

Clinton County Profiles in Public Health: COMMUNITY HEALTH ASSESSMENT

Spring 2023

OVERVIEW

A community health assessment (CHA) is a structured process undertaken to understand health within a specific area. CHAs explore information on health and social risk factors, morbidity and mortality, health concerns of residents and perceived quality of life, gaps in local resources and services, and health inequities.

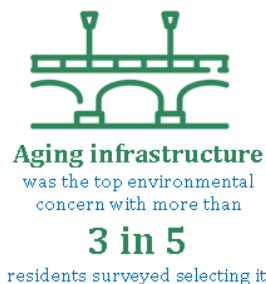
CHAs are used to prioritize health issues and develop community health improvement plans (CHIPs). CHIPs are the local blueprints for improving health. They detail the strategies and activities the community has determined will make a difference. Clinton County utilizes the NYS Department of Health's Prevention Agenda to help identify health issues and guide interventions (<https://on.ny.gov/2HP2Xzo>).

The Clinton County Health Department (CCHD), in partnership with UVMHN-CVPH (CVPH), guided the community through the CHA process in 2022. The process typically takes over a year to complete and includes two community based, health focused surveys; a review of over 300 health indicators; a community health priority setting session; a finalization process; and the development of shared action plans that become the CHIP.

This Profile details the local CHA process and some of its key findings. It also provides background for activities residents can anticipate over the next three years. The full Clinton County 2022-2024 Community Health Assessment and Community Health Improvement Plan can be found at: <https://bit.ly/3zmqGqV>.

HEALTH IN CLINTON COUNTY, ACCORDING TO RESIDENTS

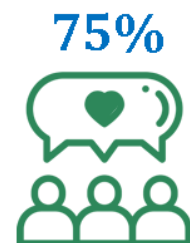
As part of the CHA process, CCHD asked county residents for their opinions on and experiences with health, social and environmental issues in the community. They were also asked to identify any barriers to medical care experienced by themselves or their family in the past year. Here is a sample of what residents reported.



Almost **40%** of respondents indicated **stream, river, or lake quality** was an environmental concern.

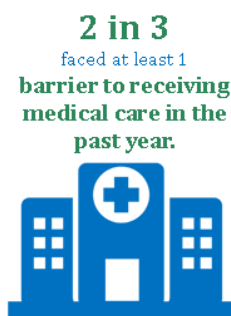


91% of respondents experienced **1 or more health challenge** for themselves or family in the past year.



Top ranked challenges:

- Lack of a livable wage
- Opportunities for physical activity
- Affordable housing
- Street safety



115 respondents reported having **poor or extremely poor physical health**.

RESPONDENT CHARACTERISTICS

Surveys were collected from **1,080** Clinton County residents.

Respondents represented all:



Clinton County municipalities



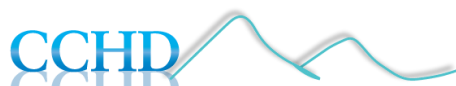
Age groups 17-80+



Census education categories



Census income categories



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Clinton County Profiles in Public Health: CHA

COLLABORATING FOR HEALTH IMPROVEMENT

GAINING CONSENSUS

In July 2022, CCHD and CVPH invited over 220 Clinton County stakeholders to participate in a Community Health Priority Setting Session. For the first time ever, invitees were also offered a virtual participation option. Attendees familiarized themselves with current activities, progress and challenges. Before leaving, each attendee voted for the areas they believed were most important for us to address as a community over the next three years.



18
community sectors participated in the event.

74
community stakeholders voted.



46%
of voters were first time participants.

PLANS FOR HEALTH IMPROVEMENT

After reviewing many health indicators, local progress and stakeholder input, Clinton County's health priorities were finalized. Nearly two-thirds of all votes went to the same two priority areas selected in 2019; community partners will continue to work together to *Prevent Chronic Diseases* and *Promote Well-Being and Prevent Mental and Substance Use Disorders*.

While the priority areas did not change, the interventions and activities in the CHIP build off progress made over the last CHA cycle. CHIP activities target 5 common disparities influencing health in Clinton County: income, age, geographic location, ability, identity/ orientation. The following is a sample of activities residents can expect to see in the years ahead.



Prevent Chronic Diseases

- Continued healthy policy work across community settings
- Implementation of the county's first Food Action Plan
- Expanded access to self-management education for chronic diseases
- Support for team based, cross-sector approach to clinical care
- Development of inclusive, accommodating opportunities for physical activity

Promote Wellbeing and Prevent Mental & Substance Use Disorders



- Integration of social & emotional approaches across the lifespan
- Creation and maintenance of inclusive, healthy public spaces
- Continued development of the local support/ service system
- Use of trauma informed approaches across community settings

MOBILIZING ACTION

Recommendations for Residents, Health Professionals and Community Leaders

RESIDENTS

- Use programs that aim to improve health (such as stress reduction, exercise and disease management).
- Complete community health surveys to share your experiences and opinions.
- Follow CCHD on social media to stay aware of progress to improve community health.
- Participate in local health priority setting and planning activities.

HEALTHCARE PROFESSIONALS

- Align organizational goals with the local CHIP.
- Share health data to support decision making and planning efforts.
- Refer patients to resources within the community that help them practice healthy behaviors.
- Participate in local health priority setting and planning events.

COMMUNITY LEADERS

- Advocate for changes that support the local health improvement plan.
- Support public-private collaborations to maximize resources for health improvement.
- Back policies and legislation that eliminate disparities in health and wellness.
- Participate in health priority setting and planning activities.

