

Adams and York County 2015 Community Health Needs Assessment

York County Highlights – June 2015

This document provides York County highlights from the 2015 Community Health Needs Assessment (CHNA). The detailed assessment will be available on-line at the Coalition's website: www.healthyork.org. The primary information source was a survey of adult residents of Adams County (N=769) and York County (N=1028). Comparative health information was provided by the Robert Wood Johnson Foundation County Health Rankings. The third source of data comes from the Pennsylvania Department of Health.

We are grateful to the Regional CHNA Committee members who contributed significant time over the past 15 months to make this assessment possible. In particular, we want to thank Berwood Yost and his staff at Franklin & Marshall's Center for Opinion Research.

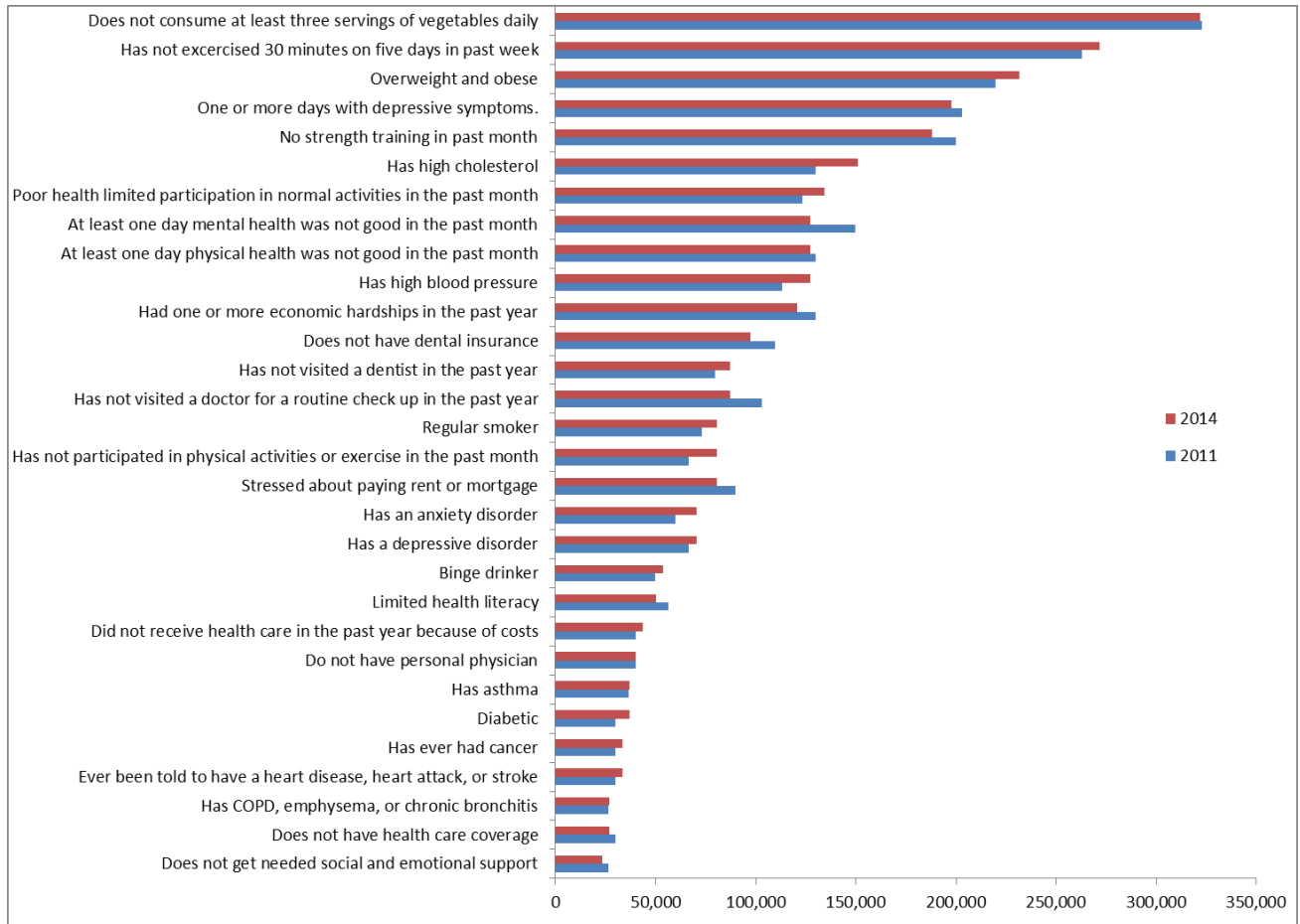
Behavioral Risk Factor Survey

The Behavioral Health Risk Factor survey allows us to review a variety of health indicators specific to each county. These indicators fall into the broad categories of health care access, behavioral risk, health conditions, and prevention behaviors and context. Altogether, these indicators show that poor diet, lack of physical activity, obesity, and mental health concerns affect a majority of residents in both counties.

Summary of Health Indicators, BRFSS

	York	
	2011	2014
Access Indicators		
Has health care coverage	91%	92%
Has a personal physician	88%	88%
Did not receive health care in past year because of cost	12%	13%
Has dental insurance	67%	69%
Economic hardships (one or more)	39%	36%
Behavioral Risk Indicators		
Participated in physical activities or exercise in past month	80%	76%
Exercised 30 minutes on five days in past week	21%	17%
Strength training in past month	40%	44%
Smoking behavior (regular smoker)	22%	24%
Body Mass Index Category (overweight and obese)	66%	68%
Binge drinking behavior	15%	16%
Consumed three servings of vegetables daily	3%	4%
Conditions		
Respondent is diabetic	9%	11%
Told has heart disease, heart attack, or stroke	9%	10%
Ever had COPD, emphysema, or chronic bronchitis	8%	8%
Has high cholesterol	39%	45%
Has high blood pressure	34%	38%
Has asthma	11%	11%
Has ever had cancer	9%	10%
Has an anxiety disorder	18%	21%
Has a depressive disorder	20%	21%
PHQ-8 current depression indicator-currently depressed	9%	9%
Prevention Behaviors and Context		
At least one day physical health was not good in past month	39%	39%
At least one day mental health was not good in past month	45%	38%
Poor health limited participation in normal activities in past month	36%	40%
Visited doctor for routine checkup in year	69%	74%
Limited health literacy	17%	15%
Visited dentist in past year	76%	74%
Has ever had blood cholesterol checked	82%	80%
Gets needed social and emotional support	92%	93%
One or more days with depressive symptoms in past two weeks	61%	59%
Stressed about paying rent or mortgage	27%	24%

Residents Affected



Total Adult Residents Reporting Condition, York County 2015. The red bars provide estimates of the adult population in 2014 that reported each behavior, condition, or experience. The blue bars provide the estimates reported for 2011. In York County, more than 175,000 adults did not consume three vegetables each day, had not exercised 30 minutes or more on five days in the week preceding the survey, were overweight or obese, and experienced one or more depressive symptoms in the two weeks preceding the survey. The estimated error for these estimates is $\pm 13,420$ adults. (Total number of adult residents in York County: 2014=335,504; 2011=332,958)

Health Disparities

Results of Significance Testing for Selected Variables HYCC - HAC Community Health Assessment Survey				
	Demographic Groups			
	Poverty	Race/Eth	Gender	Age
Access Indicators				
Has health care coverage	Orange	Orange	White	Orange
Has a personal physician	Light Blue	White	Orange	Orange
Did not receive health care in past year because of cost	Orange	Yellow	Light Blue	Yellow
Has dental insurance	Orange	Light Blue	White	Orange
Economic hardships	Orange	Orange	White	White
Behavioral Indicators				
Participated in physical activities or exercise in past month	Yellow	White	Light Blue	Light Blue
Exercised 30 minutes on five days in past week	Light Blue	White	Light Blue	Orange
Strength training in past month	Orange	Yellow	White	Yellow
Smoking behavior	Orange	White	White	White
Body Mass Index Category	White	White	Light Blue	Yellow
Binge drinking behavior	White	White	Yellow	Orange
Consumed three servings of vegetables daily	White	Light Blue	Light Blue	White
Conditions				
Respondent is diabetic	Light Blue	White	White	Orange
Told has heart disease, heart attack, or stroke	Orange	White	White	Orange
Has COPD, emphysema, or chronic bronchitis	Yellow	Yellow	Light Blue	Orange
Has high cholesterol	Orange	Yellow	Light Blue	Orange
Has high blood pressure	Orange	White	Yellow	White
Has asthma	Orange	White	Yellow	White
Has ever had cancer	Light Blue	White	Light Blue	Orange
Has an anxiety disorder	Orange	White	Light Blue	White
Has a depressive disorder	Orange	White	Orange	Light Blue
Prevention Behaviors and Context				
At least one day physical health was not good in past month	Yellow	Light Blue	Light Blue	Orange
At least one day mental health was not good in past month	Light Blue	Light Blue	White	White
Poor health limited participation in normal activities in past month	Light Blue	Light Blue	White	White
Visited doctor for routine checkup in past year	Light Blue	Light Blue	Light Blue	Orange
Health Literacy Score	Orange	Yellow	White	Light Blue
Visited dentist in past year	Orange	Light Blue	White	White
Has ever had blood cholesterol checked	Yellow	Light Blue	White	Orange
Gets needed social and emotional support	Orange	Light Blue	White	Light Blue
Days with depressive symptoms	Light Blue	White	Light Blue	Yellow
Stressed about paying rent or mortgage	Orange	Light Blue	Light Blue	Yellow
No significant difference	p. > .05			
Significantly different, weak association	p. < .05, sresid < 3			
Significantly different, moderate association	p. < .05, sresid > 3			
Significantly different, strong association	p. < .05, sresid > 4			
Stronger association in 2014 than in 2011	Light Blue			
Weaker association in 2014 than in 2011	White			

Health Indicators by Selected Demographic Groups, Adams and York Counties, 2015. This figure displays the relationships between each survey indicator and poverty status, race and ethnicity, gender, and age. The color coding identifies whether there is a significant relationship between each indicator and each demographic subgroup and how strong those differences are; the darkest coloring indicates the strongest associations. Highlighted cells reveal changes in the strength of the association between each variable and each indicator.

Relative Health Rankings

York County ranks 19 out of 67 counties in health outcomes and 17 out of 67 counties in health factors. Compared to other counties in the state, York shows high rates of obesity, low birth weight babies, teen births, and low rates of mental health providers. York also has relatively high rates of sexually transmitted infections and violent crime. York County does relatively well on having low rates of children in poverty and preventable hospital stays.



Relative Health Rankings, York County, 2015. This figure displays the relative ranking of York County to other Pennsylvania counties on individual health indicators. Lower scores closer to the left hand axis indicate stronger relative performance, in that fewer counties perform better on that indicator. Different colors represent different years. Not all indicators have data for all years. Calculations by the Center for Opinion Research based on Robert Wood Johnson Foundation County Health Rankings data.