

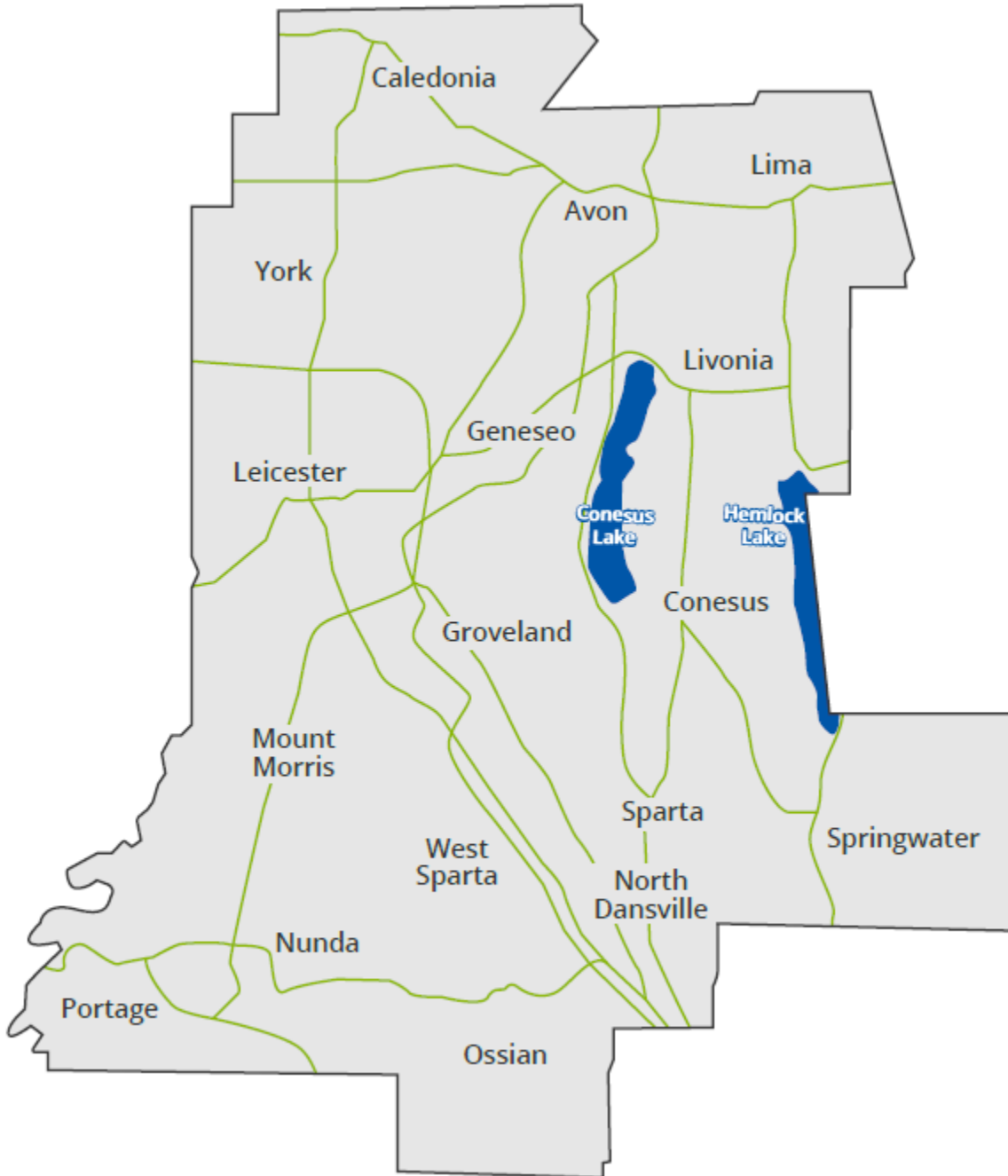


Common
Ground
Health

MOUNT MORRIS, NEW YORK

LIVINGSTON COUNTY

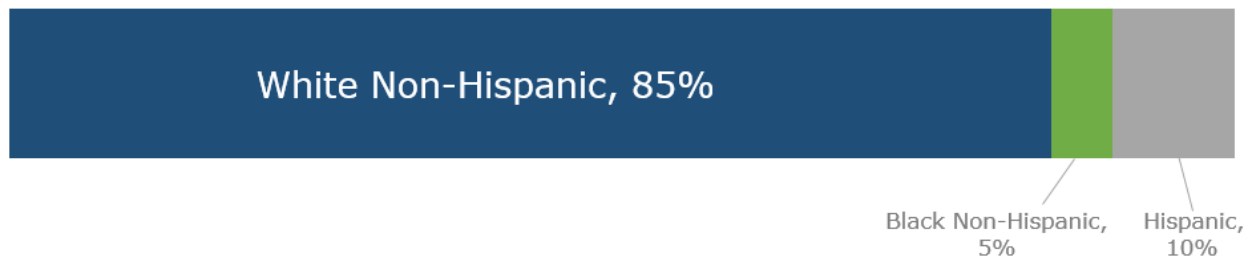
Common Ground Health, 2021



About Mount Morris

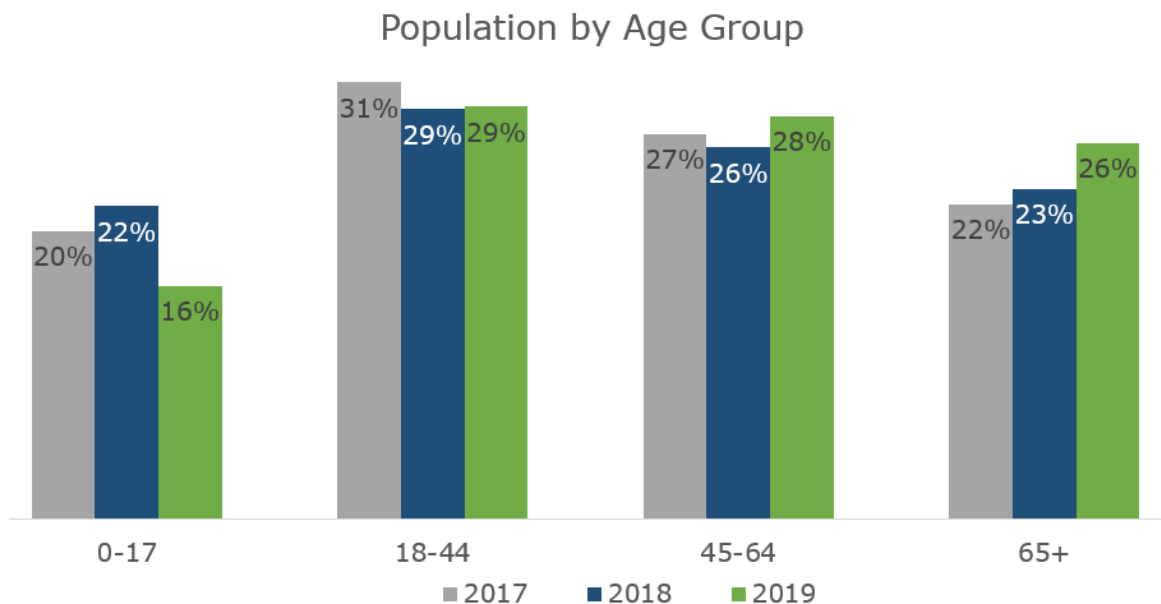
4,271 residents live in Mount Morris.

3,612 are White Non-Hispanic.



The average life expectancy at birth in Mt. Morris in the two year period from 2014-2016 was 73.5 years. This was a decrease from the 74.4 years seen in the previous two year period, 2012-2014. The average life expectancy at birth in Livingston County from 2014-2016 was 77.3 years, a decrease from the 78.4 years seen in the previous two year period.

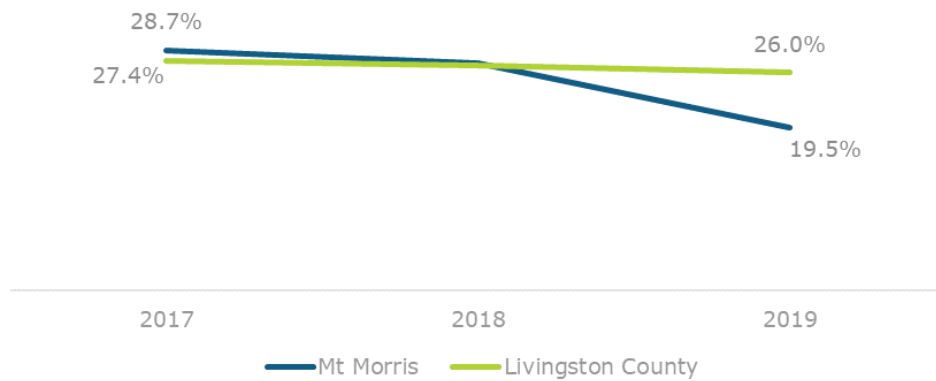
Between 2017 and 2019 in Mt. Morris, the 0-17 age group decreased by four percentage points and 65+ age groups increased by the same amount. An increase in the aging population and greater longevity for those living with chronic conditions will place a greater demand on the health care system.



Who you live or do not live with, as well as where you live, can impact personal health behaviors and the ability to access health care services. Households with special needs, disability and caregiver demands, and those with children in the home experience challenges and stresses of maintaining employment, remaining up-to-date on bills and household chores and taking care of the social, emotional and physical well-being of household members. Single parent households experience these challenges to an even greater degree which may significantly impact a person's ability to prioritize needs inside and outside of the home.

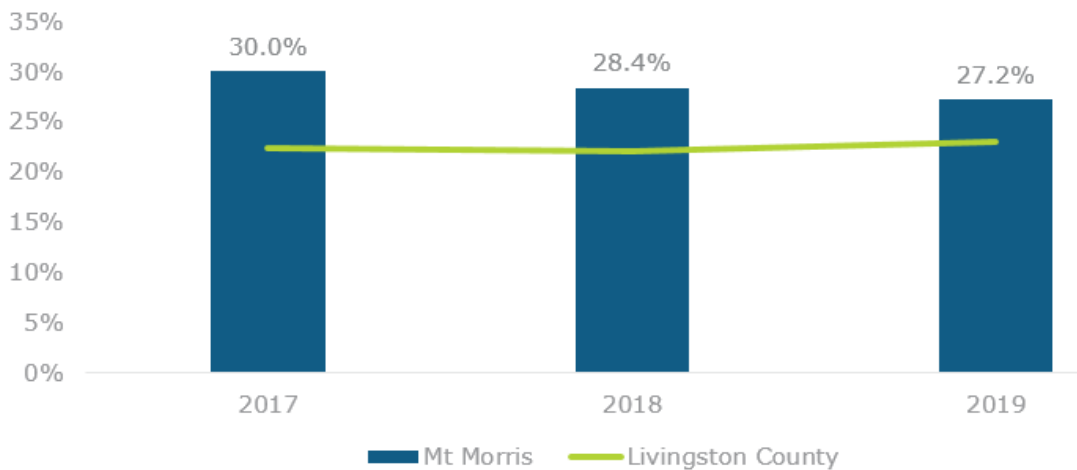
The percentage of households in Mount Morris with one or more persons under 18 years of age living in the home decreased over nine percentage points from 2017 to 2019. Livingston County saw a slight decrease in this percentage in the same time period.

Percent of households with children under the age of 18

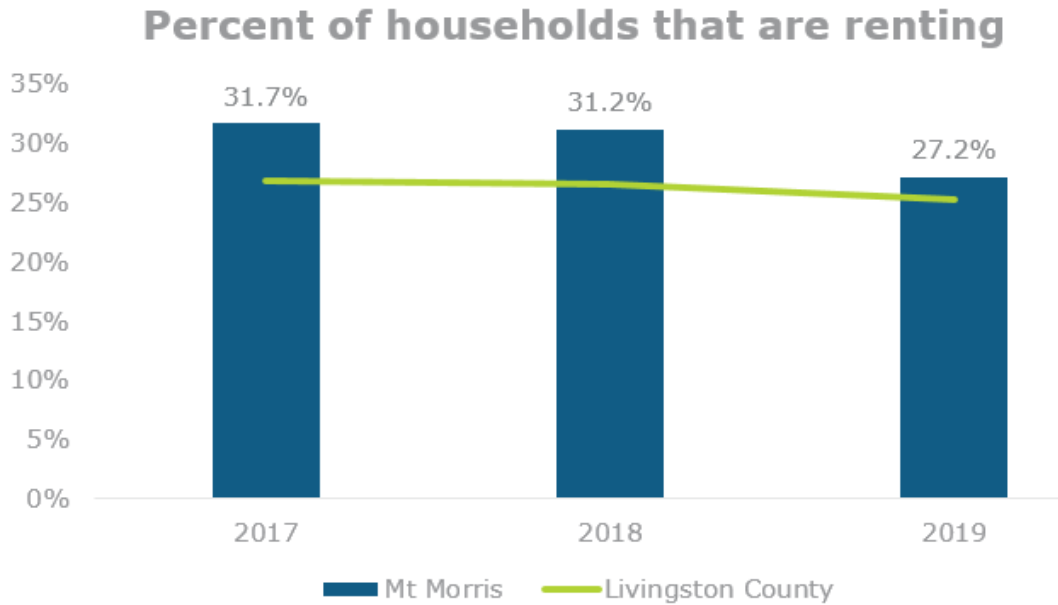


The percentage of single parent households in Mount Morris decreased nearly three percentage points from 2017 to 2019. Livingston County saw a slight increase in the percentage of single parent households in that time period.

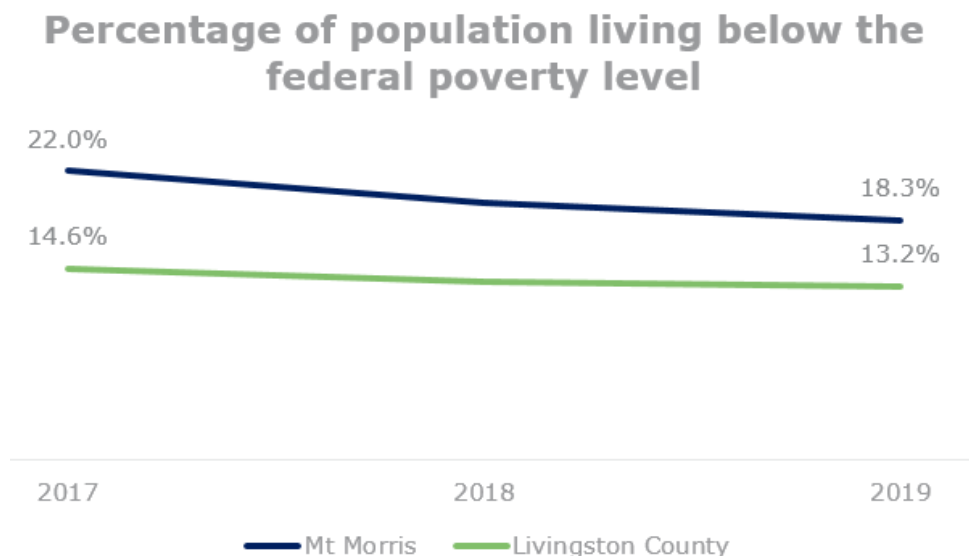
Percent of households that are single parent



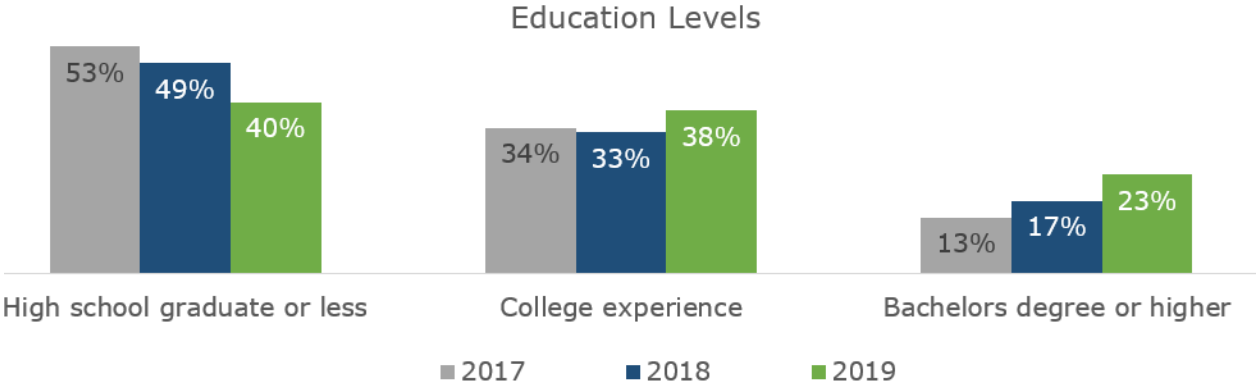
The percentage of renter-occupied housing units in Mount Morris decreased 4.5 percentage points from 2017 to 2019. Livingston County also saw a decrease in the percentage of renter-occupied units.



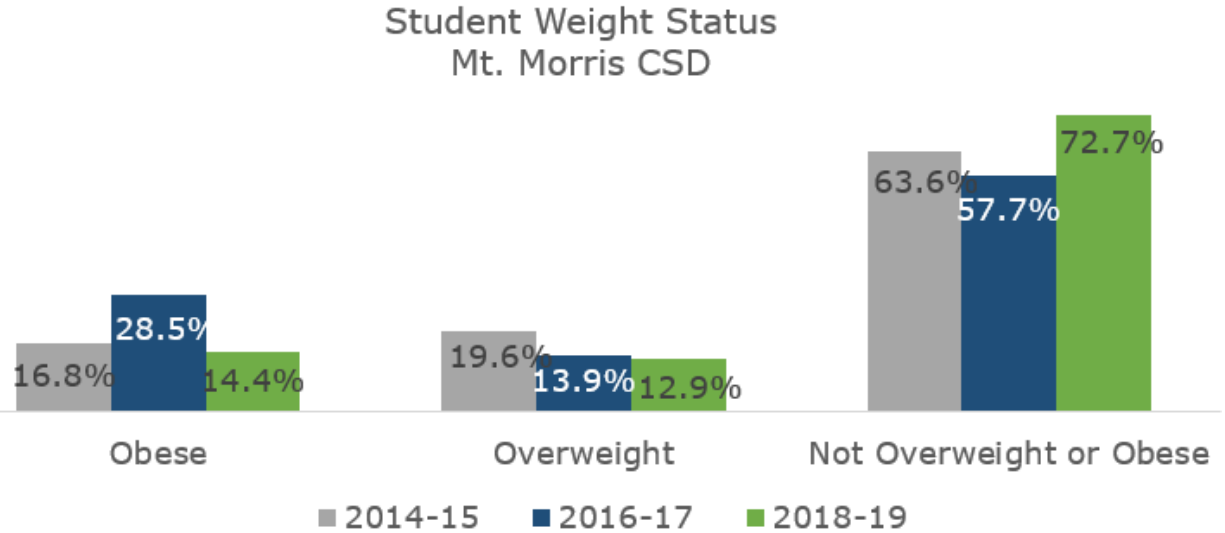
More than 700 residents, 18.3 percent of Mount Morris' population, live below the federal poverty level according to U.S. Census statistics. While the percentage of those living below poverty level did decrease between 2017 and 2019, Mount Morris' socioeconomic status (SES), which takes into account both financial and environmental factors, is considered low. Research shows that lower SES is linked to higher incidence of chronic diseases, shorter life expectancy and lower rates of good social, emotional and physical health. The percentage of the population in Livingston County living below the federal poverty level also decreased slightly from 2017 to 2019.



Education levels can also predict life expectancy. The Centers for Disease Control and Prevention reports that adults aged 25 without a high school diploma “can expect to die nine years sooner than college graduates.” Approximately 61 percent of Mount Morris residents have at least some form of college experience, an increase from the previous two years. Fifty-nine percent of Livingston County residents had at least some form of college experience in 2019.






According to the Student Weight Status Category Reporting System, approximately 27 percent of students in the Mount Morris Central School District were overweight or obese in the 2018-19 academic year. This was lower than in the 2016-17 academic year. Mount Morris Central School District also had a higher rate of students who were not overweight or obese in the 2018-19 school year, 73%, than did Livingston County, 64%, in the 2017-19 reporting period.




About Livingston County

Behavioral and personal lifestyles are important determinants of health. Smoking, poor nutrition and other unhealthy behaviors are linked to adverse health outcomes. Several indicators for behavioral lifestyles are shown below for Livingston County residents.

	Livingston County	Finger Lakes Region
Consumes <u>no</u> fruits or vegetables daily 	61.8%	57.6%
Consumes one or more sugary drinks daily 	21.9%	16.7%
Participated in leisure time physical activity in the past 30 days 	76.6%	77.9%

Adult smoking rates are higher in Livingston County (20.1 percent) than rates in the Finger Lakes Region (16.0 percent). Data reveal an estimate of more than 9,900 adults who currently smoke in Livingston County.



	Livingston County	Finger Lakes Region
Current cigarette smoker 	20.1%	16.0%

About Livingston County

Inactive lifestyles and poor diet may lead to obesity, a risk factor for developing diabetes, hypertension and other chronic illnesses. Estimated rates of obese or overweight adults in Livingston County are slightly lower (65.2 percent) than rates in the Finger Lakes Region (67.1 percent). However, the prevalence of adults with physician-diagnosed diabetes in Livingston County (9.7 percent) is lower than the rate in the Finger Lakes Region (13.1 percent).

	Livingston County	Finger Lakes Region
Obese or overweight adults	65.2%	67.1%
Physician-diagnosed diabetes	9.7%	13.1%

The physical environment plays an important role in residents' ability to engage in physical activity and access nutritious food. In Livingston County, residents are more likely to report that their neighborhood is suitable for being physically active (87.7 percent) when compared to the Finger Lakes region (83.9 percent). In addition, Livingston County has a higher rate of its population reporting always feeling stressed about having enough money to afford healthy food (18.2 percent) compared to the Finger Lakes region (12.9 percent).

	Livingston County	Finger Lakes Region
Consider neighborhood good/great for being active 	87.7%	83.9%
Always stressed about not enough money to afford healthy food 	18.2%	12.9%

About Common Ground Health

Founded in 1974, Common Ground Health is one of the nation's oldest and most effective regional health planning organizations. Located in Rochester, N.Y., the nonprofit serves the nine-county Finger Lakes region. We bring together health care providers, insurers, consumers and other partners to find common ground on our most pressing health challenges. Learn more about our community tables, our data resources and our work improving population health at www.CommonGroundHealth.org.

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