So what do the data really say?

Interpreting the findings from the 7.23.15 Draft CHNA

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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?
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.