



Clinton County Health Department

133 Margaret Street, Plattsburgh, New York 12901-2926

“Working Together for a Healthier Community”

www.clintonhealth.org



Public Health
Prevent. Promote. Protect.

Health Planning & Promotion Division

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June 30, 2023

Dear Community Partner,

In early 2022, we asked municipalities for assistance in reaching community members for the **2022 Community Health Assessment Resident Survey**. The survey asked residents to share their thoughts and opinions about their health experiences and concerns. Results from the survey were used to develop the [2022-2024 Community Health Assessment](#).

CCHD has developed an individualized report and infographic of responses from residents who indicated they reside within your municipality comparing their responses to those from across the county. Please feel free to share this report and its data.

After reviewing your report, please visit www.surveymonkey.com/r/CCHDMunicipalReportSurvey and complete a short survey. Your feedback will help us ensure we are providing you with information you find useful. Please share the survey link with all staff within your municipality who have the opportunity to review your report.

We thank you for supporting collaborative health planning in our region. Please reach out with any questions.

Sincerely,

Molly Flynn
Principal Public Health Educator
Clinton County Health Department
Molly.Flynn@clintoncountygov.com



“Persons who have any physical mobility or other needs, call the telephone number above to arrange for accommodations”

2022 Community Health Assessment

Resident Survey Key Findings—Town of Saranac*



As part of the **2022-2024** Community Health Assessment process, the Clinton County Health Department asked county residents for their opinions on health, social and environmental issues in the community. To learn more about the survey and compare your township's data to county level findings, please visit <https://bit.ly/3JobieC>.



Almost **half** feel their physical health is **good or excellent**.

40%

identified **chronic disease** as a health challenge for themselves or their family.



The **top two** responses for **environmental challenges** in the community were:



aging infrastructure

and



Stream, river, lake quality



Almost **half** of respondents feel access to **healthcare services** is a top health issue in the community.

43%

of respondents **agree or strongly agree** that they live in a healthy community.

27%



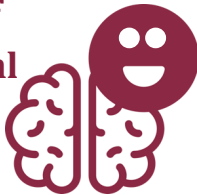
Reported **substance abuse** as a health issue for themselves or their family, higher than all other towns.



Top ranked features of a healthy community:

- Affordable housing
- Livable wages
- Clean environment
- Healthcare services
- Safe environment

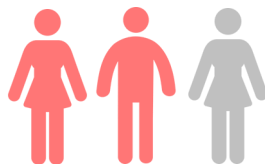
More than **half** feel their **mental health** is **good or excellent**.



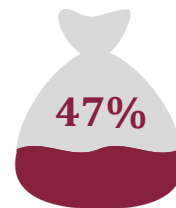
57%



of respondents feel **affordable housing** is a social challenge in the community.



2 out of every 3 respondents faced at least 1 **barrier** to receiving **medical care in the past year**.



Almost **half** of respondents identified lack of a **livable wage** as a top social issue for themselves or their family.

*During survey fielding, a concentrated effort was made to reach a representative sample of residents, mirroring census population data, from each of the townships in Clinton County. The above results are based on **30** respondents who indicated they reside in **Saranac**.

Introduction

In the spring of 2022 the Clinton County Health Department (CCHD) surveyed Clinton County residents to provide perspective about community health. Residents were asked to identify features of a strong, vibrant, healthy community; for their opinions on health, social and environmental challenges in the community; to identify health and social challenges and any barriers to medical care experienced by themselves or a family member within the past year; and, for demographic information about individual respondents and their households. The summary below outlines what respondents who indicated they reside in the Town of Saranac identified as features, challenges or barriers and highlights how they compare to the responses of all Clinton County respondents.

Findings

A total of 1,081 responses were received from Clinton County residents. Thirty (30) of the respondents indicated they reside in the Town of Saranac.

Demographics of Survey Respondents

The overall demographics of survey respondents who reside in the Town of Saranac varied only slightly from those of Clinton County respondents overall. Seventy percent identified as female and 20% of respondents identified as male (6.67% of respondents chose not to answer this question and 3.33% selected 'other'). In regards to age, the majority of respondents were ages 25-44 (43.33%), followed by ages 45-64 (33.33%), ages 65-79 (16.67%), and 80 years and older (6.67%). There were no responses from individuals age 24 and younger. All respondents indicated that the primary language spoken in their household was English. Ninety-six percent of respondents reported their race/ethnicity as white, while one respondent (3.33%) chose not to answer. The highest level of education completed by survey respondents was diverse; 30% completed some high school but did not finish or obtained a high school diploma or GED; 36.66% completed some college, obtained a technical or trade school certificate, or obtained an Associate's degree; 20% obtained a Bachelor's degree; and 13.33% obtained a Master's degree or higher. The household annual income reported by respondents also varied; 10% reported a household annual income of less than \$24,999; 13.33% reported \$25,000-\$49,000; 30% reported \$50,000-\$99,999; and 26.66% reported \$100,000 or more. The majority of respondents are employed full-time (56.67%) or retired (26.67%). When asked if they had a primary care provider (PCP), 96.67% indicated they were being followed by a PCP, while only one respondent indicated they were not. The breakdown for all respondents' responses to demographic questions can be found in *Table 1*.

Definition of a Healthy Community

When asked whether they believed they live in a healthy community, 43.33% of respondents agreed or strongly agreed that they live in a healthy community, 30% disagreed or strongly disagreed with this statement and 26.67% of respondents felt neutral. Respondents were then asked to identify the top three features of a strong, vibrant, healthy community. The top features reported by residents were affordable

Clinton County 2022 Community Health Assessment Community Survey Summary - Town of Saranac -

housing (36.67%); livable wages (33.33%); a clean environment (30%); health care services (30%); and a safe environment (30%). The lowest ranked features were diverse populations (0.00%); equality (3.33%); parks and recreation resources (3.33%); healthy food choices (6.67%); senior services (6.67%); transportation (6.67%); and walkable and bike friendly communities (6.67%). When compared to county responses, Saranac residents were less likely to select parks and recreation services (13 percentage points) and more likely to select economic opportunities (8 percentage points) as top features. See *Figure 1* for perceptions of living in a healthy community by residents and *Figure 2* for the top features of a strong, vibrant, healthy community.

Health Challenges of Concern and Experienced

Saranac residents identified access to health care services (46.67%); overweight/obesity (40%); access to mental health services (36.67%); chronic disease (36.67%); and mental health (33.33%) as the top health related challenges of concern in the community. More than 96% of respondents reported they or a family member experienced one or more health challenge in the past year. The top challenges experienced were issues related to aging (48.28%); chronic disease (41.38%); mental health (37.93%); overweight/obesity (37.93%); and access to a health care specialist (34.48%).

More than one-third of respondents (36.67%) identified access to mental health services as a health challenge in the community, while just over 15% of respondents (17.24%) reported they or a family member experienced issues accessing mental health services within the past year. Additionally, almost half of respondents (48.28%) reported they or a family member experienced issues related to aging within the last year, however only about a quarter (23.33%) identified it as a challenge in the community. More than one quarter of respondents (27.59%) noted that they or a family member experienced issues with substance abuse in the past year, the highest of any municipality (and 16 percentage points higher than Clinton County respondents), however Saranac respondents ranked substance abuse as a health issue in the community almost 15 percentage points lower than county residents. Furthermore, nearly 47% of respondents identified access to health care services as a top health challenge in the community, while just over 30% reported having trouble in accessing health care services. However, over 67% of respondents reported they or a family member experienced at least one barrier to receiving medical care in the past year. The most reported barriers included; there was no specialist locally (40%), could not leave work or school (35%), could not afford (30%), did not accept my insurance (35%), and no primary care appointment was available (25%). See *Figure 3* for health challenges identified in your community, *Figure 4* for health challenges experienced by residents, and *Figure 8* for barriers to receiving medical care.

Social Challenges of Concern and Experienced

Town of Saranac residents identified three of the same social challenges in the community as all Clinton County residents surveyed, affordable housing (56.67%), lack of a livable wage (50%), and access to healthy foods (40%). They also identified as lack of employment opportunities (40%), childcare (26.67%) and crime/vandalism (26.67%) as social issues in the community. More than 4 in 5 respondents (83.33%) reported they or a family member experienced at least one social challenge in the past year. More than half of respondents (56.67%) identified lack of affordable housing as a top social concern in the community,

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while only twenty percent of respondents or their family experienced affordable housing as a social issue within the past year. Nearly a quarter of respondents (24%) indicated they or a family member experienced a lack of opportunity for physical activity in the past year, however only 10% of respondents identified it as a social issue in the community. Other social issues experience within the last year by respondents or their family include; lack of a livable wage (56%), lack of employment opportunities (28%), and lack of support or resources for seniors (24%). See *Figure 5* for social challenges of concern in your community and *Figure 6* for social challenges experienced by residents.

Environmental Concerns

Two thirds of residents (66.67%) identified aging infrastructure as a top environmental concern in the community. Almost half of respondents (46.67%) identified stream, river or lake quality as a top environmental concern, while 43.33% identified school safety. Saranac residents were less likely to select drinking water quality (23.33%) and more likely to select school safety (43.33%) than county residents (35.74% and 33.33% respectively). See *Figure 7* for environmental concerns among respondents from the Town of Saranac.

Self- Perceived Physical and Mental Health

The majority of respondents self-reported their physical health as average (50%) or good (36.67%). Only 3.33% reported their physical health as poor or extremely poor and 10% reported their physical health as excellent. A similar pattern in responses was seen for self-reported mental health with 93.33% of respondents reporting their mental health as average, good or excellent, 6.67% of respondents reported their mental health as poor, and zero respondents reported their mental health as extremely poor. See *Figure 9* for the self-perceived physical health and *Figure 10* for the self-perceived mental health among respondents from the Town of Saranac.

Learn More

A full report for all Clinton County respondents, including methodology, considerations/limitations and conclusions, can be found included in the 2022-2024 Clinton County Community Health Assessment at http://www.clintonhealth.org/pdf%20files/CHA_CHIP.pdf.

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Tables & Figures

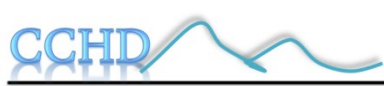
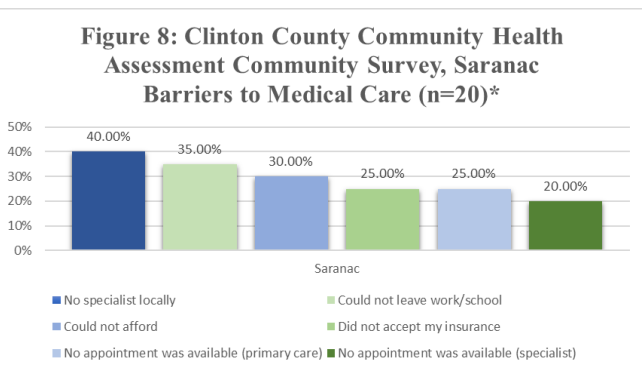
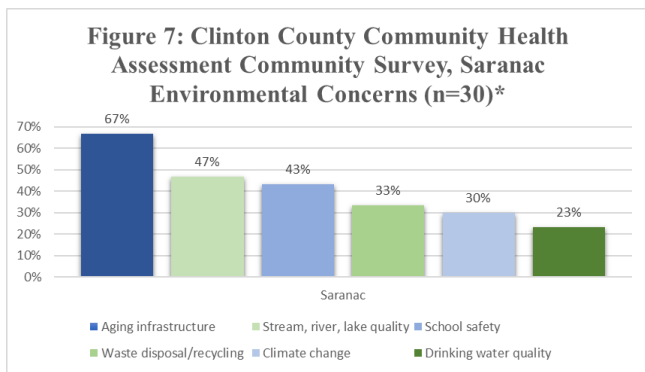
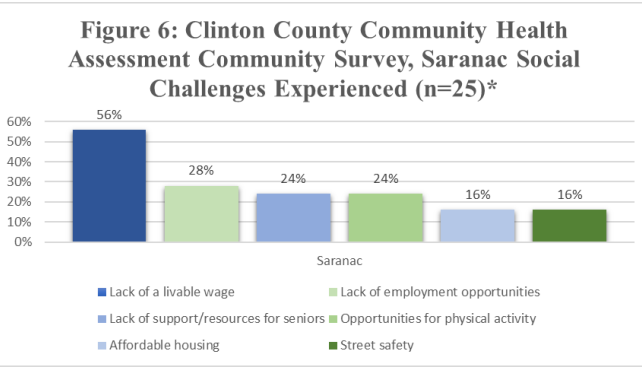
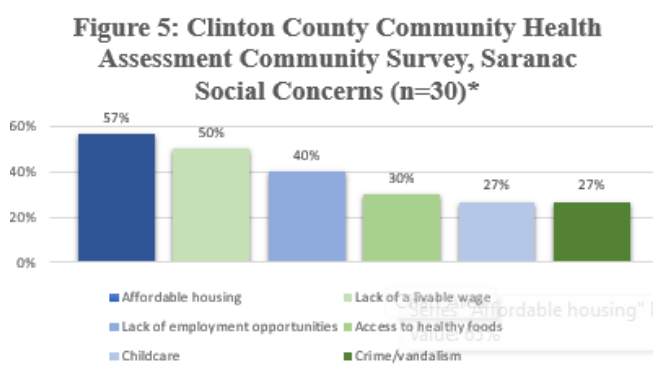
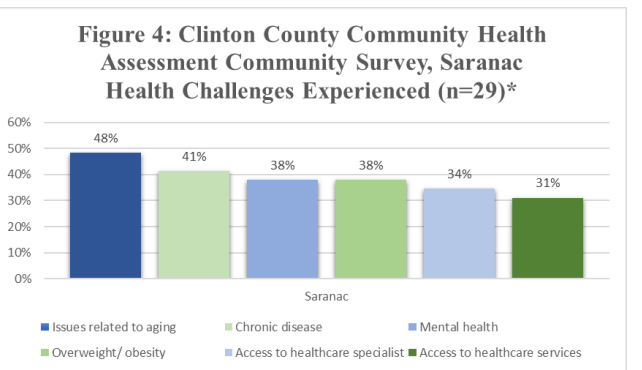
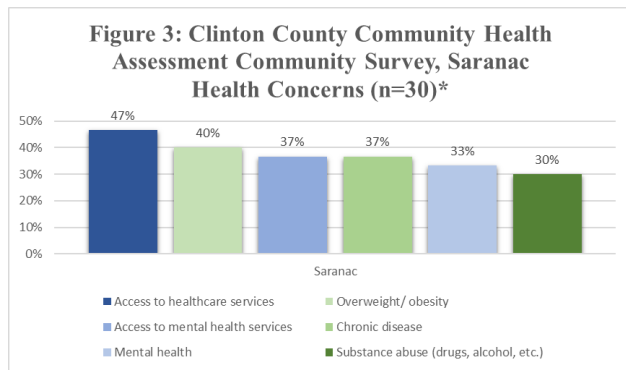
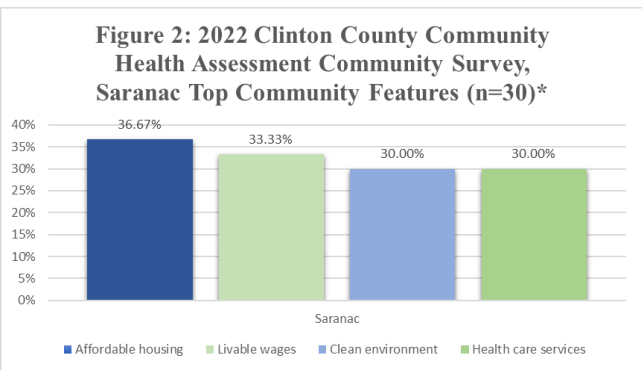
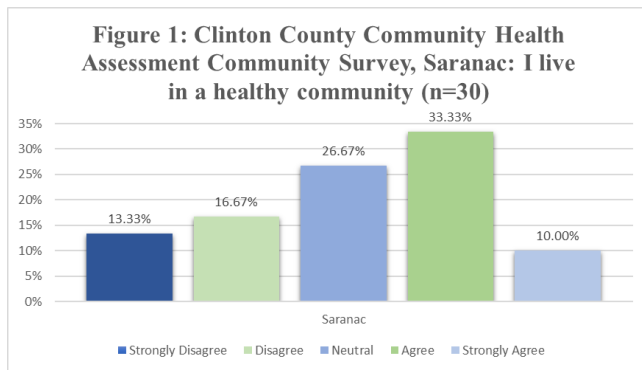
Table 1. 2022 Clinton County Community Health Assessment Community Survey, Demographics of Respondents			
Demographic		Saranac % (#)	Clinton County % (#)
Gender (n=30)/(n=1,081)*	Female	70.00% (21)	76.04% (822)
	Male	20.00% (6)	19.15% (207)
	Non-Binary	0.00% (0)	0.46% (5)
	Other	3.33% (1)	0.74% (8)
	*Note: Of all 30 Saranac respondents, 6.67% (2) declined to answer. Of all Clinton County respondents, 3.61% (39) declined to answer.		
Age (n=30)/(n=1081)	17 years and younger	0.00% (0)	0.37% (4)
	18-24 years	0.00% (0)	4.07% (44)
	25-44 years	43.33% (13)	35.43% (383)
	45-64 years	33.33% (10)	35.25% (381)
	65-79 years	16.67% (5)	17.95% (194)
	80 years and older	6.67% (3)	6.94% (75)
Primary language spoken in household (n=30)/(n=1081)	English	100.00% (30)	99.54% (1076)
	Chinese	0.00% (0)	0.09% (1)
	French	0.00% (0)	0.00% (0)
	Haitian-Creole	0.00% (0)	0.00% (0)
	Italian	0.00% (0)	0.09% (1)
	Korean	0.00% (0)	0.00% (0)
	Polish	0.00% (0)	0.09% (1)
	Russian	0.00% (0)	0.00% (0)
	Spanish	0.00% (0)	0.00% (0)
	Other	0.00% (0)	0.19% (2)
Race/ethnicity (n = 30)/(n=1081)*	American Indian	0.00% (0)	1.39% (15)
	Asian or Pacific Islander	0.00% (0)	0.74% (8)
	Black or African American	0.00% (0)	1.20% (13)
	Hispanic, Latino or Spanish origin	0.00% (0)	1.67% (18)
	White	96.67% (29)	91.86% (993)
	Other	0.00% (0)	0.56% (6)
	*Note: Of all 30 Saranac respondents, 3.33% (1) declined to answer. Of all 1081 Clinton County respondents, 5.27% (57) declined to answer. For this question respondents were asked to select all that apply; therefore, responses will not total 100%.		

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Table 1 Continued. 2022 Clinton County Community Health Assessment Community Survey, Demographics of Respondents

Demographic		Saranac % (#)	Clinton County % (#)
Highest level of education (n=30)/(n=1081)	Some high school (did not finish)	3.33% (1)	3.89% (42)
	High school diploma or GED	26.67% (8)	15.26% (165)
	Technical or trade school certificate	3.33% (1)	3.24% (35)
	Some college	13.33% (4)	13.78% (149)
	Associate's degree	20.00% (6)	10.82% (117)
	Bachelor's degree	20.00% (6)	26.46% (286)
	Graduate degree	13.33% (4)	25.44% (275)
	Other	0.00% (0)	1.11% (12)
Household annual income (n=30)/(n=1081)*	Less than \$10,000	3.33% (1)	4.16% (45)
	\$10,000 - \$24,999	6.67% (2)	10.36% (112)
	\$25,000 - \$49,999	13.33% (4)	16.10% (174)
	\$50,000 - \$99,999	30.00% (9)	29.51% (319)
	\$100,000 - \$149,999	23.33% (7)	16.93% (183)
	\$150,000 or more	3.33% (1)	9.90% (107)
	*Note: Of all 30 Saranac respondents, 20.00% (6) declined to answer. Of all 1081 Clinton County respondents, 13.04% (141) declined to answer.		
Primary Employment Status (n = 30)/(n = 1081)	Full-time	56.67% (17)	54.12% (585)
	Part-time	6.67% (2)	7.86% (85)
	Armed forces	0.00% (0)	0.09% (1)
	Disabled	3.33% (1)	4.72% (51)
	Homemaker	3.33% (1)	3.52% (38)
	Retired	26.67% (8)	22.76% (246)
	Student	0.00% (0)	1.94% (21)
	Unemployed	0.00% (0)	2.22% (24)
	Other	3.33% (1)	2.78% (30)
Primary Care Provider (n = 30)/(n=1081)	Yes	96.67% (29)	90.47% (978)
	No	3.33% (1)	9.53% (103)

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