

# Community Health Needs and Assets Assessment: 2021-2022

## Hempstead Village Nassau County, Long Island



# Community Health Needs and Assets Assessment Process

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A Community Health Needs and Assets Assessment (CHNAA) is a way to understand the health of a community by reviewing data and information from community members about their health needs and priorities. That data and information can then be used to help shape programs to address those concerns and to reduce inequities.

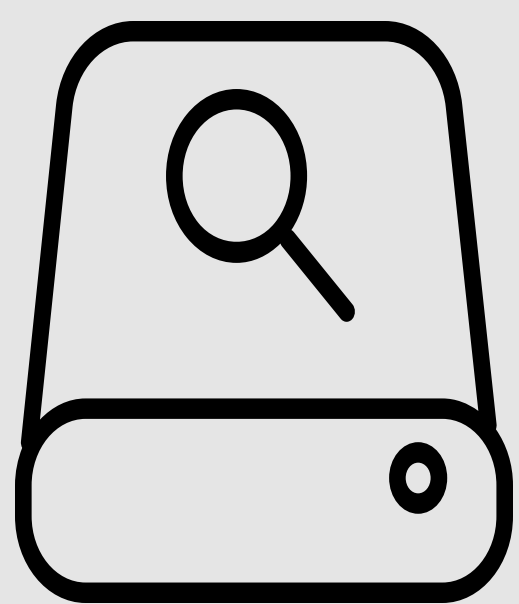
NYU Langone Hospital--Long Island (formerly known as Winthrop University Hospital and earlier as Nassau Hospital) has served communities across Nassau and Suffolk Counties since 1896. Every three years we are required to do a Community Health Needs and Assets Assessment and develop a plan, called a [Community Service Plan](#), to identify community priorities and implement programs to address these needs.

Residents from [Hempstead](#) (Incorporated Village of Hempstead) utilize services at NYU Langone Hospital--Long Island. We wanted to better understand how we can best serve the Hempstead community as part of our [2022-2024 Community Service Plan](#).

The best way to understand the needs, priorities, and assets of a community is to have community partners and residents help design and implement the process for assessing needs and assets. Beginning in July 2021, local community-based organizations and NYU Langone faculty and staff held monthly meetings to identify what is known and what information is missing about community health needs, assets, and priorities. The group reviewed available data, interviewed individual staff and community members, and hosted six group discussions with thirty-seven participants.

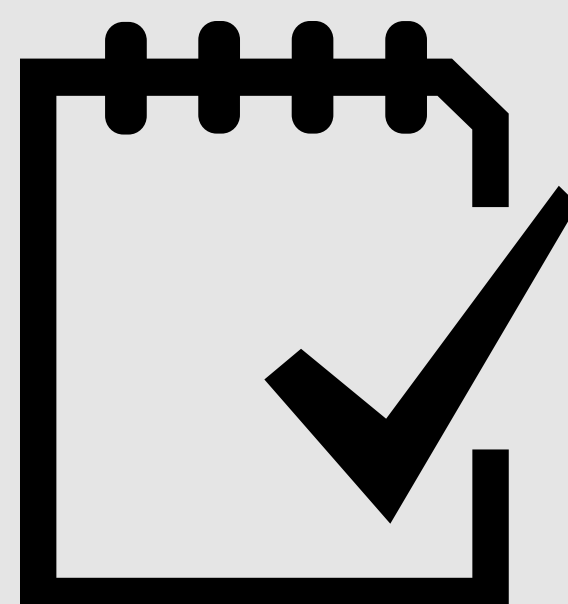
This report summarizes the findings from the needs and assets assessment. The numbers used in this report are based on a snapshot from the most recent year of data available. These data alone cannot explain why these patterns exist or how they are affected by the legacies of structural racism and community disinvestment. The numbers alone do not tell the whole story of the community. Input and insights from talking with community members and community-based organizations were key to understanding the strengths and needs in Hempstead.

## Methods Used for Community Health Needs and Assets Assessment



### Review public data

Look at data collected by government agencies and organizations.



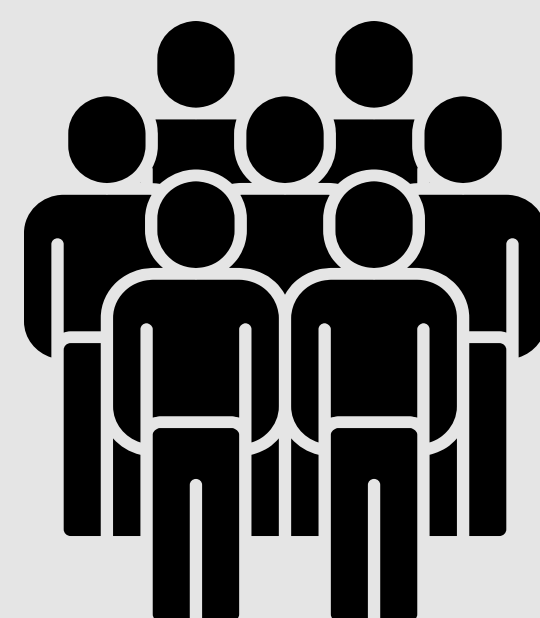
### Survey community groups

Ask local community-service providers what they think about the strengths and needs.



### Talk with individuals

Ask community members directly about their thoughts.



### Share results

Review findings with community partners to plan for services to meet needs.

# Hempstead Community Assets

The **Incorporated Village of Hempstead** was established in 1853 and today is the most populous village in Nassau County with **59,000** residents according to the 2020 Census. Hempstead is a vibrant, diverse, family-oriented community. Long-time residents described a number of neighborhood areas including Parkside, Trackside, The Heights, Midway, The Hills and The Desert. Community members identified a number of assets, including the public library, places of worship, African American Museum of Nassau County, commercial districts, parks, and the Rosa Parks Transit Center.



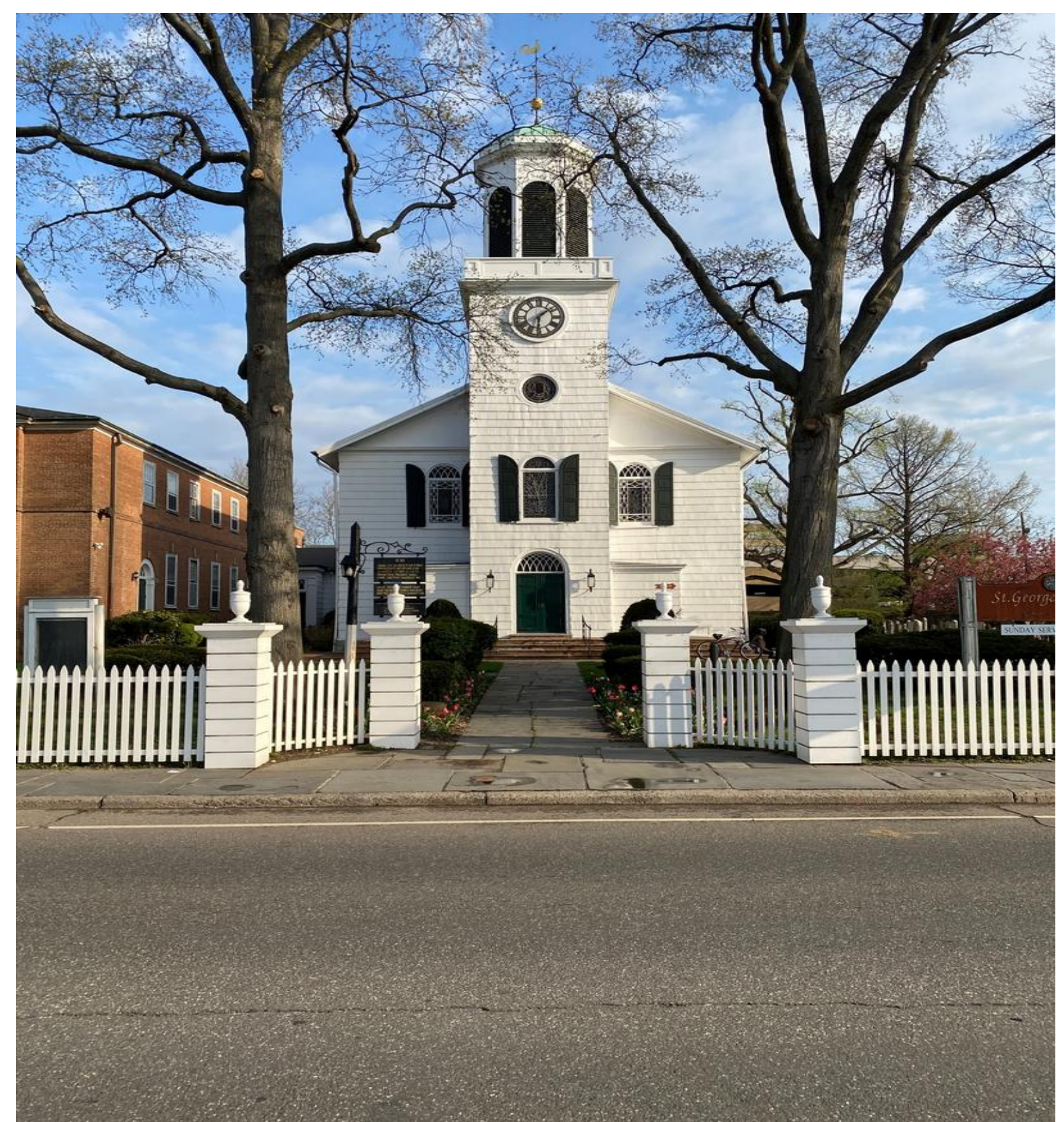
The Village of Hempstead's civic center serves as the town seat for the Town of Hempstead



The Rosa Parks Transit Center is a vital transportation hub for the Long Island Railroad (LIRR) and Nassau Inter-County Express (NICE) bus system



The Hempstead Public Library offers a number of programs and events for the community



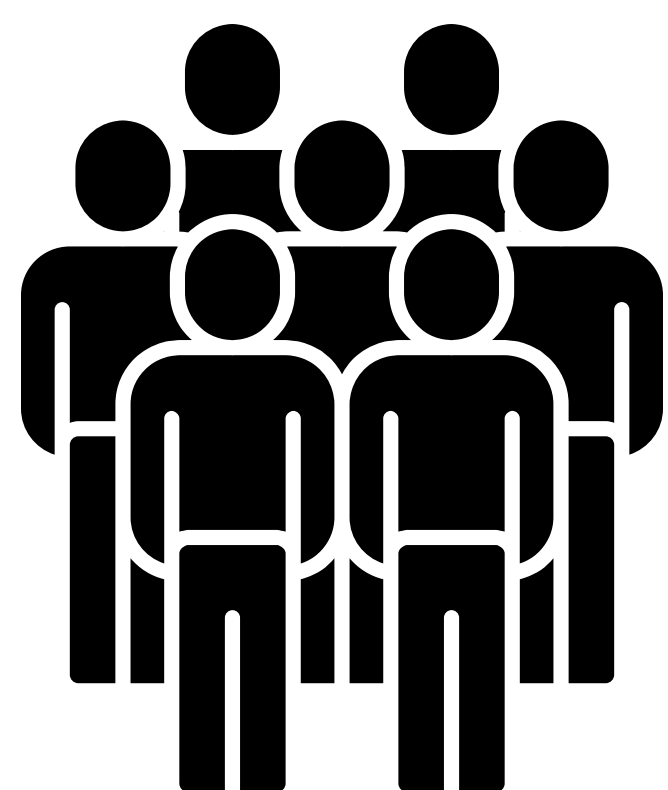
St. George's Church, one of the earliest Episcopal congregations on Long Island, listed on the National Register of Historic Places, is one of many faith-based institutions serving the community

## Community Conversations: Top Assets

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In conversations with community-based organizations and community members, some key themes emerged when discussing what they loved about Hempstead:

### Key Themes



### People

People in Hempstead (Hempsteadians) are an asset. People are friendly, they say hello, they are willing to help. The diversity of the people in the community is valued. People are resilient, honest, and supportive of each other. There is a strong focus on family.



### Places

Many community members highlighted places in Hempstead as assets, including: convenient location, public library, numerous parks, public transportation options, diverse places of worship, and cultural amenities such as the African American Museum of Nassau County.



### Support

A number of resources are available in the community when help is needed. For example, more than fifty community-based service organizations are located in the community. In addition, a number of diverse places of worship provide services and support.

"It is a nice town with a lot of places to help out and go to for help."

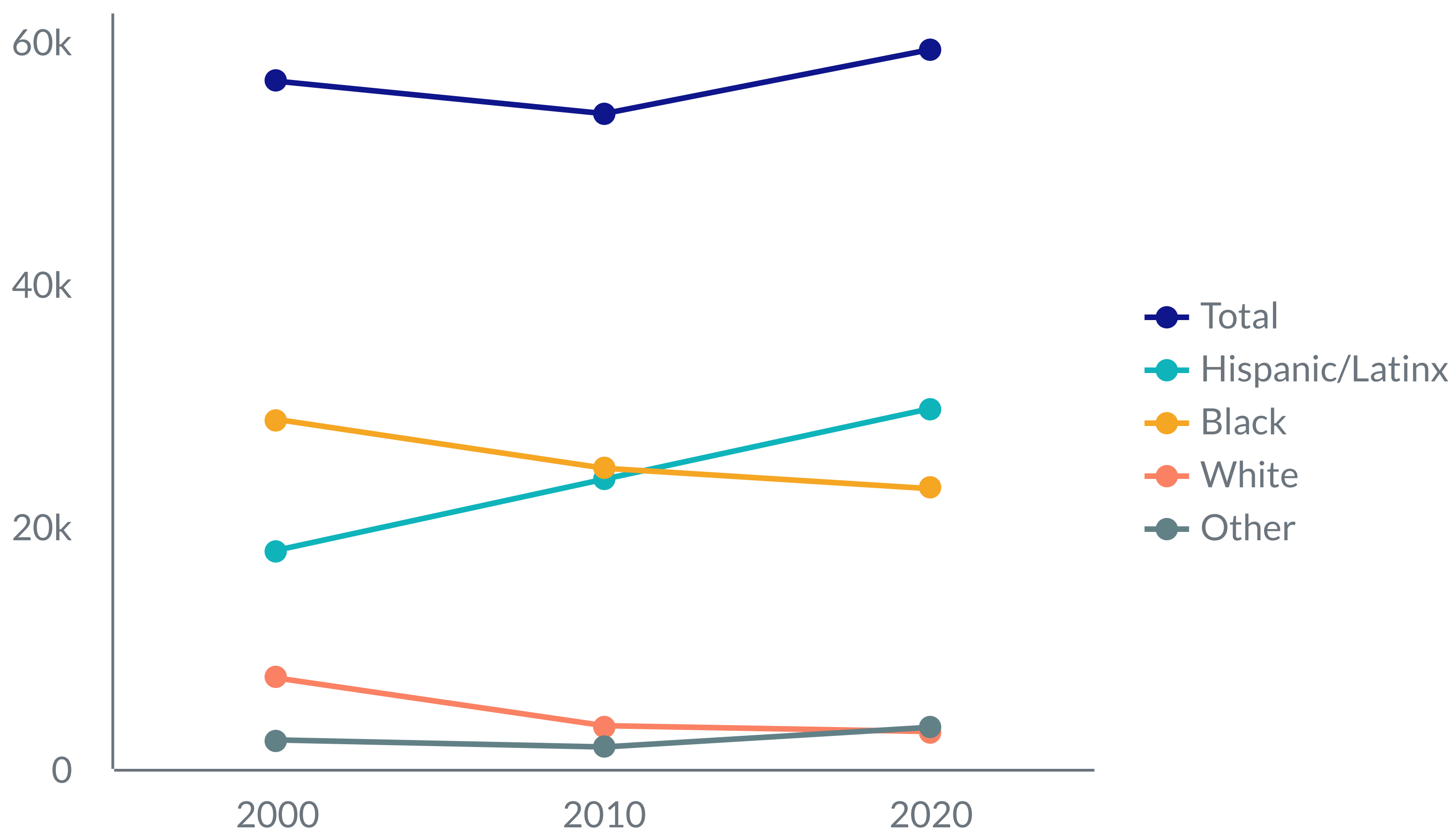
"I've always had support here in Hempstead and people are friendly."

# Community Snapshot: Population

## Population Growth

The population of Hempstead has grown in the past two decades and today is home to 59,000 residents. This growth is driven by an increase in the Hispanic/Latinx population, which today numbers nearly 30,000 accounting for 50% of the population. Between 2000 and 2020, there has been a decrease in the number of Black residents; in 2020, 39% of the population was Black, down from 51% in 2000.

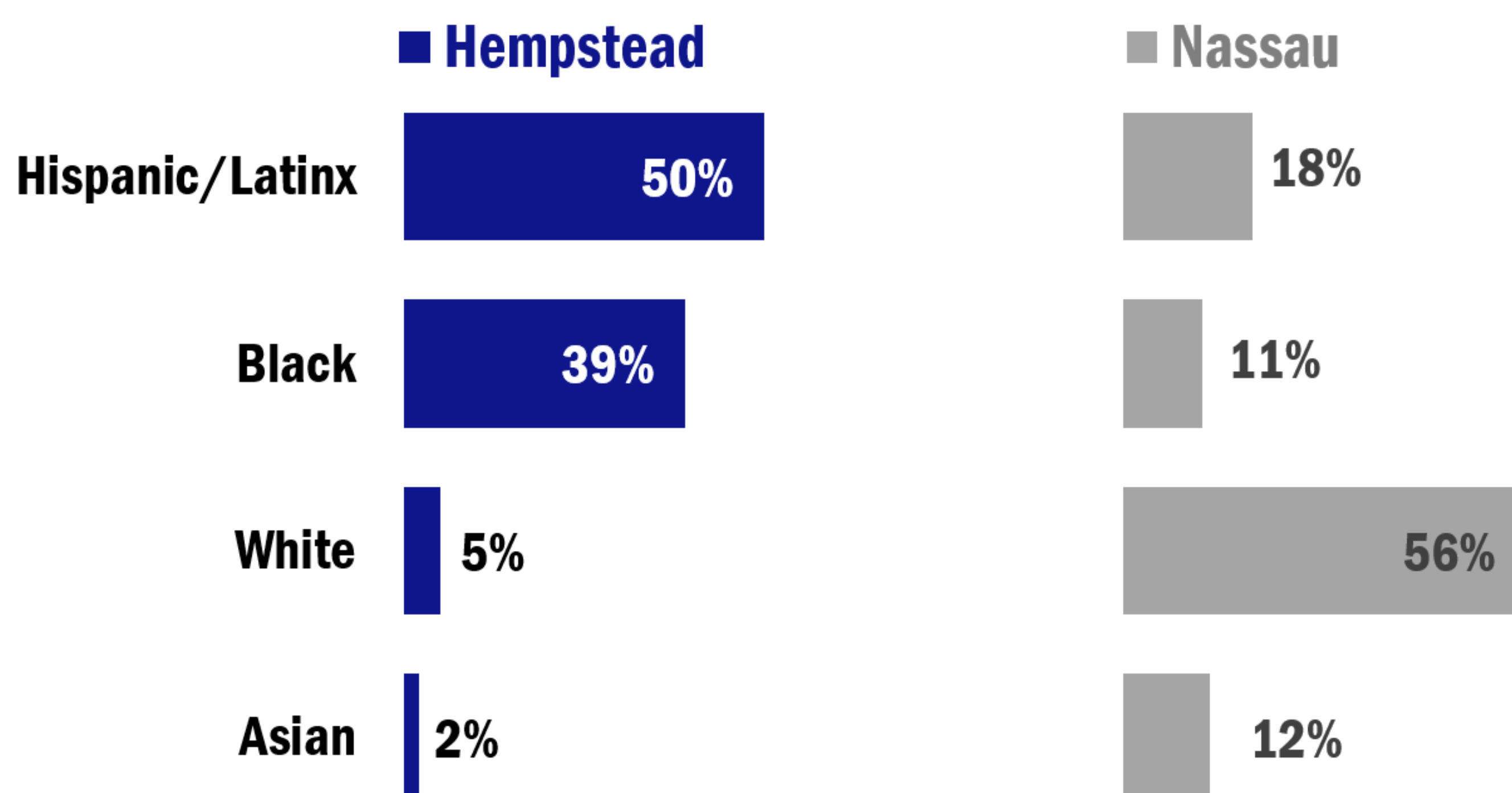
**Hempstead Population: 2000-2020**



Source: US Decennial Census; 2000, 2010, 2020

## Race and ethnicity

**Most residents in Hempstead identify as Hispanic/Latinx or Black. In Nassau County, the majority of residents identify as White.**



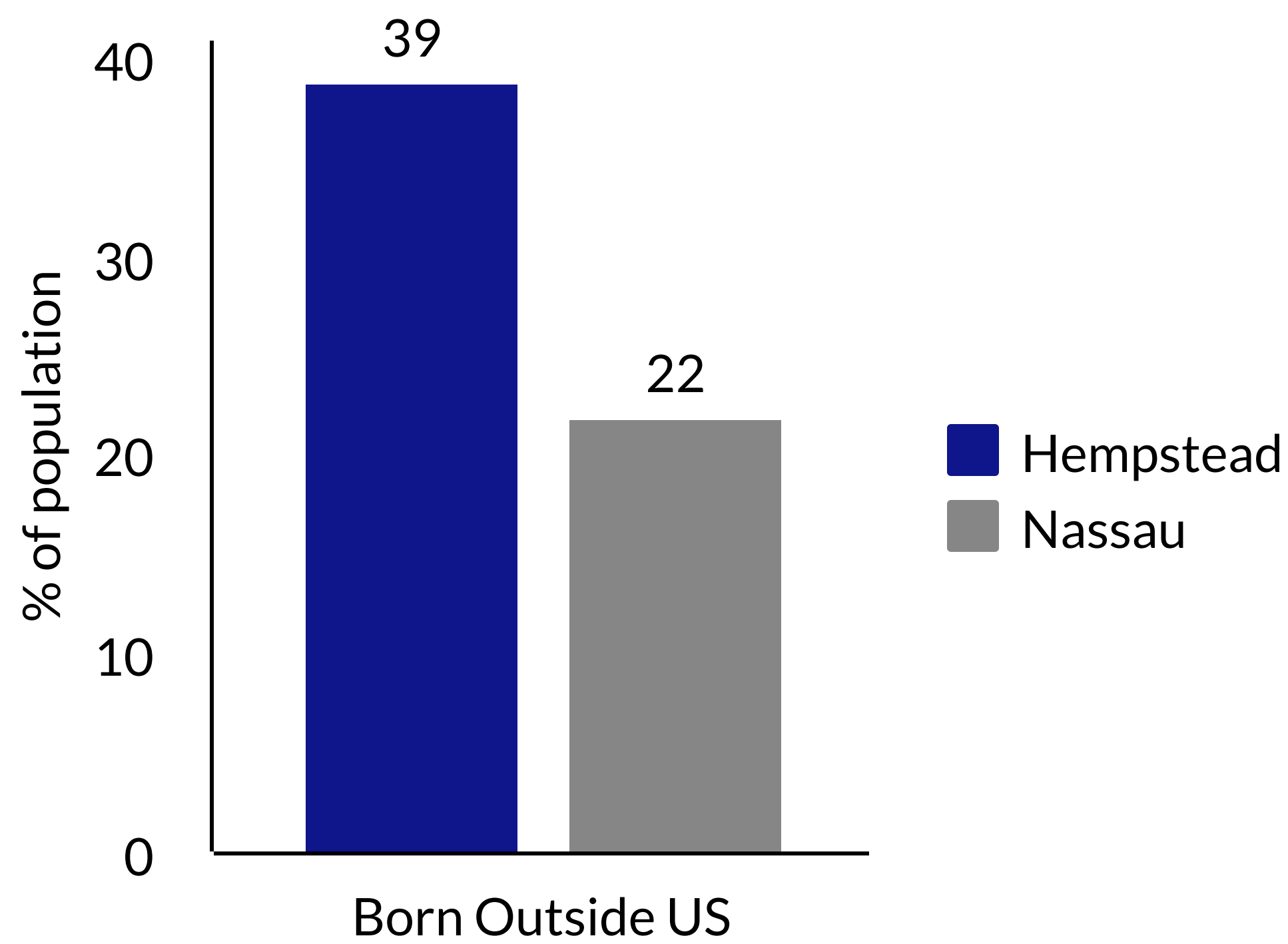
Source: US Decennial Census, 2020

# Community Snapshot: Population

## Birthplace

About 4 out of 10 **Hempstead** residents are immigrants

The top birth countries for **Hempstead** immigrants are:



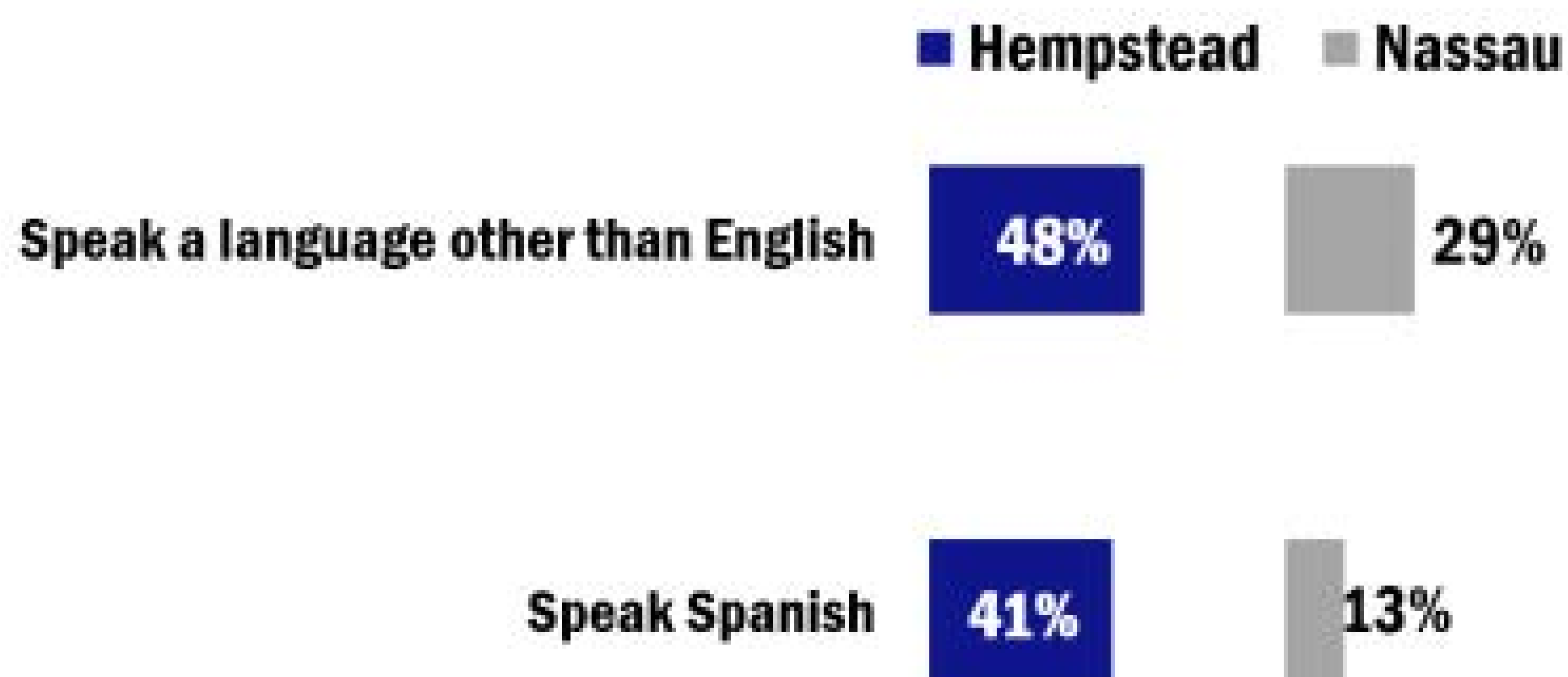
- 30%** El Salvador
- 14%** Jamaica
- 11%** Honduras

Source: American Community Survey, 2016-2020

## Language spoken at home

Nearly **one-half of Hempstead** residents ages 5 years or older speak a language other than English at home, compared with **29% in Nassau County**.

41% of **Hempstead** residents ages 5 years or older speak Spanish.



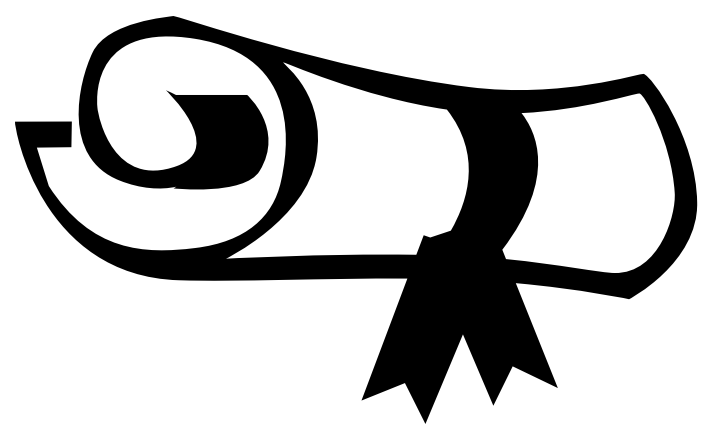
Among Spanish speakers in **Hempstead**, 62% speak English less than very well.

Source: American Community Survey, 2016-2020

As one community member highlighted, many immigrants leave their lives behind and must start over when they arrive in Hempstead. Some have fled violence and poverty in their home countries. Others followed family members who settled in Hempstead, further strengthening the strong family ties within the community. Many come to Hempstead speaking only Spanish and the lack of bi-lingual services and information can be a barrier to accessing care and other needs. In addition, anti-immigrant rhetoric and fear of deportation for themselves or family members can impact access to needed services. Yet, this shared sense of experience also contributes to the sense of belonging.

## Community Snapshot: Education

### Educational attainment



74% of Hempstead residents ages 25 years or older have at least a high school degree, compared with 92% of Nassau County residents

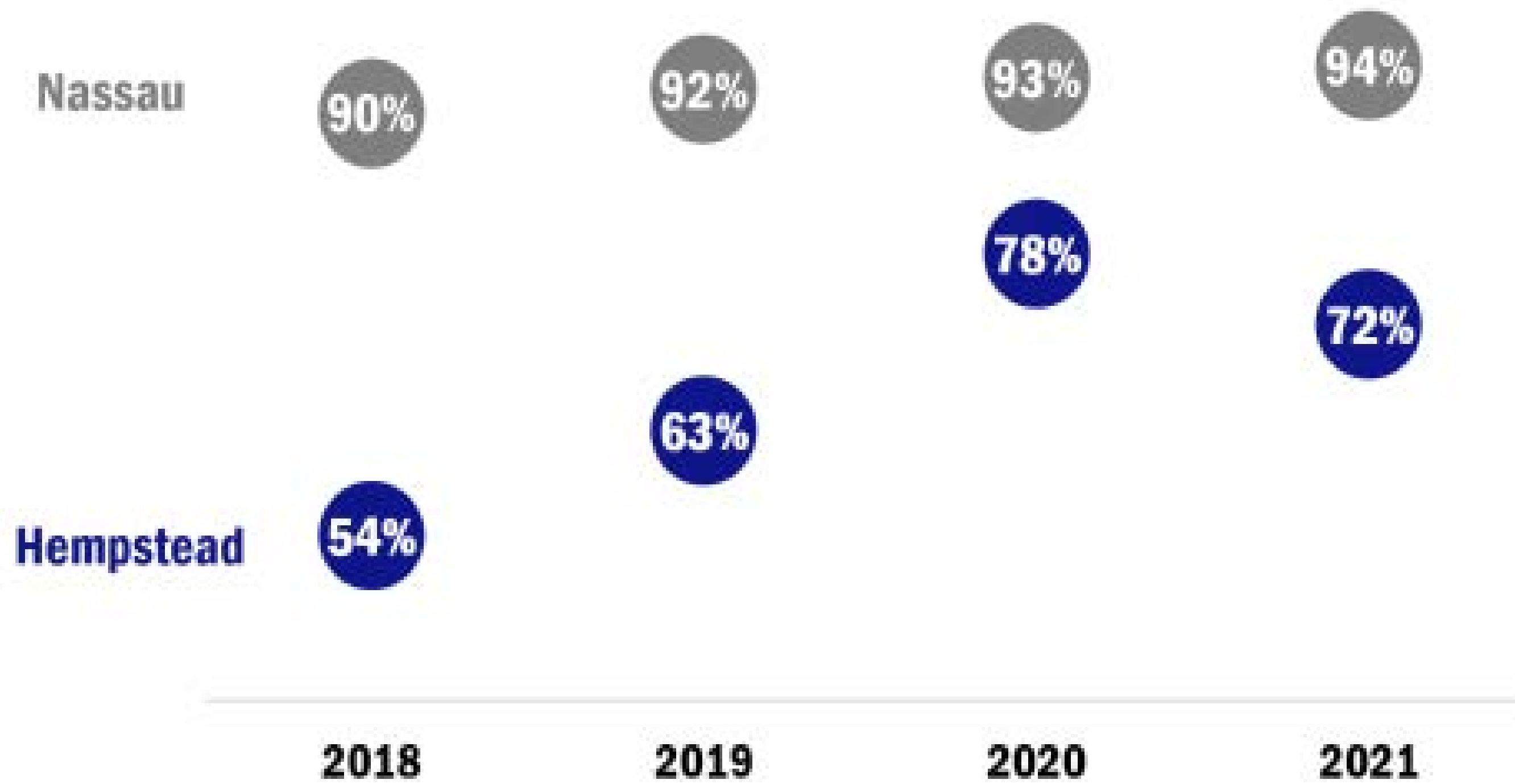


18% of Hempstead residents ages 25 years or older have at least a Bachelor's degree, compared with 47% of Nassau County residents

Source: American Community Survey, 2016-2020

### High school graduation and chronic absenteeism

Graduation rates have increased in Hempstead, but remain lower than Nassau County.



Chronic absenteeism, defined as missing at least ten percent of school days, was an issue in many school districts during the 2020-21 school year.

In Hempstead, 92% of high school students were chronically absent in school year 2020-21, a time when remote and hybrid learning options were in place due to the COVID pandemic.

Source: New York State Dept of Education, 2017-18 - 2020-21

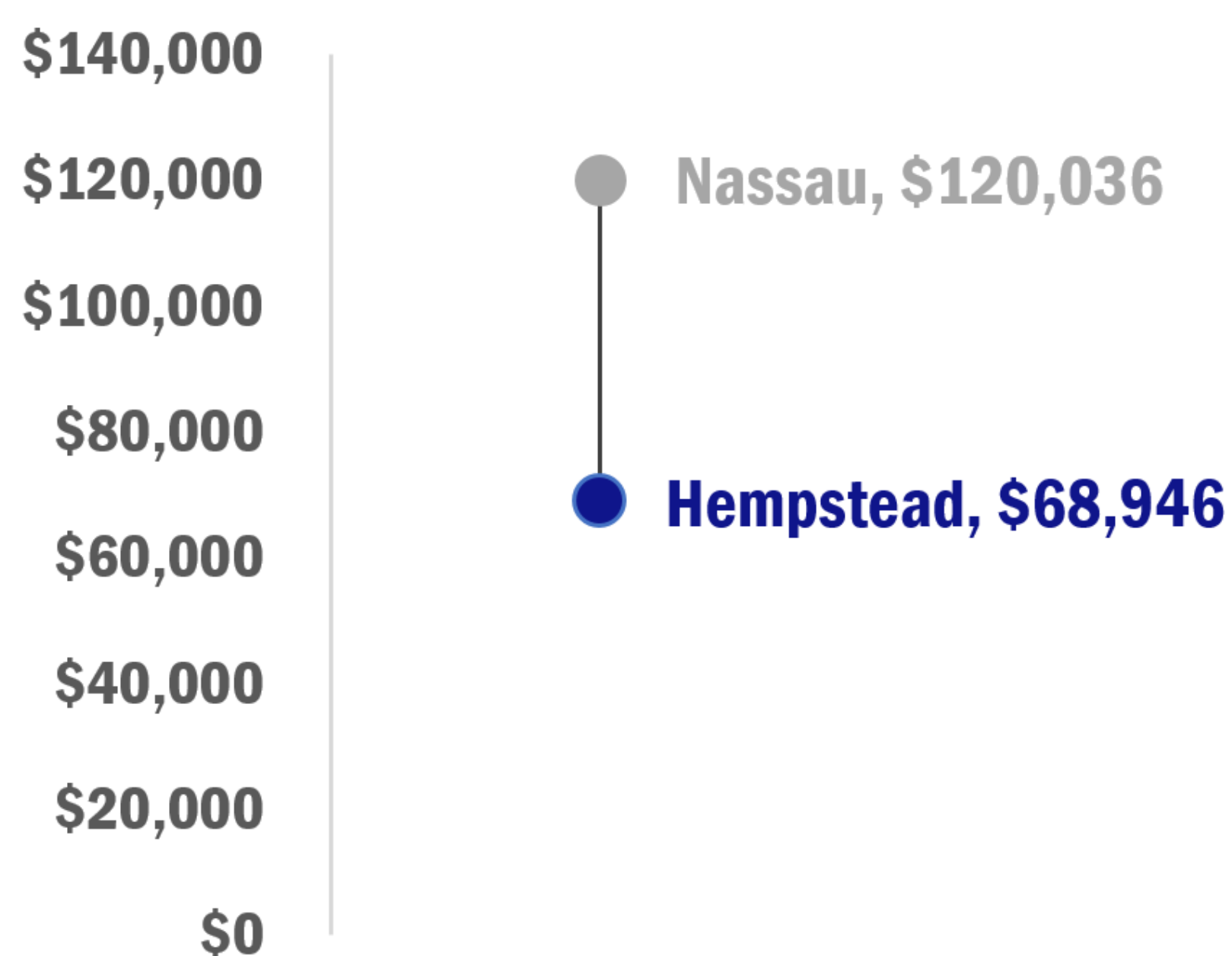
While educational attainment in part reflects limited educational opportunities available in countries outside the US, for many years high school graduation rates for Hempstead were lower than other communities, although gains have been made more recently. COVID-19 further disrupted education for many students. In school year 2020-21, a time of hybrid and remote learning options, chronic absenteeism was very high in Hempstead. Some attribute the lack of school bus transportation to high school as a factor in preventing students from getting to school.

Parents in the community spoke about the importance of education for their children. In February 2020, New York State assigned a monitor to oversee operations of the Hempstead School District. Private and charter schools in the area are expensive or based on a lottery admission process, further adding stress to parents concerned about how to provide their children with better educational opportunities.

# Community Snapshot: Economic

## Income

Average household income in Nassau County is about twice as high as Hempstead.



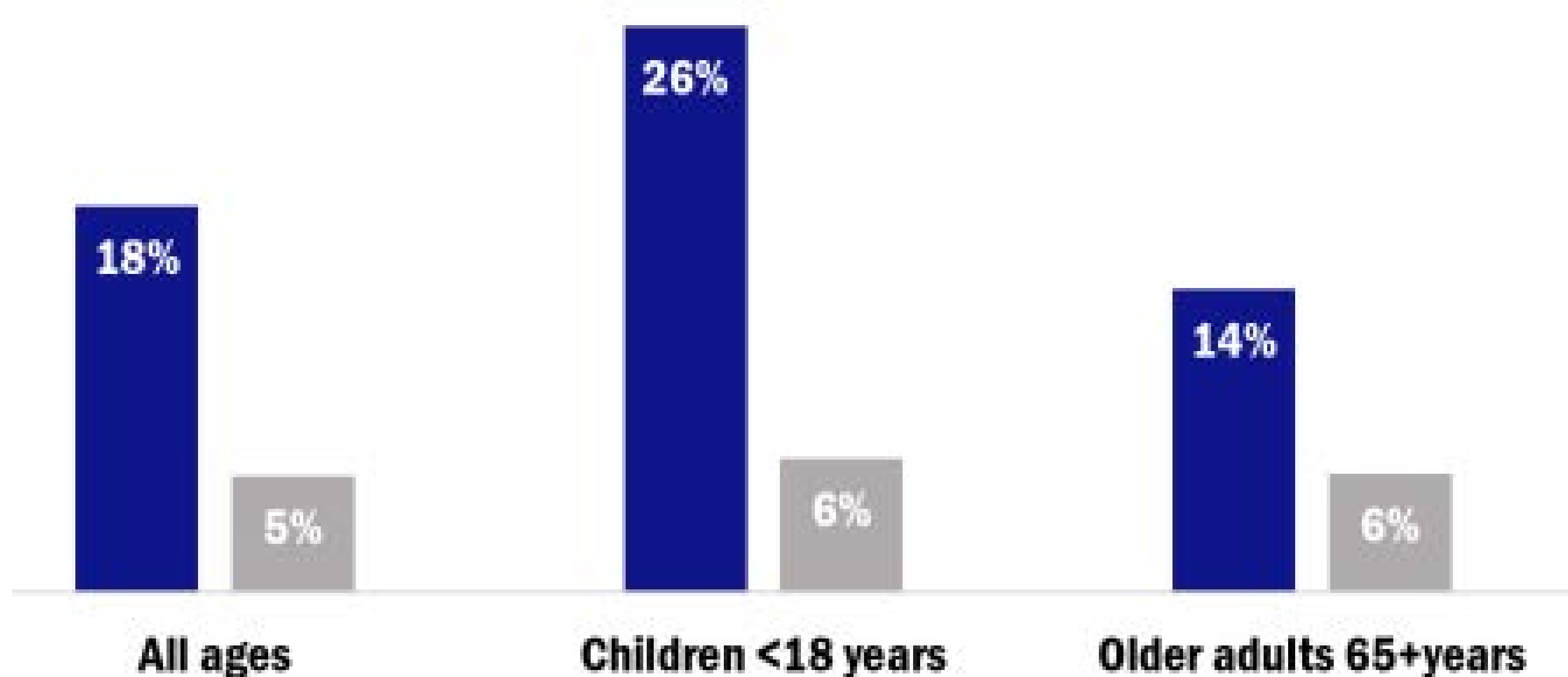
In Nassau County, 25% of households earn \$200,000 or more per year.

In Hempstead, just 8% of households do.

Source: American Community Survey, 2016-2020

## Poverty

Poverty is higher in Hempstead than Nassau County



1 out of 4 children in Hempstead live in poverty -- 4 times as many as in Nassau County.

Among individuals for whom poverty status is determined, percent with incomes below the Federal Poverty Level

Source: American Community Survey, 2016-2020

Many of the focus group participants and community partners mentioned financial insecurity as a struggle in the community. In part, limited employment opportunities mean that residents can only find work in low-wage occupations and often have to work multiple jobs to support themselves and their families. Limited income was also noted as a barrier to accessing healthcare, particularly preventive services.

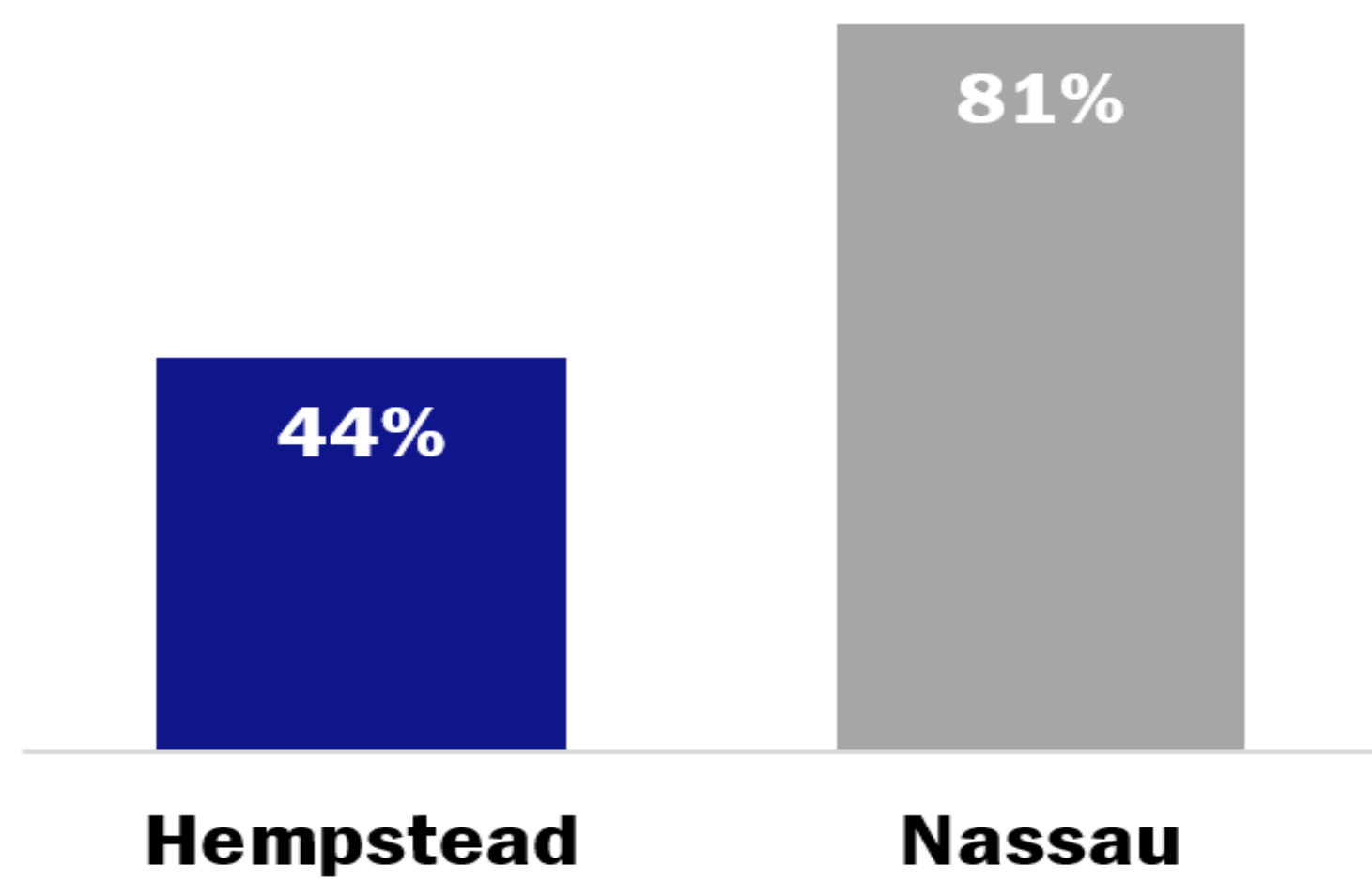


# Community Snapshot: Housing

## Home ownership

Home ownership is lower in **Hempstead** than **Nassau County**

% owner-occupied housing units



## Housing cost

Severely rent-burdened housing

renter-occupied housing paying 50% or more of income on rent

**36%**

Hempstead

**30%**

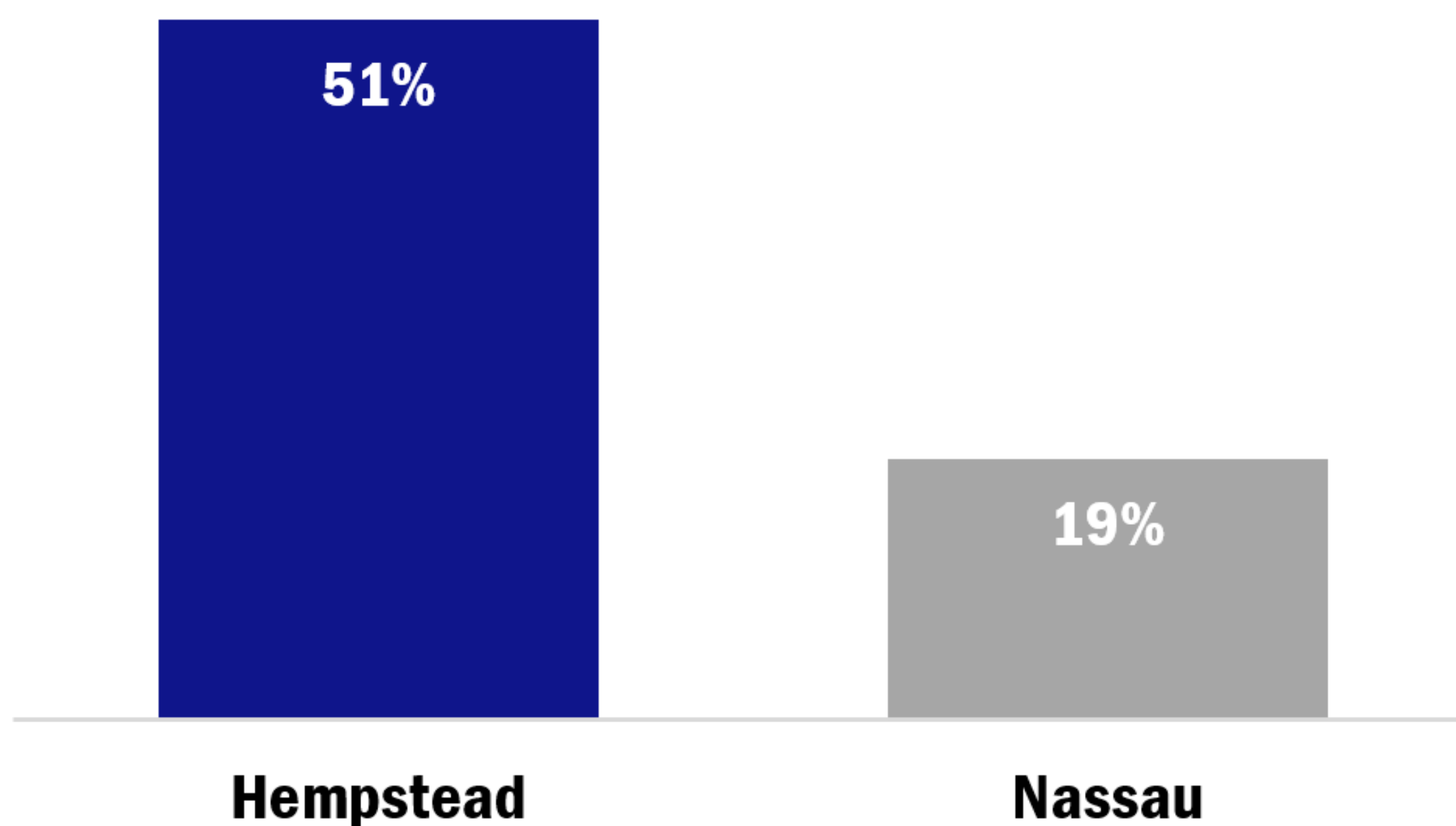
Nassau

Source: American Community Survey, 2016-2020

## Housing size

**Hempstead** housing stock is made up of a larger percentage of multi-unit dwellings than **Nassau County**

% occupied housing units in buildings with 2 or more units



34% of housing units in **Hempstead** are in buildings with ten or more units.

12% of **Hempstead** housing units are classified as crowded (1.01 or more people per room).

3% of **Nassau County** housing units are classified as crowded.

Source: American Community Survey, 2016-2020

A legacy of discriminatory mortgage lending practices, exclusionary zoning, and racial steering in the real estate market continues to shape the housing landscape in Hempstead and Nassau County. High taxes further contribute to limiting home ownership options for many residents. Four public housing developments, including two dedicated to housing seniors, provide a vital resource for affordable housing options in Hempstead.

Focus group participants noted the need for affordable housing, as well as services and housing for people experiencing homelessness. Some noted that multiple generations of a family live together, providing valued family support but also resulting in crowding.

## Community Snapshot: Transportation

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### Transportation

Hempstead is a major transit hub for the Long Island Railroad (LIRR) and Nassau Inter-County Express (NICE) bus routes.

The percent of households with no vehicle access is three times higher in **Hempstead** than Nassau County.

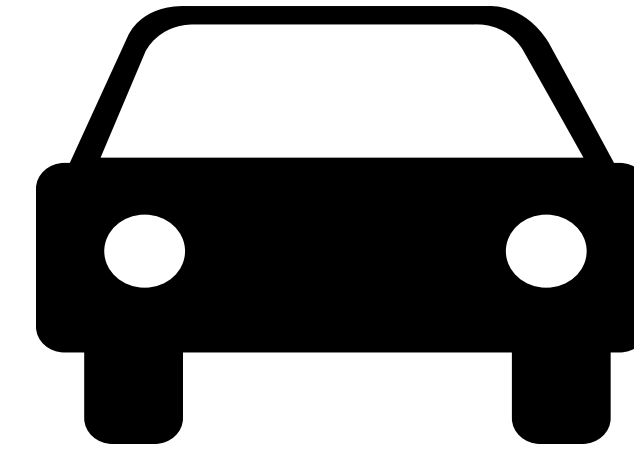
Households with no vehicles available

**21%**

Hempstead

**7%**

Nassau



*Source: American Community Survey, 2016-2020*

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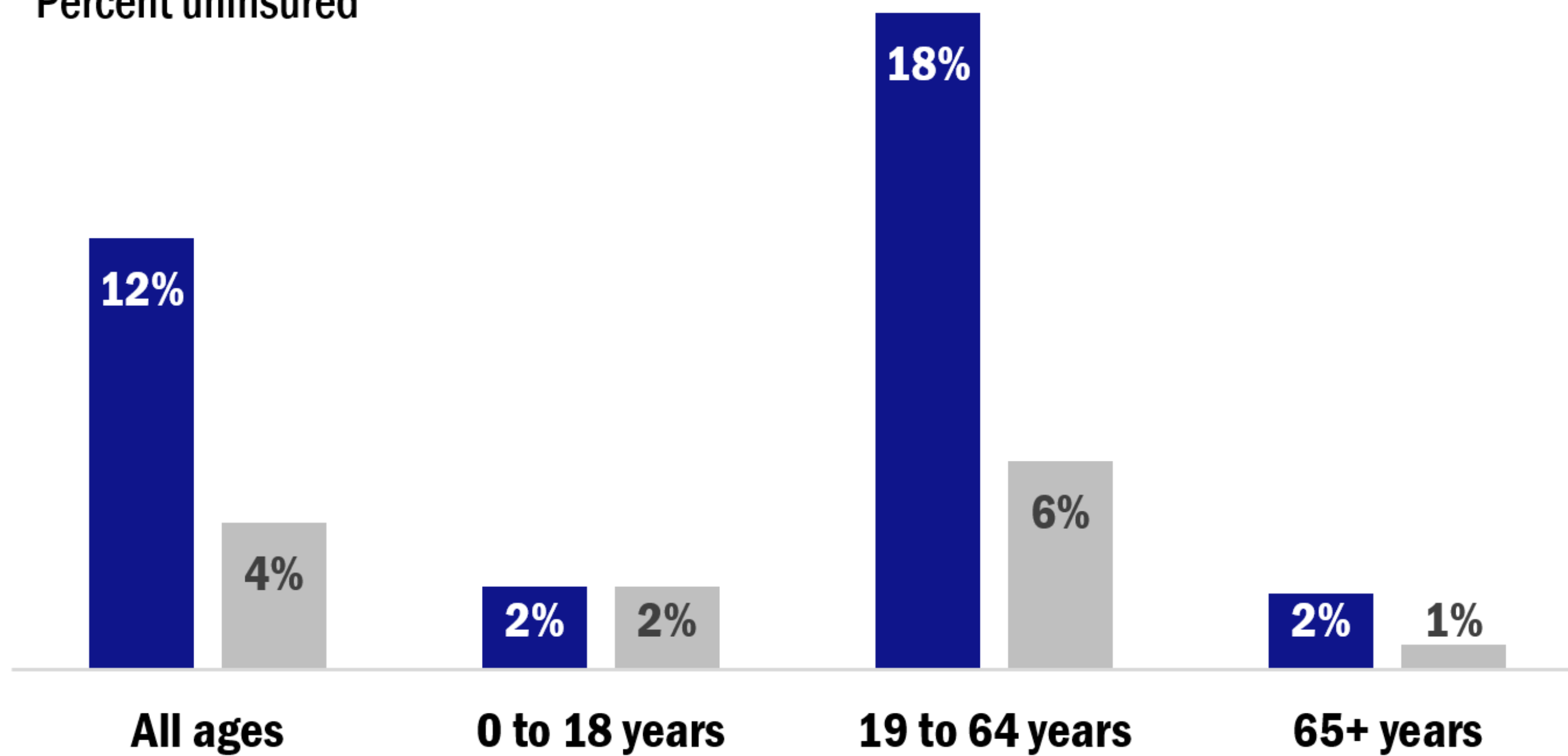
While Hempstead has more public transportation options than other communities, transportation was noted as a barrier in a number of cases. For example, some focus group participants reported that a lack of transportation contributed to late or missed medical appointments. The Nassau County Comptroller's Office identified three census tracts in Hempstead as being food deserts due to low percent of households having access to a vehicle and distance from a supermarket. Lack of transportation was also noted as a factor in the high rate of chronic absenteeism among students.

# Community Snapshot: Health Care Access

## Health insurance

The percent of adults ages 19 to 64 years who do not have health insurance is three times higher in **Hempstead** than **Nassau County**.

Percent uninsured



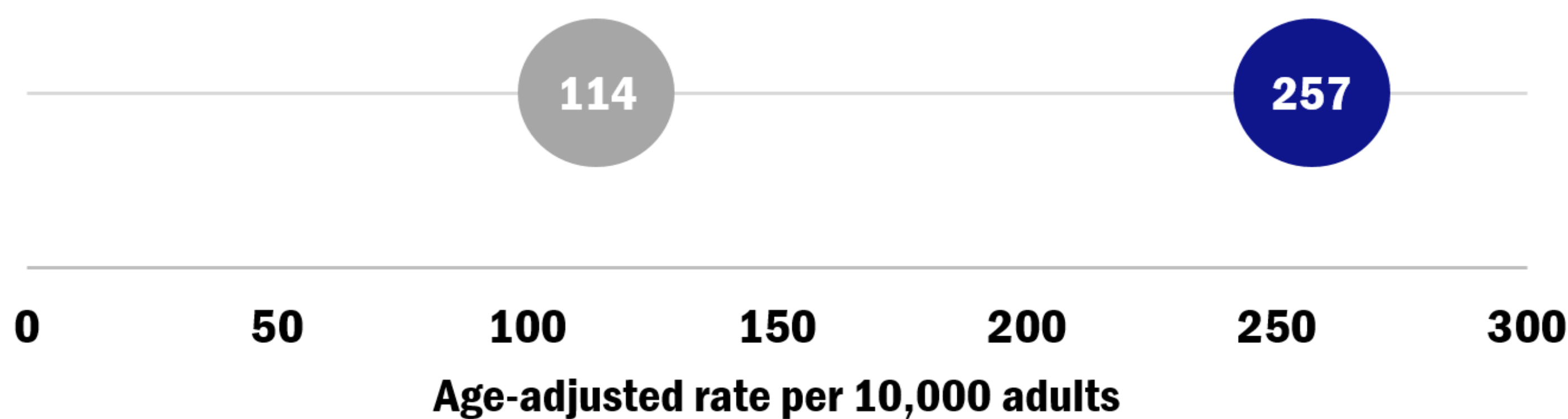
Nearly all children and older adults in **Hempstead** and **Nassau County** have health insurance.

Children in **Hempstead** are more likely to have public insurance (58%) than children in **Nassau County** (19%).

Source: American Community Survey, 2016-2020

## Potentially avoidable hospitalizations

Potentially avoidable hospitalization rate is higher in **Hempstead** than **Nassau County**.



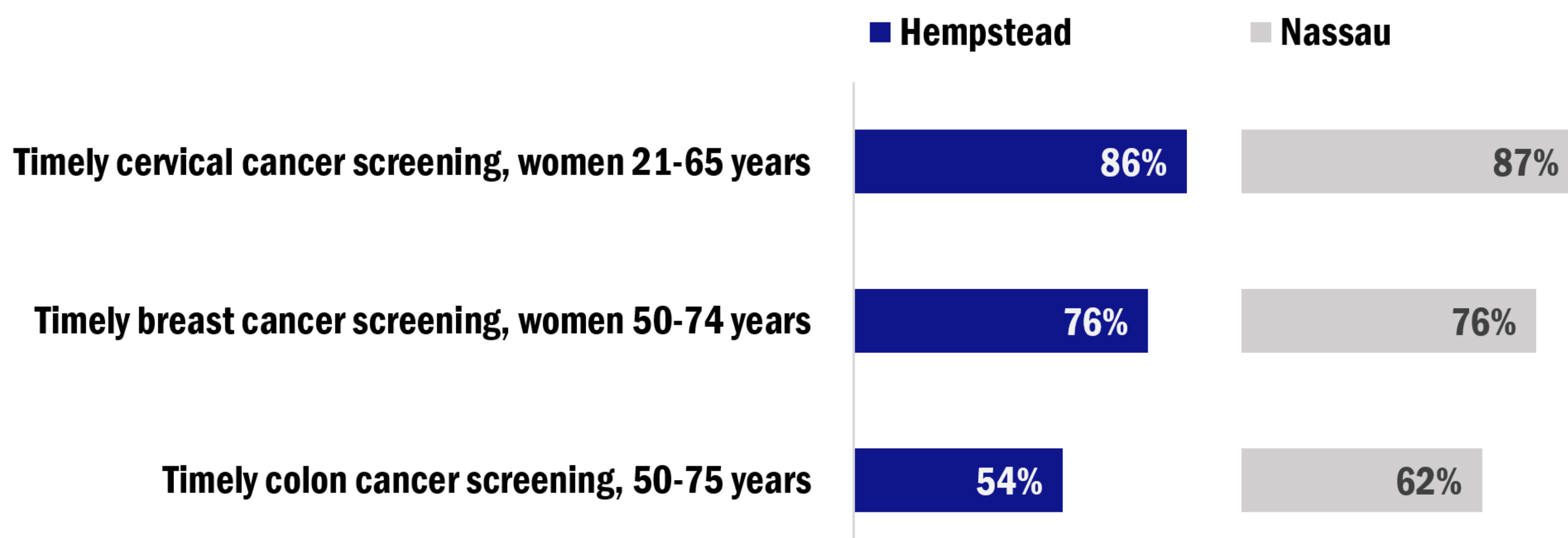
Potentially avoidable hospitalizations may be prevented with better access to primary care.

**Hempstead** zip code 11550 has the second highest rate of potentially avoidable hospitalizations of all **Nassau County** zip codes.

Source: New York State SPARCS, 2016-2019, data as of Nov 2021

## Cancer screening

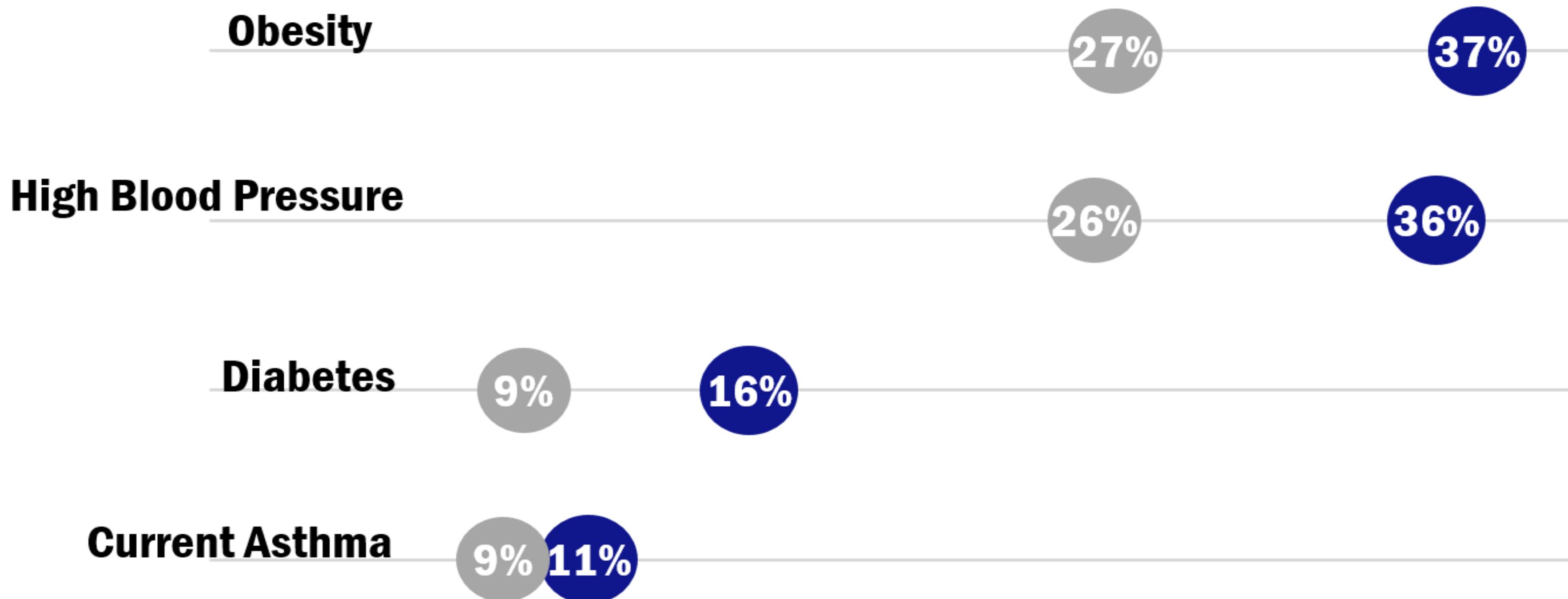
Timely screening rates for cervical cancer and breast cancer are similar in **Hempstead** and **Nassau County**. Timely screening rates for colon cancer are lower in **Hempstead**.



# Community Snapshot: Health Outcomes and Behaviors (Adults)

## Chronic disease

Rates of obesity, high blood pressure, diabetes, and current asthma are higher for adults in **Hempstead** than Nassau County.



Source: CDC PLACES, 2019

## Self-rated health status

Adults in **Hempstead** are more likely to rate their mental and physical health as not good compared with Nassau County adults.

Mental health was not good on 14 of past 30 days

**16%**

Hempstead

**12%**

Nassau

Physical health was not good on 14 of past 30 days

**15%**

Hempstead

**10%**

Nassau

Source: CDC PLACES, 2019

## Health behaviors

Smoking and lack of leisure time exercise is higher among adults in **Hempstead** than Nassau County.

Current smoking

**19%**

Hempstead

**12%**

Nassau

No leisure-time exercise

**37%**

Hempstead

**24%**

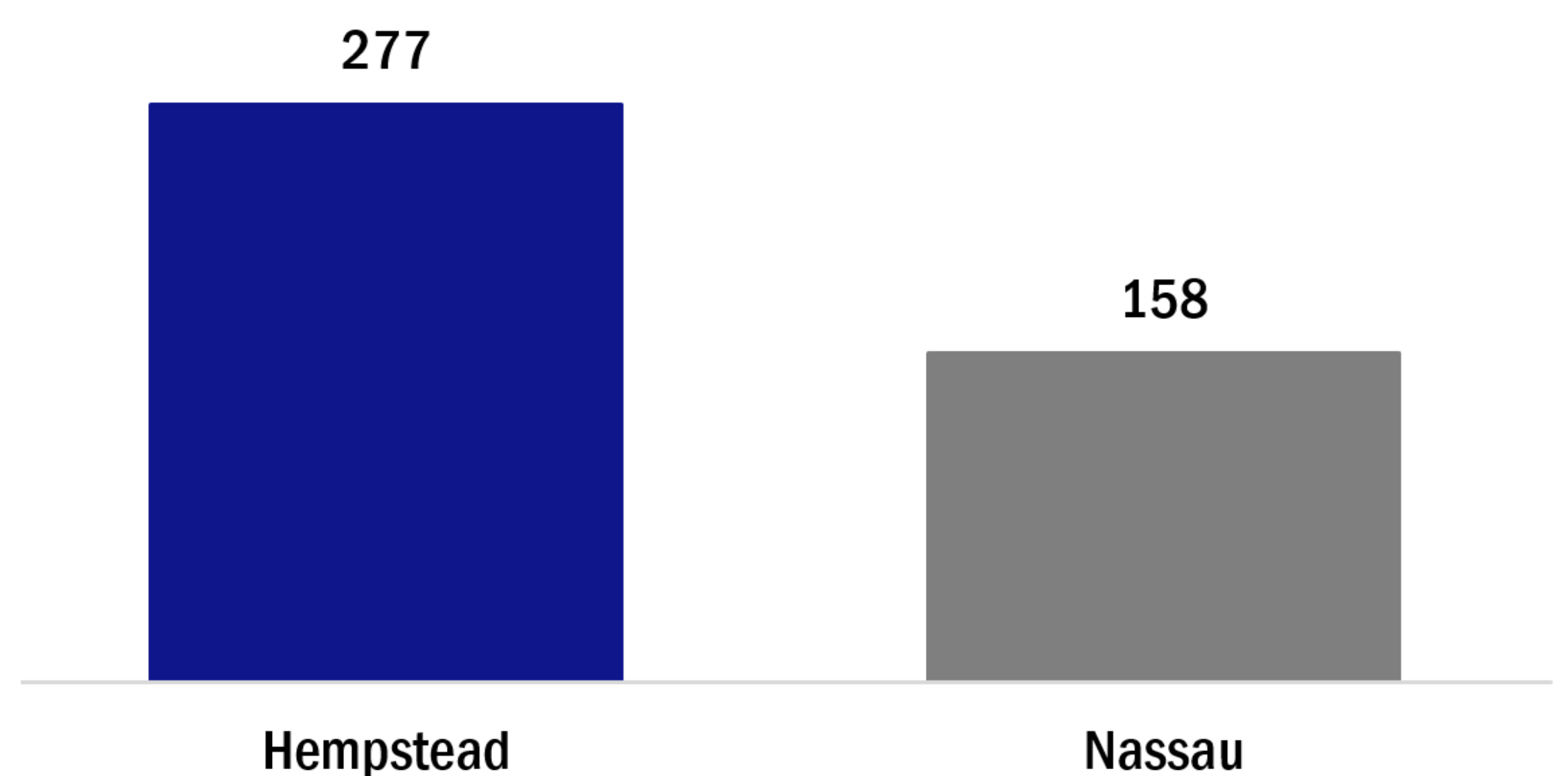
Nassau

Source: CDC PLACES, 2019

Opioid burden includes overdose deaths and non-fatal hospital visits involving opioid use.

The opioid burden rate is higher in **Hempstead** than Nassau County.

rate per 100,000 residents



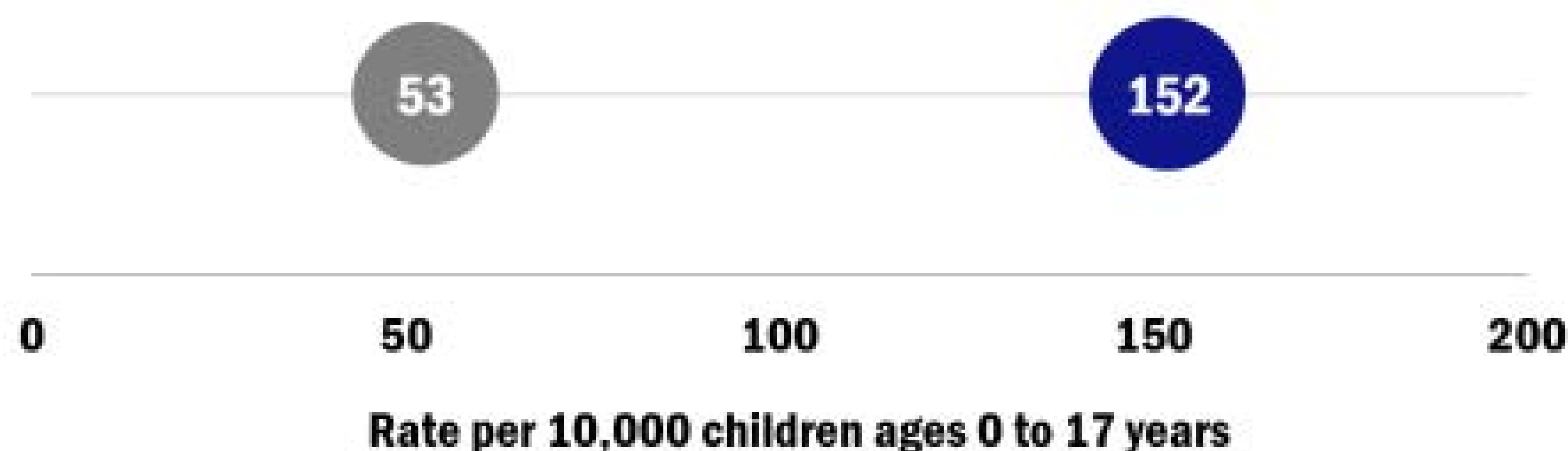
Source: New York State SPARCS and Vital Statistics 2019, data as of Nov 2021

## Community Snapshot: Children's Health

### Asthma-related Emergency Department (ED) visits

Asthma-related Emergency Department visit rate among children is higher in **Hempstead** than Nassau County.

**Hempstead** zip code 11550 has the highest rate of asthma-related ED visits among children of all Nassau County zip codes.

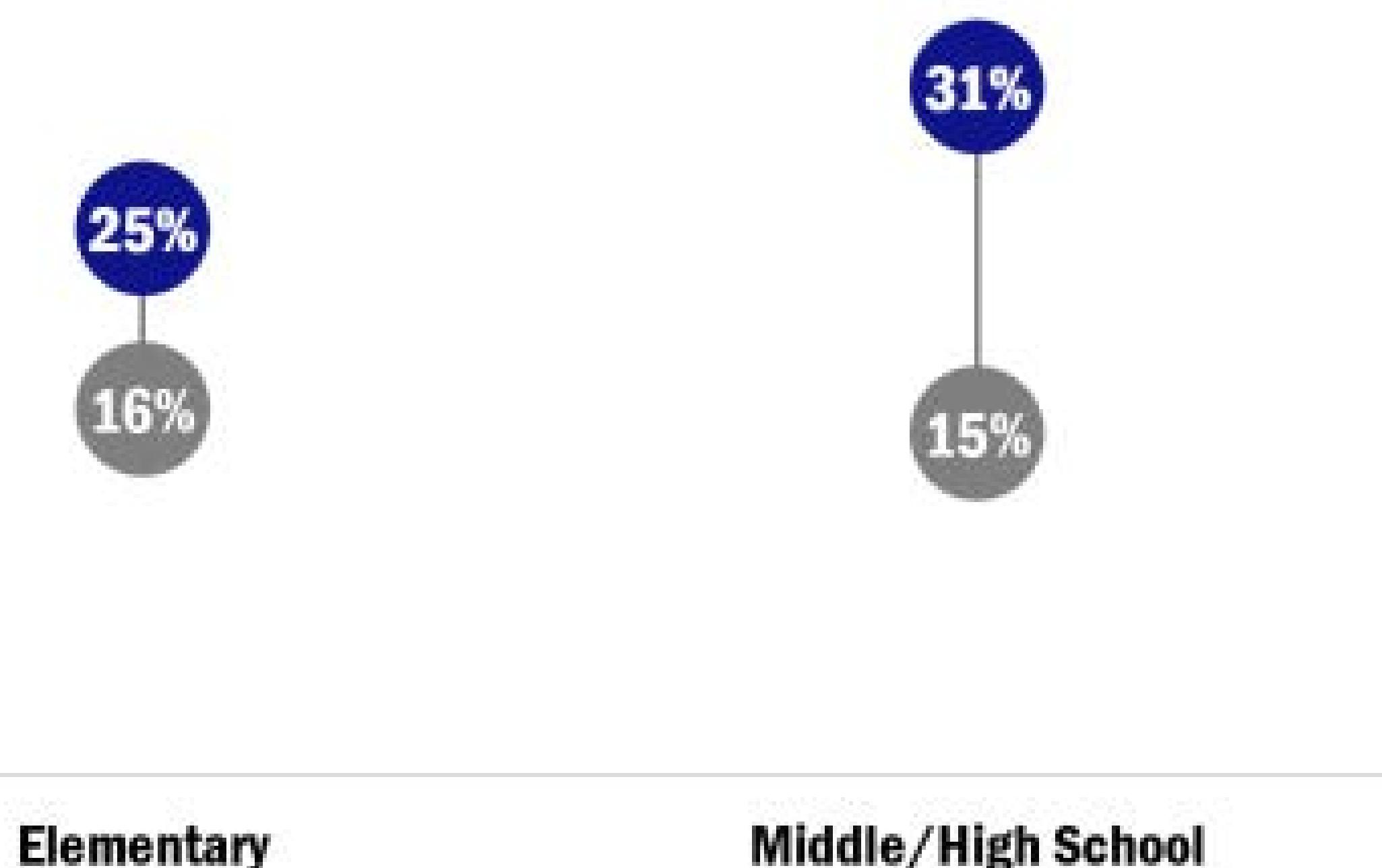


Source: New York State SPARCS, 2016-2019, data as of Nov 2021

### Child obesity

The percent of public school students with obesity is higher in **Hempstead** than Nassau County.

Overall, **26%** of public school students in **Hempstead** school district are obese compared with 16% in Nassau County.

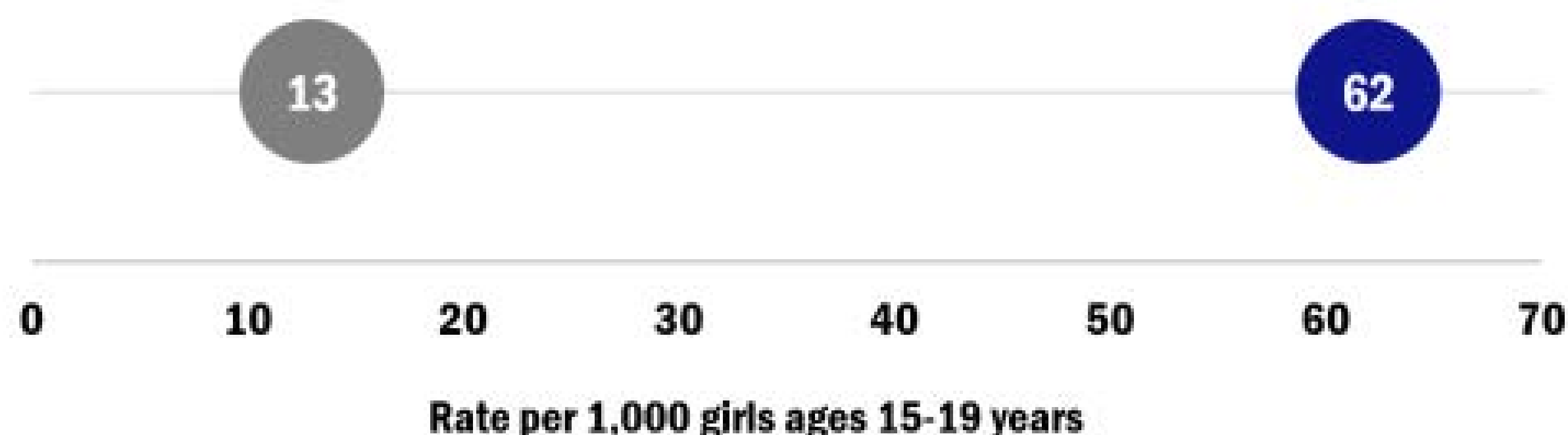


Source: New York State Student Weight Status Category Reporting System, School Year 2017-2018

### Teen pregnancy

Teen pregnancy rate is higher in **Hempstead** than Nassau County.

**Hempstead** zip code 11550 has the highest teen pregnancy rate of all Nassau County zip codes.



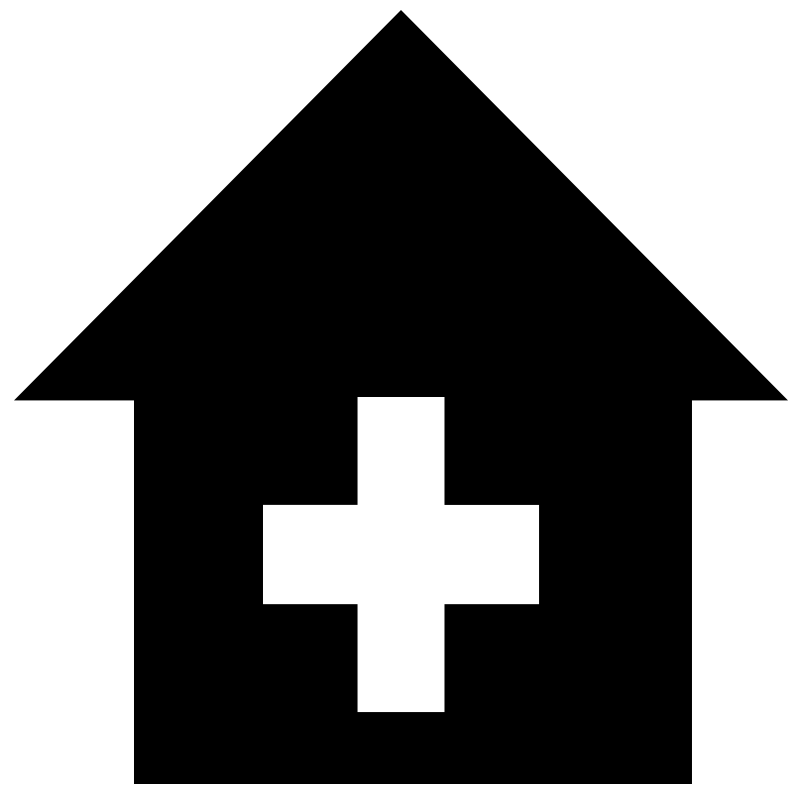
Source: New York State Vital Statistics, 2017-2019. Data as of Jan 2022

## Community Conversations: Top Needs

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In conversations with community-based organizations and community members, some key themes emerged when discussing needs in Hempstead:

### Key Themes



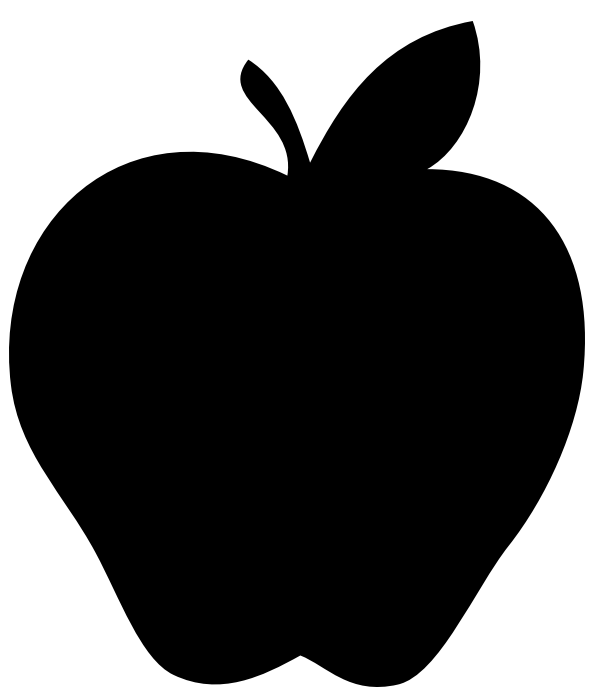
#### Healthcare access

Community members highlighted a need for improved access to healthcare, including addressing language and transportation barriers; additional sites offering low-cost or sliding scale payment options; and a 24-hour pharmacy.



#### Environment and exercise

While there are a number of local parks, community members highlighted the need for expanded park hours, additional structured activities, and improvements to park safety to promote exercise and well-being.



#### Healthy food

Community members noted that food prices and lack of access to nutritious foods made it hard to stay healthy.

"It is often difficult because you go to the doctors and there are no staff members who speak Spanish. It makes it difficult to access care".

"There are too many unhealthy fried foods available in the area".

### Overview

As part of the [NYU Langone Health Community Service Plan](#), four programs are available for the Hempstead community, and beyond, to help improve health and well-being. These programs align with the New York State Prevention Agenda priority areas to: Prevent Chronic Disease; Promote Healthy Women and Children; and Promote a Healthy and Safe Environment.

# 1

### Stanford Chronic Disease Self-Management

Evidence-based education series facilitated by registered nurses in community setting, such as public libraries, to help people with chronic diseases manage their symptoms and live healthy lives.

# 2

### Family Support Services

Evidence-informed program that supports childhood health and development through family social needs screening and care coordination. Includes Reach Out and Read program that delivers books and messaging about importance of reading at routine pediatric checkups.

# 3

### A Matter of Balance

Evidence-based eight session exercise program to reduce the fear of falling and increase activity levels among older adults offered in hospital and community settings.

# 4

### Tai Chi for Arthritis and Fall Prevention

Evidence-based fall risk-reduction programs for adults over age 60 years in hospital and community settings.

## More Information

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This Community Health Needs and Assets Assessment was conducted with support from the [NYU Langone Health Community Service Plan](#).

**Many thanks to the organizations and community members who contributed to this assessment.**

### **Economic Opportunity Commission (EOC) of Nassau County**

<https://www.eoc-nassau.org/>  
516-292-9710

### **Harmony Healthcare Long Island**

<https://www.harmonyhealthcareli.org/>  
516-296-3742

### **Hispanic Counseling Center**

<https://www.hispaniccounseling.org/>  
516-538-2613

### **RotaCare**

<https://www.rotacareny.org/>  
516-539-9834

### **The Salvation Army - Hempstead Citadel Corps Community Center**

<https://easternusa.salvationarmy.org/greater-new-york/>  
516-485-4900

### **Family & Children's Association (FCA) Hempstead Prevention Coalition**

<http://fcali.org/>  
516-486-7200

### **Hempstead Community Land Trust**

<https://www.hempsteadclt.org/>  
516-224-7701

### **Mental Health Association of Nassau County**

<https://www.mhanc.org/>  
516-489-2322

### **St. George's Episcopal Church**

<https://stgeorges-hempstead.org/>  
516-483-2771

For more information about the Community Service Plan, contact:

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Family Health Centers at NYU Langone:

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