



Photo Credit: CHS

# 2022-2025

## Cambria and Somerset Counties, PA

### Community Health Needs Assessment



Duke LifePoint Healthcare



United Way  
of the Laurel Highlands

# TABLE OF CONTENTS

Perspective / Overview ..... 03

Project Goals ..... 07

Data Collection and Timeline ..... 08

Information Gaps ..... 09

Participation by Those Representing the Broad Interests of the Community ..... 10

Input of Medically Underserved, Low-Income, and Minority Populations ..... 12

Input of Those with Expertise in Public Health ..... 12

Community Selected for Assessment ..... 13

Key Findings ..... 14

Process and Methods ..... 14

Description of Community Served ..... 15

Business Profile ..... 20

Tapestry Segmentation ..... 21

Community Input: Focus Groups & Surveys ..... 22

Health Status Data, Rankings and Comparisons ..... 24

Results of the CHNA: Community Health Summit Prioritized Needs ..... 41

Prioritization Criteria ..... 41

Community Health Summit Brainstorming ..... 42

Appendix: ..... 46

    Impact of 2019 Community Health Improvement Plan ..... 47

    Community Survey ..... 54

    Community Benefit Organizations Survey ..... 67

    Employee Survey ..... 73

    Provider Survey ..... 77

    Focus Group Summary ..... 81

    Community Asset Inventory ..... 84

## Perspective / Overview

### About Conemaugh Health System

Conemaugh Health System, of Duke LifePoint Healthcare, is the largest healthcare provider in west central Pennsylvania, serving over a half-million patients each year through the Conemaugh Physician Group and Medical Staff, a network of hospitals, specialty clinics and patient focused programs. Conemaugh Health System employs over 5,000 clinical and non-clinical staff, and over 450 physicians committed to providing the ideal patient experience.

Conemaugh Memorial Medical Center, the flagship hospital of Conemaugh Health System, is a tertiary care regional referral hospital known for clinical excellence and nationally recognized patient outcomes. Conemaugh Memorial is the most technologically sophisticated hospital between Pittsburgh, PA and Hershey, PA and offers specialized services including a regional Level 1 Trauma Center, Level 3 Regional Intensive Care Nursery and high-risk obstetrical care.



### About 1889 Foundation

The 1889 Foundation supports innovative programs and initiatives that improve and transform the overall health and wellness of our region. Our organization actually began decades ago. We were officially founded in 1993 as Conemaugh Health Foundation. We were the philanthropic arm of the hospitals of Conemaugh Health System. In September 2014, Conemaugh Health System was purchased by Duke LifePoint Healthcare. At that time, Conemaugh Health System became a for-profit organization. Months later, on March 1, 2015, the Conemaugh Health Foundation was reborn as 1889 Foundation, a completely independent 501(c)3 nonprofit organization.

Through collaborations and partnerships, with a focus on population health, the Foundation is dedicated to making meaningful change in the areas that are negatively impacting the health and well-being of our local communities. 1889 Foundation has invested over \$22 million in health and wellness grants within Cambria and Somerset Counties.

## Perspective / Overview, cont.

### About 1889 Jefferson Center for Population Health

The 1889 Jefferson Center for Population Health was founded as a collaborative research and resource center focused on population health and disease prevention to benefit the citizens living in Cambria and Somerset Counties. The Center's work focuses on identifying key contributing factors to poor health in the region and developing proactive and responsive strategies to address them. The Center is the first of its kind established in a small rural community rather than a large metropolitan area. It is envisioned that the work of the Center will provide a national model of how population health interventions can work in rural communities.

### About United Way of the Laurel Highlands

United Way of the Laurel Highlands (UWLH) strives to improve lives by mobilizing the caring power of community. UWLH is a volunteer-driven, community leading organization responsible for creating positive social change in Cambria and Somerset Counties.

In addition to supporting essential health and human services, the organization engages in three social change initiatives -- early childhood development, parental engagement programs, and youth drug & alcohol prevention. The United Way of the Laurel Highlands funds 24 diverse Partner Agencies that are responsive to the needs of the community.

Specific evidence-based programming introduced and expanded in Cambria and Somerset Counties include Nurse-Family Partnership, Parents as Teachers, and Botvin LifeSkills Training. These programs are designed to prepare all children socially, emotionally and academically for kindergarten; increase parental knowledge of child development and care; and prevent substance abuse among youth.

Through an Enhanced Community Impact Model, UWLH leverages local leadership from staff, board, committees, and Partner Agencies to evaluate, measure, and report on programming. The annual campaign generates nearly \$1.1 million that is thoughtfully invested in results-driven programs.

## Creating a Culture of Health in the Community



*Action Cycle Source: the Robert Wood Johnson Foundation's County Health Rankings website: <http://www.Countyhealthrankings.org/roadmaps/action-center>*

The Community Health Needs Assessment (CHNA) uses systematic, comprehensive data collection and analysis to define priorities for health improvement, creates a collaborative community environment to engage stakeholders, and an open and transparent process to listen and truly understand the health needs of Cambria and Somerset Counties, Pennsylvania.

The Action Cycle shows how to create healthy communities. The rankings later in the document assist in understanding what makes a healthy community.

## 2022 Community Health Needs Assessment

This document is a hospital system Community Health Needs Assessment (CHNA) for Conemaugh Health System comprised of Conemaugh Memorial Medical Center, Conemaugh Meyersdale Medical Center, and Conemaugh Miners Medical Center.

Conemaugh Health System participated in a partnership with other community organizations to complete the CHNA. Members of the partnership include 1889 Foundation, 1889 Jefferson Center for Population Health, and United Way of the Laurel Highlands. Throughout the document they will be designated as “the partners or the partnership.”

Conemaugh Health System, as the sponsors of the assessment, engaged national leaders in community health needs assessments to assist in the project. Stratason, a healthcare analytics and services company based out of Nashville, Tennessee, provided the analysis of community health data, coordinated the focus groups, conducted the interviews and facilitated a community health summit to receive community input into the priorities and brainstorm goals and actions the community could take to improve health.

- ✔ Starting on December 30, 2022, this report is made widely available to the community via Conemaugh Health System's website [www.Conemaugh.org](http://www.Conemaugh.org) and paper copies are available free of charge at:
  - Conemaugh Memorial Medical Center, 1086 Franklin Street, Johnstown, PA 15905 or by phone 800-587-5875 or via the hospital website [www.Conemaugh.org](http://www.Conemaugh.org)
  - Conemaugh Meyersdale Medical Center, 200 Hospital Drive, Meyersdale, PA 15552 or by phone 800-587-5875 or via the website [www.Conemaugh.org](http://www.Conemaugh.org)
  - Conemaugh Miners Medical Center, 290 Haida Avenue, Hastings, PA 16646 or by phone 800-587-5875 or via the website [www.Conemaugh.org](http://www.Conemaugh.org)
  - 1889 Foundation, 4 Valley Pike, Johnstown, PA 15905 or by telephone 814-532-0100 or via the website [www.1889foundation.org](http://www.1889foundation.org)
  - 1889 Jefferson Center for Population Health, 1 Pasquerilla Plaza, Floor 2, Suite 128, Johnstown, PA 15901 or by telephone 814-535-5156 or via the website [www.1889jeffersoncenter.org](http://www.1889jeffersoncenter.org)
  - United Way of the Laurel Highlands 422 Main Street, Suite 203, Johnstown, PA 15901
    - And 218 North Kimberly Avenue, Somerset, PA 15501 or by phone 814-535-2563 or via the website [www.uwlaurel.org](http://www.uwlaurel.org)
- ✔ Conemaugh Health System's board of directors approved this assessment on December 22, 2022.



Photo Credit: Ron Bruner

## 2022 Community Health Needs Assessment

### PROJECT GOALS

- 1 To continue a formal and comprehensive community health assessment process which allows for the identification and prioritization of significant health needs of the community to assist with resource allocation, informed decision-making, and collective action that will improve health.
- 2 To continue a collaborative partnership between all stakeholders in the community by seeking input from persons who represent the broad interests of the community.
- 3 To support the existing infrastructure and utilize resources available in the community to instigate health improvement in the community.

“ We initiated the Community Health Needs Assessment with the goal to assess the health and needs of the community. This process is an affirmation of what we’ve been doing to improve health and has jumpstarted our next implementation plan,” said Bill Caldwell, CEO Conemaugh Health System.

The information gathered both from public health data and from community stakeholders provided the insight the community needed to set priorities for significant health issues and will be used by the community to inform and support our implementation plans,” added Jeannine McMillan Executive Director, 1889 Jefferson Center for Population Health.

## Community

### Input and Collaboration

#### Data Collection and Timeline

In April 2022, Conemaugh Health System, with 1889 Foundation, 1889 Jefferson Center for Population Health, and the United Way of Laurel Highlands (known as the partnership) began a Community Health Needs Assessment for Cambria and Somerset Counties, and sought input from persons who represent the broad interests of the community using several methods:

- Information gathering, using secondary public health sources, occurred from May – July 2022.
- Community members participated in focus groups and individual interviews for their perspectives on community health needs and issues on June 9, 2022.
- A community online and paper survey was conducted from May 1 – July 11, 2022.
- An online survey of Conemaugh Health System employees and community providers was conducted.
- An online survey of community-based organizations was conducted with 54 community organizations participating from June 10 – July 11, 2022.
- A Community Health Summit was conducted on August 9, 2022, with community stakeholders. The audience consisted of healthcare providers, business leaders, government representatives, schools, not-for-profit organizations, and other community members.



Photo Credit: Cambria Regional Chamber

## Information Gaps

While this assessment was quite comprehensive, it cannot measure all possible aspects of health in the community, nor can it adequately represent all possible populations of interest. It must be recognized that these information gaps might in some ways limit the ability to assess all the community's health needs.

## Participants

78 individuals from 67 community organizations collaborated to implement a comprehensive CHNA process focused on identifying and defining significant health needs, issues, and concerns of Cambria and Somerset Counties. The three-month process centered on gathering and analyzing data, as well as receiving input from persons who represented the broad interests of the community, to provide direction for the community, hospitals, and partnership to create a plan to improve the health of the communities.

## Participation by Those Representing the Broad Interests of the Community

Participation in focus groups, interviews and the Community Health Summit creating the Cambria and Somerset Counties Community Health Needs Assessment and Improvement Plan included:

Organization	Populations represented (kids, low income, minorities)	How participated
1889 Foundation	All	Summit
1889 Jefferson Center for Population Health	All	Summit
ACRP/Mayor of Johnstown	All	Summit
AdvantagePoint Health Alliance (APHA), Laurel Highlands	All	Summit
Alleghenies United Cerebral Palsy	Abilities	Summit
Alleghenies Unlimited Care Providers	All	Summit
Alternative Community Resource Program	All	Focus Group
Ameriserv Financial	All	Summit
Behavioral Health Of Cambria County	Mental health	Summit
Cambria County Assistance Office	Low income	Summit
Cambria County Backpack Project	Low income, kids	Summit
Cambria County Behavioral Health	Mental health	Summit
Cambria County Drug and Alcohol	Substance use	Summit
Cambria County Drug Coalition	Substance use	Focus Group/Summit
Cambria County EMA/9-1-1	All	Summit
Cambria County Library	All	Summit
Cambria-Somerset Covid-19 Task Force	All	Focus Group
Catholic Charities	All	Summit
Center for Community Resources	All	Summit
Cambria Chamber of Commerce	All	Focus Group
Johnstown City Council	All	Focus Group
City of Johnstown	All	Focus Group/Summit
Communities in Schools	Kids, schools	Summit
Community Action Partnership of Cambria County	All	Summit
Community Foundation for the Alleghenies	All	Summit
Community Health Organizer, PA Dept of Health	All	Summit
Conemaugh Health System	All	Summit
Connexus Human Services Network	All	Summit
Croyle Nielsen Therapeutic Associates	All	Summit
FWA Gym	All	Summit
Goodwill of the Southern Alleghenies	All	Summit
Greater Johnstown School District	Kids, schools	Summit
Greater Johnstown YMCA	All	Summit
Greater Pittsburgh Food Bank	Low income	Summit
Highlands Health	All	Summit
Highmark Wholecare	All	Summit
Home Nursing Agency Foundation	All	Summit
Hyndman Area Health Center	All	Summit
Johnstown Police Department	All	Focus Group

## Participation by Those Representing the Broad Interests of the Community (cont.)

Organization	Populations represented (kids, low income, minorities)	How participated
Laurel View Village	All	Summit
Magellan Health	All	Focus Group
Martha and Mary House	All	Summit
Nulton Diagnostics	All	Summit
Penn Highlands Community College	All	Summit
Penn State Extension	All	Summit
Pennsylvania Mountain Service Corps AmeriCorps	All	Summit
Richland Family Health Center	All	Summit
Salvation Army	All	Summit
Somerset Area Food Pantry	Low income	Focus Group
Somerset Area School District	Kids, schools	Summit
Somerset Children and Youth Services	Kids	Summit
Somerset County Chamber	All	Focus Group
Somerset County Children and Youth	Kids	Summit
Somerset County Single County Authority	All	Summit
Somerset Department of Emergency Services	All	Focus Group
Somerset Trust County	All	Focus Group
St. Paul's United Church of Christ	All	Focus Group
Tableland Somerset	All	Focus Group/Summit
The Learning Lamp	All	Summit
Tribune Democrat	All	Summit
United Methodist Human Services	All	Summit
United Way of the Laurel Highlands	All	Summit
University of Pittsburgh at Johnstown	All	Summit
University of Pittsburgh Medical Center Twin Lakes	All	Focus Group
Vision Together 2025	All	Summit
Women's Help Center	Women, kids	Summit

In many cases, several representatives from each organization participated.



Photo Credit: Cambria Regional Chamber

## Community Engagement and Transparency

Many members of the community participated in focus groups, individual interviews, and the Summit. We are pleased to share the results of the Community Health Needs Assessment with the rest of the community in hopes of attracting more advocates and volunteers to improve the health of our communities. The following pages highlight key findings of the assessment. We hope you will take the time to review the health needs of our community, as the findings impact every citizen in one way or another; and join in the improvement efforts.

### Input of the Medically Underserved, Low-Income, and Minority Populations

Input of medically underserved, low-income and minority populations was received through interviews, focus groups, surveys and the Community Health Summit. Agencies representing these population groups were intentionally invited to the focus group, interviews and summit. The community survey was representative of the whole community – by age, income, and education.

### Input of Those with Expertise in Public Health

Neither Cambria nor Somerset Counties have a County Health Department. Currently in Pennsylvania, there are six county and four municipal health departments.

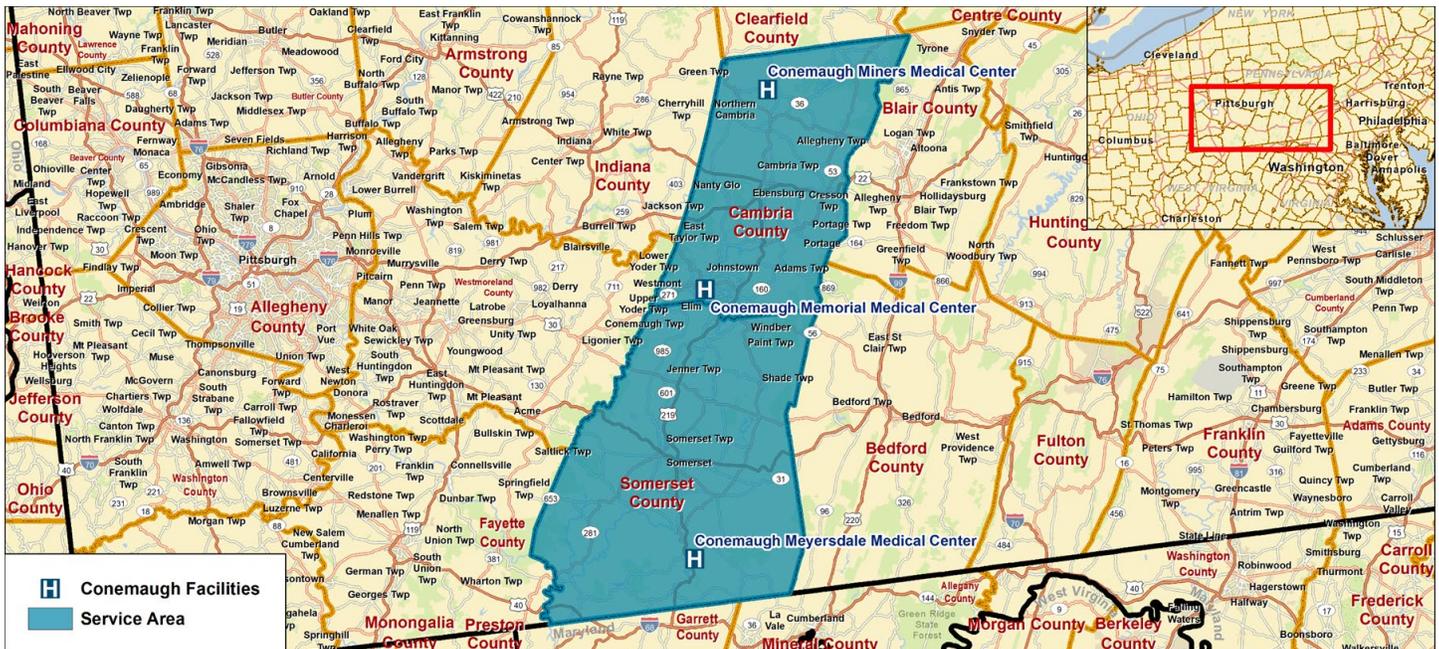
## Community Selected for Assessment

Cambria and Somerset Counties were the primary focus of the CHNA due to the service area of Conemaugh Health System. Used as the study area, Cambria and Somerset Counties provided the vast majority of inpatient discharges from January 1, 2021, through December 31, 2021. The community includes medically underserved, low-income, and minority populations who live in the geographic areas from which Conemaugh Health System draws their patients.

All patients were used to determine the service area without regard to insurance coverage or eligibility for financial assistance under Conemaugh Health System's Financial Assistance Policy.

	Memorial Medical Center	Meyersdale Medical Center	Miners Medical Center
Cambria	69.9%	0.4%	87.3%
Somerset	17.9%	96.4%	0%
Other	12.2%	3.2%	12.7%

## Conemaugh Health System Study Area - 2022



# Key Findings

## Community Health Assessment

### Results

Based on the previous CHNA priorities, secondary data, focus groups, and surveys, the summit participants selected the following significant health needs to be the focus of the work of the community over the next three years.

1. Mental/Behavioral Health
2. Access to Social Determinant of Health Needs/Healthcare
3. Obesity/Healthy Living
4. Substance Use
5. Socioeconomics/Jobs Training
6. Early Childhood
7. Violence/Abuse/Safety

## Process and Methods

Both primary and secondary data sources were used in the CHNA.

### Primary methods included:

- Focus groups with community members
- Community online and paper surveys
- Community-based organizations survey
- Employee and provider surveys
- Community Health Summit

### Secondary methods included:

- Public health data – death statistics, County Health Rankings, cancer incidence
- Demographics and socioeconomics – population, poverty, uninsured, unemployment
- Psychographics – behavior measured by spending and media preferences



Photo Credit: 1889 Jefferson Center for Population Health

# Description of the Communities Served

## Demographics

The table below shows the demographic summary of Cambria and Somerset Counties compared to Pennsylvania and the U.S.

	Cambria County	Somerset County	Pennsylvania	USA
Population	133,042	75,274	12,939,709	333,934,112
Median Age	46.3	46.7	41.9	38.8
Median Household Income	\$49,439	\$48,547	\$62,724	\$64,730
Annual Pop. Growth (2021-2026)	-0.75%	-0.61%	0.16%	0.71%
Household Population	56,305	30,423	5,163,155	126,470,675
Dominant Tapestry	Heartland Communities (6F)	Heartland Communities (6F)	Salt of the Earth (6B)	Green Acres (6A)
Businesses	4,783	2,836	457,737	12,013,469
Employees	59,052	30,986	6,211,078	150,287,786
Health Care Index*	79	82	99	100
Average Health Expenditures	\$4,920	\$5,120	\$6,193	\$6,237
Total Health Expenditures	\$277.0 M	\$155.8 M	\$32.0 B	\$788.8 B
<b>Racial and Ethnic Make-up</b>				
White	93%	94%	78%	69%
Black	4%	3%	12%	13%
American Indian	0%	0%	0%	1%
Asian/Pacific Islander	1%	1%	4%	6%
Other	1%	1%	4%	7%
Mixed Race	2%	1%	3%	4%
Hispanic Origin	2%	2%	8%	19%

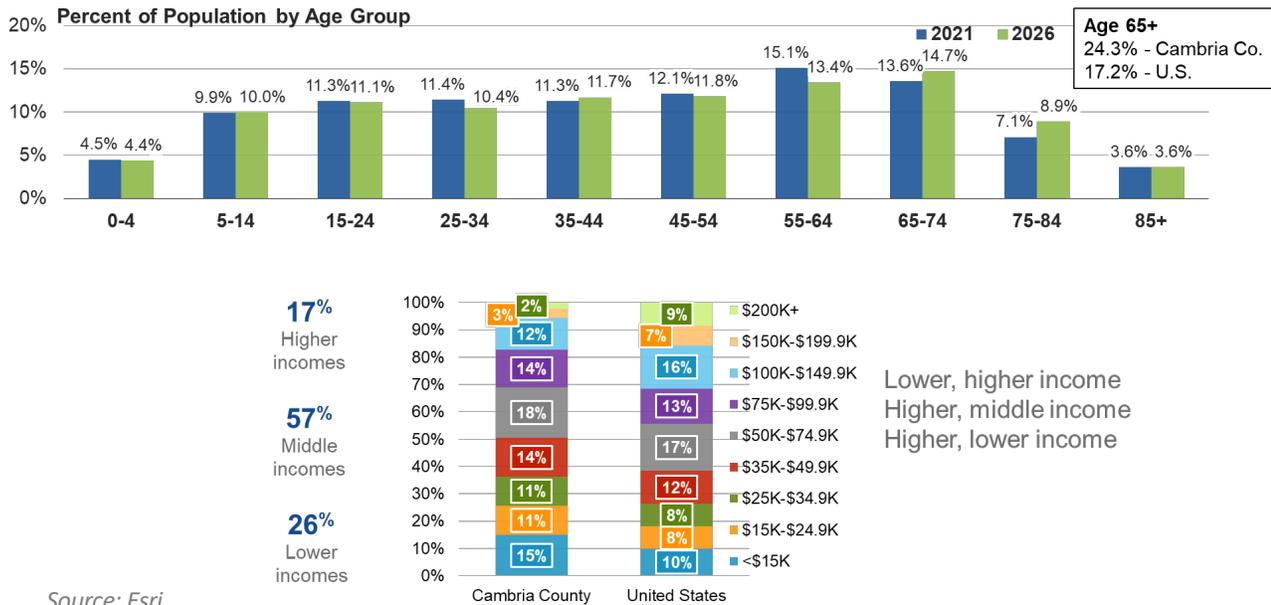
Source: Esri

\*The Health Care Index is household-based, and represents the amount spent out of pocket for medical services and insurance relative to a national index of 100.

The median is the value at the midpoint of a frequency. There is an equal probability of falling above or below the median.

## Demographics, cont.

### Cambria County

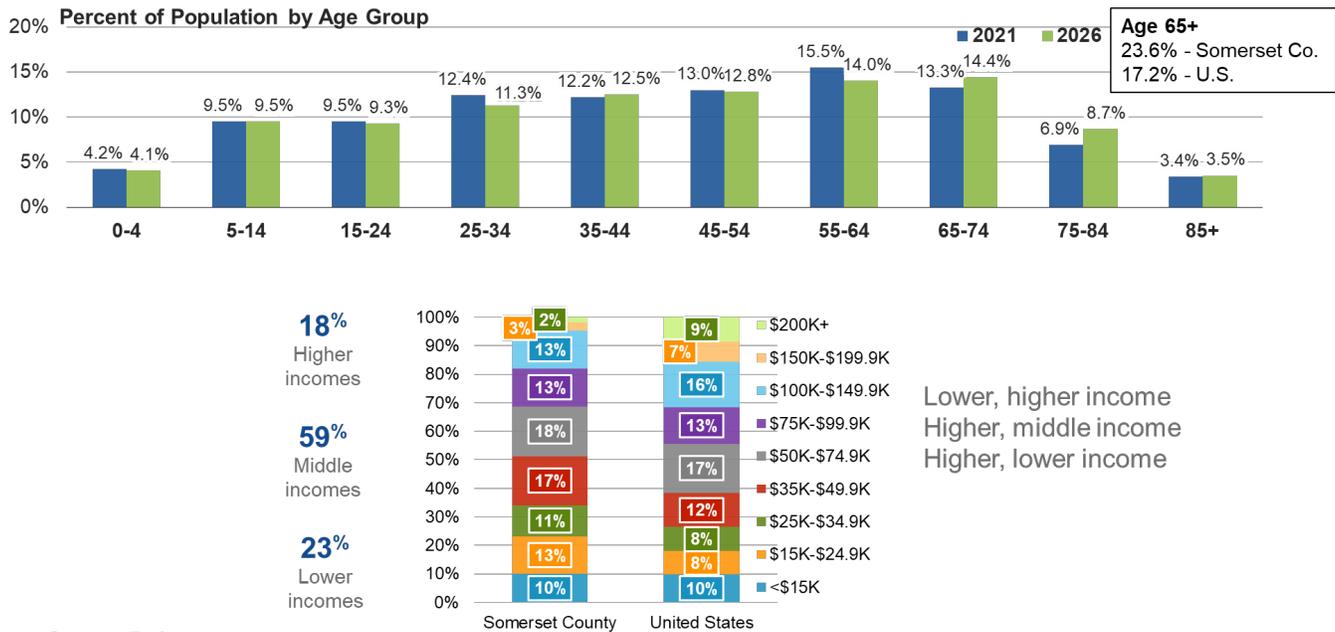


Source: Esri

- The population of Cambria County is projected to decrease from 2021 to 2026 (-0.75% per year). Pennsylvania is projected to increase 0.16% per year. The U.S. is projected to increase 0.71% per year.
- Cambria County had a higher median age (46.3 median age) than PA (41.9) and the U.S. (38.8). In Cambria County the percentage of the population 65 and over was 24.3%, higher than the U.S. population 65 and over at 17.2%.
- Cambria County's median household income at \$49,439 was lower than PA (\$62,724) and the U.S. (\$64,730). The rate of poverty in Cambria County was 12.5% which was higher than PA (10.9%) and the U.S. (11.9%).
- The household income distribution of Cambria County was 17% higher income (over \$100,000), 57% middle income, and 26% lower income (under \$25,000). The largest income group is the 18% making \$50,000 to \$74,999.
- The Health Care Index measures how much the populations spent out-of-pocket on health care services, including insurance premiums. The U.S. index was 100. Cambria County was 79, indicating 21% less spent out of pocket than the average U.S. household on medical care (doctor's office visits, prescriptions, hospital visits) and insurance premiums.
- The racial and ethnic make-up of Cambria County was 93% White, 4% Black, 2% Hispanic origin, 2% more than one race, 1% Asian/Pacific Islander, and 1% other. (These percentages total to over 100% because Hispanic is an ethnicity, not a race.)

## Demographics, cont.

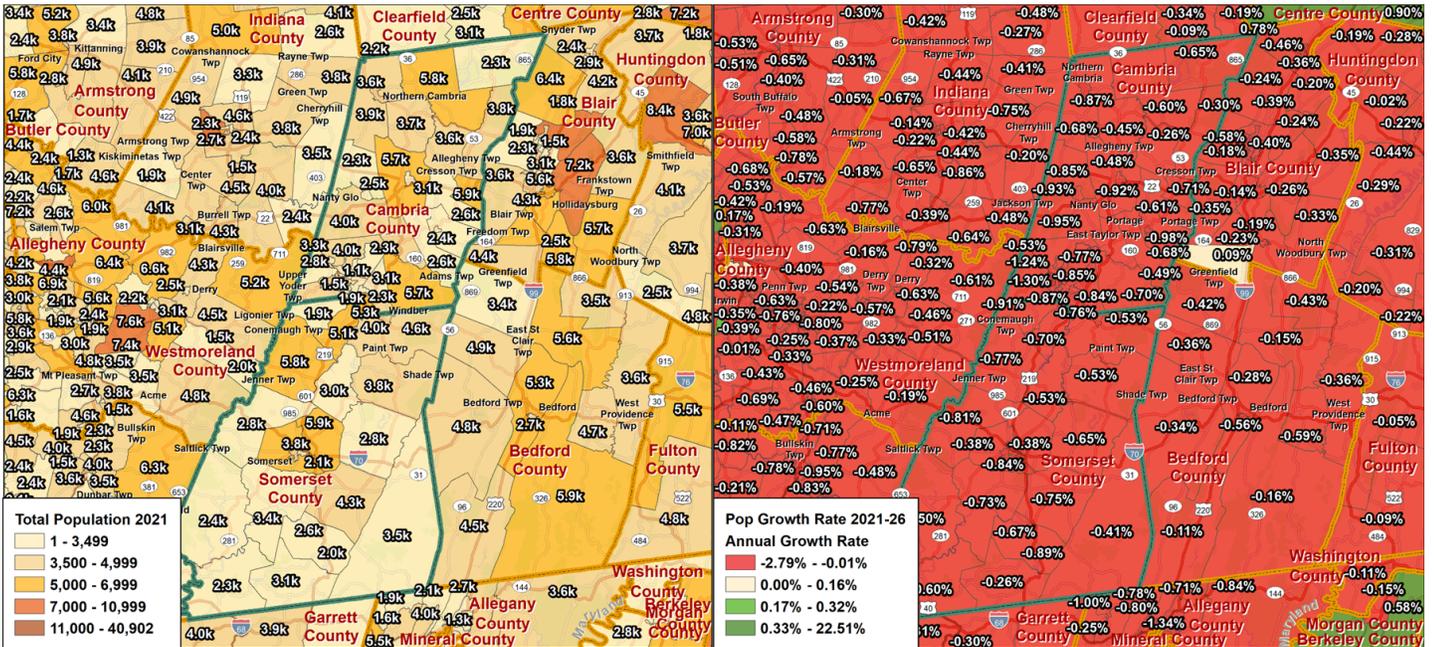
### Somerset County



- The population of Somerset County is projected to decrease from 2021 to 2026 (-0.61% per year). Pennsylvania is projected to increase 0.16% per year. The U.S. is projected to increase 0.71% per year.
- Somerset County had a higher median age (46.7 median age) than PA (41.9) and the U.S. (38.8). In Somerset County the percentage of the population 65 and over was 23.6%, higher than the U.S. population 65 and over at 17.2%.
- Somerset County's median household income at \$48,547 was lower than PA (\$62,724) and the U.S. (\$64,730). The rate of poverty in Somerset County was 11.7% which was higher than PA (10.9%) but lower than the U.S. (11.9%).
- The household income distribution of Somerset County was 18% higher income (over \$100,000), 59% middle income, and 23% lower income (under \$25,000). The largest income group is the 18% making \$50,000 to \$74,999.
- The Health Care Index measures how much the populations spent out-of-pocket on health care services including insurance premiums. The U.S. index was 100. Somerset County was 82, indicating 18% less spent out of pocket than the average U.S. household on medical care (doctor's office visits, prescriptions, hospital visits) and insurance premiums.
- The racial and ethnic make-up of Somerset County was 94% White, 3% Black, 2% Hispanic origin, 1% more than one race, 1% Asian/Pacific Islander, and 1% other. *(These percentages total to over 100% because Hispanic is an ethnicity, not a race.)*

## Demographics, cont.

### 2021 Population by Census Tract and Change (2021-2026)



Source: Esri

Red is population decline  
 Yellow is positive up to the PA growth rate  
 Green is greater than the PA growth rate  
 Dark green is twice the PA growth rate

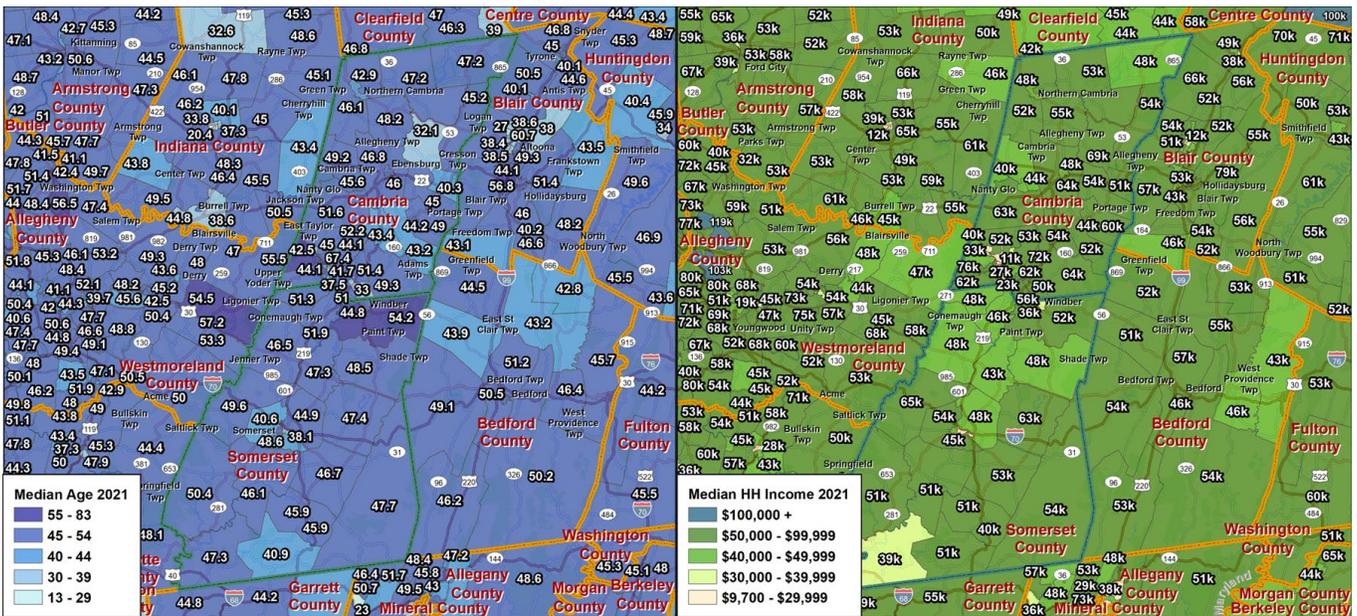
Census tracts generally have a population size between 1,200 and 8,000 people, with an optimum size of 4,000 people. The higher populated census tracts are smaller geographically and the less populated census tracts are larger in geography. The highest populated census tracts contain about 5.7K-5.9K and are generally near towns – Johnstown, Somerset, Windber, and Meyersdale.

All census tracts in the two counties are projected to decline. The largest declines are expected in Johnstown.

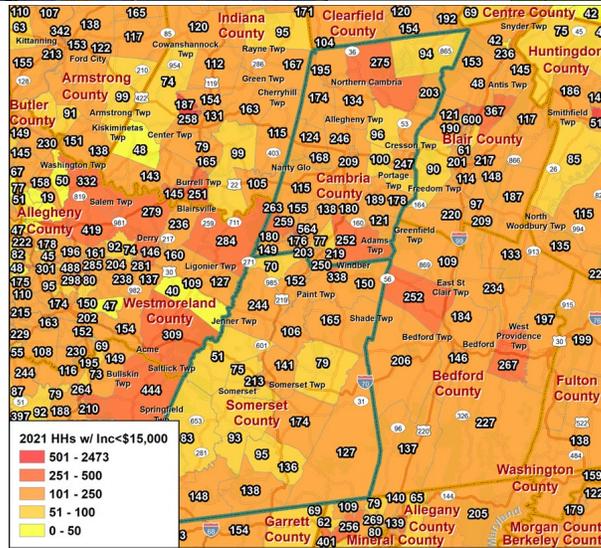


Photo Credit: Cambria Regional Chamber

## 2021 Median Age & Income



Source: Esri



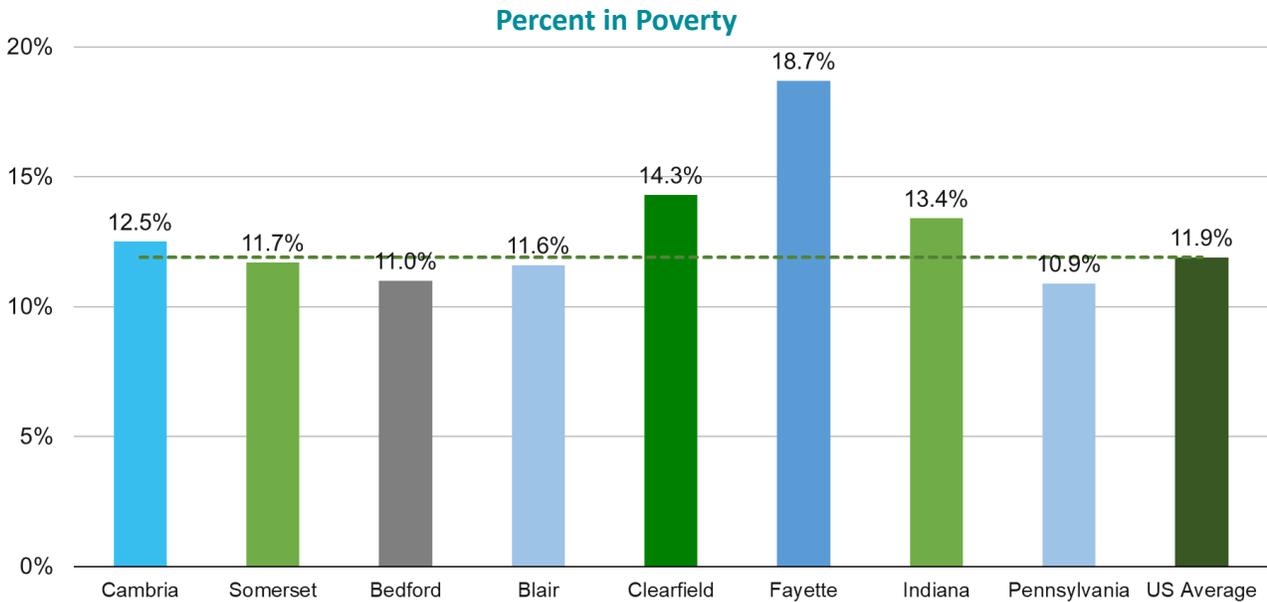
The top two maps depict median age and median income by census tract. Looking at age and income by census tract is helpful to demonstrate all areas of a county are not the same. The health needs may be very different in the census tract north of Ebsensburg with a lower median age (32.1) and the tract in the northeast corner of Cambria county near Windber with a median age of 54.

Looking at median household income by census tract also gives insight into health status. The lower income areas may require more assistance than the higher income tracts. The census tract in Johnstown with the lower median household income (\$11,000 per year) will have very different health outcomes compared to the census tract to its east in Johnstown with \$76,000 median household income.

The lower map is the number of households making less than \$15,000 per year. Again, further attempting to identify those areas within the county that may have a lower health status. A census tract in Johnstown had 564 families making less than \$15,000 per year.

## Demographics, cont.

Cambria County's 2020 poverty percentage was 12.5% and Somerset was 11.7% compared to Pennsylvania at 10.9% and the U.S. at 11.9%. The cost of living in Cambria and Somerset Counties was lower than PA and the U.S.



## Business Profile

58% percent of employees in Cambria County were employed in:

- Health Care & Social Assistance (21.7%)
- Retail Trade (13.6%)
- Education (7.9%)
- Public Administration (7.6%)
- Accommodation & Food Service (7.4%)

58% percent of employees in Somerset County were employed in:

- Health Care & Social Assistance (15.5%)
- Accommodation & Food Service (14.0%)
- Retail Trade (10.4%)
- Manufacturing (9.7%)
- Other Services (8.7%)

Source: Esri

Retail, accommodation and food service offer health insurance at a lower rate than healthcare, public administration, and educational services.

Cambria and Somerset Counties' May 2022 preliminary unemployment was 4.6% and 4.7%, respectively, compared to 9.1% for Pennsylvania and 4% for the U.S.

It is beneficial to contact people in groups to improve health. There are three primary places people gather during the week: work, church, and school. These are three excellent places to reach people to create a culture of health.

## Tapestry Segmentation

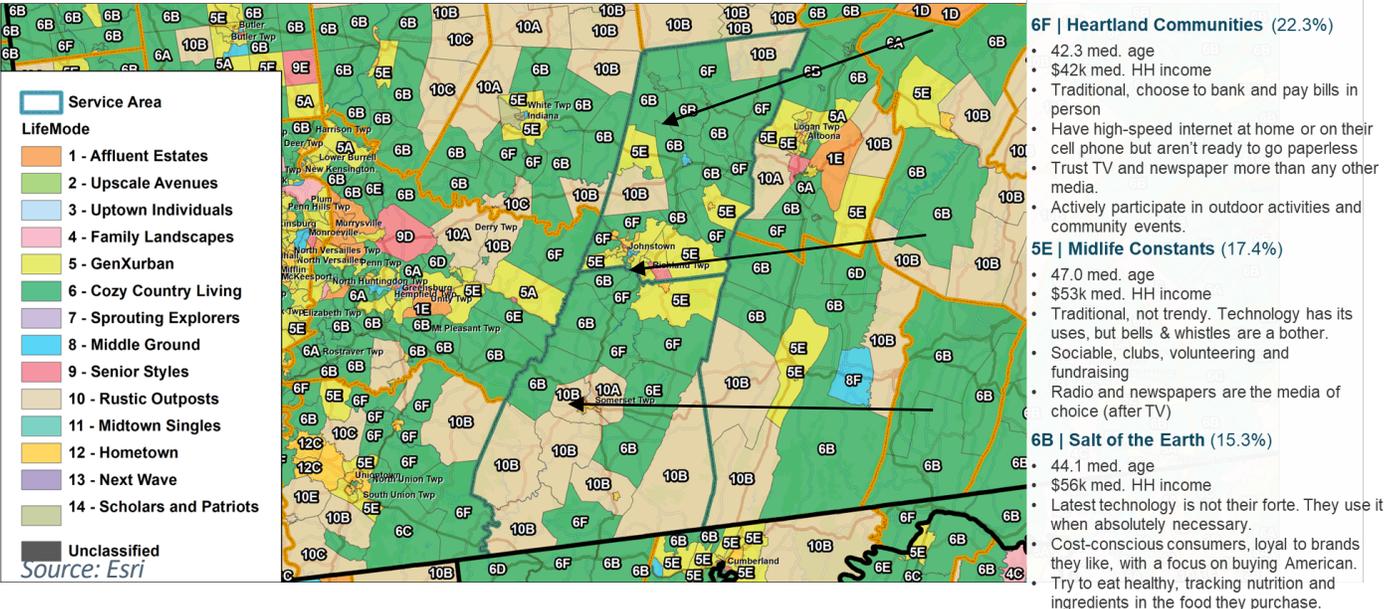
Demographics are population, age, sex, and race. Psychographics are adding behavior data in the form of spending habits and survey data on top of demographics. 55% of Cambria and Somerset Counties are included in three Tapestry Segments. The map below is color coded by LifeMode, which are groupings of Tapestry Segments that behave similarly. The dominant Tapestry Segment of each census tract is identified by number.

The dominant Tapestry Segments in the county were Heartland Communities (22%), Midlife Constants (17%), and Salt of the Earth (15%). The map below demonstrates the dominant Tapestry Segment by census tract.

There is a very brief description of the segments on the right of the map. There is much more information on Tapestry Segments, at <http://doc.arcgis.com/en/Esri-demographics/data/tapestry-segmentation.htm>. Analyzing the Tapestry Segments in the study area helps determine health habits and communication preferences of residents, enabling more effective communication and implementation of solutions to improve health. Many spoke of meeting people where they are at in the focus group and interviews. Studying their Tapestry Segment can help do that.

Top three categories represent 55.0% of total households.

### Top 3 Tapestry Segments



## Focus Group and Survey Results

### Focus Groups

Community stakeholders representing the broad interests of the community, as well as those representing low income, medically underserved, and minority populations participated in individual interviews and focus groups on June 9, 2022, for their input into the community's health. Community participation in individual interviews represented a broad range of interests and backgrounds. Below is a summary of the focus groups and interviews. The full summary is included in the appendices.

The participants defined health as overall wellbeing, physical, mental, social, spiritual, and financial also differing for each individual.

Most felt the health of the community differed by economic realities.

The most significant health issues for the communities were:

- Mental health – depression, anxiety, anger, propelling substance misuse
- Poverty – lack of living wage jobs, generational poverty, lack of appropriate housing
- Access to medical resources – loss of medical personnel post peak COVID, lack of urgent care, affordability of healthcare
- Food insecurity
- Lack of reliable transportation
- Lack of education and misinformation
- Stigmas around “their problem”, “tough love” that impede seeking help and recovery
- Culture – trust, stubbornness, pride
- Violence
- Chronic diseases – heart and vascular disease, diabetes, obesity
- Language barriers
- Children with disabilities
- Seniors – isolation and access to care

If given a magic wand and no resource restrictions, the participants selected the following solutions to improve health.

- Bring in big corporate jobs and small entrepreneurial jobs
- Increase the pool of resources available in all the cities and counties
- Increase and improve infrastructure – transportation, sidewalks, parks
- More community education on resources
- Dilute the concentration of poverty w/ HUD housing
- Address the drug problem
- Make healthcare more affordable
- Increase public service – military, volunteers

## Survey Results

The partners conducted online community surveys via SurveyMonkey and distributed paper copies in Cambria and Somerset Counties. 883 surveys were completed from May 23, 2022, through July 20, 2022. 2,000 paper copies were distributed to community-based organizations, healthcare providers, and at community events. 2,000 paper copies were mailed to homes (1,200 in Cambria and 800 in Somerset County). The online survey was sent via email distribution lists and was placed in social media posts. See the full survey in the Appendices. Below is a summary of the most significant health needs.

Q27. What are the top three most significant health issues in the counties?

1. Substance misuse – including alcohol, illegal drugs, prescription drugs (58.6%)
2. Obesity (42.8%)
3. Access to mental health services for stress, anxiety, depression, bi-polar disorder, etc. (32.5%)
4. Violence (19.7%)
5. Healthy diet (17.5%)
6. Physical activity (15.8%)
7. Other responses were less than 15%

Q28. What are the top three social determinants of health issues that are impacting people's health?

1. Poverty/low income (61.5%)
2. Jobs/unemployment (35.5%)
3. Violence (27.6%)
4. Abuse (25.1%)
5. Safety – neighborhoods, places to be outside (24.9%)
6. Education (23.5%)
7. Affordable housing (16.6%)
8. Transportation (15.1%)
9. Other responses were less than 15%

Q30. Have you ever been told by a doctor you have any of these conditions, diseases, or challenges?

1. High blood pressure/hypertension (39.3%)
2. Overweight or obese (32.6%)
3. High cholesterol (28.4%)
4. Arthritis (27.2%)
5. Asthma (16.3%)
6. None (21.9%)
7. Other responses were less than 15%

### Health Status Data

Based on the 2022 County Health Rankings study performed by the Robert Wood Johnson Foundation and the University of Wisconsin<sup>2</sup>, Cambria County ranked 62<sup>nd</sup> out of 67 Pennsylvania counties ranked for health outcomes (1= the healthiest; 67 = unhealthiest), and 40<sup>th</sup> for health factors. Somerset County ranked 43<sup>rd</sup> for health outcomes and 53<sup>rd</sup> for health factors. Health outcomes are composed of length of life and quality of life. Health factors are comprised of health behaviors, clinical care, social & environmental factors, and physical environment.

County Health Rankings suggested the areas to explore for improvement in Cambria County were higher adult smoking, higher percentage of adult obesity, higher preventable hospital stays, lower flu vaccinations, and higher injury deaths. The areas of strength were lower uninsured, lower population to primary care physicians, higher percentage of high school completion, and higher rate of social associations.

County Health Rankings suggested the areas to explore for improvement in Somerset County were higher adult smoking, higher percentage of adult obesity, higher population to primary care physicians, lower flu vaccination percentage, lower high school completion, and college attendance. The areas of strength were lower sexually transmitted infections, lower percentage of uninsured, lower preventable hospital stays, higher percentage of mammography screening, lower income inequality, and higher social associations.

When analyzing the health status data, local results were compared to Pennsylvania, the U.S. (where available), and the top 10% of counties in the U.S. (the 90<sup>th</sup> percentile). Where Cambria and Somerset Counties' results were worse than PA and the U.S., groups and individuals have an opportunity to act and improve these community measures. To become the healthiest community in Pennsylvania, and eventually the nation, Cambria and Somerset Counties must close several lifestyle gaps. For additional perspective, Pennsylvania was ranked the 27<sup>th</sup> healthiest state out of the 50 states (Source: 2020 America's Health Rankings; lower is better). Pennsylvania's strengths were lower percentage of adults who avoided care due to cost, high prevalence of colorectal cancer screening, and high prevalence of having a dedicated health care provider. The challenges for PA were high prevalence of multiple chronic conditions, high prevalence of insufficient sleep and high percentage of housing with lead risk.



Photo Credit: Ron Bruner

## Health Status Data, Rankings and Comparisons

### Comparisons of Health Status

Information from County Health Rankings and America’s Health Rankings was analyzed in the CHNA, in addition to the previously reviewed sociodemographic information, and other public health data. Other data analyzed is referenced in the bullets below, such as: causes of death, demographics, socioeconomics, consumer health spending, and interviews. If a measure was better than Pennsylvania, it was identified as a strength, and where an indicator was worse than Pennsylvania, it was indicated as an opportunity for improvement. To prevent strengths from becoming opportunities for improvement, it’s important to continually focus on them.

Opportunities were denoted with red octagons, and strengths were denoted with green stars. The years displayed on the County Health Rankings graphs show the year the data was released. The actual years of the data are contained in the source notes below the graphs.

<sup>2</sup> The Rankings are based on a model of population health that emphasizes the many factors that, if improved, can help make communities healthier places to live, learn, work and play. Building on the work of America’s Health Rankings, the University of Wisconsin Population Health Institute has used this model to rank the health of Pennsylvania’s counties every year since 2003.

## Comparisons of Health Status

In most of the following graphs, Cambria County will be blue, Somerset County will be red, Pennsylvania (PA) will be orange, the U.S. will be green, and the 90<sup>th</sup> percentile of counties in the U.S. will be gold.

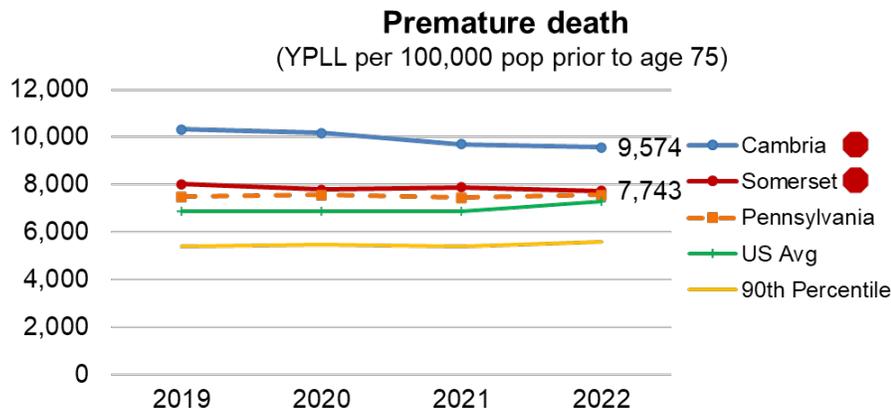
## Health Outcomes (Length of Life and Quality of Life)

Health Outcomes are a combination of length of life and quality of life measures. Cambria and Somerset Counties ranked 62<sup>nd</sup> and 43<sup>rd</sup>, respectively in health outcomes out of 67 Pennsylvania counties.

### Length of Life

Length of life was measured by years of potential life lost per 100,000 population prior to age 75; here, lower is better. For example, a 25-year-old killed in an accident equates to 50 years of potential life lost prior to age 75. Cambria and Somerset Counties ranked 63<sup>rd</sup> and 39<sup>th</sup>, respectively, in length of life in PA. Cambria and Somerset Counties lost 9,574 years and 7,743 years of potential life per 100,000 population respectively, which was higher than PA and the U.S.

Cambria County residents can expect to live 1.2 years less than the average U.S. resident, while Somerset County residents can expect to live 0.6 years longer than the average U.S. resident.



**Life Expectancy**  
(Average number of years a person can expect to live)

2018-2020	
Cambria County	75.8
Somerset County	77.6
Pennsylvania	78.9
US Avg	77.0
90th Percentile	80.6

\*Due to Covid and impacts of Covid, life expectancy in the US decreased 1.87 years in 2020.

Source: County Health Rankings; National Center for Health Statistics – Mortality File 2018-2020

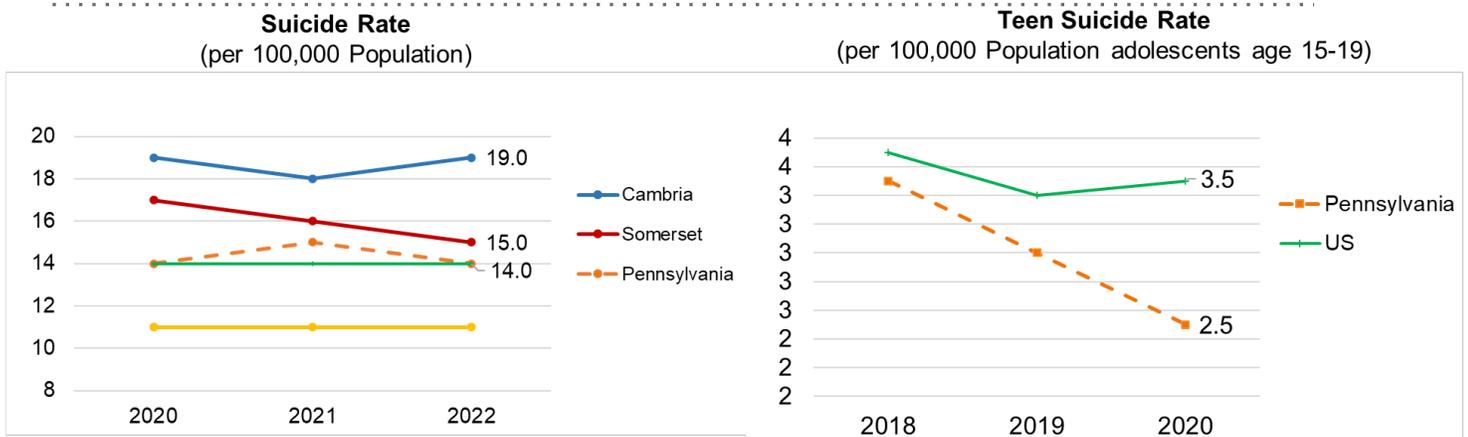
## Leading Causes of Death: Age-Adjusted Death Rates per 100,000 Population

Cause of Death	Cambria County	Somerset County	Pennsylvania	US
Heart Disease	186.7	182.3	175.7	168.2
Cancer	164.2	149.3	153.2	144.1
COVID-19*	118.7*	76.4*	88.1	85.0
Accidents (Unintentional Injuries)	100.2	64.1	69.0	57.6
Respiratory Diseases	38.5	26.4	32.8	36.4
Strokes	36.0	36.6	36.7	38.8
Suicide	19.4	15.2	12.6	13.5
Alzheimer's	28.3	44.0	23.2	32.4
Diabetes	25.1	53.1	23.6	24.8
Septicemia	20.7	15.3	12.6	9.7
Influenza and Pneumonia	22.4	14.0	12.9	13.0
Parkinson Disease	9.3	14.3	9.6	9.9
Liver Disease	13.6	8.9	9.9	13.3
Nephritis, nephrosis	23.2	20.7	15.6	12.7

\*COVID is only 2000. Age-adjusted rates per 100,000 population. Cambria County, and Somerset County data combined from 2017-2020. US and PA data from 2020.

Rates that appear in red for a county denote a higher value compared to state data.  
Age Adjustment Uses 2000 Standard Population.

Rates in red had death rates higher than PA. The leading causes of death in Cambria County were heart disease, cancer, COVID-19, followed by accidents, and respiratory diseases. The leading causes of death in Somerset County were heart disease, cancer, COVID-19, followed by accidents, and diabetes.



Age-adjusted rates per 100,000 population. Cambria County, Pennsylvania, and US data are from individual years.  
Age Adjustment Uses 2000 Standard Population.

Crude rates per 100,000 population. Pennsylvania, and US data are from individual years.  
Age Adjustment Uses 2000 Standard Population.

Cambria and Somerset Counties' suicide rate was above PA and the U.S., trending down in Somerset, but up in Cambria. The teen suicide rate in PA decreased in 2020.

Source(s): Wonder CDC.gov (2019) Age-adjusted rates per 100,000 population. Age Adjustment Uses 2000 Standard Population.



Photo Credit: Ron Bruner

## Length of Life STRENGTHS

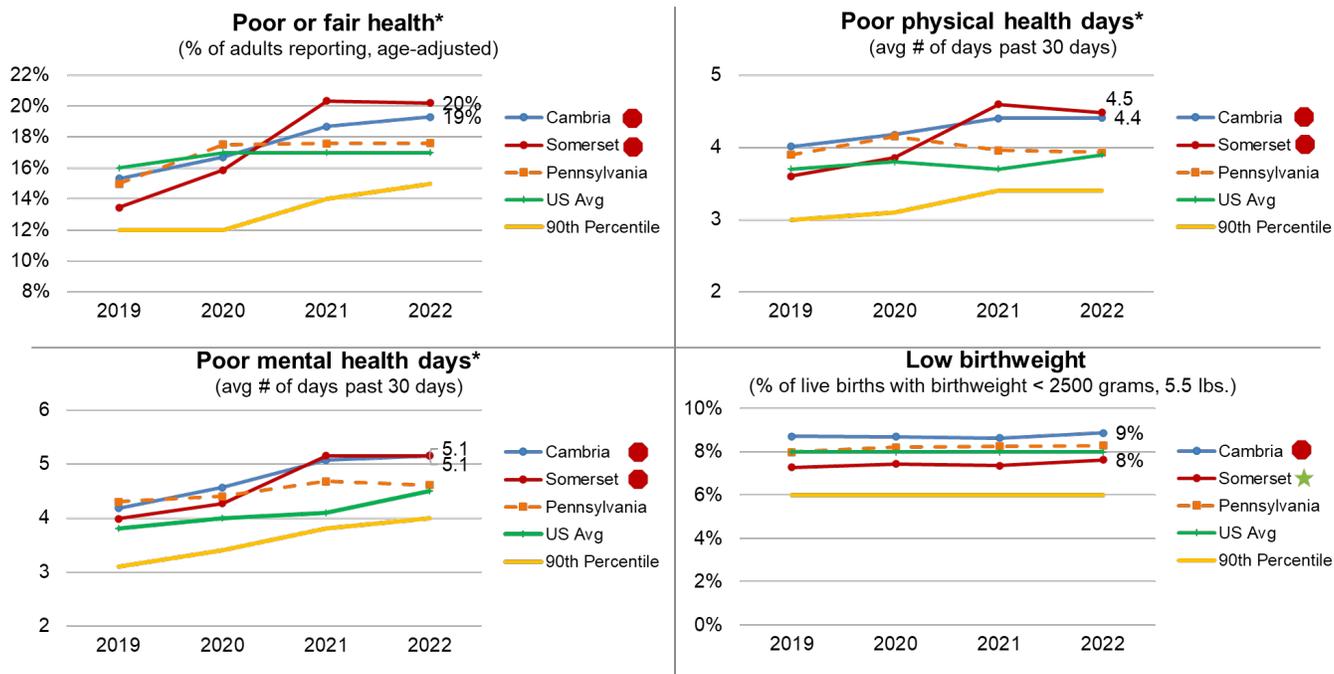
- Somerset County had lower death rates in 6 leading causes of death than both PA and the U.S. (cancer, COVID, accidents, respiratory diseases, stroke, and liver disease)
  - Cambria and Somerset Counties had lower stroke death rates than both PA and the U.S.
  - Cambria County had a lower death rate from Parkinson's disease than PA and the U.S.
- 

## Length of Life OPPORTUNITIES

- Cambria County had shorter life expectancy at 75.8 years than PA at 78.9 and the U.S. at 77.
  - Somerset County had a shorter life expectancy at 77.6 than PA but higher than the U.S.
  - Cambria County had higher death rates for all but two leading causes of death than both PA and the U.S.
  - Cambria and Somerset Counties had higher numbers of premature deaths than both PA and the U.S. at 9,574 and 7,743, respectively.
-

## Quality of Life

Quality of life was measured by: % reporting fair or poor health, the average number of poor physical health days and poor mental health days in the past 30 days, and % of live births with birthweight less than 2500 grams, or 5.5 lbs. Cambria and Somerset Counties ranked 60<sup>th</sup> and 46<sup>th</sup>, respectively, in quality of life out of 67 Pennsylvania counties.



Source: County Health Rankings: Behavioral Risk Factor Surveillance System (BRFSS) 2019  
 Source: County Health Rankings: National Center for Health Statistics – Natality files (2014-2020)

## Quality of Life STRENGTHS

- Somerset County had a lower percentage of low birthweight babies at 8% than both PA and the U.S.

## Quality of Life OPPORTUNITIES

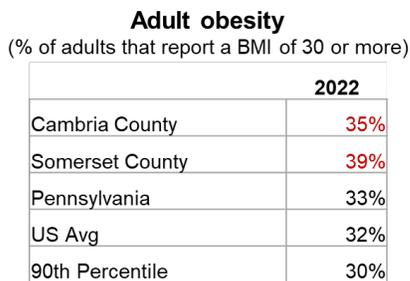
- Cambria and Somerset Counties had a higher percentage of poor or fair health days than both PA and the U.S. at 19% and 20%
- Cambria and Somerset Counties had a higher average number of poor mental health days in the last 30 days at 5.1 days than PA at 4.6 and the U.S. at 4.5.
- Cambria and Somerset Counties had a higher average number of poor physical health days at 4.4 and 4.5, respectively, than both PA at the U.S. at 3.9.

## Health Factors or Determinants

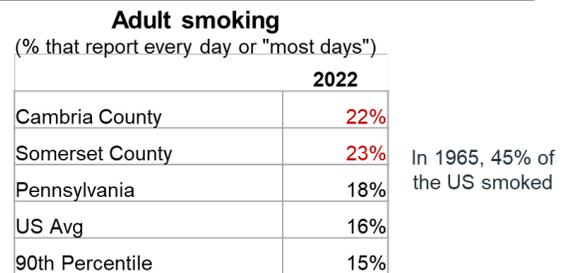
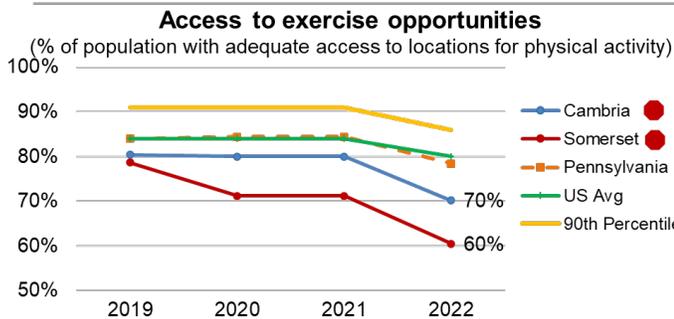
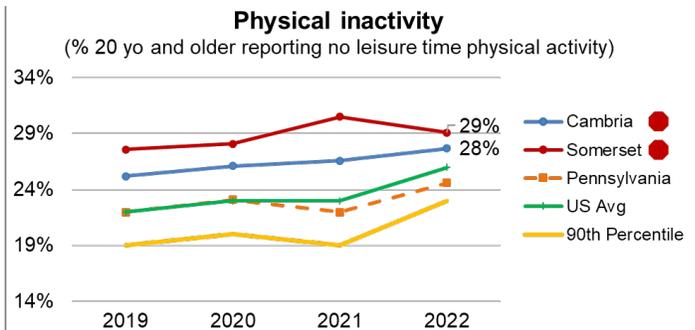
Health factors or determinants rankings are comprised of measures related to health behaviors (30%), clinical care (20%), social & economic factors (40%), and physical environment (10%). Cambria and Somerset Counties ranked 40<sup>th</sup> and 53<sup>rd</sup>, respectively, in health factors out of 67 Pennsylvania counties.

## Health Behaviors

Health behaviors are made up of nine measures and account for 30% of the County Rankings. Cambria and Somerset Counties ranked 33<sup>rd</sup> and 62<sup>nd</sup>, respectively, in health behaviors out of 67 counties in Pennsylvania.



Beginning with 2022 CHR, the CDC has updated their modeling procedure for producing small-area estimates. 2022 released data should not be compared to prior years.



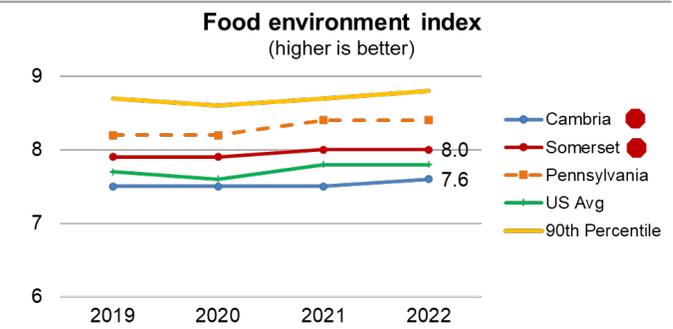
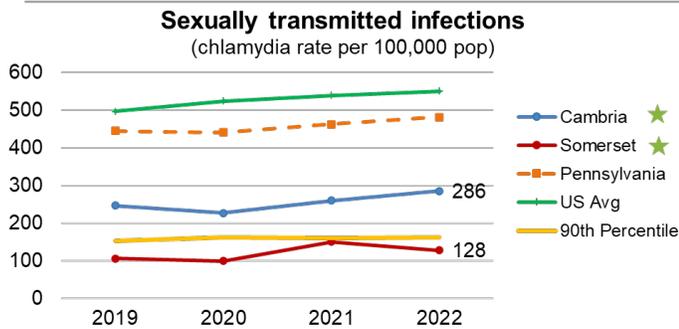
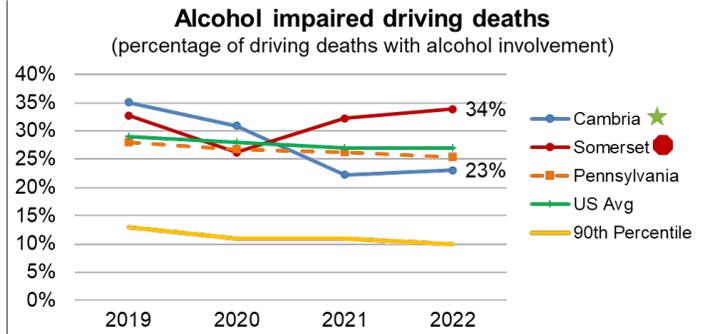
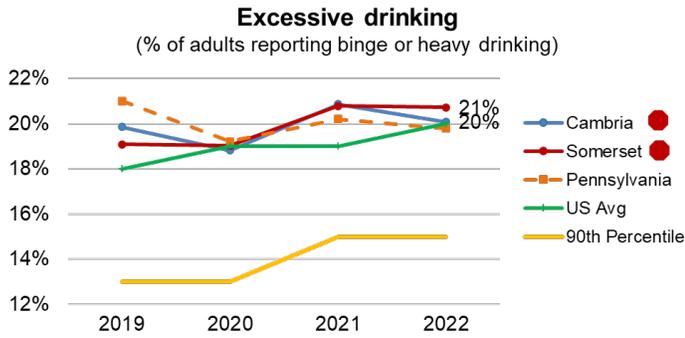
Beginning with 2022 CHR, the CDC has updated their modeling procedure for producing small-area estimates. 2022 released data should not be compared to prior years.

Source: Obesity & Physical Inactivity – CHR, Behavioral Risk Factor Surveillance System, 2019

Source: Access to exercise opportunities – CHR, Business Analyst, Delorme map data, Esri, & US Census Tigerline Files, 2010 and 2021. Measures the percentage of individuals in a County who live reasonably close to a location for physical activity, defined as parks or recreational facilities (local, state national parks, gyms, community centers, YMCAs, dance studios and pools based on SIC codes)

Source: Smoking - CHR; Behavioral Risk Factor Surveillance System (BRFSS), 2019

## Health Behaviors, Cont.



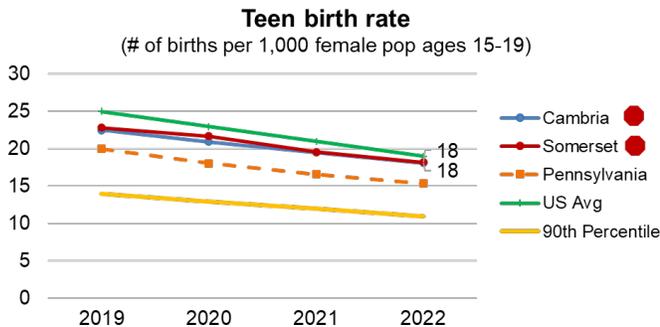
Source: Excessive drinking - CHR; Behavioral Risk Factor Surveillance System (BRFSS), 2019

Source: Alcohol-impaired driving deaths - CHR; Fatality Analysis Reporting System, 2016-2020

Source: STIs - CHR; National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, 2019

Source: Food environment: CHR; USDA Food Environment Atlas, Map the Meal Gap from Feeding America, 2019

The Food Environment Index is comprised of percent of the population with limited access to healthy foods and percent of the population with food insecurity. Limited access to foods estimates the percent of the population who are low income and do not live close to a grocery store. Food insecurity is the percent of the population who did not have access to a reliable source of food during the past year.



### Teen birth rate

(# of births per 1,000 female pop ages 15-19)

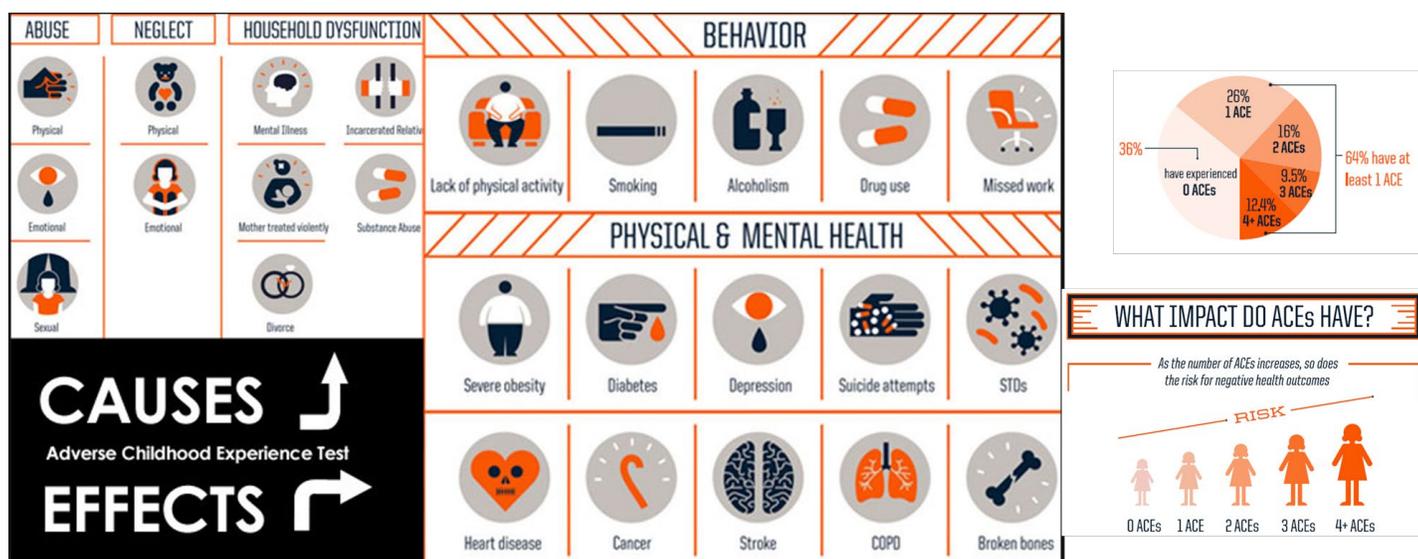
Ethnicity/Race	Cambria	Somerset
Asian	NA	NA
Black	55	NA
Hispanic	17	NA
White	16	NA

Source: Teen birth rate – CHR; National Center for Health Statistics – Natality files, 2014-2020

## Health Behaviors, Cont.

### Adverse Childhood Experiences (ACEs)

Abuse, neglect, and household dysfunction have the effect of poor health behaviors, as well as poor physical and mental health. The more ACEs a child has, the higher risk they are for poor health outcomes. According to the CDC, “Adverse Childhood Experiences have a tremendous impact on future violence victimization and perpetration, and lifelong health and opportunity.” ACEs are strongly associated with social inequities. While present in all populations, females, LGBTQ+, people of color, and those experiencing income disparities are at a greater risk of experiencing multiple ACEs.



	0 ACEs	1 ACEs	2+ ACEs
<b>United States</b>	54%	25%	22%
<b>Pennsylvania</b>	53%	26%	21%

Among children from birth through age 17, percentage reported to have had zero, one, and two or more ACEs, nationally and by state. Data Source: National Survey of Children’s Health 2016, Health Resources and Services Administration, Maternal and Child Health Bureau. <https://mchb.hrsa.gov/data/national-surveys>. Citation: Child and Adolescent Health Measurement Initiative. 2016 National Survey of Children’s Health (NSCH) data query. Data Resource Center for Child and Adolescent Health supported by the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau (MCHB). Retrieved [09/15/21] from [www.childhealthdata.org].

ACEs data is not available for Cambria and Somerset Counties. However, compared to the U.S., Pennsylvania had a lower percentage of youth with no ACEs, and 2+ ACEs, but a higher percentage of youth with 1 ACE.

## Health Behaviors STRENGTHS

- Sexually transmitted infections measured by chlamydia rate per 100,000 population were lower in Cambria (286) and Somerset Counties (128) than PA (482) and the U.S. (551).
- The percentage of alcohol impaired driving deaths was lower in Cambria County at 23% than both PA (25%) and the U.S. (27%).

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## Health Behaviors OPPORTUNITIES

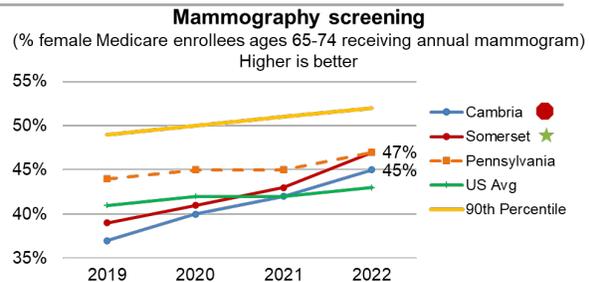
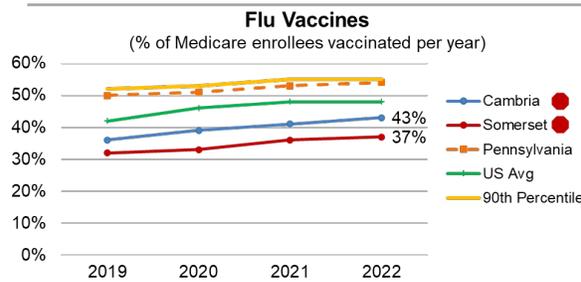
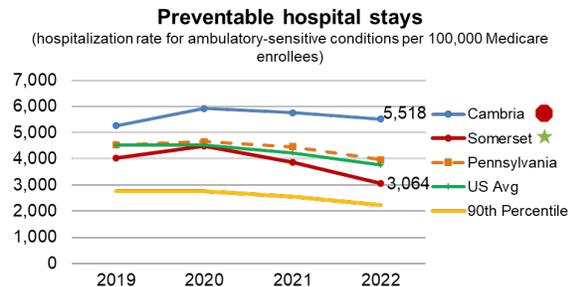
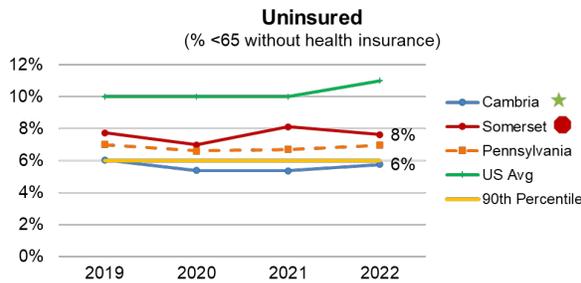
- Adult obesity in Cambria and Somerset Counties was 35% and 39%, respectively, higher than PA at 33% and the U.S. at 32%. Obesity puts people at increased risk of chronic diseases including diabetes, kidney disease, joint problems, hypertension, and heart disease. Obesity can cause complications in surgery and with anesthesia. It has been implicated in Alzheimer's and often leads to metabolic syndrome and type 2 diabetes.
- Physical inactivity was higher in Cambria and Somerset Counties at 28% and 29%, respectively, than in PA at 25% and the U.S. at 27%.
- 70% of Cambria County and 60% of Somerset County had access to exercise opportunities compared to 80% of the U.S.
- Cambria and Somerset Counties had a higher percentage of adult smokers at 22% and 23%, respectively, than both PA at 18% and the U.S. at 16%.
- Cambria and Somerset Counties had higher percentages of adults reporting binge or heavy drinking at 20% and 21% than PA.
- Somerset County had a higher percentage of alcohol impaired driving deaths at 34% than PA at 25%.
- Cambria and Somerset Counties had higher numbers of teen births per 1,000 female population ages 15-19, both at 18, than PA at 15.



*Photo Credit Cambria Regional Chamber*

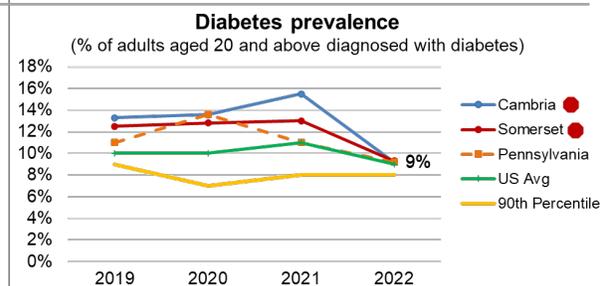
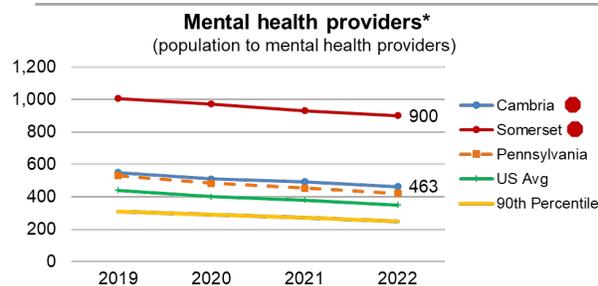
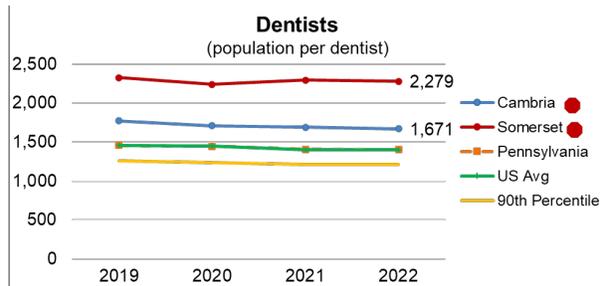
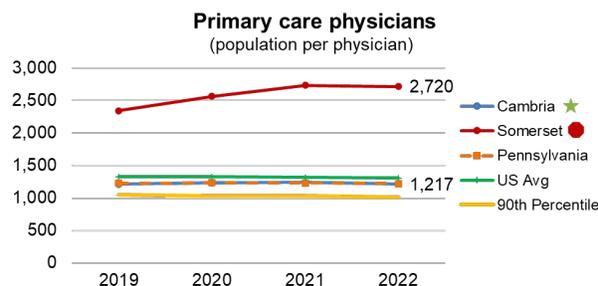
## Clinical Care

Clinical care ranking is made up of seven indicators, and accounts for 20% of the County Rankings. Cambria and Somerset Counties ranked 57<sup>th</sup> and 42<sup>nd</sup>, respectively, in clinical care out of 67 Pennsylvania counties.



Source: Uninsured - CHR; Small Area Health Insurance Estimates, 2019

Source: Preventable hospital stays, mammography screening, flu vaccinations – CHR, CMS Mapping Medicare Disparities Tool, 2019



Source: Pop to PCP - CHR; Area Health Resource File/American Medical Association, 2019

Source: Pop to Dentists - CHR; Area Health Resource File/National Provider Identification file, 2020

Source: Pop to mental health provider (psychiatrists, psychologists, licensed clinical social workers, counselors, marriage and family therapists and advanced practice nurses specializing in mental health) CHR; CMS, National Provider Identification, 2021

Source: Diabetes prevalence – Behavioral Risk Factor Surveillance System, 2019



Photo Credit: Cambria Regional Chamber

### Clinical Care, Cont.

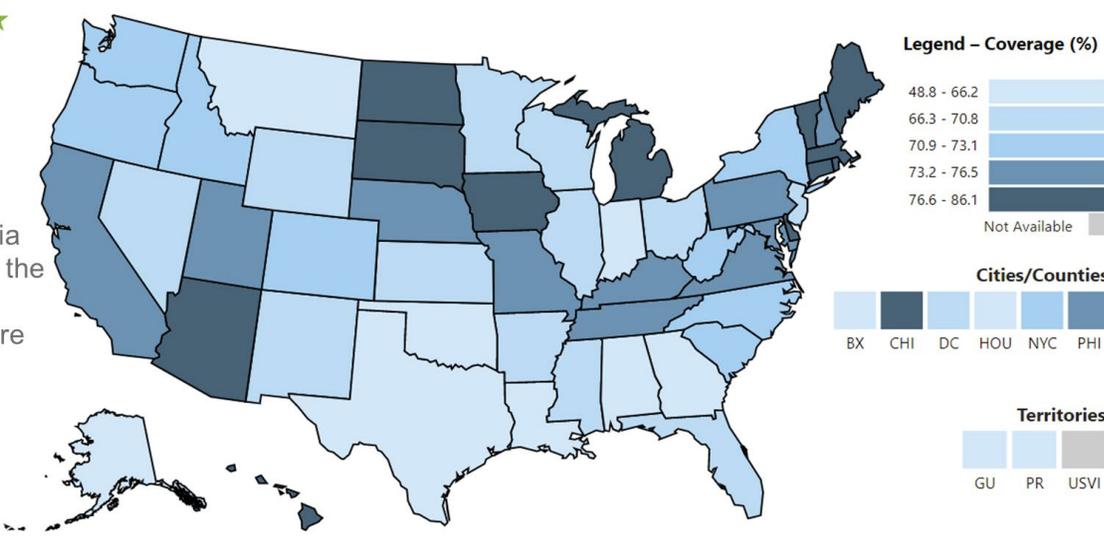
PA had a higher vaccination percentage among children 19-35 months old than the U.S. Cambria and Somerset Counties both had lower COVID-19 vaccination rates than PA and the U.S.

### Vaccination Coverage Among Children and COVID-19 Vaccination Rates

Combined 7 Series Vaccination Coverage by Age 24 Months among Children Born in 2018, National Immunization Survey-Child (NIS-Child), 2018

**Pennsylvania**★  
**75.6%**  
**United States**  
**71.3%**

57% of the total residents of Cambria County and 49% of the total residents of Somerset County are fully vaccinated for COVID-19.  
 PA = 69%  
 US = 67%  
 6/9/2022



Source: CDC, National Center for Immunization and Respiratory Diseases (2017 data posted 2020)

## Clinical Care STRENGTHS

- Preventable hospital stays in Somerset County were 3,064 per 100,000 Medicare enrollees which was lower than PA (3,966) and the U.S. (3,767). Hospitalization ambulatory-care sensitive conditions, which are diagnoses treatable in outpatient settings, suggests that the quality of care provided in the outpatient setting was less than ideal. This measure may also represent a tendency to overuse hospitals as a main source of care. Preventable hospital stays could be classified as both a quality and access measure, as some literature describes hospitalization rates for ambulatory care-sensitive conditions mainly as a proxy for access to primary health care. (Source: CHR; Brumley R, Enguidanos S, Jamison P, et al. Increased satisfaction with care and lower costs: Results of a randomized trial of in-home palliative care. J Am Geriatric Soc. 2007;55:993-1000).
  - The population per primary care physician was 1,217 in Cambria County, the same as PA (1,629), and lower than the U.S. (1,310).
  - The percent of population under 65 without health insurance in Cambria County was 6%, lower than PA at 7%.
  - Somerset County's mammography screening was equal to PA's at 47%.
- 

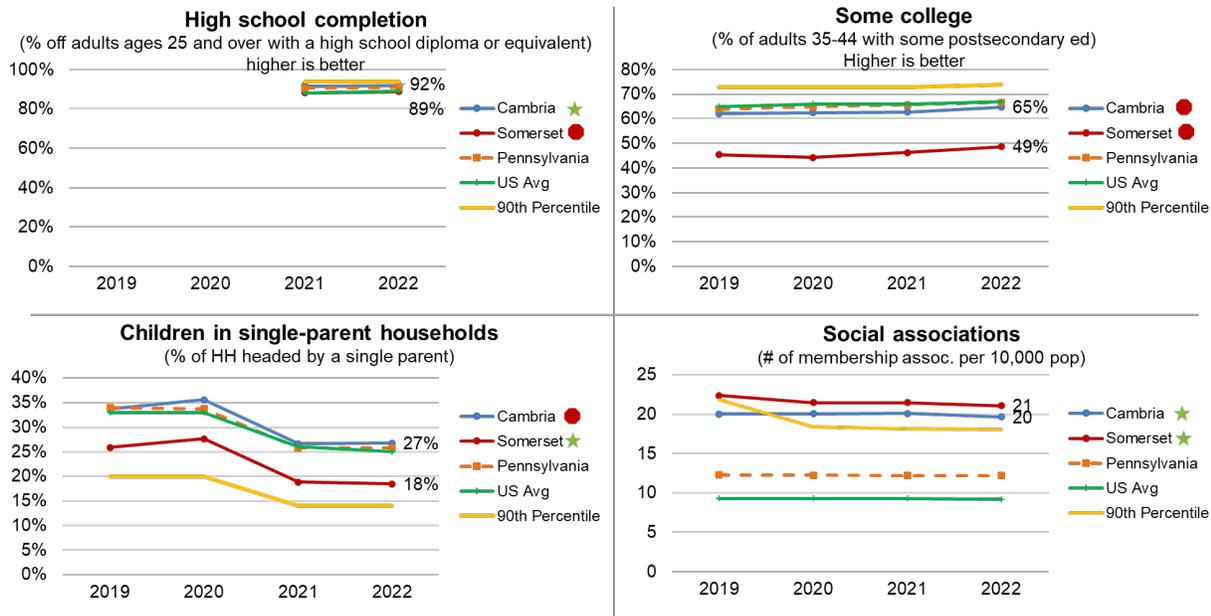
## Clinical Care OPPORTUNITIES

- COVID-19 vaccinations were lower in Cambria and Somerset Counties at 57% and 49% respectively than PA at 69% and the U.S. at 67%.
  - The percent of Medicare enrollees with flu vaccines per year was lower in Cambria (43%) and Somerset (37%) Counties than PA (55%) and the U.S. (48%).
  - The population per dentists in Cambria (1,671) and Somerset (2,279) Counties was higher than both PA and the U.S. at 1,400.
  - The preventable hospital stays in Cambria County were 5,518, which was higher than PA and the U.S.
  - The percent uninsured in Cambria County was 8%, higher than PA at 7%.
  - Diabetes prevalence in both Cambria and Somerset Counties was 9%, only slightly above PA.
- 



## Social & Economic Factors

Social and economic factors account for 40% of the County Rankings. There are eight measures in the Social and Economic Factors category. Cambria and Somerset Counties ranked 37<sup>th</sup> and 39<sup>th</sup>, respectively, in social and economic factors out of 67 Pennsylvania counties.

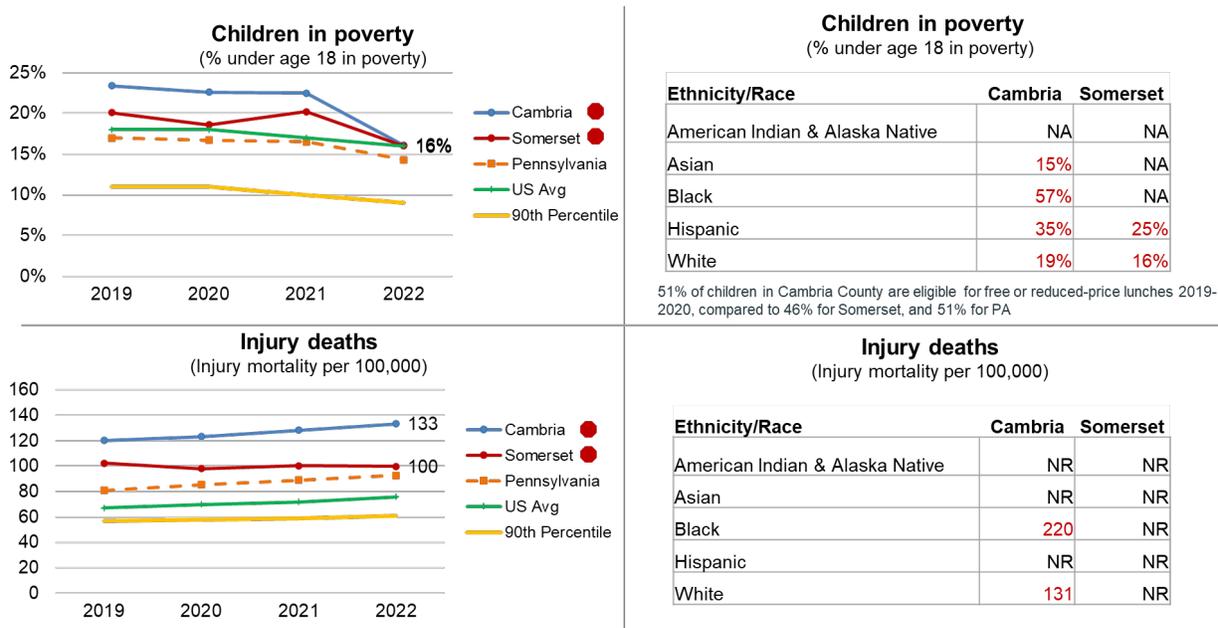


Source: High school completion— CHR, American Community Survey, 5-yr estimates, 2016-2020

Source: Some college CHR; American Community Survey, 5-year estimates, 2016-2020.

Source: Children in poverty - CHR; U.S. Census, Small area Income and Poverty Estimates, 2020

Source: Social associations - CHR; County Business Patterns, 2019

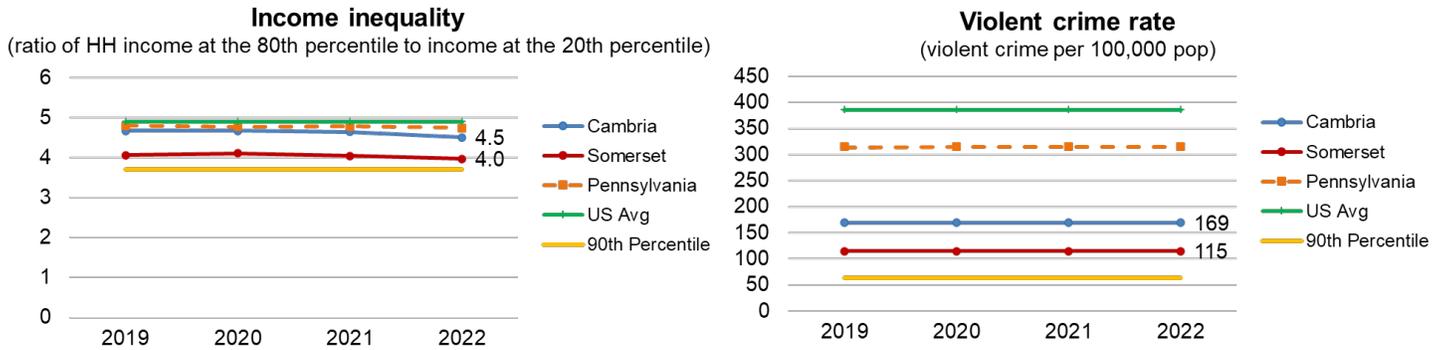


Source: Income inequality and children in single-parent households - CHR; American Community Survey, 5-year estimates 2016-2020

Source: Injury deaths – CHR; National Center for Health Statistics – Mortality Files, 2016-2020

Source: Violent crime - CHR; Uniform Crime Reporting – FBI, 2014 & 2016

## Social & Economic Factors Cont.



### Social & Economic Factors STRENGTHS

- The percentage of children in single-parent households was 18% in Somerset County, lower than PA (26%) and the U.S at 25%.
- Social associations were higher in Cambria and Somerset Counties at 20 and 21 memberships per 10,000 population, respectively, than PA at 12 and the U.S. at 9 memberships. Associations include membership organizations such as civic organizations, bowling centers, golf clubs, fitness centers, sports organizations, religious organizations, political organizations, labor organizations, business organizations, and professional organizations.
- High school completion was higher in Cambria County at 92% than PA at 91% and the U.S. at 89%.
- Income inequality represents the ratio of household income at the 80<sup>th</sup> percentile compared to income at the 20<sup>th</sup> percentile. Income inequality was lower in Cambria and Somerset Counties at 4.5 and 4.0, respectively, than PA at 4.7 and the U.S. at 4.9.
- The number of violent crimes per 100,000 population was lower in Cambria and Somerset Counties at 169 and 115, respectively, than both in PA at 315 and the U.S. at 386.

### Social & Economic Factors OPPORTUNITIES

- High school completion in Somerset County at 89% was lower than PA at 91%.
- The percentage of adults 35-44 with some postsecondary education was lower in Cambria County at 65% and Somerset County at 49% than in PA at 67%.
- Children in single parent households was higher in Cambria County at 27% than PA at 26%.
- Injury deaths were higher in Cambria and Somerset Counties at 133 and 100 per 100,000 population, respectively, than PA (93) and the U.S. (76).
- Children in poverty at 16% was higher in both Cambria and Somerset Counties than PA at 14%.
- The median household income in Cambria and Somerset Counties was \$49,439 and \$48,547, respectively, lower than PA at \$62,724 and the U.S. at \$64,730.

## Physical Environment

Physical environment contains four measures in the category and accounts for 10% of the County Rankings. Cambria and Somerset Counties ranked 38<sup>th</sup> and 26<sup>th</sup>, respectively, in physical environment out of 67 Pennsylvania counties.

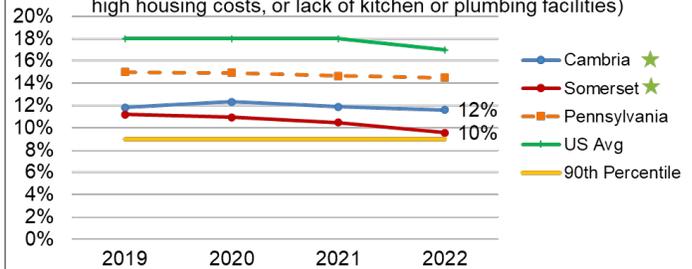
### Drinking water violations

	2020	2021	2022
Cambria County	Yes	Yes	Yes
Somerset County	Yes	Yes	Yes

Source: EPA Safe Drinking Water Information System.

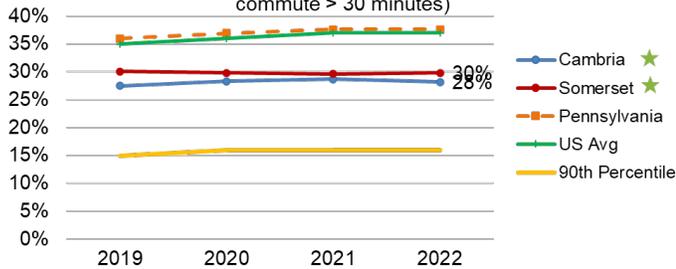
### Severe housing problems

(% of hh with at least 1 of 4 housing problems: overcrowding, high housing costs, or lack of kitchen or plumbing facilities)



### Long commute- driving alone

(among workers who commute alone, the % that commute > 30 minutes)



### Broadband access

(% of households with broadband internet connection)

	2022
Cambria County	78%
Somerset County	75%
Pennsylvania	84%
US Avg	85%
90th Percentile	88%

Source: Drinking water violations – County Health Rankings; EPA, Safe Drinking Water Information System, 2020 Source: Severe housing problems – County Health Rankings; HUD Comprehensive Housing Affordability Strategy data, 2014-2018. Source: Driving alone to work and long commute – County Health Rankings; American Community Survey, 5-year estimates, 2016-2020. Source: Air pollution – County Health Rankings; CDC National Environmental Health Tracking Network, 2018 Source: Broadband access – CHR; American Community Survey, 5-yr estimates, 2016-2020

## Physical Environment STRENGTHS

- Cambria and Somerset Counties had a lower percentage of severe housing problems at 12% and 10%, respectively, than PA at 15% and the U.S. at 17%.
- 28% of workers in Cambria County, and 30% of workers in Somerset County, who commute alone, commute over 30 minutes, lower than PA at 38% and the U.S. at 37%.

## Physical Environment OPPORTUNITIES

- Cambria and Somerset Counties reported drinking water violations in each of the last three years.
- Broadband access was lower in Cambria and Somerset Counties at 78% and 75% respectively than PA (84%) and the U.S. (85%).



Photo Credit: 1889 Jefferson Center for Population Health

#### Four Broad Themes that Emerged in this Process:

- Cambria and Somerset Counties need to continue to create a “Culture of Health,” which permeates throughout the towns, employers, churches, and community organizations, to engender commitment to health improvement.
- There is a direct relationship between health outcomes and affluence (income and education). Those with the lowest income and education generally have the poorest health outcomes.
- While any given measure may show an overall good picture of community health, subgroups such as the lower income census tracts, may experience lower health status measures.
- It takes partnerships with a wide range of organizations and citizens pooling resources to meaningfully impact the health of the community. Cambria and Somerset Counties have many assets to improve health.

## Results of the CHNA: Community Health Summit Prioritized Health Needs

### Prioritization of Health Needs

#### Prioritization Criteria

At the Community Health Summit, the attendees reviewed the community health information and used the criteria below to prioritize the health needs in the community.

<p><b>Magnitude / Scale of the Problem</b></p>	<p>How big is the problem? How many people does the problem affect, either actually or potentially? In terms of human impact, how does it compare to other health issues?</p>
<p><b>Seriousness of Consequences</b></p>	<p>What degree of disability or premature death occurs because of this problem? What would happen if the issue were not made a priority? What is the level of burden on the community (economic, social or other)?</p>
<p><b>Feasibility</b></p>	<p>Is the problem preventable? How much change can be made? What is the community's capacity to address it? Are there available resources to address it sustainably? What's already being done, and is it working? What are the community's intrinsic barriers and how big are they to overcome?</p>

#### Most Significant Community Health Needs

The following needs were continued from the previous CHNA because they were confirmed by the secondary data, focus groups, and surveys. These issues were selected because of their impact on the community:

1. Mental/Behavioral Health
2. Access to Social Determinant of Health Needs/Healthcare
3. Obesity/Healthy Living
4. Substance Use
5. Socioeconomics/Jobs Training
6. Early Childhood
7. Violence/Abuse/Safety

# Community Health Summit Brainstorming

## Community Health Goals and Actions Brainstorming

The Summit participants discussed what might be done to improve the most significant health issues. They were asked to brainstorm two goals and two actions for each need. Below are notes from the brainstorming. Substance use and mental health needs were combined, and the table concentrated their brainstorming on mental health.

### Significant Health Need 1: Mental/Behavioral Health

- ✔ **Goal 1 – Reduction of self medication for mental health**
  - Action 1** – Identify mental diagnosis to facilitate treatment before patient self-medicates
  - Action 2** – Improve education and healthcare literacy
  - Action 3** – Improve community outreach by providing direct, streamlined communication
  - Resources/Collaborators Needed: Mental health workers, community leaders, local communication outlets*
- ✔ **Goal 2 – Focusing on follow up/continuity of care**
  - Action 1** – Provide access to PCP within 24 hours
  - Action 2** – Create travel plans by accessing Medvans, Camtram, and utilizing other vehicles
  - Resources/Collaborators Needed: Health fairs, technology, persistent presence, vehicles*
- ✔ **Goal 3 – Reduce stigma regarding mental health**
  - Action 1** – Normalize assessment for mental health needs
  - Action 2** – Eliminate secrecy
  - Resources/Collaborators Needed: Licensed professionals, community members*
- ✔ **Goal 4 – Require mental health assessments for children entering school**
  - Action 1** – Look at early screening for behavioral problems with children as early as preschool
  - Action 2** – Educate teachers to avoid dismissing or drawing attention to the child’s behavior
  - Resources/Collaborators Needed: Medical teams. Schools*

### Significant Health Need 2: Access to Social Determinant of Health Needs

- ✔ **Goal 1 – Better education on options and availability to communicate to clients**
  - Action 1** – Provide trusted resources in a reasonable timeframe so individuals and providers understand availability, payments and cost
  - Action 2** – Create transparent expectations allowing programs and funding sources to align and be less restrictive
  - Action 3** – Standardize and coordinate options that include multiple practitioners in a “one-stop-shop”
  - Action 4** – Improve connection between local health and human service
  - Action 5** – Create surveys/focus groups’ responses of clients in the populations that need support
  - Resources/Collaborators Needed: CamTram, providers, insurance, Tableland*

## Community Health Goals and Actions Brainstorming

### Significant Health Need 2: Access to Social Determinant of Health Needs/Healthcare (cont.)

- ✔ **Goal 2 – Improve community education**  
**Action 1** – Collaborate with local community based organizations to inform the community  
*Resources/Collaborators Needed: Local community based organizations*
  - ✔ **Goal 3 – Prevention access where people live**  
**Action 1** – Onsite preventative care  
*Resources/Collaborators Needed: Schools, senior housing facilities*
- 

### Significant Health Need 3: Obesity/Healthy Living

- ✔ **Goal 1 – Create walking programs in areas of high-risk for multiple co-morbidities**  
**Action 1** – Determine appropriate location to hold program  
**Action 2** – Make program inclusive for all ability types  
*Resources/Collaborators Needed: Facilitators, curriculum*
  - ✔ **Goal 2 – Increase availability of the “Food Pharmacy” prescription in the Conemaugh Diabetes Institute**  
**Action 1** – Make eligibility more widespread for other chronic diseases  
**Action 2** – More availability of cooking programs/recipes  
*Resources/Collaborators Needed: Food/funding from organizations, insurance providers and plans*
  - ✔ **Goal 3 – Raise awareness around the importance of being active**  
**Action 1** – Empower businesses to value being active in their workplace culture  
**Action 2** – Ensuring kids have gym, recess, and time to run, play, and jump during their day  
*Resources/Collaborators Needed: Business leaders, schools*
  - ✔ **Goal 4 – Educate on how to incorporate healthy habits (exercise, stretching, nutrition, etc.)**  
**Action 1** – Link the activity to a habit you already do everyday  
*Resources/Collaborators Needed: Individuals*
  - ✔ **Goal 5 – Increase access to less processed, whole foods for families living at or below poverty line**  
**Action 1** – Identify population  
**Action 2** – Educate on meal planning on a budget; inform of healthy, affordable alternatives  
*Resources/Collaborators Needed: Dieticians, nutritionists, schools, health system, PCPs, county assistance offices*
-

## Community Health Goals and Actions Brainstorming, Cont.

### Significant Health Need 3: Obesity/Healthy Living (cont.)

- ✓ **Goal 6 – Decrease screen time to less than 1 hour/day for each person outside of school and work**
  - Action 1** – Create free or low-cost outdoor opportunities
  - Action 2** – Employer incentive programs to reduce premiums
- ✓ **Action 3** – Create family style gym  
*Resources/Collaborators Needed: Gyms, parks, community organizations*

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### Significant Health Need 5: Socioeconomics/Job Training

- ✓ **Goal 1 – Build partnerships to connect K-12 educators and organizations within the community**
  - Action 1** – Provide employment-driven education
  - Action 2** – Increase incentives for students seeking higher education*Resources/Collaborators Needed: Organizations, community and state colleges, local nonprofits*
- ✓ **Goal 2 – Community incentives for locals to create their own businesses**
  - Action 1** – Create business discounts
  - Action 2** – Hiring within community*Resources/Collaborators Needed: Banks, Chamber of Commerce*

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### Significant Health Need 6: Early Childhood

- ✓ **Goal 1 – Expand FWA Gym program to both counties and other communities**
  - Action 1** – Increase funding for program
  - Action 2** – Collaborate to help each other with programs and expansion*Resources/Collaborators Needed: Community organizations, funding, grants*
- ✓ **Goal 2 – Ensure every child has access to the services they need**
  - Action 1** – Cross agency collaboration; Sharing of data
  - Action 2** – Increase income eligibility*Resources/Collaboration Needed: Childhood providers, parents, pediatricians*
- ✓ **Goal 3 – Increase families’ strengths through support**
  - Action 1** – Assess support needs of parents through a point-person or lead agency
  - Action 2** – Expand programs for working parents*Resources/Collaboration Needed: Peer support, flexible childcare*

## Community Health Goals and Actions Brainstorming, Cont.

### Significant Health Need 7: Violence/Abuse/Safety

- ✓ **Goal 1 – Educate the community on types of abuse, ways to report abuse, and available resources**
    - Action 1** – Identify the types of training needed and types of abuse that need to be discussed
    - Action 2** – Develop training plan, outreach, and curriculum
    - Resources/Collaborators Needed: Victim services, counselors, community groups, community services, churches, hospitals, law enforcement*
  - ✓ **Goal 2 – Identify largest concerns for community safety**
    - Action 1** – Design and administer a community survey on safety
    - Action 2** – Conduct focus groups
    - Resources/Collaborators Needed: Community members, survey materials, police, local government, civic groups, vulnerable populations, hospitals*
  - ✓ **Goal 3 – Provide education on services available and filing timely reports**
    - Action 1** – More community awareness of making reports; Reduce stigma through community events, booths, etc.
    - Action 2** – Create anonymous website/hotline
  - ✓ **Goal 4 – Improve local safety by increasing available resources**
    - Action 1** – Create a crime watch group and tip line in the community
    - Action 2** – Provide more security cameras in public spaces or homes of suspected victims
    - Resources/Collaborators Needed: Community members, organizations, security equipment*
-



## Appendices

1. Impact of 2019 Community Health Improvement Plan
2. Community Survey
3. Community Benefit Organizations Survey
4. Employee Survey
5. Provider Survey
6. Focus Group Summary
7. Community Asset Inventory

## Impact of 2019 CHNA and Implementation Plan

### Impact of 2019 Community Health Improvement Plan

In 2019, the CHNA committee selected the following significant health needs to focus on:

1. **Substance Use Disorder**
2. **Decrease Obesity/Increase Healthy Living**
3. **Mental Health Needs**
4. **Parental Support/Youth Opportunities**
5. **Access/Affordable Healthcare**
6. **Jobs/Socioeconomics**
7. **Infrastructure/Best Practices**

The following outlines several initiatives implemented or which are currently underway. This is by no means a comprehensive list of the successes over the past three years, however provides a snapshot of the great work done by the collaboration of many medical and social service agencies in our communities.

#### 1. Substance Use Disorder

Working with the Cambria County Drug Coalition, Cambria County Drug and Alcohol, Somerset County Drug and Alcohol, and other community partners, great strides have been made in decreasing substance use disorders and overdose deaths. The focus has been on reducing and eliminating illegal drug use and overdose deaths, expanding prevention efforts, communicating treatment options for addiction, and lessening drug-related crimes.

Over the past three years, the community implemented Medication Assisted Treatment in the Emergency Department (ED) program with the Conemaugh Health System, offering first dose suboxone treatment to individuals who present to the ED in withdrawal. The ED also is able to connect individuals who present with an overdose to the Center of Excellence at Alliance, which has Certified Recovery Specialists available to meet with individuals in the Emergency Department and discuss treatment options available to them.

Additional initiatives over the past three years have included promoting and expanding pathways to recovery, expanding Botvin LifeSkills in school districts, promoting the Maternal Addiction Resource Center at Conemaugh, youth healthy alternatives, services/programming/training for the elderly, and training for pediatricians in youth SBIRT.

Conemaugh Memorial Medical Centers continues to receive grant funding through Cambria County for the MARC (Maternal Addiction Resource Center). This program works directly with expectant mothers who currently have, or have had in the past, an issue with substance abuse. This program is on its second grant funding cycle.

## Impact of 2019 CHNA and Implementation Plan, cont.

### Impact of 2019 Community Health Improvement Plan

#### 2. Decrease Obesity/Increase Healthy Living

Many initiatives have been underway to increase healthy living and decrease obesity. A coordinated outreach approach to at-risk individuals in the community has been launched, with partners including the 1889 Jefferson Center for Population Health, Cambria County Drug Coalition, Johnstown Housing Authority (JHA), University of Pittsburgh at Johnstown Nursing students, Richland Family Health Center, Conemaugh Diabetes Institute, and many other organizations.

Programming has included education sessions and health clinic hours for residents at the JHA communities, education on health literacy, and community-wide health education events. “Wellness Wednesdays” were launched in the fall of 2022, bringing health and human service fairs to JHA residents, as well as Covid-19 vaccine availability.

The Richland Family Health Center has launched a mobile health unit to serve the citizens of Cambria and Somerset counties. Isolation from health and human services prevents individuals and families from accessing needed care and community supports. The mobile unit provides services for at-risk individuals with limited transportation options or those who may be hesitant to seek care. Clinical and dental care will be provided, as well as general education and outreach on additional health topics.

The Greater Johnstown YMCA, FWA gym, 1st Summit Arena, and Big Dawg Built have developed a health and wellness initiative to provide safe places for at-risk youth. Through this collaboration, they strive to create a series of overlapping programs for distinct age groups, each weekend. They provide positive role models, encourage strong character development, present substance abuse and mental health interventions, along with physical activity, and quality in-person social interactions. These programs are varied, age appropriate, community centered and coordinated, and supported by a variety of local stakeholders. From out of school tutoring time, to weekend activities and programs, the collaboration provides options and positive opportunities for youth.

New WalkWorks routes in Downtown Johnstown and Cambria City take walkers on routes that includes many scenic and historic highlights, including the Stone Bridge, the Johnstown Flood Museum, and the Iron to Arts Corridor. The routes are part of a statewide WalkWorks program, a collaboration between the Pennsylvania Department of Health and the University of Pittsburgh Graduate School of Public Health.

## Impact of 2019 CHNA and Implementation Plan, cont.

### Impact of 2019 Community Health Improvement Plan

#### 3. Mental Health Needs

Conemaugh Memorial Medical Center continues to offer emergent, inpatient, and outpatient psychiatric care services. During the COVID pandemic, the service relied heavily on the use of telehealth technology across a broad spectrum of services, including behavioral health.

The U.S. behavioral health crisis has affected every corner of the country, with a significant impact on rural areas. As the national shortage of behavioral health providers grows, rural communities are finding it more and more difficult to recruit and retain psychiatrists, psychologists, and other licensed mental health professionals. This holds true for Cambria and Somerset Counties where there is a significant need for psychiatrists who are able to provide psychological treatment and medication management. There are significant wait times for first time appointments for mental health professionals, up to six months within certain practices. While telehealth expansion during the pandemic has been helpful, there are still major barriers to utilization including reimbursement constraints, lack of broadband access, and utilizing providers based outside of the community who may not be familiar with the challenges individuals in rural communities face or who are knowledgeable about community resources/lack thereof.

In order to address this barrier to care, community leaders have created a Mental Health Consortium, consisting of mental health providers in the community committed to collaboration. Areas of focus the Group Consortium has worked on include:

- Challenges regarding significant delays in credentialing and the insurance licensing process. Meetings have occurred with state legislators to address these significant delays.
- Decreased reimbursement from payers.
- Need for expanded inpatient services.
- Challenges to recruitment of mental health professionals as well as support positions, discussions regarding potential residency rotation/co-op and working with local schools to identify graduates.
- Assisting with expansion of community and support groups.

The Peer Empowerment Network Drop In Center continues to provide a safe, supportive, and welcoming environment for individuals living with, and recovering from, a mental health issue. The Center sees nearly 120 clients a day, who engage in structured activities, health education, group counseling, and more. Recently, the Center added an art therapy program.

## Impact of 2019 CHNA and Implementation Plan, cont.

### Impact of 2019 Community Health Improvement Plan

#### 4. Parental Support/Youth Opportunities

A partnership of local organizations, including Vision Together 2025, the 1889 Foundation, 1889 Jefferson Center for Population Health, United Way of the Laurel Highlands, Lee Initiatives Health & Wellness Endowment, and Community Foundation for the Alleghenies have collaborated to develop an Early Childhood Initiative (ECI), with a mission of meeting the educational, health, and social needs of our youngest, most vulnerable residents (birth to age 8). The primary objective of this initiative is to have all Cambria County children in grade three at, or above, the Pennsylvania reading level standard by 2030. The long-term goal would be to sustain this standard permanently, as this achievement level is a marker of future academic, health, social, and employment success.

The COVID-19 pandemic disrupted children's lives, educations, social connectivity, mental health, and access to usual sources of support (including childcare, schools, community services, and extended family). More children fell into poverty, struggled at school, experienced hunger, missed preventive health care visits, and too many lost loved ones. Such stress during childhood can adversely affect brain development, socio-emotional growth, mental health, and academic achievement.

The ECI Committee is developing a systems-wide, coordinated approach, bringing all agencies together to work towards collective strategies and goals, to improve the health of our youngest residents. Utilizing the Five Freedoms for America's Children framework, proposed by U.S. Senator Bob Casey, the Committee seeks to address five profound issues impacting children in our community, including health, economic security, learning, hunger, and harm. Preliminary conversations with Senator Casey's office have been held to share our desire to pilot the Five Freedoms framework in our community. A consulting group has been hired to assist with the planning efforts, which officially launched in the fall of 2022. Surveys and focus groups of the community were implemented to launch the initiative.

The United Way of the Laurel Highlands began a Diaper Bank, providing nearly 20,000 diapers to families in need through twelve regional distribution sites. Home visiting programs continued to operate at capacity, despite the pandemic, as the programs adapted to using virtual visits. Nurse-Family Partnership and Parents as Teachers serve approximately 350 families annually.

## Impact of 2019 CHNA and Implementation Plan, cont.

### Impact of 2019 Community Health Improvement Plan

#### 5. Access/Affordable Healthcare

During the pandemic, Conemaugh Health System offered COVID testing at multiple sites across the region. Once vaccines became available, community-based vaccine clinics were also offered. These services were all free of charge.

To address our poor health outcomes, which have only been magnified by COVID-19, the 1889 Jefferson Center for Population Health (1889 JCPH) has implemented the Community Care HUB, utilizing the nationally-recognized Pathways Community HUB Institute model to enhance community-based care coordination and social determinants of health (SDOH) intervention efforts to impact the health outcomes of our residents. A HUB is an organized, outcome-focused, network of community-based organizations (CBOs) that hire and train community health workers (CHWs) to reach out to those at greatest risk, identify their risk factors, and assure that they connect to medical and social services. The HUB partner agencies include Alleghenies United Cerebral Palsy, Beginnings, Inc., and Community Action Partnership of Cambria County. The HUB has 6 community health workers currently working with at-risk populations for maternal health, school aged families in the Greater Johnstown School District and Somerset Area School District and individuals with diabetes. Plans for expansion to add additional CHWs are currently underway.

Housing was identified as a major social determinant of health need with regard to access in the community and many initiatives are currently underway to address these needs. A virtual Housing Symposium was held in November 2021, with community partners and housing providers, to increase awareness of housing assistance resources in Cambria and Somerset Counties.

Preventative health clinics have also been held at various housing authority buildings, which have included health fair, COVID-19 vaccine clinics, and food distributions. A partnership for housing stabilization was implemented between Hosanna Industries, Johnstown Redevelopment Authority, and 1889 Foundation in order to rehabilitate housing of current homeowners to reduce the number of individuals in unstable housing in our region.

A Community Help Center Housing HUB concept is also being developed.

Access to food security was also identified as a major initiative in the community. The Healthy Food Project was implemented in 2021 to expand education, outreach and capacity of regional healthy food growers and suppliers to reach low-income consumers. A new Local Food Systems Coordinator was hired to serve as a cross-system food convener of organizations and projects and to promote streamlined efficiencies, reduce duplication of efforts, and ensure community food connections to provide greater healthy food access and education for low-income and vulnerable populations. Sandyvale Gardens has expanded their community garden and hydroponic food growing operation with plans for additional growth in the future. The Greater Pittsburgh Food Bank, and other organizations, coordinated several drive-up food distribution days in the Galleria Mall parking lot throughout the pandemic. Conemaugh Diabetes Institute implemented the Eat Right Pharmacy program, which is a food prescription program where they are able to provide 20 pounds of shelf-stable, healthy food to patients in need. The Conemaugh Diabetes Institute also partnered with the Moxham Food Pantry to provide dietary guidance for individuals presenting to the food pantry diagnosed with diabetes, with plans to expand the model to other food pantries in the future.

## Impact of 2019 CHNA and Implementation Plan, cont.

### Impact of 2019 Community Health Improvement Plan

A pilot program was developed to accept SNAP at the downtown Johnstown Farmers' Market, improving access to healthy, locally grown food. An average of 30 families utilized the program each week.

#### 6. Jobs/Socioeconomics

Many organizations have implemented programming to support our current workforce. Conemaugh Health System continues to offer training programs for certified nursing aides. In addition their School of Nursing and Allied Health offers program in nursing, radiological technology, surgical technology, histotechnology, medical laboratory science, and EMTs. They have also initiated a comprehensive loan forgiveness program for students in their School of Nursing and Allied Health.

Goodwill of the Southern Alleghenies has programming that includes a career center, adult education programs, youth employment and training services, PA Workwear program, and more.

United Methodist Human Services coordinates the Getting Ahead program, which supports individuals in stabilizing their situations by building resources, positive social support systems, and human capital.

Pennsylvania Highlands Community College has expanded programming to include many certificate programs to help support the growth of the workforce in the two-county region.

Johnstown Area Regional Industries hosted an employment fair at the Johnstown Housing Authority Oakhurst unit with interest from several residents on participating in job training initiatives.

The 1889 Foundation provided a \$500,000 grant to The Learning Lamp (TLL) to support Child Care Works for Somerset, a major expansion of childcare services in Somerset County. The Child Care Works project will more than double the capacity of TLL's childcare center in Somerset to 134 slots, and result in the hiring of 27 new staff members, helping to alleviate the capacity issues in our two-county region with regard to daycare.

## Impact of 2019 CHNA and Implementation Plan, cont.

### Impact of 2019 Community Health Improvement Plan

#### 7. Infrastructure/Best Practices

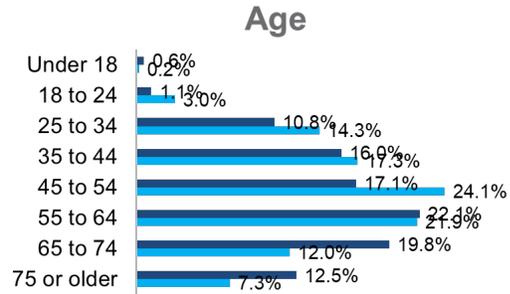
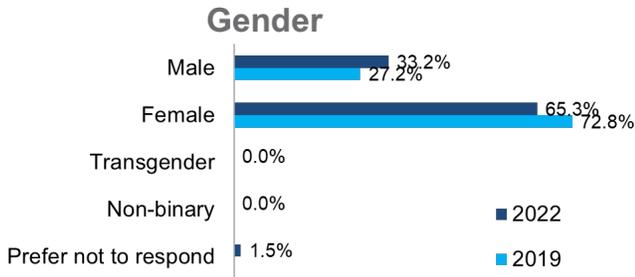
The Health and Wellness Committee of the Vision Together 2025 initiative has met monthly since 2019 to review the current CHNA priority goals and develop action plans to address those community needs. The Health and Wellness Committee is comprised of representatives from community agencies including Greater Johnstown School District, Community Foundation for the Alleghenies, Goodwill Industries, 1889 Jefferson Center for Population Health, Community Action Partnership of Cambria County, Croyle-Nielsen Associates, Lee Initiatives, United Way of the Laurel Highlands, Johnstown Housing Authority, Greater Johnstown YMCA, Cambria County Drug Coalition, St. Francis University, CamTran, Conemaugh Health System, 1889 Foundation, Cambria County Behavioral Health/Intellectual Disabilities and Richland Family Health Center. The Committee plans to continue to provide community oversight of the plan and ensure the priority goals are implemented, as well as identify any additional opportunities or initiatives needed to improve the health of our community.

# Survey Results

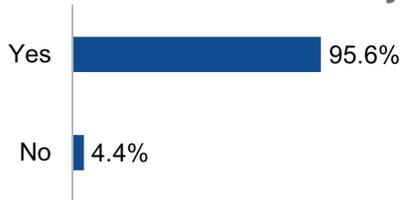
## Community Survey

The partners conducted online community surveys via SurveyMonkey and distributed paper copies in Cambria and Somerset Counties. 883 surveys were completed from May 23, 2022 through July 20, 2022. 2,000 paper copies were distributed to community-based organizations, healthcare providers, and at community events. 2,000 paper copies were mailed to homes (1,200 in Cambria and 800 in Somerset County). The online survey was sent via email distribution lists and was placed in social media posts.

### Demographics

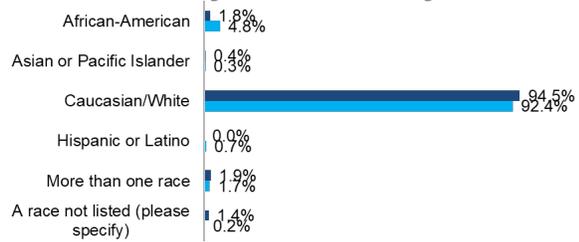


### Do you live or work in Cambria or Somerset County?



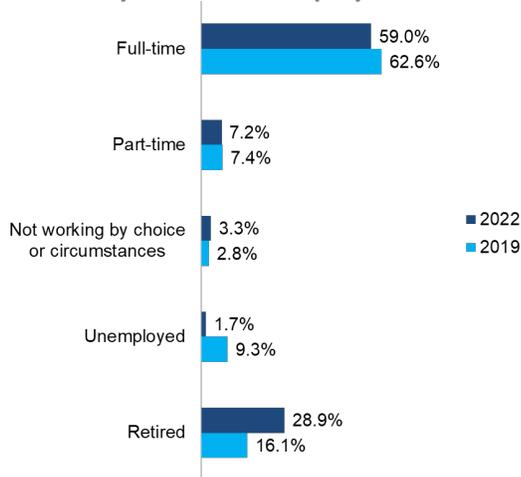
N=734 N=596 Q36: What is your gender?  
 N=881 N= 602 Q1: Which of the following ranges includes your age?

### How would you describe yourself?



N=866 Q2. Do you live or work in Cambria or Somerset Counties?  
 N=724 N=589 Q37: How would you describe yourself?

### What is your current employment status?



N=726 N=540 Q38. What is your current employment status?

### Which of the following includes your annual household income?

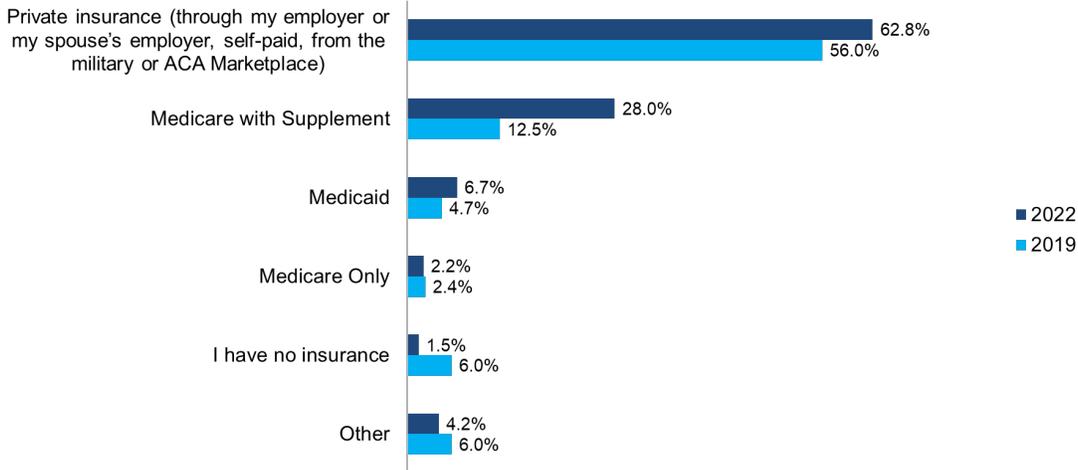


N=694 N=518 Q39. Which of the following includes your annual household income?

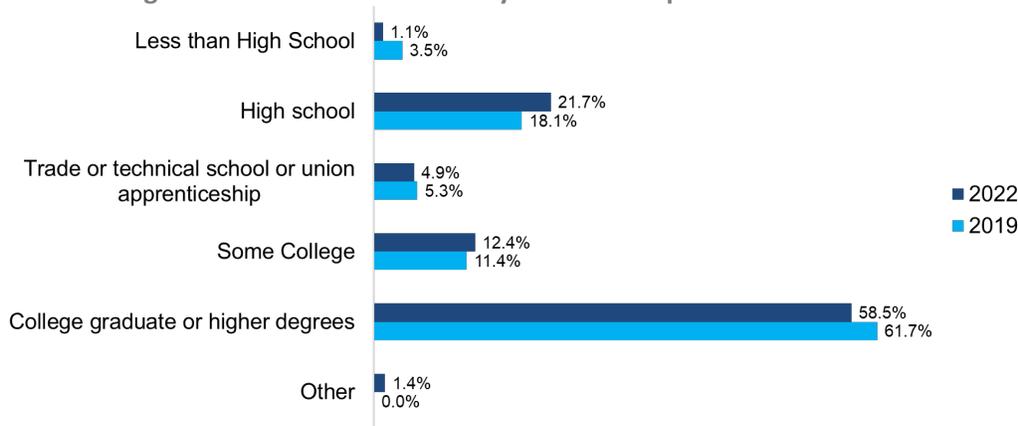
## Survey Results

### Community Survey, cont.

#### Which of the following best describes your health insurance situation?

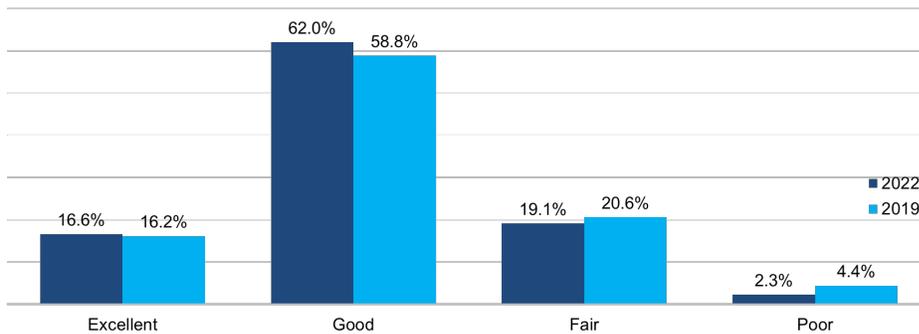


#### What is the highest level of education that you have completed?



## Health Status

#### Generally, how would you describe your health? Would you say it is...

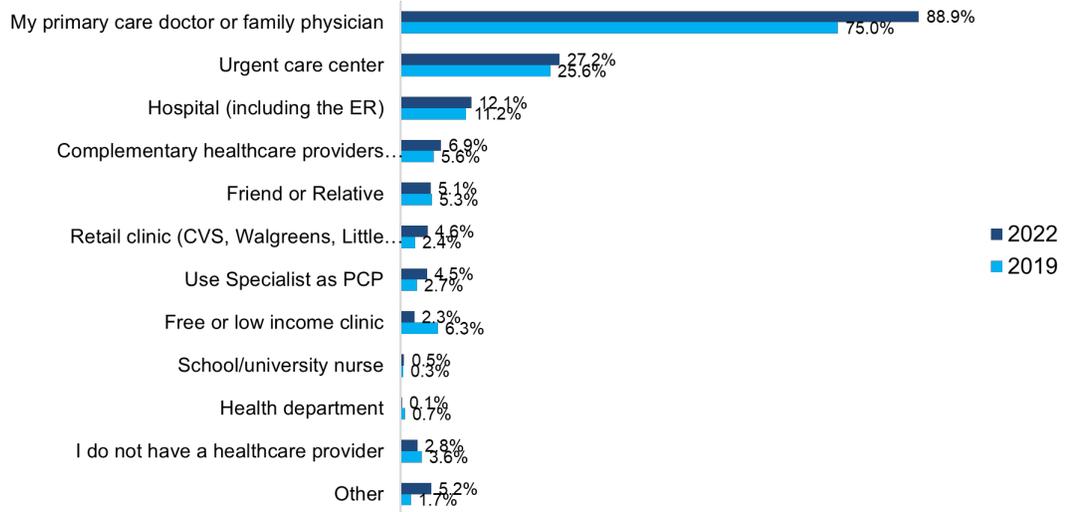


N=795 N=588 Q3. Generally, how would you describe your health? Would you say it is...

# Survey Results

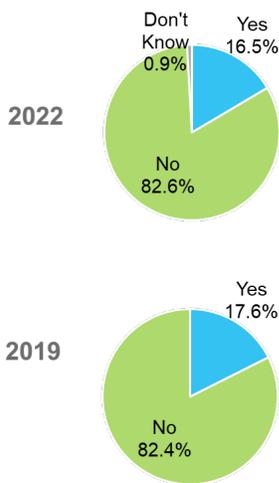
## Community Survey, cont.

If you have one person or group you turn to for basic healthcare needs, where do you go most often?



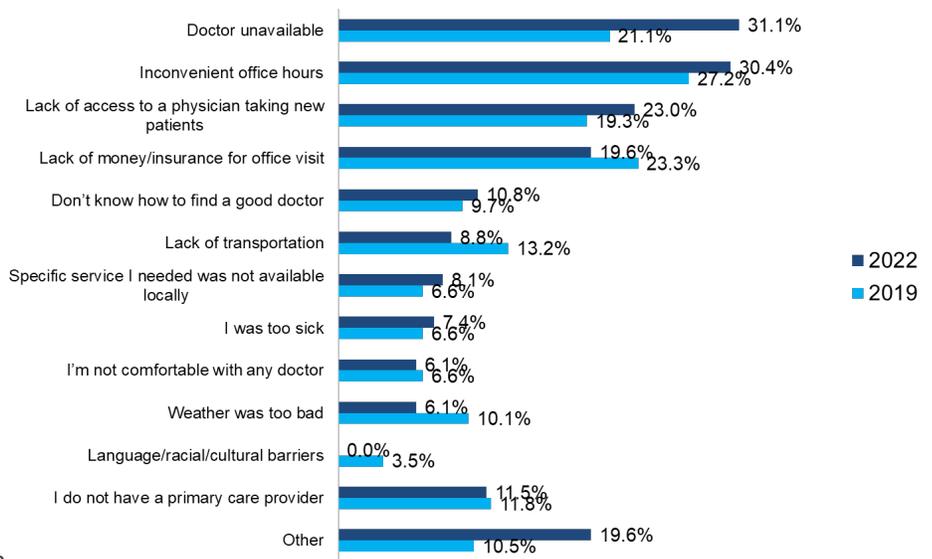
N=786 N=589 Q4. If you have one person or group you turn to for basic healthcare needs, where do you go most often? (Select all that apply)

Was there a time in the past 12 months when you needed to see a doctor but could not?



N=794 N=580 Q5. Was there a time in the past 12 months when you needed to see a doctor but could not?

If yes, what are some reasons why you could not see a doctor?

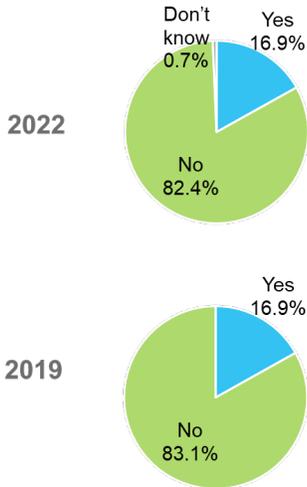


N=148 N=228 Q6. If "Yes", what are some of the reasons why you could not see a doctor? (Select all that apply)

# Survey Results

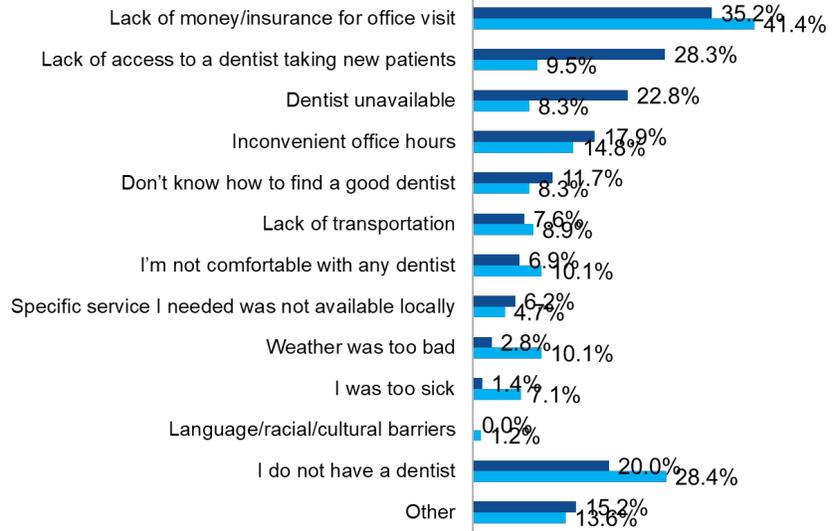
## Community Survey, cont.

Was there a time in the past 12 months when you needed to see a dentist but could not?



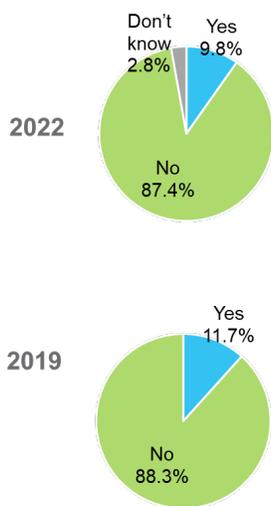
N=746 N=563 Q7. Was there a time in the past 12 months when you needed to see a dentist but could not?

What are some of the reasons why you could not?



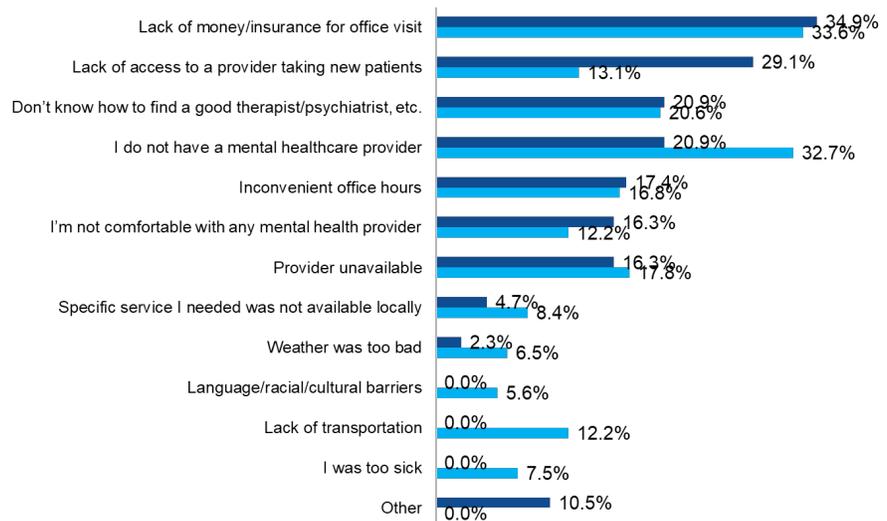
N=145 N=169 Q8. If "Yes", what are some of the reasons why you could not see a dentist? (Select all that apply)

Was there a time in the past 12 months when you needed to see a mental health professional but could not?



N=746 N=548 Q9. Was there a time in the past 12 months when you needed to see a mental health professional but could not?

What are some of the reasons why you could not?

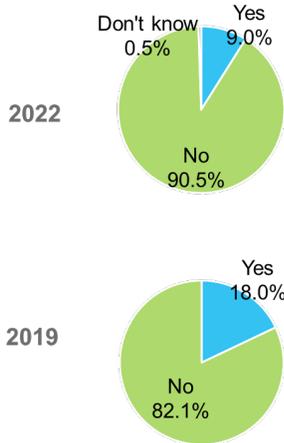


N=86 N=107 Q10. If "Yes", what are some of the reasons why you could not see a mental health professional? (Select all that apply)

# Survey Results

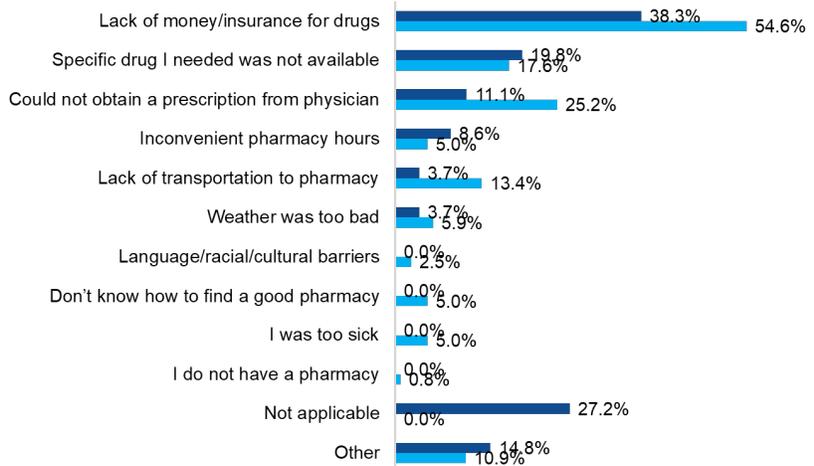
## Community Survey, cont.

Was there a time in the past 12 months when you needed to medications but could not obtain them ?



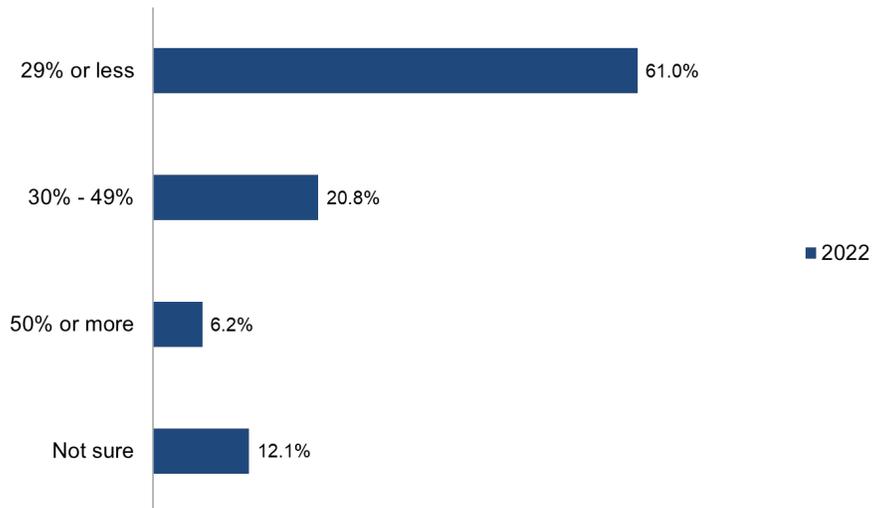
N=736 N=546 Q18. Was there a time in the past 12 months when you needed medications but could not obtain them?

What are some of the reasons why you could not?



N=81 N=119 Q19. If "Yes", what are some of the reasons why you could not obtain needed medications? (Select all that apply)

Approximately what percentage of your total household monthly income would you say you spend on your rent or mortgage payment?

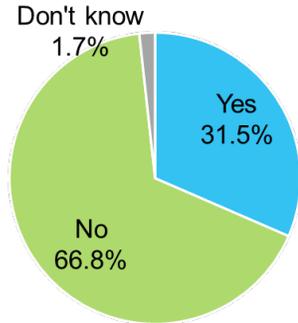


N=712 Q26. Approximately what percentage of your total household monthly income would you say you spend on your rent or mortgage payment?

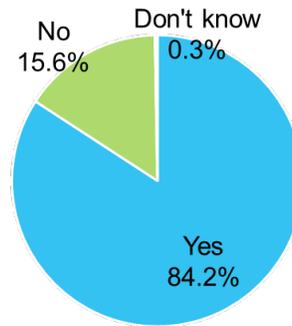
## Survey Results

### Community Survey, cont.

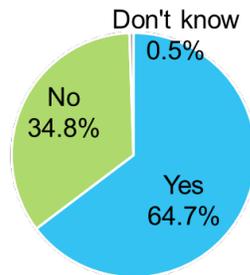
Have you ever been diagnosed with COVID-19?



Have you received the COVID-19 vaccine (first and second dose)?



Have you received the COVID-19 booster(s)?

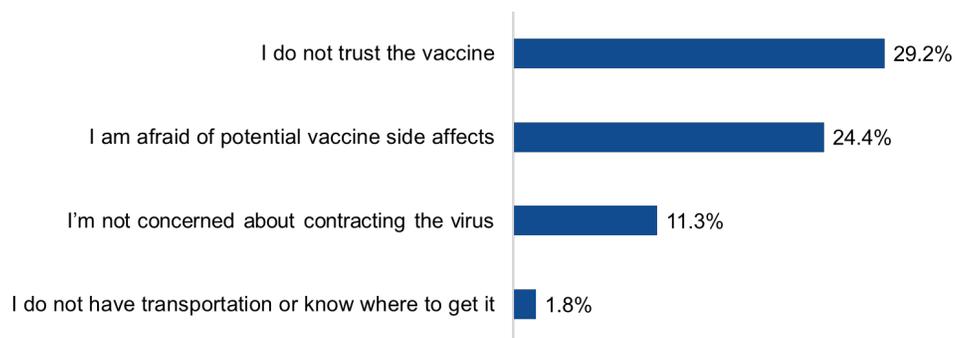


N=749 Q11. Have you ever been diagnosed with COVID-19?

N=746 Q12. Have you received the COVID-19 vaccine (first and second dose)?

N=745 Q13. Have you received the COVID-19 booster(s)?

What statement best describes your reason for not getting the COVID-19 vaccine?

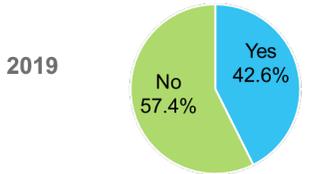
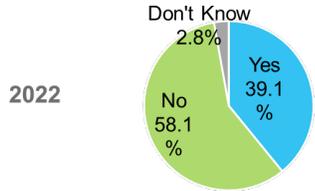


N=168 Q14. What statement best describes your reason for not getting the COVID-19 vaccine?

# Survey Results

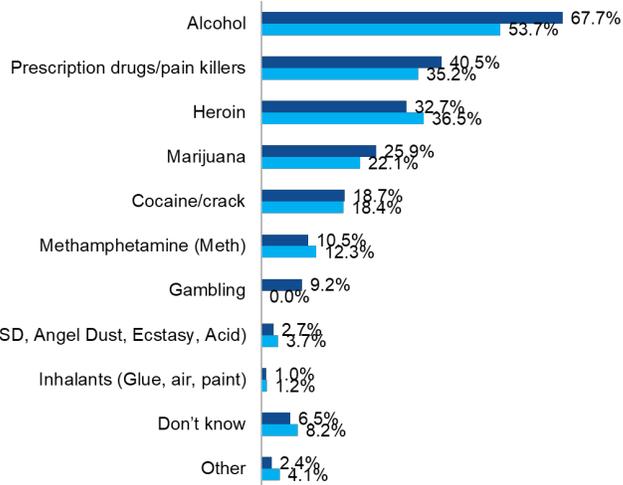
## Community Survey, cont.

Have you, a relative, or a close friend experienced substance abuse or addiction?



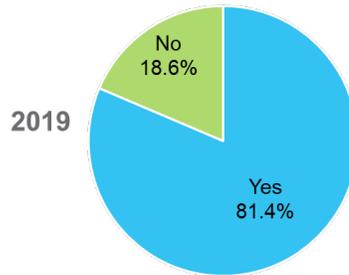
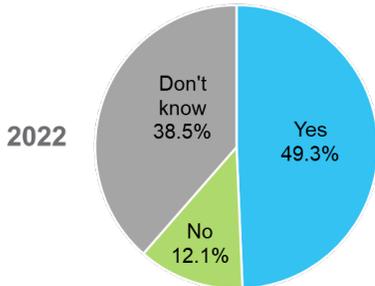
N=749 N=549 Q15. Have you, a relative or close friend experienced substance use or addiction?

What substances were involved?



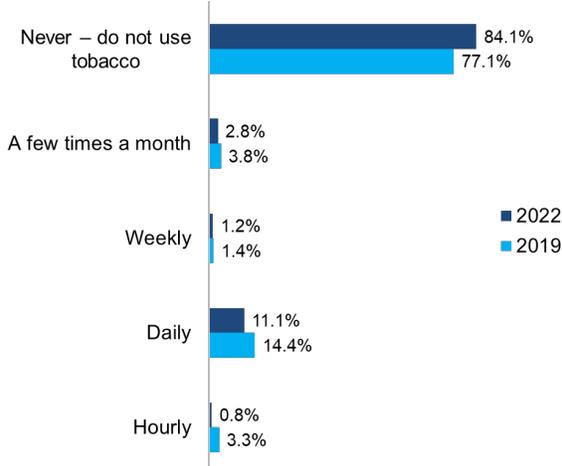
N=294 N=244 Q16. If "Yes", what substance or addiction was involved?(Select all that apply)

If yes, was treatment available?

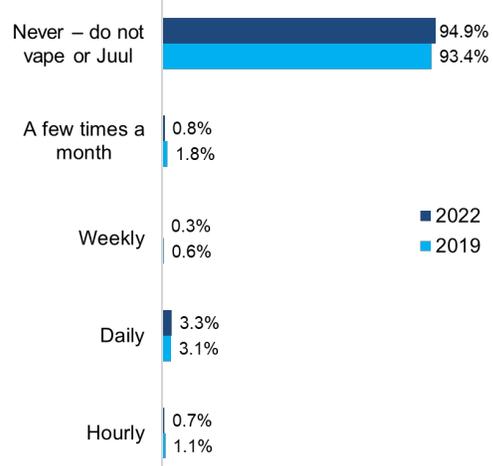


N=371 N=231 Q17. Was addiction treatment available?

How often do you smoke or use smokeless tobacco, if you do?



How often do you use e-cigarettes or vape, if you do?



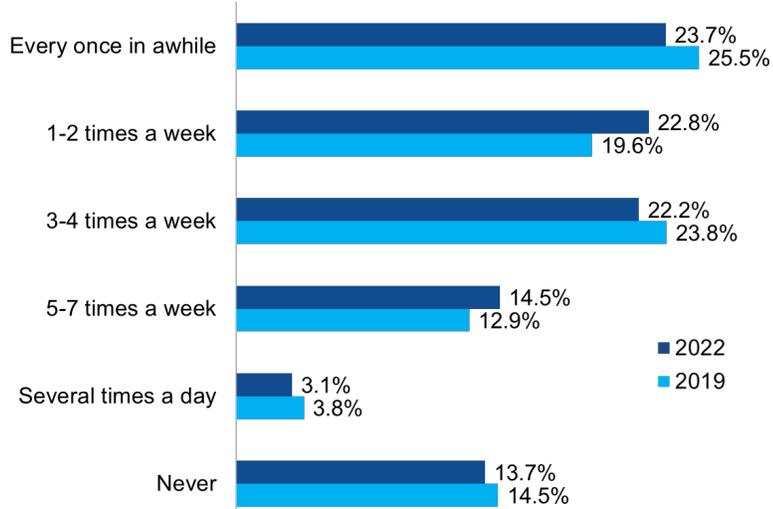
N=742 N=554 Q22. How often do you smoke or use smokeless tobacco, if you do?

N=724 N=549 Q23. How often do you use e-cigarettes or vape, if you do?

## Survey Results

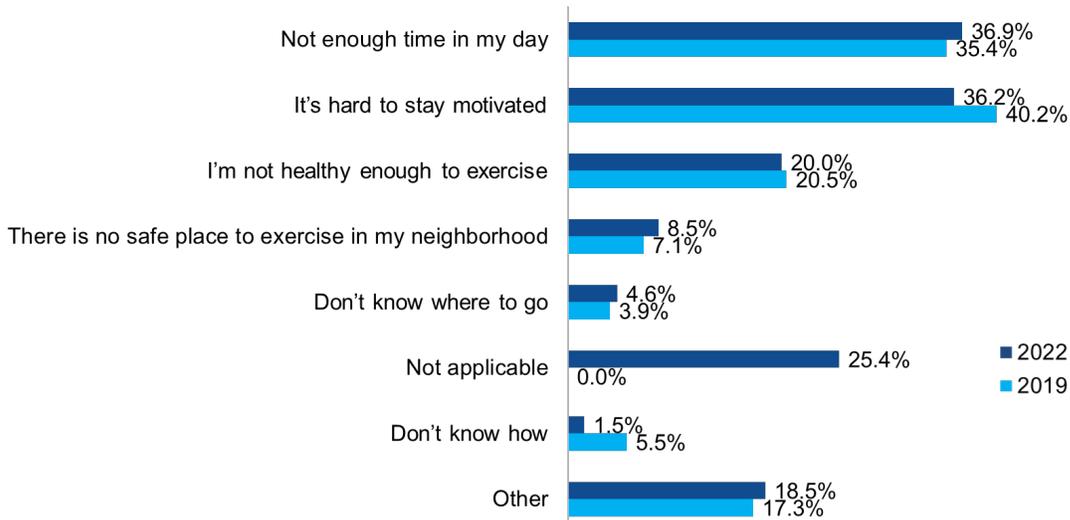
### Community Survey, cont.

How often did you participate in any physical activities or exercise such as fitness walking, running, weight-lifting, team sports, etc.?



N=743 N=560 Q20. During the past month, other than on your regular job, about how often did you participate in any physical activities or exercise such as fitness walking, running, weight-lifting, team sports, etc.?

If "never", What are the reasons you have not participated in any exercise during the past month? (Select all that apply)

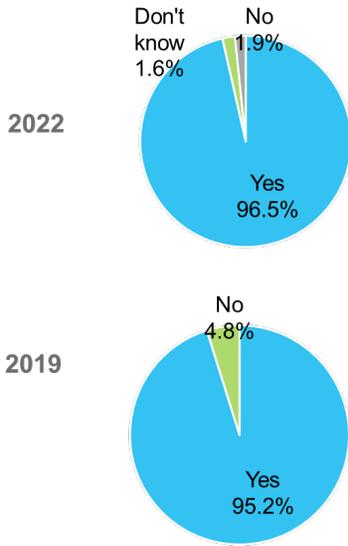


N=130 N=560 Q21. If "Never" was selected, what are the reasons you have not participated in any exercise during the past month?(Select all that apply)

# Survey Results

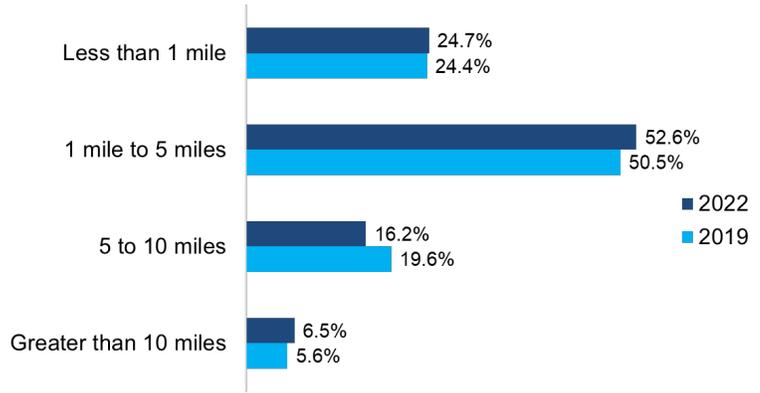
## Community Survey, cont.

Do you have access to healthy food?



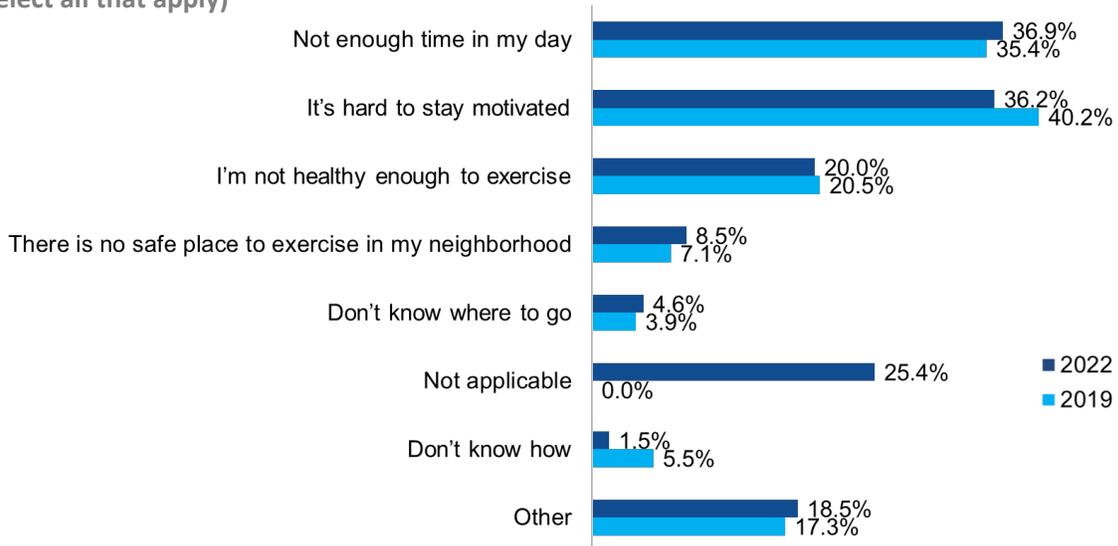
N=733 N=560 Q24. Do you have access to healthy food?

How close in distance is the nearest store or market that offers fresh fruits and vegetables?



N=749 N=557 Q25. How close in distance is the nearest store or market that offers fresh fruits and vegetables?

If "never", What are the reasons you have not participated in any exercise during the past month? (Select all that apply)

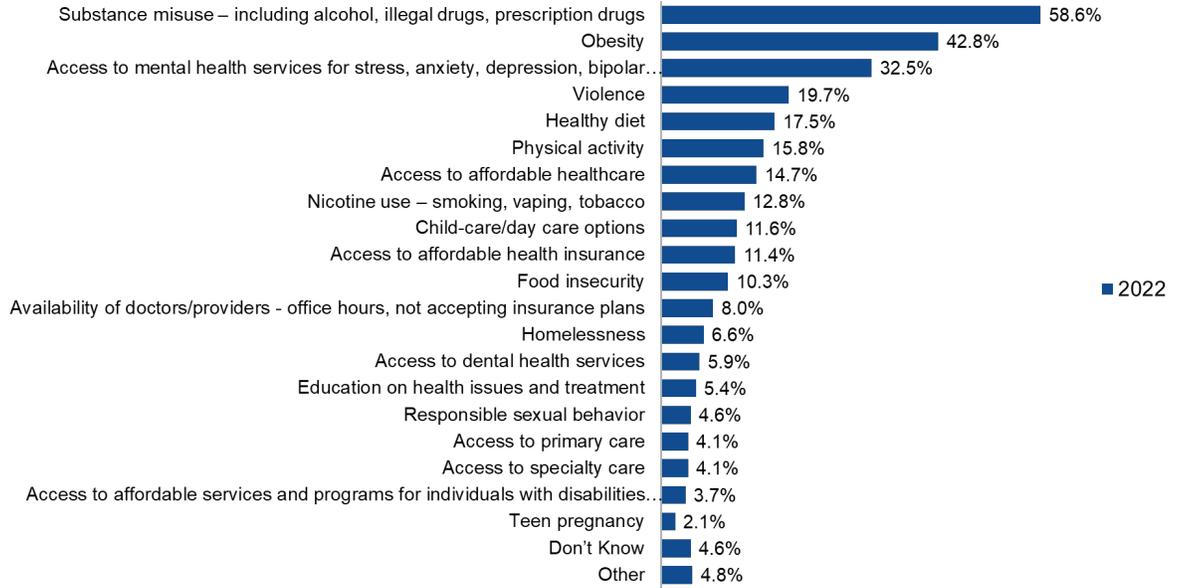


N=130 N=560 Q21. If "Never" was selected, what are the reasons you have not participated in any exercise during the past month?(Select all that apply)

# Survey Results

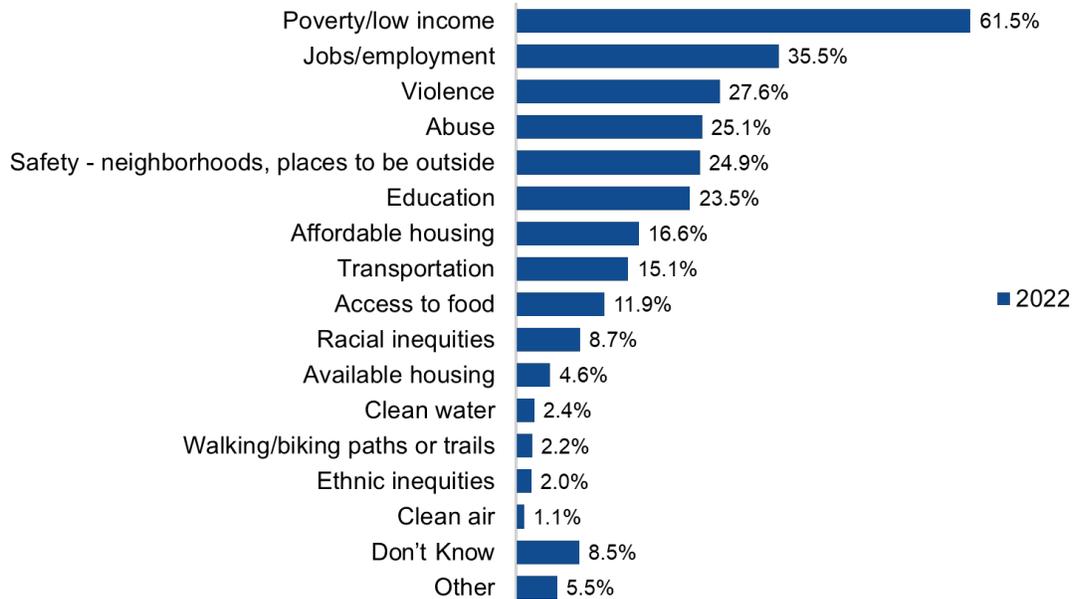
## Community Survey, cont.

In your opinion, what are the top 3 most significant health issues in the counties? (Select up to three)



N=748 Q27. In your opinion, what are the top 3 most significant health issues in the counties? (Select up to three)

What are the top three social determinants of health issues that are impacting people's health? (Select up to three)

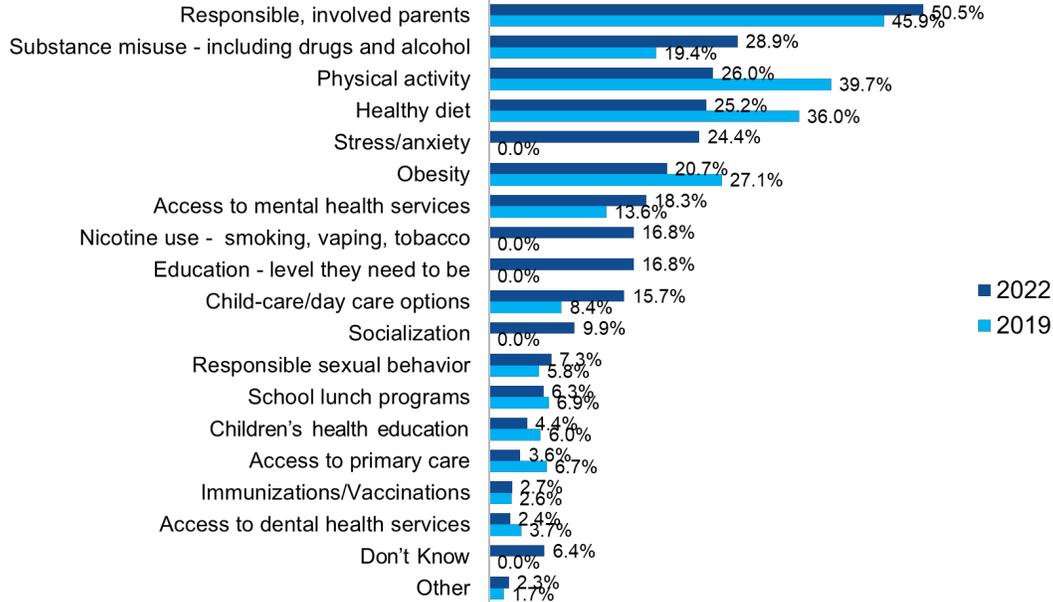


N=740 Q28. What are the top three social determinants of health issues that are impacting people's health? (Select up to three)

## Survey Results

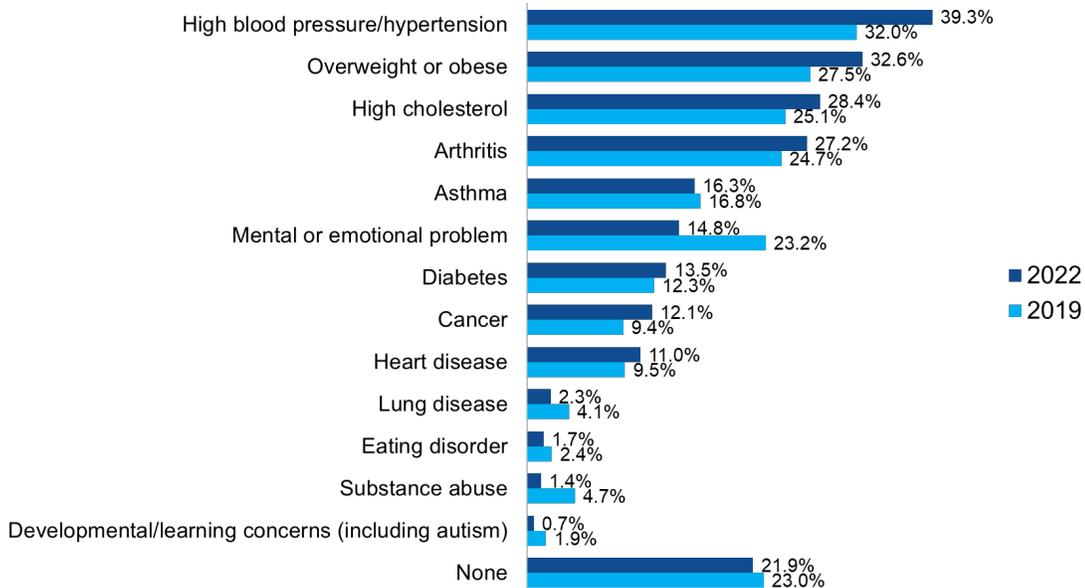
### Community Survey, cont.

In your opinion, what are the top 3 health concerns for children and youth in your community? (Select up to three)



N=745 N=536 Q29. In your opinion, what are the top 3 health concerns for children and youth in your community? (Select up to three)

Have you ever been told by a doctor you have any of these conditions, diseases or challenges? (Select all that apply)

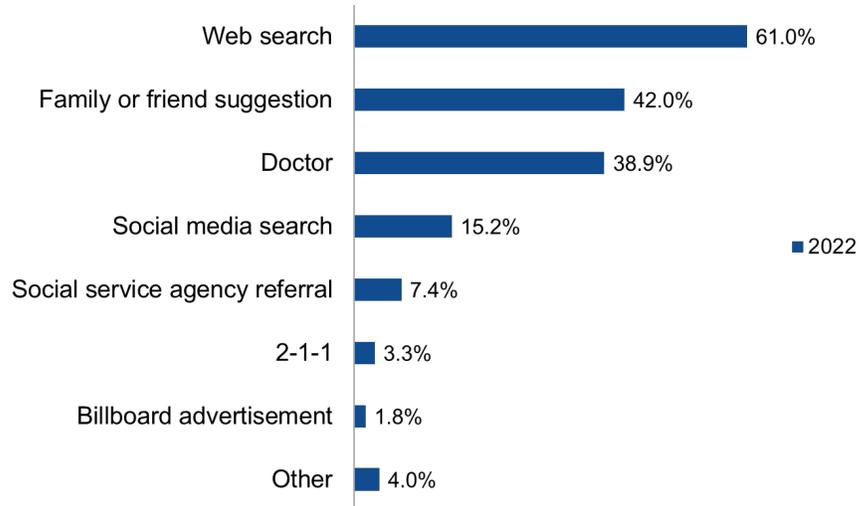


N=725 N=535 Q30. Have you ever been told by a doctor you have any of these conditions, diseases or challenges? (Select all that apply)

## Survey Results

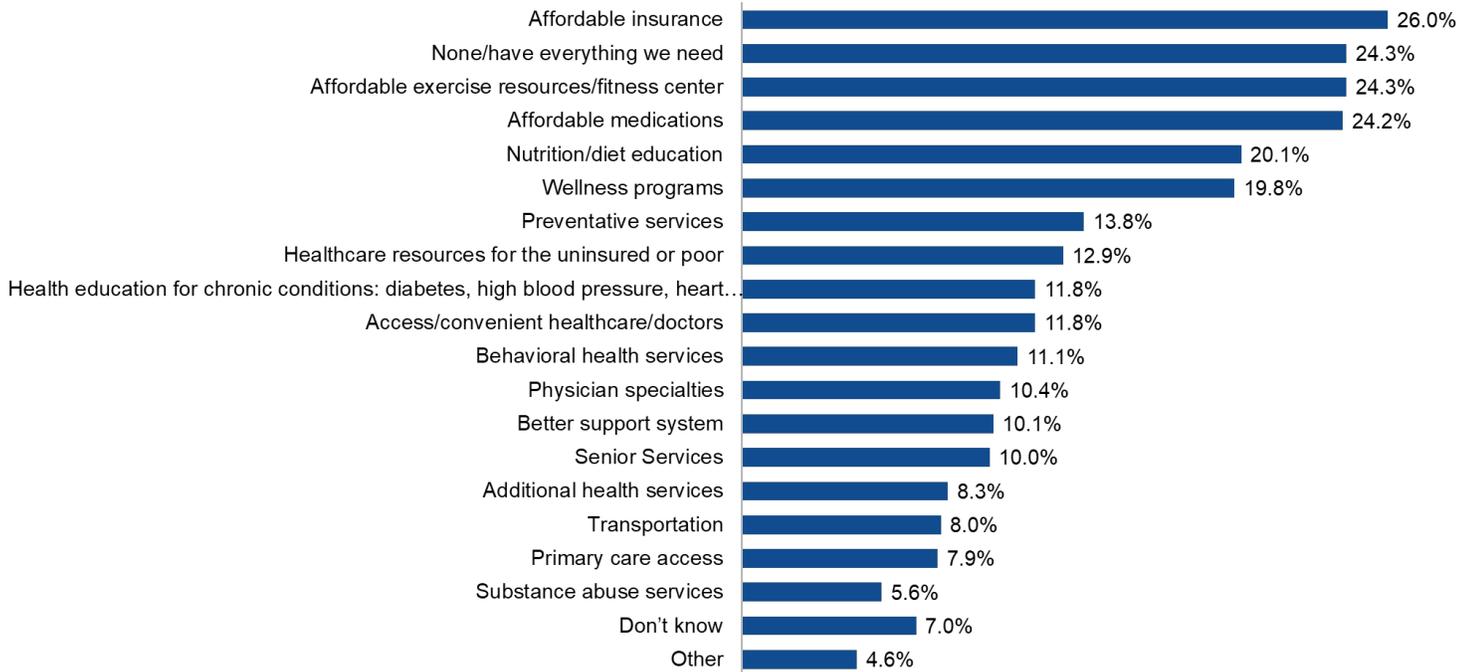
### Community Survey, cont.

Where do you go to find help on resources in the community?



N=705 Q31. Where do you go to find help on resources in the community?

What resources would be useful to help improve your health? (Select all that apply)

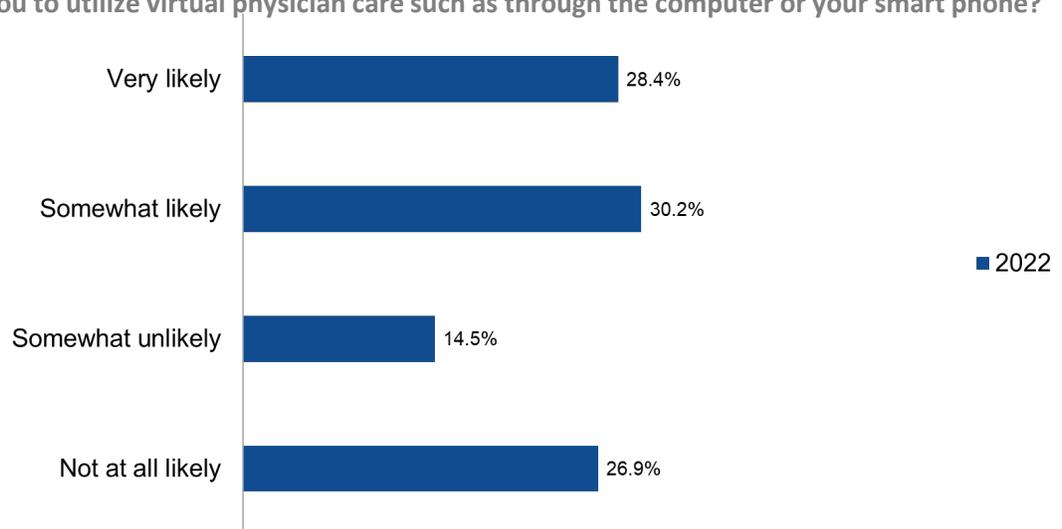


N=712 Q32. Where do you go to find help on resources in the community?

## Survey Results

### Community Survey, cont.

How likely are you to utilize virtual physician care such as through the computer or your smart phone?



N=736 Q33. How likely are you to utilize virtual physician care such as through the computer or your smart phone?

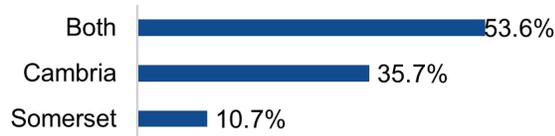
## Survey Results

### Community-Based Organizations Survey

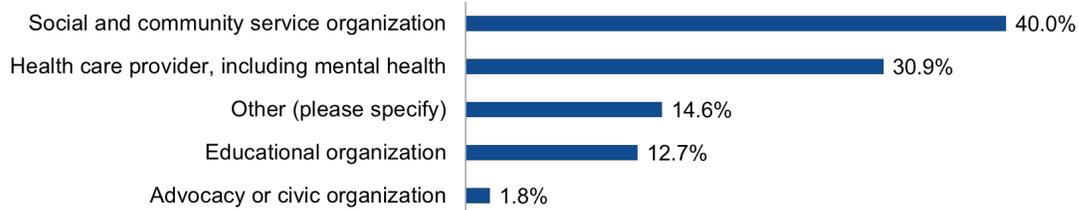
The partners conducted online surveys of community-based organizations for their input into community health. 56 surveys were completed. The surveys were conducted from May 22, 2022, to July 29, 2022.

#### Demographics

##### What counties do you serve?



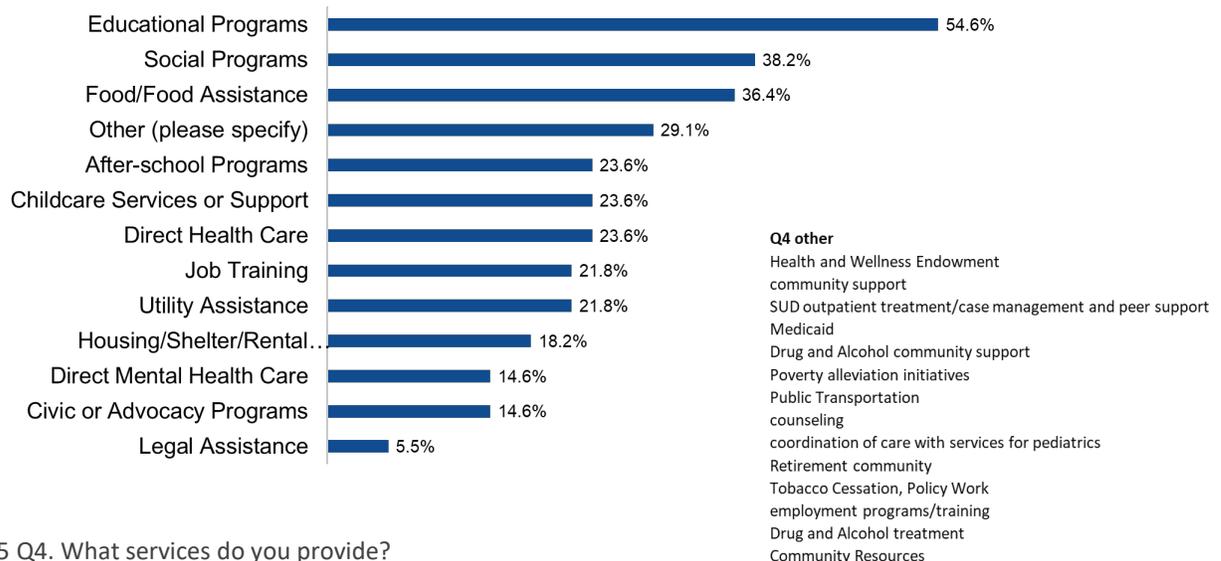
##### How would you describe your organization?



N=56 Q2. What counties do you serve?

N=55 Q1. How would you describe your organization?

##### What services do you provide?

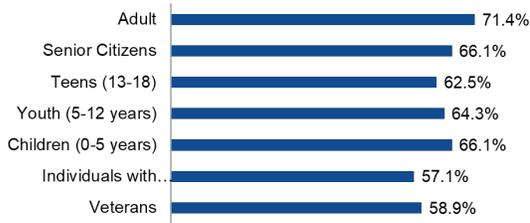


N=55 Q4. What services do you provide?

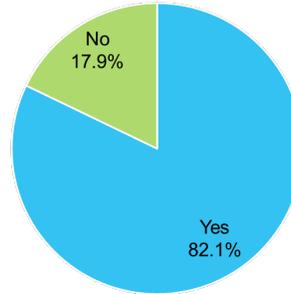
# Survey Results

## Community-Based Organizations Survey, cont.

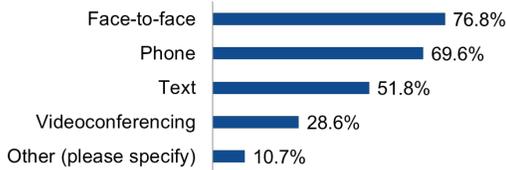
### What populations do you serve?



### Is there capacity within your organization to serve additional clients?



### What are your clients'/patients' preferred communication methods?



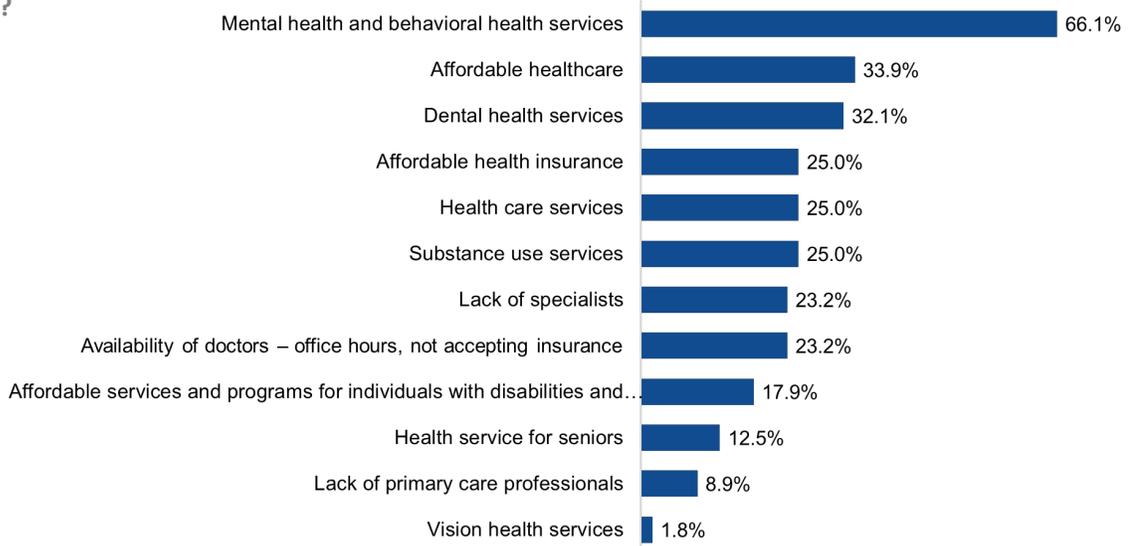
N=56 Q3. What populations do you serve? (Check all that apply) N=56 Q6. Is there capacity within your organization to serve additional clients?

N=56 Q18. What are your clients'/patients' preferred communication methods? (Check all that apply)

#### Q18. Other

social media and mail
email
social media
email
Email
email newsletter

### In your opinion, what are the top 3 current health issues or concerns facing the people serviced by your agency?

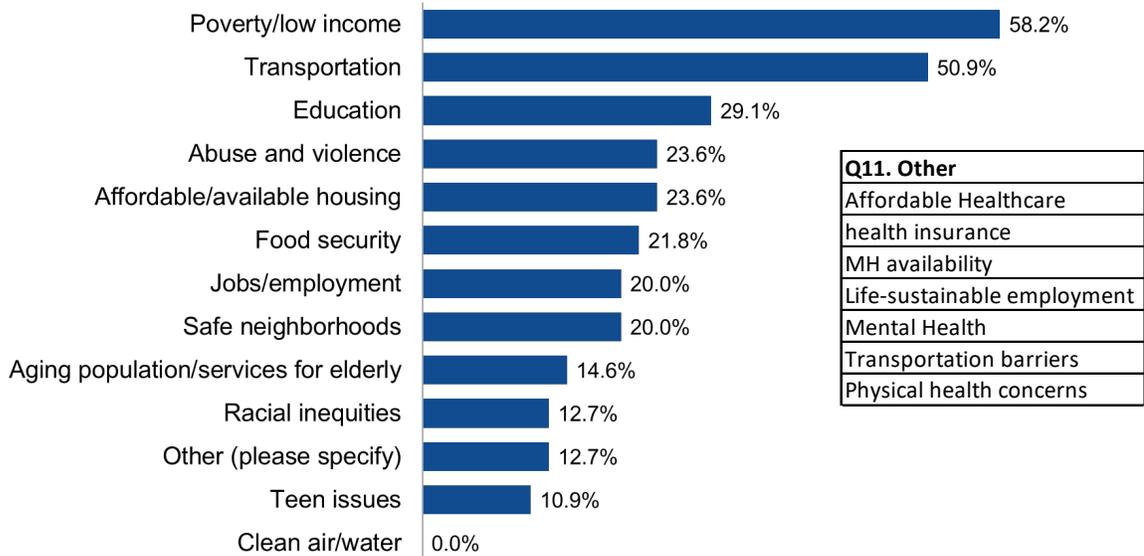


N=56 Q10. In your opinion, what are the top 3 current health issues or concerns facing the people serviced by your agency:

## Survey Results

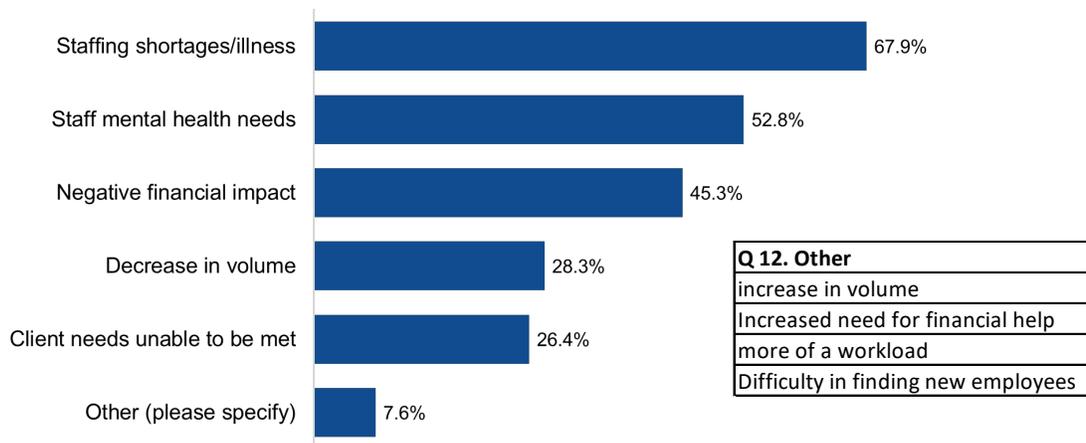
### Community-Based Organizations Survey, cont.

In your opinion, what are the top 3 current Social Determinant of Health issues or concerns facing the people served by your agency?



N=55 Q11. In your opinion, what are the top 3 current Social Determinant of Health issues or concerns facing the people served by your agency?

How has the COVID-19 pandemic negatively affected your agency?



N=53 Q12. How has the COVID-19 pandemic negatively affected your agency? (Check all that apply)

## Survey Results

### Community-Based Organizations Survey, cont.

What are the biggest barriers in the way of you fulfilling your mission

Assistance of women with children who work. There is an issue with childcare currently.
Community attitudes toward those living in poverty, a lack of coordination among services in the community, and policies that keep people stuck or dependent on social services.
Dedicated transit funding is the biggest barrier we face.
Delivering the food to the outlying school districts. Volunteer drivers deliver the food from our warehouse in Johnstown to the school districts across the county. If we had a second warehouse space more centrally located for the families in the North of the county that would be ideal.
financial
Financial constraints, staff, resources
Finding qualified teachers and staff for our programs is our biggest hurdle.
Funding
Funding
Funding to cover our operational costs, program participants affording our program fees, finding staff and volunteers trained (or willing to be trained) for key roles like lifeguards, swim instructors, exercise instructors
Funding! We are funded primarily through direct donations to the clinic with some gray money.
Funding, duplication of services
Getting the word out about our programming
Getting the word out about who we are and what we do.
Having enough staff, specifically CNAs and dining staff.
Hospitals are releasing individuals that need inpatient treatment back into the community. This places the individual's life at risk and they ultimately end up sicker than normal.
I work part time and don't feel that \$15 is enough.
lack of buy in by parents/caregivers transportation health literacy
Lack of staff - no one in the workforce wanting to fill our job vacancies
Lack of staffing in provider agencies, lack of staffing in nursing homes and personal care homes.
Lack of transportation Lack of follow through with harder to serve customers Lack of good, quality jobs in this area
Limited funding for hotel stays for homeless clients Lack of follow through by clients
Low reimbursements from the state and insurance companies which make it difficult to recruit and retain staff to the levels needed to adequately meet the community needs. Credentialing also takes far too long, some insurance companies will take 6 months or more to approve a new provider. This makes it impossible to keep up and meet needs.
Mental health concerns, transportation
More mental health services needed
Need for volunteers and funding
Not enough staff. Poor pay.
Organizational capacity/funding
politics resources stigma
Pt transportation
Reaching out to younger veterans/finding them and sharing information, and educate on Suicide Prevention

N=49 Q5. What are the biggest barriers in the way of you fulfilling your mission?

## Survey Results

### Community-Based Organizations Survey, cont.

#### What are the biggest barriers in the way of you fulfilling your mission

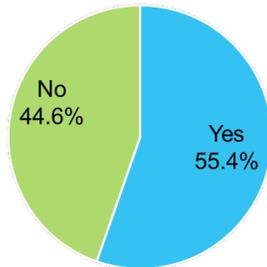
Redundant trainings, outreach programs that yield little or no real dividends, i.e. referrals for services or new clients, affiliate site coverage with no real reimbursement for gas/mileage, not filling position vacancies in a timely manner (state offices), worrying about vague contract negotiations on a state level, worrying about job security when it comes to administration changes, being accountable in the public's eye for decisions/directives from other agencies, i.e. Unemployment Compensation
retaining employees
Rising costs of home medical equipment we provide to patients in their home and the rising fuel costs for us to take these items to their home.
Senior leaders, military and civilian unwilling to allow our information to be shared among their populations. Stigma surrounding mental health is also a huge obstacle.
Short staff, short on money and supplies.
Staffing challenges, community socio economic issues,
Teaching children to learn and go after their dreams.... never give up on yourself
The biggest barriers for Somerset county is the lack of NA meetings, public transportation and shelter/housing availability. Medical transportation providers not available on weekends or later evening hours. The biggest barriers for Cambria county is the lack of public housing for people w/criminal histories.
Too much paperwork and digital work. This work should be streamlined to make the job more possible and less in a state of drowning.
Too much work and not enough time to get things done
Transportation
transportation confusing health care system underinsured patients
Transportation for clients to access community agencies. Lack of consistent phone numbers to maintain contact with other agencies. Transient client population leaving area for extended periods to go back to Philly causing disruption of services.
Transportation in Emergency Situations
Transportation, community involvement
Transportation. DRO requirements
Trying to decide where the most valuable need is in the Community, there are so many great projects.
volunteer retention and participation people not being aware that we exist even after 19 yrs. people avoiding leadership/officer roles
Redundant trainings, outreach programs that yield little or no real dividends, i.e. referrals for services or new clients, affiliate site coverage with no real reimbursement for gas/mileage, not filling position vacancies in a timely manner (state offices), worrying about vague contract negotiations on a state level, worrying about job security when it comes to administration changes, being accountable in the public's eye for decisions/directives from other agencies, i.e. Unemployment Compensation
retaining employees
Rising costs of home medical equipment we provide to patients in their home and the rising fuel costs for us to take these items to their home.
Senior leaders, military and civilian unwilling to allow our information to be shared among their populations. Stigma surrounding mental health is also a huge obstacle.
Short staff, short on money and supplies.
Staffing challenges, community socio economic issues,
Teaching children to learn and go after their dreams.... never give up on yourself

N=49 Q5. What are the biggest barriers in the way of you fulfilling your mission?

## Survey Results

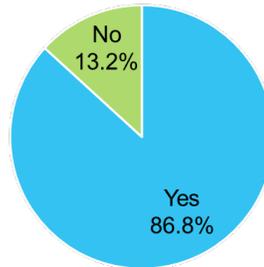
### Community-Based Organizations Survey, cont.

Has your agency faced funding challenges within the past two years?



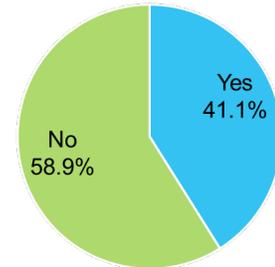
N=56 Q13. Has your agency faced funding challenges within the past two years?

Are you able to effectively measure your impact and outcomes?



N=53 Q16. Are you able to effectively measure your impact and outcomes?

Do you anticipate funding shortfalls in the next year?



N=56 Q14. Do you anticipate funding shortfalls in the next year?

If you're not able to effectively measure your impact and outcomes, what are the barriers? (open ended)

I answered yes, however this is challenging as it depends in what area. We do a good bit of tracking, but the ripple effect of our services and outreach is difficult to measure.
But not to the extent due to staff shortage
not many diverse staff apply
Sometimes, clients do not want f/u or will refuse to answer us.
I do not have enough information to give an educated response.
Our general membership outcomes are difficult to measure, but we're working through this. We have staffing and volunteer issues, resulting in a capacity issue for doing measurement and tracking work.

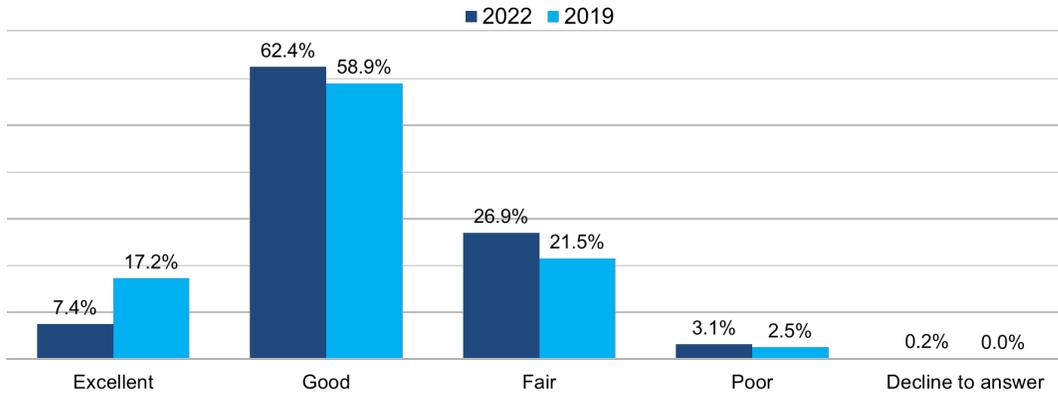
N=6 Q17. If no, what are the barriers in being able to measure? (Open Ended)

## Survey Results

### Health System Employees

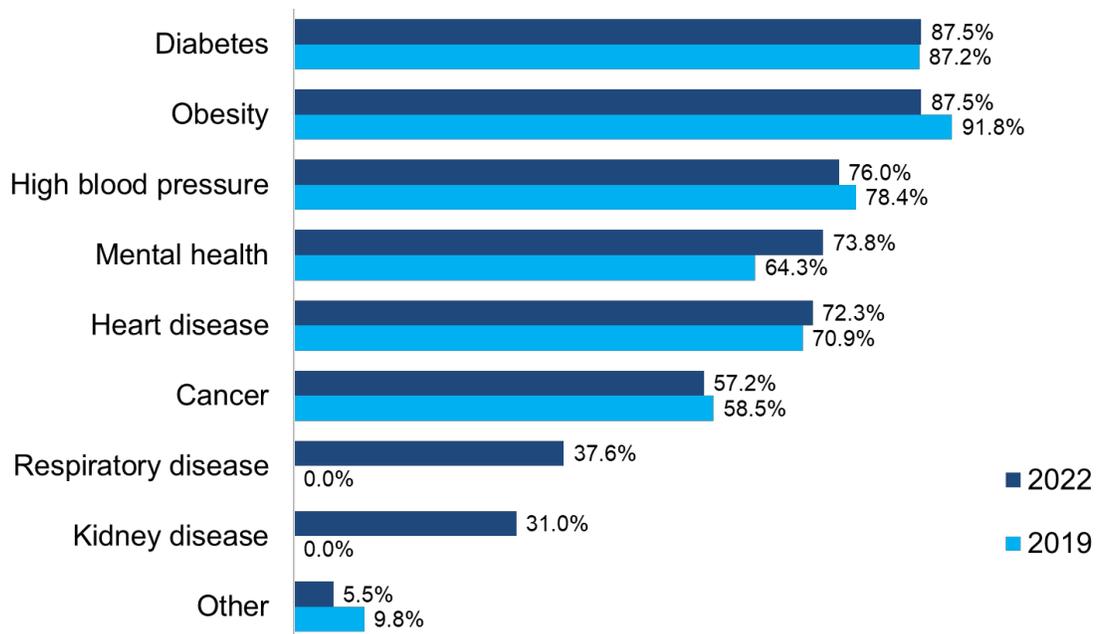
The partners conducted online community surveys via SurveyMonkey of Conemaugh Health System employees. 275 surveys were completed from May 8, 2022, through July 13, 2022. The results were compared to 2019 surveys where applicable. 190 surveys were completed in 2019.

#### How would you describe the overall health status of the citizens of Cambria and Somerset Counties?



N= 274 (2022), 498 (2019) Q1. How would you describe the overall health status of the citizens of Cambria and Somerset Counties? Would you say it is...

#### What are the most prevalent chronic diseases in your community? (Mark all that apply)



N=271 (2022), 499 (2019) Q2. What are the most prevalent chronic diseases in your community? (Mark all that apply)

## Survey Results

### Health System Employees, cont.

What are the top 3 issues in your community that impact people’s health? These issues could be related to Healthcare Access, Community Issues, General Lifestyle, Quality of Life issues or any other issues you can think of.

(Select up to 3)

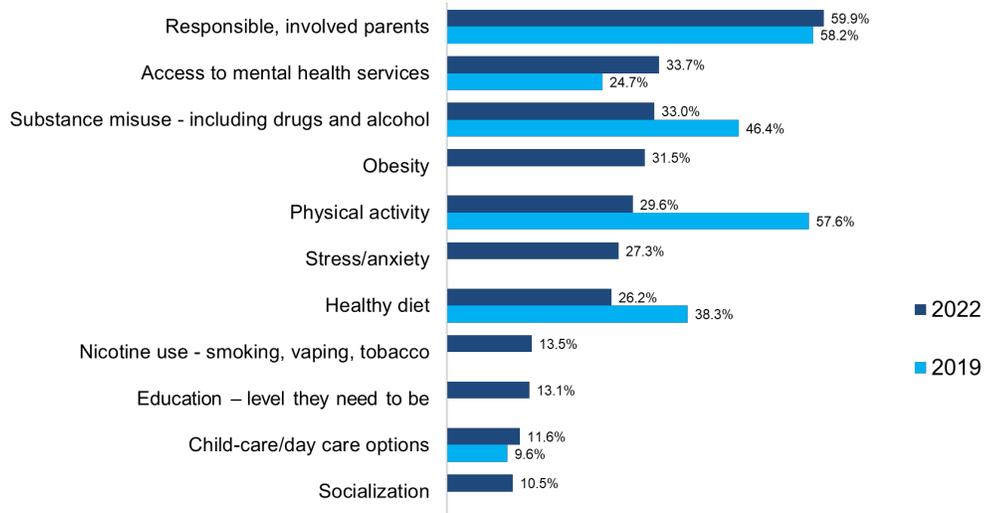
Top Issues	2022 %'s	2019 %'s
Substance misuse - including alcohol, illegal drugs, prescription drugs	50.4%	21.1%
Access to mental health services for stress, anxiety, depression, bipolar disorder, etc.	40.2%	25.9%
Obesity	32.9%	14.7%
Access to affordable health insurance	29.9%	35.3%
Access to affordable healthcare	24.8%	31.5%
Aging population/services for elderly	23.7%	5.4%
Stress/stress at work	20.8%	--
Affordable fresh/natural foods	17.5%	8.0%
Availability of doctors – office hours, not accepting insurance	15.7%	--
Healthy diet	15.3%	--
Physical activity	14.6%	--
Nicotine use - smoking, vaping, tobacco	14.6%	6.9%
Childcare/day care options	9.9%	--
Affordable healthy lifestyle services and programs	9.5%	8.2%
Access to primary care	9.1%	8.8%
Access to specialty care	9.1%	11.6%
Violence	9.1%	--
Access to affordable services and programs for individuals with disabilities and special needs	8.0%	6.5%
More urgent care or walk-in clinics, after hours care	8.0%	2.8%
Access to dental health services	7.3%	5.4%
Information about managing chronic health conditions	7.3%	4.1%
Homelessness	5.8%	--
Food insecurity	5.1%	--
Teen pregnancy	3.7%	2.8%
Full-service grocery stores	3.7%	1.1%
Information about how to cook healthy foods	2.2%	3.9%
Vision health services	1.5%	1.3%
Don't Know	1.5%	--
Language barriers	0.4%	0.2%

N=274 (2022), 464 (2019) Q3. What are the top 3 issues in your community that impact people’s health? These issues could be related to Healthcare Access, Community Issues, General Lifestyle, Quality of Life issues or any other issues you can think of. (Select up to 3)

## Survey Results

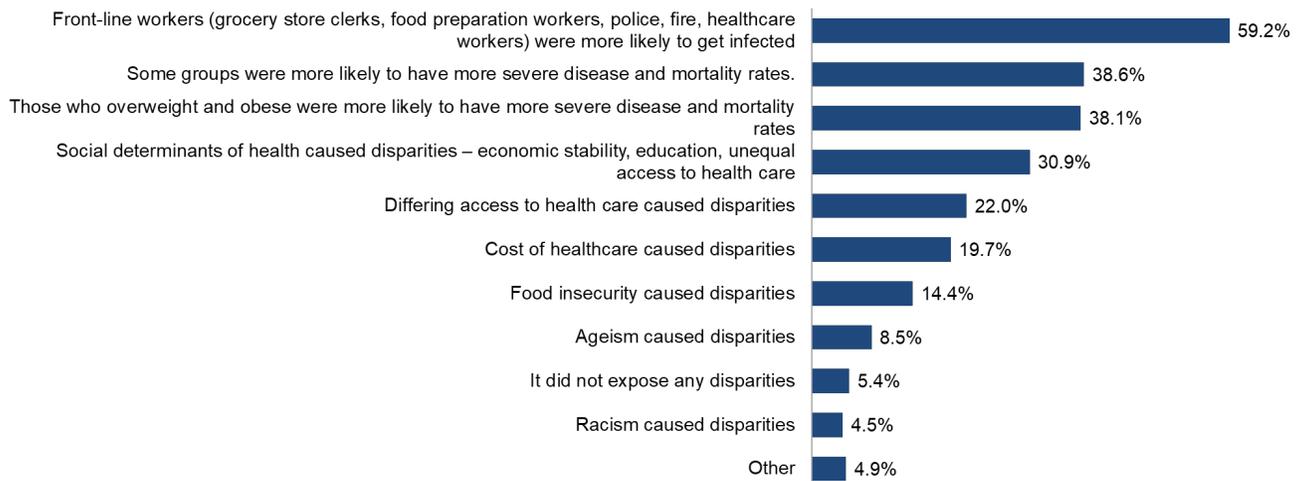
### Health System Employees, cont.

In your opinion, what are the top 3 health issues for youth and children in your community? (Select up to 3)



N=267 (2022), 457 (2019) Q5. In your opinion, what are the top 3 health issues for youth and children in your community? (Select up to 3)

What, if any, health disparities or inequities (avoidable, unfair, or remediable differences in health) did the COVID-19 pandemic expose in your community? (Select all that apply)

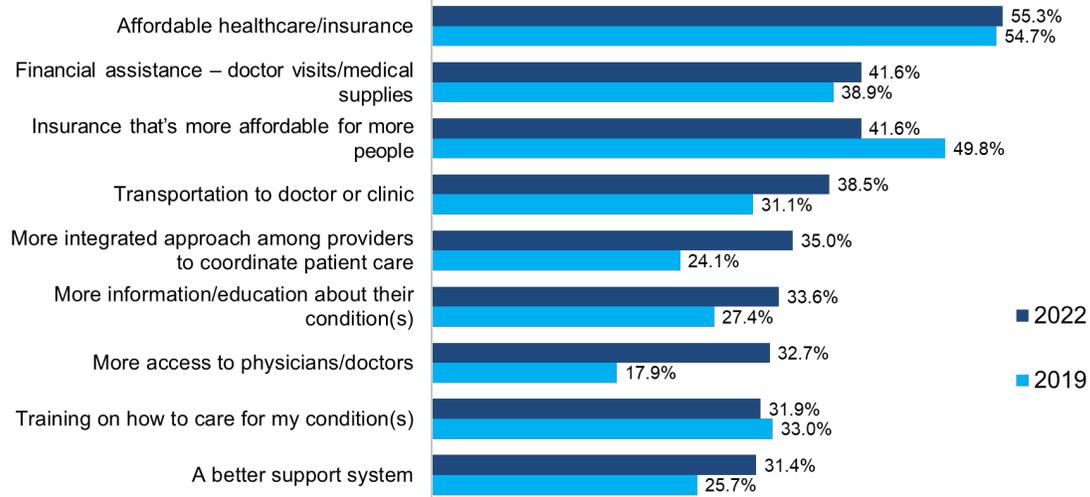


N=223 (2022), Q6. What, if any, health disparities or inequities (avoidable, unfair, or remediable differences in health) did the COVID-19 pandemic expose in your community? (Select all that apply)

## Survey Results

### Health System Employees, cont.

What, if anything, do you think the people in the county need in order to manage their health more effectively? (Select all that apply)



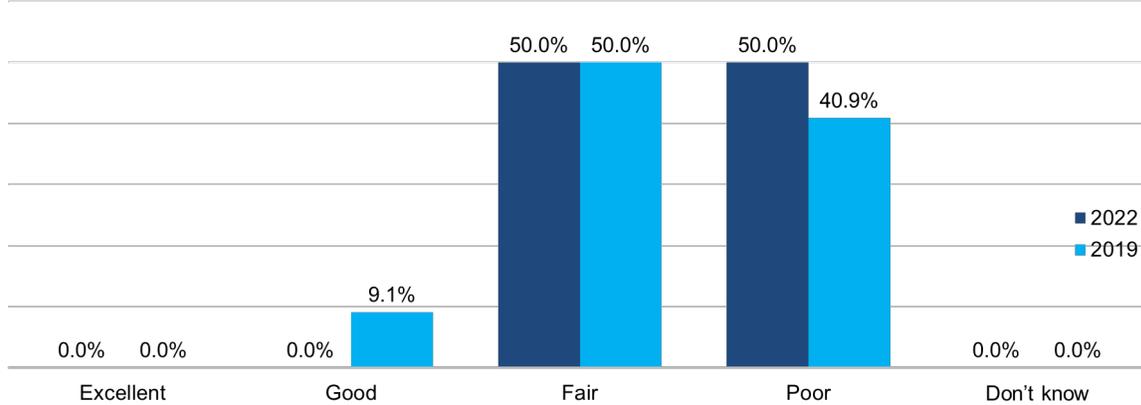
N=226 (2022), 424 (2019) Q7. What, if anything, do you think the people in the county need in order to manage their health more effectively? (Select all that apply)

## Survey Results

### Community Providers

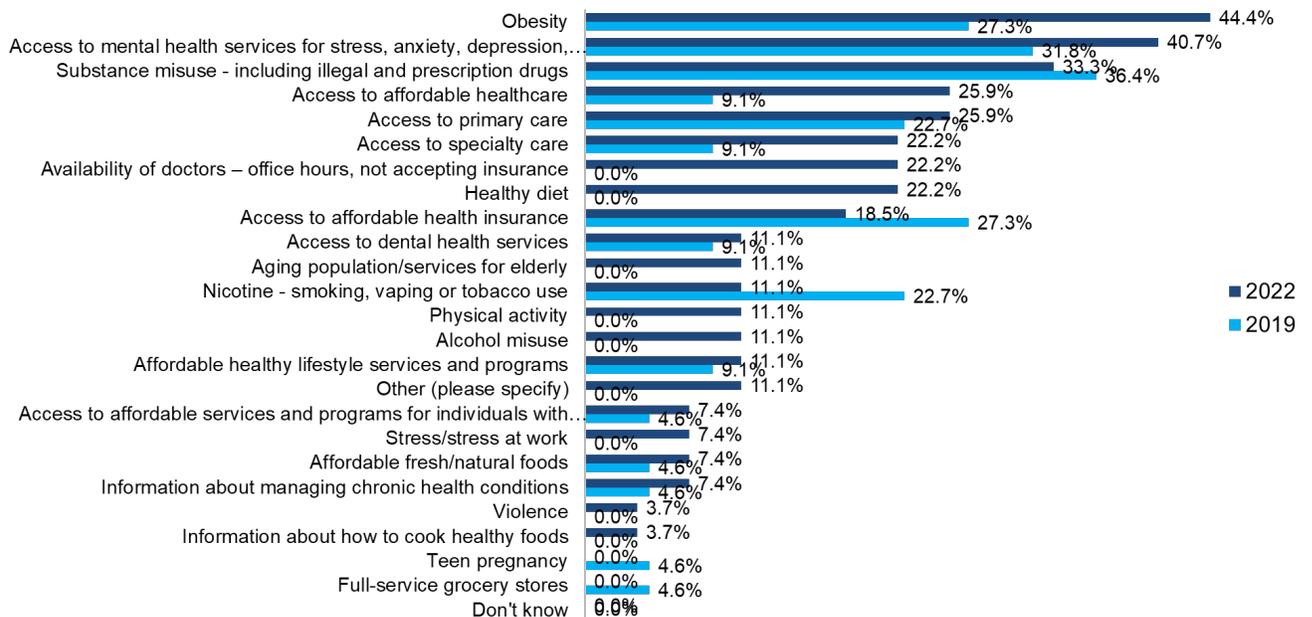
The partners conducted online community surveys via SurveyMonkey of community providers. 32 surveys were completed from May 8, 2022, through July 13, 2022. 2,000 The online survey was sent via email.

How would you describe the overall health status of the citizens of Cambria and Somerset Counties?



N= 274 (2022), 498 (2019) Q1. How would you describe the overall health status of the citizens of Cambria and Somerset Counties? Would you say it is...

What are the top 3 issues in your community that impact people's health?

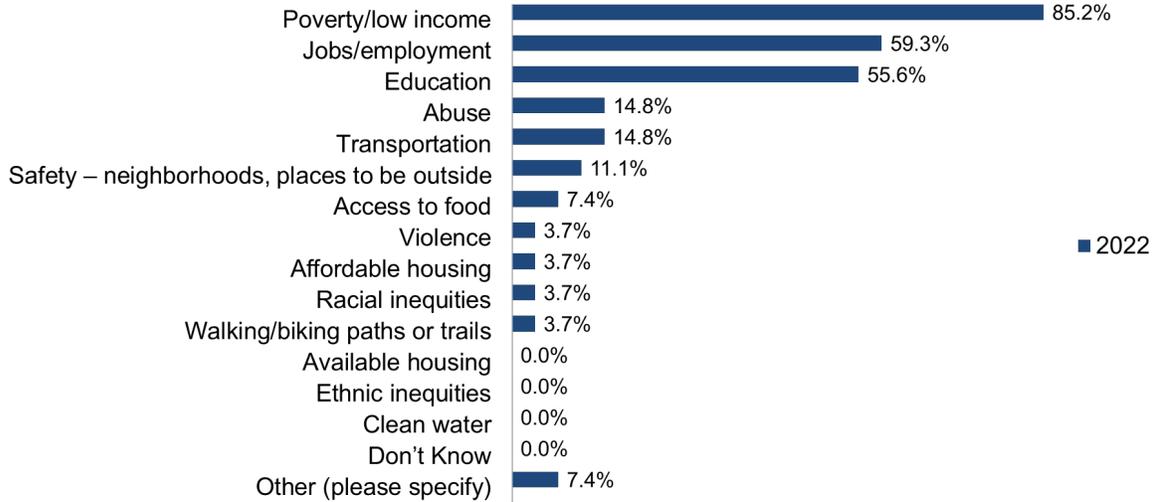


N=27 N=22 Q3. What are the top 3 issues in your community that impact people's health? These issues could be related to Healthcare Access, Community Issues, General Lifestyle, Quality of Life issues or any other issues you

## Survey Results

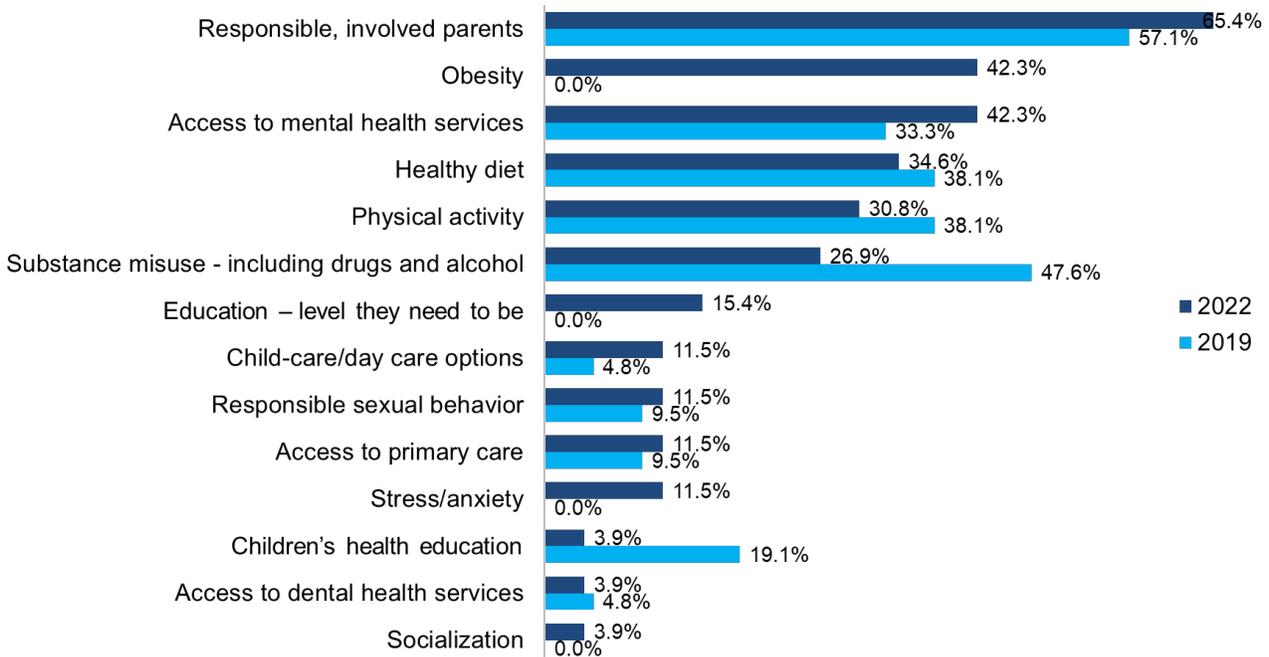
### Community Providers, cont.

What are the top three social determinants of health issues that are impacting people's health?



N=27 Q4. What are the top three social determinants of health issues that are impacting people's health? (Select up to 3)

What are the top 3 health concerns for youth and children in your community?

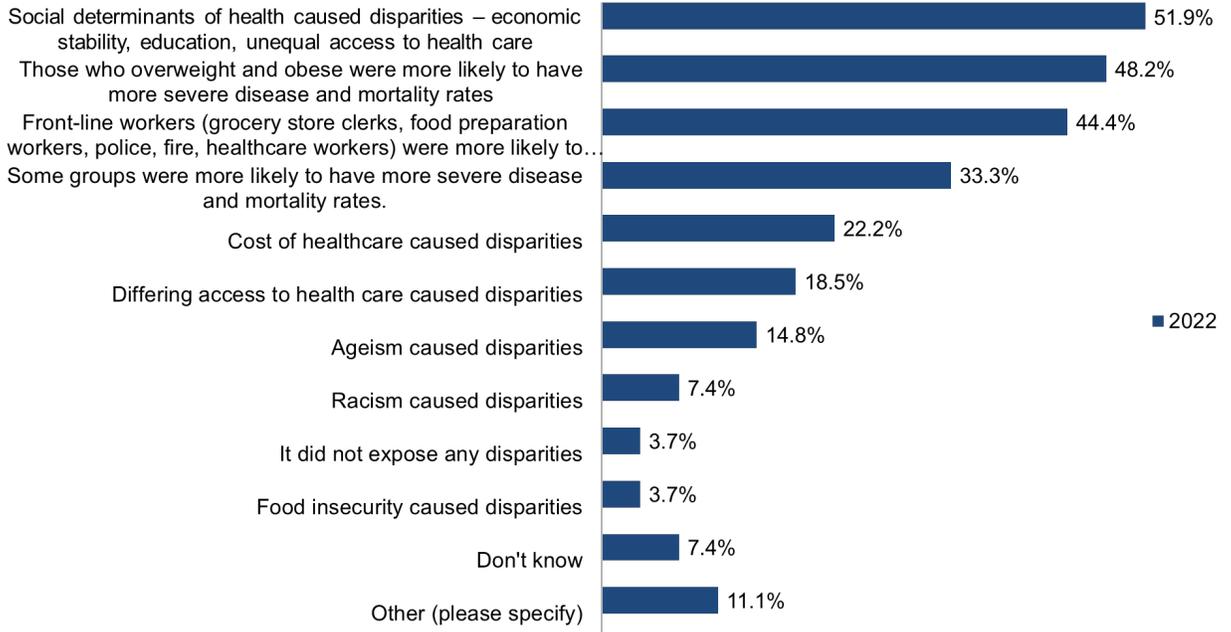


N=26 N=21 Q5. In your opinion, what are the top 3 health concerns for youth and children in your community?(Select up to 3)

## Survey Results

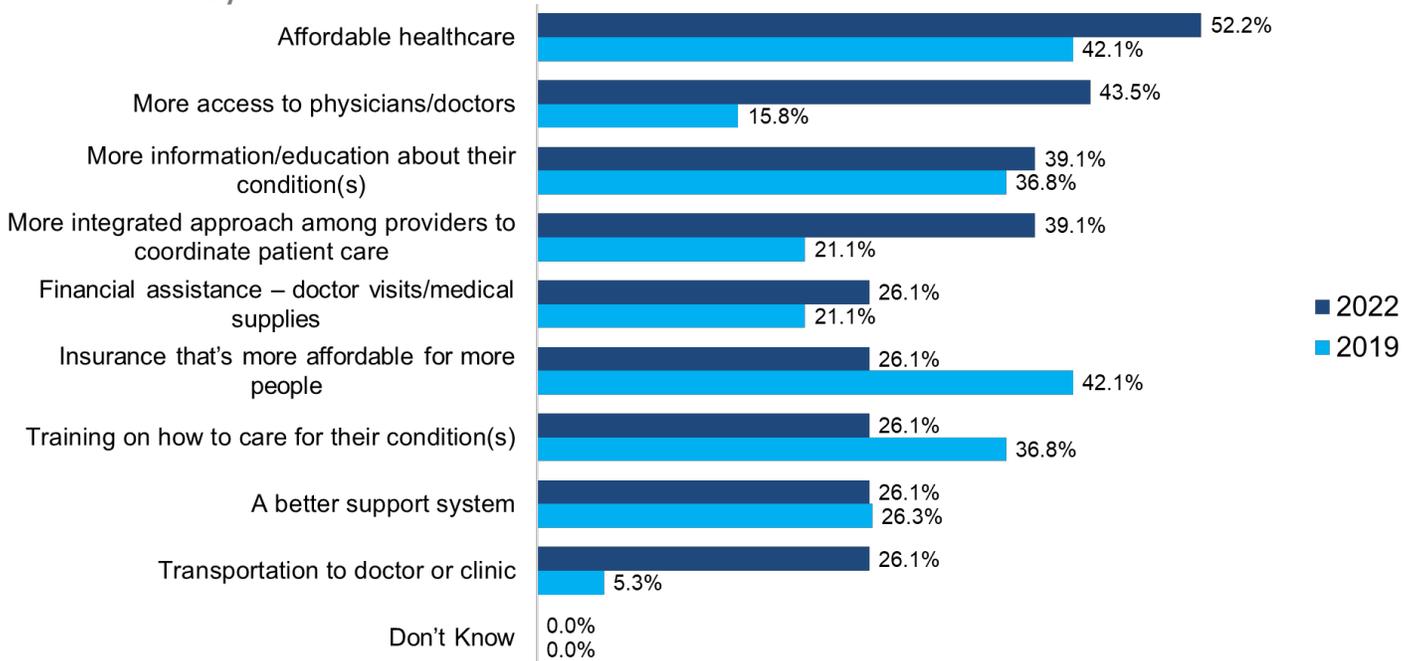
### Community Providers, cont.

What, if any, health disparities or inequities did the COVID-19 pandemic expose in your community?



N=27 Q6. What, if any, health disparities or inequities (avoidable, unfair, or remediable differences in health) did the COVID-19 pandemic expose in your community(Select as many as desired)

What if anything, do you think the people in the county need in order to manage their health more effectively?

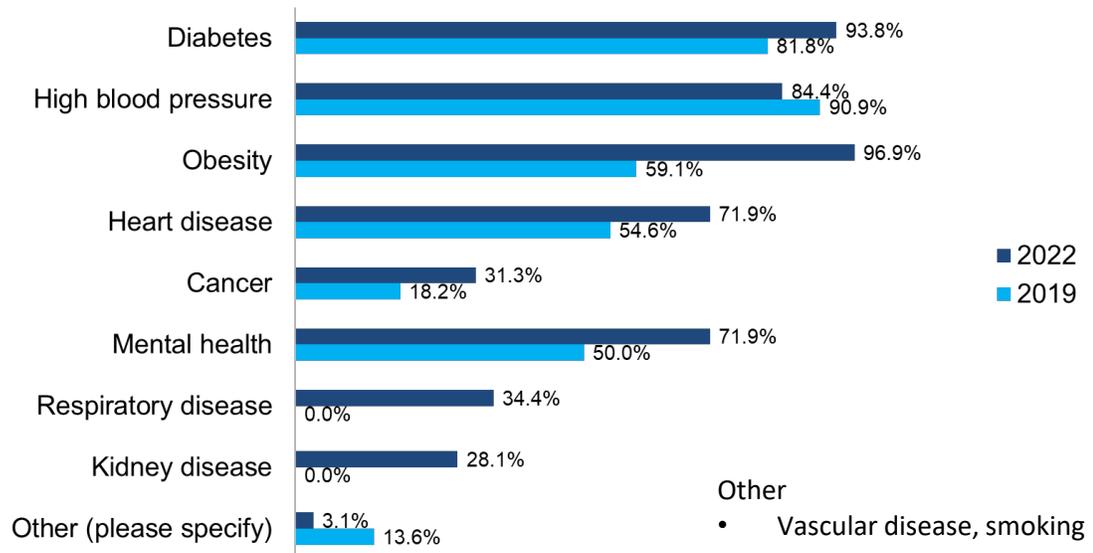


N=23 N=19. Q7. What If anything, do you think the people in the county need in order to manage their health more effectively? (Select all that apply)

## Survey Results

### Community Providers, cont.

What are the most prevalent chronic diseases in your community?



N=32 , N=22 Q2. What are the most prevalent chronic diseases in your community?

## Focus Group Results

### Focus Groups

Community stakeholders representing the broad interests of the community as well as those representing low income, medically underserved, and minority populations participated in individual interviews and focus groups on June 9, 2022, for their input into the community's health. Community participation in individual interviews represented a broad range of interests and backgrounds. Below is a summary of the focus groups and interviews. The full summary is included in the appendices.

#### 1. How do you define health?

- Overall wellbeing – physical, mental, social, community, organization
- Degree to which an individual or collection is struggling or thriving

#### 2. For the purposes of this Community Health Needs Analysis, the community is Cambria and Somerset Counties. Generally, how would you describe the community's health?

- Poor
- Good for some, not for others, fragmented, marginal
- Physical health close to state average

#### 3. What are the biggest health concerns or issues for the communities today?

- Mental health – depression, anxiety, anger, lack of services
- Chronic Illnesses – obesity, diabetes, heart disease
- Lack of healthy food, food insecurity
- Substance Use
- Violence
- Poverty
- Lack of transportation
- Access to medical resources and care
- Stigmas
- Multiple duplications of resources – need better management of non-profits
- Lack of education, misinformation
- People falling through the cracks

#### 4. What are the most important health issues facing various populations including medically-underserved, low-income populations?

- Lack of transportation
- Poor living conditions, poverty, unemployment
- Priorities and mindset – people not empowered, receiving more monetary support, lack of life skills, people don't trust healthcare system, don't want to be educated
- Access to care
- Influx of minorities from larger cities, tension with local minority community
- People fighting for resources, lack of sustainable social safety net
- Drug trade
- Johnstown mindset- proud of the town, Philadelphia culture clashing

## Focus Groups (cont.)

### 5. What are the most important health issues facing various populations including minority populations?

- Violence, prejudice – criminal justice, disparities lead to frustration and mental health issues
- Substance abuse
- Physical health, chronic diseases – cardiovascular, obesity, diabetes, lack of healthy food, lack of information
- Mental health
- Language and cultural barriers – specifically in the Hispanic, African American and Amish communities

### 6. What are the most important health issues facing children?

- Living in dysfunctional households, lack of structure, supervision
- Juvenile diabetes
- Mental health - general anxiety, concerns about safety, lack of counselors in schools
- Lack of resources
- Obesity
- Disabilities
- LGBTQ+ community issues – waiting lists for hormone and therapy treatment

### 7. What are the most important health issues facing seniors?

- Grandparents raising grandchildren, not equipped physically or emotionally to do so
- Can't afford healthcare, medications, socioeconomics
- Lack of transportation
- Isolation - living alone, dying alone, lack of support
- Access to care - lack of doctors, lack of urgent care, struggle with telehealth
- Health - arthritis, diabetes, dialysis, not exercising mind or body

### 8. The community performed a CHNA in 2019 and identified priorities for health improvement:

- |   |                                  |
|---|----------------------------------|
| 1. Substance use disorder                   | 5. Access/Affordable healthcare  |
| 2. Decrease Obesity/Increase healthy living | 6. Jobs/Socioeconomics           |
| 3. Mental health needs                      | 7. Infrastructure/best practices |
| 4. Parental support/Youth opportunities     |                                  |

#### What has changed most related to health status in the last three years?

- None got better
- Outdoor activities available – bike trails and walking trails are better
- Substance Use – still high, related to mental health, COVID-19 caused setbacks
- Mental health – worse, skyrocketed by pandemic
- Jobs/Socioeconomics – opportunities available, trouble finding applicants
- Obesity – don't hear much about it, but still an issue, food deserts
- Infrastructure should move up the list
- Additional categories – concentrated poverty specifically in subsidized housing, education

## Focus Groups (cont.)

### 9. What community assets support health and wellbeing?

- Lots of available resources
- Resilient community – look out for each other
- Organizations overlap and coordinate, help each other, not competing

### 10. What, if any, health issues or inequities did the COVID-19 pandemic expose in the community?

- Mental health declined
- Isolation
- Education
- Children at home with abusers, not reported
- Increased technology use
- Nutrition - needs not met
- Hygiene - dental work postponed
- Businesses were hit hard, stymied economic growth
- Medical care – overwhelmed, lack of doctors, lacked transportation

### 11. If you had a magic wand, what improvement activity should be a priority for the counties to improve health?

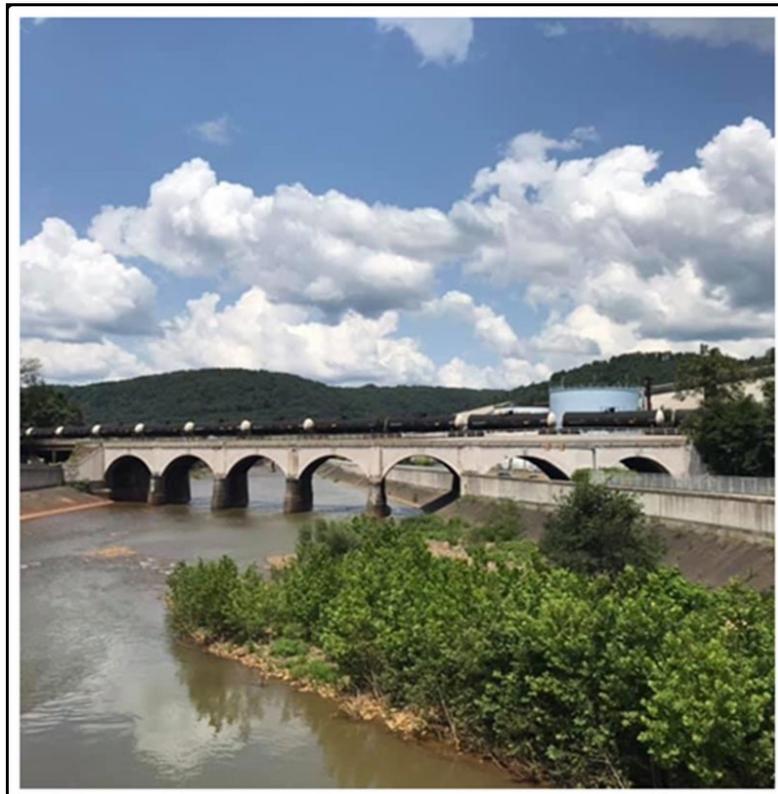
- Bring in big corporation jobs and entrepreneurial jobs to the community
- Increase and pool resources – school districts, city, and county, create public health hospital system
- Increase public transportation for kids as well as adults
- Infrastructure – improve inefficient sidewalks and parks
- More community education
- Dilute concentrated poverty – Johnstown HUD housing, create program to move people from public housing to home ownership
- Children - bicycles, make sports available, have parents more involved with their kids, be committed to their children’s futures
- Mindset
  - Instill hope in people
  - Pride, sense of worth
  - Critical thinking
  - Sense of ethical thinking, how to live an ethical, merciful life
- Rental relief extended until 2025
- Address drug problem
- Affordable healthcare – public insurance, more specialty coverage
- Service - couple years of mandatory military service, students increase their volunteer hours to learn about community

# Community Asset Inventory for Health Needs

## Table of Contents

<b>Substance Use Disorder</b> .....	<b>85</b>
<b>Mental/Behavioral Health</b> .....	<b>87</b>
<b>Access to Social Determinants of Health Needs/Healthcare</b> .....	<b>89</b>
<b>Obesity/Healthy Living</b> .....	<b>98</b>
<b>Socioeconomics/Job Training</b> .....	<b>100</b>
<b>Early Childhood</b> .....	<b>102</b>
<b>Violence/Abuse/Safety</b> .....	<b>107</b>
<b>Sources</b> .....	<b>110</b>
<b>Update &amp; Change Form</b> .....	<b>111</b>

*The following section contains a list of community assets and resources that can help improve the health of the community and assist with implementation of the plan. The list is not meant to be comprehensive and may omit some community resources. This is not intentional.*



## Start with 2-1-1

2-1-1 is a FREE, accessible, 3-digit telephone number available to everyone. All residents have easy access to customized health, housing, and human services information in one place.

## Substance Use Disorder

### National Resources

Greenbriar Treatment Center 800-927-3975  
Mothers Against Drunk Driving (MADD) 800-438-6233  
National Council on Problem Gambling 1-800-GAMBLER  
or 800-522-4700  
PAStop.org  
PA Get Help 1-800-662-4357

### Local Resources

Cambria County Drug & Alcohol Program  
Central Park Complex  
110 Franklin Street, Suite 300  
Johnstown, PA 15901  
(814) 536-5388

Somerset County Drug and Alcohol  
300 N. Center Street, Suite 360  
Somerset, PA 15501  
(814) 536-5388

Cambria County Drug Coalition  
1 Pasquerilla Plaza, Floor 2, Suite 126  
Johnstown, PA 15901  
(814) 619-4505

Accessible Recovery Services (MAT)  
132 Walnut Street  
Johnstown, PA 15901  
(814) 746-3932

Alliance Medical Services (Methadone/MAT )  
1425 Scalp Avenue #175  
Johnstown, PA 15904  
(814) 269-4700

Community Guidance Center  
4205 Crawford Avenue  
Northern Cambria, PA 15714  
(814) 420-8673

Conemaugh Memorial Medical Center  
(Emergency Suboxone Treatment)  
Emergency Department  
1086 Franklin Street  
Johnstown, PA 15905  
(814) 534-9000

Conemaugh Meyersdale Medical Center  
(Emergency Suboxone Treatment)  
Emergency Department  
200 Hospital Drive  
Meyersdale, PA 15552  
(814) 634-5911

Conemaugh Miners Medical Center (Emergency  
Suboxone Treatment)  
Emergency Department  
290 Haida Avenue  
Hastings, PA 16646  
(814) 247-3100

Conewago (Inpatient Only)  
9143 US 199 Hwy South  
Blairsville, PA 15717  
(724) 471-3037

Cove Forge (Detox/Inpatient)  
202 Cove Forge Road  
Williamsburg, PA 16693  
(877) 763-0057

## Substance Use Disorder, cont.

Family Medical Center (MAT)  
1086 Franklin Street, E Building  
Johnstown, PA 15905  
(814) 534-9106

Impact Counseling Services  
815 Rowena Drive  
Ebensburg, PA 15931  
(814) 695-2200

Independent Family Services (Outpatient)  
636 Scalp Avenue  
Johnstown, PA 15904  
(814) 262-0007

Maternal Addiction Resource Center  
1111 Franklin Street, Suite 030  
Johnstown, PA 15905  
(814) 534-6272

MedMark (MAT)  
1984 Route 22  
Blairsville, PA 15717  
(724) 459-4884

New Visions Chemical Dependency Program (Outpatient)  
320 Main Street, Second Floor  
Johnstown, PA 15901  
(814) 534-1627

The Open Door (MAT)  
665 Philadelphia Street, Suite 202  
Indiana, PA 15701  
(724) 465-2605

Peniel Treatment Center (Inpatient)  
760 Cooper Avenue  
Johnstown, PA 15906  
(814) 536-2111

Pyramid (Detox/Inpatient)  
1894 Plank Road  
Duncansville, PA 16635  
(888) 694-9996

Spirit Life (Detox/Inpatient)  
170 Fr. Martin Telenson Lane  
Penn Run, PA 15765  
(724) 465-2165

Twin Lakes – Ebensburg (Outpatient)  
Cambria Office Tower 313 W. High  
Street, Suite 212  
Ebensburg, PA 15931  
(814) 472-7888

Twin Lakes - Johnstown (Outpatient)  
132 Walnut Street, Suite 401  
Johnstown, PA 15901  
(814) 535-8830

Twin Lakes - Somerset (Outpatient)  
224 Twin Lakes Road  
Somerset, PA 15501  
(814) 443-3639

### Recovery Support

Alcoholics Anonymous  
(814) 533-5907 or (814) 433-3639  
[www.johnstownpa.com\district41](http://www.johnstownpa.com\district41)

Celebrate Recovery – Faith Based  
101 Nice Avenue  
Johnstown, PA 15905  
(814) 255-5433

National Narcotics Anonymous  
(888) 251-2426

FAVOR Bolivar  
736 Lincoln Street  
Bolivar, PA 15923  
(724) 676-2111

Sanity Group  
786 Goucher Street  
Johnstown, PA 15905  
(814) 536-0798

## Mental/Behavioral Health

### Counseling Services

County Crisis Hotline: 1-877-268-9463  
Suicide and Crisis Lifeline – 9-8-8

Alternate Community Resource Program (ACRP)  
119 Walnut Street  
Johnstown, PA 15901  
(814) 534-0745

Assurance Counseling Services  
429 Park Place  
Windber, PA 15953  
(814) 509-8110

Axiom Family Counseling  
100 West High Street  
Ebensburg, PA 15931  
(814) 846-5971

Behavioral Health Services  
865 Eisenhower Blvd  
Johnstown, PA 15904  
(814) 266-8840

Dr. Mary Berge & Associates  
1765 Goucher Street  
Johnstown, PA 15905  
(814) 535-8586

Cambria County Behavioral Health  
110 Franklin Street #300  
Johnstown, PA 15901  
(814) 535-8531

Cambria Residential Services Inc  
338 Bloomfield Street, Suite 100  
Johnstown, PA 15904  
(814) 266-1829

Cambria Somerset Counseling  
1360 Eisenhower Boulevard, Suite 504  
Johnstown, PA 15904  
(814) 262-7140

Cambria Residential Services Inc  
338 Bloomfield Street, Suite 100  
Johnstown, PA 15904  
(814) 266-1829

Children's Behavioral Health  
310 Eisenhower Boulevard  
Johnstown, PA 15905  
(814) 288-5900

Choices Clinical Counseling  
1360 Eisenhower Boulevard, Suite 506  
Johnstown, Pennsylvania 15904  
(814) 746-4419

Christian Counseling Associates of Western PA  
112 Leventry Road, Suite #1  
Johnstown, PA 15904  
(814) 619-0001

Community Guidance Center  
4205 Crawford Avenue  
Northern Cambria, PA 15714  
(814) 420-8673

Conemaugh Counseling Associates  
320 Main Street  
Johnstown, PA 15901  
(814) 534-1095

Croyle-Nielsen Associates  
303 Budfield Street  
Johnstown, PA 15904  
(814) 266-3196

Family Behavioral Resources  
417 Main Street  
Johnstown, PA 15901  
(814) 254-4502

## Mental/Behavioral Health, cont.

### Counseling Services

Family Behavioral Resources, Inc.  
Georgian Place, Suite 307  
Somerset, PA 15501  
(814) 444-0620

Harrington Psychological Counseling Association  
2445 Bedford Street, Suite 100  
Johnstown, PA 15904  
(814) 254-4228

Impact Counseling Services, LLC  
815 Rowena Drive  
Ebensburg, PA 15931  
(814) 695-2200

Independent Family Services, Inc.  
636 Scalp Avenue  
Johnstown, PA 15904  
(855) 291-4669

Jennifer Rowland Counseling Services, LLC  
2447 Bedford Street, Suite 100  
Johnstown, PA 15904

Life Changing Support Service Inc  
401 Cypress Avenue  
Johnstown, PA 15902

Lifestyle Support Services, Inc.  
1109 Deveaux Street  
Elmora, PA 15737  
(814) 948-6708

Magellan Behavioral Health of PA  
411 Main Street  
Johnstown, PA 15901  
(800) 424-0485

Merakey Services  
1003 Willett Drive  
Johnstown, PA 15904  
(814) 255-2949

Michaela Counseling Service  
127 Plane Bank Road  
Lilly, PA 15938  
(814) 736-3872

NAMI Cambria County  
240 Vine Street  
Johnstown, PA 15901  
(814) 539-2724

Nulton Diagnostic Treatment Center  
531 N Center Avenue  
Somerset, PA 15501  
(814) 701-2357

Nulton Diagnostic Treatment Center  
321 Main Street, Suite 4F  
Johnstown, PA 1590  
(814) 266-8020

Peer Empowerment Network  
514 Somerset Street  
Johnstown, PA 15901  
(814) 539-2724

Peerstar, LLC  
514 Somerset Street  
Johnstown, PA 15904  
(888) 733-7781

Pile Psychological Counseling Services  
238 West Union Street  
Somerset, PA 15501  
(814) 443-1881

UPMC Behavioral Health at Twin Lakes  
224 Twin Lakes Road  
Somerset, PA 15501  
(814) 443-3639

Westmont Family Counseling Ministries  
789 Goucher Street  
Johnstown, PA 15905  
(814) 536-0798

## Access to Social Determinants of Health Needs/Healthcare

### Clinics

Pennsylvania State Health Department  
184 Donald Lane, Suite 1  
Johnstown, PA 15904  
(814) 248-3120

Pennsylvania State Health Department  
651 S Center Avenue, Suite #106  
Somerset, PA 15501  
(814) 445-7981

iCare Urgent Care  
167 Zeman Drive  
Ebensburg, PA 15931  
(814) 472-9119

iCare Urgent Care  
100 Susan Drive  
Johnstown, PA 15905  
(814) 255-1963

iCare Richland Urgent Care  
411 Theatre Drive  
Johnstown, PA 15904  
(814) 266-3934

MedExpress Urgent Care  
1490 North Center Avenue  
Somerset, PA 15501  
(814) 443-4740

MedExpress Urgent Care  
1221 Scalp Avenue  
Johnstown, PA 15904  
(814) 266-1138

Highlands Health  
814 Locust Street, Suite 2  
Johnstown, PA 15901  
(814) 534-6242

Highlands Health  
225 South Center Avenue  
Somerset, PA 15501  
(814) 443-5867

Primary Health Network  
152 Zeman Drive  
Ebensburg, PA 15931  
(814) 846-5060

Richland Family Health Center  
214 College Park Plaza, Suite 203  
Johnstown, PA 15904  
(814) 961-3500

UPMC Children's Specialty Care Center  
865 Eisenhower Boulevard  
Johnstown, PA 15904  
(814) 266-8840

Pediatric Care Specialists  
Offices in Richland, Ebensburg, Johnstown,  
Somerset, Alum Bank  
1322 Eisenhower Boulevard  
Johnstown, PA 15904  
(814) 266-8840

Laurel Pediatrics  
323 Budfield Street  
Johnstown, PA 15904  
(814) 262-9500

Laurel Pediatrics  
223 S. Pleasant Avenue  
Somerset, PA 15501  
(814) 443-2888

James E. Van Zandt VA Medical Center  
James E. Van Zandt Outpatient Clinic  
598 Galleria Drive  
Johnstown, PA 15904  
(877) 626-2500

## Access to Social Determinants of Health Needs Healthcare, cont.

### Hospitals

Chan Soon-Shiong Medical Center at Windber  
600 Somerset Avenue  
Windber, PA 15963  
(814) 467-3000

Conemaugh Memorial Medical Center  
1086 Franklin Street  
Johnstown, PA 15905  
(814) 534-9000

Conemaugh Miners Medical Center  
290 Haida Avenue  
Hastings, PA 16646  
(814) 247-3100

Conemaugh Meyersdale Medical Center  
200 Hospital Drive  
Meyersdale, PA 15552  
(814) 634-5911

Conemaugh East Hills Outpatient  
Center/MedWELL  
1450 Scalp Avenue, Suite 1000  
Johnstown, PA 15904  
(814) 269-5200

UPMC Somerset Hospital  
329 South Pleasant Ave  
Somerset, PA 15501  
(814) 443-5000

### Insurance Assistance

Cambria County Assistance Office  
625 Main Street  
Johnstown, PA 15901  
(814) 533-2491

Cambria County Human Services  
110 Franklin Street  
Johnstown, PA 15901  
(814) 534-2508

Cambria County Agency on Aging  
401 Candlelight Drive  
Ebensburg, PA 15931

Community Action Partnership  
516 Main Street  
Johnstown, PA 15901  
(814) 536-9031

Somerset County Assistance Office  
164 Stayrook Street  
Somerset, PA 15501

### Elderly and Disability Care

Boswell Senior Center  
332 Stonycreek Street  
Boswell, PA 15531  
(814) 629-9926

Cambria County Area Agency on Aging Central  
Park Complex  
110 Franklin Street, Suite 400  
Johnstown, PA 15901  
(814) 539-5595 or (844) 242-8915

Cambria County Association for the Blind and  
Handicapped, Inc.  
211 Central Avenue  
Johnstown, PA 15902  
(814) 536-3531

Cambria County Court House  
200 Center Street  
Ebensburg, PA 15931  
(814) 472-5440

**Access to Social Determinants of Health Needs/Healthcare, cont.**

**Elderly & Disability Care, cont.**

Central City Senior Center  
103 Sunshine Avenue  
Central City, PA 15926  
(814) 754-5615

Conemaugh Township Senior Center  
959 South Main Street  
Holsopple, PA 15935  
(814) 479-2216

Confluence Senior Center  
700 Reynolds Street  
Confluence, PA 15424  
(814) 395-5117

Cresson Senior Activities Center  
715 Front Street  
Cresson, PA 16630  
(814) 886-4147

East Hills Senior Center  
1425 Scalp Avenue  
Johnstown, PA 15904  
(814) 266-6040

Ebensburg Senior Center  
209 North Julian Street  
Ebensburg, PA 15931  
(814) 472-5226

Forest Hills Senior Activity Center  
400 Main Street  
South Fork, PA 15956  
(814) 495-4696

Jackson Township Senior Center  
200 Adams Avenue  
Mineral Point, PA 15942  
(814) 322-3327

Johnstown Senior Center  
550 Main Street  
Johnstown, PA 15901  
(814) 535-8634

Meyersdale Senior Center  
120 North Street  
Meyersdale, PA 15552  
(814) 634-0713

Nanty Glo-Area Senior Activities Center  
119 Briar Court  
Nanty Glo, PA 15943  
(814) 749-3152

Northern Cambria Senior Activity Center  
908 Tracy Drive  
Northern Cambria, PA 15714  
(814) 948-6711

Patton Senior Activity Center  
405 Park Avenue  
Patton, PA 16668  
(814) 674-5820

Portage Senior Center  
505 Farren Street  
Portage, PA 15946  
(814) 736-4475

Senior LIFE Ebensburg  
429 Manor Drive  
Ebensburg, PA 15931  
(814) 472-6060

Senior LIFE Johnstown  
401 Broad Street  
Johnstown, PA 15906  
(814) 535-6000

Somerset County Area Agency on Aging  
1338 South Edgewood Avenue  
Somerset, PA 15501  
(814) 443-2681

Veterans Affairs @ Cambria County Courthouse  
(814) 472-1590

Windber Senior Center  
700 5th Street, Suite 200  
Windber, PA 15963  
(814) 467-5912

## Access to Social Determinants of Health Needs/Healthcare, cont.

### Housing Resources

Call 2-1-1 first for anyone in need of immediate housing assistance. Individual must have their name registered with 2-1-1 to be eligible for many housing programs. If in Somerset County, you can also call Tableland Services, Inc. to be placed on By Names List: (814) 445-9628 x254.

Breaking the Barriers  
(814) 421-7311  
[www.breakingthebarrierscc.org](http://www.breakingthebarrierscc.org)

Cambria County Behavioral Health  
(814) 535-8531  
[www.cambriacountypa.gov/behavioralhealth](http://www.cambriacountypa.gov/behavioralhealth)

Community Action Partnership of Blair County  
(814) 946-3651  
[www.blaircap.org](http://www.blaircap.org)

Community Action Partnership of Cambria County  
(814) 536-9031  
[www.capcc.us](http://www.capcc.us)

Greater Johnstown Landlord Association  
(814) 619-4493  
[www.gjlandlords.com](http://www.gjlandlords.com)

Johnstown Housing Authority  
501 Chestnut Street  
Johnstown, PA 15906  
(814) 535-7771

Martha and Mary House  
(814) 254-4413  
<https://www.catholiccharitiesaj.org/services/homeless-shelter>

Next Step Center, Inc. Emergency Homeless Shelter  
(814) 444-8588  
[www.nextstepcenter.org](http://www.nextstepcenter.org)

Peer Empowerment Network Drop-In Center  
514 Somerset Street  
Johnstown, PA 15901  
(814) 539-2724  
[www.pendropincenter.org](http://www.pendropincenter.org)

Self-Determination Housing of Pennsylvania/Inglis  
(215) 878-5600

Somerset County Housing Authority  
981 Boswell Heights Drive  
Boswell, PA 15531  
(814) 629-7148 (814) 629-5147

Tableland Services, Inc.  
Community Action Partnership of Somerset County  
(814) 445-9628

Veterans Leadership Program  
(844) VLP-VETS  
[www.veteransleadershipprogram.org](http://www.veteransleadershipprogram.org)

Victim Services  
(814) 288-4961  
[www.victimservicesinc.org](http://www.victimservicesinc.org)

Women's Help Center  
(814) 536-5361  
[www.womenshelpcenter.org](http://www.womenshelpcenter.org)

### Emergency Shelter Resources

Next Step Center – Somerset Co. (814) 444-8588  
Martha & Mary House -Cambria Co. (814) 254-4413  
Women's Help Center (814) 536-5361

## **Access to Social Determinants of Health Needs/Healthcare, cont.**

### **Emergency Assistance**

Catholic Charities (814) 535-6538  
Community Action Partnerships  
Cambria County (814) 536-9031  
Somerset County (814) 445-9628  
County Assistance Offices  
Cambria County (814) 533-2491  
Somerset County (814) 445-1536  
Salvation Army  
Cambria County (814) 539-3110  
Somerset County (814) 445-9232  
St. Vincent DePaul (814) 535-8521

### **Utility Assistance**

Catholic Charities (814) 535-6538  
Community Action Partnerships  
Cambria County (814) 536-9031  
Somerset County (814) 445-9628  
County Assistance Offices  
Cambria County (814) 533-2491  
Somerset County (814) 445-1536  
Public Utility Commission 800-692-7380  
Salvation Army  
Cambria County (814) 539-3110  
Somerset County (814) 445-9232  
St. Vincent DePaul (814) 535-8521

### **Legal Services**

Laurel Legal Services (814) 536-8917  
Southwestern PA Legal Services Inc. (814) 443-4615

### **Financial Services**

Advantage Credit Counseling 888-511-2227

### **Transportation**

Cambria County - CamTran  
502 Maple Avenue  
Johnstown, PA 15901  
(814) 535-5526

Health Ride Plus, Inc.  
406 Magnolia Street  
Northern Cambria, PA 15714  
(814) 948-6510

Medical Assistance Transportation Program (MATp)  
Community Action Partnership of Cambria County  
516 Main Street  
Johnstown, PA 15901  
(814) 536-9031

MedVan  
469 Chestnut Street  
Johnstown, PA 15909  
(814) 535-8880

Somerset County - Tableland  
535 East Main Street  
Somerset, PA 15501  
(814) 445-9628

### **Community Based Organizations**

1889 Foundation  
4 Valley Pike  
Johnstown, PA 15905  
(814) 532-0100

1889 Jefferson Center for Population Health  
1 Pasquerilla Plaza  
Johnstown, PA 15901  
(814) 535-5156

ACRP  
131 Market Street  
Johnstown, PA 15901  
(814) 536-6141

Alleghenies United Cerebral Palsy  
119 Jari Drive  
Johnstown, PA 15904

Alleghenies Unlimited Care Providers  
119 Jari Drive  
Johnstown, PA 15904  
(814) 262-9600

## Access to Social Determinants of Health Needs/Healthcare, cont.

### Community Based Organizations

American Red Cross  
250 Jari Drive  
Johnstown, PA 15904  
(814) 262-3170

Arc of Cambria County, Inc.  
960 Bedford Street  
Johnstown, PA 15902  
(814) 535-1511

Branches of Mercy  
650 Pine Street  
Johnstown, PA 15902  
(814) 254-8984

Breaking the Barriers  
Eisenhower Boulevard  
Johnstown, PA 15904  
(814) 262-8835

Cambria City Mission  
906 Broad Street  
Johnstown, PA 15906  
(814) 535-1035

Cambria County Assistance Office  
625 Main Street  
Johnstown, PA 15901  
(814) 533-2491

Cambria County Association for the Blind and Handicapped  
211 Central Avenue  
Johnstown, PA 15902  
(814) 536-3531

Cambria County Child Advocacy  
865 Eisenhower Boulevard  
Johnstown, PA 15904  
(814) 254-4567

Cambria County Child Development Corp.  
300 Prave Street, Suite #1  
Ebensburg, PA 15931  
(814) 472-6341

Cambria County Children & Youth Services  
401 Candlelight Drive, Suite #100  
Ebensburg, PA 15931  
(814) 472-5860

Cambria County Children & Youth Services  
110 Franklin Suite #400  
Johnstown, PA 15901  
(814) 539-7454

Cambria County Foster Grandparent Program  
110 Franklin Street, Suite 400  
Johnstown, PA 15901  
(814) 536-9009

CamTran  
551 Main Street  
Johnstown, PA 15901  
(814) 535-5526

Catholic Charities  
321 Main Street  
Johnstown, PA 15901  
(814) 535-6538

Center for Independent Living of South Central PA  
3013 Beale Avenue  
Altoona, PA 16601  
(814) 949-1905

Children's Aid Home Programs (Somerset County)  
1476 North Center Avenue  
Somerset, PA 15501  
(814) 443-1637

## Access to Social Determinants of Health Needs/Healthcare, cont.

### Community Based Organizations

Christ Centered Community Church  
531 Somerset Street  
Johnstown, PA15902  
(814) 244-2737

Coaches 4 Kids  
445 Schoolhouse Road  
Johnstown, PA15904  
(814) 288-9311

Community Action Partnership of Cambria County  
516 Main Street  
Johnstown, PA 15901  
(814) 536-9031

Community Action Partnership of Somerset County  
- Tableland  
535 East Main Street  
Somerset, PA 15501  
(814) 445-9628

Community Foundation for the Alleghenies  
116 Market Street, Suite 4  
Johnstown, PA15901  
(814) 536-7741

Dorothy Day Outreach Center  
104 Evergreen Drive  
Loretto, PA 15940  
(814) 419-8682

Easter Seals Western and Central PA  
232 Walnut Street  
Johnstown, PA 15901  
(814) 535-5508

Gabriel Project  
Johnstown, PA15901  
(814) 539-0155

Goodwill Industries of the Southern Alleghenies  
540 Central Avenue  
Johnstown, PA 15902  
(814) 536-3536

Greater Johnstown Landlord Association  
Johnstown, PA15901  
(814) 535-8531

Independent Family Services  
636 Scalp Avenue  
Johnstown, PA15904  
(814) 262-0007

Justice Works  
1259 North Center Street  
Ebensburg, PA 15931  
(724) 422-0390

Laurel Legal Services, Inc.  
227 Franklin Street, Suite 400  
Johnstown, PA 15901  
(800) 253-9558

Micah House - Trinity Farms Center for Healing  
496 Griffith Road  
Boswell, PA 15531  
(814) 442-1628

New Day, Inc.  
109 South Street  
Johnstown, PA 15901  
(814) 535-8202

Next Steps Center  
406 Stoystown Road  
Somerset, PA 15501  
(814) 444-8588

Salvation Army Johnstown  
576 Vine Street  
Johnstown, PA 15901  
(814) 539-3110

## Access to Social Determinants of Health Needs/Healthcare, cont.

### Community Based Organizations

Salvation Army Somerset  
334 West Main Street  
Somerset, PA 15501  
(814) 445-9232

Skills of Central PA  
136 Jaycee Drive, Suite 40  
Johnstown, PA 15904  
(814) 262-0440

Small Town Hope  
2214 Bigler Avenue  
Northern Cambria, PA 15714  
(814) 420-8362

Social Security Administration Office  
334 Washington Street  
Johnstown, PA15901  
(866) 331-7128

Somerset Area Ministries  
320 Felgar Road  
Somerset, PA 15501  
(814) 443-6354

Somerset County Assistance Office  
164 Staybrook Street  
Somerset, PA 15501  
(814) 443-3681

Somerset Single County Authority for Drug & Alcohol  
300 North Center Avenue, Suite 360  
Somerset, PA 15501  
(814) 445-1530

South Fork Public Library  
320 Main Street  
South Fork, PA 15956  
(814) 495-4812

St. Vincent de Paul Society  
945 Franklin Street  
Johnstown, PA15905  
(814) 535-3315

Teen Parenting Program  
Greater Johnstown School District  
222 Central Avenue  
Johnstown, PA15902  
(814) 533-5538

The Healing Patch  
118 Ebony Road  
Ebensburg, PA 15931  
(814) 947-7140

United Methodist Human Services  
510 Locust Street  
Johnstown, PA 15901  
(814) 539-2633

United Way of the Laurel Highlands  
422 Main Street, Suite #203  
Johnstown, PA 15901  
(814) 535-2563

Veterans Community Initiatives  
727 Goucher Street  
Johnstown, PA 15905  
(814) 255-0355

Veterans Leadership Program of Western PA  
Hiram G. Andrews Center  
Johnstown, PA 15905  
(814) 255-7209

Victim Services, Inc. – Johnstown  
638 Ferndale Avenue  
Johnstown, PA 15905  
(814) 288-4961

## Access to Social Determinants of Health Needs/Healthcare, cont.

Victim Services, Inc. – Somerset  
218 North Kimberly Avenue, Suite 4  
Somerset, PA 15501  
(814) 443-1555

Westmont Family Counseling Ministries  
789 Goucher Street  
Johnstown, PA 15905  
(814) 536-0798

WIC Office - Carrolltown  
387 Theatre Road, Suite 112  
Carrolltown, PA 15722  
(814) 344-8224

WIC Office - Ebensburg  
3133-65 New Germany Road  
Ebensburg, PA 15931  
(814) 472-7321

WIC Office - Johnstown  
516 Main Street  
Johnstown, PA 15901  
(814) 361-6366

Women's Help Center  
809 Napoleon Street  
Johnstown, PA 15901  
(814) 536-5361

## Obesity/Healthy Living

### Obesity/Diabetes Resources

Anytime Fitness  
881 Hills Plaza Drive, Suite 570  
Ebensburg, PA 15931  
(814) 615-5550

Area 56 Gym  
335 Nees Avenue  
Johnstown, PA 15904  
(814) 322-5809

Conemaugh Diabetes Institute  
1111 Franklin Street  
Johnstown, PA 15905

Crossfit Excursion  
60 Walnut Street  
Johnstown, PA 15901  
(814) 341-0157

Crossfit Revival  
118 West Main Street, Suite 203  
Somerset, PA 15501  
(814) 289-6394

East Hills Recreation  
101 Community College Way  
Johnstown, PA 15904  
(814) 269-0303

Taher Elsdai, MD  
Endocrinology  
1 Tech Park Drive #1130  
Johnstown, PA 15901  
(814) 475-8760

Evolution Gym  
1040 Bedford Street  
Johnstown, PA 15902  
(814) 539-4518

FWA Gym  
200 Lincoln Street  
Johnstown, PA  
(814) 539-0164

Greater Johnstown YMCA  
100 Haynes Street  
Johnstown, PA 15901  
(814) 535-8381

HealthStyles Fitness Center  
600 Somerset Avenue  
Windber, PA 15963  
(814) 467-3632

High Street Body Shop  
128 West High Street  
Ebensburg, PA 15931  
(814) 242-0127

Just Breathe Mindful Movement Studio  
1910 Minno Drive, Suite 160  
Johnstown, PA 15905  
(814) 255-9642

Legends, Strength and Fitness Warehouse  
324 Tanner Street  
Ebensburg, PA 15931  
(814) 248-9698

MorGainz Fitness  
1753 Lyter Drive  
Johnstown, PA 15905  
(814) 262-8085

MorGainz Fitness  
890 Scalp Avenue  
Johnstown, PA 15904  
(814) 254-4690

MorGainz Fitness  
4009 William Penn Avenue  
Nanty Glo, PA 15943  
(814) 419-8090

MorGainz  
201 Georgian Place  
Somerset, PA 15501  
(814) 443-3230

## Obesity/Healthy Living

### Obesity/Diabetes Resources

Planet Fitness  
600 Galleria Drive  
Johnstown, PA 15904  
(814) 254-4414

Somercycle Ltd.  
301 North Center Avenue  
Somerset, PA 15501  
(814) 289-8484

Stoystown Gym  
100 W. Main Street  
Stoystown, PA 15563  
(814) 442-8801

Westmont Hilltop Recreation Commission  
1000 Edgehill Street  
Johnstown, PA 15905  
(814) 539-1877

Windber CB Fitness Program  
1605 Graham Avenue  
Windber, PA 15963  
(814) 467-6696

Yoga Song  
Cypress Avenue  
Johnstown, PA 15902  
(814) 242-5741

CSSMCW Surgical Associates & Bariatrics: Taesun  
Moon, DO and Tameka Scott, DO  
600 Somerset Avenue  
Windber, PA 15963  
(814) 467-3653

Alleghenies Surgical  
999 Eisenhower Boulevard, Suite D 1  
Johnstown, PA 15904  
(814) 467-4750

### Parks, Outdoor Recreation

Allegheny Portage Railroad National Historic Site  
Beaverdale Reservoir Trail  
Blue Knob State Park  
Conemaugh Gap Scenic Overlook - Cycle the Alleghenies  
Duman Lake County Park  
Flight 93 National Park  
Gallitzin State Forest  
Ghost Town Trail  
Greenhouse Park  
Hidden Valley Ski Resort  
Highland Regional Park  
Hinckston Run Reservoir Trails  
Inclined Plane Trails  
James Mayer Riverwalk Trail  
James Wolfe Sculpture Park  
Johnstown Flood National Memorial  
Kiski-Conemaugh River Water Trail  
Kooser State Park  
Laurel Highlands Hiking Trails  
Laurel Hill State Park  
Laurel Mountain State Park/Ski Resort  
Laurel Ridge State Park  
Lorain/Stonycreek Hiking Trails  
Nine for Nine Memorial Park  
Path of the Flood Trail  
Pittsburgh to Harrisburg Main Line Canal Greenway  
Prince Gallitzin State Park  
Quemahoning Reservoir  
Roxbury Park  
Sandyvale Dog Park  
Sargent's Stadium at the Point  
Seven Springs Mountain Resort  
Shawnee State Park  
Stackhouse Park  
Staple Bend Tunnel Trail  
Stonycreek Whitewater Park  
Yellowcreek State Park

## Socioeconomics/Job Training

### Economic Development Organizations

Johnstown Redevelopment Authority  
416 Main Street #200  
Johnstown, PA 15901  
(814) 535-6564

Somerset County Economic Development  
Council  
125 North Center Avenue  
Somerset, PA 15501

Somerset Chamber of Commerce  
601 North Center Avenue  
Somerset, PA 15501  
(814) 445-6431

Cambria Regional Chamber of Commerce  
416 Main Street #201  
Johnstown, PA 15901  
(814) 536-5107

### Job Training

Admiral Perry Area Vocational-Technical School  
948 Benjamin Franklin Highway  
Ebensburg, PA 15931  
(814) 472-6490

Allegany College of Maryland  
281 Technology Drive  
Somerset, PA 15501  
(301) 784-5005

Goodwill Industries  
540 Central Avenue  
Johnstown, PA 15902  
(814) 536-3536

Greater Johnstown Career and Technology  
Center  
445 Schoolhouse Road  
Johnstown, PA 15904  
(814) 266-6073

Hiram G. Andrews Center  
727 Goucher Street  
Johnstown, PA 15905

Mount Aloysius College  
7373 Admiral Peary Highway  
Cresson, PA 16630  
www.mtaloy.edu  
(888) 823-2220

PA Career Link  
248 Main Street  
Johnstown, PA 15901  
(814) 536-5131

PA Career Link  
300 Prave Street  
Ebensburg, PA 15931  
(814) 419-8646

PA Career Link  
218 North Kimberly Avenue  
Somerset, PA 15501  
(814) 445-4161

Pennsylvania Highlands Community College  
101 Community College Way  
Johnstown, PA 15904  
(814) 262-6475

St. Francis University  
117 Evergreen Drive  
Loretto, PA 15940  
(814) 472-3000

University of Pittsburgh at Johnstown  
450 Schoolhouse Road  
Johnstown, PA 15904  
(814) 269-7000

## Socioeconomics/Job Training, cont.

### Libraries

Beaverdale Public Library  
506 Jefferson Avenue  
Beaverdale, PA 15921  
(814) 487-7742

Mary S. Biesecker Public Library  
230 South Rosina Avenue  
Somerset, PA 15501  
(814) 445-4011

Cambria County Library  
248 Main Street  
Johnstown, PA 15901  
(814) 536-5131

Carrolltown Public Library  
P.O. Box 316  
Carrolltown, PA 15722  
(814) 344-6300

Ebensburg Public Library  
225 West Highland Avenue  
Ebensburg, PA 15931  
(814) 472-7957

Gallitzin Public Library  
DeGol Plaza, Suite 30  
Gallitzin, PA 16641  
(814) 886-4041

Hastings Public Library  
312 Beaver Street  
Hastings, PA 16646  
(814) 247-8231

Highland Community Library  
330 Schoolhouse Road  
Johnstown, PA 15904  
(814) 266-5610

Lilly Washington Public Library  
520 Church Street  
Lilly, PA 15938  
(814) 886-7543

Meyersdale Public Library  
210 Center Street  
Meyersdale, PA 15552  
(814) 634-0512

Nanty Glo Public Library  
942 Roberts Street  
Nanty Glo, PA 15943  
(814) 749-0111

Northern Cambria Public Library  
1030 Philadelphia Avenue  
Northern Cambria, PA 15714  
(814) 948-8222

Patton Public Library  
444 Magee Avenue  
Patton, PA 16668  
(814) 674-8231

Portage Public Library  
704 Main Street  
Portage, PA 15946  
(814) 736-4340

Somerset County Library  
6022 Glades Pike, Suite 120  
Somerset, PA 15501  
(814) 445-5907

Windber Public Library  
1909 Graham Avenue  
Windber, PA 15963  
(814) 467-4950

## Early Childhood

Beginnings, Inc.  
111 Market Street  
Johnstown, PA 15906  
(814) 539-1919

Birthright of Johnstown  
216 Dibert Street  
Johnstown, PA 15901  
(814) 535-8231

Birthright of Somerset  
238 West Union Street, Suite 208  
Somerset, PA 15501  
(814) 445-9300

Bundles of Joy  
510 Locust Street  
Johnstown, PA 15901  
(814) 539-2633

Cambria County Backpack Project  
2025 Bedford Street  
Johnstown, PA 15904  
(814) 262-0732

Cambria County Child Development Corp.  
300 Prave Street, #1  
Ebensburg, PA 15931  
(814) 472-6341

Cambria County Foster Grandparent Program  
110 Franklin Street, Suite 400  
Johnstown, PA 15901  
(814) 536-9009

Circle of Support Child Advocacy Center  
117 Work Drive  
Johnstown, PA 15904  
(814) 254-4567

Community Action Partnership of Cambria  
County  
516 Main Street  
Johnstown, PA 15901  
(814) 536-9031

Community Action Partnership of Somerset  
County - Tableland  
535 East Main Street  
Somerset, PA 15501  
(814) 445-9628

Communities in Schools  
1091 Broad Street  
Johnstown, PA 15906  
(814) 533-5670

Conemaugh Ob/Gyn  
1111 Franklin Street  
Johnstown, PA 15905  
(814) 534-9230

Cribs for Kids  
111 Market Street  
Johnstown, PA 15901  
(814) 539-1919

Laurel Pediatrics  
323 Budfield Street  
Johnstown, PA 15904  
(814) 262-9500

Laurel Pediatrics  
223 South Pleasant Avenue  
Somerset, PA 15501  
(814) 443-2888

The Learning Lamp  
2025 Bedford Street  
Johnstown, PA 15904  
(814) 262-0732

Mom's House, Inc.  
1325 Franklin Street  
Johnstown, PA 15905  
(814) 535-4848

Nurse Family Partnership  
501 Howard Avenue, Suite B110  
Altoona, PA 16601  
(814) 942-1903

## Early Childhood, cont.

Operation Diaper Delivery  
Cambria County, PA 15901  
(814) 535-2563

Operation Diaper Delivery  
Somerset County, PA 15501  
(814) 535-2563

Pediatric Care Specialists  
Offices in Richland, Ebensburg, Johnstown,  
Somerset, Alum Bank  
1322 Eisenhower Boulevard  
Johnstown, PA 15904  
(814) 266-8840

Planned Parenthood  
817 Franklin Street  
Johnstown, PA 15901  
(814) 535-5545

Precious Life of Cambria County  
1062 Bedford Street  
Johnstown, PA 15902  
(814) 269-4391

Professional Family Care Services  
937 Menoher Boulevard  
Johnstown, PA 15905  
(814) 255-9559

United Way of the Laurel Highlands  
422 Main Street, #203  
Johnstown, PA 15901  
(814) 535-2563

UPMC Children's Specialty Care Center  
865 Eisenhower Boulevard  
Johnstown, PA 15904  
(814) 266-8840

WIC – Carrolltown  
387 Theatre Road  
Carrolltown, PA 15722  
(814) 344-8224

WIC – Ebensburg  
3133-65 New Germany Road  
Ebensburg, PA 15931  
(814) 472-7321

WIC – Tapestry of Health Somerset  
651 South Center Avenue  
Somerset, PA 15501  
(814) 443-1901

WIC – Johnstown  
516 Main Street  
Johnstown, PA 15901  
(814) 361-6366

### Cambria County Schools

Bishop McCort Catholic High School  
25 Osborne Street  
Johnstown, PA 15905  
(814) 536-8991

Blacklick Valley School District  
555 Birch Street  
Nanty Glo, PA 15943  
(814) 749-9211

Cambria County Christian School  
561 Pike Road  
Johnstown, PA 15909  
(814) 749-7406

Cambria Heights School District  
426 Glendale Lake Road  
Patton, PA 16668  
(814) 674-3601

Central Cambria School District  
204 Schoolhouse Road  
Ebensburg, PA 15931  
(814) 472-8860

Conemaugh Valley School District  
1342 William Penn Avenue  
Johnstown, PA 15906  
(814) 535-5523

## Early Childhood, cont.

Ferndale Area School District  
100 Dartmouth Avenue  
Johnstown, PA 15905  
(814) 535-6724

Forest Hills School District  
489 Locust Street  
Sidman, PA 15955  
(814) 487-7613

Glendale School District  
1466 Beaver Valley Road  
Flinton, PA 16640  
(814) 687-3402

Greater Johnstown School District  
1091 Broad Street  
Johnstown, PA 15906  
(814) 533-5670

Great Johnstown School District  
Morrell Neighborhood Preschool  
413 Power Street  
Johnstown, PA A 15906  
(814) 262-8184

Northern Cambria School District  
601 Joseph Street  
Barnesboro, PA 15714  
(814) 948-5481

Divine Mercy  
430 Tioga Street  
Johnstown, PA 15905  
(814) 539-5315

Penn Cambria School District  
201 6th Street  
Cresson, PA 16630  
(814) 886-8121

Portage Area School District  
84 Mountain Avenue  
Portage, PA 15946  
(814) 736-9636

Richland School District  
1 Academic Avenue, Suite 200,  
Johnstown, PA 15904  
(814) 266-5757

Westmont School District  
112 Lindberg Avenue  
Johnstown, Pennsylvania 15905  
(814) 255-6751

### Somerset County Schools

Berlin Brothersvalley  
1025 East Main Street  
Berlin, PA 15530  
(814) 267-4623

Cairnbrook School District  
235 McGregor Avenue  
Cairnbrook, PA 15924  
(814) 754-5021

Conemaugh Township School District  
300 West Campus Avenue  
Davidsville, PA 15928  
(814) 479-4014

Johnstown Christian School  
125 Christian School Road  
Hollsopple, PA 15935  
(814) 288-2588

Meyersdale School District  
1349 Shaw Mines Road  
Meyersdale, PA 15552  
(814) 634-8311

Mountain View Christian School  
1751 Springs Road  
Springs, PA 15562  
(814) 662-2607

North Star School District  
400 Ohio Street  
Boswell, PA 15531  
(814) 629-6651

## Early Childhood, cont.

Rockwood School District  
437 Somerset Avenue  
Rockwood, PA 15557  
(814) 926-4631

Salisbury-Elk Lick School District  
200 Smith Avenue  
Salisbury, PA 15558  
(814) 662-2741

Shanksville-Stonycreek School District  
1325 Corner Stone Road  
Shanksville, PA 15560  
(814) 267-4649

Somerset Christian School  
708 Stoystown Road, Suite 2  
Somerset, PA 15501  
(814) 443-1960

Somerset County Technology Center  
Vocational School  
281 Technology Drive  
Somerset, PA 15501  
(814) 443-3651

Somerset Mennonite School  
426 Horner Church Road  
Stoystown, PA 15563  
(814) 629-6868

Somerset School District  
105 New Centerville Road  
Somerset, PA 15501  
(814) 445-6677

Turkeyfoot Valley Area School District  
172 Turkeyfoot Road  
Confluence, PA 15424  
(814) 395-3622

Windber Area High School  
2301 Graham Avenue  
Windber, PA 15963  
(814) 467-4567

## Head Start Programs

Admiral Peary Head Start  
948 Ben Franklin Highway  
Ebensburg, PA 15931  
(814) 471-0470

Cambria Elementary Pre-K Counts  
202 Schoolhouse Road  
Ebensburg, PA 15931  
(814) 472-8432 x4209

Jackson Elementary Pre-K Counts  
3704 William Penn Avenue  
Johnstown, PA 15909  
(814) 749-8421 x5206

Johnstown City Head Start, Pre-K Counts  
401 Broad Street Suite 120  
Johnstown, PA 15906  
(814) 254-4180

Mount Aloysius Head Start  
Cosgrave Center, 5 College Way  
7373 Admiral Peary Highway  
Cresson, PA 16630  
(814) 886-7484

Northern Cambria Early Head Start and Head  
Start  
822 22nd Street  
Northern Cambria, PA 15714  
(814) 420-8155

Salix Head Start, Pre-K Counts  
1075 Forest Hills Drive  
Salix, PA 15952  
(814) 487-5629

Ferndale Elementary PreK Counts  
100 Dartmouth Avenue  
Johnstown, PA 15905  
(814) 535-6724 x4105

## Early Childhood, cont.

Somerset County Early Childhood  
Learning Lamp Center for Children in  
Somerset  
451 Aberdeen Drive  
Somerset, PA 15501  
(814) 444-8828

Center for Community Action  
Somerset County Children and Youth  
300 North Center Avenue  
Somerset, PA  
(814) 445-1661

Tableland Services, Inc.  
Somerset County Head Start  
Early Childhood Education  
535 East Main Street  
Somerset, PA  
(814) 445-9628

Pennsylvania Department of Human Services  
Regional Child Development Offices-Western  
Region  
1-800-222-2149

## **Violence/Abuse/Safety**

### **Police – Cambria County**

Pennsylvania State Police  
1800 Elmerton Avenue  
Harrisburg, PA 17110  
(717) 783-5599

Pennsylvania State Police  
100 Casale Court  
Ebensburg, PA 15931  
(814) 471-6500

Adams Township Police Department  
125 Mary Drive, Suite #3  
Sidman, PA 15955  
(814) 487-4712

Cambria County Department of Emergency  
Services  
401 Candlelight Drive, Suite 100  
Ebensburg, PA 15931  
(814) 472-2100

Cambria County Sheriff  
200 South Center Street  
Ebensburg, PA 15931  
(814) 472-1691

Cambria Township Police Department  
184 Municipal Road  
Ebensburg, PA 15931  
(814) 472-6040

Carrolltown Police Department  
132 East Carroll Street  
Carrolltown, PA 15722  
(814) 344-6400

East Taylor Police Department  
2402 William Penn Avenue  
Johnstown, PA 15909  
(814) 322-3801

Ebensburg Borough Police Department  
300 West High Street, Suite 1  
Ebensburg, PA 15931  
(814) 472-8930

Ferndale Police Department  
109 Station Street, Suite 115  
Johnstown, PA 15905  
(814) 288-4131

Geistown Borough Police Department  
721 East Oakmont Boulevard  
Johnstown, PA 15904  
(814) 266-8313

Hastings Borough Police Department  
207 5th Avenue, Suite 1  
Hastings, PA 16646  
(814) 247-6663

Jackson Township Police Department  
513 Pike Road  
Johnstown, PA 15909  
(814) 749-0051

Johnstown Police Department  
401 Washington Street  
Johnstown, PA 15901  
(814) 472-2100

Lilly Police Department  
417 Cleveland Street  
Lilly, PA 15938  
(814) 886-7225

Loretto Police Department  
187 St. Mary Street  
Loretto, PA 15940  
(814) 472-8995

Nanty Glo Borough Office  
1015 1st Street  
Nanty Glo, PA 15943  
(814) 749-0331

## Violence/Abuse/Safety, cont.

Patton Police Department  
800 4th Avenue, Suite 2  
Patton, PA 16668  
(814) 674-3650

Portage Borough Police Department  
721 Main Street  
Portage, PA 15946  
(814) 736-9638

Richland Police Department  
322 Schoolhouse Road  
Johnstown, PA 15904  
(814) 266-8333

Sankertown Borough Police Department  
301 Pennsylvania Avenue  
Cresson, PA 16630  
(814) 886-6865

South Fork Police Department  
507 Maple Street  
South Fork, PA 15956  
(814) 495-9886

Summerhill Township Police Department  
892 Main Street  
Wilmore, PA 15962  
(814) 495-8279

Upper Yoder Township Police  
110 Sunray Drive, Suite 4  
Johnstown, PA 15905  
(814) 255-6227

Vintondale Borough Office  
351 Main Street  
Vintondale, PA 15961  
(814) 749-8943

### Police – Somerset County

Somerset Borough Police Department  
340 West Union Street  
Somerset, PA 15501  
(814) 445-4596

Pennsylvania State Police – Somerset Barracks  
142 Sagamore Street  
Somerset, PA 15501  
(814) 445-4104

Somerset County Sheriff  
111 East Union Street, Suite 100  
Somerset, PA 15501  
(814) 445-1502

Berlin Borough Police Department  
721 1/2 North Street  
Berlin, PA 15530  
(814) 267-4111

Boswell Borough Police Department  
608 Hower Avenue  
Boswell, PA 15531  
(814) 629-7255

Conemaugh Township Police Department  
1120 Tire Hill Road  
Johnstown, PA 15905  
(814) 288-1400

Elk Lick Township Police Department  
1507 Saint Paul Road  
West Salisbury, PA 15565  
(814) 662-4270

Garrett Borough  
307 Municipal Road  
Somerset, PA 15501  
(814) 634-9722

Hooversville Borough Police Department  
50 Main Street  
Hooversville, PA 15936  
(814) 798-8001

Indian Lake Borough Police Department  
1301 Causeway Drive  
Central City, PA 15926  
(814) 267-3776

## Violence/Abuse/Safety, cont.

Northern Cambria Police Department  
1202 Philadelphia Avenue, Suite 4  
Northern Cambria, PA 15714  
(814) 948-4884

Jennerstown Borough Police Department  
102 Saylor Street  
Jennerstown, PA 15547  
(814) 629-7234

Meyersdale Borough Police Department  
215 Main Street  
Meyersdale, PA 15552  
(814) 634-5149

Paint Township Police Department  
111 East Union Street, Suite 40  
Somerset, PA 15501  
(814) 467-8444

Rockwood Borough Police Department  
669 Somerset Avenue  
Rockwood, PA 15557  
(814) 926-3211

Somerset Borough Police Department  
340 West Union Street  
Somerset, PA 15501  
(814) 445-4596

Somerset County Detectives (Drug Task Force)  
340 West Union Street  
Somerset, PA 15501  
(814) 445-1470

Somerset County Sheriff's Department  
111 East Union Street  
Somerset, PA 15501  
(814) 445-1513

Summit Township Police Department  
192 Township Office Road  
Meyersdale, PA 15552  
(814) 634-5364

Windber Borough Police Department  
1301 Jefferson Avenue  
Windber, PA 15963  
(814) 467-8383

## Domestic Abuse Resources

Women's Help Center  
809 Napoleon Street  
Johnstown, PA 15901  
(814) 536-5361

Victim Services  
218 North Kimberly Avenue #4  
Somerset, PA 15501  
(814) 443-1555

Victim Services  
638 Ferndale Avenue  
Johnstown, PA 15905  
(814) 288-4961

Next Step Center  
406 Stoystown Road  
Somerset, PA 15501  
(814) 444-8588

Tableland Services, Community Action  
Somerset  
535 East Main Street #1  
Somerset, PA 15501  
(814) 445-9628

## Crisis Intervention Services

Cambria County – 1-877-268-9463  
Somerset County - 1-866-611-6467  
National Domestic Violence Hotline 800-799-SAFE (7233)

## Sources

### Mental Health Services

<https://www.conemaugh.org/>

<https://www.cambriacountypa.gov/>

<https://somersethealth.org/>

### Access to Health Care/Insurance

<https://www.conemaugh.org/>

<https://www.cambriacountypa.gov/>

<https://somersethealth.org/>

### Healthy Eating Active Living

<https://www.conemaugh.org/>

<https://www.cambriacountypa.gov/>

<https://somersethealth.org/>

### Socioeconomics

<https://somersetcountychamber.com/>

<https://www.crchamber.com/>

### Childhood Development

<https://www.cambriacountypa.gov/resources/education/>

<https://www.sasd.us/>

### Violence/Abuse/Safety

<https://www.cambriacountypa.gov/sheriff-office/>

<https://www.cambriatwp.com/cambria-twp-police>

<http://www.adamstwp cambria.com/police-department.html>

<https://www.stonycreektownship.com/police-department>

<https://www.womenshelpcenter.org/>

<https://victimservicesinc.org/>

To update or add information, complete the form below

Name of Organization:

Contact Name:

Phone #:

Fax #:

Email:

Web page:

Mailing Address:

List services:

Please describe your organization's purpose, services, etc.

Submit updated information to:  
Conemaugh Health System Marketing Department

# Community Health Needs Assessment for Cambria and Somerset Counties

*Completed in partnership with:*



United Way  
of the Laurel Highlands

