

# North Country

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# Introduction

## North Country geographical features:

- Counties include Jefferson, Lewis, Hamilton, Essex, Clinton, Franklin and St. Lawrence.
- The largest economic development region in the state by area, and the smallest by population size.



# Demographics

## North Country Demographics

- Race: 89% White, 4% Black, 7% Other
- Ethnicity: 96% non-Hispanic, 4% Hispanic
- Primary language: 93% speak English
  - Top 4 spoken languages: English, Russian, Spanish, Mandarin

# Social risk

**Social risk domains:** economic climate, food insecurity, housing, transportation network, health literacy and digital landscape

## **North Country social risk:**

- Combined risk score of 3.4 on a scale of 1 (low risk) to 5 (high risk).
- Percent of North Country population at high risk within each domain:
  - Transportation 54%
  - Housing 37%
  - Economic climate 37%
  - Food insecurity 27%
  - Digital access 26%
  - Health literacy 8%

# Health statistics

- One of the highest rates of depression among adults in the state
- One of the highest rates of adults being diagnosed with diabetes in the state
- Third highest rate of high blood pressure among adults
- The highest rate of obesity in the state

# Community connections

- Community resources are limited in the North County and are spread out geographically.
- Several community based organizations have closed since 2020.
- The North Country has multiple strong community coalitions working to address health equity issues.
- In the beginning, community stakeholder meetings did not include decision-making staff from the local hospitals.
- Fort Drum military base is located in the North Country.

# St. Lawrence Health System

- Converted to EPIC in May 2022.
- Affiliated with Rochester Regional Health since 2022.
- Rebuilt their Diversity, Equity and Inclusion Committee starting in summer 2022.
- Emphasis on providing an inclusive environment for both patients and employees.
- Strong community connections.
- Partnered with Clarkson University to run and staff a mobile COVID 19 vaccination clinic/hub.

# University of Vermont Health Network

- DEI work has strong participation across departments.
- Departments focusing on health equity restructured in 2022.
- Led a Health Equity Summit in October 2022.
- Strong commitment to health literacy.
- System-wide use of EPIC in 2022.