

# 2016 Community Service Plan & Community Health Improvement Plan

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Bassett Healthcare Network  
Little Falls Hospital

&



Herkimer County  
Public Health

Herkimer County Public Health

Service Area: Herkimer, Fulton & Montgomery Counties

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2016-2018

**EXECUTIVE SUMMARY:**

After reviewing the Little Falls Hospital's and Herkimer County Public Health's 2016 Community Health Needs Assessment (CHNA) data and the key informant survey, Little Falls Hospital and Herkimer County Public Health will continue to collaborate on the New York State Prevention Agenda priority of *Prevent Chronic Diseases* with the focus area of "increase access to high quality chronic disease preventive care and management in both clinical and community setting." Little Falls Hospital's second focus area will change from "reducing illness, disability, and death related to tobacco use and secondhand smoke" to "reducing obesity in children and adults." Herkimer County Public Health will work in partnership with Bassett Healthcare Network's PPS, Leatherstocking Collaborative Health Partners (LCHP), on a new priority of *Promote Mental Health and Substance Abuse* with the focus area of "strengthen infrastructure across systems." This selection replaces Herkimer County Public Health's 2013 priority of *Promote Healthy Women, Infants and Children*.

Little Falls Hospital and Herkimer County Public Health engaged community organizations to work with them on the 2013 priorities and community organizations will be engaged for the 2016 priorities. These stakeholders, along with other individuals and organizations focused on the health of the community had an opportunity to participate in an online key informant survey for Little Falls Hospital's and Herkimer County Public Health's 2016 CHNA. As a result of the online key informant stakeholder survey, participants selected *Promote Mental Health and Substance Abuse* with a focus on "promoting MEB and preventing substance abuse" and *Prevent Chronic Diseases* with a focus on "obesity in adults and children, preventing diabetes and related risk factors and preventing heart disease" as their top priorities.

In order to address the combined focus area of "increasing access to high quality chronic disease preventive care and management in both clinical and community setting", Little Falls Hospital and Herkimer County Public Health will continue the goal of increasing screening rates for cardiovascular diseases, diabetes and breast, cervical and colorectal cancers especially among disparate populations. For Little Falls Hospital's new focus area of "reducing obesity in children and adults," the goal will be to expand the role of health care providers in obesity prevention. For the *Promote Mental Health and Prevent Substance Abuse* priority, Herkimer County Public Health Department will collaborate with LCHP, on their Domain 4 population health priorities of "Strengthen Mental Health Infrastructure across Systems" with the goal of "strengthening infrastructure for Mental, Emotional and Behavioral (MEB) health promotion and MEB disorder prevention." Additionally, Herkimer County Public Health is a member of the Mohawk Valley Population Health Improvement Program (MVPHIP), which identified behavioral health as a regional priority and a workgroup has been formed to address stigma and to provide mental health resources to the region.

Little Falls Hospital and Herkimer County Public Health will utilize the recommended process measures listed in the Prevention Agenda action plan to track progress of all priorities and focus areas. Yearly progress towards those measures will be included on the Bassett Healthcare Network's and Herkimer County Public Health's websites.

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**SECTION 1 COMMUNITY DESCRIPTION:**

Little Falls Hospital provides 25 acute, swing and special care beds. It offers 24/7 Emergency Services and an array of primary, medical/surgical, acute and extended care medical services, including an after-hours clinic. Little Falls Hospital is the only acute care facility in Herkimer County and in conjunction with its affiliate, Bassett Healthcare Network; it is the predominant source of primary, outpatient and ambulatory care for the residents of its service area.

The Herkimer County Public Health team is dedicated to the protection and promotion of resident's health through the provision of high quality, comprehensive, individualized services, in all phases of the life cycle. Objectives shall include surpassing community standards and striving to meet the needs and expectations of the people in Herkimer County.

**A. Definition and Description of Service Area**

Little Falls Hospital's primary service area is defined by zip code and includes parts of Fulton and Montgomery counties and the majority of Herkimer County. The demographic summaries for the counties compared to New York State and United States are as follows:

Demographics	Little Falls Hospital Service Area			New York State	United States
	Fulton	Herkimer	Montgomery		
Population per square mile	112.1	45.7	124.6	411.2	87.4
Population estimates	53,992	63,100	49,642	19,795,791	321,418,820
% White	95.4	96.4	93.5	70.1	77.1
% Black/African American	2.1	1.4	2.9	17.6	13.3
% American Indian and Alaska Native	0.3	0.3	0.5	1.0	1.2
% Asian	0.7	0.6	0.9	8.8	5.6
% Two or More races	1.5	1.4	2.0	2.4	2.6
% Hispanic/Latino	2.9	2.1	13.1	18.8	17.6
% Persons under 5 yrs.	5.0	5.4	5.9	6.0	6.2
% Person under 18 yrs.	5.5	21.0	6.1	21.3	22.9
% Persons 65 years+	18.4	19.2	18.0	15.0	14.9
% High School graduate or higher, % of persons 25 years+, 2010-2014	85.8	88.9	82.9	85.4	86.3
% Bachelor's degree or higher, % of persons 25 years+, 2010-2014	15.7	21.3	16.3	33.7	29.3
Median Household Income, 2010 -2014	\$45,722	\$45,649	\$44,167	\$58,687	\$53,482
% Individuals below poverty level	16.2	15.9	19.1	15.6	15.6
% With a disability, under age 65 years, 2010-2014	12.4	10.0	11.6	7.3	8.5

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### **B. Description of Health Issues and Process for Priority Identification**

The MVPHIP prepared a 2016 CHNA for Little Falls Hospital and the Herkimer County Public Health. In the CHNA, indicators were grouped by the NYS Prevention Agenda action plan and compared with the county and state levels or by time series. In addition to the health data, the MVPHIP collaborated with Herkimer County Public Health and Little Falls Hospital to compile a list of key informants in the service region. Those key informants represent a broad range of sectors, community interests and included organizations which represent the medically underserved, low-income and minority populations. The key informants were invited to participate in online survey. During the survey the informants selected their top two priorities and five focus areas. Little Falls Hospital and Herkimer County Public Health reviewed the CHNA, the key informant feedback and their ability to impact each area to determine their selected priorities and focus areas.

### **C. Addressing Priorities**

Little Falls Hospital and Herkimer County Public Health will collaborate with a key group of stakeholders to address identified priorities. The stakeholders comprise a diverse group of agencies that includes: Leatherstocking Collaborative Health Partners, Mohawk Valley Population Health Improvement Program, Herkimer County HealthNet, Cancer Services Program of Oneida, Herkimer and Madison, as well as, representatives from Little Fall Hospital's and Herkimer County Public Health.

### **SECTION 2 HEALTH STATUS AND DATA:**

The MVPHIP prepared Little Falls Hospital's and Herkimer County Public Health's 2016 CHNA. The assessment includes quantitative data sources from over 300 different health indicators collected and published by New York State, as well as, 175 health indicators included on the MVPHIP website compiled by Healthy Communities Institute. The site includes a comprehensive dashboard of community indicators covering over 20 topics in the areas of health, social determinants of health, and quality of life. The data is primarily derived from state and national public secondary data sources.

Secondary Data Sources Include:

- American Community Survey
- Center for Medicare & Medicaid Services – Chronic Conditions
- Centers for Disease Control and Prevention - CDC Wonder
- Council on Children and Families Kids' Well-being Indicators Clearinghouse
- County Health Rankings & Roadmaps
- Feeding America
- Institute for Health Metrics and Evaluation
- National Cancer Institute – State Cancer Profiles
- New York Expanded Behavioral Risk Factor Surveillance System
- New York State Community Health Indicator Reports
- New York State Department of Health's Opioid Poisoning, Overdose and Prevention 2015 Report
- New York State Division of Criminal Justice Services - 2015 Crime Statistics by County
- New York Statewide Planning and Research Cooperative System (SPARCS)

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- Small Area Health Insurance Estimates
- U.S. Census – County Business Patterns
- U.S. Census - QuickFacts
- U.S. Department of Agriculture – Food Environment Atlas
- U.S. Environmental Protection Agency Release - Geography Report

**SECTION 3 SELECTIONS OF PREVENTION AGENDA PRIORITIES:**

Key informant survey participants ranked *Promotion of Mental Health and Prevention of Substance Abuse* number one and *Prevention of Chronic Disease* ranked number two in the 2016 CHNA. After selecting their priorities, survey participants were asked to rank their top five focus areas from all of the Prevention Agenda priorities. The following are the top five focus areas are tied to the top two selected priorities:

1. Promoting mental, emotional and behavioral health
2. Preventing substance abuse
3. Reducing obesity in adults and children
4. Preventing diabetes and related risk factors
5. Preventing heart disease

Little Falls Hospital and Herkimer County Public Health reviewed the data and the key informant survey results and chose their priorities based on participant feedback and their ability to effectively make an impact. As a result, Little Falls Hospital and Herkimer County Public Health decided to continue to address *Preventing Chronic Disease* with the focus area of “increasing access to high quality chronic disease preventive care and management in both clinical and community setting” which covers the key informants concerns with diabetes and heart disease. Additionally, Little Falls Hospital will address “reducing obesity in adults and children” while Herkimer County Public Health will address “promoting mental, emotional and behavioral health and prevention substance abuse.”

**SECTION 4 THREE YEAR ACTION PLAN:**

**A. Existing Joint Priority**

**NYS Prevention Agenda Priority: Prevent Chronic Diseases**

**Focus Area 3: Increase Access to High-Quality Chronic Disease Preventative Care and Management in Clinical and Community Settings (Little Falls Hospital and Herkimer County Public Health Priority)**

Goal 3.1: Increase screening rates for cardiovascular disease, diabetes and breast, cervical and colorectal cancers, especially among disparate populations

Objective 3.1.1: Increase the percentage of women aged 50-74 years with an income of <\$25,000 who receive breast cancer screening, based on the most recent clinical guidelines (mammography within the past two years), by 5% from 76.7% (2010) to 80.5%.

Objective 3.1.2: Increase the percentage of women aged 21-65 with an income of <\$25,000 who receive a cervical cancer screening, based on the most recent clinical guidelines (Pap test within the past three years), by 5% from 83.8% (2010) to 88.0%.

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Objective 3.1.3: Increase the percentage of adults 50-75 years who received a colorectal cancer screening based on the most recent guidelines (blood stool test in the past year or sigmoidoscopy in the past 5 years and a blood stool test in the past years or a colonoscopy in the past 10 years) by 5% from 68.0% (2010) to 80.0% for all adults

Objective 3.1.4: Increase the percentage of adults 18 years and older who had a test for high blood sugar or diabetes within the past three years by 5% from 58.8% (2011) to 61.7%.

Interventions	Process Measures	Partner Roles	Partner Resources	By When	Disparity
<p>Use media and health communications to build public awareness of screenings.</p> <p>Promote uptake of guideline-recommended cancer screening by increasing awareness that cancer screening is a covered benefit among newly insured.</p> <p>Foster collaboration among community-based organizations, the education and faith-based sectors, independent living centers, businesses and clinicians to identify underserved groups and implement or education about existing programs which improve access to preventative services.</p>	<p>Number of patients navigated to and/or through screenings</p> <p>Number of screening events held in partnership and number of participants</p> <p>Number of media alerts (press releases, sample articles distributed)</p> <p>Number of providers that deliver evidence-based interventions</p>	<ul style="list-style-type: none"> <li>• Herkimer County Public Health</li> <li>• Little Falls Hospital</li> <li>• Cancer Services Program</li> <li>• Clinics</li> </ul>	<p>Educational materials and factsheets on screenings to use with the public</p> <p>Time and outreach to the public</p>	<p>By December 31, 2018</p>	<p>Individuals with low socio-economic status.</p>

**B. New Priorities**

**NYS Prevention Agenda Priority: Prevent Chronic Diseases**

**Focus Area 1: Reduce Obesity in Children and Adults (Little Falls Hospital's New Priority)**

Overarching Objective 1.0.2: Reduce the percentage of children who are obese by 5% from 13.1% (2010) to 12.4% among WIC children (ages 2-4 years) and by 5% from 17.6% (2010-12) to 16.7% among public school children Statewide reported to the Student Weight Status Category Reporting system. (Data Source: NYS Student Weight Status Category Reporting [SWSCR])

Goal 1.3: Expand the role of health care and health service providers and insurers in obesity prevention.

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Objective 1.3.1: By December 31, 2018, increase the percentage of children and adolescents ages 3-17 years with an outpatient visit with a primary care provider or obstetrics/gynecology practitioner during the measurement year, who received appropriate assessment for weight status during the measurement year: 29% from 58% (2011) to 75% among residents enrolled in commercial managed care health insurance and by 5% from 72% (2011) to 75% among residents enrolled in Medicaid Managed Care or Child Health Plus.

Interventions	Process Measures	Partner Roles	Partner Resources	By When	Disparity
Increase the capacity of primary care providers to implement screening, prevention and treatment measures for obesity in children through quality improvement methods and other training approaches, reimbursement and payment incentives.	Number of children screened  Number of trainings which occur  Number of individuals educated	<ul style="list-style-type: none"> <li>Little Falls Hospital</li> <li>Clinics</li> </ul>	Training materials for providers  Educational materials to use with families  Time and outreach to decision-makers	By December 31, 2018	Outreach and education to adults and children with low socio-economic status.

**NYS Prevention Agenda Priority: Promote Mental Health and Prevent Substance Abuse**

**Focus Area 3: Strengthen Infrastructure across Systems (Herkimer County Public Health's New Priority)**

Goal 3.2: Strengthen infrastructure for MEB health promotion and MEB disorder prevention

Objective: Support collaboration among leaders, professionals and community members working in MEB health promotion, substance abuse and other MEB disorders and chronic disease prevention, treatment and recovery and strengthen infrastructure for MEB health promotion and MEB disorder prevention.

Interventions	Process Measures	Partner Roles	Partner Resources	By When	Disparity
Assist and support the Bassett PPS (Leatherstocking Collaborative Health Partners) with their sector project: <ul style="list-style-type: none"> <li>Participate in MEB health promotion and disorder prevention partnerships</li> <li>Expand efforts with NYSDOH and NYSOMH to implement</li> </ul>	Number of discussions held  Number of participants  Number of individuals who have received training in MEB promotion and cultural and linguistic trainings.	<ul style="list-style-type: none"> <li>Herkimer County Public Health</li> <li>Leatherstocking Collaborative Health Partners</li> <li>Mohawk Valley Population Health Improvement Program</li> </ul>	NYSOMH MEB promotion and cultural competence resources  Existing 4.a.iii. work group meetings	By December 31, 2018	Individuals with self-reported poor mental health

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<p>"Collaborative Care" in primary care</p> <ul style="list-style-type: none"><li>• Provide cultural trainings on MEB health promotion, prevention and treatment.</li><li>• Share data and information on MEB health promotion, disorder prevention and treatment</li></ul>					
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**SECTION 5 STAKEHOLDER ENGAGEMENT:**

Over the next three years, Little Fall Hospital and Herkimer County Public Health will collaborate with their partners on each focus area and yearly updates will be made publicly on their websites. Each organization will also engage stakeholders through press releases related to their selected priorities.

**SECTION 6 PLAN DISSEMINATION:**

2016 Community Health Needs Assessment and the combined Community Service Plan/Community Health Improvement Plan will be posted on the websites of Bassett Healthcare Network's Little Falls Hospital page, Herkimer County Public Health, and Mohawk Valley Population Health Improvement Program. Stakeholders involved with priority selection and NYS Prevention Agenda activities will be emailed a copy of the combined plan. Hard copies of the combined plan will be made available to stakeholders.