
2019 COMMUNITY HEALTH NEEDS ASSESSMENT

CORDOVA COMMUNITY MEDICAL CENTER
CORDOVA, ALASKA

December 2019



CONTENTS

Letter from the CEO	4
About Cordova, Alaska	5
About Cordova Community Medical Center (CCMC)	5
CCMC's Mission, Vision, and Values	5
Approval	6
Availability to the Public	6
Acknowledgements and Steering Committee	7
Steering Committee	7
Overview of Process	7
Data Collection Methodology	9
Secondary Data	9
Key Stakeholder Survey	9
Regulatory Requirements	9
Gap Analysis	10
Evaluation of 2016 CHNA Implementation Strategy	11
2016 CHNA Priority 1 OF 5: Provide Education regarding CCMC's Health Services	11
2016 CHNA Priority 2 OF 5: Improved Access to services and enhanced Community Collaborations	12
2016 CHNA Priority 3 OF 5: Increase Access to Specialty Care	13
2016 CHNA Priority 4 OF 5: develop the local Healthcare workforce	14
2016 CHNA Priority 5 OF 5: Enhance Substance Abuse	15
Demographic and Health Profile of Community Served	16
Geographic Assessment Area Defined	16
Demographic Snapshot	18
Health Status and Social Determinants of Health	21
County Health Rankings & Roadmaps	22
Valdez-Cordova County Health Department Input	29
Community Needs Index	30
Survey Input	32
Key Stakeholder Survey	32
Prioritization of Health Needs	33
Key Stakeholder Survey Input Regarding Priorities	33
Prioritization Meeting	38
Prioritization Criteria	38
Prioritized Health Needs	39
Next Steps	39
Appendix 1: Health Outcomes and Health Factors	40

Health Outcome: Length of Life	41
Life Expectancy and Healthy Life Expectancy	41
Leading Causes of death	42
Health Factors: Health Behaviors	44
Tobacco.....	44
Diet & Exercise.....	44
Alcohol & Drug Use.....	46
Diabetes	48
Health Factors: Clinical Care	48
Access to Care	48
Health Factors: Social and Economic Factors.....	51
Education	51
English Proficiency (Linguistically Isolated Households).....	52
Employment.....	52
Income.....	52
Safety And Violence	54
Housing	54
Access to Physical Activity	55
Appendix 2: Community Needs Index	56
Appendix 3: Community Survey.....	58
Appendix 4: Community Resources.....	59

LETTER FROM THE CEO

Dear Cordova Resident:

On behalf of all involved in creating this 2019 Community Health Needs Assessment (CHNA), I invite you to review this document as we collaboratively strive to meet the health and medical needs in our county.

The 2019 CHNA process identifies local health and medical needs and the subsequent implementation plan communicates how Cordova Community Medical Center (CCMC) plans to respond to the prioritized needs. This 2019 CHNA also reports the efforts regarding the four focus areas identified in the 2016 CHNA. Additionally, this document suggests areas where other local organizations and agencies might work with us to achieve desired improvements.

As you review this 2019 CHNA document, please consider how, together, we can further improve the health and medical services our area needs. CCMC does not have adequate resources to solve all the problems identified. Some issues are beyond the mission of CCMC, and action is best suited for a response by others. Some improvements will require personal actions by individuals rather than the response of an organization. We view this as a process for how we, along with other organizations and agencies, can collaborate to bring the best each has to offer to address the more pressing, identified needs.

We invite you to review the CHNA documents, provide feedback and join us in creating a healthier county. We all live and work in this county together, and our collective efforts can make living here a more enjoyable and healthier experience.

Thank you,

Randall Draney

Chief Executive Officer

Cordova Community Medical Center

ABOUT CORDOVA, ALASKA

The community of Cordova, Alaska is a remote, rural community located near the Copper River Delta on the eastern shore of Prince William Sound. Cordova has a population of approximately 2,300 and is served by two main health care providers. Cordova Community Medical Center (CCMC) is owned by the City of Cordova and governed by the Health Services Authority Board. The Ilanka Community Health Center is a Federally Qualified Health Clinic (FQHC) operated and governed by the Native Village of Eyak and the Ilanka Community Wellness Advisory Council.

ABOUT CORDOVA COMMUNITY MEDICAL CENTER (CCMC)

Cordova Community Medical Center is a publicly-owned Critical Access Hospital (CAH), offering medical services that include preventive, inpatient, outpatient, and long-term care. Hospital Services include emergency, laboratory, radiology, physical therapy, and swing-bed services.

Outpatient Clinic services include primary care, with quarterly specialist visits for orthopedics, pediatrics, optometry and women's health services. CCMC also provides Community Behavioral Health, and Developmental Disability services. Behavioral Health services include assessment, individual, family and group counseling, medication evaluation and management and referral. Developmental Disability services include respite and community based rehabilitative services focused on maintaining and improving activities of daily living and independent living skills.

CCMC'S MISSION, VISION, AND VALUES

OUR MISSION/PURPOSE (WHY WE'RE HERE.)

As a partner in our community, Cordova Community Medical Center provides personalized service to support the health and well-being of all people through their journeys in life. Healthy people create a healthy community.

OUR VISION (WHERE WE'RE GOING.)

CCMC is dedicated to the highest level of professional and ethical standards in our service to our community. Staff and Administration work in partnership with one another, visiting specialists and

their staff, and other community providers, based on respect and the highest professional standards. Employees comply with all applicable federal and state laws and regulations in the course of carrying out CCMC's mission, act honestly, and with integrity at all times, provide the best possible care to all patients in a friendly, helpful, and courteous manner.

WE VALUE (HOW WE ACT.)

Stewardship – We accept and demonstrate responsibility in managing the resources entrusted to us.

Respect – We treat others as they want to be treated.

Compassion – We show caring and empathy for others in all our actions

Excellence – We strive to live up to our full potential in all activities, roles, and responsibilities.

Integrity – We act honorably according to the values, beliefs, and principles we hold.

APPROVAL

CCMC Board of Directors approved and adopted the 2019 CHNA on December 17th 2019.

AVAILABILITY TO THE PUBLIC

This report will be made available to the public on the CCMC website, www.cdvcmc.com. Paper copies may be obtained at no charge from administration by calling 907-424-8000 or contacting the hospital at the following address:

Cordova Community Medical Center, 602 Chase Ave, Cordova, AK 99574.

ACKNOWLEDGEMENTS AND STEERING COMMITTEE

STEERING COMMITTEE

The CHNA steering committee established the methodology for conducting the CHNA and provided guidance and direction throughout the process.

The steering committee members included:

- Randall Draney, Chief Executive Officer
- Barbara Jewell, MPA, Sound Alternatives, CCMC, Behavioral Health Program Manager and 2019 CHNA project chair
- Claudette Manson, CCMC Social Services
- Faith Wheeler-Jeppson, CCMC administrative assistant

OVERVIEW OF PROCESS

The Affordable Care Act requires nonprofit hospitals to complete a community health needs assessment (CHNA) process every three years. While CHNAs are a recent requirement, community health assessments (CHAs) have long been used as a tool by hospitals, public health departments, and other social service agencies to identify key community health concerns. A CHNA is a systematic process involving the community to identify and analyze community health needs and assets, prioritize those needs, and then implement a plan to address significant unmet needs.¹ Upon completing the assessment, CCMC will develop implementation strategies to address the significant community health needs identified in the CHNA.

¹ Catholic Health Association of the United States. (2015). *Assessing and addressing community health needs*. Retrieved from <https://www.chausa.org/communitybenefit/assessing-and-addressing-community-health-needs>

The following Community Health Needs Assessment (CHNA) Process graph outlines the process used to conduct the CHNA:



SOURCE: <http://www.healthycommunities.org/Resources/toolkit.shtml>

DATA COLLECTION METHODOLOGY

A multi-faceted approach was used to gather information about the health needs of the community and to develop priorities for health improvement. The process focused on gathering and analyzing secondary data as well as obtaining input from key stakeholders to identify and define significant health needs, issues, and concerns.

Both quantitative and qualitative methods were utilized to gather data.

SECONDARY DATA

The main secondary data source used to obtain data about both health trends and health disparities was County Health Rankings & Roadmaps. The secondary data captured is found in the appendices. Other secondary data sources included the US Census, Alaska Department of Labor, and the Journal of American Medicine Association report on global health burden.

KEY STAKEHOLDER SURVEY

A survey was distributed to key stakeholders in October 2019 resulting in responses from 19 respondents. The results are included in the appendices.

REGULATORY REQUIREMENTS

The Patient Protection and Affordable Care Act (ACA), enacted on March 23, 2010, added a requirement that hospitals covered under section §501(r) of the Internal Revenue Code conduct a Community Health Needs Assessment (CHNA) and adopt an implementation strategy to meet the community health needs identified through the CHNA at least once every three years.

The CHNA defines priorities for health improvement, with an emphasis on the needs of populations that are at risk for poor health outcomes due to geographic, language, financial, or other barriers; commonly referred to as social determinants of health. The CHNA process creates a platform to engage community stakeholders and to understand the needs of the community.

This CHNA report was completed in compliance with the IRS requirements described in section 501(r)(3) of the Internal Revenue Code.

GAP ANALYSIS

Data was obtained from all required sources in completing the 2019 CHNA and identifying community health priorities. The assessment was designed to provide a comprehensive and broad picture of the health in the overall community served. However, there may be a number of medical conditions that are not specifically addressed in this report due to various factors, including but not limited to, publicly available information or limited community input. In addition, certain population groups might not be identifiable or might not be represented in numbers sufficient for independent analysis. Examples include homeless, institutionalized persons, undocumented residents and members of certain ethnic groups who do not speak English. Efforts were made to obtain input regarding these specific populations through key stakeholder surveys.

EVALUATION OF 2016 CHNA IMPLEMENTATION STRATEGY**2016 CHNA PRIORITY 1 OF 5: PROVIDE EDUCATION
REGARDING CCMC'S HEALTH SERVICES**

CCMC implemented a number of strategies in the community to address the priority of providing education regarding CCMC's health services. In 2017 CCMC held a series of DOC Talks, presented by Dr. Hannah Sanders and Dr. Sam Blackadar and Mitch Luce, Physical Therapist. Topics included diabetes, stroke, physical therapy. Information about services, visiting specialists and healthcare topics are regularly posted on the GCI scanner and Facebook pages. Lunch with the CEO was held with a variety of stakeholders to provide information about CCMC and to allow community members to ask questions and offer suggestions. Information was shared out to the community through occasional mailings, newsletters and newspaper articles. It is of note that a significant number of initiatives were started in this priority area but administrative and management turnover and decrease in number of staff undermined the ability to sustain these efforts. Despite these challenges, we appear to have made some gains. 57.9% agree or strongly agree that we provided education about services.

Further Education Survey Results

Input from stakeholders who represent the broad interests of the community regarding the 2016 CHNA was collected via a survey that was conducted in October 2019.

- A survey was distributed to key stakeholders resulting in responses from 19 respondents.

The key stakeholder survey were asked the question: "Cordova Community Medical Center has made improvements during the past three (3) years regarding education of CCMC's health services." Below are the responses.

PROVIDED EDUCATION OF CCMC'S HEALTH SERVICES	STRONGLY AGREE OR AGREE	UNDECIDED	DISAGREE OR STRONGLY DISAGREE
Key Stakeholders	57.90%	26.32%	15.79%

SOURCE: CCMC 2019 Key Stakeholder Survey, Question #17

2016 CHNA PRIORITY 2 OF 5: IMPROVED ACCESS TO SERVICES AND ENHANCED COMMUNITY COLLABORATIONS

Over the past three years, CCMC has worked with Ilanka Community Health Center to align visiting providers so as to complement each other's' services in the community. Two regular eye care providers come to the community; one sets up at Ilanka and one at CCMC ensuring that eye care is available quarterly. CCMC established a pediatrician clinic and sleep studies, while Ilanka provides ultrasound services. CCMC coordinated to have Providence Mobile mammography on site two times a year. During this last report period, one of Ilanka's providers became privileged with the hospital and serves in the Emergency Room.

In collaboration with the Coalition and other community partners including the Chamber of Commerce and the City, and with funding from the Alaska Children's trust, CCMC facilitated the first annual Child & Family Wellness Fair.

CCMC continued to collaborate with local and state organizations to facilitate the annual Health Fair and continued to be an active participant in the Cordova Coalition for a Healthy Community.

In addition, CCMC collaborated with the City of Cordova and Ilanka to implement One Call Now, a notification system that can communicate regarding emergencies (earthquakes, Tsunamis....) and other significant community wide events.

Over the past 7 months the City of Cordova, CCMC and the Native Village of Eyak have met numerous times to discuss collaboration and health care needs in the community, sharing data and building information.

Improved access to services and enhanced collaboration Survey Results

Input from stakeholders who represent the broad interests of the community regarding the 2016 CHNA was collected via a survey that was conducted in October 2019.

- A survey was distributed to key stakeholders resulting in responses from 19 Respondents.

The key stakeholder survey asked the question: "Cordova Community Medical Center has made improvements during the past three (3) years regarding improved access to services and enhanced collaboration." Below are the responses.

IMPROVED ACCESS/ENHANCED COLLABORATIONS	STRONGLY AGREE OR AGREE	UNDECIDED	DISAGREE OR STRONGLY DISAGREE
Key Stakeholders	63.15%	26.32%	10.53%

SOURCE: CCMC 2019 Key Stakeholder Survey, Question# 17

2016 CHNA PRIORITY 3 OF 5: INCREASE ACCESS TO SPECIALTY CARE

Activities designed to increase access to specialty care over the past report period included adding quarterly pediatrician clinics, sleep study capability, CPC set up, and one visit from an OB/GYN provider. Additional specialties were explored including podiatry, but barriers such as high costs and inability to bill insurances were barriers.

CCMC has additionally added equipment to the Physical Therapy Department allowing for improved care and has added Durable Medical Equipment access for patients who need this type of item.

Increased Access to Specialty care Survey Results

Input from stakeholders who represent the broad interests of the community regarding the 2016 CHNA was collected via a survey that was conducted in October 2019.

- A survey was distributed to key stakeholders resulting in responses from 19 respondents.

The key stakeholder survey asked the question: "Cordova Community Medical Center has made improvements during the past three (3) years regarding increased access to specialty care." Below are the responses.

INCREASED ACCESS TO SPECIALTY CARE	STRONGLY AGREE OR AGREE	UNDECIDED	DISAGREE OR STRONGLY DISAGREE
Key Stakeholders	73.68%	21.05%	0%

SOURCE: CCMC 2019 Key Stakeholder Survey, Question# 17

2016 CHNA PRIORITY 4 OF 5: DEVELOP THE LOCAL HEALTHCARE WORKFORCE

During the report period, CCMC and Prince William Sound Community College trained two cohorts of CNA's and found placement for all but one out of six trainees. Currently CCMC is working with Ilanka and Prince William Sound Community College to discuss a joint project to train CNA's and create float pool of CNA's for both healthcare organizations. This was another area that was reported to suffer due to turnover in administration, and management.

Developed the local Workforce Survey Results

Input from stakeholders who represent the broad interests of the community regarding the 2016 CHNA was collected via a survey that was conducted in October 2019.

- A survey was distributed to key stakeholders resulting in responses from 19 respondents.

The key stakeholder survey asked the question: "Cordova Community Medical Center has made improvements during the past three (3) years regarding building the local healthcare workforce." Below are the responses.

DEVELOPED THE LOCAL WORKFORCE	STRONGLY AGREE OR AGREE	UNDECIDED	DISAGREE OR STRONGLY DISAGREE
Key Stakeholders	42.11%	47.37%	10.52%

SOURCE: CCMC 2019 Key Stakeholder Survey, Question# 17

2016 CHNA PRIORITY 5 OF 5: ENHANCE SUBSTANCE ABUSE

During this report period, CCMC added a Medication Assisted Treatment called Vivitrol to treat alcohol and opiate addiction through primary care. Substance use disorder groups have been added to services in Sound Alternatives when there have been enough clients to support group counseling. Sound Alternatives instituted 2 new evidence-based substance use disorder programs, Living in Balance and The Matrix Model. As an organization, CCMC strengthened and streamlined its internal consult and referral processes for substance use and mental health services.

Enhanced Substance Abuse Services Survey Results

Input from stakeholders who represent the broad interests of the community regarding the 2016 CHNA was collected via a survey that was conducted in October 2019.

- A survey was distributed to key stakeholders resulting in responses from 19 respondents.

The key stakeholder survey asked the question: "Cordova Community Medical Center has made improvements during the past three (3) years regarding Enhancing substance abuse services." Below are the responses.

ENHANCED SUBSTANCE ABUSE SERVICES	STRONGLY AGREE OR AGREE	UNDECIDED	DISAGREE OR STRONGLY DISAGREE
Key Stakeholders	36.84%	52.36%	10.52%

SOURCE: CCMC 2019 Key Stakeholder Survey, Question# 17

DEMOGRAPHIC AND HEALTH PROFILE OF COMMUNITY SERVED

GEOGRAPHIC ASSESSMENT AREA DEFINED

Cordova is an isolated community accessible only by air for a majority of the year. The City of Cordova was used as the geographic defined service area for CCMC's CHNA and the CHNA focused on the needs of the greater Cordova community. An analysis of one year of data (August 1, 2018 to August 1, 2019) reflects more than 88% of hospital inpatients and 94% of the clinic visits are from the ZIP Code of Cordova. It is therefore reasonable to utilize the city of Cordova as the CHNA geographic area. While every effort was taken to gather detailed data for the Cordova community, it was necessary in certain areas to expand the definition of the service area to the Valdez-Cordova Census Area. This was done for the purpose of collecting census and County Health Rankings data that is only available for the Census Area.

CCMC'S CHNA SERVICE AREA AT COUNTY LEVEL

Valdez-Cordova County

It is important to be aware ZIP Code and county boundaries do not always match. When ZIP Code level data was available and used, the following ZIP Codes in Valdez-Cordova are reflected.

CCMC's CHNA SERVICE AREA AT ZIP CODE LEVEL	
ZIP CODE	CITY NAME
99566	Chitina
99573	Copper Center
99574	Cordova
99586	Gakona
99588	Glennallen
99677	Tatitlek
99686	Valdez
99693	Whittier

The service area includes medically underserved, low-income and minority populations. All patients were used to determine CCMC's CHNA geographic area.

DEMOGRAPHIC SNAPSHOT

The following tables provide a summary regarding the demographics of Valdez-Cordova. Data tables show total population of the community, as well as the breakout of the population between male and female, age distribution and race/ethnicity. Because Valdez-Cordova County has a higher percentage of veterans as compared to the state of Alaska and United States, a table with the statistics is included below. Also below are population density figures.

POPULATION 2018	CORDOVA COUNTY		ALASKA	UNITED STATES
Male Population	1,244	52.71%	52.30	49.2%
Female Population	1,116	47.28%	47.70	50.8%
Total	2,360	100%	100%	100%

POPULATION 2018	VALDEZ-CORDOVA COUNTY		ALASKA	UNITED STATES
Male Population	4,901	52%	52.30	49.2%
Female Population	4,538	48%	47.70	50.8%
Total	9,439	100%	100%	100%

SOURCE: factfinder.census.gov 2017

2018 POPULATION DISTRIBUTION BY AGE			
	CORDOVA	ALASKA	UNITED STATES
Under 5 years	7.84%	7.3%	6.2%
5 to 9 years	5.42%	7.0%	6.4%
10 to 14 years	5.68%	6.8%	6.5%
15 to 19 years	6.06%	6.5%	6.6%
20 to 24 years	3.30%	7.9%	7.0%
25 to 34 years	16.69%	16%	13.7%
35 to 44 years	10.84%	12.5%	12.7%
45 to 54 years	12.92%	13%	13.4%
55 to 59 years	8.56%	7.0%	6.7%
60 to 64 years	9.15%	5.8%	6.0%
65 to 74 years	8.89%	6.8%	8.6%
75 to 84 years	3.05%	2.4%	4.4%
85 years and over	1.31%	0.8%	1.9%

Alaska Dept of Labor

2018 POPULATION DISTRIBUTION BY AGE			
	VALDEZ-CORDOVA COUNTY	ALASKA	UNITED STATES
Under 5 years	5.8%	7.3%	6.2%
5 to 9 years	7.9%	7.0%	6.4%
10 to 14 years	6.2%	6.8%	6.5%
15 to 19 years	5.3%	6.5%	6.6%
20 to 24 years	7.0%	7.9%	7.0%
25 to 34 years	13.7%	16%	16.7%
35 to 44 years	11.6%	12.5%	12.7%
45 to 54 years	15.0%	13%	13.4%
55 to 59 years	8.5%	7.0%	6.7%
60 to 64 years	7.1%	5.8%	6.0%
65 to 74 years	9.5%	6.8%	8.6%
75 to 84 years	1.7%	2.4%	4.4%
85 years and over	0.6%	0.8%	1.9%

SOURCE: factfinder.census.gov 2017

2018 POPULATION BY RACE/ETHNICITY				
	VALDEZ-CORDOVA COUNTY		ALASKA	UNITED STATES
Amer. Ind. (Non-Hispanic)	1,891	20%	15.3%	0.73%
Asian (Non-Hispanic)	496	5.3%	6.5%	5.78%
Black (Non-Hispanic)	46	0.5%	3.3%	12.39%
White (Non-Hispanic)	7,508	79.5%	60.8%	60.27%
Native Hawaiian/ Pacific Islander	269	2.8%	1.9%	
Other (Non-Hispanic)	93	1.0%	1.4%	2.51%
Hispanic	453	4.8%	7.1%	18.32%

SOURCE: Countyhealthrankings.org 2019

PERCENTAGE OF CIVILIAN POPULATION 18 YEARS AND OVER THAT ARE VETERANS	
Valdez-Cordova Census Area	15.6%
Alaska	12.5%
United States	7.7%

SOURCE: U.S. Census Bureau, -2017 American Community Survey Estimates

POPULATION DENSITY (PER SQUARE MILE OF LAND AREA)	
Valdez-Cordova Census Area	0.3
Alaska	1.2
United States	87.4

SOURCE: United States Census Bureau, 2010, <https://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=bkmk>

The Valdez-Cordova Census Area has one of the lowest population densities in the United States. With 34,239.88 land square area miles, the Valdez-Cordova Census Area is one of the top five largest counties by land area nationwide (including county-equivalents).

HEALTH STATUS AND SOCIAL DETERMINANTS OF HEALTH

Information from a variety of secondary sources was reviewed and analyzed to develop a comprehensive picture of the health status and social determinants of health (SDOH) of the residents of Valdez-Cordova County. Data for Valdez-Cordova County was compared to other counties in Alaska, the state of Alaska, and the United States when data or information was available. Some data was only available at the state level. SDOH are conditions in the places where people live, learn, work, and play and that affect a wide range of health risks and outcomes. SDOH include the social environment, physical environment, health services, and structural and societal factors. By applying what we know about SDOH, we can improve individual and population health.

In CCMC's 2019 key stakeholder survey, Access to Healthy Food, Cost (payment amount for healthcare services) and Access to healthcare services were identified as the greatest barriers that contribute to the health challenges of at-risk populations.

Access to services

FACTORS OR BARRIERS (SOCIAL DETERMINANTS OF HEALTH) CONTRIBUTING TO THE HEALTH CHALLENGES OF AT-RISK POPULATIONS		RESPONSES	
Access to Healthy Food	66.67%		12
Cost (payment amount for healthcare services)	55.56%		10
Access to healthcare services	50.00%		9
Social support from community, family or friends	33.33%		6
Poverty	33.33%		6
Limited health literacy	33.33%		6
Access to a family doctor	27.78%		5
Access to educational opportunities	22.22%		4
Limited English proficiency	22.22%		4
Crime and violence	11.11%		2
Distrust of government	5.56%		1
Number of Respondents			19

Source: CCMC Key Stakeholder Survey, 2019, Question #

COUNTY HEALTH RANKINGS & ROADMAPS

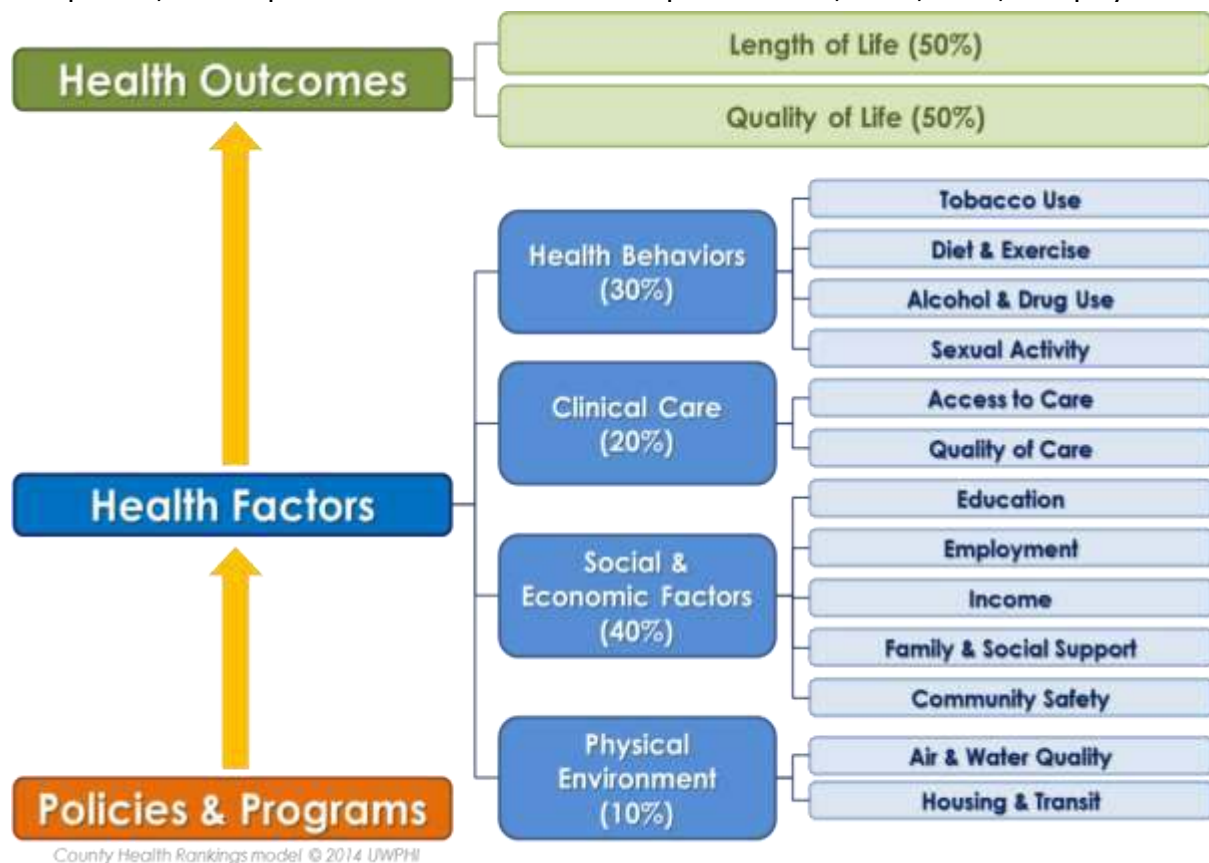
The County Health Rankings & Roadmaps Program is a collaborative between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. The rankings are determined by the following factors:

HEALTH OUTCOMES: “The overall rankings in health outcomes represent how healthy counties are within the state. The healthiest county in the state is ranked #1. The ranks are based on two types of measures: how long people live and how healthy people feel while alive.”









HEALTH FACTORS: “The overall rankings in health factors represent what influences the health of a county. They are an estimate of the future health of counties as compared to other counties within a state. The ranks are based on four types of measures: health behaviors, clinical care, social and economic, and physical environment factors.”²









² www.countyhealthrankings.org









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.









The table on the next page shows how Valdez-Cordova County ranks out of the 25 counties in Alaska. A ranking of one (1) represents the healthiest county. Overall, Valdez-Cordova County is ranked 3rd in the state of Alaska (1st quartile), as compared to the other 25 counties in Alaska.

	Valdez- Cordova County	Trend 	Error Margin	Top U.S. Performers 	Alaska	Rank (of 25) 
Health Outcomes						3
Length of Life						4
Premature death	 6,700		4,800- 8,600	5,400	8,200	
Quality of Life						3
Poor or fair health	 14%		14-14%	12%	13%	
Poor physical health days	 3.3		3.2-3.5	3.0	3.8	
Poor mental health days	 3.1		3.0-3.3	3.1	3.4	
Low birthweight	5%		3-6%	6%	6%	
Additional Health Outcomes (not included in overall ranking) –						
Life expectancy	78.9		76.7-81.1	81.0	78.5	
Premature age-adjusted mortality	320		250-380	280	360	
Child mortality				40	70	
Infant mortality				4	6	
Frequent physical distress	10%		10-10%	9%	11%	
Frequent mental distress	10%		10-11%	10%	10%	
Diabetes prevalence	9%		6-11%	9%	8%	
HIV prevalence	65			49	109	

	Valdez- Cordova County	Trend 	Error Margin	Top U.S. Performers 	Alaska	Rank (of 25) 
Health Factors						11
Health Behaviors						10
Adult smoking	 19%		18-19%	14%	19%	
Adult obesity	32%		27-38%	26%	30%	
Food environment index	7.1			8.7	6.5	
Physical inactivity	18%		14-23%	19%	19%	
Access to exercise opportunities	49%			91%	82%	
Excessive drinking	 22%		21-22%	13%	19%	
Alcohol-impaired driving deaths	71%		58-81%	13%	37%	
Sexually transmitted infections	320.4			152.8	771.6	
Teen births	18		13-25	14	30	
Additional Health Behaviors (not included in overall ranking) –						
Food insecurity	12%			9%	13%	
Limited access to healthy foods	15%			2%	9%	
Drug overdose deaths				10	18	
Motor vehicle crash deaths	15		7-28	9	9	
Insufficient sleep	30%		29-31%	27%	32%	

	Valdez- Cordova County	Trend 	Error Margin	Top U.S. Performers 	Alaska	Rank (of 25) 
Clinical Care						9
Uninsured	17%		15-19%	6%	16%	
Primary care physicians	1,560:1			1,050:1	1,110:1	
Dentists	3,090:1			1,260:1	1,010:1	
Mental health providers	1,550:1			310:1	260:1	
Preventable hospital stays				2,765	2,970	
Mammography screening				49%	33%	
Flu vaccinations				52%	32%	
Additional Clinical Care (not included in overall ranking) -						
Uninsured adults	19%		16-21%	6%	18%	
Uninsured children	13%		9-16%	3%	10%	
Other primary care providers	928:1			726:1	710:1	

	Valdez- Cordova County	Trend 	Error Margin	Top U.S. Performers 	Alaska	Rank (of 25) 
Social & Economic Factors						9
High school graduation	76%			96%	76%	
Some college	60%		47-73%	73%	66%	
Unemployment	8.0%			2.9%	7.2%	
Children in poverty	12%		8-16%	11%	15%	
Income inequality	4.7		2.9-6.5	3.7	4.0	
Children in single-parent households	19%		11-26%	20%	30%	
Social associations	17.1			21.9	11.3	
Violent crime	316			63	720	
Injury deaths	102		75-135	57	91	
Additional Social & Economic Factors (not included in overall ranking) –						
Disconnected youth				4%	10%	
Median household income	<u>\$86,200</u>		\$80,400- 92,000	\$67,100	\$74,100	
Children eligible for free or reduced price lunch	36%			32%	44%	
Residential segregation - Black/White				23	51	
Residential segregation - non- white/white	31			15	43	
Homicides				2	7	
Firearm fatalities				7	22	

	Valdez-Cordova County	Trend i	Error Margin	Top U.S. Performers i	Alaska	Rank (of 25) i
Physical Environment						20
Air pollution - particulate matter	i			6.1		
Drinking water violations	Yes					
Severe housing problems	19%		14-24%	9%	21%	
Driving alone to work	67%		61-73%	72%	69%	
Long commute - driving alone	5%		1-9%	15%	16%	
Additional Physical Environment (not included in overall ranking) –						
Homeownership	73%		69-78%	80%	64%	
Severe housing cost burden	8%		4-12%	7%	12%	

Note: Blank values reflect unreliable or missing data

	Valdez-Cordova rank out of 25 counties in Alaska	Valdez-Cordova Quartile
Health Outcomes	3	1
Length of Life	4	1
Quality of Life	3	1
Health Factors	11	2nd
Health Behaviors	10	2nd
Clinical Care	9	2nd
Social & Economic Factors	9	2nd
Physical Environment	20	4th
Ranking quartiles: 1 - 9, 10 - 18, 19 - 26, 27 - 35		
Source: www.countyhealthrankings.org; May 2019		

VALDEZ-CORDOVA COUNTY HEALTH DEPARTMENT INPUT

The following reflects the responses to two (2) very open-ended questions from Sue Pridgen-Webb, Valdez-Cordova County Health Department Public Health Nurse, who generously scheduled a phone interview with Barb Jewell on 11/13/19 and provided valuable information

What are the issues in Cordova?

- Cost effective care-poor insurance coverage with high deductibles.
- Access to specialists, seen some increase but still a gap (diabetes, endocrinologists, psychiatry, cardiac care, nutritionist or dietician, ob/gyn clinic, ENT)
- Transportation within the community as well as transportation to specialist care
- Low vaccine compliance; changes in vaccine delivery system
- Teen health-access to birth control
- Lack of elder home care services
- Need for head start/ more preschool services

What should CCMC do to address the issues?

- Inviting more specialists (See list above)
- Ways to cut costs for medical care (discounts for cash payment etc)
- List of medicines that are less expensive at the Pharmacy or generics
- Provide flu shot or other vaccines without requiring full visit (afternoon clinic)
- Disseminate health education information (workshops, 15-minute presentations, article in the paper, radio spots, etc.)
- Presentations to elders
- Improve ability to read radiology discs

Interview with Susan Pridgen-Webb, PHN 11/13/19

COMMUNITY NEEDS INDEX

The Community Need Index (CNI) calculates a score using the following barriers to healthcare access and their associated indicators. Additional information about the Community Need Index is available (Appendix 2).

COMMUNITY NEED INDEX (CNI)	
Barriers to healthcare access	Indicator(s) of Underlying Causes of Health Disparity
Income	Percentage of households below poverty line, with head of household age 65 or more
	Percentage of families with children under 18 below poverty line
	Percentage of single female-headed families with children under 18 below poverty line
Cultural	Percentage of population that is minority (including Hispanic ethnicity)
	Percentage of population over age 5 that speaks English poorly or not at all
Education	Percentage of population over 25 without a high school diploma
Insurance	Percentage of population in the labor force, aged 16 or more, without employment
	Percentage of population without health insurance
Housing	Percentage of households renting their home

SOURCE: <http://cni.chw-interactive.org/>; Community Need Index Methodology and Source Notes; 2019

A score of 1.0 indicates a ZIP Code with the least need, while a score of 5.0 represents a ZIP Code with the most need. Valdez-Cordova Census Area has a median CNI score of 3.4 which, according to the Community Need Index, is in the second highest need range. None of the CNI scores for the ZIP Codes in Valdez-Cordova Census Area are in the highest need range.

CNI NEED SCALE	CNI SCORE	POPULATION	CITY/ZIP CODE
1 – 1.7 = Lowest Need	-	-	-
1.8 – 2.5 = 2nd Lowest Need	-	-	-
2.6 – 3.3 = Mid Need	2.6	2,136	Cordova 99574
	3.0	4,269	Valdez 99686
3.4 – 4.1 = 2nd Highest Need	3.4	1,775	Copper Center 99573
	3.8	731	Glennallen 99588
	4.0	324	Gakona 99586
4.2 – 5 = Highest Need	-	-	-

SURVEY INPUT

KEY STAKEHOLDER SURVEY

CCMC requested input from key stakeholders regarding the health needs of the area. The questions posed and the responses from the 19 respondents are available in Appendix 3 appropriately. Also, responses were appropriately extracted from the survey and inserted into various sections of Appendix 1 titled “Health Outcomes and Health Factors” and the prioritization of health needs section that follows.

PRIORITIZATION OF HEALTH NEEDS

KEY STAKEHOLDER SURVEY INPUT REGARDING PRIORITIES

Below are the actions, strategies and comments mentioned in response to Key Stakeholder Survey Question 15, *"What can Cordova Community Medical Center do to best meet the health needs of this community?"*

- Specialist Access: monthly specialists; work with midwives to provide childbirth options; more frequent pediatricians; provide more specialty clinics (and promote them); offer more services
- MRI
- Maintain local stable providers and staff; maintain permanent providers and enough support staff to provide ongoing services and follow up; consistent primary care physicians
- Be financially stable-do not depend on city
- Affordable resources and services (sliding fee); low cost access to medical services and medication; lower cost and access to care; better access to sliding fees
- Transportation
- Listen and support
- More community involvement: continue to work with the community to provide education; provide outreach to diabetic and/or heart disease patients; participate in the Cordova Coalition; continue to educate on health issues and expand alternatives to deal with them; engage the community more
- Help patients get insurance
- Reach out and connect more with youth-so they grow up healthy and connected, avoiding drugs and alcohol
- Need male and female competent doctors.
- Improve continuity of mental health providers
- Invest in elder care, assisted living facility

Below are the actions, strategies and comments mentioned in response to Key Stakeholder Survey Question 9, “What would you like to see Cordova Community Medical Center, in cooperation with community partners, focus on over the next three years?”

RECOMMENDED FOCUS FOR CCMC, IN COOPERATION WITH COMMUNITY PARTNERS, OVER THE NEXT THREE (3) YEARS	RESPONSES	
Help people get mental health care	52.63%	10
Help people to stay healthy who have a chronic disease like diabetes, heart failure, lung disease, cancer or Alzheimer's Disease	47.37%	9
Help adults and teens to stop using drugs including illegal drugs, opioids, alcohol or tobacco	42.11%	8
Help support caregivers. For example: grandparents caring for grandchildren, families caring for older adults, families caring for a child or an adult with special needs, families caring for a child or adult with a disability, families caring for a child or adult with a chronic mental illness	36.84%	7
Increase the number of specialists (doctors)	36.84%	7
Help stop domestic violence, child abuse and neglect, or elder abuse and neglect	26.32%	5
Help people get the medicine they need to stay healthy	26.32%	5
Provide education on health-related topics	26.32%	5
Help people to lose weight and eat more healthy foods	21.05%	4
Increase the number of family doctors - or - increase the number of available appointments	15.79%	3
Help people sign up for insurance	15.79%	3
Help prevent sexually transmitted diseases	15.79%	3
Help reduce/eliminate teenage pregnancy	0%	0
Help women who are pregnant to have a healthy baby	10.53%	2
Help people get to and from doctor appointments (transportation)	5.26%	1
Other	0%	0

SOURCE: CCMC 2019 Key Stakeholder Survey, Question 9

Below are the responses and comments mentioned in response to Key Stakeholder Survey Question 10, "If you think one of Cordova's health priorities should be education about health topics, on which topic would you recommend CCMC and its partners focus their resources?"

RECOMMENDED FOCUS IF HEALTH EDUCATION IS A PRIORITY	RESPONSES	
Mental Health and Substance Abuse	94.44%	17
Healthy Lifestyles	66.67%	12
Vaping	66.67%	12
Tobacco Use (not including vaping)(61.11%	11
Health Screenings	55.56%	10
Common Diseases	50.00%	9
How to maintain a Healthy Weight	27.78%	5
Oral & Dental health	27.78%	5
Reproductive health	16.67%	3
Other	11.11%	2
This is important but I don't think it should be a priority	5.56%	1

SOURCE: CCMC 2019 Key Stakeholder Survey, Question 10

Below are the responses and comments mentioned in response to Key Stakeholder Survey Question 11, *"If you think one of Cordova's health priorities should be chronic diseases, on which chronic disease would you recommend CCMC and its partners focus their resources?"*

RECOMMENDED FOCUS IF CHRONIC DISEASE IS A PRIORITY	RESPONSES	
Depression	78.95%	15
Diabetes	73.68%	14
Heart Disease	68.42%	13
Alzheimer's disease or dementia	57.89%	11
Chronic mental illness	52.63%	10
COPD (Chronic Obstructive Lung Disease)	31.58%	10
Cancer	36.84%	7
Chronic Kidney Disease	36.84%	7
Asthma	26.32%	5
Arthritis	21.05%	4
Osteoporosis	21.05%	4
This is important, but I don't think it should be one of the priorities	5.26%	1
Other	0%	0

SOURCE: CCMC 2019 Key Stakeholder Survey, Question 11

Below are the responses and comments mentioned in response to Key Stakeholder Survey Question 13, *"If you think one of Cordova's priorities should be access to elder care, on what would you recommend CCMC and its community partners focus their resources?"*

RECOMMENDED FOCUS IF ACCESS TO ELDER CARE IS A PRIORITY	RESPONSES	
Home Health Care	84.21%	16
Respite care	73.68%	14
Hospice	57.89%	11
Social Connections	52.63%	10
Food Services	36.84%	7
This is important, but I don't think it should be one of the priorities	10.53%	2
Other	0%	0

SOURCE: CCMC 2019 Key Stakeholder Survey, Question 13

Below are the responses comments mentioned in response to Key Stakeholder Survey Question 12, *"If you think one of Cordova's health priorities should be a reduction in the use of drugs, alcohol or tobacco, on what would you recommend CCMC and its community partners focus their resources?"*

RECOMMENDED FOCUS IF DRUGS, ALCOHOL, OR TOBACCO IS A PRIORITY	RESPONSES	
Alcohol use by youth and teens	89.74%	17
Adult alcohol abuse	89.47%	17
Opioid use	84.21%	16
Vaping by Teens	78.95%	15
Illegal drug use by adults	63.16%	12
Illegal drug use by youth and teens	57.89%	11
Tobacco use (not including vaping) by teens	42.11%	8
Tobacco use (not including vaping) by adults	36.84%	7
Vaping by adults	36.84%	7
Other	4%	1
This is important, but I don't think it should be one of the priorities	0%	0

SOURCE: CCMC 2019 Key Stakeholder Survey, Question #12

PRIORITIZATION MEETING

A group of individuals that represented the interests of the community and/or had specific expertise regarding the health needs of vulnerable and underserved populations were asked to participate in identifying priority county health needs and services. The meeting was held at the Cordova City Center on 12/10/19 to review the data collected and prioritize the health needs. Barb Jewell, MPA, Behavioral Health Program Manager, facilitated the meeting. Local, County and state health data and responses to the key stakeholder responses were reviewed and used to identify priorities. The following list of people attended.

CCMC Representatives:

- Randall Draney, Chief Executive Officer
- Kristin Carpenter, Board Vice Chair
- Claudette Manson, CCMC Social Services

Key Stakeholders:

- Susan Pridgen-Webb, Public Health Nurse
- Craig Kuntz, Cordova Electric Cooperative
- Nicole Piche, Ilanka Health Center Nurse Manager
- Terry Bartley, Chiropractor
- Dave Glasen, Fisherman
- Cindy Appleton, City of Cordova Human Resource Manager
- Mark Frohnapfel, Manager, Shoreside Petroleum
- Alex Russin, School District Superintendent
- Cathy Renfeldt, Executive Director, Chamber of Commerce
- Tom Bailer, Cordova City Council
- Helen Howarth, Cordova City Manager

PRIORITIZATION CRITERIA

- **SIZE** = How significant is the scope of the health issue - number of people affected?
- **SERIOUSNESS** = How severe are the negative impacts of this issue on individuals, families, and the community?
- **ABILITY TO IMPACT** = What is the probability that the community could succeed in addressing this health issue? (Consider community resources, whether there are known interventions, community commitment, etc.)

PRIORITIZED HEALTH NEEDS

To prioritize the significant health needs and services of Cordova, the top three to five selections made by each meeting participant were submitted and then grouped together by like topic. The group discussed the outcome and determined that the topics with the highest number of selections were the top priorities. Vigorous discussion about the size of the problem and challenges with defining priorities took place (eg; do we focus home health care on services for elders or all populations?) Below is the list of prioritized health needs and services for Cordova that were generated by the meeting participants.

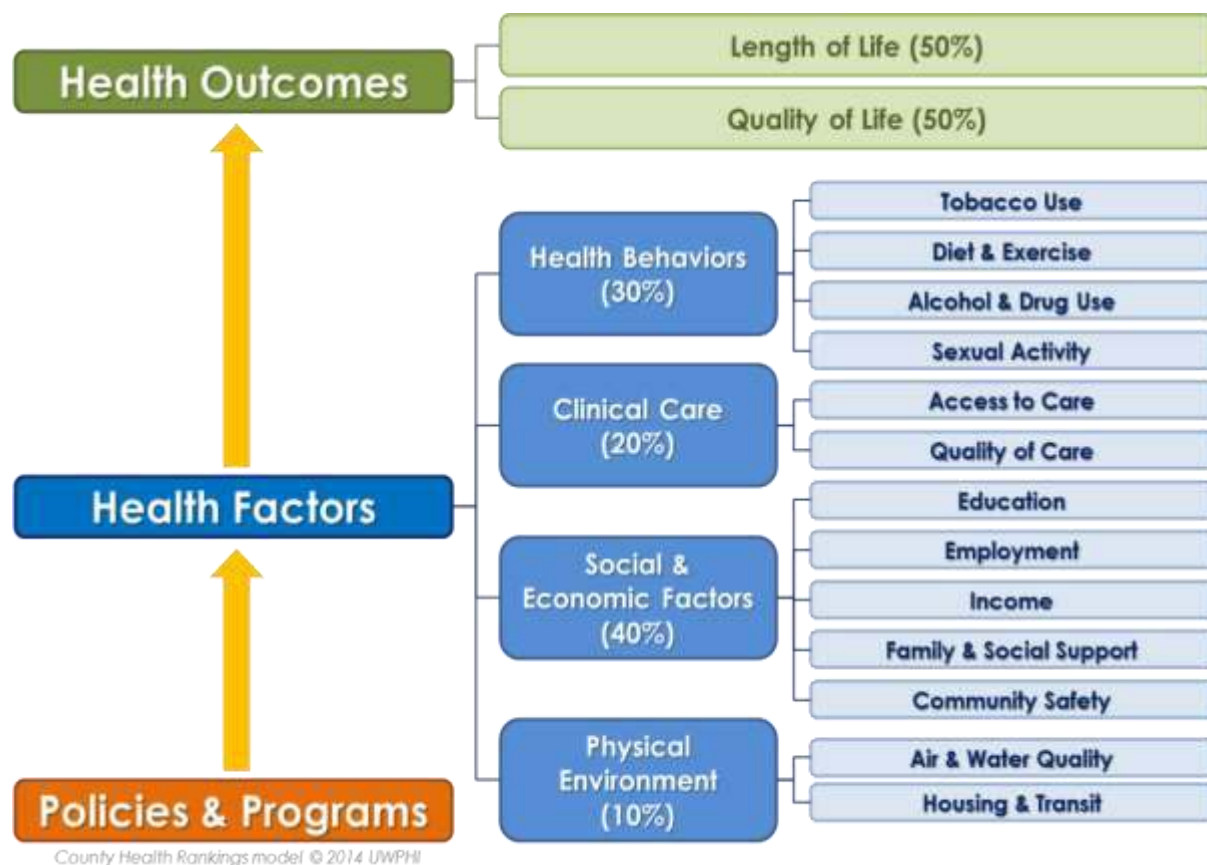
- Mental Health and Substance Abuse services
- Home Health Care/Home Care Services/Elder Care
- Affordability of Care/Uninsured and Underinsured populations
- Accessibility of Care
- Prevention/Nutrition/Lifestyle

NEXT STEPS

Over the next several months, CCMC, in collaboration with community partners, will develop an implementation plan for each of the priority health needs. During the prioritization meeting, stakeholders provided suggestions for partners, strategies and resources to address identified priorities. These suggestions will be explored as tools for impacting these identified community needs. The implementation plan will be published in a separate report.

APPENDIX 1: HEALTH OUTCOMES AND HEALTH FACTORS

The information presented in this appendix follows the framework used by the County Health Rankings & Roadmaps program, a collaborative between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. The information presented in this appendix uses the framework depicted in the image below as a guideline, not a limitation. Hence, additional sections under healthy behaviors, clinical care, social and economic factors and physical environment may be found.



HEALTH OUTCOME: LENGTH OF LIFE

LIFE EXPECTANCY AND HEALTHY LIFE EXPECTANCY

A study published by the Journal of the American Medical Association (JAMA), in 2018, identified life expectancy and healthy life expectancy by state. The life expectancy for females is 80.5 years in Alaska, and 81.2 years nationally. For males, the life expectancy in Alaska is 78.1 years and 76.5 years nationally. The table below provides the data for the state of Alaska.

	LIFE EXPECTANCY 2016, ALASKA STATE	ALASKA STATE'S LIFE EXPECTANCY RANK AS COMPARED TO OTHER STATES IN US	HEALTHY LIFE EXPECTANCY 2016, ALASKA STATE	ALASKA STATE'S HEALTHY LIFE EXPECTANCY RANK AS COMPARED TO OTHER STATES IN US
Both Male and Female	78.1	34	67.3	33
Female	80.5	36	68.5	34
Male	75.9	33	66.2	31

SOURCE: The US Burden of Disease Collaborators. The State of US Health, 1990 – 2016 Burden of Disease, Injuries, and Risk Factors Among US States. JAMA. 2018;319(14):1444-1472. doi:10.1001/jama.2018.0158

The JAMA study also identified disability-adjusted life-years related to risk factors. The top ten risk factors in Alaska, in rank order, were:

- Alcohol and Drug Use
- Tobacco Use
- High Body Mass Index
- Dietary
- High Fasting Plasma Glucose
- High Systolic Blood Pressure
- High total Cholesterol
- Impaired Kidney Function
- Occupational Risks
- Child & Maternal malnutrition

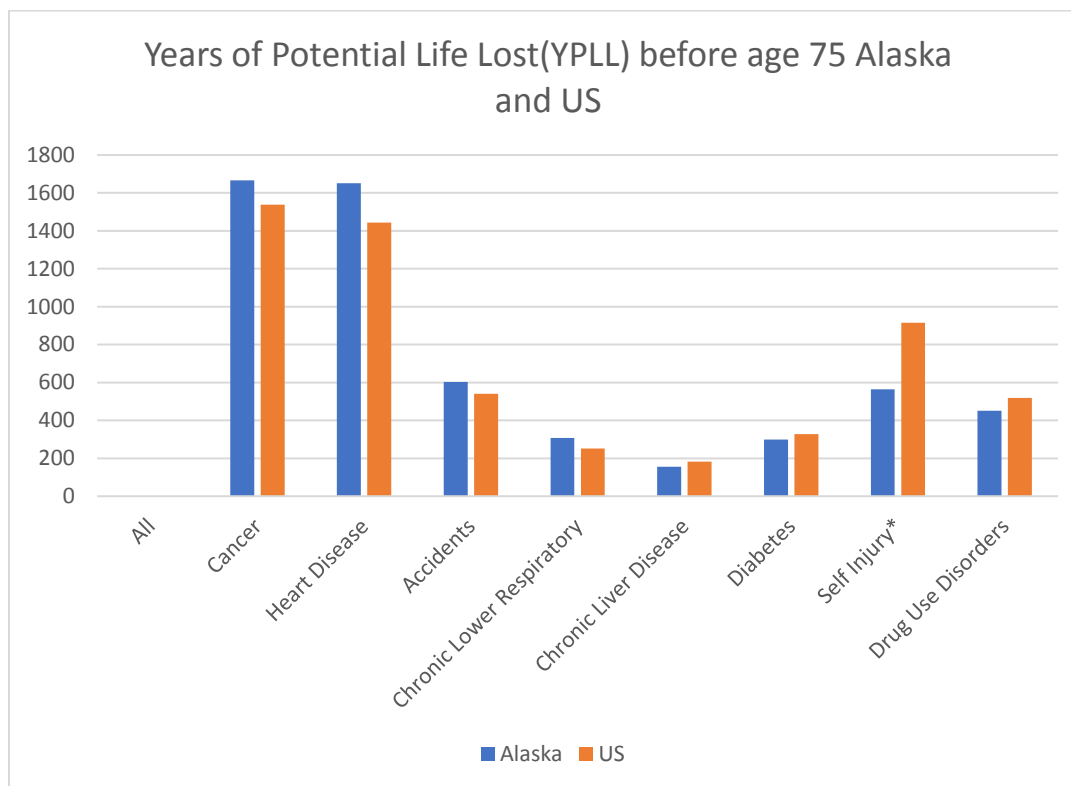
LEADING CAUSES OF DEATH

ALASKA LEADING CAUSES OF DEATH	DEATHS	DEATH RATE	STATE RANK	US RATE
Cancer	995	158.7	43 rd	152.5
Heart Disease	831	141.1	45 th	165.0
Accidents	439	63.1	7 th	49.4
Chronic Lower Respiratory Diseases	238	41.5	41 st	40.9
Stroke	196	39.0	36 th	37.6
Chronic Liver Disease	124	16.3	4 th	10.9
Diabetes	124	19.3	36 th	21.5
Alzheimer's Disease	111	25.8	42 nd	31.0
Flu/Pneumonia	61	12.8	42 nd	14.3
Fire Arms Deaths	180	24.5		12.0

<https://www.cdc.gov/nchs/pressroom/states/alaska/alaska.htm>

Because leading causes of death vary by age, mortality rates by underlying cause alone do not reflect the full social impact of premature death. Estimating years of potential life lost (YPLL) is a way of quantifying the cost of early death by measuring the number of years between age at death and a specific standard age. For instance, if the standard is set at 75 years, a death at age 21 results in 54 years of potential life lost.

The graph below compares causes of death by YPLL before age 75 years per 100,000 population for the State of Alaska and the US.



**not in top ten causes for Alaska but significantly higher in Alaska than US*

https://cdn.jamanetwork.com/ama/content_public/journal/jama/936922/joi180029f6.png?Expires=2147483647&Signature=CPobJPRfxiMVVARALBheG99owokN-q9Jq2abVwW6tPdccc~JwEr8T0FalZvM3sf9Tj8tY1Qk1hE0cPNmZm-A2oBmMqY7xWSD6e~Q9VCQQ2QY~hokRYiQTZY-0tZXbBb3oVYFFNdd49RXQiNOS3qa6rfzw-dXCvINsVC8p3vG6EhiBMch4OUrEfc4563zi5nsXnP-dhlQKaKdnCQ7A3ePFq7m1jvI~hplEm59aReOuodR6gaoUic1xYNuRKULL-WwUoxXOn1Q31tTWbXji99a6rwPAEI64Q8wEZn4t0FOMG~MGA52~awsOqGiYDPG3MpuoDmHZ~AXA~WDPwINyNixEA_&Key-Pair-Id=APKAIE5G5CRDK6RD3PGA

HEALTH FACTORS: HEALTH BEHAVIORS

TOBACCO

The tobacco figures for Valdez-Cordova County seen in the adjacent table are unfavorably high as compared to the state of Alaska and the United States. Vaping has become a significant concern in the country and in Alaska. According to the State Department of Health and Human Services.

- Among Alaska adults, the prevalence of e-cigarette use has grown significantly from less than 1% in 2010 to 7% in 2014.
- In Alaska, the prevalence of e-cigarette use is higher among high school students, with 18% reporting current use of e-cigarettes in 2015.

TOBACCO			
	VALDEZ-CORDOVA COUNTY	ALASKA	UNITED STATES
Percent Population Smoking Cigarettes Adults	19%	17.0%	16.1%
Percent of population vaping	Unknown	7%	9%

Ibis.dhss.alaska.gov/indicator; Countyhealthrankings.org/app/Alaska/2018

Survey responses regarding tobacco use or vaping:

- In response to the survey question "What behaviors put adults over age 18 at risk in Cordova?" tobacco use ranked 6th on the list with 63.16% of respondents, and tied for 5th on the Question "What behaviors put youth and teens at risk?". Vaping ranked as a higher risk for both adults and youth. 68.42% (tied for 3rd) of respondents thought vaping is was a risk for adults and 73% of respondents saw it as a risk for teens (tied for 3rd).

DIET & EXERCISE

The percent population with no leisure time physical activity is higher than the state of Alaska and slightly less than the United States.

PHYSICAL INACTIVITY			
	Valdez-Cordova County	Alaska	United States
Population with no Leisure Time Physical Activity	20%	19%	19.6

BRFSS Alaska 2018

OBESITY			
	Valdez-Cordova County	Alaska	United States
Adults with BMI > +25 and <30.0 (Overweight)	34%	37%	31.8%
Percent Adults with BMI > 30.0 (Obese)	31%	29%	39.6%

Dhss.alaska.gov/dph/chronic/documents/obesity, countyhealthrankings.org/app/alaska

FOOD ENVIRONMENT			
	Valdez_Cordova County	Alaska	United States
%limited access to healthy food	15%	18%	
Food insecurity	13.6%	13.9%	14%
Food environment index	6.9	6.1%	39.6%

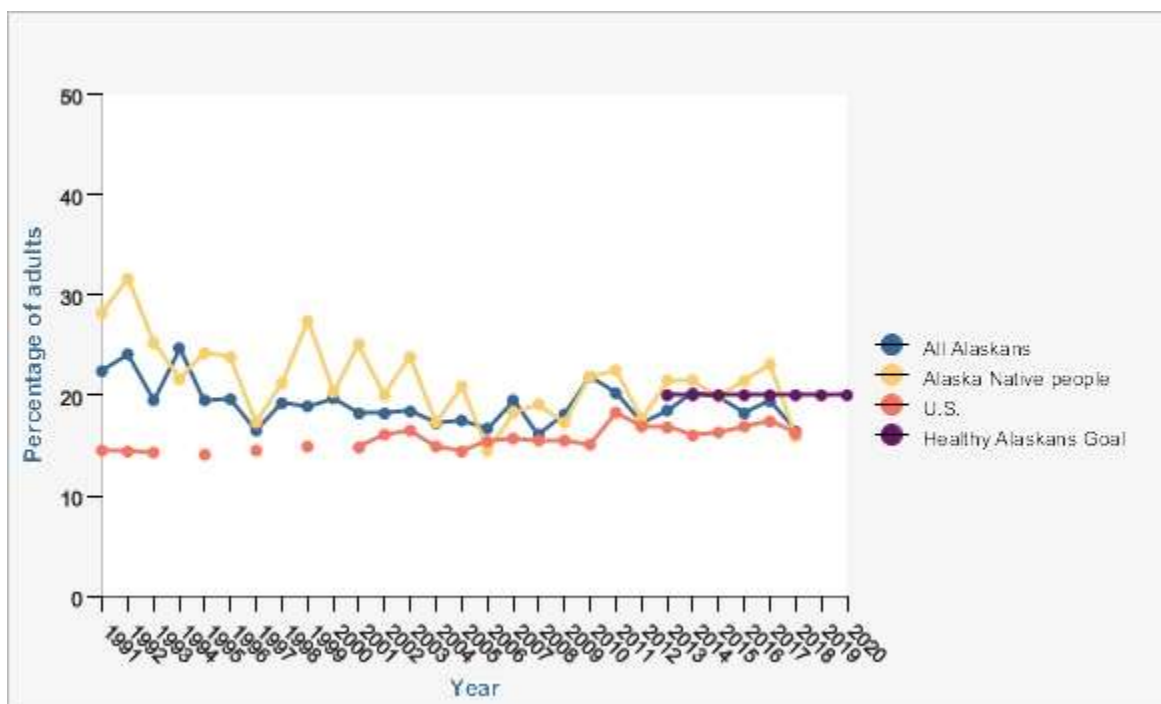
Countyhealthrankings.org/app/Alaska; ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us;
<https://www.feedingamerica.org/research/map-the-meal-gap>

Stakeholder survey data indicates that 66.67% of those surveyed believe that access a lack of access to healthy food contributes to health challenges in Cordova. 52% of respondents believe obesity puts adults at risk and 42.11% believe obesity puts teens at risk. 63.16% report that unhealthy eating habits put both adults and youth at risk.

Source: CCMC 2019 Stakeholder survey questions 3, 7 & 8

ALCOHOL & DRUG USE

According to Alaska's 2018 BRFSS Alaska's rate of alcohol induced mortality was twice the national average. The 2017 rate for Alaska Native people was 6 times the national average. In 2017, there were 3,723 years of potential life lost due to alcohol-induced deaths, with 23.9 years lost prematurely for each death, on average. Excessive alcohol use can increase a person's risk of developing serious health problems such as brain and liver damage, heart disease, cancer, fetal damage in pregnant women, and early death. It is a risk factor for injuries, violence, unintended pregnancy, and motor vehicle crashes. Binge drinking and heavy drinking[‡] among Alaska adults are of particular concern." The Valdez-Cordova county rate of excessive drinking is 22% compared to a state average of 19% and a national average of 16%.



Source: Alaska Behavioral Risk Factor Surveillance System (BRFSS) via Alaska's 2018 State Health Assessment (SHA); cdc.gov/alcohol/fact-sheets/binge-drinking.htm

Alcohol abuse was indicated to be the number one health concern of survey respondents. Alcohol use was identified by survey respondents as the number one behavior putting adults and youth at risk. Illegal drug use was the second highest concern among respondents.

Source: CCMC 2019 Stakeholder survey question 3

ALCOHOL CHARACTERISTICS			
		ALASKA	UNITED STATES
Estimated Adults Drinking Excessively (Crude Percentage)	22%	19%	16.40%

Source: Alaska Behavioral Risk Factor Surveillance System (BRFSS) via Alaska's 2018 State Health Assessment (SHA); cdc.gov/alcohol/fact-sheets/binge-drinking.htm

SUBSTANCE USE AND MENTAL HEALTH			
	Valdez Cordova County	Alaska	United States
Percent of adults Using Illicit Drugs	unknown	13.65%	10.60%
Percent with Mental Health Disorders	unknown	16.80%	17.90%

SOURCE: Centers for Medicare and Medicaid Services. 2017. https://obamawhitehouse.archives.gov/sites/default/files/docs/state_profile-alaska.pdf; <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2016/NSDUH-FFR1-2016.htm#illicit>

DIABETES

Diabetes is a chronic disease that occurs when glucose (sugar) levels in the blood are above normal. If not carefully managed, diabetes can cause heart attack, stroke, blindness, and kidney damage.

The percentage of the population with Diagnosed Diabetes in Valdez-Cordova County is lower than both the state of Alaska and the United States.

DIABETES (ADULT)			
	Valdez-Cordova County	Alaska	United States
Population with Diagnosed Diabetes	8%	10.9%	9.4%

Source: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. 2015. Source geography: County; countyhealthrankings.org/app/Alaska; main.diabetes.org

HEALTH FACTORS: CLINICAL CARE

ACCESS TO CARE

People need equitable access to health care, including physical and behavioral health care services. Access depends on having health insurance coverage, a provider, and transportation to visit a provider. Cordova has a better ratio of both primary care physicians and Mental Health providers (1:590) than the county and the state. And yet access to care is identified as a significant concern by key stakeholders.

Ratio of Providers			
	Cordova	Valdez Cordova	United States
Primary Care Physicians	590:1	1340:1	1099:1
Mental Health Care Facilities	590:1	1870:1	280:1
Dental Health Care Facilities	2360:1	2340:1	1639:1
Designated Health Professional Shortage Areas			
	Cordova	Alaska	United States
Primary Care Facilities	2	84	6890
Mental Health Care Facilities	2	75	5732
Dental Health Care Facilities	1	69	5035

Countryhealthraknings.org; ada.org;

Survey responses regarding access to care are captured below.

- 50% of the key stakeholder survey respondents reported access to care as a factor that contributes to health challenges in Cordova (CCMC 2019 Key Stakeholder Survey Question 3).
- 27.78% cited access to a primary care physician as a factor contributing to health challenges in Cordova (CCMC 2019 Key Stakeholder Survey Question 3).
- 15.79% of survey respondents cited difficulty getting and appointment as a reason people do not get medical care services. (CCMC 2019 Key Stakeholder Survey Question 4)
- 21.05% of respondents say they or someone they know travel outside of Cordova for primary care.
- 10.53% say lack of access to psychiatrists is the reason people do not get the mental health care they need.

INSURANCE COVERAGE

The percent of population uninsured in Valdez-Cordova County is more than both the state of Alaska and the United States, as seen in the adjacent chart. In the Prioritization meeting it was noted that underinsurance seems to play a factor in perception of health care being too costly and further that Cordova's higher than average incomes may mean fewer individuals are eligible for assistance and thus responsible for more costs.

UNINSURED			
	CORDOVA VALDEZ COUNTY	ALASKA	UNITED STATES
Percent of Population Uninsured	19%	13.7%	8.5%

SOURCE: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

The Valdez-Cordova County figure associated with percent with public coverage (all or partial) is significantly lower than both the state of Alaska and the United States, as seen in the adjacent chart.

	VALDEZ-CORDOVA COUNTY	ALASKA	UNITED STATES
Percent with public coverage (all or partial)	16.1%	34.8%	34.4%
Medicare coverage	8.2%	13%	17.2%
Medicaid/means tested coverage	7.89%	21%	19.3%
Military coverage	1.72%		4.6%

SOURCE: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates;
<https://www.census.gov/library/visualizations/interactive/health-insurance-type.html>;
<https://www.census.gov/content/dam/Census/library/publications/2018/demo/p60-264.pdf>

Survey responses regarding insurance coverage:

- 55.56% of respondents (10 out of 19) indicated that cost was a factor that contributed to health care challenges in Cordova.
- 42.11% (8 out of 19) said cost was factor in individuals not getting the mental health care they need.

- 15.79% of respondents said CCMC should, in collaboration with other partners, help people get health insurance. This ranked 10th out of 14 in the list of responses.
- During the prioritization meeting key stakeholders identified that the impact of the cost of care was directly related to the number of uninsured and underinsured individuals and discussed that being underinsured contributed to people seeing health care as too costly and thus a barrier to getting care.

HEALTH FACTORS: SOCIAL AND ECONOMIC FACTORS

EDUCATION

Education levels obtained by community residents may impact the local economy. Higher levels of education generally lead to higher wages, less unemployment and job stability. These factors may indirectly influence community health.

POPULATION 25 YEARS AND OVER EDUCATIONAL ATTAINMENT			
	VALDEZ-CORDOVA COUNTY	ALASKA	UNITED STATES
Less than 9th grade	1.3%	2.7%	5.44%
9th to 12th grade, no diploma	2.8%	4.9%	7.25%
High school graduate (includes equivalency)	28%	27.6%	27.30%
Some college, no degree	26.5%	27.30%	20.78%
Associate's degree	8.7%	8.5%	8.28%
Bachelor's degree	23.1%	18.6%	19.13%
Graduate or professional degree	9.6%	10.4%	11.80%

SOURCE: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

ENGLISH PROFICIENCY (LINGUISTICALLY ISOLATED HOUSEHOLDS)

According to the U.S. Census Bureau, a linguistically isolated household (or "limited English-speaking household") is one in which no member 14 years old and over (1) speaks only English or (2) speaks a non-English language and speaks English "very well." In other words, all members 14 years old and over have at least some difficulty with English.

PERCENT LINGUISTICALLY ISOLATED POPULATION		
VALDEZ-CORDOVA COUNTY	ALASKA	UNITED STATES
8.3%	16%	21.3%

SOURCE: United States Census Bureau, American Community Survey. 2013-17.

EMPLOYMENT

The unemployment rate for Valdez-Cordova County is the same as the state of Alaska and slightly higher as compared to the United States as indicated in the adjacent chart.

UNEMPLOYMENT RATE		
VALDEZ-CORDOVA COUNTY	ALASKA	UNITED STATES
5.2%	5.2%	4.10%

SOURCE: United States Department of Labor, Bureau of Labor Statistics. 2018 - August.

INCOME

Higher income and social status are linked to better health. The percentage of the population in Valdez-Cordova County receiving a wage or salary income is lower as compared to both the state of Alaska and the United States. Also, the median income figures and the percent population in poverty in Valdez-Cordova County are both lower as compared to both the state of Alaska and the United States.

SOURCE: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

MEDIAN AND PER CAPITA INCOME IN THE PAST 12 MONTHS (IN 2017 INFLATION-ADJUSTED DOLLARS)			
	VALDEZ-CORDOVA COUNTY	ALASKA	UNITED STATES
MEDIAN FAMILY INCOME	\$86,109	\$76,114	\$57,652
PER CAPITA INCOME	\$37,935	\$35,065	\$31,117

SOURCE: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

The federal poverty definition consists of a series of thresholds based on family size and composition. In calendar year 2017, a family of two adults and two children fell in the “poverty” category if their annual income fell below \$24,858.

POVERTY POPULATION			
	VALDEZ-CORDOVA COUNTY	ALASKA	UNITED STATES
Percent Population Under Age 18 in Poverty	6.4%	14.10%	20.31%
Percent Population in Poverty	7.4%	10.20%	14.60%

SOURCE: United States Census Bureau, American Community Survey. 2013-17.

PERCENTAGE RECEIVING PUBLIC ASSISTANCE INCOME			
	VALDEZ-CORDOVA COUNTY	ALASKA	UNITED STATES
With public assistance income	4.3%	6.3%	2.56%
With cash public assistance or Food Stamps/ Supplemental Nutrition Assistance Program (SNAP)	9.1%	16.6%	12.6%
With Social Security income	23.1%	21.2%	30.56%
With Supplemental Social Security income	2.7%	4.5%	5.4%

SOURCE: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

PERCENT FREE/REDUCED PRICE LUNCH ELIGIBLE		
VALDEZ-CORDOVA COUNTY	ALASKA	UNITED STATES
38%	56.66%	52.11%

*SOURCE: National Center for Education Statistics, NCES - Common Core of Data. 2015-16.
<https://www.countyhealthrankings.org/app/alaska/2017/measure/factors/65/data>*

SAFETY AND VIOLENCE

According to Alaska's 2018 State Health Assessment (SHA) report, "many people feel safe in their community, and Alaska experiences less violence than most other states (ranked 14th in the country). Aggravated assault, robbery, and rape are the most common serious violent crimes. Violent crime has been decreasing over time."

The violent crime rates in Valdez-Cordova County are much more attractive than those in both the state of Alaska and the United States.

VIOLENT CRIME RATE (PER 100,000 POP.)		
VALDEZ-CORDOVA COUNTY	ALASKA	UNITED STATES
21.1	247.7	379.7

SOURCE: Federal Bureau of Investigation, FBI Uniform Crime Reports. Additional analysis by the National Archive of Criminal Justice Data. Accessed via the Inter-university Consortium for Political and Social Research. 2012-14. Source geography: County

HOUSING

The percentages associated with Valdez-Cordova County of owner and renter occupied housing units reflected in the adjacent table are more favorable as compared to the state of Alaska and the United States.

PERCENT OWNER-OCCUPIED AND RENTER-OCCUPIED HOUSING UNITS			
	VALDEZ-CORDOVA COUNTY	ALASKA	UNITED STATES
Owner occupied housing units	73.4%	63.7%	63.82%
Renter occupied housing units	26.6%	36.3%	36.18%

SOURCE: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

ACCESS TO PHYSICAL ACTIVITY

Key respondents did not cite access to physical activities as a factor in health challenges in Cordova although scores on the county health rankings indicate that the county scores low in this area. Access to healthy food (66.67%) was cited as a barrier to health and information about healthy lifestyles (31.58%) were identified in several responses about what CCMC should focus on in the survey and in the prioritization meeting.

RECREATION AND FITNESS FACILITY ACCESS ESTABLISHMENTS, RATE PER 100,000 POPULATION		
	ALASKA	UNITED STATES
	12.35	11.01

SOURCE: United States Census Bureau, County Business Patterns. Additional data analysis by CARES, 2016.

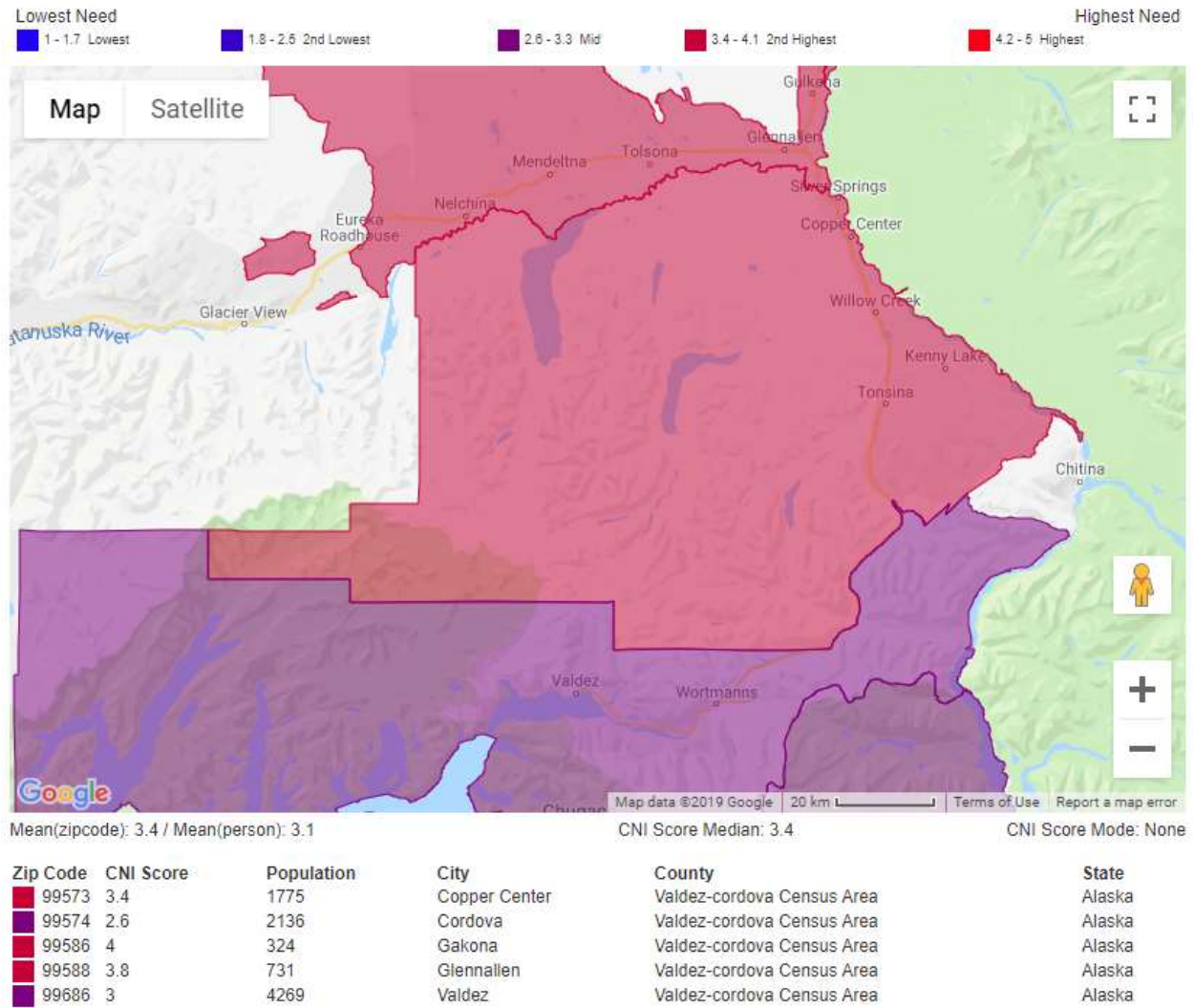
APPENDIX 2: COMMUNITY NEEDS INDEX

In 2005 Dignity Health, in partnership with Truven Health, pioneered the nation's first standardized Community Need Index (CNI). The CNI identifies the severity of health disparity for every ZIP Code in the United States and demonstrates the link between community need, access to care, and preventable hospitalizations. The CNI found a high correlation (95.5%) between hospitalization rates and CNI scores. Admission rates for the most highly needy communities, CNI of 5.0, are more than 60% higher than communities with the lowest need, CNI of 1.0.

The CNI score is an average of five different barrier scores that measure various socio-economic indicators of each community. The five barriers are listed below along with the individual statistics that are analyzed for each barrier.

COMMUNITY NEED INDEX (CNI)	
Barriers to healthcare access	Indicator(s) of Underlying Causes of Health Disparity
Income	Percentage of households below poverty line, with head of household age 65 or more
	Percentage of families with children under 18 below poverty line
	Percentage of single female-headed families with children under 18 below poverty line
Cultural	Percentage of population that is minority (including Hispanic ethnicity)
	Percentage of population over age 5 that speaks English poorly or not at all
Education	Percentage of population over 25 without a high school diploma
Insurance	Percentage of population in the labor force, aged 16 or more, without employment
	Percentage of population without health insurance
Housing	Percentage of households renting their home

SOURCE: <http://cni.chw-interactive.org>; Community Need Index Methodology and Source Notes; 2019



© 2019 Dignity Health



SOURCE: Truven Health Analytics, 2018; Insurance Coverage Estimates, 2018; The Nielson Company, 2018; and Community Need Index, 2018.

APPENDIX 3: COMMUNITY SURVEY

Attached is a copy of the Cordova Community Medical Center CHNA Survey results.

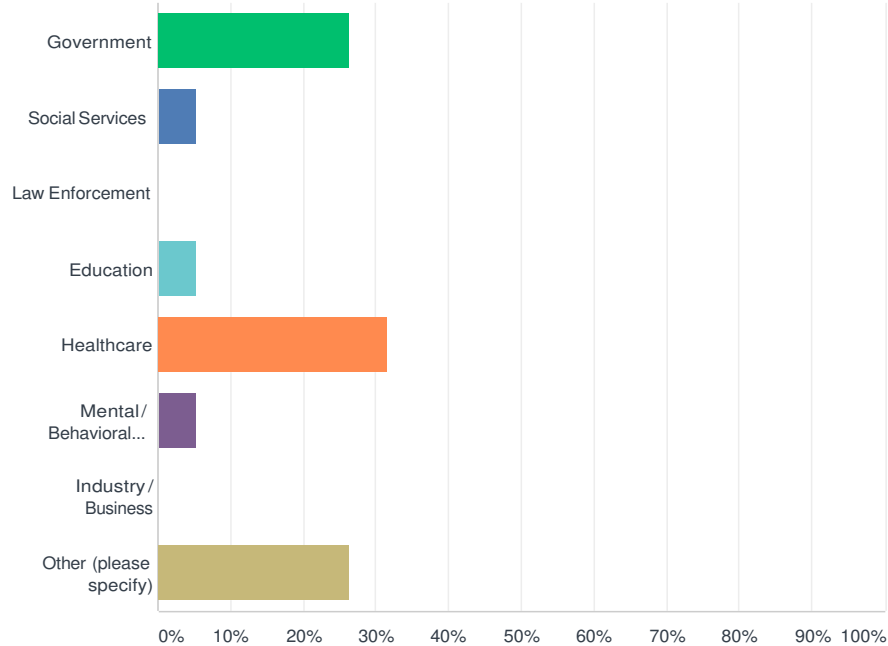
APPENDIX 4: COMMUNITY RESOURCES

Following is a copy of the “Cordova Community Resource Guide” that includes a multitude of community resources identified to assist with addressing needs, including those prioritized in this CHNA.

Cordova Community Medical Center (CCMC) Community Health Needs Assessment Survey 2019

#	ORGANIZATION	DATE
1	USCG	11/9/2019 3:00 PM
2	CFRC	11/5/2019 3:05 PM
3	City of Cordova	11/4/2019 7:50 PM
4	State of Alaska	10/28/2019 1:55 PM
5	St. George's Episcopal Church	10/26/2019 9:56 PM
6	Ilanka Community Health Center	10/25/2019 6:03 PM
7	Cordova Chamber of Commerce	10/25/2019 3:47 PM
8	CCMC	10/25/2019 3:05 PM
9	Cordova School District	10/25/2019 2:12 PM
10	Ilanka Community Health Center/Native Village of Eyak	10/23/2019 4:45 PM
11	Cordova Volunteer Fire Dept/ City of Cordova	10/22/2019 3:03 AM
12	Sound Alternatives	10/21/2019 6:27 PM
13	Native Village of Eyak	10/21/2019 2:38 PM
14	Alaska Housing Finance Corporation	10/21/2019 2:07 PM
15	Native Village of Eyak	10/21/2019 2:05 PM
16	Native Village of Eyak	10/21/2019 1:37 PM
17	CCMC	10/21/2019 1:20 PM
18	Cordova School district	10/21/2019 1:11 PM
19	CCMC Pharmacy	10/21/2019 12:29 PM

Please tell us what type of organization you represent.

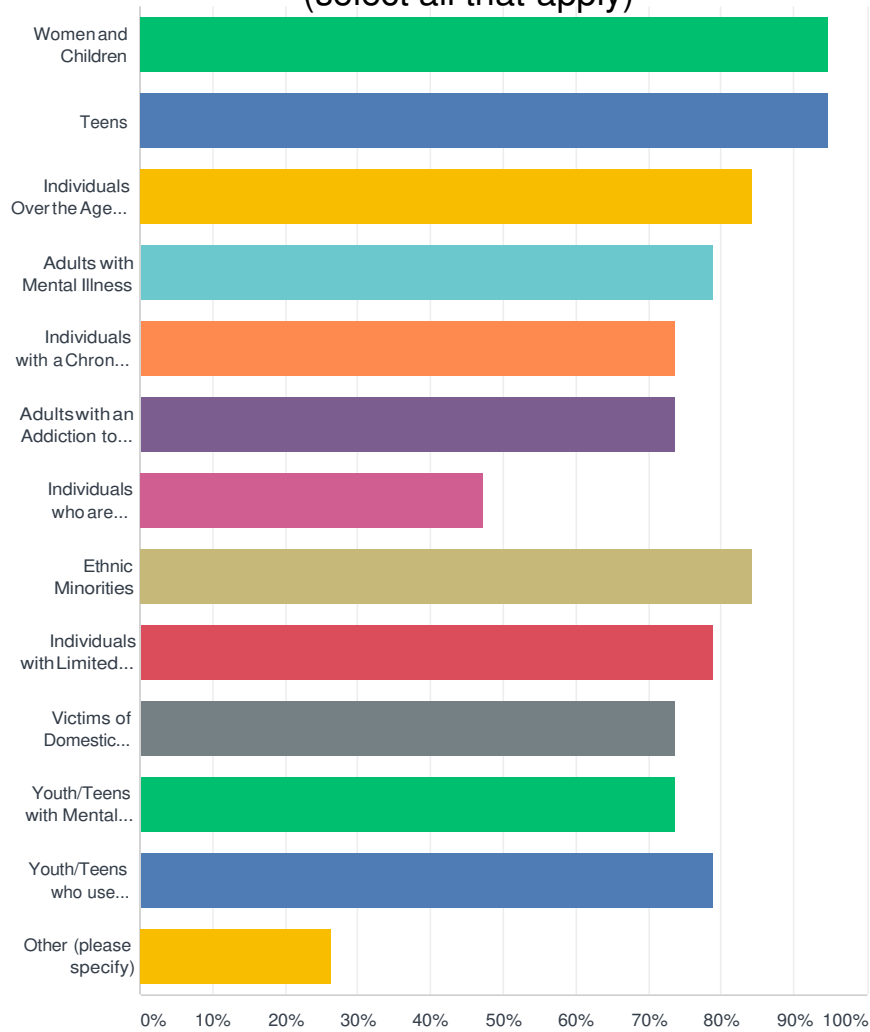


ANSWER CHOICES	RESPONSES	
Government	26.32%	5
Social Services	5.26%	1
Law Enforcement	0.00%	0
Education	5.26%	1
Healthcare	31.58%	6
Mental / Behavioral Health	5.26%	1
Industry / Business	0.00%	0
Other (please specify)	26.32%	5
TOTAL		19

#	OTHER (PLEASE SPECIFY)	DATE
1	church	10/26/2019 9:56 PM
2	Non-Profit	10/25/2019 3:47 PM
3	healthcare and govt.	10/22/2019 3:03 AM
4	Healthcare, BH, Family Services	10/21/2019 2:38 PM
5	History preservation Pioneers of Alaska	10/21/2019 1:11 PM

Please tell us if your organization provides services or programs to any of the populations listed below. Feel free to add any other populations you serve!

(select all that apply)



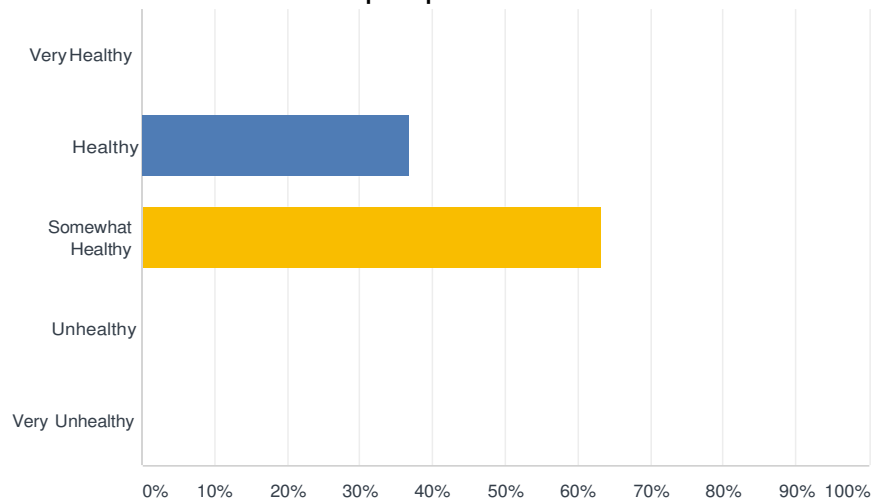
ANSWER CHOICES	RESPONSES	
Women and Children	94.74%	18
Teens	94.74%	18
Individuals Over the Age of 65	84.21%	16
Adults with Mental Illness	78.95%	15
Individuals with a Chronic Disease	73.68%	14
Adults with an Addiction to Alcohol, Tobacco, Marijuana, Illegal Drugs, Misuse Prescription Drugs	73.68%	14
Individuals who are Homeless	47.37%	9
Ethnic Minorities	84.21%	16
Individuals with Limited English Proficiency	78.95%	15
Victims of Domestic Violence, Child Abuse/Neglect or Elder Abuse/Neglect	73.68%	14
Youth/Teens with Mental Illness	73.68%	14

Cordova Community Medical Center (CCMC) Community Health Needs Assessment Survey 2019

Youth/Teens who use alcohol, tobacco, illegal drugs	78.95%	15
Other (please specify)	26.32%	5
Total Respondents: 19		

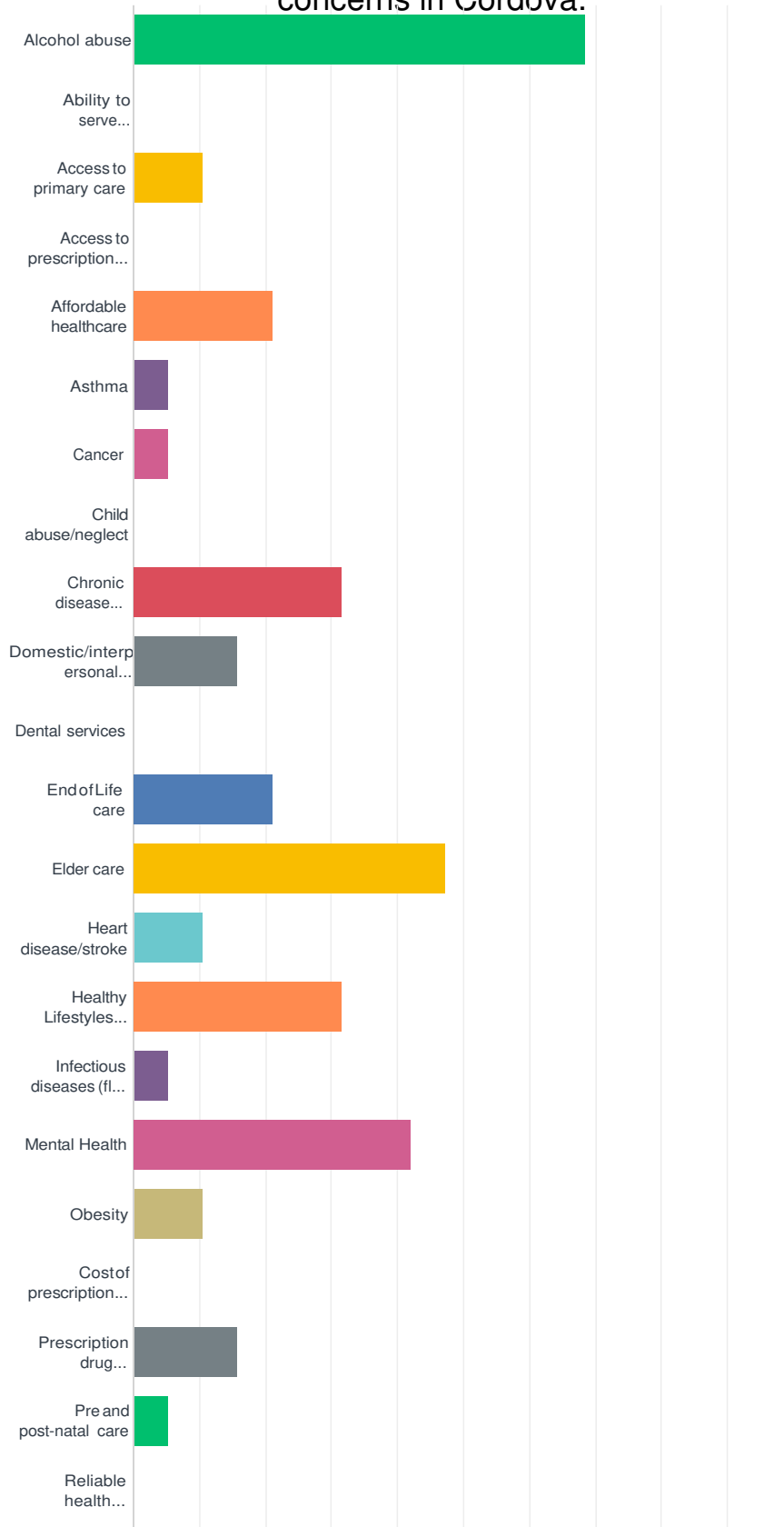
#	OTHER (PLEASE SPECIFY)	DATE
1	Individuals with Disability also the LGBTQIA+ population	11/5/2019 3:05 PM
2	Narcan kits	10/28/2019 1:55 PM
3	LGTB community	10/22/2019 3:03 AM
4	Individuals with limited/no income	10/21/2019 2:38 PM
5	Low income families	10/21/2019 2:07 PM

Question #1 How would you rate the general health of the people in Cordova?

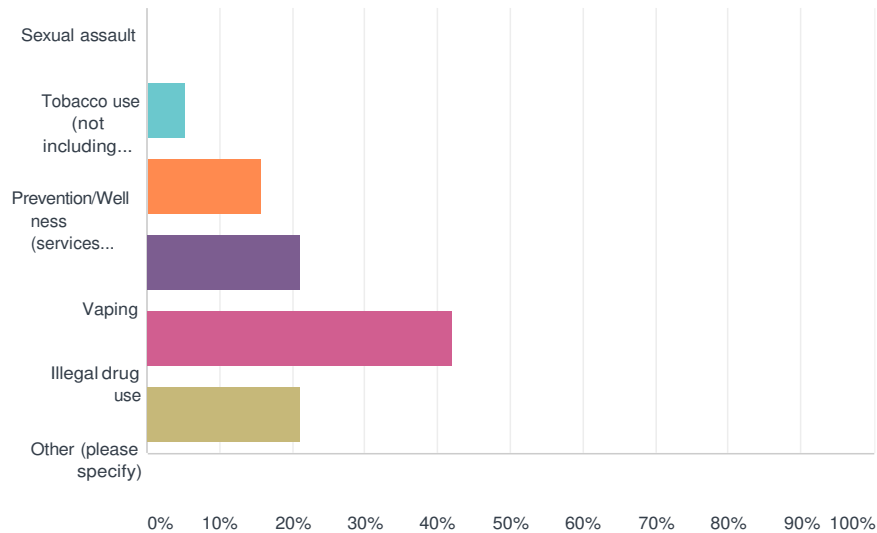


ANSWER CHOICES	RESPONSES	
Very Healthy	0.00%	0
Healthy	36.84%	7
Somewhat Healthy	63.16%	12
Unhealthy	0.00%	0
Very Unhealthy	0.00%	0
TOTAL		19

Question #2 Please indicate your top 3 to 5 biggest health concerns in Cordova.



Cordova Community Medical Center (CCMC) Community Health Needs Assessment Survey 2019

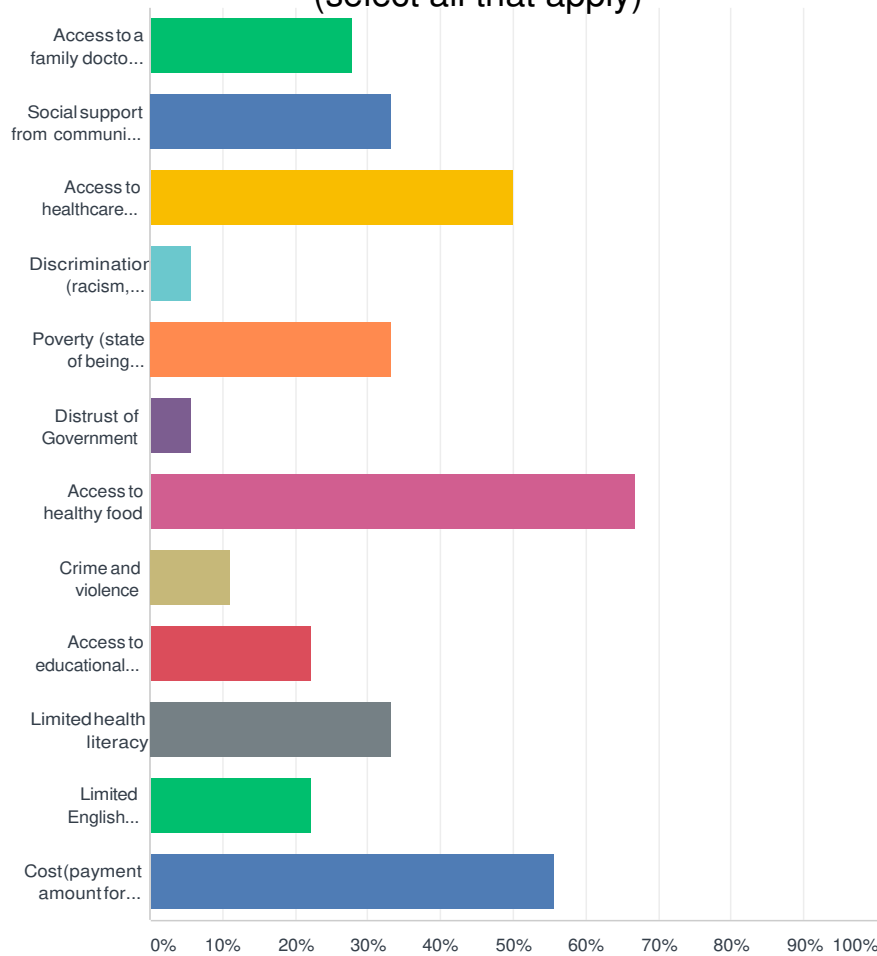


ANSWER CHOICES	RESPONSES	
Alcohol abuse	68.42%	13
Ability to serve individuals across a wide variety of languages and cultures	0.00%	0
Access to primary care	10.53%	2
Access to prescription medications	0.00%	0
Affordable healthcare	21.05%	4
Asthma	5.26%	1
Cancer	5.26%	1
Child abuse/neglect	0.00%	0
Chronic disease management (such as diabetes, Chronic Obstructive Pulmonary Disease (COPD) and autoimmune diseases)	31.58%	6
Domestic/interpersonal violence	15.79%	3
Dental services	0.00%	0
End of Life care	21.05%	4
Elder care	47.37%	9
Heart disease/stroke	10.53%	2
Healthy Lifestyles (exercise and nutrition)	31.58%	6
Infectious diseases (flu, TB, measles etc.)	5.26%	1
Mental Health	42.11%	8
Obesity	10.53%	2
Cost of prescription medication	0.00%	0
Prescription drug misuse/abuse	15.79%	3
Pre and post-natal care	5.26%	1
Reliable health information	0.00%	0
Sexual assault	0.00%	0
Tobacco use (not including vaping)	5.26%	1
Prevention/Wellness (services to stay healthy)	15.79%	3
Vaping	21.05%	4
Illegal drug use	42.11%	8
Other (please specify)	21.05%	4
Total Respondents: 19		

Cordova Community Medical Center (CCMC) Community Health Needs Assessment Survey 2019

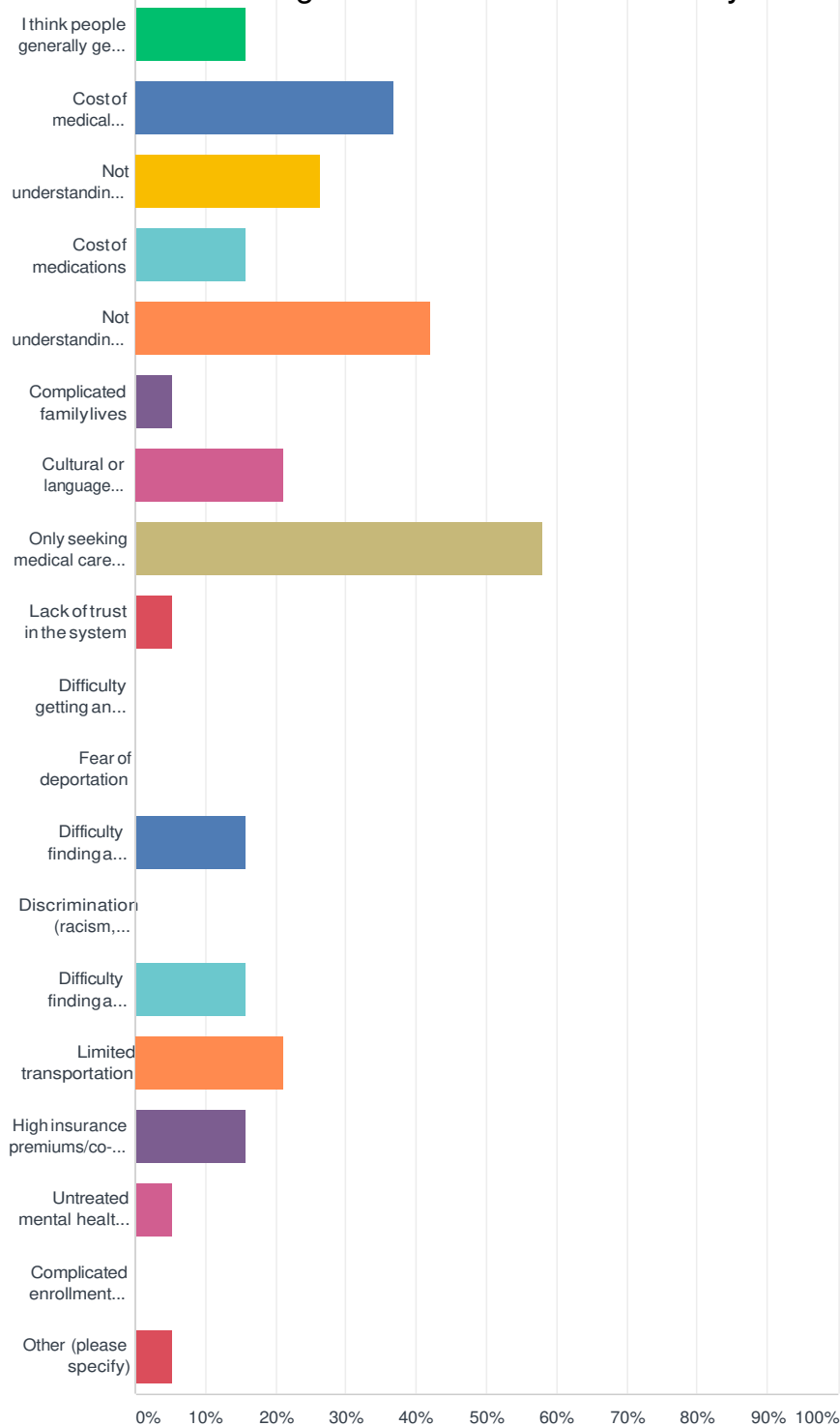
#	OTHER (PLEASE SPECIFY)	DATE
1	consistent and sustainable Health Care providers and facilities	11/5/2019 3:05 PM
2	continuity in mental health counselors	10/22/2019 3:03 AM
3	Assisted living	10/21/2019 2:07 PM
4	Prescription Drug misuse	10/21/2019 1:37 PM

Question #3 What factors or barriers do you believe contribute to the health challenges in Cordova?
(select all that apply)



ANSWER CHOICES	RESPONSES	
Access to a family doctor (medical home)	27.78%	5
Social support from community, family or friends	33.33%	6
Access to healthcare services	50.00%	9
Discrimination (racism, sexism, etc.)	5.56%	1
Poverty (state of being extremely financially poor)	33.33%	6
Distrust of Government	5.56%	1
Access to healthy food	66.67%	12
Crime and violence	11.11%	2
Access to educational opportunities	22.22%	4
Limited health literacy	33.33%	6
Limited English proficiency	22.22%	4
Cost (payment amount for healthcare services)	55.56%	10
Total Respondents: 18		

Question #4 What are the top three (3) reasons you think people in Cordova do not get the medical services they need?



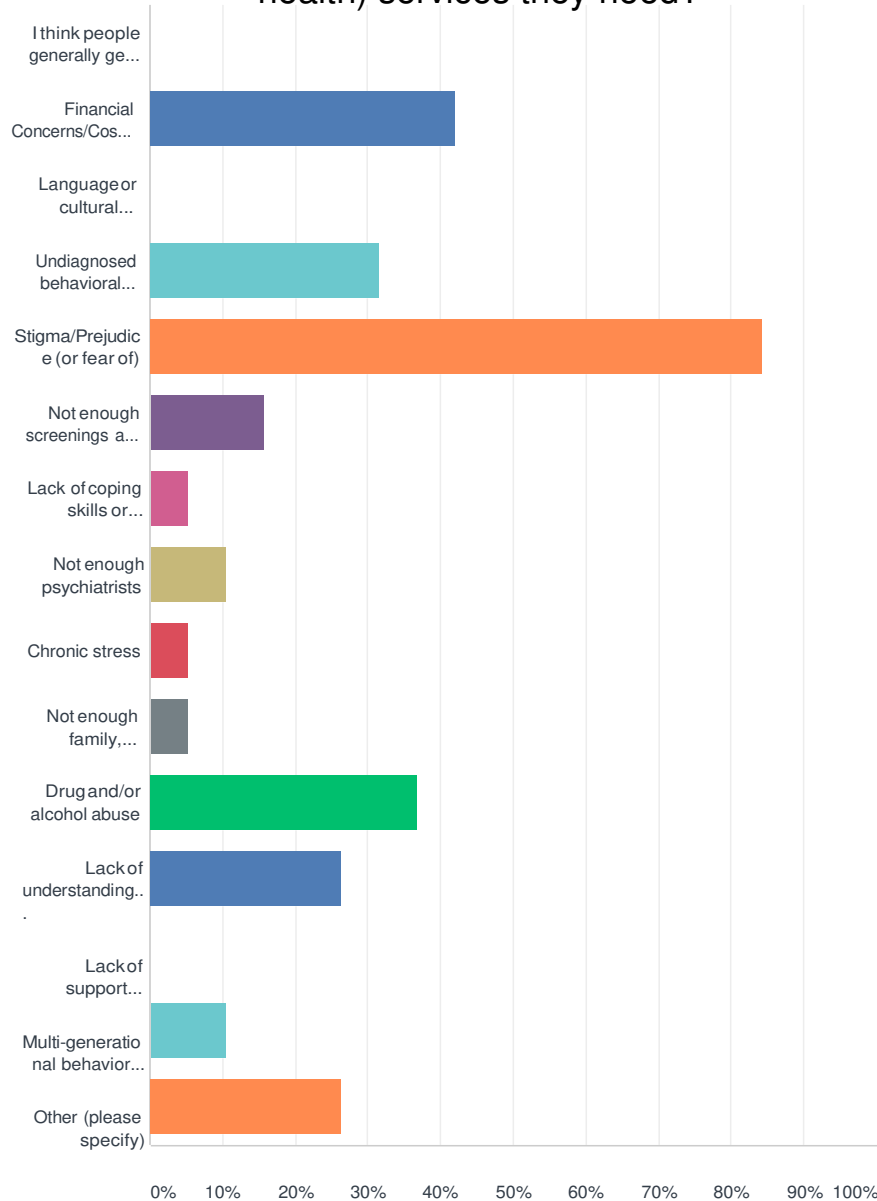
ANSWER CHOICES	RESPONSES	
I think people generally get the medical services they need	15.79%	3
Cost of medical services	36.84%	7

Cordova Community Medical Center (CCMC) Community Health Needs Assessment Survey 2019

Not understanding the importance of check-ups	26.32%	5
Cost of medications	15.79%	3
Not understanding what services are available or how to access them	42.11%	8
Complicated family lives	5.26%	1
Cultural or language barriers	21.05%	4
Only seeking medical care when in pain or very sick	57.89%	11
Lack of trust in the system	5.26%	1
Difficulty getting an appointment when it is needed	0.00%	0
Fear of deportation	0.00%	0
Difficulty finding a doctor/medical provider (finding a medical home)	15.79%	3
Discrimination (racism, sexism, etc.)	0.00%	0
Difficulty finding a specialist	15.79%	3
Limited transportation	21.05%	4
High insurance premiums/co-pays	15.79%	3
Untreated mental health issues	5.26%	1
Complicated enrollment process for health insurance	0.00%	0
Other (please specify)	5.26%	1
Total Respondents: 19		

#	OTHER (PLEASE SPECIFY)	DATE
1	Having said that, I do see that people who need counseling are repeatedly asked to "start all over" with a new counselor...when their counselor leaves Cordova. That is extremely difficult.	10/22/2019 3:03 AM

Question #5 What are the top three (3) reasons you think people in Cordova do not get the behavioral health (substance abuse/mental health) services they need?



ANSWER CHOICES	RESPONSES	
I think people generally get the behavioral health services they need	0.00%	0
Financial Concerns/Cost of behavioral healthcare	42.11%	8
Language or cultural barriers	0.00%	0
Undiagnosed behavioral health issues	31.58%	6
Stigma/Prejudice (or fear of)	84.21%	16
Not enough screenings and referrals for mental health	15.79%	3
Lack of coping skills or problem-solving strategies	5.26%	1
Not enough psychiatrists	10.53%	2

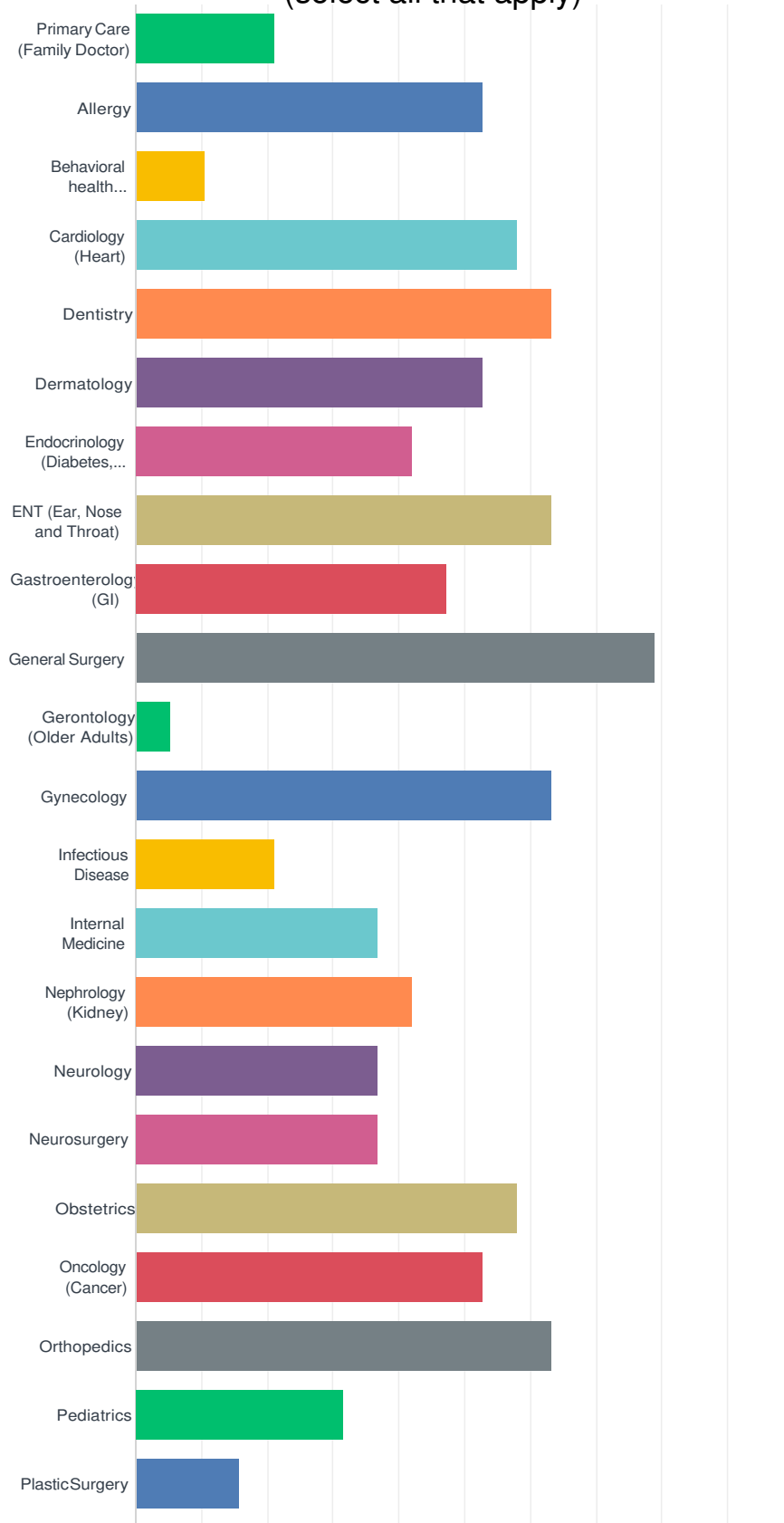
Cordova Community Medical Center (CCMC) Community Health Needs Assessment Survey 2019

Chronic stress	5.26%	1
Not enough family, individual or group therapy providers	5.26%	1
Drug and/or alcohol abuse	36.84%	7
Lack of understanding of behavioral health disorders	26.32%	5
Lack of support (community, family, friends)	0.00%	0
Multi-generational behavioral health issues	10.53%	2
Other (please specify)	26.32%	5
Total Respondents: 19		

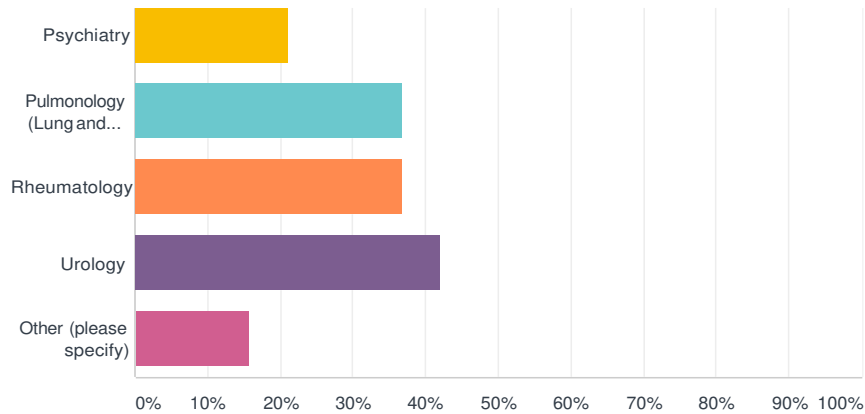
#	OTHER (PLEASE SPECIFY)	DATE
1	Not enough consistent Therapy providers, individuals do not like to have to share detailed information over and over to new providers	11/5/2019 3:05 PM
2	They think they don't have a problem; also culture of alcoholism/drugs; we have a lot of sober activities--but we need more	10/26/2019 9:56 PM
3	Again, just the lack of CONTINUITY. We need more counselors to STAY in Cordova. It seems as if that may be getting more stable.....?? Now??	10/22/2019 3:03 AM
4	Lack of understanding of available resources	10/21/2019 2:38 PM
5	Lack of trust	10/21/2019 2:05 PM

Question #6 What doctors/providers do you, your family, or others you know travel outside of Cordova to see?

(select all that apply)



Cordova Community Medical Center (CCMC) Community Health Needs Assessment Survey 2019



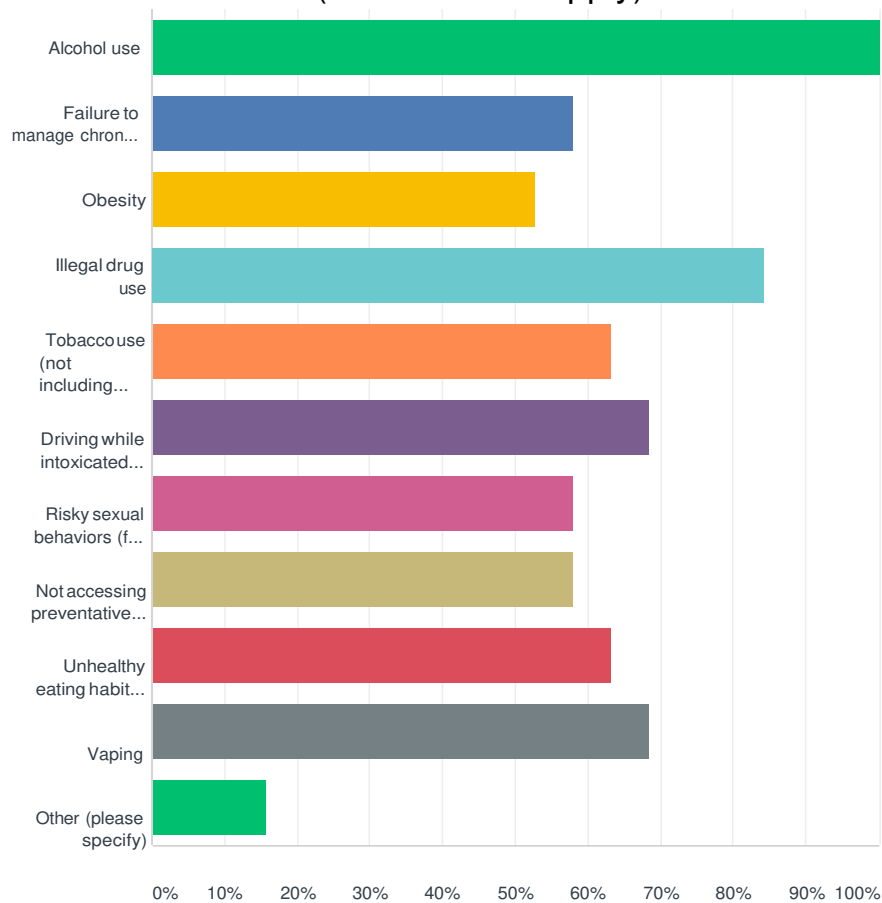
ANSWER CHOICES	RESPONSES	
Primary Care (Family Doctor)	21.05%	4
Allergy	52.63%	10
Behavioral health providers including mental health therapists and counselors	10.53%	2
Cardiology (Heart)	57.89%	11
Dentistry	63.16%	12
Dermatology	52.63%	10
Endocrinology (Diabetes, Thyroid)	42.11%	8
ENT (Ear, Nose and Throat)	63.16%	12
Gastroenterology (GI)	47.37%	9
General Surgery	78.95%	15
Gerontology (Older Adults)	5.26%	1
Gynecology	63.16%	12
Infectious Disease	21.05%	4
Internal Medicine	36.84%	7
Nephrology (Kidney)	42.11%	8
Neurology	36.84%	7
Neurosurgery	36.84%	7
Obstetrics	57.89%	11
Oncology (Cancer)	52.63%	10
Orthopedics	63.16%	12
Pediatrics	31.58%	6
Plastic Surgery	15.79%	3
Psychiatry	21.05%	4
Pulmonology (Lung and Respiratory)	36.84%	7
Rheumatology	36.84%	7
Urology	42.11%	8
Other (please specify)	15.79%	3
Total Respondents: 19		

#	OTHER (PLEASE SPECIFY)	DATE
1	Emergency Veterinary Care	10/25/2019 3:47 PM

Cordova Community Medical Center (CCMC) Community Health Needs Assessment Survey 2019

2	Speech Therapy, Occupational Therapy, Diabetes Specialist (other than Endocrinology), Pediatric Subspecialties, Sleep Lab	10/23/2019 4:45 PM
3	this answer represents OUR family only...please add in "sleep study" specialists	10/22/2019 3:03 AM

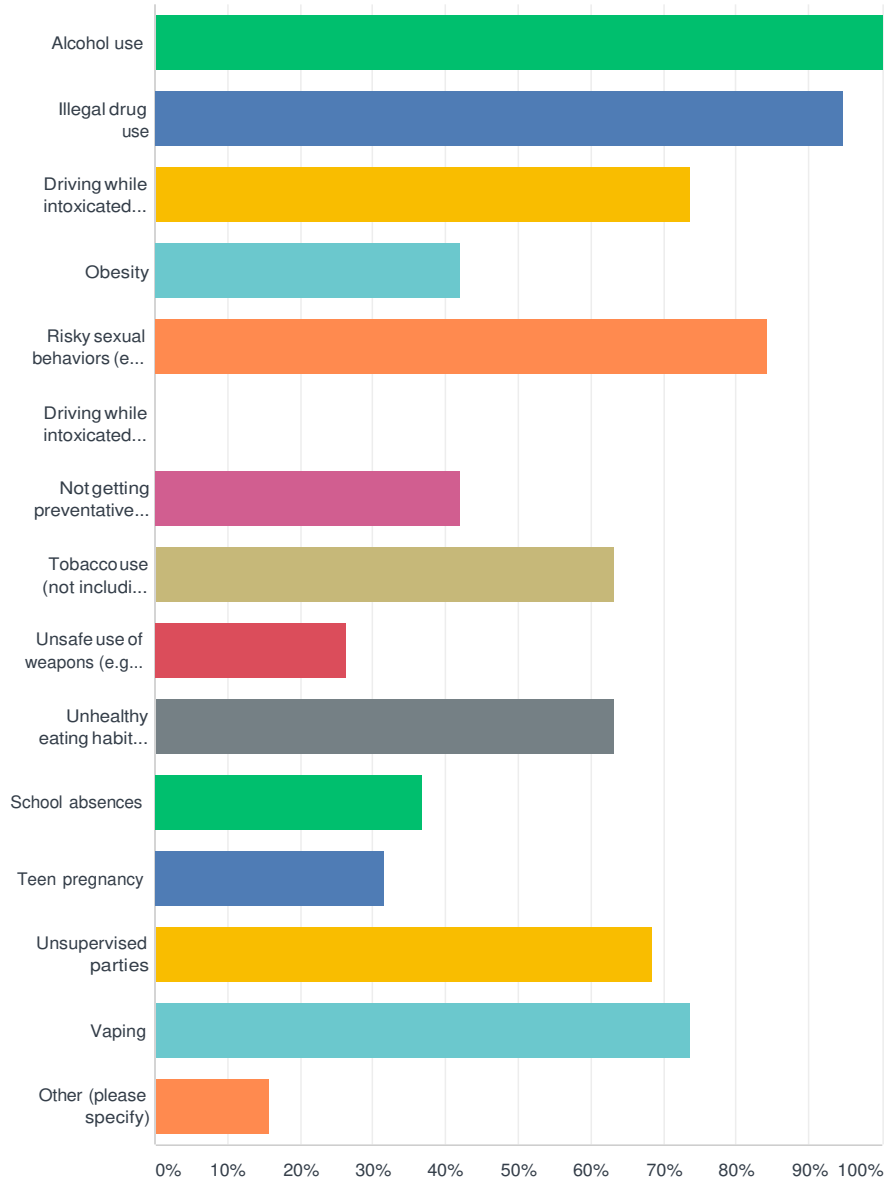
Question #7 What behaviors put adults (over age 18) in Cordova at risk? (select all that apply)



ANSWER CHOICES		RESPONSES	
Alcohol use		100.00%	19
Failure to manage chronic disease(s) (such as diabetes or heart disease)		57.89%	11
Obesity		52.63%	10
Illegal drug use		84.21%	16
Tobacco use (not including vaping)		63.16%	12
Driving while intoxicated (drugs or alcohol)		68.42%	13
Risky sexual behaviors (for example not using a condom)		57.89%	11
Not accessing preventative care including regular doctor visit and immunizations		57.89%	11
Unhealthy eating habits (not eating healthy foods)		63.16%	12
Vaping		68.42%	13
Other (please specify)		15.79%	3
Total Respondents: 19			

#	OTHER (PLEASE SPECIFY)	DATE
1	Prescription Drug use	11/5/2019 3:05 PM
2	I don't know about the others...	10/22/2019 3:03 AM
3	Prescription drug misuse/abuse	10/21/2019 1:37 PM

**Question #8 What behaviors put youth and teens (under age 18) in Cordova at risk?
(select all that apply)**



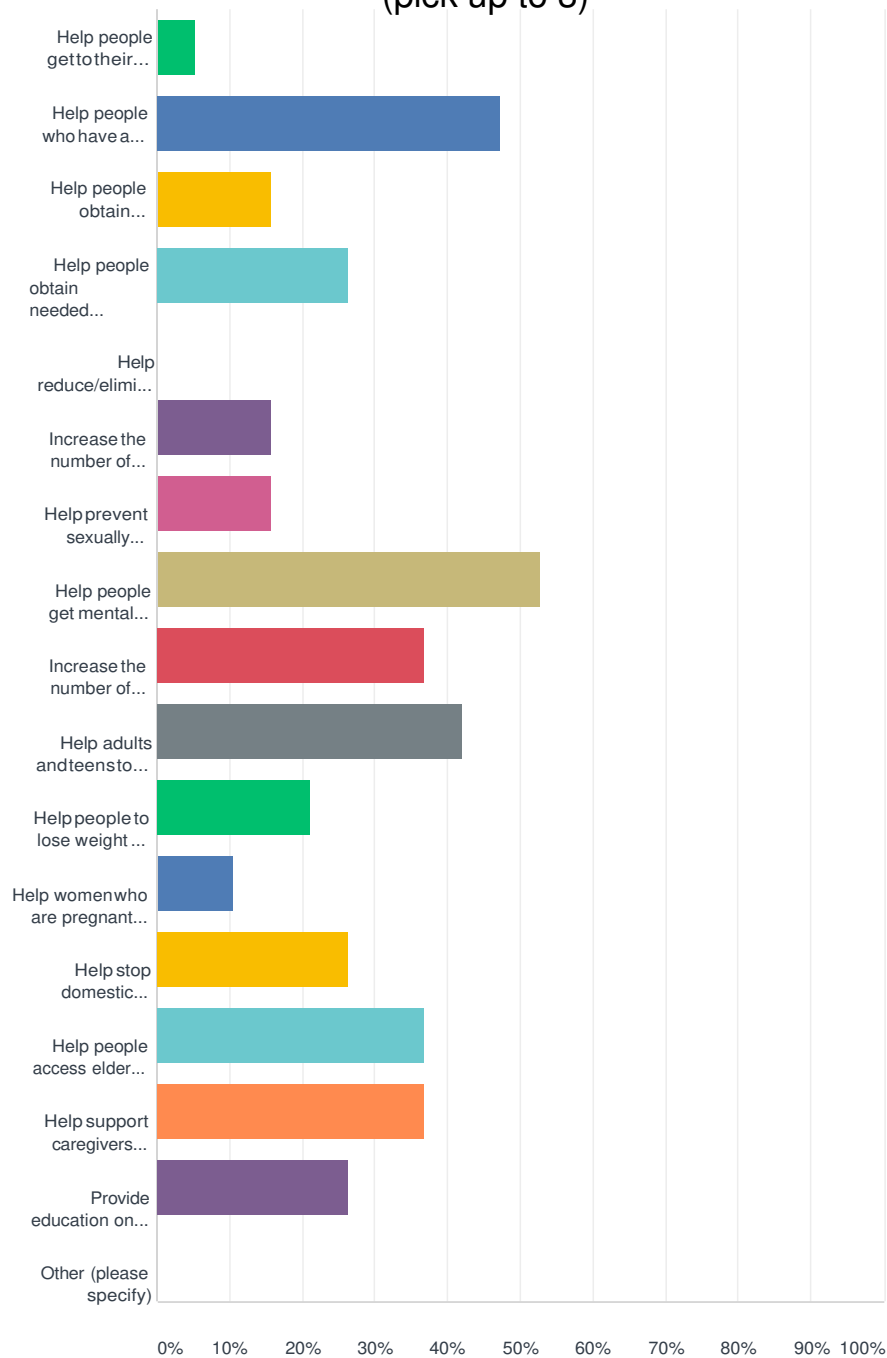
ANSWER CHOICES	RESPONSES	
Alcohol use	100.00%	19
Illegal drug use	94.74%	18
Driving while intoxicated (drugs or alcohol)	73.68%	14
Obesity	42.11%	8
Risky sexual behaviors (e.g. not using a condom)	84.21%	16
Driving while intoxicated (drugs or alcohol)	0.00%	0
Not getting preventative care (including regular doctor visits, immunizations, etc.)	42.11%	8
Tobacco use (not including vaping)	63.16%	12
Unsafe use of weapons (e.g. guns)	26.32%	5

Cordova Community Medical Center (CCMC) Community Health Needs Assessment Survey 2019

Unhealthy eating habits (not eating healthy food)	63.16%	12
School absences	36.84%	7
Teen pregnancy	31.58%	6
Unsupervised parties	68.42%	13
Vaping	73.68%	14
Other (please specify)	15.79%	3
Total Respondents: 19		

#	OTHER (PLEASE SPECIFY)	DATE
1	Prescription Drug use	11/5/2019 3:05 PM
2	Texting and Driving, Kids in Cars without Car seats	10/25/2019 3:47 PM
3	I don't know the answer to the others.	10/22/2019 3:03 AM

Question #9 What would you like to see Cordova Community Medical Center, in cooperation with community partners, focus on over the next three (3) years?
(pick up to 3)



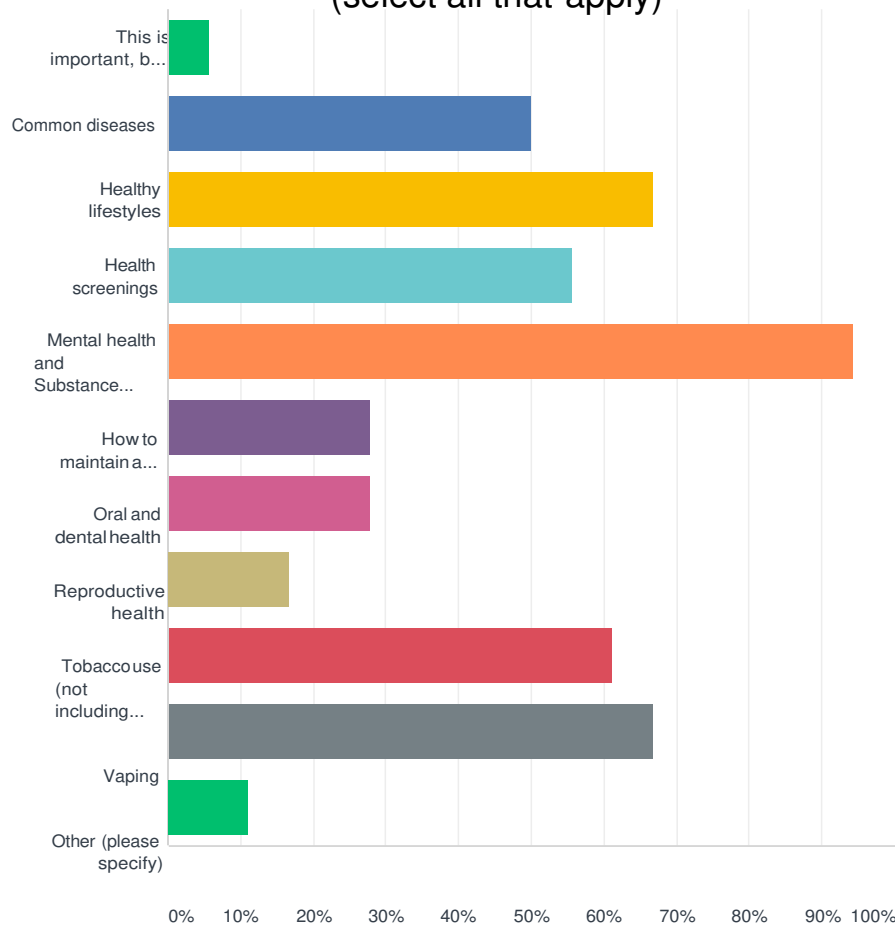
ANSWER CHOICES	RESPONSES	
Help people get to their doctor appointments (transportation)	5.26%	1
Help people who have a chronic disease (diabetes, heart failure, lung disease, cancer, Alzheimer's Disease, etc.) to stay healthy	47.37%	9
Help people obtain insurance	15.79%	3
Help people obtain needed medication	26.32%	5

Cordova Community Medical Center (CCMC) Community Health Needs Assessment Survey 2019

Help reduce/eliminate teenage pregnancy	0.00%	0
Increase the number of family doctors - or - increase the number of appointments	15.79%	3
Help prevent sexually transmitted diseases	15.79%	3
Help people get mental health care	52.63%	10
Increase the number of specialists	36.84%	7
Help adults and teens to stop using drugs (including illegal drugs, opioids, alcohol or tobacco)	42.11%	8
Help people to lose weight and eat healthier foods	21.05%	4
Help women who are pregnant to have a healthy baby	10.53%	2
Help stop domestic violence (including child abuse/neglect and elder abuse/neglect)	26.32%	5
Help people access elder care	36.84%	7
Help support caregivers (grandparents caring for grandchildren, families caring for older adults, families caring for a child or adult with special needs/a disability, families caring for a child or adult with mental illness)	36.84%	7
Provide education on health-related topics	26.32%	5
Other (please specify)	0.00%	0
Total Respondents: 19		

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	

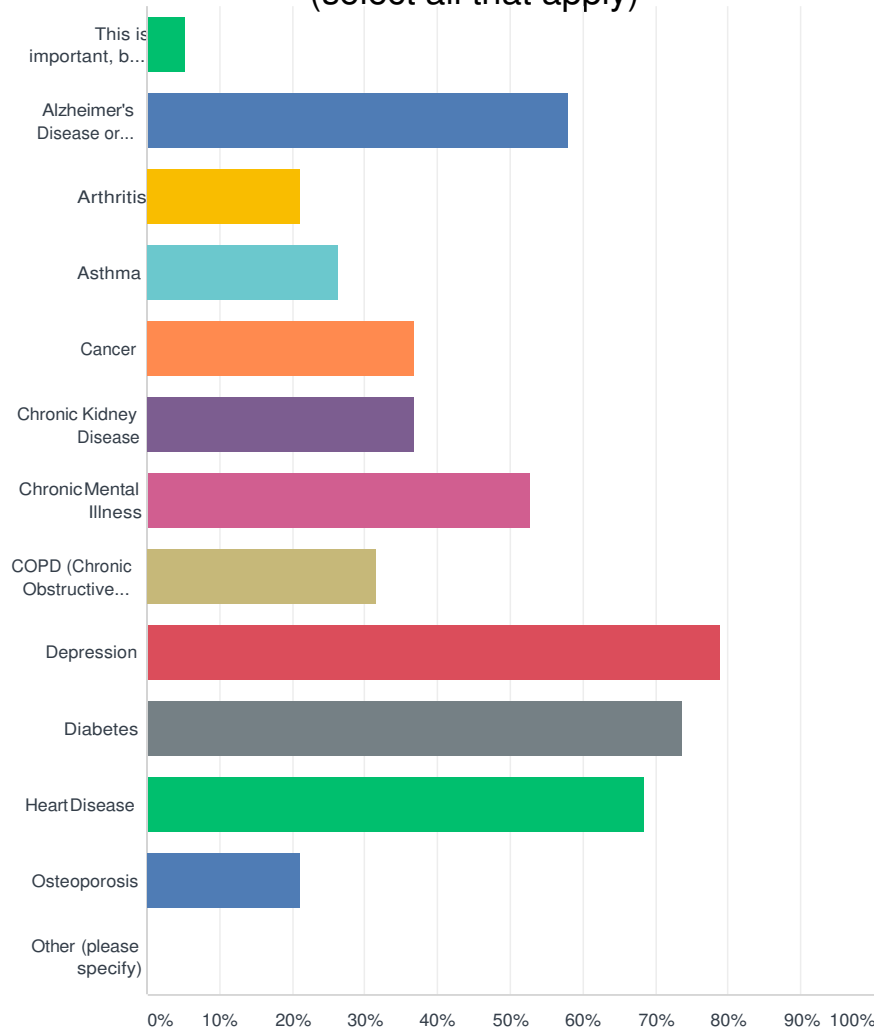
Question #10 If you think one of Cordova's health priorities should be education about health topics, on what would you recommend CCMC and community partners focus their resources?
(select all that apply)



ANSWER CHOICES		RESPONSES	
This is important, but I don't think it should be a priority.		5.56%	1
Common diseases		50.00%	9
Healthy lifestyles		66.67%	12
Health screenings		55.56%	10
Mental health and Substance Use		94.44%	17
How to maintain a healthy weight		27.78%	5
Oral and dental health		27.78%	5
Reproductive health		16.67%	3
Tobacco use (not including vaping)		61.11%	11
Vaping		66.67%	12
Other (please specify)		11.11%	2
Total Respondents: 18			

#	OTHER (PLEASE SPECIFY)	DATE
1	I put the most important sounding one, but think all should be addressed	10/23/2019 4:45 PM
2	Diabetes	10/21/2019 2:05 PM

**Question #11 If you think one of Cordova's health priorities should be chronic diseases, on which chronic disease would you recommend CCMC and its community partners focus their resources?
(select all that apply)**



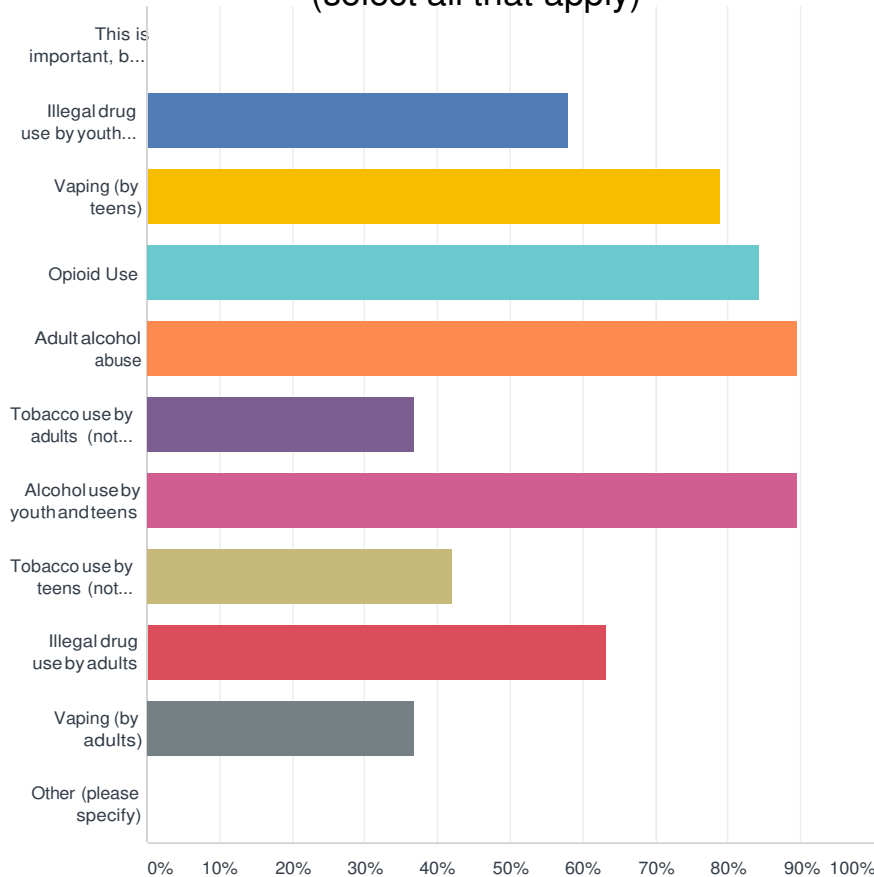
ANSWER CHOICES	RESPONSES	
This is important, but I don't think it should be a priority.	5.26%	1
Alzheimer's Disease or Dementia	57.89%	11
Arthritis	21.05%	4
Asthma	26.32%	5
Cancer	36.84%	7
Chronic Kidney Disease	36.84%	7
Chronic Mental Illness	52.63%	10
COPD (Chronic Obstructive Lung Disease)	31.58%	6
Depression	78.95%	15
Diabetes	73.68%	14

Cordova Community Medical Center (CCMC) Community Health Needs Assessment Survey 2019

Heart Disease	68.42%	13
Osteoporosis	21.05%	4
Other (please specify)	0.00%	0
Total Respondents: 19		

#	OTHER (PLEASE SPECIFY)	DATE
There are no responses.		

Question #12 If you think one of Cordova's health priorities should be a reduction in the use of drugs, alcohol or tobacco, on what would you recommend CCMC and its community partners focus their resources?
(select all that apply)

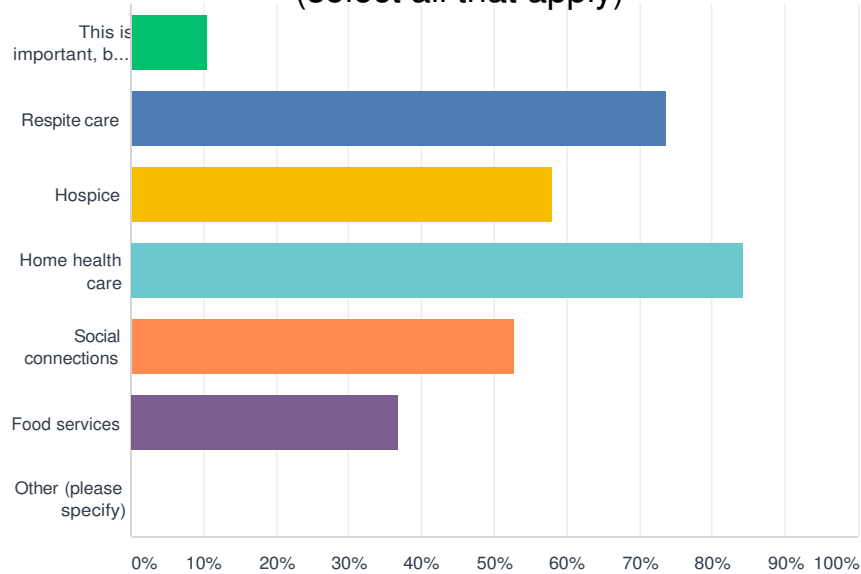


ANSWER CHOICES		RESPONSES	
This is important, but I don't think it should be a priority.		0.00%	0
Illegal drug use by youth and teens		57.89%	11
Vaping (by teens)		78.95%	15
Opioid Use		84.21%	16
Adult alcohol abuse		89.47%	17
Tobacco use by adults (not including vaping)		36.84%	7
Alcohol use by youth and teens		89.47%	17
Tobacco use by teens (not including vaping)		42.11%	8
Illegal drug use by adults		63.16%	12
Vaping (by adults)		36.84%	7
Other (please specify)		0.00%	0
Total Respondents: 19			

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	

Question #13 If you think one of Cordova's priorities should be access to elder care, on what would you recommend CCMC and its community partners focus their resources?

(select all that apply)



ANSWER CHOICES		RESPONSES	
This is important, but I don't think it should be a priority		10.53%	2
Respite care		73.68%	14
Hospice		57.89%	11
Home health care		84.21%	16
Social connections		52.63%	10
Food services		36.84%	7
Other (please specify)		0.00%	0
Total Respondents: 19			

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	

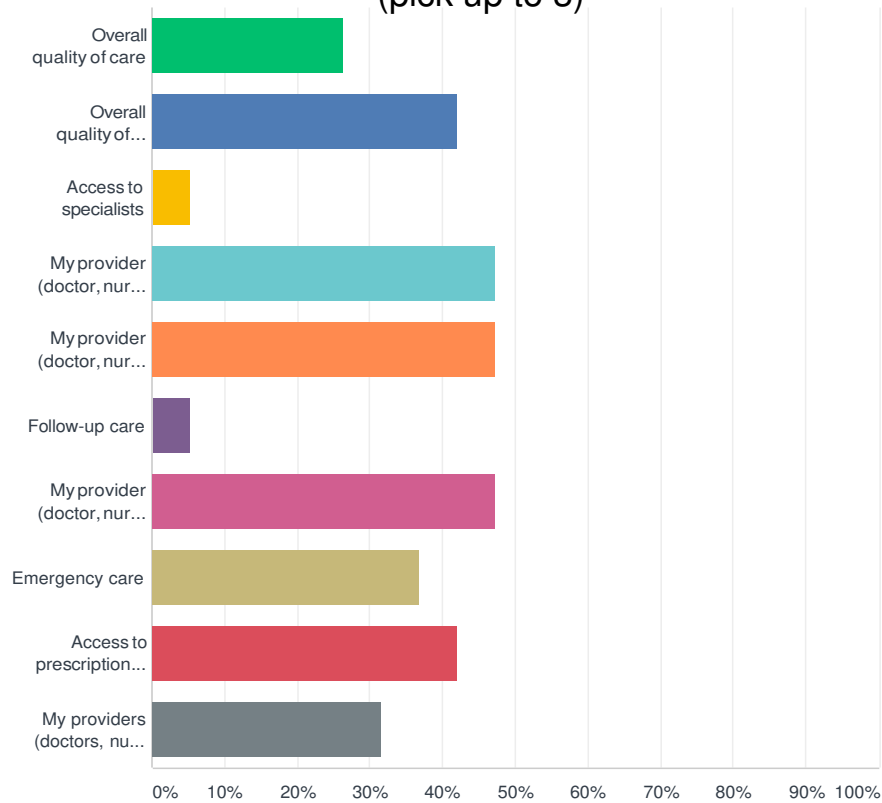
Question #14 What strategies or programs have been successful in addressing the health challenges of the people in Cordova?

#	RESPONSES	DATE
1	Not sure.	11/9/2019 3:00 PM
2	Prevention with youth, social media campaigns	11/5/2019 3:05 PM
3	you tell me!	11/4/2019 7:50 PM
4	Public announcements, BIONIC, Sexual Assault advocacy(SART?)	10/28/2019 1:55 PM
5	Mental health; Alcohol/Substance Abuse--but needs to get better; Senior Lunch for good food and socialization; clinics	10/26/2019 9:56 PM
6	Health Fair (free screenings) Senior Lunch Summer Free School Lunch Program Public Health Nurse access for teens The Ride (free transportation) Sliding Scale at Ilanka Cordova Family Resource Center (domestic violence response, hotline, education programs) Cordova Volunteer Fire Department has amazing volunteers providing emergency medical care. 2x2 Cancer Walk Yoga at Current Rhythms Fitness Classes at Bidarki (Susie H and Paul V)	10/25/2019 3:47 PM
7	Personal connections with providers.	10/25/2019 3:05 PM
8	Assistance enrolling people with insurance, Health Fair, Child and Family Wellness Fair	10/23/2019 4:45 PM
9	The Ride Usually, very good choices in providers. Bringing in specialists	10/22/2019 3:03 AM
10	Food banks, health fair, child and family wellness fair.	10/21/2019 6:27 PM
11	community education forums, health fair	10/21/2019 2:38 PM
12	CFRC has been successful in assisting victims of violence, the Cordova SART team has been successful in assisting victims of sexual assault. Ilanka Community Health Center has a good diabetes care program, Ilanka primary care physicians have good connections with their patients, NVE Elder program is successful in assisting Tribal Elders.	10/21/2019 1:37 PM
13	Health fairs	10/21/2019 1:20 PM
14	providing education information on health issues and ways to address them locally	10/21/2019 1:11 PM
15	The Ride, lunch, health fair	10/21/2019 12:29 PM

Question #15 What can Cordova Community Medical Center do to best meet the health needs of this community?

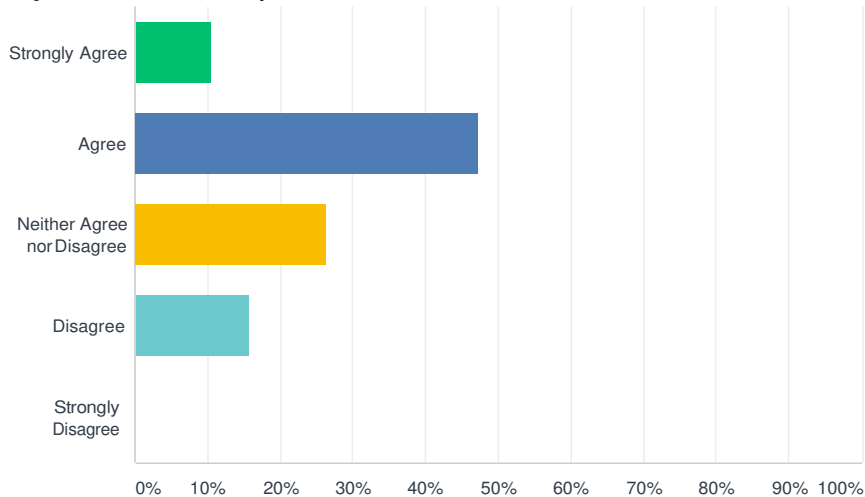
#	RESPONSES	DATE
1	Specialist access.	11/9/2019 3:00 PM
2	maintain local, stable providers and staff, be financially stable, not depend on city, affordable resources and services(sliding scale), more specialized services	11/5/2019 3:05 PM
3	listen and support!	11/4/2019 7:50 PM
4	More community involvement, Low cost access to medical services/medication	10/28/2019 1:55 PM
5	Reach out and connect more to the youth--so that they grow up healthy and connected to the community--and avoiding drugs and alcohol	10/26/2019 9:56 PM
6	Need both male and female competent doctors Work with midwives to provide childbirth options in town More frequent pediatrician visits Monthly rotating specialists	10/25/2019 3:47 PM
7	Maintain permanent providers and enough support staff to provide ongoing services and follow up.	10/25/2019 3:05 PM
8	Lower costs and increase access to care (both primary care and specialty care). Also getting an MRI machine would be helpful/appreciated!	10/23/2019 4:45 PM
9	#1 for me...improve continuity of mental health care providers, so that those who need counseling can create a relationship with their counselor that is long lasting.	10/22/2019 3:03 AM
10	Continue to work with the community to provide education.	10/21/2019 6:27 PM
11	Provide better access to sliding fees, increase transportation hours	10/21/2019 2:38 PM
12	invest in elder care, an assisted living facility	10/21/2019 2:07 PM
13	Focus on consistent Primary care physicians, provide outreach to diabetic and/or heart disease patients, participate in the Cordova Coalition, provide more specialty clinics and promote them in the community.	10/21/2019 1:37 PM
14	Offer more services/find the resources to better help the community	10/21/2019 1:20 PM
15	continue to educate on health issues and to expand alternatives to deal with them	10/21/2019 1:11 PM
16	engage the community more, help patients get insurance	10/21/2019 12:29 PM

**Question #16 I think the biggest strengths of healthcare in Cordova are:
(pick up to 3)**



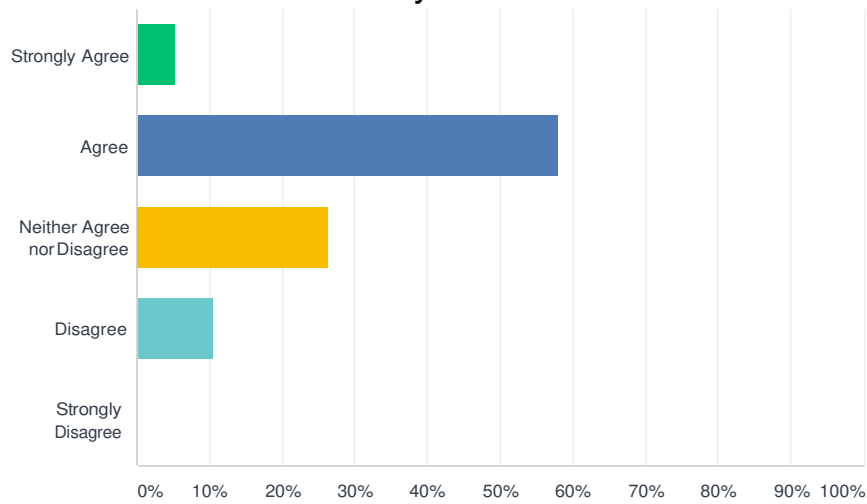
ANSWER CHOICES	RESPONSES	
Overall quality of care	26.32%	5
Overall quality of providers (doctors, nurse practitioners or physician assistants) and staff	42.11%	8
Access to specialists	5.26%	1
My provider (doctor, nurse practitioner or physician assistant) makes referrals to other doctors when needed	47.37%	9
My provider (doctor, nurse practitioner or physician assistant) includes me in decisions about my health	47.37%	9
Follow-up care	5.26%	1
My provider (doctor, nurse practitioner or physician assistant) cares about me	47.37%	9
Emergency care	36.84%	7
Access to prescription medications	42.11%	8
My providers (doctors, nurse practitioners and/or physician assistants) work together to plan my care	31.58%	6
Total Respondents: 19		

Question #17 Three years ago, Cordova Community Medical Center conducted a Community Health Needs Assessment and identified the five priorities below. In the following questions, please provide feedback on the success of their efforts relating to each of those priorities: In the past 3 years, CCMC provided education on its health services.



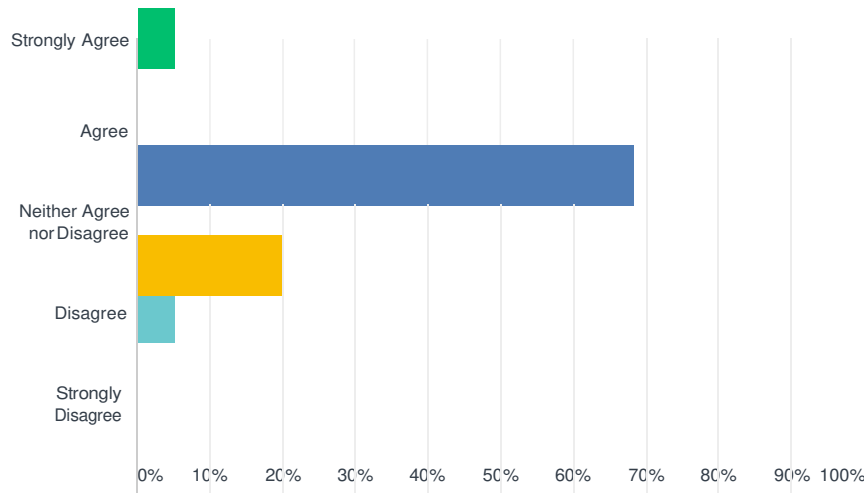
ANSWER CHOICES	RESPONSES	
Strongly Agree	10.53%	2
Agree	47.37%	9
Neither Agree nor Disagree	26.32%	5
Disagree	15.79%	3
Strongly Disagree	0.00%	0
TOTAL		19

In the past 3 years, CCMC improved access to services and enhanced community collaborations.



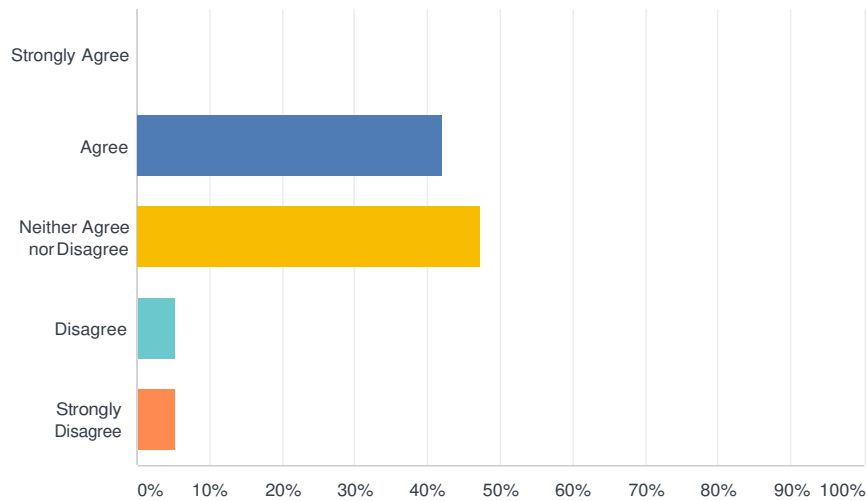
ANSWER CHOICES	RESPONSES	
Strongly Agree	5.26%	1
Agree	57.89%	11
Neither Agree nor Disagree	26.32%	5
Disagree	10.53%	2
Strongly Disagree	0.00%	0
TOTAL		19

In the past 3 years, CCMC increased access to specialty care services (pediatricians, sleep specialists, etc.).



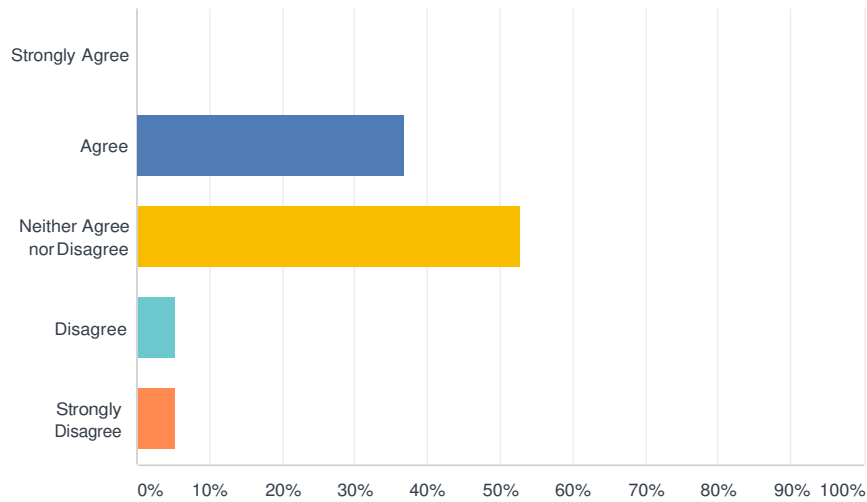
ANSWER CHOICES	RESPONSES	
Strongly Agree	5.26%	1
Agree	68.42%	13
Neither Agree nor Disagree	21.05%	4
Disagree	5.26%	1
Strongly Disagree	0.00%	0
TOTAL		19

In the past 3 years, CCMC built (increased the volume and professional development of) the local healthcare workforce.



ANSWER CHOICES	RESPONSES	
Strongly Agree	0.00%	0
Agree	42.11%	8
Neither Agree nor Disagree	47.37%	9
Disagree	5.26%	1
Strongly Disagree	5.26%	1
TOTAL		19

In the past 3 years, CCMC enhanced its substance abuse services.



ANSWER CHOICES	RESPONSES	
Strongly Agree	0.00%	0
Agree	36.84%	7
Neither Agree nor Disagree	52.63%	10
Disagree	5.26%	1
Strongly Disagree	5.26%	1
TOTAL		19

Please offer comments on any topic(s) you feel were not sufficiently addressed in the questions above, as well as any suggestions you have for continuing our efforts at improving access to, and the quality of, healthcare in our community.

#	RESPONSES	DATE
1	Not sure.	11/9/2019 3:00 PM
2	Limited access with travel to non-insurance /limited insurance	10/28/2019 1:55 PM
3	It is good to see CCMC and Ilanka working together, I'm very grateful for the emergency care and the hospital and space for residents	10/26/2019 9:56 PM
4	Make collaboration among peers, outside groups, mental health, etc. second nature to all involved. Make sure support staff is adequate so that there is time to get all the jobs done well.	10/25/2019 3:05 PM
5	I personally think increasing awareness/decreasing the stigma of behavioral health would be great for the community! Also finding new ways to address alcohol use - flyers are nice but other ways to reach out and show that alcohol use in Cordova is truly a problem.	10/23/2019 4:45 PM
6	Continue to work on offering many different options for substance use treatment. Encouraging referrals from primary care to behavioral health (and vice versa) to offer best practice to all patients/clients.	10/21/2019 6:27 PM
7	Key is education on health issues and on lifestyle changes to become healthy	10/21/2019 1:11 PM

May we contact you for additional information, or with questions about your responses? If yes, what is the best way to reach you?

#	PHONE NUMBER (HOME)	DATE
1	No thank you.	11/9/2019 3:00 PM
2	Sue Webb	10/28/2019 1:55 PM
3	9074230303	10/25/2019 6:03 PM
4	9074243622	10/21/2019 2:38 PM
5	424-7363	10/21/2019 1:11 PM
#	PHONE NUMBER (CELL)	DATE
1	907-831-6791	11/4/2019 7:50 PM
2	907-723-7034	10/28/2019 1:55 PM
3	9078311654	10/25/2019 6:03 PM
4	907-253-7987	10/23/2019 4:45 PM
5	9074243622	10/21/2019 2:38 PM
6	907-965-5909	10/21/2019 1:37 PM
7	5202223648	10/21/2019 1:20 PM
#	PHONE NUMBER (WORK)	DATE
1	907-465-1245	10/28/2019 1:55 PM
2	9074248274	10/25/2019 6:03 PM
3	907-424-8257	10/23/2019 4:45 PM
4	9074243622	10/21/2019 2:38 PM
5	9074248227	10/21/2019 1:20 PM
#	EMAIL ADDRESS	DATE
1	nrsonger@yahoo.com	11/5/2019 3:05 PM
2	david@ctc ak.net	11/4/2019 7:50 PM
3	bellemickelson@gmail.com	10/26/2019 9:56 PM
4	cindy.bradford@eyak-nsn.gov	10/25/2019 6:03 PM
5	trussin@cdvcmc.com	10/25/2019 3:05 PM
6	arussin@cordovasd.org	10/25/2019 2:12 PM
7	victoria.peterson@eyak-nsn.gov OR victoriaroemhildt@gmail.com	10/23/2019 4:45 PM
8	Kari.Collins@Eyak-nsn.gov	10/21/2019 2:38 PM
9	alaskakatieg@gmail.com	10/21/2019 1:37 PM
10	mwoods@cdvcmc.com	10/21/2019 1:20 PM
11	jcasement@gci.net	10/21/2019 1:11 PM
12	hvoss@cdvcmc.com	10/21/2019 12:29 PM

Cordova Community Resource Guide



Project funded by a grant from the Council on Domestic Violence and Sexual Assault, the Alaska Association of School Boards

The **Cordova Community Resource Guide** provides information to support healthy choices, healthy families and a healthy Cordova community. The intent is to include the names, contact information and services of organizations and activities that promote individual, family and community safety, health and well-being. Our goal is to prevent harm and promote health.

The **Cordova Community Resource Guide** is funded by a grant from the Council on Domestic Violence and Sexual Assault and the Alaska Association of School Boards. The project is supported by **Cordova Community Medical Center, Sound Alternatives, the Cordova Family Resource Center, the Cordova School District, the Cordova Chamber of Commerce, Native Village of Eyak, Nichols Back Door Store, the City of Cordova and the Cordova Electric Cooperative.**

Emergency Numbers

Cordova Police: **911 or 424-6100**

Cordova Fire Department: **424-6117**

Alaska Troopers/Wildlife Protection: **424-3184**

Cordova Community Medical Center (ER): **424-8000**

Adult Protective Service: **1-800-487-9996**

ANDVSA Attorney Hotline: **1-888-988-3725** Tuesday's from 5-7 pm

Child Abuse Reporting: **1-800-478-4444**

Coast Guard Search and Rescue: **1-800-478-5555**

Cordova Family Resource Center Help line: **424-4357**

Federal Bureau of Investigation Anchorage: **907-276-4441**

Emergency Numbers (Con't)

Ilanka Clinic: **424-3622**

Narcotics Hotline: **424-8477**

NVE Domestic Violence Program: **424-7738**

Sound Alternative (Mental health/ Alcohol and Drug Clinic): **424-8300**

Suicide 24-Hour Crisis Counseling: **1-800-478-7575**

Table of Contents

Health	1
Social/Family/Domestic Violence Services	3
Food	4
Housing	5
Transportation	6
Infant/Preschool/Child Care	7
Education	8
Arts & Recreation	10
Parks	12
Spiritual/Places of Worship	13
Community Activities	14
Community Events	17

**For revisions, corrections or suggestions to this Guide, contact Barb Jewell at Sound Alternatives
424-8300**

HEALTH

Cordova Community Medical Center

CCMC is a Critical Access Hospital including Emergency Room services and a Long-term Care Facility. Out-patient services include Primary Care Clinic with two full time physicians, physical therapy, lab and X-Ray services. All insurances accepted, and financial assistance available for those who qualify by income.

Hours: ER/Hospital 24/7; Clinic M-F 8-5PM

Phone: 424-8000 Fax: (907) 424-8116

Physical Address: 602 Chase Ave.

Mailing Address: PO Box 160, Cordova, AK 99574

Website: www.cdvcmc.com

Cordova Community Medical Center Pharmacy

Located at the business office entrance between the clinic and the Emergency Room, we are conveniently a one stop shop for your prescription and healthcare needs. We accept all insurances except Humana plans. Please ask us about our over-the-counter/nonprescription drug selection, private consultation room, and medication therapy reviews!

Hours: 8:30-5:30 M-F, Closed 1-2pm for lunch

Phone: 424-8017

Fax: 424-8020

Physical Address: 602 Chase Ave

Mailing Address: PO Box 160 Cordova, AK 99574

Ilanka Community Health Center

Community Health Center and Indian Health Services facility. Services include a full scope of Primary Care such as Women, Men and Child Wellness Exams, Family Planning, Prenatal and Postnatal Care, Immunizations, Wound Care, Ultrasound, Lab Work, CDL's, School & Sports Physicals, quarterly Optometry Services, Suturing, Fracture Management, Eye Screening, EKG's, Free Blood Pressure Checks, Free Diabetic and Elder Foot Nail Care, Free STD testing and much more. Additional Services: Behavioral Health, Substance Abuse Assistance, Medication Assisted Treatment, Care Coordination and Patient Advocates to assist with Medicaid, Medicare, Public Assistance.

Hours: M –F, 8am – 5:30pm, Sat, 10am – 2pm

After Hours Nurse: 424-3622, follow prompts.

Phone: 424-3622 Fax: 424-3275 Address: 705 Second

Website: <http://nveyak.com/ilanka-community-health-center/>

Cordova Public Health Center

Provides pregnancy testing, prenatal monitoring and post-partum home visits. Has a clinic for senior and well child exams. Immunizations for all ages, along with pregnancy testing, counseling and referrals. Screenings for tuberculosis, STD's and HIV testing available. Also provides audiograms and school screenings, as well as WIC and ILP (Infant Learning Program) referrals.

Hours: Varies-call for appointment

Phone: 424-4547 Fax: 424-4547 CHECK

Physical Address: 110 Nicholoff way, (New Harbor)

Mailing Address: PO Box 359, Cordova, AK 99574

Website: <http://www.hss.state.ak.us/dph/NURSING/>

Cordova Chiropractic Clinic

Providing gentle chiropractic care for a wide range of health problems involving the spine and extremities. Equipped with X-Ray, therapeutic ultrasound, electrical muscle stimulation, low-level laser, braces, splints and other therapy supplies. Serving Cordova since 1991.

Hours: Monday through Friday, 9:00am to 5:30pm

Phone: 424-5298

Fax: 424-5298

Physical Address: 105 W. Council Ave.

Mailing Address: PO Box 579, Cordova, AK 99574

Cordova Dentist Office

Dr. Gilbert Urata D.M.D.

Provides Praphy, Exams, x-rays, Composite Fillings, Alloy Fillings, Root Canal therapy, PFM Crowns and Full Gold Crowns, Extractions, Dentures

Hours: 9:00am to 5:00pm

Phone: 424-7318 Fax: 424-7307

Physical Address: 301 Browning St.

Mailing Address: PO Box 518, Cordova, AK 99574

Waterways Veterinary Clinic

Provides veterinary care to pets in remote areas by providing telephone consultations and medical supplies: emphasis on prevention and maintenance; educate owners in self help techniques and problem solving for when veterinary care is unavailable. Hours: Varies. Call for schedule

Phone: 424-3498

Physical Address: 110.5 Forestry Way

Website: <http://waterwaysvet.com/home.html>

SOCIAL/FAMILY/ DOMESTIC VIOLENCE SERVICES

Cordova Family Resource Center: *CFRC provides child and client advocacy and assistance with police, court, hospital and social services. 24 hour help line (907-424-HELP). CFRC offers safe homes, crisis intervention and transportation to shelters outside of Cordova for victims of domestic violence, sexual assault and other violent crimes, Provides educational workshops, library, support groups, parenting classes and supervised visitations. CFRC has public assistance fee agents, notary service and can make referrals to other agencies. Se habla español!* Hours: Tuesday to Friday, 9:00am to 4:00pm Phone: 424-5674 Fax: 424-5673 Physical Address: 509 Main Street (Lower level of CDFU) Mailing address: PO Box 863, Cordova, AK 99574

Website: www.cordovafamilyresourcecenter.org

Native Village of Eyak

Social services, child welfare, elder/youth services, diabetes and wellness program, housing and environment programs, victim services for domestic violence and sexual assault, coordination of Sexual Response Team and substance abuse for village members.

Hours: M-F 8:00am to 5:00pm
Phone: 424-7738 Fax: 424-7739
Physical Address: 110 Nicholoff Way
Mailing address: PO Box 1388, Cordova, AK 99574
Website: www.nveyak.com
FB: <https://www.facebook.com/NativeVillageofEyak>

Cordova SART (Sexual Assault Response Team)

The Cordova SART will provide a comprehensive and collaborative response for the sexual assault victim, and will strive to respond appropriately based on the needs of the victim. Services that are provided from each agency may consist of Advocacy; Law Enforcement; and Medical services.

Cordova Police Department: 911 or 424-6117
Cordova Family Resource Center 424-HELP
Cordova Community Medical Center 424-800
Native Village of Eyak 424-2232
Sound Alternatives 424-8300
Ilanka Community Medical Center 424-3622

Sound Alternatives Behavioral Health Clinic

Provides mental health and/or substance abuse services including psychiatric assessment, consultation, and medication management for adult clients through telepsychiatry. Individual, couples, and family outpatient psychotherapy is available for children, youth, and adults. Substance abuse treatment for court and ASAP requirements. Referrals to in-patient, long or short term residential treatment programs. Sound Alternatives works closely with OCS for child neglect/abuse cases. Employee Assistance Programs for CCMC, Coast Guard, and EAP contractual programs that meet criteria. Clinicians are available 24/7 for emergencies.

Hours: Monday to Friday, 8:00am to 5:00pm

Phone: 424-8300 Fax: 424-8645

After Hours Emergency: 424-8000

Physical Address: 602 Chase Ave.

Mailing Address: PO Box 1029, Cordova, AK 99574

Website: <http://www.cdvcmc.com/sound-alternatives/>

Sound Alternatives Developmental Disabilities Program

Provides support services for individuals with a Developmental Disability occurring before age 22. Provides Home and Community Based Waiver Services and Grant Services including In-Home Supports, Day Habilitation and Respite. Monthly Parent Support Group. Staff provides assistance with Medicaid, SSI applications and information on other state benefits as needed.

Hours: M-F 9:00-5:00

Phone: 424-8300 Fax: 424-8645

Physical Address: 602 Chase Avenue

Mailing Address: P.O. Box 1092, Cordova, AK 99574

Website: <http://www.cdvcmc.com/sound-alternatives/developmental-disabilities/>

FOOD

Native Village of Eyak Food Bank

Hours: Vary- Call for more information

Phone: 424-7738

Physical Location: 100 Nicholoff Way

Salvation Army Service Extension Unit

Food Bank services are available twice monthly on the 2nd and 4th Saturdays of the Month 10am -2pm. Emergency food services can be accessed by calling the number listed below. Additional emergency services may be available based on funding.

Phone: 907-965-5909

Physical Address: Call number for location

Senior Lunch Program

Seniors 60+ are eligible for lunch in Cordova Community Medical Center cafeteria. After lunch Game Time Monday, Wednesday and Friday. \$5 donation suggested.

Hours: M-F 11:00am soup/salad, Noon Entrée

Phone: 424-8271

Physical Address: 602 Chase Avenue

Home Delivered Meals

For home-bound seniors 60+ Lunch delivered M-F. Applications available through Cordova Community Medical Center. 5\$ donation suggested.

Hours: M-F noon

Phone: 424-8271

Summer Free Lunch Program

From June 5th-August 11th we will be offering free breakfast and lunch for anyone 18 yrs and younger. Hot and Cold breakfast from 8am-10am and Hot or cold lunch from 11am-1pm at Mt Eccles Elementary School . Cold lunches will be available also be available at Bidarki, Coast Guard Housing, Children's Pallas

Hours: M-F 8am-10am, 11am-1pm

Phone: 424-3265

Physical Location: 201 Adams Street

HOUSING

Mews Apartments

Income-based subsidized housing

Hours: Monday to Friday 9:30am to 11:30am for walk-ins, 12:30-5:00pm by scheduled appointments

Phone: 424-7154

Physical Address: 401 Orca Avenue, F4, Mailing Address: PO Box 1922, Cordova, AK 99574

Sunset View and Eyak Manor Apartments

Income-based subsidized housing through AHFC

Hours: 8:30am-12:00pm & 1:00pm-3:30pm

Phone: 424-7697 Fax: 424-7699

Physical Address: Alaska Housing Finance Corporation Office and Sunset View: 401 2nd St.

Eyak Manor Apartments: 700 Chase Ave

Mailing address: PO Box 1728, Cordova, AK 99574

North Pacific Rim

Income-based subsidized housing

Hours: 8:00am to 3:00pm

Phone: 424-5885 Fax: 424-5884

Physical Address: 1000 Chase Ave.

Mailing Address: PO Box 1348, Cordova, AK 99574

Cordova Realty

Real Estate sales, residential, commercial and remote. Happy to help new become acquainted with housing options.

Hours: Monday through Friday from 9am-5pm. If the office is empty within this time frame, the broker is on a temporary break and will be back soon.

Phone: 253-6455 or 928-821-9112

Mailing Address: PO Box 1875, Cordova, AK 99574

Website: <http://www.cordovaalaska.net/>

TRANSPORTATION

Cordova Ride-Senior Program

Provides transportation for the elderly and disabled. Suggested donation \$3 per one way ride.

Hours: Vary. Call for schedule

Phone: 429-3111

INFANT/TODDLER/CHILD CARE/PRESCHOOL

Prince William Sound Infant Learning Program

The Infant Learning Program (ILP), a division of FOCUS, Inc, is a family centered program for children age birth to three who are at risk for or experience delays in development. Services offered include evaluation, information about development, collaboration with eligible children and families to develop individualized plan of service, obtaining or delivering services such as special instruction, therapy, developmental activities and materials, information and referrals for other services.

Hours: vary; call for appointment

Phone: 424-3425

Physical Address: 602 Chase Avenue

Mailing Address: P.O. Box 1608, Cordova, AK 99574

Website: www.focusoutreach.org

Children's Pallas

Daycare services and pre-school programs throughout the school year. Offers daycare for infants/toddlers and preschool/daycare for children ages 3-5, as well as after school care for preschool through age 12 students attending Mt. Eccles ES.

Phone: (907) 424-4323

Fax: 907-424-4324

Physical Address: 501 First Street

Mailing Address: PO Box 2008, Cordova, AK 99574

Cordova Community Christian Center Preschool

Hours: Preschool for 3 year olds Tuesday and Thursday 8:45-11:45

Preschool for 4 & 5 year olds Monday, Wednesday, & Friday 8:45-11:45

Phone: 907-424-7294 or (907) 424-3465

Physical Address: 701 2nd St

Mailing Address: PO BOX 713

Sarah Trumblee

Offers in home daycare. Licensed for ages 6 weeks to 12 years old.

Phone: (907) 424-5004

Physical Address: 1.8 Mile Whiteshed Road

Mailing Address: PO Box 1094, Cordova, AK 99574

Email: trumblee4@gci.net

EDUCATION

Mt. Eccles Elementary School

For Preschool

Register at the school office in advance, students are selected in the summer time via lottery. Preference to children age 4 for kindergarten readiness.

Hours: M-F 8:00am to 4:00pm

Phone: 424-3236 Fax: 424-3117

Physical Address: 201 Adams St.

Mailing Address: PO Box 1330, Cordova, AK 99574

Website: <http://www.cordovasd.org/MES>

Cordova Jr./Sr. High School

Schooling for grades 7th through 12th

Hours: 8:00am to 5pm

Phone: 424-3266 Fax: 424-5215

Physical Address: 100 Fisherman Ave.

Mailing Address: PO Box 1330, Cordova, AK 99574

Website: <http://www.cordovasd.org/CJS>

Prince William Sound Community College

Prince William Sound Community College (PWSCC) is an institution of higher education located in Valdez, Alaska with an extension campus in Cordova. Accredited by the Northwest Commission on Colleges and Universities. Offers Associate degrees and occupational certificates including Millwright, Oil Spill Response, and the Outdoor Leadership programs. Located in the library of the Cordova High School. Although the business office is only open until 5 p.m., students can enroll in evening courses which meet in the college classroom. The Cordova Extension offers concurrent enrollment program, in which high school students can earn college credit during high school.

Hours: M-F 9-5 during school year.

Phone: 424-7598

Physical address: 100 Fisherman Ave.

Mailing address: PO Box 1248, Cdv, AK 99574

Email: cordova@pwsc.alaska.edu

Prince William Sound Science Center

Offers a variety of environmental and ecosystem focused research, education and advocacy opportunities. Annual summer programs for kids ages 8-18; discovery packs which can be borrowed to guide exploration of the environment, lecture series, school curriculum are a few of the educational offerings.

Hours: M-F 9-5 during school year.

Phone: 424-5800

Physical address: 300 Breakwater Ave.

Mailing address: PO Box 705, Cdv, AK 99574

Ilanka Cultural Center

The Ilanka Cultural Center honors the full heritage and culture of the Eyak, Alutiiq, Ahtna, and Tlingit peoples. We are dedicated to the revival and preservation of Native crafts and skills for future generations. Ilanka is the Alutiiq word for “family,” and we are pleased to share our heritage with you – our food and language. The Ilanka Cultural Center Museum preserves and exhibits a collection of prehistoric, historic and contemporary tribal artifacts from the Prince William Sound and Copper River Delta. We host annual traveling exhibits, art and regalia, songs and dances.

Hours: Vary-call for time

Phone: 424-7903 Fax: 424-7739

Physical Address: 100 Nicholoff Way

Mailing Address: PO Box 1388, Cdv, AK 99574

FB: www.facebook.com/IlankaCulturalCenter

Copper River Watershed Project

The Copper River Watershed Project promotes a salmon-rich, intact watershed and culturally diverse communities by forming partnerships for watershed-scale planning and projects. Our programs include fish habitat restoration and monitoring, K-12 watershed education, invasive plant control, and tourism resource development (including helping to facilitate the Salmon Jam festival). Stop by our office on First Street to learn about the Copper River watershed, and to shop for Alaska-crafted gifts, cards, t-shirts and a selection of books!

Hours: M-F 8:30-5:30

Phone: 424-3334

Mailing address: PO Box 1560, Cordova, AK 99574

Website: copperriver.org

ARTS & RECREATION

Bidarki Recreation Center

Weight training and/or cardio classes are offered 6 days a week, full-service weight room with free weights, a cable cross over station, various bikes, treadmills, and rowing machines. Upstairs, a hardwood floor gym. Adult athletics offered twice a week; Volleyball and Basketball. Tots and parents enjoy play time in the gym with an assortment of toys and tumbling mats. Tot time is held twice per week and is free to the public. Can also reserve Skater's Cabin and various camp sites through Bidarki.

Hours: Weight room & showers for current passholders

- 5am-10pm 7 days a week.
- Phone: 424-7282

Physical Address: 103 Council

Mailing Address: PO Box 1210, Cordova, AK 99574

Website: www.cityofcordova.net

Bob Korn Memorial Swimming Pool

The Pool offers open swims for families and youth, along with lap swims and exercise classes daily. Lifeguard trainings happen twice a year and swim lessons for a wide range of ages are offered throughout the year. Tot Swim is offered 3 times a week and it is \$1.00 per person. Tot Swim is free to passholders.

Hours: hours vary, please check website for current schedule

Phone: 424-7200

Physical Address: 603 Railroad Ave.

Mailing Address: PO Box 1210, Cordova, AK 99574

Website: www.cityofcordova.net

Cordova Museum & Historical Society

Offering monthly school visits for elementary age students during the school year. Monthly lecture series and monthly gallery openings often featuring local artists.

Hours: vary. Call for hours.

Phone: 424-6665

Physical Address: City Hall, 601 1st St

Mailing Address: P.O. Box 391, Cordova, AK 99574

Cordova Library

In addition to library services, offers a wide variety of activities including Games, Cards, and Puzzles, DVDs, Magazines and Newspapers. Free Wi-Fi and computers are available. Activities include StoryTime, Afterschool Art, Teen Art, Movie Sundays, Pokemon Club, Family Fun Nights, The Big Read, Knit & Lit Book Club, Senior Books & Coffee, Author Signings and Readings, Library Visits to Hospital, Library Skills Class for Grade School.

Hours: Tu-Th: 10-8, Fri: 10-6, Sa: 10-5, Su: 12-5 Phone: 424-6667

Physical Address: City Hall, 601 1st St
99574

Mailing Address: PO Box 391 Cordova, AK

Cordova Arts & Pageants

Cordova Arts seeks to encourage creative expression by providing residents of Cordova an opportunity and avenue for creative endeavors; to foster education, understanding, and appreciation for the arts and humanities by promoting the development of cultural opportunities, performances, instruction and exhibits; and to build community support for the arts and humanities. They bring great musicians, performers, artists & films to Cordova throughout the year. Their biggest event of the year is Salmon Jam music festival in July.

Email: marketing@cdvarts.org

Mailing Address: PO Box 1330, Cordova, AK 99574

Website: www.cdvarts.org

Facebook: www.facebook.com/CordovaArts

Current Rhythms

A place for movement: Cordova's space for all forms of dance and yoga classes. We teach babies on up!

Schedules varies, stop by for a schedule!

Phone: 424-3632

Website: www.currentrhythms.com

FB: <https://www.facebook.com/Current-Rhythms-a-place-for-movement-199578700079415/>

US Forest Service

"Caring for the Land and Serving People," A great resource for outdoor activity information, including

Trails and trail maps, fishing and hunting regulations, wildlife, indigenous plants, and safety.

Phone: (907) 424-7661

Physical Address: 612 2nd St, Cordova, AK 99574

Mailing Address: PO Box 280

Mt. Eyak Ski Hill

Mt Eyak Ski Area offers alpine skiing and snowboarding Mt Eyak uses an historic 1939 American Steel and Wire single chair lift, as well as a rope tow on the beginner slope. The base elevation is 400 feet, rising to 1200 feet at the top of the single lift. With approximately 30 different trail options, including a new easy trail down the hill, the area offers something for everyone! The mountain offers 20% Easy, 60% More difficult and 20% Most Difficult trail ratings. Rent skiing and snowboarding equipment.

Hours: Dependent on weather/daylight

Phone: 424-7766

Snack Shack: 424-3960

Physical Address: Top of Ski Hill

Mailing Address: PO Box 2446, Cordova, AK 99574

Website: <http://www.mteyak.org/index.html>

PARKS

Municipal Park

Where: located next to the High School, is a primary recreation complex for young children. It includes a playground with swings, slides, jungle gyms, and other equipment. It also contains a Little League ball field, a pump track and a picnicking area. Older children and adults also use the latter facilities.

Nettie Hanson Park

Where: 514 Browning Ave. Nettie Hanson Park is nestled between a small apartment complex and single family dwellings. It services kids 6-12 years old. It has a small green space, grill, picnic table, bench and a garbage receptacle.

Hollis Henrich's Park

Where: Corner of Chase Avenue and the Copper River Highway. The park features Odiak Pond and a large grassy open area with an expansive and spectacular view. Has gazebo at far end.

SPIRITUAL/PLACES OF WORSHIP

Church of Jesus Christ of Latter Day Saints

Phone: (907) 424-5688

Physical Address: Mile .9 Whitshed RD,

Mailing Address: PO Box 530 Cordova, AK 99574

FB: <https://www.facebook.com/The-Church-of-Jesus-Christ-of-Latter-day-Saints-Cordova-AK-147917518682171/>

Church of the Nazarene:

Phone: 424-7725

Physical Address: 405 Adams Ave.

Mailing Address: PO Box 761 Cordova, AK 99574

FB: <https://www.facebook.com/CordovaNazareneChurch/>

Cordova Community Baptist Church:

Phone: 424-3465

Physical Address: 701 2nd St

Mailing Address: PO Box 728, Cordova, AK 99574

Website: <http://www.cordovabaptist.org/>

Jehovah's Witnesses

Phone: 424-5688

Mailing Address: PO Box 530 Cordova, AK 99574

Little Chapel Inc.

Hours: Sunday at 11:00am

Phone: 424-3629

Physical Address: 905 Lake Ave. Cordova, AK 99574

Website: <https://www.thelittlechapel.net/>

FB: <https://www.facebook.com/Little-Chapel-Cordova-Alaska-144867212235710/>

St. George's Episcopal Church

Phone: 424-7362

Physical Address: 100 Lakeview D.

Mailing Address: PO Box 849 Cordova, AK 99574

St. Joseph's Catholic Church

Phone: 424-3637

Physical Location: 220 Adams Ave., Cdv, AK 99574

FB: <https://www.facebook.com/stjoescdv/>

St. Michael's Orthodox Church:

Physical Address: Lake Avenue

Mailing Address: PO Box 1334 Cordova, AK 99574

COMMUNITY ACTIVITIES

A list of activities for each age group. See section on Arts and recreation for contact information.

INFANT/TODDLER/PRESCHOOL Activities:

Puddle Jumpers

The Puddle Jumpers started as a group of moms who wanted to get kids with their together. the Facebook page allows people to share activities that they are planning—from a hike to a trip to the sand pile or classes and activities offered for kids by other groups in town. Anyone is welcome to join the Facebook group—moms, dads, babysitters, any care givers who live in Cordova who want to know what's going on for kids in town.

Contact: <https://www.facebook.com/groups/234829813320763/>

Mommy & Me Playgroup

Co-operative, community playgroup, sponsored by the NVE, for moms and children birth-4yrs old. Playgroup is a place for children and moms to explore developmental issues and build on your child's strengths through large-motor skills play, small-motor skills play, pretend play and sensory play

Hours: Monday 10am-12Noon

Location: Masonic Hall

Story Time at the Library

Tot Time: Bidarki Recreation Center

Tot Swim: Bob Korn Memorial Pool

Dance/Movement classes: Current Rhythms

Dolly Parton Imagination Library

<http://imaginationlibrary.com/dolly/>

ELEMENTARY AGE

Prince William Sound Science Center Camps

Library After school programs

Girls on the Run – Cordova Family Resource Center

Bidarki Recreation programs

Cub Scouts:

Activity based program for ages 8-10. Focused on building character.

Contact: sorenson@ctcak.net

Girl Scouts

Cordova Family Resource Center Art Program

Cordova Family Resource Center summer camps

Cordova Amateur Youth Athletics Corporation (CAYAK)

Variety of athletic opportunities for youth ages 5-14. Contact bbradford@gci.net

Cordova 4-H Music Camp

Annual Music Camp held in July for ages 6 and up. See Annual activities for more info.

Miqwanwasik Cultural Day camp

A culturally based day camp for ages 5-17 that runs June-August call for dates. The Day Camp is open to NVE tribal members and there are spots open for non-natives upon availability.

Contact: 424-7738

Native Youth Olympics

[The NYO Games and Junior NYO Games](#) are annual athletic events for all students in grades 1–12 from across the state. The Games encourage [healthy lifestyles, traditional values and positive sportsmanship](#)—all in an atmosphere of fun and excitement. Native Youth Olympics practices run from Jan-April tournament in spring.

Contact: 424-7738

TEEN

B.I.O.N.I.C.

Library Afterschool Art Program

Prince William Sound Science Center Camps

Bidarki Recreation programs

Boy Scouts

Yoga/Movement/Dance at Current Rhythms

ADULTS & SENIORS

Library Programs

Cordova Northwind Quilter's Guild

Net Loft

Tai Chi, Meditation at the Catholic Church

Yoga/ Movement/Dance at Current Rhythms

COMMUNITY EVENTS

A list of annual community events in Cordova. For information about current year events visit the Chamber of Commerce at www.cordovachamber.com and City website at www.cityofcordova.net.

February

Cordova Iceworm Festival

The first full weekend of every February, Cordova rolls out the red carpet and welcomes guests from all over the world to the annual Cordova Iceworm Festival. In 1961, a few Cordovans created the Iceworm Festival as a way to break up the winter blues. Three days of fun-filled events showcase Cordova's talents, hospitality and sense of humor. The Iceworm Variety Show features local performers and is the stage for the Miss Iceworm coronation. Groups of locals race down the docks, jump into survival gear and dive into the icy harbor waters in the annual Survival Suit Race.

The parade is a procession of excitement as the Iceworm makes its yearly appearance. Join us for the fun! Iceworm is supported by volunteers just like you.

April

Cordova Clean up Day

Each April Cordovans take a day to spring clean. Sponsored by the Chamber of Commerce, community members meet in the morning to get supplies and location assignment for cleanup. Then everyone meets back at the Cordova Center at Noon for a BBQ lunch, free to all volunteers!

May

Copper River Delta Shorebird Festival

Nearly three quarters of all North American Shorebirds summer in Alaska and the Arctic tundra, and most of them come through here by way of the Pacific Flyway. Nearly 5 million shorebirds will make the tremendous journey from points as far as South America, Central America and Mexico to this important stopover site on the Copper River Delta, the largest undisturbed wetland in North America, to stage and feed before moving on to breeding grounds west and northward across the state.

The Copper River Delta Shorebird Festival provides the ideal opportunity for adventurers of all ages to be part of this spectacle of migration. Many activities, workshops and community events are offered throughout the festival. We invite you to join us in Cordova for the premier birding event in Alaska.

For more info visit www.coppershorebird.com.

July

Cordova Old Time 4th of July Celebration

Don't miss Cordova's Old Time 4th of July Celebration. As always this is a Free event! Come join the whole community in celebrating our nation's birth. The celebration is held on Main Street. The day kicks off with a Kelp Box Derby at 10am. Then comes Kids' Games at 11:00am. There's a dunk tank, egg toss, 3 legged races, and lots more fun for the whole family! At the close of the games the National Anthem is sung and then, in true Cordova fashion, we eat.

The community pot luck meal is highlighted by Copper River Salmon on the grill provided so generously by all our local seafood processors!

You can work off your fantastic picnic meal at the Square Dance accompanied by live Blue Grass Tunes and then filler' up again at the Pioneer Pie Social.

This event is free to the entire community and it stays this way because of all the volunteer hours and merchant support.

Contact the Chamber of Commerce at 424-7260 if you'd like to volunteer or donate.

Copper River Wild! Salmon Festival

A weekend full of fun for the entire family. Live music, wild salmon, good food, arts & crafts, road races, dancing and fun activities for kids... this weekend has it all! Visit www.copperriverwild.org for complete details, and to sign up for the running events, get a table at the artisan craft faire or perform at Salmon Jam. All activities take place at Mt. Eyak Ski Hill unless otherwise noted.

Cordova 4-H Music Camp

The Cordova 4H Music Camp offers young people an opportunity to explore a diverse range of traditional acoustic music styles in a supportive and encouraging environment. Throughout the week, students will engage in four classes during the day, one of which will be performing at the end of camp, in addition to family events that are held around town. This is a great event to foster new friendships and old, and bring the enjoyment of playing music into your life! Contact cordovabluegrass@gmail.com

September

Cordova Fungus Festival

Throughout this three day event, Fungus Festival attendees will have opportunities to learn more about local mushrooms, participate in mushroom related arts and crafts, and celebrate mushrooms and other wild harvested foods in a Wild Food Dinner. There will be daily guided forays, an identification table and an expert key note speaker. Bring your cameras and rain gear and join in the Fun at the Cordova Fungus Festival in September. The Cordova Fungus Festival is supported by volunteers.

November

Native Village of Eyak Annual Sobriety Celebration

*Held in November. Contact Native Village of Eyak
Phone: 424-7738*

December

Cordova Christmas Tree Lighting & Holiday Bazaar

Join the Cordova Chamber of Commerce in kicking off the holiday season. Come share some holiday cheer. Stop by the Chamber Visitors Center at the top of Main Street on the first Friday in December for hot cocoa and cookies while we all sing carols with the student choir. Cordova Volunteer Fire Department will escort Santa on his sleigh and light the tree. After the tree lighting we can all head over to Mt. Eccles Elementary School for the Annual Holiday Bazaar to find great handcrafts and local vendors who have just the right thing for your Christmas shopping list. The merchants of Cordova get a bit of "Moonlight Madness" this time of year and they keep late hours on the Friday nights before Christmas.

Cordova Community Resource Guide

Funded by a grant from the Council on Domestic Violence and Sexual Assault, the Alaska Association of School Boards

For revisions, corrections or suggestions contact Barb Jewell at Sound Alternatives 424-8300