

Tioga County, NY 2022-2024 Community Health Assessment



Acknowledgements

This assessment would not have been possible without the support and participation of many key Tioga County partners.

From reviewing data and providing statistics to survey distribution, this project's success was due to the diligence and dedication of many individuals.

Project Staff

*Adam Ace, Public Health Sanitarian
Laura Bennett, Public Health Educator
Angel Conklin, Public Health Educator
Kylie Holochak, Senior Public Health Educator
Albert Knapp, Public Health Sanitarian
Stephen Mastro, Public Health Educator
Meagan Mertson, Early Intervention Services Coordinator
Heather Vroman, Deputy Public Health Director
Katie Wait, Public Health Educator*

Tioga County CHA Steering Committee Agencies Represented

<i>Tioga County Mental Hygiene</i>	<i>Tioga County Sheriff's Office</i>
<i>A New Hope Center</i>	<i>Guthrie Medical Group</i>
<i>Racker Center</i>	<i>CASA-Trinity</i>
<i>Mothers and Babies Perinatal Network</i>	<i>Tioga Opportunities, Inc.</i>
<i>Waverly School District</i>	<i>Cornell Cooperative Extension</i>
<i>Lourdes-Ascension</i>	<i>Tioga County Legislature</i>
<i>Tioga County Veteran's Services</i>	<i>Tioga County Social Services</i>

Photos representing Tioga County credited to [The Owego Pennysaver](#)

Message from the Public Health Director

Dear Tioga County residents and community partners,

We are excited to share the 2022-2024 Tioga County's Health story with you. A lot of hard work is behind this assessment. Many people, many agencies, contributed to capturing information to paint a profile of our county's health, past and present. Thanks to all of you!

Please peruse, digest, at your leisure. There's a wealth of information contained here.

Is Tioga County healthier today than it was in the past? Where do we do well? Do we need to change course?

An overarching trend throughout- our waist sizes are increasing. Our choices are reflected in ourselves, our children's health, our family's, our community's.

Positive health is achievable. Let's work together to foster a positive health attitude, address actions and factors to make this happen.

Please consider how you, we, can create change; continue to move Tioga County along a healthier path. From growing up to aging in place, Tioga County is a great place to live!



Lisa McCafferty, R.S., MPH
Tioga County Public Health Director

Public Health is the air we breathe; the water we drink; the food we eat.. and our impact on the planet and its future. *Prevent, Promote, Protect...*

“Health is the state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.”

World Health Organization's definition of health

Executive Summary

The 2022-2024 Tioga County Community Health Assessment was developed collaboratively with many local agencies including Tioga County Public Health, Guthrie, Lourdes-Ascension Health, and UHS Hospitals, Tioga Opportunities Inc., CASA-Trinity, and various Tioga County Departments including Mental Hygiene, Social Services, and Veteran's Services. The findings of this assessment will aid community leaders and organizations in identifying priorities and strategies to address health behaviors which will improve health outcomes. Furthermore, this assessment will lead to the collaborative development and implementation of the 2022-2024 Community Health Improvement Plan for Tioga County.

Community Profile

Tioga County is situated in the Southern Tier of New York State. The 2020 Census records a population of 48,455 which is 94.2% White (not Hispanic or Latino), 2.1% Hispanic or Latino, 1.4% Two or more Races, 1.1% Black or African American, 0.9% Asian, and 0.3% American Indian. The median age in Tioga County in 2020 was 44.8 years. Families are changing; more people are living alone and nonfamily households are increasing. Median household income has increased along with the percentage of families below the poverty level.

Health Behaviors

Several health behaviors indicate trending toward poor health outcomes based on our assessment of physical activity, eating habits and substance use. While the community considers physical activity very important, inactivity rates are above 25% and trending upwards. Approximately 32% of residents report consuming fruit less than one time per day. Alcohol and tobacco substance use rates are indicating no change in behavior. Binge drinking rates are around 20%. Alcohol-impaired driving deaths have declined drastically since 2016, and smoking amongst adults is slowly starting to see a decline. Adult pneumococcal vaccination rates are higher than the New York State average. Cancer screenings are well utilized with rates over 75%.

Health Outcomes

A review of multiple indicators present varied health outcomes. The teen birth rate continues to steadily decline. Chronic diseases including heart disease, obesity, and diabetes are concerning. There has been an increase in deaths related to heart disease prior to ambulance transport. Diabetes diagnosis is lower than the NYS average, but mortality rates are higher. Female breast cancer and male prostate cancer have the highest incidence rates, with lung and bronchus as a distant third. Overall, cancer mortality rates are lower in comparison to NYS averages. Communicable diseases are also lower than NYS averages for the majority of lab-confirmed diseases, with the exception of influenza and tick-borne diseases. The leading causes of death in Tioga County are heart disease and cancer. Men are more likely to die from unintentional injuries and women from Alzheimer's disease. Preventable mortalities related to our roadways indicate a higher rate than NYS, including alcohol related vehicle crashes.

Physical Environment

Tioga County experiences extreme weather events, including significant precipitation and frigid/hot temperatures. Notably, since 2017, Tioga County was included in 21 FEMA declarations for severe storm-related disasters! Residents have access to 3,692 acres of state forests and 12 parks throughout the county. Human-animal interaction is especially notable with the rate of animal bite reports from both domestic and wild animals and vector-borne (tick, mosquito) diseases increasing.

Access to Care

Several hospitals are within a 30 minute drive for residents. Nearly 95% of Tioga County adults have health insurance. With access to multiple primary care providers throughout the county, it's not surprising that over 75% utilize a provider within the county. Over 46% of residents report having a dental provider within the county, while the rest travel outside of the county for dental care or do not have a dental provider. Residents report mental health issues and access to quality providers as top health concerns, with data to support an increase of reported poor mental health status.

Areas of Special Interest

While conducting this assessment, certain areas raised flags. Trends for children's health, substance abuse, and home environment are of concern. Continuing these trends will ultimately lead to unhealthy adults with poor health outcomes which precipitates increased reliance on healthcare and supportive care systems. Substance use, especially alcohol and marijuana use, among youth and adults is well established and without community, family, and personal action, it becomes an ingrained and accepted behavior. Opioid overdoses and deaths continue to be an area of concern for Tioga County. Lastly, healthy homes are essential for overall health. Tioga County homes are older, increasing the risk for concentrated lead or radon levels which can be a safety hazard for our aging population as well as for kids!

COVID-19

The COVID-19 pandemic undoubtedly had negative impacts on Tioga County. There were many challenges: isolation and quarantine, mandatory mask mandates, schools switching to remote learning, and many people losing jobs. Ultimately, the biggest impact was felt by those who ended up hospitalized with a severe case of COVID-19. Tioga County Public Health worked hard to keep residents safe through community education, issuing quarantine and isolation orders, and holding vaccination clinics. However, the long-term health effects from COVID-19 remain unknown, as do the residual community impacts that Tioga County may face for years to come. Public health efforts continue as we adapt to what comes next with COVID-19.



Health Report Card for Tioga County

Key: ↑ = Improved ↓ = Worsened

Source: NYSDOH

Health Behaviors

Indicator	2019 CHA	2022 CHA Update	Improved or Worsened
Alcohol Related Motor Vehicle Deaths (Rate per 100,000)	55	40	↑
% Adults who are Current Smokers	22%	20%	↑
% of Adults Binge Drinking During Past Month	19%	27%	↓

Health Outcomes

Indicator	2019 CHA	2022 CHA Update	Improved or Worsened
% Adults Overweight or Obese	70%	62%	↑
% Students Overweight NOT Obese	18%	17%	↑
% Students Obese	17%	20%	↓
Cardiovascular Disease Mortality (Rate per 100,000)	203	185	↑
Lung & Bronchus Cancer Incidence (Rate per 100,000)	92	100	↓

Access

Indicator	2019 CHA	2022 CHA Update	Improved or Worsened
% of Adults (aged 18-64) with Health Insurance	94%	95%	↑
% of Adults with a Regular Health Care Provider	86%	77%	↓
% of Population Experiencing Food Insecurity	10%	11%	↓

Maternal & Infant Health

Indicator	2019 CHA	2022 CHA Update	Improved or Worsened
% of Births with Early Prenatal Care	74%	76%	↑
% of Births with Adequate Prenatal Care	85%	83%	↓
Infant Mortality (Rate per 1,000)	7	4	↑
% Low Birthweight	6%	7%	↓

Child & Adolescent

Indicator	2019 CHA	2022 CHA Update	Improved or Worsened
% of Children 9-17 months with Lead Screening	48%	58%	↑
% of Medicaid Enrollees (ages 2-20) with At Least 1 Preventive Dental Visit (within year)	42%	45%	↑
Suicide Mortality ages 15-19 (Rate per 100,000)	21	11	↑

Mortality

Indicator	2019 CHA	2022 CHA Update	Improved or Worsened
Years of Potential Life Lost (Rate per 100,000)	7,009	6,505	↑
Cancer Mortality (Rate per 100,000)	128	128	—
Suicide Mortality (Rate per 100,000)	12	15	↓
Motor Vehicle Mortality (Rate per 100,000)	8	12	↓

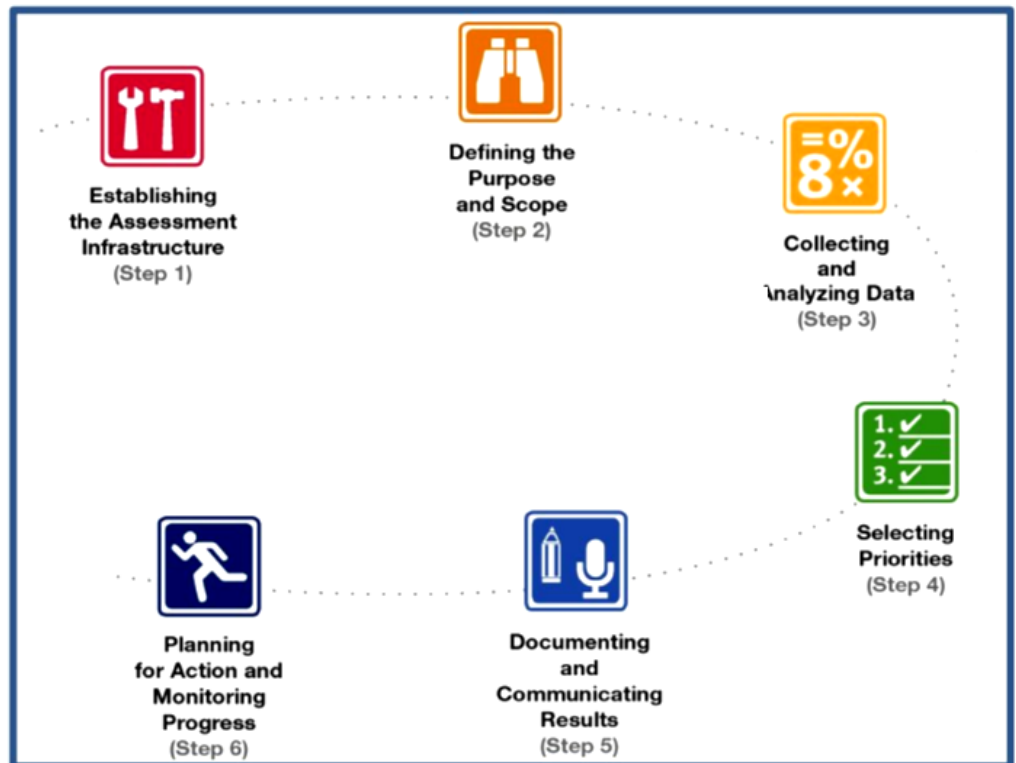
Process

INTRODUCTION

The 2022—2024 Community Health Assessment process started in the Spring of 2021. Tioga County Public Health and the Community Health Assessment Steering Committee identified the Association for Community Health Improvement's model for the assessment process and the County Health Rankings framework for data collection. Additionally, community partners from neighboring hospital systems were approached for their assistance and

contribution. Several other entities were invited to represent community agencies. All participants contributed guidance and valuable insight into the health status and needs of the community.

Data presented in this report is compiled from a variety of sources and wherever possible the most currently available data is used. Data was compared between Tioga County and New York State and also, when appropriate, to data from the 2019 Community Health Assessment.



The **Tioga County Community Health Assessment Survey** solicited input from our residents.

We used:

- ◆ Facebook solicitation and newspaper advertisements
- ◆ Distributed survey postcards at town & village halls, libraries, through mass emails, and more
- ◆ Attending community events (Farmer's Markets, food pantries and senior citizen luncheons)
- ◆ Assisting individuals with completing the survey

With 1038 responses, the survey was deemed a solid sample.

Tioga County
Community Health Assessment Survey

Help us assess the health of our community in this brief 10 minute survey!

Public Health
Tioga County

Key Terms

Adequate Prenatal Care

Prenatal care started by the fourth month of pregnancy and attending 80% or more of recommended visits.

Age-adjusted Rate

A rate of morbidity or mortality in a population that is statistically modified to eliminate the effect of age differences in a population.

Behavioral Risk Factor Surveillance System (BRFSS)

A telephone survey that collects data on health-related risk behaviors, chronic health conditions, and use of preventive services from U.S. residents 18 years of age and older.

Binge Drinking

Males having 5 or more drinks on an occasion and females having 4 or more drinks on an occasion.

Birth Rate

The total number of live births per 1,000 females in a population in a year.

Body Mass Index

A measure of body fat calculated from a person's weight and height.

Communicable Disease

Disease that spreads from one person to another or from an animal to a person.

Food Insecurity

The state of being without reliable access to a sufficient quantity of affordable, nutritious food.

Morbidity

A term used to refer to an illness or illnesses in a population.

Mortality

A term used to refer to deaths in a population.

Rate Per 100,000

Rates put disease frequency in the perspective of the size of the population, rates are particularly useful for comparing disease frequency in different locations, at different times, or among different groups of persons with potentially different sized population. While Tioga County has a population of 48,455, you will frequently see numbers shown as a rate per 100,000, which may make some numbers seem higher than they actually are. The rate is helpful to compare to NYS averages.


Well-being

A positive outcome that is meaningful for people and for many sectors of society, because it tells us that people perceive that their lives are going well.

Tools for Understanding this Report



Community
Stakeholder
Viewpoints



Call to Action!



Community
Member
Responses

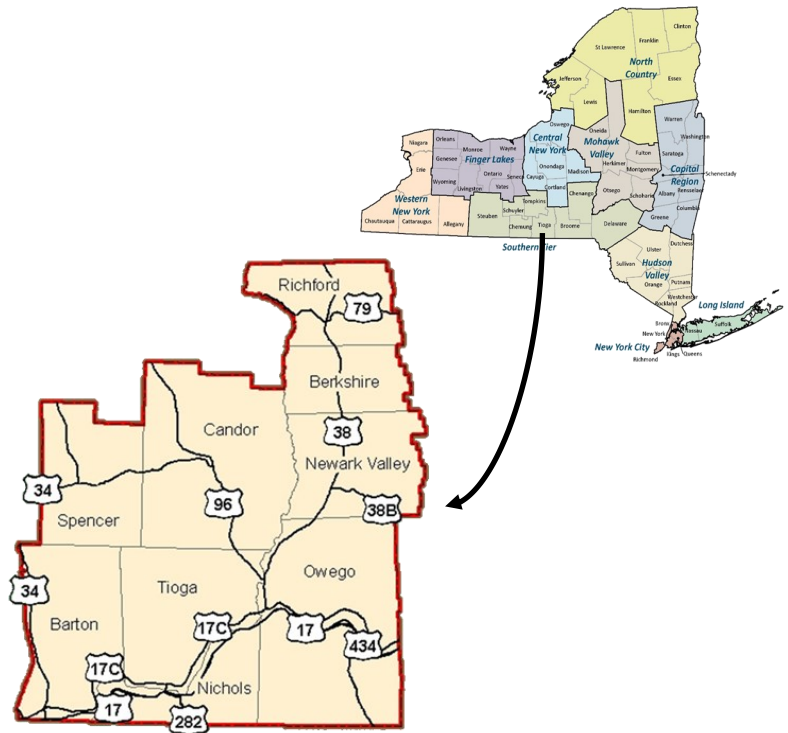
COMMUNITY PROFILE



TIOGA COUNTY

Geographic Area

Tioga County is located in the Southern Tier of New York State. Counties bordering Tioga County include Chemung (west), Tompkins (north-west), Cortland (north) and Broome (east), with Pennsylvania on the southern border. Tioga County is 523 square miles in size and includes 33 miles of the Susquehanna River. It is mainly rural with a population density of 98 people per square mile and 3,692 acres of state forests!



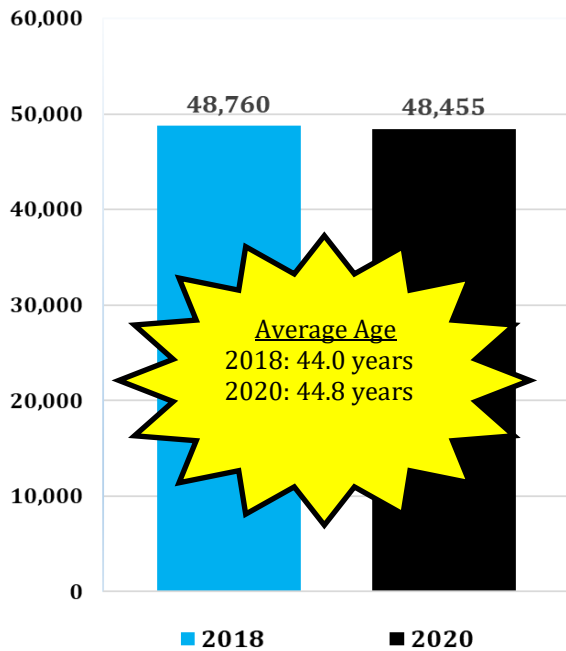
“Tioga County is a community rich in natural beauty, economic growth and small-town values. We are proud of our advancements and transformation as we see the world around us change and evolve. Tioga County is a generational home to many families and we are happy to be welcoming more and more new residents to this wonderful community.”

Martha Sauerbrey
Chair, Tioga County Legislature

Infrastructure and Services

Nine towns and six villages are found along the main routes: 38, 96 and 17C. The more populated villages have public water and sewer services while rural residents rely on private wells and septic systems. Given our momentous weather events, including high amounts of rainfall and snow accumulations, municipal public works departments are heavily relied upon to maintain passage on roadways. Top identified risks include flooding, flash flooding, extreme temperatures and severe winter snowstorms. Local planning efforts are in place to evaluate and prepare for crippling events. The Tioga County Local Emergency Planning and Hazard Mitigation Committees play a vital role in identifying risks, developing plans, and testing capabilities.

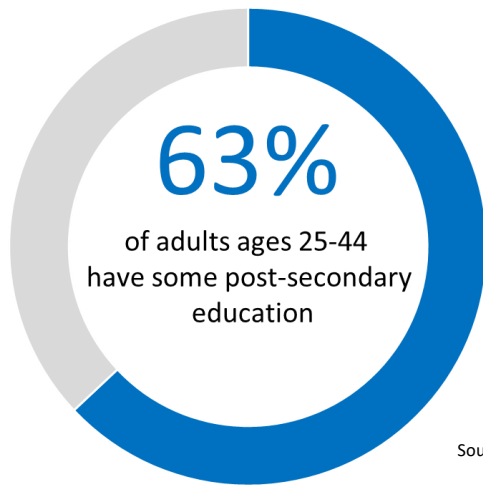
Tioga County Total Population



Source: 2016-2020 ACS 5-Year Estimates

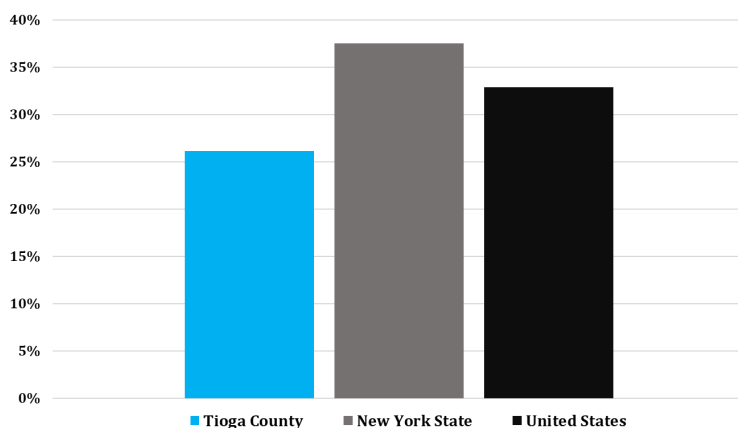
Population Characteristics

Our population is mostly Caucasian with an average age of 44.8 years. We have a notable percentage of individuals with higher education degrees; however, the New York State average of those with *Bachelor's Degrees or Higher* is higher than Tioga County levels. Family composition is changing as more people are living alone. A decrease in total births has occurred in all age groups, except for women ages 45+. Overall, the population is decreasing and aging.



Source: County Health Rankings

Population with a Bachelor's Degree or Higher 2016 - 2020



Source: US Census Quickfacts

Tioga County Description

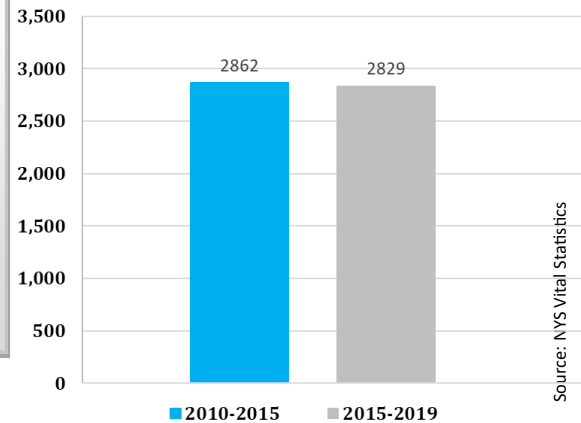
Population	
Census 2020 Total Population	48,455
Median Age	44.8
Number of Companies	3,228
Total Housing Units	22,609
Median Household Income	61,965
Foreign-Born Population	903
Veterans	3,475
Race and Ethnicity	
White alone	44,195
Black or African American alone	434
American Indian and Alaska Native alone	62
Asian alone	370
Native Hawaiian and Other Pacific Islander alone	12
Other Race alone	158
Two or More Races	2,107
Hispanic or Latino (of any race)	1,117
White alone, Not Hispanic or Latino	47,338

Source: 2020 US Census Demographic Profile

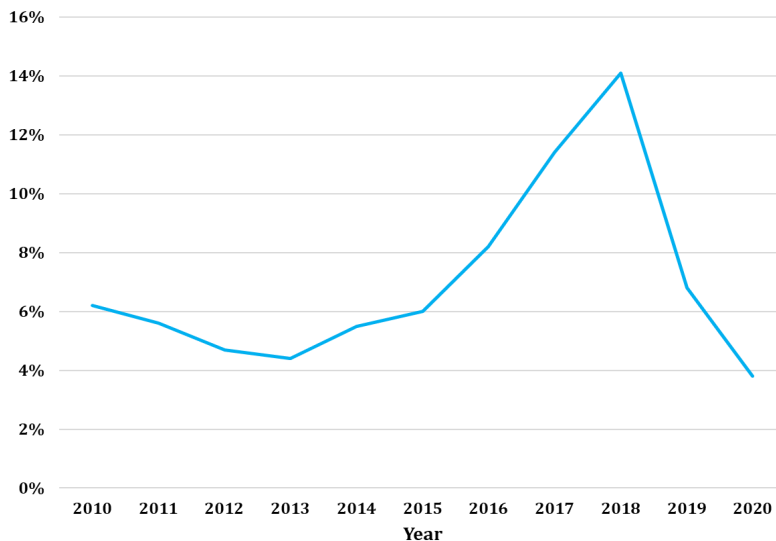
Household Characteristics

Households have slightly increased, with fewer married-couple family households. Also, there is less 'female head of household', more 'individuals living alone' and more 'nonfamily households'. There is a sharp decrease of children being raised solely by grandparents since 2019.

Tioga County Total Births



Tioga County Households with Children Under 18 Where Grandparents are Responsible for Raising Grandchildren 2010 - 2020



Source: US Census American Community Survey

“The COVID-19 Pandemic has added another layer of stressors to families as they have navigated through home schooling, social isolation and in many cases additional financial challenges. It continues to be critical that we remain aware of these challenges and find the right solutions to help families move forward, post-pandemic.”

Shawn Yetter
Commissioner
Tioga County Department of Social Services

Tioga County Family Characteristics

	2016	2020	+/-
Households	19,705	19,878	+173
Family Households	68.2%	67.1%	-1.1%
Married couple family	53.9%	53.5%	-0.4%
Female head of household-no husband present	11%	9.2%	-1.8%
Nonfamily Households	31.8%	32.9%	+1.1%
Living alone	26.8%	27.2%	+0.4%
Average Family Size	3.0	2.8	-0.2

Source: US Census American Fact Finder

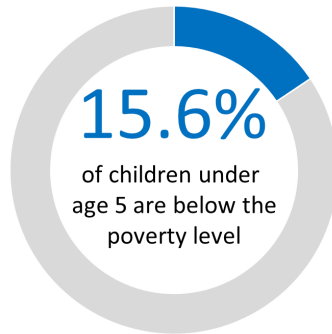


Community initiatives should accommodate the changing community characteristics.

Considerations are needed for the aging population and changing family units.

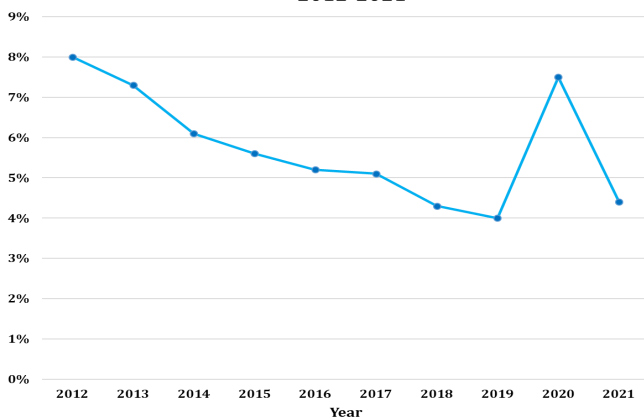
	2017	2020
Median household income	\$57,153	\$61,965
% of families below poverty level	7.7%	9.9%
% of children under 18 below poverty level	14.5%	11.6%

US Census: American FactFinder



Source: US Census: American FactFinder, 2020

Tioga County Unemployment Rate
2012-2021



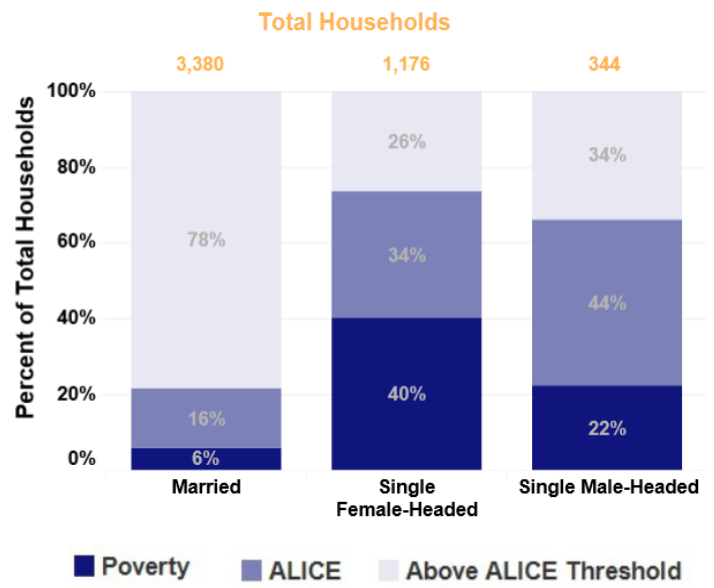
Source: Bureau of Labor Statistics

“As reported in the comprehensive Community Assessment that Tioga Opportunities, Inc. completed in 2021, 10.2% of Tioga County Residents live in poverty (4,899), while an additional 26% of household are unable to meet the basic needs of themselves and their families. Social and economic factors, such as income, education, employment, community safety, and social supports can significantly affect how well and how long we live. These factors affect our ability to make healthy choices, afford medical care and housing, manage stress, and more. More coordinated efforts, including blended funding streams are needed to holistically address these factors in order to improve the overall health & wellness of Tioga County residents.”

Maureen Abbott,
Executive Director, Tioga Opportunities, Inc.

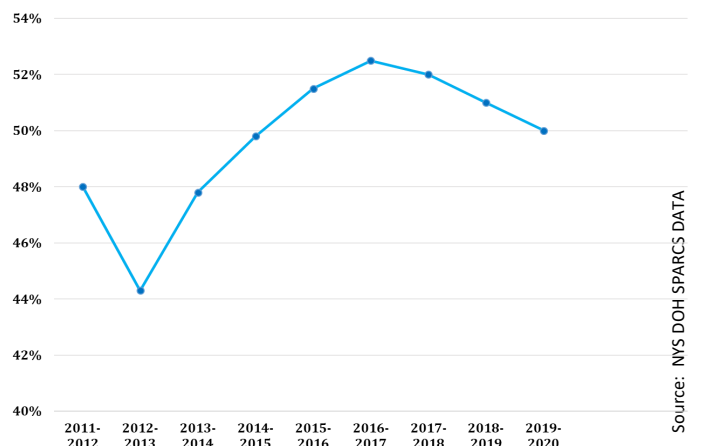
Socioeconomics

While the median household income is increasing, the percentage of the population living in poverty has also increased. Students qualifying for free or reduced price lunches at school has slightly decreased. The unemployment rate that increased when COVID-19 hit is now back on the decline.



Source: American Community Survey, 2016, and the ALICE Threshold, 2016.

Tioga County Students Eligible for Free or Reduced Price Lunch



Source: NYS DOH SPARCS DATA

Disability

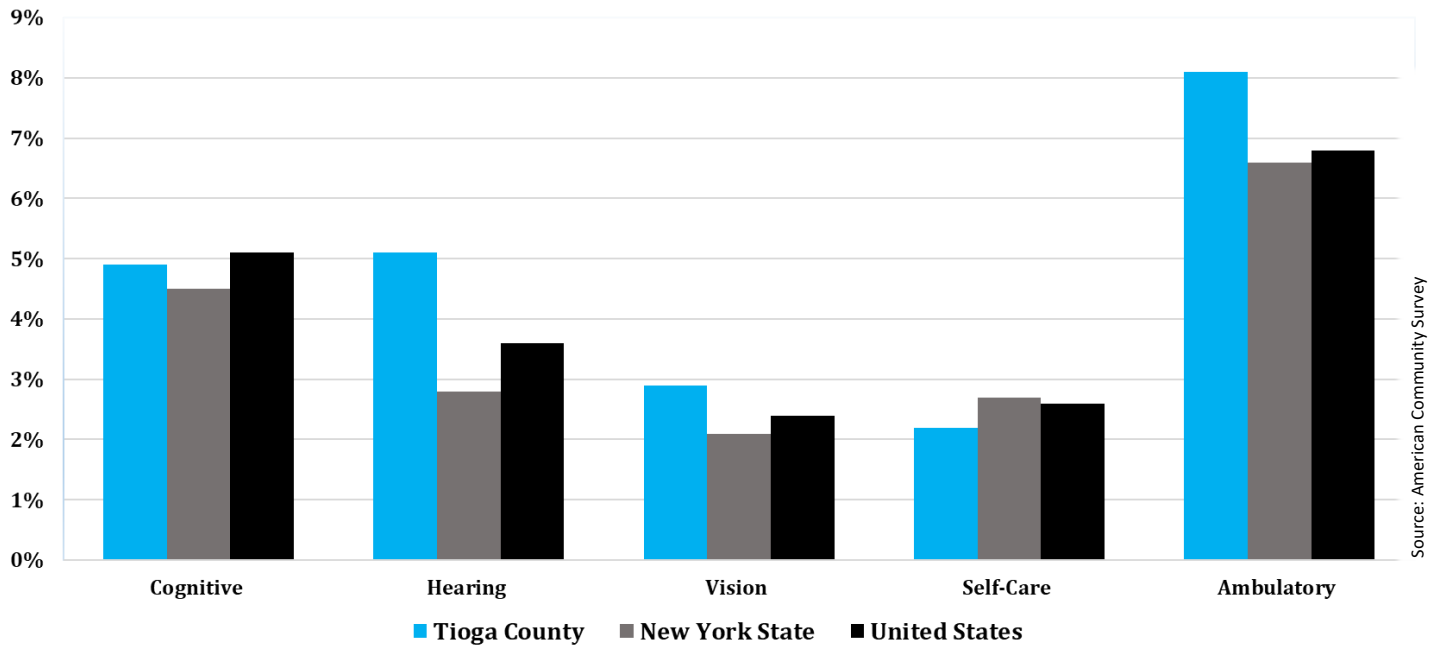
Disability impacts the older population (ages 65+) significantly more than any other. Ambulatory limitations are the most significant followed by hearing, cognitive, vision, and self care. 32.8% of those 65+ have a disability, compared to only 12.9% of those ages 18-64.

% Population with a Disability

	2016	2020
Total	14.0	15.3
Under 18 years	5.5	5.5
18-64 years	10.8	12.9
65+	32.2	32.8

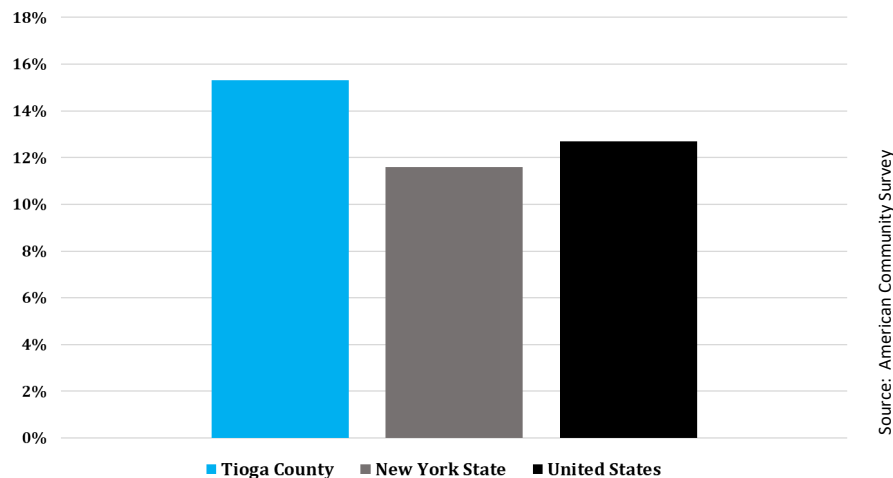
Source: American Community Survey

Disability Types 2020



Source: American Community Survey

Persons With a Disability 2020



Source: American Community Survey



With higher rates of elderly disabilities, our focus needs to be on designing programs and community infrastructure to accommodate the needs of our senior citizens.



Top 3 Employers	
#1	Lockheed Martin
#2	Tioga County Government
#3	Owego Apalachin School District

Source: Tioga County Employment Services



59%

of residents travel outside Tioga County for employment

Source: American Community Survey



Economic Profile

Tioga County has 745 business establishments. According to the U.S. Census Bureau’s County Business Pattern, in 2016 retail had the greatest amount of establishments and employees. The remaining employee distribution was mainly spread among manufacturing, healthcare/social assistance and food service industries.

While the manufacturing field remains a top employer in the county, there was a significant decline from 2014 (3,634 employees) to 2016 (1,170 employees).

Team Tioga’s efforts to promote business and the economy led to successful economic development projects like the Owego Downtown Revitalization Initiative.

Agriculture

In 2017, Tioga County farms had a market value over \$40.8 million in products sold, with milk and other dairy products at the top. The total number of individual farms slightly decreased. The land and size of farms both increased. Farm operators are predominantly Caucasian males with an average age of 59.

	2012	2017
# of Farms	536	535
Land in Farms (acres)	107,873	113,182
Average Size (acres)	201	212

Source: U.S Department of Agriculture Statistics Services



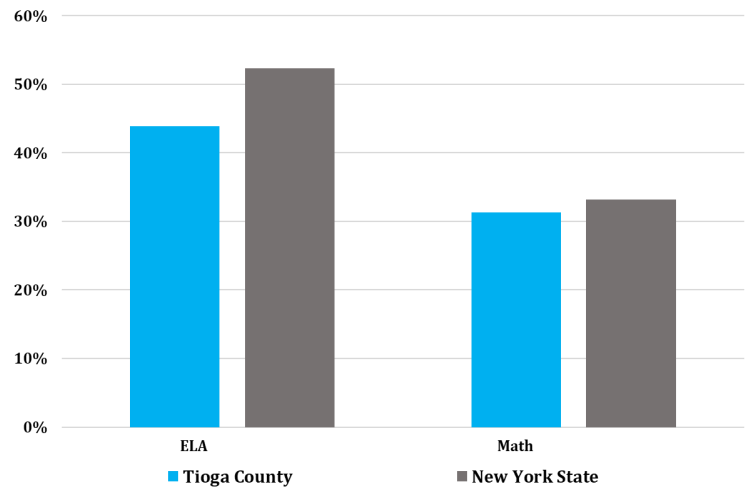
Education Profile

Tioga County has six public school districts serving just over 7,000 students. Students are evenly divided between male (51%) and female (49%) and are 95% white. Within the last decade, two religious-based schools have closed: St. Patrick's and Zion Lutheran Elementary. There is one remaining parochial school, North Spencer Christian Academy.

SUNY Broome Community College offers college courses at the Tioga County Office Building in Owego. There is also a school building in Berkshire for the Amish community.


The high school graduation rate is slightly higher than the New York State average. Proficiency rates in English Language Arts and Math are lower than the New York State average.

Student Proficiency (3-8 Grades) 2018-2019

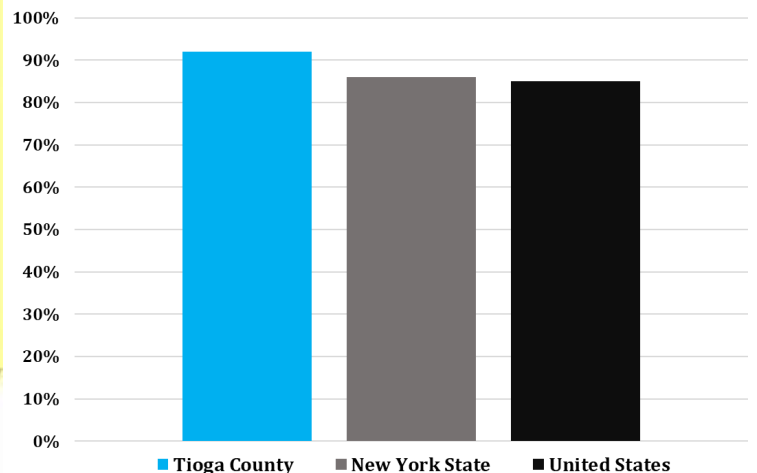


Source: NYS Report Card



 Tioga County School Districts are often viewed as the center of the communities they serve. They play a vital role in hosting community events such as heating centers, flood refuge, and COVID-19 vaccine clinics. What are other ways the community and schools can work together?

High School Graduation Rate 2021



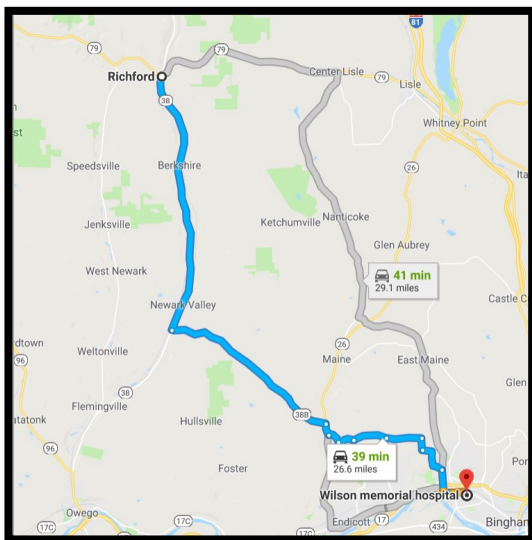
Source: NYS Report Card & NCES

Health Systems

Medical healthcare systems serving the county include Lourdes-Ascension Health, UHS, Cayuga Medical Center, and Guthrie. Nine primary care offices cover the county with a presence in several of the towns and villages. Tioga County does not have any specialty providers due to the lack of a hospital.

In 2021, motor vehicle accidents-pedestrian emergencies and sick person were the highest number of medical-related 911 calls. Sick person is a call that cannot be classified under another call type. Residents needing emergency care are dependent on a mix of paid-volunteer EMS responders. A 911 call response time ranges from 10-40 minutes depending on location and ambulance availability. Distance to a trauma center for a majority of the county ranges from 35-55 minutes. This is a concern for several towns and villages in the county, as they are over 20 miles from the nearest hospital.

Map from Richford, NY to the Closest Trauma Center



Tioga County 911 Medical-Related Calls 2021

MVA-PD	1254
SICK PERSON	1207
FALLS	819
BREATHING PROBLEMS	704
MENTAL HEALTH	401
CHEST PAIN/CARDIAC ARREST	387
CONVULSIONS SEIZURES	278
UNCONSCIOUS FAINTING	269
ABDOMINAL PAIN	260
OVERDOSE	187
STROKE	153
HEMORRHAGE	146
UNKNOWN PROB-MAN DOWN	131
DIABETIC PROBLEMS	116
TRAUMATIC INJURY-SPECIFIC	105
BACK PAIN	101
DEATH UNATTENDED DEATH	82
SEXUAL MISCONDUCT/ABUSE/RAPE	73
INTOXICATION	63
ALLERGIES/STINGS	49
ASSAULT	41

Source: Tioga County Dispatch

“One of our greatest challenges we face in the county is declining volunteerism in our fire and EMS agencies.”

Mike Simmons
Tioga County Director of Emergency

Outdoor Recreation

Tioga County has 12 community parks including Two Rivers State Park (Waverly), Nichols Park Pond (Spencer), Trout Ponds (Newark Valley), and Hickories Park (Owego). There are multiple state forests and the Susquehanna river for fishing and boating/paddling enthusiasts.

These outdoor spaces offer a safe place to walk and for children to play. There is also a dog park for canine companions. Residents and visitors enjoy activities such as hiking, hunting, fishing and golfing. Several boat launch areas on the Susquehanna River, Catatonk Creek, and other waterways allow for paddling, fishing and other water activities.



Popular Outdoor Activities

Hunting

Boating/Paddling

Hiking/Biking

Fishing

Golfing

Survey says:

35% of survey respondents selected outdoor recreation as one of the top 3 strengths of Tioga County.



Photo credit: CNY Hiking

HEALTH BEHAVIORS

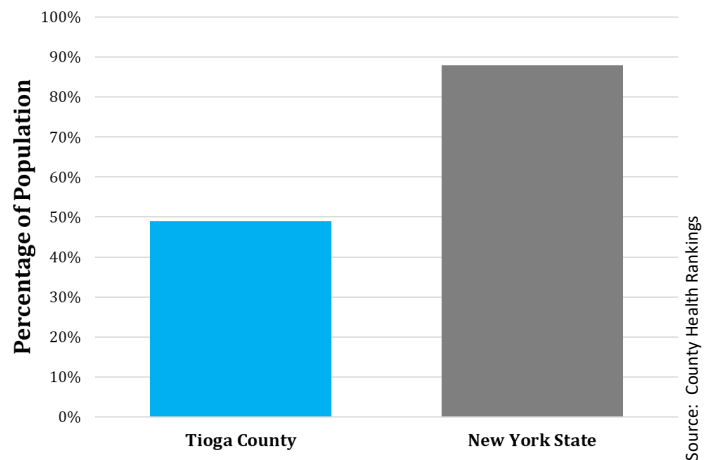


Physical Activity

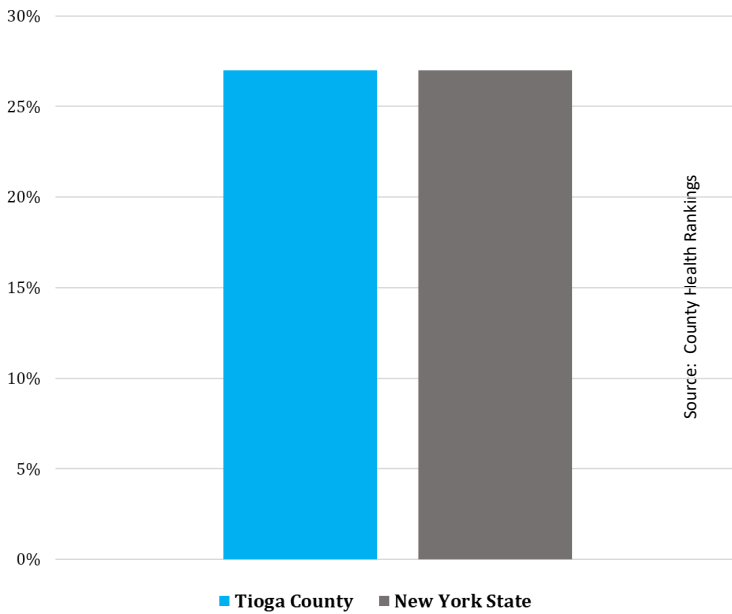
Exercise can be defined as engaging in physical activity to sustain or improve health and fitness. Access to exercise opportunities helps 88% of New York State residents; however, only 47% of Tioga County residents have access. Our county has the same inactivity percentage as NYS, sitting at 27%. There are limited free or affordable fitness facilities, but outdoor areas such as parks and wooded areas are available.

Rates of no leisure-time activity have steadily increased since 2008.

Access to Exercise Opportunities 2021



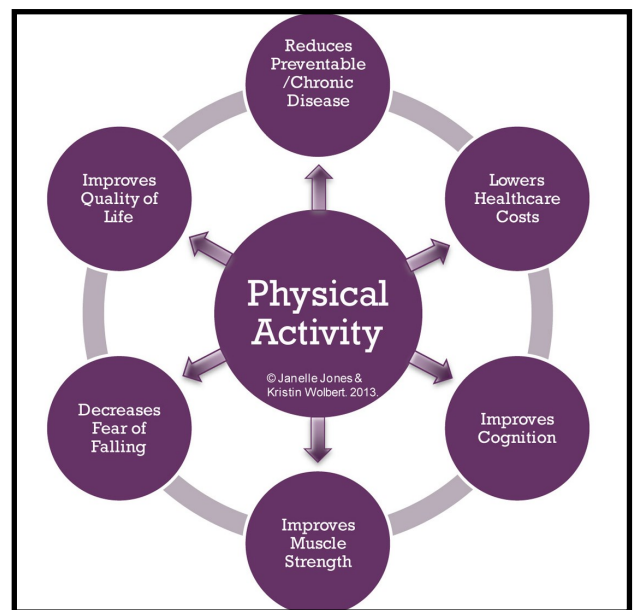
Physical Inactivity 2019



Increasing access to free or affordable indoor exercise facilities is crucial to chronic disease prevention.

Survey says:

55% of respondents reported being physically active for 20-30 minutes four times a week or more.



Nutrition

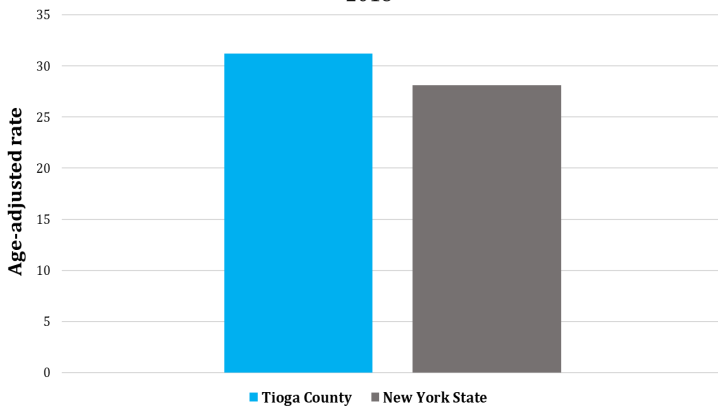
Survey says:

70% of residents purchase the majority of their food from a grocery store, 26% from fast food or take out restaurants, 24% visit a food bank, 20% report they have their own garden, and 13% rely on friends or family.



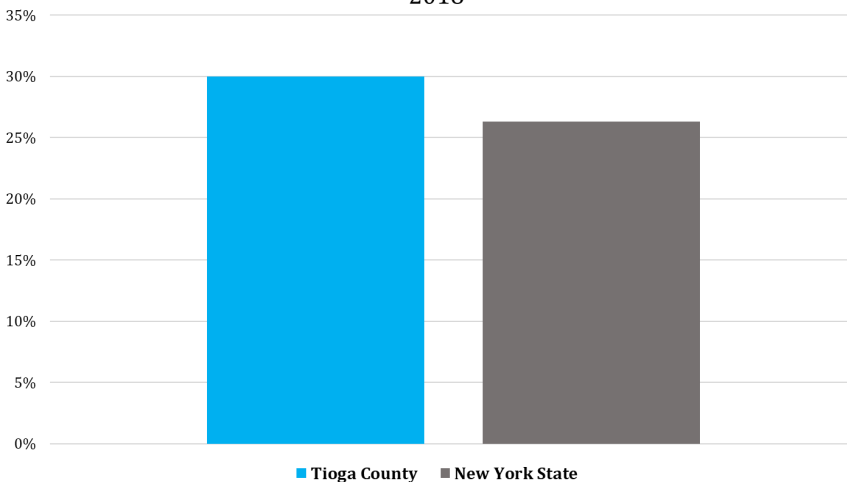
Proper nutrition is about access to and choosing healthy, nutritious foods. Over 30% of Tioga County’s population reported eating fruit less than one time per day, and almost 35% of the population consumes one or more sugary drinks per day. Both are higher than previous years. Food environment index is defined as the index of factors that contribute to a healthy food environment, from 0 (worst) to 10 (best). Tioga County is 8.7, compared to NYS at 9.0.

Percent of Adults Who Report Consuming Fruit Less than One Time a Day
2018



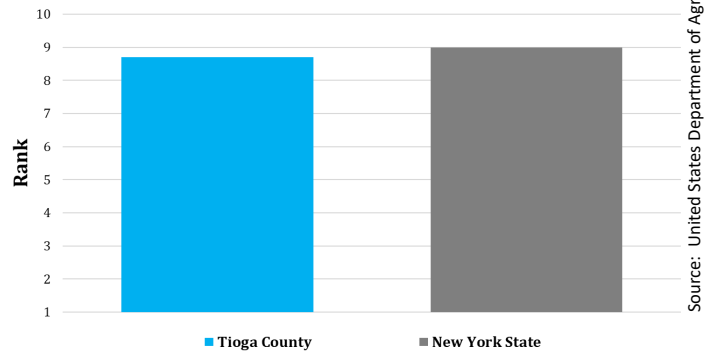
Source: NYS DOH CHIRS

Percentage of Adults with Obesity
2018



Source: CDC BRFSS

Food Environment Index
2019



Source: United States Department of Agriculture

“In a rural community like Tioga County, food insecurity and lack of access are significant barriers to health, particularly among households experiencing poverty. For many, it is easier to grab a convenience meal from a nearby gas station than it is to find, purchase, and prepare fresh produce and other healthy options. With increased awareness of these challenges, as well as strong collaborative efforts throughout the county, we can continue to improve healthy food and lifestyle choices while also making local food more accessible for all.”

Caitlin Mizerak,
SNAP-Ed Nutritionist
Cornell Cooperative Extension

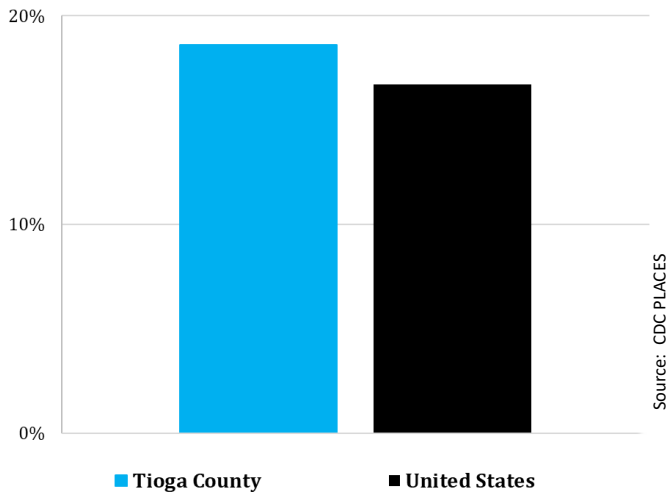
Alcohol

Binge drinking is the consumption of an excessive amount of alcohol in a short period of time. Almost 20% of individuals in Tioga County reported binge drinking, and that number has remained steady. Alcohol related motor vehicle injuries and deaths have fluctuated since 2011. Since 2016, rates of alcohol-related motor vehicle injuries and deaths have been over 60. In 2019, Tioga County saw its lowest rate of 23.

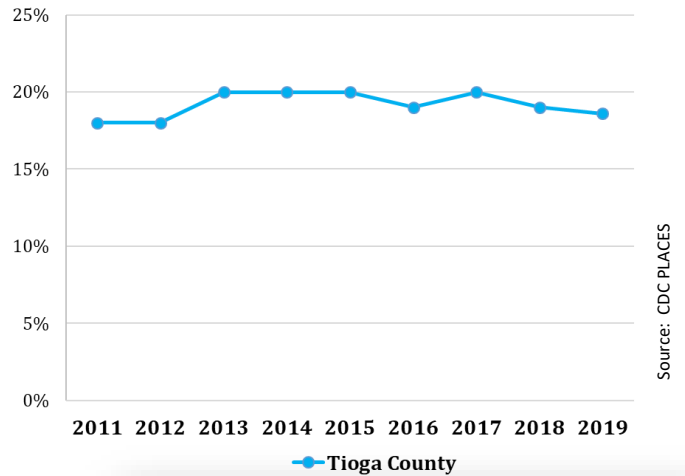
What is Binge Drinking?



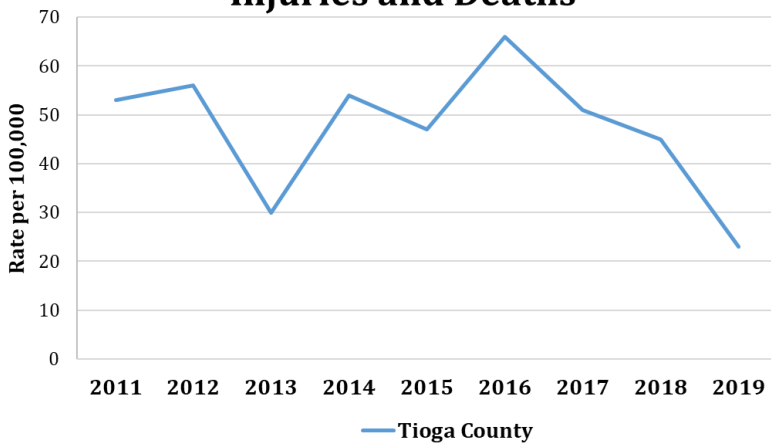
Adults Reporting Binge Drinking 2019



Adults Reporting Binge/Heavy Drinking



Alcohol Related Motor Vehicle Injuries and Deaths

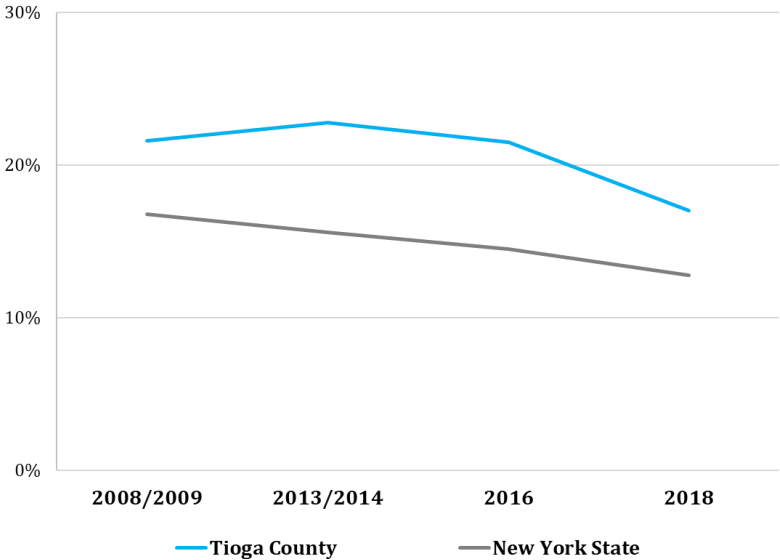


Tobacco Use

The number of people who smoke in Tioga County has slightly decreased since 2008. However, there is still work to be done to further decrease smoking rates. Tioga County has just under 20% of adults smoking, which is slightly higher than NYS.



Cigarette Smoking Among Adults



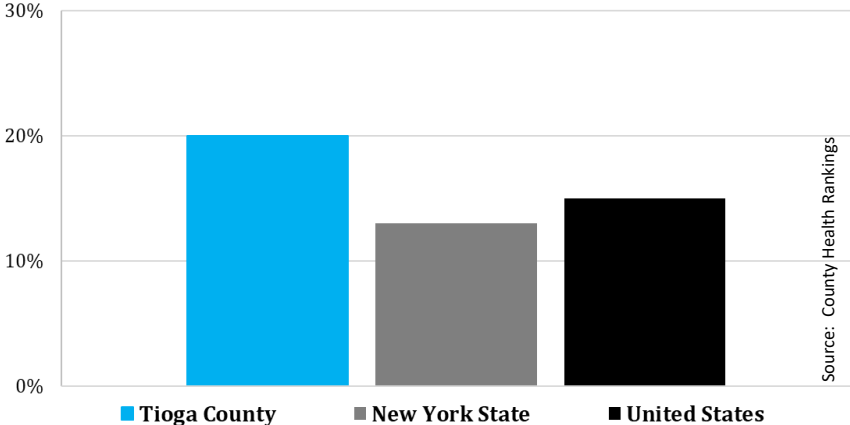
Source: NYSDOH County Dashboard

Survey says:

22% of survey respondents reported the COVID-19 pandemic led to increased tobacco use during their daily lives.



Adult Smoking 2019



Source: County Health Rankings



Despite anti-tobacco ad campaigns, close to 20 percent of Tioga County residents still smoke!

Smoking cessation programs should not only focus on education and outreach, but also bring more awareness to tobacco addiction.

Vaccination

Overall, influenza immunization rates in Tioga County are lower than in previous years. This is concerning due to the risk it poses to certain groups in our population, especially infants, the elderly, and those who are more vulnerable.

"Vaccines are one of the greatest public health achievements of all time. There are currently 29 diseases vaccines can prevent, many of which may be fatal. Vaccines are essential to a healthy community."

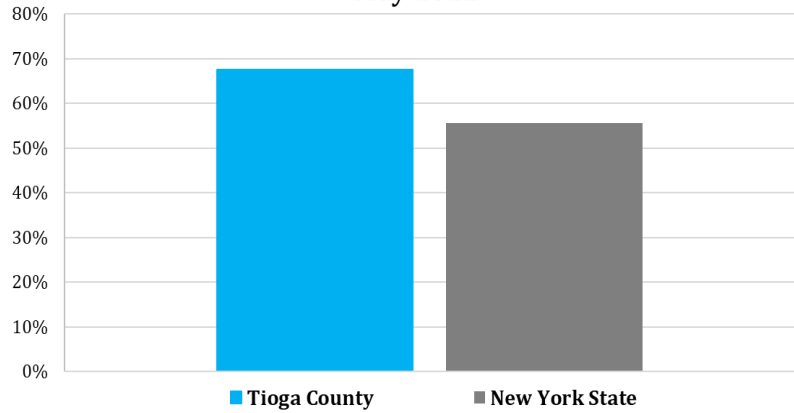
Heather Vroman
Deputy Public Health Director
Tioga County Public Health



As a county, it's imperative we increase vaccination rates to prevent the spread of communicable disease.

COVID-19 Vaccination, Eligible Population Who Received Boosters

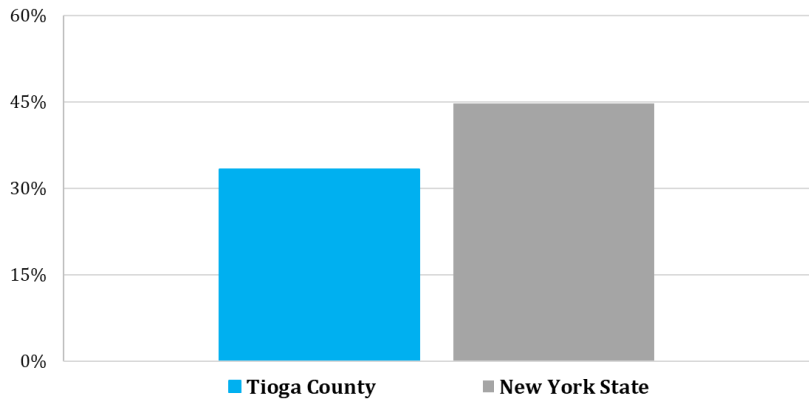
May 2022



Source: NYS DOH

Adults 65+ with Influenza Immunization

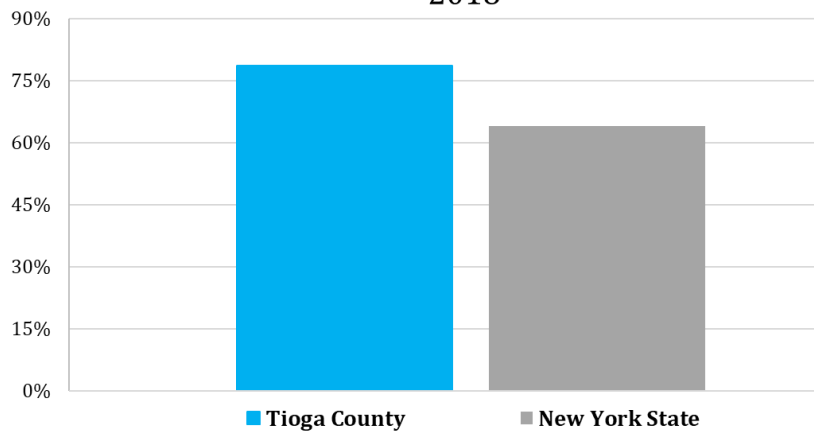
2018



Source: NYS DOH CHIRS

Adults 65+ with Pneumococcal Immunization

2018



Source: NYS DOH CHIRS

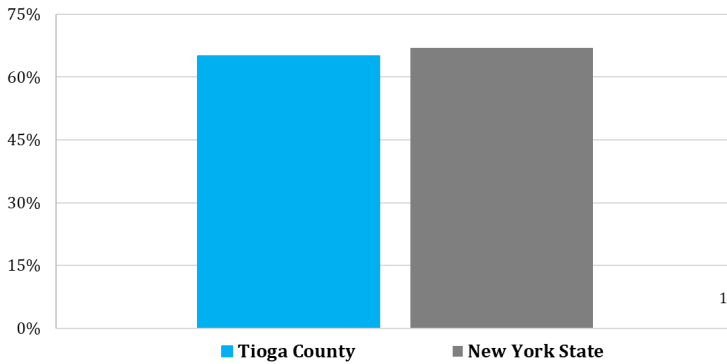
Preventative Cancer Screenings

Tioga County is doing well with colorectal cancer screening. Both pap smear and breast cancer screenings are lower than New York rates.

Cancer	Percent of Cancers Diagnosed at an Early Stage 2015-2019
Melanoma	85.6%
Prostate	75.9%
Breast	71.3%
Colorectal	43.6%

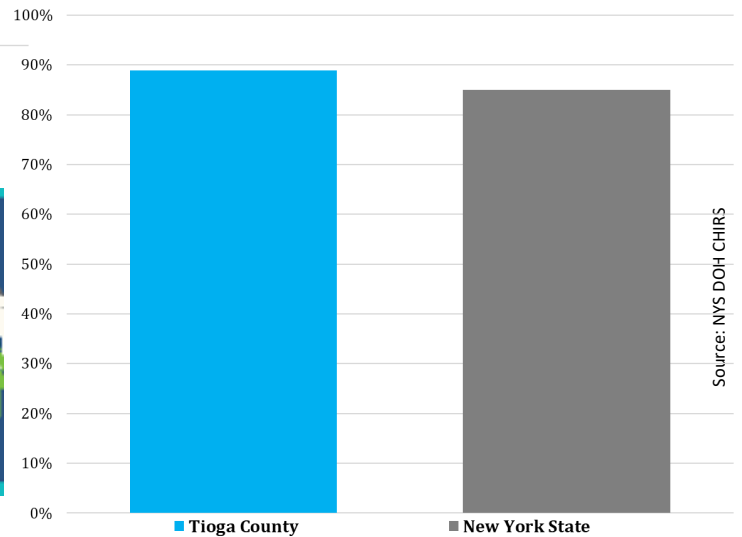
Source: NYS Cancer Registry

Adults who Receive a Colorectal Cancer Screening - Aged 50-75 Years 2018



Source: CDC PLACES

Women aged 21-65 Receiving Cervical Cancer Screening 2018



Source: NYS DOH CHIRS

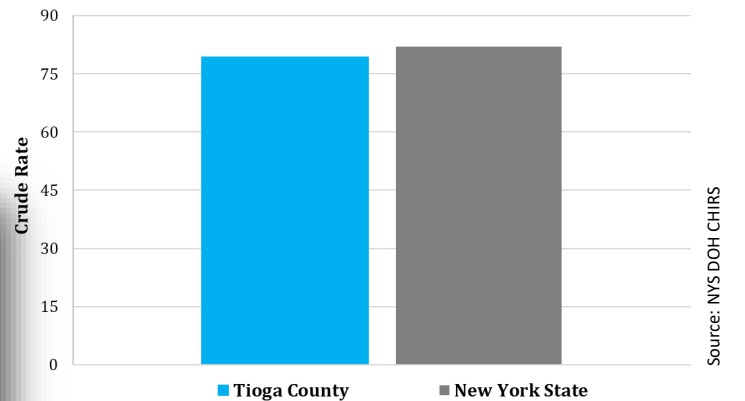


Tioga County Spotlight:

Tioga County is fortunate to have access to the Lourdes "Mammo on the Move." This mobile mammogram van travels around the county making several stops in various locations each year, allowing women all over the county easy access to get their yearly mammogram!



Breast Cancer Screening Women Aged 50-74 years 2018



Source: NYS DOH CHIRS

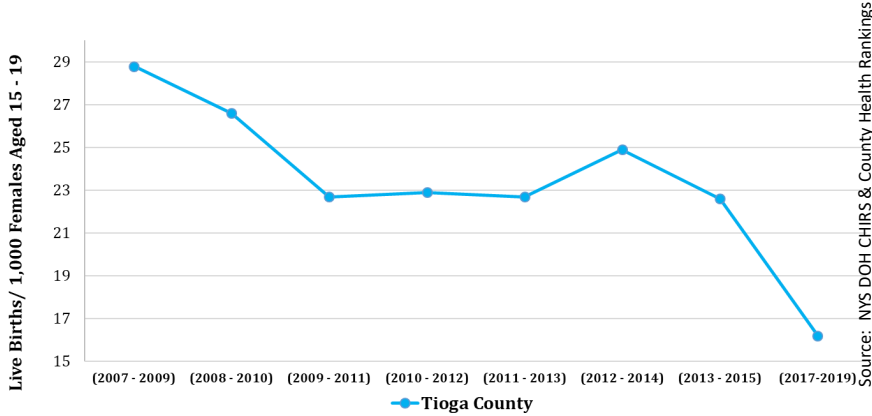
Family Planning/STD Prevention

Teen birth rates have been decreasing over time in Tioga County. Though rates are decreasing, they are still higher compared to New York State. Sexually Transmitted Diseases (STD) are lower in comparison for both Gonorrhea and Chlamydia for teens 15-19 years old.

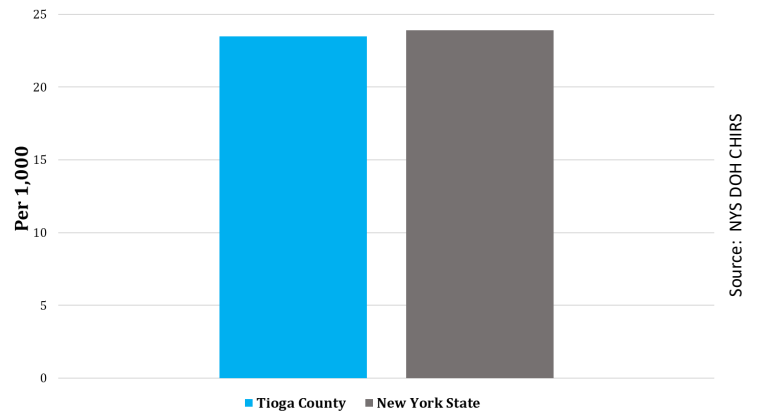
“Family Planning programs play an integral role in increasing the intendedness, spacing, and timing of births, resulting in more positive health outcomes for women and babies. Tioga Opportunities, Inc.’s Family Planning Clinic is a safe, judgment-free zone where we help our patients make the healthiest choices for themselves and their families through contraceptive options, pregnancy testing and counseling, and STI/STD testing and treatment.”

Christine Shaver
Director of Family Services
Tioga Opportunities

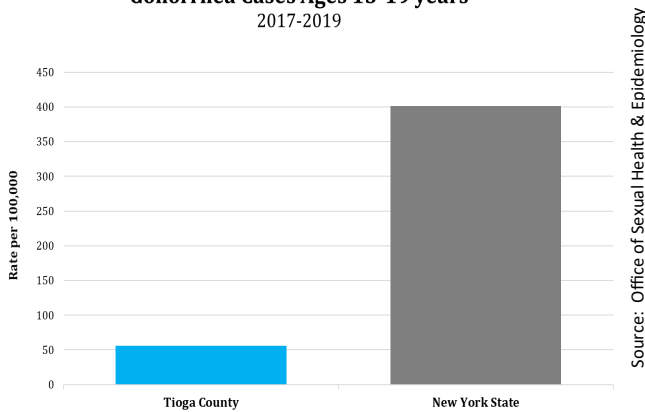
Tioga County Teen Birth Rate 15 - 19 2017-2019



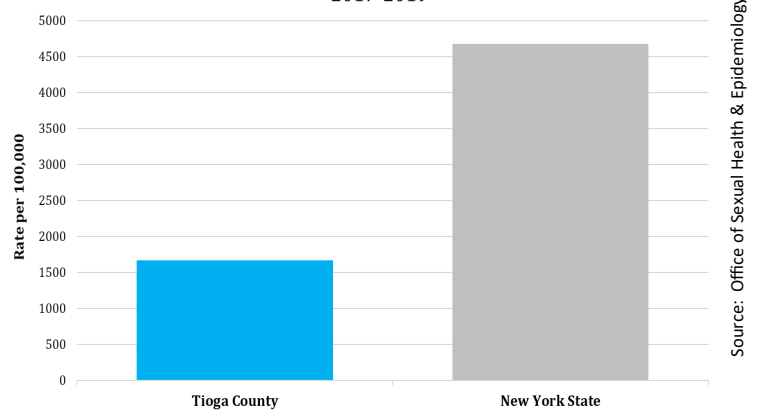
Teen Pregnancy Rate for Females Aged 15-19 years 2017 - 2019



Gonorrhea Cases Ages 15-19 years 2017-2019



Chlamydia Cases 15-19 years 2017-2019



HEALTH OUTCOMES



Births

Tioga County has a significantly higher rate of teen births compared to the New York State average, but the number is decreasing each year. The chart below shows municipalities that have higher levels of teen birth rates. Premature births in Richford are alarming at 16.9%, and 15.4% of their births were low birth weight. Special attention is needed in Tioga County as there were 8 infant deaths (deaths occurring before age 1) from 2017-2019.

“The teen birth rate (births to teens per 1,000 live births) in Tioga County remain among the highest in the region and higher than the New York State rate. While anecdotal reports indicate that some of these births are planned, many unplanned births may be a result of limited access to family planning services due to the rural nature of the county, limited public transportation, conservative community values and lack of comprehensive education in schools.”

Christie Finch
Director Perinatal Programs
Mothers & Babies Perinatal Network

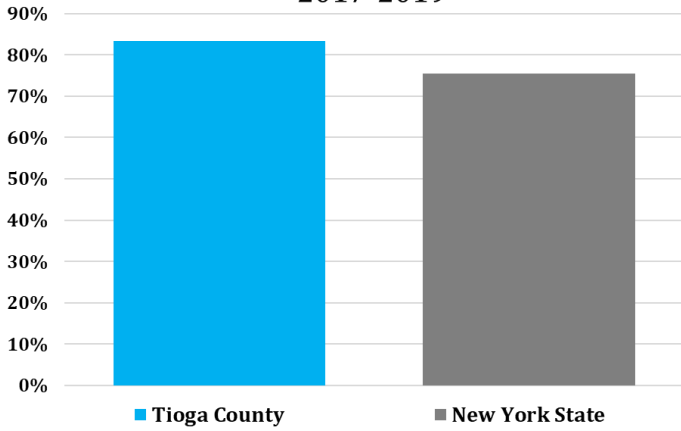
Tioga County Perinatal Data Profile 2017 – 2019

Municipality	Total Births	Teen Birth Rate (Per 1,000)	% Premature Births	% Low Weight Births	% with Late or No Prenatal Care	Infant Deaths (2017-2019)
Apalachin	212	8.2	8.5	10.8	5.2	0
Barton	71	13.5	7	7	5.6	0
Berkshire	72	8.8	13.2	12.5	0	1
Candor	96	12.8	7.3	5.2	4.2	0
Lockwood	22	21.5	14.3	4.5	4.5	0
Newark Valley	118	14.5	2.5	1.7	5.9	0
Nichols	62	26.5	11.3	9.7	4.8	1
Owego	286	16.3	11.2	5.9	6.3	2
Richford	65	18	16.9	15.4	4.6	1
Spencer	119	13.4	2.5	5.9	5.9	1
Waverly	227	25	11.5	8.4	1.3	2
Willseyville	36	27.8	5.6	5.6	5.6	0
Total	1,386	16.2	9.1	7.6	4.5	8

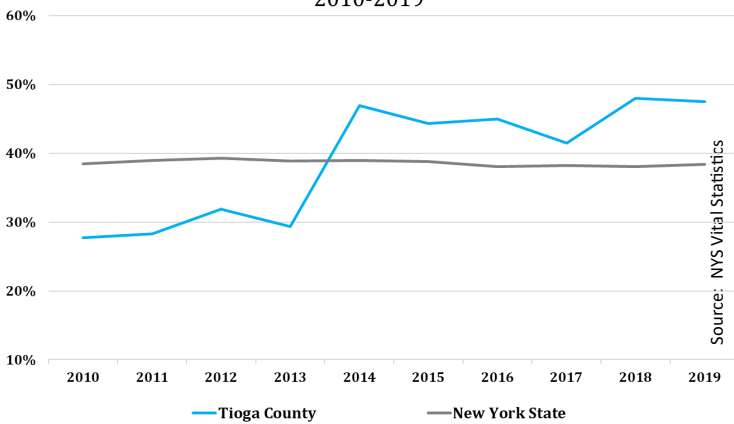
Source: Vital Statistics

WHOX!
 Healthy Moms
 + Healthy Babies
 = PRIORITY!

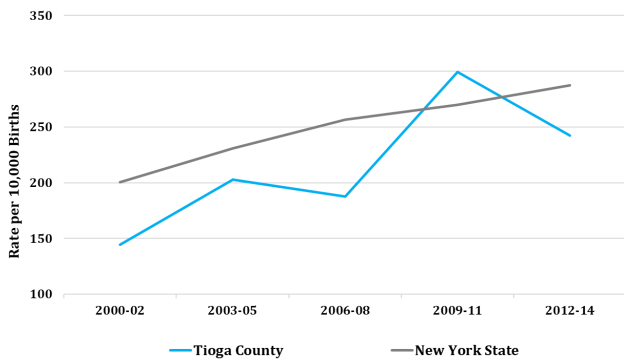
Births with Adequate Prenatal Care 2017-2019



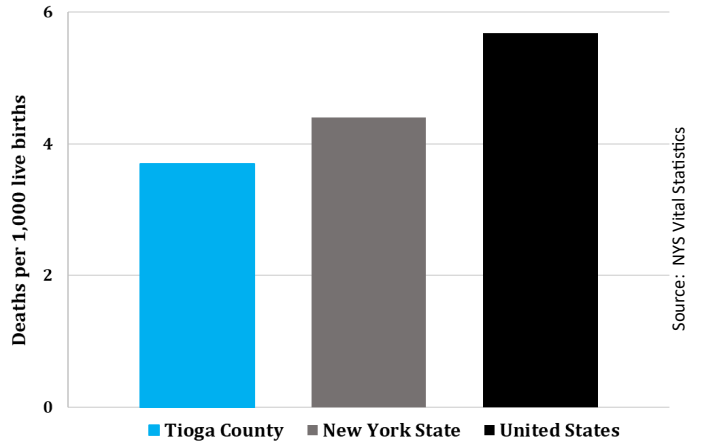
Births to Single Mothers 2010-2019



Children Born with Birth Defects 2000-2014

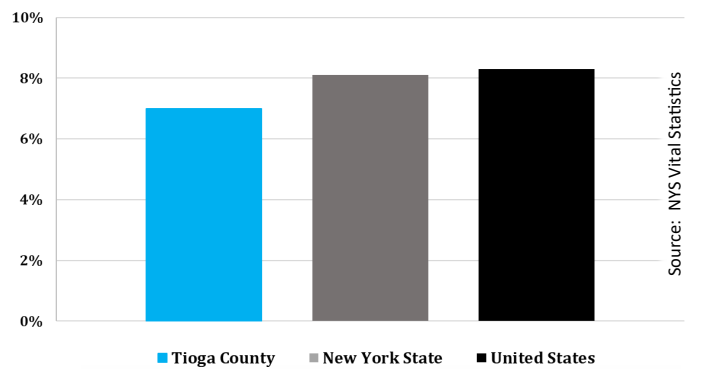


Infant Mortality Rate 2017-2019



Survey says:
 Babies born prematurely has been identified as a health concern in Tioga County.

Babies with Low Birth Weight 2017-2019



Deaths

Heart disease and cancer consistently top the causes of death in Tioga County. Deaths from Alzheimer's Disease are on the rise, while chronic lower respiratory diseases bounce between the third and fourth cause of death. Although, unintentional injury dropped to the fifth leading cause of death, it is still on the radar.



We must examine leading causes of death to determine if they are preventable. Can a healthier lifestyle increase longevity and quality of life?

Number of deaths and age-adjusted death rate

Total Deaths	#1 Cause of Death	#2 Cause of Death	#3 Cause of Death	#4 Cause of Death	#5 Cause of Death	#6 Cause of Death	#7 Cause of Death
Total Deaths 504 695.9 per 100,000	Cancer 109 144.4 per 100,000	Heart Disease 108 141.8 per 100,000	Alzheimer's Disease 34 42.2 per 100,000	CLRD 27 36.0 per 100,000	Unintentional Injury 24 51.7 per 100,000	Cerebrovascular Disease 15 21.9 per 100,000	Diabetes 13 16.1 per 100,000
Total Deaths 477 644.7 per 100,000	Heart Disease 113 145.4 per 100,000	Cancer 111 146.0 per 100,000	CLRD 24 31.5 per 100,000	Unintentional Injury 22 37.8 per 100,000	Alzheimer's Disease 21 26.0 per 100,000	Diabetes 13 15.6 per 100,000	Cerebrovascular Disease 11 13.9 per 100,000
Total Deaths 457 645.2 per 100,000	Heart Disease 118 160.6 per 100,000	Cancer 91 126.4 per 100,000	Unintentional Injury 25 47.4 per 100,000	CLRD 25 33.8 per 100,000	Diabetes 18 24.8 per 100,000	Cerebrovascular Disease 17 23.3 per 100,000	Alzheimer's Disease 17 23.0 per 100,000

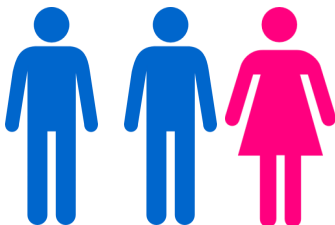
CLRD: Chronic Lower Respiratory Diseases

*Rates based on fewer than 10 events in the numerator are unstable.

Note: Ranks are based on numbers of deaths, then on mortality rates. Where county's death counts and rates are tied, '(tie)' appears at the bottom of the corresponding cells, and causes are further ranked alphabetically.

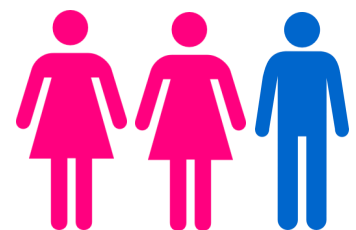
If a cell is blank, then there were no deaths from any of the 25 causes used in our tables. These causes are listed in the technical notes.

Source: Vital Statistics Data as of January 2022



Men die from unintentional injury 2x more than women.

Women are more likely to develop and die from Alzheimer's Disease than men.



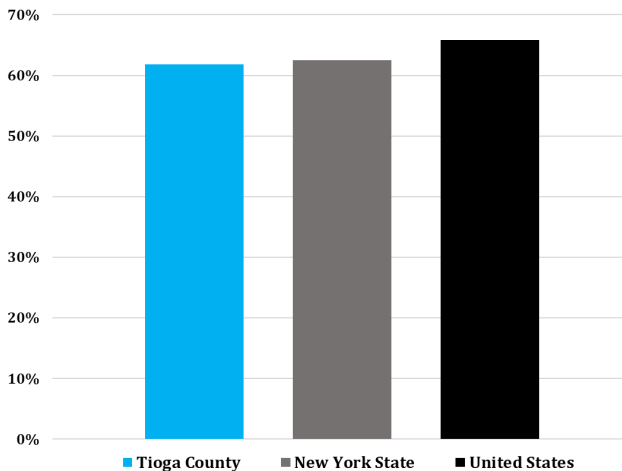
Adult Weight

Overweight or obese adults over 18 years old account for 60% of the population. Being overweight or obese leads to poor health outcomes and chronic diseases such as heart disease.

Survey says:

45% are physically active up to 3 days a week.

Overweight or Obese Adults BMI 25+ 2018



Source: CDC BRFSS

“BMI concerns are consistently appreciated in both adult and pediatric populations. Due to the sensitivity of this topic BMI alone often goes unaddressed until secondary disease considerations are noted, ie: Diabetes, Hypertension, Hyperlipidemia, Sleep Apnea, CAD, Arthritis, Depression, Anxiety etc.

Obesity is a chronic disease; however it is often treated like a personal failure on behalf of patients making it a challenge to address. Sedentary lifestyles, poor nutritional habits, stressful work schedules compound efforts at healthy living and set generational practices/expectations.

While achieving and maintaining a healthy weight should be our focus it is challenging to get engagement until there is a medical reason to support a change in lifestyle, and even then many patients prefer medication over behavioral- lifestyle modifications.

Primary Care Providers are tasked with multiple quality goals and office visits are compacted into abbreviated time slots which does not allow for time to review patient mindsets, personal challenges, willingness to explore alternatives and education regarding primary prevention. The system feeds the problem.”

Teresea Leary, FNP
Lourdes Owego

Survey says:

25% of survey respondents have been told by a health professional that they are obese.

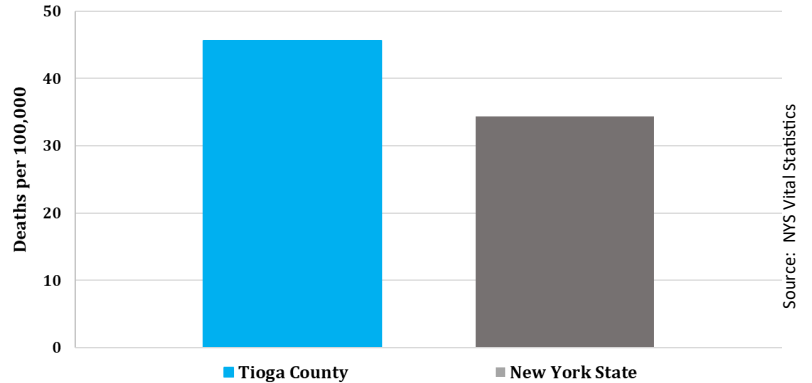


Improving access to healthier food options and opportunities for physical activity may be a good place to start when it comes to reducing obesity rates.

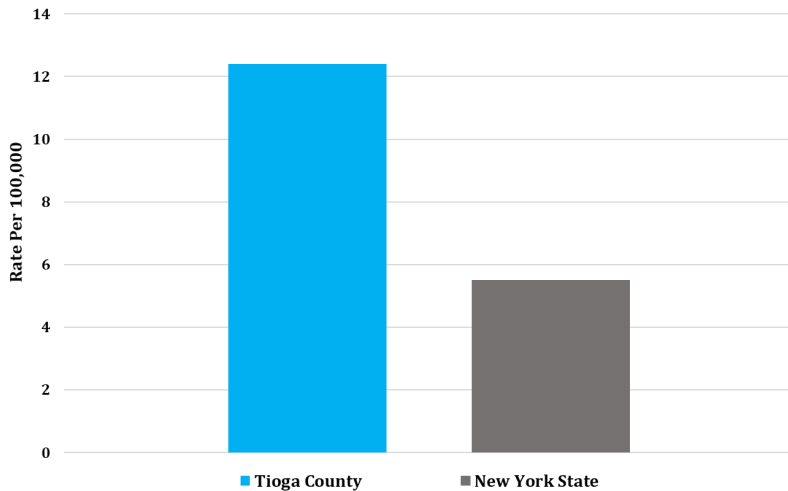
Injuries

Compared to the New York State average, Tioga County has a significantly higher motor vehicle crash mortality rate. Alcohol related motor vehicle injuries and deaths are also higher than the New York State average.

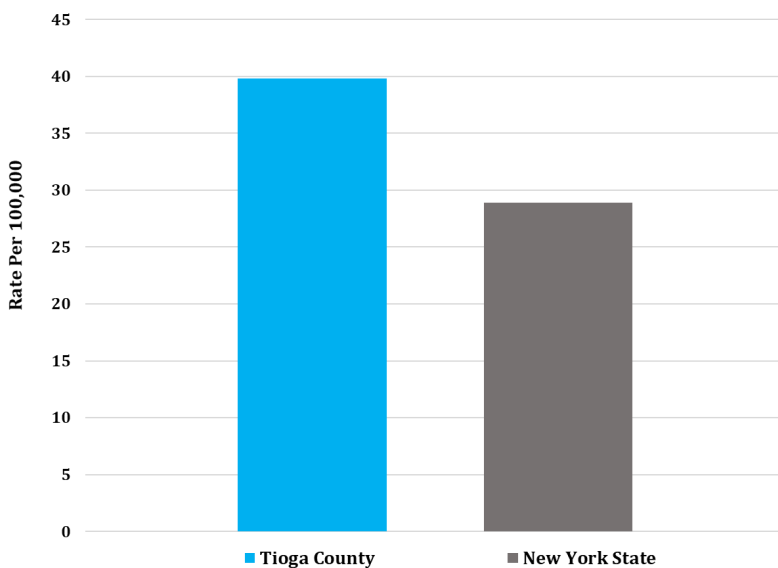
Age-Adjusted Death Rate due to Unintentional Injuries 2017-2019



Motor Vehicle Crash Mortality Rate 2017 - 2019



Alcohol Related Motor Vehicle Injuries & Deaths 2017 - 2019



“According to the New York State's Traffic Safety Statistical Repository, in 2021 Tioga County had a total 1,094 motor vehicle crashes, of which 4 (.4%) involved fatalities and 174 (15.9%) involved personal injuries. This is compared to 2020 where Tioga County had 1,033 total motor vehicle crashes, of which 6 involved fatalities (.6%) and 159 (15.4%) involved personal injuries....”

As for alcohol related motor vehicle crashes, in 2021 Tioga County had a total 22 with 1 (4.6%) involving a fatality and 6 (28.4%) involving personal injuries. For the year 2020 Tioga County had 17 total alcohol related motor vehicle crashes, none fatal and 4 (23.5%) involved personal injuries....”

Shawn Nalepa
Captain at Tioga County
Sheriff's Office

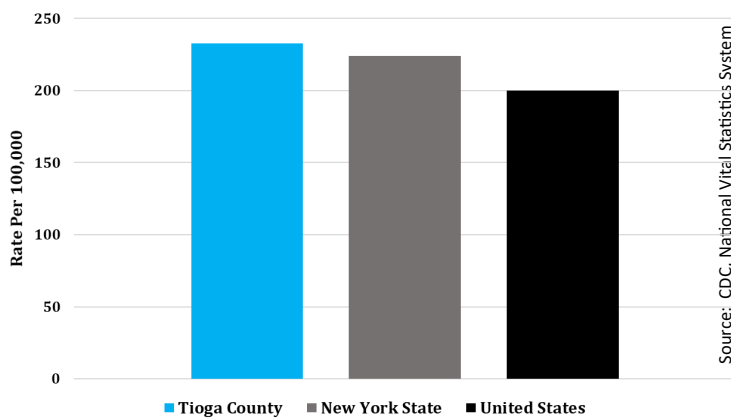
Survey says:

45% of residents report being told by a health professional that they have hypertension (high blood pressure).

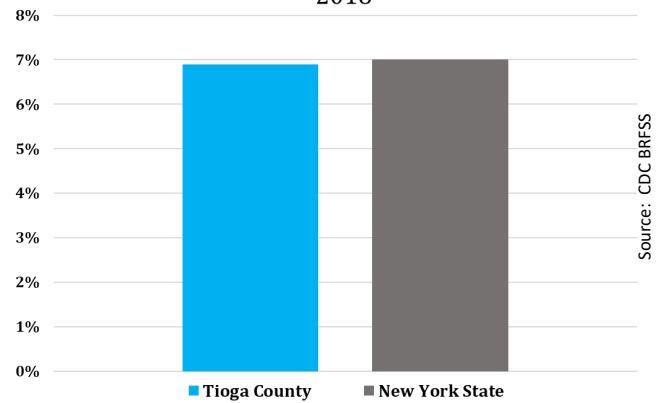
Heart Disease

Tioga County's heart disease mortality rate is consistent with New York State's and national averages. It is concerning that we are seeing an uptrend in the number of deaths occurring at home before EMS transport, which may indicate the individual is unaware of their condition.

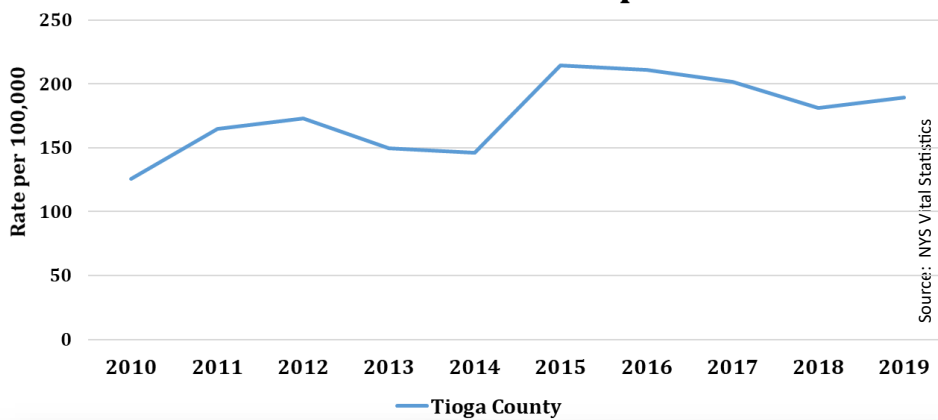
Diseases of the Heart Mortality Rate
2017 - 2019



Adults with Cardiovascular Disease
2018



Death due to Cardiovascular Disease Prior to EMS Transport



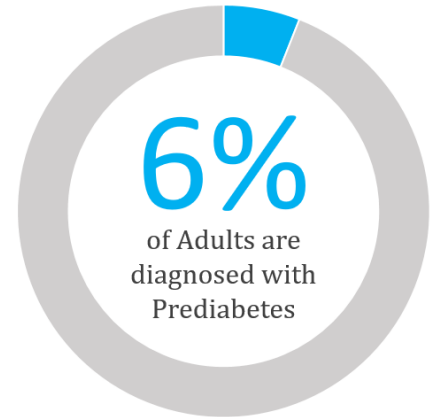
In Tioga County, a 911 call response time ranges from 10-40 minutes.

Know the signs of a heart attack or stroke and consider getting trained in CPR!



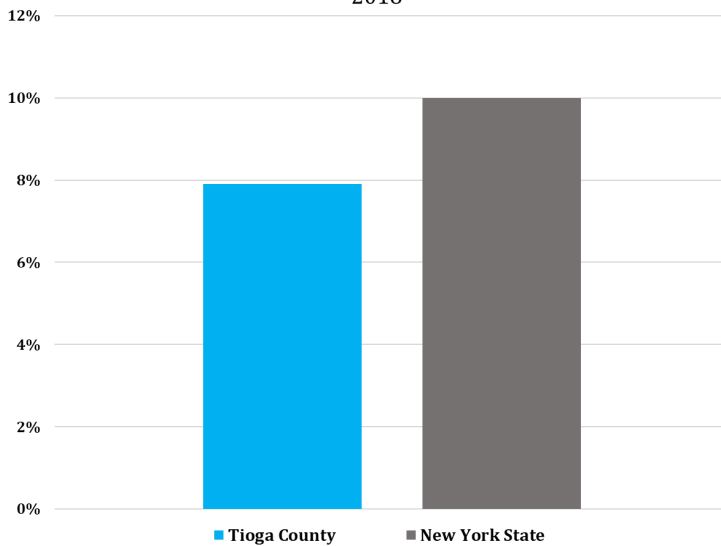
Diabetes

Tioga County's Diabetes mortality rate (18.8 per 100,000) is consistent with New York State's (17.6 per 100,000). Lack of diagnosis and/or poor disease management could result in higher mortality rates.



Source: 2018 NYS BRFS

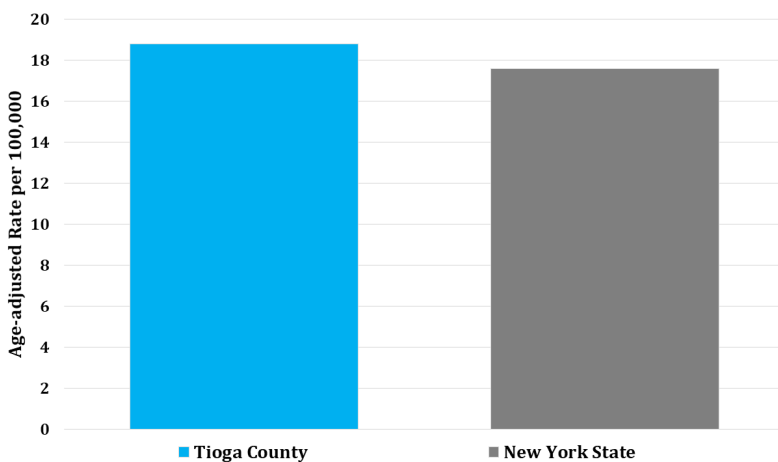
Percentage of Adults with Physician-Diagnosed Diabetes
2018



Source: NYS BRFS



Diabetes Mortality Rate
2017-2019



Source: NYS Vital Statistics

“Overall there has been a steady increase in Type II diabetes. While there are many factors, locally we can attribute: rural infrastructure, as people tend to drive places instead of walking, and socioeconomic constraints which can influence food selection. There are many new medications available to control diabetes but for the uninsured, they can be financially out of reach. Furthermore, while pharmaceutical advancements are beneficial, medications cannot reverse the effects of unhealthy lifestyle and should not be seen as an alternative to weight control and exercise...”

Dr. James Skiff, MD
Family Practitioner
UHS Newark Valley

Cancer

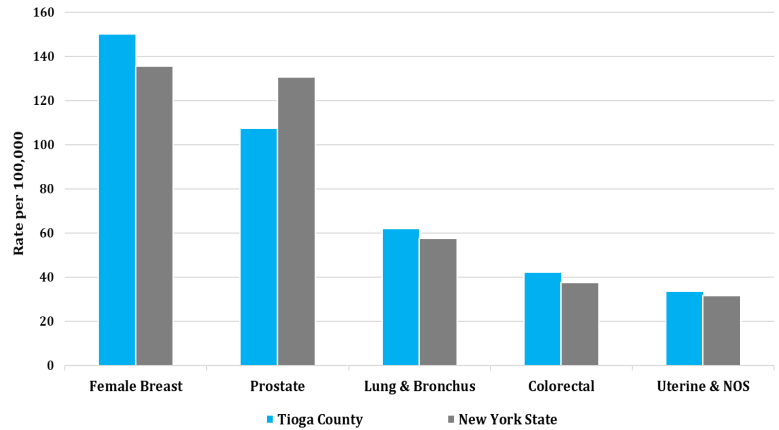


Breast cancer incidence rates are higher than NYS rates. There has been a significant improvement in testicular cancer rates since the 2012-2016 rate of over 10 per 100,000. For more information, see the “Detailed Cancer Incidence/Mortality” chart located in the appendix.

“Tobacco use is the leading cause of preventable death and disease in the United States and refraining from smoking is the best way to prevent a cancer diagnosis. Tioga County’s cancer rates are higher than the statewide average and with these higher cancer occurrences, it is no surprise that Tioga County’s tobacco smoking rate is also higher than the state average at 17%. Tobacco Free Broome & Tioga will continue to educate and provide resources to Tioga County residents, businesses and municipalities to help continue to decrease the smoking rate throughout the county and in turn, decrease the number of cancer diagnosis as well.”

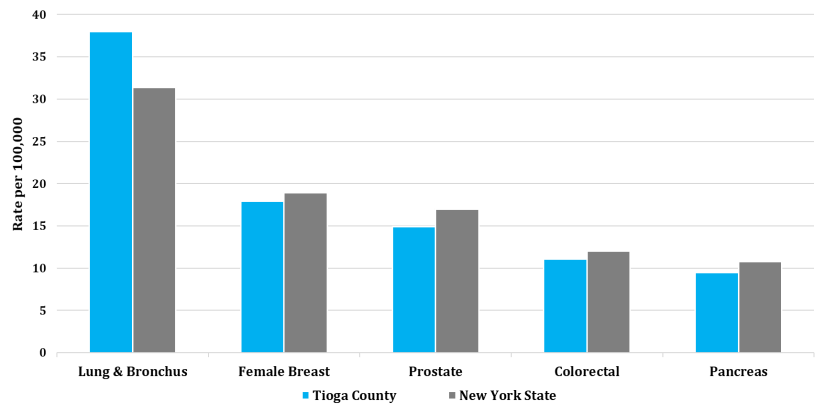
Laura Kelly
Community Engagement Coordinator
Tobacco Free Broome & Tioga

Top 5 Occurring Cancers
2015-2019



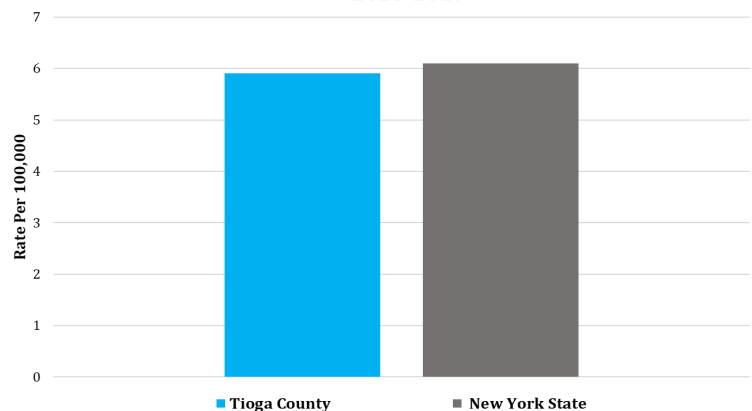
Source: New York State Cancer Registry

Top 5 Cancer Mortality (Deaths)
2015-2019



Source: New York State Cancer Registry

Testicular Cancer Incidence
2015-2019



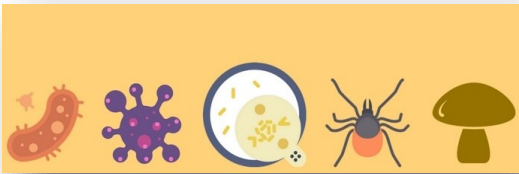
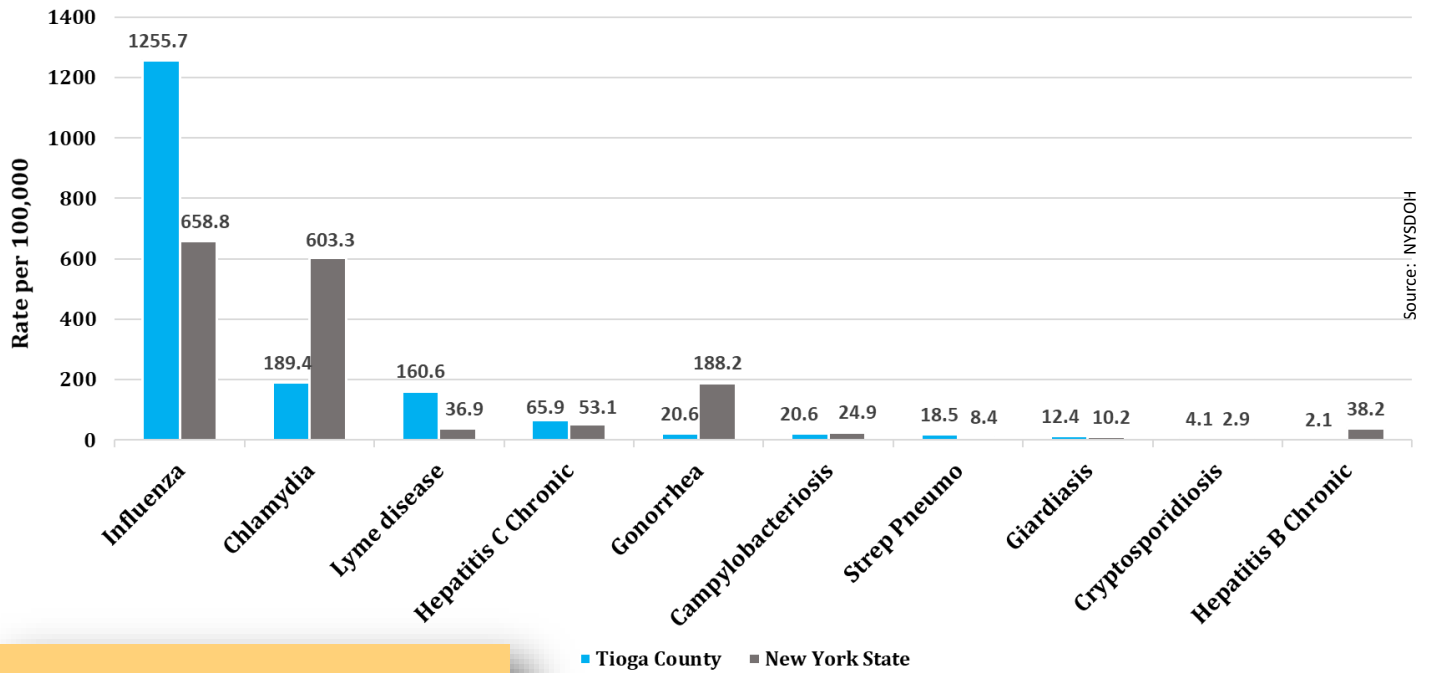
Source: New York State Cancer Registry



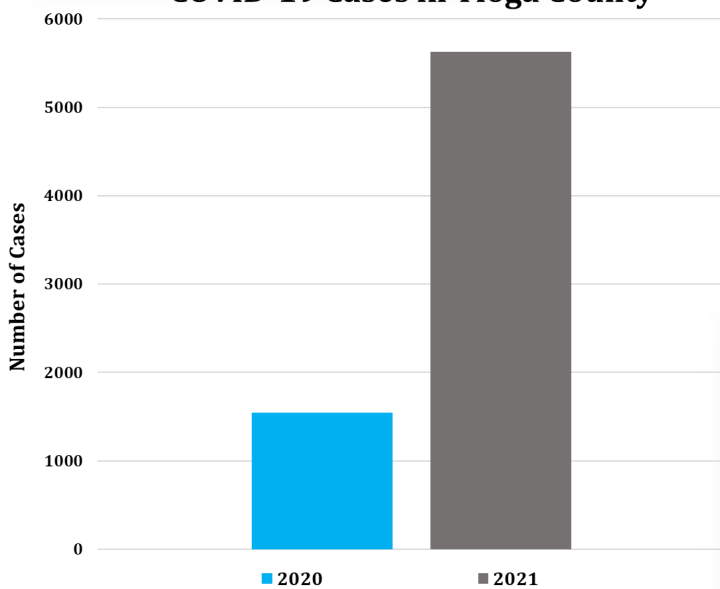
Laboratory-Confirmed Diseases

In 2018 Influenza and Chlamydia topped the charts for the most cases of reportable communicable diseases in Tioga County, aside from COVID-19 (not included).

Top 10 Lab-Confirmed Diseases 2018

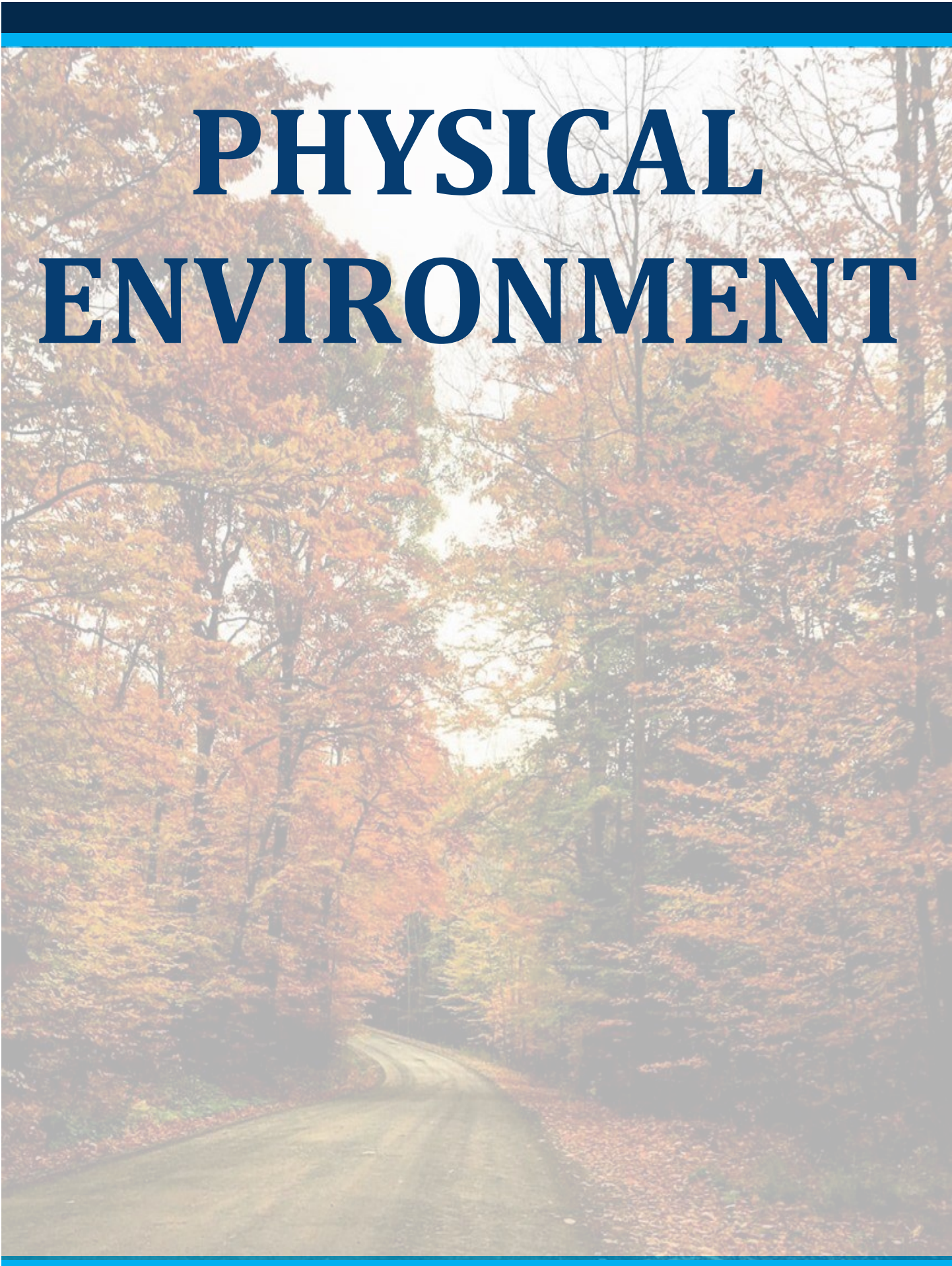


COVID-19 Cases in Tioga County



Survey says:
50% of survey respondents report that the COVID-19 pandemic has had moderate to extreme impacts on their day-to-day life.





PHYSICAL ENVIRONMENT

Outdoor Environment

Tioga County has experienced its fair share of extreme weather events. Annual average temperatures indicate the variability in the weather between extreme heat and cool temperatures. Notably, since 2001, Tioga County was included in 21 FEMA declarations. Topping the list? Severe storms, flooding, and hurricanes.

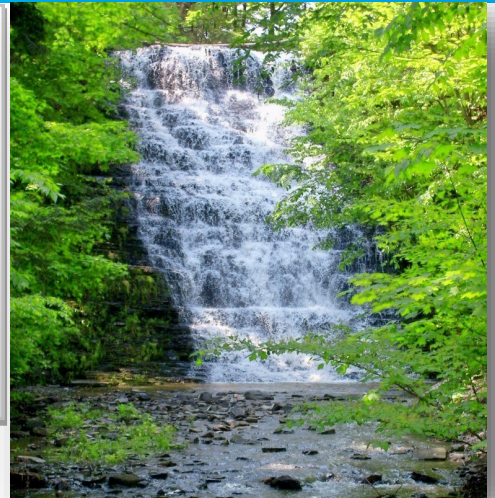


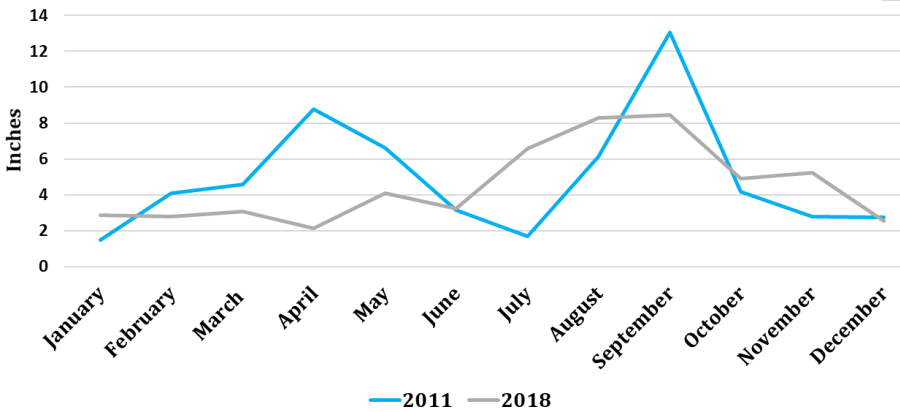
Photo from Experience Tioga



Tioga County Annual Rainfall (inches)

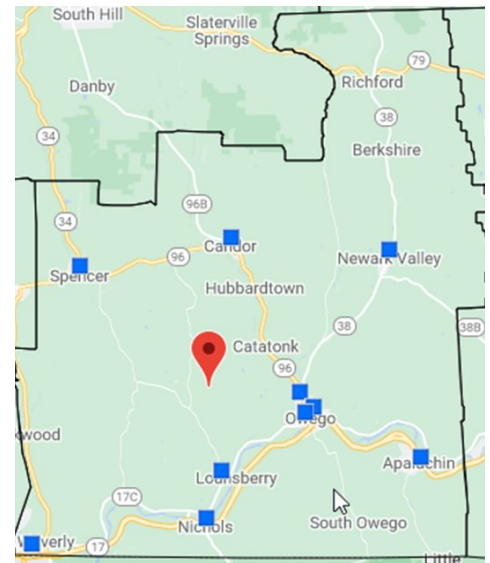
2011	2018	2019	2020	2021
59.3	54.1	44.8	37.2	48.8

Monthly Rainfall 2011 & 2018

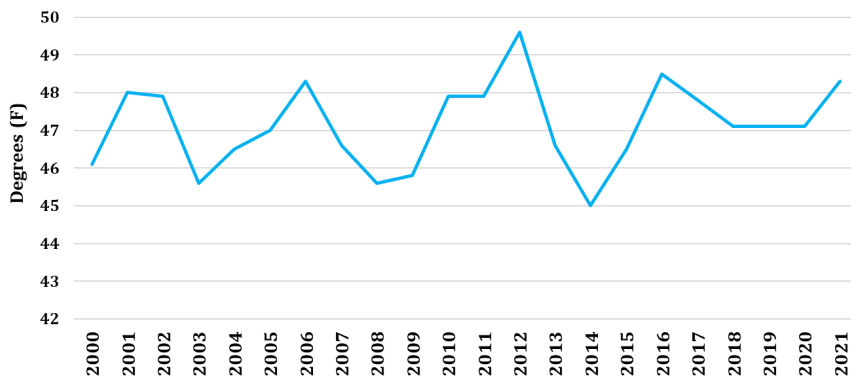


Source: NOAA

Distribution of Cooling Centers, 2022



Average Yearly Temperature in Tioga County 2000-2021



Source: NOAA



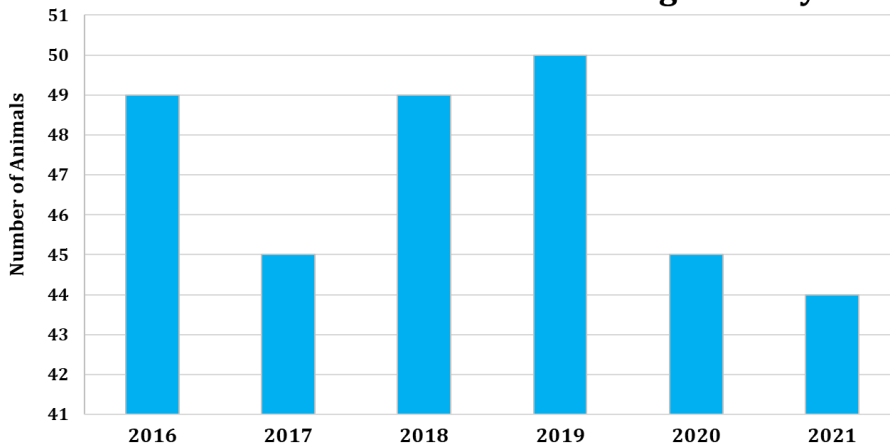
Rabies

The majority of animals testing positive for rabies are wild animals, with bats being the most reported. On average, 12% of animals tested in Tioga County are positive for rabies. From 2016 to 2021, raccoons and gray foxes were the most common animals to test positive.

Tioga County Animals Tested for Rabies 2016-2021

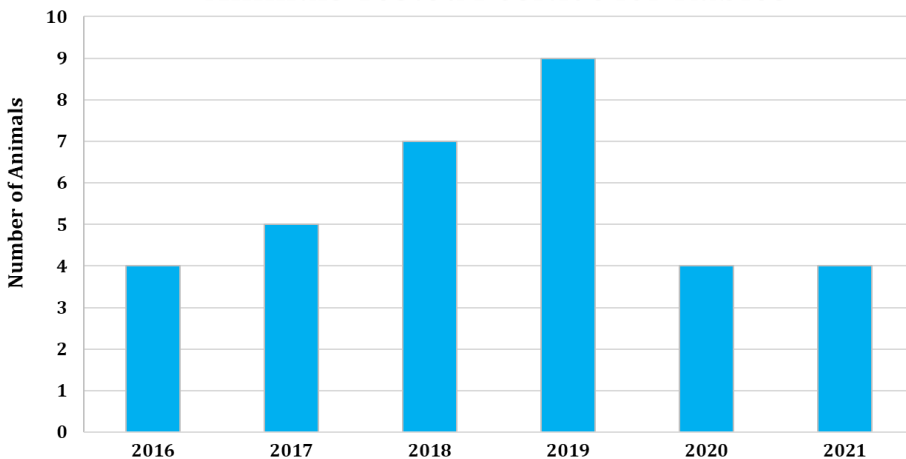
Species	Animals Tested	Tested Positive
Bat	113	6
Bear	1	0
Bobcat	6	0
Cat	53	1
Cattle	11	0
Coyote	1	0
Deer	17	1
Dog	33	0
Fisher Cat	2	0
Fox, Gray	10	9
Fox, Red	4	2
Goat	2	0
Horse	2	0
Mouse	1	0
Opossum	1	0
Pig	1	0
Raccoon	15	10
Skunk	4	3
Squirrel	2	0
Weasel	1	0
Woodchuck	2	1
Total	282	33

Animals Tested for Rabies in Tioga County



Source: NYSDOH-CDESS

Animals Tested Positive for Rabies



Source: NYSDOH-CDESS

Tioga County Spotlight:

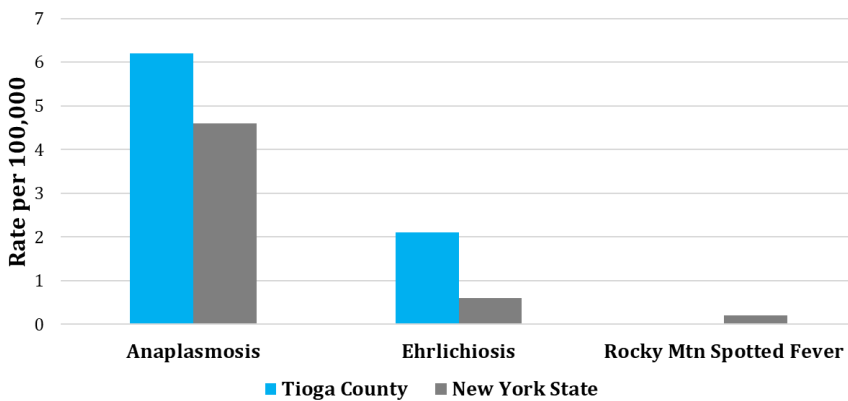
Tioga County Public Health holds Rabies Vaccination Clinics several times a year throughout the county. This helps residents keep their pet's rabies vaccine current and county rabies levels low! Dogs, cats, and ferrets may be vaccinated and no one is turned away for inability to pay.



Insects & Ticks

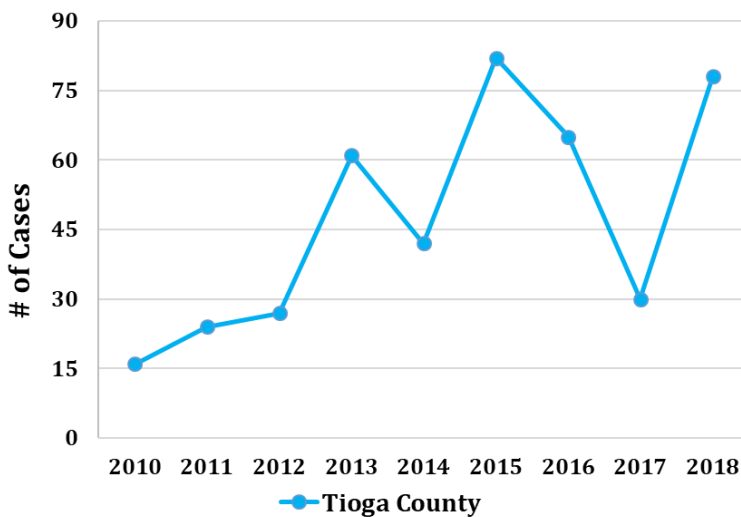
Tioga County generally has a higher rate of vector-borne diseases than the state average. Since 2010, there has been a rise in Lyme disease cases, peaking in 2015. In recent years, New York State Department of Health has designated some counties, including Tioga County, sentinel, meaning that only a fraction of Lyme disease cases are investigated each year. This means that confirmed cases are much higher than reported. However, if a case is not investigated it is either suspected or probable, but not confirmed.

Vector-borne Diseases 2018



Source: NYSDOH-CDESS

Lyme Disease

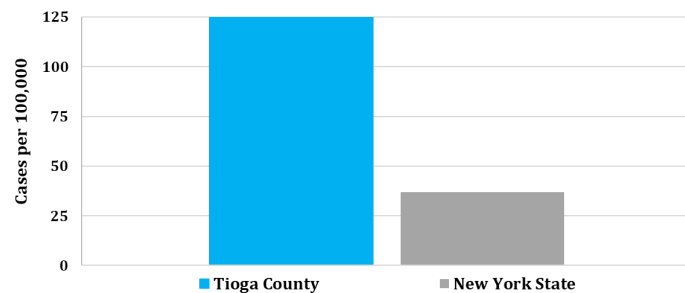


Source: NYSDOH-CDESS

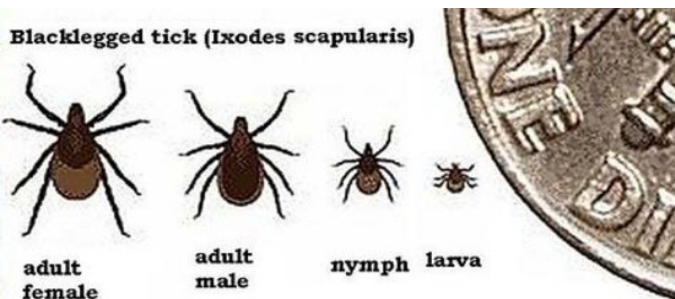


Disease rates call for intervention and community education. The public demonstrates awareness, yet needs additional information on how to avoid disease transmission.

Lyme Disease Incidence Rate 2018



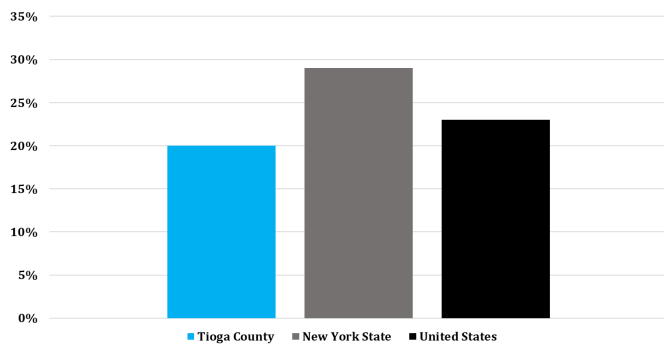
Source: NYSDOH-CDESS



Access to Food

Food insecurity is defined as a lack of consistent access to enough safe and nutritious food for everyone in a household. Tioga County has a smaller percentage of adults who reported they are food insecure compared to the NYS average. Food insecurity affects 15% of children in the county. As years progress, the number of food insecure children in Tioga County is decreasing; however, it's important to note that the problem is still present. Food markets are changing in the county with local grocery stores closing, which has created fewer WIC authorized stores than in years past.

Food Insecure Children Likely Ineligible for Assistance
2019



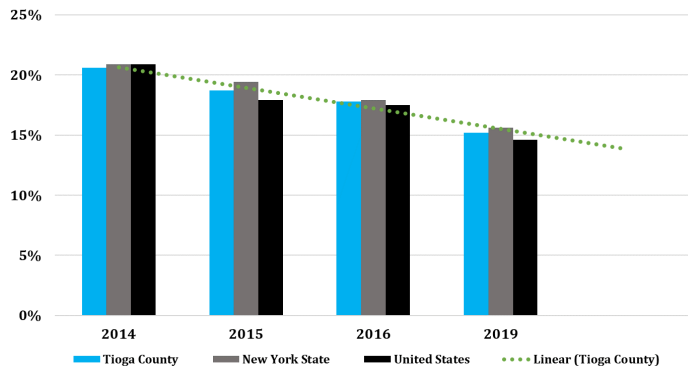
Source: Feeding America

Tioga County WIC Authorized Stores

Year	2012	2019	2022
Number of Stores	9	6	7

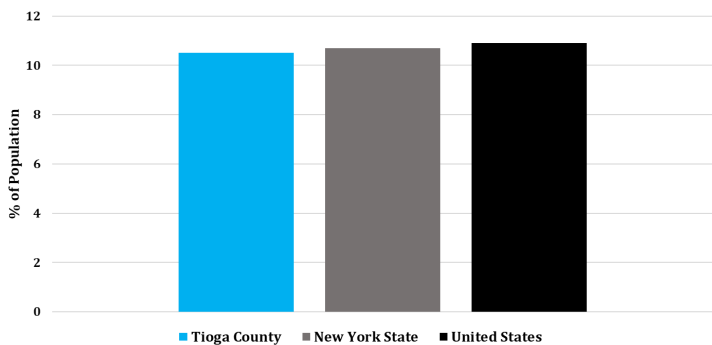
Source: NYS WIC Vendors

Child Food Insecurity



Source: Feeding America

Lack of Reliable Source of Food (Food Insecurity)
2019



Source: Map the Meal Gap

“I recall the 2020 Food Bank of the Southern Tier’s survey of participants of their drive-through Mobile Food Pantries during the height of the COVID pandemic. 41% of those lining up in their cars for food had never received food from a food pantry. That statistic leads me to believe that there is still a perceived stigma attached to a need to go to a food pantry to seek additional help. The drive-through pantries allow for virtual anonymity. Open your trunk; someone drops in the food. Food pantries request only name, address, and birth date of housing occupants. If pantry hours are not convenient, most will make accommodations to assist. On any given day, the life of any one of us can be turned upside-down due to a new health diagnosis, loss of job, unforeseen car repairs, rising food and gas prices, etc. Food pantries exist to help neighbors in need; we all have different needs at different times in our lives. If in need, please do stop by your local food pantry.”

Sister Mary O’Brien
Tioga County Rural Ministry

Transportation

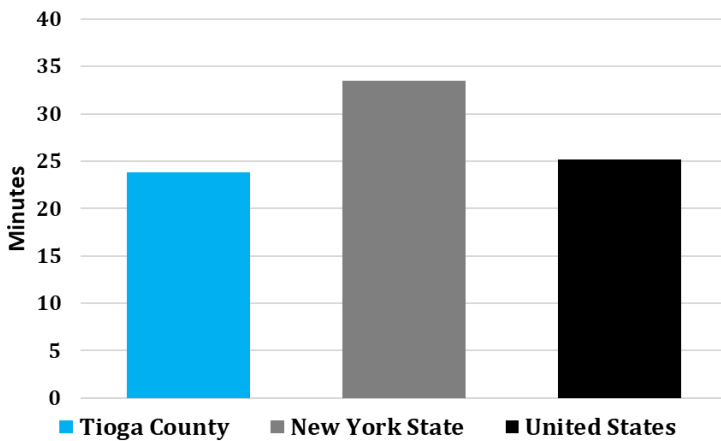
Tioga County residents rely on vehicles as their main source of transportation. Work commutes are reasonable at less than 25 minutes, but are typically done solo. Dependence on vehicles to commute to work, grocery stores, medical appointments and social events can be limiting for individuals without a functioning car or valid driver's license and may require family or neighbors for assistance. Gas prices in 2022 are also making getting around more difficult. As of July 11, 2022, the national average for a gallon of regular unleaded gas was \$4.70 and \$4.80 in New York State.

Survey says:

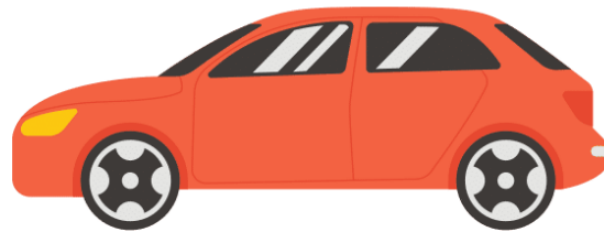
18% of survey respondents reported transportation barriers to grocery stores, and 15% to their place of employment.

Average Commute Time

2020



94% of households in Tioga County have at least 1 vehicle available



Source: ACS, 2020

Source: American Community Survey

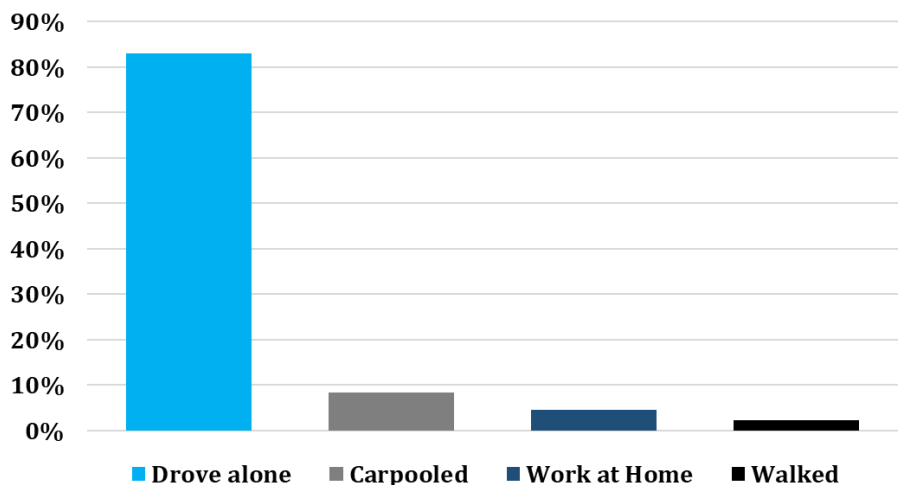
Survey says:

Lack of transportation was the #2 top problem or concern of residents.



Method of Commute in Tioga County

2020



Source: American Community Survey

ACCESS TO CARE



Access to Medical Care

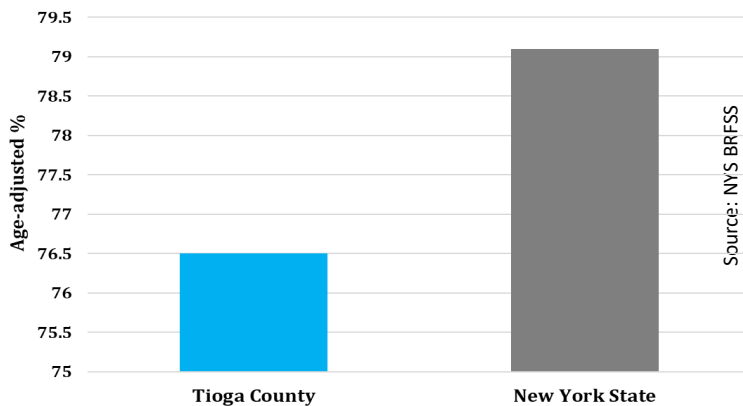
There are multiple primary care providers for routine health care needs in Tioga County. For in-patient or emergency care, residents must travel to neighboring counties. Only one walk-in/urgent care provider is available in Tioga County which is located in Owego, with hours from 8:00am-5:00pm, Monday through Friday. Therefore, many residents utilize walk-in services outside of the county. Nearly 95% of adults have health insurance and 77% have an established primary care provider in Tioga County.

Survey says:

32% of respondents selected “access to quality providers (primary and specialty)” as a top health concern in Tioga County.

14% reported transportation as a barrier to medical care.

Adults with a Regular Health Care Provider 2018



3,210:1

Primary Care Providers



5,320:1

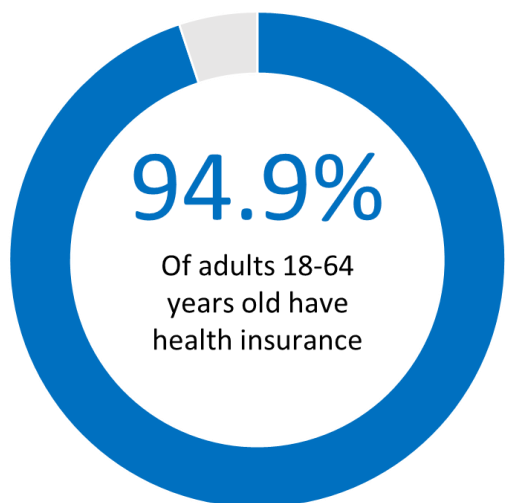
Dentist



640:1

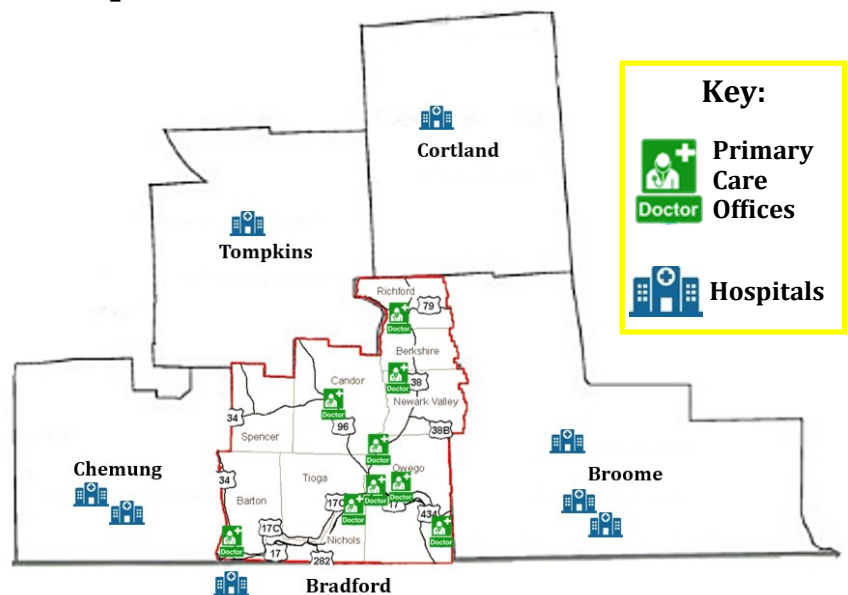
Mental Health provider

Source: County Health Rankings



Source: US Census Bureau

Hospital and Medical Care Distribution



Access to Dental Care

Access to dental professionals is a challenge for residents due to a low rate of available providers (1:5,320) and out-of-pocket costs associated with care. Medicaid enrollees have increased utilization of preventive care, but at less than 50% of enrollees having at least one preventive dental appointments, there is room for improvement.

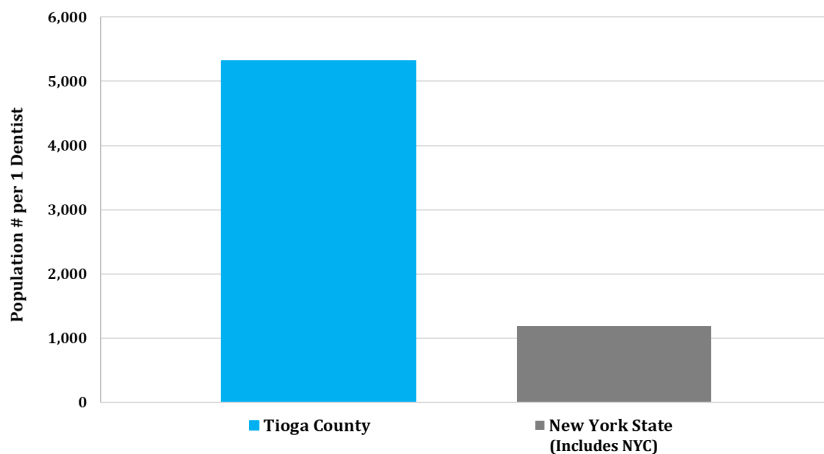
Survey says:

74% of survey respondents reported visiting a dentist regularly or at least every 6 months.

46% have a dental provider located in Tioga County.

Population Per Dentist

2020



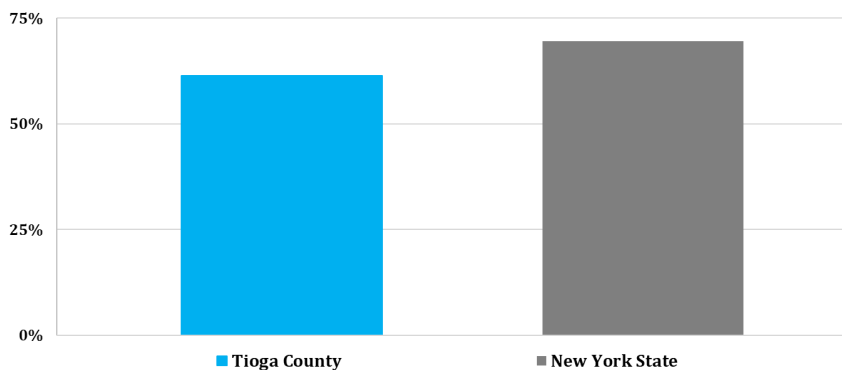
Source: County Health Rankings

Tioga County Spotlight:

Tioga County is unique because we have the Tioga Smiles Mobile Dental Unit. It is available for all county residents! Services include: cleanings, x-rays, fillings, and extractions.

Age-Adjusted Rate of Adults who Visited a Dentist

2018

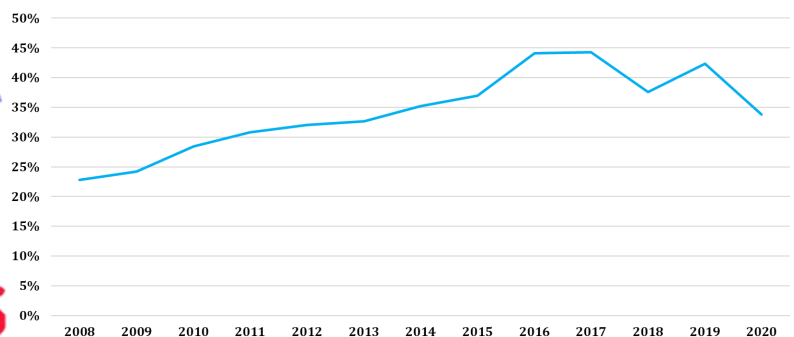


Source: NYSDOH BRSS



Tioga County Medicaid Enrollees (2-20 years) with at Least 1 Preventive Dental Visit Within the Year

2008-2020



Source: NYS Medicaid Program



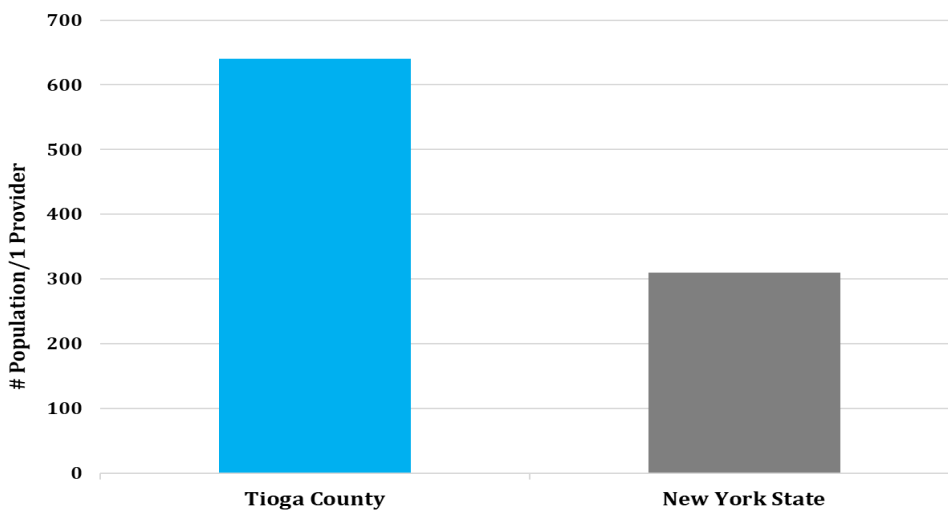
Access to Mental Health Care

Tioga County has a ratio of 1 mental health provider to every 640 Tioga County residents, which is worse in comparison to New York State. Mental Health care is available through School-Based Mental Health Programs and the Tioga County Mental Hygiene Clinic.

Survey says:

Mental health issues was the #1 health concern as a Tioga County resident, according to survey results.

Population per Mental Health Provider 2021



Source: NPI Registry/County Health Rankings

Tioga County School-Based Mental Health Programs

School
Apalachin Elementary
Owego Elementary
Newark Valley Middle School
Newark Valley High School
Van Etten Elementary School
Spencer-Van Etten Middle School
Spencer-Van Etten High School

Tioga County Spotlight:

The Tioga County Mental Hygiene Clinic offers many services including Counseling, Children & Youth Services, Substance Use Support, and 24/7 Crisis Assistance.



“There is a noted increase in care management issues. Challenges such as new state eligibility requirements, health insurance stipulations, a pandemic, and access to providers can lead to delayed mental health supports.”

Wendy Arnold
Children’s SPOA Coordinator
Suicide Prevention Coordinator



AREAS OF SPECIAL INTEREST

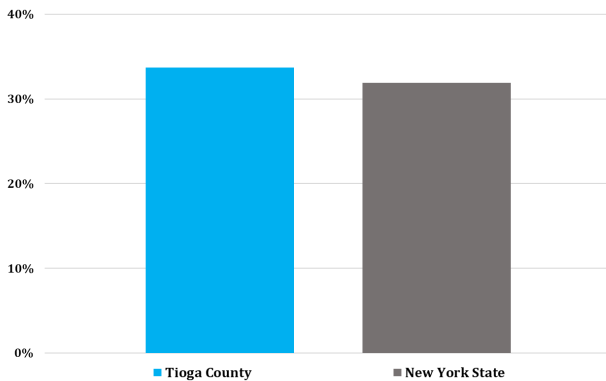
Children's Health: Weight

Since 2008, the percentage of overweight or obese elementary students has been increasing significantly in Tioga County; however, there was a decrease seen between 2017-2019. Tioga County's percentage of elementary, middle, and high school students who are overweight or obese is higher than the state-wide average.



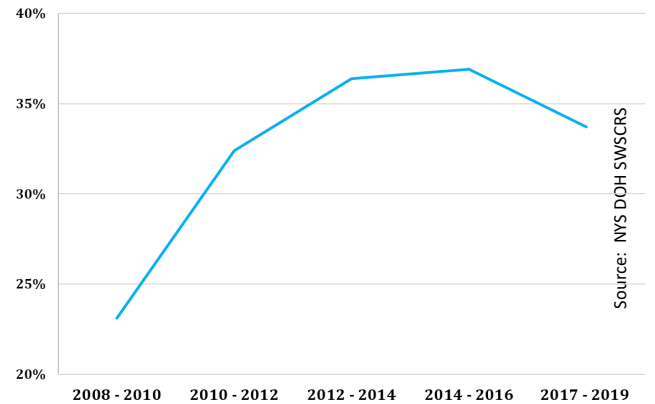
Childhood obesity must be a priority, as Tioga County falls behind the state average.

Elementary Students who are Overweight or Obese
2017 - 2019



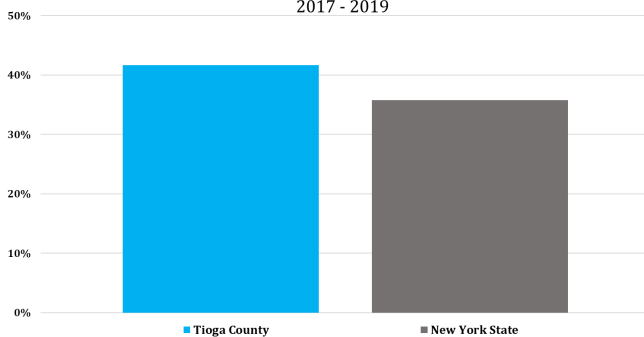
Source: NYS DOH SWSCRS

Tioga County Elementary Students who are Overweight or Obese



Source: NYS DOH SWSCRS

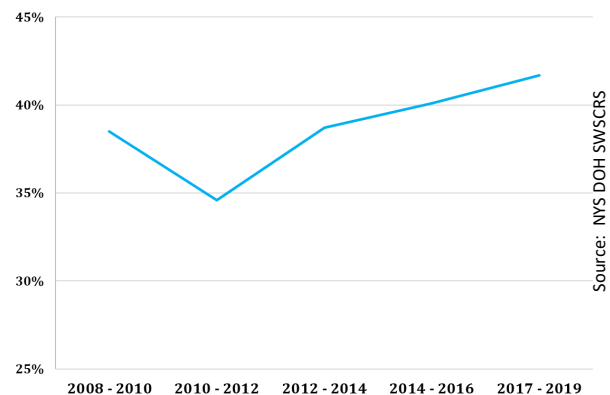
Middle & High School Students who are Overweight or Obese
2017 - 2019



Source: NYS DOH SWSCRS



Tioga County Middle & High School Students who are Overweight or Obese



Source: NYS DOH SWSCRS



Child Mortality Rate (Rate per 100,000)

(Please Note: The rate is not an actual number - Tioga County has a population of 48,455 so this number appears higher than it is)

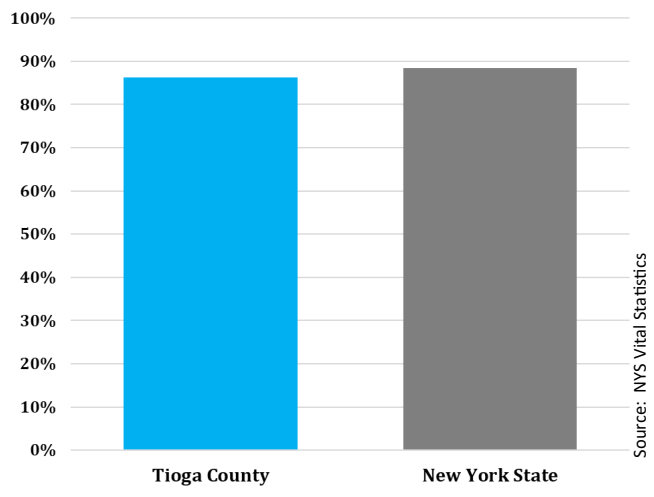
Age	Tioga County 2014-2016	Tioga County 2017-2019
Infant	6	4
1-4	32	33
5-9	0	24
10-14	0	22
15-19	54	56

Source: NYS Perinatal Data Profile, NYS Child and Adolescent Health Indicators

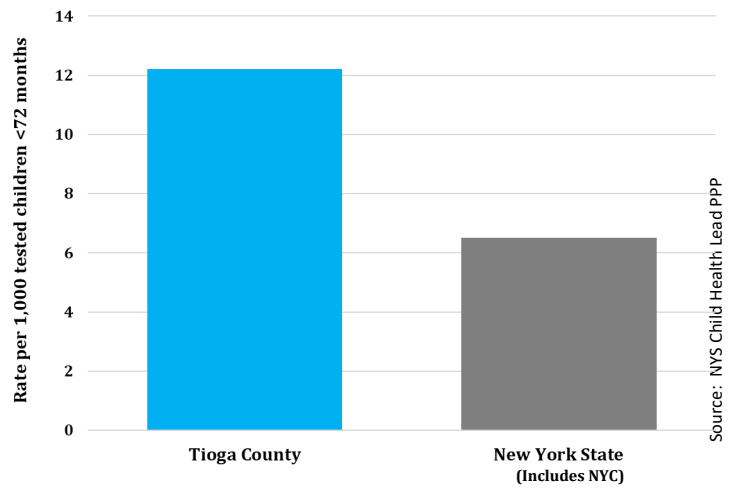
Children's Health: Overall

There are many factors contributing to the health of Tioga County children. Overall, data review indicates the health of our children should be of utmost concern. Tioga County infants and children have slightly lower rates of breastfeeding, higher blood lead levels, and poorer immunization rates than NYS. There is a higher incidence of tooth decay. Child mortality rates have gotten significantly worse from 2017—2019.

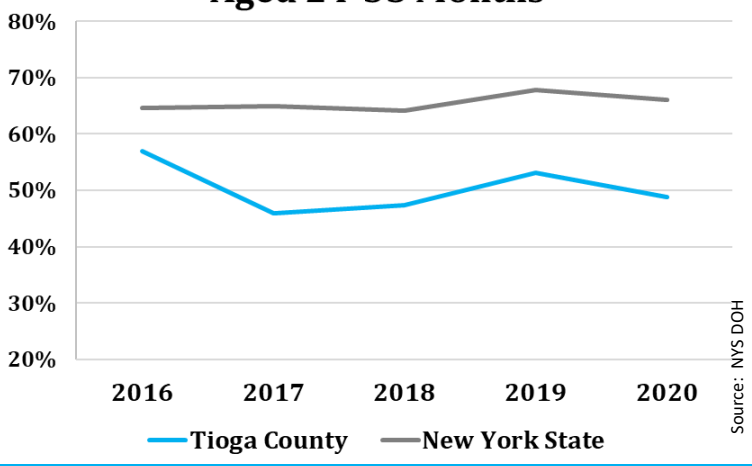
Infants Fed Any Breast Milk in Hospital Delivery 2017-2019



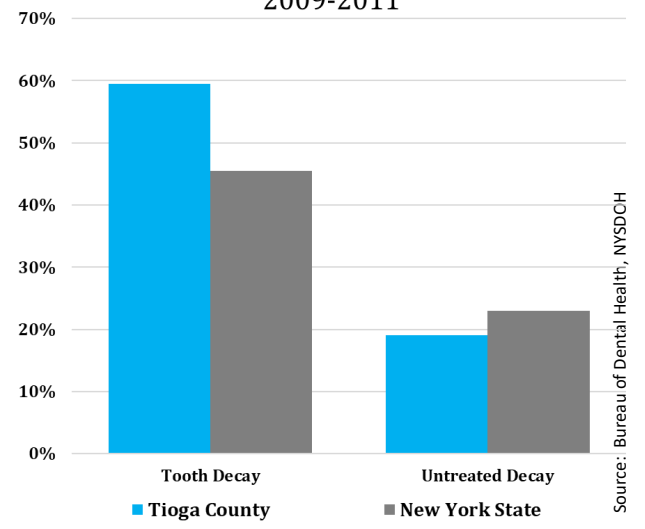
Incidence of Confirmed High Blood Lead Levels (10+mcg) 2017-2019



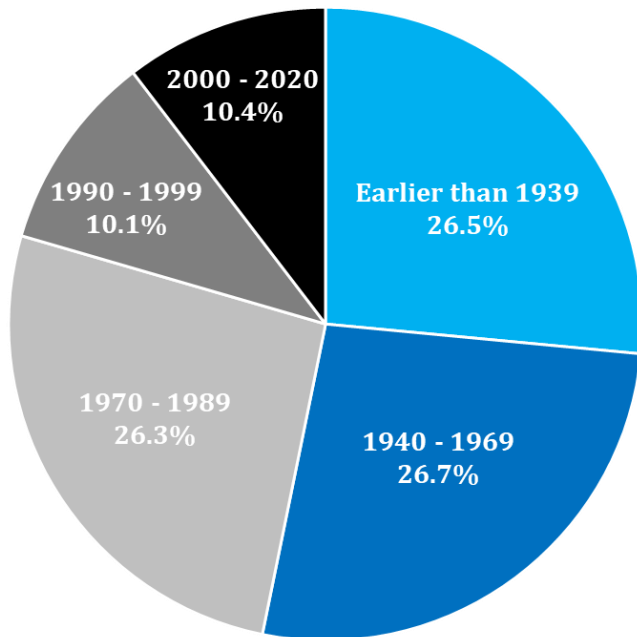
Children with Recommended Immunization Series Aged 24-35 Months



Oral Health Survey of 3rd Grade Children 2009-2011



Age of Homes in Tioga County



Source: US Census

Healthy Homes: Aging Houses & Lead

Lead paint was banned in the United States in 1978, however, almost 70% of homes in Tioga County were built before 1979 and many may still contain some lead paint. This contributes to higher childhood lead levels, especially in situations where large, older homes have been converted into multi-unit rentals.

According to the Tioga County Housing Study, older homes can be challenging for senior citizens' safety with regard to mobility challenges and costly upkeep. They can also be potentially harmful to the health of children living in these older homes.



Between 2019-2021
Tioga County
Public Health Served

30 Children

With Elevated Blood Lead
Levels of $5 \mu\text{g}/\text{dL}^*$
or higher

* $\mu\text{g}/\text{dL}$ (micrograms per deciliter) refers to the amount of lead found in a child's blood. $5 \mu\text{g}/\text{dL}$ is the level at which interventions are required to reduce the child's blood lead level.

Source: NYS LPPP

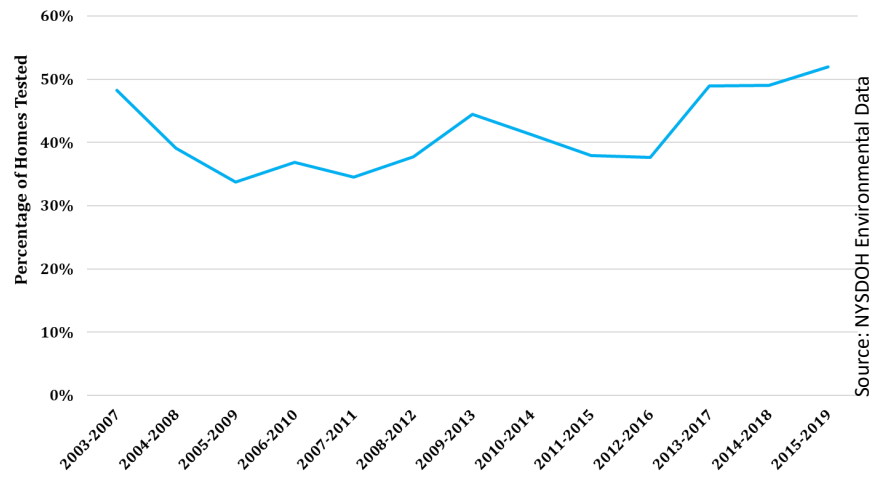
“Our homes matter. When low income workers have few housing options they may be forced to live in poor quality or poorly maintained housing that puts them at risk of lead poisoning, mold, radon, pests, asthma, and accidental injuries. Many adults and children living in these conditions are more likely to have fair or poor health outcomes. When it comes to improving the health of our community, access to safe, stable and affordable housing is essential.”

Adam Ace
Healthy Neighborhoods Program Coordinator
Tioga County Public Health

Healthy Homes: Radon

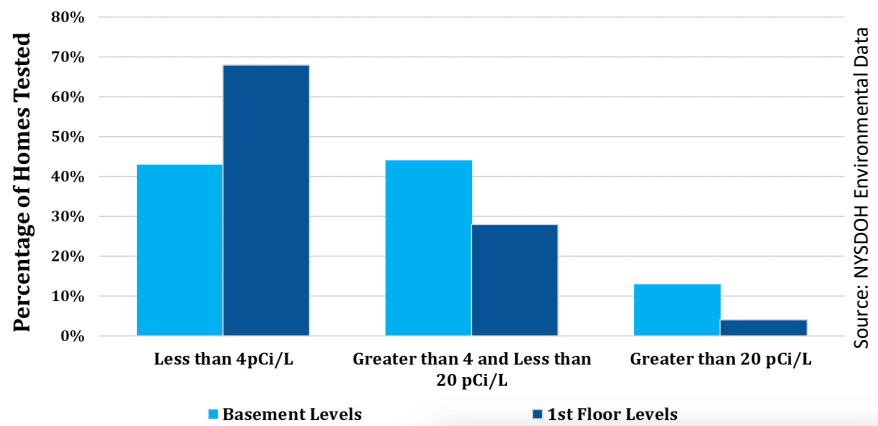
Over 50% of homes that were tested in Tioga County have elevated levels of radon. Radon is a radioactive, colorless, odorless, tasteless noble gas, that is harmful to the body and is the second leading cause of lung cancer in the United States. Homes with levels above 4 pCi/L are recommended to have radon remediation. Higher levels are indicated in Candor, Nichols, and Newark Valley.

Tioga County Homes With Elevated Radon Levels 2003 - 2019



Source: NYSDOH Environmental Data

Indoor Radon Screening 2021



Source: NYSDOH Environmental Data

1 in 3



Homes

tested for radon had levels recommended for remediation.

NYSDOH Measured Indoor First Floor Screening Radon Levels for Tioga County, NY (November 2021)

Town and Village	Number of Homes Tested	Average Radon Level	Percent of Homes above ≥ 4 pCi/L
BARTON	98	3.86	38%
BERKSHIRE	25	2.44	24%
CANDOR	41	9.51	51%
NEWARK VALLEY	40	9.14	50%
NICHOLS	20	9.28	75%
OWEGO	233	3.13	21%
RICHFORD	15	5.01	47%
SPENCER	29	4.26	38%
TIOGA	9	1.32	0%

Report includes results from charcoal and soil detectors. Only First Floor readings selected. Only Screening readings selected. NYSDOH cumulated summary.

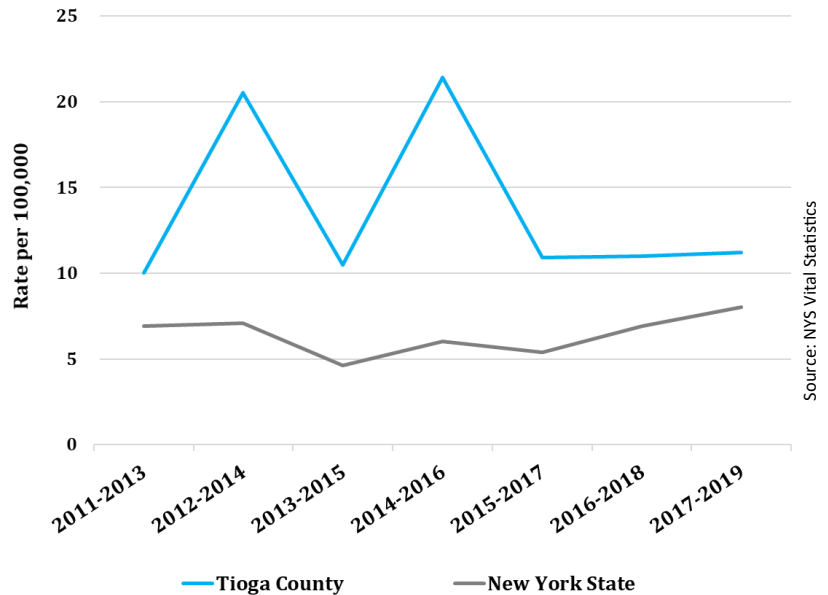


Radon mitigation is required to reduce harmful radon levels in homes. Assistance is needed for property owners associated with installing mitigation systems.

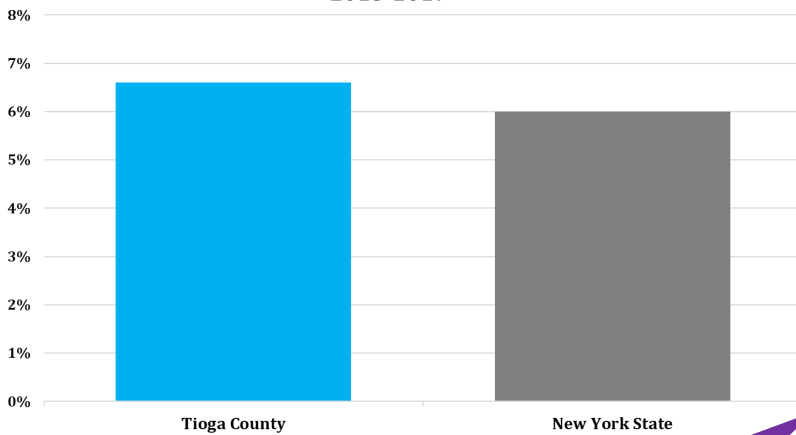
Well-Being: Youth

Review of suicide rates and disconnected youth provides a slight glimpse into our older teens' well-being. The suicide mortality rate for 15-19 year olds continues to be significantly higher in Tioga County than the New York State average. Our disconnected youth (young residents between the ages of 16 and 24 who are neither in school nor working) rate is also higher than the New York State average .

Suicide Mortality Ages 15-19 years 2011-2019



Percentage of Disconnected Youth Ages 16-19 Not in School & Not Employed 2015-2019



Survey says:

46% of respondents chose either mental health issues or suicide as top health concerns Tioga County should be focusing on.

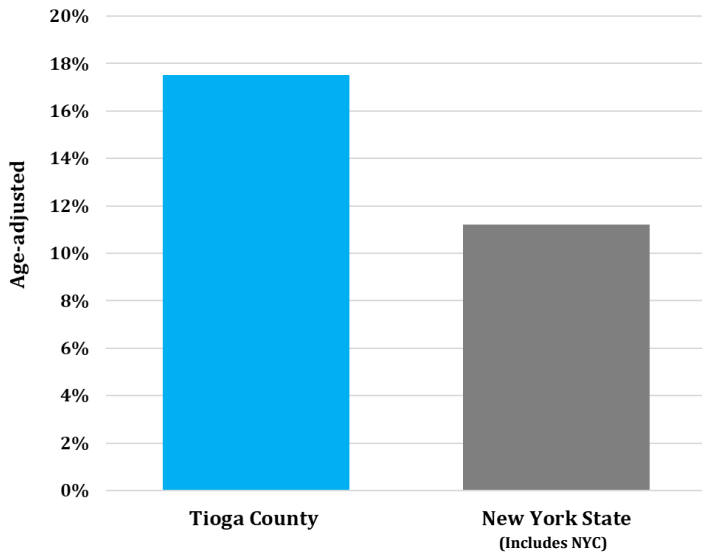
“Our youth are crying out for help; they are struggling with trauma, sadness, hopelessness, loss, and disconnectedness. As a result we have seen rising rates of self-harm, suicide, substance misuse, unhealthy connections to social media and engagement in other high risk behaviors. Youth need to feel consistently supported, cared for, and have a sense of belonging so that they can thrive and become adults who can one day offer the same to others.”

Sarah Begeal
Tioga County Deputy Director of Community Services



we must address youth well-being. we can start with an inventory of resources available to our teens. what additional services or community support is necessary to improve well-being for them?

Adults with Poor Mental Health for 14+ days in the Past Month 2018

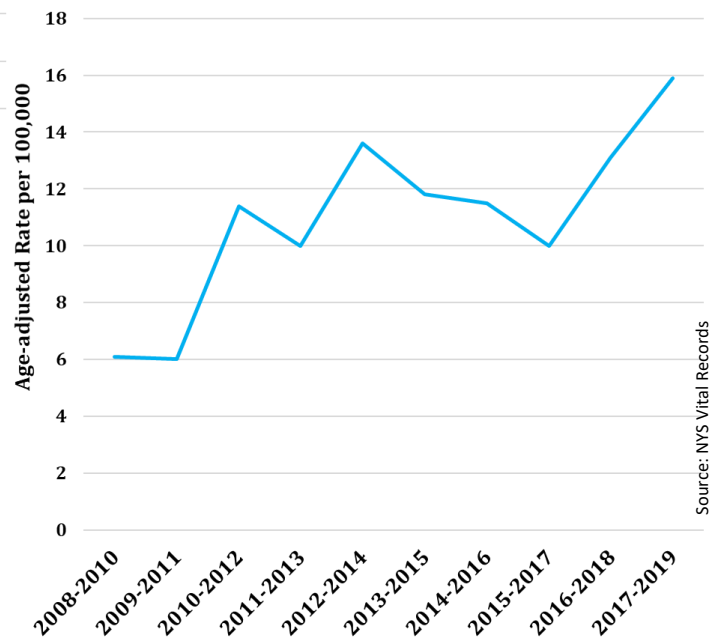


Source: NYS BRFSS

Well-Being: Adults

Data and survey responses indicate residents experience stress and poor mental health feelings. Suicide death rates are back on the rise, and are higher than the New York State average.

Tioga County Suicide Death Rate

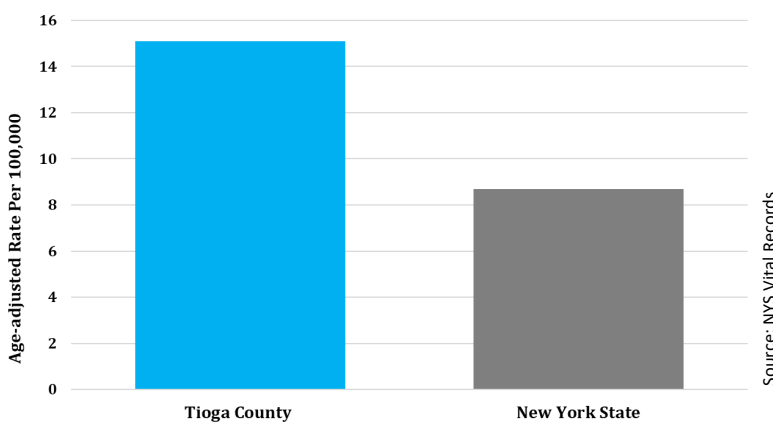


Source: NYS Vital Records

“The Tioga County Suicide Coalition is extremely busy training the community on suicide awareness. Our Mental Health Clinic also offers Open Access where we can expedite the admission process. We have certainly seen an incredible increase in demand for services.”

Lori Morgan
Tioga County Director of
Community Services

Suicide Death Rate 2018



Source: NYS Vital Records

Survey says:

43% of survey respondents say that the COVID-19 pandemic has increased mental health issues including stress, depression, and feelings of isolation.

Substance Use: Youth

Alcohol continues to be the most commonly used substance for Tioga County youth. Community-Level Youth Development Evaluation (CLYDE) Survey data shows alcohol access is mainly consumed at home, or a friend's home with adult permission. Teens are also continuing to use marijuana and e-cigarettes.

CLYDE Survey Says:

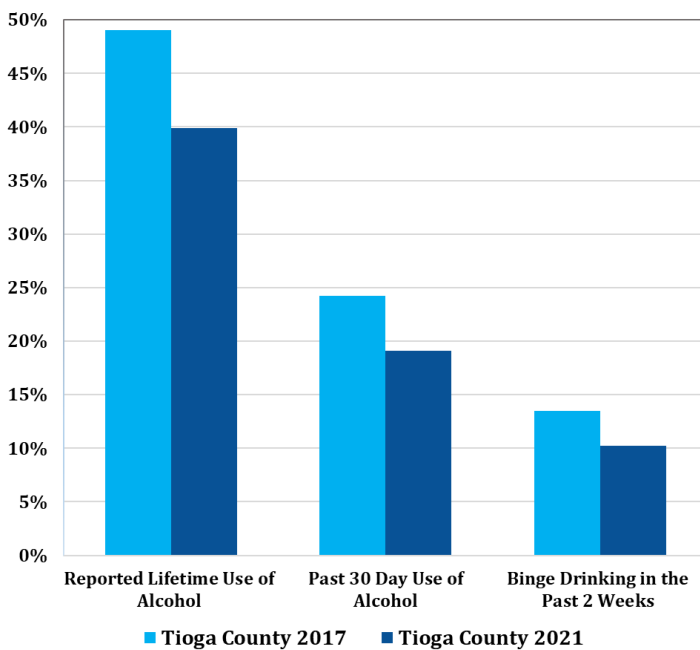
68% of students who drank alcohol, drank at home

58% drank at someone else's home

45% of students drank alcohol at home with parent's permission

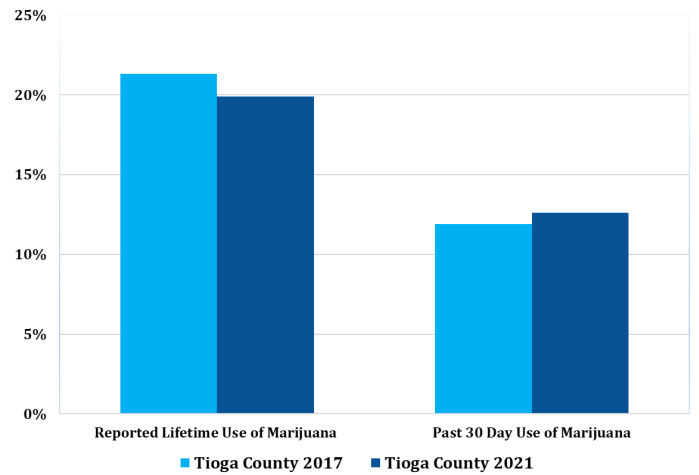
34% of students report getting alcohol from someone they know age 21 or older

Teen Alcohol Use



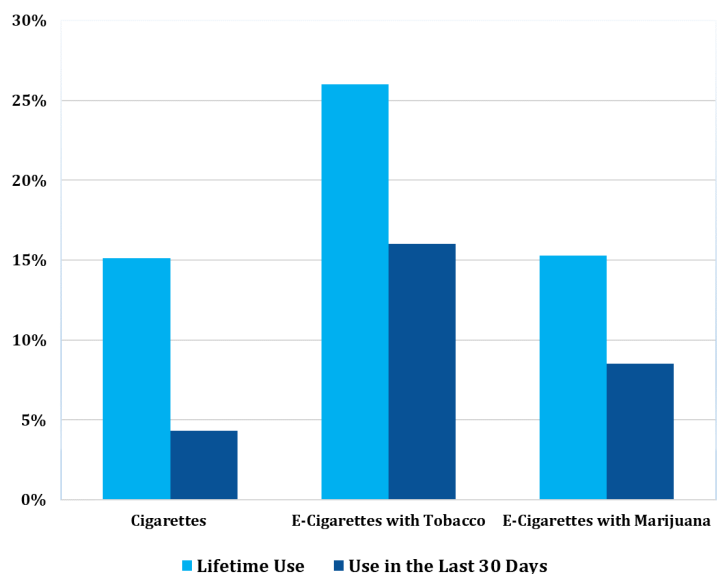
Source: 2017 Tioga County PNA Survey & 2021 Tioga County CLYDE Survey

Teen Marijuana Use



Source: 2017 Tioga County PNA Survey & 2021 Tioga County CLYDE Survey

Teen Smoking & Vaping



Source: 2017 Tioga County PNA Survey & 2021 Tioga County CLYDE Survey

"In Tioga County both the survey data and youth focus group input point toward alcohol and marijuana being the most used and abused substance. However, marijuana is becoming our biggest challenge in prevention as the perception of harm decreases, use rates increase. Teens report that marijuana is the easiest substance to get a hold of, even more so than alcohol."

Christina Olevano
Tioga County Prevention Services Supervisor
CASA-Trinity

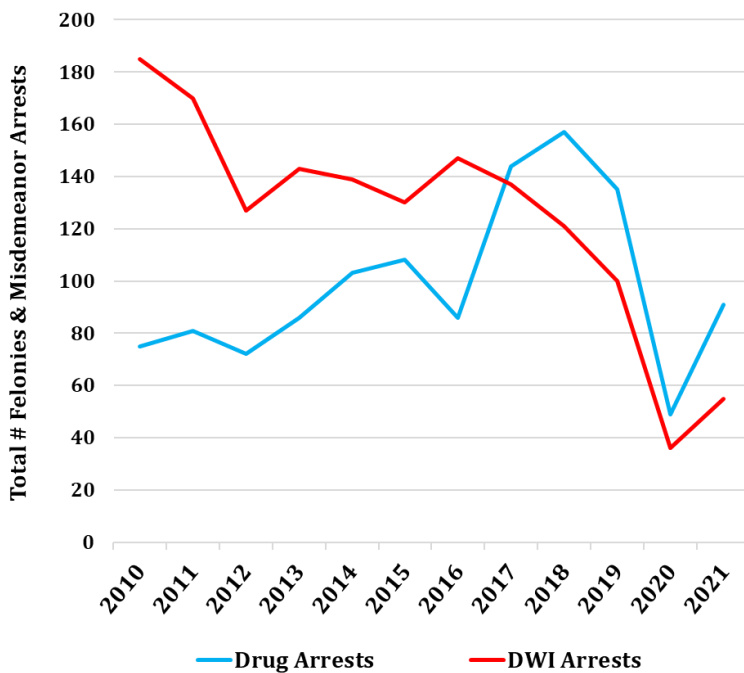
Survey says:

16% of respondents report increased illegal drug use as an impact of the COVID-19 pandemic on their daily life.

Substance Use: Adults

Adult drug use is captured through arrests and overdose death rates. While DWI arrests have been steadily declining, drug arrests were on the rise until 2019. Both decreased drastically in 2020 and 2021. Opioid overdose deaths have been consistently high since 2014.

Tioga County Drug & DWI Arrests 2010-2021

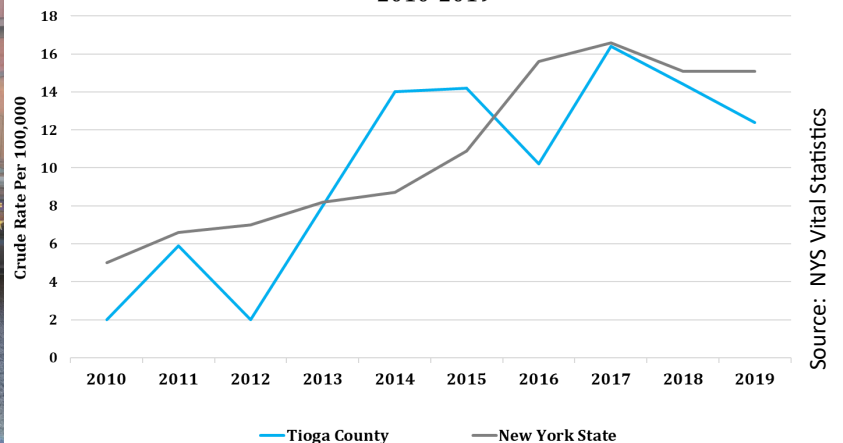


“We continue to see drug-related emergency calls, although there has recently been a decline. Typically, overdoses are not just one drug. If you treat for an opioid overdose with Naloxone by reversing its effects, other substances in the system take hold and this presents treatment challenges. Overall, we have definitely had to re-evaluate how we assess scene safety and security; not just related drug overdoses but in general. Amending personal protective protocols to include items such as bulletproof vests is not something we had to consider 20 years ago.”

Derek Hall
Chief
Greater Valley EMS

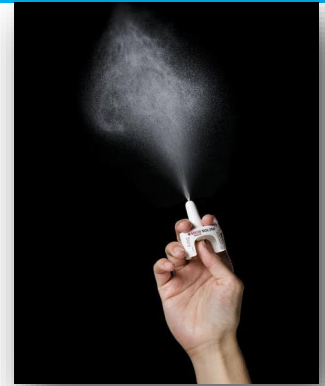


Overdose Deaths Involving Any Opioid 2010-2019

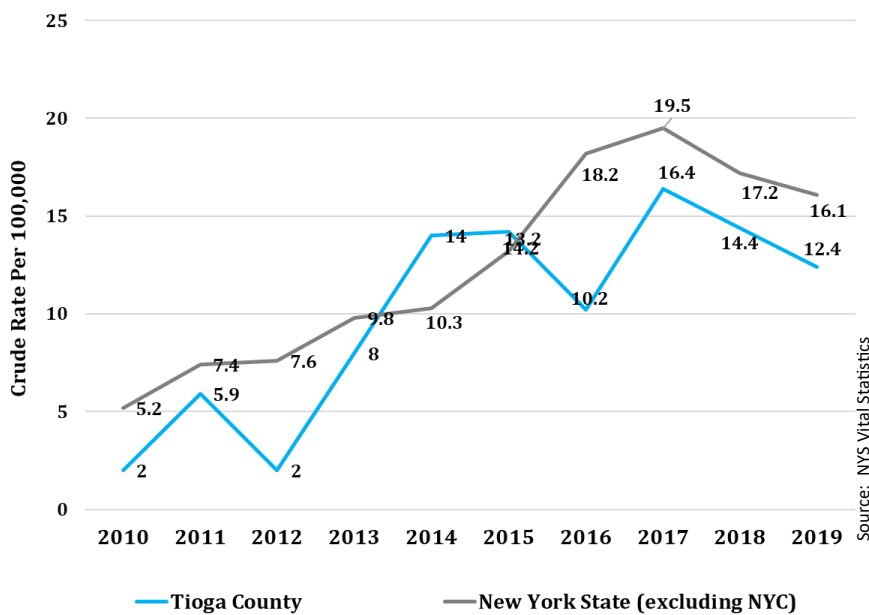


Narcan

With an increase in opioid overdoses, the availability and accessibility of Narcan to the general public has become increasingly important. Thanks to the work of first responders, law enforcement, and the general public, Narcan has helped to save numerous lives of Tioga County residents over the last several years. Due to the widespread availability of Narcan across New York State, many Narcan administrations go unreported, making it difficult to fully measure how many lives have been saved by this medication!



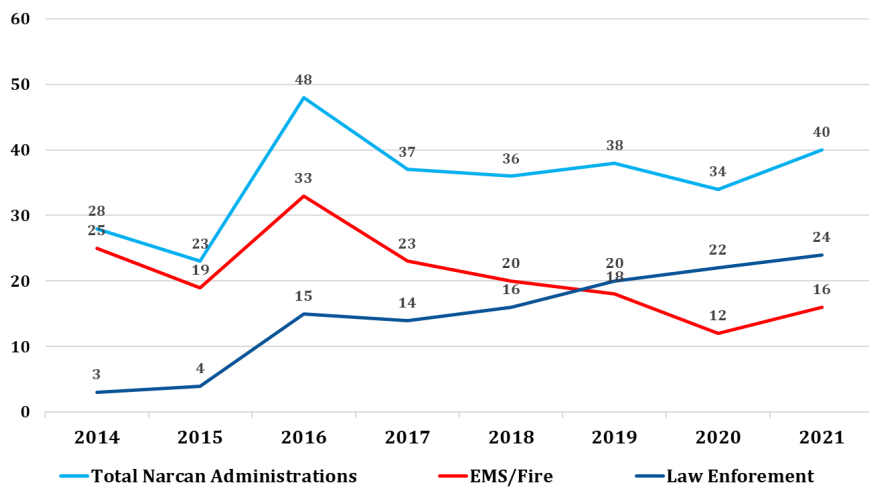
Overdose Deaths Involving Any Opioid 2010-2019



"The data shows that Narcan works! The years where Narcan was used more deaths went down, and years where Narcan wasn't administered as many times deaths went up. We need to continue training and encouraging individuals to carry Narcan. With the roll out of Narcan Emergency Boxes in locations around the county, we hope that getting access to Narcan to use in the event of an emergency will be easier than ever. Saving lives will continue to be a priority!"

Kylie Holochak

Reported Tioga County Narcan Administrations 2014-2021



EMERGING TREND: PANDEMIC



Impact of COVID-19 in Tioga County

- Total number of confirmed COVID-19 cases in Tioga County (March 2020 – June 2022): 12,274
- Total number of deaths in Tioga County reported by NYSDOH: 85
- Total number of people fully vaccinated in Tioga County as of July 2022: 61.3%
 - 12 years old and up: 68.4% 65 years old and up: 85.1%
- Total number of COVID-19 vaccination clinics Tioga County Public Health has hosted: 45
- Public Health staff had worked over 32,000 hours on COVID-19 response from March 2020-June 2022, and continues to do so

Sources: CDC, Mayo Clinic, NYSDOH

COVID-19 Statistics/Facts in Tioga County

- First reported COVID-19 Case: March 14, 2020
- Highest number of COVID-19 cases reported in a single day: 139 (January 7, 2022)
- The biggest spike in COVID-19 cases was from late December 2021– mid January 2022
- At the beginning of the pandemic, New York State’s mandated isolation for a positive case was 14 days. In January 2021, it was reduced to 10 days, before finally being switched to 5 days in January 2022.

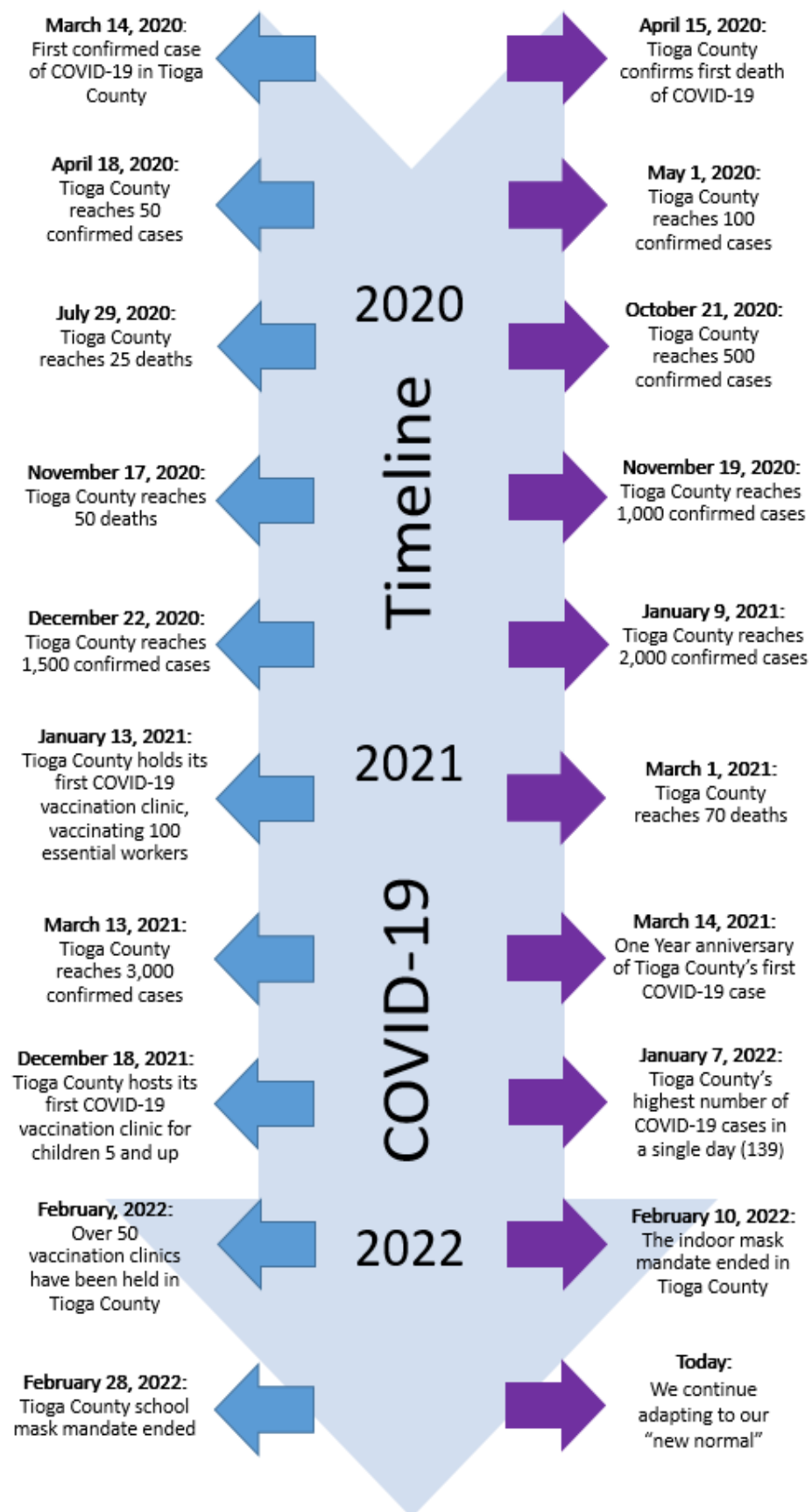
Source: NYSDOH

COVID-19 Vaccination Clinic



What is COVID-19?

- COVID-19 is a respiratory disease that was detected in the United States around December 2019.
- COVID-19 is spread through the air (coughing, sneezing, talking, etc.) and is contagious.
- A person who has COVID-19 can be either symptomatic or asymptomatic (having no symptoms).



Symptoms

- Fever and/or chills
- Cough
- New loss of taste or smell
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Prevention

Everyone should:

- Follow all current guidance about mask wearing and social gatherings.
- Get vaccinated if eligible.
- Wash hands often with soap and water for at least 20 seconds, especially before eating
- Avoid touching eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover coughs and sneezes with a tissue and discard it in a closed container.



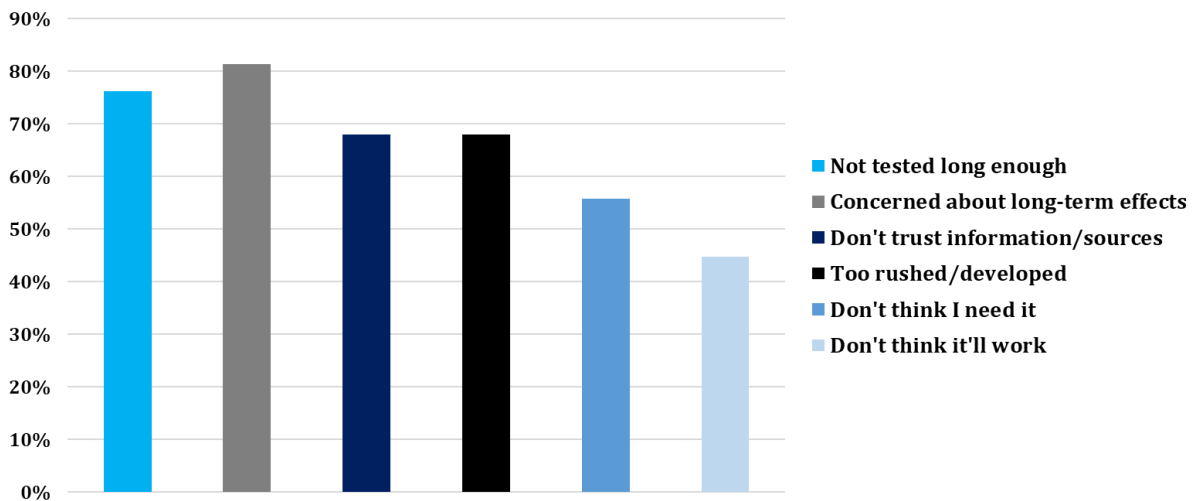
COVID-19 Vaccine Hesitancy

Two surveys were distributed to the residents of Tioga County in 2021 and 2022. The first survey was completed in May 2021, asking adults and parents why they were not getting vaccinated, as well as why they were not vaccinating their children. This survey had 172 responses. **For the full list of survey questions and responses, please see Appendix.**

In February 2022, Tioga County Public Health asked parents in Tioga County who have chosen not to get their children vaccinated against COVID-19 to take this survey. Tioga County Public Health reviewed information to understand the needs and concerns of the community surrounding COVID-19 vaccination. This survey was completed before the vaccine was approved for children 0-4. The survey received 86 total responses.

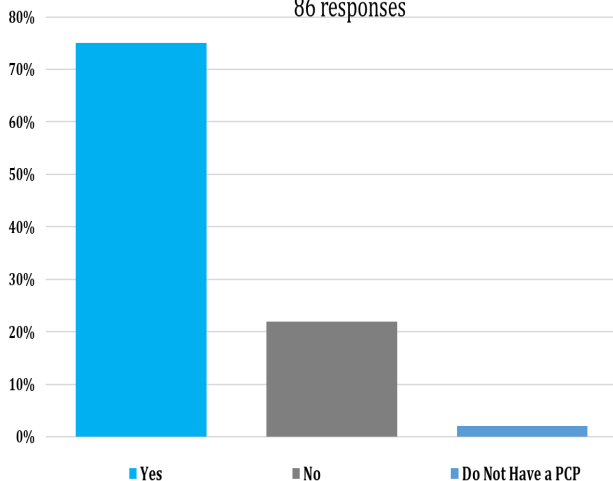
What concerns do you have about getting vaccinated against COVID-19?

172 responses



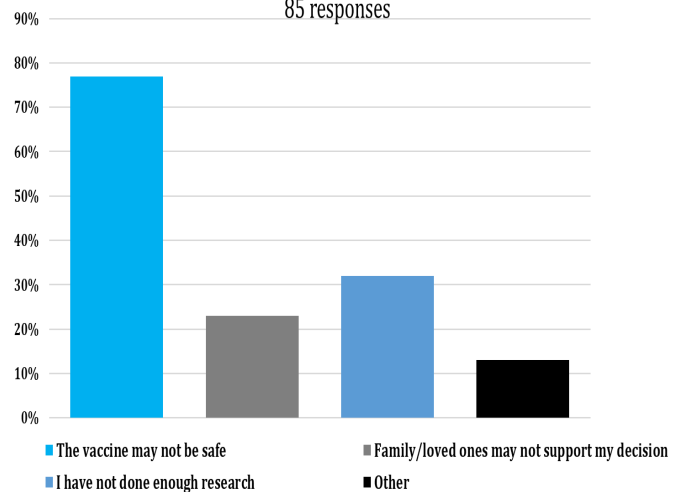
Have you discussed with your child(ren)'s primary care provider about them getting vaccinated?

86 responses

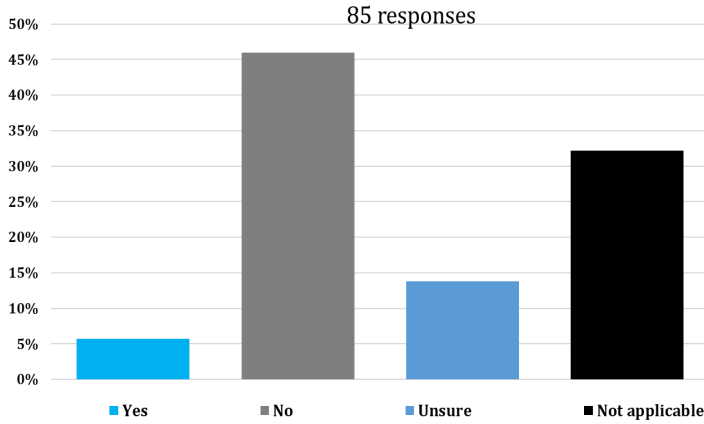


What concerns do you have about vaccinating your child(ren)? Select all that apply.

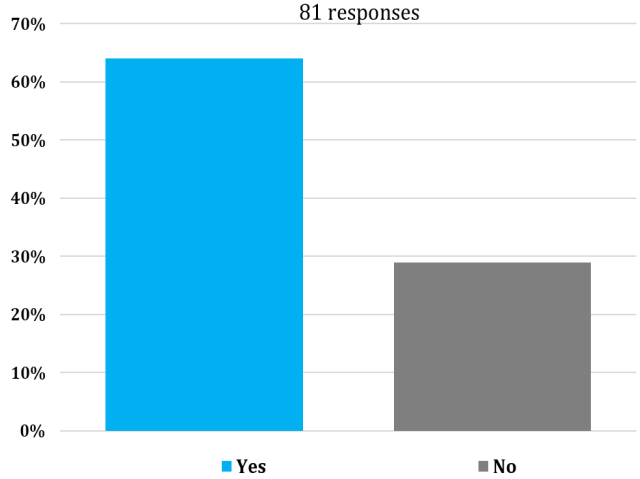
85 responses



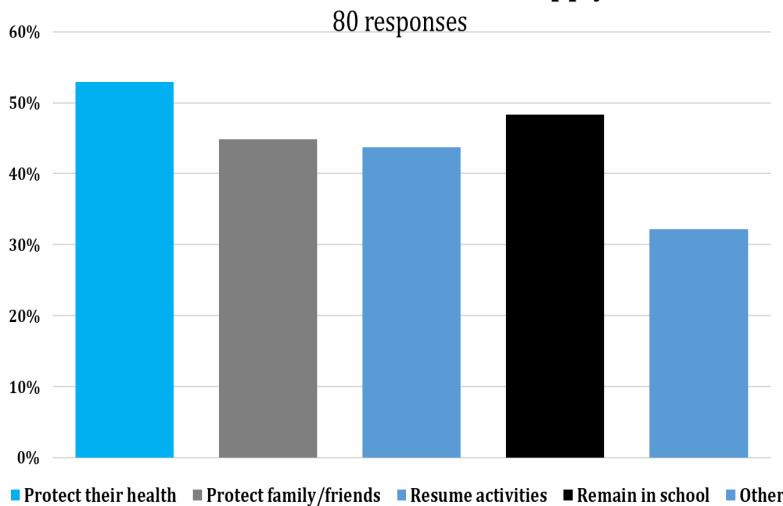
Does your child(ren)'s current health status prevent them from getting vaccinated?



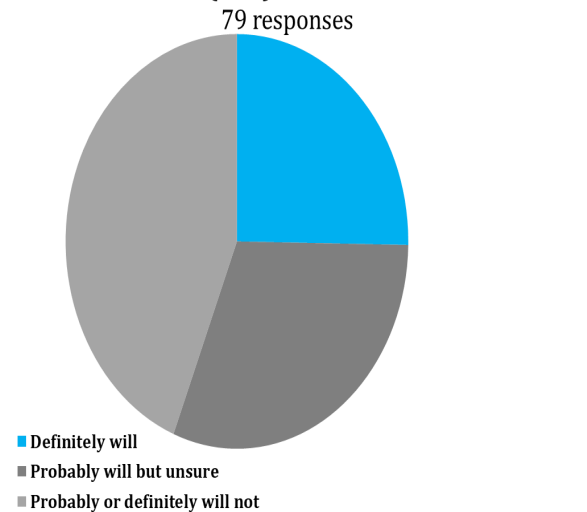
Are you, as the parent/guardian, vaccinated against COVID-19?



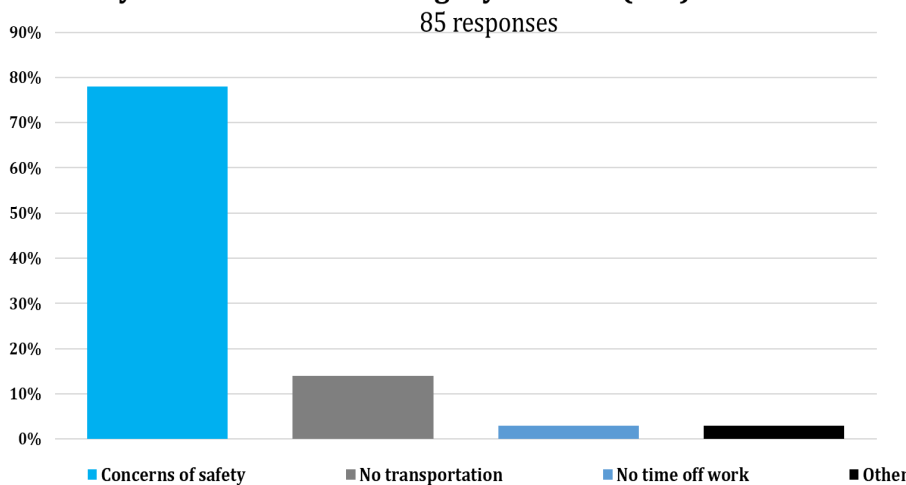
What would motivate you to get your child(ren) vaccinated? Select all that apply.



In the future, how likely are you to get your child(ren) vaccinated?



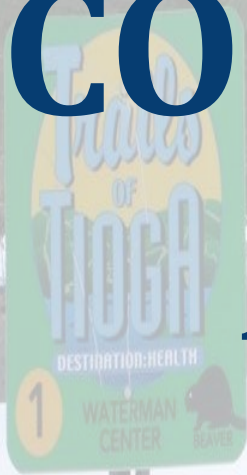
The COVID-19 vaccine is free. What is the main reason why you have chosen not to get your child(ren) vaccinated?



Vaccination Rates

As of September 2022, in Tioga County, 65% of children ages 5-11; 69% of children ages 12-17; 71% of people aged 18-64 and 86% of people over the age of 65 are fully vaccinated against COVID-19!

COMMUNITY ASSETS



Coalitions

Immunization Coalition
Professional Elder Network
Tioga County ASAP: Allies in Substance Abuse Prevention
Tioga County Non-Profit Network
Tioga County Suicide Prevention



Employment

Entrepreneurial Assistance Program/Waverly
Tioga County Chamber of Commerce
Tioga County Economic Development & Planning– Team Tioga
Tioga County Employment Center

Cultural

Apalachin Public Library
Berkshire Free Library
Cady Library
Candor Free Library
Coburn Free Library
Cornell Cooperative Extension
Newark Valley Historical Society
Rural Economic Area Partnership
Spencer Library
Susquehanna River Archaeological Center
Tappan Spaulding Memorial Library
Tioga Arts Council
Tioga County Tourism Office
Tioga Historical Society
Waverly Free Library

Educational

Abide in the Vine Daycare
BOCES to Careers Program
Candor Central School District
Family Enrichment Network-Head Start
Newark Valley Central School District
North Spencer Christian Academy
Owego-Apalachin School District
Spencer-Van Etten Central School District
SUNY Broome Community College-Owego
Tioga Central School District
Waverly Central School District



Food Banks

Catholic Charities Tioga County
Berkshire Helping Hands Food Pantry
Bread of Life Food Pantry
Food Bank of the Southern Tier: Mobile Food Pantry
Lounsberry Food Pantry
Park Terrace Food Pantry
Project Neighbor of Newark Valley
Spencer Van Etten Community Food Cupboard
Tioga County Rural Ministry
Tioga Open Door Mission/Pantry
Valley Food Pantry

Food System

Community Shop
Dollar General-Apalachin
Dollar General-Berkshire
Dollar General-Candor
Dollar General-Catatonk
Dollar General-Nichols
Dollar General-Owego
Dollar General-Waverly
Farmer's Markets (Seasonal)
Grand Union
Harry's Wine & Liquor
Hollenbeck Food-Shurfine
John's Fine Foods
Jolly Farmer of Waverly
Price Chopper
Soprano's Italian Market
Spencer Big M
Sweeney's Market
Ted Clarks Busy Market



Housing

A Place to Stay - Catholic Charities
Creamery Hills
Elizabeth Square Apartments
Newark Valley Apartments
Owego Gardens Senior Community
Spencer Elderly Housing
Tioga Open Door Mission
Tioga Opportunities Housing

Medical/Dental/Vision/Behavioral Health

Addiction Center of Broome County (ACBC)
Apalachin Family Care
Candor Family Care Center-UHS
Casa-Trinity Center of Treatment Innovation (COTI)
Dr. Keith Nichols
Elderwood Healthcare at Tioga
Guthrie Healthcare System
Guthrie Owego
Guthrie Waverly Family Care
Hiawatha Dental Center
Newark Valley Family Care Center-UHS
Northern Tioga Center for Family Health-Lourdes
Owego Dental
Owego Family Care Center- Lourdes
Owego Primary Care Center-UHS
Rehabilitation Support Services (RSS)
Riverview Manor Nursing Facility
Tioga County Mental Hygiene Clinic
Tioga Mobile Dental Services
Williams Family Eye Care



Public Safety

A New Hope Center
Candor Police Department
New York State Troopers
Owego Police Department
Spencer Police Department
Tioga County Emergency Services
Tioga County Sheriff's Department
Waverly Police Department



Organizational Assets

A New Hope Center
ACCORD
ACHIEVE
Baden Powell Council: Boys Scouts
Big Brother/Big Sister of the Twin Tiers
Casa-Trinity
Catholic Charities
Cornell Cooperative Extension of Tioga County
Family and Children's Society
Family Enrichment Network
Family Resource Center
Girl Scouts of NYPENN Pathways
Glove House
Joshua's House
Racker
Salvation Army
The Red Door
Tioga County ASAP Coalition
Tioga County Boys & Girls Club
Tioga County Department of Social Services
Tioga County Department of Aging
Tioga Opportunities' Family Planning Services
Tioga County 4-H
Tioga County Mental Hygiene Department
Tioga County Neighbors Helping Neighbors
Tioga County Open Door Mission
Tioga County Public Health Department
Tioga County Social Services
Tioga County Veterans Services
Tioga County WIC
Tioga County Youth Bureau
Tioga Opportunities
Tioga United Way



Recreational Assets

Art of Combat MMA
 Boat launches
 Camp Ahwaga
 Carantouan Greenway
 Crossfit 29:11
 El Rancho de Paz
 Fay's Fitness
 Four Seasons Fitness Studio
 Hickories Park
 Indoor Pool at Owego Free Academy
 Inspire Fitness
 Jenksville State Forest
 Kirby Park
 Mapleridge Ranch
 Marvin Park & Community Pool
 New Image Fitness Center
 Oakley Corners State Forest
 Owego Gymnastics & Activity
 Owego Riverwalk Path
 Peak Performance
 Ransom Park
 Rawley Park
 Simple Form Pilates
 Stormpeak Crossfit
 Tioga Central School Pool
 Tioga County Boys & Girls Club
 Trout Ponds Park
 Two Rivers State Park
 Waterman Conservation Education
 Center & Trail System
 Waverly Fitness Center
 Waverly Glen Park



Social Assets

American Legion- Candor
 American Legion- Nichols
 American Legion- Owego
 Tioga County Catholic Charities
 Tioga County Rural Ministry
 Various Faith-Based Organizations
 VFW- Owego
 VFW- Waverly



Transportation

A1 Chucks Taxi
 American Cancer Society: Road to Recovery
 Broome-Tioga Greenway
 C TRAN
 Disabled American Veterans
 Getthere! Call Center
 Medivan
 Northern Tioga Neighbors Network
 Owego Taxi
 R&L Taxi
 Senior Information and Referral Service
 Seniors Helping Seniors
 Tioga County Rural Ministries
 Tioga Opportunities
 Valley Taxi





Department of Health

You are Here: [Home Page](#) > [CHIRS home page](#) > [New York State Community Health Indicator Reports \(CHIRS\)](#)

New York State Community Health Indicator Reports (CHIRS)

State Dashboard County Dashboard Data Report County Health Site

County Dashboard Home Available County Comparison Health Data NY

SOURCE SUMMARY

Select a County Tioga

Filters for Indicators

- By Health Topic(s) Indicator Performance County's Position (o
- Cancer Indicators
 - Cardiovascular Disease Indicators
 - Child and Adolescent Health Indicators
 - Cirrhosis, Diabetes, and Kidney Indicators
 - Communicable Disease Indicators
 - Family Planning/Natality Indicators
 - HIV/AIDS and STI Indicators
 - Injury Indicators
 - Maternal and Infant Health Indicators
 - Obesity and Related Indicators
 - Occupational Health Indicators
 - Oral Health Indicators
 - Respiratory Disease Indicators
 - Health Status and Social Determinants of Health
 - Tobacco and Alcohol Use Indicators
- Improved
 - No Change
 - Worsened
- Lower Risk
 - Middle Risk
 - Higher Risk

Health Status and Social Determinants of Health

Tioga County - Indicators Data View

308 - Total population	i 🗨️ 📅
------------------------	---

Source Summary

Centers for Disease Control: Behavioral Risk Factor Surveillance Survey
Centers for Disease Control: PLACES
County Health Rankings (Robert Wood Johnson)
Mayo Clinic
National Center for Education Statistics
National Oceanic and Atmospheric Administration
National Provider Identifier Registry
New York State Bureau of Sexual Health
New York State Cancer Registry
New York State Congenital Malformations Registry
New York State COVID-19
New York State Department of Criminal Justice: Criminal History Database
New York State Department of Education Report Card
New York State Department of Health
New York State Department of Health: Behavioral Risk Factor Surveillance Survey
New York State Department of Health: Bureau of Dental Health
New York State Department of Health: Child Health Lead Poisoning Prevention Program
New York State Department of Health: Communicable Disease Electronic Surveillance System
New York State Department of Health: Community Health Indicators Report
New York State Department of Health: County Dashboard
New York State Department of Health: Environmental Data
New York State Department of Health: Lead Poisoning Prevention Program
New York State Department of Health: Opioid Overdose Prevention Program; County Opioid Report
New York State Department of Health: Statewide Planning and Research Cooperative System Data
New York State Department of Health: Student Weight Status Category Reporting System
New York State Department of Motor Vehicles
New York State Child & Adolescent Health
New York State Immunization Registry
New York State Medicaid Program
New York State Perinatal Data Profile
New York State Pregnancy & Nutrition Surveillance Survey
New York State Vital Statistics
Tioga County Dispatch
Tioga County Community Level Youth Development Evaluation
Tioga County Employment Services
Tioga County Prevention Needs Assessment Survey
Tioga County Women Infants and Children (WIC)
United States Bureau of Labor Statistics
United State Department of Agriculture
United State Department of Agriculture Statistics Services
United State Department of Agriculture: Feeding America
United State Department of Agriculture: Map the Gap
United States Census: American Fact Finder
United States Census: American Community Survey
United States Census: County Business Patterns
United States Census: Quickfacts
United States Department of Traffic: National Highway Safety Administration

A photograph of two mountain bikers riding on a dirt trail. The cyclist in the foreground is wearing a grey helmet, an orange and white jersey, and a blue backpack. The cyclist in the background is wearing a black and green jersey. The word "APPENDIX" is overlaid in large, bold, blue letters across the center of the image.

APPENDIX

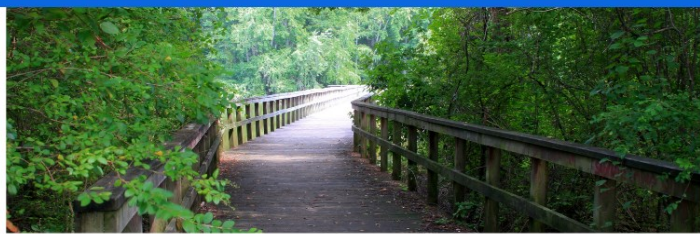
Detailed Cancer Incidence/Mortality

Below is a detailed breakdown of cancer incidence and mortality rates. Note that numbers in red indicate where Tioga County's rate is higher than New York State's.

Cancer Incidence Rate 2015-2019		
	Rate per 100,000 population	
Site of Cancer	Tioga	NYS
All Invasive Malignant Tumors	505.6	484.8
Female breast	126.6	131.3
Prostate	113.3	131.7
Lung and bronchus	62.0	57.6
Colorectal	42.3	37.7
Corpus uterus and NOS	31.5	31.5
Colon excluding rectum	28.6	26.5
Melanoma of the skin	30.5	18.1
Urinary bladder (incl. in situ)	29.0	22.2
Thyroid	19.6	19.3
Non-Hodgkin lymphoma	17.5	21.5
Leukemia	19.0	16.0
Testis	15	5.9
Kidney and renal pelvis	17.9	17.1
Pancreas	10.4	14.4
Ovary	10.2	12.4
Rectum & rectosigmoid	13.7	11.2
Liver/intrahepatic bile duct	7.1	8.9
Myeloma	7.2	8.2
Oral cavity and pharynx	11.7	11.4
Stomach	5.4	8.5
Brain/other nervous system	4.2	6.5
Esophagus	4.8	4.4
Cervix uteri	4.8	7.7
Larynx	4.2	3.0
Hodgkin lymphoma	1.7	3.1

Cancer Mortality Rate 2015-2019		
	Rate per 100,000 population	
Site of Cancer	Tioga	NYS
All Invasive Malignant Tumors	131.0	138.9
Lung and bronchus	38.0	31.4
Prostate	16.4	18.4
Female breast	12.4	19.8
Colorectal	11.1	12.0
Pancreas	9.5	10.8
Colom excluding rectum	8.2	9.6
Non-Hodgkin lymphoma	4.1	4.9
Ovary	5.9	7.2
Liver/intrahepatic bile duct	3.7	5.8
Brain/other nervous system	3.0	3.8
Leukemia	5.0	5.8
Kidney and renal pelvis	3.0	2.8
Urinary bladder (incl. in situ)	3.5	3.9
Esophagus	4.0	3.3
Melanoma of the skin	2.1	1.6
Myeloma	2.2	2.8
Rectum & rectosigmoid	2.9	2.4
Stomach	2.0	3.3
Corpus uterus and NOS	1.5	5.6
Oral cavity and pharynx	1.5	2.2
Cervix uteri	0.6	2.3
Larynx	1.0	0.8
Thyroid	0.3	0.5
Hodgkin lymphoma	0	0.3
Testis	0	0.2

Source: New York State Cancer Registry



Tioga County

Community Health Assessment Survey

Help us assess the health of our community
in this brief 10 minute survey!

Use the link below or scan the QR code.
<https://www.surveymonkey.com/r/tiogaph22>



Those who complete the
survey may enter to win a
\$50 gas gift card!



COMMUNITY HEALTH ASSESSMENT SURVEY SUMMARY

BASED ON 1038 RESPONSES

Responses have been rounded to the nearest tenth decimal point

1. What are the top three strengths of Tioga County?

- 43.4% Safe Neighborhoods
- 42.4% Great Place to Live
- 35.2% Outdoor Recreation
- 34.9% Reasonable Housing Prices
- 34.3% Great Community Support
- 17.9% Access to Many Resources
- 16.4% Social Activities
- 13.9% Available Jobs
- 13.6% Shopping Options
- 13.4% Social Systems

2. What are the top three concerns for you as a Tioga County resident?

- 36.1% Mental Health Issues
- 31.6% Access to Quality Providers
- 30.3% Addiction to Alcohol or Other Drugs
- 26.6% Environmental Issues (air pollution, water quality, clean drinking water, etc.)
- 23.0% Overweight & Obesity
- 17.8% Safe or Sufficient Housing
- 14.8% Infectious Diseases (COVID-19, flu, hepatitis, clean drinking water, etc.)
- 11.6% Cancer
- 9.5% Suicide
- 9.4% Gun Violence
- 9.2% Injuries or Falls in Seniors
- 8.5% Asthma or Breathing Problems
- 8.3% Developmental Delays in Children
- 8.0% Maternal Mortality (death among new mothers)
- 6.7% Teeth or Gum Issues
- 6.3% Secondhand Smoke
- 5.8% Babies Born Prematurely
- 5.6% Teen Pregnancy
- 4.8% Sexually Transmitted Infections (chlamydia, gonorrhea, etc.)

- 4.0% Heart Disease
- 0.0% Traffic Safety, More Dental Providers, More Mental Health Providers, Assistance for Services, More Substance Use Providers

3. What three areas would you like to see changes made, to make Tioga County a healthier place to live?

- 30.8% Better Employment Opportunities
- 27.7% Increase Access to Specialty Providers (mental health, substance use, dental, etc.)
- 26.5% Housing Availability/Affordability
- 26.1% More Activities for Youth/Young Adults
- 25.5% Affordable Daycare & Providers
- 24.5% Address Cost of Living
- 24.1% Increase & Improve Access to General Healthcare
- 22.8% Improve Outdoor Recreation Places
- 19.9% Assistance Accessing Services
- 19.6% Public Transportation
- 15.9% Environmental (air pollution, water quality, etc.)
- 14.8% Services for Elderly
- 0.0% Increased Access to Specialty Providers

4. Please rank the following priority areas in order from 1-5, (with 1 as the highest priority and 5 as the least) in how you think Tioga County should focus on the health problems associated with it.

Rank	Priority Area	Example
1	Prevent Chronic Diseases	Healthy Eating, Physical Activity, Tobacco Prevention, Chronic Disease Preventative Care & Management
2	Promote a Healthy & Safe Environment	Injuries, Violence and Occupational Health, Outdoor Air Quality, Food and Consumer Products
4	Promote Healthy Women, Infants and Children	Maternal and Women’s Health, Perinatal and Infant Health, Child & Adolescent Health
3	Promote Well-Being & Prevent Mental and Substance Use Disorders	Well-Being, Mental and Substance Use Disorders Prevention
5	Prevent Communicable Diseases	Vaccine Preventable Diseases, Sexually Transmitted Infections. Hepatitis C, Antibiotic Resistance, Respiratory issues

- 5. Do you have any kind of health care coverage or health insurance?**
95.9% Yes
4.1% No
- 6. Do you have a primary care doctor or nurse practitioner who sees you regularly in their office or clinic for things such as physicals, medication management and laboratory testing?**
82.2% Yes
11.5% No
6.4% I used to, but don't have one right now
- 7. Is your Primary Care Provider located in Tioga County?**
63.2% Yes
30.3% No
6.5% No. I don't have a Primary Care Provider
- 8. How often do you seek medical care at a "walk-in" facility?**
33.9% Maybe once a year
28.9% About every 6 months
19.4% Monthly
17.8% Never
- 9. Do you have a dentist you see regularly or at least every six months?**
74.4% Yes
25.6% No
- 10. Is your dental provider located in Tioga County?**
46.0% Yes
38.5% No
15.4% I do not have a dental care provider
- 11. Have you ever been told by a health professional that you have any of the following?
(Select all that apply)**
44.7% High blood pressure or hypertension
25.4% Obesity
24.8% High cholesterol
21.6% Mental Health concerns
21.1% None of these

- 20.3% Blood sugar problems, or diabetes
- 11.9% Asthma, COPD, or other breathing issues
- 10.9% Cancer (current or in remission)

12. How many days in a week are you physically active for at least 20-30 minutes?

- 2.9% 0
- 11.2% 1
- 16.3% 2
- 14.6% 3
- 12.2% 4
- 16.1% 5
- 8.1% 6
- 18.5% 7

13. How healthy are your eating habits? (Eating recommended amounts of fruits, vegetables, proteins, etc.)

- 46.5% Good
- 44.8% Fair
- 8.7% Poor

14. Where do you usually get the majority of your food? (Select all that apply)

- 70.0% Grocery store
- 26.1% Fast food/Takeout
- 24.4% Food bank
- 20.3% My Own Garden
- 13.2% Family/friends
- 3.7% Other

15. Is transportation a barrier for you to any of the following? (Select all that apply)

- 57.2% No. Transportation is not a barrier for me
- 18.3% Grocery Store
- 14.9% Employment
- 14.4% Dental Care
- 13.9% Medical Care (primary, specialty, emergency)
- 13.3% Pharmacy
- 7.3% Veteran's Services
- 5.9% Attending Social Events or Visiting Family/Friends

16. Where do you typically get your health information? (Select all that apply)

- 59.2% Primary Care Provider
- 45.0% Internet sources like WebMD, CDC
- 25.8% Health Insurance Company
- 24.9% New York State Department of Health
- 23.1% Family Members
- 17.8% Tioga County Public Health
- 14.2% Facebook
- 13.1% Friends

17. How has COVID-19 impacted aspects of your daily life?

IMPACT	DECREASED	NO CHANGE	INCREASED
Ability to get childcare	23.8%	47.0%	29.2%
Ability to get emergency healthcare	22.1%	52.2%	25.7%
Ability to get essential items	31.1%	42.4%	26.5%
Ability to get preventative healthcare	23.3%	51.5%	25.1%
Ability to get stable and affordable housing	17.5%	55.4%	27.1%
Relationships with friends and family	35.5%	38.1%	26.4%
Domestic violence	9.9%	56.6%	34.3%
Mental Health (stress, depression, feelings of isolation)	14.9%	35.0%	50.1%
Education & school environment	26.9%	41.1%	32.0%
Financial stability/income	29.8%	44.8%	25.4%
Employment	20.4%	54.9%	24.7%
Consumption of alcohol	8.5%	53.9%	37.6%
Tobacco use (including vaping)	11.2%	49.0%	39.8%
Illegal drug use	9.4%	54.0%	36.6%
Marijuana use	9.0%	51.9%	39.2%
Neighborhood crime and violence	6.2%	51.4%	42.4%

18. Have you made any of the following changes to your lifestyle or daily activities because of COVID-19 since March 1, 2020? (Select all that apply)

- 58.7% More use of hand sanitizer than usual
- 57.2% More handwashing than usual
- 47.4% More cleaning/disinfecting in my home than usual
- 46.6% Avoiding group gatherings w/family and/or friends
- 45.8% Stocking up on food/household items
- 43.4% Wearing a mask in public
- 42.2% Avoiding or cancelling travel
- 31.1% Not eating at restaurants
- 29.9% Disinfecting or wiping down groceries
- 23.9% Disinfecting or wiping down mail/packages
- 4.2% Other

19. Overall, considering all the possible ways your life may have been impacted by the COVID-19 pandemic (since March of 2020), how much has the pandemic impacted your day-to-day life? (Choose the option that best describes you)

- 13.7% It has not impacted my life at all
- 35.9% It has impacted my life a little
- 36.1% It has moderately impacted my life
- 14.3% It has extremely impacted my life

20. What is your number one concern regarding COVID-19 moving forward?

- 13.7% Political Division
- 13.1% Financial Instability
- 13.0% Long term COVID
- 11.3% Learning Gaps in School-Age Children
- 10.4% Loosening Restrictions (mask use, vaccination, etc.)
- 10.0% Me or My Loved Ones Becoming Infected with COVID-19
- 9.3% Continuation of Mask Wearing
- 8.4% New Emerging Variants
- 5.5% Access to Vaccines or Boosters
- 5.5% The Health of Tioga County

21. What is your zip code?

- 13.2% 13732 (Apalachin)
- 3.7% 13734 (Barton)
- 5.5% 13736 (Berkshire)
- 12.0% 13743 (Candor)

- 8.8% 13811 (Newark Valley)
- 4.2% 13812 (Nichols)
- 34.4% 13827 (Owego)
- 1.7% 13835 (Richford)
- 0.4% 13845 (Tioga Center)
- 1.8% 13864 (Willseyville)
- 0.9% 14859 (Lockwood)
- 2.4% 14883 (Spencer)
- 11.0% 14892 (Waverly)

22. What best describes where you live?

- 31.3% Countryside
- 25.5% Small neighborhood
- 23.9% Village
- 13.3% Hamlet
- 6.1% Mobile Home Park

23. What gender do you identify with?

- 57.6% Female
- 38.6% Male
- 3.2% Non-binary
- 0.6% Other

24. What is your age group?

- 1.8% Under 18
- 5.6% 18-19
- 17.0% 20-24
- 20.3% 25-34
- 23.6% 35-49
- 19.1% 50-64
- 12.7% 65+

25. How would you describe yourself?

- 83.5% White
- 9.1% Black or African American
- 3.3% Asian
- 1.3% Pacific Islander
- 1.1% Native American
- 1.1% Multi-Racial
- 0.8% Hispanic

26. What is your education level?

- 5.6% Some high school
- 26.3% Graduated High School
- 7.5% Trade school
- 14.0% Associates Degree
- 26.2% Bachelor's Degree
- 18.0% Graduate Degree
- 2.4% Doctorate

27. What was your household (everyone living in your home) income last year?

- 7.9% Less than \$23,999
- 23.6% \$24,000-\$44,999
- 15.3% \$45,000-\$54,999
- 8.6% \$55,000-\$64,999
- 10.5% \$65,000-\$74,999
- 16.2% \$75,000-\$99,999
- 17.9% \$100,000 or more

28. What is your current employment status?

- 53.3% Worked full time, year round
- 16.8% Worked, part-time or part year
- 13.0% Retired
- 7.9% Unemployed
- 5.8% Stay-at-home parent/caregiver
- 3.3% Disability

COVID-19 Vaccine Hesitancy Survey Summary

Based on 172 responses

1. What concerns do you have about getting vaccinated against COVID-19?

- 76.2 I don't feel that it was tested thoroughly or long enough.
- 81.4% I'm concerned about the potential long-term effects of the vaccine.
- 68.0% I don't trust the information and/or the sources it's originating from.
- 68.0% I feel the vaccine was rushed/developed too quickly to be safe.
- 55.8% I don't feel as though I'm at high risk or that I need it.
- 44.8% I don't feel like it'll actually work.
- 24.4% None of the Above/Other

2. What concerns do you have about getting your child(ren) vaccinated against COVID-19?

- 73.3% I don't feel that it was tested thoroughly or long enough.
- 73.3% I'm concerned about the potential long-term effects of the vaccine.
- 66.9% I don't trust the information and/or the sources it's originating from.
- 65.1% I feel the vaccine was rushed/developed too quickly to be safe.
- 58.7% I feel that my child is not at high risk for severe COVID-19 illness.
- 43.0% I don't feel like it'll actually work.
- 25.6% None of the Above/Other

COVID-19 Vaccine Hesitancy for Minors Survey Summary

Based on 87 responses

1. My child(ren) fits into this age range:

- 10.3% 0-4 (not eligible for a vaccine yet)
- 75.9% 5-11
- 27.6% 12-17

2. Have you discussed with your child(ren)'s primary care provider about them getting vaccinated against COVID-19?

- 74.7% Yes
- 21.8% No
- 2.3% My child(ren) does not have a PCP

3. What would motivate you to get your child(ren) vaccinated?

- 52.9% To protect their health.
- 44.8% To protect family/friends.
- 43.7% To resume social activities/travel.
- 48.3% To remain in school.
- 32.2% Other

6. What concerns do you have about vaccinating your child(ren)?

- 77.0% That the vaccine may not be safe for my child(ren).
- 23.0% Family members or loved ones might not support my decision to vaccinate my child(ren).
- 32.2% I have not done enough research to determine the best choice.
- 12.6% Other

8. Are you, as the parent/guardian, vaccinated against COVID-19?

- 64.4% Yes
- 28.7% No

4. Does your child(ren)'s current health status (i.e. diagnosed condition) prevent them from getting vaccinated?

- 5.8% Yes
- 46.0% No
- 13.8% Unsure
- 32.2% Not applicable

7. In the future, how likely are you to get your child(ren) vaccinated?

- 40.2% Probably or definitely will not get the vaccine
- 27.6% Probably will but unsure
- 23.0% Definitely will

Comments

“Already fully vaccinated.”

“Perhaps publish a flyer, pamphlet, or brochure with more information on the vaccine and the effects on children. Just so there is more information out to the general public.”

“My hcp does not offer it for distribution while at the office.”

“I have concerns about long term effects.”

“My child has an extreme fear of needles.”

“I would be interested in transportation or in-home vaccination.”

Data Snapshot

Birth Outcomes

Indicator	2019 Tioga County CHA	2022 CHA Update	New York
	2014-2016	2017-2019	
Low Birth Weight	6.4%	7%	8.1%
Pre-Term Babies (<37 Weeks Gestation)	8.6%	8.1%	9%
Infant Mortality (Rate per 1,000)	6.9	3.7	4.4
Teen Births (Rate per 1,000)	21.8	17.4	11.9

Mortality

Source: NYS Vital Statistics

Indicator	2019 Tioga County CHA	2022 CHA Update	New York
Life Expectancy (years)	80.0	79.7	80.3
Percentage of Premature Deaths (per 100,000)	41.0%	41.0%	41.0%
Drug Overdose Death Rate (per 100,000)	18.5	15.9%	18.3%
Leading Causes of Death	2013-2015	2017-2019	
	Age-Adjusted Mortality Rate Per 100,000		
Cardiovascular Disease	190.9	184.9	210.8
Cancer	131.7	127.5	139.6
Alzheimer's	28.6	30.4	N/A
Stroke	31.8	19.7	24.1
Chronic Lower Respiratory Disease	35.1	33.8	28.3
Unintentional Injury	38.5	45.6	34.4
Diabetes	13.4	18.8	17.6
Suicide	11.8	15.9	8.2
Motor Vehicle	8.5	13.2	5.1
Cirrhosis	6.1	11.1	7.0

Cancer Mortality

Indicator	2019 Tioga County CHA	2022 CHA Update	New York
	2013-2015	2016-2018	
	Age-Adjusted Mortality Rate Per 100,000		
All Sites/Types	128.3	127.5	139.6
Female Breast Cancer	12.7	15.5	18.7
Prostate Cancer	17.9	17.1	17.5
Lung and Bronchus Cancer	37.2	37.2	31.3
Colon and Rectum Cancer	11.6	12.2	12.1

Source: NYS Cancer Registry

Health Risks

Indicator	2019 Tioga County CHA	2022 CHA Update	New York
Obese (2017)	30.0%	27.5%	27.9%
Food Insecurity	9.5%	11.0%	11.0%
Current Smoker (2017)	20.8%	20.0%	13.0%

Access to Care

Indicator	2019 Tioga County CHA	2022 CHA Update	New York
Percent Uninsured Adults (2017)	5.7%	4.0%	6.0%
Access to Primary Care	3300:1	3210:1	1180:1
Access to Dentist	5421:1	5320:1	1190:1
Access to Mental Health Provider	731:1	640:1	310:1

