As an integral part in updating the Community Health Improvement Plan, the Orange County Department of Health (OCDOH) surveyed county residents directly to determine health status, identify health priorities and local health needs in the county. The Community Health Assessment Survey 2016 was developed using a majority of questions from the 2013 Community Health Assessment Survey and modified based on feedback from that year. The survey was made available in both English and Spanish. Surveys were administered in the community and online via the County's website to reach diverse population groups. Orange County Department of Health partnered with Orange Regional Medical Center, St. Anthony's Community Hospital, Bon Secours Community Hospital, St Luke's Cornwall Hospital, and many of the Federally Qualified Health Centers in the County to have surveys administered in patient registration and waiting areas. The surveys for Orange County residents were also administered in a variety community settings including: DMV offices, farmer's markets, libraries, churches, Meals on Wheels recipients, food pantries, day cares, senior centers, community events and street outreach, local supermarkets, and during Department of Health clinics. The online survey link was also broadly distributed by the following partner organizations: Mental Health Association, Childcare Council of Orange County, Crystal Run Healthcare, Orange County Citizen's Foundation, Orange County Youth Bureau, Alcohol and Drug Abuse Council of Orange County, American Lung Association's Center for Tobacco Free Hudson Valley, City of Middletown municipality, Access: Supports for Living, Independent Living, and the Middletown and Pine Bush Teacher's Retirement Associations.
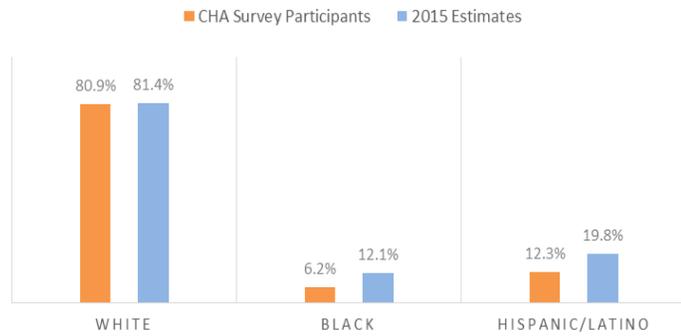
Demographics
A total of 1,363 Orange County residents completed the 2016 Community Health Assessment survey. Survey respondents were less likely to be Black (6.2% vs. 12.1%), Hispanic (12.3% vs. 19.8%) and between the ages of 18-34 years (18.9% vs. 29.2%) as compared to Orange County population estimates in 2015. A majority of respondents were white (80.9%) and between the ages of 35-64 years (48.5%) (*See below)*.

Over seventy percent of the surveyed residents were female (compared to 50% reported in the 2015 American Community Survey Estimates) and a greater percentage of survey respondents reported higher levels of education. Most surveyed residents are employed full-time (43%) or retired (28%).   Eleven percent are not employed or employed part-time, 3.7% are stay-at- home parents, 1.5% reported as students and 1% did not answer the question. Total household income before taxes in the past 12 months was reported as follows: 18.1% less than $24,999, 18.8% between $25,000 and $49,999, 13.2% between $50,000 and $74,999, 11.6% between $75,000 and $99,999, and 19.8% more than $100,000. The geographical distribution of surveyed residents was assessed using current zip code.   Residents completing the survey reported living in the following Orange County zip codes: Middletown (16.7%), Newburgh (12%), Monroe (10.3%),

AGE DISTRIUBUTION IN ORANGE COUNTY
CHA SURVEY 2016 PARTICIPANTS VS. 2015 POPULATION ESTIMATES

New Windsor (6.1%) and Port Jervis (6.0%). These zip codes also accounted for 51% of the Orange County population in 2015.
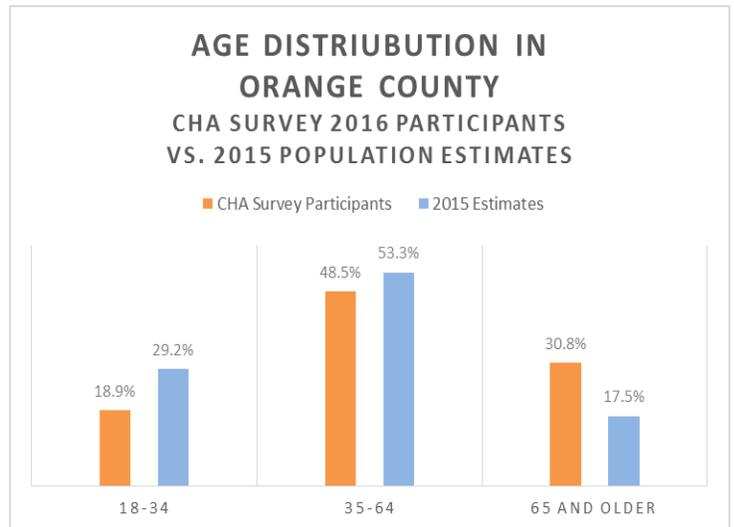
RACIAL COMPOSITION IN ORANGE COUNTY
CHA SURVEY 2016 PARTICIPANTS VS. 2015 POPULATION ESTIMATES

■ CHA Survey Participants   ■ 2015 Estimates

|	WHITE	BLACK	HISPANIC/LATINO
CHA Survey Participants	80.9%	6.2%	12.3%
2015 Estimates	81.4%	12.1%	19.8%

Health Status

Of the 1,363 surveyed residents, over 73.8% described their overall health as either healthy or very healthy and 80.8% described their overall mental health as either healthy or very healthy. Only 10.9% of respondents reported that they currently smoke. Respondents described their weight as being either normal weight (50.1%) or overweight (42%) and few indicated they were obese (4.1%). In addition to perceived weight, BMI was calculated using the self-reported height and weight of respondents. Individuals were considered underweight if they had a BMI less than 18.5, normal weight if their BMI was between 18.5 and 24.9, overweight if they had a BMI between 25.0 and 29.9, and obese if their BMI was above 30.

When comparing calculated BMI to respondents' perceived weight, it is clear that surveyed residents greatly underestimated their weight category, specifically among those considered obese (*See below*). Despite 58.2% of survey respondents having a BMI that is considered either overweight or obese and nearly half considering themselves overweight or obese, only 30% were told that they were overweight or obese by their health care provider. When asked

Perceived Weight vs. Calculated BMI
CHA Survey Participants 2016 (n=1363)

■ Perceived Weight   ■ Calculated BMI

	Underweight	Normal weight	Overweight	Obese	Missing
Perceived Weight	2.8%	50.1%	42.0%	4.1%	1.0%
Calculated BMI	1.4%	28.7%	28.0%	30.2%	11.8%

how often survey participants engage in physical activity, 18.5% do not exercise at all, 34.2% exercise 1 to 2 times a week, 26.8% exercise 3 to 4 times a week, and 18.4% exercise 5 or more times a week.
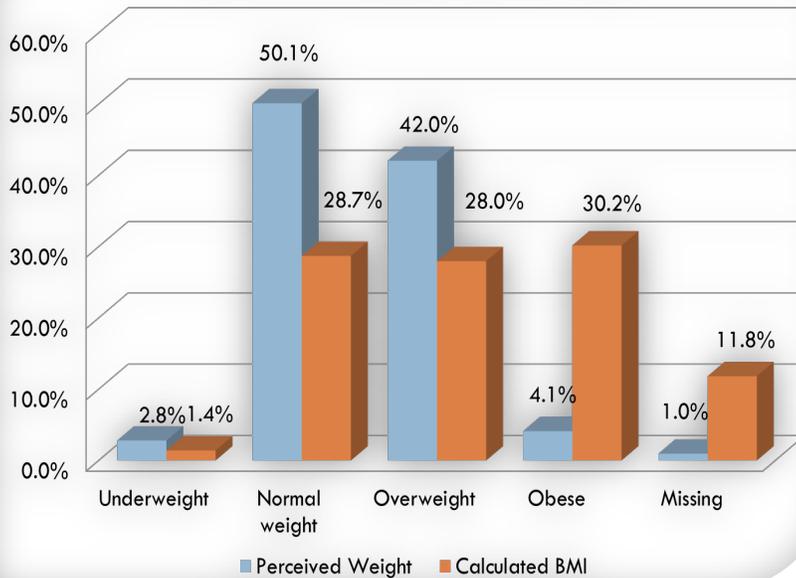
Medical Care

Nearly 90% of surveyed residents have visited their doctor for a routine physical exam or check-up in the past 2 years (79.5% in the past year, 9.4% in the past two years). Less than 5% of respondents reported it being more than 3 years since they went for a checkup. Survey respondents reported a number of reasons for not having a routine physical exam in the past two years including lack of health insurance, unaffordability of care including high deductibles or co-pays, lack of time and either were afraid or do not like going.

When respondents were asked where they go most often when sick, many reported going to a doctor's office (63.4%) or urgent care (15.8%) to seek care. When surveyed residents had a health question or concern, many of them went to their doctor or nurse practitioner for information (62.1%). Fifteen percent of respondents made use of the internet for health information or talked to family and friends when they had a health question (4.8%).

Chronic Diseases
The prevalence of various chronic health conditions among surveyed residents was assessed. A comparison to the previous 2013 CHA survey and the 2008-2009 and 2013-2014 Expanded Behavioral Risk Factor Surveillance System (BRFSS) data for diabetes, high blood pressure, asthma, obesity, and heart disease is found in the table below. Nearly 13% of respondents have been told by a health care provider that they have diabetes, 32% have high blood pressure, and 12.8% have heart disease. Surprisingly, only 30% of respondents reported having their health care provider diagnose them with being overweight or obese compared to nearly two-thirds of Orange County residents having a BMI in those ranges. Other commonly reported chronic diseases among survey respondents included hyperlipidemia (25.8%), depression or anxiety (17.5%), chronic pain (12.5%) and asthma (11.9%).

Community Health Assessment Surveys 2013 & 2016 Chronic Disease Prevalence vs. BRFSS Data				
Have you been told by a health care provider that you have:	CHA Survey 2013 (n=1,479)	2008-2009 BRFSS (n=654)	CHA Survey 2016 (n=1,363)	2013-2014 BRFSS* (n=522)
Diabetes	8.8%	6.9%	12.5%	13%
High Blood Pressure	25.0%	25.6%	31.9%	25.2%
Asthma	12.4%	14.8%	11.9%	9.5%
Overweight/Obese	28.1%		30.0%	
Overweight/Obese (Calculated BMI)	59.4%	64.4%	58.1%	67.6%
Heart Disease	5.7%	5.6%	12.8%	N/A

Health Priorities
Surveyed residents were asked to choose up to five health priorities important to them and their families living in Orange County. A total of 5,112 health priorities were selected. The top five health priorities chosen were:
- Routine care for adults
- Dental care
- Routine care for children
- Women's health
- Health care coverage