

**IMPROVING PREVENTIVE AND PRIMARY CARE IN
COLUMBIA AND GREENE COUNTIES**

HOW CLOSE.....HOW FAR

AN ASSESSMENT OF

HEALTH STATUS IN COLUMBIA AND GREENE COUNTIES

Supported by

Columbia County Community Healthcare Consortium, Inc.

MARCH 2010

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**An Assessment of
HEALTH STATUS IN COLUMBIA AND GREENE COUNTIES**

This document contains Federal and state goals for multiple medical conditions and lifestyles. For each goal, we show how close or how far each county is to achieving that goal. Whenever possible, we compare our counties' status to the goals contained in the Federal Healthy People 2010. If HP 2010 does not include a particular goal, then we compare our counties to the goals of the NYS Prevention Agenda. To facilitate your review of the document, we have "color-coded" each goal to quickly identify for you how close or far we are from achieving that goal:



Where possible, we also provide the number of people who are affected by a particular condition, disease, or lifestyle, and we provide cost estimates.

The Columbia County Community Healthcare Consortium has received a 2-year grant (March 1, 2009 – February 28, 2011) from the New York State Department of Health to develop recommendations that will improve preventive and primary care in Columbia and Greene Counties. To guide the work of the project, the Consortium created the 13-member Task Force on Improving Preventive and Primary Care, which represents the wide range of interests in both Columbia and Greene Counties.

The main purpose of this document was to help the Task Force better understand the extent of health care problems in our two counties. This understanding will help the Task Force as it develops recommendations that will be submitted to the State Department of Health in February 2011 on ways to improve the entire preventive/primary care system. In addition, this document was used by the Task Force to help it identify five top priorities for which the Task Force will develop special recommendations calling for enriched and enhanced activities. The

five priorities reflect some of our most costly conditions and lifestyles, ones that inflict great human suffering and require significant sums of money to treat. The five priorities are:

- (1) cardiovascular disease;
- (2) obesity;
- (3) tobacco use;
- (4) substance and alcohol abuse; and
- (5) mental health.

The Consortium encourages health-related providers, agencies and organizations to use this document as a reference tool for your planning, policy, and resource development activities. It can also be used by businesses, local governments, and the general public, including consumers, as they seek to better understand and address the health care challenges facing all of us in Columbia and Greene Counties.

Cancer					
INDICATOR	GOAL	COL CO	COL Status	GR CO	GR Status
Estimated cost for cancer-related health care		\$7.9M		\$6.3M	
Cervical cancer death rate (5 yr. avg. 2002-2006)	2/ 100,000	3/ 100,000		3/ 100,000	
% of adults over 50 receiving fecal occult blood test w/in past 2 years (2009)	33%	16%		11%	
Colorectal cancer death rate (5 yr. avg. 2002-2006)	14/ 100,000	17/ 100,000		22/ 100,000	
Overall cancer death rate (5 yr. avg. 2002-2006)	159/ 100,000	191/ 100,000		230/ 100,000	
% of oral cancers diagnosed at an early stage (5 yr. avg. 2002-2006)	37%	24%		24%	
Lung cancer death rate (5 yr. avg. 2002-2006)	43/ 100,000	62/ 100,000		60/ 100,000	
% of early breast cancer diagnoses (5 yr. avg. 2002-2006)	80%	65%		58%	
% early colorectal cancer diagnoses (5 yr. avg. 2002-2006)	50%	39%		31%	
% of early lung cancer diagnoses (5 yr. avg. 2002-2006)	21%	16%		15%	
Breast cancer death rate (5 yr. avg. 2002-2006)	21/ 100,000	17/ 100,000		27/ 100,000	
Overall cancer incidence (5 yr. avg. 2002-2006)	434/ 100,000	431/ 100,000		505/ 100,000	
Prostate cancer death rate (5 yr. avg. 2002-2006)	28/ 100,000	24/ 100,000		23/ 100,000	
% of women ever receiving pap test (2009)	97%	98%		96%	
% of women receiving pap test in past 3 years (women 18+) (2009)	90%	85%		78%	
% of adults over 50 ever receiving sigmoidoscopy/colonoscopy (2009)	50%	51%		51%	
% of women over 40 receiving mammogram in past 2 years (2009)	70%	75%		80%	
Cancer Prevalence (2002-2006)	N/A	1180		860	
Average Number of Annual Cancer Deaths		152		134	

Cardiovascular Disease					
INDICATOR	GOAL	COL CO	COL Status	GR CO	GR Status
Estimated cost for CVD-related health care		\$18.5M		\$14.7M	
CHD death rate (2007)	162/ 100,000	319/ 100,000		337/ 100,000	
% of population with hypertension (2009)	14%	27%		31%	
# of residents with hypertension	N/A	16,742		15,188	
Cerebrovascular disease hospitalization rate (2007)	30/ 10,000	29/ 10,000		36/ 10,000	
# of people with a CVD condition	N/A	4,340		3,429	
CHD hospitalization rate (2007)	48/ 10,000	50/ 10,000		51/ 10,000	
Hospitalization rate due to diseases of circulatory system (2007) (general cardiovascular category)	143/ 10,000	139/ 10,000		148/ 10,000	
% of residents having cholesterol checked in past 5 years (2009)	80%	80%		82%	
Stroke death rate (2006)	50/ 100,000	35/ 100,000		35/ 100,000	

Chronic Joint Pain					
INDICATOR	GOAL	COL CO	COL Status	GR CO	GR Status
# of residents with chronic joint pain	N/A	26,291		16,853	
# of residents with arthritis and other rheumatic conditions (subset of number above)	N/A	15,874		13,326	
% of adult population with arthritis and other rheumatic conditions (2009)	28%	32%		34%	
% of adult population with chronic joint pain (2009)	43%	53%		43%	

Diabetes					
INDICATOR	GOAL	COL CO	Col Status	GR CO	GR Status
Estimated cost for diabetes-related health care		\$9.8 M		\$7.7 M	
% of population with diabetes (2009)	3%	9%		8%	
Estimated # of residents with diabetes	N/A	5,581		3,919	
Diabetes-related hospitalization rate (annual) (2007)	22/10,000	11/10,000		12/10,000	

Asthma					
INDICATOR	GOAL	COL CO	COL Status	GR CO	GR Status
Estimated cost for asthma-related health care		\$1.6 M		\$1 M	
Asthma death rate, entire population (3 yr. avg. 2005-2007)	13/1,000,000	10/1,000,000		24/1,000,000	
# adults ever diagnosed with asthma	N/A	6,910		3,919	
% of adults with asthma (prevalence) (2009)	10%	8%		8%	
% adults ever diagnosed with asthma (2009)	17%	14%		10%	
Asthma death rate adults (35-64) (3 yr. avg. 2005-2007)	8/1,000,000	10/1,000,000		0/1,000,000	
# adults with asthma	N/A	3,949		3,136	
Asthma hospitalization rate (age 0-14) (3 yr. avg. 2005-2007)	34/10,000	10/10,000		13/10,000	
Asthma hospitalization rate (18-64)(3 yr avg. 2005-2007)	15/100,000	5/100,000		7/100,000	

Dental Health					
INDICATOR	GOAL	COL CO	COL Status	GR CO	GR Status
% children 6-8 with dental caries left untreated (2009)	21%	44%		33%	
Number of adults who have had at least one permanent tooth extracted due to caries or periodontal disease (based on Healthy People 2010)	N/A	34,200		27,000	
% children 6-8 with dental caries (2009)	42%	61%		45%	
Estimated number of children age 6-17 with dental caries (based on age group 6-8)	N/A	5,350		3,105	
% of population seeing dentist annually (2009)	56%	71%		76%	

Maternal & Infant Health					
INDICATOR	GOAL	COL CO	COL Status	GR CO	GR Status
Infant death rate (3 yr. avg. 2005-2007)	5/100,000	10/100,000		8/100,000	
% of births to low birth weight baby (3 yr. avg.)	5%	8%		9%	
% cesarean births (3 yr. avg.)	15%	29%		32%	
% women breastfeeding at 6 months (3 yr. avg.)	50%	22%		16%	
Post-neonatal death rate (2007)	1/100,000	3/100,000		0/100,000	
% of women receiving early prenatal care (1 st trimester) (3 yr. avg.)	90%	73%		75%	
% premature births (32-36 wks gest) (3 yr. avg.)	6%	8%		7%	
# of women receiving early prenatal care (3 yr. avg.)	N/A	563		419	
Number births per year (3 yr. avg.)	N/A	750		555	
Neonatal death rate (2007 data)	3/100,000	3/100,000		0/100,000	
% of women 10-19 receiving prenatal care (3 yr. avg.)	56%	63%		83%	

Mental Health					
INDICATOR	GOAL	COL CO	COL Status	GR CO	GR Status
Suicide rate (3 yr. avg. 2005-2007)	5/100,000	7/100,000		11/100,000	
Number of adults age 18+ who experienced Serious Psychological Distress in the past year (11%) (extrapolated from Federal Substance Abuse & Mental Health Services Administration)	N/A	5,500		4,300	
# of adults reporting 14 or more poor mental health days in past month	N/A	4,922		3,910	
% of adults reporting 14 or more poor mental health days in past month (2009)	8%	10%		10%	
self-inflicted injuries-hospitalization rate (3 yr. avg.)	23/10,000	32/10,000		14/10,000	
Number of people age 18+ having at least one Major Depressive Episode in past year (7%)	N/A	3,500		2,700	

Obesity, Physical Activity & Nutrition					
INDICATOR	GOAL	COL CO	COL Status	GR CO	GR Status
Estimated cost for obesity-related health care		\$12.6 M		\$9.9 M	
% of obese adults (over 20) (2009)	15%	24%		23%	
# adults overweight/obese	N/A	30,108		23,908	
% adults eating 5 servings of fruits & vegetables/ day (2009)	63%	27%		22%	
% obese preschool children (2-4) (2006)	12%	15%		16%	
# of obese adults	N/A	11,846		9,015	
% adults overweight/obese (2009)	57%	61%		61%	
% adults with no leisure time activity (2009)	20%	17%		19%	

Family Planning					
INDICATOR	GOAL	COL CO	COL Status	GR CO	GR Status
Birth spacing (% of births w/in 24 months of previous pregnancy) (3 yr. avg. 2005-2007)	6%	17%		17%	
Adolescent pregnancy rate (pregnancy among females 15-17) (per 1,000) (3 yr. avg. 2005-2007)	39/ 1,000	17/ 1,000		15/ 1,000	

Tobacco Use					
INDICATOR	GOAL	COL CO	COL Status	GR CO	GR Status
Estimated cost for tobacco-related health care		\$10.8 M		\$8.6 M	
% of adults smoking cigarettes (2008)	12%	23%		24%	
# of adults smoking cigarettes	N/A	11,322		9,384	
COPD hospitalization rate(2007)	41/10,000	28/10,000		27/10,000	

Alcohol & Substance Abuse					
INDICATOR	GOAL	COL CO	COL Status	GR CO	GR Status
Young adult DWI arrest rate (2007)	44/ 10,000	87/ 10,000		153/ 10,000	
Alcohol-related motor vehicle crash death rate (3 yr. avg. 2005-2007)	5/ 100,000	7/ 100,000		11/ 100,000	
% of adults binge drinking in past month (2009)	13%	19%		25%	
Number of adults age 18+ who have a dependence on alcohol (3%) (extrapolated from Federal Substance Abuse & Mental Health Services Administration)	N/A	1,500		1,200	
Number of adults age 18+ who have a dependence on illicit drugs year (2%) (extrapolated from above source)	N/A	1,000		785	
Drug-related hospitalization rate (3 yr. avg. 2005-2007)	26/ 10,000	16/ 10,000		23/ 10,000	
Arrest rate for drug use/possession/sale (2007)	215/ 10,000	77/ 10,000		82/ 10,000	

Immunization					
INDICATOR	GOAL	COL CO	COL Status	GR CO	GR Status
% of adults over 65 receiving flu shot in past year (2009)	90%	62%		68%	
% of adults over 65 ever receiving pneumonia shot (2009)	90%	66%		61%	

HIV & AIDS					
INDICATOR	GOAL	COL CO	COL Status	GR CO	GR Status
Newly Diagnosed HIV case rate (3 yr. avg. 2005-2007)	1/100,000	5/100,000		6/100,000	
AIDS mortality rate (3 yr. avg. 2005-2007)	7/100,000	2/100,000		9/100,000	
HIV/AIDS- related hospitalization rate (2007)	26/10,000	6/10,000		12/10,000	