

The State Of Health In Tioga County

A report submitted by the Measurements and Outcomes Work Group to the
Tioga County Partnership for Community Health, October 9, 2003.



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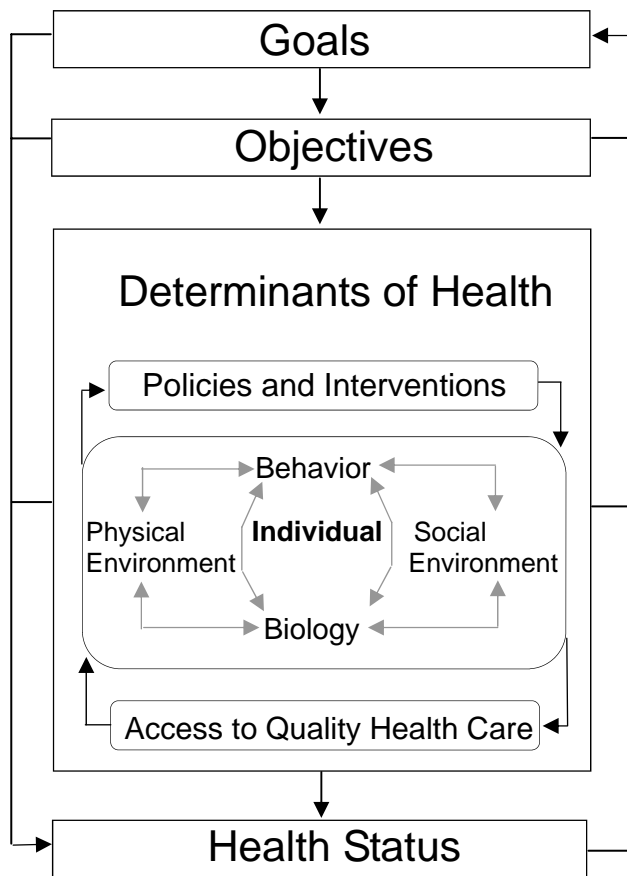
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Introduction

“Successful community partnerships use a systematic approach to health improvement.”

- U.S. Department of Health and Human Services.



Source: U.S. Department of Health and Human Services (2000). *Healthy People 2010*. 2nd ed. *With Understanding and Improving Health and Objectives for Improving Health*. 2 vols. Washington, DC: U.S. Government Printing Office.

A systematic approach to health improvement includes the setting of goals, establishing objectives, monitoring of the determinates of health and assessing the overall health status of the community. Both the Tioga County Partnership for Community Health, as a whole, and individual work groups have collaborated and developed a set of goals and objectives. These goals and objectives, which are both proactive and reactive to the determinates of health model (see left), will guide future health policies, interventions and activities that promote health and quality of life in Tioga County.

One of the goals of the Measurements and Outcomes Workgroup is to monitor and periodically report on the effectiveness of the Partnership and the overall health status of Tioga County. A specific objective under this goal is to provide an annual update on current health issues and priorities in Tioga County at the Partnership’s fall meeting.

This report is a work in progress and is designed to provide information pertaining to the determinates of health and health status in Tioga County. Currently, it lists key health indicators for the five priority areas identified previously by the Partnership. They include tobacco use, obesity/physical activity, mental health, dental health and access to quality health care. These are similar to leading health indicators identified in the national health program, Health People 2010. By Fall of 2004, it is hoped that additional indicators will be established and included in this report. These topics include substance abuse, violence and injury, environmental health as well as indicators for specific age groups, including children and seniors.

Purpose of the Report

This report presents fifteen proposed key health indicators that can be used to monitor and evaluate progress in improving health and quality of life in Tioga County. These indicators can be useful in creating baseline information, identifying gaps in care or other potential risks to health, guiding public awareness, identifying problems and providing a better direction of resources. These first indicators represent the five primary focus areas mentioned previously. Additional indicators for other health topics as well as knowledge gaps in existing indicators will be addressed in the future.

Factors influencing the selection of indicators for the Tioga County Partnership for Community Health include objectives from the national program, Healthy People 2010, the determinates of health model and the availability of data. The primary sources of indicator data are the 1995 and 2000 Tioga County Health Surveys. Additional, more recent trend data comes from the Pennsylvania Departments of Health, Education and Labor.

Because health objectives should be driven by the determinates of health, this report first describes the determinates, followed by a listing of key health indicators and desired targets. A brief discussion of each indicator is then given. To complete the systematic approach to health improvement, this report finishes with a look at the current health status of Tioga County residents.

Using indicators:

Indicators are used to show the existence and/or occurrence of certain conditions or phenomena.

To be effective, indicators should:

- Meet the objectives and needs of the user.
- Be feasible in all aspects including the time in which data is to be collected, analyzed and reported.
- Be robust enough to detect small changes.
- Be of an appropriate number.
- Be valid and reliable.
- Protect privacy and confidentiality.

Source: Durch, J., Bailey, L. & Stoto, M., ed. (1997). *Improving Health in the Community: A Role for Performance Monitoring*. Washington, DC: National Academy Press.

Behaviors are a person's response to internal and external conditions. Through scientific research it is clear that personal health behaviors play a major role in premature illness and death. Chronic conditions such as heart disease, cancer and diabetes are among the most prevalent but they are also the most preventable and can be altered by changes in behavior.

Behaviors are closely related to biology, as they can often interact with one another. For example, behaviors like smoking can lead to biological conditions such as cancer. Meanwhile, a biological predisposition for a certain disease like heart disease may or may not lead one to full blown disease depending on an individual's behavior choices such as exercising regularly, avoiding tobacco use and having good eating habits.

Key Indicators and Desired Targets

(Taken or adapted from Healthy People 2010.)

1. The percent of adults who smoke cigarettes (reduce to 12% by the year 2010).
2. The percent of adults who participate in moderate and/or vigorous activity four or more times per week (increase to 75% by the year 2010).
3. The percent of residents who have 5 or more alcoholic beverages per week (reduce to 10% by the year 2010).

What We Know

- The number of smokers has declined.
- The number of people who exercise 4 or more times a week has increased.
- The average number of alcoholic beverages consumed weekly has increased.

What We Don't Know

- The extent of data fluctuation between survey years.
- Why there has been such an increase in the percent of adults having 5 or more drinks per week.

Indicator

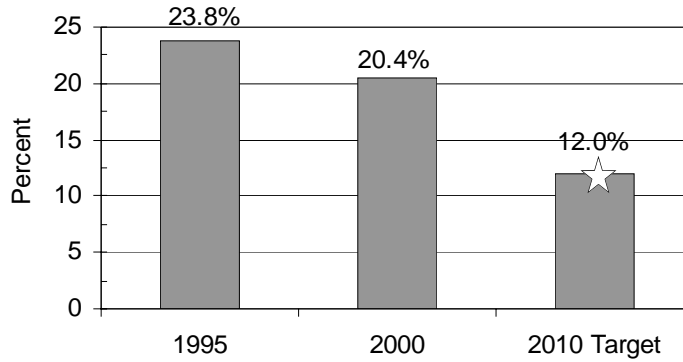


Sources: Tioga County Health Surveys, 1995 & 2000.

Importance

The use of tobacco is a major health concern. Half of all persons who continue to smoke will die from a disease caused by smoking cigarettes. Smoking is a major risk factor for conditions such as cancer, cerebrovascular disease and low birth weight babies. In 1997, the total smoking related health care cost for adults in Tioga County, ages 35 and older, was over \$5,000,000.

Percent of Adults Who Smoke: Decreasing



Things to Think About

The groups in Tioga County who are most likely to smoke are men, those in low socioeconomic status and younger adults. As most smokers begin tobacco use in adolescence, it should be of concern that Tioga County youths have higher rates of both lifetime and past 30 day cigarette use than the state average.

Knowledge Gaps

We do not know if smoking rates have fluctuated, and if so, by how much, in non-survey years. In order to continue monitoring our progress in smoking cessation additional data will be needed.

Indicator

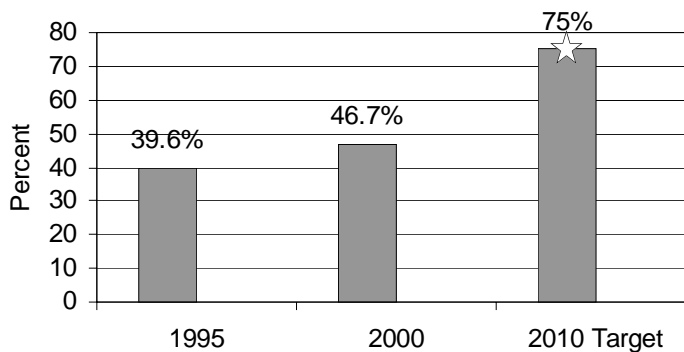


Sources: Tioga County Health Surveys, 1995 & 2000.

Importance

Physical activity is beneficial for overall health and is crucial when trying to maintain or achieve a healthy weight. Deaths caused by poor diet and inactivity are second only to tobacco use. Physical activity contributes to healthy bones, builds muscle, reduces falls in the elderly and decrease the risk for diabetes, heart disease and high blood pressure.

Percent of Residents Who Exercise 4 or More Times a Week: Increasing



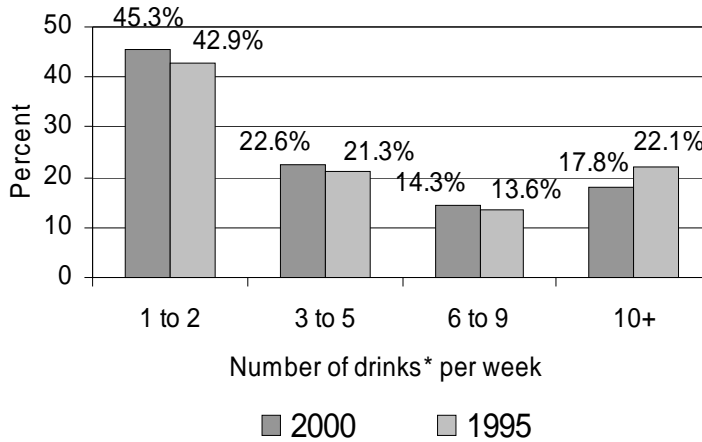
Things to Think About

On average, Tioga County residents participate in physical activity, lasting 20 minutes or longer, 4.2 times per week. Older residents, those in low socioeconomic status and females are groups who are least likely to participate in moderate and/or vigorous physical activity.

Knowledge Gaps

Similar to indicator number one, we do not know if exercise rates have fluctuated, and if so, by how much, in non-survey years. In order to continue monitoring our progress in promoting physical activity additional data will be needed.

Average Number of Drinks Consumed Per Week*: *Unchanged*
(For adults who drink alcohol**)



Indicator



Sources: Tioga County Health Surveys, 1995 & 2000.

*One drink equals one bottle/can of beer, one glass of wine, one wine cooler, one mixed drink OR one shot of liquor.

**In both the 1995 and 2000 Tioga County Health Surveys, only 30% of all respondents reported they drank alcohol. The remaining 70% of non-drinkers are not represented in the chart above.

Importance

Alcoholism and alcohol abuse can affect a person at any age. Excessive alcohol use and its related problems can have many detrimental effects on individuals, families and the community. These include accidental injury and disability, premature death, decreased productivity as well as increases in domestic violence and other crimes.

Things to Think About

Studies have shown that moderate drinking may provide health benefits for the heart. Moderate drinking is up to two drinks per day for men and one drink per day for women. This does not mean that one should drink simply to obtain these health benefits. Alcohol use can be harmful to youth, pregnant women, recovering alcoholics, those taking certain medications and those with other medical conditions that make alcohol use harmful.

In addition, these health benefits can not be obtained through sessions of binge drinking (6 or more drinks per sitting). On average Tioga County adults who drink alcohol have 1.4 drinks per sitting. Six percent of these adults reported having an average of 6 or more drinks per sitting.

Knowledge Gaps

At the national level it is estimated that 15-20% of adults with a diagnosable mental illness experience co-occurring problems of addictive substance abuse. For these individuals it may be difficult for them to receive services for both problems. In Tioga County data regarding the co-occurrence of mental illness and substance abuse are not well established.

Physical Environment

The physical environment includes the natural resources of soil, air and water as well as human interventions and development such as homes and community infrastructure. While human activity can pollute the physical environment with harmful toxins, there are many naturally occurring health hazards within the physical environment. These include radon gas, bacteria such as *E. coli*, viruses like influenza, and insect born illnesses like Lyme disease as well as many plants and molds that lead to allergic reactions.

Where and how society chooses to grow and develop affects the environment and in turn affects the quality of life and health of its residents. For example, without careful planning, a strip mall may increase access to work, play, school or health care but may also increase pollution from car exhaust, sewage and may decrease valuable resources such as farm land. An increase in public awareness on the relationship between the physical environment and health is key to making sure communities live sustainability within their environment.

Key Indicators and Desired Targets

(Taken or adapted from Healthy People 2010.)

4. The percent of worksites with formal smoking policies that prohibit smoking (increase to 100% by the year 2010).
5. The percent of the population served by community water systems with optimally fluoridated water (increase to 28% by the year 2010).
6. The percent of adults who rate the “availability of transportation to health care providers” as *good* or *better* (increase to 95% by the year 2010).

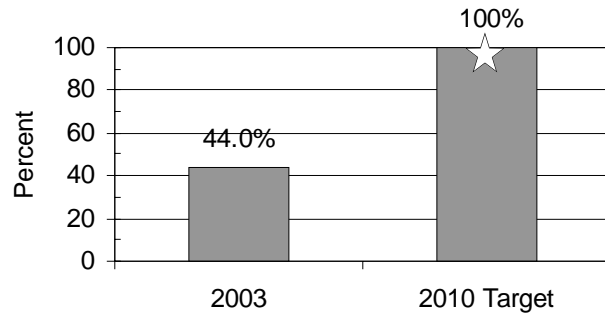
What We Know

- Forty-four percent of Tioga County restaurants are smoke free.
- Fifty-three percent of Tioga County is on public water, only residents in the Mansfield service area receive fluoridated water.
- The percent of Tioga County residents who rate “transportation to health care providers” as *poor* has decreased.

What We Don't Know

- The overall environmental quality of Tioga County and which indicators, separate from these, that would best represent the status of environmental health.
- What percentage of work places have a smoke free policy.
- If outside funding sources could be acquired to fund a water fluoridation project.
- Specific groups of people who need better or additional transportation options in order to access health care.

Percent of Restaurants that are Smoke Free



Indicator



Source: Tioga County Partnership, 2003

Importance

Environmental tobacco smoke (ETS) or second hand smoke has been listed as a “known” human carcinogen by the National Institute of Health. ETS causes lung cancer and increases the risk for heart disease in non-smokers. In children, ETS causes asthma and lower respiratory track infections and increases the risk for sudden infant death syndrome (SIDS) and low birth weight.

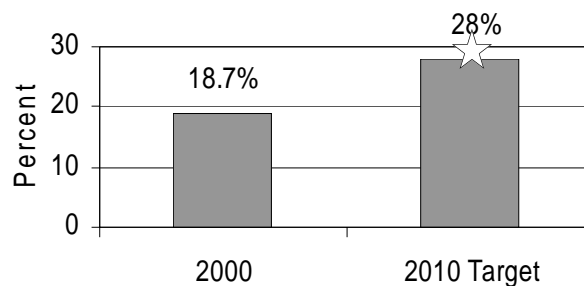
Things to Think About

Less than 25% of the population smokes. In a recent survey, 63.5% of non-smokers in Tioga County said they would increase their visits to their favorite restaurant in the county if it went smoke free.

Knowledge Gaps

Restaurants are just one of many places where non-smokers get exposure to ETS. Other areas include the workplace, home and automobile. The extent to which non-smoking adults and children are exposed to ETS is unknown.

Percent of Residents On a Public Water System Who Receive Fluoridated Water



Indicator



Sources: Environmental Protection Agency & Pennsylvania Department of Environmental Protection, 2003

Importance

Community water fluoridation has long been known to be the single most effective public health measure to prevent tooth decay and improve the oral health for both children and adults over a lifetime.

Things to Think About

Because Tioga County is so rural, only 53% of residents receive their drinking water from a public water source. This results in only 10% of the total population in Tioga County who receive fluoridated water.

While many communities may be interested in public water fluoridation, implementation costs deter many from perusing such a project.

Knowledge Gaps

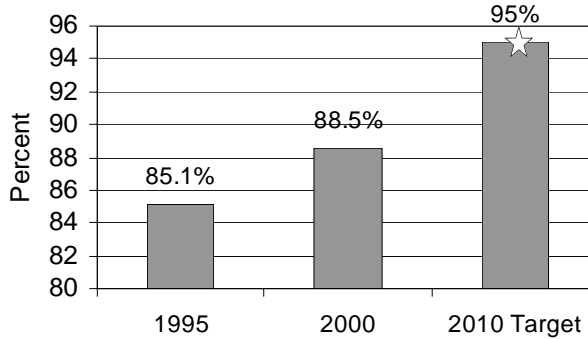
In addition to examining possible outside funding sources, a detailed study should be done to compare the differences between Tioga County residents who receive fluoridated water and those who do not. It is this type of data that would be most likely to contribute to finding a funding source.

Indicator



Sources: Tioga County Health Surveys, 1995 & 2000.

Percent of Residents Who Rate “Availability of Transportation to Health Care Providers” as *Good or Better*: Increasing



Importance

The availability of transportation to health services can be a major physical barrier. This is a concern in rural areas where public transportation is limited and residents must travel farther to receive health care. Poor weather conditions, illness or disability and financial reasons may limit one’s travel to needed health care services.

Things to Think About

Those rating the “availability of transportation to health services” as *poor* or *fair* were those in low socioeconomic status. In 2000, 6% of Tioga County residents stated that they most often traveled to their health care provider by means other than a personal vehicle. As Tioga County’s senior population increases those needing assistance traveling to their health care provider will most likely increase.

Knowledge Gaps

The availability of transportation to health services is currently not known for certain populations. These include residents living in nursing homes and residents with physical and/or mental disabilities.

Social Environment

The social environment includes the organizational structures and human interactions which we rely on every day. This includes family, neighbors, co-workers, schools, law enforcement, affordable and available housing as well as community infrastructure. The social environment has a profound effect on the health of individuals and the community. Likewise, individual behaviors contribute to the quality of the social environment.

Typically, those with the lowest incomes and least education tend to experience poorer health because of difficulty obtaining adequate health insurance, high levels of stress and high rates of risk behaviors which can lead to illnesses such as heart disease, lung cancer, diabetes, substance abuse and depression. In addition to having increased access to health care, those with higher incomes and advanced education are able to afford better housing, live in safer neighborhoods and have more opportunity to engage in activities that promote overall health and quality of life.

Key Indicators and Desired Targets

7. Average annual unemployment rate (target not established).
8. Public secondary school dropout rate (target not established).
9. Percent of the population living below the poverty level (target not established).

What We Know

- Unemployment is cyclical and has remained high in past years.
- High school dropout rates peaked in the 2000-01 school year but are declining.
- Over the long term, the percent living below poverty is decreasing.

What We Don't Know

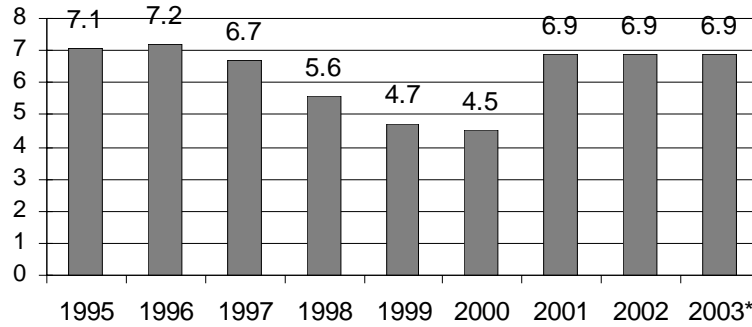
- Future targets in these areas for the county as a whole.
- How much of an impact high unemployment rates have on the health status of Tioga County residents.
- What effect low literacy rates have on residents' ability to access and use health information.

Average Annual Unemployment Rate: Cyclical, but constant in past years

Indicator

7

Source: Pennsylvania Department of Labor, 2003.



*Data up to and including August 2003.

Importance

Unemployment can be seen as a way to measure overall well being. Increased rates of unemployment bring obvious increased stress among community residents. Under stress, these individuals may increase their participation in risk behaviors which can lead to crimes and poor health outcomes.

Things to Think About

Employment gives us a sense of self-worth and therefore, it contributes to our quality of life. Unemployment puts financial strains on families, especially in terms health insurance coverage.

Knowledge Gaps

The unemployment rate does not include underemployment, a situation where a person has a job but their skills and abilities are not fully used. Nor does it include those persons who have given up on finding a job and have left the job market. This type of information is currently not available for Tioga County.

Focus Areas: All

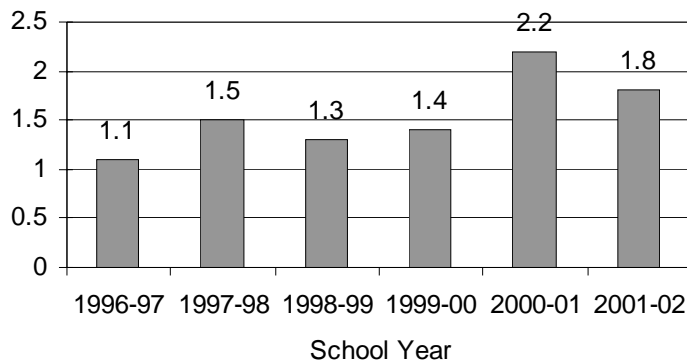
Social Environment

Public Secondary School Event Dropout Rate: Cyclical, currently declining

Indicator

8

Source: Pennsylvania Department of Education, 2003.



*The dropout rate is defined as an annual or "event" rate that measures the proportion of students enrolled who dropped out during a single school year. The total number of dropouts for the school year is divided by the fall enrollment for the same year.

Importance

High school dropouts are more likely to experience delayed employment opportunities and poverty. At the county, state and national levels, those in low socioeconomic status are consistently more likely to experience poorer health and quality of life.

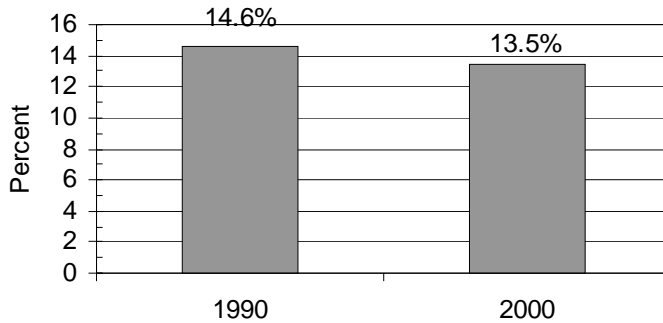
Things to Think About

Just because people do not have a high school diploma, it does not mean they are destined for poor health. However, those without a high school diploma tend to have lower paying jobs, without health benefits, and may lack the social bonds needed to find necessary health and social resources.

Knowledge Gaps

We do not have adequate data regarding factors that influence school dropout rates. These may include economic factors, early school failure, teen pregnancy, personal health and family issues. In addition, we need a better understanding of how low literacy rates affect one's ability to acquire and use health information.

Percent of Population Living Below Poverty: Gradually declining



Indicator



Sources: U.S. Census, 1990 & 2000.

Importance

Because it is correlated to things like unemployment, decreased opportunity and higher crime rates, poverty has the power to degrade health and quality of life in Tioga County. High poverty worsens social divisions and creates tension and limits the county's ability to move forward and face problems together.

Things to Think About

Twice as many Tioga County residents live in poverty than are unemployed. This means many may be working, but still live below the poverty threshold.

Knowledge Gaps

We need a better understanding of how slight changes in the percent of residents living below poverty affect overall health and well being. This includes gathering data that helps explain specific needs and problems of various groups that fall both below and near the poverty level.

Biology

Biology refers to one's genetic make-up and family history as well as physical and mental health problems that develop during a lifetime. While some components of one's biology are predetermined, other factors, including violence and injury (social/physical), poor health habits (behavior) and toxic agents (physical environment) can result in disability or illness that alter one's biology.

Key Indicators and Desired Targets

(Taken or adapted from Healthy People 2010.)

10. The age-adjusted cancer death rate to per 100,000 (reduce to 44.9 by the year 2010).
11. The ratio of undiagnosed to diagnosed adults with depression (reduce from 1.4:1 to 1:1 by the year 2010).
12. The percent of residents who are overweight or obese (reduce to 25% and 15%, respectively, by the year 2010).
13. The percent of adults with a toothache at any given time (reduce to 2% by the year 2010).

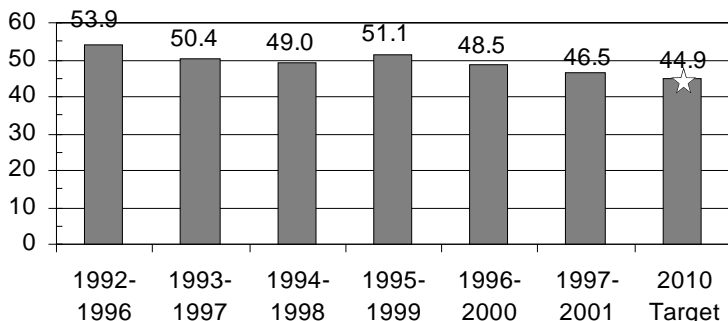
What We Know

- Deaths from lung cancer are decreasing.
- The number of overweight residents has remained fairly constant while the number of obese residents has increased.
- Consistent with national data, more Tioga County residents are depressed than are diagnosed.
- Approximately 12% of Tioga County adults experience unnecessary pain and suffering from preventable and/or treatable toothaches.

What We Don't Know

- Effectiveness and outcomes of specific tobacco prevention and intervention strategies for specific segments of the population.
- Specific factors that affect one's susceptibility to depression and interventions that prevent depression in our community.
- Specific groups that are most likely to experience dental pain and how to best approach these groups with prevention and intervention services.

Lung Cancer Death Rate Per 100,000*: Declining



*Age-adjusted to 2000 standard population.

Indicator

10

Source: Pennsylvania Department of Health, 2003.

Importance

In the U.S. lung cancer is the leading type of cancer death for both men and women. Cigarette smoking is the main risk factor for lung cancer, accounting for approximately 87% of lung cancer cases in both active and passive smokers at the national level.

Things to Think About

In 1997, it was estimated that over 1,000 years of potential life was lost in Tioga County due to smoking related illnesses. On average, Tioga County residents who died prematurely from a smoking related cause, lost an average of 12.4 years from their potential life span.

Knowledge Gaps

We currently do not have specific prevalence or incidence data about lung cancer and other health outcomes related to smoking. Knowing which groups are most likely to experience such illnesses could further help tobacco prevention and cessation efforts.

Percent of Residents With *Borderline* to *Severe* Depression Vs. Percent of Residents Diagnosed With Depression

25.8%* : 18.6%**

Indicator

11

*Percent of survey respondents whose answers placed them in one of four categories (Normal, Mild, Borderline/Moderate and Severe/Extreme), creating a depression index. **Percent of survey respondents who answered 'yes' to the question, "Has a health care provider ever told you had depression?"

Source: Tioga County Health Survey, 2000.

Importance

Depression is one of the most familiar types of mood disorders. While depression is treatable with psychotherapy and/or drug therapy, many do not seek treatment. Often times, mood disorders such as depression may co-exist with other mental illnesses such as substance abuse and anxiety disorders.

Things to Think About

Depression has negative impacts on the community and the economy. Family and friends may experience financial difficulties, anger, frustration and/or guilt when trying to deal with a loved one who is depressed. Depression is also a major cause of decreased productivity through increased absenteeism.

Knowledge Gaps

We know very little when it comes to depression and other mental illnesses in Tioga County. This includes the extent to which it affects Tioga County residents. For example, we have no information on the percent of children, adolescents and nursing home residents who are depressed.

Percent of Adult Residents With a Toothache*

Indicator

12

Source: Tioga County Health Survey, 2000.

12.7%

*Percent of respondents who answered 'yes' to the question "Do you now have a toothache?"

Importance

Oral health is one aspect of overall health that is often overlooked. Yet many in Tioga County experience needless pain and suffering due to dental carries and/or periodontal disease. In addition, pain that causes difficulty eating, chewing or talking diminishes quality of life.

Things to Think About

Those most likely to report they had a tooth ache were young adults and those in low socioeconomic status. These are also the groups who were found to have not had a dental exam or cleaning in the previous year.

Knowledge Gaps

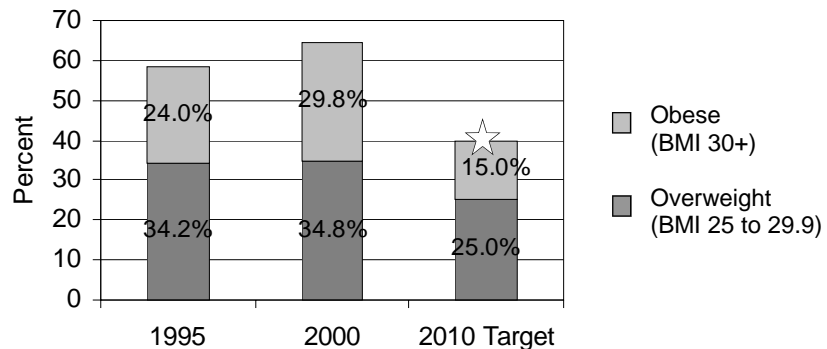
Additional data on the extent of oral health problems in lower socioeconomic groups and in children is needed in order to help guide intervention strategies.

Percent of Residents Who Are Overweight or Obese: Increasing

Indicator

13

Sources: Tioga County Health Surveys, 1995 & 2000.



Importance

At the county, state and national level, persons of all races, age, gender and socioeconomic status continue to become overweight or obese. Being overweight or obese is associated with heart disease, type-2 diabetes, stroke, arthritis and breathing problems.

Things to Think About

Physical activity is crucial when trying to maintain or achieve a healthy weight. Physical activity is not limited to exercise or sports in order to have health benefits. Physical activity can be achieved through occupational work, household chores and leisure activities.

Knowledge Gaps

Preliminary data indicates that the growing number of Tioga County residents who are overweight or obese is not limited to adults. Additional data is needed to better assess this health problem in children and youth.

Access to quality health care is vital to promoting health and improving the quality of life for both individuals and communities. This includes access to all components of health care. Examples include community education or risk factor screenings, clinical care, health specialists and treatment centers, emergency services and long-term disability and/or rehabilitation services. Health care is not limited to services provided by health professionals.

Financial barriers, such as having no health insurance, structural barriers, including lack of primary care providers, and personal barriers, such as not knowing where or when to get care, can limit access to health care. Those with the lowest incomes and least education are most likely to face barriers to quality health care. As a result they are more likely to experience poorer health.

Key Indicators and Desired Targets

(Taken or adapted from Healthy People 2010.)

14. The percent of adults with insurance (increase to 100% by the year 2010).
15. The percent of adults who have a regular health care provider (increase to 95% by the year 2010).

What We Know

- The percent of adult residents with insurance remains relatively the same.
- Those without health insurance are less likely to have a regular health care provider.
- In 2000, 31% of residents thought access to health care was a serious problem.

What We Don't Know

- The percentage of eligible children who are not covered by the Pennsylvania Child Health Insurance Program (CHIP).
- The extent to which changing economic conditions will affect insurance coverage, and ultimately health in Tioga County.

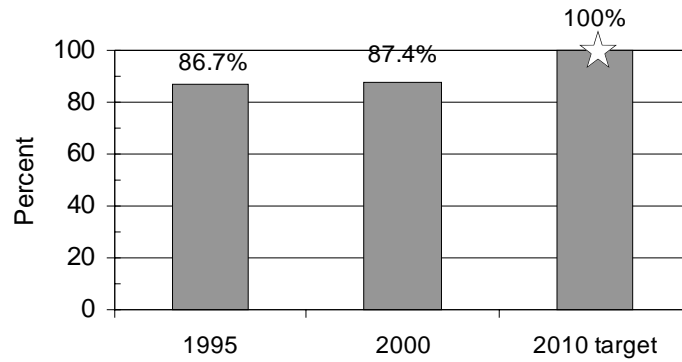
Percent of Adults With Health Insurance: Unchanged

Focus Area : All

Indicator

13

Sources: Tioga County Health Surveys, 1995 & 2000.



Importance

Those without health insurance face serious financial barriers to health care and are less likely to have a regular health care provider, get regular check ups and receive preventive screenings.

Things to Think About

Health insurance policies vary in deductibles, co-pay charges and types of coverage. While a majority of adults in Tioga County report having health insurance, many do not have coverage for prescriptions, dental care, vision care, mental health services and/or substance abuse services.

Knowledge Gaps

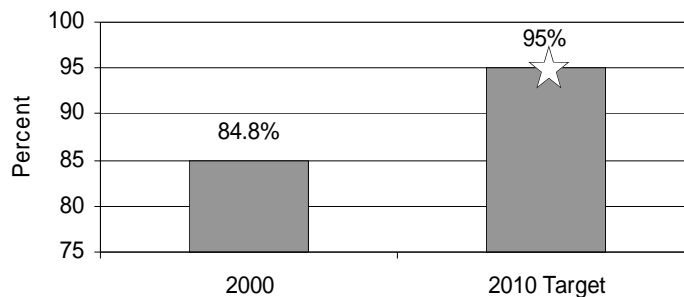
In 2000, it was reported that 6.4% of children in Tioga County did not have health insurance. Due to the promotion of the Pennsylvania Child Health Insurance Program (CHIP) in past years it is presumed that this number has increased. However, data is currently not available regarding children who are eligible but have yet to be enrolled.

Percent of Adult Residents Who Have a Regular Health Care Provider

Indicator

14

Sources: Tioga County Health Survey, 2000.



Focus Area : All

Importance

Having a regular health care provider is closely related to whether or not someone has health insurance. However, even some insured persons do not have a regular health care provider. Not having a regular health care provider can jeopardize the efficiency of emergency services when non-emergency cases occupy valuable resources.

Things to Think About

Men and young adults in Tioga County are least likely to have a regular health care provider while older adults, 65 and older, are most likely to have a regular health care provider. However, only 70% of adults (ages 18-64) without health insurance reported having a regular health care provider while 85% percent with insurance had a regular health care provider.

Knowledge Gaps

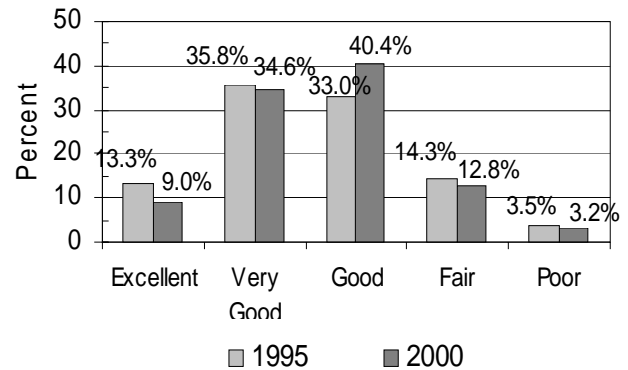
We need a better understanding of factors, besides lack of health insurance, that limit one's ability or desire to establish a relationship with a regular health care provider. This may include personal, structural, social and/or economic factors.

Health Status

As this report has tried to make clear, one's health is dependant on many different factors, including biology, behavior, the social and physical environments as well as access to quality health care. At first glance, self reported overall health status of Tioga County residents appears to have declined in 2000. While it is true that fewer residents reported having *excellent* or *good* health in 2000, fewer residents also reported their overall health as *fair* or *poor*. The percent of Tioga County residents who rated their overall health as *good* or better increased from 82% in 1995 to 84% in 2000. This, like many of the other key health indicators, suggests that while the progress may be slow, improvements are being made.

When it comes to the five priority areas, certain areas are improving faster than others. By far, tobacco use has seen the most improvement. This includes reductions in the percent of adults who smoke, lung cancer death rate and baseline information on the percent of restaurants that are smoke free. Access to quality health care and obesity/physical activity are making some progress but more needs to be done. Social factors are most likely hampering efforts to increase the percent of adults with health insurance. Meanwhile, the small change in adults modifying their behavior in order to be more physically active has not yet substantially affected the increased trend in obesity. Finally, mental health, most likely because of its complexity, has seen the least improvement.

Reported Status of Overall Health



Sources: Tioga County Health Surveys, 1995 & 2000.

Conclusion

For the first time, a set of key health indicators has been presented together in a format that allows us to clearly see health trends in Tioga County. Readers of this report are encouraged to help address knowledge gaps and participate in the identification and the establishment of future health indicators. It is also imperative that the Partnership, as a whole, and individual work groups make the collection of valid and consistent data that speak of the needs of our local community a top priority. Without these efforts our indicators will be useless and we will fail at our goals. To be successful, these indicators must be used to drive our objectives and guide change—in our community, personal priorities and behaviors, policy development, decision making and ultimately, in our health and quality of life.



... to improve the health and quality of life of individuals and communities in Tioga County.

Work Groups and Committees

Charlie's Place	Community Health Awareness
Elder Services	Fit for Life
Healthy Families	Planning Committee
Immunization	Kids First
Mental Health	Measurement & Outcomes
Countryside Council	Tobacco Coalition
Communities that Care (CTC)	Disability Awareness Network
Community Access Program (CAP) Operating Committee	Alcohol, Tobacco and Other Drugs (ATOD)

If you would like to learn more about these groups or would like to be a member please contact the Tioga County Partnership for Community Health.

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