

2022 Community Health Needs Assessment



**CHNA
Executive
Summary**



**About our
Community**



**Key Health
Indicators**



**Community
Input**



**Prioritized
Health Needs**

Garnet Health Medical Center 2022 CHNA

Garnet Health Medical Center (hereinafter referred to as “GHMC”), formerly known as Orange Regional Medical Center was formed by the merger of Arden Hill Hospital and Horton Medical Center. GHMC moved the two campuses into a single-site, new, state-of-the-art facility on August 5, 2011. GHMC boasts seven floors of state-of-the-art technology and provides 383 beds and employs over 2,400 healthcare professionals. More than 600 doctors have privileges at the hospital and treat thousands of area families, friends and neighbors

GHMC is one of the largest healthcare providers in the tri-county area and is dedicated to developing specialty services, medical programs and needed healthcare services that allow residents to remain close to home to receive quality care. GHMC’s mission is to improve the health of our community by providing exceptional healthcare.

GHMC desires to continue providing clinical programs and services to meet community needs, while also pursuing continuous improvement in existing and future programs to improve the overall health of the community it serves. As such, GHMC participated in the regional Community Health Assessment conducted by the Hudson Valley Health Collaborative. The regional assessment covered the seven-county Mid Hudson Region consisting of Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster, and Westchester Counties. The seven local health departments led the Hudson Valley Public Health Collaborative, which was created in 2018, in this coordinated CHNA. Collaborating partners included local area hospitals and county health departments within the seven counties participating in the collaborative.

To comply with section 501(r) of the Internal Revenue code, the following pages describe the CHNA process and findings for GHMC. GHMC’s 2022 CHNA utilized primary and secondary data obtained through the regional assessment. Data from the collaborative assessment is referenced throughout this summary report for GHMC. The collaborative assessment report is available to anyone interested in obtaining additional information on the collaborative community health assessment for the Mid-Hudson Region and is available here: [LINK](#)

Approximately 87% of GHMC’s patients reside in their service area which includes zip codes in Orange, Sullivan and Ulster Counties. Data for the service area has been included in this CHNA report, when available, for comparative analysis. Approximately 70% of GHMCs patients reside in Orange County. For purposes of this CHNA, GHMC has defined its community as its broader service area with an emphasis on Orange County to more effectively focus its resources to address identified significant health needs, targeting areas of greatest need and health disparities. Garnet Health Medical Center - Catskills is conducting a separate CHNA focusing on Sullivan County.

Community input was obtained through the Mid-Hudson Region Community Health Assessment through a public opinion survey. The Siena College Research Institute (SCRI), on behalf of the seven local health departments of the Mid-Hudson Region, conducted the survey of 5,699 residents from March 14, 2022 to May 22, 2022. Residents aged 18 and older were interviewed from the Mid-Hudson Region to ensure representative county-wide samples. The overall sample of 5,699 was weighted by age, gender, reported race/ethnicity, income and county using the 2015-2020 American Community Survey 5-year estimates to ensure statistical representativeness. A total of 906 surveys were completed for Orange County.

Additionally, focus groups were conducted by the Orange County Department of Health with providers that serve underrepresented populations such as those who are low-income, veterans, seniors, people experiencing homelessness, LGBTQ members, and people with a mental health diagnosis. The Orange County Department of Health conducted two focus groups. The first was with the Joint Membership of Health and Community Agencies. Their focus is on providing residents of Orange County with a welcoming, comprehensive, and seamless service delivery system for recovery, health, and wellness. The second was with the Changing the Orange County Addiction Treatment Ecosystem.

Garnet Health Medical Center 2022 CHNA

To complement the primary data, Orange County Department of Health updated the Community Health Assessment Data Review Guide, as a review of over 150 of the most current secondary data indicators available, stratified by the New York State Department of Health Prevention Agenda Areas for Orange County and New York State. Where available, trends from the previous year and comparison data from New York State were included.

Once the data was collected, the Orange County Health Summit was held on June 28th with approximately 100 partners including hospitals, health care providers, community-based organizations, and academia to review the most current Community Health Assessment data; identify and discuss the forces that impact the health of residents; provide input on which two Prevention Agenda Priorities for the 2022-2024 CHIP should be chosen; and participate in breakout groups to discuss current efforts, assets, and barriers in each of the five priority areas. After considering all the data, the two prevention priority areas chosen were 1.) preventing chronic disease; and 2.) promoting well-being and preventing mental health and substance use.

Based on the information gathered through regional assessment, GHMC chose to focus on the two priorities listed below over the next three years. Opportunities for health improvement exist in each area. GHMC will work to identify areas where it can most effectively focus its resources to have significant impact and develop an Implementation Strategy for fiscal years ending 2023-2025.

Prevention of Chronic Disease

**Improve Mental Health and
Prevention of Substance Abuse**

Written comments regarding the health needs that have been identified in the current community health needs assessment should be directed to:

Moira Mencher

Manager of Physician Relations & Community Health

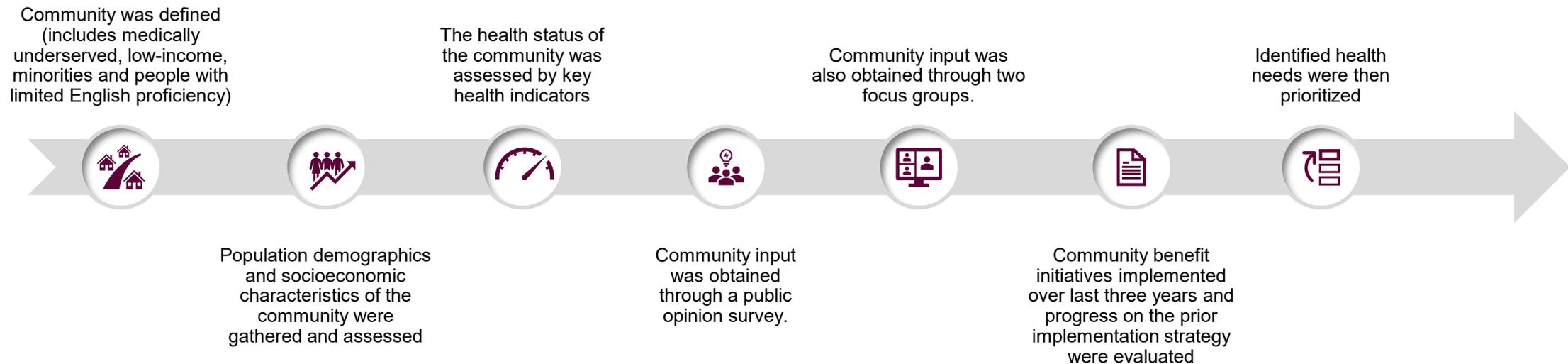
mmencher@garnethealth.org.

How the Assessment was Conducted

GHMC conducted a community health needs assessment (CHNA) to support its mission responding to the needs in the community it serves and to fulfill the requirements established by the Patient Protection and Affordable Care Act of 2010 and comply with federal tax-exemption requirements. This is the fourth CHNA conducted by GHMC. The goals were to:

- ✓ Identify and prioritize health issues in GHMC’s community, particularly for vulnerable and under-represented populations.
- ✓ Ensure that programs and services closely match the priorities and needs of the community.
- ✓ Strategically address those needs to improve the health of the communities served by GHMC facilities.

Based on current literature and other guidance from the United States Department of the Treasury, the following steps were conducted as part of GHMC’s CHNA:



General Description of Garnet Health Medical Center

GHMC is affiliated with Garnet Health. Providing healthcare to approximately 450,000 residents in Orange, Sullivan and Ulster Counties, Garnet Health was designed to improve the quality, stability and efficiency of healthcare services in the mid-Hudson and Catskill region. Garnet Health provides services by more than 4,000 employed professionals and over 850 medical staff members and is recognized by Ethisphere as one of the 2018 and 2019 World's Most Ethical Companies. An academic affiliate of the Touro College of Osteopathic Medicine, Garnet Health retains compassionate professionals who continually strive toward the hospital's mission to improve the health of our community by providing exceptional health care.

The System's three hospital campuses, plus several outpatient facilities, offer a broad spectrum of care including:

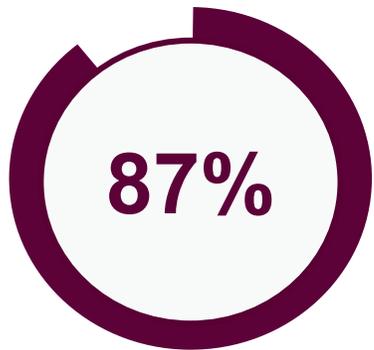
- Emergency medicine
- Surgical & ambulatory surgery services
- Skilled nursing units
- Cardiology services including emergency and elective angioplasty
- Oncology services from diagnosis to treatment
- Orthopedic services including joint replacements
- Bariatric Surgery Center of Excellence
- Birthing centers
- Neonatal Intensive Care Unit
- Outpatient diagnostic imaging
- Primary and family care practices
- Mental health and chemical dependency programs
- Diabetes program
- Wound care
- Rehabilitation services including: physical, occupational and speech therapy
- Hospitalist services
- Community programs and support groups



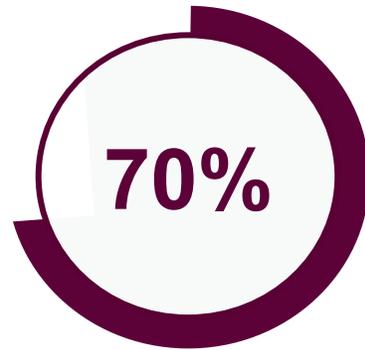
Who We Serve

GHMC's service area is defined primarily by zip codes in Orange, Sullivan and Ulster Counties in New York. Orange County is the state's 12th largest county by population while Ulster County is the 20th largest county and Sullivan County is the 36th largest county out of 62 counties in the state of New York. Between January 1, 2020 and December 31, 2020, 87% of GHMC's inpatient discharges came from patients residing in GHMC's service area, defined on pages 23 and 24 of the Mid-Hudson Region Community Health Assessment, with approximately 70% of total patient visits originating in Orange County. GHMC has determined its CHNA community to be its broader service area with an emphasis on Orange County, New York. GHMC Catskills, an affiliated hospital, is conducting a separate CHNA with an emphasis on Sullivan County, New York.

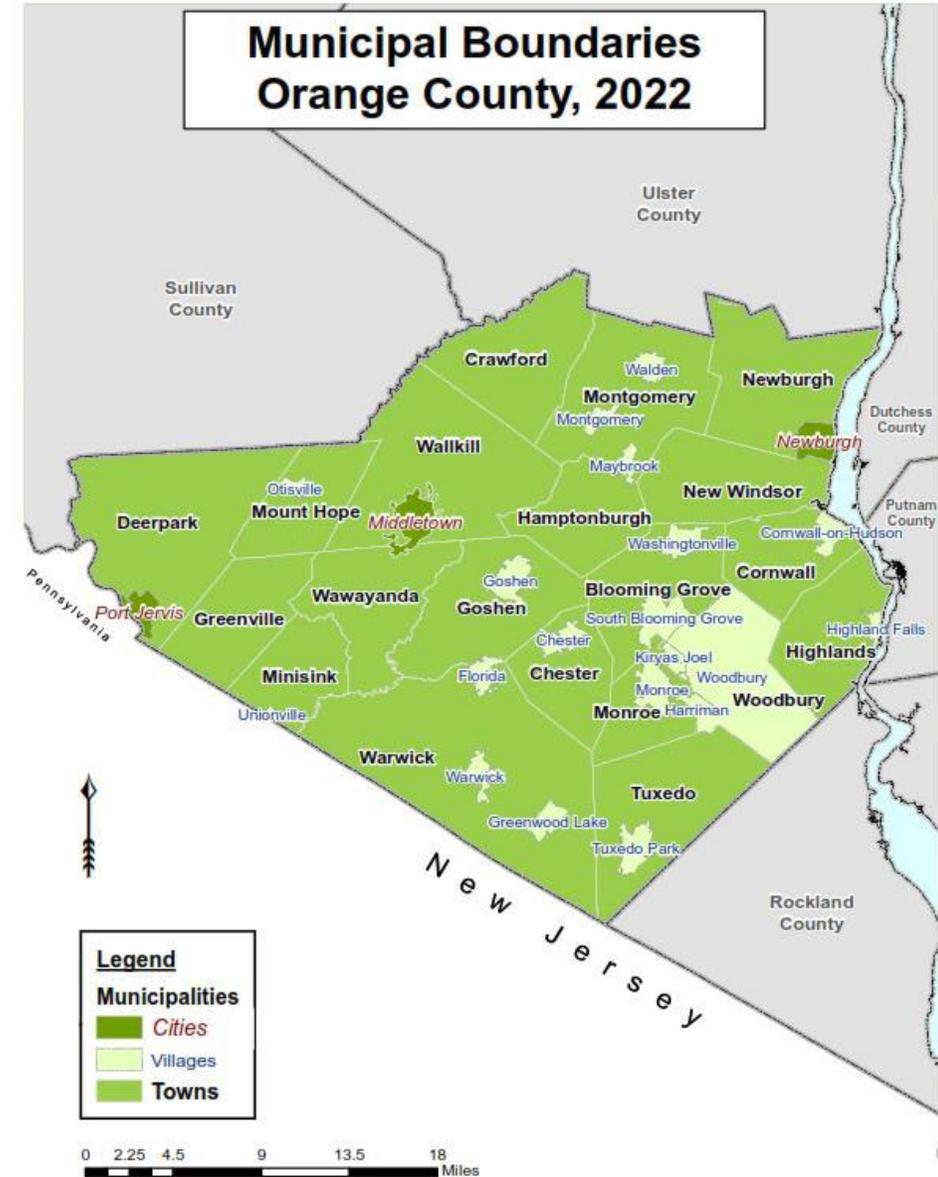
CHNA Community



Inpatient Discharges from CHNA Community



Inpatient Discharges from Orange County



Community Overview

To understand the profile of GHMC's CHNA community, the demographic and health indicator data were analyzed for the population within the defined service area. Data was analyzed for the GHMC service area, when available, as well Orange County, New York compared to New York State and National rates and percentages. Additional data for Orange County is available in the Mid Hudson Region Community Health Assessment.

Orange County has a total population of 382,077 according to the U.S. Census Bureau American Community Survey 2016-2020 5-year estimates. The percentage of population by combined race and ethnicity is made up of 63.12% Non-Hispanic White, 21.01% Hispanic or Latino, 10.06% Non-Hispanic Black, 2.82% Non-Hispanic Asian and 2.99% Non-Hispanic some other race. The demographic makeup of the CHNA community is as follows:

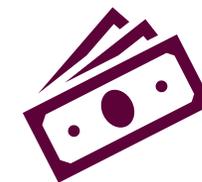


\$116,664

Average Family Income

30%

People 25+ with a Bachelor's Degree or Higher



11%

of people are living in poverty (55,108 persons)

6%

Adults age 18-64 without Health Insurance Coverage



62%

Population 16+ in Civilian Labor Force



9.7%

Population (Age 5 and over) that speaks English less than very well



Access to Services

Clinical Preventive Services

Health Outcomes & Mortality

Injury & Violence

Maternal, Infant & Child Care

Mental Health

Nutrition, Physical Activity & Obesity

Physical Environment

Substance Abuse

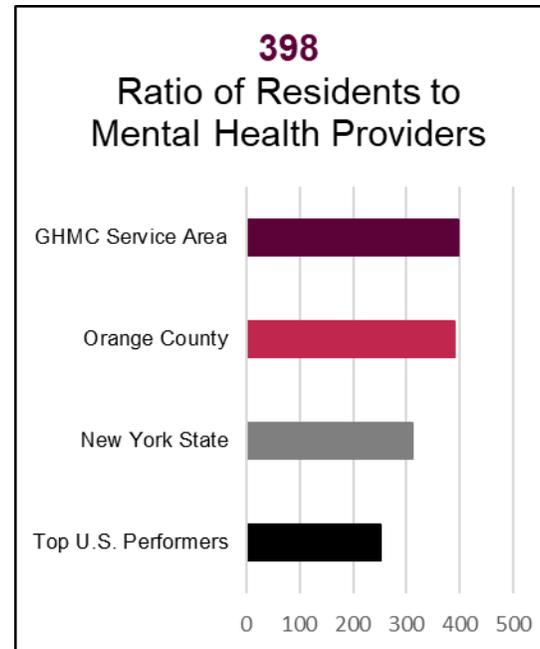
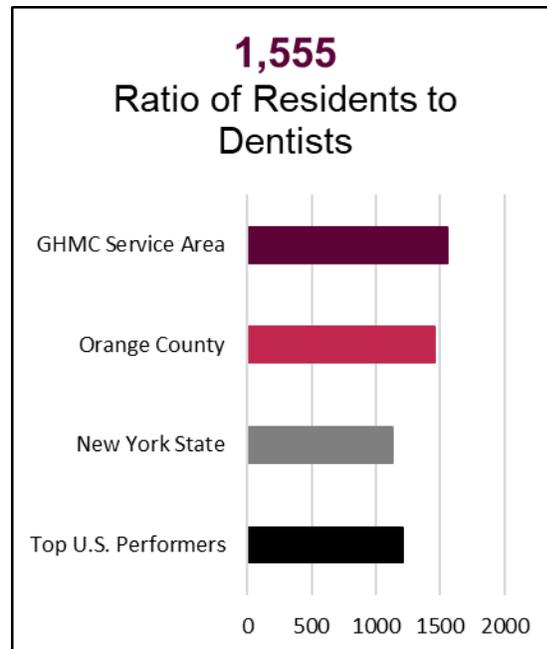
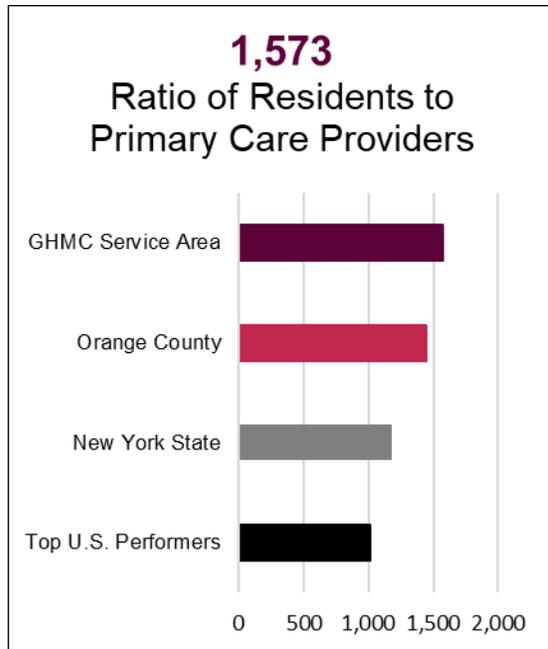
Access to Services

A lack of access to care presents barriers to good health. The supply and accessibility of facilities and physicians affect access. As shown below, the ratio of residents to health care providers within Orange County is less favorable to state and top U.S. performers benchmarks.

The chart to the right reports the Index of Medical Underservice (IMU) score for medically underserved areas and medically underserved populations within Orange County. An IMU score ranges between 0 (highest need) and 100 (lowest need). In order to qualify as an MUA the score must be less than or equal to 62.0.67 Areas with limited health care professionals experience hindered health care access, creating longer wait times and delayed care and diagnosis.

Medically Underserved Areas and Medically Underserved Population (MUP)

County	Area Name	Designation Type	IMU* Score
Orange	Orange Service Area (02397 - Newburgh)	Medically Underserved Area	55.5
Orange	Village of Kiryas Joel Service Area	Medically Underserved Area	45.0
Orange	Village of Walden Service Area	Medically Underserved Area	60.8
Orange	Low Income - Middletown Service Area	MUP Low Income	58.2



Age-Adjusted Percent of Adults Who Have a Regular Health Care Provider (Orange County)

81%

Access to Services

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Substance Abuse

Clinical Preventative Services

Rates of morbidity, mortality, and emergency hospitalizations can be reduced if community residents access services such as health screenings, routine tests, and vaccinations. Prevention indicators can call attention to a lack of access or knowledge regarding one or more health issues and can inform program interventions

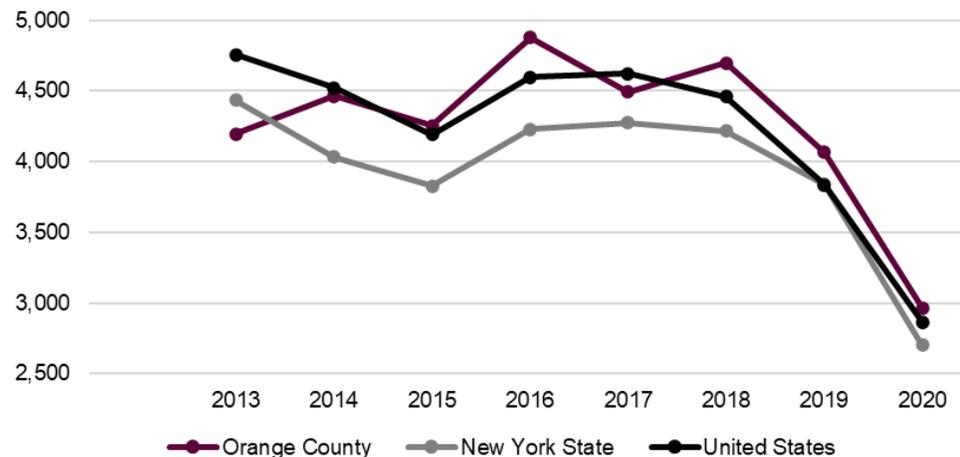


23.8% of women 65+ in the community are up-to-date with core preventative services compared to the national benchmark of 28.4%.*

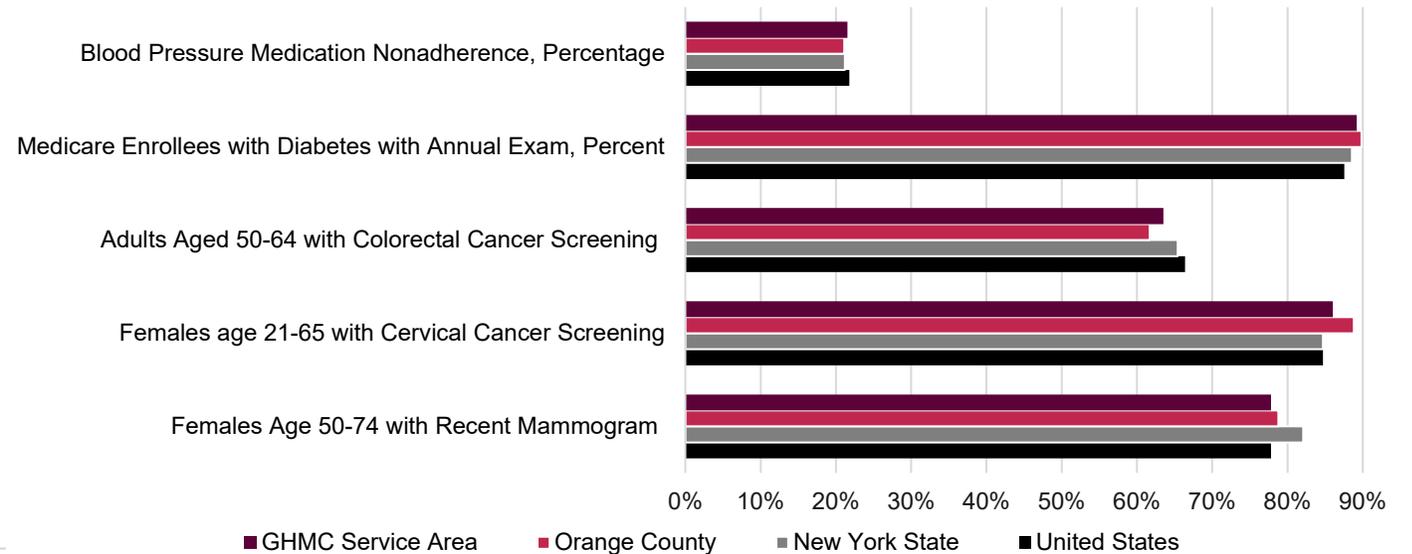


23.3% of men 65+ in the community are up-to-date with core preventative services compared to the national benchmark of 32.4%.*

Preventable Hospitalization Rate by Year**



Preventative Services



Preventable hospitalizations include hospital admissions for one or more of the following conditions: diabetes with short-term complications, diabetes with long-term complications, uncontrolled diabetes without complications, diabetes with lower-extremity amputation, chronic obstructive pulmonary disease, asthma, hypertension, heart failure, bacterial pneumonia, or urinary tract infection.

The rate for preventable hospitalizations in the CHNA Community is slightly unfavorable to state and national rates for Orange County and the rate has significantly improved since 2018.

* Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2018. Source geography: Tract

**Data Source: Centers for Medicare and Medicaid Services, Mapping Medicare Disparities Tool. 2020. Source geography: County

Access to Services

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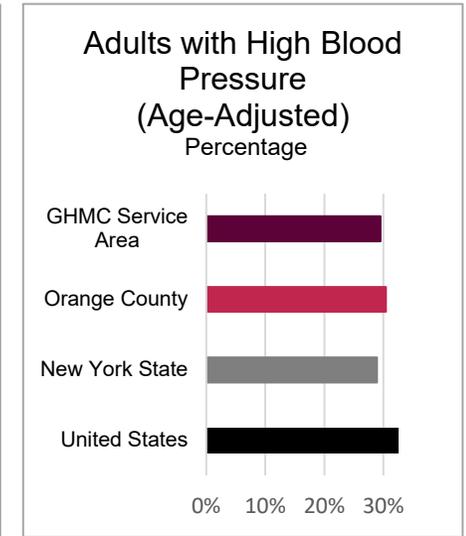
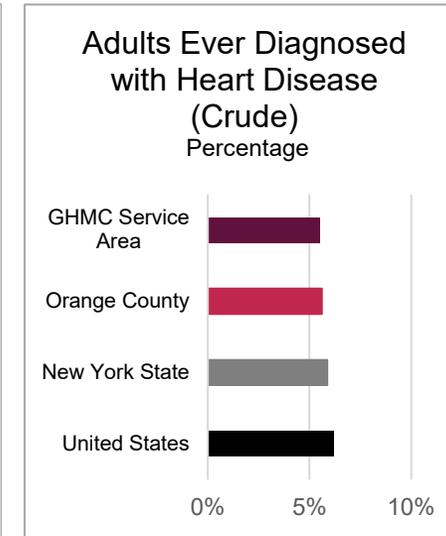
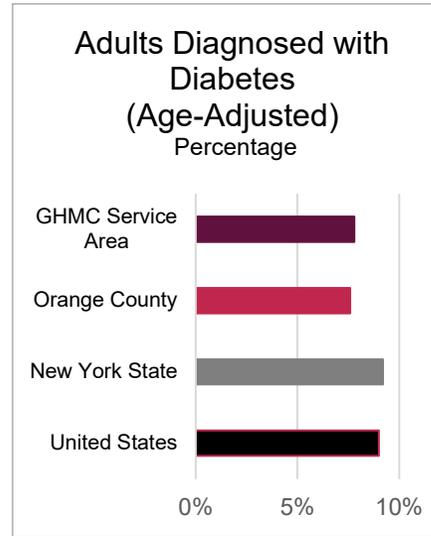
Physical Environment

Substance Abuse

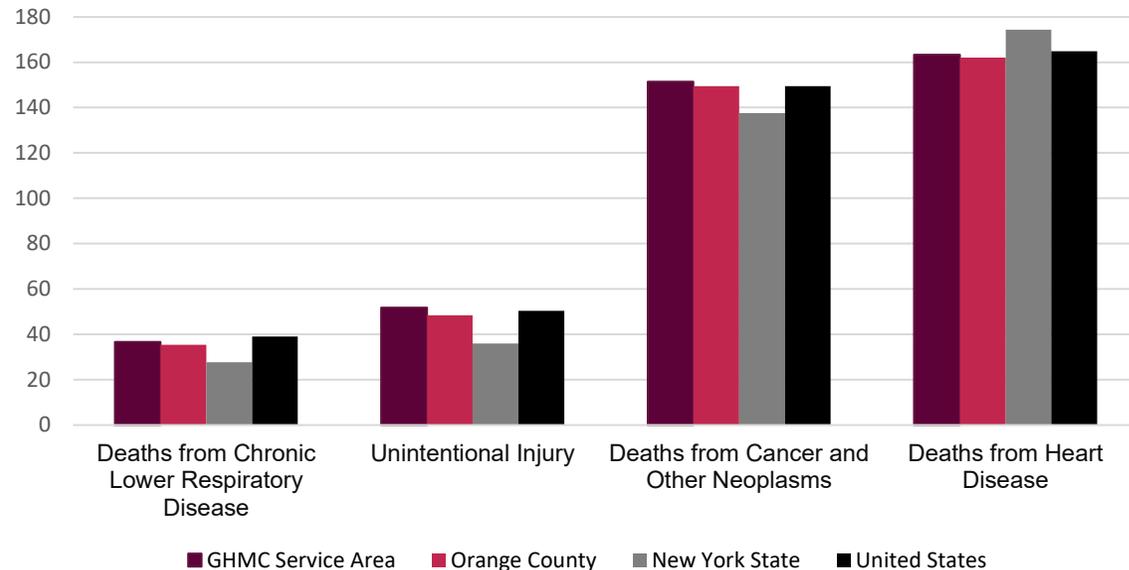
Health Outcomes & Mortality

GHMC's CHNA Community has a significant number of adults who have been diagnosed with chronic illnesses. The prevalence of chronic diseases in the GHMC CHNA community is fairly consistent with state percentages. Over 30% of the population, approximately 77,000 adults, have high blood pressure.

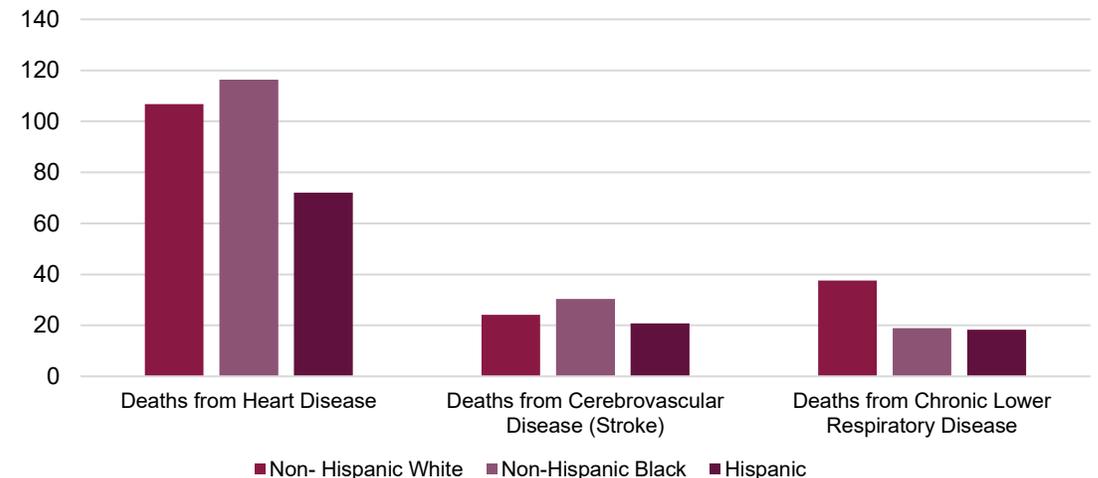
Coronary heart disease, cancer, unintentional injury and chronic lower respiratory disease are leading causes of death in Orange County. Adjusted death rates for the community are favorable to state rates with the exception of deaths from heart disease.



Leading Causes of Death (Age-Adjusted)



Age-Adjusted Death Rate (Per 100,000 Population) by Race/Ethnicity



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Injury and Violence

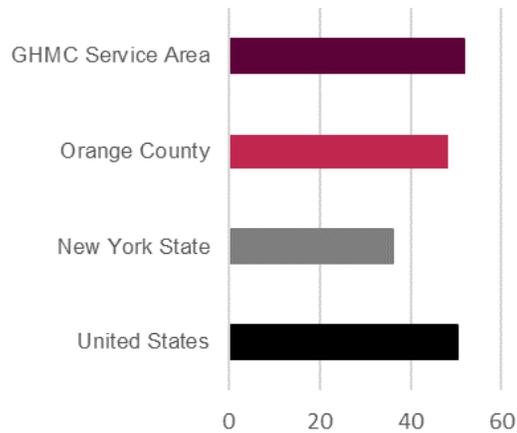
Unintentional Injury was the third leading cause of death in Orange County. Beyond death, consequences from injuries include financial burden, disability, poor mental health, and lost productivity. The rate for unintentional injuries for Orange County is significantly unfavorable to the state rate.

Violent crime rates for Orange County are favorable to state rates, whereas, the rate for victims reporting domestic violence is nearly double the state rate the highest rate in the Mid-Hudson region. Domestic violence is abusive behavior by one intimate partner against another that may include physical violence, sexual violence, threats, and economic, emotional, and/or psychological aggression.

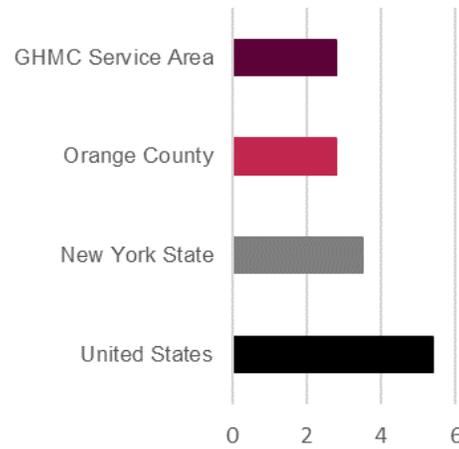
Domestic Violence Victims Reported NYS Division of Criminal Justice Services - Reported in 2020



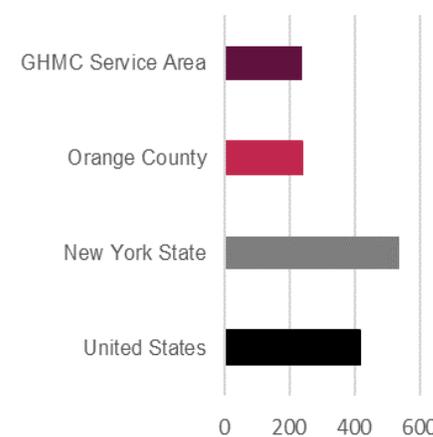
Unintentional Injury, Age-Adjusted Death Rate Rate per 100,000 Population



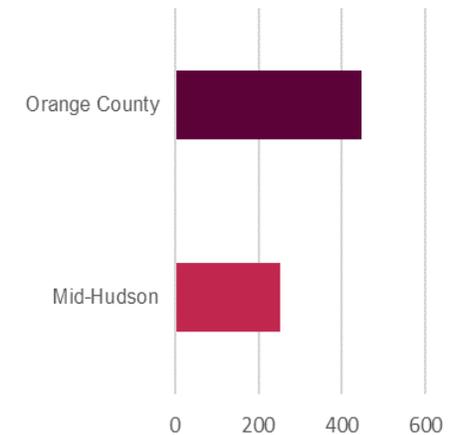
Mortality - Homicide Age Adjusted Rate per 100,000 Population



Violent Crimes, Annual Rate Rate per 100,000 Population



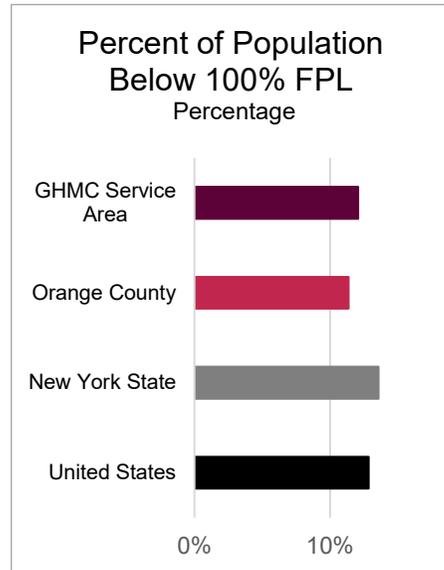
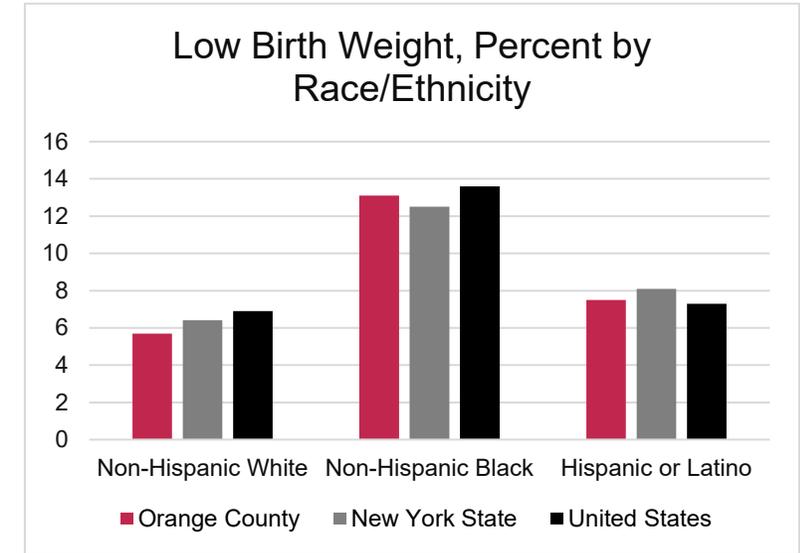
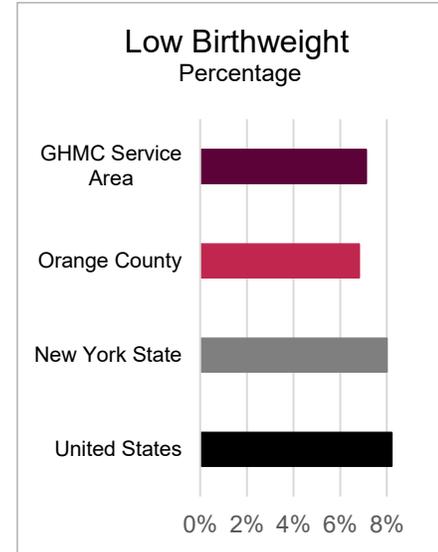
Domestic Violence Victims Reported Rate per 100,000 Population



Maternal, Infant and Child Health

Engaging in prenatal care decreases the likelihood of maternal and infant health risks such as low birth weight. 20% of women in Orange County had no prenatal care in the first trimester. Rates for low birth weight and infant mortality indicate significantly higher rates for Non-Hispanic Black population.

Selected indicators from the Maternal and Child Health Dashboard maintained by the New York State Department of Health are provided in the table below for Orange County and New York State. The dashboard indicates a higher rate of child mortality in Orange County as compared to New York State and a higher rate of newborns with neonatal withdrawal symptoms and/or affected by maternal use of drugs of addiction in Orange County as compared to New York State.



Women giving birth in Orange County had no prenatal care in the first trimester. 4% of women did not obtain prenatal care until the 7th month (or later) of pregnancy or did not have any prenatal care.

Maternal and Child Health (MCH) (Selected Indicators)

Health Indicator	Orange County	New York State
	Percentage (or) Rate (or) Ratio	Percentage (or) Rate (or) Ratio
Infant mortality rate per 1,000 live births	3.7	4.3
Percentage of preterm births (less than 37 weeks gestation)	7.5	9.0
Newborns with neonatal withdrawal symptoms and/or affected by maternal use of drugs of addiction (any diagnosis), crude rate per 1,000 newborn discharges	12.1	9.0
Child mortality rate per 100,000 children ages 1-9 years	16.4	13.4
Percentage of NYS residents served by community water systems that have optimally fluoridated water	36.3	71.2

Data Source: https://webbi1.health.ny.gov/SASStoredProcess/guest?_program=%2FEBI%2FPHIG%2Fapps%2Fmch_dashboard%2Fmch_dashboard&p=ct&cos=33

Access to Services

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Health Outcomes & Mortality

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Nutrition, Physical Activity & Obesity

Physical Environment

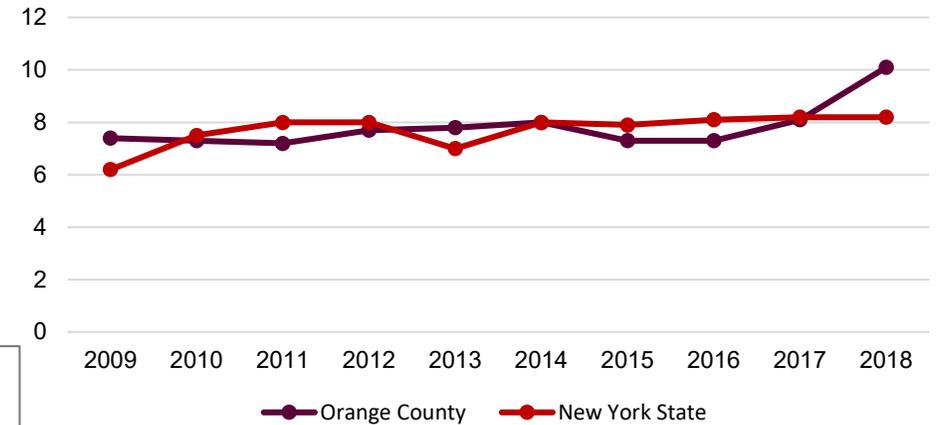
Substance Abuse

Mental Health

Suicide is an indicator of poor mental health. Suicide rates for Orange County are unfavorable to state rates. Suicide mortality rates have increased in Orange County and New York State from 2009-2018.

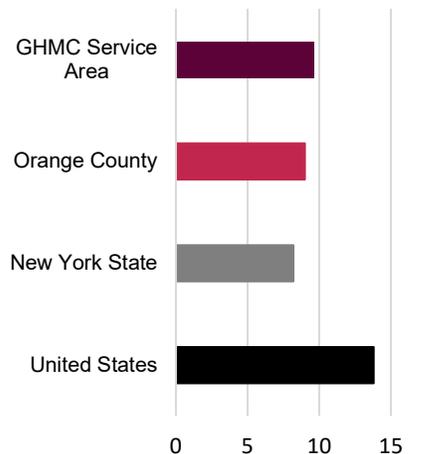
The percentage of adults with poor mental health in the service area is 14.4% and is unfavorable to the state and national benchmarks. One of the major disorders that can lead to poor mental health is depression. When looking at the percentage of people reporting a depressive disorder, substantially more people are reporting a depressive disorder in 2018 compared to 2016 for Orange County, the Mid-Hudson Region, as well as New York State.

Age-Adjusted Suicide Mortality Rate per 100,000



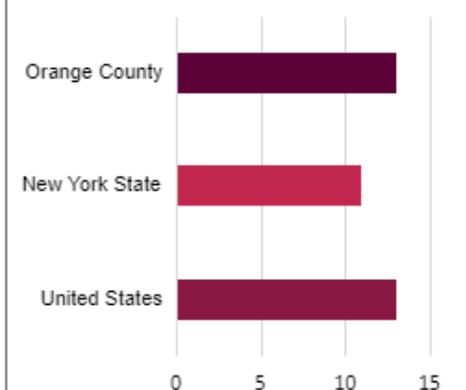
Mortality-Suicide

Rate per 100,000 Population



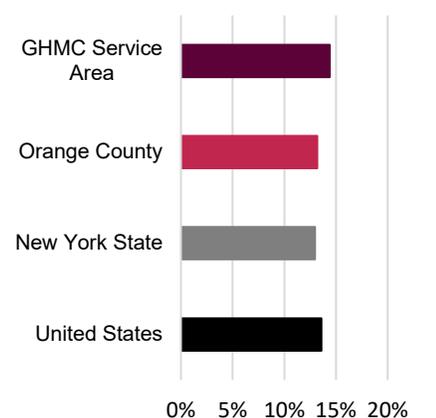
Deaths from Mental and Substance Use Disorders

Rate per 100,000 Population

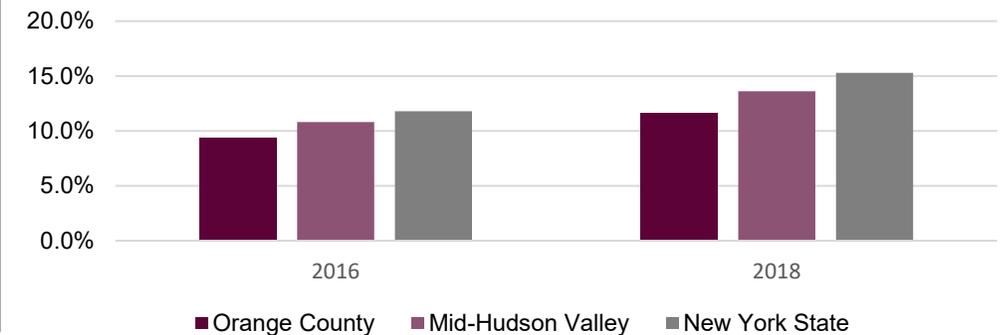


Adults with Poor Mental Health

Crude Rate



Adults Reporting a Depressive Disorder, 2016-2018



Nutrition, Physical Activity and Obesity

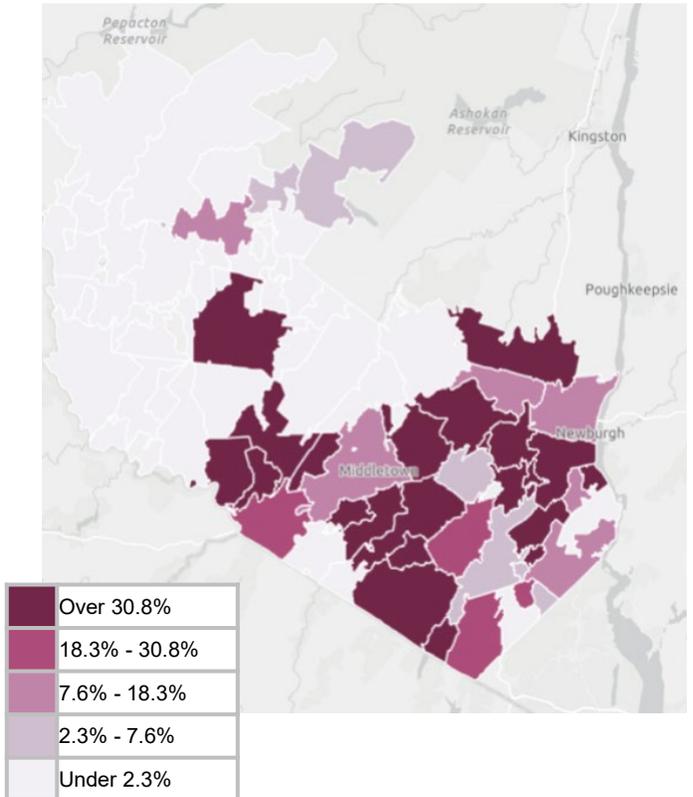
Healthy diets and physical activity contribute to healthy lifestyles and overall well-being. These factors are relevant because current behaviors are determinants of future health and well-being and these indicators may be linked to significant health issues, such as obesity and poor cardiovascular health.

- Food insecurity can be defined as the disruption of food intake or eating patterns due to lack of money and other resources. Access to food plays an essential role in living a healthy lifestyle; those who face food insecurity are often forced to choose between food and other essentials, such as housing, utilities, and medical care. 9.8% (9.4% in Orange County) of the population live with food insecurity in the GHMC Medical Service Area. This percentage has steadily been increasing.
- Over 100,000 adults, 29% are obese in the GHMC Medical service area. Of the seven counties in the Mid-Hudson Region, Orange County has the highest percentage of adults who are overweight or obese (69.6%),
- Nearly 30% of adults, age 20 and older, self-report no active leisure time physical activity in the GHMC Medical Service Area.
- Approximately 46% of public-school students in GHMC Medical’s Service Area are eligible for free or reduced-price lunch program, which is lower than the state average for New York of 57%

The map to the right reports the percentage of the low-income population with low food access for the GHMC Service Area. The following zip codes report the highest percentages: 10925, 10979, 12543 and 12780.

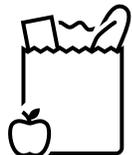
Limited access to healthy foods measures the percentage of the population that is low-income and does not live close to a grocery store. Low-income is defined as having an annual family income of less than or equal to 200% of the federal poverty line.

**Population with Limited Food Access, Low Income
Percent by Tract (GHMC Service Area)**



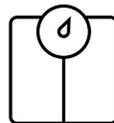
9.8%

Percentage of Population with Food Insecurity



29%

Percentage of Adults who are Obese



46%

Percentage of Students Eligible for Free or Reduced- Price Lunch



Access to Services

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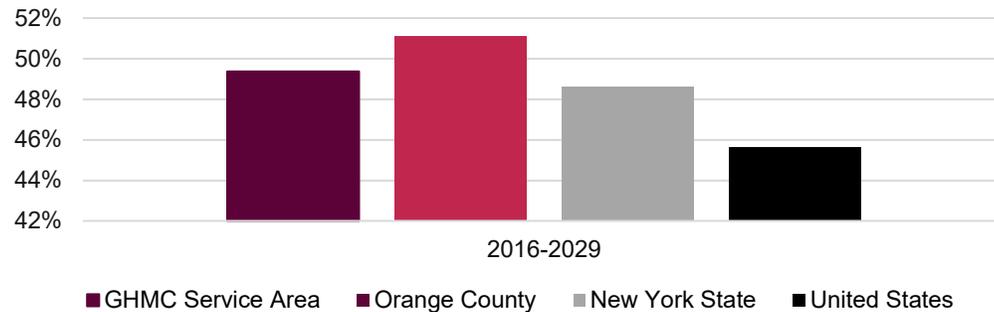
Physical Environment

The structure of housing and families and the condition and quality of housing units and residential neighborhoods are important because housing issues like overcrowding and affordability have been linked to multiple health outcomes, including infectious disease, injuries, and mental disorders.

Households that are severely cost burdened (spending greater than 50.0% of income on housing) are shown to spend 75.0% less on health care compared to similar households that are living in affordable housing. 19% of households in Orange County have housing costs that exceed 50% of household income.

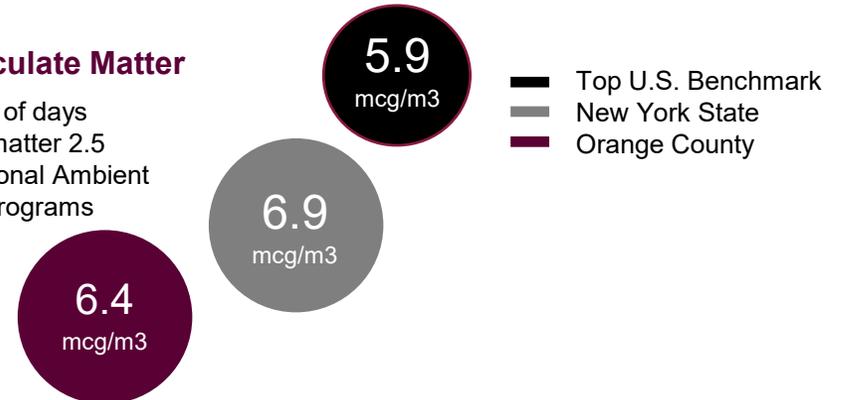
Over 38% of seniors in the community, age 65+, live alone. This is important because older adults who live alone may have challenges accessing basic needs, including health needs.

Percent Cost Burdened Renter Occupied Units



Air Pollution-Fine Particulate Matter

Air pollution is the percentage of days per year with fine particulate matter 2.5 (PM2.5) levels above the National Ambient air Quality Standard of 35 micrograms per cubic meter.



37% of households in the community, 60,642 households, are cost burdened households meaning housing costs exceed 30% of household income. **19%** of households have housing costs that **exceed 50%** of household income.

37% - The median percentage of household income spent on rent in Mid-Hudson Region.

It is estimated that **nearly 16%** of households within the community have no or slow internet.

Approximately **19,000 Seniors** (age 65+) live alone.



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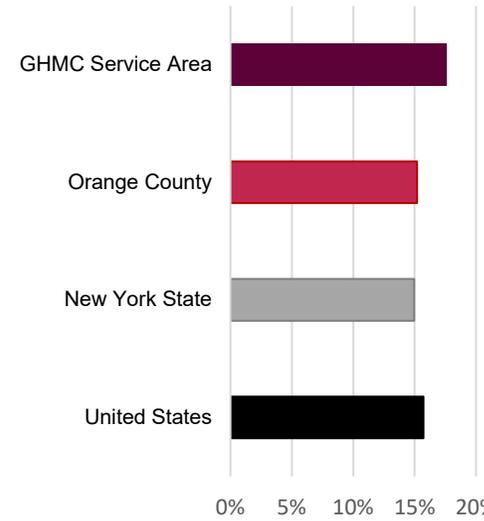
Substance Abuse

The percentage of adults in Orange County who currently smoke is 15.2% and is slightly favorable to national benchmarks.

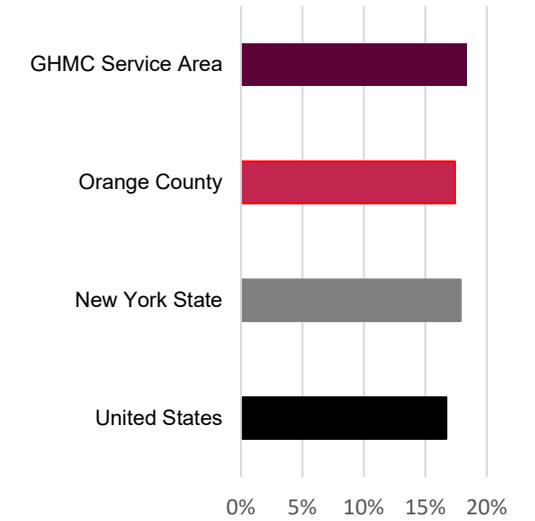
Binge drinking, having more five or more drinks (men) and four or more drinks (women) on an occasion in the past 30 days, is higher in Orange County compared to the national rate of 16.7%.

Poisoning deaths, especially from drug overdose, are a national public health emergency. Poisoning deaths and deaths from opioid overdose are significantly higher in the GHMC Medical service area compared to the state and national rates.

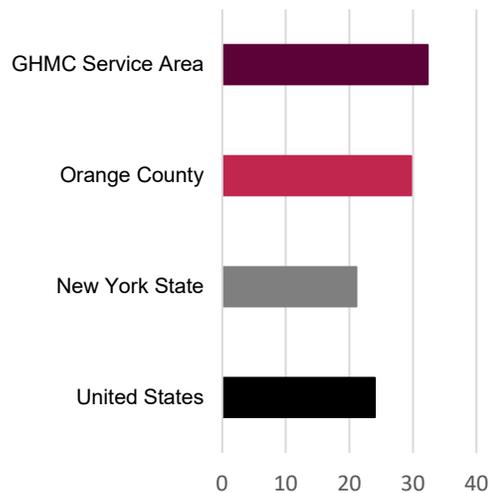
Adult Current Smokers
Percentage (Crude)



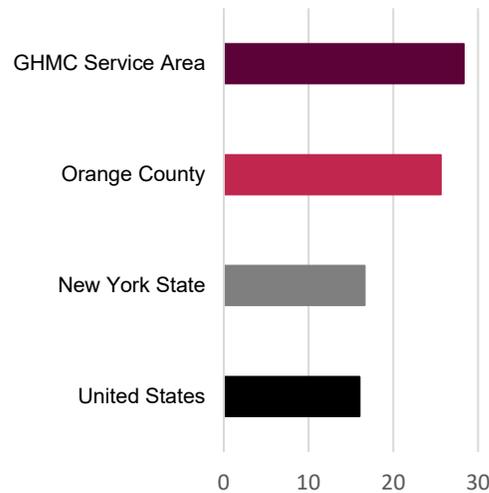
Binge Drinking
Percentage



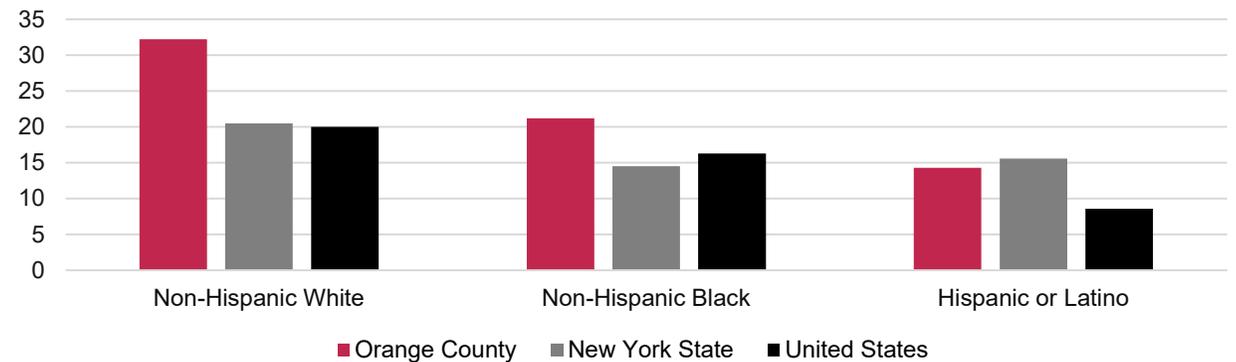
Mortality-Poisoning
Per 100,000 Population (Age - Adjusted)



Mortality-Opioid Overdose
Per 100,000 Population (Age - Adjusted)



Opioid Overdose Mortality by Race/Ethnicity
Age-Adjusted Rate Per 100,000 Population
(No Data Available for GHMC Medical Service Area)



Provider Focus Groups

In order to ensure that the needs of underrepresented populations, including those who are low-income veterans, seniors, people experiencing homelessness, LGBTQ members, and people with mental health diagnosis, were met, focus groups were conducted with providers that serve these populations in each of the seven counties. Information reported below is information gathered through focus groups conducted in Orange County which included 45 providers. The term “providers” refers to those who offer services, such as mental health support, vocational programs, and programs for underserved populations.

Top Three Issues that Affect Health in Orange County:

1. Access to affordable, decent, and safe housing
2. Access to mental health providers
3. Access to affordable, reliable, personal, and public transportation

Top Three Barriers to People Achieving Better Health in Orange County:

1. Drug and/or alcohol use
2. Knowledge of existing resources
3. Health literacy

Provider Focus Groups

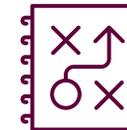
Major Findings

- A lack of affordable and/or consistent transportation is a major issue for many residents of Orange County. This includes lacking the financial means to get to and from appointments/work, a lack of available public transportation and an absence of knowledge of the transportation options that are available.
- Affordable and safe housing is a challenge for many. This leaves many people homeless or at the least, economically distressed.
- Language barriers between the residents and service providers exist which can cause confusion and lack of adequate care.
- An overall lack of knowledge of the resources that are available to the community exists. While there are many programs in place to assist residents, they can only be utilized when there is a knowledge and understanding of these services.
- Mental health/addiction issues continue to plague our communities. This is in the form of mental health stigma, lack of providers, and the large number of individuals who are facing active addiction.
- As a result of the COVID pandemic, some of the existing issues in mental health have worsened. Available mental health providers have declined while mental health issues among the community have increased.

Specific Recommendations from Provider Focus Groups



Holistic care management services dedicated to address the social determinants of health in every touch point in the systems where a client or patient may show up to address root causes of health issues.



Continuing to breakdown the silos of care for the complicated systems that patients/clients must navigate to address their health issues.

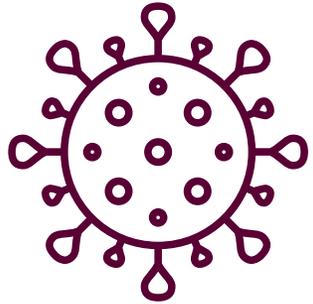


Expand availability of tele-health/tele-video services and broadband expansion for those that struggle with mental health issues, homelessness, and substance use.



Need for prioritization from local leaders to address the social determinants of health such as poverty, housing, and transportation and develop strategic opportunities for communities to work together and to build community awareness of these issues.

Impact of COVID-19 on Community Health



The COVID-19 pandemic has had significant and widespread impact on health within the community. Input from key stakeholders has been provided on how the pandemic influenced related health factors.

Physical Health

Physical health has declined during the pandemic—due to, among other things, a lack of screening services and delayed health screenings (sometimes even if there are symptoms present). Providers noted that population health programs have been modified as a result of COVID and many are still being conducted with decreased frequency or online.

Mental Health

As a result of the COVID pandemic, some of the existing issues in mental health have worsened. Available mental health providers have declined while mental health issues among the community have increased.

Telehealth

The COVID pandemic has also opened the door to virtual appointments for healthcare. While this has its benefits, there are also drawbacks to the lack of face-to-face interaction that comes with an in person visit. Many residents are hesitant to come in person due to COVID concerns and/or they enjoy the convenience of not having to leave home. Providers are also hesitant to bring too many people into the office for fear of spreading COVID, as well as entering the homes of their patients for in home care.

Opioid Related Overdoses

It is widely believed that the additional health, behavioral health and social determinant of health challenges engendered by the COVID pandemic; challenges such as increased social isolation, financial insecurity, food insecurity, housing insecurity, access to transportation and treatment and support services, and others, had a significant impact on people experiencing Opioid Use Disorder.

Community Survey

In order to develop a broad understanding of community health needs, a public opinion survey was conducted for the seven counties included in the New York State’s Mid-Hudson Region during January and February of 2022. A link to the survey was distributed via e-mail, social media and word of mouth to the community at-large. A total of 996 surveys were completed for Orange County. Survey results for Orange County are reported on the following pages.

The majority of respondents were White/Caucasian (63%).

Respondents by age group were as follows:

<u>Age Group</u>	<u>Percent of Total Respondents</u>
18-34	29%
35-49	24%
50-64	24%
65 and older	20%

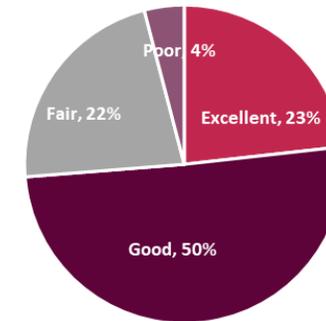
Females represented 49% of the respondents while males represented 48%.

The percentage of respondents based on household income is provided below:

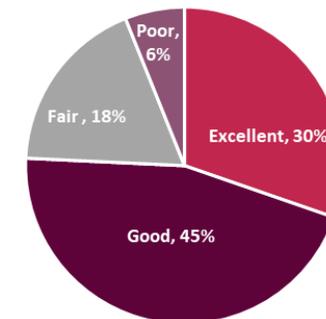
Less than \$25,000	16%
\$25,000 to just under \$50,000	12%
\$50,000 to just under \$100,000	25%
\$100,000 to just under \$150,000	18%
\$150,000 or more	18%
Chose not to answer	11%

Survey respondents were asked to rate the current status of their health. The majority of the respondents indicated the status of their health was good.

How would you rate your physical health?



How would you rate your overall mental health?

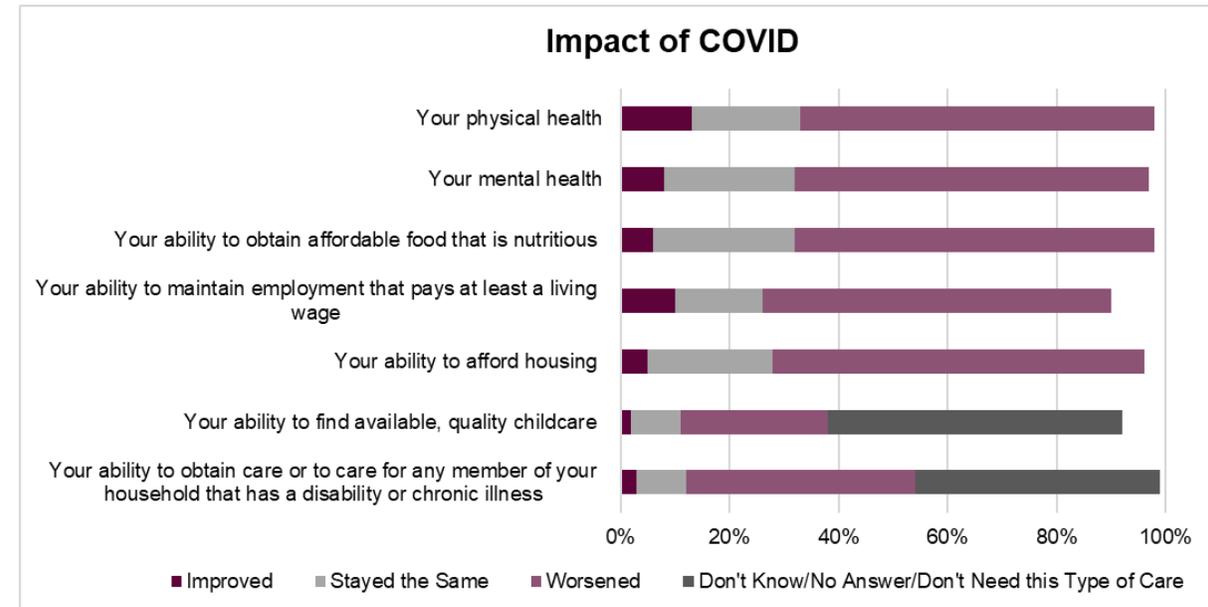


Community Survey

Health Behaviors

- **31%** of survey respondents indicated they eat a balanced, healthy diet 7 days per week.
- Approximately **40%** of respondents, exercise at least 30 minutes a day, four or more days a week.
- **63%** of survey respondents indicated they feel somewhat stressed or very stressed.
- **7%** of survey respondents indicated they drink alcohol daily. **10%** of the respondents use an illegal drug or use prescription medication for non-medical reasons on a daily basis.
- The majority of respondents, **75%**, have had a routine physical in the last year. Significantly less, **63%**, have had a routine dental checkup on the last 12 months.
- Respondents indicated the biggest reason for not visiting their primary care provider and dentist was due to lack of time.

Impact of COVID-19



Community Survey

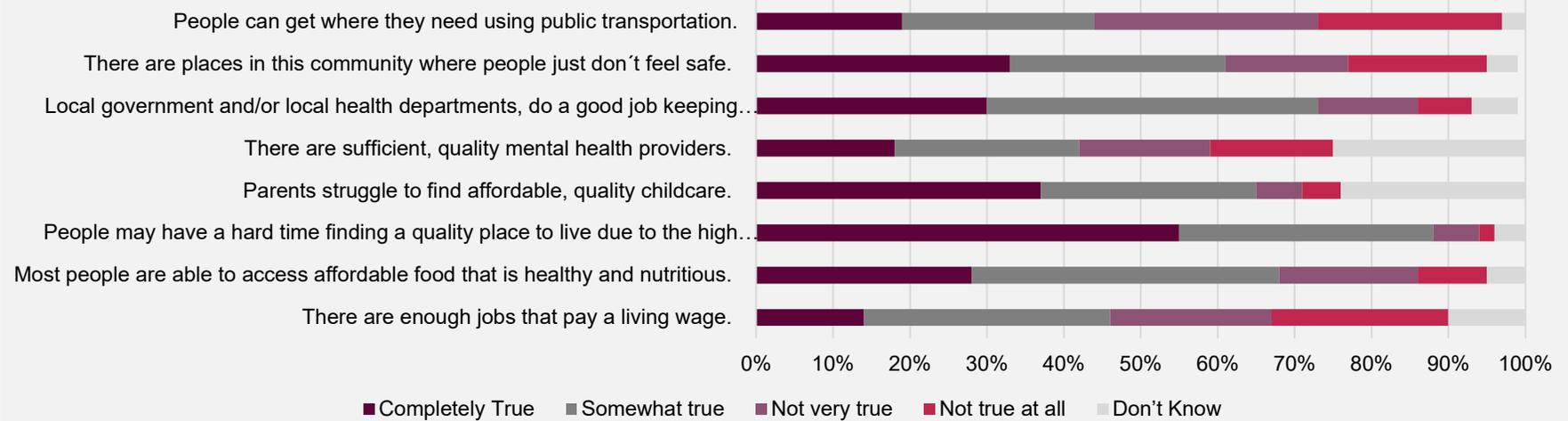
Statements About Our Community

- 32% of respondents with <\$25K yearly income were unable to get transportation when needed it in the previous 12 months, compared to only 17% of Orange County respondents.
- 41% of Orange County respondents in 2022 reported there are sufficient, quality mental health providers, which is a decrease from 55% reported in 2018.

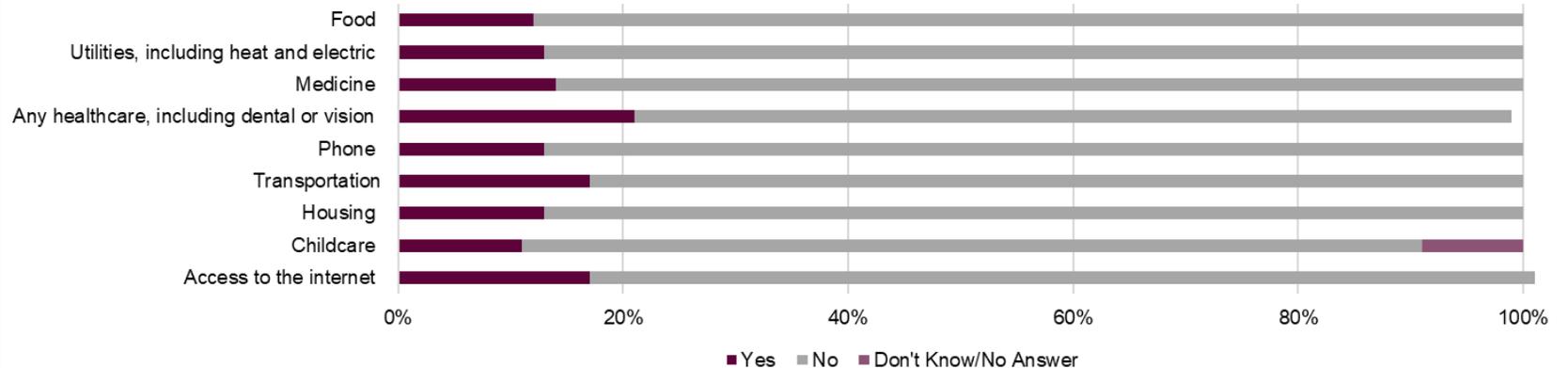
Access to Resources

- 33% of Orange County respondents with <\$25K yearly income reported that in the past 12 months, they or any other member of their household has been unable to get any healthcare including dental or vision compared to 21% of total Orange County respondents, and 9% of respondents \$150k+ yearly income.
- 26% of Orange County respondents aged 18-34 reported that in the past 12 months, they did not visit primary care physician because they did not have insurance compared to 11% of respondents aged 55+.

Statements About Our Community



In the past 12 months, have you or any other member of your household been unable to get any of the following when it was really needed? Please answer yes or no for each item.



Evaluation of the Impact of Actions Taken Since the Last CHNA

GHMC Health provides a broad array of services that provide benefit to the community. Below is a summary of some of GHMC's significant community benefit initiatives taken since the last CHNA.

Prevention of Chronic Disease

Diabetes Education- The team in the Diabetes Center has been engaged in the Diabetes Prevention Programs 3 times a year in Sullivan and Orange County. Support groups and programming for those who are pre-diabetic or diabetic are also offered in person, hybrid and virtually.

Farmers Market Participation- Garnet Health actively participates in multiple farmers markets from May to November in community. Garnet Health invites many departments such as the Diabetes Center at each Garnet Health location, the Breast Centers, stroke teams, cardiac services teams and wound care services to provide community Health Education. We actively engage Family Medicine and transitional year Residents to provide blood pressure screenings and general health education each weekend.

Warrior Kids School Program- A fun and engaging 4-week program for second to fifth graders that education on healthy eating, physical activity, limiting screen time and limiting sugary beverages in an exciting and playful way.

Health Eating & Food Security- Garnet Health over the years as participated in FreshRx Programs with our community partners which provides coupons from our doctor's offices to redeemable at 9 different farmers markets. Garnet Health has also implemented a screening tool, referred to as the Hunger Vital Signs. Each patient is screened using a questionnaire and if applicable is discharged with up to-date Food Pantry lists. This screening is conducted inpatient and outpatient.

Healthy Heart Program- Garnet Health provides healthy heart screenings via a finger stick at community events and local businesses. This screening provides community participants with quick blood results that includes total Cholesterols, HDL Cholesterol, Triglycerides, LDL Cholesterol and Glucose. Participants are educated on their results and referred to services as appropriate.

Free Prostate Cancer Screenings and Mammograms Events- Community Health, the Cancer Center and the Breast Centers of Garnet Health offers free Prostate screenings, breast and mammogram events for the uninsured and under-insured.

Evaluation of the Impact of Actions Taken Since the Last CHNA (continued)

Prevention of Communicable Disease

COVID Prevention education & Vaccination clinicals: Throughout the pandemic and all the months/ years that have followed, Garnet Health has offered several community-oriented vaccination and booster clinics. Garnet Health has continued to provide safety and prevention education for communicable diseases.

Community Network Participation: Garnet health proudly services on multiple Networks, taskforce and collaborations to combine resources with community Partners to address the needs outlined and the improvement plan activities. Some networks and taskforces include, the Rural Health Network, Making Healthful Decisions Conference Collaborative, Sullivan Transportation Health Accessibility and Reliability Taskforce (STHART), and many more. Each of these networks have been developed to not only address our CHIP but also the social determines of health factors that affect care in our communities.

Improve Mental Health and Prevention of Substance Abuse

Self-Care Forums: Virtual selfcare forums have been hosted by Garnet Health and have invited community partners and medical professions to address self-care and major health topics. Some topics include: Heart Health, Women's Heart Health, Stroke, Mental Health, Men's Health, Oral Head and Neck Cancer and General Healthy eating and nutrition.

Youth Mental Health & First Aid: Garnet Health has provided youth mental health and first aid training to the community school districts over the years in an effort to improve the mental health of students.

Support Groups: Garnet Health has a variety of support groups that address the mental health component of chronic diseases and caregiver support of the community and patients we serve.

Tobacco Prevention: Freedom from Smoking is offered multiple times a year and addresses behavior changes to help participants quit smoking and live healthier life styles.

Prioritization of Identified Health Needs

The Mid-Hudson Region Community Health Assessment was conducted through June 2022. Based on the information gathered through the regional assessment and GHMC’s CHNA process, the following summary list of needs was identified. Identified health needs are listed in alphabetical order.

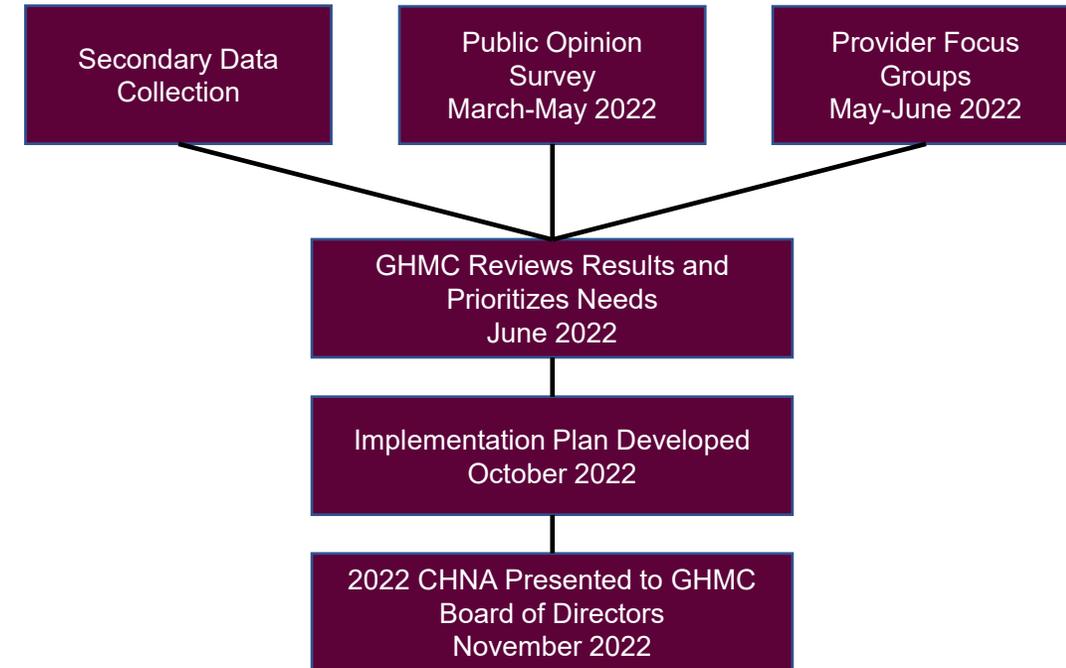
- Access to Medical Providers
- Affordable Housing
- Cancer
- Chronic Diseases
- Domestic Violence
- Food Insecurity/Lack of Nutritious Food
- Health Literacy
- Heart Disease
- Lack of Affordable/Reliable Transportation
- Mental Health
- Obesity
- Preventative Care
- Substance Use
- Women’s and Children’s Health

GHMC participated in the Orange County Health Summit on June 28, 2022 with approximately 100 partners including hospitals, health care providers, community-based organizations, and academia to review the most current Community Health Assessment data and to select priority areas for Orange County to focus on. The following two prevention agenda priorities were chosen for Orange County.

- Preventing Chronic Disease
- Promoting Well-Being and Preventing Mental Health and Substance Use

Based on the information gathered through this CHNA summary report, GHMC has chosen the needs below to address over the next three years.

- Prevention of Chronic Disease
- Improve Mental Health and Prevention of Substance Abuse



Available Resources

Orange County has strong community partnerships with hundreds of organizations serving its residents, including five area hospitals, federally qualified health care centers, private medical providers, local two-year and four-year colleges, a medical school, community-based organizations, and governmental departments serving a broad variety of community needs. OCDOH has established multiple coalitions including Healthy Orange, the Maternal and Infant Community Health Collaborative, and the Orange County Cancer Screening Collaborative, in addition to co-leading and participating on a large number of countywide coalitions, such as Changing the Orange County Addiction Treatment Ecosystem, Healing Communities Study Steering Committee and Workgroups, WELCOME Orange, and the Resilience Project. The listing below, while not all-inclusive of every available resource Orange County, provides information on some of the resources in the community available to address the health needs.

Hospitals:

Bon Secours Community Hospital

160 East Main Street
Port Jervis, NY 12771
(845) 856-5351

Garnet Health Medical Center

707 East Main Street
Middletown, NY 10940
(845) 333-1000

St. Anthony Community Hospital

15 Maple Avenue
Warwick, NY 10990
(845) 986-2276

St. Luke's Cornwall Hospital/Newburgh

70 Dubois Street
Newburgh, NY 12550
(845) 561-4400

Available Resources

Federally Qualified Health Centers:

Middletown:

- Cornerstone Family Health Center – 10 Benton Ave, Middletown 845-343-8838
- Cornerstone Family Health Center – 14 Grove St, Middletown 845-344-2273
- Cornerstone Family Health Center – 27 North St, Middletown 845-342-3900

Newburgh:

- Cornerstone Family Health Center (Kaplan Family Pavilion) 147 Lake Street, Newburgh 845-563-8000
- Cornerstone Family Healthcare – Lipman Family Dental Center (Broadway – Newburgh) 100 Broadway, Newburgh 845-569-8412
- Cornerstone Family Healthcare – Lipman Family Dental Center (Lake Street – Newburgh) 147 Lake Street, Newburgh 845-563-8000
- Cornerstone Family Healthcare – Harper Health for Individuals & Families in Transition (Newburgh) 290 Broadway, Suites 2 & 3, Newburgh 845-561-3759
- Cornerstone Family Healthcare – Center for Recovery: Chemical Dependency (Newburgh) 3 Commercial Place, Newburgh 845-220-2146

New Windsor:

- Cornerstone Family Health Center – 91 Blooming Grove Turnpike, New Windsor 845-220-2074

Goshen:

- Cornerstone Family Health Center (Dentist) – 2 Fletcher St, Goshen 845-294-8806

Highland Falls:

- Cornerstone Family Health Center – 127 Main Street, Highland Falls 845-446-4076

Port Jervis:

- Cornerstone Family Health Center – 140 Hammond Street, Port Jervis 845-563-8000

Walkill:

- Cornerstone Family Health Center – 24 Old Firehouse Rd, Walkill 845-393-6015

Hudson River Healthcare, Inc is now known as:

- Sun River Health – The Alamo 888 Pulaski Hwy., Goshen 845-378-1160
- Sun River Health – Walkill Valley – 75 Orange Ave., Walden 845-778-2700
- Sun River Health – Middletown – 24 Union St., Middletown 845-421-6468

Village of Kiryas Joel / Palm Tree:

- Ezras Choilim Health Center – 49 Forest Road., Monroe 845-782-3242

Available Resources

Public Health:

Orange County Health Department

1887 County Building, 124 Main Street
Goshen, New York 10924
845.291.2332

<https://www.orangecountygov.com/149/Health>

Substance Abuse:

Orange County Substance Use Disorder Resources

<https://www.orangecountygov.com/DocumentCenter/View/7812/Chemical-Dependency-Provider-Brochure-PDF?bidId=>

Other Resources:

Orange County Resources (Agencies and Organizations)

<https://www.orangecountygov.com/1204/Resources>

Available Resources

Food Pantries:

HONOR:	38 Seward Avenue, Middletown, NY 10940. Contact number: 845-343-7115. They are taking calls from 10:00 AM -11:00 AM Monday through Friday and curb site pick up from 2:00 PM - 3:00 PM. Due to them experiencing a higher call volume they ask for callers to remain patient as all calls will be tended to and/or returned.
Easter Seals:	88 East Main St. Port Jervis, NY 12771. Contact number: 845-858-3839. Or 845-858-2874. (3rd Monday of the month. Tickets are given out at 8:30 AM and the pantry remains open until all those with tickets are served. For emergency boxes only – open Monday-Friday by appointment.)
County Kids Food Pantry:	2 Father Tierney Circle Washingtonville, NY 10992. Contact number: 845-496-2119. (1st Wednesday and 3rd Wednesday of the month 2:30 PM – 6 PM)
Florida Community Food Pantry:	9 Glenmore Ave, Florida NY 10921. Contact number: 845-651-4117. (Thursdays 9:00 AM - noon).
Encounter Food Pantry:	647 Station Road, Rock Tavern, NY. Open on Sundays: from 11 AM - 2 PM. Pastor Anthony is accepting calls at 845-497-0142.
Holy Name of Jesus Catholic Church:	45 Highland Ave Otisville, NY 10963. Contact number: 845-386-1320 for intake. (Last Wednesday of the month).
Holy Innocents Food Pantry:	401 Main Street, Highland Falls, NY. Open on the 2nd and 4th Wednesday of the month from 4 PM - 5:30 PM. The head of the program is Debbie Whitehead, and her number is: 845-446-0626.
Saint George Church:	105 Grand St. Newburgh, 12550. Contact number: 845-561-5355. (Every Wednesday 10:00 AM - 11:00 AM).
RECAP:	34 Mill Street, Middletown, NY, 10940. Contact number: 845-342-3978. (Monday-Friday 9 AM – 5 PM by appointment. Mobile Food Pantry Tuesdays and Thursdays 10 AM – 3 PM.)
Saint Paul’s United Methodist Church:	58 West Main St. Middletown, NY10940. Contact number: 845-343-4425. (Call for hours of operation)
Salvation Army Port Jervis Corps:	99 Ball St. Port Jervis NY, 12771. Contact number: 845-856-3214. (The Soup Kitchen for takeout only. Please call ahead for food pantry services.)
HVCC Food Cupboard:	100 Grand St. Newburgh, NY 12550. Contact number: 845-565-8526. (2nd and 4th Monday of the month from 1:00 PM - 2:00 PM)
Holy Deliverance Apostolic Temple:	37 Chambers St. Newburgh, NY 12550. Contact number: 845-224-5011 (Please call first)

Available Resources

Food Pantries (continued)

St. Mary’s Outreach:	321 Williams St, Newburgh, NY 12550. Contact number: 845-566-1425 (3 rd Friday of the month 9:00 AM -noon). They also have clothing and housewares. Bring ID and/or a piece of mail. Please bring tote bags and/or a small cart.
St. George’s Episcopal Church:	105 Grand St. Newburgh, NY 12550. Contact number: 845-561-5355. (Wednesdays 10:00 AM - 11: 00 AM).
Union Presbyterian Church:	44 Balmville Road Newburgh, NY 12550. Contact number: 845-562-0914. (Church office hours are 9:00 AM - 2:00 PM Monday through Friday and Food Pantry service hours are Mondays and Wednesdays 9:30 AM - 11:30 AM.)
Helping Hands of Drew United Methodist Church:	51 Sussex St. Port Jervis, NY 12771. Contact number: 845-856-3423. (Every Saturday 8:30 AM -10:00 AM)
7th Day Adventist Food Pantry:	795 NY-42 Sparrow Bush, NY 12780. Contact number: 845-856-5662 or 845-856-5663. (2nd Wednesday of the month 11am – 4pm.)
Fed by Grace Food Pantry Grace Episcopal Church:	Port Jervis, NY 12771. 845-856-3026. (3rd Saturday of the month 10am – 11am.)
St. Mary’s Church:	50 Ball St. Port Jervis, NY 12771. Contact number: 845-856-8212. (Pantry open every other Friday 10am – 12pm, Soup kitchen open 2nd Friday of the month 5pm – 7pm.)
Faith Tabernacle Food Panty:	20 Franklin St. Port Jervis, NY 12771. Contact number: 845-313-4496. (Sundays Noon - 4:00 PM. Soup Kitchen is closed.)
Our Father’s Kitchen Pantry:	151 Stage Rd. Monroe, NY 10950. (Wednesdays 10:00 AM -11:00 AM food pantry is open. Wednesday’s 4:30 PM - 5:00 PM take-out meals.)
Warwick Ecumenical Food Pantry:	135 Forester Ave. Warwick, NY 10990. (Mondays and Thursdays 6:00 PM - 8:00 PM. Tuesdays 3:30 PM - 5:30 PM)
Good Samaritan Shop: Montgomery Food Pantry:	Walden NY. 845-636-6174. (Tuesdays Noon-4 pm Wednesdays, Thursdays Noon - 4:00 PM, Fridays 1:00 PM - 3:00 PM) 2200 Route 208 Montgomery, NY. 12549 (Tuesdays 10:00 AM - noon and Wednesdays 6:30 PM - 8:00 PM Contact number: 845-457-9673. (Please call for more information.)
The Guild of St. Margaret Soup Kitchen:	12 Depot Street, Middletown, New York 10940. Contact number: 845-344-0569. (Monday – Saturday 11am – 12pm; Sunday 3pm – 4pm)
St. Paul’s Lutheran Church Interfaith Council	58 W. Main Street, Middletown, NY 10940. Contact number: (845) 343-4425. (By appointment only – Tuesdays & Thursdays 9am – 12pm. Curbside pickup only)