

BARNSTABLE COUNTY
CAPE COD REGIONAL GOVERNMENT

Lower Cape Cod

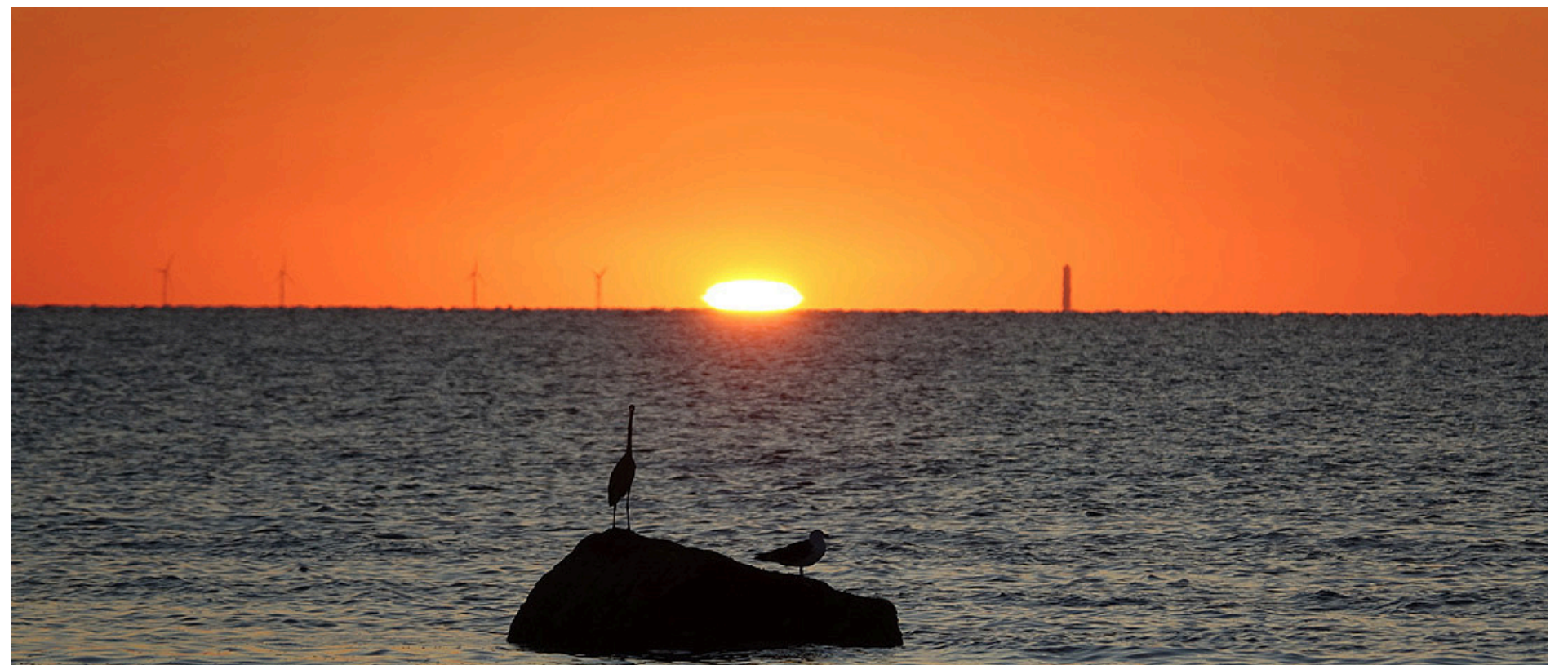
COMMUNITY HEALTH NEEDS ASSESSMENT

Brewster, Chatham, Harwich, Orleans

2024



01. Overview
02. Goals & Objectives
03. Methodology
04. Key Secondary Data Findings
05. Voices from the Community
06. Community Survey Findings
07. Identified Needs
08. Next Steps & Looking Ahead



Lower Cape Community Health Needs Assessment Overview

From April to July 2024, Crescendo Consulting Group partnered with Barnstable County and the Lower Cape Health Departments to conduct a comprehensive Community Health Needs Assessment.

A community health needs assessment:



Establishes a profile of community needs and resources.



Identifies key needs and **populations most impacted**.



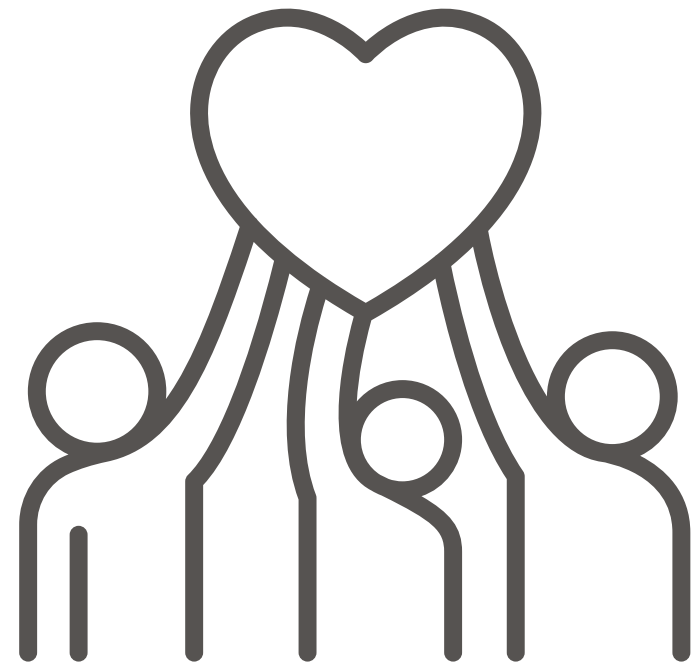
Uses both **quantitative and qualitative** data for insights.



Helps guide **strategic planning** for community health improvements.

Goals and Objectives

Overall Goal: Gain a deeper understanding of health and social issues of the Lower Cape.



Community Wide

Engage a **broad spectrum** of the community in the community assessment.



Key Areas

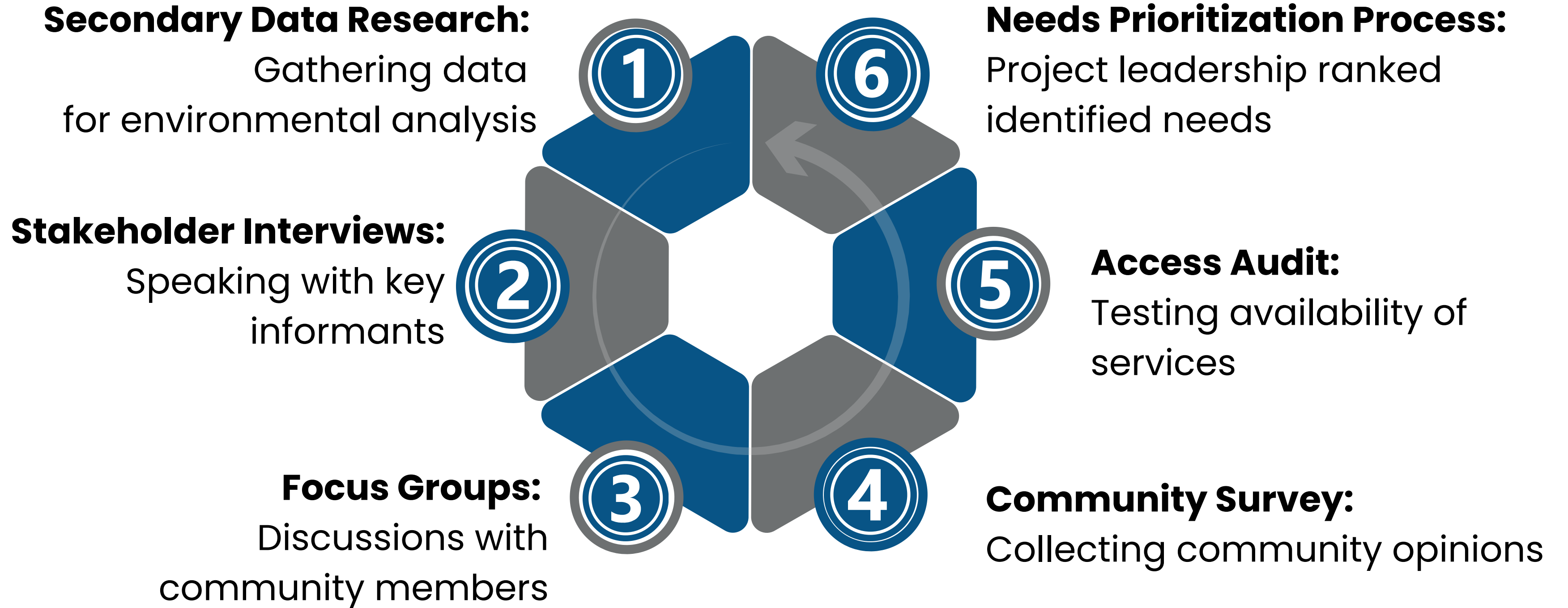
Highlight key areas that are both **common across the region** and **unique to each town**.



Identify and Prioritize Needs

Help identify **actions** and **strategies** designed to address the **prioritized needs**.

Assessment Methodology



Collected Data



Secondary Data

- Completed data pull of Barnstable County and Lower Cape towns
- Social Determinants of Health
- Behavioral health-related measures, and more



Stakeholder Interviews

- 19 one-on-one interviews



Focus Groups

- 6 focus groups



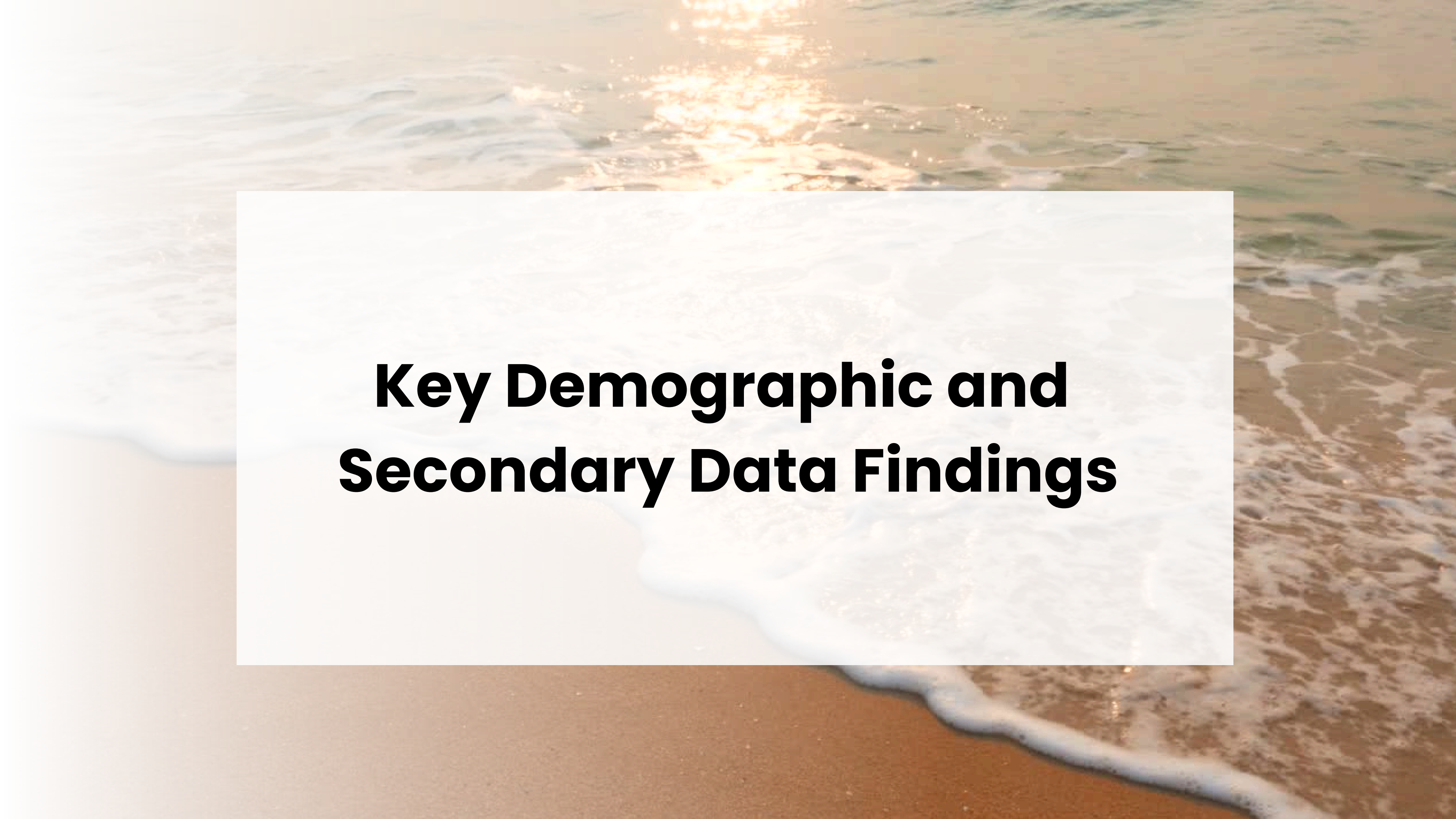
Access Audit

- Calls made to 13 facilities including health care, behavioral healthcare, primary care, and community assistance programs across the service area



Survey

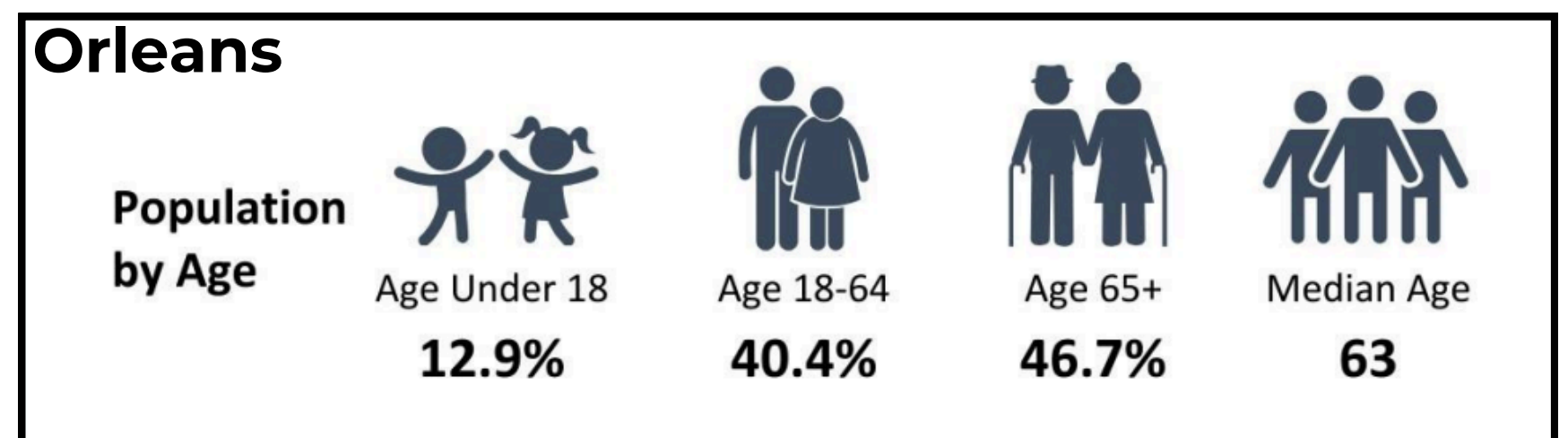
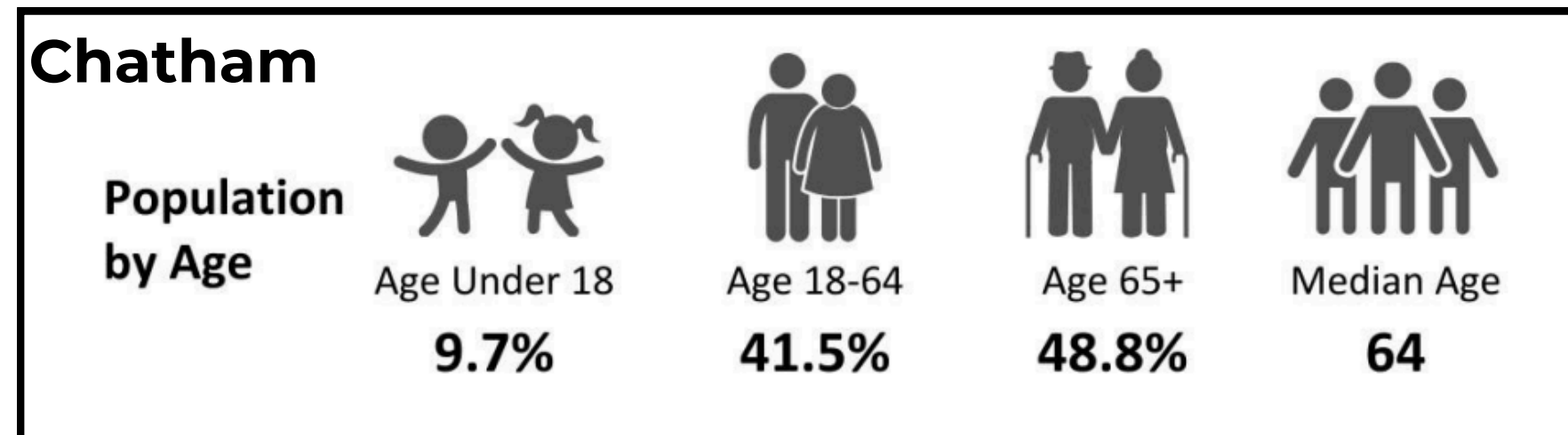
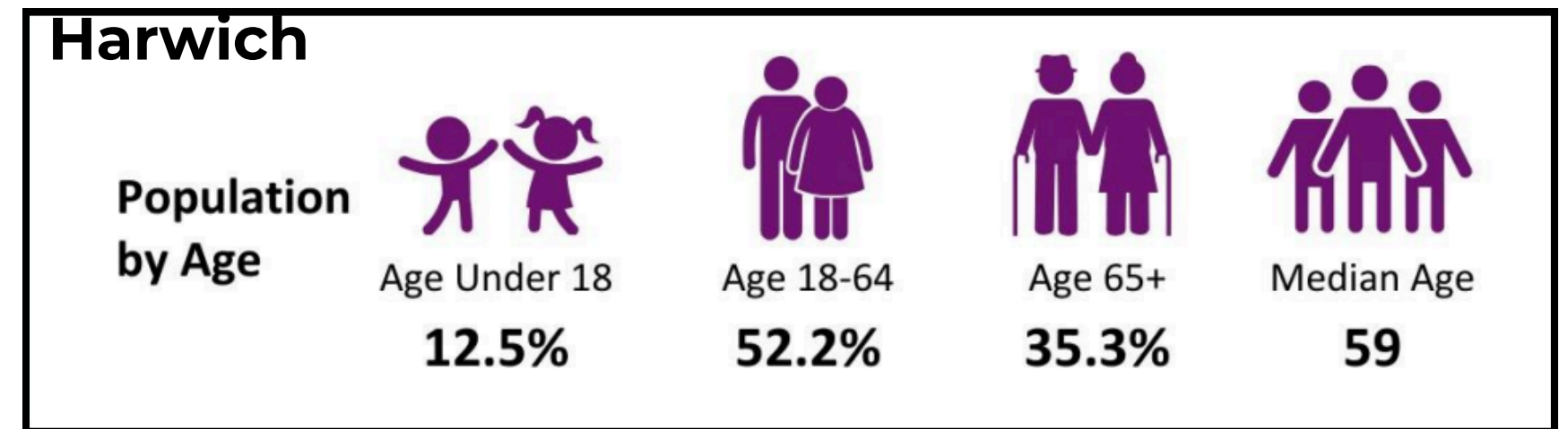
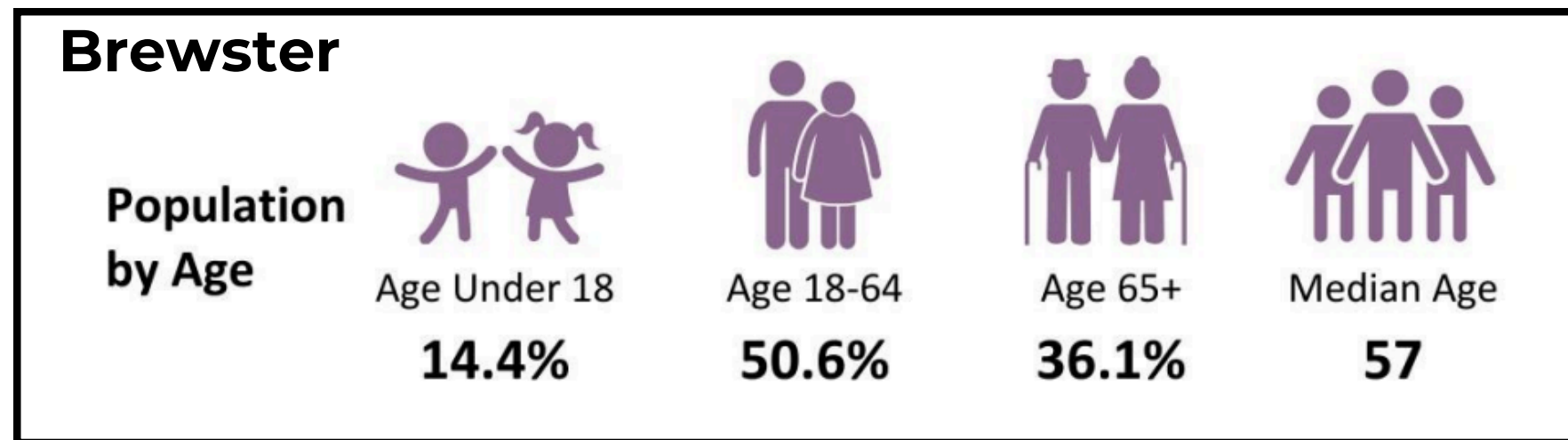
- 384 total responses from a variety of community members



Key Demographic and Secondary Data Findings

Key Secondary Data Findings

All towns of the Lower Cape have high median ages.



Source: U.S. Census Bureau American Community Survey 2018-2022 Five-year Estimates

Chatham and Orleans have the second and third oldest populations in the state.

Massachusetts median age: 40.

An **older population** has different needs, requires different services, and is more **vulnerable to social isolation, cost of living changes, and mobility and transportation** issues, among other issues, compared to those aged 18-64.

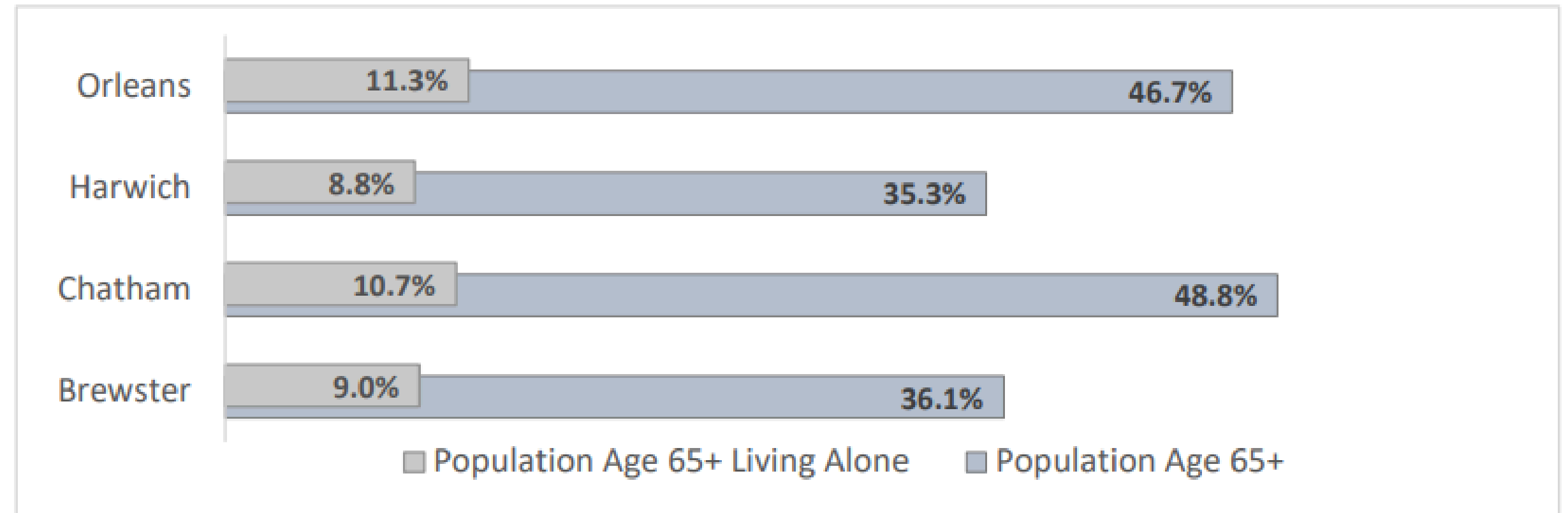
Key Secondary Data Findings

Nearly **one in 10 adults aged 65 and older in the Lower Cape towns live alone.**

Older adults who live alone are susceptible to issues related to:

- Social isolation
- Aging in place without resources
- Impacts from climate change
- Mobility
- Disability
- Financial stability
- Transportation

Population over age 65 and population over age 65 living alone on the Lower Cape



Source: U.S. Census Bureau American Community Survey 2018-2022 Five-year Estimates | Massachusetts Environmental Public Health Tracking Community Profile for Barnstable, community-profile (mass.gov)



Several community organizations have made senior isolation and safety a priority and mission to address!

Key Secondary Data Findings

The towns of the Lower Cape are each over 90% White, but **over 6%** of the population in **Brewster and Harwich** speak a **language other than English**.

Brewster



94.9%
White

2.8%
Hispanic / Latino

6.3%
Speak a Language Other
than English at Home

Chatham



92.5%
White

1.5%
Hispanic / Latino

2.5%
Speak a Language Other
than English at Home

Harwich



93.2%
White

1.9%
Hispanic / Latino

6.8%
Speak a Language Other
than English at Home

Orleans



97.3%
White

1.6%
Hispanic / Latino

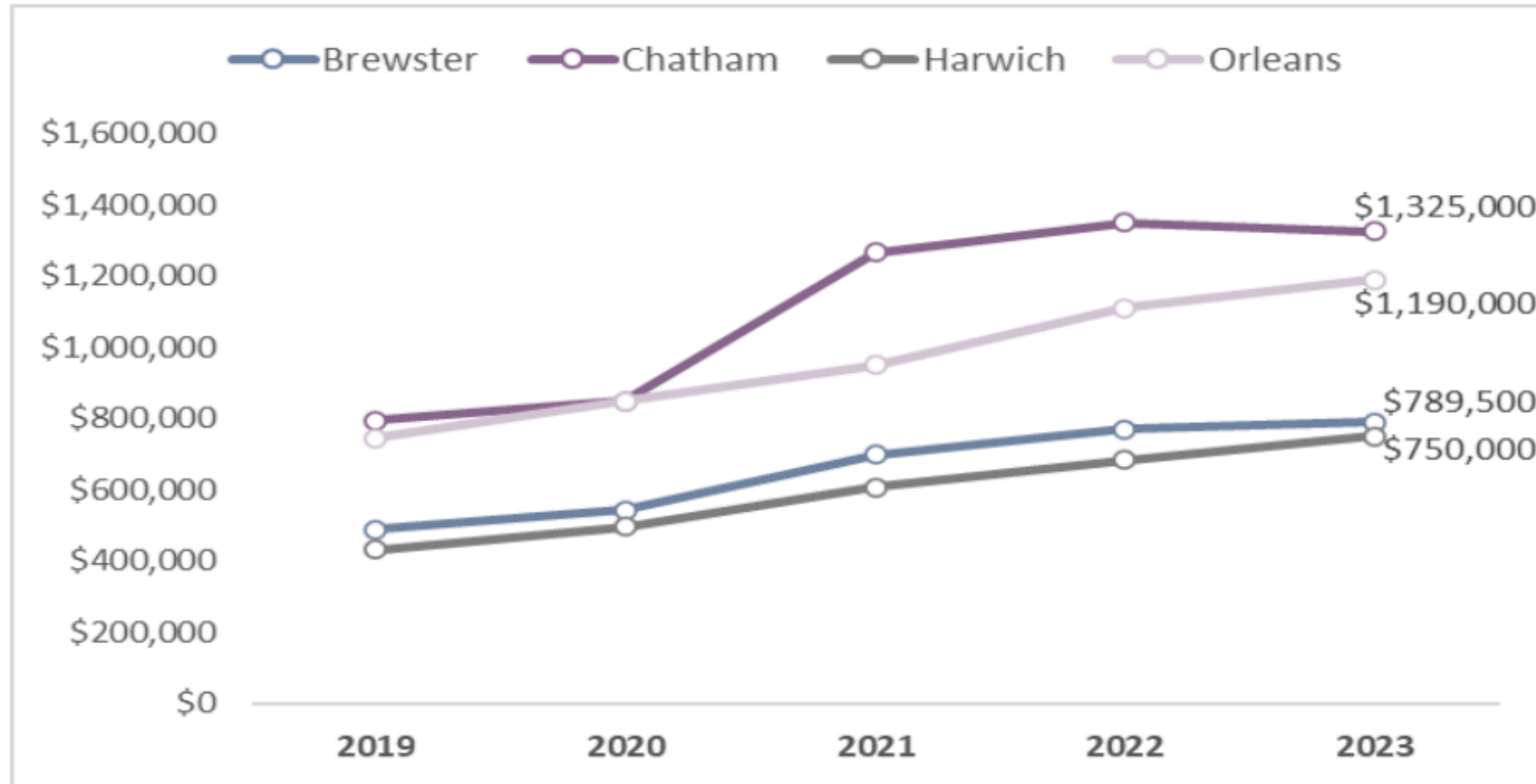
4.5%
Speak a Language Other
than English at Home

Source: U.S. Census Bureau American Community Survey 2018-2022 Five-Year Estimates

The **racial, ethnic, and language breakdowns** of a population provide insight into a **vulnerable population** that may need **trusted community partners** to build relationships.

Key Secondary Data Findings

Median Single-Family Home Costs, by Town



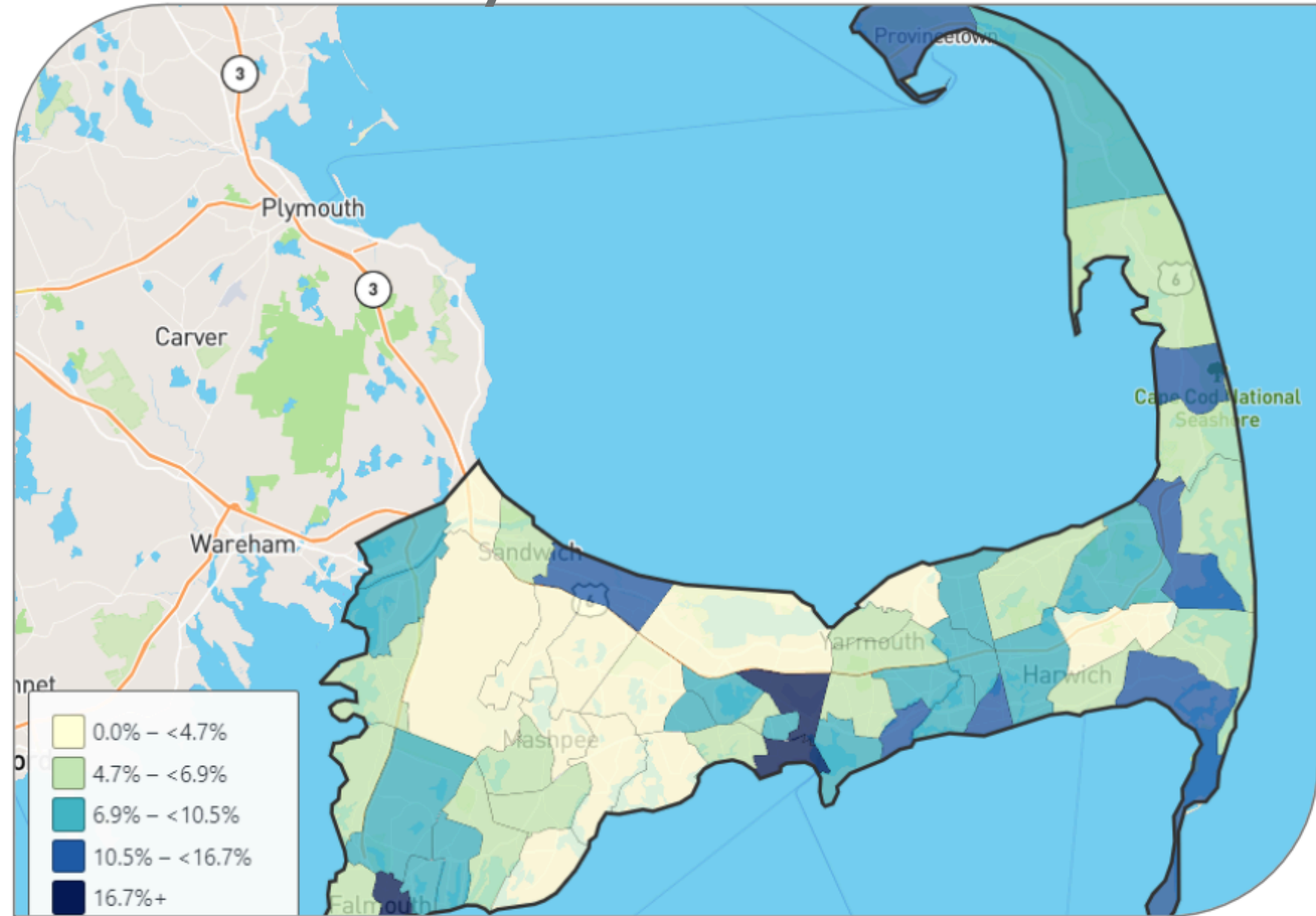
Source: Massachusetts Association of Realtors, Market Data, Single-Family Data

Lower Cape **housing stock is decreasing** while **housing prices are increasing.**

High housing costs with limited stock can cause a **housing crisis** that can impact public health, **discourage people from moving to the area**, and **prevent employees from living where they work.**

Key Secondary Data Findings

Percent of population below poverty level in Barnstable County: At a census-tract level



People **living in poverty** are **more vulnerable** and do not have the same access to resources and services as those in higher income brackets.



Living wage for a family of 3 in Barnstable County:

\$43.91

Minimum wage in Massachusetts:

\$15.00

Living wage for a 3-person family in Barnstable County is more than 3 times the minimum wage in MA.

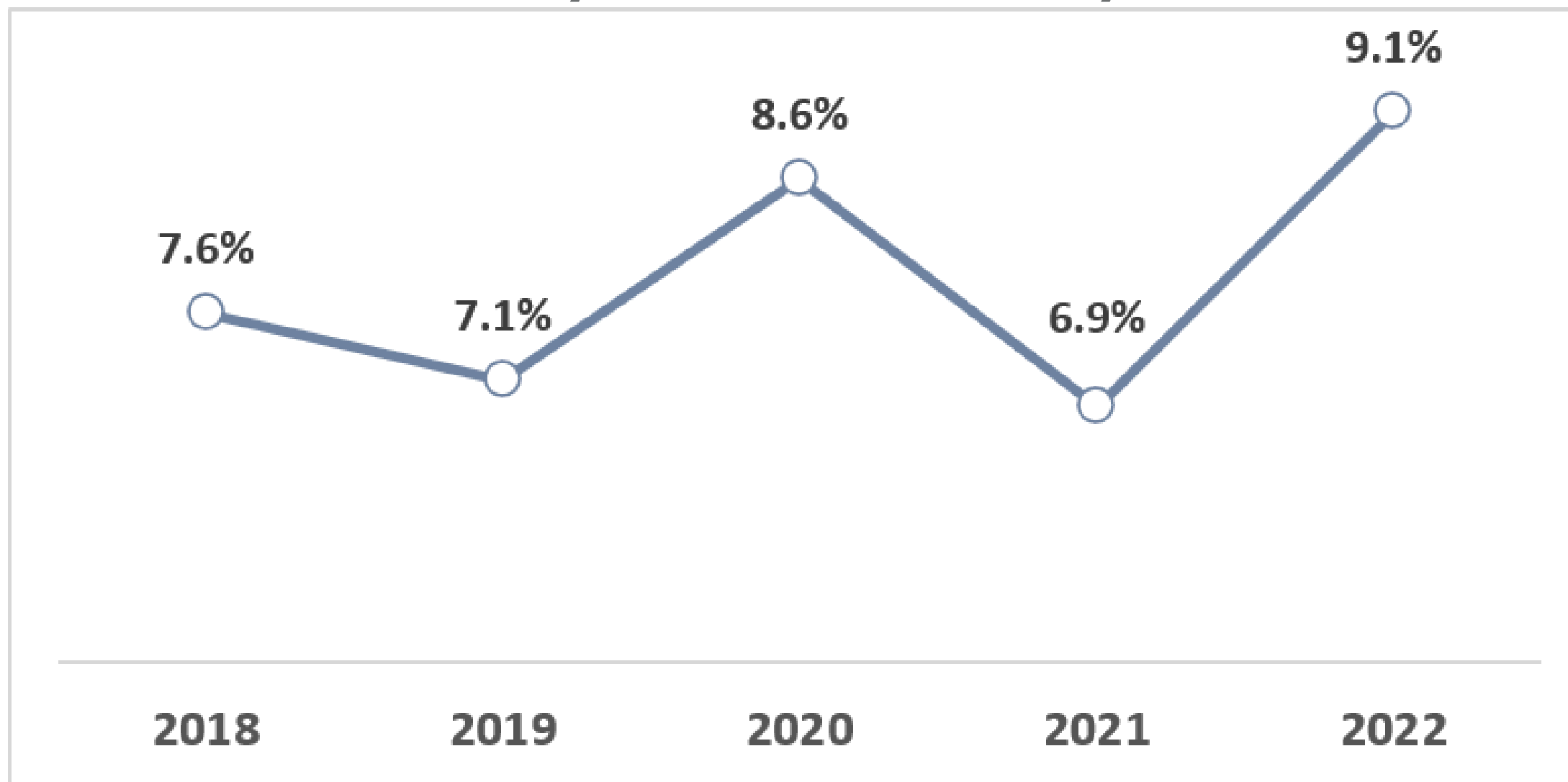
MIT Cost of Living Calculator

While the Lower Cape is a generally affluent area, **wealth disparities exist across and within each town.**

Key Secondary Data Findings

Food insecurity levels have increased nearly 20% in Barnstable County since 2018, indicating a need for more accessible food pantry options.

Overall Food Insecurity in Barnstable County: 2018–2022

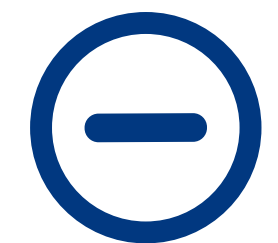


Source: Feeding America Map the Meal Gap

Increases in cost of living have a **direct impact** on **food insecurity**, especially for vulnerable populations with **fixed incomes** or **lower wages**.



Cape Cod has an extensive network of food pantries and food programs!



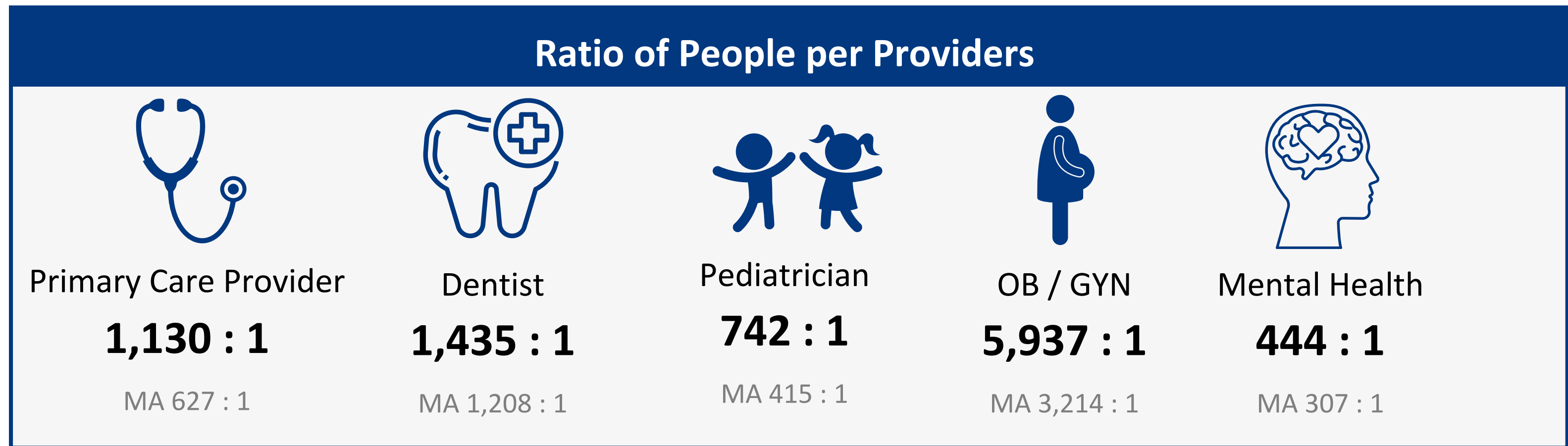
Access to food resources can be issue for some residents.

Key Secondary Data Findings

There is a shortage of healthcare providers across Barnstable County.

Barnstable County Ratio of People per Healthcare Providers

Higher ratios = Provider shortages



Sources: U.S. Census Bureau American Community Survey 2018-2022 Five-year Estimates; National Plan & Provider Enumeration System NPI, 2022

Barnstable County has **significantly fewer healthcare providers** compared to the state, including **primary care providers, dentists, pediatricians, women's health providers, and mental health providers.**

A coastal scene with a wooden fence in the foreground, a sandy beach, and the ocean in the background. The fence is made of vertical wooden posts and runs along the edge of the beach. The ocean is a deep blue color, and the sky is a light, hazy blue. The overall atmosphere is calm and serene.

Voices from the Community

Direct quotes from community members and interviewed stakeholders on key topics reflecting broad community needs.

Voices from the Community

Topic: Stigma and Behavioral Health

“

Lower Cape towns have **more than a drug use problem. There's a lack of education** about what's happening in the community and **how to help people who are struggling** with these issues.

Issues in these towns do exist, but certain members of the community have such a **deep stigma** about things like **substance use and mental health** that they **never want to talk about it**.

It's likely that **everyone in this community has been affected** or knows someone that has been affected by **substance use**, but no one talks about it. When we don't talk about the issues, **we can't deal with the root causes and work on preventing them** in the first place.

Voices from the Community

Topic: Community Connection

“

We need **somewhere to meet up** that's not a bar and **doesn't require money**. If you don't drink and don't have money, there's nothing to do.

We **don't have teen activity centers** that focus on physical activity or healthy pastimes like chess or other mentally stimulating games. We **don't have robust adult programming** either **that are economically reasonable** and available.

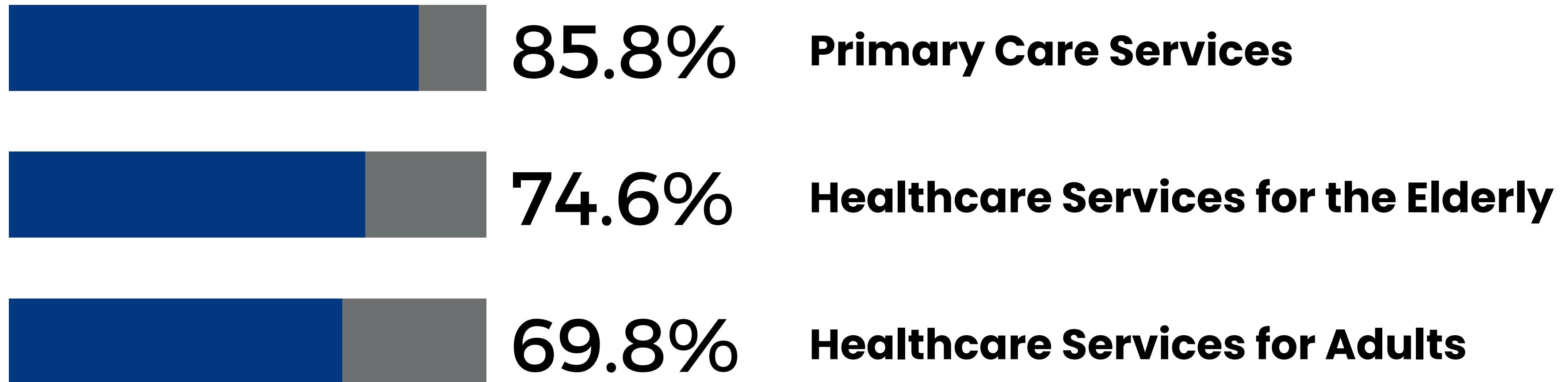
The COVID-19 pandemic made it 'every man for himself.' We need **accessible, free events** where people of **all ages** can interact and learn about their neighbors, learn about and love their community. **We're all in this together.**

384
Survey
Responses

Community Survey Results

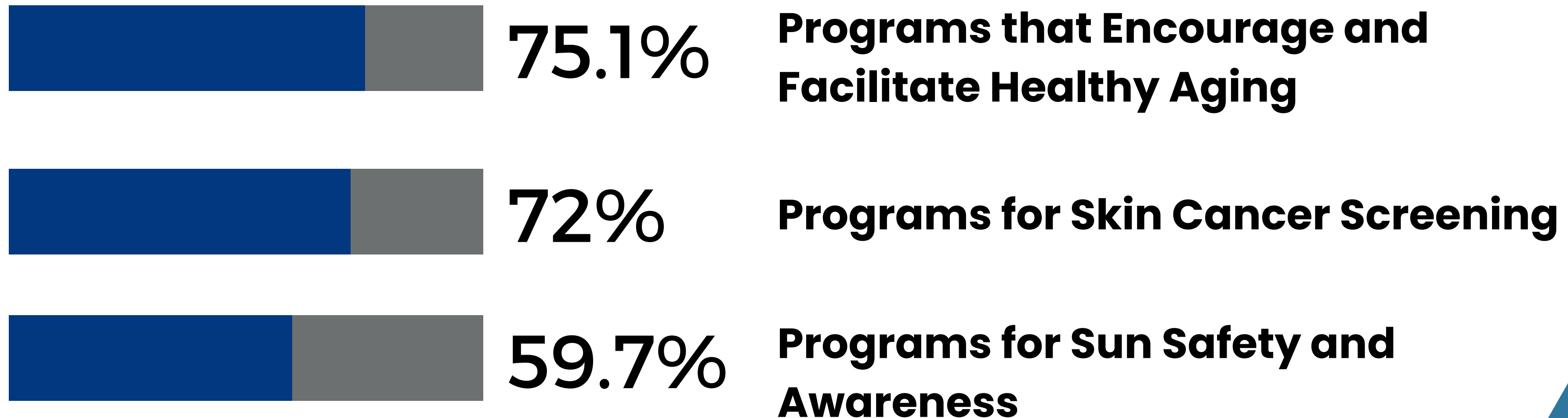
Community Survey

According to the survey, the top three **general health** issues community members struggle with the most:



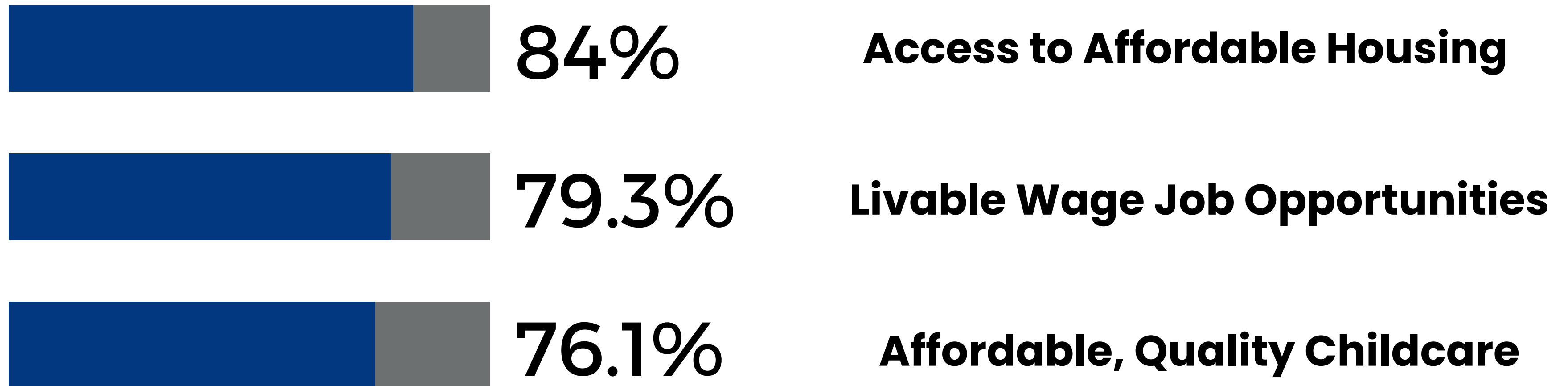
Community Survey

According to the survey, the top three **health screening and education programs** that community members would like more of:



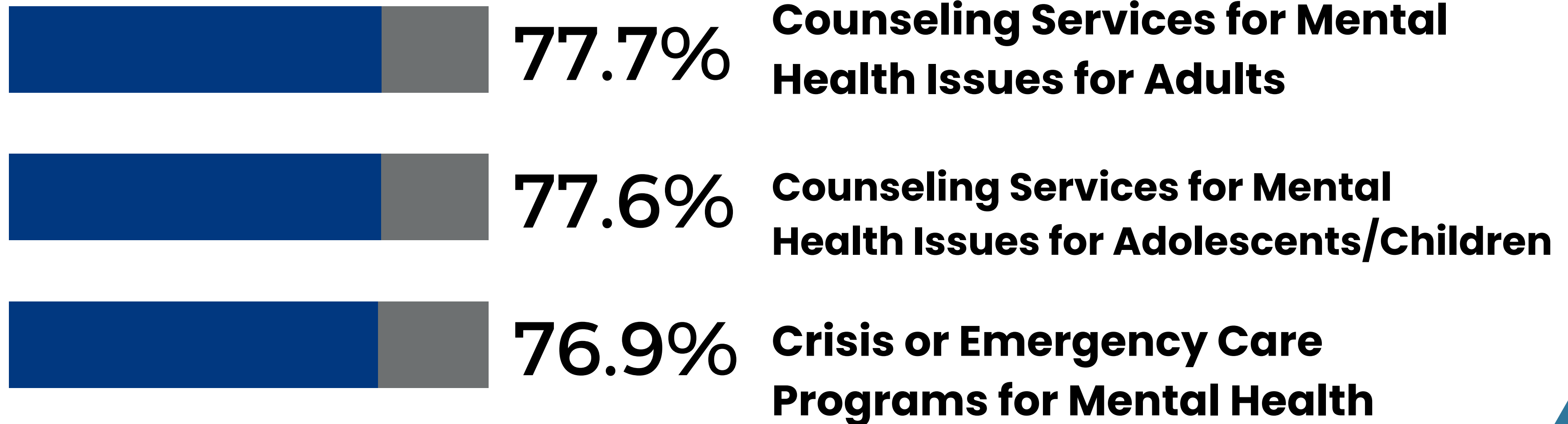
Community Survey

According to the survey, the top three **general community issues** that residents struggle with and would like to see addressed:



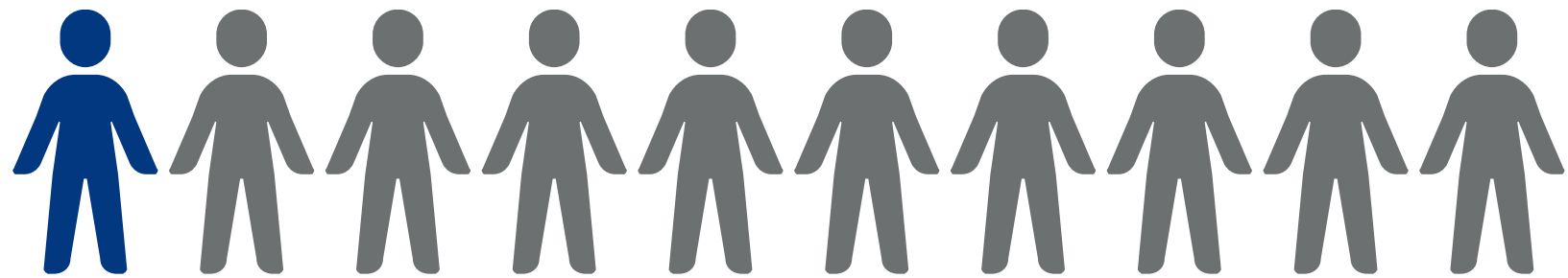
Community Survey

According to the survey, the top three **mental health and substance use programs** that the community lacks, but needs, are:

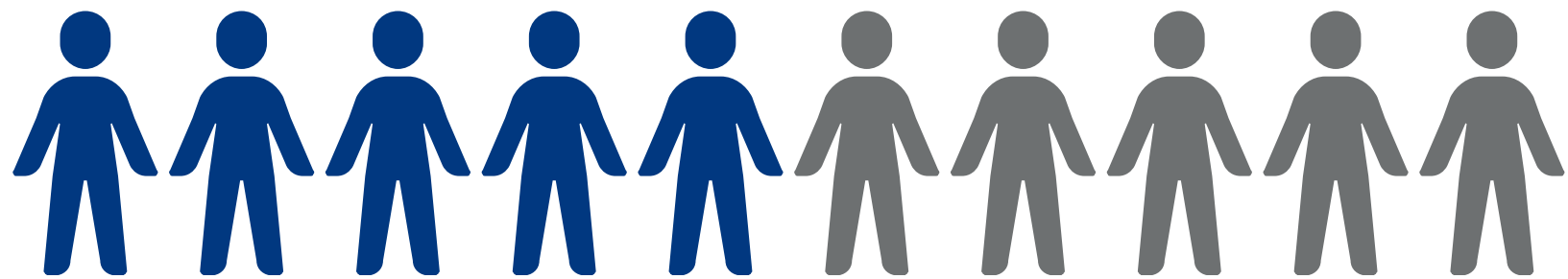


Community Survey

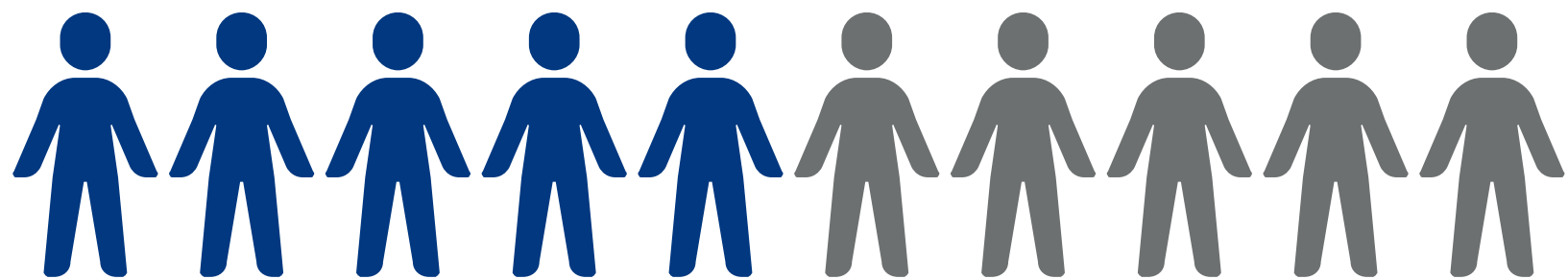
Current mental health and substance use needs in the community:



One in 10 survey respondents said they had an adult **family member** with a current **unmet mental health** or **substance use need** (9.9%)



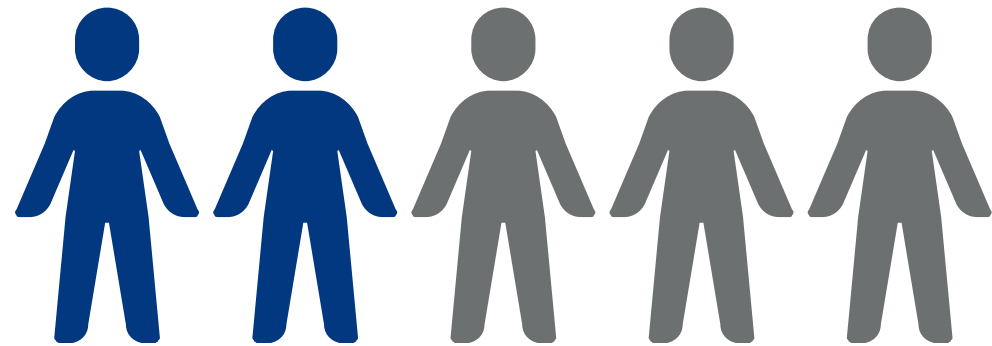
More than half of respondents **reported experiencing depression** (54.8%) **and/or anxiety** (52.8%) over the past two years.



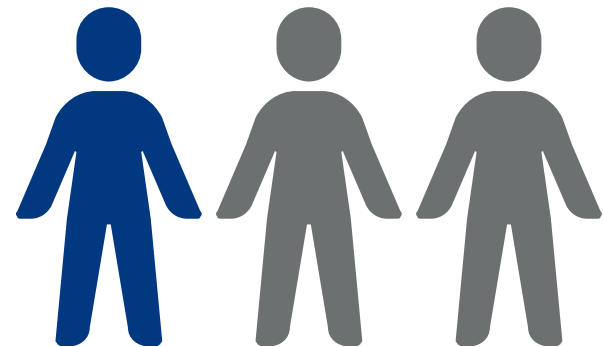
Half (50.8%) of respondents **do not know** or are unsure of **where to turn for help** if they were experiencing a **mental health** or **substance use challenge**.

Community Survey

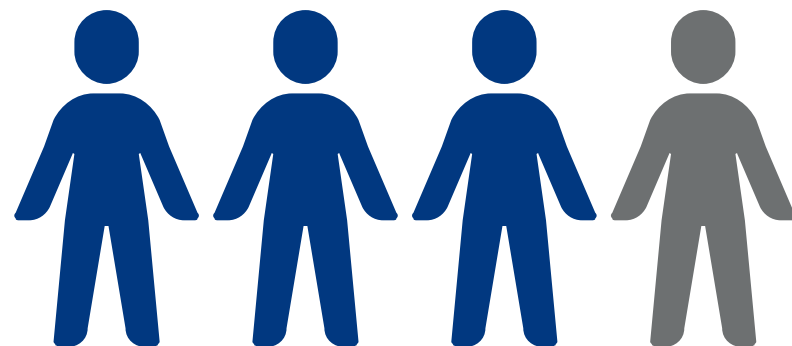
Current community knowledge of, and interest in, local and county health departments:



Two in five survey respondents **know what the *local* health department is responsible for** in the community.



One in three survey respondents know what the ***county* health department is responsible for** in the community.



Three in four survey respondents **would like to learn more about** what the **local and county health departments** do.

Identified Needs

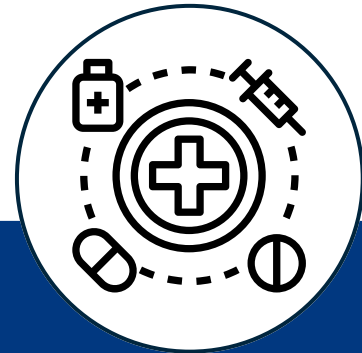
Based on all of the information gathered during the Lower Cape Community Health Needs Assessment, a list of needs was created and organized into high-level categories.

Lower Cape Community Health Needs 2024



COMMUNITY EDUCATION

- Increase presence of **local health departments**
- Learn about **existing resources**
- **Reduce stigma** about community issues



SUBSTANCE USE

- Substance use **early intervention** programs
- Substance use disorder **treatment & recovery** options



MENTAL HEALTH

- Enhance mental health **crisis** services
- Increase options for mental health **counseling** (youth and adults)



COMMUNITY WELLBEING

- Additional **community health** programs
- Address issues with **senior isolation**



PREVENTIVE HEALTHCARE

- Address **primary care** gaps
- **Senior health care**, including at home care
- **Transportation** for medical appointments



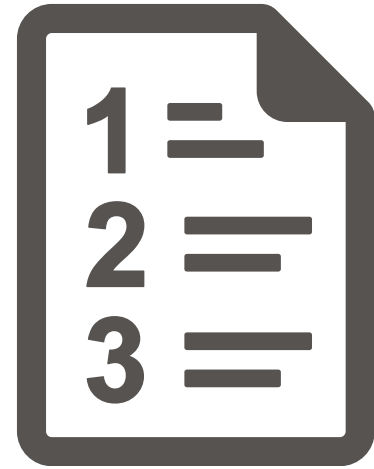
COMMUNITY INFRASTRUCTURE

- Affordable housing
- Available housing
- Recreation
- Food access
- Childcare
- Transportation (general)
- Livable wage jobs

A scenic view of a beach with a lighthouse on a cliff in the background. The lighthouse is red and white, situated on a sandy dune. The beach is wide and sandy, with gentle waves lapping at the shore. The sky is clear and blue.

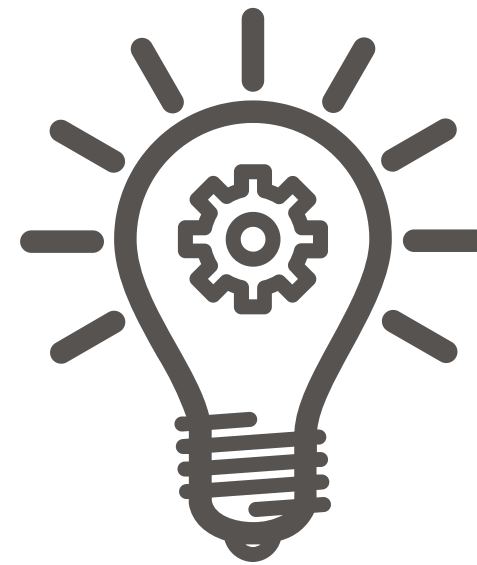
Next Steps

What happens with this information?



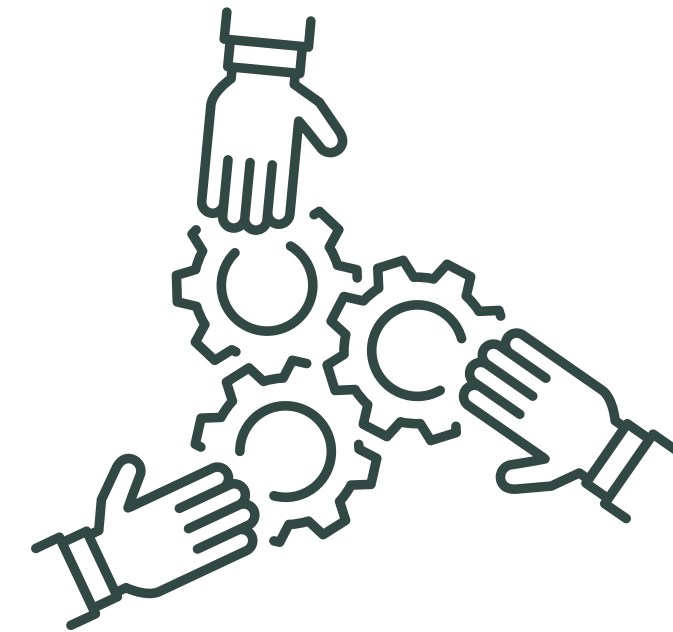
Prioritized Needs

Health departments in each Lower Cape town **individually prioritized** needs



Strategies & Recommendations

Leverage insights to address high level needs in each town



Community Effort

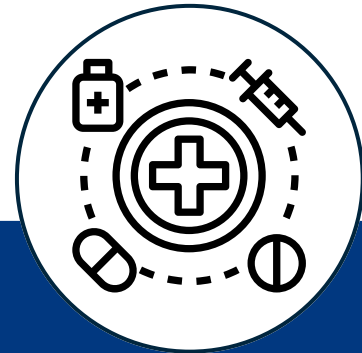
Addressing needs requires **collaboration** between health departments, community organizations, and town leadership

Example Strategies & Recommendations



COMMUNITY EDUCATION

- Outreach
- Online platforms
- Public education campaigns



SUBSTANCE USE

- School-based education
- Awareness campaigns



MENTAL HEALTH

- Integrated mental health training
- School-based providers



COMMUNITY WELLBEING

- Wellness programs
- Health screenings



PREVENTIVE HEALTHCARE

- Health & Human Services hubs
- Mobile health
- Expand community health



COMMUNITY INFRASTRUCTURE

- Additional food programs
- Recreation centers
- Housing advocacy



Looking Ahead

Thank you!

Nicole Hallas

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