



So what do the data really say?

Interpreting the findings from the
7.23.15 Draft CHNA

Presented to the HCC by
Danielle Walters, MPH
35th Street Consulting, LLC

Physical Environment: Air

- We have air quality problems related to pollution. These problems contribute to increases in:
 - Respiratory disease
 - Stroke
 - Low birth weight
 - Heart disease
 - Cancer

Physical Environment: Green space, transportation

- We have great green space available but low usage, and low rates of physical activity.
- We have long commute times, limited public transportation, and many people traveling alone to work by car.
 - Is this related to the underutilized green space?

Population Distribution

- The population in the Lehigh Valley has proportionately more people in the 45-54 age group than Pennsylvania or the US on average.
- People within this age group face different social, economic, physical and health challenges than youth and elderly
- People in this age group can have social leverage with older and younger generations

Social Factors: Employment and Education

- The Vulnerable Population Footprints are primarily in our 3 urban centers.
- Low income, low education levels, unstable insurance status, poor housing quality and stability, lack of healthy food access lead to decreases in mental and physical health.

Social Factors: Language

- We have a significant population with limited English proficiency
- The languages they speak are diverse as are their cultural traditions

Social Factors: Housing Security

- There is a significant proportion of older housing stock in the Lehigh Valley, and a relatively high proportion of substandard housing and housing transiency.
- All of these factors make management of chronic disease, mental illness, school performance, food security, exercise more challenging, and can introduce some environmental hazards harmful to health.

Social Factors: Social Support

- Compared to other areas, the Lehigh Valley has moderate crime, violence, and similar risk factors.
- However, we also have relatively low social support resources for adults and youth.
 - Could these be factors in the relatively high levels of self-reported fair/poor health and quality of life?

Health Behaviors

- The Lehigh Valley has high rates of obesity, physical inactivity, smoking, and sexually transmitted infections.
- These factors all contribute to many leading causes of morbidity and mortality such as
 - Heart disease
 - Cancer
 - Stroke
 - Diabetes

Clinical Resources

- The Lehigh Valley is rich with clinical care resources.
- As a result, people in the Lehigh Valley live very long lives, and have higher than average access to care.
- Our “length of life” ranking is high but our “quality of life” ranking remains lukewarm

Clinical Resources: Pregnancy

- Despite availability of clinical resources and high proportions of people who report having a regular doctor, nearly 1 out of 4 pregnant women are not accessing prenatal care or accessing prenatal care late
- However, we are doing a good job reducing teen pregnancy