

NCH 2015 Community Health Needs Assessment Appendix A: Data Reviewed

The North Country Hospital (NCH) service area (HSA) includes most of Orleans County (OC) and the northern section of Essex County (EC) in Vermont's Northeast Kingdom. This encompasses 22 communities with a total population of approximately 29,000. These communities are scattered over a large geographic area, separated by numerous hills or mountains and many lakes. Derby (OC), with a population of 4621 is the largest community. Averill and Norton (EC) are the smallest, with populations of 24 and 169, respectively. (Source: www.healthvermont.gov, 2010 Vital Statistics, Aug. 2014.)

General Population Data

Population Numbers and Percentage of Total	OC	OC as % of State	EC	EC as % of State
VT Population -- 625,741	27,231	4.3%	6,306	1.0%

Source: www.healthvermont.gov, 2010 Vital Statistics, Aug. 2014.

NOTE: NCH service area includes only the northern part of EC, with a population of approximately 2,720.

Demographics: Socioeconomic Status / Education Level

Indicator	US	VT	OC	EC
% Under Federal Poverty Level (2013)	15.4	11.8	15.4	15.9
% Adults age 25+ Without High School Education (2009-2013)	14.0	8.6	13.8	16.7
% Adults age 25+ With Bachelor's Degree or Higher (2009-2013)	28.8	34.8	21.3	14.7
Median Household Income (\$) (2009-2013)	53,046	54,267	41,953	35,916
Per Capita Income in Past 12 Months (\$) (2013)	28,155	29,167	22,303	20,887
% Unemployment December 2013 / December 2014		3.8 / 3.9	5.5 / 5.5	5.4 / 5.8
Ruralness: Persons per Square Miles (2010)	87.4	67.9	39.3	9.5

Source: www.healthvermont.gov; www.census.gov, Last Revised Feb. 5, 2015; www.labor.vermont.gov

Insurance Status

Indicator	VT	OC	EC
% Adults age 18+ With Health Insurance (2009 -2013) (VT 2020 Goal = 100%)	93%	90%	89%

Source: www.healthvermont.gov

NOTE: Not updated since onset of VHC and the work of NCH Navigators

Insurance Status of Patients Recently Served at NCH (Includes Outpatients and Inpatients)

% of Patients under Medicare	40%
% of Patients under Medicaid	27%
% of Patients with Commercial Insurance	32%
% of Patients – Self-Pay	1%

Source: North Country Hospital, Patient Financial Services, Feb. 2015

NOTE: There is still a certain percentage of underinsured as those with commercial insurance often have a high deductible.

Health Care Access

Was there a time in the past 12 months when you needed to see a doctor, but could not because of the cost?	VT 9%	NCH Service Area 10%
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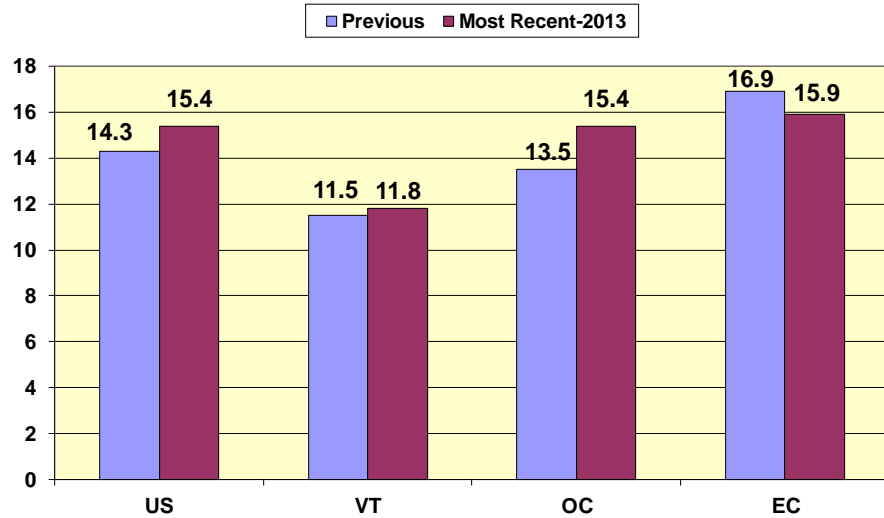
Source: www.healthvermont.gov Newport Health District 2012-2013 Behavioral Risk Factor Surveillance System (BRFSS) Data

Socioeconomic Status & Education Level

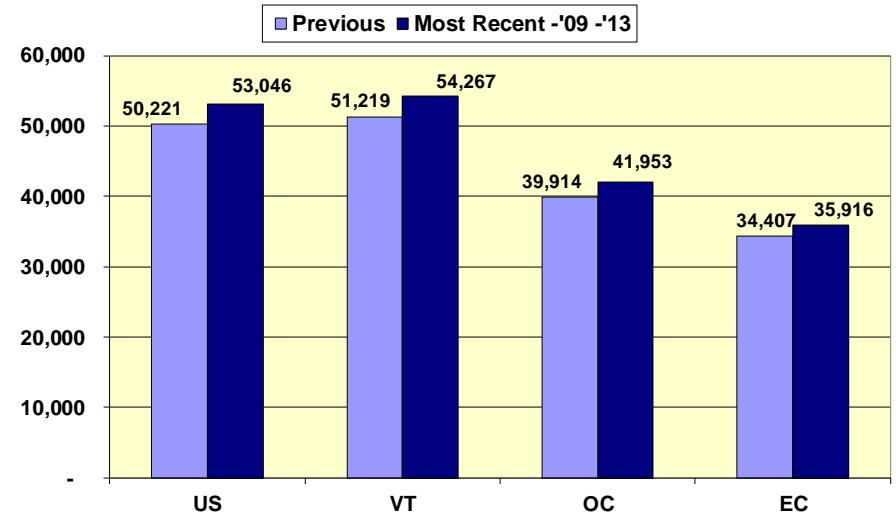
(Source: www.census.gov, Last Revised Feb. 5, 2015)

(NOTE: "Previous" refers to data in previous NCH 2012 Community Health Assessment; data was for 2005-2009)

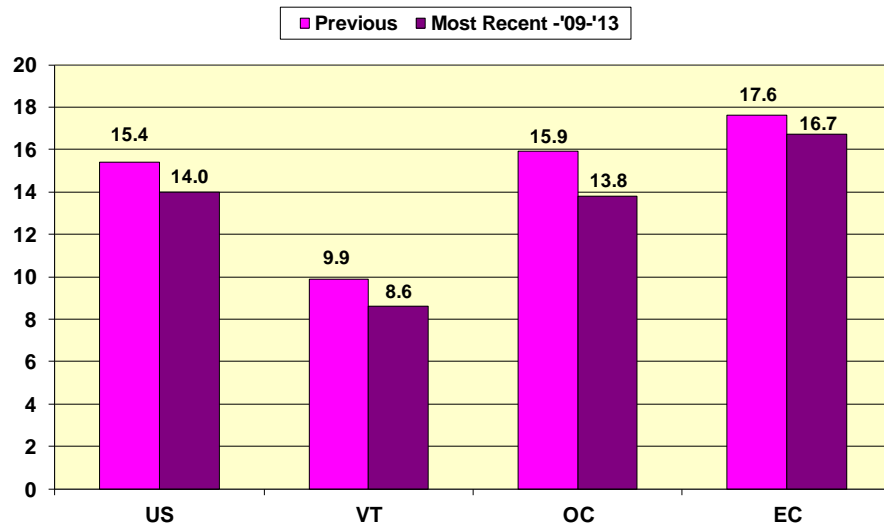
Percent Under Federal Poverty Level



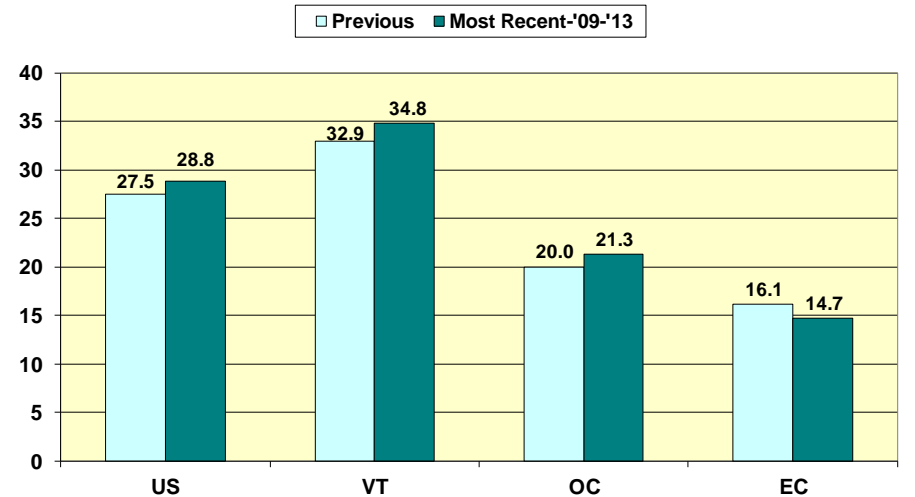
Median Household Income



Percent Adults Age 25+ without High School Education



Percent Adults Age 25+ with Bachelor's Degree or Higher



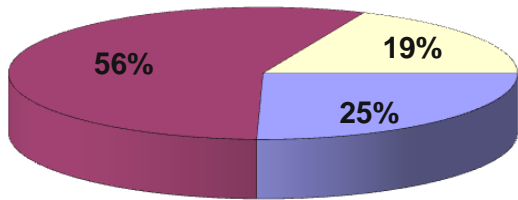
Age Distribution

(Source: www.healthvermont.gov; 2010 VT Vital Statistics, August 2014)

Summary: Orleans and Essex Counties have a slightly smaller population of youth <25 yrs. and a slightly greater aging population than VT as a whole.

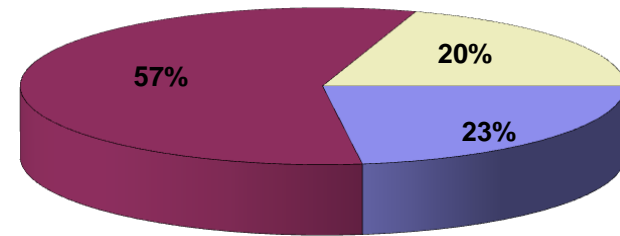
Orleans Co. Age Distribution

<25 25-64 yrs. 65+ yrs.



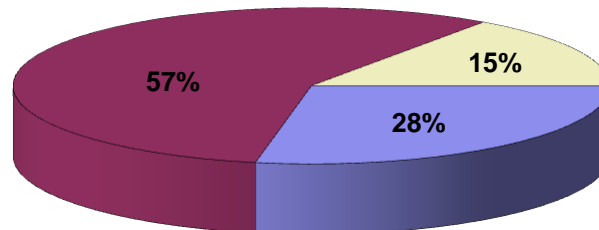
Essex Co. Age Distribution

<25 yrs. 25 - 64 yrs. 65+ yrs.



VT - Age Distribution

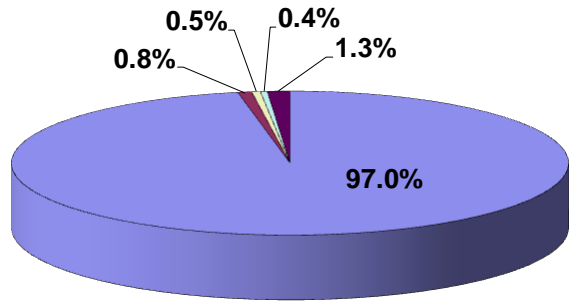
< 25 yrs. 25 - 64 yrs. 65+ yrs.



Race / Ethnicity of Orleans and Essex Counties as compared to Vermont

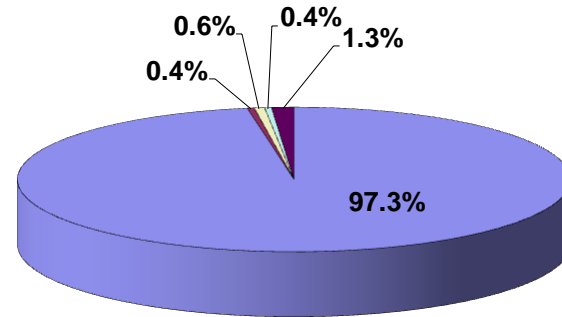
(Source: www.census.gov Last Revised Feb. 5, 2015)

Ethnicity / Race - Orleans County



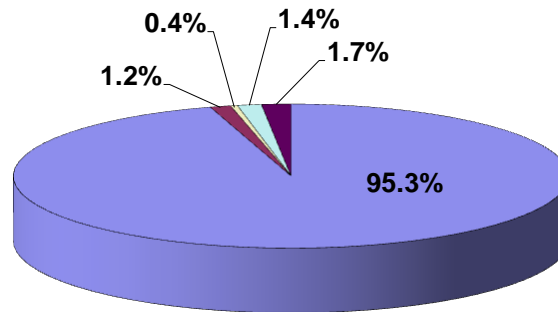
White Black Native American Asian Hispanic / Latino

Ethnicity / Race - Essex County



White Black Native American Asian Hispanic / Latino

Ethnicity / Race - Vermont



White Black Native American Asian Hispanic / Latino

Health Status Indicators

Statistically better than statewide; Statistically worse than statewide

Maternal / Child Health (Data is by Hospital Service Area -HSA) (N/A=Not available)

Indicator	VT 2020 Goal	VT	NCH Births
% of low birth weight births (\leq 5.5 lbs; 2500 grams)	5.0	6.8	5.7
% pregnant women who received first trimester prenatal care (<i>NCH ranks 1st in the state for this time period, of 12 facilities.</i>)	90	83.9	93.3
% of pregnant women who receive early & adequate prenatal care (Based on the Adequacy of Prenatal Care Utilization Index Developed by Milton Kotelchuck, PhD, MPH) (<i>NCH ranks 2nd in the state for this time period.</i>)	90	88.0	92.8
% women using tobacco during pregnancy (Individual hospital rates range from 13% to 32% for this time period.) (<i>NCH ranks 6th in the state for this time period.</i>)	N/A	16.8	20.5
% of mothers who smoked but quit before 4 th month (<i>Range statewide is 0 to 32% for this time period.</i> <i>NCH ranks 4th for this time period, of 12 facilities.</i>)	N/A	27.3	29.0
% of women who are overweight before pregnancy (BMI \geq 25) (<i>Range statewide is 42% to 60%. NCH ranked 12th for this time period.</i>)	N/A	48.2	58.4
% mothers who are breastfeeding infant (Range statewide is 67% to 98% and NCH ranks 12 th for this time period.)	N/A	86.7	74.0

Source: VT Dept. of Health, Div. of Health Surveillance, Public Health Statistics, Dec. 2014.

NOTE: Data is for year ending 9/30/2014. For any 12 month period, NCH averages just over 200 births.

Immunization and Infectious Disease

NOTE: Indicators for this topic area have been renamed and are no longer comparable to previous data.

For most of these indicators, only statewide data is available.

Unless otherwise noted, data represents 2010.

N/A = Not available

Indicator	VT 2020 Goal	US	VT	OC	EC
% of children age 19 to 35 months receiving universally recommended vaccines: Series of 4 doses to prevent: Diphtheria, Tetanus, Pertussis (DTaP)	80%	84%	86%	N/A	N/A
Series of 3 doses to prevent Polio	80%	93%	94%	N/A	N/A
Vaccine (1 does) to prevent Measles, Mumps, Rubella (MMR)	80%	93%	92%	N/A	N/A
Series of 4 does to prevent Influenza (Hib)	80%	67%	52%	N/A	N/A
Series of 3 doses to prevent Hepatitis B (Hep B)	80%	92%	92%	N/A	N/A
% of children in kindergarten who are vaccinated with 2 or more doses of MMR	95%	Not comparable	91%	N/A	N/A
% of youth age 13- 15 who are vaccinated with 1 dose of DTaP vaccine	90%	Not comparable	83%	N/A	N/A
% of adults age 65+ who receive annual influenza immunizations <i>(NOTE: US rate is for 2008; VT, OC, EC rates are for 2012-13)</i>	90%	66%	65%	62%	71%
% of adults age 65+ who have ever been vaccinated against pneumonia <i>(NOTE: US rate is for 2008; VT, OC, EC rates are for 2012-13)</i>	90%	68%	73%	68%	75%

Source: www.healthvermont.gov, Healthy Vermonters 2020, Dec. 2012.

www.healthvermont.gov, 2012-2013 Adult Behavioral Risk Factor Surveillance System, May 2014

Youth Health or Risk Behaviors

Statistically better than statewide; Statistically worse than statewide

Indicator	VT 2020 Goal	VT	OC	EC
% of youth, grades 9 – 12, who drank alcohol, past 30 days		33%	39%	22%
% of youth, grades 9 – 12, who had 5 or more drinks in a row (binged), past 30 days	10%	19%	24%	13%
% of youth, grades 9 – 12, who drank alcohol, other than a few sips, before age 13		14%	20%	17%
% of youth, grades 9 – 12, who have ever smoked a whole cigarette		24%	33%	30%
% of youth, grades 9 – 12, who smoked cigarettes in the past 30 days	10%	13%	19%	14%
% of youth, grades 9 – 12, who have used snuff or dip in the past 30 days.		8%	12%	11%
% of youth in grades 9 - 12 who are obese (BMI \geq 95 th percentile for age)	8%	13%	15%	19%
% of youth in grades 9 - 12 that engaged in 60 minutes of physical activity, every day, past 7 days (VT Goal is for physical activity guidelines of 150 minutes/ wk)	30%	25%	22%	24%

Source: www.healthvermont.gov; VT Youth Risk Behavior Survey, 2013 (Data is for 2013)

Adult Health or Risk Behaviors **Statistically better than statewide;** **Statistically worse than statewide**

Indicator	VT 2020 Goal	VT	OC	EC
% of adults age 18+ who binge drink, defined as 5 or more drinks on a single occasion, once or more often in the past 30 days		19%	17% NCHSA	17% NCHSA
% of adults age 18+ who smoke cigarettes	12%	18%	25%	18%
% of adults age 20+ who are obese (BMI 30+)	20%	25%	26%	27%
% adults age 18+ with no leisure time physical activity	15%	20%	26%	21%
% of adults age 18+ who meet physical activity guidelines defined as at least 150 minutes per week: 30 minutes of moderate physical activity 5+ days / week or 75 minutes of vigorous intensity exercise (15 minutes, 5+ days / week) (2011-2013)	65%	59%	54%	51%
% of adults who eat 2+ daily fruit servings	45%	35%	32%	32%
% of adults who eat 3+ daily vegetable servings	35%	18%	12%	13%
% of adults who eat 5+ daily fruit and vegetable servings		21%	NCHSA- 17%	NCHSA- 17%

Source: www.healthvermont.gov, Healthy Vermonters 2020, 2012-2013 Adult Behavioral Risk Factor Surveillance System, May 2014

Indicator	US	VT
Marijuana use in past 30 days	37.3	33.2
Non-medical use of prescription pain relievers in past year	12.0	7.4

Source: www.healthvermont.gov/adap/adap.aspx VT Young Adult Survey 2014

Diseases / Disorders

(Listed alphabetically) **Statistically better than statewide or US; Statistically worse than statewide or US**

Arthritis

Indicator	VT 2020 Goal	VT	OC	EC
% of adults with diagnosed arthritis who have limitations in their activity	40%	49%	60%	81%

Source: www.healthvermont.gov, Healthy Vermonters 2020, 2012-2013 Adult Behavioral Risk Factor Surveillance, May 2014

Asthma

Indicator	VT 2020 Goal	VT	OC	EC
Asthma hospitalization rate per 10,000, age 5 – 64 (US- 2007: 11.1)	4.2	4.9 ('09)	5.7	5.2
Asthma hospitalization rate per 10,000, age 65+ (US- 2007: 25.3)	9.3	11.8 ('09)	9.4	N/A
% of adults, age 18+, with asthma who receive written asthma management plans from their health care provider (US data not comparable)	40%	32% ('10)	28%	N/A
% of adults, age 18+, with asthma who have been advised to make changes at home, school and work (US data not comparable)	45%	32% ('10)	28%	N/A

Sources: www.healthvermont.gov, Healthy Vermonters 2020, VT Uniform Hospital Discharge Data, 2007-2009; Adult Behavioral Risk Factor Surveillance System, Asthma Call Back Survey (ACBS), 2007-2009; ACBS, 2008-2010

Cancer Screening: Breast Cancer, Cervical Cancer, Colon Cancer

Indicator	VT 2020 Goal	US	VT	OC	EC
% of women, age 50-74, who have had a mammogram in the preceding 2 yrs.	95%	80%	82%	89%	85%
% of women, age 21-65, who have had a Pap test in the preceding 3 yrs.	95%	83%	87%	81%	67%
% of adults, aged 50-75, who have been screened for colorectal cancer (see definition below)	80%	63%	71%	69%	62%

Source: www.healthvermont.gov; 2012-2013 Adult Behavioral Risk Factor Surveillance System, May 2014.
Orleans County and Essex County Cancer Fact Sheets, January 2014.

NOTE: Data for US is for 2010;

Colorectal Screening: Adults age 50-75 who have had any one of the following:
a fecal occult blood test (FOBT) in the past year;
a sigmoidoscopy in the past 5 years and a FOBT in the past 3 years;
or a colonoscopy in the past 10 years.

Cancer Diagnosis: Advanced Stage

Rate Per 100,000	VT	OC	EC
Breast (Females, age 50+)	95.3	45.6	122.5
Colorectal (Adults, age 50+)	66.1	49.7	74.8

Source: Orleans and Essex County Cancer Fact Sheet, January 2014;
VT Cancer Registry, 2006-2010

VT Cancer Incidence: The five most commonly diagnosed cancers in males and females. Newly diagnosed cases/ year, males and females in OC and EC as compared to VT. Rate is per 100,000 people.

Cancer Site (Rate per 100,000)	VT Males	OC Males	EC Males	VT Females	OC Females	EC Females
All Sites	545.8	503.4	601.6	454.6	387.1	519.7
Prostate	141.9	131.4	137.9			
Breast				131.5	91.9	116.9
Lung & Bronchus	81.9	93.3	103.1	65.8	51.0	102.0
Colon & Rectum	45.2	20.6	56.7	38.3	37.55	57.5
Bladder	41.2	31.9	54.5			
Kidney	21.2	24.2				
Melanoma of the Skin	33.6		28.5	25.4		35.8
Non-Hodgkin Lymphoma				17.8	17.1	
Uterus				31.4	26.3	49.1

Source: Vermont Cancer Registry, 2006-2010; Orleans County and Essex County Cancer Fact Sheets, January 2014.

Cancer Mortality: Deaths due to cancer

Overall Cancer Deaths	VT	OC	EC
(Rate per 100,000)	177.7	177.2	196.7

Source: www.healthvermont.gov , VT 2010 Vital Statistics, 2006-2010

Diabetes

Indicator	VT 2020 Goal	VT	OC	EC
Diabetes Prevalence - % of VT adults ever told they have diabetes (<i>US - 10%</i>)	N/A	7%	8%	8%
% of adults with diabetes who had diabetes education (BRFSS 2008-2010)	60%	51%	59%	N/A
% of adults with diabetes who have an annual dilated eye exam (BRFSS-2008-'10)	60%	51%	54%	N/A
% of VT women who develop diabetes during pregnancy Gestational Diabetes (VT Birth Certificate Data, 2007 – 2009)	N/A	5%	2%	5%

Source: www.healthvermont.gov, 2012 Diabetes Data Pages, September 2013; Healthy Vermonters 2020, Dec. 2012; Adult Behavioral Risk Factor Surveillance System, 2011-2012;

NOTE: VT BRFSS for 2011 and 2012 are not comparable to previous years due to methodological changes in data collection.

Heart Disease and Stroke

Indicator	VT 2020 Goal	VT	OC	EC
Coronary heart disease deaths (per 100,000) (US – 2009: 126.0)	89.4	111.7	123.6	121.6
Stroke deaths (per 100,000) (US- 2009: 38.9)	23.4	29.3	31.2	32.9
% of adults, age 18+, with high blood pressure (US 2009: 28%)	20%	27%	33%	23%
% of adults who have had their cholesterol checked within the preceding 5 yrs. (US 2009: 76%)	85%	75%	69%	73%

Source: www.healthvermont.gov, Healthy Vermonters 2020, December 2012, Adult Behavioral Risk Factor Surveillance System, 2009, 2011, 2013.

NOTE: Data in the previous CHNA showed that coronary heart disease death rate was significantly worse than VT at that time. Stroke death rate cannot be compared to previous as previous measurement was per 10,000.

Mental Health

Indicator	VT 2020 Goal	VT	OC	EC
Suicide deaths (Rate per 100,000) (US-2007: 11.3)	11.7	13.0	20.9	N/A
% Suicide attempts by youth in grades 9 - 12 that require medical attention (US-2009:1.9%)	1.0%	1.6%	1.4%	N/A

Source: www.healthvermont.gov, Healthy Vermonters 2020, Dec. 2012, VT Vital Statistics, 2007-09.

10 Leading Causes of Death -- VT, Orleans County, Essex County, 2010

Number and Percentage of all Deaths for State and County, 2010

	VT #	VT %	OC #	OC %	EC #	EC %
Total Deaths by Number Per 100,000 and Percentage of Total	5,381	100%	281	5.2%	75	1.4%
10 Leading Causes of Death by Number and Percent of Total for VT & by County						
Malignant Neoplasms (cancer)	1,396	25.9%	64	22.8%	25	33.3%
Diseases of the Heart	1,170	21.7%	80	28.5%	18	24.0%
Chronic Lower Respiratory Diseases (COPD, Emphysema and others)	335	6.2%	18	6.4%	6	8.0%
Accidents (Unintentional Injuries)	297	5.5%	19	6.8%	5	6.6%
Cerebrovascular Disease (Stroke)	266	4.9%	8	2.8%	1	1.3%
Alzheimer's Disease	236	4.4%	13	4.6%	2	2.7%
Diabetes Mellitus	150	2.8%	7	2.5%	0	0
Intentional Self-harm (Suicide)	108	2.0%	2	0.7%	2	2.7%
Parkinson's Disease	70	1.3%	4	1.4%	1	1.3%
Influenza and Pneumonia	61	1.1%	6	2.1%	0	0

Source: VT Department of Health, Vital Statistics, 2010 VT Resident Deaths

NOTES: The 2010 five leading causes of death in VT and US white population are the same.

Essex Co. has 0 reported for Diabetes and for Influenza / Pneumonia, and 7 reported as "All Other Causes."

North Country Hospital Board of Trustees approved this document at the January 7, 2016 meeting.