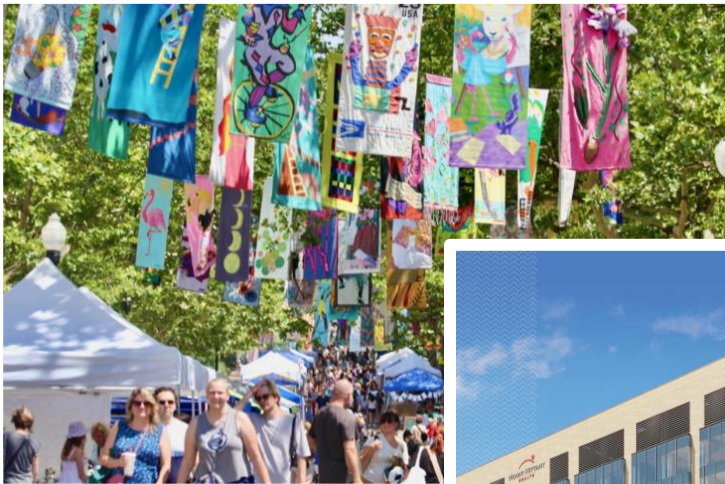


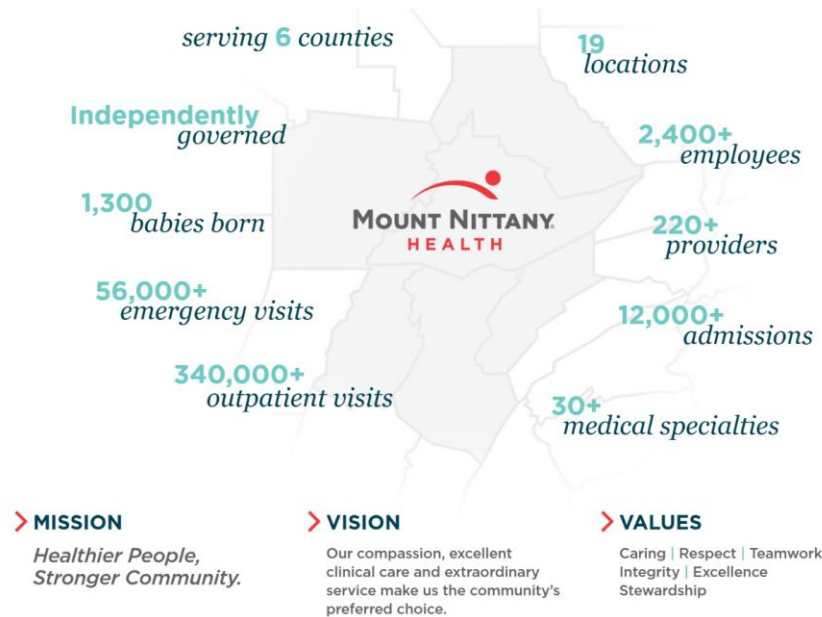
2025 Community Health Needs Assessment
Final Report

June 2025



About Mount Nittany Health and the 2025 CHNA

Mount Nittany Health (MNH) is an independent, community-governed health system located in Central Pennsylvania. With offices in six counties, we have more than 220 healthcare providers across more than 30 specialties and nine primary care locations. We are committed to improving both the quality and availability of healthcare in our region by investing in state-of-the-art technology and care facilities, recruiting the best physicians and staff, and expanding clinical services to serve the changing needs of our patients.



As an independent, community-governed healthcare system, we continue to grow and support accessible healthcare in our region. We're meeting the area's increased demand for primary and specialty care providers, diagnostic testing, inpatient care, and outpatient services. In 2023, MNH broke ground on two major building projects, including our 10-story Patient Tower that will deliver an advanced patient-centered experience, and Mount Nittany Health Toftrees, which provides a range of outpatient healthcare services at a single convenient location.

As MNH rises to new heights, so too does our community. Each year, we collaborate with and provide financial support to more than 50 organizations, a few highlighted here, that are integral to the health, happiness, and connectedness of our area.



As a trusted local healthcare leader, MNH is dedicated to understanding and addressing the most pressing health and wellness concerns of our community. Mount Nittany Health conducts a Community Health Needs Assessment (CHNA) every three years to monitor the health of community members and the myriad social and environmental factors that influence health and well-being. The CHNA informs the development of our Community Health Improvement Plan (CHIP) to address identified priority needs and align community health investments with the highest needs in our community.

The goal of the CHNA is to help facilitate a healthy and thriving Centre County for all residents and to foster a collaborative approach for community health improvement.

CHNA Study Objectives:

- Compile a comprehensive profile of the factors that impact health and well-being in Centre County
- Compare community health indicators with previous CHNAs to document trends and changes
- Demonstrate the impact of Social Drivers of Health; document disparities experienced by populations and communities
- Strengthen stakeholder engagement and partnerships; engage residents in the study process
- Define three-year priority areas and develop action planning
- Develop a community resource to monitor the progress of community health initiatives

The results of the CHNA will help us identify priorities and strategies to improve health and well-being in Centre County and promote health for all residents. Responding to the study findings and sharing data with other community-based organizations, MNH aims to ensure that all residents benefit from our local resources, robust social service network, and the high-quality healthcare available in our community to help residents live their healthiest lives.

We thank you for partnering with us in this effort. We invite our community partners to learn more about the CHNA and opportunities for collaboration to address identified health needs. Please visit our website or contact Mount Nittany Health Communications at Communications@mountnittany.org.

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2025 CHNA Leadership and Oversight

The 2025 CHNA was overseen by MNH clinical and administrative leaders and guided by the input and leadership of an Advisory Committee made up of representatives from community-based organizations.

Mount Nittany Health Leadership

Kurt Kissinger, Chief Strategy Officer
Kasey Duffy, Director, Brand and Community Engagement
Kerri Kubalak, Manager, Community Engagement
Jennifer Scanlon, Manager, Planning and Program Development

Advisory Committee Executive Committee

Molly Kunkle, Centre Foundation
Julia Sprinkle, Centre County Government
Dawn Tice, Mount Nittany Health
Paula Williams, Centre Volunteers in Medicine

Advisory Committee *(organizations at time of study)*

Catherine Arbogast , Centre County MH/ID EI D&A	Jeannine Lozier , Strawberry Fields
Stephanie Beaver , State College Area School District	Denise McCann , Centre Helps
Allayn Beck , State College Food Bank	Michelle McFall , Penns Valley Area School District
Christine Bishop , Centre County Youth Service Bureau	Anne Messner , Centre Region Council of Governments
Magdalene Bishop , Centre County Housing Authority	Scott Mitchell , YMCA of Centre County
Melissa Brown , Chamber of Business & Industry Centre County	Kristy Owens , Centre Region Parks and Recreation
Randy Brown , State College Area School District	Jennifer Pencek , Centre Safe
Rachel Griel , Bellefonte Area School District	Becky Simcik , Pennsylvania State University
Lisa Hackenberg , Juniper Village	Nichole Rutter , The Meadows Psychiatric Center
Curt Knouse , Interfaith Human Services	Olivia Stats , ClearWater Conservancy
Adrienne Krasowitz , MNH Foundation	Marisa Vicere , Jana Marie Foundation
Bruce Kraut , Pennsylvania State University	Cheryl White , Centre Volunteers in Medicine
David Lomison , Centre County Office of Transportation	Amy Wilson , Mid-State Literacy Council

Research Partner

Mount Nittany Health contracted with *Build Community* to conduct the CHNA. *Build Community* is a Lancaster-based woman-owned business that specializes in conducting stakeholder research to illuminate disparities and underlying inequities and transform data into practical and impactful strategies to advance health and social equity. An interdisciplinary team of researchers and planners, *Build Community* has worked with hundreds of health and human service providers and their partners to reimagine policies and achieve measurable impact. Learn more about their work at buildcommunity.com.



Research Methods

The CHNA was conducted from September 2024 to June 2025 and included primary and secondary research methods to determine health trends and disparities.

Primary Research and Community Engagement

Community engagement was an integral part of the CHNA. Collaborating with community-based organizations across Centre County, input was invited and received from a wide array of community stakeholders with a particular focus on diverse populations, underserved areas, and historically marginalized communities. Study participants provided perspectives on unmet health and social needs; community resources available to meet those needs; barriers to accessing services; service delivery gaps; and recommendations to improve health and well-being.

Secondary Data Analysis

The most recently available data at the time of publication is used throughout the study. Reported data typically lag behind “real time.” 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 sources including the Centers for Disease Control and Prevention (CDC), the Health Resources and Services Administration, Pennsylvania Department of Health, among other sources. A comprehensive list of secondary data sources is included in Appendix A.



Analysis of Health and Socioeconomic Data

We collected and analyzed public health statistics, demographic and social measures, housing and economic data, and other data to develop a comprehensive community profile of Centre County and its residents.



Partner Forum

We held a community meeting with 70 key stakeholders serving Centre County to share CHNA data findings and collectively define challenges and meaningful strategies for health improvement. Attendees included healthcare providers, social services professionals, educators, and community leaders, among others.



Key Stakeholder Survey

An online survey was conducted with 122 individuals serving diverse communities and populations across Centre County to collect input about local health needs, client experiences in receiving and accessing services, and opportunities for collective impact.



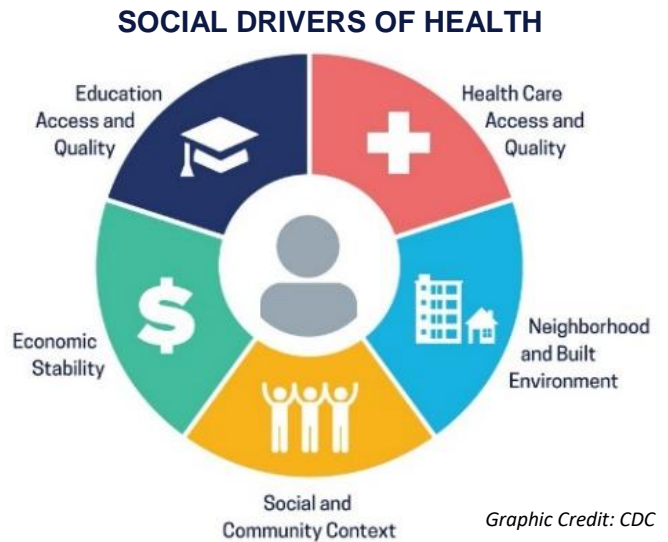
Input from Experts and Community Partners

Interviews and small group discussions were held with subject matter experts across Centre County to discuss community health needs and trends; identify existing assets, gaps, and barriers to services; gather insights on solutions; and understand perceptions of MHN’s community role and opportunities for the health system to work collaboratively with other community-based organizations.

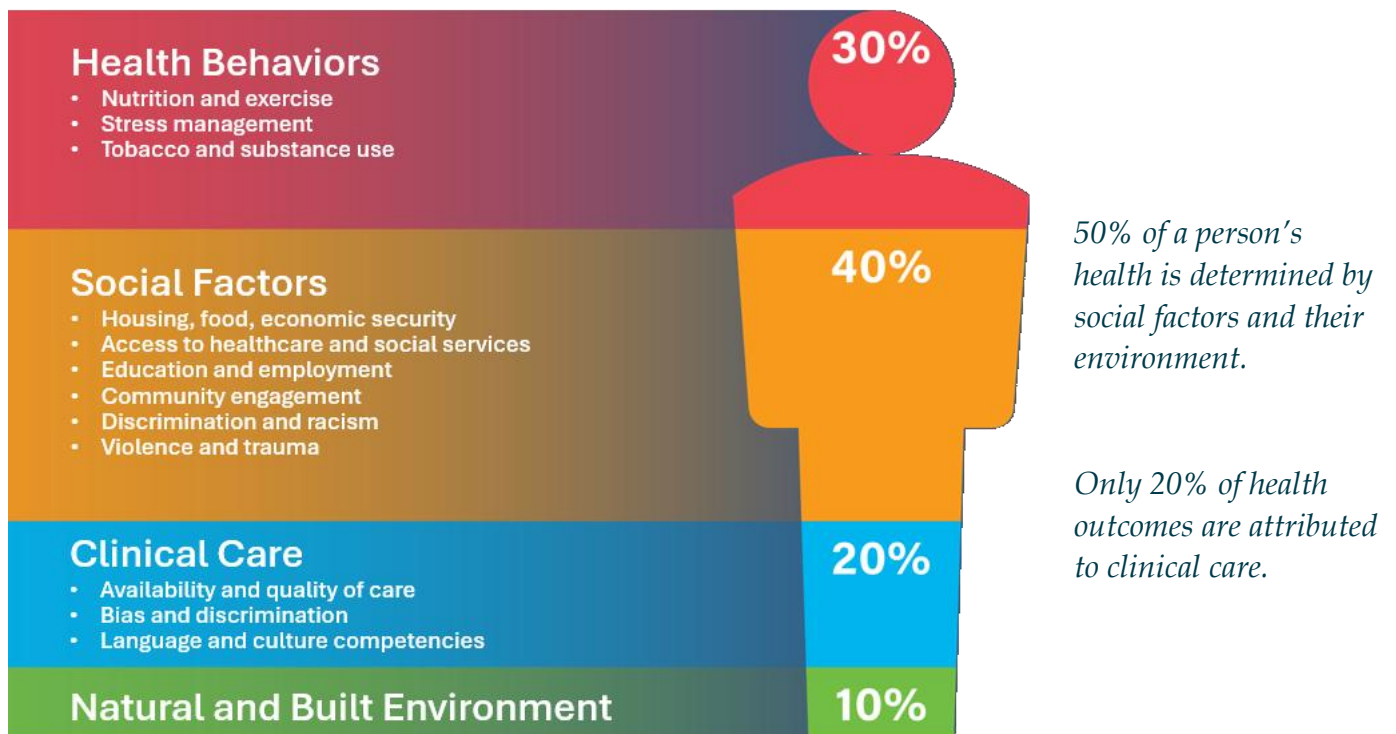
Social Drivers of Health

Where we live impacts choices available to us

The CHNA was conducted to provide deeper insights into the differences in health and well-being experienced between groups of people in Centre County. We used the Social Drivers of Health (SDoH) framework to study and document income and poverty; housing and food security; early learning and education; social factors; and the environment and built community. We analyzed data across these five domains of SDoH to identify strengths and challenges in our community that impact our health and well-being.



Social Drivers of Health are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.



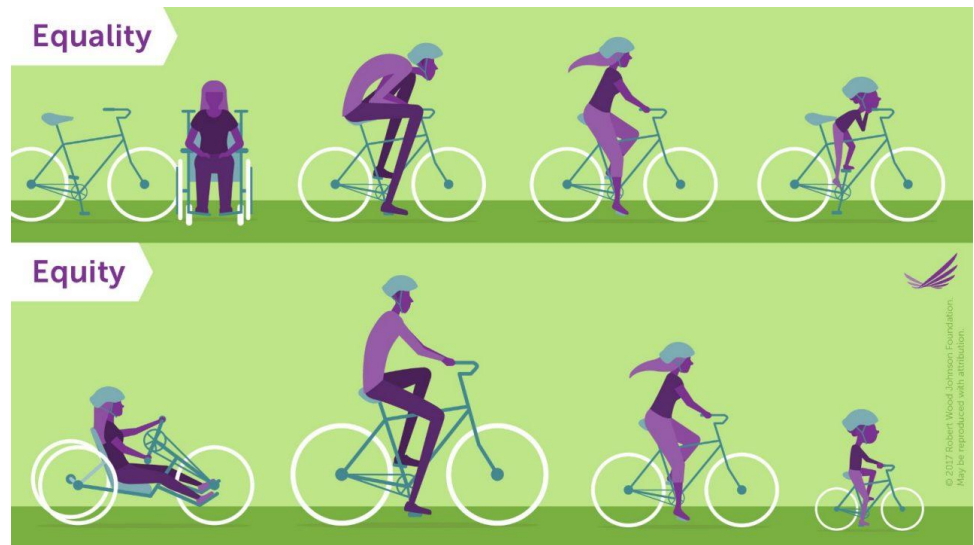
Health Disparities and Advancing Health for All

Examining data across SDoH domains helps us understand factors that influence **health disparities**, the unfavorable differences in health status, access to healthcare, and outcomes between groups of people. Health disparities include higher prevalence of chronic diseases like diabetes, lack of health insurance, inability to afford essential medications, and shortened life expectancy. Health disparities are rooted in underlying inequities.

Health disparities are unfavorable differences in health status, access to healthcare, and outcomes between groups of people

Advancing health for all residents or health equity means ensuring that all people in a community have the resources and care they need to achieve optimal health and well-being. To advance health for all, we need to look beyond the healthcare system to address “upstream” issues like discrimination, racism, food insecurity, education attainment, job opportunities, affordable housing, and safe environments.

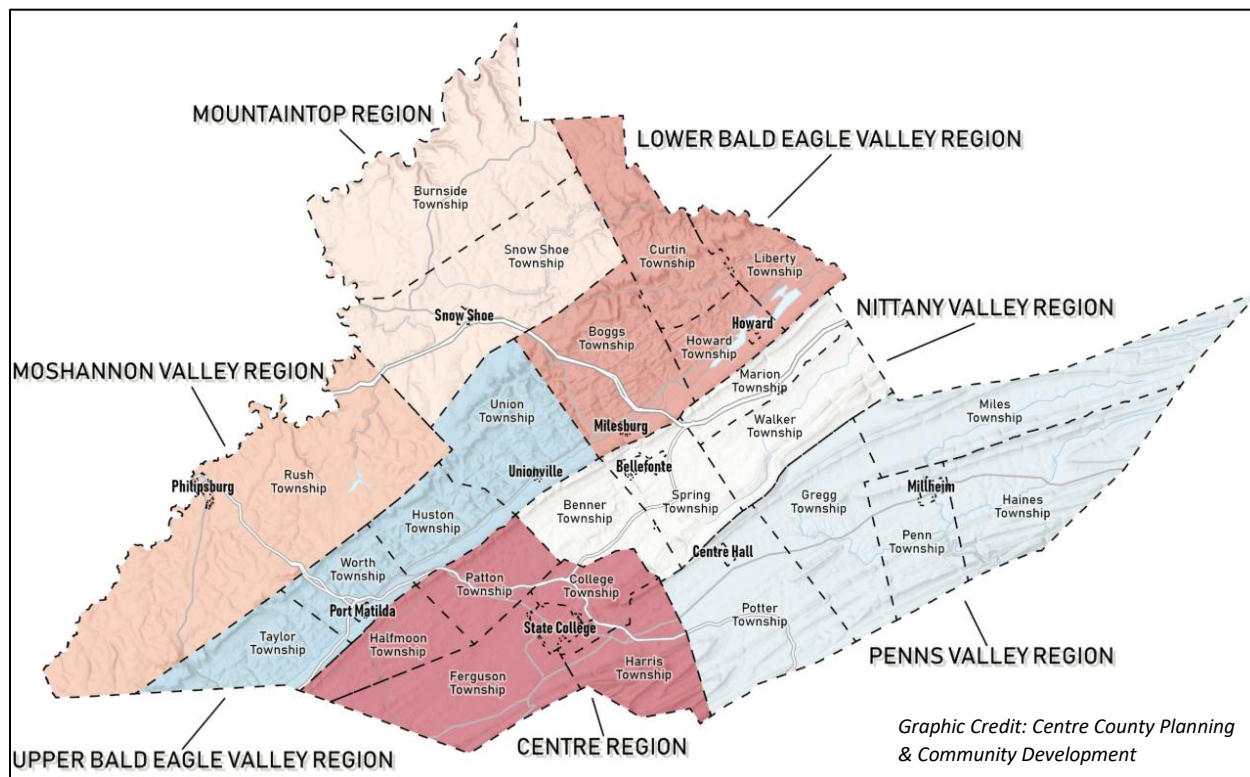
Advancing health for all means ensuring all people have the resources and care they need to achieve good health and well-being.



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Our Community and Residents

Mount Nittany Health patients are primarily residents of Centre County. Consistent with past CHNAs, MNH focused its CHNA research efforts on the needs of Centre County residents and aligned the CHNA process with the seven planning regions defined by the Centre County Planning and Community Development Office.

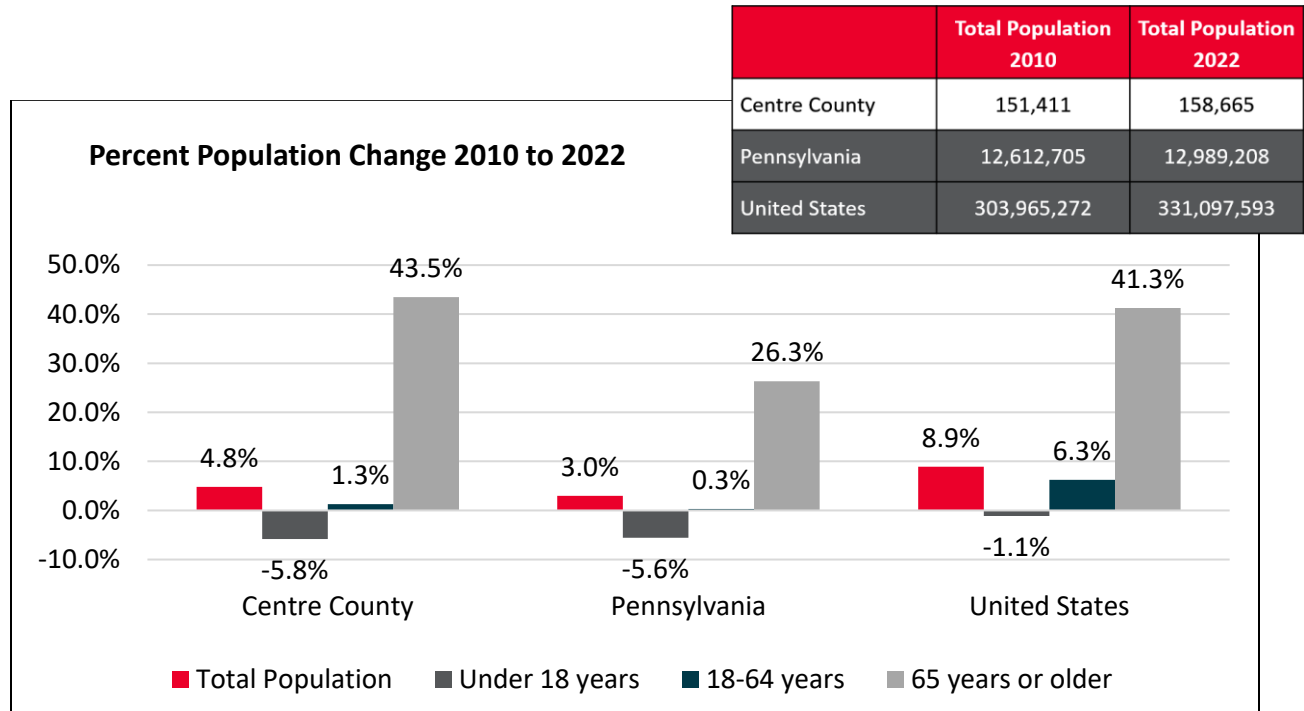


Centre County is one of the only growing counties in central Pennsylvania. The county has a diverse makeup of urban cultural centers and rural and agricultural communities. While healthcare and education industries employ the greatest number of county residents, Centre County is home to more farms and farmland 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 (PSU), located in the Centre Region, has historically provided economic stability for the county and served as a driving force for population and labor trends.

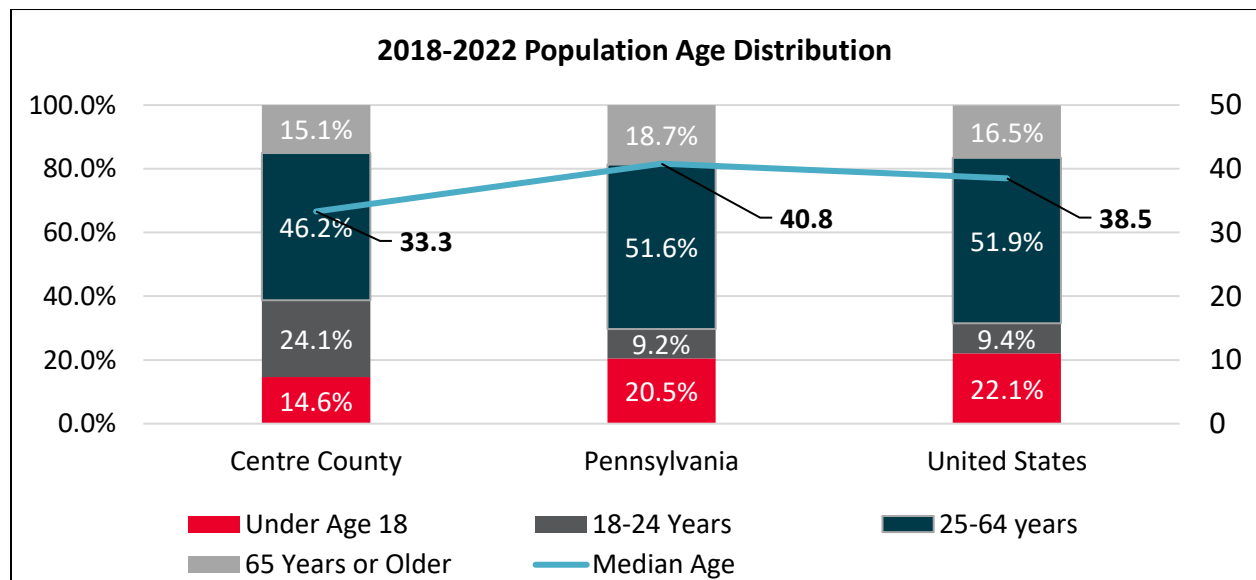
The rich diversity of Centre County’s environment and economy contributes to unique health and social needs for residents. The CHNA aimed to create a comprehensive picture of these experiences and what residents across Centre County need to live healthier lives.

Centre County had a total population of 158,665 people in 2022 and overall reported population growth of approximately 5% from 2010 to 2022. Consistent with the state and nation, the county saw significant growth among older adults aged 65 or over and a decline in youth under 18 years.



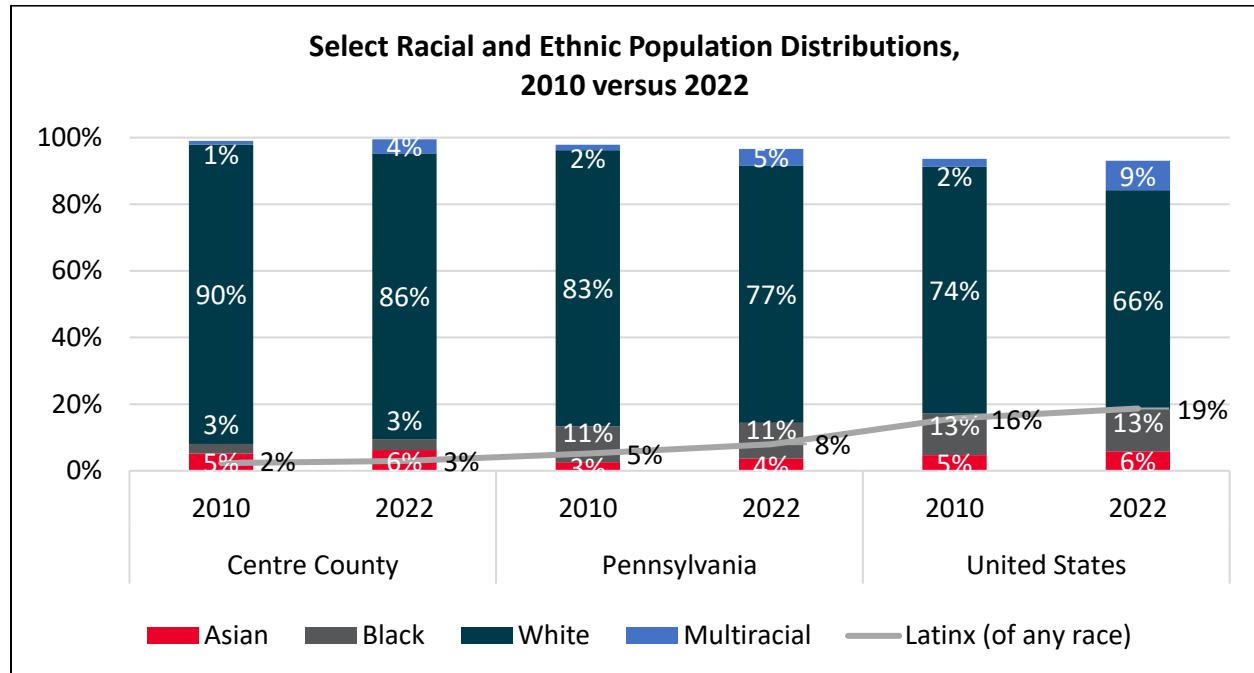
Source: US Census Bureau, American Community Survey

Centre County is aging, but the overall population is younger than state and national averages. Nearly one-quarter of residents are aged 18-24 and the median age is 7.5 years younger than the state median. These findings reflect in large part the Pennsylvania State University student population.



Source: US Census Bureau, American Community Survey

Population diversity within Centre County is increasing. Consistent with state and national trends, people of color were the only growing populations from 2010 to 2022. Notably, the proportion of residents identifying as multiracial increased three percentage points.



Source: US Census Bureau, American Community Survey

Pennsylvania has the largest population of Plain people in the nation, estimated at 89,765 people in 2023. The Plain community population grew 25.4% in Centre County from 2017 to 2023, reflecting growth of nearly 800 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, including Pennsylvania Dutch.

Estimated Plain People Population

Settlements	2017	2023	% Change 2017-2023
Centre County Settlements (Aaronsburg / Penns Valley, Brush Valley / Rebersburg, Nittany Valley / Howard)	3,110	3,900	25.4%
Pennsylvania Statewide Settlements	74,251	89,765	20.9%

Source: Elizabethtown College, Young Center for Anabaptist and Pietist Studies

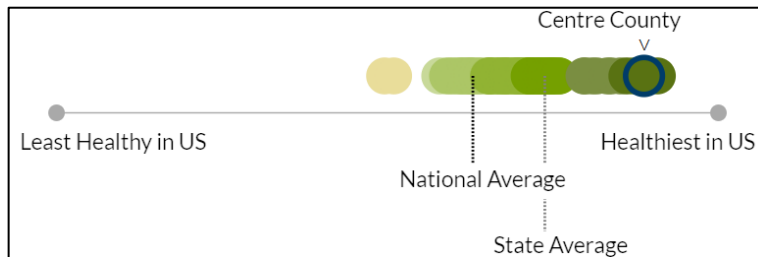
Measuring Health in Our Community

Centre County benefits from strong socioeconomic factors, including a diverse economy, highly educated workforce, and rich health and social services and community fabric. These factors contribute to better health status for residents overall. **Centre County is one of the healthiest counties in the nation, and residents live an average of four years longer than their peers statewide.**

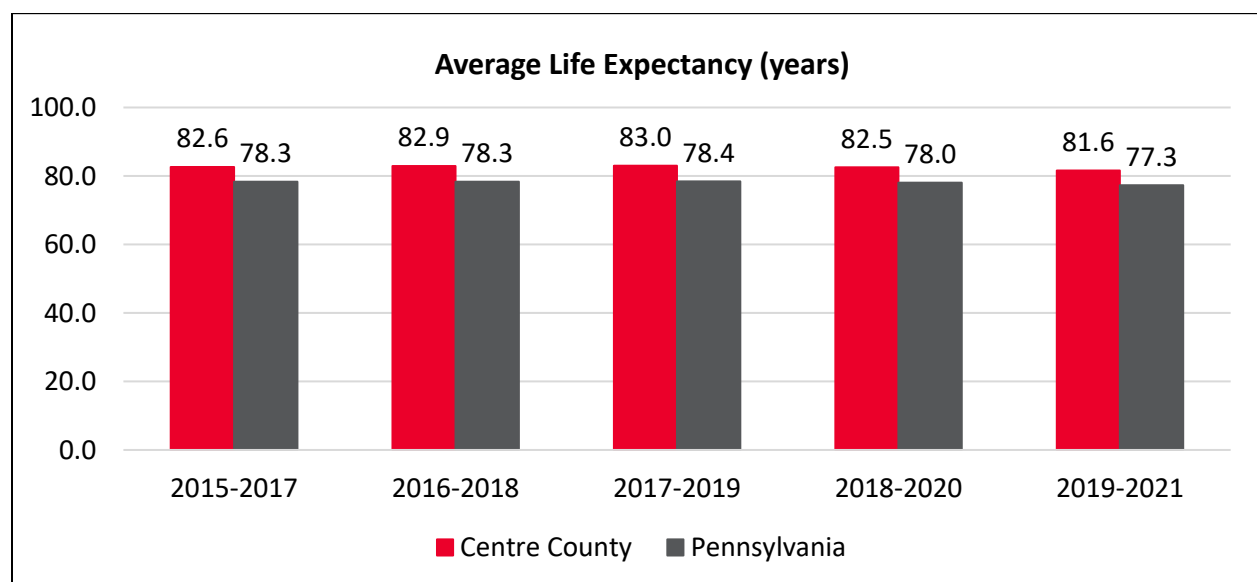
“Centre County has a growing reputation as a great place to launch a business because of its thriving innovation economy and robust entrepreneurial system – bolstered by its status as the home of Penn State University, and by the university’s vital role in creating jobs and boosting economic development in the region. Centre County is a place that combines a vibrant and growing economy with small-town friendliness and big-city amenities. It’s also a place where people get to know their neighbors and put down roots for generations.”
 (Chamber of Business & Industry Centre County)

The following graphic, produced by the University of Wisconsin Population Health Institute County Health Rankings, demonstrates Centre County’s overall positive health outcomes compared to state and national averages. Health outcomes are measured as an aggregate sum of how long people live on average within a community and how much health they experience while they are alive.

Centre County Health Outcomes, State & National Comparison



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



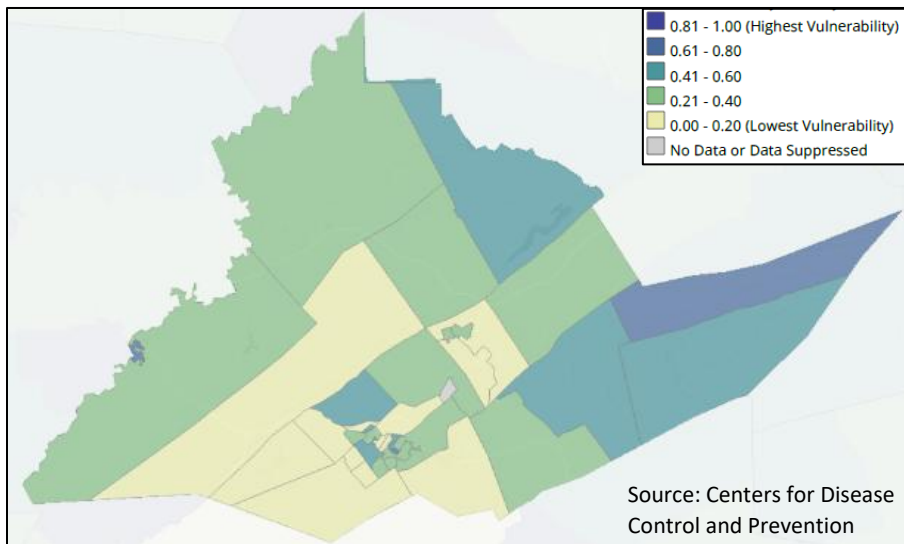
Source: Centers for Disease Control and Prevention

Centre County overall boasts positive resident health status, but experiences of health and social well-being vary across the county. **Notably, historical data indicates potential for a 14-year difference in average life expectancy between Centre County communities with the lowest and highest averages.**

Using the Social Vulnerability Index (SVI) we can identify areas that are more vulnerable to external stresses such as natural disasters, disease outbreaks, and other health disparities based on underlying socioeconomic indicators. The SVI scores census tracts on a scale from 0.0 (lowest) to 1.0 (highest) vulnerability based on factors like poverty, lack of transportation, and overcrowded housing.

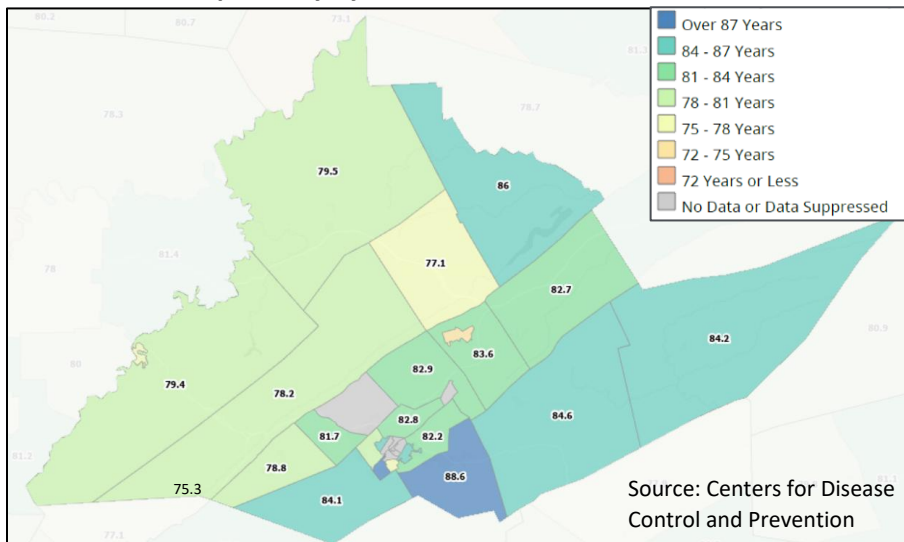
The SVI findings highlight social vulnerabilities in more rural regions of the county as compared to the Centre Region. In the western portion of the county, Philipsburg has the highest SVI value of 0.63 and among the lowest historical average life expectancies in the county of 75.3 years.

2022 Social Vulnerability Index by Census Tract



Examining the SVI in conjunction with average life expectancy demonstrates how SDoH impact health outcomes.

2010-2015 Life Expectancy by Census Tract



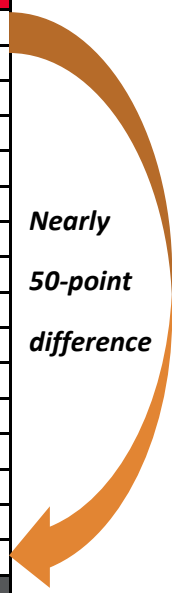
Areas with a higher SVI score may experience lower average life expectancy of 75 years compared to 82-89 years in other areas of the county.

At the root of social vulnerabilities and disparities are inequities in access to community resources and opportunities that foster economic stability and well-being. The Health Resources and Services Administration Unmet Need Score (UNS) helps in allocation of resources across communities with higher unmet need based on their social, economic, and health status. The UNS is a weighted sum of 28 health and social measures with values ranging from 0 (least need) to 100 (greatest need). The UNS has historically been used to identify unmet need for primary and preventive healthcare services.

There is a near 50+ point range between the lowest and highest UNS values in Centre County, emphasizing a wide range of differences in unmet need. Areas with higher UNS values have historically had higher poverty, lower educational attainment, and less access to healthcare, illustrating the need to address upstream social drivers of health. It is worth noting that in both Philipsburg and Snow Shoe, the proportion of children experiencing poverty increased more than 10 percentage points from the 2022 CHNA. Experiences of poverty were generally stable or declined in other areas of the county.

Unmet Need Score by Centre County Zip Code & Select Socioeconomic Measures

Zip Code	Population in Poverty	Children in Poverty	No High School Diploma	No Health Insurance	UNS Value
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%	0.0%	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%	65.86



Source: US Census Bureau, American Community Survey, 2018-2022

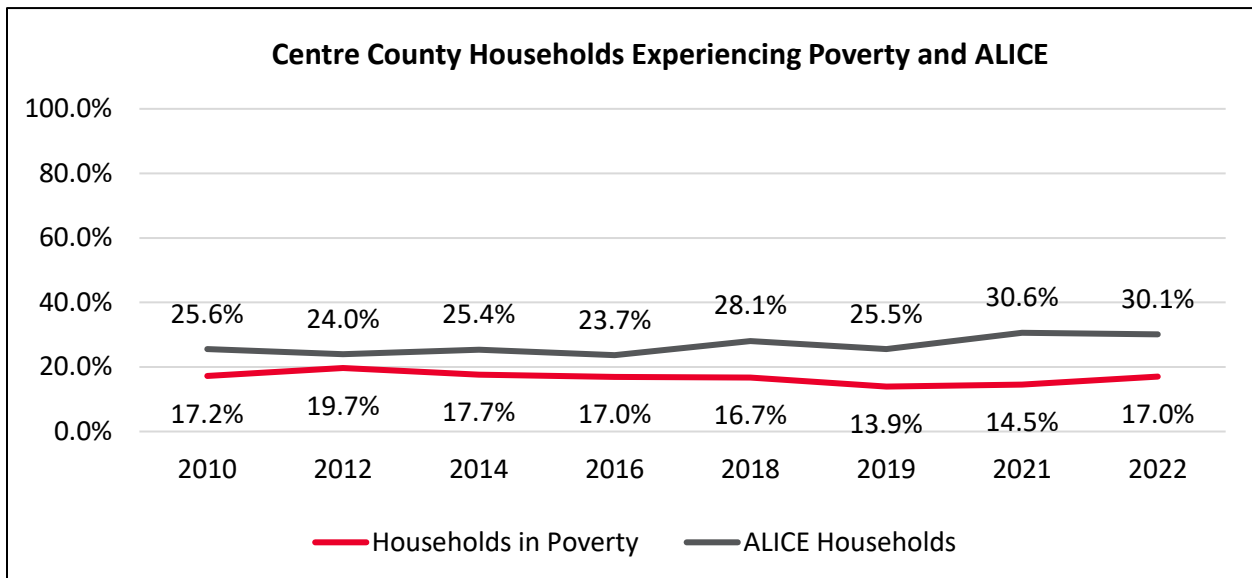
*Data for these communities are likely skewed by Plain community members and are reported separately.

**Data are likely skewed by the PSU student population.

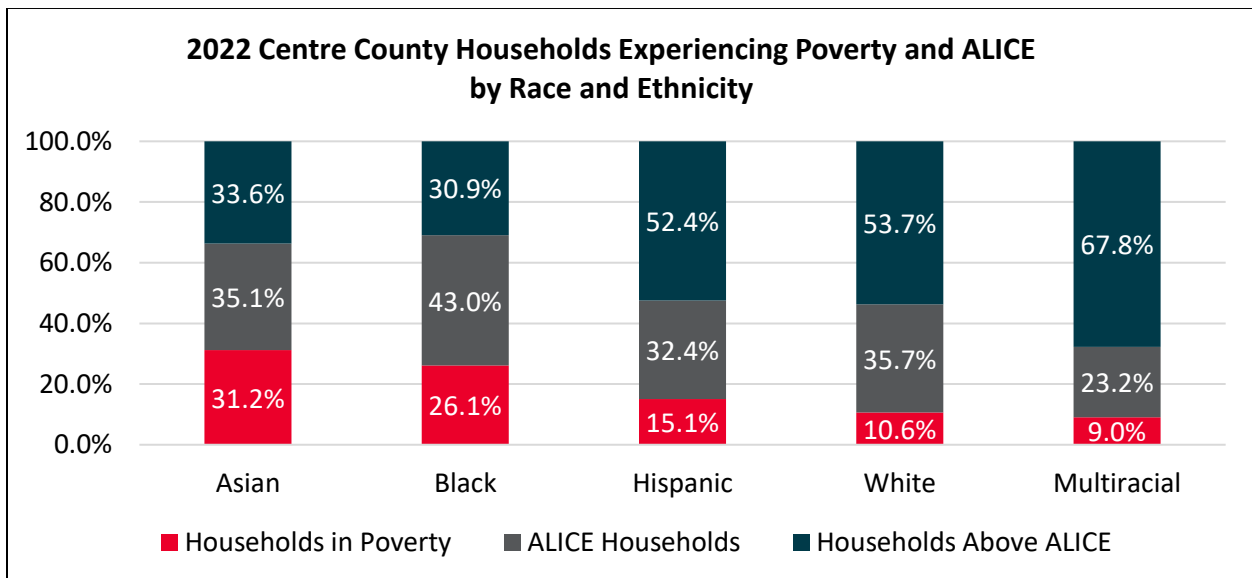
ALICE stands for **Asset Limited Income Constrained Employed** and represents the growing number of families who are unable to afford the basics of housing, childcare, food, transportation, healthcare, and technology. ALICE households are working households whose income is above the federal poverty level, but below the threshold necessary to meet basic needs. These workers often struggle to keep their own households from financial ruin, while keeping our local communities running.



In Centre County, 30% of households in 2022 were ALICE, and the proportion of ALICE households increased from prior years. Across Centre County, communities of color are more likely to qualify as ALICE than white households, showing a clear disparity between these populations.

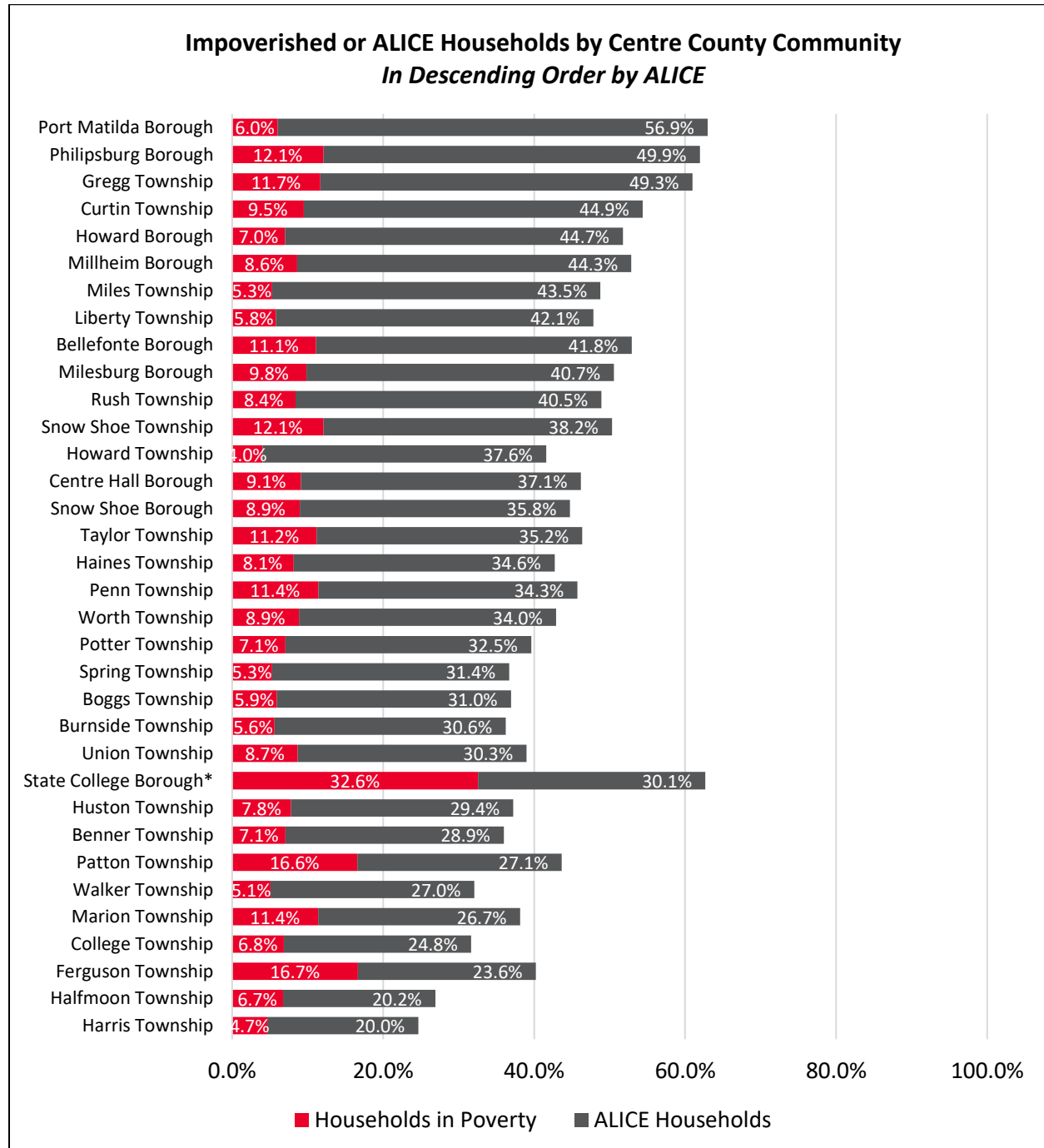


Source: United for ALICE



Source: United for ALICE

Experiences of financial hardship also differ substantially by Centre County community. Approximately 50% or more of households in Port Matilda, Philipsburg, Gregg, Curtin, Howard, Millheim, Bellefonte, Milesburg, and Snow Shoe Township either experience poverty or are ALICE. Notably, while 6% of Port Matilda households live in poverty, nearly 60% are ALICE.



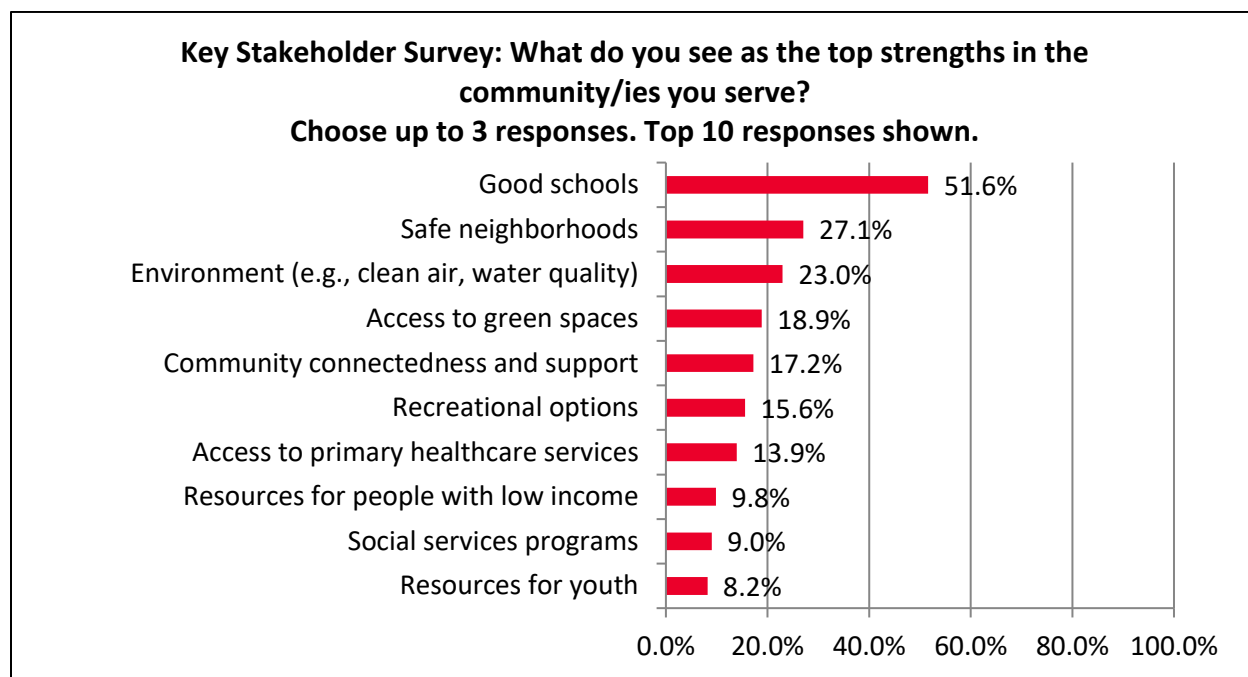
Source: United for ALICE

*Note: Data are skewed by Pennsylvania State University students.

Our Strengths and Opportunities

Centre County is one of the healthiest counties in the state and nation. Residents as a whole live longer and enjoy more health while they're alive. The county has a strong and diverse economy, thriving downtown and cultural and entertainment centers, a highly esteemed university, good healthcare and social services, miles of walking and hiking paths, and a strong sense of community.

When asked what they see as the top strengths in the community, Key Stakeholder Survey participants most frequently named good schools, safe neighborhoods, the natural and built environment, and community connectedness and support.

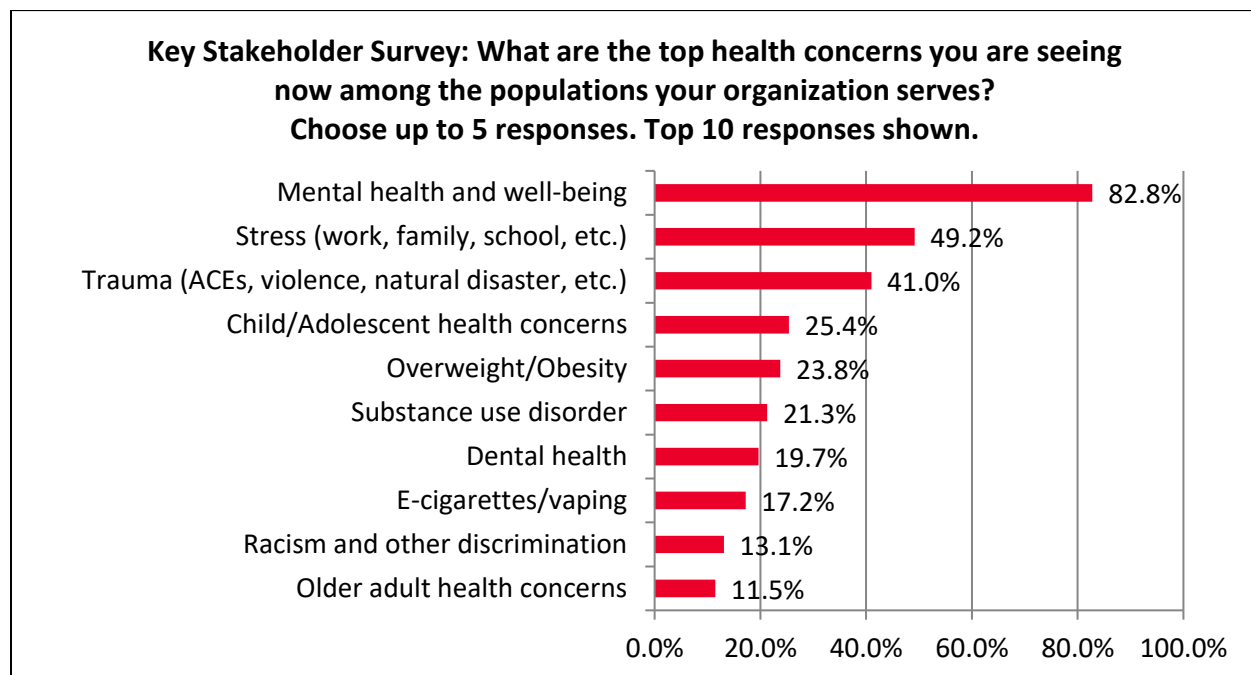


Strengths

- Economic vitality and strong anchor institutions
- Sense of community, volunteerism, and charity funding
- Natural recreational resources and green spaces
- Strong social service safety net
- Access to high quality healthcare
- Lower prevalence of disease burden and death
- Collaboration and partnership among community organizations
- Thriving downtown and cultural and entertainment centers
- Special events, activities for all ages
- Good schools and universities

There is opportunity to improve health in all communities, leveraging existing strengths and assets. When asked to name the top health concerns affecting the people they serve, Key Stakeholder Survey responses overwhelmingly identified issues related to mental health. Other identified issues included child and adolescent health (largely related to their mental well-being), dental health, racism and other discrimination, and older adult health. These issues were supported by health statistics for the area.

Both community perception and public health data suggest that many of the identified health concerns worsened in recent years due to lingering COVID-19 pandemic impacts (e.g., isolation, developmental delays, stress) and rising cost of living and financial stress experienced by families.



Challenges

- Growing mental health concerns for adults and youth
- Rising cost of living and lack of affordable housing, childcare, food, and other basic needs
- High cost of living in the Centre Region pushing people into rural areas with fewer services
- Care and support for growing unhoused population
- Declining public transportation options
- Healthcare and social service recruitment and retention
- Aging community with more health and social concerns
- Economic and health disparities for people of color and income constrained
- Shortage of dental providers, particularly for people with low income

Community Health Needs

The following section highlights health and well-being needs for Centre County as identified by secondary data research and community stakeholders.

Access to Care and Services

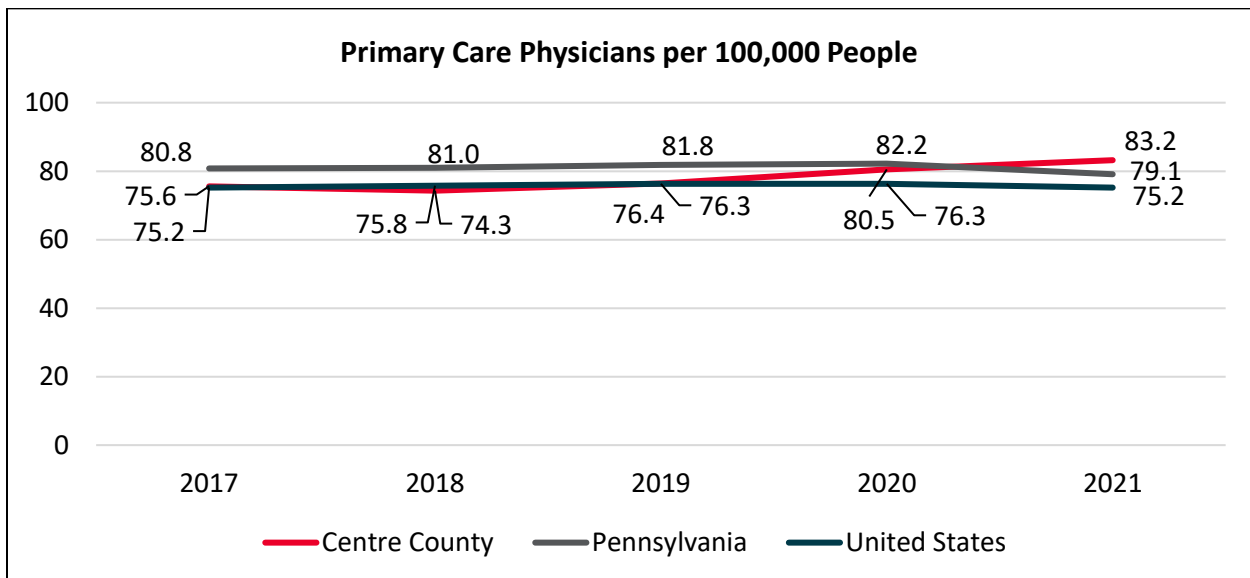
Centre County is home to rich health and social services. The community benefits from vast healthcare resources, including free and reduced cost care for uninsured and underinsured, well-resourced and connected schools, and many non-profit and human service agencies committed to helping residents. Agencies and providers see the value of partnership to coordinate service delivery 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.”

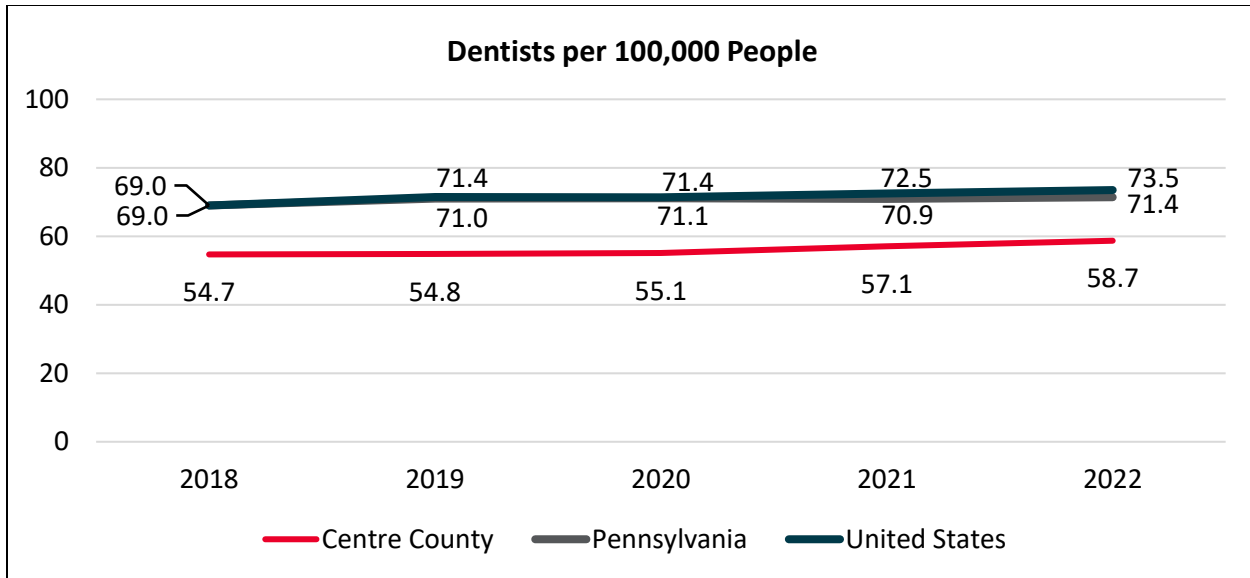
“[We have] strong local governments, quality healthcare providers, the university.”

Health insurance coverage among Centre County residents has been historically high with about 94% of residents covered in 2022. Healthcare availability improved for Centre County, and as of 2021, the number of primary care physicians per 100,000 people exceeded state and national averages. About 77% of Centre County adults received a primary care visit in 2022 compared to 74% of adults nationally.



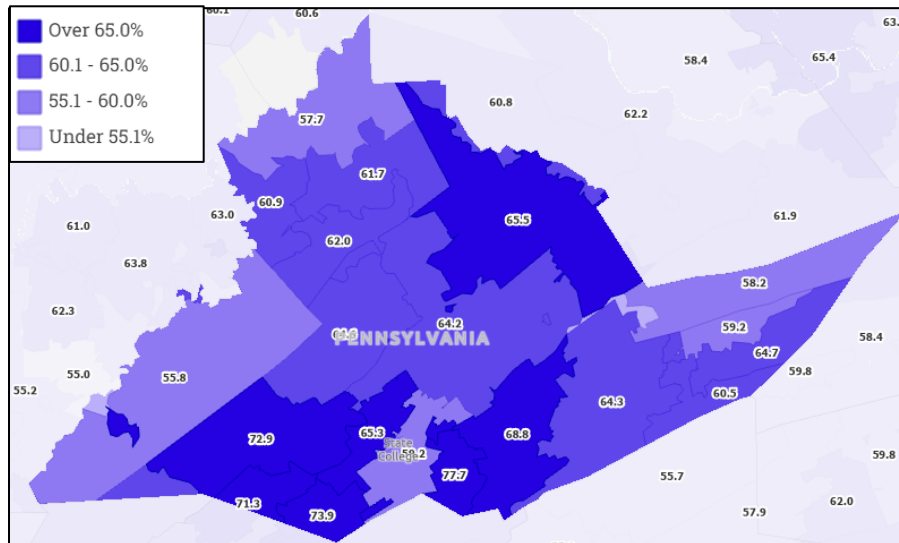
Source: Health Resources & Services Administration & Centers for Medicare and Medicaid Services

Dental care availability also improved in Centre County but continues to fall below state and national averages. All of Centre County is a designated dental health professional shortage area (HPSA) for people with low income and there is a deficit of providers accepting Medicaid insurance. Approximately 62% of Centre County adults received routine dental care in 2022 compared to 67.5% of adults statewide and 63% of adults nationally. When viewed by zip code, fewer than 60% of adults in rural communities may receive routine dental care.



Source: Health Resources & Services Administration & Centers for Medicare and Medicaid Services

2022 Adults with a Dental Care Visit Within the Past Year by Zip Code



Source: Centers for Disease Control and Prevention

Healthcare and social services are largely concentrated in the Centre Region, challenging access for residents of rural areas. The western portion of the county, including the Moshannon Valley and Upper Bald Eagle regions, is a primary care HPSA for people with low income. Public transportation between the Centre Region and rural areas was seen as limited before the COVID-19 pandemic and reduced in recent years due to financial considerations, further limiting access to resources.

“We need better transportation. There are many regions in our county that are isolated from food, healthcare, and jobs.”

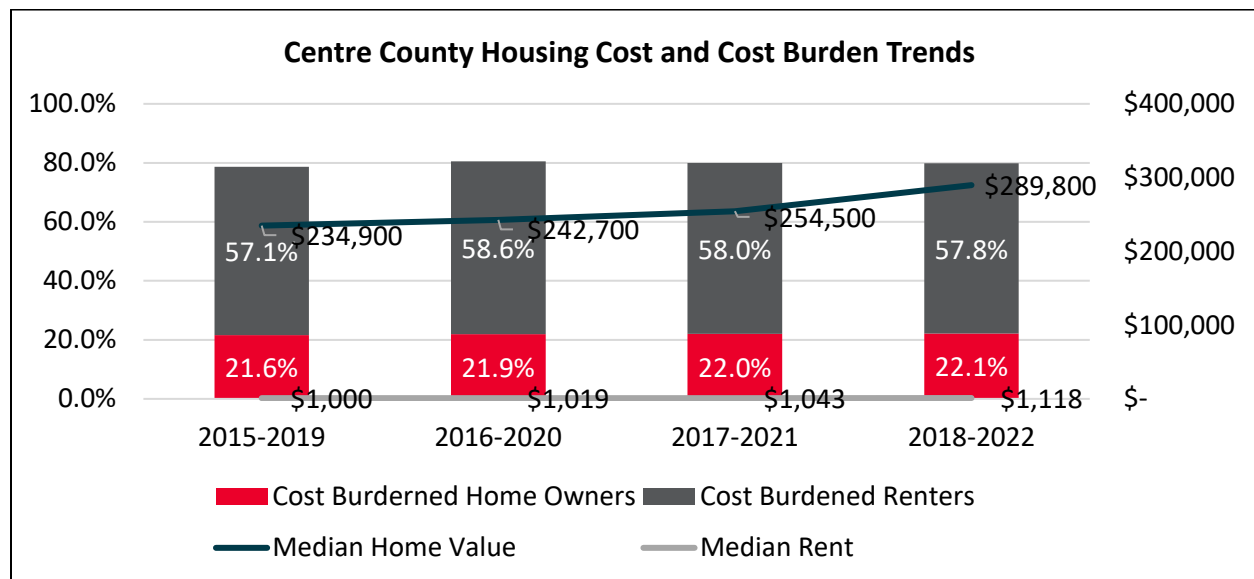
“In our rural school district, there is little to no transportation for students to get to activities unless the parent provides that.”

Effective health and social service delivery has also been challenged by the rising cost of living, which has increased demand for services and/or increased the number of people accessing them from more affordable rural areas. Community stakeholders perceived that housing, childcare, and food were among the top sources of financial stress.

Countywide median home value rose 23% from 2019 to 2022. The cost of childcare for a household with two children, measured as a percentage of median household income, increased from 23.4% in 2021/2022 to 39.8% in 2022/2023. The percentage of food insecure children increased from 5.7% in 2021 to 10.4% in 2022. The cost of living, particularly housing cost, is significantly higher in the Centre Region than in other parts of the county, a trend that has pushed more families into rural areas where housing is more affordable, but services are limited.

“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.”

“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.”



Source: US Census Bureau, American Community Survey Note: Rental data are skewed by the PSU population.

The rising cost of living has also challenged workforce recruitment and retention efforts for health and social service providers. Lack of affordable housing has meant that fewer people can afford to work and live in Centre County. Lack of affordable childcare has reduced workforce participation and is also a barrier to attracting and retaining new residents. Community stakeholders shared concerns that this trend has contributed to shortages in frontline workers and may contribute to community decline.

“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.”

Community access barriers were seen as greater for groups who have been historically marginalized, including people of color, LGBTQIA+ people, and immigrant and refugee populations. Marginalized communities are more likely to face economic insecurity, cultural and language barriers, and systemic barriers like limited availability of culturally competent providers and lower levels of trust in community services due to historical injustices. Community stakeholders saw an opportunity to improve community experience for these residents through diversity and inclusion efforts and by uplifting lived experiences to increase community understanding and empathy.

“Marginalized communities lack access to just about everything. Living in the shadows is exhausting.”

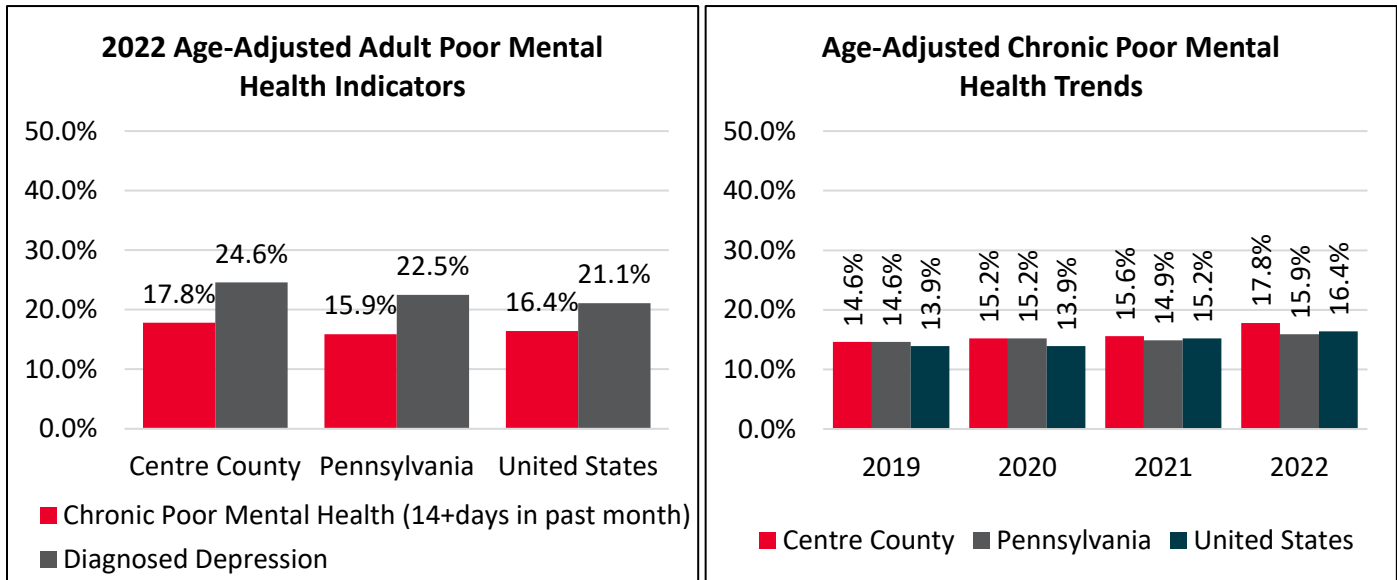
“The community I serve is intolerant of LGBTQIA+ people and races other than white. [We need] education but getting people to participate will be a challenge.”

Community Recommendations to Improve Access to Care and Services

<p>Rural Service Access</p>	<ul style="list-style-type: none"> • Mobile or satellite services • Rotating primary care services • One-stop-shop service centers for health and human services • On-demand transportation and/or healthcare shuttle • Increased telehealth access
<p>Workforce Development</p>	<ul style="list-style-type: none"> • School partnerships for pipeline development • Living wage advocacy • Family-friendly initiatives (flexible work, subsidized childcare, employee wellness programming)
<p>Marginalized Communities</p>	<ul style="list-style-type: none"> • Language and literacy plans • Cultural competency and humility training • Screening and monitoring for health disparities, resource referrals • LGBTQ+ supports in healthcare, school, community
<p>Community Partnership and Collaboration</p>	<ul style="list-style-type: none"> • Healthcare and human service partnerships to address SDoH • Care navigation and co-located services • Healthcare presence and leadership in local coalitions • Regular convening of community agencies to collectively define challenges and solutions • Holistic funding sources that fund the entire continuum of care (prevention to treatment) • Local government engagement for community planning and building that promotes health

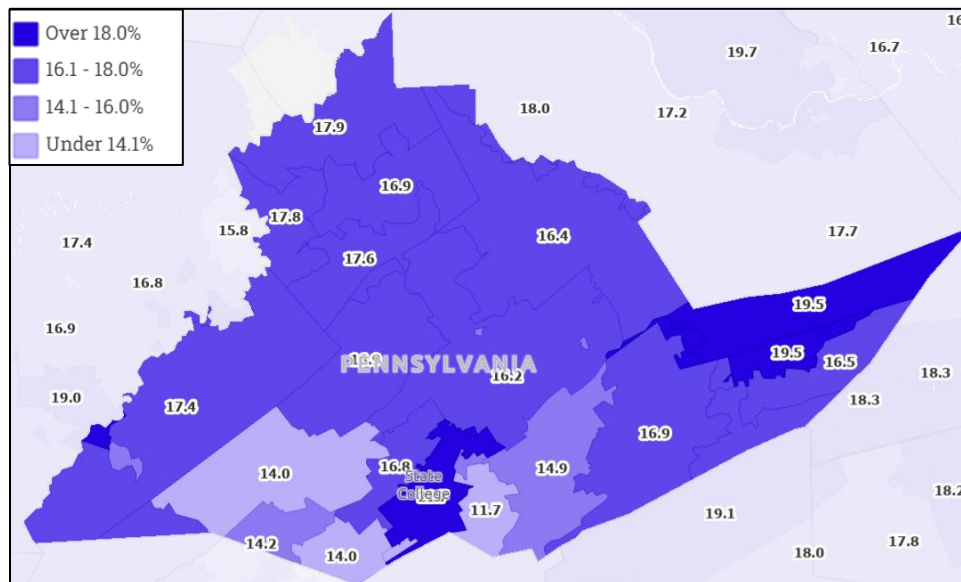
Behavioral Health and Substance Use Disorder

Experiences of mental distress have increased statewide and nationally, and at a faster rate among Centre County residents. In 2022, nearly 18% of Centre County adults self-reported having chronic poor mental health (14 or more days in past month) and nearly 25% reported having a diagnosed depression disorder, higher proportions than state and national averages. Zip code-level analysis shows that experiences of mental distress are prevalent across the county, and more prevalent in communities placed at risk for social vulnerabilities, like Philipsburg; the Penns Valley Region; and around State College, likely reflect in part the university student population.



Source: Centers for Disease Control and Prevention

2022 Adults with Chronic Poor Mental Health by Zip Code



While the rise in self-reported mental health concerns may be due in part to community awareness and efforts to destigmatize mental health issues, community providers acknowledged an increase in mental health crises and serious mental illness. Providers attributed the rise in adult mental health concerns to COVID-19 stressors (e.g., isolation, job loss) and financial stress due to rising cost of living.

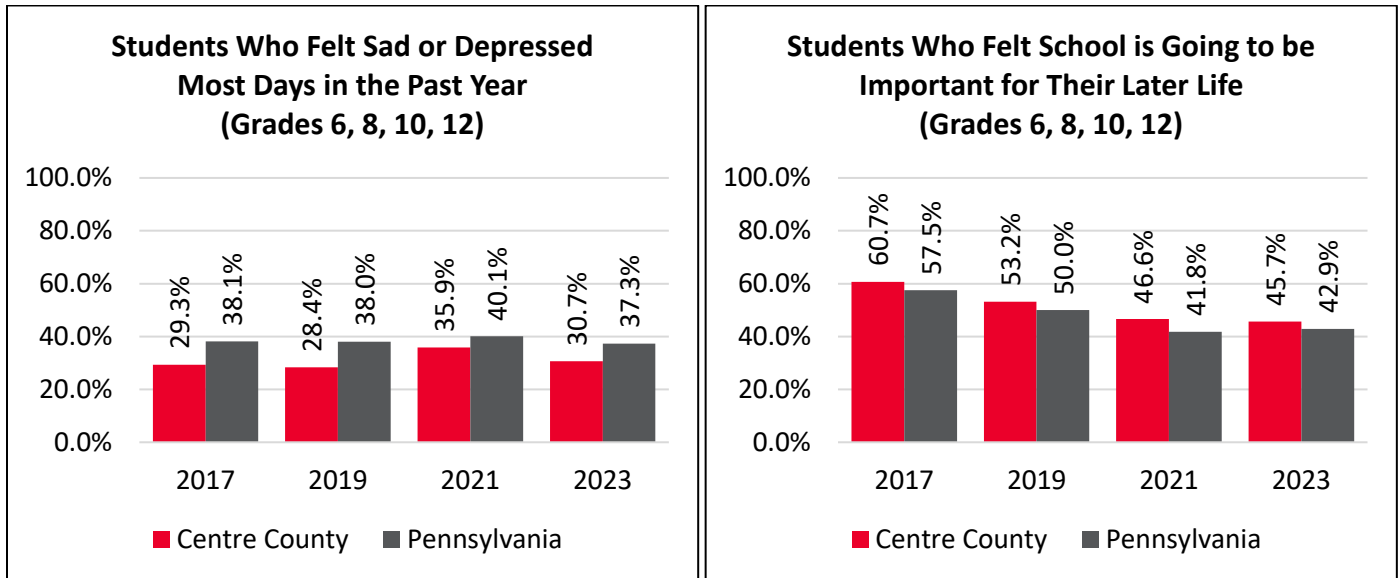
“As the provider of hotline services, we are seeing a 4-fold increase in our call volume related to crisis and serious mental health episodes, imminent risk and thoughts of suicide. All of the above other boxes checked are related to the mental health calls we are getting. People are stressed across the board.”

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. These experiences have put more pressure on schools to respond to youth behavioral health needs, often without adequate resources and contributing to staff burnout and stress.

“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.”

Mount Nittany Health primary source reporting indicates that over 1,700 patients present to the MNMC Emergency Department annually for behavioral health care related issues, and almost 90% of patients are adults. Of these patients, over 700 annually require inpatient care. Due to current MNH bed configuration or patient diagnosis or care requirements stipulating a private room, inpatient bed capacity has become an issue. Approximately 50% of patients have to be transferred to other facilities across the state. These inpatient capacity issues are consistent with the experiences of neighboring counties as well. Population-based and proprietary forecasts project that inpatient behavioral health discharges “will increase more than any other health care service line” between 2023 and 2033 – overall 8% – potentially compounding future access issues. *Source: Sg2 Behavioral Health Service Line Outlook 2023 report.*

Youth were perceived by community stakeholders as one of the most at-risk populations for mental health concerns, with other contributing factors including COVID-19 impacts (e.g., isolation, developmental delays) and social media exposure. The proportion of students reporting poor mental health peaked in 2021 at 36%. Youth engagement in school also suffered significantly in recent years. In 2023, less than half (47.4%) of students reported that they enjoy being in school, and the proportion of students who felt school is going to be important for their later life reached a new low of 45.7%.

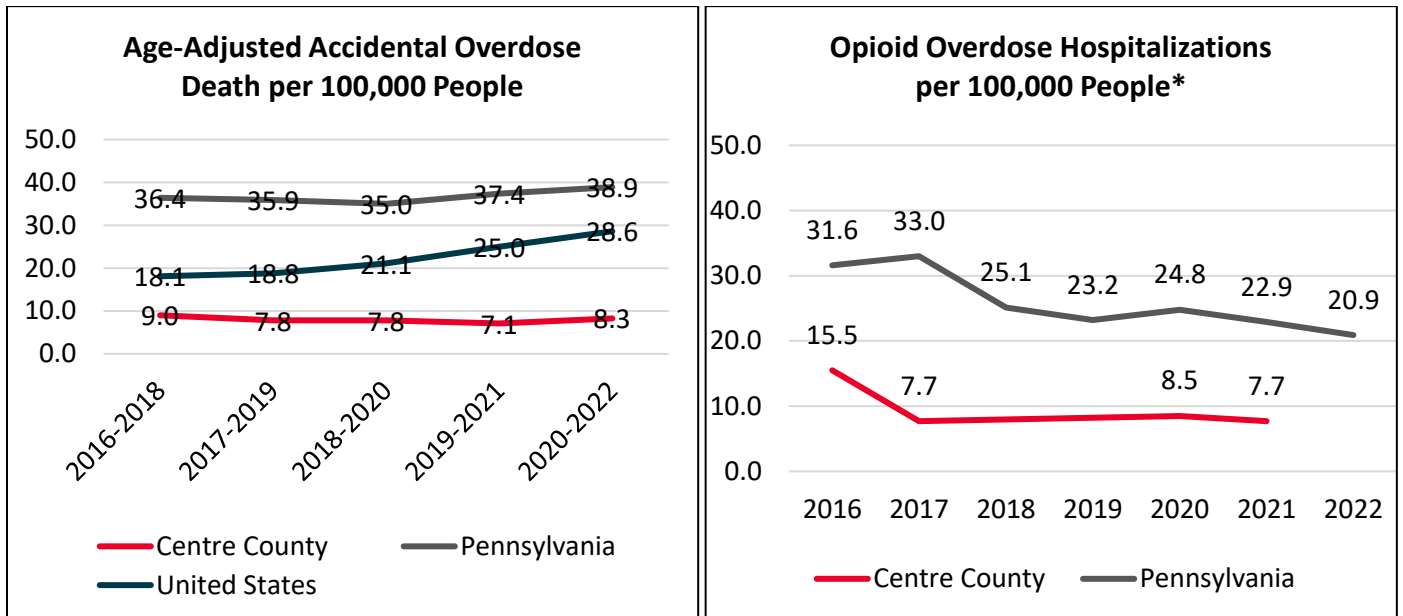


Source: Pennsylvania Commission on Crime and Delinquency

Community stakeholders perceived that social media and screen use dependency have exacerbated behavioral health concerns, particularly for youth. A heavier reliance on virtual versus in-person interactions has negatively affected community cohesion or feelings of belonging or connectedness. Social media was seen as distracting from schoolwork and extracurricular activities, contributing to unrealistic body image expectations, and increasing exposure to cyberbullying.

“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!”

Substance use disorder was seen by community stakeholders as on the rise for both adults and youth as a coping mechanism for mental health and financial concerns. Stakeholders felt that public health statistics may underreport substance use because residents don't recognize they have a problem. Most recent data for 2021 indicate that nearly 1 in 5 (18.8%) of Centre County adults participate in excessive drinking, including heavy and binge drinking. The proportion is similar to the state (19.1%) and nation (18%) overall and declined slightly from previous years. Centre County has historically seen fewer accidental overdose deaths and hospitalizations than the state and nation.



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

*Data for Centre County shown as available.

Availability of mental health providers has grown in Centre County but remains below state and national averages. In 2023, Centre County had a rate of 243.6 mental health providers for every 100,000 residents; state and national rates were 269.6 and 312.5, respectively. Mental health providers include those specializing in psychiatry, psychology, mental health, addiction or substance use disorders, or counselling.

Community stakeholders identified a range of mental healthcare service gaps, largely for youth, and spanning inpatient, outpatient, and community-based services. Adult gaps in services included outpatient psychiatry, neurologists/geriatric psychologists for cognitive assessment, residential inpatient centers, and medication management.

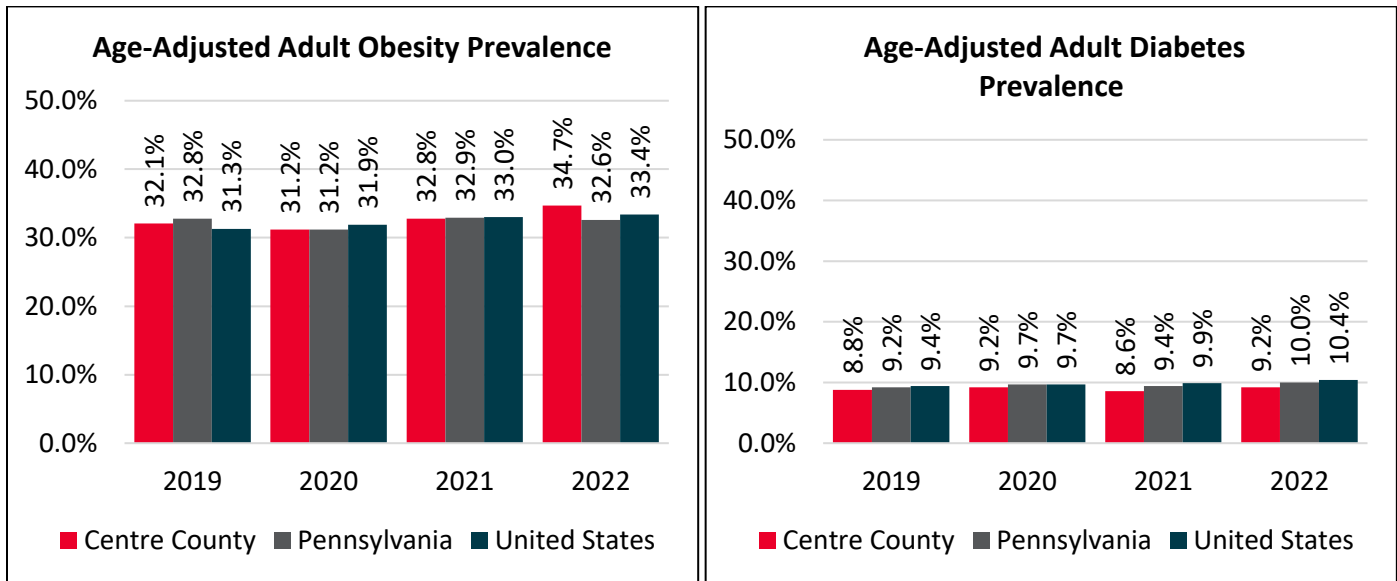
Identified Gaps in Youth Mental Health Services	
Clinical	Community
<ul style="list-style-type: none"> Intensive behavioral health services Inpatient and outpatient psychiatry Counseling Crisis services Family-based mental health Partial hospitalization Trauma therapists 	<p><u>Services and Programs to address:</u></p> <ul style="list-style-type: none"> Coping and resiliency skill-building Future orientation/workforce pipeline Safe spaces and recreation outlets Substance prevention Parenting support and education <p><u>School-based support:</u></p> <ul style="list-style-type: none"> Transitional support between healthcare, school, and home Staff training to identify and respond to BH needs

Community Recommendations to Improve Behavioral Health and Substance Use Disorder

Healthcare Access	<ul style="list-style-type: none"> Increase providers, specialists, counselors Explore peer recovery coaches with community partners Partner with community-based organizations and employers to develop community-based programs outside of clinical setting Public awareness of SUD, DUI; host support groups
Youth Health and Well-Being	<ul style="list-style-type: none"> Partner with schools to provide in-school behavioral health supports, education, and programs Increase activities, engagement; promote career exploration in health and social services Increase LGBTQ+ supports in school, community, healthcare settings

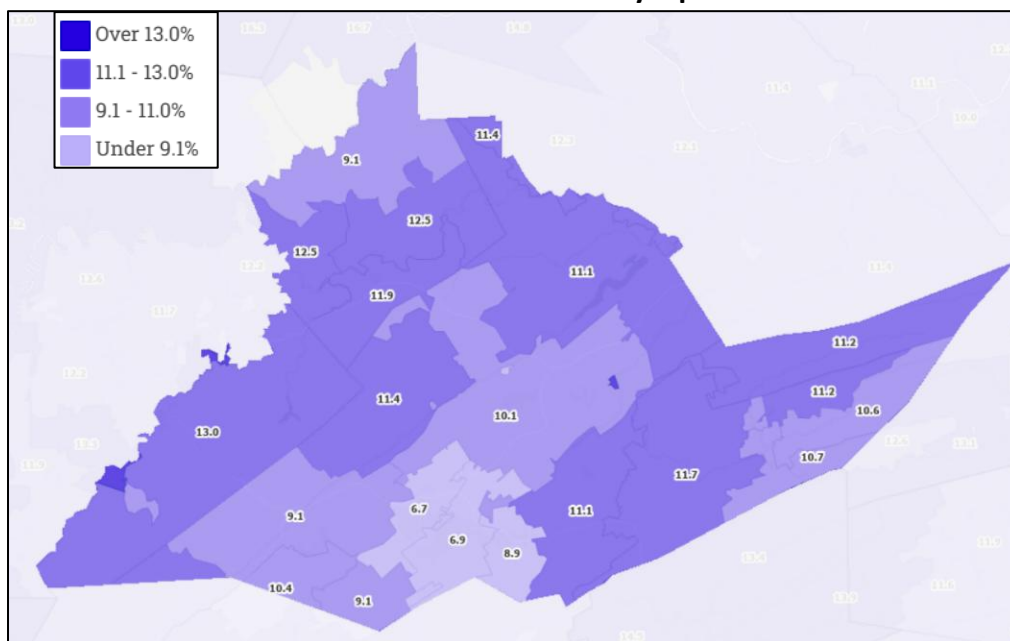
Chronic Disease Prevention and Management

Centre County residents overall benefit from better health outcomes than their peers statewide and nationally but chronic conditions continue to be the leading causes of morbidity and mortality. Approximately 1 in 10 adults have diabetes and more than 1 in 3 adults have obesity, with higher reported prevalence in more rural areas of the county. More than one-quarter of adults have high blood pressure and/or high cholesterol. While death rates due to heart disease and cancer are lower than state and national averages, they are top causes of death for residents.



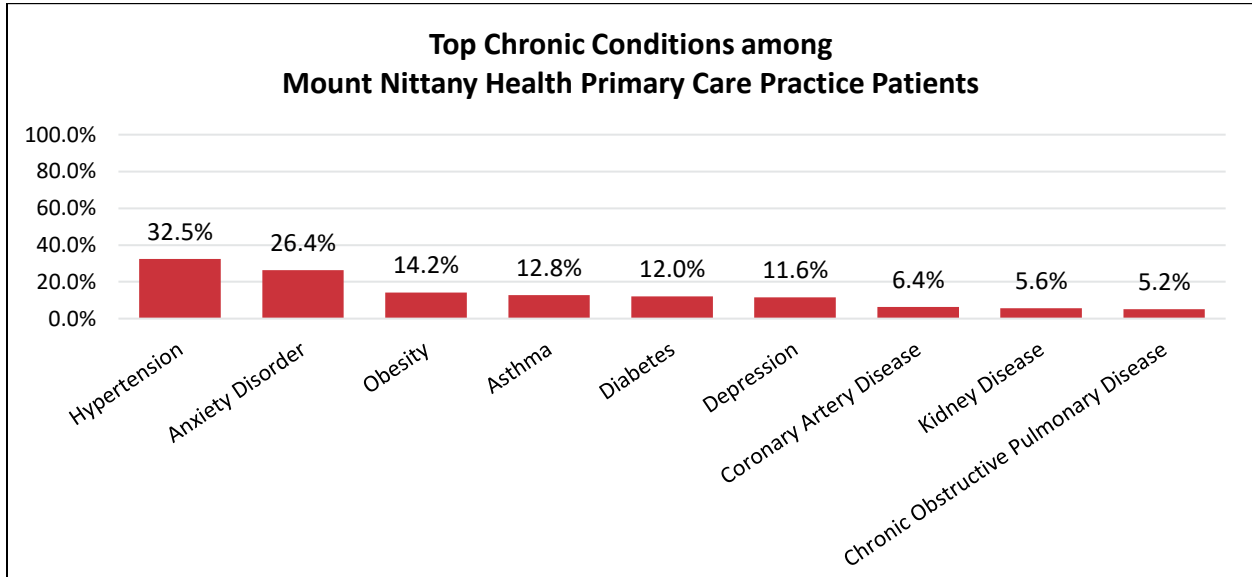
Source: Centers for Disease Control and Prevention

2022 Adults with Diabetes by Zip Code

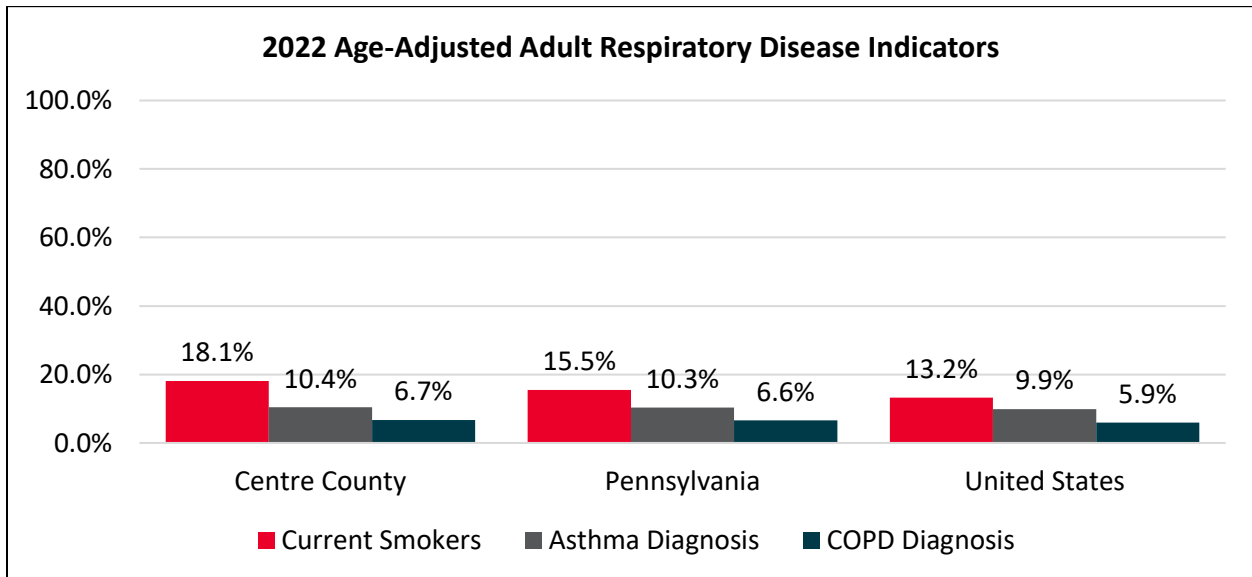


Source: Centers for Disease Control and Prevention

Among Mount Nittany Health primary care practice patients in November 2024, 59.1% of patients had at least one chronic condition and nearly 1 in 5 (19.2%) had multiple chronic conditions (comorbidities). Consistent with community health statistics findings, the most prevalent conditions among patients were hypertension, anxiety disorder, obesity, asthma, and diabetes.

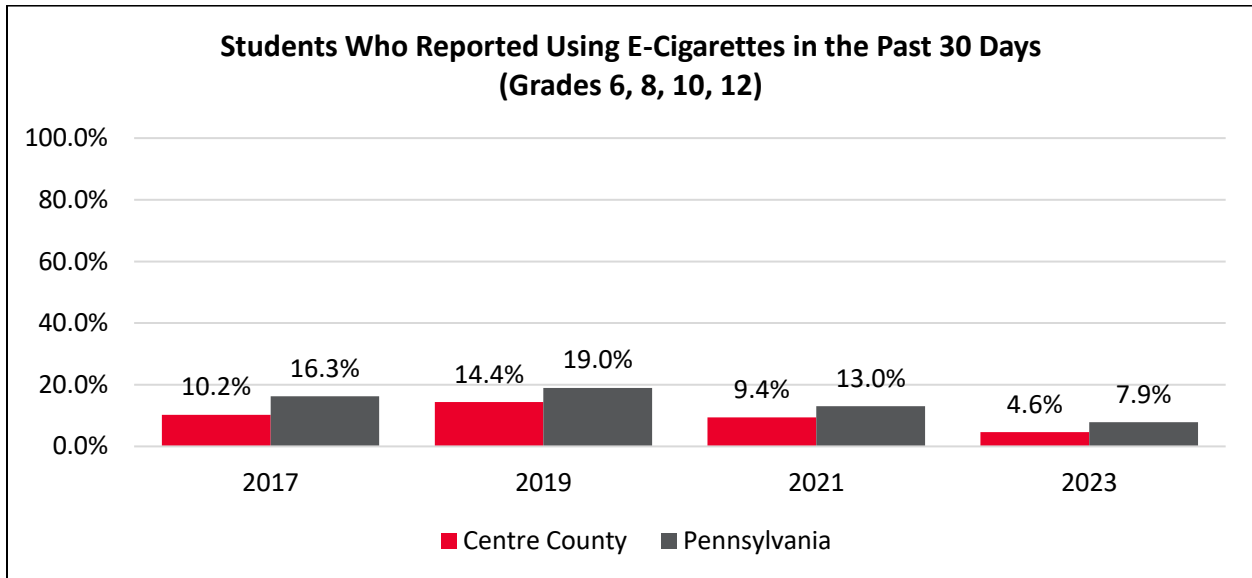


A primary risk factor for chronic disease that should continue to be assessed and monitored for Centre County residents is reported tobacco use. Traditional cigarette use (not including e-cigarettes, cigars, etc.) declined statewide and nationally over the last decade. Reported use by Centre County has been more variable year-to-year and generally higher than state 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.



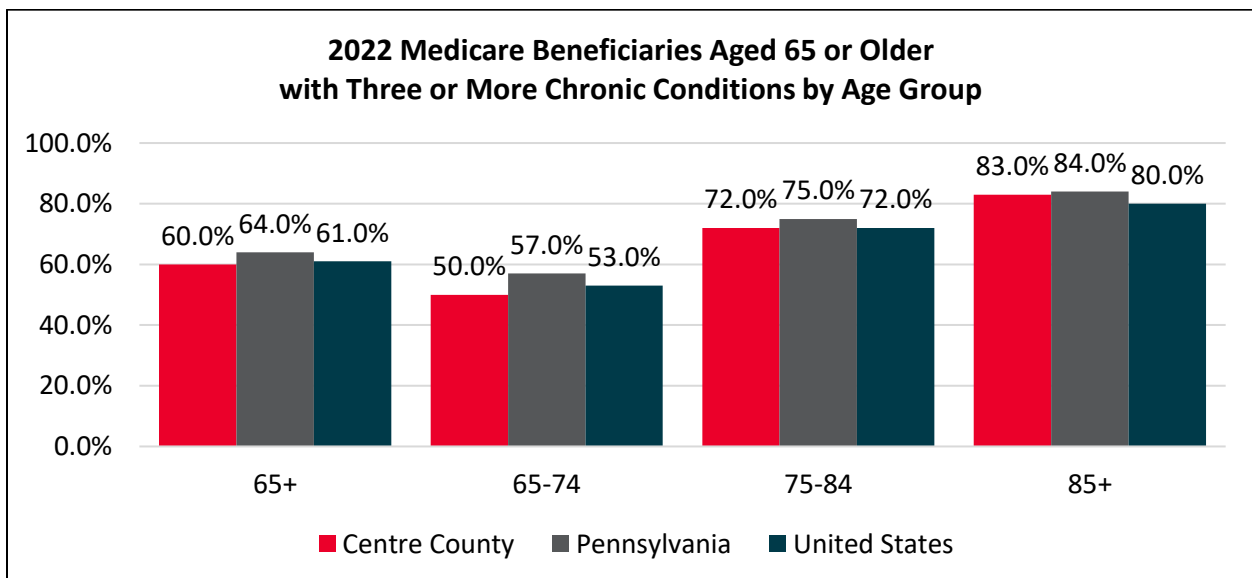
Source: Centers for Disease Control and Prevention

The rise in e-cigarette use has contributed to overall tobacco use among both youth and adults. Youth e-cigarette use peaked in 2019 with nearly 15% of Centre County students reporting recent use. While e-cigarette use declined during pandemic years, it should continue to be monitored.



Source: Pennsylvania Commission on Crime and Delinquency

Centre County’s population is rapidly aging. The number of adult residents aged 65 or older grew 43.5% from 2010 to 2022. Older adults are more vulnerable to chronic disease, as well as factors that impede disease management, including economic insecurity, social isolation, and access barriers (transportation, digital literacy). In 2022, 60% of Centre County Medicare beneficiaries aged 65 or older managed three or more chronic conditions, most commonly high cholesterol, high blood pressure, rheumatoid arthritis, and diabetes.



Source: Centers for Medicare and Medicaid Services

As older adults age, they are at risk of isolation due to physical limitations and decreasing social circles. One indicator of isolation is the percentage of older adults who live alone, which has increased statewide and nationally. As of 2018-2022, 11% of Centre County older adults lived alone compared to 13.3% statewide and 11.5% nationally. The percentage of Centre County older adults living alone increased annually from 2015-2019 (9.9%).

Community 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 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.”

“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.”

Community Recommendations to Improve Chronic Disease Prevention and Management

Preventive Care	<ul style="list-style-type: none"> • Community-based preventive healthcare and education (e.g., diet, exercise, financial literacy, screenings) • Healthcare and human service partnerships to address SDoH • Enhanced care navigation and warm handoff referral processes • Diabetes care and prevention
Older Adult Health and Well-Being	<ul style="list-style-type: none"> • Home-based visits and support to identify and address social needs • Transitional care unit for medically complex patients transitioning from hospital to home • Home health (medically focused) and home care (daily living) • Digital literacy and technology assistance (e.g., telehealth)

Community Health Priorities

To improve community health, it is imperative to prioritize resources and activities toward the most pressing and cross-cutting health needs. In determining health priorities on which to focus its efforts over the next three-year cycle, MNH leadership reviewed findings from the CHNA and sought to align with its health improvement programs and population health management strategies.

Mount Nittany Health leadership applied the following rationale and criteria to define priorities:

- Prevalence of disease and number of community members affected.
- Health disparities and inequities affecting community members.
- Existing programs, resources, and expertise to address the issue.
- Input from community partners and representatives.
- Alignment with concurrent public health and social service organization initiatives.

Based on the CHNA findings, MNH will focus on the following priority areas:



When identifying priority areas, MNH built on past CHNA findings to define focus areas and cross-cutting strategies that address the community's evolving needs. Substance use disorder was also highlighted as a concern in the CHNA research. While MNH does not identify substance use disorder independently, it will consider the needs of people with substance use disorder as part of its behavioral health strategy. The health system will also collaborate with and support community organizations focused on this issue.

Our Response to The Community's Needs

In 2022, MNH conducted a similar CHNA and developed a supporting three-year CHIP. Based on the CHNA findings, MNH leadership identified three priority areas for Centre County:

- Behavioral health
- Chronic disease
- Addressing rural disparities and social determinants of health

Mount Nittany Health invested in internal population health management strategies and partnered with diverse community agencies across Centre County to fund programs and initiatives aimed at addressing the identified priority areas. The system measured contributions and community impact from these investments, as outlined in the following sections.

Behavioral Health

Community Sponsorships and Partnerships

Grant awards and sponsorships were awarded/directed to community partners whose programs and efforts focused on the following key programmatic objectives:

- Increase community awareness of behavioral health prevention and intervention strategies
- Promote resilience-focused initiatives to combat adverse childhood experiences

Jana Marie Foundation

- ▶ Jana Marie Foundation Annual Dinner, J.A.M Sessions, Philosophy of Hope
- ▶ Mental Health First Aid for 10th grade students at Rural Penns Valley, Huntingdon, Bellefonte and State College school districts; grant funding supported over 540 students
- ▶ Friendship Groups programming at Philipsburg Osceola and Mount Nittany Middle School for at-risk youth, with a focus on helping to identify mental health signs in friends
- ▶ QPR Suicide Prevention Training for Gatekeepers provided to teachers and throughout the community, both in-person and virtually

State College YMCA

- ▶ Stewards of Children Light to Darkness Gatekeeper Training; the training program teaches adults how to prevent, recognize, and react responsibly to child sexual abuse

TIDES

- ▶ Night at the Barn event
- ▶ School-based grief programming support to include grief-specific guidance and education to school counselors, faculty, and staff; facilitated grief peer support groups; grief toolboxes including coping tools and books for counselors and teachers; crisis support following a death; Bags of Hope for children to take home, including age-appropriate and grief-specific information, as well as coping and comfort items

Youth Service Bureau Big Brothers Big Sisters (BBBS)

- ▶ Evidence-based services for children facing adversity; A Big Brothers Big Sisters of America study found that after 18 months, compared to children who are not part of BBBS, mentees were: 46% less likely to begin using illegal drugs; 27% less likely to begin using alcohol; 52% less likely to skip school; 37% less likely to skip a class; 33% less likely to hit someone

Other Sponsorships

- ▶ Adam Zook Run; Centre Volunteers in Medicine behavioral health programming; Chefs on Stage event to support Centre Safe and Strawberry Fields; State College Area School District – Mental Health Matters Fund; Team Ream

Population Health Management Investments

Objective:	Improve access and care coordination for behavioral health services.
Initiative:	ED Psychiatric Case Management
Impact:	<p>Services were created in 2017 to enhance service delivery and better support people with behavioral health conditions outside the hospital setting.</p> <ul style="list-style-type: none"> • Coverage expanded to include a team of eight full-time employees providing care 365/24/7 (initial coverage of seven days a week, 12-8pm) • Serve approximately 1,800 ED patients annually – over 5,400 between 2022 and 2025; 80% of patient complete a comprehensive mental health assessment • Includes Case Manager services, alongside the ED physician, to coordinate follow-up care and services in partnership with family and friends, as needed • Assistance to access inpatient/outpatient care, as needed, to include statewide bed search if a MNH inpatient bed is unavailable and comprehensive outpatient safety plan developed with patient input and including referrals to providers • Partnership with community agencies and partners such as Strawberry Fields and Center County Mental Health & Intellectual Disabilities for outpatient Blended Case Management services, Centre County Crisis, Sam Inc for delegate service for involuntary commitments, Centre County Youth Service Bureau, Centre County Youth Center, and Centre County Probation

Objective:	Enhance early identification and intervention for youth behavioral health issues.
Initiative:	Pediatric Psychology
Impact:	<p>Dr. Shannon Manley, pediatric psychologist, was hired in July 2022 bringing a “new area of expertise to Mount Nittany Health’s pediatric practice, focusing on children and adolescents with a variety of emotional and behavioral symptoms.” StateCollege.com - July 2022.</p> <ul style="list-style-type: none"> • Focus on evidence-based practices that align with MNH’s CHNA initiatives • Offerings include therapy, testing and crisis evaluation. Some concerns that can be addressed include anxiety, depression, disruptive behavior, posttraumatic stress, identity issues and self-harm • Provided over 3,200 therapy evaluations, individual and family therapy sessions, and testing services since hiring date

Objective:	Support community efforts to reduce barriers to care for vulnerable populations.
Initiative:	Children’s Advocacy Center (CAC)
Impact:	<p>Mount Nittany Health Children’s Advocacy Center of Centre County’s mission is to meet the needs of the children and families in our community by providing a community-based, child-focused center that facilitates a compassionate, multi-disciplinary approach to the prevention, identification, intervention, and treatment of child abuse.</p> <ul style="list-style-type: none"> • Coordinated all child abuse cases in the central Pennsylvania region, including 800 cases during the last three years, with team members from County Children & Youth Services, local and state Law Enforcement agencies, and the County District Attorney’s offices, as well as many other disciplines • Recruited and added a Centre County community Mental Health agency to partner as a member of the Multidisciplinary Investigative Team and to accept referrals for children seen at the CAC who require trauma-focused therapy intervention • Added a Family Advocate/Forensic Interviewer who comes from a Case Management approach to ensure all children and families are receiving advocacy services at all stages of the investigation and have support available to get through the entire process by collaborating with community and prosecution advocates • CAC Executive Director was a Pennsylvania Family Support Alliance Blue Ribbon Champion recipient for going above and beyond to keep kids safe in PA in 2024 • Successfully reaccredited by the National Children’s Alliance in 2024.

Chronic Disease

Community Sponsorships and Partnerships

Grant awards and sponsorships were awarded/directed to community partners whose programs and efforts focused on preventive care and specific chronic diseases that aligned with CHNA findings.

Clear Water Conservancy Centred Outdoors

- ▶ Partnership with the Department of Conservation and Natural Resources and the Hamer Foundation to bring guided hikes to the Centre Region and promote health and wellness activity
- ▶ Programming is available in rural areas and offered at over 30 different destinations
- ▶ Newsletter subscribers receive health tips and articles on chronic disease prevention – over 1,600 subscribers within MNH primary service area
- ▶ Recent new offerings include youth wellness programming and transportation services

YMCA of Centre County Healthy Habits Program

- ▶ Eight-week comprehensive program to promote healthy lifestyles, prevent cardio-metabolic disease and complications, and improve participants’ physical and mental health and well-being
- ▶ Accessible nutrition education, cooking skills, fitness activity, and goal setting strategies to empower participants to adopt healthy habits that they can sustain long-term
- ▶ Participants have access to novel mobile technology, The Pursuit app, to support class learning
- ▶ Served approximately 60 individuals; expanded to rural YMCAs to include Penns Valley

Other Sponsorships

- ▶ Art Fest 5k; Pink Zone; American Cancer Society Race Day; First Night State College 5k; Bob Perks Foundation; Penns Valley Triathlon; 4th Fest 5k; Philipsburg Heart for Hoops; Think Big Pediatric Trivia Night

Population Health Management Investments

Objective:	Enhance population health capabilities.
Initiative:	Robust Population Health Monitoring Systems
Impact:	<p>Under the collaborative direction of the Director of Population Health and Case Management, and the Director of Outpatient Operations & Operational Innovation, Mount Nittany Health has developed a robust population health monitoring system.</p> <ul style="list-style-type: none"> • Key metrics including acute length of stay (ALOS), all cause readmissions, seven-day follow-up, diabetes (kidney health), diabetes (a1C<8%), colorectal screening rates, breast cancer screening rates, and high blood pressure are routinely monitored, evaluated and targets revised • New manager position was created and filled – Manager, Population Health & Clinical Operations – to support the on-going monitoring of population health efforts and clinical operations and innovations

Objective:	Improve primary care and specialty care access.
Initiative:	Provider Recruitment & Service Expansion
Impact:	<ul style="list-style-type: none"> • Recruited seven net new primary care physicians and five net new specialty care physicians between July 2022 and February 2025; specialty physicians include Allergy & Immunology, Endocrinology, Neurology, and Orthopedics & Sports Medicine • Opened ExpressCARE on May 13, 2024 to the State College community and served over 11,500 patient care visits since opening; the Hills Plaza location is open seven days a week from 8:00 am – 5:30 pm and provides care for all types of minor health issues and offers driver’s license and sports physical services (no advance appointments are necessary)

Objective:	Improve rural community access to preventive and chronic disease services.
Initiative:	Diabetes Care
Impact:	<p>Starting in July 2021, an umbrella program to support diabetes care for all patients with diabetes in the MNPG primary care practices was piloted in the Mifflin County primary care office. Due to the success of the program, between May 2022 and February 2024, it was rolled out to all primary care sites including in State College, Bellefonte, Philipsburg and Penns Valley. The program is available to pediatric patients within MNH pediatric locations.</p> <ul style="list-style-type: none"> • Dedicated 5.0 FTE staffs the program and provides continuous glucose monitor setup, medication authorization, diabetic eye exam referrals, and glucose control outreach – as well as assuring ongoing monitoring of diabetes outcome measures • Focused outreach, assessments, medication adjustments, and education for patients with poor diabetes control

	<ul style="list-style-type: none"> Overall, participants in this program improve their A1c scores (glucose control) on average ~ 1.2% over 12 months
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Objective:	Enhance care coordination for individuals with a chronic condition diagnosis.
Initiative:	Ambulatory Case Management Services
Impact:	<p>Beginning in FY2023, ambulatory case management services have been rolled out to all seven MNPG primary care offices and Endocrinology. A dedicated 3.6 FTE complement staffs this program. The collective focus of these services is to provide assistance and support for SDoH needs; for example, ensuring access to affordable new medications, transportation resources, Farmer’s market food vouchers, etc.</p> <ul style="list-style-type: none"> Served over 2,200 patients between calendars years 2023 and 2025 Case management team generates a monthly newsletter targeted to all primary care practice providers providing education and resources for the patients served

Objective:	Enhance care coordination for individuals with a chronic condition diagnosis.
Initiative:	Palliative Medicine Program
Impact:	<p>Patients with serious chronic illness benefit from palliative medicine care. Mount Nittany Health has expanded their program during the last three years.</p> <ul style="list-style-type: none"> Full-time Clinical Director of Palliative Medicine recruited to provide strategic oversight, clinical guidance, and integration of services across inpatient, outpatient, and community-based care Full-time palliative care provider (NP) hired to enhance clinical capacity, support timely consultations, and ensure continuity of care in the inpatient setting Comprehensive outreach and education efforts to support both healthcare providers and the broader community in understanding and accessing care: <ul style="list-style-type: none"> Annual Palliative Medicine Symposium: Best practices, symptom management, communication skills, interdisciplinary collaboration Community Outreach and Education: Topics include advance care planning, navigating serious illness, caregiver support, and resources available through MNH; sessions are designed to empower patients, families, and caregivers Partnership with Penn State Osher Lifelong Learning Institute (OLLI): Educational programming tailored to older adults; these interactive sessions focus on aging, health decision-making, and the role of palliative care in supporting quality of life

Addressing Rural Disparities and Social Determinants of Health

Community Sponsorships and Partnerships

Grant awards and sponsorships were awarded/directed to community partners whose programs and efforts focused on the following key programmatic objectives:

- Support community efforts that directly address social determinants of health
- Serve vulnerable populations within the community

Mid-State Literacy Council

- ▶ Provided literacy classes and direct support relating to healthcare literacy skills - specifically to learn how to read and better understand pre- and post-surgical instructions to avoid post-operative issues, understand medical provider directives for ongoing chronic disease care, and how to navigate online platforms such as mymountnittany.org.
- ▶ Served 260 low literacy adults
- ▶ Locations of Literacy for Life sessions: Bellefonte, Centre Hall, Philipsburg, State College, Howard, Spring Mills and Snow Shoe; to date 15 locations throughout local communities provide easy access for rural community members

Out of the Cold

- ▶ Low-barrier shelter offering a safe, transitional place for residents in the community to stay
- ▶ Out of the Cold works with several faith-based entities and community partner agencies to provide services for those in need of shelter

Other Sponsorships

- ▶ Broad Top Medical Golf Tournament, Community Diversity, Equity and Inclusion Group conference attendance, Housing Transitions Boots, Barn & Band event, Interfaith Human Services Auction Event, Night to Shine Prom, Penn State University Martin Luther King Jr. Banquet Event, Philipsburg Osceola Kiwanis Children’s Benefit, Special Olympics 5K/walk, State College YMCA Polar Bear Plunge, United Way Taste of Town, WPSU DEI event

Population Health Management Investments

Objective:	Increase rural access through continued growth of MNH primary and specialty care locations and increase MNH presence and engagement in rural communities.
Initiative:	Provider Recruitment & Service Expansion
Impact:	<ul style="list-style-type: none"> • Mount Nittany Health Philipsburg Primary Care added 1.5 net new physicians and the diabetes care management program was extended to this practice • The following specialty services routinely rotate through the practice to ensure more convenient access: Cardiology, General Surgery and Nephrology

Objective:	Support community efforts to reduce barriers to care for vulnerable populations.
Initiative:	Centre Volunteers in Medicine (CVIM)
Impact:	<p>Mount Nittany Health is proud to be CVIM’s lead healthcare partner. CVIM is the only free clinic in Center County. CVIM provides healthcare services to patients who live or work in Centre County and meet eligibility requirements – a household income below 250% of the federal poverty guidelines or \$38,000 for an individual and up to \$78,000 for a family of four. Individuals have no other insurance for the care they seek. Services CVIM provides includes medical care, dental care, behavioral health care, case management, lab, and a medication program.</p> <ul style="list-style-type: none"> • As a partner, MNH provides support for CVIM’s operations to meet the needs of those in our community that are under or uninsured; support includes direct financial support for CVIM operations, in-kind services, and back-office support for IT • MNH funding assists in supporting CVIM with at cost pharmaceuticals, procedures, physical services and other medical needs

Objective:	Support community efforts to reduce barriers to care for vulnerable populations.
Initiative:	Training and Process Review
Impact:	<p>Mount Nittany Health is committed to the provision of care to all patients and strives to reduce and remove barriers to care as appropriate. Mount Nittany Health works to ensure that vulnerable populations, including children of abuse; people with mental health issues; veterans; LGBTQ+ clients; populations of varying ethnic, race and cultural diversity; and the aging receive access to the highest level of care and compassion.</p> <ul style="list-style-type: none"> • Internal planning and review efforts in April 2022 with the goal of ensuring that all staff, patients, volunteers and visitors are treated with respect and dignity; in FY2024 a formal committee was created with the following objectives: <ul style="list-style-type: none"> ○ Foster a culture of belonging among employees, patients and visitors ○ Build greater outreach to diverse employees and patients ○ Define mechanisms for fostering equitable practices ○ Identify development opportunities for staff ○ Help prepare our organization for continued changing workforce and community demographics • Implemented the use of Exploring Everyday Bias training in July 2022 to all existing employees and as standard component of orientation <ul style="list-style-type: none"> ○ FY 23 - 1,337 employees participated ○ FY 24 - 1,204 employees participated ○ FY 25 YTD – 250 employees participated • Implemented the use of Disrupting Everyday Bias training in 2023; trained 193 leaders • Other efforts include committee member education/conference participation, CEO messaging, external communication, local consultant work efforts resulting in internal learning events and community events and sponsorship

Next Steps and Board Approval

Thank you to our community partners that provided guidance, expertise, and ongoing collaboration to inform the 2025 CHNA and foster collective impact in improving the health and well-being of Centre County residents.

The 2025 CHNA report and identified priority health needs were presented to the MNH Board of Directors and approved in June 2025. Following the Board's approval, the CHNA report was made widely available to the public via MNH's website at mountnittany.org/community-engagement.

A full summary of secondary data findings for Centre County is also provided on the website and available to our community partners to serve as a resource for grant making, advocacy, and to support their many programs and services.

Following the completion of the 2025 CHNA, MNH developed a supporting three-year CHIP outlining its strategies for addressing identified priority health needs. The 2025-2028 CHIP will be reviewed and approved by the Board of Directors and made available to the public via the website.

We value your input on our CHNA and CHIP. To contact us, please visit our website or email us at Mount Nittany Health Communications at Communications@mountnittany.org.

Appendix A: Secondary Data References

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Appendix B: Key Stakeholder Survey Participants

The following is a list of 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	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
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

Organization	Title/Role
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
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
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Penns Valley Area School District	Teacher
Penns Valley Area School District	Teacher
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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	Principal
Penns Valley Area School District	School Nurse
Penns Valley Area School District	School Social Worker

Organization	Title/Role
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
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