

Reading Hospital Appendices



2019 Community Health Needs Assessment

APPENDIX A: POPULATION TELEPHONE SURVEY HEALTH DISPARITIES BY AGE, POVERTY LEVEL, RACE, GENDER AND EDUCATION LEVEL

The population telephone survey data can identify the presence of health disparities, i.e., gaps in access, conditions, or behaviors that are larger for some demographic groups than for others. The following tables display the relationships that exist between each survey indicator and a set of demographic and regional data. The color-coding identifies whether there is a significant relationship between each indicator and each demographic subgroup and how strong those differences are; the darkest coloring indicates the strongest associations.

ACCESS TO CARE HEALTH DISPARITIES

	Demographic Groups				
	Age	Poverty	Race	Gender	Education
Access to Care					
Overall, personal health rating					
Have health insurance					
Location where people go for health care/advice about health					
Routine place for health care/advice about health					
Length of time since last routine check-up					
Dental insurance/coverage					
Could not afford prescription due to cost					
Skipped dose/taken smaller dose to make prescription last longer					
Need help reading health information					
Health information spoken in a way easy to understand					
Confidence in ability to fill out health forms					
Needed medical care but had difficulty finding a doctor					
Difficulty getting an appointment with doctor					
Could not see a doctor due to cost					
Lack of transportation made it difficult or prevented from seeing a doctor					
Not able to see a doctor due to language or cultural barriers					
Difficulty seeing a doctor because office hours were not convenient					
Length of time since visit a dentist/dental clinic					
Gone to Emergency Room, past 12 months					
Difficulty seeing a specialist					
Length of time since eye exam where pupils were dilated					
No significant difference (P. > .05)					
Significant difference (P. < .05), weak/or no correlation (r. -0.29 to 0.0, 0.29 to 0.0)					
Significant difference (P. < .05), moderate correlation (r. -0.49 to -0.3, 0.49 to 0.3)					
Significant difference (P. < .05), strong correlation (r. -1.0 to -0.5, 1.0 to 0.5)					

Source: Professional Research Consultants, Inc. 2018 Population Telephone Survey

CHRONIC DISEASE HEALTH DISPARITIES

	Demographic Groups				
	Age	Poverty	Race	Gender	Education
Chronic Disease					
Medical professional advised to gain or lose weight					
Suffer from or diagnosed with arthritis/rheumatism					
Suffer from or diagnosed with COPD (including bronchitis or emphysema)					
Ever told had cancer					
Suffer from or diagnosed with skin cancer					
Suffer from or diagnosed with osteoporosis					
Suffer from or diagnosed with kidney disease					
Suffer from or diagnosed with sciatica or chronic back pain					
Currently have asthma					
Ever told had a heart attack					
Ever told had heart disease					
Ever told had a stroke					
Considered obese					
Ever told have diabetes					
Ever told have pre-diabetes or borderline diabetes					
Ever told high blood pressure					
Currently taking medication to control high blood pressure					
Ever told have high cholesterol					
Currently taking medication to control high cholesterol					
Length of time since last had blood cholesterol checked					
No significant difference (P. > .05)					
Significant difference (P. < .05), weak/or no correlation (r. -0.29 to 0.0, 0.29 to 0.0)					
Significant difference (P. < .05), moderate correlation (r. -0.49 to -0.3, 0.49 to 0.3)					
Significant difference (P. < .05), strong correlation (r. -1.0 to -0.5, 1.0 to 0.5)					

Source: Professional Research Consultants, Inc. 2018 Population Telephone Survey

PHYSICAL ACTIVITY/NUTRITION, MENTAL HEALTH AND SUBSTANCE USE DISORDER DISPARITIES

	Demographic Groups				
	Age	Poverty	Race	Gender	Education
Physical Activity/Nutrition					
Servings of fruit consumed per day					
Servings of vegetables consumed per day					
Worried food would run out before had money to buy more					
Food purchased did not last and did not have money to buy more					
Difficulty buying fresh fruits and vegetables at a price can afford					
Food security					
Participated in physical activity/exercise in the past month					
Length of time spent doing physical activity/exercise					
Participated in activity/exercise to strengthen muscles, past month					
Mental Health					
Overall, personal mental health rating					
Depressed or sad, two or more years					
Amount of stress in one's life					
Ever told have depression					
Ever thought of taking own life					
Taking medication or receiving treatment for mental health					
Ever sought help for mental health services					
Substance Use Disorder					
Number of days had at least one drink					
Average number of drinks per day					
Used illegal drug or taken prescription drug not prescribed to you, past 30 days					
No significant difference (P. > .05)					
Significant difference (P. < .05), weak/or no correlation (r. -0.29 to 0.0, 0.29 to 0.0)					
Significant difference (P. < .05), moderate correlation (r. -0.49 to -0.3, 0.49 to 0.3)					
Significant difference (P. < .05), strong correlation (r. -1.0 to -0.5, 1.0 to 0.5)					

Source: Professional Research Consultants, Inc. 2018 Population Telephone Survey

APPENDIX B: 2019 CHNA SECONDARY DATA SUMMARIES BY COUNTY

PA DEPARTMENT OF HEALTH BEHAVIORAL RISK FACTORS SURVEILLANCE SURVEY

PA BEHAVIORAL RISK FACTORS SURVEILLANCE SURVEY	BERKS, SCHUYLKILL					TREND	PA	US	HP 2020	PA	US	HP 2020
	2011-2013	2012-2014	2013-2015	2014-2016	2015-2017	+/-/=	2015-2017	2016	Goal	Comp	Comp	Comp
ACCESS												
Reported Health Poor or Fair	16.0%	18.0%	17.0%	18.0%	19.0%	+	17.0%	16.7%		+	+	
Physical Health Not Good for 1+ Days in the Past Month	38.0%	37.0%	35.0%	37.0%	39.0%	+	39.0%			=		
Poor Physical or Mental Health Preventing Usual Activities in the Past Month	21.0%	21.0%	20.0%	23.0%	26.0%	+	24.0%			+		
No Health Insurance (ages 18-64)	16.0%	15.0%	14.0%	13.0%	10.0%	-	9.0%	11.9%	0%	+	-	+
No Personal Health Care Provider	13.0%	13.0%	16.0%	14.0%	15.0%	+	14.0%	21.8%	16.1%	+	-	-
Routine Check-up Within the Past 2 Years	77.0%	80.0%	81.0%	83.0%	78.0%	+	85.0%	83.6%		+	-	
Needed to See a Doctor But Could Not Due to Cost, Past Year	15.0%	14.0%	14.0%	13.0%	13.0%	-	11.0%	12.1%	4.2%	+	+	+
CHRONIC DISEASE												
Ever Told They Have Heart Disease- Age 35 and older	6.0%	7.0%	8.0%	9.0%	9.0%	+	7.0%	4.1%		+	+	
Ever Told They Had a Heart Attack- Age 35 and Older	6.0%	8.0%	10.0%	10.0%	9.0%	+	7.0%	4.4%		+	+	
Ever Told They Had a Stroke- Age 35 and older	4.0%	4.0%	4.0%	4.0%	5.0%	+	5.0%	3.0%		=	+	
Ever Told They Had a Heart Attack, Heart Disease, or a Stroke-Age 35 and Older	11.0%	13.0%	15.0%	16.0%	16.0%	+	13.0%			+		
Ever Told They Had Kidney Disease, Not Including Kidney Stones, Bladder Infection or Incontinence	2.0%	2.0%	2.0%	2.0%	4.0%	+	3.0%	2.8%		+	+	
Overweight (BMI 25+)	66.0%	65.0%	65.0%	69.0%	74.0%	+	66.0%	65.4%		+	+	
Obese (BMI 30+)	32.0%	33.0%	34.0%	34.0%	34.0%	+	31.0%	30.1%	30.5%	+	+	+
Adults Who Were Ever Told They Have Diabetes	10.0%	11.0%	11.0%	13.0%	14.0%	+	11.0%	10.5%		+	+	

ND = Not Displayed. Age-adjusted rates will not be shown for counts < 20 due to unreliability of such calculations based on small numbers. For similar reasons all other rates, ratios, or percentages will not be shown for counts < 10. If the population is less than 300 then the frequency count and rate will be suppressed.

Note: Unknowns excluded in calculations. A percent that appears in **red** for a region denotes a significantly higher value compared to the state's corresponding percent. A percent in **blue** denotes a significantly lower value

Disclaimer: If you use any of the data provided, please include the following statement in any publication or release: "These data were provided by the Pennsylvania Department of Health. The Department specifically disclaims responsibility for any analyses, interpretations, or conclusions."

US BRFSS data comes from the BRFSS Surveillance System CDC website in the prevalence and trends data tool (search was done for location all states, DC and Territories: https://www.cdc.gov/brfss/data_tools.htm)

PA DEPARTMENT OF HEALTH BEHAVIORAL RISK FACTORS SURVEILLANCE SURVEY

PA BEHAVIORAL RISK FACTORS SURVEILLANCE SURVEY	BERKS, SCHUYLKILL					TREND	PA	US	HP 2020	PA	US	HP 2020
	2011-2013	2012-2014	2013-2015	2014-2016	2015-2017	+/-/=	2015-2017	2016	Goal	Comp	Comp	Comp
HEALTHY ENVIRONMENT												
Adults Who Have Ever Been Told They Have Asthma	14.0%	15.0%	14.0%	14.0%	18.0%	+	15.0%	14.0%		+	+	
Adults Who Currently Have Asthma	11.0%	11.0%	9.0%	10.0%	12.0%	+	10.0%	9.1%		+	+	
INFECTIOUS DISEASE												
Adults Who Had a Pneumonia Vaccine, Age 65 and older	64.0%	66.0%	66.0%	71.0%	71.0%	+	74.0%	73.4%	90.0%	-	-	-
Ever Tested for HIV, Ages 18-64	38.0%	38.0%	35.0%	37.0%	39.0%	+	41.0%			-		
MENTAL HEALTH AND SUBSTANCE ABUSE												
Mental Health Not Good 1+ Days in the Past Month	36.0%	37.0%	33.0%	37.0%	37.0%	+	38.0%			=		
Adults Who Reported Binge Drinking (5 drinks for men, 4 for women)	17.0%	17.0%	16.0%	15.0%	18.0%	+	18.0%	16.9%	24.2%	=	+	-
At Risk for Heavy Drinking (2 drinks for men, 1 for women daily)	7.0%	7.0%	8.0%	8.0%	7.0%	=	6.0%	6.5%		+	+	
Reported Chronic Drinking (2 or more drinks daily for the past 30 days)	7.0%	7.0%	8.0%	8.0%	6.0%	-	6.0%			=		
Adults age 18-44 who Reported Binge Drinking (5 drinks for men, 4 for women)	25.0%	23.0%	24.0%	20.0%	25.0%	=	27.0%			-		
At Risk for Heavy Drinking, ages 18-44 (2 drinks for men, 1 for women daily)	8.0%	9.0%	10.0%	ND	6.0%	-	7.0%			-		
Reported Chronic Drinking, ages 18-44 (2 or more drinks daily for the past 30 days)	7.0%	8.0%	8.0%	8.0%	5.0%	-	6.0%			-		
PHYSICAL ACTIVITY AND NUTRITION												
No Leisure Time/Physical Activity in the Past Month			26.0%	27.0%	28.0%	+	25.0%		32.6%	+		-
No Leisure Time/Physical Activity in the Past Month: Education Level College			10.0%	9.0%	10.0%	=	13.0%			-		
TOBACCO USE												
Adults Who Reported Never Being a Smoker	52.0%	50.0%	51.0%	49.0%	53.0%	+	55.0%	57.2%		-	+	
Adults Who Reported Being a Former Smoker	26.0%	28.0%	26.0%	29.0%	29.0%	+	26.0%	24.9%		+	+	
Adults Who Reported Being a Former Smoker (Female)	21.0%	23.0%	24.0%	27.0%	26.0%	+	23.0%			+		
Adults Who Reported Being A Former Smoker (Male)	32.0%	33.0%	29.0%	32.0%	31.0%	-	30.0%			+		
Adults Currently Using Chewing Tobacco, Snuff, or Snus, Somewhat or Everyday	4.0%	4.0%	4.0%	3.0%	3.0%	-	4.0%	3.9%	0.2%	-	=	+
Adults Who Have Quit Smoking at Least 1 Day in the Past Year (daily)	53.0%	58.0%	29.0%	61.0%	ND	+	51.0%		80.0%			
Adults Who Reported Being a Current Smoker	21.0%	23.0%	23.0%	22.0%	18.0%	-	18.0%	17.0%	12.0%	=	+	+
Adults Who Reported Being An Everyday Smoker	16.0%	16.0%	17.0%	16.0%	14.0%	-	13.0%	12.3%		+	+	

ND = Not Displayed. Age-adjusted rates will not be shown for counts < 20 due to unreliability of such calculations based on small numbers. For similar reasons all other rates, ratios, or percentages will not be shown for counts < 10. If the population is less than 300 then the frequency count and rate will be suppressed.

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PA DEPARTMENT OF HEALTH PUBLIC HEALTH DATA

PUBLIC HEALTH DATA	BERKS						TREND	PA (the last year)	US	HP 2020	PA	US	HP Goal
	2011	2012	2013	2014	2015	2016	+/-/=	Rate	Rate	Goal	Comp	Comp	Comp
CHRONIC DISEASE													
Breast Cancer Rate per 100,000	129.1	129.4	129.2	118.5	122.7		-	131.2	123.9		-	-	
Late Stage Breast Cancer Rate per 100,000	46.4	47.4	38.2	36.0	42.0		-	44.5		42.2	-		=
Breast Cancer Mortality Rate per 100,000	15.7	19.7	22.4	23.4	18.7	17.7	+	21.4	20.5	20.7	-	+	-
Bronchus and Lung Cancer Rate per 100,000	61.1	66.6	67.7	64.5	64.1		+	63.2	50.8		+	+	
Bronchus and Lung Cancer Mortality Rate per 100,000	42.5	41.8	42.3	41.7	41.9	45.5	+	40.9	34.7	45.5	+	+	=
Colorectal Cancer Rate per 100,000	44.7	42.0	35.5	36.5	41.8		-	41.9	33.7	39.9	=	+	+
Colorectal Cancer Mortality Rate per 100,000	15.9	15.8	14.6	14.2	14.4	11.6	-	14.7	11.9	14.5	-	+	-
Ovarian Cancer Rate per 100,000	12.7	9.1	10.7	14.9	7.5		-	11.6	11.0		-	+	
Ovarian Cancer Mortality Rate per 100,000	6.5	6.0	8.7	8.0	3.8	4.9	-	6.8	7.0		-	+	
Prostate Cancer Rate per 100,000	136.3	82.3	113.7	95.8	117.3		-	104.4	95.5		+	=	
Prostate Cancer Mortality Rate per 100,000	18.6	17.9	18.4	14.8	15.5	16.4	-	19.2	19.1	21.8	-	-	-
Heart Disease Mortality Rate per 100,000	164.5	164.0	167.1	166.3	168.4	179.6	+	175.8	218.0		+	-	
Heart Failure Mortality Rate per 100,000	15.8	15.9	15.7	20.9	18.8	25.5	+	23.9	25.4		+	-	
Coronary Heart Disease Mortality Rate per 100,000	105.0	106.4	110.4	99.6	101.1	111.5	+	107.6	126.2	103.4	+	-	+
Cardiovascular Mortality Rate per 100,000	228.0	224.6	229.7	228.7	237.8	244.8	+	225.8	285.6		+	-	
Cerebrovascular Mortality Rate per 100,000	54.1	47.5	51.3	49.4	57.0	49.7	+	36.8	47.8	34.8	+	+	+
Diabetes Mortality Rate per 100,000	19.2	23.1	20.2	19.3	21.8	18.9	-	20.2	21.0		-	-	
Type I Diabetes, Students (School Year End)	0.30%	0.30%	0.30%	0.31%	0.31%	0.32%	=	0.33%			=		
Type II Diabetes, Students (School Year End)	0.08%	0.08%	*	0.07%	0.09%	0.08%	=	0.06%			=		
Lyme Disease Rate per 100,000	6.3	4.8	5.8	36.3	140.9	111.6	+	89.5			+		
Alzheimer's Disease Mortality Rate per 100,000	14.9	15.0	15.8	13.3	17.7	17.0	+	21.6	25.4		-	-	
HEALTHY ENVIRONMENT													
Student Health Asthma (School Year End)	14.2%	12.8%	13.5%	13.1%	14.2%	13.5%	-	12.1%			+		
Number of Days Ozone Levels Over National Ambient Air Quality Standard	9	12	2	1	5	6	-	ND					
*: For the Diabetes reports for students in the state, in 2012-2013 the report had just a blank column for those with type II diabetes													
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Note: Unknowns excluded in calculations. A percent that appears in red for a region denotes a significantly higher value compared to the state's corresponding percent. A percent in blue denotes a significantly lower value													
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2016-year for those US rates			2015-year for those US rates						2014-year for those US rates				
website source for US cancer data: https://gis.cdc.gov/grasp/USCS/DataViz.html													
website source for US heart disease, stroke (change to filter by all indicators and select bar graph to get US rates too): https://nccd.cdc.gov/DHDSP_DTM/rdPage.aspx?rdReport=DHDSP_DTM.ExploreByTopic&filter=area&isIPriority=P3&isITopic=T4&isIFilterby=1&go=GO													
US Alzheimer's Disease rate for year 2014: https://www.cdc.gov/media/releases/2017/p0525-alzheimer-deaths.html													
https://www.kff.org/other/state-indicator/diabetes-death-rate-per-100000/?currentTimeframe=0&sortModel=%7B%22colId%22:%22Location%22,%22sort%22:%22asc%22%7D													

PA DEPARTMENT OF HEALTH PUBLIC HEALTH DATA

PUBLIC HEALTH DATA	BERKS						Trend +/-/=	PA (the last year) Rate	US Rate	HP 2020 Goal	PA Comp	US Comp	HP Goal Comp
	2011	2012	2013	2014	2015	2016							
HEALTHY MOTHERS, BABIES AND CHILDREN													
Prenatal Care First Trimester	74.5%	75.8%	77.6%	79.0%	77.4%	80.4%	+	73.8%		77.9%	+		+
No Prenatal Care	0.9%	0.4%	0.4%	0.9%	0.6%	0.7%	-	1.6%			-		
Non-Smoking Mother During Pregnancy	87.3%	87.7%	89.0%	89.0%	90.1%	91.3%	+	88.5%		98.6%	+		-
Non-Smoking Mother 3 Months Prior to Pregnancy	81.0%	82.8%	82.5%	83.7%	85.0%	86.7%	+	84.3%			+		
Low Birth-Weight Babies Born	7.4%	8.1%	8.2%	8.3%	8.0%	8.1%	+	8.2%		7.8%	=		+
Mothers Reporting WIC Assistance	44.8%	45.7%	44.4%	42.4%	43.4%	42.0%	-	35.0%			+		
Mothers Reporting Medicaid Assistance	35.8%	38.0%	33.4%	33.2%	35.0%	36.0%	+	32.9%			+		
Breastfeeding	70.8%	73.0%	72.0%	74.9%	77.2%	77.8%	+	81.1%		81.9%	-		-
Teen Pregnancy Rate per 1,000 Ages 15-17	24.1	25.5	16.3	15.3	14.7	15.6	-	10.6		36.2	+	14.7	-
Teen Pregnancy Rate per 1,000 Ages 18-19	62.9	70.7	48.7	48.8	48.3	47.0	-	38.1		104.6	+		-
Teen Live Birth Outcomes, Ages 15-17	76.4%	77.4%	81.2%	76.9%	69.2%	76.3%	=	67.4%			+		
Teen Live Birth Outcomes, Ages 18-19	73.8%	61.5%	77.6%	79.9%	71.3%	73.8%	=	71.8%			+		
Infant Mortality	6.6	6.4	5.8	7.4	6.3	5.6	-	6.1	5.9	6.0	-	-	-
Overweight BMI, Grades K-6 (School Year End)	17.4%	16.8%	20.3%	16.4%	17.2%	15.9%	-	15.2%			-		
Obese BMI, Grades K-6 (School Year End)	17.1%	17.7%	16.8%	18.2%	17.7%	18.1%	+	16.7%		15.7%	+		+
Overweight BMI, Grades 7-12 (School Year End)	17.0%	17.1%	23.1%	18.6%	16.7%	17.6%	+	16.5%			+		
Obese BMI, Grades 7-12 (School Year End)	17.3%	19.3%	16.0%	20.4%	20.6%	20.2%	+	19.1%		16.1%	+		+
INFECTIOUS DISEASE													
Influenza and Pneumonia Mortality Rate per 100,000	13.3	11.6	15.3	10.5	16.8	15.0	+	13.7	13.5		+	+	
Chlamydia Rate per 100,000	358.1	403.9	348.2	417.5	475.1	430.1	+	445.4	497.3		-	-	
Gonorrhea Rate per 100,000	58.1	51.0	56.1	67.0	57.1	86.8	+	114.3	145.8		-	-	
MENTAL HEALTH AND SUBSTANCE ABUSE													
Drug-Induced Mortality Rate per 100,000	16.3	13.6	13.3	15.8	13.5	27.9	+	38.5		11.3	-		+
Mental & Behavioral Disorders Mortality Rate per 100,000	34.8	37.6	39.6	31.0	35.7	34.4	-	42.7	48.0		-	-	
INJURY													
Auto Accident Mortality Rate per 100,000	9.7	12.3	7.8	7.2	10.0	10.0	+	9.4	11.7	12.4	+	-	-
Suicide Mortality per 100,000	15.2	13.5	17.9	14.5	11.4	17.1	+	14.6	13.7	10.2	+	+	+
Fall Mortality Rate per 100,000	8.5	9.1	9.9	8.0	11.0	8.2	-	8.8	10.4	7.2	-	-	+
Firearm Mortality Rate (Accidental, Suicide, Homicide)	13.2	8.9	11.9	9.8	10.1	12.8	-	11.9	11.3	9.3	+	+	+
<p>ND = Not Displayed. Age-adjusted rates will not be shown for counts < 20 due to unreliability of such calculations based on small numbers. For similar reasons all other rates, ratios, or percentages will not be shown for counts < 10. If the population is less than 300 then the frequency count and rate will be suppressed.</p> <p>Note: Unknowns excluded in calculations. A percent that appears in red for a region denotes a significantly higher value compared to the state's corresponding percent. A percent in blue denotes a significantly lower value</p> <p>Disclaimer: If you use any of the data provided, please include the following statement in any publication or release: "These data were provided by the Pennsylvania Department of Health. The Department specifically disclaims responsibility for any analyses, interpretations, or conclusions."</p>													
2016-year for those US rates						2015-year for those US rates						2013-year for those rates	
US Influenza/Pneumonia mortality: https://www.cdc.gov/nchs/pressroom/sosmap/flu_pneumonia_mortality/flu_pneumonia.htm													
US Chlamydia rates: https://www.cdc.gov/std/stats16/chlamydia.htm													
US Gonorrhea rates: https://www.cdc.gov/std/stats16/gonorrhea.htm													
US mental and behavioral disorders mortality rate: https://www.healthsystemtracker.org/chart/u-s-relatively-high-mortality-rate-mental-behavioral-disorders/													
US auto accident mortality rates: https://www.cdc.gov/nchs/fastats/accidental-injury.htm													
US suicide mortality rates: https://www.cdc.gov/nchs/fastats/suicide.htm													
US fall mortality rates: https://www.cdc.gov/nchs/fastats/accidental-injury.htm													
US Firearm mortality: https://www.cdc.gov/nchs/fastats/injury.htm													
Infant Mortality: https://www.cdc.gov/reproductivehealth/MaternalInfantHealth/InfantMortality.htm													

COUNTY HEALTH RANKINGS

COUNTY HEALTH RANKINGS Other Indicators	BERKS COUNTY								Trend	PA (the last year)	US	HP 2020	PA	US	HP Goal	
	2011	2012	2013	2014	2015	2016	2017	2018	+/-/=	Rate	Rate	Goal	Comp	Comp	Comp	
Access																
Mammogram Screenings	65.4%	69.1%	68.5%	64.4%	64.2%	64.0%	64.2%	64.2%	-	64.8%		81.1%	-		-	
HEALTHY WOMAN, INFANTS, CHILDREN																
Teen Births per 1,000 (apge 15-19)	38.0	38.0	36.0	35.0	35.0	32.0	31.0	27.0	-	21.0	15.0		+	+		
HEALTHY ENVIRONMENT																
Unemployment Rates	8.8%	9.2%	8.2%	8.0%	7.4%	5.5%	4.8%	5.0%	-	5.4%			-			
High School Graduation Rates				84.7%	83.5%	84.6%	83.9%	83.9%	-	85.4%	84.0%		-	-		
Children Living in Poverty	16.4%	21.6%	19.4%	22.0%	21.2%	21.4%	19.9%	19.9%	+	18.4%	41.0%		+	+		
Children Living in Single Parent Homes	32.6%	34.6%	35.1%	35.7%	35.4%	35.6%	35.6%	36.7%	+	33.8%	35.0%		+	+		
Disconnected Youth							12.3%	12.3%	=	12.8%			-			
PHYSICAL ACTIVITY AND NUTRITION																
Frequent Physical Distress						11.1%	10.6%	11.2%	=	11.9%			-			
Access to Exercise Opportunities				86.0%	89.0%	89.0%	89.0%	69.0%	-	68.0%			+			
Food Insecurity				12.3%	12.1%	11.3%	10.3%	9.4%	-	13.1%	12.5%	6.0%	-	-	+	
Limited Access to Healthy Foods			2.9%	2.9%	2.9%	2.9%	2.9%	3.5%	+	4.6%			-			
Free or Reduced Lunch			35.1%	35.1%	35.3%	37.8%	49.3%	51.0%	+	48.2%			+			
Mental Health and Substance Abuse																
Frequent Mental Distress						11.7%	11.4%	12.0%	+	13.0%			-			
Mental Health Providers					1016:1	942:1	889:1	843:1	-	559:1			+			
Insufficient Sleep						34.3%	34.3%	39.0%	+	37.9%			+			
Excessive Drinking	15.4%	14.8%	14.9%	15.9%	15.9%	16.4%	18.6%	19.5%	+	20.5%			-			
Alcohol Impaired Driving Deaths				41.0%	39.2%	34.8%	33.3%	32.2%	-	30.1%	28.0%		+	+		
Data not available for these years	2016-year for those rates								2015-year for those rates							
US graduation rate year ending 2016 taken from: https://www.edweek.org/ew/section/multimedia/data-us-graduation-rates-by-state-and.html																
US child poverty rate: https://www.mailman.columbia.edu/public-health-now/news/america%E2%80%99s-child-poverty-rate-remains-stubbornly-high-despite-important-progress																
US children living in single parent homes: https://datacenter.kidscount.org/data/tables/107-children-in-single-parent-families-by#detailed/1/any/false/870/10,11,9,12,1,185,13/432,431																
US disconnected youth: http://www.measureofamerica.org/disconnected-youth/																
US low birthweight babies: https://www.cdc.gov/nchs/pressroom/sosmap/lbw_births/lbw.htm																
US teen birth rate 15-19: https://www.cdc.gov/teenpregnancy/about/index.htm																
US Alcohol Impaired Driving: https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/812450																

PENNSYLVANIA YOUTH SURVEY, 1 OF 4

PAYS DATA	BERKS COUNTY			Trend +/-	PA 2017	US (MTF) 2017	PA Comp	US Comp
	2013	2015	2017					
MENTAL HEALTH AND SUBSTANCE ABUSE								
Alcohol Child/Adolescent Lifetime Use								
Grade 6	14.0%	18.4%	16.0%	+	16.8%	n/a	-	
Grade 8	35.5%	40.9%	38.1%	+	33.0%	23.1%	+	+
Grade 10	66.2%	61.0%	56.0%	-	53.0%	42.2%	+	+
Grade 12	74.7%	74.4%	69.2%	-	69.2%	61.5%	=	+
Overall	48.9%	47.0%	44.5%	-	43.3%	n/a	+	
Marijuana Child/Adolescent Lifetime Use								
Grade 6	1.6%	1.2%	2.2%	+	0.9%	n/a	+	
Grade 8	4.9%	11.8%	10.6%	+	8.4%	13.5%	+	-
Grade 10	30.1%	26.9%	25.0%	-	22.4%	30.7%	+	-
Grade 12	40.5%	42.3%	40.6%	=	38.1%	45.0%	+	-
Overall	20.8%	19.3%	19.2%	-	17.7%	n/a	+	

A note on the US rate below from the PAYS report:

The Monitoring the Future (MTF) survey project, which provides prevalence-of-use information for ATODs from a nationally representative sample of 8th, 10th, and 12th graders, is conducted annually by the Survey Research Center of the Institute for Social Research at the University of Michigan (see www.monitoringthefuture.org).

PENNSYLVANIA YOUTH SURVEY, 2 OF 4

PAYS DATA	BERKS COUNTY			Trend +/-	PA 2017	US (MTF) 2017	PA Comp	US Comp
	2013	2015	2017					
MENTAL HEALTH AND SUBSTANCE ABUSE								
% of Children/Adolescents Who Drove After Drinking								
Grade 6	1.0%	0.4%	0.8%	-	0.4%	n/a	+	
Grade 8	0.6%	1.0%	1.0%	+	1.1%	n/a	=	
Grade 10	1.4%	1.8%	1.4%	=	1.3%	n/a	=	
Grade 12	6.4%	5.7%	4.9%	-	5.5%	n/a	-	
Overall	2.6%	2.1%	2.0%	-	2.2%	n/a	=	
% of Children/Adolescents Who Drove After Using Marijuana								
Grade 6	0.5%	0.5%	0.4%	=	0.3%	n/a	=	
Grade 8	0.9%	1.0%	0.7%	=	0.8%	n/a	=	
Grade 10	2.2%	2.7%	1.7%	-	1.7%	n/a	=	
Grade 12	10.0%	11.3%	7.8%	-	10.3%	n/a	-	
Overall	3.8%	3.7%	2.6%	-	3.5%	n/a	-	
Pain Reliever (Prescription Narcotics) Child/Adolescent Lifetime Use								
Grade 6	2.5%	2.0%	2.3%	=	1.8%	n/a	+	
Grade 8	4.2%	4.6%	4.4%	=	3.9%	n/a	+	
Grade 10	10.8%	8.4%	6.2%	-	5.9%	n/a	+	
Grade 12	12.9%	12.0%	8.4%	-	8.8%	6.8%	-	+
Overall	8.0%	6.5%	5.3%	-	5.1%	n/a	=	

A note on the US rate below from the PAYS report:

The Monitoring the Future (MTF) survey project, which provides prevalence-of-use information for ATODs from a nationally representative sample of 8th, 10th, and 12th graders, is conducted annually by the Survey Research Center of the Institute for Social Research at the University of Michigan (see www.monitoringthefuture.org).

PENNSYLVANIA YOUTH SURVEY, 3 OF 4

PAYS DATA	BERKS COUNTY			Trend	PA	US (MTF)	PA	US
	2013	2015	2017	+/-	2017	2017	Comp	Comp
Vaping/E-Cigarette (30-day use)								
Grade 6	n/a	3.8%	3.3%	-	2.3%	n/a	+	
Grade 8	n/a	13.6%	11.5%	-	10.9%	6.6%	+	+
Grade 10	n/a	22.3%	18.2%	-	21.9%	13.1%	-	+
Grade 12	n/a	30.0%	26.2%	-	29.3%	16.6%	-	+
Overall	n/a	16.6%	14.6%	+	16.3%	n/a	-	-
Vaping Substances Used By Students Who Use Vaping Product in the Past Year-Just Flavoring								
Grade 6	n/a	24.3%	30.3%	+	29.8%	n/a	+	
Grade 8	n/a	69.4%	71.6%	+	74.8%	n/a	-	
Grade 10	n/a	79.4%	74.8%	-	73.9%	n/a	+	
Grade 12	n/a	78.2%	69.8%	-	67.2%	n/a	+	
Overall	n/a	68.9%	66.5%	-	67.3%	n/a	-	
Vaping Substances Used By Students Who Use Vaping Product in the Past Year-Nicotine								
Grade 6	n/a	2.0%	0.9%	-	3.5%	n/a	-	
Grade 8	n/a	7.7%	7.0%	-	14.6%	n/a	-	
Grade 10	n/a	15.6%	16.0%	+	32.2%	n/a	-	
Grade 12	n/a	26.8%	33.6%	+	43.1%	n/a	-	
Overall	n/a	15.2%	17.9%	+	29.4%	n/a	-	

A note on the US rate below from the PAYS report:

The Monitoring the Future (MTF) survey project, which provides prevalence-of-use information for ATODs from a nationally representative sample of 8th, 10th, and 12th graders, is conducted annually by the Survey Research Center of the Institute for Social Research at the University of Michigan (see www.monitoringthefuture.org).

PENNSYLVANIA YOUTH SURVEY, 4 OF 4

PAYS DATA	BERKS COUNTY			Trend	PA	US (MTF)	PA	US
	2013	2015	2017	+/-	2017	2017	Comp	Comp
MENTAL HEALTH AND SUBSTANCE ABUSE								
Vaping Substances Used By Students Who Use Vaping Product in the Past Year-Marijuana or Hash Oil								
Grade 6	n/a	0.4%	3.9%	+	1.9%	n/a	+	
Grade 8	n/a	5.4%	5.2%	-	7.2%	n/a	-	
Grade 10	n/a	9.0%	9.8%	+	12.9%	n/a	-	
Grade 12	n/a	15.5%	20.0%	+	18.5%	n/a	+	
Overall	n/a	8.9%	11.5%	+	12.6%	n/a	-	
Vaping Substances Used By Students Who Use Vaping Product in the Past Year-Other Substance								
Grade 6	n/a	0.8%	1.7%	+	1.6%	n/a	=	
Grade 8	n/a	1.3%	3.1%	+	1.7%	n/a	+	
Grade 10	n/a	1.3%	2.2%	+	1.3%	n/a	+	
Grade 12	n/a	0.7%	0.3%	-	0.9%	n/a	-	
Overall	n/a	1.0%	1.7%	+	1.3%	n/a	+	
Vaping Substances Used By Students Who Use Vaping Product in the Past Year-I don't Know								
Grade 6	n/a	74.1%	68.8%	-	68.0%	n/a	+	
Grade 8	n/a	28.3%	23.7%	-	19.0%	n/a	+	
Grade 10	n/a	13.3%	14.5%	+	8.7%	n/a	+	
Grade 12	n/a	7.7%	7.5%	=	6.3%	n/a	+	
Overall	n/a	23.8%	21.3%	-	16.0%	n/a	+	
<p>A note on the US rate below from the PAYS report: The Monitoring the Future (MTF) survey project, which provides prevalence–of–use information for ATODs from a nationally representative sample of 8th, 10th, and 12th graders, is conducted annually by the Survey Research Center of the Institute for Social Research at the University of Michigan (see www.monitoringthefuture.org).</p>								

APPENDIX C: READING HOSPITAL IDENTIFIED NEEDS

READING HOSPITAL NEEDS AND PRIORITIES

Ranking	Reading Hospital Priorities N=73	The extent to which the issue is a root cause of other problems (i.e., affecting other issues or acting as a driver of other problems)	What is the community's capacity/resources to act on the issue AND have a measurable impact on the issue?	Combination of Root Cause and Capacity/Resources with Measurable Impact
		Is a Root Cause=5 To Some Degree =3 Not at All=1	Has Capacity=5 Some Degree=3 No Capacity=1	
1	P-Chronic Disease: Overweight/Obesity	4.4	3.8	8.2
2	O-Chronic Disease: Diabetes	4	3.9	7.9
3	H-Access to Care: Knowing What is Available and How to Access the Services	3.5	4.3	7.8
4	Q-Physical Activity/Nutrition: Food Insecurity/Access to Healthy Foods/Nutrition	4.1	3.7	7.8
5	E-Access to Care: Transportation	3.9	3.6	7.5
6	I-Access to Care: Language Issues - Need for Translators	3.5	4	7.5
7	S-Mental Health: Don't Know Where to Go for Services	3.5	3.9	7.4
8	C-Access to Care: Health Insurance Issues - Uninsured/Underinsured	4.3	3	7.3
9	F-Access to Care: Availability of Providers - Number of Providers, Convenient Hours, Wait Times	3.4	3.8	7.2
10	M-Chronic Disease: Cardiovascular Disease	3.6	3.5	7.1
11	V-Mental Health: Lack of Bi-Lingual Staff	3.4	3.7	7.1
12	J-Access to Care: Language and Cultural Accessibility	3.5	3.5	7.0
13	W-Substance Use Disorder: Addiction/Substance Use Services	3.6	3.4	7.0
14	D-Access to Care: Health Care Cost	4.2	2.7	6.9
15	R-Mental Health: Lack of Mental Health Providers	3.8	3.1	6.9

Ranking	Reading Hospital Priorities N=73	The extent to which the issue is a root cause of other problems (i.e., affecting other issues or acting as a driver of other problems Is a Root Cause=5 To Some Degree =3 Not at All=1	What is the community's capacity/resources to act on the issue AND have a measurable impact on the issue? Has Capacity=5 Some Degree=3 No Capacity=1	Combination of Root Cause and Capacity/ Resources with Measurable Impact
16	T-Mental Health: Lack of Transportation	3.5	3.3	6.8
17	U-Mental Health: Stigma Around Obtaining Services	3.7	3	6.7
18	G-Access to Care: Affordable Dental Care	3.7	2.8	6.5
19	B-Access to Care: Health Insurance Issues - Affordability of Health Care Plans	4	2.3	6.3
20	X-Substance Use Disorder: Alcoholism/Impaired Driving Deaths	3.2	2.9	6.1
21	A-Access to Care: Health Insurance Issues - High Copays	3.7	2.3	6.0
22	K-Access to Care: Lack of Specialists	2.8	3.2	6.0
23	N-Chronic Disease: Stroke	2.9	3.1	6.0
24	L-Chronic Disease: Cancer	2.8	2.8	5.6

APPENDIX D: UNITED WAY 2-1-1 AVAILABLE COMMUNITY ASSET BREAKDOWN BERKS COUNTY

Below is the summary of community assets available for the Reading Hospital Service Area residents. More detail on the services available in Berks County can be accessed through the United Way's 2-1-1 system. Residents may dial 2-1-1 or visit the website at www.pa211.org.

BERKS COUNTY UNITED WAY'S 2-1-1 SUMMARY



APPENDIX E: COMMUNITY HEALTH NEEDS ASSESSMENT PARTNERS

Abilities in Motion

Alvernia University

Berks Business Education Coalition

Berks Community Health Center

Berks Connections Pretrial Services

Berks Counseling Center

Berks County Area on Aging

Berks County District Attorney's Office

Berks County Intermediate Unit

Berks County Mental Health/IDD

Berks County Transportation Planner

Berks Encore

Berkshire Psychiatric

Centro Hispano

Co-County Wellness

Community Prevention Partnership

Education/Youth Services

Emergency Medicine

Greater Berks Food Bank

Greater Reading Chamber Alliance

Greater Reading Mental Health Alliance

Greater Reading Young Professionals

Hope Rescue Mission

Keystone Farmworker Health Program

New Journey Community Outreach, Inc.

Olivet Boys' and Girls' Club

PA State Senator

Reading Area Community College – Student

Reading-Berks Conference of Churches

Reading Hospital

Reading Recreation Commission

Reading School District

Safe Berks Agency

Threshold Rehabilitation Services

United Way

UPMC Health Plan Insurance

Wyomissing Restaurant and Bakery

APPENDIX F: SUMMARIES OF WHAT WE HEARD FROM THE COMMUNITY

This appendix is a summary of primary data collected through focus groups, stakeholder interviews, intercept surveys and key informant surveys.

SUMMARIES OF WHAT WE HEARD FROM THE COMMUNITY: ACCESS TO QUALITY HEALTH CARE

Focus Groups

Access Issues

- Transportation
- Funding is limited for services
- Lack of access to dental care
- Insurance
- Brain development in preschool children

Barriers

- Transportation
- System is not friendly (to those with barriers)
- Limited access to get questions answered in between appointments
- Literacy
- Generational poverty
- Perception and communication and understanding/ territorialism

Needed Services

- Education/early education (3)
- Public transportation
- Affordable housing
- City or county public health department
- One stop resource to learn about/get connected to needed services

Stakeholders

Access Issues

- Access to health care (13)
- Lack of specialists
- Lack of dental care

Barriers

- Cost of health care
- Transportation to medical care
- Language and cultural accessibility
- Poverty (6)
- Housing (4)
- Education on available services

Needed Services

- Urgent care
- Community based health care
- Education on how choices impact health
- Physician recruitment
- Education on available services
- Work with landlords on affordable housing (2)
- Preventative care
- ELL services
- More dental providers
- Develop culturally competent outreach programs
- Transportation

Intercept Survey

Access Issues

- Access to healthcare (57.2% of respondents identified as high impact)
- Health care/cost of care (69.1%)

Barriers

- Transportation
- Unemployment/ income
- Uninsured/ cost of insurance
- High co-pays
- Translation/ other language

Needed Services

- Transportation (19)
- Outreach/education (28)
- Translators/Spanish (2)
- Cost of care (14)
- Cost of insurance (3)
- Cost of medications (3)
- Transgender care

Key Informant

Access Issues

- Access to health care
- Lack of providers
- Lack of access to dental services
- Lack of sufficient bi-lingual providers
- ER usage as first place of treatment
- Because of geography and sparsity of providers, access to care is difficult

Barriers

- Lack of insurance coverage
- Inability to pay out of pocket expenses
- Basic needs not met (food/ shelter)
- Economy
- Transportation
- People often have complex/ multiple needs

Needed Services

- A lot of services in the area
- Care for youth/young adults
- Providers that accept Medicaid/medical assistance
- Transportation to medical appointments when needed
- Bi-lingual providers/ translation services
- Parenting support

SUMMARIES OF WHAT WE HEARD FROM THE COMMUNITY: CHRONIC DISEASE

Focus Groups

- Access Issues**
 - Access to health care services
- Barriers**
 - None specific to chronic disease
- Needed Services**
 - None specific to chronic disease

Stakeholders

- Access Issues**
 - Access to health care services
- Barriers**
 - Lack of specialists
 - Health literacy is connected to obesity, heart issues, high blood pressure
 - Culture is contributing to poor health
- Needed Services**
 - Physician recruitment
 - Preventative care
 - Take the lead role to address the obesity issue
 - Educate the community on the services available
 - Address childhood obesity (4)

Intercept Survey

- Access Issues**
 - Access to health care
- Barriers**
 - Obesity
 - Cost of insurance
 - Cost of medications
- Needed Services**
 - More specialists
 - More clinics/mobile clinics

Key Informant

- Access Issues**
 - Overweight/obesity
- Barriers**
 - Obesity is common
- Needed Services**
 - None specific to chronic disease

SUMMARIES OF WHAT WE HEARD FROM THE COMMUNITY: PHYSICAL ACTIVITY AND NUTRITION

Focus Groups

Access Issues

- Access to health care and wellness services
- Grocery stores not in the city

Barriers

- Poor nutrition
- Access to healthy food and affordability/food insecurity
- Lack of knowledge of what grocery stores and pharmacies can deliver

Needed Services

- Wellness programs for families (nutrition education, financial literacy, physical activity, recipes, healthy cooking)

Stakeholders

Access Issues

- Access to healthy foods (7)

Barriers

- None specific to physical activity and nutrition

Needed Services

- Wellness programs in the workplace
- Recreation
- Nutrition education
- Address food and housing insecurity
- Healthy cooking classes
- Activities for youth

Comment: hospital should take a lead role to address obesity issue

Intercept Survey

Access Issues

- Access to healthy foods (52% identified as having high impact on health ranked 4th)

Barriers

- Poor nutrition (54.6% identified as a high impact area)

Needed Services

- None specific to physical activity and nutrition

Key Informant

Access Issues

- None specific to physical activity and nutrition

Barriers

- Basic needs not met (food and shelter)
- Cost of being healthy
- Lack of healthy options/stores

Needed Services

- None specific to physical activity and nutrition



SUMMARIES OF WHAT WE HEARD FROM THE COMMUNITY: MENTAL HEALTH

Focus Groups

Access Issues

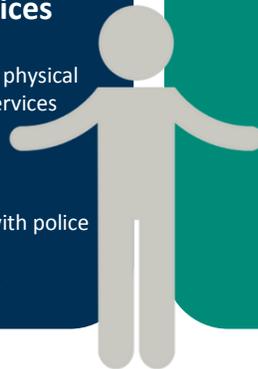
- Depression due to isolation in the senior population
- Access to mental health services
- Psychiatric services for adults
- Staff shortage
- High rate of mental health consumers in the jail system
- Access to a pharmacy

Barriers

- The way the mental health system works
- Non-compliance with medications
- Stigma
- Transportation
- Getting answers to questions in between services
- Lack of handoff services
- Funding is limited
- Length of time to get dx

Needed Services

- Transportation
- Better integration of physical and mental health services
- Case management
- Bi-lingual staff
- More providers
- Work more closely with police department
- Child and adolescent psychiatrists



Stakeholders

Access Issues

- Language and cultural accessibility

Barriers

- Stigma

Needed Services

- Mental health services (2)
- Psychiatrists (2)
- Pediatric mental health services
- Local mental health placement options for youth
- Address mental health stigma

Intercept Survey

Access Issues

- Access to mental health services

Barriers

- Stigma
- Domestic violence
- Transportation

Needed Services

- More services/providers
- Translators/Spanish speaking providers



Key Informant

Access Issues

- Access to mental health/suicide prevention services

Barriers

- Not enough providers
- Inadequate transportation

Needed Services

- Parenting support
- Translation services

SUMMARIES OF WHAT WE HEARD FROM THE COMMUNITY: SUBSTANCE USE DISORDER

Focus Groups

Access Issues

- Access to substance use services
- Access to psychiatric services

Barriers

- Transportation
- Hand-off process not user-friendly
- Lack of understanding of the process/system
- Funding is limited
- Stigma
- Length of time to get dx/treatment
- Lack of patient compliance
- Staff turnover

Needed Services

- Dual diagnosis therapists
- Address the stigma
- More Medicaid treatment providers
- Bi-lingual providers
- Focused case management services
- Education regarding brain disease
- Rehab beds
- MAT providers
- Additional mental health providers
- Affordable housing
- Address stigma
- Community education on addiction



Stakeholders

Access Issues

- Access to substance use and treatment services/opioid epidemic/ alcoholism (21)
- Access to tobacco use services

Barriers

- Language and cultural accessibility
- Education on available services

Needed Services

- None specifically related to substance use

Intercept Survey

Access Issues

- Access to substance use services

Barriers

- None specific to substance use

Needed Services

- None specific to substance use



Key Informant

Access Issues

- None specific to substance use

Barriers

- None specific to substance use

Needed Services

- Services to address opioid addiction

APPENDIX G: 2018 TOWER HEALTH COMMUNITY SURVEY
SUMMARY OF FINDINGS, PROFESSIONAL RESEARCH
CONSULTANTS, INC.

2018 Community Health Needs Assessment

Summary of Findings

Tower Health Hospital Service Areas

Prepared for:
Tower Health

By:
Professional Research Consultants, Inc.
11326 P Street Omaha, NE 68137-2316
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2018-1142-02
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Professional Research Consultants, Inc.

Significant Health Needs

Tower Health Areas of Opportunity

The following “Areas of Opportunity” represent significant health needs of the community, based on the information gathered through this Community Health Needs Assessment and the guidelines set forth in Healthy People 2020. From these data, opportunities for health improvement exist in the area with regard to the following health issues (see also the summary tables presented in the following section).

The Areas of Opportunity were determined after consideration of various criteria, including: standing in comparison with benchmark data (state and national data); the preponderance of significant findings within topic areas; the magnitude of the issue in terms of the number of persons affected; and the potential health impact of a given issue.

Areas of Opportunity Identified Through This Assessment	
Access to Healthcare Services	<ul style="list-style-type: none"> • Inconvenient Office Hours
Injury & Violence	<ul style="list-style-type: none"> • Firearm Prevalence
Mental Health	<ul style="list-style-type: none"> • “Fair/Poor” Mental Health
Potentially Disabling Conditions	<ul style="list-style-type: none"> • Osteoporosis Prevalence [Age 50+] • Caregiving
Substance Abuse	<ul style="list-style-type: none"> • Current Drinking
Tobacco Use	<ul style="list-style-type: none"> • Cigarette Smoking Prevalence • Environmental Tobacco Smoke Exposure in Households With Children

Disparity Among Hospital Service Areas

The following issues represent indicators for which the individual Tower Health hospital service areas compare unfavorably to the other service areas combined:

Brandywine Area

- Blood Sugar Testing (Adults Without Diabetes)
- Overweight
- Binge Drinking & Excessive Drinking

Chestnut Hill Area

- ER Utilization
- Receiving Treatment for Mental Health
- Food Insecurity
- Obesity

Jennersville Area

- Lack of Health Insurance Coverage (Age 18-64)
- Transportation as a Barrier to Healthcare
- Outmigration for Healthcare
- High Blood Pressure
- Obesity
- Deafness/Trouble Hearing
- Use of Opioids/Opiates

Phoenixville/Pottstown Area

- Routine Checkups (Adults)
- Stress
- Professional Advice on Weight

Reading Area

- Worry/Stress Over Rent/Mortgage
- Low Health Literacy
- Difficulty Finding a Physician
- Ratings of Local Healthcare
- Mammography
- Colorectal Cancer Screenings
- Diabetes Prevalence
- Stroke Prevalence
- “Fair/Poor” Mental Health
- Unable to Get Mental Health Services
- Meeting Physical Activity Guidelines
- Dental Insurance
- Arthritis/Rheumatism (Age 50+)
- Osteoporosis (Age 50+)
- Blindness/Trouble Seeing
- Asthma (Adults & Children)
- Chronic Obstructive Pulmonary Disease



Professional Research Consultants, Inc.

Random-Sample Population Survey

Approach

As part of this Community Health Needs Assessment process, a random-sample population survey was conducted among 1,450 adults living in the service area of Tower Health. These surveys were stratified among five geographic subareas: Brandywine Area (250 surveys); Chestnut Hill Area (250 surveys); Jennersville Area (200); Phoenixville/Pottstown Area (350); and Reading Area (400), as outlined in the adjacent map.

To ensure the best representation of the population surveyed, a mixed-mode methodology was implemented. This included surveys conducted via telephone (landline and cell phone), as well as through online questionnaires.

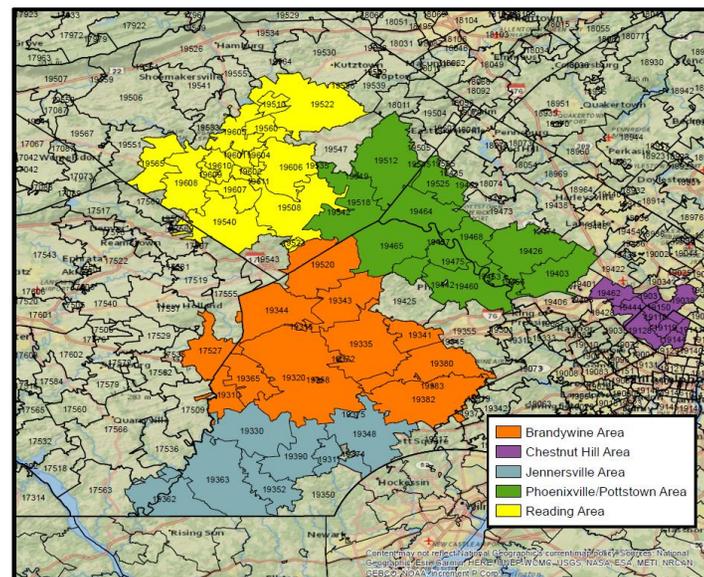
Summary Tables: Comparisons With Benchmark Data

The following tables provide an overview of indicators in the service area of Tower Health, including comparisons among the individual communities. These data are grouped to correspond with the Focus Areas presented in Healthy People 2020.

Reading the Summary Tables

- In the following charts, Tower Health results are shown in the larger, blue column.
- The green columns [to the left of the Tower Health column] provide comparisons among the five communities, identifying differences for each as “better than” (B), “worse than” (h), or “similar to” (d) the combined opposing areas.
- The columns to the right of the Tower Health column provide comparisons between local data and any available state and national findings, and Healthy People 2020 targets. Again, symbols indicate whether Tower Health compares favorably (B), unfavorably (h), or comparably (d) to these external data.

Note that blank table cells signify that data are not available or are not reliable for that area and/or for that indicator.



Disparity Between Hospital Service Areas

Social Determinants	Brandywine	Chestnut Hill	Jennersville	Phoenixville/Pottstown	Reading
% Worry/Stress Over Rent/Mortgage in Past Year	d 27.5	d 34.4	B 21.4	d 27.5	h 34.5
% Low Health Literacy	d 20.2	d 21.6	B 14.6	B 14.3	h 28.6
<p>Note: In the green section, each hospital service area is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.</p>					

Tower Health	Tower Health vs. Benchmarks		
	vs. PA	vs. US	vs. HP2020
30.2		d 30.8	
20.6		d 23.3	
	B better	d similar	h worse

Disparity Between Hospital Service Areas

Overall Health	Brandywine	Chestnut Hill	Jennersville	Phoenixville/Pottstown	Reading
% "Fair/Poor" Overall Health	d 10.6	d 15.2	d 14.7	d 12.0	d 15.8
% Multiple Chronic Conditions	d 60.2	d 61.2	d 62.6	B 55.0	d 61.4

Tower Health	Tower Health vs. Benchmarks		
	vs. PA	vs. US	vs. HP2020
13.4	B 16.6	B 18.1	
59.6		d 56.8	

	16.2	14.6	18.3	20.0	21.5		17.5
% Cost Prevented Physician Visit in Past Year	d	d	d	d	d	8.4	B B
	11.1	6.6	6.5	8.3	7.9		11.1 15.4
% Transportation Hindered Dr Visit in Past Year	d	d	h	d	d	7.3	d
	5.4	6.8	12.4	5.7	9.5		8.3
% Inconvenient Hrs Prevented Dr Visit in Past Year	d	d	d	B	d	19.6	h
	23.1	22.5	15.6	15.9	18.5		12.5
% Language/Culture Prevented Care in Past Year	B	d	B	d	d	0.6	d
	0.0	0.8	0.0	0.4	1.5		1.2
% Cost Prevented Getting Prescription in Past Year	d	d	d	d	d	9.9	B
	9.3	9.8	9.7	9.8	10.5		14.9
% Skipped Prescription Doses to Save Costs	d	d	d	d	d	8.8	B
	9.1	8.0	7.9	9.5	8.7		15.3
% Difficulty Getting Child's Healthcare in Past Year	B	d	B	d	d	5.3	d
	0.0	6.5	0.0	6.3	9.7		5.6

Disparity Between Hospital Service Areas

Access to Health Services (continued)	Disparity Between Hospital Service Areas					Tower Health	Tower Health vs. Benchmarks		
	Brandywine	Chestnut Hill	Jennersville	Phoenixville/Pottstown	Reading		vs. PA	vs. US	vs. HP2020
% HH Member Had Difficulty Seeing a Specialist in Past Yr	d 13.9	d 16.2	d 10.8	d 16.6	d 12.4	14.5			
% Have a Specific Source of Ongoing Care	d 80.5	d 81.9	d 79.9	d 80.8	d 77.9	80.2	B	h	74.1 95.0
% Have Had Routine Checkup in Past Year	d 74.5	B 82.5	d 75.2	h 69.4	d 77.5	75.7	B	B	73.0 68.3
% Child Has Had Checkup in Past Year	d 89.7	d 87.6	d 87.0	d 85.7	d 89.6	88.0		d	87.1
% Two or More ER Visits in Past Year	d 5.3	h 10.5	d 4.5	d 6.7	d 5.9	6.8	B		9.3
% Feel the Need to Leave the Area for Healthcare	d 21.3	d 21.2	h 30.8	d 21.0	d 22.2	22.1			
% Rate Local Healthcare "Fair/Poor"	d	d	d	d	h	10.1	B		

7.5	8.6	9.4	10.0	14.5
<p>Note: In the green section, each hospital service area is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.</p>				

Disparity Between Hospital Service Areas

Cancer	Brandywine	Chestnut Hill	Jennersville	Phoenixville/Pottstown	Reading
% Cancer (Other Than Skin)	B 5.3	d 9.6	d 10.1	d 6.4	d 9.3
% Skin Cancer	d 9.3	d 7.5	d 9.8	d 7.1	d 7.7
% [Women 50-74] Mammogram in Past 2 Years	d 81.8	B 88.7	d 85.6	d 73.8	h 70.5
% [Women 21-65] Pap Smear in Past 3 Years	d 79.7	B 84.7	d 81.9	d 70.2	d 71.1
% [Age 50-75] Colorectal Cancer Screening	B 86.1	d 83.1	d 80.0	d 77.3	h 72.3

	16.2		
	B	d	h
	better	similar	worse
Tower Health	Tower Health vs. Benchmarks		
	vs. PA	vs. US	vs. HP2020
7.8	d 7.2	d 7.1	
8.0	h 6.0	d 8.5	
79.4	d 75.6	d 77.0	d 81.1
76.4	d 77.4	d 73.5	h 93.0
79.6	B 68.4	d 76.4	B 70.5
	B	d	h

Note: In the green section, each hospital service area is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.

better similar worse

Disparity Between Hospital Service Areas

Diabetes	Brandywine	Chestnut Hill	Jennersville	Phoenixville/Pottstown	Reading
% Diabetes/High Blood Sugar	B 8.3	d 13.7	d 10.1	d 12.5	h 15.5
% Borderline/Pre-Diabetes	d 5.3	d 10.0	d 10.9	d 5.9	d 8.2
% [Non-Diabetes] Blood Sugar Tested in Past 3 Years	h 46.5	d 58.6	d 46.3	d 51.0	B 61.0
<p>Note: In the green section, each hospital service area is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.</p>					

Tower Health	Tower Health vs. Benchmarks		
	vs. PA	vs. US	vs. HP2020
12.3	d 11.3	d 13.3	
7.6	h 1.7	d 9.5	
53.4		d 50.0	
	B better	d similar	h worse

Disparity Between Hospital Service Areas

Heart Disease & Stroke	Disparity Between Hospital Service Areas					Tower Health	Tower Health vs. Benchmarks		
	Brandywine	Chestnut Hill	Jennersville	Phoenixville/Pottstown	Reading		vs. PA	vs. US	vs. HP2020
% Heart Disease (Heart Attack, Angina, Coronary Disease)	d 8.6	d 7.0	d 5.1	d 5.6	d 9.2	7.4	d 8.0		
% Stroke	d 3.9	d 6.3	B 1.7	B 3.2	h 10.2	5.6	h 3.5	d 4.7	
% Blood Pressure Checked in Past 2 Years	d 97.5	d 98.0	d 98.2	d 95.3	d 96.8	97.0	B 90.4	B 92.6	
% Told Have High Blood Pressure (Ever)	d 40.3	d 39.3	h 46.7	d 33.7	d 36.0	37.9	h 32.5	d 37.0	
% [HBP] Taking Action to Control High Blood Pressure	d 87.9	B 96.6	d 96.5	d 93.7	d 91.4	92.6	d 93.8		
% Cholesterol Checked in Past 5 Years	d 88.7	d 90.8	d 90.6	d 91.8	d 91.3	90.7	B 79.2	B 85.1	
% Told Have High Cholesterol (Ever)	d 32.4	d 35.8	d 32.8	d 39.5	d 36.5	35.9	d 36.2	h 13.5	

Disparity Between Hospital Service Areas

Heart Disease & Stroke

	Brandywine	Chestnut Hill	Jennersville	Phoenixville/ Pottstown	Reading
% [HBC] Taking Action to Control High Blood Cholesterol	d 86.2	d 80.0	d 85.9	d 89.8	d 87.2
% 1+ Cardiovascular Risk Factor	d 87.6	d 84.7	d 83.4	d 81.9	d 83.9
<p>Note: In the green section, each hospital service area is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.</p>					

Tower Health vs. Benchmarks

Tower Health	vs. PA	vs. US	vs. HP2020
	86.0	d 87.3	
84.4	B 87.2		
	B better	d similar	h worse

Disparity Between Hospital Service Areas

Immunization & Infectious Diseases	Brandywine	Chestnut Hill	Jennersville	Phoenixville/Pottstown	Reading
% [Age 65+] Flu Vaccine in Past Year	d 82.5	d 81.0	d 82.4	d 75.0	B 86.8
% [High-Risk 18-64] Flu Vaccine in Past Year					
% [Age 65+] Pneumonia Vaccine Ever	d 84.8	d 80.7	d 83.1	d 80.5	d 85.2
% [High-Risk 18-64] Pneumonia Vaccine Ever					
<p>Note: In the green section, each hospital service area is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.</p>					

Tower Health	Tower Health vs. Benchmarks		
	vs. PA	vs. US	vs. HP2020
81.5	B 65.5	d 76.8	B 70.0
60.1		d 55.7	h 70.0
82.8	B 74.8	d 82.7	h 90.0
48.7		d 39.9	h 60.0
	B better	d similar	h worse

Disparity Between Hospital Service Areas

Injury & Violence

	Brandywine	Chestnut Hill	Jennersville	Phoenixville/Pottstown	Reading
% [Age 45+] Fell in the Past Year	d	d	d	d	d
	28.9	28.7	35.4	27.2	28.5
% Firearm in Home	d	d	d	d	d
	49.0	42.6	48.1	48.3	45.3
<p>Note: In the green section, each hospital service area is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.</p>					

Tower Health	Tower Health vs. Benchmarks		
	vs. PA	vs. US	vs. HP2020
28.8		d	
		31.6	
46.5		h	
		32.7	
	B	d	h
	better	similar	worse

Disparity Between Hospital Service Areas

Kidney Disease

	Brandywine	Chestnut Hill	Jennersville	Phoenixville/Pottstown	Reading
% Kidney Disease	d	d	d	d	d
	3.4	4.9	3.8	4.1	6.1
<p>Note: In the green section, each hospital service area is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.</p>					

Tower Health	Tower Health vs. Benchmarks		
	vs. PA	vs. US	vs. HP2020
4.6	h	d	
	2.4	3.8	
	B	d	h
	better	similar	worse

Disparity Between Hospital Service Areas

Mental Health	Disparity Between Hospital Service Areas					Tower Health	Tower Health vs. Benchmarks		
	Brandywine	Chestnut Hill	Jennersville	Phoenixville/Pottstown	Reading		vs. PA	vs. US	vs. HP2020
% "Fair/Poor" Mental Health	B 11.2	d 19.5	d 16.2	d 14.2	h 21.7	16.5	h 13.0		
% Diagnosed Depression	d 19.0	d 25.0	B 12.9	d 20.1	d 20.5	20.4	d 18.6	d 21.6	
% Symptoms of Chronic Depression (2+ Years)	d 28.9	d 34.6	B 23.1	d 26.6	d 31.4	29.7	d 31.4		
% Have Considered Suicide in Past Year	d 5.7	d 8.9	d 4.1	d 5.2	d 8.2	6.8			
% Typical Day Is "Extremely/Very" Stressful	B 11.3	d 14.9	B 9.0	h 19.4	d 16.7	15.1	d 13.4		
% Taking Rx/Receiving Mental Health Trtmt	d 13.4	h 21.5	d 16.6	d 14.0	d 18.0	16.6	d 13.9		

Disparity Between Hospital Service Areas

Mental Health (continued)	Brandywine	Chestnut Hill	Jennersville	Phoenixville/ Pottstown	Reading
% Have Ever Sought Help for Mental Health	d 32.7	B 39.6	d 31.5	d 30.8	d 33.0
% [Those With Diagnosed Depression] Seeking Help					
% Unable to Get Mental Health Svcs in Past Yr	d 4.2	d 5.2	B 0.4	d 2.8	h 6.6
<p>Note: In the green section, each hospital service area is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.</p>					

Tower Health	Tower Health vs. Benchmarks		
	vs. PA	vs. US	vs. HP2020
33.7		d 30.8	
88.2		d 87.1	
4.4		B 6.8	
	B better	d similar	h worse

Disparity Between Hospital Service Areas

Nutrition, Physical Activity & Weight	Disparity Between Hospital Service Areas					Tower Health	Tower Health vs. Benchmarks		
	Brandywine	Chestnut Hill	Jennersville	Phoenixville/Pottstown	Reading		vs. PA	vs. US	vs. HP2020
% Food Insecure	d 17.3	h 28.2	d 15.0	B 14.2	d 20.2	19.4	B 27.9		
% Eat 5+ Servings of Fruit or Vegetables per Day	d 40.2	d 42.0	d 34.4	d 34.4	d 36.0	37.8	B 33.5		
% "Very/Somewhat" Difficult to Buy Fresh Produce	d 14.1	d 17.9	d 12.4	d 14.9	d 18.2	15.9	B 22.1		
% No Leisure-Time Physical Activity	d 19.0	d 16.5	d 22.7	d 16.8	d 17.1	17.8	B 22.9	B 26.2	B 32.6
% Meeting Physical Activity Guidelines	d 22.5	B 33.2	d 20.4	d 25.3	h 20.9	24.9	B 19.6	d 22.8	B 20.1

Disparity Between Hospital Service Areas

Nutrition, Physical Activity & Weight (continued)	Disparity Between Hospital Service Areas					Tower Health	Tower Health vs. Benchmarks		
	Brandywine	Chestnut Hill	Jennersville	Phoenixville/Pottstown	Reading		vs. PA	vs. US	vs. HP2020
% "Very/Somewhat" Difficult to Access Places for Exercise	d 19.3	d 21.8	d 19.1	B 16.0	d 21.9	19.6			
% Overweight (BMI 25+)	h 73.6	d 69.4	d 72.7	B 61.3	d 66.6	68.0	d 65.4	d 67.8	
% Healthy Weight (BMI 18.5-24.9)	h 24.7	d 29.1	d 26.6	B 35.1	d 30.6	29.7	h 33.2	d 30.3	h 33.9
% Obese (BMI 30+)	d 32.8	h 37.7	h 40.9	B 23.6	d 33.5	32.3	d 30.3	d 32.8	d 30.5
% Medical Advice on Weight in Past Year	d 31.7	d 34.1	d 31.0	h 20.6	d 30.9	29.3		B 24.2	
% [Overweights] Counseled About Weight in Past Year	d 39.9	d 40.7	d 37.0	h 30.2	d 40.3	37.8		B 29.0	
% Child [Age 5-17] Healthy Weight						59.5		d 58.4	

Disparity Between Hospital Service Areas

Nutrition, Physical Activity & Weight (continued)

	Brandywine	Chestnut Hill	Jennersville	Phoenixville/Pottstown	Reading
% Children [Age 5-17] Overweight (85th Percentile)					
% Children [Age 5-17] Obese (95th Percentile)					
% Child [Age 2-17] Physically Active 1+ Hours per Day	d 49.2	d 45.2	d 56.0	d 53.6	d 49.3
<p>Note: In the green section, each hospital service area is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.</p>					

Tower Health	Tower Health vs. Benchmarks		
	vs. PA	vs. US	vs. HP2020
31.3		d 33.0	
17.2		d 20.4	d 14.5
50.0		d 50.5	
	B better	d similar	h worse

Disparity Between Hospital Service Areas

Oral Health	Brandywine	Chestnut Hill	Jennersville	Phoenixville/Pottstown	Reading
% Have Dental Insurance	d 77.6	B 84.8	d 81.2	d 72.7	h 70.6
% [Age 18+] Dental Visit in Past Year	d 78.3	d 69.8	d 77.1	d 73.5	d 73.2
% Child [Age 2-17] Dental Visit in Past Year	d 90.6	d 87.7	d 92.0	d 90.2	d 91.7
<p>Note: In the green section, each hospital service area is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.</p>					

Tower Health	Tower Health vs. Benchmarks		
	vs. PA	vs. US	vs. HP2020
76.5		B 59.9	
74.0	B 66.4	B 59.7	B 49.0
90.2		d 87.0	B 49.0
	B better	d similar	h worse

Disparity Between Hospital Service Areas

Potentially Disabling Conditions	Brandywine	Chestnut Hill	Jennersville	Phoenixville/Pottstown	Reading
% [50+] Arthritis/Rheumatism	d 34.9	d 38.2	d 36.3	B 32.2	h 45.9
% [50+] Osteoporosis	B 9.3	d 11.5	d 11.8	d 13.0	h 20.0
% Sciatica/Chronic Back Pain	d 20.1	d 18.9	d 25.6	d 24.1	d 22.8
% Eye Exam in Past 2 Years	d 68.5	d 71.8	d 73.2	d 66.1	d 67.1
% Deafness/Trouble Hearing	B 6.6	d 11.2	h 17.9	d 13.5	d 13.6
% Blindness/Trouble Seeing	B 0.5	d 3.6	d 2.1	d 1.9	h 4.4

Note: In the green section, each hospital service area is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.

Tower Health	Tower Health vs. Benchmarks		
	vs. PA	vs. US	vs. HP2020
37.7		d 38.3	
13.4		h 9.4	h 5.3
21.9		d 22.9	
68.6		B 55.3	
11.7		d 10.5	
2.5	B 3.5	B 9.1	
	B better	d similar	h worse

Disparity Between Hospital Service Areas

Respiratory Diseases	Brandywine	Chestnut Hill	Jennersville	Phoenixville/Pottstown	Reading
% [Adult] Currently Has Asthma	d 10.4	d 10.7	B 8.1	d 10.9	h 19.0
% Adults Asthma (Ever Diagnosed)	d 17.1	d 15.5	d 14.5	d 15.4	h 24.7
% [Child 0-17] Currently Has Asthma	d 10.1	d 14.8	B 1.0	B 5.7	d 18.2
% Child [Age 0-17] Asthma (Ever Diagnosed)	d 11.0	d 17.1	B 2.1	B 7.6	h 22.9
% COPD (Lung Disease)	d 7.2	B 6.5	d 8.7	d 10.4	h 12.7
<p>Note: In the green section, each hospital service area is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.</p>					

Tower Health	Tower Health vs. Benchmarks		
	vs. PA	vs. US	vs. HP2020
12.4	d 10.6	d 11.8	
18.0	h 14.8	d 19.4	
11.2		d 9.3	
13.6		d 11.1	
9.3	h 7.4	d 8.6	
	B better	d similar	h worse

Disparity Between Hospital Service Areas

Substance Abuse	Brandywine	Chestnut Hill	Jennersville	Phoenixville/Pottstown	Reading
% Current Drinker	h 69.0	d 65.7	d 58.6	d 65.2	B 54.3
% Binge Drinker (Single Occasion - 5+ Drinks Men, 4+ Women)	h 25.2	d 20.6	B 13.2	d 20.0	B 16.1
% Excessive Drinker	h 29.1	d 22.1	d 18.7	d 22.4	B 18.6
% Illicit Drug Use in Past Month	d 3.2	d 5.7	d 1.9	d 2.6	d 2.7
% Have Used Opioids/Opiates in the Past Year	B 6.6	d 11.2	h 17.9	d 13.5	d 13.6
% Would Know Where to Access Alc/Drug Trtmt if Needed	d 67.1	d 61.3	d 65.3	d 65.9	d 70.2

Note: In the green section, each hospital service area is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.

Tower Health	Tower Health vs. Benchmarks		
	vs. PA	vs. US	vs. HP2020
63.1	h 58.8	h 55.0	
20.0	d 19.4	d 20.0	B 24.4
22.8		d 22.5	B 25.4
3.4		d 2.5	B 7.1
11.7			
66.2			
	B better	d similar	h worse

Disparity Between Hospital Service Areas

Tobacco Use	Disparity Between Hospital Service Areas					Tower Health	Tower Health vs. Benchmarks		
	Brandywine	Chestnut Hill	Jennersville	Phoenixville/Pottstown	Reading		vs. PA	vs. US	vs. HP2020
% Current Smoker	d 13.5	d 16.8	B 9.0	d 18.5	d 18.0	16.1	d 18.0	h 11.0	h 12.0
% Someone Smokes at Home	d 10.9	d 14.1	B 7.1	d 10.5	d 10.9	11.2	d 10.7		
% [Nonsmokers] Someone Smokes in the Home	d 4.6	d 4.6	d 3.6	d 3.8	d 2.6	3.8	d 4.0		
% [Household With Children] Someone Smokes in the Home	d 9.3	d 17.4	d 7.8	d 12.5	d 14.5	12.9	h 7.2		
% [Smokers] Have Quit Smoking 1+ Days in Past Year						56.9	B 34.7 h 80.0		
% [Smokers] Received Advice to Quit Smoking						70.2	B 58.0		
% Currently Use Vaping Products	d 5.4	d 4.0	B 1.6	d 6.1	d 5.7	5.1	d 4.2	d 3.8	

Disparity Between Hospital Service Areas

Tobacco Use

% Use Smokeless Tobacco

Brandywine	Chestnut Hill	Jennersville	Phoenixville/Pottstown	Reading
B	d	d	d	h
0.8	5.4	2.5	4.7	6.7
<p>Note: In the green section, each hospital service area is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.</p>				

Tower Health	Tower Health vs. Benchmarks		
	vs. PA	vs. US	vs. HP2020
4.2	d	d	h
	4.1	4.4	0.3
	B	d	h
	better	similar	worse