



Cortland Counts:

An Assessment of Health and Well-Being in Cortland County

2013

SEVEN VALLEYS HEALTH COALITION, INC.

*In cooperation with: Cortland County Health Department . Cortland Regional Medical Center
SUNY Cortland Institute for Civic Engagement . United Way for Cortland County*

www.sevenvalleyshealth.org

Cortland Counts: An Assessment of Health and Well-Being in Cortland County

July 2013 Community Report Card

OVERVIEW

Since 2001, five local organizations and agencies have collaborated as the Community Assessment Team (CAT), to create *Cortland Counts*, an annual “Report Card” on the health and well-being of our community: Seven Valleys Health Coalition (SVHC), the Cortland County Health Department, SUNY Cortland’s Institute for Civic Engagement, Cortland Regional Medical Center, and the United Way for Cortland County.

This thirteenth report card highlights selected data provided in the 2013 Comprehensive Report, ***Cortland Counts: An Assessment of Health and Well-Being in Cortland County***, in five categories: 1) Health and Safety; 2) Social Cohesion, Culture and Recreation; 3) Employment, Economy, and Welfare; 4) Housing and Environment; and 5) Positive Development Through the Life Stages.

FORMAT

Statistics from Cortland County are compared to upstate, state, and national data. Upstate NY consists of 57 of 62 counties (New York City counties excluded). The **Healthy People 2020** goals of the Centers for Disease Control (CDC) are also noted for measures where available. These goals, developed by the U.S. Department of Health and Human Services, are objectives for improving the health of all Americans.



An apple symbol represents a favorable status for Cortland County.



A magnifying glass symbol means the community should take a closer look at this indicator.



Up and down arrows show the desired direction of change.

PURPOSE

Cortland Counts is an integrated assessment, planning, and evaluation process which recognizes the interdependence of all sectors of the community in influencing quality of life for local residents. It gives organizations and individuals in Cortland County a voice in determining local priorities and solutions. The process is also sensitive to local needs, changes in state and national health care policies, and evidence-based practice guidelines.

The **Cortland Counts** Report Cards and Comprehensive Report are used by local community agencies and organizations for assessment, planning, grant writing, and other activities, and to better understand and meet the needs of Cortland County residents.

THE ASSESSMENT PROCESS

The Community Assessment is ongoing process that includes annual events and publications. It considers where Cortland County has been in the past, where we are now, and where we would like to be in the future.

Community Forum: The annual Community Forum, held each January, presents speakers with knowledge and expertise in each of five “track” areas. Over 115 key leaders and community members attended the 2013 Forum.

Track Break-out Sessions: Sessions following the annual forum are used to update track goals in response to changing needs. For each track an organization, or coalition of organizations, coordinates the development and implementation of goals:

- **Health Track:** SVHC, in conjunction with the County Health Department, Cortland Regional Medical Center, and Family Health Network
- **Youth Track:** Cortland Area Communities That Care Coalition (CACTC)
- **Sustainability Track:** Sustainable Cortland, SUNY Cortland
- **Housing Track:** Access to Independence of Cortland County (ATI)
- **Economic Track:** Business Development Corporation/Industrial Development Agency (BDC/IDA)

Follow-up meetings are held periodically during the year as needed for each track area. Community members are welcome to attend.

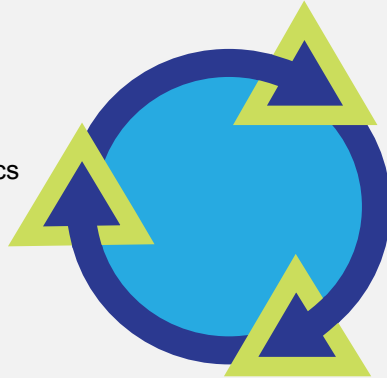
Cortland Counts Comprehensive Report: Issued every four years, the nearly 150-page comprehensive report includes more extensive objective data for each of the five categories included in the shorter report card, as well as community opinion and subjective feedback through focus group sessions with various constituencies and stakeholders.

COMMUNITY PARTICIPATION

This is a *community* assessment process, and all community members are invited to attend the annual forum and track break-out sessions. Together we can chart a better future for Cortland County.

Community Assessment Process

Annual Community Forum
in January, speakers on topics of importance and interest for each of five tracks



Track break-out sessions and follow-up meetings to set, implement, and evaluate community goals

Annual Cortland Counts Report Card published in July with objective data and statistics

Cortland Counts Comprehensive Report
(the "Big" report), published every 4 years

ARCHIVE

All previous editions of **Cortland Counts** are available online at:

www.sevenvalleyshealth.org/cortlandcounts.htm

Hard copies for selected years are available through Seven Valleys Health Coalition: Report Cards: 2001-2013; Comprehensive Reports: 2001, 2002, 2005, 2005, 2009, 2013



























COVER PHOTO

Cover photo by Emma Ignaszewski: J. Smith barn and silo, Taylor Valley Road, Taylor, NY



















Indicators of Health and Safety

	Indicators	Cortland County	Upstate NY	New York State	National Data	Healthy People 2020 Goal	Cortland Status	Cortland County Goal
1)	Births to women receiving 1 st trimester prenatal care	74.0% ¹ (2011)	70.1% ¹ (2011)	69.7% ¹ (2011)	70.7% ^{2*} (2008)	77.9%		
2)	Low birth weight babies - all births (<2500g)	6.2% ¹ (2011)	7.8% ¹ (2011)	8.1% ¹ (2011)	8.1% ³ (2011)	7.8%		
3)	Hospitalizations for asthma in children ages 0-4 yrs.	7.7/10,000 ^{4**} (2008-2010)	35.8/10,000 ⁴ (2008-2010)	57.4/10,000 ⁴ (2008-2010)		18.1/10,000		
4)	Teen pregnancy, 15-19 yrs.	29.7/1,000 ¹ (2011)	30.8/1,000 ¹ (2011)	45.9/1,000 ¹ (2011)				
	a) Pregnancy, ages 15-17 yrs.	20.7/1,000 ¹ (2011)	15.8/1,000 ¹ (2011)	25.3/1,000 ¹ (2011)		36.2/1,000		
	b) Pregnancy, ages 18-19 yrs.	35.0/1,000 ¹ (2011)	51.5/1,000 ¹ (2011)	74.7/1,000 ¹ (2011)		105.9/1,000		

Indicators of Health and Safety

	Indicators	Cortland County	Upstate NY	New York State	National Data	Healthy People 2020 Goal	Cortland Status	Cortland County Goal
5)	Cigarette use							
	a) Adult Population, everyday smoker ^{AA}	15.6% ⁵ (2009)	13.8% ⁵ (2009)	10.6% ⁶ (2012)	13.5% ⁶ (2012)			
	b) Adult Population current smoker ^{AA}	24.0% ⁷ (2012)	18.9% ⁵ (2009)	16.2% ⁶ (2012)	19.6% ⁶ (2012)	12%		
	c) Women during pregnancy	32.8% ¹ (2011)	25.5% ¹ (2011) SCNY ^{***}	N/A	16.0% ² (2012)	1.4%		
6)	Alcohol use by women in Medicaid Prenatal Care Program	6.9% ⁷ (2011)				1.7%		
7)	Population with fluoride in public water supply	2.2% ⁸ (based on 2010 census)		74.7% ⁹ (2010)	73.9% ⁹ (2010)	79.6%		
8)	Dental visit in past year, percent of population 18+ yrs.	64.3% ⁵ (2009)	73.0% ⁵ (2009)	67.5% ^{10, AA} (2012)	67.2% ^{10, AA} (2012)	49%		
9)	a) Lung & bronchus cancer incidence rate, men ^{AA}	108.5/100,000 ¹¹ (2006-2010)	82.1/100,000 ¹¹ (2006-2010)	76.3/100,000 ¹¹ (2006-2010)	74.3/100,000 ¹² (2006-2010)			
	b) Lung & bronchus cancer incidence rate, women ^{AA}	70.5/100,000 ¹¹ (2006-2010)	64.4/100,000 ¹¹ (2006-2010)	56.0/100,000 ¹¹ (2006-2010)	51.9/100,000 ¹² (2006-2010)			
10)	Breast cancer incidence rate, females ^{AA} †	103.2/100,000 ¹¹ (2006-2010)	134.3/100,000 ¹¹ (2006-2010)	127.7/100,000 ¹¹ (2006-2010)	123.8/100,000 ¹² (2006-2010)			
11)	Cervix uteri cancer incidence rate, females ^{AA}	4.2/100,000 ^{11 **} (2006-2010)	7.4/100,000 ¹¹ (2006-2010)	8.4/100,000 ¹¹ (2006-2010)	7.9/100,000 ¹² (2006-2010)			
12)	Prostate cancer incidence rate ^{AA}	170.2/100,000 ¹¹ (2006-2010)	169.5/100,000 ¹¹ (2006-2010)	167.3/100,000 ¹¹ (2006-2010)	152.0/100,000 ¹² (2006-2010)			
13)	a) Colorectal cancer incidence rate for men ^{AA}	50.1/100,000 ¹¹ (2006-2010)	52.1/100,000 ¹¹ (2006-2010)	53.3/100,000 ¹¹ (2006-2010)	52.2/100,000 ¹² (2006-2010)			
	b) Colorectal cancer incidence rate for women ^{AA}	52.9/100,000 ¹¹ (2006-2010)	40.8/100,000 ¹¹ (2006-2010)	40.9/100,000 ¹¹ (2006-2010)	39.3/100,000 ¹² (2006-2010)			

Indicators of Health and Safety

	Indicators	Cortland County	Upstate NY	New York State	National Data	Healthy People 2020 Goal	Cortland Status	Cortland Goal
14)	HIV case rate	3.4/100,000 ³¹ ††† (2008-2010)	5.5/100,000 ³¹ **** (2008-2010)	21.4/100,000 ³¹ (2008-2010)	18.8/100,000 ¹⁴ (2010)			
15)	Chlamydia incidence rate	346.6/100,000 ¹⁵ (2011)	334.7/100,000 ¹⁵ (2011)	528.7/100,000 ¹⁵ (2011)	457.6/100,000 ¹⁶ (2011)			
16)	Diseases of the heart mortality rate	151.3/100,000 ¹³ (2011) AS	183.5/100,000 ¹³ (2011) AS	187.1/100,000 ¹³ (2011) AS	179.1/100,000 ² (2010) AA			
17)	Cerebrovascular disease mortality rate	44.9/100,000 ¹³ (2011) AS	30.0/100,000 ¹³ (2011) AS	26.6/100,000 ¹³ (2011) AS	39.1/100,000 ² (2010) AA	33.8/100,000		
18)	Chronic lower respiratory disease (CLRD or COPD) mortality rate—all ages	72.3/100,000 ¹³ (2011) AS	36.2/100,000 ¹³ (2011) AS	30.5/100,000 ¹³ (2011) AS	42.2/100,000 ² (2010) AA	98.5/100,000 Age 45+		
19)	Diabetes Mellitus mortality rate	9.7/100,000 ¹³ (2011) AS	15.5/100,000 ¹³ (2011) AS	17.4/100,000 ¹³ (2011) AS	20.8/100,000 ² (2010) AA	65.8/100,000		
20)	Suicide rate	6.9/100,000 ¹³ (2011) AS	9.7/100,000 ¹³ (2011) AS	8.0/100,000 ¹³ (2011) AS	12.1/100,000 ² (2010) AA	10.2/100,000		
21)	Population Healthy Weight (BMI = 18.5 to 24 for ages 18+) ^{AA}	39.1% ⁵ (2009) (calculated value)	39.4% ⁵ (2009) (calculated value)	37.6% ¹⁷ (2011)	34.5% ¹⁷ (2011)	33.9%		
22)	Population Overweight/Obese (BMI = 25+ for ages 18+) ^{AA} ††	60.9% ⁵ (2009)	60.6% ⁵ (2009)	60.3% ¹⁷ (2011)	63.5% ¹⁷ (2011)			
23)	Physical activity, ages 18+							
	a) Participated in 150 minutes or more of aerobic physical activity per week			51.5% ⁶ (2011)	51.7% ⁶ (2012)	47.9% (moderate intensity at least 150 min/wk. OR vigorous intensity at least 75 min/wk.)		
	b) Participated in muscle strengthening exercises more than twice per week			30.1% ⁶ (2011)	29.6% ⁶ (2012)	24.1%		
	c) Participated in enough aerobic and muscle strengthening exercises to meet guidelines			21.5% ⁶ (2012)	21.0% ⁶ (2012)	20.1%		

	Indicators	Cortland County	Upstate NY	New York State	National Data	Healthy People 2020 Goal	Cortland Status	Cortland Goal
24)	Children overweight/obese, body mass index (BMI) \geq 85 th percentile ‡‡			32.4% ¹⁸ (2011-2012) (ages 10-17 yrs.)	31.3% ¹⁸ (2011-2012) (ages 10-17 yrs.)	15.7% (ages 6-11 yrs.) 16.1% (ages 12-19 yrs.)		
	a) Elementary School ‡‡	28.4 – 40.9% ¹⁹ ‡ ‡‡‡ (2010-2012)	33.0% ¹⁹ ‡ (2010-2012)					
	b) Middle / High School ‡‡	18.3 – 47.2% ¹⁹ ‡ ‡‡‡ (2010-2012)	35.0% ¹⁹ ‡ (2010-2012)		28.2% ²⁰ (2011 High School)			
	c) Total, elementary, middle, high school ‡‡	33.7 – 40.6% ¹⁹ ‡ ‡‡‡ (2010-2012)	33.7% ¹⁹ ‡ (2010-2012)					
25)	Children and adolescents, obese, body mass index (BMI) \geq 95 th percentile ‡‡	17.8% ¹⁹ (2010-2012)	17.6% ¹⁹ (2010-2012)		16.9% ²¹ (2009-2010)			
26)	Reported DWI arrests for youth, 16-21 yrs.	78.9/10,000 ⁴ (2011)	47.0/10,000 ⁴ (2011)	32.2/10,000 ⁴ (2011)				
27)	Reported DWI arrests (all ages)	63.8/10,000 ⁷ (2011)	33.5/10,000 ⁷ (2011)	23.4/10,000 ⁷ (2011)				
28)	Children/Youth in Indicated Reports of Abuse/Maltreatment	32.7% ⁴ (2011)	24.2% ⁴ (2011)	29.1% ⁴ (2011)				
29)	Property crime reported	2,093.5/100,000 ²² (2012)	2,026.4/100,000 ²² (2012)	1898/100,000 ²² (2012)	2908.7/100,000 ²³ (2011)			
30)	Violent crime reported	129.0/100,000 ²² (2012)	232.6/100,000 ²² (2012)	405/100,000 ²² (2011)	386.3/100,000 ²³ (2011)			

Indicators of Social Cohesion, Culture and Recreation

	Indicators	Cortland County	Upstate NY	New York State	National Data	Cortland Status	Cortland County Goal
1)	Attendance at museums, theaters, galleries and cultural centers	82,230 ⁷ (2012)					
2)	Registered voters	30,198 ²⁴ (April, 2013)	7,149,793 ²⁴ (April, 2013)	11,877,100 ²⁴ (April, 2013)	153,157,000 ²⁵ (2012)		
3)	Registered voters that actually voted in presidential race	61.7% ²⁴ (2012)	63.6% ²⁴ (2012)	59.5% ²⁴ (2012)	56.5% ²⁵ (2012)		
4)	Retired Senior Volunteer Program (RSVP) hours	64,555.5 ⁷ (2012)					

Indicators of Employment, Economy, and Welfare

	Indicators	Cortland County	Upstate NY	New York State	National Data	Cortland Status	Cortland County Goal
1)	Median household income	\$44,397 ²⁶ (2011)		\$55,147 ²⁶ (2011)	\$50,502 ²⁶ (2011)		
2)	Number employed age 16 yrs+ (not seasonally adjusted)	24,300 ²⁷ (2012)	5,584,700 ²⁷ (2012)	8,772,500 ²⁷ (2012)	142,469,000 ²⁸ (2012)		
3)	Unemployment (not seasonally adjusted)	8.6% 8.8% ²⁷ (2011) (2012)	7.7% 8.0% ²⁷ (2011) (2012)	8.3% 8.5% ²⁷ (2011) (2012)	8.9% 8.1% ²⁸ (2011) (2012)		
4)	Children receiving public assistance (ages 0 - 17 yrs.)	5.4% ⁴ (2012)	4.9% ⁴ (2012)	7.0% ⁴ (2012)			
5)	Children below poverty (ages 0 - 17 yrs.)	22.3% ⁴ (2011)	17.5% ⁴ (2011)	22.8% ⁴ (2011)	22.0% ²⁹ (2010)		

Indicators of Housing and Environment

1)	Median housing value (3-yr. estimate)	\$106,000 ³⁰ (2009-2011)		\$294,400 ³⁰ (2009-2011)	\$179,500 ³⁰ (2009-2011)		
2)	Vacant housing (3-yr. estimate)	11.9% ³⁰ (2009-2011)		11.0% ³⁰ (2009-2011)	12.8% ³⁰ (2009-2011)		
3)	Mobile home housing (3-yr. estimate)	9.5% ³⁰ (2009-2011)		2.4 % ³⁰ (2009-2011)	6.5% ³⁰ (2009-2011)		
4)	Percent of drinking water systems in compliance for:						
	a) max contaminants (Bacteriological)	98.9% ⁷ (2012)		98.5% ⁷ (2011)			
	b) treatment technique	98.9% ⁷ (2012)		92.8% ⁷ (2011)			
	c) reporting requirements	63.7% ⁷ (2012)		72.2% ⁷ (2011)			

Indicators of Positive Development through the Life Stages

1)	High school dropouts	2.5% ⁴ (2010 - 2011)	1.7% ⁴ (2010 - 2011)	2.7% ⁴ (2010 - 2011)			
2)	High School graduates intending to go to college §	77.1% ⁴ (2010 - 2011)	87.8% ⁴ (2010 - 2011)	82.0% ⁴ (2010 - 2011)			
3)	Persons in need of supervision (PINS), ages 7 -17 yrs.	68 (total #) ⁷ (2012)	6,444 (total #) ⁴ (2011) §§				
4)	Children in foster care (ages 0 - 21 yrs.)	7.2/1000 ⁴ (2011)	2.3/1000 ⁴ (2011)	3.8/1000 ⁴ (2011)			

Report Card Key



Indicates favorable status for Cortland County compared to Upstate, New York State, and/or National data



A closer look is required. Change in percent or rate may be desired



Goal is to decrease the number



Goal is to increase the number

~ Neither favorable nor unfavorable

BMI = Body Mass Index

BRFSS = Behavioral Risk Factor Surveillance Survey

AA = age-adjusted to the 2000 US standard population

AS = age-sex adjusted to the 2000 US standard population

- * 2008 CDC national data on first trimester prenatal care based on 22 states (includes NY State but excludes NY City)
- ** Rates are not stable when the number is less than 20
- *** South Central New York (Broome, Chenango, Cortland, Delaware, Otsego, Tioga, and Tompkins Counties)
- **** Central New York Region (Cayuga, Cortland, Herkimer, Jefferson, Lewis, Madison, Oneida, Onondaga, St. Lawrence, and Tompkins Counties)
- † Previous report cards stated “breast cancer;” data has been and continues to be for female breast cancer
- †† Report cards before 2012 for ages 20+
- ††† Rate is not stable when the number is less than 10.
- ‡ Cortland County and Upstate percentages based on school health records for students in selected grades; may not represent all students
- ‡‡ Direct comparisons should not be made between data from different sources and years
- ‡‡‡ Range for the 5 school districts in Cortland County
- § The term “college” includes four-year and two-year post-secondary institutions, as well as other post-secondary education programs
- §§ Number is for 41 counties using probation departments for PINS intake

Sources

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25. <http://www.census.gov/hhes/www/socdemo/voting/>
26. <http://www.census.gov//did/www/saipe>
27. <http://labor.ny.gov/stats/laus.asp>
28. www.bls.gov
29. http://www.census.gov/hhes/www/cpstables/032011/pov/new01_100_01.htm
30. www.factfinder2.census.gov/
31. <http://www.health.ny.gov/statistics/chac/general/q43.htm>

You can assist us with this project:

- What other data would you like to see in this report?
- How will you use these data?
- How can we make a better report, and a better community?

Cortland Counts Report Cards, Comprehensive Reports, and Track Goals for 2013 are available online at:
www.sevenvalleyshealth.org/cortlandcounts.htm

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