Finger Lakes Health Systems Agency
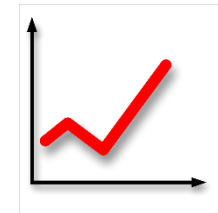
Regional Leadership Meeting

March 4, 2016

Anne Ruflin, Chief Planning Officer
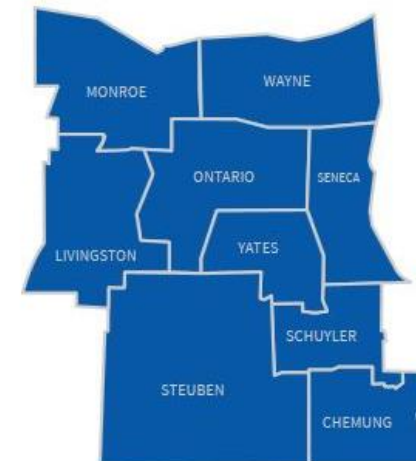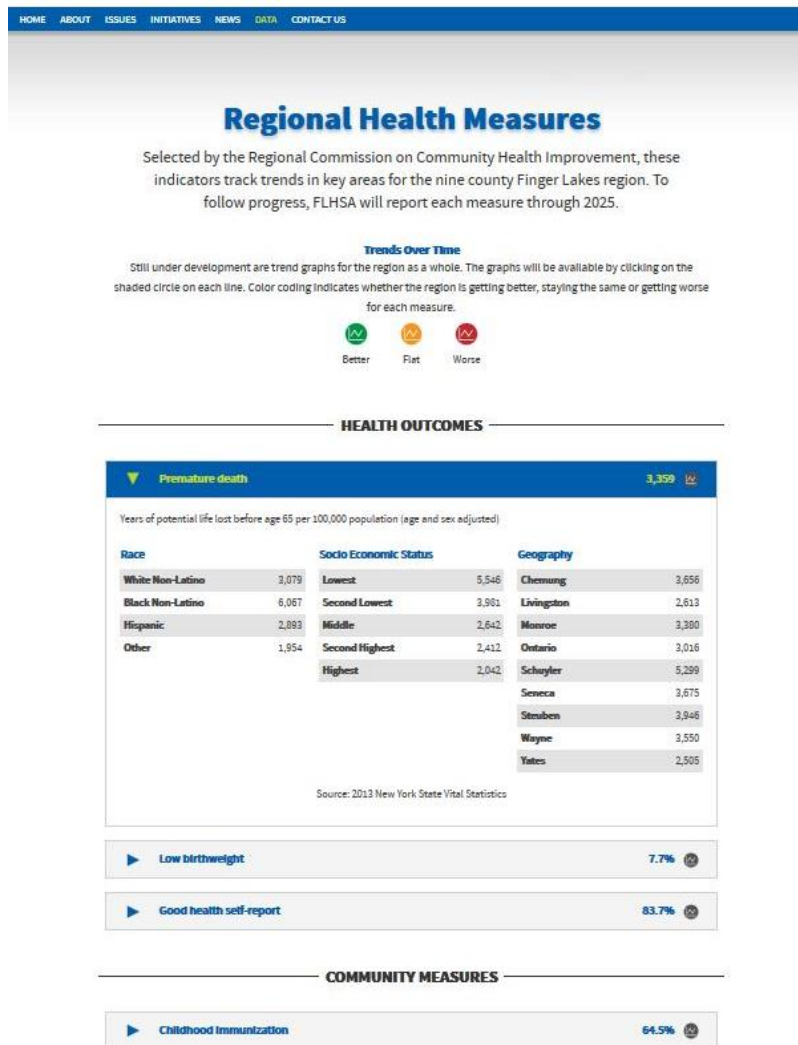Albert Blankley, Director of Research and Analytics
Catie Horan, Regional Health Planner and Data Analyst

Research & Analysis Updates

- Continuous Capability Enhancement

- Regional Population Health Measures

- Community Insight & Input
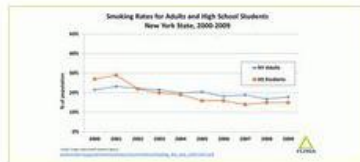
FLHSA Website Enhancements

FLHSA Website Enhancements

FLHSA

Finger Lakes Health Systems Agency

An Analytic Review of Selected Priority Areas
2016 Community Health Assessments,
Community Health improvement Plans,
and Community Service Plans

Approach & Methodology

- FLHSA met with community leaders representing the counties in the Finger Lakes Region.

- The 2016 updates to the CHIP/CHAs require counties to select two priority areas and one disparity. They are also encouraged to explore emerging health issues.
  - Community leaders stated interest in looking at data related to 2013 CHA priority areas
  - Community leaders also stated interest in looking at three emerging health issues

2013 Community Health Assessment Priority Areas

County	Issue #1	Issue #2	Disparity
Chemung	Reduce Obesity in Children and Adults	Reduce Tobacco Use	Reduce tobacco use of low income populations including those with mental health and substance abuse issues.
Livingston	Prevent Chronic Disease: Obesity/Diabetes	Promote Mental Health/Prevent Substance Abuse	Decrease Obesity in Low-Income Populations
Monroe	Reduce Obesity	Reduce Illness, Disability and Death Related to Tobacco Use and Secondhand Smoke Exposure	Increase access to high-quality chronic disease preventive care and management in clinical and community setting.
Ontario	Reduce the Rate of Obesity in Children and Adults	Reducing the Rate of Hypertension	Reducing Obesity Among the Low-Income Population
Schuyler	Reduce Obesity in Children and Adults	Reduce Illness, Disability and Death Related to Diabetes	Screen for Diabetes Risk 10% of the County's 20-49 Year Old Population, as many do not have Primary Care Physician nor Health Insurance Coverage. Once Screened for their Risk of Diabetes, they would be Referred to a Primary Care Physician (PCP) and if Appropriate a Navigator to be Screened for Health Insurance Eligibility.
Seneca	Reduce Obesity in Children and Adults	Prevent Substance Abuse and Other Mental, Emotional, and Behavioral Health Disorders	Tobacco use among those with Poor Mental Health
Steuben	Reduce Obesity in Children and Adults	Reduce Heart Disease and Hypertension	Promote Tobacco Cessation, Especially Among Low SES Population and Those with Mental Health Illness
Wayne	Reduce Obesity	Reduce Heart Disease	Reduce Obesity Among Low-Income Population
Yates	Prevent Obesity	Prevent Hypertension	Access to Specialty Care for the Low-Income Population

Approach & Methodology, Continued

- The process of data collection began with a review of the New York State Prevention Agenda Dashboard
  - Additional data were collected from:
    - The Expanded Behavioral Risk Factor Surveillance System;
    - The Statewide Planning and Research Cooperative System (SPARCS);
    - NYSDOH VITAL Statistics Mortality file;
    - FLHSA High Blood Pressure Registry; and
    - FLHSA Multi-Payer Claims Database
- Data were compared to either the New York State Prevention Agenda Objective for 2018 or Upstate New York

THE FINGER LAKES REGION: DEMOGRAPHICS

The Finger Lakes Region

- There are approximately 1,281,374 persons living in the Finger Lakes Region. Age/Gender distributions are essentially equivalent, but begin to shift towards the female population starting at age 75.

Population by Age and Sex
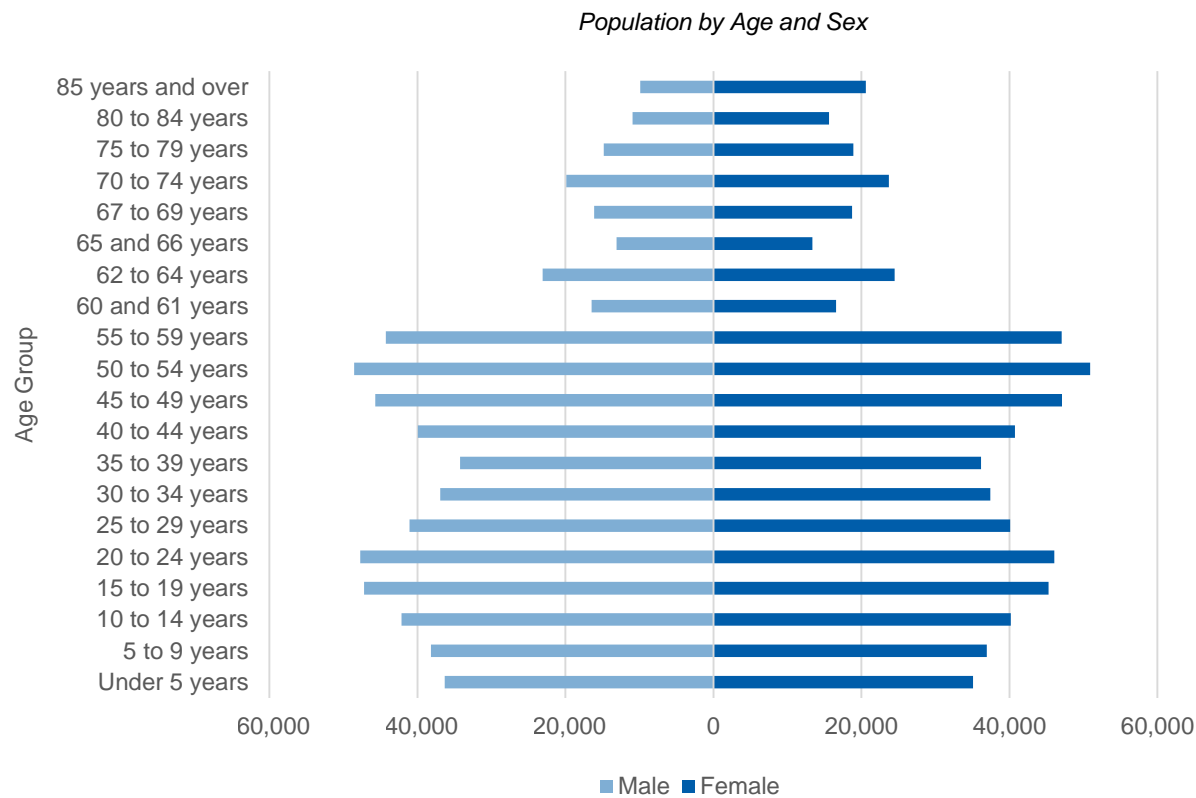
Data Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2010-2014

The Finger Lakes Region, Continued

- Population projections show little change in the pre-school, school aged and adults of child bearing ages by 2020. The 45-64 population will decrease slightly, while the 65+ age group will grow.

2000 to 2020 Population Trends by Age Group
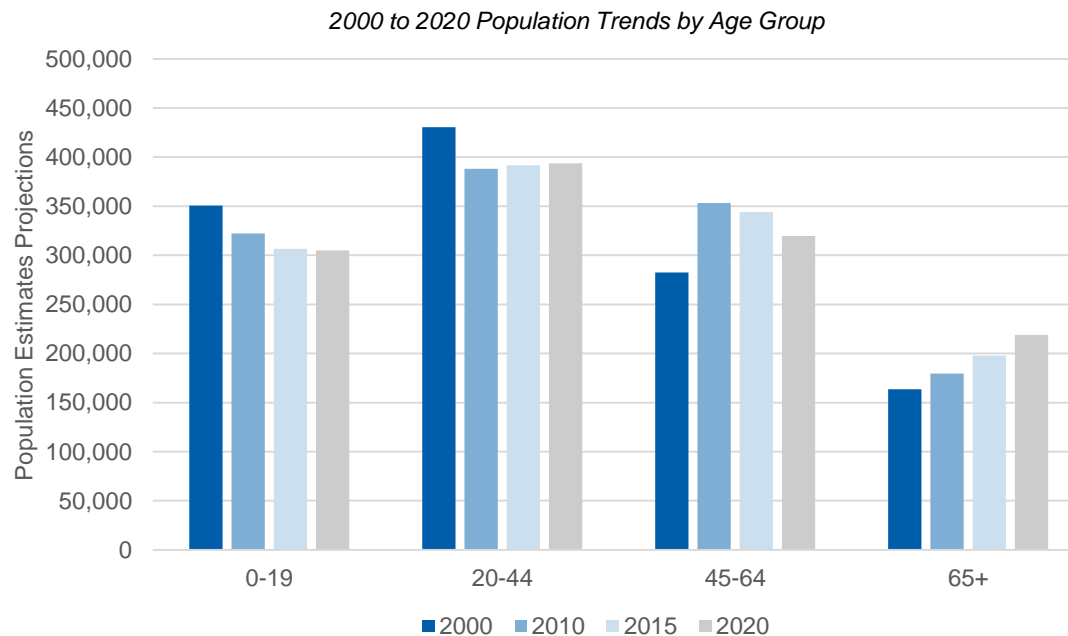
Data Source: Cornell University, Program on Applied Demographics 2011 Population Projections

The Finger Lakes Region, Continued

- There are higher rates of post-secondary educational attainment in Monroe and Ontario County. Over half of Schuyler, Seneca, and Yates County have only achieved a high school degree or less.
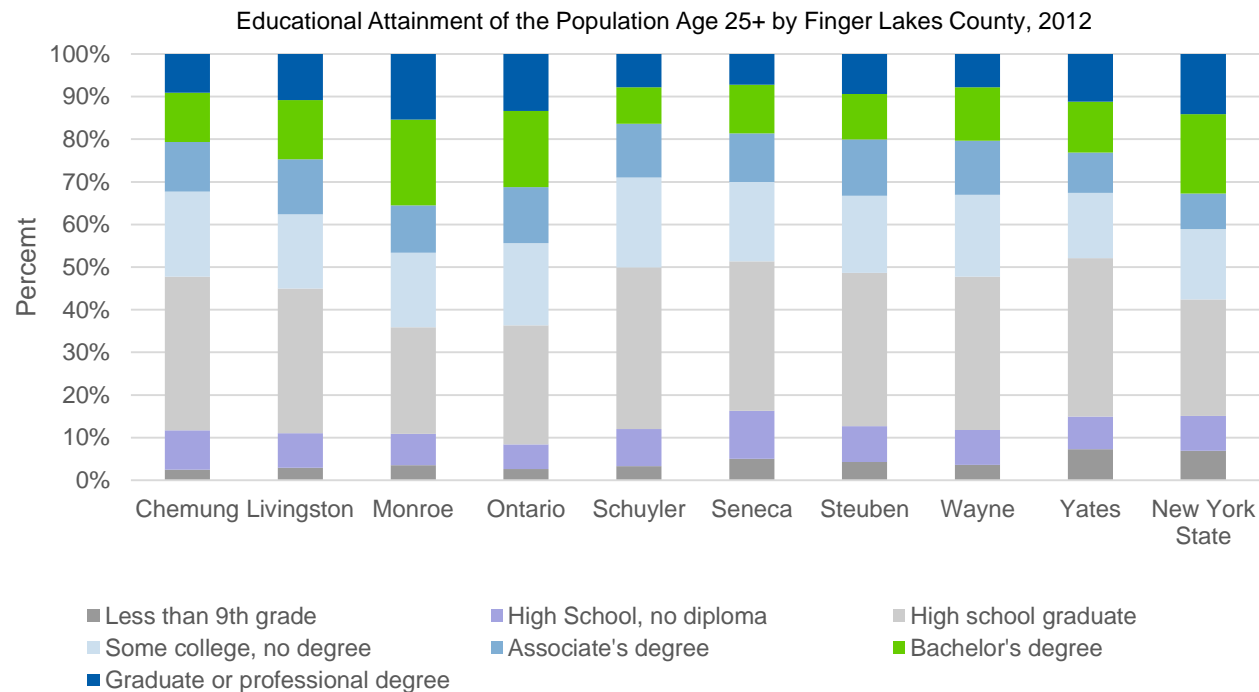
Educational Attainment of the Population Age 25+ by Finger Lakes County, 2012

Legend:
- Less than 9th grade
- High School, no diploma
- High school graduate
- Some college, no degree
- Associate's degree
- Bachelor's degree
- Graduate or professional degree

Data Source: US Census Bureau; 2012 ACS 5-Year Estimates

The Finger Lakes Region, Continued

- Rates of persons living with a disability the region are higher than the New York State average. Steuben County rates are the highest in the region (15.5%).

Percent of Non-Institutionalized Population with a Disability by County, 2012
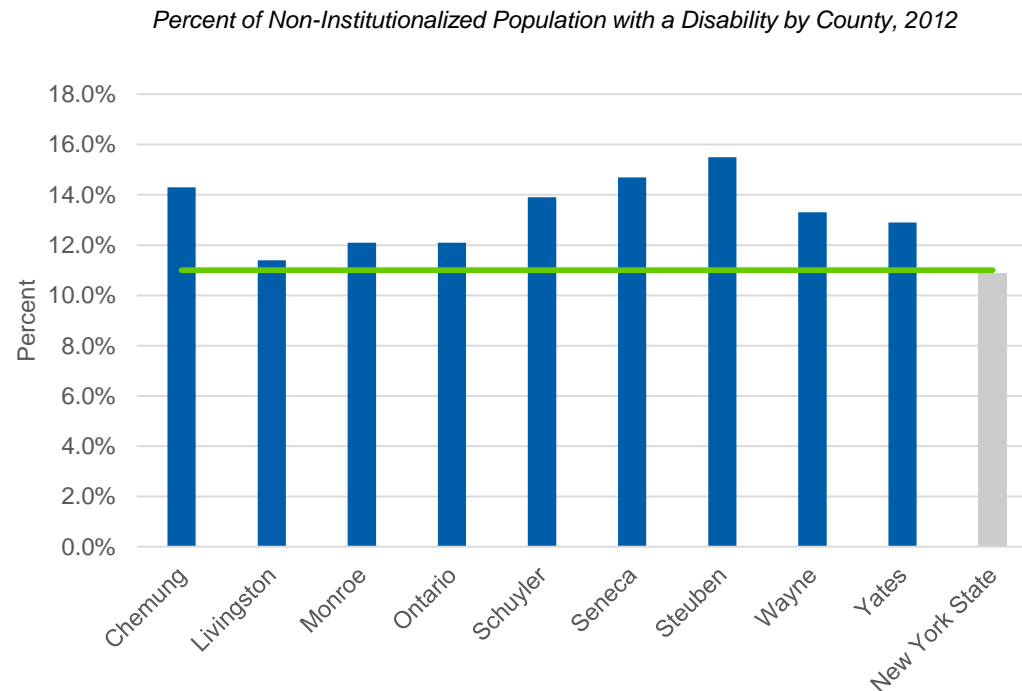
Data Source: US Census Bureau; 2012 ACS 5-Year Estimates

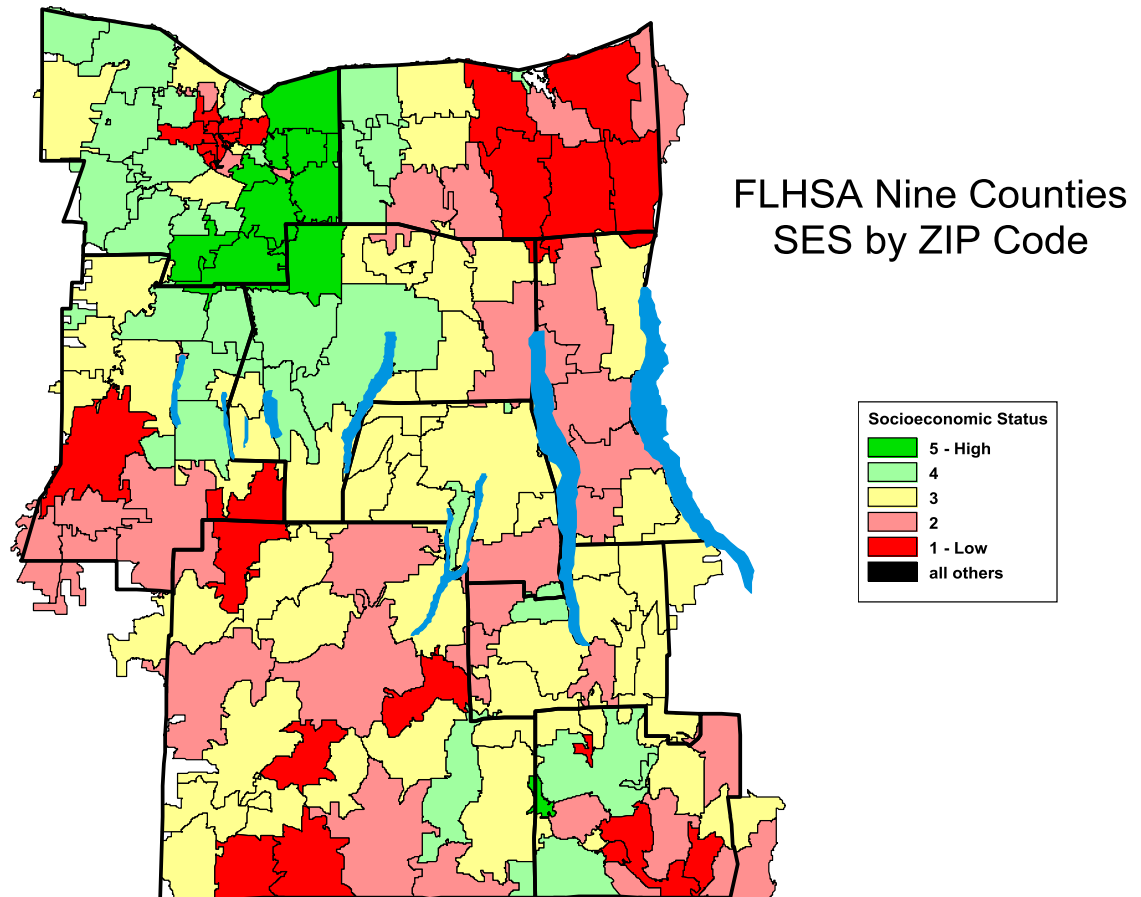# The Finger Lakes Region, Continued

Socioeconomic Status of Finger Lakes Region based on ZIP Code

- Socioeconomic status affects various aspects of a person's health. A substantial portion of the region is living at a low socioeconomic status.
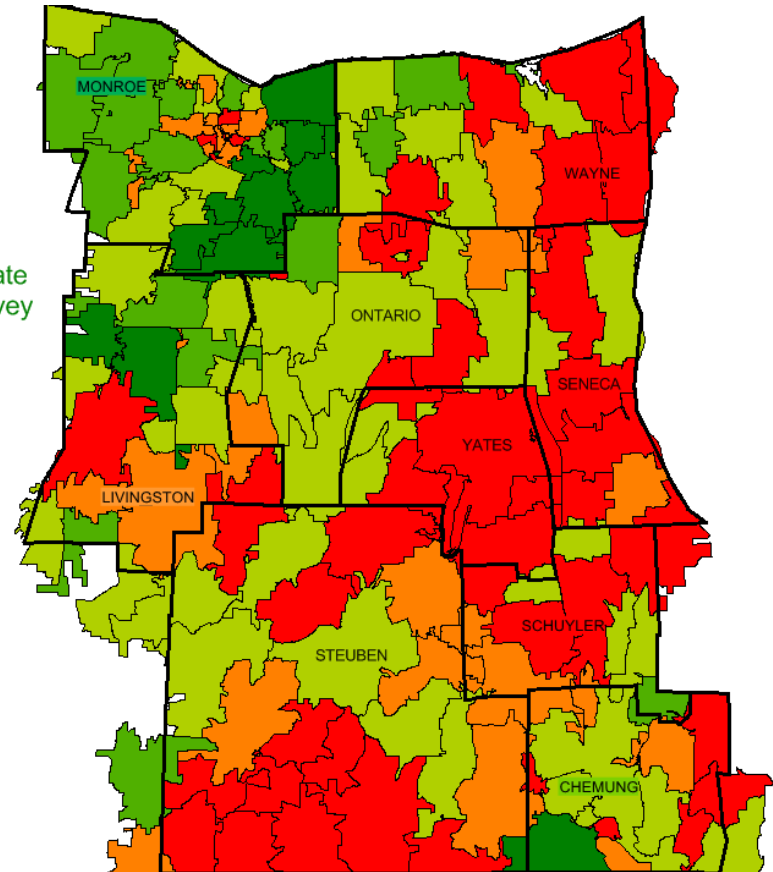
FLHSA Nine Counties
SES by ZIP Code

Socioeconomic Status
- 5 - High
- 4
- 3
- 2
- 1 - Low
- all others

The Finger Lakes Region, Continued

Percent of Finger Lakes Region Uninsured by ZIP Code

- There is a high percentage of the eastern and southern portions of the Finger Lakes Region who are uninsured.

Uninsured Rate
by ZIP Code

2009-2013 5 Year Estimate
Ameican Community Survey
U.S. Census Bureau

% of Population Uninsured
2009-2013 5 Year Estimate

- 10.8% or more
- 8.8 to 10.8%
- 5.8 to 8.8%
- 5.0 to 5.8
- Less than 5.0%

MONROE
WAYNE
ONTARIO
SENECA
YATES
LIVINGSTON
SCHUYLER
STEUBEN
CHEMUNG
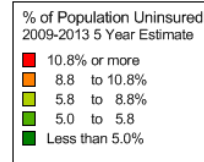
DATA UPDATES:
THE EIGHT PRIORITY AREAS

The Eight Priority Areas
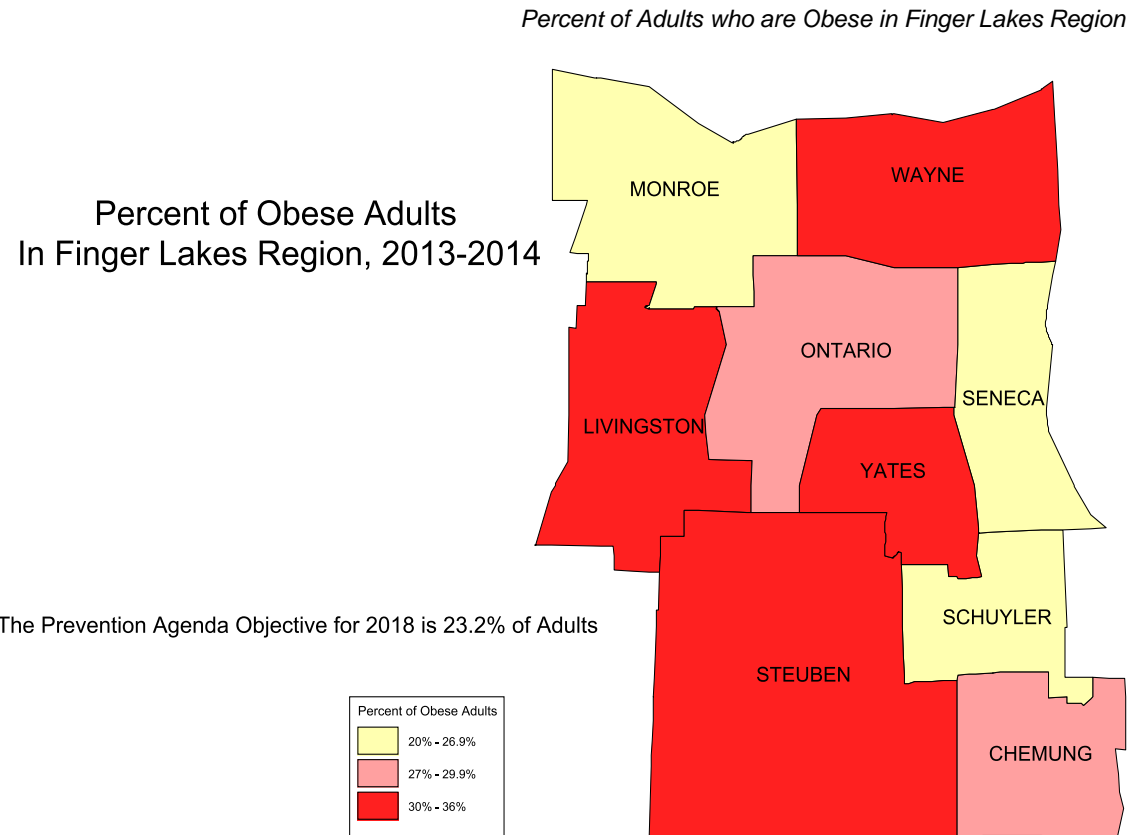
- 2013 Community Health Assessment Priority Areas
  - Obesity
  - Tobacco Use
  - Chronic Disease
    - Hypertension
    - Diabetes
    - Heart Disease

- Emerging Health Issues
  - Behavioral Health
  - Falls, Slips and Trips in 65+ Population
 - Low Back Pain

PRIORITY AREA 1: OBESITY

Obesity

- Obesity remains a significant issue in the Finger Lakes Region.

Percent of Adults who are Obese in Finger Lakes Region

Percent of Obese Adults
In Finger Lakes Region, 2013-2014

The Prevention Agenda Objective for 2018 is 23.2% of Adults

Percent of Obese Adults
- 20% - 26.9%
- 27% - 29.9%
- 30% - 36%

MONROE
WAYNE
ONTARIO
SENECA
LIVINGSTON
YATES
SCHUYLER
STEUBEN
CHEMUNG

Data Source: Expanded Behavioral Risk Factor Surveillance System, 2013-2014

Obesity

- Childhood obesity in the Finger Lakes Region is highest in Yates and Seneca County.

Percentage of Children and Adolescents who are Obese
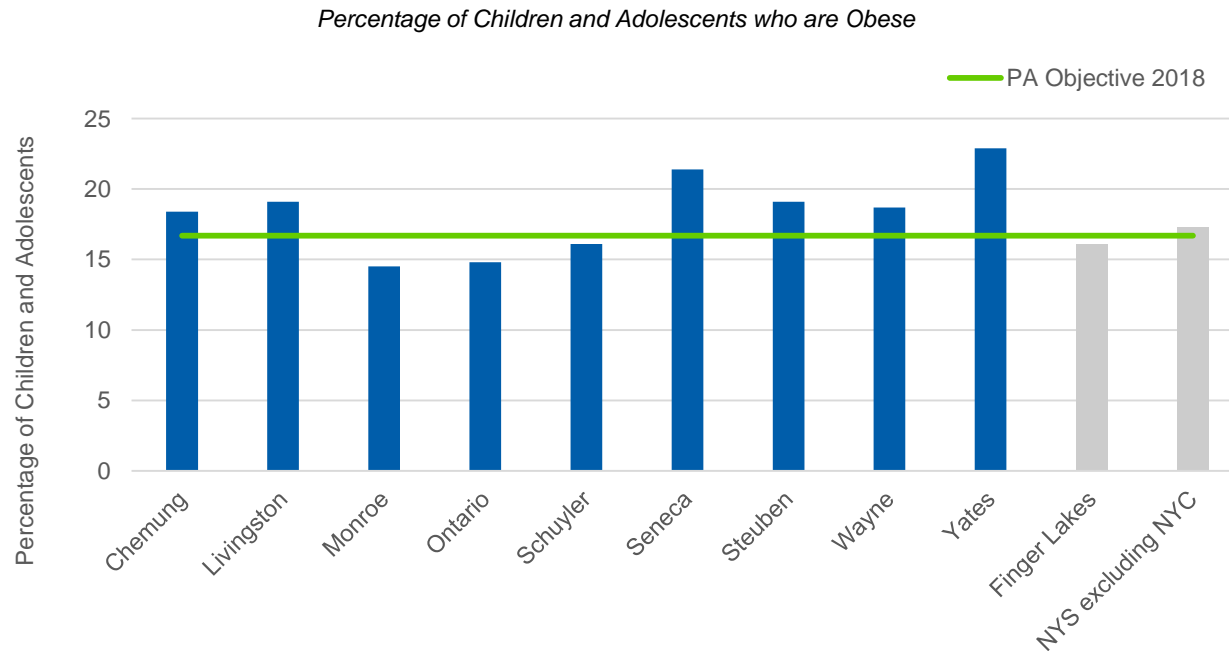
Data Source: Expanded Behavioral Risk Factor Surveillance System, 2012-2014

PRIORITY AREAS 2-4: CHRONIC DISEASE
## HYPERTENSION, DIABETES, AND HEART DISEASE

Chronic Disease- Hypertension

- According to the CDC, approximately 30% of adults are diagnosed with hypertension. This rate is slightly elevated in the Finger Lakes Region.
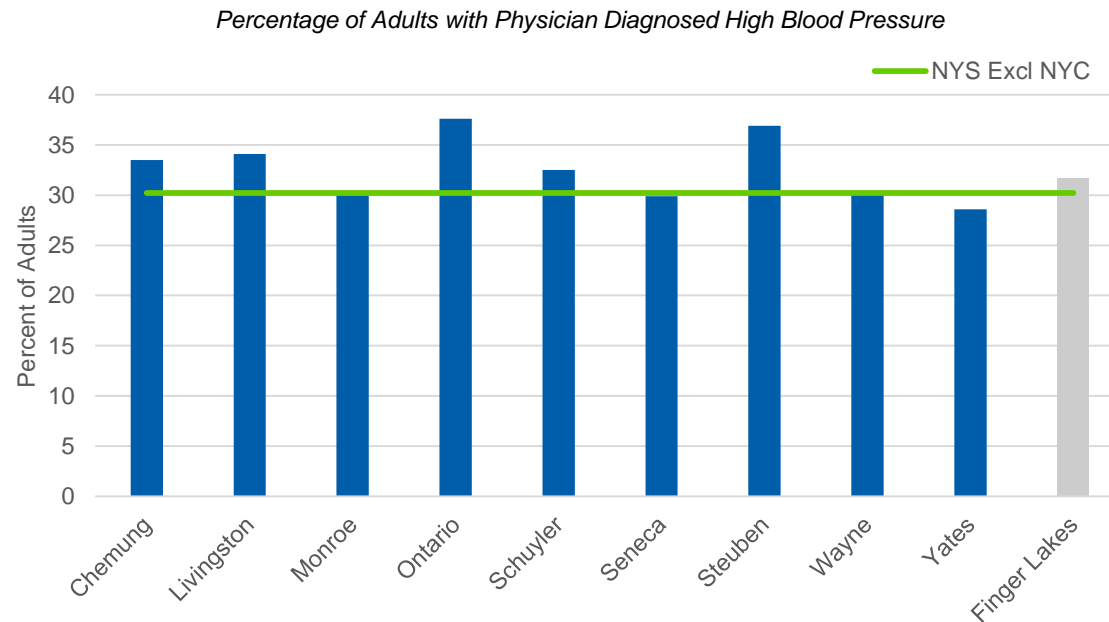
Percentage of Adults with Physician Diagnosed High Blood Pressure

Data Source: Expanded Behavioral Risk Factor Surveillance System, 2013-2014

Chronic Disease- Hypertension

- Hypertension control rates are higher in the Finger Lakes Region than in Upstate New York.

*Hypertension Control Rates, June 2015*
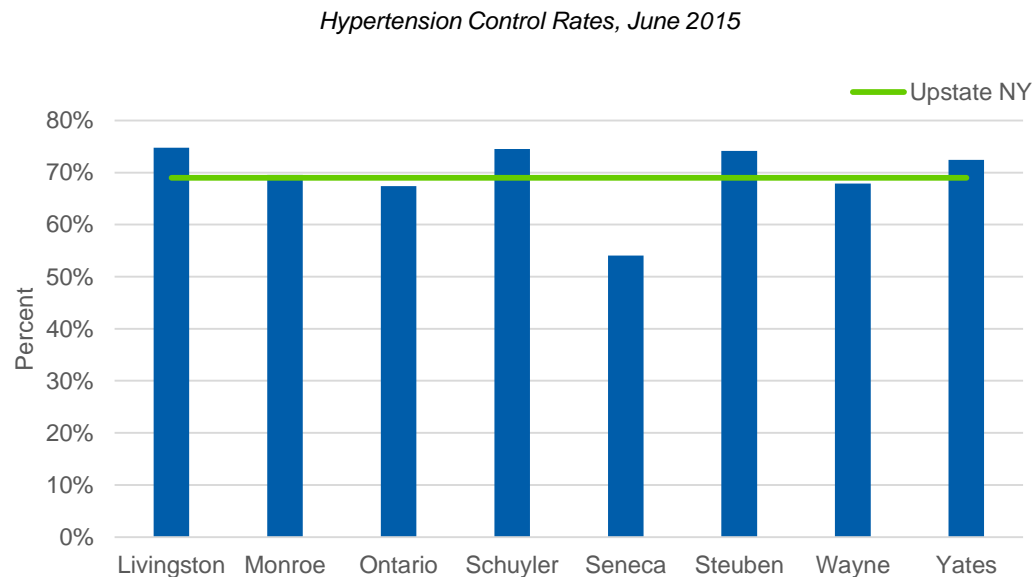
Data Source: FLHSA/RBA High Blood Pressure Registry, June 2015
Note: Chemung has been excluded due to small sample.

Chronic Disease- Hypertension

- Hypertension PQIs are also lower than Upstate New York for several counties.

Rate of Inpatient Prevention Quality Indicators for Hypertension Discharges per 100,000 Population
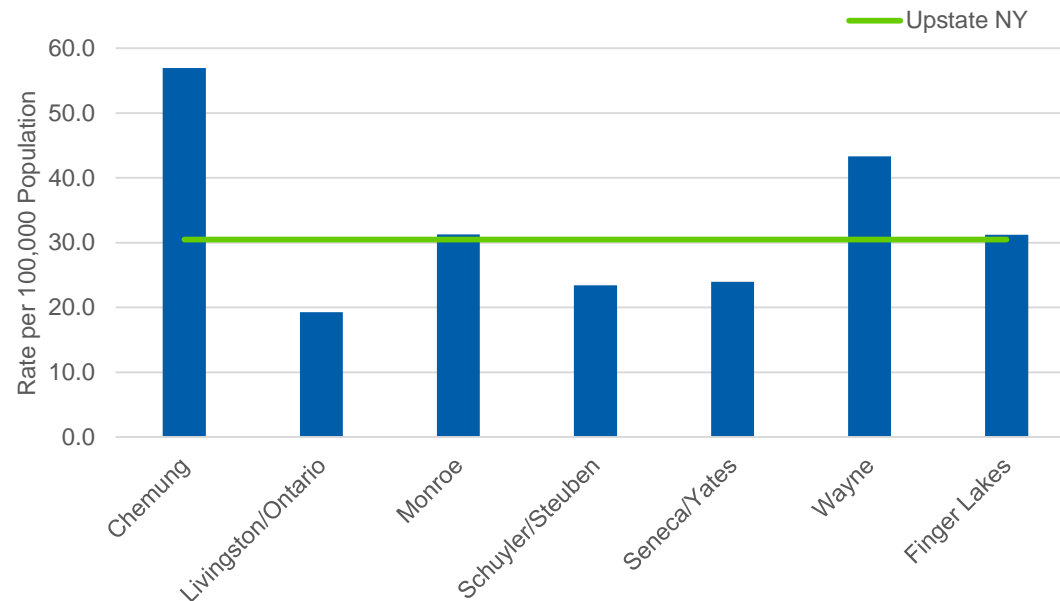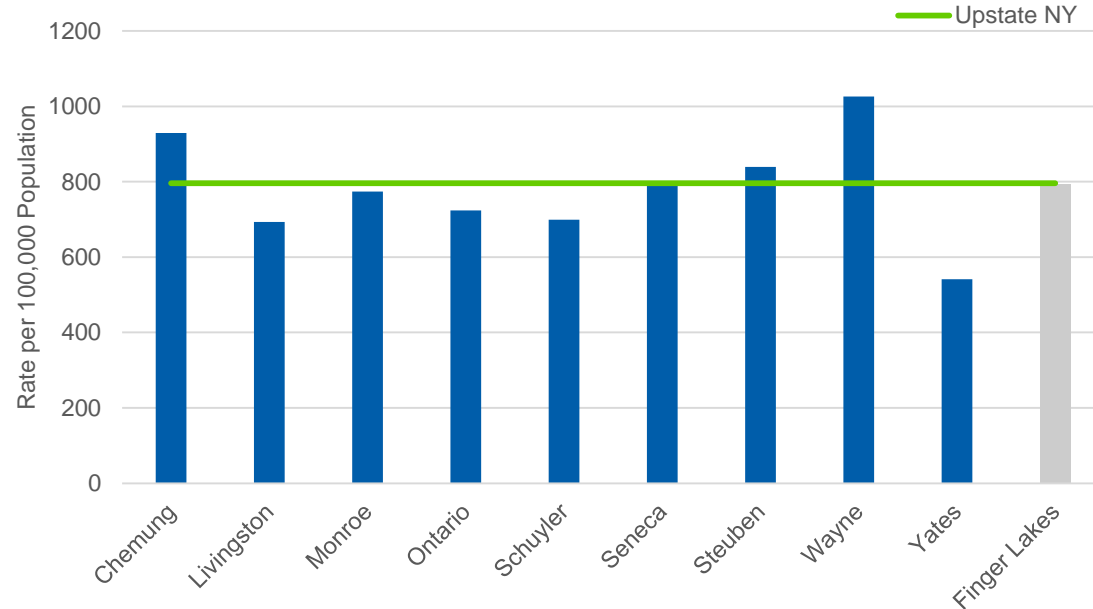
Data Source: SPARCS, 2013
Hypertension as a primary or cormorbidity diagnosis

Chronic Disease- Heart Disease

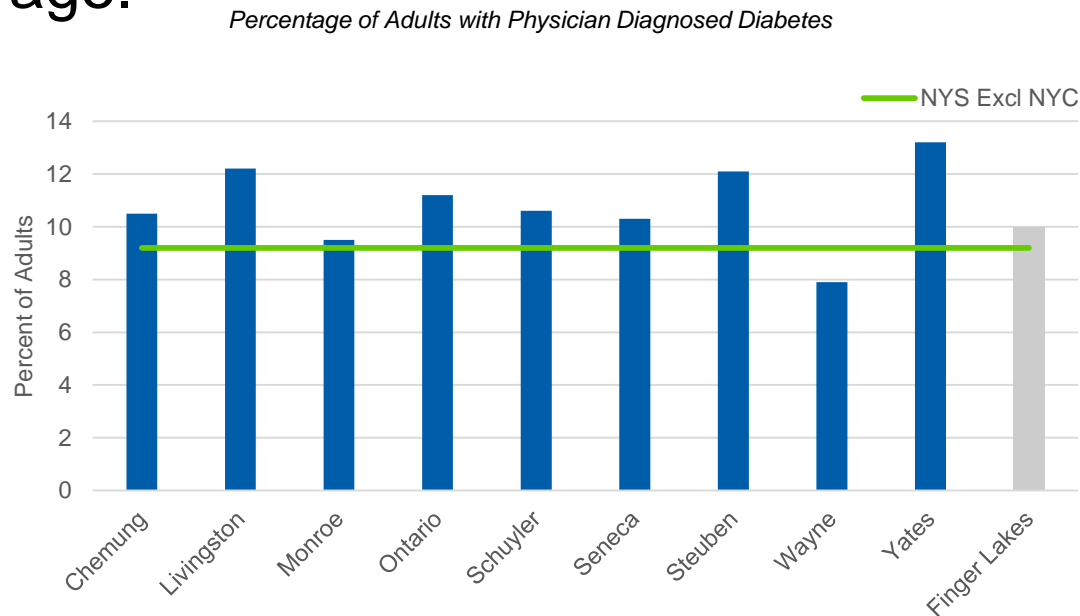- Heart Disease admission rates in the Finger Lakes Region are highest in Wayne and Chemung County.

Rate of Inpatient Heart Disease Admissions per 100,000 Population

Data Source: SPARCS, 2013

Chronic Disease: Diabetes

- The percentage of adults with physician diagnosed diabetes in the region are higher than the New York State average.

Percentage of Adults with Physician Diagnosed Diabetes

Data Source: Expanded Behavioral Risk Factor Surveillance System, 2013-2014

Chronic Disease: Diabetes

- Rates of diabetes short-term complications in the region are higher than the Prevention Agenda Objective, with the exception of Yates County.
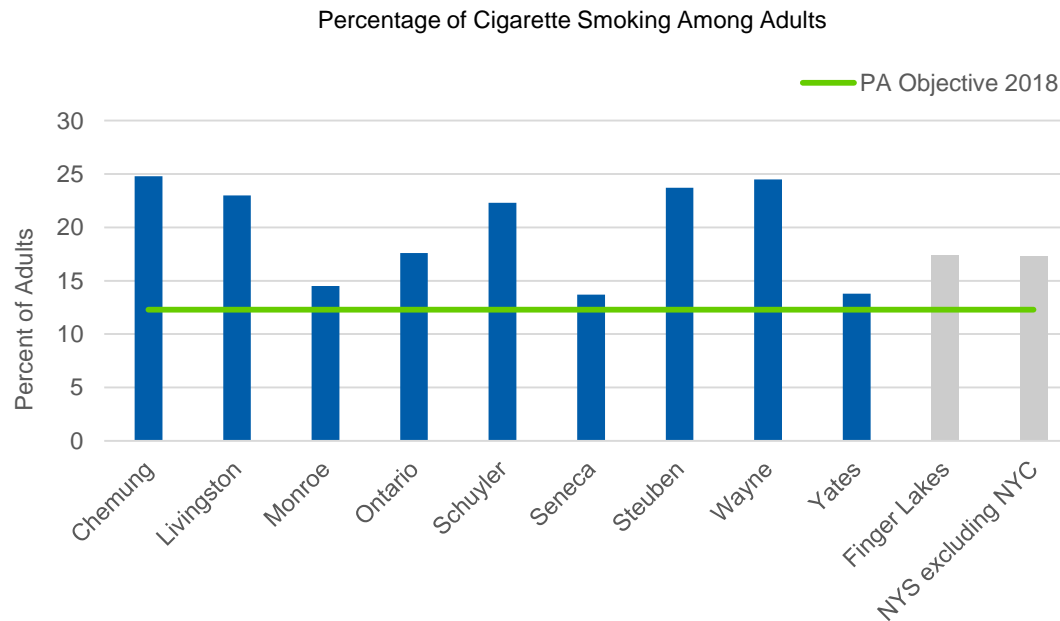
Rate of Hospitalizations for Short-Term Complications of Diabetes per 10,000 Population
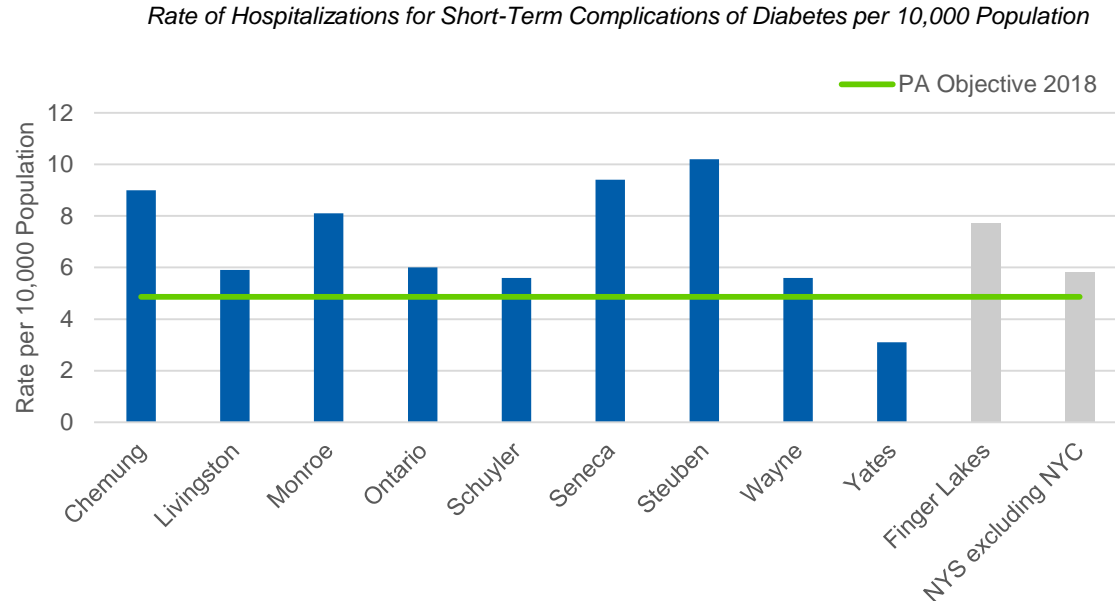
Data Source: New York State Prevention Agenda, 2011-2013

PRIORITY AREA 5: TOBACCO USE

Tobacco Use

- Rates of cigarette smoking adults in each county are significantly higher than the Prevention Agenda Objective for 2018.

Percentage of Cigarette Smoking Among Adults

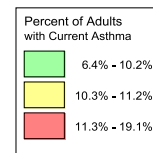Data Source: Expanded Behavioral Risk Factor Surveillance System, 2013-2014

Tobacco Use

- Rates of adults with current Asthma are highest in Chemung and Ontario County.

Percent of Adults with Current Asthma
Finger Lakes Region, 2013-2014

The New York State Average is 10.2% of Adults

MONROE

WAYNE

ONTARIO

SENECA

LIVINGSTON

YATES

SCHUYLER

STEUBEN

** CHEMUNG

Percent of Adults
with Current Asthma

6.4% - 10.2%

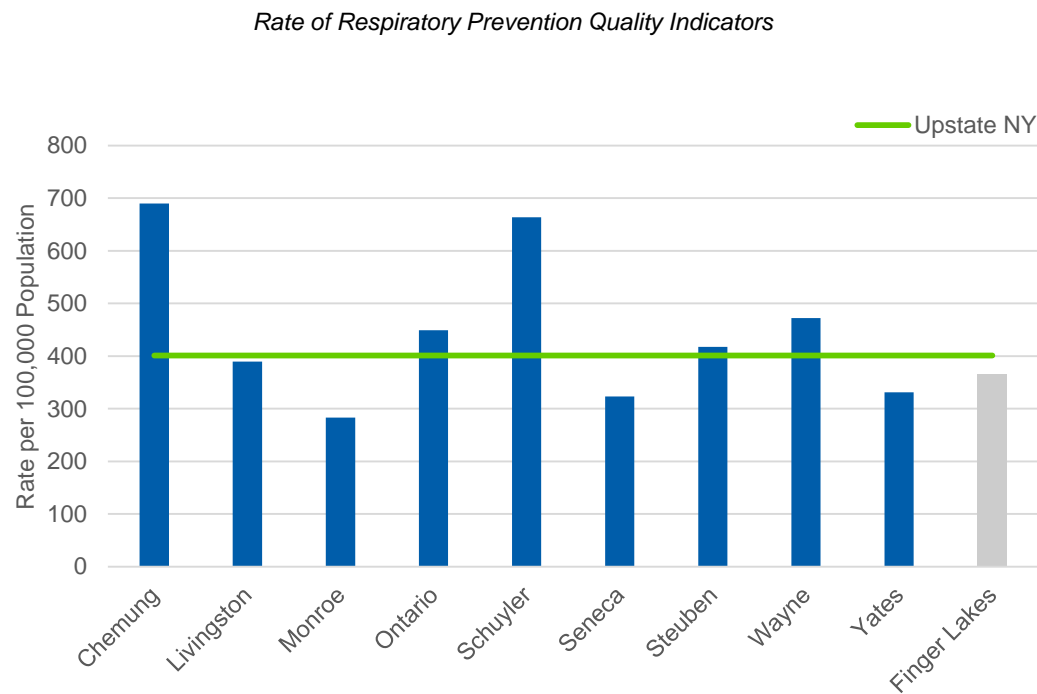10.3% - 11.2%

11.3% - 19.1%

** Chemung Data Unreliable Due To Large Standard Error

Data Source: Expanded Behavioral Risk Factor Surveillance System, 2013-2014

Tobacco Use

- Rates of respiratory PQIs in the region are highest in Chemung and Schuyler County.
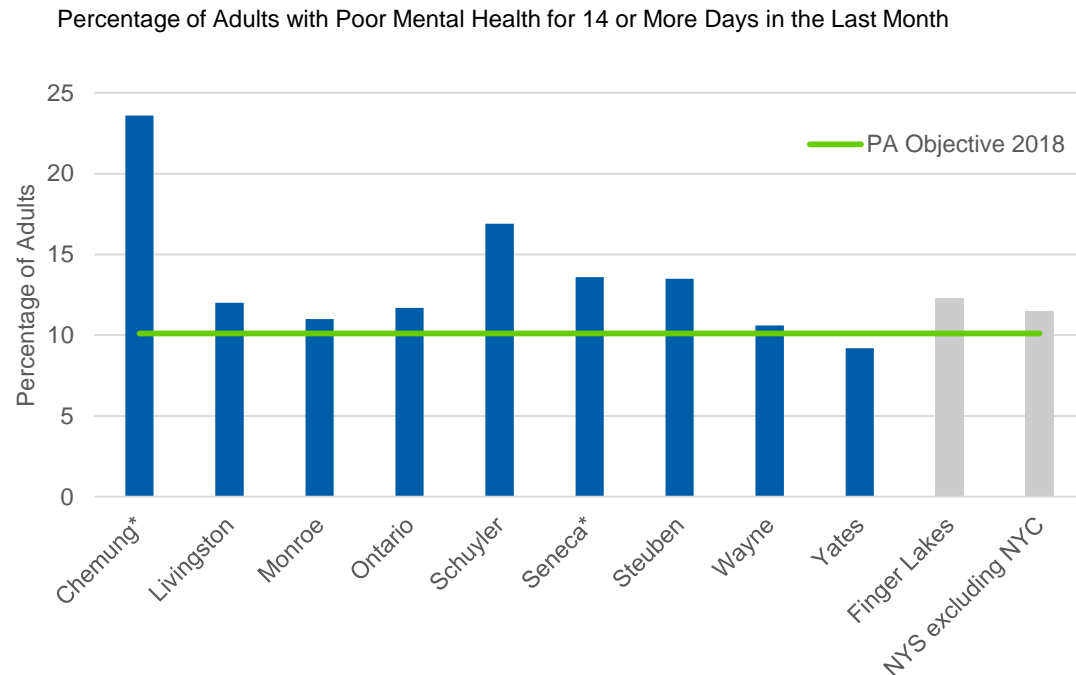
Rate of Respiratory Prevention Quality Indicators

Data Source: SPARCS, 2013

PRIORITY AREA 6: BEHAVIORAL HEALTH

Behavioral Health

- Rates of poor mental health in the region are highest in Chemung and Schuyler County.

Percentage of Adults with Poor Mental Health for 14 or More Days in the Last Month
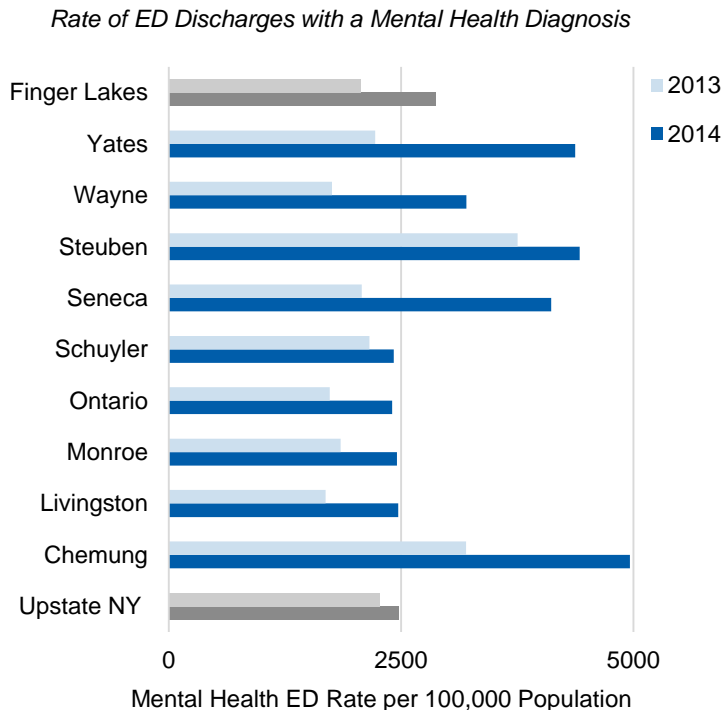

Data Source: Expanded Behavioral Risk Factor Surveillance System, 2013-2014
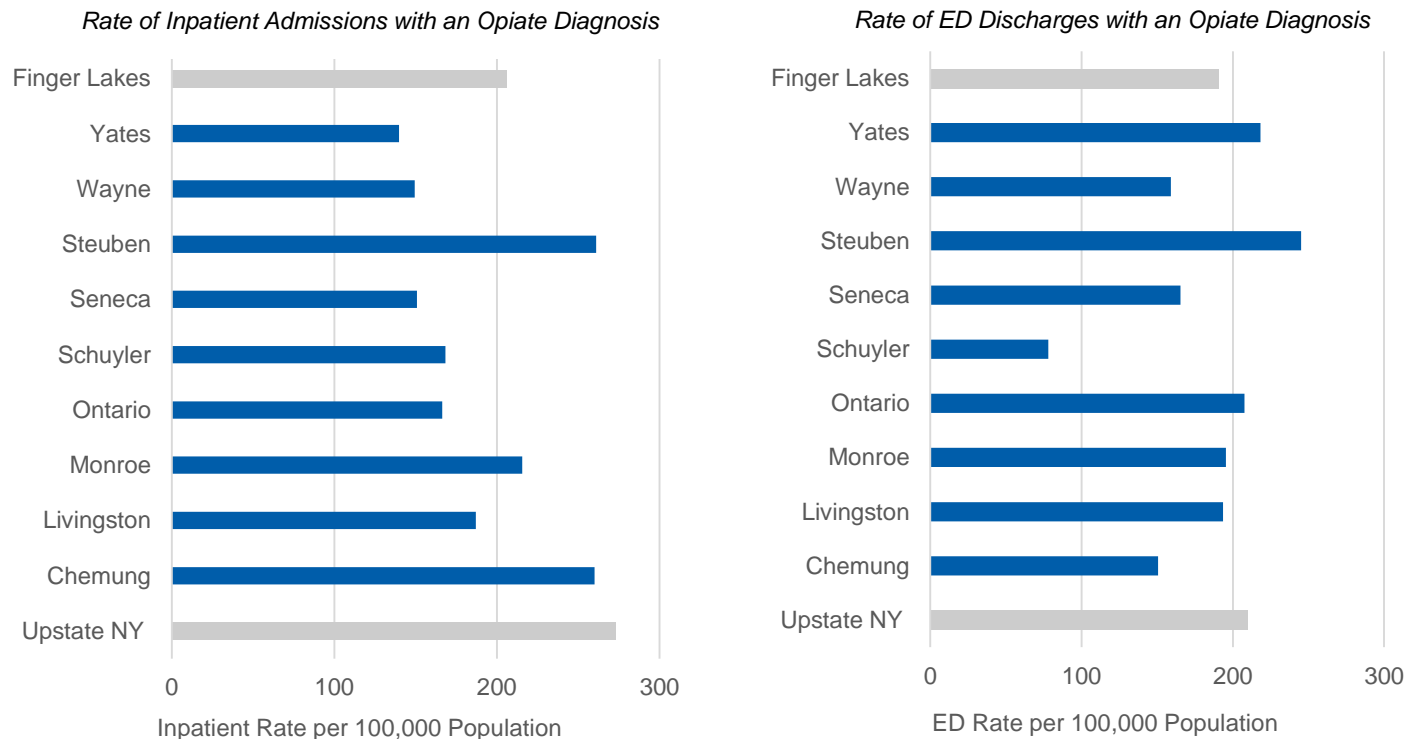*Unreliable due to large standard error.

Behavioral Health

- Rates of ED visits related to Mental Health or Substance Abuse have increased regionally from 2013-2014.

Rate of ED Discharges with a Mental Health Diagnosis

Rate of ED Discharges with a Substance Abuse Diagnosis
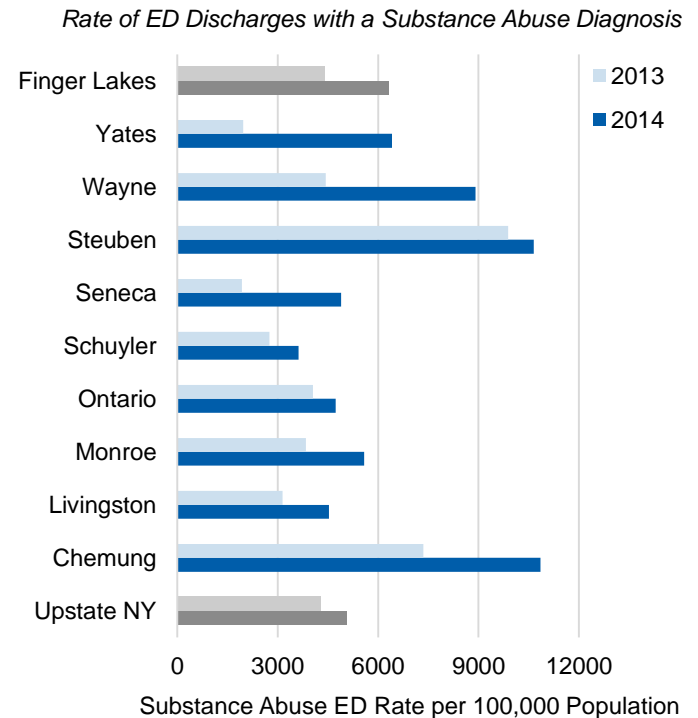
Data Source: SPARCS, 2013-2014. Diagnosis includes primary or comorbidity

Behavioral Health

- Inpatient admissions related to opiate abuse are lower than Upstate New York rates. However, Steuben and Yates have higher ED rates than Upstate New York.

Rate of Inpatient Admissions with an Opiate Diagnosis

Rate of ED Discharges with an Opiate Diagnosis

Inpatient Rate per 100,000 Population

ED Rate per 100,000 Population
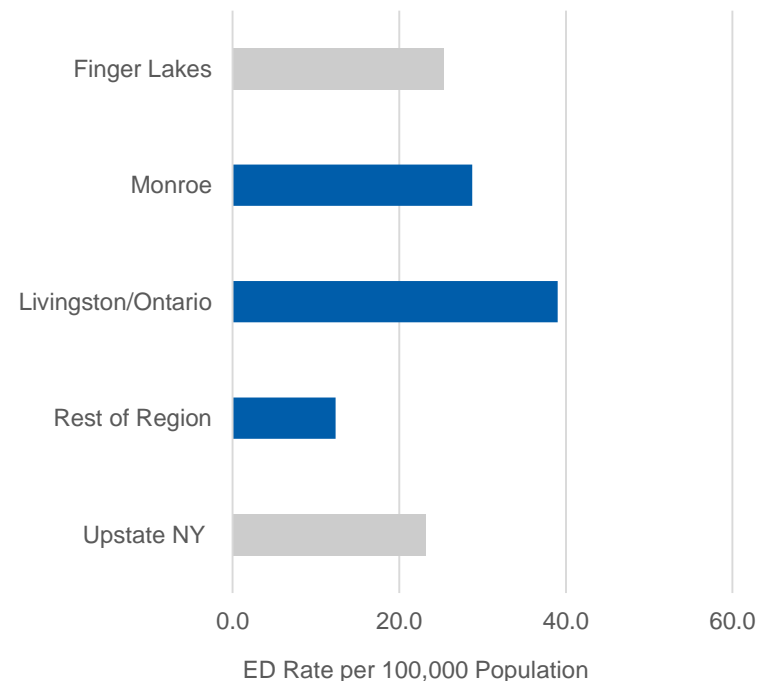
Data Source: SPARCS, 2014

Behavioral Health

- Heroin overdoses in the region are a concern for numerous counties in the Finger Lakes Region.

Rate of Inpatient Admissions with a Heroin Overdose Diagnosis
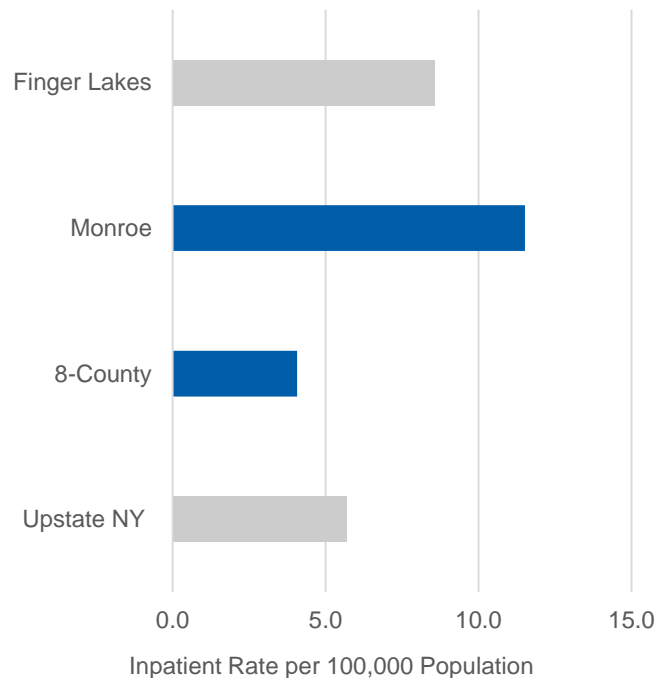
Rate of ED Discharges with a Heroin Overdose Diagnosis

Inpatient Rate per 100,000 Population
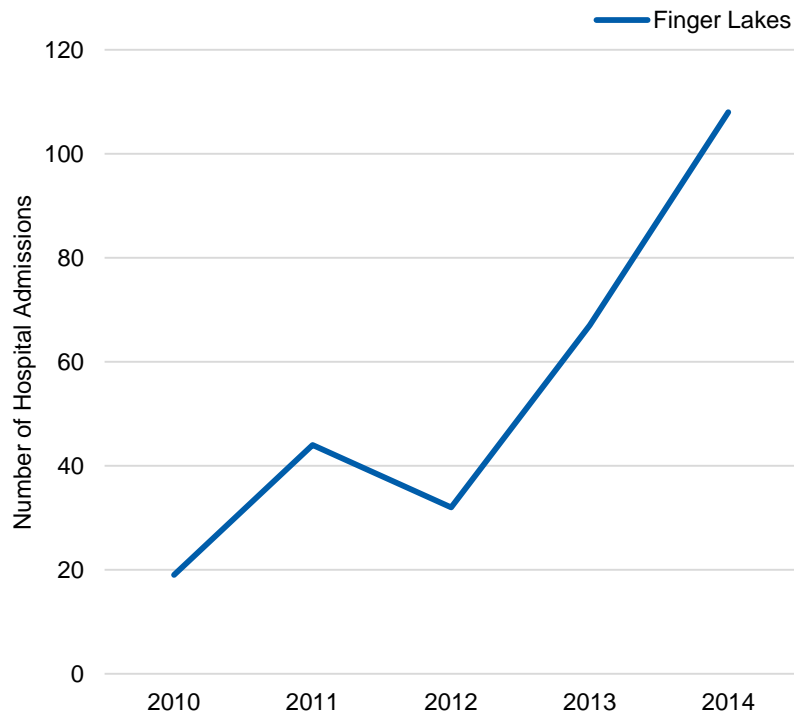
ED Rate per 100,000 Population
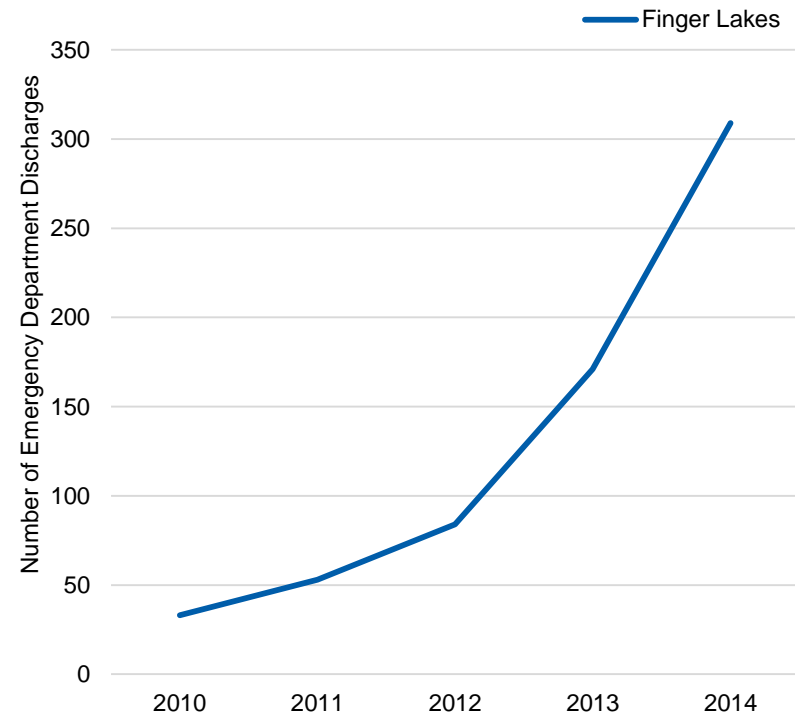
Data Source: SPARCS, 2014

Behavioral Health

- 5-Year trends show a dramatic increase in the number of heroin overdoses in the Finger Lakes Region.

Number of Heroin Overdose Hospital Admissions for Finger Lakes Region, 2010-2014

Number of Heroin Related Emergency Department Overdoses for Finger Lakes Region, 2010-2014
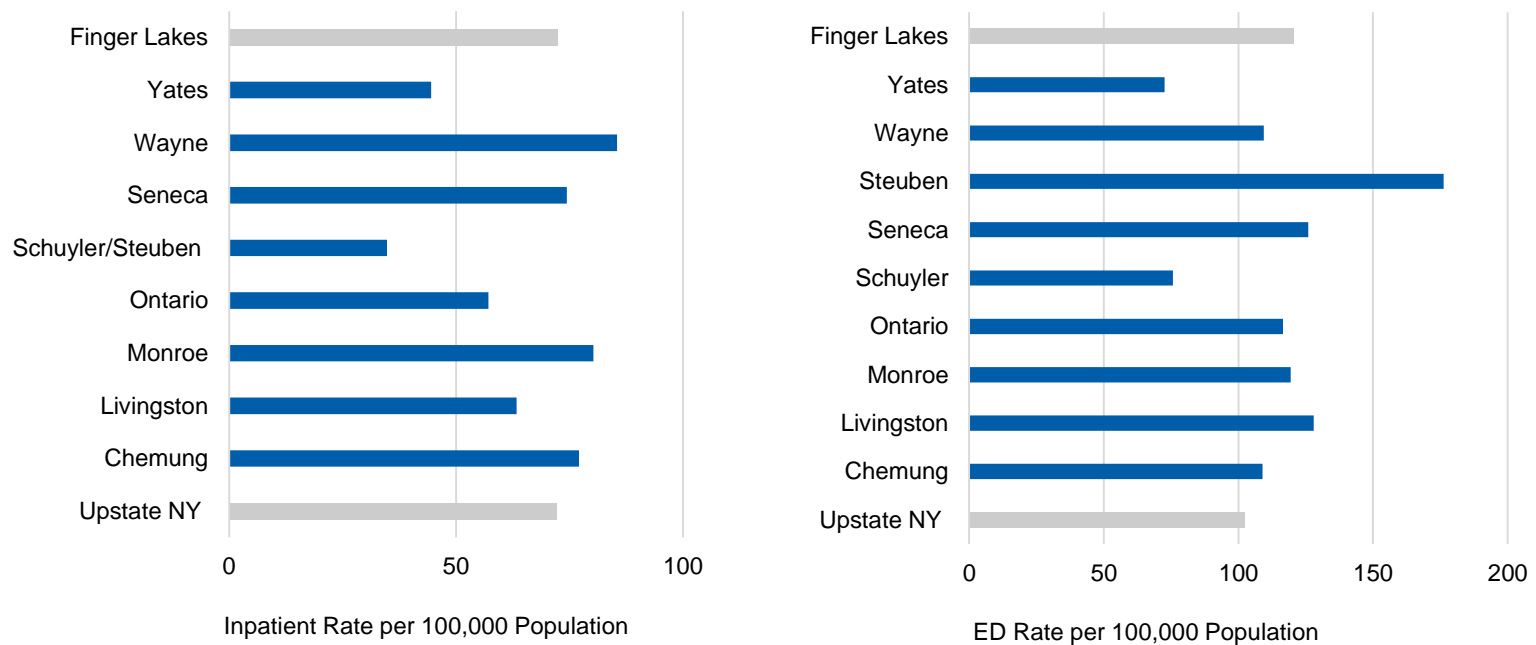
Data Source: SPARCS, 2010-2014

Behavioral Health

- Self-inflicted injury rates are higher than the Upstate New York average for many counties in the Finger Lakes Region.
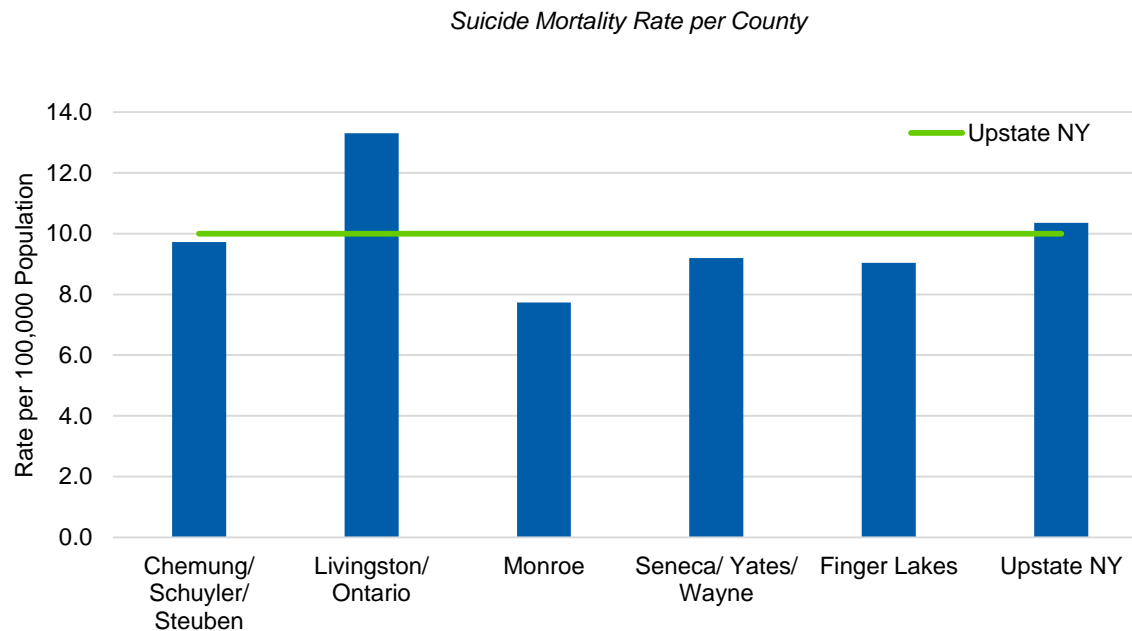
Rate of Inpatient and ED Discharges with a Self-Inflicted Injury Diagnosis

Inpatient Rate per 100,000 Population

ED Rate per 100,000 Population

Data Source: SPARCS, 2014

Behavioral Health

- Suicide rates are also higher than the Upstate New York average for some counties in the Finger Lakes Region.
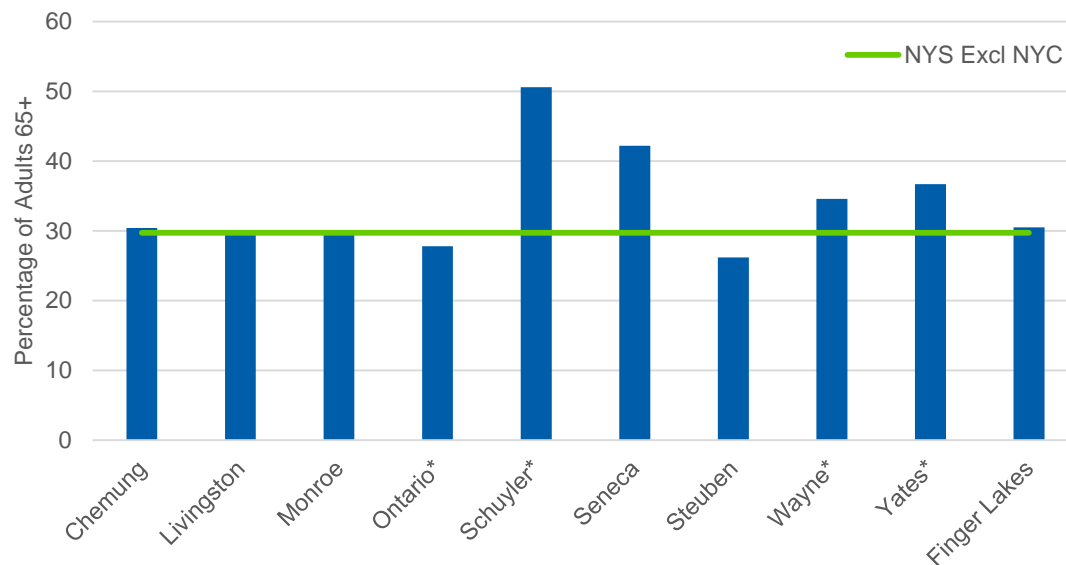
Suicide Mortality Rate per County

Data Source: New York State Department of Health Vital Statistics, 2013

PRIORITY AREA 7: FALLS, SLIPS AND TRIPS IN THE 65+ POPULATION

Falls, Slips and Trips

- Schuyler County has the highest rates of falls, slips and trips in the 65+ population in the region.

*Percent of Adults Aged 65+ with at Least One Reported Fall in Past 12 Months*

Data Source: Expanded Behavioral Risk Factor Surveillance System, 2013-2014
*Unreliable due to large standard error

Falls, Slips and Trips

- Schuyler County also has the highest rate of emergency department visits for the 65+ population related to falls, slips and trips

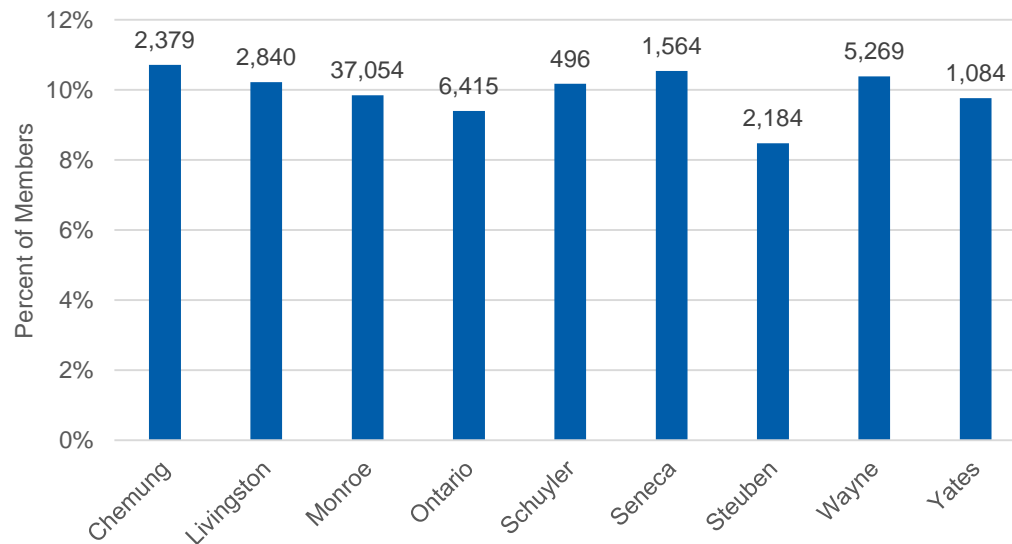*Rate of ED Fall Visits per 100,000 for Population Aged 65+*
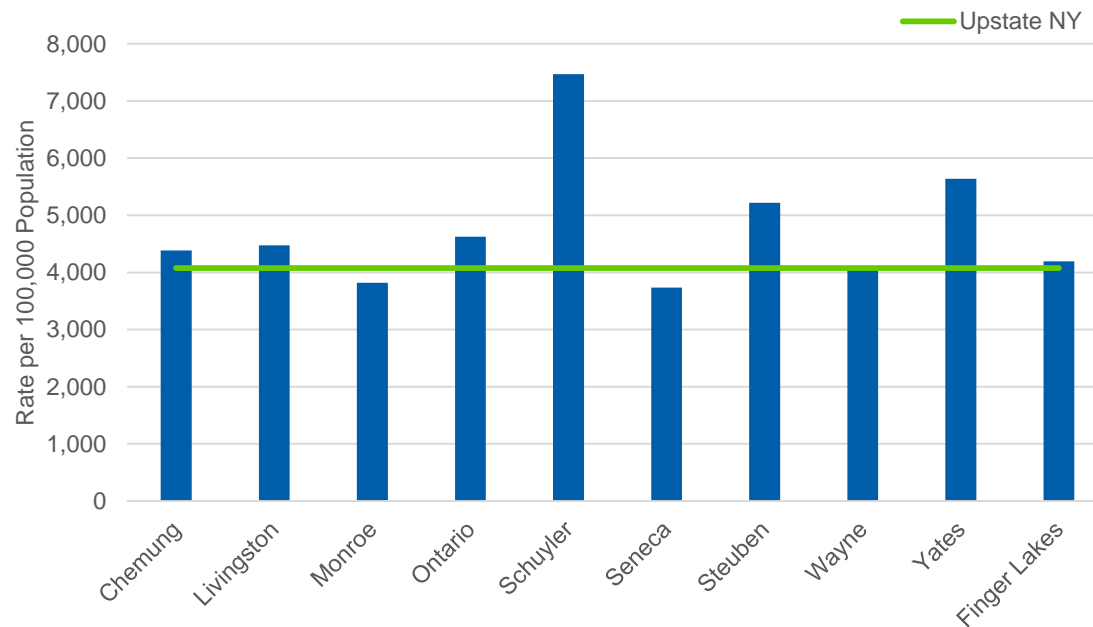
Data Source: SPARCS, 2013

PRIORITY AREA 8: LOW BACK PAIN

Low Back Pain

- The percent of the members in the FLHSA claims database with a diagnosis for low back pain (i.e. sciatica, unspecified low back pain, etc.).
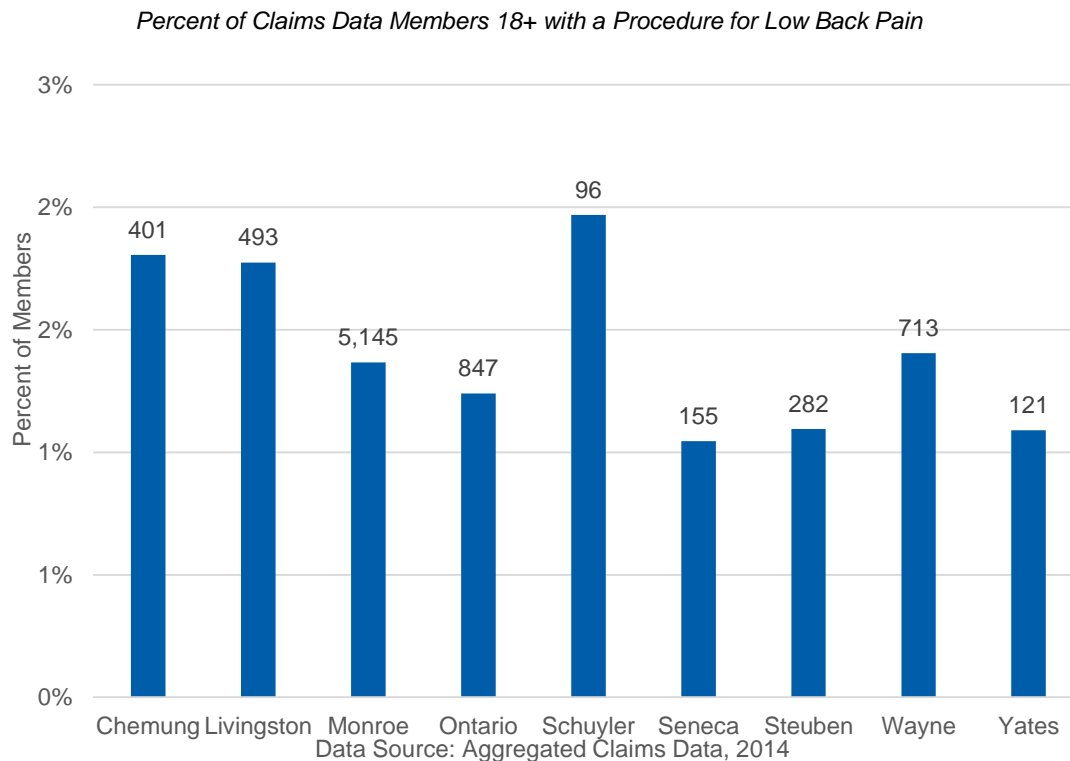
Percent of Claims Data Members 18+ with a Diagnosis for Low Back Pain

Data Source: Aggregated Claims Data, 2014

Low Back Pain

- Percent of the members in the FLHSA claims database with a procedure code for low back pain (i.e. spinal/nerve injections).

Percent of Claims Data Members 18+ with a Procedure for Low Back Pain

Data Source: Aggregated Claims Data, 2014

Low Back Pain

- Data from 2010-2014 for low back pain diagnoses in the region have not changed much.

Percent of Claims Data Members 18+ with a Diagnosis for Low Back Pain, 2010-2014

Percent of Adults 18+
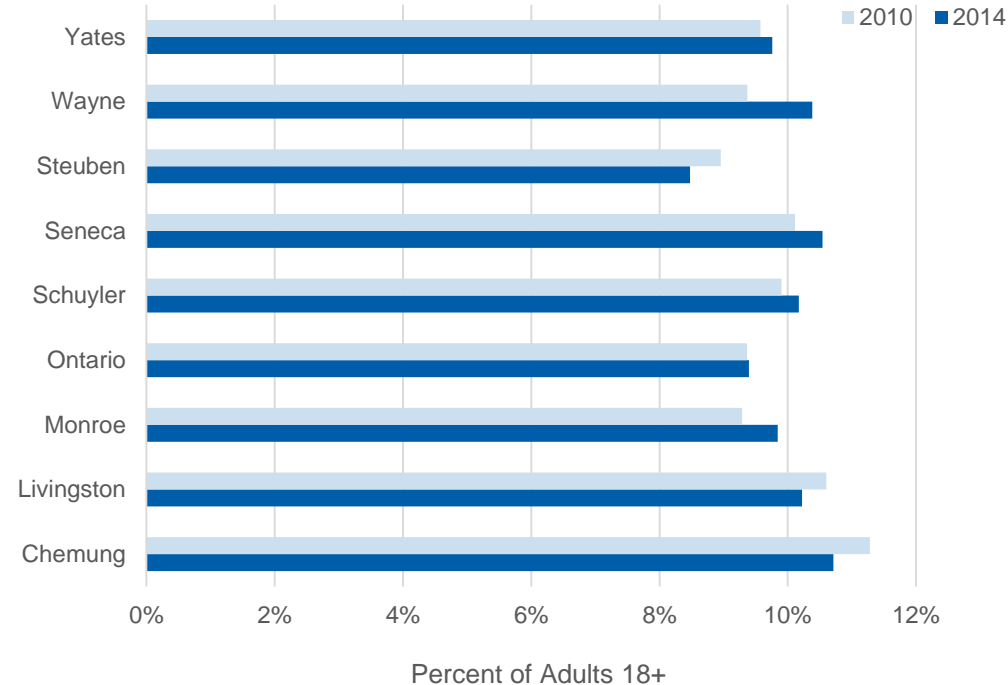
Data Source: Aggregated Claims Data, 2010-2014

KEY FINDINGS

Key Findings

- The 2013 CHA priorities remain areas for concern in the Finger Lakes Region.

- Behavioral Health issues, and specifically substance use disorders, are a significant emerging health issue across the Finger Lakes Region.

- SES was the most commonly reported disparity in the 2013 CHAs.

- Specific disparity data for some of the measures provided may be producible. Specific data requests can be sent to catiehoran@flhsa.org.

A copy of the report and PowerPoint slides are available on the Finger Lakes Health Systems Agency website.

www.flhsa.org

QUESTIONS?

Finger Lakes Health Systems Agency

Finger Lakes Health Systems Agency is the region's health planning center. Through extensive data collection and analysis, the agency identifies community needs, then brings together residents, hospitals, insurers, physicians and other community partners to find solutions. Located in Rochester, FLHSA serves the nine counties of Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Wayne and Yates.

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585.224.3101 • www.flhsa.org