

CLINTON COUNTY PROFILES IN PUBLIC HEALTH

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COMMUNITY HEALTH ASSESSMENT AND HEALTH IMPROVEMENT PLANNING IN CLINTON COUNTY

A community health assessment (CHA) is a process used to understand health within a specific area. CHAs may include information on health and social risk factors, morbidity and mortality, quality of life, assets and gaps in services, and health inequities. CHAs are also used to prioritize health issues and develop community health improvement plans (CHIPs). CHIPs are the blueprints for addressing local health issues. They detail the plan for strategies and activities the community agrees to engage in

to improve health.

Along with all other counties in NYS, Clinton County updated its CHA and CHIP in 2016. This profile details the local CHA process and some of its key findings. It also provides background for activities residents can expect Clinton County to engage in over the next three years, all aimed at improving health for all residents. Clinton County's CHA and CHIP documents can be found at www.ClintonHealth.org.

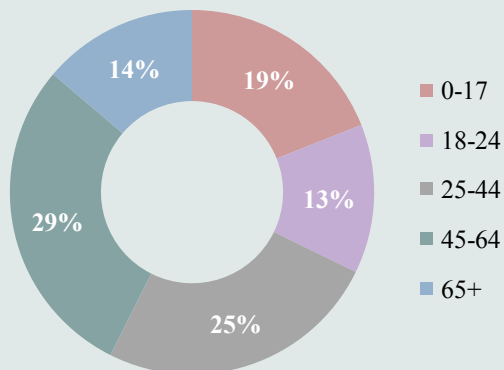
CLINTON COUNTY: WHO WE ARE

Total Population—**81, 865**

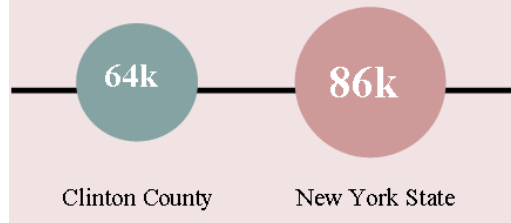
92% White

4% Black
1% Asian
3% Other

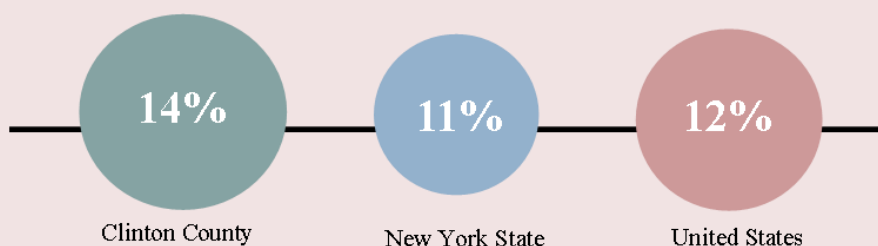
Population by Age



Mean Household Income



Percent of Population Reporting Any Disability



Percent of Residents Who Report a Barrier to Medical Care



Source: Community Commons

PRIORITIZING HEALTH ISSUES IN CLINTON COUNTY

To help identify and prioritize health issues, communities rely on the New York State Department of Health's *Prevention Agenda*. The *Prevention Agenda* explores five priority areas for health improvement. Below is a breakdown of what they are and how they relate to health issues in Clinton County.

Prevent Chronic Disease

Chronic diseases are health conditions that can be controlled but not cured. Common examples include obesity, diabetes and heart disease. Chronic diseases can be costly to treat and decrease quality of life. Many cases of common chronic diseases can be prevented through healthy eating and being physically active.



Clinton County Stat:

More than **1 in 4** Clinton County residents are obese and at greater risk for diabetes and heart disease.

Promote a Healthy and Safe Environment

Local lakes, mountains and streams are among our greatest assets in supporting health and are usually what comes to mind when we think of "environment." However, many projects over the past 5 years have focused on making changes in the local "built environment" to help make healthy choices easier for everyone. Examples include trail and park revisions, school wellness policies and local labeling programs.



Clinton County Stat: In a 2016 resident survey, **1 in 3** respondents felt there was a lack of opportunities for physical activity in their neighborhoods.

Promote Healthy Women, Infants and Children

This priority area recognizes the importance of a good start in life to maintaining health across the lifespan. Birth rates and other indicators of maternal child health have remained relatively stable in Clinton County.



Clinton County Stat: **97%** of Clinton County children have health insurance and **7 out of 10** are meeting national recommendations for well child visits.

Promote Mental Health and Prevent Substance Abuse

Mental and emotional well-being are just as important to overall health as physical health. Common indicators used to track mental wellness, such as suicide rates, binge drinking and poor mental health days, remain above state goals in Clinton County.



Clinton County Stat: Nearly **60%** of residents surveyed in 2016 identified mental health as a health issue in Clinton County.

Prevent HIV, STDs, Vaccine Preventable Diseases and Health Care Associated Infections

Infectious diseases are a significant public health concern. Clinical services coordinated with prevention efforts can successfully control the spread of infections, protecting the health of entire communities. Local childhood vaccination rates continue to meet all state and national guidelines set for schools, and more adults receive flu vaccinations in Clinton County than in neighboring counties.

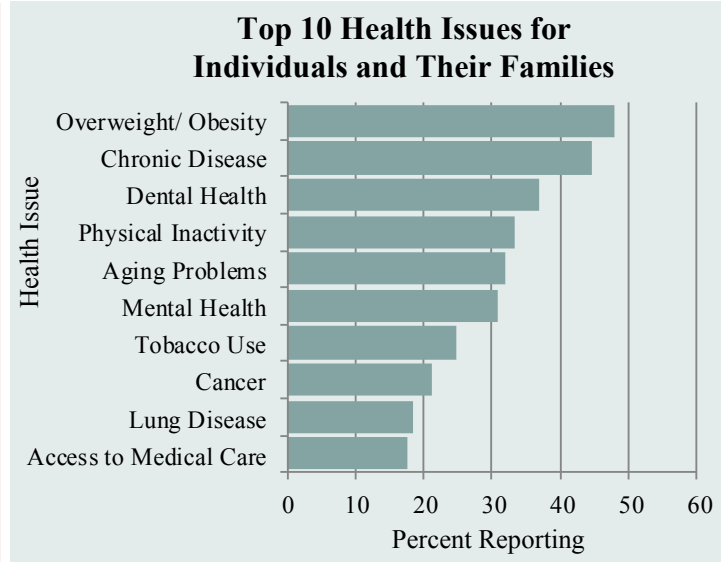
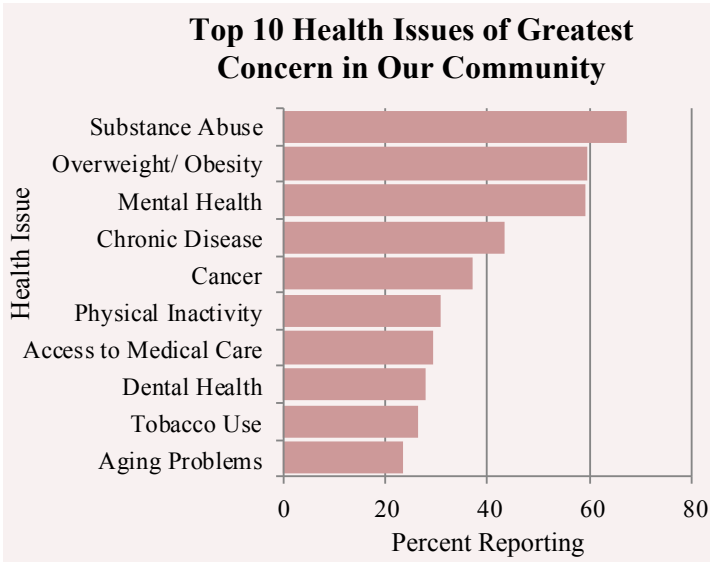


Clinton County Stat: **82%** of adults over the age of 65 in Clinton County received a flu shot in 2013-2014.

Sources: HealthyADK.org,
CCHD 2016 Resident Survey,
NYS Prevention Agenda

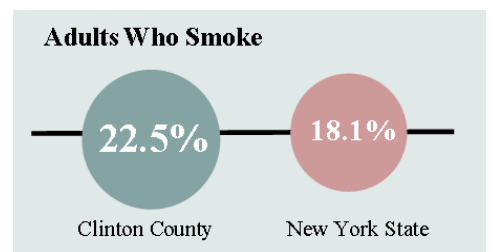
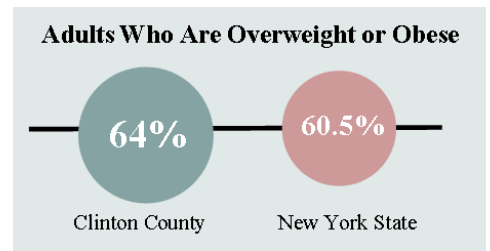
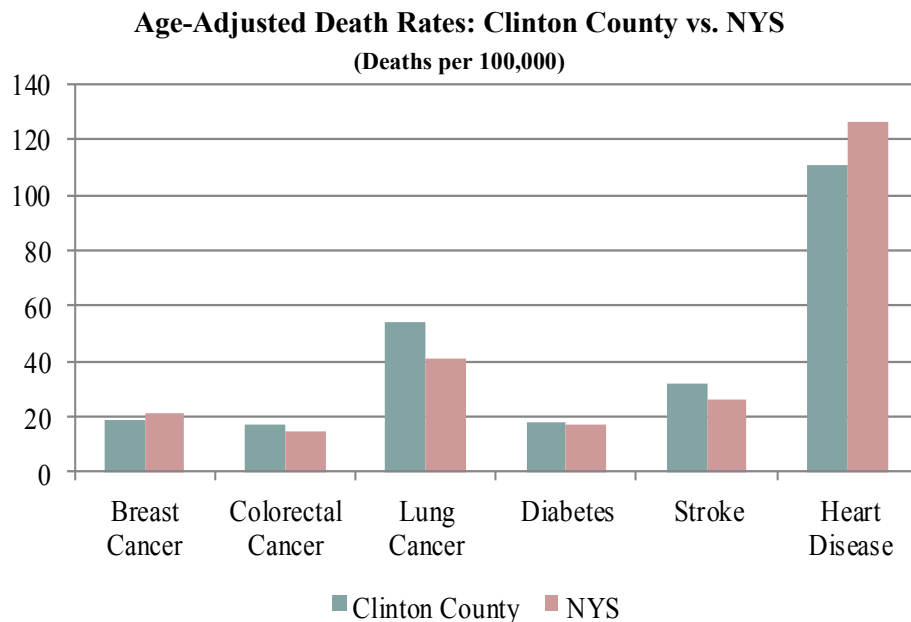
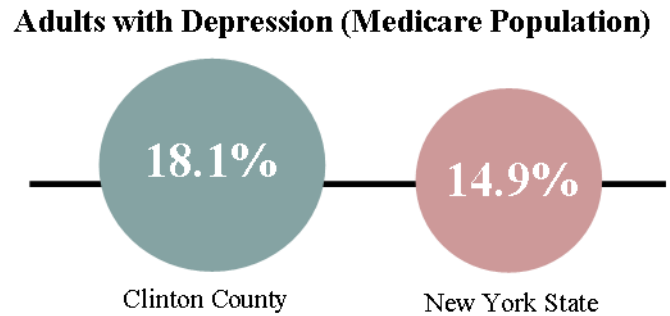
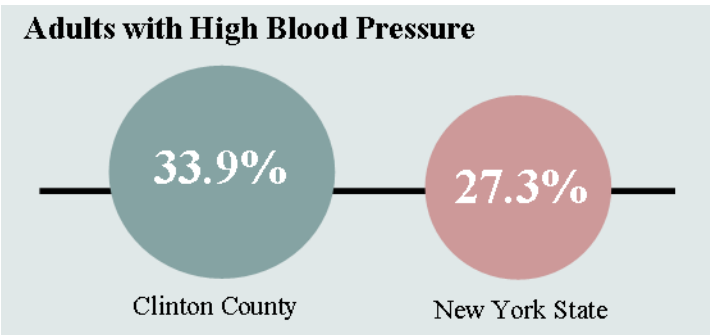
COLLECTING RESIDENT PERSPECTIVE

In 2016, we asked residents to identify the top 3 health issues they felt were of greatest concern in the community and to identify the top 3 health issues for themselves and their families. 1,018 residents weighed in. Nine of the top ten health concerns identified for the community were the same concerns identified for the respondents and their families.



Source: CCHD 2016 Resident Survey



REVIEWING THE HEALTH DATA



Source: Healthyardk.org

COMMUNITY HEALTH IMPROVEMENT PLAN

After analyzing the results from the *2016 Resident Survey* and careful consideration of health data from a number of local, state and national resources, local stakeholders (over 70 of them!) voted *Prevent Chronic Disease* and *Promote Mental Health and Prevent Substance Abuse* as Clinton County's top two health priorities. The local CHIP features activities we will complete as a community to address the identified health concerns. A sample of what you can expect to see in the year ahead is detailed below.

Priority Area	What to look for in 2017
 <p>Prevent Chronic Disease</p>	<ul style="list-style-type: none"> ⇒ Health behavior change programs for diabetes management, sun safety, wellness and chronic disease management. ⇒ Promotion and use of enhanced places for physical activity. ⇒ Increased access to fresh fruits and vegetables throughout the community. ⇒ Community campaign promoting cancer screening.
 <p>Promote Mental Health and Prevent Substance Abuse</p>	<ul style="list-style-type: none"> ⇒ Organizations working together to address local substance abuse issues. ⇒ Community educational events. ⇒ Integration of physical and mental wellness. ⇒ Renovated spaces and new options for in-patient treatment. ⇒ Development of supportive spaces for well-being.

MOBILIZING ACTION

RECOMMENDATIONS FOR RESIDENTS, HEALTH PROFESSIONALS AND COMMUNITY LEADERS

Residents

- Use services for health improvement in your community.
- Complete surveys and evaluations to enhance understanding of obstacles to health.
- Participate in local health priority setting and planning activities.
- Monitor CHIP progress utilizing the local health department's social media outlets.

Healthcare Professionals

- Align organizational goals with the local CHIP.
- Share health data to support decision making and planning efforts.
- Participate in local health priority setting and planning activities.
- Refer patients to resources within the community that help them practice healthy behaviors.

Community Leaders

- Advocate for changes that supports the local health improvement plan.
- Support public-private collaborations to maximize resources for health improvement.
- Back policies and legislation that eliminate disparities in health and wellness.
- Participate in health priority setting and planning activities.



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