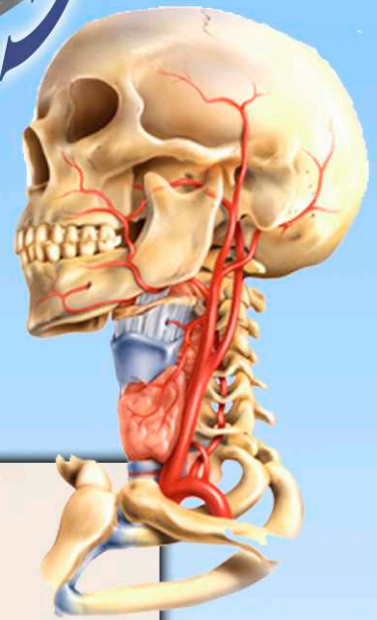


# MONTGOMERY COUNTY COMMUNITY HEALTH ASSESSMENT



2010-2013



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## PREFACE/INTRODUCTION

The Montgomery County Community Health Assessment has attempted to document the most current data available for publication. This being said, the County Department of Health and their community partners met and agreed that the current financial crisis in the nation, state, and localities needs to be considered when assessing the current status of Montgomery County residents and communities. Socioeconomic, demographic, and health indicator data for 2008 and 2009 will not be available for several years. Census data currently is from 2000. 2010 census data will not be collected for another year. In light of the data limitations, it was decided to recognize appropriate anecdotal information shared by community partners.

Professionals in the County shared the following information:

- The Office for Aging reports notable increases in demand for services. The waiting lists for home delivered meals are increasing. Attendance is up and continuing to increase at congregate meal sites. In addition there is increased demand for EISEP level 1 and 2 services.
- Department of Social Services reports very high demands especially in response to the raising of eligibility/qualifying limits. The programs specifically being impacted are Food Stamps, Medicaid, and HEAP (heating fuel assistance). They estimate a 30% increase in 2009 HEAP applications.
- Unemployment levels are high. As of January 2009, the Montgomery County rate of 10.7% exceeds the State rate of 8.2%. To compound this, the County estimates a loss of 500 jobs in January.
- St. Mary's Hospital has noted an increase in bad debt and charity care for services rendered especially emergency room care. It is also noted that even those with health insurance coverage cannot always pay their co payment.
- The enrollment requests of families for Child Health Plus and Family Health Plus has been increasing 10-15% per month since October 2008. In response to an annual "Cover the Uninsured" event, there have been approximately 50 phone calls in advance regarding details. In prior years there were never pre event calls.

## PUBLIC HEALTH INDICATORS

The New York State Department of Health has compiled indicators for the purpose of being able to track public health parameters. This information allows a County to compare their public health indicators with the State, other Counties, and the Country. Since the federal government has established prevention agenda goals, the indicators allow a County to evaluate their progress in achieving these goals. This tool is especially helpful in allowing a County to target resources in their local planning processes. Below is the current Public Health Indicators.

### INDICATORS FOR TRACKING PUBLIC HEALTH PRIORITY AREAS

Indicator	Prevention Agenda 2013 Goal	US	NYS	Montgomery County
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#### ACCESS TO QUALITY HEALTH CARE

% adults with health care coverage	100%	85.5% (2006)	86.5% (2006)	89.8% (2004-06)
% of adults with regular health provider	96%	80% (2006)	85% (2006)	
% of adults who have seen a dentist In the past year	83%	70.3% (2006)	71.8% (2006)	71.6% (2003)
Early stage cancer diagnosis				
Breast	80%	63%	64%	68.9%
Cervical	65%	53%	52%	
Colorectal	50%	40% (1996-2003)	40% (2000-04)	females 39.3% males 61.4% (2001-05)

#### TOBACCO USE

% cigarette smoking in adolescents (past month)	12%	23.0% (2005)	16.3% (2006)	
% cigarette smoking in adults	12%	20.1% (2006)	18.2% (2006)	20.8% (2006)
COPD hospitalizations among adults 18+ years (per 10,000)	31.0	23.0 (2004)	39.7 (2004-06)	54.2 (2004-06)
Lung cancer incidence (per 100,000)				
Male	62.0	85.3	80.8	102.7
Female	41.0	54.2 (2004)	53.8 (2000-04)	53.9 (2001-05)

## HEALTHY MOTHERS/HEALTHY BABIES/HEALTHY CHILDREN

% early prenatal care (1 <sup>st</sup> trimester)	90%	83.9% (2005)	74.9% (2004-06)	76.7% (2004-06)
% low birth weight births (<2500 grams)	5%	8.2% (2005)	8.3% (2004-06)	8.0% (2004-06)
Infant mortality (per 1,000 live births)	4.5	6.9 (2005)	5.8 (2004-06)	6.1 (2004-06)
Increase % of 2 year old children Who receive recommended vaccines (4DTaP, 3polio, 1MMR, 3Hib, 3HepB)	90%	80.5% (2006)	82.4% (2006)	
% of children with at least one lead Screening by age 36 mos	96%		82.8% (excludes NYC) (2004 birth cohort)	76.4% (2004 birth cohort)
Prevalence of tooth decay in 3 <sup>rd</sup> Grade children	42%	53.0% (2004)	54.1% (2004)	49.9% (2002-04)
Pregnancy rate among females 15-17 (Per 1,000)	28.0	44.4 (2002)	36.7 (2004-06)	33.9 (2004-06)

## PHYSICAL ACTIVITY/NUTRITION

% of obese children in grades: (BMI for age >95 <sup>th</sup> percentile)				
2-4 yo (WIC)	11.6%	14.8% (2004)	15.2% (2004-06)	15.2% (2004-06)
K	5%			
2	5%			
4	5%			
7	5%			
10	5%			
% of adults who are obese (BMI>30)	15%	25.1% (2006)	22.9% (2006)	22.9% (2003)
% adults engaged in some type of leisure Time physical activity				
	80%	77.4% (2006)	74.0% (2006)	73.1% (2004-06)
% of adults eating 5 or more fruits or Vegetables per day				
	33%	23.2% (2005)	26.0% (2005)	24.5% (2004-06)
% of WIC mothers breastfeeding at 6 months				
	50%	24.3% (2005)	38.6% (2004-06)	16.4% (2004-06)

## UNINTENTIONAL INJURY

Unintentional injury mortality (per 100,000)	17.1	39.1	19.9	30.6
Hospitalizations (per 10,000)	44.5		59.3	72.3
Motor vehicle crash related Mortality (per 100,000)	5.8	15.2	7.7	14.3
Pedestrian injury hospitalizations (per 10,000)	1.5		1.9	0.9
Fall related hospitalization age 65+ (per 10,000)	155.0		196.0	259.9

## HEALTHY ENVIRONMENT

Incidence of children <72 months With confirmed blood level ≥10ug/dl (per 100 children tested)	0		1.3(rate not NYC) (2003-05)	5.3 total children (2003-05)
Asthma related hospitalization (per 10,000)				
Total	16.7	16.6 (2005)	21.0	12.7
Ages 0-17	17.3	22.6 (2003)	31.5 (2004-06)	13.8 (2004-06)
Work related hospitalizations (per 10, 00 employed aged 16+)	11.5		16.0 (2004-06)	17.1 (2004-06)
Elevated blood lead levels (>25ug/dl) Per 100,000 employed age 16+	0		6.0 (2004-065)	
<b>CHRONIC DISEASE</b>				
Diabetes prevalence in adults	5.7%	7.5%	7.6%	9.1% (Fulton & Montgomery combined)
Diabetes short-term complication Hospitalization rate (per 10,000)				
Age 6-17 years	2.3	2.9	3.0	6.9
Age 18+ years	3.9	5.5 (2004)	5.3 (2004-06)	7.9 (2004-06)
Coronary heart disease hospitalizations (per 10,000)	48.0		61.2 (2004-06)	73.7 (2004-06)
Congestive heart failure hospitalization Rate per 10,000 (ages 18+ years)	33.0	48.9 (2004)	46.3 (2004-06)	77.4 (2004-06)
Cerebrovascular (stroke) disease mortality (per 100,000)	24.0	46.6 (2005)	30.5 (2004-06)	34.4 (2004-06)
Reduce cancer mortality (per 100, 00)				
Breast (female)	21.3	24.4	25.5	23.5
Cervical	2.0	2.4	2.6	0.8
Colorectal	13.7	18.0 (2004)	19.1 (2001-05)	22.9 (male) 18.9(female) (2001-05)

## INFECTIOUS DISEASE

Newly diagnosed HIV case rate (per 100,000)	23.0	18.5 (2006)	24.0 (2004-06)	3 cases-6.8 (2006)
Gonorrhea case rate (per 100,000)	19.0	120.9 (2006)	93.4 (2004-06)	12.3 (2004-06)
Tuberculosis cases (per 100,000)	1.0	4.4 (2007)	6.8 (2004-06)	1.4 (2006)
% adults 65+ years with immunizations				
Flu shot past year	90%	69.6%	64.7%	
Ever pneumonia	90%	66.9% (2006)	61.0% (2006)	

## COMMUNITY PREPAREDNESS

%population living within jurisdiction with State approved emergency preparedness plans	100%		100%	100%
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## MENTAL HEALTH/SUBSTANCE ABUSE

Suicide mortality rate (per 100,000)	4.8	10.9 (2005)	6.4 (2004-06)	5.3 (2004-06)
%adults reporting 14 or more days with poor mental health in last month	7.8%	10.1% (2002-06)	10.4% (2003-05)	9.4% (2004-06)
% binge drinking past 30 days in adults (5+drinks in a row)	13.4%	15.4% (2006)	15.8% (2006)	17.3% (2004-06)
Drug related hospitalizations (per 10,000)	26.0		34.0 (2004-06)	21.0 (2004-06)

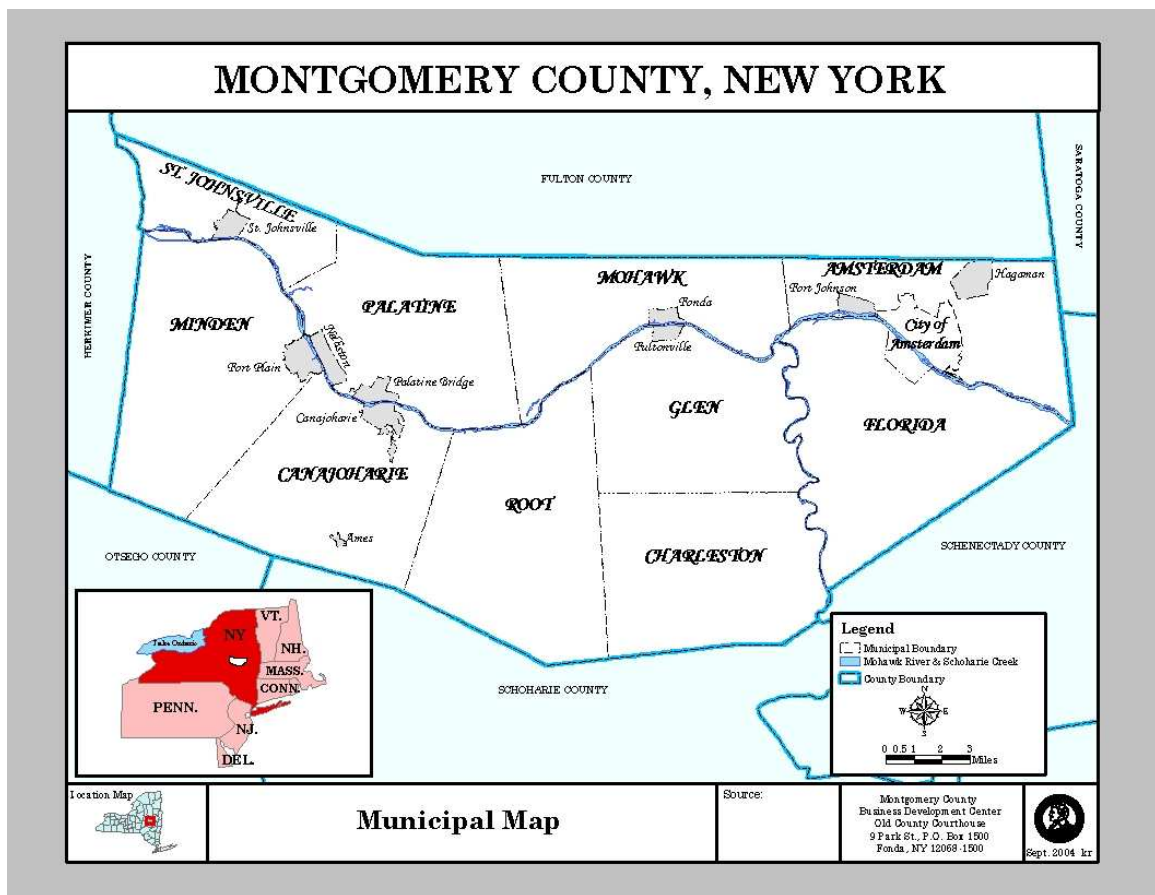
**NYSDOH 2009**

# POPULATIONS AT RISK

## DEMOGRAPHIC AND HEALTH STATUS INFORMATION

Montgomery County was formed from Albany County in 1772, it was then known as Tryon County and at that time covered a large part of New York State. The name was changed to Montgomery County in 1784 in honor of General Richard Montgomery, Revolutionary War hero. Thirty-four Counties were formed from the original Tryon County.

Montgomery is one of 62 Counties in New York. Montgomery County is located approximately 30 miles west of Albany and is part of the Albany-Schenectady-Troy Metropolitan Area. Six Counties border it: Herkimer on the west, Fulton on the north, Saratoga on the northeast, Schenectady on the east and both Schoharie and Otsego on the south. The County is cut west to east by the Mohawk River and is also bisected east to west by the New York State Thruway (I-90).



According to United States Census, Montgomery County's 2000 population is 49,708 and the 2007 estimate is 48,695. This is a decrease from the 1990 census population of 52,027 or a decrease of 5.8%.

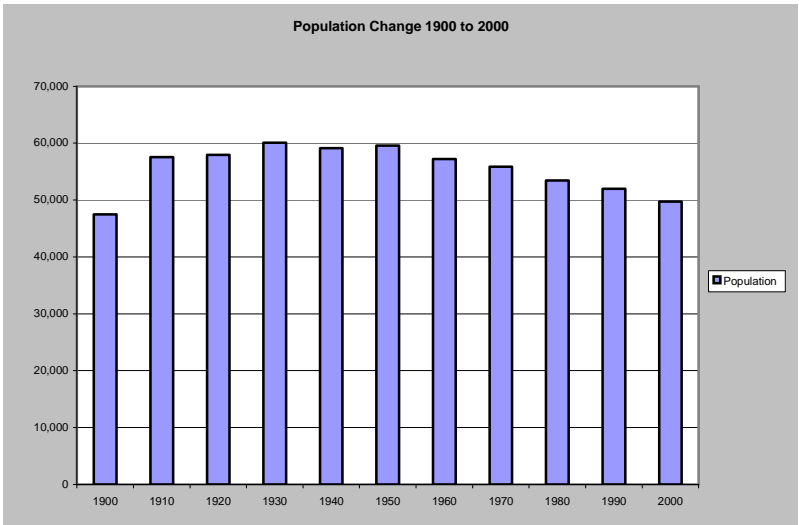
With a land area of 405 square miles, Montgomery County's 2000 population density was 122.7 persons per square mile. This is significantly less than the New York State density of 401.9 persons per square mile. The county ranks 50<sup>th</sup> of the 62 Counties in New York State in

terms of population. In comparison to its neighboring Counties, Montgomery County's population exceeded only that of Schoharie County to the south. Geographically, its size exceeds only that of Schenectady to the east. Montgomery County's density exceeds all bordering counties except Saratoga and Schenectady.

Montgomery County is comprised of one City, Amsterdam; ten Towns, Amsterdam, Canajoharie, Charleston, Florida, Glen, Minden, Mohawk, Palatine, Root, and St. Johnsville; and eleven Villages, Ames, Canajoharie, Fonda, Fort Johnson, Fort Plain, Fultonville, Haganan, Nelliston, Palatine Bridge, and St. Johnsville.

The most populous area in Montgomery County is the City of Amsterdam with a population of 18,355 (37%). The rest of the population (63%) is spread among the Towns, the population of the Towns including Villages within those Towns are: Amsterdam 5,820 (12%); Minden 4,202 (8%); Mohawk 3,902 (8%); Canajoharie 3,797 (8%); Palatine 3,070 (6%); Florida 2,731 (5%); St. Johnsville 2,565 (5%); Glen 2,222 (4%); Root 1,752 (4%); and Charleston 1,292 (3%). Population is greatest in the Eastern part of the County closest to Albany.

Since the 1930's Montgomery County has experienced a steady decrease in population. The population of Montgomery County in 2000 (49,708) was just slightly above the population in 1900 (47,488). Montgomery County experienced its highest population (60,076) in 1930 and has had a steady decrease since that decade. This decrease is intensified in the City of Amsterdam, which in the last decade lost 11.4% of its population; this follows a decrease in the decade of the eighties of 5.3% and of the seventies of 14.3%. Lack of sustainable jobs and high taxes has contributed to this decline. Other areas of the County that experienced a decline in population in the last decade are the Village of Fort Johnson, Village of Fonda, Towns of St. Johnsville, Minden and Canajoharie. The Village of Palatine Bridge experienced the highest increase in population followed by Towns of Charleston, Glen and Florida, Villages of Nelliston and Ames. The county excluding the City of Amsterdam has shown a modest increase in population from 26,659 in 1900 to 31,353 in 2000.



The following table shows the breakdown by municipality from 1900 to 2000 and the percent the population has changed from 1990 to 2000.

**Municipal Population 1900 – 2000**

MUNICIPALITY	1900	1920	1940	1960	1980	1990	2000	% Change 1990-2000
Montgomery County	47,588	57,928	59,142	57,240	53,439	51,981	49,708	-4.4
City of Amsterdam	20,929	33,524	33,329	28,772	21,872	20,714	18,355	-11.4
Town of Amsterdam	3,202	3,130	3,911	5,400	5,721	5,962	5,820	-2.4
Village of Ft. Johnson	-a-	680	868	876	646	615	491	-20.2
Village of Hagaman	646	855	933	1,292	1,331	1,377	1,357	-1.5
Town of Canajoharie	3,888	3,784	4,062	4,233	4,140	3,909	3,797	-2.9
Village of Ames	-b-	-b-	180	162	224	166	173	4.2
Village of Canajoharie	2,101	2,415	2,577	2,681	2,412	2,278	2,257	-0.9
Town of Charleston	1,052	785	609	546	1,013	1,107	1,292	16.7
Town of Florida	1,988	1,651	1,848	2,168	2,578	2,637	2,731	3.6
Town of Glen	2,281	1,782	1,754	1,734	1,893	1,950	2,222	13.9
Village of Fultonville	977	869	806	815	777	748	710	-5.1
Town of Minden	4,541	4,366	4,376	4,560	4,750	4,474	4,202	-6.1
Village of Fort Plain	2,443	2,747	2,770	2,809	2,555	2,405	2,288	-5.3
Town of Mohawk	2,711	2,353	2,753	3,070	3,795	3,976	3,902	-1.9
Village of Fonda	1,145	1,208	1,123	1,004	1,006	1,007	810	-19.6
Town of Palatine	2,569	2,232	2,420	2,556	2,819	2,787	3,070	1.2
Village of Nelliston	634	664	638	729	691	569	622	9.3
Village of Palatine Bridge	360	443	585	578	604	520	706	35.8
Town of Root	1,633	1,198	1,106	1,243	1,801	1,692	1,752	3.5

Town of St. Johnsville	2,674	3,124	2,974	2,958	3,064	2,773	2,565	-7.5
Village of St. Johnsville	1,873	2,469	2,283	2,196	1,974	1,825	1,685	-7.7

a incorporated 1909

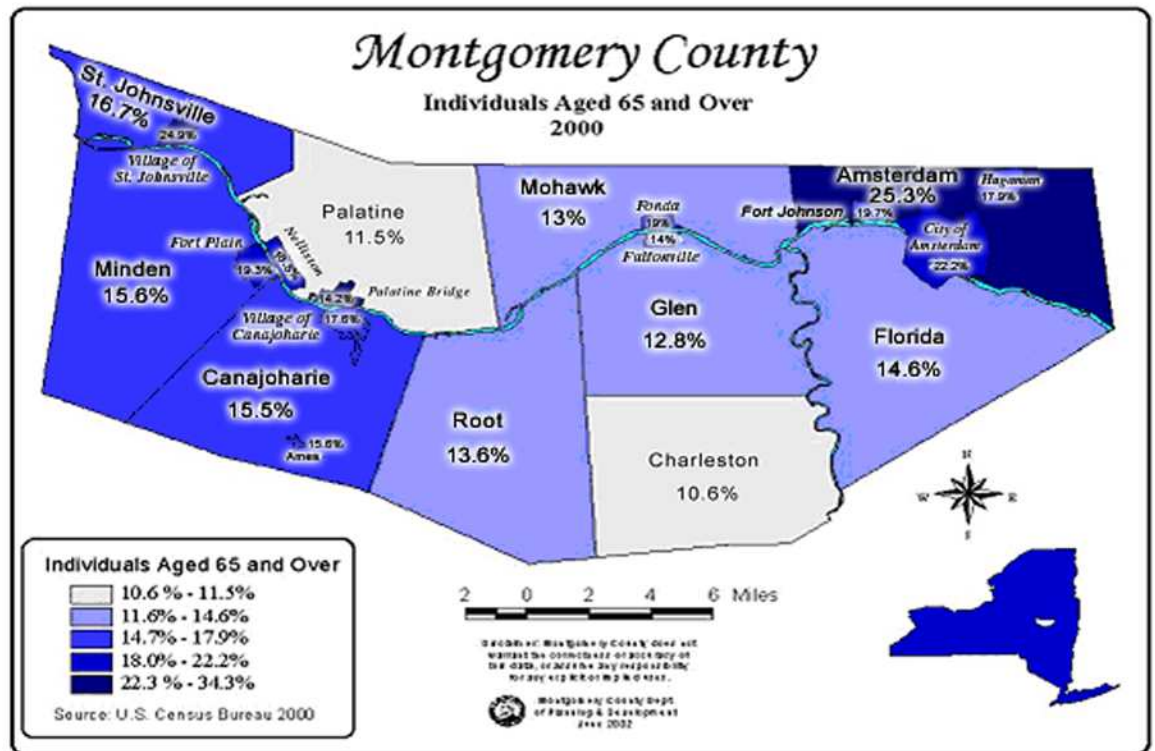
b incorporated 1924

Note: Town population figures include the Village

## AGE

Consistent with State and National trends, Montgomery County's population has shown a trend towards aging. The County's median age in 2000 was 39.7 years; this is an increase from 36.6 years in 1990 and 34.8 in 1980. The median age for New York State as a whole is 35.9 years for 2000. The breakdown of the median age for the City of Amsterdam and the 10 Towns (including Villages within the Town) that make up Montgomery County are as follows: Amsterdam (Town) 44.5, St. Johnsville 41.0, Florida 40.2, Root 39.5, Mohawk 39.3, Amsterdam (City) 39.2, Palatine 39.1, Minden 37.9, Canajoharie 38.7, Glen 37.1 and Charleston 36.8.

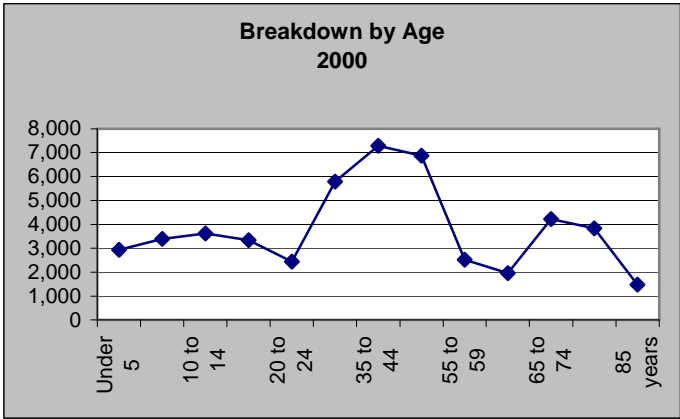
As of 2006 US Census Facts, Montgomery County has 17.4% of its population aged 65 or older. The State as a whole has 13.1% of its population aged 65 or older. The following map shows the distribution of residents over 65 in Montgomery County.



A high percentage of the elderly are isolated physically and/or living alone with little or no support from family and friends. The elderly have identified non-compliance with medication management as a significant problem causing quality of life issues. The reasons for non-compliance include: failure to ask/understand regimen, cannot afford to buy all necessary drugs, mixing alcohol and drugs, dementia, and lack of transportation for follow up physician visits.

According to the Montgomery County Office for Aging, the average age for those receiving meals is 83 years, in-home services 85 years and transportation is 80 years Low-income status makes it difficult for many elderly to maintain their residence or do the necessary repairs, increasing demand for different levels of congregate living.

For Montgomery County as a whole, the age breakdown is reflected in the following table.



**SEX**

Females comprised 52.2% of the County population, of this number 23.1% (5,989) were under 18 years, 54.5 % (14,149) were 18 to 64 years and 22.5% (5,834) were 65 and older. Of the total females in Montgomery County 36.6% (11,321) were aged 15-44 years, the traditional definition of reproductive years. The rate of pregnancies in this group was 78.6 higher than any of the contiguous Counties with the exception of Schenectady. Looking at the 15-19 age group the rate of pregnancy was 68.0 in 2004. This is the highest compared to contiguous Counties.

### Rate of Adolescent Pregnancy, Maternal age 15-19 in 2004

Otsego	20.0
Saratoga	35.2
Fulton	50.2
Herkimer	59.3
Schenectady	67.0
Montgomery	68.0

*New York State Touchstones, Kids Count 2007 Data Book*

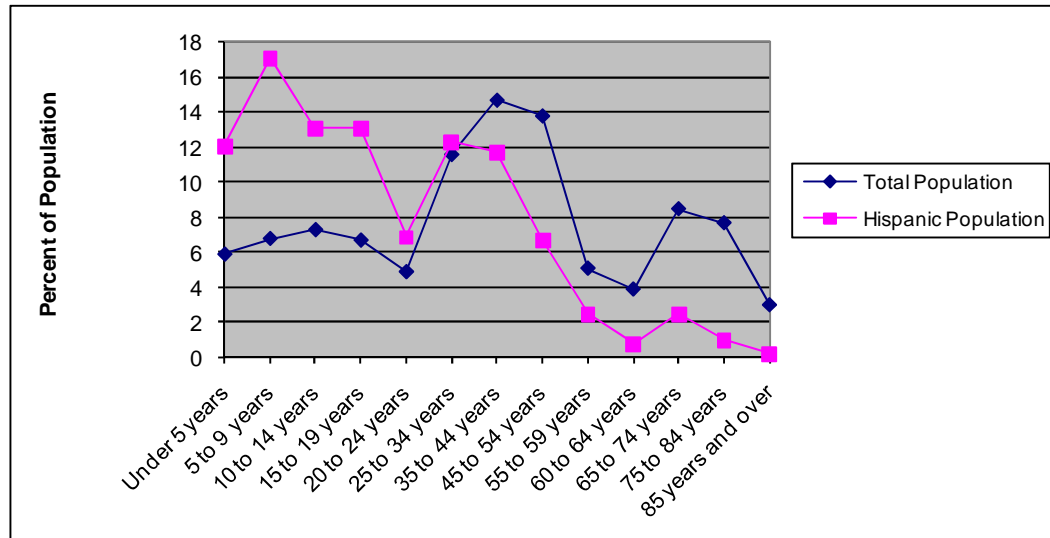
## RACE

According to the 2006 census estimate 95.9% of Montgomery County residents characterized themselves as white, a decrease from 98.4% in the 1990 census. In New York State as a whole, 73.7% of the residents characterized themselves as white. Other races reported through the 2006 US Census estimates in Montgomery County were as follows:

Race (other than white)	Montgomery Co.	NYS
Black or African American	1.9%	17.4%
American Indian and Alaska Native	0.3%	0.5%
Asian	0.8%	6.9%
Persons reporting some other race	0	.1%
Persons reporting two or more races	1.0%	1.5%
Persons of Hispanic or Latino	8.6%	16.3%

There is a growing population of individuals of Hispanic or Latino origin in Montgomery County, especially in the City of Amsterdam. In 1990, 2,726 people identified themselves as Hispanic/Latino in Montgomery County and by 2000 the number had grown to 3,430, according to the US Census.

The following chart shows the breakdown by age and race in Montgomery County.



US Census 2000

According to the 2000 US Census in Montgomery County, 10.9% (5,081) speak a language other than English at home. Children with limited English proficiency are students in Pre-Kindergarten through Grade 12 who come from a home where a language other than English is spoken and score at or below the 40<sup>th</sup> percentile on an English language assessment test. Limited proficiency in English may hinder children’s abilities to learn and achieve high standards. For the years 1995/96 the number of students enrolled in Pre-K through Grade 12 with limited English proficiency was 322 with a rate of 3.8 and for the year 2002/03 the number was 143 with a rate of 1.7. Although the rate has decreased it is higher than all contiguous Counties.

While the percent of Native American population is small, there is an enclave of Native Americans located in the center of the County. There are also an increasing number of Amish families living in the County. The number of Amish families in the County is at a level that may be reflected on certain data sets. An example may be the rates of students completing high school. The Amish schools only go through eighth grade and would be factored into that specific indicator.

## INCOME LEVEL

Although the data provided regarding income level and unemployment in this assessment includes what is currently published, it is not representative of today’s actual economic circumstances in Montgomery County or most jurisdictions in the United States. The significant upheaval in our Country’s economy has lead to instability and changes that will take time to reflect in data sets used to develop a community health assessment.

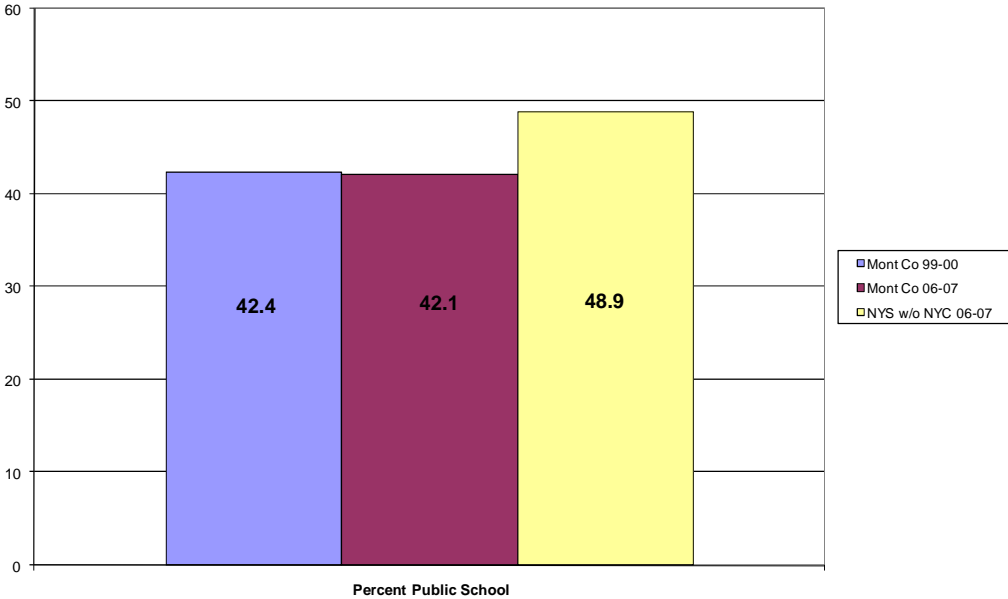
Based on the 2004 Small Area Income and Poverty Estimates Program from the US Department of the Census, in Montgomery County, 13.1% of families are living below the

poverty level. This is 4.1% higher than the rate in 2000, and in today's economy it is quite possible that the rate is higher but will not be reflected until the data is reported.

According to NYSDOH Touchstones 2005 data, families living below poverty include 2,522 children with an age range of birth to 17. This rate is 23.2% which is up from the 2000 rate of 19.2% and above the State rate of 19.7.

Many jobs in Montgomery County are in areas where income is modest and benefits are few. Families that once relied on social service programs have become the working poor with a continued need for social service programs. The nutritional needs of children are an area where many working poor families need continued assistance. This is reflected in the following tables that show the increased need for free and reduced school lunch as well as children receiving food stamps.

**Children Receiving Free or Reduced Price Lunch Grade K-6**

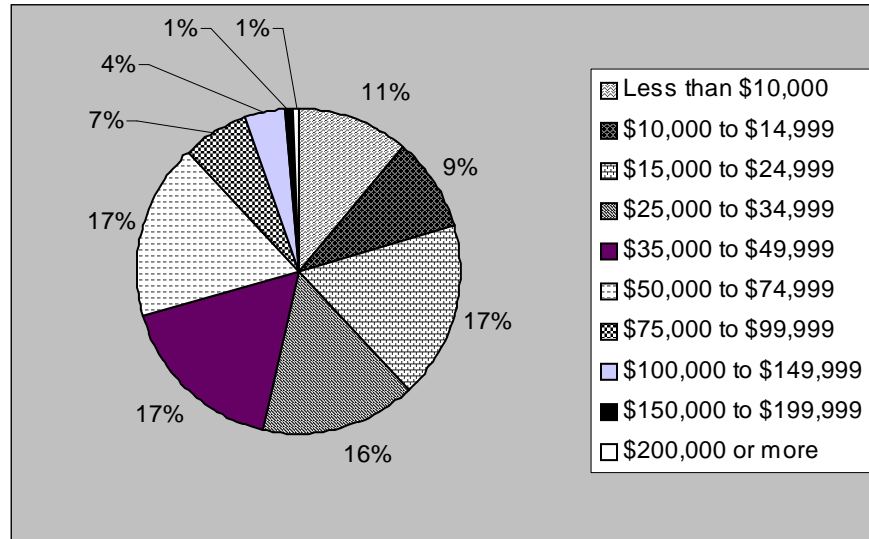


Kids Well Being Indicators Clearinghouse

According to the 2000 US Census the median income in Montgomery County is \$32,128, well below the national median income of \$41,994. According to Bear Facts, in 2002 Montgomery County had a per capita personal income (PCPI) of \$25,546. This PCPI ranked 28<sup>th</sup> in the State and was 71% of the State average.

Over the last 60 years Montgomery County has gone from a thriving community with high paying manufacturing and a skilled labor force to a more unskilled retail and service sector. These economic factors have had a significant impact on public health especially when looking at addiction and disease related to medical conditions associated with stress, economic deprivation and social isolation such as alcoholism and mental health issues. Behavioral risk factors are discussed in another section of this document but further highlight these problems.

The following chart depicts the distribution of income in the county for the year 1999.



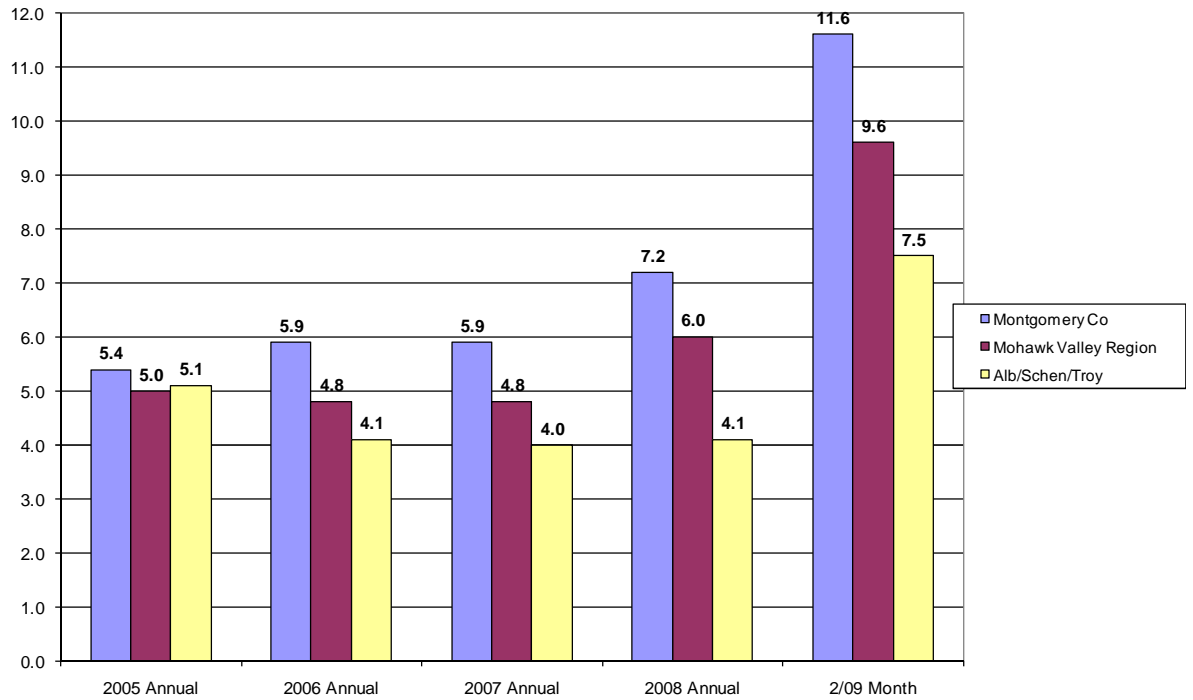
US Census 2000

## EMPLOYMENT

According to the Montgomery County Business Development Center, there are approximately 21,902 workers that live in Montgomery County and approximately 19,703 workers that work in Montgomery County. Of the 21,902 workers that live in Montgomery County 34% work outside Montgomery County and 66% work within the County. Of the 19,703 workers that work in Montgomery County 76% live in Montgomery County and 24% live outside the County.

The following table shows the unemployment rate for Montgomery County for the years 2005-2008, and the monthly rate for February 2009. This rate is compared to the Mohawk Valley Region and the Albany Schenectady Troy MSA for the same timeframe. Montgomery County has a higher unemployment rate than both of the regions shown here as well as a higher rate than its neighboring counties when neighboring Counties are looked at individually.

### Unemployment Rates



NYS Labor Department

The table below lists the top ten employers in Montgomery County in 2008

		Total Employ	2008	2003 Rank/Employ
1	St Mary's Hospital		1124	1/950
2	Liberty Enterprises		850	2/747
3	Kasson&Keller/Keymark		831	4/655
4	Amsterdam Print & Litho		600	3/724
5	Montgomery County		600	5/602
6	Target		551	N/A
7	Amsterdam School Dist		545	6/538
8	Beechnut Nutrition		473	10/331
9	Cranesville Block Co.		425	8/425
10	Amsterdam Memorial		410	7/458

Montgomery County Economic Development Council

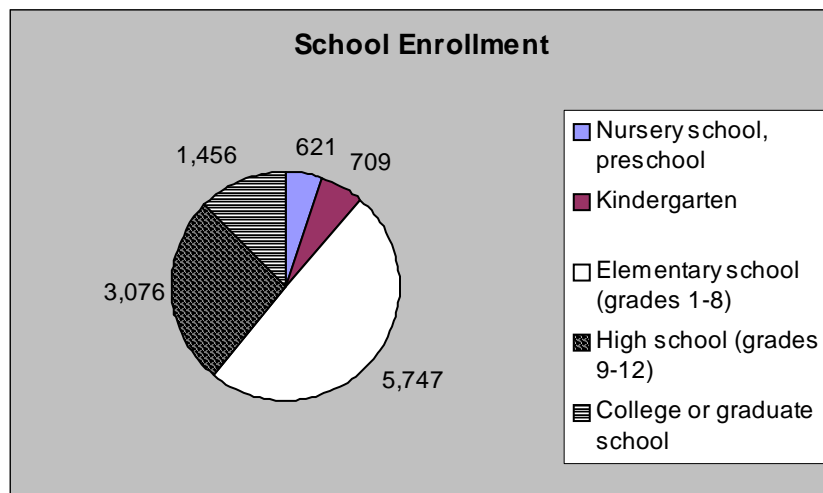
## EDUCATIONAL ATTAINMENT

Montgomery County residents are served by 5 School Districts: Greater Amsterdam, Fonda Fultonville, Canajoharie, Fort Plain and St. Johnsville, 1 BOCES (Hamilton, Fulton Montgomery) and 1 Community College, Fulton Montgomery Community College.

In addition to the public schools, there are several private schools. Amsterdam is home to St. Mary's Institute, Faith Bible Academy is located in Sprakers, and Buckler in Fonda.

At this time there are 11 Amish schools, but the numbers continue to grow.

As a whole, according to the 2008 census Montgomery County has 11,609 students enrolled in school. This includes preschool to college. The following chart shows the breakdown by grade.

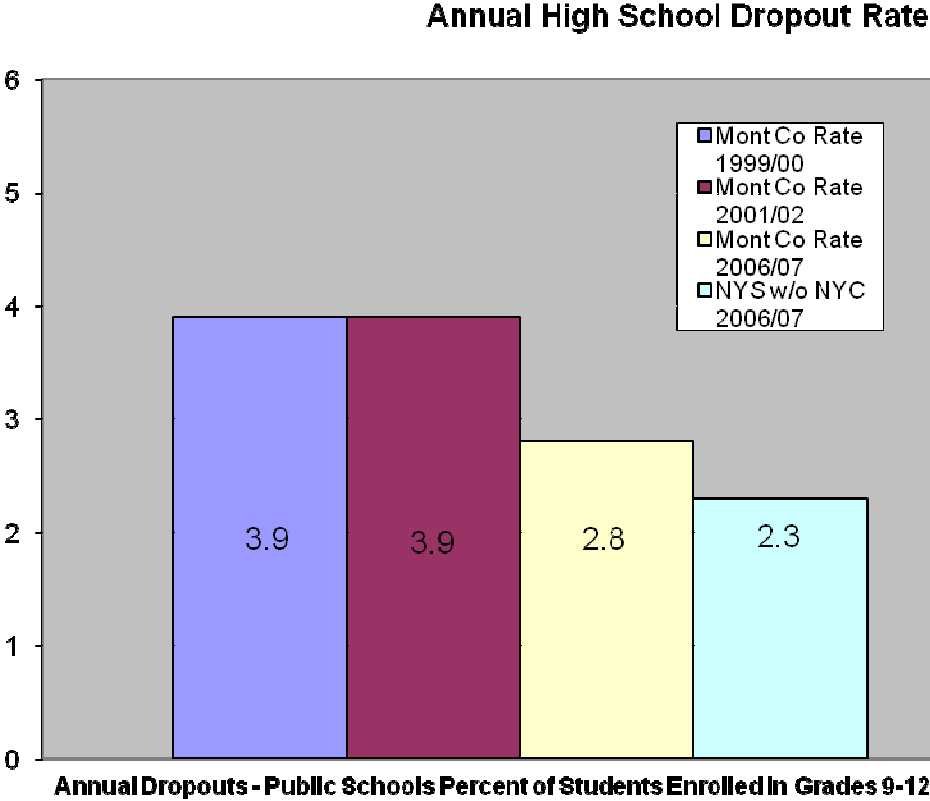


US Census 2000

Kids Well Being Indicators Clearinghouse

The number of high school graduates in Montgomery County in school year 2006/07 was 407 representing 87%. This compares to 88.1% for New York State outside of New York City.

The annual dropout rate for students in grades 9-12 (2005-06) show that Montgomery County had 121 students drop out for a rate of 4.6% the state rate was 2.8%. Of the 4.6%, 12% were Hispanic/Latino compared with 6% statewide.



Approximately 39% (13,277) of the population aged 25 years and older (33,900) has a high school or equivalency diploma, 15% (5,174) have attended school from 9th to 12th grade but have no diploma, and 7% (2,252) have less than 9<sup>th</sup> grade education. Higher education educational attainments are; 15.9% (5,396) have some college education but no degree, 9.4% (3,195) have Associate degrees, 8.0 % (2,707) have Bachelor degrees. The state as a whole has a 27% Bachelor degree attainment.

**HOUSING**

In 2000 there were 22,522 total housing units in Montgomery County. Of this number 20,038 (89%) were occupied, 2,484 (11%) were vacant and 242 (1.1%) were for seasonal, recreational or occasional use. The median housing value was \$67,600.

The following table shows the housing units by City and Town along with the median household income, the percent of individuals below poverty level, the per capita income, the median housing value and the number of pre 1970 housing based on the 2000 census report.

MUNICIPALITY	Housing Units	Median Household Income	% of Individuals Below Poverty Level	Per Capita Income (\$)	Median Housing Value	Pre 1970 Housing
MONTGOMERY COUNTY	22,522	32,128	12%	\$17,005	\$67,600	16,104
City of Amsterdam	9,277	27,517	16.3%	\$16,680	\$67,400	8,141
Amsterdam (Town)	2,374	36,292	7.3%	\$18,801	\$79,300	1,481
Village of Fort Johnson	220	37,639	7.1%	\$21,172	\$58,800	230
Village of Hagaman	582	41,875	6.7%	\$19,527	\$82,000	408
Tribes Hill		n/a	n/a	n/a	n/a	42
Canajoharie	1,637	31,964	10.0%	\$14,776	\$58,800	1,274
Village of Ames	72	32,500	8.8%	\$17,794	\$72,100	53
Village of Canajoharie	1,007	32,169	12.4%	\$17,850	\$58,100	860
Charleston	564	38,125	10.1%	\$16,818	\$76,500	139
Florida	1,140	43,317	4.4%	\$18,246	\$82,900	548
Glen	863	45,000	5.5%	\$18,689	\$68,300	477
Village of Fultonville	309	32,361	6.9%	\$15,283	\$55,000	239
Minden	1,902	28,906	9.5%	\$13,516	\$57,000	1,416
Village of Fort Plain	1,108	27,476	14.0%	\$16,369	\$54,200	1,000
Mohawk	1,607	41,472	9.1%	\$18,568	\$80,800	828
Village of Fonda	409	28,021	11.2%	\$15,330	\$55,300	270
Palatine	1,233	34,358	12.1%	\$17,116	\$56,200	626
Village of Nelliston	281	31,544	9.8%	\$15,002	\$46,800	205
Village of Palatine Bridge	306	32,361	11.8%	\$20,285	\$63,800	175
Root	755	38,060	11.8%	\$16,206	\$65,700	342
St. Johnsville	1,170	36,477	9.1%	\$16,315	\$52,800	836
Village of St. Johnsville	774	28,043	14.4%	\$14,467	\$47,900	627

## NATALITY

One of the most important and long standing public health concerns is improving the health status of mothers and infants. These efforts have, generally been focused on the prenatal and postnatal periods. This focus provides the opportunity to identify and modify risks associated with pregnancy and pregnancy care. Factors contributing to poor pregnancy outcomes and increased health risks for mothers and infants include: pregnancy before age 15 and after age 44; maternal behavior such as smoking, alcohol consumption and drug use; high rates of unintended pregnancy, spacing of pregnancies less than two years apart, four or more full-term pregnancies in a lifetime; poor nutritional status; a variety of undiagnosed and/or unmanaged medical conditions; and limited access to adequate health care for both mothers and infants.

The number and rate of adolescent pregnancies in Montgomery County for 2006 is as follows:

Ages	10-14	15-17	15-19
Number/rate	1/.06	37/36.3	111/74.2

The rate of 74.2 is the highest adolescent pregnancy rate in the State outside of New York City.

The number and rate of adolescent births by maternal age in Montgomery County for 2006 is as follows:

Ages	10-14	15-17	15-19
Number rate MC	0/0	22/19.8	66/39.5
NYS median rate	0.2	10.9	25.3

The 39.5 rate is the second highest in the State outside of New York City and well above the State's median rate.

The following chart shows the break down by zip code for the years 1998-2000 of Perinatal Health indicators for Montgomery County.

MONTGOMERY COUNTY	PERCENT OF BIRTHS									
	ZIP	TOTAL BIRTHS 1998-2000	LOW BIRTH WEIGHT	OUT OF WEDLOCK	MEDICAID OR SELF-PAY	LATE OR NO PRENATAL CARE	INFANT DEATHS 1998-2000	INFANT DEATH RATE	TEEN BIRTH RATE	TEEN PREGNANCY RATE
	12010	1,004	8.1	42.0	35.2	6.7	4	4.0	63.7	85.2
	12066	85	8.2	17.6	22.6	3.6	1	11.8	19.6	47.1
	12068	130	3.1	32.3	31.5	5.8	2	15.4	34.6	61.7
	12070	34	2.9	38.2	29.4	8.8	0	0.0	13.5	27.0
	12072	65	3.1	27.7	30.8	5.0	0	0.0	23.6	37.0
	12086	47	4.3	38.3	21.3	4.3	1	21.3	8.2	36.7
	12166	42	2.4	33.3	24.4	2.4	0	0.0	40.0	56.0
	13317	126	4.8	37.3	40.5	7.8	0	0.0	26.6	53.1
	13339	274	4.4	41.2	48.4	12.0	4	14.6	77.6	89.4
	13428	66	4.6	27.3	40.9	10.0	0	0.0	46.5	75.6
	TOTAL	1,873	6.4	38.4	36.0	7.3	12	6.4	47.0	67.3

SOURCE: 1998-2000 VITAL STATISTICS AS OF 11/01/2002

Low birth weight is associated with long-term disabilities, such as cerebral palsy, autism, mental retardation, vision and hearing impairments and other developmental disabilities. Low birth weight infants include those who are born too early (preterm infants) and those who are born full term but are too small, a condition known as intrauterine growth retardation (IUGR). Maternal characteristics associated with IUGR include maternal low birth weight, prior low birth weight birth history, low pregnancy weight, cigarette smoking, multiple births, and low pregnancy weight gain. Cigarette smoking is the greatest known risk factor.

In 2006 Montgomery County's rate for infants born weighing less than 2500 grams was 7.2% compared to the State average of 7.6%, and for births to mothers aged 10-19, 7.6% compared to the State average of 9.6%.

Early prenatal care is defined as pregnancy related health care received by the mother in the first 3 months of her pregnancy. Early prenatal care can help prevent poor birth outcomes.

Early care is also an opportunity to provide education or counseling on behaviors with adverse outcomes such as alcohol, drug and tobacco use. In 2002, 73.8% of all New York State births were to women who received early prenatal care. In Montgomery County for the year 2002 the percentage of all women receiving prenatal care in their first trimester was 67.8%. For the age group of 10-19 the rate was 50.7% again, lower than the New York State rate of 54.5%. The table below shows the number and rate of women receiving early prenatal care for 1999, 2000, 2002, and 2006. Data is shown for the age group 10-19 and then for all age groups.

Early Prenatal Care in Montgomery County

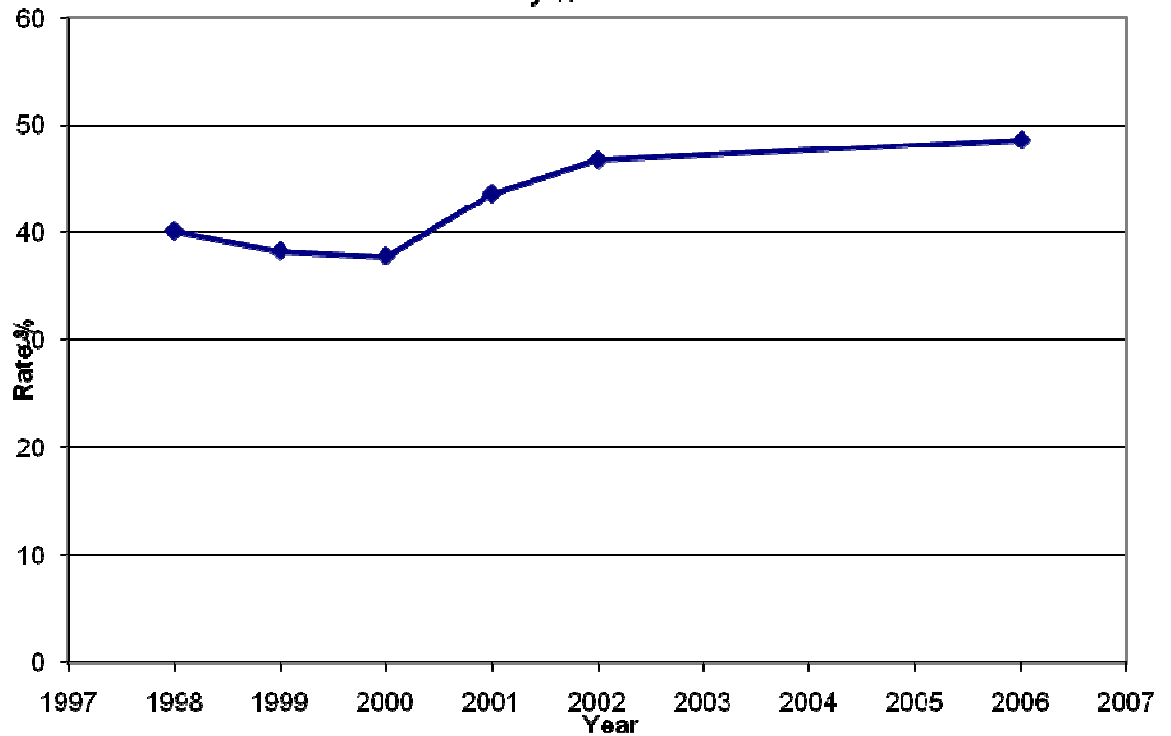
	1999		2000		2002		2006	
	Number	Rate	Number	Rate	Number	Rate	Number	Rate
<b>Births to Women Receiving Early Prenatal Care; females ages 10-19 years</b>	41	59.4	39	62.9	35	50.7	28	53.8
<b>Births to Women Receiving Early Prenatal Care for females all ages</b>	388	73.6	420	75.4	350	67.8	374	71.8

NYS Vital Statistics

The New York State outside of New York City rates for 2006 is 56.4 and 74.4% respectively.

Children at greatest risk for poor outcomes are those born to families at or near the poverty level. Low income is also an important predictor of insufficient prenatal care. For the period of 1998 to 2006 Montgomery County had a high rate of women giving birth with Medicaid or Self Pay as their source of primary financial coverage. This is higher than surrounding Counties or the State as a whole. This is shown on the following table. It should be noted that women from the Amish communities may deliver at hospitals and are always self pay.

### Births to Women with Primary Financial Coverage of Medicaid or Self Pay % of Live Births

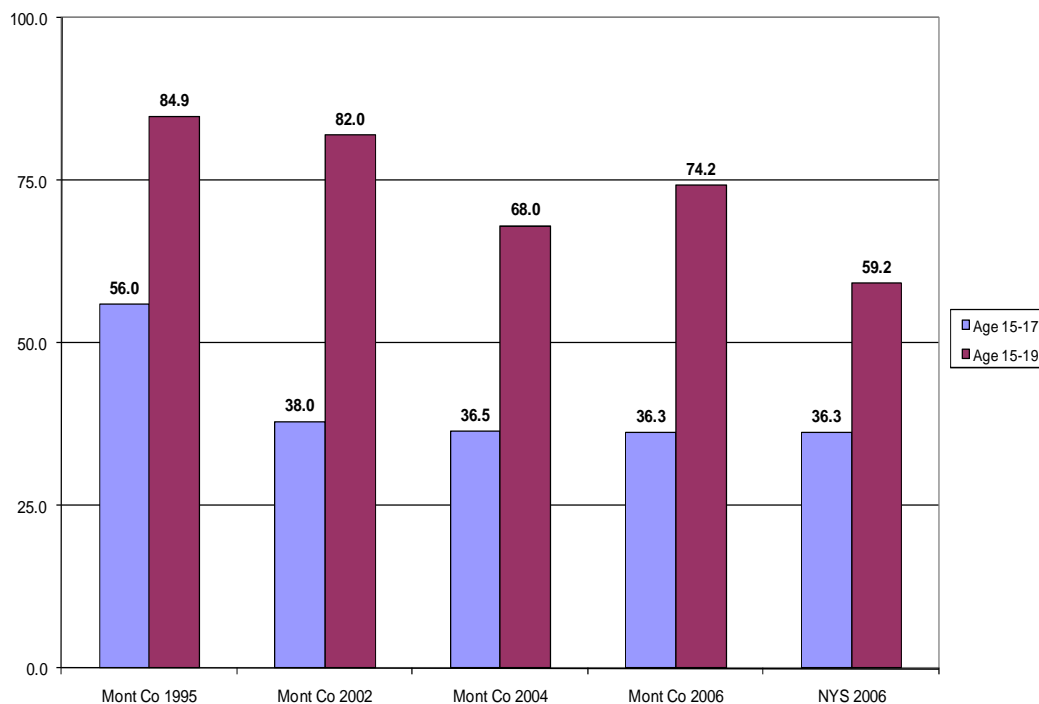


NYS Community Data Set

In the 3 year period 2004-2006 the infant mortality rate for Montgomery County was 6.1% (4 deaths). NYS rate was 5.8%.

Unintended pregnancy is a costly and frequently occurring event. When a pregnancy is unintended, the mother is less likely to seek early prenatal care, less likely to breastfeed, and more likely to expose the fetus to harmful substances. Teenage mothers are more likely to have additional problems such as less likely to complete high school or college and more likely to receive public assistance and to live in poverty. The infants born to teenage mothers are more likely to suffer from low birth weight, neonatal death and sudden infant death syndrome. Unintended pregnancy occurs in all socioeconomic levels but is more likely to occur among females less than 20 years old and poor females. The following chart shows the adolescent pregnancy rate for Montgomery County with a baseline of 1995 compared to 2002, 2004, and 2006 in two age groups, 15-17 years old and 15-19 years old. The rate for the age group 15-17 has decreased when compared to 1995, as has the rate for the age group 15-19 however; the Montgomery County rate for 15-19 (74.2) is above the NYS rate of 59.2.

### Adolescent Pregnancy Rate



NYS Department of Health

The following shows the birthrate for Montgomery County adolescents. The birth rate for adolescents in the age group of 15-19 year olds has decreased since 1995, but remains above the NYS rate.

Year	Age 15-17	Age 15-19
1995	31.1	47.8
2002	27.5	58.3
2006	19.8	39.5
State rate 2006	14.0	27.8

## MORBIDITY

Morbidity refers to the incidence of nonfatal cases of disease or illness in a population and is useful in assessing the health of the county. Illness and disease have characteristic patterns of distribution in communities, which then can be compared across different populations.

Immunization has almost completely eradicated many diseases that only 50 years ago resulted in almost certain death if they were contracted. Nonetheless, immunization status still remains an important indicator of child health status, as it provides an indication of access to routine preventive health care for children. Injury-related morbidity is a problem among children and the use of alcohol and other drugs is associated with much of this morbidity. Sexual activity among teenagers also poses special risks including unwanted pregnancy, STD's, and HIV infection. Individuals and families with incomes at or near the poverty level are at greater risk for health problems than the public as a whole. They often lack the resources to purchase medical care, food for adequate nutrition, and safe housing.

### Vaccine Preventable: Children

Vaccine preventable diseases such as measles, mumps, rubella, and HIB occur at a very low rate in Montgomery County.

Montgomery County reports immunizing 164 children in 2008. This number of children is less than previous years, because the County is promoting all children be linked to a primary care provider. County clinics are operational to fill gaps in service. 2006/07 New York State statistics from the School Immunization Survey indicate that 91% (statewide 93%) of all students entering school (kindergarten) in Montgomery County were completely immunized.

### Vaccine Preventable: Adult

An annual influenza vaccination (flu shot) is recommended for the majority of the population, especially the elderly (those over age 65) and for those with a chronic health condition that puts them at increased risk for developing complications from the flu. The same holds true for pneumococcal vaccine to prevent pneumonia. The BRFSS survey reports that 35.7% of the 316 adults surveyed report that they had a flu shot in the past 12 months. This compared to 41.7% statewide. In the 65 + age group the percentage for the County is 75.2% and the State is 74.4% for flu vaccination and 71.9% County compared to 64.2% statewide for pneumococcal vaccine.

In 2008, Montgomery County vaccinated 284 persons against influenza and 15 against pneumonia. These were done in 6 clinics.

### Asthma

Asthma is a chronic inflammatory disorder of the airways distinguished by variable airflow obstruction and airway hyper-responsiveness with clinical manifestations of wheezing and

shortness of breath. This disease has many contributing factors including socioeconomic, psychosocial, and environmental. Asthma morbidity and mortality are largely preventable with improved patient education regarding the factors associated with asthma and medical management. Montgomery County has shown an improvement in the rate of hospitalizations due to asthma. The table below shows the hospital discharge rate of children under age 5 diagnosed in Montgomery County and surrounding Counties.

Asthma in Montgomery County and Surrounding Counties						
2003-2005						
County	2003	2004	2005	Total	Population	Rate
FULTON	102	94	105	301	55,463	18.1
MONTGOMERY	74	60	60	194	49,283	13.1
OTSEGO	98	87	72	257	62,518	13.7
SARATOGA	177	130	159	466	212,706	7.3
SCHENECTADY	217	195	248	660	148,042	14.9
SCHOHARIE	15	24	22	61	32,012	6.4

Kids Well Being

The BRFSS Interim Report states that from a sample size of 316 adults, 12.8% report they have at some point been told by a health professional that they had asthma (compared to 16.5% statewide).

**Lead:**

The most common sources of lead exposure for children today are lead paint in older housing and contaminated lead dust and soil generated by peeling and flaking lead paint. Exposure to lead is most dangerous to children under age 6 and especially children between 1 and 3 years old. It is difficult to control the hand to mouth activity of very young children and their gastrointestinal systems absorb lead more efficiently than adults.

Exposure to lead affects all socioeconomic levels, but children living in poverty tend to be at greatest risk. Lower income families are more likely to live in older homes that are not well maintained leading the way for lead paint hazards. Older homes, especially those built before 1950, are more likely to contain lead paint. In Montgomery County 61.7% (13,905) of the housing was built before 1950. Of the 13,905 housing units built before 1950, there are 7,633 (56.7%) owner occupied units and 4,385 (66.6%) renter occupied units. The percentage of

the owner occupied residents in pre-1950 housing living in poverty is 7.1%. The percentage of renter occupied residents in pre-1950 housing living in poverty is 21.1%.

Montgomery County has a comprehensive lead poisoning prevention program but still has a high rate of lead poisoned children. This is attributed to the percentage of pre-1950 housing throughout the County. The following table shows trends in incidence of blood lead levels greater than or equal to 10 mcg/dl for 2000-2005.

Year	2000	2001	2002	2003	2004	2005
<6yo screened	757	778	780	842	855	815
New cases > 10mcg/dl	32	29	32	38	39	48

Cancer:

Cancer is the second leading cause of death in the United States. The NYS Department of Health reports age adjusted incidence rates per 100,000 for 2002-2006 for Montgomery County. The yellow highlighted numbers reflect values 20-29% higher than the State average. The blue highlights Are those 30% or more above the State average.

Type of cancer	%Males	%Females
Urinary/bladder	51	13
Brain/nervous system	8.2	6.6
Breast		126.0
Colorectal	76	66.0
Kidney/renal	24	11.0
Leukemia	17	8.4
Liver/intrahepatic	7	1.0
Lung/bronchus	102	51.0
Non Hodgkin lymphoma	20	23.4
Oral cavity/pharynx	18	7.4
Prostate	140	
Thyroid	7	22.0

## Injury:

Montgomery County has a high rate of unintentional injury for 0-19 year olds. The 2005 New York State rate (per 100,000) is 276.5. Based on hospital discharge data for this period, the rate for Montgomery County is 337.4 (41 cases).

The highest rate of unintentional injuries in Montgomery County is in the 65 and older age bracket with a rate of 2785.5/100,000. This rate is higher than New York State at 2147.7 per 100,000 and higher than the Upstate rate of 2524.6 per 100,000.

The Healthy People 2010 unintentional injury objective is:

Reduce deaths caused by unintentional injuries to no more than 15.5 deaths per 100,000 population. Montgomery County has an age-adjusted rate of 26.6 and New York State has an age-adjusted rate of 21.5.

## Communicable Disease:

Communicable diseases, once thought under control have reemerged as a significant threat to public health. Communicable diseases contribute to escalating health care costs through physician visits, hospitalization and extensive drug therapy. The reemergence of communicable disease as a significant public health problem can be attributed to many factors including: poverty, urban decay, globalization, environmental changes, sexual behavior, drug use, mutation of pathogens, and antimicrobial resistance. The burden of these communicable diseases is borne disproportionately by our most vulnerable populations, the poor, the very young and very old, the institutionalized, the homeless, persons with compromised immune systems and migrants. Reporting of suspected and confirmed communicable diseases in New York State is mandated by the New York State Sanitary Code and Public Health Law (PHL 2101 NYCRR2.10, 2.12). 2005 outbreak investigations included: 2 influenza, 4 gastrointestinal, 1 strep pneumo, and 1 klebsiella pneumonia.

The following table lists communicable disease reported to Montgomery County Public Health for the year 2005.

<b>Disease</b>	<b>Rate</b>
Campylobacteriosis	28.4
Cryptosporidiosis	22.3
E. Coli 0157:H7	4.1
Giardiasis	16.2
Haemophilus Influenzae, Not Type B	0
Hepatitis A	0
Hepatitis B acute	0
Hepatitis C acute	2.0
Legionellosis	2.0
Listeriosis	2.0
Lyme Disease	6.1
Meningitis, aseptic	2.0
Pertussis	2.0
Salmonellosis	16.2
Shigellosis	2.0
Strep Invasive Group B	10.1
Strep Pneumoniae, Invasive	34.5
Syphilis	0
Gonorrhea	14.2
Chlamydia	190.7

## STD

Montgomery County Public Health contracts with a local clinic for Sexually Transmitted Disease (STD) diagnosis and treatment as well as HIV testing. For the year, 2008 there were 58 visits for STD diagnosis and treatment and HIV testing and counseling.

## HIV:

HIV / AIDS infection continue to be a concern in general and for Montgomery County. As of December 2006 NYSDOH data reports 28 cases of HIV and 37 cases of AIDS living in Montgomery County (excluding prisoners). In 2006 3 new cases of HIV and 2 new cases of AIDS were reported, with 79 cumulative AIDS diagnosed cases.

The two most dominant characteristics of the newly diagnosed cases in Montgomery County are that they are males between the ages of 30 and 49. There is an equal racial distribution.

## Family Planning:

Family Planning services are offered through Planned Parenthood and several private providers.

## Rabies:

Montgomery County Public Health follows New York State as well as local regulations in the control of Rabies. The health department provides education to residents in an effort to heighten awareness and protect the public from Rabies. For the year 2008 Montgomery County had 14 pet vaccination clinics and vaccinated 774 animals, which included dogs, cats, and ferrets. Forty one animals were submitted to the State Lab for testing of which eight were positive. One hundred twenty-eight animals were placed on confinement or quarantine. Twenty-one residents received post exposure treatment for exposure to a suspect rabid animal that could not be tested, or exposure to an actual rabid animal.

## Tuberculosis:

2008 data from Montgomery County Public Health indicates there was one active case of Tuberculosis (TB) that completed treatment. There were 20 positive tuberculosis skin tests reported to Montgomery County Public Health and 12 cases were started on medications.

## Chronic Disease:

Chronic disease, in particular, cardiovascular diseases, are the major cause of death and disability in the United States and Montgomery County, 53.7% of deaths in 2008 are attributed to cardiovascular diagnosis.

### Physician Diagnosed Heart Attack, Stroke or Angina

	Mont Co Sample Size	Percent Yes Mont Co	Percent Yes NYS
Total	314	9.3	7.8
Gender			
Male	106	13.3	9.8
Female	207	5.8	6.0
Age Years			
18-34	*	*	2.1
35-44	41	1.3	3.6
45-54	61	1.5	5.1
55-64	67	8.5	12.2
≥ 65	107	35.1	22.2

BRFSS Interim Report

The 2008 hospitalization rate for congestive heart failure, for those 18 and older is 77.4. That is 31.1 % higher than New York State, and 44.4 higher than the 2013 National goal.

#### Diabetes:

Diabetes is a group of metabolic disorders characterized by high blood glucose levels. Complications that can result from poorly managed diabetes represents a significant cause of morbidity and mortality including heart disease, stroke, blindness, kidney failure, pregnancy complications, and deaths related to flu and pneumonia. In recent years there has been an increase in Type 2 diabetes diagnosed in children. Many adults have pre-diabetes, where there blood glucose levels are higher than normal, but not at the level for a diagnosis of diabetes.

The prevalence of diabetes in adults in Montgomery County is 9.1 % (2003) this compared to 7.5% for NYS (2006) and the Prevention Agenda 2013 Goal of 5.7%.

The rate (per 10,000) of short term complication hospitalization for diabetes is as follows;

	MC 2004-06	NYS 2004-06	Prevent agenda 2013 goal
Age 6-17	6.9	3.0	2.3
Age 18+	7.9	5.3	3.9

**Nutrition:**

Good nutrition is a basic tenet for good health. In recent years obesity, especially childhood obesity has become an epidemic in our Country and has raised concern about the effects this is having on the increased rates of chronic diseases such as heart disease and diabetes in our youth. Below is the BRFSS Interim data related to obesity and overweight status for Montgomery County.

**Overweight or Obese BMI 30 or More**

<b>Demographic Groups</b>	<b>n<sup>1</sup></b>	<b>Yes %<sup>2</sup></b>
Total	298	28.7
Gender		
Male	106	29.7
Female	191	28.0
Age		
18-44	*	*
45-54	56	25.1
55-64	64	44.0
>65	104	34.0
Education		
≤High School	147	32.4
Some College	84	27.9
College Degree	67	23.5

New York State Rate is 23.6 and Montgomery County rate is 28.7

## Overweight BMI 24.9 but less than 30

Demographic Groups	n	Overweight %
Total	298	30.0
Gender		
Male	106	35.0
Female	191	25.5
Age		
18-34	33	11.4
35-54	*	*
55-64	64	35.7
Education		
≤High School	147	23.4
Some College	84	38.9
College Degree	67	30.4

Other nutrition centered programs in the county include:

- Fulmont Community Action Agency oversees the WIC program that provides nutrition assistance to pregnant women and children.
- Department of Social Services offers food stamps for qualified families.
- Many of the faith communities manage emergency food banks, but there is not always the healthiest of choices available.
- School districts offer free and reduced cost lunches and breakfasts, and anecdotally they believe there has been an increase in the demand for these programs in the past school year.
- The Office for Aging offers congregate meal sites and home delivered meals for the elderly. Both programs are at capacity and maintain waiting lists.

Dental health:

Poor dental health is a common chronic childhood disease; it affects children's lives including eating, growth, speaking, and learning. Oral diseases in adults negatively affect their employability and systemic health. Almost 80% of children will have experienced tooth decay by the time they finish high school. For children, oral diseases can jeopardize their physical growth, self-esteem and capacity to socialize. Fluoridation and dental sealants, a proper diet and good dental hygiene, are the most reliable way to control dental caries. Fluoride can be received naturally, through public or private water supplies, delivered through fluoridation of public water supplies, or applied topically or taken systemically by individuals. Continued exposure to fluoride through drinking water and dental products has played a significant role in the decline of dental caries in school populations. Dental sealants have also had a major impact in reducing dental decay. Surveys continue to show dramatic and continuing improvements in children's oral health.

The County has one fluoridated public water supply. This is in Palatine Bridge serving approximately 1,000 people. There is no naturally fluoridated water in the County sufficient to confer protection. The percentage of persons in Montgomery County receiving fluoridated water is estimated to be approximately 1.9%, well below the National objective. The following table shows the estimated percent of children\* (standard error\*\*) with caries experience, untreated caries, sealants, dental insurance coverage, fluoride supplements use, and visits to dentist within the last 12 months.

County	Number Schools	Number Children Screened	Caries Experience	Untreated Caries	Sealants	Dental Insurance	Fluoride Supplements	Visit within last 12 months
Healthy People 2010			42	21	50			
Montgomery County*	6	201	50.3	24.2	30.2	75.0	20.1	66.7
Standard Error**			3.2	2.8	3.7	3.0	2.5	2.4

NYSDOH Dental Bureau

BRFSS Interim Report data related to dental health is as follows:

	Montgomery County	NYS
Report dentist visit past year, adults	67.7%	70.5%
Had teeth cleaned past year, adults	67.7%	71.7%
Perm teeth extracted-decay or gum dx.	47.3%	50.1%
All perm teeth extracted-decay or gum dx Age 65 or older	18.1%	18.4%

## Mental Health

When community partners were asked what health problem they would identify as a priority for Montgomery County the overall response was mental health, especially identifying adolescents. They report an increasing number of children having episodes at school so severe they need to be transported, often by law enforcement, to the hospital emergency room. Hospital representatives note that at this point they are often at a loss as they do not have any inpatient beds or services for adolescents with mental health diagnosis.

The expanded BRFSS Interim Report although not providing significant adolescent data, reports that 33 respondents between the ages of 18 and 34 reported having 14 or more days within the past month when mental health was not good. That is calculated to be 16.7% compared to 11.8% statewide.

Another indicator of Mental health is the number of children aged 10-14 that had self inflicted injuries requiring hospitalization. The 3 year rate for 2004-2006 for Montgomery County was 281.2 (9 children), the State rate was 22.8.

Montgomery County suicide mortality rate (per 100,000) for 2004-2006 was 5.3%, 1.1% less than NY State and 6.7% less than the County rate in 2000-2002.

Based on what little data is available, but the consensus of community partners, mental health issues need to be investigated and discussed collaboratively. Any programmatic initiatives will require collecting and sharing data, exploring strategies, and working together to secure resources.

#### Alcohol and Substance Abuse

The 2008 BRFSS Interim Report states that 12.2% of respondents report binge drinking within the past month. That is 7.4% less than the State average. 4.7% admit to heavy drinking in the past month, .7% less than the State average.

The Adult DWI Arrest Rate for the year 2000 is 73.7 per 10,000 adults aged 21 and older. Although this is decreased from 1994 when it was 95.5/10,000, it is still much higher than the NYS rate of 54.2/10,000. The youth DWI arrest rate for 2000 is 94.3 per 10,000 youths aged 16-20 again much higher than the NYS rate of 46.6/10,000.

There is additional data on this subject in the [Access to Care: Personal](#) section of this assessment.

#### Tobacco Use:

The Montgomery County BRFSS Interim report 2008 reports 20.7% of the adults surveyed say that they have smoked at least 100 cigarettes in a lifetime and are currently smoking everyday or some days. The percentage for New York State is 16.5%. In the survey women account for 24.6% (State percentage for women is 15.9%). The data also reports that 16.5% admit to smoking everyday compared to 11.5% statewide.

On February 24, 2009 Montgomery County Board of Supervisors enacted legislation banning smoking within 25 feet of all County buildings.

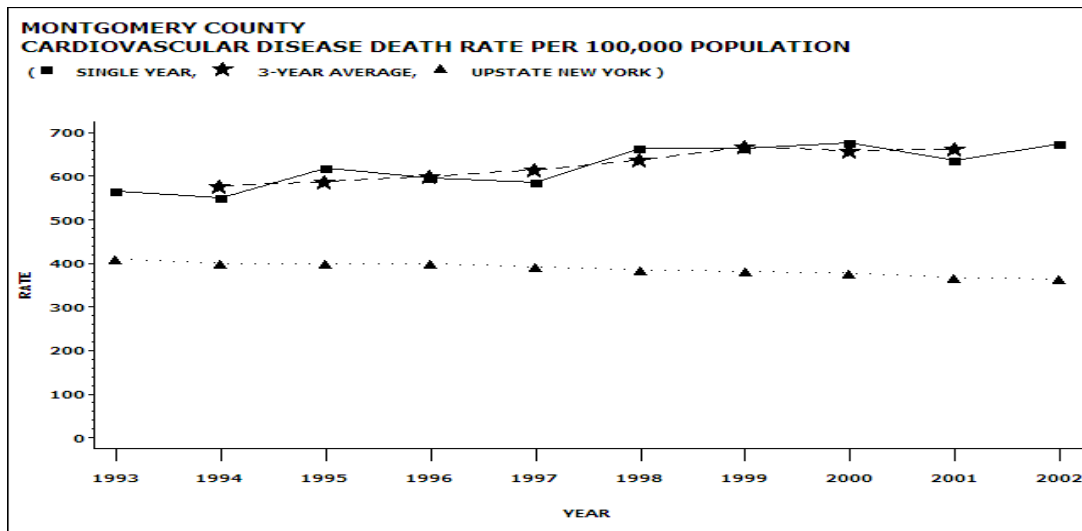
There is continued concern re: second hand smoke and the danger this creates for children. About 24% of respondents report that there is at least one child under 17 in the household. Those with a child present smoke to the same degree (38%) as those with no child present (37%).

There is a marked difference between smokers and non-smokers in exposure to smoking. Smokers are much more likely to be in situations where they are exposed to smoking. Of those currently using tobacco products, 80% have spent some time in a house where smoking occurs and 82% have spent some time in a car where smoking occurs. Of those

who do not currently use tobacco, only 16% have spent time in a house where smoking occurs and only 11% have spent some time in a car where smoking occurs.

## MORTALITY

There were 623 deaths in Montgomery County in the year 2000. Montgomery County's top five causes of death in 2000 were cardiovascular with 294 deaths, followed by cancer with 115 deaths, lung and respiratory disease with 28 deaths, cerebrovascular with 20 deaths, and unintentional injury with 11 deaths. At number six and seven with ten deaths each was pneumonia and diabetes. The following chart shows the cardiovascular disease death rate over the last decade.



NYSDOH SPARCS

In Montgomery County more people die of heart disease than of any other cause. In 2000-2002, 984 County residents died from diseases of the heart resulting in an age-adjusted rate of 400.4/100,000 population. This is the highest rate in the region, which has a rate of 331.4/100,000 as well as higher than the New York State rate of 341.0. Infant mortality for the years 2003-05 was 6.7% representing 4 infant deaths.

The second leading cause of death is cancer in Montgomery County. For males, the leading cause of death from cancer is lung at 65.6 per 100,000, followed by prostate at 26.1 and colorectal at 18.2 per 100,000. For females, the leading cause of death from cancer is lung at 35.0 per 100,000, followed by breast at 22.2 and colorectal at 18.2. Healthy People 2010 goal is to *reduce the colorectal cancer death rate to 13.9 per 100,000* and to *reduce the lung cancer death rate to 44.9 per 100,000*. The following table from the New York State Cancer Registry shows the mortality rate from cancer in Montgomery County. Data is from 2000-2004, and is age-adjusted to 2000 US standard population.

Site of Cancer	Mortality					
	Males			Females		
	Average Annual Deaths	Rate per 100,000 Males	95% CI (+/-)	Average Annual Deaths	Rate per 100,000 Females	95% CI (+/-)
All Invasive Malignant Tumors	60.6	212	24.0	62.0	154.0	18.3
Oral cavity and pharynx	0.4	1.4	1.9	0.6	1.8	2.2
Esophagus	2.0	7.2	4.5	0.4	1.0	1.4
Stomach	1.4	4.8	3.6	1.2	2.7	2.3
Colorectal	5.2	18.2	7.0	8.0	16.2	5.4
Colon excluding rectum	4.6	16.2	6.7	7.4	14.9	5.2
Rectum & recto sigmoid	0.6	2.0	2.2	0.6	1.3	1.6
Liver / intrahepatic bile duct	2.0	7.1	4.4	0	0	0
Pancreas	2.8	10.1	5.3	4.0	9.6	4.5
Larynx	0.6	2.3	2.6	0.4	1.0	1.5
Lung and bronchus	18.6	65.6	13.4	13.2	35.0	8.8
Melanoma of the skin	0.6	2.1	2.4	0.8	2.3	2.4
Female breast				8.6	22.2	7.0
Cervix uteri				0.2	0.8	1.5
Corpus uterus and NOS				2.6	5.9	3.4
Ovary				3.0	8.0	4.2
Prostate	8.0	26.1	8.1			
Testis	0.4	1.4	1.9			
Urinary bladder (incl. in situ)	2.6	9.0	4.9	1.8	3.7	2.6
Kidney and renal pelvis	2.2	7.7	4.6	1.4	3.8	3.0
Brain and other nervous	1.4	5.4	4.0	1.4	5.3	3.9

system						
Thyroid	0.0	0.0	0.0	0.0	0.0	0.0
Hodgkin lymphoma	0.2	0.9	1.8	0	0	0
Non-Hodgkin lymphomas	1.6	5.5	3.9	2.0	4.5	3.0
Multiple myeloma	1.6	5.5	3.8	1.8	4.3	3.0
Leukemias	2.0	7.4	4.6	2.0	5.3	3.5

**Rates are per 100,000 persons, age-adjusted to the 2000 US standard population, with 95% confidence intervals. Rates based on fewer than 4 cases or deaths per year are unstable and should be used with caution.**

## DEMOGRAPHIC TRENDS

In reviewing the overall demographic trends within Montgomery County, a number of potentially significant points stand out.

- Montgomery County's growing Hispanic population and the increase in the number of non-native English speakers creates a strong demand for bilingual health care providers.
- Montgomery County already has a substantially higher proportion of its population aged 65 years and older than either the surrounding Counties or New York State. This is also true of the population aged 85 years and older.
- Lack of transportation throughout the County remains a problem for residents in accessing adequate health care. Those in the more rural western part of the County have the greatest difficulty in accessing adequate health care.
- There is an increasing percentage of the population living in poverty and near poverty. A substantial proportion of County residents are in need of Medicaid or other assistance to finance their living and health care needs.

## ACCESS TO CARE

### Hospitals/Healthcare

St. Mary's Hospital at Amsterdam is the only hospital in Montgomery County. The Mission of St. Mary's Hospital at Amsterdam is "to care compassionately for those we serve with dedication to excellence and Christian ideals". Founded in 1903 by the Sisters of Saint Joseph of Carondelet, St. Mary's is committed to providing health care services that meet the spiritual, social and physical needs of our community with special attention to the poor and underserved.

St. Mary's Hospital has 143 acute care beds and is located on Guy Park Avenue in the City of Amsterdam. Additionally, within the hospital the following services are provided:

- Emergency Department & Fast Track
- Acute Inpatient Services
- Behavioral Health Services (mental health and addiction services)
- Intensive Care Unit
- Maternity Unit
- Medical Imaging/Radiology
- Laboratory
- Cardiac Rehabilitation and Cardiopulmonary Services
- Inpatient Surgical Services
- Ambulatory Surgery
- Complementary Therapies
- Palliative Care

Throughout a two county area, St. Mary's is also responsible for the provision of community based primary care services located in Amsterdam (2 sites), Canajoharie, St. Johnsville, Gloversville, Johnstown, and soon, Northville (June 2009). At most primary care sites, both lab and basic medical imaging services are available. Additionally, St. Mary's operates a Cancer Medicine Center and Specialized Urology services are available in nearby locations.

The St. Mary's Amsterdam Memorial Campus, located on Route 30 in the Town of Amsterdam, provides a complement of continuum services. The 160 bed Wilkinson Residential Healthcare Facility, Urgent Care, Diabetes Center, Inpatient Rehabilitation Services, Occupational Medicine, Adult Medical Day Care, Outpatient Laboratory, Sports Medicine and basic X-ray services are located on this campus as well as one of St. Mary's Amsterdam-based primary care centers.

A comprehensive system of Mental Health and Addiction services are located throughout three counties (Montgomery, Fulton, and Hamilton). Mental Health services include Mental Health Adult Clinic, Mental Health Children's Clinic, Children's Day Treatment, Continuing Day Treatment, Family Care, Intensive Case Management, Mobile Geriatric Services, Intensive Psychiatric Rehabilitation Treatment (IPRT), MH Emergency Services, Social Clubs, and Special Employment services; an 18 bed Inpatient unit is located in the hospital.

Addiction services include detoxification services, Alcohol Outpatient Clinics, and a Methadone Maintenance Clinic; a 16 bed inpatient rehabilitation unit is located in the hospital.

St. Mary's has multiple lab sites throughout Montgomery and Fulton Counties. One is located at the Riverfront Mall in the center of Amsterdam. Also located at the Mall are the Physical and Occupational Rehabilitation Services. This location is easily accessible and is on the local bus route.

The hospital is in a unique position to help coordinate and provide a variety of community education services. There are seven support groups sponsored by the hospital as well as frequent free educational seminars based on topics of interest and community need. The hospital personnel serve on multiple agency and community committees to facilitate collaboration and to help provide financial and staff support for appropriate educational ventures.

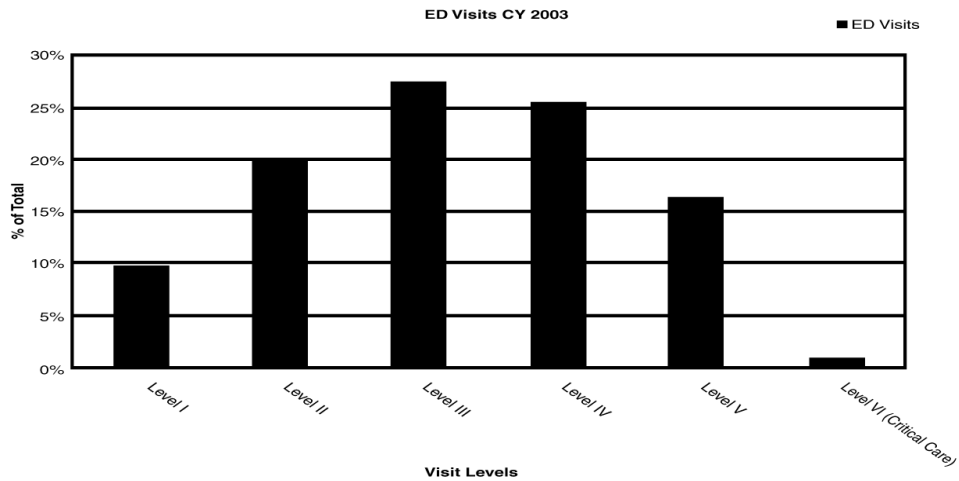
Statistics-Fiscal year 2008	
Newborn births	511
Surgical visits (inpatient)	1,872
Patient days	37,269
Emergency room visits	31,687
Outpatient visits (includes ED)	274,592

The latest SPARCS data for 2007 indicates that Montgomery County resident hospital discharges occurred at the following hospitals:

Hospital	Percent Discharged Montgomery County Residents	Number
St. Mary's at Amsterdam	52.35%	4100
Albany Medical Center	8.91%	698
Ellis Hospital	8.25%	646
Mary Imogene Bassett	6.93%	543
Nathan Littauer	5.02%	393
St. Peter's	3.92%	307
Amsterdam Memorial	3.58%	280
Little Falls	2.82%	221
Bellevue	1.43%	112
St. Clare's	1.25%	98
39 other hospitals with less than 1%	4.14	329

Data from St. Mary's Hospital for 2007 shows a further breakdown by zip code. The 12010 zip code had the highest percent of inpatient cases at 64.61% (2,689). This zip code includes the City of Amsterdam, the Towns of Amsterdam and Florida. This reflects the most populated area of the county in addition the hospital is located in the City of Amsterdam. Fulton County residents' zip code areas of 12078, Gloversville; 12095, Johnstown; and 12025, Broadalbin; made up 29% (1,314) of St. Mary's inpatient population.

St. Mary's Hospital has the only Emergency Department in Montgomery County. Reflected in the chart below is the breakdown of the level of visits.



	2003 %/cases	2008 %/cases
Newborn delivered w/o c section	12%/409	4.93%/333
Pneumonia	6%/220	2.92%/197
Congestive heart failure	4%/143	1.42%/96
Alcohol withdrawal	4%/135	3.06%/207
Newborn delivered by c section	3%/115	2.75%/186
Depressive disorder	3%/105	1.24%/84
Chronic schizoaffect	3%/103	
Hypovolemia	3%/102	
Alcohol dependency	3%/102	1.73%/117
Acute myocardial infarction	3%/96	1.35%/91
Obstructive chronic bronchitis		1.69%/114
Atrial fibrillation		1.69%/114

Data from St. Mary's hospital for 2003 & 2008 shows the top 10 primary diagnoses

## CLINICS

New York State approved Article 28 Diagnostic and Treatment Center and Article 28 Hospital Extension Clinics for Montgomery County (Current as of December 16, 2004).

ALBANY DIALYSIS CENTER, INC at AMSTERDAM DIALYSIS CENTER  
ONE NORTHERN BLVD  
AMSTERDAM, NY 12010

BASSETT HEALTH CARE  
56 MONTGOMERY STREET  
CANAJOHARIE, NY 13317

LITTLE FALLS BASSETT HEALTH CARE  
8 PARK PLACE ST  
ST. JOHNSVILLE, NY 13452

MONTGOMERY CO PUBLIC HEALTH DEPARTMENT  
20 PARK STREET  
FONDA, NY 12068

NEW DIMENSIONS IN HEALTH CARE  
40 WALL STREET  
AMSTERDAM, NY 12010

NEW DIMENSIONS IN HEALTH CARE  
1467 STATE HIGHWAY 5S PO BOX 639  
AMSTERDAM, NY 12010

ST. MARY'S CARONDELET FAMILY HEALTH CENTER  
380 GUY PARK AVENUE  
AMSTERDAM, NY 12010

ST. MARY'S MEMORIAL FAMILY HEALTH CENTER  
4988 STATE HIGHWAY ROUTE 30  
AMSTERDAM, NY 12010

ST. MARY'S CANAJOHARIE FAMILY HEALTH CENTER  
48 ERIE BLVD  
CANAJOHARIE, NY 13317

ST. MARY'S JOHNSTOWN FAMILY HEALTH CENTER  
700 SOUTH PERRY STREET  
JOHNSTOWN, NY 12095

ST. MARY'S FAMILY HEALTH CENTER AT ST. JOHNSVILLE  
7 TIMMERMAN LANE  
ST. JOHNSVILLE, NY 13452

<b>Payment Source</b>	<b>Number of Clients Served</b>	<b>Percent</b>
No Charge	316	39%
Partial Fee	20	2%
Medicaid	278	34%
Medicaid Managed Care	36	4%
Family Planning Benefit Program	1	0.1%
Private Insurance	166	20%
Other		1%

## PRIVATE PROVIDERS

There are approximately 84 private physicians practicing in Montgomery County and 35 primary care physicians. Over the past 5 years Montgomery County has gained many physicians especially in specialized areas such as cardiac care.

## NURSING HOMES

There are five nursing homes located in Montgomery County for a total of 590 beds:

MOUNT LORETTO NURSING HOME INC  
302 SWART HILL ROAD  
AMSTERDAM, NY 12010  
Certified Beds: 120

PALATINE NURSING HOME  
UPPER LAFAYETTE STREET  
PALATINE BRIDGE, NY 13428  
Certified Beds: 70

RIVER RIDGE LIVING CENTER, LLC  
100 SANDY DRIVE  
AMSTERDAM, NY 12010  
Certified Beds: 120

ST. JOHNSVILLE REHABILITATION AND NURSING CENTER  
7 TIMMERMAN AVENUE  
ST JOHNSVILLE, NY 13452  
Certified Beds: 120

ST. MARY'S WILKINSON RESIDENTIAL HEALTH CARE FACILITY  
4988 STATE HIGHWAY ROUTE 30  
AMSTERDAM, NY 12010  
Certified Beds: 160

## ADULT HOMES

An adult home is established and operated for the purpose of providing long-term residential care, room, board, housekeeping, personal care and supervision to five or more adults unrelated to the operator. An assisted living program provides or arranges for resident services that must include room, board, housekeeping, supervision, personal care, case management and home health services. One of the adult homes in Montgomery County, Hillcrest Springs Residential, has a 40 bed assisted living program. There are four adult homes that serve Montgomery County.

Arkell Hall  
55 Montgomery Street  
Canajoharie, NY 13317  
Number of beds: 24

Hillcrest Spring Residential  
5052 Rte30, Upper Market St,  
Amsterdam, NY 12010  
Number of beds: 80  
Assisted Living Beds: 40

Park Hill Adult Home  
52 Grove Street  
Amsterdam, NY 12010  
Number of beds: 73

Sarah Jane Sanford Home  
69 Guy Park Avenue  
Amsterdam, NY 12010  
Number of beds: 28

## EMERGENCY MEDICAL SERVICES

There are four paid ambulance services serving Montgomery County. They are: Greater Amsterdam Volunteer Ambulance Corps, Mid County Ambulance Service, St. Johnsville Ambulance and Rural Metro. In addition to these there are 17 non-transporting first responder services. These include:

- Amsterdam Fire Department
- Burtonville Fire Department
- Canajoharie Vol. Fire Department 1<sup>st</sup> Responder
- Charleston Volunteer Fire Department
- Cranesville Fire Department
- Town of Florida Volunteer Fire Department
- Fonda Volunteer Fire Department
- Fort Hunter Engine and Hose Company
- Fort Johnson Volunteer Fire Company
- Fort Plain Volunteer Fire Department
- Glen Volunteer Fire Department
- Hagaman Volunteer Fire Department
- Rural Grove Volunteer Fire Department
- South Minden Volunteer Fire Department
- Tribes Hill Volunteer Fire Department

## PRIMARY CARE AND PREVENTIVE HEALTH SERVICES

Access to quality health care is an important factor when attempting to eliminate health disparities and improve health outcomes. In order to improve health, residents need access to preventive services, good primary care and high quality emergency care to improve outcomes. Additionally health care services must be provided in a culturally and linguistically sensitive manner.

Improving access to preventive services includes involving the patient, the provider and the health care system. Barriers that involve the patient include lack of knowledge or awareness, lack of acceptance that preventive measures can make a difference and lack of health insurance.

Barriers that involve the provider include limited time with patient, lack of training in preventive measures, and the inability to communicate in a quality way with patients who do not speak the same primary language.

Barriers that affect the system include lack of resources devoted to prevention, lack of coverage or inadequate reimbursement for services and lack of systems to improve the quality of care.

The Behavioral Risk Factor Surveillance Survey (BRFSS) administered by New York State Department of Health for Montgomery County revealed the following information about health insurance and utilization reported in their interim report for 2008. Much of the BRFSS data is included throughout the assessment.

### Health Insurance Coverage, 18-64 Years of Age

#### Montgomery County

Demographic Groups	n <sup>1</sup>	Yes % <sup>2</sup>
Total	202	86.5
Gender		
Male	70	81.9
Female	132	90.5
Age		
18-34	*	*
35-44	41	90.9
45-54	61	89.8
55-64	67	95.7
Education		
≤High School	81	86.0
>High School	*	*
>College Degree	54	90.

## Health Insurance Coverage, Aged 18 and Older

### *Montgomery County*

Demographic Groups	n <sup>1</sup>	Yes % <sup>2</sup>
Total	316	89.2
Gender		
Male	107	85.3
Female	208	92.5
Age		
18-34	*	*
35-44	41	90.9
45-54	61	89.8
55-64	67	95.7
>65	109	97.9
Education		
≤High School	158	89.5
Some College	86	85.8
>College degree	72	92.4

It should be noted that the 2010 objective is to have 100% of the population covered by health insurance.

## Reported Having a Routine Physical Exam in Past Two Years

### *Montgomery County*

Demographic Groups	n <sup>1</sup>	Yes % <sup>2</sup>
Total	316	83.7
Gender		
Male	106	77.8
Female	209	88.8
Age		
18-34	*	*
35-44	41	83.7
45-54	61	78.9

Demographic Groups	n <sup>1</sup>	Yes % <sup>2</sup>
55-64	68	96.8
>65	108	98.2
Education		
≤High School	158	84.9
Some College	86	78.7
>College Degree	72	87.5

For the calendar year 2008 the following is a breakdown of Medicaid eligibility for Montgomery County.

Total Medicaid Eligibles	Medicaid and Subsistence						
	TANF Children	TANF Adults	Safety Net Children	Safety Net Adults	SSI Aged	SSI Blind & Disabled	
	417	164	49	155	163	1511	
	Medicaid Only						
	TANF Children	TANF Adults	Safety Net Children	Safety Net Adults	Aged	Blind & Disabled	Family Health Plus
10,325	3512	1363	43	488	793	558	1108

In 2003 there were 2,205 households with 4,956 recipients receiving food stamp benefits in Montgomery County. In December 2008 the number of households increased to 3,394 and the recipients to 7349. This increase is significant and believed to be directly related to the current economic times.

New York State provides those children that are income eligible with Child Health Plus, as of April 2009 there were 1,533 children enrolled in Child Health Plus in Montgomery County.

Managed Care programs focus on preventive health care and provide a medical home for those enrolled. Medicaid Managed Care is mandatory in Montgomery County, which has 2

managed care providers for Medicaid: Capital District Physicians Health Plan and NYS Catholic Health Plan, Inc. As of December 2004 there were 6,243 eligible enrollees in Montgomery County as of December 2008 those eligible enrollees have increased to 10,325.

Montgomery County Public Health encourages access to high quality, appropriate developmental and educational services for children with disabilities. The health department runs the Early Intervention Program (EI), which is a statewide program that offers early intervention services to infants and toddlers aged birth to three with developmental disabilities and their families. The Health Department coordinates the Preschool Special Education Program that provides services for eligible children aged 3-5. The following table summarizes the number of children enrolled in EI and Pre-School Special Ed in Montgomery County for the years 2005-2008

Year	2005	2006	2007	2008
EI Number of Children Served	119	127	136	121
EI Number of New Referral	55	73	124	94
Pre-K Special Ed Number of Children Served	155	166	158	160

## COMMONLY IDENTIFIED BARRIERS

### FINANCIAL

Although there are a number of financial assistance programs and sliding fee scales in place within the Montgomery County health care system significant financial barriers continue to be a major problem. The large number of people who can be categorized as "near poor" make up a significant portion of the community, that although in need of financial assistance, finds themselves not eligible. Many employers in the County are small businesses that do not offer health insurance or it is too expensive for the employees to afford. Even individuals with health insurance often cannot afford their co-payments or deductibles.

## STRUCTURAL

### Transportation:

One of the biggest problems in accessing health care in Montgomery County centers on the issue of transportation. This is true both within Amsterdam and throughout the rural areas of the County. The location of health care providers coupled with transportation issues, creates a serious barrier to health care access.

Within Amsterdam, hospitals and related services are, for the most part, located in defined areas creating "health care islands" which are not accessible to residents without transportation, particularly people living on the east end of the City. Public transportation in Amsterdam is fairly accessible with some limitations.

Despite the fact there are transportation problems surrounding access to health care within Amsterdam, anyone familiar with the County would agree that the situation outside of Amsterdam is much worse. There are two public transportation providers in the County. In Amsterdam there is Amsterdam Transit and the rest of the County is served by Montgomery Area Express, known as the MAX.

## PERSONAL

### Language:

There is a need for more bi-lingual services in the County. Amsterdam has a large and growing Latino population, which, considering the median age of the ethnic groups is likely to become the City's predominant group in the next few decades. Many of the Latinos, who initially were recruited to the City for work purposes, came to Amsterdam directly from Puerto Rico, not via another large U.S. City. This has resulted in a high degree of mono-lingual (Spanish) Latinos. Currently, there are very few bi-lingual primary care physicians in the County. It should be noted that the local hospitals have been making an effort to accommodate the Spanish speaking population by attempting to recruit bi-lingual doctors and have had some success in this area over the past few years.

### Risk Rates:

2005 Community Risk Indicators Rates are community level or environmental risk factors that potentially impact all individuals living within the community. These rates are compared to previous Montgomery County average and the most current NYS average excluding New York City.

<b>Community Disorganization Indicators</b>	<b>Montgomery County 2000</b>	<b>Montgomery County 2002</b>	<b>New York State Average 2002</b>
Violent Crime Arrests	14.1	10.3	15.3
Hospital Diagnosis of Intentional Injury	2.8	2.2	3.7

Property Crime Arrests	64.8	49.5	47.7
Other Arrests	373.0	322.1	186.6
Percent Unemployment	5.7	6.3	5.6
<b>Alcohol Substance Abuse Indicators</b>			
Adult DWI Arrests	73.7	69.8	48.3
Adult OASES Alcohol Treatment	77.6	58.1	46.5
Adult Probation Cases Use at Offense - Alcohol	42.3	43.4	33.1

The 2005 Risk Indicator Rates for youth is made up of risk factors reflecting youth whose family environments, behavior or psychosocial development place them at a higher risk for alcohol and substance abuse. Counties whose youth are experiencing intrapersonal and school problems, family dysfunction, and problem behaviors are at a greater risk for alcohol and substance abuse. The following table details selected indicators that were high for youth in Montgomery County compared to NYS as a whole.

<i><b>Indicators</b></i>	<b>Montgomery County 2000</b>	<b>Montgomery County 2002</b>	<b>New York State Average 2002</b>
Emotionally Disturbed Students	78.9	74.7	71.3
Foster Care Admissions	47.6	28.8	24.9
Children in Foster Care	53.4	31.2	43.9
Preventive Service Openings	99.4	78.9	69
CPS Indicated Cases	144.6	113.9	92.1
CPS Mandated Reports	234.9	266.2	192.1
CPS Total Reports Received	465.8	548.8	356.7
Percent Average Daily Absent from School	6.1	6.1	5.4
Percent Students	7.4	5.4	4.9

Suspended			
Percent High School Dropouts	4.5	3.8	2.7
Youth Property Crime Arrest	272.6	144.2	130.1
Youth Other Arrest (Non ASA)	1002.9	821.6	361.7
Teenage Pregnancy	313.3	389.5	223.6
Youth Hospital Diagnosis STD	1.3	0	0.4

The Youth consequences rate table provided a measure of the alcohol and substance abuse problems that youth are currently experiencing in their Counties. The consequence rate table is made up of indicators that represent direct consequences for youth resulting from their use or abuse of alcohol or other drugs.

<i>Indicators</i>	<b>Montgomery County 2000</b>	<b>Montgomery County 2002</b>	<b>New York State Average 2002</b>
Youth DWI Arrests	94.3	55.3	46.6
Youth Drug Related Hospital Diagnoses	32.9	12.5	20
Youth Probation Cases Court Mandates Drugs	156.0	146.3	90.1
Youth OASAS Drug Treatment	32.9	18.8	42.4

New York State conducted a Behavior Risk Factor Surveillance Survey (BRFSS) in all Counties in New York in 2008. The following self reported indicators are important in assessing the health of a community. The 2003 BRFSS data for Montgomery County was combined with Fulton County and therefore trends are not noted as they would not be comparing the same populations.

## Self Rated Health Status Fulton and Montgomery Counties

Demographic Groups	n <sup>1</sup>	Fair or Poor % <sup>2</sup>
Total	315	18.2
Gender		
Male	105	16.4
Female	209	20.0
Age		
18-34	33	12.3
35-44	41	9.4
45-54	61	16.6
55-64	67	18.3
>65	108	32.2
Education		
≤High School	159	25.7
Some College	85	11.2
College Degree	71	13.4

New York State rate 16.2 Fair or Poor and

Montgomery County rate 18.2 Fair or Poor

## Birth Control (BC) Use To Prevent Pregnancy Among Reproductive Aged Men (18-59) and Women (18-44)

Demographic Groups	n <sup>1</sup>	Use BC % <sup>2</sup>	C.I. <sup>3</sup>	n	No BC at risk %	C.I.	n	No BC %	C.I.
Total	209	64.7	6.0	38	11.4	3.8	78	23.9	5.5
Gender									
Male	103	60.8	8.5	17	11.0	5.3	47	28.2	8.0
Female	106	70.6	7.7	21	12.1	5.3	31	17.4	6.4
Age									
18-34	86	62.2	9.5	24	14.6	5.9	24	23.2	9.2
35-59	123	66.7	7.6	14	8.9	5.1	54	24.5	6.6

Demographic Groups	n <sup>1</sup>	Use BC % <sup>2</sup>	C.I. <sup>3</sup>	n	No BC at risk %	C.I.	n	No BC %	C.I.
Education									
≤High School	103	62.5	8.8	18	10.6	5.2	42	26.9	8.4
>High School	106	66.6	8.1	20	12.2	5.6	36	21.1	7.1

NYS rate use BC 60.3% No BC at Risk 14.7 No BC 22.2

Fulton Montgomery rate use BC 64.7 No BC at risk 11.4 No BC 23.9

**Ever had Prostate Specific Antigen Test, Men aged 40 and Older**

Demographic Groups	n <sup>1</sup>	Yes % <sup>2</sup>
Male	77	67.7
Age		
40-64	*	*
≥65	32	96.8

NYS rate for males over age 65 89.8% yes

**Ever Used a Blood Stool Test At home Aged 50 and Older**

Demographic Groups	n	Yes%
Total	210	36.2
Gender		
Male	67	46.0
Female	143	28.9
Age		
50-64	99	25.5
≥65	106	47.1
Education		
≤High School	119	37.8
>High School	*	*

NYS rate 34.9 Yes

### Ever had a Sigmoidoscopy or Colonoscopy aged 50 and Older

Demographic Groups	n <sup>1</sup>	Yes % <sup>2</sup>
Total	212	59.0
Gender		
Male	67	61.0
Female	145	57.5
Age		
50-54	31	18.4
55-64	68	70.1
≥65	108	69.5
Education		
≤High School	121	62.2
>High School	*	*

NYS rate 66%

### Eat 5 or More Servings Fruit or Vegetables

Demographic Groups	n <sup>1</sup>	Yes % <sup>2</sup>
Total	317	20.6
Gender		
Male	107	14.0
Female	209	26.6
Age		
18-34	*	*
35-44	41	9.0
45-54	61	19.1
55-64	68	20.6
>65	109	28.5
Education		
≤High School	159	15.0
Some College	86	21.8
>College Degree	72	29.0

## THE LOCAL HEALTH CARE ENVIRONMENT: THE COMMUNITY

Many factors influence the health care environment in Montgomery County including physical, safety, social and economic status of the community

**1. Physical:** The physical environment provides both opportunity and challenge to Montgomery County residents. Economic development has been stagnant for many years. The potential exists for growth in both the economic and tourism sectors. The opening of the Target Warehouse in March 2005, and most recently the construction of the new Hero Group, Inc/Beech Nut baby food plant, has the hopes of the beginning of a revived economy for the area. The County's location along the Mohawk River has the potential for various tourism promotions. The rich history of the area and natural beauty make it an ideal tourist stop. The easy access of being located along the New York State Thruway with three exits within the County makes the ideal combination for growth and development.

**2. Legal/Public Safety:** Each individual must feel safe in their environment. Feeling safe will have an impact on the health of residents and is an important factor in determining the health of a community. Montgomery County has a combination of local police departments in the City of Amsterdam, the Villages of Canajoharie, Ft. Plain and St. Johnsville. The rest of the County is served by the Montgomery County Sheriff's Office and the New York State Police for police patrol. The rural nature of most of the County is attractive to illegal drug trade and more recently methamphetamine (Meth) labs. Meth labs have serious implications to individuals, families, neighborhoods and entire communities.

**3. Social:** The social issues which affect the health of Montgomery County residents are mainly a reflection of lower socio-economic status and the struggling economy. In some cases, it has become socially acceptable to be young and pregnant, not working, and not going to school.

**4. Economic:** Lack of industry and job opportunity within the County contributes to the lack of aspirations and other behavioral risk patterns that accompany low income. This suggests that the economic situation in the county is less than ideal and, therefore, many residents leave to work in Albany or Schenectady. Continuing lay-offs and "white flight" (young, white skilled professionals leaving the area to pursue lives and careers elsewhere) has substantially weakened the labor pool. Moreover, the limited corporate presence in the County handicaps efforts to attract corporate support and underwriting for community health programs and events.

**5. Institutions:** Considerable effort has been directed toward developing new ways for agencies and providers to work together. There has been an increase in the amount of collaboration between the health department, agencies and schools.

**6. Geography:** The geographical axis of the County is east to west and it is bisected along that line by the Mohawk River. Population concentrations in the central and western areas are limited in their access to health care services primarily located in the eastern region of the County. The hilly regions north and south of the river and narrow, curvy secondary roads exacerbate transportation problems, especially in winter months.

**7. Media Messages:** The media outlets utilized by the Montgomery County Public Health Department include:

- Newspapers (Amsterdam Recorder and Courier Standard, Leader Herald, Schenectady Gazette, Little Falls Times, My Shopper and Pennysaver)
- TV ( WRGB, WTEN, WNYTV, FOX News, and Channel 9 News)
- Radio (WCSS, WIZR, WENT, WGY, WBUG).

## LOCAL HEALTH UNIT CAPACITY PROFILE

The Montgomery County Public Health Department is comprised of three branches: Public Health, Coordinated Children's Services, and Administration. Each branch reports to the Director of Public Health, who reports to the Board of Supervisors. The Public Health Director also works closely with the local Health Unit Quality Assurance Committee and a designated Medical Consultant.

1. The Public Health branch is lead by an Assistant Director who oversees the work of three full-time Community Health Nurses, the Community Health Educator and the Community Health Worker.
2. The Coordinated Children's Service Program includes the Children with Special Needs Coordinator (Early Intervention Official) and two Coordinated Children Services Program Specialists.
3. The Administrative branch consists of a Business Manager and one Principal Account Clerk Typist, two Senior Account Clerk Typists, and one Account Clerk Typist.

## PROBLEMS AND ISSUES IN THE COMMUNITY

### PROFILE OF COMMUNITY RESOURCES

#### Available Resources within the County

##### Alcoholism And Substance Abuse Council Of Hamilton, Fulton and Montgomery Counties

A private, non-profit agency, which provides prevention, intervention, education and referral services to schools, organizations, agencies and individuals. All individual inquiries treated confidentially. These services include prevention, intervention, education, referral service, advocacy, needs assessment, workshops and speakers bureau. Programs and Services Offered: Prevention, intervention, education, referral source, advocacy, needs assessment, workshops and speakers' bureau. Speakers available on alcoholism related topics for civic, business and school organizations.

##### Addiction Services of St. Mary's

Addition, drug and alcohol treatment provided through a comprehensive array of inpatient and outpatient programs including: Inpatient Rehabilitation, Detoxification, Crisis Services, Day Rehabilitation, Day Alcohol Treatment Services, Evening Rehabilitation, Clinic Services, Opioid Treatment Component.

##### Alzheimer's Disease Assistance Center Of The Capital Region

Diagnostic and assessment services to evaluate a person's signs and symptoms, to establish a diagnosis whenever possible, and to make recommendations assisting the person and family, in planning for present and future care needs. Clinic appointments available in Albany. Educational programs are also available to community groups and to other health care and service agencies.

##### American Cancer Society

Toll-free cancer information available 24 hours a day, 7 days a week. This is a personalized service by trained people who can answer questions one may have about cancer. Free wigs, prosthesis, one on one support from cancer survivors, information on cancer and referral to community resources.

##### American Heart Association Northeastern Area

Mission is to improve health and prevent cardiovascular diseases and stroke through public and professional education, community service programs and public policy initiatives. Interactive programs available to employers, schools and the community.

##### American Lung Association of NENY (ALANENY)

American Lung Association (ALA) is the leader in the battle for lung health. ALANENY provides information and programs for anyone afflicted, affected or concerned about lung disease and prevention. Patient and community educational material offered on tobacco use and prevention, asthma and other lung concerns. Partial list of programs includes: smoking cessation (adults/youth), Better Breathing Clubs, asthma education including Open Airways for Schools, Asthma Camp.

American Red Cross Of Northeastern New York

The American Red Cross of Northeastern New York Chapter is a human humanitarian, Non-Profit organization that provides relief to victims of disaster and helps people prevent, prepare for and respond to emergencies, both natural and manmade. Our Chapter does this by providing programs for local residents including Blood Services, Disaster Services, Health & Safety Programs, HIV/AIDS education program, Military Services, Care and Share Project Share Utility Assistance Programs and Veterans hospital services.

Arthritis Foundation Northeastern NY Chapter

More than 170,000 persons in the chapter are afflicted with one of the more than 100 forms of arthritis seriously enough to require medical care. Hours are 9 A.M. - 5 P.M., Mon. - Fri. Serving all persons with arthritis. No fees. Research, professional education and training. Patient and community services such as physician referrals, Arthritis Foundation/YMCA Aquatic Program, Arthritis Self-Help Course, Patient handbooks and care manuals, equipment loan closet, public health education.

Career Employment Network (CEN)

The Career and Employment Network (CEN) provides job placement services for individuals with disabilities. Services offered include assessment and interest testing, resume writing, job search assistance and job coaching.

Catholic Charities of Fulton and Montgomery County

Catholic Charities serves area residents through a broad range of programs including: Domestic Violence/Crime Victims Services, Parent Education Programs and Services, Supplemental Homeless Intervention Program, Mental Health Community Residence/ Single Occupancy Residence, Tobacco-Free School Policy Program, Food Pantry, Emergency Assistance, Transitioning, Families, Substance Abuse Prevention, Family Counseling Services, Dispute Mediation, and a Family Resource Center.

Centro Civico Of Amsterdam, Inc.

Centro Civico of Amsterdam, Inc. is a multi-service community based agency providing services to the residents of Montgomery and Fulton counties. Centro Civico believes in the vast potential of the Latino community and the disadvantaged. The thrust of our mission is to serve as a catalyst for positive change and as a focal point to engender community mobilization.

Community Health Center, Inc.

A Certified Home Care agency with a Long Term Home Health Care Programs. Clients served are of all ages, acute, chronically ill - under the care of service and charity care packages vary according to ability to pay. Fees are covered. Community Health Center provides care at home in Montgomery County. Offering skilled nursing, physical therapy, medical social worker, occupational therapy, speech and respiratory therapy. Also available; registered dietitian, home health aide, personal care attendant and housekeeping.

Community Maternity Services

Free confidential counseling and case management services for pregnant and parenting teens, ages 21 and under. Includes counseling, advocacy, referral, transportation,

childbirth preparation, parent education and NYS licensed adoption services. Family Life Education programs on sexuality, decision-making, pregnancy prevention and other topics for school and community groups of students and/or parents. Hours are 9:00 A.M. - 5 P.M., Mon. - Fri. Serving clients who are pregnant and parenting adolescents and their families, also teens at risk throughout Fulton, Montgomery Counties. No fees.

Department Of Labor Community Service Center of NYS

Provides Unemployment Insurance Benefits to eligible workers; job referral and placement services; employment counseling; Veteran services; direct referral to NYS Labor Worker Protection Units; assistance in Employment Training; TRA payments information; Employer Recruitment assistance, screening and job analysis; referrals to community services; dislocated worker certification. Maintains a computerized nationwide job list. New Programs: Self-Search terminals and Jobs Plus display, resume computers, laser printers, self assessment computer programs, fax machine. Office hours 8:30 A.M. to 5 P.M., Monday through Friday.

Employee Assistance Program of St. Mary's (EAP)

This program offers employees and their family members help in dealing with personal and family problems. This service is available through contracts with 26 employers in Montgomery and Fulton counties. Appointments are available at various locations.

Fort Plain Housing Agency

Assistance for very low-income families with their rent and obtaining decent, safe and sanitary housing. Clients served are very low-income families. Villages of Fort Plain, Fonda, Fultonville, Fort Johnson, Palatine Bridge; Towns of Minden, Palatine, Glen, Mohawk, Amsterdam, Charleston and Ephratah. Hours are 8:00 A.M. - 3:00 P.M., after 3 P.M. by appointment. Mon. - Fri. No fees.

Fulmont Community Action Agency, Inc-

- Administrative Offices Head Start - Comprehensive pre-school for 3 to 5 years old.
- Weatherization - Insulation, furnace work and air sealing.
- W.I.C. - Supplemental foods and nutrition counseling for pregnant/breast-feeding women, infants and children up to age 5.
- FEMA Emergency help in rent assistance - utilities - food.
- Child Care Resources
- Extra Helpings - Food buying program. Outreach/Neighborhood Centers – Gloversville - Amsterdam - Fort Plain - Northville.
- Emergency Services - Food, clothing and housing. Family development – Assisting families achieve self-reliance. Wheels for work -Assistance securing transportation for employment purposes.

Fulton Montgomery Community College BRIDGE Program

Clients served are Fulton or Montgomery County residents with a family income under 200% of the federal poverty standard of receiving Family Assistance. Clients must have a desire to obtain employment upon completion of the training. BRIDGE conducts an in-depth assessment and career plan to prepare students for their studies. Clients may choose to enter employment upon completion of a Career Development Training course or may pursue Certified Nurse Assistant training or a career oriented college certificate or degree program. No charge to participants.

### Hispanic Outreach Services

" To honor the human dignity and culture of the Hispanic people and promote their integration and acceptance in society through direct services, advocacy and empowerment." Clients served are Hispanic youth and families. Hispanic Outreach Services does not discriminate based on race, creed, color, or ethnic background. No fees. Hispanic Youth Life Enrichment Program; Family Assistance Programs. These services include advocacy for benefits, translation, health services referrals, immigration assistance, and employment counseling and referrals.

### Horace J. Inman Senior Citizens Center, Inc.

Serving senior citizens. No fees. Hours are 9:00 A.M. - 4:00 P.M., Mon. - Fri Services include; AARP safe driving courses are scheduled by the Center, Free Tax Assistance Program, Cataract Screening, Free Blood Pressure Clinic first Tuesday of each month at 2:00 P.M., courtesy of Kimberly Quality Care. Also, the Center plans and promotes fire prevention, personnel safety and crime prevention programs throughout the year. Newly renovated services by appointment and copy machine service available Mon. - Fri., 9:00 A.M. - 4:00 P.M. The charge is 10 cents per copy.

### Hospice of Amsterdam

Serving terminally ill persons and their families. Method of referral, contact physician or Hospice directly, fees covered by most health plans. Hours 8:00 A.M. - 4:00 P.M., Mon. - Fri. Hospice provides nursing, counseling, home health aides, medical supplies, and medical equipment to patients terminally ill at home. Education to family members is also given.

### Liberty, (dba) For Montgomery County Chapter, NYSARC, Inc.

The basic program goal is to provide disabled persons with opportunities to assist them in reaching their fullest potential. Hours are 8:30 A.M - 4:30 P.M., Mon. - Fri. No fees.

- LIBERTY ENTERPRISES - the job training and employment program; each person is assessed then assigned to work areas such as food processing industrial fabrication, packaging of dry and liquid soap, odor counteractive production, subassembly, service contracts, support work or transitional employment.
- LIBERTY DAY TREATMENT PROGRAM - increase self - reliance through individualized training in routine living skills in conjunction with individualized clinical services such as speech, physical and occupational therapy.
- LIBERTY RESIDENTIAL SERVICES - provides a homelike environment for developmentally disabled individuals. Presently this program serves 165 people at 25 different homes located throughout the County.
- LIBERTY FAMILY SUPPORT SERVICES - primarily offers respite and recreation services to families of developmentally disabled persons living in the community.

### Libraries

Montgomery County has 6 public libraries that provide residents with a broad range of materials and programs.

- Amsterdam Free Library
- Canajoharie Library and Art Gallery
- Fort Hunter Free Library
- Fort Plain Free Library
- Frothingham Free Library-Fonda
- Margaret Reamer Memorial Library- St.Johnsville

Mental Health Association Of Fulton And Montgomery Counties, Inc.

A two-county agency that works to improve the care and treatment of children, adults, and families suffering from mental illness, the Association promotes mental wellness through education, advocacy and support services. A toll free information and referral phone line is sponsored by the Association in addition to our many other programs and services. 8:30 A.M. – 4:30 P.M., M-F. Some programs after hours. Clients served are adults with mental illnesses, families, and children with emotional disturbances. Method of referral is self, agency or other. No costs, Handy Ups & Downs Thrift Stores retail employment for consumers. FC/MC Drop-In Centers – social atmosphere for consumers and families. After School Programs both counties for children 5-15 with emotional or behavioral disturbances. Ombudsman - consumer advocacy, self-help and peer support. Compeer/Compeer for Youth volunteers matched with children or adults with mental illness. Consumer Ombudsman consumer advocacy, self-help, technical assistance and referral. Community seminars. Information and Referral training, workshops, and videos. Compeer- volunteers matched to adult consumers. Pierre the Pelican Parenting Newsletter – periodic publication to parent's with newborns up to age 6.

Mental Health Services of St. Mary's

A comprehensive network of inpatient and outpatient mental health services for adults and children including: Emergency Services, Inpatient Psychiatric Care, Continuing Day Treatment, Adult Mental Health Clinic, Mobile Geriatric Outreach Program, Cash Management, Supportive Case Management, and Intensive Case Management Services, Family Care Program, Intensive Psychiatric Rehabilitation Training (IPRT), Social Club Program (N.E.W. Frontiers), Special Employment Program and Children's Mental Health Clinic, Intensive Case Management Children and Youth, School Based Outpatient Services, Coordinated Children's Services Initiatives.

Mohawk Valley Psychiatric Center

A New York State Office of Mental Health facility serving an Upstate catchment area, this includes Fulton, Montgomery and Hamilton Counties. Offers a wide range of psychiatric/mental health services, both inpatient and outpatient. Outpatient services are provided via agreement with Fulton Co. Mental Health Services in Gloversville and St. Mary's Hospital in Amsterdam, respectively. Services in Hamilton Co. are available on an as needed basis via agreement with Hamilton Co. Community Services in Indian Lake. MVPC serves children, adolescents and adults.

Montgomery County Department Of Social Services

Provides services under state and federal programs enacted to meet the needs of individuals eligible under these programs. Hours are 8:30 A.M. - 4:00 P.M., Mon. - Fri. Clients served are all program eligible individuals and fees vary according to service and ability to pay. Programs and services offered are Temporary Assistance, Food Stamps, Child Protective Services, Adult Protective Services, Foster Care and Adoption, Support Collection Services, Emergency Assistance to Families, Emergency Assistance to Adults, HEAP, and Long-Term Home Health Care Programs.

Montgomery County Office Of The Aging dba Mohawk Valley Senior Service Center

Advocacy for older adults to preserve, develop and protect programs, services, and rights. The OFA serves the community by assisting the aging to maintain their independence with dignity. Clients served are Montgomery County residents age 60 and over. Home-care services have sliding fee scale based on income. Donations accepted for all other services. We offer Information, referral, outreach, congregate and home-delivered meals,

transportation, legal assistance, employment, home-care services, health insurance counseling, heating assistance, weatherization, wellness programs, telephone reassurance, friendly visitor, and Life span newsletter.

Montgomery County Veteran's Service Agency

Clients served are veterans, veteran's dependents and surviving spouses. Hours are 8:30 A.M. - 4:00 P.M. No fees. Assists in filing claims for federal and state veterans benefits. Provides transportation to the VA hospital. Offers education and employment counseling for veterans.

Montgomery County Youth Bureau

The Youth Bureau is a County Department, which allocates New York Office of Children and Family Services funding and county funding to youth serving agencies and municipal units of government within Montgomery County. Clients served are youth (0-21 yrs of age) of Montgomery County. No fee. Hours 8:30 A.M. - 4:00 P.M. Sept.-June, 9:00 A.M.to 4:00 P.M. July-August.

Montgomery Transitional Services, Inc.

Clients served adolescent and adult consumers of mental health services. Method of referrals would be submission of application for residence. Fees covered by: Medicaid, SSI/SSD and sliding scale. Hours are 8:30 A.M. - 5:00 P.M., Mon. - Fri. MTS provides residential and rehabilitative services to adults and adolescents in the community who are current or past consumers of mental health services. MTS has an Adult Program, which consists of three 10-bed, 24-hour supervised community residences; young adult, long-term, and geriatric programs; as well as scattered site apartments with occupancy of 24 individuals. The Children & Youth Program consists of an 8-bed community residence for youth ages 12-18. MTS also offers a Supported Housing Program, which provides funds and support services to consumers of mental health services for establishing and maintaining a home in the community. Respite services are available for adults. Crisis housing, consisting of a short stay in one of the community residence programs, is available for children (12-18) and adults. In-home respite services are available for children and their families. All applicants must have a primary psychiatric diagnosis and may have secondary diagnosis of substance abuse.

New York State Center For Sudden Infant Death- Eastern NY Satellite Office

SIDS Information and Referral: 1-800-336-SIDS. The SIDS Center provides information, referral, support and guidance for families who have lost an infant to SIDS; Consultation, educational programs and resource materials for professionals and community groups about SIDS and bereavement; Information about self-help groups and peer-to-peer support. All services FREE. Collect calls accepted.

Northeastern Association for the Blind

Provides services to all blind, legally blind persons in the State of New York. The Albany Field Office serves Fulton and Montgomery Counties and 16 others. CHILDREN'S SERVICES are available to youngsters up to the age of 21, which include low vision services, the provision of optical aids, orientation and mobility, rehabilitation teaching, and social casework. VOCATIONAL REHABILITATION SERVICES are offered to persons over 14 to train and prepare them for employment. SERVICES TO OLDER BLIND PERSONS are provided to help them deal with the loss of vision. The core services are provided directly in the individual's residence with the goal of managing the home.

### 211 North Eastern New York Regional Collaborative

This collaborative is a call center that serves North Eastern New York. It provides easy access to information about the full range of health and human services programs and services provided throughout New York State.

### NY Connects

An information and referral service providing unbiased information about long term care options and linkages to services to individuals of all ages with long term care needs.

### NYS Department Of Health – Herkimer District Office

Monday-Friday 8:30 A.M.-4:45 P.M. Conduct inspections, outbreak investigations and provide technical assistance concerning environmental health issues as required by the New York State Sanitary Code and Public Health Law. Programs include: childhood lead poisoning program, food service, public water supplies, hotels, motels, campgrounds, mobile home parks, beach and swimming pools, migrant labor and children's camps. Childhood Lead Poisoning Program - complete environment surveys on residences where lead poisoned children reside, provide public health advice/information on prevention of lead poisoning. Food Service Program - investigate reports of food borne outbreaks, unsatisfactory conditions of restaurants. Children's Camp Program - provides advice and information, investigate complaints. Public Water Supply Program- investigates reports of water-borne outbreaks, hotel, motel, campground, mobile home park, and public bathing beach or swimming pool. Migrant Labor. Camp Programs- advice regarding the requirements to start operations and investigate complaints.

### Planned Parenthood Mohawk Hudson

Professional, affordable, reproductive health care services including gynecological exams, cancer screening, pregnancy testing and options counseling, birth control information and supplies, testing and treatment of sexually transmitted diseases for both men and women, confidential HIV testing and counseling, and community education. Sliding fee scale. Member CDPHP & MVP Plan. Private Insurance accepted. Medicaid welcome.

### Project ACTION

The Project ACTION Coalition provides tobacco free education and support through a grant from the New York State Department of Health. St. Mary's Hospital acts as the host-site for Project Action (Advocacy to Control Tobacco use in Our Neighborhoods) providing tobacco control programming for Hamilton, Fulton and Montgomery counties. Project Action is made up of concerned community members, health and human service organizations, school districts, political leaders and the media. Project Action works with coalition members to support tobacco education, prevention and cessation efforts. The coalition has been instrumental in training numerous community members in cessation programming and provides up-to-date and tobacco related educational materials for schools, community agencies and concerned citizens.

### Rape Crisis Service of Planned Parenthood

A 24-hour staffed hotline; confidential counseling for survivors and families; trained advocates who will accompany and support survivors through hospital, police and court proceedings; information on legal, medical and emotional aspects of rape and sexual assault; referrals to health and human service agencies; a speaker's bureau for school and community groups on topics related to sexual assault and prevention. 24-Hour Hotline.

#### Runaway's Toll-Free Hotline

A toll-free referral and information service for runaway youth across the nation. A trained volunteer will assist the young person in his or her problem situation. Also serves as a neutral channel through which runaways can make contact with their families. All information received is completely confidential. 1800-786-2929

#### Social Security Administration

Administers: SSI (Supplemental Security Income) - A needs program for the aged, blind and disabled. Social Security for workers aged 62 and over/dependents, survivors, and disabled workers/dependents. Medicare, Social Security number issuance and replacement of lost/incorrect cards. Hours: Monday - Friday, 9 A.M. - 4 P.M. CALL FIRST appointments can be arranged. General inquires (1-800-772-1213).

#### St. Mary's Hospital and Nursing Home

St. Mary's Hospital is the largest acute care hospital in the region. An extensive range of services including inpatient, outpatient, and nursing home care are designed to fulfill the total healthcare needs of the community while being the lowest cost provider. More than a hospital, St. Mary's has become a highly accessible healthcare system with four offsite family health centers and seven behavior health service locations throughout Montgomery and Fulton counties. Founded by the Sisters of St. Joseph of Carondelet in 1903, St. Mary's Hospital is dedicated to improving the health of the entire community providing healthcare services that address the spiritual as well as social, emotional, and physical needs of our patients, with special attention to the poor and underserved.

Services include: Acute Inpatient Care; Outpatient Surgery; Emergency Services; Urgent Care; Oncology; Mental Health Treatment; Maternal/Newborn Health Care; Maternity Unit; Prenatal Care Assistance Program; Employee Assistance Program; Cancer Medicine Center; Addiction Treatment; Physical Rehabilitation Center; Medical Imaging; Laboratory; and Occupational Medicine. A network of Family Health Centers in Canajoharie, Johnstown, Amsterdam, Gloversville, Northville, and St. Johnsville. Also included is the Center for Complementary Therapy the program addresses the needs of persons throughout the life span from birth to death. This includes a service such as healing touch which is available on an inpatient and outpatient basis. The St. Mary's nursing home is a 160-bed facility known as the Wilkinson Residential Adult Healthcare Facility.

Numerous support groups are held monthly at St. Mary's and are open to all community members. Groups include: Brain Injury Support Group; Breast Cancer Support Group; Fulton-Montgomery Ostomy Association Group; Lupus Support Group; Pregnancy, Newborn, and Infant Loss Support Group; Healing Touch Buddies Group.

#### The Red Ribbon Partnership of Fulton & Montgomery Counties

The task force is a volunteer-based organization whose mission is to stop the spread of HIV/AIDS in Fulton and Montgomery Counties through various education and community awareness events. Examples of projects include emergency assistance to people with HIV/AIDS and an annual community awareness award to a high school student in each county. New members welcome. No fees. HIV/AIDS education in schools and in the community, emergency financial assistance for persons with HIV/AIDS and technical assistance in developing HIV/AIDS policy and /or training.

#### Tri-county Mediation Center

Method of referral: schools, relatives, courts, clergy, lawyers, social workers, and self. Clients served are any clients with a dispute to settle, bilingual mediators available (Spanish/Italian). No fees. Hours are 8:30 A.M. - 4:30 P.M. Provides mediation, conciliation services for disputes including; consumer-merchant; landlord-tenant; interpersonal disagreements; business-labor disputes; child custody and visitation; support; family problems and neighbor complaints. In addition: lemon law arbitration, special education mediation, school peer mediation trainings, and conflict resolution trainings. Educational services to schools and groups/ organization/ business on conflict resolution, peer mediation, anger management, and workplace stress. Available for presentations.

#### United Cerebral Palsy Association Of Fulton & Montgomery Counties, Inc.

- EARLY INTERVENTIOM - service coordination and specialized early childhood program designed to meet the special needs of children birth to 3 years of age. Physical, Occupational, and Speech Therapy along with Special Education and Psychological Services are all available.
- LEARNING CENTER PRESCHOOL PROGRAMS – children are provided a center based program offering special education, all therapy services and behavior management to meet the developmental needs of children 3-5 years of age. Centers are located in Amsterdam, Fort Plain, Johnstown, and Gloversville areas.
- MEDICAID SERVICE COORDINATION (MSC) assistance in creating Individual Service Plans (ISP) to meet the unique needs of a person so he/she is able to live, work, socialize and participate in his/her community. Choosing a service coordinator to assist you with advocacy, referrals linkage, assessment, monitoring, planning, etc. to meet your individual goals.
- FAMILY SUPPORT – this program can provide information and assistance in obtaining services or someone just to listen to your concerns.
- RESPITE- qualified staff will provide care in your home or another location to give parents/caregivers a much-needed break.
- RESIDENTIAL HABILITATION- services that reinforce skills needed to perform , Activities which enable your family members to remain in the home.
- CONSUMER DIRECTED PERSONAL ASSISTANCE PROGRAM – provision of Personal care by a person selected by the participant. ENVIRONMENTAL MODIFICATION- assistance in obtaining changes in the home to better serve the needs of the individual.
- ADAPTIVE TECHNOLOGIES – assistance in obtaining equipment needed to increase Or maintain abilities, so family members can remain in the home and community.
- ADOVACACY- defends, support, and recommend services on behalf of another.
- CLINICAL OUTPATIENT SERVICES – neurology and orthopedic service; speech, occupation and physical therapies; behavioral and developmental specialists.

#### VA Healthcare Network Upstate New York At Albany

Provides primary care and inpatient services as a member of the VA Healthcare Network Upstate NY Services include all outpatient care designed to promote wellness and tertiary inpatient including medical, surgical and psychiatric care, radiation therapy, outreach counseling for Vietnam Veterans, Gulf War Veterans and all combat veterans, nutritional counseling, and prescription drugs at a small co-pay or none at all to patients enrolled to receive VA medical care.

#### Valley Rural Housing Corporation

We provide service to our community residents to assist in the goal of safe and affordable housing as well as administer projects and programs in housing development, rehabilitation and education

in the fields of building maintenance, home-ownership, and construction. Agencies and walk-ins are accepted forms of referrals. Clientele served are residents of Montgomery County. No fees. Hours are 8:30 a.m. - 4:30 p.m. Tenant Advocacy: landlord intervention; lease review; court assistance; eviction intervention; budget counseling; code repair assistance with landlord. Landlord Advocacy: tenant intervention and/or organizations for grants and loans. Homeownership Counseling: Pre-purchase; delinquency/default; budget and credit counseling; maintenance education; mortgage application assistance.

#### Visiting Nurses Home Care

NYS licensed, JCAHO accredited home health care agency. Services include private duty home health aides, personal care aides, LPN and RN's. Medicaid personal care programs and E.I.S.E.P. in Fulton and Montgomery Counties.

#### Workforce Solutions Centers (Fulton, Montgomery & Schoharie Counties).

Workforce Solutions Centers provide a quality workforce for business and employment and training opportunities for jobseekers. The Centers are open to all jobseekers and offer a wide variety of services including labor market information, internet access for job searches, resume writing assistance, and computer tutorials, career exploration, job referrals, and opportunities for on-the-job training and classroom training programs. Services available to business include applicant screening, labor market information, information on tax credits, and on-the-job training opportunities. Center hours are 8:30 A.M. to 5:00 P.M. Mon.-Fri., with extended hours as follows: Gloversville, Tuesdays until 7 P.M.; Amsterdam, Wednesdays until 7 P.M.; and Cobleskill, Thursdays until 7 P.M.

#### YMCA – Hagaman

The mission of the YMCA is to put Christian principles into and throughout programs that build healthy spirits, minds and body for all. Hours are 6:00 A.M. - 10:00 P.M., Mon.-Wed.; 6:00 A.M. - 9:00 P.M., Thurs. and Fri., 7:00 A.M. - 4:00 P.M. Sat., 11:00 A.M. -2:00 P.M. Sun. The Amsterdam YMCA provides a wide variety of youth, adult and family programming to the Greater Amsterdam Community. The YMCA offers a Nautilus circuit, free weight room, cardio-vascular room, gymnasium and exercise area. Some of the programs that are offered: include gymnastics, school age child care, day camp, t-ball, Tai-Chi, Yoga, language classes and much more.

#### **Collaborative Efforts:**

Collaboration is one of the most effective strategies to employ to meet community challenges. Sharing expertise and resources is necessary to achieve the best solutions. Montgomery County Public Health collaborates with their community partners through a number of active coalitions.

#### Cancer Services Program of Fulton & Montgomery Counties

A joint effort between the community, New York State Department of Health and the Center for Disease Control and Prevention to promote comprehensive screening for colorectal, breast, and cervical cancer. The purpose of screening is to detect cancer at its' earliest stages when treatment is most effective. Services include: screening, mammograms, clinical breast exam and pap tests, colorectal cancer screening for men and women who are eligible. Outreach activities focus on increasing awareness of the importance of early detection.

Nutrition and Health: ESNY (Eat Smart New York) Advisory Committee

The committee provides eligible families and individuals with opportunities to increase skills and motivate behavior change in nutrition, food safety, food resource management, and physical activity.

Healthy Living Partnership (Diabetes Coalition)

This multiple county coalition strives to expand and enhance Diabetes education and provide accurate information to individuals with Diabetes or those at risk of developing Diabetes.

Montgomery County Emergency Medical Services Advisory Board

The purpose of this board is to assess and evaluate the public needs as to emergency medical services. In addition they will develop and implement a Comprehensive Emergency Medical Services Plan for the county.

Pediatric Asthma Coalition of the Capital Region

This 9 county coalition aims to reduce asthma related illness by ensuring that health care providers, parents, children, schools, and communities all work together in preventing and combating childhood asthma.

Project ACTION

This coalition is committed to reducing tobacco use in Hamilton, Fulton, and Montgomery Counties through advocacy, education, and legislative action.

Red Ribbon Partnership of Fulton & Montgomery Counties

Encourages Community involvement in affairs related to HIV & AIDS, as well as providing emergency financial assistance for people affected by the virus. Activities include educational awareness throughout the community on HIV/AIDS, poster contests, advocacy and providing emergency relief services as needed.

RHENDOMS (Rural Health Education Network of Delaware, Otsego, Montgomery and Schoharie Counties)

The purpose of this network is to promote a healthy lifestyle for residents within the four counties, with a focus on healthy eating and exercise to prevent obesity, diabetes, heart disease and other chronic\_diseases and to provide dental education for children.

Safe Kids of the Capital District

Local chapter of a worldwide, global network of Organizations whose mission is to prevent accidental childhood injury, a leading cause of death for children from birth to 14 years of age.

## Assessment of Services

- a. Availability: There is a skewed distribution of basic services with most health care services being concentrated in the Amsterdam area. Montgomery County health care is seen by some as lacking in specialized care facilities. Individuals needing specialized care must travel to Albany or Schenectady or Cooperstown. Specifically identified shortage areas include HIV/AIDS treatment services, adolescent mental health, and

family planning outside of Amsterdam. However, there are a number of new, specialized services that have been developed in the County.

- b. **Accessibility:** Limited public transportation in the County is a major problem for some residents trying to access health care. The geographic dynamics of a long narrow County with facilities located primarily at its eastern end, the reality that many County residents do not have cars, and limited public transportation compound the challenge.
- c. **Affordability:** In general, health care within Montgomery County is comparatively affordable. There are various insurance plans (Medicaid, Medicare, Child Health Plus, and Family Health Plus) and sliding fee scales for those that meet the eligibility. However, there are large numbers of working poor with no insurance coverage or co payments that they cannot afford. This creates a significant barrier to access. Limitations on covered services is also a barrier, in particular mental health services are often not eligible.
- d. **Acceptability:** There appears to be few public complaints about health care in Montgomery County. Most people are positive about the physician community.
- e. **Quality:** The presence of several young physicians, physician assistants and nurse practitioners, is seen as indicative of current medical knowledge and an adherence to current standards of care.
- f. **Service Utilization Issues:**

1. **Hours of Operation-** Although some programs and preventative services are available after-hours, most medical care is available between 8:00 am and 5:00 pm. There are even fewer services available on the weekends. The County now has an Urgent Care Center that is available after hours and on the weekends and can assist residents with receiving care after hours, reducing the inappropriate use of the emergency room for non emergency care.

2. **Transportation -** Public transportation is a challenge for the Montgomery County health care system. Improvements have been made in the past several years, and currently the County has employed a Mobility Coordinator to work on transportation issues.

In the City of Amsterdam, the Amsterdam Transit Authority provides public transportation including daily trips to Fonda. Outside of Amsterdam the transportation issues become more significant; there is weekday public transportation for the more rural areas of the Counties with some limitations (Montgomery Area Express).

3. **Sliding Fee Scales -** The number of sliding fee scales available to County residents is thought to be good.

## Health Education

The Health Education Department of Montgomery County Public Health identifies priority health issues based on input from County residents and local agencies. The Community Health Educator provides programming in cooperation with the support of other staff within the health department, other health and service agencies, schools, hospitals, and other programs in the community. Over the last year, health priority areas for the health education program include:

- a. **Car Safety Seat Distribution Project** - Families are referred by health and social service agencies throughout the County. The Community Health Educator, the Community Health Worker, and the Community Health Nurse provide safety education along with the distribution of car seats. The program has been expanded through grant funding from the Governor's Traffic Safety Council to better serve the needs of the County.
- b. **Community Education Programs** - Topics include: Childhood Lead Poisoning Prevention, Immunization Record review for kindergarten registration, Adult Immunization, Chronic Disease Prevention for adults, Dental Health education for pre-school and elementary children, Emergency Preparedness education for businesses throughout the county, Germ Prevention/Hand Washing Puppet Show with Black Light Demonstration, Rabies, West Nile Virus, and Lyme Disease Education along with many other topics of interest.
- c. **Professional Education Program:** Tuberculosis and tuberculin skin testing (TST) education is provided to nurses from various nursing homes throughout the County. TST education and lead poisoning prevention education are provided to the nursing students at B.O.C.E.S and Fulton Montgomery Community College.

## Clinic and Private Providers for Medicaid

Medicaid is accepted by the hospital in the County for both acute care and ambulatory services. All of the Diagnostic and Treatment Centers in Montgomery County accept Medicaid. The majority of private physicians practicing in Montgomery County accept Medicaid. However, some providers are at patient capacity and therefore it often takes some time before appointments are available. There are dentists in Amsterdam who accept Medicaid but there is a lack of providers accepting Medicaid for dental care in the western part of the County.

## PROFILE OF UNMET NEED FOR SERVICES

While there is recognition that some problems have been identified and programs initiated to address these problems, others continue to go unaddressed or lack support for programmatic intervention.

### 1. Additions to and Changes in Services:

In an effort to improve the access to care for all residents of the County, there is recognition that several factors need to be addressed. Transportation is still a limiting factor for individuals needing to access providers and services. There is a need for more bilingual providers to meet the needs of the increasing population of Latinos who speak Spanish as their primary language. Helping people access available health insurance programs that they are qualified for is also a large factor in an individual's ability to access care.

A targeted collaborative effort to explore the issue of adolescent mental health concerns and strategies would be the best way to better understand the needs and explore the ability to access resources to assist in addressing them.

### 2. Changes to better serve target audiences:

Prioritize and develop health education messages that target specific audiences that may be in special need of information to improve their ability to access care. Development of bilingual health care messages and promotion of programs and services with staff that can translate or communicate in Spanish are needed.

### 3. Gaps in Services

The most salient gaps in services include:

- a. Lack of an adequate affordable countywide public transport system.
- b. The lack of health care services in the western part of the county.
- c. Limited Medicaid services outside of the Amsterdam area, including  
A lack of dental services paid for by Medicaid.
- d. No mental health in patient services for adolescents

### 4. Potential Problems in Providing Services

Decrease in the funding for services and the lack of a local corporate base to support programs is problematic in providing health services to the community. Moreover, success in attracting available grant money is seen by some as creating a culture of dependency in which well intended but short lived programs prevail rather than the creation of a more comprehensive health infrastructure throughout the County.

Montgomery County health care facilities have experienced great difficulty recruiting and retaining trained professionals. This holds true for the rural western part of the

county but is also a particular problem regarding Spanish-speaking professionals in Amsterdam.

Another concern is the public's lack of awareness/education about the services that are currently available in the County.

5. Changes to Public Health Laws and Codes:

Fluoridation of Water Systems: The County has only one fluoridated public water supply in Palatine Bridge. There is no naturally fluoridated water in the county sufficient to confer protection. The County needs to increase the number of public water systems in the County that are fluoridated.

## LOCAL HEALTH PRIORITIES

### Description of Current Strategies:

Various activities have been employed to establish local health priorities. Montgomery County Public Health has established or serves on a number of broad-based committees, which focus on improving the living situations of county residents. Where other groups or coalitions have identified needs, the LHD has supported their plans of action and has contributed staff time and expertise to help accomplish goals. Montgomery County Public Health is attempting to consolidate efforts and focus attention on those areas that exhibit the greatest need while still maintaining core public health programs with limited staff.

### General Evaluation of the Effectiveness of Current Strategies

Based on health status data and input from community partners, Montgomery County Public Health has established two priority areas:

- Access to care, with particular attention to men and their health needs
- Identifying adolescent mental health issues and needs, and exploring with community partners possible strategies and resources to address the needs.

## OPPORTUNITIES FOR ACTION

The financial situation of Montgomery County and New York State makes it extremely difficult to propose new programs that are needed but are currently unfunded. There does not seem to be any immediate solution to this problem. So it is imperative that existing resources be evaluated and priorities established with community partners to avoid duplication and coordinate programming that will best meet the needs of residents of the county.

The ability for individuals to access care is key to early diagnosis and preventive interventions. Improved access to care involves not only linking uninsured individuals to available insurance programs such as child health plus, but also transportation to providers, availability and access of needed programs and services, and knowledge through health and community education of good health practices.

There is a growing concern about the need for mental health preventive and treatment options for adolescents in our community. This will require a coordinated plan involving many organizations and

partners to examine the specifics, identify strategies and then to seek appropriate resources to meet the unmet needs.

## COMMUNITY REPORT CARD

A Community Report Card was published in April 2009. It was widely distributed at the time of publication. This report card was made possible by the Montgomery County Public Health Department and is available by request. The Community Report Card is based on the Prevention Agenda Indicators for tracking Public Health Priority Areas.

## DISTRIBUTION STRATEGY

Montgomery County Public Health will distribute the Community Health Assessment to the following agencies and individuals:

- ✓ Montgomery County Board of Supervisors
- ✓ Partner Agencies
- ✓ Public Libraries
- ✓ Community Services Agencies
- ✓ By Request to the Public Health Department

## RESOURCES

Many sources of statistical and demographic data have been utilized in the development of this document. The following is a list of those sources:

- New York State (NYS) Community Health Data Set
- County Health Indicators, NYSDOH
- New York State Department of Health
  - Cancer Registry
  - Communicable Disease Reports
  - HIV/AIDS
  - Medicaid Statistics
  - Behavioral Risk Factor Surveillance Survey
  - SPARCS
  - Vital Statistics
- KIDS Well Being Clearinghouse Indicators
- NYS Chart Book of Mental Health Information
- NYS Department of Labor
- NYS Education Department
- PRISMS
- Healthy People 2013
- US Census 2000
- Montgomery County Economic Development
- St. Mary's Hospital of Amsterdam
- Local Data from Montgomery County Public Health