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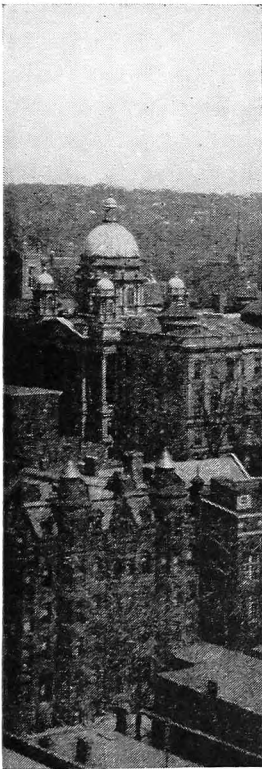
NEW YORK HEALTH DEMONSTRATIONS

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FIVE YEARS OF HEALTH DEMONSTRATION *in SYRACUSE—A SUMMARY*




THE Syracuse Health Demonstration began in May, 1923. For some years, Syracuse with its 200,000 population, had had a representative Department of Health, modern hospitals, an active Academy of Medicine, a medical school of wide influence, several voluntary public health organizations and the other facilities for the conservation and promotion of individual and community health usually found in a city of its size. The local Common Council, the Board of Estimate and Apportionment, the Chamber of Commerce, the Academy of Medicine, the College of Medicine of Syracuse University, joined with various other health and welfare agencies, civic organizations, industrial groups, public officials and private citi-

zens in urging the selection of Syracuse as an urban health demonstration center and voiced assurances of their cooperation in carrying out the project. It was proposed to extend the health services already in existence; and within its financial ability to do so, the City undertook to assume responsibility for the continuation of various phases of the more intensive health program as soon as the permanent usefulness of any given service became apparent. At the close of the fifth year of operation, it is natural that the accomplishments of the first period of intensive work in the demonstration be reviewed and evaluated.



FIVE years of experience in the Syracuse Health Demonstration is reviewed briefly in the introductory pages of this issue of the *Quarterly Bulletin*. Increased health activities have been developed and maintained by the City's official health bodies, including the Syracuse Department of Health and the Department of Public Instruction, and by cooperating voluntary health agencies of the City. (During the half-decade the City has increased its appropriation for public health work by approximately \$162,000. Public health work was established as a department activity in 1920.



The task of helping to amplify activities that have been established for years without impairing their service is often more difficult than to guide the inauguration of a public health service and to create the machinery for its operation in virgin territory. The Syracuse Health Department had had a very creditable record of achievements before the health demonstration was inaugurated, among them the distinction of having established the first tuberculosis clinic in up-State New York, and an unbroken record of over

thirty years without a death from smallpox. A community with such a record is justified in questioning any new plan in health procedure and in demanding solid accomplishments

before new activities are definitely made a part of its permanent health program.

IN the current year, new full-time health officers have been appointed in New York City, in Syracuse, and in Cattaraugus County. Cattaraugus County and Syracuse thus became the first county and the city of the second class respectively in New York State to provide full-time health officers. These appointments are reported on page 95. (Edgar Sydenstricker, who, since 1926, has been acting as statistical consultant for the Fund, became director of its division of research on July first. His appointment is announced on page 105.

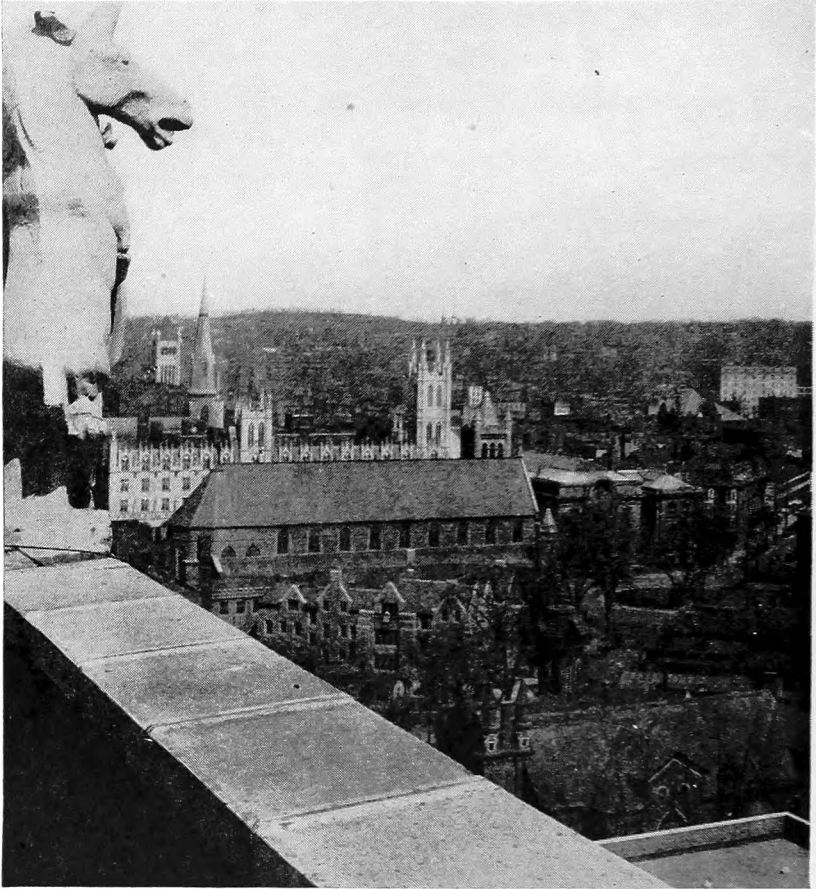
Administrative success is measured by the results obtained. However, to omit reference to some of the steps which the Syracuse Health Department has taken to improve its health machinery would be to disregard an important part of its development. Without this information much of the real progress of

the past five years could not be appreciated.

In this period the personnel of the Department of Health has been increased from forty-five full-time and thirty-three part-time employees, under a part-time Commissioner of Health, to ninety-eight full-time and twenty-eight part-time workers. (A full-time Health Commissioner salaried entirely from public funds was appointed on August 1, 1928.)

Public health nursing, communicable disease control, vital statistics and record keeping, and food inspection are now carried on by separate bureaus, supervised by interested and alert directors.

In 1923 the Health Department employed nine nurses for



specialized services. There are now thirty-two staff nurses, three district supervisors, three special nurse instructors, and a nutritionist, under a full-time director, in the Department's Bureau of Nursing. This staff carries on a generalized public health nursing service in the City. Nursing service is provided for prenatal, well-baby, preschool, vaccination, diphtheria prevention, chest, and infantile paralysis after-care clinics.

The Bureau of Tuberculosis supervises two tuberculosis clinics holding nine tuberculosis clinic sessions each week, as



against three such weekly clinic sessions prior to 1923. The chest clinic attendance during 1927 eclipsed all previous records. The number of clinic visits was 3,957—double the clinic attendance in 1924.

Sanatorium facilities for the City's tuberculous patients now exceed the National Tuberculosis Association's standard of one bed per annual death. The Onondaga Sanatorium has been enlarged and in the near future will have

a capacity of 220 beds for tuberculous patients.

The statistical and clerical activities of the Bureau of Tuberculosis have shown marked improvement during the past two years. A new record system of outstanding merit has been adopted; and an intensive case-finding survey is being completed.

Case reporting of tuberculosis has been excellent in Syracuse during the past six years. The ratio per annual death of newly reported cases filed in one year was 2.4 in 1922; 2.3 in 1923; 3.0 in 1924; 2.8 in 1925; 2.4 in 1926; and 3.0 in 1927.

These ratios, taken singly, are not especially high for any one year, but the maintenance of so high a ratio for six successive years constitutes a very favorable record.

The total number of known cases of tuberculosis on file increased from 866 at the close of 1924 to 1,101 at the close of 1926, and 1,284 at the close of 1927. The number of known active cases has grown from 595 on December 31, 1924, to 913 at the close of 1927, the ratio per annual death of known active cases increasing from 4.8 at the close of 1924 to 7.9 at the end of 1927.

The course of the tuberculosis death rate in Syracuse (including Onondaga Sanatorium) has been practically on a level since 1921, although the corrected rate of 59.0 for 1927 is the lowest corrected rate ever recorded.

A part-time director of the Bureau of Communicable Diseases has supervision of all the activities for the prevention and control of the communicable diseases, including general supervision of the City Hospital. Educational nursing for contagious conditions is carried on by the public health nurses.

Intensive campaigns for the immunization of children against diphtheria have been carried on in Syracuse by the Department of Health in cooperation with the school health service and the State Department of Health. At the end of 1927 three immunizing treatments had been given 19,161 children. In addition, 4,461 children had been found to have negative Schick tests and therefore were not given the treatments. In other words, approximately 23,000 children in Syracuse have been either actively immunized against diphtheria or found to possess a natural immunity.

The work in maternity, infancy and child hygiene was formerly divided among the Bureau of Child Hygiene of the Department of Health; the Child Health Committee, a local

agency receiving its funds from the Community Chest; the Visiting Nurse Association; and other voluntary agencies. A complete program for child welfare has now been centered under the direction of the Bureau of Child Hygiene. This program includes prenatal service, well-baby clinics, and a clinic for children of preschool age. Prenatal service, while carried on under the auspices of the Child Health Committee, is integrated with the service of the Bureau of Nursing of the Health Department. Infant welfare, or well-baby service, for babies under one year of age is carried on in weekly sessions at ten clinic stations.

In 1927 the Bureau of Venereal Disease Control supplied 17,935 clinic treatments to patients, as against 6,417 such treatments in 1923. There were but 556 new cases admitted to the clinics in 1923, while last year 1,044 new cases were admitted.

Every contact of physician, nurse, dental hygienist, or other health worker with the public, has an educational value, and a substantial part of the time of each worker is devoted to the educational aspects of health work. As in many other cities, however, a program of instruction in the principles of health and prevention of disease has been organized in Syracuse. In setting up the demonstration program in Syracuse, health education in this broader sense was planned as a distinct activity through the establishment of a Bureau of Health Education in the Syracuse Department of Health. This bureau also assumes responsibility for bringing official health information to the public, utilizing periodicals, newspaper articles, addresses, motion picture films, and various forms of exhibits. The Department of Health issues two regular publications, a weekly bulletin directed chiefly to physicians, nurses and health workers, and an illustrated popular magazine, *Better Health*, which now appears monthly.

Health articles are sent regularly to the three Syracuse daily newspapers. Each of these publications has issued special health supplements, made up largely of articles on health written by health workers of Syracuse.

In addition to the work of this bureau, programs in health education, specialized for school children, are carried out in the public and parochial schools. As a part of its work, the Onondaga Health Association is also active in carrying out a general health instruction program.

Medical inspection in the public and parochial schools, carried on under the Department of Public Instruction and the Department of Health respectively, has since 1926 been supervised by a single director. By this arrangement the routine of health service in the two school systems can approximate uniformity. Forty-eight workers, including medical examiners, nurses, dentists, dental hygienists, an orthopedist, a psychiatrist, a psychologist, a psychiatric social worker, an aurist and a refractionist, are now engaged in protecting the health of the children in the Syracuse public schools. Only twenty-seven such workers were employed at the beginning of 1923. Four medical inspectors, a dental hygienist, and a health teacher, aided by the public health nurses of the Department of Health, carry on health work in the parochial schools.

More intensive physical examinations made three times in the elementary school life of each child, rather than the more hurried type of yearly examination, have decreased the total number of examinations; however, the number of corrections brought about under the new system has increased from 4,183 in the school year 1923-1924 to 7,415 in 1927-1928.

Mentally retarded children have been examined as a part of this service, and, when necessary, recommended for admission to special classes. Goiter surveys have been made

of school children, and upon discovery of demonstrable goiter, efforts have been made to have the defect corrected. Pupils have been examined for defective vision and hearing; and underweight children who have been absent frequently from school, who have shown symptoms of tuberculosis, or who are contacts of cases of tuberculosis have been examined by a special examiner.

Instruction regarding the advantages of proper diet, fresh air and sunlight, of exercise and rest and regarding other health subject matter has been so integrated into the teaching of the regular school subjects that it is now a part of the regular school curricula.

During the demonstration period, closer coordination has been effected among the health and welfare agencies of Syracuse through a health council, composed of representatives of the various organizations. In almost every instance these agencies have increased the amount of their expenditures in time and money for health work. The Onondaga Health Association, for example, has increased its yearly budget from \$25,913 in 1923 to \$43,768 in 1928, and the number of its workers from five to eleven.

A nutrition program has been carried on for the past two years by the nutrition specialists attached to the Bureau of Nursing of the Department of Health, to the public schools and to the Syracuse Thrift Kitchen. Similarly, to bring about needed coordination and the fuller development of a mental hygiene program for the community, a mental hygiene committee of forty-two persons has been appointed by the Onondaga Health Association. The principal functions of this committee are to promote interest in mental hygiene and to assist in securing improved facilities for the discovery, treatment and prevention of nervous disorders, insanity and mental deficiency.

The increase in the interest shown by the public in the work of the health demonstration, and in the general understanding of the aims and principles of the demonstration has also been evidenced by the appointment, with the consent and approval of the Mayor, of a Citizens' Committee on the Syracuse Health Demonstration to which reports of progress are made and which assists in supporting and carrying out the purposes of the project.

An increase during the demonstration period of approximately \$116,000 in the City's annual budget for the work of the Health Department, and an increase of approximately \$46,000 in the annual appropriations for health work in the public schools, indicates that the additional health services have aroused a general support among the citizens of Syracuse. All of the services which had received support from, or were maintained entirely by demonstration funds, participated in this transfer to local support. In addition, a new communicable disease hospital of fire-proof construction has been built from City funds.

