



Areas of Focus

FOOD ACCESS & HEALTHY EATING	ECONOMIC STABILITY
MENTAL HEALTH & SUICIDE PREVENTION	ALCOHOL & TOBACCO USE
HEALTHCARE ACCESS	MATERNAL-CHILD HEALTH
CHILDHOOD PREVENTIVE SERVICES	TICKBORNE DISEASE

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COMMUNITY PRIORITIZATION

**WHAT DO WE
KNOW?**

**WHAT IS THE IMPACT
INDIVIDUAL/FAMILY/
COMMUNITY?**

**WHAT
RESOURCES/ACTIONS
CAN ADDRESS THIS?**

**WHAT ISSUES MATTER
MOST TO YOU?**

2025-2030

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INTERNAL PRIORITIZATION

WHAT DO WE
KNOW?

WHAT CAN
WE DO?

FEASIBILITY

IMPACT

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ECONOMIC STABILITY

Putnam is an affluent county that consistently has one of the highest median incomes in the state. However, CHA data indicates decreasing economic stability and noteworthy disparities. These trends typically have downstream impacts on health and well-being, most notably resulting in elevated and inequitable rates of heart disease, diabetes and cancer.

Figure 1

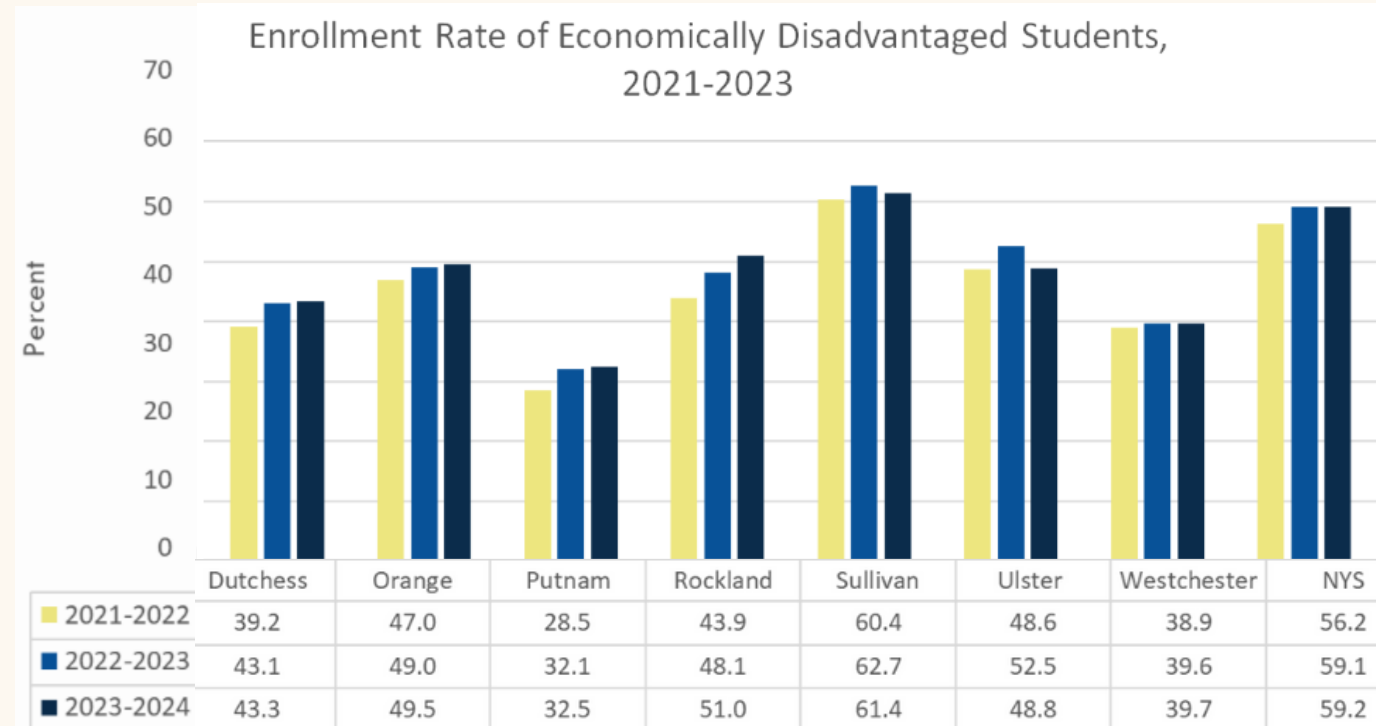
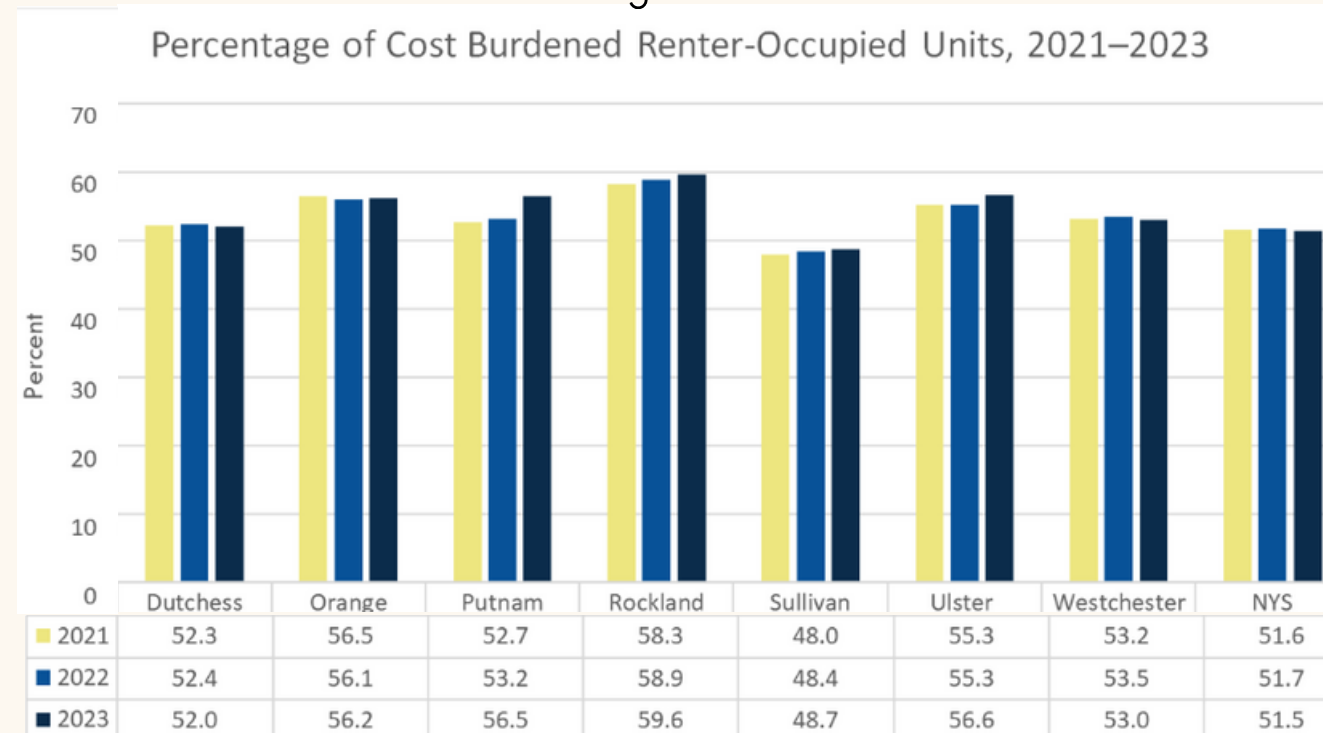


Figure 2



FACTS & TRENDS

- **Increasing proportion of the population in poverty:** 6% in 2021, 6.3% in 2022 and 6.5% in 2023.
- **More than double the % of Hispanic families living below poverty** level when compared to white, non-Hispanic families: 6.6 % compared to 2.8 %.
- **Low but increasing proportion of economically disadvantaged students** enrolled in public schools [Figure 1].
- Third highest percentage in Mid-Hudson region of **cost-burdened, renter-occupied units** (where gross rent exceeds 30 percent of household income); **higher than NYS average** [Figure 2].

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FOOD ACCESS & HEALTHY EATING

Food access and healthy eating focuses on ensuring that all residents have reliable access to affordable, nutritious, and culturally appropriate foods that support overall well-being and health. Limited access to healthy food can decrease food security and contribute to chronic health conditions such as heart disease, obesity, and diabetes. Improving access and promoting healthy eating can create environments where making these choices is easier and equitable across the county.

Figure 1

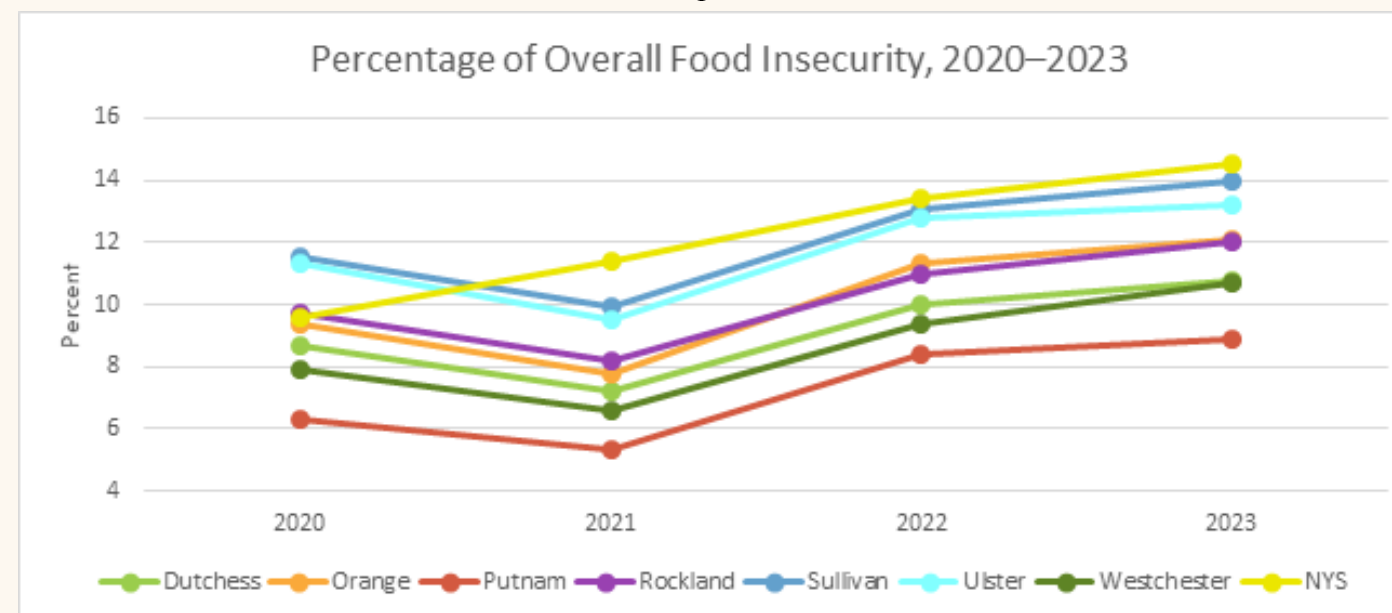
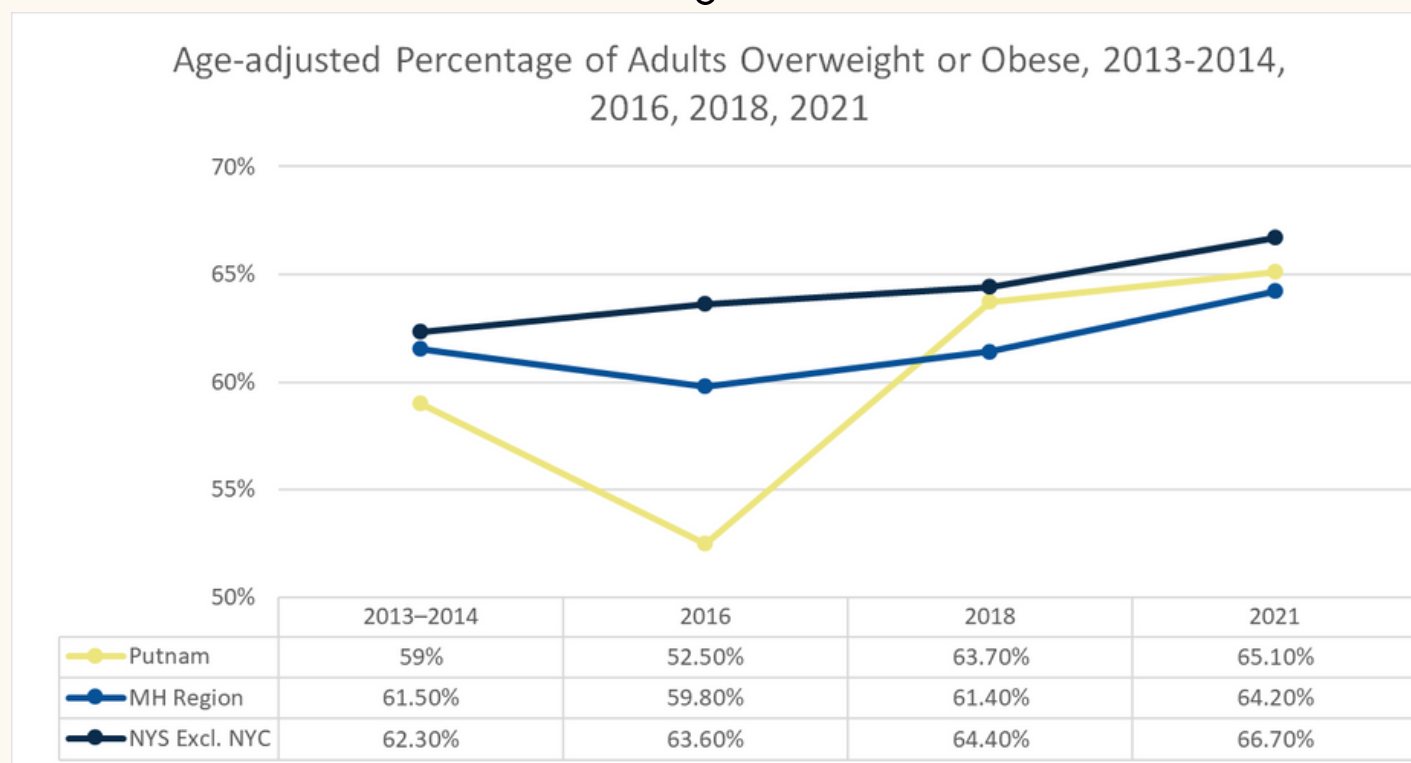


Figure 2



FACTS & TRENDS

- The USDA's [Food Environment Atlas](#) defines having **limited access to healthy foods** as being both low income & not living close to a grocery store. In **2019, 6.7%** of Putnam residents were estimated to have limited access to food- the highest prevalence among Mid-Hudson Counties.
- Despite having a comparatively lower prevalence than other Mid-Hudson Counties, the overall percentage of **food insecure residents has increased** in Putnam since 2021 [Figure 1].
- The % of Putnam County adults consuming **less than one fruit and one vegetable daily** increased from **22.9% in 2018** to **30.1% in 2021**.
- Reduced access to healthy foods** may be contributing to the **rising rates of overweight and obesity** in Putnam County.
- The prevalence of **overweight and obesity** in Putnam adults is **increasing**, and **exceeded that of the Mid-Hudson Region in 2018 & 2021** [Figure 2].

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HEALTHCARE ACCESS

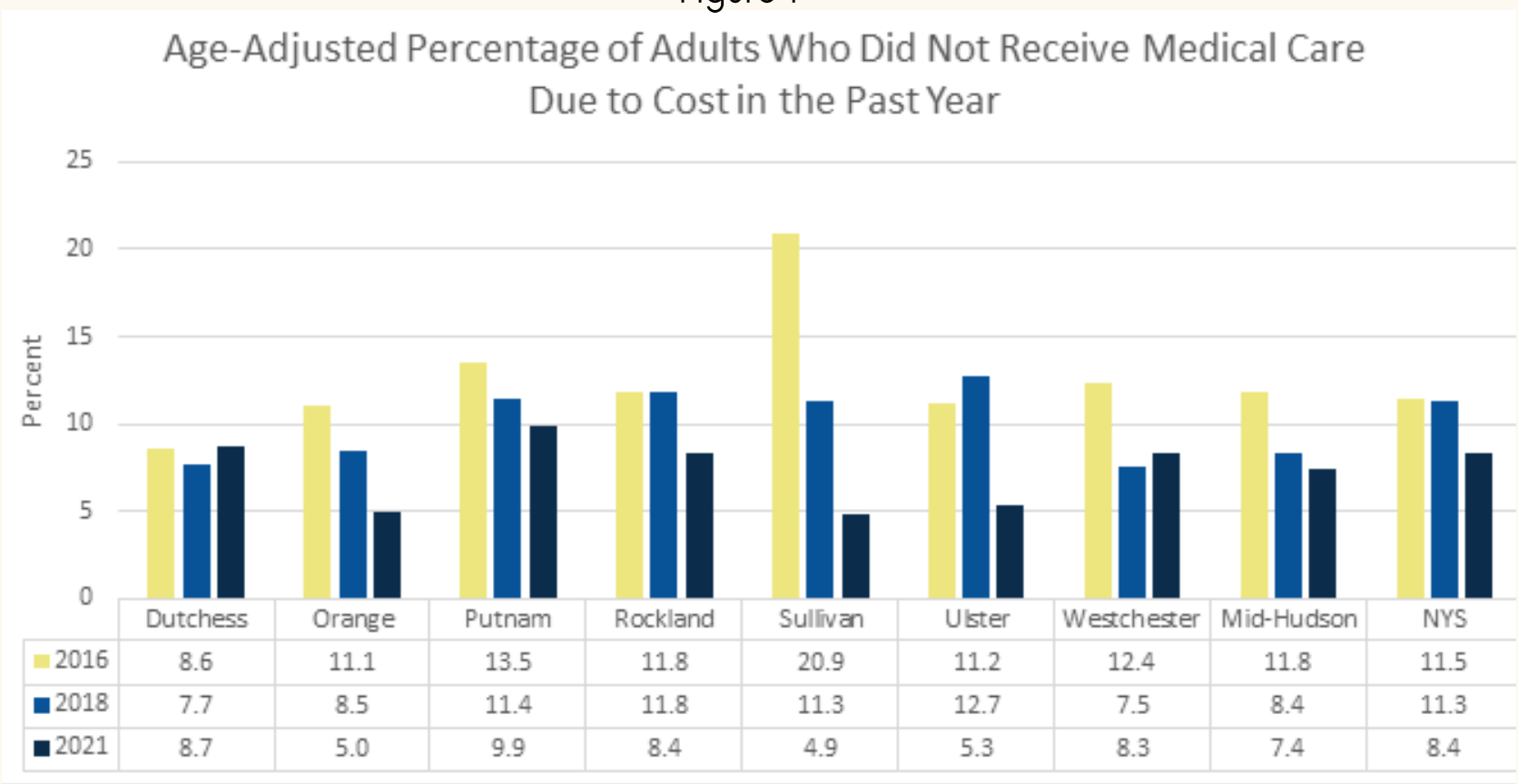
Access to healthcare is crucial for illness prevention, timely diagnosis and treatment, and appropriate management of chronic conditions. Cost and lack of availability can present obstacles to accessing healthcare. Barriers to access contribute to poorer health outcomes and increased disparities, particularly among racial, ethnic, and low-income communities.

Table 1

Percentage of Population with no health insurance by Race and Ethnicity 2018-2022					
	White non-Hispanic	Black (including Hispanic)	Asian (including Hispanic, excl Pacific Islanders)	Hispanic (of any race)	Total
Putnam	3.0%	4.6%*	8.8%*	5.6%	3.5%
NYS	3.2%	5.8%	6.2%	9.9%	5.2%

*Note: Unstable estimate, as defined by the American Community Survey as a percentage with a relative standard error over 30% of the estimate

Figure 1



FACTS & TRENDS

- While only **3.5% of Putnam's overall population lack health insurance**, the **uninsured proportion is higher in minority residents** than in the White non-Hispanic majority [Table 1].
- The percentage of the population not receiving care due to cost has decreased over time as insurance rates have increased, but the **percentage of Putnam adults not receiving care due to cost remains higher than that in the Mid-Hudson Region and NYS** [Figure 1].
- Putnam has more residents per primary care provider than all counties in our region except for Sullivan, and **survey respondents cited inability to get an appointment was a top reason for not getting an annual physical exam**.

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MENTAL HEALTH & SUICIDE PREVENTION

Mental and physical illness contribute to increased risk for suicide, with depression and other psychiatric disorders as major contributing factors. Chronic stress and adverse childhood experiences (ACEs) also increase risk for developing depression and other mental and physical health issues.

Figure 1

Age-Adjusted Percentage of Adults with Poor Mental Health for 14 or More Days in the Last Month, 2016, 2018, and 2021

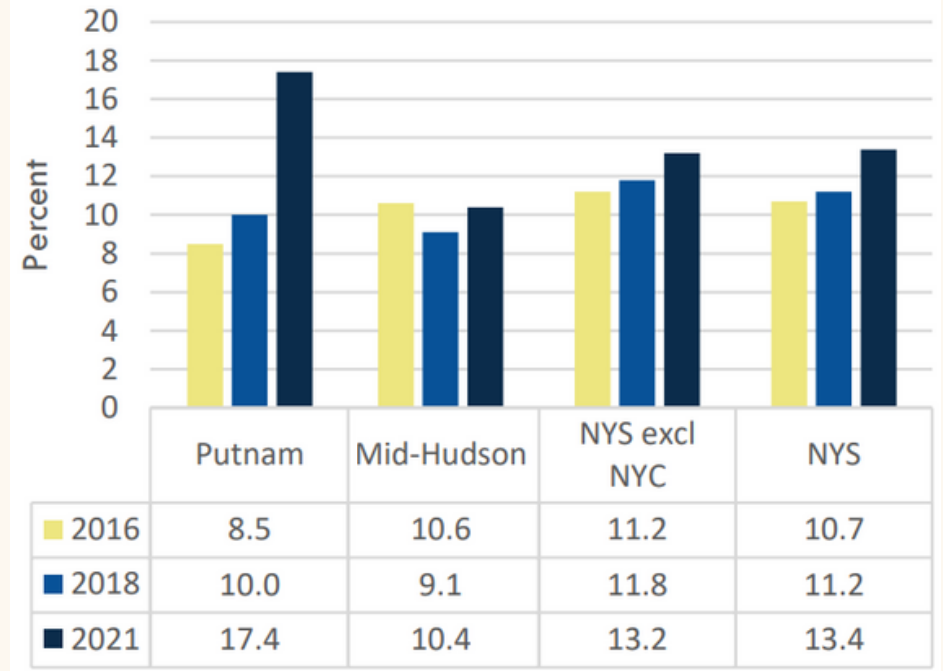
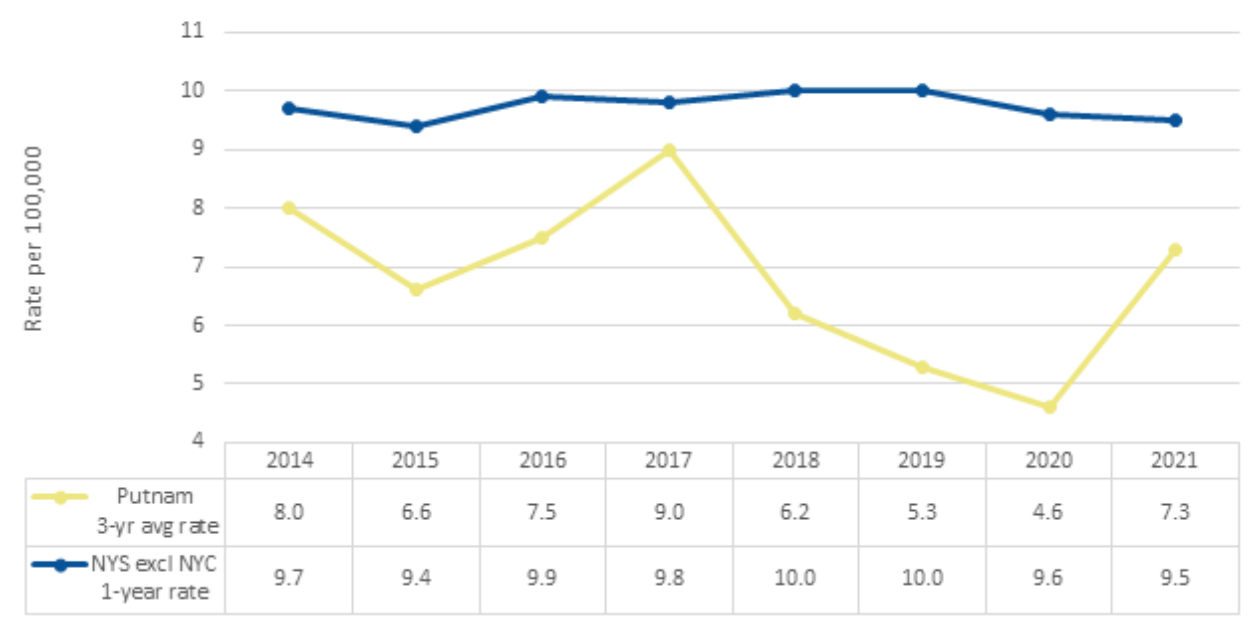


Figure 2

Age-Adjusted Suicide Mortality Rate per 100,000 Population



FACTS & TRENDS

- The percentage of **adults with poor mental health** for 14 or more days in the last month increased from **10% in 2018 to 17.4% in 2021** [Figure 1].
- The proportion of people rating their **mental health as fair or poor** on the Mid-Hudson Region Community Health Survey increased from **19% in 2022 to 23% in 2025**.
- **Mental health was a top concern** for residents responding to 2024 Community Health Experience Survey.
- The three-year average **suicide** mortality rate **increased from 4.6** per 100,000 population for 2019-2021 to **7.3** per 100,000 for 2020-2022 [Figure 2].

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ALCOHOL & TOBACCO USE

Excessive alcohol use includes binge drinking, heavy drinking, and drinking among pregnant people and those under 21 years of age. Excessive alcohol use leads to short term harms like injuries and violence, as well as long term harms like chronic diseases, mental health and social problems, and alcohol use disorders. Commercial tobacco use is another risk factor for chronic diseases like cardiovascular disease and cancer, and is the leading preventable cause of death in New York.

Figure 1

Age-Adjusted Percentage of Adults Binge Drinking in the Past Month: 2016, 2018, & 2021

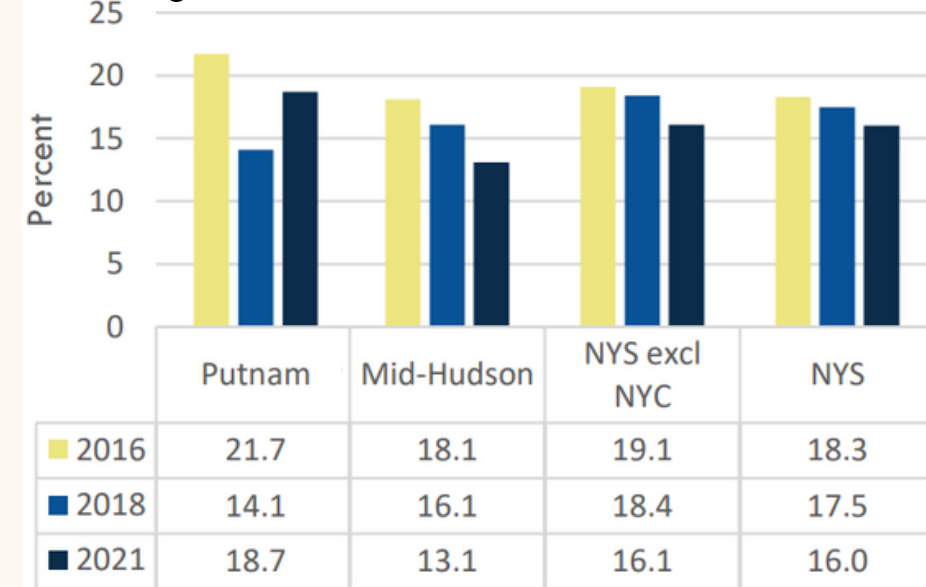
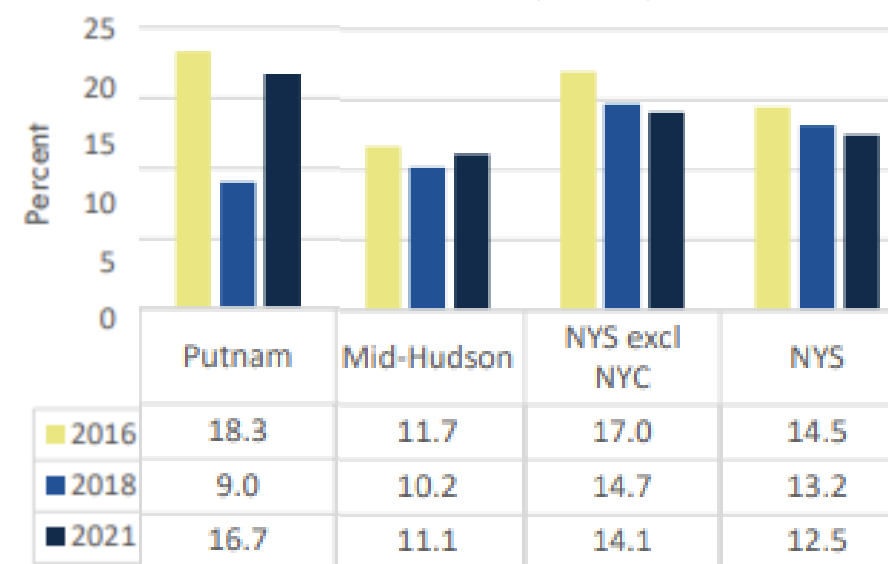


Figure 2

Age-Adjusted Percentage of Adults Who Are Current Smokers: 2016, 2018, & 2021



FACTS & TRENDS

- The percentage of adults **binge drinking** in the past month increased from **14.1% in 2018** to **18.7% in 2021** well exceeding the Mid-Hudson Region prevalence of 13.1% [Figure 1].
- The percentage of adults who are **current smokers** increased from **9% in 2018** to **16.7% in 2021** giving Putnam the 2nd highest smoking prevalence in the Mid-Hudson Region [Figure 2].
- In 2024, **13.4% of Putnam 8th, 10th and 12th grade students** reported **riding with a drinking driver** in the past 30 days.

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PRENATAL & POSTNATAL CARE

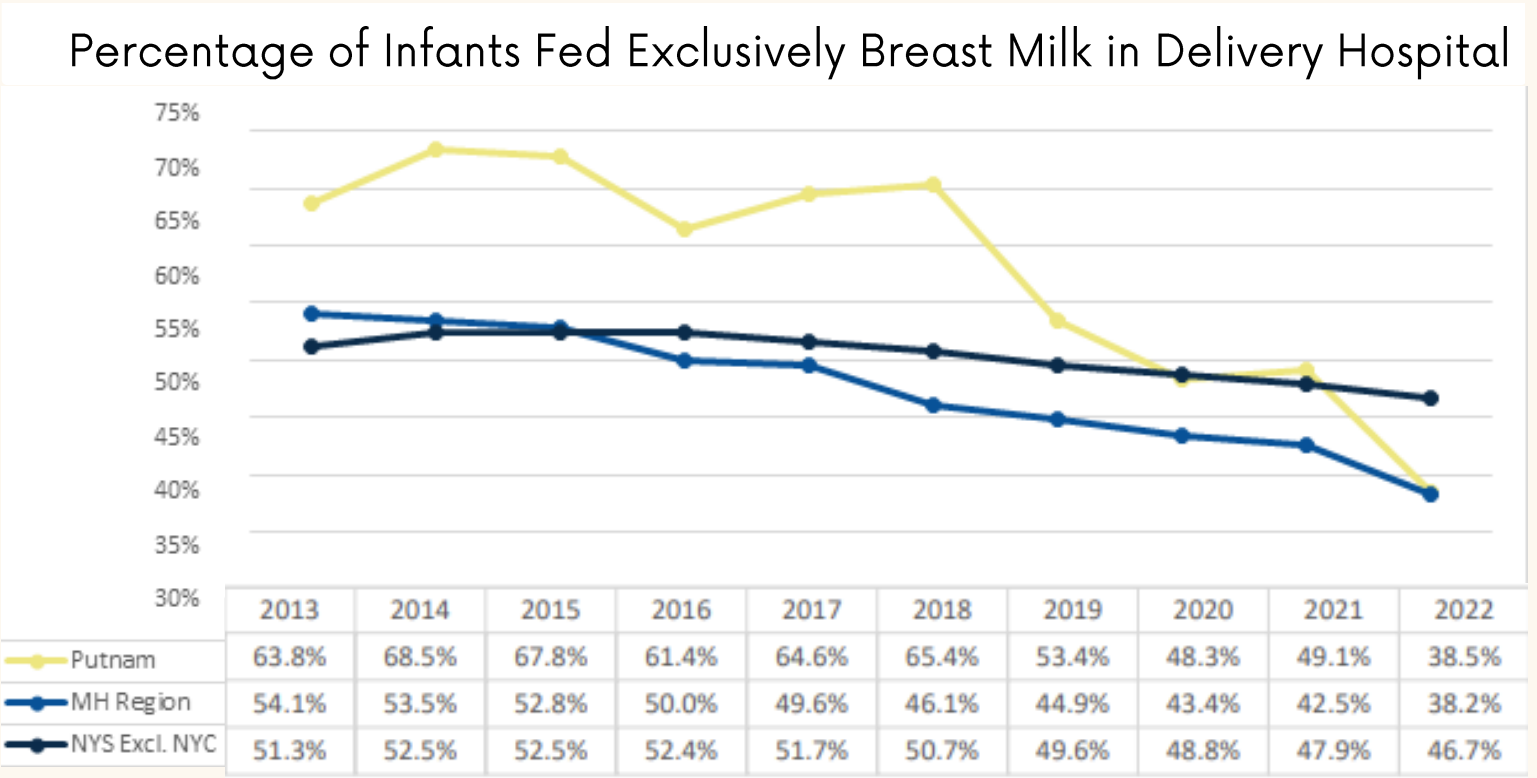
Prenatal and postnatal care are essential preventive health services that support healthy pregnancies, mothers, and newborns. Early and adequate prenatal care ensures timely risk assessments, health education, and clinical intervention which decreases rates of preterm labor, low birth weight, and infant and maternal mortality. Postnatal care supports recovery after birth and ongoing monitoring of maternal and infant health. Breastfeeding is an evidence-based practice that improves maternal and child health outcomes.

Table 1

Prenatal Care and Birth Indicators by Race and Ethnicity, Putnam County, 2020-2022				
White non-Hispanic	Black non-Hispanic	Asian/Pacific Islander non-Hispanic	Hispanic (of any race)	Total
Percentage of Births with Early (1 st Trimester) Prenatal Care				
89.0%	86.4%	79.2%	74.6%	84.0%
Percentage of Births with Adequate* Prenatal Care				
88.7%	81.5%	84.7%	80.1%	85.6%
Percentage of Premature Births				
8.7%	8.5%^	8.3%^	10.0%	9.1%
Percentage of Low Birthweight Births				
7.1%	10.2%^	4.2%^	7.6%	7.3%

*Note: The percentage is unstable (fewer than 10 events in the numerator)

Figure 1



FACTS & TRENDS

- **Disparities exist by race and ethnicity for prenatal and birth outcome indicators.** A higher proportion of births in the majority White non-Hispanic population received early and adequate prenatal care as compared to births in minority populations. A lower proportion of births in the majority White non-Hispanic population were premature or low birthweight as compared to births in minority populations [Table1].
- The percentage of **Putnam infants fed exclusively breast milk in the hospital** where they were delivered decreased from a high of **68.5% in 2014** to **38.5% in 2022** [Figure 1].



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CHILDHOOD PREVENTIVE SERVICES

Childhood preventive services, including regular checkups, screenings, and vaccines, are critical for preventing illness, detecting issues early, and establishing long-term health. Vaccines protect children from serious illnesses, and the HPV vaccine, can also prevent several types of cancer later in life. Childhood screenings are key to early detection of risks such as lead exposure, which can affect a child's brain development and neurological health. In New York State, children are required to be tested for lead at ages 1 and 2.

Figure 1

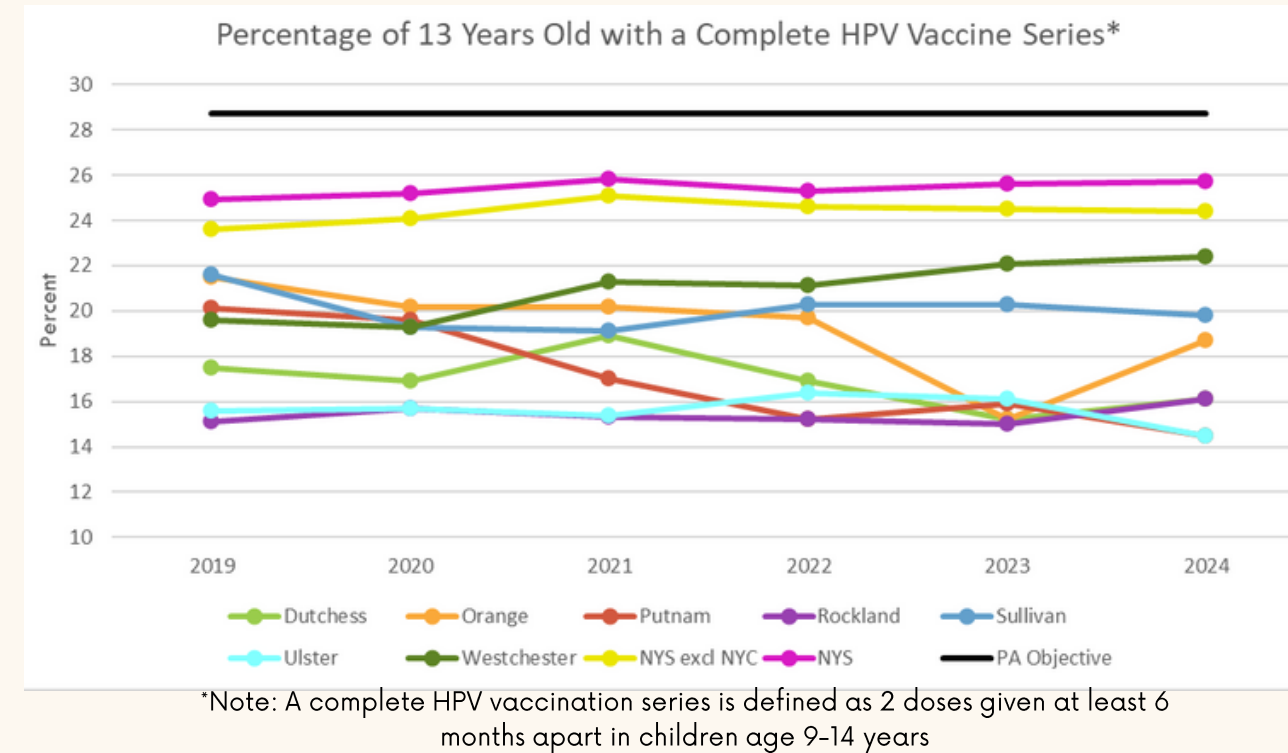
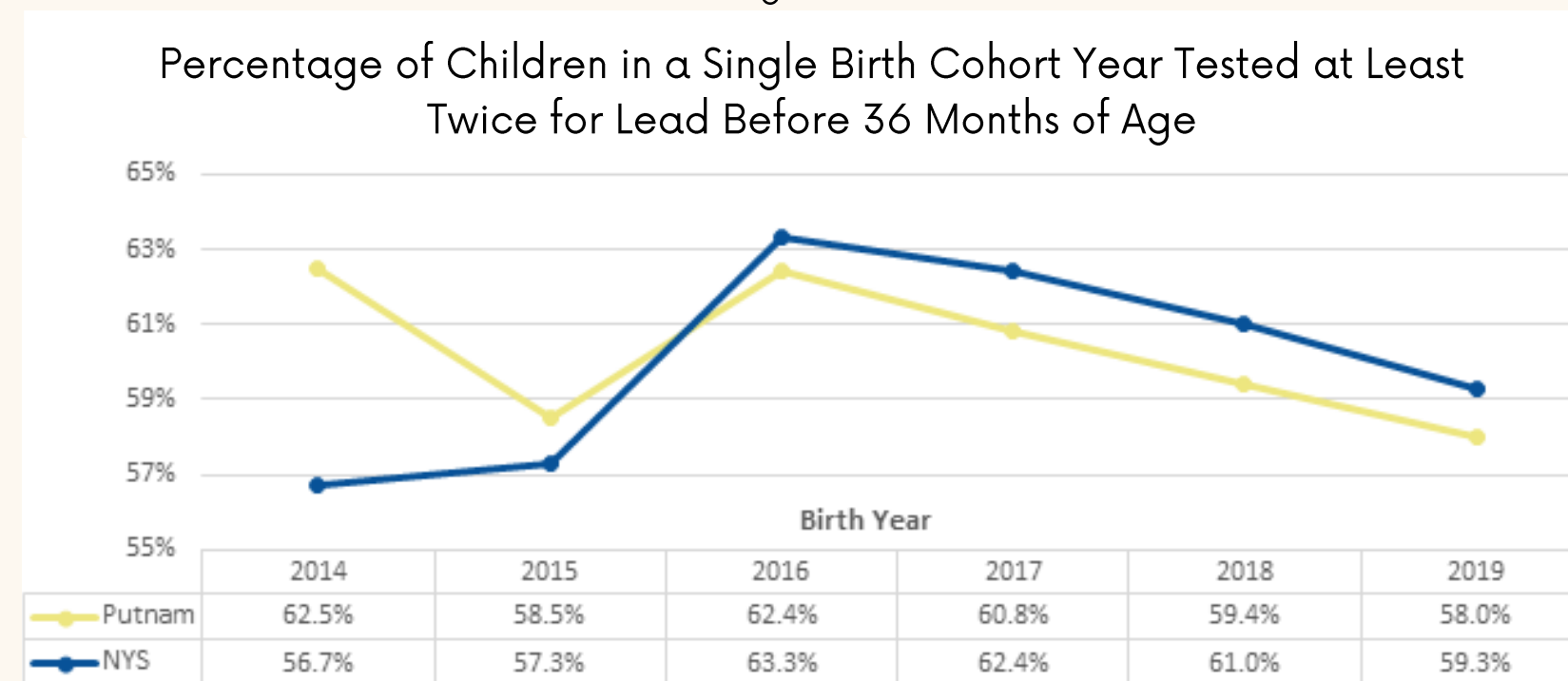


Figure 2



FACTS & TRENDS

- **HPV vaccine series completion in Putnam County 13-year-olds is declining.** At 14.5% in 2024, Putnam and Ulster Counties had the lowest percentages in the Mid-Hudson Region- well below the 2030 NYSPA target of 28.7% [Figure 1].
- The percentage of children receiving both **blood lead tests** before 36 months is **declining** in Putnam County and across New York State. In Putnam, only **58%** of children born in 2019 **received both tests**, well below the state goal of 70% [Figure 2].
- In 2023, **Putnam County launched an intervention** with local pediatric providers to improve early childhood vaccination rates, helping to **increase the number of 2-year-olds who have completed their full early childhood vaccine series.**



**SHARE
YOUR IDEAS
SHAPE OUR
FUTURE**

**Let's Talk
HEALTH**



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