

TCNY/2020 1ST ANNUAL UPDATE 2016







“ We must work together to ignite and sustain meaningful change in our communities. ”

December 2016

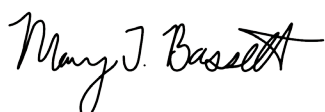
Dear Partner,

We are excited to share with you the first annual update to Take Care New York 2020 (TCNY 2020), the New York City Health Department’s blueprint for helping everyone achieve a healthier life. Although it is still too early to report progress on the data, we want to update you on some of the exciting activities that communities and partners are working on together to help achieve TCNY 2020 goals.

Health equity cannot be achieved by a single individual or organization; we must work together to ignite and sustain meaningful change in our communities. We hope you will be inspired by this document to get even more involved in your community’s health planning efforts.

In the coming years, we will provide additional opportunities for partners to participate in TCNY 2020. As always, thank you for your continued partnership as we work together toward a healthier New York City.

Sincerely,



Mary T. Bassett, MD, MPH
Commissioner, New York City Department
of Health and Mental Hygiene



Oxiris Barbot, MD
First Deputy Commissioner, New York City
Department of Health and Mental Hygiene



INTRODUCTION

New York City residents have become much healthier over the last decade. Life expectancy has risen, outpacing national trends, and infant mortality is at an all-time low.¹

These improvements are a direct result of focused, long-term action by residents and organizations throughout the city. Unfortunately, not all New Yorkers have benefited from this progress. Inequities in health outcomes among neighborhoods and populations persist. One of the most striking examples of this is the infant mortality rate; the risk of a baby dying in its first year of life is nearly three times as high for babies born to Black women as it is for those born to White women.² The Health Department aims to address the underlying structural factors that fuel these inequities. TCNY 2020, which launched in late 2015, is the Health Department's blueprint for continuing to improve the health of all New Yorkers and advancing health equity.³

¹ Li W, Huynh M, Lee E, Lasner-Frater L, Castro A, Kelley D, Kennedy J, Maduro G, Sebek K, Sun Y, Van Wye G. Summary of Vital Statistics, 2014. New York, NY: New York City Department of Health and Mental Hygiene, Office of Vital Statistics, 2016.

² Zimmerman R, Li W, Lee E, Lasner-Frater L, Van Wye G, Freedman B, Kelley D, Kennedy J, Maduro G, Ong, P, Sun Y. Summary of Vital Statistics, 2013: Infant Mortality. New York, NY: New York City Department of Health and Mental Hygiene, Office of Vital Statistics, 2014.

³ Mettey A, Garcia A, Isaac L, Linos N, Barbot O, Bassett MT. Take Care New York 2020: Every Neighborhood, Every New Yorker, Everyone's Health Counts. New York City Department of Health and Mental Hygiene, 2015.





What is Health Equity?

Health Equity means achieving the highest level of health for all people, regardless of social position or identities. Social identities include race, nationality, socioeconomic status, gender, sexuality, ability and religion.

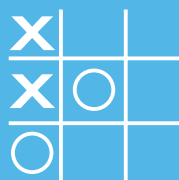
TCNY 2020 recognizes that health outcomes are influenced by factors outside of an individual's control. These factors are also known as social determinants of health, some examples of which are neighborhood safety, access to healthy food and housing quality.

The Health Department alone cannot achieve the goals of TCNY 2020; it must work with community members and organizations. Community leaders, health care providers, nonprofit organizations, businesses, neighbors and government agencies all play a key role in supporting the health of their fellow New Yorkers.

TCNY 2020 differs from earlier versions of Take Care New York in three important ways. First, it focuses on health equity by incorporating equity targets along with citywide indicators. Second, it calls for a broader understanding of health by including indicators for social determinants in addition to traditional health indicators. And third, it highlights the key role that communities play in improving the health of their residents.

The following sections describe exciting community-based initiatives that are helping to **promote healthy childhoods**, **create healthier neighborhoods**, **support healthy living** and **increase access to quality care**, which are the four overarching themes of TCNY 2020. Although it is too early to claim sustained progress on the indicators, many community members and partners are working together in the public, nonprofit and private sectors to achieve the TCNY 2020 goals.

For more details on the TCNY 2020 indicators see Appendix 1 on nyc.gov/health/tcny.





TCNY COMMUNITY CONSULTATIONS AND THE NEIGHBORHOOD HEALTH INITIATIVE

Neighborhoods play a central role in supporting the health of their residents. Consequently, many of the efforts to overcome health inequities must take place at the neighborhood level. Between October 2015 and March 2016, the Health Department held community consultations in 28 New York City (NYC) neighborhoods to learn which issues were most important to community members.

To encourage broad community participation, events were held in libraries during evenings or weekends, and interpretation services were provided. During these consultations, the Health Department introduced TCNY 2020, shared neighborhood-specific data from the Health Department's Community Health Profiles and asked community members to rank their top health priorities. Community members then participated in small group discussions about their neighborhood's assets and needs. Through these consultations, the Health Department learned about how New Yorkers experience health inequities and what community resources could be used to address each neighborhood's priorities. Residents who were unable to attend the consultations had the opportunity to participate through an online voting system. More than 1,000 New Yorkers provided input and the top five concerns in each borough are listed below.

NYC COMMUNITY CONSULTATION TOP PRIORITIES BY BOROUGH

PRIORITY RANKING	NEIGHBORHOOD				
	BRONX	BROOKLYN	MANHATTAN	QUEENS	STATEN ISLAND
1	Obesity	Obesity	Air Quality	Air Quality	Obesity
2	High School Graduation	Unmet Mental Health Need	Obesity	High Blood Pressure	Air Quality
3	Smoking	Physical Activity	Unmet Mental Health Need	Obesity	Smoking
4	Air Quality	Unmet Medical Need	High Blood Pressure	Physical Activity	Unmet Medical Need
5	Child Care	Air Quality	Physical Activity	Unmet Mental Health Need	Drug Overdose

The top priorities across the city were: reducing obesity, improving air quality, meeting mental health needs, increasing physical activity and reducing cigarette smoking. (Visit nyc.gov/health/tcny to view the results from each community consultation.)

* For more information on the methodology used to calculate the rankings, see Appendix 2 on nyc.gov/health/tcny.



NEIGHBORHOOD HEALTH INITIATIVE

As a follow-up to the community consultations, in the summer of 2016, the Health Department awarded grants to eight nonprofit organizations in neighborhoods with poor health outcomes and that were not in a Neighborhood Health Action Center area (see map on page 9 for details).⁴

The grant recipients (called “Planning Partners”) will work with community members to address their neighborhoods’ health priorities as part of a health improvement planning process. The goals of the planning process are to choose which TCNY 2020 priority to focus on, decide how they are going to address the priority, identify potential resources and develop a local action plan. See the map on page 9 for the health priorities that each neighborhood selected.



Dr. Melony Samuels (left), Executive Director of the Campaign Against Hunger, and Renae Reynolds (right), consultant for Rockaway Waterfront Alliance, at their first convening, where the Far Rockaway community selected unmet mental health needs as their focus for health improvement planning.



Port Richmond, Staten Island community members voted for their top TCNY priority at the convening organized by Project Hospitality. They chose community violence as their top priority.

⁴ Formerly known as District Public Health Offices, the Action Centers serve the South Bronx, East and Central Harlem and Central Brooklyn. The Action Centers provide space for community-based organizations and Health Department staff to work together to advance health in neighborhoods with disproportionately high rates of chronic disease and premature death. For more information visit nyc.gov/health and search “action centers.”

NEIGHBORHOOD HEALTH PRIORITIES



NEIGHBORHOOD								
	1 Fordham Heights, Bronx	2 Washington Heights, Manhattan	3 Jamaica, Queens	4 Far Rockaway, Queens	5 Sunset Park, Brooklyn	6 Coney Island, Brooklyn	7 Stapleton, Staten Island	8 Mariners Harbor, Staten Island
Planning Partners	Northwest Bronx Community and Clergy Coalition	Washington Heights CORNER Project	Public Health Solutions	Rockaway Waterfront Alliance	NYU Lutheran Family Health Centers Sunset Park	Jewish Community Council of Greater Coney Island	Staten Island Partnership for Community Wellness	Project Hospitality
Health Priority	Violence	Housing with no Maintenance Defects	Unmet Medical Need	Unmet Mental Health Need	Physical Activity	Obesity	Violence	Violence

The Health Department will help the Planning Partners reach their TCNY 2020 goals by providing information and connecting them to stakeholders and capacity-building opportunities. This type of neighborhood health planning will support meaningful and sustainable improvement in the health of our city. By collaborating and planning with residents in under-resourced communities, we hope to see a reduction in persistent health inequities.



PROMOTE HEALTHY CHILDHOODS

Childhood experiences lay the foundations of health and well-being for a lifetime. All of our youngest New Yorkers should be able to lead healthy and successful lives that allow them to thrive, yet we've seen that health inequities can start at birth. The Health Department is working with educators, health care providers, community-based organizations and many other partners to support healthy childhoods and ensure that all children have the same opportunities to live a happy, healthy life.

One example of how health care providers are supporting healthy childhoods is the **NYC Breastfeeding Hospital Collaborative**. Launched in 2012, the Collaborative seeks to increase the number of Baby-Friendly® facilities in NYC. Based on an evidence-based practice developed by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF), Baby-Friendly® facilities support an optimal level of care for infant feeding and mother-baby bonding by giving all mothers the information, confidence and skills necessary to successfully breastfeed their babies or provide formula safely. Research shows that infants born at facilities that provide breastfeeding support have better health outcomes (including fewer and less serious illnesses like childhood cancers and diabetes)^{5, 6, 7} than infants born in facilities that do not provide this level of care.

⁵ Moore ER, Anderson GC, Bergman N. Early skin-to-skin contact for mothers and their healthy newborn infants. Cochrane Database of Systematic Reviews 2007, issues 3, Art. No.: CD003519. DOI:10.1002/14651859. CD003519.pub2

⁶ Braun MLG, Giuliani ERJ, Soares MEM, Giuliani C, de Oliveira AP, Danelon CMM. Evaluation of the Impact of the Baby-Friendly Hospital Initiative on Rates of Breastfeeding. American Journal of Public Health. 2003;93(8):1277-1279.

⁷ Ludington -Hoe SM. Thirty years of kangaroo care: science and practice. Neonatal Network 2011 Sep - Oct; 30(5): 357 -362



“ Delivering my twin boys in a Baby Friendly® hospital was a very positive experience. I was able to ask questions I didn’t realize I had, and to become comfortable caring for two babies before ever leaving the hospital. Because of Baby Friendly® and rooming in with my boys, I left the hospital feeling secure in my own abilities as a new mother of twins. ”

— **Kimberly O’Driscoll**, a mother who gave birth at a Baby-Friendly® hospital in Staten Island



Twenty-seven hospitals and birthing centers have joined the Collaborative, and nine have received the Baby-Friendly® designation. As the program grows, these hospitals will be linked with community-based partners who can support mothers in their breastfeeding efforts after leaving the hospital. Making sure that every newborn has access to this type of evidence-based care is a critical step towards promoting health equity from birth.⁸

This program is just one example of how partners are working together to achieve health equity for our youngest New Yorkers. Partners are also supporting healthy childhoods by helping children get access to healthy food, promoting physical activity and providing high-quality child care and education. In NYC, communities are coming together to make sure all children are able to get a healthy start to life, no matter what neighborhood they grow up in.

⁸ Srivastava K, Mulready-Ward C, Noyes P, Felida N. Epi Data Brief: Breastfeeding Disparities in New York City. New York City Department of Health and Mental Hygiene. 2015, No 57.



CREATE HEALTHIER NEIGHBORHOODS

Where people live, work, learn and play affects health. The healthier a neighborhood is, the healthier its residents can be. In communities of color, neighborhood segregation, structural racism, poor housing conditions and limited educational opportunities contribute to poorer health outcomes. Combatting these health inequities and creating healthier communities require effective partnerships between business owners, schools, faith-based institutions, property owners, residents and providers. Neighborhood-based partnerships are already creating meaningful improvements along one quality measure, asthma, which affects nearly one million New Yorkers and disproportionately affects Latino and Black communities.

To improve housing quality and reduce asthma triggers, the Health Department's Healthy Homes Program (HHP) works with community-based organizations to implement healthy building practices such as integrated pest management, a prevention-based method that



improves building conditions and more effectively controls pests. Studies have shown that children with asthma living in largely pest-free homes have fewer symptoms, hospitalizations and school absences than those in homes with pests.^{9,10} HHP also provides training and technical assistance, like the Two Shades of Green (TSG) initiative, which works with affordable housing partners to promote healthy building practices, including integrated pest management, smoke-free housing, active design, green cleaning and energy and water conservation. Cross-sectoral partnerships like these bring needed resources to families to support their health in their homes.



Colleen Flynn (left) is the Director of Programs at the Local Initiatives Support Corporation (LISC NY), a partner in the Two Shades of Green initiative.

“By creating a partnership between health, housing and community organizations, we are able to implement low-cost, green and healthy interventions that conserve energy and water and make housing healthier, while keeping it affordable.”

— Colleen Flynn, Director of Program at LISC NYC

⁹ Ann Allergy Asthma Immunol. 2008 Jul;101(1):35-41. doi: 10.1016/S1081-1206(10)60832-0, Morgan WJ et al; Inner-City Asthma Study Group. Results of a home-based environmental intervention among urban children with asthma.

¹⁰ Pongracic JA, Visness CM, Gruchalla RS, Evans R 3rd, Mitchell HE. Effect of mouse allergen and rodent environmental intervention on asthma in inner-city children. Ann Allergy Asthma Immunol. 2008 Jul;101(1):35-41. doi: 10.1016/S1081-1206(10)60832-0.



SUPPORT HEALTHY LIVING

The foundations of healthy living are consuming healthy foods and drinks, being physically active and reducing the health consequences of alcohol and drugs. All New Yorkers should be able to lead healthy lives, but this is harder to do in historically deprived neighborhoods. However, stores, restaurants, schools, health care providers, pharmacies and other community partners can work together to support healthy living in their communities.

An example of this collaboration is **Shop Healthy NYC**, a partnership between the Health Department's Center for Health Equity and community partners that works to increase access to healthy foods in neighborhoods with high rates of obesity and limited access to nutritious foods.¹¹ One Shop Healthy partner is **Urban Health Plan (UHP)**, a network of community health centers that seeks to improve the health and quality of life of Bronx and Queens residents. UHP and Shop Healthy work with local bodegas and supermarkets to increase access to healthier food options and educate their residents about healthy eating. These partnerships with food distributors and grocery stores are making healthy food more accessible in New York City.

¹¹ <http://www1.nyc.gov/site/foodpolicy/help/shop-healthy.page>



Paloma Hernandez, CEO and President of UHP (right) with shop owner Digno Fana (left) of Fana Grocery Store in Corona, Queens.

“ We are now promoting more healthy foods and they are selling very well. ”

— **Digno Fana**, owner of the Fana Grocery Store in Corona, Queens

For many people, healthy choices are difficult to make—for example, if healthy food is more expensive or hard to find, people are less likely to buy and eat it. The healthy choice should be the easy choice, and everyone deserves to be able to make healthy choices no matter where they live. Business owners and other partners can support health equity in New York City by increasing access to healthy foods in supermarkets and bodegas.





INCREASE ACCESS TO QUALITY CARE

Every New Yorker deserves easily accessible, high-quality and culturally appropriate health care. However, many New Yorkers struggle to access even the most basic physical and mental health care services.

Changes in health care policy at the Federal and State levels, are transforming how care is delivered in local communities. Health care providers, insurers, hospitals and community organizations are developing new partnerships across NYC and finding better ways to serve their patients. Despite these improvements, more than 600,000 New Yorkers report not having access to the care they need.¹²

One way the City is increasing access to quality care is by helping uninsured New Yorkers. In 2013, approximately 345,000 New Yorkers were not eligible for health insurance. To address this, the Health Department, the Mayor's Office of Immigrant Affairs, community partners, and other City agencies worked together to develop **ActionHealthNYC**, a citywide program for low-income New Yorkers who are not eligible for public health

¹² New York City Department of Health and Mental Hygiene. Epiquery: NYC Interactive Health Data System — Community Health Survey 2014. Viewed 11/4/2016. <http://nyc.gov/health/epiquery>

► Increase Access to Quality Care

insurance programs due to immigration status. ActionHealthNYC links New Yorkers low-cost health care services. Approximately 1,300 New Yorkers were enrolled in the first year of this pilot program, and the City will continue to evaluate the program and work with community partners to shape expansion plans.



Monica Amador, an ActionHealthNYC Care Coordinator in Elmhurst, Queens.

“ I was very satisfied to be able to prevent the patient from having to visit the emergency room. Finding the best route for a patient to receive optimum care is my motivation. ”

— **Monica Amador**, a Care Coordinator in Elmhurst, Queens, helps ActionHealthNYC patients access care. She recently helped a patient who would have gone to the emergency room if he hadn't had access to more timely and appropriate services.

ActionHealthNYC is just one example of how partners are collaborating to address inequities in access to care. Health care providers, insurers, nonprofit organizations and government agencies all have a role to play in giving New Yorkers access to quality care.





LOOKING FORWARD

The examples highlighted in this report are just a few of the many ways in which the Health Department and community partners are promoting the health of New Yorkers and advancing health equity across the city.

They represent a small fraction of the work that is advancing TCNY 2020 goals. As we continue this work over the coming years, the Health Department will publish annual TCNY 2020 progress updates and highlight partnerships that are improving the health of all New Yorkers.

The Health Department will also provide opportunities for new TCNY partnerships. To get involved or to learn more about the programs described in this report, visit nyc.gov/health/tcny or email takecarenewyork@health.nyc.gov. Take Care New York 2020 is ambitious, but New Yorkers are known for their bold vision. Together, we can make our city a healthier place to live, work, learn and play for everyone.



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As our partners in this effort, your feedback is essential to the success of **TCNY/2020**. So please stay in touch with us. You can reach us at takecarenewyork@health.nyc.gov. We look forward to working with you to improve the lives of all New Yorkers.

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