















United Way of the Laurel Highlands



Conemaugh Health System, 1889 Foundation, Jefferson Center for Population Health and United Way of the Laurel Highlands

Community Health Needs Assessment (CHNA)

Cambria County & Somerset County, PA | June 2022

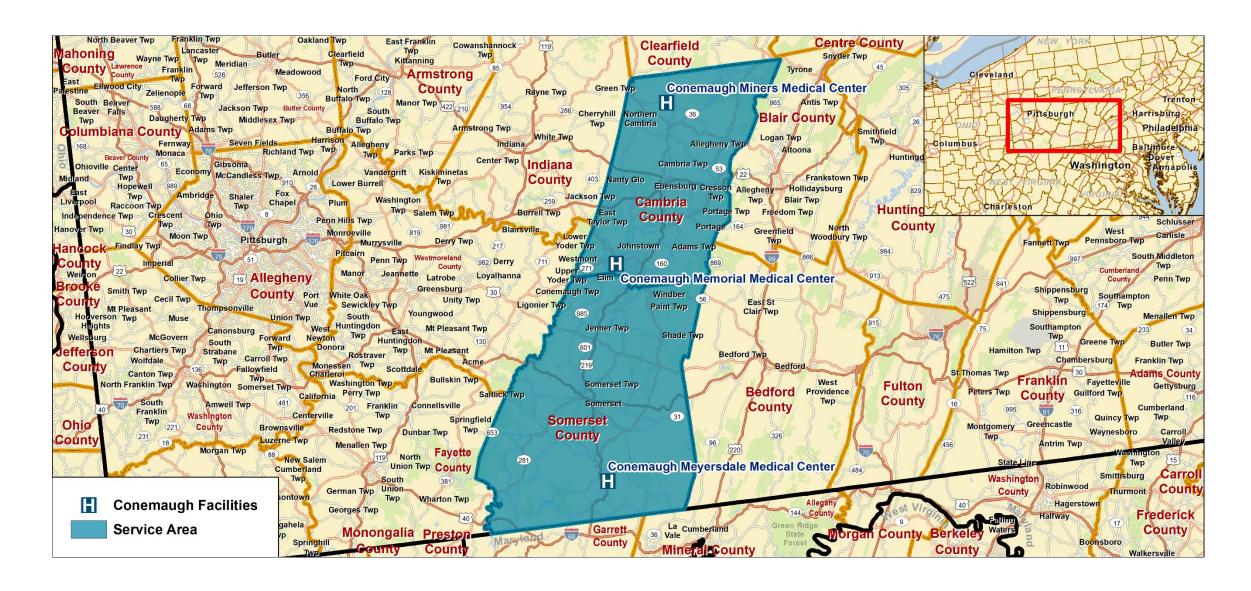


Demographics and Socioeconomics

Somerset County and Cambria County, PA CHNA

CHNA Geography





County Demographic Summary 2021



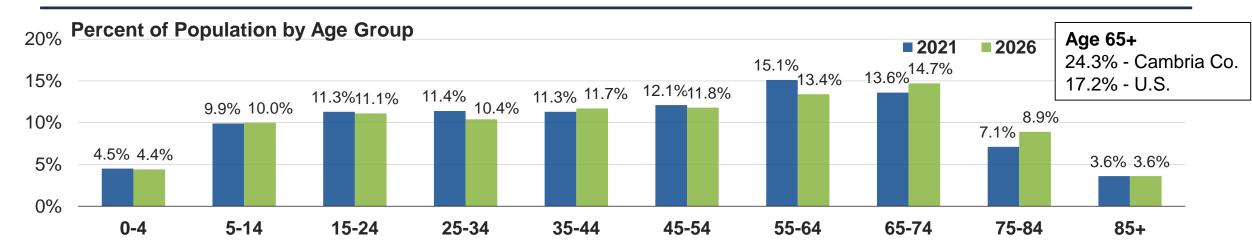


	Cambria County	Somerset County	Pennsylvania	USA
Population	133,042	75,274	12,939,709	333,934,112
Median Age	46.3	46.7	41.9	38.8
Median Household Income	\$49,439	\$48,547	\$62,724	\$64,730
Annual Pop. Growth (2021-2026)	-0.75%	-0.61%	0.16%	0.71%
Household Population	56,305	30,423	5,163,155	126,470,675
Dominant Tapestry	Heartland Communities (6F)	Heartland Communities (6F)	Salt of the Earth (6B)	Green Acres (6A)
Businesses	4,783	2,836	457,737	12,013,469
Employees	59,052	30,986	6,211,078	150,287,786
Health Care Index*	79	82	99	100
Average Health Expenditures	\$4,920	\$5,120	\$6,193	\$6,237
Total Health Expenditures	\$277.0 M	\$155.8 M	\$32.0 B	\$788.8 B
Racial and Ethnic Make-up				
White	93%	94%	78%	69%
Black	4%	3%	12%	13%
American Indian	0%	0%	0%	1%
Asian/Pacific Islander	1%	1%	4%	6%
Other	1%	1%	4%	7%
Mixed Race	2%	1%	3%	4%
Hispanic Origin	2%	2%	8%	19%

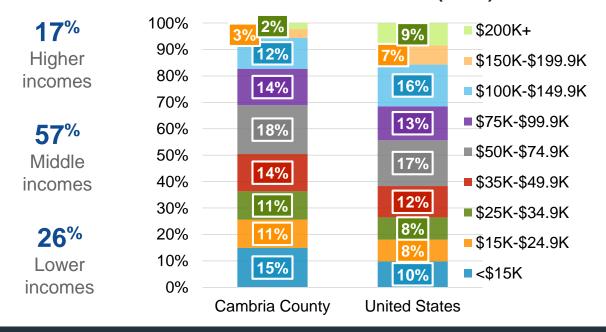
^{*}The Health Care Index is household-based, and represents the amount spent out of pocket for medical services and health insurance relative to a national index of 100.

Cambria County Demographics 2021





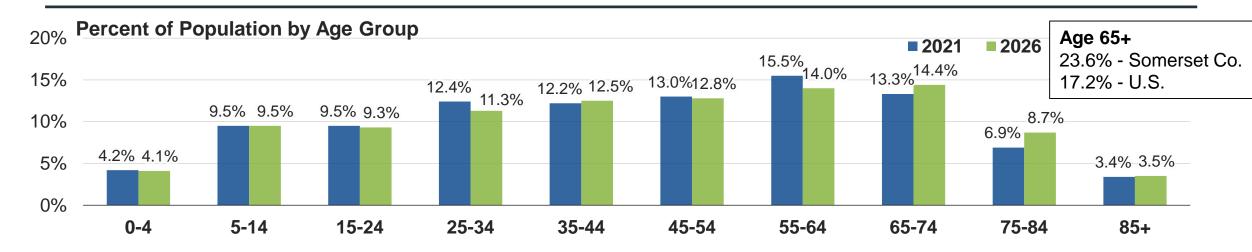
Median Household Income (2021)



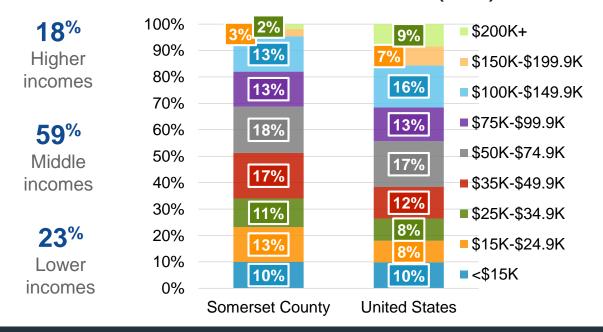
Lower, higher income Higher, middle income Higher, lower income

Somerset County Demographics 2021





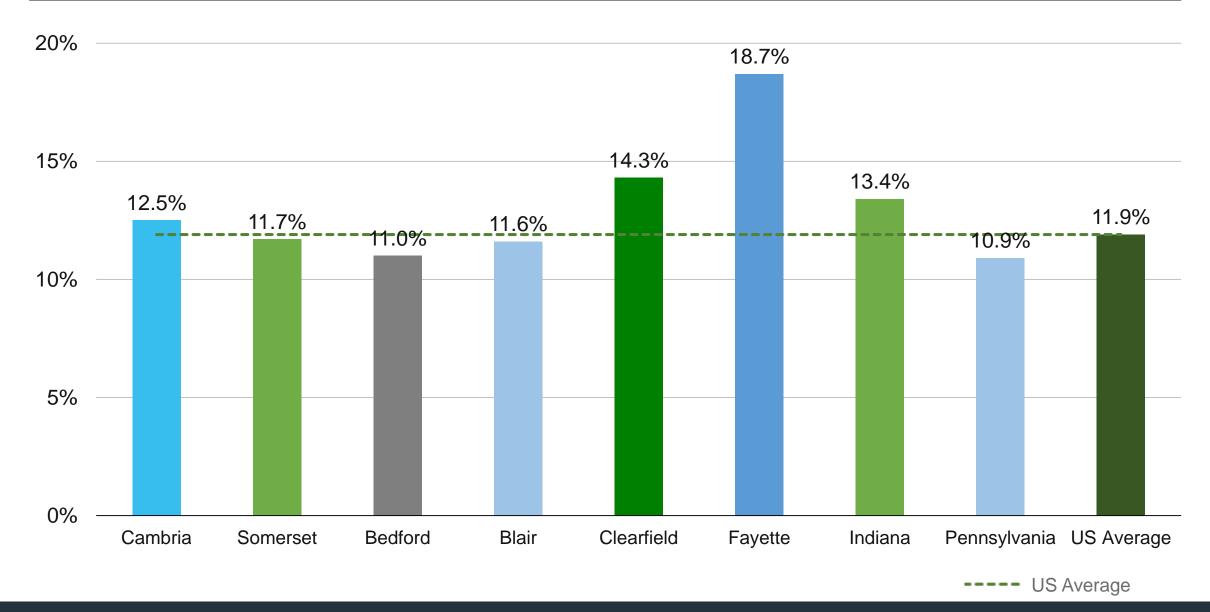
Median Household Income (2021)



Lower, higher income Higher, middle income Higher, lower income

Poverty Estimates 2020 for Contiguous Counties, PA, and US





Cost of Living



	Cambria County	Somerset County	Pennsylvar	nia USA
Overall	74.5	76.6	92.5	100
Grocery	96.0	97.1	100.3	100
Housing	29.7	42.4	75.1	100
Median Home Cost	\$90,100	\$117,800	\$234,800	\$291,700
Utilities	94.7	92.2	98.2	100
Transportation	91.4	83.6	104.0	100
Miscellaneous	97.8	96.9	99.0	100

100 index = National Average

https://www.bestplaces.net/cost_of_living/county/Pennsylvania/Cambria

The total of all the cost-of-living categories weighted subjectively as follows: housing (30%), food and groceries (15%), transportation (10%), utilities (6%), health care (7%), and miscellaneous expenses such as clothing, services, and entertainment (32%). State and local taxes are not included in any category. The overall index for transportation costs, including gasoline, commuting, and auto insurance

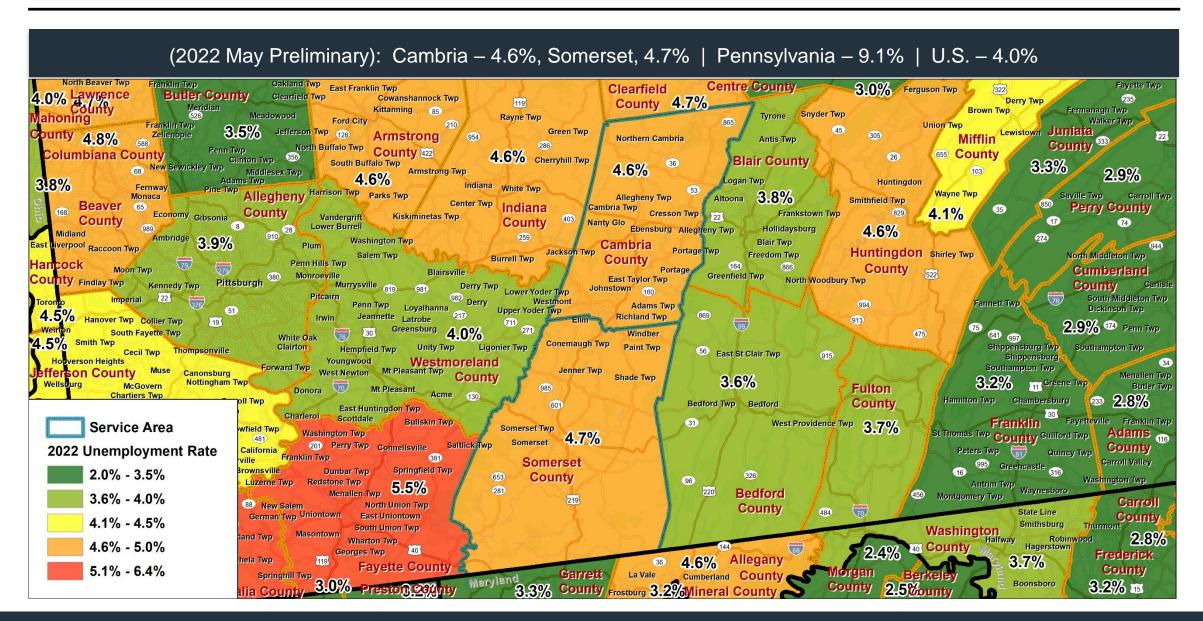


Business & Industry Environment

Somerset County and Cambria County, PA CHNA

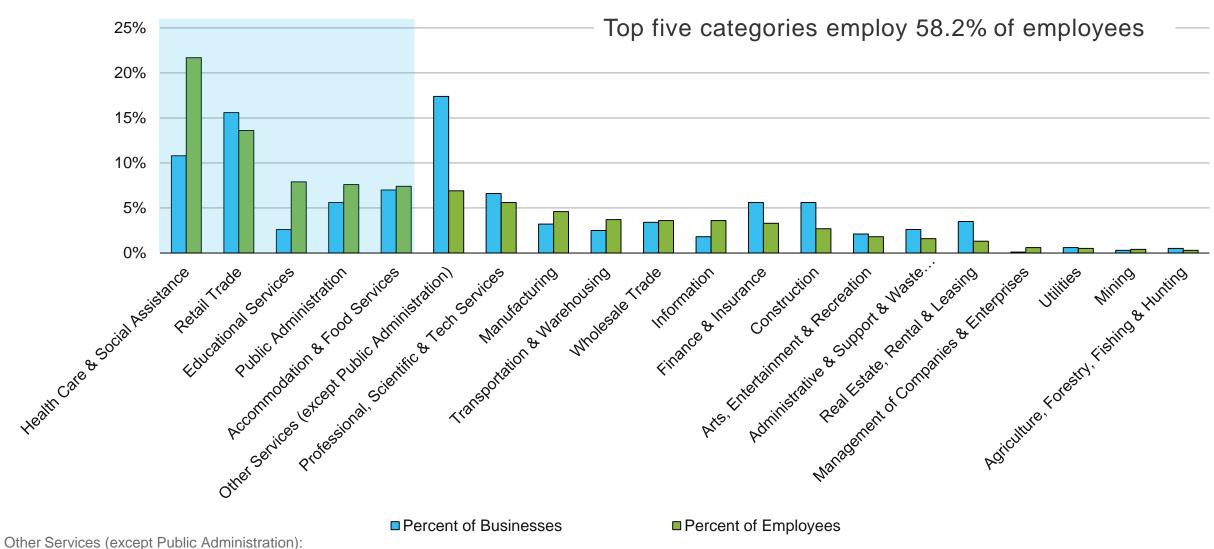
Unemployment by County





Cambria County Business Environment 2021

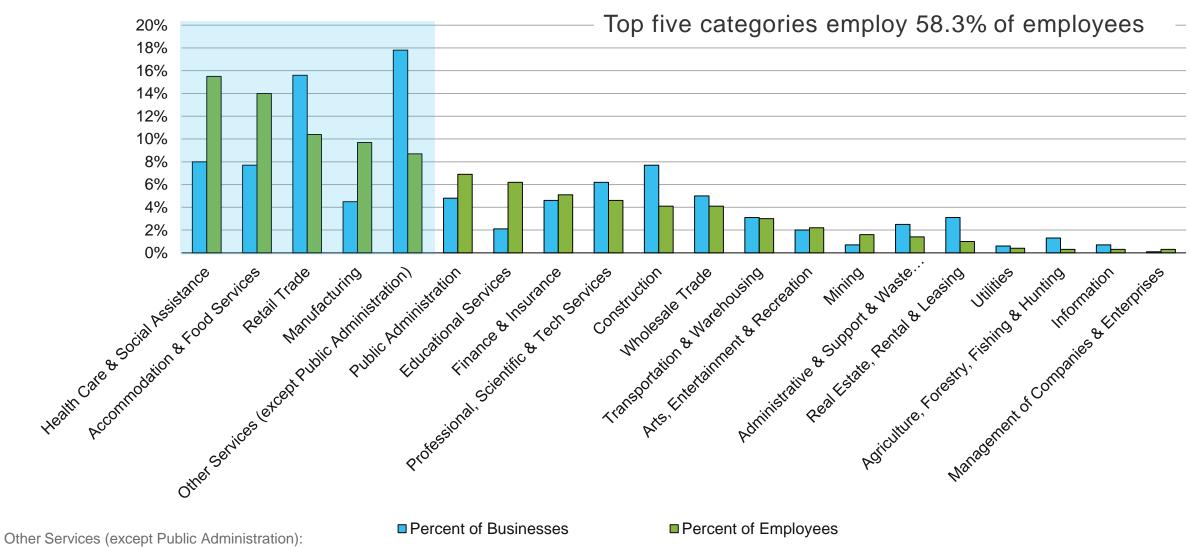




Establishments in this sector are primarily engaged in activities, such as equipment and machinery repairing, promoting or administering religious activities, grantmaking, advocacy, and providing dry-cleaning and laundry services, personal care services, death care services, pet care services, photofinishing services, temporary parking services, and dating services.

Somerset County Business Environment 2021





Establishments in this sector are primarily engaged in activities, such as equipment and machinery repairing, promoting or administering religious activities, grantmaking, advocacy, and providing dry-cleaning and laundry services, personal care services, death care services, photofinishing services, temporary parking services, and dating services.



Psychographics

Somerset County and Cambria County, PA CHNA

Cambria County Medical Expenditures Index



Amount Spent



			, another	Point
			Average	Total
Health Care	79	Health Care	\$4,920	\$277.0 M
Medical Care	80	Medical Care	\$1,687	\$95.0 M
Physician Services	74	Physician Services	\$187	\$10.5 M
Dental Services	73	Dental Services	\$294	\$16.6 M
Eyecare Services	77	Eyecare Services	\$53	\$3.0 M
Lab Tests, X-Rays	82	Lab Tests, X-Rays	\$56	\$3.2 M
Hospital Room and Hospital Services	84	Hospital Room and Hospital Services	\$167	\$9.4 M
Convalescent or Nursing Home Care	66	Convalescent or Nursing Home Care	\$22	\$1.3 M
Other Medical services	70	Other Medical services	\$108	\$6.1 M
Nonprescription Drugs	87	Nonprescription Drugs	\$135	\$7.6 M
Prescription Drugs	90	Prescription Drugs	\$302	\$17.0 M
Nonprescription Vitamins	77	Nonprescription Vitamins	\$75	\$4.2 M
Medicare Prescription Drug Premium	97	Medicare Prescription Drug Premium	\$115	\$6.5 M
Eyeglasses and Contact Lenses	79	Eyeglasses and Contact Lenses	\$77	\$4.3 M
Hearing Aids	76	Hearing Aids	\$31	\$1.7 M
Medical Equipment for General Use	65	Medical Equipment for General Use	\$4	\$0.2 M
Other Medical Supplies	81	Other Medical Supplies	\$61	\$3.4 M
Health Insurance	78	Health Insurance	\$3,232	\$182.0 M
Blue Cross/Blue Shield	78	Blue Cross/Blue Shield	\$840	\$47.3 M
Commercial Health Insurance	72	Commercial Health Insurance	\$607	\$34.2 M
Health Maintenance Organization	66	Health Maintenance Organization	\$481	\$27.1 M
Medicare Payments	92	Medicare Payments	\$761	\$42.9 M
Long Term Care Insurance	79	Long Term Care Insurance	\$39	\$2.2 M
Other Health Insurance	69	Other Health Insurance	\$106	\$6.0 M
Note: United States Index is 100				

Medical Care Index is household-based, and represents the amount spent out of pocket for medical services relative to a national index of 100.

Somerset County Medical Expenditures Index



Amount Spent



					Average	Total	
Health Care		82		Health Care	\$5,120	\$155.8 M	
Medical Care		84		Medical Care	\$1,764	\$53.7 M	
Physician Services	7	' 4		Physician Services	\$187	\$5.7 M	
Dental Services	7	' 4		Dental Services	\$298	\$9.1 M	
Eyecare Services		78		Eyecare Services	\$54	\$1.6 M	
Lab Tests, X-Rays		84		Lab Tests, X-Rays	\$58	\$1.8 M	
Hospital Room and Hospital Services			91	Hospital Room and Hospital Services	\$181	\$5.5 M	
Convalescent or Nursing Home Care	55			Convalescent or Nursing Home Care	\$19	\$0.6 M	
Other Medical services	70			Other Medical services	\$108	\$3.3 M	
Nonprescription Drugs			97	Nonprescription Drugs	\$150	\$4.6 M	
Prescription Drugs			99	Prescription Drugs	\$330	\$10.0 M	
Nonprescription Vitamins		80		Nonprescription Vitamins	\$78	\$2.4 M	
Medicare Prescription Drug Premium				105 Medicare Prescription Drug Premium	\$125	\$3.8 M	
Eyeglasses and Contact Lenses		83		Eyeglasses and Contact Lenses	\$80	\$2.4 M	
Hearing Aids	71			Hearing Aids	\$29	\$0.9 M	
Medical Equipment for General Use	66			Medical Equipment for General Use	\$4	\$0.1 M	
Other Medical Supplies		84		Other Medical Supplies	\$63	\$1.9 M	
Health Insurance		81		Health Insurance	\$3,356	\$102.1 M	
Blue Cross/Blue Shield		83		Blue Cross/Blue Shield	\$892	\$27.1 M	
Commercial Health Insurance	71			Commercial Health Insurance	\$599	\$18.2 M	
Health Maintenance Organization	65			Health Maintenance Organization	\$477	\$14.5 M	
Medicare Payments			99	Medicare Payments	\$821	\$25.0 M	
Long Term Care Insurance		79		Long Term Care Insurance	\$39	\$1.2 M	
Other Health Insurance	67			Other Health Insurance	\$102	\$3.1 M	

Note: United States Index is 100

Medical Care Index is household-based, and represents the amount spent out of pocket for medical services relative to a national index of 100.

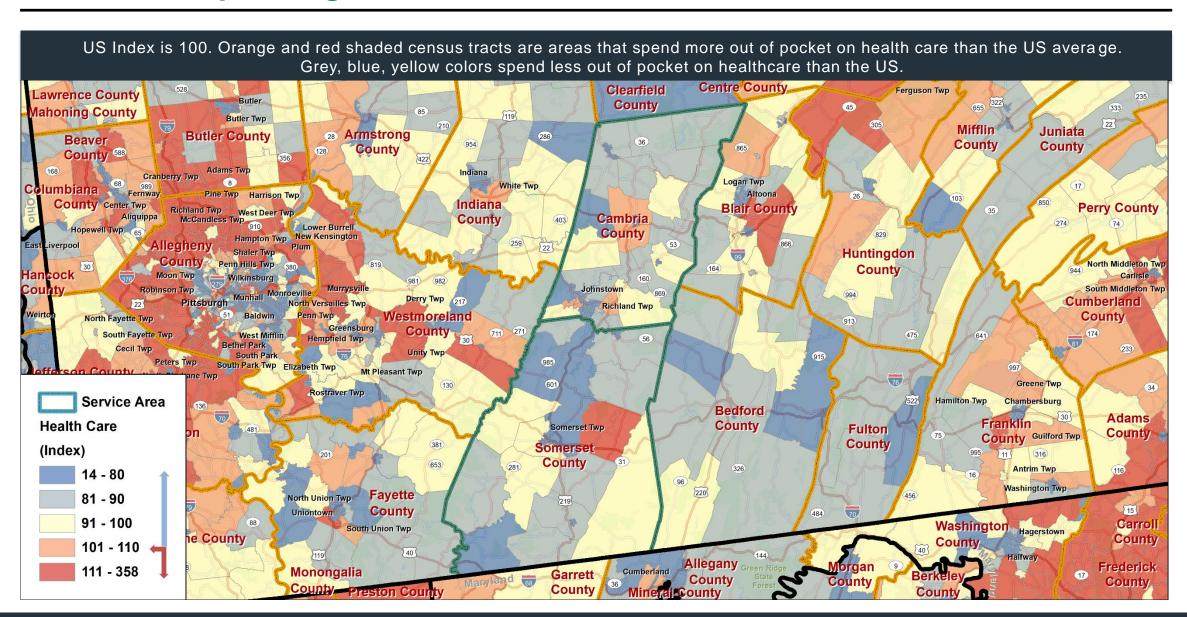


Environment and Health Data

Somerset County and Cambria County, PA CHNA

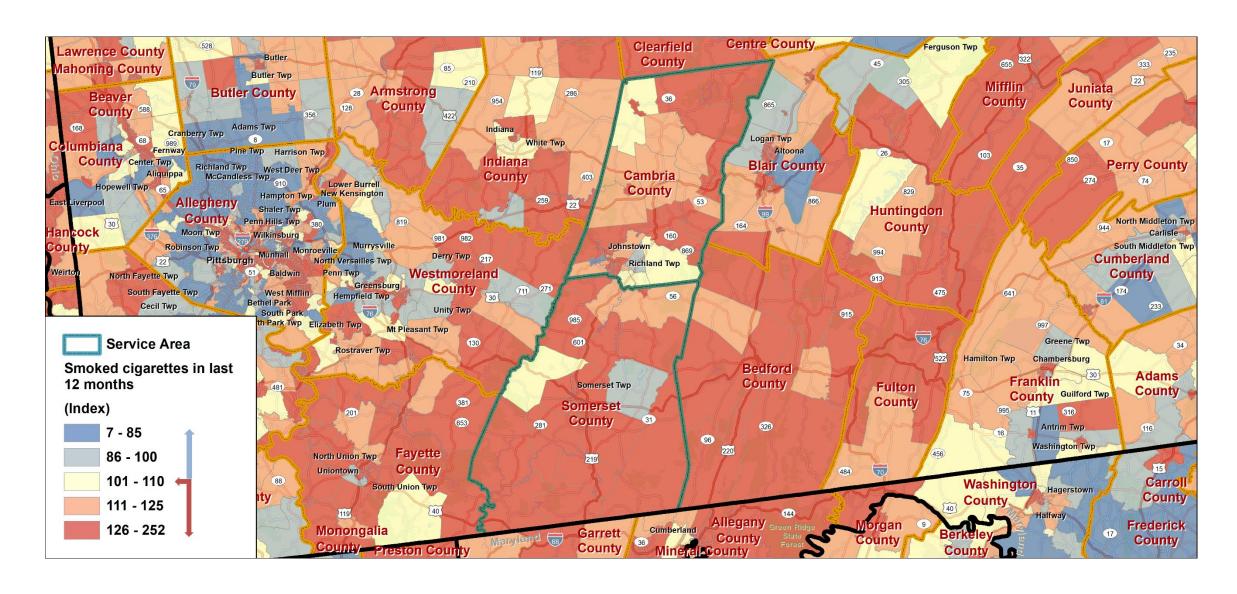
Consumer Spending on Health Care





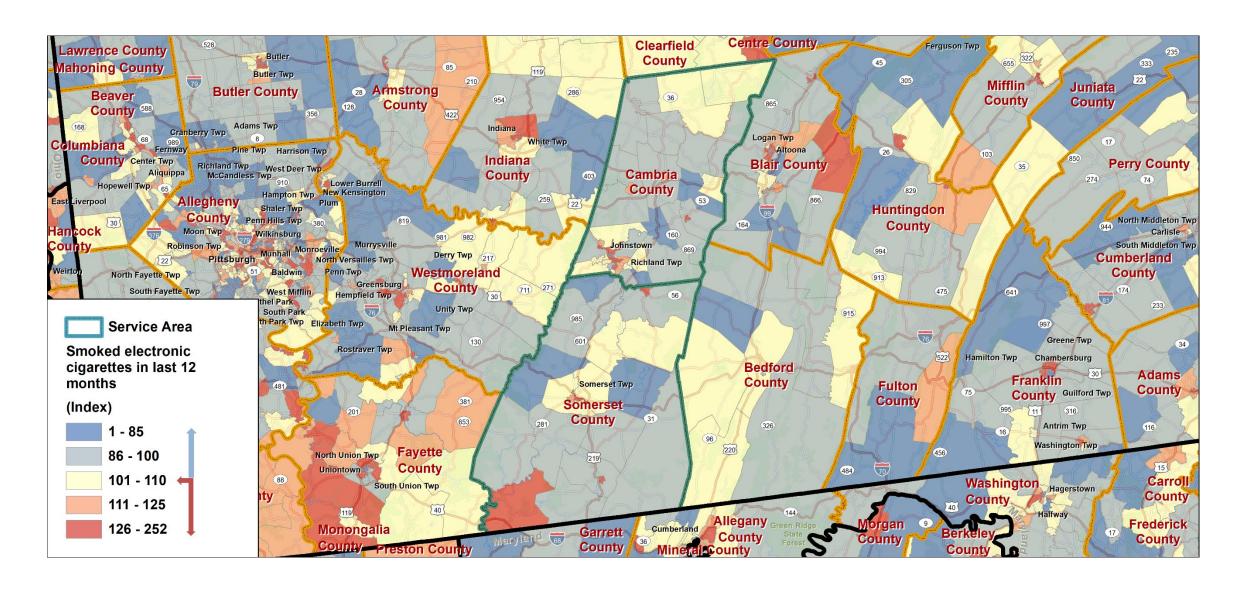
Smoked Cigarettes in the Last 12 Months





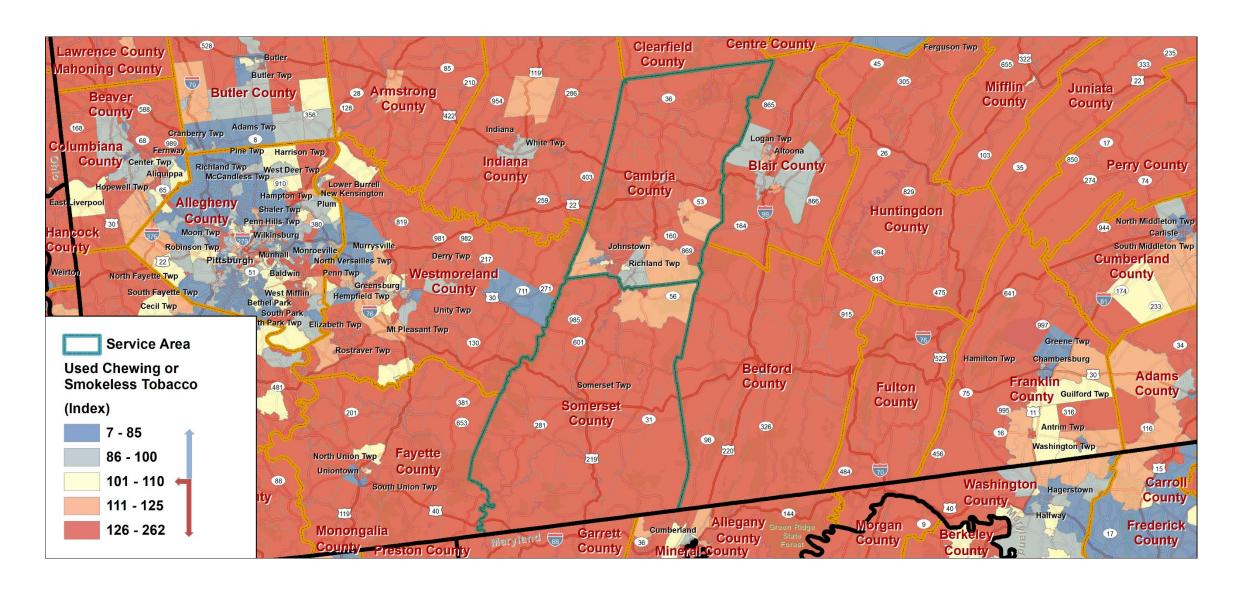
Smoked Electronic Cigarettes in the Last 12 Months





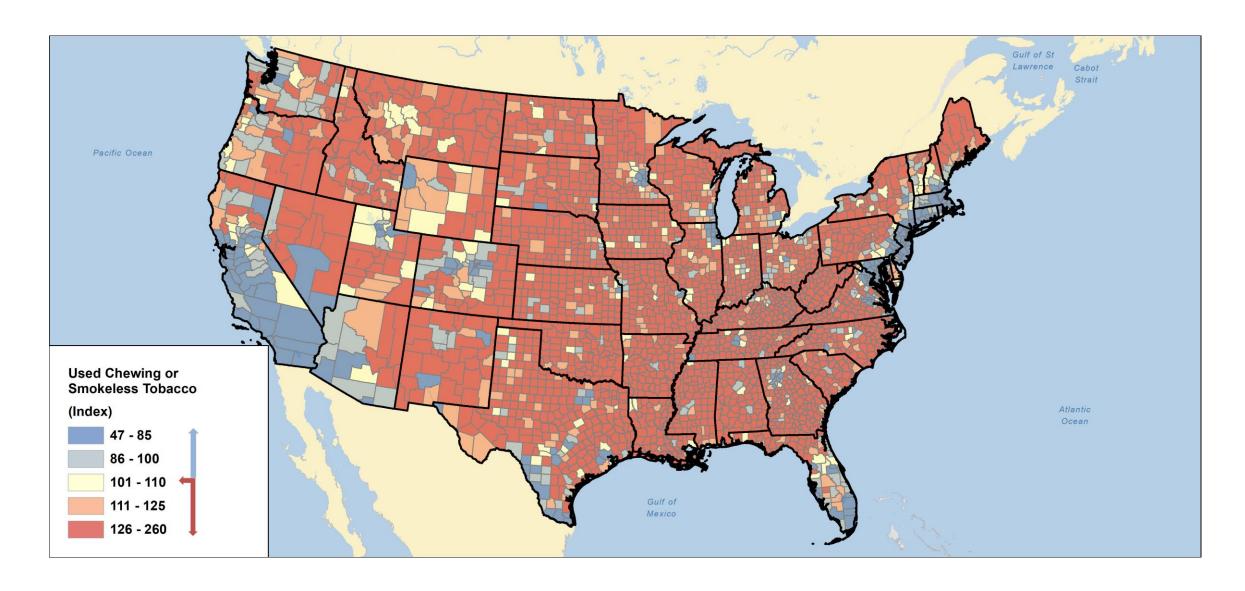
Used Chewing or Smokeless Tobacco in the Last 12 Months





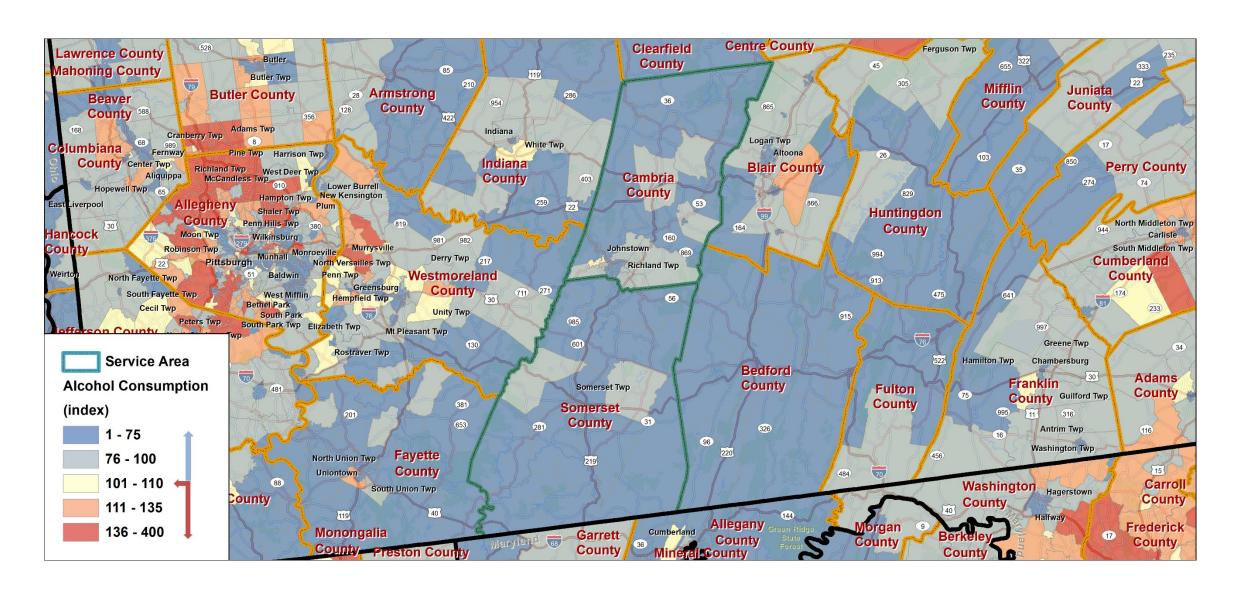
Used Chewing or Smokeless Tobacco in the Last 12 Months





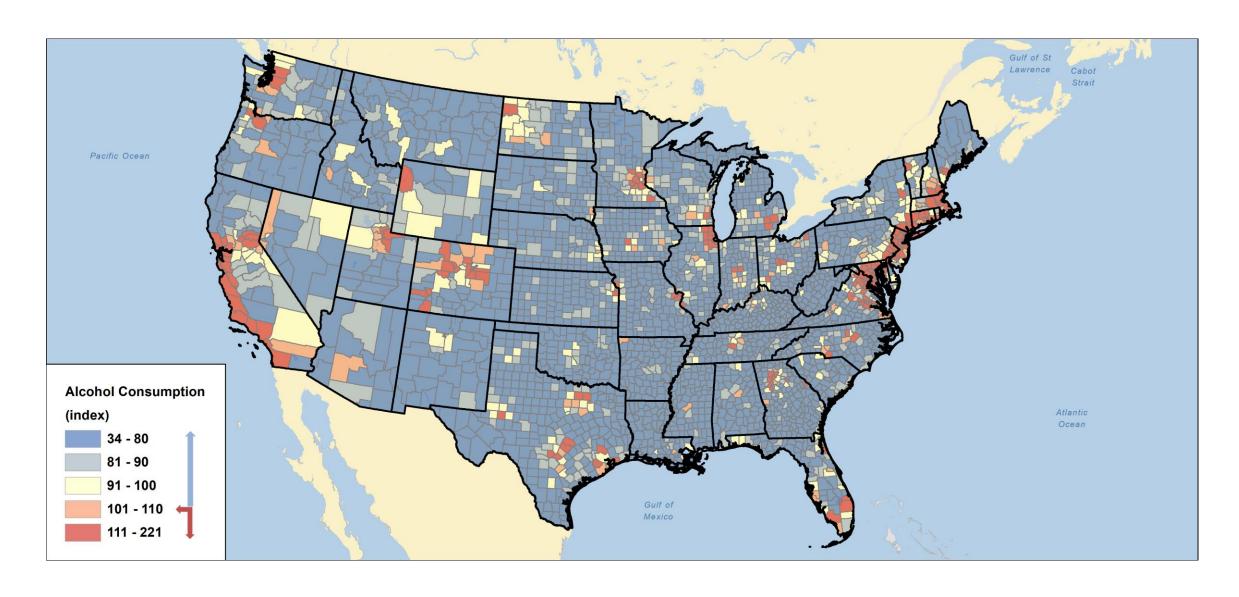
Alcohol Consumption in the Last 12 Months





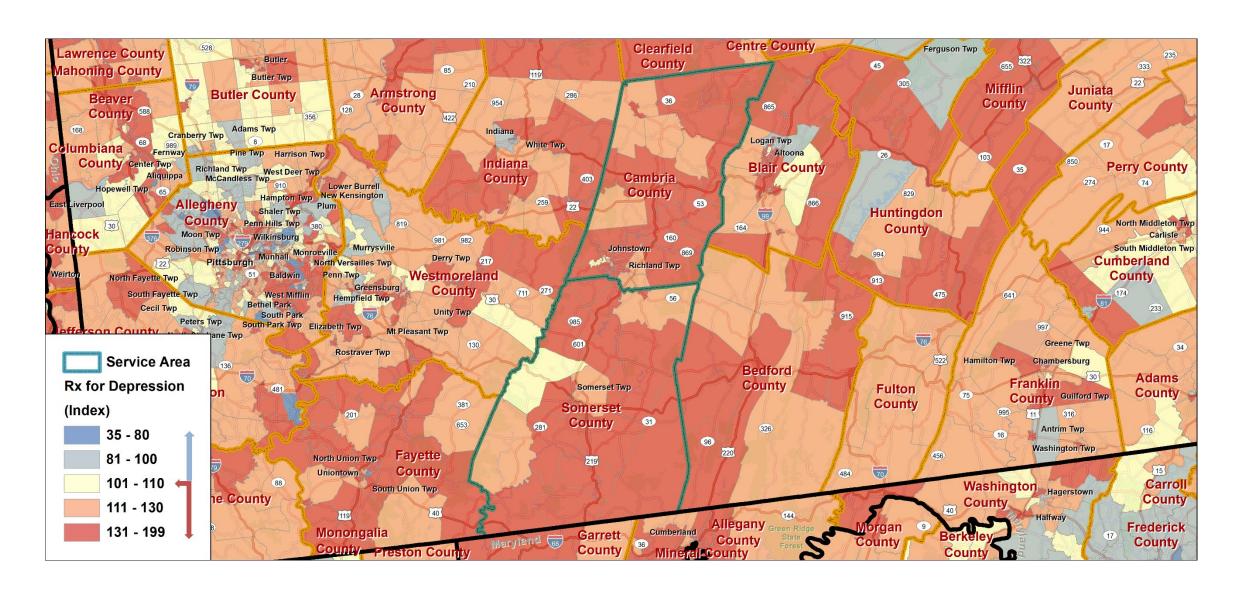
Alcohol Consumption in the Last 12 Months





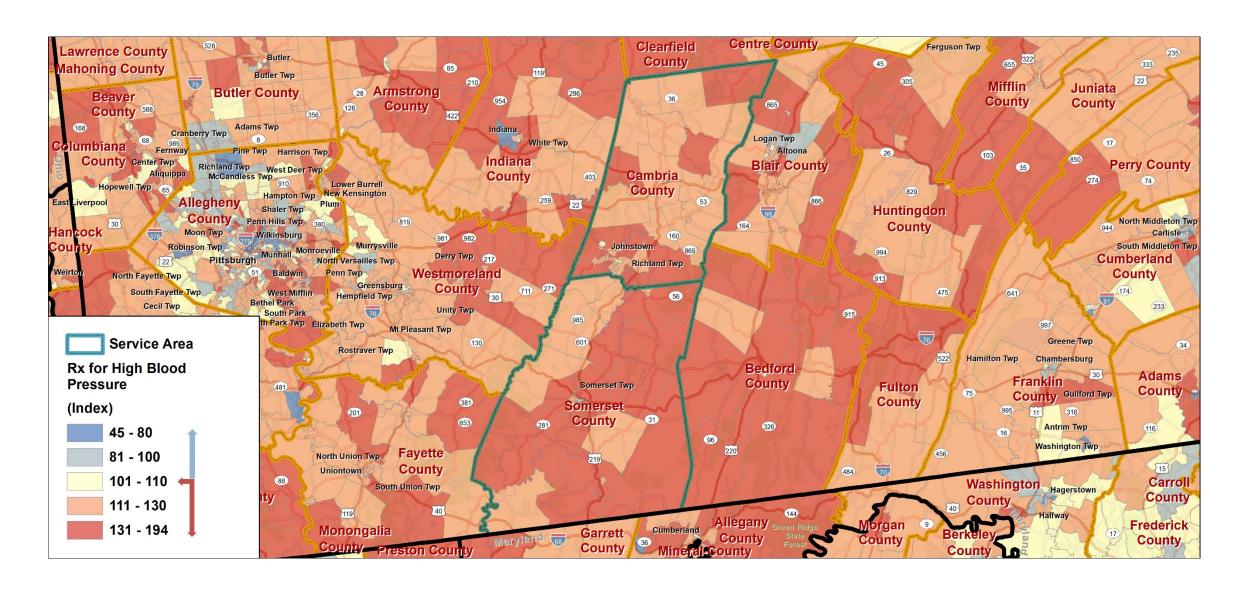
Use Prescription Drug for Depression





Use Prescription Drug for High Blood Pressure

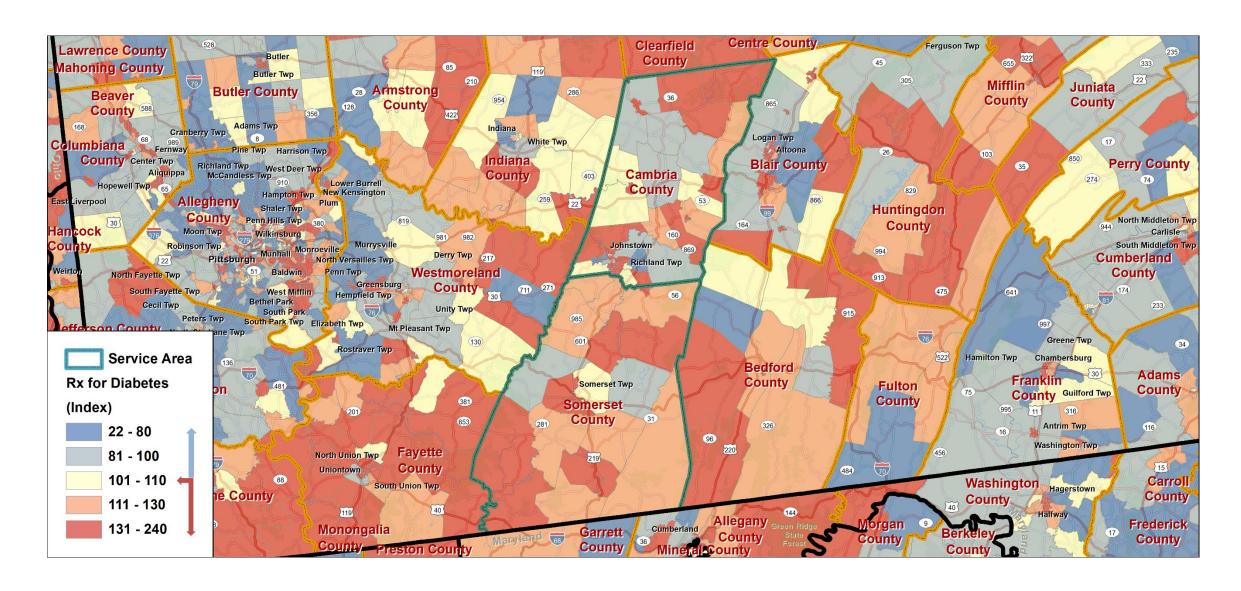




Use Prescription Drug for Diabetes (Insulin Dependent)

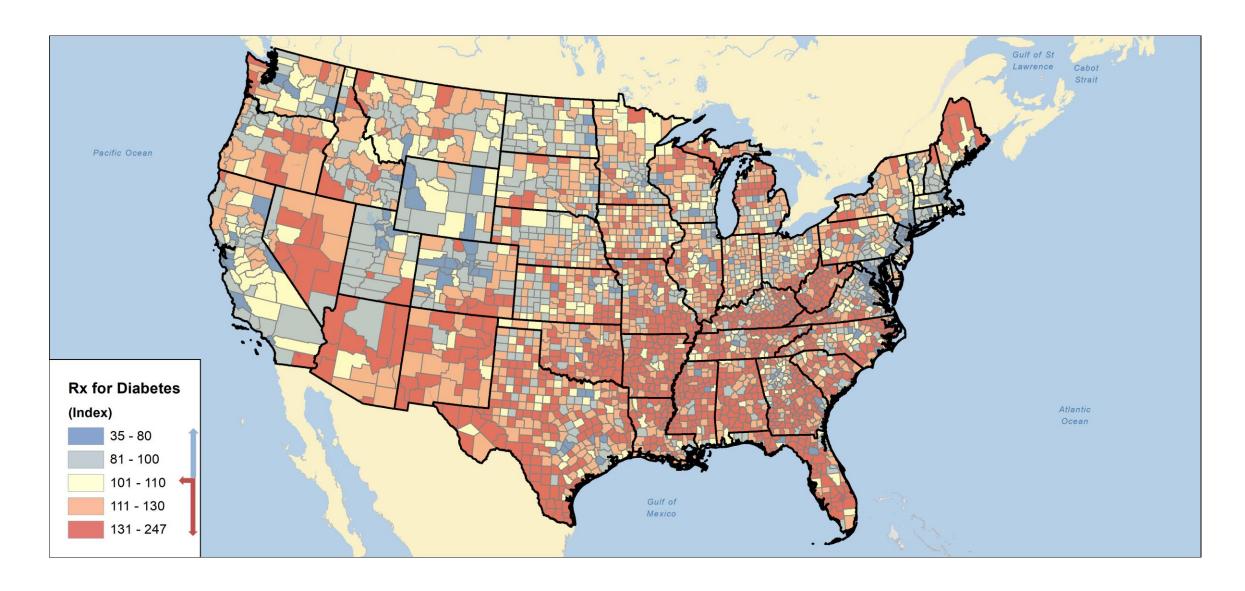






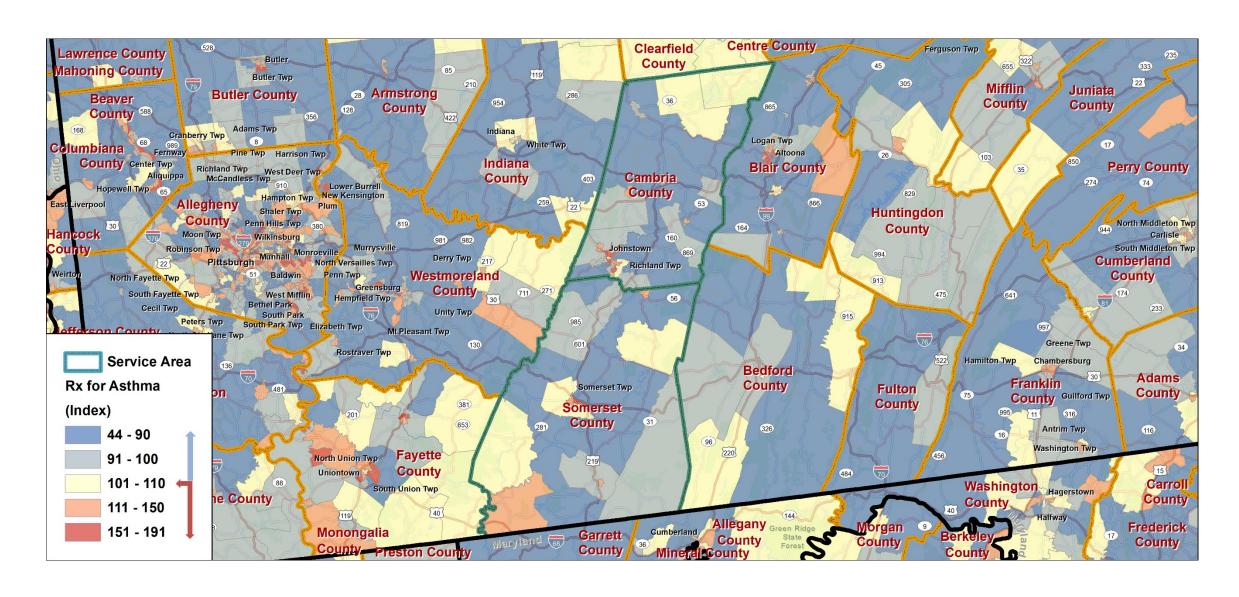
Use Prescription Drug for Diabetes (Insulin Dependent)





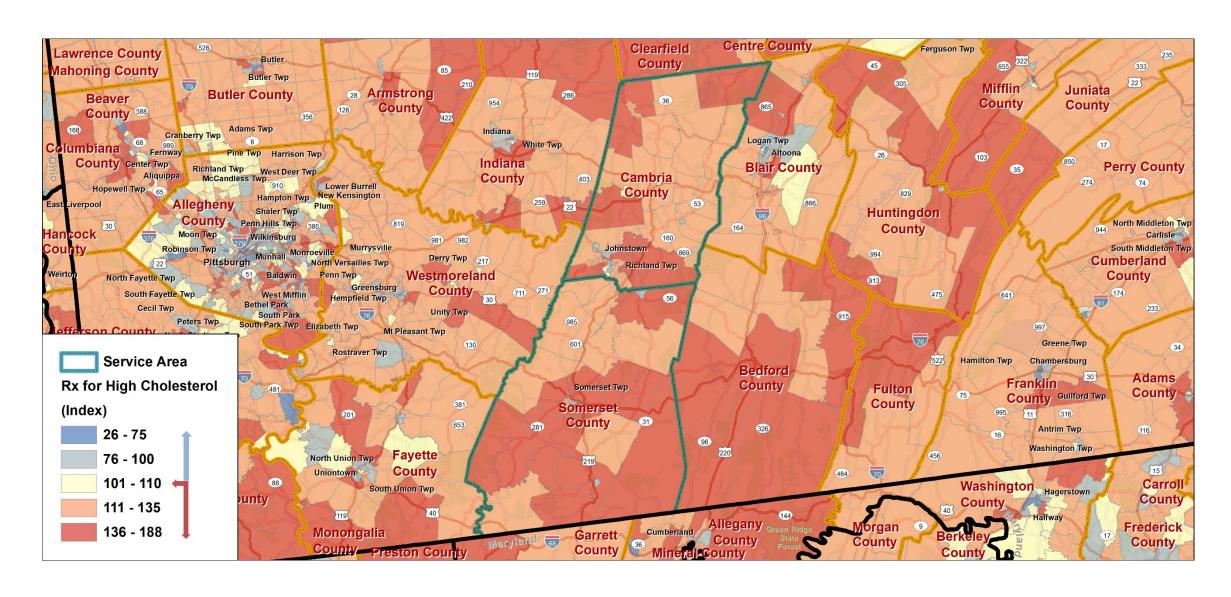
Use Prescription Drug for Asthma





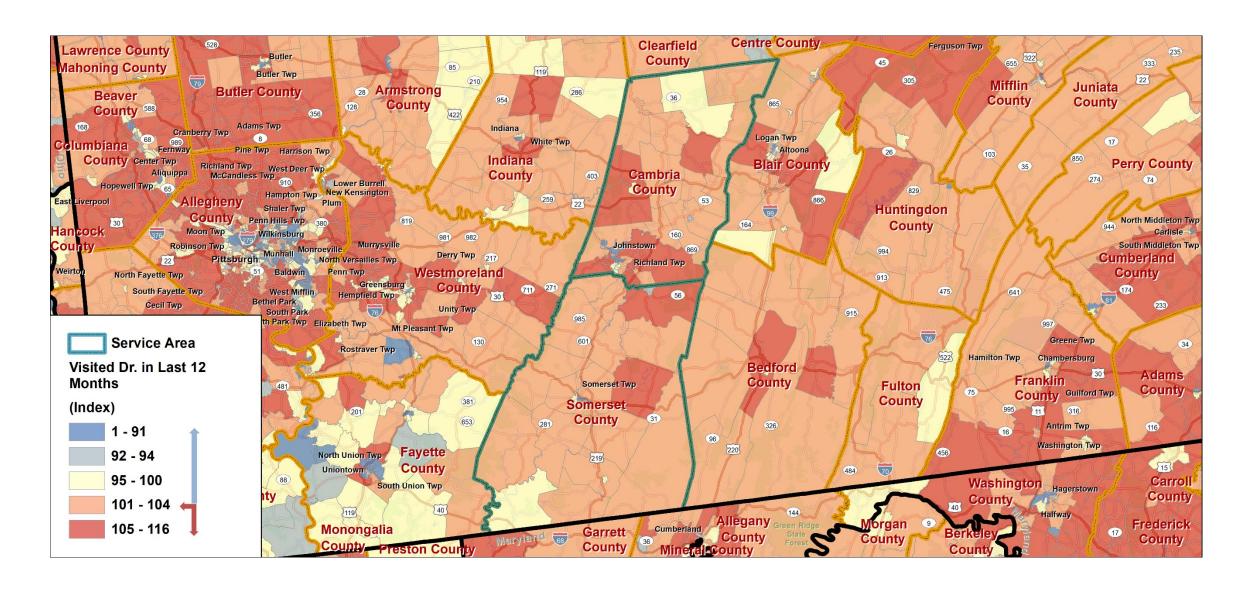
Use Prescription Drug for High Cholesterol





Visited a Doctor in the Last 12 Months



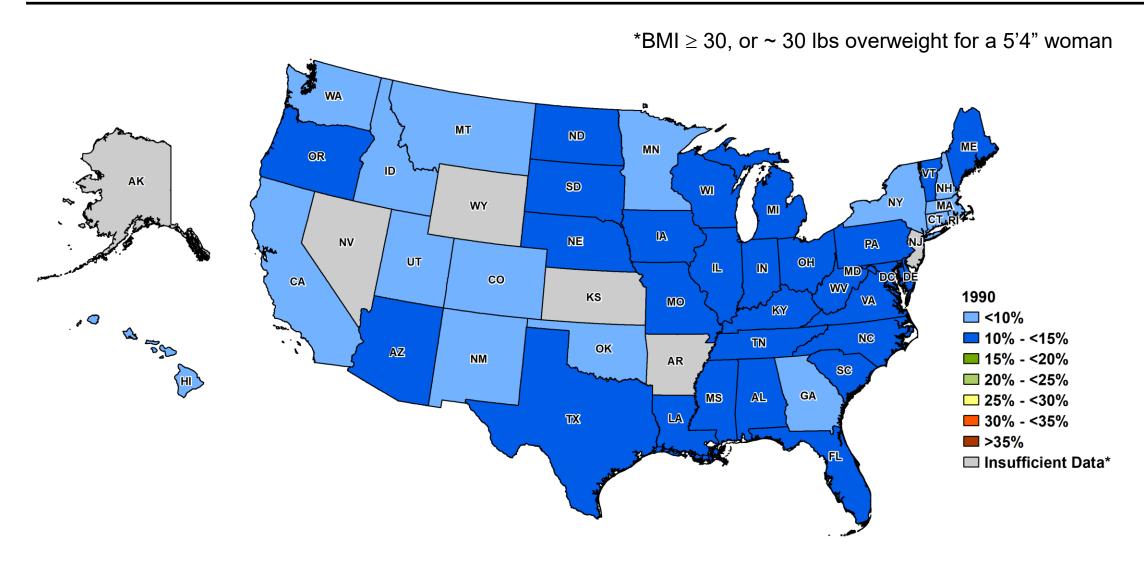




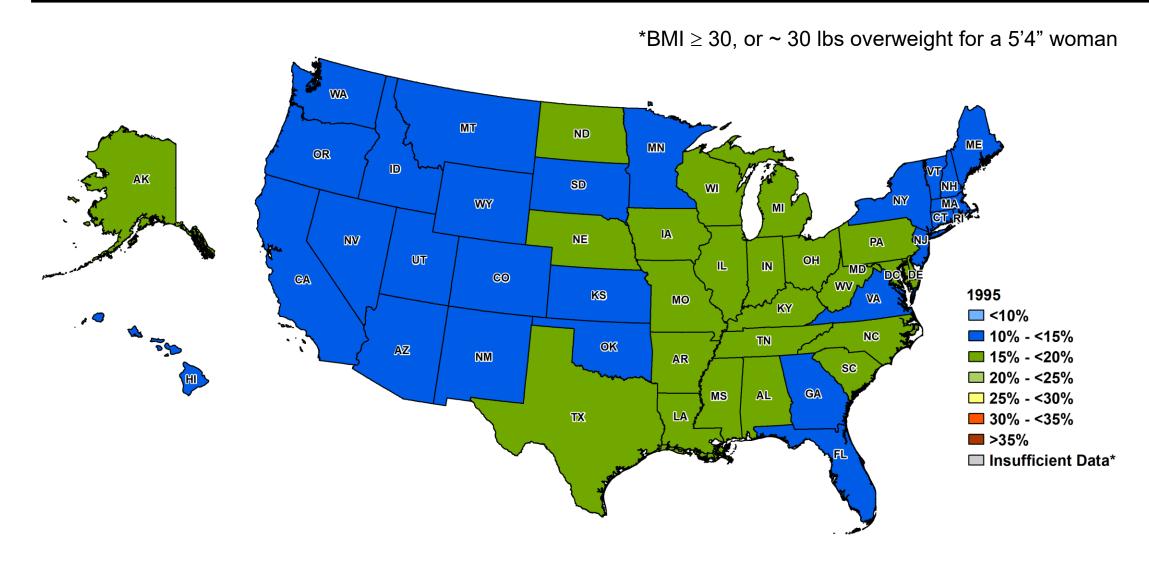
Health of the Community

Somerset County and Cambria County, PA CHNA

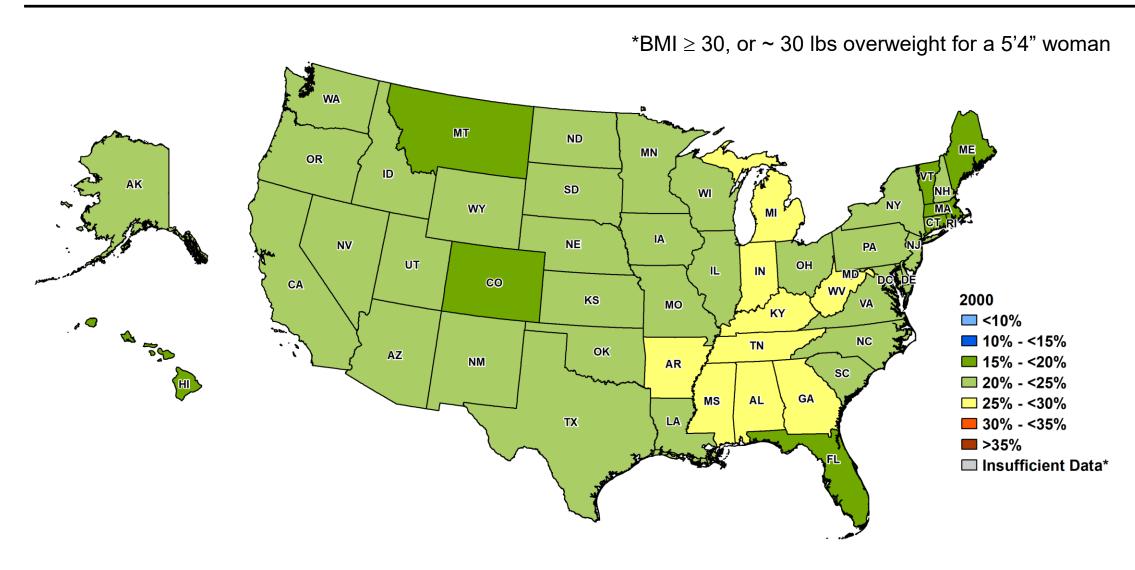




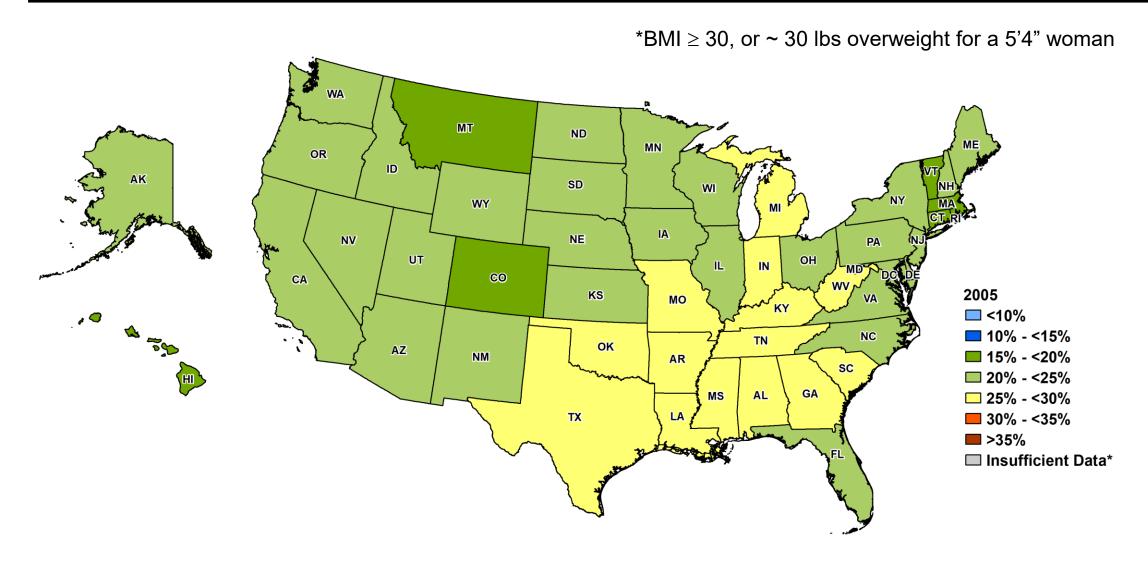




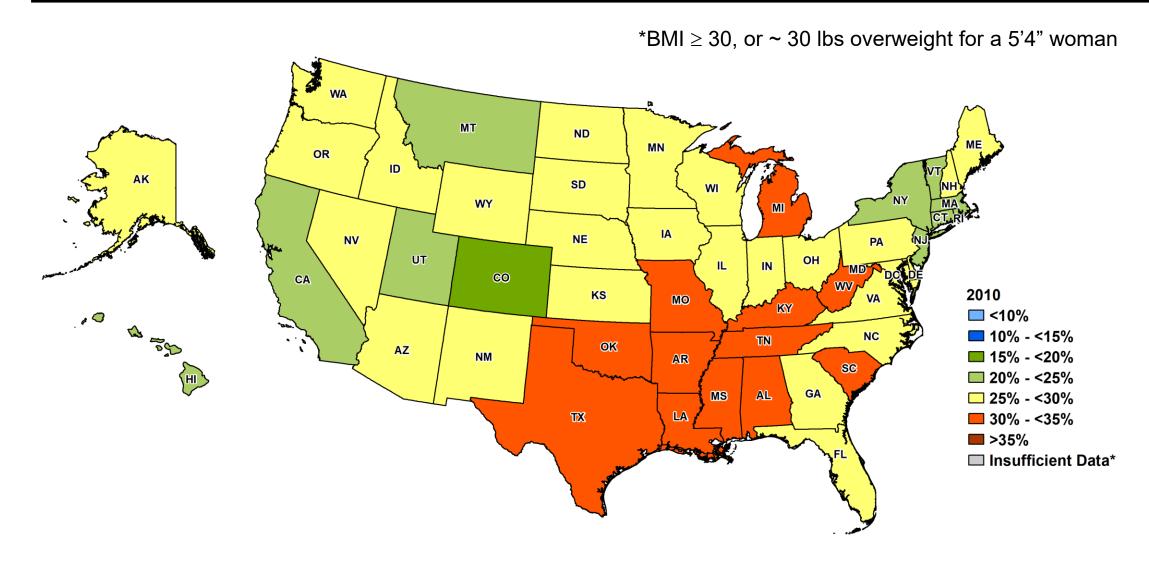






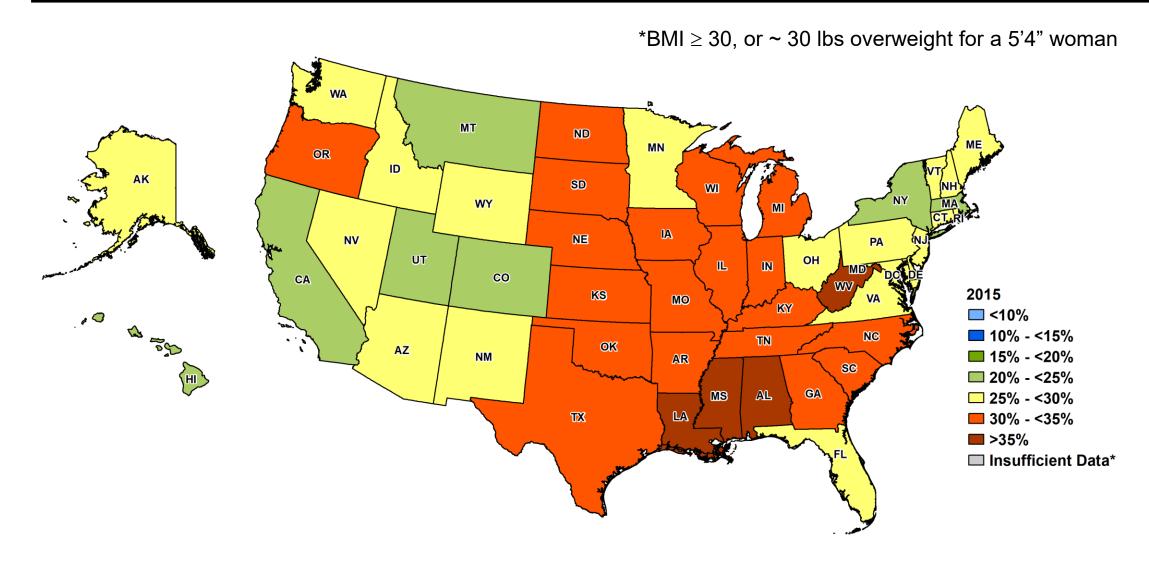






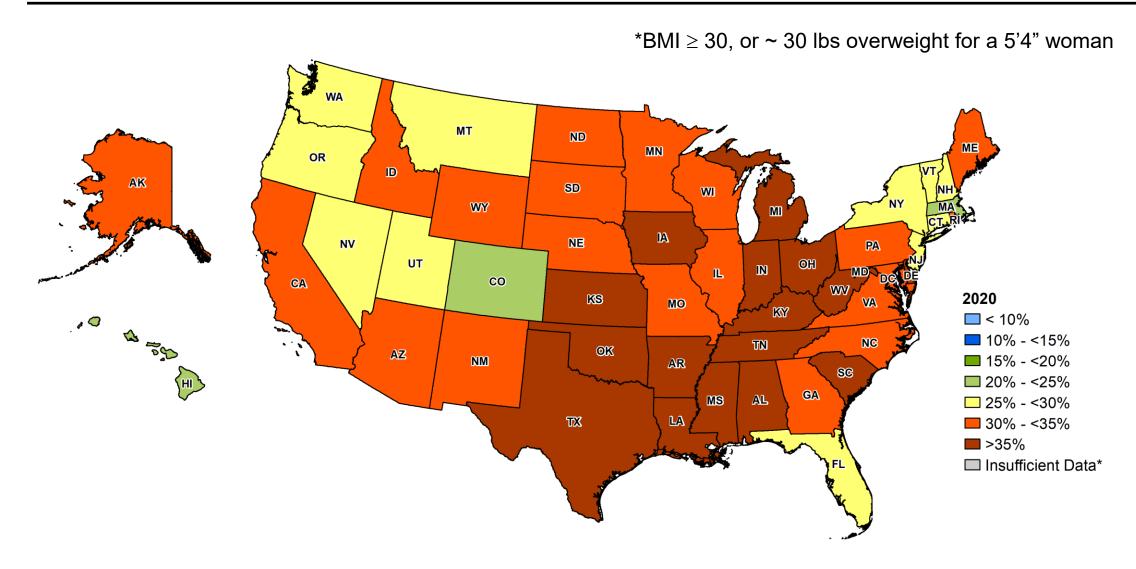
Obesity Trends Among U.S. Adults 2015



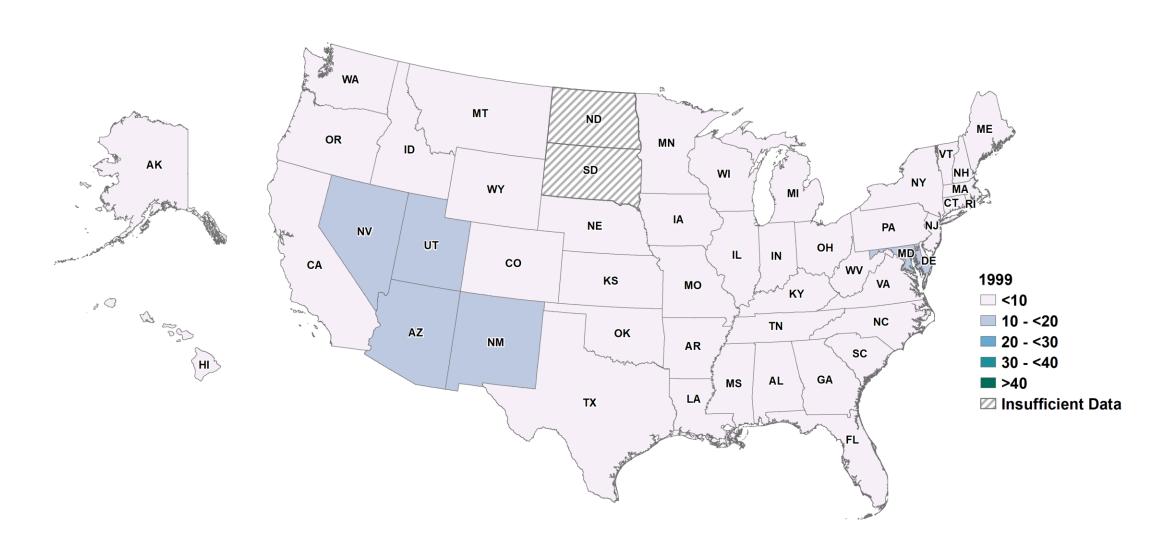


Obesity Trends Among U.S. Adults 2020

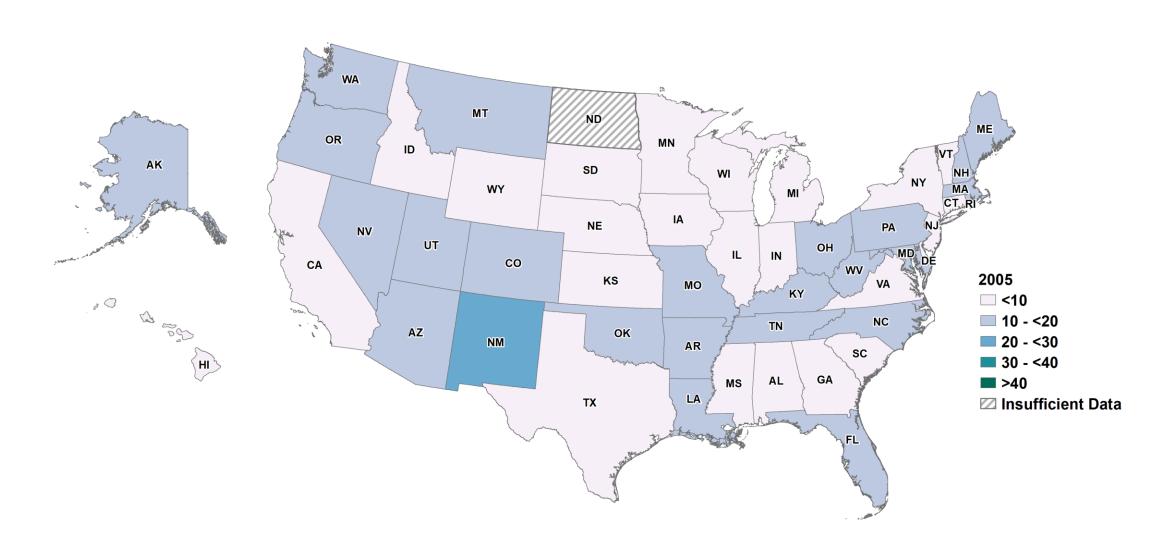




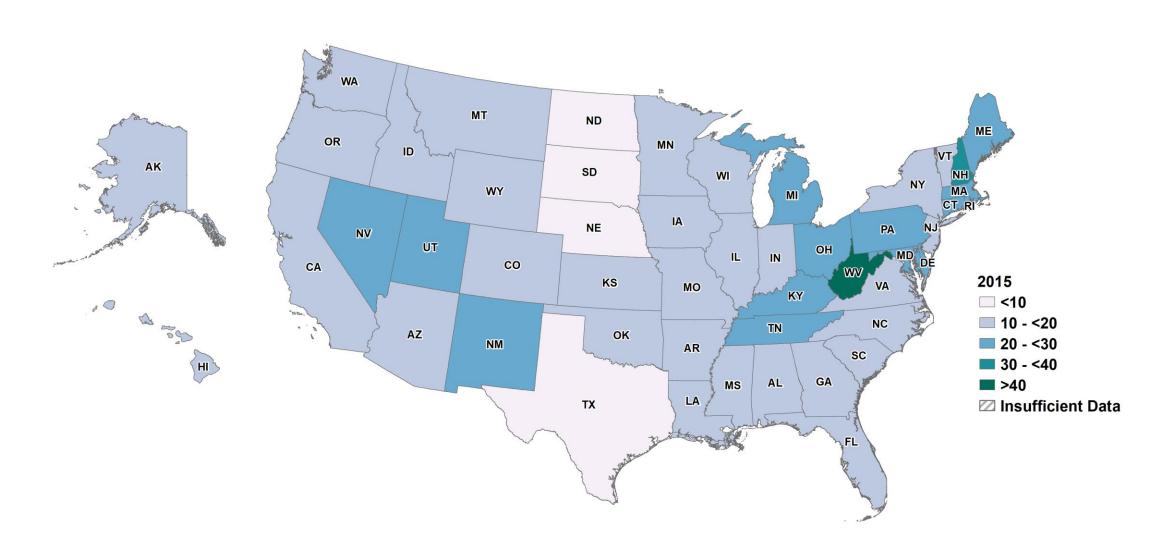




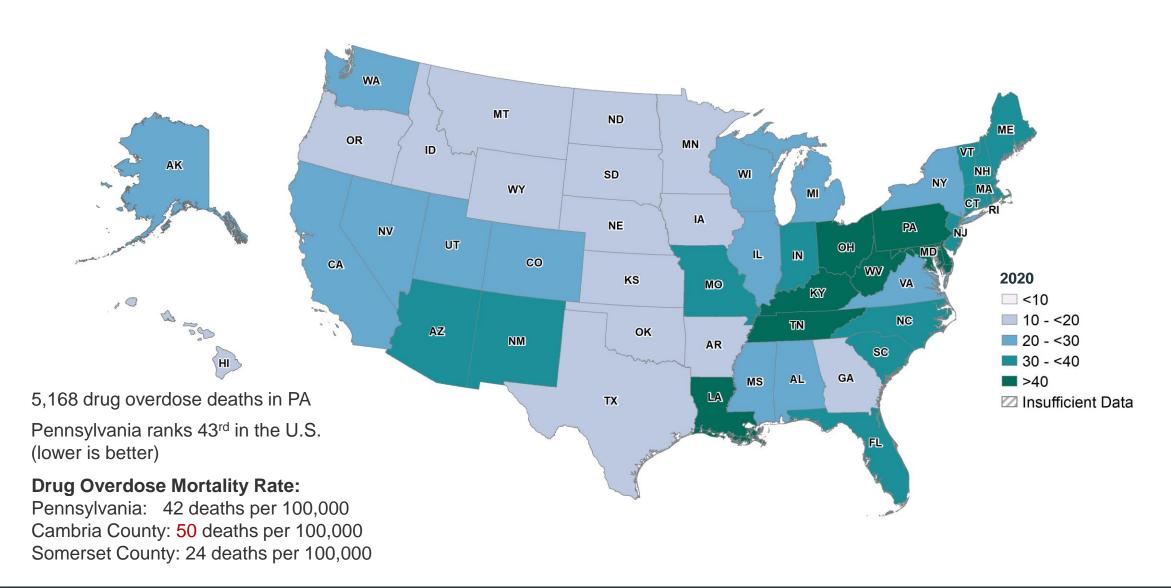






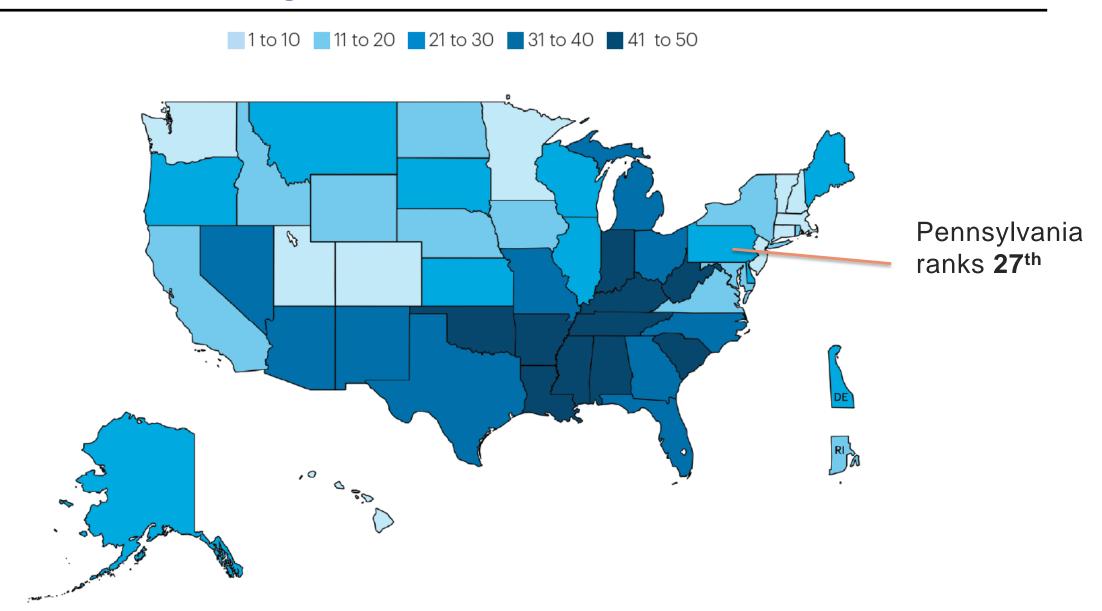






America's Health Rankings





Pennsylvania State Health Rankings – 27th



Strengths

- Low percentage of adults who avoided care due to cost
- High prevalence of colorectal cancer screening
- High prevalence of having a dedicated health care provider

Challenges

- High prevalence of multiple chronic conditions
- High prevalence of insufficient sleep
- High percentage of housing with lead risk

Select Rankings 6 Avoided Care Due to Cost 7 Dedicated Health Care Provider 9 Uninsured 10 Childhood Immunizations 18 Economic Hardship Index 36 Multiple Chronic Conditions 43 Insufficient Sleep 45 Residential Segregation - Black/White

Risk-screening Environmental Indicator Score

Housing With Lead Risk

Highlights

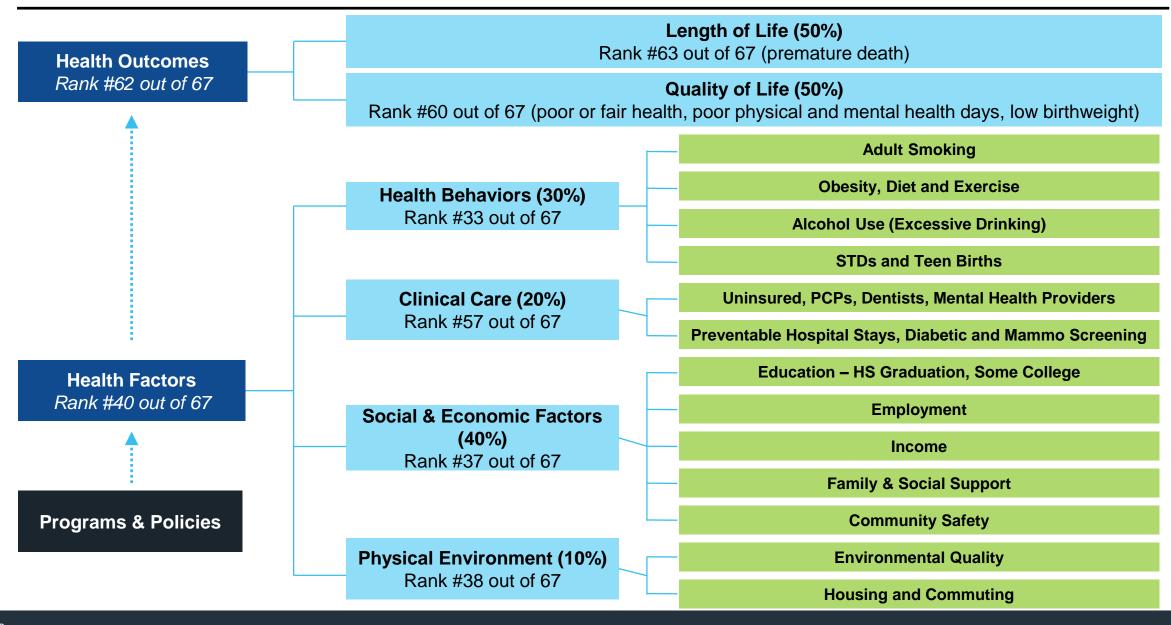
- Adults who avoided care due to cost decreased from 10.0% to 7.8% between 2019 and 2020
- Drug deaths decreased from 42.9 to 34.6 deaths per 100,000 population between 2017 and 2019
- Chlamydia increased from 440.8 to 481.9 cases per 100,000 population between 2017 and 2019

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Cambria County, PA Health Rankings

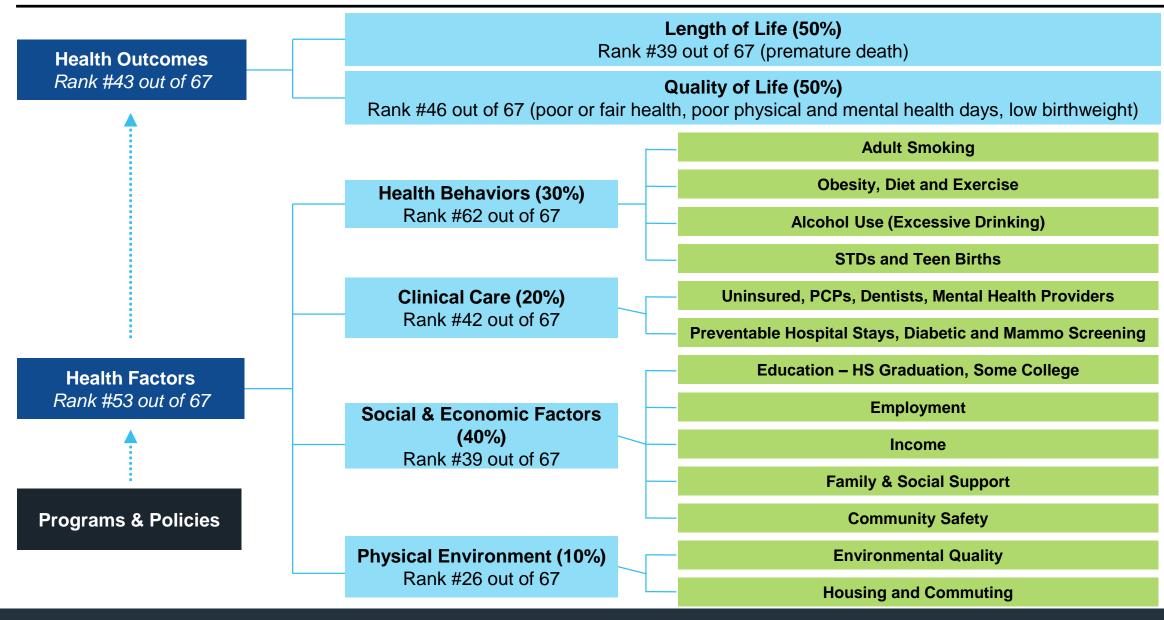






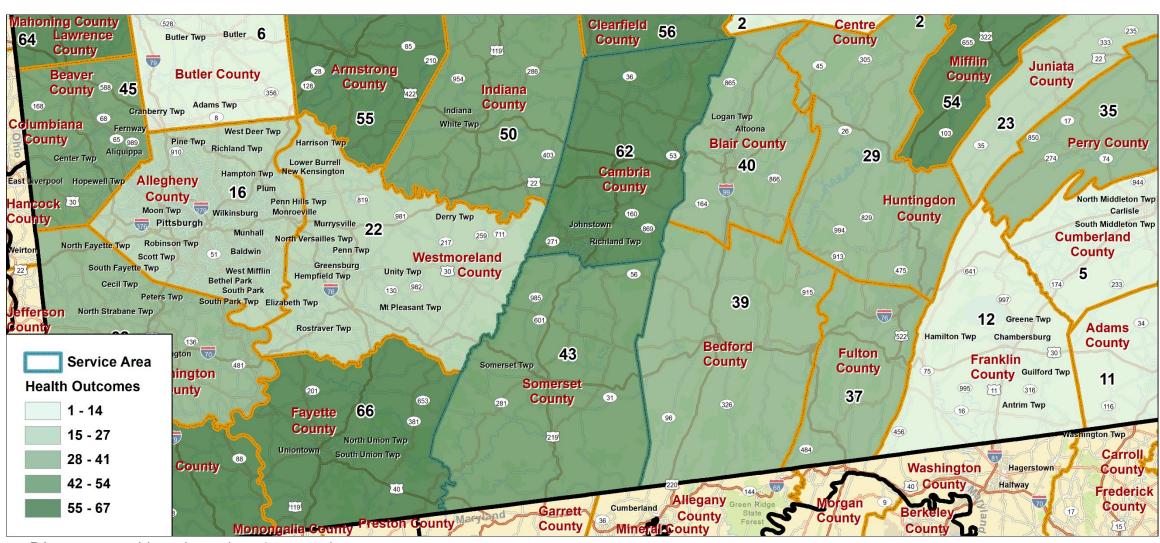
Somerset County, PA Health Rankings





Health Outcome Rankings - Pennsylvania

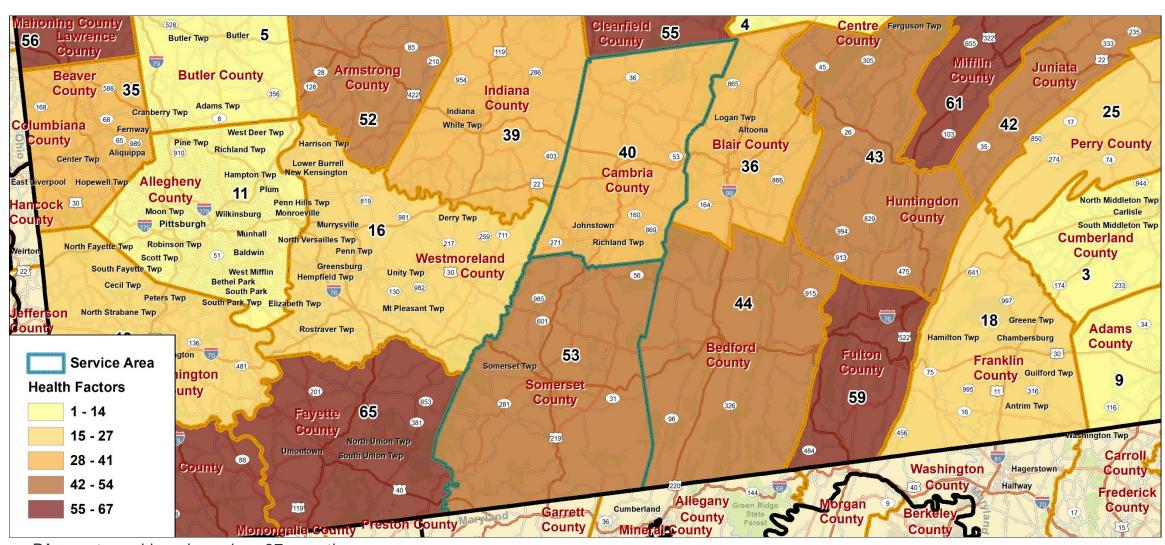




PA county rankings based on 67 counties.

Health Factors Rankings - Pennsylvania

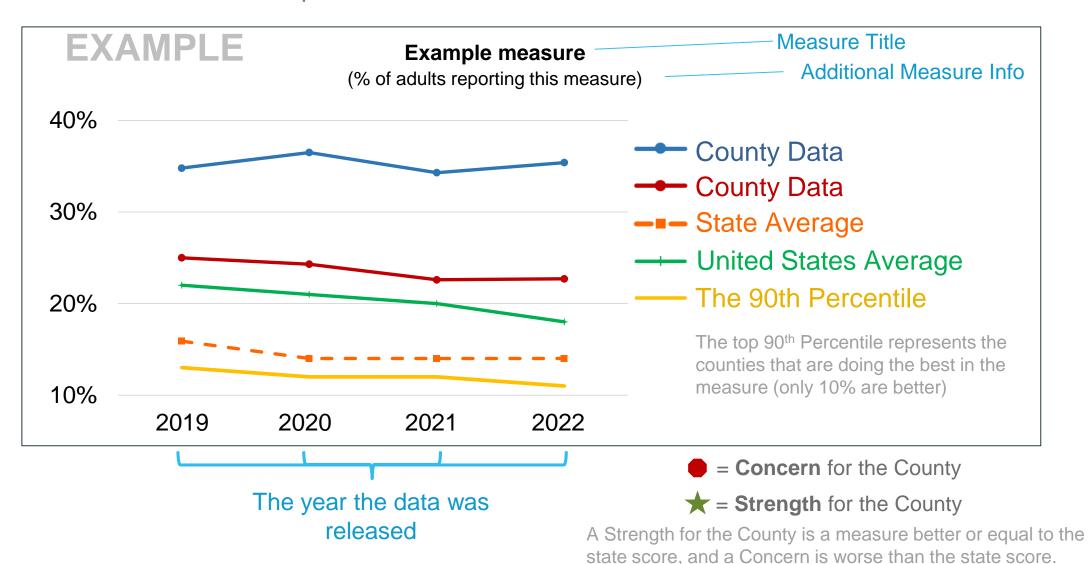




PA county rankings based on 67 counties.

Health Measure Trend Charts – How to read the next charts

A brief explanation of the health measure trend charts

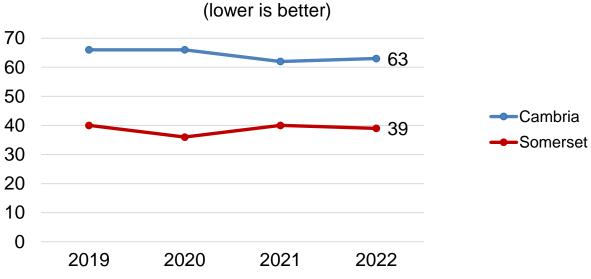


Length of Life Rank





Length of Life Ranking



Life Expectancy

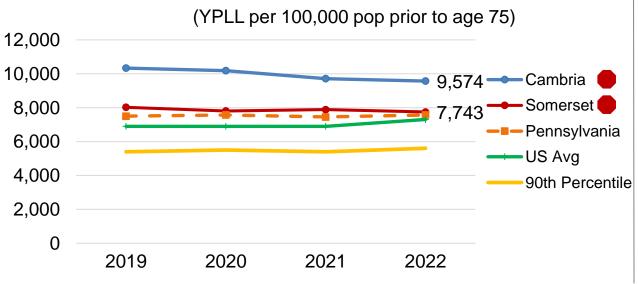
(Average number of years a person can expect to live)

2018-2020

Cambria County	75.8
Somerset County	77.6
Pennsylvania	78.9
US Avg	77.0
90th Percentile	80.6

^{*}Due to COVID and impacts of COVID, life expectancy in the US decreased 1.87 years in 2020.

Premature death



Premature death by race/ethnicity 2018-2020

(YPLL per 100,000 pop prior to age 75)

Ethnicity/Race	Cambria	Somerset
American Indian & Alaska Native	NR	NR
Asian	NR	NR
Black	20,900	NR
Hispanic	NR	NR
White	9,200	NR

Leading Causes of Death per 100,000 Population 2020





Cause of Death	Cambria County	Somerset County	Pennsylvania	US
Heart Disease	186.7	182.3	175.7	168.2
Cancer	164.2	149.3	153.2	144.1
COVID-19*	118.7*	76.4*	88.1	85.0
Accidents (Unintentional Injuries)	100.2	64.1	69.0	57.6
Respiratory Diseases	38.5	26.4	32.8	36.4
Strokes	36.0	36.6	36.7	38.8
Suicide	19.4	15.2	12.6	13.5
Alzheimer's	28.3	44.0	23.2	32.4
Diabetes	25.1	53.1	23.6	24.8
Septicemia	20.7	15.3	12.6	9.7
Influenza and Pneumonia	22.4	14.0	12.9	13.0
Parkinson Disease	9.3	14.3	9.6	9.9
Liver Disease	13.6	8.9	9.9	13.3
Nephritis, nephrosis	23.2	20.7	15.6	12.7

Age-adjusted rates per 100,000 population.

Cambria County, and Somerset County data combined from 2017-2020. US and PA data from 2020

* COVID-19 Data from 2020 CHR; National Rates that appear in red for a county denote a higher value compared to state data.

Center for Health Statistics - Mortality Files Age Adjustment Uses 2000 Standard Population.

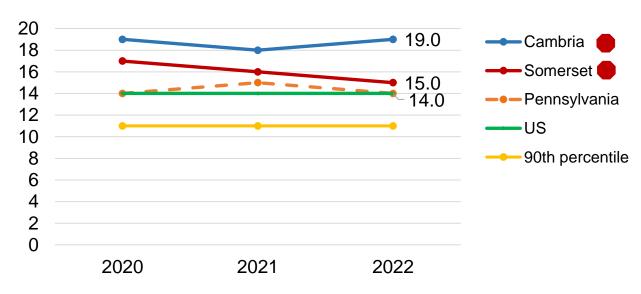
68

Suicide rate per 100,000 Population



Suicide Rate

(per 100,000 Population)



Age-adjusted rates per 100,000 population.

Cambria County, Pennyslvania, and US data are from individual years.

Age Adjustment Uses 2000 Standard Population.

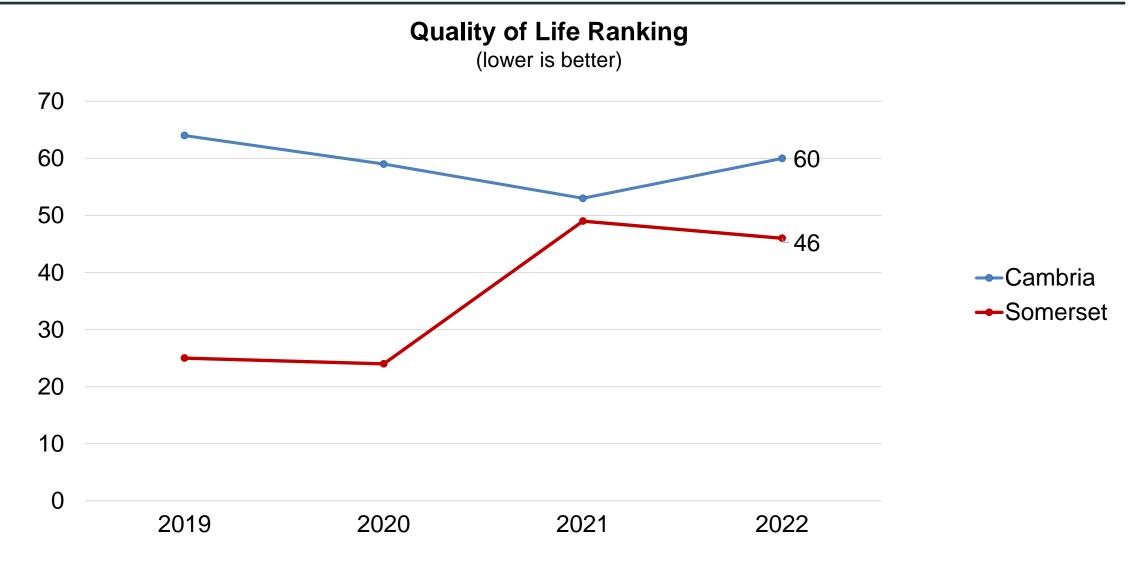
Teen Suicide Rate

(per 100,000 Population adolescents age 15-19)



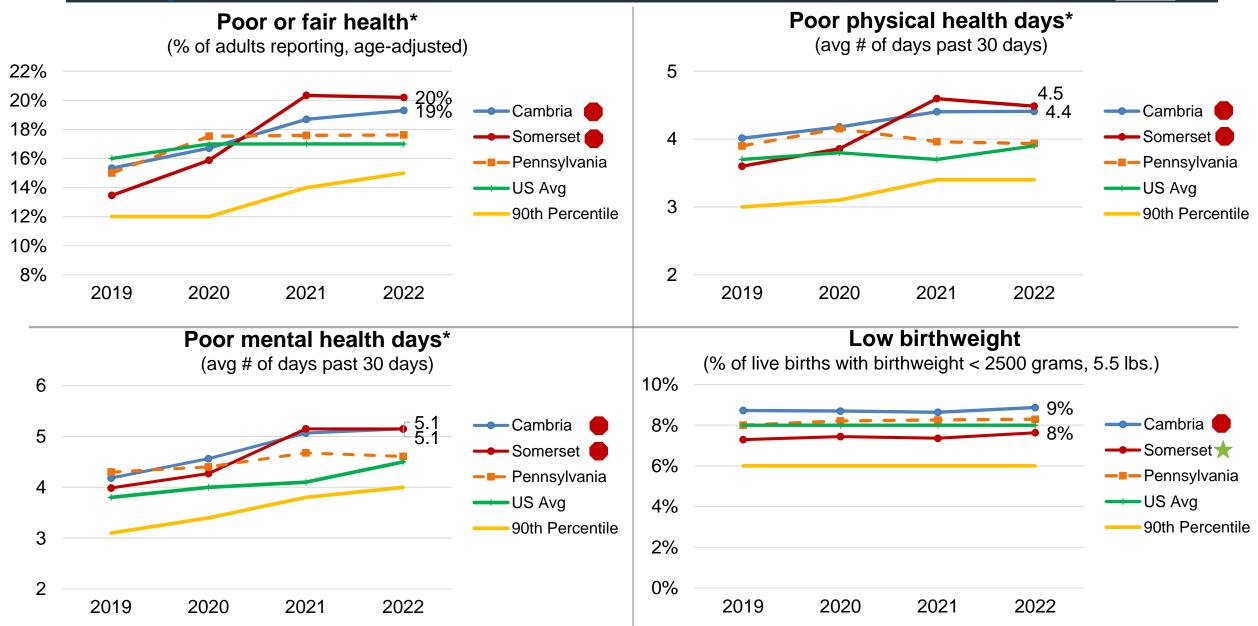
Crude rates per 100,000 population.
Pennsylvania, and US data are from individual years.
Age Adjustment Uses 2000 Standard Population.

Quality of Life Ranking



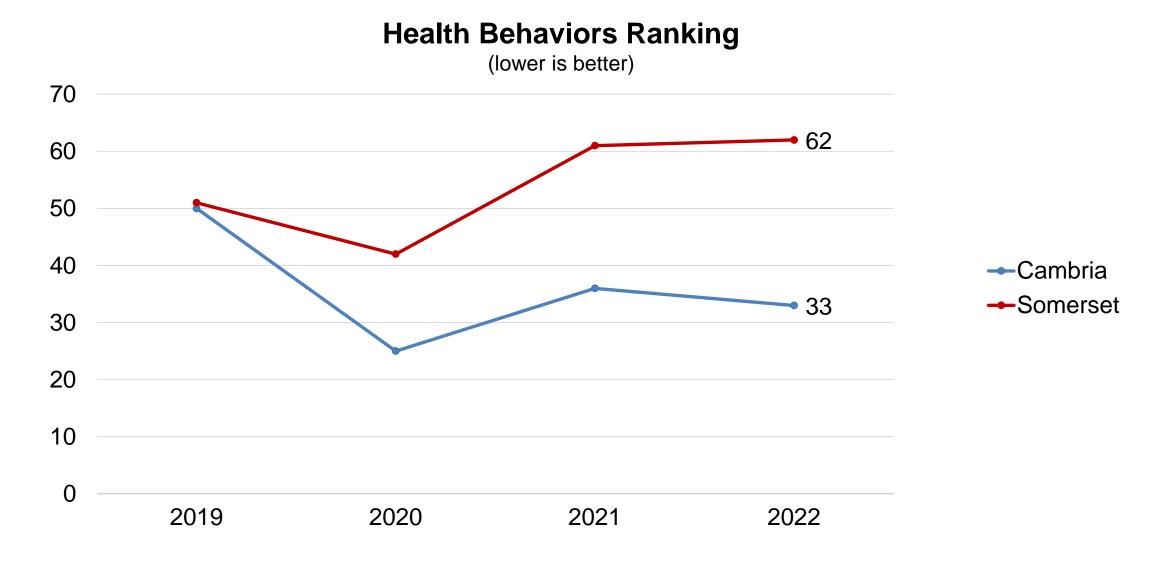
Quality of Life Rank





*Beginning with 2022 CHR, the CDC has updated their modeling procedure for producing small-area estimates. 2022 should not be compared to prior years.

Health Behaviors Ranking



Health Behaviors



Adult obesity

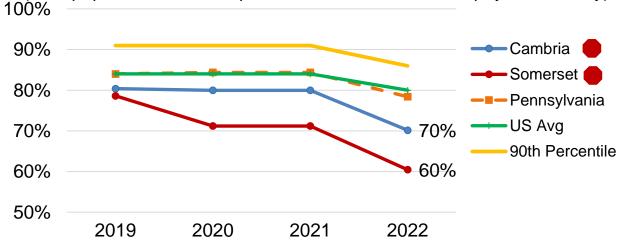
(% of adults that report a BMI of 30 or more)

	2022
Cambria County	35%
Somerset County	39%
Pennsylvania	33%
US Avg	32%
90th Percentile	30%

Beginning with 2022 CHR, the CDC has updated their modeling procedure for producing small-area estimates. 2022 released data should not be compared to prior years.

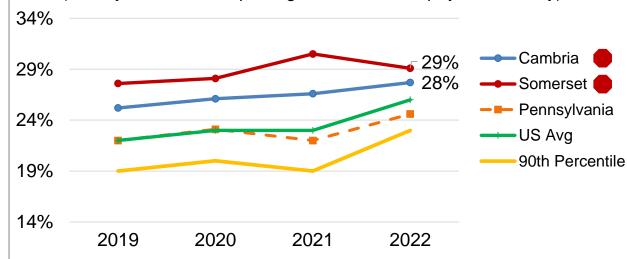
Access to exercise opportunities

(% of population with adequate access to locations for physical activity)



Physical inactivity

(% 20 yo and older reporting no leisure time physical activity)



Adult smoking

(% that report every day or "most days")

	2022
Cambria County	22%
Somerset County	23%
Pennsylvania	18%
US Avg	16%
90th Percentile	15%

In 1965, 45% of the US smoked

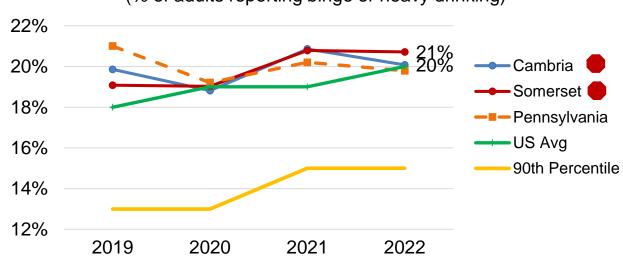
Beginning with 2022 CHR, the CDC has updated their modeling procedure for producing small-area estimates. 2022 released data should not be compared to prior years.

Health Behaviors



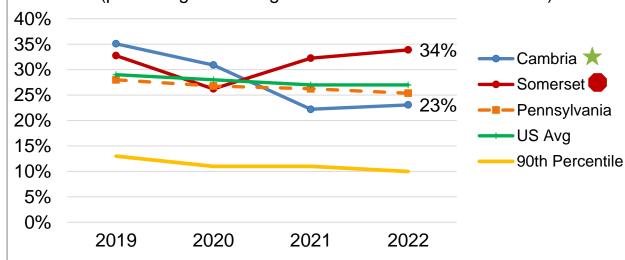


(% of adults reporting binge or heavy drinking)



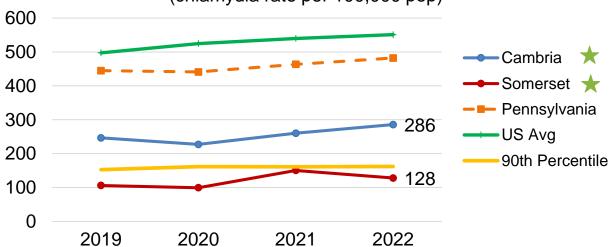
Alcohol impaired driving deaths

(percentage of driving deaths with alcohol involvement)



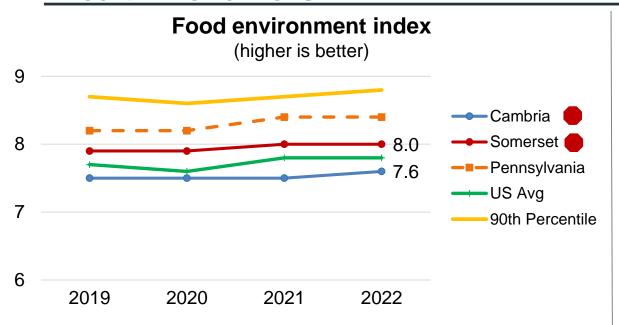
Sexually transmitted infections

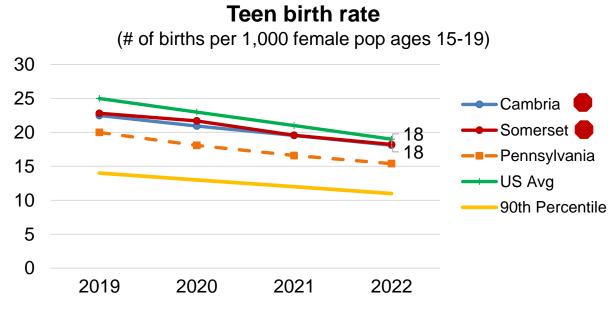
(chlamydia rate per 100,000 pop)



Health Behaviors







The food environment index is a comprised of % of the population with limited access to healthy foods and % of the population with food insecurity. Limited access to foods estimates the % of the population who are low income and do not live close to a grocery store. Food insecurity is the % of the population who did not have access to a reliable source of food during the past year.

Teen birth rate

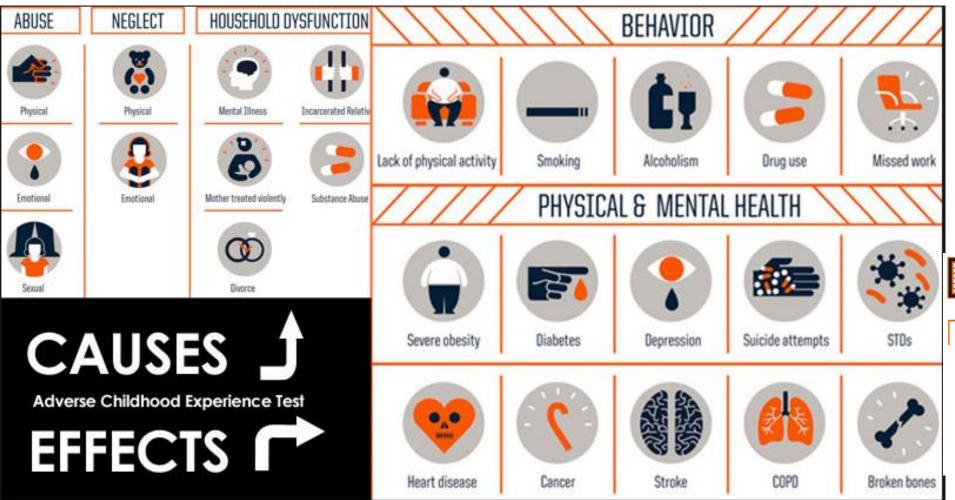
(# of births per 1,000 female pop ages 15-19)

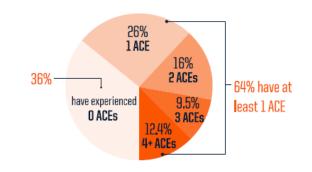
Ethnicity/Race	Cambria	Somerset
Asian	NA	NA
Black	55	NA
Hispanic	17	NA
White	16	NA

Adverse Childhood Experiences (ACEs)













Adverse Childhood Experiences (ACEs)



	0 ACEs	1 ACEs	2+ ACEs
United States	54%	25%	22%
Pennsylvania	53%	26%	21%

NSCH 2016: Adverse childhood experiences, Nationwide vs. Pennsylvania (childhealthdata.org)

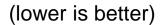
Among children from birth through age 17, percentage reported to have had zero, one, and two or more ACEs, nationally and by state. **Data Source:** National Survey of Children's Health 2016, Health Resources and Services Administration, Maternal and Child Health Bureau.

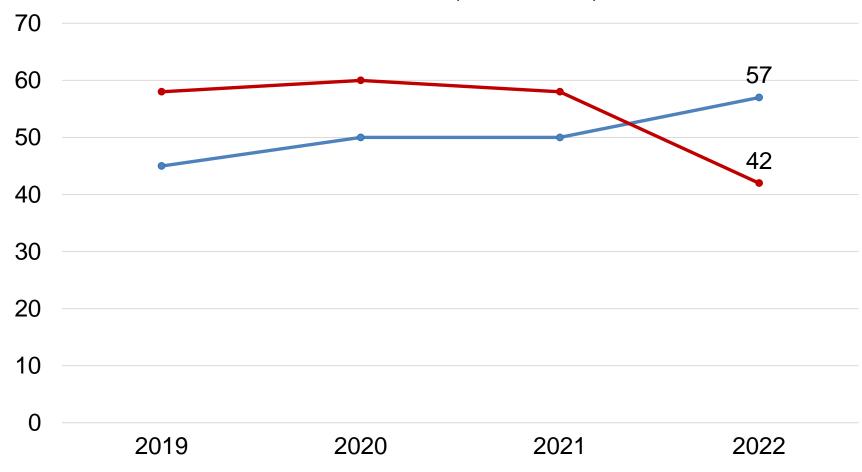
https://mchb.hrsa.gov/data/national-surveys

Citation: Child and Adolescent Health Measurement Initiative. 2016 National Survey of Children's Health (NSCH) data query. Data Resource Center for Child and Adolescent Health supported by the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau (MCHB). Retrieved [04/13/22] from [www.childhealthdata.org].

Clinical Care Rank





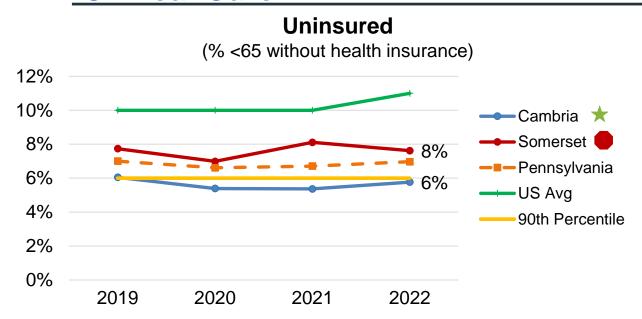


--- Cambria

→Somerset

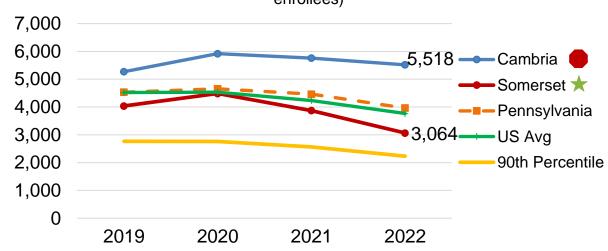
Clinical Care





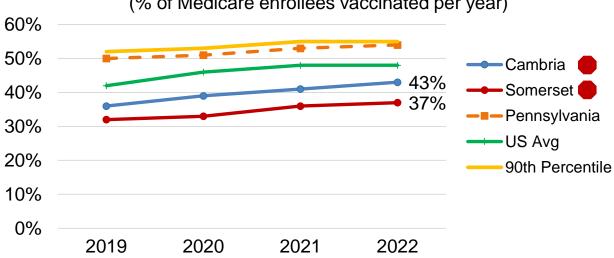
Preventable hospital stays

(hospitalization rate for ambulatory-sensitive conditions per 100,000 Medicare enrollees)



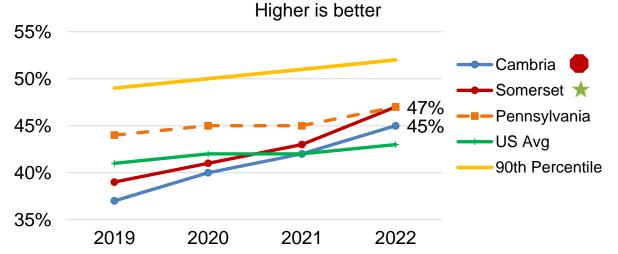


(% of Medicare enrollees vaccinated per year)



Mammography screening

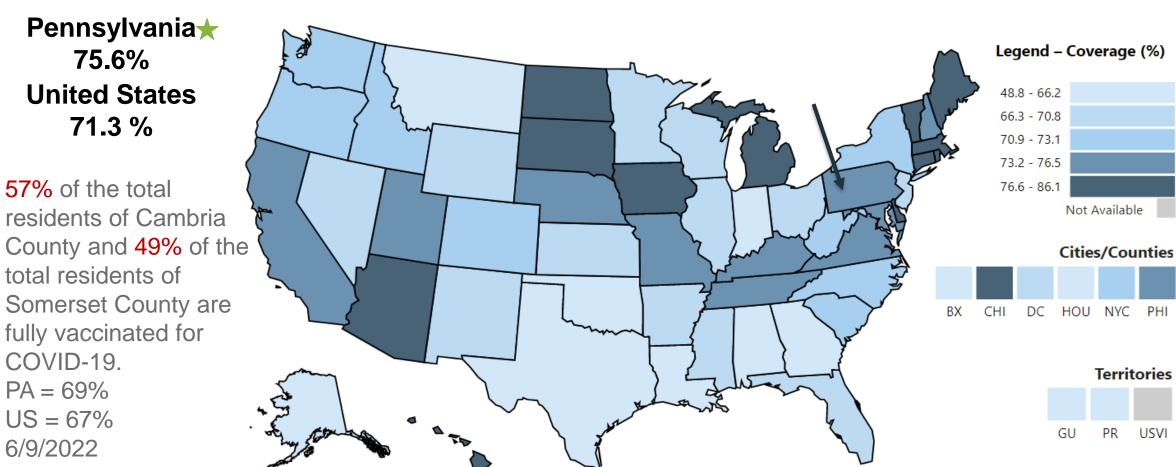
(% female Medicare enrollees ages 65-74 receiving annual mammogram)





Vaccination Coverage Among Children

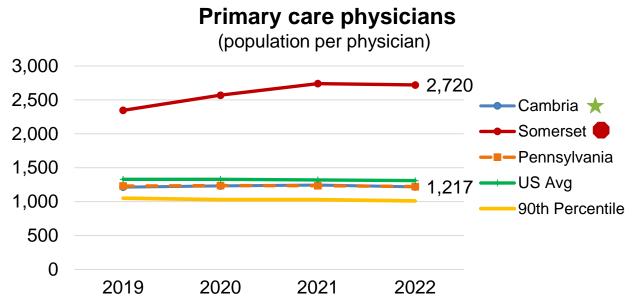
Combined 7 Series Vaccination Coverage by Age 24 Months among Children Born in 2018, National Immunization Survey-Child (NIS-Child), 2018

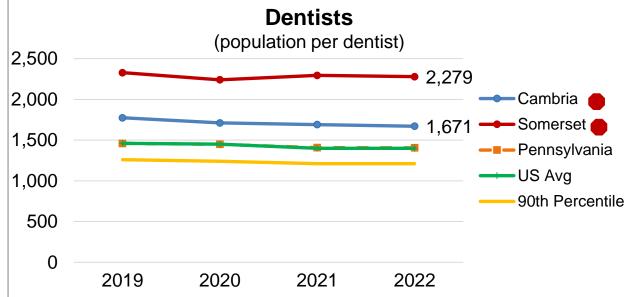


Combined 7 vaccine series (4:3:1:3*:3:1): 4 or more doses of DTaP, 3 or more doses of Polio, 1 or more doses of MMR, Hib full series (3 or 4 doses, depending on product type received), 3 or more doses of HepB, 1 or more doses of Varicella, and 4 or more doses of PCV (In 2013 data, referred to as 4:3:1:4:3:1:4-FS)

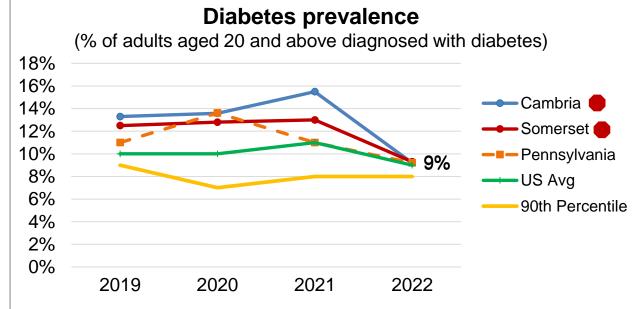
Clinical Care







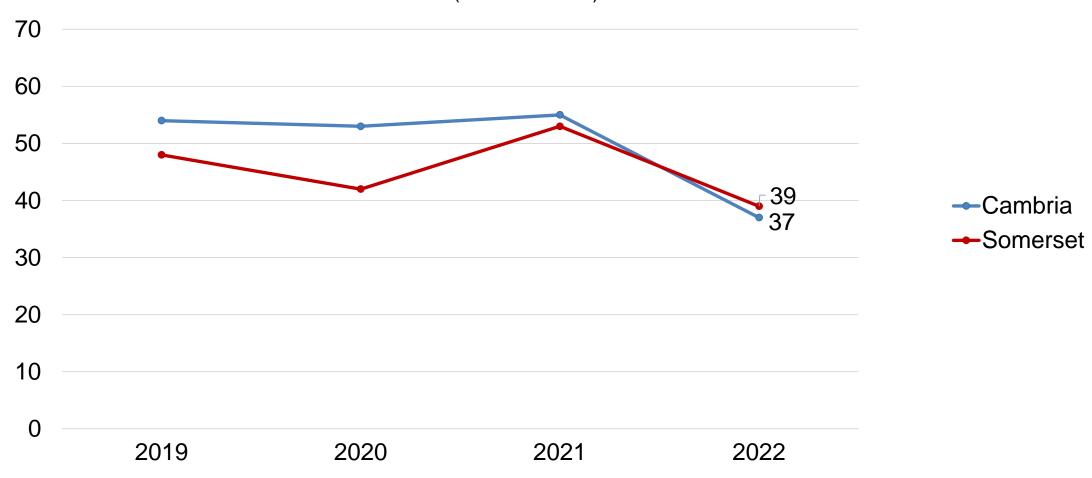
Mental health providers* (population to mental health providers) 1,200 1,000 Cambria 900 Somerset 800 --- Pennsylvania 600 -US Avg 400 90th Percentile 200 2019 2020 2021 2022



Social & Economic Factors Rank

Social and Economic Factors Ranking

(lower is better)

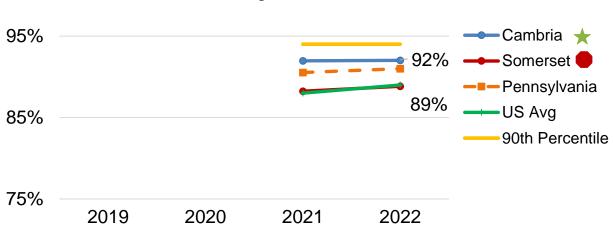


Social & Economic Factors

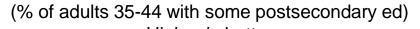


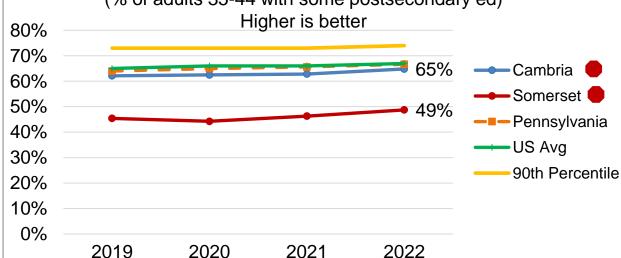


(% off adults ages 25 and over with a high school diploma or equivalent) higher is better



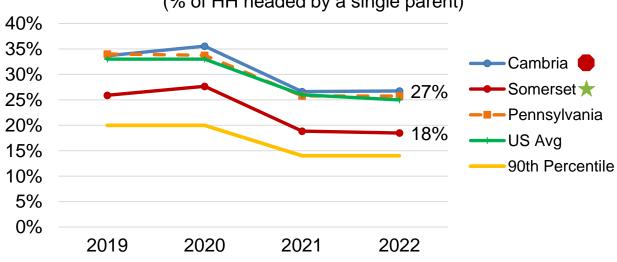
Some college





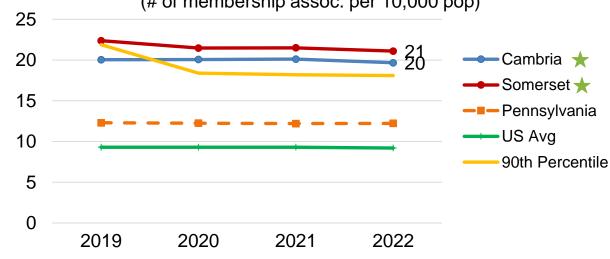
Children in single-parent households

(% of HH headed by a single parent)



Social associations

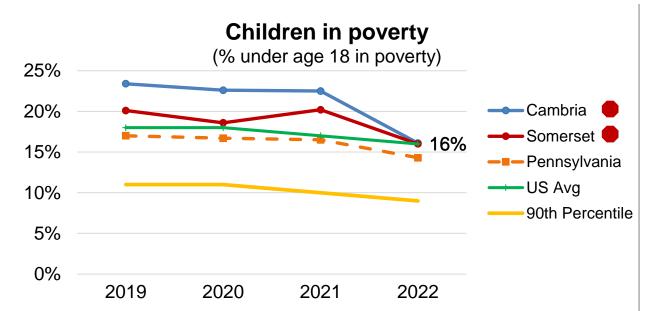
(# of membership assoc. per 10,000 pop)



Social & Economic Factors







Children in poverty

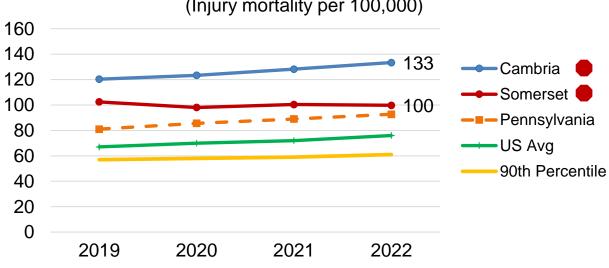
(% under age 18 in poverty)

Ethnicity/Race	Cambria	Somerset
American Indian & Alaska Native	NA	NA
Asian	15%	NA
Black	57%	NA
Hispanic	35%	25%
White	19%	16%

51% of children in Cambria County are eligible for free or reduced-price lunches 2019-2020, compared to 46% for Somerset, and 51% for PA

Injury deaths

(Injury mortality per 100,000)



Injury deaths

(Injury mortality per 100,000)

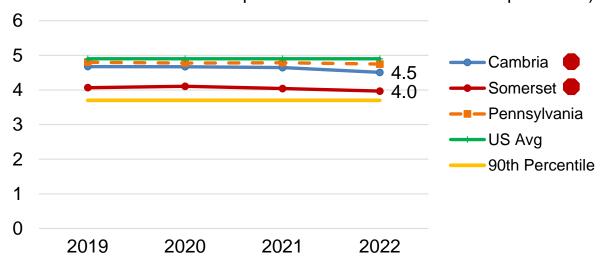
Ethnicity/Race	Cambria	Somerset
American Indian & Alaska Native	NR	NR
Asian	NR	NR
Black	220	NR
Hispanic	NR	NR
White	131	NR

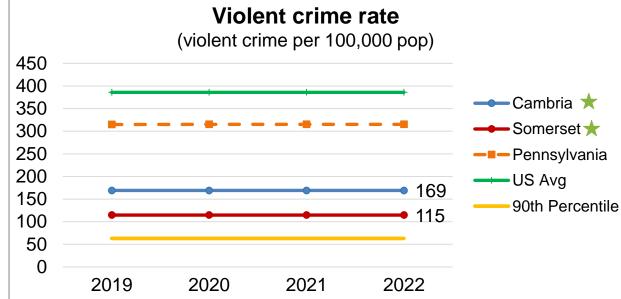
Social & Economic Factors





(ratio of HH income at the 80th percentile to income at the 20th percentile)

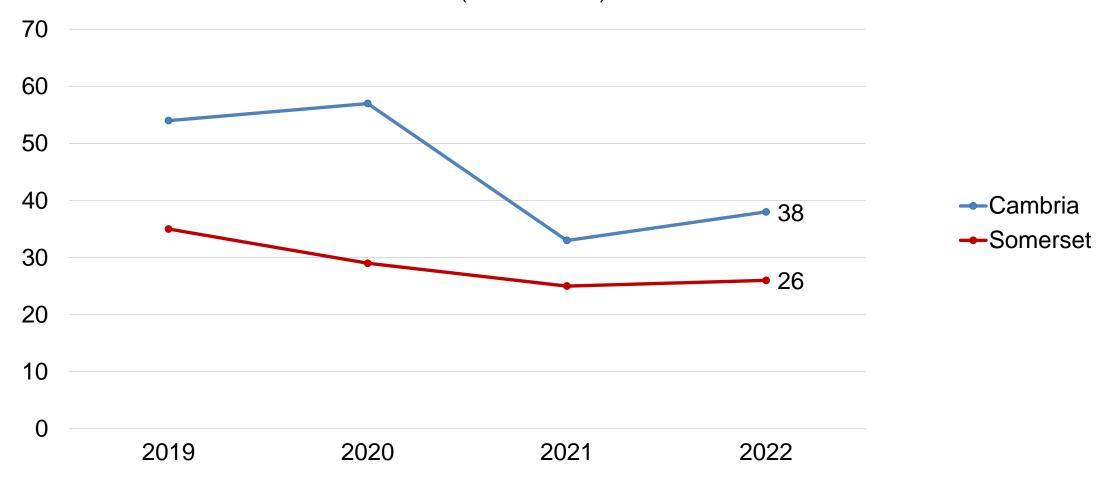




Physical Environment Rank



(lower is better)



Physical Environment



Drinking water violations

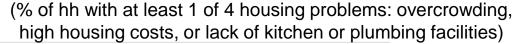
Cambria County Somerset County

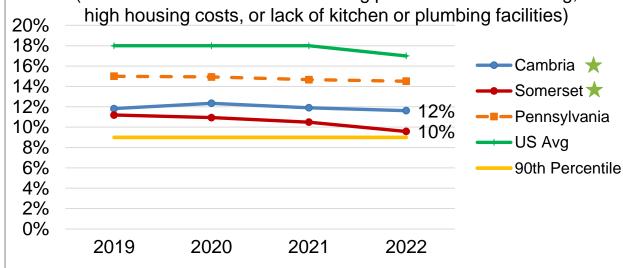
	2020	2021	2022
	Yes	Yes	Yes
/	Yes	Yes	Yes

Source: EPA Safe Drinking Water Information System.

Long commute- driving alone (among workers who commute alone, the % that commute > 30 minutes) 40% 35% Cambria 30% Somerset 25% --- Pennsylvania 20% US Avg 15% 90th Percentile 10% 5% 0% 2019 2020 2021 2022

Severe housing problems





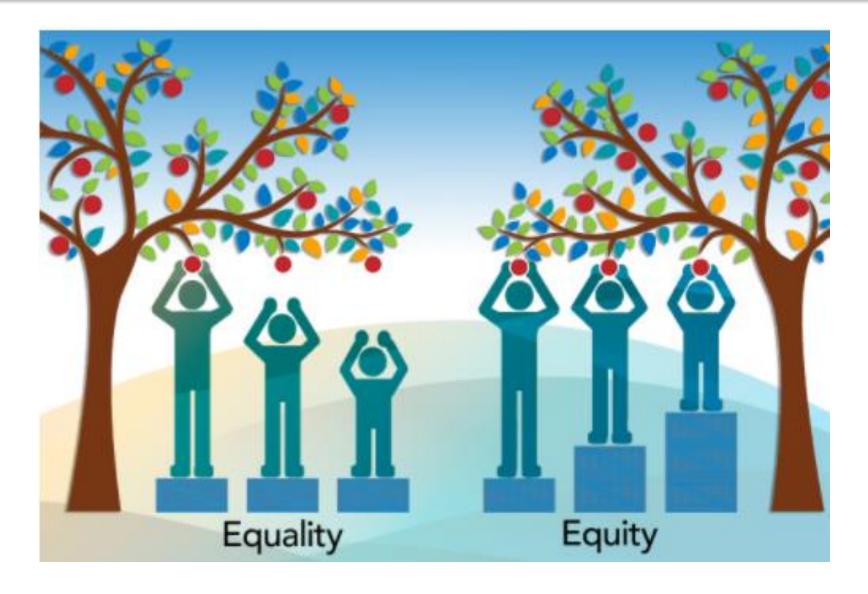
Broadband access

(% of households with broadband internet connection)

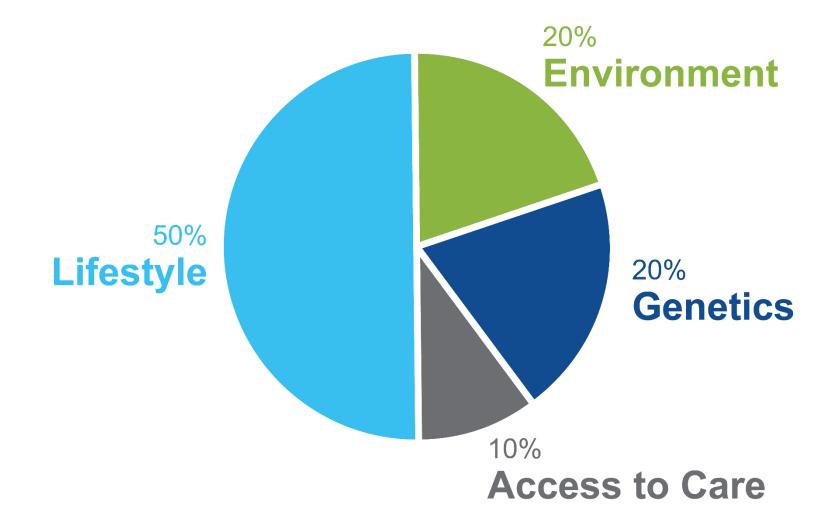
	2022
Cambria County	78%
Somerset County	75%
Pennsylvania	84%
US Avg	85%
90th Percentile	88%

Health Equality and Health Equity











Community Focus Groups/Interviews

Somerset County and Cambria County, PA CHNA

Focus Group and Interview Participation



On June 9, 15 community members participated in focus groups and individual interviews in Cambria County to share their opinions on community health status and needs.

They represented:

- Public safety
- Healthcare providers
- Not-for-profit, social organizations
- Clergy
- Government and community representatives
- Businesses

How do you define health?



- Overall wellbeing physical, mental, social, community, organization
 - Holistic
 - Thrive and survive
- Degree to which an individual or collection is struggling or thriving
- Is a spectrum, and differs based on disability, health, and resources

How would you describe the health of the Cambria & Somerset County communities?



- Poor
- Good for some, not for others (the marginal)
 - Based on a lot of different factors
 - Lack of understanding of the definition of health
 - Includes mental, spiritual, financial, education
 - Some don't see smoking and drugs as issues
 - Making health decisions based on what they can afford
 - Don't have hope for change, things will always be this way
 - Demographics challenging, some living below poverty
- Middle class most affected
- Physical health close to state average

What are the most significant health issues for the counties?



- Mental health depression, anxiety, anger, propels substance misuse
- Chronic diseases diabetes, heart disease
- Obesity lack of healthy food
- Substance misuse
- Access to care primary care, dentists, nurses, therapists, urgent care
 - Affordability of health care
 - For complex medical issues
 - Lack of transportation
- Stigmas "their problem", "tough love"
- Poverty lack of jobs, food insecurity
- Lack of education and misinformation from Facebook
- Duplications of resources need better non-profit coordination
- Violence

What are the most important health issues facing medically-underserved, low-income populations?





- Access to care transportation, lack of affordable primary care, lack early intervention and prevention,
- Poor living conditions and unhoused people
- Poverty generational and unemployment
- Lack of sustainable social safety net programs get cut and creates lack of trust
- Influx of at-risk minorities coming from larger cities creating tension with local minority community

À



What are the most important health issues facing minority populations?

- Prejudice criminal justice system, disparities lead to frustration and mental health issues
- Substance misuse
- Chronic diseases cardiovascular issues, diabetes, obesity
- Lack of trust in the medical system
- Language and cultural barriers
- Documentation status fear
- Viewed as "other"

À

What are the most important health issues facing children/adolescents?

- Mental health stress, anxiety, gun violence, issues are surfacing earlier
- Childhood trauma poor homelife, parenting
- Obesity
- Disabilities 35% in the Headstart program have diagnosed disabilities
- LGBTQ+ community doesn't have access to therapy or hormone treatment locally

What are the most important health issues facing seniors?



- Isolation living and dying alone, disconnected, loneliness
- Can't take care of themselves
- Lack of support live safely at home, technology, paperwork
- Grandparents raising grandchildren
- Access to care doctors booked, urgent care, struggle with telehealth, need to see multiple doctors
- Socioeconomics
- Chronic diseases

The community performed a CHNA in 2019 and identified priorities for health improvement





- 1. Substance use disorder
- 2. Lifestyle/obesity
- 3. Mental health needs
- 4. Parental support, youth opportunities

- 5. Access/affordable care
- 6. Socioeconomics/jobs
- 7. Infrastructure/best practices

What has changed most related to health status in the last three years? <u>Better</u> <u>Worse</u>

None

Due to COVID, most have gotten worse

Still Issues

- All
- Don't hear as much about obesity
- Drug coalition created

Additional

- Outreach to minorities and seniors
- Poverty

What community assets support health and wellbeing?



- Lots of resources
- Food bank
- Famers markets
- WIC
- Beginnings
- Magellan
- Community action

What, if any, health issues or inequities did the COVID-19 pandemic expose in the community?



- Mental health declined isolation, peer interaction
- Wish we could have processed differently lack of critical thinking
- Children at home with abusers, unreported
- Use of technology had to have access to internet and computers
- Nutrition needs not met
- Care postponed dental care
- Medical system overwhelmed
- Lacked transportation
- Lack of public health infrastructure
- Lack of communication and trust

What improvement activities should be a priority for the county to improve health?





- Bring jobs into the community large companies that offer benefits, entrepreneurial jobs, family sustaining jobs, livable wages
- Increase and pool resources school districts, city and county. Stop saying "they're problem isn't our problem".
- Increase public transportation
- Improve infrastructure more sidewalks, parks
- More community education resources available
- Help for those in poverty dilute concentrated poverty, home ownership programs
- Better parenting
- More sports for kids
- Instill hope, sense of pride, worth and critical thinking in people. How to live an ethical, merciful life.
- Address the drug problem
- Healthcare not associated with an employer available to everyone
- Mandatory community and/or military service
- Babies born in Somerset County



Community Survey

Somerset County and Cambria County, PA CHNA

Survey Methodology



- The partners and Stratasan conducted an online and paper version community survey in Cambria and Somerset Counties.
- 883 surveys were completed via online surveys from May 23, 2022, through July 20, 2022
- Method of distribution
 - 2,000 paper copies distributed to Community based organizations, healthcare providers, community events
 - 2,000 paper copies mailed to homes (1,200 Cambria/800 Somerset)
 - Email distribution to hundreds of community partners and email distribution lists
 - Social media placement
- Compared to 2019 surveys, conducted from March 17, 2019 April 29, 2019
- 604 surveys were completed in 2019
- Some questions and responses are new to the 2022 surveys
- "Other" responses can be found on the accompanying excel file.

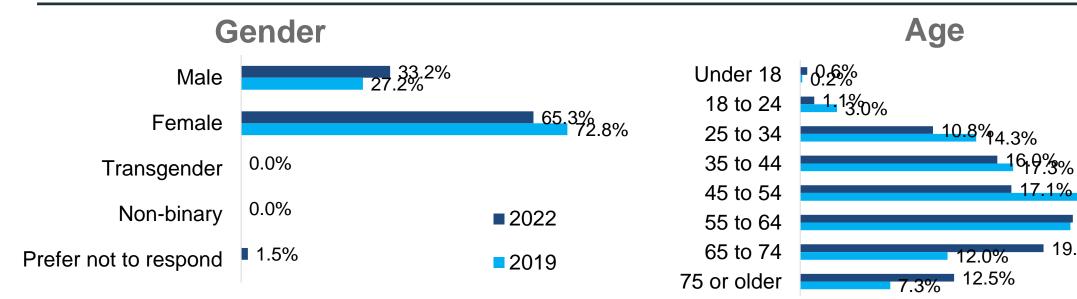




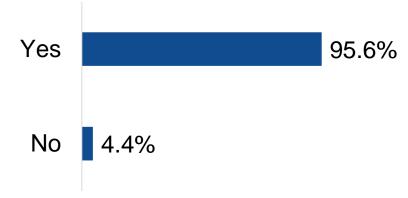
24.1%

27.9%

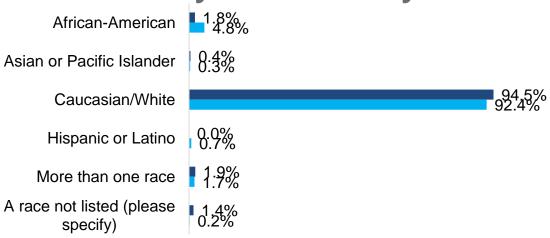
19.8%







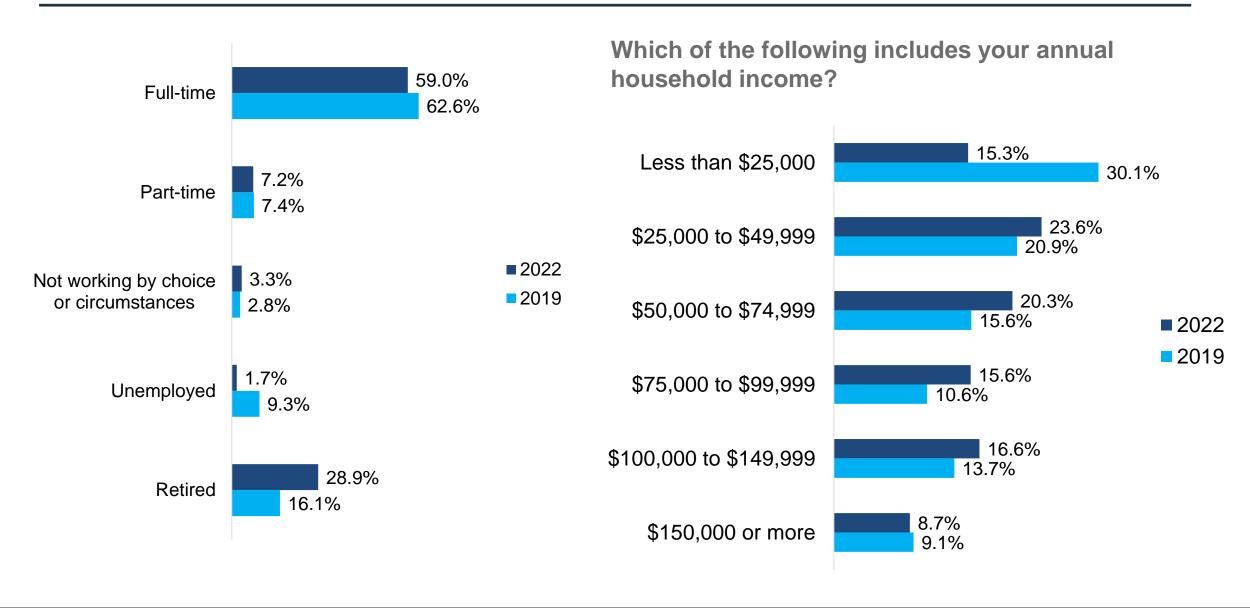
How would you describe yourself?



What is your current employment status?



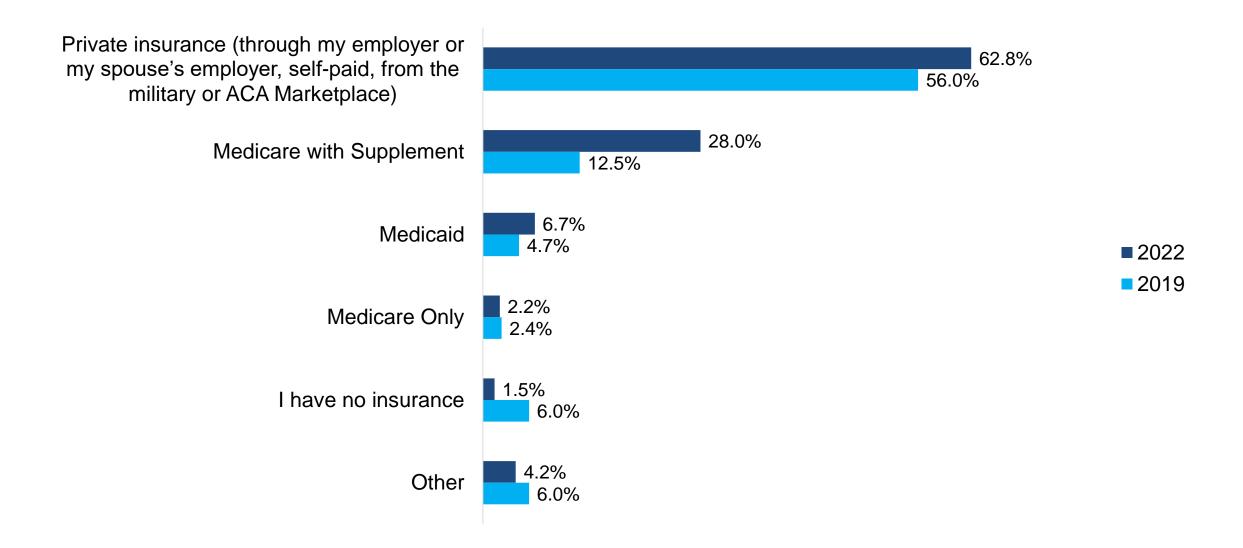




Which of the following best describes your health insurance situation?



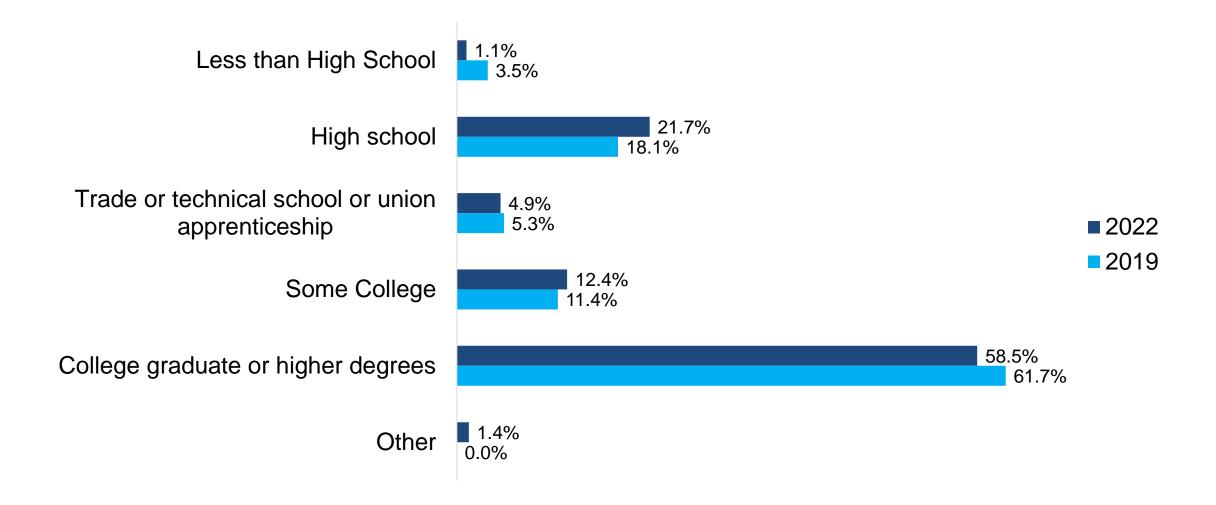




What is the highest level of education that you have completed?

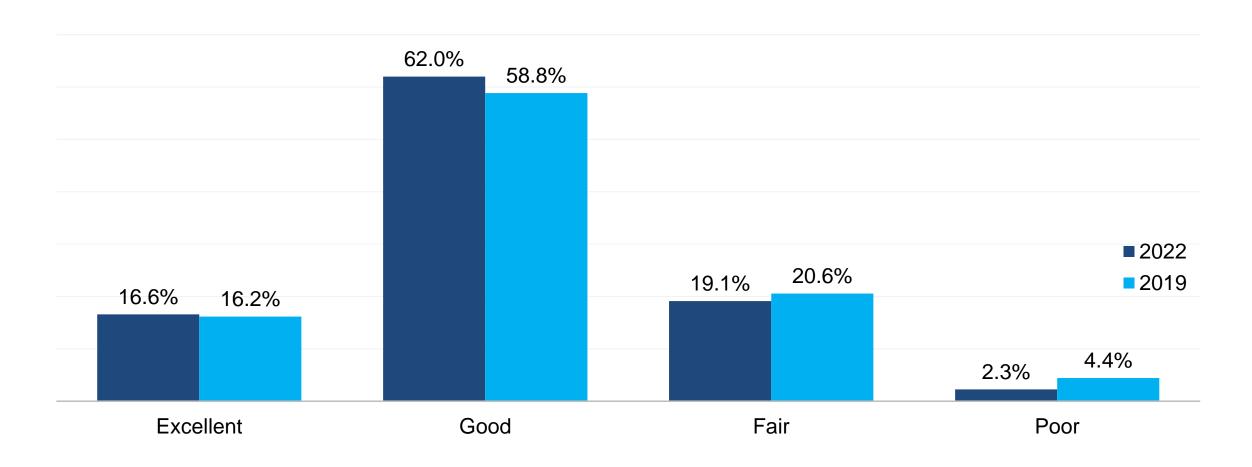






Generally, how would you describe your health? Would you say it is...

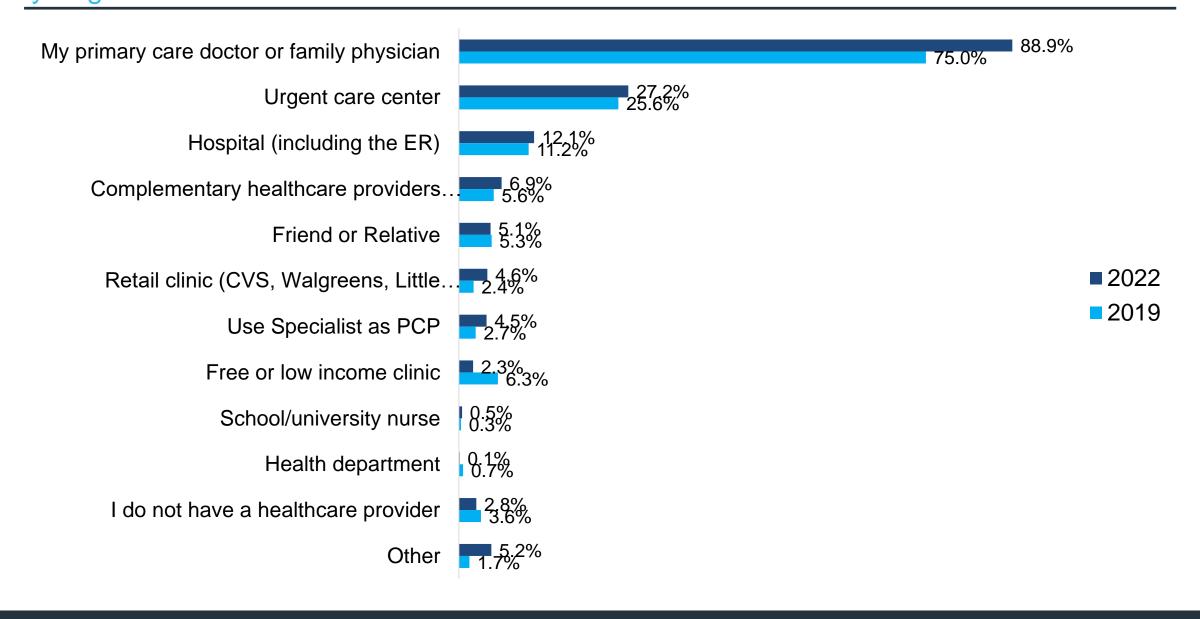




If you have one person or group you turn to for basic healthcare needs, where do you go most often?



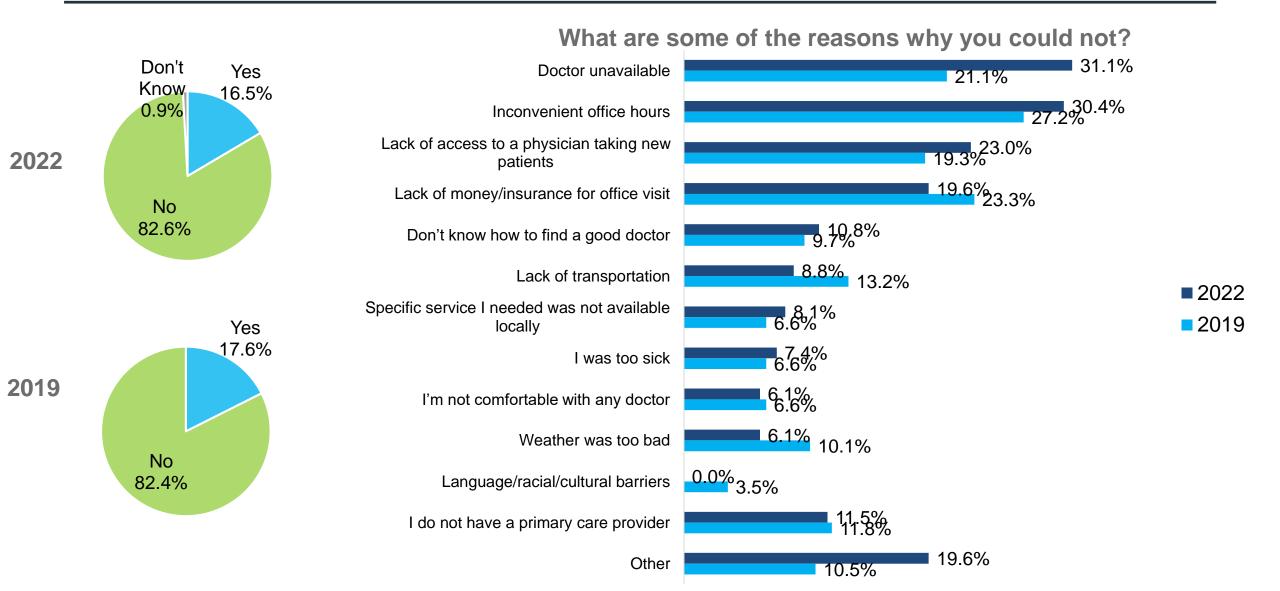




Was there a time in the past 12 months when you needed to see a <u>doctor</u> but could not?



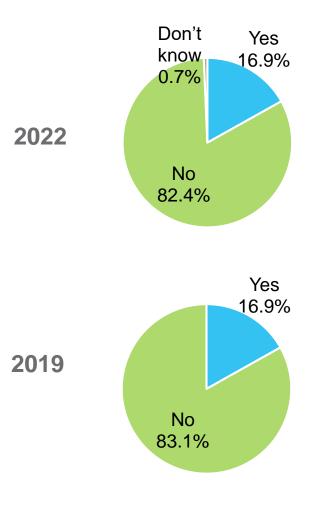


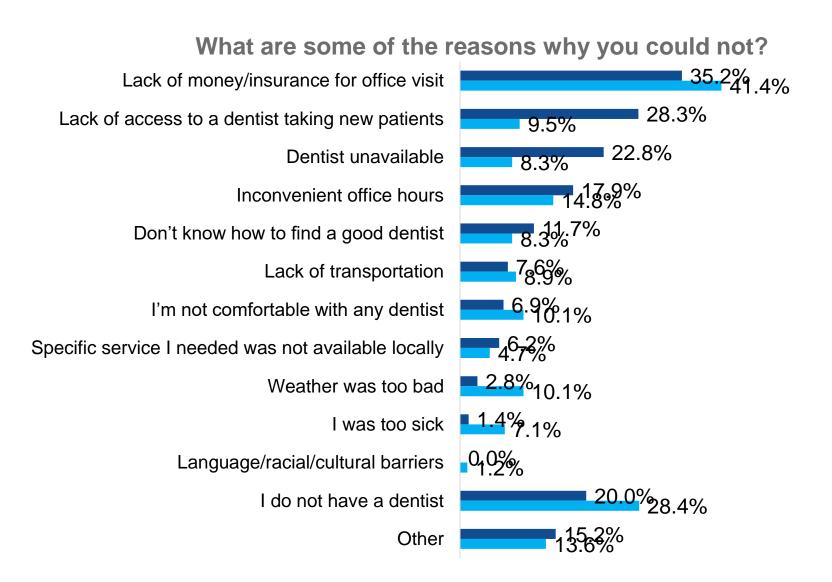


Was there a time in the past 12 months when you needed to see a <u>dentist</u> but could not?





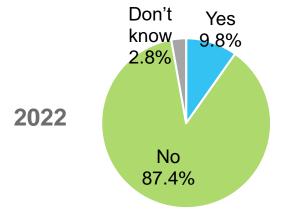


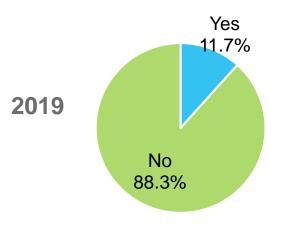


Was there a time in the past 12 months when you needed to see a **mental health professional** but could not?

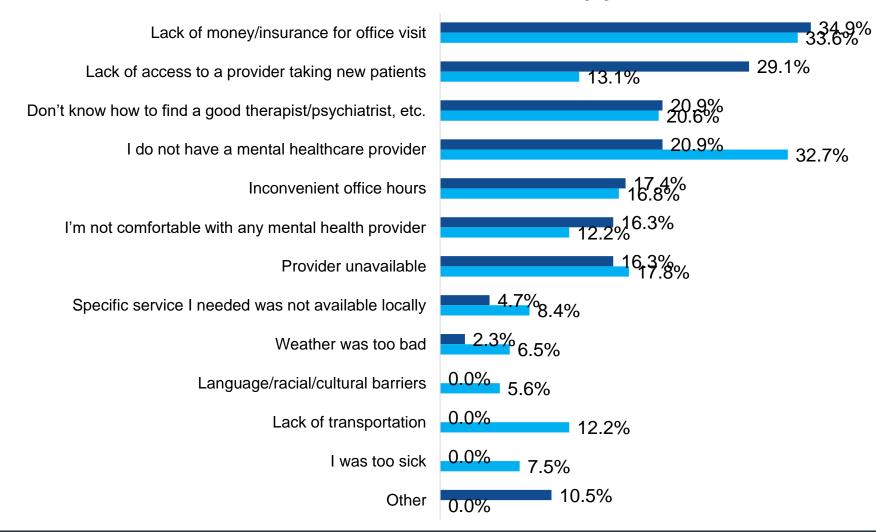








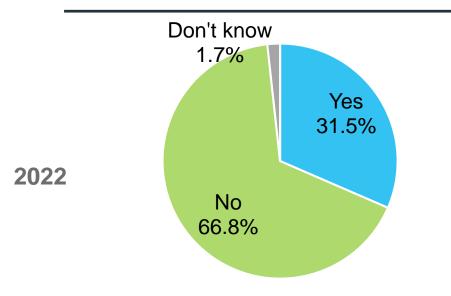
What are some of the reasons why you could not?



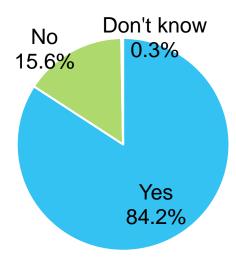
Have you ever been diagnosed with COVID-19?



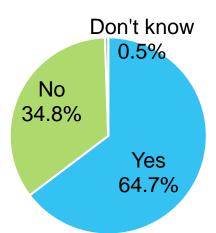




Have you received the COVID-19 vaccine (first and second dose)?

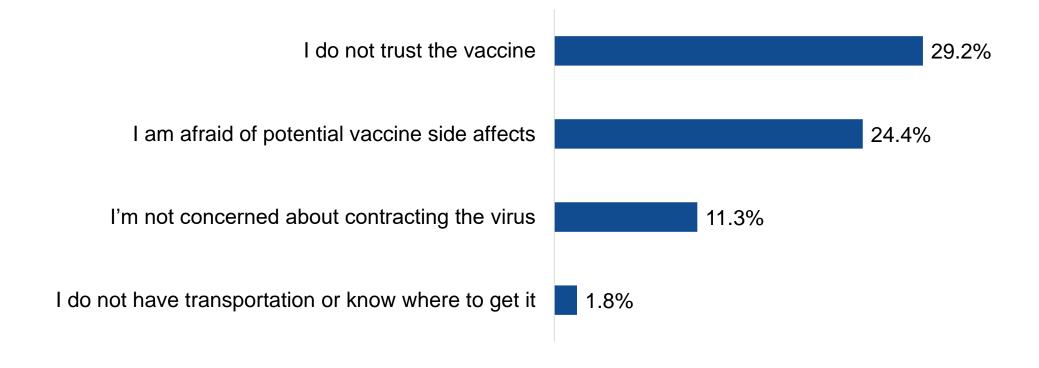






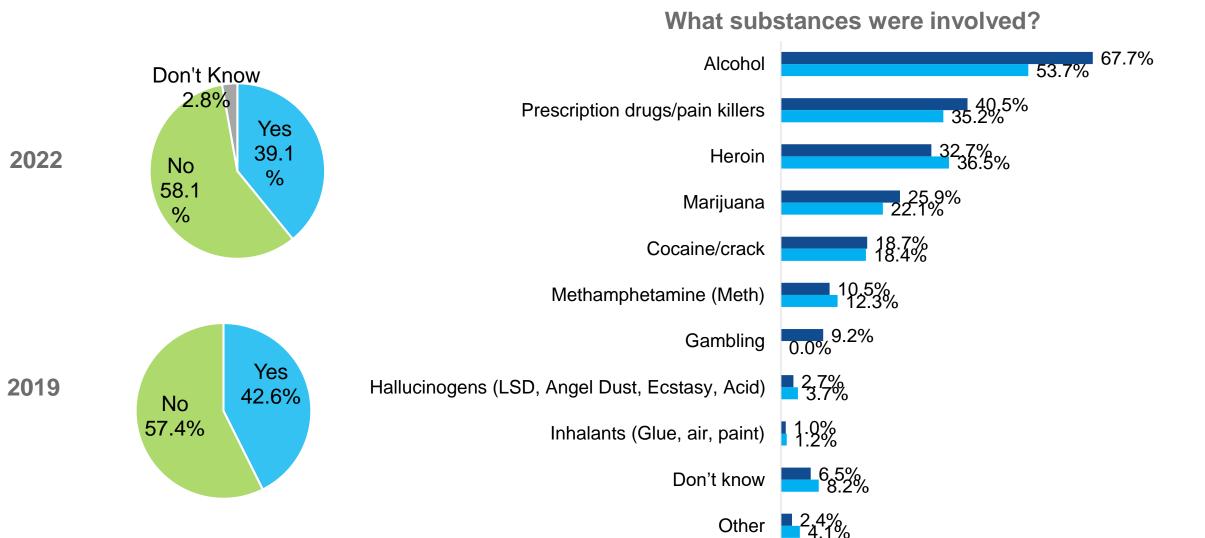






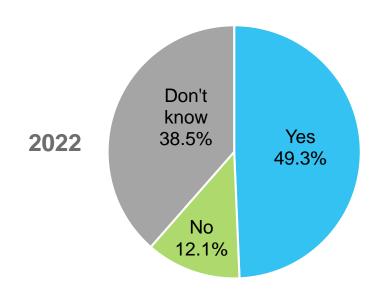
Have you, a relative, or a close friend experienced substance abuse or addiction?

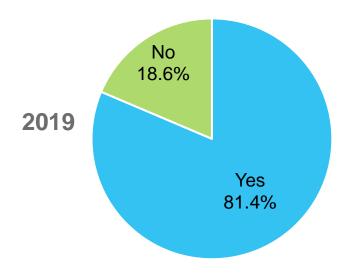






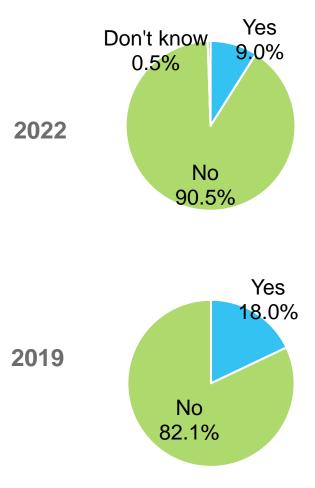




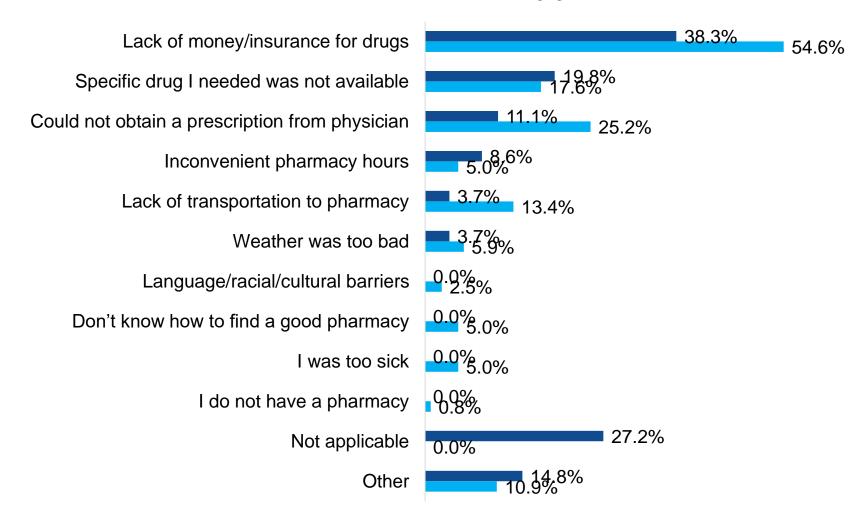


Was there a time in the past 12 months when you needed <u>medications</u> but could not obtain them?





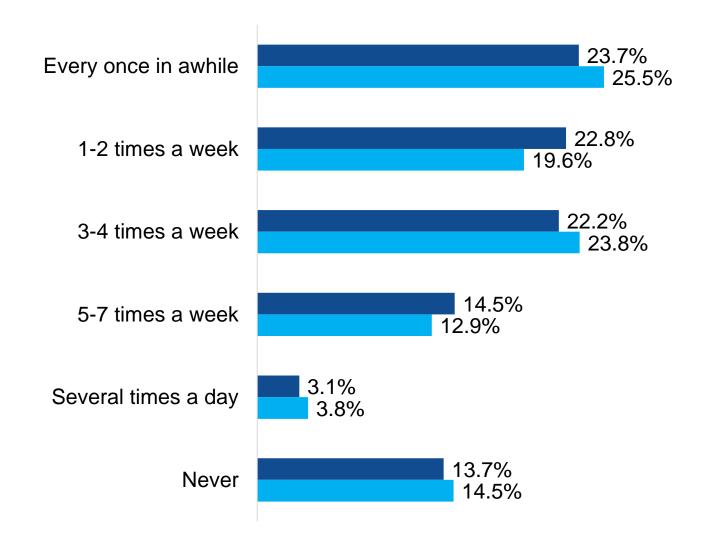
What are some of the reasons why you could not?



How often did you participate in any physical activities or exercise such as fitness walking, running, weight-lifting, team sports, etc.?



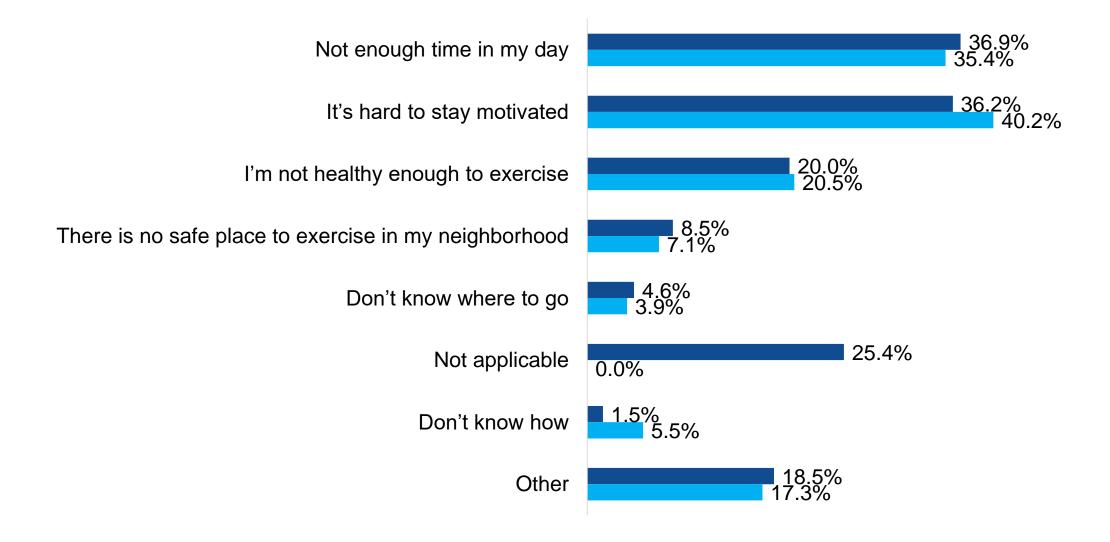




If "never", What are the reasons you have not participated in any exercise during the past month? (Select all that apply)





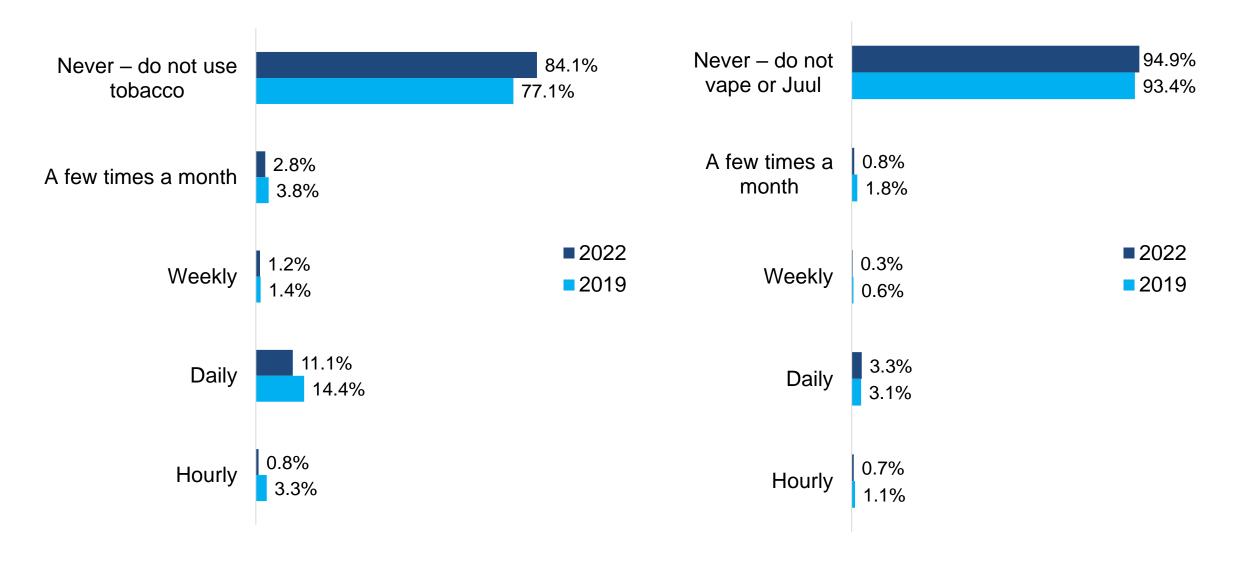


How often do you smoke or use smokeless tobacco, if you do?

How often do you use e-cigarettes or vape, if you do?

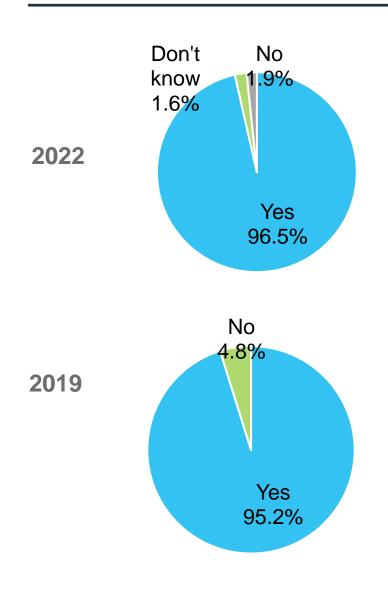




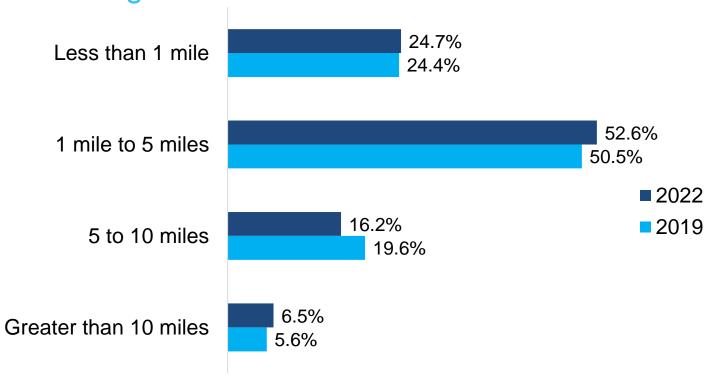


Do you have access to healthy food?



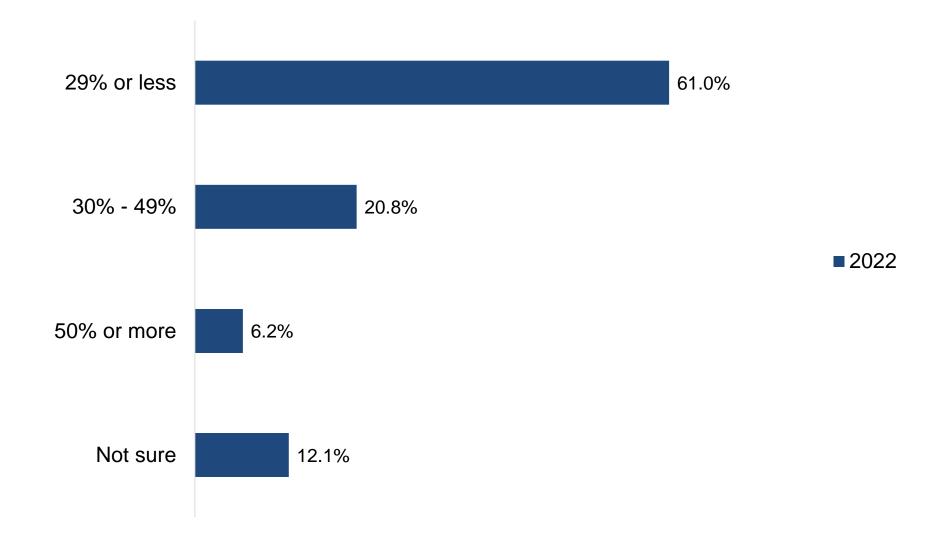


How close in distance is the nearest store or market that offers fresh fruits and vegetables?





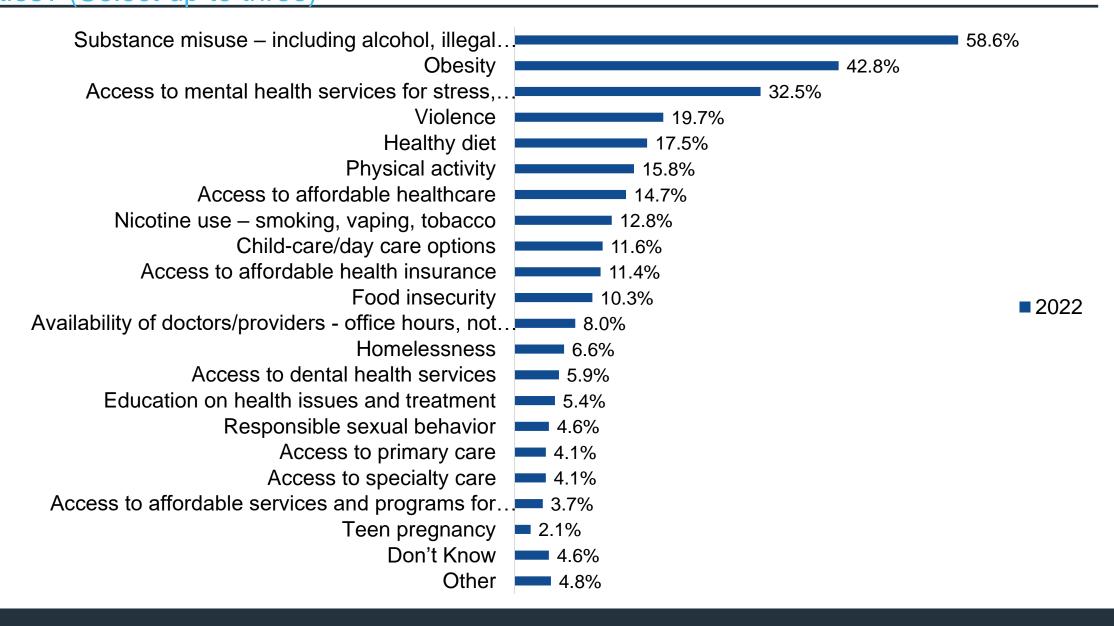




In your opinion, what are the top 3 most significant health issues in the counties? (Select up to three)



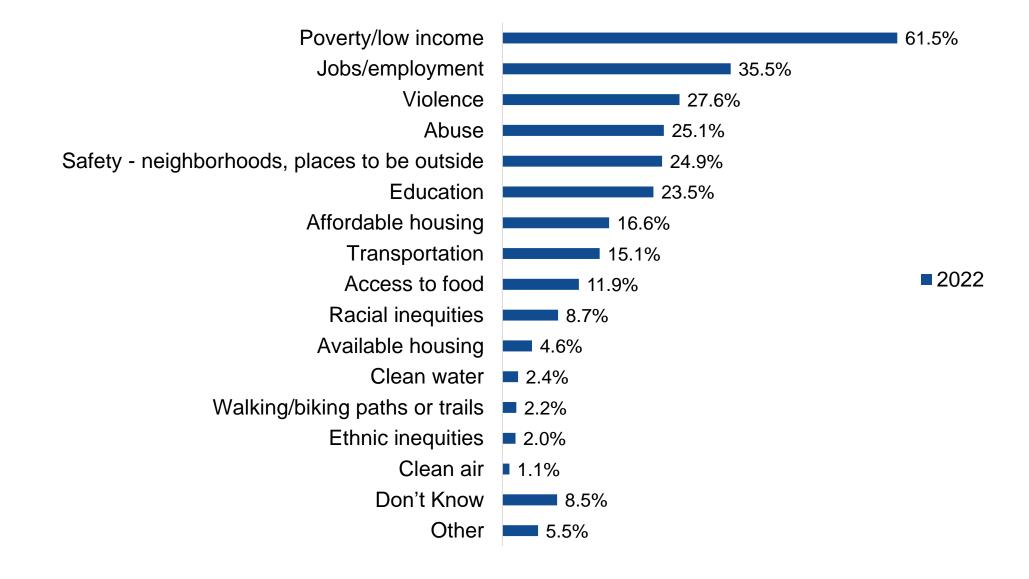




What are the top three social determinants of health issues that are impacting people's health? (Select up to three)



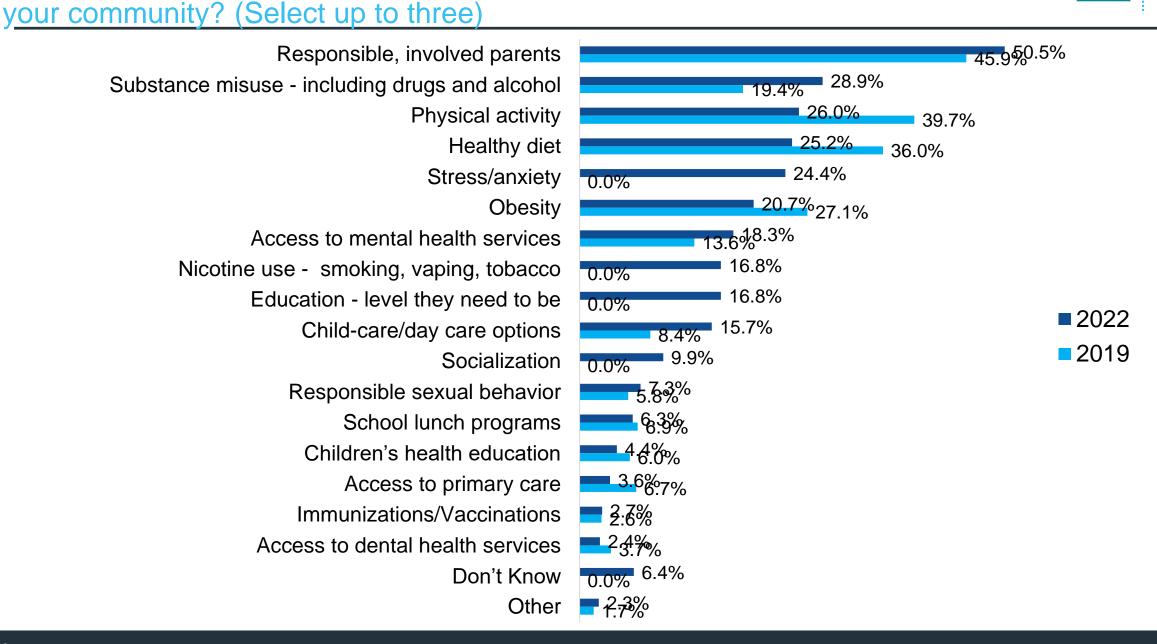




In your opinion, what are the top 3 health concerns for children and youth in



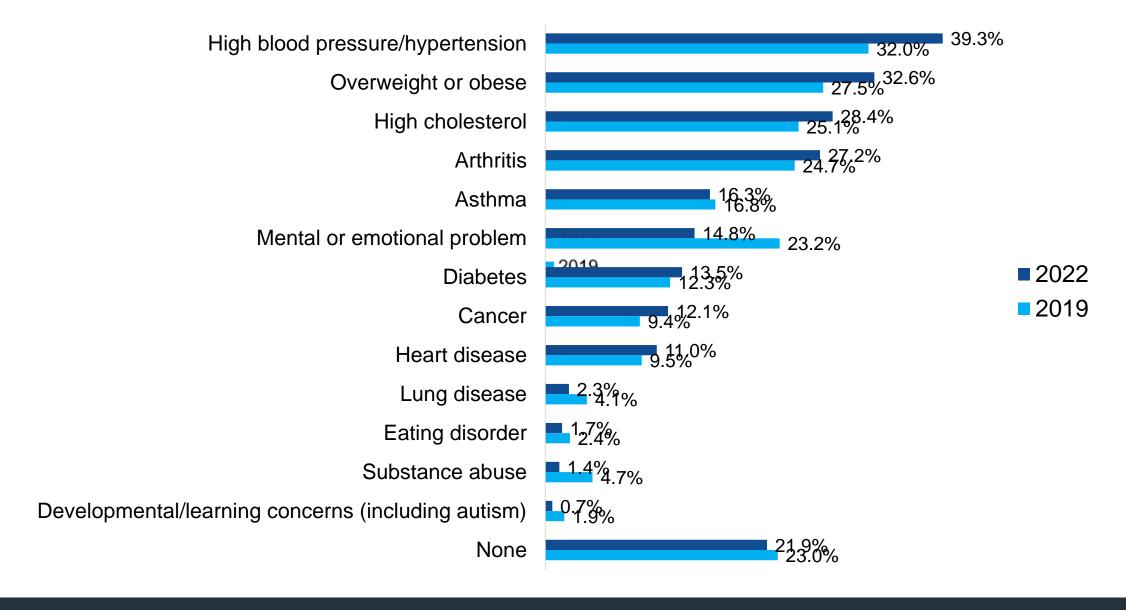




Have you ever been told by a doctor you have any of these conditions, diseases or challenges? (Select all that apply)



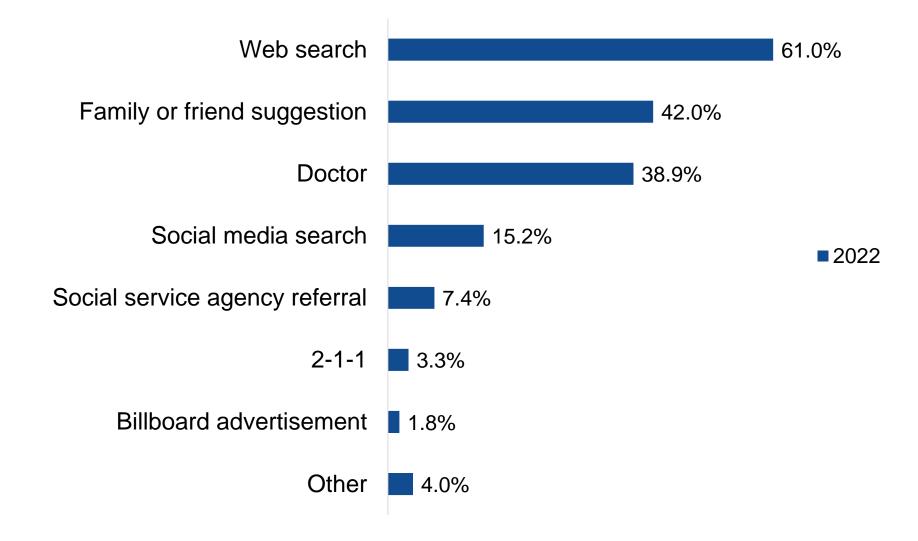




Where do you go to find help on resources in the community?

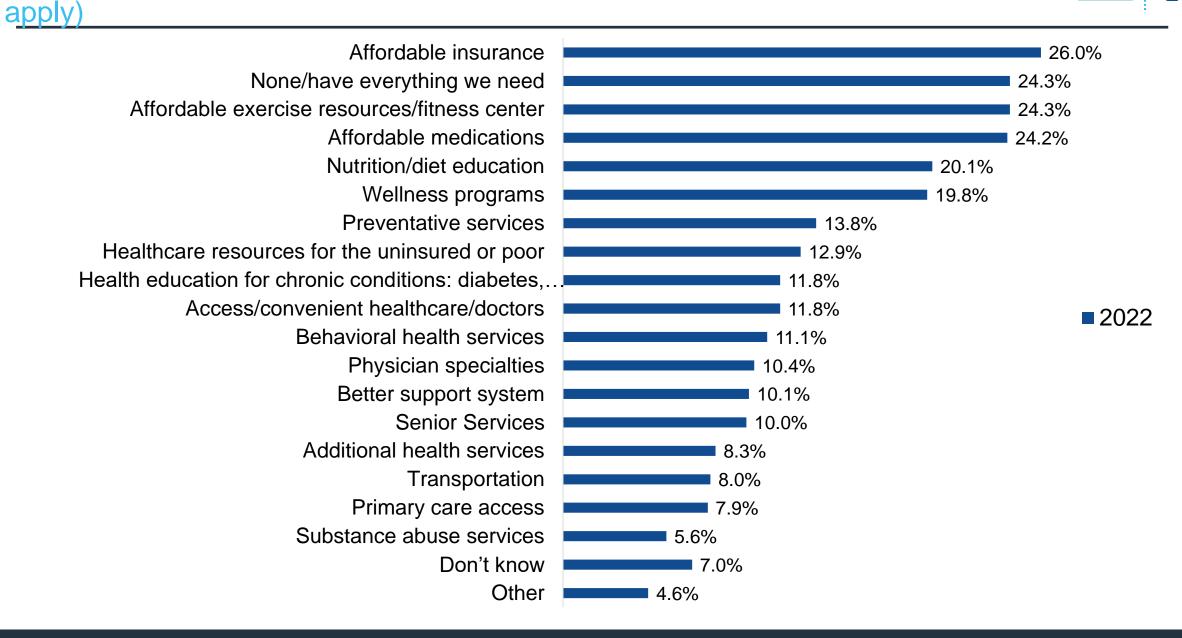






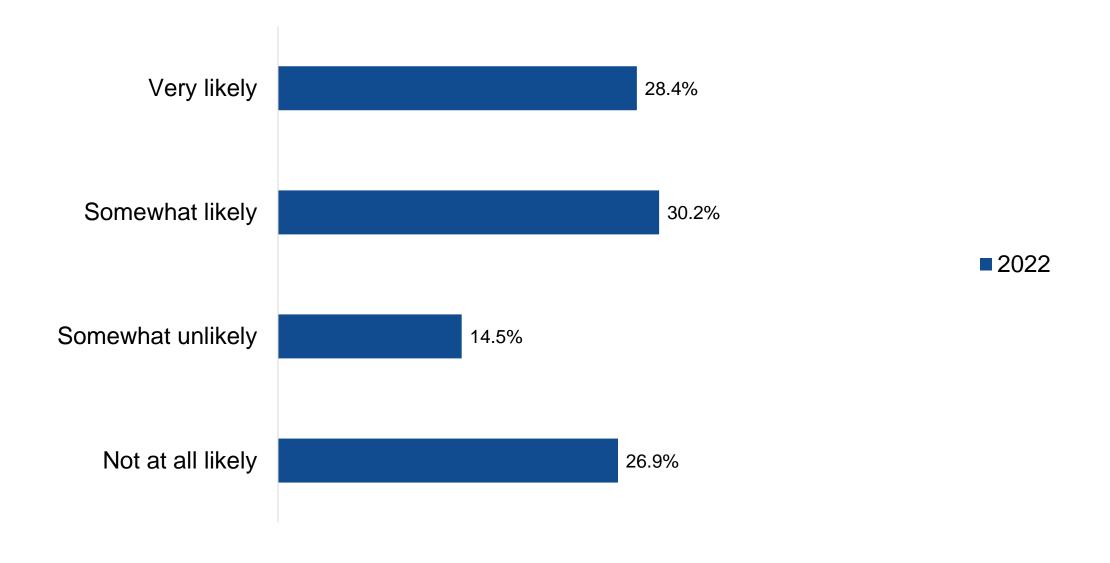












Employee Survey

Somerset County and Cambria County, PA CHNA

Methodology

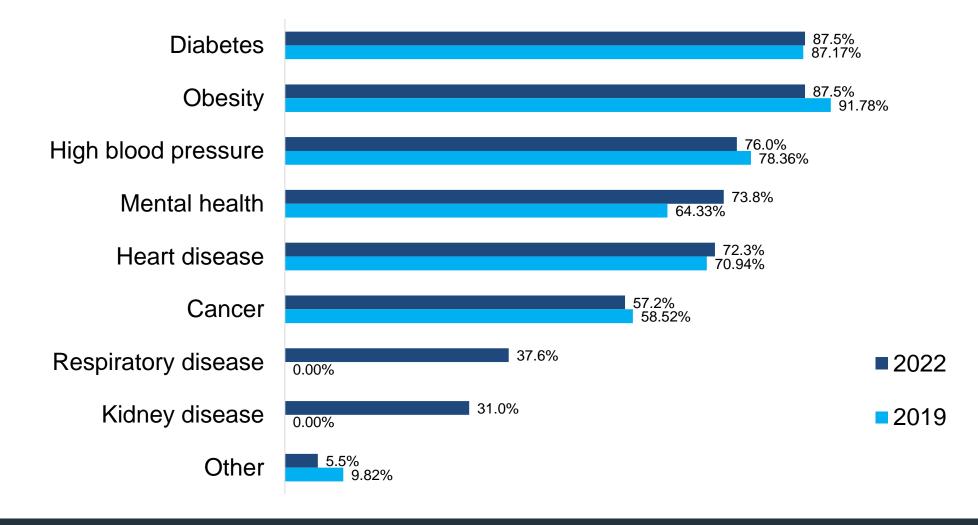


- Stratasan and the partners conducted Conemaugh Health System online employee surveys via SurveyMonkey for Cambria and Somerset Counties, PA.
- 275 surveys were completed.
- Respondents that answered they live outside of Cambria and Somerset Counties, PA were disqualified from continuing the survey.
- The surveys were conducted from May 8, 2022, to June 13, 2022.
- "Other" responses can be found on the accompanying excel file.
- Compared to 2019 surveys, conducted from May 9, 2019 June 14th, 2019
- 190 surveys were completed in 2019





Q2. What are the most prevalent chronic diseases in your community? (Mark all that apply)



Q3 – Top Community Health Issues



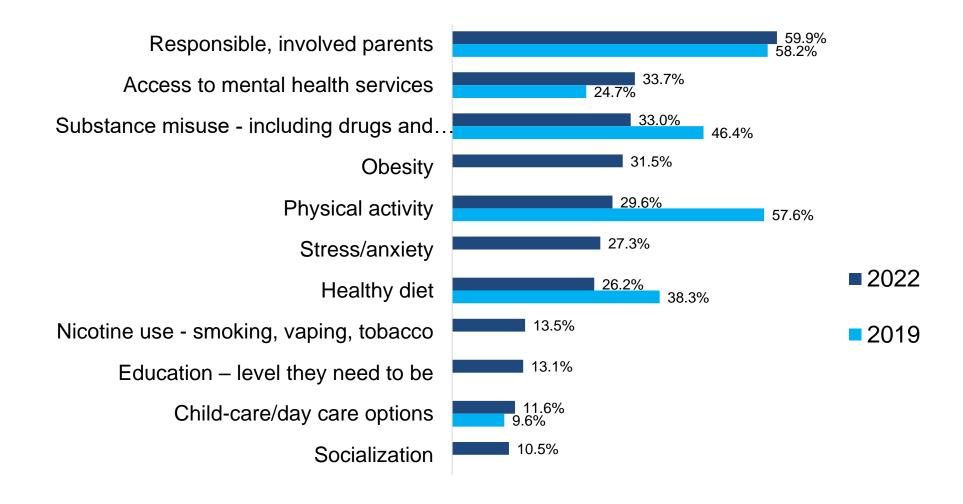
Q3. What are the top 3 issues in your community that impact people's health? These issues could be related to Healthcare Access, Community Issues, General Lifestyle, Quality of Life issues or any other issues you can think of. (Select up to 3)

Top Issues	2022 %'s	2019 %'s
Substance misuse - including alcohol, illegal drugs, prescription drugs	50.4%	21.1%
Access to mental health services for stress, anxiety, depression, bipolar disorder, etc.	40.2%	25.9%
Obesity	32.9%	14.7%
Access to affordable health insurance	29.9%	35.3%
Access to affordable healthcare	24.8%	31.5%
Aging population/services for elderly	23.7%	5.4%
Stress/stress at work	20.8%	
Affordable fresh/natural foods	17.5%	8.0%
Availability of doctors – office hours, not accepting insurance	15.7%	
Healthy diet	15.3%	
Physical activity	14.6%	
Nicotine use - smoking, vaping, tobacco	14.6%	6.9%
Child care/day care options	9.9%	
Affordable healthy lifestyle services and programs	9.5%	8.2%
Access to primary care	9.1%	8.8%
Access to specialty care	9.1%	11.6%
Violence	9.1%	
Access to affordable services and programs for individuals with disabilities and special needs	8.0%	6.5%
More urgent care or walk-in clinics, after hours care	8.0%	2.8%
Access to dental health services	7.3%	5.4%
Information about managing chronic health conditions	7.3%	4.1%
Homelessness	5.8%	
Food insecurity	5.1%	
Teen pregnancy	3.7%	2.8%
Full-service grocery stores	3.7%	1.1%
Information about how to cook healthy foods	2.2%	3.9%
Vision health services	1.5%	1.3%
Don't Know	1.5%	
Language barriers	0.4%	0.2%

Q5 - Youth/Childhood Health Issues



Q5. In your opinion, what are the top 3 health issues for youth and children in your community? (Select up to 3)

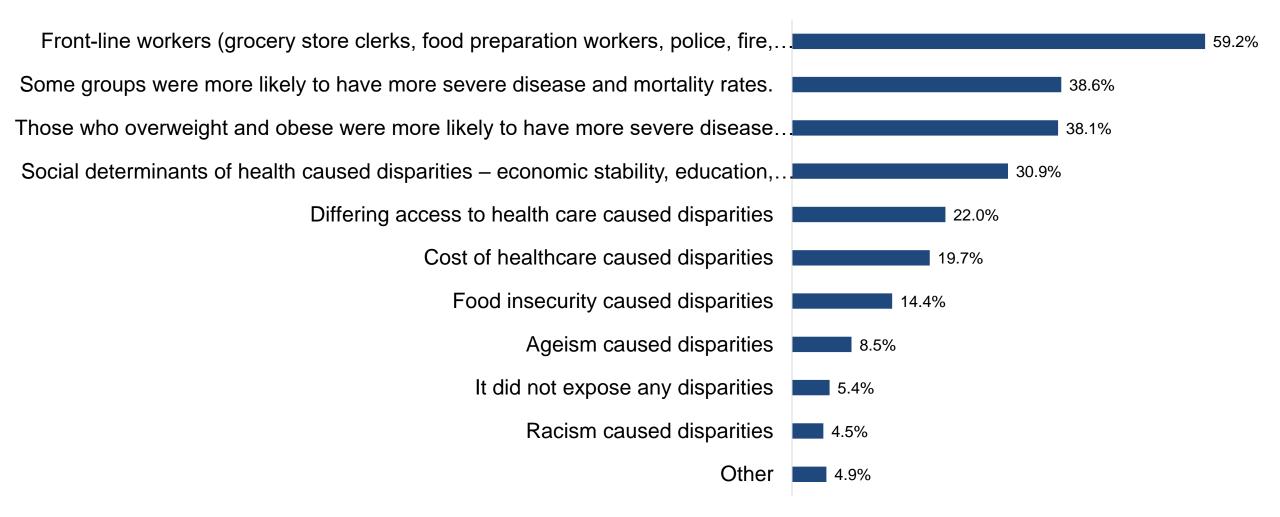


Q6 – COVID-19 Impacts on Health Disparity





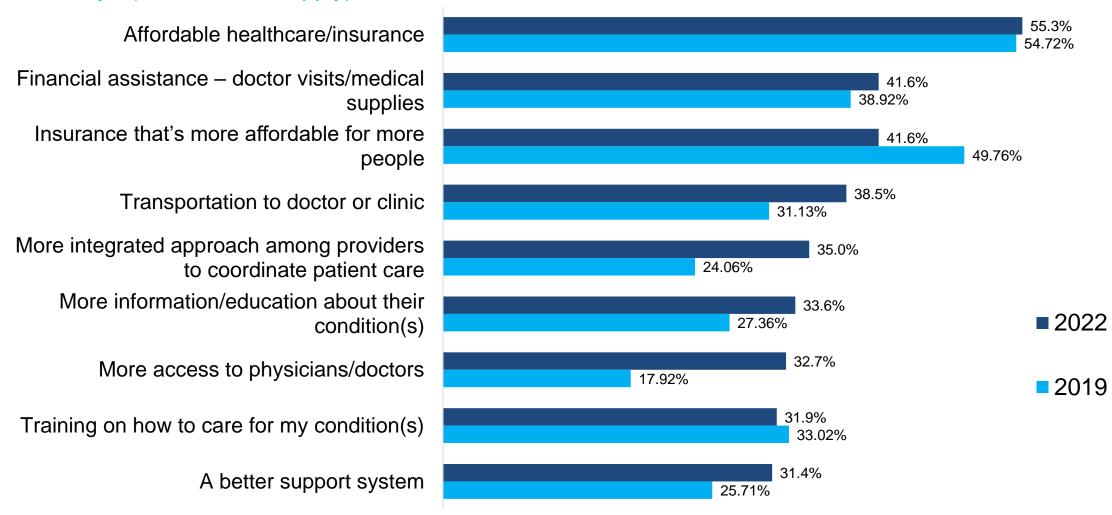
Q6. What, if any, health disparities or inequities (avoidable, unfair, or remediable differences in health) did the COVID-19 pandemic expose in your community? (Select all that apply) 2022 Responses Only



Q7 – Health Management Needs



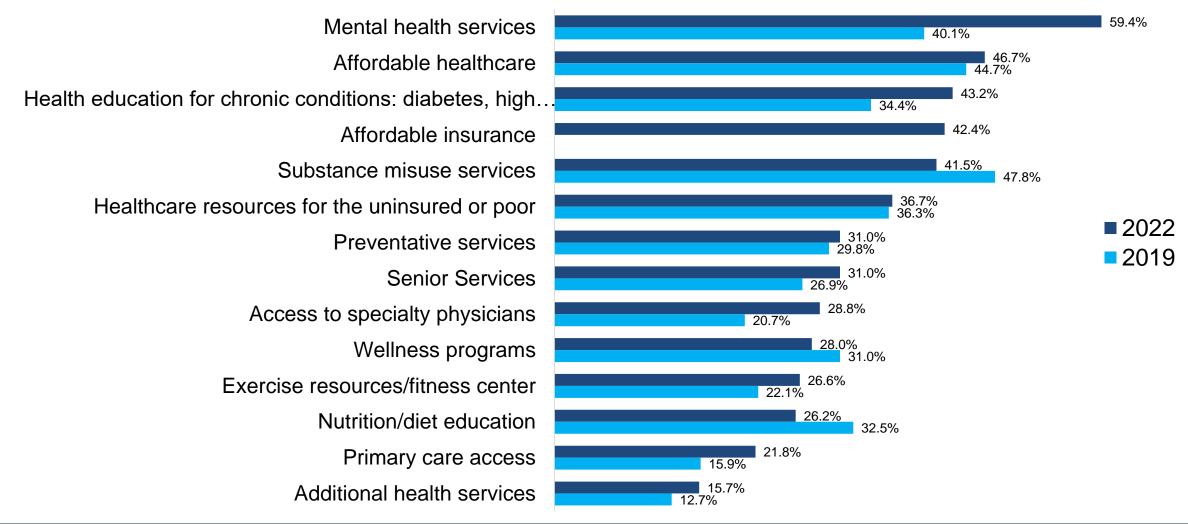
Q7. What, if anything, do you think the people in the county need in order to manage their health more effectively? (Select all that apply)



Q8 – Community Health Programs



Q8. What healthcare, health education or public health services or programs would be most beneficial to your community for Conemaugh Health System to provide/offer?



Physician Survey

Somerset County and Cambria County, PA CHNA

Methodology

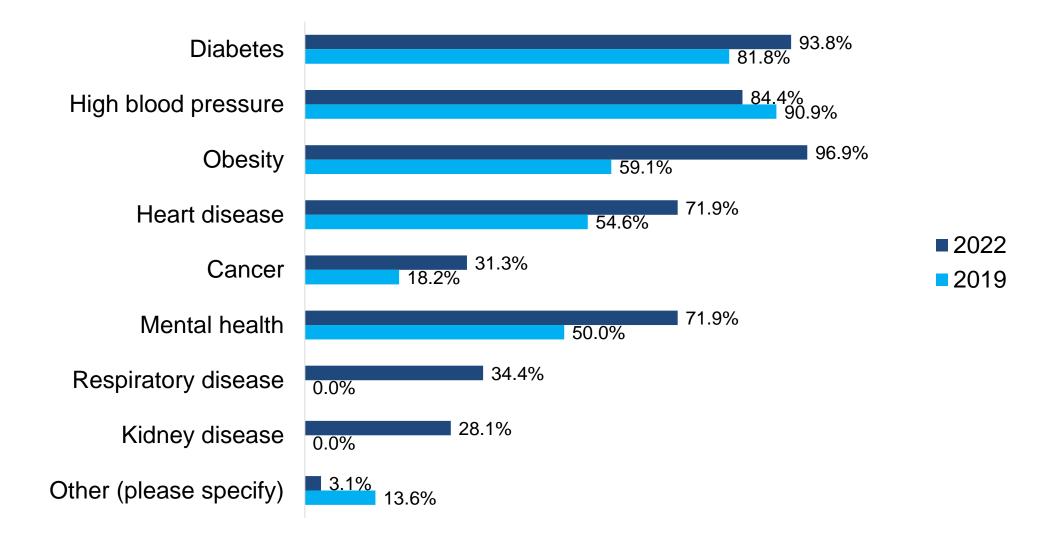


- Stratasan and the partners conducted online provider surveys via SurveyMonkey for Cambria and Somerset Counties, PA.
- 32 surveys were completed.
- Respondents that answered they live outside of Cambria and Somerset Counties were disqualified from continuing the survey.
- The surveys were conducted from May 8, 2022, to June 13, 2022.
- "Other" responses can be found on the accompanying excel file.

What are the most prevalent chronic diseases in your community?



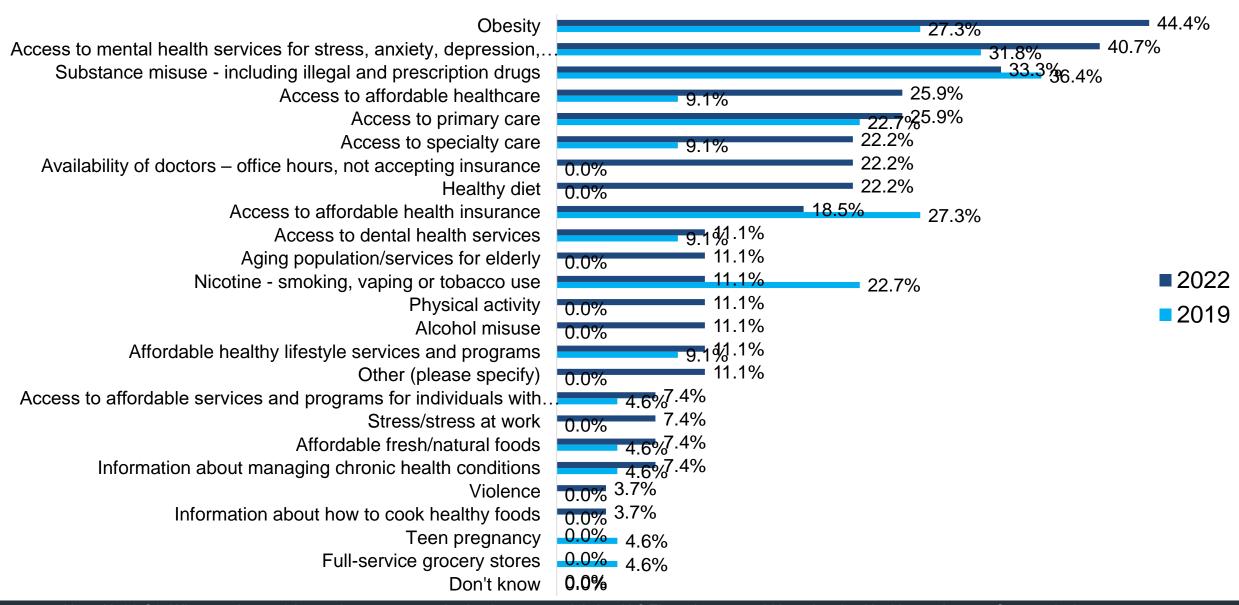




What are the top 3 issues in your community that impact people's health?



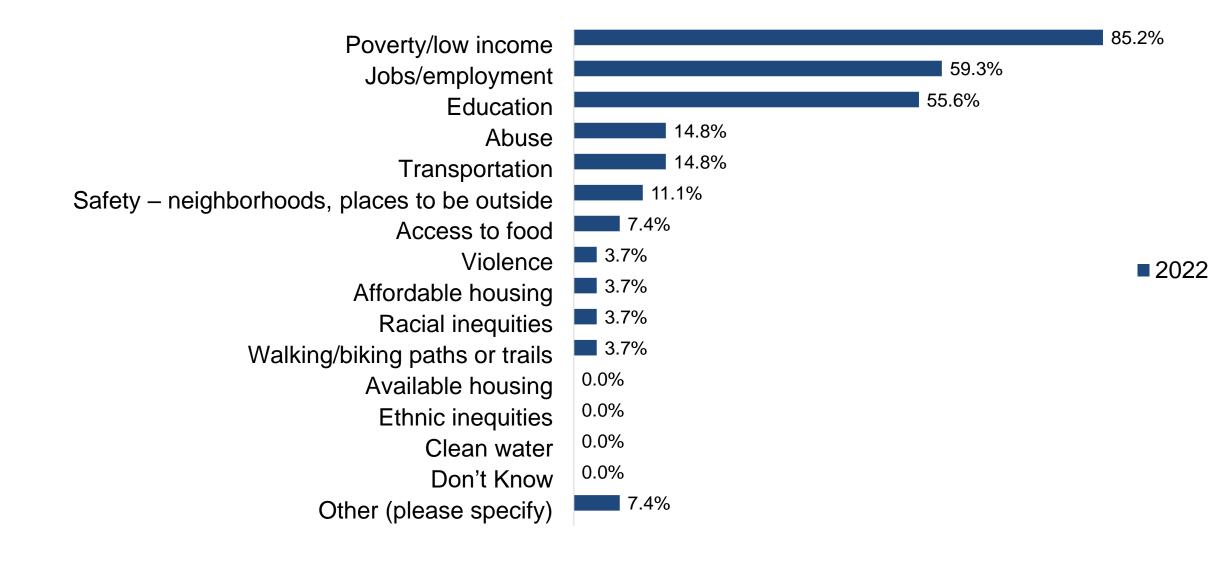




What are the top three social determinants of health issues that are impacting people's health?



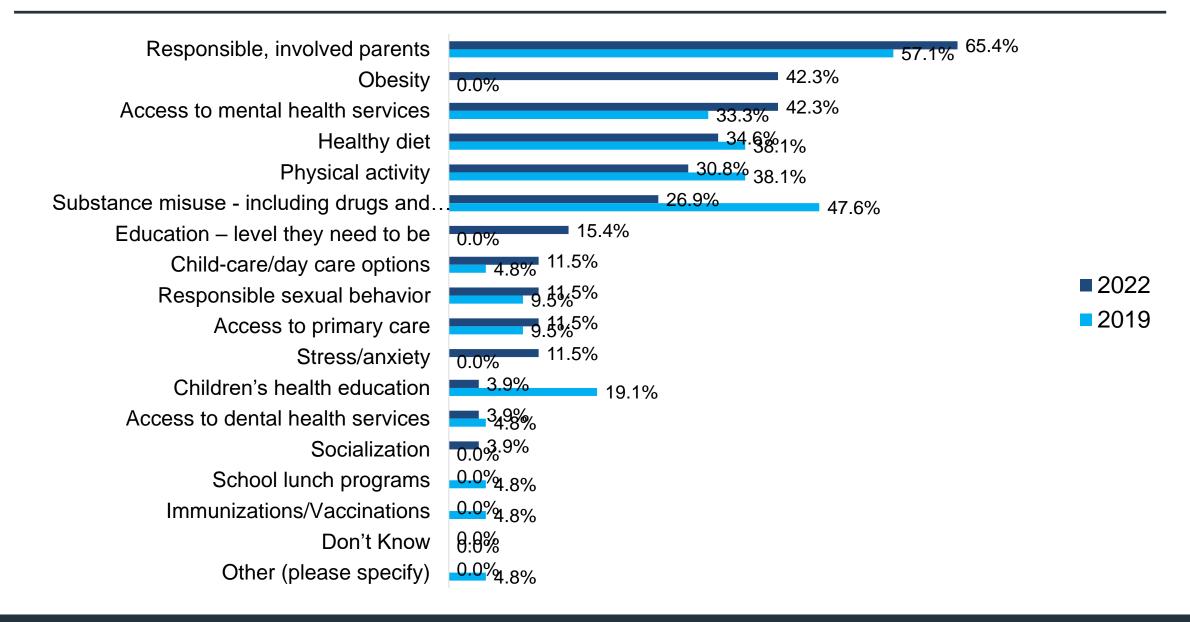




What are the top 3 health concerns for youth and children in your community?



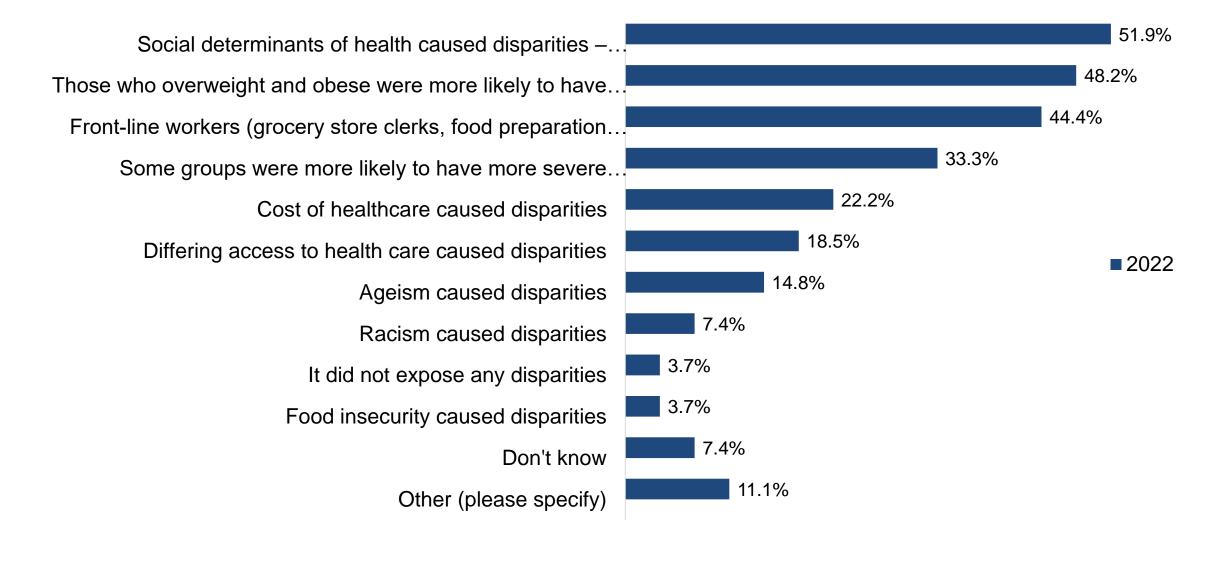




What, if any, health disparities or inequities did the COVID-19 pandemic expose





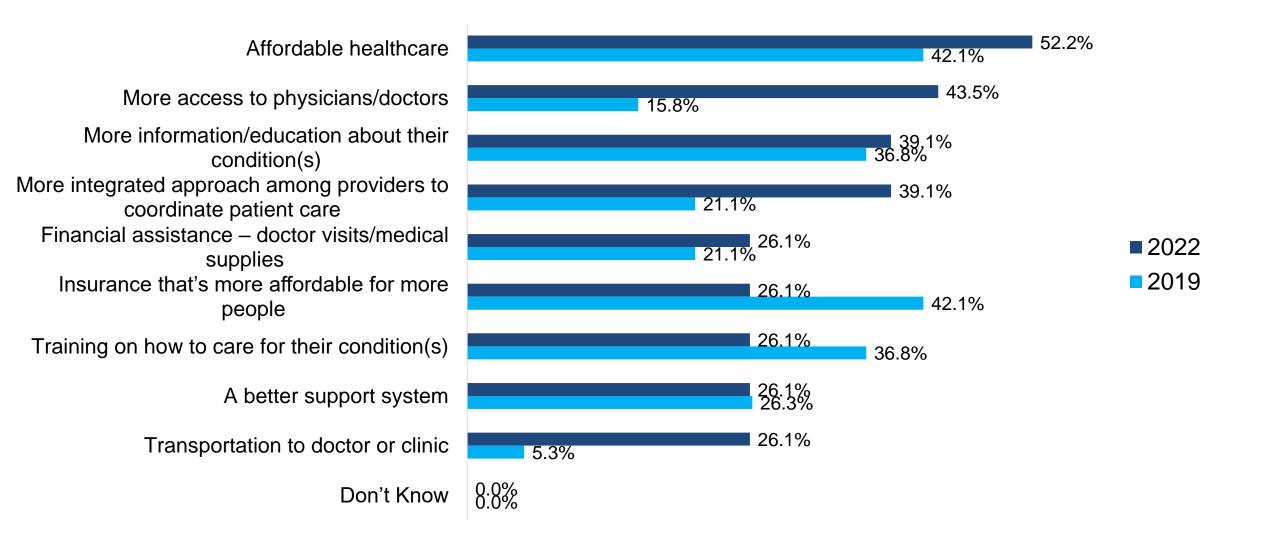


in your community?

What If anything, do you think the people in the county need in order to manage their health more effectively?



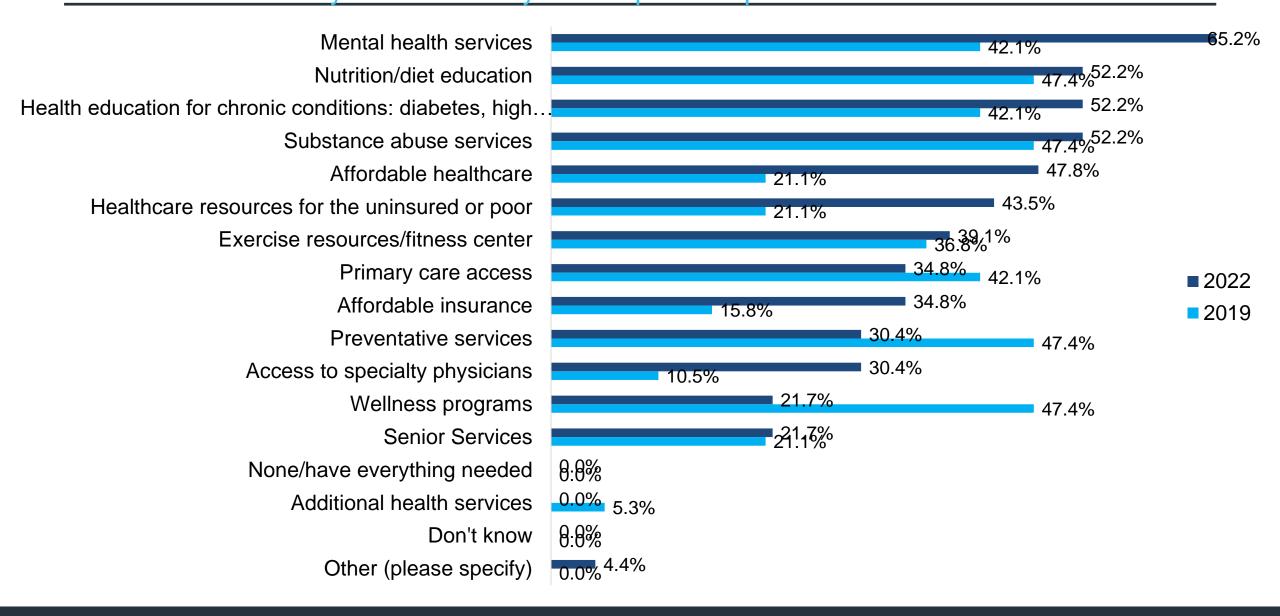




What healthcare, health education or public health services or programs would be most beneficial to your community for hospitals to provide/offer?







CBO Survey

Somerset County and Cambria County, PA CHNA

Methodology

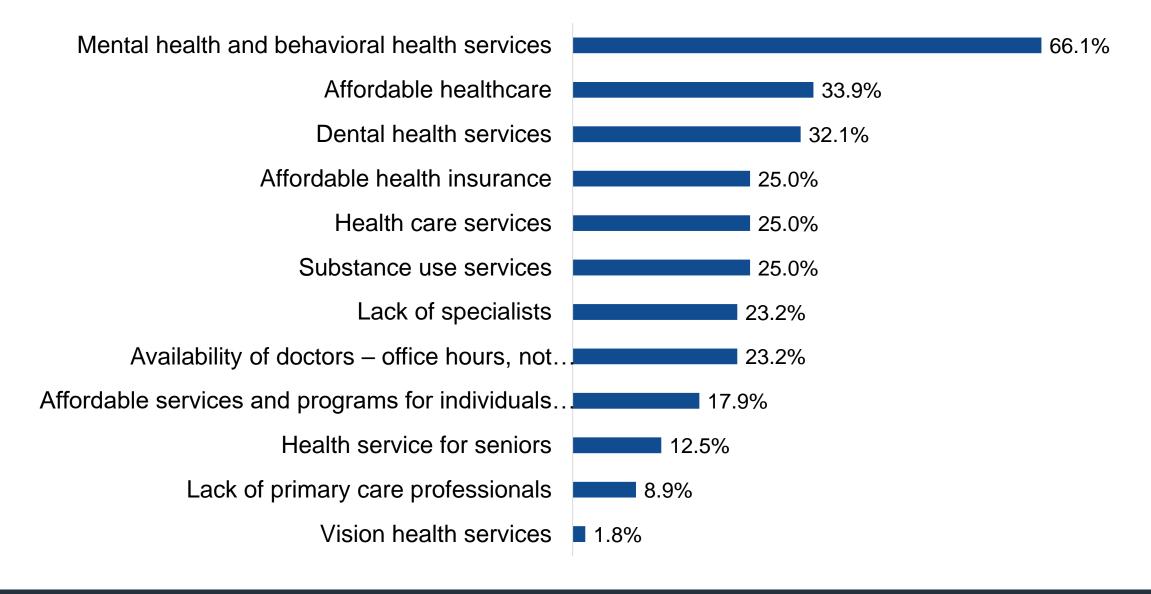


- Stratasan and the partners conducted online community surveys via SurveyMonkey for Cambria and Somerset Counties.
- 56 surveys were completed.
- Respondents that answered they live or work outside of Cambria and Somerset Counties were disqualified from continuing the survey.
- The surveys were conducted from May 22, 2022, to July 29, 2022.
- "Other" responses can be found on the accompanying excel file.

In your opinion, what are the top 3 current health issues or concerns facing the people serviced by your agency?



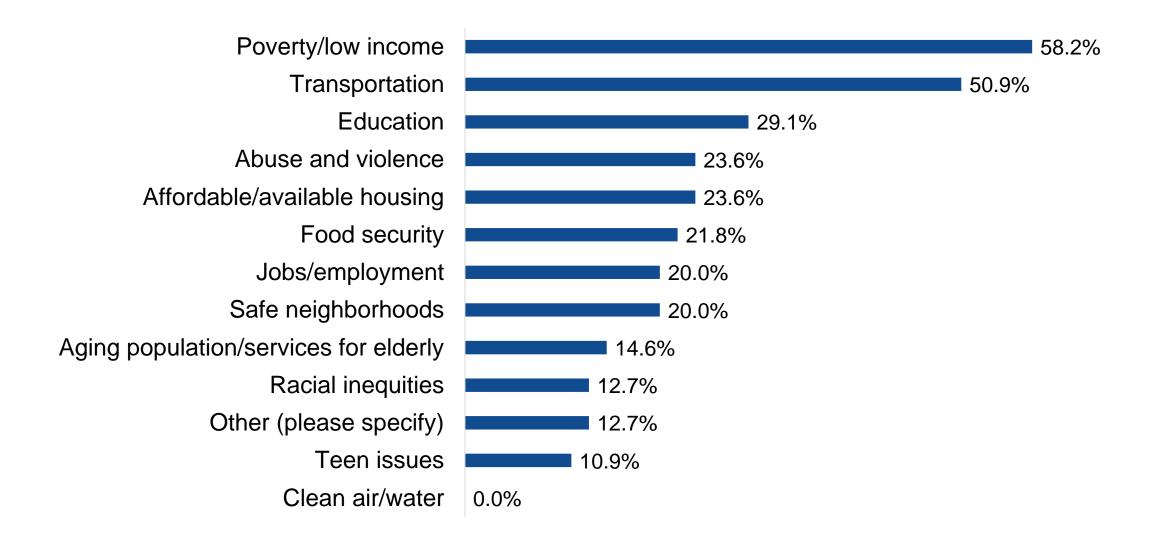




In your opinion, what are the top 3 current Social Determinant of Health issues or concerns facing the people served by your agency?







Significant Community Health Issues



2019 CHNA

- Substance misuse
- Decrease
 obesity/Increase healthy
 living
- Mental health needs
- Access/Affordable healthcare
- Jobs/Socioeconomics
- Infrastructure/Best Practices

Secondary Data

- Adult smoking
- Adult obesity
- Preventable hospital stays
- Flu & COVID vaccinations
- Primary care physicians (population per physician)
- Injury deaths
- High school completion
- Some College %
- Drug overdose mortality
- Unemployment rate

Surveys

- Substance misuse
- Obesity healthy diet/physical activity
- Access to mental health services
- Access to affordable insurance
- Access to affordable healthcare
- Violence/Safety/Abuse
- Nicotine use smoking, vaping, tobacco
- Childcare options
- Poverty/low income
- Jobs/employment
- Education
- Diabetes, high blood pressure, high cholesterol, arthritis, asthma

Focus Groups

- Mental health depression, isolation due to COVID, anxiety
- Access to Care affordable insurance, medication, primary care, dentists, transportation, urgent care
- Chronic Diseases diabetes, heart disease, arthritis, kidney disease
- Cultural Issues

 lack of trust, misinformation
- Substance misuse
- Living conditions
- Poverty need jobs
- Healthy eating, food availability
 - Obesity childhood, adults

2022 Top Health Issues



- 1. Substance Use
- 2. Decrease obesity by healthy eating/active living
- Mental Health
- 4. Access to healthcare and insurance
- 5. Socioeconomics/jobs/education
- 6. Violence/abuse/safety
- 7. Childhood development

Exercise 2

- You will be working with your table.
- On your table is a worksheet. We need three volunteers:
 - Scribe official record keeper
 - Reporter will report the group's discussion
 - Facilitator keep the group on track and on time
- Complete the worksheet 2 goals and 2 actions for each goal with resources and collaborators needed.

Exercise 2 - Brainstorming

Significant	Community	/ Health	Issue:

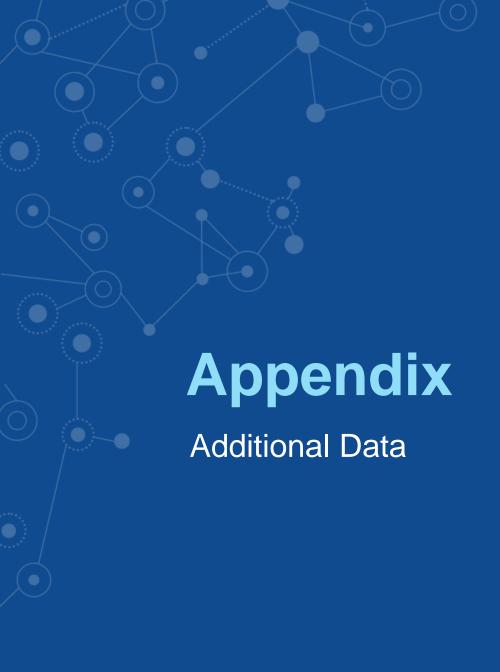
Attainable, Realistic, Time-bound)
your 2 Goals with suggested resources neede
Resources/Collaborators Needed:
Resources/Collaborators Needed:



Thank You!

Next Steps:

- Implementation Plan
- Community Health Report





Original Source and Year

Focus Area	Measure	Source	Year(s)
HEALTH OUTCOME	:S		
Length of Life	Premature death*	National Center for Health Statistics - Mortality Files	2018-2020
Quality of Life	Poor or fair health‡	Behavioral Risk Factor Surveillance System	2019
	Poor physical health days‡	Behavioral Risk Factor Surveillance System	2019
	Poor mental health days‡	Behavioral Risk Factor Surveillance System	2019
	Low birthweight*	National Center for Health Statistics - Natality files	2014-2020
HEALTH FACTORS			
HEALTH BEHAVIORS			
Tobacco Use	Adult smoking‡	Behavioral Risk Factor Surveillance System	2019
Diet and Exercise	Adult obesity‡	Behavioral Risk Factor Surveillance System	2019
	Food environment index	USDA Food Environment Atlas, Map the Meal Gap from Feeding	2019
	Physical inactivity‡	Behavioral Risk Factor Surveillance System	2019
	Access to exercise opportunities	Business Analyst, ESRI, YMCA & US Census Tigerline Files	2010 & 2021
Alcohol and Drug	Excessive drinking‡	Behavioral Risk Factor Surveillance System	2019
	Alcohol-impaired driving deaths	Fatality Analysis Reporting System	2016-2020
Sexual Activity	Sexually transmitted infections	National Center for HIV/AIDS, Viral Hepatitis, STD, and TB	2019
•	Teen births*	National Center for Health Statistics - Natality files	2014-2020
CLINICAL CARE	<u>'</u>		<u>'</u>
Access to Care	Uninsured	Small Area Health Insurance Estimates	2019
	Primary care physicians	Area Health Resource File/American Medical Association	2019
	Dentists	Area Health Resource File/National Provider Identification file	2020
	Mental health providers	CMS, National Provider Identification	2021
Quality of Care	Preventable hospital stays*	Mapping Medicare Disparities Tool	2019
,	Mammography screening*	Mapping Medicare Disparities Tool	2019
	Flu vaccinations*	Mapping Medicare Disparities Tool	2019
SOCIAL & ECONOMIC	FACTORS		
Education	High school completion	American Community Survey, 5-year estimates	2016-2020
	Some college	American Community Survey, 5-year estimates	2016-2020
Employment	Unemployment	Bureau of Labor Statistics	2020
Income	Children in poverty*	Small Area Income and Poverty Estimates	2020
	Income inequality	American Community Survey, 5-year estimates	2016-2020
Family and Social	Children in single-parent households	American Community Survey, 5-year estimates	2016-2020
	Social associations	County Business Patterns	2019
Community Safety	Violent crime	Uniform Crime Reporting - FBI	2014 & 2016
	Injury deaths*	National Center for Health Statistics - Mortality Files	2016-2020
PHYSICAL ENVIRONM	MENT		·
Air and Water	Air pollution - particulate matter	Environmental Public Health Tracking Network	2018
	Drinking water violations+	Safe Drinking Water Information System	2020
Housing and Transit	Severe housing problems	Comprehensive Housing Affordability Strategy (CHAS) data	2014-2018
	Driving alone to work*	American Community Survey, 5-year estimates	2016-2020
	Long commute - driving alone	American Community Survey, 5-year estimates	2016-2020





Original Source and Year

Focus Area	Measure	Source	Year(s)		
HEALTH OUTCOME	HEALTH OUTCOMES				
Length of Life	COVID-19 age-adjusted mortality	National Center for Health Statistics - Mortality Files	2020		
	Life expectancy*	National Center for Health Statistics - Mortality Files	2018-2020		
	Premature age-adjusted mortality*	National Center for Health Statistics - Mortality Files	2018-2020		
	Child mortality*	National Center for Health Statistics - Mortality Files	2017-2020		
	Infant mortality*	National Center for Health Statistics - Mortality Files	2014-2020		
Quality of Life	Frequent physical distress‡	Behavioral Risk Factor Surveillance System	2019		
	Frequent mental distress‡	Behavioral Risk Factor Surveillance System	2019		
	Diabetes prevalence‡	Behavioral Risk Factor Surveillance System	2019		
	HIV prevalence+	National Center for HIV/AIDS, Viral Hepatitis, STD, and TB	2019		
HEALTH FACTORS					
HEALTH BEHAVIORS					
Diet and Exercise	Food insecurity	Map the Meal Gap	2019		
	Limited access to healthy foods	USDA Food Environment Atlas	2019		
Alcohol and Drug	Drug overdose deaths*	National Center for Health Statistics - Mortality Files	2018-2020		
Use	Motor vehicle crash deaths*	National Center for Health Statistics - Mortality Files	2014-2020		
Other Health	Insufficient sleep‡	Behavioral Risk Factor Surveillance System	2018		
CLINICAL CARE					
Access to Care	Uninsured adults	Small Area Health Insurance Estimates	2019		
	Uninsured children	Small Area Health Insurance Estimates	2019		
	Other primary care providers	CMS, National Provider Identification	2021		
SOCIAL & ECONOMIC	FACTORS				
Education	High school graduation+	EDFacts	2018-2019		
	Disconnected youth	American Community Survey, 5-year estimates	2016-2020		
	Reading scores*+	Stanford Education Data Archive	2018		
	Math scores*+	Stanford Education Data Archive	2018		
	School segregation	National Center for Education Statistics	2020-2021		
	School funding adequacy+	School Finance Indicators Database	2019		
Income	Gender pay gap	American Community Survey, 5-year estimates	2016-2020		
	Median household income*	Small Area Income and Poverty Estimates	2020		
	Living wage	The Living Wage Calculator	2021		
	Children eligible for free or reduced	National Center for Education Statistics	2019-2020		
Family and Social	Residential segregation - Black/white	American Community Survey, 5-year estimates	2016-2020		
Support	Residential segregation - non-	American Community Survey, 5-year estimates	2016-2020		
	Childcare cost burden	The Living Wage Calculator, Small Area Income and Poverty	2021 & 2020		
	Childcare centers	Homeland Infrastructure Foundation-Level Data (HIFLD)	2021		
Community Safety	Homicides*	National Center for Health Statistics - Mortality Files	2014-2020		
	Suicides*	National Center for Health Statistics - Mortality Files	2016-2020		
	Firearm fatalities*	National Center for Health Statistics - Mortality Files	2016-2020		
	Juvenile arrests+	Easy Access to State and County Juvenile Court Case Counts	2019		
PHYSICAL ENVIRONM	IENT				
Housing and Transit	Traffic volume	EJSCREEN: Environmental Justice Screening and Mapping Tool	2019		
	Homeownership	American Community Survey, 5-year estimates	2016-2020		
	Severe housing cost burden	American Community Survey, 5-year estimates	2016-2020		
	Broadband access	American Community Survey, 5-year estimates	2016-2020		
		·			











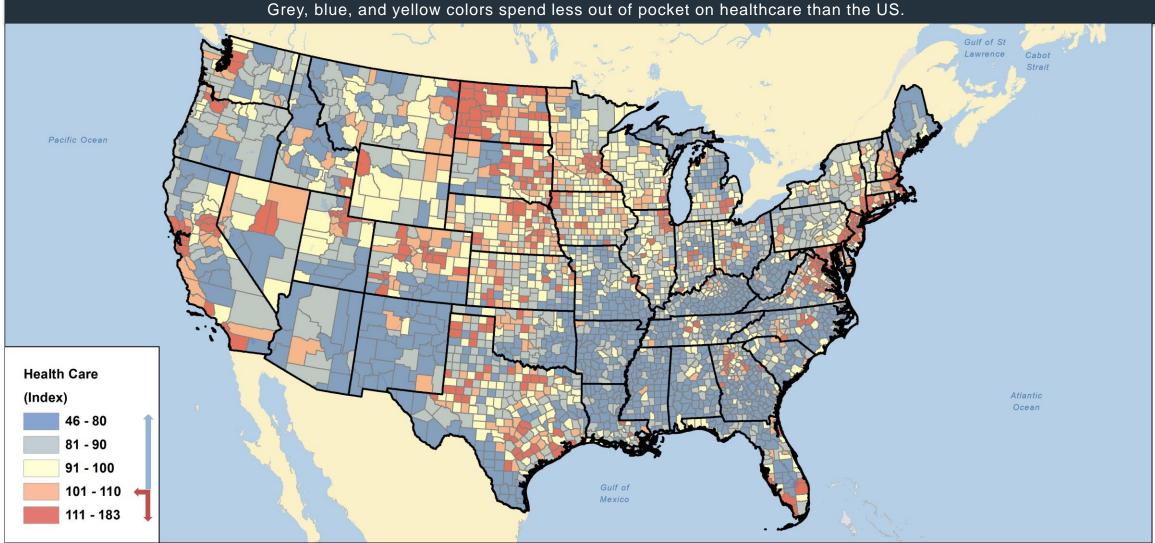
Database name	Source	Vintage	Description	Frequency of updates
Updated Demographics	Esri	2021/2026	Esri provides current-year updates and five-year projections of population, age by sex, race and Hispanic origin, households and families, tenure, home value, household income, household income by age of householder, per capita income, current-year employed population by occupation and industry, unemployment, current-year marital status, current-year educational attainment, current-year age by sex and race, current-year disposable income, current-year net worth, and more.	Annually
Census Data	Esri and U.S. Census Bureau	2010 & 2000	Esri provides census data for geographies not supplied by the Census Bureau including ZIP Codes, DMAs, rings, drive times, and hand-drawn areas. Esri also provides data for states, counties, tracts, block groups, places, CBSAs, congressional districts, and county subdivisions.	Decennially
American Community Survey (ACS)	U.S. Census Bureau	2015-2019	Esri provides ACS data for households by social security income, households by retirement income, poverty status, labor force, journey to work, languages spoken, and ancestry. To increase understanding of the data, Esri developed a system of reliability symbols that indicates the accuracy of each estimate. Esri also provides the ACS data for geographies not supplied by the Census Bureau, such as ZIP Codes, rings, drive times, and hand-drawn areas.	Annually
Tapestry Segmentation	Esri	2021	Tapestry Segmentation provides an accurate, detailed description of America's neighborhoods. U.S. residential areas are divided into 67 distinctive segments based on their socioeconomic and demographic composition.	Annually

Consumer Spending on Health Care



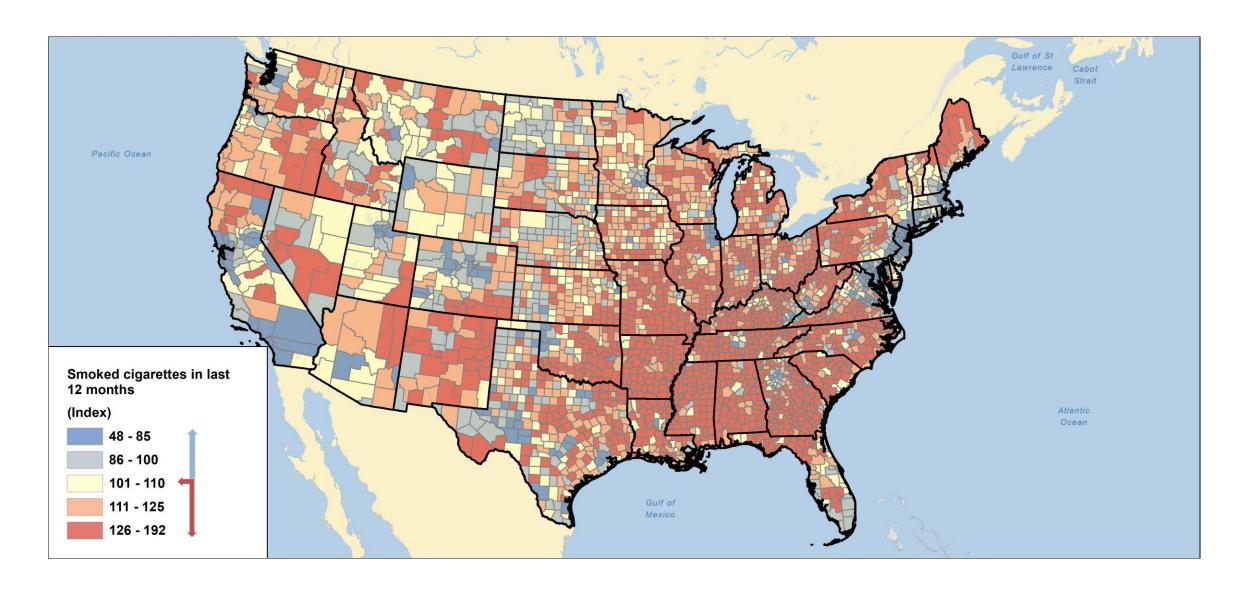
US Index is 100. Orange and Red shaded census tracts are areas that spend more out of pocket on health care than the US average.

Grey, blue, and yellow colors spend less out of pocket on healthcare than the US.



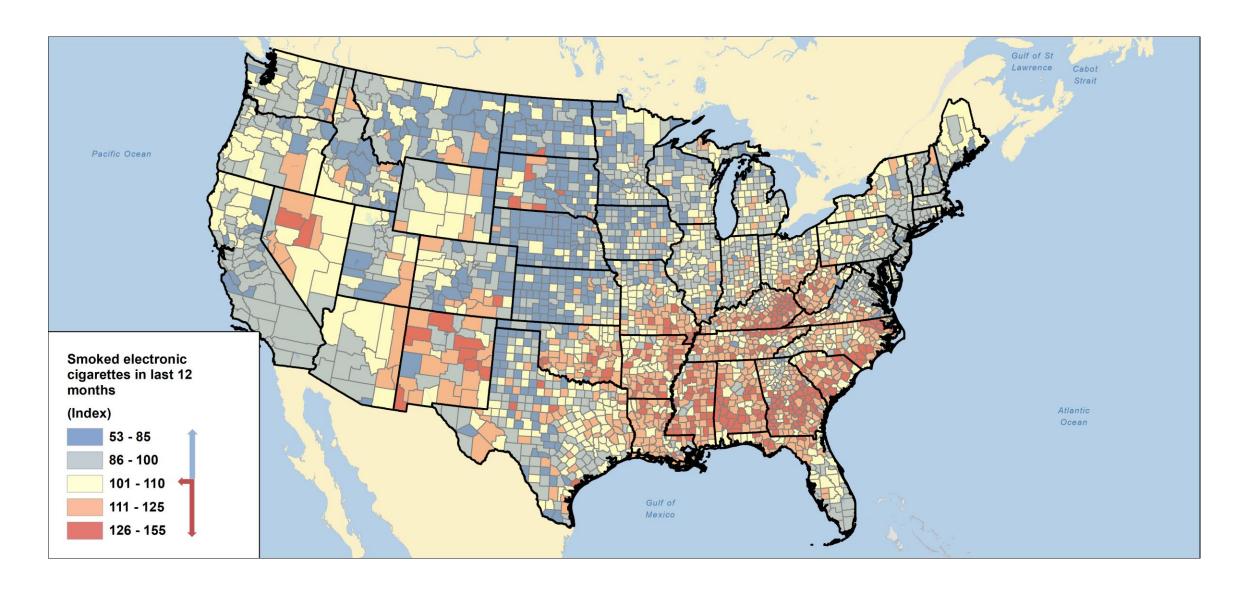
Smoked Cigarettes in Last 12 Months





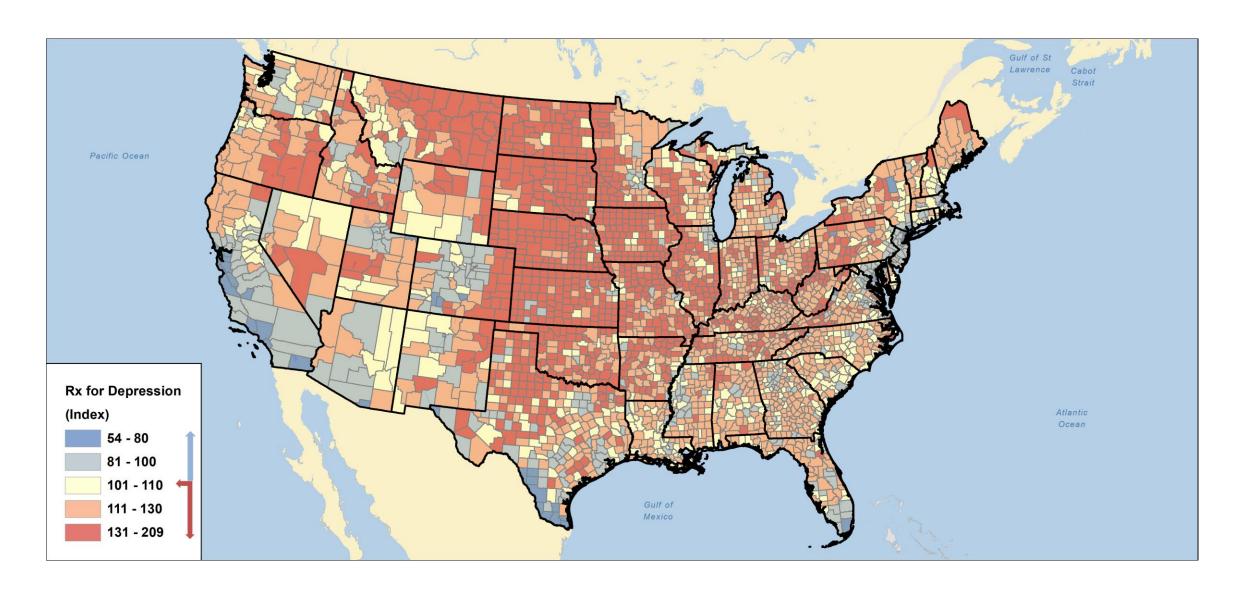
Smoked Electronic Cigarettes in the Last 12 Months





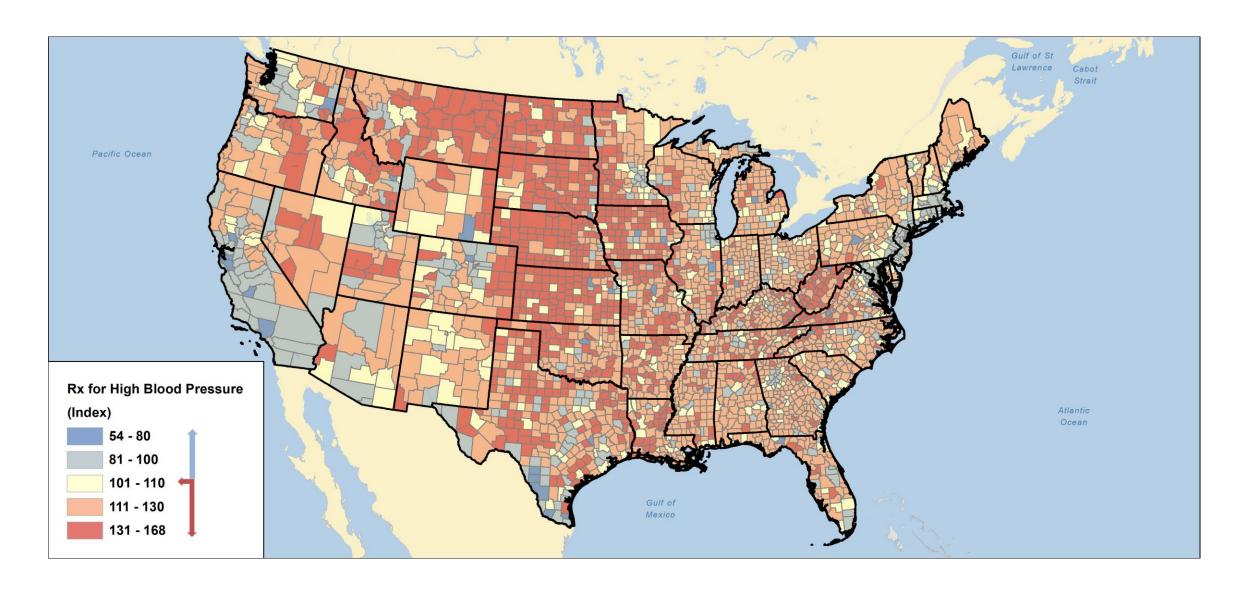
Use Prescription Drug for Depression





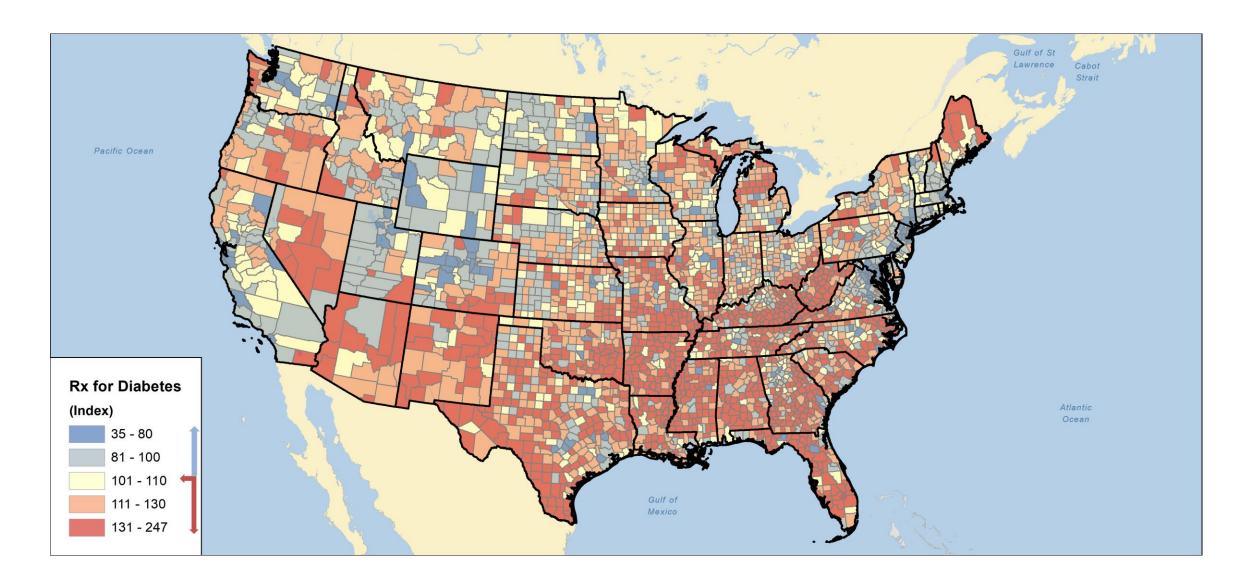
Use Prescription Drug for High Blood Pressure





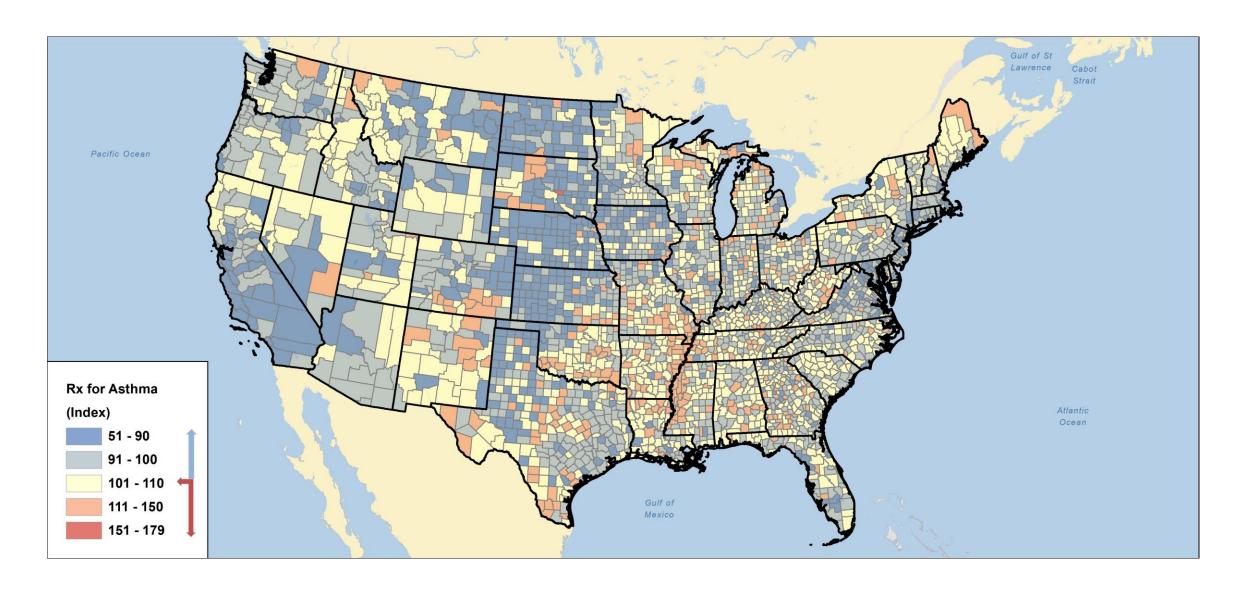
Use Prescription Drug for Diabetes (Insulin Dependent)





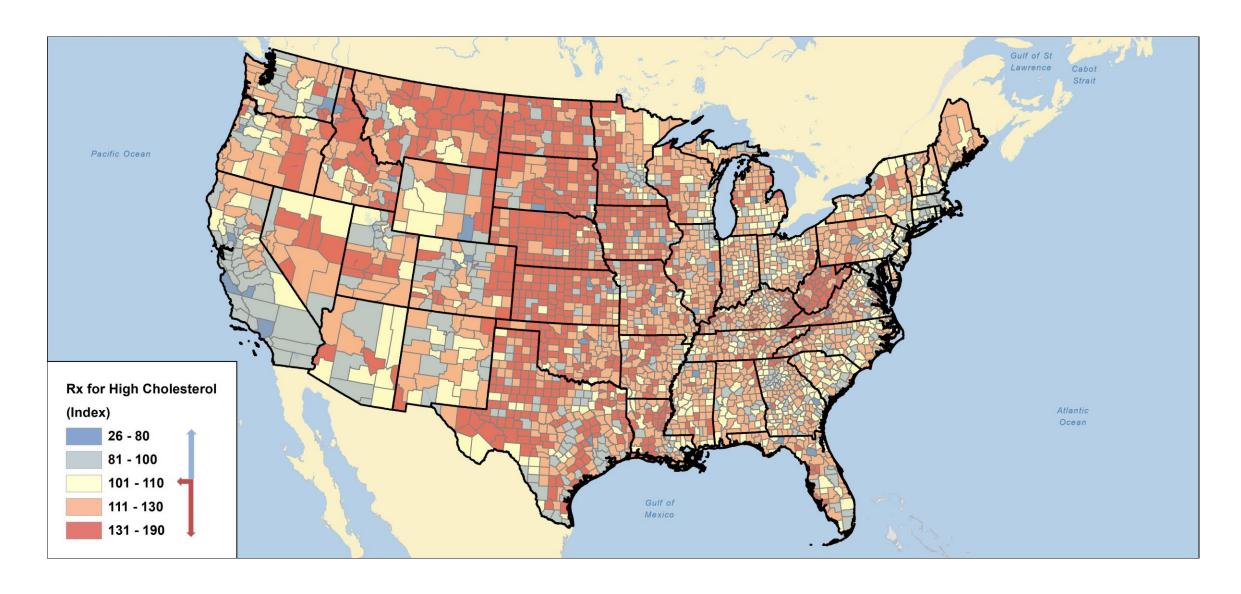
Use Prescription Drug for Asthma





Use Prescription Drug for High Cholesterol





Visited a Doctor in the Last 12 Months



