



# COMMUNITY HEALTH ASSESSMENT & COMMUNITY HEALTH IMPROVEMENT PLAN

*Delaware County Public Health  
Delaware County, NY*

**PUBLISHED DECEMBER 2025**



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**Cover Page**  
**2025 Community Health Assessment**  
**Delaware County Public Health Services**

**County/Counties Served**

- Delaware County, NY



**Joint or Individual Plan**

- Individual plan by Delaware County Public Health Services

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**Coalition/Entity completing assessment/plan on behalf of the County**

- Our Research Partner: DataGen, Inc.
- Alfred Campanella, President, DataGen, Inc. | [acampanella@datagen.info](mailto:acampanella@datagen.info) | 518-431-7646
- Delaware County Public Health contracted with DataGen, Inc. to compile the 2025 CHA reporting and guide the development of the Community Health Improvement Plan. Incorporated in 2004, DataGen, Inc., is a New York corporation and a wholly owned subsidiary of the Healthcare Association of New York State (HANYNS), a non-profit 501(c) 6 membership organization, representing nearly all hospitals in New York for 100 years. DataGen employs 35 full-time individuals who are highly educated in the fields of public health, public policy, epidemiology, computer science, statistics, mathematics, and other technical fields. DataGen is a national company, with 50% of its business conducted outside of New York, including, for example, long-standing, continuous relationships with hospital associations in 48 U.S. states, 10 multi-state health care systems, and numerous hospital associations. Their work with community health needs assessments dates back 12 years. Learn more about their work at <https://datagen.info/>.





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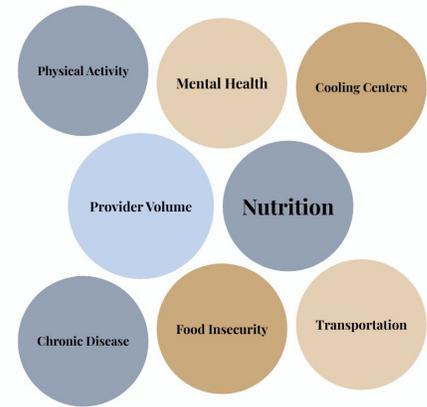
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# EXECUTIVE SUMMARY

This Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP) reflect the prevailing health and social support needs expressed by Delaware County residents and professionals who offer health and social care services to those residents. Over the course of six months, Delaware County Public Health Services leaders met with hospital and community-based organization representatives to examine primary and secondary data. It was a deliberative process that considered current programs and interventions outlined in the 2022 CHA/CHIP, the new data findings, as well as sensitivity to the resources available to the County health department and its partners.

Throughout the process, the Mobilizing for Action through Planning and Partnerships (MAPP)<sup>i</sup> tool was used. This is a widely recognized planning framework used in public health to ensure representation and fairness for all populations. It provides a structure to ensure all sectors and community voices are heard. This CHA includes the hallmarks of this tool – an assessment of the public’s needs and desires, an assessment of what community-based organization leaders think are the prevailing health needs and desires, and an assessment of the community context that examines historical events, cultural beliefs, and other factors that may have or continue to contribute to current health status.



As a result, the County selected priorities that address nutrition and food security, mental health issues, physical activity, and access specifically related to cooling centers. With nearly a third of the County residents age 65 plus, the data revealed a variety of chronic disease diagnoses that are age dependent as well as nutrition and exercise dependent. In addition, stakeholder interviewees often point to transportation difficulties and resulting isolation – a factor that drives anxiety, depression, and even suicide. Transportation as a barrier and the expanse of the geographic region leave many unable to access physical health and mental health appointments. That is compounded by the lack of adequate primary and specialty providers. These findings were repeated many times by stakeholder interviewees.

Delaware County Public Health Services is committed to collaborating with its partners during the 2025-2027 cycle of the Prevention Agenda to address the health and social support concerns uncovered through the data discovery process. There will be a concerted effort to reduce food insecurity in low-income households and to lower the number of frequent mental distress days experienced by adults from low-income households. Specific evidence-based interventions are outlined in the CHIP. Some will address the disparities experienced by low-income individuals, while others are directed more generally to the health and social care needs at hand. Selected objectives track back to the 2025-2030 Prevention Agenda dashboard indicators and will report the percentage and number changes as appropriate.



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# COMMUNITY HEALTH ASSESSMENT

*Delaware County, New York*

# COMMUNITY DESCRIPTION



**Service Area:** The service area assessed is Delaware County, New York. This is a rural community with a total population of 44,308, having 32.9 people per square mile. Delaware County covers 1,442.6 square miles of land area and is the fifth largest County in New York by total area. Delaware County is ranked fourth most rural in terms of population density.<sup>iii</sup> Located in south-central New York, Delaware County is part of the Catskill Mountain region. The County gets its name from the Delaware River, which constitutes its western border and separates the County from Pennsylvania with its east and west branches running through the center of the County. As a geographically large County, it borders seven counties (Broome, Chenango, Greene, Otsego, Schoharie, Sullivan, and Ulster) as well as the State of Pennsylvania with its County seat being Delhi.

It is a mountainous region with rugged terrain, making travel, especially during the winter months, difficult. The region is known for its natural beauty and has become a magnet for seasonal vacationers/homeowners who have helped prop up the tourism industry and local economies. As a result, available and affordable housing options have been reduced for year-round residents. The wealth of Delaware County is impacted by the seasonal/tourism industry and not entirely attributable to the people born and raised in Delaware County.

The New York City Watershed covers 53% of Delaware County.<sup>iv</sup> It is the largest unfiltered drinking water supply in the United States. While this is not significant for the region's own drinking water or its residents, this County's watershed supplies more than nine million people in New York City and parts of Westchester, Putnam, Orange and Ulster Counties with potable water. The watershed is a credit to the County's importance for millions of people far outside its borders.

Historically, the County was a center of agriculture and a leading dairy producer for New York. The broader agricultural industry has declined in recent decades. The retraction in this industry has led to a loss of jobs. Tangentially, the County now sees fewer available volunteers to support ambulance and fire squads, which are of vital importance to rural communities.

According to the New York State Dairy Statistics Annual Summaries, in May 2020 there were 73 dairy farms in the County and in May 2023, there were 46. Agriculture is still considered a cornerstone in the County's economy providing some employment, local income and land use. The County currently has 52 operating dairy farms, supplying product to processors and cooperatives such as Organic Valley, Saputo, Friesland Campina and Chobani.

According to Delaware County Economic Development, the dairy industry still generates millions in revenue and supports businesses such as feed, equipment and veterinary services. Beef, pork and sheep farms have been playing a growing role due to increased demand for locally sourced foods. Meat is marketed via local butcher shops, farmers' markets and direct to consumer means.

There are a growing number of farms focused on vegetables, herbs, produce, and flowers promoted at farmer's markets, farm-to-table venues and in agrotourism opportunities. The County's forested areas support timber, firewood and maple syrup industries.<sup>v</sup>



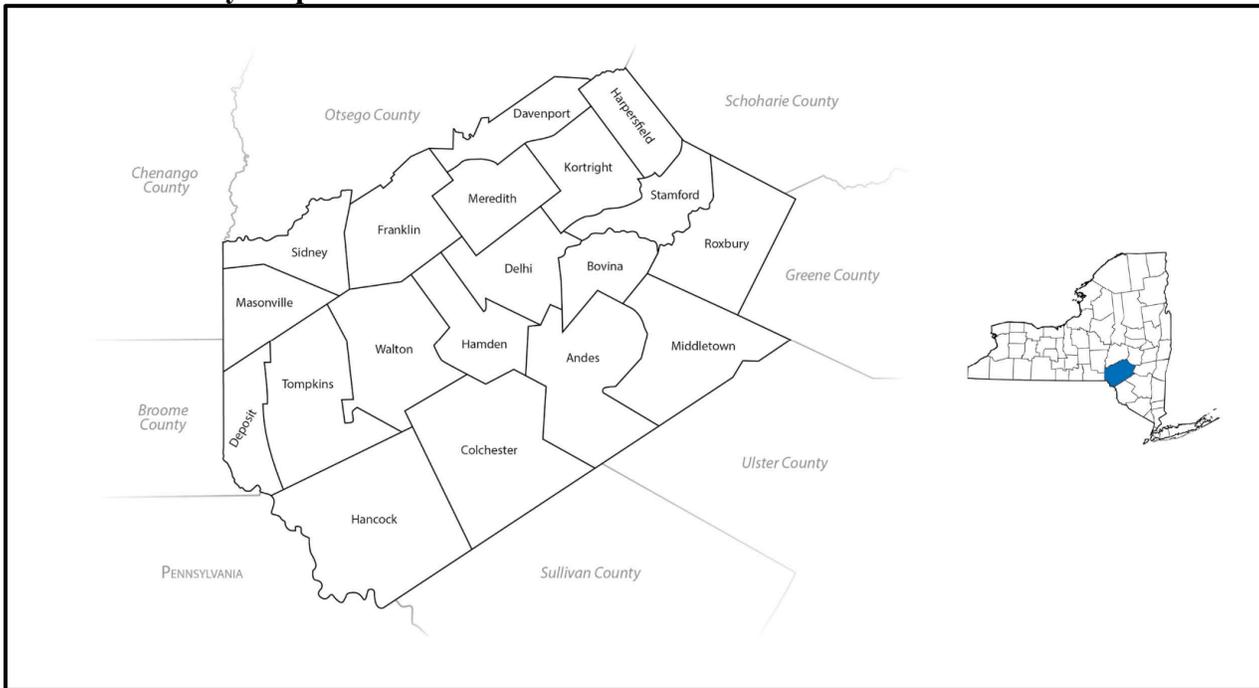
The County has 13 school districts located within its borders, all experiencing a decline in student enrollment with limited movement of new families to the area.

In addition, the closure of two major employers, IBM and MeadWestvaco, located in outlying towns led to job loss, declining school enrollments, outmigration, and lingering negative effects on the economy.

The County has also endured its share of devastating floods throughout the decades due to tropical storms and remnants of Hurricanes, including the more recent Irene and Lee storms.

Finally, the aftermath of COVID-19 is still being felt by both health and social support providers and residents in the community.

### **Delaware County Map**



*New York Genealogical & Biographical Society. "Delaware County, New York Guide | New York Genealogical & Biographical Society." Delaware County, New York Guide, New York Genealogical & Biographical Society, 2025.*

**Demographics:** Looking at the County, the following sociodemographic factors were revealed:

**Delaware County Population by Age Group**

Age Group	Geography	Percent of Population
<b>65 or Older</b>	<b>Delaware County</b>	<b>27.10%</b>
	New York State	18.60%
	US Overall	17.70%
<b>18 to 64</b>	<b>Delaware County</b>	<b>57.20%</b>
	New York State	61.20%
	US Overall	60.50%
<b>Under 18</b>	<b>Delaware County</b>	<b>15.80%</b>
	New York State	20.20%
	US Overall	21.80%

*2025 County Health Rankings*

**Delaware County Population by Race and Ethnicity**

Geography	White	Black	Asian	American Indian or Alaskan Native	Hispanic
<b>Delaware County</b>	<b>90.5%</b>	<b>1.9%</b>	<b>1.4%</b>	<b>.39%</b>	<b>5.0%</b>
<b>New York State</b>	54.0%	14.3%	9.7%	1.1%	19.8%
<b>US Overall</b>	58.4%	12.6%	6.4%	1.3%	19.5%

*2025 County Health Rankings*

The table below provides a more granular view of race and ethnicity in the County.

	New York State	Delaware County
<b>Total Population:</b>	20,201,249	44,308
<b>Population of one race:</b>	18,433,786	41,833
<b>White alone</b>	60.5%	94.3%
<b>Black or African American alone</b>	16.2%	2.6%
<b>American Indian and Alaska Native alone</b>	0.8%	0.3%
<b>Asian alone</b>	10.5%	1.2%
<b>Native Hawaiian and Other Pacific Islander alone</b>	0.1%	0.0%
<b>Some Other Race alone</b>	12.0%	1.6%

*2020: Demographic & Housing Characteristics*

### Delaware County Population by Gender

	New York State	Delaware County
<b>Total Population</b>	19,872,319	44,551
<b>Male</b>	48.8%	50.8%
<b>Female</b>	51.2%	49.2%

2023: ACS 5-Year Estimates

### Delaware County Population with a Disability

	New York State	Delaware County
<b>Total Population with a Disability</b>	13.0%	18.2%

2023: ACS 5-Year Estimates

### Median Annual Income

	New York State	Delaware County
<b>Median Annual Income</b>	\$82,095	\$60,226

2023: ACS 5-Year Estimates

### Homeownership Rate

	New York State	Delaware County
<b>Homeownership Rate</b>	54.1%	76.7%

2023: ACS 5-Year Estimates

### Delaware County Language Spoken at Home

	New York State	Delaware County
<b>Speak only English</b>	75.2%	94.1%
<b>Speak a language other than English</b>	24.8%	5.9%

2023: ACS 5-Year Estimates

### Non-English-Speaking Percentage

	New York State	Delaware County
<b>Language Other Than English Spoken at Home</b>	31.0%	6.7%

2023: ACS 5-Year Estimates

### Poverty Rate

	New York State	Delaware County
<b>Poverty Rate</b>	14.2%	14.9%

2023: ACS 5-Year Estimates

### Delaware County Vehicle Ownership

Vehicles in Household	New York State	Delaware County
<b>No vehicle available</b>	29.0%	9.1%
<b>1 or more vehicle(s) available</b>	71.0%	90.9%

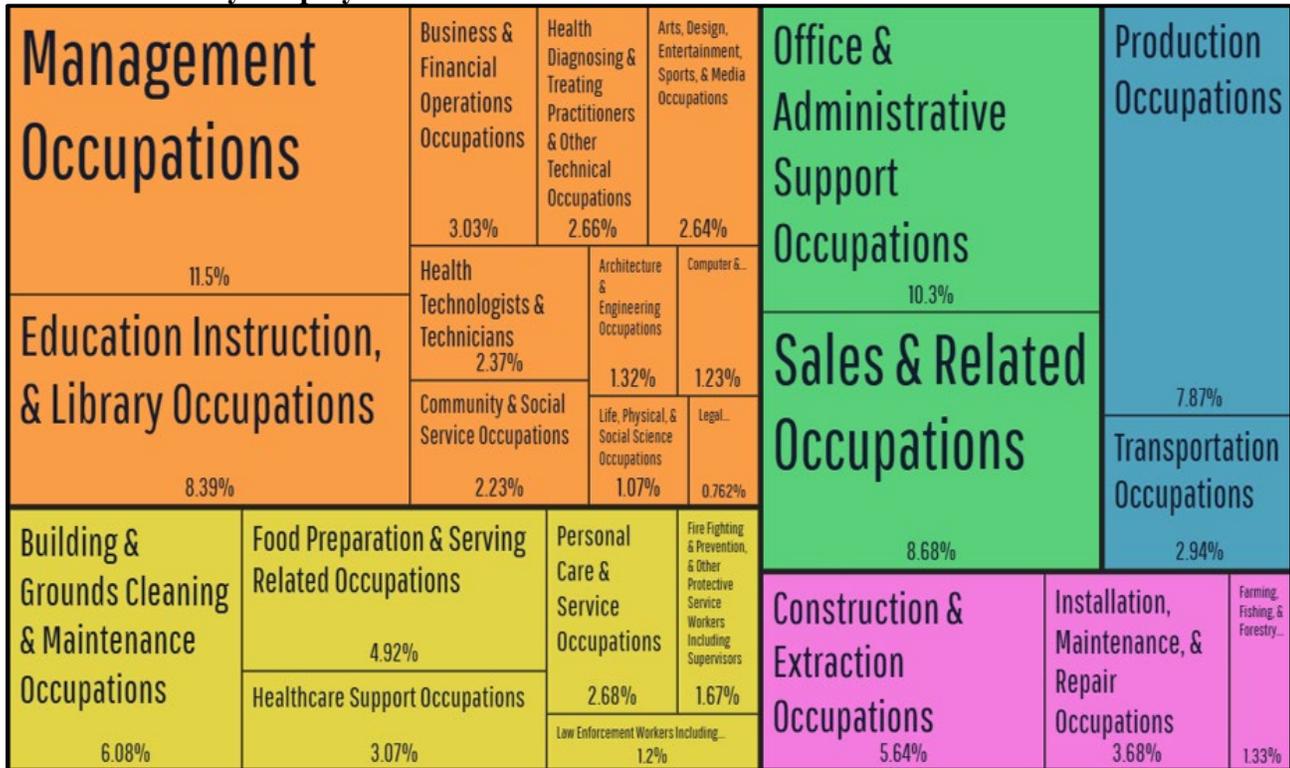
2023: ACS 5-Year Estimates

**Delaware County Broadband Access**

<b>Measure</b>	<b>Geography</b>	<b>2021</b>	<b>2022</b>	<b>2023</b>	<b>2024</b>	<b>2025</b>
<b>Broadband Access- Percentage</b>	<b>Delaware County</b>	<b>76.0</b>	<b>79.4</b>	<b>81.7</b>	<b>84.0</b>	<b>85.7</b>
	New York State	82.9	85.3	87.0	88.3	89.6

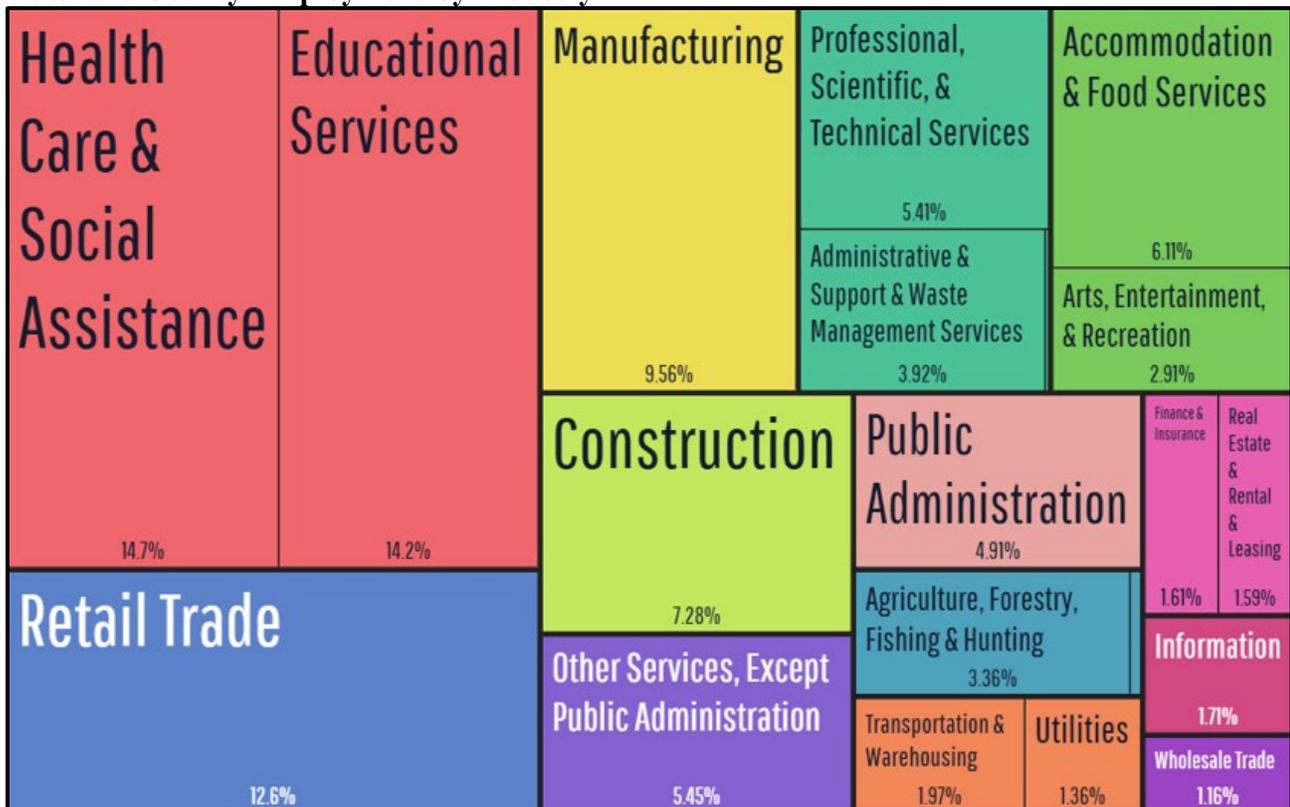
*County Health Rankings*

### Delaware County Employment



2023: ACS 5-Year Estimates

### Delaware County Employment by Industry



2023: ACS 5-Year Estimates



## HEALTH STATUS DESCRIPTION

Based on secondary and primary research, residents in Delaware County continue to struggle with mental health issues, particularly suicide. Mental health concerns were also a top finding in the 2022 assessment. Adult depression rates are higher than the state, with adults in Delaware County also experiencing higher rates of poor mental health than the state and the nation. Substance misuse appears to be a concern in the qualitative data. Secondary data sources reveal a high rate of binge drinking, pointing to alcohol as the preferred substance.

With an adult rate of obesity higher than the state and the nation, chronic disease conditions, such as diabetes, arthritis, and high cholesterol and blood pressure, are prevalent. Obesity is a leading indicator for chronic disease.<sup>vi</sup> The American Medical Association recognized obesity as such in 2013.<sup>vii</sup>

Those serving the health and social needs of the community feel the health status is predominantly poor followed by fair. This contrasts with the perception held by individuals about their own health status with the majority reporting it good and excellent.

Almost a third of the County's population is 65 years and older, a rate higher than the state and nation. Research revealed that aging as a condition is a concern for the community. Age is another leading indicator for a variety of chronic conditions<sup>viii</sup> as well as most cancers, neurological issues, and falls that lead to complications. The 2022 assessment also found a high prevalence of chronic conditions. Additionally, research showed that residents' access to affordable nutrition is at risk surpassing that of the state and nation. Access to healthy and affordable nutrition is vital to the management of a variety of chronic conditions.<sup>ix</sup>



# DATA SOURCES, DATA COLLECTION METHODS, & COMMUNITY ENGAGEMENT

Delaware County took a comprehensive approach to assessing the needs of its communities and expended extensive effort to obtain a diverse representation of the communities served. Primary research employed stakeholder interviews and surveys. This was supplemented by analysis of multiple secondary data sources, some providing information down to the zip code and census tract level. A convenience sampling method was used to reach survey participants, and a purposeful sampling<sup>x</sup> key informant interviewee selection. Such methods are often used in qualitative research studies when time and financial constraints exist. Interviewees involved in the Stakeholder Interviews were selected for their in-depth knowledge and specific insights about the residents and communities served in Delaware County.

The Delaware County Health Department led the community health assessment effort in collaboration with local hospitals and community-based organizations. Additionally, the County contracted with DataGen, a healthcare analytics company, with expertise in the CHA process, to facilitate data gathering and analysis.

A data discovery meeting with partners was held on September 4, 2025. Four formal follow-up meetings occurred on September 18<sup>th</sup>, October 2<sup>nd</sup>, October 16<sup>th</sup>, and October 28<sup>th</sup>, 2025. Delaware County Public Health representatives, in consultation with community-based organization leaders and hospital partners, selected the following priorities collaboratively:

***Priority 1: Nutrition Security***

***Priority 2: Anxiety & Stress***

***Priority 3: Suicide***

***Priority 4: Primary Prevention, Substance Misuse, and Overdose Prevention***

***Priority 5: Opportunities for Active Transportation & Physical Activity***

***Priority 6: Access to Community Services and Support***

## PRIMARY DATA BY THE NUMBERS



## CHOSEN PRIORITIES



### **Community Partner Survey**

The DataGen team developed a survey in collaboration with Delaware County to assess the needs of the community. These surveys were administered to community-based organizations/partners to take the pulse on how they interpret health and community issues prevalent in the populations each serves.

The survey includes seven main questions, with sub-questions, open-ended questions, and a demographics section. The survey was offered in English and Spanish. Online and paper versions of the survey were made available to survey takers.

- The survey was hosted by SurveyMonkey (Momentive Inc., San Mateo, California)
- Data was collected based on the town and County where respondents served
- The survey was open from May 22, 2025, through July 31, 2025
- Data was downloaded from SurveyMonkey on August 4, 2025
- Data was compiled by DataGen®, Inc.
- Open-ended responses were assigned concise categories using ATLAS.ti Web

There were **81 total responses**.

### **Community Health Experience Survey**

The DataGen team worked in collaboration with Delaware County to develop and administer the public survey. It assessed the needs of the community, barriers faced and gathered insights about important community health issues.

There are 24 main questions, including open-ended questions and a demographics section. The survey was offered in English and Spanish. Online and paper versions of the survey were made available to survey takers.

- The survey was hosted by SurveyMonkey (Momentive Inc., San Mateo, California)
- Data was collected based on the zip codes, town, and County where respondents reside
- The survey was open from May 22, 2025, through July 31, 2025
- Data was downloaded from SurveyMonkey on August 4, 2025
- Data was compiled by DataGen®, Inc.
- Hosted by SurveyMonkey (Momentive Inc., San Mateo, California)
- Open-ended responses were assigned concise categories using ATLAS.ti Web

There were **902 total responses**.

### **Survey Distribution**

Delaware County leveraged collaborations with local health departments and community partners as well as various other dissemination methods such as in-person events, websites, newsletters, and social media platforms.

Specifically, Delaware County disseminated the survey both internally and externally through:

- Use of QR Codes on flyers at events and pushed out via hospital EHR systems;
- External website and internal employee site;
- Social Media Channels;
- Email Newsletters; and
- Ads in local papers.

## Stakeholder Interviews

Delaware County and DataGen further engaged key community-based organization leaders to discuss their communities' health needs through virtual interviews.

Delaware County provided DataGen with a curated list of 29 potential community-based stakeholders from a variety of sectors for interviews.

From June 16 – July 31, 2025, DataGen conducted 11 interviews with 13 individual informants.

All interviews were conducted virtually, recorded, and transcribed via Zoom. Transcripts were validated by DataGen to ensure colloquial accuracy to prepare them for qualitative analysis via ATLAS.ti.

DataGen's qualitative analysis of the interview transcripts is employed in grounded theory.<sup>xi</sup> Grounded theory is a research method wherein data is collected first and then analyzed to develop theories rather than beginning with a hypothesis. For this reason, it is a very organic approach to research, especially when seeking to uncover health needs, concerns, and barriers. All transcripts were analyzed using ATLAS.ti web-based qualitative analysis software. Three (3) coders analyzed the transcripts to ensure inter-coder reliability.

## Collection of Secondary Data Sources

500+ metrics were reviewed from the below sources:

Data Source	Time Period
American Community Survey 5-Year Estimates	Report Release Year 2024
CDC Places	Report Release Year 2024
County Health Rankings	Report Release Years 2021 - 2025
Medicare Fee-for-Service Standard Analytic File Limited Data Sets	Calendar Years 2020 - 2023
Socially Determined*	Report Release Year 2024
NORC: Rural Health Mapping Tool	Report Release Year 2024
Social Vulnerability Index	Report Release Year 2022

*\*The Socially Determined Report Release Year 2024 measures utilized in this analysis are derived from 17 independent data sources with release dates ranging from 2018 to 2024 used in Socially Determined's analytic models.*

The measures obtained were at:

- County level;
- Zip code level; and
- Census-tract level.

The categories below were used to organize the data:

- **Demographics:** Characteristics that describe the population (i.e., number of residents, age, race, etc.);
- **Behaviors:** Comprised of both healthy and unhealthy behaviors that the population partake in (i.e., smoking, physical activity, substance use, etc.);
- **Outcomes:** Rates and percentages of certain conditions, quality of life, and the safety of population (i.e., heart failure rates, diabetes, low birth rate, etc.);
- **Utilization:** Access to care, screenings, services, and preventative measures that a population is using (i.e., vaccinations, mammograms, access to and use of care providers, etc.); and
- **Social Determinants of Health:** Non-Medical factors influencing a population's health and well-being of life (i.e., housing, transportation, digital access, etc.).

## Relevant Health Indicators, Health Challenges and Associated Risk Factors, and Health Disparities

The selected graphs and tables that follow depict trends, comparisons, and other helpful insights which paint a picture of the health and social care needs present in Delaware County. Secondary data results are followed by primary data results.

### Data Interpretation Summary

- Lack of transportation in this expansive rural community is persistent. Though vehicle ownership is high, the older population has difficulty reaching appointments due to reliance on family/neighbors for transportation.
- The high rate of obesity for adults is a leading **risk factor** for chronic diseases. Secondary data revealed that there are not adequate places to exercise. This data includes locations designated as public parks or exercise facilities such as the YMCA. However, it does not reflect the region's popular hiking and other recreational areas.
- There is a lack of access to affordable, nutritious foods in the County. This is another **risk factor** for chronic diseases that when not managed properly lead to complications. Socially Determined data shows that Delaware County has a higher population at elevated food risk than the state and nation.
- The percentage of households with adequate broadband coverage is lower than that of the state and the nation. Lower coverage can have an **impact** on adequate delivery of telehealth and digital-health education services.
- The high rate of suicide compared to the state and the nation is a **disparity** with no demographic claiming an appreciably higher rate than the other. This finding in combination with the high rate of adult depression and higher rate of poor mental health requires attention.
- Survey respondents and interviewees voiced their concern about accessing specialty care and the availability of doctors/appointments as a **challenge**.

The secondary and primary data analyses that follow provide a more in-depth picture of what is described in the data interpretation summary. The selected charts and tables that follow illustrate the most prevailing health issues faced by those in Delaware County, along with social determinant of health factors that often present as hindrances to access, and other associated risk factors that affect health, access, and care.

## Secondary Data

The list of measures below presents a broad view of the issues affecting the County as these have changed over the course of five years.

<b>Measure</b>	<b>Geography</b>	<b>RY 2021</b>	<b>RY 2022</b>	<b>RY 2023</b>	<b>RY 2024</b>	<b>RY 2025</b>
<b>Binge Drinking-Percentage</b>	<b>Delaware County</b>	<b>22.09</b>	<b>21.83</b>	<b>20.90</b>	<b>16.53</b>	<b>21.83</b>
	NY State	19.90	20.12	18.94	17.19	20.40
	Nation	19.26	19.30	18.90	17.55	19.91
<b>Broadband Access-Percentage</b>	<b>Delaware County</b>	<b>76.05</b>	<b>79.42</b>	<b>81.72</b>	<b>84.01</b>	<b>85.73</b>
	NY State	82.91	85.29	86.97	88.27	89.64
	Nation	82.79	85.38	87.08	88.43	89.79
<b>Car Crash Death-Rate (per 100,000)</b>	<b>Delaware County</b>	<b>12.87</b>	<b>12.67</b>	<b>12.67</b>	<b>11.16</b>	<b>12.49</b>
	NY State	5.65	5.60	5.60	5.79	5.91
	Nation	11.33	11.57	11.54	12.01	12.31
<b>Child Mortality-Rate (per 100,000)</b>	<b>Delaware County</b>	<b>-</b>	<b>40.97</b>	<b>40.97</b>	<b>42.54</b>	<b>51.69</b>
	NY State	38.64	37.52	37.49	37.13	37.22
	Nation	48.97	47.94	47.88	50.41	51.26
<b>Child Poverty (Hispanic)-Percentage</b>	<b>Delaware County</b>	<b>38.89</b>	<b>42.89</b>	<b>33.01</b>	<b>27.46</b>	<b>40.78</b>
	NY State	29.30	27.34	26.36	25.42	25.12
	Nation	26.77	24.79	23.88	23.02	22.19
<b>Child Poverty (White)-Percentage</b>	<b>Delaware County</b>	<b>30.58</b>	<b>26.01</b>	<b>24.55</b>	<b>19.50</b>	<b>15.38</b>
	NY State	12.17	11.88	11.68	11.51	11.55
	Nation	10.60	10.10	9.92	9.76	9.56
<b>Child Poverty-Percentage</b>	<b>Delaware County</b>	<b>19.10</b>	<b>18.70</b>	<b>23.40</b>	<b>19.20</b>	<b>21.50</b>
	NY State	17.86	16.43	18.55	18.22	18.28
	Nation	16.67	15.60	16.85	16.15	15.88
<b>Dentists-Rate (per 1,000)</b>	<b>Delaware County</b>	<b>0.25</b>	<b>0.25</b>	<b>0.23</b>	<b>0.20</b>	<b>0.20</b>
	NY State	0.85	0.84	0.82	0.83	0.83
	Nation	0.71	0.72	0.73	0.74	0.73
<b>Disconnected Youth-Percentage</b>	<b>Delaware County</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>6.04</b>	<b>7.62</b>
	NY State	6.22	6.43	6.50	6.74	6.69
	Nation	6.71	6.88	6.95	7.06	6.93
<b>Drive Alone-Percentage</b>	<b>Delaware County</b>	<b>75.17</b>	<b>75.12</b>	<b>72.96</b>	<b>72.58</b>	<b>72.26</b>
	NY State	53.26	52.52	51.77	50.87	49.98
	Nation	76.62	75.26	73.66	72.12	70.66

<b>Measure</b>	<b>Geography</b>	<b>RY 2021</b>	<b>RY 2022</b>	<b>RY 2023</b>	<b>RY 2024</b>	<b>RY 2025</b>
<b>Drug Overdose-Rate (per 100,000)</b>	<b>Delaware County</b>	<b>18.70</b>	<b>20.36</b>	<b>20.36</b>	<b>22.65</b>	<b>30.06</b>
	NY State	19.12	21.07	21.04	24.58	29.16
	Nation	21.84	23.99	23.98	27.81	31.36
<b>Exercise Access-Percentage</b>	<b>Delaware County</b>	<b>61.44</b>	<b>52.47</b>	<b>58.07</b>	<b>58.33</b>	<b>58.47</b>
	NY State	93.39	88.44	93.05	93.07	92.92
	Nation	84.44	80.29	84.23	84.07	84.35
<b>Firearm Deaths-Rate (per 100,000)</b>	<b>Delaware County</b>	<b>9.77</b>	<b>12.10</b>	<b>12.10</b>	<b>13.06</b>	<b>13.08</b>
	NY State	4.21	4.44	4.44	4.62	4.90
	Nation	11.97	12.46	12.43	13.00	13.45
<b>Flu Vaccination (Asian)-Percentage</b>	<b>Delaware County</b>	<b>40.00</b>	<b>47.00</b>	<b>37.00</b>	<b>22.00</b>	<b>31.00</b>
	NY State	51.08	50.77	53.62	49.66	49.64
	Nation	48.31	48.23	51.57	47.55	48.41
<b>Flu Vaccination (Black)-Percentage</b>	<b>Delaware County</b>	<b>22.00</b>	<b>25.00</b>	<b>32.00</b>	<b>31.00</b>	<b>28.00</b>
	NY State	36.18	35.14	37.34	34.69	35.79
	Nation	35.08	34.39	36.86	33.32	34.85
<b>Flu Vaccination (White)-Percentage</b>	<b>Delaware County</b>	<b>48.00</b>	<b>47.00</b>	<b>52.00</b>	<b>48.00</b>	<b>48.00</b>
	NY State	51.56	50.81	54.78	50.95	51.84
	Nation	50.19	50.07	53.00	48.40	49.71
<b>Flu Vaccination-Percentage</b>	<b>Delaware County</b>	<b>47.00</b>	<b>47.00</b>	<b>52.00</b>	<b>47.00</b>	<b>48.00</b>
	NY State	48.56	47.74	51.27	47.98	48.76
	Nation	47.88	47.77	50.59	46.28	47.59
<b>Food Environment-Index</b>	<b>Delaware County</b>	<b>8.30</b>	<b>7.80</b>	<b>7.90</b>	<b>8.10</b>	<b>8.10</b>
	NY State	8.49	8.54	8.18	8.43	8.51
	Nation	7.97	8.03	7.86	8.05	8.04
<b>Food Insecurity-Percentage</b>	<b>Delaware County</b>	<b>12.30</b>	<b>13.60</b>	<b>12.60</b>	<b>11.10</b>	<b>13.90</b>
	NY State	10.83	10.71	11.73	10.31	12.55
	Nation	11.78	11.38	11.48	10.27	12.87
<b>Frequent Physical Distress-Percentage</b>	<b>Delaware County</b>	<b>13.36</b>	<b>13.10</b>	<b>10.00</b>	<b>11.50</b>	<b>12.20</b>
	NY State	11.55	11.75	8.83	10.10	11.44
	Nation	12.44	12.41	9.84	10.83	12.44

Measure	Geography	RY 2021	RY 2022	RY 2023	RY 2024	RY 2025
Injury Deaths-Rate (per 100,000)	Delaware County	71.48	74.40	74.40	77.03	84.79
	NY State	50.52	53.36	53.32	56.36	60.05
	Nation	72.28	75.88	75.84	79.94	83.48
Insufficient Sleep-Percentage	<b>Delaware County</b>	<b>39.54</b>	<b>39.54</b>	<b>34.70</b>	<b>34.70</b>	<b>41.90</b>
	NY State	39.29	39.29	34.72	34.71	38.87
	Nation	36.69	36.68	34.06	34.06	36.95
Life Expectancy-Years	<b>Delaware County</b>	<b>79.16</b>	<b>78.13</b>	<b>78.13</b>	<b>77.51</b>	<b>76.66</b>
	NY State	81.67	80.34	80.34	79.79	79.48
	Nation	79.33	78.67	78.67	77.74	77.25
Median Income (Hispanic)-Dollars	<b>Delaware County</b>	<b>38,545.00</b>	<b>36,714.00</b>	<b>42,153.00</b>	<b>43,056.00</b>	<b>46,920.00</b>
	NY State	53,430.09	57,097.92	61,371.74	67,594.59	71,188.61
	Nation	53,088.65	56,277.53	60,185.46	66,410.43	70,363.99
Median Income (White)-Dollars	<b>Delaware County</b>	<b>50,160.00</b>	<b>50,647.00</b>	<b>53,686.00</b>	<b>58,958.00</b>	<b>60,737.00</b>
	NY State	85,644.92	88,229.66	92,991.44	100,575.30	104,630.45
	Nation	74,873.28	77,134.31	81,642.12	88,352.17	92,100.32
Median Income-Dollars	<b>Delaware County</b>	<b>51,038.00</b>	<b>54,440.00</b>	<b>53,385.00</b>	<b>61,424.00</b>	<b>56,163.00</b>
	NY State	75,925.01	77,482.47	78,231.17	83,912.12	87,036.24
	Nation	68,856.51	70,666.25	72,739.33	78,095.18	81,240.59
Mental Health Providers-Rate (per 1,000)	<b>Delaware County</b>	<b>1.27</b>	<b>1.34</b>	<b>1.35</b>	<b>1.48</b>	<b>1.58</b>
	NY State	3.04	3.25	3.34	3.56	3.78
	Nation	2.62	2.83	2.96	3.14	3.33
Mentally Unhealthy-Days	<b>Delaware County</b>	<b>4.82</b>	<b>4.98</b>	<b>4.67</b>	<b>5.34</b>	<b>5.78</b>
	NY State	4.14	4.30	4.49	4.72	5.22
	Nation	4.41	4.50	4.69	5.03	5.46
Mortality-Rate (per 100,000)	<b>Delaware County</b>	<b>353.58</b>	<b>374.46</b>	<b>374.46</b>	<b>395.68</b>	<b>410.02</b>
	NY State	277.46	309.87	309.89	327.36	338.28
	Nation	340.29	360.40	360.16	391.72	409.40
Obesity-Percentage	<b>Delaware County</b>	<b>31.50</b>	<b>32.40</b>	<b>31.70</b>	<b>33.50</b>	<b>35.90</b>
	NY State	26.44	28.52	27.01	30.07	30.17
	Nation	29.74	32.19	32.53	33.39	33.86
Other Primary Care Providers-Rate (per 1,000)	<b>Delaware County</b>	<b>0.91</b>	<b>1.00</b>	<b>0.95</b>	<b>0.96</b>	<b>1.04</b>
	NY State	1.27	1.37	1.43	1.54	1.64
	Nation	1.06	1.15	1.23	1.31	1.40

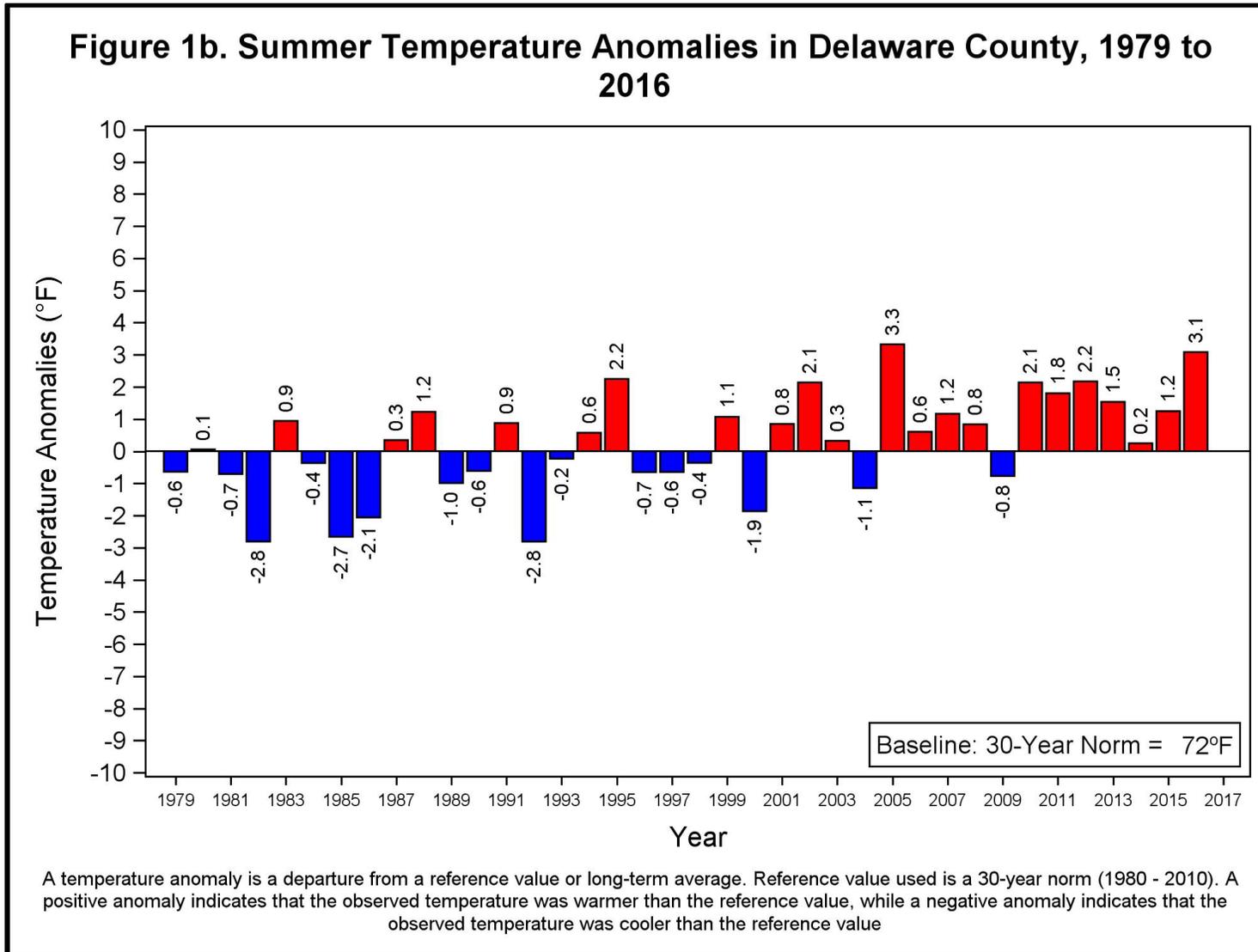
<b>Measure</b>	<b>Geography</b>	<b>RY 2021</b>	<b>RY 2022</b>	<b>RY 2023</b>	<b>RY 2024</b>	<b>RY 2025</b>
<b>Physical Inactivity-Percentage</b>	<b>Delaware County</b>	<b>26.30</b>	<b>30.30</b>	<b>23.40</b>	<b>24.80</b>	<b>24.30</b>
	NY State	23.48	28.15	24.78	25.24	24.19
	Nation	22.73	27.04	23.38	23.92	23.67
<b>Physically Unhealthy-Days</b>	<b>Delaware County</b>	<b>4.39</b>	<b>4.20</b>	<b>3.19</b>	<b>3.75</b>	<b>4.49</b>
	NY State	3.83	3.76	2.83	3.27	3.98
	Nation	4.08	3.98	3.19	3.54	4.16
<b>Poor Mental Health-Percentage</b>	<b>Delaware County</b>	<b>14.78</b>	<b>15.80</b>	<b>15.40</b>	<b>17.10</b>	<b>17.80</b>
	NY State	12.71	13.30	13.92	14.90	16.15
	Nation	13.74	14.33	14.85	15.90	17.35
<b>Premature Death (White)-Rate (YPLL per 100,000)</b>	<b>Delaware County</b>	<b>6,987.29</b>	<b>8,105.18</b>	<b>8,105.18</b>	<b>8,278.59</b>	<b>9,115.60</b>
	NY State	5,282.61	5,641.10	5,644.42	5,877.98	6,080.02
	Nation	6,878.63	7,110.27	7,107.22	7,675.42	8,019.69
<b>Premature Death-Rate (YPLL per 100,000)</b>	<b>Delaware County</b>	<b>7,171.38</b>	<b>8,148.99</b>	<b>8,148.99</b>	<b>8,346.42</b>	<b>8,915.16</b>
	NY State	5,474.69	6,028.85	6,029.05	6,420.51	6,705.59
	Nation	6,974.53	7,354.84	7,348.61	8,042.35	8,444.88
<b>Preventable Hospitalization (Black)-Hospitalizations</b>	<b>Delaware County</b>	-	-	-	-	<b>8,567.00</b>
	NY State	5,956.68	5,702.79	3,977.81	4,175.60	4,125.44
	Nation	6,210.42	5,713.57	4,435.86	4,286.23	4,226.88
<b>Primary Care Physicians-Rate (per 1,000)</b>	<b>Delaware County</b>	<b>0.34</b>	<b>0.32</b>	<b>0.32</b>	<b>0.38</b>	<b>0.38</b>
	NY State	0.84	0.85	0.85	0.81	0.81
	Nation	0.76	0.77	0.77	0.75	0.75
<b>Racial Segregation - Black/White-Index of dissimilarity</b>	<b>Delaware County</b>	<b>37.98</b>	<b>52.48</b>	<b>57.39</b>	<b>59.82</b>	<b>69.12</b>
	NY State	64.23	64.86	65.42	65.81	67.57
	Nation	51.09	53.89	54.07	54.01	54.26
<b>Smoking-Percentage</b>	<b>Delaware County</b>	<b>22.88</b>	<b>20.50</b>	<b>19.60</b>	<b>20.50</b>	<b>15.90</b>
	NY State	16.28	14.97	14.45	14.87	12.54
	Nation	17.51	16.56	16.19	15.43	14.50
<b>Some College-Percentage</b>	<b>Delaware County</b>	<b>54.73</b>	<b>54.65</b>	<b>56.09</b>	<b>58.16</b>	<b>58.62</b>
	NY State	68.28	69.28	69.54	70.06	70.57
	Nation	65.71	66.47	66.78	67.11	67.33
<b>Suicide (White)-Rate (per 100,000)</b>	<b>Delaware County</b>	<b>17.11</b>	<b>21.08</b>	<b>21.08</b>	<b>20.40</b>	<b>20.22</b>
	NY State	10.06	10.11	10.10	10.05	10.08
	Nation	17.41	17.36	17.34	17.54	17.55

<b>Measure</b>	<b>Geography</b>	<b>RY 2021</b>	<b>RY 2022</b>	<b>RY 2023</b>	<b>RY 2024</b>	<b>RY 2025</b>
<b>Suicide-Rate (per 100,000)</b>	<b>Delaware County</b>	<b>15.58</b>	<b>19.56</b>	<b>19.56</b>	<b>18.94</b>	<b>18.78</b>
	NY State	8.21	8.25	8.24	8.22	8.29
	Nation	13.92	13.96	13.95	14.09	14.16
<b>Teen Birth Rate (White)-Rate (per 1,000)</b>	<b>Delaware County</b>	<b>11.67</b>	<b>10.86</b>	<b>10.86</b>	<b>10.43</b>	<b>11.05</b>
	NY State	7.63	7.11	7.11	6.01	5.60
	Nation	13.87	12.77	12.75	10.60	9.90
<b>Uninsured Children-Percentage</b>	<b>Delaware County</b>	<b>0.03</b>	<b>0.03</b>	<b>0.03</b>	<b>0.03</b>	<b>0.03</b>
	NY State	0.02	0.02	0.02	0.03	0.02
	Nation	0.05	0.06	0.05	0.05	0.05
<b>Uninsured-Percentage</b>	<b>Delaware County</b>	<b>5.84</b>	<b>5.73</b>	<b>6.02</b>	<b>5.61</b>	<b>5.73</b>
	NY State	6.28	6.15	6.08	6.09	5.72
	Nation	10.43	10.84	10.42	10.24	9.55

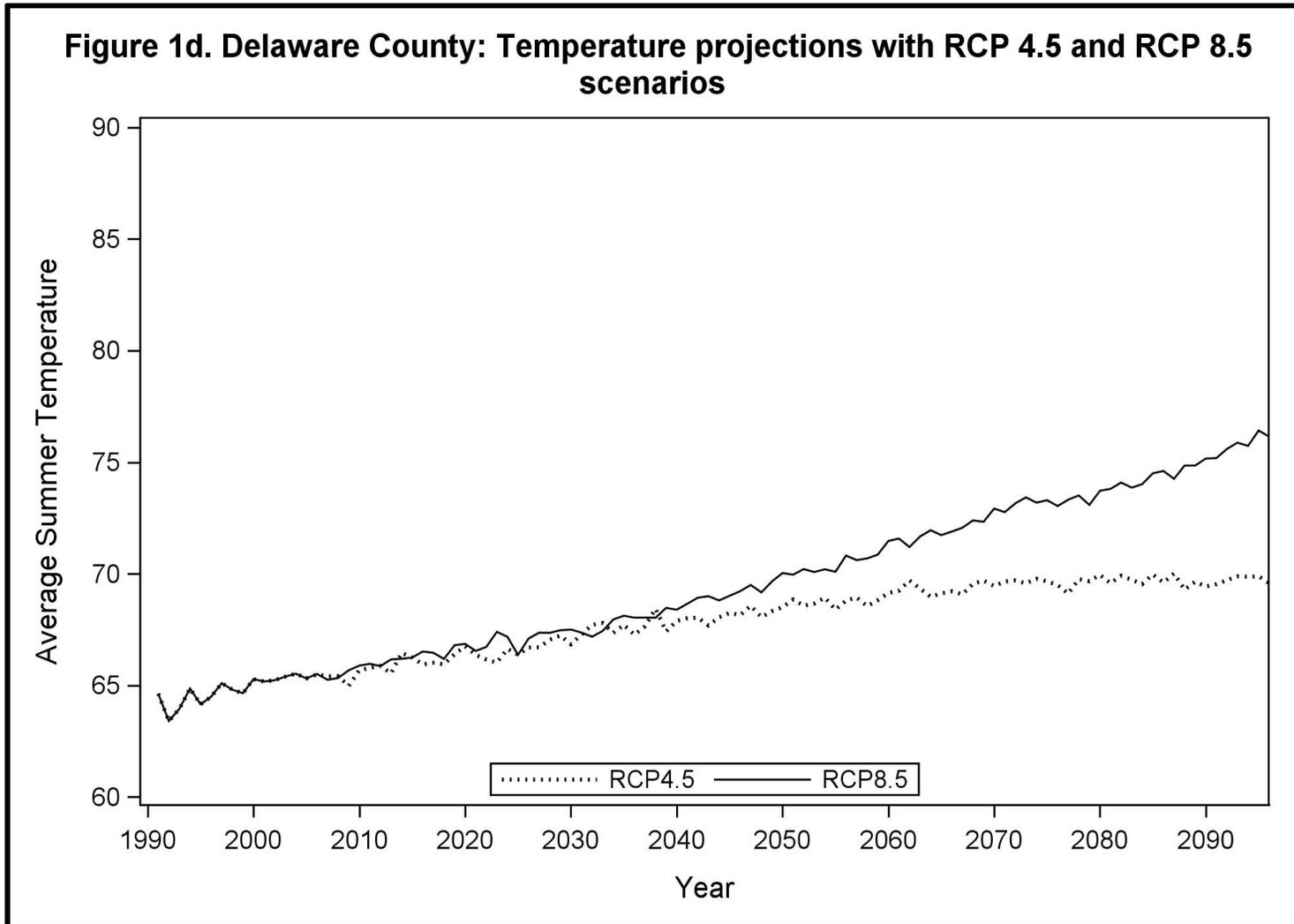
*County Health Rankings*

The selected charts and graphs that follow provide a more detailed representation of issues affecting the community that the County has chosen to address.

**Graphic 1. Summer Temperature Anomalies in Delaware County**



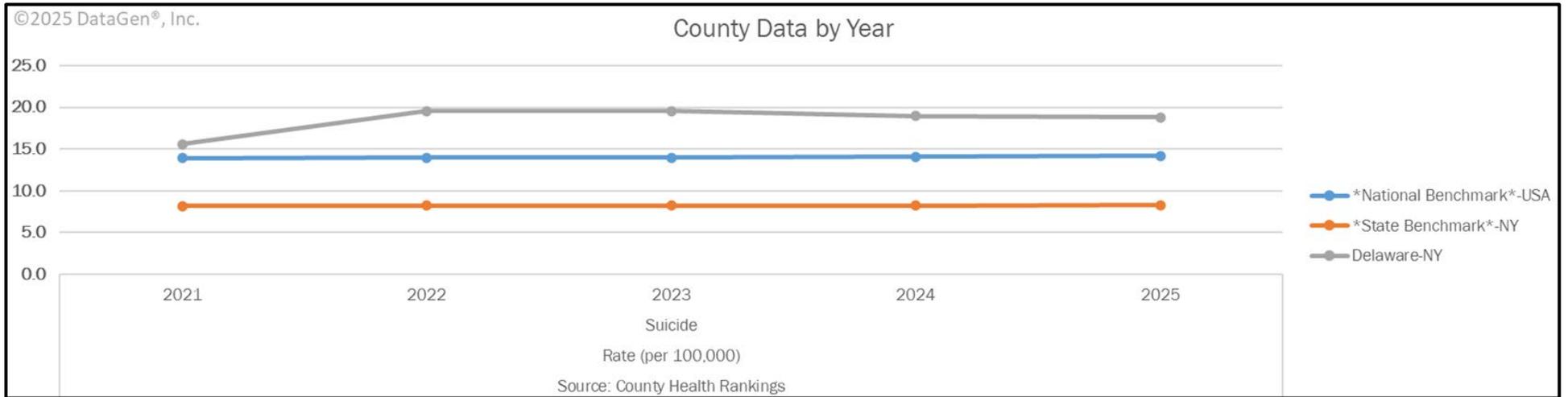
Graphic 2. Delaware County: Temperature projections with RCP 4.5 and RCP 8.5 scenarios



*Delaware County Heat-Health Profile Report. Developed by New York State Department of Health, Center for Environmental Health. 2019*

Graphics 1 and 2 show that average summer temperatures in Delaware County have been rising and are projected to continue to increase.

**Graphic 3. Suicide rate (per 100,000)**



The suicide rate in Delaware County is appreciably higher than the state and the nation.

**Graphic 4. Behavioral Health Clinic: Mental Health Services**

**Mental Health Services**

In 2024 **558** a total of individuals were evaluated, this is an average of 47 evaluations a month. 43 evaluations of out of county residents.

Admitted Cases:  
 267 – Adults  
 118 – Children

Discharged Cases:  
 276 – Adults  
 112 - Children

Open Cases as of 12/31/2024:  
 401 – Adults  
 126 – Children

Total Contacts in **Walton: 8,309**  
*\*This is a 375 unit increase from 2023*

Total Contacts at **Satellite Offices: 383**  
 76 – **Margaretville**  
 307 – **Sidney**  
*\*This is a 299 unit increase from 2023*

**Total Billable Service Contacts: 8,692**

<b>Telehealth Services</b>	<b>Total</b>	<b>%</b>
Phone	331	4%
WebEx	128	1%
In Person	8,233	95%

*Delaware County Community Services – 2024 Annual Report*

The evaluation and utilization data reveals a marked increase in mental health services from the previous year, indicating that mental health issues and the need for care are ongoing issues for the county.

**Graphic 5. Behavioral Health Clinic: Substance Use Services**

In 2024 a total of **233** individuals were evaluated, this is an average of 19 evaluations a month.

Admitted Cases: 129

Discharged Cases: 121

Open Cases as of 12/31/2024: 97

**Total Contacts: 2,756**

**Total Contacts in Walton: 2,743**

\*This is a 278 unit increase from 2023

**Total Contacts at Satellite Offices: 13**

13– Sidney

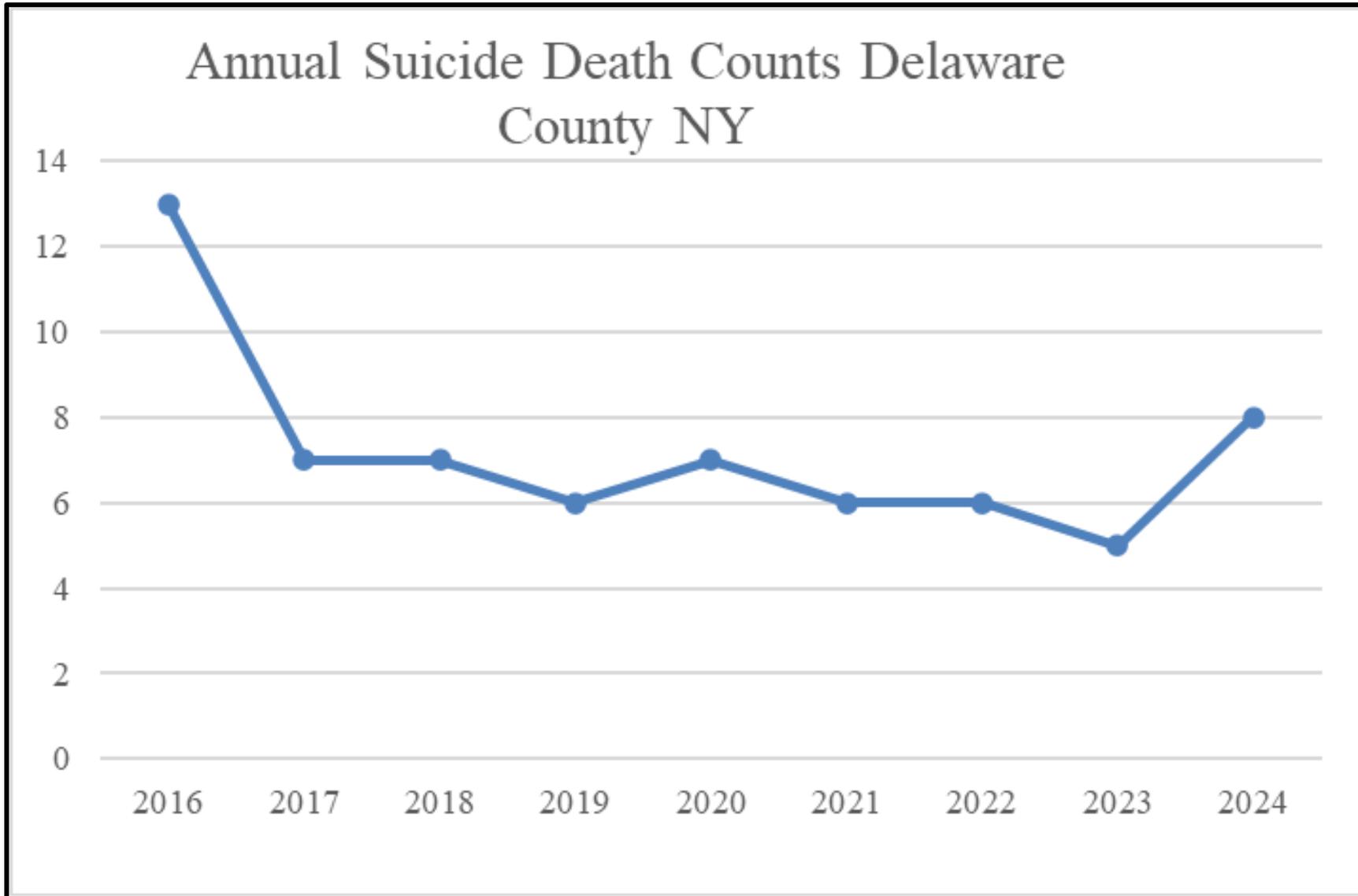
**Total Billable Service Contacts: 2,199**

<b>Telehealth Services</b>	<b>Total</b>	<b>%</b>
Phone	24	1%
WebEx	18	1%
In Person	2,157	98%

*Delaware County Community Services – 2024 Annual Report*

Graphic 5 shows the county’s Behavioral Health Clinic continued to see rising numbers of substance use services in 2024, with the majority occurring at the Walton location.

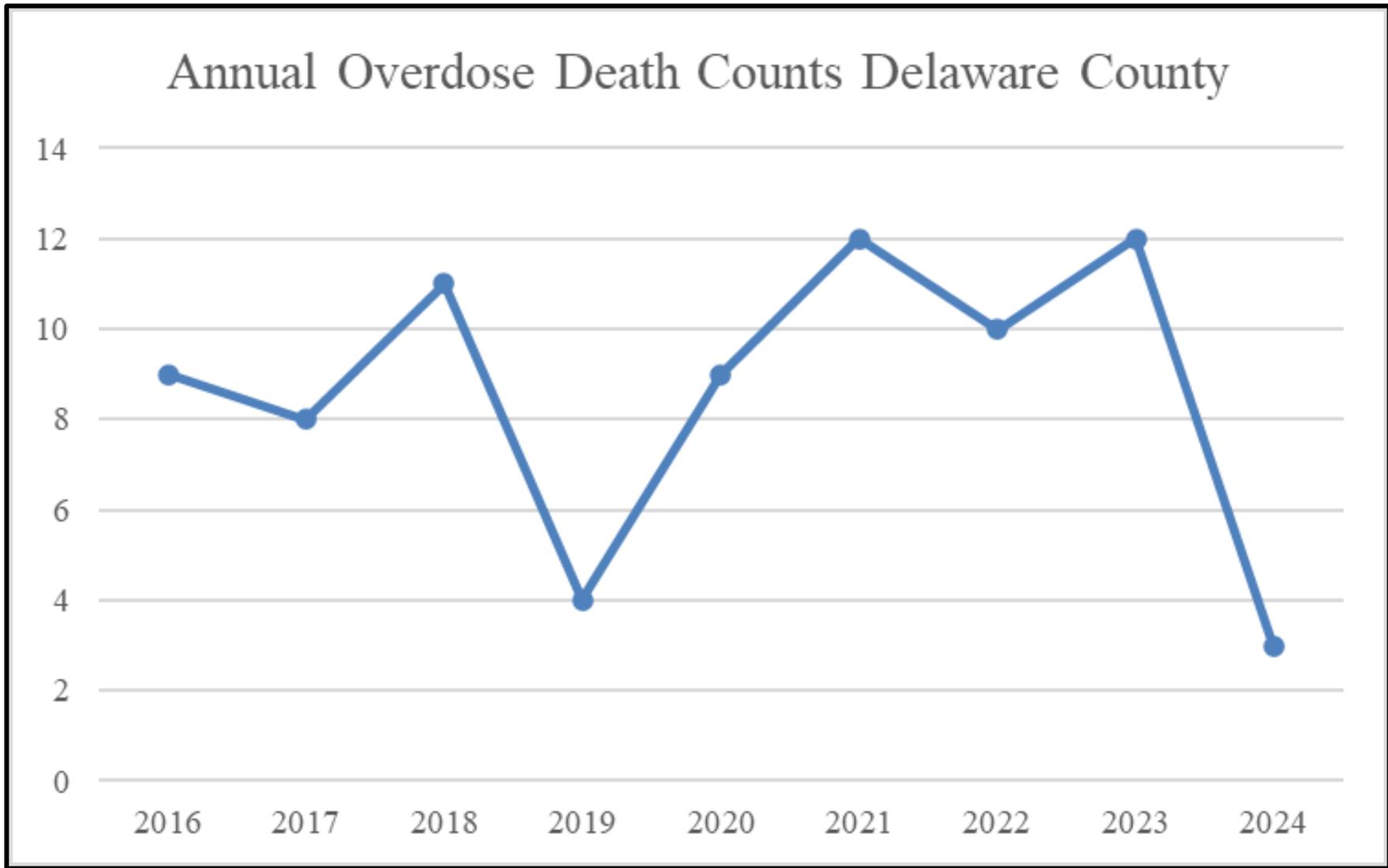
Graphic 6. Annual Suicide Death Counts Delaware County, NY



*Delaware County Public Health local suicide data*

Graphic 6 shows a slight dip in the county’s annual suicide deaths from 2020 to 2023, followed by a marked increase in 2024. This and other secondary data show that suicide is an issue that must be addressed.

Graphic 7. Annual Overdose Death Count Delaware County

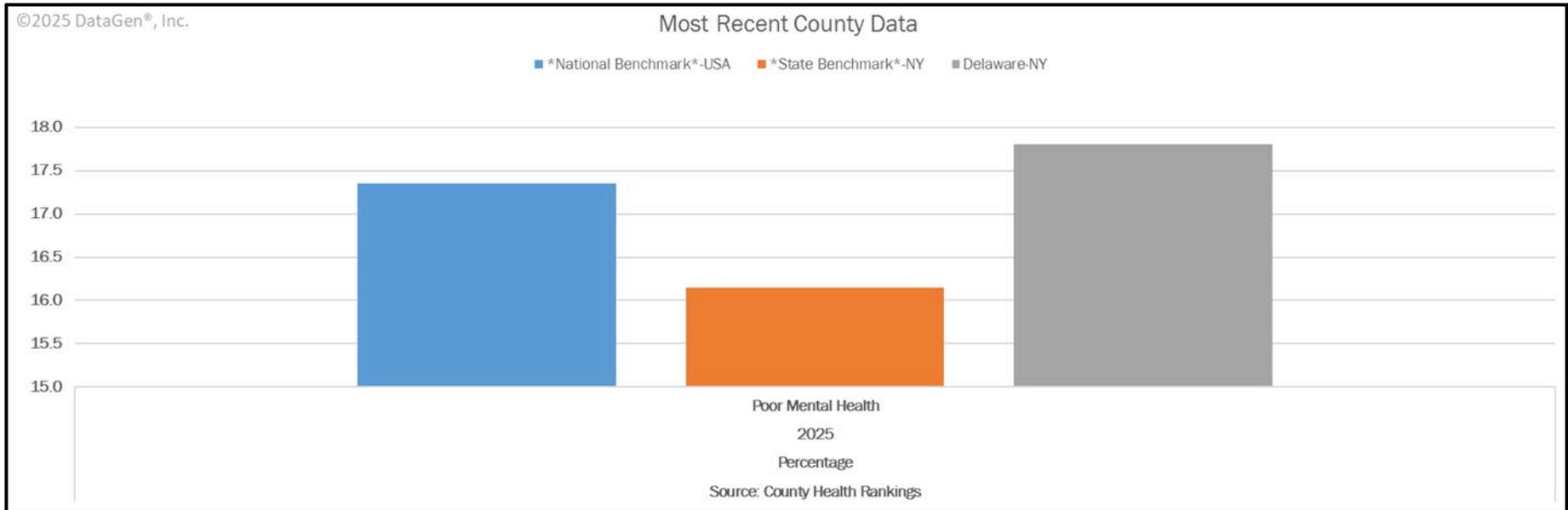


*Delaware County Public Health local overdose data*

Graphic 7 presents the annual overdose deaths for the county, which dramatically decreased from 2023 to 2024.

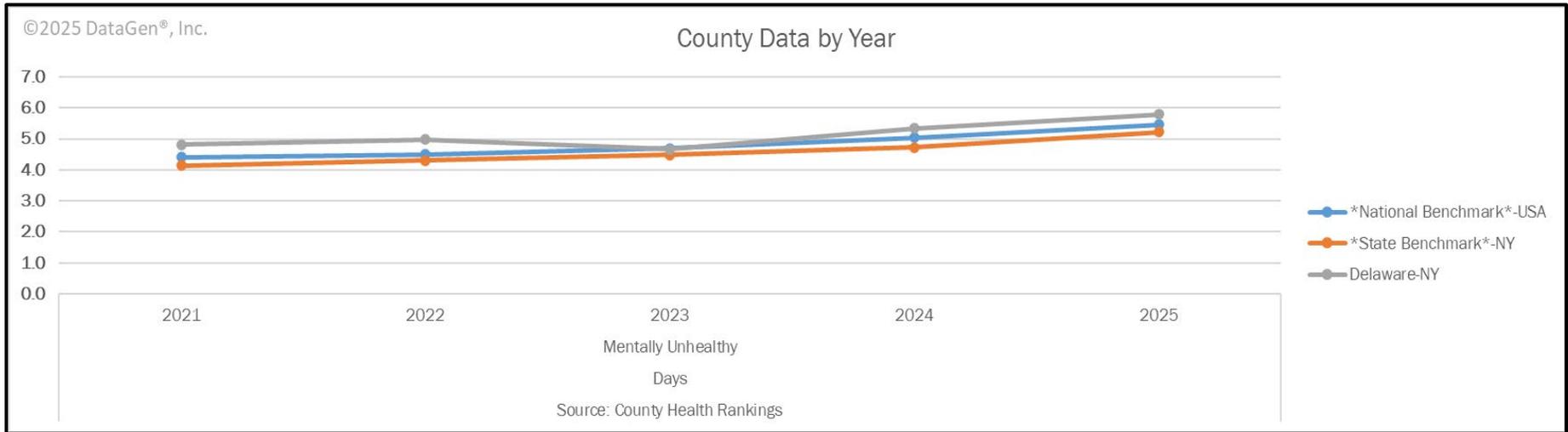
When interpreting the following bar charts, please note the first two blue and orange bars on the left side always represent the state and national benchmarks.

### Graphic 8. Poor Mental Health Percentage



Graphic 8 highlights that the percentage of individuals with poor mental health is higher in Delaware County than the national and state averages.

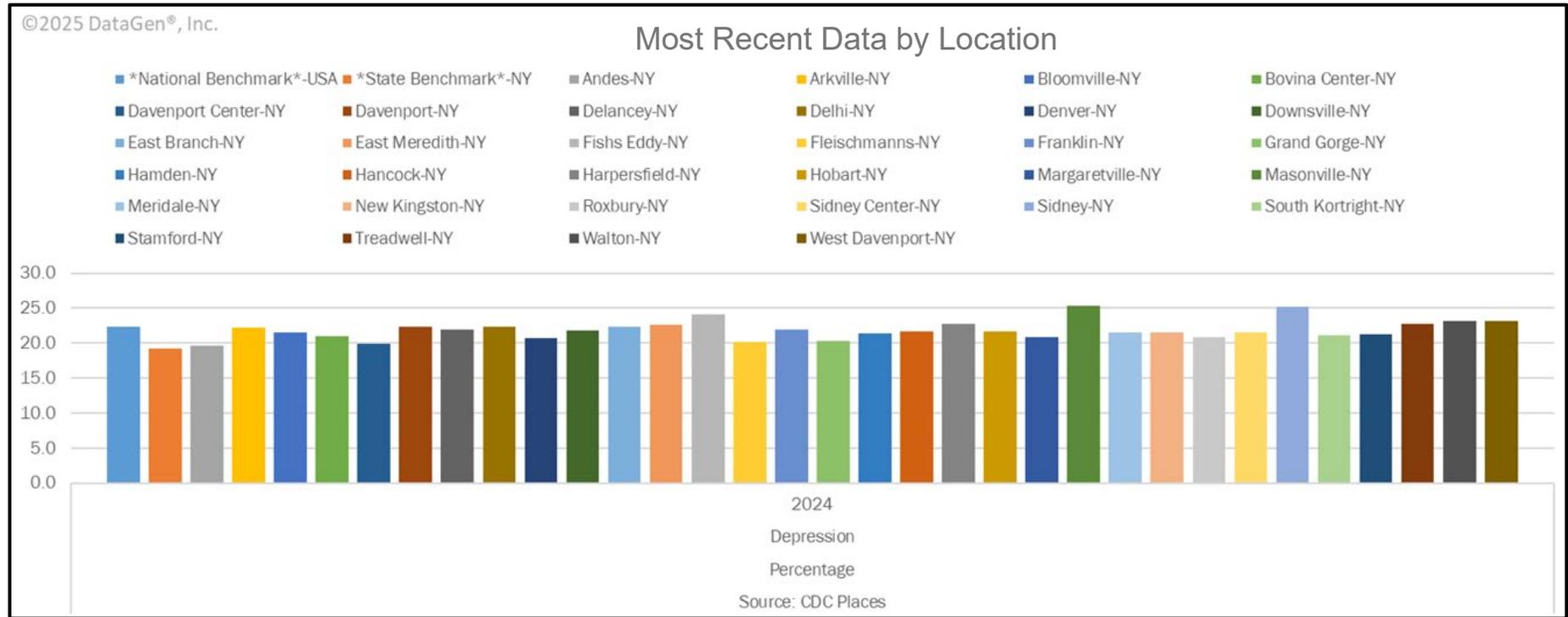
## Graphic 9. Mentally Unhealthy Days



In Graphic 9 we see that since 2021, the average number of mentally unhealthy days experienced per month by Delaware County residents has increased. This is consistent with increases across the state and nation. Additionally, county residents have consistently experienced a greater number of mentally unhealthy days per month than both the national and state averages.

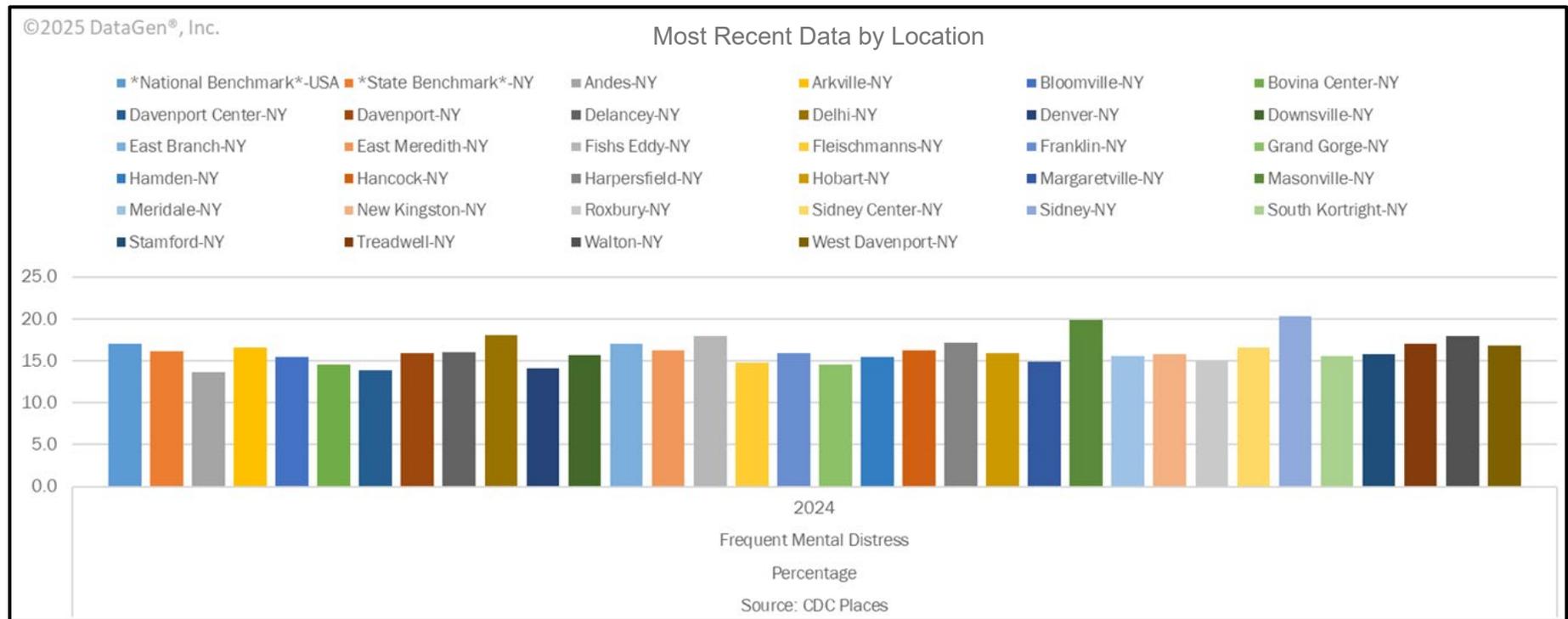
When interpreting the following bar chart, please note the town names correspond to the colored bars left to right.

**Graphic 10. Depression Percentage**



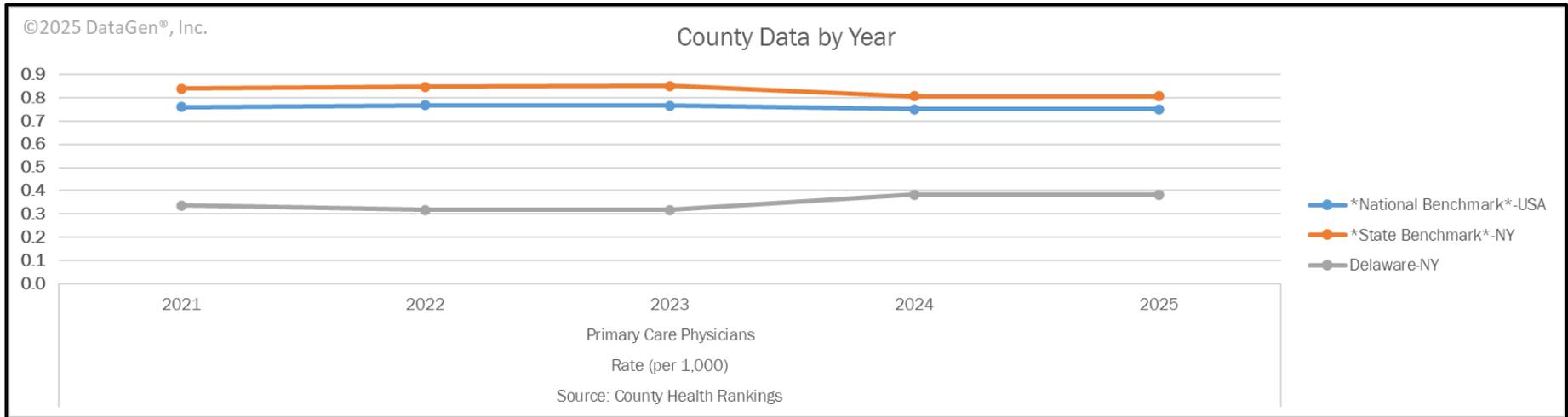
When interpreting the following bar chart, please note the town names correspond to the colored bars left to right.

**Graphic 11. Frequent Mental Distress Percentage**

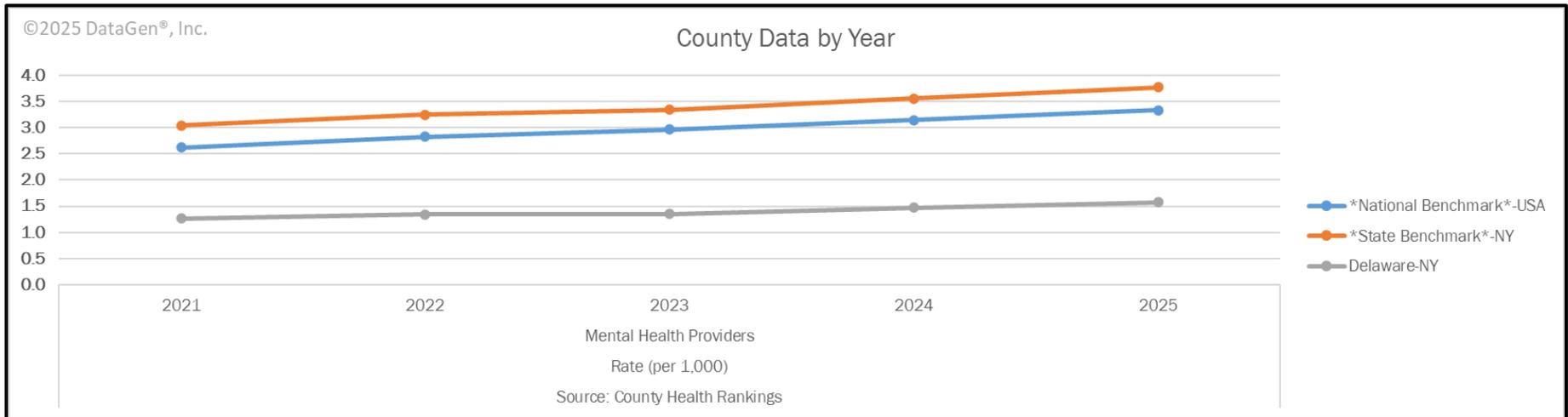


Graphics 8 through 11 illustrate that mental health is a persistent issue among residents in the County. The bar graphs provide insight into the towns in the County, and their depression and mental distress percentages.

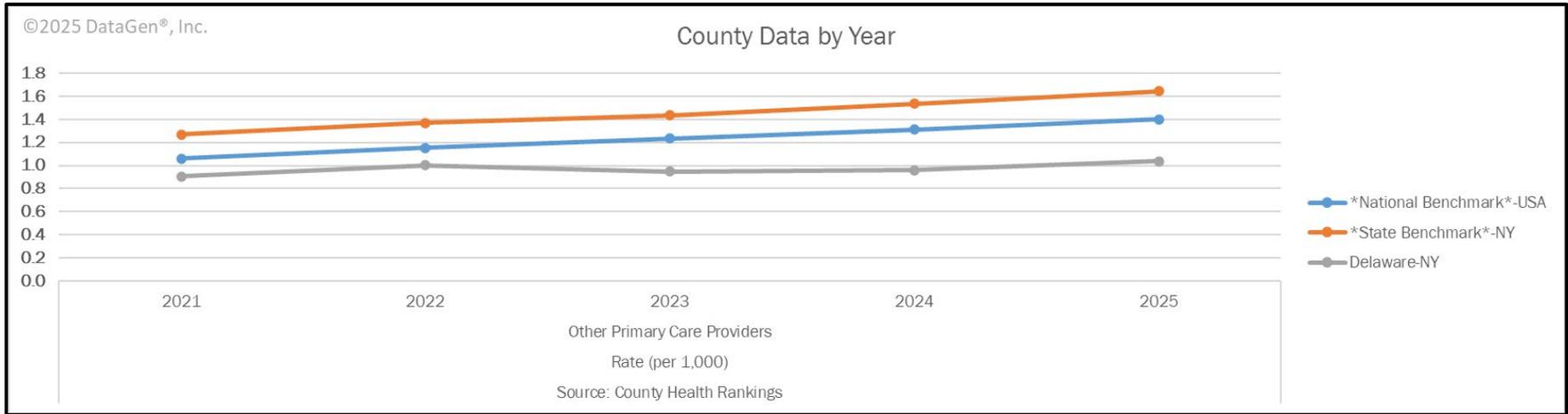
**Graphic 12. Primary Care Physicians Rate (per 1,000)**



**Graphic 13. Mental Health Providers Rate (per 1,000)**

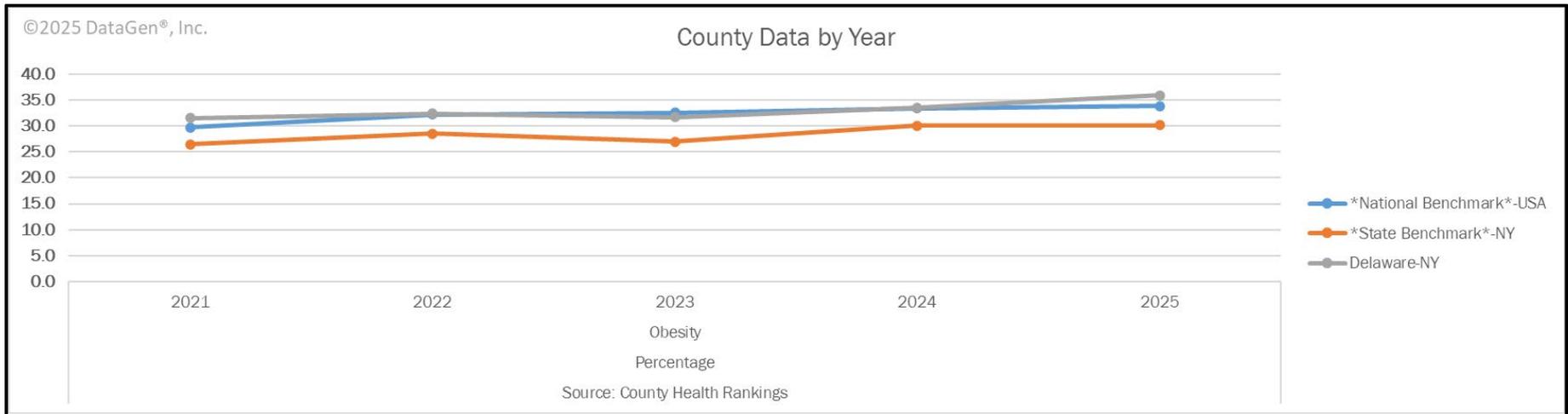


**Graphic 14. Other Primary Care Providers Rate (per 1,000)**



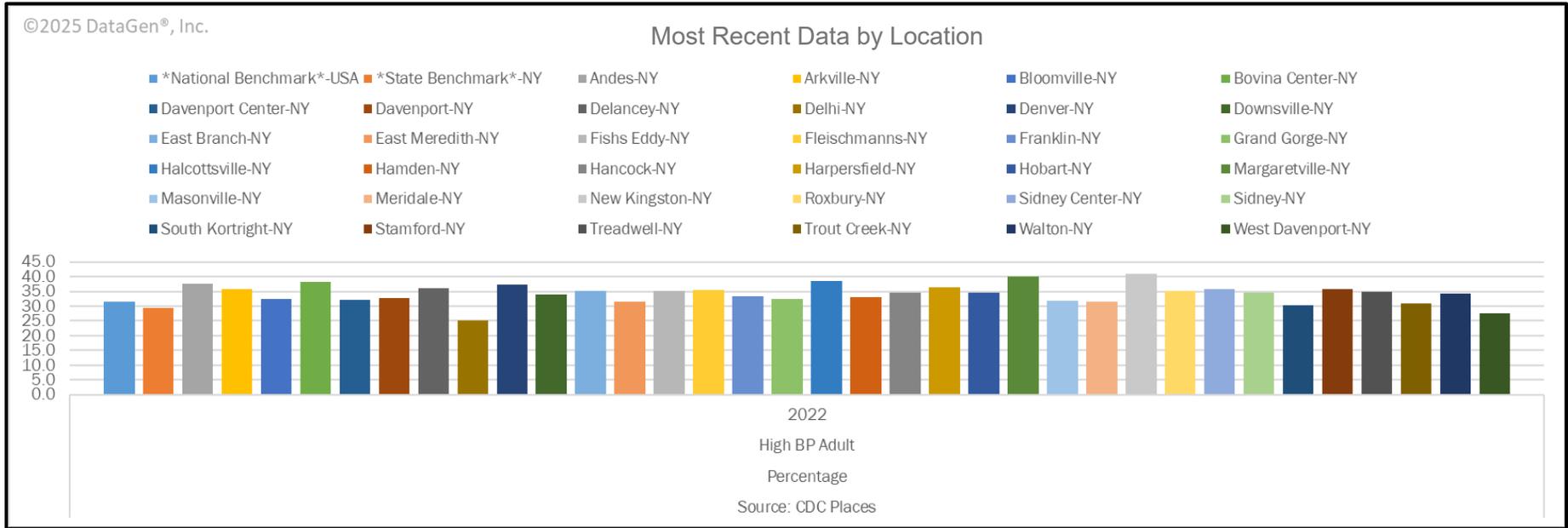
Graphics 12 through 14 show that the County has a lower number of primary care, mental health, and other primary care providers than both the state and nation.

**Graphic 15. Obesity Percentage**



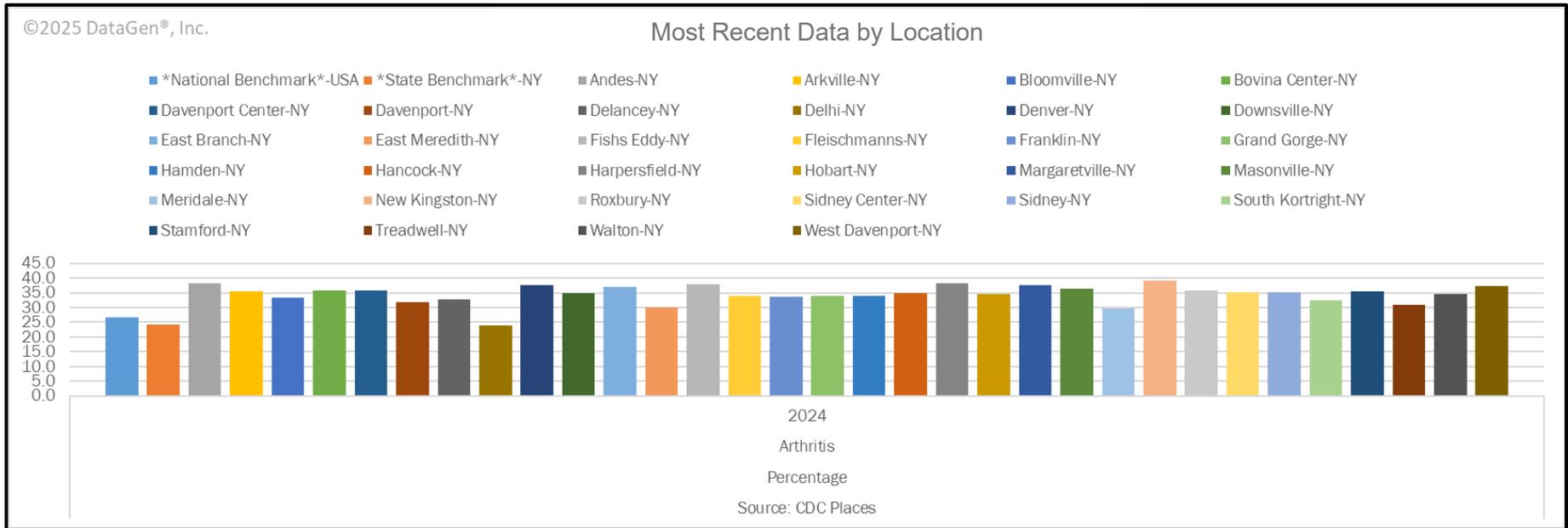
When interpreting the following bar chart, please note the town names correspond to the colored bars left to right.

**Graphic 16. High Blood Pressure (BP) Adult Percentage**



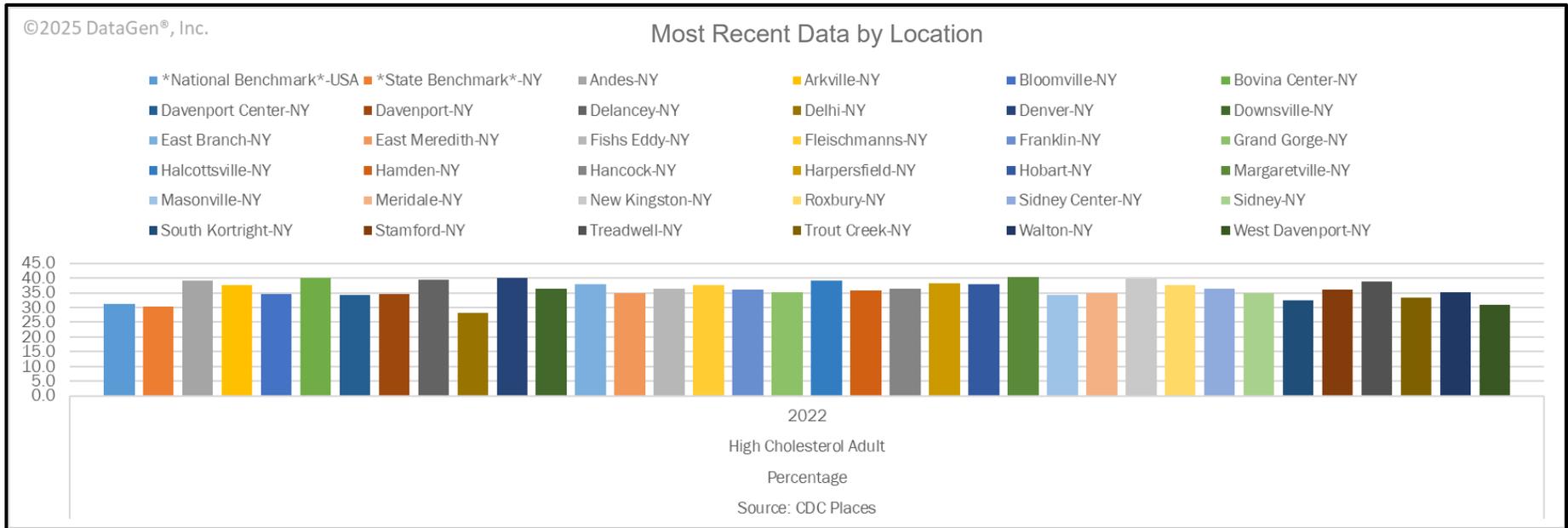
When interpreting the following bar chart, please note the town names correspond to the colored bars left to right.

**Graphic 17. Arthritis Percentage**



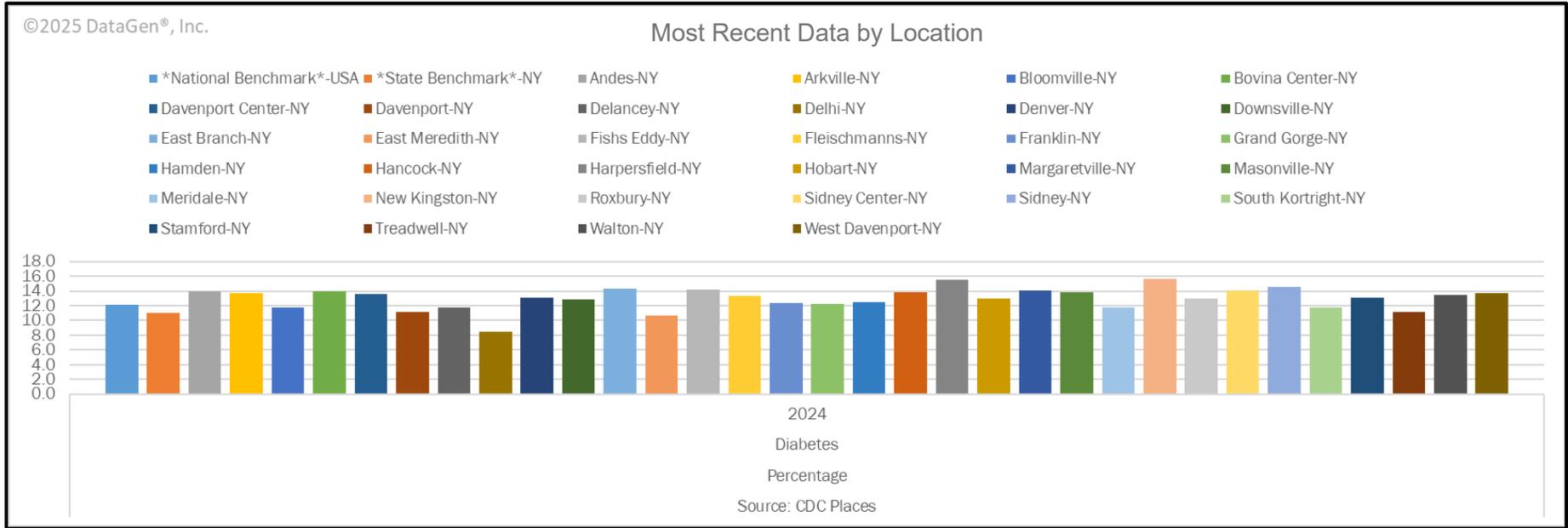
When interpreting the following bar chart, please note the town names correspond to the colored bars left to right.

**Graphic 18. High Cholesterol Adult Percentage**



When interpreting the following bar chart, please note the town names correspond to the colored bars left to right.

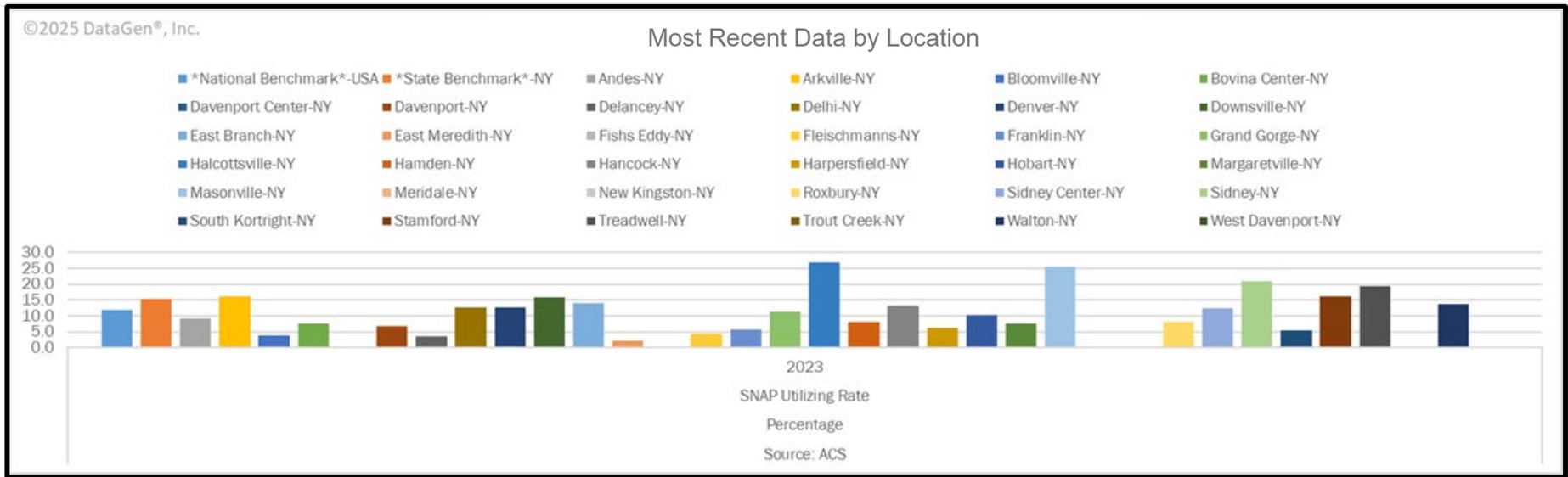
**Graphic 19. Diabetes Percentage**



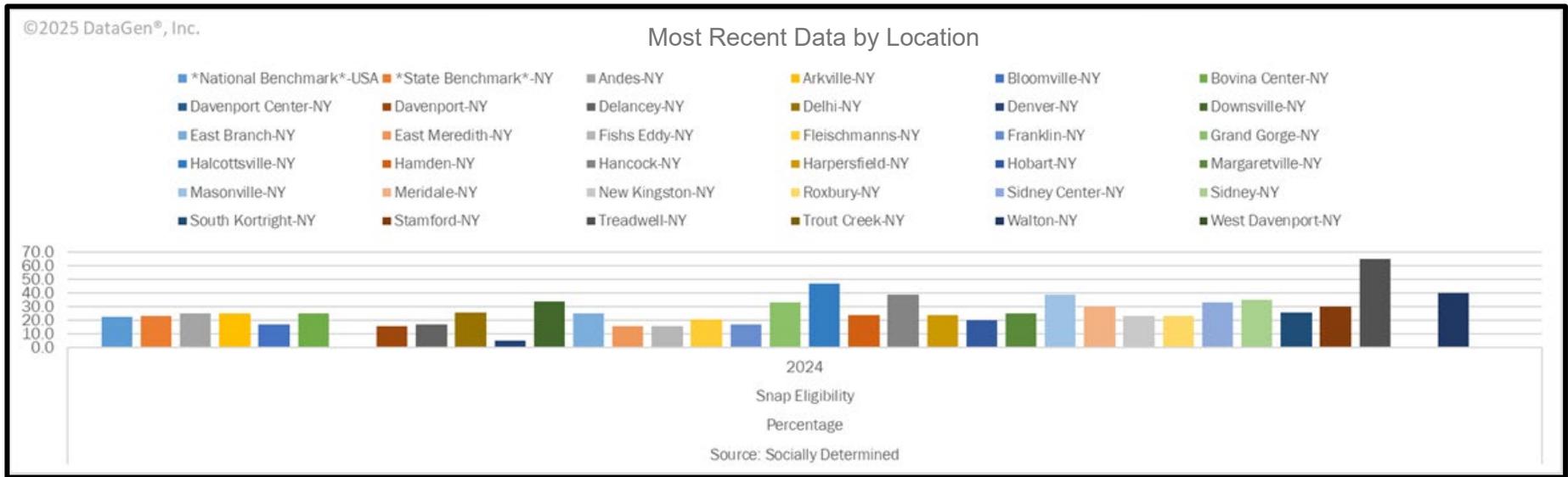
Graphics 15 through 19 display the chronic conditions persistent among the adult population.

When interpreting the following bar chart, please note the town names correspond to the colored bars left to right.

**Graphic 20A. Snap Utilizing Rate Percentage**

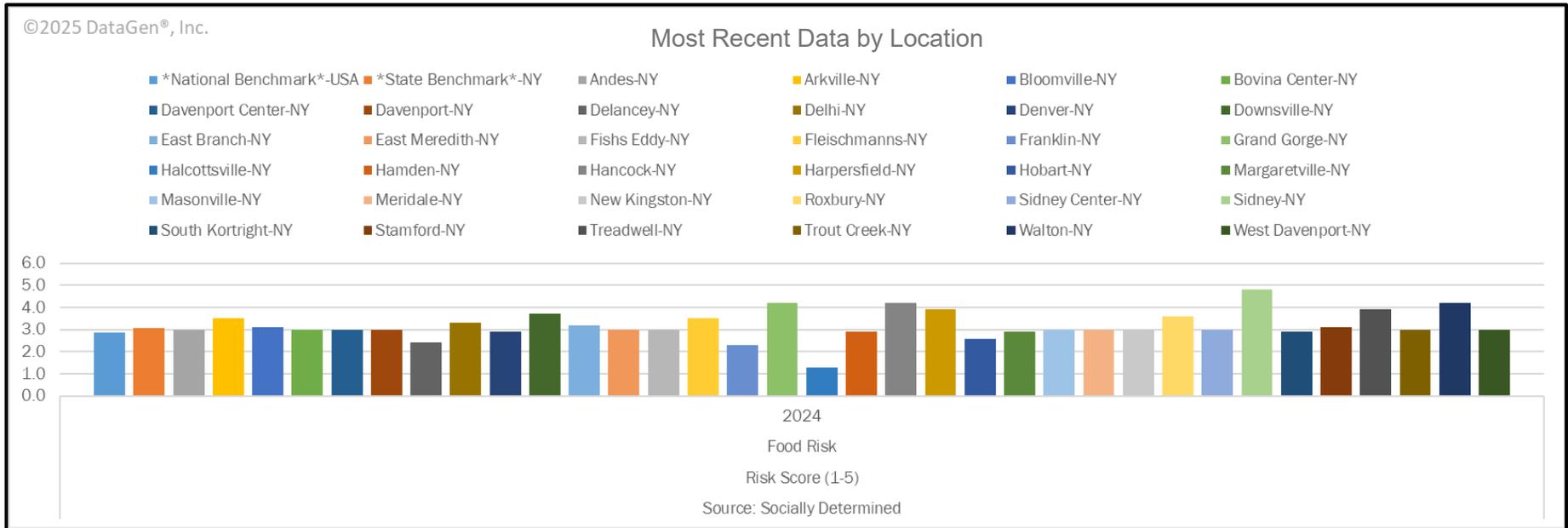


**Graphic 20B. Snap Eligibility Percentage**



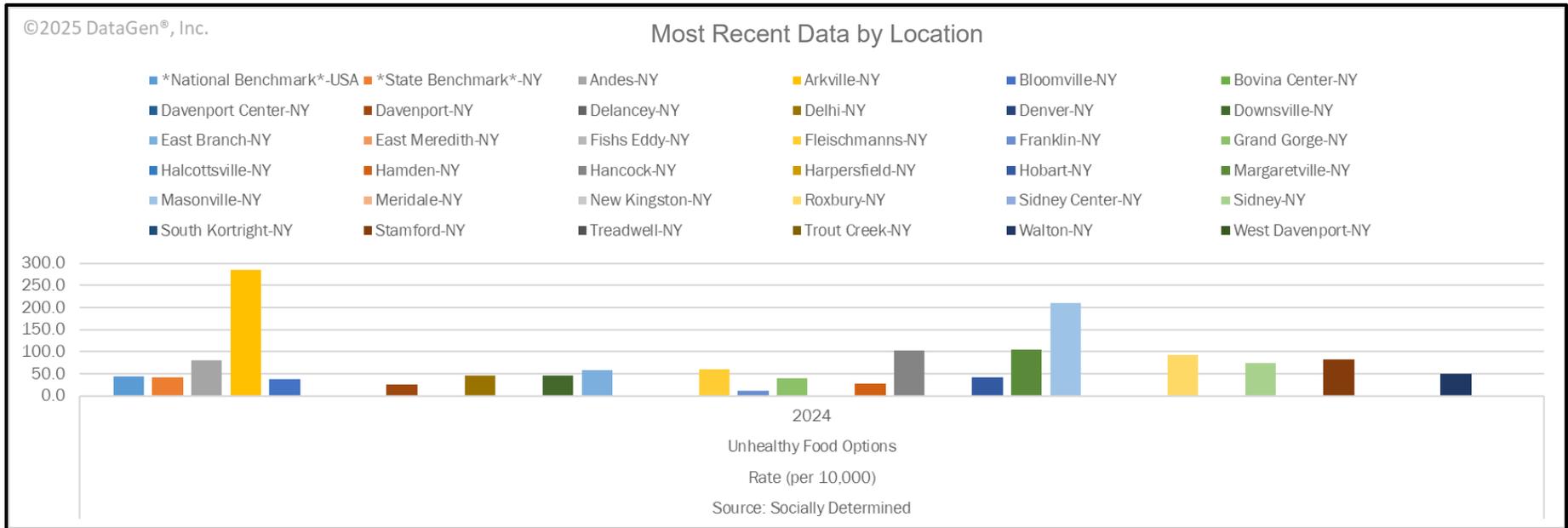
Graphics 20A and 20B show that more people are eligible for SNAP benefits than are currently utilizing them. When interpreting the following bar chart, please note the town names correspond to the colored bars left to right.

**Graphic 21. Food Risk, Risk Score (1-5)**



When interpreting the following bar chart, please note the town names correspond to the colored bars left to right.

**Graphic 22. Unhealthy Food Options Rate (per 10,000)**

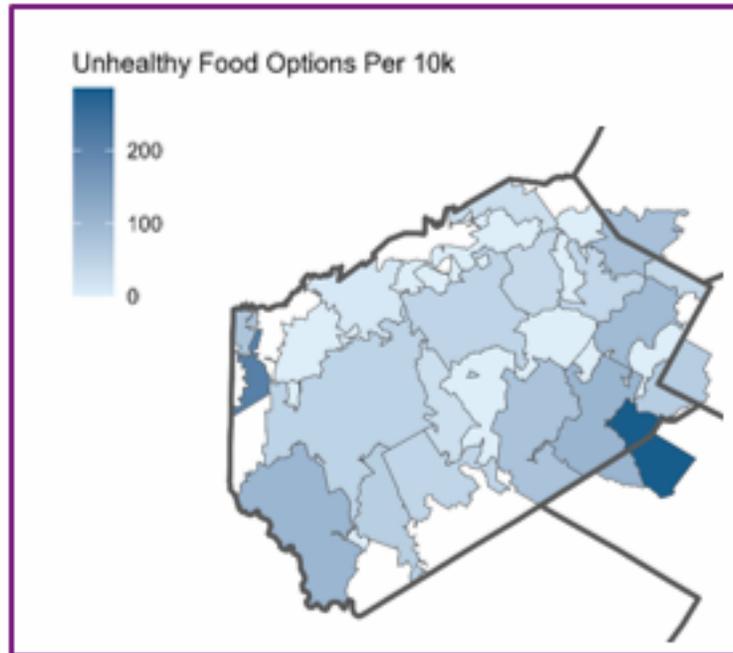


Graphics 21 and 22 show food risk and where the highest rate of unhealthy food options are concentrated for towns within the County.

Graphic 23. Unhealthy Food Options

Geography	Rate per 10,000
Delaware County	42.4
New York	41.4
Nation	44.1

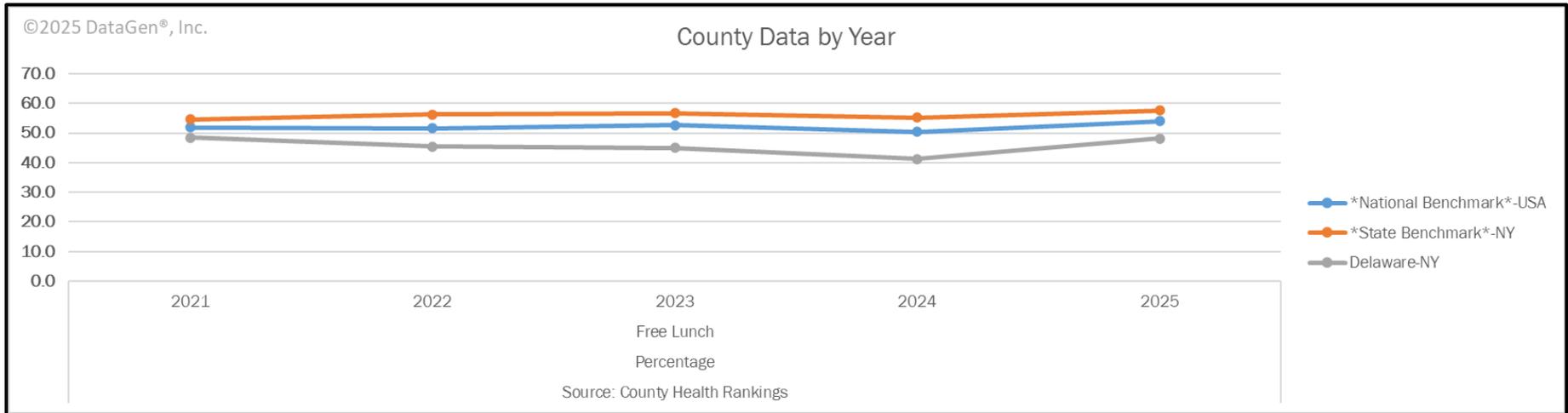
Delaware County has **more unhealthy food options than the State** and **less than the Nation.**



*Socially Determined, 2024*

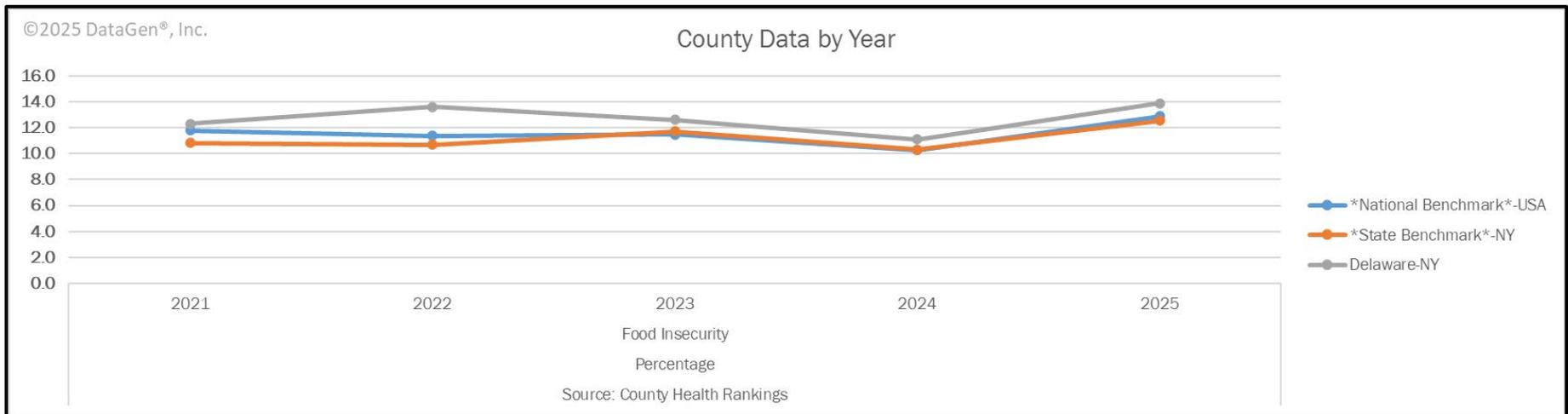
Graphic 23 provides a map view of the rate of unhealthy food options per 10,000 within the County.

**Graphic 24. Free Lunch Percentage**



Graphic 24 shows that Delaware County has a lower percentage of children eligible for free or reduced-price lunch as compared to the state and nation.

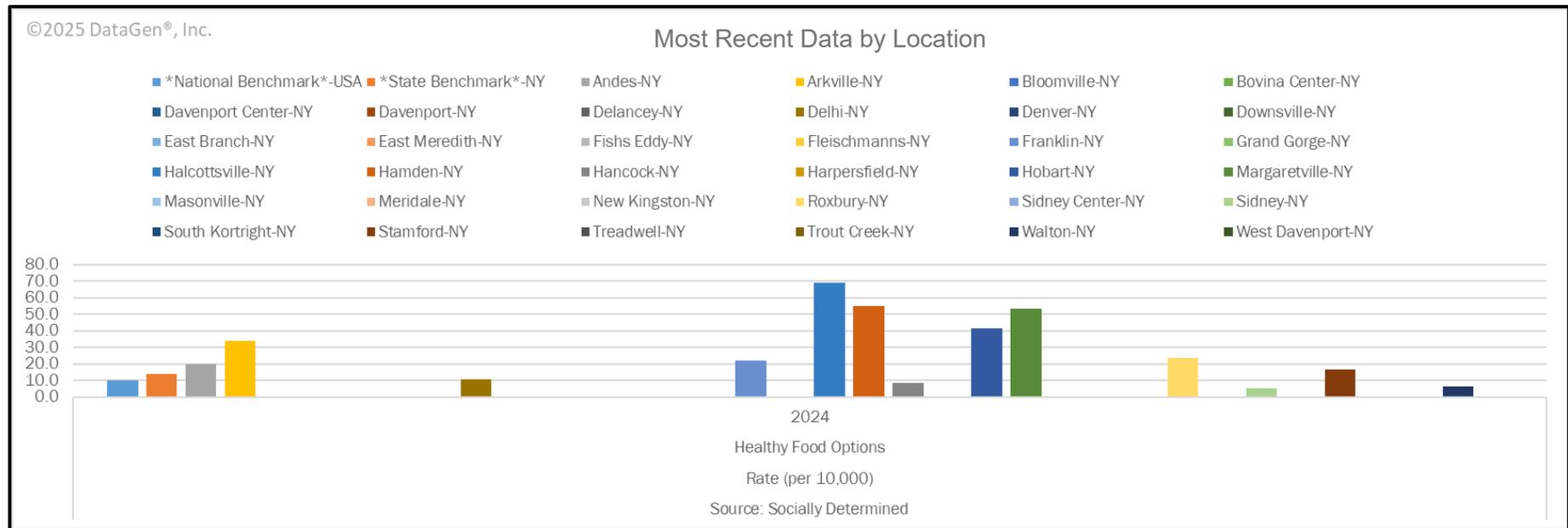
**Graphic 25. Food Insecurity Percentage**



Graphic 25 illustrates the percentage of the population in Delaware County who lack adequate access to food.

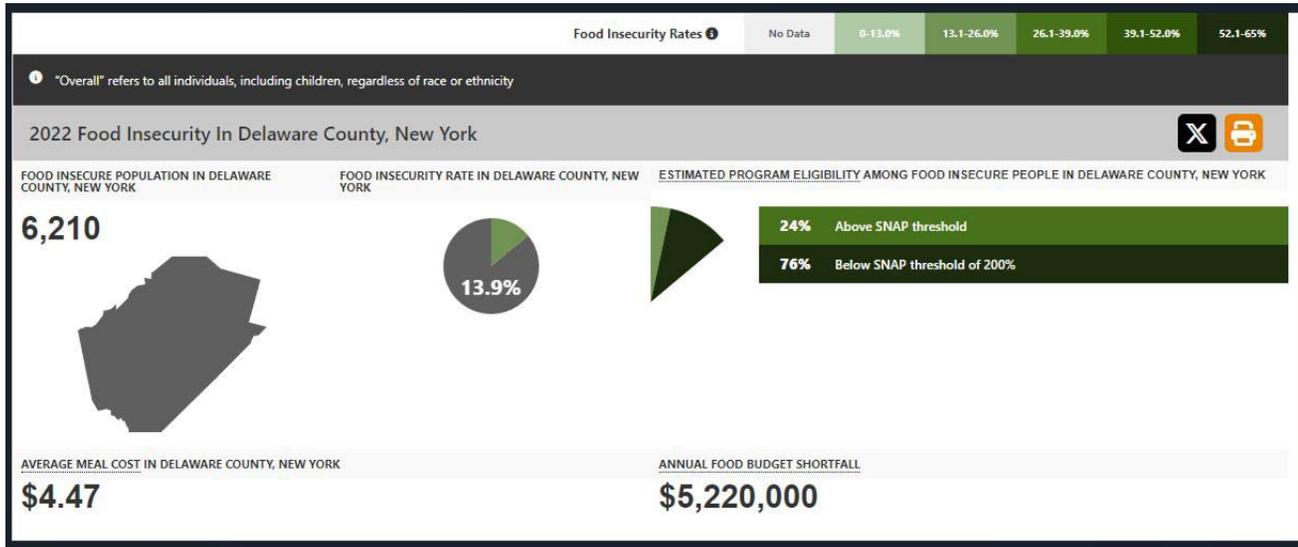
When interpreting the following bar chart, please note the town names correspond to the colored bars left to right.

**Graphic 26. Healthy Food Options Rate (per 10,000)**



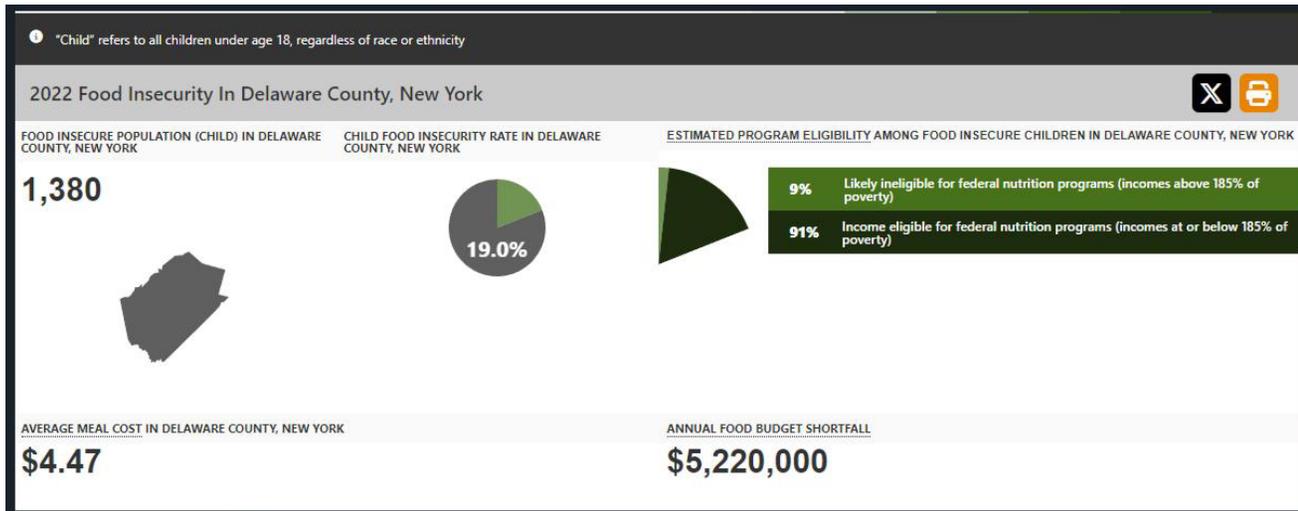
In Graphic 26, we see there are an appreciable number of towns in the County with no healthy retail food options, such as grocery stores and restaurants. The Socially Determined data set does not capture other food options such as farmers' markets, vegetable stands, and residentially grown produce from backyard gardens. These options provide wholesome, healthy food for individuals and communities.

**Graphic 27. 2022 Food Insecurity in Delaware County, New York**



*“Map the Meal Gap,” Feeding America*

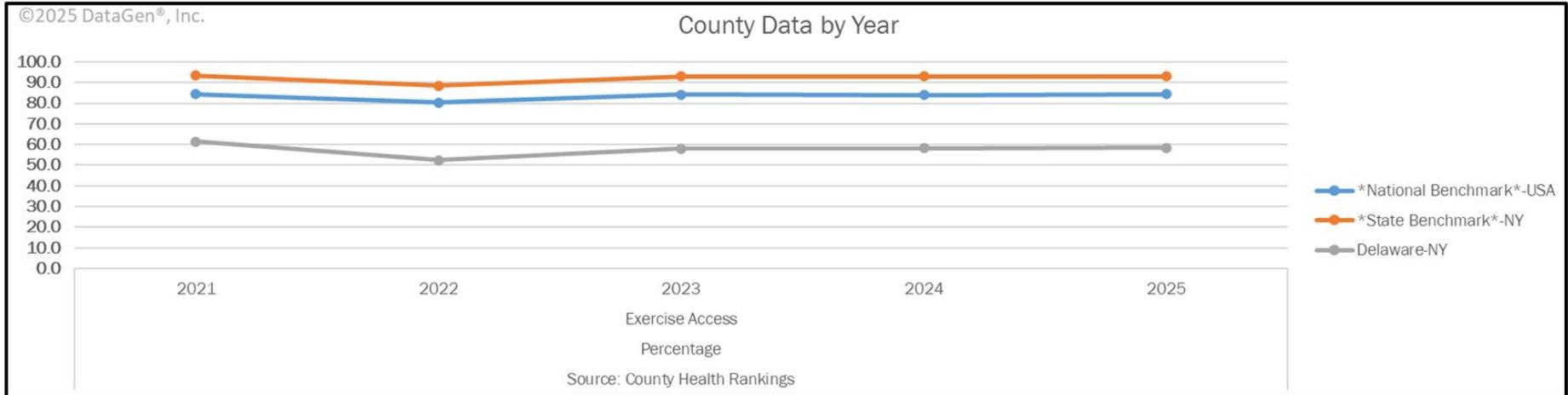
**Graphic 28. 2022 Food Insecurity in Delaware County, New York**



*“Map the Meal Gap,” Feeding America*

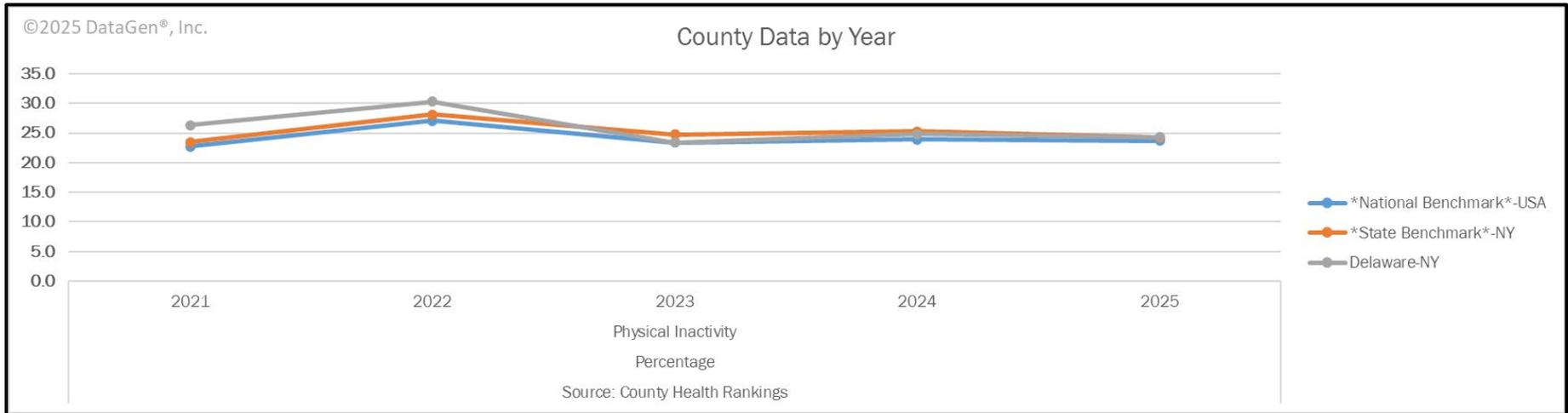
Graphics 27 and 28 tell us that three years ago, 76% of the food insecure population in the county fell below the SNAP income threshold of 200%, and 91% of food insecure children in the county were eligible for federal nutrition programs.

### Graphic 29. Exercise Access Percentage



Graphic 29 indicates that Delaware County is over 20 percentage points lower in exercise access than the nation and even worse when compared to the state. This is a consistent trend seen over time.

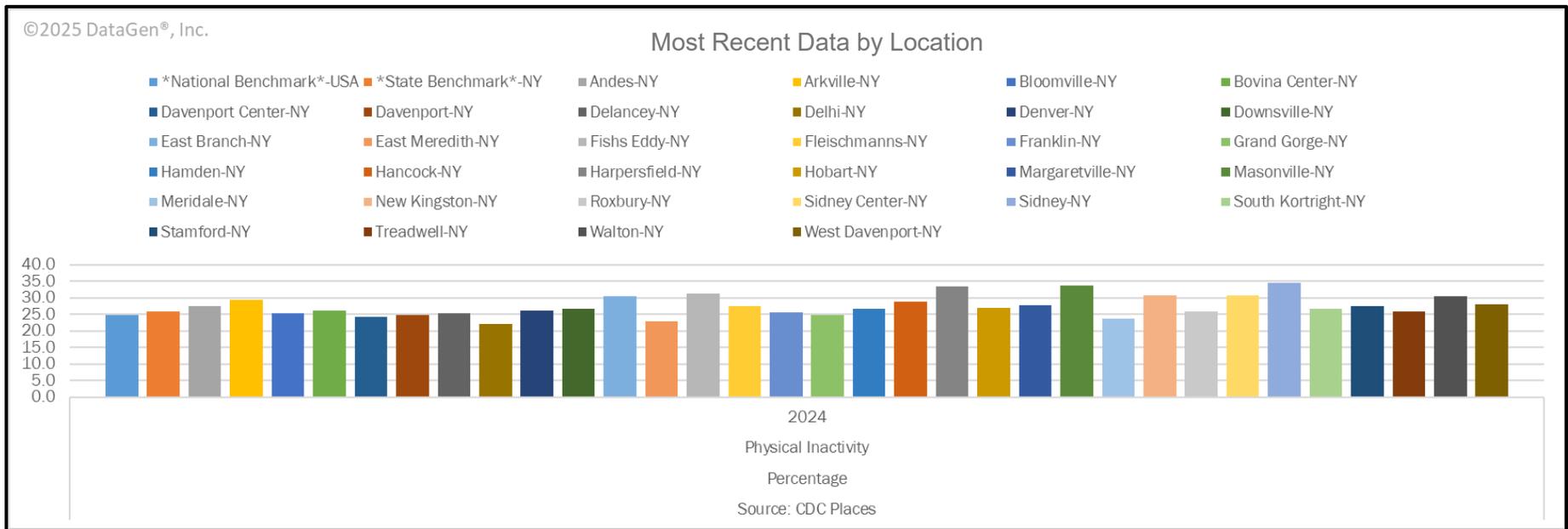
### Graphic 30. Physical Inactivity Percentage



Graphic 30 demonstrates that the percentage of Delaware County adults who do not engage in leisure-time physical activity is on par with the state and nation and is roughly a quarter of the adult population of residents.

When interpreting the following bar chart, please note the town names correspond to the colored bars left to right.

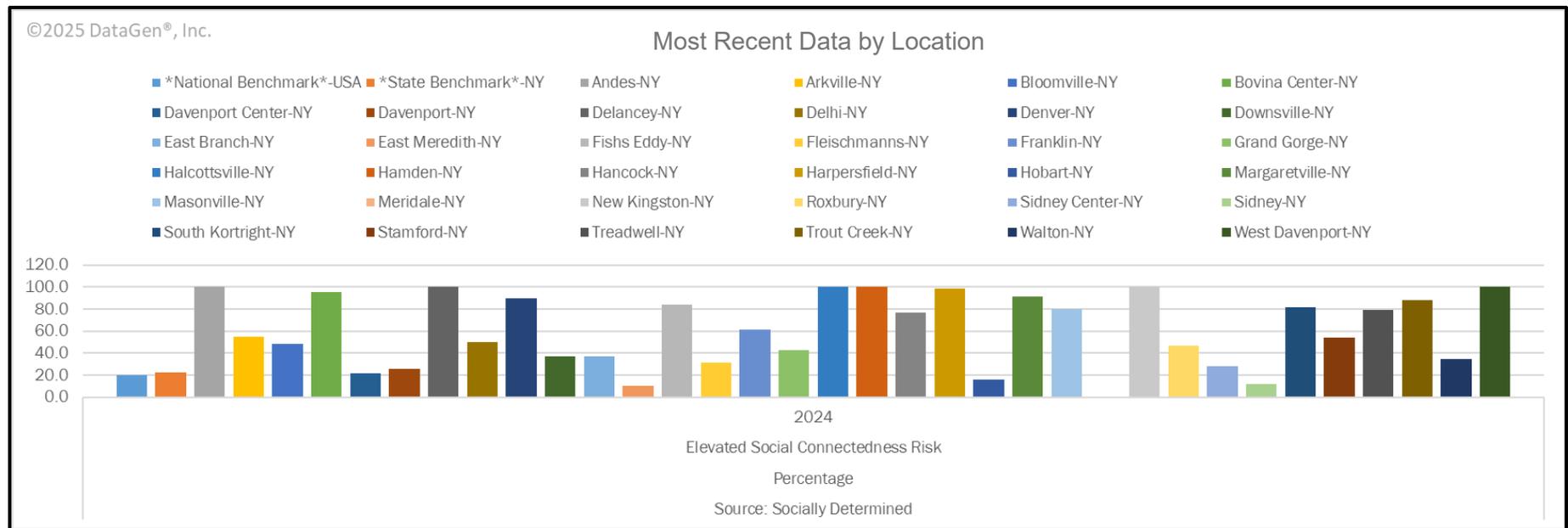
**Graphic 31. Physical Inactivity Percentage**



Graphic 31 delves deeper and shows town specific levels of physical inactivity.

When interpreting the following bar chart, please note the town names correspond to the colored bars left to right.

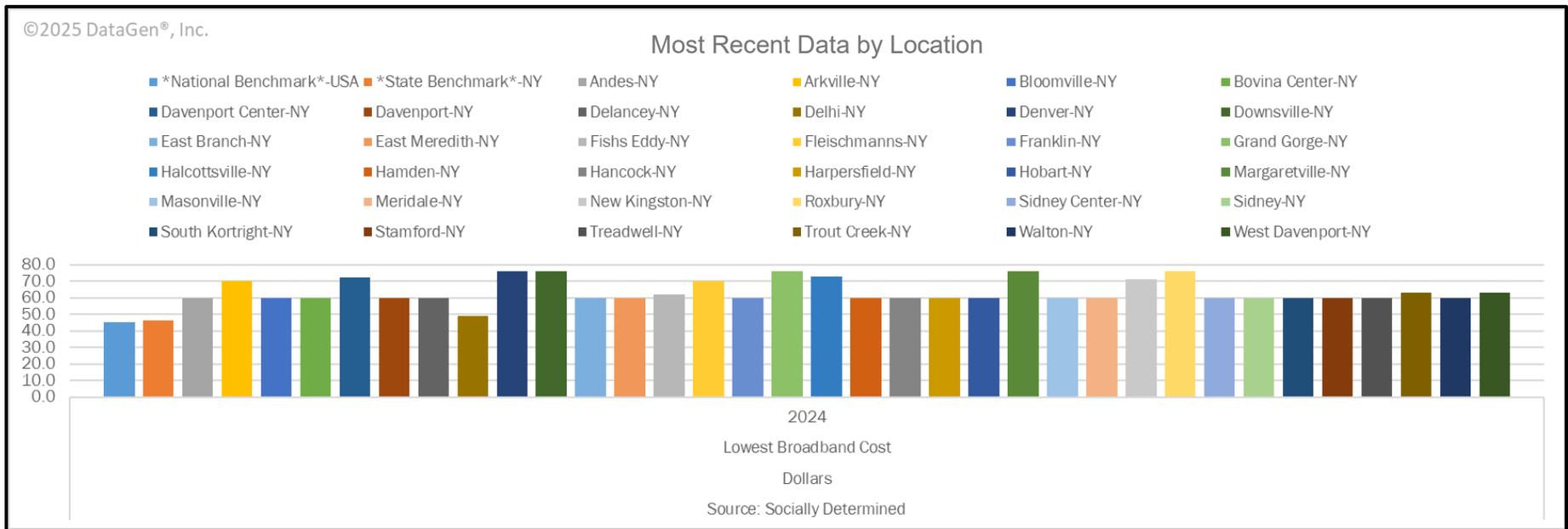
**Graphic 32. Elevated Social Connectedness Risk Percentage**



Graphic 32 provides a view of social connectedness risk for the towns in Delaware County. The highest bars indicate where social connectedness risk is most prevalent. Social isolation is correlated with anxiety and depression.<sup>xii</sup>

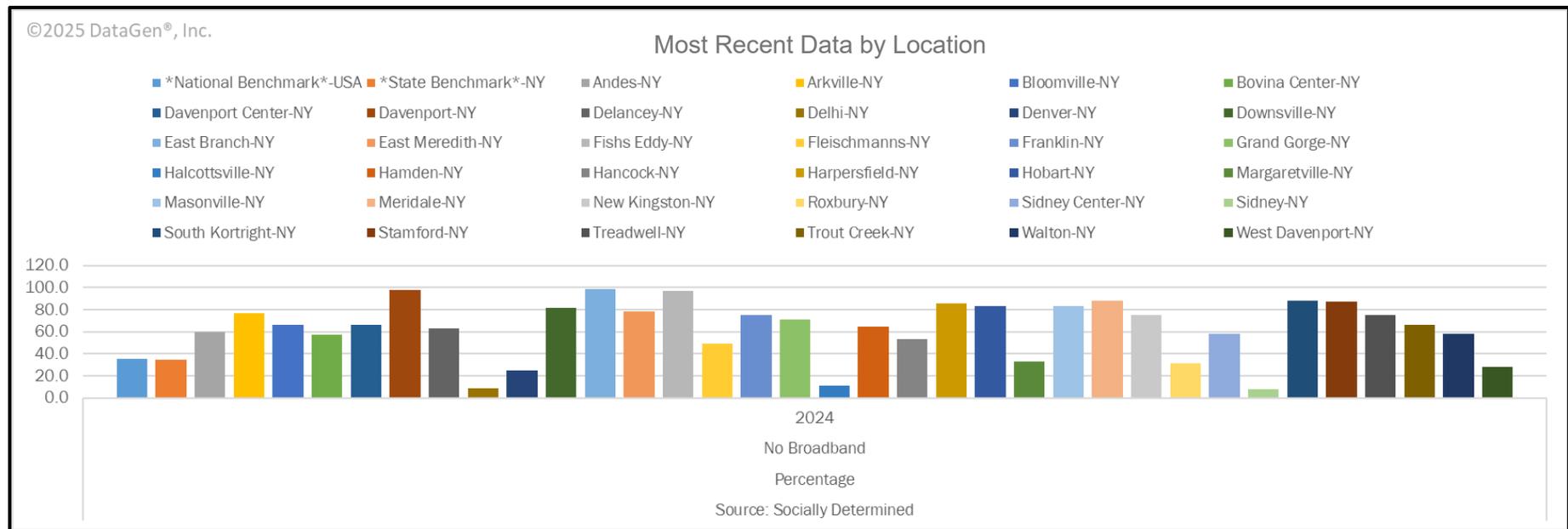
When interpreting the following bar chart, please note the town names correspond to the colored bars left to right.

**Graphic 33. Lowest Broadband Cost Dollars**



When interpreting the following bar chart, please note the town names correspond to the colored bars left to right.

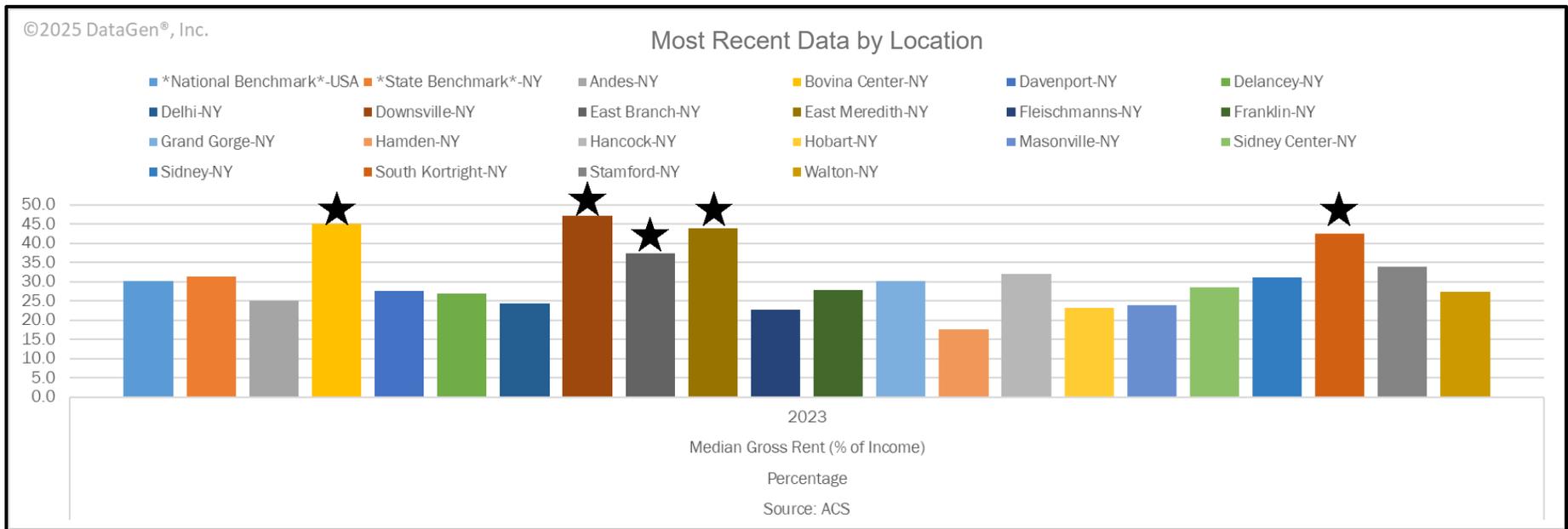
**Graphic 34. No Broadband Percentage**



Graphics 33 and 34 indicate that broadband cost is prohibitive for many in the County, and those having no broadband in many communities is high. Secondary data reveals that broadband access is widespread. This leads us to conclude that cost is a barrier to accessing broadband.

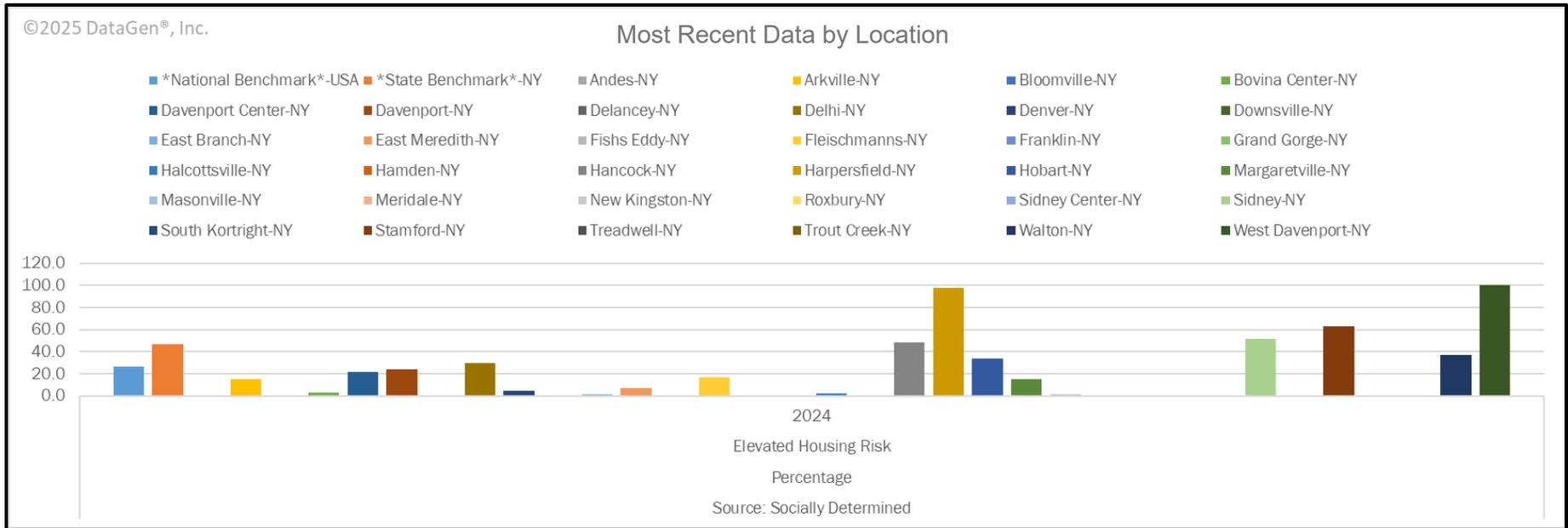
When interpreting the following bar chart, please note the town names correspond to the colored bars left to right.

**Graphic 35. Median Gross Rent (% of Income) Percentage**



When interpreting the following bar chart, please note the town names correspond to the colored bars left to right.

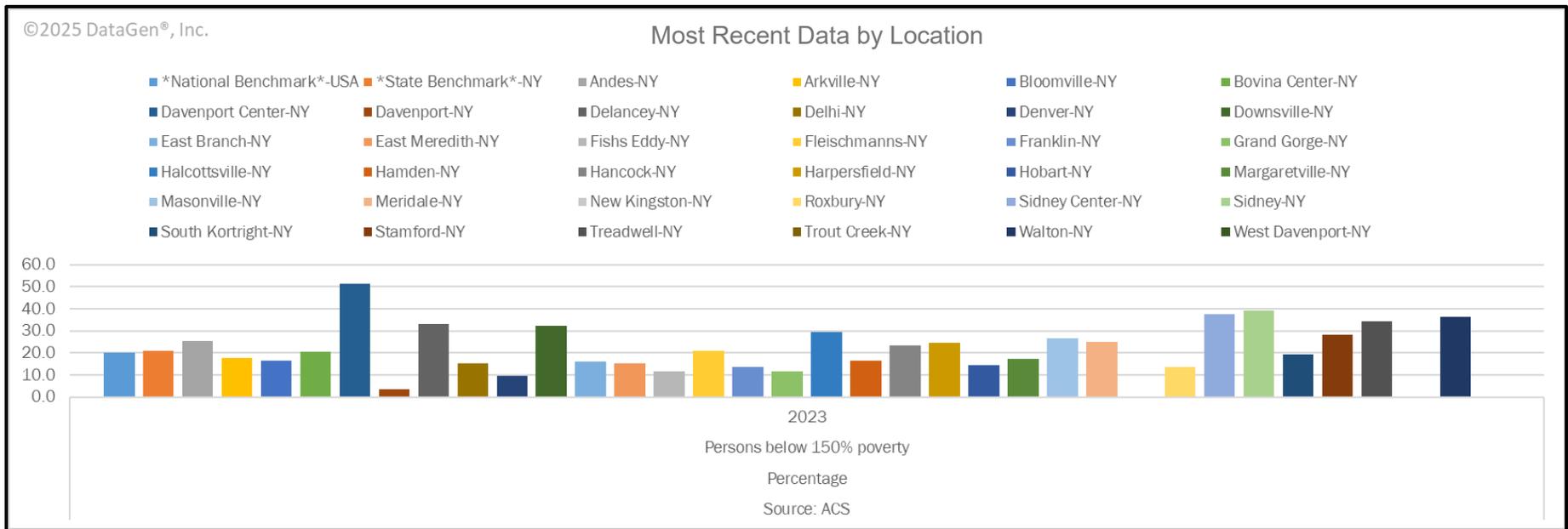
**Graphic 36. Elevated Housing Risk Percentage**



In Graphic 35 we see that residents of five zip codes in Delaware County (denoted by stars) are spending more of their median gross income on rent than those in the state and nation. However, most in the County are not at elevated housing risk as illustrated in Graphic 36.

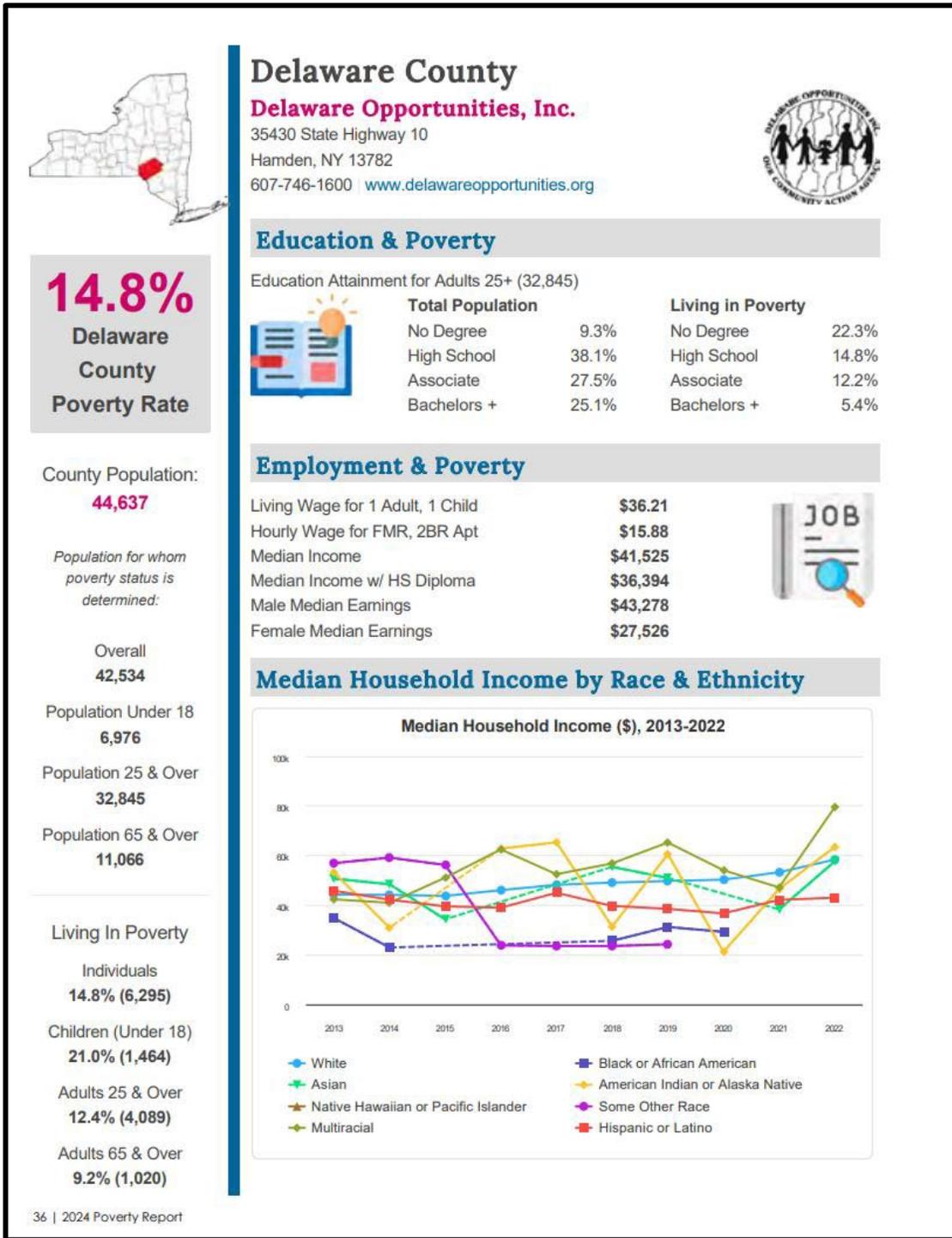
When interpreting the following bar chart, please note the town names correspond to the colored bars left to right.

**Graphic 37. Persons below 150% Poverty Percentage**



Graphic 37 shows that seventeen zip codes in Delaware County have a greater percentage of persons below 150% of the poverty line than the state or nation.

**Graphic 38. Delaware Opportunities 2025 Community Needs Assessment**



*Delaware Opportunities 2025 Community Needs Assessment : 2024 New York State Community Action Association*

# Graphic 39. Delaware Opportunities 2025 Community Needs Assessment

ALICE: households that are Asset Limited, Income Constrained, Employed.

**33.3%**  
Households Live Below ALICE Threshold

Total Households:  
**18,780**

ALICE Households by Race & Ethnicity

- White  
**6,448**
- Black or African American  
**55**
- Asian  
**27**
- American Indian or Alaska Native  
**No data**
- Native Hawaiian or Pacific Islander  
**No data**
- Some Other Race  
**No data**
- Multiracial  
**142**
- Hispanic or Latino  
**279**

## Health Insurance & Poverty



### No Health Insurance

Employed	6.3%
Unemployed	19.4%

## Gender & Poverty

Male	14.5% (3,137)
Female	15.1% (3,158)

Of those families with Female Heads of Household and Children Present  
**41.4%**  
Live in Poverty

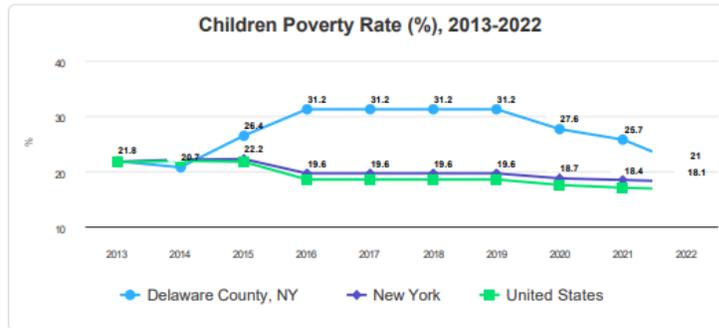
## Race, Ethnicity & Poverty

White	13.8% (5,442)
Black or African American	47.3% (219)
Asian	14.5% (45)
American Indian or Alaska Native	0.0% (0)
Native Hawaiian or Pacific Islander	0.0% (0)
Some Other Race	29.7% (82)
Multiracial	28.3% (507)
Hispanic or Latino	22.8% (404)

## ALICE Household Monthly Survival Budget

1 Adult	\$2,442	1 Adult and 1 School-age	\$3,700
1 Senior Adult	\$2,810	2 Adults	\$3,526
1 Adult and 1 Pre-K	\$4,377	2 Adults and 2 School-age	\$5,803

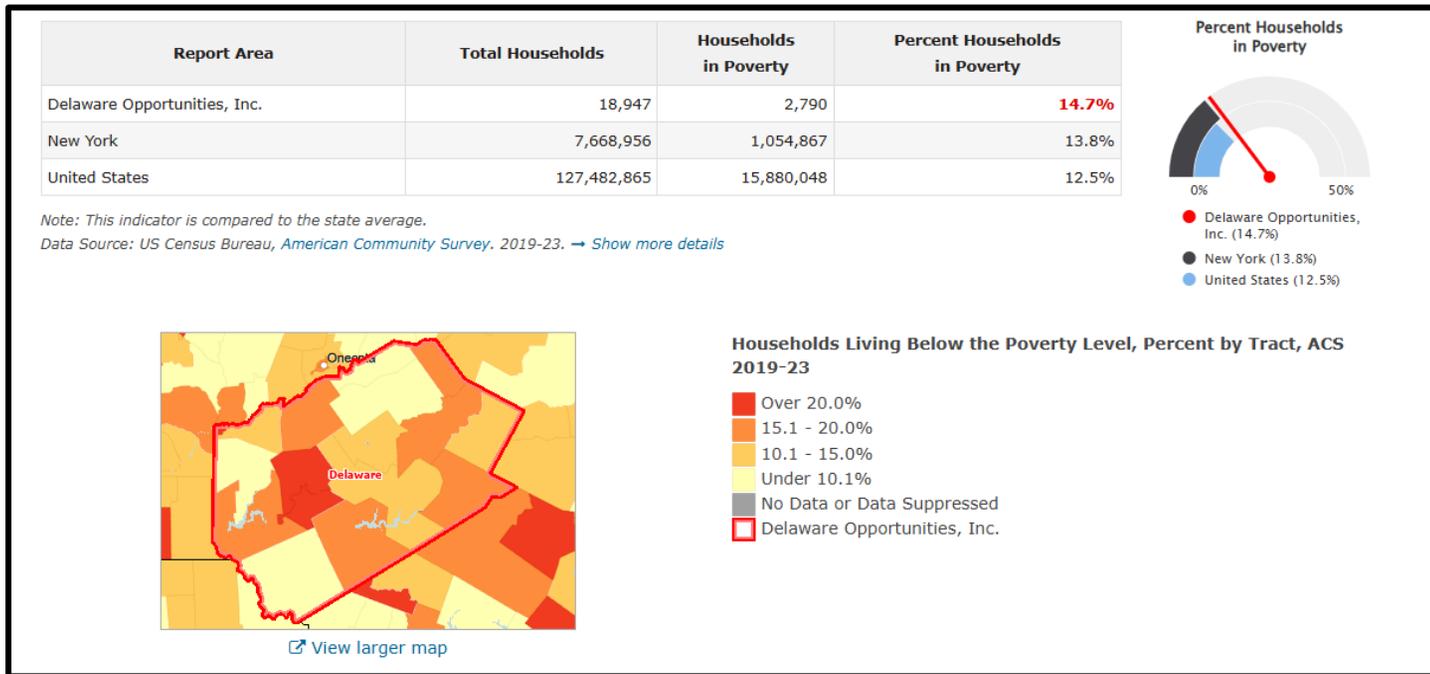
## Children in Poverty



New York State Community Action Association - [www.nyscommunityaction.org](http://www.nyscommunityaction.org)

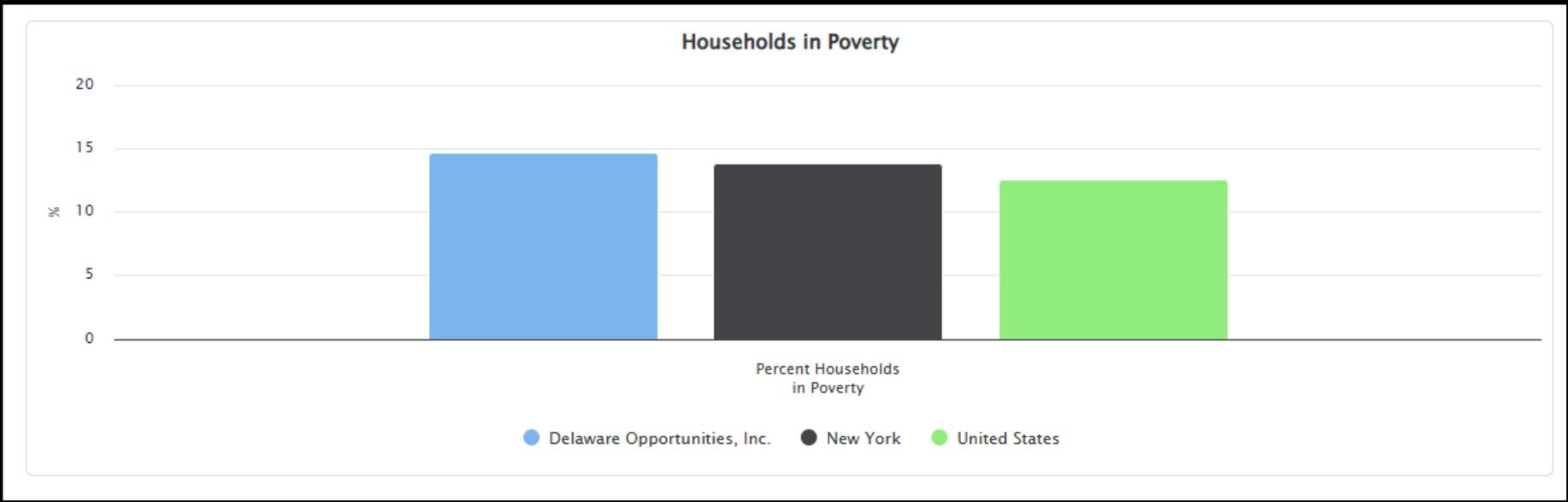
Delaware Opportunities 2025 Community Needs Assessment: 2024 New York State Community Action Association

## Graphic 40. Households Living Below the Poverty Level, Percent by Tract



*Delaware Opportunities 2025 Community Needs Assessment: ACS 2019-2023 5-year estimates*

**Graphic 41. Percent Households in Poverty**



*Delaware Opportunities 2025 Community Needs Assessment: ACS 2019-2023 5-year estimates*

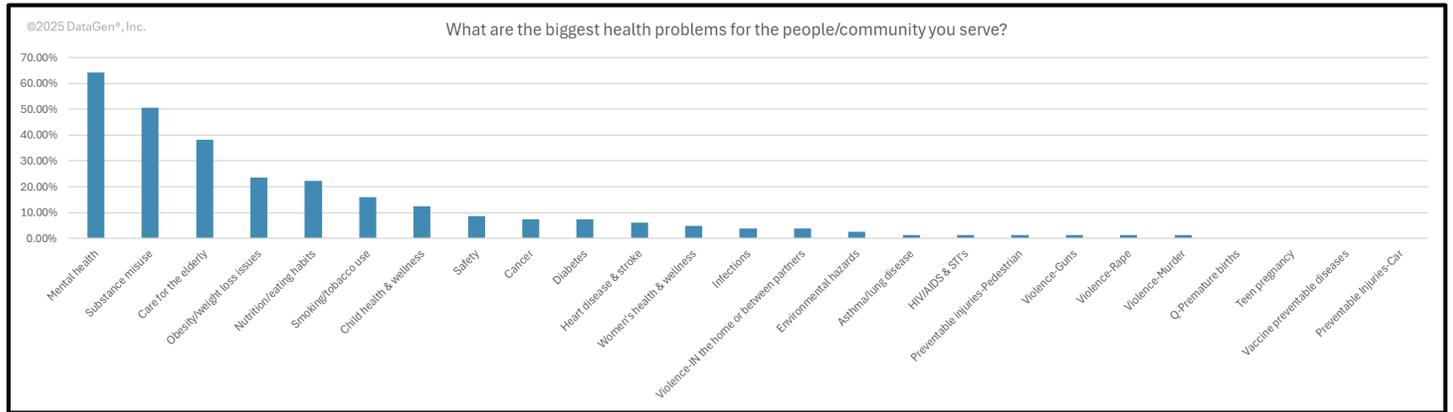
## Primary Data

### Results

#### Community Partner Survey Highlights

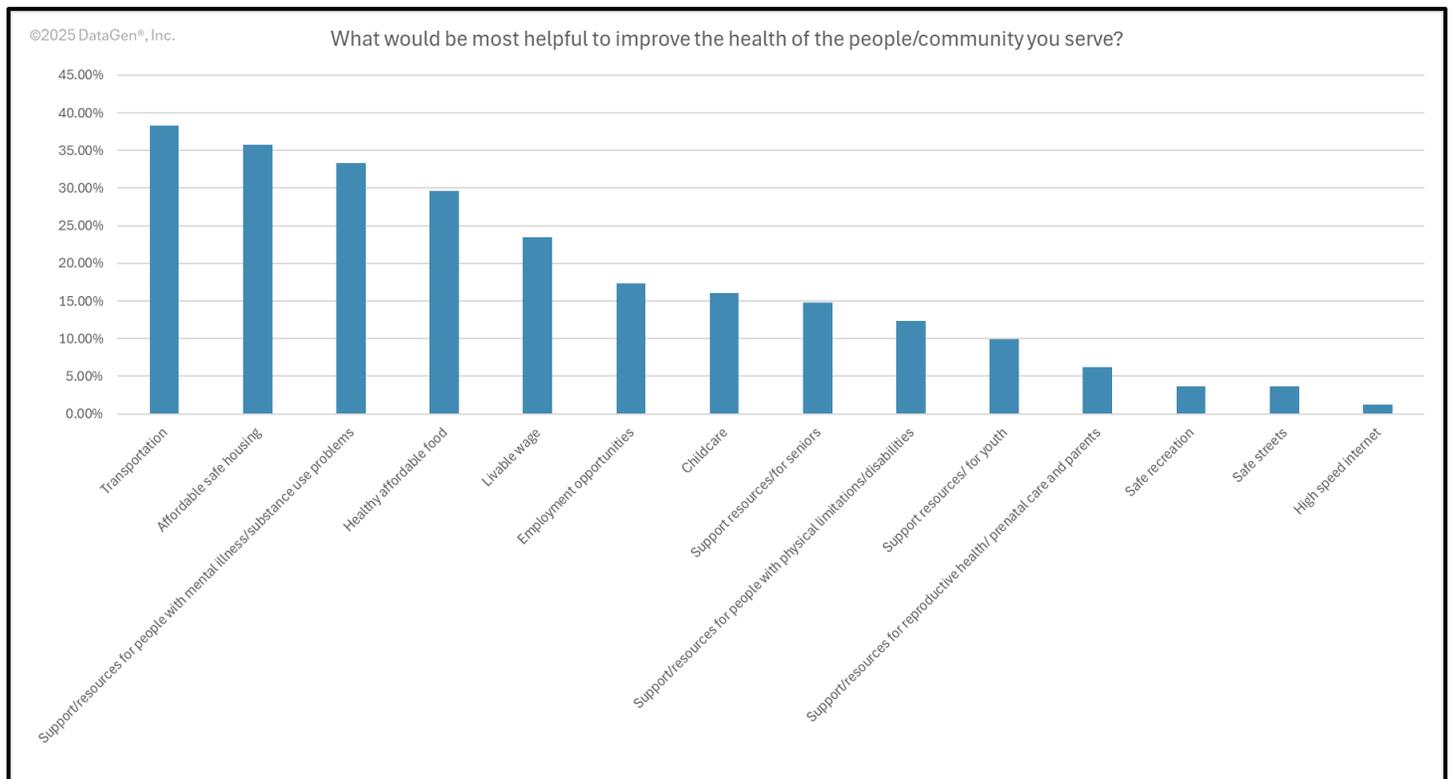
Based on CBOs who indicated that they served the Delaware County in some capacity.

#### Biggest Health Problems



Respondents believe the top three biggest health problems for the communities they serve are mental health, substance misuse, and care for the elderly. Although not in the top three reported, obesity and weight loss issues factored in at 23.5%. Obesity is a contributing factor in many chronic illnesses.

#### What's Helpful to Improve the Communities Served

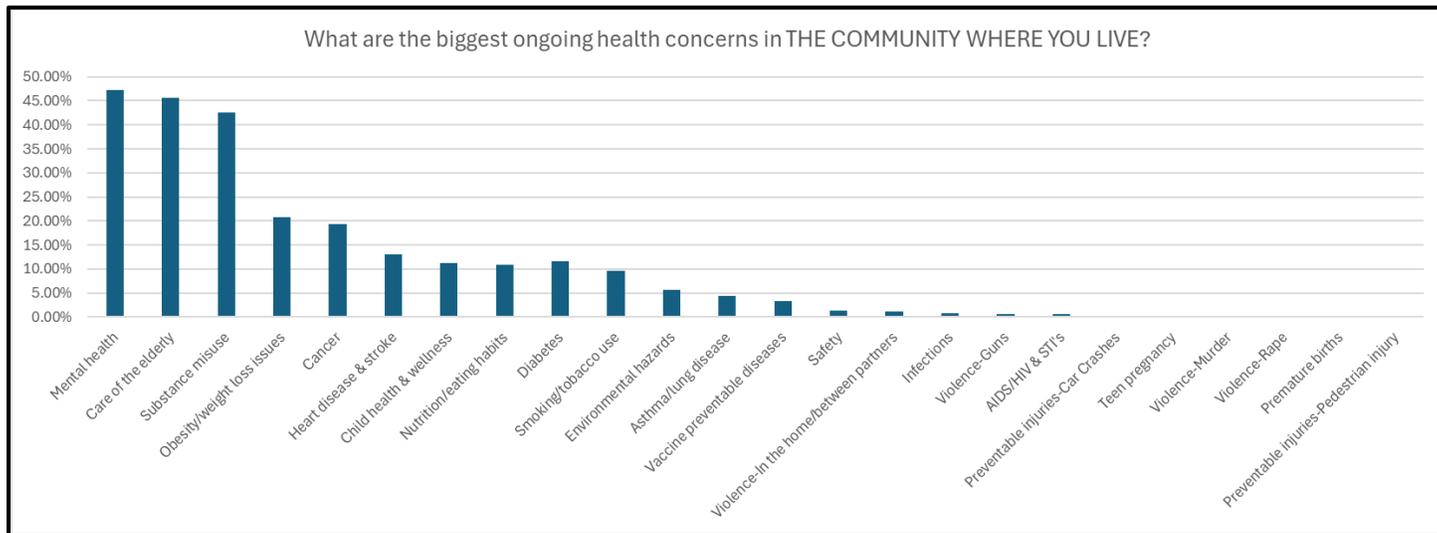


Respondents believe the top three ways to improve the health of the communities they serve are transportation, affordable safe housing, and support/resources for people with mental illness/substance use problems.

### Community Health Experience Survey Highlights

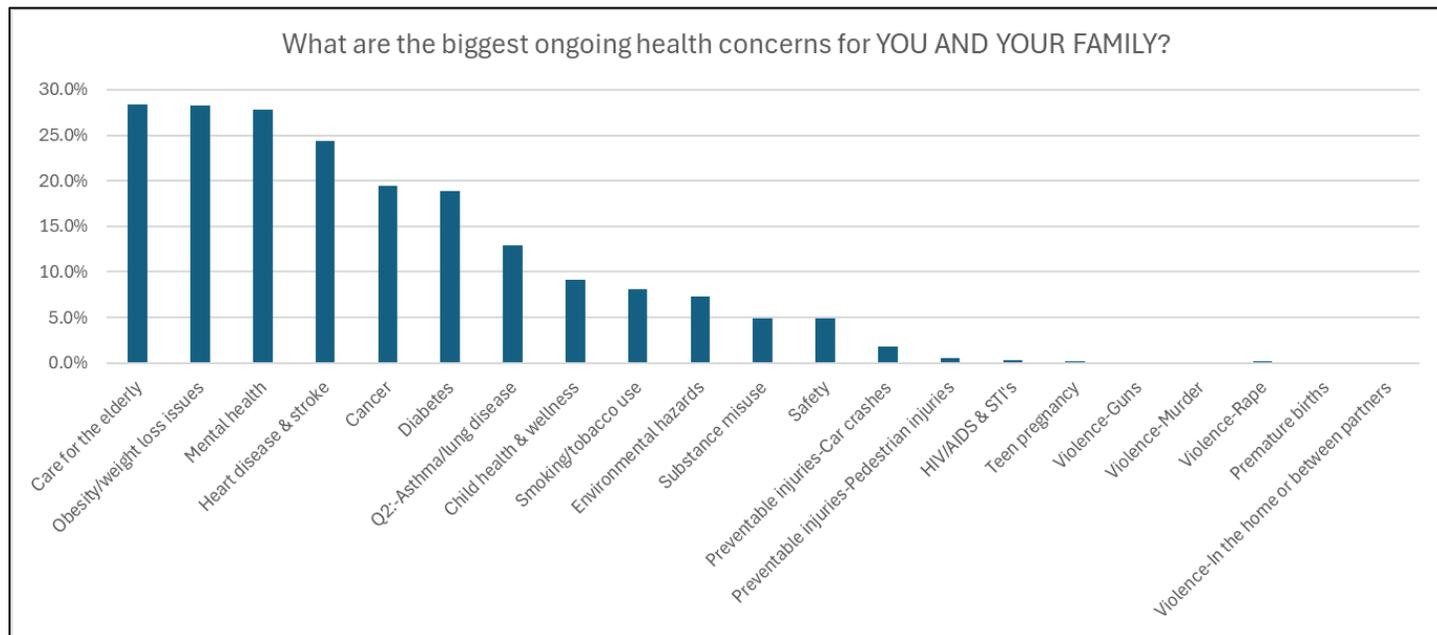
Based on responses from individuals in Delaware County. This survey is often referred to as the Public Survey.

#### Top Health Concerns



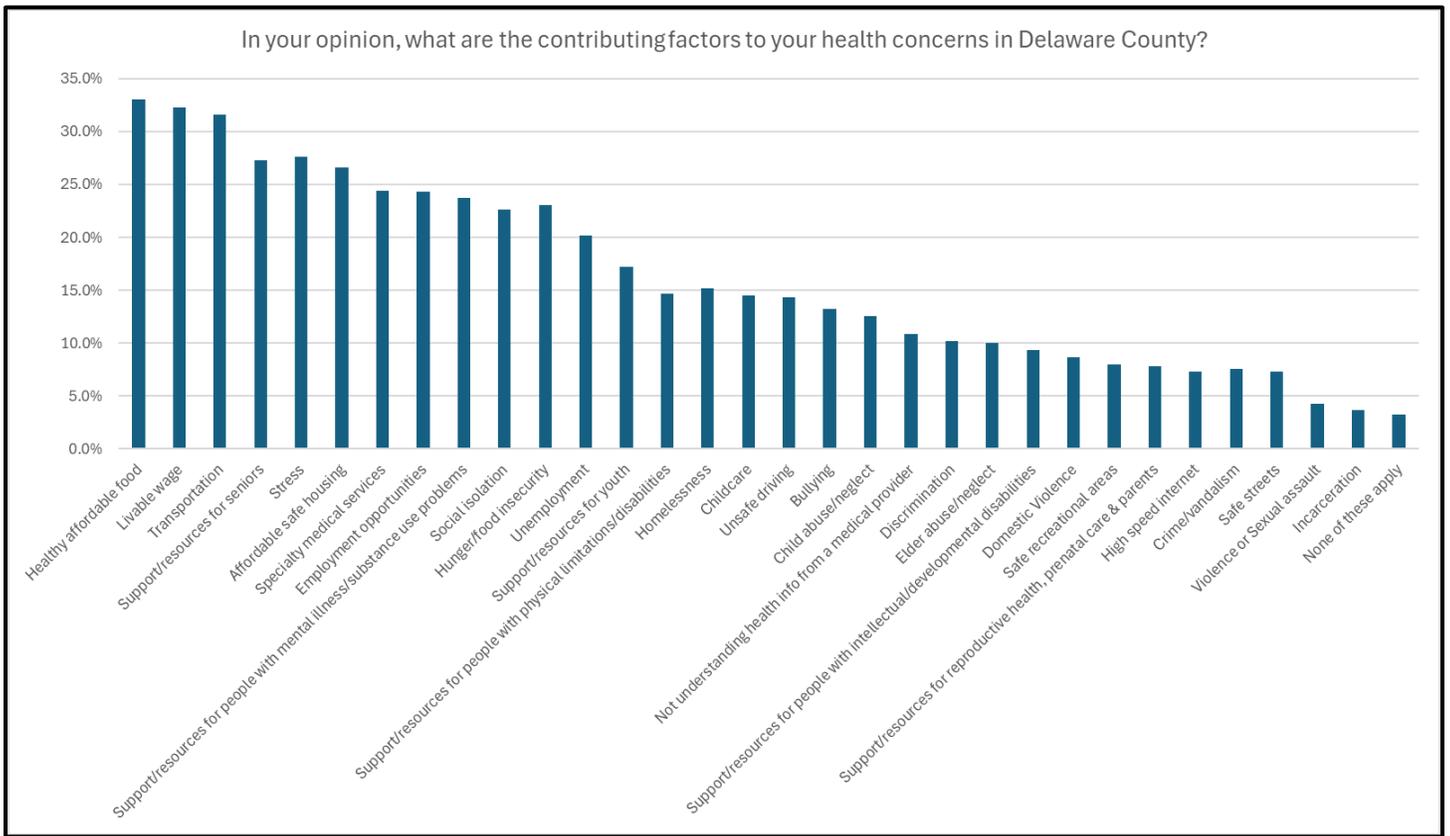
The top three main health concerns in the community where respondents live are mental health, care of the elderly, and substance misuse. These mirror what community-based organization leaders noted.

#### Top Health Concerns for Respondents and Their Families



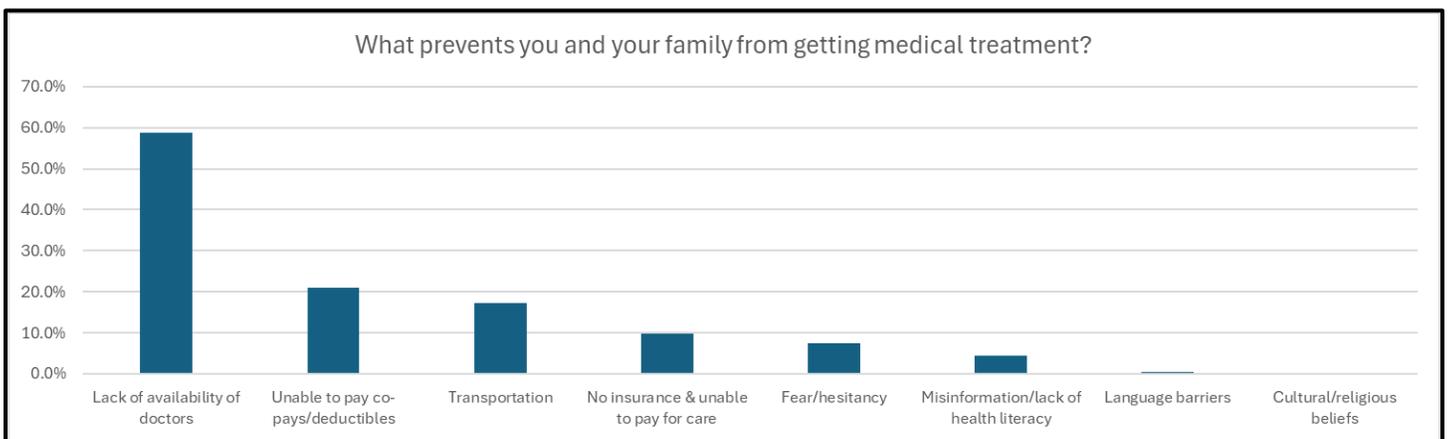
The top three main health concerns for respondents and their families are care for the elderly, obesity/weight loss issues, and mental health. Obesity/weight loss issues replace substance misuse when respondents are asked about themselves/their family versus the community.

## Contributing Factors



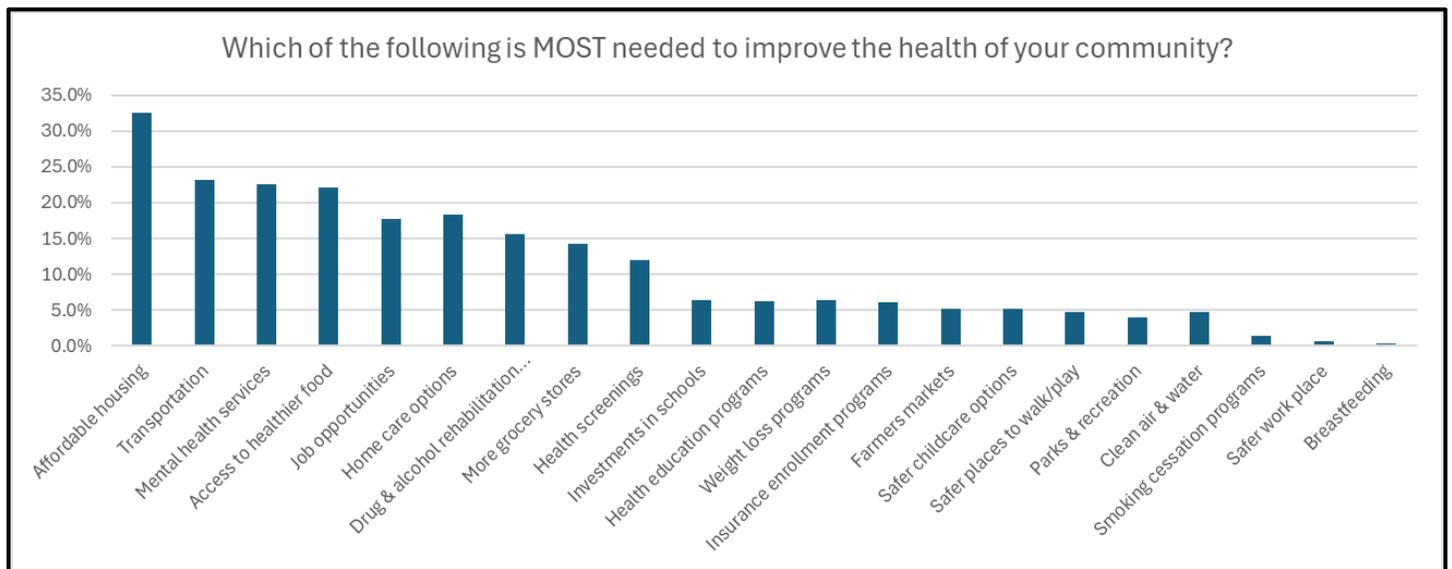
Top three Responses: Healthy affordable food, livable wage, and transportation.

## Top Barriers to Care



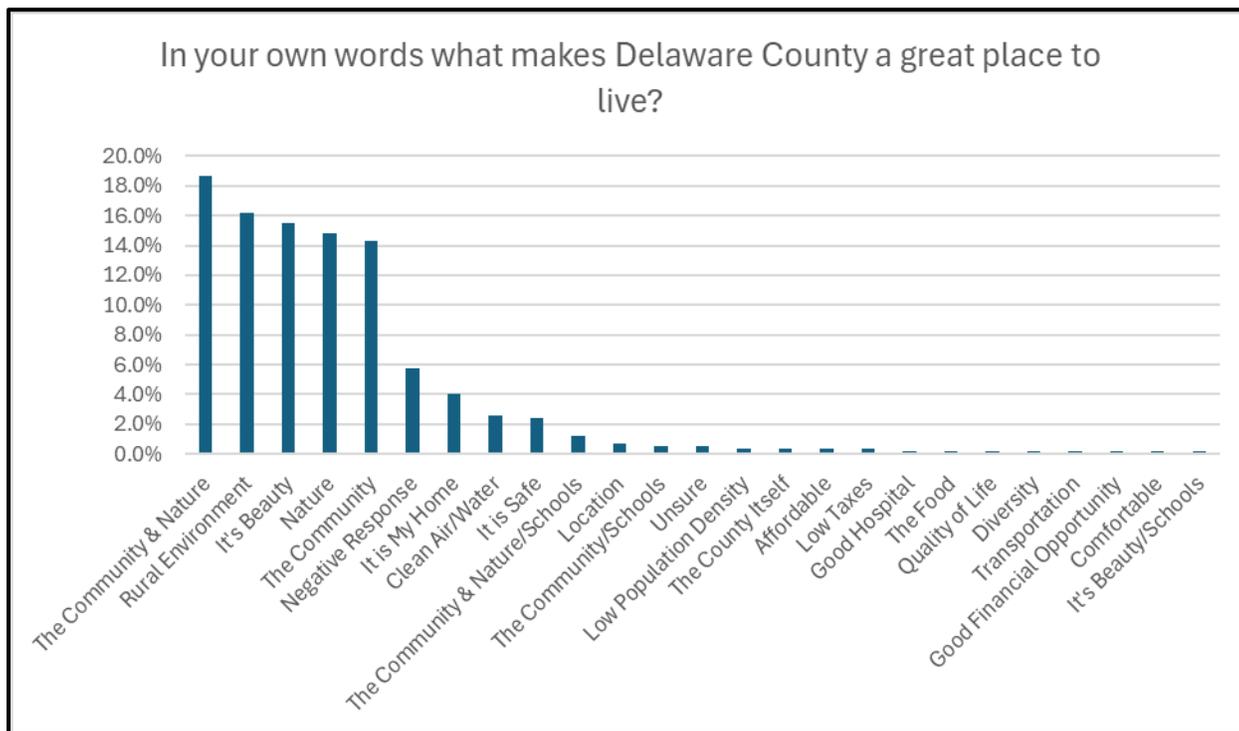
The top three barriers that prevent obtaining needed healthcare are lack of availability of doctors, unable to pay co-pays/deductibles, and transportation.

## Most Needed for Improvement



The top three most needed interventions to improve health in the community are: Affordable housing, transportation, and mental health services.

## What Makes Delaware County Great

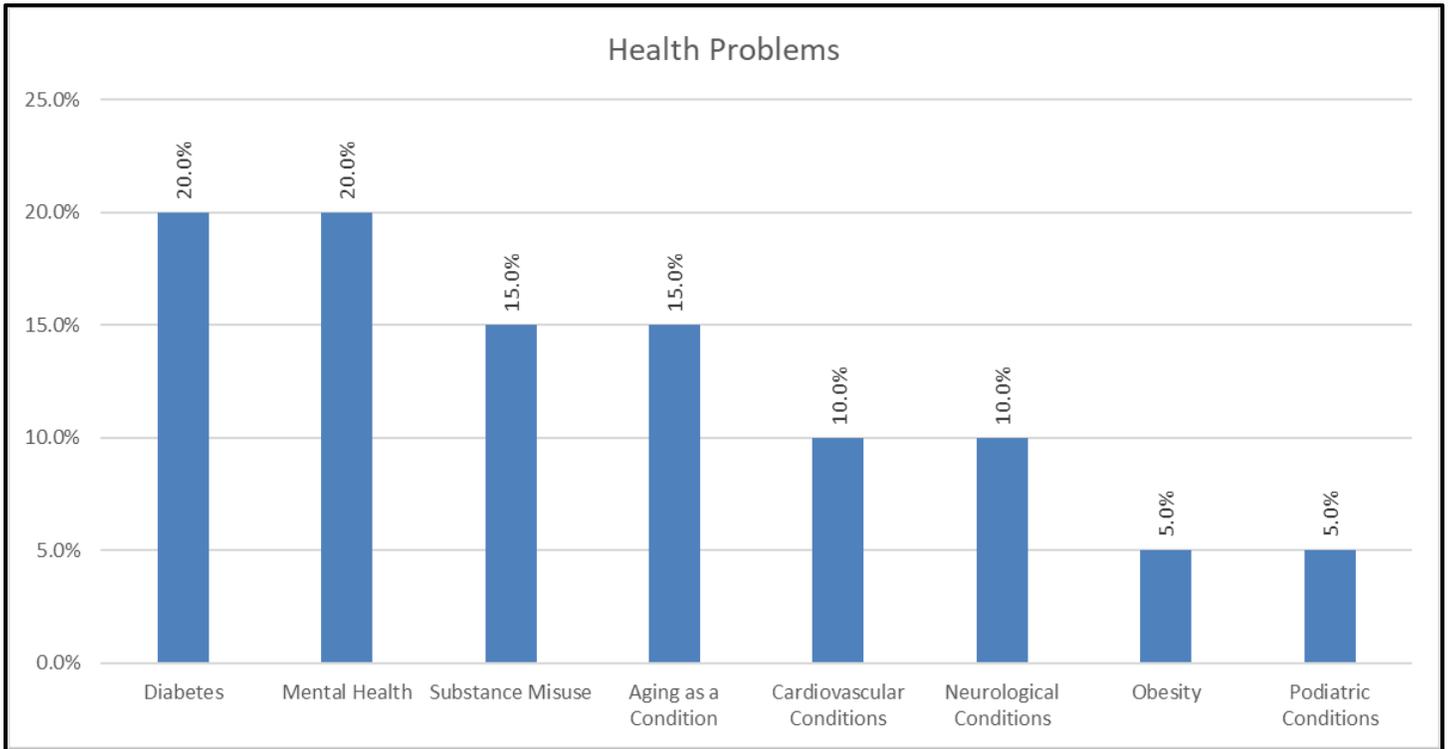


Respondents point to the beauty of their rural, natural environment, and the proximity of nature as top reasons why Delaware County is a great place to live.

## Stakeholder Interviews Highlights

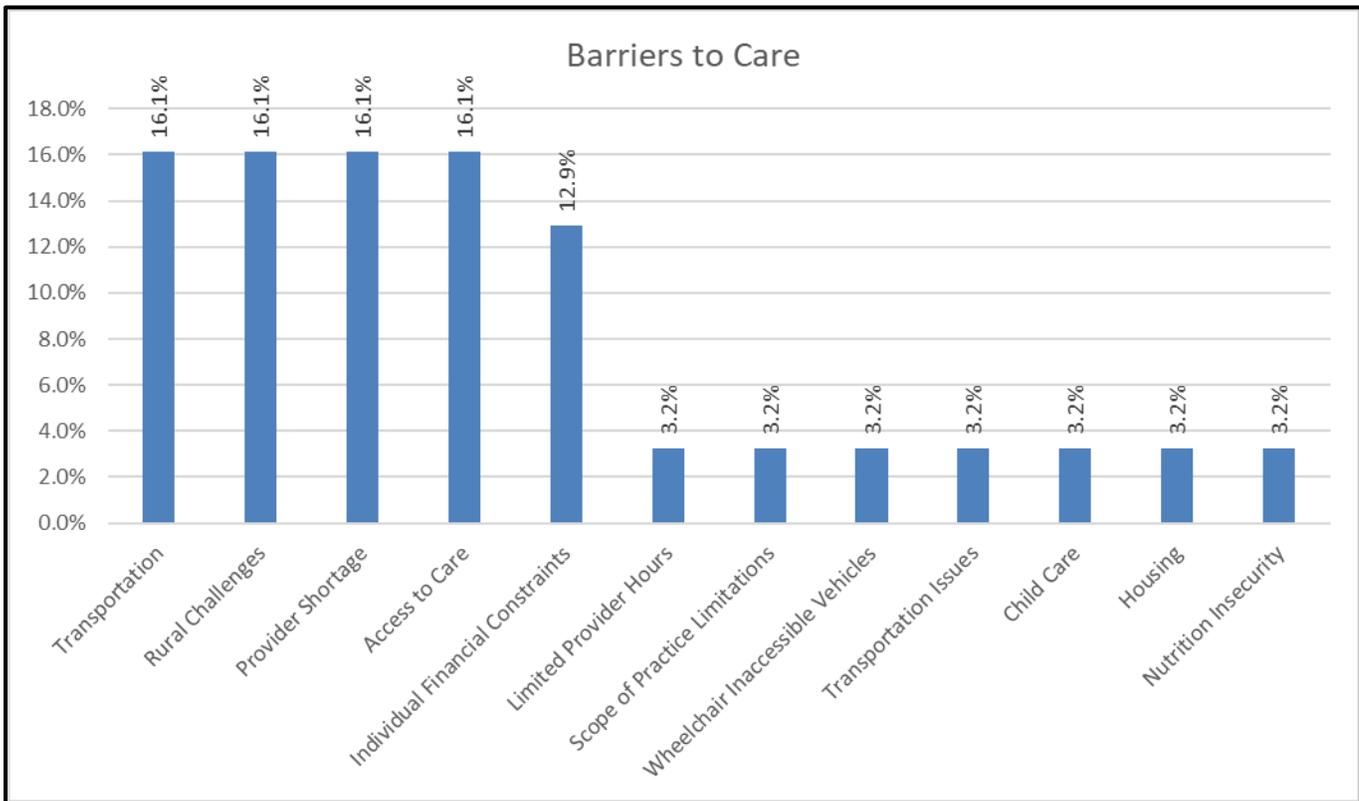
Based on community-based organization leaders and other community representatives.

### Biggest Health Problems



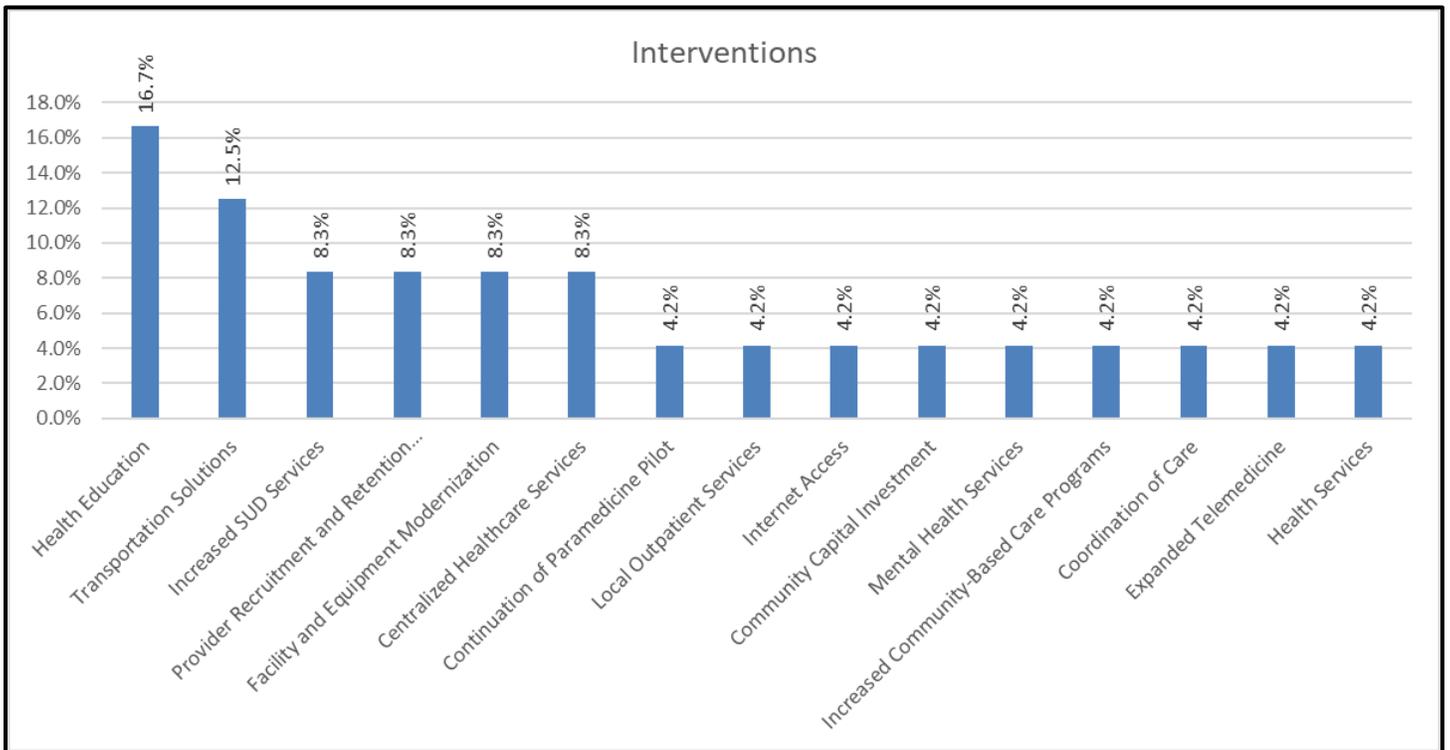
In addition to diabetes, mental health, and substance misuse, aging as a condition is of concern for the individuals served by community partners.

## Barriers to Care



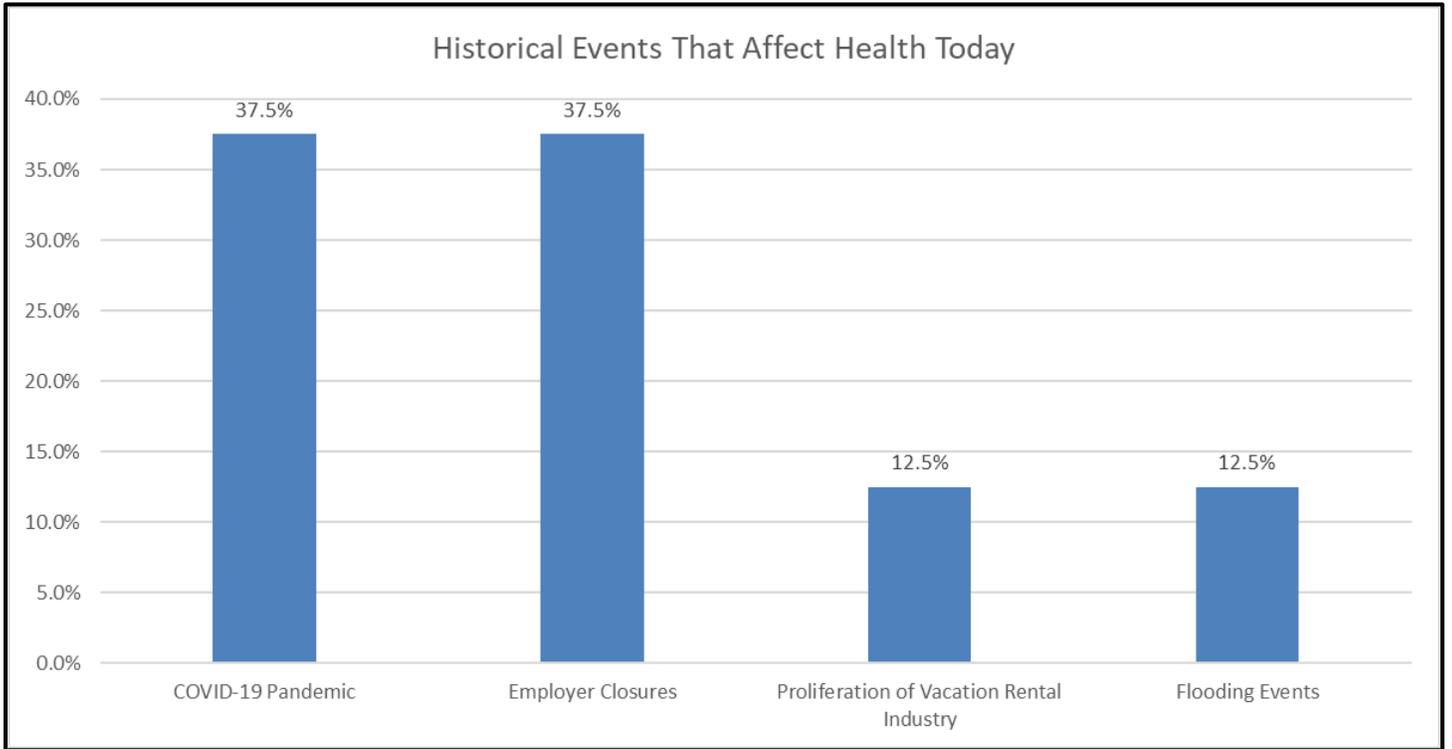
Transportation is a consistent barrier to care, especially in an expansive rural community. The region has no Uber or Lyft services, which complicates the transportation issue, and no public transportation infrastructure. Provider shortages, especially specialty care, make it difficult to access needed health services.

## Interventions



It is no surprise that interviewees call for transportation solutions. This is edged out, however, by the desire for more health education with the thought that many residents in the County are unaware of what is available to them. Interviewees also wish for more services related to treating substance use disorders. This finding could be tied to the high rate of binge drinking, indicating that alcohol is the drug of choice. Finally, interviewees touched on the need for provider recruitment and retention programs.

## Historical Events



The proliferation of the vacation rental industry is worth mentioning because interviewees see it as a double-edged sword for the region. Vacation rentals bring in revenue to the region but detract from affordable housing options for permanent residents. Rentals do not bring families into the area who establish roots, who work locally, and thereby contribute to and invest in the local communities. Wealth in Delaware County is not necessarily owned by people born and raised in the County.

## Relevant Quotes from Stakeholder Interviews

### ***Priority 1: Nutrition Security***

- “I would say, a lot of it is conditions tied to obesity.”
- “What about work? What about access to food? You know, if you don't have wheels in this County, or a reliable means of transportation. You're really, you're really on. You're behind the 8 ball...”

### ***Priority 2: Anxiety & Stress / Priority 3: Suicide /***

### ***Priority 4: Primary Prevention, Substance Misuse, and Overdose Prevention***

- “We see a significant amount of mental and behavioral health. There's a, you know, certainly a substance use issue.”
- “So, I think just sort of the isolation due to our geography, family moving away, you know, inability to get out is really having an impact on the health of our aging population... Even our municipalities are super small. So, either you're, the country, so you can't even walk around town, and emotional isolation.”
- “Undoubtedly unequivocally, mental health and substance use... I think that that's really hard... I don't know [whether there is a particular age, group or subpopulation that experiences a greater burden of mental health issues, substance, misuse issues]. I think the short answer is, I don't know. I think that it's prevalent across all ages and demographics... And you know, I think it's been destigmatized to an extent that you know, adolescents feel like it's, you know, [substance use] is just like normal childhood development, when, in fact, it really is not.”
- “I would say, a lot of it is conditions tied to obesity, conditions tied to substance, abuse... You know it's, you know, I think those are probably the main two.”

### ***Priority 5: Opportunities for Active Transportation and Physical Activity***

- “We would love to see an investment for the County really to build out the transportation infrastructure that's sorely needed.”
- “There's no access to public transportation, but there's no access to normal private transportation. You can't Uber. You can't Lyft. You can't, all the taxis, they don't, that service isn't available here, and for those who are fortunate, or at least we'll say, have access to Medicare transport, we're even limited on the number of those services who will come into the area, and we only have one that will come into the area who has wheelchair accessible vehicles. So, if you don't know somebody who can assist you in getting that ride, it can quickly become a burden to find ways to meet your needs...”
- “Once somebody comes upon a medical condition where they need a specialist. Then they are, they would have to travel to, you know, for the most part the Medical Center, which is located here in Cooperstown, from Delaware County. That's at least 45 minutes, a two-lane country road, you know. So, you know. Not necessarily a barrier in public transportation. But even just access to a car access to a driver, you know, if you have to have a procedure where you're gonna be sedated or you have oncology or something, you know, you can only imagine sort of somebody coming out of a specialist appointment.”

### ***Priority 6: Access to Community Services and Support***

- “I think, for our patient population, most of the areas really center around access and the ability for a timely solution to their problem whatever that is, whether it be getting an appointment, scheduling surgery, having a procedure done those types of issues.”
- *On digital access:* “Even if you have something, you have a program, someone can watch or stream, it's not beneficial because they can't get it so. And you know, with that population, too, there's, you know, there's a mix-- some are very astute and very in tune with how to use a smartphone and take care of things. Others are not.”



## COMMUNITY ASSETS & RESOURCES

There is an extensive network of community-based health and social support agencies, organizations and coalitions throughout Delaware County, in addition to the hospitals in the region.

- Delaware Valley Hospital (DVH), an affiliate of United Health Services (UHS) system
- Margaretville Memorial Hospital aka Margaretville Hospital (MH), which is a part of the Health Alliance of the Hudson Valley and a member of the Westchester Medical Center Health Network
- O'Connor Hospital (OCH), of the Bassett Healthcare Network
- Alcohol and Drug Abuse Council of Delaware County (ADAC)
- Behavioral Health Sub Committees; Mental Health, Substance Use and Developmental Disabilities
- Capital District Region Hospital Emergency Preparedness Coalition
- Cornell Cooperative Extension Delaware County
- County Early Intervention and Preschool Administrators Committee (CEIPAC)
- DCMO (Delaware Chenango Madison Otsego) BOCES
- Delaware Opportunities
- Delaware County Alcohol and Drug Abuse Services
- Delaware County Behavioral Health
- Delaware County BNICER Committee
- Delaware County Long Term Care Council
- Delaware County Office for the Aging
- Delaware County Social Services
- Health Services Advisory Board
- Local Early Intervention Coordinating Council (LEICC)
- NYSACHO (New York State Association of County Health Officials)
- Office for the Aging Advisory Board
- ONC (Otsego Northern Catskills) BOCES
- Opioid Settlement/JUUL Settlement Committee
- Mothers and Babies Perinatal Network
- Rural Adult Immunization Coalition
- Rural Health Care Alliance of Delaware County
- Rural Health Network of South Central New York
- Stamford Wellness Center
- Suicide Prevention Network and Substance Use Prevention Task Force Delaware County, chaired by Public Health
- United Way
- WIC/Head Start Advisory Board



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# COMMUNITY HEALTH IMPROVEMENT PLAN

*Delaware County, New York*



# MAJOR COMMUNITY HEALTH NEEDS & PRIORITIES

To work toward health equity, Delaware County commits to ensuring its resources and activities build upon existing priorities and collaborative activities, while ensuring responsiveness to emergent needs. Priorities were determined by Delaware County leadership and its hospital partners through review of existing commitments, new research findings, and community feedback.

The overarching themes that emerged from the data and conversations among collaborators are related to Mental Health and Substance Misuse, Transportation, Nutrition and Healthy Eating, Access to Healthcare and Social Support Services, Obesity and Weight Loss, Affordable Housing. The six Prevention Agenda priorities identified:

## **Domain: Economic Stability**

### ***Priority 1: Nutrition Security***

- Objective 3.0 Increase consistent household food security from 71.1% to 75.9%.
- Objective 3.1 Increase food security in households with an annual total income of less than \$25,000 from 42.0% to 51.1%.

## **Domain: Social & Community Context**

### ***Priority 2: Anxiety & Stress***

- Objective 5.0 Decrease the percentage of adults who experience frequent mental distress from 13.4% to 12.0%.
- Objective 5.1 Decrease the percentage of adults in households with an annual income of less than \$25,000 who experience frequent mental distress from 21.0% to 18.9%.

### ***Priority 3: Suicide***

- Objective 6.0 Reduce the suicide mortality rate from 7.9% to 6.7%.

### ***Priority 4: Primary Prevention, Substance Misuse, and Overdose Prevention***

- Objective 12.0 Reduce the crude rate of overdose deaths involving drugs, per 100,000 population, from 32.3 to 22.6.

## **Domain: Neighborhood & Built Environment**

### ***Priority 5: Opportunities for Active Transportation and Physical Activity***

- Objective 21.0 Increase the prevalence of physical activity among all adults aged 18 years and older from 73.9% to 77.6%.

### ***Priority 6: Access to Community Services and Support***

- Objective 22.1 Increase the percentage of higher vulnerability areas that have a cooling center from 24.5% to 27.0%.

Delaware County Public Health is committed to continuing its collaboration with its hospital partners and a variety of community-based health and social support organizations in the County to ensure success in the priority areas identified. These partners are listed in the Community Assets and Resources section of the report. This collaboration will result in a Community Health Improvement Plan (CHIP) that outlines evidence-based strategies aimed at reducing health disparities and addressing health equity with an emphasis on incorporating social and behavioral determinants of health.



# PRIORITY SELECTION & COMMUNITY ENGAGEMENT PROCESS

Delaware County leadership met with its hospital partners to review the data findings presented by DataGen on Thursday, September 4, 2025. We engaged with County leadership, hospital members, and other organization leaders and continued to digest and examine the data results, both quantitative and qualitative, throughout September before arriving at the chosen priorities.

Data reveal income disparities among white and Hispanic children and adults, median income for all that is lower than the state and the nation, a high rate of car crashes and preventable hospitalizations for the black population that are the double the state and the nation, and a teen birth rate twice the state and more than the nation. Delaware County is not addressing these needs due to limited resources and the multi-faceted determinants surrounding these issues, especially poverty, income differences, and preventable hospitalizations.

### **Board Approval**

The 2025 CHA/CHIP were conducted in a timeline to comply with the New York State Department of Health SECTION 602-A Community health assessment, Public Health (PBH) CHAPTER 45, ARTICLE 6, TITLE 1 law pertaining to community health assessments and improvement plans.

The 2025 CHA/CHIP report was presented to the Delaware County Health Services Advisory Board and approved in December 2025.

Following the Delaware County Health Services Advisory Board’s approval and submission to New York State Department of Health, the CHA/CHIP report was made available to the public via the Delaware County Public Health website. Additionally, a press release was sent out to the community announcing the publication, and county board members and local municipalities received an emailed copy of the report.



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# GOALS, STRATEGIES, & AN ACTION PLAN

Below are the interventions that Delaware County Public Health will implement to address our chosen Prevention Agenda priorities. This section is required but somewhat duplicative of the Workplan in Excel format, which is the final component of the CHIP.



### Priority 1

## NUTRITION SECURITY

Domain: Economic Stability

### Nutrition Security Intervention 1

- *Objective:* 3.0 Increase consistent household food security from 71.1% to 75.9%.
- *Intervention:* Expand and create access points to get affordable, high quality, nutritious food through community/school gardens
- *Disparities Being Addressed:* Children and adults seeking to increase access and consumption of fresh fruits and vegetables.
- *Family of Measures:* Number of communities or sites with increased access to local fresh fruits and vegetables.
- *Timeframe:* January 1, 2026 – December 31, 2030
- *Implementation Partners, Roles, and Resources:* LHD, Cornell Cooperative Extension implement and promote Delaware Fresh expanding community/school gardens and increasing places for people to purchase fresh foods and vegetables.

### Nutrition Security Intervention 2

- *Objective:* 3.1 Increase food security in households with an annual total income of less than \$25,000 from 42.0% to 51.1%.
- *Intervention:* Promote and expand the availability of fruit and vegetable incentive programs
- *Disparities Being Addressed:* People eligible for SNAP-EBT
- *Family of Measures:* Number of programs that adopt policies and practices to increase consumption of fruits and vegetables.
- *Timeframe:* January 1, 2026 – December 31, 2030
- *Implementation Partners, Roles, and Resources:* LHD, Cornell Cooperative Extension, and other CBOs to promote and increase the number of seasonal markets and grocery stores participating in the Nutrition Incentive Program

## ANXIETY & STRESS

Domain: Social & Community Context

### Anxiety & Stress Intervention 1

- *Objective:* 5.0 Decrease the percentage of adults who experience frequent mental distress from 13.4% to 12.0%.
- *Intervention:* Implement Credible Mind
- *Disparities Being Addressed:* Teens 13 and older and adults in low-income households; digital platform eliminates barriers to access; addresses shortage of mental health services in the county. Platform will be available in English, Spanish and Yiddish.
- *Family of Measures:* Resource utilization metrics; including number of people accessing platform, number of enrollees, number of views on resources.
- *Timeframe:* January 1, 2026 – December 31, 2027
- *Implementation Partners, Roles, and Resources:* Partners include Delaware County Community Services, Delaware Valley Hospital, O'Connor Hospital, and Margaretville Memorial Hospital. Agencies will promote and finance the web-based platform.

### Anxiety & Stress Intervention 2

- *Objective:* 5.1 Decrease the percentage of adults in households with an annual income of less than \$25,000 who experience frequent mental distress from 21.0% to 18.9%.
- *Intervention:* Implement and promote Mental Health First Aid training
- *Disparities Being Addressed:* Trainings offered to community organizations working seniors, schools, college and low-income populations in the county.
- *Family of Measures:* Number of courses offered, number of attendees at each course, knowledge gained pre/post test.
- *Timeframe:* January 1, 2026 – December 31, 2030
- *Implementation Partners, Roles, and Resources:* Delaware County Community Services (Mental Health) coordinating the trainings. LHD assisting to promote MHFA trainings, Suicide and Substance Use Prevention Coalition promoting and identifying groups and community members to train.



*Priority 3*  
**SUICIDE**

*Domain: Social & Community Context*

**Suicide Intervention 1**

- *Objective:* 6.0 Reduce the suicide mortality rate from 7.9% to 6.7%.
- *Intervention:* Promote calling or texting 98 through social media, digital marketing campaigns, and other utilized marketing strategies. Continue to chair the Suicide Prevention and Substance Use Committee to promote resources, training and foster partnerships
- *Disparities Being Addressed:* 988 is for all, multi-faceted, will reach all age groups.
- *Family of Measures:* Number of trainings conducted
- *Timeframe:* January 1, 2026 – December 31, 2030
- *Implementation Partners, Roles, and Resources:* CBOs, hospitals, and county agencies to co-promote campaign materials, and members of the coalition.



*Priority 4*  
**PRIMARY PREVENTION, SUBSTANCE MISUSE, AND OVERDOSE PREVENTION**

*Domain: Social & Community Context*

**Primary Prevention, Substance Misuse, and Overdose Prevention Intervention 1**

- *Objective:* 12.0 Reduce the crude rate of overdose deaths involving drugs, per 100,000 population, from 32.3 to 22.6.
- *Intervention:* Expand or promote access to lock bags and education for safe storage of medication and cannabis
- *Disparities Being Addressed:* General population, people with controlled substances in need of safe storage.
- *Family of Measures:* Number of lock bags distributed, number of organizations participating.
- *Timeframe:* January 1, 2026 – December 31, 2030
- *Implementation Partners, Roles, and Resources:* LHD, CBOs to work together to educate, attain and distribute lock bags



### *Priority 5*

## **OPPORTUNITIES FOR ACTIVE TRANSPORTATION & PHYSICAL ACTIVITY**

*Domain: Neighborhood & Built Environment*

### **Opportunities for Active Transportation & Physical Activity Intervention 1**

- *Objective:* 21.0 Increase the prevalence of physical activity among all adults aged 18 years and older from 73.9% to 77.6%.
- *Intervention:* Rate access to parks, trails, greenways, and recreational facilities and work community coalitions to create and improve safe access to these locations.
- *Disparities Being Addressed:* Increasing access to parks and trails; improving street design, for all including seniors, low income population; and people with chronic disease
- *Family of Measures:* AARP Annual Survey Public Health Local and state data, State Community Assessment measures and plans
- *Timeframe:* January 1, 2026 – December 31, 2030
- *Implementation Partners, Roles, and Resources:* Planning department to help identify areas for outdoor physical activity and implementing and planning complete street design.



### *Priority 6*

## **ACCESS TO COMMUNITY SERVICES & SUPPORT**

*Domain: Neighborhood & Built Environment*

### **Access to Community Services & Support Intervention 1**

- *Objective:* 22.1 Increase the percentage of higher vulnerability areas that have a cooling center from 24.5% to 27.0%.
- *Intervention:* Identify and promote the availability and use of cooling centers and other extreme heat resources; improve access to cooling centers, especially in areas designated as disadvantaged communities and/or have a high heat vulnerability index score
- *Disparities Being Addressed:* People who live in communities and/or high heat vulnerable areas, people who are more vulnerable to heat (older adults, children, low income, and people with chronic diseases)
- *Family of Measures:* Increase cooling centers in disadvantaged communities and/or with high heat vulnerability scores
- *Timeframe:* January 1, 2026 – December 31, 2027
- *Implementation Partners, Roles, and Resources:* Partner with CBOs, municipalities, libraries, and other facilities with air conditioning to offer their spaces as cooling centers.

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- <sup>i</sup> <https://www.naccho.org/programs/public-health-infrastructure/performance-improvement/community-health-assessment/mapp>
- <sup>ii</sup> [Cornell University Program on Applied Demographics \(PAD\) Population Density Maps of New York State Counties 2020](#), Published 2024
- <sup>iii</sup> [US Census Bureau 2020 Data](#)
- <sup>iv</sup> [Delaware County Department of Planning and Watershed Affairs](#)
- <sup>v</sup> [Delaware County Economic Development](#)
- <sup>vi</sup> [Obesity as a Disease: A Primer on Clinical and Physiological Insights - PMC](#)
- <sup>vii</sup> [Report of the Council on Science and Public Health - Report 3-A-13](#)
- <sup>viii</sup> <https://pmc.ncbi.nlm.nih.gov/articles/PMC5732407/>
- <sup>ix</sup> <https://www.ncbi.nlm.nih.gov/books/NBK587401/>
- <sup>x</sup> Tyrer S, Heyman B. Sampling in epidemiological research: issues, hazards and pitfalls. *BJPsych Bulletin*. 2016;40(2):57-60. doi:10.1192/pb.bp.114.050203
- <sup>xi</sup> Chun Tie Y, Birks M, Francis K. Grounded theory research: A design framework for novice researchers. *SAGE Open Med*. 2019 Jan 2;7:2050312118822927. doi:10.1177/2050312118822927. PMID: 30637106; PMCID: PMC6318722.
- <sup>xii</sup> <https://pmc.ncbi.nlm.nih.gov/articles/PMC12040884/>