Fort Drum Regional Health Planning Organization

- Non-profit organization initiated in 2005
- Department of Defense pilot program for healthcare delivery
- **Mission:** To strengthen healthcare for Fort Drum soldiers, their families, and the surrounding civilian community by analyzing the healthcare system, identifying gaps, and leveraging resources to fill those gaps through regional partnerships.

- **Service Area:** Jefferson, Lewis, St. Lawrence Counties
Population Health Improvement Initiatives

**Rural Health Network Development Program (RHNDP; 2013)**
- Maintain an online health data portal (North Country Health Compass1)
- Develop Community Health Assessments and Improvement Plans
- Engage patients to improve chronic disease outcomes
- Collaborate with other northern NY Rural Health Networks

**Delivery System Reform Incentive Payment (DSRIP; 2015)**
- Improve health literacy and cultural competency
- Engage Medicaid beneficiaries and the uninsured2
- Strengthen the mental health and substance abuse infrastructure
- Increase access to evidence-based chronic disease prevention programs
  - diabetes, colorectal cancer, chronic obstructive pulmonary disease

**Population Health Improvement Program (PHIP; 2015)**
- Convene key population health stakeholders3
- Serve as population health data resource
- Connect high risk populations to primary and preventive care
- Work with stakeholders to advance the Prevention Agenda
- Implement a community and patient engagement tool4

**Priorities**
- Mental health & substance abuse
- Diabetes
- Obesity
- Tobacco use
- Colorectal cancer
- Oral health
- Patient & stakeholder engagement
- Health literacy & cultural competency

**Linking Interventions For Total Population Health (LIFT; 2017)**
- Develop a proactive primary care team to address diabetes and obesity
- Encourage patients to engage with disease self-management programs
- Engage community using health promotion and health policy

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1 www.NCNYHealthCompass.org
2 Utilizing the Patient Activation Measure (PAM) developed by Insignia Health
3 Regional Population Health Coalition (North Country Health Compass Partners)
4 North Country Vitals website (to be launched Spring 2017)
# North Country Health Compass Partners

## Public Health Departments
- Jefferson County Public Health Service
- Lewis County Public Health Agency
- St. Lawrence County Public Health

## Healthcare Facilities
- Carthage Area Hospital
- Canton-Potsdam Hospital
- Claxton-Hepburn Medical Center
- Clifton-Fine Hospital
- Gouverneur Hospital
- Great Beginnings Dentistry
- Lewis County General Hospital
- Massena Memorial Hospital
- North Country Family Health Center
- River Hospital
- Samaritan Medical Center
- Fort Drum MEDDAC

## Behavioral Health Providers
- Credo Community Center
- Jefferson County Community Services
- Lewis County Community Services
- St. Lawrence County Community Services

## Insurance Providers
- Excellus BlueCross BlueShield
- Fidelis
- MVP Health Care
- United HealthCare

## Education Partners
- Jefferson-Lewis BOCES
- LaFargeville Central School District
- St. Lawrence-Lewis BOCES

## Prevention Councils
- Mountain View Prevention Services
- Pivot
- Seaway Valley Prevention Council

## Community-Based Organizations
- Cornell Cooperative Extension of Jefferson County
- Fort Drum Regional Health Planning Organization
- Greater Watertown Chamber of Commerce
- Jefferson County Department of Social Services
- Jefferson County Office for the Aging
- North Country Prenatal/Perinatal Council
- River of Life Fellowship Church
- St. Lawrence County Health Initiative
- Watertown Urban Mission
- YMCA
Describe a Healthy Community?
2017 Rankings in Health Outcomes (n = 62)

- Jefferson = 41↓
- Lewis = 21↑
- Oneida = 52↓
- Oswego = 56↓

For Reference
- Saratoga = 1
- Bronx = 62
Factors Impacting Health

- Genetics 30%
- Individual Behavior 40%
- Social and Environmental Factors 20%
- Health Care 10%

Health and Well Being

## Social Determinants of Health

<table>
<thead>
<tr>
<th>Economic Stability</th>
<th>Neighborhood and Physical Environment</th>
<th>Education</th>
<th>Food</th>
<th>Community and Social Context</th>
<th>Health Care System</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employment</td>
<td>Housing</td>
<td>Literacy</td>
<td>Hunger</td>
<td>Social integration</td>
<td>Health coverage</td>
</tr>
<tr>
<td>Income</td>
<td>Transportation</td>
<td>Language</td>
<td>Access to healthy options</td>
<td>Support systems</td>
<td></td>
</tr>
<tr>
<td>Expenses</td>
<td>Safety</td>
<td>Early childhood education</td>
<td>Support systems</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Debt</td>
<td>Parks</td>
<td>Vocational training</td>
<td>Community engagement</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medical bills</td>
<td>Playgrounds</td>
<td>Higher education</td>
<td>Discrimination</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Support</td>
<td>Walkability</td>
<td></td>
<td></td>
<td></td>
<td>Provider availability</td>
</tr>
</tbody>
</table>

### Health Outcomes
- Mortality
- Morbidity
- Life Expectancy
- Health Care Expenditures
- Health Status
- Functional Limitations
A meta-analysis* of nearly 50 studies, found that social factors, including poor education, racial segregation, insufficient social supports, and poverty accounted for over a third of total deaths in the United States in a year.

Children born to parents who have not completed high school are more likely to live in an environment that:

- Is unsafe, has exposed garbage or litter, and has poor or dilapidated housing
- Has insufficient sidewalks, parks or playgrounds, recreation centers, or a library

Where a child grows up impacts his or her future economic opportunities as an adult, even having multi-generational impacts.

PLACE MATTERS

YOUR ZIPCODE IS A BETTER PREDICTOR OF HEALTH THAN YOUR GENETIC CODE
Heart Disease Hospitalizations by Zip Code (Primary Diagnosis): 2010-2014

- Carthage, Natural Bridge, Antwerp, Philadelphia: more than 1.5x regional average
- Ellisburg, Rodman, Lorraine, Adams, Adams Center, Dexter, La Fargeville, Redwood: less than 0.75x regional average
Depression Hospitalizations

- Fort Drum (13602): more than 2.0x regional average
- Ogdensburg: more than 1.5x regional average
- Watertown, Calcium: more than 1.3x regional average
- Lowville, Canton, Potsdam, Sackets Harbor, Clayton: less than 0.7x regional average
Local Data Resource
Core Features

- Health & Socioeconomic Data
- Environmental Data
- Public Safety & Transportation Data
- Data Visualizations
- Funding Opportunities
- Promising Practices
- Service Directories and 2-1-1
- Personal Health Assessments
- Community Health Needs Assessment
AN ISSUE REQUIRING OUR COMMUNITY
Addressing Social Determinants of Health

- Achieving the highest level of health for all people (i.e. health equity) requires:
  - Targeted approaches - mapping and place-based approaches
  - Population-based approaches - health in all policies
  - Community-wide engagement
Role for Local Government in Rural Places

- Support for **public libraries**
- Support for **Emergency Medical Services**
- Design streets for **multiple modes of transportation**, especially active transportation
  - AND support through enforcement and other policies (e.g. zoning)
- Sustain **local traditions, events, and community groups** that keep people engaged with the community and connected to each other
- Improve access to **public spaces**, both indoor and outdoor
What is a Healthy Community?
A Healthy Community

- **Meets everyone’s basic needs**
  - Safe, affordable and accessible food, water, housing, education, health care and places to play

- **Provides supportive levels of economic and social development**
  - Safe and healthy job opportunities, a thriving economy and healthy development of children and adolescents

- **Promotes quality and sustainability of the environment**
  - Smoke-free spaces, clean air, soil and water, green spaces and sustainable energy use

- **Places high value on positive social relationships**
  - Cohesive families and neighborhoods, robust social and civic engagement and violence prevention