



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**
- **Stakeholder engagement**
- **Infrastructure development & support**
- **Health messaging & promotion**
- **Assessment of needs & health planning development**
- **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 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 has conducted an 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.

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Using Data to Improve Community Health

Using data, resources, and expertise provided by FDRHPO's data analytics team, the North Country Health Compass Partners continuously collaborate to develop community-facing, educational messaging aimed at improving patient engagement, community awareness, and overall population health. On a bi-weekly basis, we provide the community with digital health-related **"Regional Health In-Focus"** messages tailored to the local community and posted on social media to help inform, educate, and engage local residents. The messages include pertinent information about a health-related topic, relevant local data, and a call-to-action with recommendations for remaining healthy and safe. Topics range from nutrition, exercise, prevention programs, health-related events, best health practices, chronic disease self-management, vaccine recommendations, oral health reminders, social connectedness, and healthy aging, to name a few.

Our prior work, made possible by NYSDOH, includes:

POPULATION HEALTH IMPROVEMENT PROGRAM (PHIP)

PHIP was a five-year project that began in 2015 to supplement and enhance initiatives implemented through the NYS Rural Health Network Development Program. FDRHPO was one of eleven PHIPs in NYS. Implementing a sustainable program structure enabled us to continue providing population health support to partners after the conclusion of the grant period. Noteworthy accomplishments include: online public-facing, local health and wellness data/information resource; online chronic disease management program resource site; annual regional community health survey; ongoing data analytic support; development of the NYS CHAs; and implementation/monitoring of NYS CHIP/CHA strategies.

LINKING INTERVENTION FOR TOTAL POPULATION HEALTH (LIFT)

The LIFT program was a two-year project that began in 2017 to address obesity and diabetes in our three-county region. FDRHPO was one of six recipients of the LIFT grant, awarded by NYSDOH. LIFT health and wellness campaigns contributed to the following accomplishments: increased number of prevention and self-management programs in the region; advancement of school wellness policies across the region; and increased adoption of policies, plans, and practices that promote Complete Streets.

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.