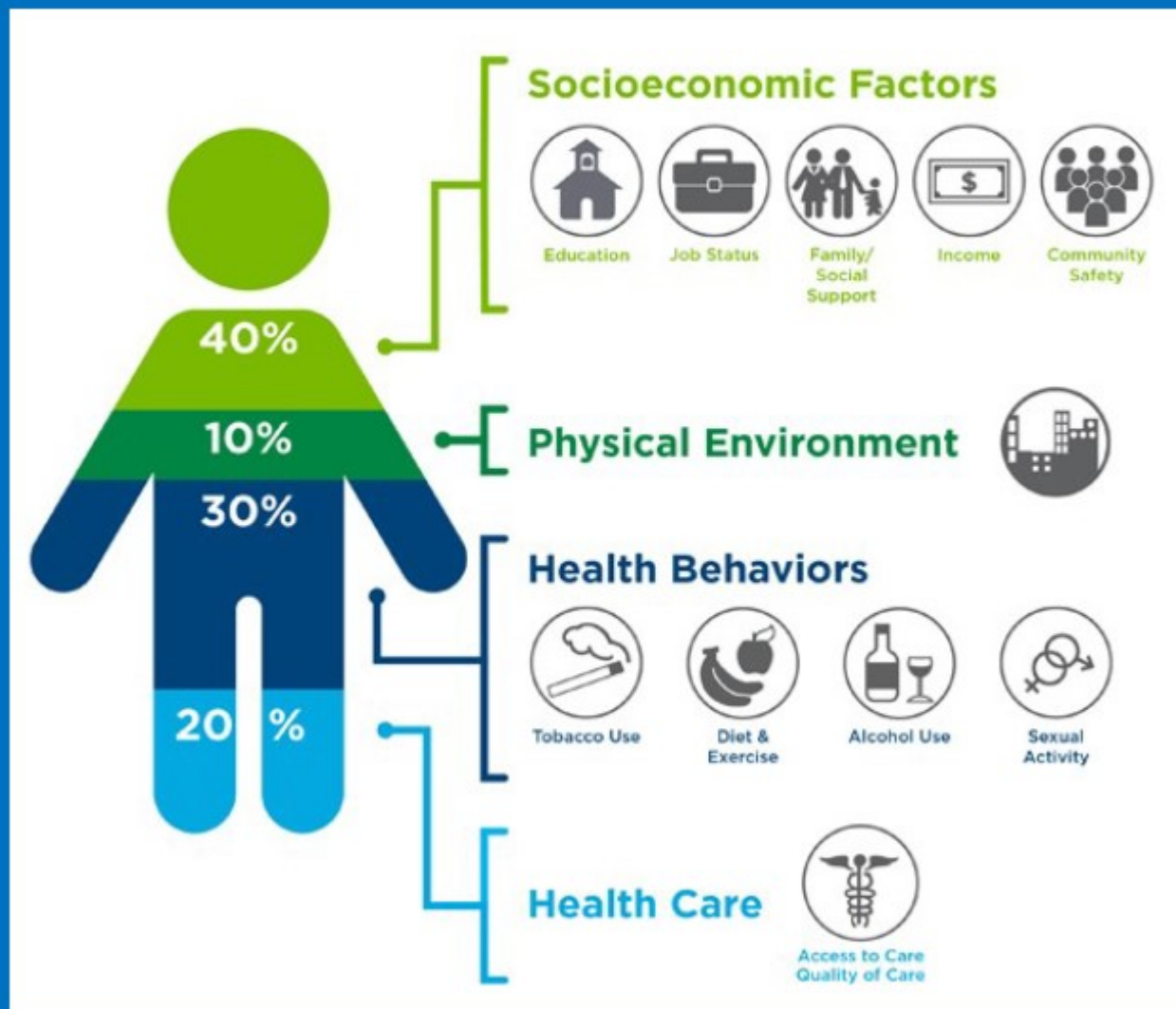
Detailed Cancer Incidence/Mortality

Below is a detailed breakdown of cancer incidence and mortality rates. Note that numbers in red indicate where Tioga County's rate is higher than one or both of the comparisons.

Cancer Incidence Rate 2011-2015 Rate per 100,000 population				Cancer Mortality Rate 2011-2015 Rate per 100,000 population			
Site of Cancer	Tioga	Comparison County	NYS	Site of Cancer	Tioga	Comparison County	NYS
All Invasive Malignant Tumors	489.4	491.4	488.9	All Invasive Malignant Tumors	140.5	163.4	152.6
Female breast	126.6	124.2	131.3	Lung and bronchus	41.6	47.4	38.4
Prostate	113.3	110.5	131.7	Prostate	16.4	14.9	18.4
Lung and bronchus	64.3	80.8	60.2	Female breast	12.4	23.7	19.8
Colorectal	41.4	41.1	39.8	Colorectal	11.6	13.8	13.6
Corpus uterus and NOS	31.5	34.6	31.5	Pancreas	9.7	10.4	11
Colon excluding rectum	31.3	28.9	28.3	Colom excluding rectum	9.4	11.1	11.2
Melanoma of the skin	28.6	26.9	18.2	Non-Hodgkin lymphoma	7.9	5.1	5.4
Urinary bladder (incl. in situ)	26.4	24.6	23.4	Ovary	5.9	8.6	7.2
Thyroid	23.3	14.5	19.9	Liver/ intrahepatic bile duct	5.6	3.7	6
Non-Hodgkin lymphoma	19.1	19.6	21.6	Brain/other nervous system	5.4	6.3	3.7
Leukemia	17.7	17.5	16.4	Leukemia	4.8	7.9	6.3
Testis	15	3.8	5.9	Kidney and renal pelvis	4.3	4.8	3.1
Kidney and renal pelvis	12.2	17.6	16.5	Urinary bladder (incl. in situ)	3.9	1.6	4.3
Pancreas	12	14	14	Esophagus	3.5	5.8	3.7
Ovary	10.2	9.4	12.4	Melanoma of the skin	2.5	0.4	2.1
Rectum & rectosigmoid	10.1	12.2	11.6	Myeloma	2.4	3.1	3
Liver/ intrahepatic bile duct	9.7	7.7	8.8	Rectum & rectosigmoid	2.2	2.7	2.4
Myeloma	8.3	5.8	8	Stomach	1.7	2.6	3.7
Oral cavity and pharynx	6.8	6.9	10.8	Corpus uterus and NOS	1.5	3.6	5.6
Stomach	6.8	9.1	8.8	Oral cavity and pharynx	1.1	1.2	2.1
Brain/other nervous system	5.7	12	6.6	Cervix uteri	0.6	1.6	2.3
Esophagus	4.9	5.1	4.5	Larynx	0.4	0.8	1
Cervix uteri	4.8	7.4	7.7	Thyroid	0.3	1.1	0.5
Larynx	4.1	3	3.3	Hodgkin lymphoma	0	0.6	0.3
Hodgkin lymphoma	3.2	3.1	3.3	Testis	0	0	0.2

Source: New York State Cancer Registry

What Goes Into Your Health?



Share Your Health Story!

Survey summary based on responses from 826 individuals.

1. Do you live in Tioga County, NY?

96.59% Yes
3.41% No

2. What is your zip code? _____

3. What best describes where you live?

34% Village
17% Small neighborhood
4% Mobile Home Park
41% Countryside

4. What is your gender?

24% Male
75% Female
0.1% Transgender
0.3% Prefer to self-describe

5. How would you describe your physical health?

64% Good
30% Fair
6% Poor

6. How would you describe your dental health?

57% Good
29% Fair
13% Poor

7. How would you describe your mental or emotional health?

65% Good
28% Fair
7% Poor

8. How stressful would you say your life is?

14% Not at all stressful
67% Somewhat stressful
19% Very stressful

9. What are the top 3 strengths of Tioga County?

50% Great place to live
17% Access to many resources
36% Reasonable housing prices
3% Available jobs
47% School systems
49% Safe neighborhoods
9% Social activities
26% Outdoor recreation
10% Shopping options
28% Great community support

**10. What are the top 3 problems and concerns
Tioga County should be focusing on?**

27% Housing availability
40% Services for the elderly
57% Employment opportunities
54% Lack of transportation
4% Too small
41% Lack of jobs
43% Limited activities for youth

**11. For adults and children living here, what are the
most important health problems and concerns
Tioga County should be focusing on? (Select all that
apply)**

29% More medical providers
39% Fresh, healthy foods
18% Safer housing
32% Suicide prevention
18% Clean drinking water
16% Traffic safety
40% Access to physical activities
42% Insect problems (tick, mosquito, bedbugs)
26% More dental providers
42% More mental health providers
Other _____

12. How often are you stressed about having enough money to afford each of the following:
...to pay your rent / mortgage?

20% Always stressed
35% Sometimes stressed
45% Rarely or never stressed

13. ...to buy healthy food for nutritious meals?

17% Always stressed
38% Sometimes stressed
45% Rarely or never stressed

14. ...to afford medical care?

19% Always stressed
36% Sometimes stressed
45% Rarely or never stressed

15.to afford dental care?

22% Always stressed
38% Sometimes stressed
40% Rarely or never stressed

16. ...to afford mental health care?

11% Always stressed
26% Sometimes stressed
62% Rarely or never stressed

17. ...to afford prescription medications?

13% Always stressed
32% Sometimes stressed
56% Rarely or never stressed

18. Do you have any kind of health care coverage or health insurance?

95% Yes
2% No
3% Used to, but don't have any now

19. Do you have a relationship with someone you think of as your primary care doctor or nurse practitioner? (A primary care provider is someone who sees you regularly in their office or clinic for physicals, medication management and laboratory testing.)

76% Yes
14% No
10% Used to, but don't have any now
0.68% Don't know

20. Is your Primary Care Provider located in Tioga County?

61% Yes
39% No

21. Are you satisfied with the care you receive from your Primary Care Provider?

91% Yes
4% No
4% No comment

22. How often do you seek medical care at an Emergency Department?

48% Never
1% Monthly
8% About every 6 months
42% Maybe once a year

23. How often do you seek medical care at a "Walk-In" facility?

23% Never
3% Monthly
22% About every 6 months
53% Maybe once a year

24. In the past year, was there any time that you needed medical care but could not, or did not, get it?

18% Yes
82% No

If you answered "Yes" to question #24, please answer question #25. If you answered "No," please skip to question #26.

25. What were the main reason(s) you did not get the medical care you needed? (Select all that apply.)

51% Cost
22% Transportation: It was too hard to get there
21% Hours: They weren't open when I could get there
19% I couldn't get time off from work
16% I had no one to watch my children
32% I couldn't get an appointment
10% I didn't know where to get the care I needed
15% I decided not to go because I don't like going to doctors
9% I was afraid of what my diagnosis would be

26. Do you have a dentist you think of as your dentist, or a dental clinic you go to whenever needed?

61% Yes

22% No

7% Tioga Mobile Dental Van

10% I used to, but don't have one right now

27. Is your dental provider located in Tioga County?

39% Yes

61% No

28. Are you satisfied with your dental provider?

92% Yes

4% No

4% No comment

29. In the past year, was there any time that you needed dental care but could not, or did not, get it?

26% Yes

74% No

If you answered "Yes" to question #29, please answer question #30. If you answered "No," please skip to question #31.

30. What were the main reasons you did not get that dental care?

76% Cost

14% Transportation: It was too hard to get there

11% Hours: They weren't open when I could get there

12% I couldn't get time off from work

8% I had no one to watch my children

9% I couldn't get an appointment

18% I didn't know where to get the care I needed

11% I decided not to go because I don't like going to dentists

11% I was afraid of what my diagnosis would be

31. In the past year, was there any time that you needed medication but could not, or did not, get it?

14% Yes

86% No

If you answered "Yes" to question #31, please answer question #32. If you answered "No," please skip to question #33.

32. What were the main reasons you did not get that medication? (Select all that apply.)

73% Cost

45% The insurance wouldn't approve my medication

9% Transportation: It was too hard to get there

5% Hours: They weren't open when I could get there

3% I couldn't get time off from work

0% I had no one to watch my children

14% I couldn't get a prescription for the medication I needed

4% I didn't know where to get the medication I needed

5% I decided not to get the medication because I didn't want to take it

33. Have you ever been told by a health professional that you had any of the following? (Select all that apply.)

15% Blood sugar problems, or diabetes

32% High blood pressure, or hypertension

26% High cholesterol

20% Asthma, COPD, or other breathing issues

20% Extreme overweight or obesity

23% Mental Health concerns

33% None of the above

34. Have you ever been pregnant?

61% Yes

39% No

If you answered "Yes" to question #34, please answer questions 35-38. If you answered "No," please skip to question #39.

35. Think back to your most recent pregnancy. In which month did you start pre-natal care with your doctor?

42% 1st month

30% 2nd month

12% 3rd month

3% 4th month

1% 5th month

0.70% 6th month

0.23% 7th month

0% 8th month

0% 9th month

8% I don't remember

2% I had no pre-natal care

36. Have you ever had a pregnancy that your doctor considered "high-risk"?

33% Yes

67% No

37. Have you ever given birth to a baby born more than 3 weeks before your due date?

16% Yes

84% No

38. Have you ever given birth to a baby that weighed less than 5 pounds?

8% Yes

92% No

39. Do you currently use any of the following tobacco products? (Select all that apply.)

16% Cigarettes

2% Cigars

2% Smokeless tobacco (chewing tobacco and/or snuff)

2% Vaping or e-cigarettes

80% None of the above

40. How safe do you feel in your home?

84% Very safe

15% Somewhat safe

0.4% Not at all safe

41. Have you ever experienced domestic violence?

26% Yes

74% No

42. Have you ever experienced or seen violence in your community?

47% Yes

53% No

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

60% Good

36% Fair

4% Poor

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

64% Good

31% Fair

5% Poor

45. How would you rate Tioga County for after-school activities for children and families?

27% Good

52% Fair

21% Poor

46. How many days in a week are you physically active for 20-30 minutes?

8% 0

6% 1

15% 2

19% 3

12% 4

16% 5

6% 6

19% 7

47. How important is physical activity to you?

46% Very important

49% Somewhat important

4% Not at all important

48. How healthy are your eating habits?

37% Good

53% Fair

9% Poor

49. How important is eating healthy to you?

54% Very important

45% Somewhat important

1% Not at all important

50. How many minutes does it take you to get from your home to the nearest grocery store where you can buy fresh fruits and vegetables? (Note: Please use the grocery store you usually shop at, not the one closest to your home)

19% Less than 5 minutes

52% 5-15 minutes

29% More than 15 minutes

51. How do you usually get to the grocery store?

92% Drive

4% Get a ride

2% Walk

0.4% Bicycle

0.7% I am unable to get there

52. Where do you usually get your fruits and vegetables? (Select all that apply.)

- 74% Chain supermarket or super-store
- 48% Local grocery store
- 32% Farmer's market
- 6% Food pantry
- 23% My own garden
- 2% I don't really buy fruits and vegetables

**53. Is transportation a barrier to...
...buying healthy, wholesome foods?**

- 5% Always
- 18% Sometimes
- 78% Never

54.getting your medical care or dental care?

- 6% Always
- 19% Sometimes
- 75% Never

55. ... picking up pharmacy prescriptions?

- 6% Always
- 15% Sometimes
- 79% Never

**56.attending social events or visiting friends/
family?**

- 7% Always
- 19% Sometimes
- 74% Never

57. How many vehicles are in your household?

- 5% 0
- 31% 1
- 42% 2
- 22% More Than 2
- 0.3% I have one but it does not currently run

**58. In the past year have you ever experienced?
(Select all that apply.)**

- 4% Alcoholism
- 40% Anxiety or fear
- 47% Depression or sadness
- 24% Feeling helpless or hopeless
- 4% Substance use
- 7% Thoughts of self-harm
- 43% None of the above

If you answered "None of the above," for question #58, please skip to question #61, otherwise please answer questions 59 & 60.

59. Did you get the help you needed?

- 63% Yes
- 37% No

60. Where did you find help? (Select all that apply)

- 9% Tioga County Mental Health Clinic
- 42% Primary Care Provider
- 7% Hospital
- 4% Support Group
- 0.3% COTI Program
- 36% Family/Friends
- 16% Went outside of Tioga County
- 27% I did not get any help

61. Are you currently employed? (Select all that apply.)

- 47% Full-time
- 16% Part-time
- 22% Retired
- 7% Unemployed
- 11% Disabled
- 3% Student

62. How many different jobs are you working now?

- 79% 1
- 17% 2
- 4% 3 or more

63. How satisfying is your work?

- 53% Very
- 41% Somewhat
- 6% Not at all

64. How stressful is your work?

- 29% Very
- 58% Somewhat
- 13% Not at all

65. What is your age?

1% Under 18
0.6% 18-19
5% 20-24
18% 25-34
24% 35-49
32% 50-64
20% 65 and over

66. How would you describe yourself?

98% White
0.7% Black or African American
0.3% Asian
0% Hispanic
0.6% Native American
0% Pacific Islander
0.6% Multi-Racial

67. How many children under age 18 live in your household?

63% 0
15% 1
12% 2
7% 3
2% 4
0.6% 5
0.1% 6
0% 7
0.1% 8
0% 9
0% 10+

68. Do you speak a language other than English at home?

4% Yes
96% No

69. What is your education level?

3% Some high school
33% High School/GED
7% Trade School
20% Associates Degree
21% Bachelors Degree
15% Graduate Degree
1% Doctorate

70. What was your household income last year?

24% Less than \$23,999
22% \$24,000-\$44,999
8% \$45,000-\$54,999
11% \$55,000-\$64,999
9% \$65,000-\$74,999
12% \$75,000-\$99,999
13% \$100,00 or more

71. Where do you typically get important health information?

77% Primary Care Provider
10% Health Insurance Company
16% Family members
10% Friends
6% Facebook
44% Internet sources like Web MD, Heart Association, CDC
2% Call Tioga County Public Health

Data Snapshot

Birth Outcomes

Indicator	Tioga County	Comparable County	New York	HP 2020
	2014-2016			
Low Birth Weight	7%	6%	8%	<7.8%
Pre-Term Babies (<37 Weeks Gestation)	10%	8%	10%	<11.4
Infant Mortality (Rate per 1,000)	6	4	5	<6
Teen Births (Rate per 1,000)	19	18	14	<36.2

Source: NYS Vital Statistics

Mortality

Indicator	Tioga County	Comparable County	New York	US
Life Expectancy (years)	80	78	81	79
Percentage of Premature Deaths (per 100,000)	41%	41%	41%	600
Drug Overdose Death Rate (per 100,000)	18.5	12.7	19.4	21.7
Leading Causes of Death	2013-2015			
	Age-Adjusted Mortality Rate Per 100,000			
Cardiovascular Disease	190.9	209.6	221.6	219.9
Cancer	131.7	167.4	153.1	166.1
Alzheimer's	28.6	9.3	16	34.4
Stroke	31.8	40.2	25.7	36.5
Chronic Lower Respiratory Disease	35.1	48.8	29.5	40.9
Unintentional Injury	38.5	42	27.6	49.9
Diabetes	13.4	19.1	17.3	24.8
Suicide	11.8	12.4	7.9	13
Motor Vehicle	8.5	11.2	5.6	10.4
Cirrhosis	6.1	14.4	6.7	10.4

Cancer Mortality

Indicator	Tioga County	Comparable County	New York	HP 2020
	2011-2015			
	Age-Adjusted Mortality Rate Per 100,000			
All Sites/Types	141	163	153	161
Female Breast Cancer	12	24	20	21
Prostate Cancer	16	15	18	22
Lung and Bronchus Cancer	42	47	38	45
Colon and Rectum Cancer	12	14	14	15

Source: NYS Cancer Registry

Health Risks

Indicator	Tioga County	Comparable County	New York	US
Overweight (2016)	69.9	77.0	35.3%	35.2%
Obese (2017)	30%	29%	25%	29.6%
Food Insecurity	9.5%	10.7%	12.4%	11.8%
Current Smoker (2017)	20.8%	15.3%	11.7%	14%

Access to Care

Indicator	Tioga County	Comparable County	New York	US
Percent Uninsured Adults (2017)	5.67%	7.22%	8.63%	12.08%
Health Care Provider Shortage Area	100%	0%	25.08%	33.13%
	Rate Per 100,000			
Access to Primary Care	30.08	22.93	112	87.8
Access to Dentist	18.2	22.90	78.50	65.60
Access to Mental Health Provider	130	149	238	202



