



**FULTON COUNTY MEDICAL CENTER**  
**COMMUNITY HEALTH NEEDS ASSESSMENT**  
**FEBRUARY 2013**

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## **EXECUTIVE SUMMARY**

### ***Community Health Needs Assessment***

The Fulton County Medical Center (FCMC) is a Pennsylvania nonprofit corporation which owns and operates an 88 bed critical access hospital and skilled nursing care facility. FCMC has served the community for over 50 years. FCMC's mission is "To continuously improve the health of our community." It is in the spirit of that mission that FCMC is undertaking this Community Health Needs Assessment.

While the Patient Protection and Affordable Care Act (PPACA) effective March 23, 2010, and The Health Care Education Affordability Reconciliation Act of 2010, signed into law on March 30, 2010, mandated community health needs assessments, FCMC has engaged in the process not only to meet those requirements, but also to continue its tradition of analyzing and responding to the health needs of Fulton County. FCMC has, of course, engaged many, many community partners in the process of understanding needs and improving the health of the community.

### ***The Community Health Needs Assessment Process***

To launch its Community Health Needs Assessment, Fulton County Medical Center contracted with the consulting team at ParenteBeard to facilitate the process, and established a Core Team to guide the process. Eighty five community leaders and representatives were invited to participate in the community health needs assessment and 32 individuals attended Community Advisory Committee meetings. Members of the Fulton County Partnership reviewed and commented on draft findings and focused conversations were held at the flu shot clinic at the Warfordsburg Senior Center. Additional insights were gathered from the assessments and plans of county and state agencies and offices.

Secondary data was compiled from many sources. This data focused not only on health issues for Fulton County, but also on behavioral risks, demographics, economics and other factors that can influence health. Initial secondary data findings along with Core Team and Community Advisory Committee discussions identified a preliminary list of challenges and strengths in Fulton County. These were then reviewed against the perspectives of community representatives through the Community Advisory Committee and the Fulton County Partnership.

Criteria for establishing priorities were developed and applied to identified concerns. A high level collaborative three year action plan was developed that emphasized primary, secondary and tertiary prevention activities. Specific action plans, timelines, responsibilities and measurable outcomes will be developed by the collaboration project teams.

### ***Fulton County Medical Center***

The Fulton County Medical Center (FCMC) established in 1949, is a Pennsylvania non-profit corporation which owns and operates an 88 bed critical access hospital and skilled nursing care facility. Fulton County Medical Center is located in McConnellsburg, PA, the county seat, and serves all of Fulton County. It is the only hospital in Fulton County and thus Fulton County is its primary community.

The Mission of the Fulton County Medical Center is “To continuously improve the health of our community.” FCMC performs this mission by:

- Providing diagnostic and therapeutic services in the acute care hospital;
- Maintaining health and providing a higher quality of life in the community by operating a nursing home and a Home Health program;
- Working with other local providers and agencies to promote wellness in the community; and
- Providing services regardless of the ability to pay.

FCMC offers a wide range of inpatient, outpatient, diagnostic, rehabilitative, specialty, community-based and educational services.

***Fulton County***

Fulton County is a rural county in south central Pennsylvania with a population density of 34 persons per square mile and a total population in 2011 of 14,801. The county population has declined slightly over the past five years, while the population of those over age 65 has increased by 23% over the past ten years. Ninety-seven percent of the people in Fulton County identify themselves as white or Caucasian.

The vast majority of people have at least a high school education. Like the rest of the nation, Fulton County saw its unemployment level rise significantly during the recent recession and the unemployment rate is now slowly improving. While Fulton County has a somewhat lower percentage of people living in poverty than Pennsylvania taken as a whole, 17.7% of children in Fulton County are living in poverty. The employment base in the county is somewhat varied, but nearly half of working people in Fulton County commuted to work outside the county.

***The Health of the Community***

The report examined secondary data regarding health risks and incidence and mortality data and compared Fulton County to Pennsylvania as a whole and to Healthy People 2020 goals. Insights were included from the Center for Rural PA Fulton County Profile, the Community Need Index, the University of Wisconsin/ Robert Wood Johnson Foundation County Health Rankings and the US Department of Health and Human Services Community Health Status Report. Additional perspectives from the community, from government agency assessments, from the Fulton County Partnership and from the Community Advisory Committee were added. Overall, this chart summarizes the health-related challenges to be addressed, and the positive health-related strengths in Fulton County:

CHALLENGES	STRENGTHS
<ul style="list-style-type: none"> <li>• Tobacco use – especially use by youth, use of smokeless tobacco, smoking by pregnant women</li> <li>• Obesity and physical inactivity – rates are increasing</li> <li>• Incidence and mortality related to diseases of the heart</li> <li>• Incidence, complications and mortality – diabetes</li> <li>• Incidence and mortality – cancer, especially lung cancer</li> <li>• Issues of aging – growing aging population, increase in suicide, end of life care, caregiving</li> <li>• Issues for youth – bullying and violence; alcohol, tobacco and other drug use; PAYS identified risk factors</li> </ul>	<ul style="list-style-type: none"> <li>• Environmental quality – air, access to recreational facilities, access to healthy food</li> <li>• Percentage of population that has graduated from high school or beyond</li> <li>• Rates of violent crime</li> <li>• Access to quality health care services is increasing</li> <li>• Low percentage of children living in single parent households</li> <li>• Rates of sexually transmitted diseases overall</li> <li>• Protective factors for youth as identified by PAYS</li> </ul>

<ul style="list-style-type: none"> <li>• Drug and alcohol issues – especially use by youth, abuse of prescription drugs, DUI, rates of use</li> <li>• Accidents and related deaths and injuries – both motor vehicle and non-transport</li> <li>• Creating a culture which emphasizes wellness and health behaviors</li> <li>• A culture of independence and self-reliance</li> </ul>	<ul style="list-style-type: none"> <li>• Health and social service providers that collaborate with one another and with government agencies</li> <li>• A culture of independence and self-reliance</li> </ul>
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These are the high-priority health challenges for Fulton County. They are issues which:

- Affect a significant number of people
- Have serious health consequences
- Are trending in a negative direction or Fulton County lags the state or Healthy People 2020 targets

And for which:

- Opportunity exists to make a measurable difference
- Expertise, resources and partners exist to be mobilized to create change
- Fulton County Medical Center is the appropriate entity to play a lead/ significant role

These issues are not new, nor are efforts to address them. Rather, having assessed Fulton County’s needs, Fulton County Medical Center and its collaborating partners will redouble their efforts to tackle these issues at the primary, secondary and tertiary prevention levels.

***Improving the Health of Fulton County***

High level three-year action plans have been developed to address the prioritized needs. These plans are collaborative and draw on the strengths of many community partners and agencies.

Highlights include:

**Tobacco Use**

- Programs targeted to pregnant women
- Programs targeted to smokeless tobacco use
- Programs targeted to youth

**Lung and Other Cancers**

- Smoking cessation education for medical center inpatients
- Programs targeted to increase the number of local businesses that are smoke free
- Expanded medical oncology services

**Prescription Drug Use and Abuse**

- Expansion of drug return programs
- Community and medical community education

**Diet and Obesity**

- Wellness and fitness center project
- Expanded wellness education and opportunities
- Nutrition education
- Increased opportunities for physical activity

**Heart Disease**

- Expanded cardiac-related services and diagnostics
- Expanded community education

**Diabetes**

- Improve diabetes outreach and education, include families
- Enhance capacity through endocrinologist services and wound center

**Accidents and Related Deaths**

- Partner with State Police and the Department of Transportation on their initiatives
- Expand community safety and impaired driving efforts

**Children, Youth and Families**

- Fulton County Partnership and Communities That Care initiatives
- Funding for The Nurturing Parent evidence-based program
- Expand current programming

**People Over 65**

- Explore senior living solutions, health care village
- Create more formal relationships with hospice providers
- Increase services available for people over 65

***Fulton County Community Assets and Resources***

Many organizations and individuals are working for the benefit of the people who live in Fulton County. Government agencies, nonprofit organizations, community groups, health and social service practitioners, educational institutions, businesses, the faith community and many, many more types of organizations form a web of resources the people of Fulton County rely on to enhance the quality of life and health in the region. A list of those is contained in Section 7 of this report. In addition to formal systems of care, Fulton County is well-known for the strength of the partnerships that agencies and organizations have developed to coordinate their work. Perhaps less visible, but no less powerful, are the ways in which individuals and families are good neighbors to one another.

***Conclusion***

The community health needs assessment will serve as a launching pad for expanded community health improvement efforts. As Section 6 of this report indicates, initial plans have been developed to address the identified health challenges. These plans build upon efforts already in place and call on the leadership of Fulton County Medical Center, Fulton County Partnership, Fulton County Center for Families and Fulton County governmental agency partners. Initiatives will engage a wide range of community collaborative partners, helping to ensure that all segments of Fulton County are included in health improvement efforts.

Building on the strengths of Fulton County residents and partners within and beyond the county, Fulton County Medical Center will continue to be a key resource for the health of Fulton County.

# Fulton County Medical Center Community Health Needs Assessment

## Section 1. Introduction

The Fulton County Medical Center (FCMC) is a Pennsylvania nonprofit corporation which owns and operates an 88 bed critical access hospital and skilled nursing care facility. FCMC has served the community for over 50 years. FCMC's mission is "To continuously improve the health of our community." It is in the spirit of that mission that FCMC is undertaking this Community Health Needs Assessment.

Fulton County Medical Center is not only a critical access hospital, skilled nursing care facility and community service provider, it is an integral part of the community. The community feels a great sense of ownership of FCMC, to the degree that the community rallied to build an entirely new state of the art facility. FCMC has a long history of initiating and participating in collaboration with many other community partners to improve the health and well-being of the community, chief among them the Fulton County Partnership. In 2003, the FCMC Community Needs Assessment identified a lack of access to health care for the growing numbers of low income, underserved, and uninsured and Fulton County's history of difficulty in recruiting and retaining primary care providers. Responding to that need, FCMC and community leaders invited Tri-State Community Health Center, Inc., to develop a Federally Qualified Health Center in McConnellsburg. Today, Tri-State serves 5,000 Fulton County patients including 4,000 at the McConnellsburg site.

In 2009, FCMC worked with the National Association of Counties Project to conduct a household survey and analysis in order to understand more clearly the health needs of Fulton County residents. From community education, health fairs and screenings, to continuing efforts to improve the health of the community, FCMC has a long history of being of and for the community.

While the Patient Protection and Affordable Care Act (PPACA) effective March 23, 2010, and The Health Care Education Affordability Reconciliation Act of 2010, signed into law on March 30, 2010, mandated community health needs assessments, FCMC has engaged in the process not only to meet those requirements, but also to continue its tradition of analyzing and responding to the health needs of Fulton County. FCMC has, of course, engaged many, many community partners in the process of understanding needs and improving the health of the community.

It is the fervent hope of Fulton County Medical Center that the community health needs assessment will have been far more than an exercise to meet a mandate. Rather, FCMS embraces this opportunity to consider the needs of the community, to build on the strengths of this remarkable county, and to engage historical and new collaborative partners in improving the health of the people of Fulton County.

## Section 2. Community Health Needs Assessment Methodology

The Patient Protection and Affordable Care Act (PPACA) effective March 23, 2010 and The Health Care Education Affordability Reconciliation Act of 2010, among other things, initially defined certain requirements for tax-exempt hospitals, including meeting a community health needs assessment requirement. An underlying principle of community benefit activities is that hospitals use their resources for programs that best address identified needs in the local community. The Community Health Needs Assessment (CHNA) is both the activity and the product garnered from identifying and prioritizing a local community's unmet health needs. The process is accomplished through the collection of data and the analysis of the data, including engaging community stakeholders. Then, strategies and action plans to address the prioritized needs are developed.

To launch its Community Health Needs Assessment, Fulton County Medical Center contracted with the consulting team at ParenteBeard to facilitate the process, and established a Core Team to guide the process. The Core Team members included:

- Jason Hawkins, President and CEO, FCMC
- Deborah Shughart, Vice President and CFO, FCMC
- Misty Hershey, Director of Community Relations/ Community Benefit
- Delrae Perrin Hagstrom, Executive Secretary
- Julia Dovey, Executive Director, Fulton County Partnership
- Sandra Land, Ph.D. Fulton County Medical Center Board member
- Susan Walters, Chief Executive Officer, Tri-State Community Health Center
- Sheila DeShong, Chief Operating Officer, Tri-State Community Health Center

### ***Community Advisory Committee***

A wide range of people were invited to serve on a Community Advisory Committee (Appendix A). That Committee met early in the process to:

- Identify trends in Pennsylvania, the central PA region and Fulton County
- Define the community for purposes of the Community Health Needs Assessment
- Review and shape the CHNA process
- Describe Fulton County health-related issues from the perspective of their work
- Identify additional assessments, data, planning material, people or information that they have or know that would add insights to the process
- Identify groups of people who might need special outreach to be sure their perspectives were included in the process
- Identify community assets

The Community Advisory Committee members also provided written input at the outset and throughout the process. Many of those individuals provided additional written materials as well as sharing perspectives through conference calls interviews.

The Community Advisory Committee met later in the process to review a draft of initial findings.

Discussion focused on the following questions:

- What criteria should be used to prioritize issues?
- What are the key issues for the community? Where is the opportunity to make a difference?
- What existing efforts can be leveraged?



### ***Additional Community Input***

The Fulton County Partnership, a forum for collaboration between government agencies, health, social service and education providers, and consumers, devoted the agenda of one of its meetings to review of the draft findings. Leaders of the organizations represented in the Partnership provided feedback on needs and priorities as well as current initiatives to address them that could be incorporated into the plan.

Conversations were conducted with individuals, families and staff members participating in the flu shot clinic at the Warfordsburg Senior Center. This provided the opportunity to include the perspectives of seniors and of people living in the southern part of the county.

The Board of Directors of the Fulton County Medical Center devoted time on the agenda of several meetings to discuss the Community Health Needs Assessment.

Additional insights were gathered from the assessments and plans of Fulton County Head Start, Women in Need, the Franklin/Fulton Drug and Alcohol Program, the Franklin/ Fulton County Mental Health Program, the Fulton County Human Services Administration and the Center for Rural Pennsylvania.

### ***Data Collection and Analysis***

Identifying community health strengths and challenges requires putting many puzzle pieces together to form a picture. In the fall of 2009, Fulton County Medical Center in conjunction with the National Association of Counties Project conducted a telephone survey of Fulton County households regarding their health needs and their utilization of healthcare resources. Therefore, in line with recommendations from the Catholic Health Association and others, this assessment relied primarily on secondary sources of data.

*ParenteBeard* compiled secondary data, much of it available at the county level. Analyses of Fulton County from the Center for Rural PA Profile, the Community Need Index and the University of Wisconsin/ Robert Wood Johnson Foundation County Health Rankings were also included. Though there are limitations to the data, particularly in rural counties, when taken together patterns emerged and needs and opportunities were discerned. These were then tested against the perspectives of the Core Team, the Community Advisory Committee and Fulton County Partnership members. See Appendix B for a list of data sources.

### ***Identified Challenges and Strengths***

Initial secondary data findings along with Core Team and Community Advisory Committee discussions identified a preliminary list of challenges and strengths in Fulton County. These were then reviewed against the perspectives of community representatives through the Community Advisory Committee and the Fulton County Partnership.

The Community Advisory Committee identified the following criteria for prioritizing the needs FCMC and its partners should address in the near term:

- Opportunity exists to make a measurable difference

- The issue affects a significant number of people
- The consequences are serious
- Trends are in a negative direction or Fulton County lags the state or Healthy People 2020 targets
- Expertise, resources and partners exist to be mobilized to create change
- FCMC is the appropriate entity to play a lead/ significant role

Using this set of criteria, the Core Team, in partnership with the Community Advisory Committee, identified the top health challenges for Fulton County. They identified what was already being done to address those challenges in order to build upon existing efforts. For several of the issues, it was agreed that another community organization would take the lead and FCMC would play a supporting role.

Strategies were developed to address the prioritized issues along with goals, action steps and expected outcomes. In all cases, community partners were identified and will be engaged in collaborative efforts. Fulton County Medical Center will make the results of the Community Health Needs Assessment public through a variety of means in order to educate and engage the community in health improvement and to invite their continued involvement, including posting it on their website at [www.fcmcpa.org](http://www.fcmcpa.org).

### **Section 3. Fulton County Medical Center**

The Fulton County Medical Center (FCMC) established in 1949, is a Pennsylvania non-profit corporation which owns and operates an 88 bed critical access hospital and skilled nursing care facility. It is nestled between two beautiful mountain ranges in the valley of Great Cove. FCMC is conveniently located just hours from the metropolitan areas of Baltimore, MD and Washington D.C. and just an hour from the state capital in Harrisburg. FCMC has been proudly serving the community for over sixty years.

#### ***Mission***

The Mission of the Fulton County Medical Center is “To continuously improve the health of our community.” FCMC performs this mission by:

- Providing diagnostic and therapeutic services in our acute care hospital;
- Maintaining health and providing a higher quality of life in our community by operating a nursing home and a home care program;
- Offering access to care through a multi-specialty clinic
- Working with other local providers and agencies to promote wellness in our community; and
- Providing services regardless of the ability to pay

#### ***Vision***

The Vision of Fulton County Medical Center is “To become the healthcare provider of choice in Fulton County by providing state-of-the-art products and services to our community in a way that reflects our commitment, our competence, and our compassion”.

#### ***Core Values***

Fulton County Medical Center’s Core Values are:

- Customer Mindedness
- Competency
- Compassion
- Integrity
- Stewardship
- Teamwork
- Continuous Improvement

#### ***Services***

A wide range of services are offered, including:

- Diabetes Education
- Emergency Medical Care
- Home Health
- Inpatient Medical Services
- Laboratory Services
- Long Term Care
- Nutrition Counseling
- Skilled Nursing Services

- Social Services
- Tobacco Cessation Programs
- Wound Care Services

#### ***Rehabilitative Services***

- Physical Therapy
- Speech Therapy
- Occupational Therapy
- Cardiopulmonary Rehabilitation
- Community Wellness'
- SilverSneakers©

#### ***Specialty Physician Services***

- Cardiology
- General Surgery
- Mental Health Services
- Midwifery and Gynecological Services
- Neurology
- Nephrology
- Ophthalmology Surgery
- Otolaryngology
- Orthopedics
- Outpatient Surgery
- Plastic Surgery
- Physical Medicine and Rehabilitation
- Podiatry
- Pulmonology
- Urology

#### ***Diagnostic Services***

- General X-ray
- Dexascan
- MRI
- CT
- Nuclear Medicine (Stress Testing)
- Ultrasound
- Mammography
- Respiratory Therapy

## Section 4. Fulton County

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Fulton County Medical Center is located in McConnellsburg, PA, the county seat, and serves all of Fulton County. It is the only hospital in Fulton County and thus Fulton County is its primary community. While residents of bordering counties do use the services of FCMC, the numbers are small and those counties are primarily served by hospitals within their borders. For purposes of the Community Health Needs Assessment, FCMC's community is Fulton County. The Community Advisory Committee supported this definition of "community" for the needs assessment. The results of the 2009 National Association of Counties survey would lend credence to this definition of community as well.

### The Community

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Fulton County is located in south central Pennsylvania with ready accessibility to major highways including the Pennsylvania Turnpike and Routes 68, 70 and 81. It is comprised of 437.5 square miles of rolling mountain terrain, including 50,000 acres of State Forest Land . Fulton County is a rural county with 34 persons per square mile and a total population in 2011 of 14,801.

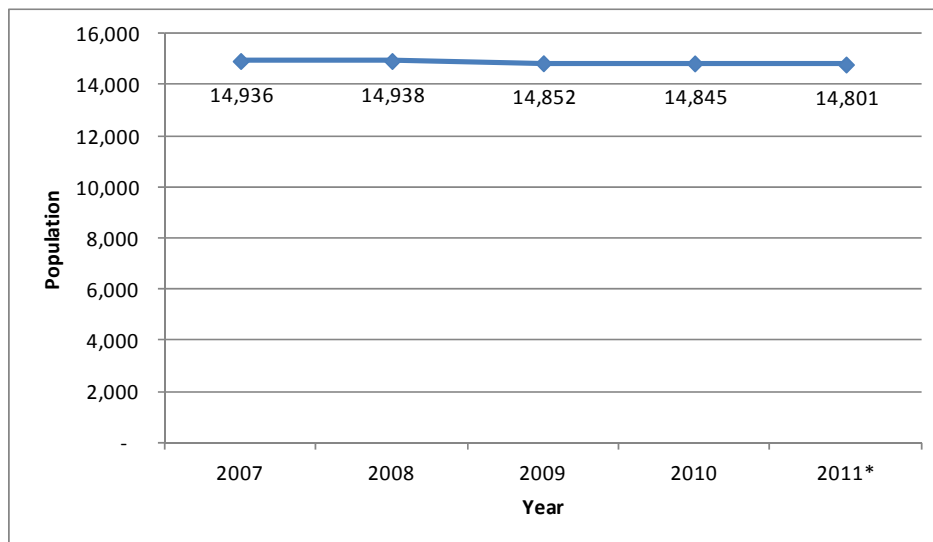
Knowing that there are many determinants of health, this section of the report will describe key aspects of the county in some detail.

### The Demographics of Fulton County

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Fulton County's population has declined slightly over the past five years. In 2011, 14,801 people lived in the county.

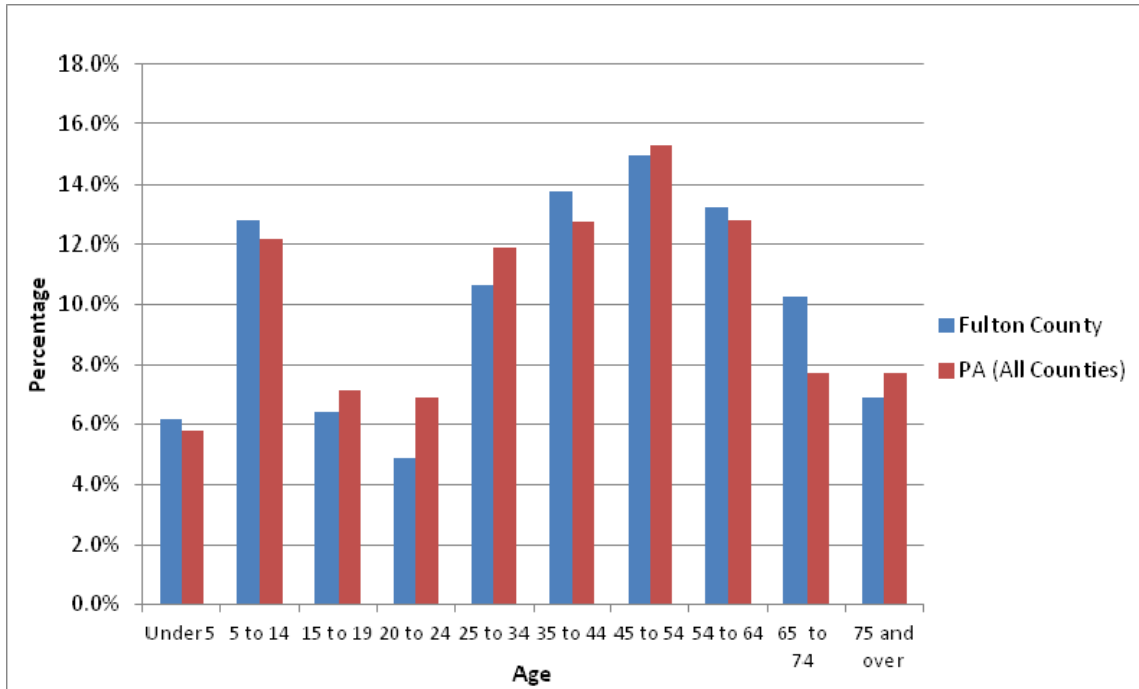
**Figure 1: Trends in Population for Fulton County, PA (2007 – 2011)**



Source: U.S. Census Bureau

Compared to Pennsylvania as a whole, Fulton County has significantly fewer 20 – 24 year olds and significantly more people in the 65 -74 year age range.

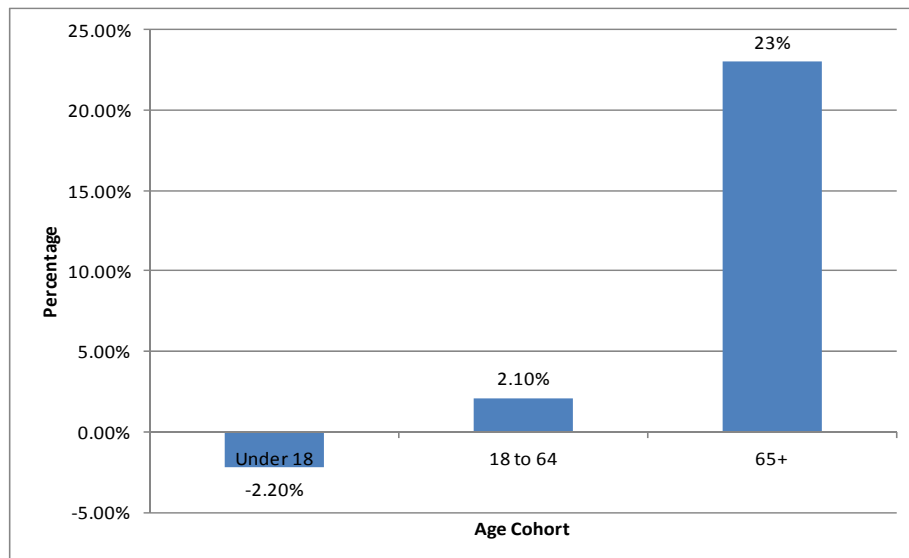
**Figure 2: Age Distribution for Fulton County Compared to All PA Counties (2010)**



Source: U.S. Census Bureau

Of note is the large increase (23%) over the past ten years in the percentage of people over 65 in Fulton County.

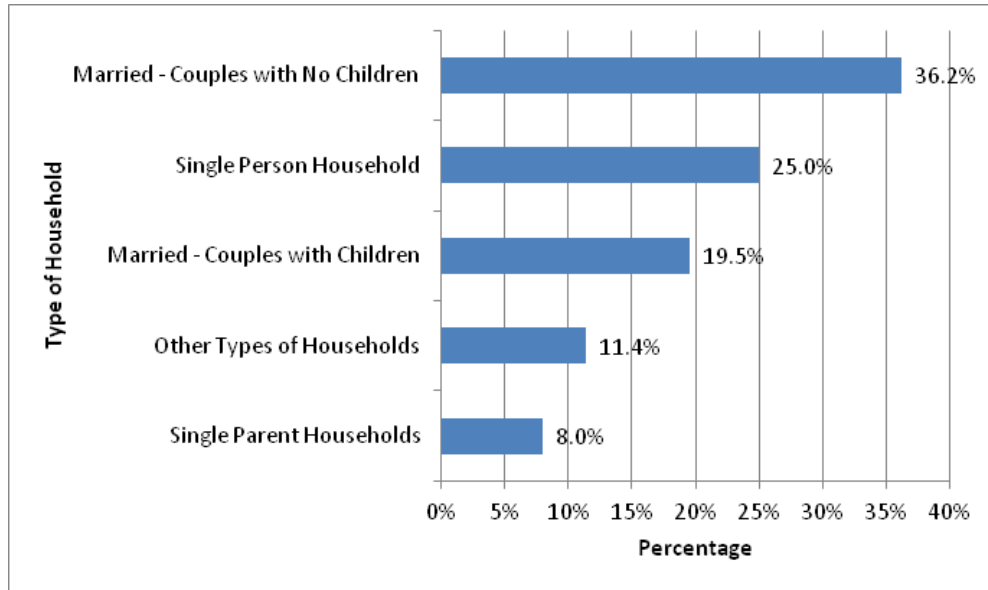
**Figure 3: Percent Change in Population for Fulton County, PA (2000 - 2010)**



Source: Center for Rural PA

Of Fulton County households, more than half are married households while eight percent are single parent households.

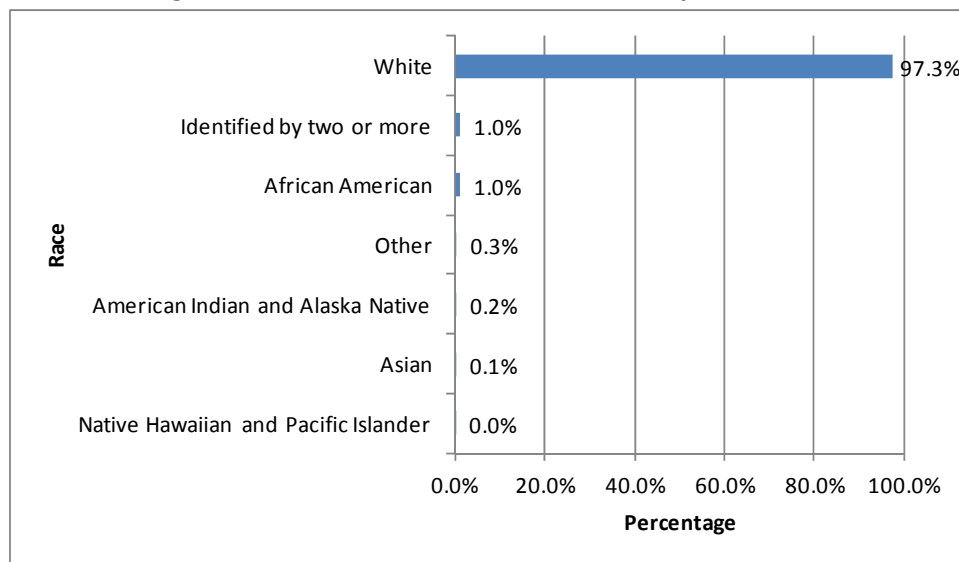
**Figure 4: Types of Households for Fulton County, PA (2010)**



Source: Center for Rural PA

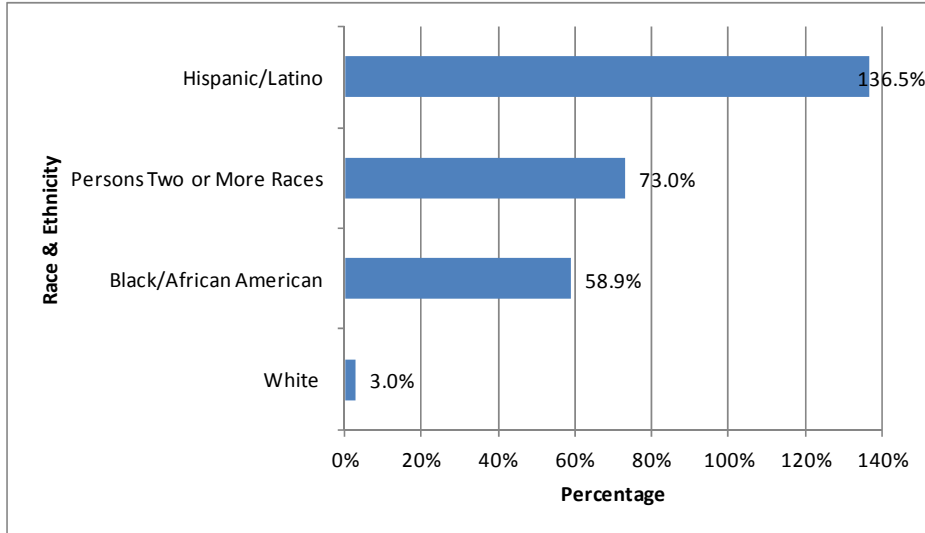
Fulton County continues to be comprised primarily of people who identify themselves as white or Caucasian (97.3%). Surrounding counties are seeing an increase in the Hispanic/Latino population and, while still quite small, the number of people who identify themselves as Hispanic/Latino is increasing in Fulton County as well. However, less than 1% of the population is Hispanic/Latino.

**Figure 5: Race Distribution for Fulton County, PA (2010)**



Source: Center for Rural PA

**Figure 6: Percent Change in Race & Ethnicity for Fulton County, PA (2010)**

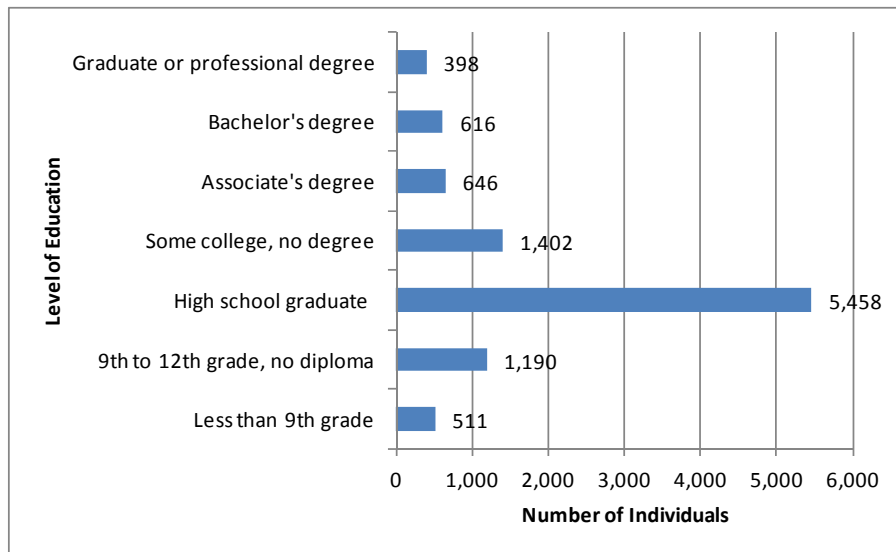


Source: Center for Rural PA

## The Economics of Fulton County

As the following chart makes clear, the vast majority of people over 25 in Fulton County have at least a high school education.

**Figure 7: Educational Attainment for Fulton County, PA for Individuals 25 & Over (2010)**

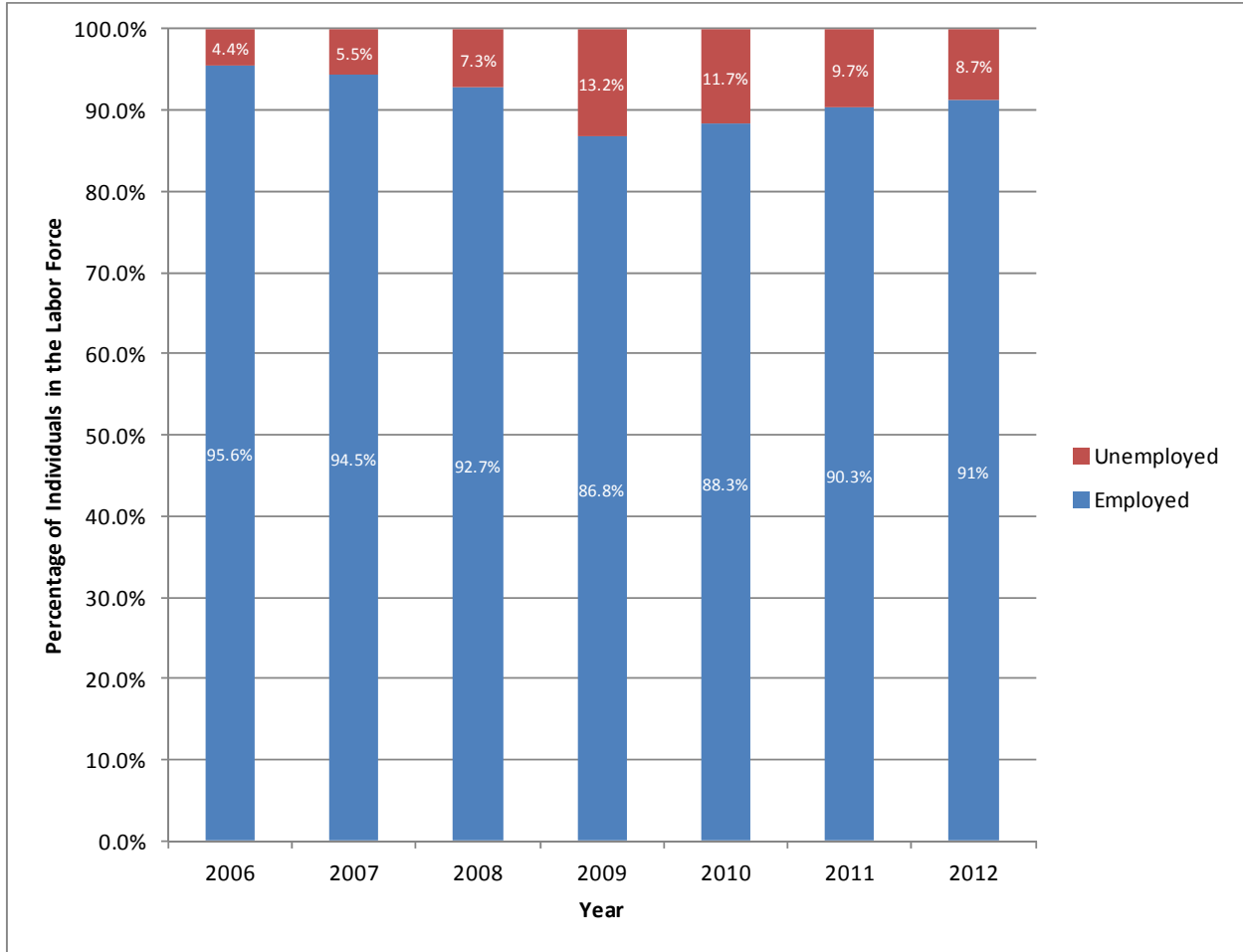


Source: U.S. Census Bureau

Like the rest of the country, Fulton County saw its unemployment level rise significantly during the recent recession. The unemployment rate is slowly improving.



**Figure 8: Trends in Unemployment Status for Fulton County PA (2006 - 2012)**



Source: Pennsylvania Department of Labor & Industry

**Table 1: Occupation Distribution for Fulton County, PA (2010)**

Occupation	Number Employed	Percentage Employed
Management, business, science, and arts occupations	1508	22.5%
Service occupations	1010	15.0%
Sales and office occupations	1574	23.4%
Natural resources, construction, and maintenance occupations	1200	17.9%
Production, transportation, and material moving occupations	1424	21.2%

Source: U.S. Census Bureau

**Table 2: Industry Distribution for Fulton County, PA (2010)**

Industry	Number Employed	Percentage Employed
Information	62	0.9%
Wholesale trade	131	2.0%
Finance and insurance, and real estate and rental and leasing	310	4.6%
Public administration	336	5.0%
Agriculture, forestry, fishing and hunting, and mining	345	5.1%
Other services, except public administration	346	5.2%
Transportation and warehousing, and utilities	368	5.5%
Arts, entertainment, and recreation, and accommodation and food services	373	5.6%
management, and administrative and waste management services	411	6.1%
Retail trade	745	11.1%
Construction	828	12.3%
Educational services, and health care and social assistance	1127	16.8%
Manufacturing	1334	19.9%

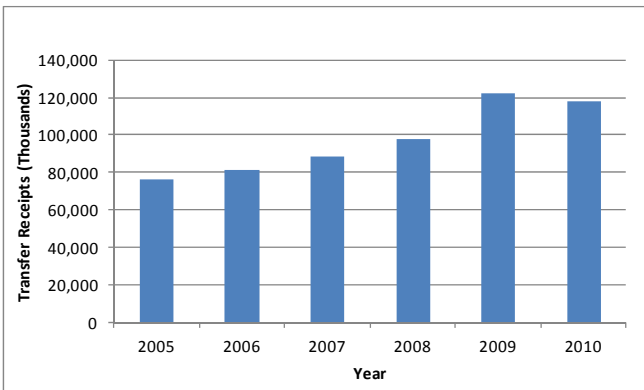
Source: U.S. Census Bureau

**Table 3: Trends in Personal Income for Fulton County, PA (2005-2010)**

Transfer Receipts	2005	2006	2007	2008	2009	2010
Personal current transfer receipts (thousands of dollars)	76060	81677	88316	97496	121959	117739
Current transfer receipts of individuals from governments	73913	79734	85925	94762	119108	114873
Retirement and disability insurance benefits	32143	34327	36593	38289	42317	44005
benefits	31116	33300	35499	37277	41337	43005
Railroad retirement and disability benefits	139	156	158	156	162	162
Workers' compensation	308	369	441	451	457	472
Other government retirement and disability insurance benefits	580	502	495	405	361	366
Medical benefits	31151	33744	35980	40443	43810	43265
Medicare benefits	16493	20206	21914	24219	25746	27004
Public assistance medical care benefits	14424	13272	13799	15943	17740	15908
Medicaid	13441	12267	12783	14808	16563	14692
Other medical care benefits	983	1005	1016	1135	1177	1216
Military medical insurance benefits	234	266	267	281	324	353
Income maintenance benefits	5365	6042	6303	7316	7427	8714
Supplemental security income (SSI) benefits	1514	1901	1962	1719	2031	1902
Family assistance	175	209	210	203	189	190
Supplemental Nutrition Assistance Program (SNAP)	874	979	1016	1155	1619	1907
Other income maintenance benefits	2802	2953	3115	4239	3588	4715
Unemployment insurance compensation	2056	2283	3650	5280	19797	13557
State unemployment insurance compensation	1932	2144	3538	5166	19553	13256
Unemployment compensation for Fed. civilian employees (UCFE)	(L)	(L)	(L)	(L)	(L)	(L)
Unemployment compensation for railroad employees	0	0	0	0	0	0
Unemployment compensation for veterans (UCX)	104	117	88	89	203	266
Other unemployment compensation	0	0	0	0	0	0
Veterans benefits	1995	2016	1711	1707	1902	2004
Veterans pension and disability benefits	1567	1601	1561	1579	1760	1816
Veterans readjustment benefits	(L)	(L)	(L)	(L)	51	102
Veterans life insurance benefits	402	393	117	97	89	84
Other assistance to veterans	0	0	0	(L)	(L)	(L)
Education and training assistance	1164	1298	1638	1667	1746	1923
Other transfer receipts of individuals from governments	(L)	(L)	50	60	2109	1405
Current transfer receipts of nonprofit institutions	1689	1616	1581	1536	1641	1728
Receipts from the Federal government	545	544	544	577	616	643
Receipts from state and local governments	322	339	329	350	386	409
Receipts from businesses	822	733	708	609	639	676
Current transfer receipts of individuals from businesses	458	327	810	1198	1210	1138

Source: Bureau of Economic Analysis

**Figure 9: Personal Current Transfer Receipts for Fulton County, PA (2005 -2010)**



Source: Bureau of Economic Analysis

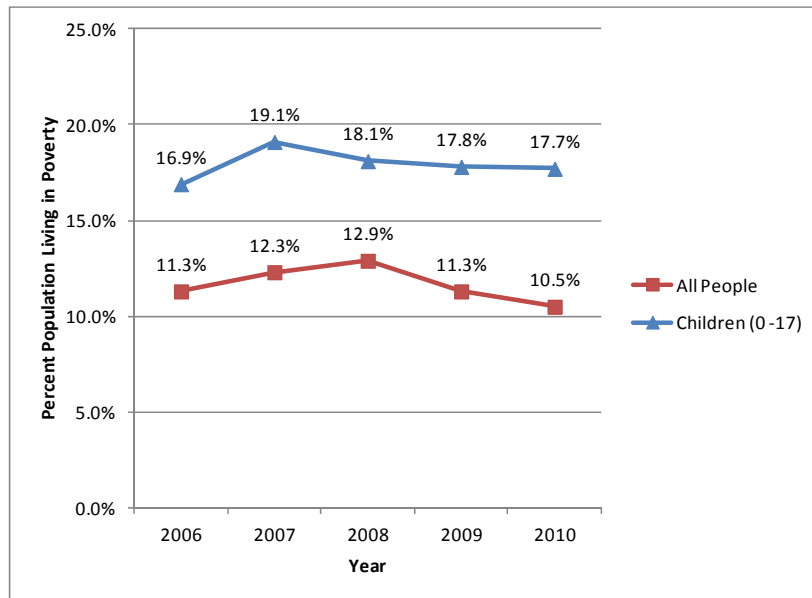
**Table 4: Trends in Personal Current Transfer Receipts for Fulton County PA (2005 - 2010)**

Transfer Receipts	2005	2006	2007	2008	2009	2010
Personal current transfer receipts (thousands of dollars)	76060	81677	88316	97496	121959	117739
Current transfer receipts of individuals from	73913	79734	85925	94762	119108	114873
Retirement and disability insurance benefits	32143	34327	36593	38289	42317	44005
benefits	31116	33300	35499	37277	41337	43005
Railroad retirement and disability benefits	139	156	158	156	162	162
Workers' compensation	308	369	441	451	457	472
Other government retirement and disability insurance benefits	580	502	495	405	361	366
Medical benefits	31151	33744	35980	40443	43810	43265
Medicare benefits	16493	20206	21914	24219	25746	27004
Public assistance medical care benefits	14424	13272	13799	15943	17740	15908
Medicaid	13441	12267	12783	14808	16563	14692
Other medical care benefits	983	1005	1016	1135	1177	1216
Military medical insurance benefits	234	266	267	281	324	353
Income maintenance benefits	5365	6042	6303	7316	7427	8714
Supplemental security income (SSI) benefits	1514	1901	1962	1719	2031	1902
Family assistance	175	209	210	203	189	190
Supplemental Nutrition Assistance Program (SNAP)	874	979	1016	1155	1619	1907
Other income maintenance benefits	2802	2953	3115	4239	3588	4715
Unemployment insurance compensation	2056	2283	3650	5280	19797	13557
State unemployment insurance compensation	1932	2144	3538	5166	19553	13256
Unemployment compensation for Fed. civilian employees (UCFE)	(L)	(L)	(L)	(L)	(L)	(L)
Unemployment compensation for railroad	0	0	0	0	0	0
Unemployment compensation for veterans (UCX)	104	117	88	89	203	266
Other unemployment compensation	0	0	0	0	0	0
Veterans benefits	1995	2016	1711	1707	1902	2004
Veterans pension and disability benefits	1567	1601	1561	1579	1760	1816
Veterans readjustment benefits	(L)	(L)	(L)	(L)	51	102
Veterans life insurance benefits	402	393	117	97	89	84
Other assistance to veterans	0	0	0	(L)	(L)	(L)
Education and training assistance	1164	1298	1638	1667	1746	1923
Other transfer receipts of individuals from	(L)	(L)	50	60	2109	1405
Current transfer receipts of nonprofit institutions	1689	1616	1581	1536	1641	1728
Receipts from the Federal government	545	544	544	577	616	643
Receipts from state and local governments	322	339	329	350	386	409
Receipts from businesses	822	733	708	609	639	676
Current transfer receipts of individuals from	458	327	810	1198	1210	1138

Source: Bureau of Economic Analysis

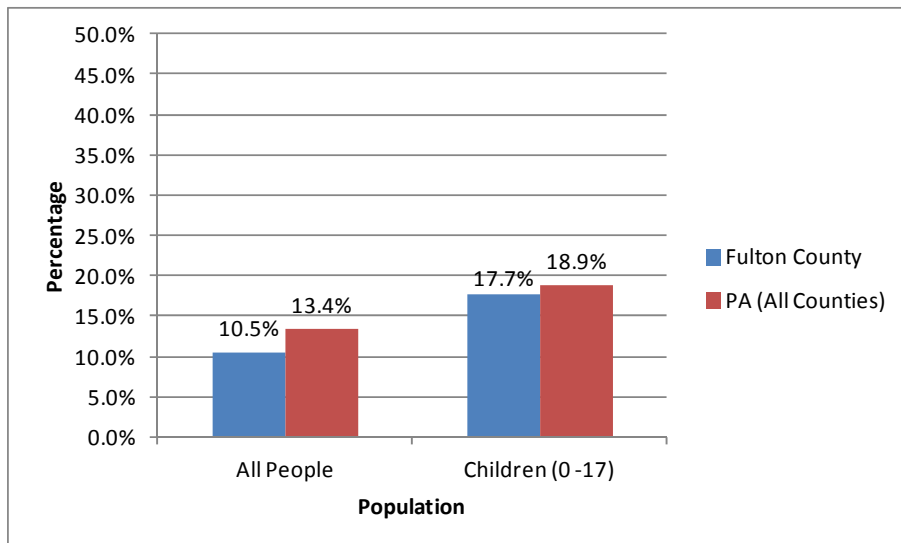
While Fulton County has a somewhat lower percentage of people living in poverty than Pennsylvania taken as a whole, 17.7% of children in Fulton County are living in poverty.

**Figure 10: Trends in Poverty for Fulton County PA (2006 - 2010)**



Source: U.S. Census Bureau

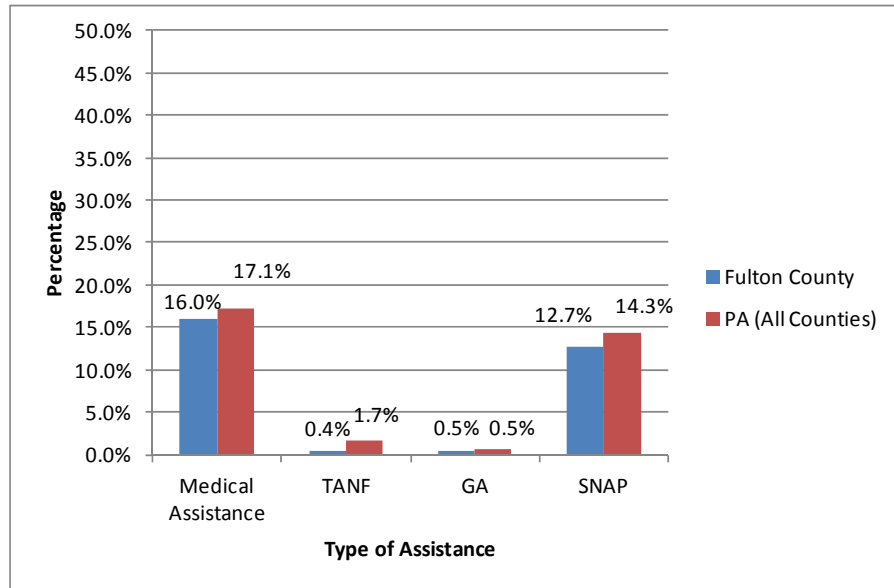
**Figure 11: Percentage of the Population Living in Poverty for Fulton County Compared to All PA Counties (2010)**



Source: U.S. Census Bureau

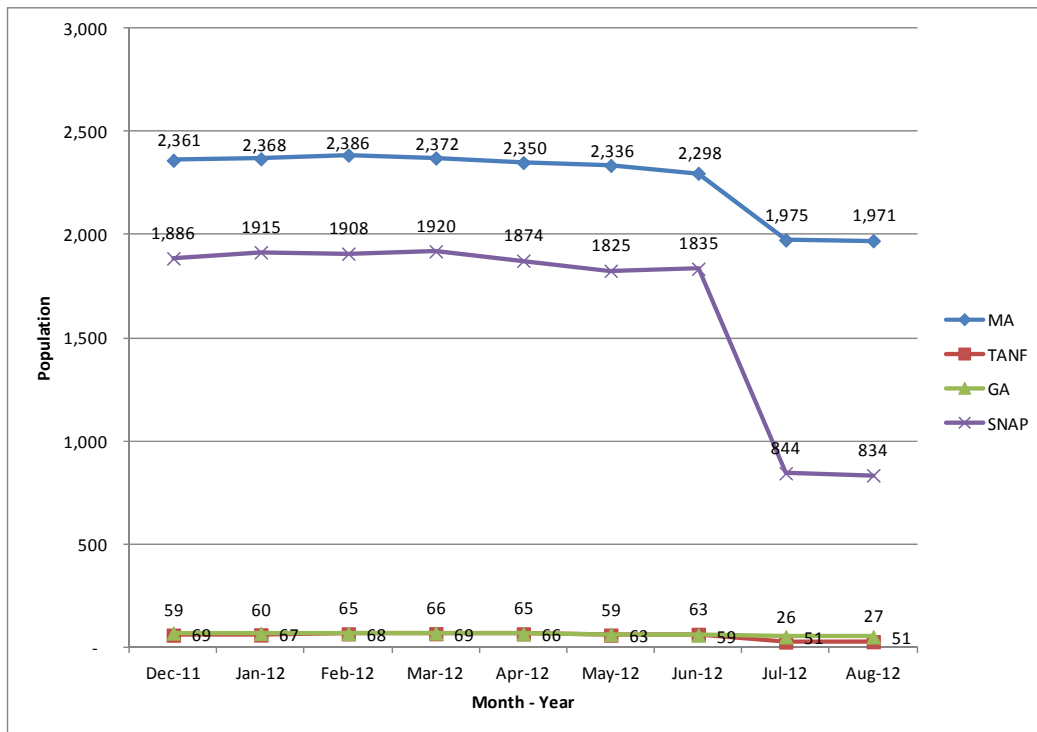
Compared to all of Pennsylvania, Fulton County has a slightly lower percentage of individuals eligible/enrolled for various type of assistance.

**Figure 12: Percentage of Individuals Eligible/Enrolled for Assistance for Fulton County Compared to All PA Counties (December 2010)**



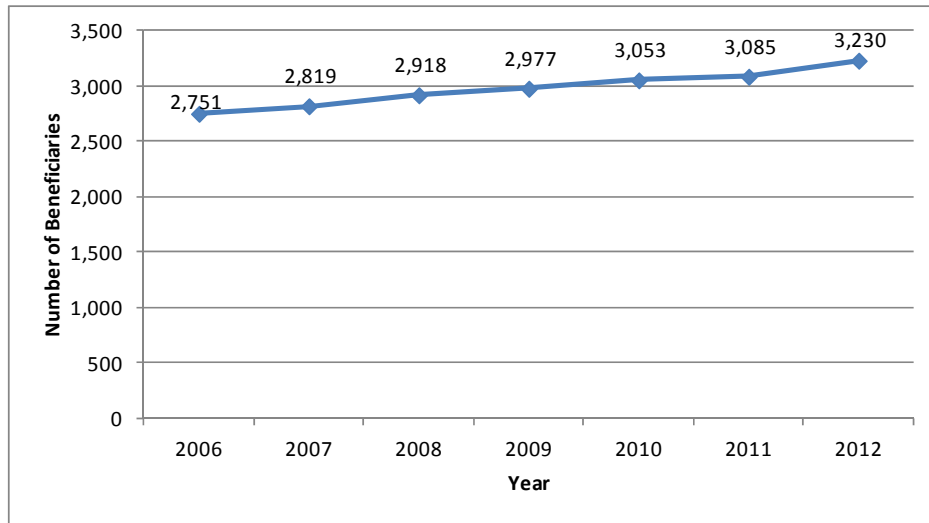
Source: Pennsylvania Department of Welfare

**Figure 13: Trends in Enrollment for Medical Assistance, TANF, General Assistance, & SNAP for Fulton County, PA (December 2010)**



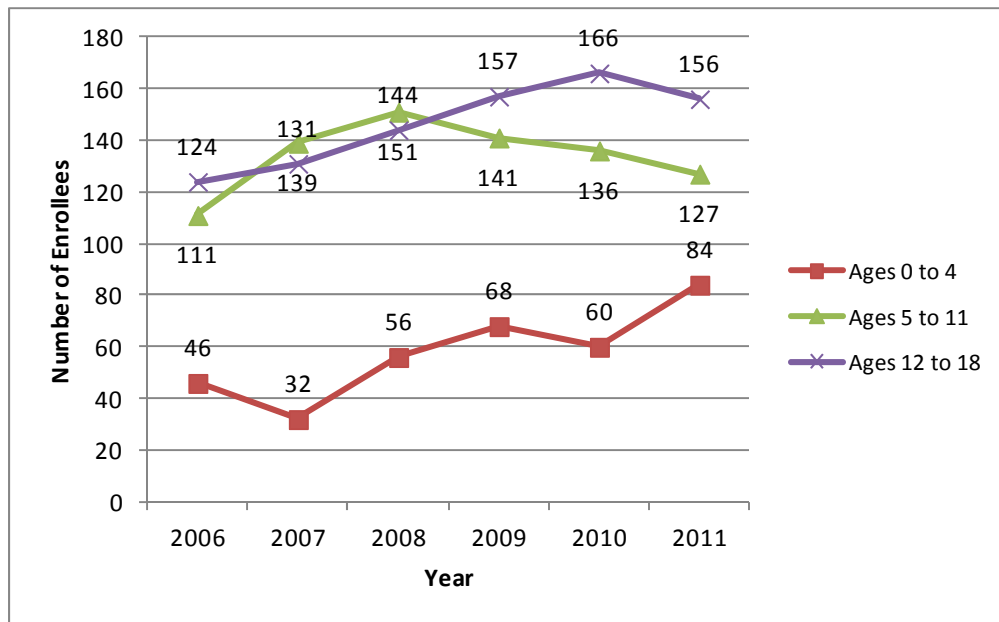
Source: Pennsylvania Department of Welfare

**Figure 14: Trends in Medicare Beneficiaries for Fulton County, PA (2006-2012)**



Source: The Henry J. Kaiser Family Foundation

**Figure 15: Trends in CHIP Enrollment by Age for Fulton County, PA (2006-2011)**



Source: The Annie E. Casey Foundation: Kids Count Data Center

## Section 5. The Health of the Community

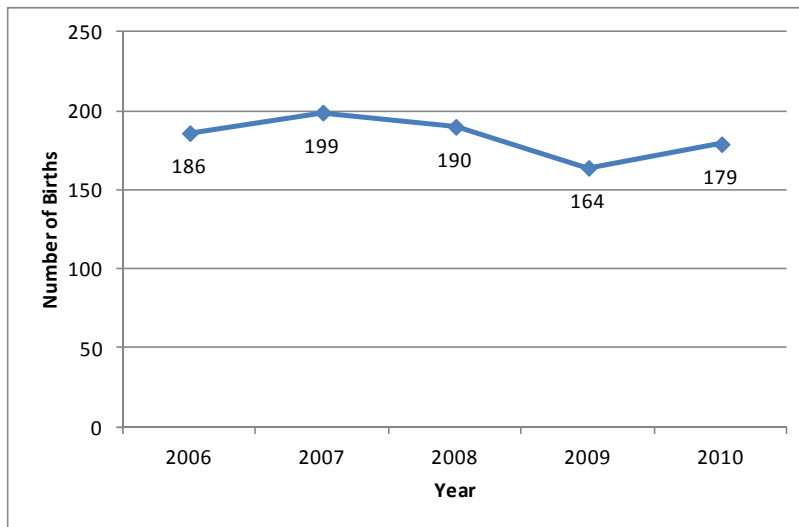
This section of the report highlights insights into community health provided by secondary data sources.

### Maternal and Child Health

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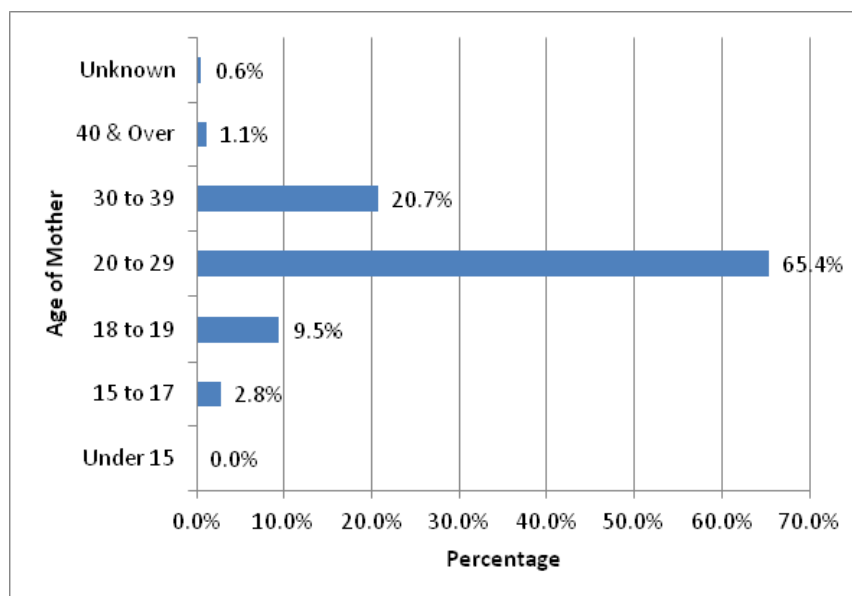
In recent years, fewer than 200 babies are born to Fulton County residents each year. Nearly 88% are born to mothers age 20 or older, while slightly over 12% are born to teenage mothers.

**Figure 16: Trends in Births for Fulton County, PA (2006-2010)**



Source: Pennsylvania Department of Health

**Figure 17: Births by Age of Mother for Fulton County, PA (2010)**



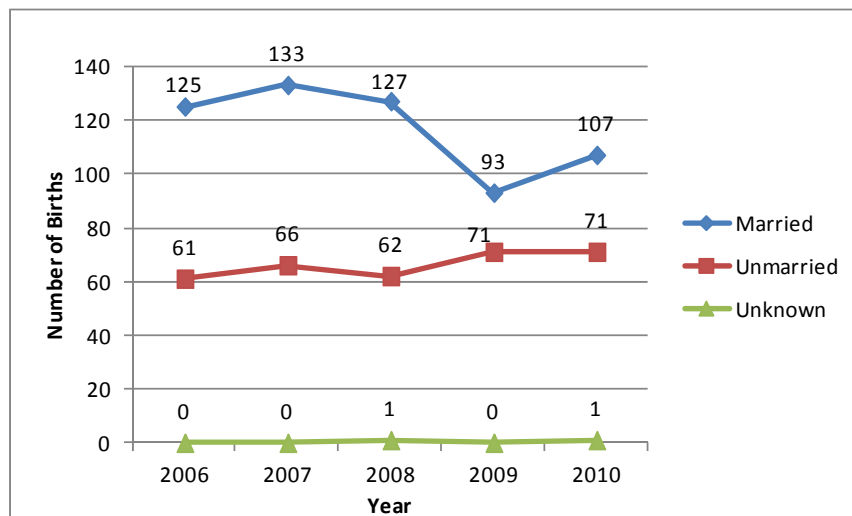
Source: Pennsylvania Department of Health

**Table 5: Trends in Births by Age of Mother (2006-2010)**

Age	2006	2007	2008	2009	2010
Under 15	0.0%	1.0%	0.0%	0.0%	0.0%
15 to 17	3.2%	1.0%	0.5%	1.2%	2.8%
18 to 19	8.1%	6.5%	4.2%	7.9%	9.5%
20 to 29	62.4%	63.3%	66.8%	67.7%	65.4%
30 to 39	25.3%	25.1%	25.3%	19.5%	20.7%
40 & Over	1.1%	3.0%	3.2%	3.7%	1.1%
Unknown	0.0%	0.0%	0.0%	0.0%	0.6%

Source: Pennsylvania Department of Health

**Figure 18: Trends in Births by Marital Status of Mother for Fulton County, PA (2010)**

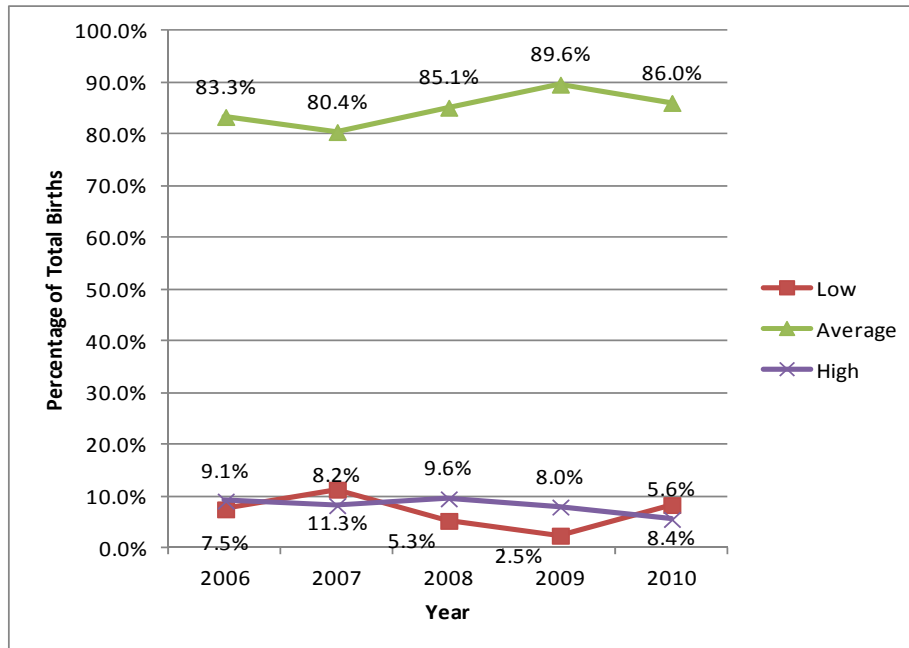


Source: Pennsylvania Department of Health



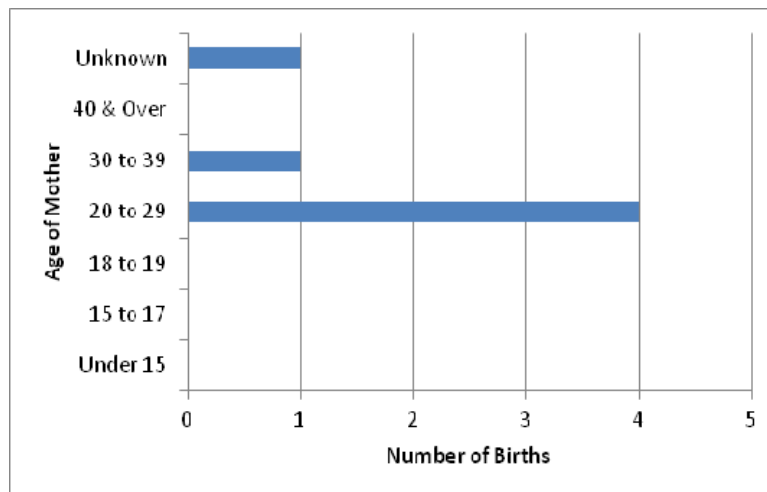
Since Fulton County is a rural county with fewer than 200 births per year, a few instances can make a significant difference in percentages, but over the past few years low birth weight babies have accounted for as many as ten percent of births and the same is true of high birth weight babies.

**Figure 19: Trends in Birth Weight for Fulton County, PA (2006-2010)**



Source: Pennsylvania Department of Health

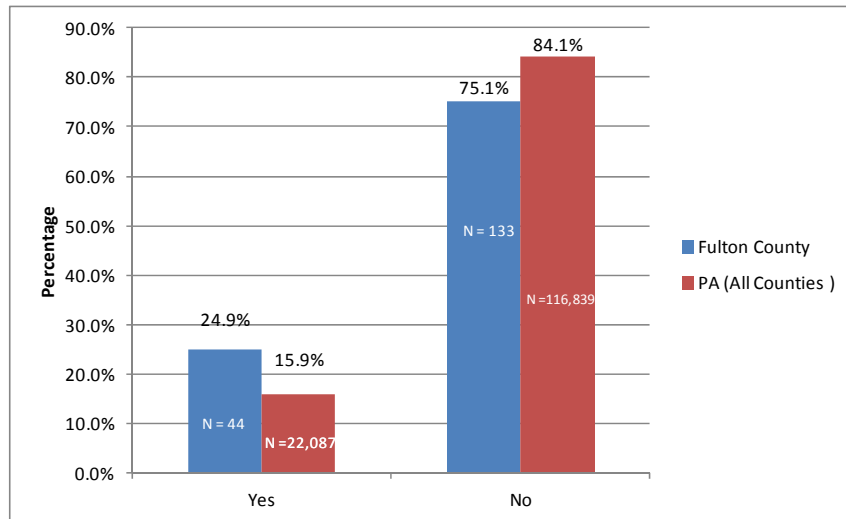
**Figure 20: Low Birth Weight by Age of Mother for Fulton County, PA (2010)**



Source: Pennsylvania Department of Health

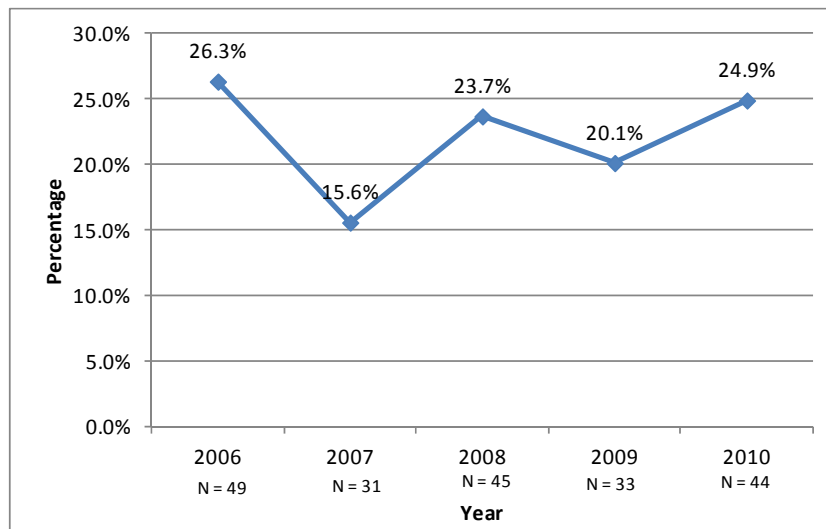
Compared to all Pennsylvania counties, Fulton County has a significantly higher percentage of women who smoke during pregnancy. Currently, nearly one in four women in Fulton County smokes during pregnancy.

**Figure 21: Percentage of Mothers Who Smoke During Pregnancy for Fulton County Compared to All PA Counties (2010)**



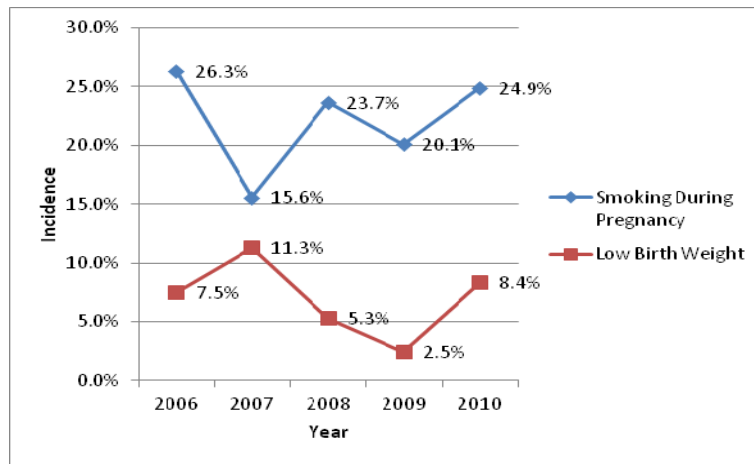
Source: Pennsylvania Department of Health

**Figure 22: Trends in Mothers Who Smoke During Pregnancy for Fulton County, PA (2006-2010)**



Source: Pennsylvania Department of Health

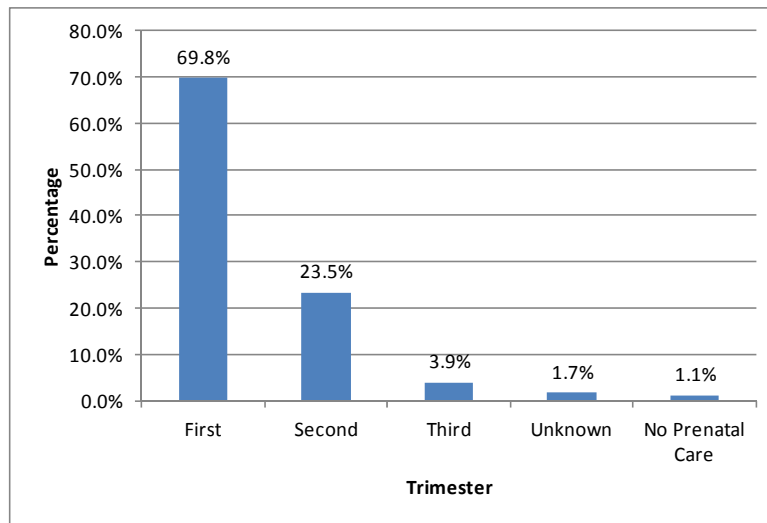
**Figure 23: Trends in Mothers Who Smoke During Pregnancy & Low Birth Weight for Fulton County, PA (2006-2010)**



Source: Pennsylvania Department of Health

Most women are receiving prenatal care in the first trimester of pregnancy, but nearly more than one in four women begins prenatal care in the second trimester or later.

**Figure 24: Trimester of Prenatal Care for Fulton County, PA (2010)**



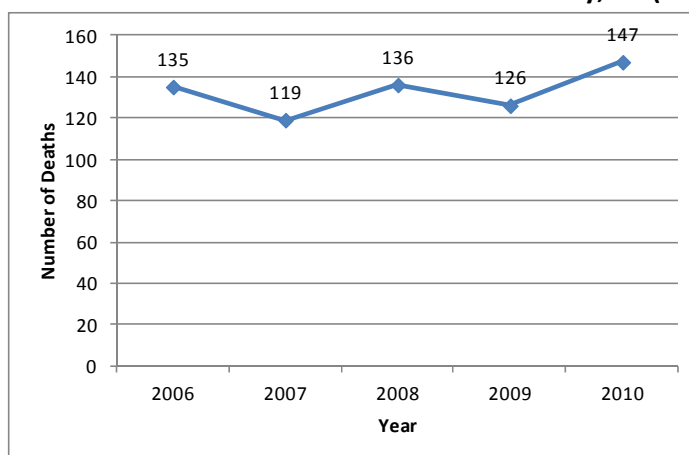
Source: Pennsylvania Department of Health

## Illness and Death

According to the 2009 Community Health Status Report for Fulton County published by the U.S Department of Health and Human Services, the average life expectancy in Fulton County is 77.7 years. This compares to a median of 76.5 years for all U.S. counties.

In Fulton County, as in all of Pennsylvania, cancer and heart disease are the leading causes of death. With a total population under 15,000 and the number of people who die each year in Fulton County between 119 and 147 for the years 2006 – 2010, a few instances can skew the percentages significantly. The charts below provide a helpful picture nonetheless.

**Figure 25: Trends in Number of Deaths for Fulton County, PA (2006-2010)**



Source: Pennsylvania Department of Health

**Table 6: Trends in Major Causes of Death for Fulton County, PA (2010)**

Cause of Death	2006	2009	2010
Cancer	25	36	34
Heart Disease	32	41	26
All other Causes	34	23	23
Diabetes Mellitus	4	3	9
Suicide	4	2	9
Nontransport Accidents	4	3	8
Motor Vehicle Accidents	5		7
Cerebrovascular Disease	7	6	5
Septicemia			5
Chronic Lower Respiratory Disease	4	5	4
Perinatal Conditions	1		3
Influenza & Pneumonia	2	1	2
Nephritis, Nephrotic Syndrome & Nephrosis	2	2	2
Alzheimer's Disease	2	2	2
Chronic Liver Disease & Cirrhosis	6	1	2
Atherosclerosis		1	2
In Situ, Benign & Uncertain Neoplasms			1
Parkinson's Disease	1		1
Multiple Sclerosis	1		1
Hernia	1		1

Source: Pennsylvania Department of Health

**Table 7: Causes of Death by Age for Fulton County, PA (2009)**

Under 5	5 to 14	15 to 19	20 to 29	30 to 39	40 to 49	50 to 59	60 to 74	75& Over
Assault (Homicide) = 1	Nontransport Accidents = 1				Cancer = 3	Heart Disease = 5	Cancer = 12	Heart Disease = 26
	Cancer = 1				Cerebrovascular Disease = 1	Cancer = 4	Heart Disease = 10	Cancer = 17
					Chronic Liver Disease &	Diabetes Mellitus = 2	All Other Causes = 5	All Other Causes = 14
					All Other Causes = 1	Cerebrovascular Disease = 1	Nontransport Accidents = 2	Cerebrovascular Disease = 4
							Chronic Lower Respiratory Disease	Chronic Lower Respiratory Disease = 4
								Nephritis, Nephrotic Syndrome & Nephrosis = 2
								Alzheimer's Disease = 2
								Suicide = 2
								Atherosclerosis = 2
								Diabetes Mellitus = 1
								Influenza & Pneumonia = 1
								Phlebitis, Thrombophlebitis, Venous Embolism &

Source: Pennsylvania Department of Health

**Table 8: Causes of Death by Age for Fulton County, PA (2010)**

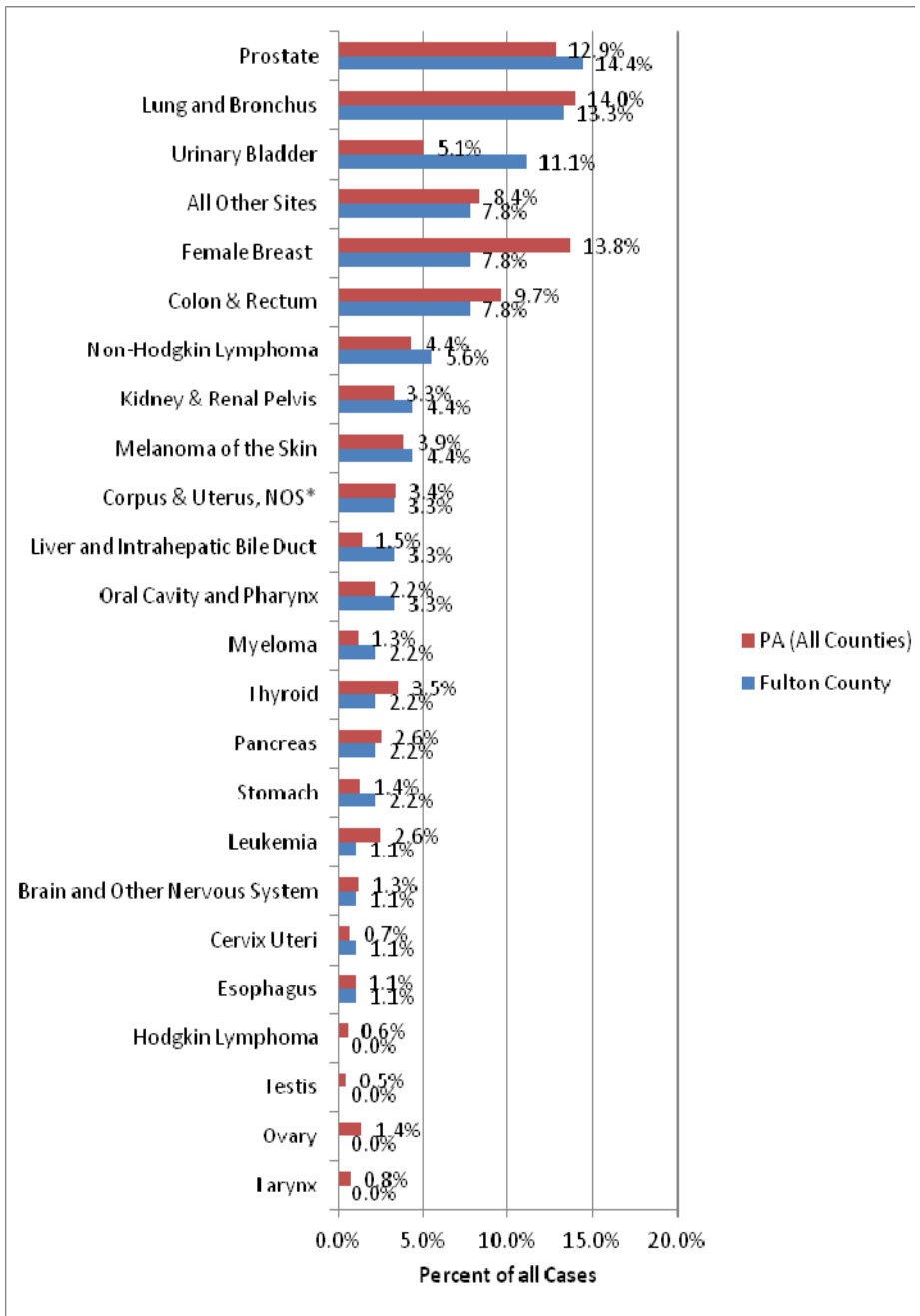
Under 5	5 to 14	15 to 19	20 to 29	30 to 39	40 to 49	50 to 59	60 to 74	75& Over
Perinatal Conditions = 3	Nontransport Accidents = 1	Motor Vehicle Accidents = 3	Nontransport Accidents = 1	Nontransport Accidents = 1	Heart Disease = 1	Suicide = 4	Cancer = 9	Cancer = 21
	Cancer = 1		Motor Vehicle Accidents = 1	Heart Disease = 1	Motor Vehicle Accidents = 1	All Other Causes = 3	Heart Disease = 5	Heart Disease = 18
				Cancer = 1	Diabetes Mellitus = 1	Cancer = 2	Diabetes Mellitus = 4	All Other Causes = 15
					Suicide = 1	Heart Disease = 1	Suicide = 4	Cerebrovascular Disease = 4
					All Other Causes = 1	Motor Vehicle Accidents = 1	All Other Causes = 4	Septicemia = 4
						Diabetes Mellitus = 1	Nontransport Accidents = 3	Chronic Lower Respiratory
						Septicemia = 1	Cerebrovascular Disease = 1	Diabetes Mellitus = 3
						Chronic Liver Disease = 1	Chronic Lower Respiratory	Nontransport Accidents = 2
						In Situ, Benign & Uncertain	Motor Vehicle Accidents = 1	Influenza & Pneumonia = 2
							Nephritis, Nephrotic	Atherosclerosis = 2
							Chronic Liver Disease &	Alzheimer's Disease = 2
							Multiple Sclerosis = 1	Parkinson's Disease = 1
								Nephritis, Nephrotic
								Hernia = 1

Source: Pennsylvania Department of Health

Taken together, in 2009 and 2010 all but one of eleven suicides occurred in people over the age of 50.

Lung and colorectal cancer were the leading causes of cancer mortality from 2006-2010.

**Figure 26: Cancer Incidence by Type for Fulton County Compared to All PA Counties (2009)**



Source: Pennsylvania Department of Health

**Table 9: Cancer Incidence by Type for Fulton County Compared to All PA Counties (2009)**

Type	Fulton County	PA (All Counties)
Prostate	13	9742
Lung and Bronchus	12	10608
Urinary Bladder	10	3845
Colon & Rectum	7	7316
Female Breast	7	10421
All Other Sites	7	6355
Non-Hodgkin Lymphoma	5	3302
Melanoma of the Skin	4	2940
Kidney & Renal Pelvis	4	2492
Oral Cavity and Pharynx	3	1670
Liver and Intrahepatic Bile Duct	3	1110
Corpus & Uterus, NOS	3	2595
Stomach	2	1030
Pancreas	2	1948
Thyroid	2	2686
Myeloma	2	948
Esophagus	1	827
Cervix Uteri	1	559
Brain and Other Nervous System	1	976
Leukemia	1	1937
Larynx	0	571
Ovary	0	1076
Testis	0	380
Hodgkin Lymphoma	0	446

Source: Pennsylvania Department of Health

**Table 10: Trends in Cancer Incidence by Type for Fulton County, PA (2006-2009)**

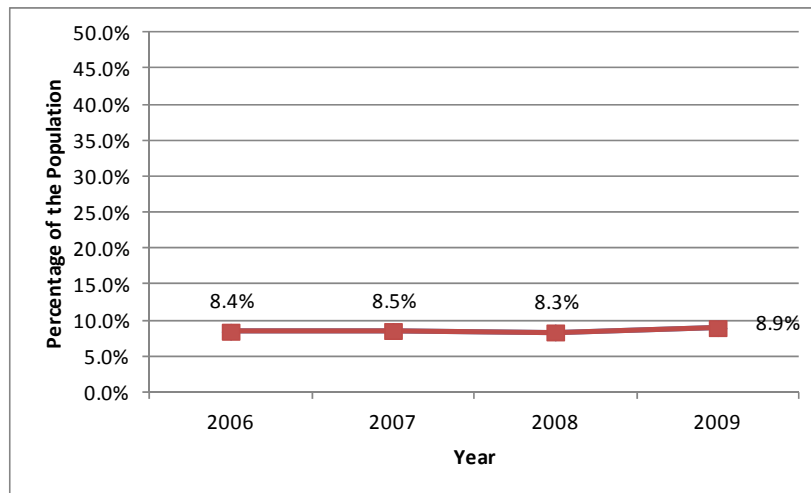
Type	2006	2007	2008	2009
Prostate	17	10	20	13
Lung and Bronchus	11	17	11	12
Urinary Bladder	6	2	2	10
Colon & Rectum	14	8	6	7
Female Breast	12	9	7	7
All Other sites	5	6	5	7
Non-Hodgkin Lymphoma	3	4	8	5
Melanoma of the Skin	2	8	6	4
Kidney & Renal Pelvis	2	3	3	4
Oral Cavity and Pharynx	1	2	1	3
Liver and Intrahepatic Bile Duct	1	1	3	3
Corpus & Uterus, NOS	3	1	1	3
Stomach	0	1	1	2
Pancreas	2	2	4	2
Thyroid	2	2	4	2
Myeloma	1	0	0	2
Esophagus	0	2	1	1
Cervix Uteri	0	0	0	1
Brain and Other Nervous System	1	1	2	1
Leukemia	0	1	4	1
Larynx	1	1	0	0
Testis	1	0	0	0
Hodgkin Lymphoma	0	0	1	0
Ovary	1	3	3	0

**Table 11: Trends in Cancer Mortality by Type for Fulton County, PA (2006-2010)**

Type	2006	2007	2008	2009	2010
Lung and Bronchus	13	5	7	14	10
All Other sites	2	3	3	0	6
Colon & Rectum	2	5	4	7	3
Non-Hodgkin Lymphoma	0	2	2	1	3
Pancreas	0	2	1	2	2
Female Breast	1	2	0	2	2
Prostate	1	0	2	2	2
Stomach	1	0	0	0	1
Liver and Intrahepatic Bile Duct	1	1	1	2	1
Corpus & Uterus, NOS	0	0	0	0	1
Kidney & Renal Pelvis	2	1	2	1	1
Myeloma	1	1	2	0	1
Leukemia	0	1	0	0	1
Oral Cavity and Pharynx	0	1	0	0	0
Esophagus	0	1	1	2	0
Larynx	0	0	0	0	0
Melanoma of the Skin	1	0	0	2	0
Cervix Uteri	0	0	0	0	0
Ovary	0	3	3	0	0
Testis	0		0	0	0
Urinary Bladder	0	2	1	0	0
Brain and Other Nervous System	0	0	1	0	0
Thyroid	0	0	0	0	0
Hodgkin Lymphoma	0	0	0	1	0

Source: Pennsylvania Department of Health

**Figure 27: Trends in Diagnosed Diabetes for Fulton County, PA (2006-2009)**



Source: Centers for Disease Control and Prevention: National Diabetes Surveillance System

While the rates of most communicable diseases have remained fairly constant from year to year, in both 2009 and 2010 reported rates of Lyme disease were significantly higher than previous years.

**Table 12: Trends in Reported Cases of Communicable Diseases for Fulton County, PA (2006-2010)**

Communicable Disease	2006	2007	2008	2009	2010
Lyme Disease	5	6	7	30	30
Chlamydia	9	20	4	12	13
Campylobacter	0	6	4	9	6
Gonorrhea	2	4	0	3	3
Hepatitis B Chronic	0	0	0	1	2
Salmonellosis	3	3	5	5	2
AIDS	1	1	0	0	1
Primary & Secondary Syphilis	0	0	0	0	0
Tuberculosis	0	0	0	0	0
Giardiasis	0	1	0	1	0
Shigellosis	0	0	0	1	0

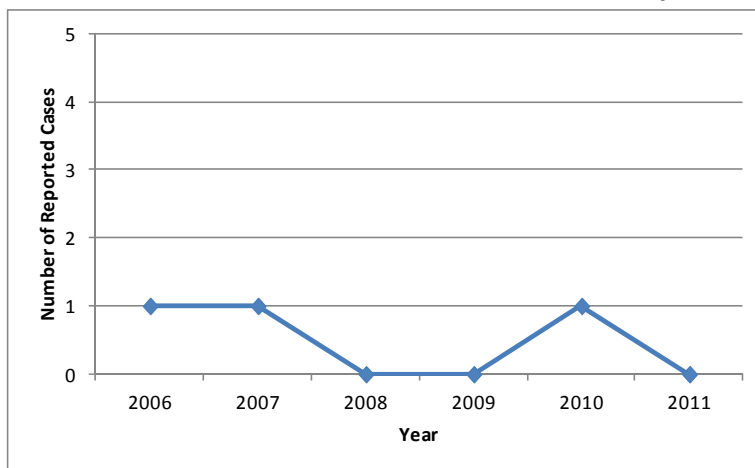
Source: Pennsylvania Department of Health

**Table 13: Reported Cases of Communicable Diseases for Fulton County Compared to All Counties in PA (2010)**

Communicable Disease	Fulton County	PA (All Counties)
HIV Diagnosis	1	1,446
Chlamydia	13	47,518
Gonorrhea	3	12,883
Primary & Secondary Syphilis	0	369
Tuberculosis	0	238
Campylobacter	6	1,649
Hepatitis B Chronic	2	1,470
Lyme Disease	30	3,805
Salmonellosis	2	1,893

Source: Pennsylvania Department of Health

**Figure 28: Trends in Annual Incidence of AIDS for Fulton County, PA (2006-2011)**



Source: Pennsylvania Department of Health

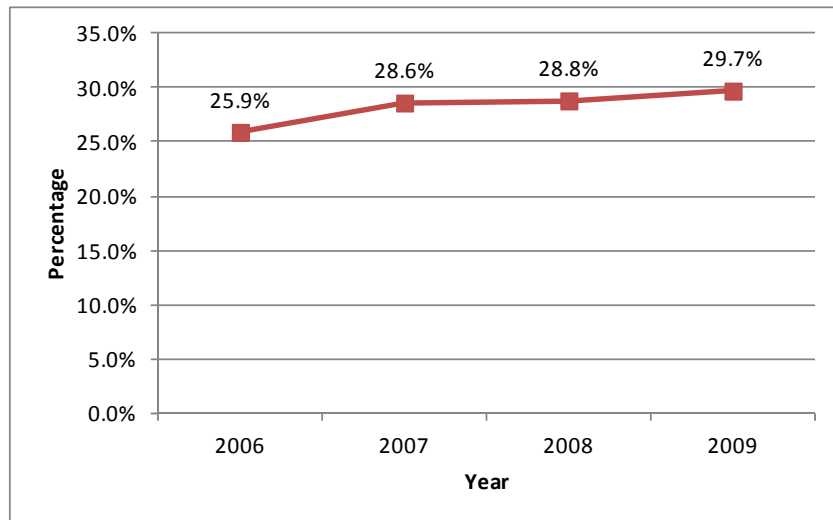


## Behavioral Risk Factors

Many factors influence the overall health of the community, including individual behaviors. Health and safety are improved when risky behaviors are modified.

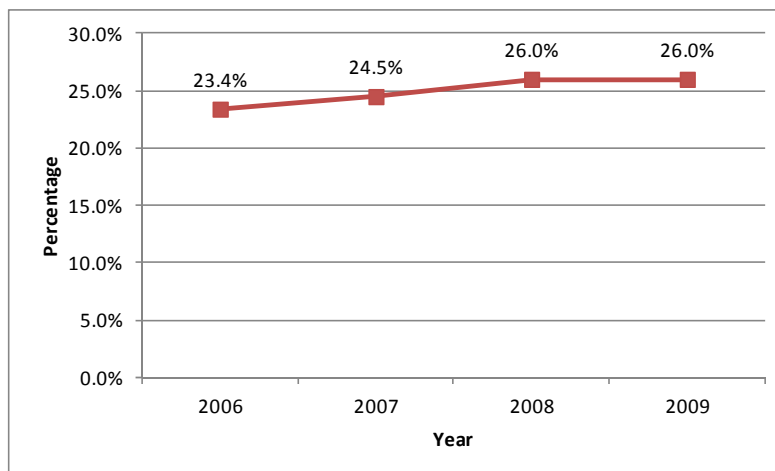
Obesity and lack of exercise contribute to many acute and chronic diseases. In Fulton County, rates of obesity and physical inactivity are increasing slowly but steadily. Nearly 30% of the population is obese and more than one in four people in Fulton County is physically inactive.

**Figure 29: Trends in Obesity for Fulton County, PA (2006-2009)**



Source: Centers for Disease Control and Prevention: National Diabetes Surveillance System

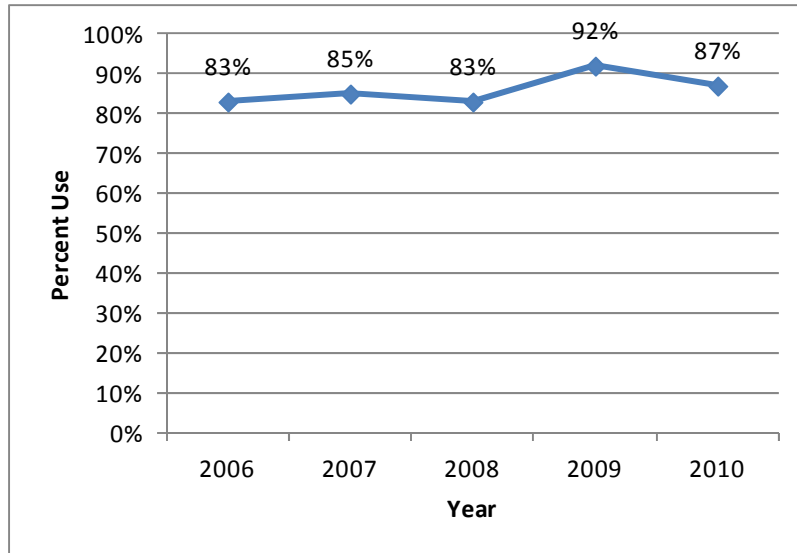
**Figure 30: Trends in Physical Inactivity for Fulton County, PA (2006-2009)**



Source: Centers for Disease Control and Prevention: National Diabetes Surveillance System

While the number of fatalities from motor vehicle accidents varies from year to year, crashes that involve property damage and injury continue to be a concern in Fulton County. In 13% of crashes in 2010 the individuals involved were not wearing seatbelts. Driving while under the influence of alcohol or other substances is an ongoing concern as are other health and legal issues related to drinking and drug use. According to the 2011 Pennsylvania Youth Survey Report, one in five twelfth graders reported driving under the influence of alcohol on at least one occasion and nearly 16% reported having driven under the influence of marijuana.

**Figure 31: Trends in Seat Belt Use During Crashes for Fulton County, PA (2006-2010)**



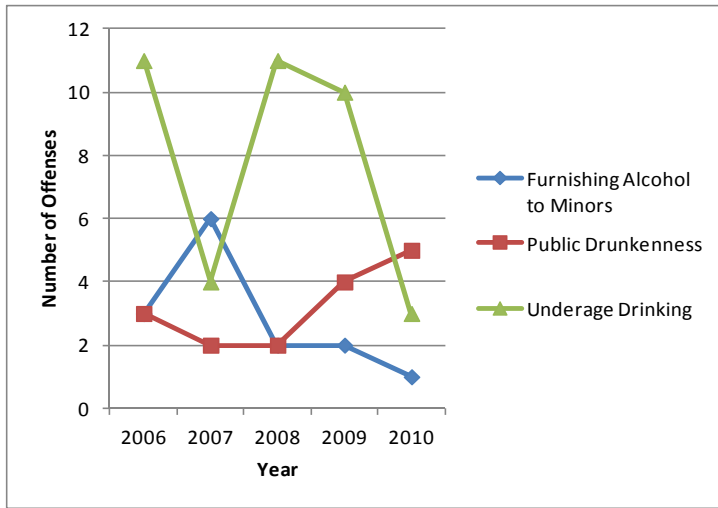
Source: Pennsylvania Department of Transportation

**Table 14: Trends in DUI's for Fulton County, PA (2006-2010)**

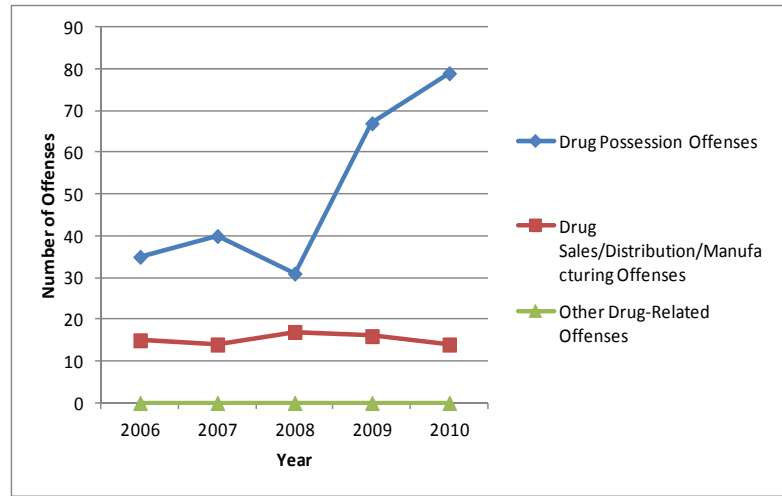
	2006	2007	2008	2009	2010
DUI (Alcohol)	65	42	52	76	73
DUI (Alcohol and Substances)	0	1	1	3	3
DUI (Minors)	9	2	7	6	3
DUI (Substances)	1	1	4	2	9
Aggravated Assault or Homicide while DUI	75	46	64	87	88
Driving while license suspended due to DUI	0	0	2	4	2

Source: Administrative Office of Pennsylvania Courts

**Figure 32: Trends in Alcohol (Non-DUI) Offenses for Fulton County, PA (2006-2010)**

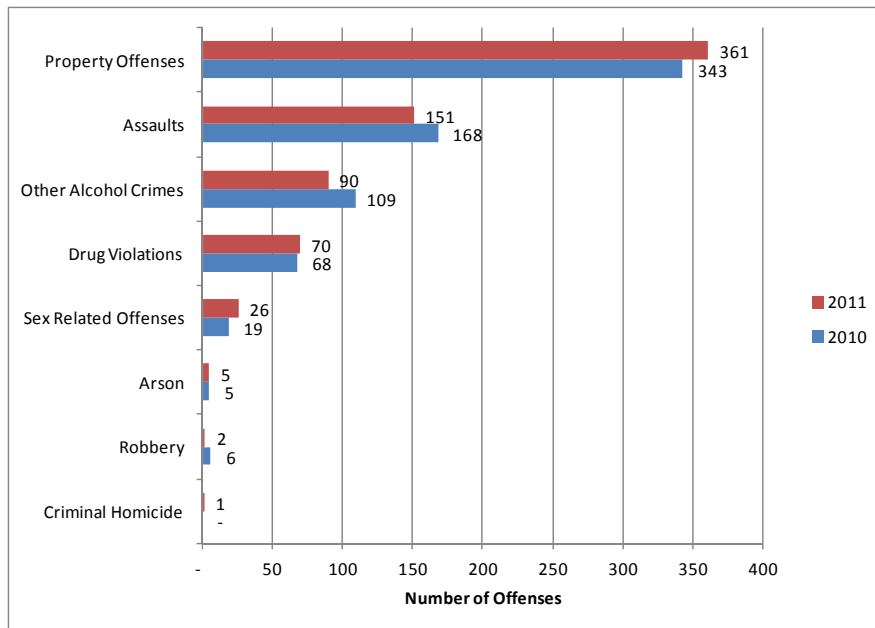


**Figure 33: Trends in Drug (Non-DUI) Offenses for Fulton County, PA (2006-2010)**



Source: Administrative Office of Pennsylvania Courts

**Figure 34: Criminal Offenses by Type for Fulton County, PA (2010-2011)**



Source: Administrative Office of Pennsylvania Courts

## Youth

In the fall of 2011, youth in schools throughout Fulton County participated in the Pennsylvania Youth Survey Report (PAYS) conducted by the Pennsylvania Commission on Crime and Delinquency. All together 485 students in grades 6,8,10 and 12 participated in the survey.

Compared to Pennsylvania statewide, youth in Fulton County reported a higher level of most forms of bullying and of violence on school property, but a lower rate of drinking and drugs on school property, although 12% of twelfth graders in Fulton County report having been drunk or high at school.

**Table 15: Percentage of Youth Reporting Bullying at School or Sexual Harassment on the Internet in the Past Year, Fulton County 2011**

	Female	Male	6th	7th	8th	9th	10th	11th	12th	Overall
	%	%	%	%	%	%	%	%	%	%
Been hit, kicked, pushed, or shoved around	23.9	27.7	25.5	--	31.2	--	26.4	--	20.2	25.9
Been called names, made fun of, or teased	47.6	43.4	45.3	--	51.6	--	36.8	--	46.5	45.3
Been left out of things on purpose	39.1	30.5	39.4	--	39.2	--	24.8	--	32.5	34.5
Other students telling lies or spreading false rumors	61.1	48.4	54.7	--	54.4	--	48.1	--	59.6	54.4
Other students taking money or damaging your things	19.9	15.3	14.6	--	20	--	17.1	--	18.4	17.5
Other students threatening or forcing you to do things	16.4	13.8	19.9	--	16.8	--	13.3	--	8.8	15
Other students using the internet or a cell phone to threaten or embarrass you	20.8	8.3	13.2	--	12	--	19	--	13.2	14.2
Sexual harassment on the internet	15.5	9.4	5.8	--	16.1	--	17.9	--	10.6	12.3

Source: Pennsylvania Youth Survey

**Table 16: Percentage of Youth Reporting Bullying at School or Sexual Harassment on the Internet in the Past Year, Pennsylvania Statewide 2011**

	Female	Male	6th	7th	8th	9th	10th	11th	12th	Overall
	%	%	%	%	%	%	%	%	%	%
Been hit, kicked, pushed, or shoved around	12.5	19.5	20	--	21.5	--	13.2	--	9.4	15.9
Been called names, made fun of, or teased	43.7	39.8	39.1	--	48.4	--	43.2	--	35.9	41.7
Been left out of things on purpose	38.2	27.7	30.4	--	36.2	--	33.4	--	31.5	32.9
Other students telling lies or spreading false rumors	54.6	45.8	45.3	--	55.7	--	50.9	--	48.8	50.3
Other students taking money or damaging your things	18.7	20.9	16.3	--	23.6	--	20.3	--	18.6	19.8
Other students threatening or forcing you to do things	11.4	11.9	11.4	--	15	--	11.5	--	8.9	11.7
Other students using the internet or a cell phone to threaten or embarrass you	15.6	8.6	7.3	--	14.7	--	13.3	--	13	12.1
Sexual harassment on the internet	15.5	9	6.1	--	13.9	--	15	--	13.4	12.3

Source: Pennsylvania Youth Survey

**Table 17: Percentage of Youth Reporting Violence or Drugs on School Property in the Past Year, Fulton County 2011**

	6th	7th	8th	9th	10th	11th	12th	Overall
	%	%	%	%	%	%	%	%
Threatened to be hit or beaten up	15.9	--	28.2	--	16.5	--	18.6	19.9
Attacked or beaten up	8.7	--	12.9	--	9.7	--	8.0	9.8
Threatened with a weapon	7.3	--	3.2	--	3.9	--	5.3	5.0
Attacked with a weapon	0.7	--	1.6	--	1.0	--	0.0	0.8
Been offered, given, or sold an illegal drug	0.0	--	4.0	--	10.7	--	12.3	6.3

Source: Pennsylvania Youth Survey

**Table 18: Percentage of Youth Reporting Violence or Drugs on School Property in the Past Year, Pennsylvania Statewide 2011**

	6th	7th	8th	9th	10th	11th	12th	Overall
	%	%	%	%	%	%	%	%
Threatened to be hit or beaten up	16.0	--	21.6	--	17.5	--	12.9	17.0
Attacked or beaten up	8.2	--	8.3	--	6.4	--	4.6	6.8
Threatened with a weapon	2.6	--	2.9	--	2.9	--	1.9	2.6
Attacked with a weapon	1.0	--	0.9	--	1.0	--	0.9	0.9
Been offered, given, or sold an illegal drug	1.5	--	7.2	--	15.0	--	18.3	10.8

Source: Pennsylvania Youth Survey

**Table 19: Prevalence of Other Antisocial Behaviors, Fulton County 2011**

	6th	7th	8th	9th	10th	11th	12th	Overall
	%	%	%	%	%	%	%	%
Attacking Someone with Intent to Harm	8.0	--	13.6	--	10.9	--	7.0	9.9
Attempting to Steal a Vehicle	0.0	--	0.0	--	2.9	--	0.0	0.6
Being Arrested	0.7	--	1.6	--	3.9	--	3.5	2.3
Being Drunk or High at School	2.9	--	1.6	--	4.8	--	12.3	5.2
Getting Suspended	4.4	--	11.3	--	10.8	--	9.7	8.8
Selling Drugs	0.0	--	0.0	--	1.0	--	3.5	1.0
Bringing a Weapon to School	1.5	--	4.9	--	3.0	--	7.9	4.2
Average	2.5	--	4.7	--	5.3	--	6.3	4.6

Source: Pennsylvania Youth Survey

**Table 20: Prevalence of Other Antisocial Behaviors, Pennsylvania Statewide 2011**

	6th	7th	8th	9th	10th	11th	12th	Overall
	%	%	%	%	%	%	%	%
Attacking Someone with Intent to Harm	5.2	--	8.8	--	9.2	--	8.6	8.0
Attempting to Steal a Vehicle	0.3	--	1.2	--	1.7	--	1.8	1.3
Being Arrested	1.0	--	3.0	--	4.3	--	4.8	3.4
Being Drunk or High at School	1.0	--	4.7	--	11.5	--	15.9	8.5
Getting Suspended	5.1	--	7.5	--	7.9	--	8.0	7.2
Selling Drugs	0.3	--	1.7	--	6.1	--	9.8	4.6
Bringing a Weapon to School	1.0	--	1.8	--	2.1	--	2.7	1.9
Average	2.0	--	4.1	--	6.1	--	7.4	5.0

Source: Pennsylvania Youth Survey

Nearly half of Fulton County twelfth graders report drinking alcohol in the 30 days prior to the survey and nearly one in five reported binge drinking in the past 30 days. More than one in five twelfth graders reported using marijuana in the past 30 days. Fulton County youth report much higher rates of using smokeless tobacco than do youth across Pennsylvania, nearly twice as much overall. Sixth graders in Fulton County report significantly higher rates of using alcohol and cigarettes than sixth graders across Pennsylvania. Student lifetime use of cocaine, crack cocaine, heroin and hallucinogens is lower in Fulton County than across Pennsylvania, but use of methamphetamines and steroids is higher. National data from the *Monitoring the Future* survey indicate that “compared to their national counterparts, Fulton County students reported a higher average level of lifetime smokeless tobacco use and lower average levels of lifetime marijuana, Ecstasy, hallucinogen, cocaine and inhalant use. It is interesting to note that 57.1% of 10<sup>th</sup> graders and 58.8% of 12<sup>th</sup> graders reported that their parents would feel it would be very wrong for their child to drink alcohol regularly.

**Table 21: Past-30-Day Use of Alcohol, Tobacco and Other Drugs Fulton County**

	Fulton County 2011								Monitoring for the Future		
	6th	7th	8th	9th	10th	11th	12th	Overall	8th	10th	12th
	%	%	%	%	%	%	%	%			
Alcohol	10.9	--	27.8	--	38.7	--	46.0	29.7	12.7	27.2	40.0
Binge Drinking	1.5	--	9.6	--	13.5	--	19.3	10.4	6.4	14.7	21.6
Cigarettes	0.7	--	4.8	--	8.6	--	18.4	7.7	6.1	11.8	18.7
Smokeless Tobacco	2.9	--	9.5	--	13.3	--	27.4	12.7	3.5	6.6	8.3
Marijuana	0.0	--	1.6	--	2.8	--	9.7	3.3	7.2	17.6	22.6
Inhalants	8.8	--	6.4	--	3.8	--	2.6	5.6	3.2	1.7	1.0
Cocaine	0.0	--	0.0	--	1.0	--	0.9	0.4	0.8	0.7	1.1
Crack Cocaine	0.7	--	0.0	--	1.0	--	0.0	0.4	0.5	0.4	0.5
Heroin	0.0	--	0.0	--	0.0	--	0.0	0.0	0.4	0.4	0.4
Hallucinogens	0.0	--	0.0	--	1.9	--	0.0	0.4	1.0	1.4	1.6
Methamphetamine	0.7	--	0.0	--	0.0	--	0.0	0.2	0.4	0.5	0.6
Ecstasy	0.0	--	0.0	--	1.0	--	0.0	0.2	0.6	1.6	2.3
Steroids	0.7	--	0.0	--	2.9	--	2.6	1.5	0.4	0.5	0.7
Any Illicit Drug (Other than Marijuana)	10.1	--	6.3	--	6.7	--	6.1	7.4	--	--	--

Source: Pennsylvania Youth Survey

**Table 22: Past-30-Day Use of Alcohol, Tobacco and Other Drugs, Pennsylvania Statewide 2011**

	6th	7th	8th	9th	10th	11th	12th	Overall
	%	%	%	%	%	%	%	%
Alcohol	4.0	--	14.1	--	28.9	--	44.2	23.3
Binge Drinking	1.5	--	5.1	--	15.0	--	26.9	12.4
Cigarettes	0.7	--	5.3	--	11.7	--	19.4	9.5
Smokeless Tobacco	0.5	--	3.1	--	7.3	--	11.4	5.7
Marijuana	0.5	--	4.5	--	14.9	--	21.9	10.7
Inhalants	4.7	--	6.4	--	4.0	--	3.2	4.5
Cocaine	0.0	--	0.4	--	0.8	--	1.4	0.7
Crack Cocaine	0.1	--	0.5	--	0.2	--	0.5	0.3
Heroin	0.0	--	0.1	--	0.1	--	0.6	0.2
Hallucinogens	0.0	--	0.9	--	1.7	--	2.4	1.3
Methamphetamine	0.1	--	0.2	--	0.3	--	0.5	0.3
Ecstasy	0.1	--	0.5	--	0.8	--	2.4	1.0
Steroids	0.2	--	0.6	--	0.4	--	0.9	0.5
Any Illicit Drug (Other than Marijuana)	4.9	--	7.3	--	6.2	--	6.8	6.3

Source: Pennsylvania Youth Survey

**Table 23: Lifetime Use of Alcohol, Tobacco and Other Drugs Fulton County**

	Fulton County 2011								Monitoring for the Future		
	6th	7th	8th	9th	10th	11th	12th	Overall	8th	10th	12th
	%	%	%	%	%	%	%	%			
Alcohol	22.5	--	40.0	--	50.5	--	73.7	45.2	33.1	56	70
Cigarettes	11.6	--	18.3	--	28.6	--	42.1	24.2	18.4	30.4	40
Smokeless Tobacco	9.5	--	15.9	--	29.5	--	42.5	23.3	9.7	15.6	16.9
Marijuana	0.7	--	3.2	--	11.9	--	30.7	10.9	16.4	34.5	45.5
Inhalants	10.2	--	8.8	--	5.9	--	10.5	9	13.1	10.1	8.1
Cocaine	0	--	0.0	--	1.0	--	1.8	0.6	2.2	3.3	5.2
Crack Cocaine	0.7	--	0.0	--	1.0	--	1.8	0.8	1.5	1.6	1.9
Heroin	0	--	0.0	--	0.0	--	0.0	0	1.2	1.2	1.4
Hallucinogens	0	--	0.8	--	3.9	--	0.9	1.3	3.3	6	8.3
Methamphetamine	0.7	--	0.0	--	2.0	--	0.0	0.6	1.3	2.1	2.1
Ecstasy	0	--	0.0	--	2.9	--	1.8	1	2.6	6.6	8
Steroids	0.7	--	2.4	--	3.9	--	2.6	2.3	1.2	1.4	1.8
Any Illicit Drug (Other than Marijuana)	11.6	--	10.3	--	10.7	--	13.2	11.4	--	--	--

Source: Pennsylvania Youth Survey

**Table 24: Lifetime Use of Alcohol, Tobacco and Other Drugs, Pennsylvania Statewide 2011**

	6th	7th	8th	9th	10th	11th	12th	Overall
	%	%	%	%	%	%	%	%
Alcohol	14.9	--	36.7	--	53.2	--	68.4	44.0
Cigarettes	4.2	--	15.6	--	28.5	--	43.1	23.3
Smokeless Tobacco	1.7	--	6.5	--	13.4	--	23.6	11.5
Marijuana	0.7	--	7.9	--	24.9	--	40.5	19.0
Inhalants	6.6	--	10.5	--	8.7	--	8.6	8.6
Cocaine	0.1	--	0.5	--	1.5	--	4.0	1.6
Crack Cocaine	0.1	--	0.5	--	0.5	--	1.2	0.6
Heroin	0.0	--	0.2	--	0.3	--	1.0	0.4
Hallucinogens	0.1	--	0.9	--	3.2	--	6.1	2.5
Methamphetamine	0.1	--	0.3	--	0.4	--	1.1	0.5
Ecstasy	0.1	--	0.7	--	2.0	--	5.5	2.1
Steroids	0.4	--	0.5	--	0.8	--	1.4	0.8
Any Illicit Drug (Other than Marijuana)	6.9	--	11.3	--	11.8	--	15.4	11.4

Source: Pennsylvania Youth Survey

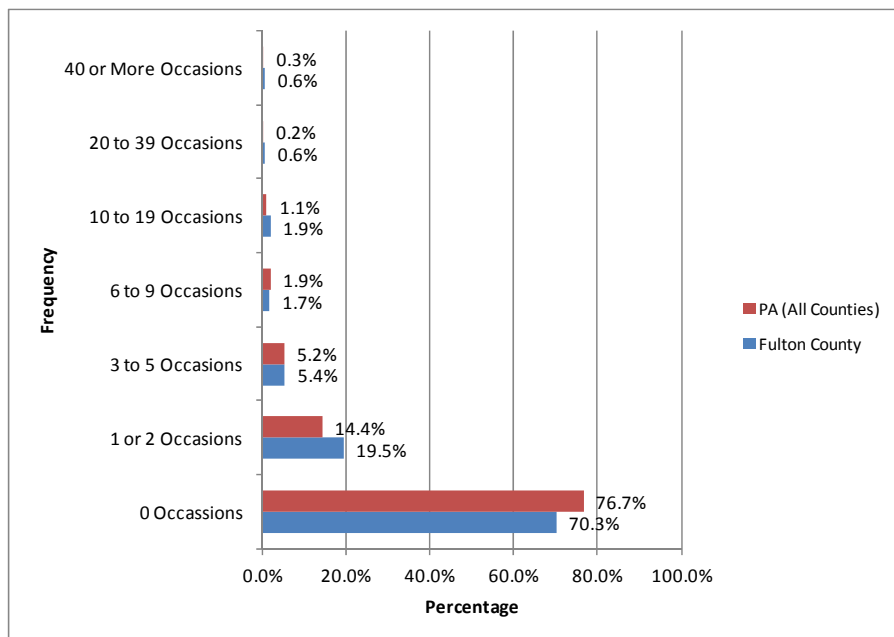
**Table 25: Past 30 - Day Prevalence of Alcohol, Tobacco and Other Drug Use for Fulton County Compared to All PA Counties (2011)**

	Fulton County	PA (All Counties)
Alcohol	29.7%	23.3%
Binge Drinking	10.4%	12.4%
Cigarettes	7.7%	9.5%
Smokeless Tobacco	12.7%	5.7%
Marijuana	3.3%	10.7%
Inhalants	5.6%	4.5%
Cocaine	0.4%	0.7%
Crack Cocaine	0.4%	0.3%
Heroin	0.0%	0.2%
Hallucinogens	0.4%	1.3%
Methamphetamine	0.2%	0.3%
Ecstasy	0.2%	1.0%
Steroids	1.5%	0.5%
Any Illicit Drug (Other than Marijuana)	7.4%	6.3%

Source: Pennsylvania Youth Survey



**Figure 35: Past 30-Day Frequency of Alcohol Use among Youth for Fulton County Compared to All PA Counties (2011)**



**Source: Pennsylvania Youth Survey**

The PAYS report for 2011 indicates growing concern across the country regarding the nonmedical use of prescription drugs. In order to try to capture better data, PAYS added questions in the 2009 and 2011 surveys to ask about use of prescription medications without doctor’s orders. Compared to Pennsylvania statewide, students in Fulton County reported rates of lifetime and past 30 day use of prescription pain relievers higher among 8<sup>th</sup> graders and similar among 6, 10<sup>th</sup> and 12<sup>th</sup> graders. The use of tranquilizers was similar to Pennsylvania peers. Rates of lifetime stimulant use were lower among 10<sup>th</sup> and 12<sup>th</sup> graders and similar among 6<sup>th</sup> and 8<sup>th</sup> graders.

**Table 26: Past-30-Day Use of Prescription Drugs, Fulton County 2011**

	6th	7th	8th	9th	10th	11th	12th	Overall
	%	%	%	%	%	%	%	%
Pain Relievers	2.2	--	6.4	--	7.8	--	6.1	5.4
Tranquilizers	0.0	--	2.4	--	2.9	--	2.6	1.9
Stimulants	0.0	--	1.6	--	1.0	--	0.0	0.6

**Source: Pennsylvania Youth Survey**

**Table 27: Past-30-Day Use of Prescription Drugs, Pennsylvania Statewide 2011**

	6th	7th	8th	9th	10th	11th	12th	Overall
	%	%	%	%	%	%	%	%
Pain Relievers	0.8	--	3.3	--	6.0	--	7.9	4.6
Tranquilizers	0.1	--	0.9	--	2.0	--	3.2	1.6
Stimulants	0.1	--	1.1	--	2.9	--	4.9	2.3

**Source: Pennsylvania Youth Survey**

**Table 28: Lifetime Use of Prescription Drugs, Fulton County 2011**

	6th	7th	8th	9th	10th	11th	12th	Overall
	%	%	%	%	%	%	%	%
Pain Relievers	0.7	--	8.0	--	7.8	--	14.9	7.5
Tranquilizers	0.0	--	1.6	--	2.9	--	4.4	2.1
Stimulants	0.0	--	0.8	--	1.0	--	2.6	1.0

Source: Pennsylvania Youth Survey

**Table 29: Lifetime Use of Prescription Drugs, Pennsylvania Statewide 2011**

	6th	7th	8th	9th	10th	11th	12th	Overall
	%	%	%	%	%	%	%	%
Pain Relievers	1.1	--	3.7	--	8.1	--	13.1	6.7
Tranquilizers	0.1	--	1.1	--	3.1	--	6.1	2.7
Stimulants	0.2	--	1.2	--	4.4	--	8.2	3.6

Source: Pennsylvania Youth Survey

While 73.2% of sixth graders in Fulton County perceive a great risk of harm in smoking cigarettes regularly, that number falls to 57.9% for twelfth graders. Similarly, the percentage of twelfth graders who report that other adults disapprove of someone their age smoking stands at 58.4%, while parental disapproval was reported at 67.5% by 12<sup>th</sup> graders.

In general, tenth graders in Fulton County have a lower rate of cigarette use in the past 30 days than Pennsylvania statewide, but twelfth graders have higher rates of smoking and smoke more cigarettes per day.

When asked about symptoms of depression, Fulton County youth reported more such symptoms than Pennsylvania youth overall.

**Table 30: Percentage of Youth Reporting Symptoms of Depression, Fulton County 2011**

	6th	7th	8th	9th	10th	11th	12th	Overall
	%	%	%	%	%	%	%	%
In the past year, felt depressed or sad most days	24.6	--	30.4	--	40.0	--	30.1	30.7
Sometimes I think that life is not worth it	15.3	--	25.0	--	17.8	--	24.8	20.6
At times I think I am no good at all	32.6	--	32.0	--	23.8	--	36.3	31.4
All in all, I am inclined to think that I am a failure	15.3	--	17.1	--	13.0	--	17.7	15.9

Source: Pennsylvania Youth Survey

**Table 31: Percentage of Youth Reporting Symptoms of Depression, Pennsylvania Statewide 2011**

	6th	7th	8th	9th	10th	11th	12th	Overall
	%	%	%	%	%	%	%	%
In the past year, felt depressed or sad most days	27.6	--	30.1	--	32.8	--	33.4	31.1
Sometimes I think that life is not worth it	15.0	--	20.2	--	21.7	--	20.4	19.4
At times I think I am no good at all	23.0	--	27.3	--	31.2	--	29.6	28.0
All in all, I am inclined to think that I am a failure	10.2	--	13.0	--	14.1	--	13.7	12.9

**Source: Pennsylvania Youth Survey**

The Fulton County, PA **Communities That Care** Risk and Protective Factor Assessment Work Group released a report in February 2013 . This report describes the results of the risk- and protective-factor assessment completed as part of Fulton County Communities That Care (CTC) effort. The CTC system is a way for members of a community to work together to prevent youth problem behaviors, including substance use, delinquency, teen pregnancy, dropping out of school and violence. This system was developed by Dr. David Hawkins and Dr. Richard Catalano. It is based on their research, which has identified risk factors that predict youth problem behavior and protective factors that buffer children from risk and help them succeed in life.

A key goal of the CTC effort is to identify which risk factors, protective factors and problem behaviors are prevalent in our community, and implement evidence-based programs that address our community’s unique profile. To that end, the Risk- and Protective-Factor Assessment work group collected and analyzed data on Fulton County. Then, with the input from the community, they identified priority risk factors to address, as well as community strengths to build on.

The assessment was completed using the Pennsylvania Youth Survey, and archival data. The Pennsylvania Youth Survey was administered to students in grades 6, 8, 10, 12 in all three school districts in 2011, grades 6, 8, 10, 12 in two of the Fulton County School Districts during the 2009-2010 school year and two school districts in 2007. To get the most complete picture of the community, the Risk-and Protective-Factor Assessment work group also collected archival data from public records to measure risk factors and problems behaviors not covered by the surveys.

Based on the analysis of the data and input from the community, the following risk factors were identified as priorities for community attention:

- Parental Attitudes Favorable to Anti-Social Behaviors (Family)
- Favorable Attitudes toward Antisocial Behavior (Individual/Peer)
- Laws and Norms favorable to Drug Use (Community)

The following protective factor was also identified as a priority for community attention:

- Family Rewards for Pro social Involvement (Family)

The following were identified as Problem Behaviors for community attention:

- Inhalants – Past 30 day use – 6<sup>th</sup> graders
- Smokeless tobacco – Past 30 day use
- Bullying at School (Individual and Peer Domain)

These risk factors and problem behaviors were selected as priorities for prevention action by Fulton County Communities That Care primarily because data indicated that these risk factors are significantly elevated throughout Fulton County and the protective factor is significantly low.

The data also revealed Fulton County strengths. The Pennsylvania Youth Survey revealed that students throughout the community reported higher levels of the following protective factors when compared to the state of Pennsylvania: School Rewards for Pro social Involvement which is consistent with last cycle’s data, Belief in the Moral Order and Family Attachment. These are important areas of strength on which to build to help protect Fulton County’ youth from the risk of problem behaviors.

The Risk and Protective Factor Assessment Work Group report recommends that the community give particular attention to the risk factors and protective factor noted above when developing the community’s action plan to prevent youth problem behaviors and promote positive youth development.

**Table 32: Protective Factor Scale Scores, Fulton County 2011**

		6th	7th	8th	9th	10th	11th	12th	Overall
Community Domain	Community Opportunities for Prosocial Involvement	45	--	54	--	54	--	44	49
	Community Rewards for Prosocial Involvement	49	--	52	--	62	--	62	55
Family Domain	Family Attachment	63	--	62	--	53	--	58	59
	Family Opportunities for Prosocial Involvement	54	--	61	--	49	--	52	55
	Family Rewards for Prosocial Involvement	52	--	49	--	46	--	48	49
School Domain	School Opportunities for Prosocial Involvement	60	--	62	--	46	--	52	56
	School Rewards for Prosocial Involvement	64	--	61	--	67	--	69	65
Peer and Individual Domain	Religiosity	47	--	46	--	50	--	48	48
	Belief in the Moral Order	63	--	62	--	55	--	59	60
Average		55	--	57	--	54	--	55	55

**Source: Pennsylvania Youth Survey**

**Table 33: Risk Factor Scale Scores, Fulton County 2011**

		6th	7th	8th	9th	10th	11th	12th	Overall
Community Domain	Low Neighborhood Attachment	38	--	43	--	43	--	41	41
	Community Disorganization	76	--	71	--	69	--	71	72
	Transitions and Mobility	36	--	46	--	38	--	45	41
	Laws and Norms Favorable to Drug Use	57	--	55	--	54	--	56	56
	Perceived Availability of Drugs	55	--	54	--	45	--	46	50
	Perceived Availability of Handguns	81	--	82	--	73	--	66	76
Family Domain	Poor Family Management	43	--	44	--	47	--	42	44
	Family Conflict	53	--	50	--	52	--	56	53
	Family History of Antisocial Behavior	40	--	39	--	40	--	43	41
	Parental Attitudes Favorable toward ATOD Use	48	--	47	--	53	--	46	48
	Parental Attitudes Favorable toward Antisocial Behavior	64	--	64	--	63	--	63	64
School Domain	Poor Academic Performance	49	--	45	--	38	--	46	44
	Lack of Commitment to School	55	--	59	--	52	--	55	55
Peer and Individual Domain	Rebelliousness	44	--	44	--	39	--	46	43
	Friends' Delinquent Behavior	40	--	42	--	38	--	37	39
	Friends' Use of Drugs	43	--	37	--	29	--	34	35
	Peer Rewards for Antisocial Behavior	50	--	49	--	45	--	49	48
	Favorable Attitudes toward Antisocial Behavior	53	--	54	--	44	--	47	50
	Favorable Attitudes toward ATOD Use	46	--	45	--	44	--	43	44
	Low Perceived Risks of Drug Use	42	--	46	--	43	--	56	46
	Early Initiation of Drug Use	46	--	42	--	37	--	41	41
	Sensation Seeking	53	--	45	--	38	--	47	46
Average	51	--	50	--	47	--	49	49	

Source: Pennsylvania Youth Survey

## Taking a Look at Published Targets, Indexes, Profiles and Rankings

In order to assemble the puzzle pieces that point to the health and health needs of a community, it can be helpful to examine indexes, profiles, rankings and targets established by organizations concerned with population health. As with any measures, no one number tells a full story. Due to Fulton County's rural nature and small population, this is especially true when the variation from year to year in small numbers of cases can skew the picture. However, taken together, such information can yield helpful insights.

**Table 34: Fulton County Experience Compared to Healthy People Targets**

	2007	2007	2009	2009	2010	2010	Healthy People 2020 Target
	Number	Rate	Number	Rate	Number	Rate	
Cancer deaths	30	200.9	36	252.4	34	229	160.6
Heart disease deaths	25	167.4	41	276.1	26	175.1	100.8
Cerebrovascular disease deaths	7	46.9	6	40.4	5	33.7	33.8
Diabetes death	7	46.9	3	20.2	9	60.1	65.8
Suicide	2	13.5	2	13.5	9	60.1	10.2
Motor vehicle accident deaths	2	13.5	0	0	7	47.2	12.4
Non transport accident deaths	3	20.1	3	20.2	8	53.9	36
Obesity as a % of the population		28.60%		29.70%			30.60%
Physical inactivity as a % of the population		24.50%		26.00%			32.60%

*Note: Crude rates based on less than 10 events are considered statistically unreliable and are portrayed only for purposes of general review. Mortality rates are per 100,000 population.*

### ***The Center for Rural PA Fulton County Profile***

Among the many valuable statistics in its published profile for Fulton County, these are of particular interest to this assessment:

- 24.5% of people 16 years old and older not working at home worked outside Fulton County but within PA; and 23.5% worked outside PA. Thus nearly half of working people in Fulton County worked outside the county. The average commuting time to work was approximately 30 minutes. (data 2005-2009)
- The population participating in the food stamp program increased from 5.9% to 11.6% from 2005 to 2010; in the WIC program from 1.8% to 2.5%; receiving cash assistance from 0.8% to 0.9%. Those eligible for Medical Assistance increase from 13.4% in 2005 to 17.5% in 2010.

### ***Community Need Index***

Catholic Healthcare West has devised a Community Need Index (CNI) that identifies the severity of health disparity for every zip code in the United States based on specific barriers to healthcare access. These include: income barriers; cultural/ language barriers; educational barriers; insurance barriers; and housing barriers. They have shown correlation between their CNI scores and hospitalization rates including hospitalization rates for ambulatory sensitive conditions such as pneumonia and congestive heart failure, that, if well-managed can reduce the need for hospital admission. While the tool is a very gross measure of need, it was designed to provide a window across the country into areas of high need and to help communities explore ways to reduce barriers to healthcare access.

The 2011 Community Need Index for seven zip codes in Fulton County falls within the middle range of need. The McConnellsburg zip code shows greater need and the zip codes of 17228, 17328 and 17267 in the south central part of the county show somewhat lower need. (<http://cni.chw-interactive.org>)

### ***County Health Rankings***

The County Health Rankings published by the University of Wisconsin and the Robert Wood Johnson Foundation are based on a model of population health that emphasizes the many factors that, if improved, can help make communities healthier places to live, learn, work and play. They rank the counties in each state based upon measures of health outcome and on factors which influence health. The information is taken from a variety of sources and may be more or less complete or recent for various counties depending upon the data available. The authors are clear about the limitations of the rankings and agree that their approach is only one way to consider issues of health. Nonetheless, it provides another lens through which to look at health challenges and opportunities in Fulton County.

With a ranking of number one indicating the most healthy county, in 2011 Fulton County is ranked 30<sup>th</sup> for health outcomes and 60<sup>th</sup> for health factors among the 67 counties in Pennsylvania. In this study, Fulton County ranked better than Pennsylvania overall on:

- Self-report of poor or fair health and mental health
- Percentage of low birth weight babies
- Rates of sexually transmitted infection
- Rates of diabetic screening and mammography screening

- Percentage of the population that has graduated from high school
- Percentage of children in poverty and children in single-parent households
- Rates of violent crime
- Access to healthy foods and recreational facilities
- Air quality

Fulton County had more challenges than Pennsylvania overall regarding:

- Premature death
- Adult obesity
- Physical inactivity
- Motor vehicle crash death rate
- Number of primary care physicians/ population ratio
- Number of fast food restaurants
- Preventable hospital stays
- Percentage of the population that is uninsured

### ***Community Health Status Report***

The U.S. Department of Health and Human Services publishes a Community Health Status Report at the County level based upon data from various sources. The most recent compilation for Fulton County was done in 2009, although much of the data is from earlier years. Again, the authors are clear that this is only one lens through which to look at the health of a community. In the 2009 report:

- Fulton County was favorable to peer counties across the country in rates of infant mortality, death rates for female breast cancer, colon cancer, lung cancer and stroke, while at the same time rates for those exceeded the overall US rate.
- Fulton County was unfavorable to peer counties in rates of death from coronary heart disease, motor vehicle injuries and unintentional injury.

### **Community Insights**

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The Fulton County Medical Center Community Health Needs Assessment builds on the experience and wisdom of many people and organizations from the community. These insights deepen and enrich the picture of health and challenge in Fulton County.

### ***Community Advisory Committee***

At the initial meeting of the Community Advisory Committee many health-related issues were identified as possible concerns. Those cited most often were:

- Alcohol and drug abuse by youth and adults and the many factors which contribute to and result from related behaviors
- Rates of obesity and physical inactivity leading to chronic health conditions including diabetes
- Management of chronic health conditions
- End of life care
- Caregiver respite



- Access to and utilization of mental health services, including those targeted to youth and veterans, and the integration of physical and mental health services
- Access issues including lack of insurance, use of the emergency room, transportation
- Oral and dental health
- Housing and supportive services for youth in transition
- Prenatal care and smoking during pregnancy
- A culture of independence and self-sufficiency that mitigates against early screening and treatment or asking others for help
- Early childhood health including parenting skills education
- Supports for people with issues of aging or disabilities to remain in the community

***Fall 2009 Survey by National Association of Counties Project***

- In a telephone survey of Fulton County households, nearly 63% indicated that they went to McConnellsburg for most of their family's routine health care needs. Twenty two other cities in eleven other counties within PA, WV, MD were identified by respondents as the city to which they go for most of their family's routine health care needs. Hancock, Hagerstown and Chambersburg were most often identified accounting for 19.3% of the respondents.
- The most often cited reasons for going outside of Fulton County were:
  - Have used for years/ personal relationship
  - Closer/ convenient location
  - Approved provider for insurance
  - Better quality of providers
  - Specialist
- Nearly 93% of people were satisfied with the medical care they received in Fulton County; 5% were dissatisfied and 2.5% did not respond.
- In response to the question "are you able to get an appointment with your primary care doctor when you need one?" 95% of respondents indicated Yes, 3% indicated "No" and 2% did not respond to the question.
- When asked whether they or someone in their house had been to a specialist in the past 24 months, 60.2% answered Yes, 37.3% answered No, and 2.5% did not respond. Cardiologists, orthopedists and specialists in obstetrics/ gynecology were the three most frequently visited specialists.
- Of the 25 respondents who received non-emergency care at a hospital other than FCMC, the reasons most often cited were:
  - Where my doctor works – 40%
  - Closer/ convenient – 24%
  - Specialist – 20%
- 98.5% of those who received non-emergency services at FCMC were satisfied with those services
- 40.3% of 201 respondents indicated that they or someone in their household used emergency room services in the past 24 months; 76.7% of those utilized the emergency room at FCMC.

- When asked what concerns them most about health care in their community the most frequently cited concerns were:
  - Physician issues including lack of doctors, lack of quality doctors, availability of doctors, lack of specialists, lack of birth services - 25.5%
  - Cost of health care – 18.9%
  - No concerns – 17.4%
  - Don't know/ no response – 9.5%
- When asked whether they or a family member used any dental services, mental health services or drug and alcohol services in the last 24 months, positive responses were:
  - Dental services – 44.3%
  - Mental health services – 5.5%
  - Drug and alcohol services – 0.5%
- When asked whether there was a time in the past 24 months when they were not able to get health care services due to a lack of transportation, only one person of 201 respondents answered affirmatively.

#### ***Insights from Other Organizations***

The **Fulton County Early Head Start** Community Assessment of September 2011 identified several concerns that relate directly to health issues:

- Limited local prenatal or obstetrical care available
- Need to continue to improve identification and services to children with disabilities birth to three years old
- Limited availability of local access to pediatric care; only one in county
- Limited availability to dental care for children less than three years old and few children receiving fluoride

It has established priorities and plans to work with others to respond to these challenges.

**Women in Need**, an organization working with victims of domestic violence and sexual assault served 220 adults, 67 children and 29 significant others in 2010-2011 in Fulton County.

The **Franklin/ Fulton Drug and Alcohol Program** submitted its Prevention/ Treatment Needs Assessment to the PA Department of Health in May, 2012. The report included summaries of efforts to address drug and alcohol issues in the two counties and highlighted the following concerns:

- Higher rates of youth usage of tobacco, alcohol, inhalants and prescription drugs compare to national usage rates
- Increase in arrests for driving under the influence of alcohol and other drugs and an increase in drug possession arrests
- Increase in use of heroin, opiates/ synthetics, and prescription medication abuse
- Treatment patterns that are higher for use of non-hospital detox and rehab and lower for outpatient treatment than other counties in PA

- Unmet treatment needs of many types including Buprenorphine and Vivitrol medication administration; assessments for people in the court system, and significant gaps in availability of levels of care

The **Franklin/ Fulton County Mental Health** Plan for Adults, Older Adults, and Transition-Age Youth with Serious Mental Illness and Co-occurring Disorders for fiscal years 2013-2017 outline the ways in which significant needs will be addressed.

- There is an unmet need for supported housing for the elderly population with mental illness, especially those with medical issues
- Transformation priorities include:
  - Comprehensive, Continuous, Integrated System of Care Model
  - Housing options to assist post-incarceration re-entry, and youth transitions
  - Public awareness campaign to understand mental health and substance use disorder and how to access services
  - Increase integration between mental health and aging population
  - Data collection to increase knowledge of quality of services in order to assist in making better decisions for service delivery

The **Fulton County Human Services Administration's Services for Children** 2011 Annual Report and 2009-2010 Integrated Children's Services Plan point to these concerns, while outlining the many, many initiatives designed to improve the quality of life for children and their families:

- Risky behaviors by teenagers
- Teen pregnancy
- 14 substantiated child protective services cases in 2011, with 37 families accepted for ongoing protective services

The **Fulton County Human Services Administration** Annual Report for 2011 highlights both accomplishments and needs in Fulton County. It is clear that funding constraints will be a concern as budgets are reduced.

## **The Emerging Picture**

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Identifying community health strengths and challenges requires putting many puzzle pieces together to form a picture. The compiled secondary data sources are not without limitations. Fulton County has a small population and hence small numbers can be statistically unreliable. Fulton County has not completed an oversampling of the Behavioral Risk Factor Surveillance Survey, so data on health-related behaviors, screenings and access are not available at the county level. At times the information is several years old and some information is available only at the state level. County level data can obscure significant differences across various parts of the country. Nonetheless, patterns emerge and needs and opportunities can be discerned.

The input and insight of many individuals and organizations, and the individual and collective wisdom of the Community Advisory Committee were an important part of the process. The hospital’s own patient experience confirmed many of the findings.

Overall, this chart summarizes the health-related challenges to be addressed, and the positive health-related strengths in Fulton County:

CHALLENGES	STRENGTHS
<ul style="list-style-type: none"> <li>• Tobacco use – especially use by youth, use of smokeless tobacco, smoking by pregnant women</li> <li>• Obesity and physical inactivity – rates are increasing</li> <li>• Incidence and mortality related to diseases of the heart</li> <li>• Incidence, complications and mortality – diabetes</li> <li>• Incidence and mortality – cancer, especially lung cancer</li> <li>• Issues of aging – growing aging population, increase in suicide, end of life care, caregiving</li> <li>• Issues for youth – bullying and violence; alcohol, tobacco and other drug use; PAYS identified risk factors</li> <li>• Drug and alcohol issues – especially use by youth, abuse of prescription drugs, DUI, rates of use</li> <li>• Accidents and related deaths and injuries – both motor vehicle and non-transport</li> <li>• Creating a culture which emphasizes wellness and health behaviors</li> <li>• A culture of independence and self-reliance</li> </ul>	<ul style="list-style-type: none"> <li>• Environmental quality – air, access to recreational facilities, access to healthy food</li> <li>• Percentage of population that has graduated from high school or beyond</li> <li>• Rates of violent crime</li> <li>• Access to quality health care services is increasing</li> <li>• Low percentage of children living in single parent households</li> <li>• Rates of sexually transmitted diseases overall</li> <li>• Protective factors for youth as identified by PAYS</li> <li>• Health and social service providers that collaborate with one another and with government agencies</li> <li>• A culture of independence and self-reliance</li> </ul>

These are the high-priority health challenges for Fulton County. They are issues which:

- Affect a significant number of people
- Have serious health consequences
- Are trending in a negative direction or Fulton County lags the state or Healthy People 2020 targets

And for which:

- Opportunity exists to make a measurable difference
- Expertise, resources and partners exist to be mobilized to create change
- Fulton County Medical Center is the appropriate entity to play a lead/ significant role

These issues are not new, nor are efforts to address them. Rather, having assessed Fulton County’s needs, Fulton County Medical Center and its collaborating partners will redouble their efforts to tackle these issues at the primary, secondary and tertiary prevention levels.

## Section 6. Improving the Health of Fulton County

In April 2012, FCMC established a Core team to complete a Community Health Needs Assessment. The core team is made up of consultants, Medical Center employees, Board representation, as well as Fulton County Partnership representation. The Core Team members include:

- Jason Hawkins, President and CEO, FCMC
- Deborah Shughart, Vice President and CFO, FCMC
- Misty Hershey, Director of Community Relations/ Community Benefit
- Delrae Perrin Hagstrom, Executive Secretary
- Julia Dovey, Executive Director, Fulton County Partnership
- Sandra Land, Ph.D. Fulton County Medical Center Board member
- Susan Walters, Chief Executive Officer, Tri-State Community Health Center
- Sheila DeShong, Chief Operating Officer, Tri-State Community Health Center
- consulting team at ParenteBeard

In May 2013, the core team invited community leaders to an advisory panel meeting. With over forty members attending, the advisory panel became a beneficial group of individuals to share information and data with over the continuing months assembling the report. The Core team received analytical data from various sources including: FCMC, individual interviews, focus groups and secondary data sources.

After months of analyzing the data, in September the core group reconvened the advisory council and presented the report. After reviewing the report with the advisory council the core team received additional feedback and met again to formalize a plan for completing the CHNA in October.

The completion of the report brought six main priorities. Those priorities are:

- 1) Alcohol Tobacco and Other Drug Use (ATOD)
- 2) Diet, Obesity & Inactivity
- 3) Heart Disease
- 4) Diabetes
- 5) Children, Youth, and Families
- 6) Quality of Life for People over 65

**The First priority identified is ATOD (Alcohol Tobacco and Other Drug Use).** This priority has three parts: the first being Tobacco Prevention in Youth with the leader being the Fulton County Partnership. Fulton County Partnership is taking the responsibility of moving this forward. They have identified the highest priority needs as: tobacco use by youth, use of smokeless tobacco, and smoking by pregnant women.

As of June 1, 2013 the Partnership will be collaborating with the evidence based program Too Good for Drugs and focusing on fifth grade in all four Fulton County schools. To address smoking by pregnant women programs targeted to both pregnant women and girls in their teens before they

become pregnant will be utilized. The Partnership will also build on their relationships with local providers and in particular work with Rosalind Klinepeter, local nurse midwife to educate her and staff on the programs they have and to increase the number of referrals from her. FCMC will also facilitate this program by talking to their own medical staff regarding the programs available through the Fulton County Partnership. Tristate Community Health Center already utilizes evidenced-based guidelines which queries and tracks all patients who use tobacco. They report tobacco use assessment and cessation counseling. This assessment allows providers to intervene more quickly and effectively to reduce the incidence of cancer, asthma, emphysema, and other tobacco related illness.

Lastly, Fulton County Partnership participated in the 2013 elementary schools health fairs talking with 3, 4, & 5<sup>th</sup> grade child in the four area schools regarding the effects of smokeless tobacco. These efforts will continue.

The goals and action steps include providing outreach to providers in touch with pregnant women, coaching teens prior to pregnancy through the schools with evidence-based programs and researching more programs to find the ones that are a fit for our area. Fulton County Partnership will also incorporate tobacco cessation into home visits with parents, including programs like the Quit FaxLine during their Early Head start program.

The Community Partner(s) for this initiative are Fulton County Medical Center, Health Communities Partnership of Franklin Co., American Lung, Tristate Community Health Center (TSCHC) and the three Fulton County school districts.

The expected outcome is to decrease usage by pregnant women from 25% to 20% by 2015 and decrease smokeless tobacco users according to the PAYS survey for past 30 day use from 12.7% to 10-10.5% by 2015 as well.

**The second part of this priority is Tobacco Prevention in the Community.** The Leader for this priority is the Fulton County Medical Center.

Lung cancer has been one of the leading causes of cancer mortality from 2006 to 2010 in Fulton County. FCMC has had tobacco cessation programs in place since 2001.

The Primary objective is to keep people from smoking. FCMC reaches that objective by continuing education in the elementary schools every year for grades 3-5 through health fairs with their community partners TSCHC and Fulton County Partnership. This year Tristate focused on body pollution from inhalants, the Fulton County Partnership focused on smokeless tobacco and FCMC focused on the effect smoking has on the lungs.

FCMC also lends support to programs in the schools run by the Partnership like the promising practice Teens Against Tobacco Use (TATU). FCMC holds Health Fairs at their campus yearly and collaborates with Fulton County Partnership and TSCHC to provide education against the use of tobacco. The largest health fair is the last Sunday in September with more than 200 attendees,

mainly adult men. Screenings are available to show lung strength and discuss tobacco use by the Respiratory Therapy Department.

The Secondary objective will be to get people to quit smoking that are smoking. Currently, every in-patient receives smoking cessation education. They are either given a packet or a consultation that may take anywhere from five to fifteen minutes. Physicians also order cessation education prior to any surgery. FCMC also educates patients during their cardiology office visits as well and FCMC holds quarterly group cessation sessions.. They also offer one-on-one teaching if the patient cannot come to the group teaching sessions. Another program available is the Quit Fax program. The Respiratory Therapy department, with the patients consent, sends a fax to the 1-800 quit line and the patients receive free coaching to help them quit. They have given 21 referrals to the fax quit line in 2012 and 21 so far the first nine months of 2013. They hope to increase this service in the future. TSCHC queries all patients on tobacco (including smokeless tobacco) use and refers to cessation services as well.

In December of 2012, FCMC became a tobacco free campus. FCMC hopes to increase the number of local businesses that have tobacco free campuses by one each year through 2015 to follow along with American Lung initiatives to create more smoke free workplaces. FCMC and TSCHC both have smoke free campuses. These organizations will also work with area businesses to help them go smoke free by giving them guidance on policies and marketing.

For the tertiary objective for those who already have cancer, FCMC will work with its providers to form partnerships at Pinnacle, Johns Hopkins and other cancer centers to provide the care they need. FCMC would also like to provide earlier diagnostic treatment for those with cancer, such as a Pulmonology Nodule Clinic. This clinic would provide earlier detection of lung cancer and would increase life expectancy in cancer patients. FCMC is also working on a medical oncology solution for the future on the FCMC campus.

The goal and action steps include providing outreach to the community to prevent the use of tobacco and then secondly get people the help they need if they are a tobacco user or have developed lung cancer.

The Community Partner(s) for this priority are the Fulton County Partnership, American Lung Association, TSCHC, and the three school districts.

The expected outcome is to increase the number of youth who have never used tobacco. According to the Pennsylvania Youth survey (PAYS), 23% of Fulton County students have used smokeless tobacco at least once in their lifetime. The Goal is to decrease that to 21% by 2015. The second goal is to increase by one each year the number of local business establishing a smoke free campus, and the third goal is to increase the number of patients using the quit fax line by ten per year.



**The third part of Priority One is a focus on Prescription Drug Use and** Fulton County Medical Center will take the lead. The Advisory Council has identified prescription drug availability in Fulton County to be an issue. Although overall, according to the PAYS Study, only 7.5% of Fulton County students have used prescription pain relievers at least once in their life time, the council fears that these statistics may not show a clear picture of our community's abuse of pain killers. There is a concern that the research community is still in the early stages of developing survey methods. The PAYS survey did add six new questions designed to measure prevalence-of-use rates for prescription drugs

For the first time this year, FCMC hosted the National Drug Enforcement Agency drug take back at the Center. According to the Pennsylvania State Police, McConnellsburg Station, they only collected two pounds in 2012. FCMC has partnered with the two pharmacies in the area to market the program extensively.

FCMC will also begin to work collaboratively with senior centers, insurance companies, school nurses, law enforcement, drug treatment programs, county agencies and others to begin to gather data to analyze the extent of the problem in Fulton County. In 2011 there were 34 overdoses at FCMC and in 2012 there were seven. The average age at overdose was 33.

TSCHC has a non-narcotic approach to pain management. In some instances for short-term management, a provider may prescribe a narcotic if they think it is evidenced-based and the patient signs a compliance contract to use as prescribed. For chronic pain management, Tri-State refers to pain management specialists. FCMC will work with the other providers in the community to decrease prescription drug abuse.

FCMC 's goals/action steps going forward are to increase the number of drug take back days and increase community education about why they should dispose of drugs properly and identify baseline data sources and start to track information. The goal is to collect 50 pounds of prescription drugs a year to get them off the streets and out of the hands of youth.

FCMC as the leader, will work with the following community Partners: Fulton Behavioral Health, Fulton County Partnership, Pennsylvania State Police, Franklin/Fulton Drug and Alcohol, local pharmacies and TSCHC.

Another expected outcome is to start collecting data from FCMC Emergency department to see how many overdoses cases are coming into the Emergency Room and to monitor that over the next three years to get a baseline.

**The Second Priority is Diet and Obesity and Inactivity.** FCMC will take the lead in addressing this.. With nearly 30% of the population of Fulton County obese and more than one in four people physically inactive, FCMC has developed a robust wellness program to combat physical inactivity. The Center offers nutrition counseling, exercise and promotes community initiatives. TSCHC



records BMI on all patients and documents the education on nutrition counseling and physical activity. They also work to develop a follow-up plan for overweight patients and promote and document exercise, healthy eating and healthy lifestyles to all of their patients for chronic disease prevention.

FCMC's Dietitian works collaboratively with the general surgeons who perform the surgical weight loss procedures to offer nutrition counseling before and after surgery. The Dietitian also receives referrals from primary care physicians to help patients with their weight loss goals. She is also available any time to employees free of charge for counseling.

FCMC offers exercise programs in their rehabilitative services department. This department is staffed by nurses during the day who offer classes to the public for SilverSneakers®, Prime, Cardiopulmonary Rehab, low impact exercise, muscular strength, range of motion and circuit training. The gym is also offered to all FCMC employees and families for free during the evening and weekends at their own discretion without assistance.

FCMC sponsors many programs in the community to promote activity. For instance, every Friday night is ZUMBA fitness® night at the McConnellsburg Alumni & Friends building. FCMC pays for the use of the facility for this and other events throughout the year like basketball, dodge ball and volleyball. In 2012 there were 534 participants. FCMC has also built a volleyball court and horseshoe pit on its campus for employee use at their discretion. FCMC Foundation has also given grants at the golf course for American Red Cross Swimming lessons for youth, helped the Reaching Wellness Committee organize an annual 5K run/walk and FunFitt® exercise classes.

Additional strategies FCMC is working on to address needs are: to explore the community need for a Wellness and Fitness Center on the FCMC campus; to host a walking path, and to partner with local employers and county government to teach about FCMC's employee wellness program .

Our Goals/Action Steps are to purchase land around FCMC to develop a campus plan to include a wellness center and help the local Reaching Wellness group set up their 501 (c) 3 designation.

FCMC's Community Partner(s) are McConnellsburg Alumni & Friends, Reaching Wellness, FCMC Foundation, and Parks & Recreation and TSCHC.

The expected outcomes are to decrease the rate of obesity.

**The third priority identified is Heart Disease.** FCMC is also the leader for this priority. Heart disease is the leading cause of death in Fulton County accounting for nearly 1/4 (67 of 273) of all deaths 2009-2010. Eight of 67 deaths occurred in the under 60 age group including one person aged 30-39 and one person aged 40-49. Rates of 276.1 (per 100,000) population for 2009 and 175.1 for 2010 are well above the Healthy People 2010 Target of 100.8. Community Health Status Report (2009) showed that Fulton County was unfavorable to peer counties in rates of death from coronary heart disease.

During 2011, FCMC saw 1,017 individuals for cardiology visits and in the first nine months of 2013 1,766. (is this individuals or cardiology visits?) They also had 700 cardiac rehab visits in 2012 and 1071 in the first nine months of 2013. In 2012, 52% of Home Health patients had a diagnosis of cardiac disease. During the same time period the Emergency Department at FCMC treated 759 patients for cardiac disease.

The uninsured and underinsured are at risk for late diagnosis and poor management of heart disease –diagnostic procedures, early intervention, and medication. The Community Advisory committee identified management of chronic health conditions as a concern. Tri-State provides comprehensive evidenced-based chronic disease management for all patients regardless of ability to pay or insurance status. Patients with heart disease and hypertension are tracked and specific indicators/measures are regularly reported. If there is less uncontrolled hypertension, then there will be less cardiovascular damage, fewer heart attacks, and less organ damage later in life. They also focus on lipid lowering therapy and aspirin therapy and also promote prevention with exercise, healthy eating and healthy lifestyles.

Currently, FCMC provides cardiology services including specialty diagnostic and therapeutic care as well as cardiac rehabilitation. In 2012 there were 929 monitored cardiac rehab visits, 3,498 visits in the wellness program 3,157 visits in the silver sneaker program and 461 staff visits. In late 2012, a second full time cardiologist was employed to respond to the unmet need for care and to provide new diagnostic procedures. As a Critical Access Hospital, FCMC provides emergency care for individuals with acute and chronic heart disease as well as inpatient care including telemetry services. FCMC Quality Improvement Program monitors care provided for congestive heart failure and heart attack. FCMC Community Benefit Program provides outreach programs with partners through health fairs, senior centers and other community sites.

Additional strategies to address heart disease include addressing the needs for new diagnostic procedures and treatment options, better data on individuals with heart disease and the care they receive.

The Goals/Action Steps include: Accreditation process in the echocardiography, nuclear medicine and vascular departments. Treatment options made available at FCMC, partnership with Pinnacle Health, staff training as new diagnostic procedures and treatment options are made available at FCMC, obtain and analyze data on number, age, sex and diagnosis of individuals with heart disease to identify and address unmet needs and to improve care provided.

The Community Partner(s) for this priority are Primary Care Practices including TSCHC, Pinnacle Health and Senior Centers.

The expected outcomes are reports generated by medical records department from use of electronic medical record (FCMC and Primary Care Practices) that provide data on individuals being treated for heart disease and the quality of care provided and FCMC achieves 100%

compliance with the standard of care for congestive heart failure and heart attack as well as decreased mortality rate associated with heart disease.

**The fourth priority identified is Diabetes.** The FCMC Diabetes Education Department will take the lead.

In Fulton County, there were 12 deaths from diabetes in 2009-2010 including one in the 40-49 age group and three in the 50-59 age range. In 2009, 8.9% of the Fulton County population had diagnosed diabetes, up from 8.3% in 2008 and 8.5% in 2007. Nearly 30% of the population is obese; and one in four is physically inactive. And, as mentioned earlier, the uninsured and underinsured are more at risk for late diagnosis and poor management of diabetes-medication, supplies for blood glucose testing, eye exams, routine lab, and foot care.

In general, the Community Advisory Committee identified management of chronic health conditions as a concern. Fulton County rated better than Pennsylvania overall for rates of diabetic screening. In April 2013, FCMC opened its Wound Care Services complete with a hyperbaric oxygen chamber to accommodate patients who had to travel for those services. However, individuals needing renal dialysis for kidney failure as a complication of diabetes, etc. still have to travel to adjacent counties.

The FCMC Diabetic Education program served 95 individuals in 2012. Additionally, glucose screenings were offered to 882 health fair participants for diabetes management by the FCMC Community Benefit Program in 2012.

Tri-State focuses on prevention by promoting exercise, healthy eating and healthy lifestyles. Tri-State practices evidenced-based guidelines for managing chronic diseases such as diabetes. If there is less uncontrolled diabetes then there will be fewer amputations, less blindness, and less organ damage later in life. TSCHC tracks and reports numerous diabetes indicators and measures.

Additional strategies that will address issues of diabetes are to: expand and improve the Diabetes Education program; continue to grow the Wound Care Program; analyze results of A1C testing at health fairs to learn more about diabetes management needs; internal data collection; and investigate adding Endocrinology to the Services Specialty Services at FCMC and perhaps kidney dialysis.

The Goals/Action Steps include: assess satisfaction with response to Diabetes Education Program; offer diabetes education for individuals with high A1C tests; wound care services program; assess need for and recruit Endocrinologist for Specialty Services, and assess options for kidney dialysis in the county.

The Community Partner(s) are Pinnacle Health, Indiana Regional Medical Center for Wound Care Program, Reaching Wellness and TSCHC.

The expected outcomes are to increase the number of individuals who receive diabetes education; have better diabetes management based upon results of A1C tests; promote Wound Care Program providing care for individuals with wounds related to diabetes; and to increase the overall physical activity of the county residents all by 2015.

**The Fifth priority is Children, Youth and Families** with Fulton County Partnership taking the lead. As the collaborative human service agency for the Fulton County Community, key staff from the Fulton County Medical Center are involved in the collaborative and were part of the risk assessment completed in February of 2013. The risk assessment was followed by an analysis of the community resources in March of 2013. The Partnership is in the process of completing a prioritized strategic plan which will target the identified risks. The following is a summary of the community risks, resources and prioritized initiatives.

The needs were identified through the completion of a Community Risk Assessment report on youth behavior which describes the results of the risk- and protective-factor assessment completed as part of Fulton County Communities That Care (CTC) effort. The CTC system is a way for members of a community to work together to prevent youth problem behaviors, including substance use, delinquency, teen pregnancy, dropping out of school and violence. A key goal of the CTC effort is to identify which risk factors, protective factors and problem behaviors are prevalent in our community, and implement evidence-based programs that address our community's unique profile. To that end, the Risk- and Protective-Factor Assessment work group collected and analyzed data on Fulton County. Then, with the input from the community, they identified priority risk factors to address, as well as community strengths to build on.

The assessment was completed using the Pennsylvania Youth Survey, and archival data. The Pennsylvania Youth Survey was administered to students in grades 6, 8, 10, 12 in all three school districts in 2011.

Based on the analysis of the data and input from the community, the following risk factors were identified as priorities for community attention:

- Parental Attitudes Favorable to Anti-Social Behaviors (Family) Current score is 64%
- Favorable Attitudes toward Antisocial Behavior (Individual/Peer) Current score is 50%
- Laws and Norms favorable to Drug Use (Community) Current score is 56%

The following protective factor was also identified as a priority for community attention:

- Family Rewards for Pro social Involvement (Family) Current score is 49%

The following were identified as Problem Behaviors for community attention:

- Inhalants – Past 30 day use – 6<sup>th</sup> graders
- Smokeless tobacco – Past 30 day use
- Bullying at School (Individual and Peer Domain)

These risk factors and problem behaviors were selected as priorities for prevention action primarily because data indicated that these risk factors are significantly elevated throughout Fulton County and the protective factor is significantly low.

After the risk factors were identified, a committee of the collaborative identified the resources available in the community that addressed those risks. At a meeting of the Partnership in March, the committee reviewed evidence based programs, promising practices and good work being done in the community to mitigate these risk factors. The group also gathered information on programs, practices and work that may be going on in addition to what was identified.

The committee educated the members on goals of the programs and provided an analysis of the program effectiveness including which ones were collecting outcomes. This is detailed in a Community Assessment report.

The Fulton County Center for Families, Fulton County Services for Children, Fulton County Juvenile Probation, Franklin Fulton Drug and Alcohol Prevention, Fulton County Medical Center and all three county school districts are already implementing evidence based programming such as the Olweus Bullying Prevention Program; Too Good for Drugs; and Promising Practices such as Family Group Decision Making and Parents Who Host campaign which address the identified priorities.

The community coalition identified goals and action steps to address the priority risk factors. The Partnership as the community prevention collaborative is currently working on a final plan which will prioritize the evidence based programs, promising practices and good work that should continue in the community. Additionally the group is looking at funding sources and ways to implement these programs. The final prioritized plan is expected in the next couple of months. Already the group has identified the following Evidence Based Programs:

Continue to support and operate the Olweus Bullying Prevention Program in all three school districts which addresses antisocial behavior, Bullying.

Evidence Based:

- Too Good for Drugs to be implemented in all three school districts at the 5<sup>th</sup> grade level for the 2013-2014 and 2014-2015 school years. Addresses, Laws and Norms favorable to drug use and antisocial behaviors, inhalants, smokeless tobacco use
- Incorporate the Nurturing Parenting program in the highest risk families including those who are involved with Fulton County Services for Children, Fulton County Probation and the Community Outreach Prevention Education (COPE) Addresses, laws and norms favorable to drug use and antisocial behaviors and Family rewards for pro-social involvement.
- Explore funding opportunities for PATHS (Promoting Alternative Thinking Strategies which is a school-based program designed to enhance areas of social emotional development. Addresses, laws and norms favorable to drug use and antisocial behaviors

Promising Practices, Good Work

- Increase utilization of Family Group Decision Making a strengths based family practice that utilizes family and friends to create a family plan to help overcome obstacles. The priority is to increase referral sources from other agencies. Addresses Family Pro-social Involvement and Parental Attitudes toward antisocial behavior.
  - The Parents Who Host Campaign focuses on raising the awareness of the consequences of hosting teen parties and changing community norms. Franklin Fulton Drug & Alcohol will take the lead in this campaign to ensure that there is highly visible messaging during the prom/graduation season, as well as during the holidays.
  - Incorporate messaging consistent with the identified priorities in community outreach initiatives such as Health Fairs, Kick off for Drug Free Summer and Kids Fest. Addresses laws and norms favorable to drug use, antisocial behaviors, inhalants, smokeless tobacco use and bullying.
1. Efforts will be coordinated by the Fulton County Partnership with The Fulton County Center for Families, Fulton County Services for Children, Fulton County Juvenile Probation, Fulton County Medical Center, TSCHC, Franklin Fulton Drug and Alcohol Prevention and all three county school districts

The Expected outcomes by PAYS data in 2015 are to improve (reduce) the Parental Attitudes Favorable to Anti-Social Behaviors (Family). The current trend is upward and the goal is to create a downward trend. It is currently 64% and the objective is to get it closer to an average of 50%. The Favorable Attitudes toward Antisocial Behavior (Individual/Peer) is currently at 49% with the goal being to increase the protective factor to 55% and lastly, the Laws and Norms favorable to Drug Use (Community) the community would like to see it decrease to 50% .

**The sixth priority identified is the Quality of Life for People over 65.** This priority leader is the Fulton County Medical Center.

With a 23% growth in the population 65 and over in the last decade, meeting the needs of older adults is a priority. Fulton County has significantly more people in the 65-74 categories as compared to the rest of Pennsylvania as a whole. There were 3,230 Medicare beneficiaries in 2012, up from 3,085 in 2011.

Death rates from heart disease (229) and cancer (175) are much higher than the Healthy People 2010 targets (160.6 and 100.8 respectively.) 30 of 34 deaths from cancer and 23 of 26 deaths from heart disease occurred in people 60 and over. Two suicides in persons 50 and over in 2009 and eight in 2010 may signify an unmet need for supported housing for elders with mental illness. The Community Advisory Committee has identified management of chronic health conditions, end of life care, caregiver respite and supports for people with issues of aging to remain in the home as unmet needs. It seems there is a lack of data/information on quality of mental health services, advanced illness management and end of life decisions and care.

Currently, the Fulton County Medical Center provides a continuum of care to the population- primary, emergency, specialty services including cardiology, acute in-patient, home health and long



term care. 40% of FCMC income is from Medicare. Quality of care for persons with congestive heart failure, pneumonia and heart attack is monitored regularly and quality improvement programs are put into place to improve care as needed. FCMC's 67 bed long term care facility has received awards for quality.

The Senior Centers thru Area Agency on Aging (AAA) provide hot lunches, socialization and make available health interventions/screenings (blood pressure,, health education, exercise, vaccines) including some provided by FCMC. AAA also provides personal care services in the home, transportation to medical appointments, and other support services intended to help seniors live at home.

Tristate Community Health Center holds Senior Days at the Fulton County Fair where seniors can come out to the fair and receive free admission and have free screenings including blood pressures.

There are also limited hospice services by an out of county provider, Lutheran Social Services. Franklin/Fulton County Mental Health provides services and offers support for families and providers of care for individuals affected by dementia. FCMC in 2013 began holding Alzheimer's/Dementia support groups.

Limited affordable and accessible senior living options including assisted living/personal care are available in the County. To possibly address this need, FCMC, in April 2013, acquired eighty additional acres to develop for future growth. In 2004, FCMC completed a study on the need for additional nursing home beds and found that there was not a significant need; however a need for care in the homes increased. FCMC will assess the option of building senior housing on their expanded campus in the next three to five years.

Additional strategies that will address needs are: to determine interest in and feasibility for a program of advanced illness management and end of life care at FCMC; to increase availability and use of hospice services in the County; and to work collaboratively with AAA to gather data and have a better understanding of unmet needs regarding housing and in-home support services.

Franklin Fulton Mental Health will increase integration between mental health and aging population; collect data on quality of services provided; and assess need for additional senior living solutions

The Goals/Action Steps are to; explore options for developing senior living services/assisted living on FCMC campus; develop a closer relationship with a Hospice provider in an adjacent county; determine feasibility of developing an Advanced Illness Management Program including the addition of an advance directive in the electronic health record of patients, long term care residents, and home health patients; and establish a committee to collaborate with AAA and Franklin Fulton Mental Health by 2014; and to continue to grow the Alzheimer's/Dementia support group to a average attendance of ten per month.

The Community Partner(s) Area Agency on Aging, Hospice providers, Franklin Fulton Mental Health, TSCHC, and Greystone.

The expected outcomes are the capability of including advanced directives on electronic medical records by 2014; establish baseline of services provided by FCMC, AAA, Franklin/Fulton Mental Health and others in 2015; and show increased services for the 65 and over population in 2016.

In order to track all of the six priorities and related strategies and outcomes, FCMC will attend monthly meetings with the Fulton County Partnership to keep these priorities in the forefront of the community and will also roll out to the Partnership members tracking software from [Healthy Communities Institute](#). This tracking software will aid in implementing and tracking community benefit throughout the county. The software will be made available countywide and will be purchased in 2013 by the Fulton County Medical Center with assistance from the Fulton County Partnership and the Pennsylvania Office of Rural Health, with expected implementation time of four to six weeks..



## **Section 7. Fulton County Community Assets and Resources**

Many organizations and individuals are working for the benefit of the people who live in Fulton County. Government agencies, nonprofit organizations, community groups, health and social service practitioners, educational institutions, businesses, the faith community and many, many more types of organizations form a web of resources the people of Fulton County rely on to enhance the quality of life and health in the region. In addition to formal systems of care, Fulton County is well-known for the strength of the partnerships that agencies and organizations have developed to coordinate their work. Perhaps less visible, but no less powerful, are the ways in which individuals and families are good neighbors to one another.

The following is a list of community assets and resources that can be mobilized to improve the health and wellbeing of the people in Fulton County. There are also numerous resources in the surrounding Pennsylvania counties of Bedford, Franklin, Huntingdon and in Washington County Maryland.

### ***Aging-Related***

- Age Institute
- Huntingdon/ Bedford/ Fulton Area Agency on Aging
  - Hustontown Senior Center
  - McConnellsburg Senior Center
  - Warfordsburg Senior Center
  - Transportation
  - Need to identify which other services they offer occur in Fulton County

### ***Behavioral Health (Mental Health and Substance Abuse)***

- Adams Hanover Counseling Services
- Alcoholics Anonymous
- Alanon
- Community Behavioral Healthcare Network
- Elizabeth Gotwals
- Franklin/ Fulton Community Coalition for the Prevention of Substance Use and Abuse
- Franklin / Fulton Counties Community Support Program
- Franklin/ Fulton Mental Health/ Intellectual Disabilities Program
- Franklin/ Fulton Drug and Alcohol Program
- Fulton County Community Support Program
- Fulton County – licensed outpatient clinic at FCMC in McConnellsburg
- Manito Inc.
- Narcotics Anonymous
- New Visions
- Outpatient Counseling Providers in Chambersburg (Franklin County)- Roxbury, NTP Consultants, Pennsylvania Counseling Services, Laurel Life
- Tuscarora Managed Care Alliance

### ***Children and Families***

- Afterschool Youth Group – Methodist Church
- Baby Boot Camp for fathers
- Bedford/ Fulton Headstart
- Child Care Information Services
- Child First Program
- Day Care, including STARS programs
- Dublin Mills Youth Group
- Fatherhood Events
- 4-HFulton County Services for Children
- Franklin Family Services - McConnellsburg
- Franklin/ Fulton Counties Child Death Review Team
- The Franklin, Fulton Huntingdon Adoption Coalition
- The Franklin-Fulton Children’s Roundtable
- Fulton County Camp Cadet Association
- Fulton County Center for Families
  - COPE – Community Outreach Prevention Education Program
  - Early Head Start
  - Family Group Decision Making
  - Parents as Teachers
  - Parenting Wisely
  - Reality Tour
- Fulton County Child Abuse Prevention Team
- Fulton County Domestic Relations Office
- Fulton County Partnership
  - Communities That Care
  - Fulton Fatherhood Initiative
  - Fulton County Local Education and Resource Network
  - School Success
- Fulton County Juvenile Court
- Fulton County Juvenile Probation Office
- Fulton County Services for Children
- Girl Scouts
- Girls Softball – BiValley
- Little League
- Local Interagency Coordinating Council
- Northwestern Human Services
- Regional Children’s Roundtable
- SADD
- Safe Kids – Fulton County Chapter
- School Districts – Southern Fulton, Central Fulton, Forbes Road

- Olweus Bully Prevention Program
- Positive Alternative Thinking Strategies
- Project ALERT
- Across Ages Mentoring
- School Success Program
- Southern Fulton Youth Basketball League
- TIP – Truancy Intervention Program
- Youth Football
- Youth Soccer

***Community Organizations***

- Fulton County Chamber of Commerce and Tourism
- Lion’s Club
- VFW

***Education, Employment and Training***

- Central Fulton School District
- Employment and Training Services of Fulton County
- Forbes Road School District
- Fulton County Area Vocational Technical School
- Fulton County Industrial Development Association
- Fulton County Library
- Penn State Cooperative Extension – Fulton County
- Southern Fulton School District
- Tuscarora Intermediate Unit

***Emergency and Supportive Services***

- American Red Cross – Fulton County Services
- Center for Community Action
- Christian Social Services of Fulton County, Inc.
- Franklin County Human Services – Information and Referral
- Fulton County Assistance Office
- Fulton County Catholic Mission
- Fulton County Food Basket
- PA Office of Vocational Rehabilitation
- Salvation Army – McConnellsburg Unit
- WIC Program
- Women in Need

***Health and Wellness***

- American Cancer Society, Fulton Unit

- Country Care Midwifery
- Fulton County Chiropractic
- Fulton County Medical Center and related services
- Fulton County State Health Center
- Reaching Wellness Fulton County
- The Fulton County Partnership
  - Dental Clinic
  - Medical Assistance Transportation Program
  - Employment Transportation Program
  - Persons with Disabilities Transportation
- Tri State Community Health Center

***Housing***

- Cardinal Glen Terrace
- Fulton County Homeless Assistance Program
- Huntingdon County Housing Authority – Fulton County Office
- Consider adding housing resource list MH 2013-1017 plan- MH and mostly out of county (p21)
- Public Housing Authority

***Special Needs***

- ARC of Franklin/ Fulton Counties
- DeafLink
- Franklin/ Fulton County Developmental Disabilities Program

## Section 8. Conclusion

Fulton County Medical Center began this community health needs assessment with the hope that large segments of the community would become involved in the process and would engage in helping to shape and carry out health improvement activities based on the results. That hope has been met. Thanks are due to community leaders, health and social service professionals, Fulton County residents, Fulton County Medical Center staff members, and too many others to name for their insights and energies.

The community health needs assessment will serve as a launching pad for expanded community health improvement efforts. As Section 6 of this report indicates, initial plans have been developed to address the identified health challenges. These plans build upon efforts already in place and call on the leadership of Fulton County Medical Center, Fulton County Partnership, Fulton County Center for Families and Fulton County governmental agency partners. Initiatives will engage a wide range of community collaborative partners, helping to ensure that all segments of Fulton County are included in health improvement efforts.

These plans include primary prevention activities aimed at reducing the behavioral risks that lead to poor health outcomes. They also include secondary level prevention activities to educate and intervene as early as possible if and when problems develop. And, when primary and secondary prevention efforts are not possible, Fulton County Medical Center will target efforts to mitigate the progression of health conditions through access to good medical care and community supports.

The groundwork is laid for the teams of collaborative partners to develop more detailed action plans, timeframes and measurable outcomes. Fulton County Medical Center will keep the community apprised of these efforts and will solicit ongoing input and engagement. Critical Access Hospitals in Pennsylvania, in conjunction with the Pennsylvania Office of Rural Health, recently have begun to work together to strengthen community health assessment and improvement efforts, including expanded access to evidence-based interventions.

Building on the strengths of Fulton County residents and partners within and beyond the county, Fulton County Medical Center will continue to be a key resource for the health of Fulton County.

## Appendix A      Community Advisory Committee

Eighty-five people were invited to serve on the Community Advisory Committee. Due to the challenge of coordinating schedules not all were able to attend the meetings. However, all were invited to provide input and perspectives. The following people participated in Community Advisory Committee meetings:

Larry Baronner, Critical Access Hospital Coordinator, PA Office of Rural Health

Stephanie Branche, Communities That Care

Bill Buterbaugh, Director Support Services, Fulton County Medical Center

Craig Cutchall, Fulton County Commissioner

Sheila DeShong, Chief Operating Officer, Tri-State Community Health Center

Julia Dovey, Executive Director, Fulton County Partnership

Brian Gannon, Franklin/ Fulton Program Manager, Community Behavioral Health Network of PA

Elizabeth T. Gotwals, Fulton Behavioral Health Services, P.C.

Carrie Jenkins, Director, Fulton County Human Services Grant, Criminal Justice Advisory Board

Jennifer Johnson, Program Specialist, Franklin/ Fulton Mental Health/ Intellectual Disabilities

Karen Johnston, Executive Director, Healthy Communities Partnership

Sandra Land, Fulton County Medical Center Trustee with public health expertise -MPH and Ph.D

Theresa D. Leese, RN, PA Department of Health, Fulton County Office

Peter Lynch, Fire Chief, McConnellsburg Volunteer Fire Company

Christine McQuade, Fulton County Services for Children

Wendy Melius, Center for Community Action

Gary Minnier, Fulton/ Franklin Program Manager, Adams-Hanover Counseling Services, Inc.

Katherine Penatzer, Director of Quality and Education, Fulton County Medical Center

Melissa Randler, Director of Post Acute Care Services, Fulton County Medical Center

Robert Roush, President and CEO, Fulton County Medical Center Foundation

Deb Shugart, Chief Financial Officer, Fulton County Medical Center

Kim Slee, Director of Infection Prevention and Director of Nursing – Long Term Care, Fulton County Medical Center

Alan Smith, Executive Director, Huntingdon/Bedford/Fulton Area Agency on Aging

Cathy Snyder, Clinical Dietitian, Fulton County Medical Center

Jean E. Snyder, Fulton County Human Services Administrator/ Children/Youth Director

Nina Souders, Fulton County Assistance Office, Department of Public Welfare

Paula Steele, Director of Human Services, Center for Community Action

Jamie Taylor, Community Coordinator, Fulton County Center for Families

Kendra Trail, Superintendent, Southern Fulton School District

Jan Trimmer, Franklin/ Fulton Mental Health

Susan Walters, Chief Executive Officer, Tri-State Community Health Center

Connie Woodruff, American Cancer Society

## Appendix B      Data Sources

### Figures

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19. **Prevalence of Other Antisocial Behaviors, Fulton County 2011 – Ibid**
20. **Prevalence of Other Antisocial Behaviors, Pennsylvania Statewide 2011 – Ibid**
21. **Past-30-Day Use of Alcohol, Tobacco and Other Drugs – Ibid**
22. **Past-30-Day Use of Alcohol, Tobacco and Other Drugs, Pennsylvania Statewide 2011 – Ibid**
23. **Lifetime Use of Alcohol, Tobacco and Other Drugs – Ibid**
24. **Lifetime Use of Alcohol, Tobacco and Other Drugs, Pennsylvania Statewide 2011 – Ibid**
25. **Past 30 - Day Prevalence of Alcohol, Tobacco and Other Drug Use for Fulton County Compared to All PA Counties (2011) – Ibid**
26. **Past-30-Day Use of Prescription Drugs, Fulton County 2011 – Ibid**
27. **Past-30-Day Use of Prescription Drugs, Pennsylvania Statewide 2011 – Ibid**
28. **Lifetime Use of Prescription Drugs, Fulton County 2011 – Ibid**
29. **Lifetime Use of Prescription Drugs, Pennsylvania Statewide 2011 – Ibid**
30. **Percentage of Youth Reporting Symptoms of Depression, Fulton County 2011 – Ibid**
31. **Percentage of Youth Reporting Symptoms of Depression, Pennsylvania Statewide 2011 – Ibid**
32. **Protective Factor Scale Scores, Fulton County 2011– Ibid**
33. **Risk Factor Scale Scores, Fulton County 2011– Ibid**
34. **Fulton County Experience Compared to Healthy People Targets – Ibid**

## Appendix C      ParenteBeard, LLC

Fulton County Medical Center partnered with ParenteBeard, LLC for its Community Health Needs Assessment. ParenteBeard is a large regional audit, tax and consultancy firm. ParenteBeard professionals have experience working with health care clients across the Mid-Atlantic region in all aspects of service delivery. Clients count on ParenteBeard to work closely with them to design, develop, track, and report their community benefit programs. This ensures health care resources are used in a cost-effective manner to maximize community health improvement.

The ParenteBeard team involved in the FCMC community health needs assessment included:

- Julius Green, JD, MBA, CPA – Director of ParenteBeard’s exempt organization practice with more than 20 years of experience working for and advising exempt organizations
- Jennifer Schwalm, CPA – Engagement Partner, Healthcare strategist with more than 20 years of experience assisting senior living and health care clients in both the public and private sectors.
- Jill Schumann, MBA – Principal with ParenteBeard, with more than 20 years of experience in healthcare, including service as CEO of an \$18 billion health and human service network.