



2025 CHNA Secondary Data and Key Stakeholder Survey Findings

December 2024



Methods and Data Sources



The Mount Nittany Health 2025 CHNA research methodology included a comprehensive view of statistical health and social indicators for Centre County, and an online Key Stakeholder Survey with community representatives to solicit information about local health needs and opportunities for improvement.

Secondary data, including demographic, socioeconomic, and public health indicators, were analyzed for Centre County to measure key data trends and priority health issues, and to assess emerging health needs. Data were compared to state and national benchmarks and Healthy People 2030 (HP2030) goals, as available, to assess areas of strength and opportunity. Healthy People 2030 is a national initiative establishing 10-year goals for improving the health of all Americans.

All reported demographic and socioeconomic data were provided by the US Census Bureau, American Community Survey, unless otherwise noted. Public health data were compiled from a variety of state and national sources like the Pennsylvania Department of Health, Centers for Disease Control and Prevention (CDC), and the Health Resources and Services Administration, among others. Data were reported for Centre County and by zip code, as available, to demonstrate localized health needs and disparities. A comprehensive list of data sources can be found in Appendix A.

The most recently available data at the time of publication is used throughout the report. Secondary data typically lags behind “real time.” It is important to consider community feedback to both identify significant trends and disparities and to better understand new or emerging health needs.

Key Stakeholder Survey participants included healthcare and social service providers; public health experts; civic, social, and faith-based organizations; policy makers and elected officials; and others serving diverse community populations. A total of 122 individuals representing Centre County responded to the survey. A list of the represented community organizations and the participants’ respective titles is included in Appendix B.

2025 CHNA Study Service Area

Mount Nittany Health patients are primarily residents of Centre County. Consistent with past CHNAs, MNH aligned the CHNA process with Centre County's seven planning regions, comprised of 35 municipalities, as defined by the Centre County Planning and Community Development Office.

Centre County is one of the only (and fastest) growing counties in central Pennsylvania. The county has a diverse makeup of urban cultural centers and rural and agricultural communities. While healthcare and education industries employ the greatest number of county residents, Centre County is home to more farms and farmlands than other counties in the region.

A 2023 demographic report produced by Centre County Government found that 60% of Centre County's population lived in the Centre Region, the county's population and employment hub. The Pennsylvania State University, located in the Centre Region, has historically provided economic stability for the county and served as a driving force for population and labor trends.

The rich diversity of Centre County's environment and economy contributes to unique health and social needs for residents. The CHNA aimed to create a comprehensive picture of these experiences and what residents across Centre County need to live healthier lives.

Centre County Planning Regions & Municipalities

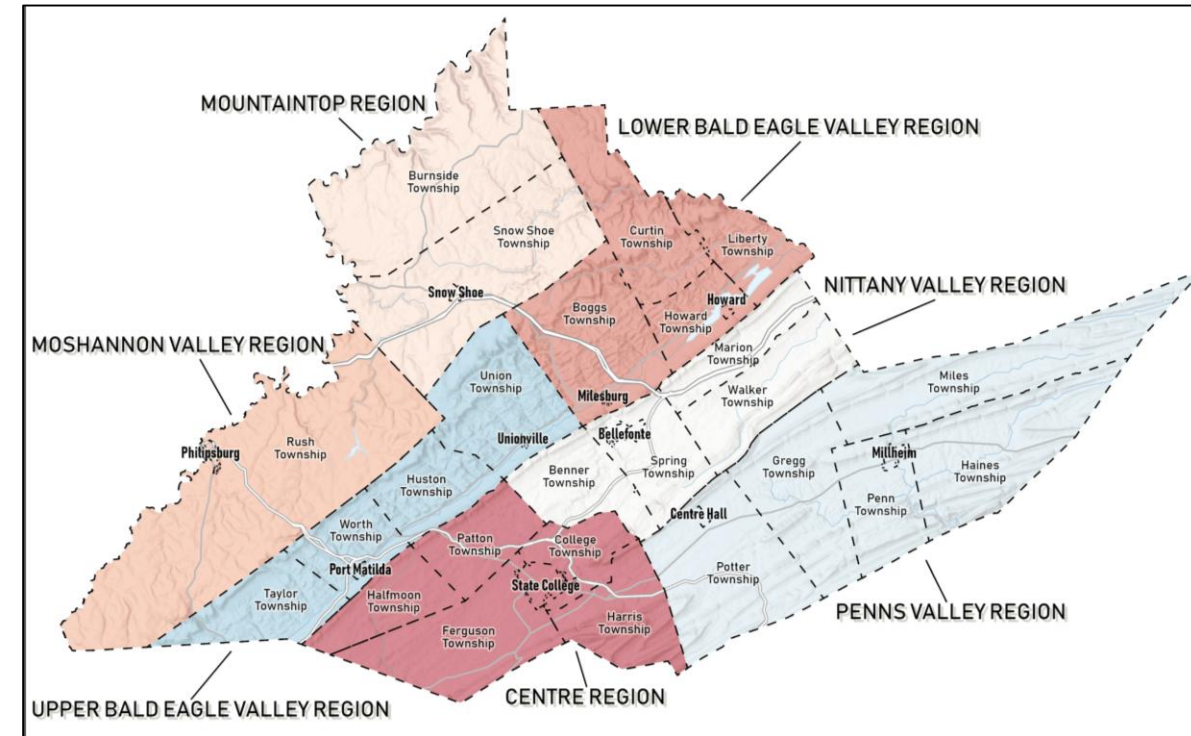


Table of Contents

Why Conduct a CHNA?	5
▪ SOCIAL DRIVERS OF HEALTH & HEALTH EQUITY	5
▪ COMMUNITY-LEVEL HEALTH DISPARITIES	8
Demographics: Who Lives in Centre County?	13
Socioeconomic Factors	21
▪ INCOME AND EMPLOYMENT	21
▪ EDUCATION	26
▪ HOUSING	29
▪ NEIGHBORHOOD AND BUILT ENVIRONMENT	32
Health Statistics	36
▪ ACCESS TO CARE	36
▪ HEALTH RISK FACTORS AND CHRONIC DISEASE	42
▪ MENTAL HEALTH AND SUBSTANCE USE DISORDER	50
▪ SEXUALLY TRANSMITTED INFECTIONS	57
Populations of Special Interest	59
▪ AGING POPULATION	59
▪ YOUTH	62
▪ PREGNANCY, BIRTH, AND BABIES	66
Key Stakeholder Survey Results	70
Appendix A: Secondary Data References	90
Appendix B: Key Stakeholder Survey Participants	93



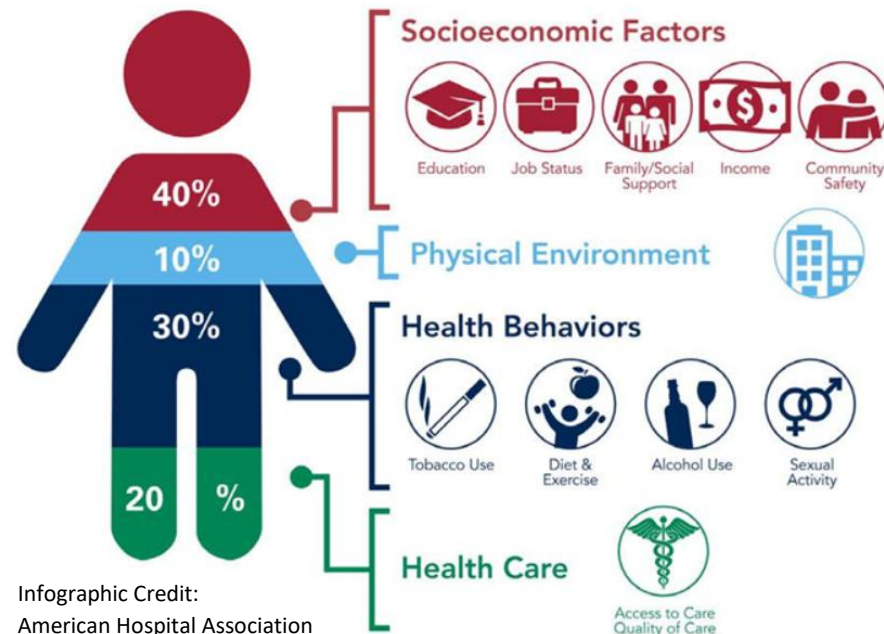
Why Conduct a CHNA?

Social Drivers of Health & Health Equity

Where we live impacts choices available to us

While health improvement efforts have historically targeted health behaviors and clinical care, **at least 50% of a person's health profile is influenced by socioeconomic and environmental factors**. Known as the social drivers of health (SDoH), these are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health risks and outcomes.

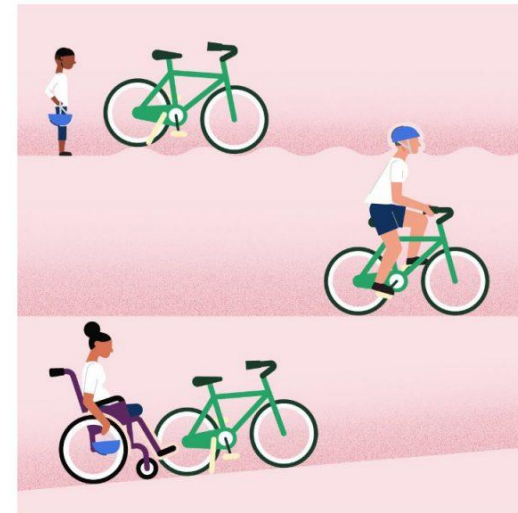
Addressing SDoH is essential to achieving optimal and equitable health for all people. Equitable health means that all people have a fair and just opportunity to reach a state of complete physical, mental, and social well-being. To achieve this outcome, we need to look beyond the healthcare system to dismantle systematic inequities born through racism and discrimination —such as power and wealth distribution, educational attainment, job opportunities, housing, and safe environments—to build a healthier community for all people, now and in the future.



Infographic Credit:
American Hospital Association

EQUALITY:

Everyone gets the same—regardless if it's needed or right for them.



EQUITY:

Everyone gets what they need—understanding the barriers, circumstances, and conditions.



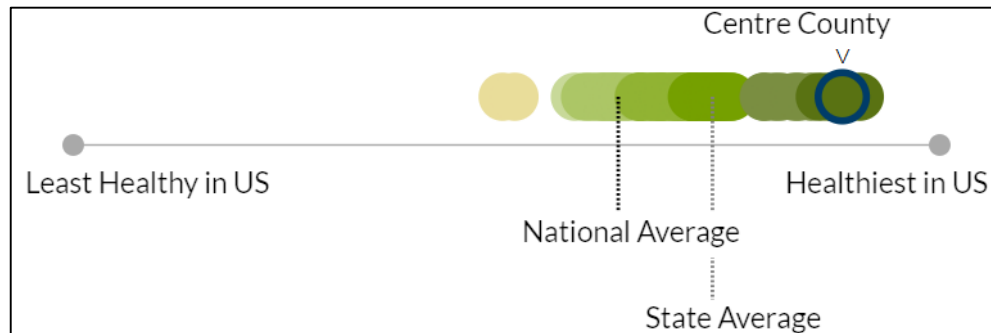
Social Drivers of Health & Health Equity

Where we live impacts choices available to us

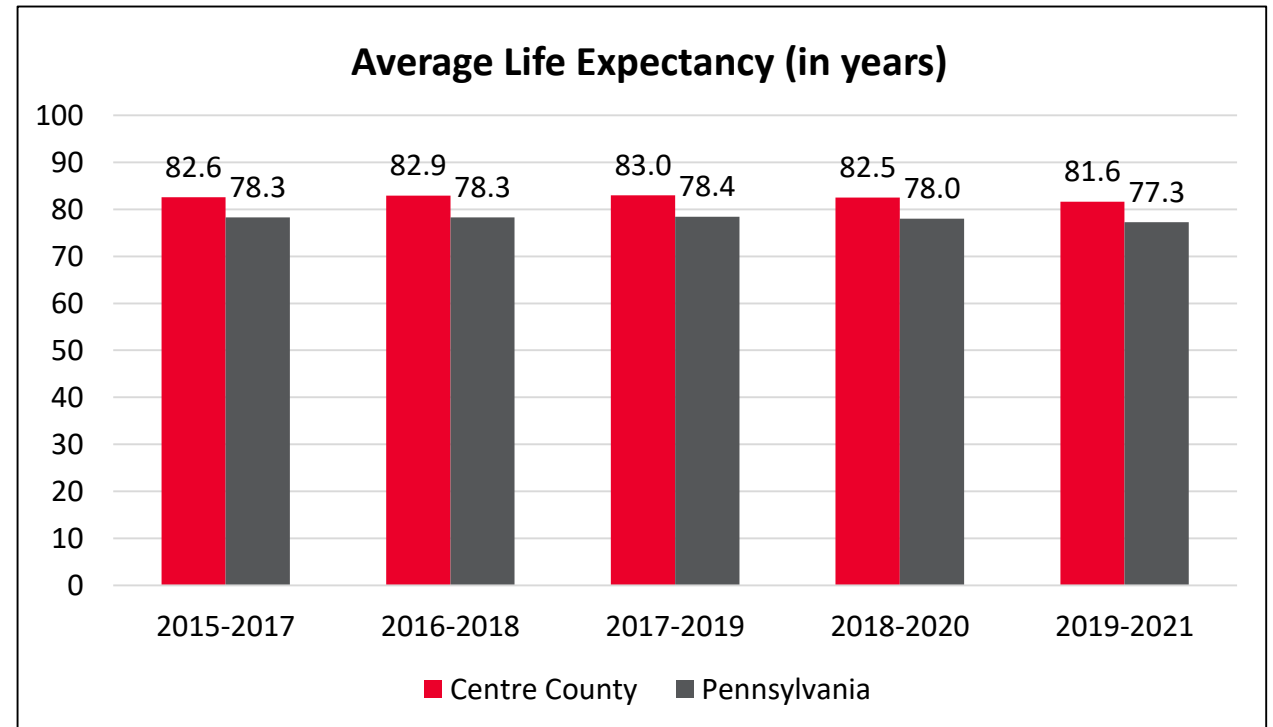
Centre County benefits from strong socioeconomic and environmental factors, including a strong and diverse economy, highly educated workforce, and rich health and social services and community fabric. These positive attributes have contributed to overall better health status for Centre County residents.

A national index produced by the University of Wisconsin Population Health Institute County Health Rankings shows that **Centre County fares better than the average county in Pennsylvania and the nation for health outcomes**. Health outcomes include average life expectancy and physical and mental health, among other factors. They tell us how long people live on average within a community, and how much health they experience while they are alive.

County Health Rankings: Centre County versus State and National Benchmarks



Each dot represents a county in Pennsylvania, with those experiencing the best health outcomes towards the right in darker shades of green.

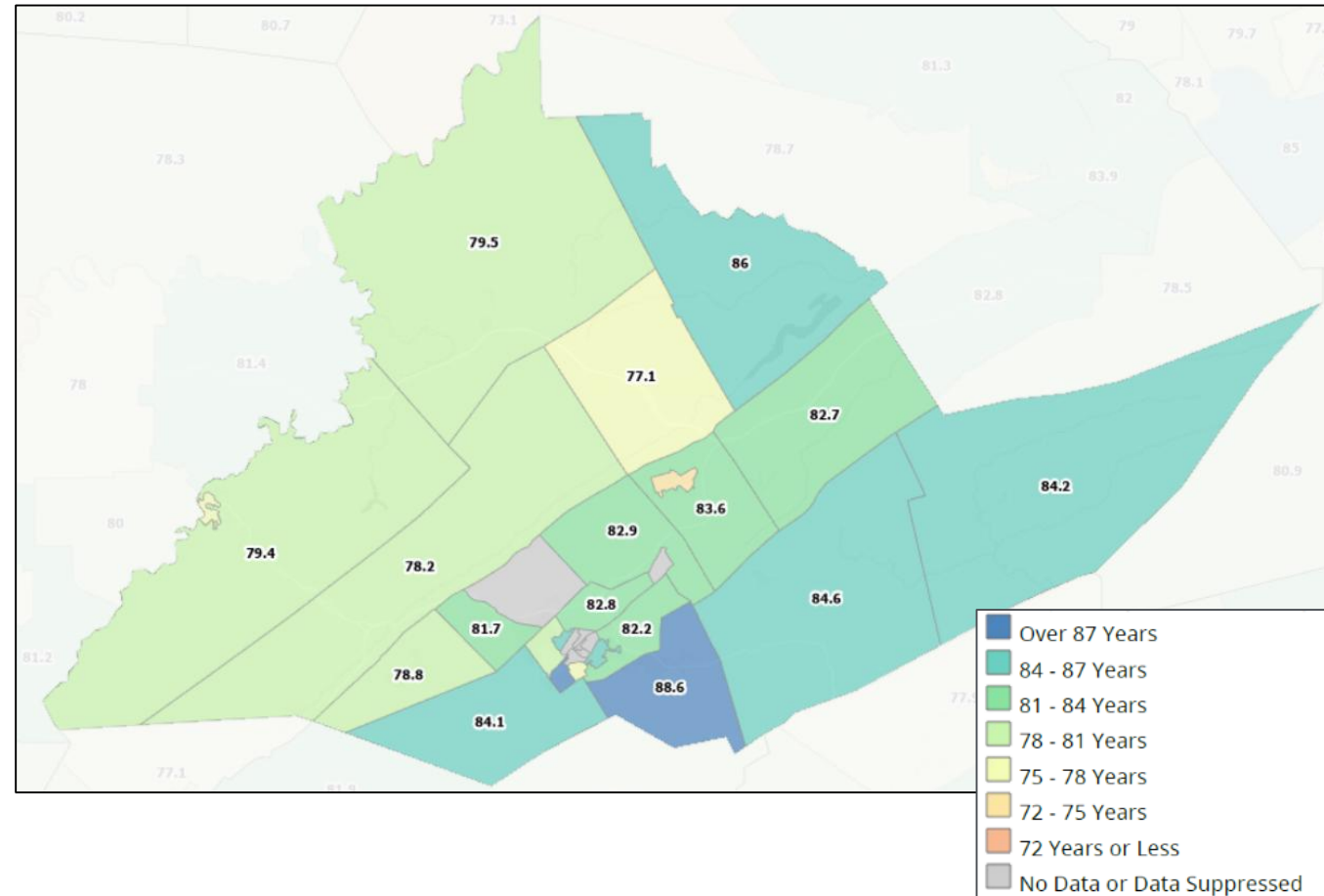


Community-Level Health Disparities

Centre County overall boasts positive SDoH and resident health status, but experiences of health and social well-being vary widely across the county, reflecting disparities in economic stability and community access, among other factors. **Notably, historical data indicates potential for a 14-year difference in average life expectancy between Centre County communities with the lowest and highest averages.**

The following graphic shows average life expectancy by Centre County census tract. Wide differences in life expectancy are seen across the county, with consistently lower averages in the western portion of the county compared to the eastern portion. Note: Average life expectancy by census tract is dated (years 2010-2015) based on most recent available data, however, more recent measures of health and social vulnerability (shown in the following slide) indicate that disparities in life expectancy likely persist.

2010-2015 Life Expectancy by Census Tract within Centre County



Community-Level Health Disparities



The HRSA Unmet Needs Score (UNS) evaluates an area's unmet need for primary and preventive healthcare services based on a community's social, economic, and health status and helps in allocation of resources across areas of highest unmet need. It denotes disparities in health status, as well as the upstream drivers that lead to health disparities. The UNS is a weighted sum of 28 health and social measures and ranges from 0 (least need) to 100 (greatest need). **There is a near 50+ point range between the lowest and highest UNS in Centre County, emphasizing a wide range of differences in unmet need.**

HRSA Unmet Need Score by Centre County Zip Code and Select Social Drivers of Health (2018-2022)

Zip Code	Population in Poverty	Children in Poverty	No High School Diploma	No Health Insurance	UNS Score
16866, Philipsburg	15.4%	29.7%	15.6%	7.9%	67.42
16854, Millheim	6.6%	NA	5.6%	12.9%	64.40
16841, Howard	12.1%	23.6%	11.2%	14.9%	58.72
16801, State College	30.2%**	7.5%	2.2%	3.6%	56.18
16874, Snow Shoe	11.4%	26.0%	6.2%	4.3%	55.96
16845, Karthaus	10.3%	NA	12.2%	2.3%	55.22
16803, State College	25.7%**	6.7%	1.7%	3.4%	55.17
16829, Clarence	8.6%	NA	9.5%	0.9%	53.56
16875, Spring Mills	9.7%	9.5%	5.6%	11.1%	51.95
16823, Bellefonte	6.5%	10.5%	7.7%	4.5%	44.00
16844, Julian	7.1%	NA	5.7%	4.6%	42.62
16859, Moshannon	7.7%	NA	11.0%	4.9%	35.80
16828, Centre Hall	6.5%	6.9%	6.9%	3.9%	34.03
16827, Boalsburg	2.5%	NA	NA	1.9%	26.32
16870, Port Matilda	2.6%	1.1%	2.7%	1.7%	23.83
16865, Pennsylvania Furnace	6.0%	NA	5.9%	1.1%	21.66
Centre County	17.0%	8.8%	5.2%	5.7%	50.78
Pennsylvania	11.8%	16.2%	8.3%	5.6%	NA
16872, Rebersburg*	5.7%	8.1%	28.3%	47.0%	83.93
16820, Aaronsburg*	6.5%	7.2%	33.8%	64.0%	70.89
16882, Woodward*	23.7%	46.4%	26.6%	23.1%	67.42

**Nearly
50-point
difference**

Source: Health Resources & Services Administration (HRSA) & US Census Bureau, American Community Survey

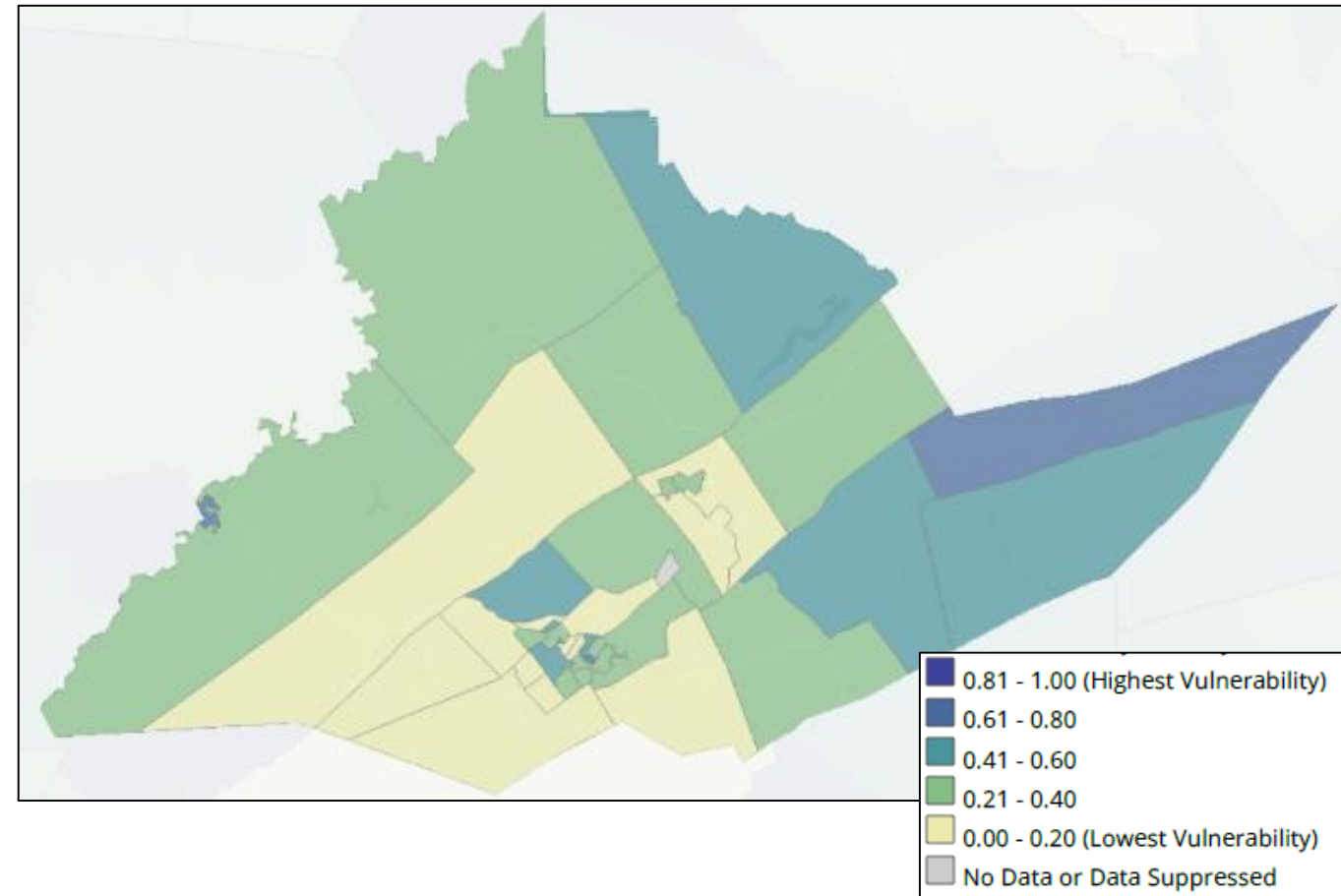
*Data for these communities are likely skewed by Plain community members and are reported separately. **Data are likely skewed by the PSU student population.

Community-Level Health Disparities

The Social Vulnerability Index (SVI) has historically been used by public health officials to prepare for and respond to emergency events like natural disasters or disease outbreaks. The SVI goes a level deeper than the UNS to demonstrate vulnerability for health disparities at a census tract-level. SVI values range from 0 to 1, where 0 indicates the least vulnerability and 1 the greatest vulnerability.

The SVI findings reinforce disparities identified by UNS values, highlighting potential social vulnerabilities in more rural regions of the county as compared to the Centre Region. Consistent with UNS findings, Philipsburg has the highest SVI value (0.63) in the county. This finding suggests more negative social risk factors like poverty, lack of access to transportation, and overcrowded housing. Note: Higher SVI values are also seen in the Penns Valley Region, reflecting community-level disparities, and likely skewed by Plain community members.

2022 Social Vulnerability Index by Census Tract within Centre County

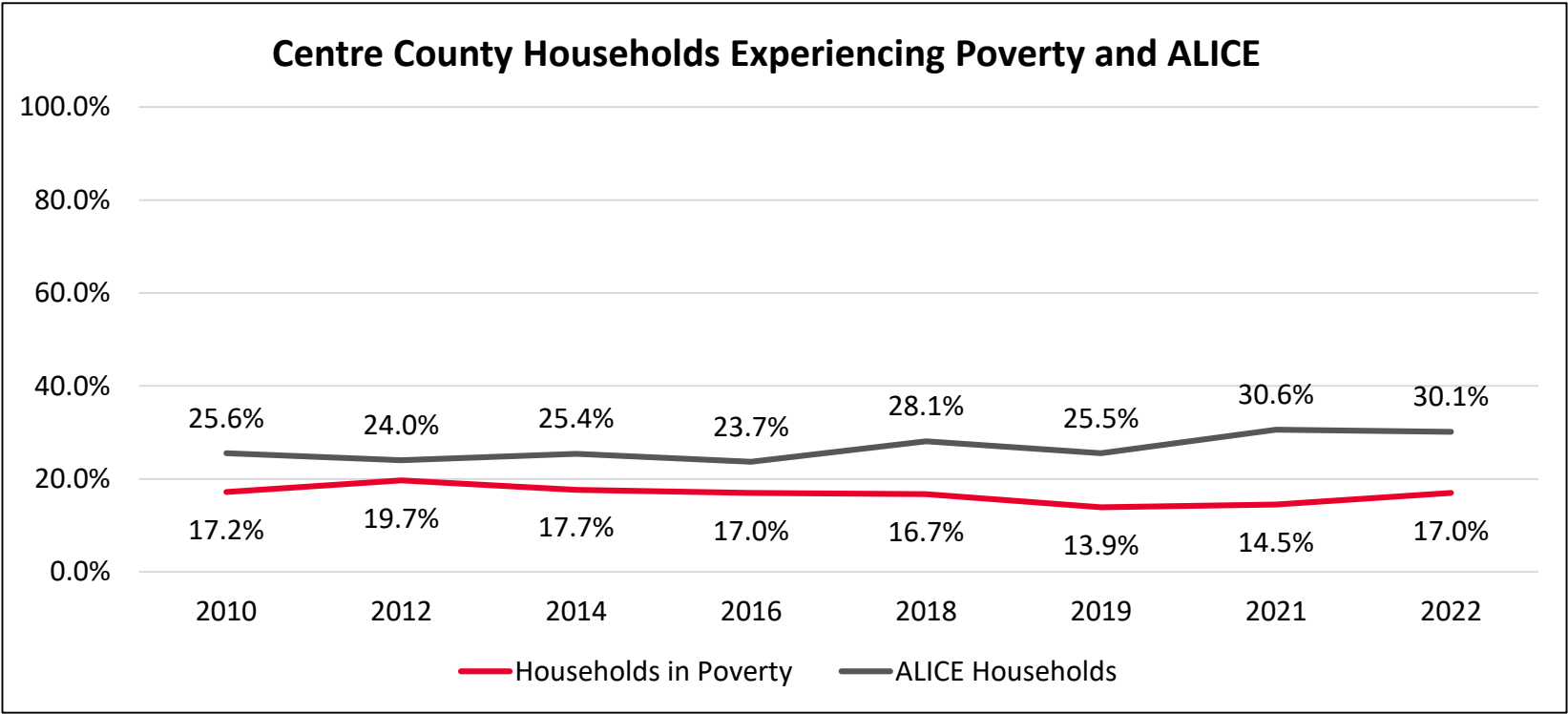


Community-Level Health Disparities



ALICE (Asset Limited Income Constrained Employed) captures the percentage of working households whose income is above the federal poverty level, but below the threshold necessary to meet basic needs such as food, clothing, utilities, or healthcare based on localized cost of living and average household sizes.

In 2022, 30% of households in Centre County met the ALICE threshold compared to 28% of households statewide. **The percentage of ALICE households in Centre County increased in 2021 and was sustained in 2022, likely due at least in part to financial hardship brought on by the COVID-19 pandemic and rising inflation.**



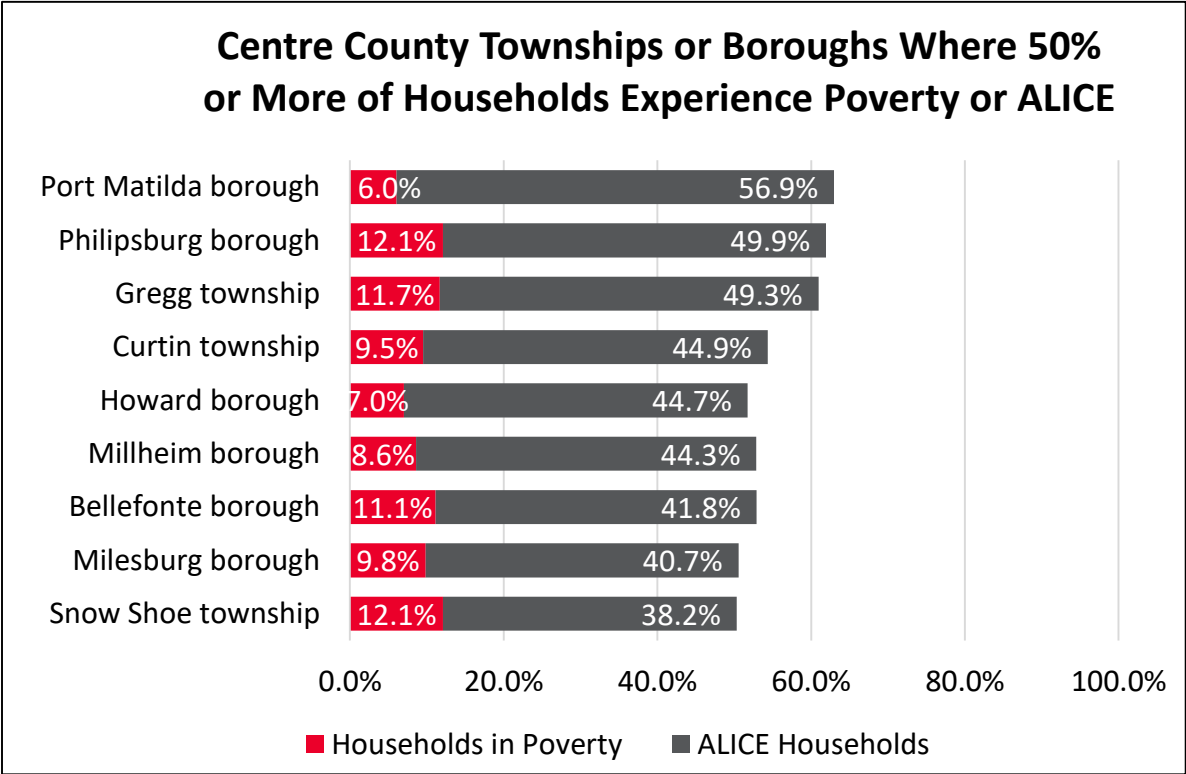
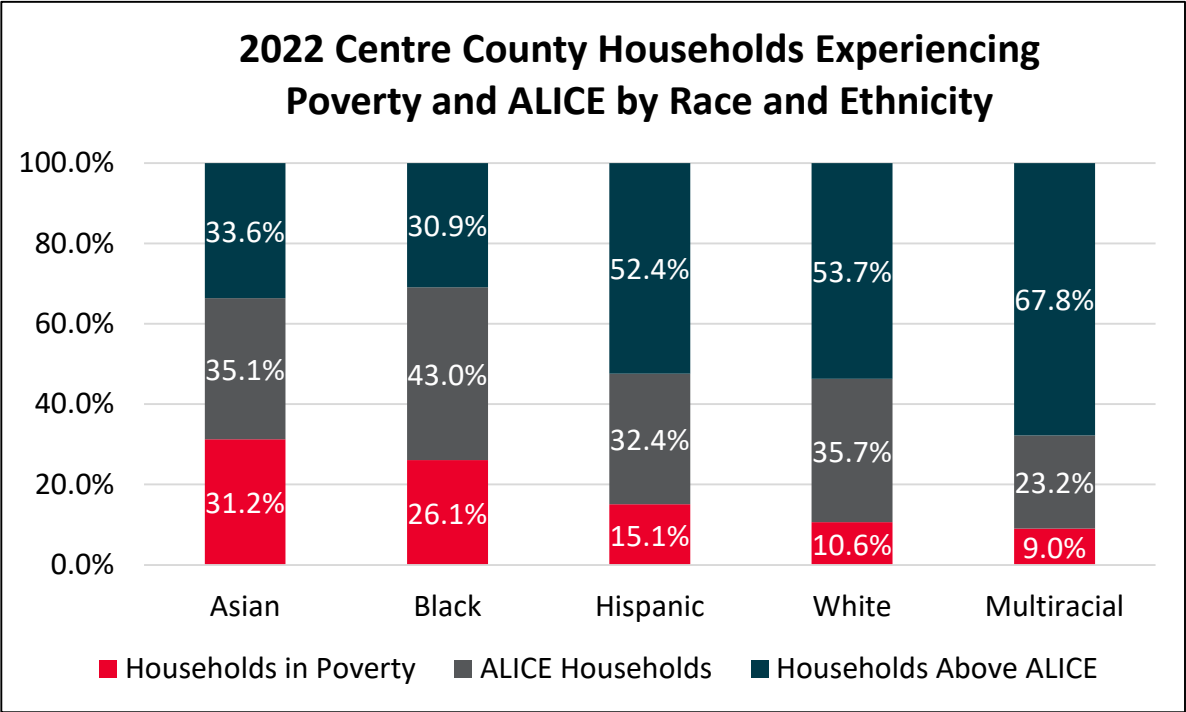
Source: United for ALICE
Note: Poverty data likely skewed by Pennsylvania State University students.

Community-Level Health Disparities



Financial hardship does not affect all people equally and differs substantially by race and ethnic identity across Centre County and Pennsylvania. These differences are largely due to persistent systemic racism, discrimination, and geographic barriers that limit many families’ access to resources and opportunities for financial stability.

Experiences of financial hardship also differ by township and borough within Centre County. **When combined with households living in poverty, 50% or more of households shown in the graph below are either a paycheck away from not being able to meet their financial needs or already below the poverty level.** It is worth noting that while Port Matilda has a low proportion of households living in poverty, it has the highest proportion of ALICE households.



Source: United for ALICE
Note: Poverty data likely skewed by Pennsylvania State University students.



Who Lives in Centre County?

Population Statistics

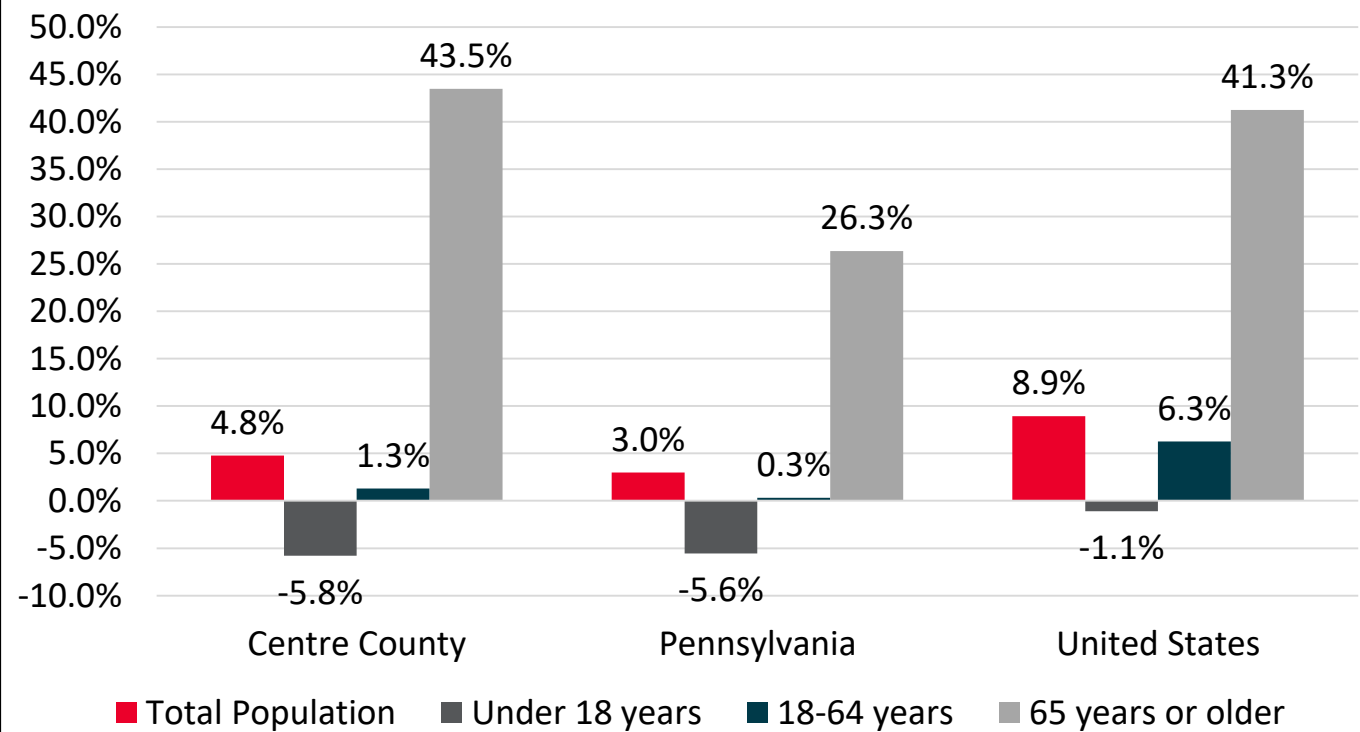


➤ Centre County is one of the only growing counties in central Pennsylvania. From 2010 to 2022, the total population grew at a faster pace than the state overall, and consistent with state and national trends, significant growth was seen among older adults.

Total Population by Year

	Total Population 2010	Total Population 2022
Centre County	151,411	158,665
Pennsylvania	12,612,705	12,989,208
United States	303,965,272	331,097,593

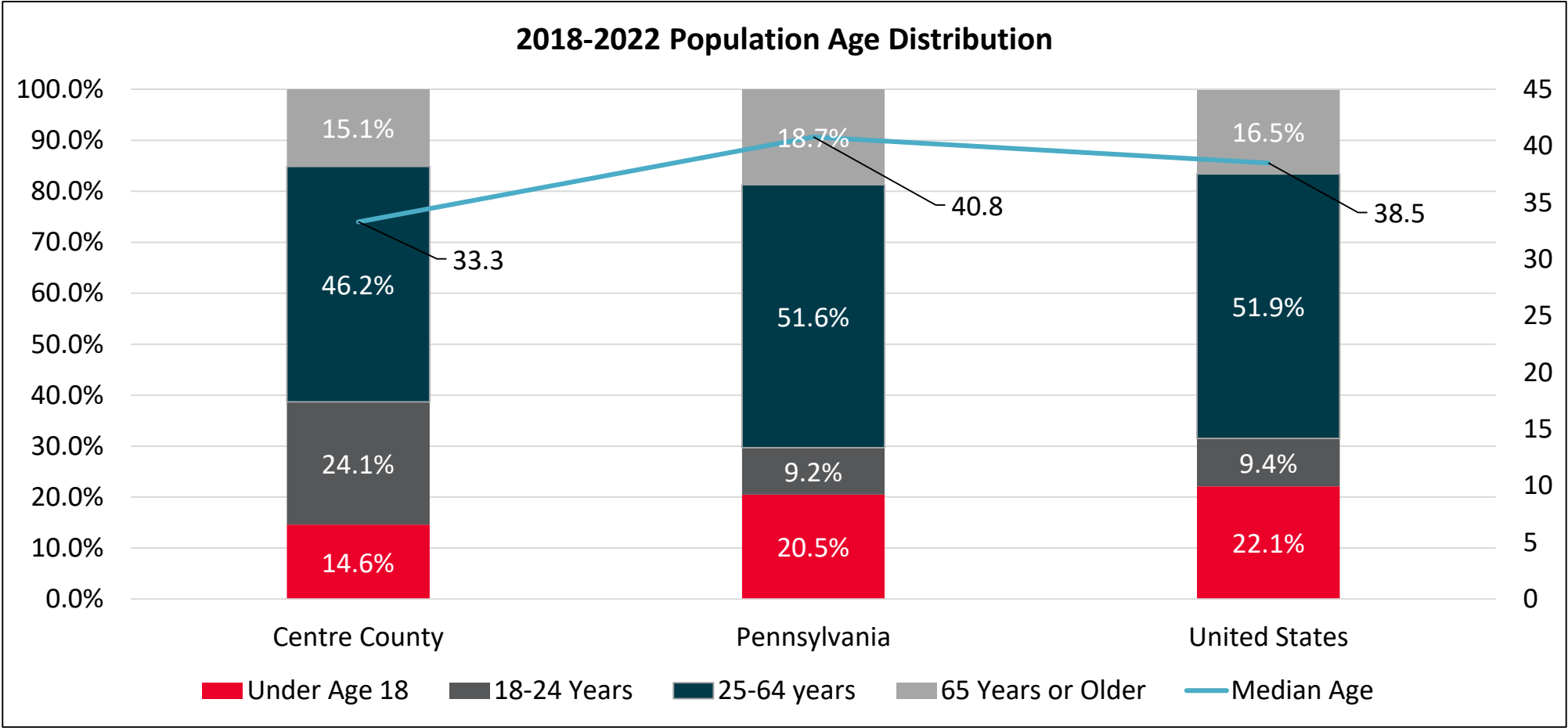
Percent Population Change, 2010 to 2022



Population by Age



- Centre County population trends are significantly impacted by Pennsylvania State University student enrollment. University enrollment in 2023 was 48,535 students; the proportion of Centre County residents aged 18-24 is nearly triple statewide and national averages.

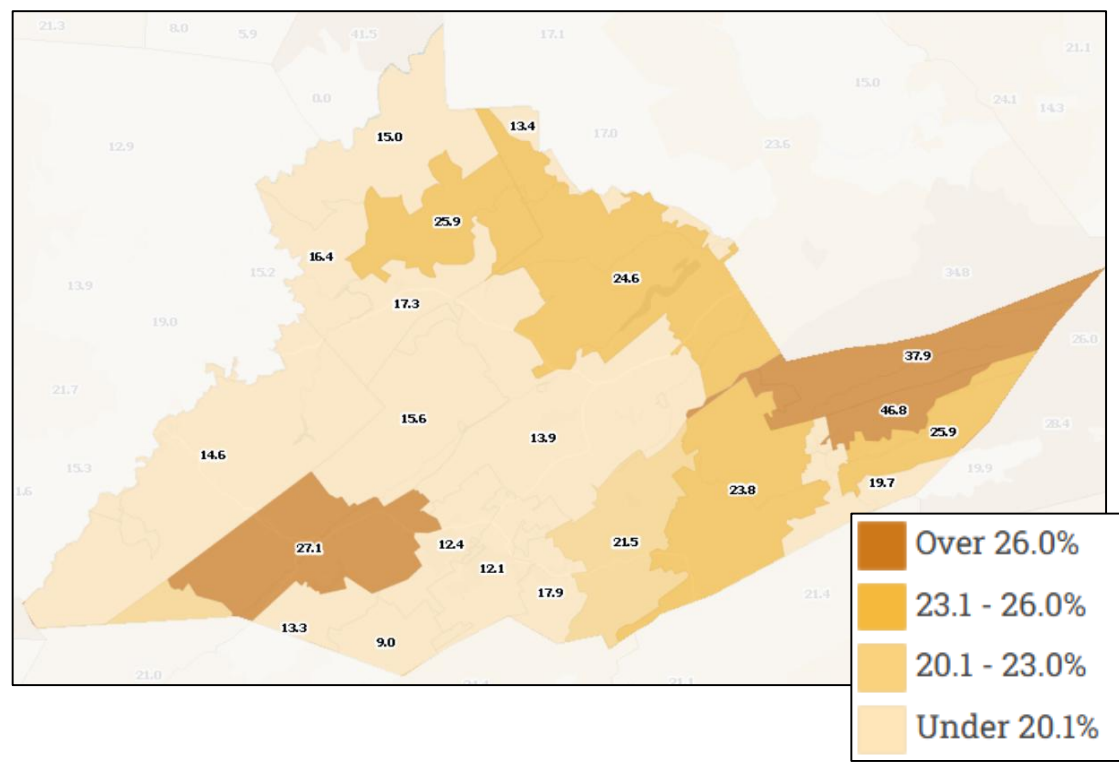


Population by Age

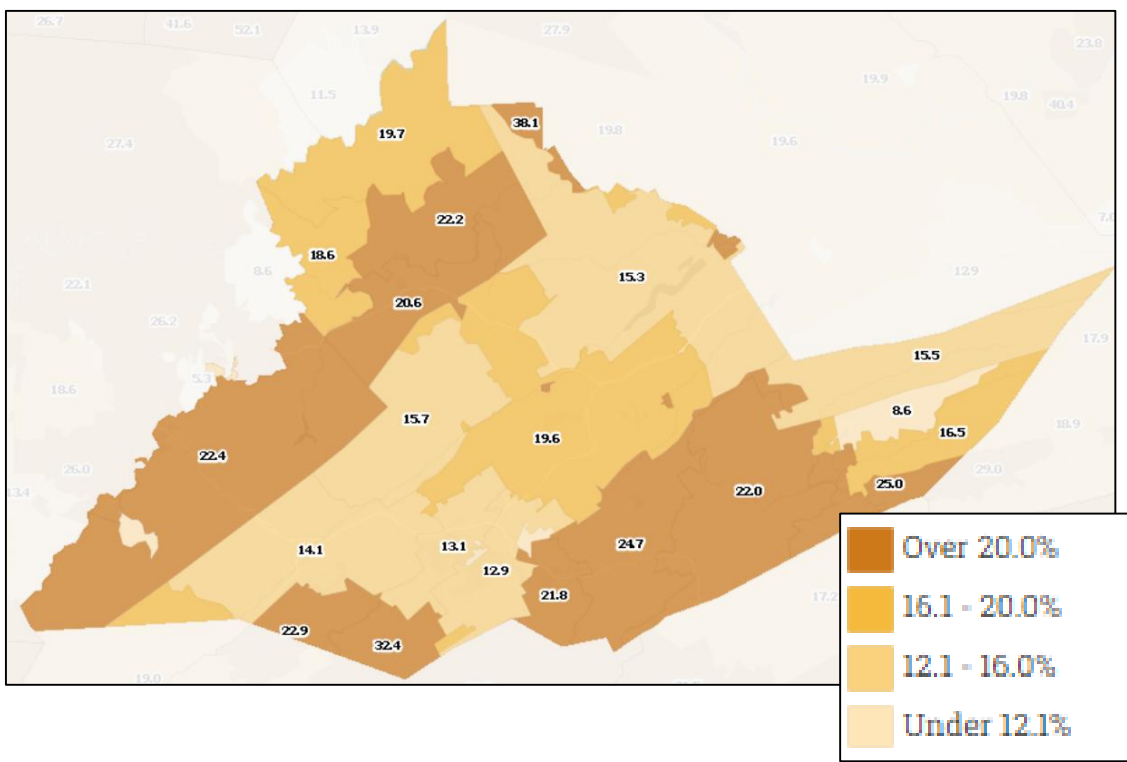


- The need for community-level services differs based on the age of residents. A high proportion of residents in the Penns Valley, Upper Bald Eagle Valley and Lower Bald Eagle Valley regions are youth under the age of 18. Older adults are more heavily concentrated in the Moshannon Valley, Moutaintop, and lower Penns Valley regions.

2018-2022 Youth Population Aged 0-17 by Zip Code



2018-2022 Older Adult Population Aged 65 or Over by Zip Code



Population by Race and Ethnicity

- Centre County has less racial and ethnic diversity than statewide and national populations. Population diversity is largely driven by university student and staff members.

2018-2022 Population by Race*

	Asian	Black and/or African American	White	Other Race	Two or More Races
Centre County	6.2%	3.3%	85.8%	0.4%	4.2%
Pennsylvania	3.6%	10.8%	77.1%	3.1%	5.1%
United States	5.8%	12.5%	65.9%	6.0%	8.8%

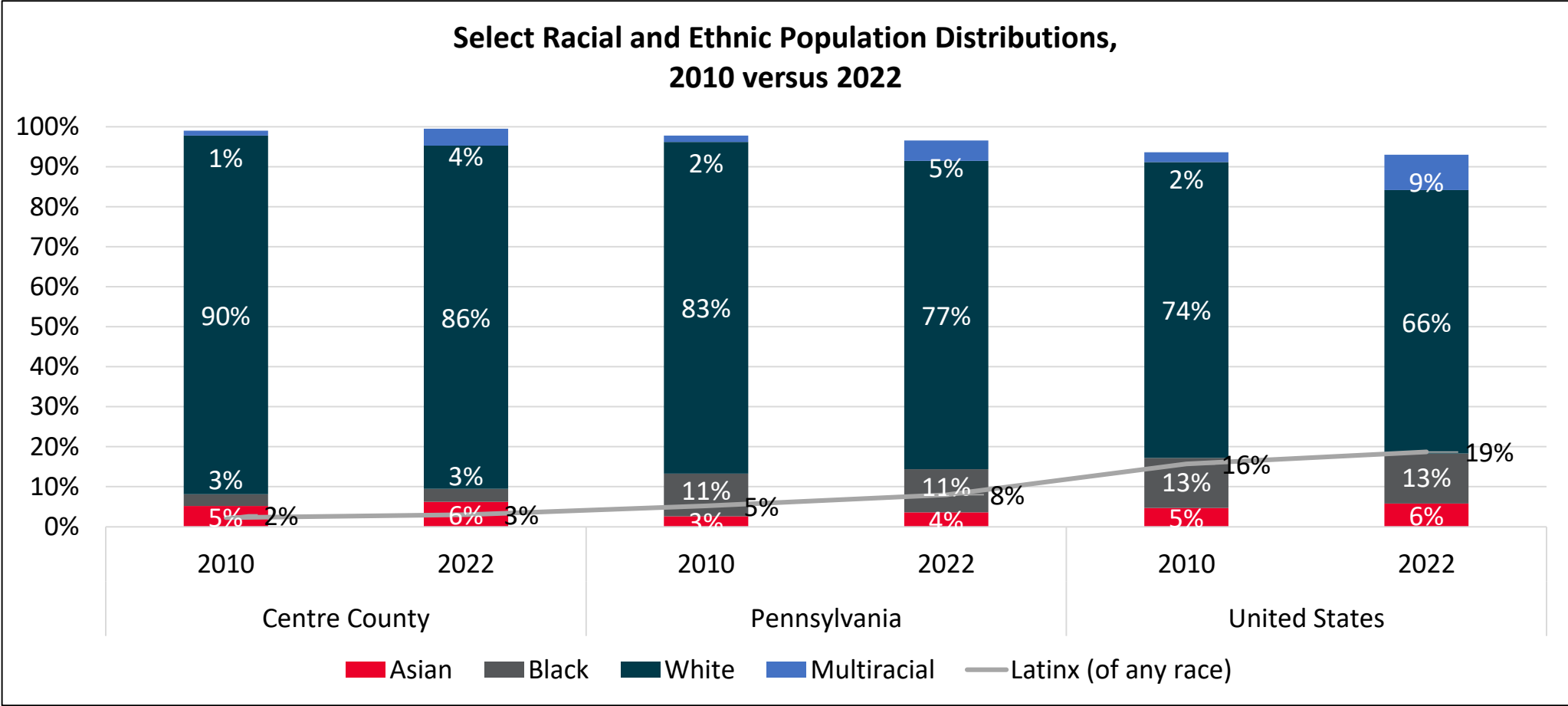
2018-2022 Population by Ethnicity

	Latinx origin (any race)
Centre County	3.1%
Pennsylvania	8.1%
United States	18.7%

Population by Race and Ethnicity



- Consistent with statewide and national trends, population diversity is increasing in Centre County, most notably for residents who identify as multiracial.



Plain Community Members



➤ Pennsylvania has the largest population of Plain people in the nation, estimated at 89,765 people in 2023. In Centre County, the estimated Plain community population grew 25.4% from 2017 to 2023, reflecting growth of nearly 800 Plain people in six years. The primary language of Plain communities is Pennsylvania Dutch, a language related to German. In Centre County communities like Rebersburg and Aaronsburg, 47%-60% of the population speaks a primary language other than English, likely Pennsylvania Dutch.

Estimated Plain People Population

Settlements	2017	2020	2023	% Change 2017-2023
Centre County: Aaronsburg / Penns Valley, Brush Valley / Rebersburg, Penns Valley, Nittany Valley / Howard*	3,110	3,317	3,900	25.4%
Pennsylvania	74,251	81,499	89,765	20.9%

Source: Elizabethtown College, Young Center for Anabaptist and Pietist Studies
*The Nittany Valley/Howard settlement includes portions of both Centre and Clinton counties.

Disability Community



- Approximately 1 in 10 Centre County residents identify as disabled people, experiencing hearing, vision, walking, cognitive, self-care, and/or independent living difficulty. Consistent with statewide and national trends, more older adults in Centre County identify as disabled people (approximately 1 in 4 residents).

2018-2022 Population with a Disability

	Centre County	Pennsylvania	United States
Total population with a disability	10.2%	14.1%	12.9%
Youth under 18 years with a disability	4.6%	5.7%	4.5%
Older adults 65+ years with a disability and disability type:	28.3%	32.2%	33.3%
Ambulatory (walking)	15.5%	20.0%	21.0%
Hearing	12.9%	13.3%	13.7%
Independent living	10.5%	13.2%	13.6%
Cognitive	5.2%	7.5%	8.1%
Vision	4.6%	5.4%	6.0%

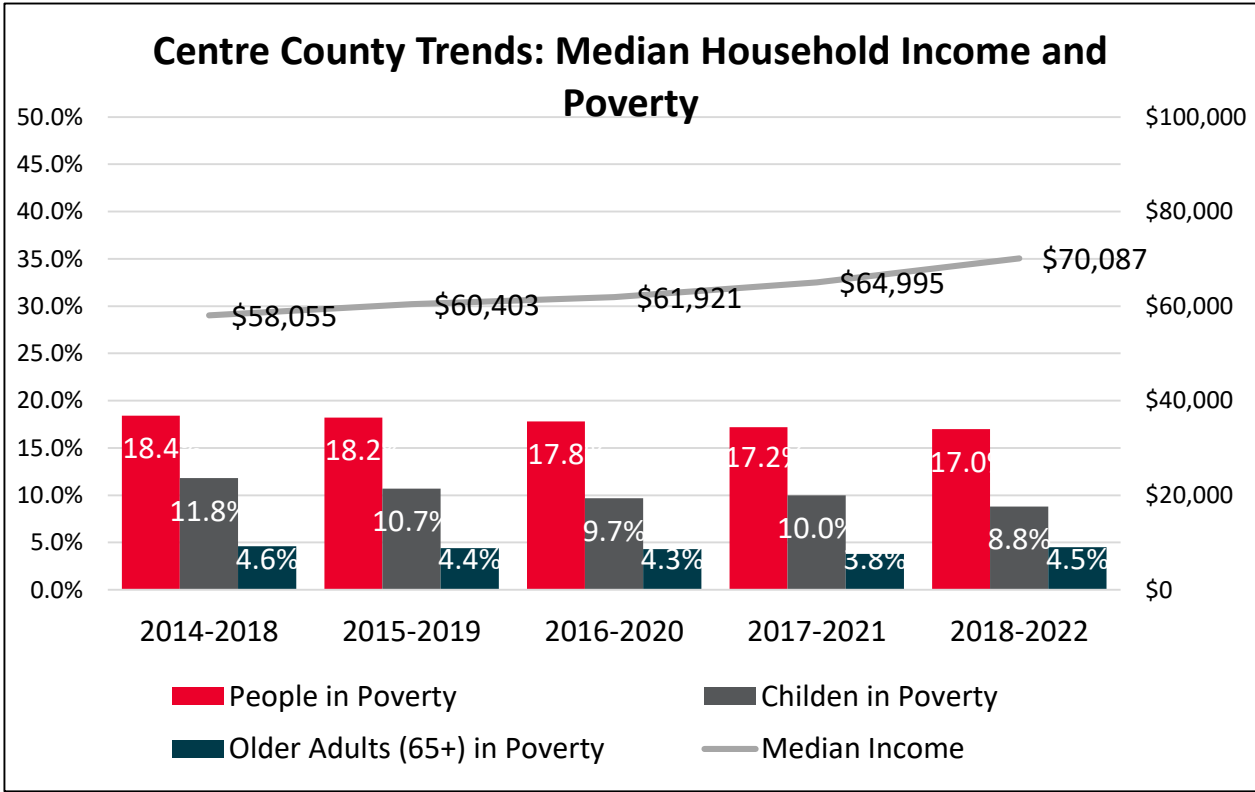
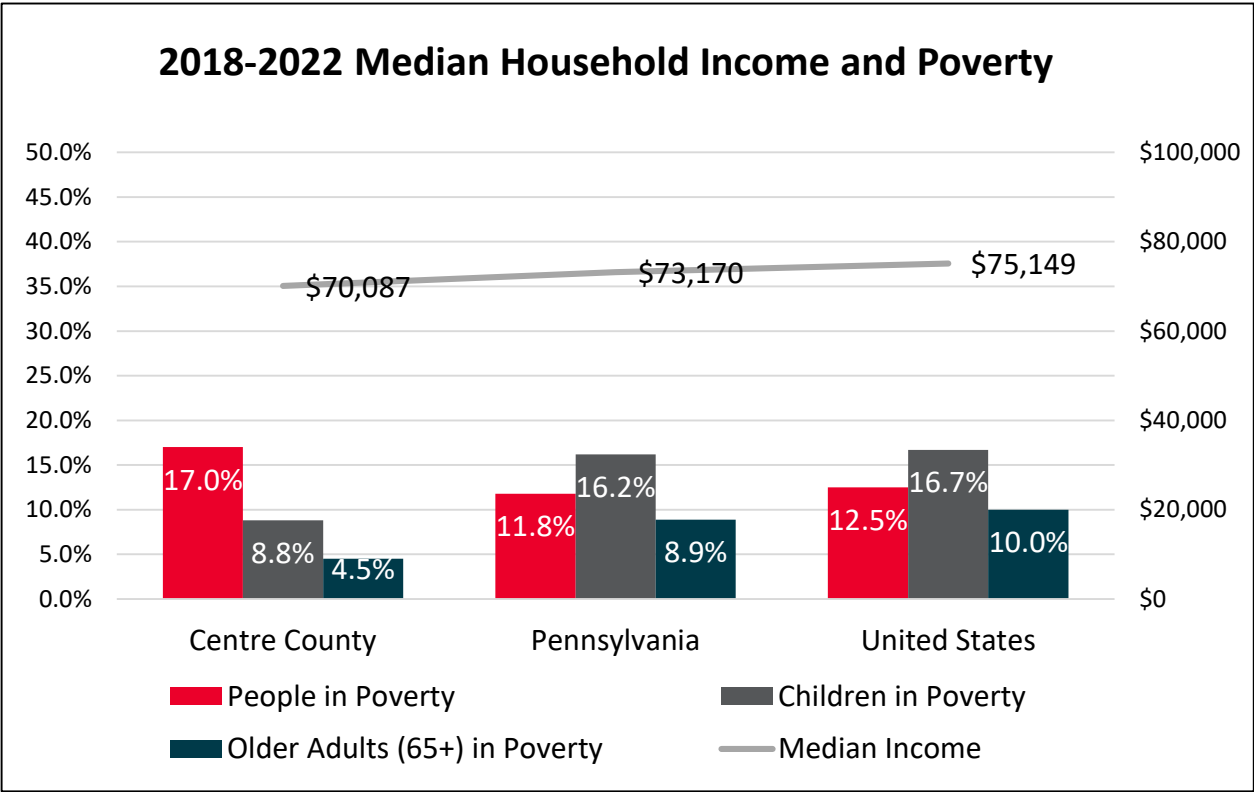


Socioeconomic Factors: Income and Employment

Median Household Income and Poverty



➤ Centre County benefits from overall strong economic factors, including higher incomes and lower poverty. Poverty rates among populations historically placed at risk, such as children and older adults, are approximately half statewide and national averages. However, these measures should continue to be monitored due to rising costs of living in 2022 and 2023. Note: Economic measures for the total population are skewed by Pennsylvania State University students who generally report little to no income.

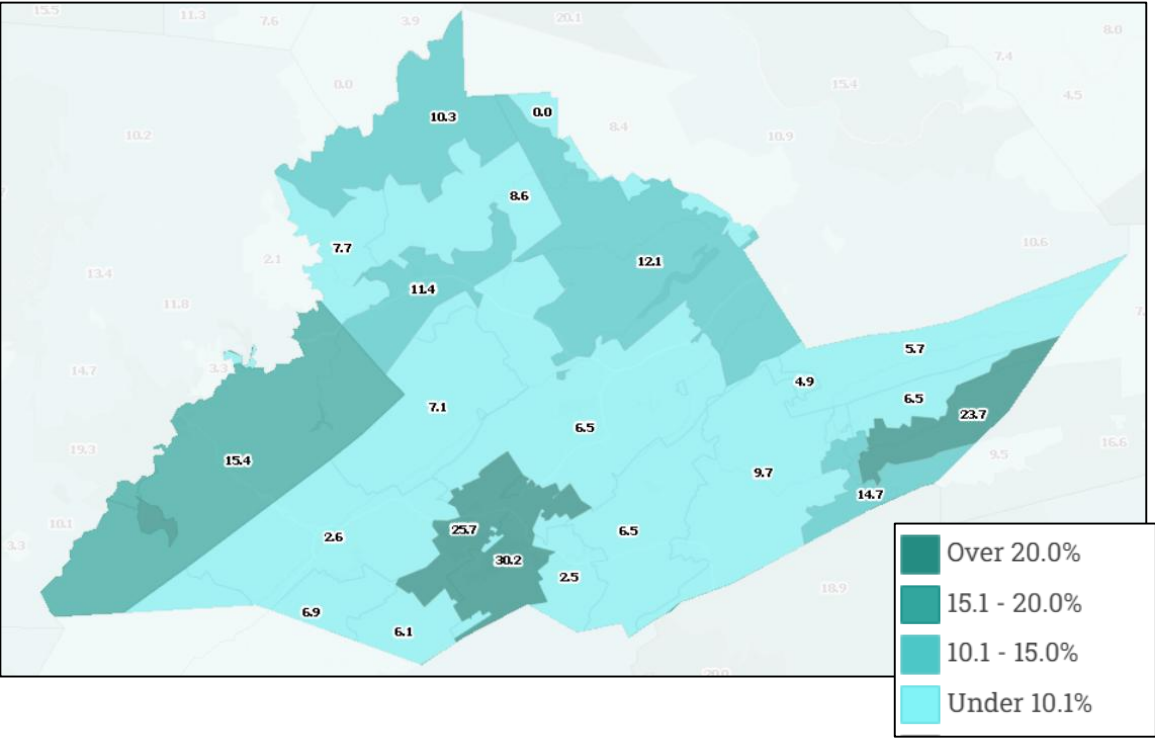


Poverty

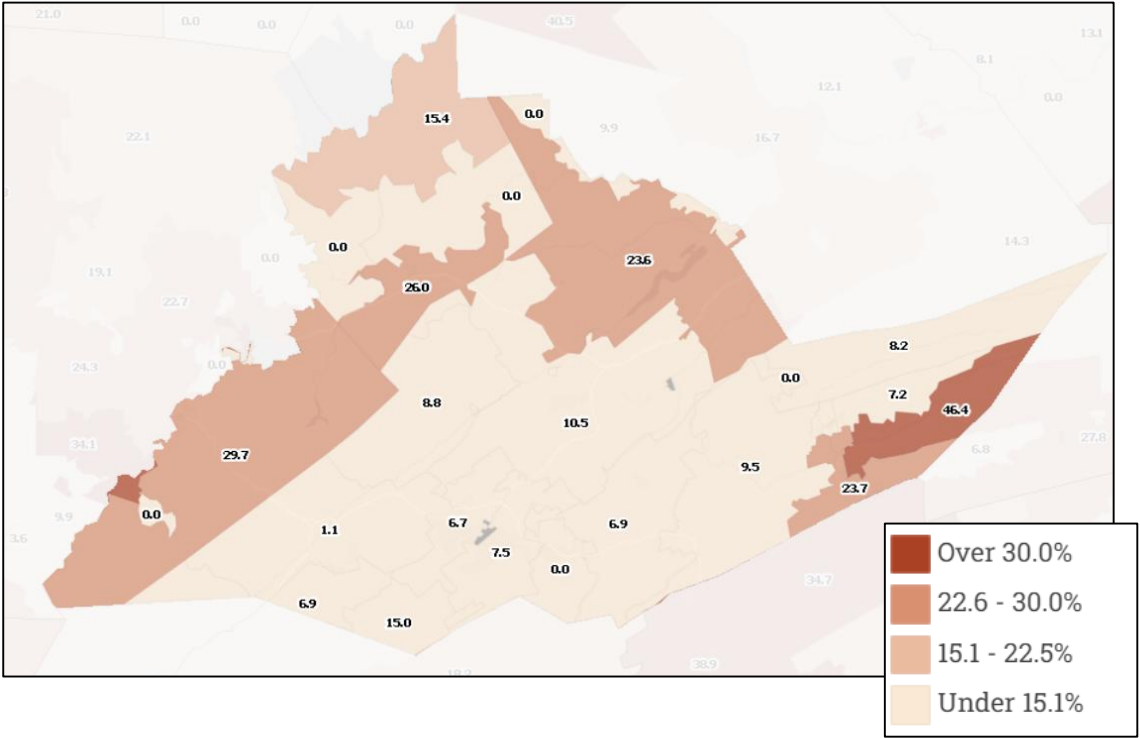


- Experiences of financial hardship and poverty do not affect all people equally and differ substantially across Centre County communities. Notably, one-quarter of children in zip codes 16866, Philipsburg; 16841, Howard; and 16874, Snow Shoe live in poverty. Higher child poverty rates are also seen in the Penns Valley Region, likely due in part to Plain community members.

2018-2022 Population in Poverty by Zip Code



2018-2022 Children in Poverty by Zip Code

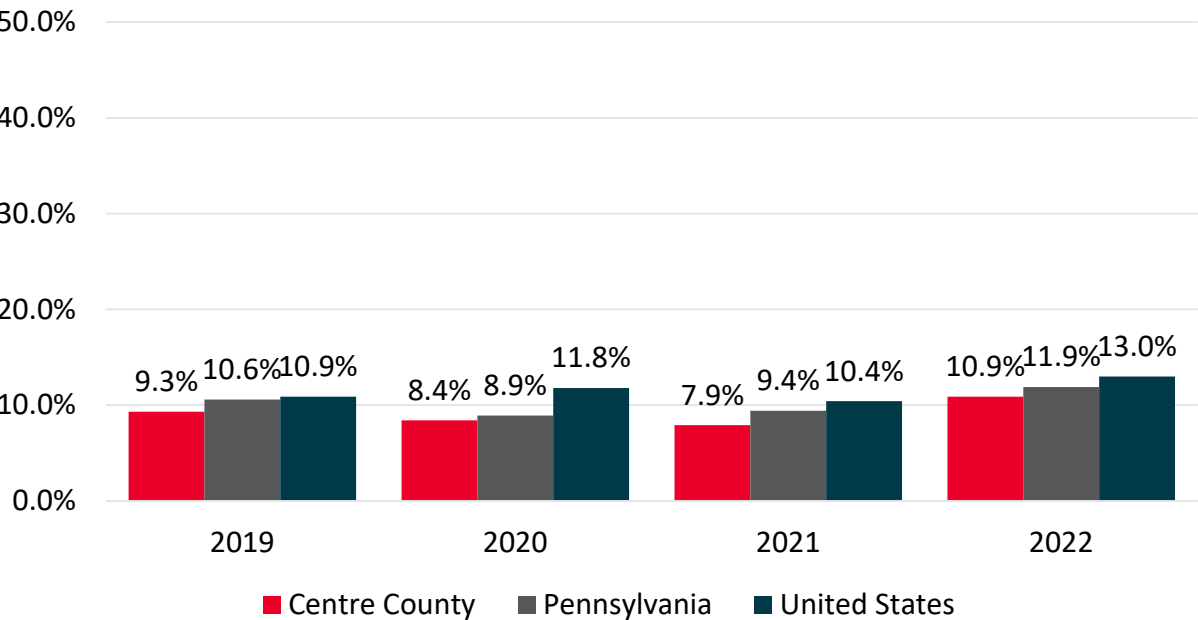


Food Insecurity

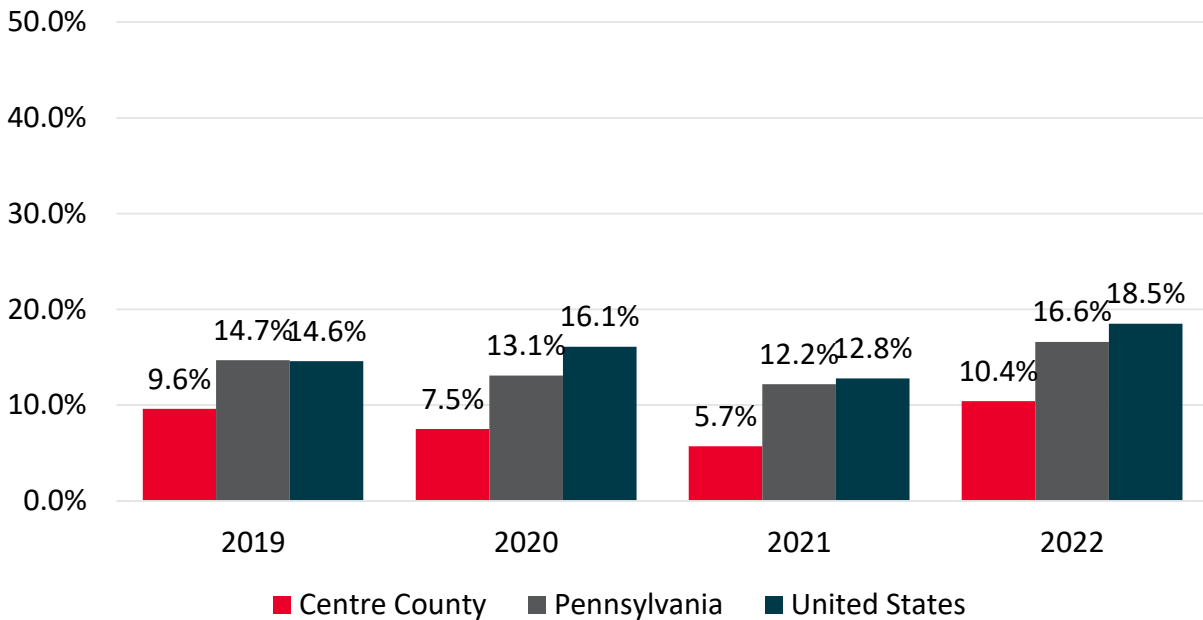


- Consistent with other economic measures, Centre County has historically lower food insecurity rates compared to state and national averages. However, experiences of food insecurity increased in 2022, likely due to rising costs of living, and should continue to be assessed and monitored. Notably, the proportion of Centre County children experiencing food insecurity nearly doubled from 2021 to 2022.

Percentage of Total Population Experiencing Food Insecurity



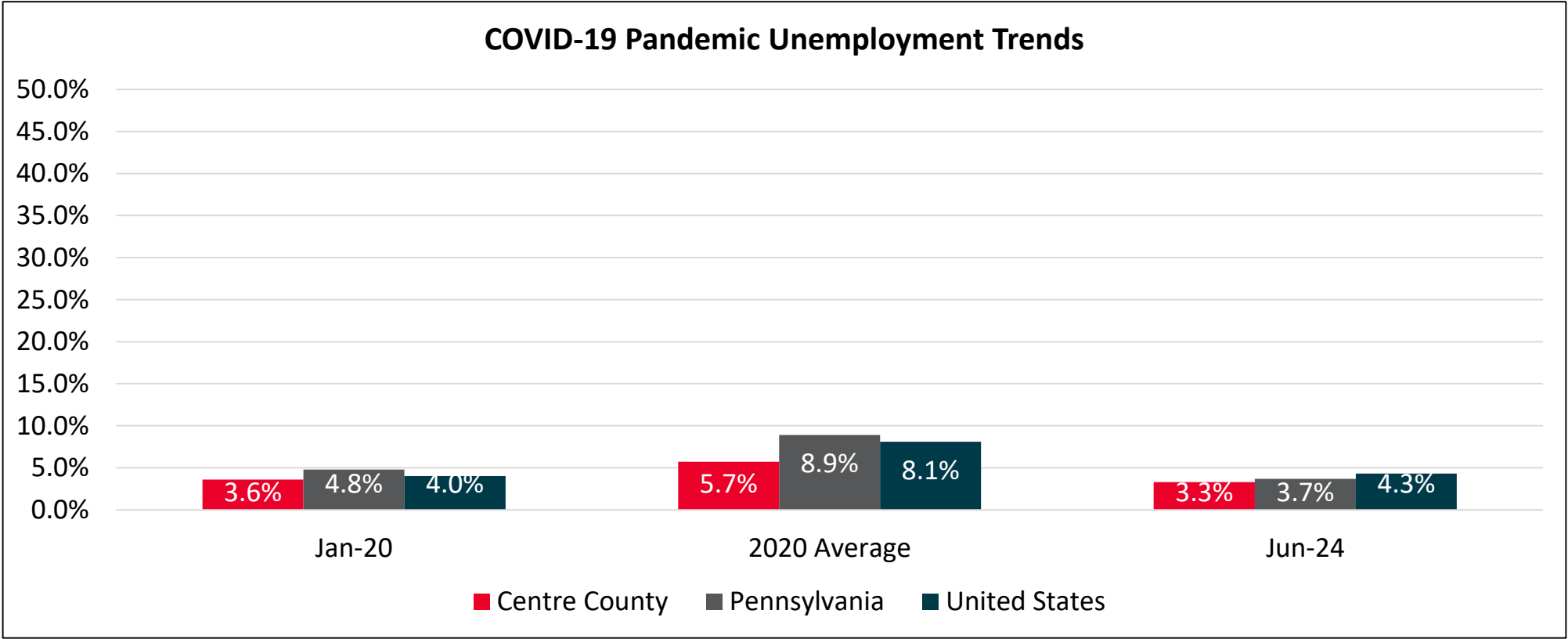
Percentage of Children Experiencing Food Insecurity



Unemployment Trends



- Centre County has historically low unemployment, even during pandemic years. As of June 2024, approximately 3% of people in the workforce were unemployed.



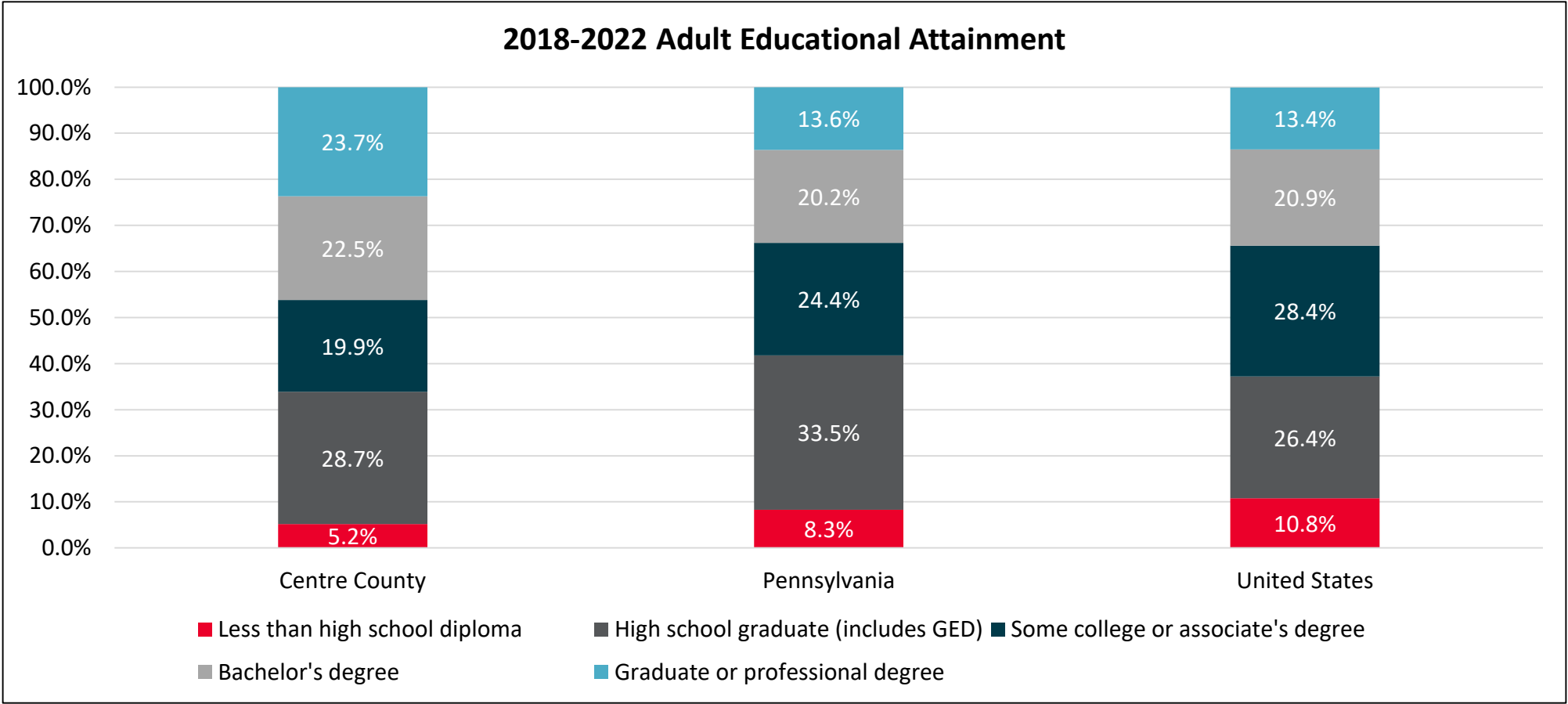


Socioeconomic Factors: Education

Educational Attainment



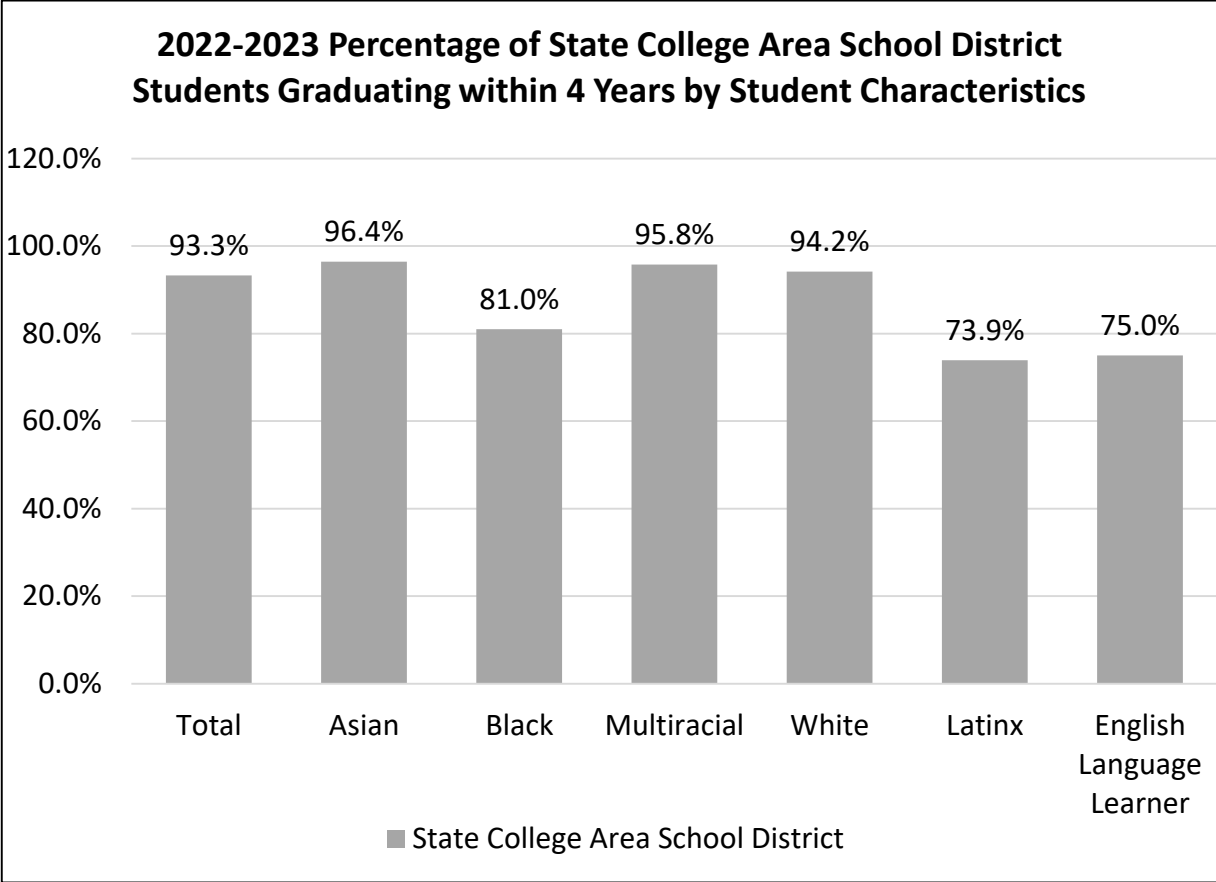
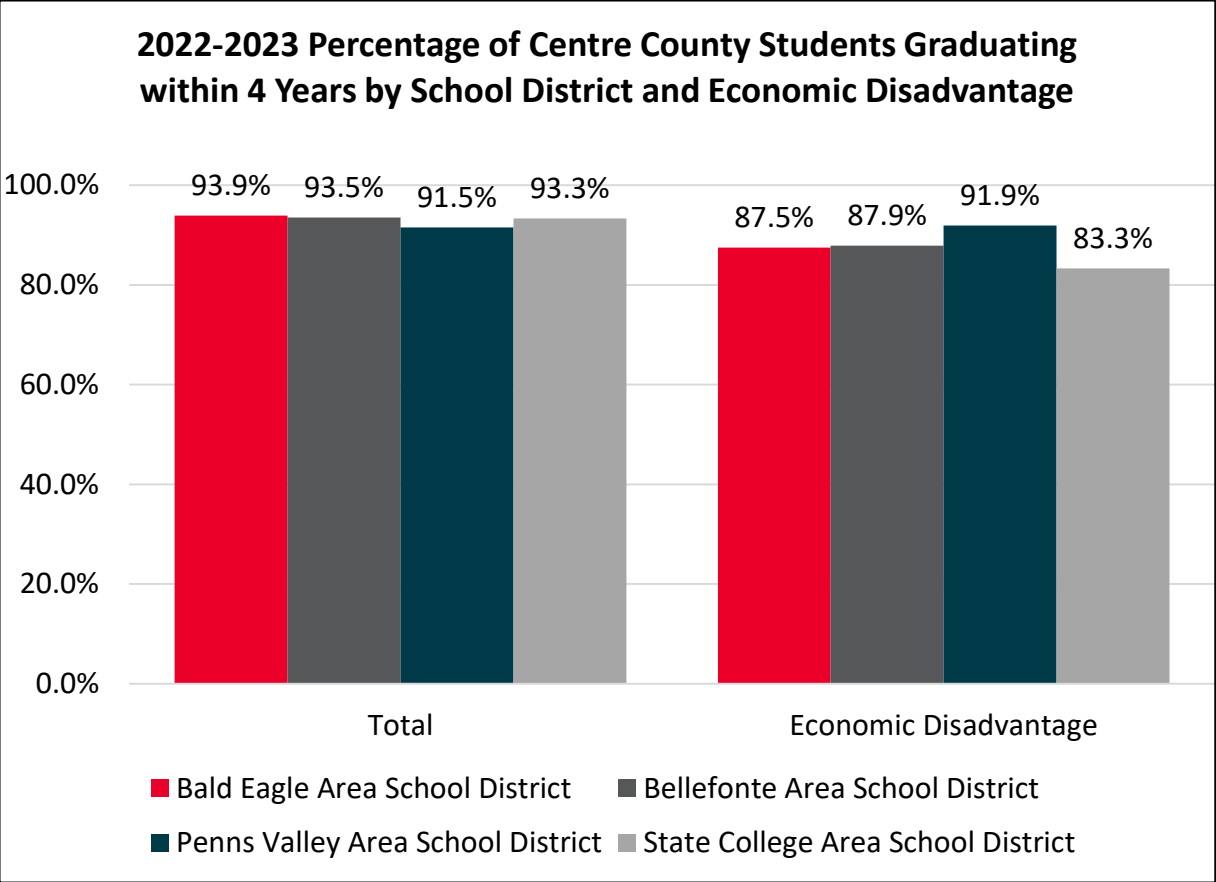
➤ Nearly 24% of Centre County adults have attained a graduate or professional degree, almost twice the statewide and national proportions.



School Outcomes of Students



➤ More than 90% of Centre County students graduate high school within four years, however, there is opportunity to better support students experiencing economic disadvantage, particularly within the State College area. State College Area School District also has the most diversity in its student population, demonstrating wide differences in education experiences and outcomes based on race, ethnicity, and other social factors.



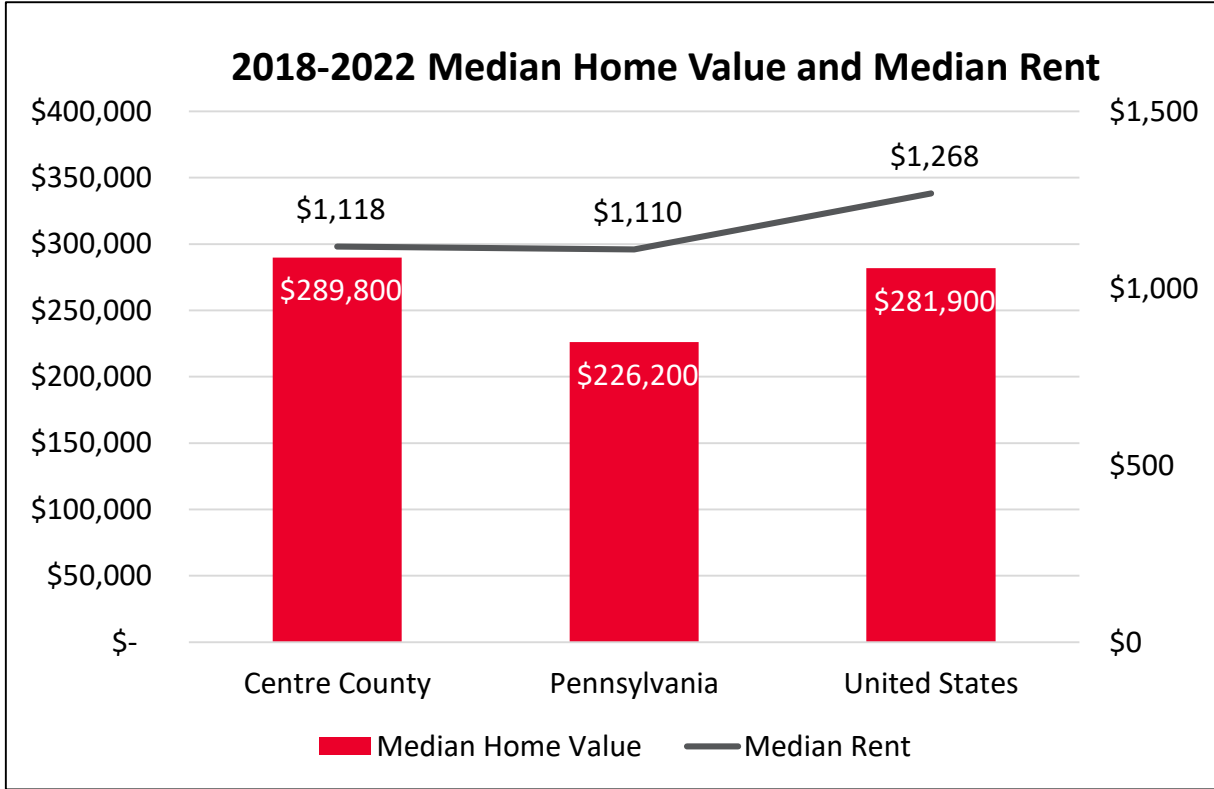
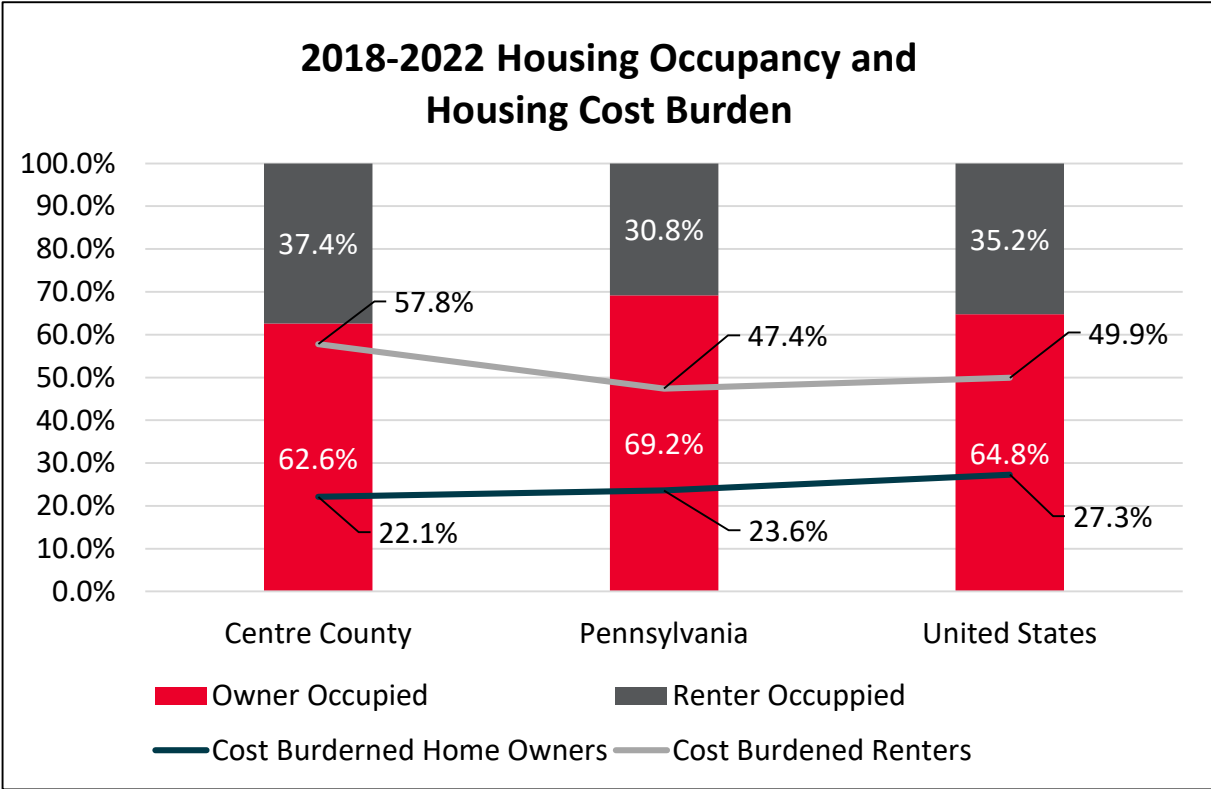


Socioeconomic Factors: Housing

Housing Occupancy and Cost

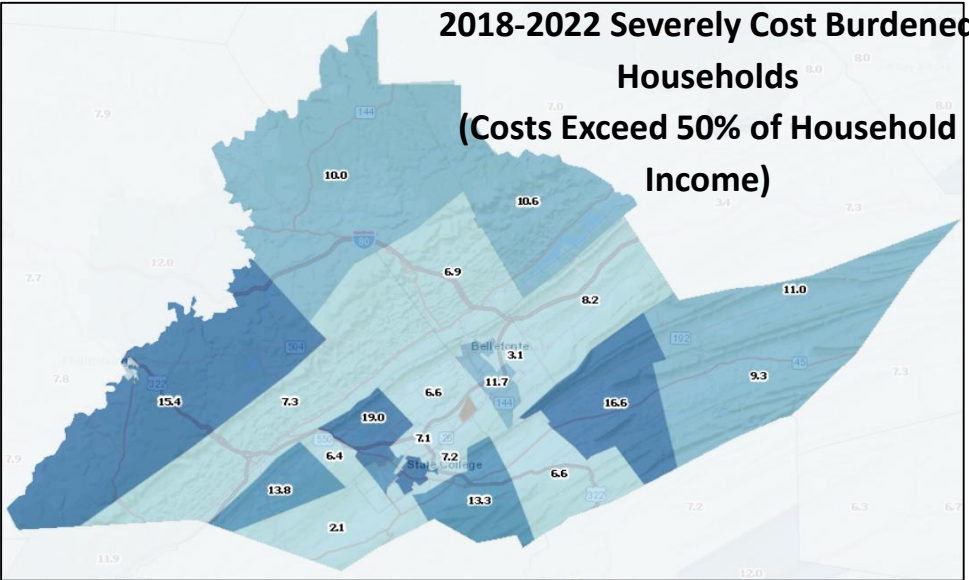
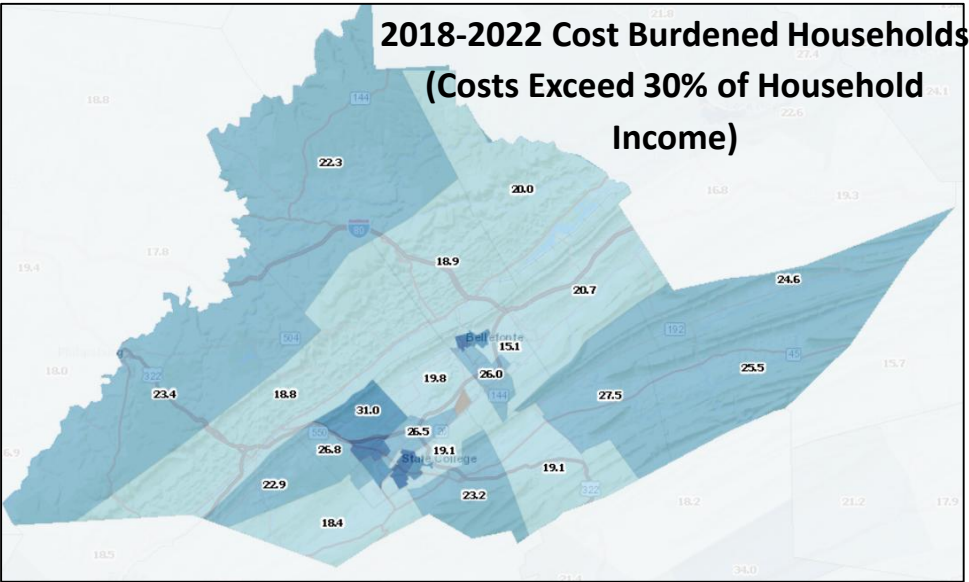
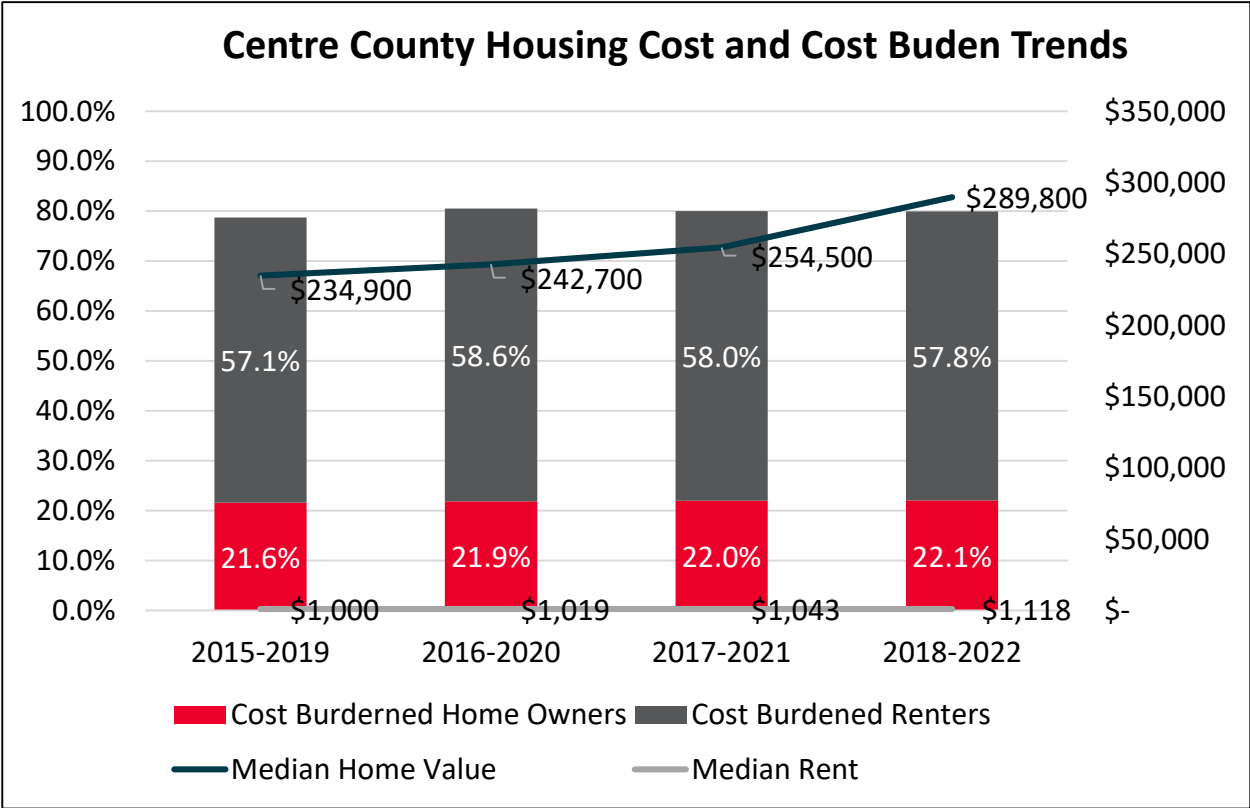


- Approximately 63% of Centre County households own their home, and 22% of homeowners are considered cost-burdened by their home, spending 30% or more of their income on mortgage expenses. While the proportion of cost-burdened homeowners is lower than state and national averages, nearly one-quarter of homeowners may experience financial strain due to their housing, and the proportion of cost-burdened homeowners has slowly increased with rising housing costs (see next slide).



Housing Cost

➤ Centre County housing costs have increased. Median home value rose nearly 14% in 2022. The National Low Income Housing Coalition estimated that in 2023 the hourly wage a full-time worker needed to earn to afford a two-bedroom rental home at fair market rent was \$24.71. Experiences of housing cost burden vary across the county. Notably, 45.3% of households (owner or renter) in downtown Bellefonte near Tallyrand Park are cost burdened, and 19% of households in Huston Township are severely cost burdened.



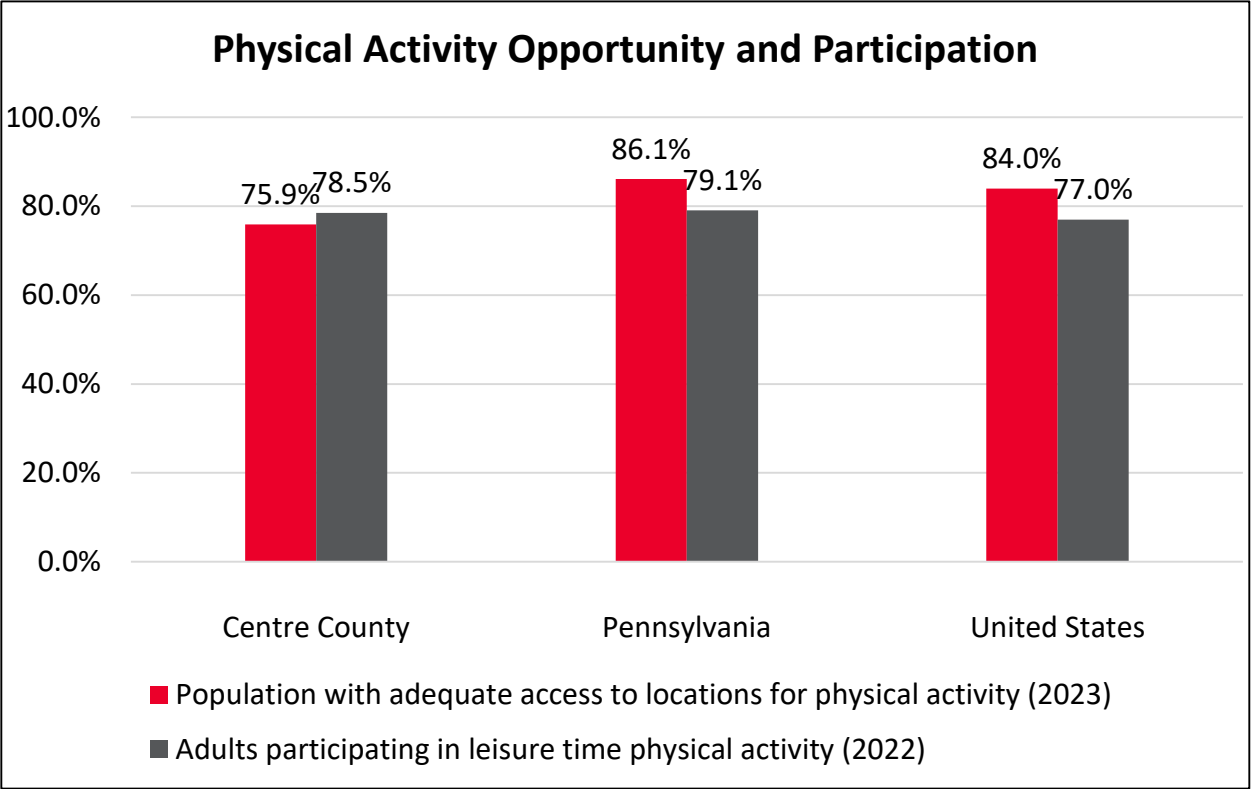


*Socioeconomic Factors:
Neighborhood and
Built Environment*

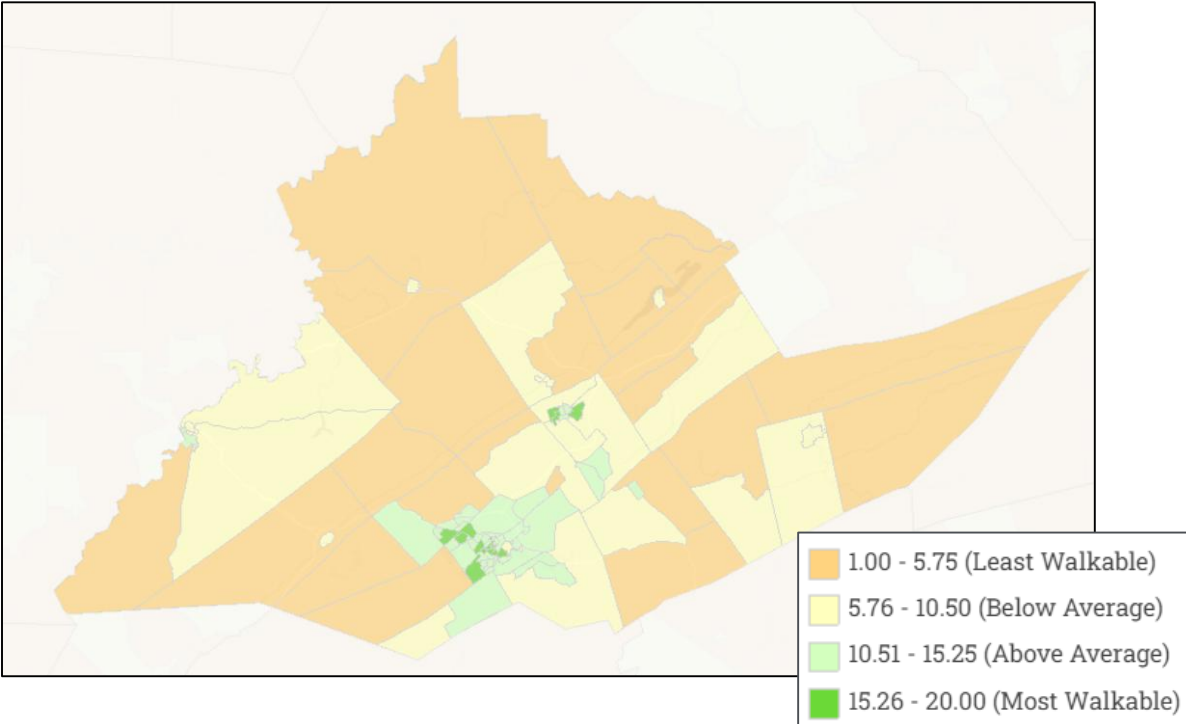
Physical Activity Opportunity and Participation



- Centre County residents as a whole have fewer locations for physical activity (e.g., parks and recreational facilities) than their peers statewide and nationally but are just as likely to participate in physical activity. This finding may reflect residents’ more positive socioeconomic factors that allow them to travel and/or make time for physical activity. It is worth noting that recreational facilities and infrastructure that promotes walkability and other forms of exercise are concentrated in the Centre Region.



**2021 National Walkability Index by Centre County
Census Block Group**



Childcare



- The demand for childcare centers has increased nationally as the economy stabilizes post-COVID-19 pandemic and more parents return to the workforce and in-office work. Demand for childcare centers and rising wages to attract childcare staff have contributed to rising costs. The cost of childcare for a household with two children in Centre County, measured as a percent of median household income, increased from 23.4% in 2021/2022 to 39.8% in 2022/2023. Families are spending a significant portion of their income on childcare alone, potentially straining their ability to afford housing, food, and other basic needs.

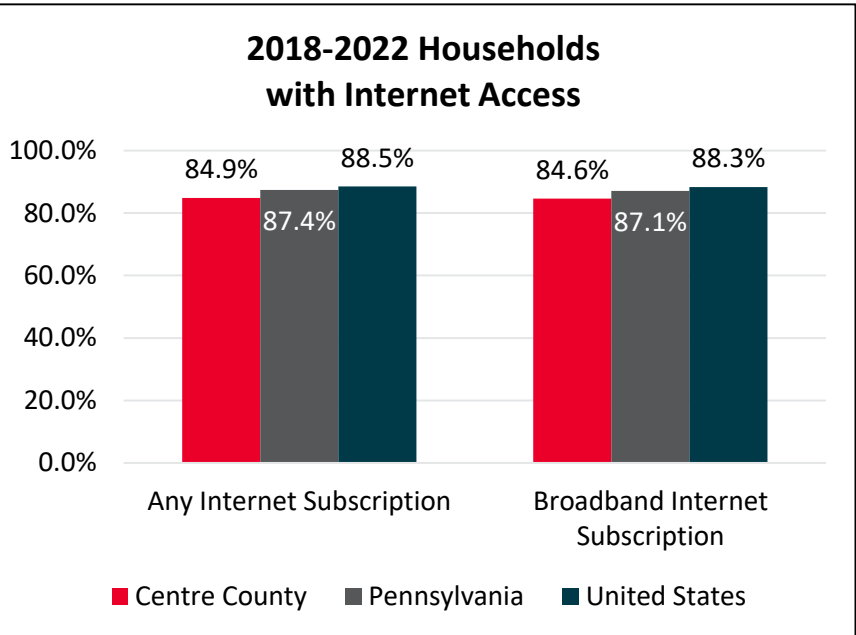
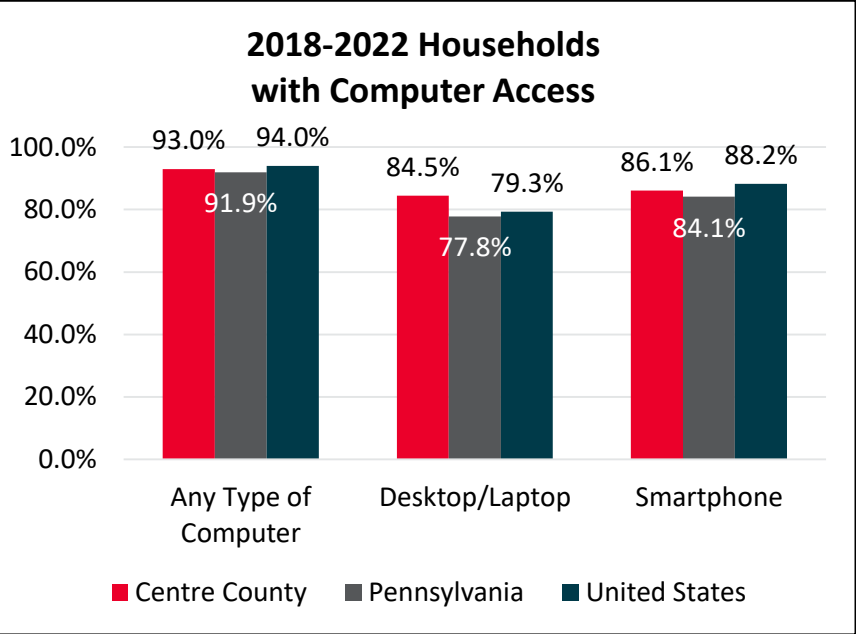
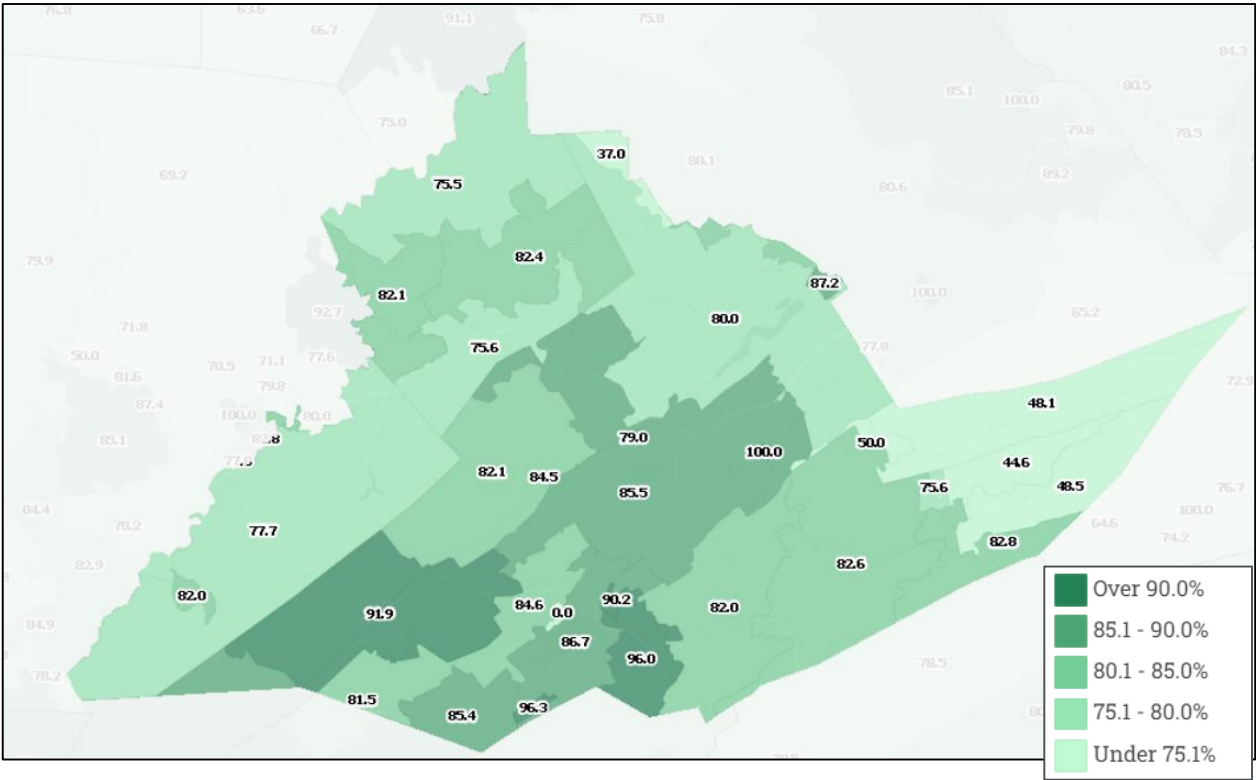
Childcare Availability and Affordability

	Number of childcare centers per 1,000 population under 5 years old	Childcare costs for a household with two children as a percent of median household income
Centre County	8.8	39.8%
Pennsylvania	5.2	31.0%
United States	7.0	27.0%

Digital Access

- Centre County residents are more likely to have a digital device (e.g., computer, smartphone), but less likely to have internet access as compared to their peers statewide and nationally. Internet access varies widely across the county, with significantly fewer rural households having access.

2018-2022 Households with any Broadband Internet by Zip Code



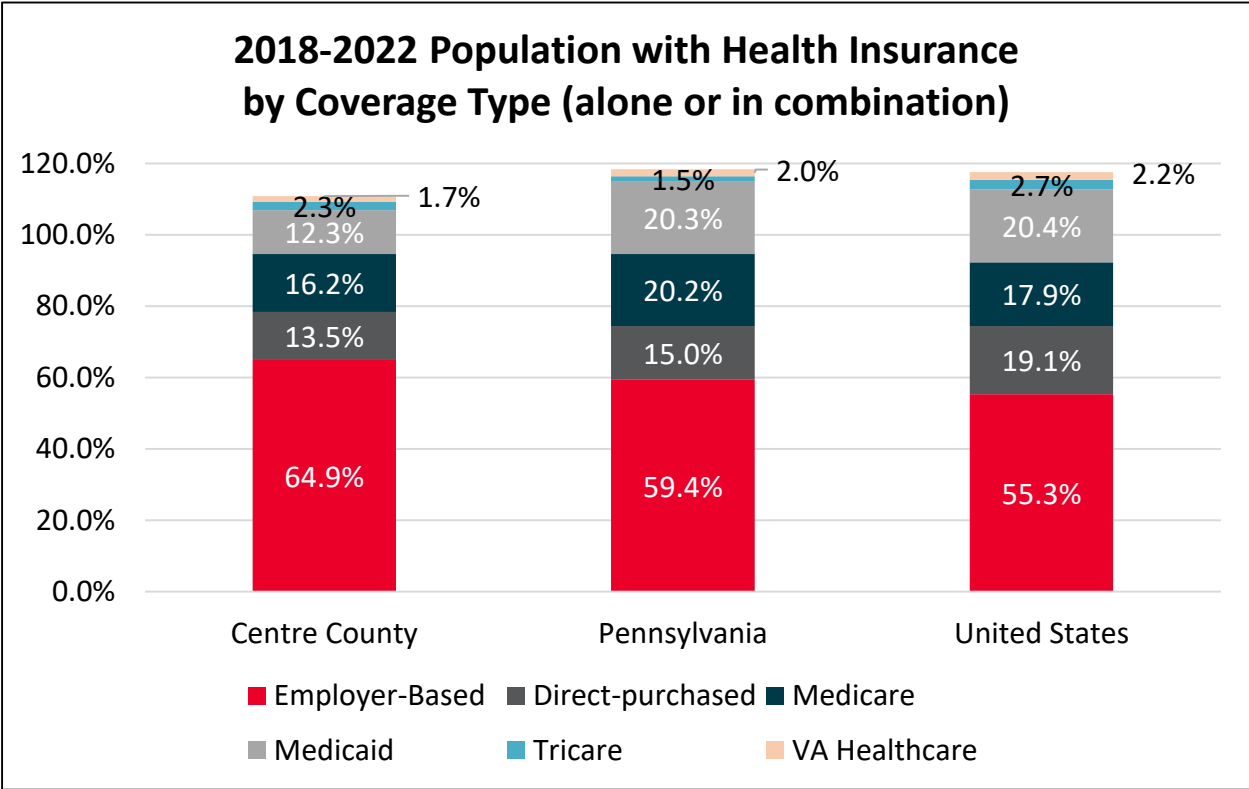
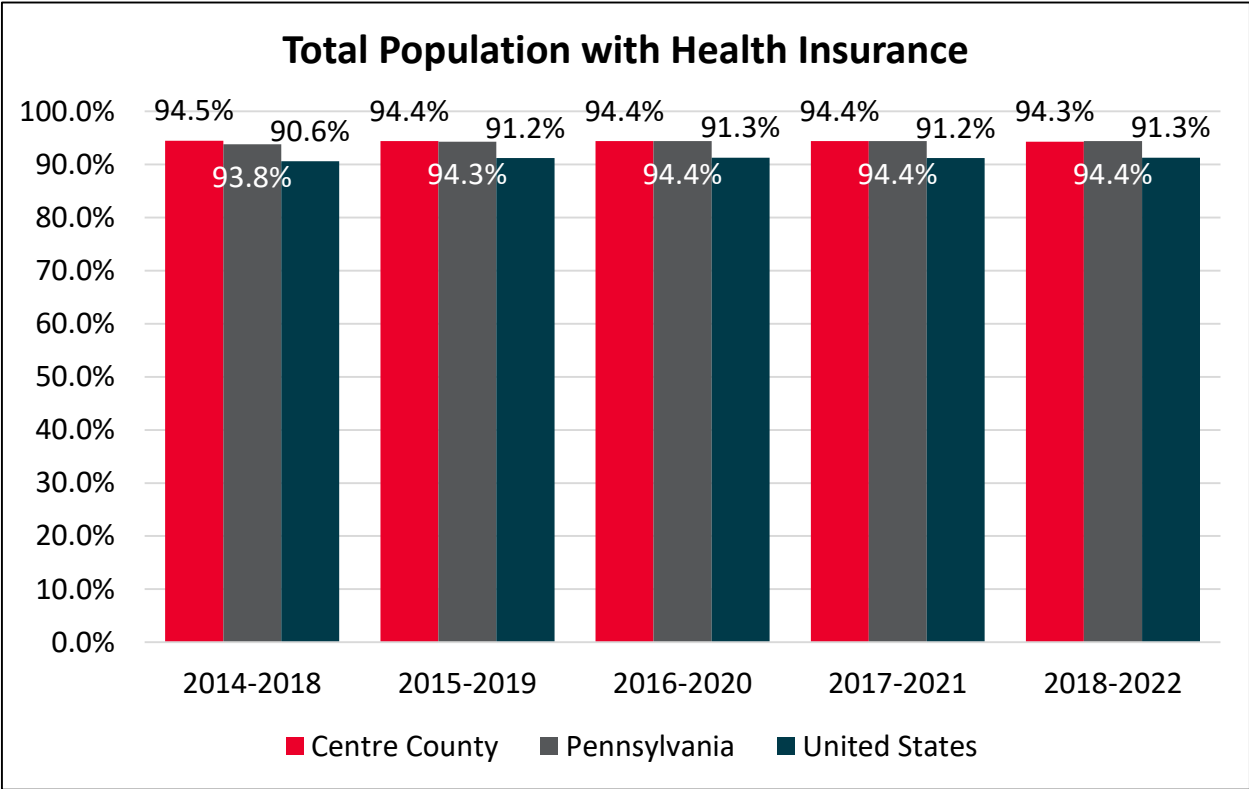


Health Statistics: Access to Care

Health Insurance



- The proportion of Centre County residents with health insurance has been consistently high at approximately 94%. Employer-based insurance continues to be the majority coverage type among Centre County residents, although Medicaid coverage continues to increase (10.5% as of the 2022 CHNA to 12.3% as of the 2025 CHNA).

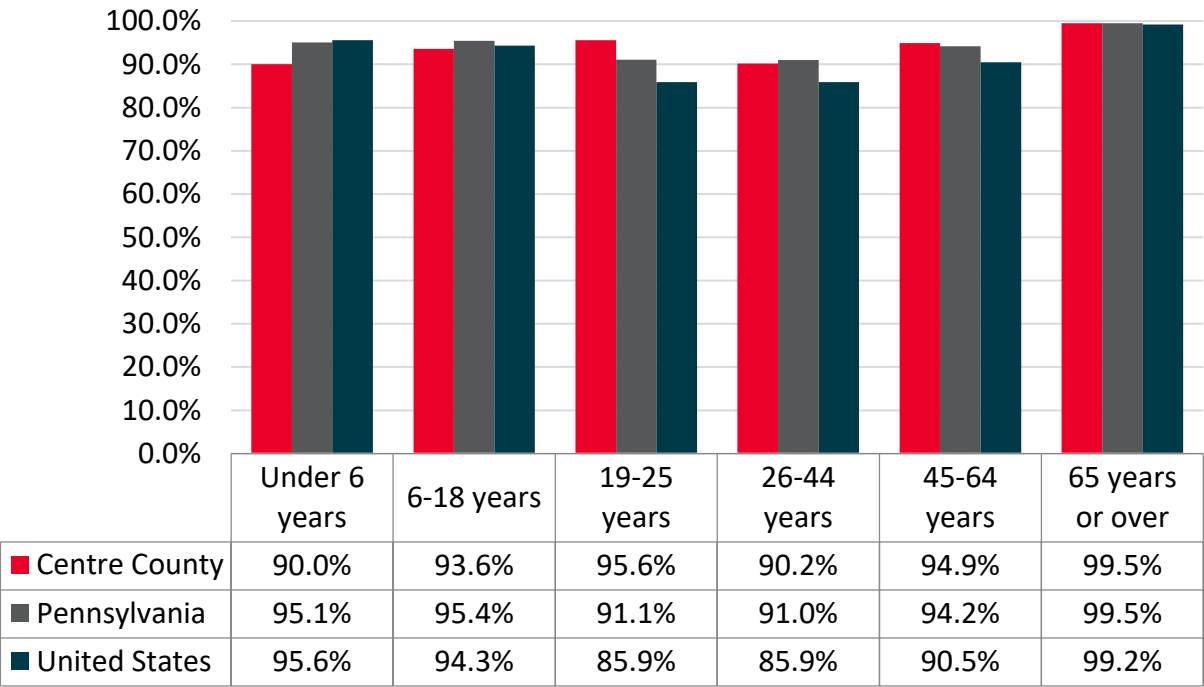


Health Insurance

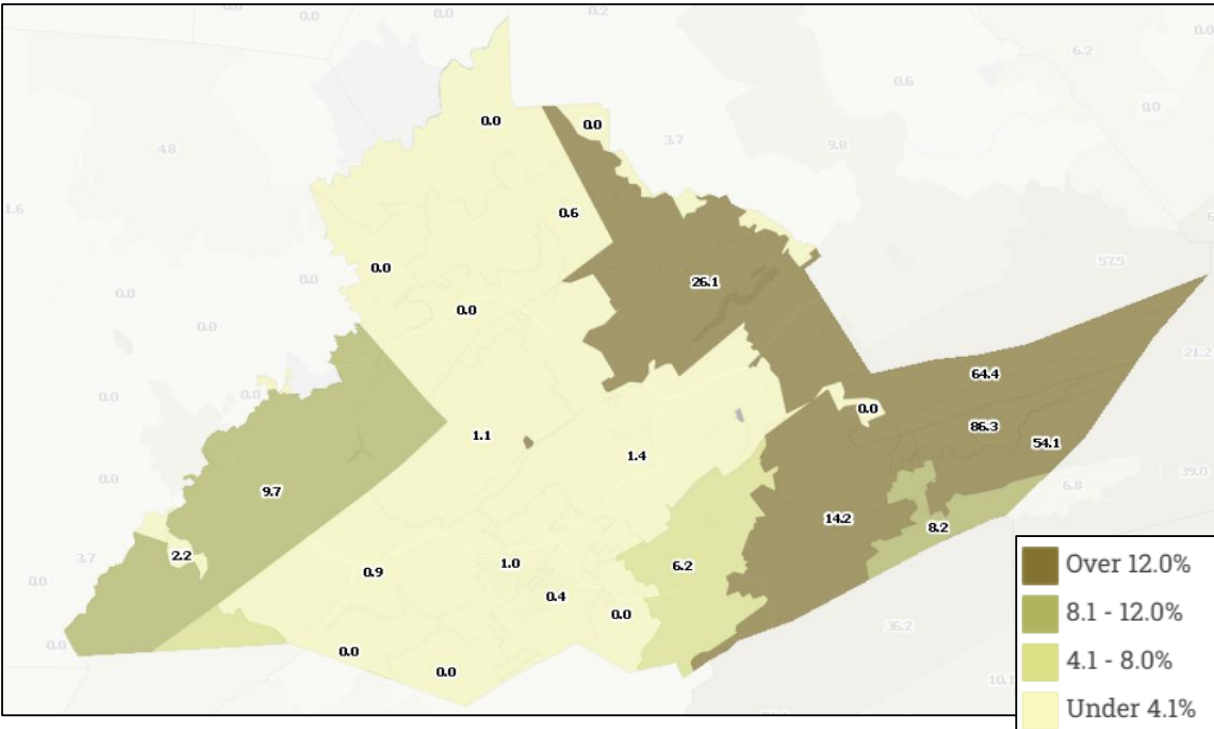


- The proportion of uninsured children is higher in Centre County than across the state and nation, a finding that likely reflects, in part, Plain community members who do not participate in health insurance programs. It is also worth noting that 10% of children in Philipsburg are uninsured, an increase from 3% reported as of the 2022 CHNA.

2018-2022 Population with Health Insurance by Age



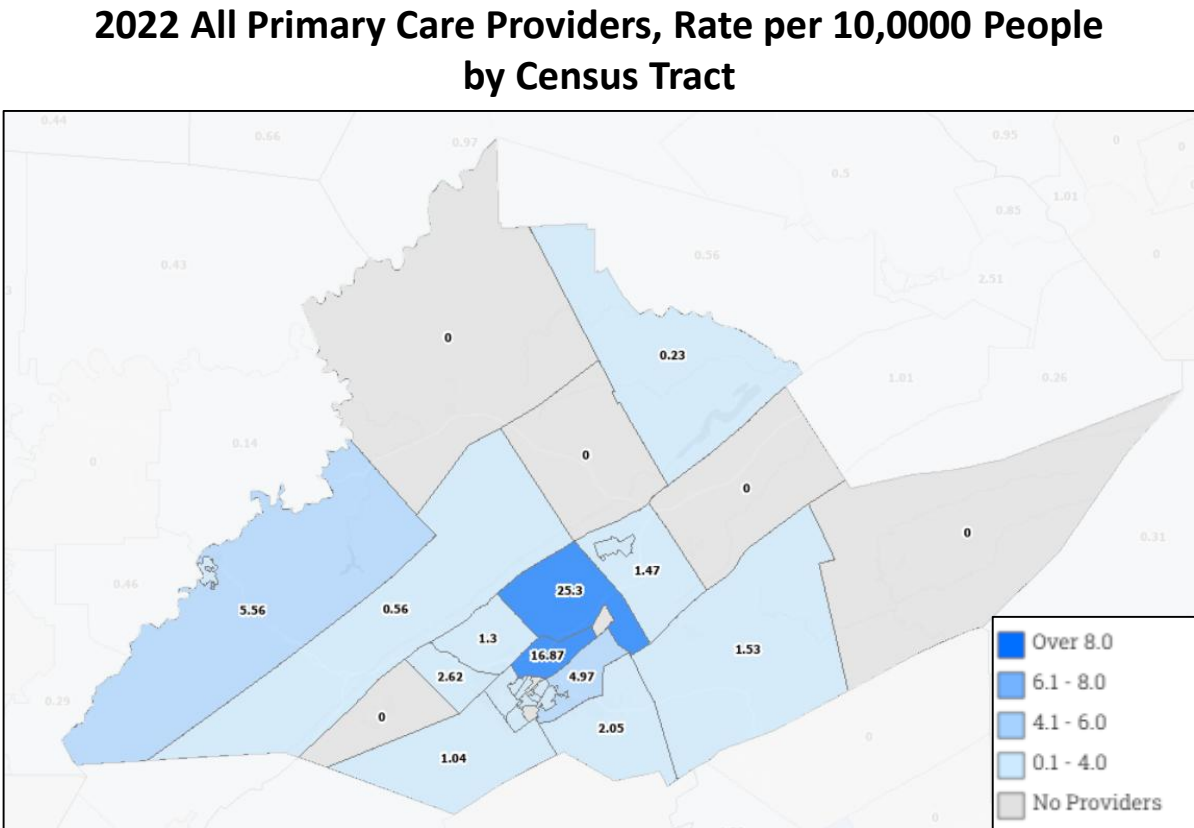
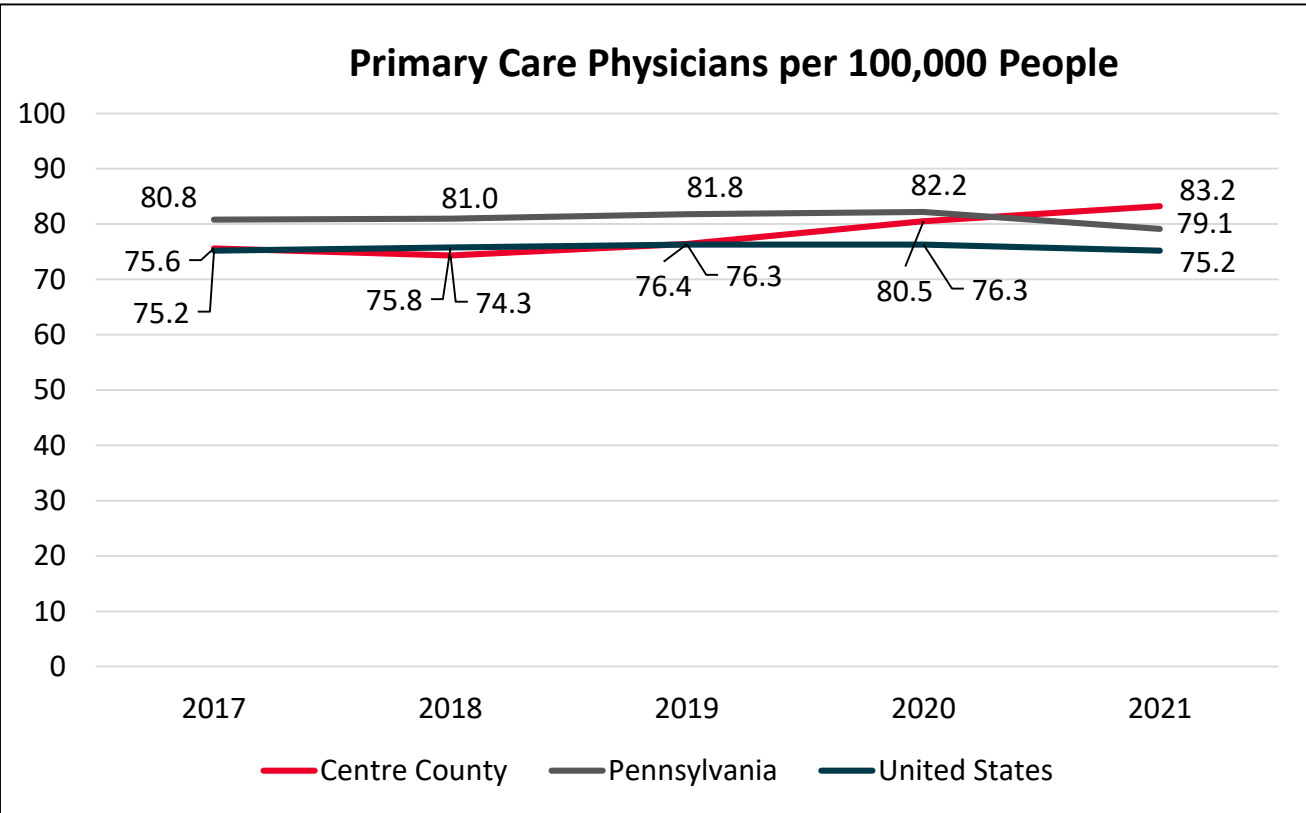
2018-2022 Uninsured Youth (Age 0-17) Population by Zip Code



Primary Care Provider Trends



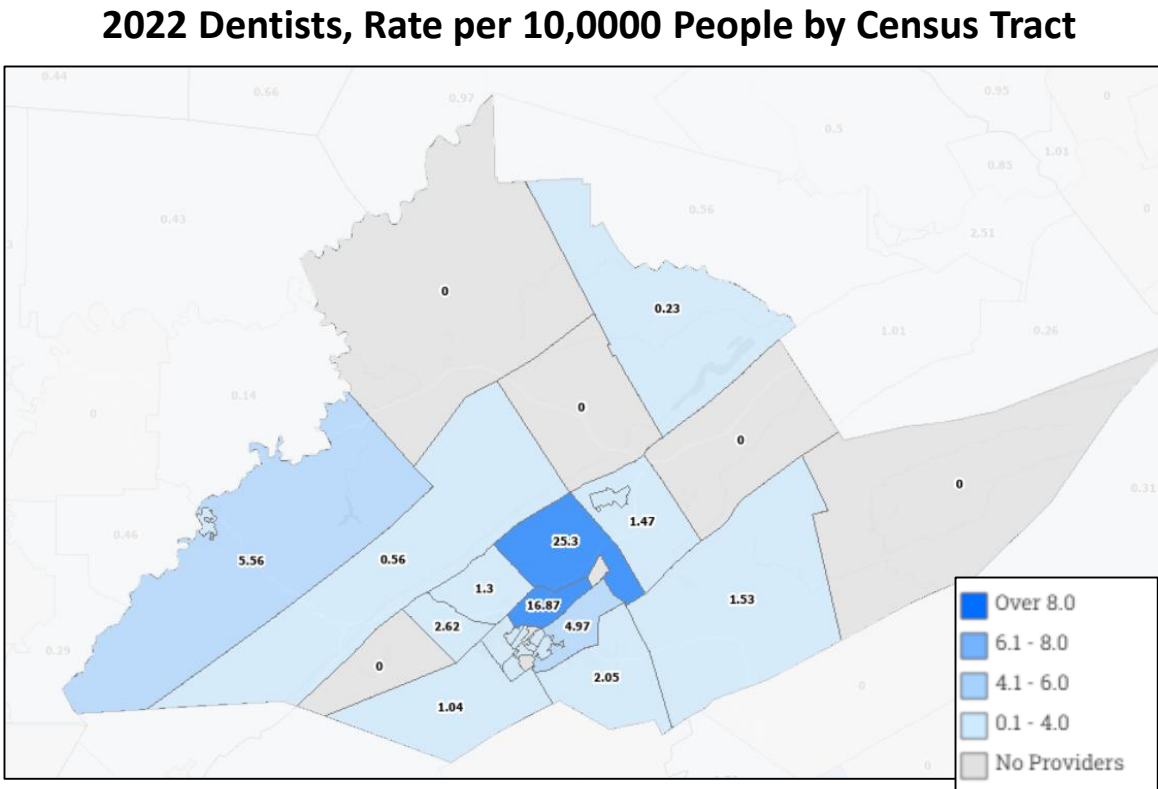
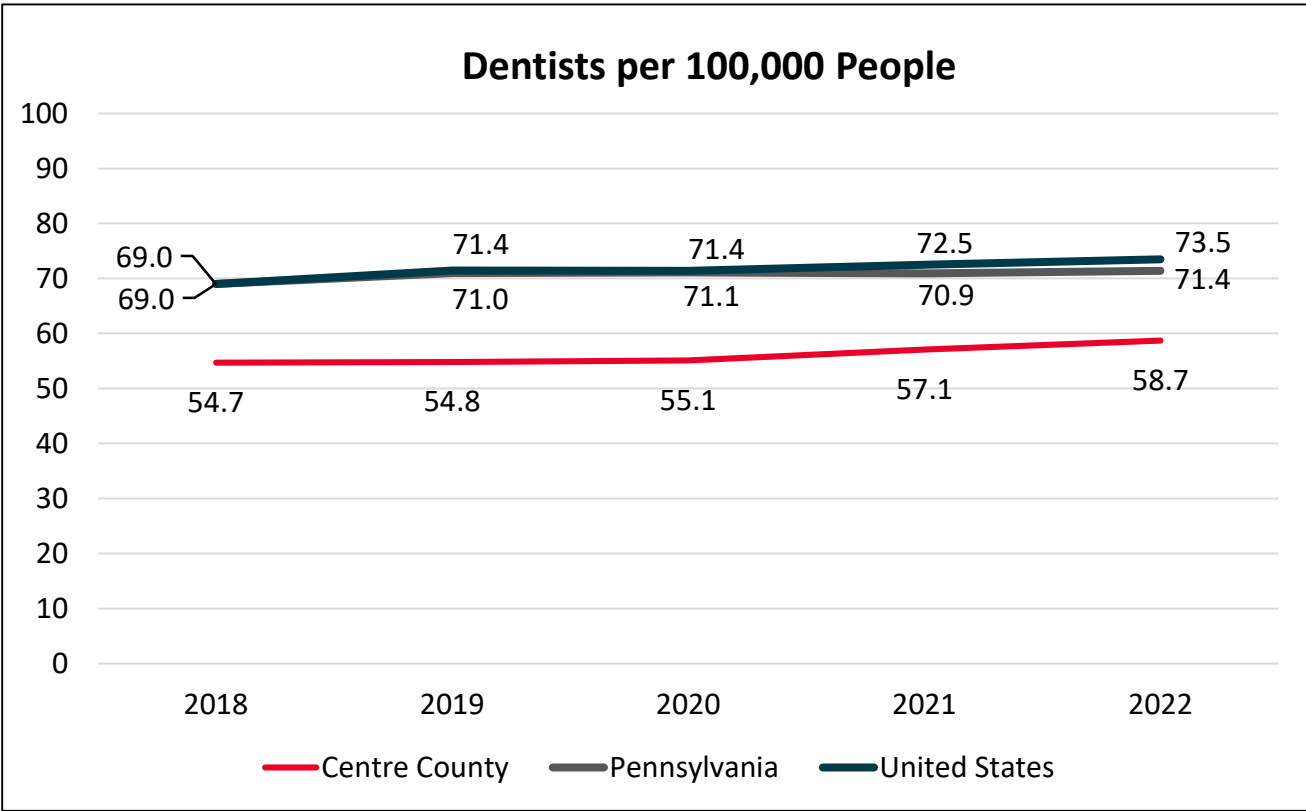
- Access to primary care services has grown in Centre County, and the county rate of providers per 100,000 people exceeds state and national averages. Primary care services are concentrated in the Centre and Nittany Valley Regions. The western portion of the county, including all the Moshannon Valley and Upper Bald Eagle regions, excluding Union Township, are primary care Health Professional Shortage Areas (HPSAs) for people with low income.



Dental Provider Trends

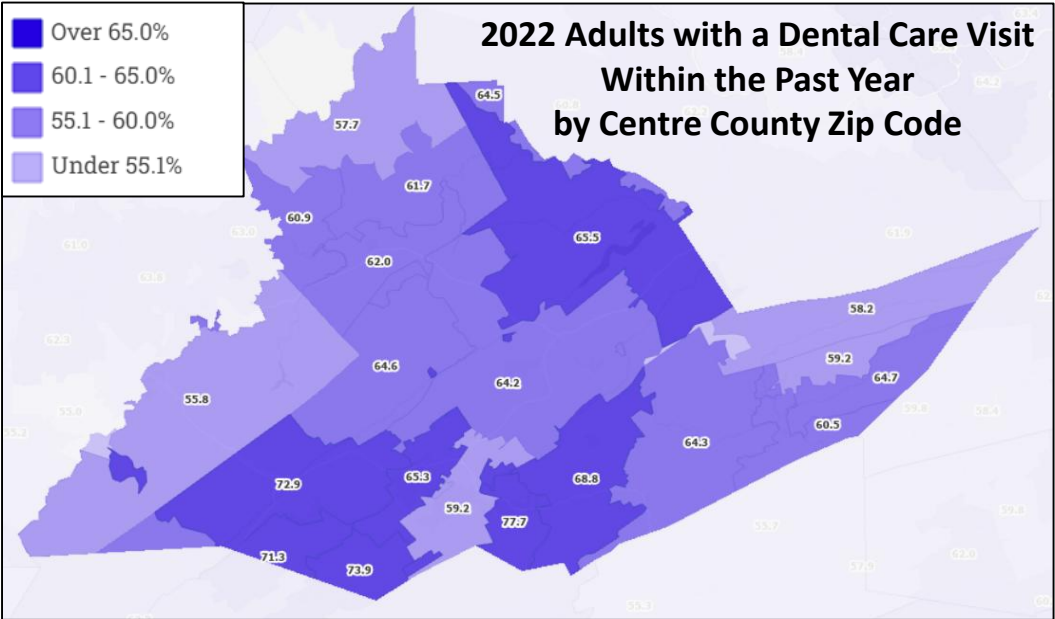
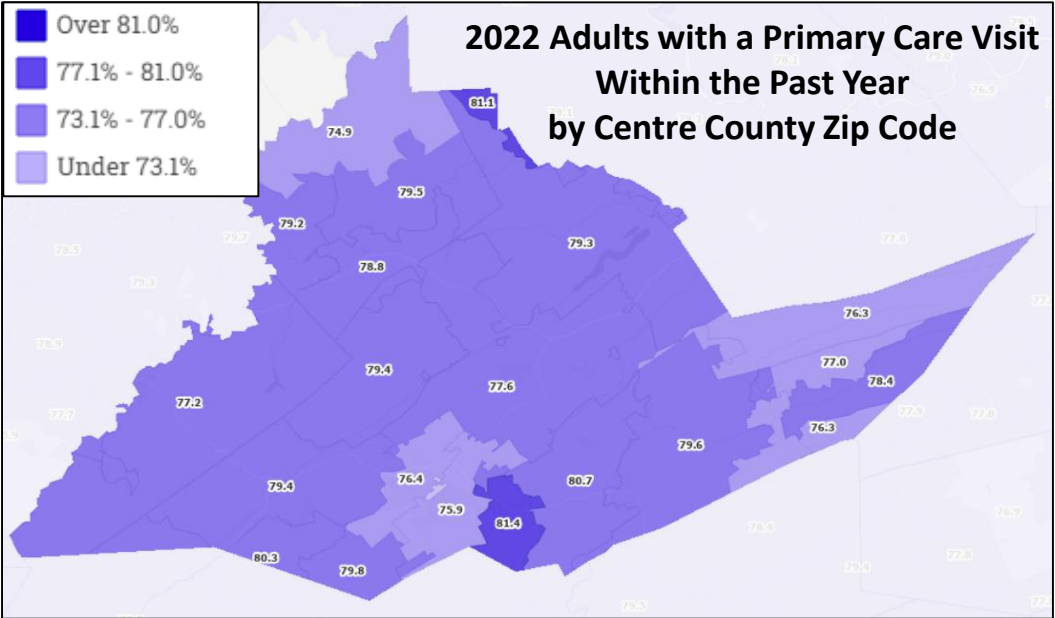
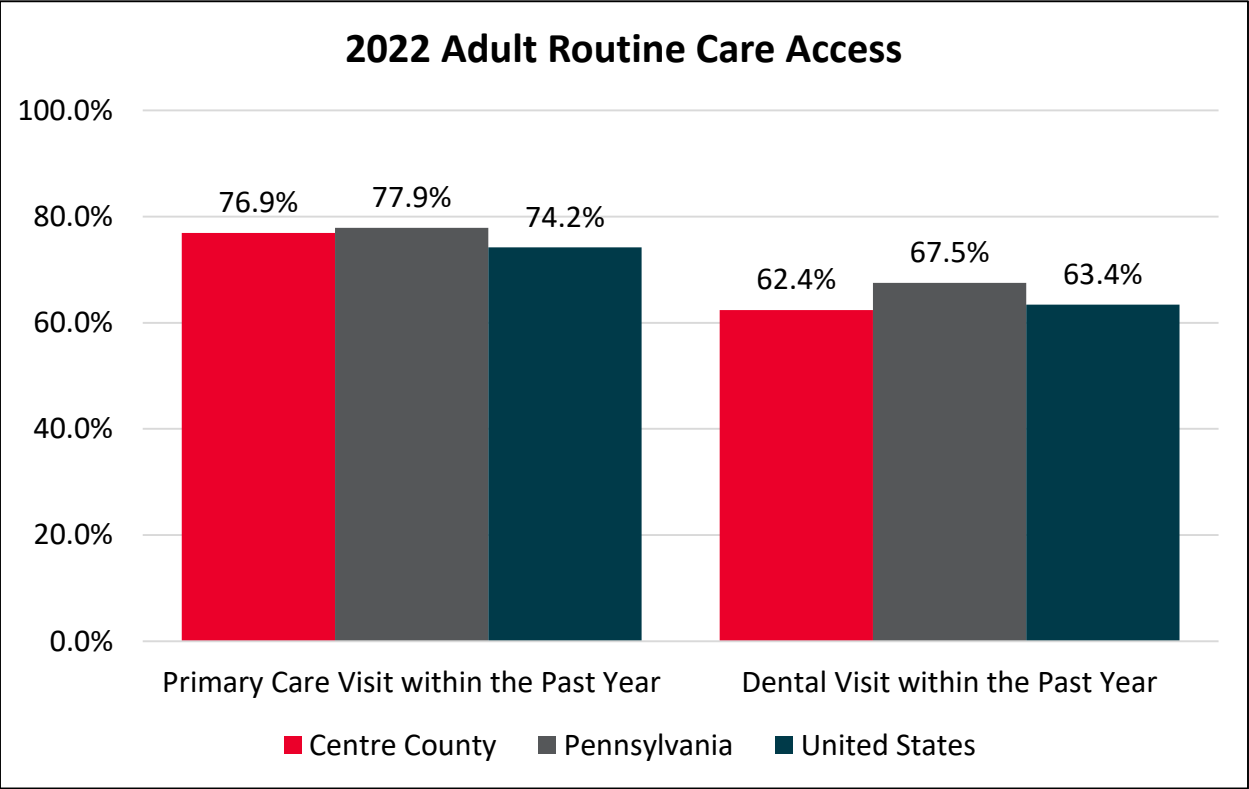


- Access to dental services has also grown in Centre County, but the county rate of providers per 100,000 people remains below state and national averages. All of Centre County is a designated dental HPSA for people with low income.



Adult Routine Care Access

➤ Consistent with provider availability trends, Centre County adults are just as likely or more likely to access routine primary care, but less likely to receive routine dental care. Disparities in dental care access are evident outside the Centre Region.



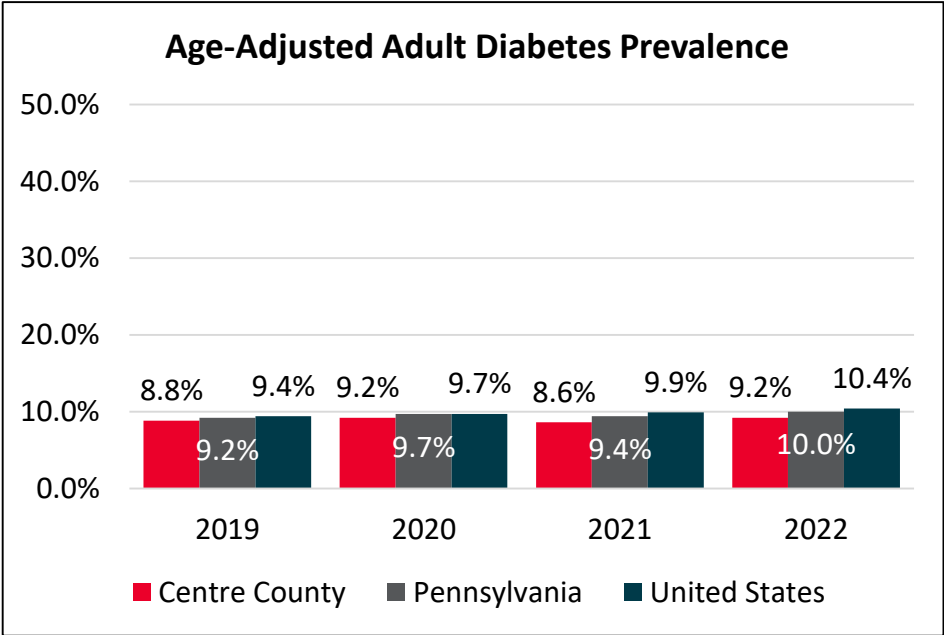
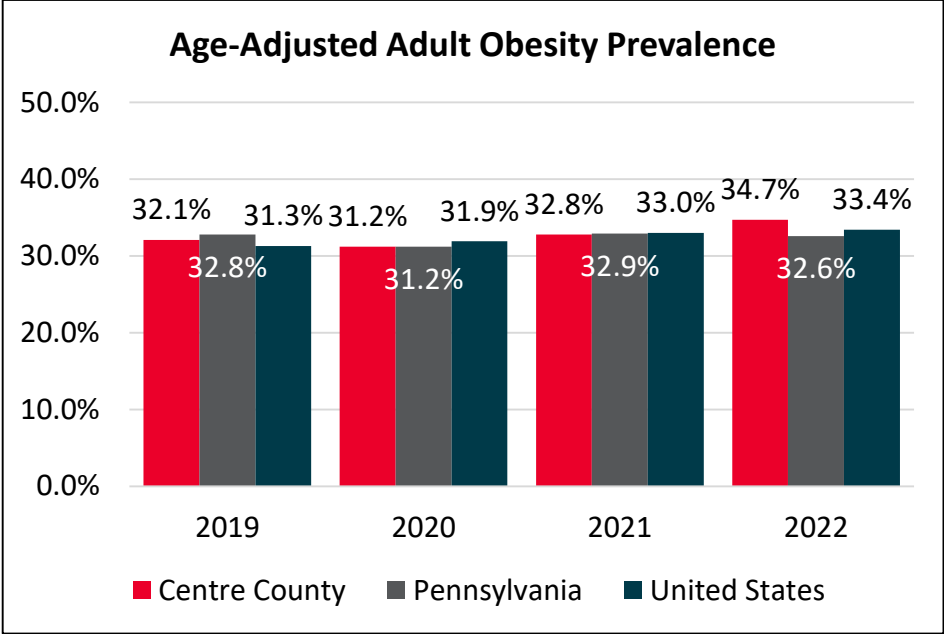
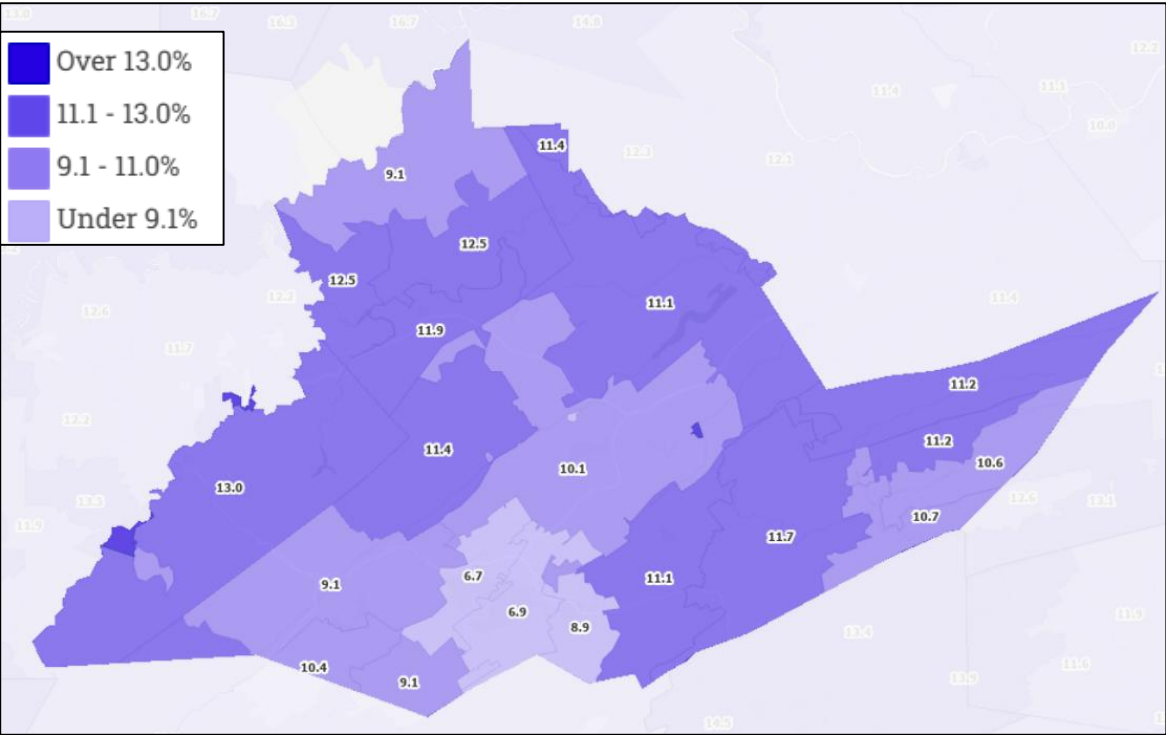


*Health Statistics:
Health Risk Factors
and Chronic Disease*

Obesity and Diabetes

- Centre County has historically had fewer residents with obesity and/or diabetes, although the proportion of residents with obesity increased in 2022 surpassing state and national averages. The proportion of all Centre County people with diabetes is similar to state and national averages but increases in rural parts of the county.

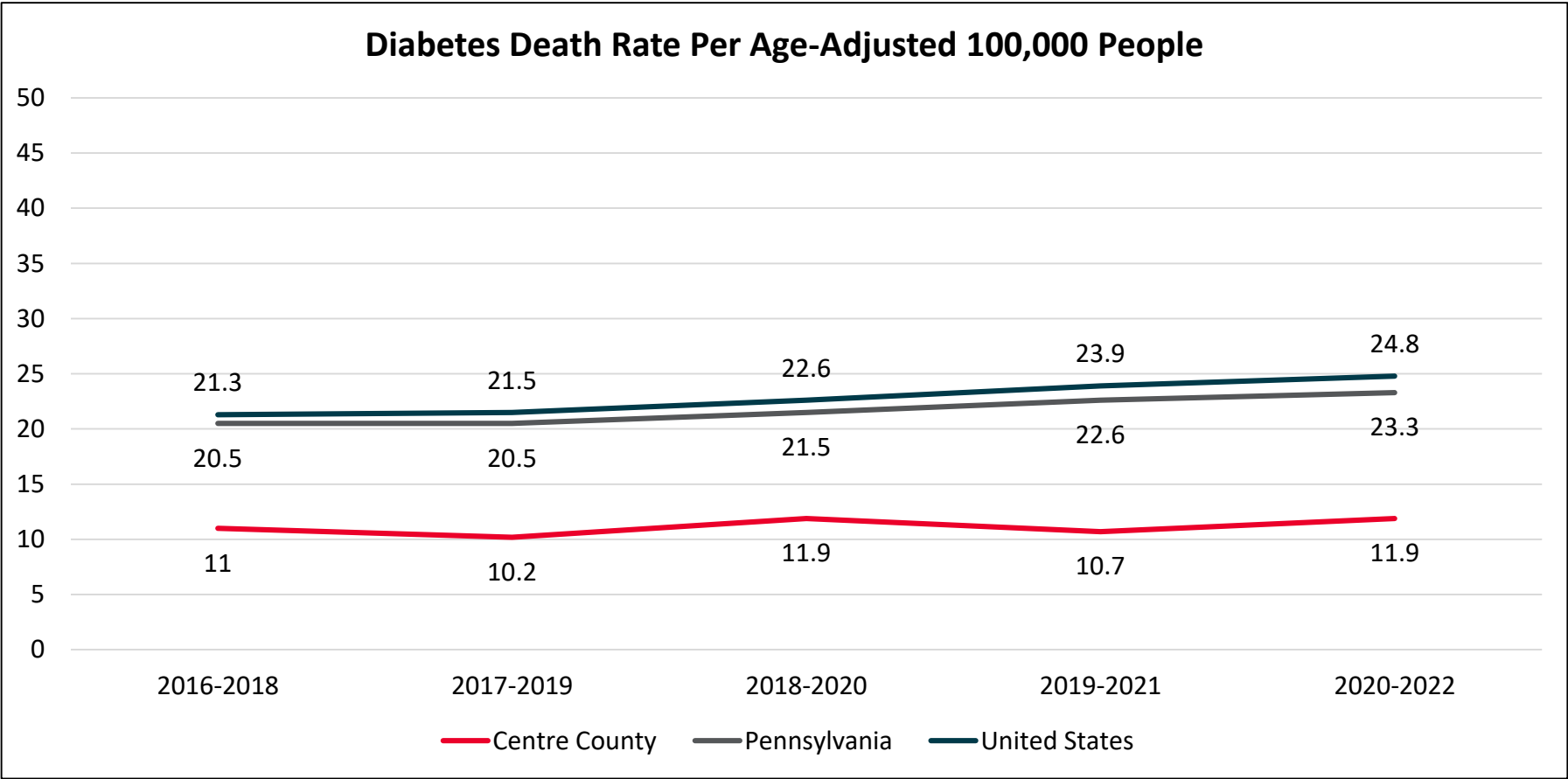
2022 Adult Diabetes Prevalence by Centre County Zip Code



Obesity and Diabetes



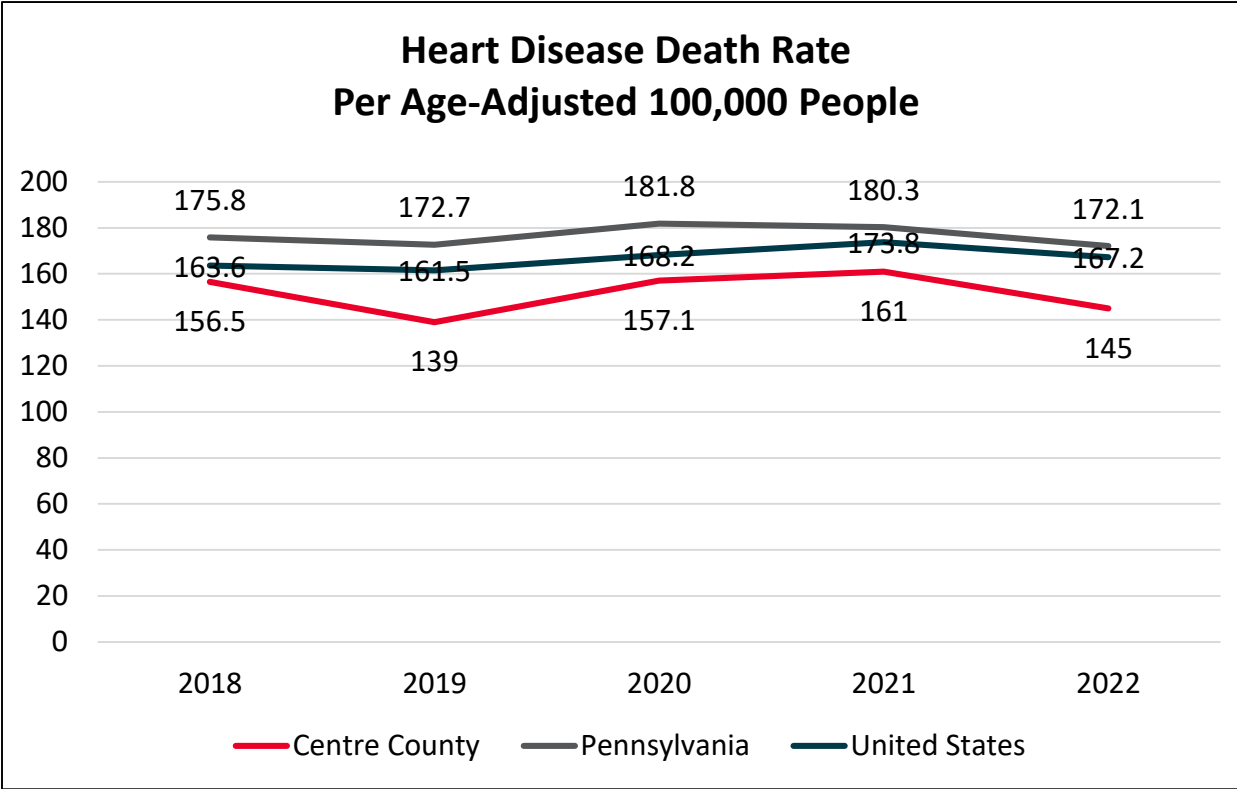
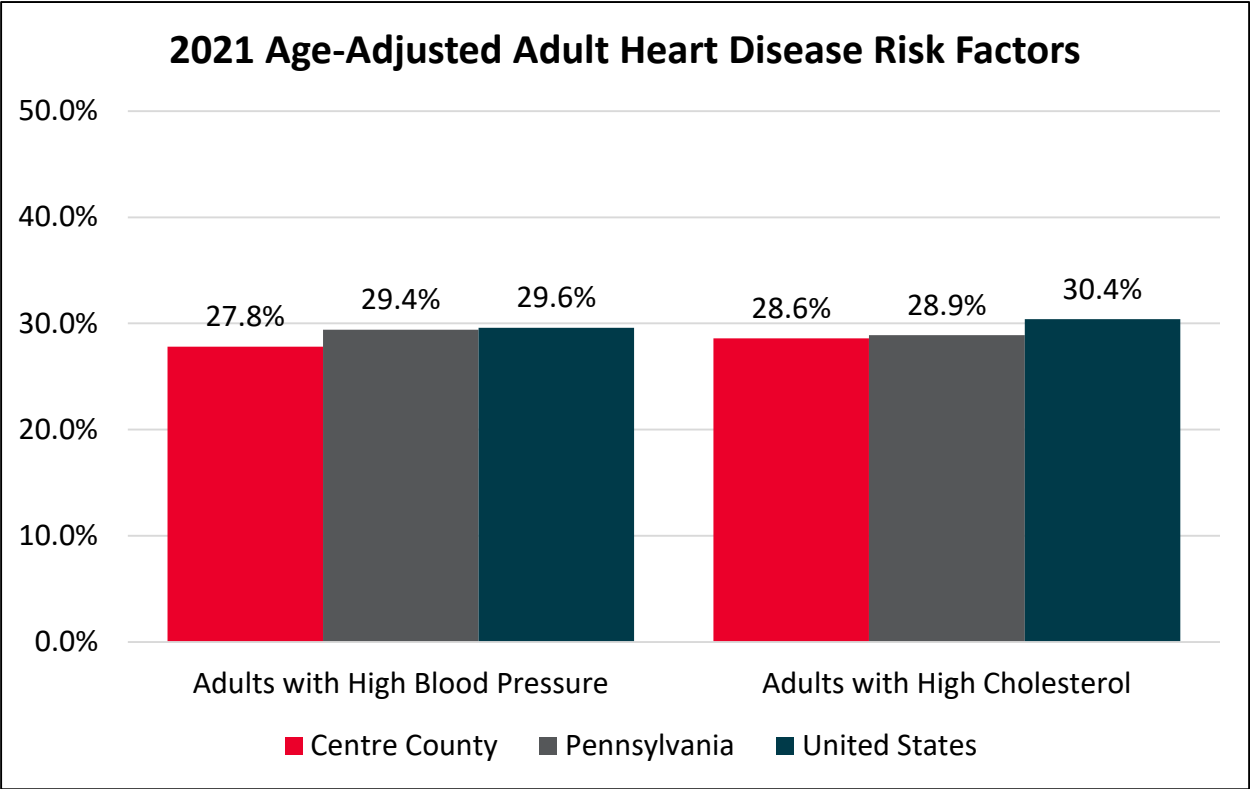
- Adult diabetes prevalence in Centre County is similar to state and national prevalence, but the diabetes death rate per 100,000 Centre County residents remains low and less than half state and national rates. This finding may indicate timely and adequate access to diabetes care.



Heart Disease



- Centre County adults have a similar or lower prevalence of heart disease risk factors, and consistent with diabetes trends, a lower rate of death due to heart disease than state and national benchmarks.

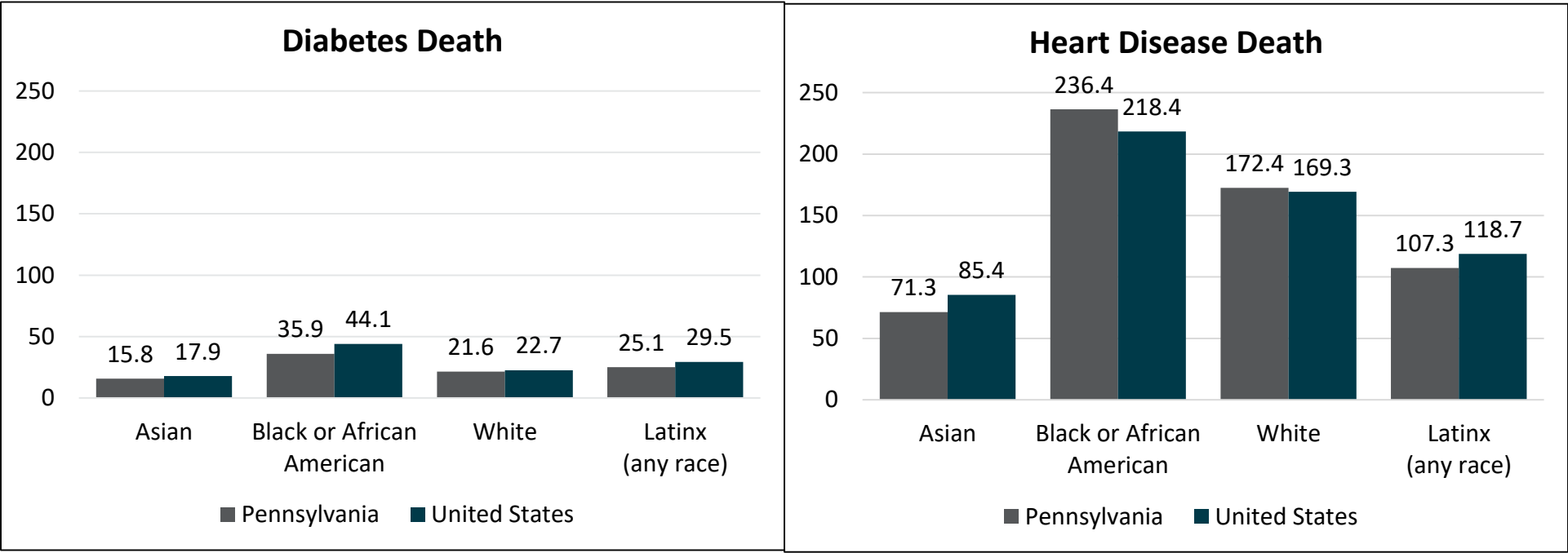


Diabetes and Heart Disease Disparities



- Disease prevalence and death does not affect all people equally, rather some populations are more likely to experience disease and premature death due to disease conditions. These disparities, disproportionately affecting people of color, reflect broader social and institutional inequities that limit access to resources and socioeconomic opportunities that promote health and well-being.

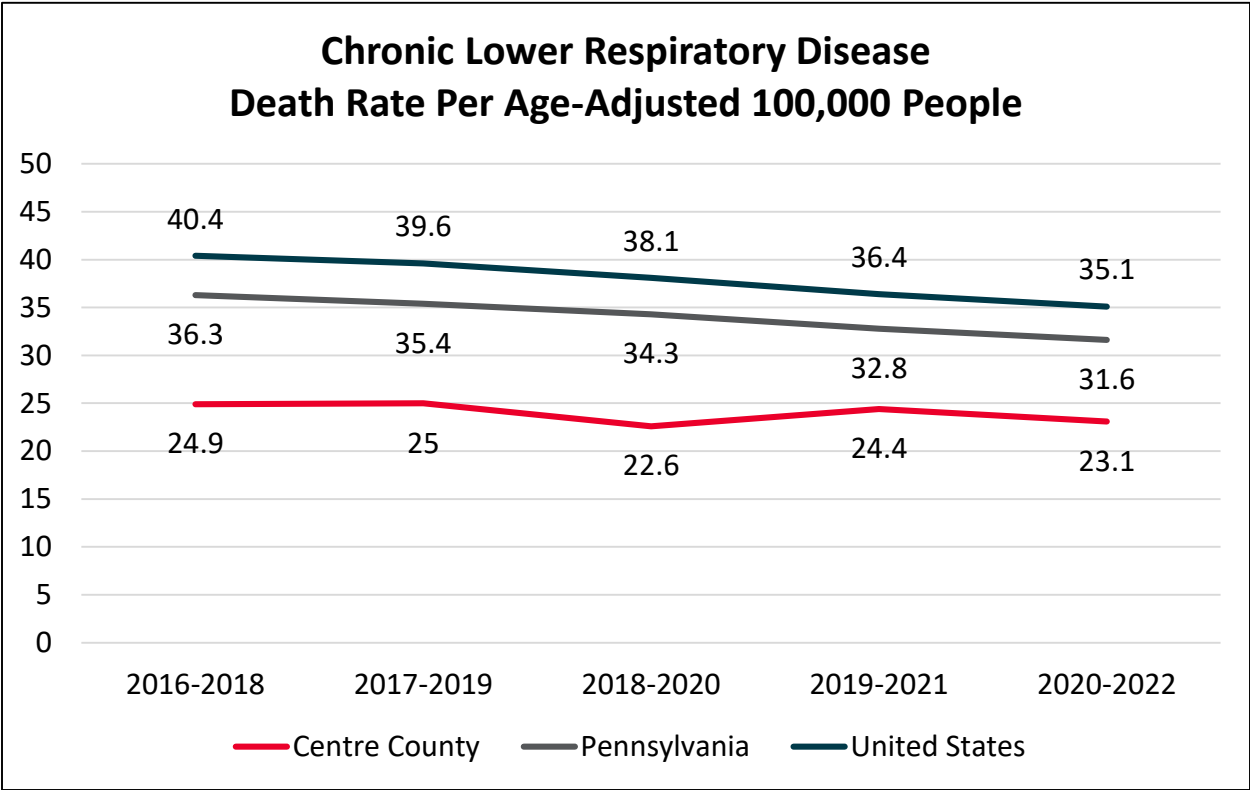
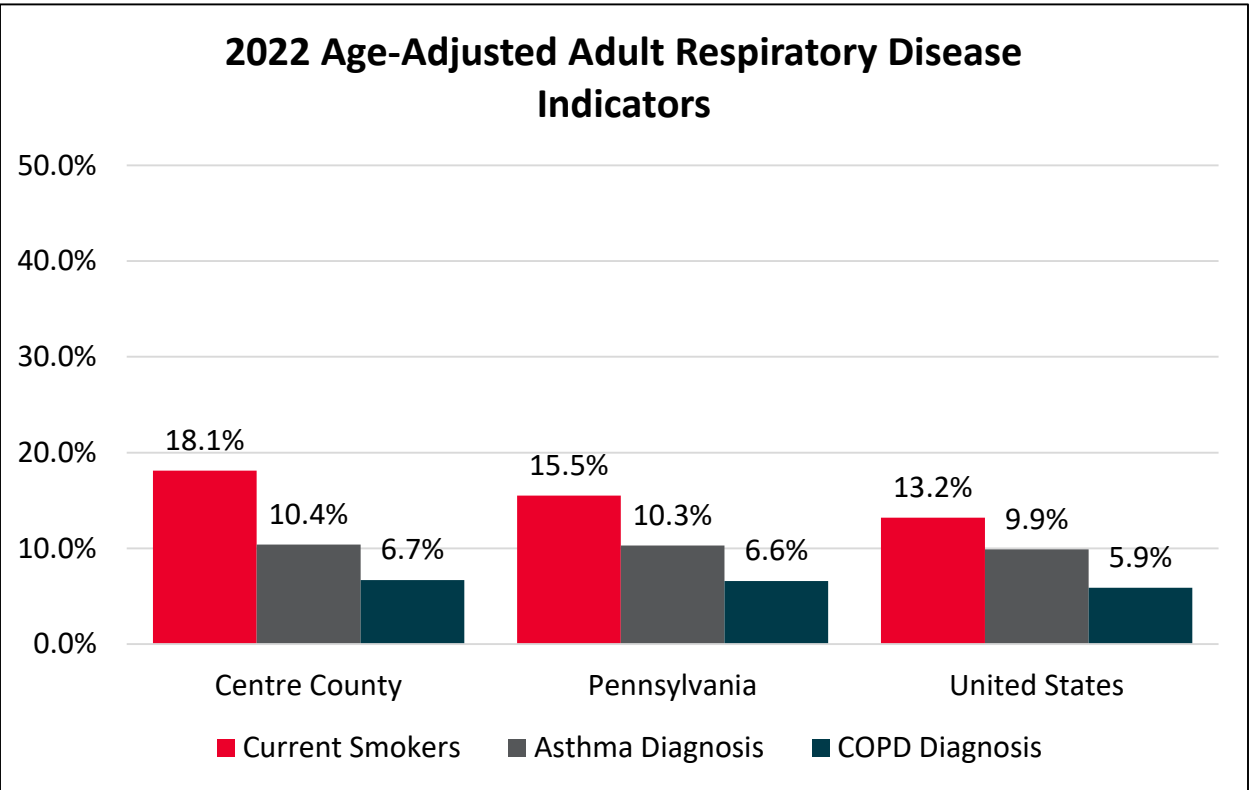
2020-2022 Death Rates per Age-Adjusted 100,000 Residents
by Race and Ethnicity



Respiratory Disease



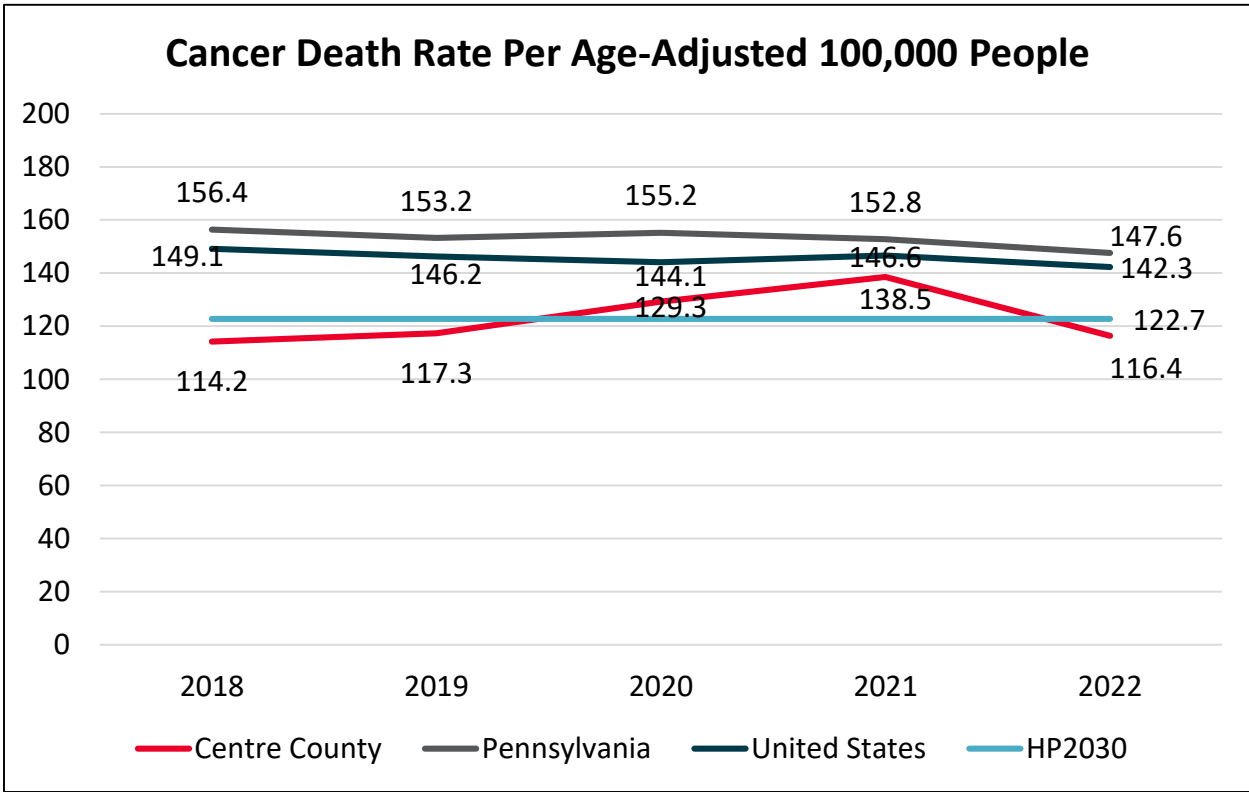
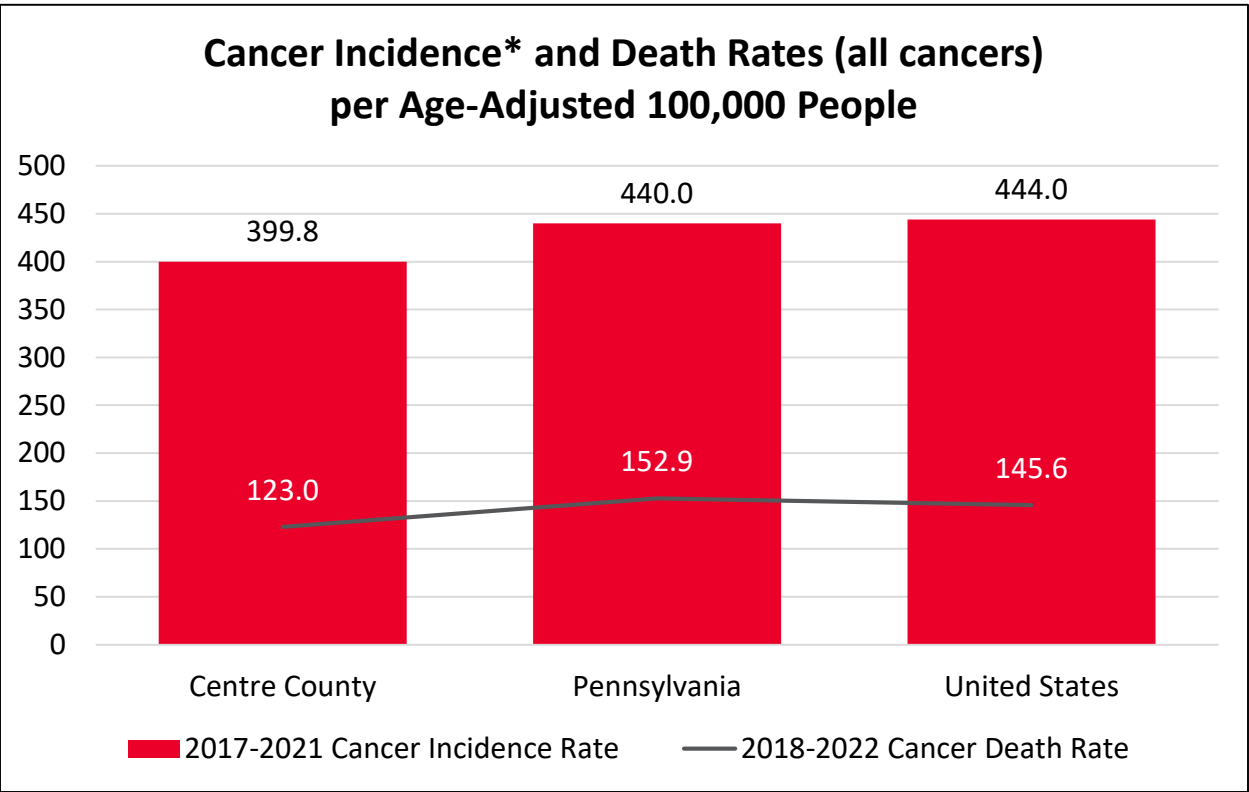
➤ Traditional cigarette use (not including e-cigarettes, cigars, etc.) declined statewide and nationally over the last decade. Reported use by Centre County has been more variable year-to-year and generally higher than statewide and national trends. As of 2022, 18% of Centre County adults were estimated to smoke traditional cigarettes, a trend that can have wide-ranging negative impact on other health and well-being metrics, and that should continue to be assessed and monitored.



Cancer



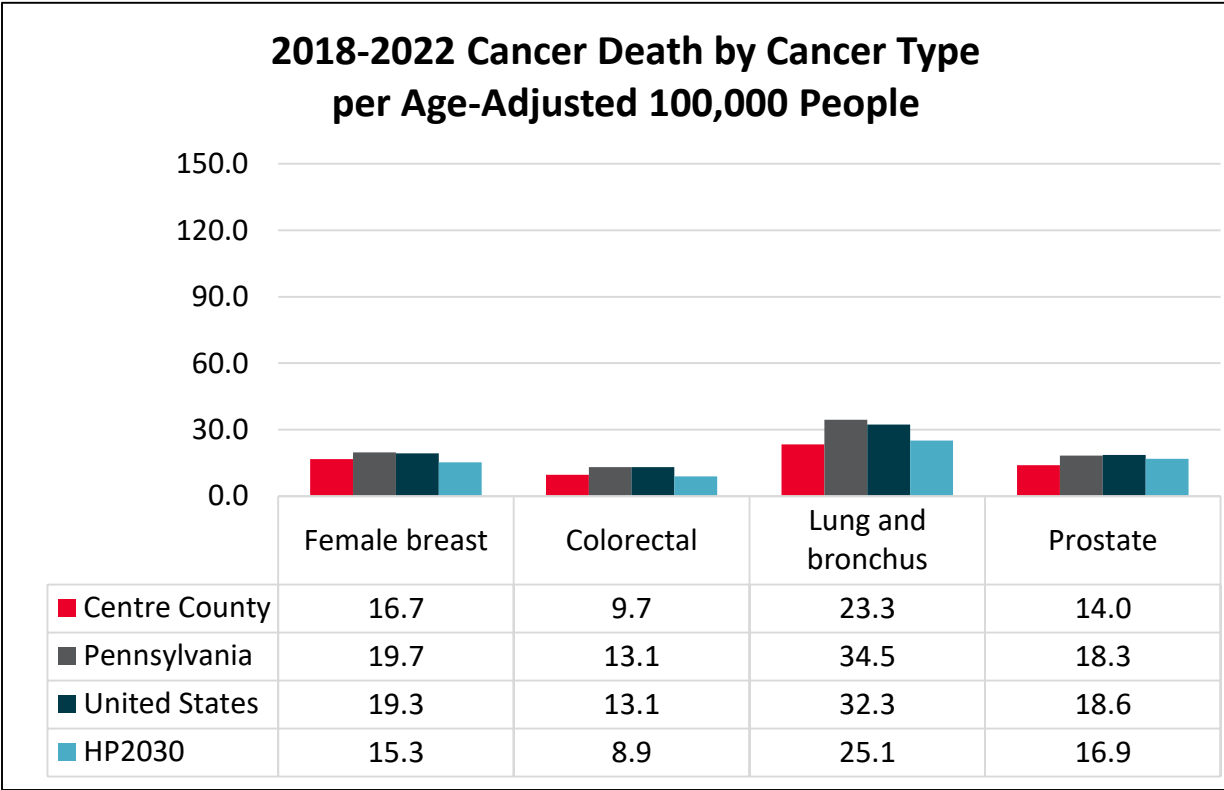
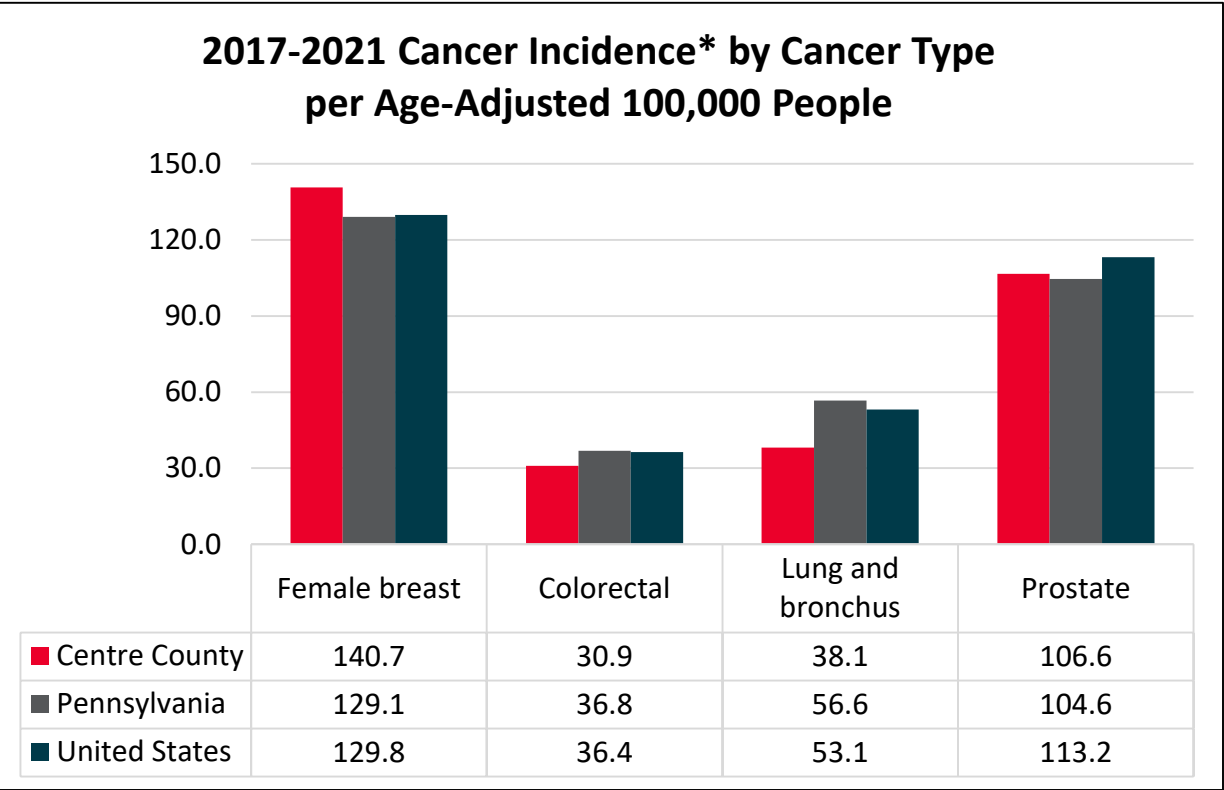
- Centre County saw an increase in cancer-related deaths in 2020 and 2021, potentially due to COVID-19 related impacts such as delayed care and treatment. Cancer-related deaths declined in 2022 to pre-pandemic levels but should continue to be monitored.



Cancer



- Among the top four cancer types, Centre County has lower rates of cancer death than the state and nation. It is worth noting that Centre County has a higher incidence of female breast cancer, but a lower female breast cancer death rate. This trend typically reflects better screening practices for early detection and treatment.



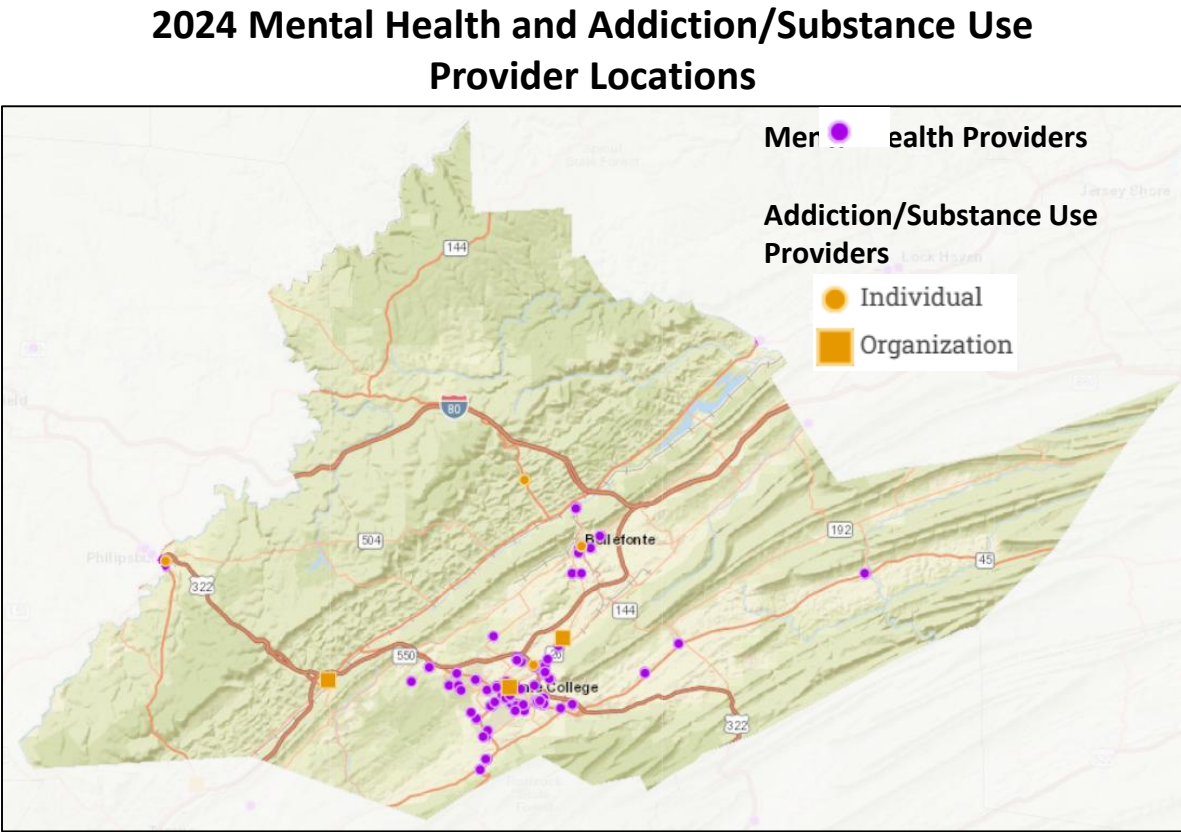
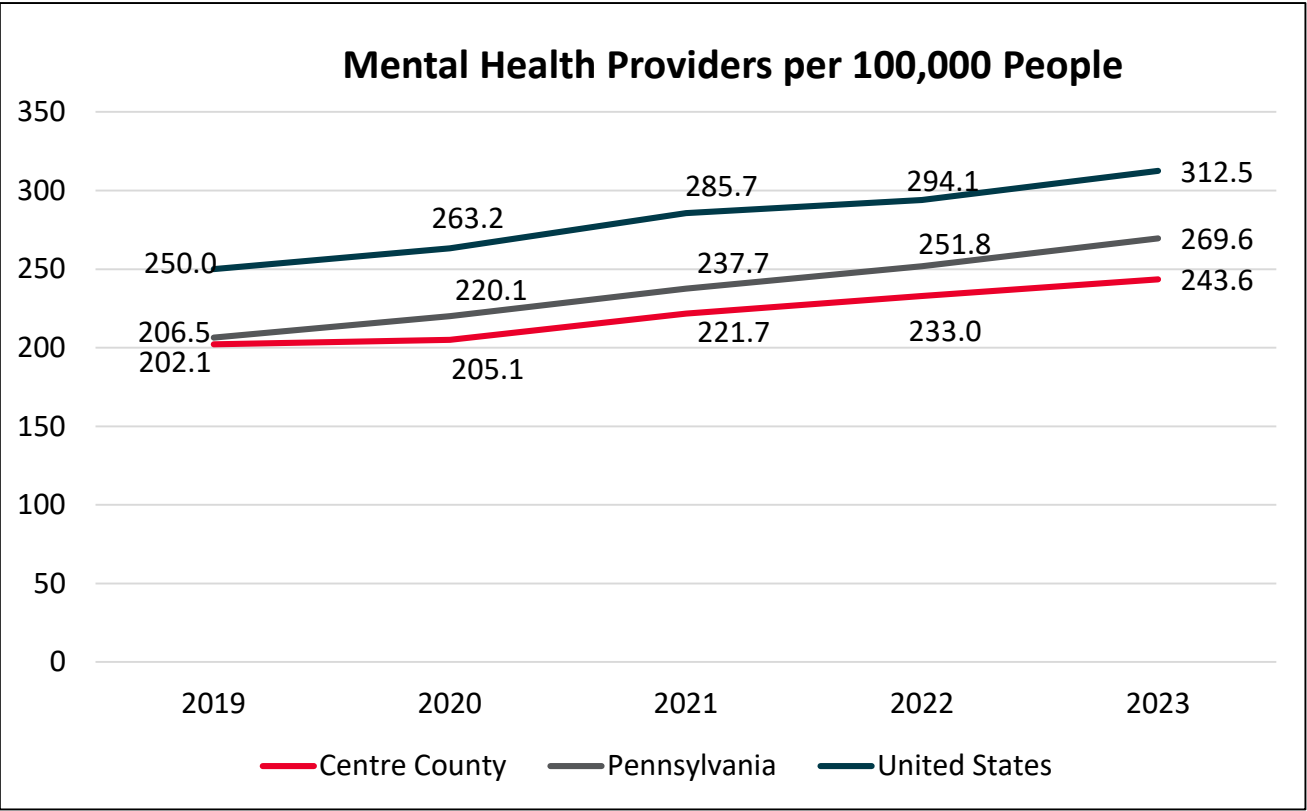


*Health Statistics:
Mental Health and
Substance Use Disorder*

Mental Health Provider Trends



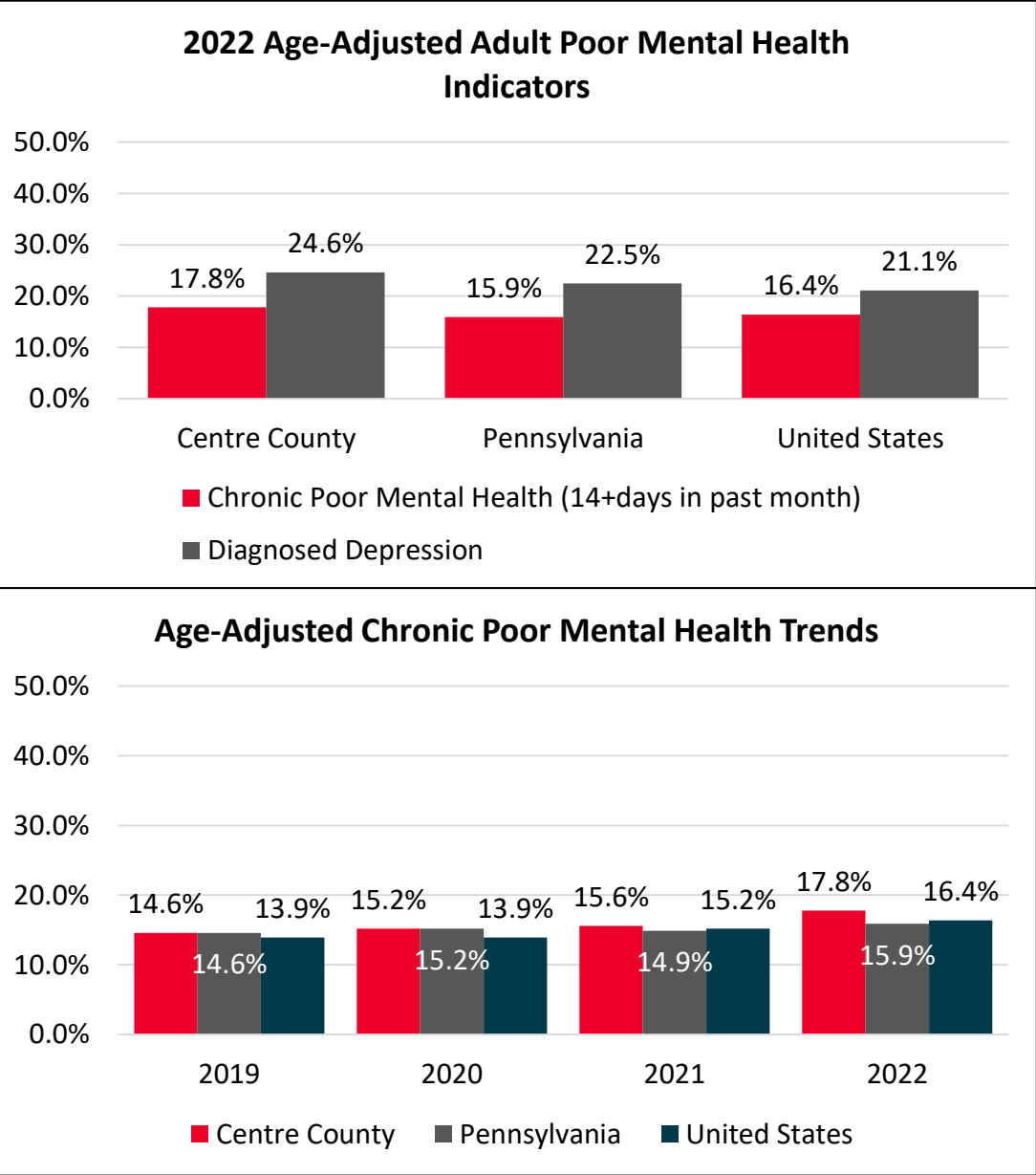
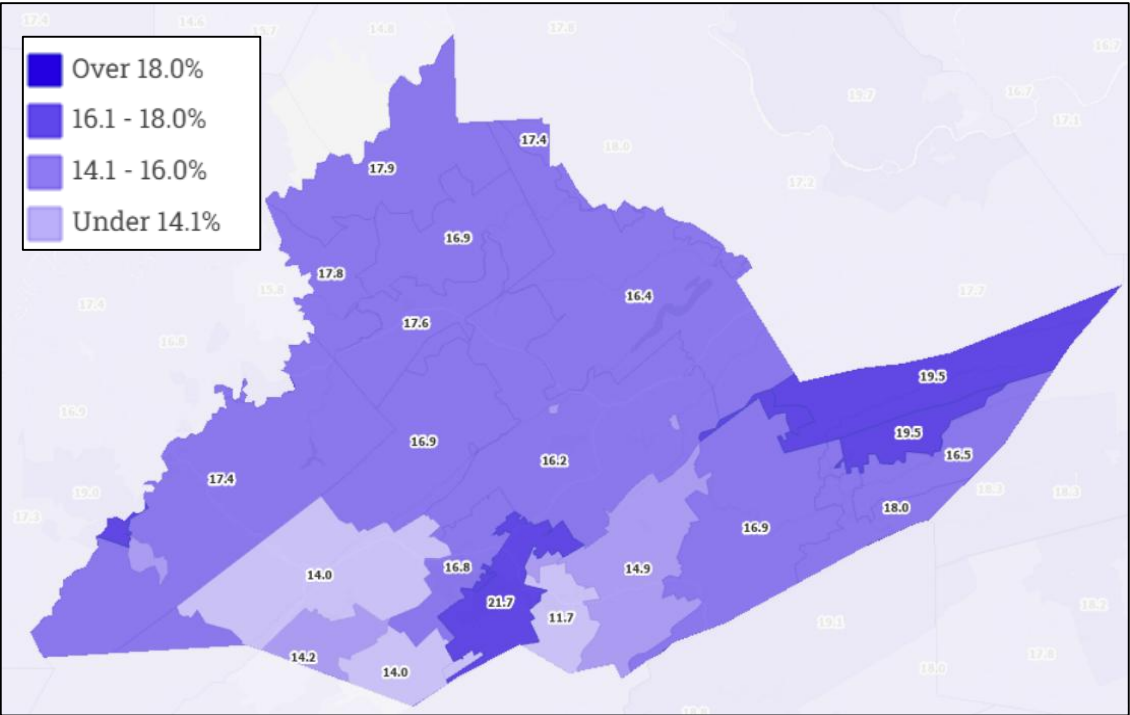
➤ Access to mental healthcare has grown in Centre County, but the county rate of providers per 100,000 people remains below state and national averages. Services are concentrated in the Centre and Nittany Valley Regions. Note: Mental health providers include those specializing in psychiatry, psychology, mental health, addiction or substance use disorders, or counselling. Addiction/Substance use providers include physicians, psychiatrists, clinical psychologists, and counsellors, and registered nurses who specialize in addiction and substance use disorder, as well as licensed peer support specialists.



Mental Health

- The proportion of adults experiencing mental distress has increased statewide and nationally; Centre County outpaced state and national increases in 2021 and 2022. Contrary to other disease conditions, mental distress is prevalent across the county.

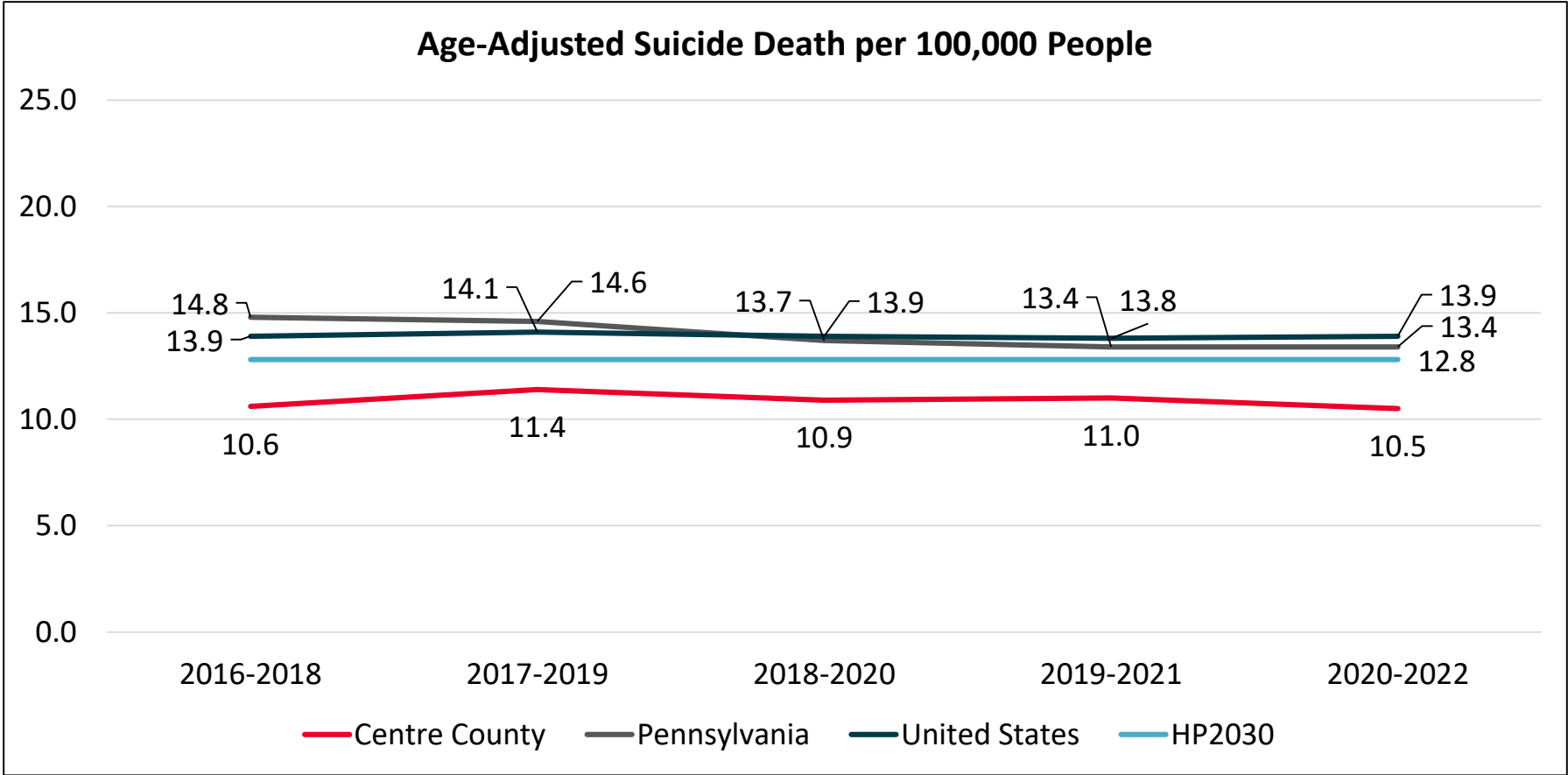
2022 with Chronic Poor Mental Health (14+ days in past month) by Centre County Zip Code



Mental Health



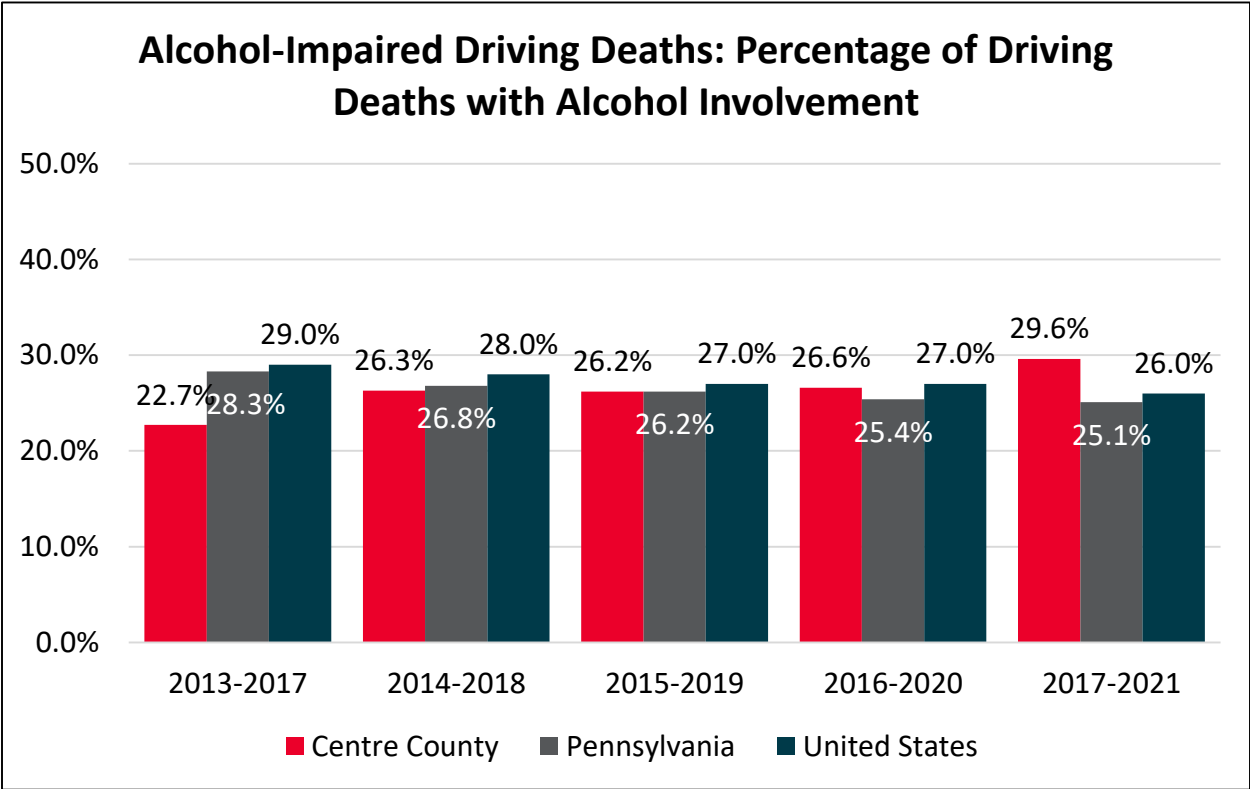
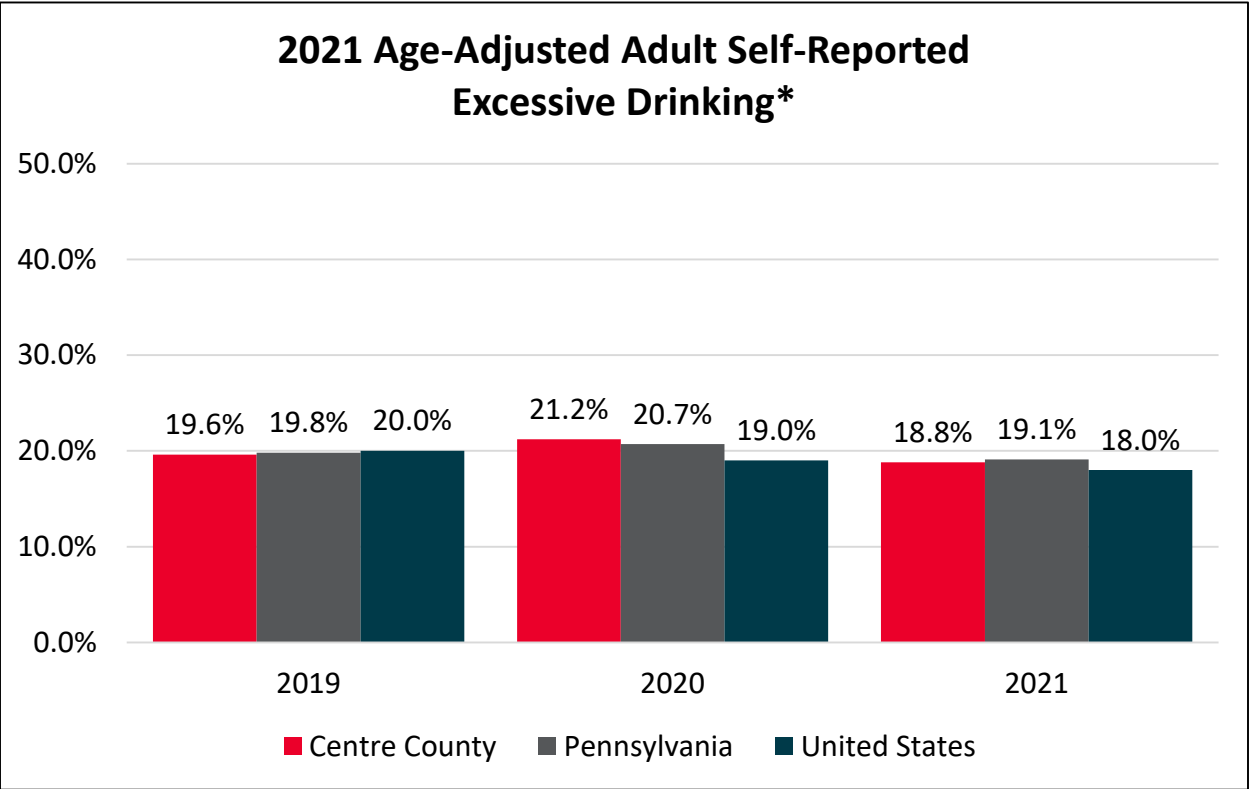
- Mental health concerns have increased for Centre County residents, but suicide-related deaths have been stable and lower than state and national benchmarks.



Alcohol Use Disorder



- Nearly 1 in 5 Centre County adults report excessive alcohol use, a similar proportion as the state and nation overall. The percentage of Centre County driving deaths due to alcohol impairment has increased, surpassing state and national averages, and accounting for nearly 1 in 3 (n=16) driving deaths in 2017-2021.

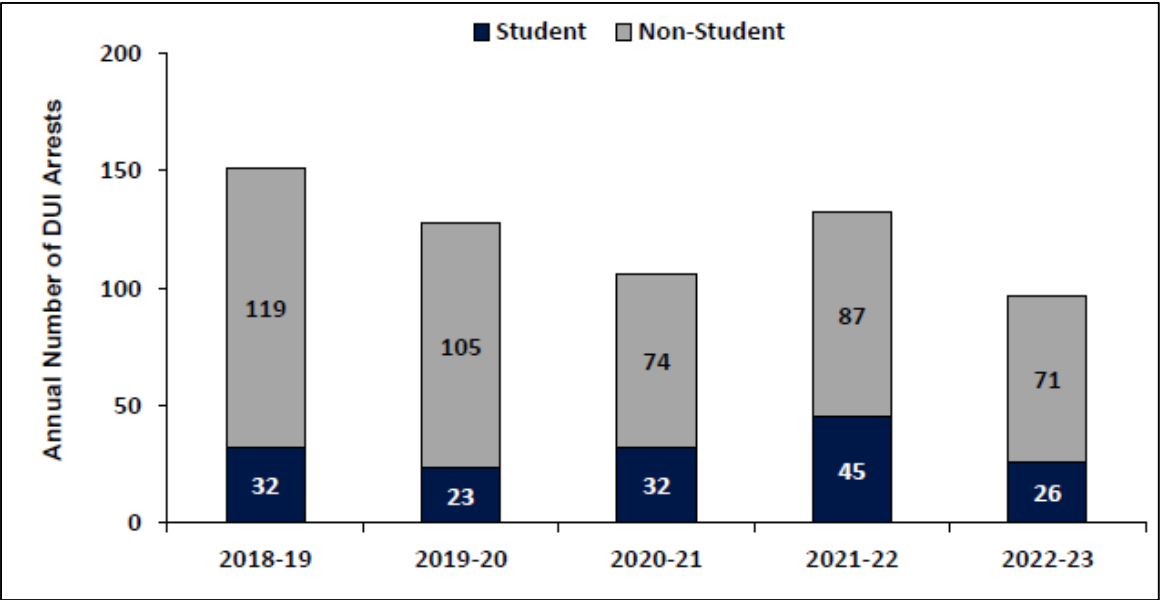


Alcohol Use Disorder

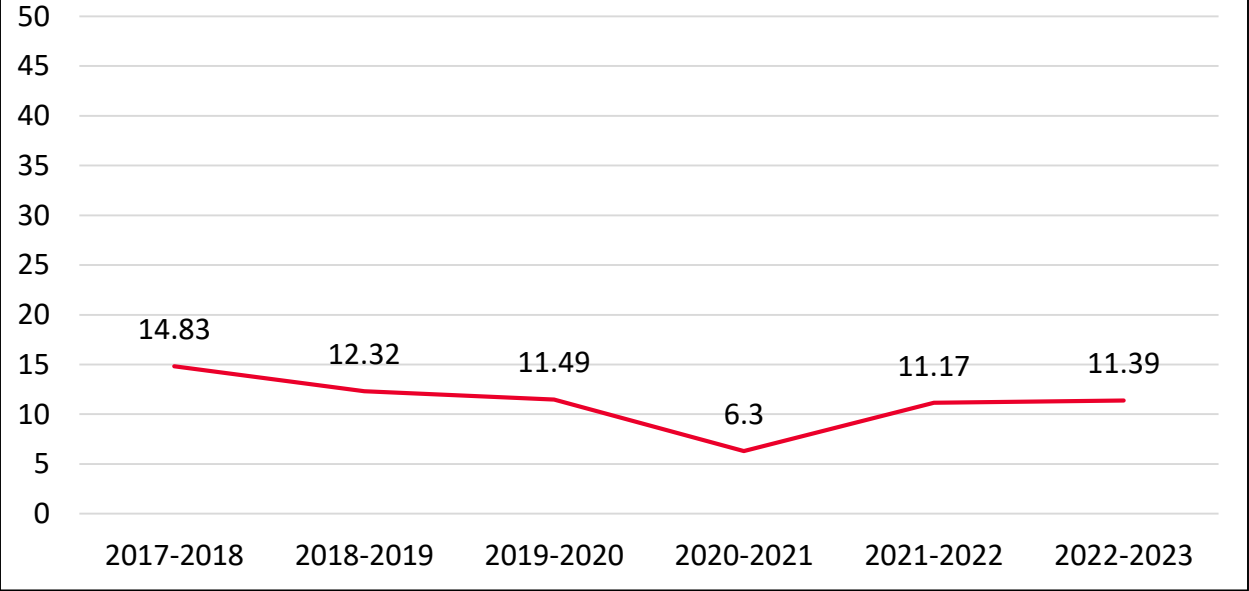


- Alcohol-related arrests and Emergency Department (ED) visits declined sharply in 2020 due to COVID-19 impacts but have generally returned to pre-pandemic levels.

Annual Number of Arrests by State College and University Police for Driving Under the Influence (DUI)



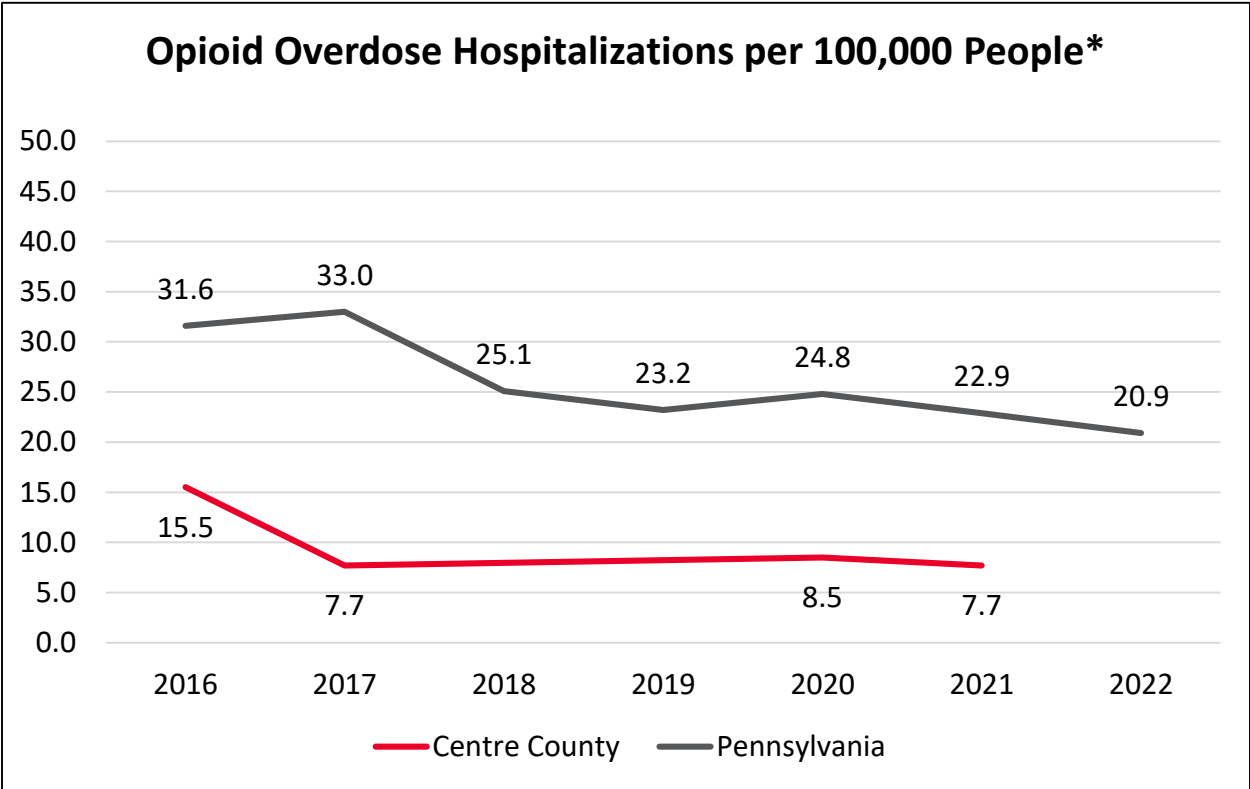
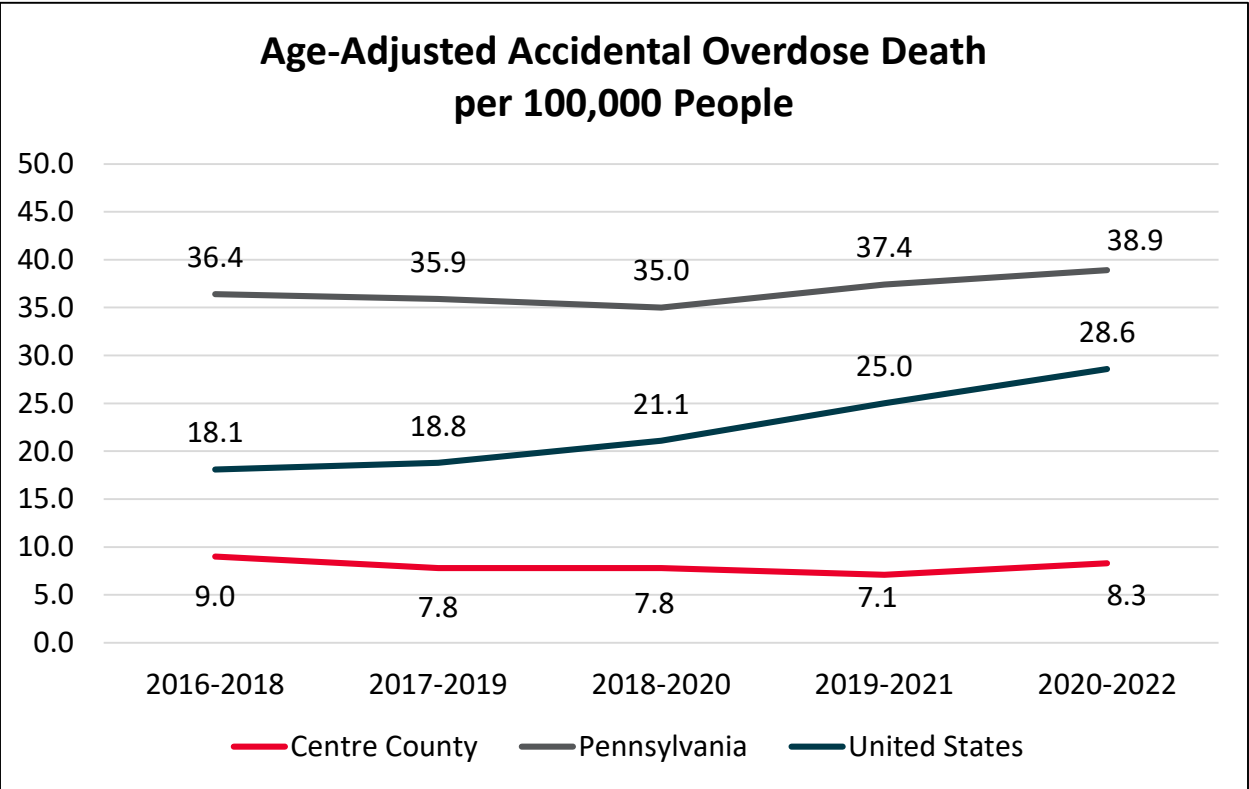
Number of Penn State University Students Who Used the Mount Nittany Medical Center ED for an Alcohol-Related Visit per 1,000 Students



Opioid Use Disorder



- Centre County has seen few accidental overdose related deaths than the state and nation, with death rates that are three to five times lower than state and national rates.



Source: Centers for Disease Control and Prevention & Pennsylvania Department of Health & Pennsylvania Health Care Cost Containment Council

*Data for Centre County shown as available. Missing years are not reported due to low volume counts.

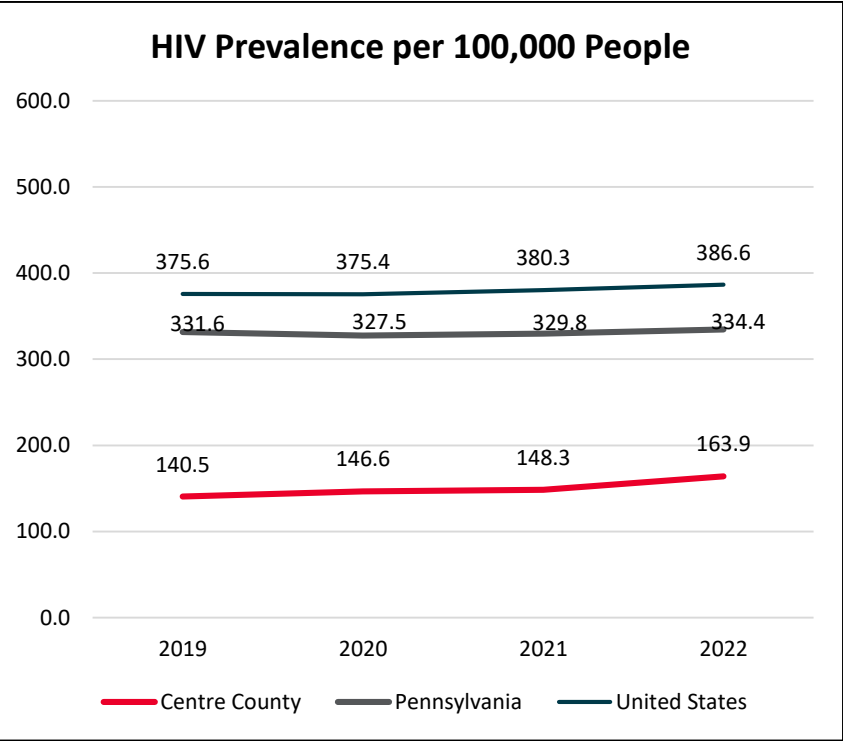
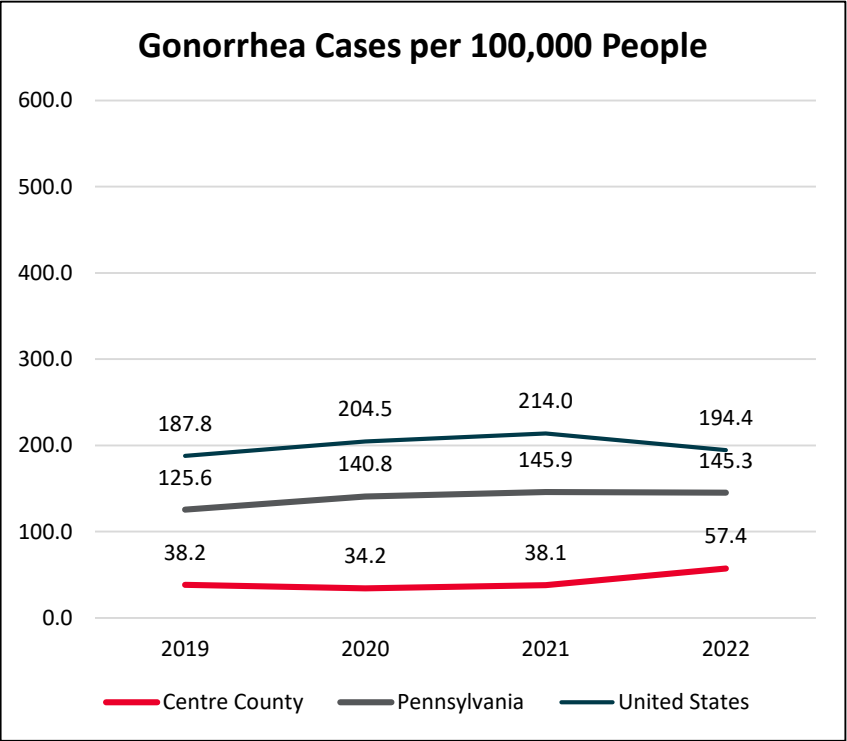
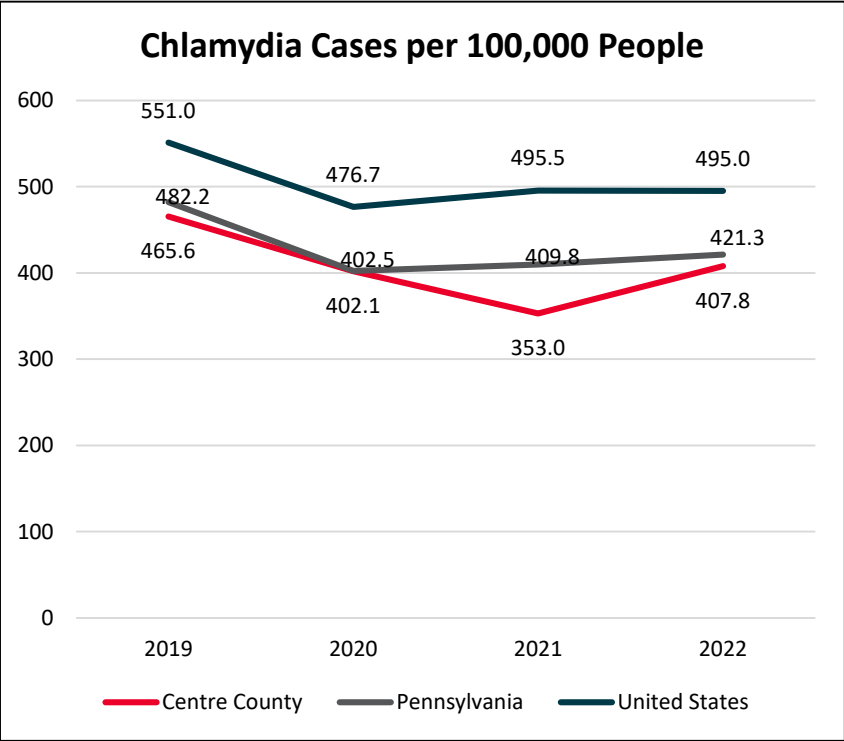


Health Statistics: Sexually Transmitted Infections

Sexually Transmitted Infections



➤ Sexually transmitted infection rates are historically lower in Centre County than across Pennsylvania and the nation but increasing.





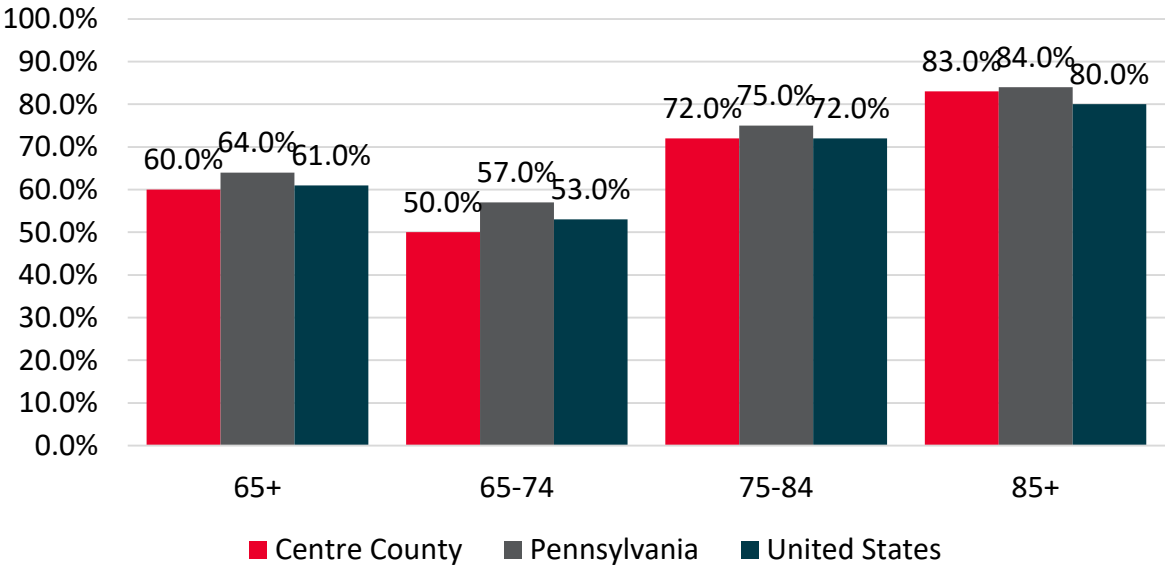
*Populations of
Special Interest:
Aging Population*

Chronic Disease Prevalence and Comorbidities



- Consistent with state and nation trends, 60% of Centre County older adult Medicare beneficiaries manage three or more chronic conditions, most commonly high cholesterol, hypertension, and rheumatoid arthritis.

2022 Medicare Beneficiaries Aged 65 or Older with Three or More Chronic Conditions by Age Group



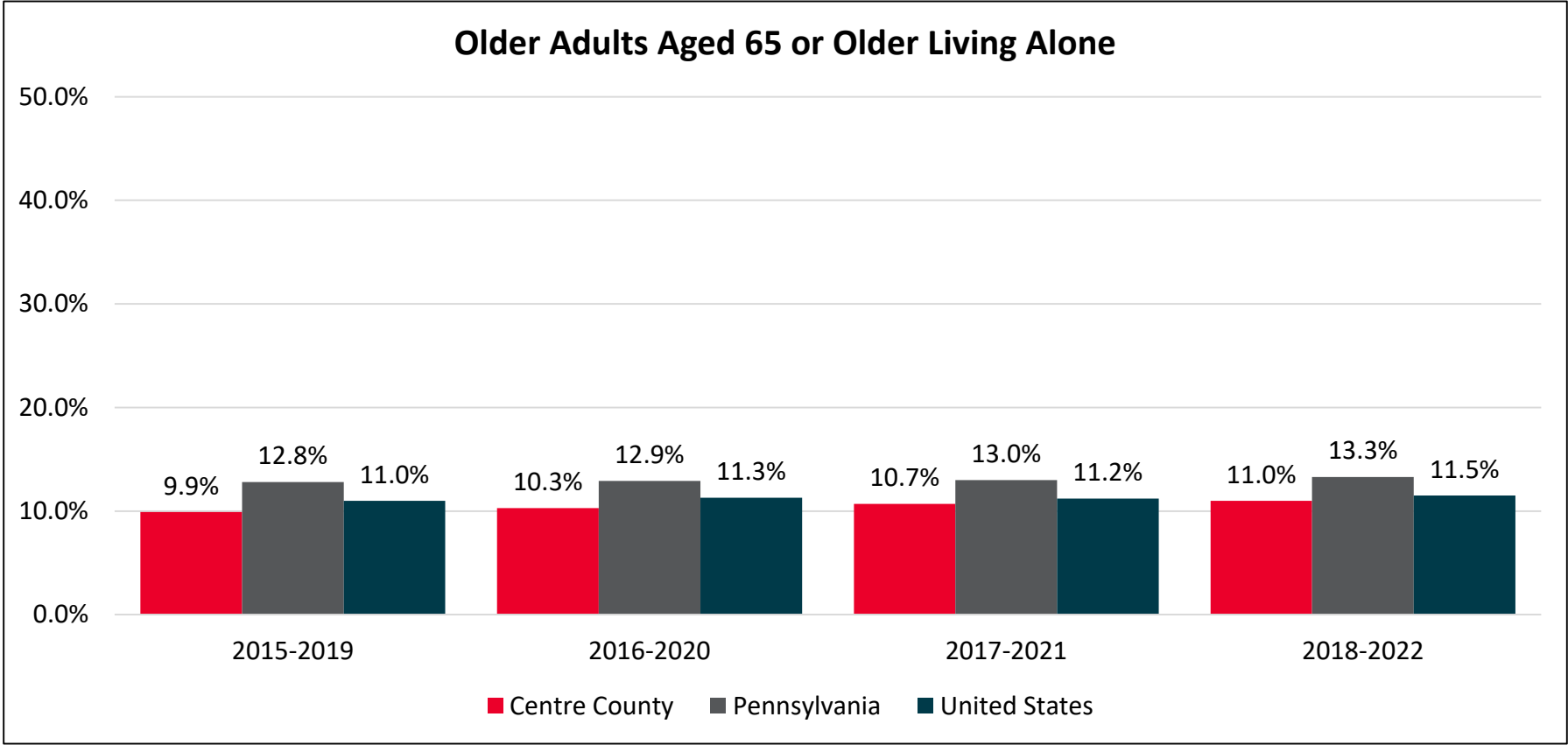
2022 Select Chronic Conditions among Medicare Beneficiaries

Aged 65-74 Years	Centre County	Pennsylvania	United States
Alzheimer's disease, related disorders, senile dementia	2%	2%	2%
Cancer (breast, lung, colorectal, prostate)	10%	10%	9%
Depression	15%	16%	15%
Diabetes	21%	22%	23%
High cholesterol	60%	67%	61%
Hypertension	54%	59%	58%
Rheumatoid arthritis	28%	32%	31%
Aged 75-84 Years	Centre County	Pennsylvania	United States
Alzheimer's disease, related disorders, senile dementia	8%	8%	9%
Cancer (breast, lung, colorectal, prostate)	16%	16%	15%
Depression	19%	19%	18%
Diabetes	26%	29%	29%
High cholesterol	73%	78%	74%
Hypertension	72%	77%	76%
Rheumatoid arthritis	39%	43%	41%
Aged 85 Years or Older	Centre County	Pennsylvania	United States
Alzheimer's disease, related disorders, senile dementia	25%	26%	26%
Cancer (breast, lung, colorectal, prostate)	15%	16%	15%
Depression	22%	24%	22%
Diabetes	27%	27%	28%
High cholesterol	68%	74%	70%
Hypertension	82%	85%	84%
Rheumatoid arthritis	42%	49%	47%

Social Isolation



- As older adults age, they are at risk for isolation due to physical limitations and decreasing social circles. One indicator of isolation is the percentage of older adults who live alone. The percentage of older adults living alone increased statewide and nationally with a higher percentage in Pennsylvania versus the nation. Centre County older adults are less likely to live alone than their peers statewide and nationally, but the percentage is on the rise.



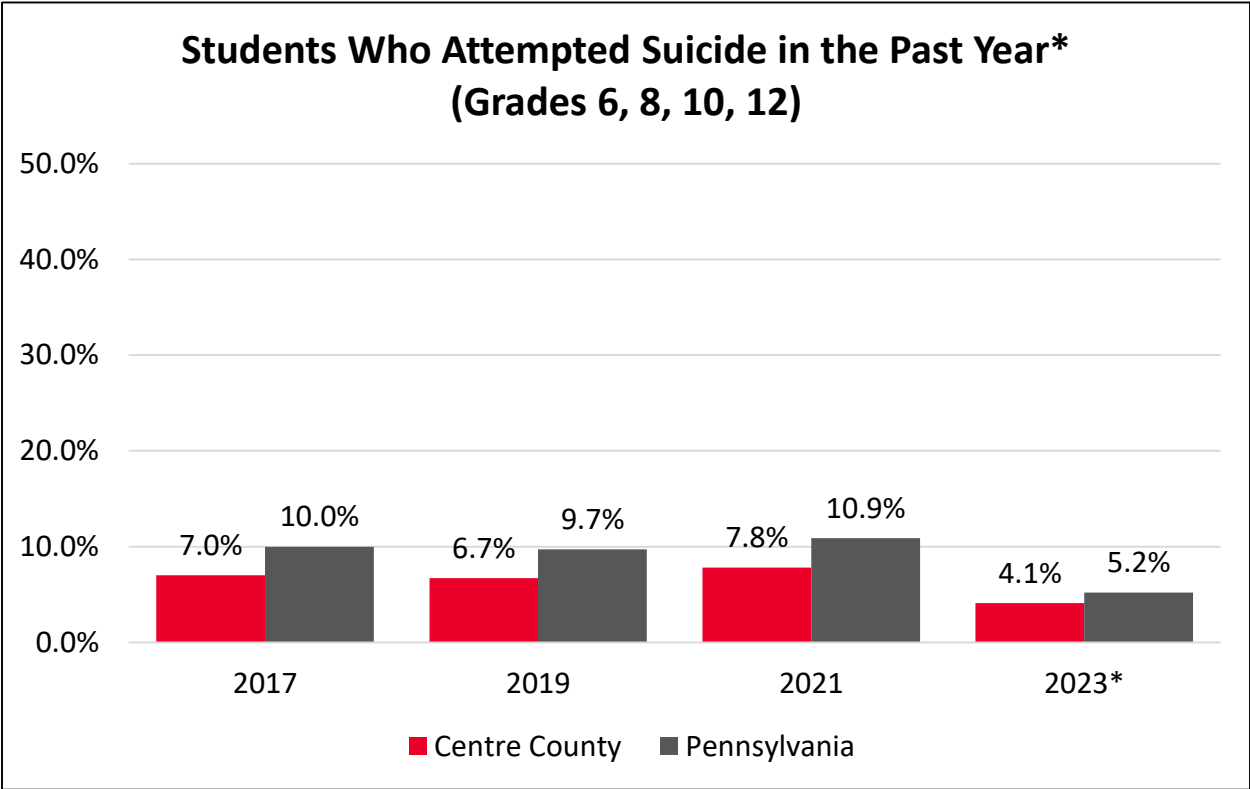
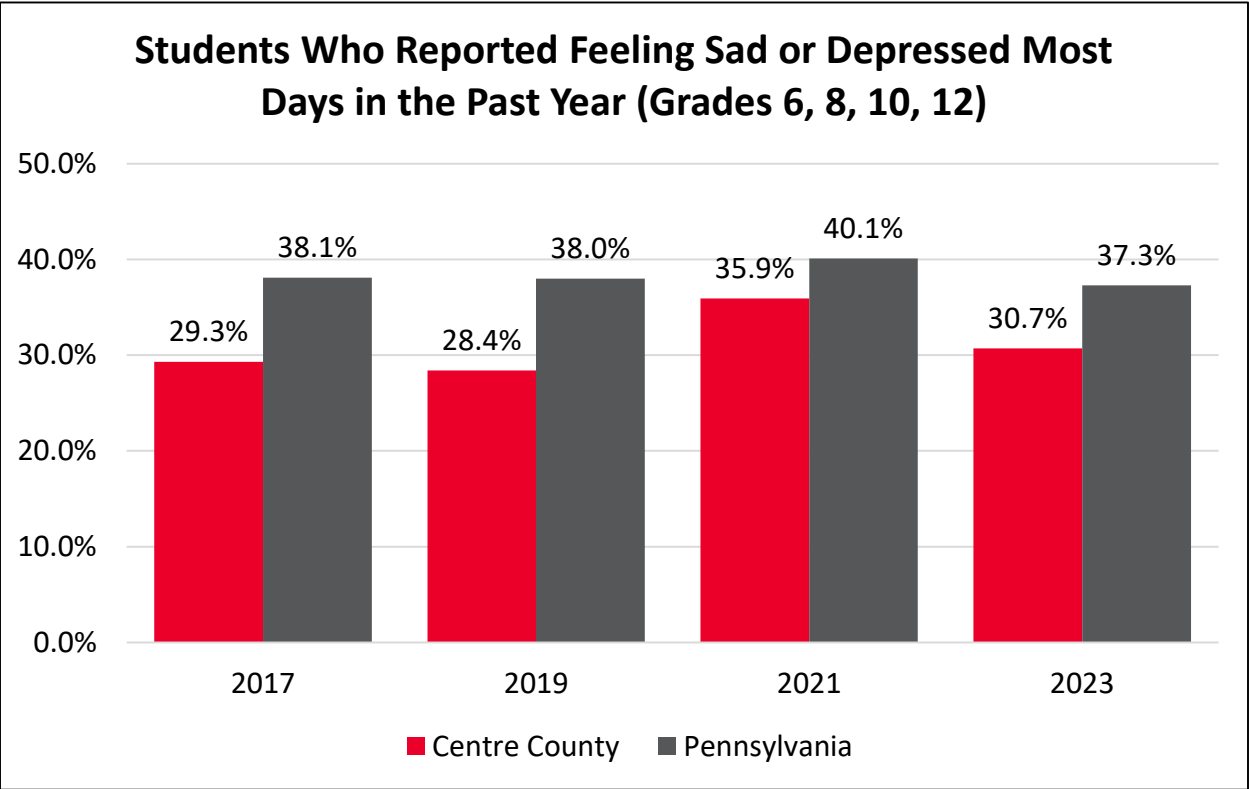


Populations of Special Interest: Youth

Youth Mental Health



- Centre County youth are less likely to self-report feelings of mental distress and/or attempted suicide when compared to their peers statewide. However, the data indicate that nearly 1 in 3 students do experience mental distress and 1 in 20 students have attempted suicide.



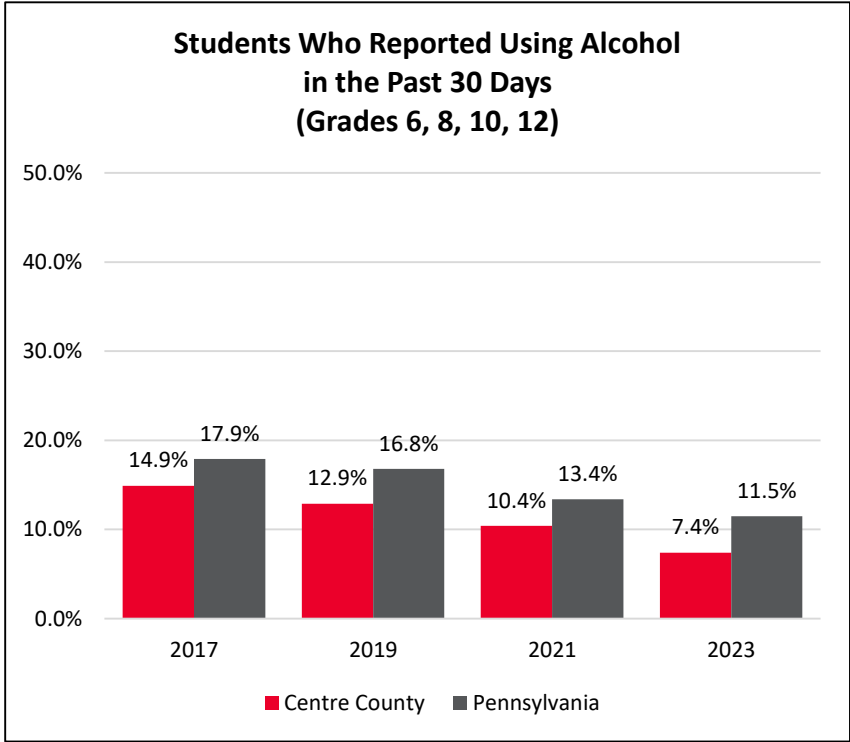
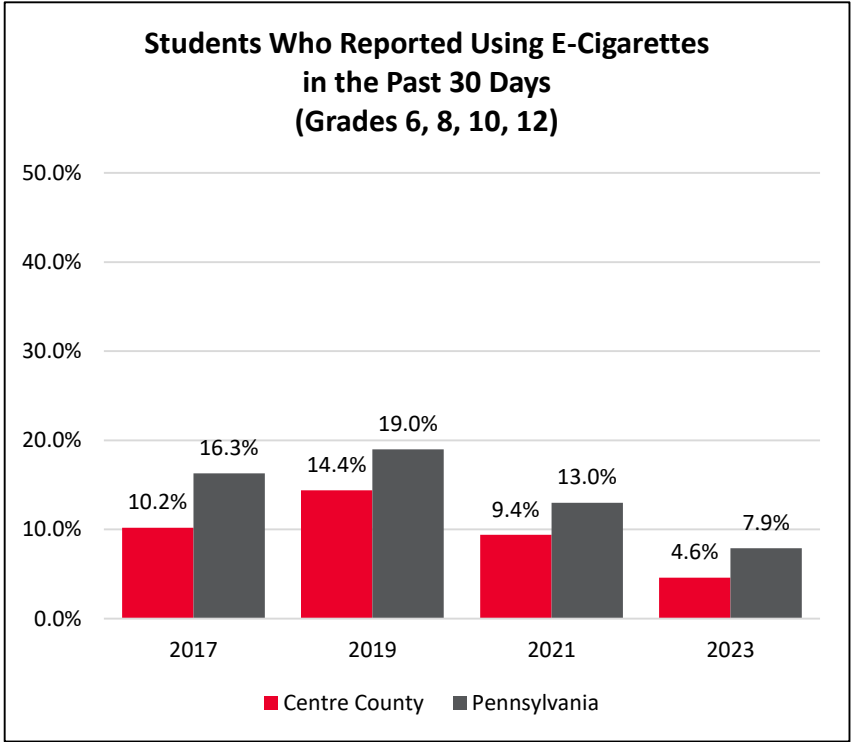
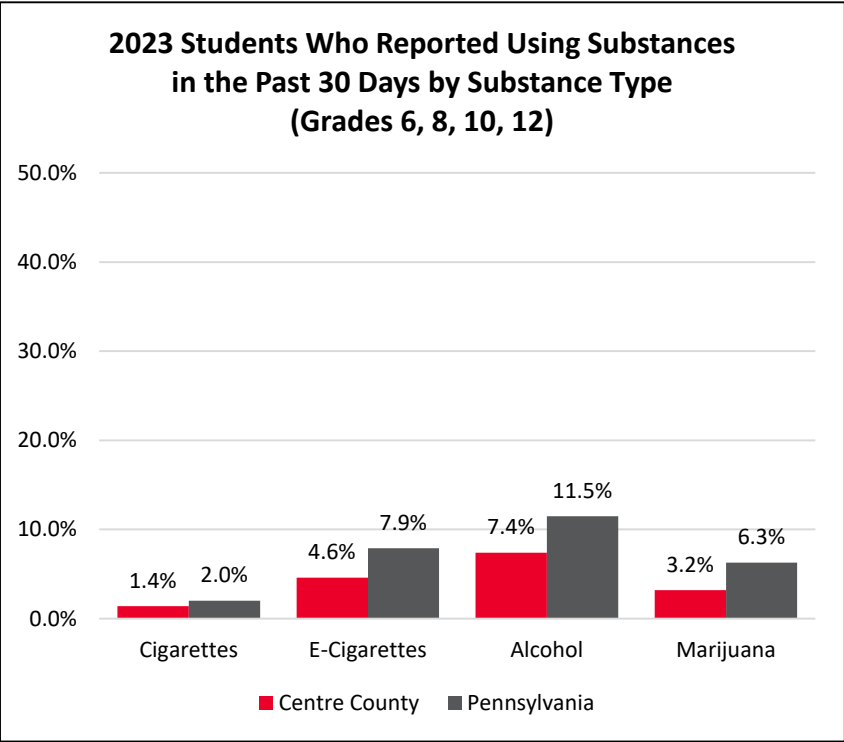
Source: Pennsylvania Commission on Crime and Delinquency

*The question regarding suicide attempts was revised in 2023 from a question on how many times attempted suicide to a yes/no question on if attempted suicide. The 2023 data should be interpreted with caution when comparing to prior years.

Youth Substance Use



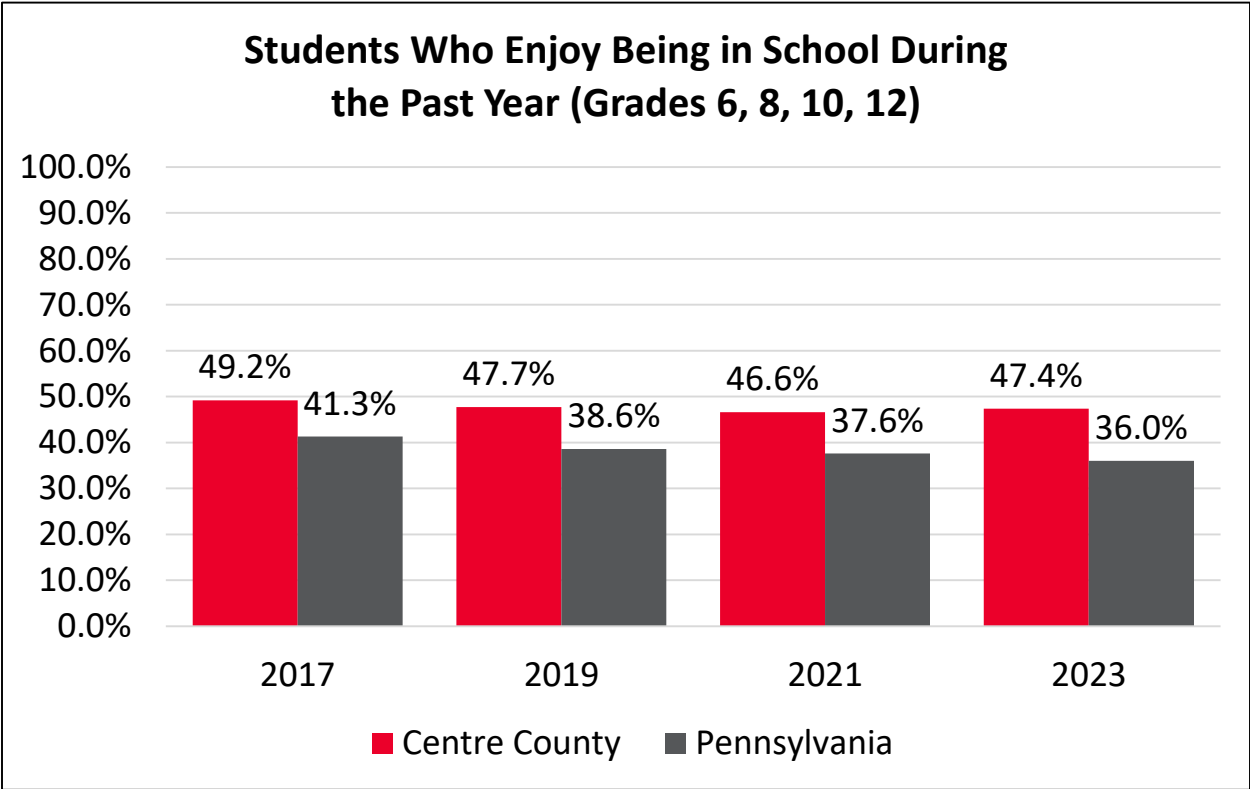
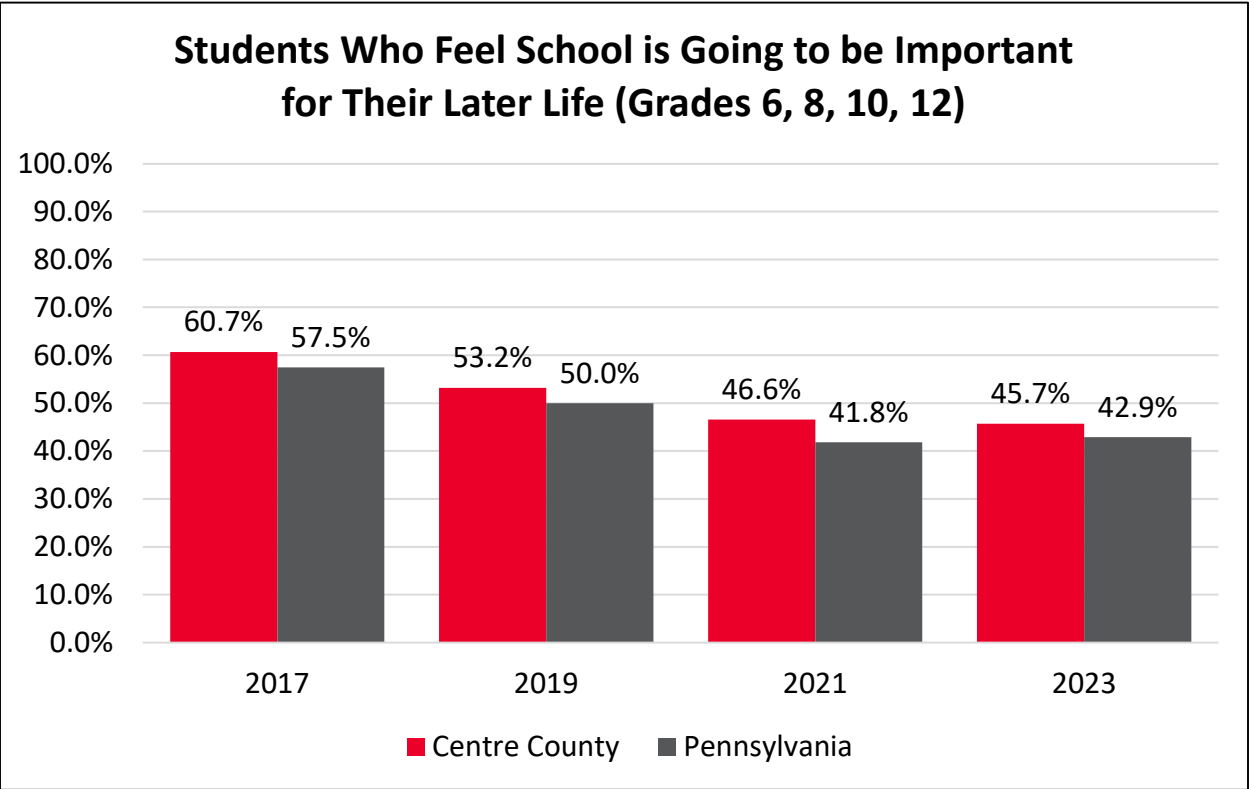
- Centre County youth are less likely to self-report substance use when compared to their peers statewide, and use of common substances like e-cigarettes and alcohol have declined annually since 2019.



Youth School Engagement



- Statewide, and in Centre County, the proportion of students who feel school is going to be important for their later life has declined. This finding presents an opportunity to foster youth engagement in schools and other settings, as well as future orientation, as an essential step to improving their overall health and well-being.





*Populations of
Special Interest:
Pregnancy, Birth,
and Babies*

Births



- Centre County has a lower birth rate than the state and nation, likely reflecting, in part, its overall younger, university age population. Despite having a lower birth rate, the Centre County population grew at a faster rate than the state overall, likely indicating in-migration of new residents.

2022 All Births and Birth Rate per 1,000 Population

	Count	Birth Rate per 1,000
Centre County	1,120	7.1
Pennsylvania	130,302	10.0
United States	3,667,758	11.0

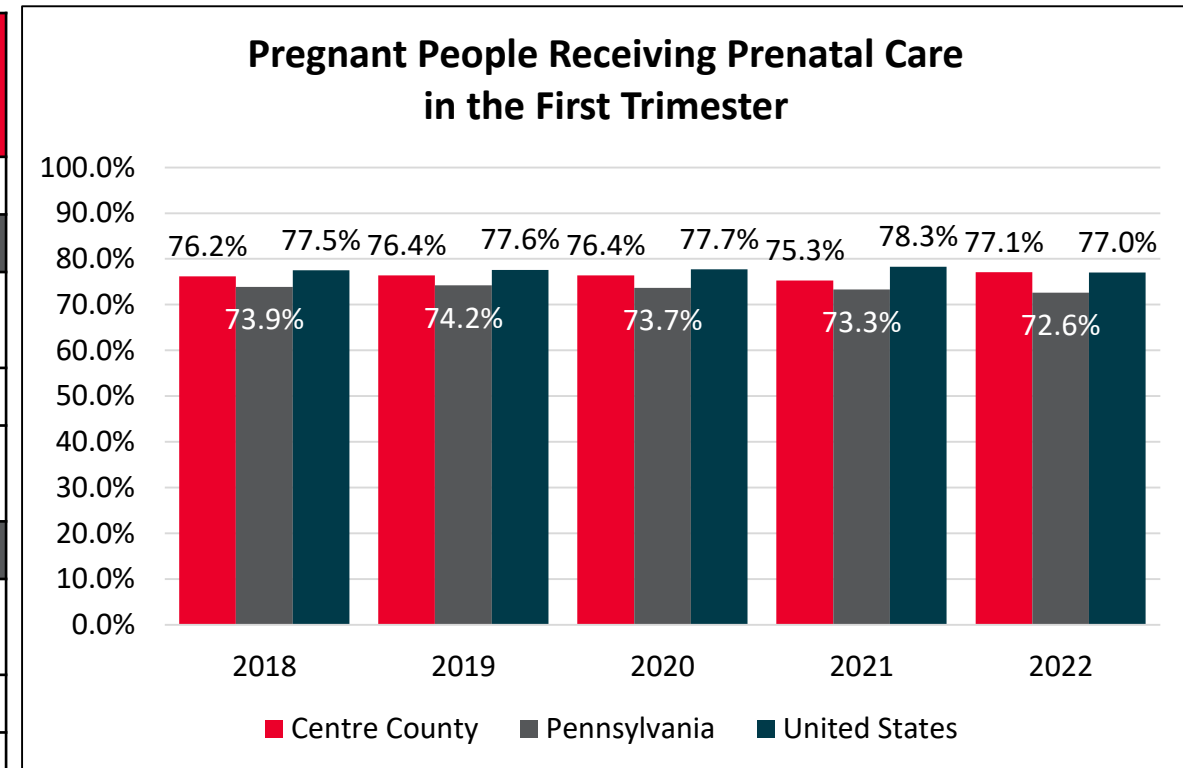
Maternal and Infant Health Indicators



- Centre County residents have historically had more positive maternal and infant health outcomes than their peers statewide and nationally, including fewer teen and low birth weight births, more pregnant people receiving early prenatal care, and fewer people using tobacco during pregnancy. However, statewide and national trends indicate that these positive outcomes are not shared equally across racial and ethnic groups, presenting an opportunity to address widespread disparities.

2022 Maternal and Infant Health Indicators

	Teen (15-19) Births	First Trimester Prenatal Care	Low Birth Weight Births	Tobacco Use during Pregnancy
Centre County	1.7%	77.1%	5.2%	4.9%
Pennsylvania	3.3%	72.6%	8.5%	6.2%
Black and/or African American	6.4%	62.5%	14.7%	5.1%
White	2.2%	76.6%	7.0%	7.2%
Hispanic and/or Latinx	7.5%	64.2%	9.1%	3.2%
United States	3.9%	77.0%	8.6%	3.7%
Black and/or African American	5.7%	67.6%	14.8%	3.1%
White	2.6%	82.6%	7.1%	5.4%
Hispanic and/or Latinx	6.0%	70.5%	7.9%	1.0%
HP2030 Goal	NA	80.5%	NA	4.3%



Maternal and Infant Health Disparities

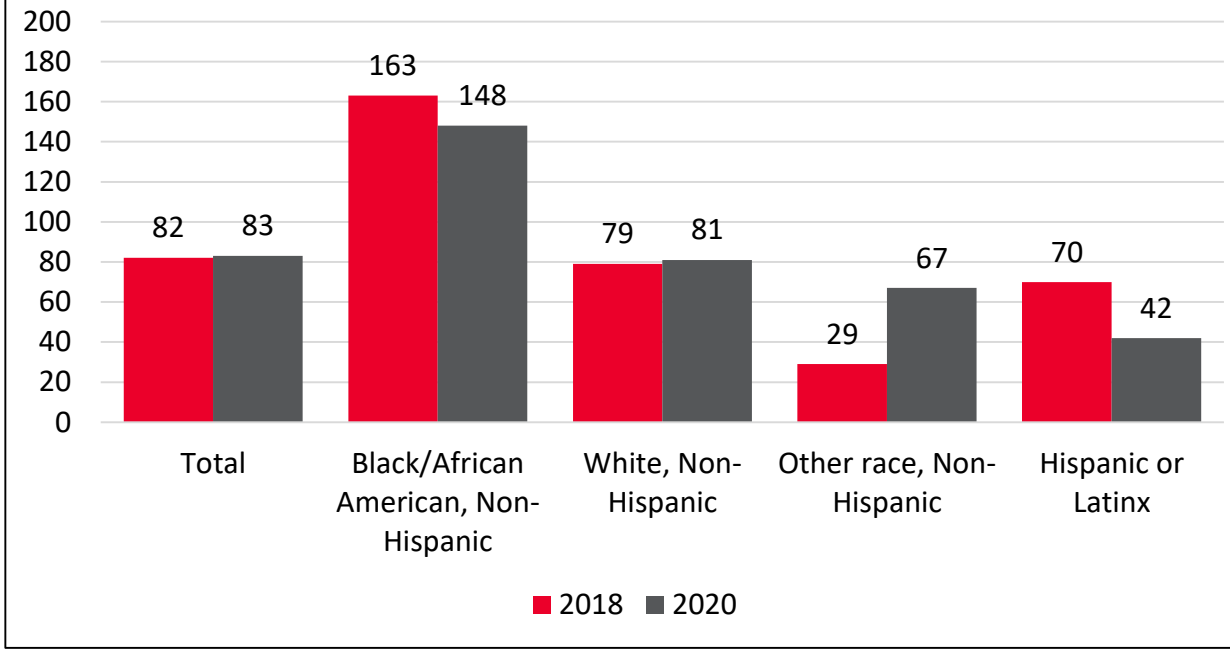


- Maternal and infant health disparities and broader social and institutional inequities contribute to significant disparities in infant and maternal mortality, particularly affecting Black and/or African American birthing people and babies. Statewide and nationally, Black and/or African American birthing people and babies are two to three times more likely to die from a pregnancy-related cause and/or as an infant than white people living in the same community.

2020-2022 Infant Death Rate per 1,000 Live Births

	Infant Deaths
Centre County	5.4
Pennsylvania	5.6
Black and/or African American	10.9
White	4.3
Hispanic and/or Latinx	5.8
United States	5.5
Black and/or African American	10.2
White	4.6
Hispanic and/or Latinx	4.8
HP2030 Goal	5.0

Pennsylvania Statewide Pregnancy-Associated Mortality per 100,000 Live Births by Race and Ethnicity



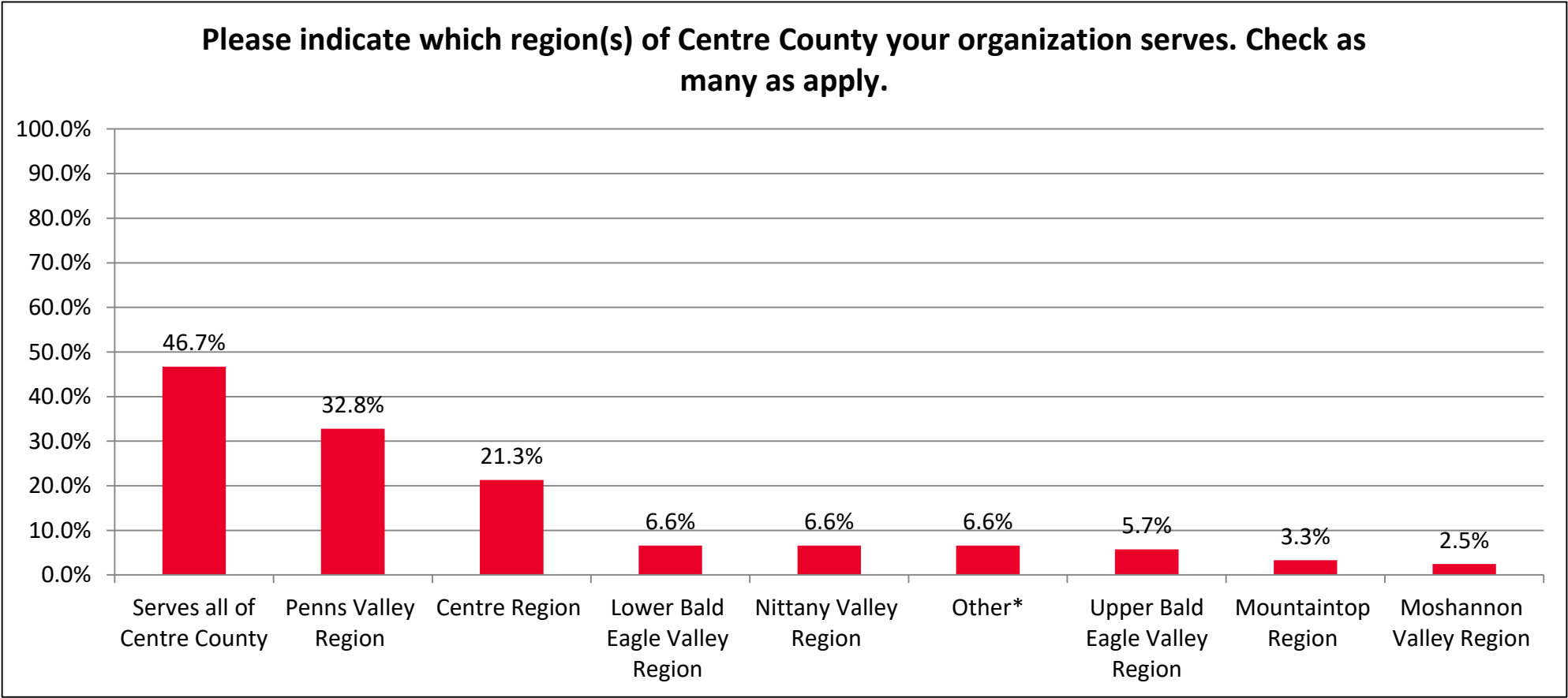


Key Stakeholder Survey Results

Participant Profile

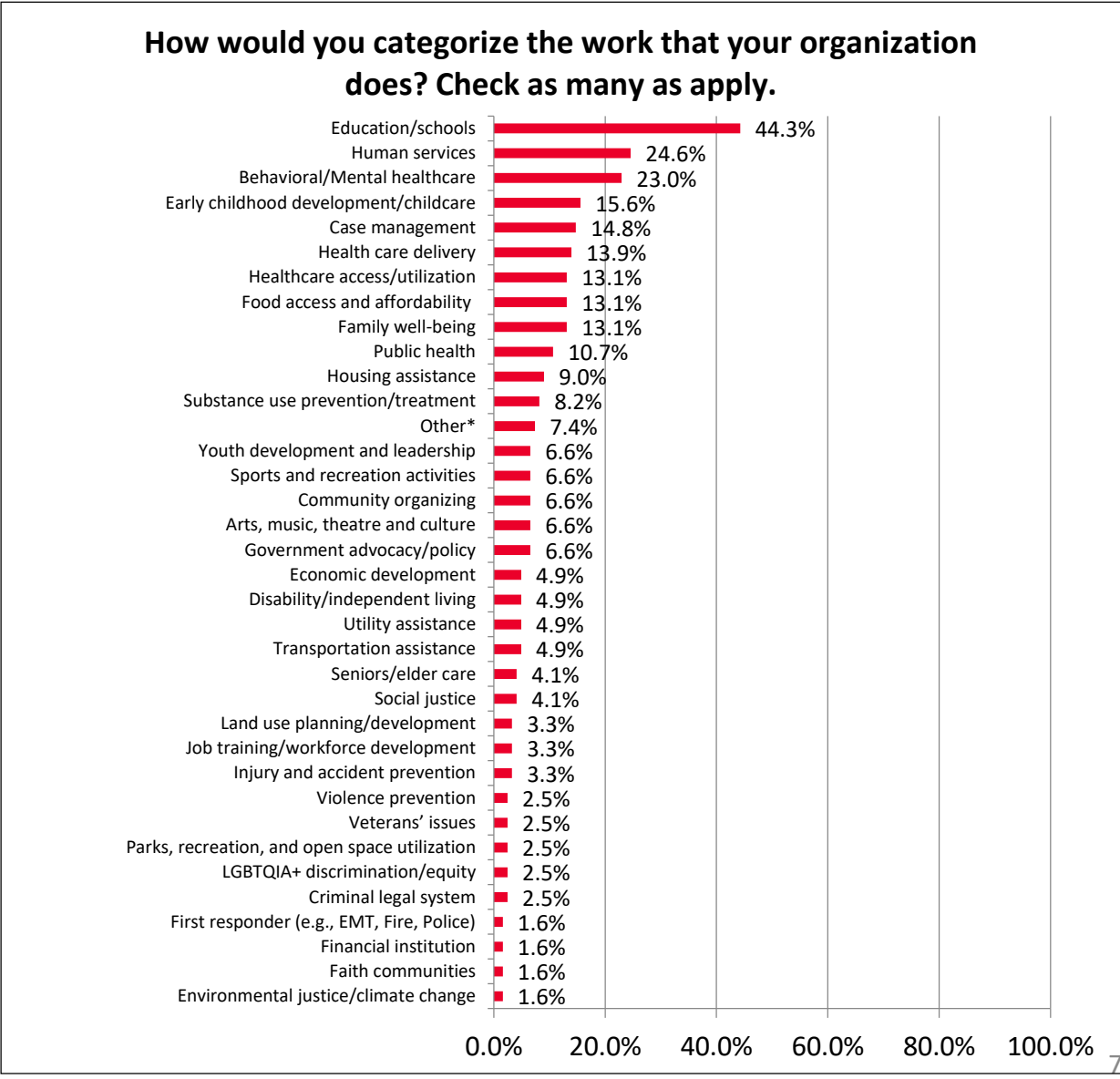
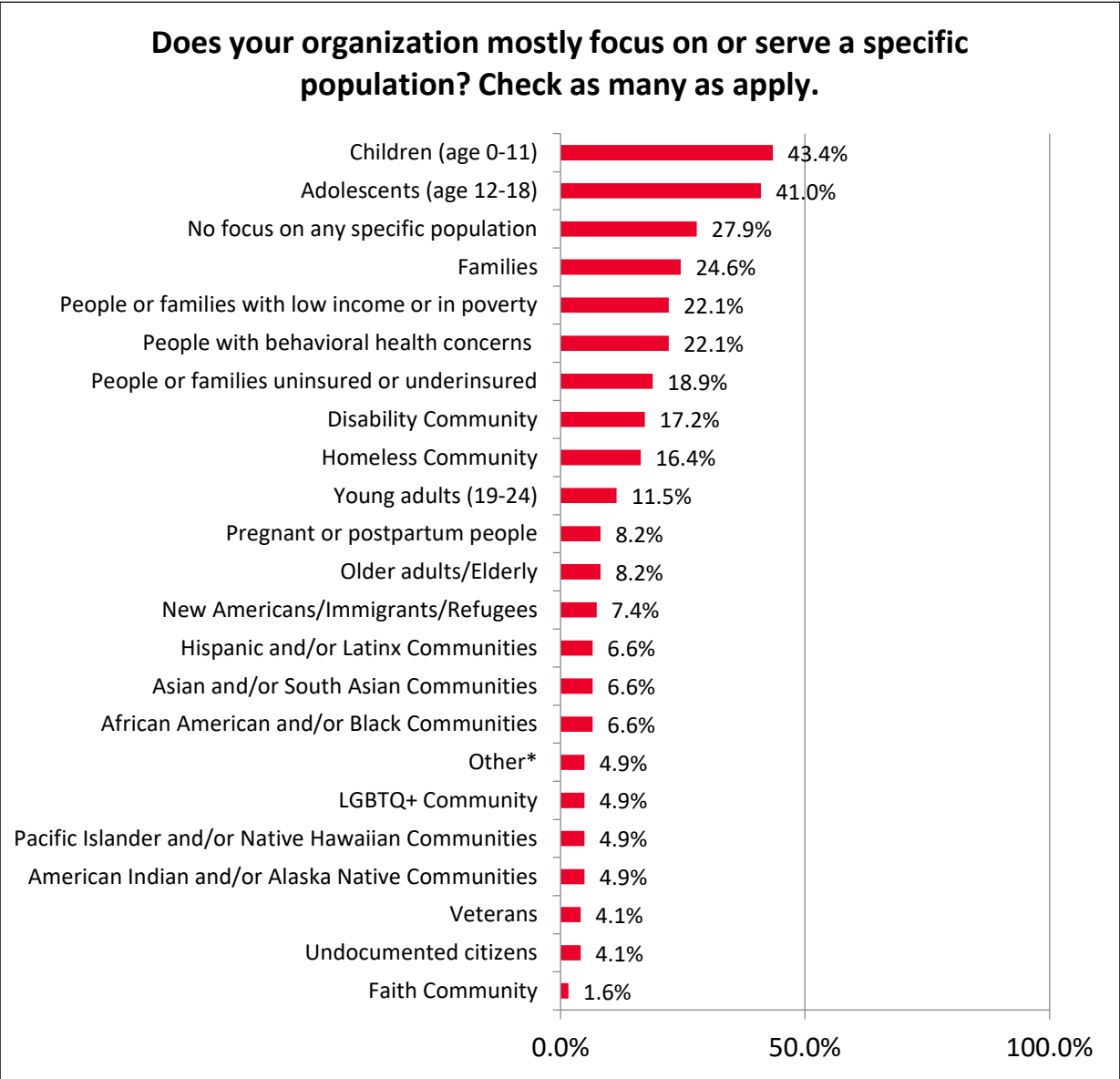


- A total of 122 individuals completed the Key Stakeholder Survey. Participants included healthcare and social service providers; educators and school personnel; public health experts; civic, social, and faith-based organizations; policy makers and elected officials; and others serving diverse regions and community populations across Centre County.



*Other responses: Neighboring counties (e.g., Blair, Clearfield, Clinton, Huntingdon, Mifflin), statewide, and local boroughs/townships (e.g., Spring, State College).

Participant Profile



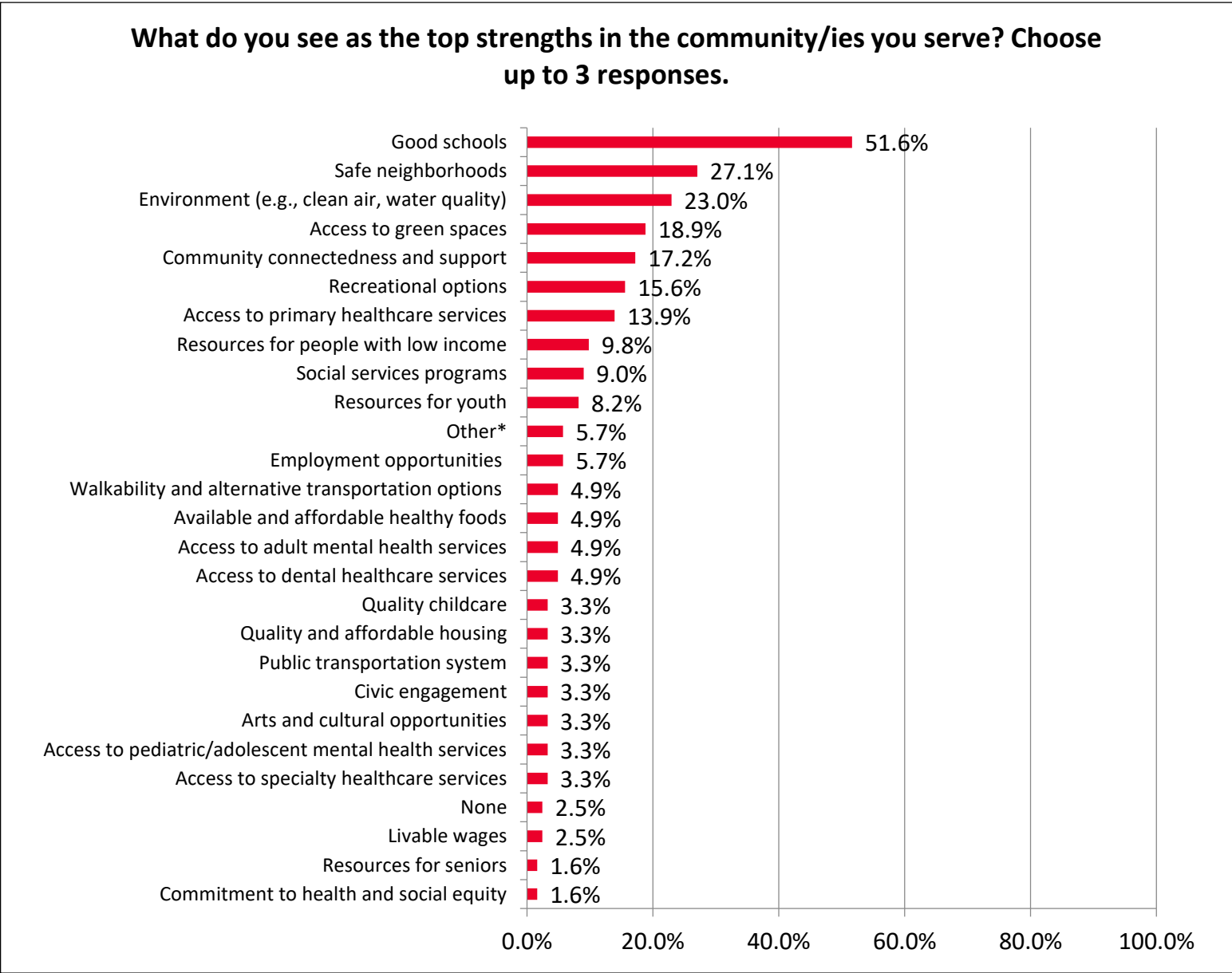
*Other responses: School district, cancer patients, low literate adults, business community, and tourism.

*Other responses: Dental care, grant making/fundraising, literacy, tourism, and social service navigation.

Health and Quality of Life



➤ Centre County has rich community resources and strong socioeconomic and physical environment factors to leverage and build upon for future health improvement efforts. When asked to share the top strengths in the community/ies they serve, key stakeholders identified a broad array of attributes.

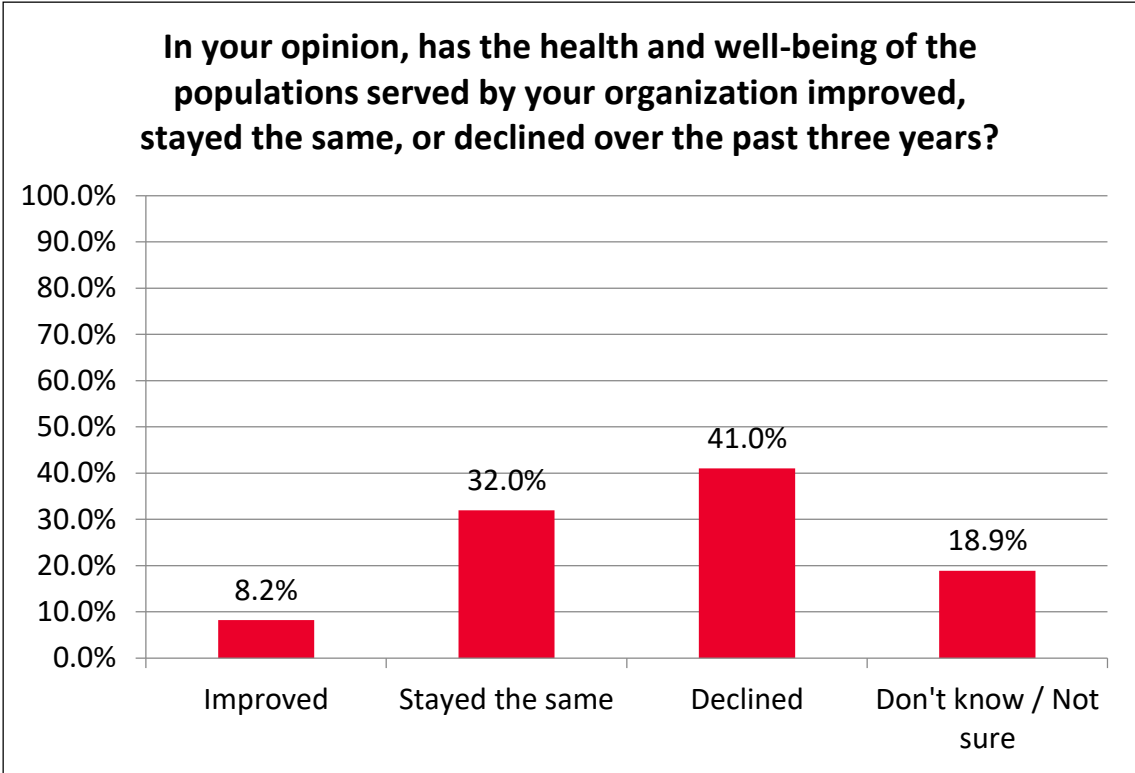
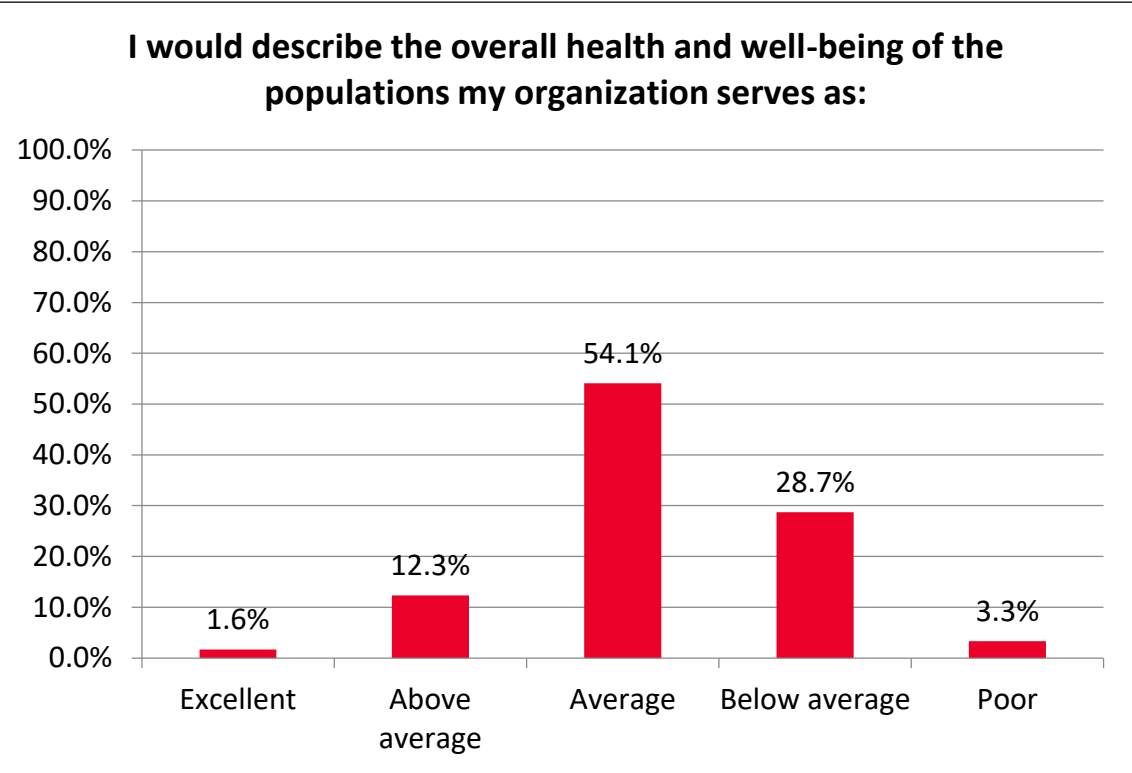


*Other responses:
Anti-hunger services,
early childhood
programs.

Health and Quality of Life



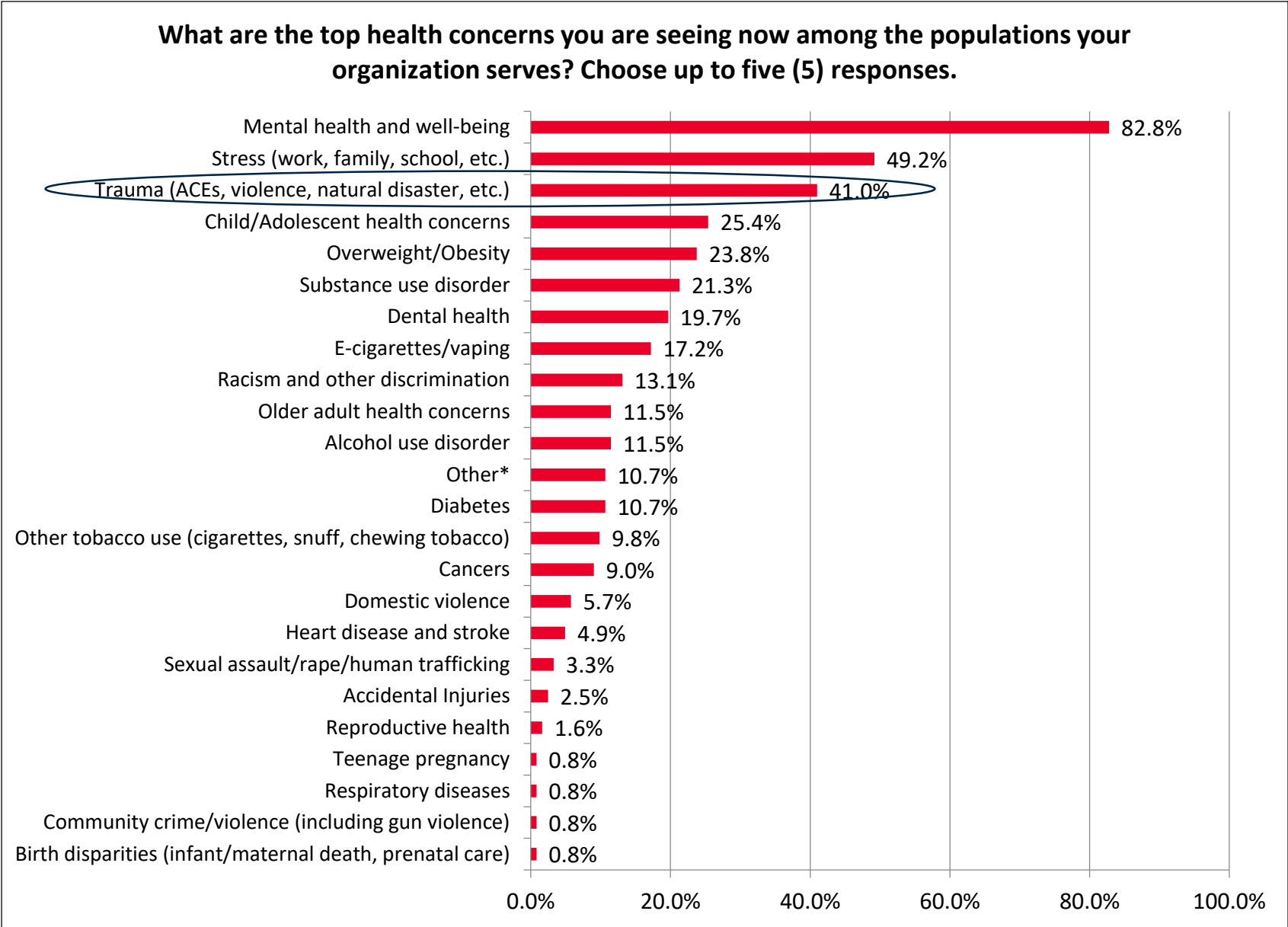
➤ Thinking about the people their organization serves, key stakeholders were asked to describe the overall health and well-being of individuals, and if their health and well-being had changed over the past three years. Key stakeholders’ responses indicated common perceptions of opportunity for improvement. Nearly 90% of stakeholders stated that the health and well-being of the people their organization serves is average, below average, or poor, and slightly less than half of stakeholders felt that health and well-being declined over the past three years.



Health and Quality of Life



➤ When asked to identify the top health concerns for the people their organization serves, mental health and well-being was overwhelmingly selected by more than 80% of respondents. Stress and trauma, also mental health concerns, were the next most selected issues by nearly half of respondents.



*Other responses: Social needs (e.g., food, housing insecurity), healthcare barriers (e.g., navigation, cost, delays), autism spectrum disorder, teen suicide, immigrant health needs, impaired and distracted driving, and co-occurring substance use disorder.

Health and Quality of Life



Please tell us more about the top health concerns you identified, including specific concerns and affected populations.

- **Key Stakeholders largely spoke to growing mental health concerns across population groups and demand for mental health services.**
 - *“As the provider of hotline services, we are seeing a 4-fold increase in our call volume related to crisis and serious mental health episodes, imminent risk and thoughts of suicide. All of the above other boxes checked are related to the mental health calls we are getting. People are stressed across the board.”*
- **The rise in adult mental health concerns was attributed in part to COVID-19 stressors (e.g., isolation, job loss), financial stress due to rising cost of living, and employee burnout.** Adult mental health concerns extend to the family unit and have contributed to a rise in trauma, stress, and other mental health concerns for children. Child mental health concerns have in turn extended to the classroom with a rise in bullying, disruptive behaviors, truancy, and physical violence.
 - *“Parents and families are stressed about work and finances which impacts their children.”*
 - *“I become more and more concerned with child/adolescent bullying and violence, to both their peers and teachers/administrators. The world is in a very frightening time; adding child/adolescent violence to the mix can be devastating and especially traumatic.”*
 - *“Among youth and adults there is worsening social interaction, less tolerance for those with differing viewpoints, and more bullying, including both verbal and physical aggression.”*
- **Substance use disorder was also seen as on the rise, for both adults and youth, as a coping mechanism for mental health concerns.**
 - *“Substance use disorder, where young adults and teenagers are struggling with hope for the future that substance use is on the rise to reduce their stress and escape from those things that are too tough to cope with in their daily lives.”*
 - *“There are so many with alcohol disorders, but they don't recognize they have a problem. That leads to a more severe mental health problems and stress within the family.”*

Health and Quality of Life



Please tell us more about the top health concerns you identified, including specific concerns and affected populations.

- **Social media and screen use dependency were perceived as prevalent among youth and exacerbating mental health and substance use concerns.**
 - *“Mental health is deteriorating, mostly because of social media and lack of connection. Vaping and other drugs are exacerbating these issues. Our youth have trouble persevering through challenges. They need the skills to cope with stress and become mentally stronger! By being connected through the community and being active in sports/clubs, I feel like mental health will improve, especially with depression. Students need to know digital citizenship to use technology and social media for good!”*
- **Stakeholders identified a lack of mental health services, including inpatient psychiatry for children and adolescents, youth crisis services, counseling, outpatient psychiatry, and neurologists or geriatric psychologists to administer cognitive testing and psychotropic medication.** Lack of community-based youth services has put more pressure on schools to respond to these needs without adequate resources and contributing to staff stress and burnout.
 - *“There seems to be limited access to mental health support for those in the elementary, middle school and high school ages. While we have some support groups, the professional level of inpatient treatment is low in Centre County with children going to places in Dubois or Erie or Reading making it challenging to the adults and even more stressful to the child. Mental health support programs are needed in the schools for students to be successful when in and coming out of programs.”*

Health and Quality of Life



Please tell us more about the top health concerns you identified, including specific concerns and affected populations.

Key stakeholders offered the following feedback related to other identified health concerns:

- **Centre County has fewer dental providers and fewer residents accessing routine dental care.** These disparities were seen as more adversely affecting people with low income due to a lack of providers accepting Medicaid.
 - *“As the provider of hotline services, we are seeing a 4-fold increase in our call volume related to crisis and serious mental health episodes, imminent risk and thoughts of suicide. All of the above other boxes checked are related to the mental health calls we are getting. People are stressed across the board.”*
- **Poor health behaviors, particularly smoking and eating habits, were seen as on the rise and contributing to chronic conditions like obesity, diabetes, cancer, and heart disease.**
 - *“Heart disease and strokes can be linked to an increase in general obesity in the public and younger people.”*
- **Health concerns were seen as exacerbated for marginalized communities, including immigrant, migrant, non-English speakers, and people of color.** Immigrant and migrant populations were seen as growing in the community and underserved due to lack of health insurance, transportation, and other social supports. Some key stakeholders also perceived a lack of community welcoming for these diverse residents.
 - *“There is much intolerance in the community leading to discrimination and racism. This also prevents access to health care services for vulnerable populations. It also leads to bullying.”*
 - *“Oral health; behavioral health; trauma--pretty straightforward. These are HUGE issues in marginalized communities.”*

Health and Quality of Life



Please tell us more about the top health concerns you identified, including specific concerns and affected populations.

Key stakeholders also offered the following feedback related to other identified health concerns:

- **Centre County is home to an aging population.** Some key stakeholders shared a need for more services to support older adults aging in place, including social assistance, transportation services, and digital literacy and healthcare navigation support to access needed health services.
 - *“[It’s] difficult to find mental health care professionals to serve the senior population. [There is] a lack of general understanding about how health related issues affect seniors. [Some have] a life history of having lived through many challenging and traumatic events. [It’s] difficult for anyone to understand how to navigate the current healthcare system; the disparity our senior population has with understanding technology, yet, they are expected to know how to use it to gain access to the healthcare systems.”*
- **Financial stressors were seen as on the rise and contributing to more experiences of food and housing insecurity and lack of other basic needs like clothing, transportation, and medical care.**
 - *“I see instances of children in our area not having sufficient resources on a daily basis. This would include financial resources, proper nutrition, proper clothing, etc.”*
 - *“As the cost of everyday essentials continues to rise, it is difficult for people who have a low income or live in poverty to access healthy and nutritious food. A poor diet can lead to or intensify other health issues.”*
 - *“Many families we serve struggle to meet basic life needs(food, access to medical care, transportation).”*

Health and Quality of Life



What additional resources or focus are needed in the community to address the concerns you identified?

Health Concern	Needed Resources or Focus
Behavioral Health (18 mentions)	<ul style="list-style-type: none">• Treatment services (mental health/substance use disorder counseling, residential homes, family counseling)• Hotline service staffing• Trauma-focused care• Resilience training• Caregiver and grief support• Service navigation
Social Drivers of Health (18 mentions)	<ul style="list-style-type: none">• Top needs: Affordable housing, public transportation, and subsidized health and dental services (Financial assistance, in-kind/free care, providers accepting Medicaid)• Other needs: Affordable childcare, healthy and affordable food options
Youth Behavioral Health (13 mentions)	<ul style="list-style-type: none">• Child/Adolescent providers and therapists• Certified trauma therapists• Substance prevention (vaping)• Mental health signs/symptoms education• School-based supports for students, identification and response training for staff, transitional supports between school and home• Safe spaces and outlets (outside of sports) to be engaged and “just be children”
Youth Development (6 mentions)	<ul style="list-style-type: none">• Evaluation and services for Autism Spectrum Disorder, developmental delays, behavior• Parenting support (mental health and substance use education, social media and cyberbullying awareness, coping and resiliency, resource and support options)

Health and Quality of Life



What additional resources or focus are needed in the community to address the concerns you identified?

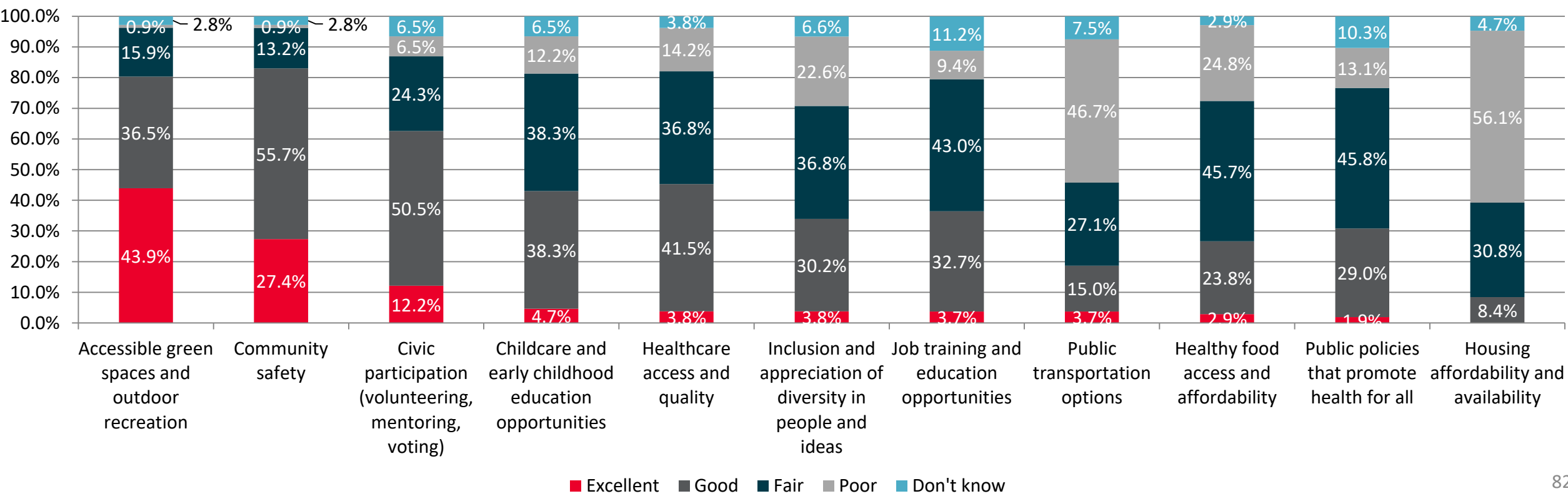
Health Concern	Needed Resources or Focus
Community Building (5 mentions)	<ul style="list-style-type: none">• Civic participation (volunteer opportunities, in-kind support by community professionals)• Funding and strategic allocation by businesses, major employers• Staffing/Pipeline development for health and social services
Rural Access (3 mentions)	<ul style="list-style-type: none">• Behavioral health services/satellite clinics in rural communities• Mobile health clinics• Grocery stores
Marginalized Communities (3 mentions)	<ul style="list-style-type: none">• Addressing racism, violence, and hate crimes• Community understanding and respect for diverse people, including people experiencing financial hardship• Services for growing immigrant population
Health Behaviors (3 mentions)	<ul style="list-style-type: none">• Smoking cessation support• Weight management• Heart disease screening
Older Adults (2 mentions)	<ul style="list-style-type: none">• Community navigators; collaboration between CBOs, medical providers, and families to coordinate services• In-person health services (vs. telehealth) to address digital divide• Geriatric physicians

Social Drivers of Health



➤ Thinking about the communities their organization serves, key stakeholders were asked to rate various social drivers of health factors (shown in the graph below). More than half of stakeholders rated access to green spaces and outdoor recreation, community safety, and civic participation as “good” or “excellent.” Other factors were rated as “fair” or “poor” by half or more of key stakeholders. Stakeholders saw the most opportunity to improve public transportation and housing affordability and availability, with approximately 50%-60% rating these factors as “poor.”

Thinking of the communities you serve as a whole, rate the following Social Drivers of Health as excellent, good, fair, or poor. Shown in descending order by "excellent" rating.



Social Drivers of Health



For any social drivers of health you rated good or excellent, what are some key factors that contributed to ensuring the community had these resources?

- **More than 40% of key stakeholders rated Centre County's accessible green spaces and outdoor recreation as "excellent."** Stakeholders saw Centre County's natural outdoor environment and commitment to providing and maintaining parks, trails, and other green spaces as key factors for ensuring these resources. The community has worked to conserve its natural resources and ensure access to parks and playgrounds and has organizations and collaborations to bolster outdoor recreation awareness and uptake.
 - *"We live in a beautiful, rural area with a lot of access to outdoor spaces."*
 - *"Each community has a park and a green space. Centered Outdoors has also helped bring awareness to getting outside."*
 - *"The community as a whole spends lots of time outdoors hunting, fishing, etc. There are many opportunities to spend time outside."*
- **More than one-quarter of key stakeholders rated community safety as "excellent" and more than 50% rated it as "good."** Centre County was perceived to have a strong and visibly present police force and low crime. Rural community settings and a strong sense of community and relationships were also seen as contributing to community safety.
 - *"There is a visible police presence in State College and surrounding areas; the police are generally thought to be respectful and helpful."*
 - *"The fact that this is a rural area contributes to having safe communities and green space."*

Social Drivers of Health



For any social drivers of health you rated good or excellent, what are some key factors that contributed to ensuring the community had these resources?

- **Centre County's strong sense of community was seen as a cross-cutting success factor for promoting positive social drivers of health.** Centre County was seen as a community that cares about its residents, has strong support for volunteering and giving back, and has a coordinated approach to services and planning.
 - *"[We have a] unified mission of community, good community support."*
 - *"Our communities have paid a lot of attention to and put resources into this area."*
 - *"As a smaller area, Penns Valley is a close-knit community that relies on a lot of community support."*

- **Centre County's rich health and social services were also seen as a cross-cutting success factor.** The community benefits from healthcare resources, including free and reduced cost care for uninsured and underinsured, school and community supports for students and families, and many non-profit and human service agencies committed to helping the community.
 - *"We have a number of community resources to connect students to positive outcomes."*
 - *"[We have many] human service agencies for health, food and shelter."*
 - *"[We have] strong local governments, quality healthcare providers, the university."*

Social Drivers of Health



For any social drivers of health you rated fair or poor, what are specific concerns and underserved populations, and what do we need to do as a community to improve these areas?

- **More than half of key stakeholders rated Centre County's housing affordability and availability as "poor," largely due to rising housing prices and few options for middle- and low-income families.** The cost of housing has challenged households to meet other basic needs, and in some cases, has pushed them out of their desired community. While housing is a primary driver for financial hardship, cost of living in general was perceived to have increased and negatively affecting access to other key needs like food, childcare, and healthcare.
 - *"We need more affordable housing and expanded public transportation options. I communicate regularly with employees from multiple social services agencies and these two issues are always present as issues for the populations we serve."*
 - *"Cost of housing has become a hurdle for many in Centre County. More and more people are moving further away and having to travel greater distance to work and services."*
 - *"Housing and childcare costs far outweigh the income of families, making it hard to make ends meet."*
- **Public transportation was also seen as an area of opportunity with more than 45% of key stakeholders rating it as "poor."** Key stakeholders perceived that available transportation options declined in recent years, and that expansion efforts need to target rural communities that currently have limited or no access.
 - *"We need better transportation. There are many regions in our county that are isolated from food, healthcare, and jobs."*
 - *"In our rural school district, there is little to no transportation for students to get to activities unless the parent provides that."*
 - *"There is no public transportation available in Penns Valley so individuals who do not have a car are cut off from employment and resources."*

Social Drivers of Health



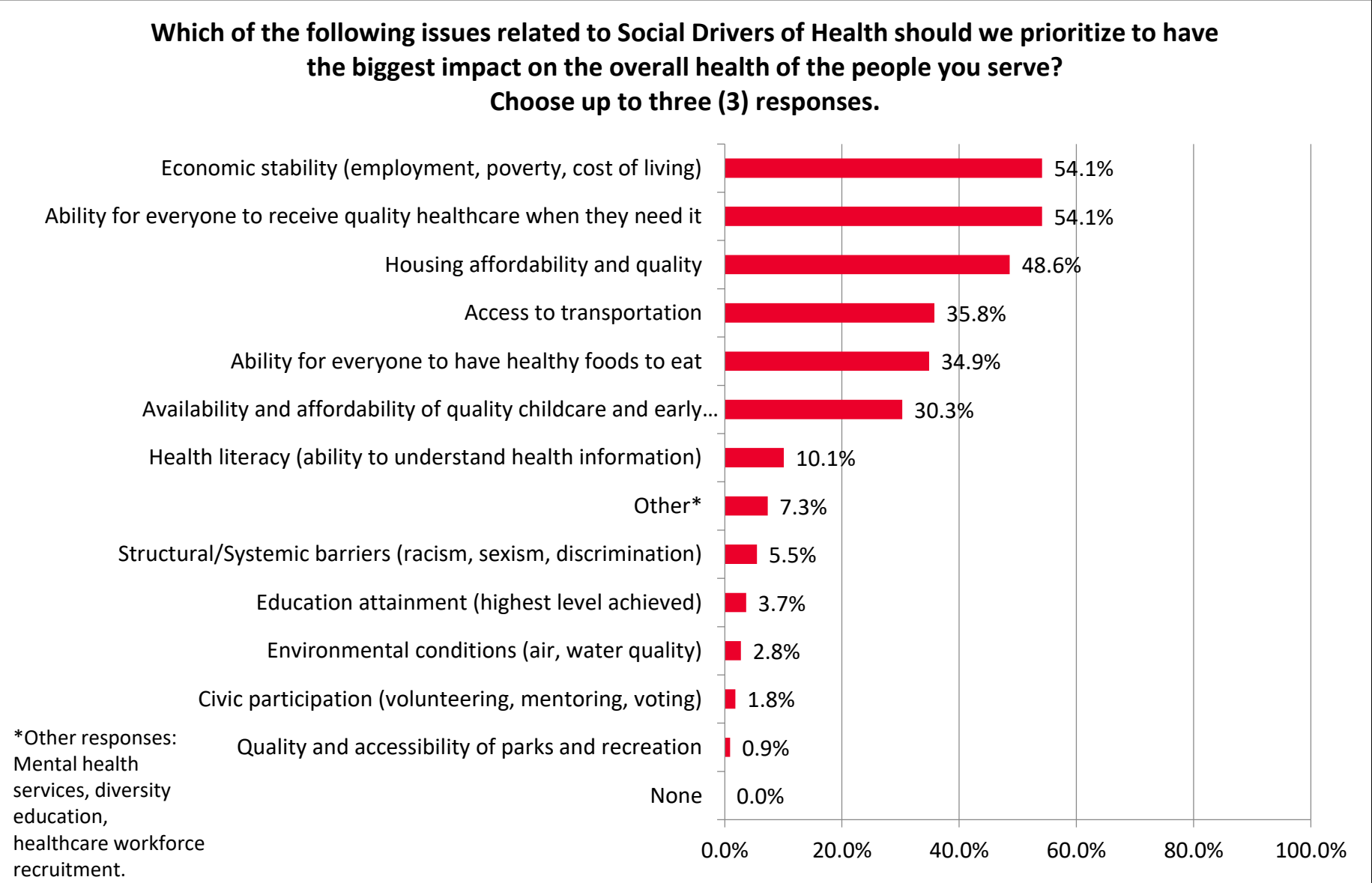
For any social drivers of health you rated fair or poor, what are specific concerns and underserved populations, and what do we need to do as a community to improve these areas?

- **Cost of living increased at a faster pace in the Centre Region than other parts of the county.** This trend has pushed more families into rural parts of the community, where there are fewer health and social services and public transportation options, essentially isolating them from needed resources.
 - *“The cost of living in the Centre Region is unlivable for the average person or for a single person. Which makes people have to move out of the State College area. Which then means they have to be able to drive or they have a lack of opportunity for public transportation which then affects their ability to work, have the resources to get to food banks, or to cheaper stores.”*
 - *“While it may seem to some that housing, job training, transportation, healthcare, childcare - all are right there, they are only there for people who live in the immediate Centre Region. And most of the people we serve can't afford to live in the Centre Region. The minute you step outside that area, you lose access to most of these vital services/supports.”*
- **Key stakeholders saw opportunity to improve community experience and social drivers of health for historically marginalized populations.** Stakeholders recommended more diversity and inclusion efforts, and uplifting lived experiences to improve community understanding and empathy.
 - *“Marginalized communities lack access to just about everything. Living in the shadows is exhausting.”*
 - *“The community I serve is intolerant of LGBTQIA+ people and races other than white. [We need] education but getting people to participate will be a challenge.”*
 - *“The area is not diverse and does not foster understanding of diversity. Families don't travel or leave the area to experience diversity.”*

Social Drivers of Health



➤ When asked which social drivers of health the community should prioritize to have the biggest impact on the overall health of the people they serve, more than half of respondents selected economic stability and/or ability for everyone to receive quality healthcare. Housing and transportation were the next most selected factors.



Community Partnership & Health Improvement Opportunities



What new or emerging issues do you think will have the most impact on the communities you serve in the next 1-2 years?

New or Emerging Issue	Community Feedback
Cost of Living (27 mentions)	<ul style="list-style-type: none"> Rising costs of living will challenge families to afford basic needs, particularly housing, food, and childcare, and will increase demand for social services Lack of affordability for low- and middle-income people will push them out of Centre County, potentially contributing to workforce concerns and community decline and creating a domino effect of disinvestment in public services <ul style="list-style-type: none"> <i>"If incomes/salaries do not keep up with costs in this area, lower income folks will never be able to afford to stay here. They will move further and further away, looking for communities where they can live and work."</i> <i>"State College is likely to decline if cost of living continues to rise and is unaffordable. Bellefonte seems to have more activities and businesses opening with more affordable rent."</i> <i>"In an effort to keep their taxes low, those who can most afford to live here will decrease support and negatively impact the quality of life for those who cannot."</i>
Mental Health (23 mentions)	<ul style="list-style-type: none"> Key stakeholders anticipate that mental health concerns will continue to be one of the top health needs of the community, straining an already limited treatment and healthcare system <ul style="list-style-type: none"> <i>"Mental health issues will continue to grow and overwhelm the few resources we have."</i>
Policy (8 mentions)	<ul style="list-style-type: none"> Policy changes under the new presidential administration are anticipated to decrease social service investment and potentially limit access to healthcare insurance for people with low incomes <ul style="list-style-type: none"> <i>"If government funding programs decrease with the new administration, our clients won't be able to utilize funds for housing assistance."</i>

Community Partnership & Health Improvement Opportunities



What new or emerging issues do you think will have the most impact on the communities you serve in the next 1-2 years?

New or Emerging Issue	Community Feedback
Workforce Development (7 mentions)	<ul style="list-style-type: none">Staffing shortages for social services and frontline healthcare positions will challenge organizations to meet growing demand for social supports, mental healthcare, etc.<ul style="list-style-type: none"><i>"Lack of frontline healthcare workers such as Direct Support Professionals, nurses, CNAs, and Behavioral Health/Psychiatric Aides."</i>
Changing Demographics (6 mentions)	<ul style="list-style-type: none">Centre County's population demographics are changing, including an aging population, more multi-family/blended family households, and more refugee, immigrant, and non-English speaking peopleChanging demographics necessitate both new services and culturally relevant service delivery<ul style="list-style-type: none"><i>"[We're] Seeing an increase in non-English speaking individuals who have experienced substantial trauma and the lack of resources to help them through it."</i><i>"Continued aging and a lack of caregiving services for middle- and lower-class families; the inability for older adults to afford housing taxes for properties they've owned for 50 years because their social security and retirement aren't enough to keep up with Centre County costs, forcing people to move when they may not be healthy enough."</i>



Appendix A: Secondary Data References

Secondary Data References



Center for Applied Research and Engagement Systems. (2024). *Map room*. Retrieved from <https://careshq.org/map-rooms/>

Centers for Disease Control and Prevention. (2024). *CDC wonder*. Retrieved from <http://wonder.cdc.gov/>

Centers for Disease Control and Prevention. (2024). *CDC/ATSDR social vulnerability index*. Retrieved from <https://www.atsdr.cdc.gov/placeandhealth/svi/index.html>

Centers for Disease Control and Prevention. (2024). *National center for HIV, viral hepatitis, STD, and tuberculosis prevention*. Retrieved from https://www.cdc.gov/nchhstp/about/atlasplus.html?CDC_AAref_Val=https://www.cdc.gov/nchhstp/atlas/index.htm

Centers for Disease Control and Prevention. (2024). *National vital statistics system*. Retrieved from <https://www.cdc.gov/nchs/nvss/index.htm>

Centers for Disease Control and Prevention. (2024). *PLACES: Local data for better health*. Retrieved from <https://www.cdc.gov/places/>

Centers for Disease Control and Prevention. (2024). *United States cancer statistics: data visualizations*. Retrieved from <https://gis.cdc.gov/Cancer/USCS/#/StateCounty/>

Centers for Disease Control and Prevention. (2023). *BRFSS prevalence & trends data*. Retrieved from <http://www.cdc.gov/brfss/brfssprevalence/index.html>

Centers for Medicare & Medicaid Services. (2023). *Mapping medicare disparities by population*. Retrieved from <https://data.cms.gov/tools/mapping-medicare-disparities-by-population>

Commonwealth of Pennsylvania. (2024). *Maternal mortality*. Retrieved from <https://www.pa.gov/en/agencies/health/programs/maternal-health-and-infant-care/maternal-mortality.html>

County Health Rankings & Roadmaps. (2024). *Rankings data*. Retrieved from <http://www.countyhealthrankings.org/>

Elizabethtown College Young Center for Anabaptist and Pietist Studies. (2023). *Amish studies*. Retrieved from <https://groups.ETown.edu/amishstudies/>

Environmental Protection Agency. (2024). *National walkability index*. Retrieved from <https://www.epa.gov/smartgrowth/smart-location-mapping#walkability>

Feeding America. (2023). *Food insecurity in the United States*. Retrieved from <https://map.feedingamerica.org/>

Health Resources and Service Administration. (2024). *HPSA find*. Retrieved from <https://data.hrsa.gov/tools/shortage-area/hpsa-find>

Health Resources and Service Administration. (2024). *Unmet need score map tool*. Retrieved from <https://data.hrsa.gov/topics/health-centers/sanam>

Secondary Data References



Penn State Student Affairs, The Partnership – Campus and Community Against Dangerous Drinking. (2023). *Research & assessment: analysis and reports*.

Retrieved from <https://sites.psu.edu/thepartnership/annual-reports/>

Pennsylvania Commission on Crime and Delinquency. (2024). *Pennsylvania youth survey (PAYS)*.

Retrieved from [https://www.pccd.pa.gov/Juvenile-Justice/Pages/Pennsylvania-Youth-Survey-\(PAYS\).aspx](https://www.pccd.pa.gov/Juvenile-Justice/Pages/Pennsylvania-Youth-Survey-(PAYS).aspx)

Pennsylvania Department of Education. (2023). *Data and reporting*. Retrieved from <https://www.education.pa.gov/DataAndReporting/Pages/default.aspx>

Pennsylvania Department of Health. (n.d.). *Enterprise data dissemination informatics exchange (EDDIE)*. Retrieved from <https://www.phaim1.health.pa.gov/EDD/>

Pennsylvania Health Care Cost Containment Council. (2023). *Public reports – research briefs*. Retrieved from <https://www.phc4.org/>

United for ALICE. (2024). *Research center – Pennsylvania*. Retrieved from <https://www.unitedforalice.org/state-overview-mobile/Pennsylvania>

United States Bureau of Labor Statistics. (2024). *Local area unemployment statistics*. Retrieved from <https://www.bls.gov/lau/>

United States Census Bureau. (n.d.). *American community survey*. Retrieved from <https://data.census.gov/cedsci/>

United States Department of Health and Human Services. (2010). *Healthy people 2030*. Retrieved from <https://health.gov/healthypeople/objectives-and-data/browse-objectives>



*Appendix B:
Key Stakeholder Survey
Participants*

Key Stakeholder Survey Participants

The following is a list of the represented community organizations and the participants' respective title, as provided.

Organization	Title/Role
Alzheimer's Association	Dementia Caregiver Support Group Facilitator
Bellefonte Area High School	Principal
Bellefonte Area School District	Certified School Nurse
Bellefonte Area School District	Certified School Nurse
Bob Perks Cancer Assistance Fund	Founder
Borough of State College	Chair, Board of Health
Borough of State College	City Manager
Borough of State College	Health Officer/Technician
CenClear	Assistant Child Development and Disability Coordinator
CenClear	Eastern Regional Director
CenClear	Education Coordinator
CenClear	HeadStart Mental Health Consultant
CenClear	Health Supervisor
CenClear	IBHS-ABA clinical supervisor; BA; Early Childhood Consultant
CenClear	Parent Engagement Coordinator
CenClear	Preschool Director
CenClear	Preschool Supervisor
CenClear	Senior Clinical Officer
CenClear	Senior Operations Officer
CenClear Child Services, Inc.	Director of Grant Services
Central Intermediate Unit 10/Penns Valley Area School District	School Social Worker
Centre Counseling and Wellness	Abby Ransom
Centre County Government	Commissioner
Centre County Library and Historical Museum	Executive Director
Centre County Metropolitan Planning Organization	Transportation Planner
Centre County MH/ID/EI-D&A	MH/ID/EI-D&A Administrator
Centre County United Way	Interim Director
Centre County United Way	Interim Director/Communications Director
Centre Foundation	President CEO
Centre Helps	988 Program Manager
Centre Helps	Basic Needs Case Manager
Centre Helps	Basic Needs Case Manager

Key Stakeholder Survey Participants

The following is a list of the represented community organizations and the participants' respective title, as provided.

Organization	Title/Role
Centre Helps	Executive Director
Centre Region Council of Governments	Administrator
Centre Region Council of Governments	Chairman
Centre Region Council of Governments (Centre County MPO)	Transportation Grant Specialist
Centre Volunteers in Medicine	Clinic Manager
Centre Volunteers in Medicine	Clinical Support Coordinator
Centre Volunteers in Medicine	Director of Finance & IT
Centre Volunteers in Medicine	Executive Director
Centre Volunteers in Medicine	Marketing Coordinator
Centre Volunteers in Medicine	Medical Social Worker
Centre Volunteers in Medicine	Volunteer Physician
Centre Volunteers in Medicine	Volunteer Physician, Medical Director
Centre Volunteers in Medicine	Dental Director
Chamber of Business & Industry of Centre County	Director of Membership
Christ Community Church	CARE Pastor
Christopher Hockenberry	EMS Supervisor
Foxdale Village	CEO
Girl Scouts in the Heart of PA Service Unit 416	Service Unit Lead/Troop Leader
Grace Lutheran Preschool	Director
Gregg Township	Secretary
Housing Transitions	Development Manager
Interfaith Human Services	Executive Director
Mid-State Literacy Council	Retired Executive Director
Mount Nittany Health	Manager, Planning & Program Development
Mount Nittany Health Foundation	Development Coordinator
Mount Nittany Medical Center	Oncology Patient Navigator
Mount Nittany Physicians Group	Director
Mount Nittany Physicians Group	Nurse Practitioner
OFN	Counselor
Patton Township	Township Manager
Penns Valley Area Junior-Senior High School	Counseling Secretary
Penns Valley Area Junior-Senior High School	Teacher

Key Stakeholder Survey Participants

The following is a list of the represented community organizations and the participants' respective title, as provided.

Organization	Title/Role
Penns Valley Area Junior-Senior High School	teacher
Penns Valley Area School District	6th Grade Teacher
Penns Valley Area School District	Administration/School Psychologist
Penns Valley Area School District	Assistant Principal
Penns Valley Area School District	Classroom Teacher
Penns Valley Area School District	College & Career Coordinator
Penns Valley Area School District	Educator
Penns Valley Area School District	Principal
Penns Valley Area School District	Teacher
Penns Valley Area School District	Teacher
Penns Valley Area School District	Teacher
Penns Valley Area School District	Teacher
Penns Valley Area School District	Teacher
Penns Valley Area School District	Teacher
Penns Valley Area School District	Teacher
Penns Valley Area School District	Certified School Nurse
Penns Valley Area School District	Educator
Penns Valley Area School District	Educator
Penns Valley Area School District	Elementary Teacher
Penns Valley Area School District	Library Clerk
Penns Valley Area School District	Para Educator
Penns Valley Area School District	Principal
Penns Valley Area School District	School Nurse
Penns Valley Area School District	School Social Worker
Penns Valley Area School District	Substitute Teacher
Penns Valley Area School District	Teacher
Penns Valley Area School District	Teacher
Penns Valley Elementary and Intermediate School	5th Grade Teacher
Penns Valley High School	Secretary
Penns Valley High School	Teacher
Pleasant Gap United Methodist Church Food Bank	Food Band Co-ordinator

Key Stakeholder Survey Participants

The following is a list of the represented community organizations and the participants' respective title, as provided.

Organization	Title/Role
Port Matilda Borough	Council President
School (unspecified)	Para Educator
St. Andrew's Parishioners Ministry	Member
St. Mark Lutheran Church	Pastor
State College Area School District	Administrator
State College Area School District	Administrator
State College Area School District	Administrator
State College Area School District	Board Secretary/Executive Assistant
State College Area School District	Director of MTSS and Intervention
State College Area School District	Director of Student Services
State College Area School District	Executive Director of Human Resources
State College Area School District	Principal
State College Area School district	Teacher
State College Athletics	Assistant Athletic Director
State College Food Bank	Board Director
State College Food bank	Director and Volunteer
State College Food Bank	Executive Director
State College Food Bank	Operations Manager
Strawberry Fields Inc.	Director of Quality Management and Compliance
Strawberry Fields, Inc	Supervisor Blended Case Management
The Happy Valley Adventure Bureau	CEO
The Meadows Psychiatric Center	Staff Development and Training Coordinator
Tides, Inc.	Executive Director
YMCA of Centre County	CEO
YMCA of Centre County	Director of Community Outreach