



**COMMUNITY HEALTH NEEDS ASSESSMENT AND IMPLEMENTATION PLAN –
JUNE 2016**

Tyrone Regional Health Network is, and has been an active member of the Healthy Blair County Coalition. Representatives of Tyrone Regional Health Network have been members of the Steering Committee, Data Analysis Work Group, Let’s Move Blair County Committee, Corporate Challenge Committee, Chamber Workplace Wellness Committee, Marketing Work Group, and Tobacco- Free Work Group.

In addition to active participation of the Coalition, Tyrone Regional Health Network has provided in-kind services as needed. Tyrone Regional Health Network plans to commit the necessary staff, financial support, staff time and coordination of strategies to ensure successful implementation of the strategies, programs, and services. The hospital will provide all the educational material that will be used for the programs. The hospital will consider underwriting at least a portion of the cost, if any, to implement an evidence-based, community healthy lifestyle program.

Promote Healthy Lifestyle

Findings and Documented Need

The need to promote a healthier lifestyle for the residents of Blair County remains an identified need in both the 2012 and 2015 community health needs assessments. Based on the 2015 CHNA household survey, 70.0% of respondents felt obesity was the greatest health-related community challenge while 39.8% reported being overweight as a problem within their household. A further analysis based on geographic area (Northern, Central, and Southern Blair County) indicated similar results.

In responding to the question “What are the greatest needs regarding health education and prevention services in Blair County”, obesity was ranked either first or second in nine out of twelve surveys.

As part of their interview, healthcare providers ranked obesity (25.0%) as one of the top three community health needs and was the top issue driving our community health needs (38.9%). They felt there is a lack of understanding regarding diet and its role in health and disease. Their concern was for children in particular who experience poor diets and lack of physical exercise on a regular basis.

The results of the County Health Rankings Report for Blair County have not been positive overall; although the trend has improved over the last six years as shown in Table 9.10

Table 9 : Blair County Health Rankings						
2010	2011	2012	2013	2014	2015	2016
63	62	56	56	51	48	46

According to that same report, 34% of the adult population in Blair County is considered obese. This is in comparison to Pennsylvania at 29.0% and the national benchmark at 25.0%.

Obesity is often a result of poor diet and limited physical activity. Obesity increases the risk for health conditions such as coronary heart disease, type 2 diabetes, cancer, hypertension, stroke, etc. In terms of potential life lost (YPLL) before age 75 per 100,000 population, the measure in Blair County is 7,500 as compared to Pennsylvania at 6,900. The report indicates the ranking for physical inactivity among adults in Blair County is 29.0% again comparing that with Pennsylvania at 24.0% and the national benchmark at 21.0%. It is important to state that 75.4% of residents in Blair County live in close proximity to a park or recreational facility.

According to the Center for Disease Control, obesity rates in Blair County increased from 25.3% to 33.1% from 2004 – 2013. Reports of physical inactivity increased from 26.9% to 27.2% while reported diagnosis of diabetes rose from 9.3% to 11.3%.¹² In Blair County, 34.6% of K-6 students and 35.4% of students in grades 7-12 are considered overweight or obese.

Food insecurity is an economic and social indicator of the health of a community. It's defined as limited or uncertain availability of nutritionally adequate foods or uncertain ability to acquire these foods. In Blair County, 12.8% of the population experienced food insecurity at some point during the year.¹⁴ In addition, 54% of all restaurants are fast-food establishments.

The 2015 Blair County Health Profile Report indicates diseases of the heart as the major cause of death. The rate for Blair County is 206.2 (per 100,000) as opposed to Pennsylvania at a rate of 179.2 (per 100,000).

Similar results for obesity, lack of physical activity, and diabetes were highlighted in the most recent Behavioral Risk Factor Surveillance System Report for Blair County (2011-2013).

Obesity, Diabetes, and Lack of Physical Activity

Goal(s): Research, Select, and Implement One or More Programs/Activities to Address Obesity, Encourage Physical Activity, and Impact Incidence of Diabetes
Encourage the integration of health and wellness into every aspect of community life.
Coordinate and collaborate with all other agencies currently working on this effort.

Progress and Accomplishments (2012 – 2015)

Tyrone Regional Health Network co-sponsored the Annual Bellwood-Antis Public Library Community Health and Safety Fair. Thirty vendors offered free health screenings and health-related information to almost 200 participants. The hospital contributes to a health related column in the Tyrone Daily Herald which has over 1,000 subscribers. The hospital created the Wellness and Awareness Circuit which has been presented to students and faculty in two Blair County school districts. The establishment of the Tyrone Fitness and Wellness Center is a resource for residents of the community to focus on health and fitness.

Implementation of Plan:

Program	Intended Outcomes	Anticipated Impact	Target Population	Lead Organizations
Let's Move Blair County	Promote obesity prevention, such as eating healthier and engaging in physical activity throughout the community.	Increase the number of children, parents, employees, and community members engaging in programs to encourage healthy eating, becoming more physically active, and limiting screen time.	All individuals	Healthy Blair County Coalition Tyrone Regional Health Network
Blair County Corporate Fitness Challenge	Promote the Corporate Fitness Challenge to encourage employees to attain their optimal state of health.	Increase the organizations, businesses, and employees, engaging in programs to encourage healthy eating and becoming more physically active	Blair County businesses and employees	Healthy Blair County Coalition Tyrone Regional Health Network
Community Education Programs	Provide classes on healthier eating, physical activity, diabetes education, and stress reduction.	Increase the number of children, parents, employees, and community members engaging in programs to encourage healthy eating, becoming more physically active, and limiting screen time.	Overweight/obese and/or physically inactive individuals	Healthy Blair County Coalition Tyrone Regional Health Network
National Diabetes Day Health Fair	Host health fair and offer screenings, cooking demonstrations, and educational classes.	Increase diabetes education and awareness	All individuals	Healthy Blair County Coalition Tyrone Regional Health Network
Tyrone Fitness and Wellness Center	Provide exercise classes, cardio equipment, treadmills, stationary bikes, and other state-of-the-art fitness equipment.	Increase the number of community members engaging in activities to become more physically active.	Community members	Tyrone Regional Health Network

Smoking and Tobacco

Findings and Documented Need

The results of the 2012 and 2015 community health needs assessment reflected a concern with smoking and tobacco use. Based on the 2015 CHNA household survey, 60.2% of respondents felt smoking and tobacco use was a major/moderate concern. Respondents from northern Blair County ranked it the second highest challenge for the community at 80%. The results were similar for the survey conducted by the other seven agencies with a range of 45.0% - 91.7%. Twenty (20.0%) of households experienced negative effects of smoking and tobacco use. Key informants considered smoking and tobacco use (85.0%) in the top five community challenges. Members of the faith-based community ranked it in the top three challenges (91.7%).

In responding to the question “What are the greatest needs regarding health education and prevention services in Blair County”, 37.5% reported tobacco prevention and cessation. Responses were even higher for those completing the survey from other organizations.

According to the County Health Ranking Report for Blair County, 20.0% of the adult population in Blair County currently smokes every day. The Healthy People 2020 national health target is to reduce the proportion of adults who smoke to 12.0%. This is an area designated for Blair County to address in the county health ranking report. Each year approximately 480,000 premature deaths can be attributed to smoking.³⁵ Cigarette smoking is identified as a cause of various cancers, cardiovascular disease, and respiratory conditions. Another upcoming concern is e-cigarette use which has tripled from 2013 – 2014 among middle and high school students. In Blair County, 29.9% of students in grade 12 reported vaping/e-cigarette use in the last 30 days.

According to the 2015 Blair County Health Profile Report, cancer is the second leading cause of death in Blair County. The rate is 167.5 (per 100,000) as compared to Pennsylvania at a rate of 173.4 (per 100,000).

Twenty-three percent (22.4%) of mothers in Blair County report smoking during pregnancy. Strategy: Smoking/Tobacco (environmental strategy)

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Goal(s): Identify and support the implementation of policies and programs that promote a smoke free community (e.g. smoke-free workplaces, clean indoor ordinances, smoking cessation programs, etc.).

Collaborate with the Blair Drug and Alcohol Partnerships on conducting smoking cessation programs for all three hospitals and local businesses.

Progress and Accomplishments (2012 – 2015)

- ❖ The Tobacco-Free Work Group developed and distributed a webinar to provide information and resources for businesses and organizations on how to become 100% tobacco-free workplaces.
- ❖ In collaboration with career services personnel and guidance counselors, a roundtable

- meeting was held. The purpose was to educate students on issues related to seeking employment in companies that are currently or will be tobacco-free workplaces.
- ❖ In collaboration with the Blair Drug and Alcohol Partnerships, local hospitals, businesses, and other organizations, fifteen smoking cessation classes were conducted. Of the 143 smokers that attended the classes, 49% quit smoking.

Implementation of Plan:

Program	Intended Outcomes	Anticipated Impact	Target Population	Lead Organizations
Tobacco-Free Workplace Webinar	Provide a resource to encourage businesses and organizations to become tobacco-free facilities.	Increase the number of businesses and organizations that are tobacco-free facilities.	Businesses and organizations	Healthy Blair County Coalition's Tobacco-Free Work Group Tyrone Regional Health Network
Tobacco-free Workplace	Provide a resource for career services	Increase awareness on the issues related to tobacco use	Students and adult learners	Healthy Blair County Coalition's Tyrone Regional Health Network
Webinar	Personnel to educate students on the impact of tobacco use on employment.	On employment, insurance premiums, and health effects		Healthy Blair County Coalition's Tyrone Regional Health Network
Smoking cessations Program	Increase the number of smoking cessations programs offered in Blair County.	Increase the number of individuals who participate in smoking cessations programs and commit to quitting.	Individuals who use tobacco	Blair Drug and Alcohol partnerships Tyrone Regional Health Network

Poverty

Findings and Documented Need

The underlying causes of the many of challenges identified in the community health needs assessment can be attributed to other circumstances within a community (e.g. unemployment/underemployment, poverty, lack of education, social and cultural issues, etc.). The following comment which was made by a key leader on a survey response has been stated one way or another by others.

“Poverty will be linked in some way, either directly or indirectly, to all other important challenges such as drugs, health, crime, education, employment, housing, etc.”

Poverty and the lack of adequate income was identified as the number one challenge by key informants (95%). This was reflected in various rates all other surveys conducted as one of the top challenge for the county. Over 31.4% didn't have enough money to meet daily needs/food and as high as 66.7% as reported in the subgroups (other organizations that conducted the survey).

In the 2007 needs assessment, 77.0% of key informants agreed that unemployment/underemployment was a major/moderate issue. In the 2015 community health needs assessment that number increased to 92.5%.

The per capita income for Blair County is \$38,336 which is lower than for Pennsylvania at \$47,679. The medium household income is \$43,343 which is significantly lower than the state at \$53,224. This may be due in part to Blair County having more technical-service type jobs that tend to pay lower wages.

The average unemployment rate in Blair County has ranged from 3.6% to 10.9% in the time period from 1990-2016 and is currently slightly less than the state's rate at 5.4%. On the positive side, the cost of living in Blair County is 87 (less than the U.S. average at 100).

The 2014 estimated poverty rate in Blair County at 15.0% is slightly higher than Pennsylvania at 13.6%. However, the estimated poverty rate for children under 18 in Blair County is 20.1% which is higher than that of Pennsylvania at 19.0%. The use of food stamps and medical assistance is higher than state average. About 24.1% of the population in Blair County is eligible for medical assistance as compared to 20.1% for the state. Seventeen percent of people are getting food stamps in the county as compared to 14.5% in Pennsylvania. Approximately, 20.1% of adults ages 65 and older are enrolled in Pennsylvania's prescription assistance program (PACE/PACENET) as compared to the state at 14.1%. There are 10,521 persons ages 18-64 and 7,977 persons over the age of 64 with disabilities in Blair County. The percentage of students who are enrolled in free/reduced school lunch programs in Blair County is 48.5% (2014) as compared to Pennsylvania at 46.9%.

Table 14: Percent of Children Enrolled in Free and Reduced Lunch Programs (2015 – 2016)⁴⁵

School District	Percent of Children
Altoona Area	59.9%
Bellwood-Antis	36.8%
Claysburg-Kimmel	62.0%
Hollidaysburg Area	33.1%
Spring Cove	40.1%
Tyrone Area	47.5%
Williamsburg Community	48.7%
Nonpublic Schools	8.95% - 25.7%

About 44.4% of children under the age of 18 are living in low-income families. The percentage of uninsured children under 18 years old in Blair County was 3.2%% as compared to Pennsylvania at 5.2%. The percentage of children under age 19 with Medicaid coverage was 41.8%. The percentage of children under age 19 with CHIP coverage was 5.8%. The percentage of unserved children eligible for publically funded Pre-K in Blair County is 65.2% which is lower than the state percentage of 68.9%.

The 2016 SocioNeeds Index is a measure of socioeconomic need that is correlated with poor health outcomes. Table 14 shows the areas of highest need in Blair County. The selected locations are ranked from 1 (low need) to 5 (high need) based on their Index Value.

Table 15: SocioNeeds Index for Blair County Zip Codes⁴⁷

Zip Code	Ranking
16625 - Claysburg	5
16601 - Altoona	5
16602 - Altoona	5
16637 – East Freedom	4
16693 - Williamsburg	4
16662 - Martinsburg	3
16673 – Roaring Spring	3
16686 - Tyrone	2
16635 - Duncansville	2
16617 - Bellwood	2
16648 - Hollidaysburg	1

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The latest child abuse statistics (2014) indicate 432 reports of child abuse in Blair County with 56 being substantiated (13.0%). The total substantiated reports per 1000 children is at 2.2% which is higher than the state percent at 1.2%.

When reviewing education indicator data, the high school graduation rate for Blair County is 90.5% as compared to the state at 87.7%. However, those earning a bachelor’s degree or

higher is much less than the state at 28.1% compared to Blair County at 18.6%. The high school dropout rate for Blair County is 1.1% which is comparable to Pennsylvania is at 1.7%.

According to the latest Reach and Risk Report, children in Blair County are at moderate-high risk of school failure. When children experience risk factors such as living in economically stressed families, poor or no pre-natal care for the mother, parents with low educational levels, abuse and neglect, and entering a poorly performing school system, they are more likely to enter school behind, and fail in school. The more risk factors a child experiences, the greater his/her risk of school failure. This data indicates that 7,227 children in Blair County fall into this category.

The teen birth rate for Blair County stands at 32 which is higher than for Pennsylvania at 27 (birth rate per 1,000 population). There were 89 teen births (ages 19 and under) in Blair County in 2013.

Data taken from the 2016 County Health Rankings Report indicate 11% of people ages 18-64 in Blair County are without health insurance which is comparable to Pennsylvania.

Without health insurance, people do not have the means to pay for office visits, diagnostic tests, or prescription medications. The result is often no treatment, overall poor health, or inappropriate emergency room use. Results from the 2015 Household Survey indicate that between 15% – 37% use a hospital emergency room for routine health care.

Although housing and homelessness were not identified as significant challenges in the community health needs assessment, service providers have identified the lack of decent, affordable housing has a predominant issue. The number of clients who received Rental Assistance through Blair Senior Services from July 1, 2015 through April 2016 was 332. The number of individuals who received Emergency Shelter through Blair Senior Services and Family Services in 2015/2016 was 311.54 According to our housing providers, current unmet housing needs and gaps include: a significant shortage of shelter beds in Blair County, transportation, limited communication between agencies when consumer receives assistance, lack of jobs that provide a living wage, and lack of permanent, affordable housing. The lack of permanent and affordable housing results in longer lengths of stay in the shelter decreasing the number of individuals served. The current housing situation leads to two year (or longer) waiting lists for subsidized housing in the Blair County area. The family shelter, operated by Family Services, turned away 544 people from July 2015 through April 2016, due to the shelter being full. The number of women served by the domestic abuse shelter was 54 women and 31 children.

Poverty

Goal(s): Develop a plan to identify and address issues related to poverty in Blair County. Identify programs that provide resources and/or address poverty related issues in Blair County.
Provide training and increase awareness of the impact of poverty on children and families.

Progress and Accomplishments (2012 – 2015)

- ❖ In cooperation with other community partners, our Bridges Network sponsored and/or assisted with five poverty simulations in Blair, Bedford, and Cambria Counties with more than 500 participants and volunteers.
- ❖ Members of the work group have worked with and/or expanded programs that provide resources to low-income students at the elementary, secondary, and higher education levels.
- ❖ Members assisted in developing a Fuel Bank Program to more efficiently provide financial assistance to low-income individuals and families. During the first year of operation, 78 households were assisted for a total amount spent of \$19,177.50. Twenty-eight clients attended the required budgeted classes. Fuel Bank clients who did not attend the budgeting class will have a higher co-pay if they request assistance from the Fuel Bank again.
- ❖ Work group members provided 15 Bridges Out of Poverty trainings for over 250 participants.

Program	Intended Outcomes	Anticipated Impact	Target Population	Lead Organizations
Bridges out of Poverty	Learn how to identify policies, procedures, and practices that make it difficult for individuals and families to emerge from poverty.	Reduce poverty in Blair county.	Schools, businesses, service providers, and the community	Healthy Blair County Coalition’s Bridges Network Tyrone Regional Health Network
Poverty Simulations	Provide an opportunity for participants to role-play a month in poverty and experience low-income families' lives.	Increase awareness of the impact of poverty on children and families.	Schools, businesses, service providers, and the community	Healthy Blair County Coalition’s Bridges Network Saint Francis University
Rural Impact County Challenge	Develop a plan to identify and address issues related to poverty in Blair County.	Reduce the number of children and families living in poverty.	Children and families	Healthy Blair County Coalition’s Bridges Network Tyrone Regional Health Network
Mentoring Programs	Work with and/or expand programs that provide resources/support to students from elementary to post-secondary school.	Increase the number of students involved in mentoring and/or other related programs.	Students	Altoona Area School District Bellwood-Antis School District
Fuel Bank	Coordinate services such as emergency financial assistance in order to effectively use resources available within the county.	Provide fuel for low income individuals and families.	Low income individuals and families	Blair County Department of Social Services Catholic Charities Community Action Agency