



**WELCOME**

**GETTING TO THE ROOT OF HEALTH EQUITY  
A COMMUNITY CONVERSATION**

**MARCH 13, 2023**



**Human  
Services  
Coalition**

**Cornell Center  
for Health Equity**



# AGENDA

**9:00 – 9:30**

**Breakfast & Check-ins**

**9:30 – 9:40**

**Welcome & Opening Acknowledgments**

**9:40 – 10:15**

**Part 1. Overview of Recent Reports & Some of Our Current Efforts**

Tompkins County Community Health Assessment & Improvement Plan (10 mins)

Barriers and Pathways to Health Equity in Tompkins County: Perspectives from Local Leaders and Stakeholders (10 mins)

Questions (10 mins)

**10:15 – 12:30**

**Part 2. Breakouts & Group Conversation**



# LAND ACKNOWLEDGMENT

We reside on the traditional homelands of the Gayogóhó:nq' (the Cayuga Nation). The Gayogóhó:nq' are members of the Haudenosaunee Confederacy, an alliance of six sovereign Nations and the original inhabitants of these lands. We recognize the painful history of dispossession suffered by the people of these nations. In recognition of these harms, we commit to honor and support their continuous connection, presence and access to the lands and waters we occupy.



A collaboration between  
Cayuga Health, REACH  
Medical & TC3 Nursing  
Program

The program aims to  
increase access to care and  
advance health equity,  
especially for  
individuals with substance  
use disorders and others  
who experience  
significant barriers to  
accessing healthcare.

**Primary Care  
Behavioral Health  
Integration Training  
Program**  
Funded by HRSA

# + **RURAL HEALTH EQUITY TRAINING COLLABORATIVE (RHETC)**

From 2020 to 2021, the RHETC team worked with TFC Associates and a team of community members for a community-based participatory needs assessment about barriers to healthcare access in our community:

- Several key themes identified through qualitative interviews:
  - Systemic challenges (e.g. insurance, cost, transportation, etc.)
  - Individual experiences (e.g. bias, discrimination, lack of communication, lack of empathy, etc.) that contributed to an overall lack of trust
- The RHETC Community Advisory Board, including the Cornell Center for Health Equity (CCHEq), recommended further in-depth qualitative interviews with key stakeholders
- This work also informed Cayuga Health System's Strategic Plan and Comprehensive Assessment for Diversity, Equity & Inclusion





# **TOMPKINS COUNTY COMMUNITY HEALTH ASSESSMENT & IMPROVEMENT PLAN 2022-2024**

Tompkins County Whole Health  
Cayuga Health

Samantha Hillson, MPH, MA, Director of Health Promotion, Tompkins County Whole Health  
Lara Parrilla, MPH, RD, Community & Academic Partnership Manager, Cayuga Health Partners  
Julia Ressler, MSW, MPH, Manager for Community Health & Engagement, Cayuga Health

# THE PURPOSE

Creating a healthy and equitable Tompkins County where every person has fair and just opportunities for optimal health and well-being



Identify key health challenges



Determine gaps and disparities



Prioritize strengths and resources



Advance Health Equity





# COMMUNITY HEALTH & HEALTH EQUITY




Enhancing collective efforts, resources, and access to those resources

Addressing economic, environmental, and social barriers

Improving the community conditions in which we all are born, grow, live, work, play, and age





**WHAT DO WE NEED IN  
ORDER TO BE A HEALTHIER  
& MORE EQUITABLE  
COMMUNITY?**

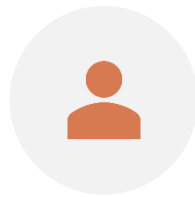




# CHA & CHIP PROCESS



Review Data  
(State & Local)



Partner Agency  
& Expert Input



Community  
Voices



Identify Priority  
Needs



Select Goals &  
Interventions



# What Makes a Healthy Community?

WE WANT TO KNOW what you think about health in our community. Scan the QR code and take our Community Health Survey to help us identify the most important public health needs in Tompkins County.

This survey is completely anonymous. Take the survey, then register to win a gift card!

Take the survey today! Scan the QR code or go to

[bit.ly/TCHDSurvey2022](https://bit.ly/TCHDSurvey2022)

or call 2-1-1 (1-877-211-8667)



This Community Health Survey is part of the 2022 Tompkins County Community Health Assessment and Community Health Improvement Plan. For more information, visit [tompkinscountyny.gov/health](https://tompkinscountyny.gov/health)

# 2022 TOMPKINS COUNTY COMMUNITY HEALTH SURVEY

Eligibility: 18 or over and a resident of Tompkins County

Total eligible respondents: n=1,569





# **COMMUNITY HEALTH SURVEY RESPONSES**





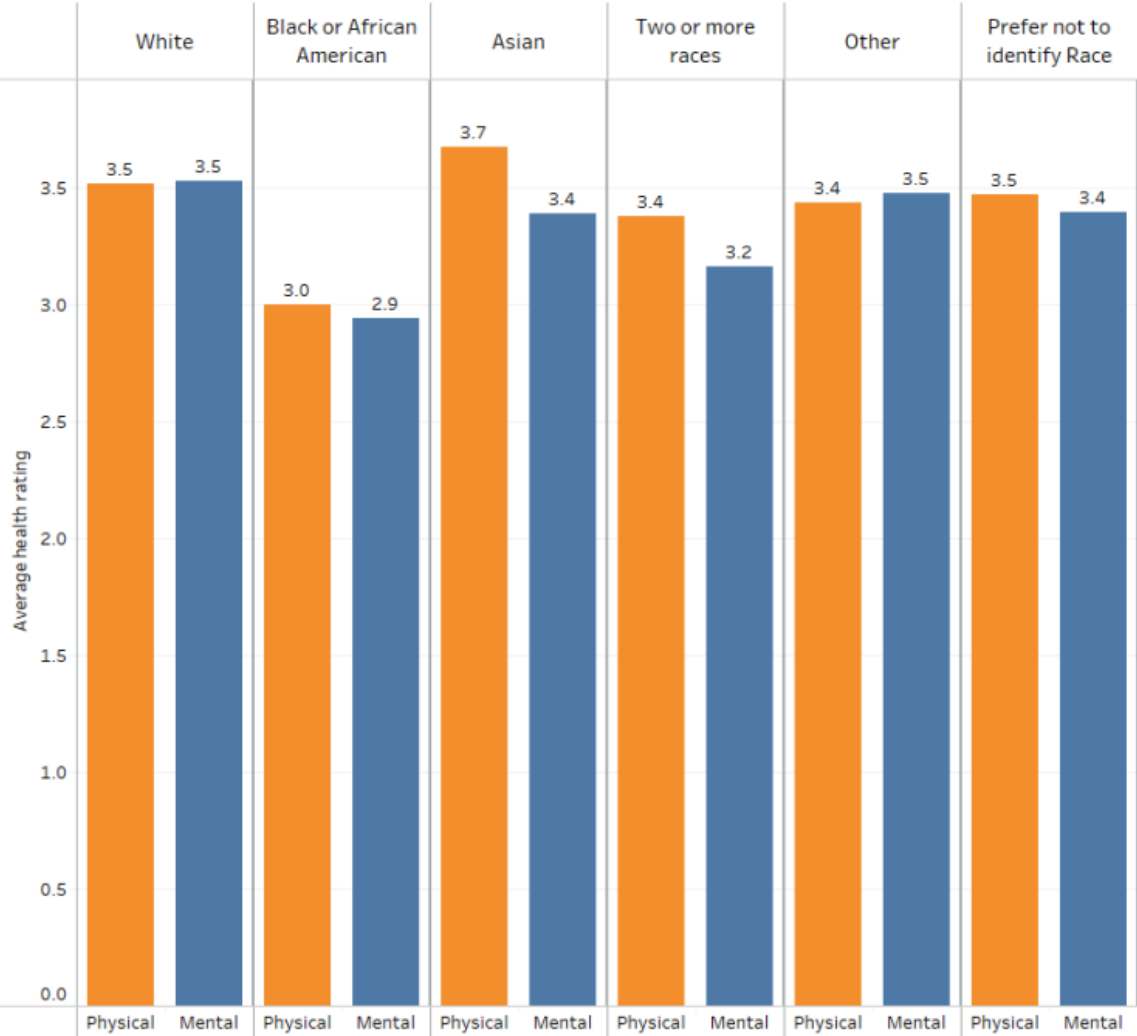
# How do you rate your health in the following categories?

Physical Health & Mental Health (1=Poor to 5=Excellent)

Health Rating  
■ Physical health  
■ Mental health

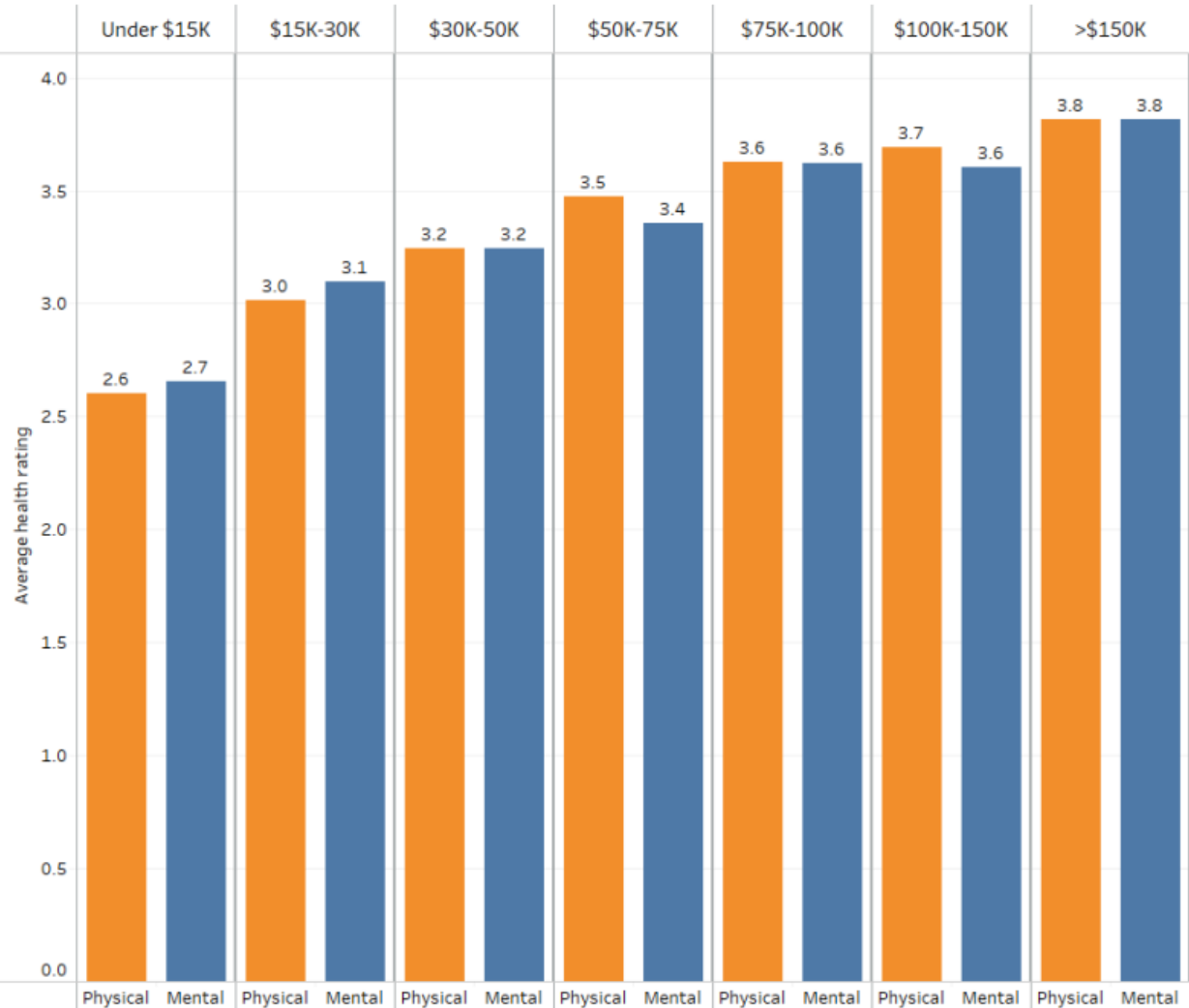
## Health Rating by Race (Average where 1=Poor & 5=Excellent)

How do you rate your health in the following categories: Physical health and Mental health? N=1569  
 Source: Tompkins County Health Department Community Health Survey, July 2022.



## Health Rating by Income (Average where 1=Poor & 5=Excellent)

How do you rate your health in the following categories: Physical health and Mental health? N=1,569  
 Source: Tompkins County Health Department Community Health Survey, July 2022.



# WHAT MAKES A HEALTHY COMMUNITY?



**Good Paying  
Jobs**

22%



**Equitable Access  
to Affordable  
Healthy Food**

26%



**Safe  
Neighborhoods**

28%



**Affordable,  
Safe Housing**

47%



**Equitable,  
Affordable  
Healthcare**

49%



# WHAT ARE WE HEARING?

Tompkins County is often ranked as one of the healthiest counties in NYS overall, and we have more healthcare and supportive services than surrounding counties.

## ***However***

It's not working for everyone. There are significant barriers to services and to overall health and well-being, leading to serious disparities in health outcomes.







# **2022-2024 COMMUNITY HEALTH IMPROVEMENT PLAN (CHIP)**







# COMMUNITY HEALTH IMPROVEMENT PLAN GOALS

## 1 Prevent Chronic Disease

Increase food security, cancer screening rates, and early disease detection



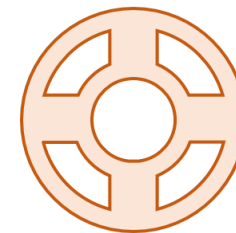
## 2 Promote Healthy Infants, Women & Children

Reduce infant mortality and disparities in maternal and child health outcomes



## 3 Promote Well-Being & Prevent MH/SUD

Strengthen opportunities and supportive environments  
Prevent overdose deaths, ACEs, and suicides

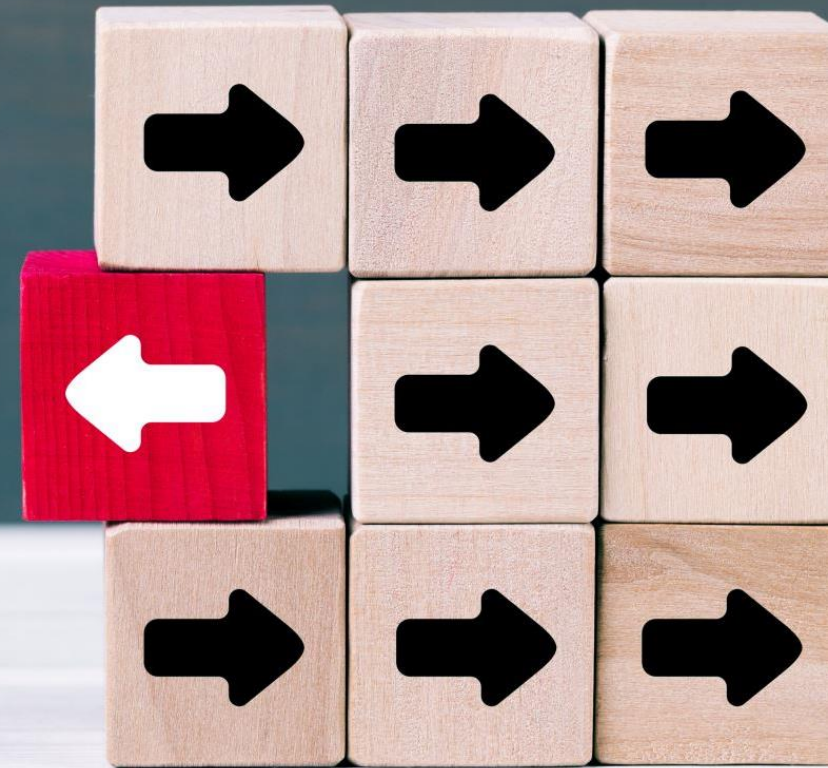


# BARRIERS & PATHWAYS TO HEALTH EQUITY IN TOMPKINS COUNTY

*PERSPECTIVES FROM LOCAL  
LEADERS & STAKEHOLDERS*

Dr. Jamila Michener  
Jessalyn Cali

Cornell University





**Rural Health  
Equity  
Collaborative  
(RHETC)**

## GOV 3251: Health Equity, Politics and Policy (Fall 2021)

### WHAT IS HEALTH EQUITY?

Equity is the absence of avoidable, unfair, or remediable differences among groups of people, whether those groups are defined socially, economically, demographically or geographically or by other means of stratification.

-World Health Organization

Health equity means that everyone has a fair and just opportunity to be healthier.

This requires removing obstacles to health such as poverty, discrimination, and their consequences, including powerlessness and lack of access to good jobs with fair pay, quality education and housing, safe environments, and health care.

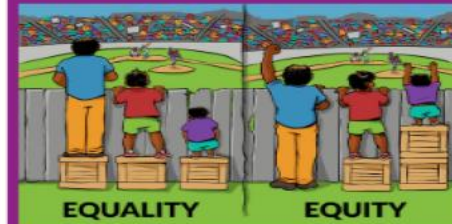
-Robert Wood Johnson Foundation

The route to achieving equity will not be accomplished through treating everyone equally. It will be achieved by treating everyone justly according to their circumstances.

-Paula Dressel,  
Race Matters Institute

Research shows that problems like poverty, unemployment, low educational attainment, inadequate housing, lack of public transportation, exposure to violence, and neighborhood deterioration (social or physical) shape health and contribute to health inequities.

-National Academy of Sciences



Interaction Institute for  
Social Change  
Artist: Angus Maguire



# MEDICAL CARE MISTRUST



**"[There is a] huge lack of trust in the healthcare system, especially since it's rural and a lot of resources aren't available to begin with."**

*-Dr. Justine Waldman, REACH*





**HOUSING**

**HEALTH EQUITY**

**"However an individual wishes to view it, a lack of housing leads to a cascading effect of illness."**

*-Taili Mugambee, Ultimate Reentry Opportunity*







TOMPKINS

**TCAT**

CONSOLIDATED AREA TRANSIT, INC.



**“...transportation is not a commodity but a  
necessity.”**

*-Dr. Michael Berlin, Cayuga Health*







PATHWAYS *to* CHANGE



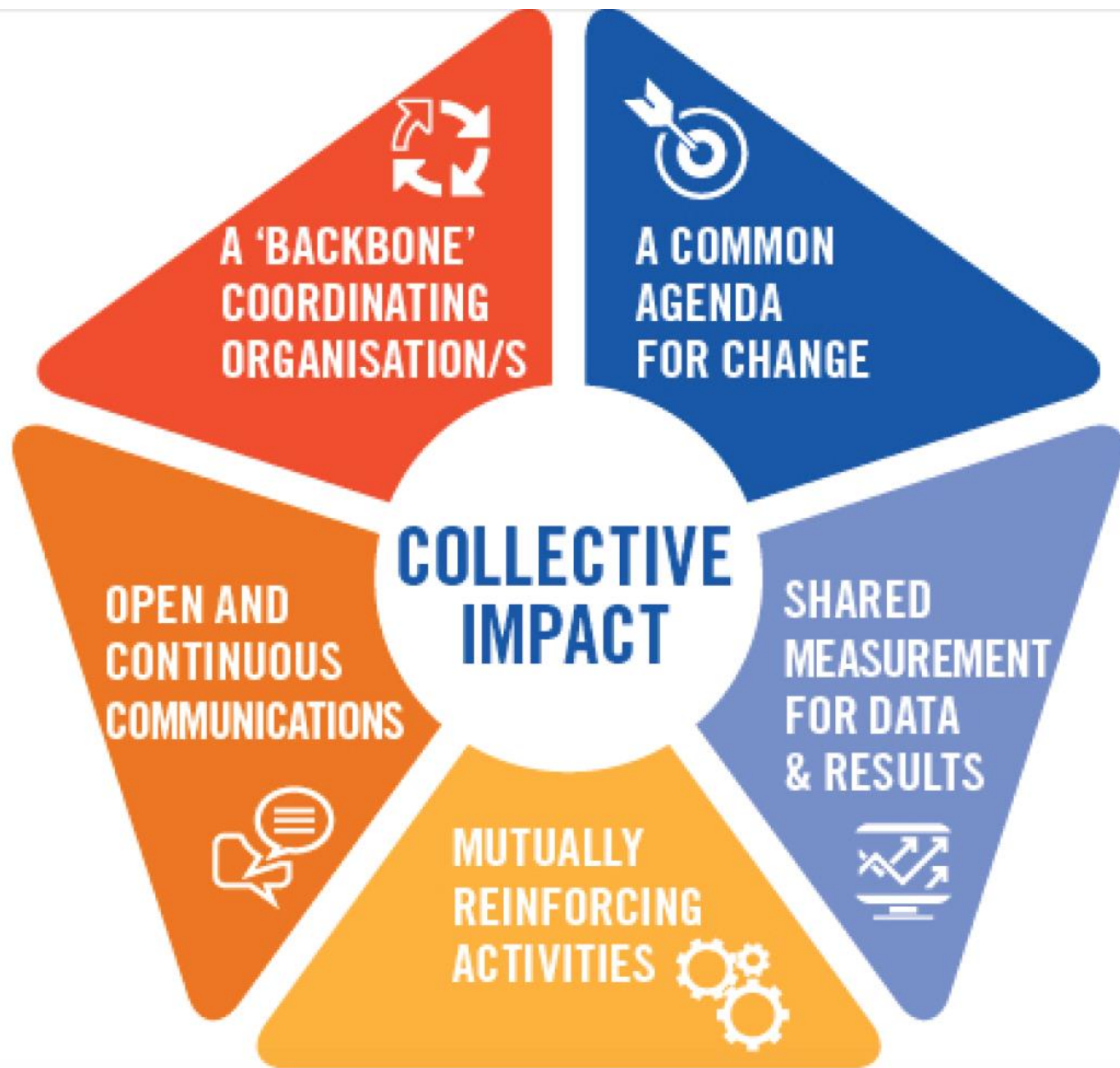
# Social Determinants of Health







HARM REDUCTION  
MEANS RESPECT,  
DIGNTY, COMPASSION





**Political**  
**Change**





**QUESTIONS?**





The background is a vibrant mural. In the center, a blue and green globe is held up by two tan hands. Above the globe are radiating lines in shades of orange and yellow, suggesting a sun. To the left and right of the globe are several large, red, daisy-like flowers with green leaves. On the far left, there's a vertical panel with a blue background showing coral and a starfish. On the far right, there's a vertical panel with a light blue background showing a map of the Americas.

# **PART 2**

# **CONTINUING THE CONVERSATION**

Facilitator:

Herb Alexander, MSL

Chief Diversity Officer, Cayuga Health



# AGENDA

## **10:15 – 12:30** Part 2. Breakouts & Group Conversation

Breakout #1 (35 mins)

Report Back & Large Group Conversation (25 mins)

Break (10 mins)

Breakout #2 (35 mins)

Report Back & Large Group Conversation (25 mins)

**12:30**

**Closing**



# BRAVE SPACE AGREEMENTS

- Engagement is requested
- Welcome multiple viewpoints
- Own your intentions & impacts
- Expect discomfort
- Actively listen
- Respect confidentiality

A vibrant mural on a wall depicts a diverse group of people in various poses, suggesting a social gathering or dance. The figures are rendered in a stylized, flat-art style with a rich color palette including greens, yellows, pinks, and purples. The background features a large, glowing yellow sun or moon. The overall mood is one of community and joy.

# LET'S RECAP

**What is health equity?**

When everyone has fair and just opportunities for optimal well-being

**What is the current state of health (in)equity in Tompkins County?**





**WHAT ARE THE MOST SIGNIFICANT  
BARRIERS TO HEALTH EQUITY IN  
TOMPKINS COUNTY?**



**SHARE HERE**

**MENTI.COM**

**62 70 87 2**





# AGENDA

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Report Back & Large Group Conversation (25 mins)

Break (10 mins)


Breakout #2 (35 mins)

Report Back & Large Group Conversation (25 mins)

**12:30**

**Closing**





**WHAT ARE THE MOST  
IMPORTANT ACTIONS NEEDED  
TO ADVANCE HEALTH EQUITY IN  
TOMPKINS COUNTY?**



**SHARE HERE**

**MENTI.COM**

**62 70 87 2**



# NOW WHAT?



## **We will:**

- Synthesize and send you today's notes
- Share key actions identified today

## **We hope:**

- Actions prioritized today can inform conversations and plans
- New ideas for collaboration will spark collective action





**THANK YOU!**

