

Population Health

What is population health? According to the American Journal of Public Health, population health is “the health outcomes of a group of individuals, including the distribution of such outcomes within the group.” Groups can be determined by geography, gender, race/ethnicity, socio-economic status, sexual orientation, or health status to name a few. Our work in population health includes data research, health and wellness promotions, trainings, and interventions aimed at improving the physical and mental wellness of our communities.

Since 2007, FDRHPO has provided our healthcare partners with research and analytic support needed to improve regional health outcomes. We remain committed to supporting our partners as they enact meaningful change, enhance the system of care, remove barriers to care, and improve overall health. Our population health services include:

- **Data collection & analysis**
- **Research & needs assessments**
- **Stakeholder engagement**
- **Health improvement planning**
- **Health messaging & promotion**
- **Implementation of health improvement strategies**

Our Partners in Population Health

In 2013, FDRHPO was awarded a NYSDOH Rural Health Network Development Program grant to facilitate collaboration among healthcare stakeholders and work collaboratively to enhance the healthcare delivery system through research, planning, and implementation of health improvement strategies. More than a decade later, we continue to serve the region as one of approximately 30 NYS Rural Health Network Development Programs. A collaborative of local hospitals, healthcare organizations, public health agencies, and community-based organizations — **North Country Health Compass Partners** — was formed to advise and guide work in this area. They provide mutual support and guidance for planning and implementation of population health initiatives, including the NYS Community Health Assessments (CHAs), NYS Community Health Improvement Plans (CHIP), local health research, health promotions, and an annual regional community health survey, which is our longest-standing collaborative initiative.



North Country Community Health Survey

Each year since 2016, FDRHPO conducts a community health survey, with guidance from the North Country Health Compass Partners, to identify self-reported outcomes for overall population health. Approximately, 1,500 surveys, on average, are completed annually with adult residents from Jefferson, Lewis, and St. Lawrence counties. The data obtained helps to inform our healthcare partners as they implement data-driven strategies, track progress, and engage community members.



Using Data to Improve Community Health

FDRHPO also supports regional hospitals and local health departments with their Community Health Assessment (CHA), Community Health Improvement Plan (CHIP), and Community Service Plan (CSP) requirements. Every three years, hospitals and health departments must evaluate the health of their communities, identify priority needs, choose evidence-based interventions, and submit their plans to New York State. FDRHPO helps partners meet these requirements by conducting community surveys, key informant interviews, and focus groups, and by researching and analyzing secondary data from national, state, and local sources. We also coordinate stakeholder input and assist with the development of each county's assessment and improvement plan. This support helps partners meet state expectations and ensures that local health priorities are identified and addressed through a coordinated regional approach.

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Patient-Centered Trainings & Initiatives

FDRHPO provides patient-centered training and other supports to care team members across the healthcare continuum, inclusive of primary, behavioral, and social care. Examples of trainings include health literacy, cultural competency, and “Bridges to Health & Healthcare” (part of the Bridges out of Poverty body of work). Together, they seek to bolster our partners’ understanding of poverty, literacy, and other forms of patient diversity present in the region, and to provide strategies to foster enhanced and impactful relationships with patients of all backgrounds. This work has led to partners adopting various patient-centered action plans, such as screening patients & conducting referrals for their social needs, expanding appointment hours, allowing walk-ins, incorporating Community Health Workers, streamlining patient paperwork, and more.

Prior initiatives made possible by NYSDOH:

With funding from the New York State Department of Health (NYSDOH), FDRHPO advanced regional population health through two key initiatives. The Population Health Improvement Program (PHIP), launched in 2015, established a sustainable infrastructure to support population health efforts, including public-facing health data resources, chronic disease management tools, annual community health surveys, data analytics support, and leadership in New York State Community Health Assessments and Improvement Plans. Building on this work, FDRHPO was one of six recipients of the NYSDOH-funded Linking Intervention for Total Population Health (LIFT) program, beginning in 2017. LIFT focused on reducing obesity and diabetes by expanding prevention and self-management programs, strengthening school wellness policies, and promoting Complete Streets policies to improve safe, equitable access for all users.

Population Health Initiatives

- **Colorectal Cancer Screening**
- **Mammography Screening**
- **Health Literacy**
- **Cultural Competency**
- **Maternal & Infant Health**
- **Suicide Prevention**
- **Nicotine Use**
- **Diabetes Prevention & Management**
- **Oral Health**
- **Mental & Physical Wellness**

Our Impact

Through our population health work, FDRHPO has assisted local partners in...



...acquiring millions of dollars in local, state, and federal grant funding by demonstrating proof of need through reliable data and information.



...identifying, developing, and expanding programs tailored to the needs of the region.



...increasing access to needed healthcare providers and health improvement resources.



...identifying patient needs, raising community awareness, and promoting health literacy through sound, evidence-based messaging.