

# Community Health Status Report



## Community Health Indicators For Ulster County, New York

July 2009

Michael Hein  
County Executive

Nereida Veytia, RN, MS  
Acting Public Health Director

## A message from our County Executive

Dear Friends,

My ultimate goal is to make Ulster County the healthiest county in all of New York State. As County Executive, I look forward to partnering with local medical professionals, hospital facilities, educational institutions and the County legislature, to achieve this result.

The Ulster County Health Department plays a key role in this effort and the dedicated staff is addressing critical health issues such as childhood obesity, Lyme disease awareness and prevention efforts and the reduction in use of harmful tobacco products, just to name a few.

We are also fortunate to live in an area with vibrant local farms. To sustain family health, I encourage everyone to enjoy fresh local produce, whenever possible.

Good health is a blessing – and should never be taken for granted. I am committed to protecting the health of all Ulster County residents and I encourage everyone to join me as we strive to make Ulster County “The Healthiest County in New York State.”

Sincerely,

Michael Hein  
Ulster County Executive

## Public Health and Community Well-Being

The mission of the Ulster County Health Department is the prevention of the leading causes of disability, disease and premature death.

This is not a responsibility we take lightly, and we recognize that it requires the collaboration of many entities, community organizations, businesses and segments of government in order to achieve in an efficient and cost-effective manner.

Public Health has a long-standing place in our county's history. It began as a direct outgrowth of the nation's attempt to deal with killer epidemics that threatened America's port cities during the 19<sup>th</sup> and 20<sup>th</sup> centuries.

The Ulster County Health Department was created by the county legislature in 1947, and has been dedicated to its goal since that time.

We are pleased to present this snapshot of Ulster County's health and well-being. The Ulster County Community Health Assessment, 2010-2013, will provide a more intensive exploration of our residents' health and well-being, as well as both met and unmet needs.

You will also find information about many of the programs we provide, as well as some general health indicators.

## Ulster County Demographic Information

	Total	Males	Females
Ulster County	181,860	90,744 49.9%	91,116 50.01%
New York State	19,297,729	9,360,736 48.5%	9,936,993 51.2%

*Source: US Census Bureau*

Live Births 2004-2006	Number	Rate/ 1,000
Ulster County	5,497	7.8
NY State	743,539	5.8

*Source: NYS Dept. of Health*

## 2007 Population Estimates, Ulster County and New York State

Age Range	Ulster County Number	Ulster County Percent	New York Number	New York Percent
Total	181,860	100%	19,297,729	100%
-5	9,088	5.0%	1,196,688	6.2%
5-9	9,352	5.1%	1,157,034	6.0%
10-14	11,232	6.2%	1,243,567	6.4%
15-19	13,690	7.5%	1,396,874	7.2%
20-24	13,925	7.7%	1,393,944	7.2%
25-34	22,085	12.1%	2,522,786	13.1%
35-44	25,719	14.1%	2,844,115	14.7%
45-54	29,213	16.1%	2,854,316	14.8%
55-59	12,641	7.0%	1,191,775	6.2%
60-64	10,172	5.6%	950,225	4.9%
65-74	12,634	6.9%	1,281,950	6.6%
75-84	8,646	4.8%	879,819	4.6%
85 & over	3,467	1.9%	384,636	2.0%

### Leading Causes of Death, 2007

Mortality rate per 100,000 population

Cause	Ulster County	New York State	Healthy People 2010
Total	846.3	757.9	N/A
Heart	232.0	255.5	166.0
Cancer	207.3	182.3	157.7
Cerebro-vascular	42.3	30.5	48.0
AIDS	2.2	6.9	N/A
Pneumonia	22.5	23.3	N/A
Accidents	35.7	25.4	20.8
Diabetes	26.4	19.1	45
Homicide	2.2	4.4	3.2
Cirrhosis of liver	6.0	6.7	3.0

Source: NYS DOH Bureau of Vital Records

### Cancer Morbidity

5 Year Total, 2001-2005 Ulster County

Rate per 100,000

Age Adjusted Incidence	5 year total	County Rate	NYS Rate	Significant difference
Oral cavity and pharynx	96	9.6	9.8	No
Colon and Rectum	536	54.1	54.1	No
Lung and Bronchus	736	74.3	64.8	Yes
Female Breast	674	127.6	124.8	No
Cervical	46	9.2	8.9	No
Ovary	81	15.4	14.4	No
Prostate	712	159.8	166.3	No

Source: NYS DOH Statistical Report

### Maternal and Child Care

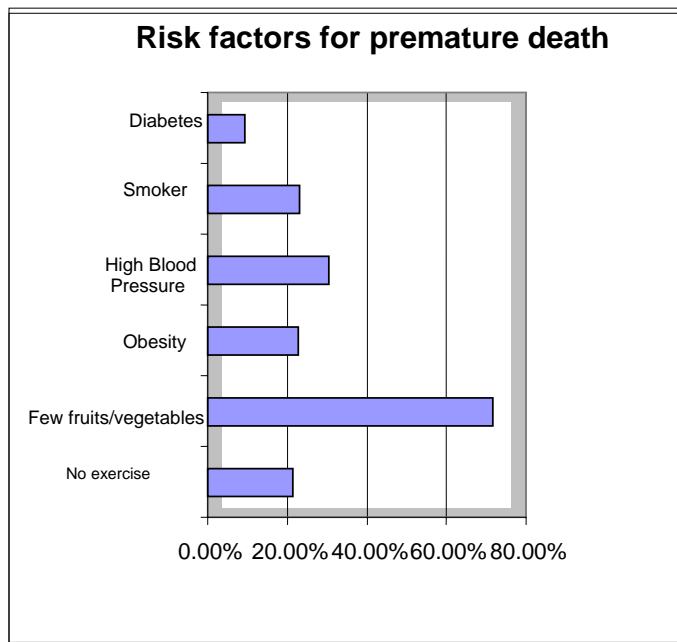
Birth Measures	Ulster County Number & rate 2004-06	Hudson Valley, Number & rate 2004-06	New York State Number & rate 2004-2006
Short gestation (<37 weeks) % of live births	506 10.4%	9,108 11.5%	88,473 12.3%
Neonatal mortality – (deaths <28 days), rate per 1,000 live births	25 4.5/1000	300 3.5/1,000	2,975 4.0/1,000
Teenage pregnancies; 10 – 14	16 .09/1,000	1,871 2.4/1,000	2,929 1.5/1,000
Teenage live births, 15 – 19	834 42.1/1,000	9,402 40.3/1,000	118,393 61.3/1000
Infant mortality	43 7.8/1000	430 5.0/1,000	4,304 5.8/1000
Very low-birthrate <1500 grams	88 1.6%	1,206 1.4%	11,580 1.6%
Low birthrate <2500 grams	456 8.3%	6,628 7.6%	61,488 8.3%
Early prenatal care	3679 77.6%	53,922 73.4%	524,299 74.9%
Late or no prenatal care	155 3.3%	250 4.4%	4185 5%
Newborn Drug Related Discharge	24 45.8/10,000	250 31.1/10,000	4,185 57.9/10,000

Source: NYSDOH SPARCS Data as of March 2008

## What's Really Killing Us?

According to a 2008 report from the Health and Human Services Office of the US Government, half of all deaths can be attributed to these factors: tobacco use (19%), diet/activity (14%), alcohol use (5%) and other lifestyle and personal behavior (nongenetic) risk factors which include microbes, toxins, firearms, sexual behavior, motor vehicles and drug use (12%)

*While we may measure deaths due to heart disease, cancers or infant deaths, we should always keep in mind that factors such as tobacco, diet, activity, and alcohol use substantially contribute to these deaths.*



## Selected Incidence of Communicable Disease

### Ulster County 2006 – 2008

Disease	2006 Cases	2007 Cases	2008 Cases
E. Coli	2	2	0
Ehrlichiosis	0	2	4
Giardiasis	18	17	18
Hepatitis B	0	4	2
Legionellis	8	2	4
Pertussis	22	6	2
Salmonella	19	31	14
Syphilis	11	9	5
Gonorrhea	57	44	43
Chlamydia	325	301	18

Source: NYS DOH Communicable Disease Report

## Confirmed Rabid Animal Reports Investigated by Ulster County Health Department

### Ulster County, 2006-2008

Animal	2006	2007	2008
Raccoon	7	7	4
Skunk	1	1	4
Cat	0	1	0
Bat	2	1	2
Fox	1	0	0
Deer	0	0	0
Woodchuck	0	1	0
Dog	0	0	0
Total	11	11	10

Persons who were treated for exposure to animals which were either confirmed to be rabid, or which had not been identified, and might potentially have been rabid:

**2006 – 93    2007 – 89    2008 – 61**

Source: Ulster County Environmental Sanitation Division Reports

## HEAL-NY (the Health Care Efficiency and Affordability Law for New Yorkers.)

Seven counties in the Hudson Valley: Dutchess, Orange, Rockland, Putnam, Sullivan, Ulster and Westchester will share in a two year collaborative grant-funded plan to improve the efficiency of health care services in New York State's communities.

The counties will concentrate on three areas of health needs and services: Access to Primary Care; Maternal, Child and Family Health; and Chronic Disease Prevention and Control.

Lead agency for the administration of the grant is Rockland County, in partnership with the New York Medical Center.

### Community Health Assessment

Every four years, local health departments are charged by the New York State Health Department to prepare a comprehensive document that examines identifying and addressing community needs. The assessment is conducted with a wide-ranging number of community partners, as well as an intensive look at available statistics, local, regional, statewide and national.

Priority areas for this assessment include:

- Access to Quality Health Care
- Tobacco Use
- Healthy Mothers, Healthy Babies, Healthy Children
- Physical Activity and Nutrition
- Unintentional Injury
- Chronic Disease and Cancer
- Infectious Disease
- Healthy Environment
- Community Preparedness
- Mental Health and Substance Abuse

## Population at Risk 2005-2007

Persons living at or below poverty level over 65 -- 6.4%  
 Children related to householder under the age of 5 – 21.7%  
 Children related to householder 5 – 17 years of age – 13.5%  
 Estimates, US Census Bureau, Community Survey

### Health Insurance

#### Estimated number of Ulster County residents with no health insurance \*

Total number – 34,000

Children under the age of 19 – 3,400

*\*Estimates from State Health Commissioner Richard Daines Child Health Plus Insurance Program enrollment, Ulster County: 3,764*

*Source: MISN (Maternal Infant Services Network)*

### Hudson Valley Resident Priority Survey

Ulster County residents' concerns about affordable health care and making health insurance easier to get have remained unchanged from 2002-2007.

Mid-Hudson Valley	Making Health Care More Affordable		Making Health Insurance Easier To Get	
	2002	2007	2002	2007
County				
Columbia	2	1	4	3
Dutchess	3	1	6	7
Greene	3	3	7	6
Orange	4	1	7	6
Putnam	7	1	9	6
Sullivan	n/a	2	n/a	4
<b>Ulster</b>	<b>1</b>	<b>1</b>	<b>4</b>	<b>4</b>

*Source: Many Voices One Valley 2007, a project of the Dyson Foundation and the Marist College Institute for Public Opinion to Examine the Residents' Priorities for the Mid-Hudson Region*

## Nutrition

Population of persons aged 65 and over – 22,510\*

At or below 130% of poverty level – 3,272 (22%)

Number of eligible seniors participating in Food Stamp Program – 615 (19%)

Number of seniors eligible but not participating in the Food Stamp Program – 2,690 (81%)

*\*Estimates from Mischa Marvel, Program Analyst, Nutrition Consortium of New York State*

WIC Monthly Target Caseload established by the NYSDOH

Fiscal year 2008 – 10/01/08 – 9/30/09 – 2,053

Number of women, infants and children eligible for WIC: 6,651; however, state funding levels for fiscal year 2009 are based on the figure of 2,053.

*Data provided by NYS WIC Unmet Need Report, 2006, NYS Department of Health*

## WIC Underweight Children age 0 – 4, Hudson Valley 2004 - 2006

County	Total	Total Tested	Percent
Dutchess	424	9,634	4.4
Orange	1,352	21,468	6.3
Putnam	65	1,798	3.6
Rockland	1,191	21,265	5.6
Sullivan	101	5,338	1.9
<b>Ulster</b>	<b>394</b>	<b>5,189</b>	<b>7.6</b>
Westchester	1,894	55,719	3.4
Region total	5,422	120,411	4.5

*Source: NYS DOH Division of Nutrition Data, July 2008*

## WIC Overweight Children age 2 – 4, Hudson Valley 2004-2006

County	Total	Total Tested	Percent
Dutchess	561	3,921	14.3
Orange	1,294	9,307	13.9
Putnam	160	722	22.2
Rockland	1,105	9,287	11.9
Sullivan	403	2,416	16.7
<b>Ulster</b>	<b>357</b>	<b>1,962</b>	<b>18.2</b>
Westchester	4,632	25,453	18.2
Region total	8,513	53,068	16.0

*Source: NYS DOH Division of Nutrition Data, July 2008*

## Senior Citizen: Medicare Preventive Health Screening Rates, 2006

Medicare provides funding for the following preventive health screening rates. Ulster County seniors exceed state and national rates in 6 of the following categories, state and nationwide. They are below both state and national rates in 2 of the 10 categories.

Screening	Ulster County	NYS	Nation
Flu	49.2	43.4	44.2
Pneumonia	4.8	5.3	6
Mammogram	40.9	36.3	37.9
Pap Smear	14.3	12.5	11
Pelvic Exam	8.3	6.2	5.9
Prostate	25.5	18.3	19.7
Diabetes	7.6	8.9	9.6
Cardiovascular	59.9	62.4	56.7
Bone Density	8.9	9.3	8.6
Welcome to Medicare	5.8	2.4	4.5

*Source: CMS, Preventive Health Screening Rates for New York State*

## Ulster County Hospitalizations Due to Falls 1994 -- 2006

Age	Males	Females	Total male and female
Total aged 75 and over	1,078	3,307	4,385
75-79	316	656	972
80-84	308	998	1308
85+	454	1653	2107
All ages	3171	5281	8452

## Ulster County Hospitalizations Due to Motor Vehicle Crashes, 1994-2006

A total of 2,234 persons were hospitalized during this period due to motor vehicle crashes. 1,355 were males; 889 were females.

## Ulster County Deaths Due to Motor Vehicle Crashes, 1992 – 2007

Between 1992 and 2007, 335 persons were killed in motor vehicle crashes. 206 were males, 110 were females.

## Ulster County Hospitalizations Due to Poisonings, 1992-2007

During this time period, a total of 617 Ulster County residents were admitted to the hospital for poisonings; 310 were male, and 317 were female.

## Ulster County Deaths Due to Poisonings, 1992-2007

A total of 82, deaths in the county due to poisonings were recorded; 57 were males, 25 were females.

Source: All data on this page was provided by the NYS Bureau of Injury Prevention

## Air Quality

Each May, the American Lung Association reports out its State of the Air findings. The reports are generated over a three-year period. In 2008, the report period 2004-2006, the only county in the Hudson Valley region received a grade of A.

However, since that report was issued, the Environmental Protection Agency has dramatically changed the acceptable levels of ozone, and, as a consequence, all counties in the region received F ratings for the number of high ozone days. Only 7 counties in the entire state received passing grades.

*Source: American Lung Association of New York State*

## Ulster County Hospitalizations By Age Grouping, 2004-2006

Asthma Hospitalizations by Age	Number	Rate	New York State Rate
Total	590	11.1	21.0
0-4 years	86	31.4	61.7
0-17	169	14.5	31.5
5-64	396	8.8	16.2
65+	108	14.9	30.0

*Source: NYS DOH Statistics Division*

## Asthma Hospitalization Rate/10,000 3-Year Total – 2004-2006

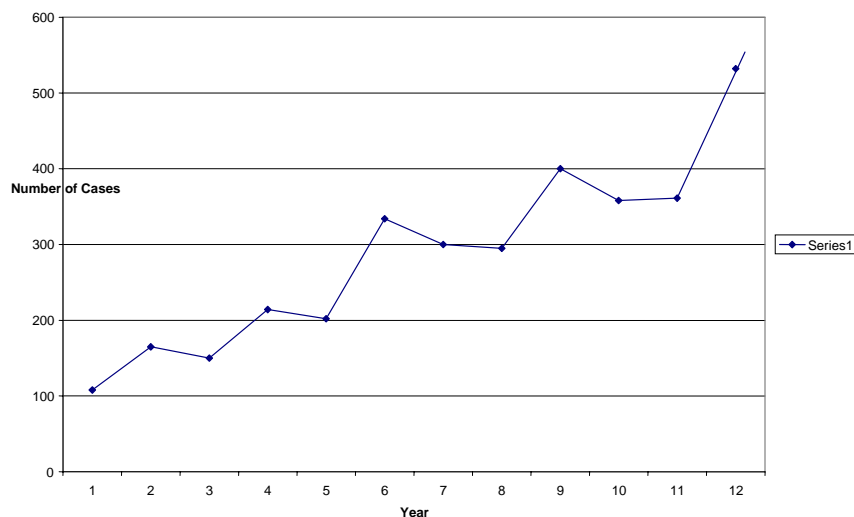
County	Total	Rate
Dutchess	1,011	11.4
Orange	1,756	15.7
Putnam	246	8.2
Rockland	915	10.4
<b>Ulster</b>	<b>590</b>	<b>10.8</b>
Westchester	3,945	14.0
New York State		21.0

*Source: NYSDOH Statistical Report*

## Lyme Disease

The incidence of confirmed Lyme disease cases in Ulster County has continued to increase over the past ten years. There were 116 cases reported in 1998 with both physician and laboratory confirmation, increasing to 576 cases 2008, with additional case reports still pending. The increased number of cases is due partially to greater levels of documentation from physicians, as well as to increased incidence. Over 2,500 laboratory reports were logged in and results reviewed by Communicable Disease Nursing Staff.

**Confirmed Lyme Disease Cases, 1997-2008**



Source: NYS Dept of Health Communicable Disease Reporting System

Of the 3,344 confirmed cases reported from 1998 -2008, 1,779 were male; 1,565 were female.

## Nursing Division

The Nursing Division offers many programs and services to the community including the following:

- Clinics:** Well-child, immunization, lead testing, and WIC (Women, Infants, and Children) clinics are held at a number of locations throughout the County on a regular schedule. Testing and treatment for sexually transmitted diseases and tuberculosis, as well as HIV testing clinics are also held on a regular basis. In the fall, adult flu and pneumonia immunization clinics are held throughout Ulster County.
- Physically Handicapped Children's Program/Children With Special Health Care Needs:** Ensures access to quality health care for chronically ill and disabled children.
- Infant and Child Health Assessment Program:** Identifies infants at risk for developmental disabilities, and provides follow up for infants and children at risk for developmental delays.
- Ulster County Health Department Sexually-Transmitted Disease Clinics:** The Ulster County Health Department operates weekly physician-attended clinics to test and treat individuals for sexually-treated diseases. During 2008, 404 persons were tested and/or treated at the site. 78 persons presented at the HIV testing clinics.
- Community Outreach:** Public Health Nurses go into the community for health fairs, presentations to the public and to schools.



## **Preventive Services**

- Persons who received influenza immunizations through the Ulster County Health Department: 975.
- Persons who received pneumonia immunizations through the Ulster County Health Department: 58.
- Persons who received Directly Observed Treatment (DOT) from the Ulster County Health Department in 2008: 4.
- Number of children who were screened for high blood lead levels before the age of two by Ulster County Health Care Providers: 549.
- Number of children with blood lead levels above 20 meg/dl managed by UCHD: 8
- Ulster County children identified on the state Lead Web with blood lead levels of 10-14 meg/dl: 52
- Ulster County children identified on the state Lead Web with blood lead levels of 15-19 meg/dl: 20
- Children immunized by the UCHD in 2008: 657.

*Source: Ulster County Health Department Records*

### **Ulster County Health Department Sexually-transmitted Disease Clinics**

The Ulster County Health Department operates weekly physician-attended clinics to test and treat individuals for sexually-transmitted diseases.

During 2008, 404 persons were tested and/or treated at the site; 78 persons presented at the HIV testing clinics.

## **Public Health Preparedness**

The Ulster County Public Health Preparedness Unit is funded by a special state grant, which allows staff to develop a plan for action during emergency conditions, and also to hold mock trainings as well as “table top” drills in conjunction with many other agencies of Ulster County government, as well as other affected agencies. Monthly meetings of the Public Health Preparedness Task Force are chaired by the PHP Unit, which partners various organizations including hospitals, nursing homes, home care agencies, school and college health services, Red Cross Emergency Management, state police, mental health and veterinarians.

During 2008, a contract with a local veterinarian to provide consultation, collaboration and presentations to provide consultation, collaboration and presentations to Public Health Preparedness agencies, regarding diseases carried by animals.

These collaborations have brought about a strong working relationship among agencies which are essential in cases of emergency.

### **WIC (Women, Infants and Children) Nutrition Program**

This program provides supplemental foods to pregnant women, breastfeeding women, postpartum women, infants and children and the breastfed infants of participant women. It is totally funded by the State of New York.

During 2009, it is estimated that 2,053 women, infants and children will be served by the program.

## **Certified Home Health Agency and Long-Term**

**Home Health Care Programs:** The goal of the Certified Home Health Agency is to prevent hospitalization whenever possible. Services are provided according to a physician's orders. Care is reimbursable by Medicare, Medicaid, and private insurance, or may be determined by a sliding scale. Public Health nurses also visit prenatal and postnatal women, newborns and infants.

The purpose of the Long-Term Home Health Care Program is to provide home health care, as an alternative to placement in either a skilled nursing or health-related facility, to individuals who are medically eligible for placement in such facilities. Services include nursing, physical and speech therapy, medical social work, personal care aide, homemaker and housekeeper and the provision of waived services. Fees may be covered by Medicaid or other health insurance.

During 2008, the CHHA conducted:

Home visits to 1,948 persons:

- Skilled nursing visits,
- Assessments,
- Supervision of nursing aides,
- Home health aide visits,
- Communicable disease nursing visits,
- Post-partum and newborn visits,
- Lead program nursing visits,
- Tuberculosis program Direct Observed Therapy (DOT),
- Mental health medical assessment visits.

The Long Term Home Health Care Program patient census during 2008 was 54.

## **The Health Education Unit**

The department received periodic grants and legislative appropriations to fund specific events and activities with topics that include tobacco, asthma, nutrition and exercise, Lyme disease prevention and HEART Safe Communities.

### Asthma:

- The Department works closely with the Hudson Valley Asthma Coalition to promote asthma awareness and education throughout Ulster County.
- Open Airways for Schools, a curriculum for children diagnosed with asthma, is delivered through a partnership with Ulster Community College student nurses to third, fourth and fifth grade students in selected schools throughout Ulster County.

### Tobacco:

- Interactive prevention presentations offered throughout the county upon request – 7 presentations in 2008.
- Mini-grants offered to promote prevention of tobacco use among the youths of Ulster County.

### Healthy Eating and Living (HEAL) Ulster County:

- An initiative to promote healthy eating and physical activity;
- Childhood obesity prevention presentations offered throughout the community upon request – 9 presentations and 2 conferences in 2008.
- Mini-grants offered to promote childhood obesity prevention and eating disorders.
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### HEART Safe Community Program:

- A county-wide initiative to recognize all municipalities, businesses, educational institutions, and community organizations who meet specific criteria for the potential of saving lives of sudden cardiac arrest victims through the use of cardiopulmonary resuscitation (CPR) and increased access to defibrillation devices. Five community-media presentations were held in 2008.

### Health Fairs:

- The Health Education Unit offers public awareness on a variety of health-related issues by attending community health fairs, and through the distribution of health education materials provided to schools, agencies, and community organizations.
- Health Educators attended 22 health fairs and community outreaches during 2008.

### Statistical Information:

- Local, state and national health-related data and health-related indicators are available through the Health Department, as are materials especially useful for students working on special projects and researchers applying for grants.

### **Medical Examiner**

- State law requires that the Medical Examiner investigate deaths of persons dying from criminal violence, by accident, by suicide, suddenly, when unattended by a physician, in prison, or in any suspicious or unusual manner. The Medical Examiner is responsible for certifying and determining the cause of death. In 2008, the Medical Examiner investigated 133 such deaths and 85 autopsies were conducted.

## **Environmental Sanitation Division**

The Environmental Sanitation division enforces laws and codes and conducts activities designed to maintain physical disease barriers. It also seeks to improve such conditions where they might affect overall public health.

- **Public Water Supply:** Inspections, sampling, monitoring, troubleshooting and technical assistance to water supply systems in the County; enforcement when necessary.
- **Community Sanitation and Food Protection:** Inspection and issuance of permits for restaurants, temporary food service, hotels, motels, campgrounds, children's camps, residential farm labor camps, bathing beaches and swimming pools, mass gatherings, state and local institutions. The division monitors the facilities and investigates complaints about food-borne and water supply-related illnesses at permitted facilities, as well as reportable injuries at camps and beaches. Enforcement when deemed necessary.
- **Environmental/Occupational Health:** Response to chemical emergencies, concerns about hazardous waste disposal sites, indoor air complaints, and occupational health issues.
- **Rabies:** Investigates complaints of rabid animals, submits specimens to the State laboratory for confirmation, provides follow up for those who have come in contact with rabid animals, and ensures that treatment is provided when needed.
- **Lyme Disease:** Identification of ticks, Lyme disease education.

## How to Find Us:

- **West Nile Disease:** Monitors disease indicators, such as mosquitoes and birds, and is a resource for information about prevention techniques.
- **Tobacco Law Enforcement:** Enforces tobacco legislation within the County.

During 2008, the following activities were recorded:

- ATUPA (Adolescent Tobacco Use Prevention Act): Inspected 236 vendor and 4 vending machine
- Inspected 57 Children's Camps
- Inspected 11 Bathing Beaches
- Inspected 166 Swimming Pools
- Inspected 19 Campgrounds
- Inspected 1280 Temporary Residences
- Inspected 40 Migrant Farmworkers' Housing Sites
- Inspected 1 Agricultural Fairground
- Conducted 689 Food Service Inspections
- Conducted 369 Repeat Food Service Inspections
- Inspected 20 Food Vending Machines
- Inspected 18 State Education Department sponsored Summer Feeding Programs
- Inspected 15 Institutional Food Service Facilities
- Inspected 98 Temporary Food Service Events
- Inspected 26 Mobile Food Vendors
- Conducted 5 Residential Lead Contamination Cases
- Inspected 83 Mobile Home Parks
- Investigated 91 Public Health Nuisances/Complaints

Website: [www.co.ulster.ny.us/health](http://www.co.ulster.ny.us/health)

Main offices:

300 Flatbush Ave., Kingston NY 12401  
Administration 845-340-3150

Public Health Preparedness 340-3093

Communicable Disease 340-3090

Education Unit 334-5527

Environmental Sanitation 340-3010

Long-Term Home Health 340-3080

Medical Examiner 340-3323

Nursing Division 340-3070

Physically Handicapped Children's Program/Children with Special Health Care Needs 340-3099

Ellenville District Office:

50 Center St., Ellenville (647-2343)

New Paltz District Office:

570 Rt. 299, Highland (883-6155)

Saugerties District Office:

123 Partition St., Saugerties (246-2621)

Women, Infant & Children (WIC):

570 Rt. 299, Highland (883-5259)