

Qualitative Analysis of CBO Summit Event: *Summary of Findings*

Preliminary results from the LIHC’s Community-Based Organization Summit Events:

1. **Nassau County Event:** February 2, 2016-Adelphi University
2. **Suffolk County Event:** February 10, 2016- St. Joseph’s College

I. NYS Department of Health Prevention Agenda Areas

a. Distinct Prevention Areas by County/Ranking

| PA Rank | Nassau | %* | PA Rank | Suffolk | %* |
|---------|--|-------|---------|--|-------|
| 1 | Chronic Disease | 26.1% | 1 | Chronic Disease | 30.9% |
| 2 | Mental Health | 23.0% | 2 | Mental Health | 29.9% |
| 3 | Healthy and Safe Environment | 20.1% | 3 | Healthy and Safe Environment | 25.4% |
| 4 | Healthy Women, Infants and Children | 19.1% | 4 | Healthy Women, Infants and Children | 13.2% |
| 5 | HIV, STD and Vaccine Preventable Disease and Health Care-Associated Infections | 6.2% | 5 | HIV, STD and Vaccine Preventable Disease and Health Care-Associated Infections | 9.4% |

* Number of quotations with county code and priority area code/total number of quotes by county

b. Cumulative Prevention Areas by County/Ranking

| PA Rank | Nassau | %* | PA Rank | Suffolk | %* |
|---------|--|-------|---------|--|-------|
| 1 | Chronic Disease | 42.5% | 1 | Chronic Disease | 52.1% |
| 2 | Mental Health | 36.9% | 2 | Mental Health | 47.9% |
| 3 | Healthy and Safe Environment | 26.6% | 3 | Healthy and Safe Environment | 33.8% |
| 4 | Healthy Women, Infants and Children | 24.9% | 4 | Healthy Women, Infants and Children | 19.5% |
| 5 | HIV, STD and Vaccine Preventable Disease and Health Care-Associated Infections | 8.1% | 5 | HIV, STD and Vaccine Preventable Disease and Health Care-Associated Infections | 12.7% |

* Number of quotations with county code and weighted priority area code/total number of quotes by county

c. Key Findings

CBO summit participants reported Chronic Disease as the most significant health problem seen within the communities they serve in both Nassau and Suffolk counties. In looking at distinct

Prevention Agenda Categories, 26.1% in Nassau and 30.9% in Suffolk, of quotations indicated Chronic Disease being a priority area. Cumulatively, of the total number of quotes by county, 42.5% of quotations in Nassau and 52.1% of quotations in Suffolk were identified as being inclusive of one or more Chronic Disease keyword.

Within the Chronic Disease Priority Area, **Chronic Disease Management** and **Obesity/Nutrition** were the most frequently mentioned focal areas. Of the total number of quotes by County, 10.2% of quotations (both counties) included “**Chronic Disease Management**” as a topic of importance. **Obesity/Nutrition** was a focal area of 9.8% in Nassau, and 10.2% in Suffolk of the total quotes by county.

Mental Health and Substance Abuse emerged closely as a second-ranking Priority Area. Analysis shows, 26.1% in Nassau and 30.9% in Suffolk, quotations indicating Mental Health as a priority area. Cumulatively, of the total number of quotes by county, 36.9% in Nassau and 47.9% in Suffolk of quotations from each county included Mental Health and Substance Abuse as a priority area.

d. Participant Quotations- Chronic Disease

Access to healthy foods coupled with nutrition education is needed to subside the increase in rates of Chronic Disease and Obesity we are seeing in children.

I would say that there is a real concern with diabetes and heart disease among impoverished children and the communities that Long Island Cares serves. Absolutely, diabetes and heart disease, and we are seeing it at a young age. One of the barriers and problems is not having access to health and food, and nutrition education. By providing that, coupling that with access, being able to buy food from the food bank, where they can have it is really important.

–Nassau Event, *LI Cares*

Provision of nutrition and physical activity education to parents is a valuable preventive strategy that once passed down to future generations, will help to dissipate the prevalence of obesity.

So obesity, we are having a lot of people that we are seeing every day and they are not getting healthy, but they don't know, they don't know what is healthy, and they think what they are eating is healthy. That's why we are trying to educate them and tell them about the food groups and tell them about the sugar and about the physical activity education and so adults can tell their children. I think obesity is a big problem.

–Nassau Event, *Cornell Cooperative Extension*

Chronic co-morbidities create complexities in health affecting the management and prevention of chronic disease for patients and providers alike.

We see a lot of people who are worried about breast cancer and other types of cancer, but also have co-morbidities like diabetes being one of the most prevalent conditions, and people do have a lot of questions in regard to nutrition, but there is a general lack of knowledge in terms of the right dietary guidelines or how the prevent disease through nutrition.

–Nassau Event, *Adelphi NY Statewide Breast Cancer Hotline*

Prevention and effective management of Chronic Disease must occur in order to improve quality of life for community members and to reduce the financial burden being placed on our health care system.

I can tell you that we have lots of issues, but if we do not get a hold of our chronic diseases, our chronic problems, our heart problems, our COPD, our obesity, if we don't get a hold of those chronic problems, I don't know how we're going to improve. I mean, there are other steps, obviously, to get to that point, but I do believe if you look around that those chronic diseases are really putting a tremendous burden on our health care system.

-Suffolk Event, *RN Nurses Evolve PLLC*

The interconnectedness between mental health, chronic disease and obesity is highly-visible, and creates challenges to medication and chronic disease management.

So, for our population we have something of a vicious cycle pertaining to Chronic Disease and Mental Health. Many of our folks suffer from mental health issues and take a host of medications that contribute to obesity which leads to a host of other chronic health problems for them. So, I would say obesity is the major problem and all the health issues associated with obesity; whether it be joint health, cardiac health. We have a major problem with obesity in our population, and a lot of it does tie in very closely to their behavioral health and medications that they take. So, there's a real tie between those two for us.

-Suffolk Event, *AHRC Nassau*

Preventative care targeted at decreasing obesity will also reduce the occurrence of other chronic conditions.

I believe that obesity is a huge underlying issue for many chronic medical conditions. The asthma. The high blood pressure. The diabetes. It even can affect mental health with children, with teens. If you have someone who is obese, it effects them socially and emotionally. So addressing obesity is a big issue to affect all the other chronic health conditions that people have. And also, as she was saying, in terms of mobility and your quality of life and your age is very much effected by obesity, and obviously tobacco use as well. That's also true. Preventative care, I think if people had more access to preventative care and management, it may reduce the incidents of obesity and reduce some of the other chronic issues.

-Suffolk Event, *Suffolk County Department of Health MICHC Program*

e. Participant Quotations-Mental Health

The need for mental health and substance abuse services is growing at a substantial rate which is creating a shift in demand.

After 30 years, there's been almost a complete change that I've seen in the population that we serve, and we have a much more serious mental health problem. Mental health is the number one obstacle for these young women to transition into motherhood and to survive in this world, and a lot of it traces back to drug and alcohol abuse, physical abuse in their own families.

-Nassau Event, *MOMMAS House*

Social determinants of health play an integral role in addressing issues concerning mental health and substance abuse.

It all falls together. When you have people who are in poverty they are not eating well; when you have people in poverty they tend to be depressed and have mental disorders, which very often leads to alcohol or substance abuse, heroin, which is a huge problem in this area. It's all interwoven I am trying to say.

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| <p>-Nassau County, <i>Catholic Home Care</i></p> <p>Access to mental health and substance abuse treatment/recovery services is limited, creating a gap in care for those in need.</p> <p>I just want to touch on treatment and recovery services. What we are seeing is insurance is covering less, the psychiatric stays are three to five days. These people are not well enough to go back into society, into their homes, wherever it is they're coming from, so although we know that we want to reduce the readmissions into hospitals and everything else, and we don't want people staying in the hospitals, we want people home, the problem comes where they're leaving too soon, they're not healthy, whether it's mentally healthy or physically healthy, and they're going back, and that's causing them to go back again.</p> <p>-Nassau County, <i>Family First Home Companions</i></p> |
| <p>Mental health and substance abuse prevention strategies are necessary in order to provide comprehensive, continued care to patients.</p> <p>. . .the major issue is the long waiting list and by the time that their appointment comes up they're no longer with us and they fall through the cracks. We don't know where they're going. We don't know if someone is going to follow up so that's part of, you know that lack of prevention as well. It's a long waiting list just to get a psych evaluations.</p> <p>-Suffolk Event, <i>Community Housing Innovations</i></p> |
| <p>Long Island is home to special populations who require unique, individualized care services. These populations include those vulnerable to mental health and substance abuse issues and include veteran, senior, victims of violence and homeless populations.</p> <p>I deal mainly with low income veterans. Many are either homeless or at high risk of becoming homeless. Of course they have a lot of mental issues, PTSD, and also, substance abuse.</p> <p>-Suffolk Event, <i>Association for Mental Health and Wellness</i></p> <p>When you first mentioned the question about the major health problems, I work in independent housing for seniors, and there are a lot of undiagnosed mental health issues. So they have the mental health, but it's never been diagnosed, and getting the services and the treatment and even medications for that generation becomes very hard.</p> <p>-Suffolk Event, <i>Catholic Charities Housing Department</i></p> <p>One of the things, it's a hidden secret is the substance abuse among seniors, you know due to the isolation, but also too there's a lot of seniors that are sitting at home drinking all day and so it is not just a young person or, you know, a middle adult issue, it's a very big issue for seniors.</p> <p>-Suffolk Event, <i>At Home Designs</i></p> |

II. Prevention Agenda Areas Broken Down by Topic

a. Chronic Disease

| Nassau | | Suffolk | |
|----------------------------|-------|----------------------------|-------|
| PA-Topic | %* | PA-Topic | %* |
| Chronic Disease Management | 10.2% | Chronic Disease Management | 10.2% |
| Obesity/Nutrition | 9.8% | Obesity/Nutrition | 10.2% |

| | | | |
|-----------------------------------|------|-----------------------------------|------|
| Chronic Disease Prevention | 6.6% | Chronic Disease Prevention | 7.9% |
| Cancer | 4.4% | Diabetes | 5.2% |
| Other Chronic Conditions | 4.6% | Cancer | 4.0% |
| Diabetes | 2.3% | Other Chronic Conditions | 3.9% |
| Cardiovascular | 1.9% | Cardiovascular | 3.8% |
| Smoking/Tobacco | 1.9% | Respiratory | 3.6% |
| Respiratory | 0.6% | Smoking/Tobacco | 3.3% |

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b. Mental Health and Substance Abuse

| Nassau | | Suffolk | |
|--|-----------|---|-----------|
| PA-Topic | %* | PA-Topic | %* |
| Mental Health-General | 16.4% | Mental Health - General | 18.1% |
| Substance Abuse | 6.9% | Substance Abuse | 11.3% |
| Anxiety, Mood Disorders and Associated Emotions | 4.4% | Mental Health - Susceptible Populations | 7.4% |
| Mental Health-Susceptible Populations | 4.2% | Mental Health - Attitudes | 4.1% |
| Mental Health-Treatment and Recovery | 2.5% | Anxiety, Mood Disorders, and Associated Emotions | 2.9% |
| Suicide | 1.2% | Mental Health - Treatment and Recovery | 2.7% |
| Mental Health-Attitudes | 1.0% | Eating Disorders | 0.9% |
| Eating Disorders | 0.2% | Suicide | 0.4% |

* Number of quotations with county code and priority area code/total number of quotes by county

c. Healthy and Safe Environment

| Nassau | | Suffolk | |
|--------------------|-----------|--------------------|-----------|
| PA-Topic | %* | PA-Topic | %* |
| Access | 6.9% | Homes | 11.2% |
| Homes | 6.8% | Access | 8.2% |
| Violence | 5.0% | Violence | 6.1% |
| Injuries | 2.7% | Injuries | 3.4% |
| Built | 2.7% | Built | 2.6% |
| Air Quality | 1.4% | Air Quality | 1.4% |
| Water | 1.2% | Water | 0.8% |

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d. Healthy Women, Infants and Children

| Nassau | | Suffolk | |
|-------------------|-------|-------------------|------|
| PA-Topic | %* | PA-Topic | %* |
| Children's Health | 11.2% | Children's Health | 9.3% |
| Maternity/Mother | 8.5% | Maternity/Mother | 5.8% |
| Pregnancy | 2.9% | Pregnancy | 2.4% |
| Infant's Health | 1.5% | Infant's Health | 1.5% |
| Childbirth | 0.8% | Childbirth | 0.6% |

* Number of quotations with county code and priority area code/total number of quotes by county

e. HIV, STD, Vaccine Preventable Diseases and Health Care-Associated Infections

| Nassau | | Suffolk | |
|------------------------------|------|------------------------------|------|
| PA-Topic | %* | PA-Topic | %* |
| HIV-AIDS | 2.7% | HIV-AIDS | 7.5% |
| Sexually Transmitted Disease | 2.3% | Sexually Transmitted Disease | 3.1% |
| Vaccines | 1.7% | Vaccines | 0.8% |
| General Infections | 1.0% | Hepatitis | 0.7% |
| Associated-Infections | 0.4% | General Infections | 0.4% |
| Hepatitis | 0.0% | Associated-Infections | 0.2% |

* Number of quotations with county code and priority area code/total number of quotes by county

III. Disparities, Barriers & Additional Services

a. Disparities

| Nassau | | Suffolk | |
|---|-------|---|-------|
| PA-Topic | %* | PA-Topic | %* |
| Senior Issues | 17.0% | Senior Issues | 18.4% |
| Special Population Disparities | 16.4% | Age Disparities | 8.1% |
| Age Disparities | 11.4% | Race/Ethnicity Disparities | 7.8% |
| Language Disparities | 10.8% | Language Disparities | 7.4% |
| Race/Ethnicity Disparities | 10.0% | Special Population Disparities | 6.8% |
| Gender-Identity-Orientation Disparities | 2.3% | Gender-Identity-Orientation Disparities | 3.1% |
| General Disparities | 2.1% | Gender Disparities | 2.7% |
| Gender Disparities | 1.0% | General Disparities | 1.1% |
| Religion Disparities | 1.0% | Religion Disparities | 1.1% |

* Number of quotations with county code and priority area code/total number of quotes by county

b. Barriers

| Nassau | | Suffolk | |
|-------------------------|-------|-------------------------|-------|
| PA-Topic | %* | PA-Topic | %* |
| Access Barriers | 25.1% | Access Barriers | 19.9% |
| Financial Barriers | 18.3% | Financial Barriers | 16.1% |
| Insurance Barriers | 16.2% | Care Barriers | 13.4% |
| Care Barriers | 12.4% | Insurance Barriers | 12.1% |
| Cultural Barriers | 11.2% | Transportation Barriers | 9.3% |
| Transportation Barriers | 8.1% | Cultural Barriers | 6.1% |
| Communication Barriers | 6.8% | Communication Barriers | 5.5% |
| Disability Barriers | 6.2% | Disability Barriers | 4.9% |
| Employment Barriers | 4.6% | Employment Barriers | 3.2% |
| Research Barriers | 0.4% | Research Barriers | 0.6% |

* Number of quotations with county code and priority area code/total number of quotes by county

c. Educational Disparities and Barriers

| Nassau | | Suffolk | |
|--------------------------------------|-------|--------------------------------------|-------|
| PA-Topic | %* | PA-Topic | %* |
| Educational Disparities and Barriers | 23.0% | Educational Disparities and Barriers | 19.6% |

* Number of quotations with county code and priority area code/total number of quotes by county

d. Additional Services

| Nassau | | Suffolk | |
|-----------------------------------|-------|-----------------------------------|-------|
| PA-Topic | %* | PA-Topic | %* |
| Service Expansion and Improvement | 21.4% | Service Expansion and Improvement | 16.7% |
| Community and Bridging Services | 13.1% | Community and Bridging Services | 12.9% |
| Policy | 4.4% | Policy | 5.5% |
| Financial Assistance | 3.7% | Financial Assistance | 3.8% |

* Number of quotations with county code and priority area code/total number of quotes by county