Hypertension

Patricia Charvat,
Senior Vice President, Marketing and Strategy

Lisa Volo,
Senior Director, Behavioral Health and Community Services

Tracy Lebert, RN, BSN,
Lead Community Health Nurse

Mohawk Valley Health System

Agenda

- Introductions
- Our partners
- Session 2: Hypertension
- Upcoming sessions

HANYS Care Connections Team

Kathleen Rauch, RN, MSHQS, BSN, CPHQ
Vice President, Quality Advocacy, Research and Innovation and Post-acute and Continuing Care

Christina Miller-Foster, MPA
Senior Director,
Quality Advocacy, Research and Innovation

Morgan Black, MPA
Director,
Care Connections

Maria Baum, MS, RN, CPHQ
Project Manager,
Western New York

Kira Cramer, MBA
Project Manager,
New York City

Rachael Brust, MBA
Project Manager,
North Country

Jonathan Serrano
Communications Coordinator

Theresa Green, PhD, MBA
Associate Director, Associate Professor,
Center for Community Health & Prevention
Public Health Sciences URMC, SON

Our partners

OUR FUNDER

Funding from the Mother Cabrini Health Foundation allows HANYS to expand its capacity to provide education, direct support, tools and data to our members. With Care Connections, we strive to build hospital-community partnerships and share evidence-based chronic disease prevention and management strategies to address healthcare access barriers at the local level.

OUR PARTNER

DataGen®, Inc. develops custom analytics for participants to help them understand healthcare access barriers and the chronic disease burden in their communities so they can develop tailored interventions.

Today’s presenters

Patricia Charvat
Senior Vice President of Marketing and Strategy
Mohawk Valley Health System

Lisa Volo
Senior Director, Behavior Health and Community Services
Mohawk Valley Health System

Tracy Lebert, RN, BSN
Lead Community Health Nurse
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THE MOHAWK VALLEY PARTNERSHIP FOR

Healthy Lifestyles

Focused approach to hypertension

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Overview

- Welcome and introductions
- About MVHS and our community
- Health needs of our community
- Evolution of the Mohawk Valley Healthy Lifestyles Partnership
- Our approach
- Our accomplishments
- Impact stories
- What's next

The MVHS Team

Patty Charvat
Senior Vice President, Marketing & Strategy

Lisa Volo
Senior Director, Behavioral Health & Community Services

Tracy Lebert
Lead Community Health Nurse

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The Mohawk Valley Health System

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MVHS Today

- **Non-profit, independent, integrated healthcare system**
  - Serves Oneida, Herkimer and Madison Counties
  - Second largest employer in the Utica-Rome region
- **MVHS campuses** include:
  - **Wynn Hospital**, 373-bed hospital in downtown Utica (opened 10/29/23)
  - **Faxton Outpatient Campus**
    - Cancer Center
    - Rehabilitation Services
    - Women's Health Services
    - Bariatric Surgery Group
  - **Center for Rehabilitation and Continuing Care Services**
    - MVHS Rehabilitation and Nursing Center, 202-bed long-term care facility
    - Home care/visiting nurse service
  - **St. Elizabeth College of Nursing**
  - **Medical Group/Community Sites**
    - 16 primary care sites
    - 18 physician specialty offices

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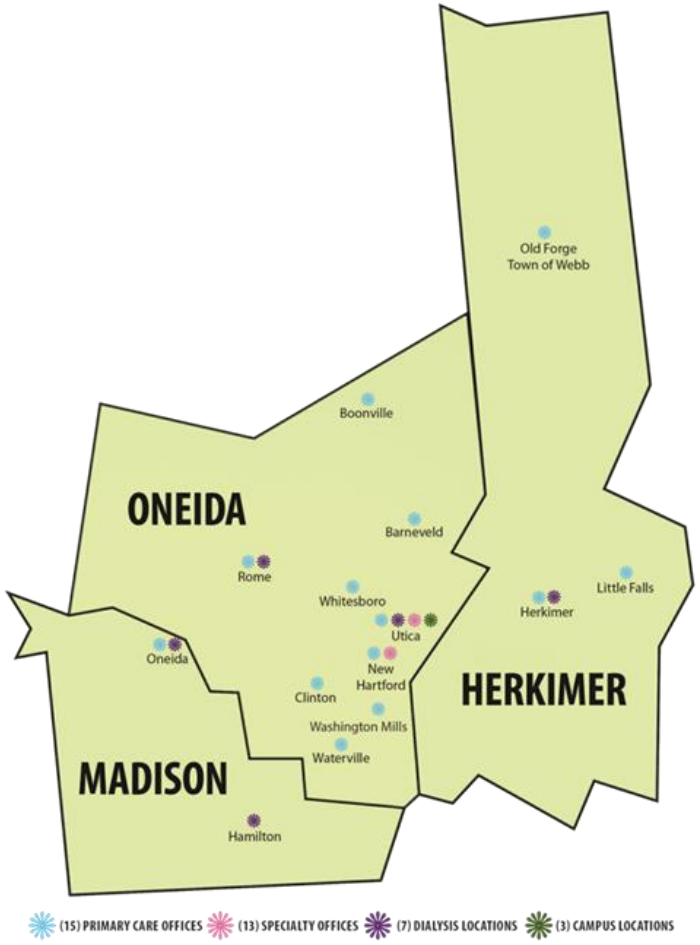
Counties Served and Locations



- Oneida County – 75.7%
- Herkimer County – 15.6 %
- Madison County – 2.7%

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About the Mohawk Valley Region

Focus on Oneida County

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Profile of Oneida County – Age

Population Age – Oneida County									
Age	2000 Census		2010 Census		2021 Estimate		2026 Projection		2021 to 2026 Variance
0 to 4	13,427	5.7%	13,281	5.7%	12,969	5.6%	12,893	5.6%	-0.6%
5 to 14	32,589	13.8%	28,296	12.0%	27,667	12.0%	27,011	11.7%	-2.4%
15 to 19	30,501	13.0%	33,252	14.2%	29,954	13.0%	29,771	12.9%	-0.6%
20 to 24	29,094	12.4%	26,692	11.4%	28,778	12.5%	28,196	12.2%	-2.0%
25 to 34	37,373	15.9%	29,171	12.4%	25,824	11.2%	26,371	11.4%	2.1%
35 to 44	31,889	13.5%	35,912	15.3%	28,756	12.5%	26,853	11.6%	-6.6%
45 to 54	21,684	9.2%	30,106	12.8%	32,315	14.0%	30,621	13.3%	-5.2%
55 to 64	18,429	7.8%	18,495	7.9%	24,192	10.5%	26,281	11.4%	8.6%
65 to 74	15,081	6.4%	12,879	5.5%	13,043	5.7%	15,409	6.7%	18.1%
75 to 84	5,449	2.3%	6,794	2.9%	6,861	3.0%	7,317	3.2%	6.6%
85+	13,427	5.7%	13,281	5.7%	12,969	5.6%	12,893	5.6%	-0.6%

*Data collected from eSite Analytics

Profile of Oneida County – Poverty

Population	Percent Below Poverty Level
All Families	10.3%
With related children under 18 years	16.7%
With related children under 5 years only	16.5%
Married couple families	4.3%
With related children under 18 years	5.5%
With related children under 5 years only	3.3%
Families with female householder, no husband present	31.4%
With related children under 18 years	39.6%
With related children under 5 years only	36.9%
All People	14.2%
Under 18 Years	20.7%
Related children under 18 years	20.4%
Related children under 5 years	22.8%
Related children 5 to 17 years	20.0%
18 years and over	9.7%
18 to 64 years	13.8%
65 years and over	8.0%

Profile of Oneida County – Disability

Oneida County - Disability	
Indicator	**Percentage**
Percentage of adults with an independent living disability	*6.4%*
Percentage of adults with an ambulatory disability	*7.7%*
Percentage of adults with a self-care disability	*3.1%*
Percentage of adults with a vision disability	*2.0%*
Percentage of adults with a hearing disability	*3.9%*
Percentage of adults with cognitive disability	*5.4%*
Percentage of adults with a disability	*13.7%*

Data collected from 2020 American Community Survey (U.S. Census Bureau)

For the entire state of New York, the overall percentage of people with disabilities is 11.5%.

Profile of Oneida County – Race/Ethnicity

Race/Ethnicity – Oneida County									
	2000 Census		2010 Census		2021 Estimate		2026 Projection		2020 to 2025 Variance
White	212,205	90.1%	204,678	87.1%	194,150	84.3%	191,721	83.1%	-1.3%
Black or African American	13,369	5.7%	14,688	6.3%	15,452	6.7%	15,867	6.9%	2.7%
American Indian or Alaska native	492	0.2%	605	0.3%	665	0.3%	676	0.3%	1.7%
Asian/native Hawaiian/	2,783	1.2%	6,634	2.8%	9,473	4.1%	10,433	4.5%	10.1%
Some Other Race	2,528	1.1%	3,407	1.5%	4,374	1.9%	4,751	2.1%	8.6%
Two or More Races	4,138	1.8%	4,865	2.1%	6,244	2.7%	7,274	3.2%	16.5%
Hispanic	7,419	3.2%	10,819	4.6%	14,187	6.2%	15,531	6.7%	9.5%
Non-Hispanic	228,096	96.9%	224,058	95.4%	216,171	93.8%	215,191	93.3%	-0.5%

*Data collected from eSite Analytics

But, in Utica…

Race and Hispanic Origin	2022 Estimate
White (alone)	60.8%
Black/African American	15.6%
Hispanic	12.9%
Asian	11%
Two or more races	8.1%
American Indian/Alaska Native	0.3%

19.4% of the population = refugees

Top refugee populations in Oneida County

Country	Total	New Arrivals - 2024
Bosnia/Herzegovina	4,449	
Myan Mar/Burma	4,212	93
Former Soviet Union	2,502	19
Vietnam/Amerasian	2,087	
Somalia	477	8
Iraq	442	4
Cambodia	383	
Sudan	371	17
Bhutan	366	
Ukraine	349	21
Laos	266	
Afghanistan	200	22
Congo/Zaire	163	47
Poland	146	

About the MVHS Patient Population – Community Health Needs

Focus on Oneida County

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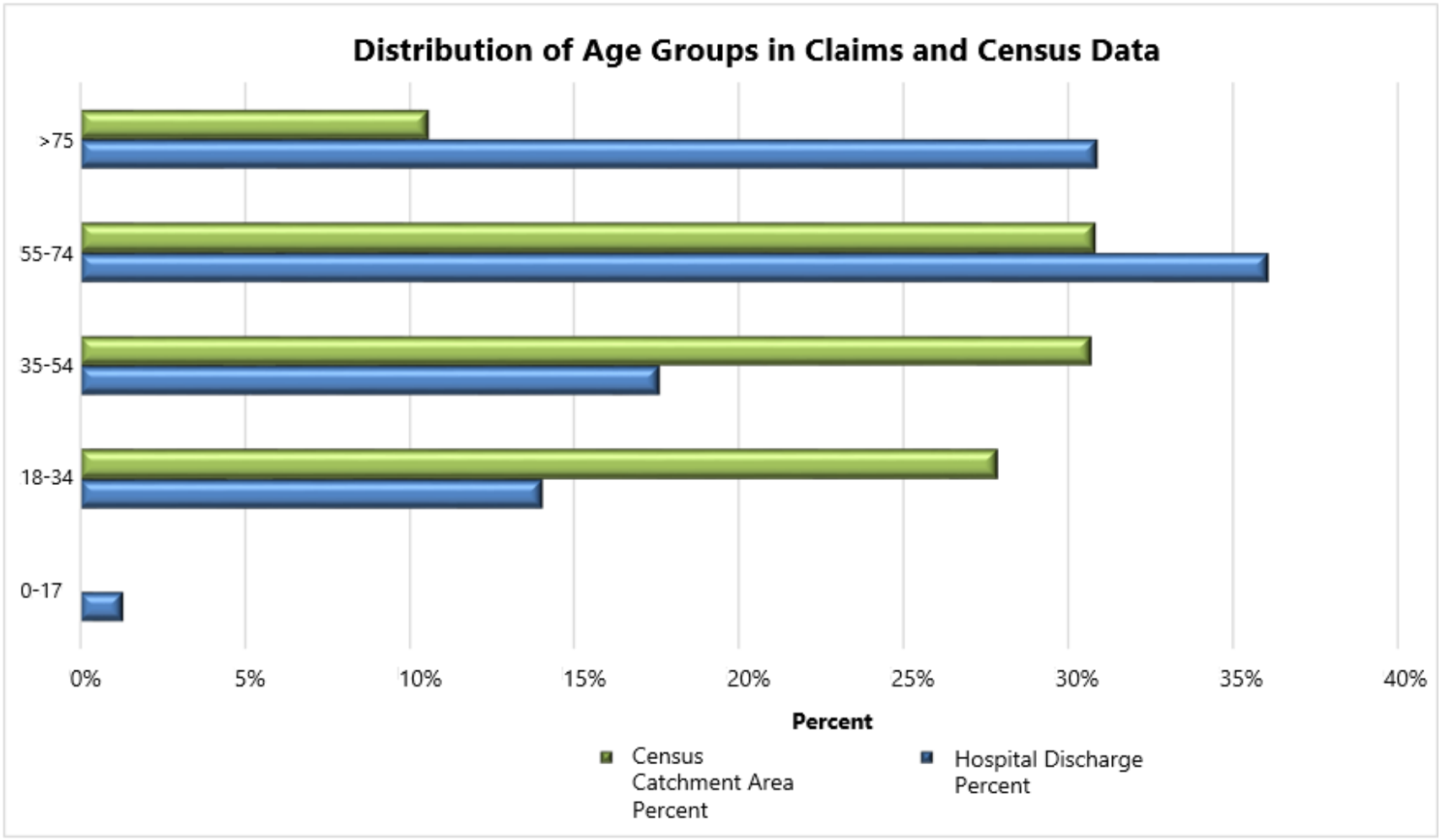
Our patient population



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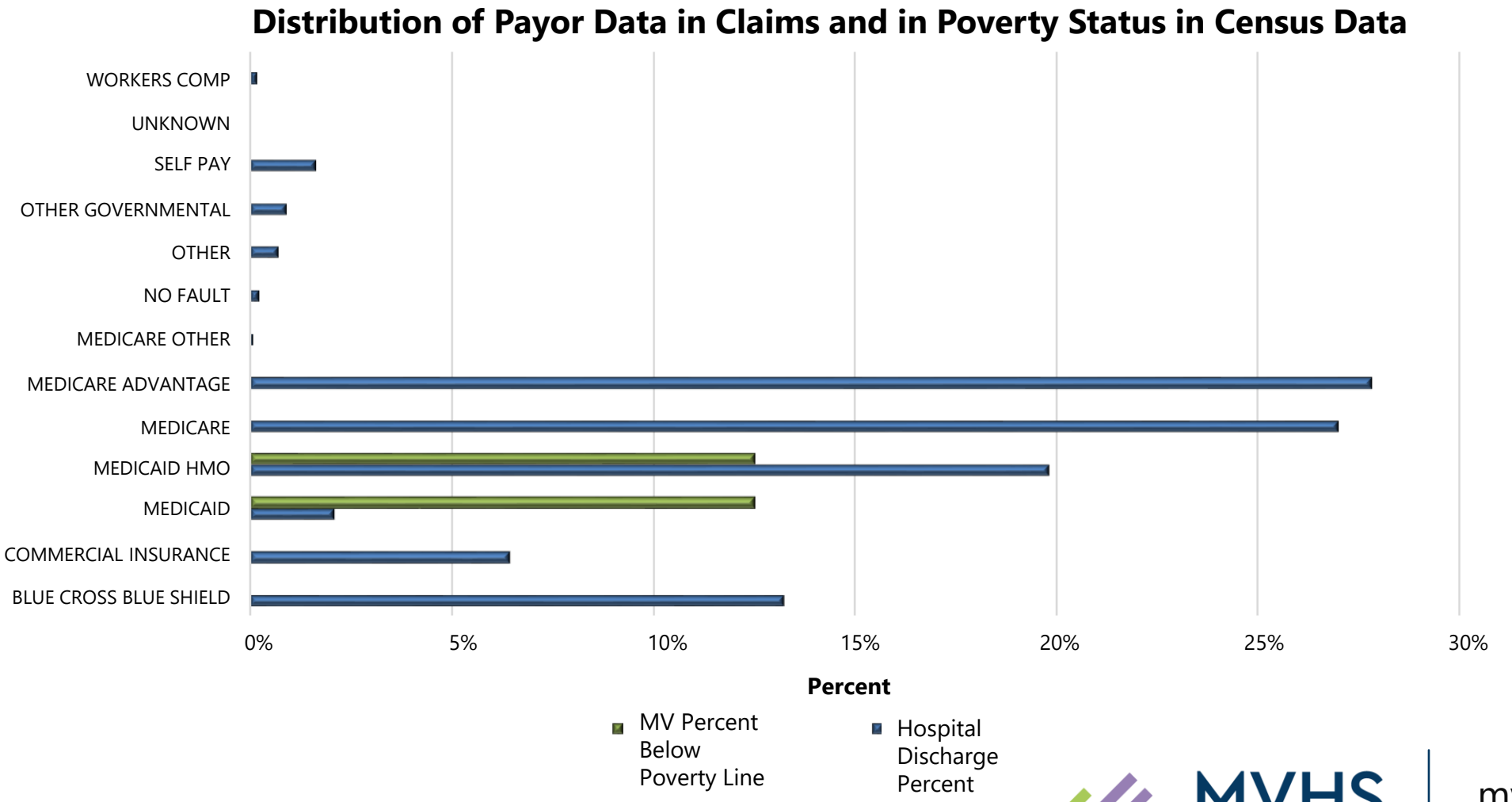
Our patient population



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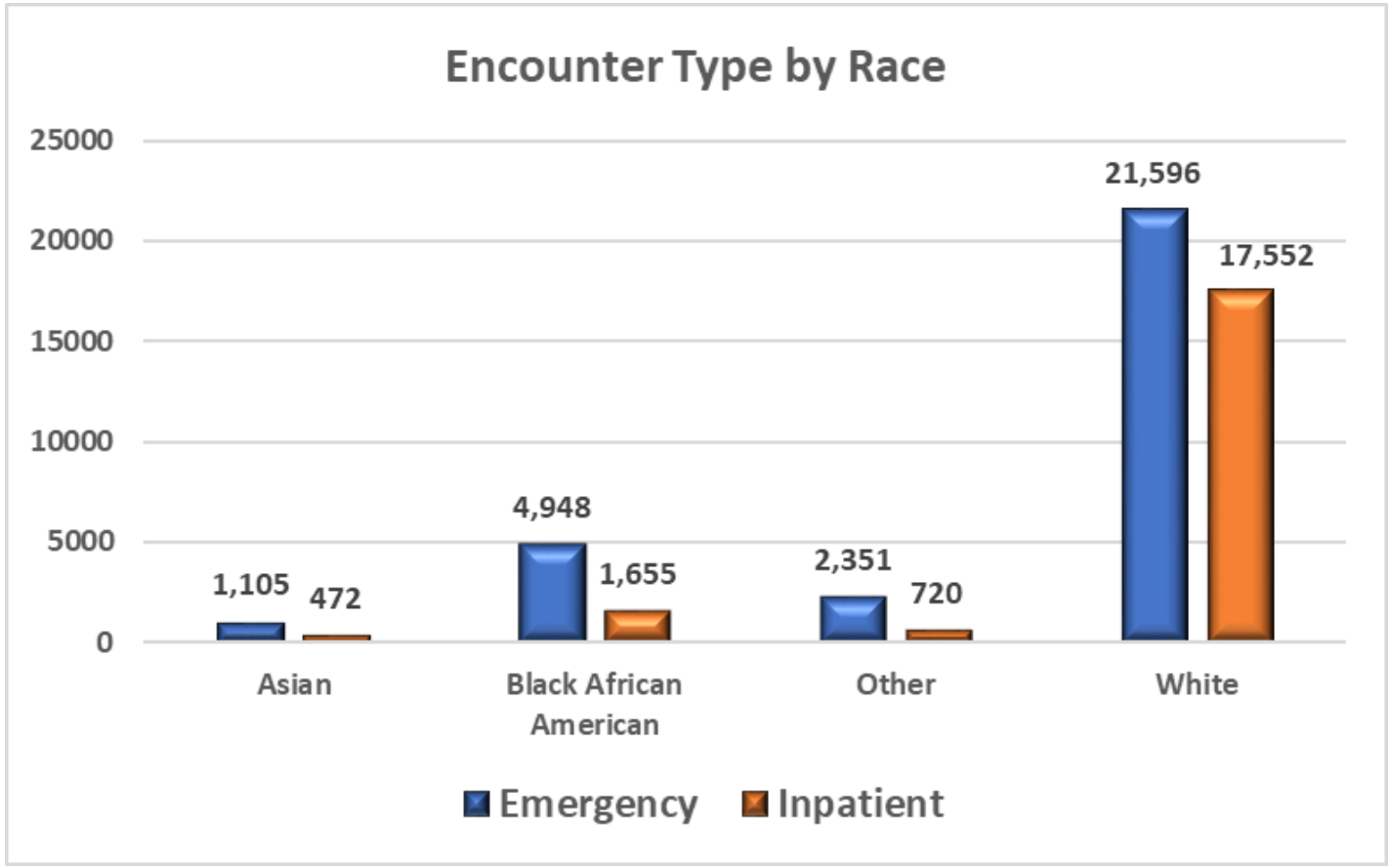
Our patient population



Our patient population – top diagnoses

Virtually all the populations have the following diseases:

- Hypertension (Higher in Black and Hispanic patients)
- Diabetes (Higher in Black and Asian patients)
- Gastrointestinal (Higher in Black and Asian patients)
- Respiratory disease (Higher in Hispanic patients)
- Mental health (Higher in Black and Hispanic patients)
- Substance abuse (Higher in Black and Hispanic patients)
- Maternity

Language Services

On Average 48 Different Languages Provided Monthly		
	12 month Total by Number	
Spanish	15092	
Burmese	11188	
Karen	10801	
Bosnian	5801	
Russian	4877	
Arabic	3558	
Bantu Group languages*	2544	
ASL	567	
All Others	7232	
* Bantu Group Languages: MaayMaay, Kizgowa, Somali and Swahili		

THE MOHAWK VALLEY PARTNERSHIP FOR

Healthy Lifestyles

Focus on Oneida & Herkimer Counties

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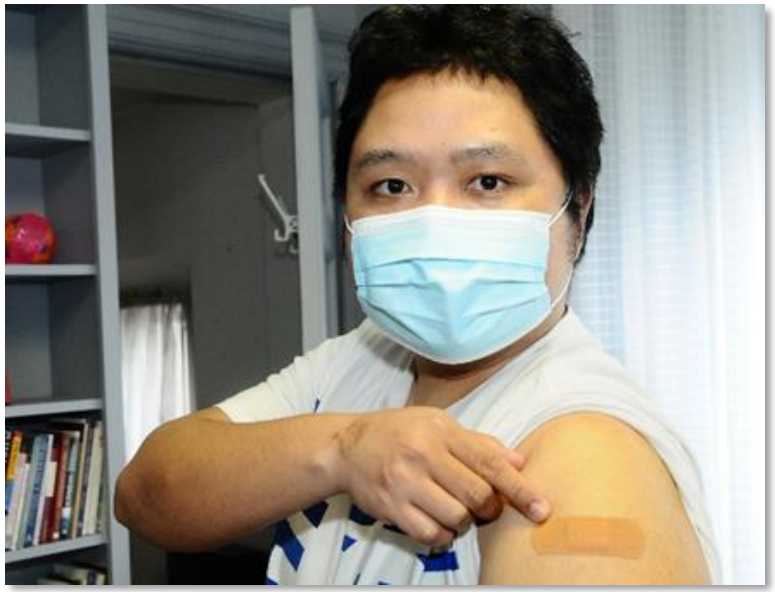
How we began

- Evolved from the Mohawk Valley COVID-19 Vaccine Health Equity Task Force, facilitated by MVHS
- Commitment to focus on health needs and disparities
- Heart disease and stroke first priorities - recently added diabetes, women's health and mental health
- Three-year grant funding awarded from the Mother Cabrini Foundation in 2022



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Partners

MVLA

Oneida County
NEW YORK

COMMUNITY FOUNDATION

THE CENTER

FIDELIS CARE

Mohawk Valley Community Action Agency

American Heart Association

Rome Health
An affiliate of St. Joseph's Health

NAACP
FOUNDED 1909
NATIONAL ASSOCIATION FOR THE ADVANCEMENT OF COLORED PEOPLE

ONEIDA COUNTY HEALTH DEPARTMENT

ALZHEIMER'S ASSOCIATION
800.272.3900 | alz.org

Excellus

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Our approach

- Community health nurses
- Community navigators and navigator coordinator – ***unique feature***
- Nurse/navigator teams provide education and screening
- Data-driven
- Excellus Blue Cross partners to help with health benefits enrollment
- Cultural competency training

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Our approach

- **Events**
  - Partner-led, e.g., Healthy Heart Tours with faith-based organizations and NAACP Health Fairs
  - Community-based, e.g., Juneteenth celebrations
- **“Static sites”**
  - Bargain Grocer
  - The Center
  - Feed Our Vets
  - Old Forge Market and Ambulance
  - Mother Marianne’s West Side Kitchen
  - ….and it keeps growing!

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Expanded focus each year

2022 – Heart disease and stroke
2023 – Heart disease, stroke and diabetes
2024 – Heart disease, stroke, diabetes, women's health and youth

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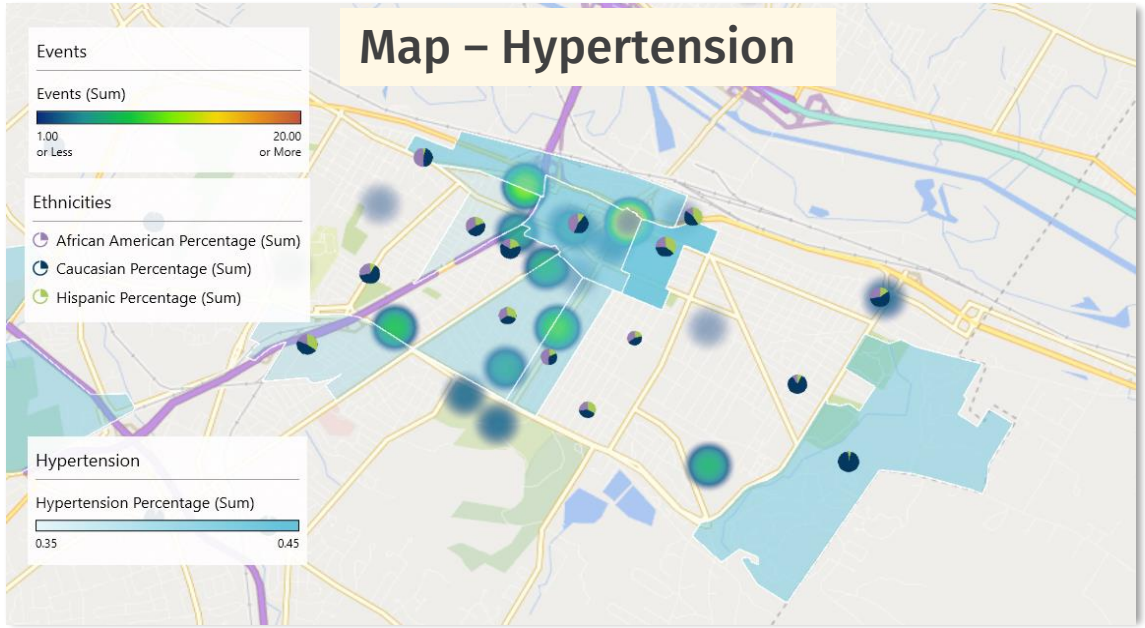
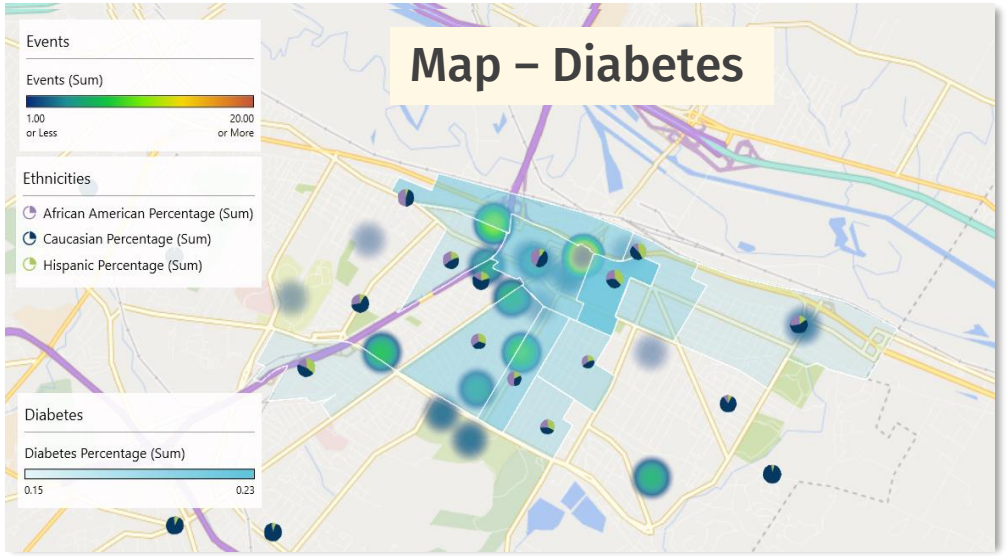
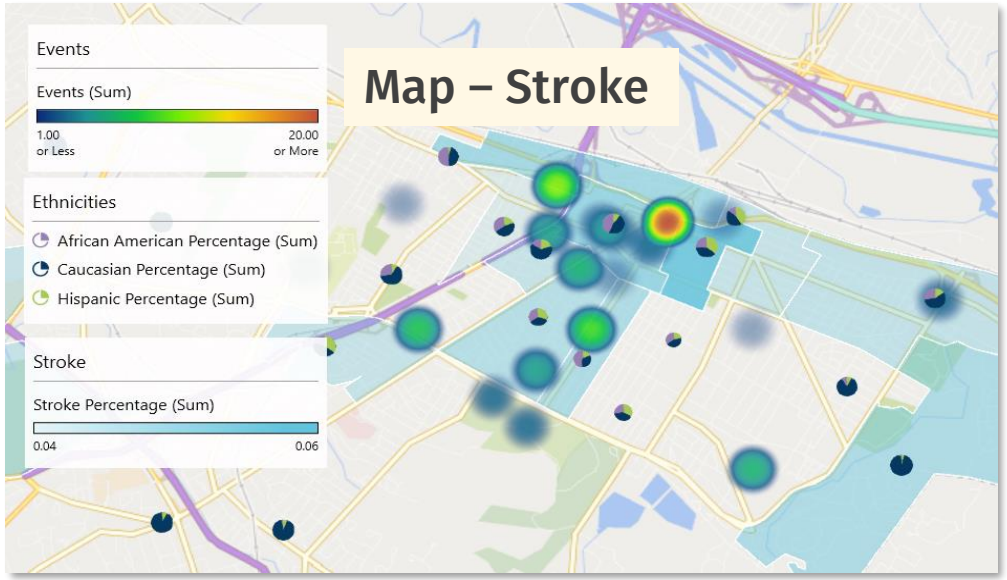
Evolved to targeted, data-driven







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Our accomplishments – 2024

- 450 community events
- 18,663 community members reached with education
- 8,363 community members screened
- 605 nursing follow up calls
- 329 vaccinations (The Center, Rite Aid & Oneida County Health Department)
- 177 individuals linked to primary care
- 4,833 individuals received assistance with health insurance
- 3,490 heart healthy meals were provided
- 1,689 individuals received assistance with other services such as legal, elder services, etc.
- 11 different language translations of program materials (Arabic, Bosnian, Burmese, English, Karen, Nepali, Russian, Somali, Spanish, Swahili, Ukrainian)

Impact stories

From the Outreach Coordinator for the SSG Fox Veteran Suicide Prevention Grant Program at the Utica Center for Development/Central New York Veterans Outreach Center:

I never realized how serious high blood pressure was until I met this incredible team of nurses, Tracy and Alex from MVHS. They spoke to me with genuine care and concern about high blood pressure and the dangers of high blood pressure if it went untreated. Their encouragement made all the difference, and I finally put aside my stubbornness and was seen by my PCP where I was able to be placed on medication to lower my blood pressure to a healthy range. Thanks to Tracy and Alex's support, I now monitor my blood pressure regularly and feel more in control of my health.

Tracy and Alex are not just doing a job, they are changing lives. I know they have changed mine.

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Impact stories

Our Community Navigator from Sudan would get his blood pressure checked at our static sites, and every time it was extremely elevated with no other signs and symptoms. As the nurses we recommended going to the ER, but he refused and was trying to manage on his own. After many elevated readings and our teaching of high blood pressure and risk factors, he re-established with a provider and agreed to medications. His blood pressure came down, but not enough, and the provider changed his medications numerous times until his pressure became more regulated.

Impact stories

A teacher from The Center wasn't feeling well, had a headache and some chest pain. She was even more worried after finding out her blood pressure was elevated. After recommendations of being seen in ER, she was given anti-hypertensive medications. Her blood pressure came down and has been within normal range since. She was extremely grateful for our community outreach education and nursing for being there and also for doing a follow up call with her.

Lessons learned

What we learned in the last five years:

- Be open to all community organizations
    - Everyone is welcome at the table and has something to contribute
- Meeting cadence is important to maintain engagement
    - Once a week touch base – even if it's for 15 minutes
- "Taking turns" as the lead is critical to reduce drama
- "Static sites" build trust in vulnerable populations
- Doing what's right for your community is invaluable (and, yes, you can convince your CFO!)

What’s next

- Expanding into behavioral health and youth
- Identifying programs for the homeless – integrated primary and behavioral health
- Partnership continues to expand

Upcoming sessions

Tuesday, May 27 | 11 a.m. – noon

Diabetes

Robert Rock, MD, MHS
Clinical Director, Borough of Bronx Neighborhood Health Center for Health Equity and Community Wellness
NYC Department of Health and Mental Hygiene

Abbie Gellman, MS, RD, CDN
Chef and Registered Dietitian
St. Barnabas Hospital

Remaining sessions in this series:

- June 3 | Asthma
- June 10 | COPD
- June 17 | Breast Cancer
- June 24 | Mental health and substance use disorders
- July 1| Building Community Partnerships

Care Connections

Questions?

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