

**Regional Health Priorities: Summary of ARHN Health Indicators Identified as Most Important  
Adirondack Rural Health Network - Washington, Warren, Saratoga, Hamilton, Essex Counties**

Health Issue Category, Sub-Category, and Indicator	ARHN Area # of Cases Annually	ARHN Area Annual Rate	Measure
<b><u>Access to Quality Health Services</u></b>			
<b><u>Access to Primary Care</u></b>			
a Reported having a Usual Primary Care Provider (S3Q07)	n/a	88%	%
b % of children receiving an eye exam outside of school (S10Q04)	n/a	47%	%
c % of adults seeing a dentist at least once every 12 months (S9Q02)	n/a	66%	%
d There is a need for more specialists, especially endocrinologists, maternity, mental health care, psychiatric nurses.	<i>Priority health issue in Ticonderoga and Glens Falls.</i>		
e Distance to travel for primary care or specialists is a problem throughout the area.	<i>Priority issue in Ticonderoga, Willsboro, Blue Mt Lake, Speculator, North Creek, and Cambridge.</i>		
f Finding Dentists and Eye Doctors that accept new patients and that accept Insurance is a problem.	<i>Identified by Survey Respondents when asked about health services having difficulty finding.</i>		
<b><u>Access to EMS</u></b>			
a A number of EMS issues, including a serious shortage of volunteers, need to be reimbursed for training time, paid squads may be needed, also need additional equipment and training needed in some locations.	<i>Priority issue in Port Henry, Willsboro, Blue Mt Lake, Speculator, and North Creek.</i>		
b "Satisfied" with available emergency services (tele survey: S7Q01)	n/a	77%	%
c Someone in household received emergency ambulance service, past 12 months (S7Q02) (N=227 of 1,435)	n/a	16%	%
d Rated timeliness of arrival as "Excellent", those receiving service in past 12 months (S7Q05) (N=130 of 227)	n/a	57%	%
<b><u>Access to Insurance</u></b>			
a Cannot afford a family doctor. (S3Q08) (N=168 who said they did not have a family doctor)	n/a	5%	%
b More than a year since last routine checkup because of lack of insurance or out of pocket cost. (S3Q10). (N=194 who had gone more than a year without a checkup)	n/a	12%	%
c Did not get or delayed getting routine or emergency medical care because of lack of insurance or out of pocket cost. (S3Q13) (N=86 who delayed getting care)	n/a	34%	%
d Child did not receive needed care because of lack of insurance or cost of treatment (S10Q06) (N=519)	n/a	4%	%
e Reported having Health Insurance (S3Q01)	n/a	88%	%
f Availability of insurance, information on where to obtain health insurance, and cost is a problem in many communities.	<i>Priority issue in Ticonderoga, Port Henry, Willsboro, Blue Mt Lake, Speculator, Lake George, Granville, and Cambridge.</i>		
<b><u>Access to Long Term Care</u></b>			
a There is a need for affordable senior housing and assisted living facilities.	<i>Priority health issue in Blue Mt Lake and Chestertown.</i>		
b There is a need for assisted living services and for home-based or temporary in-facility post-op care, 24/7.	<i>Priority issue in Blue Mt Lake, Lake George, and Granville.</i>		
c Are you a care giver for a person who requires special care, such as a disabled or elderly person?	n/a	12%	%

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<b>Asthma</b>			
a Asthma in youth	<i>Priority in survey of local health professionals.</i>		
b % of adults reporting they now have "asthma or other breathing problems" (S1Q02a)	n/a	15%	%
c Pediatric (0-4 years) asthma hospitalizations	75	27	per 10,000
d Asthma discharge rate - Total	314	9	per 10,000
<b>Cancer</b>			
a Lung Cancer Incidence	287	81	per 100,000
b Colorectal Cancer Incidence	232	65	per 100,000
c Breast Cancer Incidence	269	132	per 100,000
d Colon Exam, anytime - males & females, age 45 or older (S8Q01b)	n/a	52%	%
e Prostate screening, anytime in lifetime - men only age 18+ (S8Q01ma) (N=446)	n/a	42%	%
f Pap smear within the past two year - women only age 18+ (S8Q01wb) (N=989)	n/a	77%	%
g Mammogram within the past two years - women only age 18+ (S8Q01wa) (N=989)	n/a	62%	%
h Self Breast Exam on a monthly basis - women only, age 18+ (S8Q01wc) (N=989)	n/a	62%	%
<b>Diabetes</b>			
a Diabetes prevalence in adults, from 2004 telephone survey (S2Q03d)	n/a	10%	per 100 adults
b Test for Diabetes within past two years (S8Q01e)	n/a	55%	%
c Diabetes was identified as a high priority health issue in a number of communities.	<i>Priority issue in Willsboro, Glens Falls, North Creek, Hudson Falls.</i>		
<b>Education and Community-Based Programs</b>			
a Improve education in wellness and prevention and improved publicity are needed.	<i>Priority issue in Port Henry, Willsboro, and Glens Falls.</i>		
<b>Heart Disease and Stroke</b>			
a Cerebrovascular disease (Stroke) mortality (ICD-10 160-169)	201	57	per 100,000
b Coronary heart disease (CHD) mortality (ICD)	945	272	per 100,000
c Disease of the heart mortality (ICD 10 100-109, 113, 113, 120-151)	945	300	per 100,000
d % of adults with high blood pressure (QS8Q01f)	n/a	26%	%
e % of adults with high cholesterol (QS8Q01g)	n/a	22%	%
f Cholesterol checked in last two years (QS8Q01d)	n/a	70%	%

Health Issue Category, Sub-Category, and Indicator	ARHN Area # of Cases Annually	ARHN Area Annual Rate	Measure
<b><u>Immunizations and Infectious Diseases</u></b>			
a % of age 65+ with flu vaccine past year (S8Q01g)	n/a	74%	%
b Need for education among teens on STDs / HIV	<i>Priority issue in Hudson Falls / Fort Edward.</i>		
<b><u>Injury and Violence Prevention</u></b>			
a Unintentional Injury Hospitalizations (age 25-64 years)	705	503	per 100,000
b Unintentional Injury Hospitalizations: Total Discharge Rate (all ages)	2,092	666	per 100,000
c Indicated abuse and neglect cases (<18 years)	971	19	per 1,000 children
d % of working adults injured on the job and requiring medical care, past 12 months (S4Q02)	n/a	11	%
e Safety training and education is a problem, especially on the farm and ATV use.	<i>Priority issue in Cambridge.</i>		
<b><u>Maternal, Infant, and Child Health</u></b>			
a % infants with gestational age < 37 weeks	388	10	%
b Low birth weight infants - % of LBW (<2.5K)	248	6	per 100 births
c Children having received an eye check-up out of school	n/a	57%	%
d Distance to travel for maternity care.	<i>Priority issue in Ticonderoga.</i>		
<b><u>Mental Health and Mental Disorders</u></b>			
a During past 12 months, was there ever a time you felt sad, blue, or depressed for 2 weeks or more in a row?	n/a	19%	%
b In the past 12 months, was there a time when you sought help from a health professional about stress, depression, or emotional problems?	n/a	14%	%
c Did you delay or not get the mental health care you thought you need? (N=35 of 196)	n/a	18%	%
d Preventive Services Openings Rate per 10,000 Population (Age 0-17)	n/a	79	per 10,000
e Mental Health	<i>Priority in survey of local health professionals.</i>		
f Lack of mental health care for youth.	<i>Priority issue in Willsboro.</i>		
g Lack of mental health services.	<i>Priority issue in Willsboro, Glens Falls, and Hudson Falls.</i>		
<b><u>Nutrition and Overweight</u></b>			
a % of children overweight (2-4 years, low SES)	332	9	%
b % of adults indicating they have a problem of being overweight (2004 survey: S2Q02h)	n/a	39%	%
c % of adults eating 5 or more servings of fruit or vegetables/day - 5 to 7 days per week (S5Q03)	n/a	47%	%
d % of adults getting at least 30 minutes of moderate physical activity, 5 or more days/week (S5Q01)	n/a	49%	%
e Prevalence of Obesity - % of population with BMI of 30+ (Local BMI data from 2004 telephone survey, N=1,336)	n/a	26%	%
f Obesity, diet, and diabetes are related priority health issues.	<i>Priority issue in Willsboro, North Creek, Glens Falls, and Hudson Falls.</i>		

Health Issue Category, Sub-Category, and Indicator	ARHN Area # of Cases Annually	ARHN Area Annual Rate	Measure
<b><u>Oral Health</u></b>			
a % of children receiving a dental exam outside of school (S10Q04b)	n/a	77%	%
b % of adults having insurance that pays for dental care (S9Q01)	n/a	50%	%
c % of adults seeing a dentist at least once every 12 months (S9Q02) (HP2010 base rate is for rural areas).	n/a	66%	%
d % of adults getting the dental care they think they need (S9Q03)	n/a	74%	%
e Oral Health - Access to and Affordability of Dental Care	<i>Priority issue in North Creek; Survey identified difficulty in finding dentists.</i>		
<b><u>Public Health Infrastructure</u></b>			
a How to get help with health issues and problems, where information is available, and finding your way through the system are on-going problems that could possibly be addressed at the public health level.	<i>Priority issue in Port Henry and Speculator.</i>		
<b><u>Substance Abuse</u></b>			
a Adult DWI Alcohol Arrest Rate per 10,000 Adults (Age 21 and Over)	2,403	86	<i>per 10,000 adults</i>
b Driving While Intoxicated Arrests, youth ages 16-20 years	145	53	<i>per 10,000</i>
c Intoxicated youth involved in auto accidents, ages 16-20 years	145	30	<i>per 10,000</i>
d Adult binge drinking: % of adults reporting five or more drinks of alcohol on average when they drank, during past 30 days (only among those who say they drink alcohol) (S14Q02)	n/a	23%	%
e Youth alcohol and tobacco use are community health problems.	<i>Priority issue in Port Henry, Willsboro, Blue Mt Lake, North Creek, Granville, and Cambridge.</i>		
f Social drinking and alcohol use by adults or teens is a problem.	<i>Priority issue in Port Henry, Willsboro, Blue Mt Lake, North Creek, Granville, and Cambridge.</i>		
<b><u>Tobacco Use</u></b>			
a Adults who regularly smoke cigarettes (smoked 100 or more cigarettes and now smoke > 5 / day) (S6Q02c)	n/a	21%	%
b Lung Cancer Mortality (Male)	129	74	<i>per 100,000</i>
c Lung Cancer Mortality (Female)	105	66	<i>per 100,000</i>
d CLRD mortality (chronic lower respiratory diseases)	189	59	<i>per 100,000</i>
e Someone smokes regularly inside your house (QS6Q01)	n/a	26	%
f Tobacco use identified as a priority issue.	<i>Priority issue in Port Henry, Willsboro, and Blue Mt Lake.</i>		

**Notes:**

Majority of the data refers to adults age 18 or over.

The population of the 5 counties wholly or partly within the ARHN area is 369,210 (2000 census).

Only southern Essex and the rural portion of Saratoga county are officially in the ARHN area, resulting in approximately 193,000 people living within the ARHN area.

Rural Healthy People 2010 priority categories are shown in bold and underlined.

Numbers in parenthesis (QS6Q01) represent the questionnaire items in telephone survey completed March, 2004.

Survey included 1,435 respondents in the five counties, averaging about 300/county.

53 residents participated in the 12 Community Roundtables in Warren, Washington, Essex, and Hamilton counties.