

Cortland Counts:

An Assessment of Health and Well-Being in Cortland County



2015

SEVEN VALLEYS HEALTH COALITION, INC.

*In cooperation with: Cortland County Health Department . Cortland Regional Medical Center
SUNY Cortland Institute for Civic Engagement . United Way for Cortland County, Inc.*

www.sevenvalleyshealth.org

Cortland Counts: An Assessment of Health and Well-Being in Cortland County

July, 2015 Community Report Card

OVERVIEW and PURPOSE

Since 2001, five local organizations and agencies have collaborated as the Community Assessment Team (CAT) to create **Cortland Counts**, an annual “report card” on the health and well-being of our community. These organizations are Seven Valleys Health Coalition (SVHC), the Cortland County Health Department (CCHD), SUNY Cortland Institute for Civic Engagement, Cortland Regional Medical Center (CRMC), and the United Way for Cortland County.

Cortland Counts is an integrated assessment, planning, and evaluation process that recognizes the interdependence of all sectors of the community in influencing quality of life for residents. It gives organizations and individuals in Cortland County a tool to determine local priorities and solutions. The process is also sensitive to local needs, changes in state and national policies, and evidence-based practice guidelines.

The 15th annual report card includes data for five areas: 1) Health and Safety; 2) Social Cohesion, Culture and Recreation; 3) Employment, Economy, and Welfare; 4) Housing and Environment; and 5) Positive Development Through the Life Stages.

The **Cortland Counts** Report Card and Comprehensive Report are used by local agencies and organizations for assessment, planning, and grant writing, and to better understand and meet the needs of county residents.

THE ASSESSMENT PROCESS

Cortland Counts is an ongoing community assessment and implementation process. It considers where Cortland County has been in the past, where we are now, and where we would like to be in the future. It includes the following:

Annual Report Card: published in July

Annual Community Forum: The Community Forum, held in January, features speakers with knowledge and expertise in each of five track areas below. Over 125 key leaders and community members attended the 2015 Forum.

Track Break-out Sessions: Sessions following the forum are used to update track goals in response to changing community needs. For each track an organization, or coalition of organizations, coordinates goal development and implementation:

- **Health Track:** SVHC, with CCHD, CRMC, and Family Health Network
- **Youth Track:** Coordinated Children’s Services Initiative (CCSI)
- **Sustainability Track:** Sustainable Cortland (SUNY Cortland)
- **Housing Track:** Access to Independence of Cortland County (ATI)
- **Economic Track:** Business Development Corporation/Industrial Development Agency (BDC/IDA)

Additional track meetings are held during the year as needed. Track goals are posted on the SVHC website: <http://www.sevenvalleyshealth.org/#!cortland-counts/cwns>.

The Community Assessment Process

Annual Community Forum
in January, speakers on
topics of importance &
interest for each track



Track break-out sessions and follow-up meetings to set, implement, and evaluate community goals

Annual Cortland Counts Report Card published mid-year with objective data and statistics

Cortland Counts Comprehensive Report (the “Big” report), published every 4 years

FORMAT

Statistics from Cortland County are compared to upstate, state, and national data. “Upstate” NY consists of 57 of 62 counties (New York City counties are excluded). The **Healthy People 2020** goals are noted where available. Developed by the U.S. Department of Health and Human Services, these goals are objectives for improving the health of all Americans. Revisions to Healthy People Goals are reflected in this Report Card. Go to <http://www.healthypeople.gov/> for more information.

The current report card also includes indicators that reflect the goals of the NYS Department of Health (DOH) Prevention Agenda 2013–2017. The Prevention Agenda establishes five priority areas to improve the health of state residents and reduce health disparities. Cortland County has chosen two of these areas as primary focal points for its Community Health Improvement Plan submitted to NYS DOH:

1) Prevent Chronic Diseases, and 2) Promote Healthy Women, Infants, and Children. For more information on the Prevention Agenda, go to: http://www.health.ny.gov/prevention/prevention_agenda/2013-2017/index.htm

CORTLAND COUNTS COMPREHENSIVE REPORT

The 175-page comprehensive report is issued every few years, most recently in 2013. It includes extensive objective data for each of the five categories in the annual report card, as well as community opinion and subjective feedback received through surveys and focus groups held with community members and stakeholders.

COMMUNITY PARTICIPATION

This is a *community* assessment process, and all local residents are invited to attend the annual forum and track break-out sessions. Together we can chart a healthy, vibrant, and sustainable future for Cortland County.

SOURCES AND ARCHIVE:

























The 2015 Report Card, 2013 Comprehensive Report, and previous editions of **Cortland Counts** can be accessed on the SVHC web site at:

<http://www.sevenvalleyshealth.org/#!cortland-counts/cwns>.

COVER PHOTO: West Branch Tioughnioga River, Emma Ignaszewski

Indicators of Health and Safety

Key to symbols and footnotes on back cover

	Indicators	Cortland County	Upstate NY	New York State	National Data	Healthy People 2020 Goal	Cortland Status	Cortland County Goal
1)	Births to women receiving 1 st trimester prenatal care	80.9% ¹ (2013)	74.2% ¹ (2013)	72.6% ¹ (2013)	73.1% ^{17*} (2010)	77.9%		
2)	Low birth weight babies - all births (<2500g)	5.9% ¹ (2013)	7.5% ¹ (2013)	7.9% ¹ (2013)	8.0% ³ (2013)	7.8%		
3)	Preterm births with less than 37 weeks gestation	8.0% ⁸ (2013)	10.9% ⁸ (2013)	10.9% ⁸ (2013)	11.4% ³ (2013)	11.4%		
4)	Infants exclusively breastfed in the hospital	67.6% ⁸ (2013)	50.8% ⁸ (2013)	41.9% ⁸ (2013)	40.7% ¹⁰ (2011) (exclusive breastfeeding at 3 months)	46.2% (exclusive breastfeeding at 3 months)		
5)	Hospitalizations for asthma in children ages 0-4 yrs.	13.8/10,000 ^{4**} (2010-2012)	32.2/10,000 ⁴ (2010-2012)	53.4/10,000 ⁴ (2010-2012)		18.2/10,000		
6)	Teen Pregnancy							
	a) Teen Pregnancy, 15-19 yrs.	21.9/1,000 ¹ (2013)	26.1/1,000 ¹ (2013)	36.8/1,000 ¹ (2013)				
	b) Teen Pregnancy, 15-17 yrs.	13.0/1,000 ¹ (2013)	13.0/1,000 ¹ (2013)	19.3/1,000 ¹ (2013)		36.2/1,000		
	c) Teen Pregnancy, 18-19 yrs.	26.5/1,000 ¹ (2013)	43.5/1,000 ¹ (2013)	60.4/1,000 ¹ (2013)		105.9/1,000		
7)	Cigarette use							
	a) Adult Population current smoker ^{AA} †††	21.5% ⁵ (2013-2014)	18.0% ⁵ (2013-2014)	15.9% ⁵ (2013-2014)	19.0% ³¹ (2013)	12.0%		
	b) Women during pregnancy	29.7% ¹ (2013)	13.7% ^{*** 1} (2013)	8.0% ^{*** 1} (2013)	10.3% ³² (2011)	1.4%		
8)	Percentage of residents served by community water systems with optimally fluoridated water †	3.2% ⁸ (2014)	46.9% ⁸ (2014)	71.1% ⁸ (2014)	74.6% ⁹ (2012)	79.6%		
9)	Dental visit in past year, percent of population 18+ yrs. ^{AA}	61.3% ⁵ (2013-2014)	70.9% ⁵ (2013-2014)	69.3% ⁵ (2013-2014)	61.7% ² (2013) (ages 18-64)	49.0% (Age 2 or older)		

Indicators of Health and Safety

Key to symbols and footnotes on back cover

	Indicators	Cortland County	Upstate NY	New York State	National Data	Healthy People 2020 Goal	Cortland Status	Cortland County Goal
10)	a) Lung & bronchus cancer incidence rate, males ^{AA}	103.7/100,000 ¹¹ (2008-2012)	79.8/100,000 ¹¹ (2008-2012)	73.9/100,000 ¹¹ (2008-2012)	70.1/100,000 ¹² (2008-2012)			
	b) Lung & bronchus cancer incidence rate, females ^{AA}	72.1/100,000 ¹¹ (2008-2012)	63.5/100,000 ¹¹ (2008-2012)	55.3/100,000 ¹¹ (2008-2012)	50.2/100,000 ¹² (2008-2012)			
11)	Breast cancer incidence rate, females ^{AA}	130.7/100,000 ¹¹ (2008-2012)	135.1/100,000 ¹¹ (2008-2012)	128.6/100,000 ¹¹ (2008-2012)	124.8/100,000 ¹² (2008-2012)			
12)	Cervix uteri cancer incidence rate, females ^{AA}	3.9/100,000 ^{11 **} (2008-2012)	7.0/100,000 ¹¹ (2008-2012)	8.0/100,000 ¹¹ (2008-2012)	7.7/100,000 ¹² (2008-2012)			
13)	Prostate cancer incidence rate, males ^{AA}	140.6/100,000 ¹¹ (2008-2012)	153.4/100,000 ¹¹ (2008-2012)	153.8/100,000 ¹¹ (2008-2012)	137.9/100,000 ¹² (2008-2012)			
14)	a) Colorectal cancer incidence rate, males ^{AA}	52.0/100,000 ¹¹ (2008-2012)	48.4/100,000 ¹¹ (2008-2012)	49.6/100,000 ¹¹ (2008-2012)	48.9/100,000 ¹² (2008-2012)			
	b) Colorectal cancer incidence rate, females ^{AA}	47.3/100,000 ¹¹ (2008-2012)	38.2/100,000 ¹¹ (2008-2012)	38.1/100,000 ¹¹ (2008-2012)	37.1/100,000 ¹² (2008-2012)			
15)	HIV case rate	4.1/100,000 ^{AA 8 **} (2010-2012)	6.7/100,000 ^{AA 8} (2010-2012)	18.3/100,000 ^{AA 8} (2010-2012)	15.3/100,000 ¹⁴ (2012)			
16)	Chlamydia incidence rate	400.2/100,000 ¹⁵ (2013)	337.6/100,000 ¹⁵ (2013)	490.6/100,000 ¹⁵ (2013)	446.6/100,000 ¹⁶ (2013)			
17)	Diseases of the heart mortality rate	135.5/100,000 ¹³ (2013) AS	173.0/100,000 ¹³ (2013) AS	176.4/100,000 ¹³ (2013) AS	169.8/100,000 ² (2013) AA	103.4/100,000^{AA}		
18)	Malignant Neoplasms mortality rate	137.7/100,000 ¹³ (2013) AS	156.1/100,000 ¹³ (2013) AS	149.7/100,000 ¹³ (2013) AS		161.4/100,000^{AA}		
19)	Cerebrovascular disease mortality rate	45.0/100,000 ¹³ (2013) AS	28.1/100,000 ¹³ (2013) AS	24.9/100,000 ¹³ (2013) AS	36.2/100,000 ² (2013) AA	34.8/100,000^{AA}		
20)	Chronic lower respiratory disease (CLRD or COPD) mortality rate—all ages	48.2/100,000 ¹³ (2013) AS	34.8/100,000 ¹³ (2013) AS	29.4/100,000 ¹³ (2013) AS	42.1/100,000 ² (2010) AA	102.6/100,000^{AA} (age 45+)		
21)	Diabetes Mellitus mortality rate	26.5/100,000 ¹³ (2013) AS	15.0/100,000 ¹³ (2013) AS	17.2/100,000 ¹³ (2013) AS	21.2/100,000 ² (2013) AA	66.1/100,000^{AA}		
22)	Suicide rate	7.0/100,000 ¹³ (2013) AS	9.4/100,000 ¹³ (2013) AS	7.8/100,000 ¹³ (2013) AS	12.6/100,000 ² (2013) AA	10.2/100,000^{AA}		

Indicators of Health and Safety

Key to symbols and footnotes on back cover

	Indicators	Cortland County	Upstate NY	New York State	National Data	Healthy People 2020 Goal	Cortland Status	Cortland County Goal
23)	Population Neither Overweight Nor Obese, ages 18+ (BMI < 25) ^{AA} †††	34.6% ⁵ (2013-2014) (calculated value)	37.7% ⁵ (2013-2014) (calculated value)	39.5% ⁵ (2013-2014) (calculated value)	36.2% ⁶ (2013) (calculated value)	33.9% (ages 20+ at healthy weight)		
24)	Population Overweight or Obese, BMI ≥ 25, ages 18+ ^{AA} ††, †††	65.4% ⁵ (2013-2014)	62.3% ⁵ (2013-2014)	60.5% ⁵ (2013-2014)	63.8% ⁶ (2013) (calculated value)			
25)	Population Obese (BMI ≥ 30, ages 18+) ^{AA} ††, †††	30.8% ⁵ (2013-2014)	27.4% ⁵ (2013-2014)	24.6% ⁵ (2013-2014)	28.3% ⁶ (2013)	30.5% (ages 20+)		
26)	Physical activity, ages 18+							
	a) Participated in 150 minutes or more of aerobic physical activity per week			47.3% ⁶ (2013)	50.2% ⁶ (2013)	47.9% (moderate intensity ≥ 150 min/wk OR vigorous intensity ≥ 75 min/wk.)		
	b) Participated in muscle strengthening exercises more than twice per week			30.1% ⁶ (2013)	29.6% ⁶ (2013)	24.1%		
	c) Participated in enough aerobic/muscle strengthening exercises to meet guidelines			19.4% ⁶ (2013)	20.2% ⁶ (2013)	20.1%		
27)	Children/adolescents, overweight or obese, (BMI ≥ 85th percentile)							
	a) All students (elementary, middle, high school) ‡, ‡‡	34.8% ¹⁹ ‡ (2010-2012) (pre-K – 10 th grade)	33.7% ¹⁹ ‡ (2010-2012) (pre-K – 10 th grade)	32.4% ¹⁸ (2011-2012) (ages 10-17 yrs.)	31.3% ¹⁸ (2011-2012) (ages 10-17 yrs.)			
	b) Elementary School ‡, ‡‡	34.8% ¹⁹ ‡ (2010-2012)	33.0% ¹⁹ ‡ (2010-2012)	N/A ^{§§§}	34.2% ²¹ (2011-2012) (ages 6-11 yrs.)			
	c) Middle / High School ‡, ‡‡	37.1% ¹⁹ ‡ (2010-2012)	35.0% ¹⁹ ‡ (2010-2012)	24.4% ²⁰ 2013 (grades 9-12) (calculated value)	30.3% ²⁰ 2013 (grades 9-12) (calculated value)			
28)	Children/adolescents, obese, (BMI ≥ 95th percentile)							
	a) All students (elementary, middle, high school) ‡, ‡‡	17.8% ¹⁹ ‡ (2010-2012) (pre-K – 10 th grade)	17.6% ¹⁹ ‡ (2010-2012) (pre-K – 10 th grade)	14.5% ¹⁸ (2011-2012) (ages 10-17 yrs.)	15.7% ¹⁸ (2011-2012) (ages 10-17 yrs.)			
	b) Elementary School ‡, ‡‡	16.4% ¹⁹ ‡ (2010-2012)	17.2% ¹⁹ ‡ (2010-2012)	N/A ^{§§§}	17.7% ²¹ (2011-2012) (ages 6-11 yrs.)	15.7% (ages 6-11 yrs.)		
	c) Middle / High School ‡, ‡‡	21.1% ¹⁹ ‡ (2010-2012)	18.2% ¹⁹ ‡ (2010-2012)	10.6% ²⁰ 2013 (grades 9-12)	13.7% ²⁰ 2013 (grades 9-12)	16.1% (ages 12-19 yrs.)		

Indicators of Health and Safety

Key to symbols and footnotes on back cover

	Indicators	Cortland County	Upstate NY	New York State	National Data	Healthy People 2020 Goal	Cortland Status	Cortland County Goal
29)	Reported DWI arrests for youth, 16-21 yrs.	70.4/10,000 ⁴ (2013)	35.5/10,000 ⁴ (2013)	25.7/10,000 ⁴ (2013)				
30)	Reported DWI arrests (all ages)	42.3/10,000 ⁷ (2014)	28.9/10,000 ⁷ (2014)	21.3/10,000 ⁷ (2014)				
31)	Children/Youth in Indicated Reports of Abuse/Maltreatment	33.3% ⁴ ††† (2012)	14.8% ⁴ ††† (2012)	15.9% ⁴ ††† (2012)				
32)	Property crime reported	1,353.5/100,000 ²² (2014)	1,777.2/100,000 ²² (2014)	1,702.0/100,000 ²² (2014)	2,730.7/100,000 ²³ (2013)			
33)	Violent crime reported	79.6/100,000 ²² (2014)	202.6/100,000 ²² (2014)	366.1/100,000 ²² (2014)	367.9/100,000 ²³ (2013)			

Indicators of Social Cohesion, Culture, and Recreation











	Indicators	Cortland County	Upstate NY	New York State	National Data	Cortland Status	Cortland County Goal
1)	Attendance at museums, theaters, galleries, cultural centers	76,853 ⁷ (2014)					
2)	Registered voters	29,665 ²⁴ (April, 2015)	7,065,386 ²⁴ (April, 2015)	11,674,714 ²⁴ (April, 2015)	142,166,000 ²⁵ (2014)		
3)	Registered voters that actually voted in presidential race	61.7% ²⁴ (2012)	63.6% ²⁴ (2012)	59.5% ²⁴ (2012)	56.5% ²⁵ (2012)		
4)	Retired Senior Volunteer Program (RSVP) hours	58,409 ⁷ (2014)					

Indicators of Employment, Economy, and Welfare

1)	Median household income	\$46,163 ²⁶ (2013)		\$57,255 ²⁶ (2013)	\$52,250 ²⁶ (2013)		
2)	Number employed age 16 years+ (not seasonally adjusted)	23,800 ²⁷ (2014)	5,443,500 ²⁷ (2014)	9,569,100 ²⁷ (2014)	147,190,000 ²⁸ (2014)		
3)	Unemployment (not seasonally adjusted)	7.7% (2013) 6.4% ²⁷ (2014)	6.9% (2013) 5.6% ²⁷ (2014)	7.7% (2013) 6.3% ²⁷ (2014)	6.5% (2013) 5.4% ²⁸ (2014)		
4)	Children receiving public assistance (ages 0 - 17 yrs.)	5.4% ⁴ (2012)	4.9% ⁴ (2012)	7.0% ⁴ (2012)			
5)	Children living below poverty level (ages 0 - 17 yrs.)	20.7% ²⁶ (2013)	17.5% ⁴ (2011)	22.9% ²⁶ (2013)	22.2% ²⁶ (2013)		

Indicators of Housing and Environment


Key to symbols and footnotes on back cover


	Indicators	Cortland County	Upstate NY	New York State	National Data	Cortland Status	Cortland County Goal
1)	Median housing value (3-yr. estimate)	\$105,800 ³⁰ (2011-2013)		\$281,000 ³⁰ (2011-2013)	\$173,200 ³⁰ (2011-2013)	~	
2)	Vacant housing (3-yr. estimate)	11.5% ³⁰ (2011-2013)		11.1% ³⁰ (2011-2013)	12.6% ³⁰ (2011-2013)	~	
3)	Mobile home housing (3-yr. estimate)	9.8% ³⁰ (2011-2013)		2.4% ³⁰ (2011-2013)	6.4% ³⁰ (2011-2013)	~	
4)	Percent of drinking water systems in compliance for:						
	a) Maximum contaminants (bacteriological)	100.0% ⁷ (2014)		98.7% ⁷ (2014)			
	b) Treatment Technique	98.9% ⁷ (2014)		93.8% ⁷ (2014)			
	c) No Public Health Hazards	100.0% ⁷ (2014)		93.1% ⁷ (2014)			
	d) Reporting Requirements	64.8% ⁷ (2014)		70.4% ⁷ (2014)			
5)	Employed civilian workers age 16+ who use alternate transportation or work from home	23.6% ⁸ (2009-2013)	22.7% ⁸ (2009-2013)	44.9% ⁸ (2009-2013)	13.8% ²⁹ (2008-2012) (calculated value)		
6)	Percentage of population with low-income and low access to a supermarket or large grocery store §	2.5% ⁸ (2010)	4.2% ⁸ (2010)	2.5% ⁸ (2010)			

Indicators of Positive Development through the Life Stages


1)	High school dropouts	2.9% ⁴ (2013 – 2014)	2.2% ⁴ (2013 – 2014)	3.1% ⁴ (2013 – 2014)			
2)	High School graduates intending to go to college §§	80.4% ⁴ (2011 – 2012)	87.2% ⁴ (2011 – 2012)	83.2% ⁴ (2011 – 2012)			
3)	Persons in need of supervision (PINS), ages 7 -17 yrs.	67 (total #) ⁷ (2014)	N/A	N/A		~	
4)	Children in foster care (ages 0 - 21 yrs.)	8.4/1000 ⁴ (2012)	2.8/1000 ⁴ (2012)	4.5/1000 ⁴ (2012)			


Report Card Key

 Indicates favorable status for Cortland County compared to Upstate, New York State, and/or National data

 A closer look is required. Change in percent or rate may be desired

~ Neither favorable nor unfavorable

 Goal is to decrease the number

 Goal is to increase the number

BMI: Body Mass Index

BRFSS: Behavioral Risk Factor Surveillance Survey

AA: age-adjusted to the 2000 US standard population

AS: age-sex adjusted to the 2000 US standard population

* 2010 CDC national data on first trimester prenatal care based on 33 states representing 67% of all US births.

** Rates are not stable due to small number of cases.

*** Under-reporting responsible for low Upstate and NYS rates.

† Report cards before 2015: "Population with fluoride in public water supply"

†† Report cards before 2012 for ages 20+.

††† 2013 rates should not be compared to previous years due to changes in NYS and BRFSS definitions and data collection methods.

‡ Cortland County and Upstate percentages based on school health records for students in selected grades; may not represent all students.

‡‡ Direct comparisons should not be made for data from different sources and years.

‡‡‡ Comparisons should not be made to printed 2013 and 2014 report cards due to reporting errors. Online reports are corrected.

§ Low access is defined as > 1 mile from a supermarket/grocery store in urban areas or > 10 miles from a supermarket/grocery store in rural areas.

§§ Includes four-year and two-year post-secondary institutions and other post-secondary education programs.

§§§ NY State data not available due to lack of data for NY City.

Sources

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32. <http://www.mchb.hrsa.gov/chusa14/health-status-behaviors/infants/smoking-before-during-pregnancy.html>



You can assist us with this project:

- What other data would you like to see in this report?
- How will you use the data?
- How can we build a better report and a better community?

Cortland Counts Report Cards, Comprehensive Reports, and Track Goals are available online at: www.sevenvalleyshealth.org.

Seven Valleys Health Coalition, 10 Kennedy Parkway, Cortland, NY 13045

Contact:

Joan Martin, Project Coordinator

jmartin@sevenvalleyshealth.org

607-756-4198