2019

Cortland Counts

AN ASSESSMENT OF HEALTH AND WELL-BEING IN CORTLAND COUNTY

SEVEN VALLEYS HEALTH COALITION, INC.
www.sevenvalleyshealth.org

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

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

OVERVIEW and PURPOSE

Since 2001, five local organizations 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 17th 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.

A larger comprehensive report is issued less often, most recently in 2013, and includes extensive objective data for each of the five categories in the annual Report Card. Community opinion and subjective feedback received through surveys and focus groups held with community members and stakeholders are also included. The **two reports** 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 2018 annual report card, 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 the following areas as primary focal points for its Community Health Improvement Plan submitted to the NYSDOH: 1) Prevent Chronic Diseases, 2) Promote Healthy Women, Infants, and Children, and 3) Promote Mental Health and Substance Abuse Treatment . Number 3 was added as a 3rd priority area for the County in 2017. For information on the Prevention Agenda: 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;

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
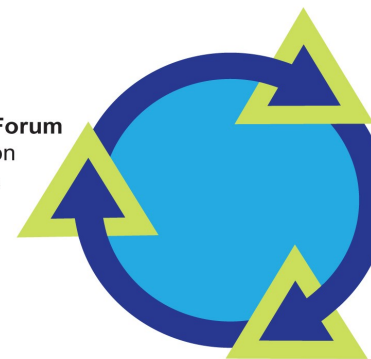**Youth Track:** Coordinated Children's Services Initiative (CCSI)
Sustainability Track: Sustainable Cortland (SUNY Cortland)
Housing Track: Access to Independence of Cortland County (ATI)
Economic Track: Business Development Corporation/Industrial Development Agency (BDC/IDA)

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;

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

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

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

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

August 2019 Community Report Card

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 1st trimester prenatal care	71.5%[23] (2017)	78.4%[22] (2016)	80.6%[2] (2017)	77.1%[2] (2017)	**77.9%**	🔍	⌃
2)	Low birth weight babies - all births (<2500g)	6.7%[23] (2017)	7.7%[22] (2016)	8.1%[3] (2017)	8.28%[3] (2017)	**7.8%**	🍎	⌄
3)	Preterm births with less than 37 weeks gestation	11%[23] (2017)	9.1%[22] (2016)	8.98%[2] (2017)	9.93%[2] (2017)	**11.4%**	🍎	⌄
4)	Infants exclusively breastfed in the hospital	63.1%[23] (2017)	52.4%[22] (2016)	46.3 %[2] (2016)	46.9%[4] (2017) (exclusive breastfeeding at 3 months)	**46.2%** (exclusive breastfeeding at 3 months)	🍎	⌃
5)	Hospitalizations for asthma in children ages 0-4 yrs.	13.5/10,000[5] (2012-2014)	29.3/10,000[5] (2012-2014)	49.3/10,000[5] (2012-2014)		**18.2/10,000**	🍎	⌄
6)	**Teen Pregnancy**							
	a) Teen Pregnancy, 15-19 yrs.	17.2/1,000[22] (2016)	20.6/1,000[22] (2016)	29.8/1,000[22] (2016)	18.8/1,000[26] (2017)		🍎	⌄
	b) Teen Pregnancy, 15-17 yrs.	6.4/1,000[22] (2016)	9.9/1,000[22] (2016)	15.1/1,000[22] (2016)	9.9/1,000[36] (2015)	**36.2/1,000**	🍎	⌄
	c) Teen Pregnancy, 18-19 yrs.	22.5/1,000[22] (2016)	34.8/1,000[22] (2016)	50.1/1,000[22] (2016)	40.7/1,000[36] (2015)	**105.9/1,000**	🍎	⌄
7)	**Cigarette use**							
	a) Adult Population current smoker [AA] †††	21.5%[1] (2016)	16.2%[20] (2016)	14.5%[1] (2016)	17.1%[1] (2016)	**12.0%**	🔍	⌄
	b) Women during pregnancy	21.4%[1] (2017)	8.3%[1] (2017)	7.3%[23] (2015)	7.2%[24] (2016)	**1.4%**	🔍	⌄
8)	Residents served by community water systems with optimally fluoridated water †	3.2%[1] (2017)	46.6%[1] (2017)	71.8%[1] (2017)	74.4%[25] (2014)	**79.6%**	🔍	⌃
9)	Dental visit in past year, percent of population 18+ yrs. [AA]	57.8%[22] (2016)	70.9%[5] (2013-2014)	68.4%[22] (2016)	65.7%[37] (2016)	**49.0%** (Age 2 or older)	🍎	⌃

	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]	99.1/100,000 [1] (2012-2016)	73.2/100,000 [10] (2012-2016)	67.0/100,000 [1] (2012-2016)	60.2/100,000 [1] (2011-2015)		(magnifying glass)	V
	b) Lung & bronchus cancer incidence rate, females [AA]	69.0/100,000 [1] (2012-2016)	61.8/100,000 [10] (2012-2016)	53.2/100,000 [10] (2012-2016)	45.9/100,000 [16] (2015)		(magnifying glass)	V
11)	Breast cancer incidence rate, females [AA]	129.7/100,000 [1] (2012-2016)	138.1/100,000 [10] (2012-2016)	130.7/100,000 [1] (2012-2016)	124.7/100,000 [1] (2015)		(magnifying glass)	V
12)	Cervix uteri cancer incidence rate, females [AA]	3.6/100,000 [10] (2012-2016)	6.9/100,000 [10] (2012-2016)	7.7/100,000 [10] (2012-2016)	7.5/100,000 [16] (2015)		(apple)	V
13)	Prostate cancer incidence rate, males [AA]	128.2/100,000 [10] (2012-2016)	124.2/100,000 [10] (2012-2016)	131.7/100,000 [10] (2012-2016)	101.6/100,000 [16] (2015)		(apple)	V
14)	a) Colorectal cancer incidence rate, males [AA]	43.1/100,000 [10] (2012-2016)	44.3/100,000 [10] (2012-2016)	45.0/100,000 [10] (2012-2016)	43.7/100,000 [16] (2015)		(apple)	V
	b) Colorectal cancer incidence rate, females [AA]	42.9/100,000 [10] (2012-2016)	34.8/100,000 [10] (2012-2016)	34.0/100,000 [10] (2012-2016)	33.4/100,000 [16] (2015)		(magnifying glass)	V
15)	HIV case rate **	2.7/100,000 [1] ** (2013-2015)	6.9/100,000 [9] (2014-2016)	16.9/100,000 [1] (2013-2015)	11.8/100,000 [17] (2017)		(apple)	V
16)	Chlamydia incidence rate	355.7/100,000 [8] (2017)	402.9/100,000 [8] (2017)	591.8/100,000 [8] (2017)	593.8/100,000 [18] (2016)		(apple)	V
17)	Diseases of the heart mortality rate	95.4/100,000 [1] (2015-2017) AA	167.4/100,000 [7] (2016) AS	120.4/100,000 [1] (2015-2017) AA	94.8/100,000 [1] (2015) AA	**103.4/100,000** [AA]	(apple)	V
18)	Malignant Neoplasms mortality rate	145.0/100,000 [7] (2016) AS	148.6/100,000 [7] (2016) AS	143.3/100,000 [7] (2016) AS	185.1/100,000 [19] (2016) AA	**161.4/100,000** [AA]	(apple)	V
19)	Cerebrovascular disease mortality rate	37.6/100,000 [1] (2015-2017) AA	27.5/100,000 [7] (2016) AS	25.4/100,000 [1] (2015-2017) AA	37.5/100,000 [1] (2015-2017) AA	**34.8/100,000** [AA]	(apple)	V
20)	Chronic lower respiratory disease (CLRD or COPD) mortality rate–all ages	49.8/100,000 [1] (2015-2017) AA	33.6/100,000 [7] (2016) AS	29.0/100,000 [1] (2015-2017) AA	41.0 /100,000 [1] (2015-2017) AA	**102.6/100,000** [AA] (age 45+)	(magnifying glass)	V
21)	Death rate due to Diabetes, age-adjusted	17.6/100,000 [1] (2015-2017) AA	14.9/100,000 [7] (2016) AS	16.9/100,000 [1] (2015-2017) AA	21.2/100,000 [1] (2015-2017) AA	**66.6/100,000** [AA]	(apple)	V
22)	Suicide rate	13.1/100,000 [7] (2015) AS	9.8/100,000 [7] (2016) AS	8.0/100,000 [7] (2016) AS	13.9/100,000 [19] (2016)	**10.2/100,000** [AA]	(magnifying glass)	V

	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)	39.2% [6] (2016)	30.5% [38] (2011-2014) (calculated value)	**33.9%** (ages 20+ at healthy weight)	🔍	▲
24)	Population Overweight or Obese, BMI ≥ 25, ages 18+ [AA] ††, †††	59.5% [1] (2016)	62.3% [5] (2013-2014)	60.5% [1] (2016)	65.2% [1] (2016)		🔍	▼
25)	Population Obese (BMI ≥ 30, ages 18+) [AA] ††, †††	29.3% [1] (2016)	27.4% [5] (2013-2014)	25.5% [1] (2016)	29.9% [1] (2016)	**30.5%** (ages 20+)	🔍	▼
26)	**Physical activity**							
	a) Adults who participated in leisure time physical activity in past 30 days	77.4% [1] (2016)	74.0% [1] (2016)	73.7% [20] (2016)	76.8% [1] (2016)	**67.4%**		▲
	b) Adults who consider their neighborhood suitable for walking and physical activity	86.2% [1] (2018)	89.9 [5] (2013-2014)	93.3% [1] (2018)	83.1% [1] (2018)		🍎	▲
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)	38.5% [18] ‡ (2014-2016) (pre-K – 10th grade)	33.8% [18] ‡ (2014-2016) (pre-K – 12th grade)	31.8% [37] (2016) (ages 10-17 yrs.)	31.2% [37] (2016) (ages 10-17 yrs.)		🔍	▼
	b) Elementary School ‡‡, ††† (grades pre-K, K, 2, and 4)	36.8% [18] ‡ (2014-2016)	34.4% [1] ‡ (2014-2016)	32.2% [1] (2014-2016)	34.2% [18] (2011-2012) (ages 6-11 yrs.)		🔍	▼
	c) Middle / High School ‡‡, ††† (grades 7 and 10)	41.1% [18] ‡ (2014-2016)	38.2% [18] ‡ (2014-2016)	35.8% [18] (2014-2016) (grades 9-12)	27% [6] 2015 (grades 9-12)		🔍	▼
28)	**Children/adolescents, obese, (BMI ≥ 95th percentile)**							
	a) All students (elementary, middle, high school) ‡‡ (grades pre-K, K, 2, 4, 7, and 10)	20.0% [1] ‡ (2016-2018) (pre-K – 12th grade)	17.2% [1] ‡ (2016-2018) (pre-K – 12th grade)	17.3% [1] (2014-2016 (pre-K – 12th grade)	18.5% [18] (2014-2016) (pre-K – 12th grade)	**14.5%** (ages 2-19 yrs.)	🔍	▼
	b) Elementary School ‡‡ (grades pre-K, K, 2, and 4)	19.2% [18] ‡ (2014-2016)	17.7% [18] ‡ (2014-2016)	16.3% [18] (2014-2016)	18.4% [3] (2016) (ages 6-11 yrs.)	**15.7%** (ages 6-11 yrs.)	🔍	▼
	c) Middle / High School ‡‡	23.3% [18] ‡ (2014-2016) (grades 7 and 10)	21.0% [18] ‡ (2014-2016) (grades 7 and 10)	18.5% [18] (2014-2016) (grades 9-12)	13.1% [6] 2015 (grades 9-12)	**16.1%** (ages 12-19 yrs.)0	🔍	▼

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Indicators of Health and Safety

	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.	19.7 /10,000 [5] (2017)	25.2/10,000 [5] (2017)	17.5/10,000 [5] (2017)			🔍	▽
30)	Reported DWI arrests (total #, all ages)	174 [12] (2018)	29,346 [12] (2018)	35,666 [12] (2018)			~	▽
31)	Children/Youth in Indicated Reports of Abuse/Maltreatment	31.0% [5] ‡‡‡ (2017)	24.0% [5] ‡‡‡ (2017)	28.8% [5] ‡‡‡ (2017)			🔍	▽
32)	Property crime reported	1,969.3/100,000 [13] (2017)	1,479.5/100,00 [13] (2017)	1,466.1/100,000 [13] (2017)	2,450.7/100,000 [21] (2016)		🔍	▽
33)	Violent crime reported	102.1/100,000 [1] (2017)	214.9/100,000 [13] (2017)	355.6/100,000 [1] (2017)	386.3/100,000 [1] (2016)		🍎	▽

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	112,260 [7] (2018)				~	△
2)	Registered voters	30,963 [11] (November, 2018)	7,568,102 [11] (November, 2018)	12,706,050 [11] (November, 2018)	138,884,643 [22] (2016)	~	△
3)	Registered voters who voted in presidential race	64.3% [21,33] (November, 2016) (Calculated Value)	66.6% [21,33] (November, 2016) (Calculated Value)	62.4% [21,33] (November,2016)	56.0% [22] (2016)	~	△
4)	Retired Senior Volunteer Program (RSVP) hours	27,121 [7] (2017)				~	△

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	$52,451 [1] (2013-2017)		$62,765 [1] (2013-2017)	$57,652 [1] (2013-2017)	🔍	△
2)	Number employed age 16 years+ (not seasonally adjusted)	22,000 [14] (December 2018)	5,255,800 [14] ** (December 2017)	9,181,100 [14] (December 2018)	155,761,000 [15] (2018)	~	△
3)	Unemployment (not seasonally adjusted)	5.8% (2017) 5.1% [14] (2018)	4.7% (2017) 4.1% [14] (2018)	4.7% (2017) 4.1% [14] (2018)	4.4% (2017) 3.9% [15] (2018)	🔍	▽
4)	Children receiving public assistance (ages 0 - 17 yrs.)	4.8% [5] (2017)	4.1% [5] (2017)	6.3% [5] (2016)		🔍	▽
5)	Children living below poverty level (ages 0 - 17 yrs.)	16.7% [1] (2013-2017)	15.7% [5] (2017)	21.3% [1] (2013-2017)	20.3% [1] (2013-2017)	🔍	▽

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) §§	$113,900 [6] (2013-2017)		$293,000 [6] (2013-2017)	$193,500 [6] (2013-2017)	~	
2)	Vacant housing (5-year estimate) §§	13.5% [6] (2013-2017) 11.1% [4] (2018) **2018 represents annual data**	12.0% [4] (2018)	11.5% [6] (2013- 2017) 10.3% [5] (2018)	12.2% [6] (2013-2017)	~	
3)	Mobile home housing (5-year estimate) §§	7.5% [6] (2013-2017)		2.4 % [6] (2013-2017)	6.3% [6] (2013-2017)	~	
4)	Percent of drinking water systems in compliance for:						
	a) No Maximum contaminants (bacteriological) ‡‡‡	100.0% [7] (2017)		99.8% [7] (2017)		🍎	⬆
	b) No Treatment Techniques ‡‡‡	98.8% [7] (2017)		95.7% [7] (2017)		🍎	⬆
	c) No Public Health Hazards ‡‡‡	98.8% [7] (2017)		94.8% [7] (2017)		🍎	⬆
	d) No Reporting Violations ‡‡‡	50.0% [7] (2017)		68.5% [7] (2017)		🔍	⬆
5)	Employed civilian workers age 16+ who use alternative transportation or work from home	22.7% [9] (2012-2016)	22.9% [9] (2012-2016)	45.7% [9] (2012-2016)	14.3% [31] (2013) (calculated value)	~	⬆
6)	Percentage of population with low-income and low access to a supermarket or large grocery store §	3.4% [1] (2015)	2.5% [1] (2012) Unable to locate	2.5% [1] (2010) Unable to locate		🔍	⬇

Indicators of Positive Development through the Life Stages

	Indicators	Cortland County	Upstate NY	New York State	National Data	Cortland Status	Cortland County Goal
1)	High school dropouts	6.9% [5] (2016 – 2017)	6.2% [5] (2016 – 2017)	6.2% [5] (2016-2017)		🔍	⬇
2)	High school graduates intending to go to college §§	71.5% [34] (2015-2016)	83.9% [34] (2015 – 2016)	78.5% [34] (2015 – 2016)		🔍	⬆
3)	Persons In Need of supervision (PINS), ages 7 -17 yrs.	54 (total #) [5] (2017)	4,366 (total #) [5] (2017)	5,134 (total #) [4] (2016)		~	⬇
4)	Children in foster care (ages 0 - 21 yrs.)	3.8/1000 [5] (2017)	2.3/1000 [5] (2017)	3.0/1000 [5] (2017)		🔍	⬇

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.

**** Upstate in this indicator = CNY Region as defined by NYSDOH

† 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 & 2014 and between 2016 & 2018 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.

§§§ NY State data not available due to lack of data for NY City.

Sources

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