

# Hudson Valley Region

## Regional Needs Assessment Summary

SCN: Hudson Valley Care Coalition, Inc.

The Hudson Valley Region is comprised of Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster, and Westchester Counties. These regional health findings are based on 35 CHNA, CHIP, and CSP reports conducted by healthcare systems, public health departments, and community health initiatives.

### Physical/Behavioral Health

- Chronic Disease
- Maternal & Child Health
- Mental Health and Substance Use Disorders
- Preventable Hospitalizations/Premature Mortality

### Social Care/HRSN

- Food Insecurity
- Housing instability
- Transportation
- Health Literacy
- Economic Disparities

### Top Health Needs

| Health Area   | Description  |
|---|--|
| <b>Chronic Disease</b>                                      | Obesity, diabetes, cardiovascular disease and cancer   |
| <b>Maternal &amp; Child Health</b>                          | Maternal and infant health disparities, with higher rates of preterm births, low birthweight, and C-sections                   |
| <b>Substance Use Disorders &amp; Mental Health</b>          | Depression, anxiety, and substance use – particularly opioid addiction – consistently rated as high-priority issues            |
| <b>Preventable Hospitalizations and Premature Mortality</b> | Infectious diseases, including sexually transmitted infections and vaccine-preventable illnesses; childhood immunization rates |

### Top HRSN Challenges

| HRSN                                   | Description   |
|--|---|
| <b>Food Insecurity &amp; Nutrition</b> | Limited access to affordable or nutritious food, lack of nearby grocery stores  |
| <b>Housing Instability</b>             | Affordability and quality issues, low satisfaction in available support services and high housing costs, particularly for renters |
| <b>Transportation</b>                  | Low health and digital literacy levels and need for culturally appropriate, plain-language outreach and materials                 |
| <b>Health Literacy</b>                 | Significant gaps in access and availability surrounding primary, specialty, and behavioral health care                            |
| <b>Economic Disparities</b>            | Significant gaps in satisfaction with available support services  |

### Populations of Focus

- Low-Income Residents
- Seniors
- Youth
- BIPOC
- LGBTQ+ Individuals

### Healthcare Workforce

Multiple assessments highlight a lack of sufficient, quality mental health providers, with a shortage particularly acute in rural and underserved areas, where access to behavioral health services is limited. There is a shortage of specialty care providers, such as dental and pediatric specialists as well. Factors contributing to access challenges and workforce shortages include limited local training pipelines, high cost of living in some areas, and lack of affordable housing options for staff. Workforce shortages are compounded by transportation challenges, especially in rural areas. There is a need for a more culturally competent workforce to serve the population effectively.

\* These summaries were developed from and reflect the priorities set through local Community Health Needs Assessments (CHNAs), Community Health Improvement Plans (CHIPs), and Community Strategy Plans (CSPs) from the past 2-3 years.