

The logo features a stylized compass rose with a diamond-shaped needle pointing upwards, enclosed within a circular arc that is open on the right side. The entire graphic is rendered in a light blue color.

# North Country Health Compass & *Your Community*

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POPULATION HEALTH PROGRAM MANAGER

FORT DRUM REGIONAL HEALTH PLANNING ORGANIZATION

# Background

- ▶ **Fort Drum Regional Health Planning Organization**
  - ▶ Non-profit organization initiated in 2005
  - ▶ Department of Defense pilot program for healthcare delivery
  - ▶ **Mission:** *To strengthen healthcare for Fort Drum soldiers, their families, and the surrounding civilian community by **analyzing** the healthcare system, **identifying** gaps, and **leveraging** resources to fill those gaps through **regional partnerships**.*
  - ▶ **Service Area:** Jefferson, Lewis, St. Lawrence Counties



# Population Health Improvement Initiatives

## *Rural Health Network Development Program (RHNDP; 2013)*

- Maintain an online health data portal (North Country Health Compass<sup>1</sup>)
- Develop Community Health Assessments and Improvement Plans
- Engage patients to improve chronic disease outcomes
- Collaborate with other northern NY Rural Health Networks

## *Delivery System Reform Incentive Payment (DSRIP; 2015)*

- Improve health literacy and cultural competency
- Engage Medicaid beneficiaries and the uninsured<sup>2</sup>
- Strengthen the mental health and substance abuse infrastructure
- Increase access to evidence-based chronic disease prevention programs
  - *diabetes, colorectal cancer, chronic obstructive pulmonary disease*

### PRIORITIES

*Mental health & substance abuse*  
*Diabetes*  
*Obesity*  
*Tobacco use*  
*Colorectal cancer*  
*Oral health*  
*Patient & stakeholder engagement*  
*Health literacy & cultural competency*

## *Population Health Improvement Program (PHIP; 2015)*

- Convene key population health stakeholders<sup>3</sup>
- Serve as population health data resource
- Connect high risk populations to primary and preventive care
- Work with stakeholders to advance the Prevention Agenda
- Implement a community and patient engagement tool<sup>4</sup>

## *Linking Interventions For Total Population Health (LIFT; 2017)*

- Develop a proactive primary care team to address diabetes and obesity
- Encourage patients to engage with disease self-management programs
- Engage community using health promotion and health policy

<sup>1</sup> www.NCNYHealthCompass.org

<sup>2</sup> Utilizing the Patient Activation Measure (PAM) developed by Insignia Health

<sup>3</sup> Regional Population Health Coalition (North Country Health Compass Partners)

<sup>4</sup> North Country Vitals website (to be launched Spring 2017)



# North Country Health Compass Partners

## Public Health Departments

- \* Jefferson County Public Health Service
- \* Lewis County Public Health Agency
- \* St. Lawrence County Public Health

## Healthcare Facilities

- \* Carthage Area Hospital
- \* Canton-Potsdam Hospital
- \* Claxton-Hepburn Medical Center
- \* Clifton-Fine Hospital
- \* Gouverneur Hospital
- \* Great Beginnings Dentistry
- \* Lewis County General Hospital
- \* Massena Memorial Hospital
- \* North Country Family Health Center
- \* River Hospital
- \* Samaritan Medical Center
- \* Fort Drum MEDDAC

## Behavioral Health Providers

- \* Credo Community Center
- \* Jefferson County Community Services
- \* Lewis County Community Services
- \* St. Lawrence County Community Services

## Insurance Providers

- \* Excellus BlueCross BlueShield
- \* Fidelis
- \* MVP Health Care
- \* United HealthCare

## Education Partners

- \* Jefferson-Lewis BOCES
- \* LaFargeville Central School District
- \* St. Lawrence-Lewis BOCES

## Prevention Councils

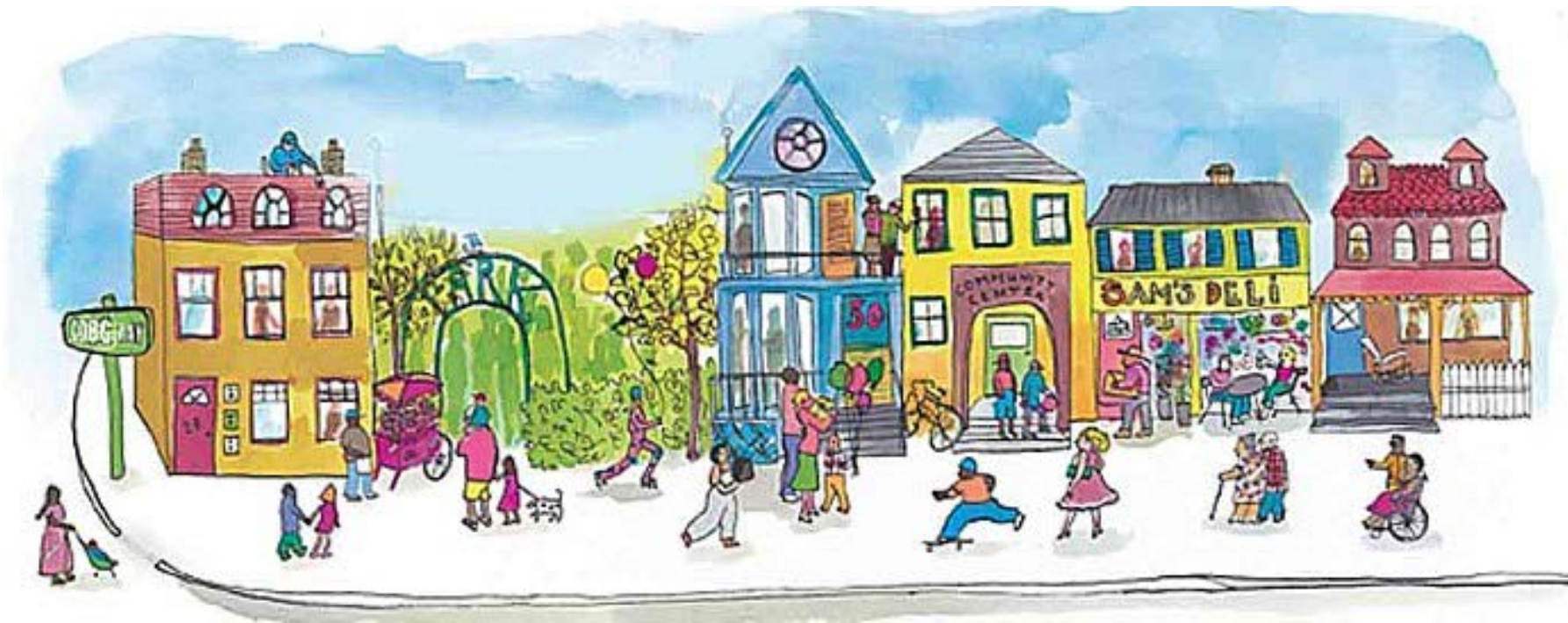
- \* Mountain View Prevention Services
- \* Pivot
- \* Seaway Valley Prevention Council

## Community-Based Organizations

- \* Cornell Cooperative Extension of Jefferson County
- \* Fort Drum Regional Health Planning Organization
- \* Greater Watertown Chamber of Commerce
- \* Jefferson County Department of Social Services
- \* Jefferson County Office for the Aging
- \* North Country Prenatal/Perinatal Council
- \* River of Life Fellowship Church
- \* St. Lawrence County Health Initiative
- \* Watertown Urban Mission
- \* YMCA



# Describe a Healthy Community?

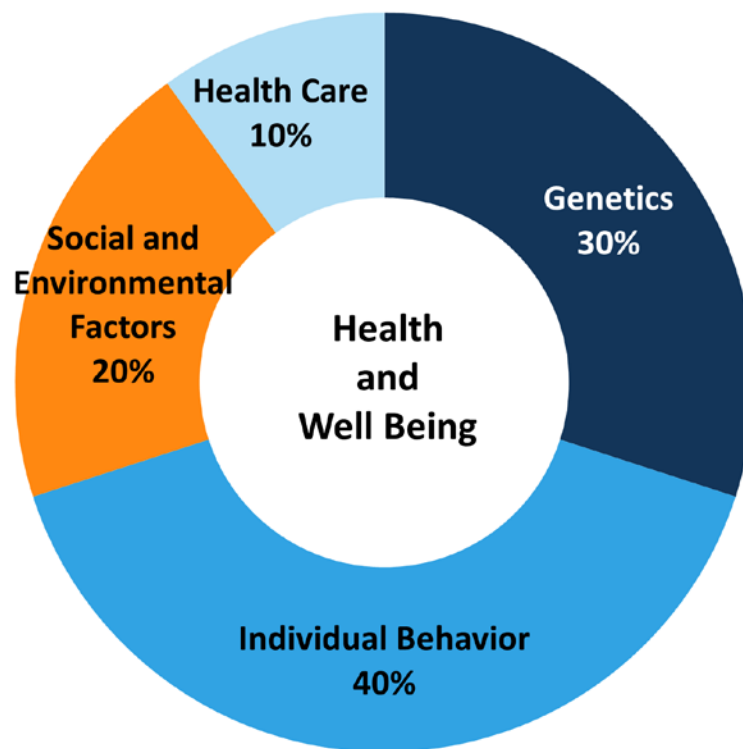


# County Health Rankings

- ▶ 2017 Rankings in Health Outcomes (n = 62)
  - ▶ Jefferson = **41**↓
  - ▶ Lewis = **21**↑
  - ▶ Oneida = **52**↓
  - ▶ Oswego = **56**↓
- ▶ For Reference
  - ▶ Saratoga = 1
  - ▶ Bronx = 62



# Factors Impacting Health



# Social Determinants of Health

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Discrimination	Quality of care
Medical bills	Playgrounds	Higher education			
Support	Walkability				

## Health Outcomes

Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations



# Social Determinants of Health: Impact

- ▶ A meta-analysis\* of nearly **50 studies**, found that social factors, including **poor education, racial segregation, insufficient social supports, and poverty** accounted for **over a third of total deaths** in the United States in a year.
  - ▶ Children born to parents who have not completed high school are more likely to live in an environment that:
    - ▶ Is unsafe, has exposed garbage or litter, and has poor or dilapidated housing
    - ▶ Has insufficient sidewalks, parks or playgrounds, recreation centers, or a library
  - ▶ Where a child grows up impacts his or her future economic opportunities as an adult, even having multi-generational impacts

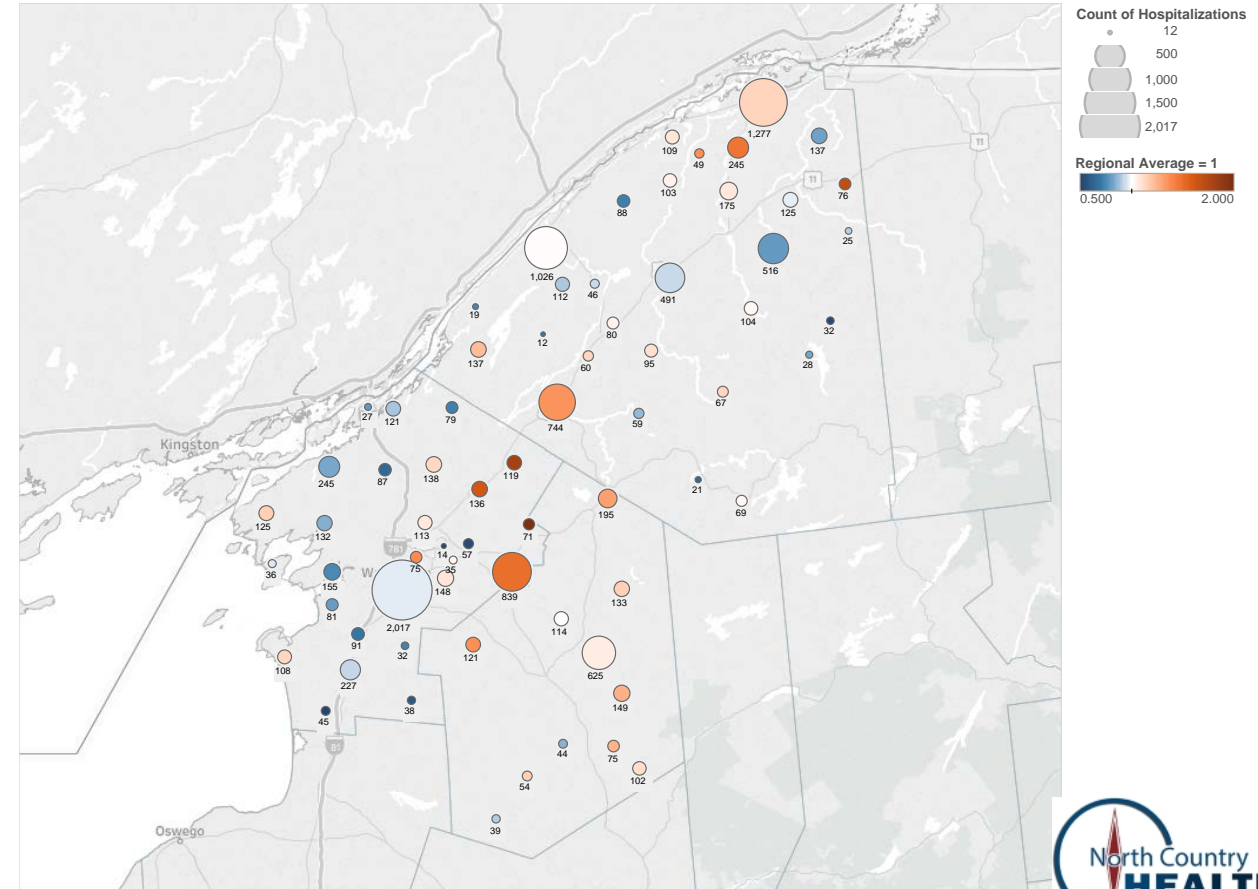
# PLACE MATTERS

YOUR ZIPCODE IS A BETTER  
PREDICTOR OF HEALTH THAN  
YOUR GENETIC CODE

# Heart Disease Hospitalizations

- ▶ Carthage, Natural Bridge, Antwerp, Philadelphia: more than 1.5x regional average
- ▶ Ellisburg, Rodman, Lorraine, Adams, Adams Center, Dexter, La Fargeville, Redwood: less than 0.75x regional average

Heart Disease Hospitalizations by Zip Code (Primary Diagnosis): 2010-2014

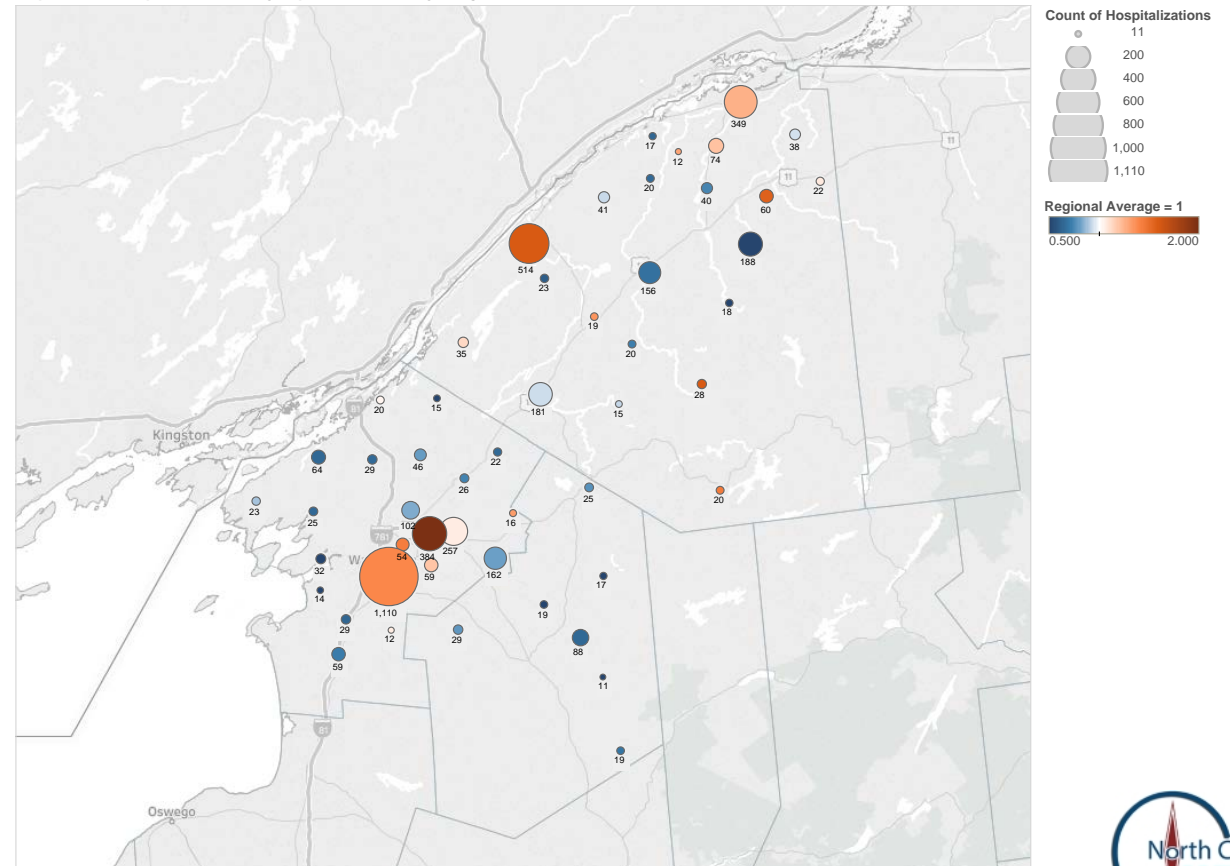




# Depression Hospitalizations

- ▶ Fort Drum (13602): more than 2.0x regional average
- ▶ Ogdensburg: more than 1.5x regional average
- ▶ Watertown, Calcium: more than 1.3x regional average
- ▶ Lowville, Canton, Potsdam, Sackets Harbor, Clayton: less than 0.7x regional average

Depression Hospitalizations by Zip Code (Primary Diagnosis): 2010-2014



# Local Data Resource



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Measuring Health. Inspiring Community Wellness

# Core Features

Health &  
Socioeconomic  
Data

Environmental  
Data

Public Safety &  
Transportation  
Data

Data  
Visualizations

Funding  
Opportunities

Promising  
Practices

Service  
Directories and  
2-1-1

Personal Health  
Assessments

Community  
Health Needs  
Assessment



# Data Sources: North Country Health Compass



Behavioral Risk Factor  
Surveillance System



Institute for Health Metrics  
and Evaluation

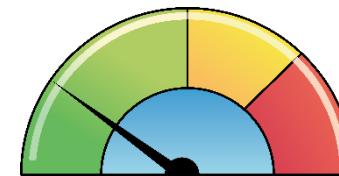
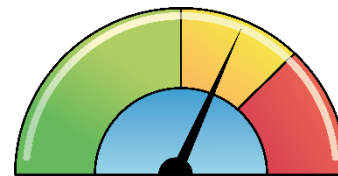
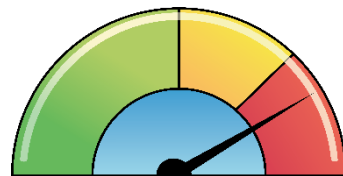


Local Initiatives Support Corporation  
Helping neighbors build communities

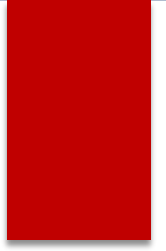


# North Country Health Compass

[www.ncnyHealthCompass.org](http://www.ncnyHealthCompass.org)



AN ISSUE  
REQUIRING OUR  
COMMUNITY





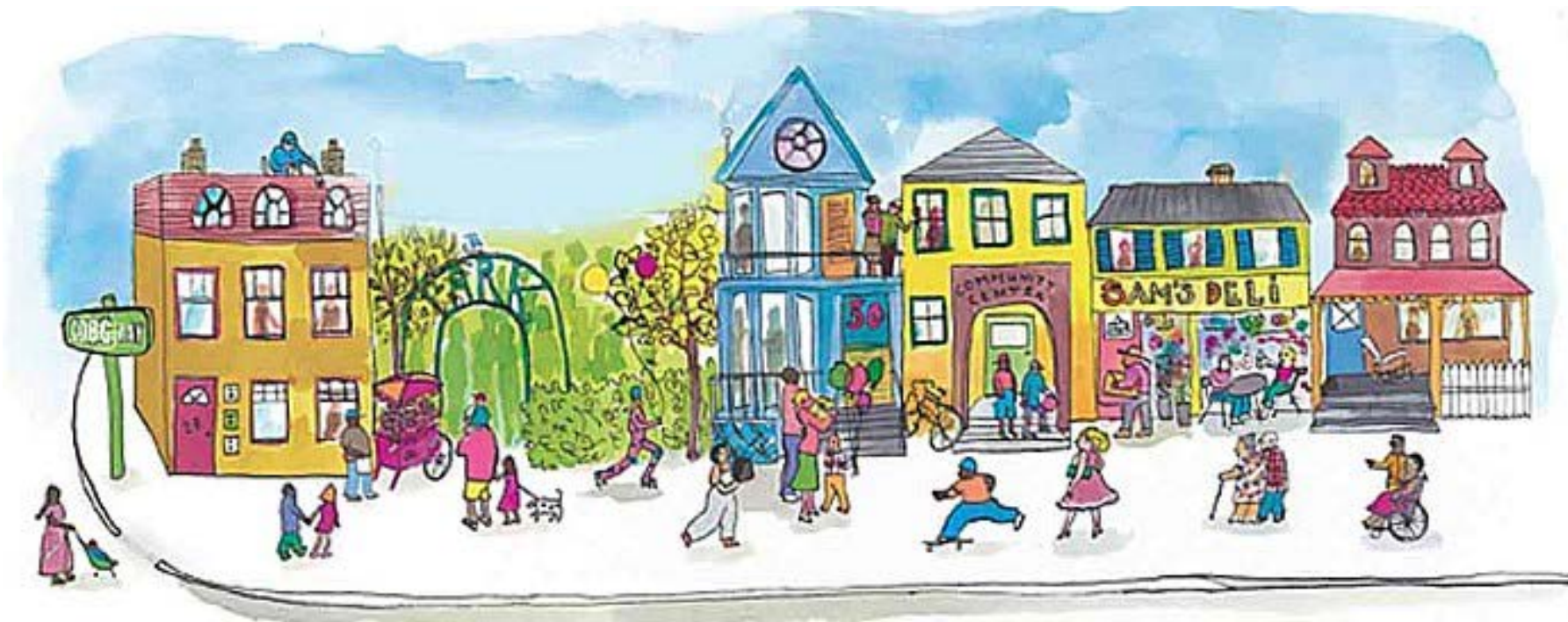
# Addressing Social Determinants of Health

- ▶ Achieving the highest level of health for all people (i.e. health equity) requires:
  - ▶ Targeted approaches – mapping and place-based approaches
  - ▶ Population-based approaches – health in all policies
  - ▶ Community-wide engagement

# Role for Local Government in Rural Places

- ▶ Support for **public libraries**
- ▶ Support for **Emergency Medical Services**
- ▶ Design streets for **multiple modes of transportation**, especially active transportation
  - ▶ AND support through enforcement and other policies (e.g. zoning)
- ▶ Sustain **local traditions, events, and community groups** that keep people engaged with the community and connected to each other
- ▶ Improve access to **public spaces**, both indoor and outdoor

# What is a Healthy Community?





# A Healthy Community

- ▶ **Meets everyone's basic needs**
  - ▶ Safe, affordable and accessible food, water, housing, education, health care and places to play
- ▶ **Provides supportive levels of economic and social development**
  - ▶ Safe and healthy job opportunities, a thriving economy and healthy development of children and adolescents
- ▶ **Promotes quality and sustainability of the environment**
  - ▶ Smoke-free spaces, clean air, soil and water, green spaces and sustainable energy use
- ▶ **Places high value on positive social relationships**
  - ▶ Cohesive families and neighborhoods, robust social and civic engagement and violence prevention

# Open Discussion

REPLACE THE "I" WITH "WE"  
AND "ILLNESS" BECOMES  
"WELLNESS".

# Thank You

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