ONE REGION, ONE CNA
Westchester County

A REGIONAL COMMUNITY NEEDS ASSESSMENT (CNA) UNDERTAKEN IN COLLABORATION WITH: WESTCHESTER MEDICAL CENTER, MONTEFIORE MEDICAL CENTER, REFUAH HEALTH CENTER AND HEALTH ALLIANCE OF THE HUDSON VALLEY
CNA PROCESS and TIMELINE

Prior to Mid September 2014
* Prepared, translated, & finalized survey instruments; created public facing websites as platforms for data collection and communication
* Distributed survey through email and postal mail to DOH and PPS partners; carried out public awareness campaign
* Commenced data collection

Mid-September – December 2014
* Continued with data collection and entry
* Conducted quality assurances and data cleaning
* Performed preliminary data analyses for PPSs’ DSRIP applications

January 2015 – Present
* Completed data collection and entry
* Completed data cleaning and quality assurances
* Continue data analyses and research findings dissemination activities
From a total sample of 4,952 survey respondents, 1,931 are from Westchester County. This subpopulation (n=1,931), however, are demographically different from the overall Westchester County population. Findings presented here, therefore, are only reflective of those who participated in the survey and not representative of the County.
Westchester County (n=1,931) – Respondents Demographics
Westchester County (n=1,931) – Respondents Race

- White, 49%
- Black, 32%
- Asian, 3%
- Native, 1%
- Other, 15%

Westchester Medical Center
Center for Regional Healthcare Innovation
Westchester County (n=1,931)

Respondents Age

Respondents Annual Household Income

- $75,000 and over: 20%
- $50,000-$74,999: 8%
- $40,000-$49,999: 4%
- $30,000-$39,999: 8%
- $20,000-$29,999: 10%
- $10,000-$19,999: 19%
- Less than $10,000: 31%
CNA Demographics Take Away Points

Compare to the 2013 Census data, our survey sample from Westchester County was not representative of the overall demographics for the county. We oversampled Black/African American, Native American, Hispanic, and those with low social economic status. Our Westchester County’s sample also has more women and most were younger than 65 years of age.

Among the uninsured from Westchester County, 74% of respondents were not aware of how to get their healthcare paid for.

49% of respondents from Westchester County reported that they were unemployed, compared to 5.7% for the whole county (NYS Dept of Labor for March 2014).
Westchester County (n=1,931)

Respondents’ Ranking of Their Overall Health and Mental Health

- Excellent: 16% (Overall Health), 29% (Overall MH)
- Very Good: 30% (Overall Health), 29% (Overall MH)
- Good: 38% (Overall Health), 29% (Overall MH)
- Fair: 14% (Overall Health), 11% (Overall MH)
- Poor: 2% (Overall Health), 2% (Overall MH)
Westchester County – Community Health Issues

Top ranked health issues in the community by respondents (out of 17):

• Diabetes
• Cancer
• Heart Disease
• Obesity
• Mental Health

*Top 3 leading causes of death in NYS, according to the NYS DOH Vital Statistics

¥One of the leading causes of death among minority populations
Health Services Access & Utilization by Respondents
Westchester County (n=1,931)/Regional (N = 4,952)

- 86% in Westchester vs. 87% in Regional for having a provider when needed.
- 67% in Westchester vs. 68% in Regional for having a routine dental check-up in the past year.
- 7% in Westchester vs. 16% in Regional for traveling out of County for healthcare.

Westchester Regional Westchester Regional Westchester Regional
Have provider when needed Had routine dental check-up (past year) Self/Family traveled out of County for healthcare

84% 87%
67% 68%
7% 16%

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Westchester County – Health Services Access & Utilization by Respondents (cont.)

Top Health Services to Leave County for Care (out of 9 services, n=122)

1. Specialty Care (27%)

2. Dental Care (22%)

3. Primary Care (20%)

4. Hospital Care (15%)

5. OB/GYN (12%)
Main reasons for traveling outside of county for health services (n=122)

- For better care, 76%
- No provider in County, 16%
- Closer to work/home, 8%
Health Services Access & Utilization by Respondents (cont.)
Westchester County (n=1,931)/Regional (n = 4,952)

Last Routine Physical Check-Up

<table>
<thead>
<tr>
<th></th>
<th>Westchester</th>
<th>Regional</th>
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<tbody>
<tr>
<td>Past year</td>
<td>81%</td>
<td>76%</td>
</tr>
<tr>
<td>Past 2 years</td>
<td>12%</td>
<td>14%</td>
</tr>
<tr>
<td>Past 5 years</td>
<td>3%</td>
<td>4%</td>
</tr>
<tr>
<td>5 or more years</td>
<td>2%</td>
<td>3%</td>
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~ 5% of respondents had not had a routine checkup in > 2 yrs. Similar reasons were cited by those without a dental check-up in past year (33%)

TOP REASONS FOR LACK OF ROUTINE CHECK-UPS

- Healthy
- High Cost
- Lack of Time
- Fear
Westchester County – Health Services Access & Utilization by Respondents (cont.)

Went to the ED – Past Year

About 26% of respondents went to the Emergency Department last year for care

Seriousness of the health problem

Lack of alternative providers
CNA – Health Services Access & Utilization by Respondents (cont.)

Preventive Health Services

- Diabetes testing: 76%
- Blood Pressure testing: 82%
- Cholesterol testing: 79%
- Cancer screening: 68%
- Nutrition Education: 71%
- Weight loss programs: 71%
- HIV testing: 67%
- STD testing: 74%

Mental Health services: 71%
- Substance Abuse services: 75%
- Alcohol/Abuse services: 66%
- Family Planning services: 66%
- Maternal & Child services: 68%

Treatment Health Services

- Nutrition Education: 43%
- Weight loss programs: 17%
- HIV testing: 27%
- STD testing: 23%
- Mental Health services: 14%
- Substance Abuse services: 11%
- Alcohol/Abuse services: 9%
- Family Planning services: 8%
- Maternal & Child services: 8%

Know Where To Go
Used Service In Past Year
Westchester County - Health Services Access & Utilization

Take Away Points

Among the 5% respondents that did not have a routine physical check-up and 33% respondents that did not have a routine dental check-up, cost, time, fear, and the quality of care were some of the barriers for participants to access good primary and preventive care.

Diabetes, cancer, heart disease, and mental health were identified among the top community health issues, yet 18% - 34% of respondents did not know where to get basic preventive care for some of these conditions.

Compared to the rest of the region, respondents from Westchester county reported the lowest rate of respondents traveled out of the county for care.
ACKNOWLEDGEMENT

This survey was made possible through the help and support of many individuals and organizations, including the staff of Westchester County Department of Health and the three Performing Provider Systems (PPSs) in the Hudson Valley Region (Westchester Medical Center, Montefiore Medical Center, and Refuah Health Center). We sincerely acknowledge the interest shown in our survey by our network partners and all respondents who were willing to share their opinions on health care delivery in our region. Their insights are invaluable.
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