



Cortland Counts:

An Assessment of Health and Well-Being in Cortland County

2014

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, Inc.*

www.sevenvalleyshealth.org

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

July 2014 Community Report Card

OVERVIEW and PURPOSE

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 (CCHD), SUNY Cortland Institute for Civic Engagement, Cortland Regional Medical Center (CRMC), and the United Way for Cortland County.

Cortland Counts is an integrated assessment, planning, and evaluation process that 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 tool for determining local priorities and solutions. The process is also sensitive to local needs, changes in state and national policies, and evidence-based practice guidelines.

The 14th annual report card includes updated data in five areas: 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.

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

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 are excluded). The **Healthy People 2020** goals are noted where available. Developed by the U.S. Department of Health and Human Services, these goals are objectives for improving the health of all Americans.

The current report card includes several new measures that reflect the goals of the NYS Prevention Agenda 2013–2017. The Prevention Agenda establishes five priority areas to improve the health of state residents and reduce health disparities. Cortland County has chosen two of these areas as primary focal points for its Community Health Improvement Plan submitted to the NYS Department of Health: 1) Prevent Chronic Diseases, and 2) Promote Healthy Women, Infants, and Children. For more information on the Prevention Agenda, go to:

http://www.health.ny.gov/prevention/prevention_agenda/2013-2017/index.htm

THE ASSESSMENT PROCESS

Cortland Counts is an ongoing community assessment and implementation process. It considers where Cortland County has been in the past, where we are now, and where we would like to be in the future, and it includes the following:

- **Annual Report Card:** issued in July
- **Annual Community Forum:** The Community Forum, held each January, features speakers with knowledge and expertise in each of five “track” areas. Over 130 key leaders and community members attended the 2014 Forum.
- **Track Break-out Sessions:** Sessions following the forum are used to update track goals in response to changing community needs. For each track an organization, or coalition of organizations, coordinates the development and implementation of goals:

Health Track: SVHC, with CCHD, CRMC, 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 for tracks are held periodically during the year as needed. Track goals can be found on the SVHC website.

Cortland Counts Comprehensive Report

The 175-page comprehensive report is issued every four years, most recently in 2013. It includes extensive objective data for each of the five categories in the annual report card, as well as community opinion and subjective feedback received through surveys and focus groups held with community members and stakeholders.

The Community Assessment Process

Annual Community Forum
in January, speakers on
topics of importance &
interest for each track



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

**Annual Cortland Counts
Report Card** published
mid-year with objective
data and statistics

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

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 healthy, vibrant, and sustainable future for Cortland County.



























ARCHIVE

Previous editions of **Cortland Counts** are available on the SVHC website at: www.sevenvalleyshealth.org/.

Cover photo, Emma Ignaszewski: Railroad Crossing, Grant Street, Cortland

Indicators of Health and Safety

Key to symbols and footnotes on back cover

	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	80.9% ¹ (2012)	73.2% ¹ (2012)	71.8% ¹ (2012)	73.1% ^{34*} (2010)	77.9%		
2)	Low birth weight babies - all births (<2500g)	6.5% ¹ (2012)	7.5% ¹ (2012)	7.9% ¹ (2012)	8.0% ³ (2012)	7.8%		
3)	Preterm births with less than 37 weeks gestation	12.4% ³¹ (2012)	10.7% ³¹ (2012)	10.8% ³¹ (2012)	11.6% ³ (2012)	11.4%		
4)	Infants exclusively breastfed in the hospital	64.9% ³¹ (2012)	48.9% ³¹ (2012)	40.6% ³¹ (2012)	40.7% ³² (2011) (exclusive breastfeeding at 3 months)	46.2% (exclusive breastfeeding at 3 months)		
5)	Hospitalizations for asthma in children ages 0-4 yrs.	10.1/10,000 ^{4**} (2009-2011)	35.0/10,000 ⁴ (2009-2011)	56.8/10,000 ⁴ (2009-2011)		18.1/10,000		
6)	a) Teen pregnancy, 15-19 yrs.	24.7/1,000 ¹ (2012)	29.0/1,000 ¹ (2012)	41.1/1,000 ¹ (2012)				
	b) Pregnancy, ages 15-17 yrs.	19.5/1,000 ¹ (2012)	14.8/1,000 ¹ (2012)	22.6/1,000 ¹ (2012)		36.2/1,000		
	c) Pregnancy, ages 18-19 yrs.	27.5/1,000 ¹ (2012)	47.8/1,000 ¹ (2012)	66.4/1,000 ¹ (2012)		105.9/1,000		
7)	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}	21.2% ⁵ (2009)	18.9% ⁵ (2009)	16.2% ⁶ (2012)	19.6% ⁶ (2012)	12%		
	c) Women during pregnancy	27.8% ¹ (2012)	14.3% ^{*** 1} (2012)	8.4% ^{*** 1} (2012)	16.0% ² (2012)	1.4%		
8)	Population with fluoride in public water supply	2.2% ⁸ (based on 2010 census)		74.7% ⁹ (2010)	73.9% ⁹ (2010)	79.6%		
9)	Dental visit in past year, percent of population 18+ yrs.	64.1% ^{5, AA} (2009)	72.7% ^{5, AA} (2009)	67.5% ^{10, AA} (2012)	67.2% ^{10, AA} (2012)	49%		

Indicators of Health and Safety

Key to symbols and footnotes on back cover

	Indicators	Cortland County	Upstate NY	New York State	National Data	Healthy People 2020 Goal	Cortland Status	Cortland County Goal
10)	a) Lung & bronchus cancer incidence rate, males ^{AA}	104.5/100,000 ¹¹ (2007-2011)	81.1/100,000 ¹¹ (2007-2011)	75.5/100,000 ¹¹ (2007-2011)	72.7/100,000 ¹² (2007-2011)			
	b) Lung & bronchus cancer incidence rate, females ^{AA}	70.7/100,000 ¹¹ (2007-2011)	63.9/100,000 ¹¹ (2007-2011)	55.7/100,000 ¹¹ (2007-2011)	51.1/100,000 ¹² (2007-2011)			
11)	Breast cancer incidence rate, females ^{AA} †	117.7/100,000 ¹¹ (2007-2011)	134.8/100,000 ¹¹ (2007-2011)	128.6/100,000 ¹¹ (2007-2011)	124.6/100,000 ¹² (2007-2011)			
12)	Cervix uteri cancer incidence rate, females ^{AA}	4.2/100,000 ¹¹ ** (2007-2011)	7.1/100,000 ¹¹ (2007-2011)	8.1/100,000 ¹¹ (2007-2011)	7.8/100,000 ¹² (2007-2011)			
13)	Prostate cancer incidence rate, males ^{AA}	146.2/100,000 ¹¹ (2007-2011)	164.1/100,000 ¹¹ (2007-2011)	163.4/100,000 ¹¹ (2007-2011)	147.8/100,000 ¹² (2007-2011)			
14)	a) Colorectal cancer incidence rate, males ^{AA}	50.6/100,000 ¹¹ (2007-2011)	50.5/100,000 ¹¹ (2007-2011)	51.6/100,000 ¹¹ (2007-2011)	50.6/100,000 ¹² (2007-2011)			
	b) Colorectal cancer incidence rate, females ^{AA}	46.0/100,000 ¹¹ (2007-2011)	39.9/100,000 ¹¹ (2007-2011)	39.8/100,000 ¹¹ (2007-2011)	38.2/100,000 ¹² (2007-2011)			
15)	HIV case rate	4.1/100,000 ^{AA 31 **} (2010-2012)	6.7/100,000 ^{AA 31} (2010-2012)	18.3/100,000 ^{AA 31} (2010-2012)	15.8/100,000 ¹⁴ (2011)			
16)	Chlamydia incidence rate	474.0/100,000 ¹⁵ (2012)	340.7/100,000 ¹⁵ (2012)	517.3/100,000 ¹⁵ (2012)	456.7/100,000 ¹⁶ (2012)			
17)	Diseases of the heart mortality rate	191.2/100,000 ¹³ (2012) AS	176.5/100,000 ¹³ (2012) AS	179.8/100,000 ¹³ (2012) AS	179.1/100,000 ² (2010) AA			
18)	Cerebrovascular disease mortality rate	39.3/100,000 ¹³ (2012) AS	29.6/100,000 ¹³ (2012) AS	25.6/100,000 ¹³ (2012) AS	39.1/100,000 ² (2010) AA	33.8/100,000		
19)	Chronic lower respiratory disease (CLRD or COPD) mortality rate—all ages	60.2/100,000 ¹³ (2012) AS	36.8/100,000 ¹³ (2012) AS	30.2/100,000 ¹³ (2012) AS	42.2/100,000 ² (2010) AA	98.5/100,000 Age 45+		
20)	Diabetes Mellitus mortality rate	25.3/100,000 ¹³ (2012) AS	15.3/100,000 ¹³ (2012) AS	17.1/100,000 ¹³ (2012) AS	20.8/100,000 ² (2010) AA	65.8/100,000		
21)	Suicide rate	13.2/100,000 ¹³ (2012) AS	9.6/100,000 ¹³ (2012) AS	8.1/100,000 ¹³ (2012) AS	12.1/100,000 ² (2010) AA	10.2/100,000		

Indicators of Health and Safety

Key to symbols and footnotes on back cover

	Indicators	Cortland County	Upstate NY	New York State	National Data	Healthy People 2020 Goal	Cortland Status	Cortland County Goal
22)	Population Healthy Weight (BMI = 18.5-24.9, ages 18+) ^{AA}	39.1% ⁵ (2009) (calculated value)	39.4% ⁵ (2009) (calculated value)	37.6% ¹⁷ (2012)	34.2% ¹⁷ (2012)	33.9%		
23)	Population Overweight/Obese (BMI ≥ 25, ages 18+) ^{AA ††}	60.9% ⁵ (2009)	60.6% ⁵ (2009)	60.6% ¹⁷ (2012) (calculated value)	63.4% ¹⁷ (2012) (calculated value)			
24)	Population Obese (BMI ≥ 30, ages 18+) ^{AA ††}	29.8% ⁵ (2009)	24.6% ⁵ (2009)	24.5% ¹⁷ (2012)	27.6% ¹⁷ (2012)	30.5%		
25)	Physical activity, ages 18+							
	a) Participated in 150 minutes or more of aerobic physical activity per week			51.5% ⁶ (2011)	51.7% ⁶ (2011)	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 (2011)	24.1%		
	c) Participated in enough aerobic/muscle strengthening exercises to meet guidelines			21.5% ⁶ (2012)	21.0% ⁶ (2011)	20.1%		
26)	a) Children overweight/obese, body mass index (BMI) ≥ 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.)		
	b) Elementary School ††	28.4 – 40.9% ¹⁹ † (2010-2012) (5 school districts)	33.0% ¹⁹ † (2010-2012)					
	c) Middle / High School ††	28.8 – 47.2% ¹⁹ † (2010-2012) (4 of 5 school districts)	35.0% ¹⁹ † (2010-2012)	24.4% ²⁰ (calculated value) (2013 High School)	30.3% ²⁰ (calculated value) (2013 High School)			
	d) Total, elementary, middle, high school ††	33.7 – 40.6% ¹⁹ † (2010-2012) (5 school districts)	33.7% ¹⁹ † (2010-2012)					
27)	Children/adolescents, obese, body mass index (BMI) ≥ 95 th percentile ††	17.8% ¹⁹ (2010-2012)	17.6% ¹⁹ (2010-2012)		16.9% ²¹ (2009-2010)			

Indicators of Health and Safety

Key to symbols and footnotes on back cover

	Indicators	Cortland County	Upstate NY	New York State	National Data	Healthy People 2020 Goal	Cortland Status	Cortland County Goal
28)	Reported DWI arrests for youth, 16-21 yrs.	70.4/10,000 ⁴ (2013)	35.5/10,000 ⁴ (2013)	25.7/10,000 ⁴ (2013)				
29)	Reported DWI arrests (all ages)	56.5/10,000 ⁷ (2013)	30.1/10,000 ⁷ (2013)	22.3/10,000 ⁷ (2013)				
30)	Children/Youth in Indicated Reports of Abuse/Maltreatment	31.8% ⁴ (2012)	23.7% ⁴ (2012)	28.8% ⁴ (2012)				
31)	Property crime reported	2,036.3/100,000 ²² (2013)	1,890.0/100,000 ²² (2013)	1,804.9/100,000 ²² (2013)	2,859.2/100,000 ²³ (2012)			
32)	Violent crime reported	102.8/100,000 ²² (2013)	212.7/100,000 ²² (2013)	388.4/100,000 ²² (2013)	386.9/100,000 ²³ (2012)			

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	70,876 ⁷ (2013)					
2)	Registered voters	30,710 ²⁴ (April, 2014)	7,179,125 ²⁴ (April, 2014)	11,810,858 ²⁴ (April, 2014)	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	65,615 ⁷ (2013)					

Indicators of Employment, Economy, and Welfare

1)	Median household income	\$45,781 ²⁶ (2012)		\$56,357 ²⁶ (2012)	\$51,371 ²⁶ (2012)						
2)	Number employed age 16 years+ (not seasonally adjusted)	22,200 ²⁷ (2013)	5,198,500 ²⁷ (2013)	8,898,800 ²⁷ (2013)	143,929,000 ²⁸ (2013)						
3)	Unemployment (not seasonally adjusted)	8.7% (2012)	7.9% ²⁷ (2013)	7.8% (2012)	6.9% ²⁷ (2013)	8.5% (2012)	7.7% ²⁷ (2013)	8.1% (2012)	7.4% ²⁸ (2013)		
4)	Children receiving public assistance (ages 0 - 17 yrs.)	5.4% ⁴ (2012)	4.9% ⁴ (2012)	7.0% ⁴ (2012)							
5)	Children living below poverty level (ages 0 - 17 yrs.)	22.3% ⁴ (2011)	17.5% ⁴ (2011)	22.8% ⁴ (2011)	22.3% ²⁹ (2012)						

Indicators of Housing and Environment

Key to symbols and footnotes on back cover

	Indicators	Cortland County	Upstate NY	New York State	National Data	Cortland Status	Cortland County Goal
1)	Median housing value (3-yr. estimate)	\$104,200 ³⁰ (2010-2012)		\$286,700 ³⁰ (2010-2012)	\$174,600 ³⁰ (2010-2012)	~	
2)	Vacant housing (3-yr. estimate)	12.8% ³⁰ (2010-2012)		11.2% ³⁰ (2010-2012)	12.8% ³⁰ (2010-2012)	~	
3)	Mobile home housing (3-yr. estimate)	9.3% ³⁰ (2010-2012)		2.4 % ³⁰ (2010-2012)	6.5% ³⁰ (2010-2012)	~	
4)	Percent of drinking water systems in compliance for:						
	a) Maximum contaminants (bacteriological)	100.0% ⁷ (2013)		98.7% ⁷ (2013)			
	b) Treatment Technique	97.8% ⁷ (2013)		93.5% ⁷ (2013)			
	c) No Public Health Hazards	98.9% ⁷ (2013)		92.6% ⁷ (2013)			
	d) Reporting Requirements	61.1% ⁷ (2013)		72.2% ⁷ (2013)			
5)	Employed civilian workers age 16+ who use alternate transportation or work from home	23.2% ³¹ (2008-2012)	22.8% ³¹ (2008-2012)	44.7% ³¹ (2008-2012)	13.8% ³³ (2008-2012)		
6)	Percentage of population with low-income and low access to a supermarket or large grocery store §	2.5% ³¹ (2010)	4.2% ³¹ (2010)	2.5% ³¹ (2010)			

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.	69 (total #) ⁷ (2013)	6,662 (total #) ⁴ (2013) §§§			~	
4)	Children in foster care (ages 0 - 21 yrs.)	8.4/1000 ⁴ (2012)	2.8/1000 ⁴ (2012)	4.5/1000 ⁴ (2012)			

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



Neither favorable nor unfavorable



Goal is to decrease the number



Goal is to increase the number

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

- * 2010 CDC national data on first trimester prenatal care based on 33 states representing 67% of all US births.
- ** Rates are not stable due to small number of cases.
- *** Underreporting responsible for low Upstate and NYS rates.
- † Data in this and previous report cards for female breast cancer
- †† Report cards before 2012 for ages 20+.
- ††† 2012 rates should not be compared to 2011 and previous rates due to changes in BRFSS data collection methods.
- ‡ 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
- § Low access is defined as > 1 mile from a supermarket/grocery store in urban areas or > 10 miles from a supermarket/grocery store in rural areas.
- §§ Includes four-year and two-year post-secondary institutions and other post-secondary education programs
- §§§ Number is for 41 NYS counties using probation departments for PINS intake

Sources

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10. <http://apps.nccd.cdc.gov/brfss/list.asp?cat=OH&yr=2012&qkey=8471&state=All>
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17. <http://apps.nccd.cdc.gov/brfss/list.asp?cat=OB&yr=2010&qkey=4409&state=All>
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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. <http://www.bls.gov>
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32. <http://www.cdc.gov/breastfeeding/pdf/2014breastfeedingreportcard.pdf>
33. <http://www.census.gov/hhes/commuting/files/2014/acs-25.pdf>
34. <http://mchb.hrsa.gov/chusa12/hsfu/pages/pc.html>

You can assist us with this project:

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

Cortland Counts Report Cards, Comprehensive Reports, and Track Goals are available online at: www.sevenvalleyshealth.org

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