

Cortland Counts:

An Assessment of Health and Well-Being in Cortland County



COVER PICTURE: "Peppers in a Basket" by Laura Seib, Marathon, NY

2016

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

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. These organizations are 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 residents. It gives organizations and individuals in Cortland County a tool to determine local priorities and solutions. The process is also sensitive to local needs, changes in state and national policies, and evidence-based practice guidelines. The 16th annual report card includes data for 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. 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 2016 annual report, the 2013 Comprehensive Report, previous editions of **Cortland Counts**, and updated lists of sources can all be found on the SVHC website at: <http://www.sevenvalleyshealth.org/cortland-counts>

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 indicators that reflect the goals of the NYS Department of Health (DOH) Prevention Agenda 2013–2018. 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

DOH: 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

The ongoing community assessment and implementation process includes:

Annual Report Card: Issued in the 3rd Quarter of every year;

Community Participation: This is a *community* assessment process, and all local residents 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;

Annual Community Forum: The Community Forum, held in January, features speakers with knowledge and expertise in each of five “track” areas;

Track Break-out Sessions: Sessions following the forum are used to update track goals in response to changing community needs. Track meetings continue through the year as needed and track goals are posted on the SVHC website. For each track an organization, or coalition of organizations, coordinates goal development and implementation:

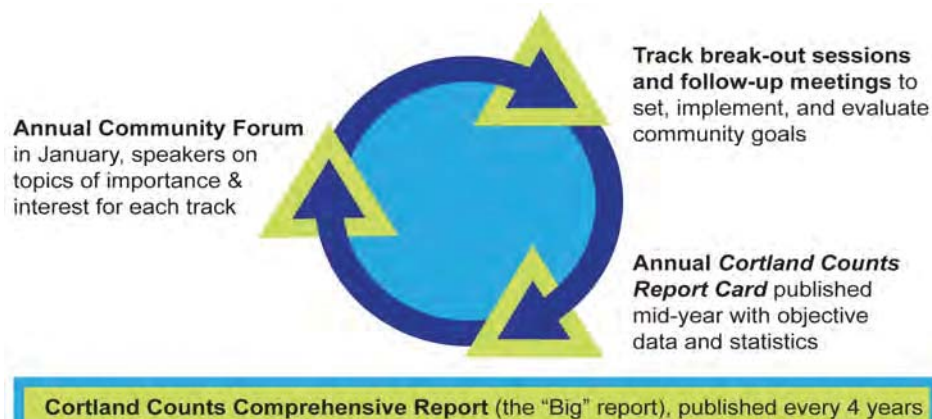
Health Track: SVHC, with CCHD, CRMC, and Family Health Network

Youth Track: Coordinated Children’s Services Initiative (CCSI)

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)



August 2016 Community Report Card































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	76.2% ^{1,7} (2014)	74.2% ¹ (2013)	72.6% ¹ (2013)	74.1% ^{17*} (2012)	77.9%		
2)	Low birth weight babies - all births (<2500g)	7.7% ^{1,7} (2014)	7.5% ¹ (2013)	7.9% ¹ (2013)	8.0% ³ (2014)	7.8%		
3)	Preterm births with less than 37 weeks gestation	10.5% ⁸ (2014)	10.8% ⁸ (2014)	10.8% ⁸ (2014)	9.6% ³ (2014)	11.4%		
4)	Infants exclusively breastfed in the hospital	65.0% ⁸ (2014)	51.1% ⁸ (2014)	43.1% ⁸ (2014)	44.4% ¹⁰ (2013) (exclusive breastfeeding at 3 months)	46.2% (exclusive breastfeeding at 3 months)		
5)	Hospitalizations for asthma in children ages 0-4 yrs.	16.8/10,000 ^{4***} (2011-2013)	30.1/10,000 ⁴ (2011-2013)	50.5/10,000 ⁴ (2011-2013)		18.2/10,000		
6)	Teen Pregnancy							
	a) Teen Pregnancy, 15-19 yrs.	21.9/1,000 ¹ (2013)	26.1/1,000 ¹ (2013)	36.8/1,000 ¹ (2013)	52/1,000 ³¹ (2011)			
	b) Teen Pregnancy, 15-17 yrs.	13.0/1,000 ¹ (2013)	13.0/1,000 ¹ (2013)	19.3/1,000 ¹ (2013)	27/1,000 ³¹ (2011)	36.2/1,000		
	c) Teen Pregnancy, 18-19 yrs.	26.5/1,000 ¹ (2013)	43.5/1,000 ¹ (2013)	60.4/1,000 ¹ (2013)	89/1,000 ³¹ (2011)	105.9/1,000		
7)	Cigarette use							
	a) Adult Population current smoker ^{AA †††}	21.5% ⁵ (2013-2014)	18.0% ⁵ (2013-2014)	15.9% ⁵ (2013-2014)	18.1% ³² (2014)	12.0%		
	b) Women during pregnancy	24.6% ^{1,7} (2014)	13.7% ¹ (2013)	8.0% ¹ (2013)	8.4% ³³ (2014)	1.4%		
8)	Percentage of residents served by community water systems with optimally fluoridated water †	3.2% ⁸ (2015)	52.6% ⁸ (2015)	72.1% ⁸ (2015)	74.7% ⁹ (2014)	79.6%		
9)	Dental visit in past year, percent of population 18+ yrs. ^{AA}	61.3% ⁵ (2013-2014)	70.9% ⁵ (2013-2014)	69.3% ⁵ (2013-2014)	62.4% ² (2014) (ages 18-64)	49.0% (Age 2 or older)		

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}	94.6/100,000 ¹¹ (2009-2013)	77.6/100,000 ¹¹ (2009-2013)	72.0/100,000 ¹¹ (2009-2013)	67.9/100,000 ¹² (2009-2013)			
	b) Lung & bronchus cancer incidence rate, females ^{AA}	67.8/100,000 ¹¹ (2009-2013)	62.8/100,000 ¹¹ (2009-2013)	54.7/100,000 ¹¹ (2009-2013)	49.4/100,000 ¹² (2009-2013)			
11)	Breast cancer incidence rate, females ^{AA}	138.3/100,000 ¹¹ (2009-2013)	135.0/100,000 ¹¹ (2009-2013)	128.5/100,000 ¹¹ (2009-2013)	125.0/100,000 ¹² (2009-2013)			
12)	Cervix uteri cancer incidence rate, females ^{AA}	4.0/100,000 ¹¹ ** (2009-2013)	7.0/100,000 ¹¹ (2009-2013)	7.9/100,000 ¹¹ (2009-2013)	7.5/100,000 ¹² (2009-2013)			
13)	Prostate cancer incidence rate, males ^{AA}	126.0/100,000 ¹¹ (2009-2013)	143.8/100,000 ¹¹ (2009-2013)	145.3/100,000 ¹¹ (2009-2013)	129.4/100,000 ¹² (2009-2013)			
14)	a) Colorectal cancer incidence rate, males ^{AA}	50.3/100,000 ¹¹ (2009-2013)	46.7/100,000 ¹¹ (2009-2013)	47.9/100,000 ¹¹ (2009-2013)	47.1/100,000 ¹² (2009-2013)			
	b) Colorectal cancer incidence rate, females ^{AA}	45.0/100,000 ¹¹ (2009-2013)	36.7/100,000 ¹¹ (2009-2013)	36.6/100,000 ¹¹ (2009-2013)	36.0/100,000 ¹² (2009-2013)			
15)	HIV case rate **	4.7/100,000 ⁸ *** (2012-2014)	7.1/100,000 ⁸ (2012-2014)	17.9/100,000 ⁸ (2012-2014)	13.8/100,000 ¹⁴ (2014 estimated)			
16)	Chlamydia incidence rate	373.7/100,000 ¹⁵ (2014)	345.4/100,000 ¹⁵ (2014)	500.0/100,000 ¹⁵ (2014)	456.1/100,000 ¹⁶ (2014)			
17)	Diseases of the heart mortality rate	156.6 /100,000 ¹³ (2014) AS	167.9/100,000 ¹³ (2014) AS	171.0/100,000 ¹³ (2014) AS	167.0/100,000 ² (2014) AA	103.4/100,000 ^{AA}		
18)	Malignant Neoplasms mortality rate	147.1/100,000 ¹³ (2014) AS	150.9/100,000 ¹³ (2014) AS	145.9/100,000 ¹³ (2014) AS	161.2 ² (2014)	161.4/100,000 ^{AA}		
19)	Cerebrovascular disease mortality rate	35.1/100,000 ¹³ (2014) AS	27.8/100,000 ¹³ (2014) AS	24.9/100,000 ¹³ (2014) AS	36.5/100,000 ² (2014) AA	34.8/100,000 ^{AA}		
20)	Chronic lower respiratory disease (CLRD or COPD) mortality rate—all ages	39.2/100,000 ¹³ (2014) AS	32.6/100,000 ¹³ (2014) AS	27.9/100,000 ¹³ (2014) AS	40.5/100,000 ² (2014) AA	102.6/100,000 ^{AA} (age 45+)		
21)	Death rate due to Diabetes, age-adjusted	24/100,000 ³⁶ (2014) AS	15.0/100,000 ³⁶ (2014) AS	16.7/100,000 ³⁶ (2014) AS	20.9/100,000 ² (2014) AA	66.6/100,000 ^{AA}		
22)	Suicide rate	7.3/100,000 ¹³ (2014) AS	9.4/100,000 ¹³ (2014) AS	7.8/100,000 ¹³ (2014) AS	13.0/100,000 ² (2014) AA	10.2/100,000 ^{AA}		

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
23)	Population Neither Overweight Nor Obese, ages 18+ (BMI < 25) ^{AA} †††	34.6% ⁵ (2013-2014) (calculated value)	37.7% ⁵ (2013-2014) (calculated value)	39.5% ⁵ (2013-2014) (calculated value)	35.9% ⁶ (2014) (calculated value)	33.9% (ages 20+ at healthy weight)		
24)	Population Overweight or Obese, BMI ≥ 25, ages 18+ ^{AA} ††, †††	65.4% ⁵ (2013-2014)	62.3% ⁵ (2013-2014)	60.5% ⁵ (2013-2014)	64.1% ⁶ (2014) (calculated value)			
25)	Population Obese (BMI ≥ 30, ages 18+) ^{AA} ††, †††	30.8% ⁵ (2013-2014)	27.4% ⁵ (2013-2014)	24.6% ⁵ (2013-2014)	28.9% ⁶ (2014)	30.5% (ages 20+)		
26)	Physical activity							
	a) Adults who participated in leisure- time physical activity in past 30 days	69.9% ³⁵ (2013-2014)	72.6% ³⁵ (2013-2014)	72.9% ³⁵ (2013-2014)	75.1% ³⁵ (2014)	67.4% (adults who engage in leisure-time physical activity)		
	b) Adults who consider their neighborhood suitable for walking and physical activity	91.4% ³⁵ (2013-2014)	89.9% ³⁵ (2013-2014)	91.3% ³⁵ (2013-2014)				
27)	Children/adolescents, overweight or obese, (BMI ≥ 85th percentile)							
	a) All students (elementary, middle, high school) †, †† (grades pre-K, K, 2, 4, 7, and 10)	37.3% ¹⁹ † (2012-2014)	33.9% ¹⁹ † (2012-2014)	32.4% ¹⁸ (2011-2012) (ages 10-17 yrs.)	31.3% ¹⁸ (2011-2012) (ages 10-17 yrs.)			
	b) Elementary School †, †† (grades pre-K, K, 2, and 4)	36.8% ¹⁹ † (2012-2014)	33.1% ¹⁹ † (2012-2014)	N/A ^{\$\$\$}	34.2% ²¹ (2011-2012) (ages 6-11 yrs.)			
	c) Middle / High School †, †† (grades 7 and 10)	39.1% ¹⁹ † (2012-2014)	35.2% ¹⁹ † (2012-2014)	27.0% ²⁰ 2015 (grades 9-12) (calculated value)	29.9% ²⁰ 2015 (grades 9-12) (calculated value)			
28)	Children/adolescents, obese, (BMI ≥ 95th percentile)							
	a) All students (elementary, middle, high school) †, †† (grades pre-K, K, 2, 4, 7, and 10)	19.1% ¹⁹ † (2012-2014)	17.3% ¹⁹ † (2012-2014)	14.5% ¹⁸ (2011-2012) (ages 10-17 yrs.)	15.7% ¹⁸ (2011-2012) (ages 10-17 yrs.)	14.5% (ages 2-19 yrs.)		
	b) Elementary School †, †† (grades pre-K, K, 2, and 4)	17.2% ¹⁹ † (2012-2014)	16.8% ¹⁹ † (2012-2014)	N/A ^{\$\$\$}	17.4% ² (2013-2014) (ages 6-11 yrs.)	15.7% (ages 6-11 yrs.)		
	c) Middle / High School †, †† (grades 7 and 10)	23.1% ¹⁹ † (2012-2014)	18.1% ¹⁹ † (2012-2014)	13.1% ²⁰ 2015 (grades 9-12)	13.9% ²⁰ 2015 (grades 9-12)	16.1% (ages 12-19 yrs.)		

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
29)	Reported DWI arrests for youth, 16-21 yrs.	35.9/10,000 ⁴ (2015)	30.5/10,000 ⁴ (2015)	21.4/10,000 ⁴ (2015)				
30)	Reported DWI arrests (all ages)	36.2/100,000 ⁷ (2015)	28.4/100,000 ⁷ (2015)	19.8/100,000 ⁷ (2015)				
31)	Children/Youth in Indicated Reports of Abuse/Maltreatment	39.8% ⁴ ††† (2014)	16.3% ⁴ ††† (2014)	16.5% ⁴ ††† (2014)				
32)	Property crime reported	1,045.6/100,000 ²² (2015)	1,637.5/100,000 ²² (2015)	1,586.1/100,000 ²² (2015)	2,596.1/100,000 ²³ (2014)			
33)	Violent crime reported	94.1/100,000 ²² (2015)	219.9/100,000 ²² (2015)	378.0/100,000 ²² (2015)	365.5/100,000 ²³ (2014)			

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, cultural centers	83,745 ⁷ (2015)					
2)	Registered voters	30,568 ²⁴ (April, 2016)	7,251,685 ²⁴ (April, 2016)	11,726,842 ²⁴ (April, 2016)	142,166,000 ²⁵ (2014)		
3)	Registered voters who 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	36,106 ⁷ (2015)					

Indicators of Employment, Economy, and Welfare








1)	Median household income	\$48,357 ²⁶ (2014)		\$58,771 ²⁶ (2014)	\$53,657 ²⁶ (2014)		
2)	Number employed age 16 years+ (not seasonally adjusted)	23,800 ²⁷ (2015)	5,206,300 ²⁷ (2015)	9,679,300 ²⁷ (2015)	149,703,000 ²⁸ (2015)		
3)	Unemployment (not seasonally adjusted)	6.5% (2014) 5.9% ²⁷ (2015)	5.6% (2014) 5.0% ²⁷ (2015)	6.3% (2014) 5.3% ²⁷ (2015)	5.4% (2014) 4.8% ²⁸ (2015)		
4)	Children receiving public assistance (ages 0 - 17 yrs.)	5.5% ⁴ (2015)	4.8% ⁴ (2015)	6.8% ⁴ (2015)			
5)	Children living below poverty level (ages 0 - 17 yrs.)	18.5% ²⁶ (2014)	17.6% ⁴ (2014)	22.9% ²⁶ (2014)	21.7% ²⁶ (2014)		

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 (5-year estimate) §§	\$105,200 ³⁰ (2010-2014)		\$283,700 ³⁰ (2010-2014)	\$175,700 ³⁰ (2010-2014)	~	
2)	Vacant housing (5-year estimate) §§	12.2% ³⁰ (2010-2014)		11.0% ³⁰ (2010-2014)	12.5% ³⁰ (2010-2014)	~	
3)	Mobile home housing (5-year estimate) §§	9.1% ³⁰ (2010-2014)		2.4% ³⁰ (2010-2014)	6.4% ³⁰ (2010-2014)	~	
4)	Percent of drinking water systems in compliance for:						
	a) Maximum contaminants (bacteriological)	100.0% ⁷ (2015)		98.8% ⁷ (2015)			
	b) Treatment Technique	98.8% ⁷ (2015)		93.7% ⁷ (2015)			
	c) No Public Health Hazards	98.8% ⁷ (2015)		92.8% ⁷ (2015)			
	d) Reporting Requirements	51.2% ⁷ (2015)		70.4% ⁷ (2015)			
5)	Employed civilian workers age 16+ who use alternate transportation or work from home	24.0% ⁸ (2010-2014)	22.6% ⁸ (2010-2014)	45.1% ⁸ (2010-2014)	14.3% ²⁹ (2013) (calculated value)		
6)	Percentage of population with low-income and low access to a supermarket or large grocery store §	2.5% ⁸ (2010)	4.2% ⁸ (2010)	2.5% ⁸ (2010)			

Indicators of Positive Development through the Life Stages


1)	High school dropouts	2.8% ⁴ (2014 – 2015)	2.0% ⁴ (2014 – 2015)	2.9% ⁴ (2014 – 2015)			
2)	High school graduates intending to go to college §§	72.0% ³³ (2014-2015)		79.0% ³³ (2014-2015)			
3)	Persons in need of supervision (PINS), ages 7 -17 yrs.	43 (total #) ⁴ (2015)	N/A	N/A		~	
4)	Children in foster care (ages 0 - 21 yrs.)	4.0/1,000 ⁴ (2014)	2.4/1,000 ⁴ (2014)	3.4/1,000 ⁴ (2014)			


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

- * 2012 CDC national data on first trimester prenatal care based on 38 states and the District of Columbia, representing 86% of all US births.
- ** Changes in reporting criteria – use caution when comparing to previous years.
- *** Rate not stable due to small number of cases.
- † Report cards before 2015: “Population with fluoride in public water supply”
- †† Report cards before 2012 for ages 20+.
- ††† Rates from 2013 and later should not be compared to previous years due to changes in NYS and BRFSS definitions and data collection methods.
- ‡ Cortland County and Upstate percentages based on school health records for students in selected grades; may not represent all students.
- ‡‡ Caution should be used when comparing data from different sources/years.
- ‡‡‡ Comparisons should not be made to printed 2013 and 2014 report cards due to reporting errors. Online reports are corrected.
- § 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.
- §§ Due to budget cuts in 2015, the census bureau discontinued ACS 3-year estimates in favor of ACS 5-year estimates. The 2013-2015 Report Cards used ACS 3-year estimates, so comparisons should be made with caution. State data not available due to lack of data for NY City.

Sources

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29. <http://www.census.gov/hhes/commuting/files/2014/acs-32.pdf>
30. <http://factfinder.census.gov>
31. <https://data.guttmacher.org/states/table?state=US&topics=160+170&dataset=data>
32. http://www.health.ny.gov/statistics/brfss/reports/docs/brfssbrief_smoking_1603.pdf
33. http://www.cdc.gov/nchs/data/nvsr/nvsr65/nvsr65_01.pdf
34. <http://data.nysed.gov/>
35. <https://www.health.ny.gov/statistics/brfss/expanded/2013/county/>
36. <http://healthecny.org>



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

Contact:

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