

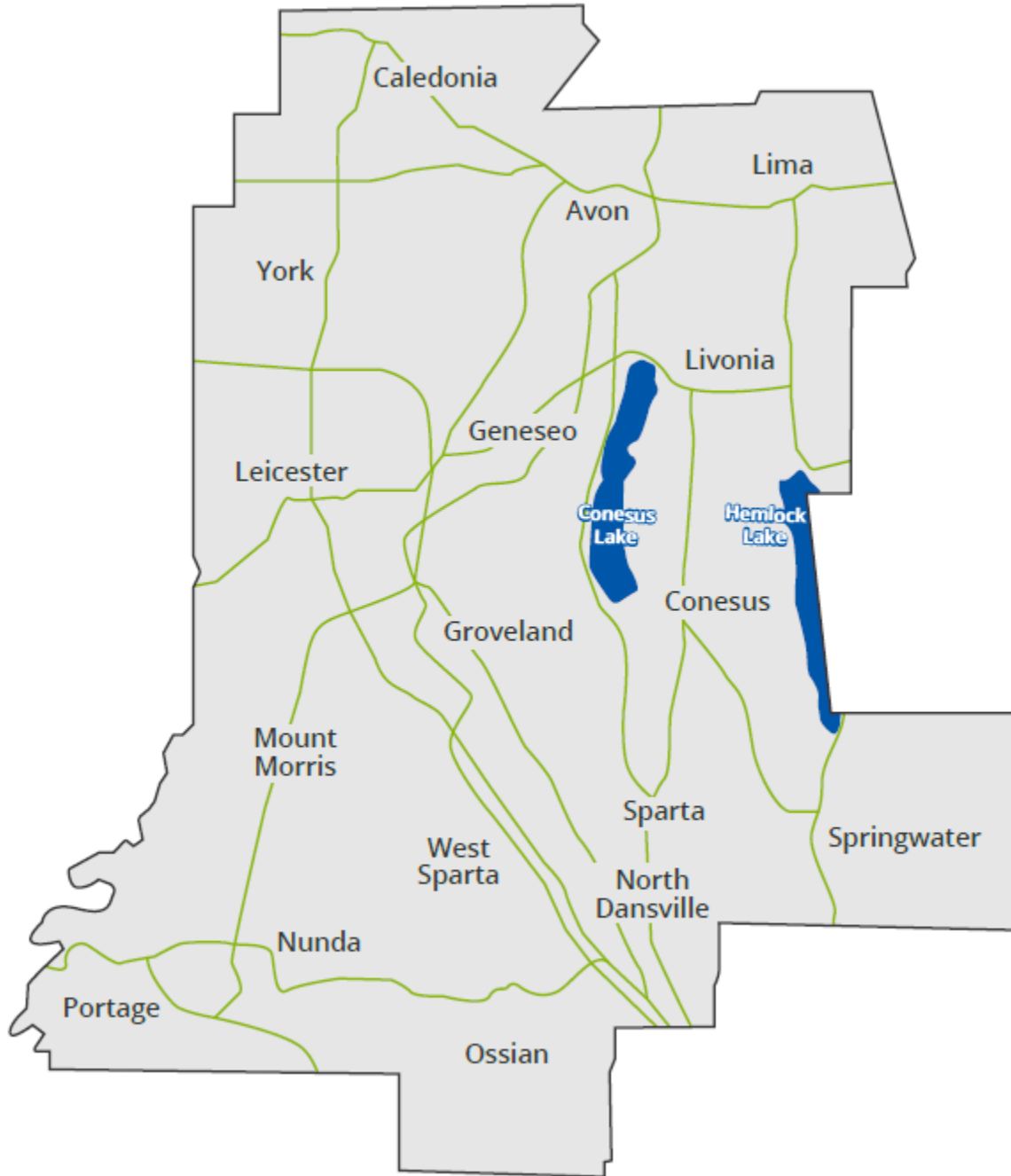


Common  
Ground  
Health

# LIMA, NEW YORK

## LIVINGSTON COUNTY

Common Ground Health, 2023



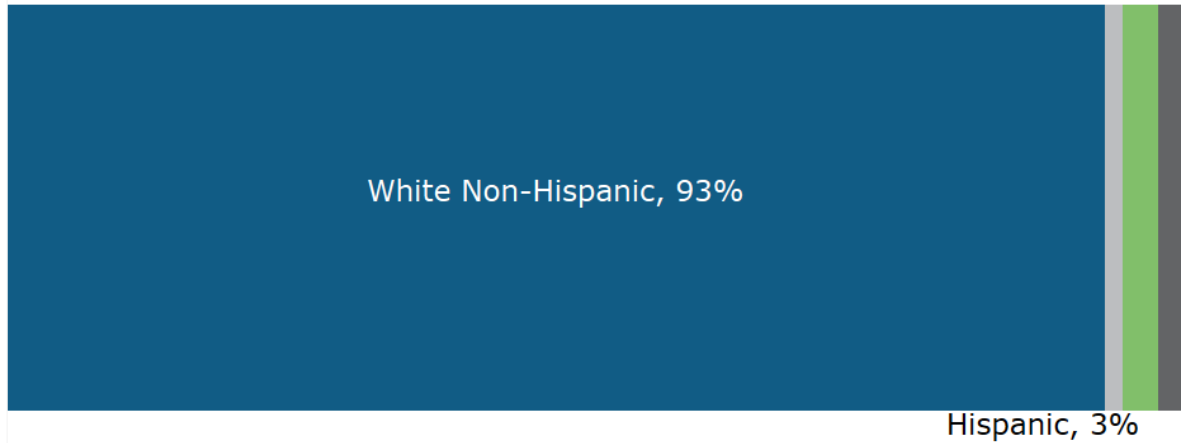
# About Lima

**4,087 residents live in Lima.**

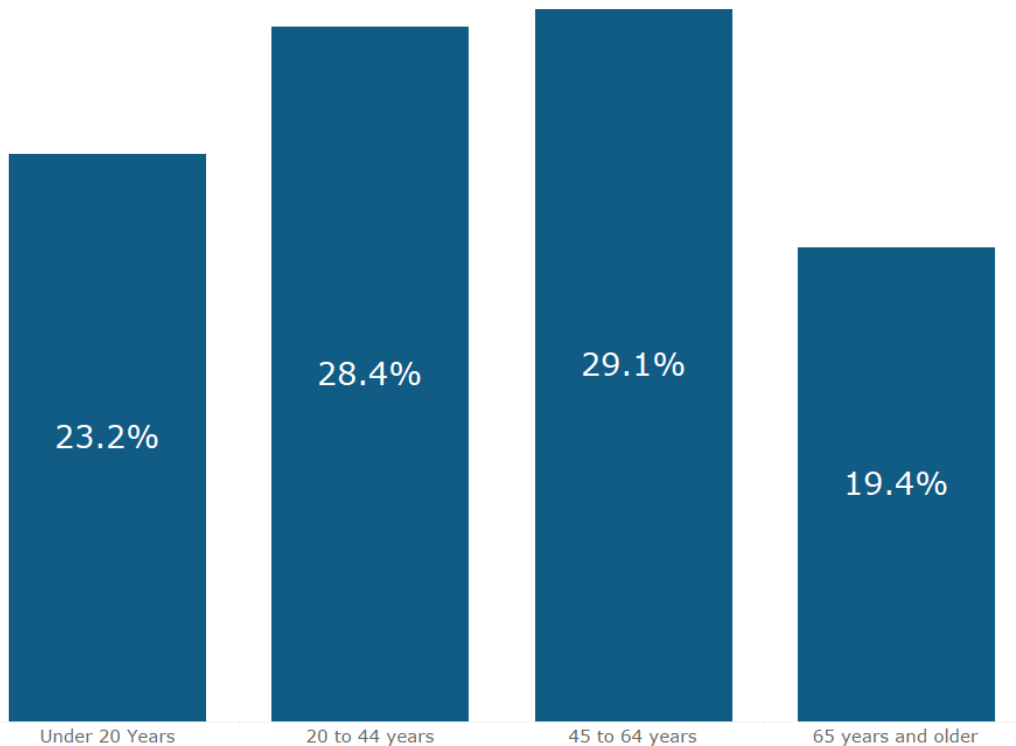
*3,809 are White Non-Hispanic*

Black, Non-Hispanic, 2%

Other, 2%



## Population by Age Group



**29%**

of households have one or more persons under 18 years of age living in the home.

*Livingston County rate = 28.1%.*

**22.7%**

of housing units are renter-occupied.

*Livingston County rate = 23.7%.*

**3.6%**

of families are single parent households.

*Livingston County rate = 4.4%.*

**81.3 years**

is the average life expectancy at birth.

*Livingston County rate = 80.4 years.*

## About Lima

More than 250 residents – 6.7 percent of Lima’s population – live below the federal poverty level according to U.S. Census statistics. Lima’s socioeconomic status (SES), which takes into account income, educational attainment, and occupational factors, is considered medium.<sup>1</sup> Measured on a scale of one to five, Lima's SES is a three.<sup>1</sup> Socioeconomic factors are linked to higher incidence of cardiovascular disease, and can affect health at the individual, household, neighborhood, and community-level.<sup>2</sup>

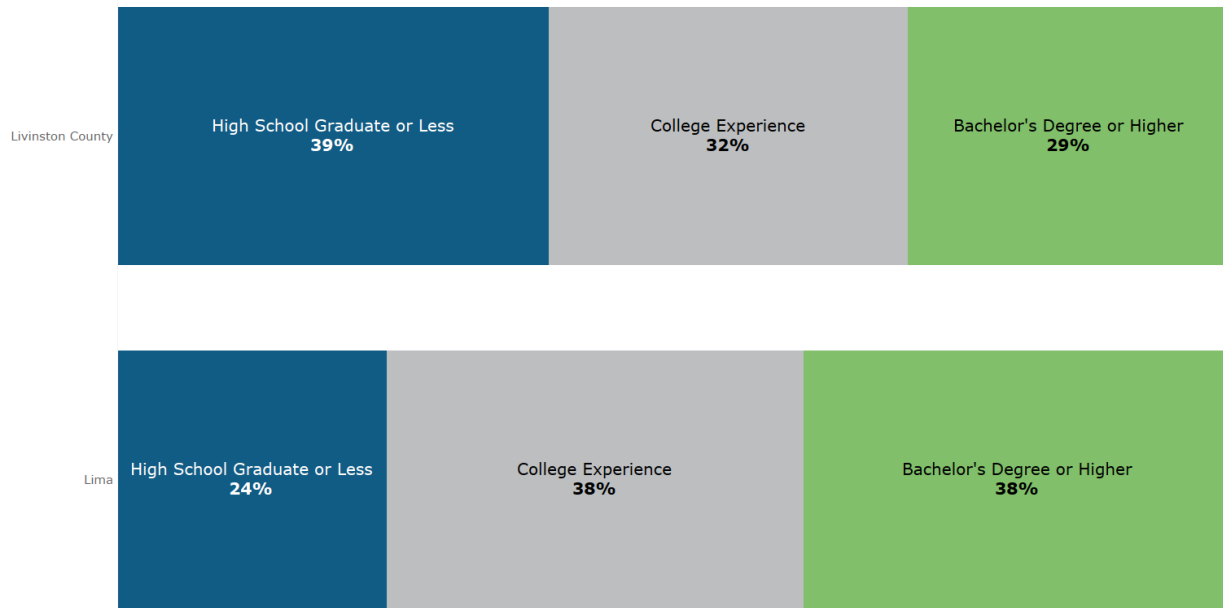
Education levels can predict quality of life and life expectancy. Adults aged 25 without a high school diploma “can expect to die nine years sooner than college graduates” and have greater medical care costs.<sup>3</sup> Lima fares better than the rest of Livingston County in terms of college education levels. Approximately 38 percent of Lima residents have a Bachelor's Degree or higher, compared to 29 percent of Livingston County residents.

<sup>1</sup> Socioeconomic Status (SES) Index developed by Common Ground Health using American Community Survey (ACS), 2016-2020 5 Year Estimates

Socioeconomic status (SES) is determined by ZIP code. Each data point represents the people who live in ZIP codes with a particular SES level.

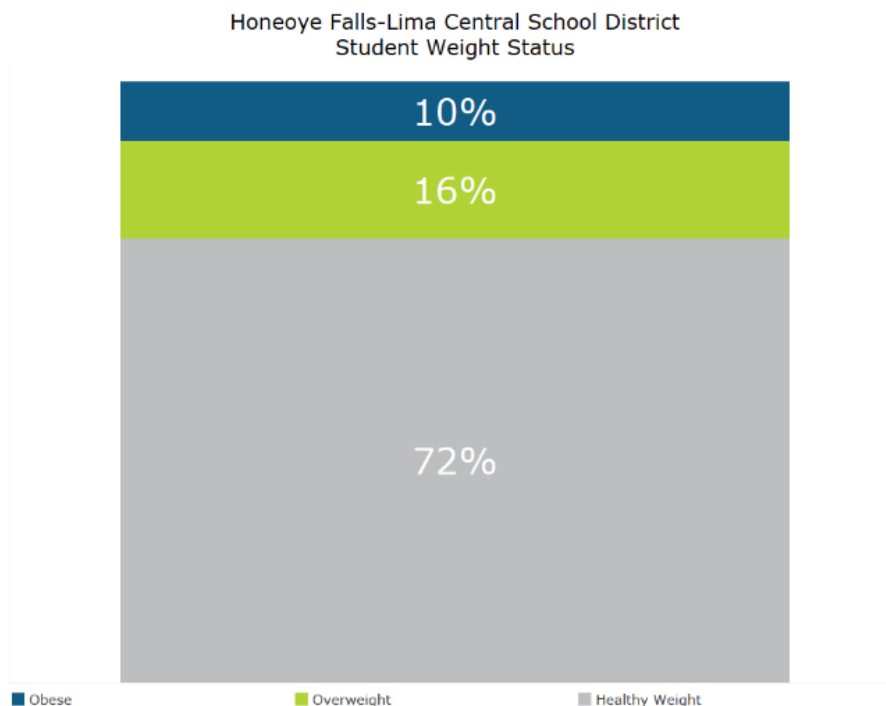
<sup>2</sup> National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention. Socioeconomic Factors. [https://www.cdc.gov/dhdsp/health\\_equity/socioeconomic.htm](https://www.cdc.gov/dhdsp/health_equity/socioeconomic.htm)

<sup>3</sup> Robert Wood Johnson Foundation Center on Society and Health. Education: It matters more to health than ever before. Jan 2014. <https://www.rwjf.org/en/insights/our-research/2014/01/education--it-matters-more-to-health-than-ever-before.html>



Focus groups conducted in Livingston County in 2022 revealed that obesity prevention is important to its residents due to the increased risk for other chronic conditions such as heart disease, hypertension, and diabetes.

According to the Student Weight Status Category Reporting System, approximately 26 percent of students in the Honeoye Falls-Lima Central School District are overweight or obese. The rate of obese students in the School District (10%) is lower than the Livingston County average rate for all school districts (19%).



# Comparing Livingston County to Upstate New York:

Behaviors and personal lifestyles are important determinants of health. Along with this, the environment that people live and work in also impacts health and the ability to maintain a healthy lifestyle. 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 compared to Upstate New York, as well as for Lima where available.

	Livingston County, NY	Lima, NY*	Upstate New York
Consumes one or more sugary drinks daily	<b>22%</b> +/- 9.9%	<b>N/A</b>	<b>18.9%</b> +/- 1.1%
Did not participate in leisure time physical activity in the past 30 days	<b>23.7%</b> +/- 3.8%	<b>18.3%</b> +/-7%	<b>24.1%</b> +/- 0.4%
Reported food security (Rarely/Never concerned about food over last year)	<b>86%</b> +/- 3.8%	<b>N/A</b>	<b>77.5%</b> +/- 0.5%
Current cigarette smoker	<b>19%</b> +/- 4%	<b>16.2%</b> +/-7.6%	<b>12.5%</b> +/- 0.3%
<small>SOURCE: Behavioral Risk Factor Surveillance Survey 2021, Analysis Completed by Common Ground Health            *PLACES Local Data for Better Health. Estimates based on Behavioral Risk Factor Surveillance System data from 2021.</small>			

Inactive lifestyles and poor diets 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 higher than Upstate New York estimates. The estimated prevalence of adults with physician-diagnosed hypertension is slightly lower than Upstate New York for both Livingston County and Lima. The overall estimated diabetes rate is higher for Livingston County than for both Lima and Upstate New York.

	Livingston County, NY	Lima, NY*	Upstate New York
Obese	<b>38%</b> +/- 4.6%	<b>36.7%</b> +/-9.4%	<b>29%</b> +/- 0.5%
Overweight	<b>33%</b> +/-4.5%	<b>N/A</b>	<b>34.4%</b> +/-0.6%
Diabetes	<b>13.7%</b> +/- 3%	<b>7.9%</b> +/-2.5%	<b>11%</b> +/- 0.3%
Hypertension	<b>28.8%</b> +/- 4%	<b>26.5%</b> +/-5.7%	<b>30.3%</b> +/- 0.45%
Mental health not good for more than 14 days in last 30	<b>18%</b> +/- 6.7%	<b>14.6%</b> +/-4.3%	<b>13%</b> +/- 0.3%
Physical health not good for more than 14 days in last 30	<b>13%</b> +/- 6%	<b>9%</b> +/-3%	<b>9.6%</b> +/- 0.3%

SOURCE: Behavioral Risk Factor Surveillance Survey 2021, Analysis Completed by Common Ground Health  
 \*PLACES Local Data for Better Health. Estimates based on Behavioral Risk Factor Surveillance System data from 2021.

# 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](http://www.CommonGroundHealth.org).

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