

RENSSELAER COUNTY

COMMUNITY HEALTH IMPROVEMENT PLAN
2022-2024



Rensselaer County Department of Health

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INTRODUCTION

Mission Statement

To enhance the health and well-being of Rensselaer County residents by providing integrated health programs through the formation of partnerships and unified goals among organizations in the community. We will collaboratively build awareness through traditional and nontraditional promotion of wellness.

Vision:

Keeping our community healthy by providing essential public health services.

Priorities:

1. Prevent Chronic Disease
2. Promote Well-Being and Prevention of Mental Health and Substance Use Disorders
3. Prevent Communicable Diseases

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EXECUTIVE SUMMARY

In conjunction with the New York State Department of Health (NYSDOH) Prevention Agenda, each county in New York State (NYS) is required to complete a Community Health Assessment (CHA) and a subsequent Community Health Improvement Plan (CHIP). The CHA was completed by Healthy Capital District Initiative (HCDI) with the assistance from local health departments, hospitals, community members, and various community partners. As a result of the CHNA, each county is provided insight into its own community needs. With this insight, each county can then identify which health priorities are best for meeting those community needs.

Community Health Assessment

The CHA was completed with the collaboration of HCDI, Rensselaer County, Albany County, Greene County, Columbia County, Saratoga County, and Schenectady County. Beginning with the development of a survey to be distributed, as a group we were able to receive data regarding our communities' current demographics, health disparities, and current health issues. HCDI was able to disseminate this data into the CHA, in which each county received their own section to provide an accurate depiction of the county's current health status.

Prevention Agenda Priorities

Priority areas were chosen for Albany County and Rensselaer County through the Albany-Rensselaer Public Health Priority Workgroup, as facilitated by HCDI. Those included in the workgroup included the local health departments, St. Peter's Health Partners (SPHP), and Albany Medical Center (AMC). The following priority areas were chosen as a result:

1. Priority Area: Prevent Chronic Diseases
 - a. Focus Area 1: Healthy Eating and Food Security
 - i. Goal 1.2: Increase skills and knowledge to support healthy food and beverage choices
 - b. Focus Area 2: Physical Activity
 - i. Goal 2.3: Increase access, for people of all ages and abilities, to safe indoor and/or outdoor places for physical activity

Community Health Improvement Plan (CHIP)

- c. Focus Area 3: Tobacco Prevention
 - i. Goal 3.1: Prevent initiation of tobacco use, including combustible tobacco and electronic vaping products
 - d. Focus Area 4: Preventive Care and Management
 - i. Goal 4.1: Increase cancer screening rates for breast, cervical, and colorectal
 - ii. Goal 4.2: Increase early detection of cardiovascular disease, diabetes, prediabetes, and obesity
 - iii. Goal 4.4: Improve self-management skills for individuals with chronic conditions
2. Priority Area: Promote Well-Being, Mental Health Services, and Prevent Substance Use Disorders
- a. Focus Area 2: Prevent Mental and Substance Use Disorders
 - i. Goal 2.2: Prevent opioid and other substance misuse and deaths
 - ii. Goal 2.5: Prevent suicides by cross-sector collaboration
3. Priority Area: Prevent Communicable Diseases
- a. Focus Area 1: Vaccine-Preventable Diseases
 - i. Goal 1.1: Improve vaccination rates
 - b. Focus Area 3: Sexually Transmitted Infections (STIs)
 - i. Goal 3.1: Reduce the annual rate of growth for STIs

Data Review for Priority Determination

This CHIP was based on the data acquired from the 2021 Capital Health Region Survey, subsequently compiled to create the CHA. In addition to the 2,100 survey responses, health indicators were selected based on data from a variety of sources. These included, but were not limited to, the Prevention Agenda 2019-2024, Vital Statistics Annual Reports 2018, County Health Rankings 2021, Behavioral Risk Factor Surveillance System (BRFSS) 2018, and Cancer Registry (2014-2018). With the assistance of the Community Health Prioritization meetings, the data was delineated to identify the most prevalent health priorities.

Collaborative Partnerships

Lead by HCDI, Rensselaer County Department of Health (RCDOH), Albany County Department of Health (ACDOH), SPHP, AMC, and other community partners worked collaboratively to complete the CHA. With the combination of the CHA and the CHIP, the hospitals and local health departments will have the opportunity to implement interventions that would create equitable change in reducing the prevalence of our identified health priorities.

To accurately acquire insight into the community needs of our local communities, engagement of community partners was vital. Being a priority of HCDI, as well as those involved in the prioritization group, community partner engagement was ascertained during the community health survey and the dissemination of the data results. This process allowed for a greater understanding of residents' health needs, health priorities, health behaviors, barriers to care, and social determinants of health (SDOH). Voices from the community were welcomed to get a better representation of vulnerable populations within our counties and encouraged to advocate for the needs of those populations.

Interventions & Strategies

A detailed description of the interventions or strategies and the activities to complete such interventions will be provided later in the CHIP. In addition to identifying interventions as suggested by the NYS Prevention Agenda, Rensselaer County has also identified strategies that can be implemented to meet the desired objectives utilizing available resources and collaborative partnerships in the community. As each participant of the workgroup is required to complete a CHIP in conjunction with the CHA, RCDOH will describe its desired activities and interventions to address the health priorities for Rensselaer County.

Reporting

After the completion of the CHIP for each county and hospital involved, subsequent updates will be required with the NYS Prevention Agenda. HCDI has compiled a table to be used as a submission to the NYS Prevention Agenda for Albany County, Rensselaer County, SPHP, and AMC. Each will be responsible to complete an individual update and then HCDI will consolidate into one submission.

Distribution

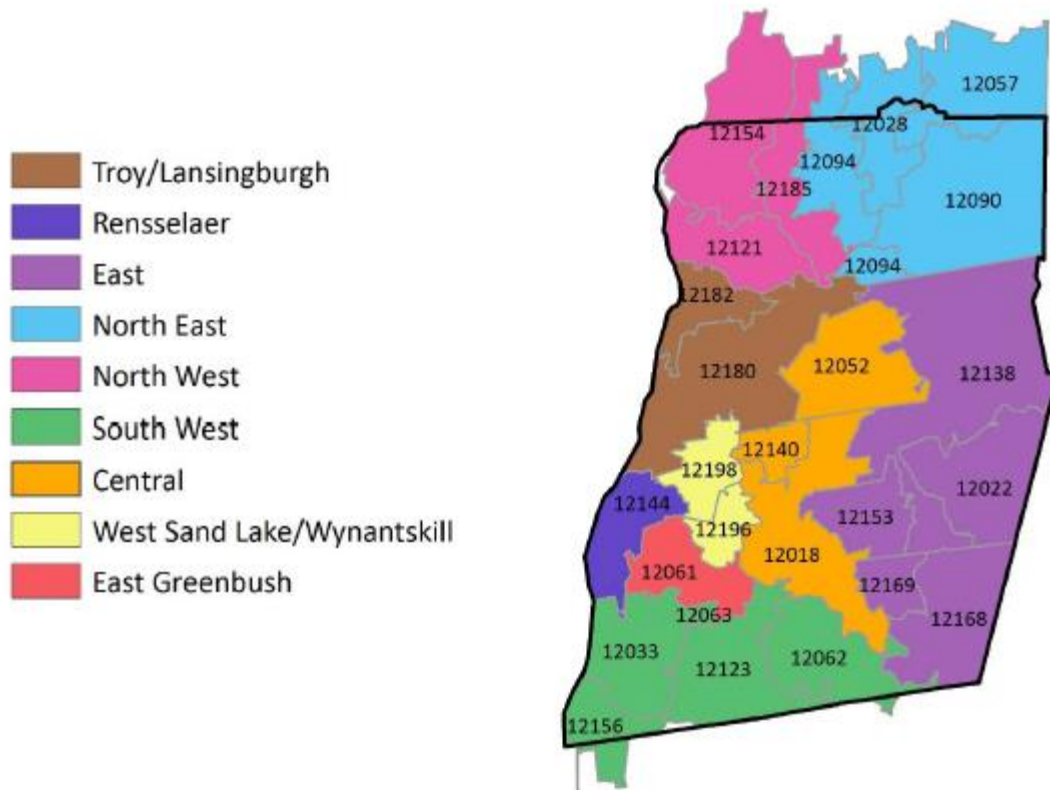
Community Health Improvement Plan (CHIP)

Upon completion of the CHIP, distribution will commence to all community partners involved with a digital copy. In addition, a copy will be available on the education\$ share drive within RCDOH and a hard copy will be available with the CHA.

BACKGROUND

Description of Rensselaer County

Rensselaer County is one of the eleven counties that make up the Capital Region within New York State. Rensselaer County is bordered by the following counties: Albany, Columbia, Greene, Saratoga, and Washington County. In addition to surrounding counties within New York State, Rensselaer County is also bordered by Massachusetts and Vermont.



Rensselaer County is comprised of fourteen towns, six villages, and two cities. Of those, the Troy/Lansingburgh area, as well as the Rensselaer area have the highest density in population. According to the CHA,¹ the following demographics were identified for Rensselaer County:

- According to the 2020 Census and its estimate for the 2021 data, Rensselaer County's population is 160,232.²
- In 2020, the median household income was \$76,731.²
- Approximately 92.3% of Rensselaer County residents aged 25 and older have a high school degree.²

Community Health Improvement Plan (CHIP)

- Of the general population, approximately 3.9% do not have health insurance.²
- 93% of households in Rensselaer County have a computer; 88.2% have an internet subscription.²
- 16.0% of Rensselaer’s population was aged 0-14 years, while 16.5% was aged 65+ years.¹
- The greatest percentage of Black non-Hispanic population (13.1%) as well as the largest Hispanic population (7.5%) is located in the Troy/Lansingburgh area.¹
- The highest neighborhood poverty rate (19.1%) is in Troy/Lansingburgh.¹
- Rensselaer neighborhood had the 3rd lowest percentage of population older than 25 with less than a high school education (8.1%)¹
- According to the Behavioral Risk Factor Surveillance System (BRFSS), in 2021 approximately 35% of the Albany-Schenectady-Troy Metropolitan area said that their general health was “Very Good” while 9.9% saying that their general health was “Fair.”³

Wisconsin 2022 County Health Ranking

The University of Wisconsin Population Health Institute releases the County Health Rankings & Roadmaps each year. Each county in the United States is ranked by health outcomes and health factors. Health outcomes is measured by looking at the length of life, but also the quality of life.⁴ Health factors look more at what conditions are present in each community.⁴ This includes health behaviors, clinical care, social and economic factors, and the physical environment.⁴

Based on these measures, according to the 2022 Wisconsin County Health Rankings:

Rensselaer County was ranked 30th out of 62 for health outcomes.



For health factors, Rensselaer County was ranked 14th out of 62.



Current Health Status

Chronic Disease

- 50.8% of Capital Region residents stated that obesity was “very serious” within their community.¹
- During 2015-2017, 4,263 school-aged children and adolescents (18.7%) were obese, a rate higher than NYS, excl. NYC (17.3%).¹
- Troy/Lansingburgh neighborhood (136.5/10,000) had 8 times higher 2014-2018 age-adjusted diabetes ED visit rates than NYS excl. NYC (16.6).¹
- Rensselaer County’s 2016-2018 age-adjusted congestive heart failure mortality rate of 19.4 per 100,000, was higher than NYS, excl. NYC (16.7).¹
- Rensselaer County’s 2016-2018 age-adjusted rate stroke mortality rate of 28.6 per 100,000 was higher than NYS, excl. NYC (27.6).¹
- Rensselaer County’s colorectal screening rate (75.4%) was higher than NYS, excl. NYC (66.5%).¹
- Rensselaer County’s female breast cancer screening rate (83.1%) was higher than NYS, excl. NYC (80.9%) among women 50 to 74 years of age.¹

Mental Health & Substance Use

- Approximately 46.5% of Capital Region residents feel that mental illness including suicide is “very serious.”¹
- 45.8% of Capital Region residents feel that substance use is “very serious.”¹
- 20% reported having “not good” mental health for 14 or more of the past 30 days.¹
- Rensselaer County had the Capital Region’s highest rate of 2014-2018 age-adjusted ED visits due to self-inflicted injuries (9.9/10,000), which was about 76% higher than NYS.¹
- Rensselaer’s 2017-2019 age-adjusted opioid analgesic prescription rate of 460 per 1,000 was higher than NYS.¹

Community Health Improvement Plan (CHIP)

- Rensselaer County had the Capital Region's 2nd highest 2018 age-adjusted opioid overdose ED visit rate (74.1/100,000), slightly higher than NYS.¹

Communicable Diseases

- 49.9% of Capital Region residents state that COVID-19 is "very serious" within their community.¹
- Rensselaer County's 2016-2018 age-adjusted gonorrhea diagnosis rate of 124.4/100,000 was higher than NYS (101.0).¹
- Rensselaer County's 2016-2018 age-adjusted chlamydia diagnosis rate of 459/100,000 was higher than NYS (420).¹
- Rensselaer County's 2016-2018 age-adjusted early syphilis diagnosis rate of 12.4/100,000 was higher than NYS (10.5).¹

PRIORITY WORKGROUP

Albany-Rensselaer Public Health Priority Workgroup

“The Albany-Rensselaer Prevention Agenda Prioritization Work Group was led by the Albany County Department of Health, the Rensselaer County Department of Health, Albany Medical Center, and St. Peter’s Health Partners. It was decided a joint county Albany-Rensselaer Prevention Agenda Prioritization Work Group was appropriate, as the hospitals’ catchment areas cover both counties. The first meeting was held on November 9, 2021, at which HCD presented data on the health issues and facilitated discussions. The Prevention Agenda Prioritization Work Group then selected the top sixteen health issues, based on data- and survey-based scoring, and provided organizational scoring along with contributing factors. In the second meeting, held on November 23, 2021, Prioritization Work Group members were briefed on the results of their organizational scoring. The third Prevention Agenda Prioritization Work Group meeting, held on December 7, 2021, was open to the public and hosted community partners to orient them to the Prioritization Process, update them on the progress of the Work Group, and collect their input and scores for each of the sixteen health issues.”¹

Community participants in the third meeting represented the following organizations:

- Albany County Department of Health
- Albany Medical College
- Albany Medical Center
- Addictions Care Center of Albany
- Alliance for Better Health
- Alzheimer’s Assoc. of Northeastern NY
- American Heart Association
- Arbor Hill Development Corp
- Boys and Girls Club of the Capital Region
- Capital District Latinos
- Capital District YMCA
- Cornell Cooperative Extension
- Ellis Medicine Family Health Center
- MVP Health Care
- Rensselaer County Department of Health
- SPHP Acute Care
- SPHP Behavioral Health Dept
- SPHP Capital District Tobacco-Free Communities

Community Health Improvement Plan (CHIP)

- SPHP Community Health Programs
- SPHP Community Relations
- Trinity Health
- University at Albany School of Public Health
- Upper Hudson Planned Parenthood

“Attendance during the third prioritization meeting consisted of 52 participants representing health care providers, academic institutions, and community-based and public service organizations. Participants were engaged in the data presentations, raised many questions, and offered their perspectives as service providers and researchers. The presentations used during these meetings were made available to the Work Group and the general public on the HCD website at <https://www.healthycapitaldistrict.org/>.”¹

The Albany-Rensselaer Prevention Agenda Prioritization Work Group selected the five public health issues with the highest total priority scores, and grouped them into the three following Prevention Agenda Priority Areas:

1. Priority Area: Prevent Chronic Diseases
 - c. Focus Area 1: Healthy Eating and Food Security
 - i. Goal 1.2: Increase skills and knowledge to support healthy food and beverage choices
 - d. Focus Area 2: Physical Activity
 - i. Goal 2.3: Increase access, for people of all ages and abilities, to safe indoor and/or outdoor places for physical activity
 - e. Focus Area 3: Tobacco Prevention
 - i. Goal 3.1: Prevent initiation of tobacco use, including combustible tobacco and electronic vaping products
 - f. Focus Area 4: Preventive Care and Management
 - i. Goal 4.1: Increase cancer screening rates for breast, cervical, and colorectal
 - ii. Goal 4.2: Increase early detection of cardiovascular disease, diabetes, prediabetes, and obesity

Community Health Improvement Plan (CHIP)

- iii. Goal 4.4: Improve self-management skills for individuals with chronic conditions
- 2. Priority Area: Promote Well-Being, Mental Health Services, and Prevent Substance Use Disorders
 - g. Focus Area 2: Prevent Mental and Substance Use Disorders
 - i. Goal 2.2: Prevent opioid and other substance misuse and deaths
 - ii. Goal 2.5: Prevent suicides by cross-sector collaboration
- 3. Priority Area: Prevent Communicable Diseases
 - h. Focus Area 1: Vaccine-Preventable Diseases
 - i. Goal 1.1: Improve vaccination rates
 - i. Focus Area 3: Sexually Transmitted Infections (STIs)
 - i. Goal 3.1: Reduce the annual rate of growth for STIs

COMMUNITY HEALTH ASSESSMENT: RENNELAER COUNTY HIGHLIGHTS

Chronic Disease

For the purposes of this CHIP, chronic disease encompasses the prevention of various health factors: obesity/prediabetes/diabetes, physical activity, cardiovascular disease, nutrition, and tobacco use, as well as the promotion of various health screenings available to address the prevalence of cancer diagnoses. Common contributing factors associated with chronic disease includes genetic, metabolic, behavioral, social, and environmental factors. According to the CHA, Greene and Schenectady County have the highest rates of obesity, 34.5% and 33.7% respectively.¹ Although it did not have the highest rate, Rensselaer County also surpassed the overall rate of NYS with a prevalence of 30.9% compared to 29.1%.¹ The NYS Prevention Agenda has instilled objectives to not only focus on the adult populations, but also children and adolescents through evidence-based interventions and the subsequent strategies and activities.

Healthy Lifestyle

To encourage and educate a healthy lifestyle, obesity and physical activity must go hand-in-hand. According to the CHA,¹ “A lack of physical activity can also lead to many chronic diseases or conditions, including hypertension, heart disease, stroke, type 2 diabetes, and some cancers.” As a result of rising obesity rates, the life expectancy of children and adolescents, both nationwide and statewide, has reduced. Rensselaer County has the 3rd highest percentage of children and adolescents who are obese at 18.7% and has remained stagnant between 2014-2016 and 2017-2019.¹ By acknowledging this statistic, RCDOH hopes to implement more opportunities for public health education in local school districts to reach children and adolescents, as well as other community setting to educate the general public.

Tobacco, Electronic Cigarette & Vaping

Tobacco & Cigarette Use

According to the CHA, approximately 443,000 deaths are attributed to cigarette use in the United States.¹ Of the 443,000 deaths nationwide, 25,400 deaths can be accounted for in New York State.¹ Although direct use poses significant health and mortality risks, indirect health complications should also be acknowledged in the form of secondhand and thirdhand smoke. It is stated that about 2,600 New York State residents will die from health effects

associated with secondhand smoke.¹ It is important to note that there is not a safe level of exposure when it comes to secondhand smoke, as individuals are still indirectly inhaling potential toxic and cancer-causing chemicals. According to the Thirdhand Smoke Resource Center,⁵ “Thirdhand smoke is the chemical residue left behind by secondhand smoke that lingers for months in dust and on household surfaces.” This can include, but is not limited to, items such as carpeting, furniture, and other types of fabrics located in the home environment.⁵ As a result, individuals are exposed to thirdhand smoke when they touch the surface with their skin, when they breathe in the particles that have embedded into the household surfaces, and when the particles are swallowed after touching different items or placing items, such as toys, into one’s mouth.⁵

Electronic Cigarettes & Vaping

Electronic cigarette and vaping use have become a growing trend amongst the school aged population. According to the CHA, the trend among high school students has more than doubled since 2014 to 27.4%.¹ This increase in use can be attributed to perceptions that e-cigarettes or vapes are better for you, marketing of flavors that are steered towards youths, and the easy accessibility of such items. In addition, according to the CDC,⁶ e-cigarettes still contain nicotine and other harmful toxins or chemicals that are harmful to adolescents both physically and developmentally. Approximately 99% of e-cigarettes that are sold in various venues nationwide have been found to contain nicotine, including those that have been advertised to have a zero percentage of nicotine in its ingredients.⁶ It is also important to note that adolescents that use e-cigarettes or vapes have a higher chance of experiencing addiction to other drugs in the future as adults.⁶

Cardiovascular & Cerebrovascular Disease

Cardiovascular Disease

According to the CHA,¹ cardiovascular disease or heart disease is considered to not only be the leading cause of death in the United States, but also in New York State. Roughly 1 in 4 deaths can be associated with cardiovascular disease each year, with a heart attack occurring every 40 seconds.¹ It is also found that approximately one third of the nation’s population is currently living with or experiencing some aspect of cardiovascular disease in their daily life.

Rensselaer County had the 2nd highest heart attack hospitalization rate at 14.6 per 10,000 in 2016-2018.¹ According to the CHA,¹ 25 per 10,000 individuals that have been hospitalized for heart disease identified as Black non-Hispanic in Rensselaer County between 2016 and 2018. Several risk factors associated with cardiovascular disease can be prevented, while others can be seen as a genetic predisposition. These various risk factors include high blood pressure, high cholesterol (low-density lipoprotein), smoking.¹ According to the data, 49% of individuals nationwide are experiencing one of the three factors in their daily life.¹

Cerebrovascular Disease

Cerebrovascular disease, also known as a stroke, is considered to be in the top 5 leading causes of death in the United States.¹ Similar to that of heart attacks, every 40 seconds someone experiences a stroke with individuals dying from a stroke every 4 minutes.¹ Factors associated with a heightened risk for stroke include both behavioral and genetic factors. These can include heredity, age, gender, ethnicity, high blood pressure, high cholesterol, cardiovascular disease, diabetes, smoking, being overweight, and any previous history of stroke or transient ischemic attacks (TIAs).¹ During 2016 to 2018, Rensselaer County experienced a mortality rate associated with strokes at a rate of 28.6 per 100,000.¹ This was an increase from 27.0 in 2013-2015.¹ While cerebrovascular disease can be seen in all populations, within Rensselaer County both White non-Hispanic and Black non-Hispanic share a similar mortality rate at 28.9 and 28.6, respectively.¹

Cancer

Of the five leading causes of death in New York State and the Capital Region, cancer is considering to be the second leading cause.¹ Approximately 110,000 residents from New York State are diagnosed with cancer each year, with lung, colorectal, breast and prostate cancer being the majority.¹ The main form of prevention regarding cancer is to educate the public on available screening measures, as well as help them understand the various risk factors associated with cancer diagnoses. These factors can include genetic predisposition, lifestyle behaviors, or exposure to environmental risks.¹

Breast Cancer

Breast cancer is seen majorly in females, however rarely in males. In the United States, breast cancer is considered to be the leading cause of cancer deaths in the female population.¹ It is estimated that 16,000 women are given a breast cancer diagnosis each year, with 900 being attributed to the Capital Region District.¹ To increase the chances of an early diagnosis, it is imperative to educate the public on the importance of maintaining a regular schedule of health screenings. For breast cancer specifically, it is suggested that for women who are over the age of 50, they should have a mammogram every two years, while also conducting self-breast exams and routing clinical exams during an annual physical on a regular basis.¹ By consulting with their physician, they can also identify a more applicable screening schedule based on individual risk factors, including genetic, behavioral, and reproductive. According to the CHA, approximately 84.8% of women that were aged 50 to 74 years reported in 2018 to receiving a mammogram within the past two years in New York State.¹ Specifically, to Rensselaer County, approximately 83.1% of women aged 50 to 74 received a breast cancer screening.¹

Cervical Cancer

Cervical cancer is considered to be a highly preventable form of cancer. Predominantly caused by the human papillomavirus (HPV), cervical cancer can be prevented by receiving appropriate screening tests and receiving the HPV vaccination. According to the CHA,¹ Rensselaer County has the 2nd highest percentage of women between the ages of 21 to 65 that receive a cervical cancer screening every three years at 90.4% in 2018. A typical screening test is called a pap smear, where it will check for cervical cell abnormalities.¹ As every woman is different in risk factors associated with cervical cancer, the time between pap smears can be more frequent or remain within the 3-year guideline. Risk factors that may lead to a higher chance of being diagnosed with cervical cancer include unsafe sexual practices, smoking, giving birth to three or more children, and using birth control for 5 or more years.¹ Although the screening rates are significant for Rensselaer County, a priority as identified later in communicable diseases will discuss our objectives towards educating the public on the benefits of receiving the HPV vaccine.

Colorectal Cancer

Compared to breast and cervical cancer, colorectal cancer impacts both women and men. Considered to be the third most common cancer, about 9,100 individuals are diagnosed with colorectal cancer on an annual basis.¹ The key to reducing one's risk of colorectal cancer, as well as receiving an earlier diagnosis, is routine screening. According to the CHA,¹ approximately 90.4% of individuals who have been early diagnosed with colorectal cancer will live 5 years after their initial diagnosis. While colorectal cancer can be genetic, physical risk factors can include below the average amount of physical activity, tobacco and alcohol use, and a limited diet consisting of a lack of vegetable/fruit intake, low-fiber and high-fat.¹ In 2018, approximately 75.4% of adults between the age of 50 to 64 in Rensselaer County had received a colorectal cancer screening as suggested by recent guidelines.² In addition, between 2015 and 2017, Rensselaer County experienced a decrease in colorectal cancer incidence with a rate of 38.5 per 100,000, compared previously to 45.1 per 100,000 between 2012 and 2014.¹ While colorectal cancer rates can be seen in all populations, predominantly Black non-Hispanics experienced the most significant rate at 30.2 per 100,000.¹ In addition, males had a higher rate of colorectal cancer incidence with the highest mortality rate in Black non-Hispanics.¹

Prostate Cancer

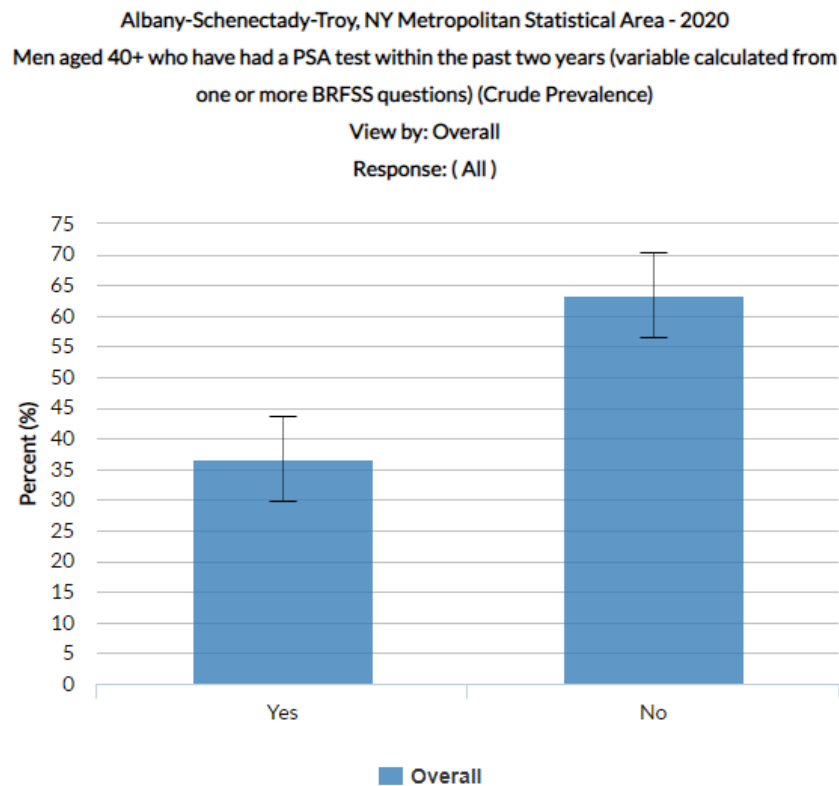
As breast cancer is most common in women, prostate cancer is most common in men.¹ According to the CHA,¹ 14,300 men are diagnosed with prostate cancer in New York State on an annual basis. With a higher risk being experienced after the age of 50, risk factors are limited in their research. However, it can be said that Black men and men with a history of prostate cancer in their family can be more prone to receive a prostate cancer diagnosis.² Between data obtained from 2012-2014 and 2015-2017, Rensselaer County experienced an increased rate from 104 to 114 per 100,000.¹ Comparatively, there was a decrease in prostate cancer mortality between those same time periods from 20.0 to 17.8 per 100,000.¹ According to the BRFSS, in

the Albany-Schenectady-Troy area, in 2020, it was found that the majority of men over the age of 40 had not had a prostate cancer screening in the past two years.³

Lung Cancer

Of the various cancer types illustrated thus far in this CHIP, lung cancer continues to be the leading cause of cancer deaths in both men and women.¹ This applies not only to nationwide, but also statewide in NYS. In addition to Greene County, Rensselaer County experienced the highest incidence rates in lung cancer diagnoses.¹ Rensselaer County identified

Table 1. Percentage of Men 40+ that Received a PSA in Past Two Years



Data Source: Behavioral Risk Factor Surveillance System (BRFSS)

a 80.1 per 100,000 rate in lung cancer incidence compared to the NYS rate of 66.1 per 100,000.² Risk factors attributed to lung cancer can include smoking, secondhand and thirdhand smoke, radon, asbestos, other workplace environmental exposures, and family history of lung cancer.²

Mental Health & Substance Use

According to the CHA,¹ approximately 12.5% of adults in Rensselaer County stated that they had experienced 14 or more days that they considered “poor mental health days.” While

seen in all populations, individuals that identified as Black and Hispanic experienced a higher prevalence of these days, as well as individuals that reported an annual income of less than \$50,000.¹ It is important to note that mental health can be treatable and preventable. Not only can mental health be influenced by social and behavioral factors, it can also be influenced by inherited and multigenerational impacts.

Suicide

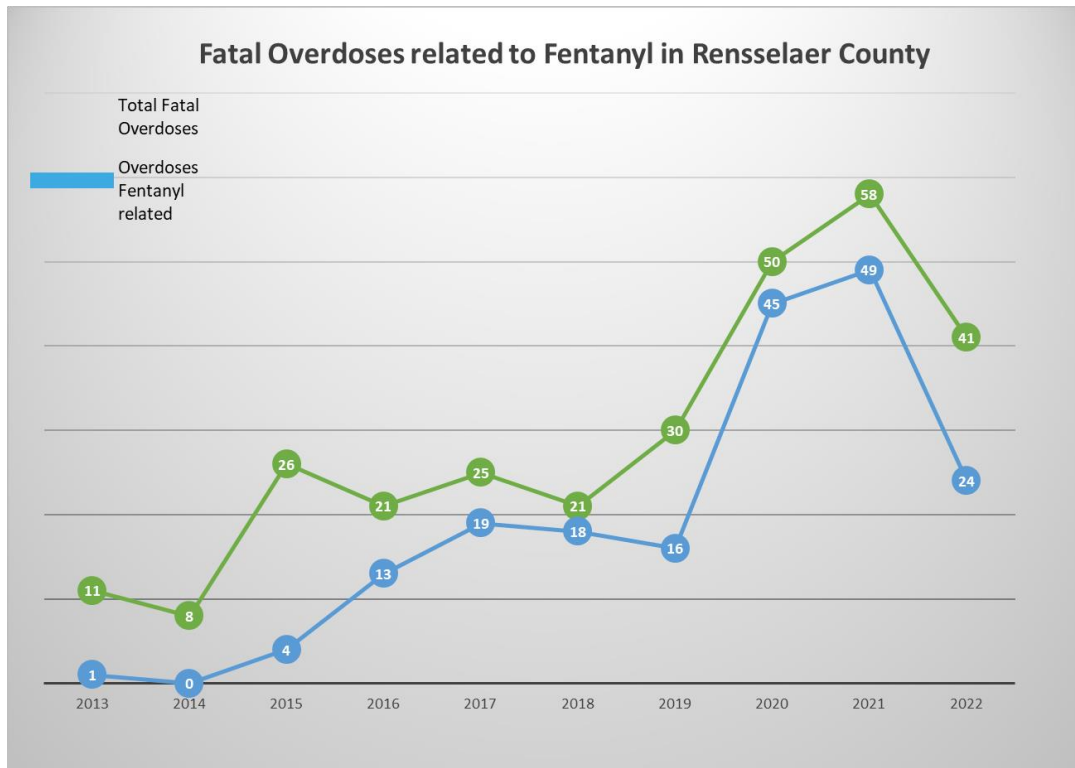
According to the CHA,² Rensselaer, Albany, Schenectady, Saratoga, Greene and Columbia Counties were failing to meet the NYS Prevention Agenda 2024 objective of 7.0 per 100,000. Rensselaer County, between 2016 and 2018, experienced a suicide mortality rate of 11.8 per 100,000.² This was also an increase from 10.5 in 2015.¹ It was found that females and White non-Hispanic had the highest prevalence of suicide.¹ In addition to suicide mortality, Rensselaer County experienced a prevalence of self-inflicted injuries resulting in an Emergency Department (ED) visit.¹ Between 2014 and 2018, Rensselaer County had a rate of 9.9 per 10,000, the highest in the Capital Region, for self-inflicted injuries resulting in ED visits.¹ Similar to demographics associated with suicide mortality, females had a higher 61% higher rate compared to males in ED visits for self-inflicted injuries.¹

Substance Use

Substance use encompasses not only opiates, but also alcohol use disorder. Rensselaer County is passionate about ensuring individuals in the community have access to the tools need to prevent health emergencies, whether they be non-fatal or fatal. According to the CHA,¹ of the number of individuals in the country that have a substance use disorder, NYS makes up for 6.7% of that number. Opioid use has increased since 2010 with the rate being quadrupled from 3.5 per 100,000 to 15.2 per 100,000 in 2018.¹ Between 2017 (63.4) and 2018 (74.1) there was an increase of 10.7 per 100,000 for opioid overdose ED visits.¹ To provide perspective, the NYS Prevention Agenda 2024 objective is 53.3 per 100,000 ED visits for opioid overdoses.¹ While the CHA utilizes the latest data from 2018 and some of 2019, it is important to note that during 2019 to 2020, there was an increase in opioid use rates due to the effects of COVID-19. This was predominantly associated with the presence of social distancing guidelines and other limitations to focus on public safety during the pandemic peaks. Unfortunately, this trend of

risking opioid overdose rates has continued into 2022. Since January 2022, Rensselaer County has experienced 354 suspected drug overdoses.⁷ Of these 354 suspected overdoses, 43 were fatal and 81 were given Naloxone.⁷ Several contributing factors could be associated with this increase. In addition to the pandemic, growing drug trends in the presence of fentanyl in street drugs, as well as the new presence of xylazine, a veterinarian tranquilizer.

Table 2. Fentanyl-Related Fatal Overdoses in Rensselaer County^{7,8}



Another contributing factor is the effect of opioid prescribing practices. According to the CHA,¹ between 2017 to 2019, Rensselaer County had a rate of 460 per 1,000 opioid prescriptions being given for pain. Compared to 2014-2016, there was a decrease from 583 per 1,000 prescriptions.¹ To combat this rise in opioid use, educating the public and first responders have had the opportunity to become trained to administer Narcan in the event that they encounter someone overdosing. With trends such as fentanyl and xylazine, a veterinarian tranquilizer, community outreach to place Narcan in the hands of the community and education on awareness of substance use in the community is imperative.

Communicable Diseases

Immunizations & Vaccines

4:3:1:3:3:1:4

Vaccines have been proven to be effective throughout history as they assist in immunity building against certain diseases, but also aiding in controlling and potentially eradicating the disease.¹ Immunizations can be given to children and adults according to respective schedules. For children, the following is recommended: 4 Tdap, 3 polio, 1 MMR, 3 Hep B, 3 Hib, 1 varicella, and 4 PCV13).¹ It is otherwise annotated by 4:3:1:3:3:1:4. According to the CHA,¹ approximately 76.7% of 24 to 35-month-old infants in Rensselaer County had received the immunization series in 2018 to 2019.

HPV Vaccine

The HPV vaccine is also beneficial in preventing the spread of the sexually transmitted disease and the potential long-term health risks of cervical cancer, with most adolescents at the age of 13 receiving the complete vaccine series.¹ As recommended by the CDC, both female and male adolescents can receive two doses of the HPV vaccine.¹ Females up to the age of 26 can receive the vaccine and males up to the age of 21 can receive the vaccine series; this vaccine should be given prior to the start of becoming sexually active.¹ According to the CHA,¹ Rensselaer County had a percentage of 30.1% for completed series in 13-year-old adolescents.

COVID-19 Vaccine

Since the declaration of the COVID-19 pandemic by the World Health Organization (WHO) in March of 2020, COVID-19 has led to widespread health impacts. According to the CHA,¹ approximately 46.9 million cases have been identified as of November 2021, with an estimated 760,300 deaths related to COVID-19.

In addition to the social distancing guidelines to help prevent the spread of COVID-19 within our communities, the development and distribution of the COVID-19 vaccine created another way to induce immunity building, but also prevent severe illness as a result of contracting COVID-19. According to the CHA,¹ Rensselaer County had a 62.1% of completed vaccination series for COVID-19, as of November of 2021. Specifically, in April of 2021, Rensselaer County administered 12,145 vaccines at the COVID-19 vaccine clinics at Hudson Valley Community College. In 2021, Rensselaer County held 177 vaccine clinics and vaccinated a

total of 39,874. Of that number, over 28,000 were Rensselaer County residents and over 11,000 were non-residents.

For individuals that received at least one dose of the COVID-19 vaccine, it was found that 86.5% identified as White, 6.7% identified as Black, 5.8% identified as Asian, and 4.8% identified as Hispanic.¹ Comparatively, it was found that of the general population, older adults 65 years and older had the highest percentage of 99.2% with having at least one dose and 86.1% having a complete vaccine series.¹ Between January of 2021 and January of 2022, Rensselaer County experienced one of the second lowest rates for mortality rates associated with COVID-19. According to the CHA,¹ Rensselaer County had a rate of 80.9 per 100,000 for COVID-19 mortality compared to Greene County with the highest rate of 124.2 per 100,000.

Sexually Transmitted Infections (STI)

According to the CHA,¹ Rensselaer was one of three counties that experienced the highest diagnosis rates for gonorrhea, chlamydia, and early syphilis. More specifically, in the Capital Region, there was a 66% increase in gonorrhea, 41% in chlamydia, and 300% in early syphilis between 2010 and 2018.¹ Of these percentages, it was found that STIs were more commonly diagnosed in individuals 26 years old and younger.¹

Gonorrhea

Being considered the second most diagnosed STI in the state of NY, Rensselaer County was found to have a rate of 124.4 per 100,000 for gonorrhea diagnoses in 2018.¹ The importance of gonorrhea is to be aware of what symptoms accompany this diagnosis, ways to prevent infection, and receive treatment due to early detection. According to the CHA,¹ if gonorrhea is not diagnosed or not treated, some long-term health consequences can include infertility, ectopic pregnancy, sterility, arthritis, skin problems, and organ infections.

Chlamydia

According to the CHA,¹ Rensselaer County experienced an increased between 2013 and 2018 in chlamydia rates. More specifically, there was an increase from 393 per 100,000 to 459 per 100,000.¹ Sometimes causing asymptomatic responses after infection, it is important to educate the public on the importance of receiving regular screening if at risk for STI. Although an untreated diagnosis of chlamydia can have direct impacts on a female's reproductive

system, it can also be transferred to a child during childbirth. According to the CHA,¹ a common complication associated with a baby contracting chlamydia during birth can include conjunctivitis and chlamydial pneumonia.

Early Syphilis

Of the three most common STIs, the Capital Region experienced the highest increase in early syphilis cases by 300%.¹ Similar to that of chlamydia, a pregnant mother can pass syphilis onto their baby during childbirth if currently infected.¹ Some symptoms associated with syphilis include sores, skin rashes, legions, fever, weight/hair loss, muscle aches, and swollen lymph glands.¹ If diagnosed, treatment can be started to cure the infection. However, if left untreated, individuals that experience genital sores may be a higher risk of developing HIV.¹ Among the general population, recent data shows that men who have sex with men (MSM) and are between the ages of 20 and 29 are at a higher risk of contracting early syphilis.¹

For full copy of Community Health Assessment 2022:



RESOURCES & ASSETS

Albany and Rensselaer County Assets and Resources – Prevent Chronic Diseases; Promote Well-Being and Prevent Mental and Substance Use Disorders

Obesity Prevention Care and Management		
Organization	Albany County Assets	Rensselaer County Assets
Albany County Department of Health	<ul style="list-style-type: none"> National Diabetes Prevention Program 	
Albany Medical Center	<ul style="list-style-type: none"> Division of Community Endocrinology - Diabetes Self-Management training and education, medical nutrition therapy 	<ul style="list-style-type: none"> Division of Community Endocrinology - Diabetes Self-Management training and education, medical nutrition therapy
American Diabetes Association - Living With Type 2 Program	<ul style="list-style-type: none"> Diabetes Self-Management Training and Education 	<ul style="list-style-type: none"> Diabetes Self-Management Training and Education
Capital District YMCA	<ul style="list-style-type: none"> Blood Pressure Self-management 	Blood Pressure Self-management Diabetes Self-Management
Community Care Physicians	Diabetes Self-Management Training and Education Medical Nutrition Therapy	Diabetes Self-Management Training and Education Medical Nutrition Therapy
Cornell Cooperative Extension	<ul style="list-style-type: none"> Dining with Diabetes - Weight Management Classes 	<ul style="list-style-type: none"> Nutritional Education Sessions
Diabetes Sisters of Albany/Schenectady	<ul style="list-style-type: none"> Diabetes Support Group 	
JDRF's Sugar Free Gang	<ul style="list-style-type: none"> Diabetes Support Groups and Education 	<ul style="list-style-type: none"> Diabetes Support Groups and Education
Rensselaer County Department of Health		<ul style="list-style-type: none"> Pre-Diabetes Education & Public Health Detailing
St. Peter's Health Partners (Diabetes and Endocrine Care)	Diabetes Self-Management Training and Education Medical Nutrition Therapy Diabetes Support Groups National Diabetes Prevention Program	Diabetes Self-Management Training and Education Medical Nutrition Therapy Diabetes Support Groups National Diabetes Prevention Program
Stratton Veterans Administration Medical Center	<ul style="list-style-type: none"> Diabetes Self-Management Training and Education 	<ul style="list-style-type: none"> Diabetes Self-Management Training and Education
TOPS Grocery Stores		<ul style="list-style-type: none"> Weight Management through Nutritional education
Weight Watchers Studio	<ul style="list-style-type: none"> Diabetes Self-Management Training and Education 	<ul style="list-style-type: none"> Diabetes Self-Management Training and Education
Whitney M. Young Jr. Health Services	Diabetes Self-Management Training and Education Medical Nutrition Therapy	Diabetes Self-Management Training and Education Medical Nutrition Therapy

Community Health Improvement Plan (CHIP)

Physical Activity		
Organization	Albany County Assets	Rensselaer County Assets
Fitness	Albany CrossFit Albany Jewish Community Center Black Sheep Athletics Capital District YMCA Metabolic Planet Fitness Rudy A. Ciccotti Family Recreation Center Silver Sneakers CDPHP Fitness Connect Vent Fitness Retro Fitness Albany State Concourse Orange Theory Fitness Best Fitness Freestyle Fitness Center CrossFit Beyond Albany Boxing	Collar City Athletics Planet Fitness Silver Sneakers CDPHP Fitness Connect Capital District YMCA Fitnessforfun, LLC Jazzercise Fitness Center Mueller Center RPI Gymnasium All Troy Athletic Club Focusmaster Fitness Lions Den Martial Arts & Fitness Fitness Coach Fly Yoga Studio Anatomie Emerald Athletic Club
Parks and Recreation	Albany County Department of Recreation https://www.albanycounty.com/departments/recreation/youth-sports Albany County Helderberg-Hudson Rail Trail Ann Lee Pond Nature & Historic Preserve E.N. Huyck Preserve Lawson Lake County Park Mohawk Hudson Land Conservancy Preserves https://mohawkhudson.org/ourpreserves/	Rensselaer County: http://www.renscocounty.com/wp-content/uploads/2017/06/Public_Health_Outdoor-Activity-Areas-2.pdf
	Municipal parks and recreational resources New York State Parks, Preserves, and Wildlife Management Areas https://www.dec.ny.gov/outdoor/7801.html	

Community Health Improvement Plan (CHIP)

Healthy Eating and Food Security		
Organization	Albany County Assets	Rensselaer County Assets
Regional Food Bank of Northeastern New York	Backpack Program Just Say Yes to Fruits and Vegetables Mass Distribution/Mobile Pantry School Pantry Program	Backpack Program Just Say Yes to Fruits and Vegetables Mass Distribution/Mobile Pantry School Pantry Program
Albany County Department for Aging	Congregate Meals Home Delivered Meals Nutritional Counseling	
Albany County Department of Health	Nutritional Education Breastfeeding supports	
Albany Medical Center	Special Supplemental Nutrition Program for Women, Infants and Children Nutritional Education Breastfeeding support and education	Special Supplemental Nutrition Program for Women, Infants and Children Nutritional Education Breastfeeding support and education
Grocery Stores Grocery Stores (Continued)	ALDI's Whole foods Hannaford Honest Weight Food Cooperative Market 32 Price Chopper Save A Lot ShopRite of Albany Trader Joe's Walmart	ALDI's Whole foods Hannaford Honest Weight Food Cooperative Price Chopper Save A Lot ShopRite of Rensselaer Trader Joe's Walmart Target
Capital District Child Care Coordinating Council	Child and Adult Care Food Program (CACFP) Farm to Preschool – nutrition education, local produce	Child and Adult Care Food Program (CACFP) Farm to Preschool – nutrition education, local produce

Community Health Improvement Plan (CHIP)

	• Child Care Health Consultant Services	• Child Care Health Consultant Services
<p>Farmers Markets – *Accepts SNAP</p>	<p>CDPHP Farmers Market - June 7-October 4, Thursday 11am-1:30pm</p> <p>*Empire State Plaza Friday Farmers Market - March 1-October 1, Friday 10am-2pm</p> <p>*Empire State Plaza Wed Farmers Market - Year-round, Wednesday 10am-2pm</p> <p>Harriman State Campus Farmers Market - May 1-October 10, Thursday 10am-2pm</p> <p>New Covenant Farmers Market - May 21-October 1, Tuesday 3pm-6pm</p> <p>Farmers Market at the Crossings - May 18-September 28, Saturday 9am-1pm</p> <p>*Delaware Community Farmers Market – July 2-September 24, Tuesdays 4pm-7pm</p> <p>*Delmar Saturday Farmers Market - May 28-October 29, Saturday 9am-1pm</p> <p>Delmar Tuesday Farmers Market - May 6-November 25, Tuesday 2:30pm-6pm</p> <p>Guilderland Farmers Market – June 30-October 13, Sunday 10-2pm</p> <p>Washington Park Farmers Market Saturdays 10am August-September</p> <p>Voorheesville Farmer Market June 16th September 29 Wednesday 3:30-6:30pm</p>	<p>*Troy Waterfront Farmers Market - May 4-October 26, Saturday 9am-2pm</p> <p>Poestenkill Farmers Market and Craft Fair •</p> <p>*Capital Roots Produce Market - Yearround, Mon-Fri 9am-4:30pm</p> <p>*Capital Roots Produce Project Farm Stand - May 7-October 29, Tuesday 4pm-6pm</p> <p>East Greenbush Farmers Market - June 12-September 25, Wednesday 4pm-7pm</p>
<p>Farmers Markets (Continued)</p>		
<p>Capital Roots</p>	<p>Community Gardens</p> <p>Veggie Mobile</p> <p>Produce Project – students run a farm for credit and produce</p> <p>Taste Good Series – nutrition education</p> <p>Squash Hunger – produce transportation</p> <p>Urban Greening Projects</p> <p>Healthy Streets Projects</p> <p>Healthy Stores Projects</p>	<p>Community Gardens</p> <p>Veggie Mobile</p> <p>Produce Project – students run a farm for credit and produce</p> <p>Taste Good Series – nutrition education</p> <p>Squash Hunger – produce transportation</p> <p>Urban Greening Projects</p> <p>Healthy Streets Projects</p> <p>Healthy Stores Projects</p>

Community Health Improvement Plan (CHIP)

Commission on Economic Opportunity		Baby Café Special Supplemental Nutrition Program for Women, Infants and Children Food Pantry
Cornell Cooperative Extension	Nutrition Education Program Agriculture and Horticulture program – education Central NY Dairy and Livestock Team 4-H Vegetable Marketing Program – youth grow their own vegetables	Nutrition Education Program Agriculture and Horticulture program – education Central NY Dairy and Livestock Team • 4-H Vegetable Marketing Program – youth grow their own vegetables
Radix Center	• Community Gardens • Nutritional Education	
Rensselaer County Department of Health		Department of Aging – Nutrition Program, home delivered meals, congregate meals Nutritional Education
Sheridan Hollow Drop In Center	• SNAP Registration Assistance	
St. Peter's Health Partners	• Breastfeeding Promotion, Protection, and Support	• Breastfeeding Promotion, Protection, and Support
	Creating Healthy Schools and Communities Food Farmacy Programs Emergency Food Assistance	Creating Healthy Schools and Communities Food Farmacy Programs Emergency Food Assistance
The Food Pantries for the Capital District	• Emergency Food Assistance – Food Pantries	• Emergency Food Assistance – Food Pantries
Legal Aid Society of NY	• SNAP Registration Assistance	• SNAP Registration Assistance
Town of Guilderland Community Gardens	• Community Gardens	
Trinity Alliance of the Capital Region	Emergency Food Assistance – Food Pantries Community garden	Emergency Food Assistance – Food Pantries Community garden
Unity House of Troy	• Child care services	Community Meals Emergency Assistance SNAP Registration Assistance Child care services
Whitney M. Young Health Center	• Special Supplemental Nutrition Program for Women, Infants and Children	• Special Supplemental Nutrition Program for Women, Infants and Children
YWCA - Troy		Community meals Food pantry

Community Health Improvement Plan (CHIP)

Substance Abuse and Mental Health		
Organization	Albany County Assets	Rensselaer County Assets
Alcoholics Anonymous	• Alcoholism Treatment Program	• Alcoholism Treatment Program
Addiction Care Center (ACCA) -Prevention and Community Education Services	Prevention education to thousands of Capital Region children each year to help support healthy communities and prevent underage drinking, drug abuse and other risky behaviors such as early sexual activity, school delinquency and teen violence. Community Education program delivers the following: interactive workshops and presentations to schools, community organizations and corporations upon request.	Addiction Treatment services at Rensselaer County Correctional Facility – assessment , counseling & discharge planning Proposed to open by end of 2019 – 820 residential congregate care services, 20 beds for men Grant from CDPHP Foundation – prevention services for two school districts: “An Apple a Day”
Addiction Recovery Coaching & Support services	Recovery Peer Advocates Recovery Support Services Family Support Navigation Recovery Coach Trainings	
Albany Medical Center	Integration of behavioral health services with several primary and specialty care sites Suicide and depression screenings in Emergency Department and physician practice sites to identify and support at-risk patients Suboxone Clinics ERAS Initiative – Enhanced Recovery After Surgery (opioid-free surgeries for numerous procedures) Project Safe Point: Albany Med Emergency Department physicians collaborate with Catholic Charities to ensure patients are seen the day after an opioid-related ED visit Various opioid-related research efforts through Albany Medical College Lead role in community-based opioid use disorder education, working with law enforcement and government agencies	Integration of behavioral health services with several primary and specialty care sites Suicide and depression screenings in Emergency Department and physician practice sites to identify and support at-risk patients Suboxone Clinics ERAS Initiative – Enhanced Recovery After Surgery (opioid-free surgeries for numerous procedures) Project Safe Point: Albany Med Emergency Department physicians collaborate with Catholic Charities to ensure patients are seen the day after an opioid-related ED visit Various opioid-related research efforts through Albany Medical College Lead role in community-based opioid use disorder education, working with law enforcement and government agencies
Albany County Department of Health	Opioid Overdose Prevention program	

Community Health Improvement Plan (CHIP)

Albany County Mental Health	Assertive Community Treatment (ACT) Program Health Home Care Management Services Adult Forensic Services Community Services Board Substance Abuse Services Adult Treatment Clinic Opioid Prevention Training Children’s Mental Health Clinic Single Point of Access (SPOA) Case Management Services Child Forensic Services Parent Partners	
Albany County Mental Health (Continued)		
	• Mobile Outreach- Treatment Overdose Response (M.O.T.O.R)	
Albany County Sheriff’s Office	Sheriff’s Heroin Addictions Recovery Program (SHARP) STOP-DWI	
American Foundation for Suicide Prevention	• Grief Support Groups	• Grief Support Groups
Brattleboro Retreat		• Inpatient, Outpatient, Residential and day programs for all ages
Capital Area Peer Services	• Peer-run agency serving adults recovering from mental illness Self-help and peer support groups: anger management, MICA and support group Benefits counseling CARELine 518-427-5056 x115 – confidential non-crisis peer-run “warmlines”	
Capital Counseling	Inpatient and Outpatient home transition counseling services Phone-based clinical office support and case management • Referral Services	Inpatient and Outpatient home transition counseling services Phone-based clinical office support and case management Referral Services
Capital District Behavioral Health	Counseling for all ages Family, couple, and individual counseling	Counseling for all ages Family, couple, and individual counseling
Capital District Psychiatric Center	Crisis Center - Intervention Counseling Clinic Child and Adolescent Outpatient Services	Crisis Center – Intervention Counseling Clinic Child and Adolescent Outpatient Services

Community Health Improvement Plan (CHIP)

<p>Capital Area Peer Services</p>	<ul style="list-style-type: none"> Peer-run agency serving adults recovering from mental illness Self-help and peer support groups: anger management, MICA and support group Benefits counseling CARELine 518-427-5056 x115 – confidential non-crisis peer-run “warmline” 	
<p>Capital Counseling</p>	<p>Inpatient and Outpatient home transition counseling services</p> <p>Phone-based clinical office support and case management • Referral Services</p>	<p>Inpatient and Outpatient home transition counseling services</p> <p>Phone-based clinical office support and case management</p> <p>Referral Services</p>
<p>Capital District Behavioral Health</p>	<p>Counseling for all ages</p> <p>Family, couple, and individual counseling</p>	<p>Counseling for all ages</p> <p>Family, couple, and individual counseling</p>
<p>Capital District Psychiatric Center</p>	<p>Crisis Center - Intervention</p> <p>Counseling Clinic</p> <p>Child and Adolescent Outpatient Services</p>	<p>Crisis Center – Intervention</p> <p>Counseling Clinic</p> <p>Child and Adolescent Outpatient Services</p>
<p>Capital District Physicians Health Plan</p>	<p>Access and Triage: 24 hour telephonic behavioral health assessment, triage and referral services for CDPHP members. Services including inpatient mental health, inpatient detox and substance abuse rehab, ambulatory opioid detox, partial hospital and intensive outpatient, outpatient mental health and substance abuse. Effective 7/1/2016, administration of NYS Medicaid HARP services.</p> <p>Behavioral health and medical case management, providing coordination of care across the continuum of treatment. • Utilization Management: Application of medical necessity criteria to assure members receive the appropriate levels of treatment.</p>	<p>Access and Triage: 24 hour telephonic behavioral health assessment, triage and referral services for CDPHP members. Services including inpatient mental health, inpatient detox and substance abuse rehab, ambulatory opioid detox, partial hospital and intensive outpatient, outpatient mental health and substance abuse. Effective 7/1/2016, administration of NYS Medicaid HARP services.</p> <p>Behavioral health and medical case management, providing coordination of care across the continuum of treatment. •Utilization Management: Application of medical necessity criteria to assure members receive the appropriate levels of treatment.</p>
<p>Capital District Tobacco-Free Coalition</p>	<p>Comprehensive assistance to BH agencies in Albany County to support tobacco-free living by making their property tobaccofree. Assistance includes:</p> <p>Telephone, email and in-person technical assistance;</p> <p>Presentations and information sessions; • Supportive materials and resources for both staff and consumers;</p> <p>Sample policies, employee/consumer outreach materials, and FAQs; • Timeline development and implementation;</p> <p>No-cost tobacco-free signage.</p>	<p>Comprehensive assistance to BH agencies in Rensselaer County to support tobaccofree living by making their property tobacco-free. Assistance includes:</p> <p>Telephone, email and in-person technical assistance;</p> <p>Presentations and information sessions; • Supportive materials and resources for both staff and consumers;</p> <p>Sample policies, employee/consumer outreach materials, and FAQs; • Timeline development and implementation;</p> <p>No-cost tobacco-free signage.</p>

Community Health Improvement Plan (CHIP)

<p>Capital Region BOCES</p>	<p>CAPIT(Comprehensive Approaches to Prevention Intervention & Training) Program Substance Abuse Prevention and Early Intervention Services: Elementary (Life Skills, Bullying Prevention), High School Services (Project Success, Teen Intervene and Reconnecting Youth), • Parenting education and support, work with community groups and assistance with any prevention or health promotion efforts; training and consultation on gambling prevention, dealing with difficult students, substance abuse and the family, mandated reporter, violence prevention and crisis intervention.</p>	
<p>Catholic Charities “Project Safe Point”</p>	<p>• Harm Reduction Services through drop in and by appointment in the community including: Syringe Exchange, Risk Reduction Education, Overdose Training w/Naloxone, HIV/HCV Screening and testing, Substance Use Treatment Referrals.</p>	<p>• Harm Reduction Services through drop in and by appointment in the community including: Syringe Exchange, Risk Reduction Education, Overdose Training w/Naloxone, HIV/HCV Screening and testing, Substance Use Treatment Referrals.</p>
<p>Center for Disability Services</p>	<p>• Counseling</p>	<p>• Counseling</p>
<p>The Community Hospice</p>	<p>Counseling – Individual or family grief counseling Support Groups – for adults Wave Riders – weekly support group for grieving families with children Camp Erin – free weekend overnight camp for grieving children 6-17yo</p>	<p>Counseling – Individual or family grief counseling Support Groups – for adults Wave Riders – weekly support group for grieving families with children Camp Erin – free weekend overnight camp for grieving children 6-17yo</p>
<p>Conifer Park Inc.</p>		<p>Inpatient Rehabilitation Program (regional) - Treatment addresses the individual's drug and/or alcohol use and any associated medical, psychological, social, vocational or legal problems. Medically supervised detoxification and crisis counseling services (regional) to patients on our withdrawal and stabilization unit.</p>
		<p>• Troy - Outpatient Clinic services, Methadone maintenance; Buprenorphine induction and maintenance; Professionals group – substance use treatment for professionals having credential that is in jeopardy.</p>

Community Health Improvement Plan (CHIP)

<p>Ellis Hospital</p>	<p>Crisis Intervention Outpatient Child and Adolescent Psychiatry Department – Counseling, initial psychiatric assessments with diagnosis, medication management, psychotherapy, consultation/collateral services for schools and other professional agencies, wellness planning, community education Inpatient Care Comfort Room Personalized recovery oriented services for adults Peer advocacy Program Case Management and Family Support</p>	
<p>Equinox</p>	<p>Counseling 24/7 Hotline Outpatient Clinic Family resources Personal recovery Oriented Services</p>	
<p>Hope House</p>	<p>Outpatient 747 Madison Ave, Albany, Licensed by OASAS MAT Mental health support Group Therapy Individual Therapy Peer Support Bette Center 261 Pearl St, Albany</p>	

Community Health Improvement Plan (CHIP)

	<p>OASAS 820 rehabilitation and reintegration program Men's (18+) residential program Group and individual therapy Mental health services Primary medical care</p> <p>Men's Recovery Program Hubbard Center I 573 Livingston Ave, Albany</p> <p>OASAS licensed residential reintegration program Case management Group services for independent living skills Substance use outpatient Mental health Medical Sober supports Education and/or vocational services</p> <p>Women's Recovery Program Hubbard Center II 577 Livingston Ave, Albany</p> <p>Women 18+ OASAS licensed residential rehabilitation and reintegration Onsite physical health needs MAT Mental health counseling Medication management Individual, family and group sessions</p> <p>Women and Children's Program 890 Madison Ave, Albany</p> <p>819 Community Residence Individual women, women with children, pregnant women (18+) Women with children can bring up to 2 children under the age of 9 Outpatient treatment Individual and group counseling MAT Educational/vocational counseling</p>	
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Community Health Improvement Plan (CHIP)

		promote and sustain long term recovery from addiction.
In Our Own Voices In Our Own Voices (Continued)	TransCare – Voices of Unity(support group), individual advocacy, testing referrals, connection to care, legal services and other needs related to health and wellbeing National LGBT POC Health Summit – Education Support Groups	TransCare – Voices of Unity(support group), individual advocacy, testing referrals, connection to care, legal services and other needs related to health and wellbeing National LGBT POC Health Summit – Education Support Groups
Joseph House Shelter Inc.		• 34 supported housing beds funded by Mental Health \$ and HUD monies at the Hill St Inn & Lansing Inn. Albany, Rensselaer, Schenectady, Saratoga, Warren and Washington Counties, the NYS Office of Mental Health (NYS OMH), and the NYS Office for People with Developmental Disabilities (NYS OPWDD), the Capital District Psychiatric Center, and the support of many families and community stakeholders.
Karner Psychological Associates	Psycho-educational group therapy • Specialty groups for mental health education Life coaching Educational Services Counseling	Psycho-educational group therapy • Specialty groups for mental health education Life coaching Educational Services Counseling
LaSalle School for Boys	OASAS licensed Chemical Dependency Treatment Clinic Transitional Independent Living Program Supervised Independent Living Program Day educational and clinical services	OASAS licensed Chemical Dependency Treatment Clinic Transitional Independent Living Program Supervised Independent Living Program Day educational and clinical services
Mental Health Empowerment Exchange		One-on-One Peer Support Advocacy Services Holistic Paths to Wellness Peer Specialist Training Peer Support Warmline Creative Community Connections Volunteer Opportunities
Mental Health Empowerment Project	State-wide Skill Building Workshops for people who use mental health services Direct Peer Support Services	

Community Health Improvement Plan (CHIP)

<p>Northern Rivers Mobile Crisis Team</p>	<p>• Albany (Children and Youth only), Serving Children, youth and adults in: Rensselaer, Schenectady, Saratoga, Warren and Washington Counties. - services provide emotional, psychiatric and behavioral crisis interventions in a range of community settings</p>	<p>• Albany (Children and Youth only), Serving Children, youth and adults in: Rensselaer, Schenectady, Saratoga, Warren and Washington Counties. - services provide emotional, psychiatric and behavioral crisis interventions in a range of community settings</p>
<p>Northern Rivers On-Track New York</p>	<p>Coordinated Care and Community Solutions Behavioral Health Services – Assertive community treatment, crisis stabilization services, home based crisis intervention, school based behavioral health Residential and Foster Care Services Education SATRI Training and Research Parsons – Outpatient mental health services</p>	<p>Coordinated Care and Community Solutions Behavioral Health Services – Assertive community treatment, crisis stabilization services, home based crisis intervention, school based behavioral health Residential and Foster Care Services Education SATRI Training and Research</p>
<p>Pearl Counseling Center, Inc.</p>	<p>• Individual, couple, group and family counseling services of people impacted by substance abuse</p>	<p>• Individual, couple, group and family counseling services of people impacted by substance abuse</p>
<p>Pinnacle Place Behavioral Health</p>	<p>Medication Management Psychiatric services Therapy – Individual, couples, group and family counseling Ancillary Services – Tai chi, Yoga Anxiety class weekly Hypnosis</p>	<p>Medication Management Psychiatric services Therapy – Individual, couples, group and family counseling Ancillary Services – Tai chi, Yoga Anxiety class weekly Hypnosis</p>

Community Health Improvement Plan (CHIP)

<p>The Pride Center of the Capital Region</p>	<p>LGBTG+ Crisis Counseling Training and educational services on mental health Referral Services Pride events</p>	<p>LGBTG+ Crisis Counseling Training and educational services on mental health Referral Services Pride events</p>
<p>PROMESA- Camino Nuevo (New Path)</p>	<p>Bilingual Outpatient Clinic- Methadone (400 slots) and Sub Oxone Treatment available. Opioid Treatment Programs - are indicated when the client does not meet the criteria for inpatient rehabilitation or intensive residential rehabilitation and the client has an established opiate dependence condition, and chooses to participate in methadone treatment.</p>	
<p>Rehabilitation Support Services (RSS)</p>	<p>residential group homes, licensed and supported apartment living, care coordination, personalized recovery oriented services (PROS), treatment, crisis services/respice services,</p>	<p>• 7 supported housing beds funded by Mental Health \$</p>
<p>Rensselaer County Department of Health (RCDOH)</p>		<p>Naloxone Now: For curbside delivery of Narcan to your home Monday thru Friday, 9:00 AM to 5:00 PM. Requests are delivered within 24 hours. Text "Narcan" to 21000 to make a request. (Can deliver to other counties or offer the individual to pick up the Narcan from RCDOH) Recovery Helpline: 1-833-HOPE-123 or 1833-467-3123 to receive information, resources or referrals for yourself or anyone needing help with substance abuse and recovery. Open 7 days a week between 9:00 AM to 9:00 PM, operated by volunteers. Community Narcan Trainings provided by RCDOH as an Opioid Overdose Prevention Program (zoom or in-person) Naloxboxes: Sky High Adventure Center Joseph's House NØPIATES: The NØPIATES Committee is a local grassroots organization developed by dedicated community members committed to raising addiction awareness</p>

Community Health Improvement Plan (CHIP)

		<p>Services to residents of Private Proprietary Homes for Adults (PPHA); and senior outreach services</p> <p>MICA (Mental Illness and Chemical Addiction) Outreach and Assessment Services</p> <p>Substance Abuse Prevention Services – school and community based: includes evidence based curriculums; prevention counseling; community coalition support; linkage to treatment services</p> <p>Single Point of Access - SPOA (adult housing and children and youth care coordination)</p> <p>Opioid Prevention Training</p> <p>Certified Recovery Peer Advocate -VOYA – contracted to Youth Power Inc. to develop support and advocacy group for youth with lived experience of emotional disturbance; addiction/recovery; intellectual or developmental disability;</p> <p>Urine Drug Screening for RCDSS • MH Probation Officer funded to Rensselaer Co Probation Dept.</p> <p>CASAC at RCDSS - contract provider for RCDSS</p>
St. Catherine's Center for Children	<p>Byron Center for Loss and Healing – individual and group grief support, counseling</p> <p>Psycho-Social Assessment</p> <p>Family Assessment</p> <p>Psychological Evaluation</p> <p>Psychiatric Evaluation</p>	<p>Byron Center for Loss and Healing – individual and group grief support, counseling</p> <p>Psycho-Social Assessment</p> <p>Family Assessment</p> <p>Psychological Evaluation</p> <p>Psychiatric Evaluation</p>
St. Peter's Health Partners Troy Acute Department	<p>63 inpatient psychiatric beds across three units at Samaritan Hospital with specialty units for dual diagnosis and geriatric psychiatry</p> <p>Emergency psychiatric evaluation through a dedicated crisis service at the Samaritan hospital Emergency Room</p> <p>Health Home services across Albany, Schenectady and Rensselaer Counties to</p>	<p>63 inpatient psychiatric beds across three units at Samaritan Hospital with specialty units for dual diagnosis and geriatric psychiatry</p> <p>Emergency psychiatric evaluation through a dedicated crisis service at the Samaritan hospital Emergency Room</p>

Community Health Improvement Plan (CHIP)

<p>St. Peter's Health Partners (Continued) Troy Acute Department</p>	<p>provide care coordination across medical, behavioral and social services • 20 Inpatient Substance Abuse Rehab beds at St. Mary's Hospital</p>	<p>Outpatient Clinic serving approximately 2,300 individuals in need of psychiatry, counseling, groups, nursing Health Home services across Albany, Schenectady and Rensselaer Counties to provide care coordination across medical, behavioral and social services Samaritan PROS located at 1801 Sixth Avenue providing Personalized Recovery Oriented Services for individuals with mental illness 20 Inpatient Substance Abuse Rehab beds at St. Mary's Hospital Ambulatory Detox located at the former St. Mary's Hospital Consult Liaison Psychiatry services at Samaritan, and Albany Memorial Hospitals.</p>
<p>St. Peter's SPARC</p>	<p>Inpatient psychiatric consultation services Ambulatory Detox 4 Outpatient addiction clinic services and 1 outpatient psych clinic • Emergency Shelter services</p>	
<p>Second Chance Opportunities, Inc.</p>	<p>• Supportive services to people in recovery from substance use disorder</p>	
<p>Senior Hope Counseling Senior Hope Counseling (cont.)</p>	<p>OSAS licensed 50+ years Evaluation and assessment Case management and referrals Individual counseling Family counseling Specialized group sessions Weekly AA meetings MAT</p>	
<p>Trinity Alliance of the Capital Region</p>	<p>Trinity Prevention Program grief counseling crisis intervention couples counseling anger management for children 1017</p>	

Community Health Improvement Plan (CHIP)

<p>Unity House Inc.</p>		<p>114 licensed Mental Health Congregate Care 2 beds (Community Residence & Transitional Apartments) Supported Housing opportunities funded by Mental Health monies Nursing Services to support individuals in Housing and Support Services funded by Mental Health monies PROS – Personal Recovery Oriented Services – with a focus in vocational skills and readiness for adults with Mental Illness. A program capacity of 100. • Health Home Care Management</p>
<p>Whitney Young Health Center</p>	<p>Whitney Young Health Center provides the following services: Addictions Care Family Alcoholism and Chemical Treatment Services (FACTS) Program Integrated Primary Health and Behavioral Health Care Mental Health Services Methadone Maintenance Program</p>	<p>Whitney Young Health Center provides the following services: Addictions Care Integrated Primary Health and Behavioral Health Care Mental Health Services Opioid Treatment Program (OTP) Outpatient Clinic (Formerly FACTS)</p>
<p>YWCA of the Greater Capital Region - Troy</p>		<p>• 7 supported housing beds funded by Mental Health \$ - The objective of this program is to assist women with mental health issues to maintain permanent housing and to decrease hospitalizations through housing, case management and supports.</p>

Community Health Improvement Plan (CHIP)

COVID TESTING		
Organization	Albany County Assets	Rensselaer County Assets
Albany Med EmUrgentCare	Albany Med EmUrgentCare – 98 Wolf Rd STE 16, Albany, NY 12205 – Offers RTPCR testing – Walk in or call (518) 264 9000 to schedule Albany Med EmUrgentCare - 1019 Loudon Rd, Latham, NY 12047 - Lab-based RTPCR testing - Walk in, or call (518) 264-9000 to schedule an appointment	Albany Med EmUrgentCare: 730 Hoosick Road, Brunswick NY 12180 – Testing Available https://www.amc.edu/emurgentcare/brunswick.cfm
	Albany Med EmUrgentCare - 329 Glenmont Rd, Glenmont, NY 12077 - Lab-based RT-PCR testing - Walk in, or call (518) 264-9000 to schedule an appointment - Evaluation by provider required before test.	
Albany Stratton VA Medical Center	Albany Stratton VA Medical Center – 113 Holland Ave, Albany, NY 12208 – Offers RT-Rapid testing and RT-PCR testing - Notes: Must be enrolled in VA health care. Must meet CDC criteria for testing.	
Caring Wellness Pharmacy	Caring Wellness Pharmacy (DriveThrough) - 1097 Loudon Rd, Cohoes, NY 12047 - Lab-based RT-PCR testing and RT-Rapid Testing - Pre-register online at: caringwellnesspharmacy.com/covid-19testing	
Central Ave Pharmacy	Central Ave Pharmacy - 65 Central Ave, Albany, NY 12206 – Offers Blood-draw, Lab-based RT-PCR testing, Rapid RT-PCR testing, and Rapid Antigen testing - Notes: This is a Rapid Antibody test – Walk in or call 518-621-7748 with any questions.	
Central Med Urgent Care	Central Med Urgent Care – 1662 Central Ave, Albany, NY 12205 – Offers RT-PCR Testing and Rapid RT-PCR Testing – Offers walk in or call (518) 240 1456	

Community Health Improvement Plan (CHIP)

<p>Community Care Physicians</p>	<p>Community Care Physicians - 711 Troy Schenectady Rd, Latham, NY 12110 – Blood Test or Lab-based RT-PCR testing and Rapid Antigen testing - Walk in, or call (518) 782-3700 - Notes: Must be a CCP patient to get tested. If not a CCP patient, visit CCP Urgent Care in Latham (walk-in accepted) to become an established patient.</p>	
<p>Crossgates Mall</p>	<p>Crossgates Mall (Former Ruby Tuesdays) 1 Crossgates Mall Rd, Albany, NY 12203</p> <p>– Walk ins or make an appointment at http://www.rosettested.com/</p>	
<p>CVS</p>	<p>CVS – 3916 Carman Rd, Schenectady, NY 12303 – Offers RT-PCR testing - https://www.cvs.com/minuteclinic/covid19-testing to schedule appointment</p> <p>CVS - 885 Central Ave, Albany, NY 12206 – Offers RT-PCR Testing - Schedule an appointment at https://www.cvs.com/minuteclinic/covid-19-testing - Notes: For 12-15 year olds, guardian must complete form and accompany child to visit. For 16-17 year olds, guardian must complete form. Results will be sent to phone or email provided during registration</p>	<p>CVS: 49 4th Street, Troy NY 12180 – Testing & Vaccines Available https://www.cvs.com/store-locator/troy-nypharmacies/49-fourth-street-troy-mall-troynv-12180/storeid=344?WT.mc_id=LS_GOOGLE_FS_344</p> <p>CVS: 541 Pawling Avenue, Troy NY 12180 – Vaccines & Testing Available https://www.cvs.com/store-locator/troy-nypharmacies/541-pawling-ave-pawling-s-troy-ny-12180/storeid=5032?WT.mc_id=LS_GOOGLE_FS_5032</p> <p>CVS: 74 Main Avenue, Wynantskill NY 12198 – Vaccines Available https://www.cvs.com/storelocator/wynantskill-ny-pharmacies/74-mainavenue-wynantskill-ny-12198/storeid=2137?WT.mc_id=LS_GOOGLE_FS_2137</p> <p>CVS located in Target: 625 3rd Avenue Ext., Rensselaer NY 12144 – Vaccines Available https://www.cvs.com/storelocator/rensselaer-ny-pharmacies/625-3rdave-ext-rensselaer-ny-12144/storeid=16919</p> <p>CVS: 461 2nd Avenue, Troy NY 12182 – Vaccines & Testing Available https://www.cvs.com/store-locator/troy-nypharmacies/461-2nd-ave-troy-ny-12182/storeid=906?WT.mc_id=LS_GOOGLE_FS_906</p>

Community Health Improvement Plan (CHIP)

		<p>CVS: 598 Columbia Turnpike, East Greenbush NY 12061 – Vaccines & Testing Available https://www.cvs.com/storelocator/east-greenbush-ny-pharmacies/598columbia-turnpike-east-greenbush-ny-12061/storeid=5031?WT.mc_id=LS_GOOGLE_FS_5031</p> <p>CVS: 560 N Greenbush Road, Rensselaer NY 12144 – Vaccines & Testing https://www.cvs.com/storelocator/rensselaer-ny-pharmacies/560-n-greenbush-rd-rensselaer-ny-12144/storeid=724?WT.mc_id=LS_GOOGLE_FS_724</p>
Hannaford Pharmacy		<p>Hannaford Pharmacy: 40 Main Street, Wynantskill NY 12198 – Vaccines Available https://www.hannaford.com/pharmacy</p>
Hilltown Healthcare	<p>Hilltown Healthcare – 1772 Helderberg Trail, Berne, NY 12023 – Offers RT-PCR testing and blood sample testing – Call to schedule (518) 872 0009</p>	
Lincoln Pharmacy	<p>Lincoln Pharmacy - 300 Morton Ave, Albany, NY 12209 – Offering RT-Rapid testing - Schedule an appointment at: albanylincolnpharmacy.com/covid-19testing - Notes: The pharmacy is only billing NYS Medicaid or NYS Medicaid Managed Care Plans for COVID -19 testing. For all others, there is a \$90 out of pocket charge. Patients are responsible for determining whether insurance will reimburse out of pocket testing expenses.</p>	
Lindsay’s Drug Company		<p>Lindsay Drug Co: 416 5th Avenue, Troy NY 12182 – Vaccines Available http://lindsaydrug.com/</p>

Community Health Improvement Plan (CHIP)

<p>Price Chopper / Market 32</p>	<p>Price Chopper – 873 New Loudon Rd, Lat-ham, NY 12110 - RT-PCR Testing available - https://www.doineedacovid19test.com/ - Notes: Testing on Tuesday mornings from 9am- 9:30am is not open to the public. Patients will not exit their vehicle.</p> <p>Price Chopper - 329 Glenmont Rd, Glenmont, NY 12077 – Offer RT-PCR testing - schedule appointment at https://www.doineedacovid19test.com/ - Notes: Patients will not exit their vehicle.</p>	<p>Market 32: 716 Hoosick Road, Troy NY 12180 – Testing & Vaccines Available https://www.pricechopper.com/covidvaccine</p> <p>Market 32: 501 Columbia Turnpike, Rensselaer NY 12144 https://www.pricechopper.com/covidvaccine</p>
<p>Priority One Urgent Care</p>	<p>Priority One Urgent Care - 2080A Western Ave, Guilderland, NY 12084 – Offers RTPCR testing and antigen testing – Walk in or call (518) 867 8040 to schedule</p>	
<p>Rensselaer County Department of Health</p>		<p>Vaccine Clinic at 1600 7th Avenue, Troy NY 12180: Tuesdays & Thursdays 2:00-4:00 HVCC Vaccine Clinic (BTC Building): Wednesdays from 3:00-6:00</p>
<p>Rite Aid</p>	<p>Rite Aid – 1863 Central Ave, Colonie, NY 12205 – Offers RT-PCR testing – schedule appointment at http://www.riteaid.com/pharmacy/services/covid-19-testing</p> <p>Rite Aid - 1225 Western Ave, Albany, NY 12203 – Offers RT-PCR Testing - Schedule an appointment at www.riteaid.com/pharmacy/services/covid-19-testing</p>	<p>Rite Aid: 272 Hoosick Street, Troy NY 12180 – Testing & Vaccines Available https://www.riteaid.com/pharmacy/services/covid-19-testing</p> <p>Rite Aid: 83 Vandenburg Avenue, Troy NY 12180 – Testing & Vaccines Available https://www.riteaid.com/pharmacy/services/covid-19-testing</p>
<p>St. Peters Health Partners</p>	<p>Antibody Infusion Clinic for the treatment of COVID-19</p>	<p>Antibody Infusion Clinic for the treatment of COVID-19</p>
<p>Samuel S. Stratton Veterans Administration Medical Center</p>	<p>Samuel S. Stratton Veterans Administration Medical Center (for veterans) – 113 Holland Ave, Albany, NY 12208 – Offers RT-Rapid testing and RT-PCR testing - Notes: Must be enrolled in VA health care. Must meet CDC criteria for testing.</p>	
<p>University at Albany Community Testing Site</p>	<p>University at Albany Community Testing Site (Former Colonial Quad Dining Hall) –</p>	

Community Health Improvement Plan (CHIP)

<p>Walmart Pharmacy</p>		<p>Walmart: 760 Hoosick Road, Troy NY 12180 – Vaccines Available https://www.walmart.com/store/2370-troyny/pharmacy?&cn=Tracking_local_pack_1</p> <p>Walmart: 279 Troy Road, East Greenbush NY 12144 – Vaccines Available https://www.walmart.com/store/1940-eastgreenbushny/pharmacy?&cn=Tracking_local_pack_1</p>
<p>WellNow Urgent Care</p>		<p>WellNow Urgent Care: 24 N Greenbush Road, Troy NY 12180 – Testing & Vaccines Available https://wellnow.com/</p> <p>WellNow Urgent Care: 222 9th Street, Troy NY 12180 – Testing Available https://wellnow.com/locations/troy/?utm_source=vevt&utm_medium=lociovevt&utm_campaign=Troy.NY-5155</p>

COMMUNITY HEALTH IMPROVEMENT PLAN

In order to better address the health issue within Rensselaer County, working with our partners, we developed a comprehensive chart that discusses each priority, the focus areas within those priorities, what objective we would like to focus on, and how we intend to implement interventions to achieve these measurable objectives. As with public health work, community partnership is integral in addressing the health disparities within our community, but also utilizing our resources to ensure we are centered in an equitable approach in our interventions. Please see below the chart that was developed in accordance with our priorities with HCDI, Albany County, and our respective hospital partners:

COMMUNITY HEALTH IMPROVEMENT PLAN

Prevent Chronic Diseases

Focus Area 1: Healthy Eating and Food Security

Albany County and Rensselaer County

Goal 1.1: Increase access to healthy and affordable foods and beverages (i.e. worksite nutrition and physical activity programs designed to improve health behaviors and results)

Target Population: Adults

Objective 1.4 By December 2024: Decrease the percentage of adults in Albany and Rensselaer Counties ages 18 years and older with obesity (among all adults) by 2%

Intervention Strategies, Activities	Partner Resources	Partner Roles	Measures
<p>Intervention 1.0.3 Implement nutrition and physical activity interventions as part of a comprehensive worksite wellness program</p> <p>Expand access to the National Diabetes Prevention Program (NDPP)</p>	<p>Albany County Department of Health: Albany County Strategic Alliance for Health specifically targets poor nutrition, lack of physical activity, and tobacco use the underlying risk factors for a variety of chronic diseases (including diabetes, obesity, and cardiovascular disease).</p> <p>Rensselaer County Department of Health: Rensselaer County Department of Health is committed to enhancing the health and well-being of Rensselaer County by providing integrated health programs through the formation of partnerships and unified goals among organizations in the community.</p>	<p>Albany County Department of Health: Provide technical assistance in designing and implementing nutrition and beverage standards</p> <p>Rensselaer County Department of Health</p> <ul style="list-style-type: none"> Promote NDPP at SPHP Conduct public health detailing on prediabetes to local medical providers (screening, prevention, etc.) <p>Capital District YMCA, SPHP Medical Associates; other certified providers: Conduct NDPP classes.</p> <p>SPHP</p> <ul style="list-style-type: none"> Increase availability of NDPP and conduct NDPP classes. 	<p>Albany County Department of Health: Number of organizations that adopt and implement nutrition and beverage standards (e.g. healthy meeting and events policies, healthy vending policies, applicable worksite wellness programs) including number of persons impacted by standards.</p> <p>Rensselaer County Department of Health:</p> <ul style="list-style-type: none"> Number of participants enrolled in NDPP. To the extent possible, number and percentage of NDPP participants that complete

	<p>St. Peter’s Health Partners (SPHP) Hospital(s) with primary care, endocrinology, outpatient nutrition counseling, and certified diabetes education services. Also provides NDPP in collaboration with Price Chopper Pharmacies of the Capital District and PharmaSmart; embed Prediabetes Risk Assessment will be integrated into PharmaSmart Machines to provide direct referrals to NDPP programs, for individuals identified as prediabetic</p> <p>Healthy Capital District Initiative (HCDI): Provides access to coverage and care, health planning expertise, and supports health prevention programs across the Capital Region. Facilitates the Albany-Rensselaer Obesity Task Force.</p>	<ul style="list-style-type: none"> • Increase prediabetes awareness by SPHP providers and Promote prediabetes screening, testing, and referral <p>HCD: Promote NDPP, review and update Capital District Diabetes Education and Support Services <i>Guide</i>, review alternative lifestyle change programs.</p>	<p>program (i.e. attend at least 9 out of 16 core classes).</p> <ul style="list-style-type: none"> • To the extent possible, measure NDPP participant outcomes (e.g. average weekly physical activity minutes, percent weight loss, Ha1c changes).
<p>Promote evidence-based medical management in accordance with national guidelines</p>	<p>Albany Medical Center (AMC) Hospital: Albany Med’s primary care, endocrinology, outpatient nutrition counseling, and certified diabetes education services are facets of a patient-centered, multi-</p>	<p>AMC:</p> <ul style="list-style-type: none"> • AMC endocrinologists, obstetrics/gynecologists, and primary care physicians refer patients newly diagnosed with prediabetes or diabetes to certified diabetes 	<p>AMC:</p> <ul style="list-style-type: none"> • # Patient referrals to AMC certified Diabetes Educators

Community Health Improvement Plan (CHIP)

	<p>disciplinary approach to diagnosing, assessing, educating, and managing care for patients with diabetes.</p> <p>Healthy Capital District Initiative (HCDI): Provides access to coverage and care, health planning expertise, and supports health prevention programs across the Capital Region. Facilitates the Albany-Rensselaer Obesity Task Force.</p>	<p>education services. AMC provides patients a self-care plan to meet each individual's needs</p> <ul style="list-style-type: none">• HCD: Promote self-management materials and review and update Capital District Diabetes Education and Support Services Guide	
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<p>Increase food security</p>	<p>Rensselaer County Department of Health: Rensselaer County Department of Health is committed to enhancing the health and well-being of Rensselaer County by providing integrated health programs through the formation of partnerships and unified goals among organizations in the community.</p> <p>St. Peter’s Health Partners (SPHP): Develop a process to screen patients of SPHP for food insecurity and provide appropriate referrals, as necessary, via a closed loop process. Host Social influencers of health food insecurity steering committee.</p> <p>Albany Medical Center (AMC): Included in efforts to screen for social determinants of health across its primary care settings, Albany Med screens for food insecurity, and facilitates and actively supports referrals.</p> <p>Healthy Capital District Initiative (HCDI): Provides access to coverage and care, health-planning expertise and supports health prevention programs across the Capital Region. Facilitates the Albany-Rensselaer Obesity Task Force.</p>	<p>Rensselaer County Department of Health: Work collaboratively with community partners, to increase food security. Facilitate the Rensselaer County Health & Wellness Coalition.</p> <p>SPHP: Implement food insecurity screening, facilitate and actively support closed loop food assistance referrals within SPHP acute and ambulatory settings. Hosts Social Influencers of health food insecurity steering committee</p> <p>AMC: Albany Med primary care providers referrals to patients who screen positive for food insecurity to various organizations throughout the Capital Region.</p> <p>HCD: Promote & provide support for outreach activities in Albany and Rensselaer counties.</p>	<p>SPHP:</p> <ul style="list-style-type: none"> • # practices that screen, Number of patients screened, # who screened positive, number of closed loop referrals, # of fresh produce access points created by SPHP <p>RCDOH</p> <ul style="list-style-type: none"> • # of Rensselaer County Health & Wellness Coalition meetings. • # of partners at Rensselaer County Health & Wellness Coalition meetings <p>AMC:</p> <ul style="list-style-type: none"> • # Primary Care patients screened for food insecurity
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Prevent Chronic Disease(s)

Focus Area 2: Physical Activity

Albany County and Rensselaer County

Goal 2.1 Improve community environments that support active transportation and recreational physical activity for people of all ages and abilities

Target Population: Adults and Children

Objectives:

Objective 1.1 By December 31, Objective 1.1 Decrease the percentage of children with obesity (among WIC children ages 2-4 years) by 2%

Objective 1.2 By December 31, 2024, decrease the percentage of children with obesity by 2%

Objective 1.4 By December 21, 2024, decrease the percentage of adults ages 18 years and older with obesity (among all adults) by 2%

Address Disparity: Let us know if you’d like HCD to provide disparity data

<u>Interventions Strategies, Activities</u>	<u>Partner Resources</u>	<u>Partner Roles</u>	<u>Measures</u>
<p>Implement new or improved pedestrian, bicycle, or transit transportation system components (Intervention 2.1.1)</p> <p>Worksite wellness (intervention 2.2.3)</p>	<p>Albany County Department of Health: Albany County Strategic Alliance for Health specifically targets poor nutrition, lack of physical activity, and tobacco use the underlying risk factors for a variety of chronic diseases (including diabetes, obesity, and cardiovascular disease).</p> <p>Rensselaer County Department of Health: Rensselaer County Department of Health is committed to enhancing the health and well-being of Rensselaer County by providing integrated health programs through the formation of partnerships and unified goals among</p>	<p>Albany County Department of Health:</p> <ul style="list-style-type: none"> Provide technical assistance in promoting physical activity in community venues. <p>Rensselaer County Department of Health:</p> <ul style="list-style-type: none"> Implement worksite wellness initiatives to promote healthy lifestyle and mindfulness among Rensselaer County staff. 	<p>Albany County Department of Health:</p> <ul style="list-style-type: none"> Number of plans adopted or opportunities available promoting physical activity (e.g. Complete Streets policies, joint use agreements) <p>Rensselaer County Department of Health:</p> <ul style="list-style-type: none"> Number of worksites that improve Nutrition, physical activity policies and practices (including number of persons impacted by

	<p>organizations in the community.</p> <p>Albany Medical Center (AMC) : Hospital(s) with primary care, outpatient nutrition counseling, and certified diabetes education services</p> <p>St. Peter’s Health Partners (SPHP): Hospital(s) with primary care, outpatient nutrition counseling, and certified diabetes education services Adopted a health and wellness policy that impacts patients and employees</p> <p>Healthy Capital District (HCD): Provides access to coverage and care, health-planning expertise and supports health prevention programs across the Capital Region.</p>	<p>AMC:</p> <ul style="list-style-type: none"> Promote healthy living and wellness through AMC’s 4-pronged wellness program including healthy nutrition education, physical and emotional wellness, and employee education activities <p>SPHP:</p> <ul style="list-style-type: none"> Promote worksite wellness programs via Employee Wellness Committee <p>HCD: Promote & provide support to outreach activities in Albany and Rensselaer counties.</p>	<p>standards and improvements in worksite wellness).</p> <ul style="list-style-type: none"> To the extent possible, pre- and post-implementation of <i>CDC Worksite Health Scorecard</i> (or comparable resource) demonstrated for at least one (1) worksite. <p>AMC: # employees enrolled at AMC’s fitness center, # of AMC Wellness fair attendees, # of participants in AMC’s “Mover, Learn, Heal, Eat” initiatives</p> <p>SPHP</p> <ul style="list-style-type: none"> Number of staff involved in worksite wellness activities Number of healthy meeting policies implemented
<p>School-based obesity prevention</p>	<p>St. Peter’s Health Partners (SPHP): Awarded the Creating Healthy Schools and Communities grant from NYS Department of Health that seeks to increase opportunities for physical activity and improve nutritious foods in both the community and school districts. Provides funding to evidence based physical activity and healthy</p>	<p>SPHP:</p> <ul style="list-style-type: none"> SPHP: Provides technical assistance in developing implementation strategies for health and wellness policies within school districts. 	<p>SPHP:</p> <ul style="list-style-type: none"> Number of school districts that adopt strong wellness policies, # school districts that improve nutrition policies and practices (Well SAT 2.0 to measure wellness policy implementation), # school districts that increase access to school breakfast

	<p>lifestyle programs within the community.</p> <p>Rensselaer County Department of Health: Rensselaer County Department of Health is committed to enhancing the health and well-being of Rensselaer County by providing integrated health programs through the formation of partnerships and unified goals among organizations in the community.</p>	<p>Rensselaer County Department of Health:</p> <ul style="list-style-type: none"> Conduct public health education at local school districts (nutrition, physical activity, healthy lifestyle) <p>Boys and Girls Club:</p> <ul style="list-style-type: none"> Implements soccer for success program 	<ul style="list-style-type: none"> Number of Children participating in Soccer for success Number of schools attended for public health education on nutrition/physical activity/healthy lifestyle
<p>Increase support for breastfeeding in the workplace.</p>	<p>Albany Medical Center (AMC): Local WIC agency with a longstanding commitment to assisting mothers with breastfeeding education, nutrition services, and promotion of regular health care.</p> <p>St. Peter's Health Partners (SPHP): Creating Breastfeeding Friendly Communities Grant. St. Peter's Hospital awarded Baby Friendly designation by <i>Baby Friendly USA</i>, Increase access to peer and professional breastfeeding support within the community. Created worksite lactation policies</p>	<p>AMC:</p> <ul style="list-style-type: none"> Increase access to peer and professional breastfeeding support through Women, Infants, and Children program (providing access to healthy foods for growth and development and promotes food nutrition through education) and lactation counseling <p>SPHP:</p> <ul style="list-style-type: none"> Increase access to peer and professional breastfeeding 	<p>AMC:</p> <ul style="list-style-type: none"> Number of WIC mothers receiving breastfeeding counseling/education <p>SPHP:</p> <ul style="list-style-type: none"> Number of Baby Café's (breastfeeding support drop-in centers) established Number and percentage of engaged worksites that improve their policies and/or practices to support breastfeeding.

		support by creating drop-in centers in Albany County	
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Prevent Chronic Diseases

Focus Area 3: Tobacco Prevention

Albany and Rensselaer County

Goal 3.1 Prevent initiation of tobacco use, including combustible tobacco and electronic vaping products

Target Population: Adults and Children

Objectives: By December 31, 2024, decrease the prevalence of any tobacco use by high school students by 22.4% (25.4% to 19.7%)

By December 31, 2024, decrease the prevalence of vaping product use by high school students by 22.8% (20.6% to 15.9%)

By December 31, 2024, decrease the prevalence of combustible cigarette use by young adults age 18-24 years by 22.2% (11.7% to 9.1%)

By December 31, 2024, decrease the prevalence of vaping product use by young adults age 18-24 years by 23.1% (9.1% to 7.0%)

Interventions	Partner Resources	Partner Roles	Measures
Preventing use of tobacco, combustible tobacco, and electronic vaping products	Rensselaer County Department of Health: Rensselaer County Department of Health is committed to enhancing the health and well-being of Rensselaer County by providing integrated health programs through the formation of partnerships and unified goals among organizations in the community.	Rensselaer County Department of Health: <ul style="list-style-type: none"> Provide vaping education within schools and at other community events (PowerPoints, Informationals) AMC: <ul style="list-style-type: none"> Albany Med will collaborate with local organizations to host 	Rensselaer County Department of Health: <ul style="list-style-type: none"> # of school education events # of community events with vaping information provided # of Health & Wellness Coalition Meetings AMC:

	<p>Albany Medical Center (AMC): Albany Med promotes wellness among its patients and employees. This includes smoking and vaping cessation education through initiatives aimed at encouraging and supporting individuals who want to stop smoking or vaping.</p>	<p>or co-host tobacco and vaping cessation educational programming for the community</p>	<ul style="list-style-type: none"> • # community education sessions led or co-led by Albany Med • # of inpatients receiving smoking cessation or vaping counseling
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Prevent Chronic Diseases

Focus Area 4: Preventative Care and Management

Rensselaer County

- Goals 4.1:** Increase cancer screening rates for breast cancer, cervical, and colorectal
- Target Population:** Adults (ages according to recent guidelines for breast, cervical and colorectal cancer screening)
- Objectives:**
- By December 31, 2024, increase the percentage of women with an annual household income less than \$25,000 who receive a breast cancer screening based on most recent guidelines (women aged 50 to 74 years who have received a mammogram in the past two years) by 5% (75.9% to 79.7%)
- By December 31, 2024, increase the percentage of women with an annual household income less than \$25,000 who receive a cervical cancer screening based on the most recent guidelines (women ages 21 to 65 years who have received a Pap test within the past three years or women ages 30 to 65 years who have received a Pap and HPV co-test within the past five years) by 5% (76.1% to 80%)
- By December 31, 2024, increase the percentage of adults who receive a colorectal cancer screening based on the most recent guidelines (adults ages 50 to 75 years who received either a blood stool test within the past year, or a sigmoidoscopy within the past 5 years and a blood stool test within the past 3 years, or a colonoscopy within the past 10 years) by 17% (68.5% to 80%)

Interventions	Partner Resources	Partner Roles	Measures
Educate on the benefits of cancer	Rensselaer County Department of	Rensselaer County Department of Health:	Rensselaer County Department of Health:

screening for breast, cervical, and colorectal	Health: Rensselaer County Department of Health is committed to enhancing the health and well-being of Rensselaer County by providing integrated health programs through the formation of partnerships and unified goals among organizations in the community.	<ul style="list-style-type: none"> • Provide public health education at local community events on preventative screening for cancer. 	<ul style="list-style-type: none"> • # of community events
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Prevent Chronic Diseases

Focus Area 4: Preventative Care and Management

Rensselaer County

Goal 4.2: Increase early detection of cardiovascular disease, diabetes, prediabetes and obesity

Target Population: Adults

Objectives: By December 31, 2024, increase the percentage of adults 45+ who had a test for high blood sugar or diabetes within the past three years by 5% (68.3% to 71.7%)

By December 31, 2024, increase the percentage of low-income (<\$25,000) adults 45+ who had a test for high blood sugar or diabetes within the past three years by 5% (64.2% to 67.4%)

Interventions	Partner Resources	Partner Roles	Measures
Engage medical providers to educate their patients on prediabetes prevention	Rensselaer County Department of Health: Rensselaer County Department of Health is committed to enhancing the health and well-being of	Rensselaer County Department of Health: <ul style="list-style-type: none"> • Conduct Public Health Detailing in Rensselaer County by targeting medical providers (PCPs) and educating best practices for 	Rensselaer County Department of Health: <ul style="list-style-type: none"> • # of Primary Care Providers visited with Public Health Detailing

Community Health Improvement Plan (CHIP)

	Rensselaer County by providing integrated health programs through the formation of partnerships and unified goals among organizations in the community.	prediabetes prevention.	
Educate public on the benefits of early detection and strategies to prevent cardiovascular disease, diabetes, prediabetes, and obesity	Rensselaer County Department of Health: Rensselaer County Department of Health is committed to enhancing the health and well-being of Rensselaer County by providing integrated health programs through the formation of partnerships and unified goals among organizations in the community.	Rensselaer County Department of Health: <ul style="list-style-type: none"> • Provide public health education at local community events and at local schools (nutrition, physical activity, healthy lifestyle). 	Rensselaer County Department of Health: <ul style="list-style-type: none"> • # of community events • # of schools attended to conduct healthy lifestyle/nutrition/physical activity public health education
Health & Wellness Coalition	Rensselaer County Department of Health: Rensselaer County Department of Health is committed to enhancing the health and well-	Rensselaer County Department of Health: <ul style="list-style-type: none"> • To replace the Wellness Coalition; focuses on collaborative partnerships to create more 	Rensselaer County Department of Health: # of meetings conducted

	being of Rensselaer County by providing integrated health programs through the formation of partnerships and unified goals among organizations in the community.	equitable access to health services and wellness activities. In addition, incorporate public health emergency preparedness.	
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Prevent Chronic Diseases

Focus Area 4: Preventative Care and Management

Albany and Rensselaer County

Goal 4.4: Improve self-management skills for individuals with chronic conditions

Target Population: Individuals with chronic conditions

Objectives: By December 31, 2024, increase the percentage of adults with chronic conditions (arthritis, asthma, CVD, diabetes, CKD, cancer) who have taken a course or class to learn how to manage their condition by 5% (10.10% to 10.60%)

Interventions	Partner Resources	Partner Roles	Measures
Increase access to self-management skills for individuals with diabetes	Rensselaer County Department of Health: Rensselaer County Department of Health is committed to increasing access to self-management skills through partnerships and unified goals with community partners	<ul style="list-style-type: none"> Rensselaer County Department of Health: Promote the National Diabetes Prevention Program (NDPP) program offered through SPHP. 	Rensselaer County Department of Health: <ul style="list-style-type: none"> # of NDPP participants in Rensselaer County
Expand access to evidence-based self-management interventions for individuals with chronic disease	Rensselaer County Department of Health: Rensselaer County Department of Health is committed to enhancing the health	Rensselaer County Department of Health: <ul style="list-style-type: none"> Conduct public health detailing to provider’s 	Rensselaer County Department of Health: <ul style="list-style-type: none"> # of providers provided with public health detailing

	<p>and well-being of Rensselaer County by providing integrated health programs through the formation of partnerships and unified goals.</p> <p>Albany Medical Center (AMC): Albany Med’s primary care, endocrinology, outpatient nutrition counseling, and certified diabetes education services are facets of a patient-centered, multi-disciplinary approach to diagnosing, assessing, educating, and managing care for patients with diabetes.</p> <p>St. Peter’s Health Partners (SPHP): Hospital(s) with primary care, endocrinology, outpatient nutrition counseling, and certified diabetes education services</p> <p>Healthy Capital (HCD): Provides access to coverage and care, health planning expertise, and supports health prevention programs across the Capital Region.</p>	<p>on prediabetic patients.</p> <p>AMC:</p> <ul style="list-style-type: none"> • Provide Diabetes Self-management support and education services <p>SPHP:</p> <ul style="list-style-type: none"> • Provide Diabetes Self-Management Support and Education services <p>HCD:</p> <ul style="list-style-type: none"> • Promote and share Health Promotion best practices/resources and support collaboration 	<p>AMC:</p> <ul style="list-style-type: none"> • Number of participants in other (i.e. non-NDPP) chronic disease self-management programs that support Lifestyle Change via a Lifestyle Prescription (e.g. Blood Pressure Self-Monitoring, Diabetes Self-Management Support and Education aka DSMS/E). • To the extent possible, number of participants in other (i.e. non-NDPP) chronic disease self-management programs that improve health outcomes (e.g. change in blood pressure and/or blood glucose from uncontrolled to controlled to maintained; percent weight loss; changes in physical activity). <p>SPHP:</p> <ul style="list-style-type: none"> • # of Patients provides with self-management
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Community Health Improvement Plan (CHIP)

			education resources
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Promote Well-Being and Prevent Mental and Substance Use Disorders

Focus Area 2: Mental and Substance Use Disorders Prevention

Albany and Rensselaer County

Goal 2.2: Prevent opioid and other substance misuse and deaths
Target Population: Individuals combatting opioid and other substance misuse
Objectives: By December 31, 2024, reduce the age-adjusted rate of overdose deaths involving any opioids by 7% (14.3 per 100,000 to 15.4 per 100,000)

Interventions	Partner Resources	Partner Roles	Measures
<p>2.2.2 Increase availability of/access to overdose reversal (Naloxone) trainings to prescribers, pharmacists and consumers</p>	<p>Rensselaer County Department of Health: Rensselaer County Department of Health is committed to enhancing the health and well-being of Rensselaer County thru the Naloxone Now program</p> <p>Albany County: Provide facilities for New York State Opioid Overdose Prevention Training.</p>	<p>Rensselaer County Department of Health:</p> <ul style="list-style-type: none"> Promote and manage the Naloxone Now program (by texting “NARCAN” to 21000, RCDOH staff will deliver Narcan, contact-free, to the requestee). Promote N-CAP at community events and during the Community Narcan Training. <p>AMC</p> <ul style="list-style-type: none"> New York State Department of Health - supplier of naloxone leave-behind kits; <p>Regional Emergency Management Organization - partner in leave-</p>	<p>Rensselaer and Albany County Departments of Health:</p> <ul style="list-style-type: none"> # of Community Narcan Trainings conducted # of individuals trained # of individuals trained, Narcan kits, and fentanyl test strips distributed by Rensselaer County Certified Recovery Peer Advocate # of Naloxone Now Requests (completed deliveries) <p>AMC:</p> <ul style="list-style-type: none"> # of Provider and Community Education events
<p>2.2.2 Increase availability of/access to overdose reversal (Naloxone) trainings to prescribers, pharmacists and consumers (CONT'D)</p>	<p>Albany Medical Center (AMC): Provide Naloxone resources and education to patients and providers.</p> <p>St. Peter’s Health Partners (SPHP): refer individuals, as appropriate, to NYS Opioid Overdose Prevention Training</p> <p>Catholic Charities?</p>	<p>AMC</p> <ul style="list-style-type: none"> New York State Department of Health - supplier of naloxone leave-behind kits; <p>Regional Emergency Management Organization - partner in leave-</p>	<p>AMC:</p> <ul style="list-style-type: none"> # of Provider and Community Education events

		<p>behind efforts; Local Sheriffs - hosts and co-hosts of community education conferences; local governments and other local agencies: also co- hosts</p>	
<p>2.2.4 Build support systems to care for opioid users or at risk of an overdose</p>	<p>Rensselaer County Department of Health: Increase the number of public trained to administer Narcan . Rensselaer County Department of Health is committed to enhancing the health and well-being of Rensselaer County by providing integrated health programs through the formation of partnerships and unified goals among organizations in the community.</p>	<p>Rensselaer County Department of Health:</p> <ul style="list-style-type: none"> • Conduct virtual and in-person Narcan trainings (if COVID protocols allow) within the community (i.e., colleges, local jail, community events) <p>Rensselaer County Department of Health:</p> <ul style="list-style-type: none"> • Conduct the Heroin Coalition on a monthly basis to encourage cross-sector collaboration to address the opioid epidemic within Rensselaer County. 	<p>Rensselaer County Department of Health:</p> <ul style="list-style-type: none"> • # of Heroin Coalition meetings held

	<p>Albany Department of Health: Disseminate public health information regarding substance use disorder.</p>	<p>Rensselaer County Department of Health: Conduct public health education at local community events.</p>	<p>Rensselaer County Department of Health</p> <ul style="list-style-type: none"> • # of events attended
	<p>Albany County Department of Mental Health: per 2020 Local Service Plan for Mental Hygiene Services: Conducts assessment of mental hygiene and associated issues; Disseminates public health information regarding heroin and opioid addiction; and Provides and/or coordinates substance use disorder prevention, peer support, treatment & recovery services.</p> <p>Albany Department of Health: Disseminate public health information regarding substance use disorder.</p> <p>Supply post-event overdose response kits.</p> <p>Disseminates public health information regarding heroin and opioid addiction; and</p> <p>Provides and/or coordinates substance use disorder prevention, peer support, treatment & recovery services.</p> <p>Albany Medical Center (AMC): Increase availability of/access and linkages to medication-assisted treatment (MAT) including Buprenorphine.</p>	<p>Rensselaer County Department of Health: Promote the Recovery Helpline to create more equitable access to treatment/recovery services.</p> <p>Albany Department of Health:</p> <ul style="list-style-type: none"> • Implement the use of data to improve overdose monitoring and response. • Promote use of medicated assisted treatment (MAT) • Provide peer support services including Mobile Outreach Treatment Overdose Response (M.O.T.O.R.) <p>AMC: Increase referrals and linkages to MAT</p>	<p>Rensselaer County Department of Health:</p> <ul style="list-style-type: none"> • # of calls to Recovery Helpline • # of Recovery Resource Guides distributed to the community <p>Albany County Department of Health:</p> <ul style="list-style-type: none"> • Number of opioid use disorder individuals provided with peer support services (including, but not limited to, engagement, assessment, <i>Leave Behind</i> naloxone, post-event overdose response kits, referral to treatment). <p>AMC:</p>

	<p>St. Peter’s Health Partners (SPHP): Provide an evidence-based model to expand access to treatment for opioid use disorders Provides and/or coordinates substance use disorder prevention, peer support, treatment & recovery services</p> <p>Healthy Capital District (HCD): Increase Professional Development support and training opportunities for peers, sharing of SUD treatment and prevention resources</p>	<p>SPHP:</p> <ul style="list-style-type: none"> • provide treatment for OUD; inpatient and outpatient settings • Increase the number of “X” licensed providers • Attendance and collaboration at substance use coalitions in both Albany and Rensselaer counties <p>HCD: Provide evidence-based resources and materials, disseminate partner materials, and host professional development workshops</p>	<ul style="list-style-type: none"> • # of visits to Albany Med’s Suboxone Clinic <p>SPHP:</p> <ul style="list-style-type: none"> • number of opioid use disorder individuals provided with Naloxone • number of opioid use disorder individuals receiving medication assisted treatment <p>HCD: # of attendees, # of professional development events, # of recovery resource guides disseminated</p>
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Promote Well-Being and Prevent Mental and Substance Use Disorders

Focus Area 2: Prevent Mental and Substance User Disorders

Albany and Rensselaer County

Goal 2.5: Prevent suicides by cross-sector collaboration

Target Population: Individuals experiencing suicidal tendencies or thoughts

Objectives: 2.5.1 By December 31, 2024, reduce suicide attempts by New York adolescents (youth grades 9 to 12) who attempted suicide one or more times in the past year by 10% (10% to 9.1%)

2.5.2 By December 31, 2024, reduce the age-adjusted suicide mortality rate by 10% (7.8 per 100,000 to 7 per 100,000)

Interventions	Partner Resources	Partner Roles	Measures
2.5.5 Promote connectedness, teach coping and problem-solving skills: social emotional learning, parenting and family relationship programs, peer norm program	<p>Rensselaer County Department of Health: Rensselaer County Department of Health is committed to enhancing the health and well-being of Rensselaer County by providing integrated health programs through the formation of partnerships and unified goals among organizations in the community.</p> <p>Albany Medical Center (AMC): Will promote well-being among patients and screen for suicide and depression within Emergency Department and physician office settings.</p>	<p>Rensselaer County Department of Health & Rensselaer County Department of Mental Health: Participate in the Rensselaer County Suicide Prevention Task Force on a monthly basis and provide current data</p> <p>AMC: Identify and support at-risk patients through PHQ--2 and PHQ-9 screenings.</p>	<p>Rensselaer DOH: # of Suicide Prevention Task Force meetings attended</p> <p>AMC: # of patients screened</p>
2.5.2 Strengthen access and delivery of suicide care - Zero Suicide.	<p>Albany County Department of Children, Youth and Families:</p>	<p>Albany County Department of Children, Youth and Families: Provide crisis support, evaluation,</p>	

	<ul style="list-style-type: none"> • Coordinate services and supports for children and youth with emotional, behavioral and developmental concerns. • Member, Albany County Suicide Prevention and Education Committee (SPEC). <p>Albany Department of Health: Member, Albany County Suicide Prevention and Education Committee (SPEC).</p> <p>Albany County Department of Mental Health: per 2020 Local Service Plan for Mental Hygiene Services:</p> <ul style="list-style-type: none"> • Conducts assessment of mental hygiene and associated issues; and <p>any County Suicide and Education Committee</p> <p>St. Peter’s Health Partners (SPHP): Coordinate services and supports for adults with emotional, behavioral, and mental health concerns.</p>	<p>services, and community referrals including:</p> <ul style="list-style-type: none"> • Children’s Mental Health Clinic • Single Point of Access (SPOA) • Case Management Services • Promote community wide suicide awareness, education and prevention. <p>Albany Department of Health:</p> <ul style="list-style-type: none"> • Promote community wide suicide awareness, education and prevention. <p>Albany County Department of Mental Health:</p> <ul style="list-style-type: none"> • Provides and/or coordinates prevention, intervention, clinical, recovery, and support services; and • Promote community wide suicide awareness, education and prevention. <p>SPHP: Expand efforts to implement a collaborative care approach in primary care settings which integrates behavioral</p>	<p>Albany Department of Health:</p> <ul style="list-style-type: none"> • Percent of patients who were formally screened (or screened with an evidenced-based screening tool) for suicide during reporting period <p>SPHP</p> <ul style="list-style-type: none"> • Number of individual patients engaged in collaborative care • Percent of patients who were formally screened (or screened with an evidenced-based screening tool) for suicide during reporting period • Number of staff members completing mental health first aid course • Number of opioid use disorder individuals
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Community Health Improvement Plan (CHIP)

		health with in a primary care setting Promote mental health First Aid to community members Offer Mental Health First Aid to staff, including Community Health Workers, Care Managers and Social Work Service Line	provided with peer support services (including, but not limited to, engagement, assessment, <i>Leave Behind</i> naloxone, post-event overdose response kits, referral to treatment).
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Priority Area: Prevent Communicable Diseases

Focus Area 1: Vaccine-Preventable Diseases

Rensselaer County

Goal 1.2: Reduce vaccination coverage disparities

Target Population: Adults & Children

Objectives: By December 31, 2024, reduce the difference in HPV vaccine series completion between NYS adolescent boys and girls by 50% (11% to 5.50%)

Interventions	Partner Resources	Partner Roles	Measures
Educate the adolescents and parents on HPV vaccine	Rensselaer County Department of Health: Rensselaer County Department of Health is committed to enhancing the health and well-being of Rensselaer County by disseminating HPV information at County-wide events and thru cross-collaborations	Rensselaer County Department of Health: Conduct public health education at local community events to provide information on the benefits of the HPV vaccine series and to address any questions about said series	# of community events # of visits from Public Health Detailing initiatives facilitated by RCDOH Nursing Division and Education Division

Priority Area: Prevent Communicable Diseases

Focus Area 1: Vaccine-Preventable Diseases

Albany County

Goal 1.1: Improve (COVID-19) vaccination rates.

Target Population: Adults and Children

Objective: By December 31, 2025, increase the percentage of people with at least one COVID-19 vaccine dose by 3% to 85.0% (from 82.5% on August 24, 2022)

Address Disparity: No (or Yes)

Intervention, Strategies, Activities	Partner Resources	Partner Role	Process Measures
Offer COVID-19 vaccines	Albany Department of Health: • COVID-19 surveillance	Albany Department of Health:	Albany DOH:

<p>in locations and hours that are convenient to the public including pharmacies, vaccine only clinics, and other easily accessible sites.</p>	<ul style="list-style-type: none"> • COVID-19 public health information • COVID-19 vaccine <p>Albany Medical Center (AMC): Increase number of Covid-19 vaccines among the Capital Region, both for first-time vaccines as well as boosters</p> <p>St. Peter’s Health Partners (SPHP): COVID-19 public health information COVID-19 vaccine</p>	<ul style="list-style-type: none"> • Conduct COVID-19 vaccination clinics • Coordinates COVID-19 vaccinations to those that are homebound • Reallocates COVID-19 vaccine to community partners. • Provides COVID-19 public information and risk communications via direct community outreach • Support COVID-19 screening testing to reopen and keep schools operating safely. <p>AMC: Promote vaccine administration through key partnerships with: New York State DOH, Albany County DOH, Rensselaer County DOH, Columbia Memorial Hospital, Glens Falls Hospital, Saratoga Hospital, SPHP, Black Nurses Coalition, Capital District Latinos, CDPHP, MVP, NAACP, Key Bank, Capital District YMCA</p> <p>SPHP:</p> <ul style="list-style-type: none"> • Reallocates COVID-19 vaccine to community partners. • Provides COVID-19 public information and risk communications via direct community outreach 	<ul style="list-style-type: none"> • Percentage of population with at least one (1) COVID-19 vaccine dose. <p>AMC:</p> <ul style="list-style-type: none"> • # Website visits to CapRegionvax.org, the website established specifically for residents of the Capital Region which provides information about vaccines, vaccine locations, and related health information
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Priority Area: Prevent Communicable Diseases

Focus Area 3: Sexually Transmitted Infections (STIs)

Rensselaer County

- Goal 3.1:** Reduce the annual rate of growth for STIs
- Target Population:** General population
- Objectives:**
- By December 31, 2024, reduce the annual rate of growth for early syphilis by 50% (20% to 10%)
 - By December 31, 2024, reduce the annual rate of growth for gonorrhea by 50% (8% to 4%)
 - By December 31, 2024, reduce the annual rate of growth for chlamydia by 50% (2% to 1%)

Interventions	Partner Resources	Partner Roles	Measures
<p>Community Outreach for STI Prevention</p>	<p>Rensselaer County Department of Health: Rensselaer County Department of Health is committed to enhancing the health and well-being of Rensselaer County by providing integrated health programs through the formation of partnerships and unified goals among organizations in the community.</p>	<p>Rensselaer County Department of Health:</p> <ul style="list-style-type: none"> • Conduct public health education and community outreach at local community events to provide information about prevention of STIs and to promote the accessibility of the RCDOH STD Clinic 	<p>Rensselaer County Department of Health:</p> <ul style="list-style-type: none"> • # of community events • # of visits from Public Health Detailing initiatives facilitated by RCDOH Nursing Division and Education Division

COMMUNITY PARTNER ENGAGEMENT

Engaging the community is not only the main objective of the CHIP, but their input and feedback has allowed us to create a plan that acknowledges their health needs. This was primarily seen during the activities with the Albany-Rensselaer Priority Workgroup. To acquire the necessary data to choose the three health priorities, the community was integral in this process. Without their responses and willingness to take the time to provide perspective on their perceived health needs and challenges, the CHA would not be representative of our communities.

As our mission is to create an equitable approach in providing access to education and tools to strengthen one's health outcomes, utilizing our community partners allowed us to distribute the survey to all communities within our counties. The following community partners should be acknowledged for their efforts in distributing the survey, but also providing valuable feedback during the process of selecting the health priorities:

- Albany County Department of Health
- Albany Medical College
- Albany Medical Center
- Addictions Care Center of Albany
- Alliance for Better Health
- Alzheimer's Assoc. of Northeastern NY
- American Heart Association
- Arbor Hill Development Corp
- Boys and Girls Club of the Capital Region
- Capital District Latinos
- Capital District YMCA
- Cornell Cooperative Extension
- Ellis Medicine Family Health Center
- MVP Health Care
- Rensselaer County Department of Health
- SPHP Acute Care
- SPHP Behavioral Health Dept
- SPHP Capital District Tobacco-Free Communities
- SPHP Community Health Programs
- SPHP Community Relations
- Trinity Health
- University at Albany School of Public Health
- Upper Hudson Planned Parenthood

Community Health Improvement Plan (CHIP)

As we begin the stages of implementing the interventions as mentioned in this CHIP, our community partners will continue to have a valuable role in how we conduct our future activities. Without our community partners, Rensselaer County would not be able to accomplish what we do. As mentioned in the CHIP intervention chart, many of our activities will include community partner engagement. One intervention that will prove to be versatile in meeting many of the desired goals of our CHIP is the facilitation of the Health & Wellness Coalition. As a result of this coalition, Rensselaer County hopes to build community partnerships but also foster current partnerships to work together to improve accessibility and create new strategies to strengthen the community's overall health and well-being. Our community partners will hope to range from surrounding local health departments in other counties, local emergency response agencies, hospital partners, HCD, to local colleges and universities.

REPORTING

For all reporting activities, Rensselaer County Department of Health will continue to work with our partners from the Albany-Rensselaer Priority Workgroup to adhere to the dates and timeframes as listed in the chart below. Upon completion of the CHIP or upon the due date of December 31, 2022, Rensselaer County will ensure prompt reporting activities.

Timetable for Prevention Agenda State and Local Planning Cycles

Due Date	Activity	Timeframe
December 2021	Update workplan. Template posted on Commerce site	January - December 2021
Completed assessments and plans are due December 31, 2022 One-year update for 2022 not required	NYS releases guidance for 2022-24 comprehensive plan	January 2022 – December 2024
December 31, 2023	Update workplan. The template posted on Commerce site	January - December 2023
December 31, 2024	Update workplan. The template posted on Commerce site	January - December 2024
By December 31, 2024 (released by Public Health and Health Planning Council)	Public Health and Health Planning Council issues updated Prevention Agenda for 2025-2030.	January 1, 2025 – December 31, 2030
December 31, 2025	Complete Community Health Assessment and develop Community Health Improvement Plan for 2025-2027.	January 2025 - December 2027
December 31, 2026	Update workplan. The template posted on Commerce site	January – December 2026
December 31, 2027	Update workplan. The template posted on Commerce site	January – December 2027
December 2028	2028-2030 cycle of local community health planning	January 2028- December 2030

DISSEMINATION

As mentioned prior, community partner engagement is a contributing factor to the success of the CHIP. Therefore, this CHIP will be distributed to our various community partners with digital and paper hardcopies, as requested. The following partners will be engaged to provide a copy of the 2022-2024 CHIP:

- Rensselaer County Department Coalitions
- Rensselaer County Department of Health Website
- Rensselaer County Department of Health Facebook Page
- Rensselaer County Executive's Office
- Rensselaer County Legislature
- Local Colleges & Universities
- Emergency Preparedness Divisional Listservs
- Education Unit Divisional Listservs
- New York State Association for County Health Officials (NYSACHO)
- Rensselaer County Board of Health

Although some partners may not be mentioned in this specific list, divisional listservs will enable a broad reach to community partners, such as local emergency personnel, public safety, NYS Senators, NYS Assemblymen and Assemblywomen.

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