Hello,

For the past few years, the Capital Region Population Health Improvement Program (PHIP) has been studying health disparities by health conditions and making the county and sub-county results available on our website to help us better understand where, and with whom, a health condition is most prevalent. Why, you might ask. Aren’t there always differences between any two groups of people?

In the enclosed health disparities report, we look at premature mortality in the Capital Region to learn about the cumulative impact of disparities on Years of Potential Life Lost by demographics, locations and cause of death. Race and socioeconomic status sub-populations have premature death rates of 140-150% higher than their more advantaged comparison group. For some neighborhoods that meant over 50% of all residents died prematurely.

These aren’t just differences between groups of people. Health disparities are preventable differences in the burden of disease. They are important because they demonstrate how our economy, environment, social determinants of health, and health care system consistently result in poorer health for some sub-populations. By identifying these differences, we can start to identify the causes and the evidence-based practices to redress these disadvantages.

Let’s learn more and strive for better!

See you soon,

Kevin Jobin-Davis
Executive Director, HCDI
THE LATEST IN NEW YORK STATE
HEALTH INITIATIVES

Population Health Improvement Program (PHIP)

A primary focus of the Capital Region PHIP is the development of resources to support the workforce who helps consumers connect with health and social services. These resources include information and referral directories, training directories, and social determinants of health assessment tools. This is often a small part of a person’s job, or may be the majority of their job as it is for Community Health Workers, Care Coordinators, Health Coaches, etc. We call this group of occupations Community Health Liaisons.

To reflect the breadth of occupations who need these resources and skills, the Care Coordination Task Force has rebranded itself as the Community Health Liaison Task Force. They are pleased to announce their newest initiative, that they are calling a Munch & Mingle. The Munch and Mingle will be a monthly opportunity to hear a relatively short presentation from an expert in the field on a topic, have equal or more time devoted to addressing audience questions about their challenges on the topic, and then time to network. We will hold these at more relaxed sites that encourage people to spend time with peers, learning from each other.

Our first topic will be information and referral resources for health insurance, health care providers, social services and transportation. The first M & M is 3:00 – 4:00 at the Pump Station, September 19. Please RSVP to Rebecca Starzyk at rstarzyk@hcdiny.org. It’s free and should be a fun way to find out about what information and referral tools are working best for your colleagues.

Also upcoming is our next PHIPAC (Population Health Improvement Program Advisory Committee) meeting on Establishing Trust and Engagement in High Need Neighborhoods. Speakers will provide a quick overview of our health disparities report, then describe state and local strategies to reduce these disparities by adjusting how we work with hard to reach populations.
The meeting will be held on Wednesday September 26, 2018 at Saint Mary's Hospital (1300 Massachusetts Ave, Troy).

PHIP is always looking to highlight community programs who are engaging in successful prevention initiatives. If you know of a program or person that is worthy of being highlighted or contacted for inclusion in a future PHIPAC, please contact Jordyn Wartts at jwartts@hcdiny.org.

Delivery System Reform Incentive Payment (DSRIP) Program

**DSRIP Year 4**
DSRIP Year 4 out of 5 is moving into its second quarter! Specific areas of focus in DSRIP Year 4 include performance, transition to Value Based Payments (VBP), and Planning for the Future. In the spirit of preparing for transition, The New York State Department of Health recently released the Sophomore Year of VBP University (VBP U), an academic resource to raise awareness, knowledge, and expertise in the move to VBP. The second year of VBP U offers a deeper dive into VBP fundamentals. Under VBP, VBP Contractors aim to realize savings while achieving quality outcomes by addressing social determinants of health (SDH) conditions that drive health costs and poor health outcomes.

Check out the VBP U courses [here](#). Find SDH resources for health systems and community based organizations [here](#).

**Save the Date**
The Alliance for Better Health, Adirondack Health Institute and Better Health for Northeast New York PPSs will collaborate for another Value-Based Payment training event. The session, entitled “Volume to Value: The Power of Data in Value Based Payment” will take place on Thursday, September 20 at the Queensbury Hotel in Glens Falls, NY. [Register here](#).

**The First 1000 Days on Medicaid**
The First 1000 Days on Medicaid work group held its 6th meeting on June 4, 2018 and discussed implementation and progress on its 10-point plan focused on enhancing access to services and improving outcomes for children on Medicaid. [Read more](#).
News from the Alliance for Better Health (AFBH)
AFBH recently launched its redesigned website featuring a Storytelling Collaborative. Says Jason Noxon, Communications Specialist:

“At Alliance, we've created a unique space to tell the story of our work alongside our community partners. Our first story is made in collaboration with Empower Health of the Schenectady City Mission and Hometown Health. It can be found at https://www.storytellingcollaborative.us/empowering-a-community-to-good-health/.”

News from Better Health for Northeast New York (BHNNY)
July marked the beginning of pay for performance for BHNNY’s clinical partners, who continue to be supported by Dr. Manjunath and his Clinical Transformation Team. The Community Transformation Team, under the guidance of Meg Wallingford, has launched their non-medical transportation system, Circulation, in partnership with the Alliance for Better Health. Circulation is an alternative transportation option for Medicaid members which addresses social determinants of health by providing rides for services that impact health such as housing, pharmacy, clothing, chronic disease self-management, and food assistance (find further information on Circulation here or contact Kendal Pompey at PompeyK@amc.edu). Meg’s team is also working on a program to help their CBOs prepare to participate in Value Based Payment.

BHNNY has moved from the planning to the implementation stage of a collaboration with the Albany County Department of Health to have two Community Health Workers focusing on cardiovascular disease embedded at Albany Family Medicine and Koinonia Primary Care.

See more at the BHNNY Website.

State Health Innovation Plan (SHIP)

On April 1, 2018 The New York State Department of Health (NYSDOH) released an innovative model for primary care transformation known as the New York State Patient-Centered Medical Home (NYS PCMH). New York State collaborated with the National Committee for Quality Assurance (NCQA), creator of the patient-centered medical home (PCMH) program to develop this exclusive transformation model for all eligible primary care providers in New York State. NYS PCMH will expand access to high-performing primary care which is key to improving value in health care and achieving the Triple Aim goals of improved health, better health care and consumer experience, and lower cost.

In the Capital District, 97 practice sites have enrolled in the NYS PCMH program. Read more.
HEALTH DISPARITIES REPORT

PREMATURE MORTALITY in the CAPITAL REGION

TOP 5 CAUSES

- CANCER: 25.2%
- HEART DISEASE: 17%
- UNINTENTIONAL INJURY: 7.8%
- SUICIDE: 5.5%
- PERINATAL: 5.2%

Years of Potential Life Lost (YPLL) is a summary measure of premature mortality and its leading causes and represents the total number of years not lived by people before age 75 (e.g. death at age 50 = 25 YPLL).

DIFFERENCES IN YPLL RATES

*Rates are age-adjusted and are the number of years lost per 100,000 people (2013-2015)

Low SES YPLL rate was 2.5 times the high SES YPLL rate

Socioeconomic Status (SES)

SES1: 9,708*
SES5: 3,915

Black non-Hispanic residents had the highest YPLL rate; 1.7 times the rate of white non-Hispanics

Race/Ethnicity

Black non-Hispanic: 8,552*
Hispanic: 5,430*
White non-Hispanic: 5,092*

PERCENT OF DEATHS BEFORE 65

*2013-2015

The Capital Region had 22% of deaths occur before the age of 65

However, some neighborhoods like Hamilton Hill, Center Square, and West Hills/South End had OVER 50% of deaths occur before 65

Sources:
- NYS Vital Statistics
- State Planning and Research Cooperative System (SPARCS)
- County Health Rankings and Roadmaps (http://www.countyhealthrankings.org/research-methods/2013/measure-summaries/)
Resources to Address Health Disparities

In the last decade, the nation has made profound advancements in health and medicine. However, despite innumerable improvements, care is still not equally available, accessible, or utilized across all communities, leading to significant health and healthcare disparities. A health disparity is a difference in health outcomes across certain segments of the population, and is often associated with social, economic, or environmental disadvantages, including where a person works, lives, and how much money they earn. Health disparities have also been known to adversely affect groups of people based upon their age, religion, language, gender, sexual identity and orientation, disability status, citizenship status, etc.

The Centers of Disease Control and Prevention (CDC) is one of many organizations that have committed to reducing health disparities in the United States. The CDC Health Disparities and Inequalities report (CHDIR) identifies health disparities and inequalities across a wide range of diseases, behavioral risk factors, environmental exposures, social determinants, and health-care access. The CDC publishes Strategies for Reducing Health Disparities Reports, an overview of interventions that have been proven effective or show promise for reducing health disparities at local and national levels. Additionally, The CDC Community Health Improvement Navigator Database of Interventions is a tool that helps identify interventions that work in four action areas —socioeconomic factors, physical environment, health behaviors, and clinical care. It provides leaders and stakeholders with options to consider when making decisions about how to invest in their community and address its health needs.

In similar efforts, the Robert Wood Johnson Foundation launched Finding Answers: Disparities Research for Change to identify practical steps to reduce racial and ethnic disparities. One of the goals of the organization is to encourage the spread of best practices. By taking a look at their Equity Resources page, one can follow a “roadmap” to achieving health equity by viewing a variety of resources aligned with the necessary steps for creating change.

Included in this newsletter is HCDI’s Health Disparity Report. Stakeholders interested in reviewing more state and county-level data can go to the NYSDOH New York State Health Equity Report.
UPCOMING EVENTS AND RESOURCES

Tuesday, August 28, 2018
HCDI Community Health Liaison Task Force (formerly Care Coordination Task Force)
8:30 a.m. - 10:00 a.m.
Healthy Capital District Initiative, 3rd Floor Conference Room
175 Central Avenue, Albany, NY 12206

Friday, August 31, 2018
HCDI PHAB Accreditation Meeting
10:00 a.m. – 11:00 a.m.
Healthy Capital District Initiative, 5th Floor Conference Room
175 Central Avenue, Albany, NY 12206

Wednesday, September 5, 2018
Columbia-Greene Controlled Substance Awareness Prevention Workgroup
9:00 a.m. - 10:00 a.m.
Twin Counties Recovery Services
350 Power Avenue, Hudson, NY 12534

Thursday, September 6, 2018
Saratoga Mental Health & Substance Abuse Coalition Meeting
8:00 a.m. - 10:00 a.m.
Saratoga Hospital
59D Myrtle Avenue, Saratoga Springs, NY 12866

Thursday, September 6, 2018
Columbia-Greene Suicide Prevention Coalition
3:00 p.m. - 4:00 p.m.
Columbia County Office Building, 2nd Floor Conference Room
325 Columbia Street, Hudson, NY 12534

Saturday, September 8, 2018
New Jerusalem Annual Community Block Party
11:00 a.m. – 2:00 p.m.
Information

Wednesday, September 12, 2018
HCDI Behavioral Health Task Force
8:30 a.m. - 10:00 a.m.
Healthy Capital District Initiative, 5th Floor Conference Room
175 Central Avenue, Albany, NY 12206
Saturday, September 15, 2018
Prescription Drug Take Back Day
10:00 a.m. – 2:00 p.m.
Castleton Public Library
85 S. Main Street, Castleton-on-Hudson, NY 12033

Thursday, September 20, 2018
Albany Strategic Alliance Meeting
9:00 a.m. - 10:30 a.m.
Albany County Department of Health, Basement Auditorium
175 Green Street, Albany NY 12206

Friday, September 21, 2018
Greene County MAPP Committee
1:00 p.m. - 3:00 p.m.
Greene County Office Building
411 Main Street, Catskill, NY 12414

Sunday, September 23, 2018
Watervliet Arsenal Run Complete Streets pop-up event
1 mile fun run begins at 9:30 a.m.
City Hall, 2 15th St, Watervliet, NY 12189

Monday, September 24, 2018
Saratoga County Suicide Coalition Meeting
2:00 p.m. – 4:00 p.m.
Saratoga County Veteran’s Agency, Conference Room
2144 Doubleday Avenue, Ballston Spa, NY 12020

Tuesday, September 25, 2018
HCDI Community Health Liaison Task Force (formerly Care Coordination Task Force)
8:30 a.m. - 10:00 a.m.
Healthy Capital District Initiative, 3rd Floor Conference Room
175 Central Avenue, Albany, NY 12206

Tuesday, September 25, 2018
Columbia-Greene Addiction Coalition
1:00 p.m. - 2:30 p.m.
Catskill CMH Greene Medical Arts Building, Basement Conference Room
159 Jefferson Heights # C102, Catskill, NY 12414

Tuesday, September 25, 2018
Schenectady Trauma Informed Community Work Group
2:00 p.m. – 3:00 p.m.
Ellis McClellan Street Health Center, Conference Center
600 McClellan Street, Schenectady, NY 12304
Wednesday, September 26, 2018
Population Health Improvement Program Advisory Committee (PHIPAC)
9:00 a.m. – 11:00 a.m.
St. Mary’s Hospital, Conference Rooms A and B
1300 Massachusetts Avenue, Troy, NY 12180

Friday, September 28, 2018
HCDI PHAB Accreditation Meeting
10:00 a.m. – 11:00 a.m.
Healthy Capital District Initiative, 5th Floor Conference Room
175 Central Avenue, Albany, NY 12206

Saturday, September 29, 2018
Prescription Drug Take Back Day
10:00 a.m. – 2:00 p.m.
East Greenbush Community Library
10 Community Way, East Greenbush, NY 12061

Wednesday, October 3, 2018
Rensselaer County Wellness Committee
10:00 a.m. – 11:00 a.m.
Rensselaer County Department of Health, 2nd Floor Conference Room
1600 7th Avenue, Troy NY, 12180

Thursday, October 4, 2018
Saratoga Mental Health & Substance Abuse Coalition Meeting
8:00 a.m. - 10:00 a.m.
Saratoga Hospital
59D Myrtle Avenue, Saratoga Springs, NY 12866

Wednesday, October 10, 2018
Rensselaer County Heroin Coalition
10:00 a.m. - 12:00 p.m.
Rensselaer County Department of Social Services, Administration Building, 2nd Floor
127 Bloomingrove Drive, Troy, NY 12180

Thursday, October 18, 2018
Schenectady Coalition for a Health Community Meeting
2:00 p.m. – 4:00 p.m.
Ellis McClellan Street Health Center, Auditorium
600 McClellan Street, Schenectady, NY 12304

Thursday, October 18, 2018
Albany Strategic Alliance Meeting
9:00 a.m. - 10:30 a.m.
Albany County Department of Health, Basement Auditorium
175 Green Street, Albany NY 12206
Monday, October 22, 2018
Columbia County Chronic Disease Meeting
1:30 p.m. - 2:30 p.m.
Columbia County Department of Health, 2nd Floor Conference Room
325 Columbia Street, Hudson, NY 12534

Monday, October 22, 2018
Columbia County Public Health Leadership Team Meeting
2:30 p.m. - 3:30 p.m.
Columbia County Department of Health, 2nd Floor Conference Room
325 Columbia Street, Hudson, NY 12534

Tuesday, October 23, 2018
HCDI Community Health Liaison Task Force (formerly Care Coordination Task Force)
8:30 a.m. - 10:00 a.m.
Healthy Capital District Initiative, 3rd Floor Conference Room
175 Central Avenue, Albany, NY 12206

Friday, October 26, 2018
HCDI PHAB Accreditation Meeting
10:00 a.m. – 11:00 a.m.
Healthy Capital District Initiative, 5th Floor Conference Room
175 Central Avenue, Albany, NY 12206

Tuesday, October 30, 2018
Schenectady Trauma Informed Community Work Group
2:00 p.m. – 3:00 p.m.
Ellis Hospital, B-6 Meeting Room
1101 Nott Street, Schenectady, NY 12304
Professional Development Opportunities

**Mental Health First Aid – Project Aware**
This project provides free training to individuals who work with (or support) transition-aged youth (16-25). Mental Health First Aid (MHFA) is an 8-hour training certification course which teaches participants a five-step action plan to assess a situation, select and implement interventions and secure appropriate care for the individual. The program introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews common treatments. This evidence-based CPR-like program improves trainees’ knowledge of mental disorders, reduces stigma and increases the amount of help provided to others. The adult Mental Health First Aid course is appropriate for anyone who wants to learn how to help an individual who may be experiencing a mental health crisis or concern. This class is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA).

Thursday, August 23, 2018
8:30 a.m. – 5:00 p.m.
Mental Health Association in New York State, Inc.
194 Washington Avenue, Suite 415, Albany, NY 12210
[Registration](#)

**Patient Engagement and Motivational Interviewing**
In this ten-part webinar series, participants will cover a variety of topics that promote and inform community health-driven chronic disease prevention and self-management methods and practices. There will be one 60-minute webinar each month throughout the 2018 calendar year that will examine a different topic (with the exception of May and October 2018). The webinar series will be a blend of didactic trainings and interactive conversations to share ideas and ask questions. Anyone part of the care team is encouraged to join this webinar series, including clinicians, mid-level staff and managers, case managers, support staff, community-facing leaders and staff, and providers. Care teams that jointly participate in the series will benefit greatly.

Wednesday, August 29, 2018
3:00 p.m. – 4:00 p.m.
[Registration](#)

**Heroin/Opioid Overdose Prevention Training**
Rensselaer and Albany County Departments of Health in collaboration with their partners are offering FREE trainings open to the community. Each individual will learn signs and symptoms of a heroin and opioid overdose, how to use a NARCAN kit and a free Intranasal Naloxone kit.

Thursday, August 30, 2018
11:30 a.m. – 12:30 p.m.
1600 7th Avenue, 2nd Floor Conference Room, Troy, NY 12180
Registration: Call Kelsey at 518-270-2651
Using Data and Analytics to Measure Results (MN CHW Alliance)

Peter Carlson, a Program Director with NorthRising and Patrick Malone, Health Economist from North Memorial, will share their experience and strategies for using data and analytics to measure and communicate CHW and CP Program results. Organized by the MN CHW Alliance with funding from the MDH Community Wellness Grant from CDC. After registering, you will receive a confirmation email containing information about joining the webinar.

Tuesday, September 11, 2018
11:00 a.m. – 12:30 p.m.

Registration
National Diabetes Prevention Program (NDPP) Lifestyle Coach Training
Albany County Department of Health is sponsoring a training for agencies pursuing Diabetes Prevention Recognition Program (DPRP) status.

Thursday, September 13 – Friday, September 14, 2018
9:00 a.m. – 4:30 p.m. (each day)
Hilton Albany, 40 Lodge St, Albany, NY 12207

Tools to Support Behavior Change in Chronic Disease Management
In this ten-part webinar series, participants will cover a variety of topics that promote and inform community health-driven chronic disease prevention and self-management methods and practices. There will be one 60-minute webinar each month throughout the 2018 calendar year that will examine a different topic (with the exception of May and October 2018). The webinar series will be a blend of didactic trainings and interactive conversations to share ideas and ask questions. Anyone part of the care team is encouraged to join this webinar series, including clinicians, mid-level staff and managers, case managers, support staff, community-facing leaders and staff, and providers. Care teams that jointly participate in the series will benefit greatly.

Wednesday, September 26th, 2018
3:00 p.m. – 4:00 p.m.

GRANTS

Title V Competitive Sexual Risk Avoidance Education
The purpose of the Title V Competitive SRAE Program is to fund projects to implement sexual risk avoidance education that teaches youth participants how to voluntarily refrain from non-marital sexual activity. The goals of Title V Competitive SRAE are to empower participants to make healthy decisions, and provide tools and resources to prevent pregnancy, STIs, and engagement in other risky behaviors. The Title V Competitive SRAE legislation requires unambiguous and primary emphasis and context for each of the topics to be addressed in program implementation. Applicants are to submit plans for the implementation of sexual risk avoidance education that normalizes the optimal health behavior of avoiding non-marital sexual activity. Further, the plans must address the social, psychological, and health gains to be realized by refraining from non-marital sexual activity and engaging in healthy relationships.

The fiscal year (FY) 2018 Title V Competitive SRAE allows for annual awards over a two-year project period, as funds are available.

Applications are due: Sunday, August 26, 2018
MEET OUR NEW TEAM MEMBERS

Rebecca Starzyk, LMSW
Rebecca Starzyk is a Public Health Planner for Albany and Rensselaer Counties. Rebecca holds a Bachelor of Arts in Psychology and Hispanic Studies from Brandeis University, as well as a Master of Social Work from the University at Albany’s School of Social Welfare. Prior to starting at HCDI, Rebecca served in a number of capacities at Hometown Health Centers in Schenectady over the past 5 years, including social worker and supervisor of health insurance services. She is fluent in Spanish and is passionate about helping underserved communities access quality, culturally-sensitive care. Rebecca lives in Rensselaer County and enjoys traveling, singing, yoga, and spending time with her family and friends.

Marci Fraser, Dr. PH, MPH
Marcie has a Doctorate Degree in Public Health, and a Master’s in Public Health. She has dedicated her career to improving the health of communities. She has taught at several universities and colleges in the field of public health. She has also worked in several hospitals as a Director of Public Health programming. Marcie has created and implemented hundreds of public health educational and interventional programs throughout the northeast. Most of her career was spent as a Medical and Fitness reporter for CBS and YNN. Marcie reported on in depth medical news and breakthroughs, the reports were syndicated across the country. An avid athlete, Marcie also had her own fitness show called Tone Up!. On the segment Marcie demonstrated exercise tips and nutrition information for all ages.

Emily Miron, Data Analyst Intern
We wish to thank Emily Miron, our summer intern, for her considerable work and skill analyzing the data for our health disparities report on premature mortality. Emily graduated from University of Rochester with a degree in Health, Behavior and Society, and is attending the Yale School of Public Health this fall to pursue a MPH in Social and Behavioral Sciences.