



Introduction to the Newsletter

Hello,

I'm glad that you are taking a few minutes to read the first quarterly newsletter for the Capital Region Population Health Improvement Program (PHIP). The Capital Region PHIP serves Albany, Schenectady, Saratoga, Rensselaer, Columbia and Greene counties. The purpose of the PHIP is to make it easier for public health, health care and all other stakeholders impacted by health care issues, to: 1) stay informed about health care reform activities in the region, 2) participate in these activities, and 3) access public health data and evidence to strengthen strategies intended to improve population health and reduce health disparities.

In particular, the PHIP supports regional initiatives of the New York State Department of Health to promote the Triple Aim of better care, better population health and lower health care costs. These initiatives include the Prevention Agenda, State Health Innovation Plan (SHIP) and Delivery System Reform Incentive Program (DSRIP).

The important word here is EASIER. These are complex issues, but they all have reference sources, contact people and summaries that can expedite the learning curve. This information can also be brought together in one place for the region, like our website www.hcdiny.org, to make it quicker for you to look up information you are looking for and find links to key resources or data.

The newsletter will be our quickest reference guide to these resources and the latest activities. I hope you find it useful and that it increases your participation in public health initiatives in the capital region!

Kevin Jobin-Davis, PhD
Executive Director
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The Latest in New York State Health Initiatives

PHIP

- The **Capital Region Public Health Initiative Resource Directory** is now active! Make sure your program is included by [adding it here here>>](#)
- Prevention Agenda priorities have been selected throughout the region – see below, and the Priority Area task force meetings are beginning in April. They could benefit from your participation! Contact Andrew Velasquez for information on joining one in your county: Avelasquez@hcdiny.org
- The Capital Region Care Coordination Task Force is being assembled. Reach out to Keshana Owens-Cody for more information or to be involved: kowens-cody@hcdiny.org
- Stay up to date on the Prevention Agenda by subscribing to the webinar series. The next one is on April 14th. Don't miss it! [Here's the link>>](#)
- **New Grant Alert!** \$20 Million for Adolescent Pregnancy Prevention. Applications due May 4th [Here's the grant profile >>](#)
- **New Grant Alert!** Practice Transformation Technical Assistance Services Application due 04/29. [Details here>>](#)
- **New Grant Alert!** The New York State Health Foundation (NYSHealth) just launched an RFP for its newest priority, Empowering Health Care Consumers. They are interested in funding ambitious, large-scale projects and studies around consumer empowerment. [Here is the Request for Proposals information>>](#)

SHIP and SIM

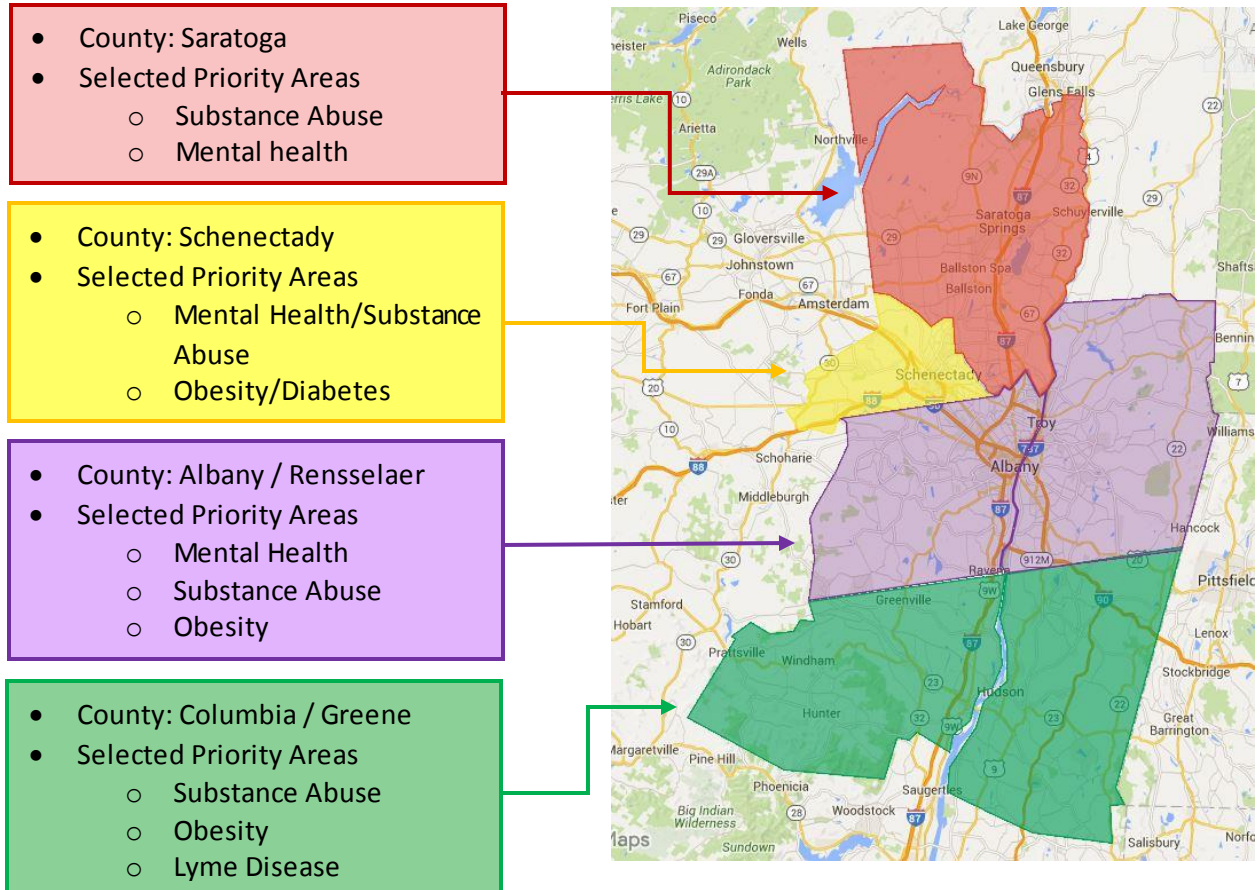
- April 1st is the first day of SIM Year 2! New York State's SIM Year 2 Operational Plan is now available online. It includes a detailed SIM operational plan that you can review to learn how your organization can better align with the SIM. [Here's the link>>](#)
- One of the key transformations that New York will take on in 2016-2019 is the implementation of Advanced Primary Care Models (APC). The APC Model ties together reimbursement with an integrated service delivery system. This coordinated system works together to ensure the patient high quality outcomes. [Learn more about the APC model.](#)
- Stay up-to-date on SHIP/SIM by subscribing to its newsletter. To subscribe, send an email to: sim@health.ny.gov

DSRIP

- Governor Cuomo just announced more than \$17 million in grant funding through the Capital Restructuring Finance Program and the Essential Health Care Provider Support Program was awarded to the Capital Region. These grants will support DSRIP goals. [Read more about the providers and projects that received funding here>>](#)
- May 5th: Multi-PPS Town Hall Event on DSRIP and community-based organizations. [Click here for details on attending>>](#)
- March 31st marks the end of DSRIP Year One. Each PPS had deliverables that they must account for under these four domains: 1) Overall Project Progress, 2) System Transformation, 3) Clinical Improvement, and 4) Population Wide. [See what your PPS organizations will be measured on>>](#)
- Stay up-to-date on DSRIP with the DSRIP Year Two timeline. See **What** is due **When** by **Whom**, so you know what's happening in your county. [See the timeline here>>](#)

2016 Community Health Improvement Plan (CHIP) Update

The Capital Region Counties (Albany, Columbia, Greene, Rensselaer, Saratoga, and Schenectady) have selected their Priority Areas for the 2017-18 Prevention Agenda period. Each county (or county partnership) will have a task force dedicated to each priority. The selected areas are as follows:



If you are interested in participating in a task force please contact Andrew Velasquez at Avelasquez@hcdiny.org for details.

Quarterly Newsletter Topic: Lyme Disease

Data

Columbia and Greene Counties:

- Greene and Columbia Counties have the highest, and second highest Lyme rates in the state
- 629 cases of Lyme Disease (annually)
- Both counties fall into the 4th Risk Quartile for Lyme disease

Albany and Renssalaer Counties:

- 823 cases of Lyme Disease (annually)
- Renssalaer county has 3 times the amount of cases seen in Albany county
- Both Albany and Renssalaer counties fall into the 4th Risk Quartile for Lyme disease
- Renssalaer county has the 3rd highest Lyme disease case rate of all NYS counties

Saratoga County:

- 474 cases of Lyme Disease (annually)
- Saratoga County falls into the 4th Risk Quartile for Lyme disease
- Saratoga County has much higher infection rates than the rest of NY, but slightly lower than those of the Capital Region

Schenectady County:

- 57 cases of Lyme Disease (annually)
- Schenectady County has much lower infection rates than those of the Capital Region and of the rest of NY.
- Schenectady County falls into the 3rd Risk Quartile for Lyme disease

Prevention

In order to reduce the risk of getting a tick-borne disease, the CDC recommends the following:

- Be especially mindful of the risk of being bitten by ticks during the warmer months of the year.
- Use repellents such as DEET on skin and permethrin on clothing.
- Avoid wooded and brushy areas where ticks prefer to live.
- Walk in the center of trails when hiking.
- Shower promptly after returning inside.
- Do frequent and thorough body checks for ticks
- Examine gear and pets for ticks before returning indoors. Put clothes in the dryer on high heat for an hour to kill ticks that might be in clothing
- Clothing can be used to block ticks from contacting the skin. Common recommendations include:
 - Long pants tucked into socks
 - Long-sleeved shirts tucked into pants
 - Wearing light colors to makes ticks more visible so they can be removed before they attach.
 - One study in the northeastern United States found more ticks on people when they wore sneakers as compared to when they wore hiking boots

Resources

[CALIFORNIA DEPARTMENT OF PUBLIC HEALTH: CHILDREN'S PROGRAMS](#)

[CALIFORNIA LYME DISEASE ASSOCIATION](#)

[CENTERS FOR DISEASE CONTROL](#)

[CONNECTICUT AGRICULTURAL EXPERIMENT STATION](#)

[CONNECTICUT DEPARTMENT OF PUBLIC HEALTH](#)

[DEET EDUCATION PROGRAM](#)

[ENVIRONMENTAL PROTECTION AGENCY: INSECT REPELLENTS](#)

[LYME DISEASE ASSOCIATION, INC.](#)

[LYME IN RHYME CHILDREN'S BOOK](#)

[NATIONAL PESTICIDE INFORMATION CENTER](#)

[MAINELY TICKS](#)

[NYS LYME INFO](#)

[TICK MANAGEMENT HANDBOOK](#)

[UNIVERSITY OF RHODE ISLAND-TICKENCOUNTER](#)

PHIP Resources You Can Use To Make Your Job Easier

Data

- The **2016 Capital Region Health Prioritization Meeting Presentations** are now online. [Click here to see how your county measures up >>](#)
- The **Public Health Indicator Matrix** presents over 150 commonly used public health indicators for the Capital Region in an easy-to-read format. Use it to inform programming, identify target populations, or for funding support. [Download it here and reap the benefits of Mike's hard work >>](#)

Website Content

- CDC just released their **Guidelines for Prescribing Opioids for Chronic Pain**. [Here are their findings >>](#)
- HCDI now has **Capital Region county-specific webpages** that include priority areas, CHIP objectives and key actions, health profiles, and more! Just click on "Explore by County" on the top navigation bar and [pick your county of interest >>](#).
- The HCDI **Promising Practices Database** contains over 2200 programs, practices, and policy changes. All are ranked by supporting evidence strength. [Find evidence-based practices around your public health focus here >>](#)
- Easily create a comparison report of multiple indicators across or within counties. The results can be saved as PDF, emailed, or printed. [Reporting made easy! >>](#)

Technical Assistance

- Need help with data or guidance? Need a presentation developed? HCDI provides **no-cost technical assistance** for population health initiatives and programs. [Click here for more information >>](#)
- Did you know that New York State has three technical assistance centers that provide resources to achieve goals and objectives of the Prevention Agenda? [Click Here](#)

NYS Health Initiative Reference Materials

PHIP

- Ever feel like you're in Alphabet Soup when it comes to New York State's Health Initiatives? PHIP? SHIP? DSRIP?!?! [Click here for simple \(and visual\) overviews to help get your bearings >>](#)
- **Prevention Agenda 101:** Priority Areas and Focus Areas. [Here's a blueprint >>](#)
- Learn all about how New York State's **Population Health Improvement Program (PHIP)** promotes the "Triple Aim" of better care, better population health, and lower health care costs. The state's [overview presentation is here >>](#)
- Here's New York State's webpage on their PHIP. It's a basecamp to begin your PHIP research [and it's right here >>](#)

SHIP and SIM

- Heard of the SIM but not sure what it is and how it fits into NYS population health? [Click here to catch up on how it works >>](#)
- Take a look at **New York's State Health Innovation Plan (SHIP)**. [218 pages of innovation here >>](#)
- Stay up to date on SIM by reading their monthly newsletter. [Click here for the latest edition >>](#)

DSRIP

- What is DSRIP? [Learn More](#)
 - [DSRIP Frequent Asked Questions](#)
 - [DSRIP Glossary](#)
- Who are the Capitol Regions' Performing Provider Systems (PPS)? [Learn More](#)
- **Alliance for Better Healthcare** serves an estimated 193,000 Medicaid and uninsured members of our communities across a six county area in upstate New York (Albany, Fulton, Montgomery, Rensselaer, Schenectady, and Saratoga counties). [Stay Connected by clicking here.](#)
- **Albany Medical Center** has partnered with more than 175 community healthcare providers to create a Performing Provider System (PPS) called the Albany Medical Center Hospital PPS, or AMCH PPS, which spans a five county catchment area (Albany, Columbia, Greene, Saratoga, and Warren). [Receive updates on their DSRIP activities by clicking here.](#)
- **Adirondack Health Institute** is nearly a 100-member partnership, representing a full spectrum of northern New York/Adirondack region health care agencies, and working together to plan for and manage health care restructuring. [Attend one of their upcoming events by clicking here.](#)

Meet HCDI's Public Health Planners

Carrie Dunn-Herrera, BA, MS



Public Health Planner, Health and Wellness Coach, wife and Mom of 4 who has a passion for improving the health and well-being of the individual and the population as a whole. Graduated Suma Cum Laude with a Bachelor's degree in Behavioral Science, attained a Master of Science Degree in Health Promotion, and earned a Post-Bachelors Certificate in Health and Wellness Coaching. Relocated to Niskayuna in October 2014, but very familiar with the area since parents retired and moved to Rensselaerville (Albany County) 10 years ago. Prior to Niskayuna, lived in Silver Spring, MD for 3 years and Yonkers, NY for 12 years. Since joining HCDI and the PHIP program in March of 2015, has successfully completed training in Bridges Out of Poverty, Mental Health First Aid, Treating Tobacco in Mental Health Settings, and has produced a number of successful presentations on a variety of subjects including (but not limited to) Substance Abuse, Mental Health, Obesity, Logic Model, and Effective Communication. Leisure activities include creative writing, reading, cooking, watching Netflix series, singing in the shower, and spending time with friends and family.

Keshana Owen's Cody, BS



Keshana Owens Cody is a Public Health Planner serving Albany and Rensselaer Counties, with a focus on Care Coordination. Keshana relocated from Western, New York and brings with her experience working with Children and Families facing Behavioral Health Challenges. Keshana has worked in Residential Treatment Facilities, and Home and Community Based Waiver Programs. Keshana led a team of over 35 per-diem professionals that served eight counties in Western NY, and provided children in foster care, who have significant mental health or developmental disabilities, or health care needs, with services to help them live in a home or community-based setting. Keshana's ability to engage with her population, and mobilize community organizations to provide services for families led her to the Capitol Region. Keshana served as the Interim Statewide Training Project Manager for the Bridges to Health Home and Community Based Waiver; developing, and conducting training required of providers around the State of NY. In addition to her professional life, Keshana is also a wife, and mom of 4. When not at work she enjoys camping, Zumba and attending her children's basketball, cheerleading and dance competitions. Keshana is happy to be here at HCDI where she can focus her efforts on making the Capital Region of New York State a Healthier Place to live.

Andrew Velasquez, MPH



Andrew is a Public Health Planner who serves Columbia and Greene Counties. His secondary focus is on HCDI's website development and communication strategy. Andrew holds a Master of Public Health degree from Columbia University. Andrew has a strong professional interest in the integration of existing and emerging technologies into the field of Population Health. Andrew's M.P.H. capstone is titled *Mobile phone-assisted personal interviewing: A Methodological review*. While attending Columbia, Andrew worked at UNICEF Headquarters as a Gender-Based Violence in Emergencies Intern. Prior to relocating to Albany, Andrew worked as a Field Coordinator on a UNHCR-funded evaluation study of the existing child protection system within the Kiryandongo Refugee Settlement, Uganda. Andrew attended the University of California, Los Angeles, where he received a Bachelor of Arts degree in Spanish, Community, and Culture. His undergraduate research at the North American Integration and development Center (NAID) focused on the empowerment of undocumented immigrants via increased inclusion in the formal financial sector. When not at work, Andrew plays rugby for the Albany Knickerbocker Rugby Club and enjoys international travel when time permits.