

2022 Cambria and Somerset counties Community Health Needs Assessment: A Snapshot

In April 2022, Conemaugh Health System, with 1889 Foundation, 1889 Jefferson Center for Population Health, and the United Way of Laurel Highlands began a Community Health Needs Assessment (CHNA) for Cambria and Somerset counties. The CHNA uses systematic, comprehensive data collection and analysis to define priorities for health improvement, creates a collaborative community environment to engage stakeholders, and an open and transparent process to listen and truly understand the health needs of Cambria and Somerset counties, Pennsylvania.

We are pleased to share the results of the CHNA with the hope of attracting more advocates and volunteers to improve our community health. The following highlights key findings of the assessment and the focus of the work over the next three years. We hope you will take the time to review the health needs of our community, as the findings impact every citizen in one way or another, and join in the improvement efforts.

2022 Survey Process

- CHNA launched April 2022
- Close to 1,000 community members surveyed
- Public health data analyzed
- Focus groups in Cambria and Somerset counties
- Community Health Summit held to prioritize opportunities

Priority Areas of Focus (2022-2025)

The following significant health needs were identified as priorities based on data and community feedback, including surveys, focus groups and community health summit. Action plans will be developed for these areas in collaboration with community partners to focus efforts from 2022-2025:

1. Mental/Behavioral Health
2. Access to Social Determinant of Health Needs/Healthcare
3. Obesity/Healthy Living
4. Substance Use
5. Socioeconomics/Job Training
6. Early Childhood
7. Violence/Abuse/Safety

Community Data

Demographics	Cambria County	Somerset County	Pennsylvania
Population	133,042	75,274	12,939,709
Median Age	46.3	46.7	41.9
High School Completion	92%	89%	91%
Median Household Income	\$49,439	\$48,547	\$62,724
Percent in Poverty	12.5%	11.7%	10.9%
Uninsured (% <65 without health insurance)	6%	8%	7%

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Strengths

Somerset County

- Lower death rates in 6 leading causes of death than Pennsylvania (PA) and the U.S. averages
- Mammography screening equal to the PA average of 47%
- Number of violent crimes at 115 per 100,000 population, lower than the average of PA at 315 and U.S. of 386

Cambria County

- High school completion higher at 92%, higher than PA at 91% and the U.S. at 89%
- Number of violent crimes at 169 per 100,000 population, lower than the PA average at 315 and U.S. average at 386

Areas Identified for Improvement

Demographics	Cambria County	Somerset County	Pennsylvania	United States
Mental Health Providers (Per 1 provider)	463 individuals	900 individuals	420 individuals	350 individuals
Suicide Rate (Per 100,000 population)	19.4 individuals	15.2 individuals	12.6 individuals	13.5 individuals
Adult Obesity	35%	39%	33%	32%
Adult Smokers	22%	23%	18%	16%
Binge Drinking	20%	21%	19%	20%
Life Expectancy	75.8 years	77.6 years	78.9 years	77 years
Poverty %	12.5%	11.7%	10.9%	11.9%
Childhood Poverty %	16%	16%	14%	14%

Partial list of Successes since 2019 CHNA

- Continued focus on decreasing substance use by expanding Botvin Life Skills program, Narcan and *Understanding Addiction* (community) trainings, and safe medication disposal
- Creation of Mental Health Collaborative to address mental health needs of residents
- Launch of Early Childhood Initiative with a mission of meeting the educational, health, and social needs of our youngest, most vulnerable residents (birth to age 8)
- Development of Community Diaper Bank, providing 20,000+ diapers to families in need
- Coordinated approach to address the pandemic with collaboration on testing, vaccination, and education through the COVID-19 Task Force
- Housing rehabilitation and stabilization program through Hosanna Industries
- Community Care HUB, Community Health Worker program launched to provide care coordination for at-risk individuals in the community
- Mobile Health Unit deployed by the Hyndman Area Health Center, with financial support from 1889 Foundation
 - Wellness Wednesdays held at Johnstown Housing Authority communities, connecting residents to health and human services resources
 - Conemaugh Health System expansion of clinical training, loan forgiveness, and guaranteed employment opportunities
 - Conemaugh Diabetes Institute launch of Eat Right Pharmacy food prescription program to screen individuals for food security, provide education and connect individuals to community resources
- Safe Places Youth Initiative deployed by Greater Johnstown Community YMCA, FWA Gym, First Summit Arena, and Big Dawg Built
- Expansion of food security and healthy food programs, including expansion at Sandyvale Gardens and SNAP implementation at the Johnstown Farmer's Market

To view the full report, visit www.conemaugh.org/community-needs-assessment

If you or your agency are interested in learning more about how you can support this work, please call the Center for Population Health at 814-535-5156.