

The East Hampton Healthcare Foundation 2006 Community Report Card

Overview

Since its inception in 1997, The East Hampton Healthcare Foundation (EHHF) has followed its primary mission to improve access to healthcare in the Town of East Hampton through the emphasis on disease prevention and equal access to medical care for the entire community. To continue meeting its mission of service to the community, EHHF decided in 2006 to replicate their first community health assessment conducted in 2001. As a result of the 2001 assessment, EHHF developed numerous community programs and tailored healthcare service lines provided at The East Hampton Healthcare Center. The 2006 survey sought to obtain current information from East Hampton Town residents regarding their health status, preventive healthcare behaviors, and opinions on local healthcare needs.

The 2006 Community Assessment included the following components: secondary data research; key informant interviews with community leadership; a comprehensive mailed community survey; focus groups with Latino Healthcare Providers, African Americans, and EHHF Donors; and peer market research.

This document represents a brief summary of findings. The final report will be completed in October 2006.

EHHF Community Assessment Components



Community Response

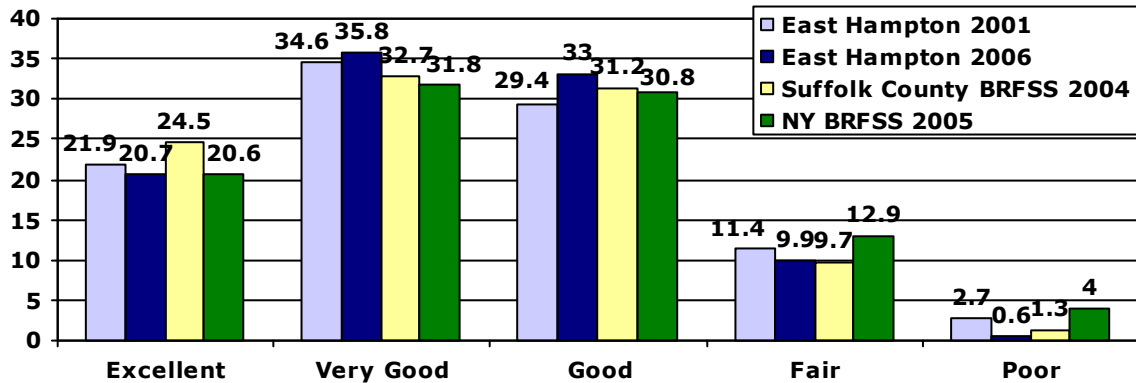
In the summer of 2006, 5,400 surveys were mailed to residents in East Hampton Town. A total of 505 fulltime and seasonal residents responded, resulting in a response rate of 9.5%. According to the 2000 US Census, there were 25,369 residents in the five-zip code study area. When using that data as a measure of the population, the 2006 survey sample was significant at the 95% confidence interval with a margin of error of +/-4.3% .

Surveys Received by Zip Code					
11930 Amagansett	11937 East Hampton	11954 Montauk	11963 Sag Harbor	11975 Wainscott	Total for All Zip Codes
9.5% n=48	68.3% n=345	13.3% n=67	4.2% n=21	4.8% n=24	505

Health Status

In 2006, 56.5% of residents stated that their health was %Excellent+or %Very Good+. This is identical to the 2001 study in which 56.5% of residents stated that their health was %Excellent+or %Very Good+. According to the CDC's BRFSS study, 57.2% of respondents in Suffolk County (2004), and 52.4% in New York State (2005) reported that their overall health status was %Excellent+or %Very Good+.

Overall Health Rating



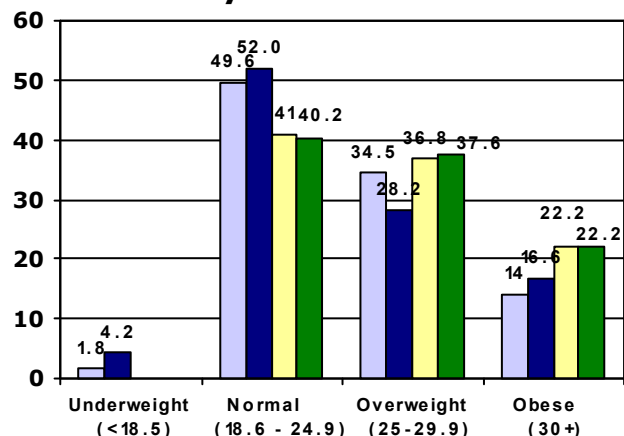
Physical Fitness

An estimated two of every three American adults are considered overweight or obese, according to the Centers for Disease Control and Prevention (CDC). Being overweight increases the risk for diseases such as type 2 diabetes, heart diseases, stroke, sleep apnea, respiratory problems and some cancers.

Analysis of 2006 data shows that 28% of respondents are overweight, and 16.6% are obese. Stated another way nearly 5 out of every 10 residents are overweight or obese. In 2001, 34.5% of respondents reported that they were overweight, and 14.0% were obese.

When asked about exercise frequency, 82.5% of respondents in 2006 reported that they exercise on average 4 times per week.

Body Mass Index



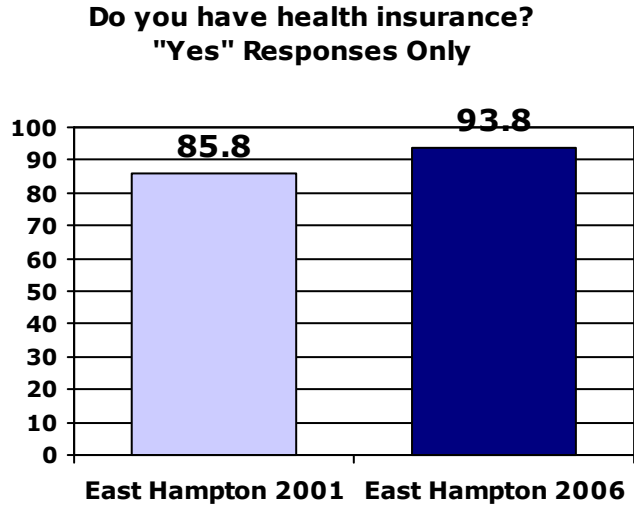
■ East Hampton 2001 ■ East Hampton 2006
■ Suffolk County BRFSS 2005* ■ NY State BRFSS 2005*

*CDC BRFSS data reports "Neither overweight nor obese" instead of "Underweight" and "Normal"

Access to Healthcare

According to the Henry J. Kaiser Family Foundation, nearly 45 million Americans do not have health insurance. Statistics show that in general, the uninsured population utilizes the emergency room for the majority of their healthcare regardless of the acuity of the illness; thereby impacting the quality of emergency care delivered to the insured and the uninsured.

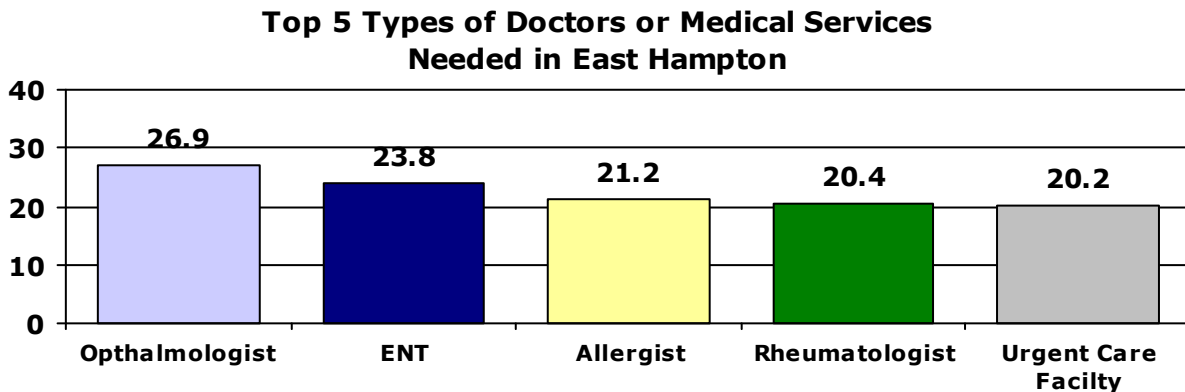
- The 2006 survey of East Hampton residents showed that 93.8% of respondents reported have health insurance compared to 85.8% of respondents in 2001. It is important to note that of those who do not have health insurance, 63.3% make less than \$50,000 per year.
- The top three payor sources for survey respondents who have health insurance in 2006 are: employer (39.4%); Medicare (38.8%) and self-pay (24.2%).
- BRFSS data reveals that 85.3% of Suffolk County, and 86.3% of New York residents in 2005 reported that they had some type of healthcare coverage.



Community Healthcare Needs

Accessing specialty care and urgent/emergency care close to home is important to both full-time and seasonal residents of East Hampton Town. 36.4% of respondents reported that they or their friends are looking for a certain type of doctor that is not available in East Hampton.

When asked what types of doctors or medical services East Hampton needs, the top 5 responses were: Ophthalmology, Otolaryngology, Allergy, Rheumatology and an Urgent Care Facility. In fact, when respondents were asked how to best improve emergency care in East Hampton, 73.6% stated that the establishment of an Urgent Care Facility was **Extremely Important** or **Very Important**.

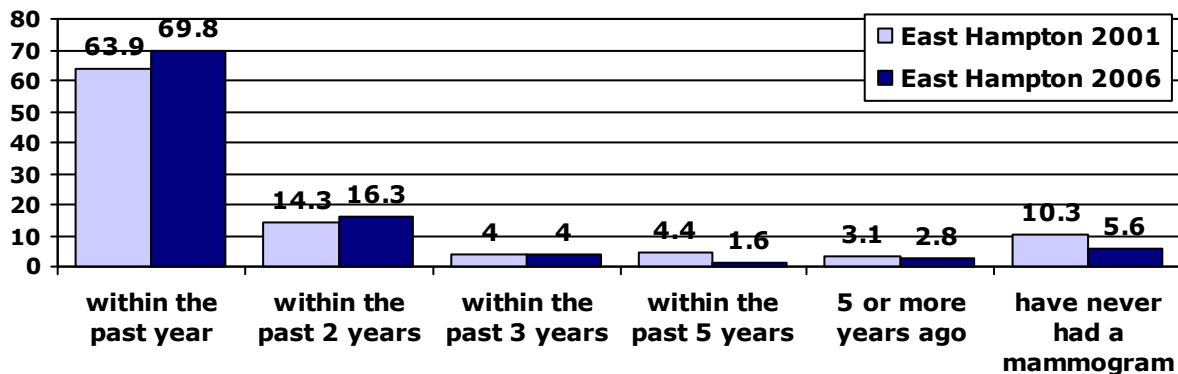


Preventive Care

According to the American Medical Association, preventive healthcare is one of the most important and most neglected aspects of modern health care. Millions of lives and millions of dollars can be saved by helping patients change unhealthy behaviors. Prevention is an especially important part of primary care; generalist physicians have many opportunities to identify disease risk factors and encourage patients to change their behaviors so they can live longer and healthier lives. Respondents to the community survey were asked about their preventive healthcare patterns.

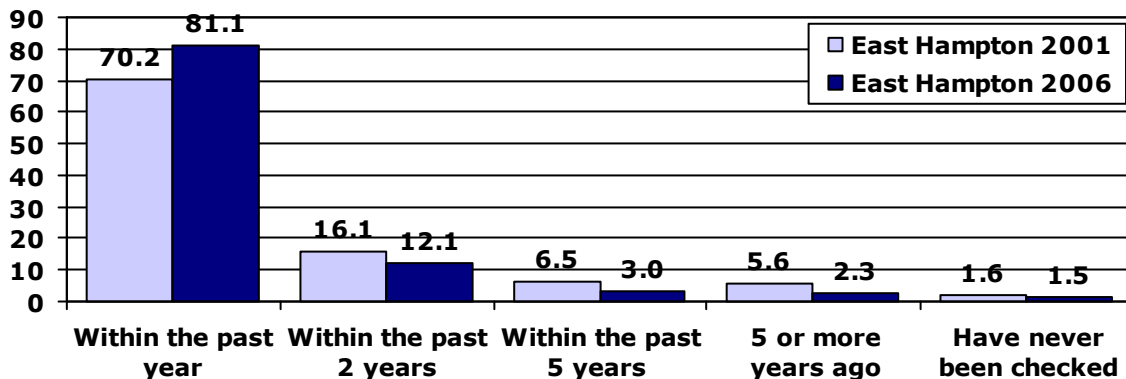
When looking specifically at women's healthcare screenings in 2006, 57.6% of female respondents reported that they examine their breasts monthly for lumps compared to 55.2% in 2001. Nearly 70% of women aged 40 and over in 2006 reported that they had a mammogram within the past year compared to 63.9% in 2001.

**How long has it been since you had a mammogram?
(Women aged ≥40)**



In 2006, 81.1% of men aged 50 and over reported getting a prostate cancer screening compared to 70.2% of men in 2001. BRFSS data asks male respondents if they have had a prostate screening in the past two years, 53.5% in New York State said %es,+and 60% in Suffolk County said %es.+

**How long has it been since you have been checked
for prostate cancer? (Men aged ≥ 50)**

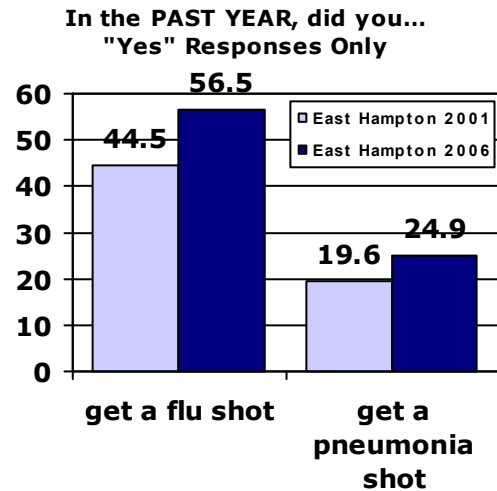


Immunizations

According to the CDC, the single best way to protect against the flu is to get vaccinated each fall. In 2001, 44.5% of respondents reported that they got a flu vaccination compared to 56.5% in 2006. It is especially important for those aged 65 and over to be vaccinated. Analysis reveals that in 2001 and in 2006, 82.1% of respondents aged 65 and over received a flu shot. This number is much higher than 2005 BRFSS data for New York State (61.8%) and for Suffolk County (63.3%).

Respondents were also asked if they received a pneumonia vaccine. In 2006, 24.9% of all respondents stated that they had a pneumonia vaccine compared to 19.6% in 2001. Similar to flu vaccinations, it is important that those aged 65 and over get pneumonia vaccinations. Analysis of this sub-population reveals that in 2006, 48.6% of respondents aged 65 and over received a pneumonia vaccine compared to 44.7% in 2001.

However, for both the flu and pneumonia vaccine, the East Hampton Town numbers are well below the Healthy People 2010 goal of increasing the number of adults (≥ 65 years) who are vaccinated annually against influenza to 90% and vaccinated against pneumococcal disease to 90%.

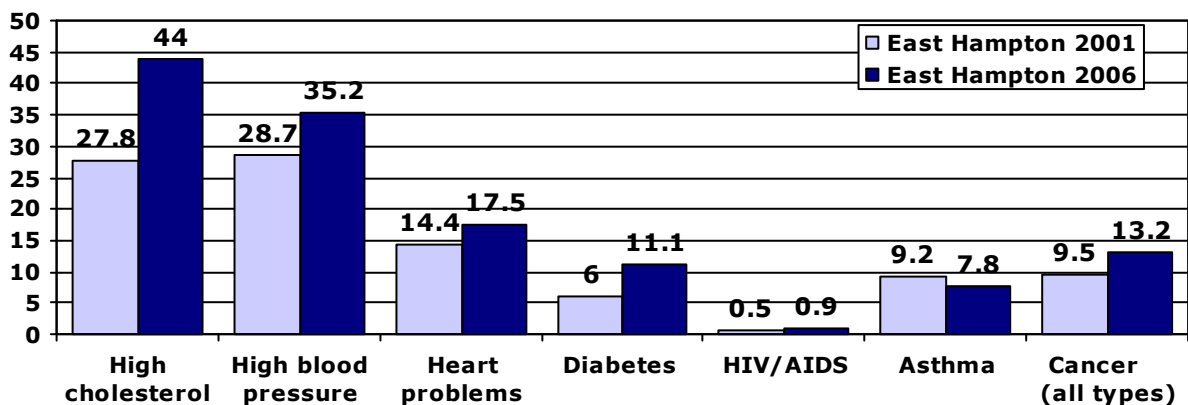


Health Conditions & Diseases

Survey respondents were asked if they had been diagnosed with certain diseases or conditions in the past 2 years. 2006 survey results show a sharp increase in two key areas: *High Cholesterol* and *High Blood Pressure*.

- In 2006, 44% of respondents stated that they had been diagnosed with high cholesterol compared to 27.8% in 2001. The 2006 numbers are also higher than the 2005 BRFSS data in which 35.5% of New York State residents and 35.2% of Suffolk County Residents reported being diagnosed with high cholesterol.
- In 2006, 35.2% of respondents were diagnosed with high blood pressure compared to 28.7% in 2001. These numbers are also higher than 2005 BRFSS data for New York State (25.5%) and Suffolk County (23.5%).

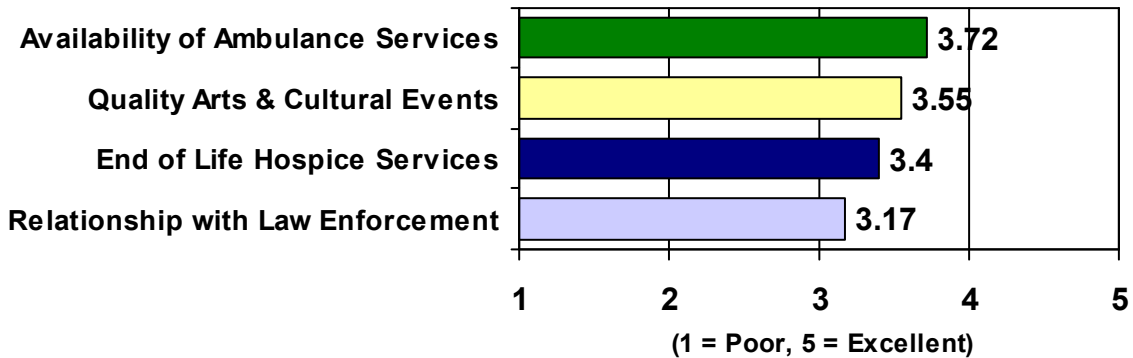
In the PAST 2 YEARS, have you been told by a doctor, nurse or other healthcare professional that you have: "YES" Responses



Community Strengths & Weaknesses

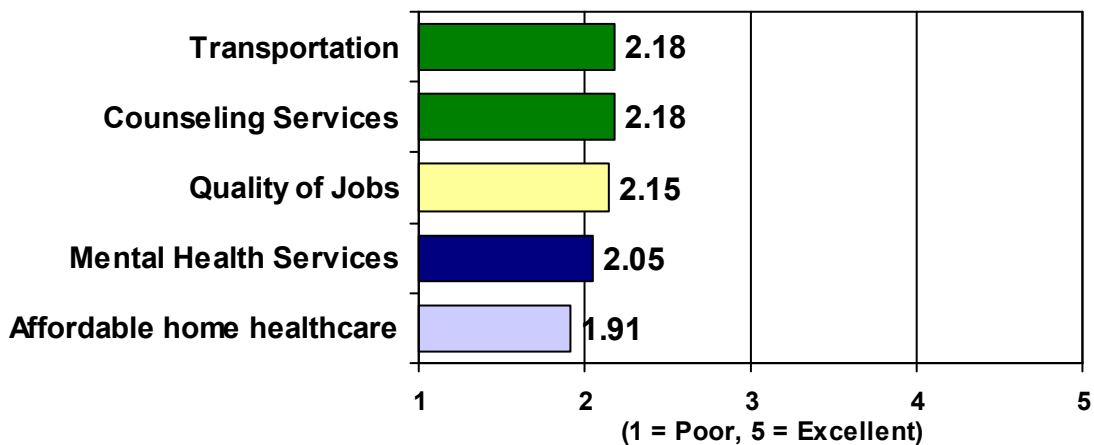
East Hampton Town residents were asked to rate their community on a variety of quality of life issues. Each community issue was rated on a scale of 1 to 5, with 1 being %poor+ and 5 being %excellent+. Community strengths according to respondents were; availability of ambulance services (3.72), quality arts and cultural events (3.66), end of life hospice services (3.4) and relationship with law enforcement (3.17).

Community Strengths Average Ratings



The five community issues receiving the lowest average score from East Hampton Town residents were; affordable home healthcare (1.91), mental health services (2.05), quality of jobs (2.15), counseling services (2.18) and transportation (2.18).

Community Weaknesses Average Ratings



For More Information

If you would like further information about the results of The East Hampton Healthcare Foundation's 2006 Community Assessment, please contact:

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