

# 2016 Community Service Plan & Community Health Improvement Plan

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Bassett Healthcare Network  
Cobleskill Regional Hospital

&



Schoharie County  
Department of Health

Service Area: Schoharie County

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**EXECUTIVE SUMMARY:**

Following a review of data from Cobleskill Regional Hospital's and Schoharie County Department of Health's 2016 Community Health Needs Assessment (CHNA) and the key informant survey, Cobleskill Regional Hospital and Schoharie County Department of Health will continue to collaborate on the New York State Prevention Agenda priority of *Prevent Chronic Diseases'* focus area of "reducing obesity in children and adults." The second priority and focus area will change from *Prevent Chronic Diseases'* "increasing access to high-quality chronic disease preventive care and management in clinical and community settings" to the new priority area of *Promote Mental Health and Substance Abuse* with a focus on "strengthening infrastructure for Mental, Emotional and Behavioral (MEB) health promotion and MEB disorder prevention."

Cobleskill Regional Hospital and Schoharie County Department of Health engaged stakeholders to work with them on the 2013 priorities and stakeholders will be engaged for the 2016 priorities. These stakeholders, along with other individuals and organizations focused on the health of the community had an opportunity to participate in an online key informant survey for Cobleskill Regional Hospital's and Schoharie County Department of Health's 2016 CHNA. As a result of the online key informant stakeholder survey, participants selected *Promote Mental Health and Substance Abuse* with a focus on "promoting MEB and preventing substance abuse" and *Prevent Chronic Diseases* with a focus on "obesity in adults and children, preventing diabetes and related risk factors and preventing heart disease" as their top priorities and focus areas.

In order to address the combined focus area of "reducing obesity in children and adults", Cobleskill Regional Hospital and Schoharie County Department of Health will continue the goal of creating community environments that promote and support healthy food and beverage choices and physical activity. For the *Promote Mental Health and Prevent Substance Abuse* priority, Schoharie County Department of Health and Cobleskill Regional Hospital will collaborate with Leatherstocking Collaborative Health Partners (LCHP), on their Domain 4 population health priorities of "Strengthen Mental Health Infrastructure across Systems" with the goal of "strengthening infrastructure for MEB health promotion and MEB disorder prevention." Additionally, both the hospital and the department of health are members of the Mohawk Valley Population Health Improvement Program (MVPHIP), which identified behavioral health and obesity as regional priorities. A behavioral health workgroup has been formed to address stigma and to provide mental health resources to the region and an obesity workgroup was also formed to work on Complete Streets.

Cobleskill Regional Hospital and Schoharie County Department of Health will utilize the recommended process measures listed in the Prevention Agenda action plan to track progress of all priorities and focus areas. Yearly progress towards those measures will be included on the Bassett Healthcare Network's and Schoharie County Department of Health's websites.

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**SECTION 1 COMMUNITY DESCRIPTION:**

Cobleskill Regional Hospital is a 40-bed not-for-profit hospital founded by the people of Schoharie County in 1956. Cobleskill Regional Hospital is Schoharie County's only provider of acute inpatient medical care, emergency care, short-stay inpatient rehabilitation, and many other diagnostic and therapeutic healthcare services. Cobleskill Regional Hospital offers a broad range of inpatient and outpatient services and has been affiliated with Bassett Healthcare Network since 1994.

The Schoharie County Department of Health's vision is to lead Schoharie County towards becoming the healthiest community in which to live, work, and play. Their mission is to prevent disease, promote education to improve health, increase awareness of wellness and safety, and protect against health threats. The health department works as a team to ensure that the community has access to the best health interventions, child and adult support services, environmental quality measures, and preparedness strategies by utilizing the most current and effective outreach, media and promotion tools.

**A. Definition and Description of Service Area**

Cobleskill Regional Hospital's primary service area is defined by zip code and equates to all of Schoharie County. The demographic summary for the county is as follows:

Demographics	Schoharie County	New York State	United States
Population estimates	31,330	19,795,791	321,418,820
% White	95.9	70.1	77.1
% Black/African American	1.6	17.6	13.3
% American Indian and Alaska Native	0.3	1.0	1.2
% Asian	0.8	8.8	5.6
% Two or More races	1.4	2.4	2.6
% Hispanic/Latino	3.2	18.8	17.6
% Persons under 5 yrs.	4.6	6.0	6.2
% Person under 18 yrs.	18.5	21.3	22.9
% Persons 65 years and over	19.1	15.0	14.9
% High School graduate or higher, % of persons 25 years+, 2010-2014	88.1	85.4	86.3
% Bachelor's degree or higher, percent of persons age 25 years+, 2010-2014	19.1	33.7	29.3
Median Household Income, 2010 -2014	\$51,873	\$58,687	\$53,482
% Individuals below poverty level	12.9	15.6	15.6
% With a disability, under age 65 years, 2010-2014	11.5	7.3	8.5

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### **B. Description of Health Issues and Process for Priority Identification**

The MVPHIP prepared a 2016 CHNA for Cobleskill Regional Hospital and the Schoharie County Department of Health. In the CHNA, indicators were grouped by the NYS Prevention Agenda action plan and compared with the county and state levels or by time series. In addition to the health data, the MVPHIP collaborated with Schoharie County Department of Health and Cobleskill Regional Hospital to compile a list of key informants in the service region. Those key informants represent a broad range of sectors, community interests and included organizations which represent the medically underserved, low-income and minority populations. The key informants were invited to participate in an online survey. During the survey the informants selected their top two priorities and five focus areas. Cobleskill Regional Hospital and Schoharie County Department of Health reviewed the CHNA, the key informant feedback and their ability to impact each area to determine their selected priorities and focus areas.

### **C. Addressing Priorities**

Cobleskill Regional Hospital and Schoharie County Department of Health will collaborate with a key group of stakeholders to address identified priorities. The stakeholders comprise a diverse group of agencies that includes: Leatherstocking Collaborative Health Partners, Mohawk Valley Population Health Improvement Program, Schoharie County Council on Alcohol and Substance Abuse (SCCASA), Office for the Aging, Schoharie County Office of Community Services, Rural Health Education Network of Schoharie, Otsego and Montgomery (RHENSOM) counties, Bassett Research Institute's (BRI) 5-2-1-0, SUNY Research Foundation's Creating Healthy Schools and Communities as well as, representatives from Cobleskill Regional Hospital and Schoharie County Department of Health.

## **SECTION 2 HEALTH STATUS AND DATA:**

The MVPHIP prepared Cobleskill Regional Hospital's and Schoharie County Department of Health's 2016 CHNA. The assessment includes quantitative data sources from over 300 different health indicators collected and published by New York State, as well as, 175 health indicators included on the MVPHIP website compiled by Healthy Communities Institute. The site includes a comprehensive dashboard of community indicators covering over 20 topics in the areas of health, social determinants of health, and quality of life. The data is primarily derived from state and national public secondary data sources.

Secondary Data Sources Include:

- American Community Survey
- Center for Medicare & Medicaid Services – Chronic Conditions
- Centers for Disease Control and Prevention - CDC Wonder
- Council on Children and Families Kids' Well-being Indicators Clearinghouse
- County Health Rankings & Roadmaps
- Feeding America
- Institute for Health Metrics and Evaluation
- National Cancer Institute – State Cancer Profiles
- New York Expanded Behavioral Risk Factor Surveillance System

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- New York State Community Health Indicator Reports
- New York State Department of Health's Opioid Poisoning, Overdose and Prevention 2015 Report
- New York State Division of Criminal Justice Services - 2015 Crime Statistics by County
- New York Statewide Planning and Research Cooperative System (SPARCS)
- Small Area Health Insurance Estimates
- U.S. Census – County Business Patterns
- U.S. Census - QuickFacts
- U.S. Department of Agriculture – Food Environment Atlas
- U.S. Environmental Protection Agency Release - Geography Report

### **SECTION 3 SELECTION OF PREVENTION AGENDA PRIORITIES:**

Key informant survey participants ranked *Promotion of Mental Health and Prevention of Substance Abuse* number one and *Prevention of Chronic Disease* ranked number two in the 2016 CHNA. After selecting their priorities, survey participants were asked to rank their top five focus areas from all of the Prevention Agenda priorities. The following are the top five focus areas are tied to the top two selected priorities:

1. Promoting mental, emotional and behavioral health
2. Preventing substance abuse
3. Reducing obesity in adults and children
4. Preventing diabetes and related risk factors
5. Preventing heart disease

Cobleskill Regional Hospital and Schoharie County Department of Health reviewed the data and the key informant survey results and chose their priorities based on participant feedback and their ability to effectively make an impact. As a result, Cobleskill Regional Hospital and Schoharie County Department of Health decided to continue to address *Preventing Chronic Disease* with the focus area of “reducing obesity in children and adults”. Additionally, Cobleskill Regional Hospital and Schoharie County Department of Health will address the priority area of *Promote Mental Health and Substance Abuse* with a focus on “promoting MEB and preventing substance abuse”.

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**SECTION 4 THREE YEAR ACTION PLAN:**

**A. Existing Joint Priority**

**NYS Prevention Agenda Priority: Prevent Chronic Diseases**

**Focus Area 1: Reduce Obesity in Children and Adults**

Overarching Objective 1.0.1: Reduce the percentage of children who are obese by 5% from 13.1% (2010) to 12.4% among WIC children (ages 2-4 years) and by 5% from 17.6% (2010-12) to 16.7% among public school children Statewide reported to the Student Weight Status Category Reporting system. (Data Source: NYS Student Weight Status Category Reporting [SWSCR])

Overarching Objective 1.0.2: By December 31, 2018, reduce the percentage of adults ages 18 years and older who are obese: by 5%; from 24.5% (2011) to 23.2% among all adults, by 5% from 26.8% (2011) to 25.4% among adults with an annual household income of <\$25,000 and by 10% from 34.9% (2011) to 31.4% among adults with disabilities.

Goal 1.1: Create community environments that promote and support healthy food and beverage choices and physical activity.

Objective 1.1.1: By December 31, 2018, decrease the percentage of adults ages 18 years and older who consume one or more sugary drink per day by 5% from 20.5% (2009) to 19.5% among all adults and by 10% from 42.9% (2009) to 38.6% among adults with an annual household income of <\$25,000.

Objective 1.1.2: By December 31, 2018, increase the percentage of adults ages 18 years and older who participate in leisure-time physical activity: by 5% from 73.7% (2011) to 77.4% among all adults, by 5% from 59.0% (2011) to 61.95% among adults with less than a high school education, and by 5% from 49.9% (2011) to 52.4% among adults with disabilities.

Objective 1.1.3: By December 31, 2018, engage all 6 villages in developing implementation plans, including a feedback process, for the Complete Streets Policies that have been previously adopted. The 6 villages in Schoharie county are: Cobleskill, Esperance, Middleburgh, Richmondville, Schoharie, and Sharon Springs.

Interventions	Process Measures	Partner Roles	Partner Resources	By When	Disparity
Increase the number of institutions with nutrition standards for healthy food and beverage procurement	Number of municipalities, community based organizations, worksites and hospitals that develop and adopt policies to implement nutrition standards.	<ul style="list-style-type: none"> <li>• Cobleskill Regional Hospital</li> <li>• Schoharie County Department of Health</li> <li>• BRI's 5-2-1-0</li> <li>• RHENSOM</li> <li>• MVPHIP</li> <li>• SUNY Research Foundation</li> </ul>	Technical Assistance and educational materials  Time and outreach to decision-makers	By December 31, 2018	Communities with individuals with disabilities
Increase the number of municipalities that have Complete Street policies	Number of municipalities where new or enhanced policies, plans and practices that promote Complete Streets are proposed.				

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**B. New Joint Priority**

**NYS Prevention Agenda Priority: Promote Mental Health and Prevent Substance Abuse**

**Focus Area 3: Strengthen Infrastructure across Systems**

Goal 3.2: Strengthen infrastructure for MEB health promotion and MEB disorder prevention

Objective: Support collaboration among leaders, professionals and community members working in MEB health promotion, substance abuse and other MEB disorders and chronic disease prevention, treatment and recovery and strengthen infrastructure for MEB health promotion and MEB disorder prevention.

Interventions	Process Measures	Partner Roles	Partner Resources	By When	Disparity
Assist and support the Bassett PPS (Leatherstocking Collaborative Health Partners) with their sector project: <ul style="list-style-type: none"> <li>• Participate in MEB health promotion and disorder prevention partnerships</li> <li>• Expand efforts with NYSDOH and NYSOMH to implement "Collaborative Care" in primary care</li> <li>• Provide cultural trainings on MEB health promotion, prevention and treatment.</li> <li>• Share data and information on MEB health promotion, disorder prevention and treatment</li> </ul>	Number of discussions held  Number of participants  Number of individuals who have received training in MEB promotion and cultural and linguistic trainings.	<ul style="list-style-type: none"> <li>• Schoharie County Department of Health</li> <li>• LCHP</li> <li>• MVPHIP</li> <li>• Cobleskill Regional Hospital</li> <li>• SCCASA</li> <li>• Office for Aging</li> <li>• Schoharie County Office of Community Services</li> </ul>	NYSOMH MEB promotion and cultural competence resources  Existing 4.a.iii. work group meetings	By December 31, 2018	Individuals with self-reported poor mental health

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**SECTION 5 STAKEHOLDER ENGAGEMENT:**

Over the next three years, Cobleskill Regional Hospital and Schoharie County Department of Health will collaborate with their partners on each focus area and yearly updates will be made publicly on their websites and with all stakeholders. Each organization will also engage stakeholders through press releases related to their selected priorities.

**SECTION 6 PLAN DISSEMINATION:**

2016 Community Health Needs Assessment and the combined Community Service Plan/Community Health Improvement Plan will be posted on the websites of Bassett Healthcare Network's Cobleskill Regional Hospital page, Schoharie County Department of Health, and Mohawk Valley Population Health Improvement Program. Stakeholders involved with priority selection and NYS Prevention Agenda activities will be emailed a copy of the combined plan. Hard copies of the combined plan will be made available to stakeholders.