Regional Leadership Meeting

March 4, 2016

Anne Ruflin, Chief Planning Officer
Albert Blankley, Director of Research and Analytics
Catie Horan, Regional Health Planner and Data Analyst
Research & Analysis Updates

• Continuous Capability Enhancement

• Regional Population Health Measures

• Community Insight & Input
FLHSA Website Enhancements

Regional Health Measures
Selected by the Regional Commission on Community Health Improvement, these indicators track trends in key areas for the nine county Finger Lakes region. To follow progress, FLHSA will report each measure through 2035.

Trends Over Time
Still under development are trend graphs for the region as a whole. The graphs will be available by clicking on the dotted circle on each line. Color coding indicates whether the region is getting better, staying the same or getting worse.

For each measure:
- Green: Better
- Yellow: Mixed
- Red: Worse

Regional Health Outcomes

Health Outcomes

Premature death

Years of potential life lost before age 65 per 100,000 population (age and sex adjusted)

<table>
<thead>
<tr>
<th>Race</th>
<th>Social Economic Status</th>
<th>Geography</th>
</tr>
</thead>
<tbody>
<tr>
<td>White Non-Latin</td>
<td>Lowest</td>
<td>Livingston</td>
</tr>
<tr>
<td></td>
<td>1.91</td>
<td>2.82</td>
</tr>
<tr>
<td>Black Non-Latin</td>
<td>Lowest</td>
<td>Livingston</td>
</tr>
<tr>
<td></td>
<td>6.27</td>
<td>7.82</td>
</tr>
<tr>
<td>Hispanic</td>
<td>Lowest</td>
<td>Monroe</td>
</tr>
<tr>
<td></td>
<td>2.80</td>
<td>3.80</td>
</tr>
<tr>
<td>Other</td>
<td>Lowest</td>
<td>Schuyler</td>
</tr>
<tr>
<td></td>
<td>1.04</td>
<td>2.09</td>
</tr>
</tbody>
</table>

Source: 2013 New York State Vital Statistics

Low birthweight

7.7%

Good health self-report

81.7%

Community Measures

Childhood Immunization

84.7%
FLHSA Website Enhancements

Insights

Browse our gallery of agency slides and charts. Users may download an image or Powerpoint file with the underlying data.

Smoking rates for adults and high school students, New York State, 2000-2009
Smoking tobacco contributes to 25,500 deaths annually in New York State by increasing the risk for cancer, cardiovascular disease and respiratory disease. These figures do not include deaths from cigarette-related burns and second-hand smoke. In New York State, an estimated 389,000 individuals currently between the ages of one and 17 eventually will die from smoking during their lifetime. While adult smoking rates have declined in recent years, its negative impact on health is severe.

Smoking rates for adults, Finger Lakes Region, 2009
Smoking rates within the region tended to be higher in the southern counties of Chemung, Seneca, Schuyler and Steuben. All but two counties, Yates and Livingston, exceeded the New York State rate of 17 percent in 2009.

Rate of fruit and vegetable consumption, Finger Lakes Region
The 2005 Dietary Guidelines for Americans indicates that individuals should consume between five and thirteen servings of fruits and vegetables per day. The Harvard School of Public Health says that a diet rich in fruits and vegetables lowers the risk for many serious health issues such as heart disease, high blood pressure and stroke. Residents of Ontario and Yates counties are most likely to indicate that they consume at least five servings of fruits and vegetables per day. Residents in Steuben County are a bit lower with four and a half servings per day.

DOWNLOAD IMAGE [PPT]
DOWNLOAD IMAGE [PDF]
An Analytic Review of Selected Priority Areas
2016 Community Health Assessments, Community Health improvement Plans, and Community Service Plans
Approach & Methodology

- FLHSA met with community leaders representing the counties in the Finger Lakes Region.
- The 2016 updates to the CHIP/CHAs require counties to select two priority areas and one disparity. They are also encouraged to explore emerging health issues.
  - Community leaders stated interest in looking at data related to 2013 CHA priority areas
  - Community leaders also stated interest in looking at three emerging health issues
## 2013 Community Health Assessment Priority Areas

<table>
<thead>
<tr>
<th>County</th>
<th>Issue #1</th>
<th>Issue #2</th>
<th>Disparity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chemung</td>
<td>Reduce Obesity in Children and Adults</td>
<td>Reduce Tobacco Use</td>
<td>Reduce tobacco use of low income populations including those with mental health and substance abuse issues.</td>
</tr>
<tr>
<td>Livingston</td>
<td>Prevent Chronic Disease: Obesity/Diabetes</td>
<td>Promote Mental Health/Prevent Substance Abuse</td>
<td>Decrease Obesity in Low-Income Populations</td>
</tr>
<tr>
<td>Monroe</td>
<td>Reduce Obesity</td>
<td>Reduce Illness, Disability and Death Related to Tobacco Use and Secondhand Smoke Exposure</td>
<td>Increase access to high-quality chronic disease preventive care and management in clinical and community setting.</td>
</tr>
<tr>
<td>Ontario</td>
<td>Reduce the Rate of Obesity in Children and Adults</td>
<td>Reducing the Rate of Hypertension</td>
<td>Reducing Obesity Among the Low-Income Population</td>
</tr>
<tr>
<td>Schuyler</td>
<td>Reduce Obesity in Children and Adults</td>
<td>Reduce Illness, Disability and Death Related to Diabetes</td>
<td>Screen for Diabetes Risk 10% of the County's 20-49 Year Old Population, as many do not have Primary Care Physician nor Health Insurance Coverage. Once Screened for their Risk of Diabetes, they would be Referred to a Primary Care Physician (PCP) and if Appropriate a Navigator to be Screened for Health Insurance Eligibility.</td>
</tr>
<tr>
<td>Seneca</td>
<td>Reduce Obesity in Children and Adults</td>
<td>Prevent Substance Abuse and Other Mental, Emotional, and Behavioral Health Disorders</td>
<td>Tobacco use among those with Poor Mental Health</td>
</tr>
<tr>
<td>Steuben</td>
<td>Reduce Obesity in Children and Adults</td>
<td>Reduce Heart Disease and Hypertension</td>
<td>Promote Tobacco Cessation, Especially Among Low SES Population and Those with Mental Health Illness</td>
</tr>
<tr>
<td>Wayne</td>
<td>Reduce Obesity</td>
<td>Reduce Heart Disease</td>
<td>Reduce Obesity Among Low-Income Population</td>
</tr>
<tr>
<td>Yates</td>
<td>Prevent Obesity</td>
<td>Prevent Hypertension</td>
<td>Access to Specialty Care for the Low-Income Population</td>
</tr>
</tbody>
</table>
Approach & Methodology, Continued

• The process of data collection began with a review of the New York State Prevention Agenda Dashboard
  – Additional data were collected from:
    • The Expanded Behavioral Risk Factor Surveillance System;
    • The Statewide Planning and Research Cooperative System (SPARCS);
    • NYSDOH VITAL Statistics Mortality file;
    • FLHSA High Blood Pressure Registry; and
    • FLHSA Multi-Payer Claims Database

• Data were compared to either the New York State Prevention Agenda Objective for 2018 or Upstate New York
THE FINGER LAKES REGION:
DEMOGRAPHICS
The Finger Lakes Region

- There are approximately 1,281,374 persons living in the Finger Lakes Region. Age/Gender distributions are essentially equivalent, but begin to shift towards the female population starting at age 75.

*Population by Age and Sex*

Data Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2010-2014
The Finger Lakes Region, Continued

- Population projections show little change in the pre-school, school aged and adults of child bearing ages by 2020. The 45-64 population will decrease slightly, while the 65+ age group will grow.

Data Source: Cornell University, Program on Applied Demographics 2011 Population Projections
The Finger Lakes Region, Continued

• There are higher rates of post-secondary educational attainment in Monroe and Ontario County. Over half of Schuyler, Seneca, and Yates County have only achieved a high school degree or less.

Educational Attainment of the Population Age 25+ by Finger Lakes County, 2012

- Less than 9th grade
- High School, no diploma
- High school graduate
- Some college, no degree
- Associate's degree
- Bachelor's degree
- Graduate or professional degree

Data Source: US Census Bureau; 2012 ACS 5-Year Estimates
The Finger Lakes Region, Continued

• Rates of persons living with a disability in the region are higher than the New York State average. Steuben County rates are the highest in the region (15.5%).

![Bar graph showing percent of non-institutionalized population with a disability by county, 2012](source: US Census Bureau; 2012 ACS 5-Year Estimates)
Socioeconomic status affects various aspects of a person’s health. A substantial portion of the region is living at a low socioeconomic status.
The Finger Lakes Region, Continued

- There is a high percentage of the eastern and southern portions of the Finger Lakes Region who are uninsured.

Percent of Finger Lakes Region Uninsured by ZIP Code

Uninsured Rate by ZIP Code

2009-2013 5 Year Estimate American Community Survey
U.S. Census Bureau
DATA UPDATES: THE EIGHT PRIORITY AREAS
The Eight Priority Areas

• 2013 Community Health Assessment Priority Areas
  – Obesity
  – Tobacco Use
  – Chronic Disease
    • Hypertension
    • Diabetes
    • Heart Disease

• Emerging Health Issues
  – Behavioral Health
  – Falls, Slips and Trips in 65+ Population
  – Low Back Pain
PRIORITY AREA 1: OBESITY
Obesity

• Obesity remains a significant issue in the Finger Lakes Region.

Percent of Adults who are Obese in Finger Lakes Region

Percent of Obese Adults In Finger Lakes Region, 2013-2014

The Prevention Agenda Objective for 2018 is 23.2% of Adults

Obesity

- Childhood obesity in the Finger Lakes Region is highest in Yates and Seneca County.

PRIORITY AREAS 2-4: CHRONIC DISEASE
HYPERTENSION, DIABETES, AND HEART DISEASE
Chronic Disease- Hypertension

- According to the CDC, approximately 30% of adults are diagnosed with hypertension. This rate is slightly elevated in the Finger Lakes Region.

![](Percentage of Adults with Physician Diagnosed High Blood Pressure)

Chronic Disease- Hypertension

- Hypertension control rates are higher in the Finger Lakes Region than in Upstate New York.

Hypertension Control Rates, June 2015

Data Source: FLHSA/RBA High Blood Pressure Registry, June 2015
Note: Chemung has been excluded due to small sample.
Chronic Disease- Hypertension

- Hypertension PQIs are also lower than Upstate New York for several counties.

*Rate of Inpatient Prevention Quality Indicators for Hypertension Discharges per 100,000 Population*

Data Source: SPARCS, 2013
Hypertension as a primary or comorbidity diagnosis
Chronic Disease - Heart Disease

- Heart Disease admission rates in the Finger Lakes Region are highest in Wayne and Chemung County.

Rate of Inpatient Heart Disease Admissions per 100,000 Population

Data Source: SPARCS, 2013
Chronic Disease: Diabetes

- The percentage of adults with physician diagnosed diabetes in the region are higher than the New York State average.

Percentage of Adults with Physician Diagnosed Diabetes

Chronic Disease: Diabetes

- Rates of diabetes short-term complications in the region are higher than the Prevention Agenda Objective, with the exception of Yates County.

Data Source: New York State Prevention Agenda, 2011-2013
PRIORITY AREA 5: TOBACCO USE
Tobacco Use

- Rates of cigarette smoking adults in each county are significantly higher than the Prevention Agenda Objective for 2018.

Tobacco Use

- Rates of adults with current Asthma are highest in Chemung and Ontario County.
Tobacco Use

- Rates of respiratory PQIs in the region are highest in Chemung and Schuyler County.

Rate of Respiratory Prevention Quality Indicators

Data Source: SPARCS, 2013
PRIORITY AREA 6: BEHAVIORAL HEALTH
Behavioral Health

- Rates of poor mental health in the region are highest in Chemung and Schuyler County.

Percentage of Adults with Poor Mental Health for 14 or More Days in the Last Month


*Unreliable due to large standard error.
Rates of ED visits related to Mental Health or Substance Abuse have increased regionally from 2013-2014.

Data Source: SPARCS, 2013-2014. Diagnosis includes primary or comorbidity
Behavioral Health

- Inpatient admissions related to opiate abuse are lower than Upstate New York rates. However, Steuben and Yates have higher ED rates than Upstate New York.

Data Source: SPARCS, 2014
Behavioral Health

- Heroin overdoses in the region are a concern for numerous counties in the Finger Lakes Region.

Data Source: SPARCS, 2014
Behavioral Health

- 5-Year trends show a dramatic increase in the number of heroin overdoses in the Finger Lakes Region.

Data Source: SPARCS, 2010-2014

March 15, 2016
www.flhsa.org
Behavioral Health

- Self-inflicted injury rates are higher than the Upstate New York average for many counties in the Finger Lakes Region.

*Rate of Inpatient and ED Discharges with a Self-Inflicted Injury Diagnosis*

Data Source: SPARCS, 2014
Behavioral Health

- Suicide rates are also higher than the Upstate New York average for some counties in the Finger Lakes Region.

Suicide Mortality Rate per County

PRIORITY AREA 7: FALLS, SLIPS AND TRIPS IN THE 65+ POPULATION
Falls, Slips and Trips

- Schuyler County has the highest rates of falls, slips and trips in the 65+ population in the region.

Percent of Adults Aged 65+ with at Least One Reported Fall in Past 12 Months


*Unreliable due to large standard error
Falls, Slips and Trips

- Schuyler County also has the highest rate of emergency department visits for the 65+ population related to falls, slips and trips

*Rate of ED Fall Visits per 100,000 for Population Aged 65+

Data Source: SPARCS, 2013
PRIORITY AREA 8: LOW BACK PAIN
Low Back Pain

- The percent of the members in the FLHSA claims database with a diagnosis for low back pain (i.e. sciatica, unspecified low back pain, etc.).
Low Back Pain

• Percent of the members in the FLHSA claims database with a procedure code for low back pain (i.e. spinal/nerve injections).

Data Source: Aggregated Claims Data, 2014

Percent of Claims Data Members 18+ with a Procedure for Low Back Pain
Low Back Pain

- Data from 2010-2014 for low back pain diagnoses in the region have not changed much.

*Percent of Claims Data Members 18+ with a Diagnosis for Low Back Pain, 2010-2014*

Data Source: Aggregated Claims Data, 2010-2014
KEY FINDINGS
Key Findings

• The 2013 CHA priorities remain areas for concern in the Finger Lakes Region.

• Behavioral Health issues, and specifically substance use disorders, are a significant emerging health issue across the Finger Lakes Region.

• SES was the most commonly reported disparity in the 2013 CHAs.

• Specific disparity data for some of the measures provided may be producible. Specific data requests can be sent to catiehoran@flhsa.org.
A copy of the report and PowerPoint slides are available on the Finger Lakes Health Systems Agency website.

www.flhsa.org

QUESTIONS?
Finger Lakes Health Systems Agency is the region’s health planning center. Through extensive data collection and analysis, the agency identifies community needs, then brings together residents, hospitals, insurers, physicians and other community partners to find solutions. Located in Rochester, FLHSA serves the nine counties of Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Wayne and Yates.