

# Community Health Assessment 2022-2024

## Community Health Improvement Plan 2022-2024

Tompkins County Whole Health  
Cayuga Medical Center, a member of Cayuga Health  
Ithaca, New York  
December 2022

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TOMPKINS COUNTY  
OFFICE FOR THE AGING  
*Aging Better, Together*



Cornell Cooperative Extension  
Tompkins County

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## SUMMARY OF ASSETS AND RESOURCES

Tompkins County is a resourceful community, characterized by its commitment to seeking solutions to social needs and inequities. Residents also work to enhance and build on existing resources in the environment and community infrastructure to address health issues. Local government and agencies are committed to diversity and inclusion in the work force and in program implementation. While individuals might say that certain of these efforts are insufficient, misdirected, or disingenuous, historically the community continues to look for the best path to equity.

The cultural and artistic landscape offers a wide range of opportunities for participation and enjoyment in music, theater, art, dance, and intellectual programming. Seasonal community markets, festivals, and celebrations promote the diversity of cultures, local agencies, local artists and music, and local food and agriculture. The Ithaca Farmers Market is a centerpiece for local food and fresh produce; other municipalities have their own farmers markets or are affiliated with the Ithaca market.

The County is rich in geographical diversity, known for its gorges and numerous hiking trails that provide a range of opportunities for physical activity. The website [IthacaTrails.org](http://IthacaTrails.org) lists over 70 different trails, which can be searched by activity, difficulty, and ecology. Some are connected with one of the three State Parks within the county, and the others are stewarded by any one of well-over a dozen different municipalities and nonprofits.

One showcase is the Cayuga Waterfront Trail, a multi-phase collaboration between the City of Ithaca and the Tompkins County Chamber of Commerce. The five and a half mile trail connects the Allan H. Treman State Marine Park on the west side of Cayuga Inlet, to Stewart Park on the east side. The ten-foot wide asphalt trail was designed to be used by walkers, joggers, bicyclists, inline skaters, mobility-impaired users, and parents with strollers.

Tompkins County has an integrated system of healthcare resources along with activities and programming in the towns, villages, schools, and community centers that focus on promoting healthy lifestyles across the age spectrum and healthy communities. For the community organizations that want to refer clients to local resources, the perennial challenge is to be aware of and up-to-date on program availability. The challenge broadens with the need to ensure that the diverse population in our county, especially those most vulnerable, are able to access both the healthcare system and available cultural and recreational opportunities.

Finally, the assets that individuals offer to the well-being of our community must be recognized. Everyone has aspirations, interests, knowledge and talents to offer that we want to celebrate and acknowledge in the community's effort to improve health outcomes and achieve a more equitable future.

## Access to Healthcare Services in Tompkins County

Many of the agency names below are linked to the organization's website.

### [Tompkins County Whole Health \(TCWH\)](#)

Tompkins County Whole Health, formerly Tompkins County Health Department and Mental Health Department, merged as one department in December 2019 and completed the process of integration in 2022. This new department is under shared leadership to better serve the community through enhanced service delivery. The mission of TCWH is to build a healthy, equitable community in Tompkins County by addressing the root causes of health disparities and integrating mental, physical and environmental health.

The core public health services of TCWH are comprised of the Divisions of Administration (including Health Promotion, Public Information, and Emergency Preparedness) Environmental Health, Community Health, and Children with Special Health Care Needs.

TCWH provides pre- and post-natal care through the MOMS Plus+ program and through pre- and postnatal home visits for at risk families through registered nurses and Community Health Workers. The Supplemental Nutrition Program for Women Infants and Children (WIC) is a federally funded program provided by TCWH. WIC improves the health status of eligible women, infants and children (up to five years) through the purchase of nutritious foods, nutrition and health education, breastfeeding promotion and support and referrals to local health and human service agencies. TC WIC uses eWIC and operated fully remote during the COVID pandemic.

The Children with Special Health Care Needs Division serves children who have or are at risk for chronic, physical, and developmental, behavioral or emotional conditions and who require a broader scope of health and related services to reach their fullest potential.

The Department provides childhood immunizations to children, flu immunizations to targeted populations and the public. Rabies post-exposure immunizations are also provided to the community, in collaboration with Cayuga Medical Center. Communicable disease surveillance and case management, tuberculosis, contact investigation and treatment, and anonymous HIV counseling and testing are essential programs.

The Environmental Health Division (EH) provides educational and regulatory programs including, Onsite Wastewater Treatment Systems, Rabies Control, Lead Poisoning Prevention, Food Program, and Water Systems, including harmful algal blooms (HABs) and Hydrilla. EH manages the Adolescent Tobacco Use Prevention Act (ATUPA) program, which enforces compliance with the county's minimum legal age for retail tobacco sales.

The Health Promotion Program (HPP) focuses on evidence-based programs to reduce the risk of chronic disease among Tompkins County residents. The Tobacco Control Program (Tobacco Free Tompkins, T-Free Zone), a partner in NYS Advancing Tobacco Free Communities, works to eliminate all exposure to secondhand smoke and vape aerosol, de-normalize tobacco use, and reduce youth initiation through outreach, policy, and environmental change. The Healthy Neighborhoods Program (HNP). HNP is a free, in-home assessment program to prevent indoor air pollution, residential fire deaths, lead poisoning, and asthma hospitalizations.

The Public Health Preparedness program plans, coordinates, and facilitates training, table-top and point of dispensing exercises to prepare for public health emergencies, as mandated by the Cooperative Agreement with the CDC and the NYSDOH. The program offers a variety of opportunities for organizations, agencies, municipalities, and businesses to support countywide preparedness efforts.

TCWH convenes community coalitions, including the Lead Poisoning Prevention Network, and the Tompkins County Immunization Coalition.

#### *Cayuga Medical Center (CMC) -*

Cayuga Medical Center, a member of Cayuga Health, is a 212-bed federally designated Sole Community Hospital. Annually, CMC serves over 150,000 patients with approximately 7,500 inpatient discharges, 8,000 inpatient and outpatient surgeries, 30,000 emergency visits, 45,000 urgent care visits, and 15,500 hematology/oncology visits. Over 60% of CMC's inpatient discharges are for patients with Medicare or Medicaid, and about 2% for patients without insurance. CMC is dedicated to providing excellent care to all patients, regardless of their ability to pay and offers a Financial Assistance Program, which helps to cover the cost of services for patients with a household income at or below 300% of the Federal Poverty Level. Tompkins County represents the majority of CMC's primary service area, and the majority of CMC patients are Tompkins County residents.

CMC has a staff of over 1,500 healthcare professionals and over 200 affiliated physicians to serve Tompkins County. CMC works closely with the outpatient arm of Cayuga Health, Cayuga Medical Associates (CMA), which includes primary and specialty care practices throughout Tompkins County. In an effort to continue to expand access to care and meet community need by increasing the number of medical providers in the area, CMC launched an Internal Medicine Residency Program in 2019 and partners with several regional academic institutions to provide learning opportunities and career pathways for new healthcare professionals and providers.

#### *Cayuga Health Partners (CHP) -*

A partnership between Cayuga Area Physicians' Alliance and Cayuga Medical Center that includes more than 40 primary and specialty care practices spanning Tompkins, Cortland and



Schuyler counties. As a clinically integrated network, CHP unifies more than 450 providers and 2 community hospitals to drive improvements in population health and control the total cost of healthcare in our community. CHP does this by leveraging innovative data capabilities while promoting evidence-based best practices across our practices working to achieve optimal health outcomes for our community.

#### *Guthrie -*

Primary care physicians and providers include specialists in family medicine and internal medicine who provide comprehensive services, including women's health care, newborn and well-child care, pediatrics and adult/geriatric care. Guthrie providers are affiliated with Robert Packer Hospital in Sayre, PA.

#### *Hospicare and Palliative Care Services -*

Provides hospice care for people of any age with any terminal diagnosis. Palliative care service for relief of pain, symptoms, and stress at any point in an illness. Bereavement support services provide grief counseling and support groups.

#### *Ithaca Free Clinic (IFC) -*

A program of the Ithaca Health Alliance, is a nonprofit organization which facilitates access to health care for all, with a focus on the needs of the un- and underinsured. A completely free, integrative medical center, IFC is staffed by volunteer physicians, herbalists, acupuncturists, nurses, and other professionals. The Ithaca Health Alliance also operates the Ithaca Health Fund, a medical assistance program.

#### *Ithaca Health Center (PPSFL) -*

Abortion services, birth control, HIV testing, LGBTQ services, men's health care, morning-after pill (emergency contraception), pregnancy testing & services, STD testing, treatment & vaccines, women's health care. Operated by Planned Parenthood of the Southern Finger Lakes.

#### *REACH Project, Inc.*

Is a nonprofit organization with the belief that all individuals deserve respectful, equitable, access to compassionate healthcare in a setting where they will not be stigmatized or judged based on drug use, homelessness, or any other issue that may cause less than adequate care in the healthcare environment. The REACH Project owns and operates the first low threshold, harm reduction medical practice in Ithaca, NY: Reach Medical.

Reach Medical offers a wide range of services including: opioid replacement therapy, medical cannabis certification, Hep C treatment, primary care and behavioral services.

### [Visiting Nurses Association \(VNS\) -](#)

VNS is a private, nonprofit home health agency, and the County's only Certified Home Health Agency. VNS services include home health care, rehabilitation, tele-health, private duty care, and long-term home health care.

## **Mental Health and Substance Abuse**

### [Tompkins County Whole Health – Mental Health Services](#)

The county's Local Government Unit (LGU) as defined by NYS. Their mission is to meet the needs of the residents of Tompkins County in the areas of mental health, developmental disabilities, and chemical dependency by providing prevention and early detection, comprehensively planned care, treatment, and rehabilitation services. Services are provided through contracts with private sector agencies except where individuals, not-for-profit agencies, or other levels of government cannot or will not provide such services. Oversight by the Community Services Board. TC Mental Health Services is now part of TC Whole Health.

### [Cayuga Medical Center Behavioral Services -](#)

Two Behavioral Services units for inpatient care—one for adults over the age of 18 years, and one for adolescents between 13 and 17—for people with identifiable, diagnosable, and treatable psychiatric illnesses who are at imminent risk.

### [Alcohol and Drug Council of Tompkins County](#)

A private, non-profit agency which provides information, education, counseling, and referral services for area residents and organizations. The Council views addiction as a progressive, treatable disease with recognizable symptoms, and provides prevention, education and counseling services to individuals and families.

### [Cayuga Addiction Recovery Services \(CARS\) -](#)

Offers comprehensive longer-term residential treatment at the 60-bed Residential Addiction Recovery Center in Trumansburg. Outpatient chemical dependency services include individual and group counseling, and will be providing Opioid Treatment Program (OTP) and Ancillary

Withdrawal Services (AWS), including dispensing daily medications for clients meeting the criteria.

#### *Collaborative Solutions Network (CSN) -*

Initiates and supports collaboration within and between individuals, schools, human service agencies, communities and other working groups, to increase the effectiveness, interdependence and efficient use of existing resources that support children and youth with mental health challenges and their families. Guided by the System of Care approach.

#### *Family & Children's Services -*

Provides mental health care and related social services across all ages, including trauma-informed counseling for children and families, counseling services for teens and students, and for adults and caregivers. FCS provides EAP services for employers.

#### *Franziska Racker Centers -*

Serves children, adults, and families with a broad range of special health and mental health needs across 30 sites in 3 counties. Racker's service areas encompass preschool special education, clinical therapies, mental health treatment programs, residential opportunities, and community support services for all ages.

#### *Lakeview Health Services -*

Provides safe, affordable housing and support to persons recovering from mental illness, and health care coordination services to individuals with chronic mental and physical health challenges using person-centered, recovery-oriented, and trauma-informed practices.

#### *Mental Health Association in Tompkins County -*

Supports active, public involvement—including providers, family members and recipients—in all aspects of mental health, including the definition of needs, the promotion of community, and the provision of services, and works toward empowering individuals, families, and groups through advocacy and services which promote mental health. MHA provides peer-peer training, including Mental Health First Aid.

## Housing

### *211 and 211 online -*

An information service that provides referrals to health and human services agencies and organizations within the community. Telephone, online chat line, and online database of community information. Referrals to services and providers according to caller's situation. Dial 211 for free, 24/7 phone service. [Live chat service](#) Mon.-Fri. 8:30 a.m.-5:00 p.m. Text service Mon-Fri 9:00 a.m.-4:00 p.m., text your zip code to TXT211 or 898211.

### *Continuum of Care (CoC) -*

The Ithaca /Tompkins County Continuum of Care System (CoC NY-510) is a local network of public, private, and non-profit agencies working collaboratively to end homelessness in Tompkins County. Issues include supportive housing development, barriers to entry into housing and homeless services, and at-risk youth. Led by the Human Services Coalition, ongoing initiatives include Point-in-Time Count, Coordinated Assessment System, Homeless and Housing Task Force, Independent Living Survey, CoC Program Competition.

### *Ithaca Neighborhood Housing Services (INHS) -*

Works with individuals of moderate income to find and remain in high-quality, affordable housing, INHS provides low-interest loans to first-time home buyers, manages well-maintained rental units, rehabs old homes, provides home-repair assistance to seniors, builds new LEED-certified green houses. Service area is Tompkins and contiguous counties.

### *Tompkins Community Action (TCA) -*

Collaborates with individuals and organizations to sustain and improve economic opportunity and social justice for families and individuals impacted directly or indirectly by poverty. Working through three Departments: Family Services, Energy Services and Housing Services, TCA operates Head Start, supportive housing programs, and weatherization services. TCA's service philosophy is based on the Family Development Model.

### *Unity House -*

Provides transitional and permanent housing, respite care, and rehabilitative and employment services for individuals with mental illnesses, developmental disabilities, and/or chemical dependencies from which they are recovering. Partners with these individuals to develop their personal skills and potential, enabling them to live more full and independent lives. Tompkins County services include 9 Independent Residential Alternative (IRA) sites, Supportive Apartment Program, and Day and Community Habilitation Services.

## Food and Nutrition

### *Childhood Nutrition Collaborative (CNC)*

CNC is a cross-sector coalition including community organizations, agencies, school districts, and the Cornell MPH Program that comes together to use principles of collective impact to address food systems, food access, education and food insecurity. The goal is to coordinate resources and efforts in the community. The Health Department has served on this collaborative for the past three years and will continue in this role. Initiatives have included providing advisory support for Farm to School collective purchasing, expanding universal breakfast in school settings, and expanding access to underutilized nutrition programs.

### *Cornell Cooperative Extension of Tompkins County (CCETC) -*

Offers free or low-cost educational workshops, applied research projects, and information on food-related topics including food safety, cooking and nutrition classes, healthy eating on a limited budget, food preservation. Programs include Finger Lakes Eat Smart NY, Food Entrepreneurship, Farm to School, Healthy Food for All, Fruit and Vegetable Prescription (FVRx Tompkins), Cooking Matters, the Nutrition, Health & Safety Program Committee, plus multiple programs for small farms and agriculture.

### *Food Bank of the Southern Tier -*

Distributes food to people coping with hunger through a network of food pantries, meal programs, shelters, the Backpack Program, Mobile Food Pantry Program, and other hunger relief agencies in six counties including Tompkins. Through advocacy, education and community partnerships, the Food Bank's vision is to create a future without hunger for everyone in the Southern Tier. Named the 2017 Food Bank of the Year, the Food Bank of the Southern Tier is a member of Feeding America and a regional agency of Catholic Charities of the Diocese of Rochester.

### *Foodnet Meals on Wheels -*

The only local agency that delivers hot meals directly to clients, staff includes Registered Dietitian that provides meal planning, nutrition assessment, counseling and education. Their mission is to provide meals and other nutrition services that promote dignity, well-being and independence for older adults and other persons in need in Tompkins County. Meals are delivered directly to their clients' door or to one of 4 congregate meal sites.

### *Greenstar Community Projects -*

- € Esty Street Youth Garden is an urban garden program that teaches youth how to grow their own food, and provide fresh produce to the community
- € Children Nutrition Collaborative empowers individuals to create a food system and help end hunger (see above).

### *Loaves and Fishes of Tompkins County -*

A Christian ministry providing a place for free meals, hospitality, companionship, and advocacy for those in need, regardless of their faith, beliefs, or circumstances. Founded in 1983, Located in St. John's Episcopal Church in Downtown Ithaca, L&F is Tompkins County's only community kitchen serving free meals Monday through Friday, and serves nearly 2,700 meals each month.

## **Community Agencies, Resources, Initiatives**

### *Cancer Resource Center of the Finger Lakes (CRC) -*

Outreach and services for individuals with a cancer diagnosis, their families, and caregivers; navigation, networking, support, and referrals to other local programs and services for additional information and needs.

### *Cancer Services Program*

TCHD will continue working with the Cancer Services Program of Cayuga, Cortland, and Tompkins to promote free breast, cervical, and colorectal screening for eligible, uninsured, or underinsured women ages 40-64 and men ages 50-64.

### *County Office for the Aging (COFA) -*

Provides a point of entry into aging services in Tompkins County with unbiased information regarding the array of services available for older adults and their caregivers. The COFA mission is to assist older adults and persons with long term care needs to live independently in their homes and communities with quality of life and dignity. See also page 47 in the *Main Health Challenges* section, above.

### *Catholic Charities -*

Resources and support to help vulnerable populations in need, advocate for social justice, and address the needs of the community and issues pertaining to poverty.

### *Cayuga Center for Healthy Living (CCHL) -*

An individualized, medically-based program focused on disease prevention and wellness promotion through lifestyle change including diet, lack of exercise, excess weight and tobacco use. A program of the Cayuga Medical Center.

### *Cornell Cooperative Extension of Tompkins County (CCETC) -*

Offers a wide range of programming that includes agricultural programming, consumer issues, nutrition, healthy families, environmental issues, and programs that address nutrition and obesity prevention.

### *Health Planning Council (HPC) -*

A program of the HSC, is committed to improving the health and wellbeing of Tompkins County residents. By convening stakeholders across multiple sectors and providing a neutral forum to exchange ideas, HPC promotes collaboration, alignment of resources, and shared leadership to achieve the common goals.

HPC manages the *Tompkins Health Network*, a rural health network program focused on improving access to health care, enhancing coordination of services, and ensuring equitable health outcomes for all people. Through its Health Insurance Assistance and Community Health Advocates Programs, HPC staff meet with individuals and families looking for guidance in enrolling into a health plan or finding a doctor or other medical services. The Long-Term Subcommittee has launched Ripple Effect, a program for persons aged 50-65. Partners include Cornell, TCHD, and COFA.

### *Human Services Coalition (HSC) -*

The mission of the Human Services Coalition is to identify information and service needs, to provide planning and coordination, and to enhance the delivery of health and human services in the Tompkins County area.

### *Lourdes Mobile Mammography Van*

TCWH will host the Lourdes Mammography Van to provide breast cancer screening to women 40 and older. The van currently serves Newfield and Freeville communities, and the Free Clinic in downtown Ithaca.

### *Women's Opportunity Center (WOC) -*

Part of the NYS statewide Displaced Homemakers Program, WOC helps displaced homemakers enter the workforce after divorce, separation, or widowhood. Job search and preparation workshops emphasize job retention and the development of essential computer skills, career development, and the success of families in reaching their goals.

## Youth Services

### *Tompkins County Youth Services -*

Works with not-for-profit agencies that run programs for children, youth, and families, and support the volunteer members of Municipal Youth Boards and bureaus that are responsible for planning and providing youth programs in every community within Tompkins County.

### *Ithaca Children's Garden -*

A 3-acre public children's garden designed for kids to provide authentic opportunities for open-ended, youth-directed discovery, nature connection, play, and empowerment, and a mission to inspire the next generation of environmental stewards.

### *Ithaca Youth Bureau -*

A public multi-service agency that provides a broad variety of recreation and youth development programs to promote the health, happiness, and well-being of all youth and families in the greater Ithaca area.

### *Learning Web -*

Community-based organization that provides hands-on experiential education to Tompkins County youth through the mentor-apprentice model, teaching job and life skills to empower them with self-awareness and self-esteem and make a successful transition into adult roles and responsibilities.

### *Village at Ithaca -*

Advocates for excellence and equity in Ithaca and area schools by developing strategic community relationships, programs, and services to ensure that all students, particularly Black, Latino/a, low income, and other underserved students consistently meet or exceed local and New York State standards of achievement. Includes tutoring and Achievement Coaches through the Student Success Center and Family Advocacy Program.



### *Additional youth development and recreational resources*

Greater Ithaca Activities Center, Southside Community Center, CCE Urban Outreach and 4-H, and the YMCA.

## **Academia**

### *Colleges*

Cornell University (Cornell Health) and Ithaca College (Hammond Health Center) provide primary care and counseling services for their student populations; Nurse Practitioners provide services to Tompkins-Cortland Community College students.

### *The Cornell Center for Health Equity (CCHEq)*

The CCHEq responds directly to community priorities by focusing on practical, relevant research topics. It brings together research experts at Weill Cornell Medicine and at Cornell University's Ithaca campus to collaborate on how to achieve health equity. The Center engages members of the public in every step of the research process, from conceptualization through dissemination and implementation. If you are interested in multiple vulnerabilities to health disparities or stigmatized conditions, consider becoming a member. The CCHEq seeks to facilitate your research, training and community service initiatives. We look forward to working with you to transform science into better health for all.

### *Cornell University MPH Program*

College of Veterinary Medicine, focused on the One Health/Planetary Health model. The two concentration areas are: Infectious Disease Epidemiology and Food Systems and Health. The program provides faculty expertise and engaged student learning and community partnerships through student Applied Practice Experience and research initiatives.

### *Ithaca College -*

School of Health Sciences and Human Performance, Department of Health Promotion and Physical Education offers B.S. majors in six majors. Faculty expertise and engaged student learning through internships and presentations in the classroom by Health Department staff.

### *Tompkins County Community College (TC3) -*

TC3 has a broad range of courses and opportunities in degree programs and continuing education. Associate degree programs include nursing, human services, chemical dependency counseling, and sustainable farming and food systems.

## Transportation

### *Bike Walk Tompkins -*

Facilitates bike share, bike education, and community planning projects. Produces semi-annual *Streets Alive!* event.

### *Friends in Service Helping (FISH) -*

Volunteers provide smoke-free, private, confidential rides to Tompkins County residents in need of medical and health related services that are within the County. FISH primarily serves elderly citizens who may be frail or who no longer drive, and Tompkins County residents who have limited transportation options and resources.

### *Gadabout -*

Safe, reliable, affordable transportation services for older and disabled residents of Tompkins County.

### *Ithaca CarShare -*

A local nonprofit, membership-based, transit-oriented carsharing service providing 24/7 access to vehicles on an hourly basis. Members can book a car online, by smartphone, or by calling. Members pay an hourly and mileage rate to use the cars. 25 vehicles, 1,416 active members (2017 Annual Report).

### *Supports for Health -*

A pilot project designed to improve access for Medicaid individuals to critical, non-medical, health related needs for which Medicaid does not cover transportation costs, such as access to pharmacies or grocery stores, by providing short term financial assistance in the form of vouchers for transportation, or the delivery of certain items. Supported by Care Compass Network Innovation Funds

### *Tompkins Consolidated Area Transit (TCAT) -*

Public transit system of 34 bus routes operates daily, 360 days a year with an annual ridership of over 4 million (2018) traveling 1.6 million miles on 54 40-foot buses.

### *WayToGo -*

Transportation information and learning hub that connects riders with transportation options and facilitates new community solutions; expands access to transportation by connecting people to existing options, and helping develop new community solutions.

## **Economic**

### *Alternatives (AFCU) -*

A Community Development Credit Union (CDCU), member-owned, locally controlled and self-supporting, providing access to safe financial services and education for underserved people. Community Programs include Free Tax Preparation, Student Credit Union, Financial Wellness, and Business CENTS.

### *Workers' Center -*

Workers' Rights Hotline, local community union organizing the Living Wage Campaign, and community outreach through Occupational Safety and Health programs.

### *Workforce NY -*

Workforce New York Career Center provides a one-stop shopping approach for accessing employment-related services for businesses, workers, and job seekers in Tompkins County. Priority of Service to veterans and their eligible spouses.

Additional economic development resources -

Youth Employment Services (YES), Hospitality Employment Program

## PROCESS AND METHODS

To complete the CHA, data was compiled and collected through various means. Community input was sought in the data collection process. Preliminary findings of the assessment were presented to the Health Planning Council of Tompkins County and the CHIP Steering Committee. The document was produced by the Health Promotion Program of the Tompkins County Health Department and the Health Equity Team of Cayuga Health, with support from the CHIP Steering Committee.

### Data Collection

Most secondary data for the Community Health Assessment came from federal (U.S.) and state (NYS) sources.

- U.S. Census Bureau American Community Survey 2016-2020 5-year estimates.
- New York State Department of Health (NYSDOH)
  - Community Health Indicator Reports (CHIRS) is close to 350 data points organized into 15 categories, including cancer, cardiovascular disease, child and adolescent health, injury, occupational health, health status, and tobacco, alcohol, and other substance abuse. Most of the CHIRS data available for this CHA is from years 2017 through 2019.
  - Prevention Agenda (PA) dashboard. The PA dashboard tracks 44 indicators, categorized by the five PA priority areas.
  - Data for both the PA and the CHIRS are pulled from a variety of NYS databases, including Vital Records, the Behavioral Risk Factor Surveillance Survey (BRFSS), the Youth Risk Behavioral Survey (YRBS), and the Statewide Planning and Research Cooperative Systems (SPARCS). Additional information on methodology may be found at [health.ny.gov/statistics/chac/indicators/methods.htm](https://health.ny.gov/statistics/chac/indicators/methods.htm).
- The Robert Wood Johnson Foundation (RWJF) works with the University of Wisconsin to publish annual County Health Rankings, a comparison of proprietary indicators across every U.S. County. The top six counties in the 2022 Health Factors rankings for New York State are Putnam (1), Tompkins (2), Saratoga (3), Nassau (4), New York, NY (5), and Westchester (6).
- Cornell University MPH students, as part of summer coursework, assisted with visualization of secondary data.

### Senior Leadership

The Senior Leadership Teams from both Whole Health (TCWH) and Cayuga Health (CHS) have recognized the importance of the CHA and CHIP process and provided input across various stages of the project as Priorities and Focus Areas were considered. The Senior Leadership Teams provided high-level recommendations about what should be investigated further during

the CHA process and review of data. These discussions and recommendations informed the structure of the CHA and the data collected from secondary sources.

## Steering Committee

The CHIP Steering Committee includes partner agencies: TCWH Mental Health Services and Health Promotion Program, County Office for the Aging, Human Services Coalition and Health Planning Council, Cayuga Health Partners/Health, Cornell University MPH Program, County Youth Services, Cornell Cooperative Extension of Tompkins County

The steering committee provided guidance and feedback on the qualitative data collection process and population-level data (secondary sources) for the CHA. They drew on their professional expertise and personal experience as residents of Tompkins County to inform the decision-making process for the CHIP focus areas.

## Community Survey

A Community Health Survey of Tompkins County residents was conducted via Qualtrics during July of 2022. Those who identified as age 18 or over and living in Tompkins County were eligible; there were 1,569 eligible respondents.

The survey instrument was distributed widely through an electronic link on the TCWH website, social media (Facebook and Twitter), and the Human Services Coalition email Listserv. Paper fliers with the URL and a QR code were distributed to at least 20 community-based organizations, some of which sent the information out further to their staff and listservs. Paper copies of the survey were also available at community outreach events through Community Health Workers. CHWs and Public Health Graduate Fellows assisted with online entry.

The survey instrument and additional data will be available as an Appendix.

## Tompkins County Board of Health

The local health department's Board of Health was updated at the December 6, 2022, meeting. The Board membership includes a representation from the County Legislature, Ithaca College, Cornell University, Cayuga Health, local school districts, and REACH Medical.

## Tompkins County Health Planning Council and Tompkins Health Network

The Health Planning Council was updated at their November 14, 2022 meeting. A summary of the CHA and initial priorities for the CHIP were presented at this meeting. A Community Health and Access subcommittee of the Health Planning Council will be convened to monitor and evaluate progress on the CHIP.