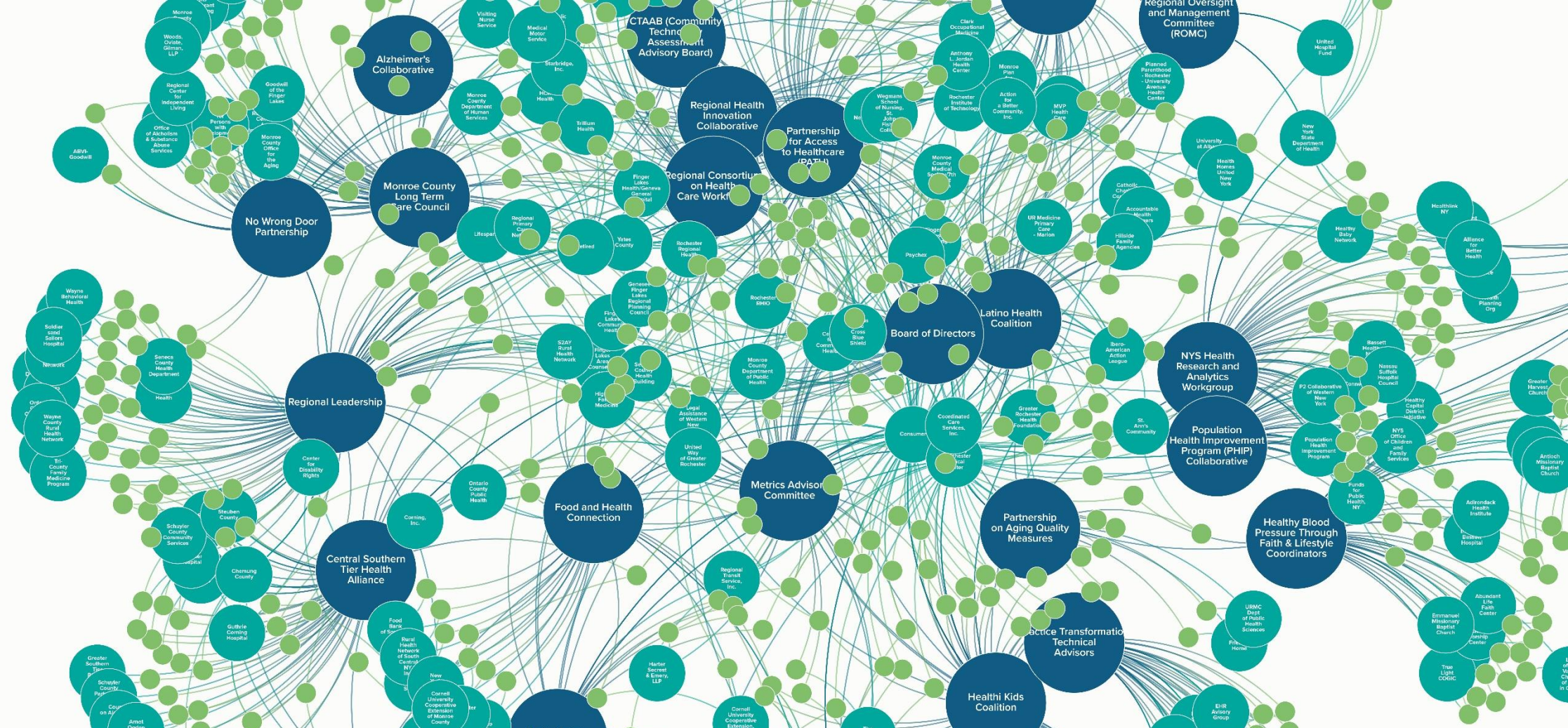


Wayne County Health Update

Insights on poverty and health in Wayne County

January 13, 2021

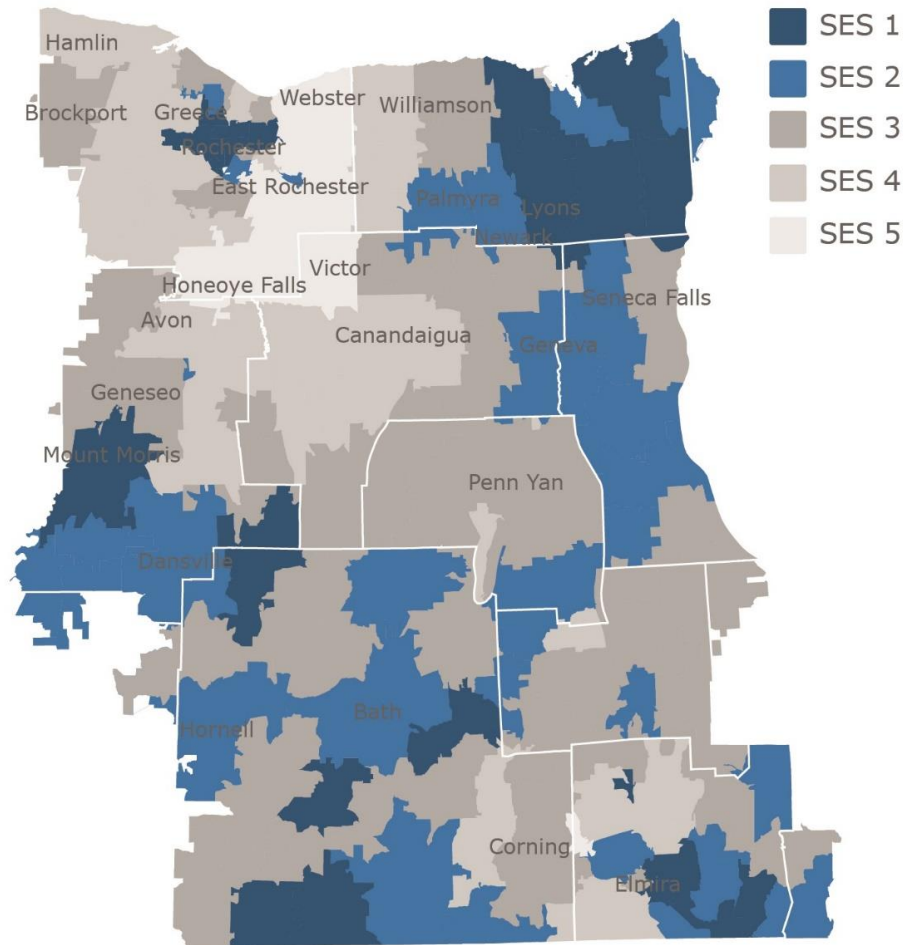


245 organizations on 25 cross-sector tables

Legend
 ● People
 ● Organizations
 ● Tables

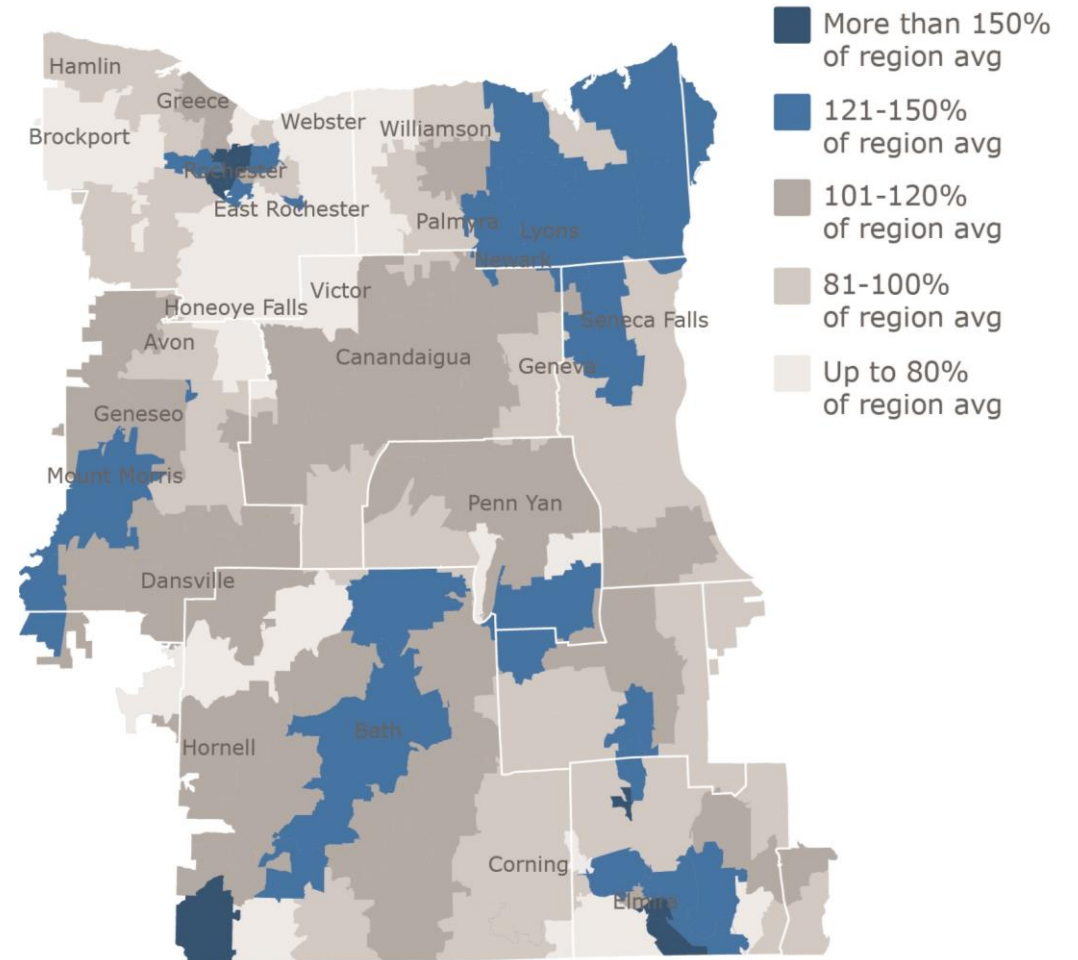
Poverty cuts lives short

Areas with Low Socioeconomic Status in Blue†



Source: American Community Survey; ZIP code level analysis by Common Ground Health

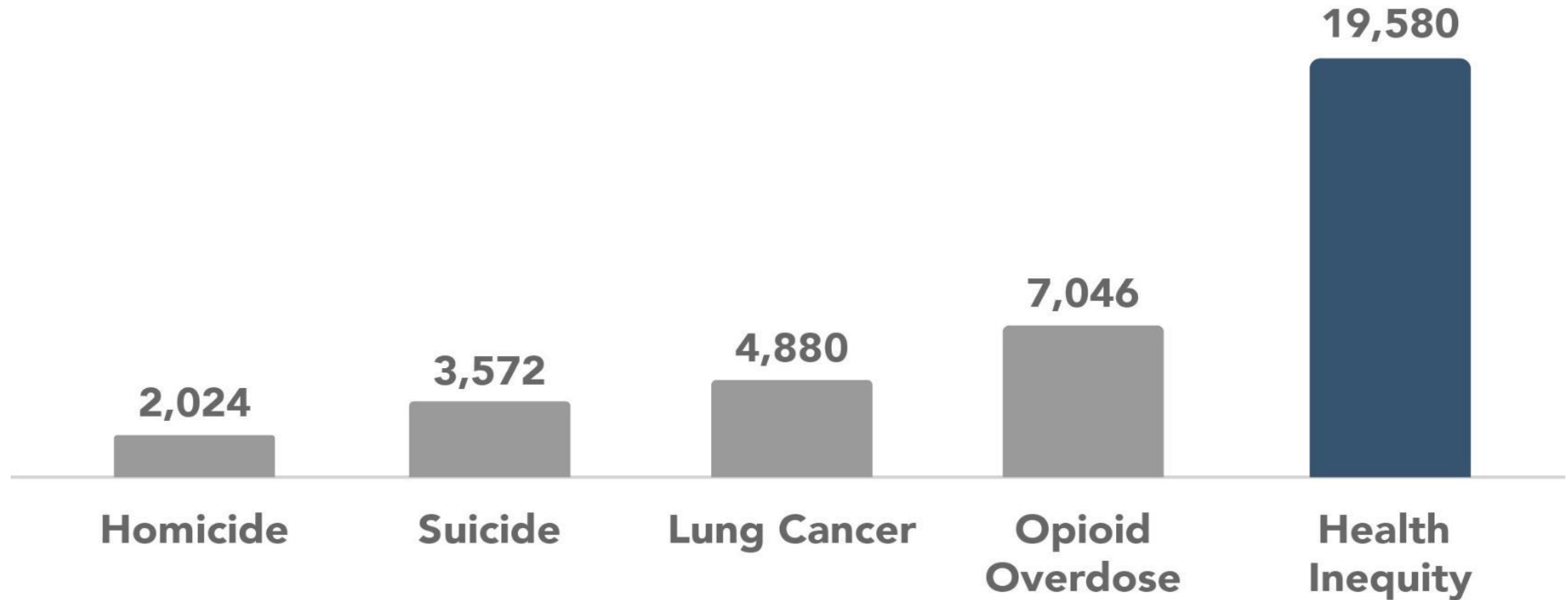
Areas with High Rates of Years of Potential Life Lost in Blue†



Source: NYSDOH Vital Statistics 2006-2015; ZIP code level analysis by Common Ground Health

The region's #1 health concern

Years of potential life lost in the Finger Lakes region annually



Source: NYSDOH Vital Statistics 2013-2015; Age-sex adjusted analysis by Common Ground Health
Excess mortality calculated based on difference between each population's actual age-sex adjusted rate
of mortality and the baseline rate (SES 4-5 white non-Hispanic)*

**Opioid overdose data for 2017 from New York State County Opioid Quarterly Report, October 2018, NYSDOH*

Physical health

Residents with the lowest SES are

105% more likely to have teeth removed

154% more likely have diabetes

239% more likely to have asthma

Mental Health

Residents with the lowest incomes have

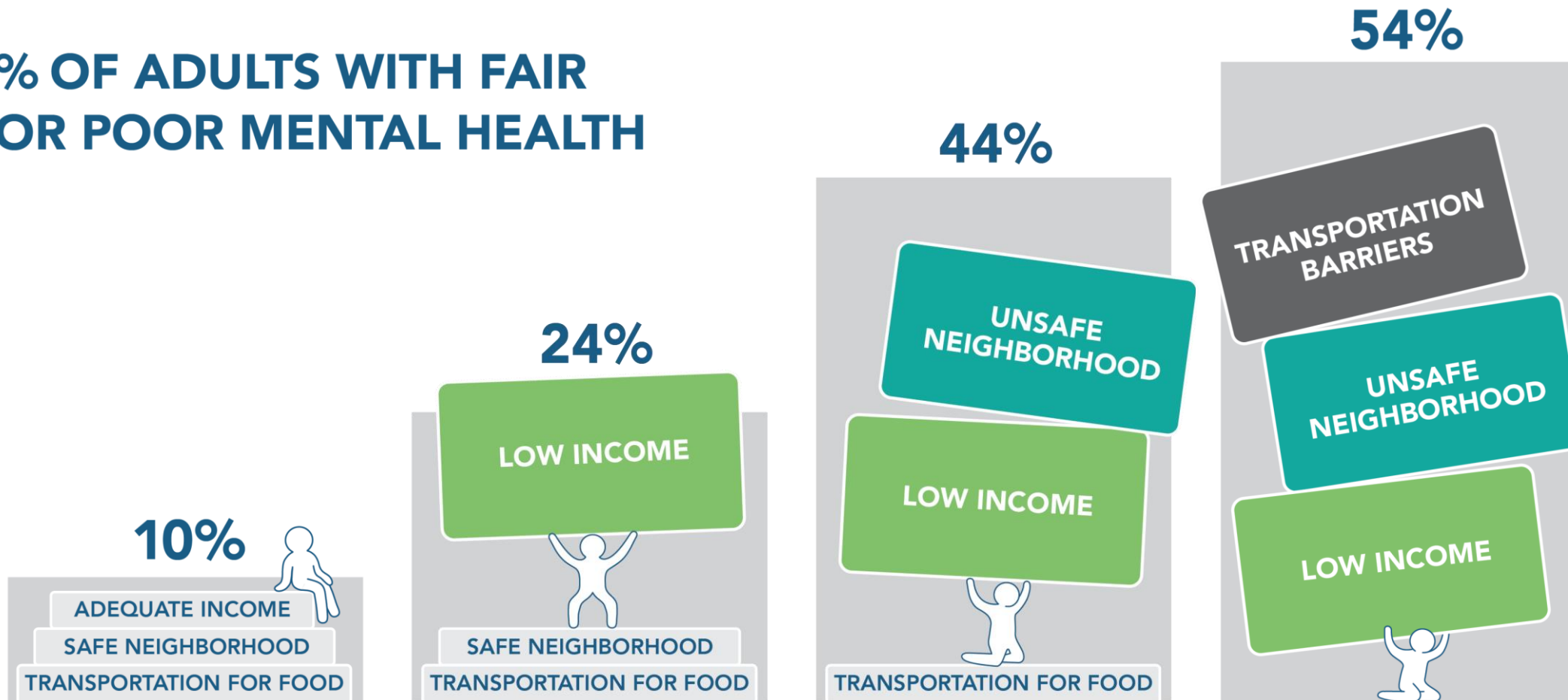
3x feelings of helplessness

4x significant anger

4x self-destructive behavior

Mental health deteriorates under socioeconomic burdens

% OF ADULTS WITH FAIR OR POOR MENTAL HEALTH



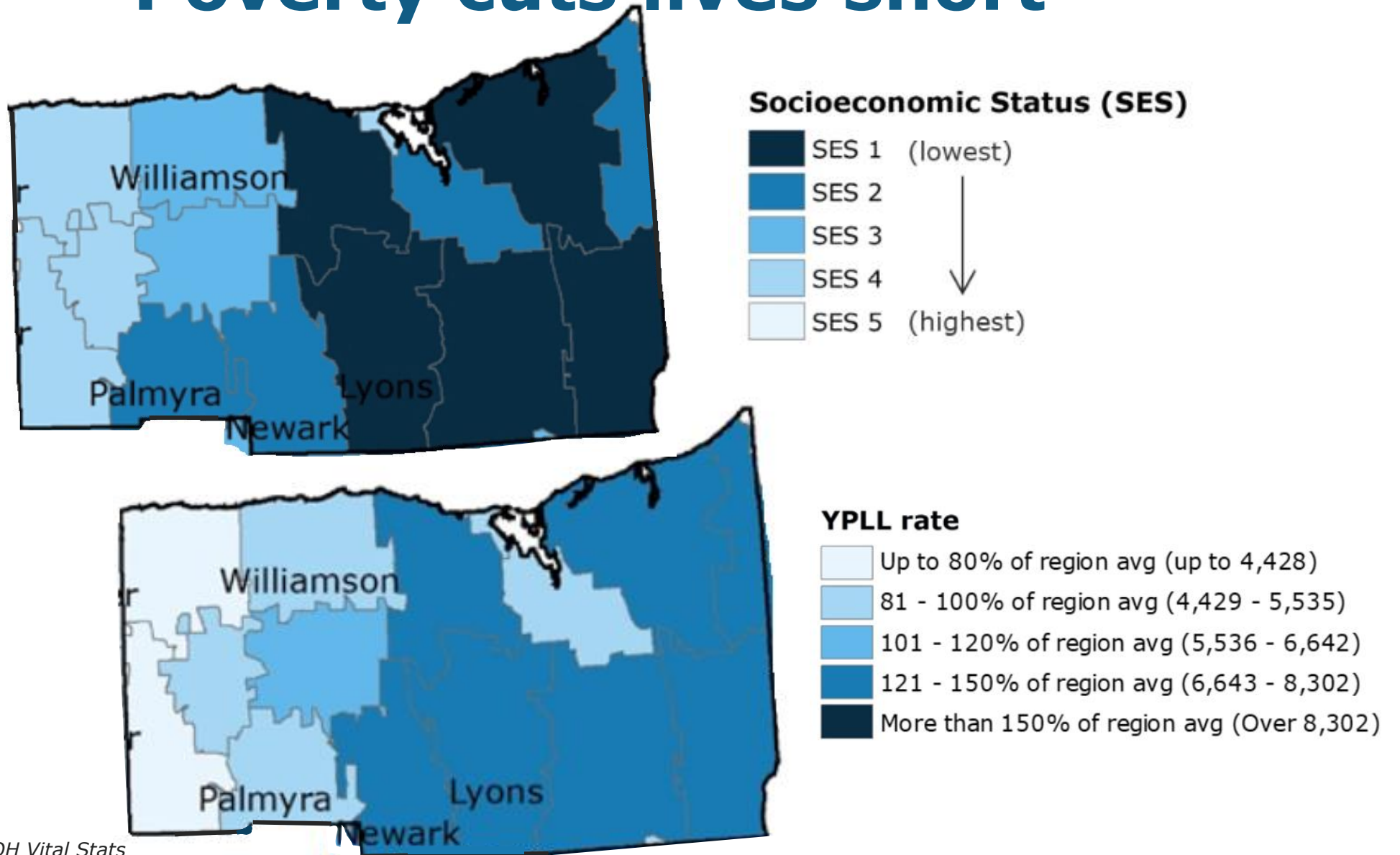
Barriers to eating healthy

	Under \$25K	\$75K+
Eating healthy is very important to me	56%	55%
Poor/fair eating habits	34%	13%
Top reason for not eating healthier	Too expensive (54%)	Don't have time (37%)
Transportation is challenge (for healthy food access)	31%	2%

Source: My Health Story survey 2018. Analysis by Common Ground Health.

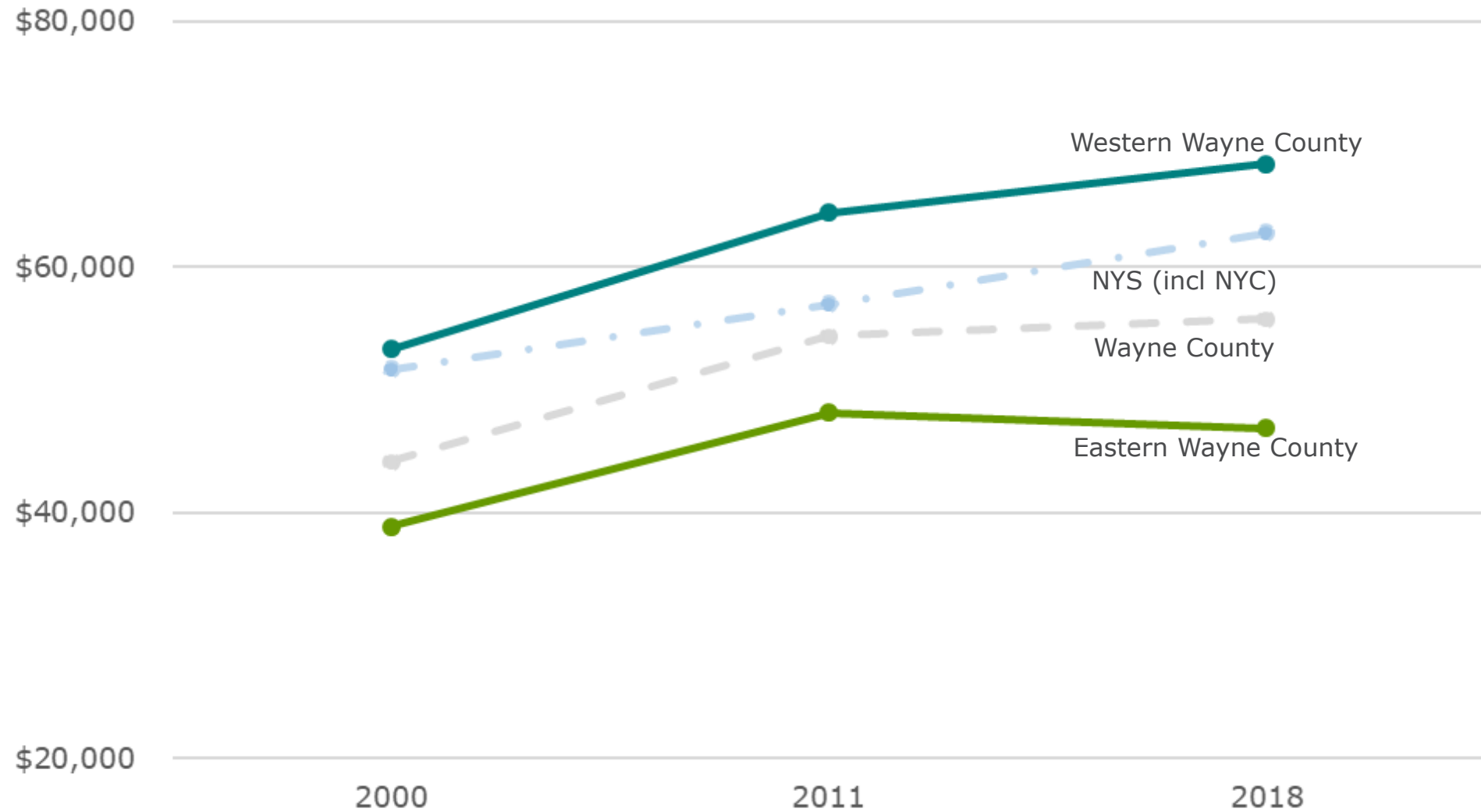
Wayne County Data

Poverty cuts lives short



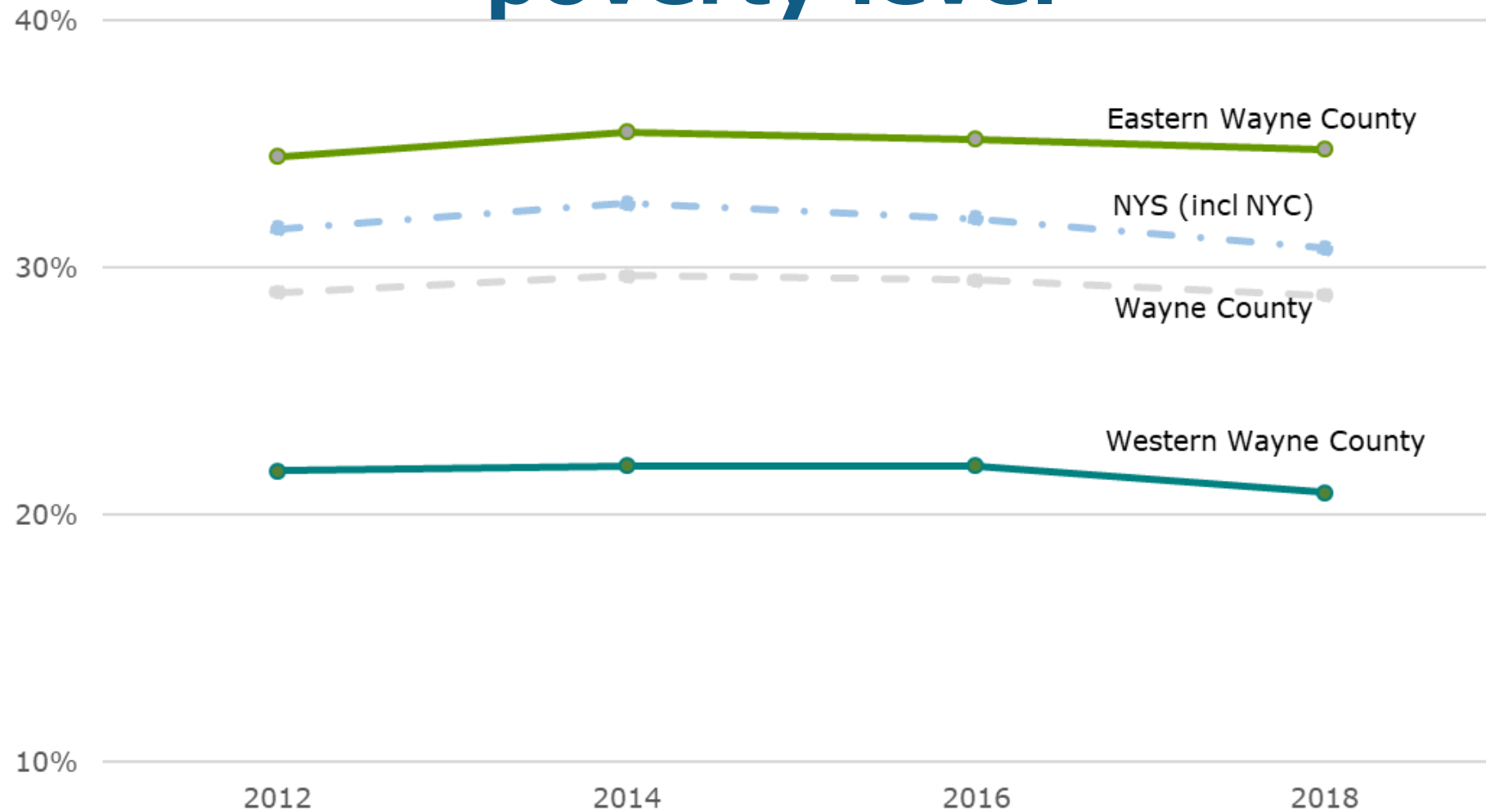
Source: NYSDOH Vital Stats

Average median household income



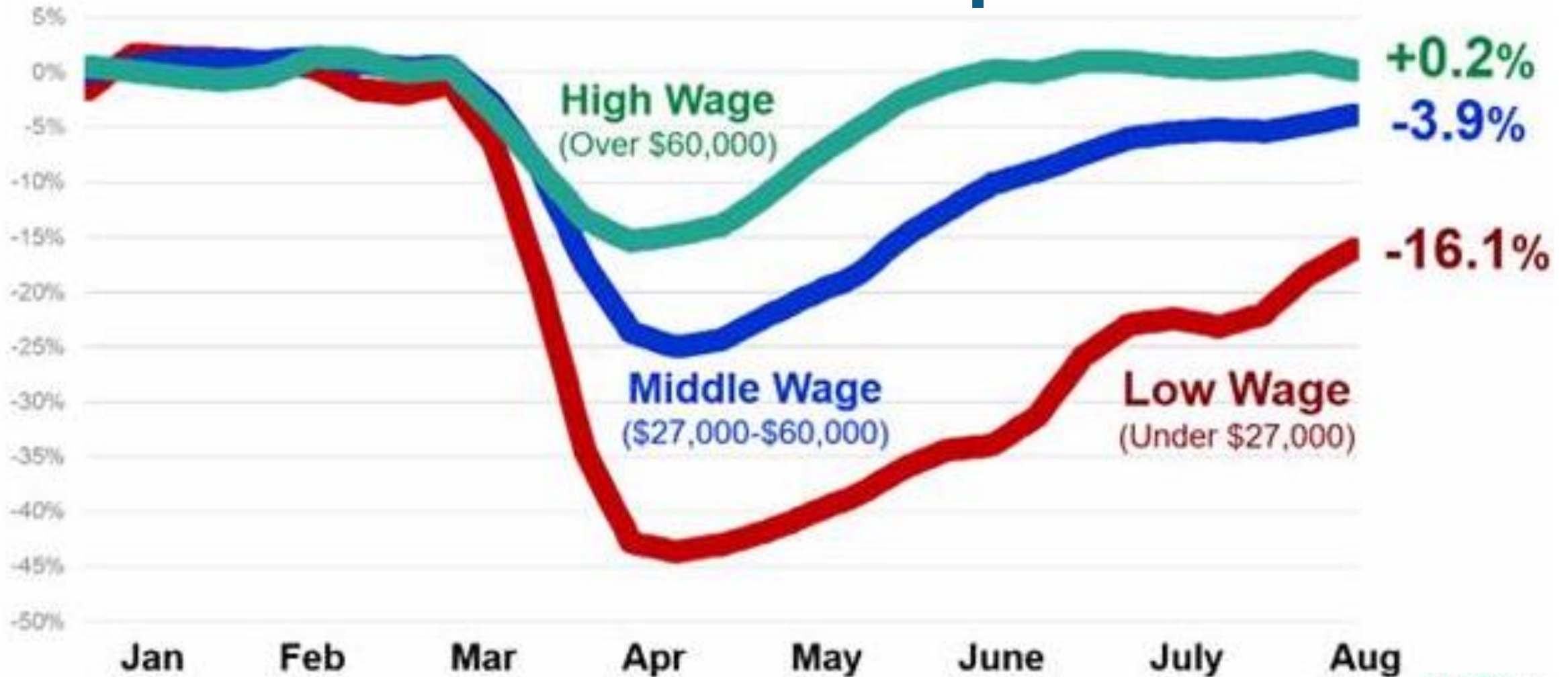
Source: US Census

% of families with income below 200% of poverty level

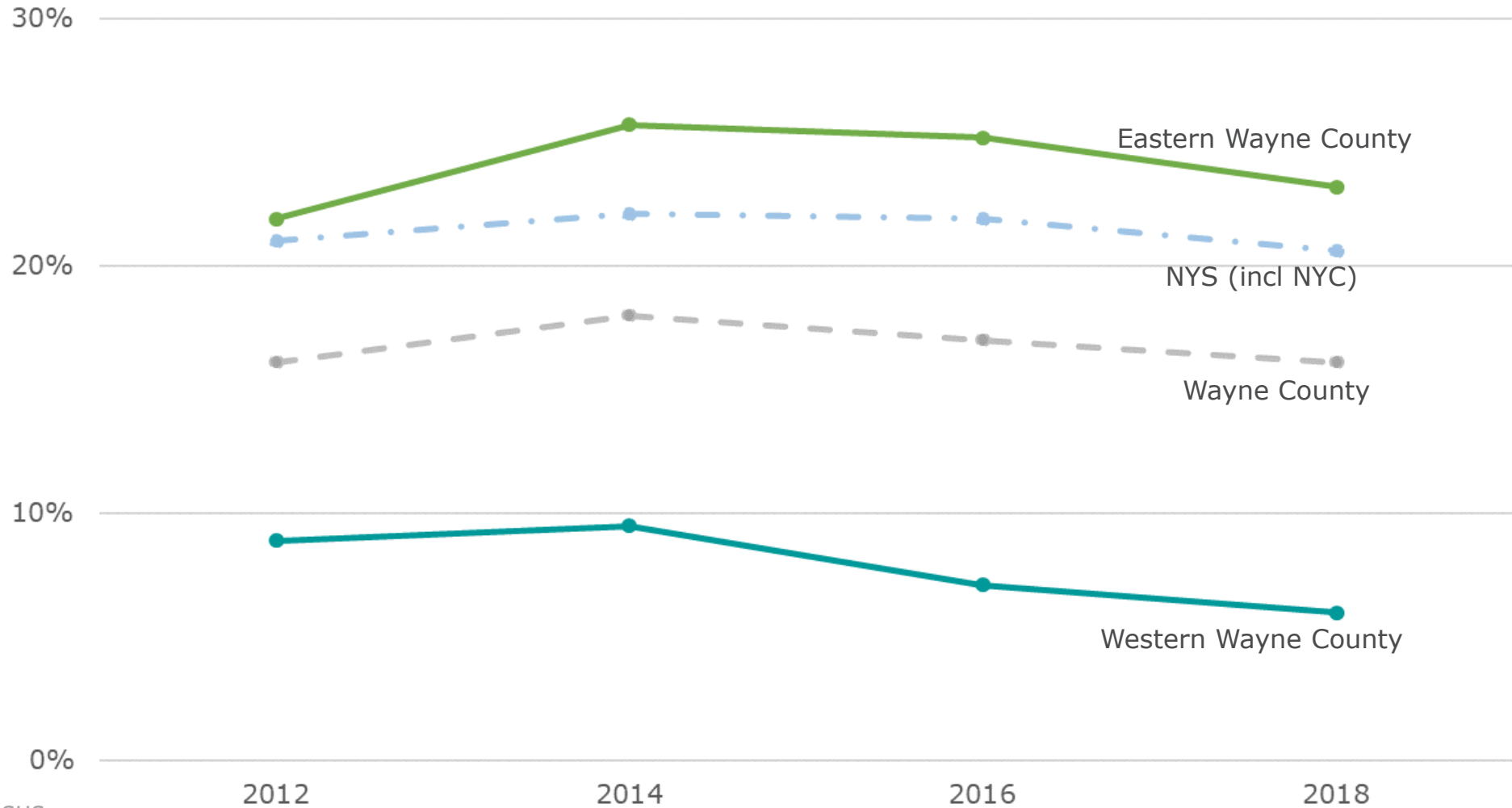


Source: US Census

Monroe County Low wage workers bear the brunt of COVID pain

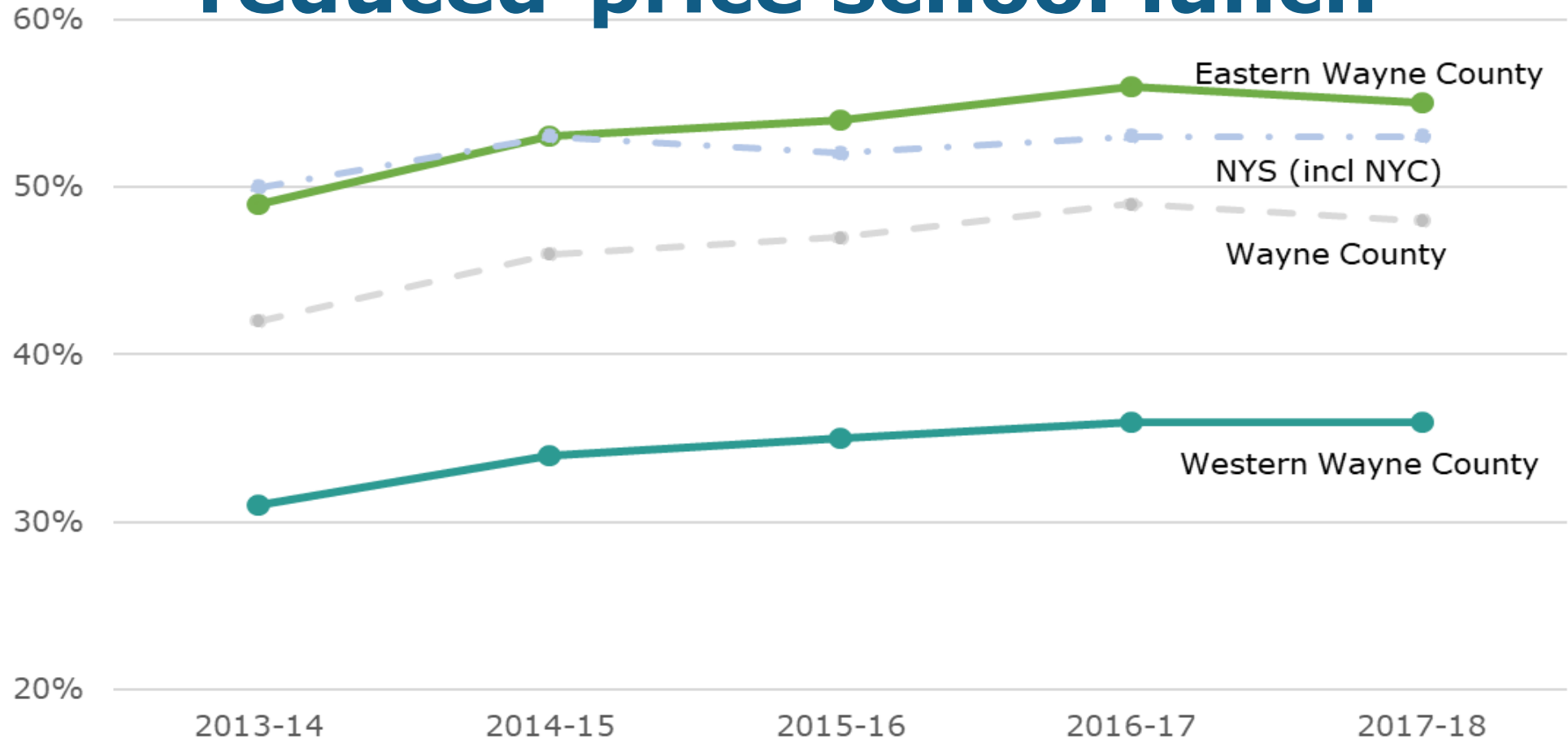


% of population under 18 years below poverty level



Source: US Census

% of children receiving free or reduced-price school lunch



Wayne Public School Districts, K-12:
Eastern = Clyde-Savannah, Lyons, N Rose, Wolcott, Newark, Red Creek, Sodus
Western = Gananda, Marion, Palmyra-Macedon, Wayne, Williamson

Source: NYSED

Barriers to eating healthy

8 County Region

	under \$25K	\$25-50K	\$50-75K	\$75K+	Overall
Buying healthy food is too expensive	57%	50%	43%	24%	42%
I don't enjoy the taste of healthy food	3%	6%	11%	8%	7%
I don't have any place nearby to buy healthy food	4%	5%	2%	3%	3%
I don't have the supplies and equipment I'd need to cook healthy food	8%	4%	3%	1%	4%
I don't have the time to shop for, and prepare, healthy food	15%	18%	22%	22%	19%
I don't have the transportation to go shopping for healthy food	11%	1%	0%	0%	3%
I don't know how to cook and prepare healthy meals that taste good	16%	15%	14%	9%	13%
The others in my household don't eat healthy, and we eat together	14%	13%	14%	13%	13%
I really don't have any barriers keeping me from eating healthy food	22%	33%	37%	48%	36%
I don't want or need to eat healthier than I already do	5%	6%	10%	11%	8%

"Quick meals are highly processed and in a hurry it is hard to make a good choice."

Source: My Health Story survey 2018. Analysis by Common Ground Health incorporates weighting to reflect demographics of each county and the region.

Barriers to being physically active

	8 County Region				Overall
	under \$25K	\$25-50K	\$50-75K	\$75K+	
I always seem to be too tired to exercise	29%	31%	33%	26%	29%
I can't afford a gym membership or other fitness opportunities	46%	31%	22%	10%	26%
I can't exercise because of a physical limitation or disability	25%	13%	12%	7%	14%
I don't have a safe place nearby to get more exercise	9%	6%	5%	3%	6%
I don't have anyone to exercise with, and don't like to exercise alone	21%	19%	17%	11%	16%
I don't have the time to get more exercise	17%	38%	46%	54%	40%
I don't have transportation to get places where I could get more exercise	11%	2%	1%	0%	3%
My life is too complicated to worry about exercise	6%	10%	9%	7%	8%
I really don't have any barriers keeping me from being physically active	16%	27%	20%	30%	24%
I don't want or need to be more active than I already am	8%	8%	10%	8%	8%

"I get very tired but try to make myself use the treadmill because I do not feel safe walking outside in the evening and it is too hot during the day...."

"Single parents is very hard for us to find someone to watch our children for an hour or so while we go workout at a gym where kids aren't allowed. A YMCA would be great we ALL can go to the YMCA and benefit."

"Caregiving for disabled parents when not at work."

Source: My Health Story survey 2018. Analysis by Common Ground Health incorporates weighting to reflect demographics of each county and the region.

Cost, weight and mental health issues are top concerns in Wayne

Biggest fear - for self

Cost (14.5%)
Weight (12.9%)
Heart conditions (9.3%)
Mental / emotional health issues (9.1%)
Cancer (8.9%)

Biggest fear - for others

Cost (12.0%)
Mental / emotional health issues (10.7%)
Cancer (9.4%)
Heart conditions (8.4%)
Weight (6.4%)

County priority - for adults

Mental / emotional health issues (19.4%)
Weight (16.4%)
Diet / nutrition (15.9%)
Substance abuse (15.0%)
Cost (10.9%)

County priority - for children

Diet / nutrition (25.8%)
Mental / emotional health issues (16.9%)
Weight (14.6%)
Substance abuse (13.4%)
Education (13.2%)

Source: *My Health Story* survey 2018. Analysis by Common Ground Health incorporates weighting to normalize survey participants to demographics of each county. Top 5 issues shown for each question. Data shown are the percent of participants with responses in each category.

Promising responses

- **Coordinated Approach to Child Health (CATCH)** evidence-based physical activity program in some schools
- **Nourish NY (NYN)** a 'best practice' program developed by CCE in Albany
- **Community Schools** food pantries for students, families and community members
- **Baby Cafe** in Newark
- **Healthy Living programs** National Diabetes Prevention Program (NDPP) and Chronic Disease Self-Management (CDSM)
- **Prescription food program** at Newark Wayne Community Hospital
- **Youth Mental Health First Aid (MHFA)** for adults interacting with youth including law enforcement and roll out for grades 10th and 11th
- **Adult MHFA** for adults interacting with adults

Wayne County residents' health fears

"MENTAL HEALTH!!!! There is not enough support, education, appointments, etc."

"I haven't been to the doctor/dentist in so long; and I'm afraid to go and find out something is wrong."

"We run out of well water in the hot summer months ...I fear for health issues that arise and not having water for, say, wound care, ...it's hard to shower from a milk jug."

"My husband and I are getting older. My biggest fear is having to do without him."

"Not having health care insurance, not able to afford it and not eligible to receive assistance to afford it, I work crazy hours [and] still I can not afford all my medical needs and or dental needs. I will one day have a major health event and more than likely die because of it. I am truly stuck in the middle of it all."

Finger Lakes COVID-19 Vaccine Task Force

- **Diane Devlin**

Wayne County Health Department

- **Earl Greene**

Wayne Action for Racial Equality

- **Kerry VanAuken**

Wayne County Health Department

- **Vicky Ramos**

Wayne-Finger Lakes BOCES

Finger Lakes Reopening Schools Safely Task Force

- **Jay Roscup**

Finger Lakes Community Schools

- **Vicky Ramos**

Wayne-Finger Lakes BOCES

Common Ground Health reports

- **Overloaded, 2019**

<https://media.cmsmax.com/ravk3pgz5ktlujs1r08ci/overloaded-the-heavy-toll-of-poverty-on-our-regions-health.pdf>

- **Wayne County Health Profile, 2020**

<https://www.commongroundhealth.org/insights/county-data/wayne-county>



Data-driven collaboration and innovation
from the Finger Lakes region



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