



**NATHAN
LITTAUER**
Hospital & Nursing Home



Public Health
Prevent. Promote. Protect.
Fulton County Public Health

Fulton County
Public Health Department



2022 - 2024 COMMUNITY HEALTH NEEDS ASSESSMENT

Community Service Plan/Community Health Improvement Plan

Service Area: Nathan Littauer Hospital Service Region & Fulton County

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EXECUTIVE SUMMARY

Fulton County Public Health Department and Nathan Littauer Hospital and Nursing Home collaborated to complete their 2022-2024 Community Health Needs Assessment utilizing key informant survey data compiled by Adirondack Rural Health Network. The key informants represent a broad range of sectors, and community interests, and include organizations that represent the medically underserved, low-income, and minority populations. In addition to the key informant responses, the assessment includes quantitative data sources collected and published by New York State, as well as health indicators included on NYS Prevention Agenda Dashboard. 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 from public secondary data sources.

Based on the key informant priority rankings and their ability to affect the chosen priorities, Fulton County Public Health Department and Nathan Littauer Hospital and Nursing Home will collaborate on the following New York State Prevention Agenda priorities:

Prevent Chronic Diseases

- **Focus Area 1: Healthy Eating and Food Security**

- **Goal:** 1.2 Increase skills and knowledge to support healthy food and beverage choices.
- **Disparity Focus:** All residents, including lower-income households, and seniors.
- **Intervention:** 1.0.3 Worksite nutrition and physical activity programs designed to improve health behaviors and results.
- **Process Measures:**
 - Number of workplace (board meetings, employee meetings, and other work-related) meetings held with nutritional food options. Track and update information as needed.
 - Number of workplace physical activity promotions and tracking participant metrics of these promotions.
 - Number of workplace sites holding physical activity promotions. Track and update information as needed.

Prevent Chronic Diseases

- **Focus Area 2: Physical Activity**

- **Goal:** 2.2 Promote school, child care and worksite environments that increase physical activity.
- **Disparity Focus:** All Residents, including school-aged children and working adults.
- **Interventions:** 2.2.3 Implement a combination of worksite-based physical activity policies, programs, or best practices through multi-component worksite physical activity or nutrition programs; environmental supports or prompts to encourage walking and/or taking the stairs, or structured walking-based programs focusing on overall physical activity that include goal-setting, activity monitoring, social support, counseling, and health promotions and information messaging.
- **Process Measures:**
 - Number of participants in APHA Keep It Moving Challenge to promote physical activity.
 - Number of promotions held throughout the year to encourage physical activity.

- Number of steps walked during workplace physical activity promotions. Utilize available tracking applications or measurement options with the activity promotion.
- Number of patients or participants provided counseling and information on physical activity and wellness programs and services.

A. INTRODUCTION

The Community Health Needs Assessment provides the hospital, local county health department, and key informants with data and responses so that they may identify, prioritize, and address healthcare challenges facing their communities. The Community Health Needs Assessment also supports the New York State Commissioner of Health’s mission “We protect, improve and promote the health, productivity, and well-being of all New Yorkers” and to participate in New York State Prevention Agenda public health initiatives.

A regional group, facilitated by the Adirondack Rural Health Network (ARHN), provided the forum for area hospitals and local health departments to take part in a regional planning process to address the Commissioner’s public health priorities identified in the New York State Prevention Agenda toward the Healthiest State. By participating in this public health effort, Nathan Littauer Hospital and Fulton County Public Health Department supported the overall goals of the New York State Health Department, which are to focus on primary/secondary disease prevention, promote access to quality health care services, and eliminate health care disparities where they exist.

ARHN provided a forum for the various community partners to share resources and collaborate on the development of each county’s and hospital’s Community Health Needs Assessment. In 2022 ARHN prepared a key informant survey to identify the needs in Clinton, Essex, Franklin, Fulton, Hamilton, Warren, and Washington counties.

1. Hospital Service Region:

Nathan Littauer Hospital and Nursing Home (NLH), opened in 1894, is the only hospital in Fulton County. Located in Gloversville, in the foothills of the Adirondack Mountains, NLH is a fully licensed and accredited healthcare facility. NLH provides a wide array of services ranging from critical care to routine outpatient procedures. They have a 74-bed acute care hospital, an 84-bed residential Nursing Home, a Medical Arts Building, a state-of-the-art Surgical Center, and a Primary/Specialty Care Center. Additional Primary/Specialty Care Centers are located in Amsterdam, Broadalbin, Fonda, Mayfield, Speculator, Caroga Lake, Kingsboro, Johnstown, Perth, and Gloversville. These locations provide healthcare accessibility for the citizens of Fulton, Montgomery, and southern Hamilton counties.

NLH provides a full array of inpatient and outpatient services including medical/surgical, pediatrics, obstetrics and gynecological services, nutritional counseling, oncology/infusion therapy, patient education, diabetic teaching, rehabilitative medicine, women’s health, and respiratory care as well as CT scans, including PET and colonoscopy, nuclear medicine procedures, and bone density testing. They added a robust gastroenterology specialty in the past seven years thereby increasing access to an underserved community. They also offer a comprehensive orthopedic specialty and regularly conduct spine surgeries. A new robotic spine system was

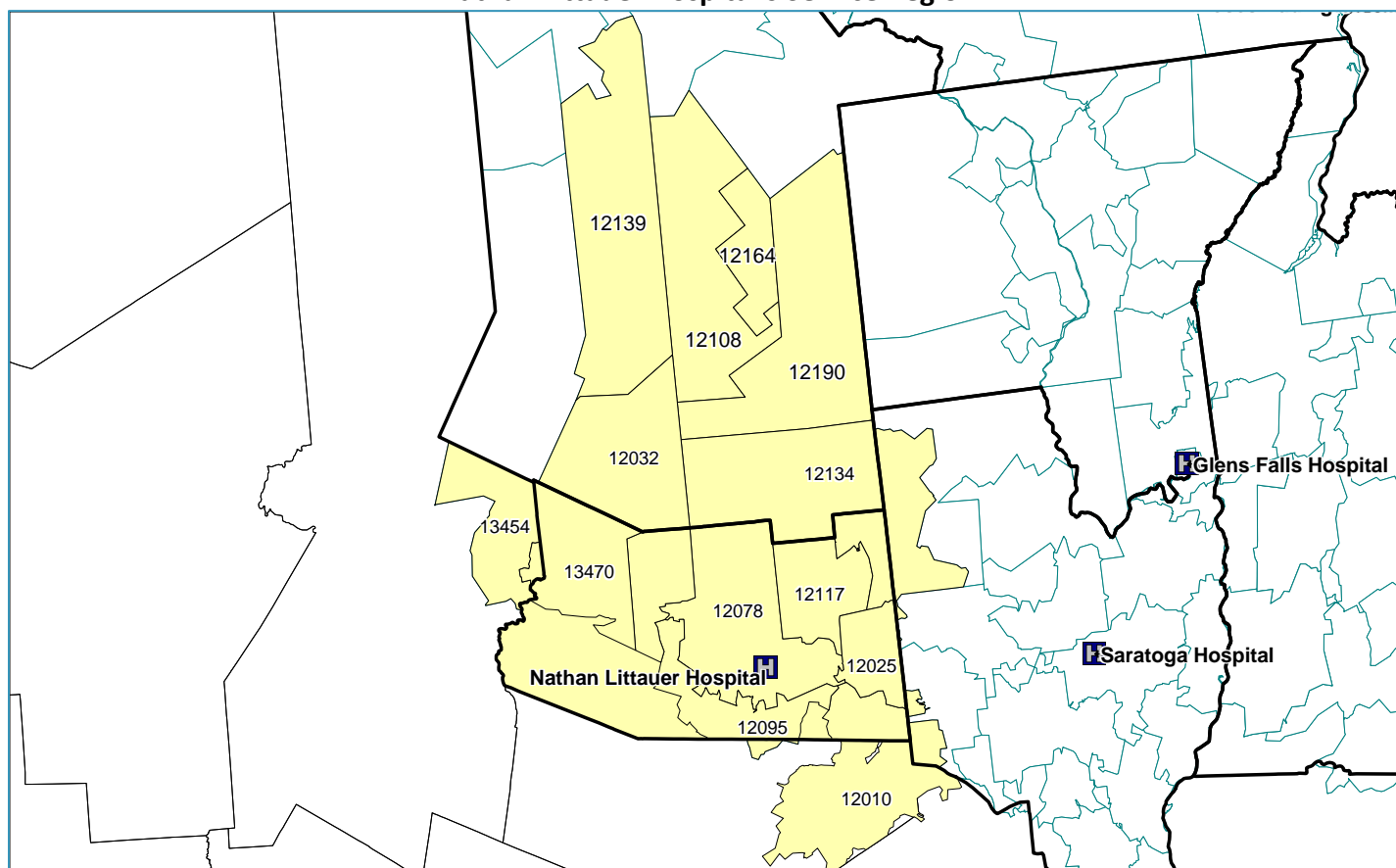
purchased in 2022. Stereotactic breast biopsy systems and digital mammography are utilized at their facility. The Emergency Room is open 24 hours per day and sees most of the community’s emergent cases. They employ about 1,000 individuals and have 75 practitioners on staff. NLH is the second largest employer in Fulton County.

The other programs that are supported and offered through NLH also demonstrate their service and commitment to the community:

Lifeline, a Personal Emergency Response System, allows elderly residents and those who may require assistance the comfort and security of a 24-hour response in case of emergency. This landline-based system is important due to a regional lack of access to Wi-Fi and reliable cellular service.

NLH is also affiliated with **Community Health Center (CHC)** and **Home Health Care Partners**. The home health care agencies service clients in Fulton and Montgomery counties who require short-term as well as long-term care in the home. Additional services such as therapy, housekeeping, and dietary consultation are also available. CHC was founded through collaboration with St. Mary’s Hospital of Amsterdam. Home Health Care Partners provides private duty nursing, sitters/companions, and housekeeping services, and is affiliated with CHC.

Nathan Littauer Hospital’s Service Region



The service area for Nathan Littauer Hospital is composed of thirteen zip codes in Fulton County, Southern Hamilton County, and bordering areas of Montgomery County. Historically, about eighty-eight percent of Nathan Littauer Hospital’s in-patients reside within this geography.

Nathan Littauer Hospital's Primary Service Region by Zip Code, Population Counts from American Community Survey 2016-2020

Town	Zip Code	County	Population
Amsterdam	12010	Montgomery	27,556
Broadalbin	12025	Fulton	5,331
Caroga Lake	12032	Fulton	753
Gloversville	12078	Fulton	22956
Johnstown	12095	Fulton	11,986
Lake Pleasant	12108	Hamilton	354
Mayfield	12117	Fulton	3,163
Northville	12134	Fulton	4,232
Piseco	12139	Hamilton	142
Speculator	12164	Hamilton	402
Wells	12190	Hamilton	687
Salisbury Center	13454	Herkimer	800
Stratford	13470	Fulton	665

The total population in the service region is 79,027 persons.

2. County Health Department Description:

The Fulton County Public Health Department (FCPH) located in Johnstown, New York, under the direction of the Fulton County Board of Supervisors and the New York State Department of Health, seeks to promote wellness, protect from disease, prevent injury/disability, to prepare for emerging illness/disease and to assist Fulton County residents in attaining and maintaining optimal health. Each person and/or their family will be educated in accessing health care and will be empowered to be responsible for the decisions regarding their health care needs. Many services offered by FCPH are provided free of charge; others have eligibility criteria and sliding fee scales are available for the uninsured.

B. COMMUNITY HEALTH ASSESSMENT

1. COMMUNITY DESCRIPTION

Fulton County and Nathan Littauer Hospital's primary service region combined are the total population served.

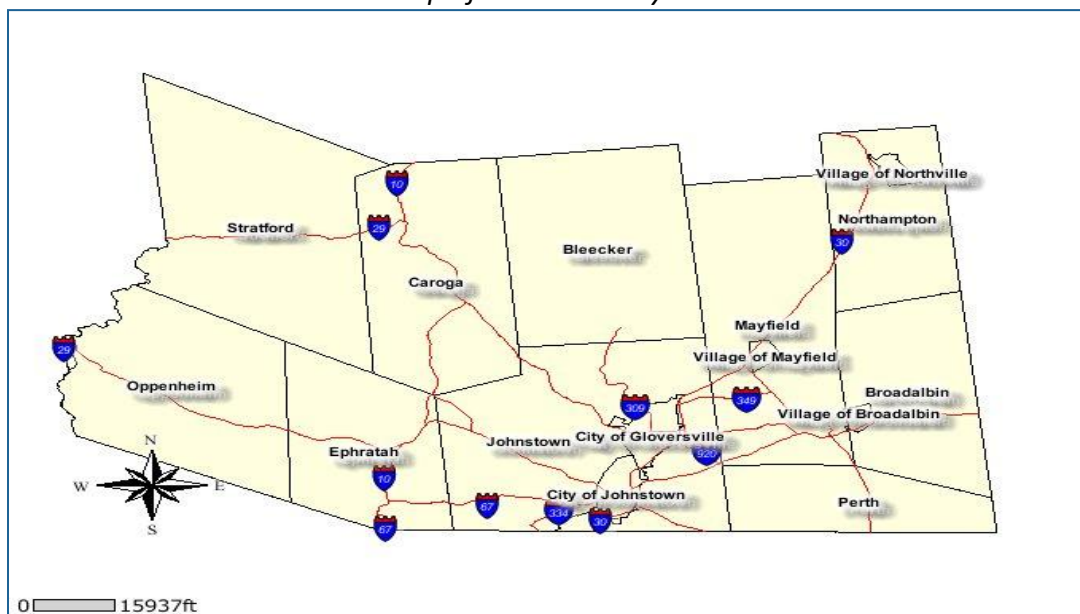
Geography:

Nathan Littauer Hospital is located in Gloversville, Fulton County, New York. Fulton County is bordered by Hamilton County to the north, Herkimer County to the west, Montgomery County to the south, and Saratoga County to the east. Fulton County is predominately rural and the land area in square miles is 495.5 with a population per square mile of (112.1) compared to (411.2) for New York State and (87.4) for the United States.

Fulton County consists of 15 municipalities: the cities of Gloversville and Johnstown, the villages of Broadalbin, Northville, and Mayfield, and the towns of Bleeker, Broadalbin, Caroga, Ephratah, Johnstown, Mayfield, Northampton, Oppenheim, Perth, and Stratford. Approximately 317 square miles of Fulton County lie within

the Adirondack Park. The towns of Bleecker, Caroga, Northampton, and Stratford lie entirely within the Park. The towns of Broadalbin, Ephratah, Johnstown, Mayfield, and Oppenheim partially lie within the Park.

Map of Fulton County

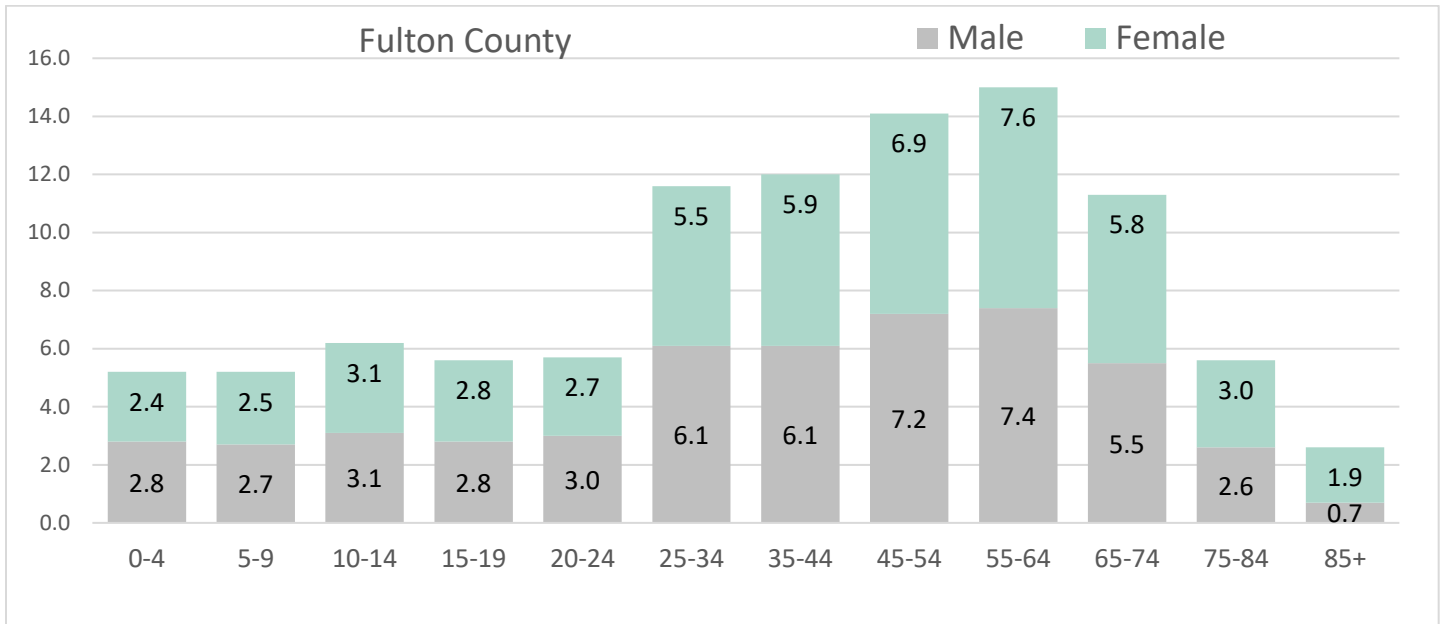


a) Demographics:

NLH Service Region Zip Code Level Population by Sex & Median Age, American Community Survey 2016-2020

County	Zip Code	Town	Population	Median Age	Male	Female
Hamilton	12108	Lake Pleasant	354	60.5	60.5%	39.5%
Hamilton	12164	Speculator	402	62.4	43.3%	56.7%
Hamilton	12139	Piseco	142	50.8	64.1%	35.9%
Hamilton	12190	Wells	687	47.5	56.3%	43.7%
Fulton	12032	Caroga Lake	753	61.3	46.1%	53.9%
Fulton	12134	Northville	4,232	50.9	48.2%	51.8%
Fulton	13470	Stratford	665	52.3	52.5%	47.5%
Fulton	12117	Mayfield	3,163	49.6	48.6%	51.4%
Fulton	12025	Broadalbin	5,331	46.9	45.7%	54.3%
Fulton	12095	Johnstown	11,986	41.3	50.6%	49.4%
Fulton	12078	Groversville	22,956	44.3	49.9%	50.1%
Montgomery	12010	Amsterdam	27,556	40.2	48.6%	51.4%
Herkimer	13454	Salisbury Center	800	40.8	47.1%	52.9%
		Fulton County	53,452	44.2	49.9%	50.1%

Percentage of Population Gender and Age Group, American Community Survey 2016-2020



Percentage of the population by gender and age is similarly distributed prior to age 55; then females outpace males.

Nathan Littauer Hospital Service Region Larger Communities' Population Distribution by Race & Hispanic Origin, U.S. Census, Quick Facts, and American Community Survey 2016-2020 (for population)

Zip Code	Town	Pop.	White	American Indian/ Alaskan Native	Asian	Black	Native Hawaiian/ Pacific Islander	Two or More Races	Hispanic
12117	Mayfield	3,163	95.5%	0.0%	0.4%	1.4%	0.0%	2.6%	1.8%
12025	Broadalbin	5,331	98.8%	0.0%	1.0%	0.1%	0.0%	0.1%	1.2%
12078	Gloversville*	22,956	88.2%	1.2%	0.7%	1.7%	0.2%	6.9%	4.6%
12095	Johnstown*	11,986	93.6%	0.0%	0.2%	3.0%	0.0%	2.2%	3.9%
12010	Amsterdam*	27,556	77.4%	0.0%	0.9%	5.3%	0.1%	4.9%	26.2%
	Fulton County	53,452	94.6%	0.3%	0.8%	2.5%	0.0%	1.8%	3.9%

The population in the Nathan Littauer Hospital's service region is predominately white with some racial and ethnic diversity in Amsterdam.

*Gloversville race and Hispanic origin percentages based on the Gloversville city only, Amsterdam and Johnstown percentages based on combined (town & city)

Immigrant/Migrant Status, U.S. Census QuickFacts 2016-2020

	City of Amsterdam	Town of Amsterdam	City of Gloversville	City of Johnstown	Town of Johnstown	Fulton County	NYS	US
Percent of Foreign born persons	5.5	1.4	2.1	2.2	1.0	1.8	22.4	13.5
Percent of Language other than English spoken at home of persons age 5 years +	24.2	4.6	2.4	2.8	0.9	2.5	30.3	21.5

The City of Amsterdam has higher percentages of foreign-born persons and languages other than English spoken at home than Fulton and Montgomery counties.

Nathan Littauer Hospital Service Region Larger Communities' Household and Income Distribution, U.S. Census QuickFacts 2016-2020

Town	Total Households	Owner Occupied-Median Home Value	Median Household Income	% Persons in Poverty
Broadalbin	2,170	\$179,900	\$68,580	5.9
Mayfield	2,621	\$159,300	\$56,835	12.6
Johnstown (city)	3,646	\$108,300	\$52,157	13.8
Johnstown (town)	2,876	\$130,000	\$76,667	10.8
Amsterdam (city)	7,455	\$89,000	\$40,696	25.8
Amsterdam (town)	2,798	\$157,200	\$59,337	4.2
Gloversville (city)	6,232	\$76,500	\$38,620	21.5
Fulton County	22,406	\$120,100	\$51,663	13.9

The higher populated communities in the region including the Amsterdam (city) and Gloversville (city) have lower median household incomes and higher poverty levels than Fulton County.

Computer and Internet Use, U.S. Census QuickFacts 2016-2020

	City of Amsterdam	Town of Amsterdam	City of Gloversville	City of Johnstown	Town of Johnstown	Fulton County	NYS	US
Percent of Households with a Computer	84.8	87.9	82.0	93.1	87.3	87.6	91.1	91.9
Percent of Households with a Broadband Internet Subscription	78.6	85.2	73.0	87.6	82.7	79.7	85.2	85.2

The percentage of Fulton County households with a computer is lower than in New York State and The U.S.

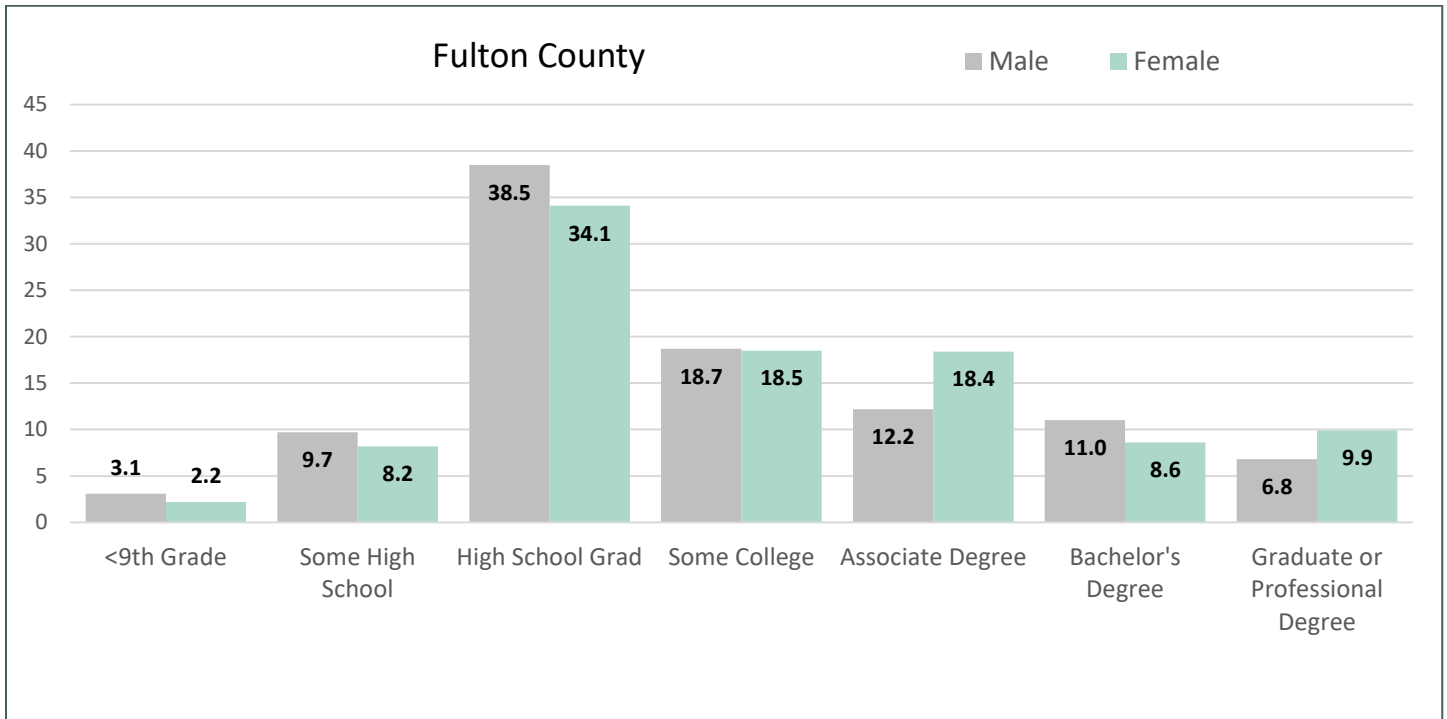
Nathan Littauer Hospital Service Region Zip Code Level Education Attainment, American Community Survey 2016-2020

Zip Code	Town	<9 th Grade, Pop. 25+	Some High School, Pop. 25+	High School Grad, Pop. 25+	Some College, Pop. 25+	Associate Degree Pop. 25+	Bachelor's Degree, Pop. 25+	Graduate or Professional Degree, Pop. 25+
12164	Speculator	1.2%	20.9%	30.2%	10.5%	15.1%	7.0%	15.1%
12108	Lake Pleasant	7.9%	40.8%	15.5%	8.9%	16.8%	7.6%	2.6%
12010	Amsterdam	4.3%	7.6%	32.7%	21.8%	12.8%	12.2%	8.5%
13454	Salisbury Center	4.2%	9.0%	34.7%	16.1%	22.1%	8.4%	5.5%
12078	Gloversville	3.0%	10.1%	38.3%	19.7%	13.1%	7.3%	8.4%
13470	Stratford	6.7%	8.6%	34.1%	21.1%	16.8%	5.9%	6.9%
12117	Mayfield	3.3%	5.7%	36.2%	16.9%	18.7%	11.9%	7.2%
12190	Wells	1.9%	25.7%	30.6%	13.9%	8.0%	10.1%	9.7%
12025	Broadalbin	1.4%	2.9%	28.1%	25.4%	19.4%	14.2%	8.6%
12095	Johnstown	2.1%	10.3%	33.1%	14.8%	16.5%	13.9%	9.3%
12134	Northville	1.3%	12.5%	36.1%	13.7%	13.4%	11.4%	11.6%
12032	Caroga Lake	3.0%	6.6%	43.1%	14.7%	16.6%	8.2%	7.7%
12139	Piseco	0.0%	3.7%	20.6%	35.5%	12.1%	7.5%	20.6%
	Fulton County	2.7%	8.9%	36.3%	18.6%	15.4%	9.8%	8.4%

The indicator of less than a ninth-grade education, as the highest level of attainment, is significantly higher than in Fulton County in Lake Pleasant, Stratford, Amsterdam, and Salisbury Center.

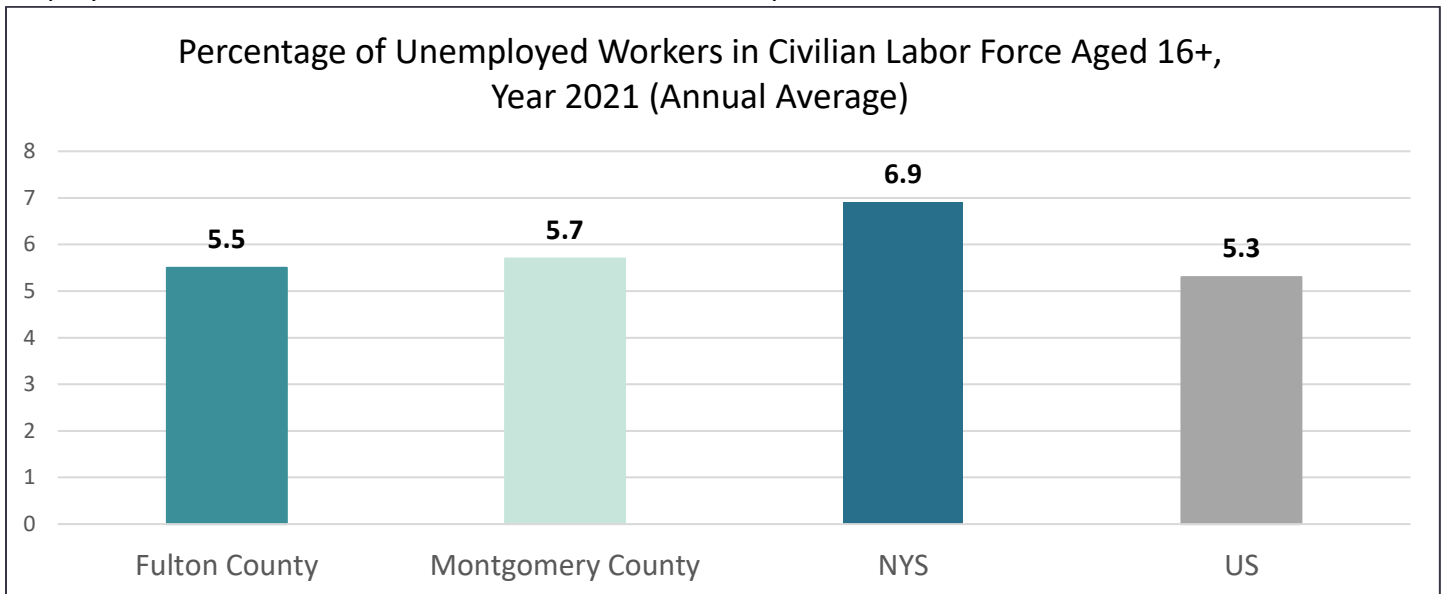
Communities that have a lower percentage of residents (25+ aged) with a bachelor's or higher degree than Fulton County include Lake Pleasant, Salisbury Center, Gloversville, Stratford, and Caroga Lake.

Percentage of Educational Attainment by Sex, American Community Survey 2016-2020



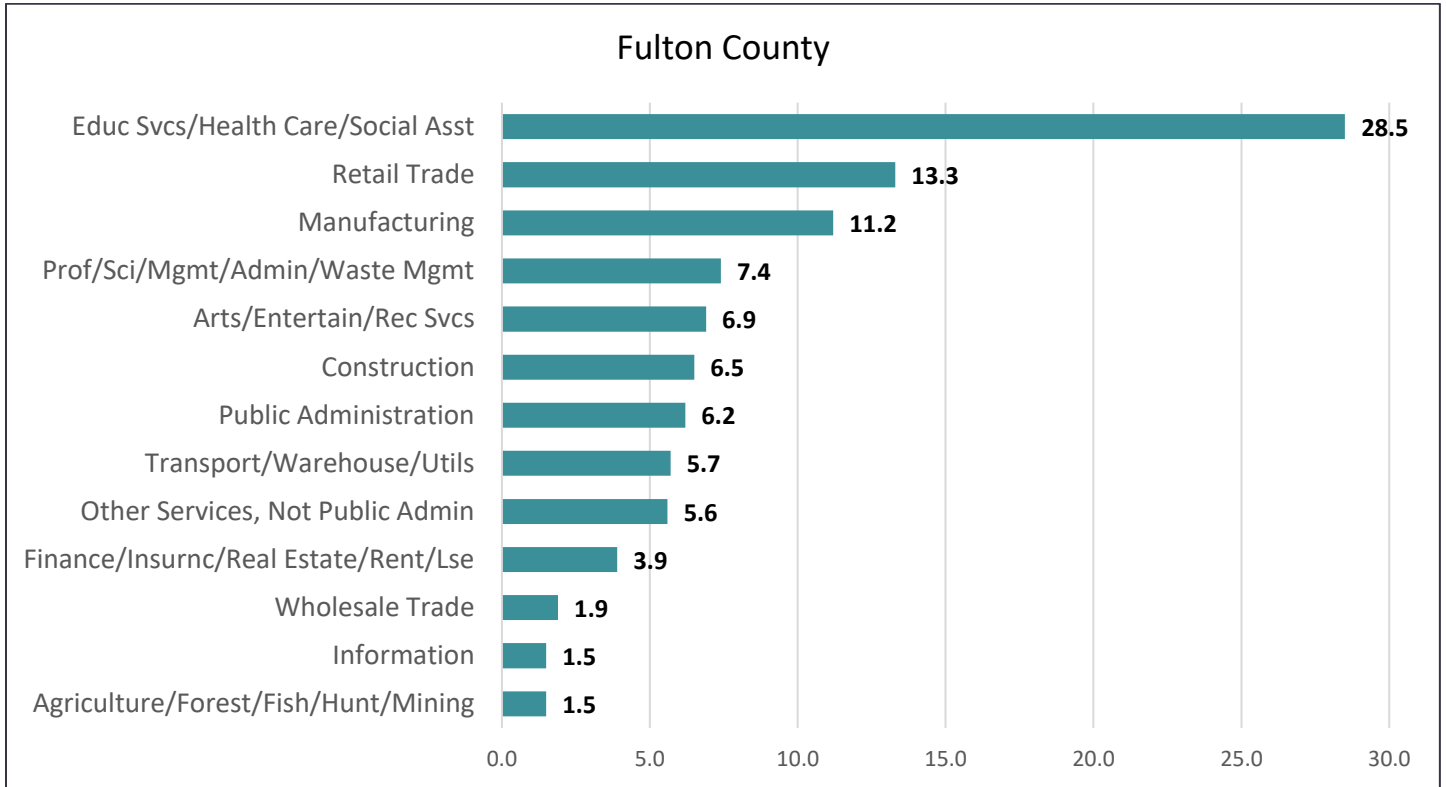
Educational attainment in Fulton County differs across the male and female genders. Males typically graduate high school at a higher rate than females, however, post Bachelor degree achievements are higher for females.

Employment Status, US Bureau of Labor Statistics March/April 2022



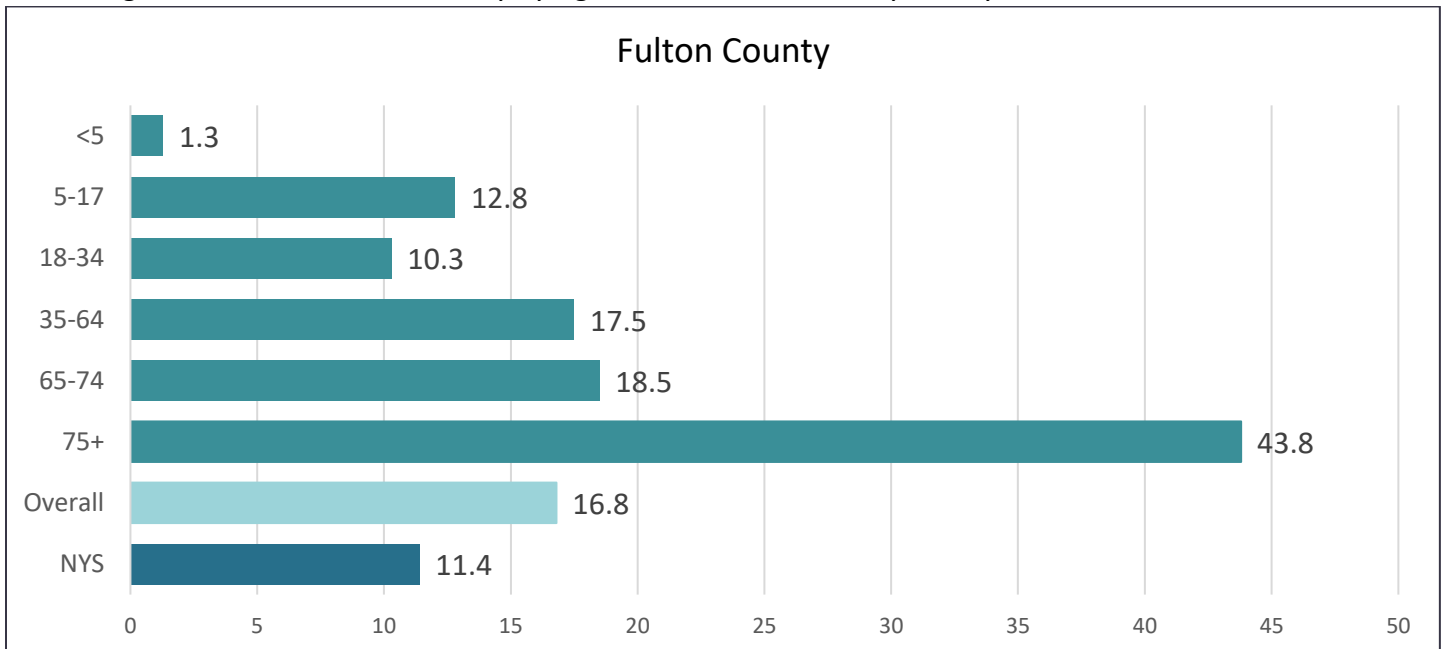
The percentage of unemployment is lower in Fulton County vs. New York State.

Percentage of Employed Workers in Civilian Labor Force by Industry, American Community Survey 2016-2020



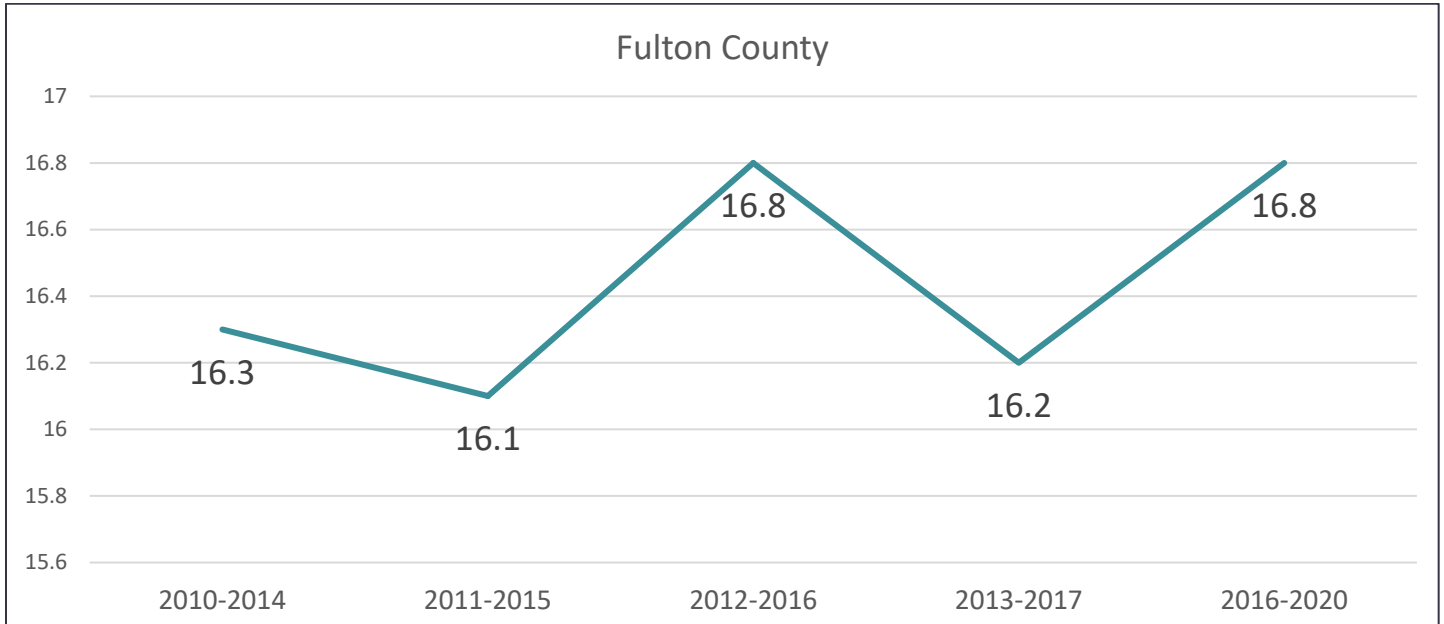
Education/Health Care/Social Asst., Retail Trade, and Manufacturing are the leading industries in the county.

Percentage of Persons with a Disability by Age, American Community Survey 2016-2020



Fulton County's disability percentage is higher than the state and skews higher for individuals 65 and older.

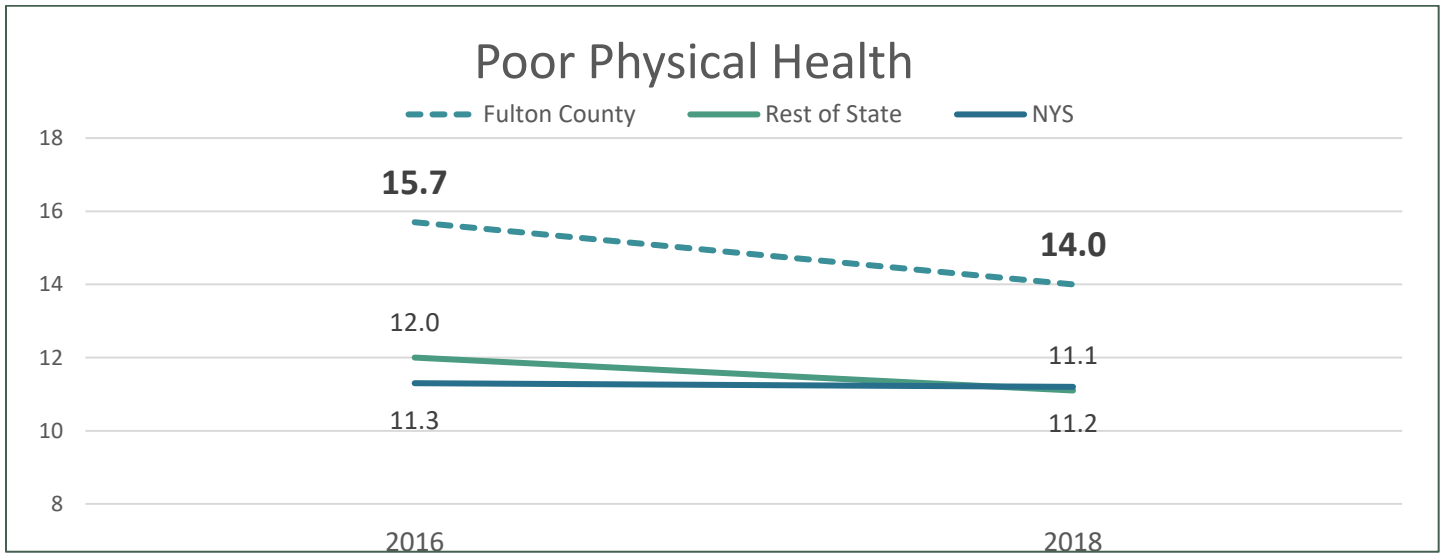
Percentage of Persons with a Disability by Time Series, American Community Survey 2016-2020



Persons with a disability have remained stable over time.

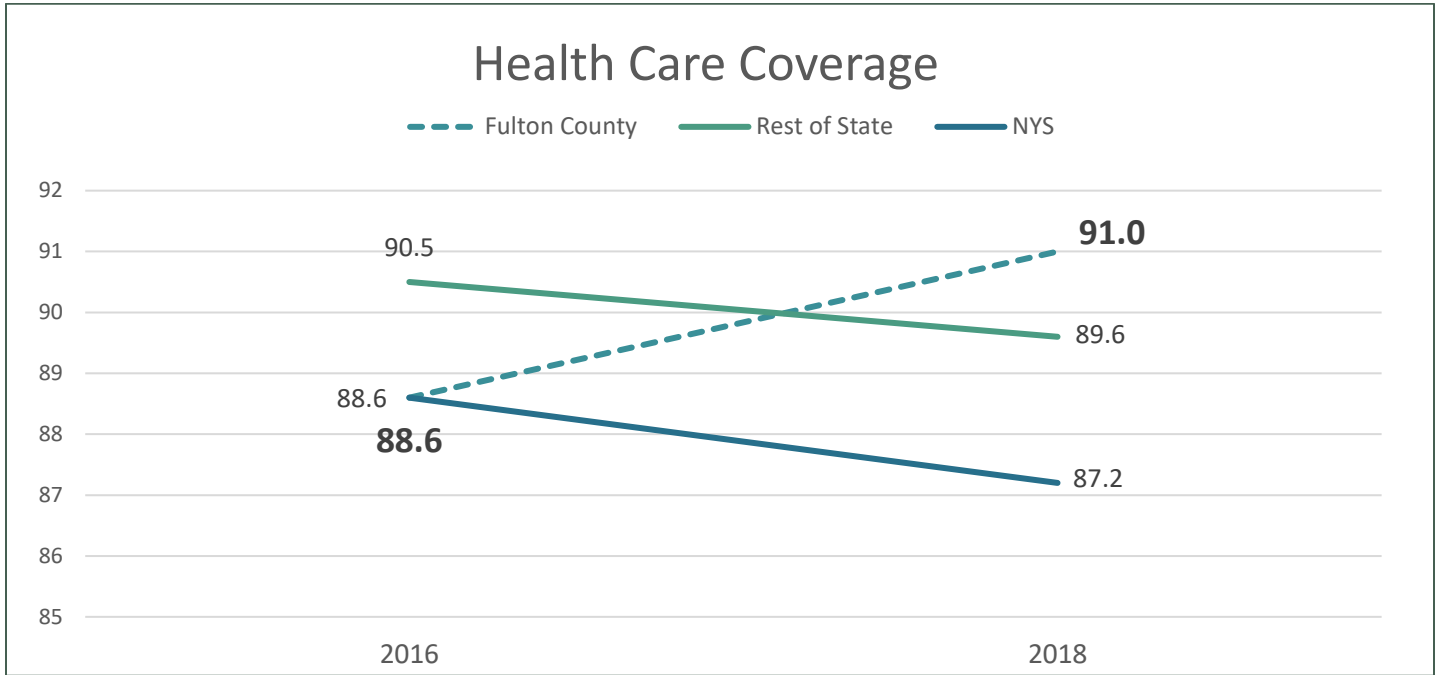
b) Health Status:

Percentage of Adults Reporting 14 or More Days of Poor Physical Health, NYS expanded BRFSS



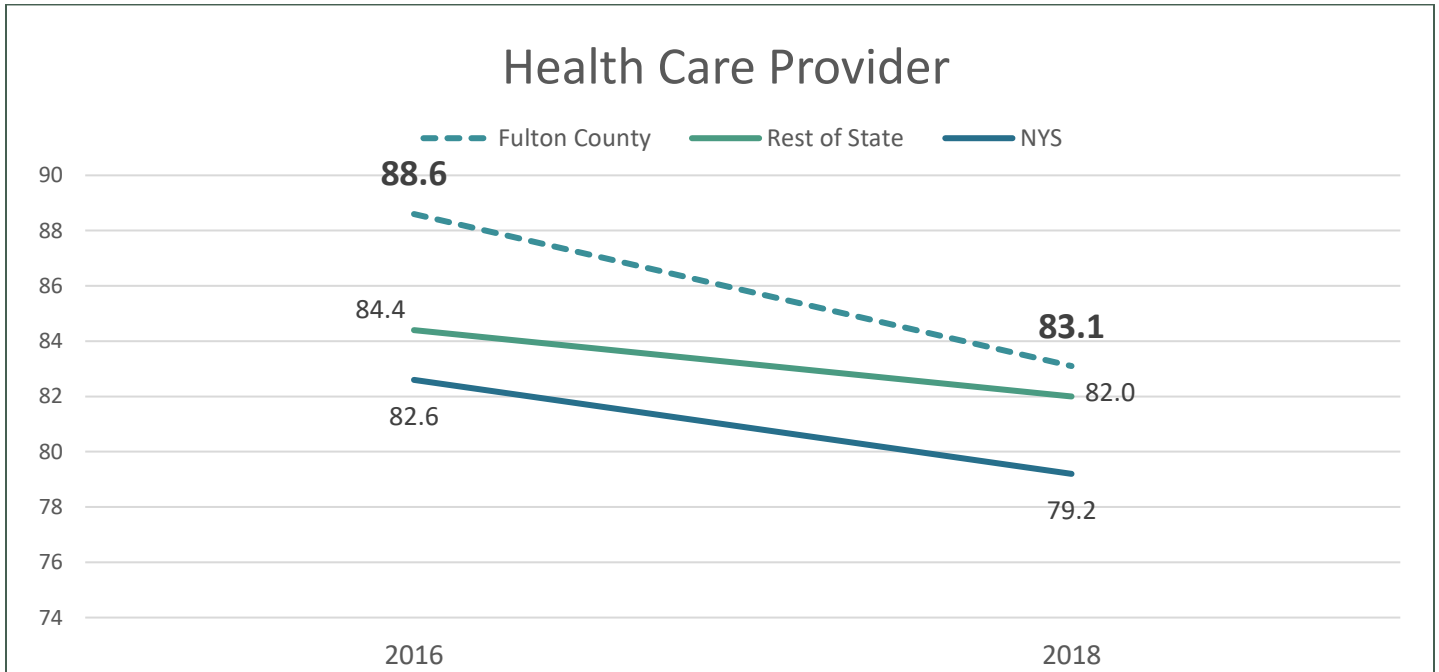
The percentage of Fulton County residents who report having 14 or more days of poor physical health has improved. The percentage is higher than the rest of the state (which excludes New York City) and New York State (which includes New York City).

Percentage of Adults Aged 18-64 years with health care coverage, NYS expanded BRFS



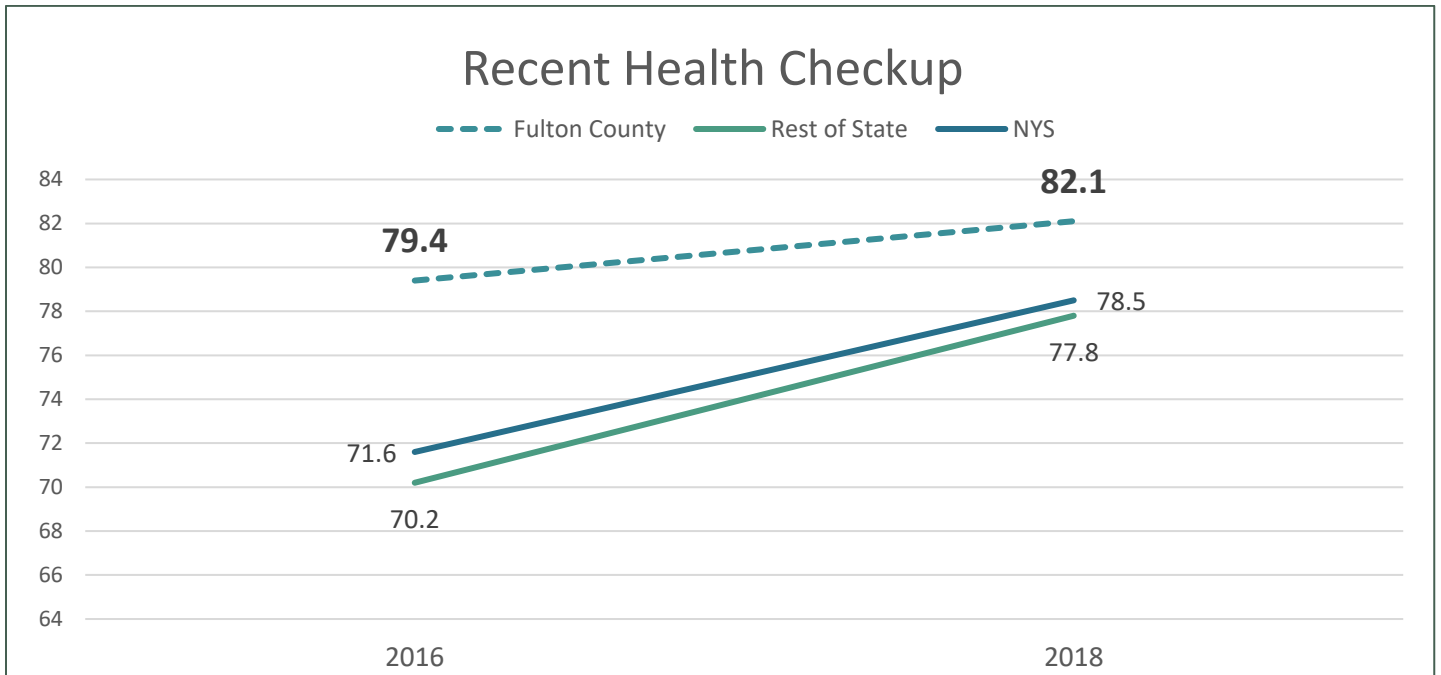
The percentage of Fulton County residents who have health care coverage has increased and is higher than in New York State.

Percentage of Age-Adjusted Adults Who Have a Regular Health Care Provider, NYS expanded BRFS



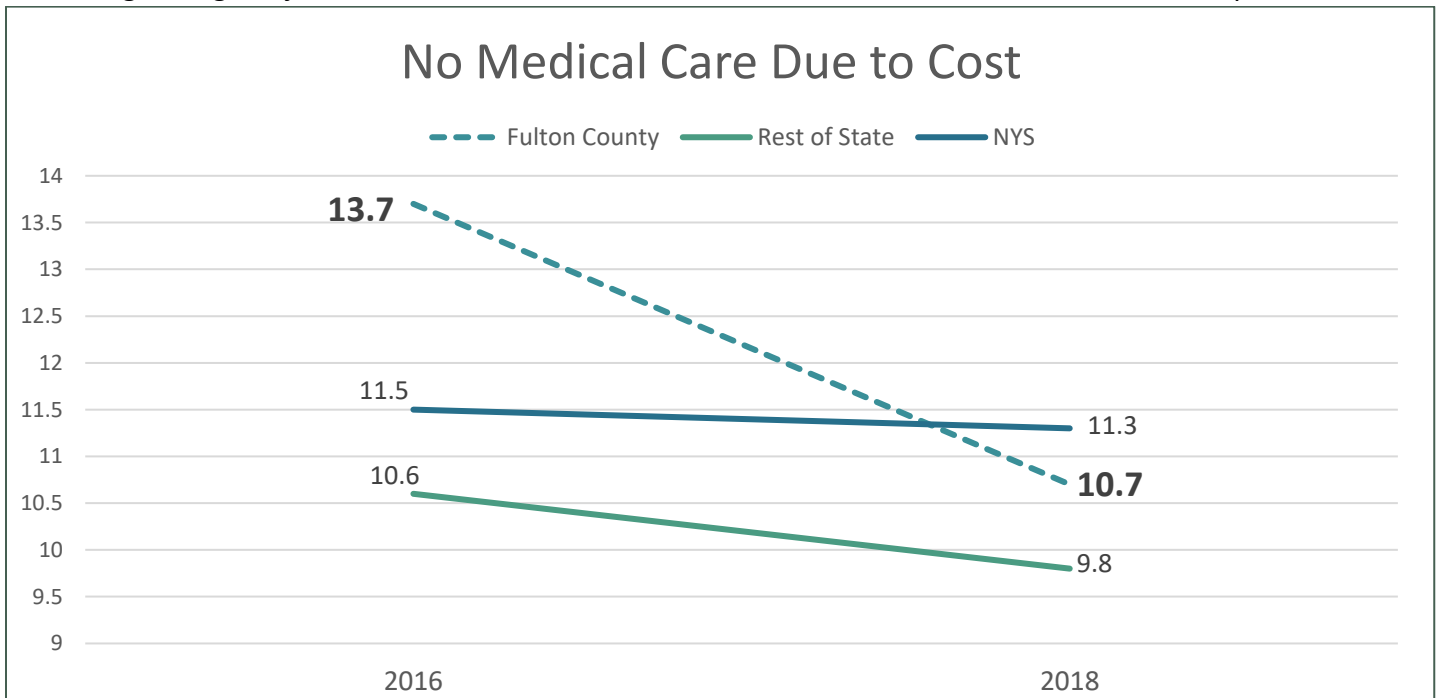
The percentage of Fulton County residents with a regular health care provider has declined, however, it is still higher than the rest of the state and New York State.

Percentage of Adults Aged 18-64 years, who saw a Doctor for a Routine Checkup within the Last Year, NYS expanded BRFSS



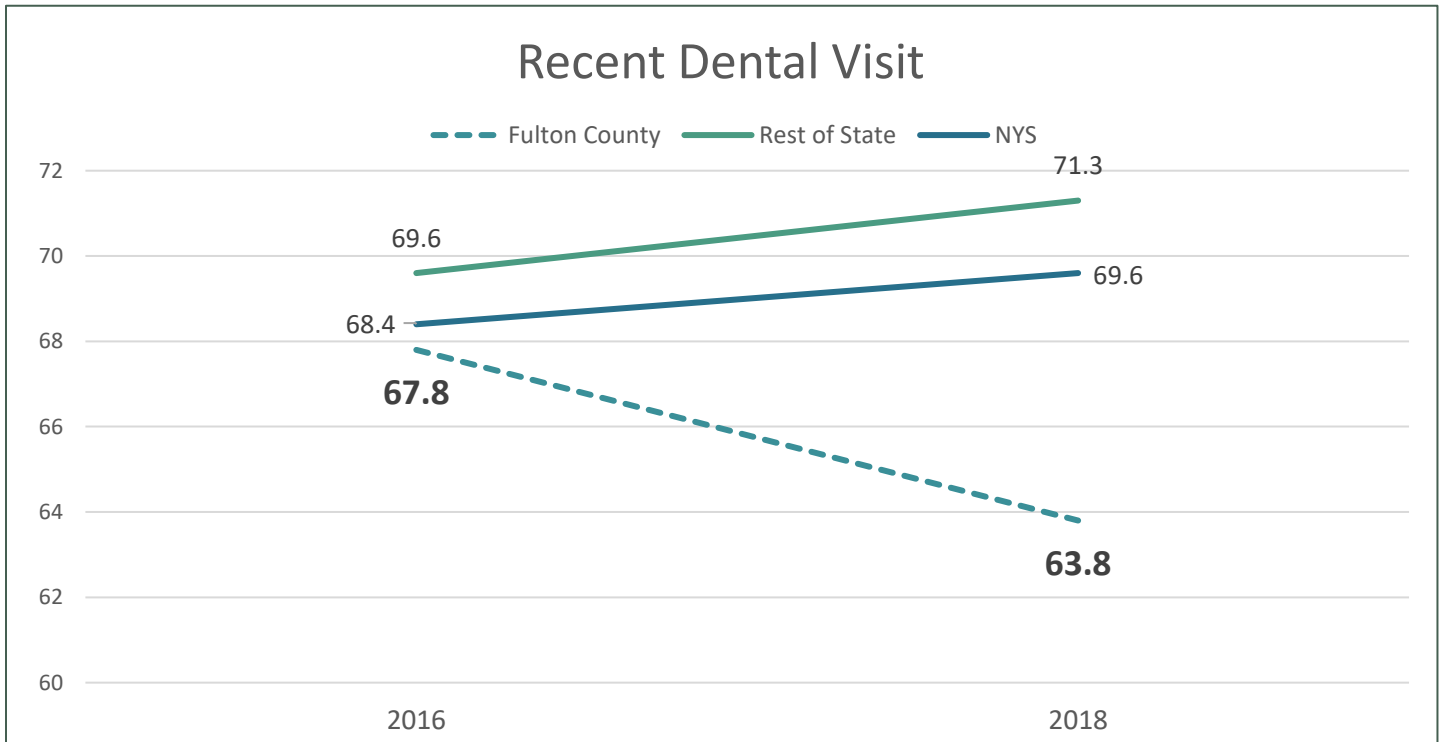
The percentage of Fulton County residents with a recent checkup has increased and is higher than in the rest of the state and New York State.

Percentage of Age-adjusted Adults Who Did Not Receive Medical Care Because of Cost, NYS expanded BRFSS



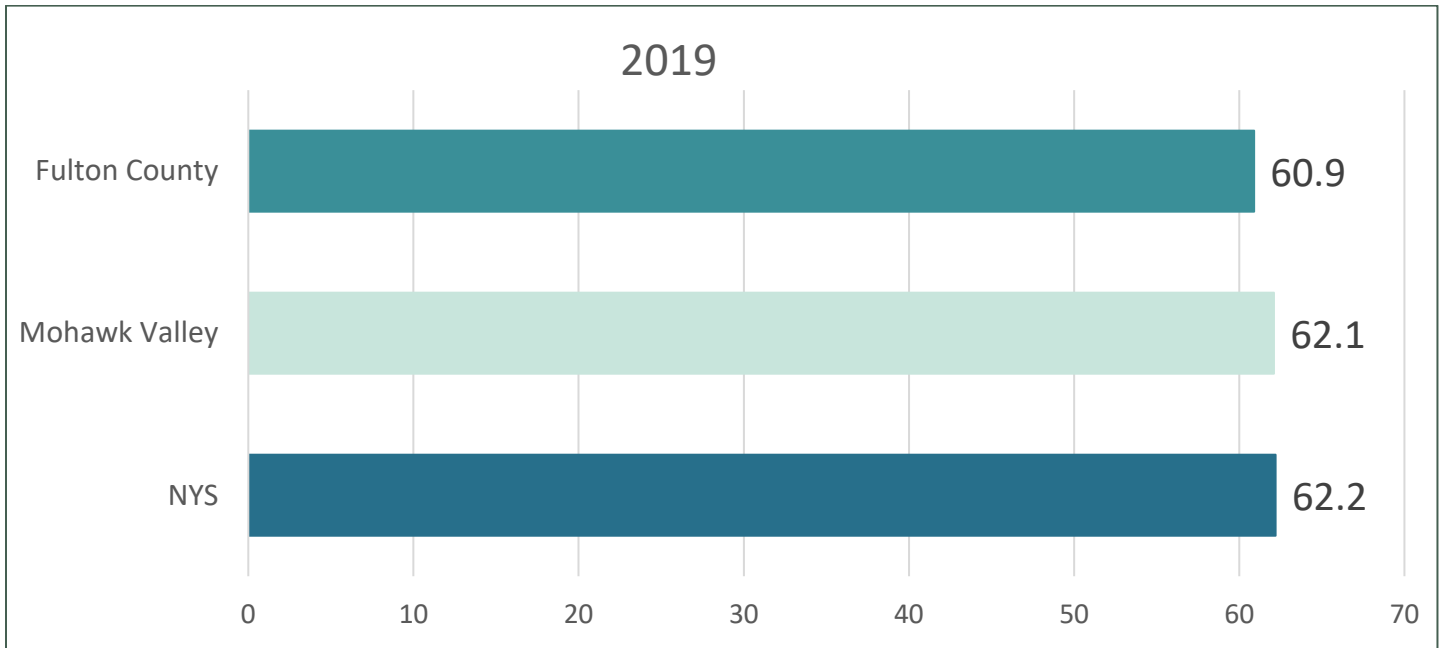
The percentage of Fulton County residents who did not receive medical care because of cost has declined.

Percentage of Age-adjusted Adults Who Had a Dentist Visit within the Past Year, NYS expanded BRFSS



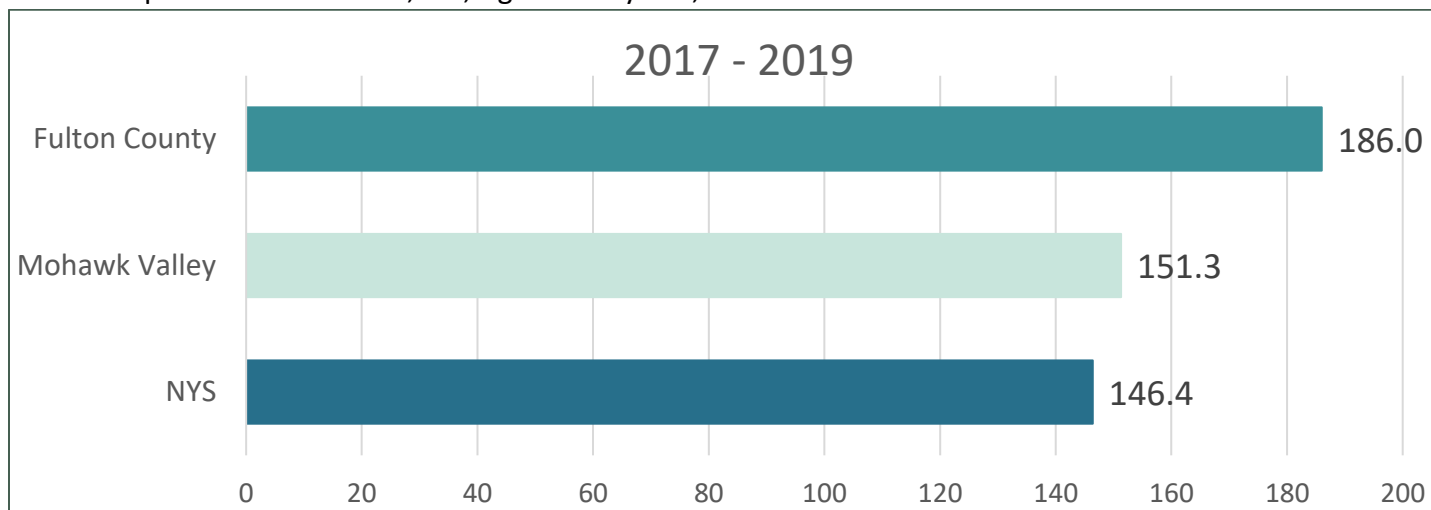
The percentage of adults with a recent dental visit has declined and remains lower than in the rest of the state and New York State.

Percentage of Children (aged 2-20 years) with at least One Preventive Dental Visit within the Last Year, NYS Medicaid and Child Health Plus Data as of November 2021



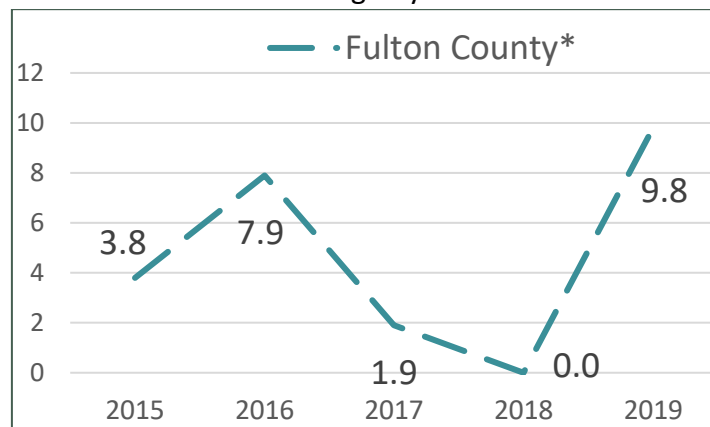
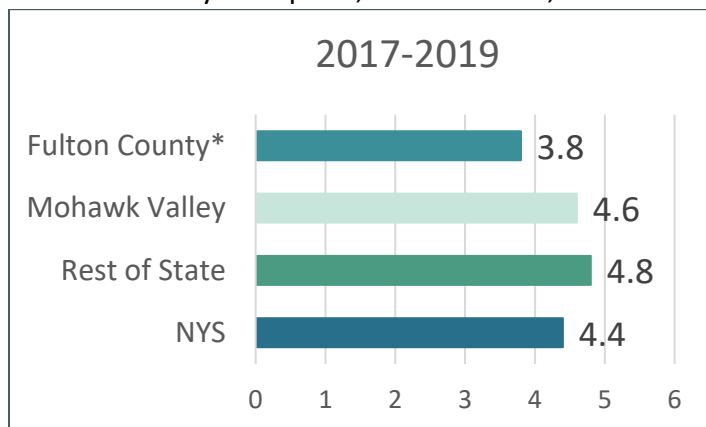
The percentage of children with at least one preventive dental visit is slightly lower than in the Mohawk Valley region and New York State.

Caries Outpatient Visit Rate 10,000, Aged 3 – 5 years, SPARCS as of November 2021



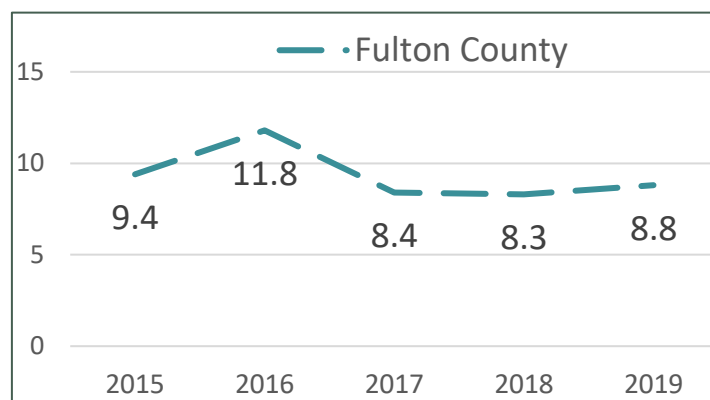
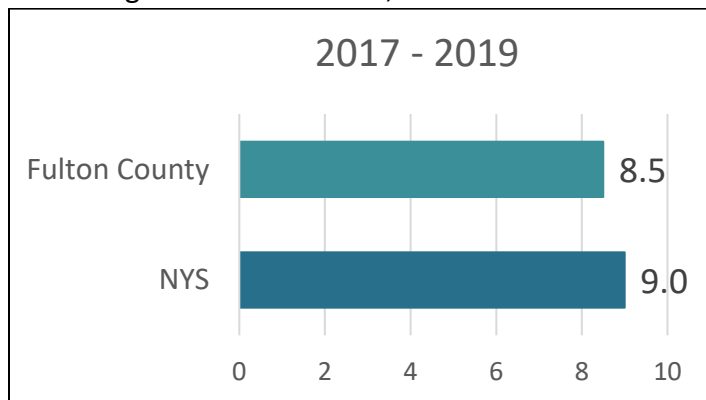
The percentage of children three to five years with outpatient caries is higher than in New York State and the Mohawk Valley region.

Infant Mortality Rate per 1,000 live births, New York State Vital Statistics Event Registry



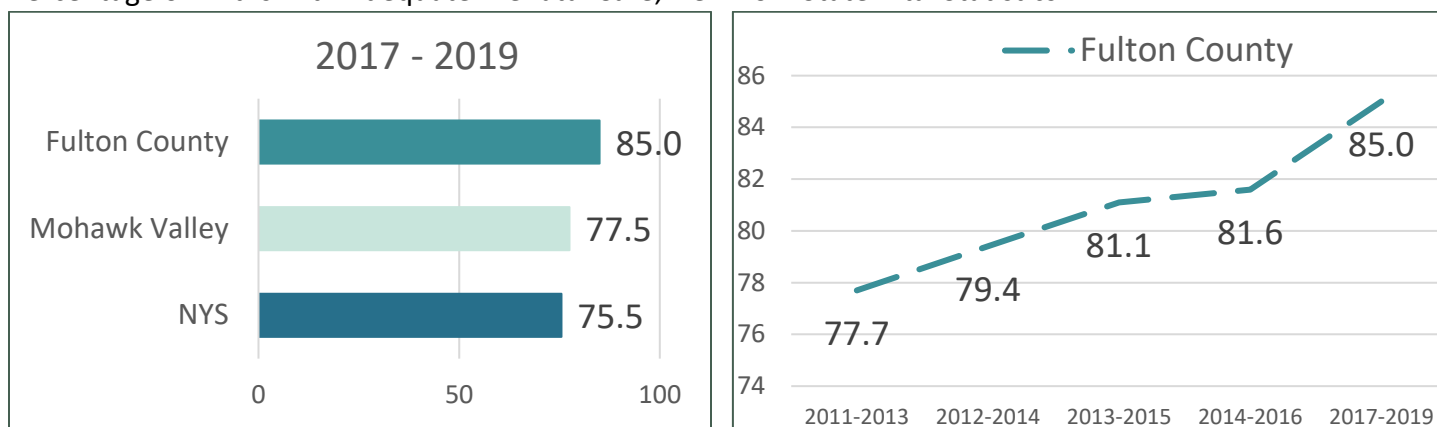
The infant mortality rate is lower than in the Mohawk Valley region, the rest of the state, and New York State.
 *The rates had fewer than 10 events in the numerator and should be viewed with caution.

Percentage of Preterm births, New York State Vital Statistics



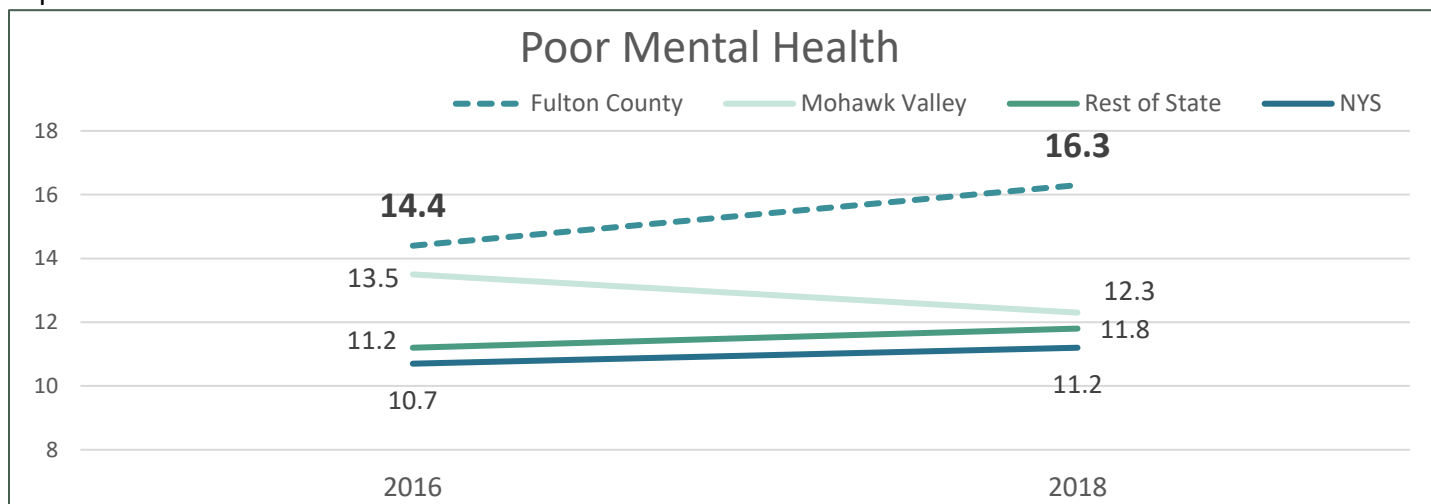
The percentage of preterm births is lower than the New York State percentage.

Percentage of Births with Adequate Prenatal Care, New York State Vital Statistics



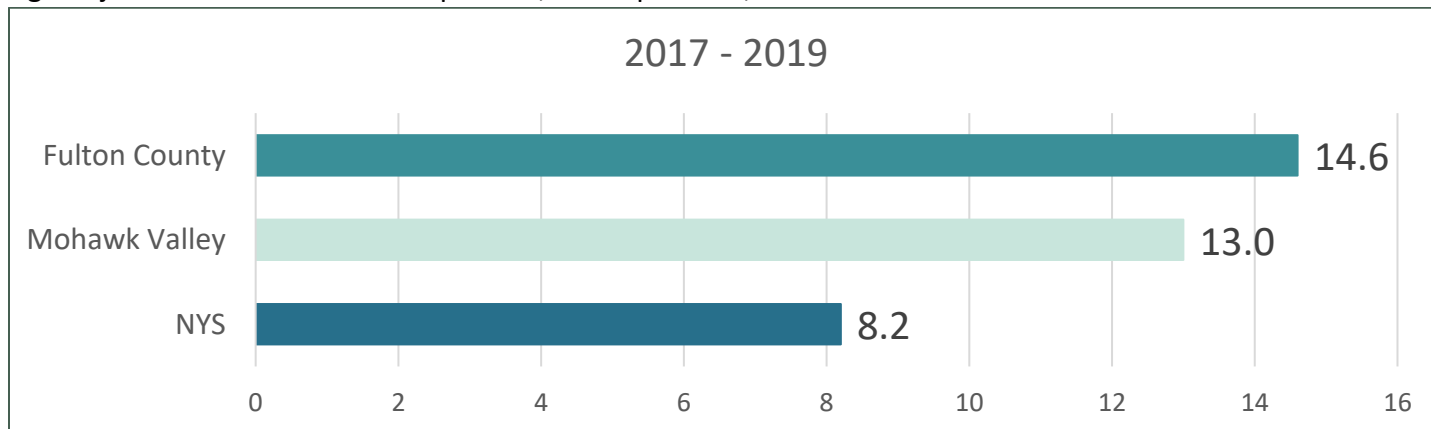
The percentage of births with adequate prenatal care is higher than in the Mohawk Valley and New York State.

Percentage of Age-adjusted Adults with Poor Mental Health for 14 or More Days in the Last Month, NYS expanded BRFSS



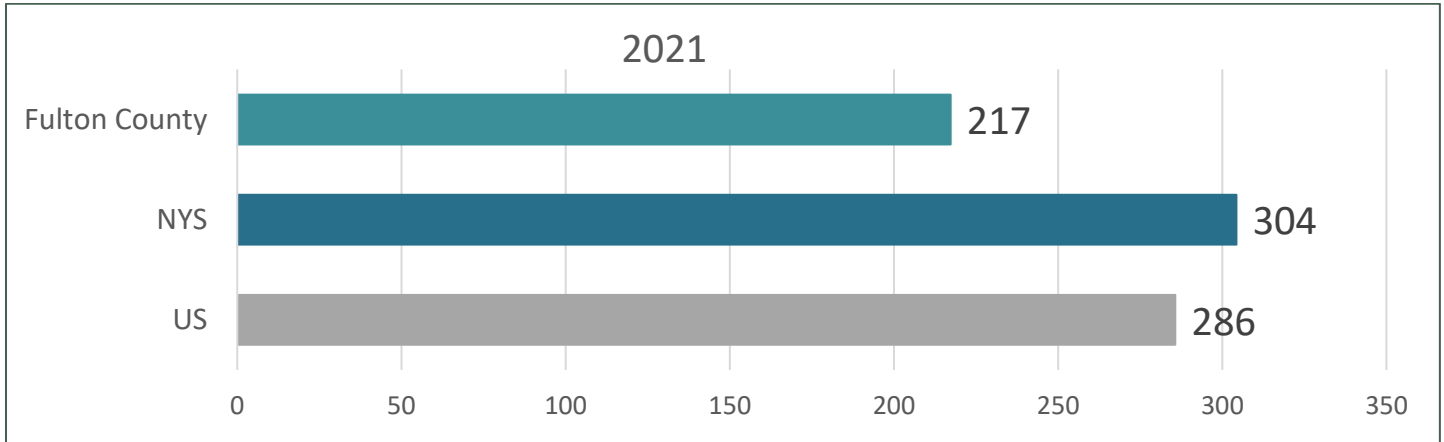
The percentage of Fulton County adults reporting poor mental health has increased.

Age-adjusted Suicide Death Rate per 100,000 Population, NYS Vital Records



Fulton County's suicide death rate is higher than in Mohawk Valley and New York State.

Mental Health Provider Rate per 100,000 Population, County Health Rankings



The rate of Fulton County providers is lower than in New York State and the United States.

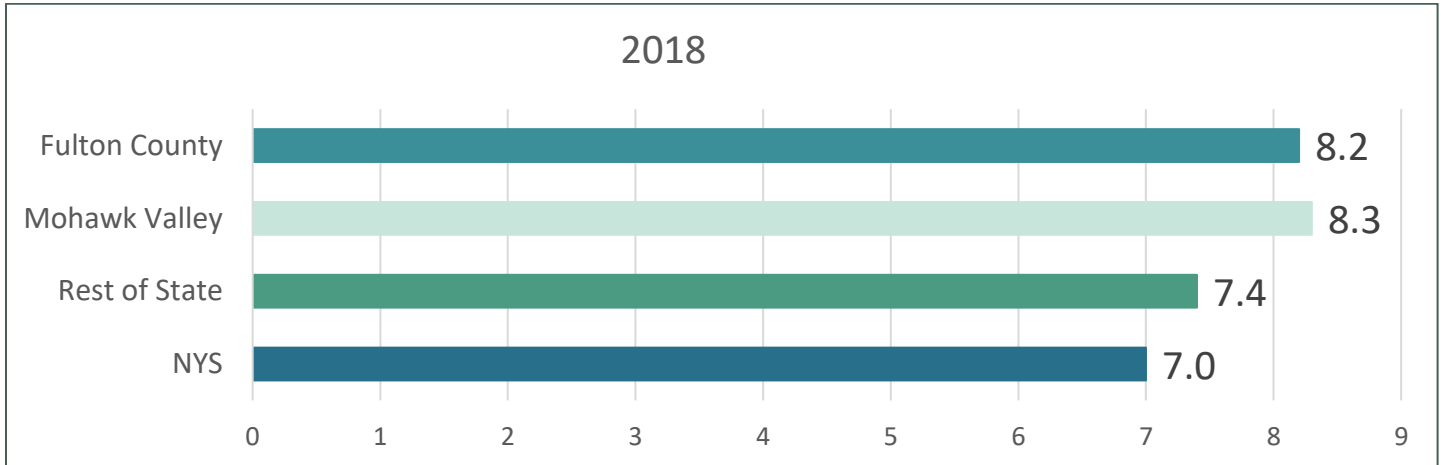
2. MAIN HEALTH CHALLENGES

Leading Causes of All Deaths for Total Population, NYS Leading Causes of Death

Fulton County Number of Deaths and Age-adjusted Death Rate				
Year	Total Deaths	#1 Cause of Death	#2 Cause of Death	#3 Cause of Death
2019	643 842.3 per 100,000	Cancer 144 189.5 per 100,000	Heart Disease 143 172.9 per 100,000	CLRD 40 49.4 per 100,000
2018	619 792.9 per 100,000	Heart Disease 145 184.5 per 100,000	Cancer 120 151.4 per 100,000	CLRD 47 56.7 per 100,000
2017	596 769.4 per 100,000	Heart Disease 163 200.5 per 100,000	Cancer 113 145.8 per 100,000	CLRD 47 60.3 per 100,000
2016	612 801.8 per 100,000	Heart Disease 179 225.9 per 100,000	Cancer 137 175.1 per 100,000	CLRD 47 59.2 per 100,000
2015	596 773.5 per 100,000	Heart Disease 168 210.7 per 100,000	Cancer 120 153.1 per 100,000	CLRD 38 48.1 per 100,000

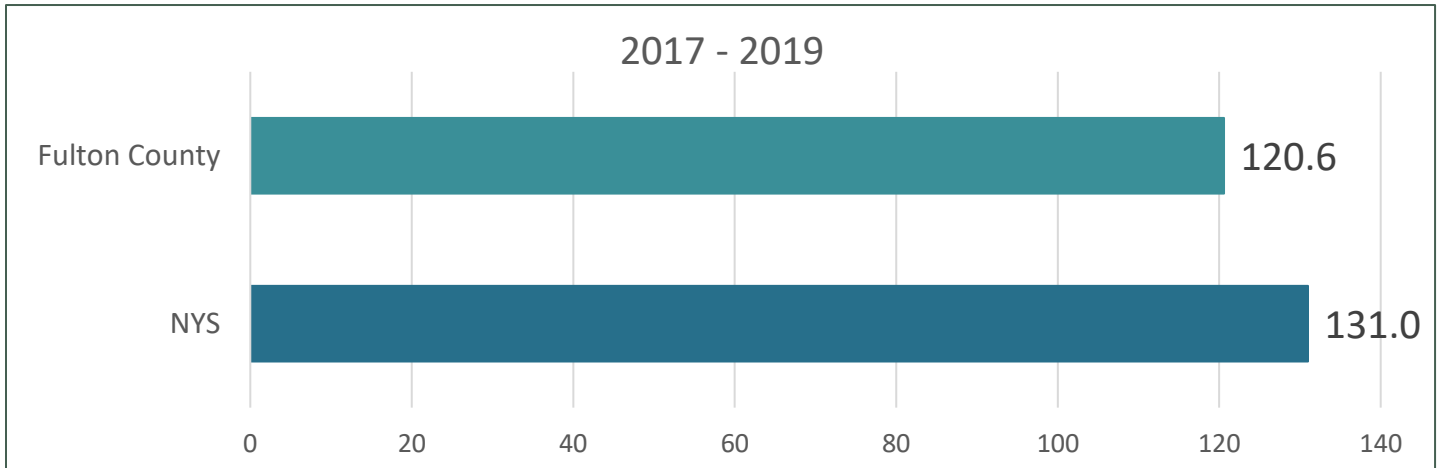
Heart Disease, Cancer, and Chronic Lower Respiratory Diseases (CLRD) remain the top three leading causes of death in Fulton County. In 2019 Cancer cause of death rate slightly surpassed Heart Disease in Fulton County.

Percentage of Age-adjusted Adults with Cardiovascular Disease, NYS expanded BRFSS



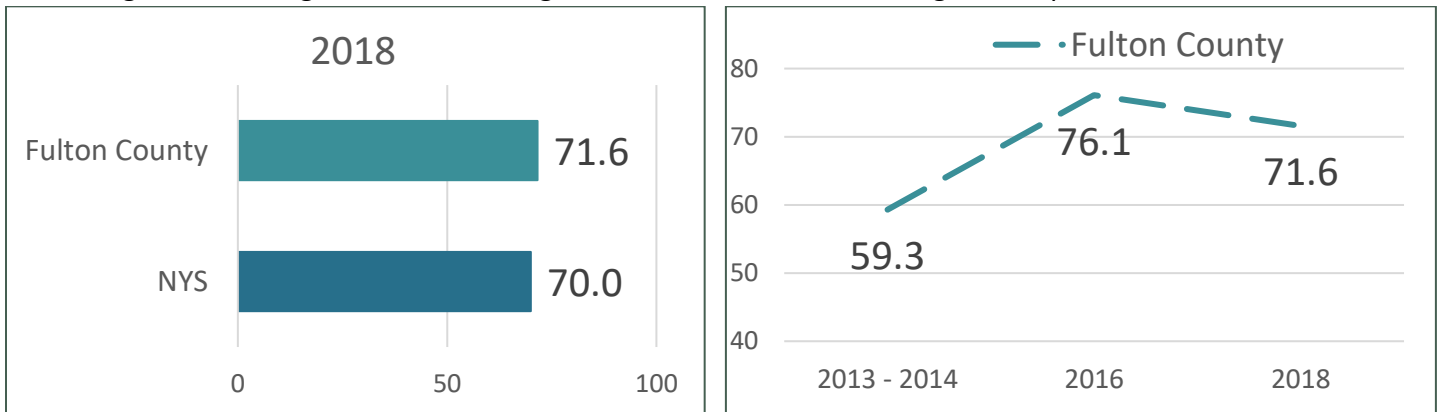
The percentage of adults with cardiovascular disease is higher than in the rest of the state and New York State.

Age-adjusted Death Rate per 100,000 Population Due to Coronary Heart Disease, Vital Statistics



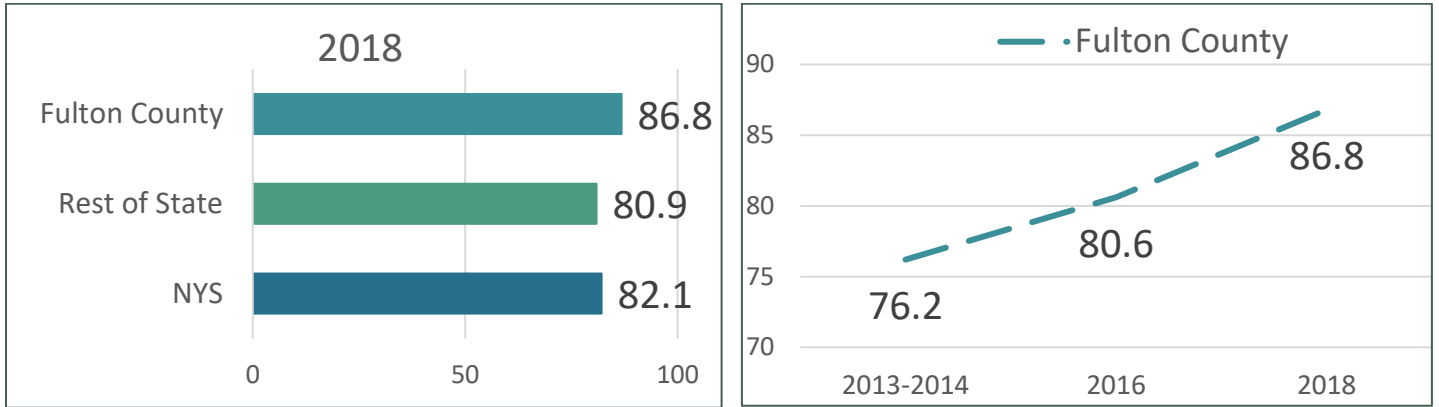
The death rate due to coronary heart disease is lower than in New York.

Percentage of Adults aged 50-75 receiving a Colorectal Cancer Screening, NYS expanded BRFSS



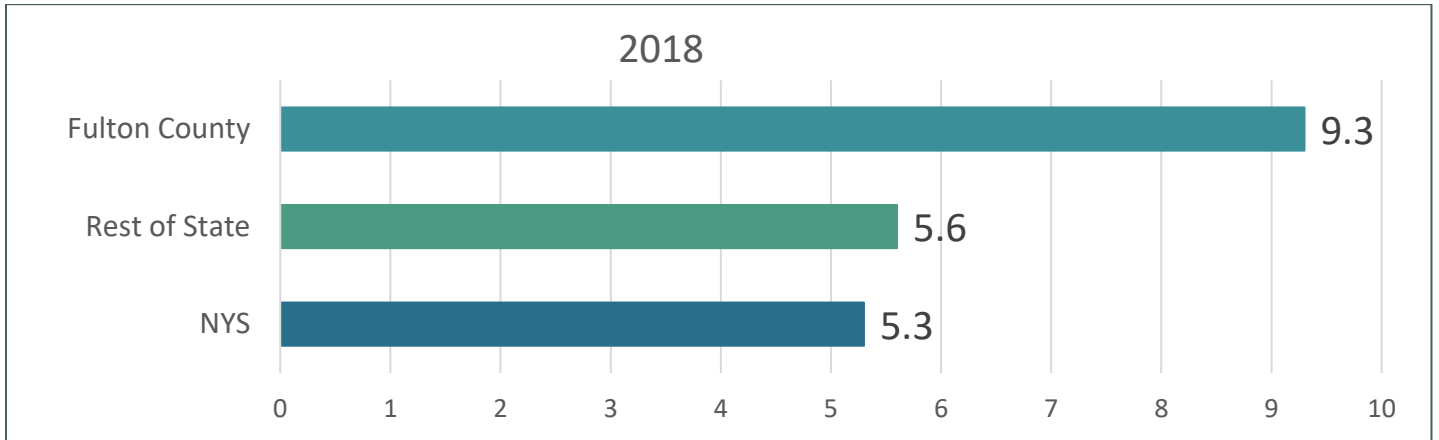
The percentage of adults aged 50-75 receiving a colorectal cancer screening based on the guidelines is slightly higher than in New York State.

Percentage of Women aged 50-74 receiving a Breast Cancer Screening, NYS expanded BRFS



The percentage of women aged 50-74 receiving breast cancer screening based on the guidelines has increased over time and is higher than in the rest of the state and New York State.

Percentage of Age-adjusted Adults with Chronic Obstructive Pulmonary Disease (COPD), NYS expanded BRFS



The percentage of adults with COPD is higher than in the rest of the state and New York State.

2021 County Health Rankings for the Mohawk Valley Region, University of Wisconsin Population Health Institute

County	Health Outcomes	Length of Life	Quality of Life	Health Factors	Health Behaviors	Clinical Care	Social & Economic Factors	Physical Environment
Fulton	51	42	58	59	53	40	59	39
Herkimer	29	26	32	48	56	41	37	30
Montgomery	56	50	57	58	52	53	58	18
Otsego	25	27	17	17	27	12	21	9
Schoharie	22	21	22	31	32	24	32	41

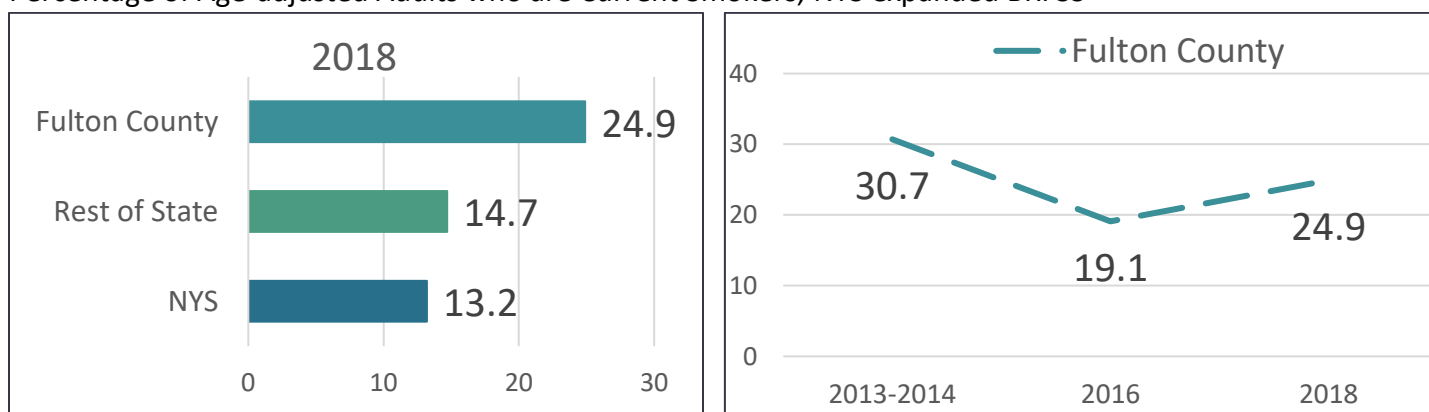
The County Health Rankings utilize measures to rank each state’s counties annually. Health Outcomes ranking includes the measures from Length of Life and Quality of Life. The Health Factors ranking includes Health Behaviors, Clinical Care, Social & Economic Factors, and the Physical Environment. New York State has 62 counties. Therefore, each ranking is 1 out of 62. Fulton ranked 51 out of 62 in Health Outcomes and 59 out of 62 in Health Factors. Based on information from the County Health Rankings website, the rankings identify areas of opportunity for change in the counties. Fulton County’s opportunity lies across all of these measures.

a) Behavioral Risk Factors:

The County Health Rankings ranked Fulton County 53 out of 62 counties in Health Behaviors. Those behaviors include the following: adult smoking, adult obesity, food environment index, physical inactivity, access to exercise opportunities, excessive drinking, alcohol-impaired driving deaths, sexually transmitted infections, and teen births. Utilizing this framework, below are some indicators from various sources related to health behavioral risk factors.

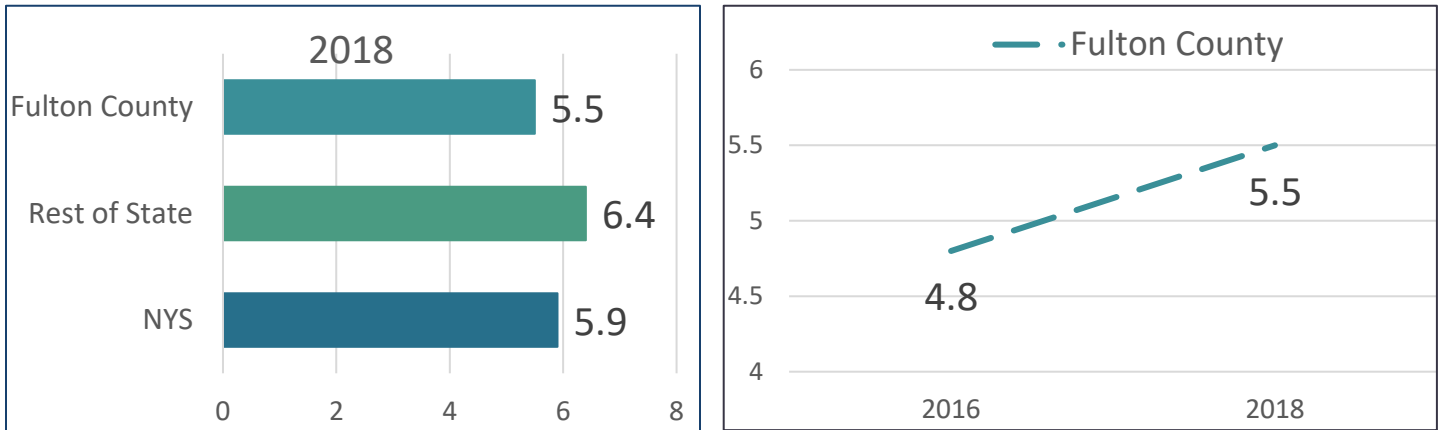
SMOKING AND VAPING:

Percentage of Age-adjusted Adults who are Current Smokers, NYS expanded BRFSS



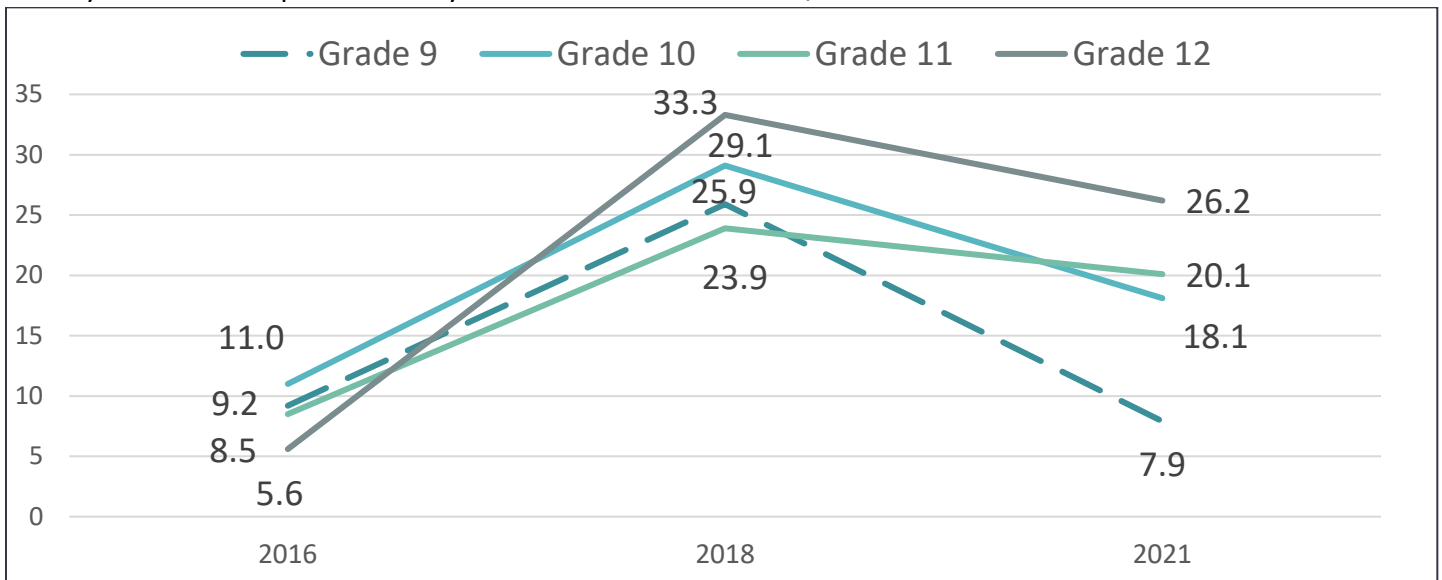
The percentage of current adult smokers has increased, and the current rate is higher than the rest of the state and New York State.

Percentage of Age-adjusted Adults who use E-Cigarettes, NYS Expanded BRFS



The percentage is higher for the county than it is for the rest of the state and New York State.

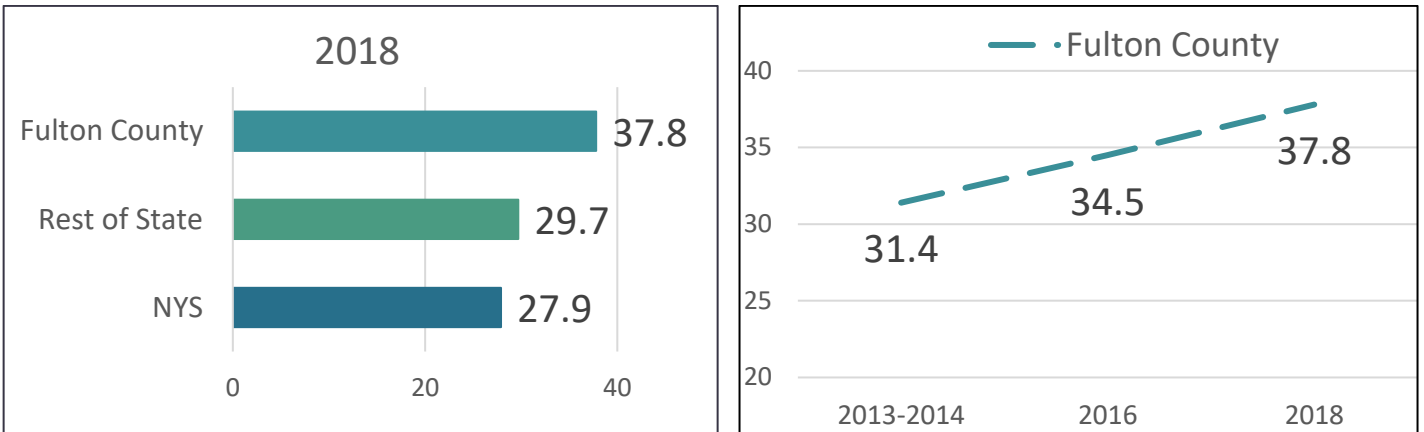
Percentage of High School Students who used Electronic Cigarettes One or More of the Past 30 Days, Fulton County Youth Development Survey – HFM Prevention Council/ASAPP’s Promise



The percentage of high school students reporting smoking one or more e-cigarettes in the past 30 days is down from the year 2018.

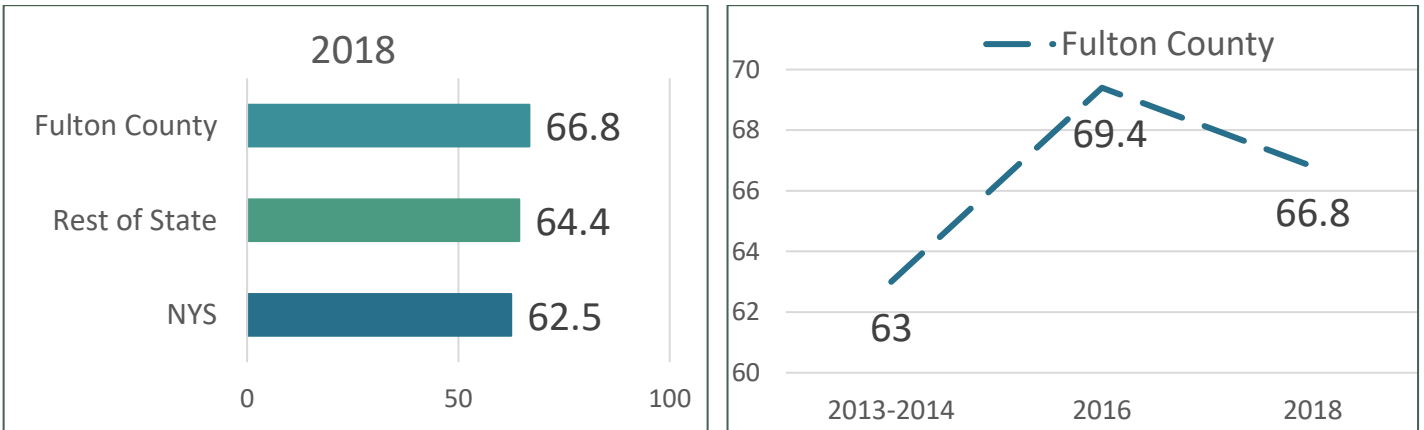
NUTRITION & PHYSICAL ACTIVITY:

Percentage of Age-adjusted Adults who are Obese, NYS expanded BRFSS



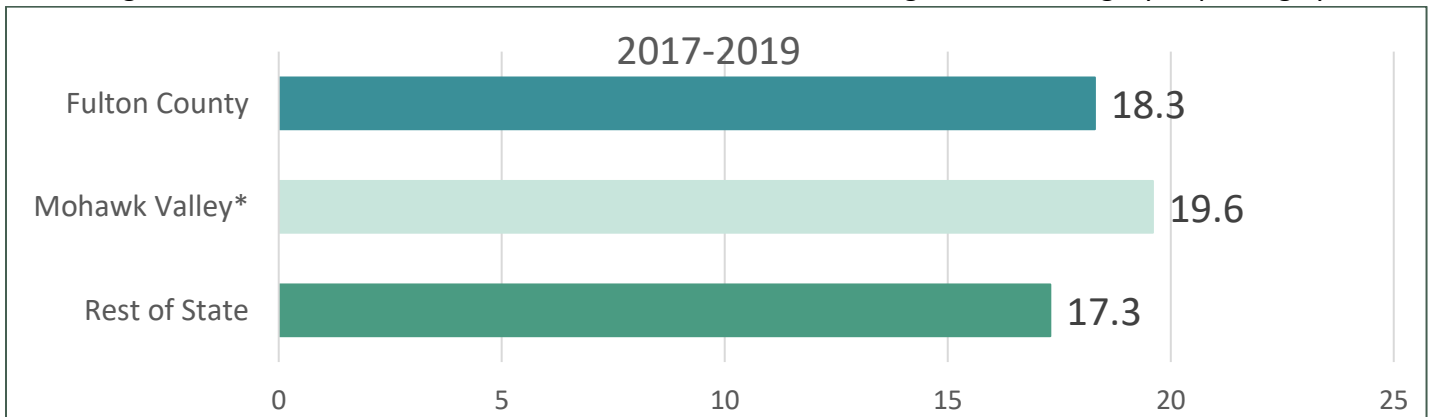
The percentage of adults who are obese is higher than in the rest of the state and New York State.

Percentage of Age-adjusted Adults who are Overweight or Obese, NYS expanded BRFSS



The percentage of adults who are overweight or obese has declined in Fulton County, however, the current rate is higher than in New York State.

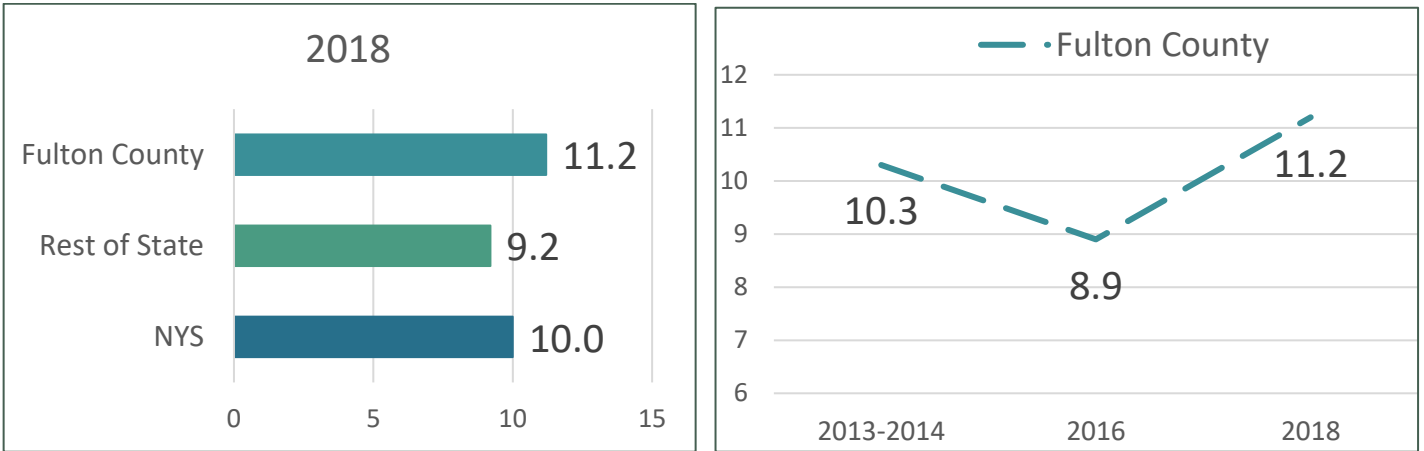
Percentage of Children and Adolescents who are Obese, Student Weight Status Category Reporting System



The percentage of children and adolescents who are obese is slightly higher than in the rest of the state.

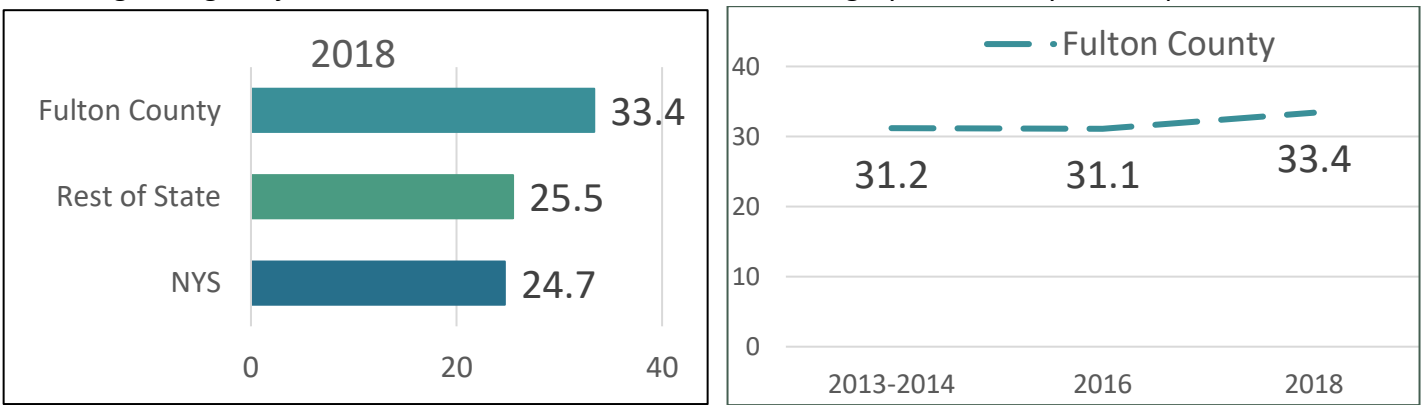
*Mohawk Valley percentage calculated as weighted average of counties in this region and includes Fulton, Herkimer, Montgomery, Otsego, and Schoharie.

Percentage of Age-adjusted Adults with Physician Diagnosed Diabetes, NYS expanded BRFS



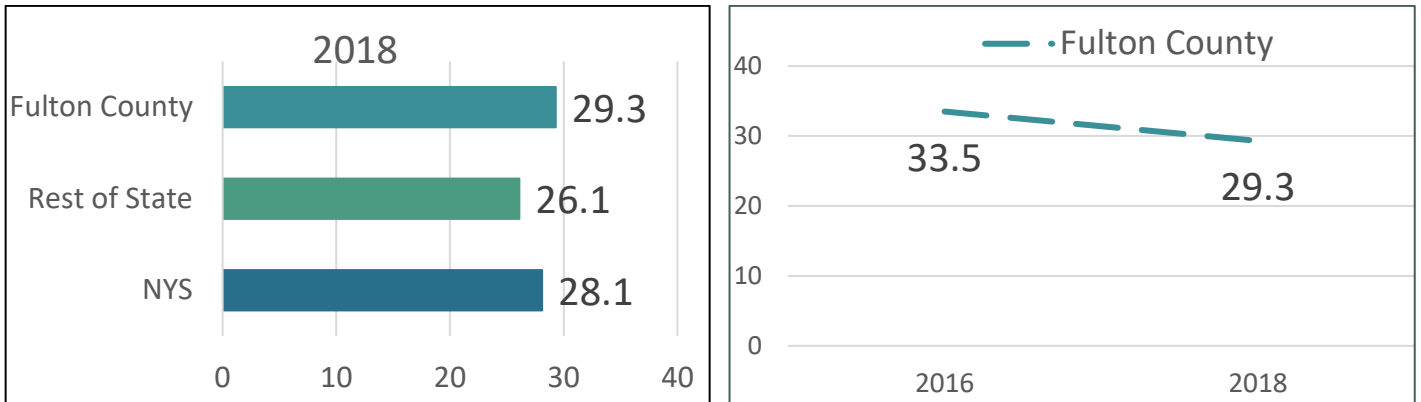
The percentage of adults with physician-diagnosed diabetes has increased and is higher than in New York state and the rest of the state.

Percentage of Age-adjusted Adults who consume one or More Sugary Drinks Daily, NYS expanded BRFS



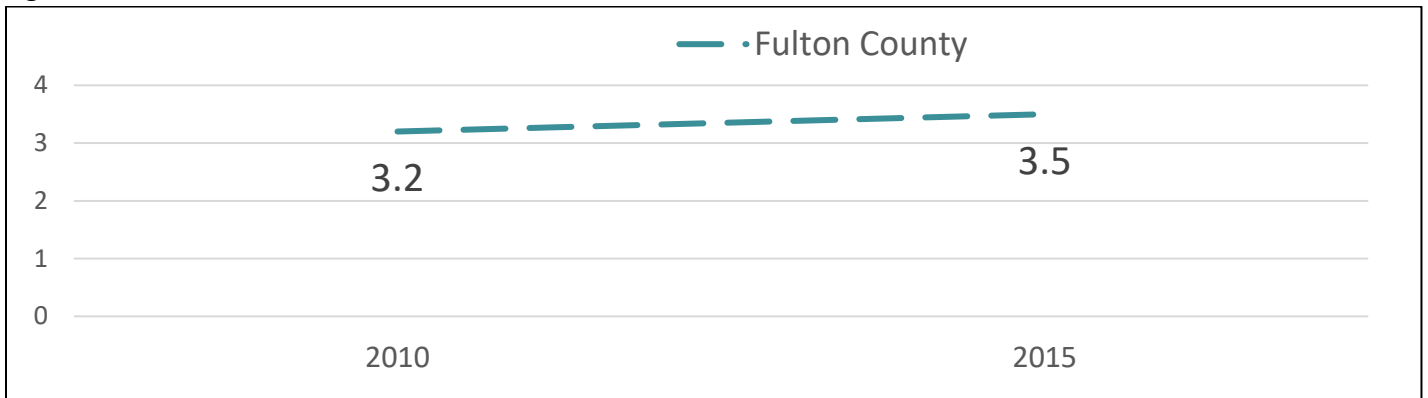
The percentage of adults who consume one or more sugary drinks daily has increased and is higher than in the rest of the state and New York State.

Percentage of Age-adjusted Adults who reported consuming less than One Fruit and less than One Vegetable Daily, NYS expanded BRFSS



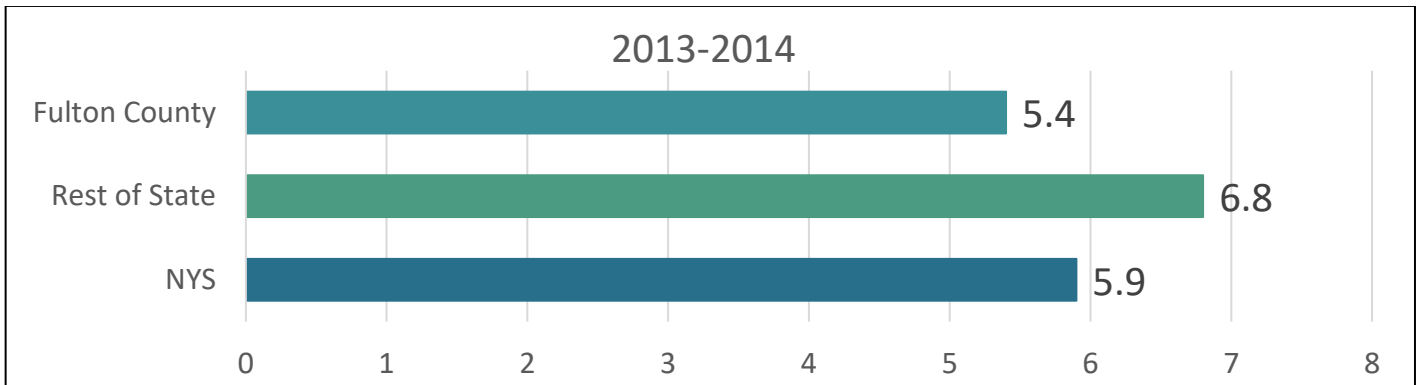
The percentage of adults who consume less than one fruit and less than one vegetable daily is higher than in the rest of the state and New York State, however, this rate has improved in Fulton County.

Percentage of the population with low income and low access to a grocery store, U.S. Department of Agriculture-Food Environment Atlas



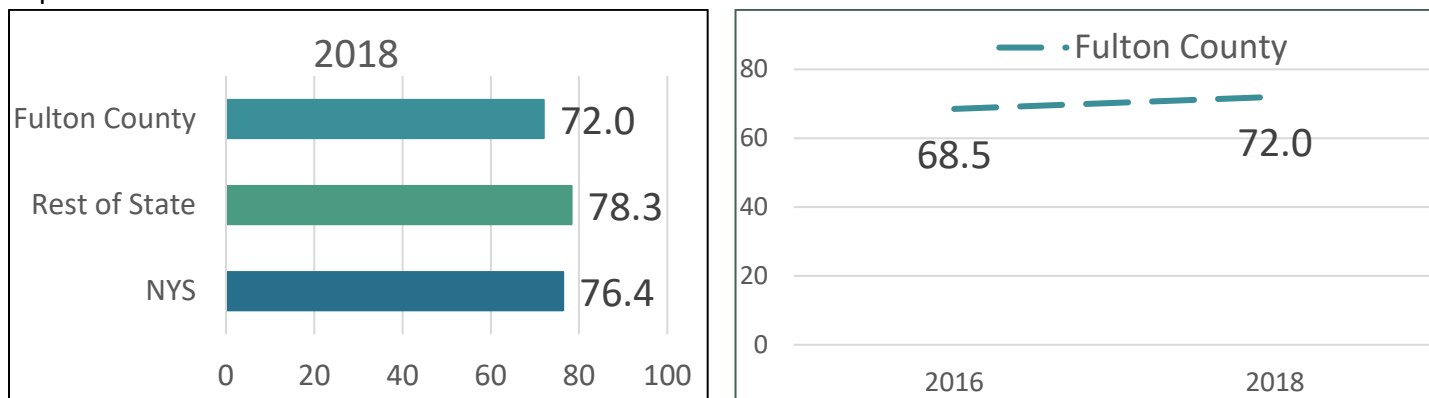
This indicator reflects the percentage of the population that has low income and lives more than 10 miles from a grocery store. The percentage has remained stable.

Percentage of Age-adjusted Adults who consume Fast Food 3 or More Times per Week, NYS expanded BRFSS



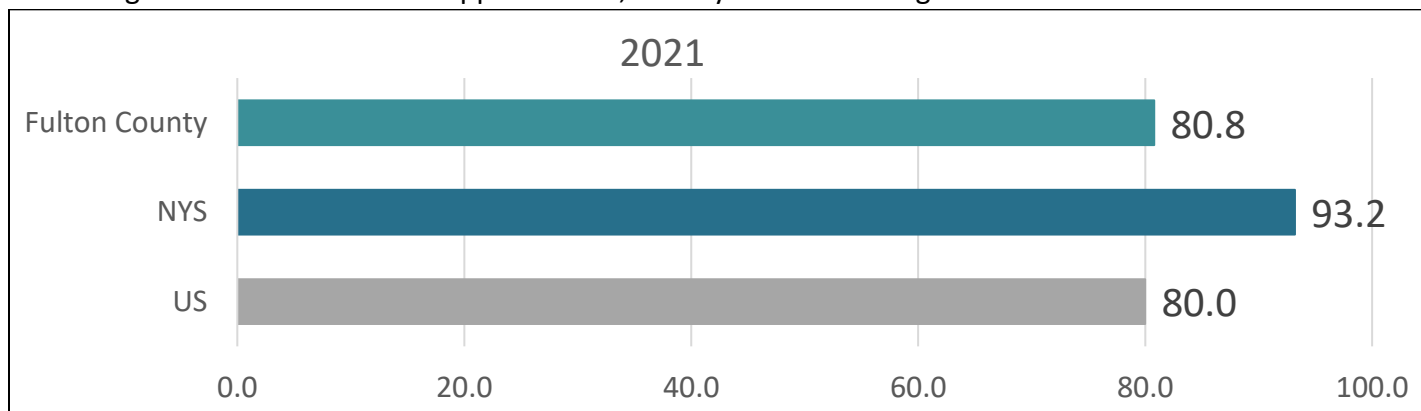
The percentage of adults who consume fast food three or more times per week is lower than in the rest of the state and New York State.

Percentage of Age-adjusted Adults who participated in Leisure Time Activity in the Past 30 Days, NYS expanded BRFSS



The percentage of adults who participated in leisure time activity is lower than in New York State and the rest of the state, however, the participation rate has increased in Fulton County.

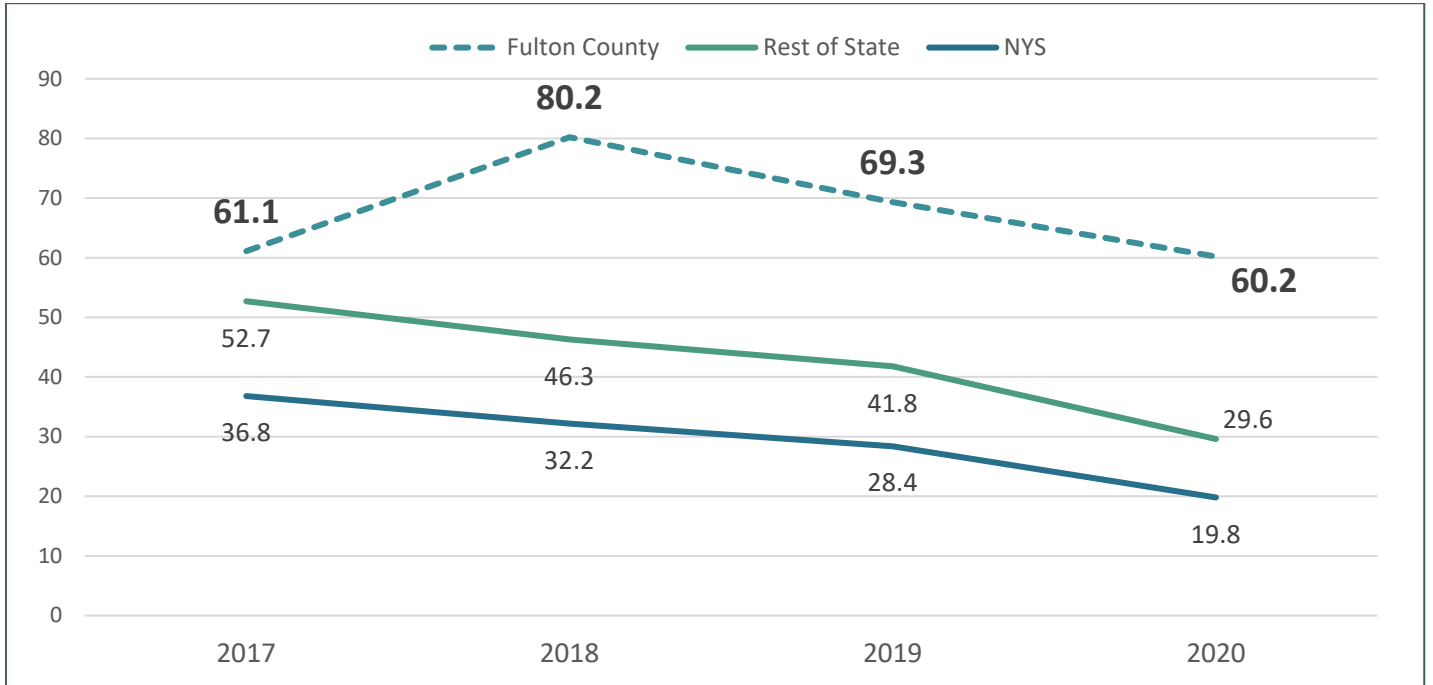
Percentage of Access to Exercise Opportunities, County Health Rankings



The percentage of individuals who have proximity to exercise opportunities, such as parks and recreation facilities is lower than in New York State and the United States. The 2021 percentage in Fulton is similar to the 2019 percentage of (80.9).

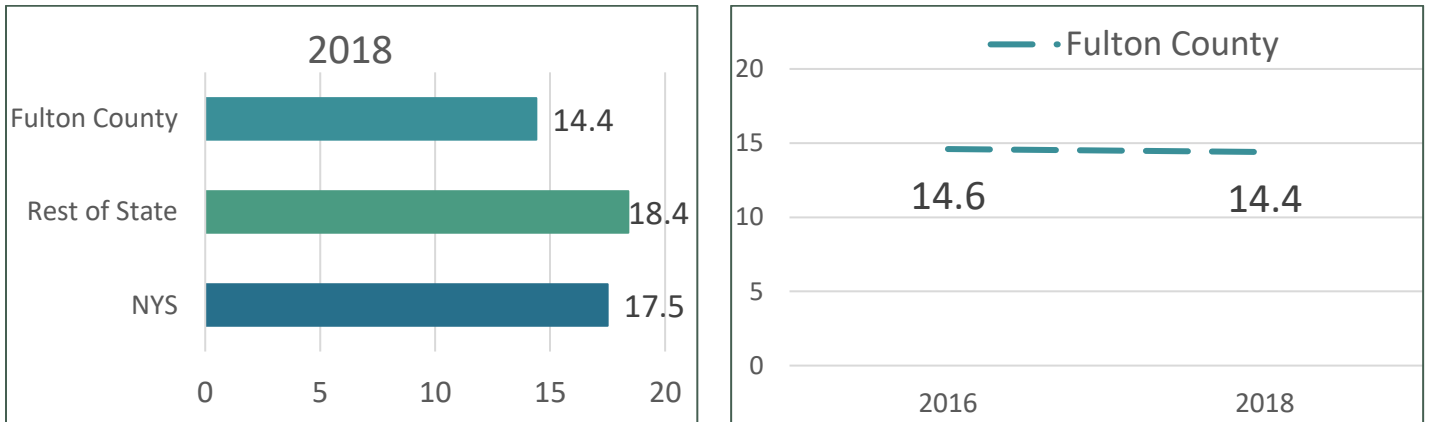
ALCOHOL & DRUG USE:

Young Adults Ages 18-24 yrs. driving while Intoxicated-Arrest rate per 10,000, Council on Children & Families Kids' Well-being Indicators Clearinghouse



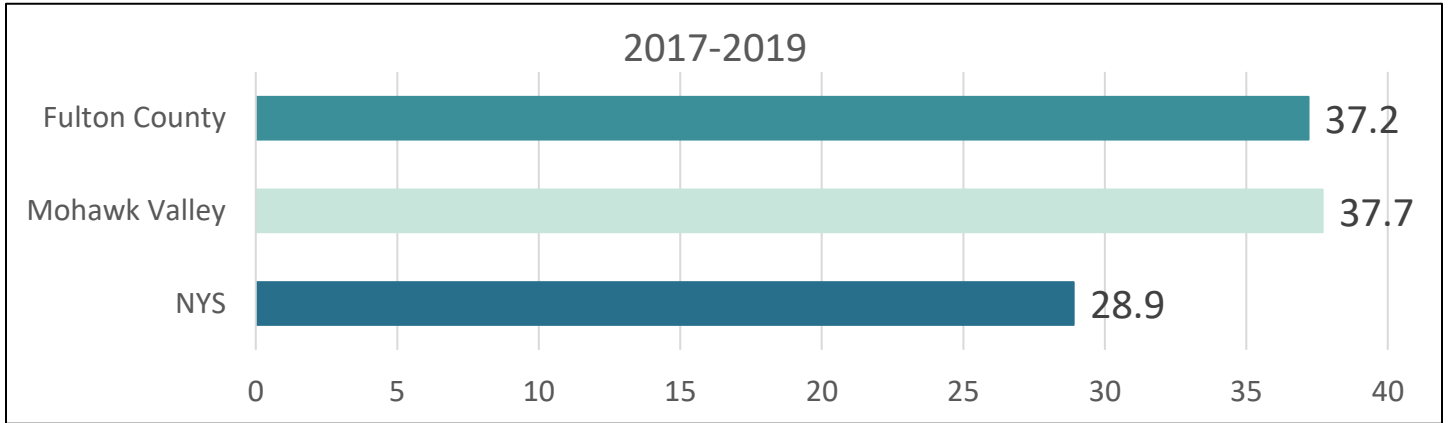
The Fulton County rate is significantly higher than New York State and has lowered since 2018.

Percentage of Age-adjusted Adults Binge Drinking during the Past Month, NYS expanded BRFSS



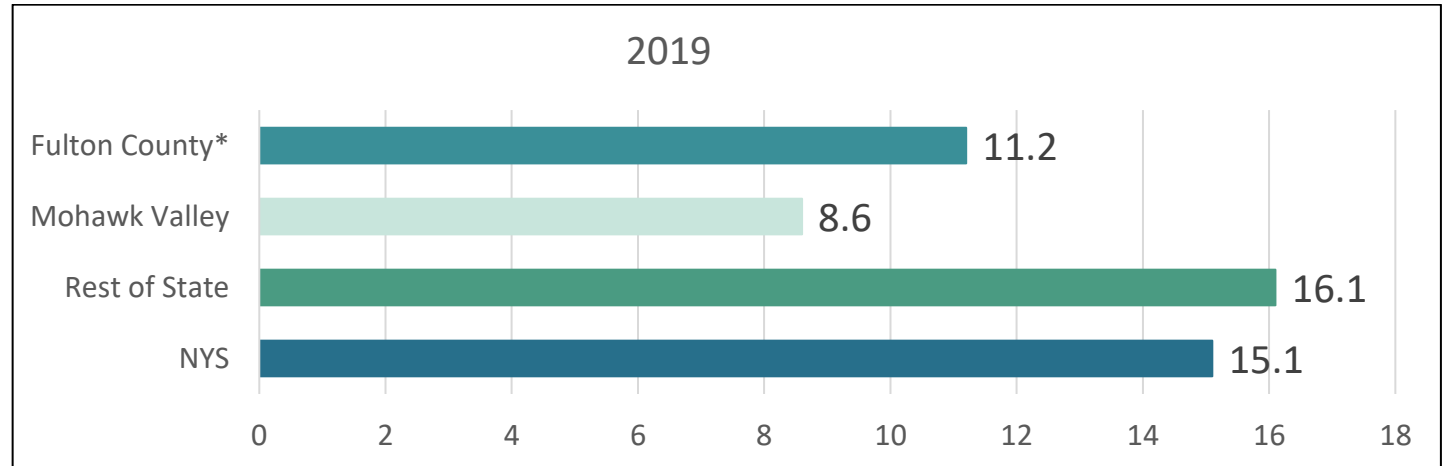
The percentage of adults binge drinking during the past month is lower than in the rest of the state and New York State, and the rate is similar to the previous period.

Alcohol-related Motor Vehicle Injuries and Death per 100,000 population, NYS Department of Motor Vehicles



Fulton County's rate is higher than New York State's.

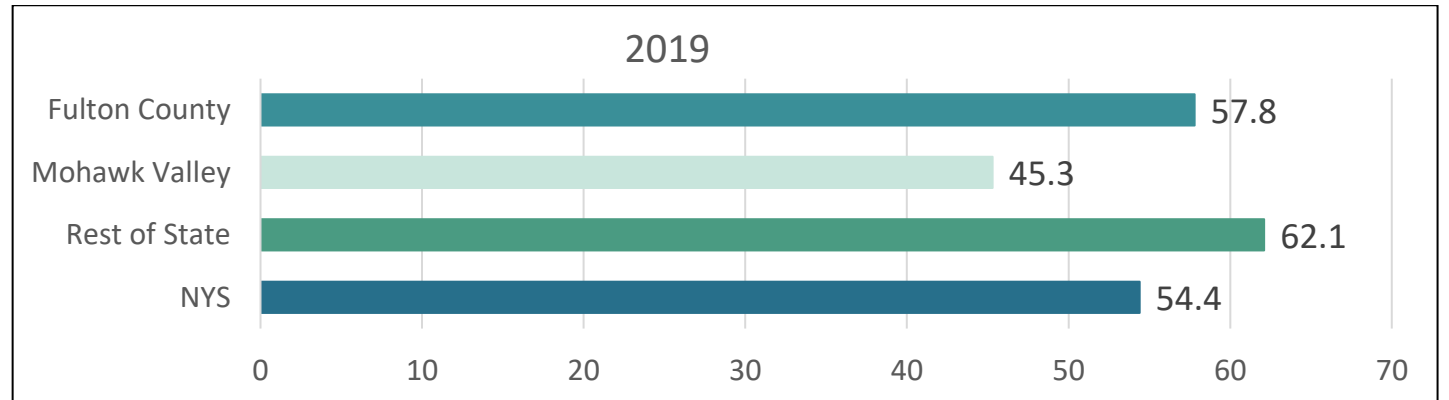
Overdose Deaths involving any Opioid crude rate per 100,000 population, NYS Vital Statistics



Fulton County's rate is lower than New York State, however, it is higher than the Mohawk Valley region.

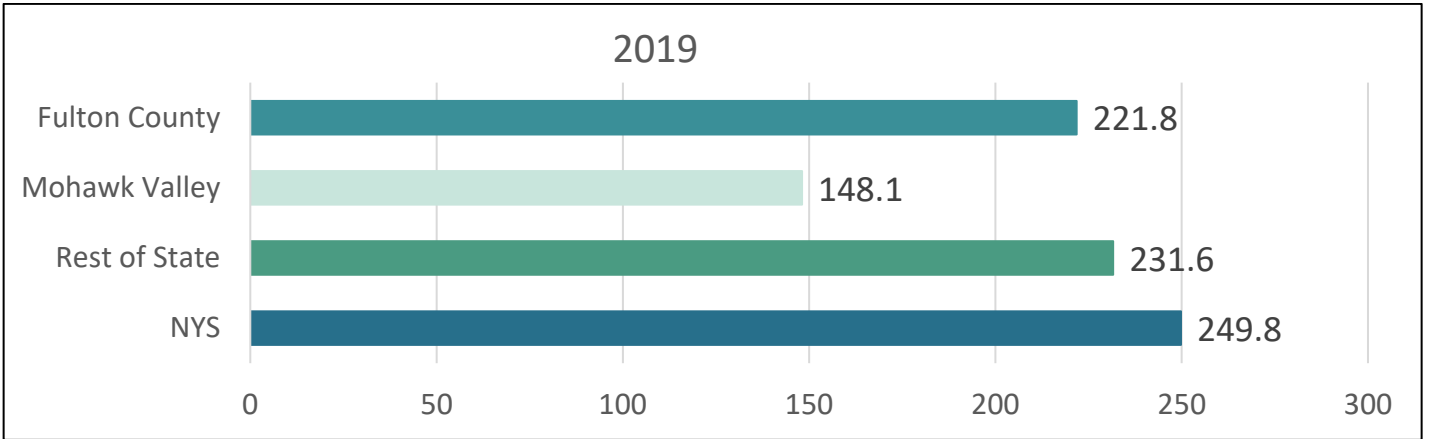
*The rates had fewer than 10 events in the numerator and should be viewed with caution.

All Emergency Department visits involving any Opioid Overdose per 100,000 population, NYS SPARCS



Fulton County's rate is higher than the Mohawk Valley region and New York State.

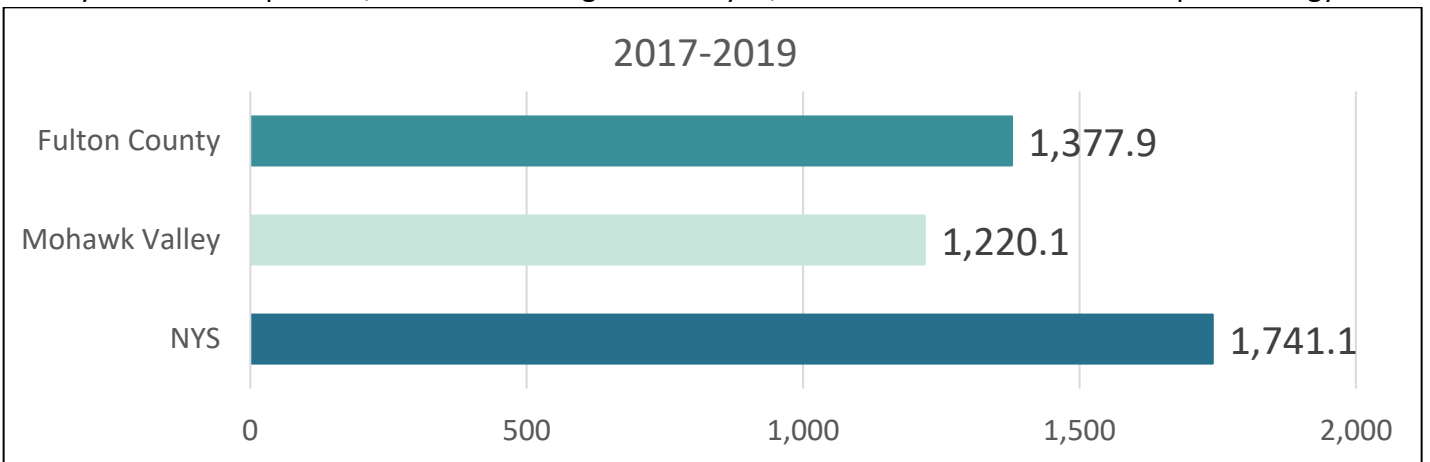
Opioid Burden (including ED visits and hospital discharges for non-fatal opioid overdose, abuse, dependence, and unspecified use and overdose death) rate per 100,000, NYS SPARCS



Fulton County’s rate is higher than the Mohawk Valley region and lower than New York State.

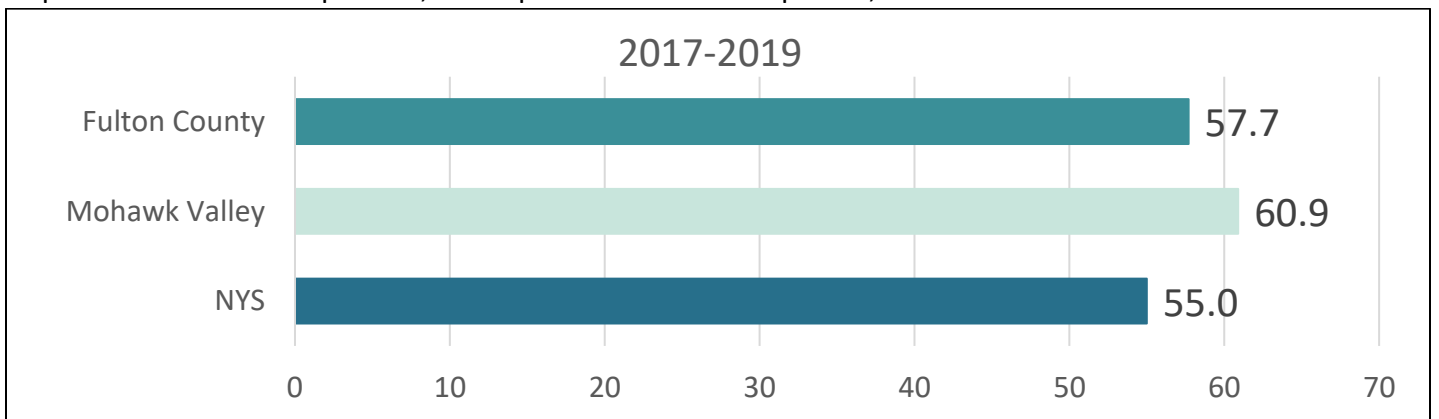
SEXUALLY TRANSMITTED INFECTIONS & TEEN BIRTHS:

Chlamydia case rate per 100,000 Women – Aged 15–44 yrs., Bureau of Sexual Health and Epidemiology



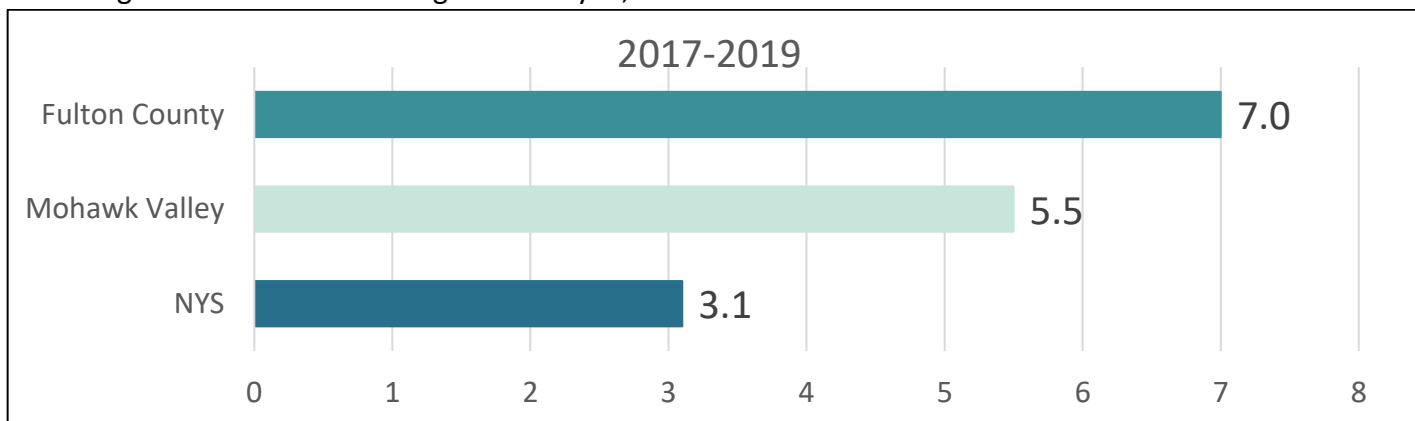
Fulton County’s rate is higher than the Mohawk Valley region and lower than New York State.

Hepatitis C Chronic rate per 100,000 Population of Cases Reported, Bureau of Communicable Disease Control



Fulton County’s rate is lower than the Mohawk Valley region and higher than New York State.

Percentage of Births to Teens – Aged 15–19 yrs., NYS Vital Statistics



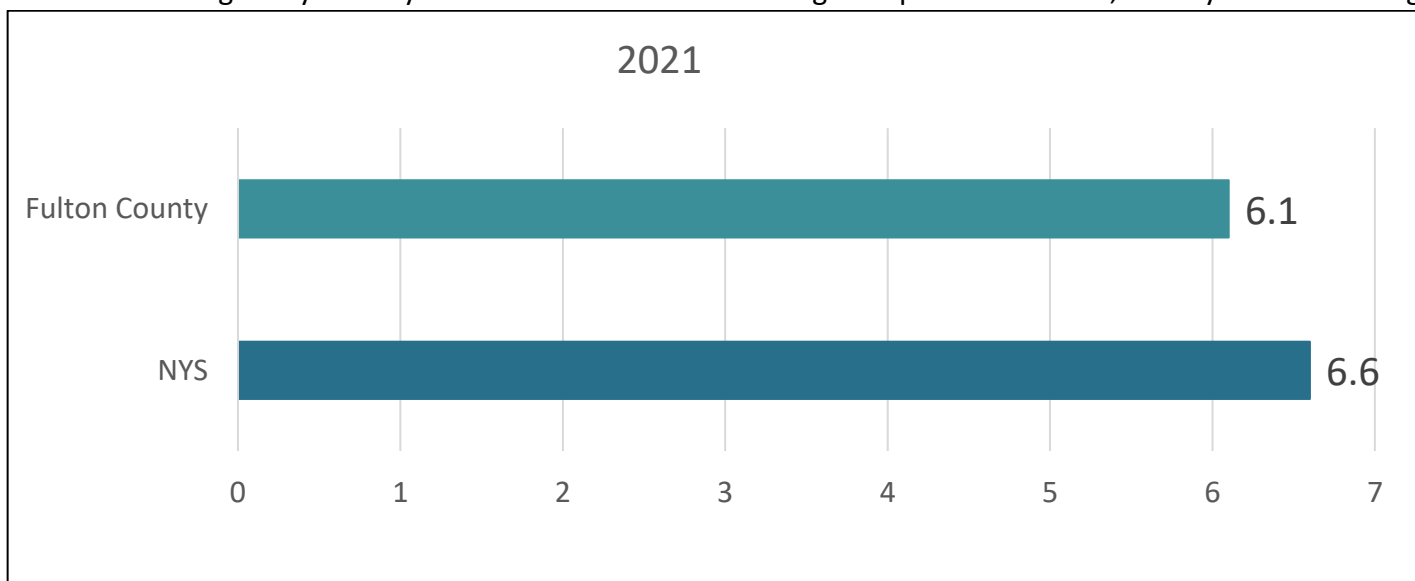
Fulton County’s rate is higher than New York State and the Mohawk Valley region.

b) Environmental Risk Factors:

The County Health Rankings ranked Fulton County 39 out of 62 counties in Physical Environment in the year 2021. Those risk factors include the following: air pollution-particulate matter, drinking water violations, severe housing problems, driving alone to work, and long commutes driving alone. Below are some indicators from various sources related to environmental risk factors.

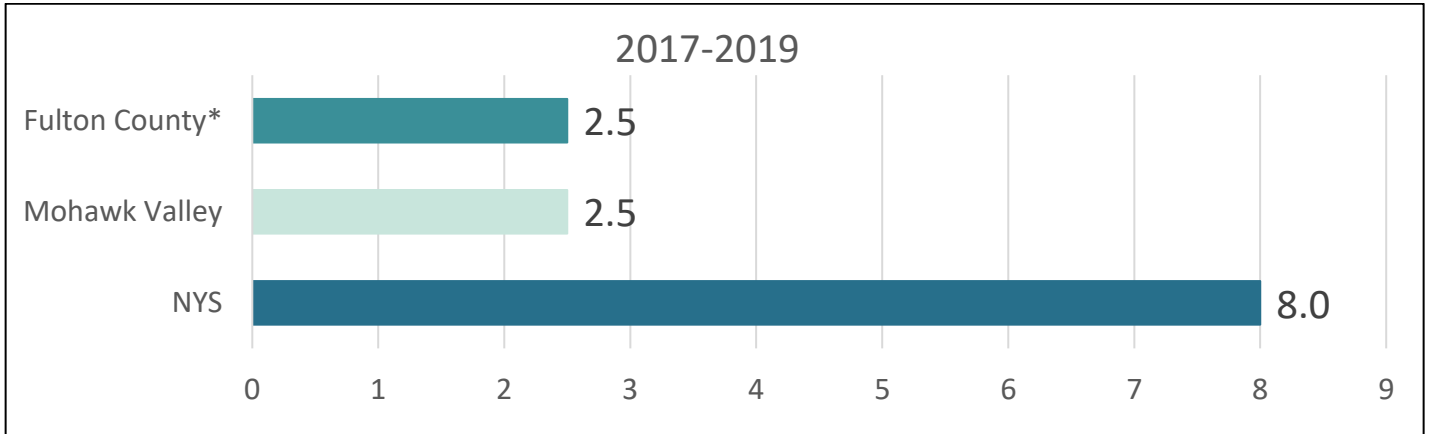
AIR QUALITY & ASTHMA:

Air Pollution– Avg. Daily Density of Particulate Matter in Micrograms per Cubic Meter, County Health Rankings



Fulton County's average daily density is marginally lower than New York State.

Asthma Hospitalization rate per 10,000 Aged 5-64 yrs., NYS SPARCS

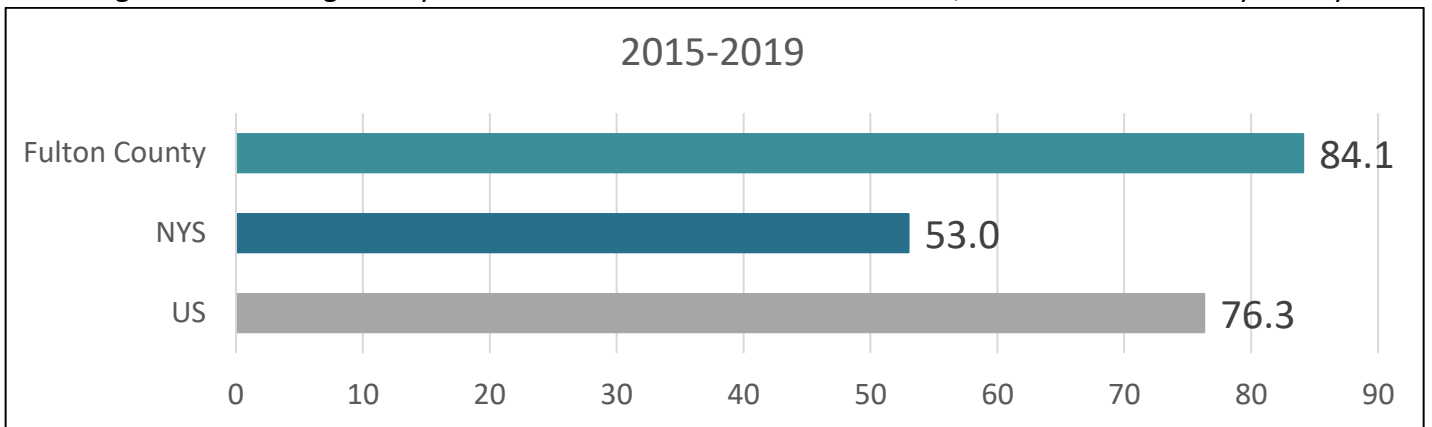


Fulton County's rate is the same as the Mohawk Valley region and lower than New York State.

*Fulton County's rate is the 3-year average, each year's data does not meet reporting criteria.

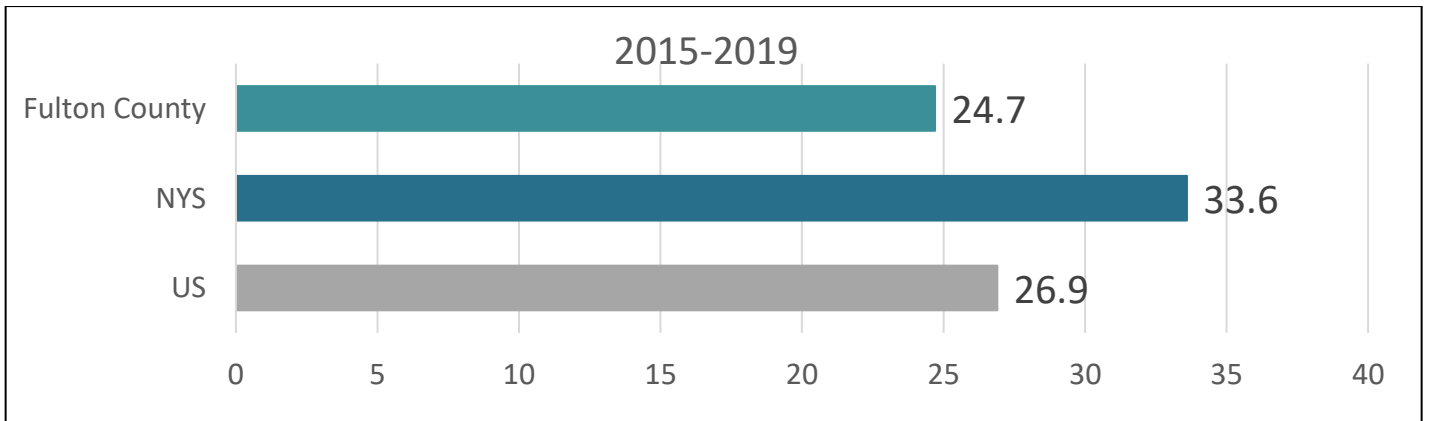
COMMUTING:

Percentage of Workers Aged 16 years and older who Drive Alone to Work, American Community Survey



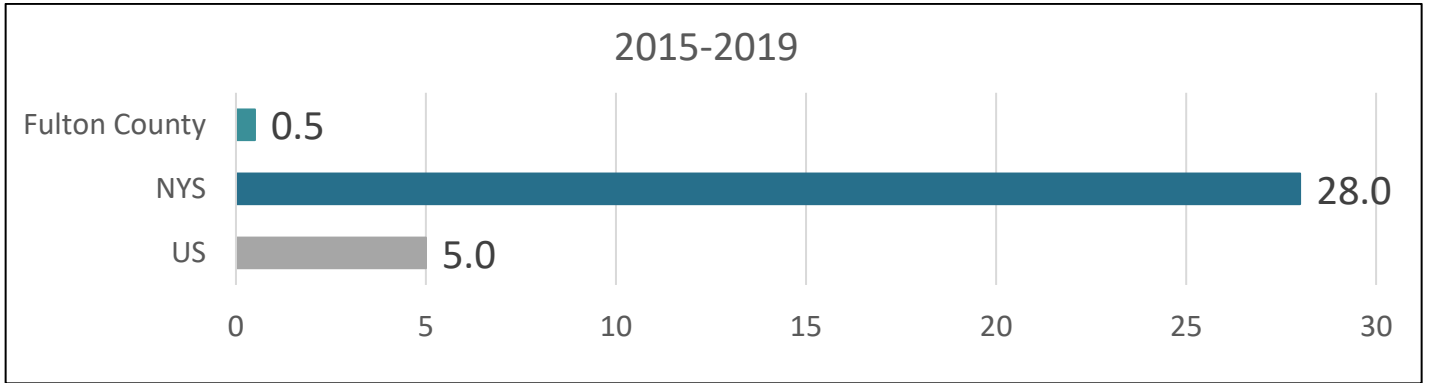
The Fulton County percentage is higher than New York State.

Mean Travel Time to Work (minutes), American Community Survey



Fulton County's time is lower than New York State and the United States.

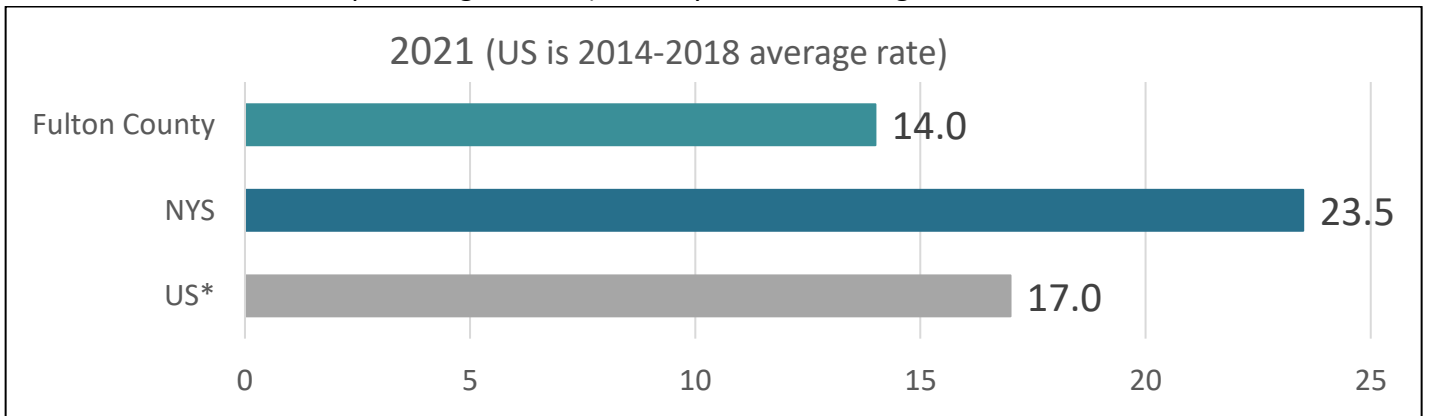
Percentage of Workers Aged 16 years and older who Commute by Public Transportation, American Community Survey



The Fulton County percentage is lower than New York State and the United States.

HOUSING PROBLEMS:

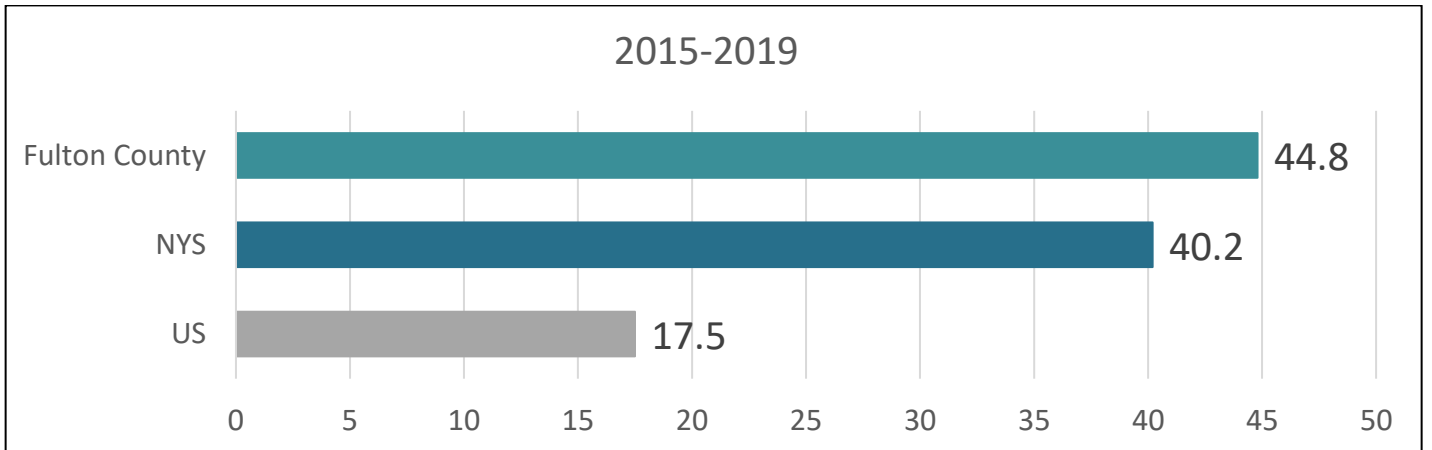
Percentage of Households with at least 1 of 4 Housing Problems (overcrowding, high housing costs, lack of kitchen facilities, or lack of plumbing facilities), County Health Rankings



The Fulton County percentage is lower than New York State and the 2014-2018 average for the United States.

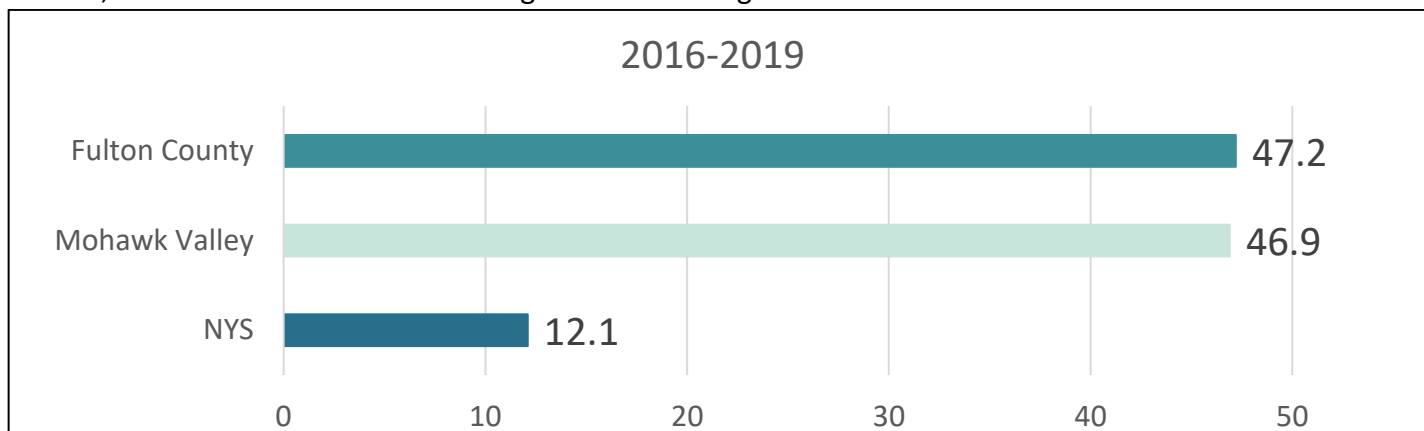
*2014-2018 average percentage rate and individual years were not available.

Percentage of Houses Built Prior to 1950, American Community Survey



The Fulton County percentage is higher than New York State and the United States.

Percentage of Blood Lead Levels in Children (>5 micrograms per deciliter) Rate per 1,000 tested aged <72 months, NYS Child Health Lead Poisoning Prevention Program



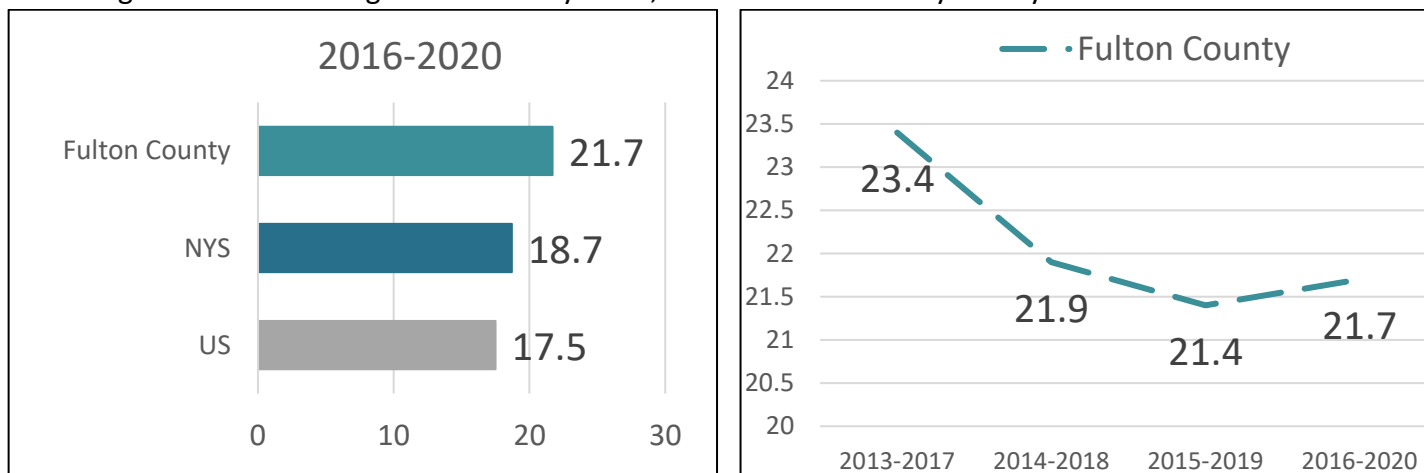
The percentage of blood lead levels is slightly higher than in the Mohawk Valley region and New York State.

c) Socioeconomic Factors:

The County Health Rankings ranked Fulton County 59 out of 62 counties in Socioeconomic Factors in the year 2021. Those risk factors include the following: high school graduation, some college, unemployment, children in poverty, income inequality, children in single-parent households, social associations, violent crime, and injury deaths. Education attainment, employment, and income were included in the demographics section of the report. Below are some indicators related to poverty, social isolation, crime, unintentional injuries, and injury deaths.

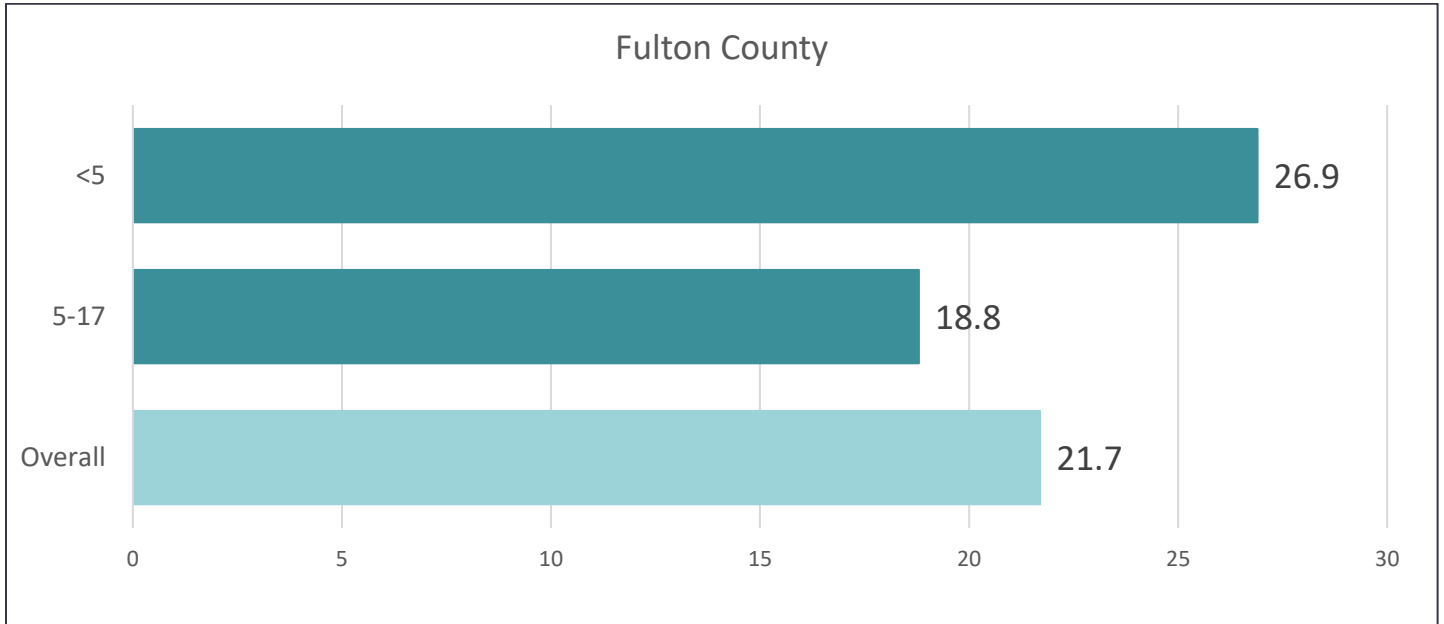
CHILDREN’S STATUS:

Percentage of Children Living Below Poverty Level, American Community Survey



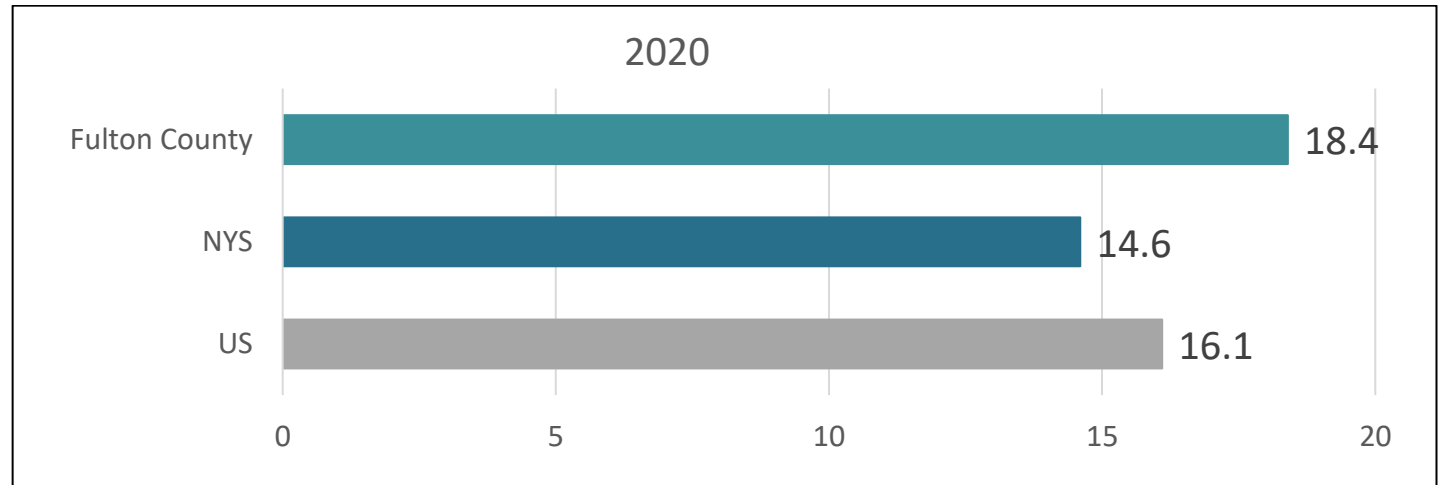
Fulton County’s percentage is higher than New York State and the United States and has been relatively stable over the past several periods.

Percentage of Children Living Below Poverty Level by Age, American Community Survey 2016-2020



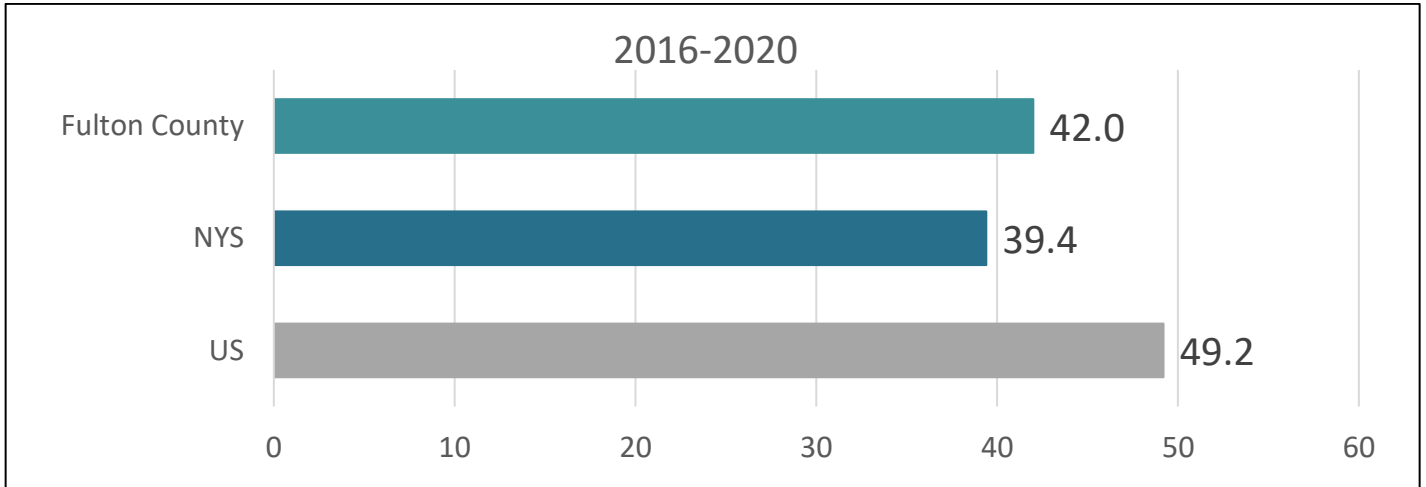
Households with children under the age of 5 have a higher percentage than the overall percentage.

Percentage of Child Food Insecurity, Feeding America Research's Map the Meal Gap



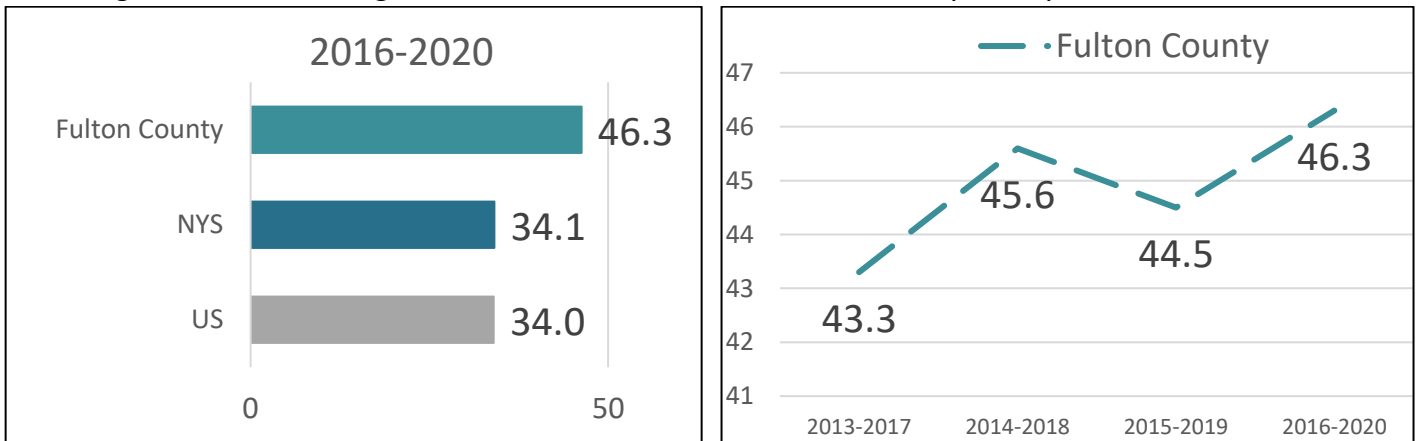
Fulton County's percentage is higher than New York State and the United States.

Percentage of Households Receiving SNAP with Children under 18 yrs., American Community Survey 2016-2020



Fulton County's percentage is higher than New York State's.

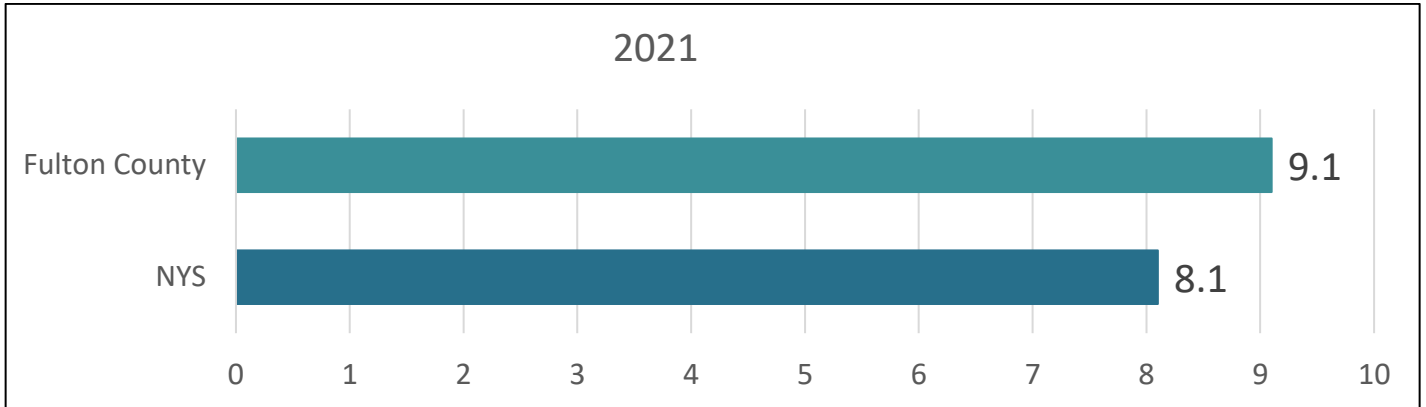
Percentage of Children in Single Parent Households, American Community Survey



Fulton County's percentage is higher than New York State and the United States and trending higher.

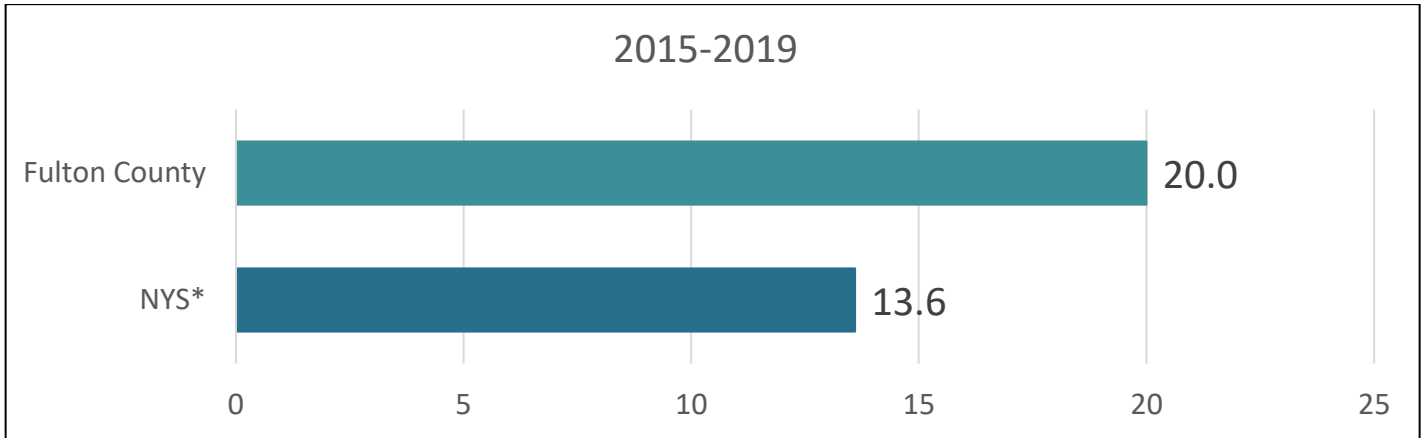
SOCIAL ASSOCIATIONS:

Social Associations (Number of Membership Associations) per 10,000 Population, County Health Rankings



Fulton County's number is higher than New York State's.

Percentage of Disconnected Youths Ages 16-24 who are Not Employed nor in School, Measure of America

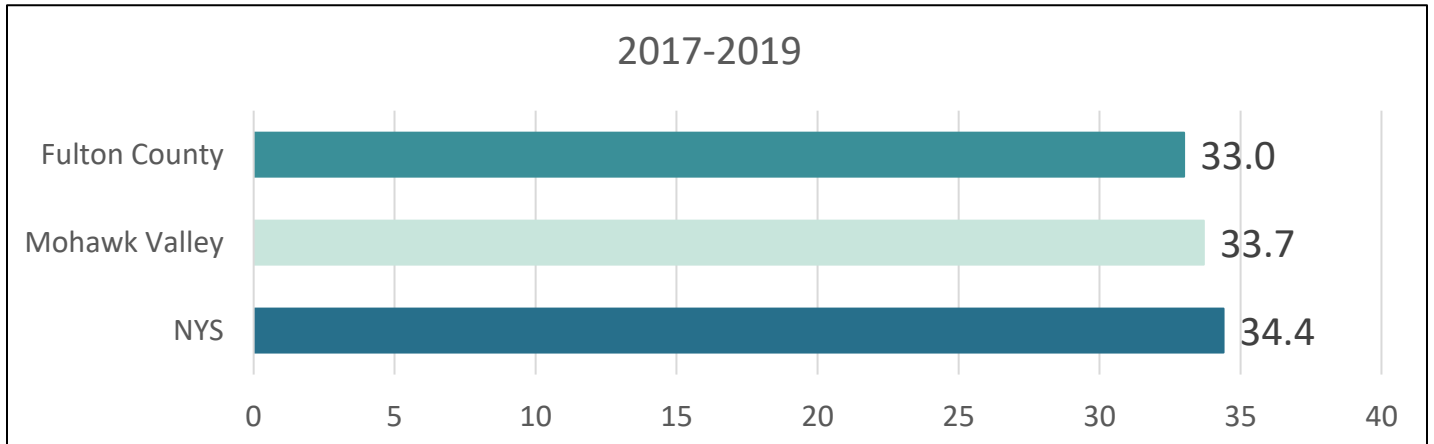


Fulton County's percentage is higher than New York State's.

*NYS data is derived from the American Community Survey from 2016 to 2020.

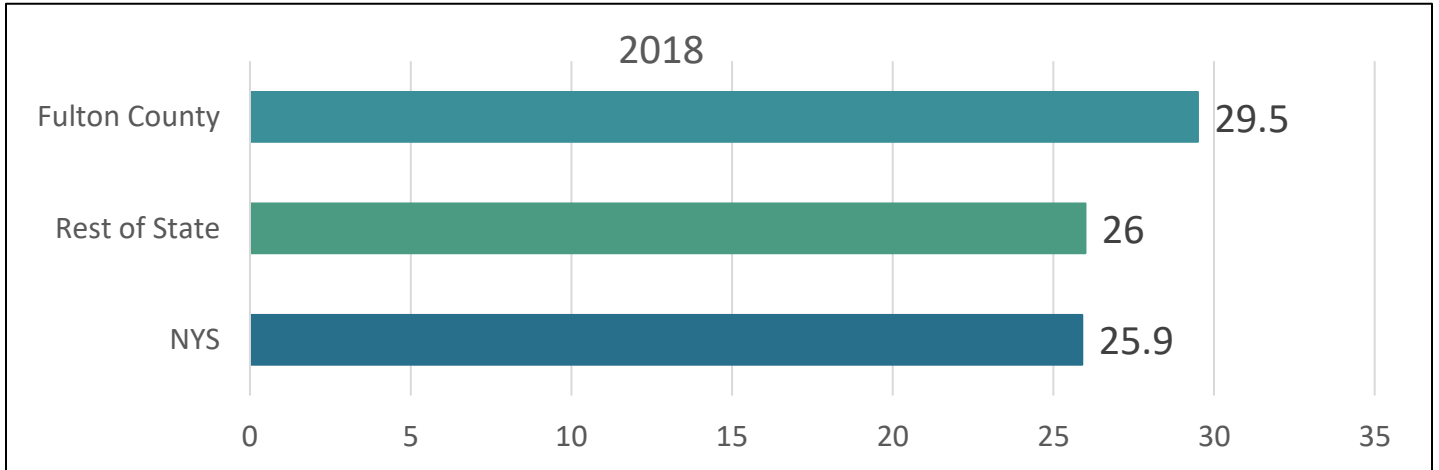
UNINTENTIONAL INJURIES AND INJURY DEATHS:

Age-adjusted Death rate per 100,000 Population due to Unintentional Injuries, NYS Vital Statistics



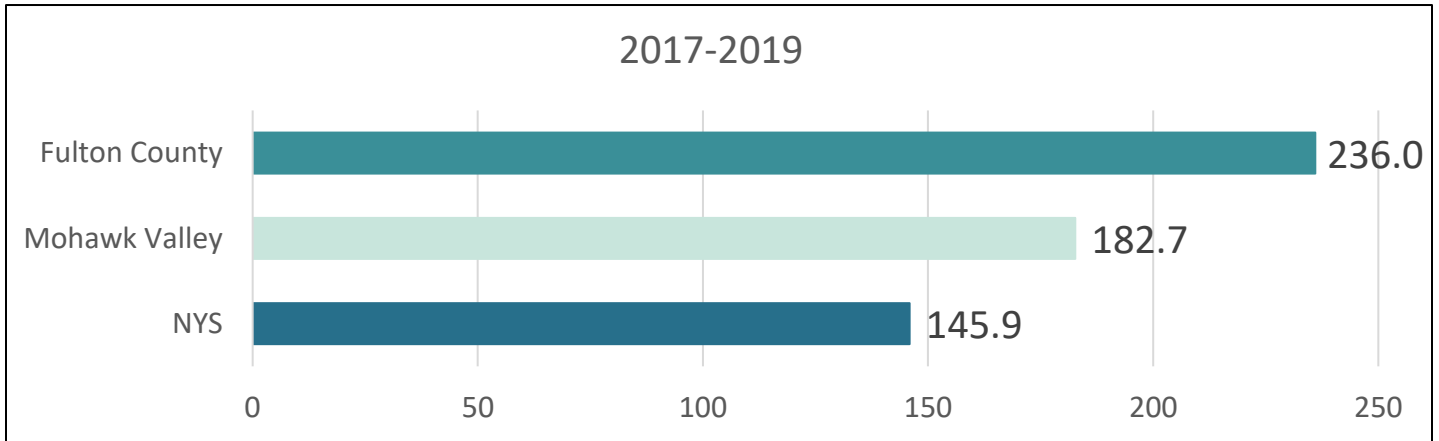
Fulton County's number is lower than the Mohawk Valley region and New York State.

Percentage of Adults Aged 65+ with at Least One Fall in the Past 12 Months, NYS expanded BRFSS



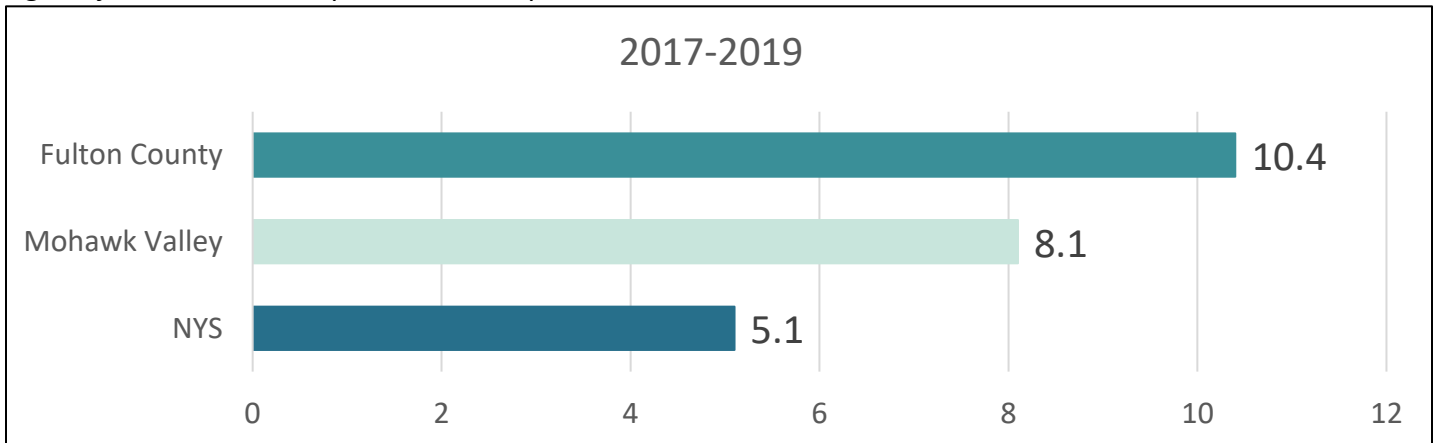
Fulton County's percentage is higher than the rest of the state and New York State.

Work-related Hospitalizations per 100,000 employed persons Aged 16 yrs. and older, NYS SPARCS



Fulton County's rate is higher than the Mohawk Valley region and New York State.

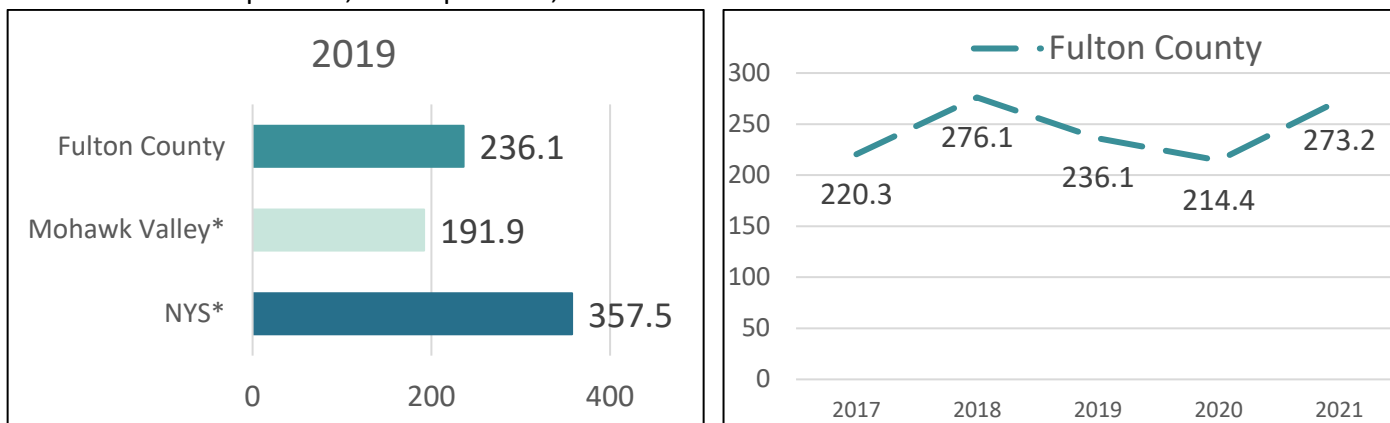
Age-adjusted Death rate per 100,000 Population due to Motor Vehicle Traffic Collisions, NYS Vital Statistics



Fulton County's rate is higher than the Mohawk Valley region and New York State.

VIOLENT CRIME:

Violent Crime rate per 100,000 Population, NYS Division of Criminal Justice Service



The violent crime indicator includes four offenses: murder and non-negligent manslaughter, rape, robbery, and aggravated assault. Fulton County’s rate is lower than New York State's.

*Comparison data for Mohawk Valley and New York State in 2019 source is Office of Justice Research and Performance.

d) Policy Environment:

According to the Centers for Disease Control and Prevention, “policy interventions are particularly valuable because they are systems-based and can affect population by changing the context in which individuals take action or make decisions.” Below are some of the systems-based policy changes and programs in Fulton County.

FLUORIDATION:

The Department of Health and Human Services, the Surgeon General, and the Community Preventive Services Task Force recommends fluoridation since fluoride has been found to prevent tooth decay. The fluoridation of community waters has also been found to be the most cost-effective method for diminishing tooth decay.

TOBACCO-FREE POLICIES:

Under New York Law, smoking and vaping are prohibited at all state parks, playgrounds, hospitals, and healthcare facilities. The New York State Department of Health has continued to grant fund Catholic Charities of Fulton and Montgomery to work on tobacco-free policies in Fulton, Hamilton, and Montgomery counties. One of their projects is smoke-free multi-unit housing. The following buildings in Fulton County have policies: the Gloversville Housing Authority and Trackside Homes in Johnstown.

Another project focuses on smoke-free outdoor areas such as; parks, playgrounds, athletic fields, and beaches. tobaccofreehfm.org/atfc/ has a list of the following parks in Fulton County that are 100% tobacco-free Gloversville city parks, Town of Johnstown, Mayfield Town Beach, and Parkhurst field.

e) Other Unique Characteristics of the Community that Contributes to Health Status:**RECREATIONAL ASSETS:**

According to Fulton County, NY's website, Fulton County is home to 44 lakes for fishing and 74,832 acres of wild forest for hunting. Hiking and mountain biking trails are in the Adirondack Park. The Powley-Piseco Road is described as one of the best seasonal roads in the Adirondacks and 8 miles of this trail are in Fulton County. Other biking opportunities exist on the FJ&G Rail Trail with two sections: Johnstown at Union Avenue traveling north to Dennie's Crossing, Gloversville, and Vail Mills to the village of Broadalbin. The FJ&G Rail Trail is a paved trail for biking, running, and walking.

Fulton County has its own downhill ski facility, Royal Mountain, which features snowmaking and speedy chair lift lines. There are 13 trails ranging from easy to very difficult and a terrain park. Lapland Lake Nordic Vacation Center in Northville/Benson, a cross-country ski facility, is one of the best in the country. There are 50 kilometers of scenic ski and snowshoe trails here surrounded by the pristine southern Adirondack Park. The Rockwood State Forest is a popular cross-country ski destination.

THE PAUL NIGRA CENTER FOR CREATIVE ARTS:

The Paul Nigra Center for Creative Arts provides classes, entertainment, exhibitions, special events, and a creative education resource for people of all ages and abilities. It is committed to offering accessible art programs for adults and children with developmental and physical differences.

3. COMMUNITY ASSETS AND RESOURCES ASSETS:

- Catholic Charities of Fulton and Montgomery Counties provides various services to the community such as; domestic violence/crime victim services, substance use prevention, tobacco control, food pantry, and emergency assistance.
- Fulmont Community Action Agency's mission is "To improve and expand human services and programs in order to promote self-sufficiency and improve the quality of life of the socially and economically disadvantaged, as well as provide services to promote economic efficiency and stability in Fulton, Montgomery, and surrounding counties."
- Fulton County Office for the Aging provides services and programs to assist people to live independently.
- Fulton, Montgomery, and Schenectady Cancer Services Program can assist in improving cancer screening rates (preventive care & management). They provide and assist with cancer screening, support, and information, including residents with limited or no income or health insurance.
- National Alliance on Mental Illness (NAMI) for Montgomery, Fulton & Hamilton Counties is a nonprofit that provides educational courses for parents, loved ones, caregivers, mental health professionals, and those with mental health disorders. These courses educate people and help them to develop skills on how to care for and manage mental health disorders.
- New York State Department of Health prioritizes the significant health needs of all communities across the state through the Prevention Agenda. According to the New York State Department of Health

website “[the Prevention Agenda 2019-2024](#) is New York State’s health improvement plan, the blueprint for state and local action to improve the health and well-being of all New Yorkers and to promote health equity in all populations who experience disparities. In partnership with more than 100 organizations across the state, the Prevention Agenda is updated by the New York State Public Health and Health Planning Council at the request of the Department of Health. In the 2019-2024 cycle is the incorporation of a Health Across All Policies approach, initiated in 2017, which calls on all State agencies to identify and strengthen the ways that their policies and programs can have a positive impact on health. It embraces Healthy Aging to support New York’s commitment as the first age-friendly state.”

- The ARC Lexington “provides services and supports in Fulton and Albany Counties to approximately 1,300 children and adults with intellectual and developmental disabilities, including autism, mental illness, cerebral palsy, physical disabilities, epilepsy, and traumatic brain injuries.”
- Family Counseling Center’s mission is “To ensure a broad range of superior quality, evidence based behavioral health and social services to our community.” The center provides services for behavioral health, domestic violence, children, and family programs.
- HFM Prevention Council seeks to “increase the health and wellness in Hamilton, Fulton and Montgomery Counties by preventing and reducing addiction disorders through education, recovery supports, supportive housing and community outreach.” The organization provides substance abuse prevention, treatment, and recovery support.
- The Neighborhood Engagement Unit (NEU) is a collaboration including many community organizations and agencies including FCPH, Fulton County Office for the Aging, HFM Prevention Council, Family Counseling Center, Fulton County Emergency Management Office, Gloversville Police Department, Fulmont Community Action Agency, churches, Planned Parenthood, Mental Health Associations of Fulton and Montgomery Counties, National Guard Counterdrug Program, Gloversville Fire Department, New York Connects, Fulton County District Attorney’s Office, Northeast Problem Gambling Resource Center, and Glove City Coalition. Together NEU holds events in various parts of Gloversville to offer topics on a variety of health, safety, and well-being. Attendees have been afforded the opportunity to be trained to use Narcan, have STD testing anonymously, and get assistance with health insurance.
- New in 2022, Nathan Littauer Hospital and Fulton County Public Health participated in the Glove City Coalition. An organization engaging and supporting the community through collaboration and education to promote and sustain healthier lifestyles.
- New in 2022, Johnstown Community Coalition. The mission of the coalition is to improve the overall health of Johnstown with resources in the community to aid in reducing youth substance use.

RESOURCES:

- ADK Wellness Connections is a network of community, social service, and health care providers working together to make it easier for the public to find and get connected to the resources they need to live a healthy life.
- Eldercare Locator, a public service of the U.S. Administration on Aging connects individuals to services for older adults and their families on the web. Eldercare also has a toll-free number 1-800-677-1116.
- The New York State Office of Alcoholism and Substance Abuse Services (OASAS) website has a treatment provider directory search, bed availability dashboard, gambling treatment and prevention, developmental disability services, and resources for providers of clinical screening and assessment services for impaired driving offenders.
- NY Connects Resource Directory helps individuals connect to services and supports, such as health care, basic needs, consumer assistance, education, environment, and public safety, income support and employment, individual and family life, mental health and substance abuse, organizational/community/international services, and criminal justice and legal services. Individuals can also browse by targeted characteristics or demographics.
- Fulton County has a directory of local services available on its website at fultoncountyny.gov.
- Overdose Detection Mapping Application Program (ODMAP) is a surveillance program that maps overdose data with the goal of increasing public safety and public health interventions for increases or hotspots of overdoses. With the data, public health officials can better allocate resources and initiate preventive programs to help decrease the incidences of overdoses.
- United Way's 2-1-1 is an easy-to-remember toll-free telephone number with confidential community referral that connects callers with community-based resources providing food, shelter, rent assistance, clothing, childcare options, and other types of community assistance. Trained referral specialists are available to help individuals. 2-1-1 Resources are also available on the web.
- Unite US, in collaboration with Adirondack Health Institute (AHI) and the Alliance For Better Health, is a unifying referral infrastructure that connects health and social care.

4. PRIOR TOPICS FROM PRECEDING COMMUNITY HEALTH ASSESSMENT

Following a Community Health Needs Assessment (CHNA), a three year Community Service Plan (2019-2021) was developed. The following priorities identified for action for the 2019-2021 time period were:

- To “improve self-management skills for individuals with chronic diseases, including asthma, arthritis, cardiovascular disease, diabetes, prediabetes and obesity” and
- To “reduce inappropriate antibiotic use.”

As described under each priority is a summary of the area of focus and progress made, as well as the challenges encountered.

Prevent Chronic Diseases

- **Focus Area: Preventive Care and Management**
 - **Goal:** In the community setting, improve self-management skills for individuals with chronic diseases, including asthma, arthritis, cardiovascular disease, diabetes, prediabetes and obesity.
 - **Disparity Focus:** Rural residents -access to care due to limited options for public transportation and high expense of cabs. Limited access for healthy food and childcare.
 - **Intervention:** Expand access to evidence-based self-management interventions for individuals with arthritis, asthma, cardiovascular disease, and diabetes.
 - **Process Measures:** Number of workshops delivered. Number of participants who complete four of the six sessions. Number of sites/counties where workshops are delivered.

Accomplishments:

Nathan Littauer Hospital (NLH) added additional certified peer leaders to offer more programs in their Chronic Disease Self-Management Program (CDSMP), Diabetes Self-Management Program (DSMP), and Chronic Pain Self-Management Programs (CPSMP) in 2019.

Additional funding was secured to train additional staff for evidence-based (EB) programs including “Healthy Eating Every Day (HEED)”, “Active Living Every Day (ALED)”, a smoking cessation program “The Butt Stops Here”, and a smoking cessation support group was started in 2019.

Since the early stages of the COVID-19 crisis, programs had to be put on hold and a CDSMP program was re-started on September 20, 2021, and ended on October 25, 2021, at the Johnstown Senior Center, where nine participants joined and six completed four or more of the sessions. Fulton County Public Health (FCPH) promoted the CDSMP on FCPH’s Facebook page.

NLH and FCPH had planned to start working with senior groups and employers on Walk With Ease program for 2020. Due to COVID-19 response activities, this was not able to be completed. FCPH Health Educator met with senior groups in Mayfield and Johnstown in September 2021 to review the Walk with Ease program and provide the Walk With Ease books.

FCPH promoted the Diabetes Prevention Classes offered at the Resource Center for Independent Living in 2021 (June, August, and December).

Challenges:

COVID-19 response demanded all the attention from both NLH and FCPH and led to related closures and limited access to in-person care.

Staffing issues at health and wellness care facilities as well as Public Health continue to impede timely and convenient care, and reduced or canceled local health programs and services.

HealthLink program is currently inactive as the staff was redeployed to assist with infection control in April 2020 and NLH is in the process of moving from a remote location in Johnstown, NY to Nathan Littauer Hospital's main campus. HealthLink impacts the community by offering a myriad of free or low-cost services and educational topics for those who want to improve their health by making lifestyle changes. Smoking cessation, blood pressure, glucose and cholesterol screenings, childbirth preparation, and breastfeeding are just a few of the areas covered by educators in this department. HealthLink also serves as the hub for social determinants of health metrics included in Nathan Littauer's Accountable Care Organization (ACO), Patient-Centered Medical Home (PCMH), and other quality care and value-based contracts.

Prevent Communicable Diseases

- **Focus Area: Antimicrobial Resistance and Healthcare-Associated Infections**

- **Goal:** Reduce inappropriate antibiotic use.
- **Disparity Focus:** Low socioeconomic status rural residents.
- **Interventions:** Healthcare clinician level feedback data to inform antibiotic prescribing.
- **Interventions:** Conduct an educational campaign for the public on antimicrobial resistance and appropriate antibiotic use.
- **Interventions:** Healthcare clinician education and public health detailing to prescribers.
- **Process Measures:** Number of community members encountered. Number of healthcare clinicians encountered. Number of printed materials produced and distributed. Number of classes offered in the community on antibiotic resistance.

Accomplishments:

NLH and FCPH collaborated with community partners to communicate evidence-based educational material on antimicrobial resistance and appropriate antibiotic use.

FCPH posted on its Facebook site educational and informative content on antimicrobial resistance and antibiotics from May through August 2021 and has continued messaging every month in 2022.

NLH offered educational sessions in the community on antibiotic resistance, symptom management, how to talk to your healthcare provider, and handwashing. NLH approached schools, faith-based organizations, and businesses to educate their staff.

NLH revised and updated the facility antimicrobial biogram.

NLH developed antimicrobial order set with recommended dosing parameters and pharmacokinetic utilization parameters.

NLH restricted the utilization of specific antimicrobials and implemented mandatory reassessment for specific antimicrobials after 72 hours.

NLH's antibiotic stewardship included a COVID-19 Recovery Program started in June 2021.

NLH provided education and antimicrobial stewardship certification opportunities to key medication management leadership.

The NLH antimicrobial stewardship task force reports to the pharmacy and therapeutics committee and reviews specific antimicrobial utilization patterns at the committee meetings. The effectiveness of the program is demonstrated by a global reduction in defined daily dose (DDD) antimicrobial utilization data received from Premier purchasing consortium.

Challenges:

COVID-19 response demanded all the attention from both NLH and FCPH and led to related closures and limited access to in-person care.

Staffing issues at health and wellness care facilities as well as Public Health continue to impede timely and convenient care, and reduced or canceled local health programs and services.

HealthLink program is currently inactive as the staff was redeployed to assist with infection control in April 2020 and NLH is in the process of moving from a remote location in Johnstown, NY to Nathan Littauer Hospital's main campus. HealthLink impacts the community by offering a myriad of free or low-cost services and educational topics for those who want to improve their health by making lifestyle changes. Smoking cessation, blood pressure, glucose and cholesterol screenings, childbirth preparation, and breastfeeding are just a few of the areas covered by educators in this department. HealthLink also serves as the hub for social determinants of health metrics included in Nathan Littauer's Accountable Care Organization (ACO), Patient-Centered Medical Home (PCMH), and other quality care and value-based contracts.

C. COMMUNITY HEALTH IMPROVEMENT PLAN/COMMUNITY SERVICE PLAN

1. IDENTIFICATION OF PRIORITIES

According to the Adirondack Rural Health Network (ARHN)'s website, since 2002, ARHN has coordinated a multi-county, regional stakeholder committee to support community health planning and assessment, including capacity development, provision of decision-making resources/tools and leveraging collaborative partnerships/resources to address identified regional priorities. The priority identification process is determined by a community survey reviewed by the ARHN Community Health Assessment Committee.

The Community Health Assessment (CHA) Committee, facilitated by ARHN, is made up of hospitals and county health departments that have developed and implemented a sophisticated process for community health assessment and planning for the defined region to address identified regional priorities. The CHA Committee is made up of representatives from Adirondack Health, Clinton County Health Department, University of Vermont Health Network - Alice Hyde Medical Center, University of Vermont Health Network - Elizabethtown Community Hospital, Essex County Health Department, Franklin County Public Health, Fulton County Public Health, Glens Falls Hospital, Hamilton County Public Health and Nursing Services, Nathan Littauer Hospital, University of Vermont Health Network – Champlain Valley Physicians Hospital, Warren County Health Services, and Washington County Public Health.

At the June 4, 2021, CHA meeting, it was decided that an Ad Hoc Data Sub-Committee would be created to review tools and processes used by CHA Committee members to develop their Community Health Assessments (CHA) and Community Health Improvement Plans (CHIP), as well as identify ways to enhance the CHA/CHIP process. A primary activity of the Ad Hoc Data Sub-Committee was to collaboratively develop a stakeholder survey. The data subcommittee met four times from mid-July through mid-November 2021. Meetings were held via Webex/Zoom. Attendance ranged from 6 to 10 subcommittee members per meeting, with Fulton County Public Health participating in all. Meetings were also attended by AHI staff from the Adirondack Rural Health Network.

The survey was developed through SurveyMonkey and included 14 community health questions as well as several demographic questions. The CHA Committee provided a list of health care, social service, education, government, and service providers (hereafter referred to as community stakeholders) by county to be surveyed. The collected distribution list totaled 806 community stakeholders.

An initial email was sent to the community stakeholders in early January 2022 by the CHA Committee partners, introducing and providing a web-based link to the survey. CHA Committee partners released a follow-up email approximately two weeks later after the initial reach out. CHA Committee members were provided the names of all non-respondents for additional follow-up, at partner discretion.

The survey requested that community stakeholders identify the top two priority areas from a list of five which they believe need to be addressed within their county. Community stakeholders also gave insight on what they felt were the top health concerns and what contributing factors were most influential for those specific health concerns.

To analyze the chosen priority areas, responses were totaled by ARHN and the priority area that received the most responses is listed as the First Choice, followed by the second most responses listed as Second Choice. Fulton County survey participants' first choice was Promote Well-Being and Prevent Mental and Substance Use Disorders and the second choice was Prevent Chronic Disease.

After reviewing the survey results and determining their ability to impact the focus areas, Nathan Littauer Hospital and Fulton County Public Health Department selected the priority areas of Prevent Chronic Diseases, with a focus area of Health Eating and Food Security and a focus area of Physical Activity for their 2022-2024 service plans.

While Promote Well-Being and Prevent Mental and Substance Use Disorders was not selected as a top priority, the priority is addressed through multiple sectors.

- HFM Prevention Council seeks to “increase the health and wellness in Hamilton, Fulton and Montgomery Counties by preventing and reducing addiction disorders through education, recovery supports, supportive housing and community outreach.” The organization provides substance abuse prevention, treatment, and recovery support.
- St. Mary’s Healthcare provides outpatient substance use disorder clinics in Amsterdam and Gloversville. These clinics provide a range of services including evaluation services and individual, group, and family counseling, and a range of medications, including Suboxone. Treatment of withdrawal from opiates is provided on an outpatient basis at the clinic locations listed above. St. Mary’s operates a Methadone Maintenance Treatment Program at a clinic in Amsterdam. This program combines the daily administration of methadone with counseling services to assist individuals in overcoming addiction to heroin and other opiates. In addition, St Joseph’s Hall, a 14-bed unit, offers intensive residential treatment of addiction with a variable length of stay.

2. PRIORITY ACTION PLAN

NYS Prevention Agenda Priority: Prevent Chronic Diseases

Focus Area 1: Healthy Eating and Food Security

Goal: Increase skills and knowledge to support healthy food and beverage choices.

Objectives: By December 31, 2024, decrease the percentage of adults ages 18 years and older with obesity (among all adults); and Decrease the percentage of adults who consume less than one fruit and less than one vegetable per day (among all adults).

Health Disparity Focus Area: All residents, including lower-income households, and seniors.

Interventions	Process Measures	Partner Roles and Resources
<ul style="list-style-type: none"> • Worksite nutrition and physical activity programs designed to improve health behaviors and results. 	<ul style="list-style-type: none"> • Number of workplace (board meetings, employee meetings, and other work-related) meetings held with nutritional food options. Track and update information as needed. • Number of workplace physical activity promotions and tracking participant metrics of these promotions. • Number of workplace sites holding physical activity promotions. Track and update information as needed. 	<p>Fulton County Public Health (FCPH)</p> <ul style="list-style-type: none"> • Communicate educational material to the community via multiple media formats (handouts, presentations, social media, and others). • Promote information, programs, and services on low-cost food selection, buying options, and recipes to assist low-income households with food insecurity. Explore opportunities (including partnering with Nathan Littauer Hospital) to provide targeted messaging at food and nutrition providers or retailers or other related outreach locations. • Publicize awareness messaging targeting young people (age under 21) on healthy food choices and life-long health benefits through multiple media platforms. Promote programs and services of local healthcare and nutrition providers on the importance of regular wellness checks or visits for young people. <p>Nathan Littauer Hospital (NLH)</p> <ul style="list-style-type: none"> • Plan to move HealthLink to NLH main campus and recruit medical staff to re-launch its community service programs. • Expand food collection efforts to assist in re-stocking local food pantries. NLH will collaborate with FCPH, local organizations, and local media to promote food drive campaigns, such as a “Holiday Food Drive” and others during the year. • Explore video programming led by trained nutritionist/NLH staff advocating affordable, convenient, and nutritional ideas and recipes. The goal is to broadcast programming at healthcare and health-related facilities servicing underserved or low-income members of the community.

		<ul style="list-style-type: none"> • Offers a vehicle-service voucher program to address patients with significantly limited transportation access who may need rides to appointments and other necessary locations like food stores.
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NYS Prevention Agenda Priority: Prevent Chronic Diseases

Focus Area 2: Physical Activity

Goal: Promote school, child care and worksite environments that increase physical activity.

Objectives: By December 31, 2024, Increase the percentage of adults age 18 years and older who participate in leisure-time physical activity (among all adults).

Health Disparity Focus Area: All Residents, including school-aged children and working adults.

Interventions	Process Measures	Partner Roles and Resources
<ul style="list-style-type: none"> • Implement a combination of worksite-based physical activity policies, programs, or best practices through multi-component worksite physical activity or nutrition programs; environmental supports or prompts to encourage walking and/or taking the stairs, or structured walking-based programs focusing on overall physical activity that include goal-setting, activity monitoring, social support, counseling, and health promotions and information messaging. 	<ul style="list-style-type: none"> • Number of participants in APHA Keep It Moving Challenge to promote physical activity. • Number of promotions held throughout the year to encourage physical activity. • Number of steps walked during workplace physical activity promotions. Utilize available tracking applications or measurement options with the activity promotion. • Number of patients or participants provided counseling and information on physical activity and wellness programs and services. 	<p>Fulton County Public Health</p> <ul style="list-style-type: none"> • Communicate educational material to the community via multiple media formats (handouts, presentations, social media, and others). Educational outreach programs to local businesses, organizations, and schools. • Promote events, goal-setting challenges, and programs to foster a healthier, more active lifestyle including <ul style="list-style-type: none"> ▪ American Public Health Association (APHA) Keep It Moving Challenge/Billion Steps Challenge which usually lasts from Jan. 1 to mid-April. Track and update participation information as needed. • Engage local schools or other larger enclosed facilities to promote indoor walking access for residents, with an emphasis on older adults. • Present the Walk With Ease program to local senior centers, and promote other fitness programs offered at the senior centers. • Collaborate with ARC Lexington to promote fitness and wellness programs.

		<p>Nathan Littauer Hospital</p> <ul style="list-style-type: none"> • Plan to move HealthLink to NLH main campus and recruit medical staff to re-launch its community service programs. • Explore physical fitness and exercise programs under the HealthLink service led by activity trainers. • Explore or expand counseling services by NLH staff to promote physical activity benefits and (at minimum) annual wellness visits. • Continue NLH’s Walking Challenge program on the main campus grounds and track participation metrics.
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3. STAKEHOLDER ENGAGEMENT

Over the next three years, Fulton County Public Health Department and Nathan Littauer Hospital will collaborate with their partners on each focus area and yearly updates will be made publicly on their websites. Each organization will also engage stakeholders through press releases related to their selected priorities as well as through regular convening of committees working on the priority selections. If necessary, mid-course corrections will be documented through the New York State Department of Health’s yearly tracking report.

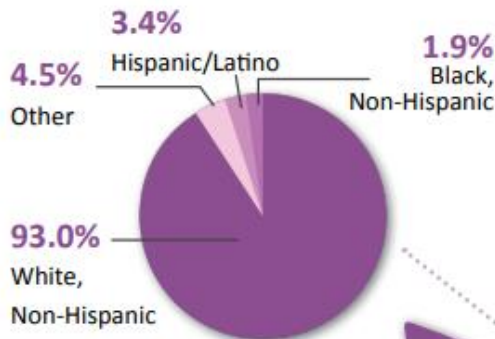
4. PLAN DISSEMINATION

2022 Community Health Needs Assessment and the combined Community Service Plan/Community Health Improvement Plan will be posted on the websites of Fulton County Public Health Department and Nathan Littauer Hospital. Key Informants 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 the community upon request.

FULTON COUNTY | DATA SNAPSHOT



POPULATION



Under 18	10,797
Ages 18-64	32,223
Ages 65+	10,432

TOTAL POPULATION
53,452
SQ. MILES 495.5



HOUSEHOLDS

Mean Household Income **\$69,513**
% Single Parent Households **11.9%**



EMPLOYMENT STATUS

% Unemployed **4.0%**



SCHOOL SYSTEM INFORMATION

Student-to-Teacher Ratio **8.7**
Free and Reduced Lunch **54.0%**
% High School Graduate/GED **36.5%**
% Some College, No Degree **18.6%**
% Associate's Degree **15.4%**
% Bachelor's Degree or Higher **18.2%**



AVAILABILITY OF VEHICLES

% Households with One Vehicle or Less Available **43.2%**



HEALTH SYSTEM BED CAPACITY (PER 100,000 POPULATION)

Total Hospital Beds **138**
Total Nursing Home Beds **715**
Total Adult Care Facility Beds **311**



POVERTY

% Individuals Receiving Medicaid **28.5%**
% Individuals Under Federal Poverty Level **14.8%**
Number of ALICE and Poverty Households **8,988**

DATA SOURCES

The information above is comprised of a blending of multiple data sources, including: American Community Survey, 2018; ALICE Threshold, 2018; United for ALICE, 2018; NYS County Health Rankings, 2018; 2010 Census Estimate, Census Quick Facts; USDA Farm Overview, 2017; US Census Bureau, 2020 American Community Survey 5-year estimates; Centers for Medicaid and Medicare Services, 2019; National Center for Education Statistics, 2020-2021; NYS Education Department, Report Card Database 2019-2020; NYS Education Department, Report Card Database 2020-2021; NYS Education Department, 3-8 ELA Assessment Databases 2019-2020; National Center for Education Statistics, Public School District Data for the 2020-2021 school years; US Census Bureau, 2020 American Community Survey 5-year estimates; NYS Department of Health, NYS Health Profiles; NYS Department of Health, Nursing Home Weekly Bed Census, 2022; NYS Department of Health, Adult Care Facility Directory, 2022; NYS Education Department, License Statements, 2021. This document was created in 2022, by the Adirondack Rural Health Network, a program of AHI.