

**Name of County - Organization(s):** Tompkins County Whole Health (formerly Tompkins Health Department), Cayuga Health, a member of Cayuga Health

**2024 Workplan**

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Priority	Focus Area	Goal Focus Area	Objectives	Disparities	Interventions	Family of Measures	Completed Year 1 Intervention(s)	Completed Year 2 Intervention(s)	Projected (or completed) Year 3 Intervention	Implementation Partner	Partner Role(s) and Resources
<b>Prevent Chronic Diseases</b>	Focus Area 1: Healthy eating and food security	Goal 1.3 Increase food security	1.13: Increase the percentage of adults with perceived food security (among all adults).  1.14: Increase the percentage of adults with perceived food security (among adults with an annual household income of <\$25,000)	Poverty - low-income, geographic, racial/ethnic	1.0.5: Increase the availability fruit and vegetable incentive programs	# healthcare providers that receive vouchers to enroll patients in the produce prescription program.	The Rural Health Network of South Central planned to increase enrollment in the produce prescription program for Tompkins County residents.	RHNSCNY facilitated an increase in health care providers that enroll patients in the produce prescription program to 5 in 2023 from 2 in 2022. <b>Patients eligible for enrollment increased</b> to 78 in 2023 from 49 in 2022.  Cayuga Health Partners recruits practices and providers to enroll patients in the produce prescription program. Two practices newly enrolled in the program in 2023.	RHNSCNY facilitated an increase in health care providers that enroll patients in the <b>produce prescription program to 64 in 2024</b> from 5 in 2023. All CSAs (Community Supported Agriculture) were delivered directly to the patient's home. We provided them with samples and recipes from CCE-TC the first four weeks. After that we provided each household with some cooking gear (spices, spatulas, garlic press, scissors, pans, knives and cutting boards) to keep them going. Patients receive cooking and nutritional ed via text, email or USPS.  In the Cayuga Health network, <b>50 providers receive vouchers</b> to enroll patients in the produce prescription program.  CCE referred <b>35 clients for food vouchers and CSAs</b> through the Produce Prescription Program and DINNERS grant.	Community-based organizations	Rural Health Network of South Central New York (RHNSCNY) and Cayuga Health Partners: Will work together to increase the availability of produce prescriptions for Tompkins County residents.  The providers RHNSCNY collaborates with are Cayuga Center for Healthy Living, Cayuga Women's Health, NorthEast Pediatrics and Cayuga Medical Endocrinology. We also work with CCE Tompkins to provide nutrition education materials for patients who are enrolled in the CSA (community-supported agriculture) program option. Both CCE Tompkins and Cornell University assist with program evaluation, and we also partner with them to enroll some patients through the Student Resource Navigator program.

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<p><b>Prevent Chronic Diseases</b></p>	<p>Focus Area 1: Healthy eating and food security</p>	<p>Goal 1.3 Increase food security</p>	<p>1.13: Increase the percentage of adults with perceived food security (among all adults).  1.14: Increase the percentage of adults with perceived food security (among adults with an annual household income of &lt;\$25,000)</p>	<p>Poverty - low-income, geographic, racial/ethnic</p>	<p>1.0.6: Screen for food insecurity, facilitate and actively support referrals</p>	<p># organizations that adopt policies and practices to screen for food insecurity and actively support referrals.  # of referrals enrolled in nutrition assistance programs and f/v incentive programs.</p>	<p>The Cayuga Health health-related social needs screening was implemented at Cayuga Health practices and in TCWH's mental health clinic, Community Health Services, and CHW Program.  Initial planning began to seek funding opportunities to create a local system for tracking closed-loop referrals for individuals screened for food insecurity.</p>	<p>Catholic Charities, REACH, Ithaca Free Clinic, Human Services Coalition, TCWH and Cayuga Health Partners screen for food insecurity. Cayuga Health Partners has <b>recruited 8 additional</b> primary care practices to screen for food insecurity, to a total of 10.  Catholic Charities enrolled people in SNAP. REACH uses case managers to <b>coordinate nutrition assistance referrals</b>. CCE coordinates the Student Resource Navigator program, which trains college students to facilitate referrals for food insecurity. Human Services Coalition referred 220 individuals to nutrition assistance so far in 2023.  TCWH WIC program received 292 external referrals and 24 internal referrals for nutrition assistance. The CHW program received 21 referrals where food security was listed as the primary concern.  COFA has over 500 participants in their Senior Nutrition Program, contracted through FoodNet, providing home delivered meals, congregate meals, and nutrition education and counseling. They also provide Farmer's Market coupons to individuals 60+; they distributed 750 coupons in 2023.  CATCHI, an interorganizational working group, meets monthly to plan a system for tracking closed-loop referrals.</p>	<p>COFA has over <b>500 participants in their Senior Nutrition Program</b>, contracted through FoodNet, providing home delivered meals, congregate meals, and nutrition education and counseling. They have provided more than <b>110,000 meals</b> during 2024 of 11/2024.  Cayuga Health is enhancing community partnerships to address health-related social needs and promote equity. Through the Healthcare Transformation Grant, they are building an integrated network with the Human Services Coalition to improve referrals and communication across healthcare and social services. Some of the partners include: Cornell Cooperative Extension Tompkins County, and Tompkins Whole Health, all screening for food insecurity. Cayuga Health is also partnering with local BIPOC farmers to distribute fresh food and collaborate with the Rural Health Network on a produce prescription program. Additionally, the health system is increasing its involvement in countywide food initiatives.  WIC received <b>377 external referrals and 32 internal referrals</b> for nutrition assistance.  YMCA served <b>6300 households</b> and provided over <b>70 tons</b> of food through their food pantry.  During 2024, Catholic Charities <b>screened 569 people for SNAP</b> eligibility and helped enroll 334 people in SNAP. Most programs screen for client needs (like housing, health, transportation, and food) and refers to local resources.</p>	<p>Community-based organizations</p>	<p>Cayuga Health, Human Services Coalition and Tompkins County Whole Health (TCWH): Will implement a tool for universal screening for health-related social needs and track closed-loop referrals.  CCE Tompkins, County Office for the Aging, Catholic Charities, FoodNet, and TCWH WIC: Will receive referrals to address food insecurity.</p>

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<p><b>Prevent Chronic Diseases</b></p>	<p>Focus Area 4: Preventive care and management</p>	<p>Goal 4.1 Increase cancer screening rates</p>	<p>4.1.1 and 4.1.2 Increase the percentage of women with an annual household income less than \$25,000 who receive a breast cancer screening, cervical cancer screening based on most recent guidelines.  4.1.3 and 4.1.4 Increase the percentage of adults who receive a colorectal cancer screening based on the most recent guidelines (ages 50 to 75 years); (adults with an annual household income less than \$25,000)</p>	<p>Poverty - low-income, geographic, racial/ethnic</p>	<p>4.1.1 Work with health care providers/clinics to put systems in place for patient and provider screening reminders (e.g., letter, postcards, emails, recorded phone messages, electronic health records [EHR] alerts).</p>	<p># healthcare practices and hospitals that receive cancer screening reminder quality improvement training</p>	<p>CHP has not yet initiated the reminder systems at primary care practices.</p>	<p>CHP has not yet initiated the reminder systems.</p>	<p>CHP has not yet initiated the reminder systems.</p>	<p>Hospital</p>	<p>Cayuga Health Partners: Will implement improvements in patient and provider screening reminders at Cayuga Medical Associates primary care practices.</p>

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<p><b>Prevent Chronic Diseases</b></p>	<p>Focus Area 4: Preventive care and management</p>	<p>Goal 4.1 Increase cancer screening rates</p>	<p>4.1.1 and 4.1.2 Increase the percentage of women with an annual household income less than \$25,000 who receive a breast cancer screening, cervical cancer screening based on most recent guidelines.  4.1.3 and 4.1.4 Increase the percentage of adults who receive a colorectal cancer screening based on the most recent guidelines (ages 50 to 75 years); (adults with an annual household income less than \$25,000)</p>	<p>Poverty - low-income, geographic, racial/ethnic</p>	<p>4.1.5 Remove structural barriers to cancer screening such as providing flexible clinic hours, offering cancer screening in non-clinical settings (mobile mammo vans, flu clinics), offering on-site translation, transportation, patient navigation and other administrative services.</p>	<p># mobile mammography van events promoted.  # imaging locations with extended clinic hours for mammograms  # imaging locations with improved interpretation services.</p>	<p>Planned to offer extended or weekend hours for mammograms at the Cayuga Health imaging center.  Planned to improve interpretation services and translation of printed materials at Cayuga Health's imaging locations.</p>	<p>Ithaca Free Clinic hosted the Lourdes Mammogram Van on alternating months. These mammograms were provided free of cost, through resources provided by the Cayuga, Cortland and Tompkins Counties Cancer Services Program. TCWH hosted two mammography van events in 2023.  CHP offers <b>Saturday mammogram hours</b> (3 Saturdays 8 am - 3 pm Sept - Nov). CHP is partnering with the Cancer Services Program to ensure that individuals who are uninsured or underinsured are able to participate.  Insurance navigators and Community Health Advocates at the Human Services Coalition <b>assisted</b> with overcoming structural barriers to cancer screening, <b>by helping clients</b> with transportation and health insurance.</p>	<p>Guthrie Lourdes Mobile Mammogram Van attended <b>17 events</b> and performed <b>73 mammograms</b> in Tompkins County in 2024. These mammograms were provided free of cost, through resources provided by the Cayuga, Cortland and Tompkins Counties Cancer Services Program. TCWH hosted two mammography van events in 2024.  Insurance navigators and Community Health Advocates at the Human Services Coalition assisted with overcoming structural barriers to cancer screening, by helping clients with transportation and health insurance. YTD, <b>1,479 contacts to 211</b> have expressed a transportation need. 211 has expanded its transportation assistance as part of the County's Mobility as a Service project, which is now known as Tompkins Transportation Scout. Partners include Tompkins County, HSC/211, GO Ithaca, Cornell Cooperative Extension, Center for Community Transportation (CarShare, Bike Walk Tompkins), Gadabout, TCAT, and others. This project includes a significant focus on increasing access to transportation services for underserved community members and on making it easier for people to utilize their transportation options in support of meeting social determinants of health-related needs. 211 is serving as the contact center for this initiative, collaborating with providers and other agencies, and working with community members directly.  Cayuga Health Partners offers Saturday mammogram hours at one location (Arrowwood Dr.) 3 Saturdays, 8 am - 3 pm Sept - Nov. CHP is partnering with the Cancer Services Program to ensure that individuals who are uninsured or underinsured are able to</p>	<p>Community-based organizations</p>	<p>Cayuga Health Partners: Will support practices to offer extended clinic hours for cancer screening services.  TCWH, Human Services Coalition, Cancer Resource Center, and Cayuga Health Partners: Will promote mobile mammography van opportunities and work with transportation partners to identify transportation options for individuals who need a ride to and from a colonoscopy procedure.  Cayuga Health: Will improve interpretation services and translation of materials at Cayuga Health's imaging locations.</p>

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									<p>participate. Cayuga Health has 1 imaging location with improved interpretation services.</p> <p>YMCA began a LiveSTRONG Cancer survivorship program which served <b>28 individuals</b> in 2024.</p> <p>The Cancer Screening Work Group promotes colorectal, breast, and cervical cancer screenings. They distribute free at-home colorectal cancer screening tests (FIT tests) through online requests and at local food pantries. In 2025, they plan to collaborate with Cornell Health to promote cervical cancer screening among graduate students and partner with St. James AME Zion Church to host pop-up events for breast and colorectal cancer screenings.</p>		

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<p><b>Prevent Chronic Diseases</b></p>	<p>Focus Area 4: Preventive care and management</p>	<p>Goal 4.2 Increase early detection of cardiovascular disease, diabetes, prediabetes and obesity</p>	<p>4.2.1 Increase the percentage of adults 45+ who had a test for high blood sugar or diabetes within the past three years by 5%  4.2.2 Increase the percentage of low-income (&lt;\$25,000) adults 45+ who had a test for high blood sugar or diabetes within the past three years by 5%.</p>	<p>Poverty - low-income, geographic, racial/ethnic</p>	<p>4.2.1 Promote strategies that improve the detection of undiagnosed hypertension in health systems.</p>	<p># health screening events hosted  # community members who receive blood pressure screening at an event  # community members who schedule a primary care appointment at an event</p>	<p>Planned to hold at least one community-based screening event per month in partnership with Food Bank of the Southern Tier, Latino Civic Association, Calvary Baptist Church, Southside Community Center, Ithaca YMCA, and other community partners.</p>	<p>CHP <b>hosted 23 health screening events</b>, with over 600 individual (duplicates included) interactions with staff.  <b>FBST organizes community health outreach events</b> at partner food distribution sites. They reach out specifically to organizations that perform hypertension screening, to include this resource at these events.  The YMCA offers an <b>evidence-based Blood Pressure Self-Monitoring Program</b> that promotes regular self-monitoring of one’s blood pressure through consultation with one on one coaches. The program also includes nutrition seminars to promote heart health. The YMCA also has staff that regularly attends local events to conduct blood pressure screenings. The YMCA also offers an evidence-informed Weight Loss Program and is in the process of bringing an evidence-based weight maintenance program for youth called Healthy Weight and Your Child. There have been 12 participants YTD in the Blood Pressure Self-Monitoring Program and 14 in the Weight Loss Program.  REACH performs regular hypertension screenings of priority populations.</p>	<p>REACH performs regular hypertension screenings of priority populations. Approximately <b>400 Tompkins County residents</b> were screened in 2024.  Cayuga Health has participated in <b>26 health screening events</b> in 2024.  The YMCA hosted <b>10 screening events</b> focused on hypertension. The Blood Pressure Self-Monitoring Program had <b>22 participants</b>. The Weight Loss program had <b>16 participants</b>. Community organizations providing wrap around and navigation resources often participate in events once a month.  FBST hosted <b>3 health screening events</b> at partner food distribution sites. They reach out specifically to organizations that perform hypertension screening, to include this resource at these events.</p>	<p>Community-based organizations</p>	<p>Cayuga Health: Will support and supervise clinical and administrative staff who staff the events, provide educational materials, equipment and supplies for point-of-care HbA1c testing, and support event planning and marketing.  TCWH: Will support and supervise community health workers who staff the events, provide educational materials and assistance with WIC enrollment.  Human Services Coalition of Tompkins County: Will support and supervise community health advocates who staff the events, provide educational materials and assistance with health insurance enrollment.  CCE Tompkins: Will support and supervise nutrition educators who staff the events and provide educational materials and assistance with SNAP and SNAP-Ed enrollment.  YMCA: Will support and supervise wellness educators who staff the events and provide assistance with YMCA program enrollment.  Food Bank of the Southern Tier: Will provide resources to support food security  Human Services Coalition: Will support and supervise Community Health Advocates to provide assistance with health insurance and community health navigation.</p>

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