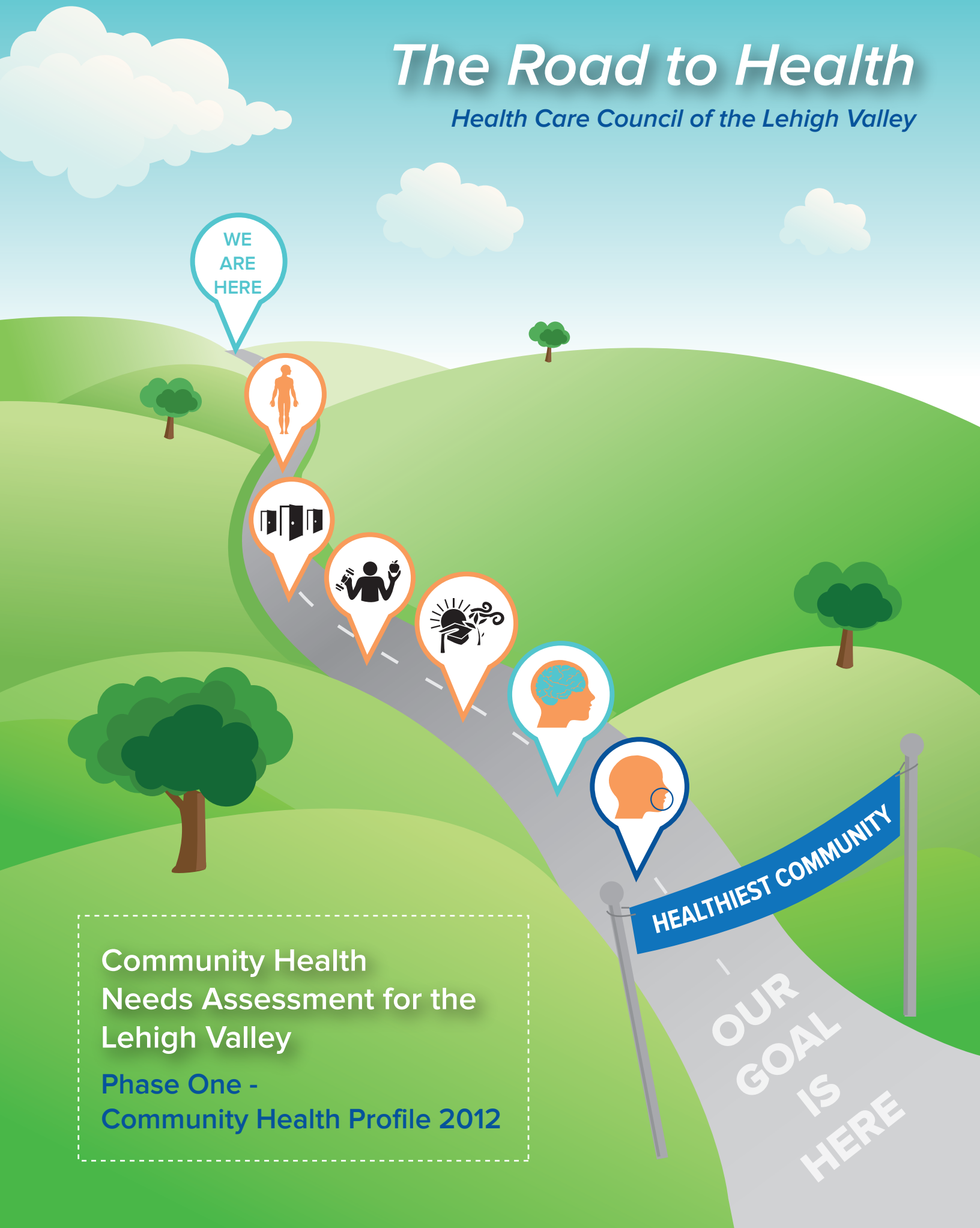
The Road to Health

Health Care Council of the Lehigh Valley



Community Health Needs Assessment for the Lehigh Valley

Phase One - Community Health Profile 2012

TABLE OF CONTENTS

1 Who Are the Partners?

2 What Is a Needs Assessment?

3 Why Is It Important?

4 What's the Process?

5 Who Lives In the Lehigh Valley?

6 What Is Health and What Influences Our Health?

7 Community Input

8 What's Next?

1 - Who Are the Partners?

The **Health Care Council of the Lehigh Valley (HCCLV)** consists of the four non-profit health care systems in the Lehigh Valley and The Dorothy Rider Pool Health Care Trust:

Good Shepherd Rehabilitation

Lehigh Valley Health Network — A Passion for Better Medicine

Sacred Heart HealthCare System

St Luke's University Health Network

The Dorothy Rider Pool Health Care Trust

The HCCLV's objective is to work together to develop a world-class Community Health Needs Assessment that will inspire action that dramatically improves the health of the citizens of the Lehigh Valley for years to come.

2 - What Is a Needs Assessment?

A Community Health Needs Assessment is a disciplined approach to collecting, analyzing and using data (including community input) to identify barriers to the health and well-being of its residents and communties. This leads to the development of goals and targeted action plans to achieve those goals.

The assessment findings will be linked to clinical decision making within health care systems as well as connected to community health improvement efforts. It will engage health care providers and the broader community by providing a basis for making informed decisions, with a strong emphasis on preventing illness and reducing health disparities.

As you read through the report, ask yourself:

"Am I satisfied with the health of the Lehigh Valley?"

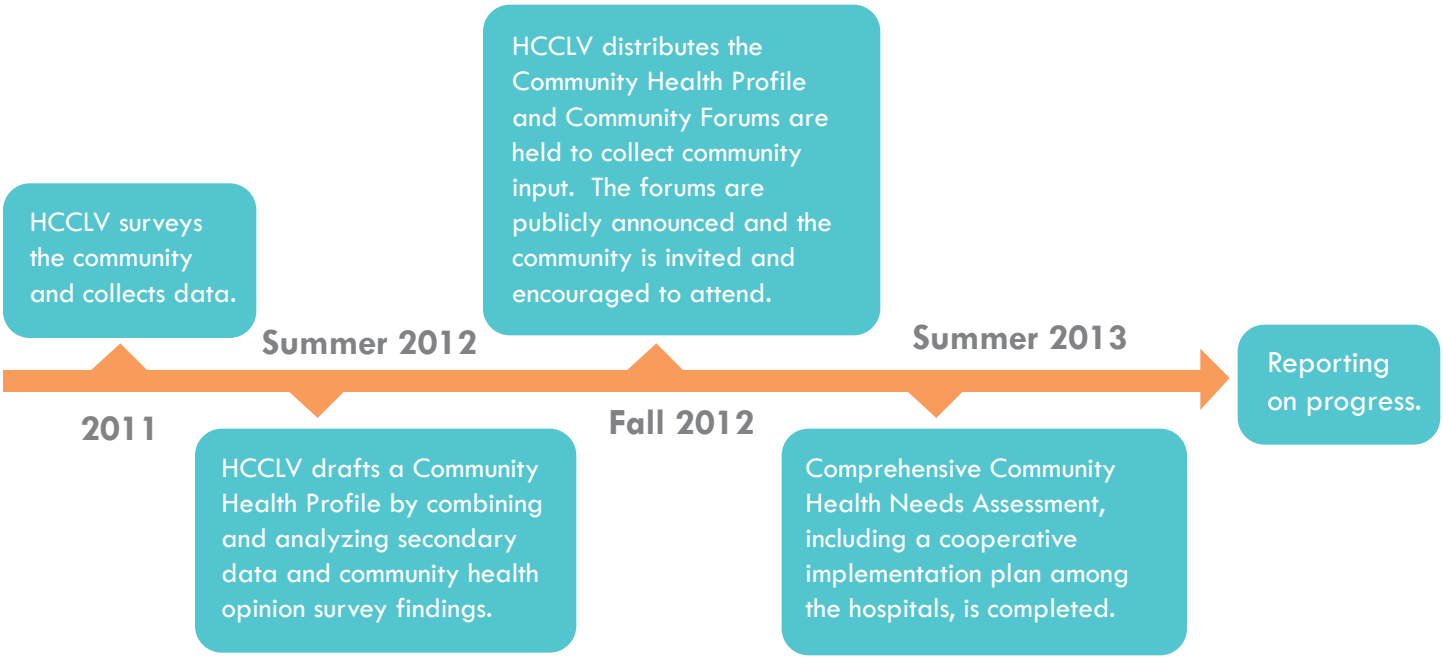
...and... *"What can I do to help?"*

3 - Why Is It Important?

This work is important if we want to improve the health of the people of the Lehigh Valley. **Health** is influenced by many factors–our lifestyles, the communities we live in, our socio-economic status, our education levels, our ability to access health care and our family history. If we want to improve health, we must understand which of these factors influence our health the most and find the right strategies and partnerships to improve them. This health needs assessment is an important first step.

Who else do we need? YOU!
We need the community to actively participate in creating the roadmap for a **Healthy Lehigh Valley.** **Please join us on the journey!**

4 - What's the Process?



Step 1: Defining the Purpose and Scope

The HCCLV defined the scope of the assessment to be the Lehigh Valley – which includes Lehigh and Northampton Counties. The purpose of the needs assessment is to educate stakeholders and residents about the current status of health in the Valley and ensure planning for measurable action to improve the health of Lehigh Valley residents.

Step 2: Collecting and Analyzing Data, Establishing Priorities and Creating Tools to Measure Progress

Data for all areas that affect health were gathered and analyzed. To identify the Valley's priorities, the HCCLV evaluated this data based on how widespread each problem was, how great a health danger the problem posed, and how effectively the community could respond.

For each priority, a **Key Performance Indicator** (KPI) was created. A KPI is a measurement tool that can be used to track progress toward a goal. It compares actual data to a goal so that progress on improvements can be measured. A KPI shows clearly how we are doing against what we said we were going to do.

For the most important priorities, a Dashboard, which collects the KPIs in one place, was created to regularly track progress on the highest priorities.

ACTUALS

- Lehigh County
- Northampton County
- Pennsylvania
- United States

PROGRESS (appears on Top 6 KPIs and Dashboard)

ACHIEVED	100% or greater of 2020 goal
NEEDS WORK	Less than 100% of 2020 goal

GOALS

Healthy People 2020

The Centers for Disease Control have set goals through Healthy People 2020, a set of science-based, 10-year national objectives for improving the health of all Americans.

www.healthypeople.gov

County Health Rankings & Roadmaps
A Healthier Nation, County by County

The *County Health Rankings & Roadmaps* program helps communities create solutions that make it easier for people to be healthy in their own communities, focusing on specific factors that we know affect health.

www.countyhealthrankings.org

Step 3: Documenting and Communicating Results

This document is the summary of the HCCLV findings. It is available electronically at the following websites:

The Dorothy Rider Pool Health Care Trust: www.pooltrust.org
Good Shepherd Rehabilitation: www.goodshepherdrehab.org
Lehigh Valley Health Network: www.lvhn.org
Sacred Heart Healthcare System: www.shh.org
St. Luke's University Health Network: www.slhn.org

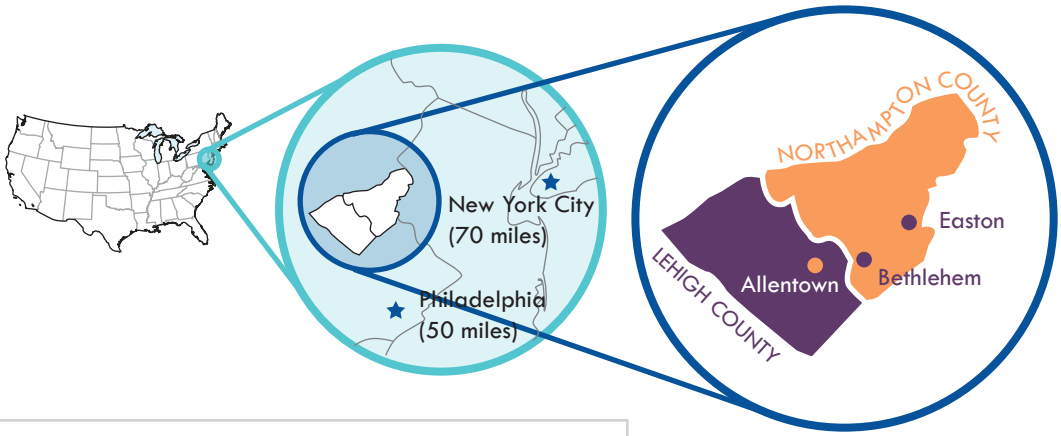
The HCCLV will also update annually the Lehigh Valley Community Health Dashboard so you can track progress at the above five websites.

As you read through the information, please ask yourself what matters to you and your family and then commit to helping improve the health and well-being of our community in some way. You may commit to improving your or your family's own health. Or you and your family may make a broader commitment to help improve a particular health issue in the community. If you become part of the solution, you can help move us all along the **road to health.**

Step 4: Planning for Action and Monitoring Progress

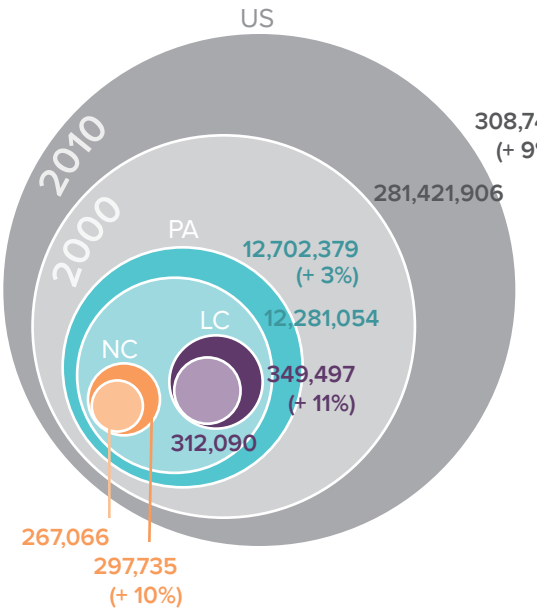
The goal of this needs assessment is to provide data that will drive the development of action plans by the members of the HCCLV. Community members will be asked to provide systematic and specific feedback that can be incorporated into action plans. These plans can then be tracked and progress measured. A community health improvement plan will be created and implemented for 2013-2015. The Dashboard will be updated annually at the above websites so that you can see how we are doing against our plan.

5 - Who Lives In the Lehigh Valley?

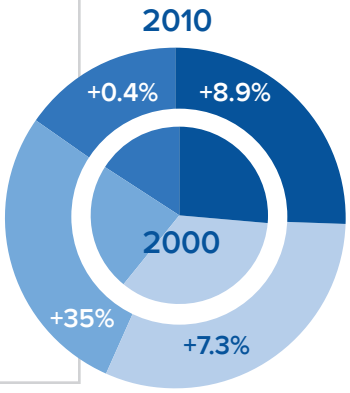


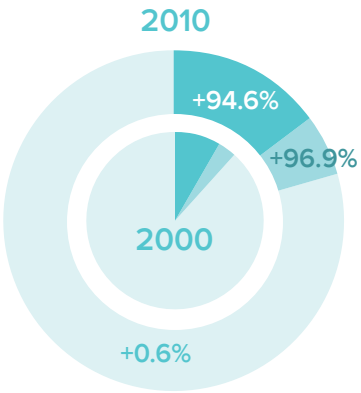
The Lehigh Valley is located on the east central border of Pennsylvania, approximately 50 miles north of Philadelphia and 70 miles west of New York City. The region is made up of two counties, Northampton and Lehigh, three major cities, Allentown, Bethlehem and Easton, and 62 other municipalities within its 726 square miles. The Lehigh Valley is the third most populated area in the state of Pennsylvania and the 64th most populated area in the United States. An analysis of 2010 US Census data reveals three facts:

POPULATION (GROWTH)



WE ARE GROWING. **WE ARE OLDER.** **WE ARE MORE DIVERSE.**





AGE
- 0 - 19
- 20 - 44
- 45 - 64
- 65+

RACE
- Hispanic
- Black
- White/Not Hispanic

TOTAL LEHIGH VALLEY POPULATION: 647,232 in 2010 versus 579,236 in 2000.

Between 2000 and 2010, **73.3%** of total population growth occurred in the 45 and older age group. **This age group will require the most health care in the next 30-40 years.**

32.6% of the 2010 Lehigh Valley population was non-white, compared with **18.8%** in 2000.

From a health perspective, a growing, aging, diverse population will put an additional strain on the Lehigh Valley's health care capacity and is another important reason to emphasize prevention and wellness.

6 - What Is Health and What Influences Health?

The health of a community is often measured by ***mortality*** (the things that kill us) and ***morbidity*** (how sick we are). These measures tell an interesting story about health in the Lehigh Valley.

When compared to the other counties in Pennsylvania, our overall health outcomes (mortality + morbidity) for Lehigh and Northampton Counties are slightly better than average. In 2012, Lehigh County ranks 23rd and Northampton 25th (out of 67 counties). (Source: 2012 County Health Rankings)

A deeper analysis of the causes of death (mortality) shows us that **the top six things that are killing us are:**

- Heart Disease
- Lung Disease
- Cancer
- Injury and Violence
- Stroke
- Diabetes

Compared to Pennsylvania and the United States, our mortality (death) rates are better than most.

The Lehigh Valley is very good at taking care of sick people.

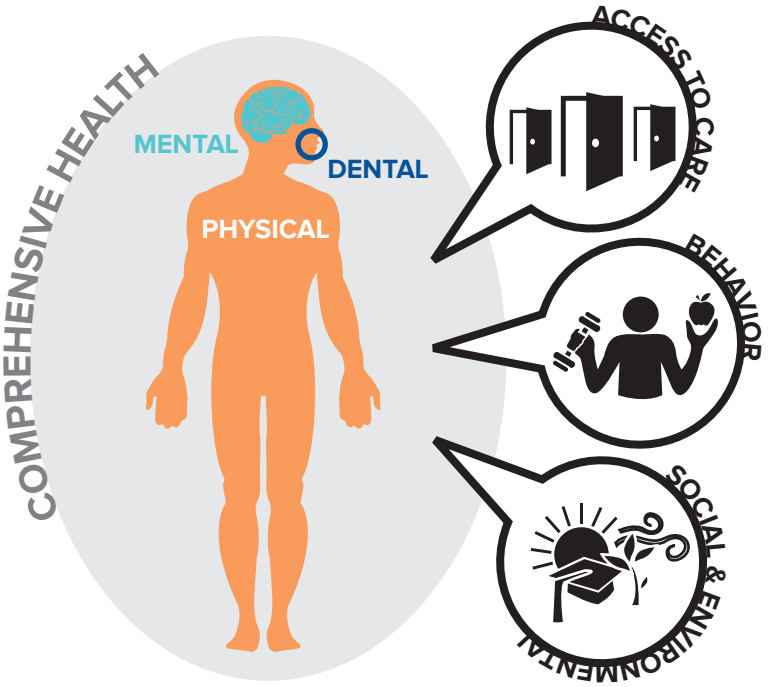
An analysis of how sick we are (morbidity) shows that we are sicker than most communities. Northampton ranks near the bottom (58th out of 67), making it one of the sickest counties in Pennsylvania. Lehigh County is slightly better, ranking 38th, but still in the bottom half of the state. (Source: 2012 County Health Rankings)

The Lehigh Valley is not so good at preventing people from getting sick.

We take great care of sick people when they come to our hospitals, but struggle with preventing them from getting sick.

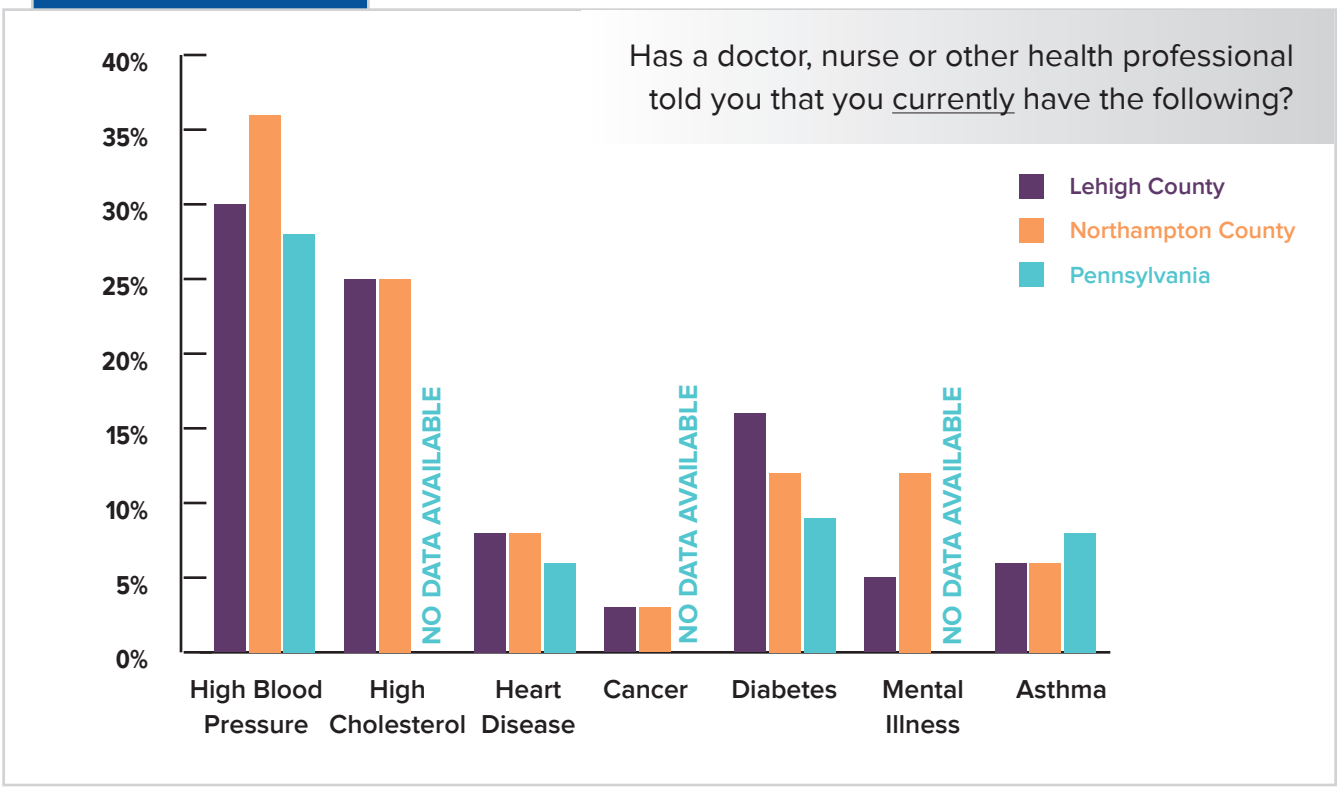
WHY IS THAT?

Because health is about more than just the body.



The chart below shows just how much sickness there is in the Lehigh Valley. This is a survey from the St. Luke's Community Health Needs Study Survey Findings – January 2012, completed by the Lehigh Valley Research Consortium.

The Survey Says...



Our goal is to go beyond being "healthier than everywhere else, but still unhealthy". Our goal is to **achieve health**. *Healthy People 2020* has established science-based, national objectives for improving the health of all Americans.

By comparing the six major causes of death in the Lehigh Valley to the state and national rates, as well as to the Healthy People 2020 goals, we can see how far we still need to travel on the road to health.

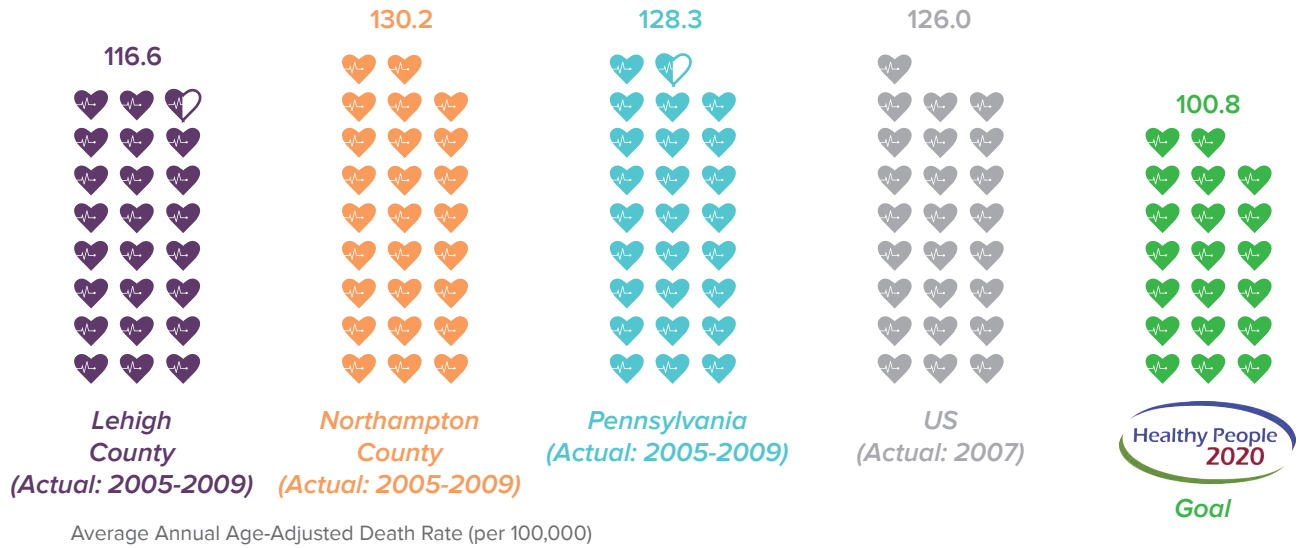
#/ HEART DISEASE

Heart disease includes conditions affecting the heart, such as coronary heart disease, heart attack, congestive heart failure, and congenital heart disease. It is the leading cause of death for men and women in the United States, Pennsylvania and the Lehigh Valley.

HEART DISEASE

NEEDS WORK

#/ CORONARY HEART DISEASE



Average Annual Age-Adjusted Death Rate (per 100,000)

2,200 Americans die of heart disease **every day**.*

23% of all deaths in the Lehigh Valley are caused by heart disease. (2010)+

215,528 people in the Lehigh Valley have some form of heart disease.#

Sources: *American Heart Association, +PA Department of Health Vital Statistics, #American Heart Association and U.S. Census Bureau

PREVENTION

- ✔ Eat a healthy diet
- ✔ Maintain a healthy weight
- ✔ Exercise regularly
- ✔ Don't smoke
- ✔ Control cholesterol
- ✔ Control blood pressure
- ✔ Reduce blood sugar

Lehigh, Northampton and Pennsylvania data were provided by the Bureau of Health Statistics and Research, Pennsylvania Department of Health. The Department specifically disclaims responsibility for any analyses, interpretations or conclusions. National data and goal are drawn from *Healthy People 2020*.

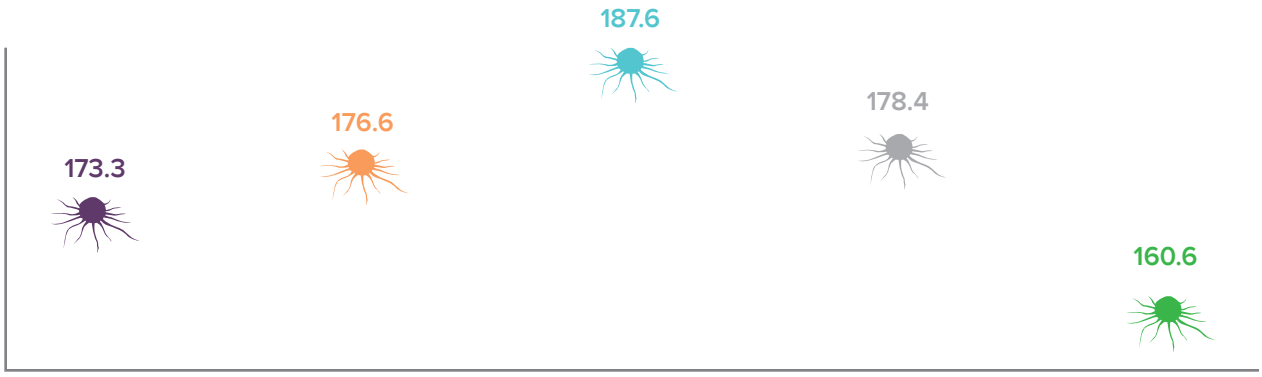
#2 CANCER

Cancer is characterized by an abnormal growth of cells. There are more than 100 types of cancer. In the Lehigh Valley, some of the more prevalent cancers include breast cancer, skin cancer, lung cancer, colon cancer, prostate cancer, and lymphoma. Many cancers are preventable and/or can be effectively treated when detected early.

CANCER

NEEDS WORK

#2



Lehigh County (Actual: 2005-2009) | *Northampton County (Actual: 2005-2009)* | *Pennsylvania (Actual: 2005-2009)* | *US (Actual: 2007)* | Healthy People 2020 *Goal*

Average Annual Age-Adjusted Death Rate (per 100,000)

24.5% of Lehigh Valley deaths are from cancer, higher than the PA rate of **23.3%**.*

1 in 2 **men** will **develop cancer** in their lifetime.+

1 in 3 **women** will **develop cancer** in their lifetime.+

Sources: *PA Department of Health Vital Statistics, +National Institute of Health/National Cancer Institute

PREVENTION

- ✔ Eat a healthy diet
- ✔ Maintain a healthy weight
- ✔ Exercise regularly
- ✔ Don't smoke
- ✔ Limit alcohol use
- ✔ Get appropriate screenings
- ✔ Get appropriate vaccinations
- ✔ Protect your skin

Lehigh, Northampton and Pennsylvania data were provided by the Bureau of Health Statistics and Research, Pennsylvania Department of Health. The Department specifically disclaims responsibility for any analyses, interpretations or conclusions. National data and goal are drawn from *Healthy People 2020.*

#3 STROKE

Stroke is brain damage caused by a blocked blood vessel or bleeding in the brain. Prompt emergency treatment is an effective way to reduce death from stroke (as is evident by Lehigh Valley death rates), but prevention strategies can dramatically reduce the number of strokes.

STROKE

NEEDS WORK

#3

32.0	34.6	42.6	42.2	33.8
Lehigh County (Actual: 2005-2009)	*Northampton County (Actual: 2005-2009)*	*Pennsylvania (Actual: 2005-2009)*	*US (Actual: 2007)*	Healthy People 2020 *Goal*

Average Annual Age-Adjusted Death Rate (per 100,000)

Every 40 SECONDS someone in the U.S. has a stroke.*

Stroke is the **#1** cause of long-term disability.+

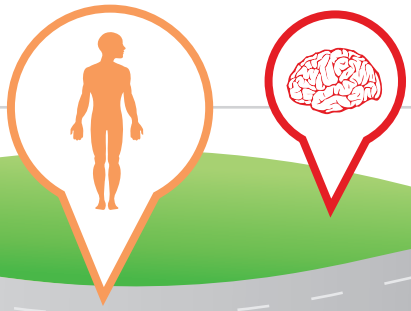
88% Of stroke deaths in the Lehigh Valley occur in people **65 or older**.#

Sources: *Centers for Disease Control, +American Heart Association/American Stroke Association, #PA Department of Health Vital Statistics

PREVENTION

- ✔ Eat a healthy diet
- ✔ Maintain a healthy weight
- ✔ Be active
- ✔ Don't smoke
- ✔ Limit alcohol use
- ✔ Control or prevent high cholestrol, high blood pressure or diabetes
- ✔ Control irregular heart beat

Lehigh, Northampton and Pennsylvania data were provided by the Bureau of Health Statistics and Research, Pennsylvania Department of Health. The Department specifically disclaims responsibility for any analyses, interpretations or conclusions. National data and goal are drawn from *Healthy People 2020.*



#4 LUNG DISEASE

Lung disease is caused/influenced by smoking, air quality, infections (including infections of the mouth) and genetics, and in many cases is a preventable disease. Chronic bronchitis and emphysema together are called Chronic Obstructive Pulmonary Disease (COPD). Add asthma to the mix and it becomes Chronic Lower Respiratory Disease (CLRD).

LUNG DISEASE

NEEDS WORK

#4

Lehigh County (Actual: 2005-2009)	Northampton County (Actual: 2005-2009)	Pennsylvania (Actual: 2005-2009)	US (Actual: 2007)	Healthy People 2020 Goal
116.1	90.5	109.7	112.4	98.5

Average Annual Age-Adjusted Death Rate (per 100,000)

80 - 90%
of all adults with lung disease have a history of smoking.*

5%
The **decrease in smoking rates** in the Lehigh Valley between 2010 and 2012.+

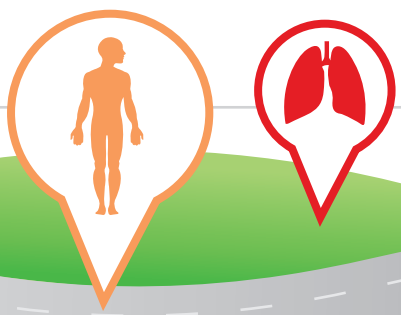
$50.1 billion
The national annual direct health care cost of **asthma** in 2007.#

Sources: *PA Department of Health, *Chronic Disease in Pennsylvania, 2011*, +2012 County Health Rankings, #Centers for Disease Control

PREVENTION

- ✔ Don't smoke
- ✔ Limit exposure to air pollutants at home and work
- ✔ Avoid exposure to secondhand smoke
- ✔ Avoid respiratory infections

Lehigh, Northampton and Pennsylvania data were provided by the Bureau of Health Statistics and Research, Pennsylvania Department of Health. The Department specifically disclaims responsibility for any analyses, interpretations or conclusions. National data and goal are drawn from *Healthy People 2020.*



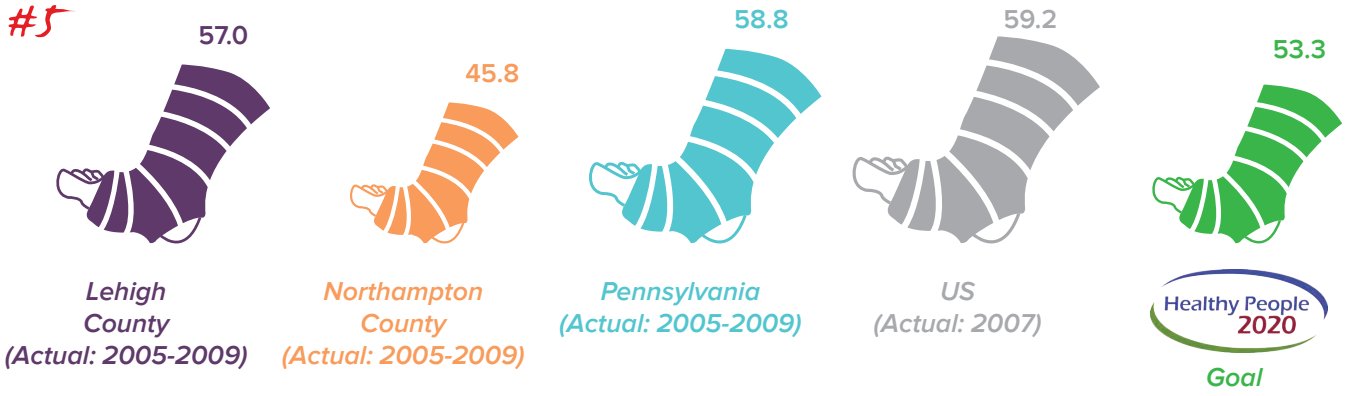
#5 INJURY AND VIOLENCE

Injury and violence includes self-inflicted injuries, traumatic brain injuries, poisoning, assaults, homicides, firearm-related injuries, motor vehicle crashes and unintentional falls. Despite having death rates lower than state and national averages, there are more injuries on average in the Lehigh Valley than in Pennsylvania or the U.S.

INJURY & VIOLENCE

NEEDS WORK

#5



Lehigh County (Actual: 2005-2009) | *Northampton County (Actual: 2005-2009)* | *Pennsylvania (Actual: 2005-2009)* | *US (Actual: 2007)* | *Goal*

Average Annual Age-Adjusted Death Rate (per 100,000)

Accidents are the leading cause of death for Lehigh Valley residents ages

5 to 44*

16%

of all fatal crashes in 2009 involved **driver distraction** (including texting/cellphone use while driving).+

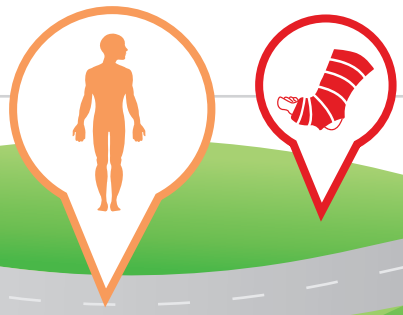
Northampton has the **8th most injuries resulting in hospitalizations** of all PA counties.#

Sources: *PA Department of Health Vital Statistics, +National Highway Traffic Safety Administration, #PA Department of Health Injuries 05-08

PREVENTION

- ✔ Wear seat belts
- ✔ Don't drink and drive
- ✔ Get enough sleep
- ✔ Wear appropriate protective gear for sports
- ✔ Support school-based anti-violence and anti-bullying programs
- ✔ Childproof your home
- ✔ Encourage older adults to take exercise programs to improve balance

Lehigh, Northampton and Pennsylvania data were provided by the Bureau of Health Statistics and Research, Pennsylvania Department of Health. The Department specifically disclaims responsibility for any analyses, interpretations or conclusions. National data and goal are drawn from *Healthy People 2020*.



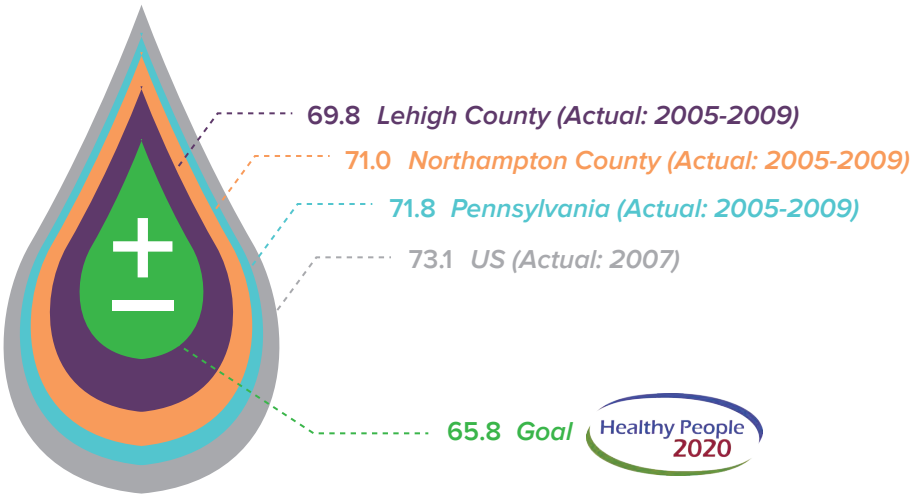
#6 DIABETES

Diabetes is a group of diseases that affect how your body uses blood glucose (blood sugar). Glucose is vital to your health because it provides energy for the cells that make up your muscles and tissues. It's your brain's main source of fuel. If you have diabetes, it means you have too much glucose in your blood, which can lead to serious health problems like heart disease and stroke.

DIABETES

NEEDS WORK

#6



Average Annual Age-Adjusted Death Rate (per 100,000)

53,720 Lehigh Valley residents have diabetes.*

66% Increased risk of diabetes for Hispanics.+

77% Increased risk of diabetes for African-Americans.+

26.9% of people 65 and older have diabetes.+

Sources: *Centers for Disease Control and U.S. Census Bureau, +Centers for Disease Control

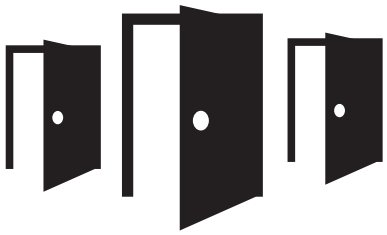
PREVENTION

- ✔ Eat a healthy diet
- ✔ Maintain a healthy weight
- ✔ Engage in moderate exercise
- ✔ Control high blood pressure
- ✔ Control high cholesterol & triglycerides

Lehigh, Northampton and Pennsylvania data were provided by the Bureau of Health Statistics and Research, Pennsylvania Department of Health. The Department specifically disclaims responsibility for any analyses, interpretations or conclusions. National data and goal are drawn from *Healthy People 2020.*

Things That Affect Our Health

Death rates in the Lehigh Valley are lower because people with chronic diseases and serious injuries who live here have been able to access high quality care. As our population grows, ages and becomes more diverse, the prevalence of disease and injuries will also grow. If our solution is to wait to react until people get sick or injured, our limited health care resources will be constantly strained. If we want to start improving health, we have to look at solutions in health care and beyond.



Improvements to health care, like **easier access** to primary care, wellness, preventive and screening services are important, but not enough.

Detrimental **individual behaviors**–smoking, poor eating, lack of exercise and alcohol use–must change.

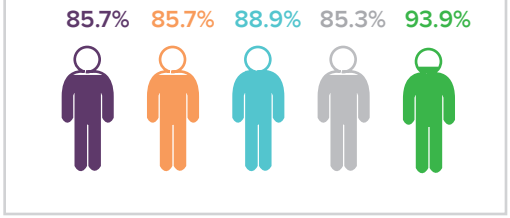
Social issues–lack of education, poverty and violence–have a dramatic impact on our health, as do **environmental factors** like air and water quality.

Mental health and **dental health**, viewed for many years as separate from physical health care, are now known to have an impact on chronic disease and injuries and must be part of any discussion about health.

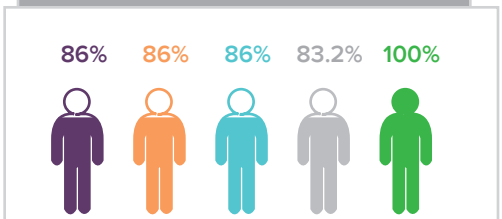
If the people of the Lehigh Valley value improved health, it will take the efforts of all of us to reach those goals.

ACCESS TO CARE

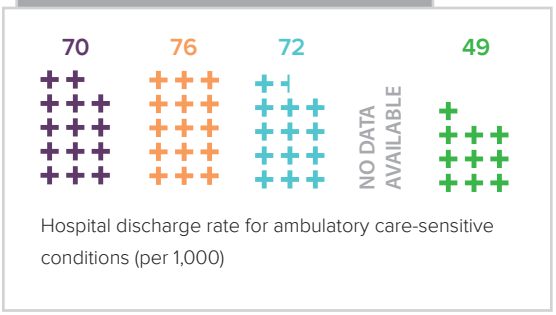
EASE OF SEEING A DOCTOR



PERSONS WITH HEALTH INSURANCE



PREVENTABLE HOSPITAL STAYS



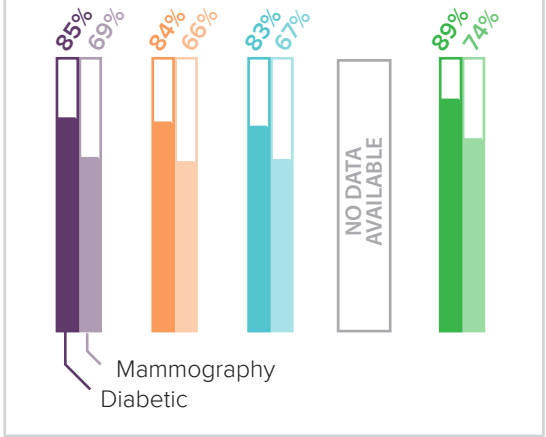
Hospital discharge rate for ambulatory care-sensitive conditions (per 1,000)

Easy access to a health professional improves the quality and quantity of wellness. Prevention and early treatment of health problems means that health care costs less and patients are more satisfied with their experience. Anticipated federal and state changes to the health care system, as well as the recent designation of the Lehigh Valley's first Federally Qualified Health Center, are designed to improve access to care.

Lack of insurance coverage is a significant barrier to accessing needed medical services. Even some who have insurance find it financially challenging to see a health professional for wellness, preventive or ambulatory care, where the patient can receive health care in an outpatient setting.

By not seeking early treatment or using outpatient settings, the patient may be faced with a hospital stay that could have been prevented. The number of preventable hospital stays suggests that the availability and/or quality of care provided in the outpatient setting are less than ideal. It may also mean that the community overuses the hospital and/or emergency room as a main source of care.

SCREENINGS



Good screening programs allow for early detection of disease in people who have not been diagnosed. They can also keep a disease manageable for patients who are receiving treatment. Next to prevention, it is one of the strongest health care approaches to improve and maintain good health. Two examples of screening tools are mammograms and diabetic screenings.

- Lehigh County (Actual: 2012)*
- Northampton County (Actual: 2012)*
- Pennsylvania (Actual: 2012)*
- United States (Actual: 2012)*
- Goal*

County Health Rankings & Roadmaps

* All data for *Ease of Seeing a Doctor* are drawn from the Commonwealth Fund Health Systems Data Center (2009-2010). Lehigh, Northampton and PA data for *Persons with Health Insurance* are drawn from the 2011 County Health Profile, and the US data and goal are drawn from Healthy People 2020.

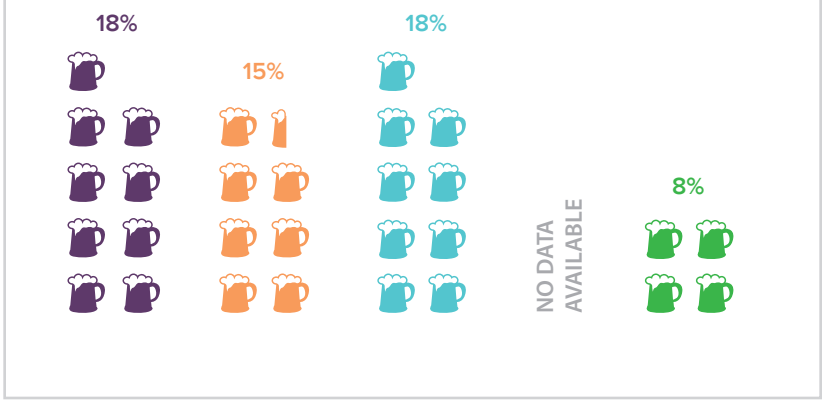
BEHAVIOR

Making wellness, ambulatory and screening services available and affordable is only effective if people use them. We all must choose how much responsibility to take for our own health. Certain personal behaviors can be far more damaging than choosing not to access health care.

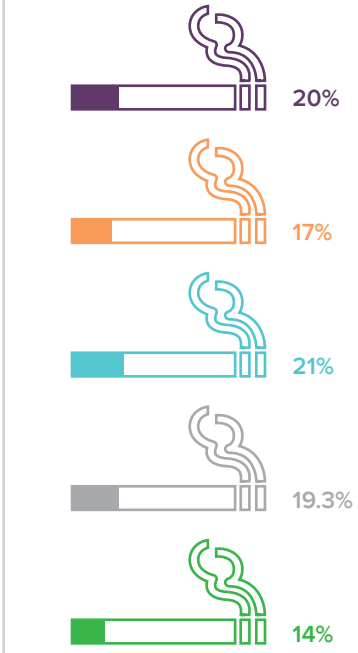
Smoking is identified as a cause in multiple diseases, including various cancers, heart disease and respiratory conditions.

Excessive alcohol consumption includes binge and/or heavy drinking and has contributed to alcohol poisoning, high blood pressure, heart disease, suicide, interpersonal violence and motor vehicle crashes.

EXCESSIVE ALCOHOL USE



ADULT SMOKING



Lehigh County (Actual: 2012)
Northampton County (Actual: 2012)
Pennsylvania (Actual: 2012)
United States (Actual: 2012)
Goal

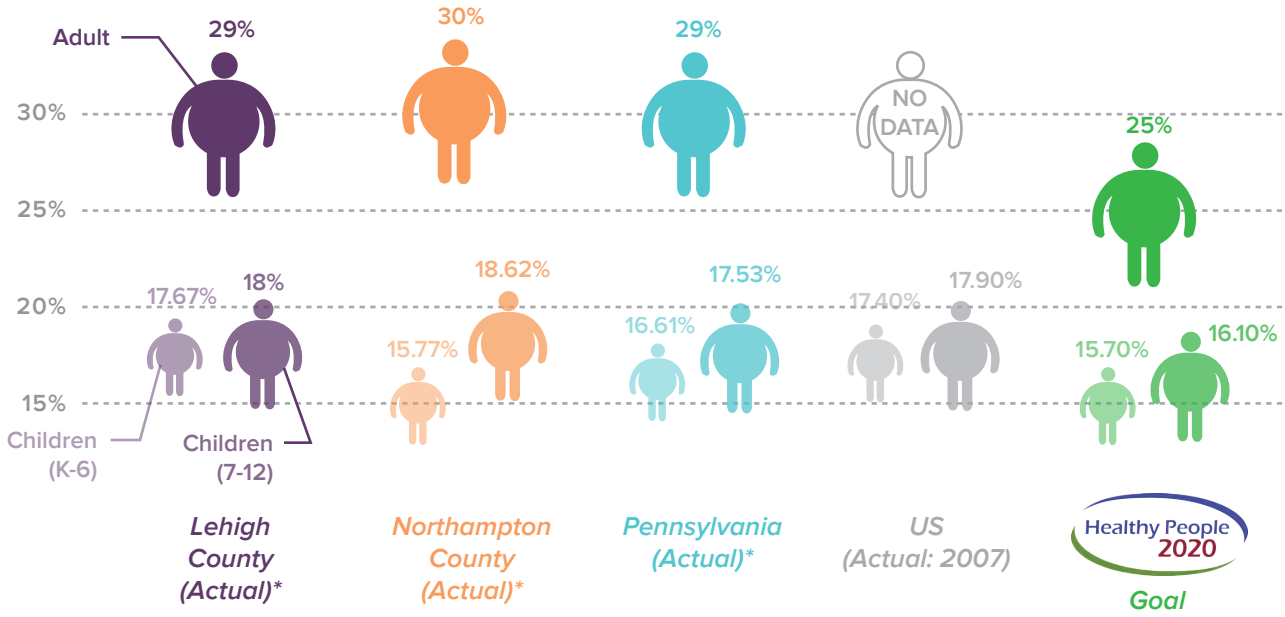
County Health Rankings & Roadmaps

All data drawn from *2012 County Health Rankings*.

BEHAVIOR

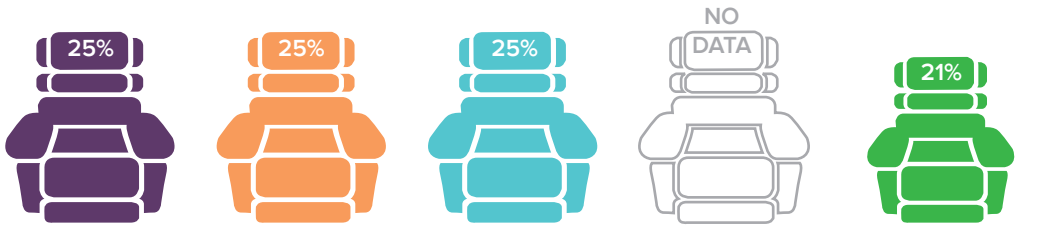
Obesity and physical inactivity increase the risk for heart disease, diabetes, cancer, stroke, high blood pressure and respiratory conditions. Obesity also increases the risk of orthopedic, joint, and spine problems.

OBESITY



* Childhood obesity data are drawn from the *2009-2010 PA Department of Health Growth Screens*. Adult obesity data are drawn from the *2012 County Health Rankings*. National and Goal data are drawn from *Healthy People 2020*.

PHYSICAL INACTIVITY



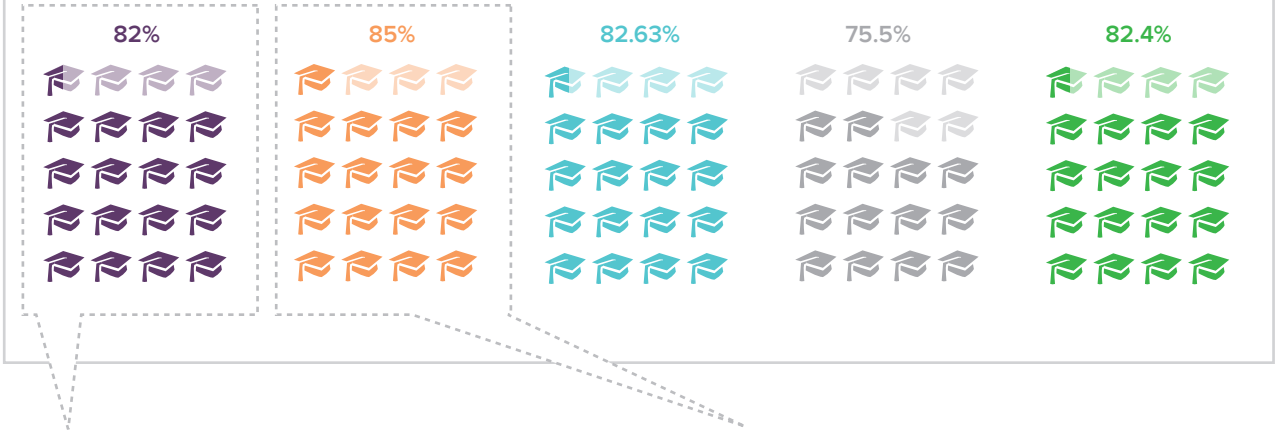
Percentage of residents reporting physical inactivity. All data drawn from *2012 County Health Rankings*.

SOCIAL/ENVIRONMENTAL

Healthy People 2020 and The County Health Rankings, along with dozens of other references, have demonstrated the impact that social and environmental conditions have on health. We have selected key indicators, such as education, poverty, safety and air quality, that show the status of these health factors, along with goals that better represent a healthy community.

Education and better health are strongly linked. According to the CDC, high school graduation rates are the leading social indicator of a positive or negative impact on health. College graduates can expect to live at least 5 years longer than individuals who have not finished high school.

HIGH SCHOOL GRADUATION RATE



Allentown City SD	66.03%
Northern Lehigh SD	91.38%
Northwestern Lehigh SD	91.80%
East Penn SD	93.18%
Whitehall-Coplay SD	93.30%
Salisbury Township SD	93.94%
Parkland SD	95.41%
Catasauqua Area SD	95.73%
Southern Lehigh SD	96.40%

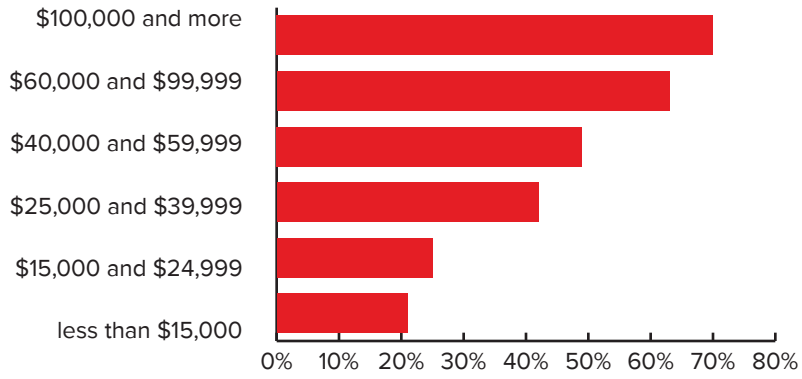
Bethlehem Area SD	81.76%
Penn Argyl SD	82.17%
Easton Area SD	87.48%
Northampton Area SD	91.99%
Wilson Area SD	92.70%
Saucon Valley SD	93.14%
Bangor Area SD	94.57%
Nazareth SD	95.51%

- Lehigh County (Actual: 2010 - PA Dept. of Education)
- Northampton County (Actual: 2010 - PA Dept. of Education)
- Pennsylvania (Actual: 2010 - PA Dept. of Education)
- United States (Actual: 2007 - Healthy People 2020)
- Goal (Healthy People 2020)

SOCIAL/ENVIRONMENTAL

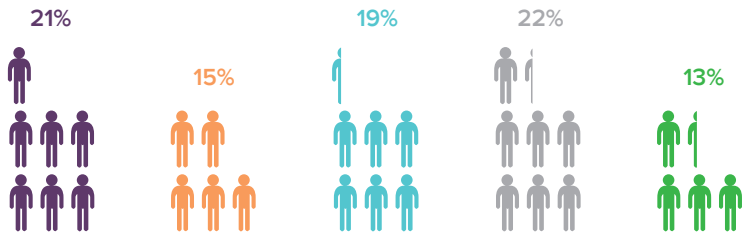
Education leads to better jobs and income but also longer, healthier lives. Each additional year of schooling represents an 11% increase in income. The survey below, from the St. Luke's Community Health Needs Study Survey Findings of January 2012 completed by the Lehigh Valley Research Consortium, shows the strong relationship between income and health.

OVERALL HEALTH RATING OF VERY GOOD OR EXCELLENT

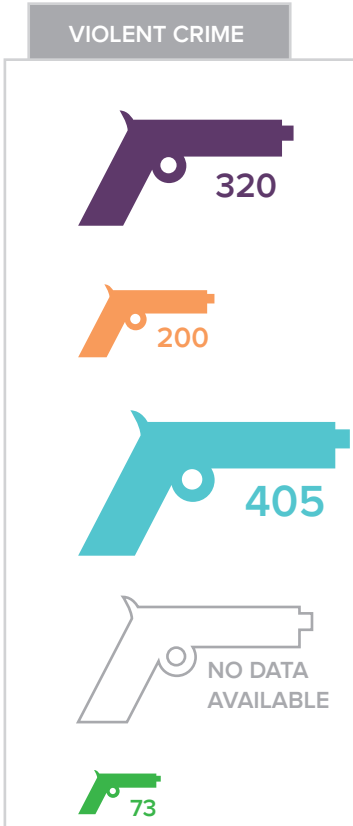


A poor education can have a lasting impact on the health of future generations, the level of children in poverty, and rates of violent crime.

CHILDREN IN POVERTY



VIOLENT CRIME



Violent Crime Rate per 100,000 population

Lehigh County (Actual: 2012)
Northampton County (Actual: 2012)
Pennsylvania (Actual: 2012)
United States (Actual: 2012)
Goal

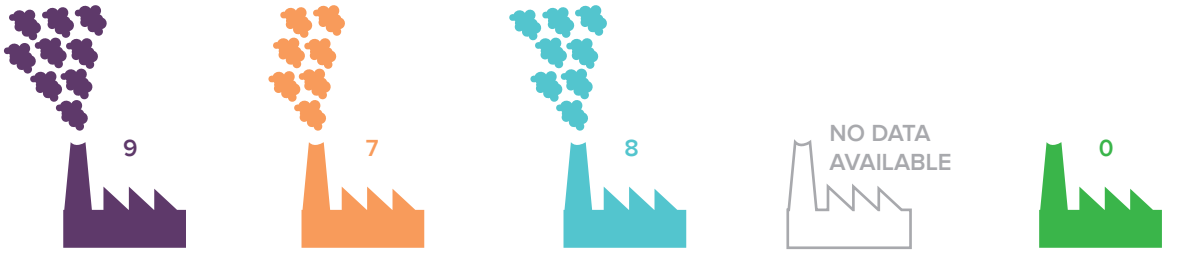
County Health Rankings & Roadmaps

All data drawn from *2012 County Health Rankings*.

SOCIAL/ENVIRONMENTAL

Poor air quality contributes to premature death, cancer, and long-term damage to respiratory and cardiovascular systems. People who suffer from asthma, 10% of our children and 8% of our adults, are at greatest risk from the dangers of air pollution.

AIR POLLUTION



Lehigh County (Actual: 2012)	*Northampton County (Actual: 2012)*	*Pennsylvania (Actual: 2012)*	*US (Actual: 2012)*	*Goal*
9	7	8	NO DATA AVAILABLE	0

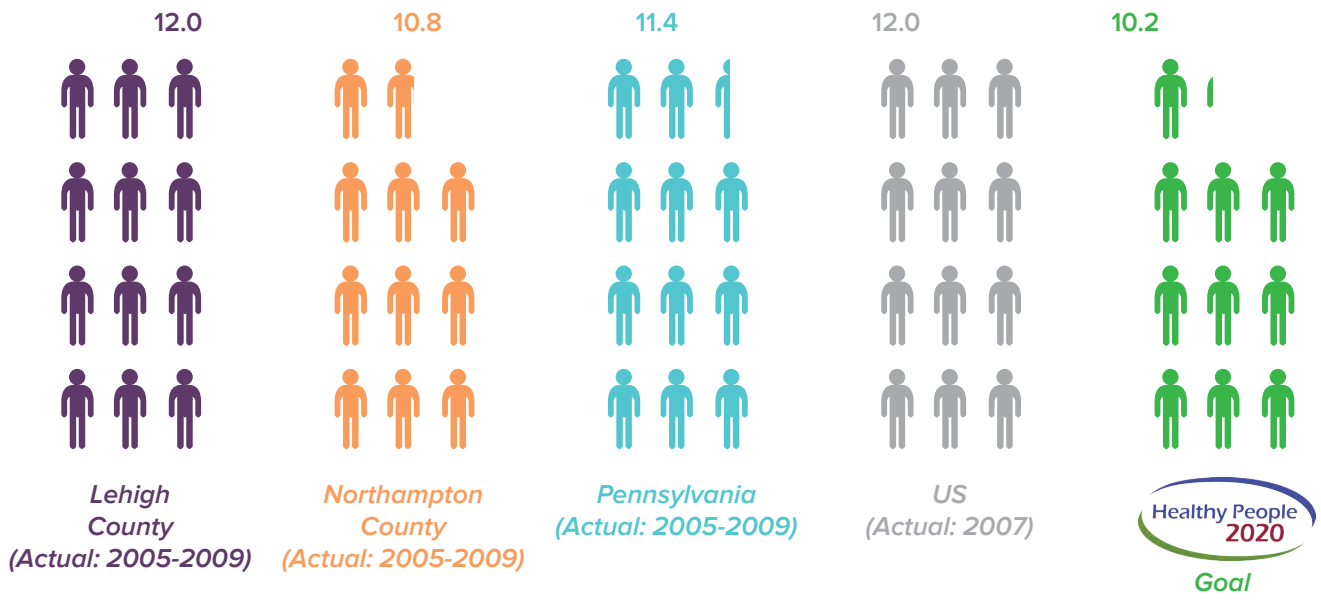
Annual number of days that air quality was unhealthy for sensitive populations due to ozone levels

All data drawn from *2012 County Health Rankings*.

MENTAL

Poor mental health can increase the risk of diseases such as cardiovascular disease, cancer and diabetes, while good mental health is a known protective factor. Poor physical health increases the risk of people developing mental health problems. Both situations create a cycle of poor health. Evidence tells us that physical and mental health cannot be separated and must be treated in a coordinated manner. A frequently used indicator of the prevalence of mental illness in a community is the rate of suicide, which in the Lehigh Valley is above average when compared to the state and country.

SUICIDE RATE



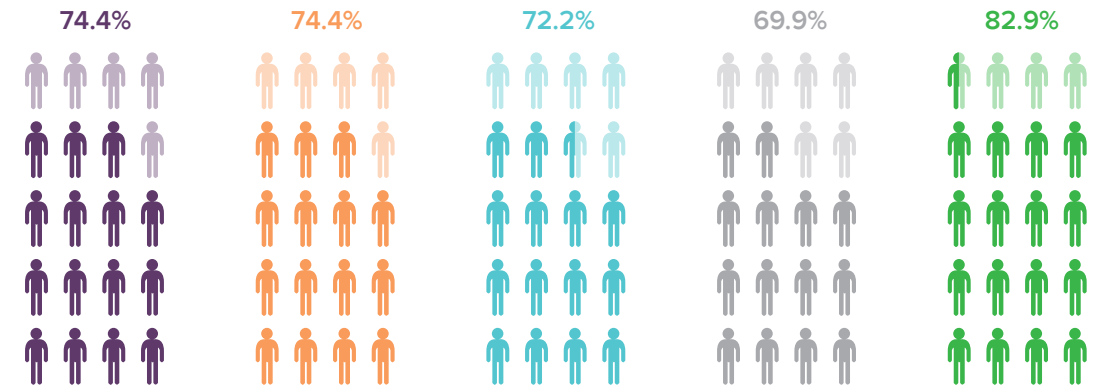
Rate per 100,000 people

Lehigh, Northampton and Pennsylvania data are drawn from the *PA Department of Health Vital Statistics*.
National data and goal are drawn from *Healthy People 2020.*

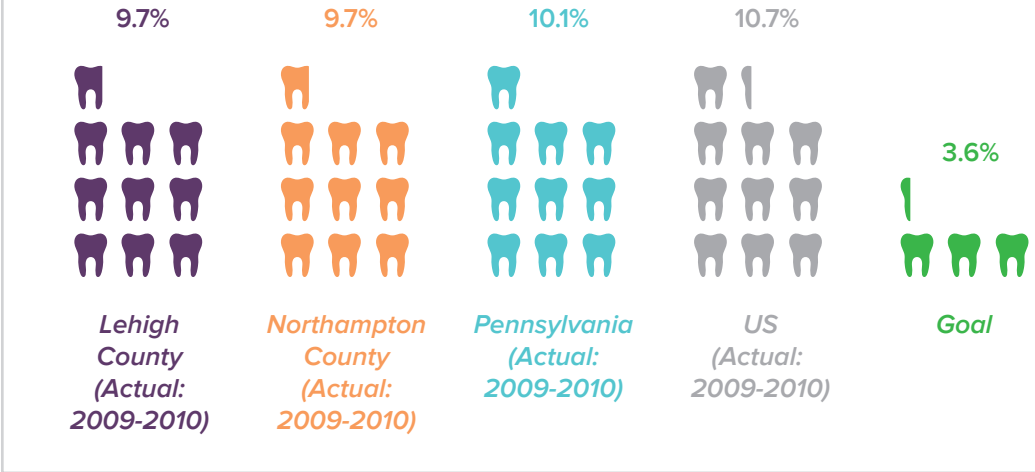
DENTAL

A person's mouth is filled with bacteria. The body's natural defense system, combined with good oral health (brushing, flossing, regular visits to the dentist), helps keep the bacteria under control. Poor oral hygiene leads to bacteria build-up on the teeth and gums, causing tooth decay and gum disease. These infections can also contribute to heart disease, stroke and diabetes. There are many reasons why people can't access oral health professions, including a lack of insurance (many health insurance plans don't include oral health services) and a shortage of dentists.

ADULTS VISITING THE DENTIST



ADULTS 8-64 HAVING LOST MORE THAN 5 TEETH DUE TO POOR ORAL HEALTH



All data and goals are drawn from the *Commonwealth Fund Health Systems Data Center*.

7 - Community Input

Now's your chance to make a difference. We want to hear from you. What do you think about the profile and what can we do to improve our health?

Here's how you can let us know what you think:

- Stay tuned for information on our upcoming community forums where we will share this report, discuss its contents, and give you the opportunity to tell us what you think we can do together to be more healthy. Food and refreshments will be provided.
- Send your comments to us at healthcarecouncillv@gmail.com.

We will add all your valuable thoughts to the information we've gathered and then . . .

8 - What's Next?

Based on all this input, we'll identify what are the most important next steps on the road to health. We'll develop action plans for each step and performance measures to track our progress. We'll report our progress regularly in an easy-to-read dashboard at the websites listed above. You'll be able to watch our progress as we work to improve the health of the Lehigh Valley. And we won't be finished until we've achieved our goals and become the Healthiest Community!

Thanks!

Report prepared by

GREEN PERFORMANCE
STRATEGIES
www.greenperformancestrategies.com