



The Valley Hospital
**Community Health
Needs Assessment**

2019

ACKNOWLEDGMENTS

The Bergen County Community Health Needs Assessment (CHNA) and Strategic Planning process was made possible through the generous support of Bergen New Bridge Medical Center, Englewood Health, Hackensack Meridian *Health* Hackensack University Medical Center, Hackensack Meridian *Health* Pascack Valley Medical Center, Holy Name Medical Center, Ramapo Ridge Psychiatric Hospital (a part of Christian Health Care Center), and The Valley Hospital. Representatives from these seven hospitals, along with representatives of the Bergen County Department of Health Services (BCDHS) and the Community Health Improvement Partnership (CHIP) of Bergen County, worked collaboratively for more than a year to plan and execute this assessment. A Steering Committee comprised of representatives from each hospital and BCDHS guided this project. John Snow, Inc. (JSI) was hired by the Steering Committee to assist with the assessment.

Hundreds of individuals who live, work, and learn in Bergen County were engaged to participate in the assessment process. JSI administered a mail-based random household survey and received approximately 1,350 responses; the survey oversampled in areas of the County with higher percentages of Black/African American residents, Hispanic/Latino residents, and low-income households to achieve a sample that was representative of Bergen County demographics. Information was also gathered through interviews, focus groups, and community listening sessions. Finally, over 350 community residents responded to a web-based survey to capture opinions and perceptions of leading social determinants of health, barriers to care, vulnerable populations, and access to health care services.

The information gathered throughout this assessment will allow the hospitals, the BCDHS, the CHIP, and health and social service providers to gain a better understanding of health needs and barriers to care in Bergen County. The assessment results will be used to guide the development of strategic plans to address these issues and improve where, when, and how healthcare is provided. The Steering Committee would like to extend their sincere appreciation to all those who invested their time, effort, and expertise to ensure the development of a comprehensive and robust assessment.

2019 BERGEN COUNTY COMMUNITY HEALTH NEEDS ASSESSMENT STEERING COMMITTEE

Carolyn Bryan, Hackensack Meridian *Health* Pascack Valley Medical Center
Donnalee Corrieri, Bergen New Bridge Medical Center
Colette Cummings, The Valley Hospital
Rebecca Dauerman, Ramapo Ridge Psychiatric Hospital (part of Christian Health Care Center)
Balpreet Grewal-Virk, Hackensack Meridian *Health* Hackensack University Medical Center
Marianne Kennelly, Ramapo Ridge Psychiatric Hospital (part of Christian Health Care Center)
Marla Klein, Bergen County Department of Health Services
Elisabeth Lucas, The Valley Hospital
Lauren Menkes, Englewood Health
Elizabeth Rubock, Bergen County Department of Health Services
Jennifer Yanowitz, Englewood Health
Catherine Yaxley, Holy Name Medical Center

EXECUTIVE SUMMARY

OVERVIEW AND PURPOSE

This Community Health Needs Assessment (CHNA) and the associated Implementation Strategy (IS) were prepared for The Valley Hospital – a fully accredited, acute-care, not-for-profit hospital serving individuals in Bergen County and beyond. The CHNA was a collaborative effort involving the Community Health Improvement Partnership (CHIP) of Bergen County, the Bergen County Department of Health Services (BCDHS), The Valley Hospital, and the other six acute care hospitals in Bergen County: Bergen New Bridge Medical Center, Englewood Health, Hackensack Meridian *Health* Hackensack University Medical Center, Hackensack Meridian *Health* Pascack Valley Medical Center, Holy Name Medical Center, and Ramapo Ridge Psychiatric Hospital (a part of Christian Health Care Center). Representatives from each of these entities worked collaboratively to guide the overall assessment methods and approach, and to identify priority health issues and populations.

As a non-profit hospital, Valley is committed to giving back to their community. The Hospital acknowledges its role as a critical community resource, but also recognizes the value in collaborating with community partners to identify, educate, prevent, and address issues that prevent community residents from accessing the health services they need. Through its community benefit programming, Valley strives to create and support opportunities for residents of the service area to lead healthy and productive lives.

The assessment efforts that took place over the past year engaged hundreds of residents in Bergen County, as well as a wide range of other community stakeholders, including service providers, community advocates, health and public health officials, faith leaders, and representatives from community-based organizations.

This CHNA provides information that will be used to guide the development of services and programs and ensure they are delivered in ways that are responsive to those in its service area. This CHNA and Valley's Implementation Strategy will allow the Hospital to meet federal Community Benefits requirements per the Federal Internal Revenue Service (IRS) as part of the Affordable Care Act.

APPROACH AND METHODS

The assessment began in December 2018 and was conducted in three phases, which allowed for the collection of an extensive amount of quantitative and qualitative data (Phase 1); engagement of community residents, key stakeholders, and service providers (Phase 2); and analysis and prioritization of findings for use in developing a data-driven Implementation Strategy (Phase 3).

2019 Bergen County CHNA: Project Phases

Phase 1 Preliminary Assessment and Engagement	Phase 2 Targeted Engagement	Phase 3 Strategic Planning and Reporting
<ul style="list-style-type: none"> • Secondary Data Collection • Key Informant Interviews • Resource Inventory • Steering Committee Meetings 	<ul style="list-style-type: none"> • Bergen County Random Household Survey • Focus Groups • Community Listening Sessions • Bergen County Community Health Perceptions Survey • Steering Committee Meetings 	<ul style="list-style-type: none"> • Steering Committee Prioritization Meeting • Individual Hospital and BCHDS/CHIP Prioritization Meeting • Final Reporting

Many individuals from across Bergen County were engaged in the assessment and planning process, including:

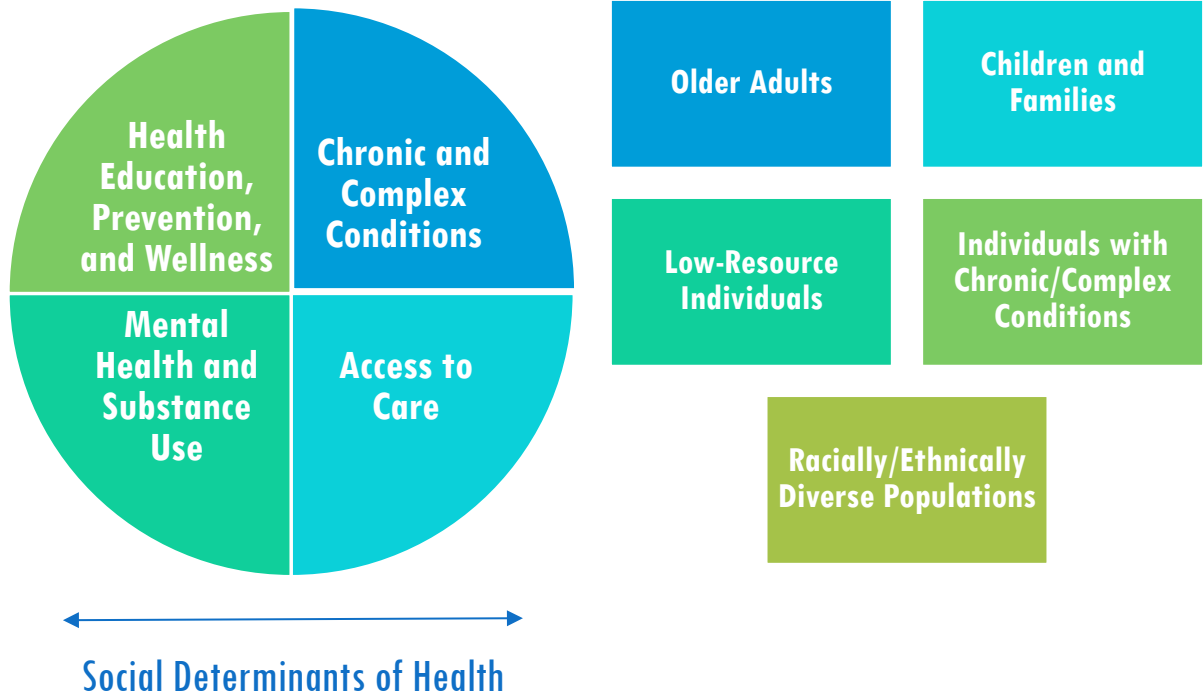
- Health and social service providers
- BCDHS and CHIP leadership and staff
- Faith leaders
- Community residents
- Hospital leadership, clinicians, and staff
- Health and public health officials
- Community organizers and advocates

THE VALLEY HOSPITAL COMMUNITY HEALTH PRIORITIES AND VULNERABLE POPULATIONS

The CHNA was designed as a population-based assessment, meaning the goal was to identify a full range of community health issues across the demographic and socioeconomic segments of the population. The issues identified were framed in a broad context to ensure that the breadth of unmet needs and community health issues were recognized.

An integrated analysis of the assessment activities framed community health issues into four priority areas for The Valley Hospital: health education, prevention, and wellness; chronic and complex conditions; mental health and substance use; and access to care. A fifth crosscutting priority area was also identified: social determinants of health.

To plan community health initiatives and to comply with federal guidelines, there was an effort to identify segments of the population with complex health needs or that face significant barriers to care. With this in mind, six population segments were identified: older adults, children and families, low-resource individuals, individuals with chronic/complex conditions, and racially/ethnically diverse populations.



KEY FINDINGS/THEMES BY PRIORITY AREA

Below is a listing of key findings and themes by priority area, with social determinants of health and access to care combined into a single area. These findings were used as the basis for the development of Implementation Strategies for the CHIP of Bergen County and individual hospitals. For more detailed findings, data sources, and data on disparities by gender identity, race/ethnicity, income, and age, please see the full Community Health Needs Assessment report. Priority areas are listed in the order in which they are discussed in this Community Health Needs Assessment report and are not hierarchical.

<p>Priority Area: Health Education, Prevention, and Wellness</p> <ul style="list-style-type: none"> • All-cause and premature mortality were lower in Bergen County than New Jersey overall • One-third (33.2%) of Bergen County Random Household Survey respondents were overweight, while approximately one in five were obese (22.8%) • Nearly a third (32.9%) of Bergen County Random Household Survey respondents reported that they did not participate in any physical activity or exercise in the past 30 days • Over 70% of Bergen County Random Household Survey respondents reported that they had a primary care visit and a dental visit within the past year • Individuals engaged during this assessment prioritized the risk factors associated with chronic and complex conditions (e.g., obesity, poor nutrition, sedentary lifestyle) as key issues of concern
<p>Priority Area: Chronic and Complex Conditions</p> <ul style="list-style-type: none"> • Heart disease (#1) and cancer (#2) were the leading causes of death in Bergen County • Approximately 1 in 4 (26.5%) Bergen County Random Household Survey respondents had been diagnosed with high blood pressure • Approximately 1 in 10 (9.7%) Bergen County Random Household Survey respondents had ever been diagnosed with cancer

- Approximately 1 in 10 (11.5%) Bergen County Random Household Survey respondents had ever been diagnosed with diabetes.
- 14.1% of Bergen County Random Household Survey respondents had been diagnosed with asthma
- Influenza and pneumonia mortality rates were significantly high in Bergen County compared to New Jersey overall
- Individuals engaged in this assessment identified older adults, especially those with multiple chronic conditions and those who lack a regular caregiver, as a vulnerable population

Priority Area: Mental Health and Substance Use

- 6.8% of Bergen County Random Household Survey respondents reported that their mental health was poor for 15 or more days in the past month
- Nearly 1 in 10 (9.7%) of Bergen County Random Household Survey respondents had ever been diagnosed with a depressive disorder
- Over 1 in 10 (12.7%) of Bergen County Random Household Survey respondents had ever been diagnosed with an anxiety disorder
- 18.9% of Bergen County Random Household Survey respondents were current smokers
- Individuals engaged in this assessment characterized e-cigarette and vaping as a critical concern, especially for youth and adolescents
- 15.4% of Bergen County Random Household Survey respondents reported binge drinking in the past 30 days
- Drug-related deaths in Bergen County have increased since 2014, from 8.8 deaths to 13.8 deaths per 100,000
- The number of suspected opioid-overdose deaths has continued to increase annually since 2014; the number of opioids dispensed has decreased annually since 2015

Priority Area: Access to Care and Social Determinants of Health

- Nearly one third (30.5%) of Bergen County residents were foreign-born, and 14.5% of residents have limited English proficiency
- Educational attainment is high and unemployment is low
- The percentage of individuals and families in poverty is low compared to New Jersey overall. Despite this, individuals engaged in this assessment reported that there were pockets of poverty throughout Bergen County, even in affluent communities, and income, poverty, and employment were issues of concern
- Individuals engaged in this assessment identified housing issues – including lack of housing stock and housing affordability – as a major barrier to good health and well-being
- Individuals engaged in this assessment identified access to transportation resources, especially for older adults, low-income populations, and those without a personal vehicle as a barrier to accessing health and social services
- Nearly one-fifth (18.5%) of respondents to the Bergen County Random Household Survey reported that it was very or somewhat difficult to buy fresh produce or vegetables
- Less than 10% of Bergen County residents lacked health insurance. Despite this, respondents to the Bergen County Random Household Survey identified lack of health insurance as the leading social factor or barrier that limited access to care or impacted the health of those living in the community

TABLE OF CONTENTS

- Acknowledgments 1**
- Executive Summary 2**
- Background and Approach 7**
 - Overview & Purpose7
 - Approach & Methods9
- Population Characteristics and Social Determinants of Health 15**
- Key Findings by Priority Area 24**
- Key Findings: Health Education, Prevention, and Wellness 24**
 - Overall Health Status24
 - Nutrition & Weight26
 - Physical Activity28
 - Routine Health Visits29
- Key Findings: Chronic and Complex Conditions 32**
 - Cardiovascular & Cerebrovascular Diseases32
 - Cancer36
 - Diabetes41
 - Respiratory Diseases43
 - Infectious Disease45
 - Older Adult Health/Healthy Aging47
 - Children & Families48
- Key Findings: Mental Health and Substance Use 50**
 - Mental Health50
 - Substance Use55
- Key Findings: Access to Care and Social Determinants of Health 62**
 - Perceived Barriers to Care62
 - Health Insurance63
 - Service Utilization65
- Summary Implementation Strategy 69**
- Appendices 75**

BACKGROUND AND APPROACH

OVERVIEW & PURPOSE

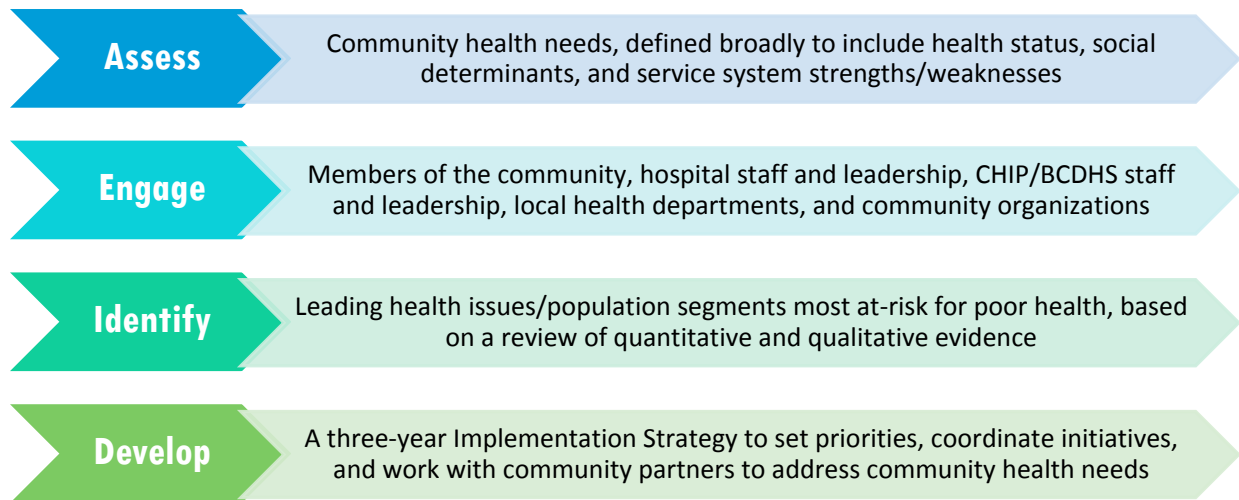
This Community Health Needs Assessment (CHNA) and the associated Implementation Strategy (IS) were prepared for The Valley Hospital – a fully accredited, acute-care, not-for-profit hospital serving individuals in Bergen County and beyond. The CHNA was a collaborative effort involving the Community Health Improvement Partnership (CHIP) of Bergen County, the Bergen County Department of Health Services (BCDHS), and all seven of Bergen’s acute care hospitals: The Valley Hospital, Bergen New Bridge Medical Center, Englewood Health, Hackensack Meridian *Health* Hackensack University Medical Center, Hackensack Meridian *Health* Pascack Valley Medical Center, Holy Name Medical Center, and Ramapo Ridge Psychiatric Hospital (a part of Christian Health Care Center). Representatives from each of these entities worked collaboratively to guide the overall assessment methods and approach, and to identify priority health issues and populations.

As a non-profit hospital, Valley is committed to giving back to their community. The Hospital acknowledges its role as a critical community resource, but also recognizes the value in collaborating with community partners to identify, educate, prevent, and address issues that prevent community residents from accessing the health services they need. Through its community benefit programming, Valley strives to create and support opportunities for residents of the service area to lead healthy and productive lives.

The assessment efforts that took place over the past year engaged hundreds of residents in Bergen County, as well as a wide range of other community stakeholders, including service providers, community advocates, health and public health officials, faith leaders, and representatives from community-based organizations.

This CHNA provides information that will be used to guide the development of services and programs and ensure they are delivered in ways that are responsive to those in its service area. This CHNA and Valley’s Implementation Strategy will allow the Hospital to meet federal Community Benefits requirements per the Federal Internal Revenue Service (IRS) as part of the Affordable Care Act.

The primary goals for the CHNA and this report are to:



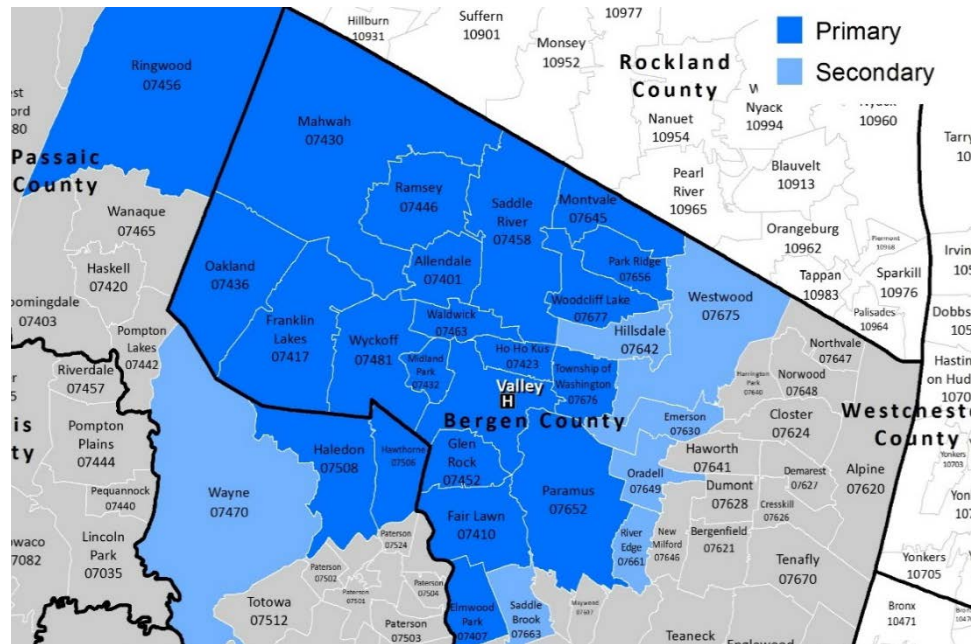
This CHNA may be used as a source of information and guidance to:

- Clarify issues related to community characteristics, barriers to care, existing service gaps, unmet community need and other health-related factors;
- Prioritize and promote investments in community health initiatives;
- Inform and guide a comprehensive, collaborative community health improvement planning process;
- Facilitate discussion within and across sectors regarding community need, community health improvement, and health equity;
- Serve as a resource to others working to address health inequities

The Valley Hospital is committed to promoting health and well-being. Throughout the assessment process, efforts were made to understand the needs of populations that are often disadvantaged, face disparities in health-related outcomes, and are deemed most vulnerable.

THE VALLEY HOSPITAL'S PRIMARY SERVICE AREA

The Valley Hospital's primary service area includes over 20 municipalities in Bergen County, but also includes Ringwood, Haledon, North Haledon, and Hawthorne in Passaic County. Valley made a concerted effort to identify and consider the health needs of all residents within Bergen County, regardless of whether or not they use or have used services at the hospital or any affiliated entities.



APPROACH & METHODS

In September 2018, a Steering Committee was formed, comprised of representatives from each hospital and staff from BCDHS. The Steering Committee hired John Snow, Inc. (JSI), a public health research and consulting firm, to support their efforts and complete this CHNA. This Committee met regularly via in-person meetings and conference calls to plan and execute project activities, vet preliminary findings, address challenges, and ensure that the assessment process was inclusive, comprehensive, and objective.

During this process, each hospital and BCDHS engaged their senior leadership and clinical staff. These individuals helped to prioritize community health issues and priority population segments for inclusion in the Implementation Strategies.

The assessment was completed in three phases. Table 1 below provides a summary of each phase and the associated activities. The community engagement index (Appendix A) includes additional information and materials related to the engagement activities/approach.

Table 1: Summary of approach and methods

Phase 1 Preliminary Assessment and Engagement	Phase 2 Targeted Engagement	Phase 3 Strategic Planning and Reporting
<ul style="list-style-type: none"> • Secondary Data Collection • Key Informant Interviews • Resource Inventory • Steering Committee Meetings 	<ul style="list-style-type: none"> • Bergen County Random Household Survey • Focus Groups • Community Listening Sessions • Bergen County Community Health Perceptions Survey • Steering Committee Meetings 	<ul style="list-style-type: none"> • Steering Committee Prioritization Meeting • Individual Hospital and BCHDS/CHIP Prioritization Meeting • Final Reporting

PHASE I

The preliminary needs assessment and engagement effort relied on **secondary data** collected via local, state, and national sources. This information included data on the population characteristics of Bergen County, including demographics, social determinants of health, health status, and morbidity/mortality. Whenever possible, confidence intervals were analyzed to test for statistically significant differences between municipal and State of New Jersey data points. A comprehensive Data Book is included in Appendix B. In this Data Book, data points are color-coded to visualize which municipal-level data points were significantly higher or lower compared to the State overall. Relative to most states, New Jersey does an excellent job at making comprehensive data available at the state, county, and municipal levels through an interactive portal accessible via the New Jersey Department of Health (NJ DOH) website. The most significant limitation in regards to quantitative data was the availability of timely data related to morbidity, mortality, and service utilization. The data sets used in this report are the most up-to-date provided by NJ DOH. The data provided was valuable and allowed for identification of health needs relative to the State and specific communities. However, these data sets in some cases may not reflect recent trends in health statistics. Additionally, quantitative data was not stratified by age, race/ethnicity, income, or other characteristics, which limited the ability to identify health disparities in an objective way. The Bergen County Random Household Survey and the targeted community engagement and qualitative assessment activities allowed for exploration of these issues.

Key informant interviews were conducted with approximately 80 community stakeholders from throughout Bergen County. These interviews confirmed and/or refined the findings from quantitative data sources and provided valuable insight on community need, community health priorities, segments of the population most at-risk, and community health assets. Individual interviews were conducted by-phone using a structured interview guide developed by JSI and the Steering Committee. At the outset, JSI worked with the Steering Committee to identify a representative list of key informants that could provide a deep and broad perspective on the health-related needs of the County. This list included administrative and clinical representatives from each of the hospitals and BCDHS, as well as representatives from across many sectors, including health, public health, social service, academic, and business. Detailed notes were taken for each interview. For a list of interviewees, their organizational affiliations, interview dates, and the interview guide, please see Appendix A. Key themes and findings from these interviews are included in the narrative sections of this report.

During this Phase, JSI staff worked with the Steering Committee to develop a **Resource Inventory**. This inventory was meant to inform what services are available in Bergen County to address community needs as well as to determine the extent to which there are gaps in health-related services. The CHIP and BCDHS staff supported this effort by providing a list of community partners and known resources from across the broad continuum of services, including clinical health care services, community health and social services, and public health resources. This was done primarily by compiling information from existing resource inventories and partner lists from the CHIP, BCDHS, hospitals, and other service providers. The Resource Inventory can be found in Appendix C.

PHASE I: PRELIMINARY ASSESSMENT AND ENGAGEMENT

SECONDARY DATA – 200+ INDICATORS

- Including:
 - Demographics and socioeconomic status*
 - Social determinants of health (e.g., housing, transportation, employment)*
 - Risk factors*
 - Health status and morbidity/mortality*
 - Access to care and service utilization*
- Municipal-level data for all towns in Bergen County
- National, New Jersey, and Bergen County comparison data when possible

KEY INFORMANT INTERVIEWS – 80 PHONE AND IN-PERSON

- Interviews conducted using structured interview guide
- Representation across sectors, including:

<i>Clinicians</i>	<i>Hospital leadership and staff</i>
<i>Health and public health officials</i>	<i>Faith-based community</i>
<i>Community organizations</i>	<i>Schools and youth/adolescent services</i>
<i>Older adults/elder services</i>	<i>Social service providers</i>
<i>Cultural organizations and advocates</i>	<i>Behavioral health providers and advocates</i>

RESOURCE INVENTORY

- Identified existing Bergen County assets/resources across health-related sectors

PHASE II

Phase II included several activities aimed at further engaging community residents and stakeholders – including segments that are typically hard to reach. JSI conducted a mail-based **Bergen County Random Household Survey**, which captured information directly from community residents on health status and overall well-being, service utilization, and barriers to care. To generate the survey sample, a comprehensive survey was distributed to more than 4,000 randomly identified households in the County. The initial random sample of 4,000 households included an oversample of communities with large proportions of Black/African American, Hispanic/Latino, and low-income residents to ensure that enough surveys were generated from households with often under-represented segments of the population. In all, 1,372 community residents responded to the survey, representing a survey response

rate of approximately 31%. Table 2 includes respondent characteristics. Detailed findings from the survey are included in the body of the report and in tabular form in Appendix B.

Table 2: Respondent characteristics (unweighted) for the Bergen County Random Household Survey (N=1,372)

	All	Male	Female	White	Black/African American	Hispanic/Latino	Asian	Income <\$50,000*	Over 65 years old
Number of respondents to survey	1,372	518	832	959	126	188	151	331	475
Average age	57	59	56	59	55	50	51	61	75
Female (%)	62	-	100	61	68	71	54	71	57
Less than a high school education (%)	4	4	4	4	2	12	1	13	7
Advanced degree (Masters or beyond) (%)	25	28	23	27	20	16	23	4	23
Total Household income (%)									
<\$50,000	26	20	30	24	38	41	24	100	36
\$50,000 - \$124,999	40	43	39	40	31	41	48	--	43
>\$125,000	33	37	31	36	31	18	27	--	21

*Throughout the report, the “low-income” cohort refers to are those whose total household income was less than \$50,000.

Focus groups were conducted with population segments and health/social service provider groups to gather more precise and nuanced information on the needs of specific segments of the population or from individuals with specific expertise. Focus groups were held at locations that were considered safe and accessible for participants and were facilitated in appropriate languages to ensure full participation. JSI and co-facilitators conducted all focus groups using a guide that was similar to the one used for key informant interviews to ensure consistent data collection. JSI, the CHIP, and hospital partners worked with organizations in the County to plan these events and identify focus group participants.

JSI facilitated two **community listening sessions**, one in Ridgewood and one in Englewood. These sessions provided an opportunity for anyone who was interested to participate and allowed for the capture of information directly from community residents, staff from community-based organizations, and local service providers. Participants were asked to react to preliminary data findings and to share thoughts on community health needs, barriers to care, vulnerable populations, and community assets and resources. Both sessions were held in locations that were easily accessible, safe, and well known.

Finally, JSI worked with the Steering Committee to develop a web-based **Bergen County Community Health Perceptions Survey** to solicit additional information directly from community residents. Respondents were asked to provide their opinion and perceptions of leading social determinants of health and barriers to care, clinical health issues, vulnerable populations, access to health care services, and opportunities for the hospital to improve community health programming. Surveys were available online, through the SurveyGizmo platform, in multiple languages. Surveys were also made available in hard copy for distribution; hard-copy surveys were collected and the responses were included in the final analysis. The CHIP, BCDHS, hospitals, and public health partners worked in close collaboration with local community organizations, businesses, and stakeholders to distribute the survey to community residents, including those who are typically hard-to-reach (e.g. non-English speakers, diverse populations). Findings from the survey are integrated into the narrative sections of this report.

PHASE II: TARGETED ENGAGEMENT

BERGEN COUNTY RANDOM HOUSEHOLD SURVEY

- County-wide sample
Distributed via mail to 4,000 randomly selected households; oversampled in Black/African American, Hispanic/Latino, and low-income populations
- 1,372 surveys collected (31% response rate)

<i>Average age of respondent = 57</i>	<i>14% Hispanic/Latino (N=188)</i>
<i>61% female (N=832)</i>	<i>11% Asian (N=151)</i>
<i>38% male (N=518)</i>	<i>35% over 65 years of age (N=475)</i>
<i>70% White (N=959)</i>	<i>24% low-income (total household income <\$50,000 (N=331)</i>
<i>9% Black/African American (N=126)</i>	

BERGEN COUNTY COMMUNITY HEALTH PERCEPTIONS SURVEY

- County-wide sample
Distributed via email, newsletters, social media, and other web-based sources
- 357 surveys collected

FOCUS GROUPS

- 60-90 minute sessions with population and provider segments

<i>Black/African Americans</i>	<i>Mental health providers and advocates</i>
<i>Koreans</i>	<i>Substance use disorder providers</i>
<i>Spanish-speakers</i>	<i>Older adult health/elder services providers</i>
<i>LGBTQ+</i>	<i>School nurses</i>
<i>Individuals in recovery from substance use disorder</i>	<i>Bergen County Health Officers</i>

COMMUNITY LISTENING SESSIONS

- 2-hour sessions, open to the public

<i>Englewood</i>	<i>Ridgewood</i>
------------------	------------------

PHASE III

Phase III included prioritization and strategic planning meetings with the Steering Committee, individual hospitals, and BCDHS/CHIP members. Meeting participants were presented with findings from the CHNA and were asked to weigh on a set of proposed community health priorities and priority populations. Participants were also asked to contribute information and ideas on current community and population health programs/initiatives that were working well and potential responses to identified needs. JSI used this information to finalize community health priorities and populations for the County overall and for each individual hospital.

Following the prioritization and strategic planning meetings, JSI worked with individual hospitals to draft CHNA reports and Implementation Strategies. These documents were presented for adoption to the governing bodies at each hospital in fall 2019.

POPULATION CHARACTERISTICS AND SOCIAL DETERMINANTS OF HEALTH

To understand community needs and health status for individuals in Bergen County, we begin with a description of community characteristics, including demographics, socioeconomics, and the social determinants of health. This information is critical to recognizing inequities, identifying vulnerable populations and health related disparities, and targeting strategic responses.

The social determinants of health (SDOH) are the conditions in which people live, work, learn and play.¹ These conditions influence and define quality of life for many segments of the population in the CHNA service area. To augment the lack of quantitative data, the key informant interviews, focus groups, listening sessions, and Bergen County Community Health Perceptions Survey specifically solicited feedback on SDOH and barriers to care. A dominant theme from community engagement activities was the impact that the underlying social determinants, particularly housing, transportation, and income/employment have on the residents of Bergen County.

More expansive data tables are included in The Valley Hospital's Data Book (Appendix B).

¹ "Social Determinants of Health: Know What Affects Health," *Centers for Disease Control and Prevention*, 29 Jan. 2018. <https://www.cdc.gov/socialdeterminants/>

AGE, RACE/ETHNICITY, AND FOREIGN BORN²

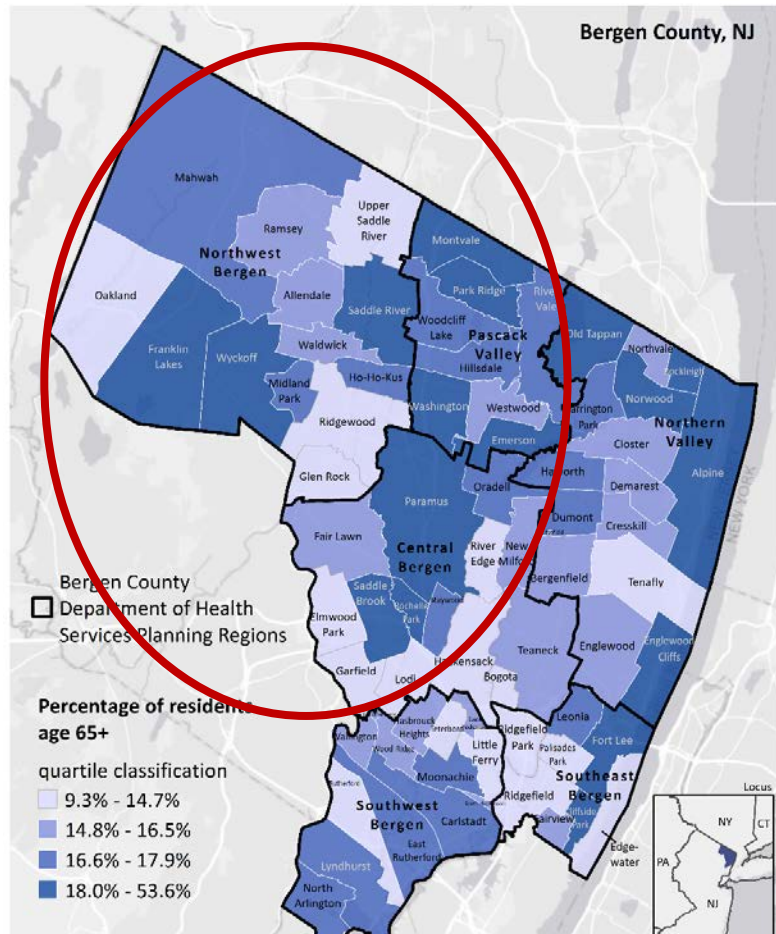
- **Bergen County has the second highest percentage of adults 65 and over among all counties in New Jersey.** The percentage of Bergen County residents over the age of 65 (16.4%) was significantly high compared to New Jersey overall (15.1%). The median age in Bergen County (41.6) was also higher than New Jersey overall (39.6).

- **Bergen County is predominantly white, though there is a large Asian population.** The percentage of the population that was white (57.8%) was significantly higher than New Jersey overall (56.1%). The percentage of Asian residents in Bergen County (16.2%) was significantly high compared to the state overall (9.4%).

- Several communities in Valley’s primary service area had a significantly high percentage of Asian residents compared to the state overall – Fair Lawn (13.1%), Mahwah (13.0%), Montvale (15.3%), Paramus (28.1%), Ridgewood (14.7%), and Saddle River (17.5%).

- **The percentage of Black/African American residents in Bergen County (5.3%) was significantly low** compared to the state overall (12.7%).
 - All municipalities in Valley’s primary service area, with the exception of Saddle River (8.7%), had a significantly low percentage of Black/African American residents compared to New Jersey overall.
- **The percentage of Hispanic/Latino residents in Bergen County (18.9) was similar to the state overall (19.7%).**

Figure 1: Percentage of population over 65, by



Source: US Census Bureau, American Community Survey 5-Year Estimates (2013-2017)

² All statistics from US Census Bureau, American Community Survey, 2013-2017

- Nearly one-third (30.5%) of Bergen County residents were foreign-born.

Table 3: Age distribution (2013-2017)

	United States	New Jersey	Bergen County
Median age (years)	37.8	39.6	41.6
Under 18 (%)	22.9	22.3	21.5
Ages 20-34 (%)	20.7	19.3	17.4
Ages 35-44 (%)	12.7	13.0	13.3
Ages 45-54 (%)	13.4	14.7	15.3
Ages 55-64 (%)	12.7	13.1	13.6
Ages over 65 (%)	14.9	15.1	16.4

Source: US Census Bureau, American Community Survey, 2013-2017

Shading represents statistical significance compared to the state. Data points highlighted in orange were statistically higher compared to the state overall, while figures highlighted in blue were significantly lower.

Table 4: Race, ethnicity, and foreign-born (2013-2017)

	United States	New Jersey	Bergen County
Non-Hispanic White (%)	73.0	56.1	57.8
Non-Hispanic Black (%)	12.7	12.7	5.3
Non-Hispanic Asian (%)	5.4	9.4	16.2
Non-Hispanic Korean (%)	0.5	1.1	6.1
Hispanic or Latino of any race (%)	17.6	19.7	18.9
Foreign-born (%)	13.4	22.1	30.5

Source: US Census Bureau, American Community Survey, 2013-2017

Shading represents statistical significance compared to the state. Data points highlighted in orange were statistically higher compared to the state overall, while figures highlighted in blue were significantly lower.

LANGUAGE³

- **Over a third of Bergen County residents speak a language other than English.** A significantly high percentage of Bergen County residents speak a language other than English in the home (39.9%) compared to the state overall (31%).
 - The percentage of these residents with limited English proficiency (LEP) – defined as speaking English “less than very well” – was also significantly high compared to the state (14.5% vs. 12.2%).
- **Over 1 in 10 Bergen County residents speak an Asian or Pacific Islander language in the home.** The percentage of Bergen County residents 5 years and older who spoke Asian and Pacific Islander languages (11.5%) was significantly high compared to the state overall.
 - In Valley’s primary service area, a significantly high percentage of residents spoke Asian and Pacific Islander languages in Fair Lawn (8.2%), Montvale (11.1%), Paramus (17.1%), Ridgewood (10.5%), and Saddle River (13.5%).

³ All statistics from US Census Bureau, American Community Survey, 2013-2017

- **Over 1 in 10 residents speak Spanish in the home.** The percentage of Bergen County residents 5 years and older who spoke Spanish in their home (14.9%) was significantly low compared to the state overall (16.1%).
- **Over 1 in 10 residents speak Indo-European languages (e.g., French, Portuguese, German, Russian, Polish) in the home.** The percentage of Bergen County residents who spoke Indo-European languages (11.1%) and other languages (2.4%) were all significantly high compared to the state overall.

Table 5: Percent of population 5+ who speak language other than English in the home (2013-2017)

	United States	New Jersey	Bergen County
Language other than English at home (%)	21.3%	31.0	39.9
With LEP (%)*	8.5%	12.2	14.5
Spanish at home (%)	13.2%	16.1	14.9
With LEP (%)	5.4%	7.1	5.1
Indo-European languages (%)	3.6%	8.3	11.1
With LEP (%)	1.1%	2.8	3.6
Asian/Pacific Islander languages (%)	3.5%	4.8	11.5
With LEP (%)	1.6%	1.9	5.1
Other languages (%)	0.3%	1.7	2.4

Source: US Census Bureau, American Community Survey, 2013-2017

Shading represents statistical significance compared to the state. Data points highlighted in orange were statistically higher compared to the state overall, while figures highlighted in blue were significantly lower.

SOCIOECONOMICS

Socioeconomic status (SES), as measured by income, employment status, occupation, education and the extent to which one lives in areas of economic disadvantage, is closely linked to morbidity, mortality and overall well-being.⁴

- **High educational attainment.**
 - The percentage of Bergen County residents with less than a high school diploma (8%) was significantly low compared to New Jersey overall (10.8%).⁵
 - The percentage of ninth-grade cohorts in Bergen that graduates in four years (95%) was higher than New Jersey overall (91%).⁶
 - The percentage of Bergen County adults ages 25-44 with some post-secondary education (77%) was higher than New Jersey overall (68%).⁷

⁴ Nancy E. Adler and Katherine Newman, "Socioeconomic Disparities in Health: Pathways and Policies," HealthAffairs, 2002; 21(2), doi: <https://doi.org/10.1377/hlthaff.21.2.60>

⁵ US Census Bureau, American Community Survey, 2013-2017

⁶ County Health Rankings 2016-2017, from New Jersey Department of Education

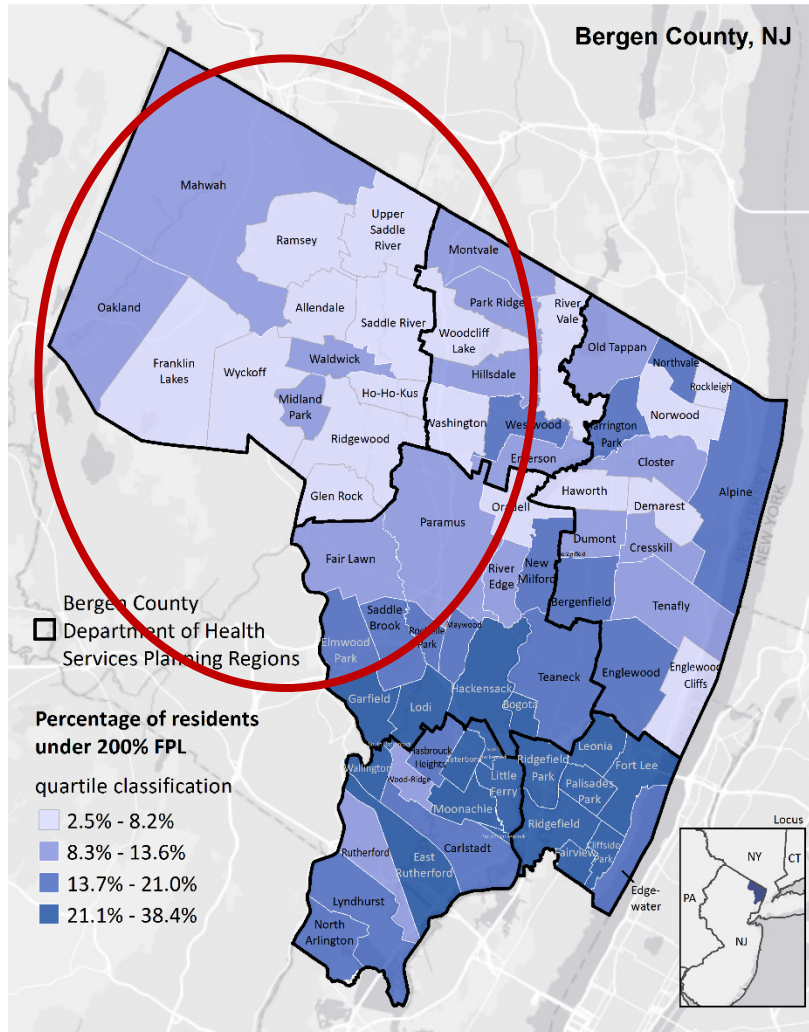
⁷ US Census Bureau, American Community Survey, 2013-2017

- **Low unemployment rate.** The unemployment rate in Bergen County was significantly low compared to the state of New Jersey overall (3.4% vs. 4.6%).⁸

- **Low percentage of individuals and families in poverty.** Despite this, key informant interviewees and focus group participants reported that there were pockets of poverty throughout Bergen County, even in towns that were considered affluent.

- The percentage of Bergen County families (5.5%) and individuals (7.2%) living below the poverty level were significantly low compared to the state overall (7.9% and 10.7%, respectively).⁹
- In Bergen County, the percentage of individuals with income below 200%, 300%, and 400% of the federal poverty level was lower than the state overall (Table 6).

Figure 2: Percentage of residents below 200% of the federal poverty level, by municipality



⁸ US Census Bureau, American Community Survey, 2013-2017

⁹ US Census Bureau, American Community Survey, 2013-2017

Table 6: Unemployment and poverty (2013-2017)

	United States	New Jersey	Bergen County
Unemployment rate (%)	4.1	4.6	3.4
Individuals with income below the federal poverty level (%)	14.6	10.7	7.2
Families with income below the federal poverty level (%)	10.5	7.9	5.5
Individuals with income <200% of federal poverty level	32.7	24.1	17.6
Individuals with income <300% of federal poverty level	49.1	37.1	28.3
Individuals with income <400% of federal poverty level	62.6	48.9	39.1

Source: US Census Bureau, American Community Survey, 2013-2017

Shading represents statistical significance compared to the state. Data points highlighted in orange were statistically higher compared to the state overall, while figures highlighted in blue were significantly lower.

HOUSING

- Housing issues – including lack of housing stock and affordability – were identified as barriers to health and well-being.** Many key informants and focus group/forum participants expressed concern over the limited options for affordable housing throughout Bergen County. This was particularly an issue for older adults, who often bear the burden of household costs (e.g. taxes, maintenance, adaptabilities) while living on fixed incomes.
 - The percentage of owner-occupied units in which ownership costs exceed 35% of total household income, representing a major financial burden, was significantly high in Bergen (56.5%) compared to New Jersey overall (50.7%).¹⁰
 - The percentage of renter-occupied households whose gross rent exceeded 35% of total household income was significantly low (41.1%) compared to New Jersey overall (43.6%).¹¹
 - Over one-fifth of households (22%) had at least one severe housing problem (overcrowding, high housing costs, lack of kitchen facilities, or lack of plumbing) - the same as New Jersey overall.¹²

The Community Health Perceptions Survey asked people to name the issues they thought prevented people from living a healthy life. “Housing is expensive or unsafe” was the most common response (54.1%).

FOOD INSECURITY

- The percentage Bergen County’s population who lacked adequate access to food (8%) was slightly lower than New Jersey overall (10%).** However, this number equates to 70,200 individuals who reported that they did not have access to a reliable source of food during the past year.¹³

¹⁰ US Census Bureau, American Community Survey, 2013-2017

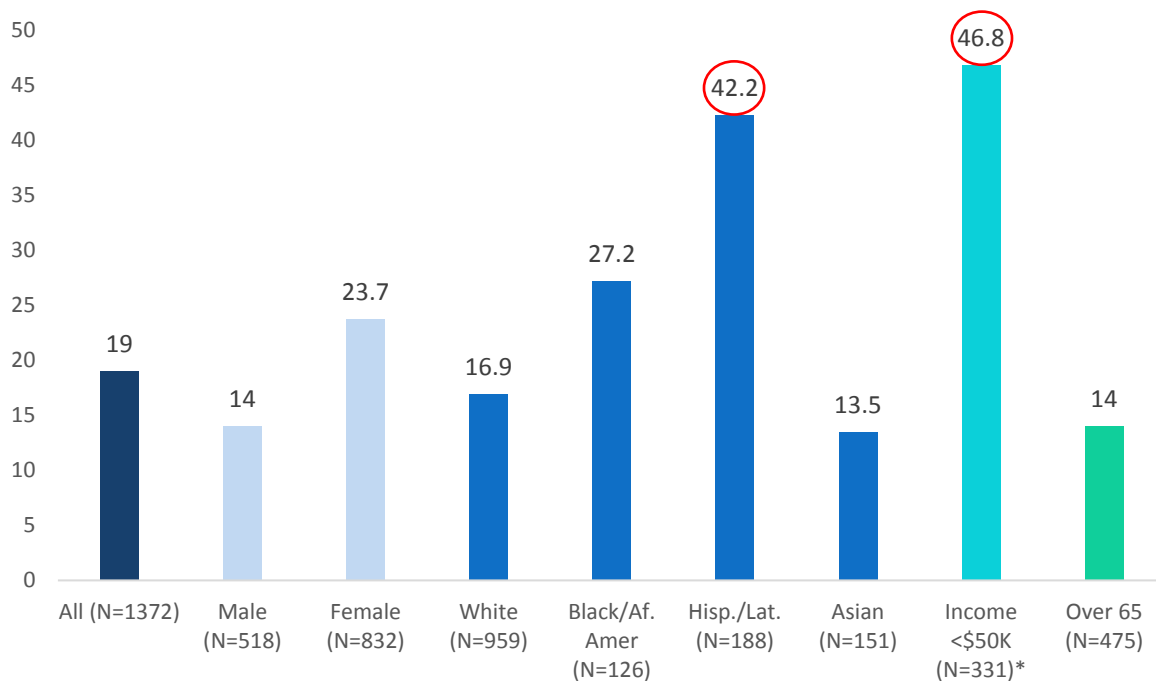
¹¹ US Census Bureau, American Community Survey, 2013-2017

¹² Comprehensive Housing Affordable Strategy (US Department of Housing and Urban Development), 2011-2015, from County Health Rankings

¹³ Map the Meal Gap, 2016, from County Health Rankings

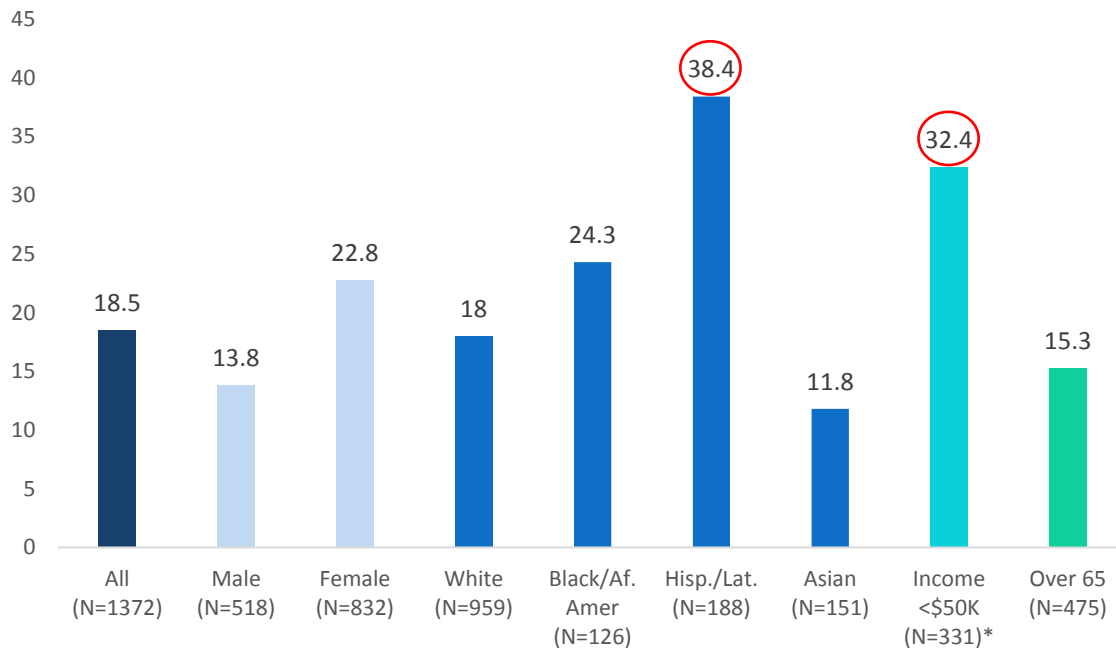
- **Nearly one-fifth of all respondents to the Bergen County Random Household Survey reported that they had been somewhat or very worried about food running out sometime in the past year (19%).**
 - Percentages were highest among low-income (46.8%) and Hispanic/Latino (42.2%) respondents.
- **Nearly one-fifth of all respondents to the Bergen County Random Household Survey reported that it was very or somewhat difficult to buy fresh produce or vegetables (18.5%).**
 - Percentages were highest among Hispanic/Latino (38.4%) and low-income (32.4%) respondents.

Figure 3: Bergen County Random Household Survey – Very or Somewhat Worried About Food Running Out Sometime During Past Year (%)



*Total annual household income less than \$50,000. This group is described as the “low-income” cohort throughout this report.

Figure 4: Bergen County Random Household Survey – Difficult to Buy Fresh Produce or Vegetables (%)



CRIME & VIOLENCE

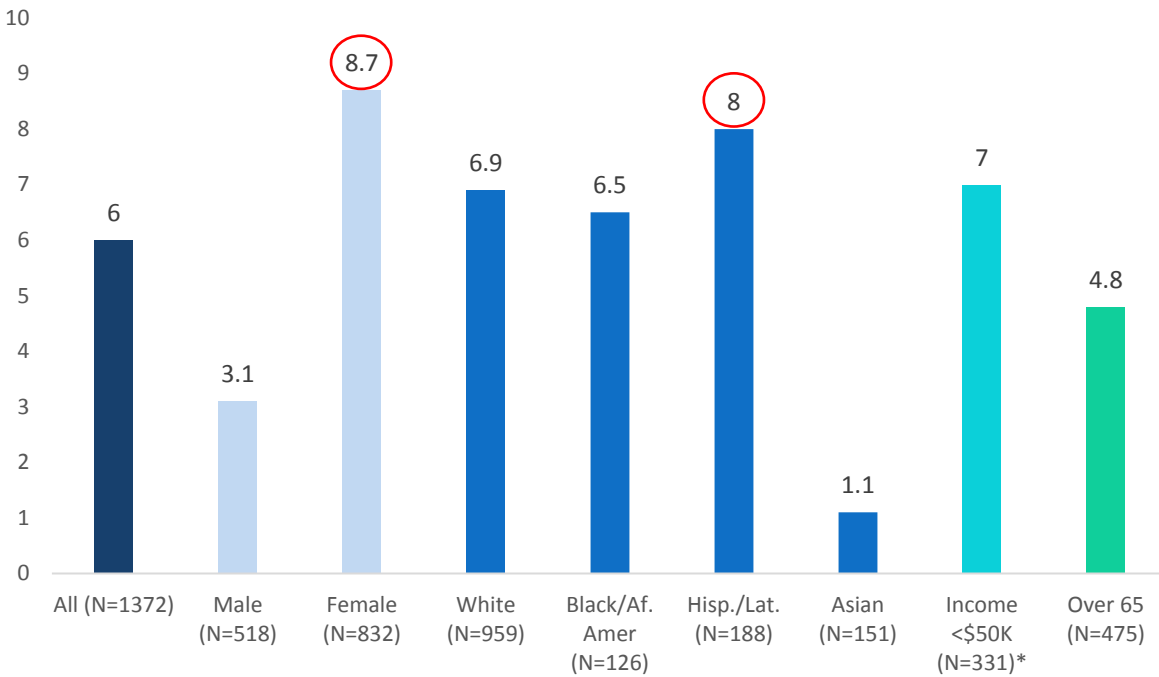
- **Violent crime and property crime rates were low.**
 - The violent crime rate (e.g., murder/non-negligent manslaughter, forcible rape, robbery, aggravated assault) in Bergen County was significantly low compared to New Jersey overall (228.6).¹⁴
 - The property crime rates (e.g., burglary, larceny/theft, motor vehicle theft, arson) in Bergen County (966.9) was significantly low compared to New Jersey overall (1537.9).¹⁵
 - In Valley’s primary service area, the property crime rate was significantly high in Paramus (4262.2) and Haledon (1872.3) compared to the state overall.
 - In Valley’s primary service area, the larceny-theft rate was significantly high in Elmwood Park (1330.7) and Paramus (4044.3) compared to the state overall.

¹⁴ FBI Uniform Crime Reporting: Offenses Known to Law Enforcement 2017

¹⁵ FBI Uniform Crime Reporting: Offenses Known to Law Enforcement 2017

- **6% of Bergen County Random Household Survey respondents reported that they had experienced intimate partner violence.** Among these respondents:
 - Hispanic/Latino respondents were more likely to report intimate partner violence (8.0%) and Asian respondents were least likely to report intimate partner violence (1.1%).
 - Female respondents were more than twice as likely to report intimate partner violence compared to male respondents (8.7% vs. 3.1%).

Figure 5: Bergen County Random Household Survey – Had Experienced Intimate Partner Violence (%)



KEY FINDINGS: HEALTH EDUCATION, PREVENTION, AND WELLNESS

At the core of the CHNA process is understanding leading risk factors and the extent to which individuals participate in certain risky behaviors. This information is critical to assessing health status, clarifying health-related disparities and identifying health priorities. The CHNA captures a wide range of quantitative data from federal and municipal data sources and from the Bergen County Random Household Survey. Qualitative information gathered from key informant interviews, focus groups, listening sessions, and the web-based Community Health Perceptions Survey informed the key findings sections of this report by providing perspective on the confounding and contributing factors of illness, health priorities, barriers to care, service gaps and possible strategic responses to the issues identified.

OVERALL HEALTH STATUS

- **Overall health status among Bergen County residents was good.**
 - Among all Bergen County Random Household Survey respondents, 87% reported that their general health was excellent, very good, or good. Only 13% reported their health status as fair or poor.
 - Over one fourth (25.3%) of low-income respondents reported fair or poor health status.
 - 19.7% of respondents to the Bergen County Random Household Survey responded that they are limited in some way because of a physical, mental, or emotional problem. Percentages were highest among low-income respondents (31.9%), respondents over 65 (31.1%), and Black/African American respondents (27.7%).
- **All-cause mortality and premature mortality was lower than the state overall.**
 - The all-cause mortality rate was significantly lower in Bergen County (760) than New Jersey overall (810.7).¹⁶
 - In Valley's primary service area, the all-cause mortality rate was significantly higher than the state in Paramus (1368.9), Park Ridge (1060.4), Saddle River (1255.1), Washington (905.6), Woodcliff Lake (1007.4) and Wyckoff (933.2).
 - The premature mortality rate – or the years of life lost before age 75 – was lower in Bergen County (3,800) than the state overall (5,700).¹⁷
 - The average age of death in Bergen County (78.2) was significantly higher than New Jersey overall (75.0).¹⁸

¹⁶ Deaths per 100, New Jersey Death Certificate Database, Office of Vital Statistics and Registry, 2013-2017

¹⁷ Years of potential life lost before age 75 per 100,000 (age-adjusted); National Center for Health Statistics – Mortality Files, 2015-2017

¹⁸ New Jersey Death Certificate Database, Office of Vital Statistics and Registry, 2013-2017

Figure 6: Bergen County Random Household Survey - Self Reported Health Status as Fair or Poor (%)

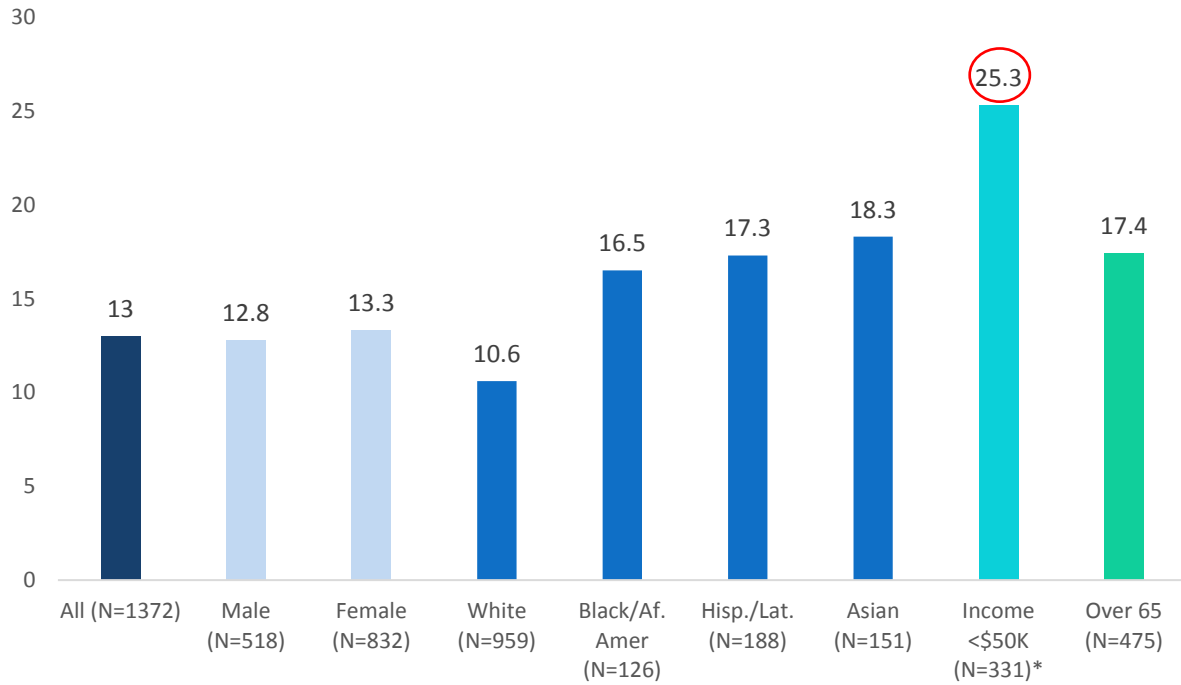
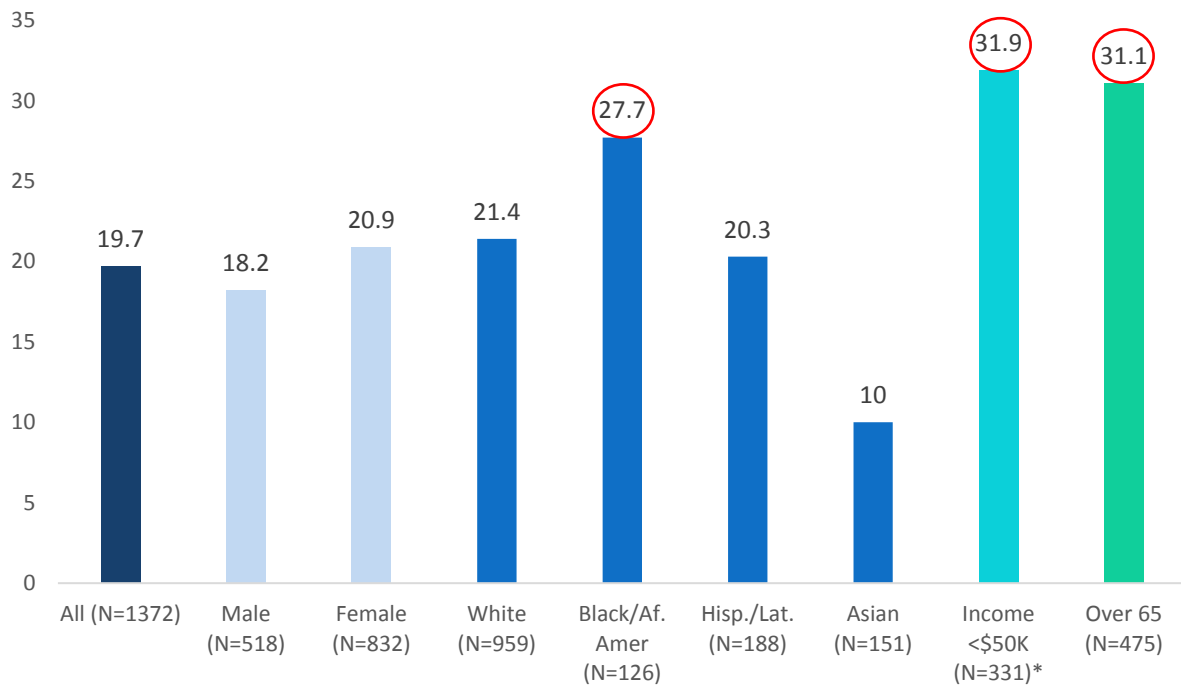


Figure 7: Bergen County Random Household Survey - Limited in Some Way Due to Physical, Mental, or Emotional Problems (%)



NUTRITION & WEIGHT

- **One-third (33.2%) of all respondents to the Bergen County Random Household Survey were overweight, while 22.8% were obese.**
 - 41% of Black/African American respondents reported being overweight, and 30.6% reported as obese. These percentages were highest among all racial/ethnic cohorts.
 - Obesity percentages were also high among low-income (29.25) and Hispanic/Latino (29%) respondents.

Figure 8: Bergen County Random Household Survey - Overweight (%)

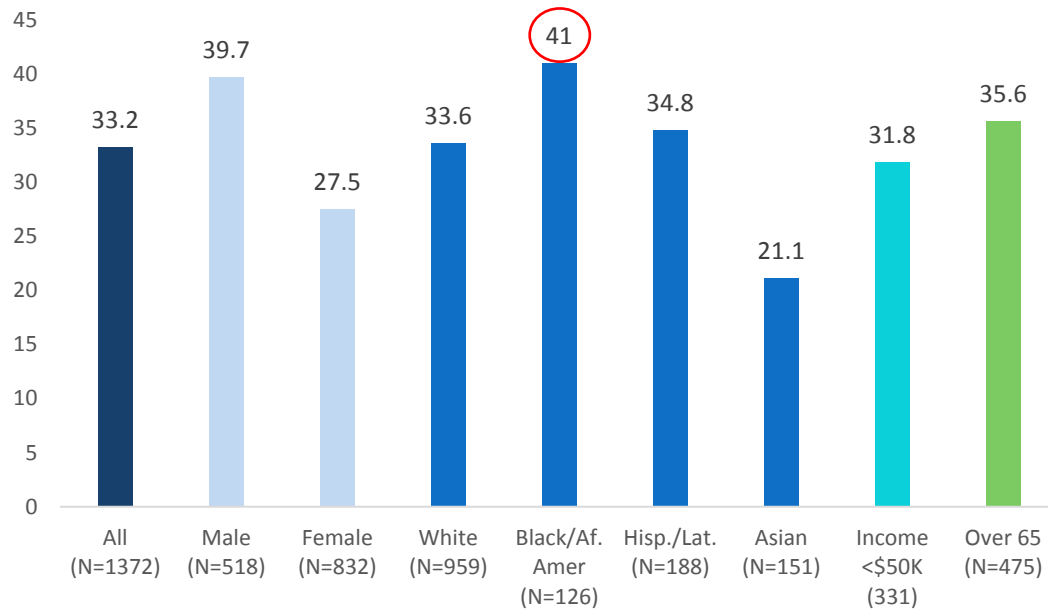
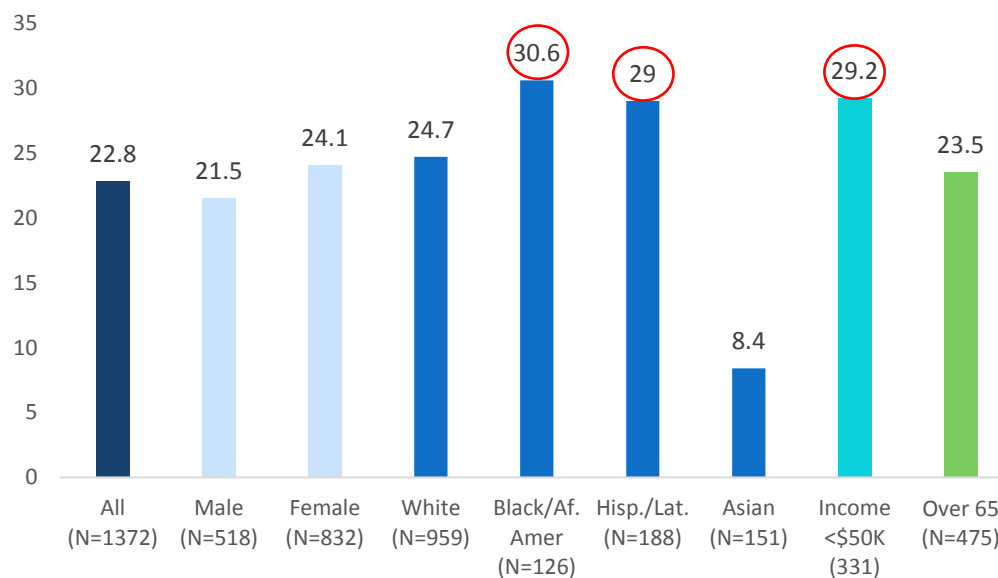


Figure 9: Bergen County Random Household Survey - Obese (%)



- **75.4% of Bergen County Random Household Survey respondents reported that, on average, they had less than three servings of fruit per day in the past month.** Daily fruit consumption was lowest among Asian (86.6%) and Hispanic/Latino (85.9%) respondents.
- **78.8% of survey respondents reported that, on average, they had less than three servings of vegetables per day in the past month.** Percentages were highest among Hispanic/Latino (83.1%) and Asian (83.1%) respondents.

Figure 10: Bergen County Random Household Survey – Less Than 3 Servings of Fruit a Day (%)

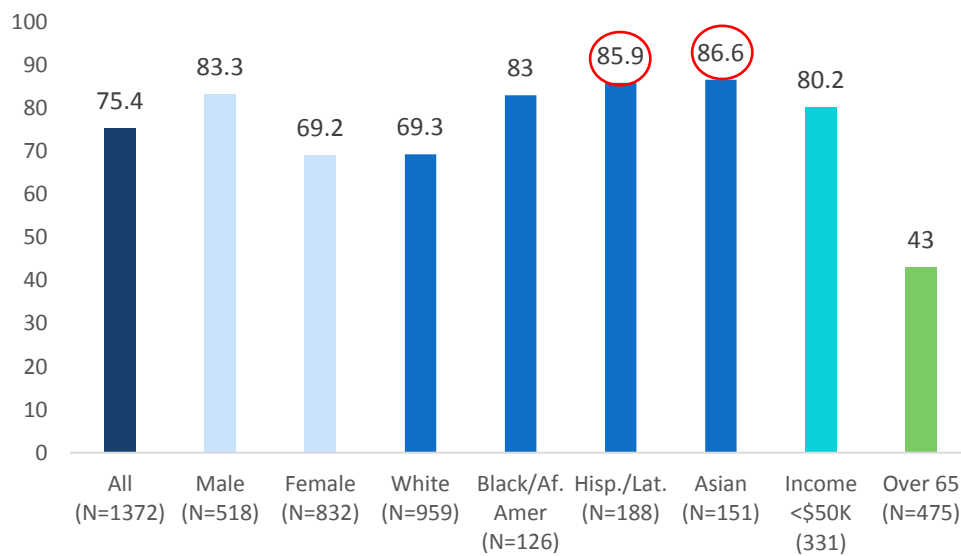
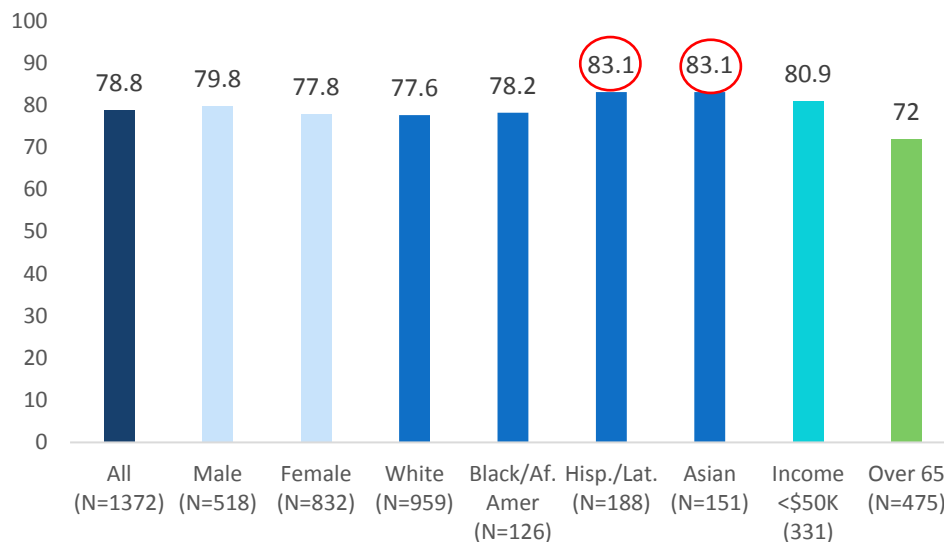
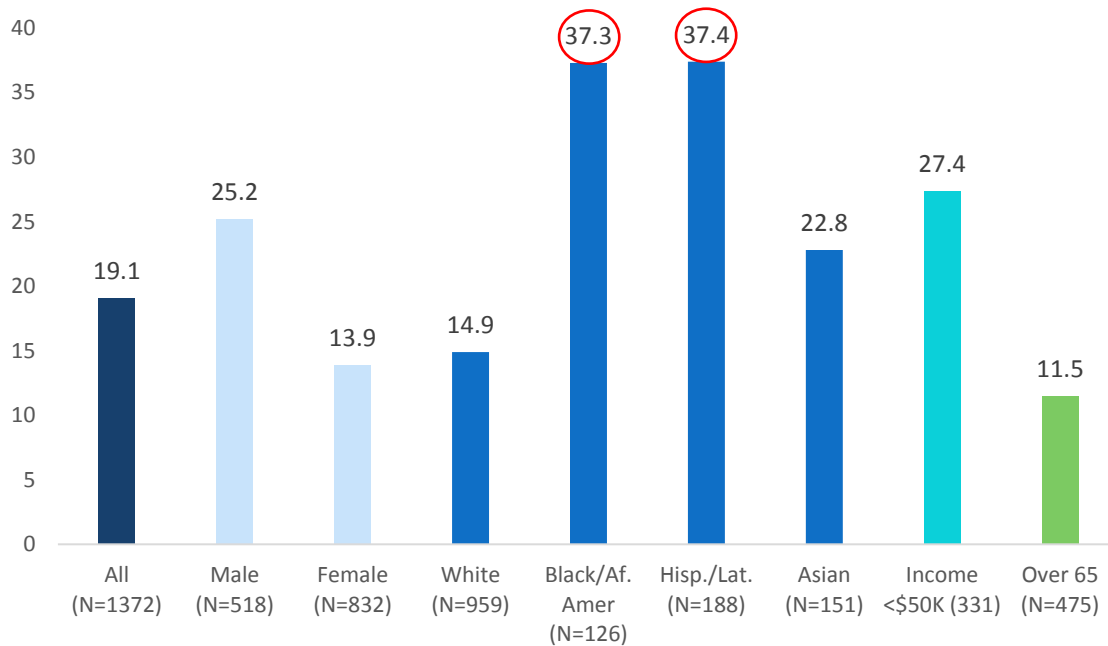


Figure 11: Bergen County Random Household Survey – Less Than 3 Servings of Vegetables a Day (%)



- **19.1% of survey respondents reported drinking sugar sweetened drinks (e.g., Kool-Aid, lemonade, sweet tea, sports drinks, energy drinks) on more than 5 days in the past week.**
 - Percentages were nearly double among Hispanic/Latino (37.4%) and Black/African American (37.3%) survey respondents.

Figure 12: Bergen County Random Household Survey – Has Sugar Sweetened Drinks 5+ Days a Week (%)

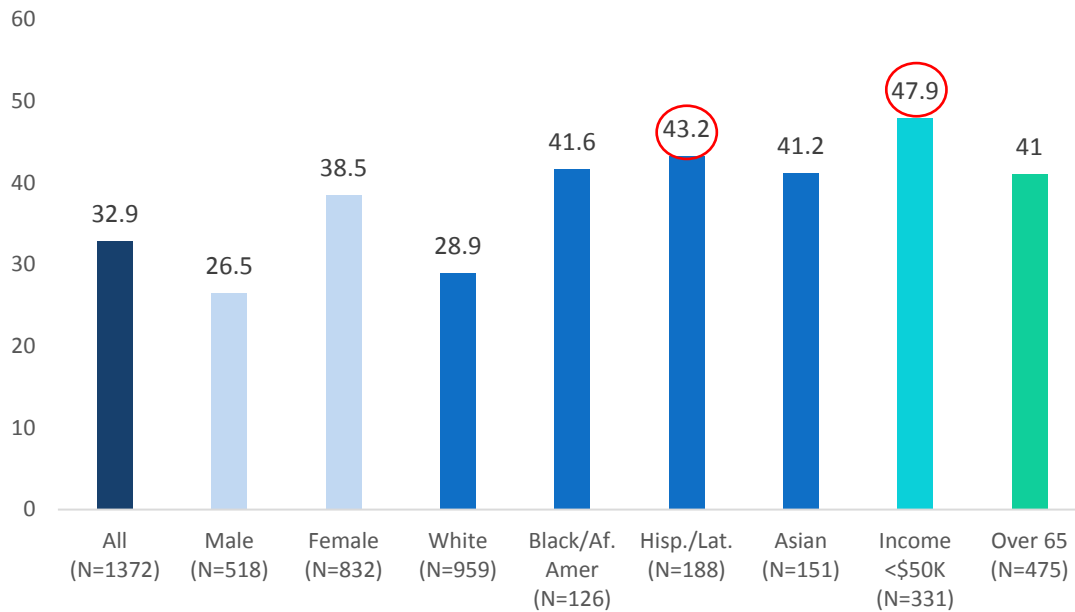


PHYSICAL ACTIVITY

- **The Bergen County Random Household Survey revealed disparities in regular physical activity.** 32.9% of all respondents reported that they did not participate in any physical activity or exercise, outside of their normal job, in the past 30 days; only 18.6% reported moderate exercise in the past 30 days.
 - Low-income respondents (47.9%), Hispanic/Latino respondents (43.2%), Black/African American respondents (41.6%), and Asian (41.2%) respondents reported less exercise than other cohorts.

The Bergen County Community Health Perceptions Survey asked people to name the issues they thought prevented people from living a healthy life. “Physical inactivity or sedentary lifestyle” was the second most common response (44.5%).

Figure 13: Bergen County Random Household Survey – No Physical Activity in Past 30 Days (%)



ROUTINE HEALTH VISITS

- Primary care providers.** Among all respondents to the Bergen County Random Household Survey, 83.9% reported that they had one person they considered their personal care doctor or primary care provider. Percentages were lowest among Hispanic/Latino respondents (77.2%).
- Primary care visits.** Among all respondents to the Bergen County Random Household Survey, 70.3% reported that they had a primary care visit within the last year. Percentages were similar across racial/ethnic cohorts. Percentages were highest among respondents over 65 years old (87.4%).
- Disparities in dental visits.** Approximately 70% of respondents reported having been to the dentist within the past year. Percentages were lowest among low-income respondents (54.1%) and Black/African American respondents (55.9%).

Figure 14: Bergen County Random Household Survey – Has Primary Doctor/Primary Care Provider (%)

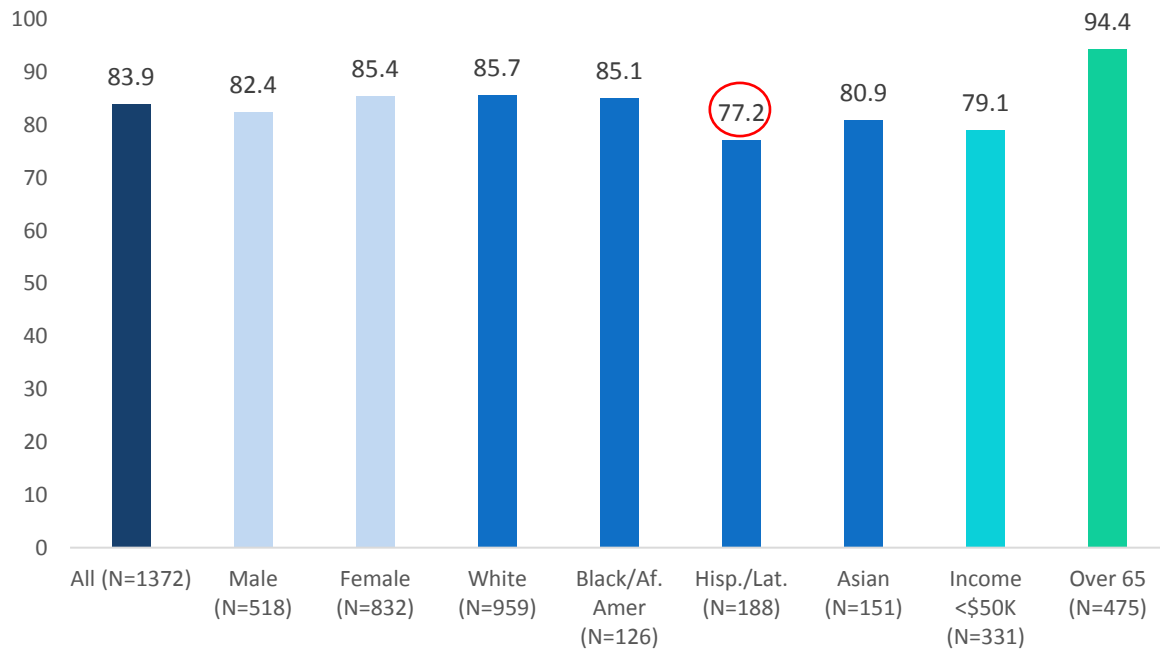


Figure 15: Bergen County Random Household Survey – Had Primary Care Visit within Past Year (%)

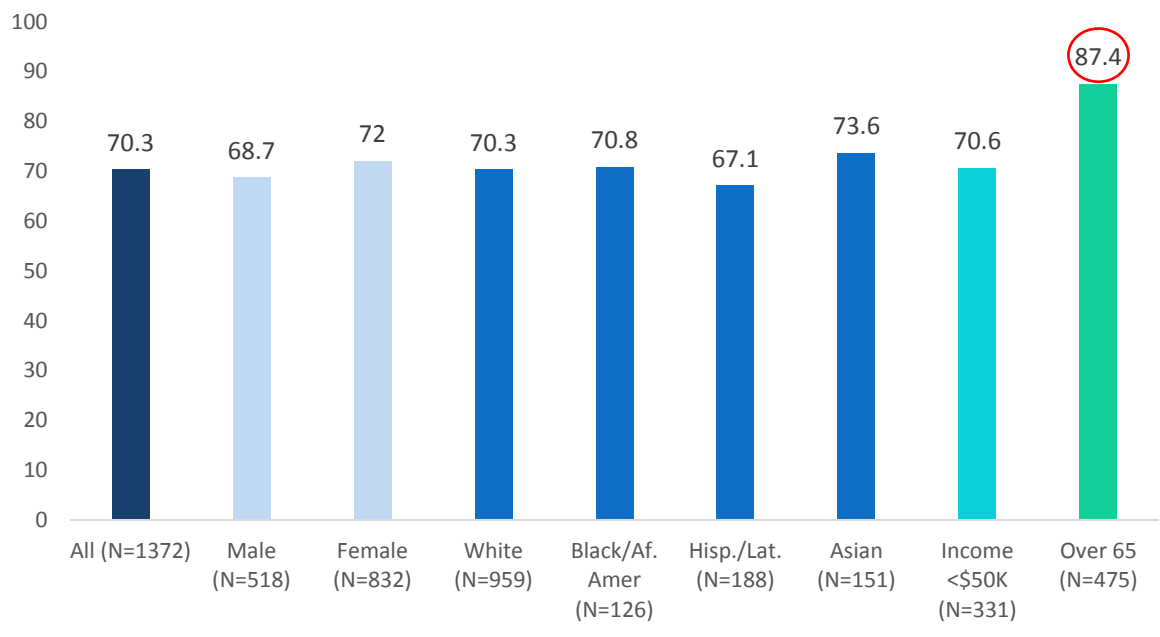
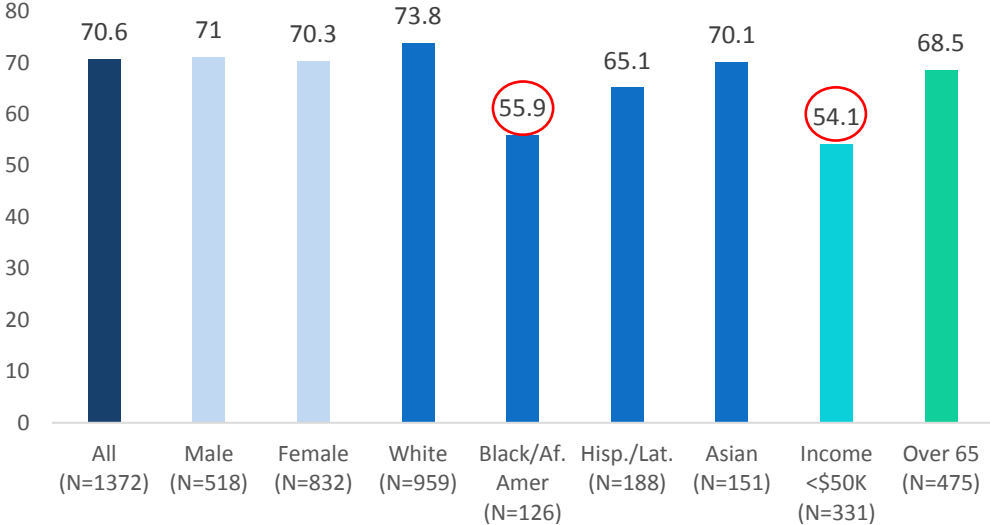


Figure 16: Bergen County Random Household Survey – Had Dental Visit within Past Year (%)



KEY FINDINGS: CHRONIC AND COMPLEX CONDITIONS

Chronic and complex conditions such as heart disease, cancer, stroke, Alzheimer’s disease, and diabetes are the leading causes of death and disability in the United States, and are the leading drivers of the nation’s \$3.3 trillion annual healthcare costs.¹⁹ Over half of American adults have at least one chronic condition, while 40% have two or more.²⁰ Perhaps most significantly, chronic diseases are largely preventable despite their high prevalence and dramatic impact on individuals and society.

This section discusses specific conditions in rough order of how they were prioritized in the assessment process. Age-specific findings (older adult health/healthy aging and children/families) follow the discussion of specific conditions.

CARDIOVASCULAR & CEREBROVASCULAR DISEASES

- **Heart disease was the leading cause of death in Bergen County in 2017**, representing 25.7% of all deaths.²¹
- **Cardiovascular and cerebrovascular disease mortality, inpatient hospitalization, and emergency discharge rates were significantly low in Bergen County compared to the state overall.** Despite this, key informants, focus group/listening session participants, and community residents identified these issues as priorities.
 - In Valley’s primary service area, cardiovascular and cerebrovascular disease mortality, inpatient hospitalization, and emergency discharge rates were significantly higher than the state in several municipalities (Table 7).

The Bergen County Community Health Perceptions Survey asked respondents what health issues they think people in their community struggle with the most. “Cardiovascular conditions (e.g., high blood pressure/hypertension, heart disease)” was the most common response (49.2%).

¹⁹ “Chronic Diseases in America,” *Centers for Disease Control and Prevention*, 15 April 2019, <https://www.cdc.gov/chronicdisease/resources/infographic/chronic-diseases.htm>

²⁰ CDC, *Chronic Diseases in America*

²¹ New Jersey Department of Health, Death Certificate Database, Office of Vital Statistics and Registry (2017)

Table 7: Cardiovascular and Cerebrovascular Disease Mortality, Inpatient Hospitalizations, and Emergency Room Discharges (crude rates per 100,000)

	New Jersey	Bergen County	Municipalities in Valley's primary service area significantly lower than NJ	Municipalities in Valley's primary service area significantly higher than NJ
Cardiovascular disease mortality	207.3	199.3	Glen Rock (145.5), Haledon (154), Ho-Ho-Kus (120.2), Mahwah (156.6), Ramsey (144.2), Ridgewood Village (169.0), Ringwood (171.6), Upper Saddle River (155.8)	Allendale (325.3), Fair Lawn (235.6), Hawthorne (240.3), Oakland (287.7), Paramus (366.9), Saddle River (313.8), Westwood (259.6), Wyckoff (257.7)
Cardiovascular disease inpatient hospitalizations*	1082.6	871.1	Allendale (709.3), Fair Lawn (963.7), Franklin Lakes (730.8), Glen Rock (67.3), Ho-Ho-Kus (410.7), Mahwah (601.5), Montvale (688.0), Oakland (897.2), Ramsey (680.0), Ridgewood Village (668.5), Upper Saddle River (108.4), Wyckoff (835.3)	Paramus (1332.3), Saddle River (2067.3)
Cardiovascular disease emergency department discharges*	303.6	252.5	Glen Rock (193.5), Ho-Ho-Kus (145.0), Mahwah (196.7), Montvale (181.1), Ridgewood Village (180.9), Upper Saddle River (24.1)	Saddle River (925.6), Washington (783.9)
Cerebrovascular disease mortality	38.3	36.7	Elmwood Park (22.7)	Paramus (72.8), Park Ridge (69.6)
Cerebrovascular disease inpatient hospitalizations*	243.0	206.3	Allendale (147.8), Glen Rock (159.8), Mahwah (158.9), Montvale (132.8), Ridgewood Village (149.4), Saddle River (617.1), Waldwick (151.2), Wyckoff (140.2)	Saddle River (617.1)
Cerebrovascular disease emergency department discharges*	38.0	19.2	Fair Lawn (3.0), Franklin Lakes (9.3), Mahwah (18.9), Montvale (12.1), Oakland (7.7), Ramsey (13.3), Ridgewood Village (7.9), Upper Saddle River (12.0)	None

Source: New Jersey Death Certificate Database, Office of Vital Statistics and Registry, 2013-2017

*Source: New Jersey Discharge Data Collection System, Office of Health Care Quality Assessment, New Jersey Department of Health, 2016

Shading represents statistical significance compared to the state data point. Figures highlighted in orange were significantly higher compared to the state overall, while figures highlighted in blue were significantly lower.

- Racial/ethnic, age, and income disparities.** The Bergen County Random Household Survey revealed disparities in the percentage of residents who had been told by a doctor that they had high blood pressure, had a heart attack, or had a stroke.
 - Approximately 1 in 4 Bergen County Random Household Survey respondents had been diagnosed with high blood pressure by a physician (26.5%).
 - Percentages were highest among respondents over 65 (57.8%) and Black/African American respondents (37.5%).
 - 2.7% of Bergen County Random Household Survey respondents had experienced a physician-diagnosed myocardial infarction (heart attack).
 - Percentages were highest among respondents over 65 (8.1%) and male respondents (4.0%).
 - In Valley’s primary service area, the acute myocardial infarction emergency department discharge rate was significantly high compared to the state in Haledon (95.2).
 - 1.8% of Bergen County Random Household Survey respondents had experienced a stroke.
 - Percentages were highest among respondents over 65 (6.1%), Black/African American respondents (4.0%), and low-income respondents (3.8%).

Figure 17: Bergen County Random Household Survey – Has Physician-Diagnosed High Blood Pressure (%)

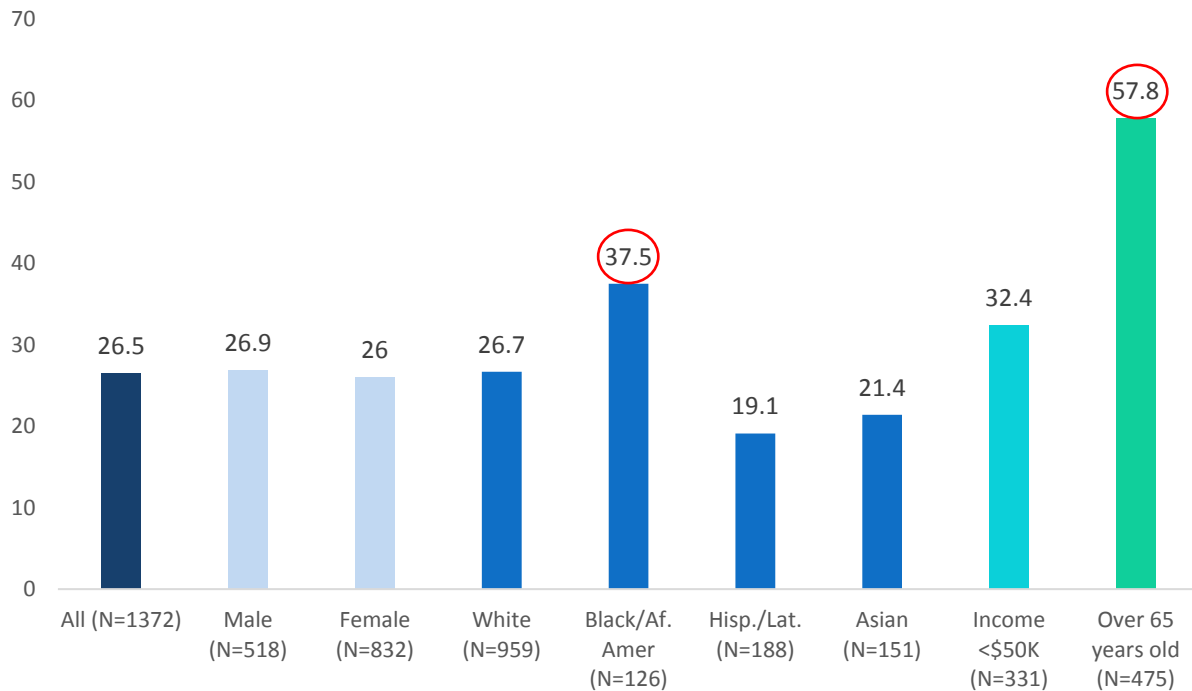


Figure 18: Bergen County Random Household Survey – Has Had a Physician-Diagnosed Heart Attack (%)

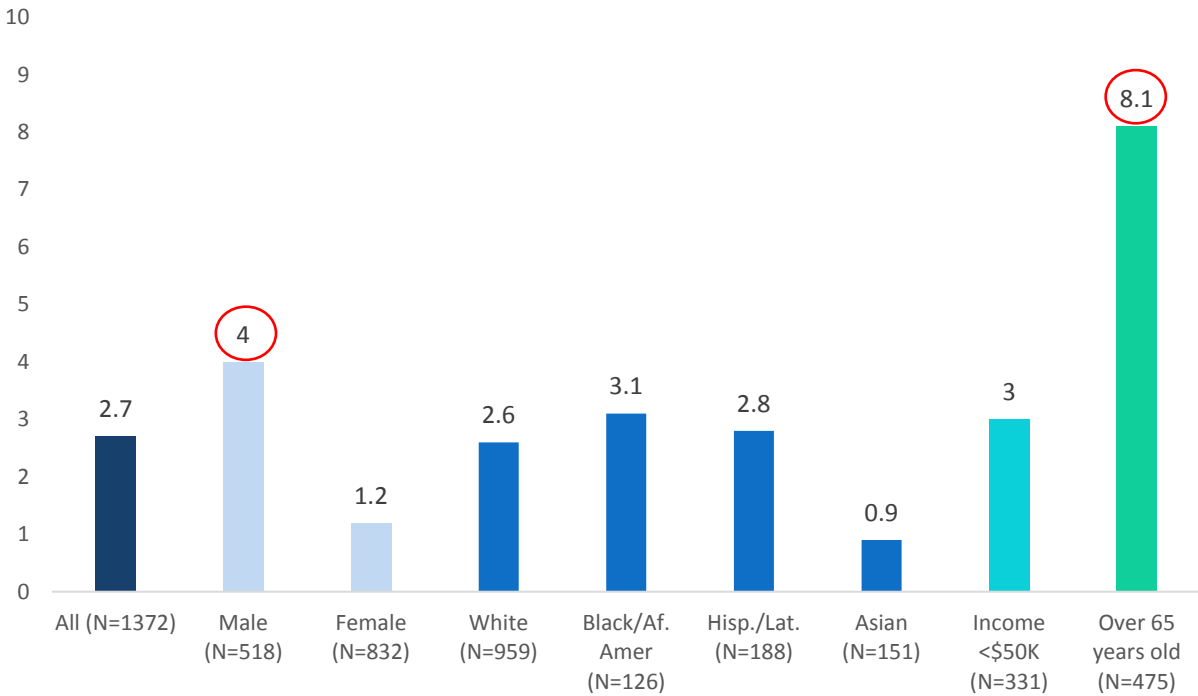
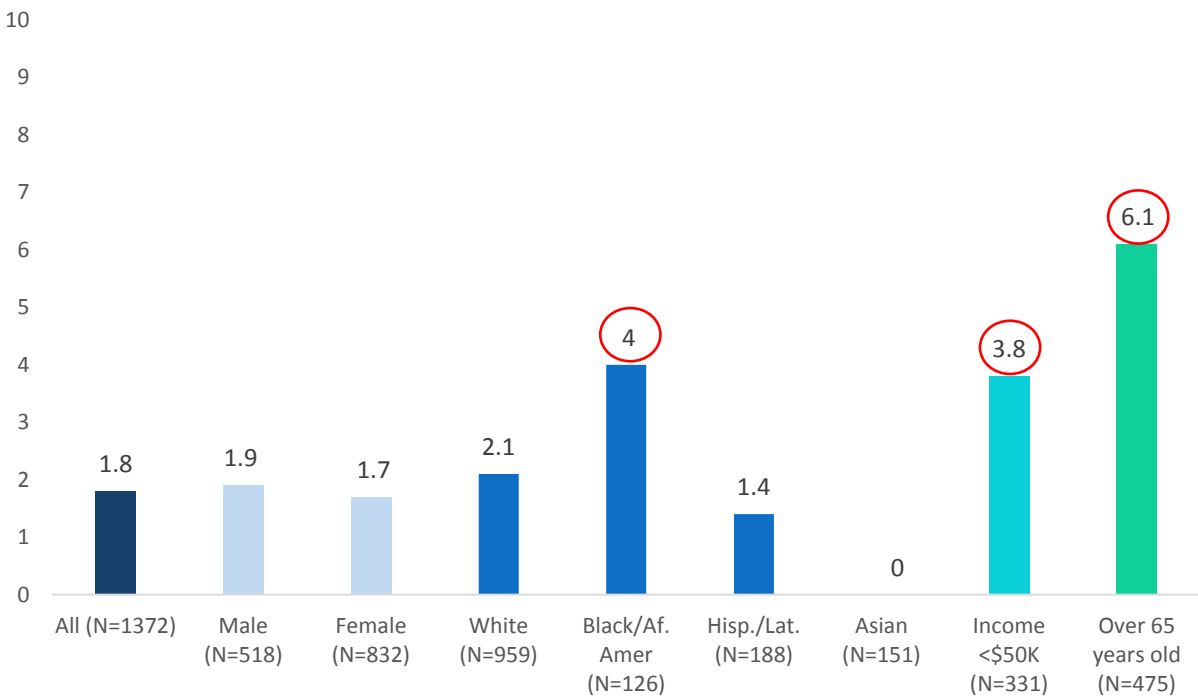


Figure 19: Bergen County Random Household Survey – Has Had a Physician-Diagnosed Stroke (%)



CANCER

SCREENINGS

- **Low-income respondents reported less frequent mammograms.** Among respondents to the Bergen County Random Household Survey, a smaller percentage of low-income women over 40 reported having had a recent mammogram (57.3%) compared to all female respondents over 40 (68.1%).
- **Disparities for recent PSA tests among men over 40.** Among men over 40 who responded to the Bergen County Random Household Survey, 44.9% reported a recent prostate antigen test (PSA). Percentages were lowest among low-income respondents (31.7%) and Hispanic/Latino respondents (33.5%).
- **Disparities in sigmoidoscopies/colonoscopies.** Among individuals over 50 who responded to the Bergen County Random Household Survey, 70.4% reported having ever had a sigmoidoscopy/colonoscopy. Percentages were lowest among Hispanic/Latino respondents (55.0%) and low-income respondents (56.7%).
- **Disparities in recent Pap tests.** Among women over 18 who responded to the Bergen County Random Household Survey, 58.9% reported having had a recent Pap test. Percentages were lowest among Asian respondents (39.2%) and low-income respondents (40.0%).

Figure 20: Bergen County Random Household Survey – Recent Mammogram among Women Over 40 (%)

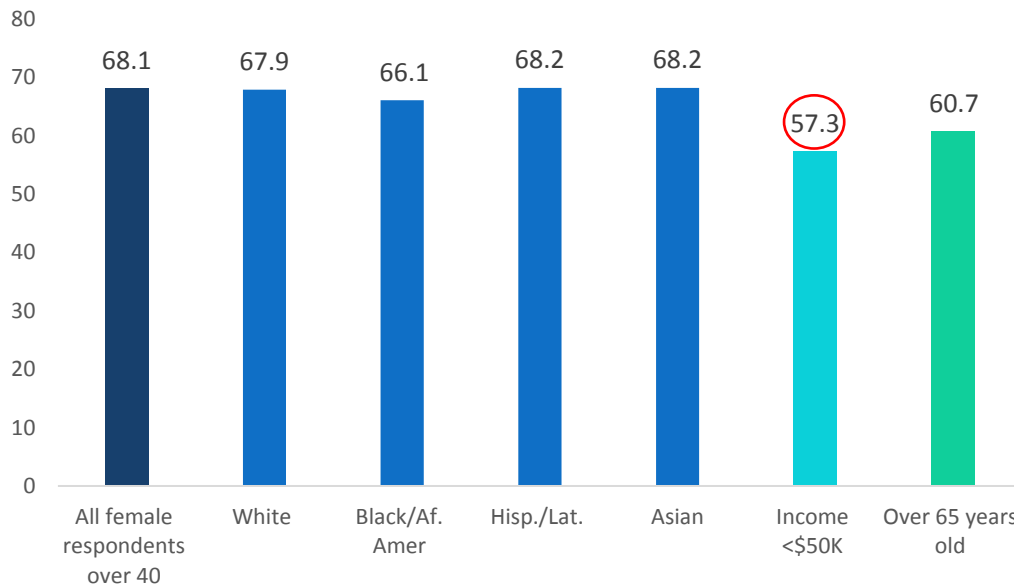
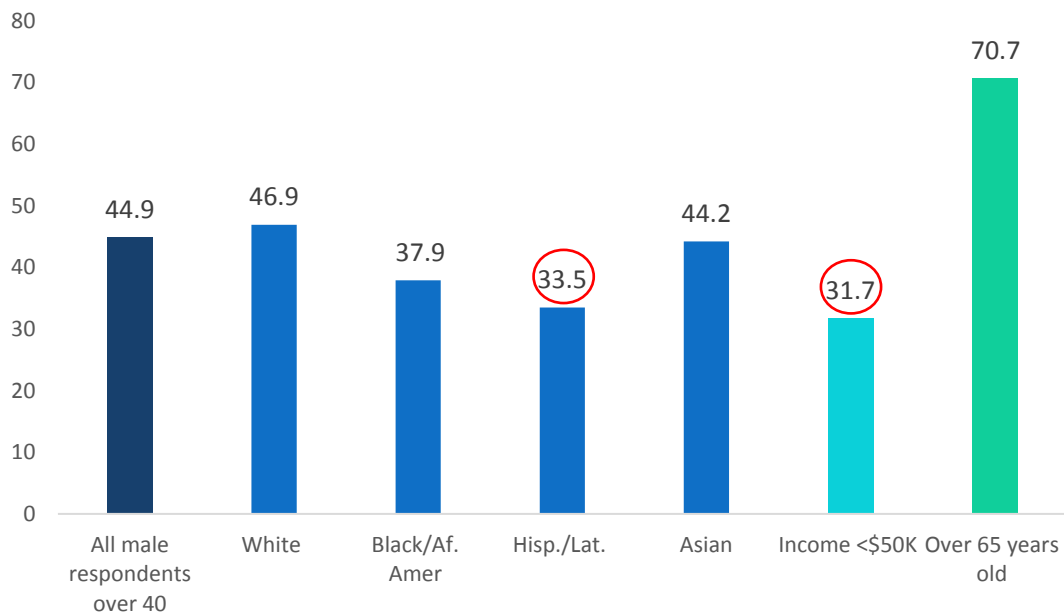
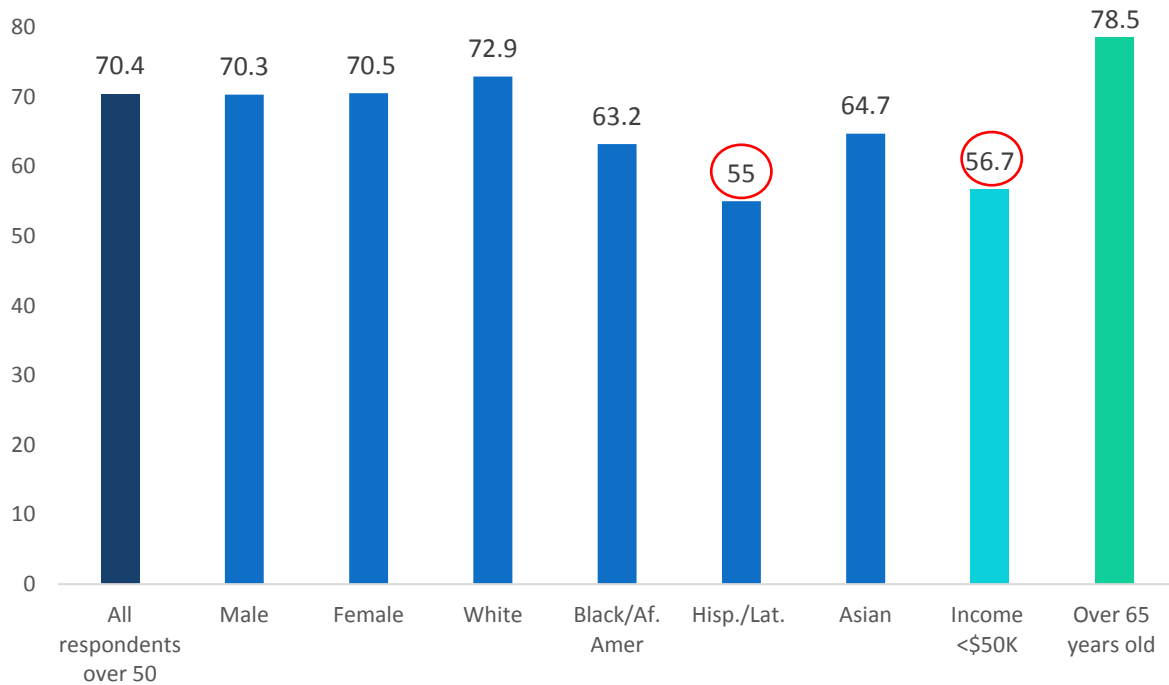


Figure 21: Bergen County Random Household Survey – Recent PSA among Men Over 40 (%)*



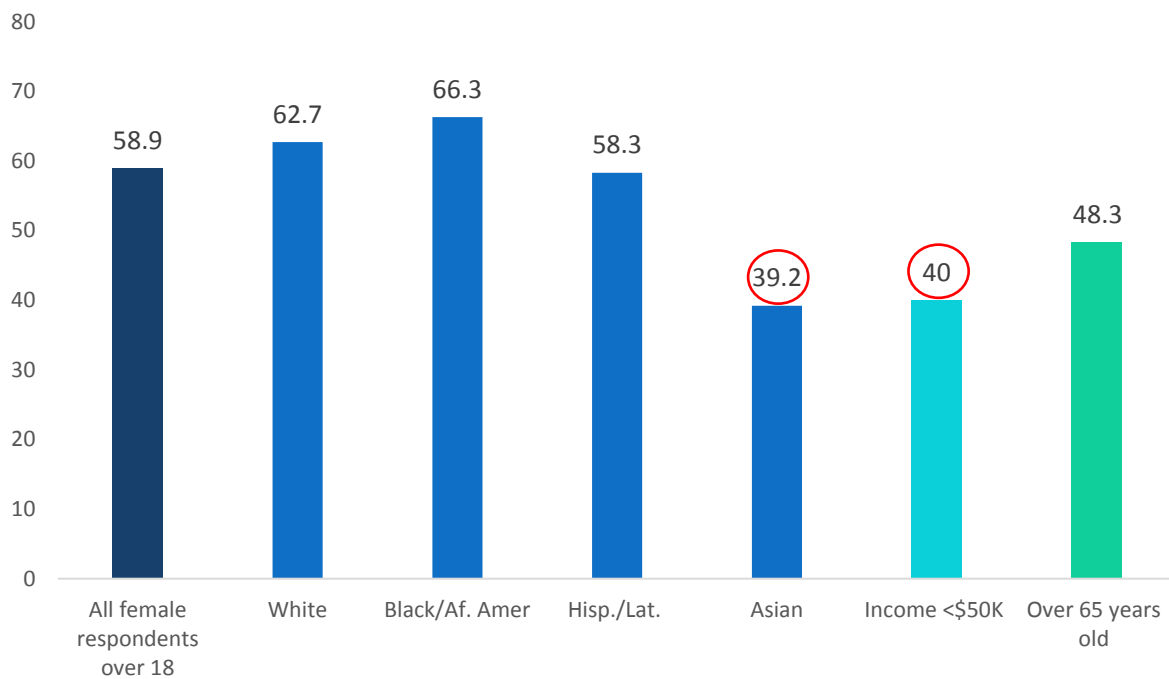
*The Prostate-Specific Antigen (PSA) test is primarily used to screen for prostate cancer.

Figure 22: Bergen County Random Household Survey – Ever Had Sigmoidoscopy/Colonoscopy among Men and Women Over 50(%)*



*Sigmoidoscopies and colonoscopies are the two main procedures to screen for colorectal cancer

Figure 23: Bergen County Random Household Survey – Recent Pap among Women Over 18 (%)**

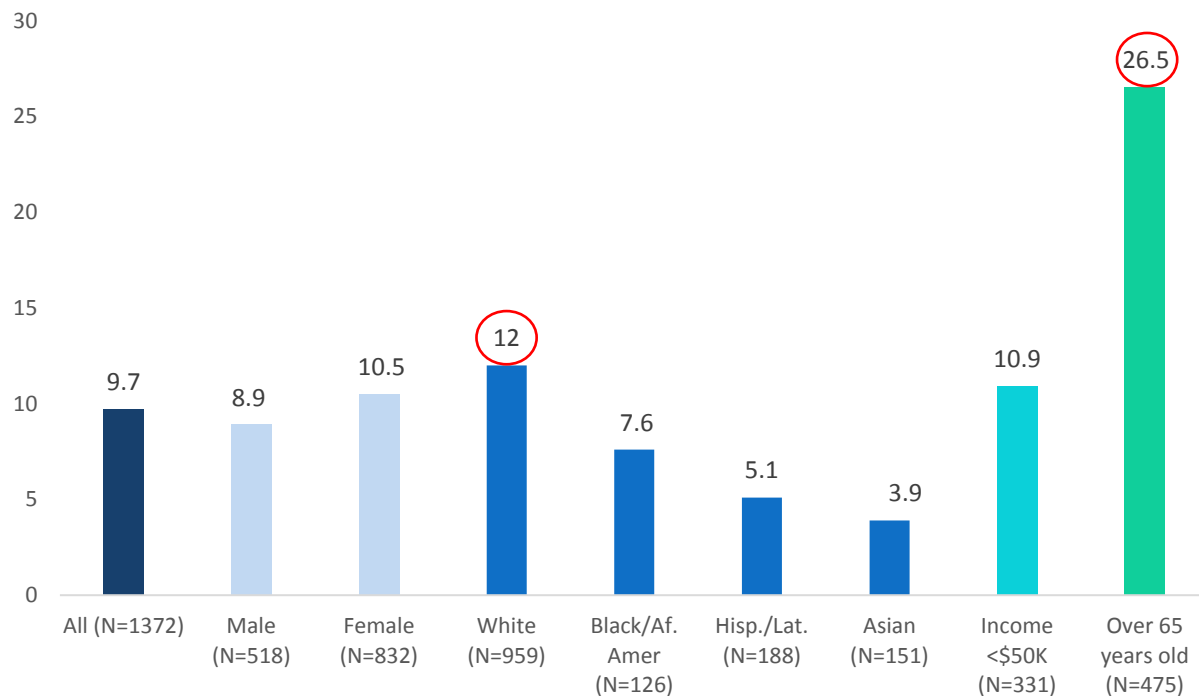


**The Papanicolaou (Pap) test is a method of cervical screening used to detect potentially precancerous and cancerous processes in the cervix.

DIAGNOSES

- **Approximately 1 in 10 Bergen County Random Household Survey respondents had ever been diagnosed with cancer (9.7%).** The percentage was higher among respondents over 65 (26.5%) and White respondents (12.0%).

Figure 24: Bergen County Random Household Survey – Ever Been Diagnosed With Cancer (Any Type) (%)



MORTALITY

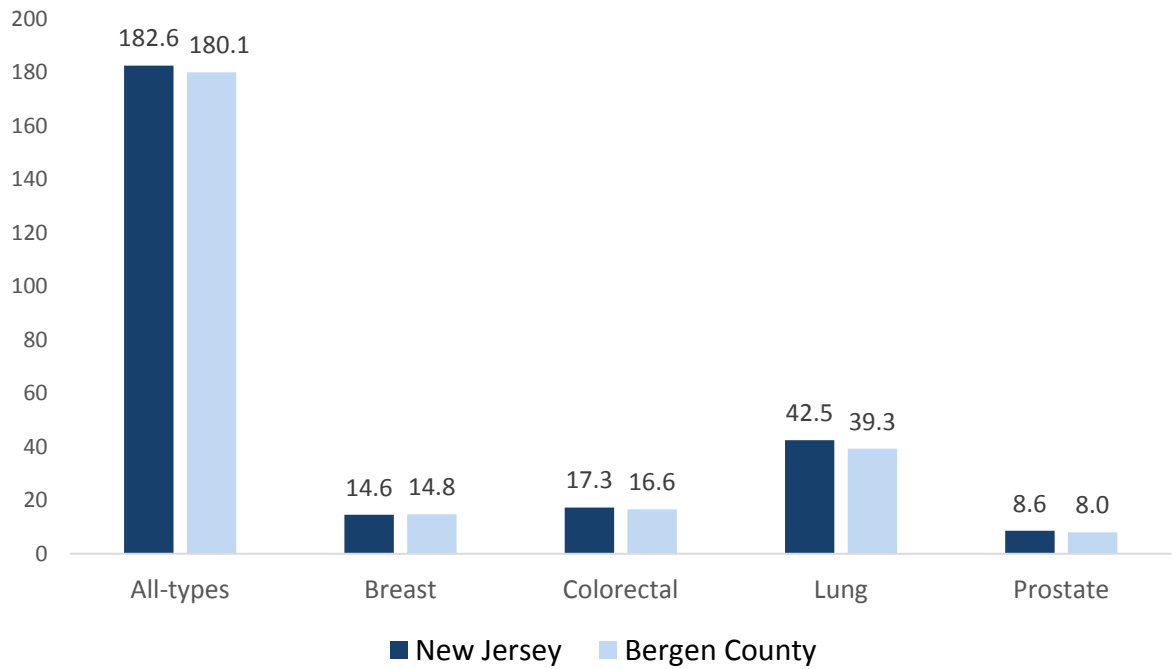
- **Cancer was the second leading cause of death in Bergen County in 2017,** representing 22.6% of all deaths.²²

Key informants and focus group/listening session participants identified several needs for individuals with cancer and their caregivers, including more support groups, alternative/integrative therapies, assistance with care navigation and management, and respite services.

²² New Jersey Department of Health, Death Certificate Database, Office of Vital Statistics and Registry (2017)

- **Cancer mortality rates similar to New Jersey.** Across all-types of cancer, breast cancer, colorectal cancer, lung cancer, and prostate cancer, mortality rates were similar to New Jersey overall (Figure 25).
 - In Valley’s primary service area, the all-cause cancer mortality rate was significantly higher than the state in Paramus (236.2), Saddle River (264.6), and Washington (235.0).

Figure 25: Cancer Mortality (crude rates per 100,000), 2013-2017



Source: New Jersey Death Certificate Database, Office of Vital Statistics and Registry, 2013-2017

DIABETES

- **Over 10% of survey respondents reported that they had diabetes.**
 - Among respondents to the Bergen County Random Household Survey, 11.5% reported that they had been diagnosed with diabetes.
 - Percentages were highest among respondents over 65 (22.1%), low-income respondents (16.7%), and Black/African American respondents (15.7%).
 - 11.2% Bergen County Random Household Survey respondents reported that a physician had told them that they had borderline or pre-diabetes.
 - Percentages were highest among respondents over 65 (19.8%) and low-income respondents (16.3%).

Key informants and focus group/listening session participants prioritized many of the risk factors for diabetes – poor nutrition, physical inactivity, and obesity – and discussed the need for diabetes management and support services for those affected.

Figure 26: Bergen County Random Household Survey – Ever Been Diagnosed With Diabetes (%)

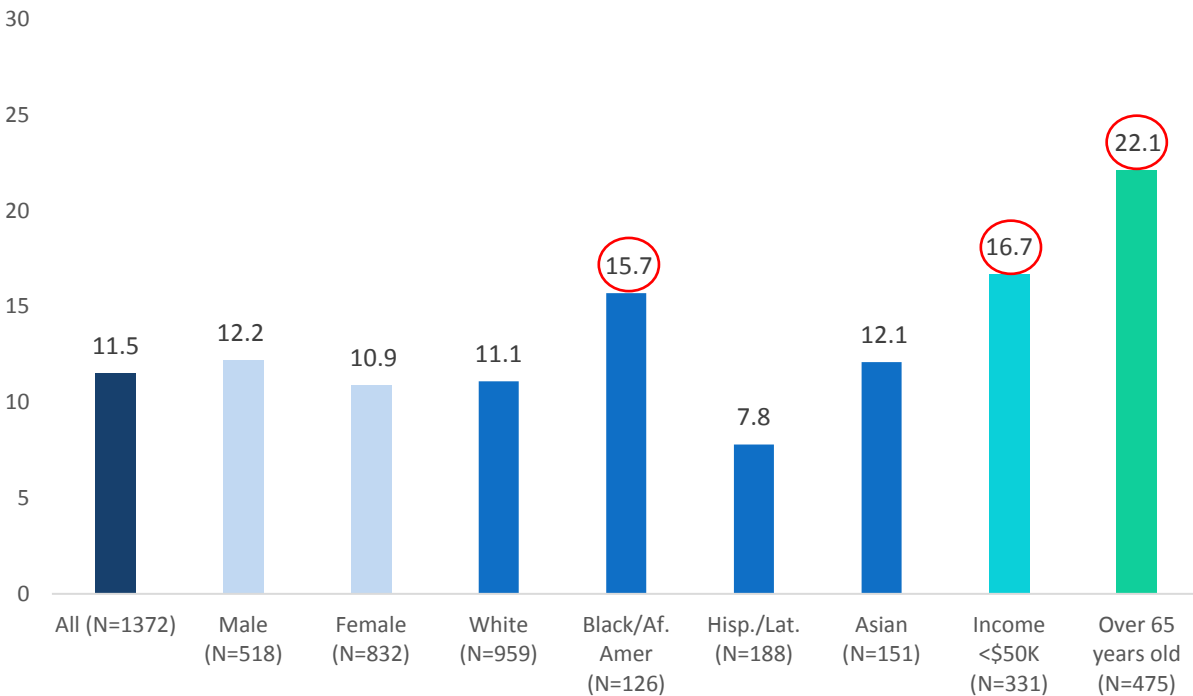
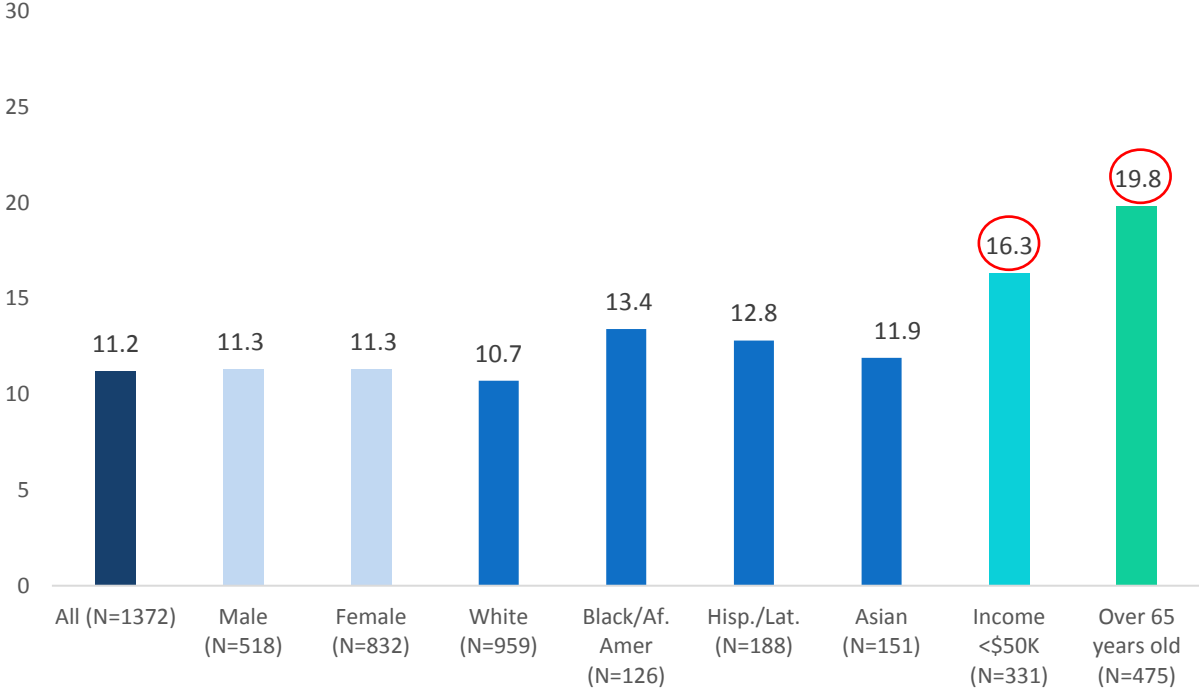


Figure 27: Bergen County Random Household Survey – Ever Been Told They Had Borderline/Pre-Diabetes (%)



- **Diabetes mortality, inpatient hospitalizations, and emergency discharges significantly low.**
 - In Bergen County, the diabetes mortality rate (17.9) was significantly low compared to New Jersey overall (22.1).²³
 - In Bergen County, the rates of inpatient hospitalizations (105.6) and emergency department discharges (100.4) due to diabetes were significantly low compared to New Jersey overall (177.1 and 189.9, respectively).
 - In Valley’s primary service area, rates were significantly low in most municipalities (Table 13). The diabetes inpatient hospitalization rate was significantly higher than the state in Haledon (345.3)

²³ New Jersey Death Certificate Database, Office of Vital Statistics and Registry, 2013-2017

Table 8: Diabetes inpatient hospitalizations and emergency department visits

	New Jersey	Bergen County	Municipalities in Valley's primary service area significantly lower than NJ	Municipalities in Valley's primary service area significantly higher than NJ
Diabetes inpatient hospitalizations	177.1	105.6	Fair Lawn (102.4), Glen Rock (67.3), Mahwah (83.2), Midland Park (68.7), Oakland (92.0), Paramus (123.2), Park Ridge (79.1), Ramsey (66.7), Ridgewood Village (51.1), Washington (85.9), Wyckoff (52.6)	Haledon (345.3)
Diabetes emergency room visits	189.9	100.4	Allendale (88.7), Fair Lawn (81.3), Franklin Lakes (27.8), Glen Rock (101.0), Ho-Ho-Kus (48.3), Mahwah (68.1), Midland Park (54.9), Montvale (48.3), Oakland (84.3), Paramus (89.6), Park Ridge (67.8), Ramsey (60.0), Ridgewood Village (70.8), River Edge (60.4), Waldwick (110.9), Washington (107.4), Woodcliff Lake (34.2), Wyckoff (40.9)	None

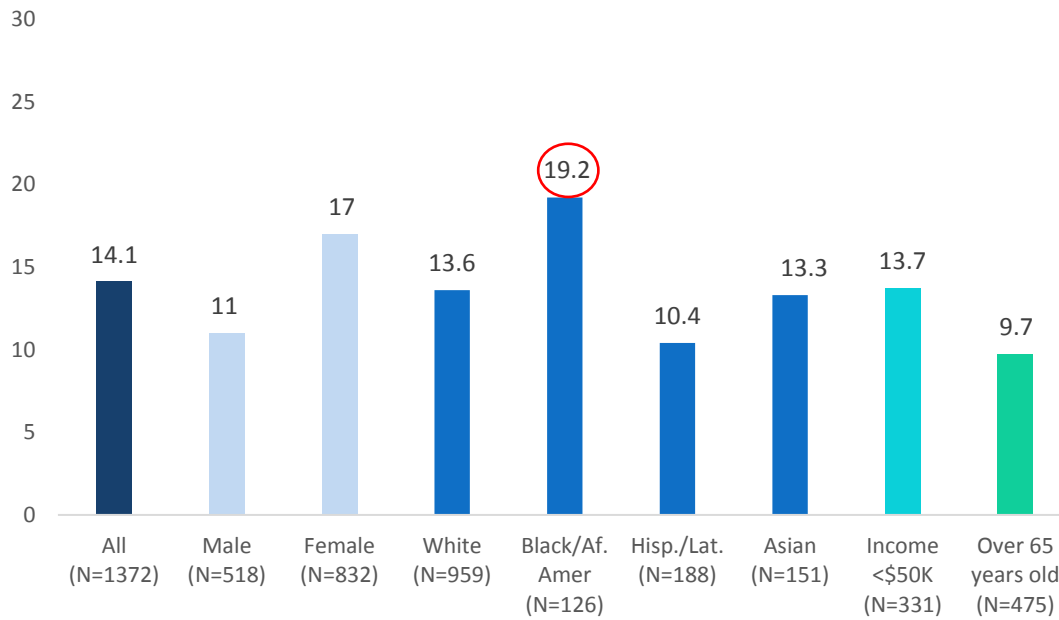
Source: New Jersey Discharge Data Collection System, Office of Health Care Quality Assessment, New Jersey Department of Health, 2016

Shading represents statistical significance compared to the state data point. Figures highlighted in orange were significantly higher compared to the state overall, while figures highlighted in blue were significantly lower.

RESPIRATORY DISEASE

- 14.1% of respondents to the Bergen County Random Household Survey reported that a doctor had told them that they had asthma.
 - Percentages were highest among Black/African American (19.2%) respondents.

Figure 28: Bergen County Random Household Survey – Ever Been Told They Had Asthma (%)



- In Bergen County, the rates of inpatient hospitalizations and emergency department discharges for chronic obstructive pulmonary disease (COPD) were significantly low compared to New Jersey overall.
 - Most municipalities in Valley Health System’s service area had significantly lower rates of COPD inpatient hospitalizations and emergency department discharges compared to New Jersey overall (Table 19).

Table 9: Chronic obstructive pulmonary disease hospitalizations and emergency room discharge

	New Jersey	Bergen County	Municipalities in Valley's primary service area significantly lower than NJ	Municipalities in Valley's primary service area significantly higher than NJ
Chronic obstructive pulmonary disease inpatient hospitalizations	197.3	122.3	Elmwood Park (119.2), Fair Lawn (93.4), Franklin Lakes (64.8), Glen Rock (67.3), Mahwah (94.6), Montvale (60.4), Oakland (92.0), Ramsey (60.0), Ridgewood Village (47.2), Wyckoff (70.1)	None
Chronic obstructive pulmonary disease emergency room discharges	282.0	154.7	Allendale (147.8), Elmwood Park (183.8), Fair Lawn (135.5), Franklin Lakes (27.8), Glen Rock (101.0), Ho-Ho-Kus (96.6), Mahwah (79.4), Montvale (84.5), Oakland (107.4), Paramus (201.5), Park Ridge (112.9), Ramsey (80.0), Ridgewood Village (78.6), River Edge (43.2), Upper Saddle River (12.0), Waldwick (30.2), Washington (161.1), Woodcliff Lake (1711.2), Wyckoff (1711.5)	None

Source: Crude rates per 100,000; New Jersey Discharge Data Collection System, Office of Health Care Quality Assessment, New Jersey Department of Health, 2016

Shading represents statistical significance compared to the state data point. Figures highlighted in blue are significantly lower than New Jersey overall.

INFECTIOUS DISEASE

- Pneumonia/Influenza** - The Influenza/pneumonia mortality rate was significantly high in Bergen County (16.5) compared to New Jersey overall (14.6).²⁴
 - Over half of Bergen County residents had not received a flu vaccination within the past 12 months.²⁵
- Hospitalizations** – The rate of inpatient hospitalizations due to pneumoconiosis and other lung diseases due to external agents was similar in Bergen County (55.8) and New Jersey overall (58.3).
 - In Valley’s primary service area, hospitalizations were significantly high in Paramus (182.9) and Woodcliff Lake (222.5) compared to the state overall.

²⁴ New Jersey Death Certificate Database, Office of Vital Statistics and Registry, crude death rate per 100,000 2013-2017

²⁵ New Jersey Behavioral Risk Factor Survey, Center for Health Statistics, New Jersey Department of Health, age-adjusted rates per 100,000 (2012-2016)

- **Sexually transmitted diseases** – Chlamydia, gonorrhea, and syphilis case counts were significantly low in Bergen County compared to New Jersey overall (Table 10).

Table 10: Sexually transmitted diseases

	New Jersey	Bergen County	Municipalities in Valley's primary service area significantly lower than NJ	Municipalities in Valley's primary service area significantly higher than NJ
Chlamydia cases (counts per 100,000), 2013-2017	1772.8	947.8	Allendale (586.5), Fair Lawn (762.4), Franklin Lakes (611.7), Glen Rock (693.9) Ho-Ho-Kus (504.6), Mahwah (650.8), Midland Park (613.4), Montvale (580.6), Oakland (502.1), Paramus (605.5), Park Ridge (707.5), Ramsey (608.4), Ridgewood Village (677.0), Saddle River (862.1), Upper Saddle River (467.7), Waldwick (4770.7), Washington (523.1), Woodcliff Lake (613.5), Wyckoff (592.0)	None
Gonorrhea cases (counts per 100,000), 2013-2017	427.7	147.2	Fair Lawn (107.6), Mahwah (86.5), Montvale (188.5), Paramus (74.3), Ridgewood Village (58.7), Wyckoff (69.6)	None
Syphilis cases - primary, secondary, latent (counts per 100,000), 2013-2017	77.4	47.4	Not available	Not available

Source: Communicable Disease Reporting and Surveillance System, New Jersey Department of Health, 2013-2017

Shading represents statistical significance compared to the state data point. Figures highlighted in d in blue were significantly lower than the state overall

- **Other communicable diseases** - Hepatitis B and Tuberculosis incidence in Bergen County was similar to New Jersey overall. Incidence of Hepatitis C, in all forms, was significantly lower than the state. HIV prevalence was lower than the state (Table 11).

Table 11: Communicable Diseases

	New Jersey	Bergen County
Hepatitis B – acute, chronic, and perinatal (counts per 100,000), 2013-2017	4.2	4.3
Hepatitis C – acute, chronic, and perinatal (counts per 100,000), 2013-2017	85.5	40.9
HIV prevalence among those 13 years or older (cases per 100,000) 2015*	474	222
Tuberculosis (cases per 100,000), 2018**	3.3	3.7

Source: Communicable Disease Reporting and Surveillance System, New Jersey Department of Health, 2013-2017

*Source: National Center for HIV/AIDS, Viral Hepatitis, STD, and TB prevention, 2015

**Source: New Jersey Department of Health Tuberculosis Control Program

OLDER ADULT HEALTH/HEALTHY AGING

Additional information on the health of older adults is included throughout this report, where data is stratified by age.

- **Falls** – 14.9% of Bergen County Random Household Survey respondents 65 or older reported that they had fallen at least once in the past 3 months.
- **Advanced Directives/End of Life Care** – 58.7% of Bergen County Random Household Survey respondents 65 or older reported that they had no legal documents that provide end of life instructions (e.g., medical power of attorney, health care proxies, and advanced directives).
- **Social and emotional support** – 12.7% of Bergen County Random Household Survey respondents 65 or older reported that they rarely or never get the social and emotional support they need.
 - Within this same age cohort, 32% reported that they do not regularly participate in activities that allow them to socialize.
- **Neurological and memory disorders.**
 - The Alzheimer’s disease mortality rate was significantly high in Bergen County (30.6) compared to New Jersey overall (25.2).
 - In Valley’s primary service area, the rate was significantly higher than the state in Paramus (86.9), Park Ridge (94.4), and Wyckoff (105.6).
 - The Parkinson’s disease mortality rate in Bergen County (8.3) was similar to the state overall (9.5)
 - In Valley’s primary service area, the rate was significantly higher than the state in Paramus (24.5).

The Bergen County Community Health Perceptions Survey asked people to name the populations with the greatest health needs. “Older adults (65+)” was the most common response (66.2%).

Many key informants and focus group/listening session participants were concerned about social isolation and depression for older adults, especially those that are frail, live alone, and lack a regular caregiver.

Table 12: Alzheimer's and Parkinson's Disease Mortality

	New Jersey	Bergen County	Municipalities in Valley's primary service area significantly lower than NJ	Municipalities in Valley's primary service area significantly higher than NJ
Alzheimer's Disease mortality (crude rate per 100,000)	25.2	30.6	None	Paramus (86.9), Park Ridge (94.4), Westwood (69.4), Wyckoff (105.6)
Parkinson's disease mortality (crude rate per 100,000)	8.3	9.5	None	Paramus (24.5)

Source: Crude rates per 100,000; New Jersey Death Certificate Database, Office of Vital Statistics and Registry, 2013-2017
 Shading represents statistical significance compared to the state data point. Figures highlighted in orange were significantly higher compared to the state overall

CHILDREN & FAMILIES

- **Teen births** – The adolescent birth rate was significantly low in Bergen County (20.1) compared to the state overall (61.0).
 - Several municipalities in Valley's primary service area had significantly lower rates than the state overall (Table 13).

- **Adequate prenatal care** – Approximately 66% of individuals in Bergen County received adequate prenatal care.²⁶

- **Low birthweight and preterm births** – The percentage of low birthweight (<2500 g) infants and preterm births (<37 weeks) in Bergen County were lower than New Jersey overall.
 - In Valley's primary service area, the percentage of low birthweight births was significantly lower than the state in Ridgewood Village (5.3).
 - In Valley's primary service area, the percentage of births that were pre-term was significantly lower than the state in Park Ridge (5.5%).

²⁶ The Kotelchuck Index, also called the Adequacy of Prenatal Care Utilization (APNCU) Index, uses two crucial elements obtained from birth certificate data-when prenatal care began (initiation) and the number of prenatal visits from when prenatal care began until delivery (received services). The Kotelchuck Index classifies the adequacy of initiation as follows: pregnancy months 1 and 2, months 3 and 4, months 5 and 6, and months 7 to 9, with the underlying assumption that the earlier prenatal care begins the better. To classify the adequacy of received services, the number of prenatal visits is compared to the expected number of visits for the period between when care began and the delivery date. A ratio of observed to expected visits is calculated and grouped into four categories-Inadequate (received less than 50% of expected visits), Intermediate (50%-79%), Adequate (80%-109%), and Adequate Plus (110% or more). The final Kotelchuck index measure combines these two dimensions into a single summary score. The profiles define adequate prenatal care as a score of 80% or greater on the Kotelchuck Index.

Table 13: Children and families

	New Jersey	Bergen County	Municipalities in Valley's primary service area significantly lower than NJ	Municipalities in Valley's primary service area significantly higher than NJ
Adolescent (15-19) birth rate	61.0	20.1	Elmwood Park (36.0), Fair Lawn (7.7), Mahwah (5.8), Paramus (3.5), Ramsey (13.7),	None
Adequate prenatal care (%)	67.1	66.4	None	Oakland (75.1), Wyckoff (73.1)
Low birthweight (%)	8.1	7.9	Ridgewood Village (5.3)	None
Preterm births <37 weeks (%)	9.6	9.7	Park Ridge (5.5)	None

Source: New Jersey Birth Certificate Database, Office of Vital Statistics and Registry, 2013-2017
 Shading represents statistical significance compared to the state data point. Figures highlighted in orange were significantly higher compared to the state overall, while figures highlighted in blue were significantly lower

KEY FINDINGS: MENTAL HEALTH AND SUBSTANCE USE

Information on access to mental health and substance use treatment and support services is included in the “Social Determinants of Health and Access to Care” section of this report.

MENTAL HEALTH

- **Impact and prevalence across population segments, though emphasis on youth/adolescents, isolated older adults, and immigrants.**
 - Depression, stress, and anxiety are mental health issues affecting youth and adolescents. Several individuals cited increased pressure to succeed in school and extracurricular activities, the impacts of social media, and increased social isolation due to use of technology as contributing factors.
 - Many key informants and focus group/listening session participants identified social isolation as an issue for older adults. Participants suggested several reasons for this isolation – a lack of friends or family, inability to leave the home due to frailty or limited access to transportation, or unwillingness to leave the home for unknown reasons. While there are many active senior centers and Councils on Aging in Bergen County, participants reported that it was difficult for some older adults to attend activities or utilize services because of transportation or mobility issues.
 - In a focus group with Koreans in Bergen County – many of whom were older adults – social isolation was identified as a significant issue. Participants spoke about the loneliness that comes along with being a new immigrant, a non-English speaker, or someone who doesn’t identify with a particular culture. Participants also noted that mental health issues have historically been considered taboo in Korean culture – many individuals do not feel comfortable speaking about these issues with family, friends, or health care providers.

Mental health, including depression, anxiety, stress, and other conditions – was overwhelmingly identified by key informants, focus group/listening session participants, and stakeholders as one of the leading health issue for residents of Bergen County.

- **6.8% of respondents to the Bergen County Random Household Survey reported that their mental health was poor for 15 or more days in the past month.**
 - Percentages were highest among low-income (13.3%), Black/African American (10.9%), and Hispanic/Latino (9.5%) respondents.
- **7.5% of Bergen County Random Household Survey respondents reported that they had felt sad, blue, or depressed for more than 15 days within the past month.** Percentages were highest among low-income (13.2%) and Hispanic/Latino (10.3%) respondents.
 - **Nearly 1 in 10 with diagnosed depression.** 9.7% of respondents had been diagnosed with a depressive disorder. Percentages were higher among female (11.9%) and low-income respondents (11.6%).

Figure 29: Bergen County Random Household Survey – Sad, Blue, Depressed More Than 15 Days in Last Month (%)

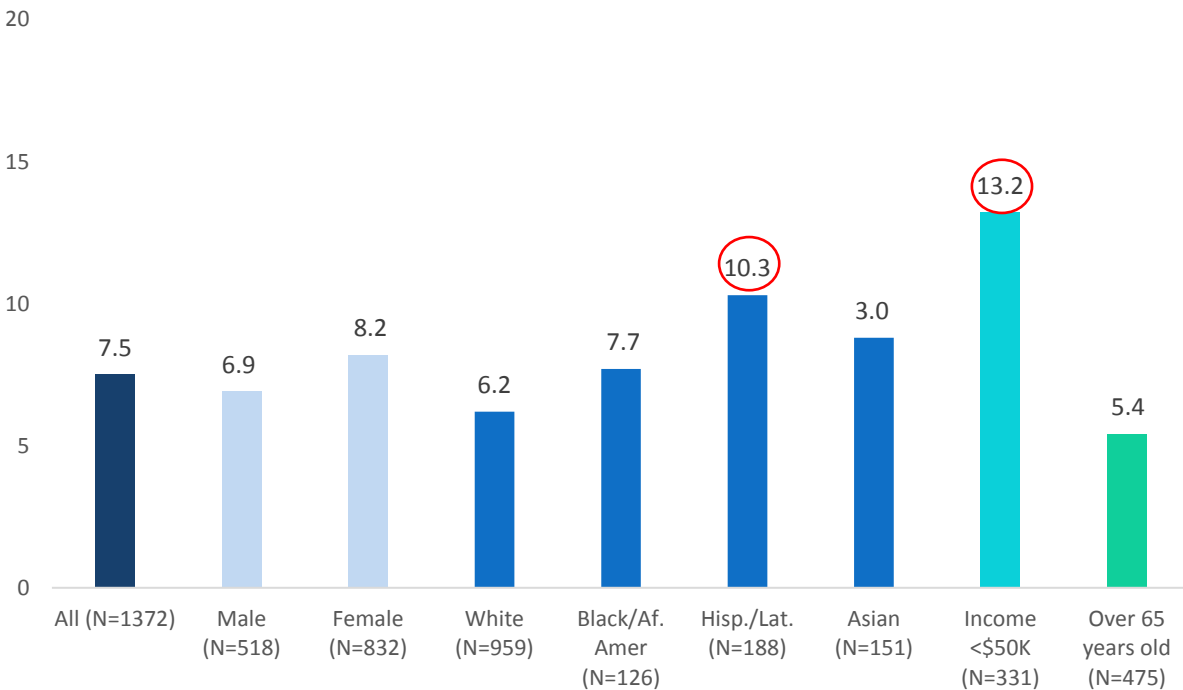
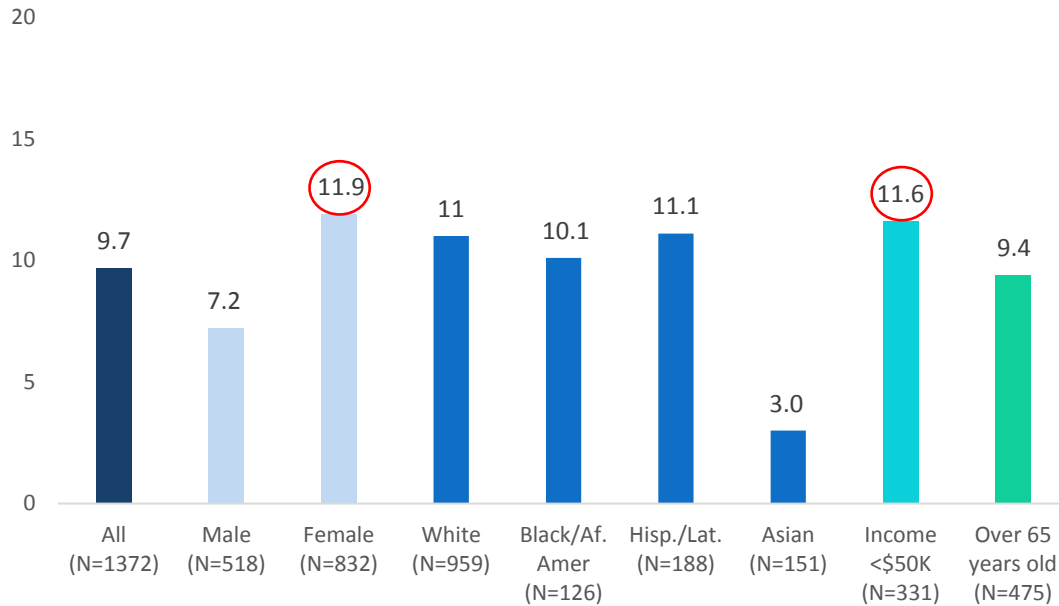


Figure 30: Bergen County Random Household Survey – Ever Been Diagnosed With Depressive Disorder (%)



- 13.9% of respondents reported that they had felt worried, tense, or anxious for more than 15 days within the past month. Percentages were highest among low-income (22.4%), female (16.1%), and Hispanic/Latino (15.8%) respondents.
 - **Over 1 in 10 with anxiety.** 12.7% of respondents to the Bergen County Random Household Survey reported that they had been diagnosed with an anxiety disorder. Percentages were highest among white (15.6%) and female (15.2%) respondents.

Figure 31: Bergen County Random Household Survey – Worried, Anxious, Tense More Than 15 Days in Last Month (%)

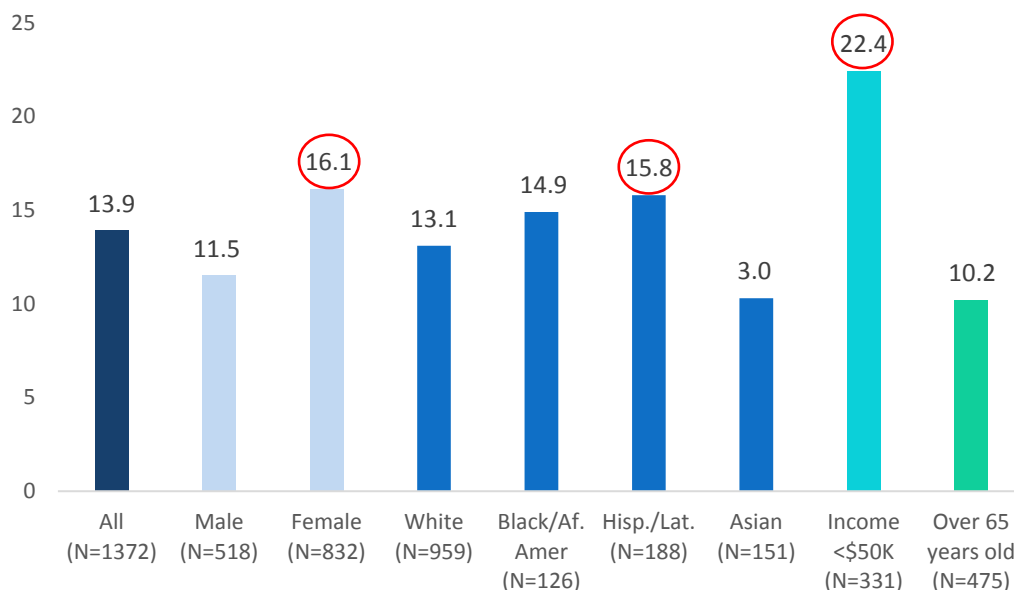
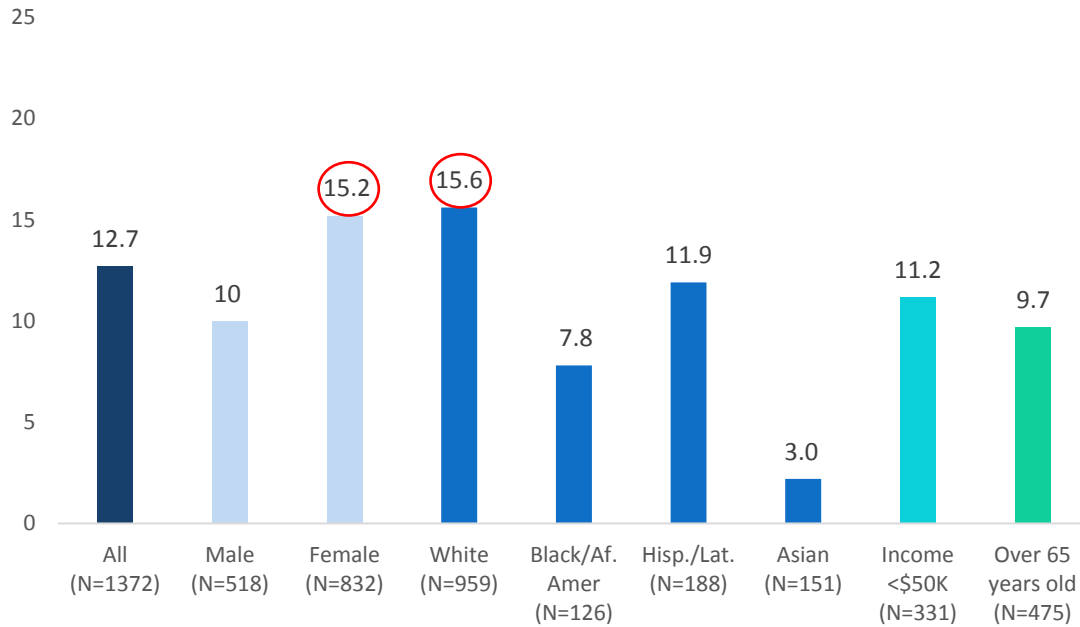


Figure 32: Bergen County Random Household Survey – Ever Been Diagnosed With Anxiety Disorder (%)



- **Mental and behavioral disorder inpatient hospitalization rate significantly high.** The rate of mental and behavioral disorder inpatient hospitalizations was significantly high in Bergen County (557.3) compared to New Jersey overall (525.1).
 - In Valley’s primary service area, inpatient hospitalizations and emergency department discharges were significantly high in Haledon compared to the state overall.

Table 14: Mental and Behavioral Disorder Hospitalizations and Emergency Department Discharges

	New Jersey	Bergen County	Municipalities in Valley's primary service area significantly lower than NJ	Municipalities in Valley's primary service area significantly higher than NJ
Mental and behavioral disorder inpatient hospitalizations	525.1	557.3	Allendale (177.3), Franklin Lakes (175.8), Glen Rock (227.1), Ho Ho Kus (314.1), Mahwah (310.2), Montvale (229.3), Ramsey (266.7), Ridgewood Village (542.1), Upper Saddle River (108.4), Waldwick (272.1), Washington (247.0), Woodcliff Lake (308.0), Wyckoff (169.4), Hawthorne (332.5), Ringwood (282.3)	Haledon (750.1)
Mental and behavioral disorder emergency department discharges	1122.9	651.4	Allendale (443.3), Elmwood Park (754.9), Fair Lawn (671.6), Franklin Lakes (601.3), Glen Rock (614.1), Ho Ho Kus (241.6), Hahwah (537.2), Midland Park (892.5), Monvale (555.2), Oakland (598.1), Paramus (664.3), Park Ridge (756.7), Ramsey (413.3), Ridgewood Village (574.1), Upper Saddle River (84.3), Waldwick (645.0), Washington (644.3), Woodcliff Lake (376.5), Wyckoff (531.6), Hawthorne (907.7), Ringwood (629.1)	Haledon (1738.3)

Source: Crude rates per 100,000; New Jersey Discharge Data Collection System, Office of Health Care Quality Assessment, New Jersey Department of Health, 2016

Shading represents statistical significance compared to the state data point. Figures highlighted in orange were significantly higher compared to the state overall, while figures highlighted in blue were significantly lower

SUBSTANCE USE

TOBACCO USE AND E-CIGARETTE/VAPING

- **18.9% of Bergen County Random Household Survey respondents were smokers.**
 - Nearly half of all Asian respondents (49%) smoked. The percentage was also high among low-income respondents (28.8%).
- **6.0% of Bergen County Random Household Survey respondents reported having used an e-cigarette or vapor product within the past 12 months.** It should be noted that the Bergen County Random Household Survey was aimed at reaching individuals over 18, thus the small percentage represents use among adult respondents only. According to the 2018 National Youth Tobacco Survey, e-cigarette use among high school students increased by a staggering 78% from 2017 to 2018.²⁷
 - Among the Bergen County Random Household Survey respondents who reported using an e-cigarette/vapor product in the past 12 months, 24.7% reported that they used it to help them quit smoking.

Key informants and focus group/listening session participants identified e-cigarette use among youth/adolescents as a critical issue.

²⁷ “2018 NYTS Data: A Startling Rise in Youth E-Cigarette Use.” *U.S. Food and Drug Administration*. Feb 6 2019. <https://www.fda.gov/tobacco-products/youth-and-tobacco/2018-nyts-data-startling-rise-youth-e-cigarette-use>

Figure 33: Bergen County Random Household Survey – Current Cigarette Smokers (%)

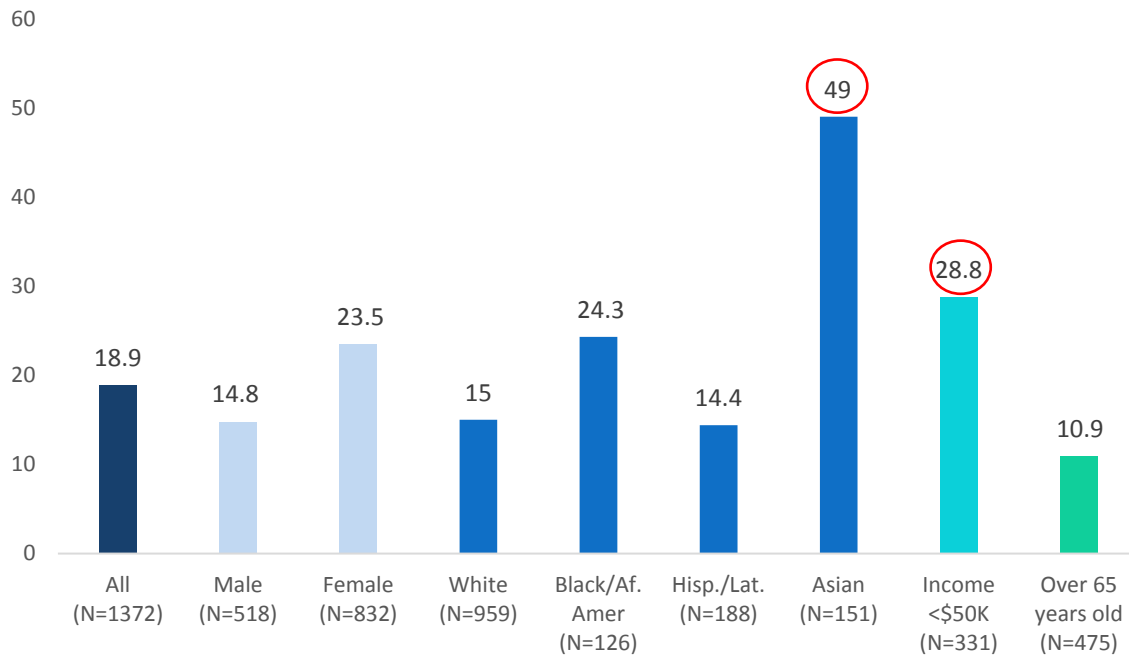
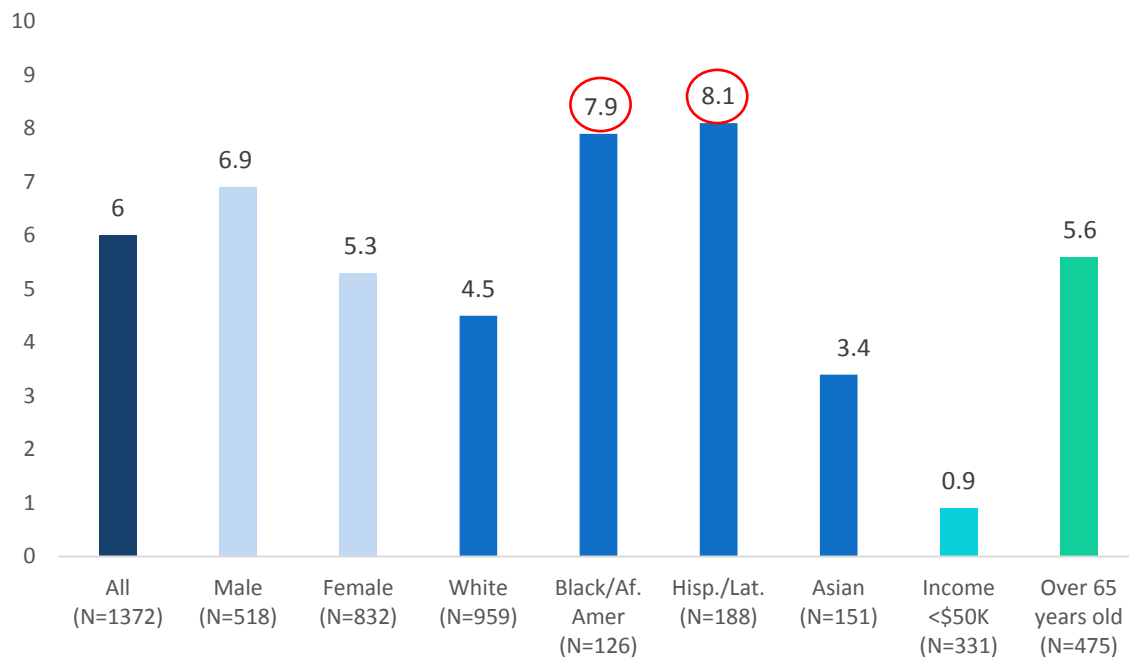


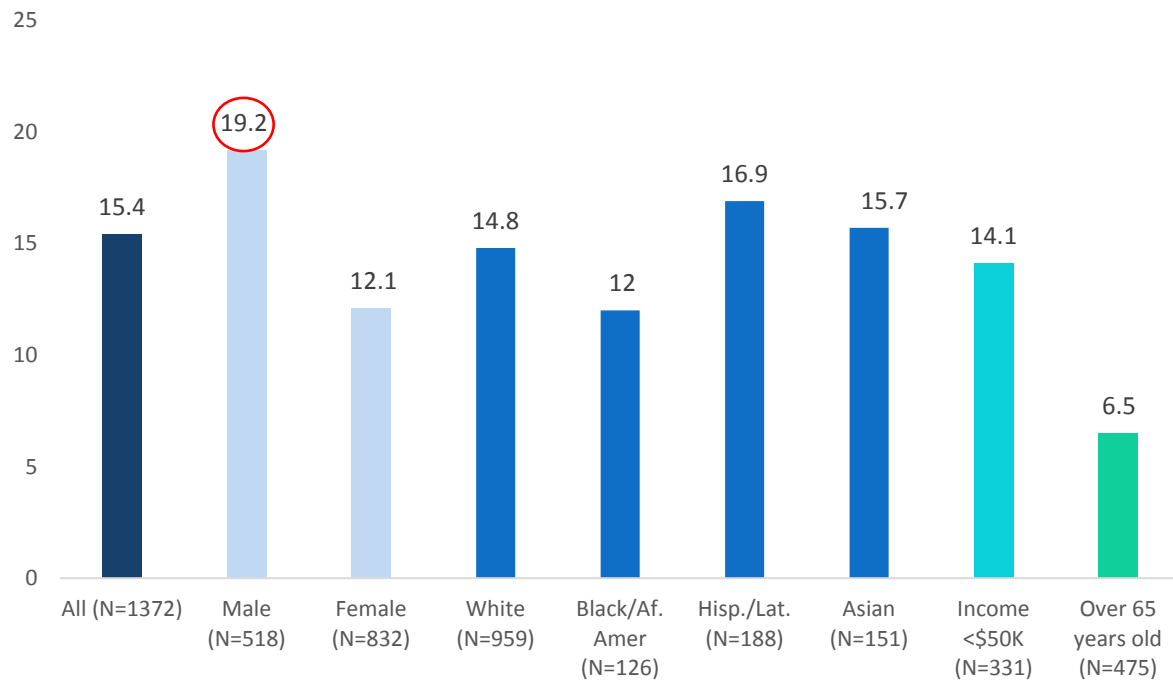
Figure 34: Bergen County Random Household Survey – Used E-Cigarettes/Vapor Products in Past Year (%)



ALCOHOL USE

- **Risky/heavy drinking** - 5.0% of respondents to the Bergen County Random Household Survey reported heavy/risky drinking in the past 30 days – defined as having more than one alcoholic beverage per day on average (7 drinks per week) for women, and more than two alcoholic beverages per day on average (14 drinks per week) for men.
- **Binge drinking** - 15.4% of respondents to the Bergen County Random Household Survey reported binge drinking in the past 30 days – defined as more than four alcoholic beverages at any one sitting for women, and five alcoholic beverages at any one sitting for men. Percentages were highest among male (19.2%) respondents.

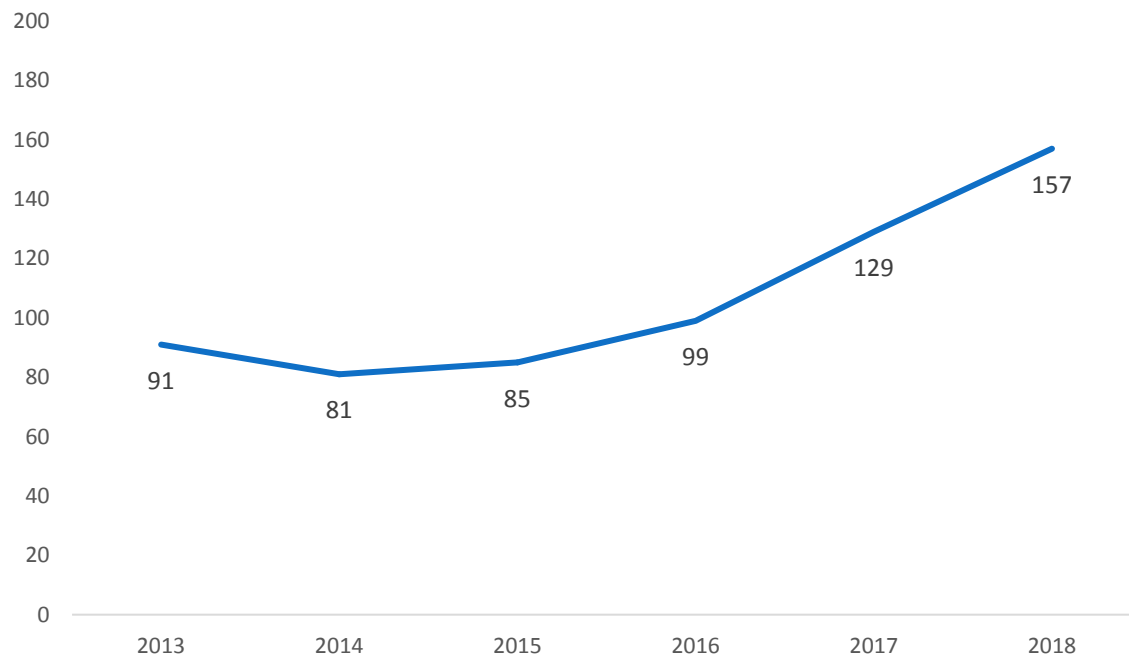
Figure 35: Bergen County Random Household Survey – Binge Drinking (%)



ILLCIT DRUG USE

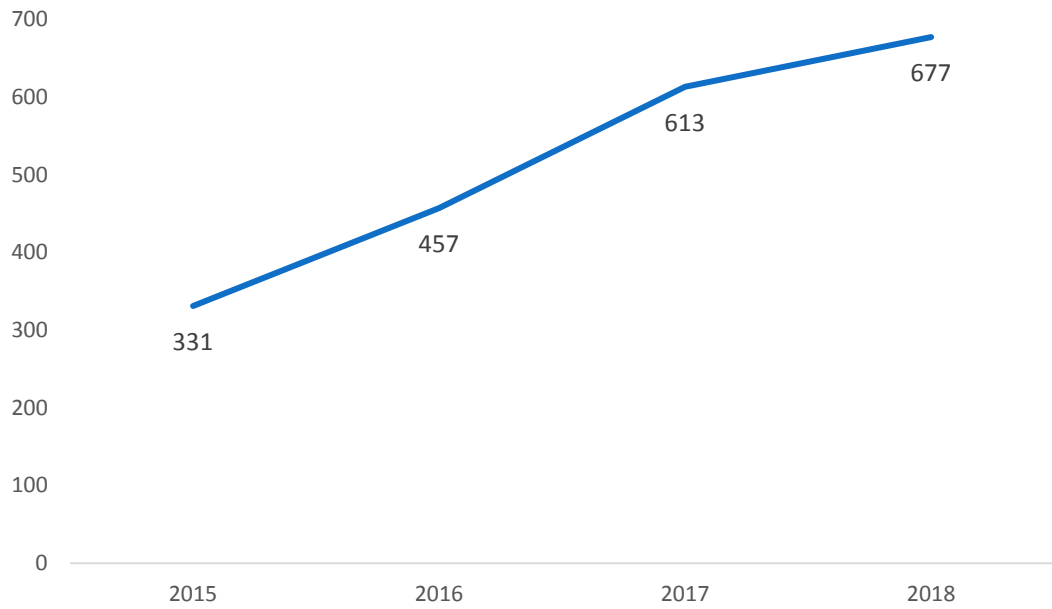
- **7.8% of Random Household Survey respondents reported having used drugs (e.g., heroin, cocaine, crack, painkillers like Percocet, Dilaudid, Demerol, Vicodin, and OxyContin) within the past 12 months.** It should be noted that individuals who responded that they used painkillers did not define whether these substances were used as-prescribed or for recreational purposes.
- **Opioid overdose deaths have increased every year since 2013.**
- **The number of Naloxone (Narcan) administrations – to rapidly reverse an opioid overdose – have increased every year since 2015.**
- **Prescriptions dispensed decreased.** Since 2015, the number of opioid prescriptions dispensed has steadily decreased. Approximately 47,000 fewer opioid prescriptions were dispensed in 2018 than in 2017.

Figure 36: Suspected Opioid Overdose Deaths in Bergen County



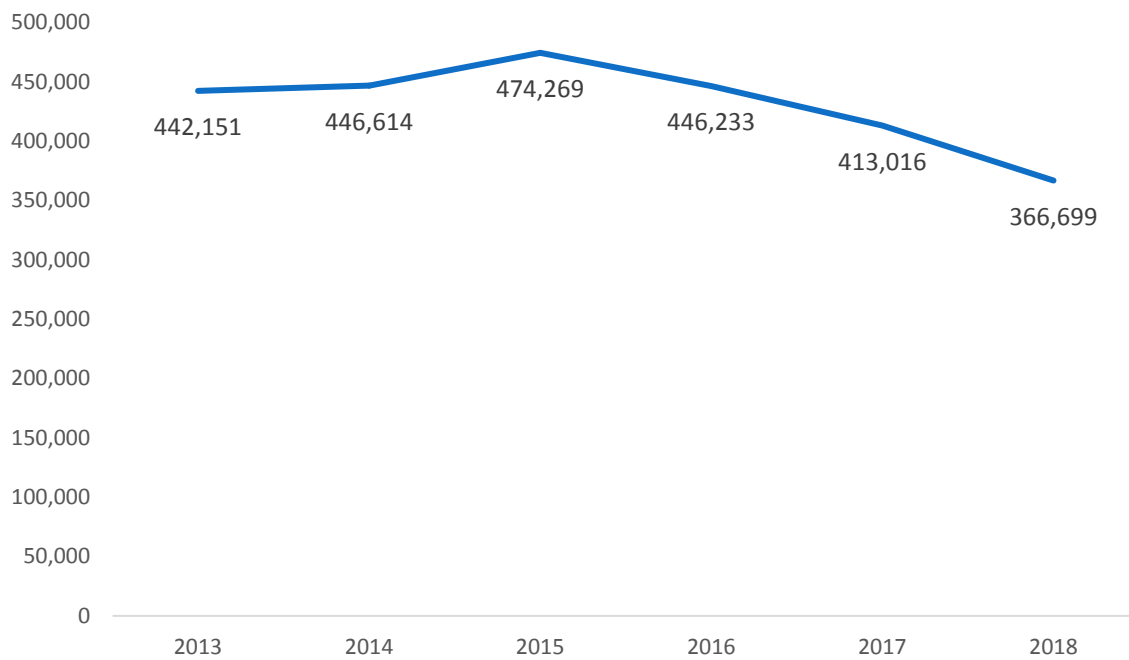
Source: NJCares, Office of the New Jersey Coordinator for Addiction Responses and Enforcement Strategies; State of New Jersey Office of the Attorney General

Figure 37: Naloxone (Narcan) Administrations in Bergen County



Source: NJCares, Office of the New Jersey Coordinator for Addiction Responses and Enforcement Strategies; State of New Jersey Office of the Attorney General

Figure 38: Opioid Prescriptions Dispensed in Bergen County

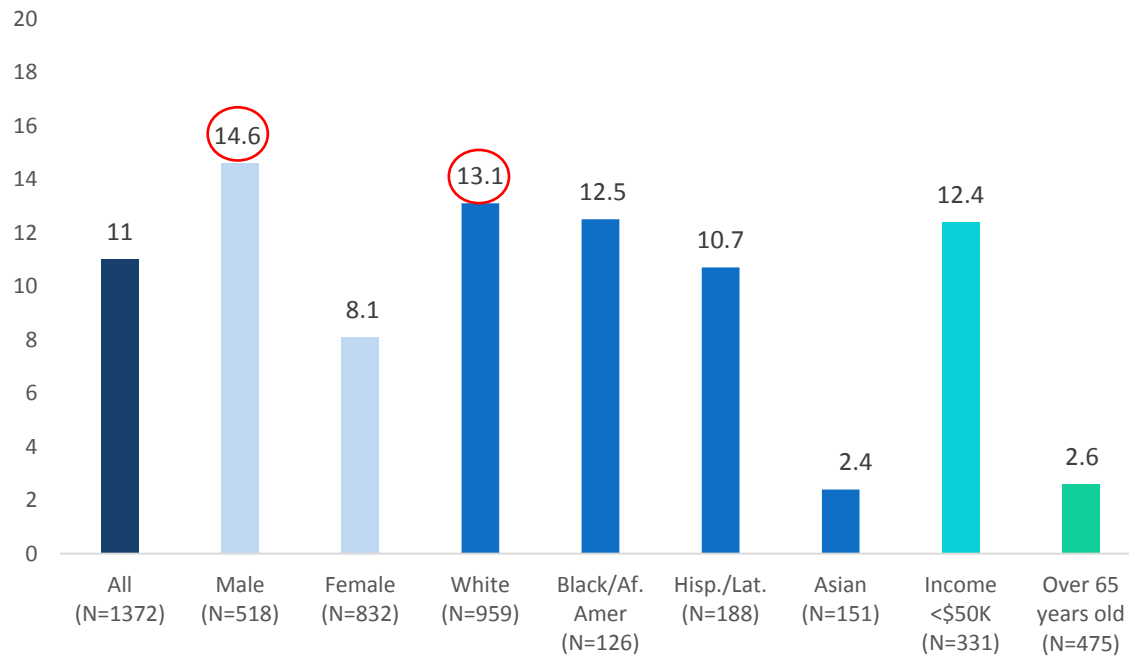


Source: NJCares, Office of the New Jersey Coordinator for Addiction Responses and Enforcement Strategies; State of New Jersey Office of the Attorney General

MARIJUANA USE

- 11% of Random Household Survey respondents reported that they currently use marijuana.
 - Percentages were highest among male (14.6%) and white (13.1%) respondents.

Figure 39: Bergen County Random Household Survey – Currently Uses Marijuana (%)



SUBSTANCE USE INPATIENT HOSPITALIZATIONS AND EMERGENCY DISCHARGES

- Inpatient hospitalizations and emergency department discharges due to injuries, poisonings, and toxic effects of drugs were significantly low in Bergen County compared to the state overall.
 - In Valley’s primary service area, emergency department discharges were significantly high compared to the state in Saddle River (3548.3) and Haledon (3131.3).

Table 15: Substance use hospitalizations and emergency department discharges

	New Jersey	Bergen County	Municipalities in Valley's primary service area significantly lower than NJ	Municipalities in Valley's primary service area significantly higher than NJ
Injuries, poisonings, and toxic effect of drugs inpatient hospitalizations	145.9	103.2	Fair Lawn (72.3), Glen Rock (58.9), Mahwah (75.7), Oakland (61.3), Paramus (93.3), Ramsey (40.0), Ridgewood Village (62.9), Hawthorne (89.7)	
Injuries, poisonings, and toxic effect of drugs emergency department discharges	1478.9	1120.4	Allendale (1108.3), Elmwood Park (1192.0), Fair Lawn (1036.0), Franklin Lakes (934.3), Glen Rock (1152.5), Mahwah (779.3), Montvale (1062.2), Oakland (1104.2), Paramus (1168.1), Ramsey (833.3), Ridgewood Village (1073.5), Upper Saddle River (156.6), Waldwick (1189.3), Wyckoff (1051.5)	Saddle River (3548.3), Haledon (3131.3)

Source: Crude rates per 100,000; New Jersey Discharge Data Collection System, Office of Health Care Quality Assessment, New Jersey Department of Health, 2016

Shading represents statistical significance compared to the state data point. Figures highlighted in orange were significantly higher compared to the state overall, while figures highlighted in blue were significantly lower

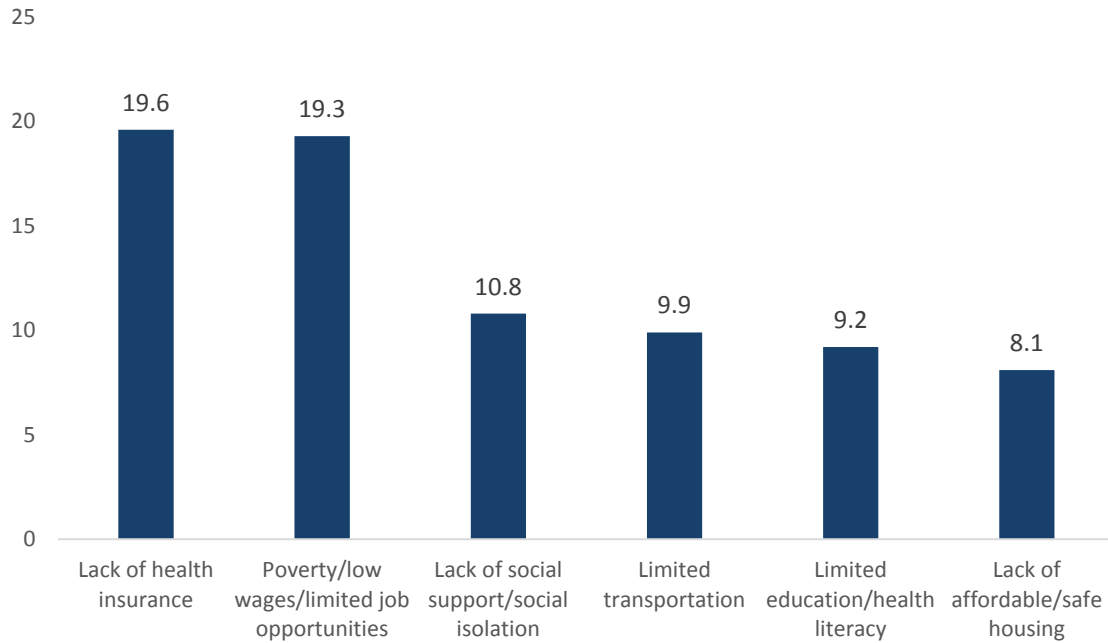
KEY FINDINGS: ACCESS TO CARE AND SOCIAL DETERMINANTS OF HEALTH

PERCEIVED BARRIERS TO CARE

Just as it is important to understand and characterize disease burden, it is important to understand whether individuals are able to access health care services when they want them, where they want them, and how they want them. Throughout the assessment, key informants, focus/group listening session participants, and key stakeholders described the common barriers to care people when face when trying to access care in Bergen County. Many of these barriers are associated with the social determinants of the health – inability to pay for needed services or health insurance, lack of transportation, and linguistic/cultural barriers. Other barriers were related to issues within the health service system – lack of providers, inability to find appointments, and fragmented service systems.

- **Receiving all needed medical services** - 10.1% of Bergen County Random Household Survey respondents reported that they did not receive all of the medical services they needed in the past 12 months. Percentages were highest among low-income (14.4%) respondents.
 - Among those who did not receive needed care (of any kind) within the past 12 months, 4.1% of respondents reported that it was because of the high cost of care; 2.2% reported that it was because they had no health insurance.
- **Factors that limit access to care and impact health** - Bergen County Random Household Survey respondents were asked to identify the leading social factors or barriers that limit access to care or impact the health of those living in the community.
 - Lack of health insurance, poverty/low wages/limited job opportunities, lack of social support and social isolation, limited transportation, limited education/health literacy, and lack of affordable and/or safe housing were the top six responses.

Figure 40: Bergen County Random Household Survey – Factors that Limit Access to Care and Impact Health, Top Six Responses (%)



HEALTH INSURANCE

Whether an individual has health insurance—and the extent to which it helps to pay for needed acute services and access to a full continuum of high-quality, timely and accessible preventive and disease management or follow-up services—has been shown to be critical to overall health and well-being.²⁸

- **Percent uninsured significantly low** - In Bergen County, the percentage of the population that was uninsured (9.2) was significantly low compared to New Jersey overall (9.7).²⁹
 - The percentage with public insurance (e.g., Medicaid, Medicare) in Bergen County (24.3%) was also significantly low compared to New Jersey overall (29.7%).
 - The percentage of the population with private insurance (76.4%) was significantly high compared to New Jersey overall (71.6%).

The Bergen County Community Health Perceptions Survey asked people to name the issues they thought prevented people from living a healthy life. “No or limited health insurance” was the second most common response

²⁸ “Health Insurance and Access to Care,” *National Center for Health Statistics*, Feb. 2017, https://www.cdc.gov/nchs/data/factsheets/factsheet_hiac.pdf

²⁹ US Census Bureau, American Community Survey, 2013-2017

Table 16: Health Insurance (2013-2017)

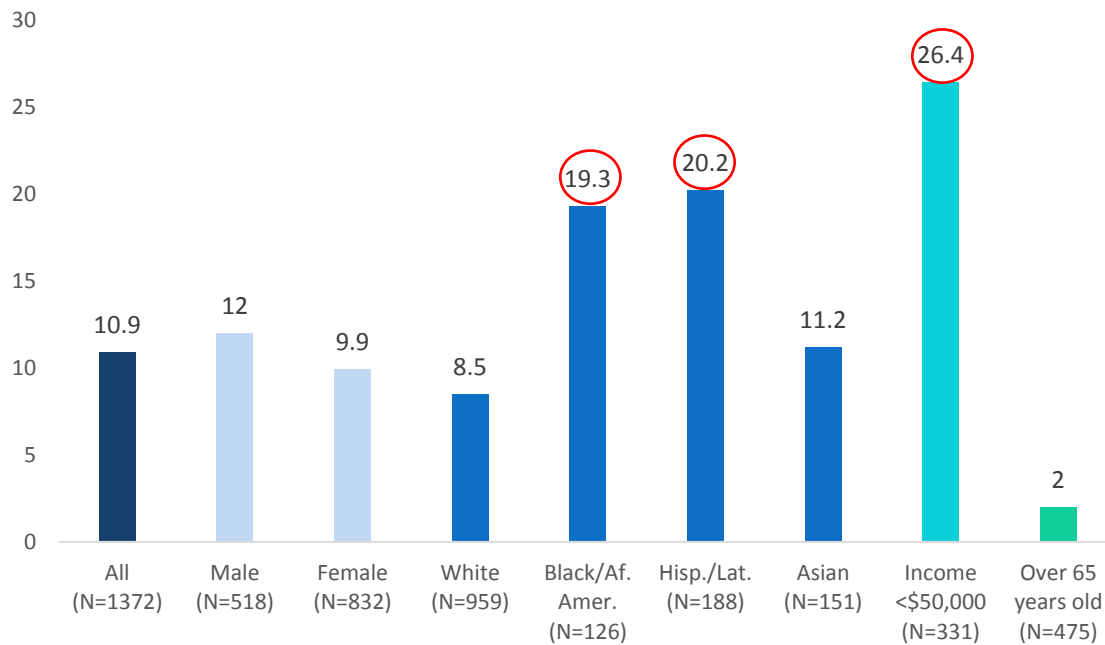
	New Jersey	Bergen County
Uninsured (%)	9.7	9.2
Public health insurance (e.g., Medicaid, Medicare) (%)	29.7	24.3
Private health insurance (%)	71.6	76.4

Source: US Census Bureau, American Community Survey, 2013-2017

Shading represents statistical significance compared to the state. Figures highlighted in orange were significantly high compared to the state overall, while figures highlighted in blue were significantly low.

- **Among respondents to the Bergen County Random Household Survey, 10.9% reported that they had been uninsured sometime within the past year.**
 - Percentages were highest among low-income (26.4%), Hispanic/Latino (20.2%), and Black/African American (19.3%) respondents.

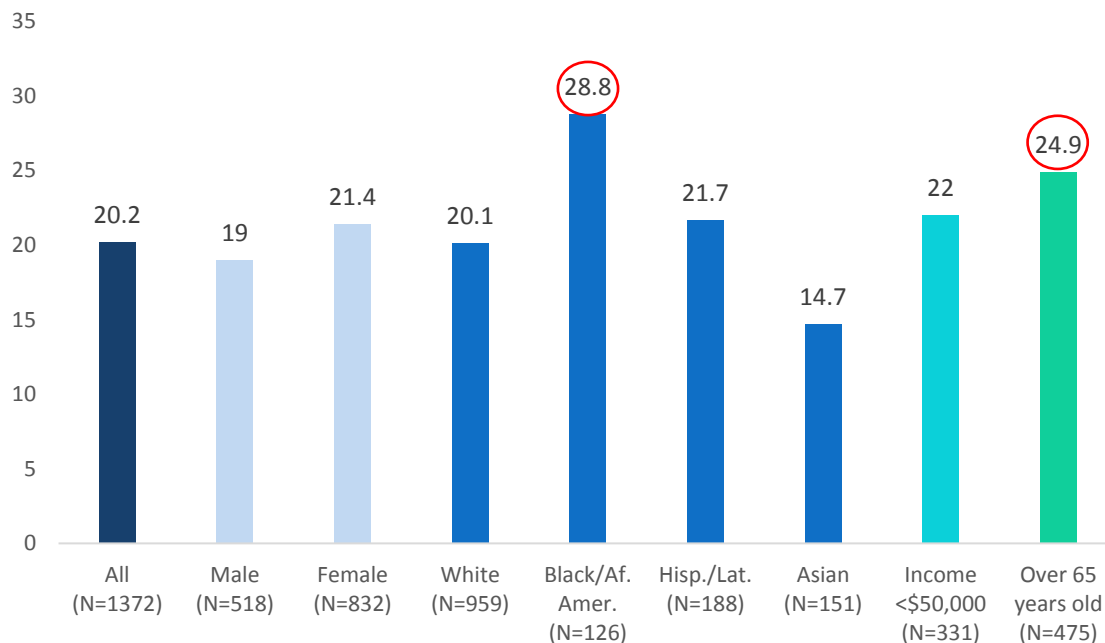
Figure 41: Bergen County Random Household Survey – Uninsured Sometime Within Past Year (%)



SERVICE UTILIZATION

- 20.2% of Bergen County Random Household Survey respondents reported that they had visited the emergency room one or more times in the past year.**
 - Percentages were highest among Black/African American respondents (28.8%) and those over 65 (24.9%).
- 9.3% of Bergen County Random Household Survey respondents reported that they had stayed in a hospital overnight for care of observation one or more times in the past year.**
 - Percentages were highest among respondents over 65 (18.0%) and low-income respondents (14.8%).

Figure 42: Bergen County Random Household Survey – Visited Emergency Room At Least Once in Past Year (%)



One of the major themes of this assessment was that individuals struggle to access behavioral healthcare services, including psychiatry, inpatient/outpatient mental health treatment, substance use detoxification and rehabilitation, outpatient substance use treatment, and medication-assisted treatment. Many of the individuals engaged during this assessment reported that hospitals and community partners were working to fill service gaps and address the needs of individuals and the community at-large, yet people continue to face delays or barriers to care due to limited providers and specialists, limited treatment beds, and social determinants that impede access to care (e.g., insurance coverage, transportation, employment, health literacy). Many participants also discussed the co-morbidity that often occurs between mental health and substance use issues, which complicates treatment options.

- **9.3% of Random Household Survey respondents that they received counseling, treatment, or medicine for mental health or substance use issues within the last 12 months.** Percentages were highest among low-income (11.2%) respondents.
 - 17.8% of Bergen County Random Household Survey respondents reported that they never or rarely get the social/emotional help they need. Percentages were highest among Asian (34.3%), low-income (25.6%), and male (23.5%) respondents.
- **16.5% of respondents reported that they did not receive needed mental health care in the past year.** Percentages were highest among Black/African American (20.2%) and white (17.7%) respondents.
- **7.0% of respondents reported that they did not receive needed substance use treatment in the past year.** Percentages were highest among low-income (10.8%) and Asian (9.0%) respondents.

Figure 43: Bergen County Random Household Survey – Received Counseling, Treatment, or Medicine for Mental Health/Substance Use Issue in Past Year (%)

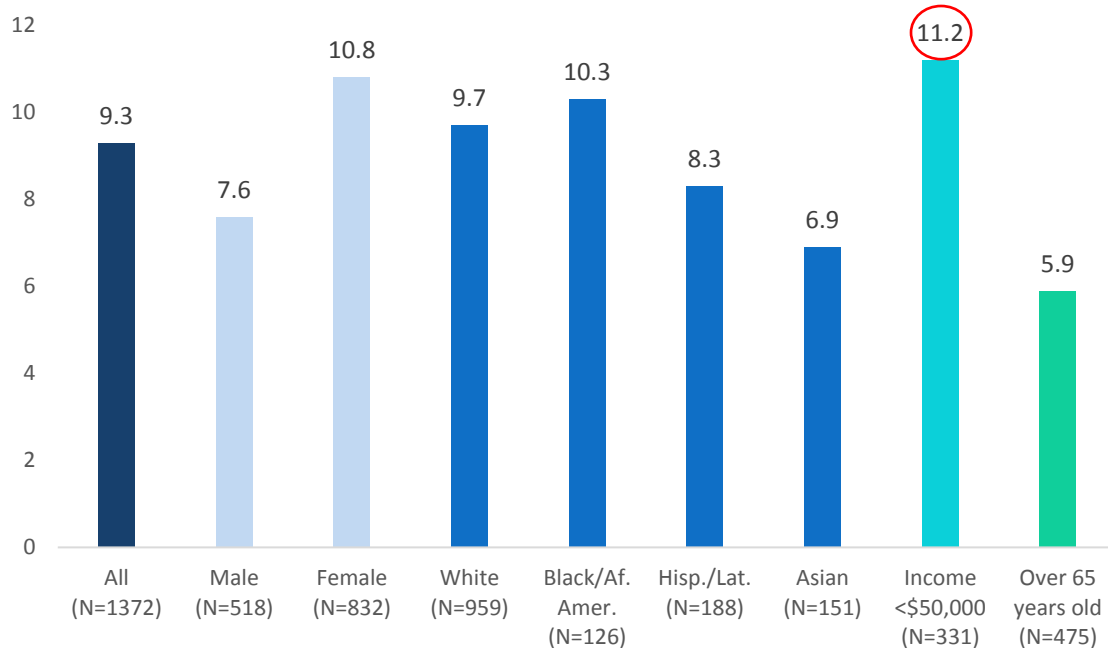


Figure 44: Bergen County Random Household Survey - Did Not Receive Needed Mental Health Treatment (%)

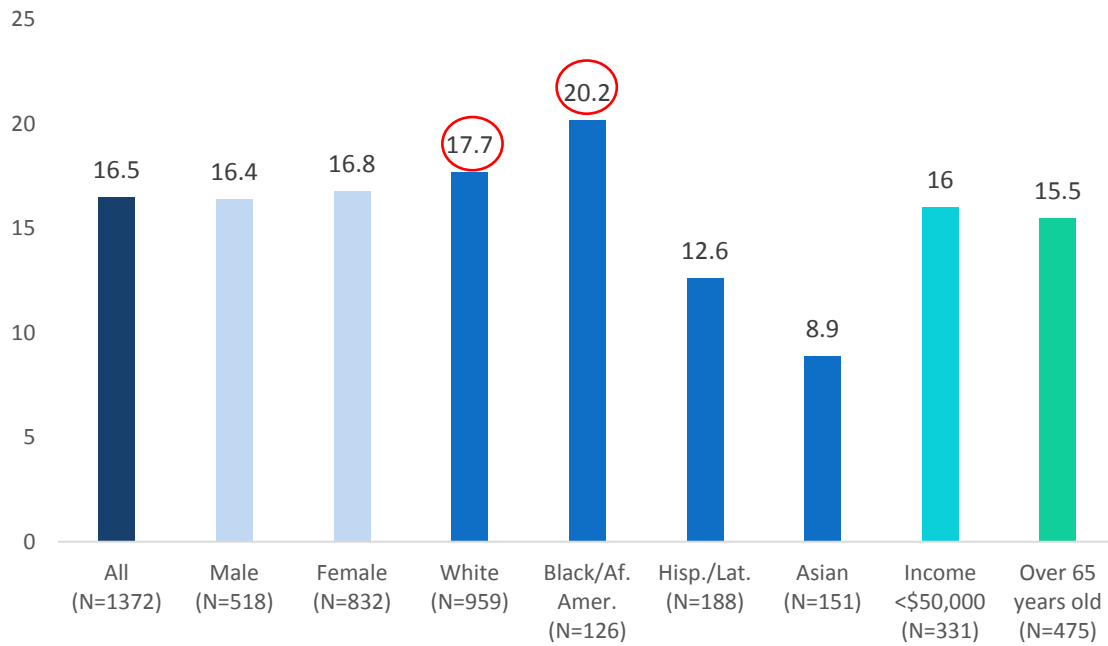


Figure 45: Bergen County Random Household Survey – Did Not Receive Needed Substance Use Treatment (%)

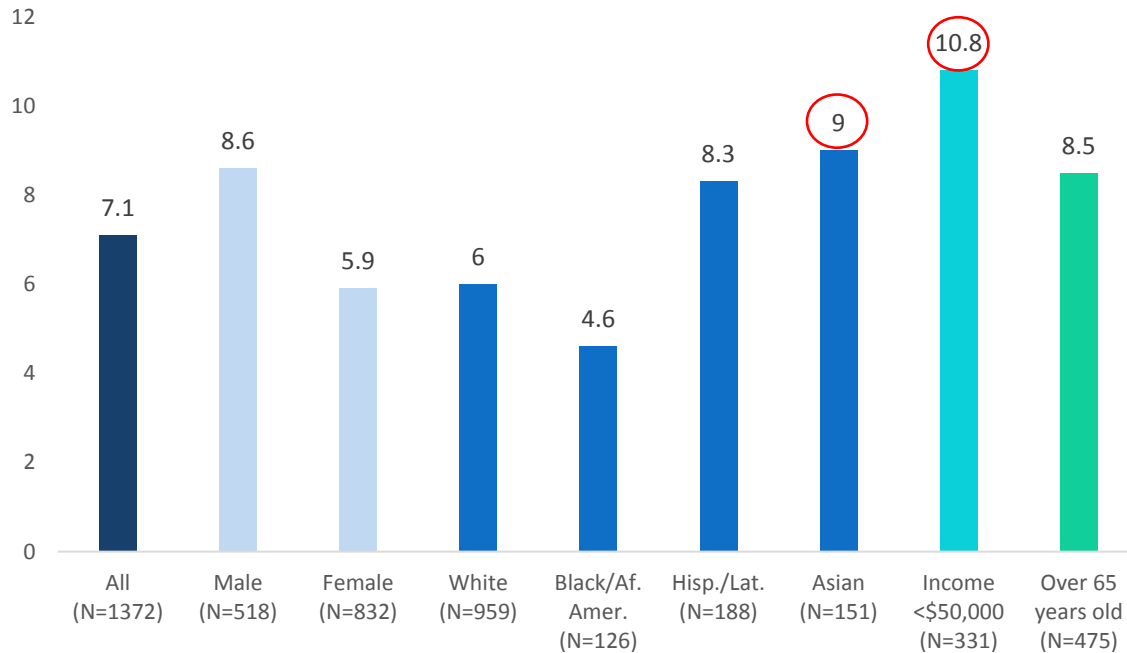
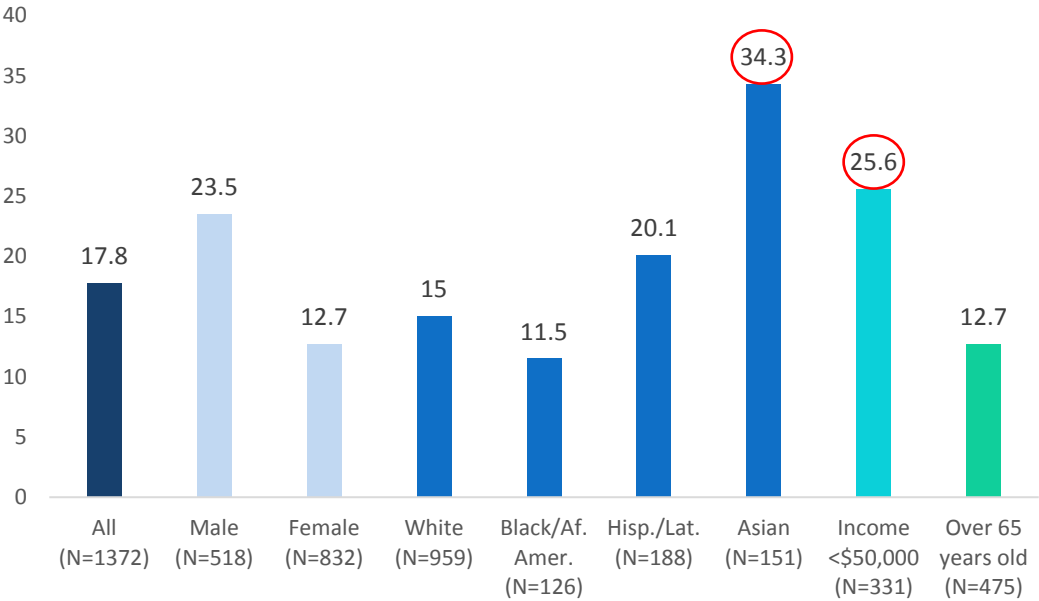


Figure 46: Bergen County Random Household Survey – Never or Rarely Get Social/Emotional Help They Need (%)



SUMMARY IMPLEMENTATION STRATEGY

This section provides a summary of the planning principles applied to the development of The Valley Hospital's Implementation Strategy. Below is also a discussion of the priority populations that the Implementation Strategy aims to reach, and goals, objectives, and strategies within each identified priority area. A full Implementation Strategy, with goals, objectives, strategies, sample measures, and potential community partners may be found in Appendix D.

IMPLEMENTATION STRATEGY PLANNING PRINCIPLES

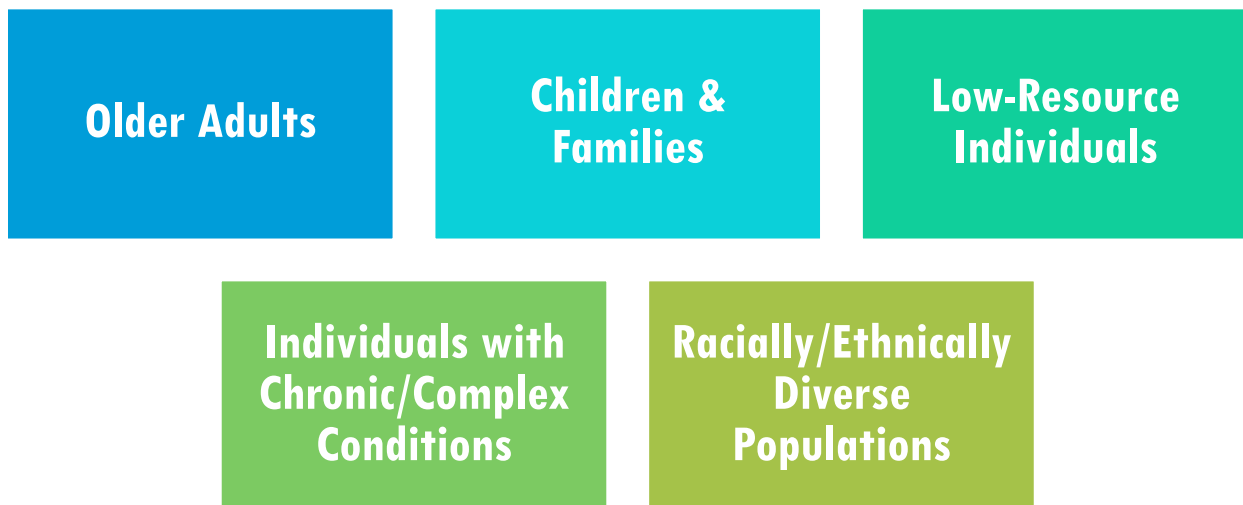
The following defines the types of programmatic strategies and interventions that were applied in the development of the Implementation Strategy.

- **Identification of those At-risk (Outreach, Screening, Assessment and Referral):** Screening and assessment programs reduce the risk of death or ill health from a specific condition by offering tests to help identify those who could benefit from treatment. A critical component of screening and referral efforts is to provide linkages to providers, treatment, and supportive services should an issue be detected.
- **Health Education and Prevention:** Initiatives that aim to prevent disease or injury before it ever occurs by reducing risks, preventing exposures to hazards, or altering unhealthy behaviors. Programs might include targeted efforts to raise awareness about a particular condition or provide information on risk and protective factors.
- **Behavior Modification and Chronic Disease Management:** Evidence-based behavioral modification and/or chronic disease management programs that encourage individuals to manage their health conditions, change unhealthy behaviors, and make informed decisions about their health and care.
- **Care Coordination and Service Integration:** Initiatives that integrate existing services and expand access to care by coordinating health services, patient needs, and information.
- **Patient Navigation and Access to Care:** Efforts which aim to help individuals navigate the health care system and improve access to services when and where they need them.
- **Cross-Sector Collaboration and Partnership:** Includes collaborations, partnerships, and support of providers and community organizations across multiple sectors (e.g., health, public health, education, public safety, and community health).

PRIORITY POPULATIONS

The Valley Hospital is committed to improving the health status and well-being of all residents living in their service area - certainly all geographic, demographic, and socioeconomic segments of the population face challenges that may impede their ability to access care or maintain good health. Regardless of age, race/ethnicity, income, family history, or other characteristics, everyone is impacted in some way by health-related disparities. With this in mind, Valley's Implementation Strategy includes activities that will support all residents, across all segments of the population. However, based on the assessment's quantitative and qualitative findings, there was broad agreement that Valley's Implementation Strategy should prioritize certain demographic and socio-economic segments of the population. The assessment identified the following priority populations:

Figure 47: The Valley Hospital Priority Populations 2020-2022



OLDER ADULTS

The challenges faced by older adults came up in nearly every interview and focus group. Chronic disease, social isolation/lack of family support, living on fixed incomes, affordable housing, and transportation were identified as significant issues. In the U.S. and New Jersey, older adults are among the fastest growing age groups.

Older adults experience a higher risk of chronic and complex conditions such as heart disease, cancer, stroke, diabetes, and neurological disorders (e.g., dementia, Alzheimer's, Parkinson's disease). These conditions contribute to the leading causes of death for older adults and may affect an individual's quality of life, especially for those who manage two or more chronic conditions.³⁰

Significant proportions of this group experience hospitalizations, are admitted to nursing homes, and receive home health services and other social supports in home and community settings.

³⁰ "Older Adults." *HealthyPeople.gov, Office of Disease Prevention and Health Promotion*, <https://www.healthypeople.gov/2020/topics-objectives/topic/older-adults>

CHILDREN & FAMILIES

Individuals that were engaged during this assessment identified children as one of the most vulnerable and at-risk populations in the region. Participants' reasons for believing this group should be prioritized varied, but centered on the prevalence and impact of mental health and substance use. Children and adolescents are both in critical formative and transitional period that include biological and developmental milestones that are important to establishing long-term identity and independence. Although adolescents are generally healthy, they do struggle with health and social issues, such as obesity (e.g., poor nutrition and lack of physical activity), mental health (e.g., depression, anxiety, stress), substance use (e.g., cigarettes/vaping, marijuana, alcohol, opiates), sexually transmitted infectious, and injuries due to accidents. In order to thrive children and adolescents need strong, supportive families and/or other support networks to guide them through the early stages of life.

LOW-RESOURCE INDIVIDUALS

Participants spoke of the intense challenges that many moderate income individuals and families face due to the high cost of living in Bergen County, combined with the fact that most of those in middle-income cohorts are not eligible for subsidized public programs like Medicaid, food stamps, and Healthy Start.

INDIVIDUALS WITH CHRONIC/COMPLEX CONDITIONS

One cannot ignore that heart disease and cancer were the leading causes of death in New Jersey and in Bergen County. Along with other conditions, including asthma and diabetes, these conditions are considered to be chronic and complex. It is important to note that the risk and protective factors for many chronic/complex conditions are the same, including lack of physical activity, poor nutrition, obesity, and substance misuse. Individuals with chronic/complex conditions often face significant barriers to care (e.g., transportation, lack of health literacy, fragmented care). These issues are exacerbated for frail elders, individuals without caregivers, those with limited mobility, and those who lack financial resources. Many key informants cited a need for care management, navigation, and care coordination for these populations. Several individuals also suggested a need for caregiver support programs and resources.

RACIALLY/ETHNICALLY DIVERSE POPULATIONS

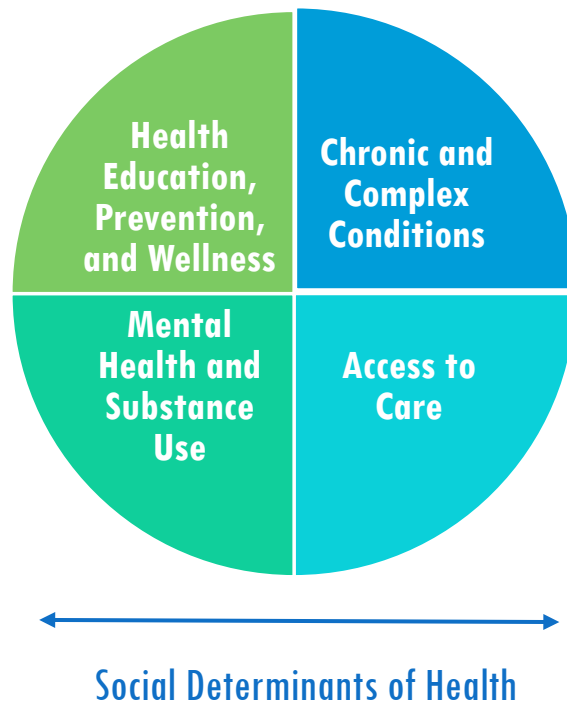
Many engaged during this assessment reported that many racial, ethnic, and cultural minorities and non-English speakers experiences disparities with respect to the social determinants (e.g. housing, income and employment, access to transportation), health care access (e.g. navigation of health system, access to primary care), and overall health status. Information gathered from the assessment, supported by findings from academic literature, highlight the disparities that these segments face.

GOALS, OBJECTIVES, AND STRATEGIES BY PRIORITY AREA

The goal of the CHNA was to engage the community and compile quantitative and qualitative information to identify the leading health-related issues affecting individuals in Bergen County and in The Valley Hospital's service area. The priorities that were identified have been framed broadly to ensure that the full breadth of unmet needs and community health issues are recognized. These priorities were identified through an integrated and thorough review of all of the quantitative and qualitative information captured for the assessment. The priorities have been identified to maximize impact, reduce disparities, and promote collaboration and cross-sector partnership.

During the later stages of the CHNA process, significant efforts were made to vet the priority issues with The Valley Hospital's leadership and staff. Based on the findings from the breadth of CHNA activities, leadership opted to prioritize the following community health issues (in order of how they are discussed in the Community Health Needs Assessment): health education, wellness, and prevention; chronic and complex conditions; mental health and substance use; and access to care. A crosscutting issue, the social determinants of health, was also identified.

Figure 48: The Valley Hospital Community Health Priority Areas 2020-2022



PRIORITY AREA: HEALTH EDUCATION, PREVENTION, AND WELLNESS

The Valley Hospital is committed to promoting wellness for all people who live, work, or attend school in their service area. Valley has a long history of working with community partners to ensure that residents have the tools and resources necessary to take proactive steps to maintain or improve their overall well-being.

Goals	Objectives and Strategies

PRIORITY AREA: CHRONIC AND COMPLEX CONDITIONS

The Valley Hospital recognizes that heart disease, cancer, and other chronic and complex conditions are the leading causes of death. Valley will continue to ensure that those with chronic and complex conditions and their families have the supportive services they need.

Goals	Objectives and Strategies

PRIORITY AREA: MENTAL HEALTH AND SUBSTANCE USE

The burden of mental health and substance use, including depression and anxiety, social isolation, opioid misuse, tobacco/e-cigarette use, and alcohol misuse, is substantial. The Valley Hospital will continue to work with community partners to address stigma, reduce risky behaviors and promote behavior change.

Goals	Objectives and Strategies

PRIORITY AREA: ACCESS TO CARE AND SOCIAL DETERMINANTS OF HEALTH

The Valley Hospital provides access to high-quality treatment and supportive services to the community. As evidenced by the assessment findings, disparities in health outcomes and access to services exist for low-income and racial/ethnic cohorts. Disparities may also exist by age, language, and ability (physical, mental, and emotional). Valley will continue to work with community partners to promote access and engagement in care and reduce barriers.

Goals	Objectives and Strategies

COMMUNITY HEALTH NEEDS NOT PRIORITIZED BY THE VALLEY HOSPITAL

There are community health needs that were identified through the assessment that were not prioritized for inclusion in the implementation strategy for a number of reasons:

- Feasibility of The Valley Hospital having an impact in the short- or long-term
- Clinical expertise of the organization
- Limited burden on residents of service area
- The issue is currently being addressed by community partners in a way that does not warrant additional support

Namely, availability of affordable housing was identified as a community need, but this issue was determined to be outside of Valley's primary sphere of influence. This is not to say that Valley will not support efforts in these areas or other areas that were not prioritized.

APPENDIX C: RESOURCE INVENTORY

Behavioral Health

- American Foundation for Suicide Prevention, Northern New Jersey – Saddle Brook
- Bergen County Addiction Recovery Program - Hackensack
- Bergen County Department of Mental Health Services – Hackensack
- CarePlus NJ – Paramus and Fair Lawn
- Center for Discovery – Paramus
- Changeworks, LLC – County-wide
- Clinic of the New Jersey Institute, Inc. – Teaneck
- Comprehensive Behavioral Healthcare, Inc. – Multiple locations
- Crisis Intervention Team (CIT-NJ) – Paramus
- Depression and Bipolar Support Alliance – Paramus
- High Focus Centers – Paramus
- National Alliance on Mental Illness – Wood Ridge
- New Jersey Wellness Center – Fair View
- North Jersey Friendship House – Hackensack
- Spring House – Paramus
- The Counseling Center – Fair Lawn
- Vantage Mental Health – Multiple locations
- West Bergen Mental Healthcare - Mahwah

Business, Economic, and Workforce Development

- Bergen County Workforce Development Board– Hackensack
- Bergen One Stop Career Center – Hackensack
- Bridges to Employment – Lyndhurst
- Community Network Association of Bergen – New Milford

Children and Families

- Baby Basics – Paramus
- Bergen County Council for Young Children – Fair Lawn
- Bergen County Division of Child Protection and Permanency - Hackensack
- Bergen County Office for Children - Hackensack
- Bergen County Youth Services Commission – Hackensack
- Birthright of Bergen County – Maywood
- Boys and Girls Club of Lodi/Hackensack - Lodi
- Bridges Family Success Center – Englewood
- Children’s Aid and Family Services (CAFS) – Fair Lawn
- Children’s Therapy Center – Ridgewood
- Meadowlands Family Success Center – Little Ferry
- Moving on Life Center, Inc. – Teaneck
- Nurturing Parent Program (Prasada In Home)
- Partnership for Maternal and Child Healthcare

- Zoe’s Café - Paramus

Community Centers, Organizations, and Services

- Bergen County Community Wellness Center and Outreach – Hackensack
- Bergen County Wellness Discount Program - Hackensack
- Bergen Family Center – Englewood
- Center for Family Wellness - Emerson
- Community Health Law Project
- Garfield YMCA
- Municipal Parks and Recreation Departments
- Ridgewood YMCA – Ridgewood
- Wyckoff YMCA
- YMCA of Greater Bergen County – Hackensack
- YWCA Bergen County – Hackensack

Community Health Collaboratives

- Bergen County Prevention Coalition
- Community Health Improvement Partnership (CHIP) of Bergen County

Cultural Advocates and Organizations

- Bergen County ESL – Englewood
- Bergen County Chapter of the Links
- Korean American Senior Citizens Association of New Jersey (KASCANJ)
- NAACP, Bergen County Chapter

Disabilities/Differently-Abled

- Alpine Learning Group - Paramus
- Autism Spectrum Education Network – Oakland
- Autism Parent/Guardian Support Group - Teaneck
- Bergen County Division of Disability Services – Hackensack
- Bergen County Special Services CAPE Resource Center – Paramus
- Heart to Heart Associates – River Edge
- Modification Access Project – Hackensack
- Programs Without Walls - Paramus
- Spectrum for Living – River Vale
- TeamUP Counseling Functional Learning Center – Ridgefield
- The Felician School for Exceptional Children - Lodi

Food Insecurity

- Center for Food Action – Multiple locations
- Church of the Ephiphany Food Pantry – Cliffside Park
- Church of St. Anne Food Pantry - Fairlawn

- Closer Food Pantry – Closter
- Community FoodBank of New Jersey – Hillside
- Community Pantry – Paramus
- Faith and Hope Food Pantry - Teaneck
- Helping Hand Food pantry - Hillside
- Holy Rosary Food pantry – Edgewater
- Holy Trinity Church Food Pantry – Hackensack
- Lyndhurst Food Pantry – Lyndhurst
- Office of Concern Food Pantry – Englewood
- Pascack Food Center – Park Ridge
- Ridgefield Pantry – Ridgefield
- Rutherford Community Food Pantry - Rutherford
- Sacred Heart Food Pantry – Lyndhurst
- St. Andrew’s Church - Westwood
- St. Francis Food Pantry - Ridgefield
- St. John the Evangelist Food Pantry – Bergenfield
- St. Joseph’s Church Food Pantry – Bogota

Healthcare

- Bergen County Health Care Center – Rockleigh
- Bergen Volunteer Medical Initiative - Hackensack
- Buddies of New Jersey, Inc. – Hackensack
- Broadway Respite and Home Care – Fair Lawn
- Englewood Family Health Center
- North Hudson Community Action Corporation Health Center – Multiple locations
- Planned Parenthood – Englewood and Hackensack
- Preferred Home Health Care & Nursing Services - Elmwood
- Vantage Health System - Englewood

Hospitals

- Bergen New Bridge Medical Center
- Christian Health Care Center
- Englewood Health
- Hackensack University Medical Center
- Hackensack Meridian Health at Pascack Valley
- Ramapo Ridge Psychiatric Hospital (part of Christian Health Care Center)
- The Valley Hospital

Housing and Homelessness

- Advance Housing, Inc. - Teterboro
- Alliance Against Homelessness of Bergen County – Washington
- Bergen County Home Improvement Program – Hackensack

- Bergen County Housing, Health, and Human Services Center – Hackensack
- Bergen’s Place Youth Shelter – Teterboro
- Fair Housing Council of New Jersey – Hackensack
- Family Promise of Bergen County – Ridgewood
- Greater Bergen Housing Coalition - Hackensack
- Habitat for Humanity of Bergen County – River Edge
- Housing Authority of Bergen County – Hackensack
- Municipal Housing Authorities
- Rebuilding Together New Jersey
- Salvation Army Cornerstone House - Montclair
- Urban League for Bergen County - Englewood

Law Enforcement/Fire/EMS

- Municipal Police Departments
- Municipal Fire Departments
- Northwest Bergen EMS

LGBTQ+

- Families of LGBTQ Youth Support Group - Wyckoff
- Garden State Equality
- Gay, Lesbian, and Straight Education Network (GLSEN)
- Marsha P. Johnson Social - Paramus
- Rainbow Café – Cresskill
- Parents, Families, and Friends of Lesbians and Gays (PFLAG) – Washington Township

Older Adult Health/Healthy Aging

- Age Friendly Ridgewood
- Bergen County Division of Senior Services – Hackensack
- Councils on Aging
- Senior Centers
- Seniors in Place – Saddle Brook

Services for Low-Resource Individuals and Families

- Bergen County Board of Social Services – Rochelle Park
- Catholic Charities
- Faith and Hope Food Pantry – Teaneck
- Family Promise of Bergen County – Ridgewood
- Greater Bergen Community Action – Hackensack
- Helping Hands Food Pantry – Hillsdale
- Jewish Family Services of Bergen and North Hudson – Teaneck
- Low Income Heat and Energy Assistance Program - Hackensack
- Meadowlands Family Success Center – Little Ferry

- Meals on Wheels New Jersey
- Northeast New Jersey Legal Services – Hackensack
- North Hudson Community Action Corporation
- Office of Concern – Englewood
- Social Service Association of Ridgewood
- United Way of Bergen County – Paramus

Transportation

- Bergen County Community Transportation - Hackensack
- On Time Transport - Fairlawn

Veterans

- Alfred J. Thomas Home for Veterans
- Bergen County Division of Veteran Services - Hackensack
- Community Hope

Violence Prevention, Re-Entry, and Community Cohesion

- Alternatives to Domestic Violence – Hackensack
- Center for Hope and Safety
- HealingSPACE – Hackensack
- HOPE for Ex-Offenders - Hackensack
- Transition Professionals – Hackensack
- Violence Intervention Prevention Center - Paramus