



A LEGISLATIVE AGENCY OF THE PENNSYLVANIA GENERAL ASSEMBLY

The Picture of Mental Health: Snapshots of Data

Kutztown 21st Annual Community Forum

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**Legislative research agency of the Pennsylvania General Assembly
(Act 16, 1987 & Act 12, 2009)**

Center for Rural Pennsylvania

Mandates

- Administer grants to conduct research on rural conditions.
- Maintain a database on rural conditions and needs.

Recent Legislative Hearings:

Rural Hospital and Health Care Sustainability, Rural Population Change, Child Care Access in Rural Pennsylvania, Opioid and Substance Use Disorder Crisis in Pennsylvania

Faculty Research Grants

- The 2026 RFP is now open
- Letters of intent are due on May 30, 2025
- [Center for Rural Pennsylvania 2026 RFP](#)
- For any questions, to discuss ideas, or submit a draft by May 5 for feedback, send an email to LDimino@rural.pa.gov

Ongoing Funded Research - Examples

• 2024 projects

- *Access to MOUD and Harm Reduction Services*
- *Two by Kutztown faculty:*
- *Analyzing the Impact of Warehouse Development in Pennsylvania*
- *Intent to Leave Among Rural and Urban Caseworkers in Pennsylvania's Child Welfare Agencies*

• 2025 projects

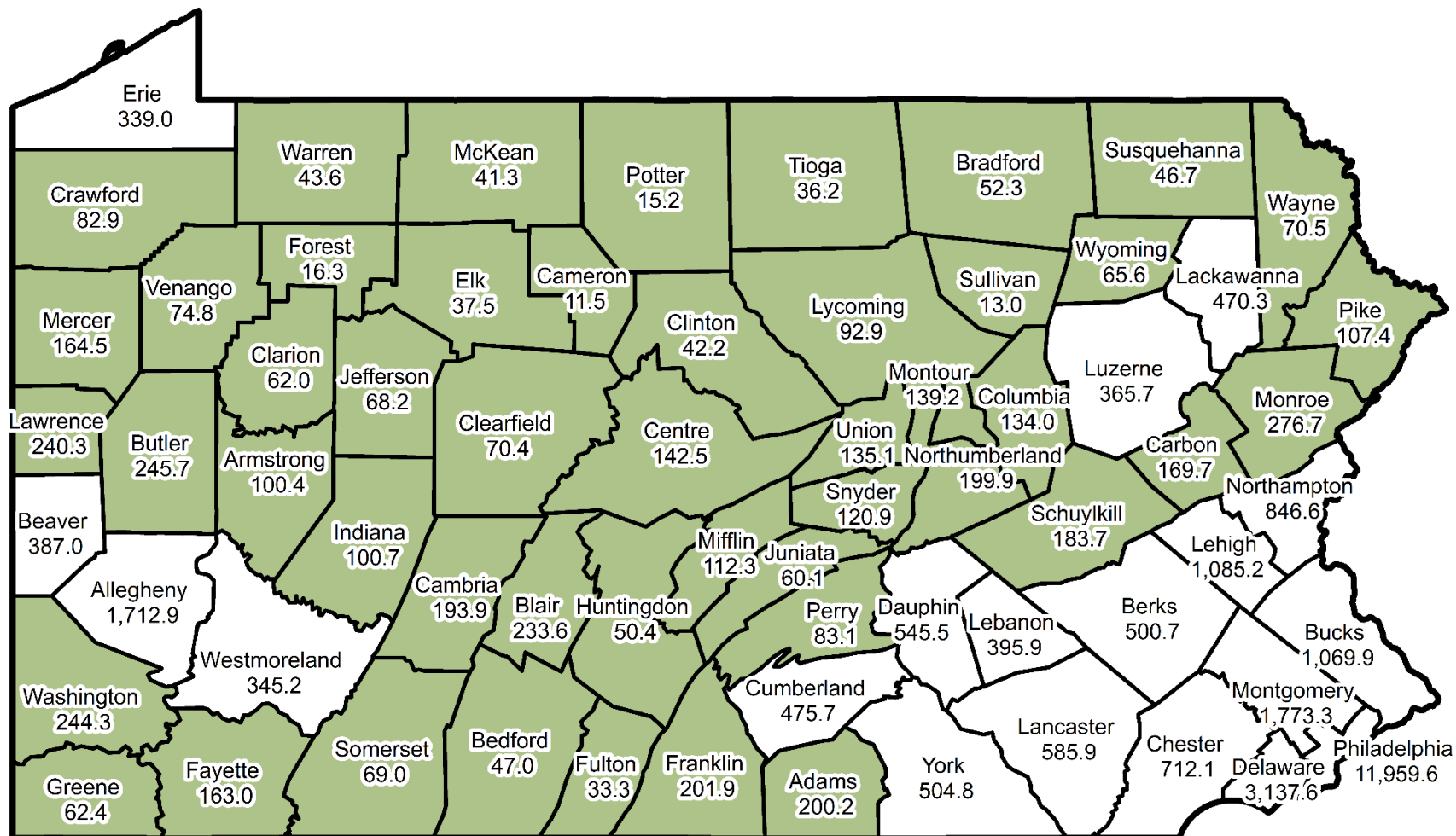
- *Strengthening Rural Counties' Workforce: Examining Outcomes of Rural Justice-Involved Adults*
- *Digital Connectivity Among First Responders*
- *Educator Supply, Demand and Shortages*
- *Manufactured Housing*
- *Rural/Urban Comparison of Crime Trends*

Pennsylvania Rural Population Revitalization Commission



- Established by Act 21 of 2024
- Purpose: To create “reviews and recommendations aimed at attracting and retaining residents in rural Pennsylvania while addressing challenges facing rural communities due to population shifts and changing demographics.”
 - This includes recommending legislation and regulatory change.
- Commission is comprised of Officials from:
 - State Government
 - Local/County Government
 - Private Sector and Academia

Pennsylvania Rural and Urban Counties, 2020

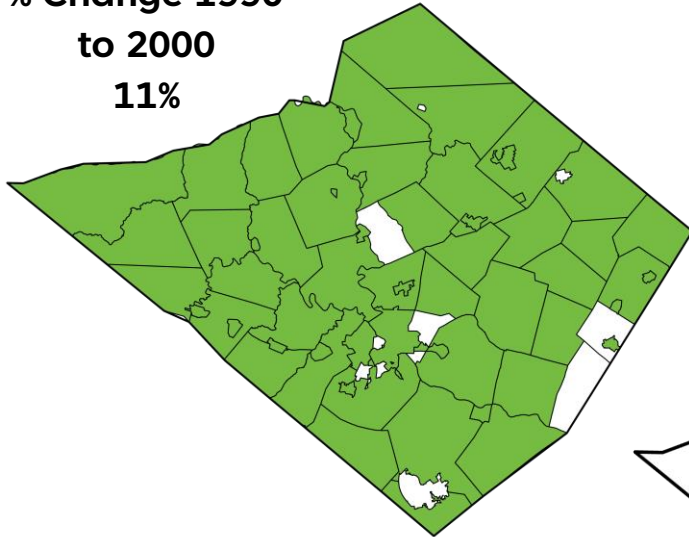


Statewide Population Density = 291 Persons per Square Land Mile, 2020

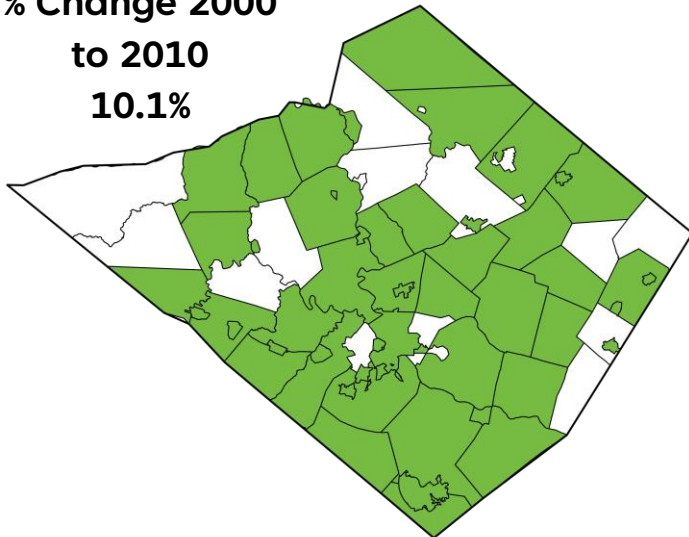
- 19 Urban Counties - Population Density At or Above Statewide Rate
- 48 Rural Counties - Population Density Below Statewide Rate

Municipal Population Change in Berks County, 1990 to 2020

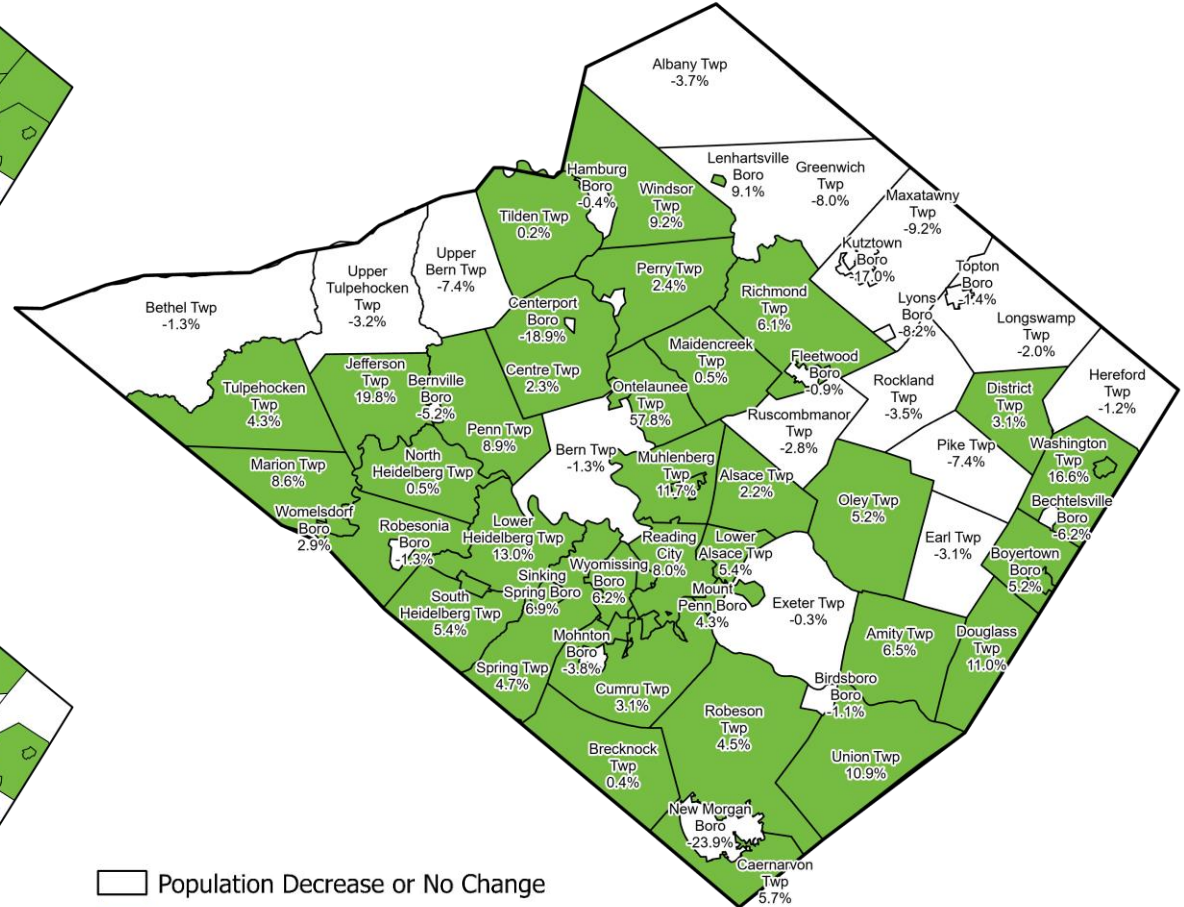
% Change 1990
to 2000
11%



% Change 2000
to 2010
10.1%



% Change 2010 to 2020
4.2%

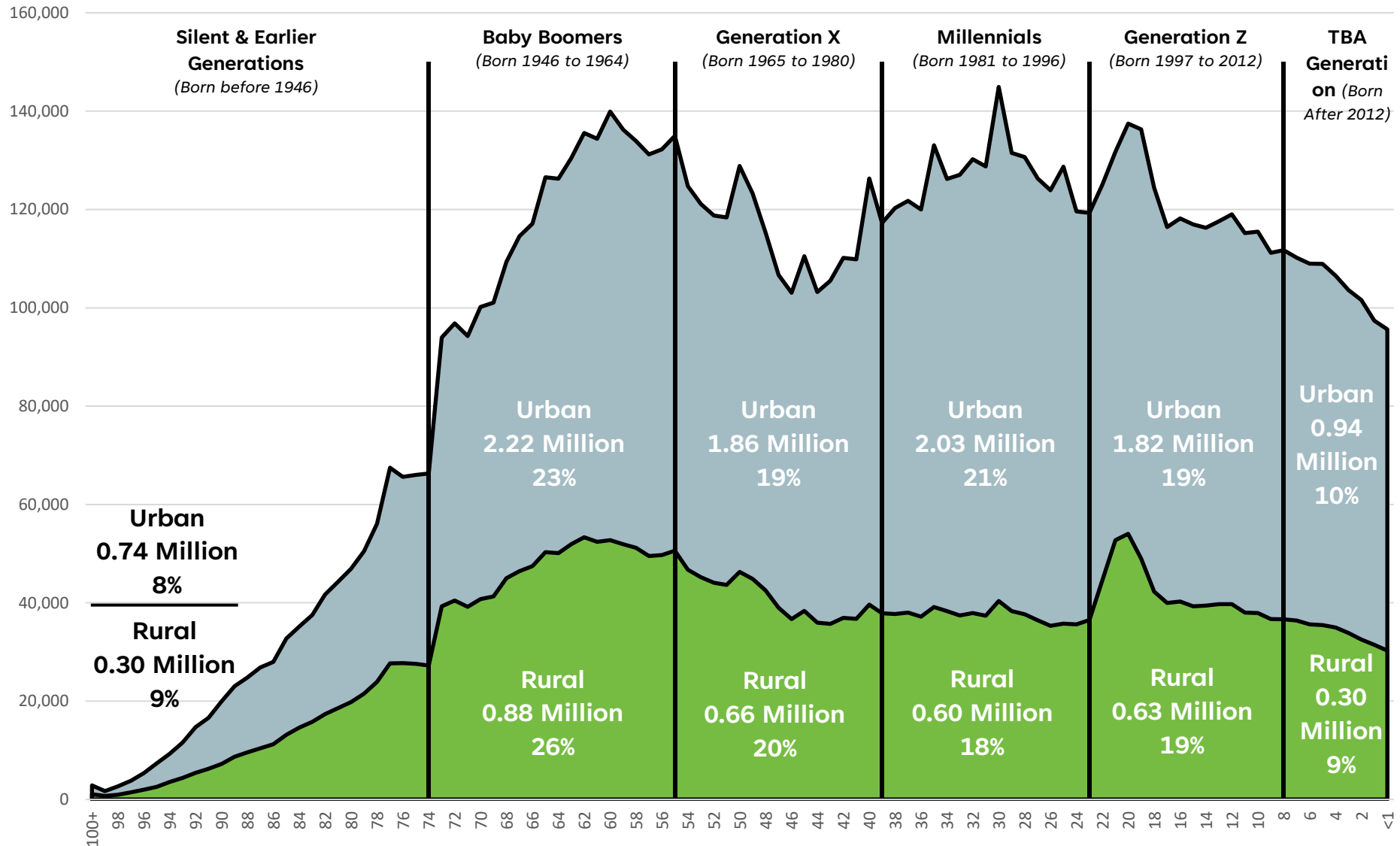


A photograph of three elderly women sitting around a round table with a white tablecloth, laughing and enjoying a meal. The table is set with teacups, a tiered stand of pastries, and a vase of red flowers. Large windows in the background let in bright, natural light. The image is framed by a dark green border.

Pennsylvania is Becoming Older

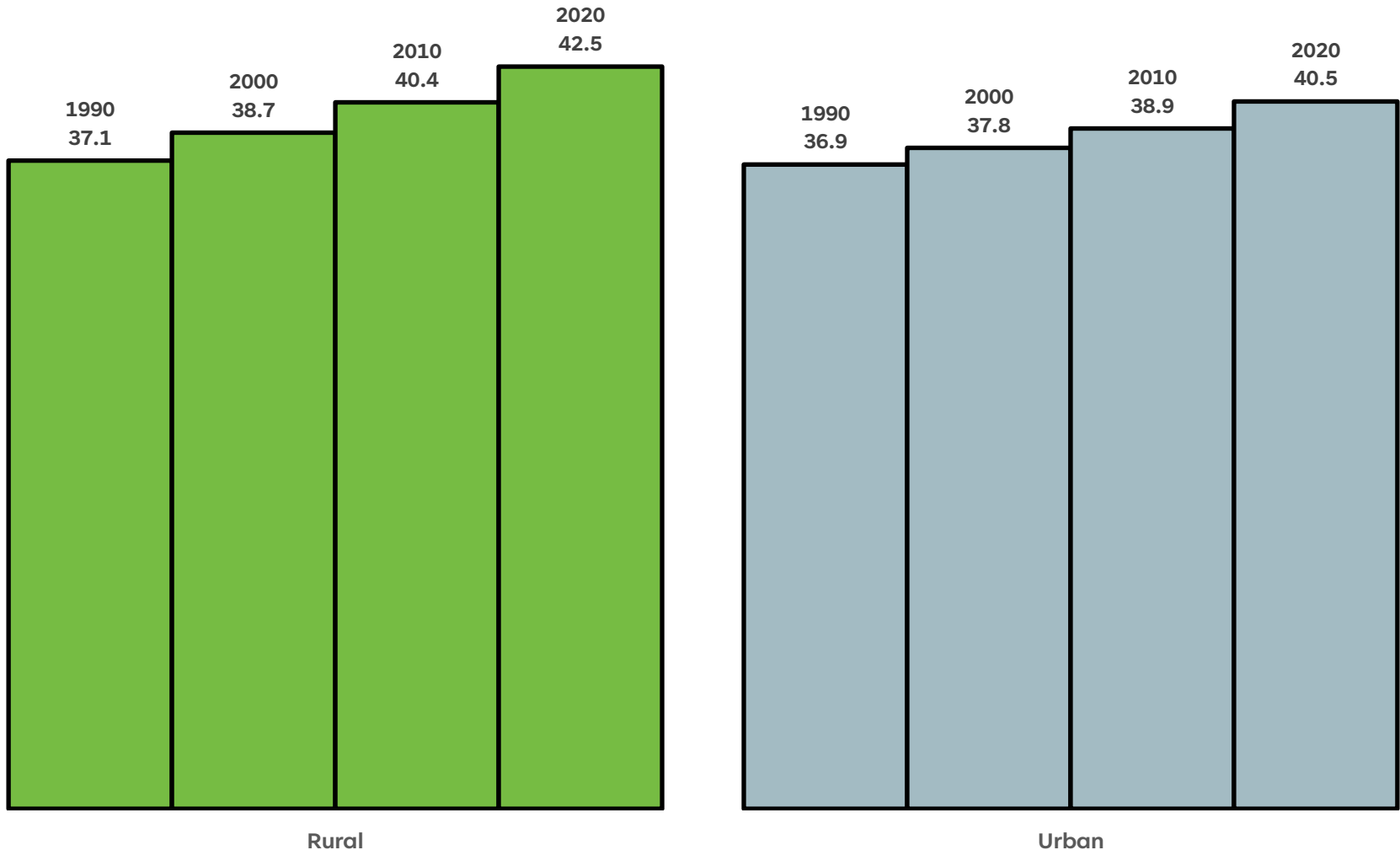
Generational Cohorts in Rural and Urban Pennsylvania, 2020

Data sources: 2020 Decennial Census, U.S. Census Bureau and the Pew Research.

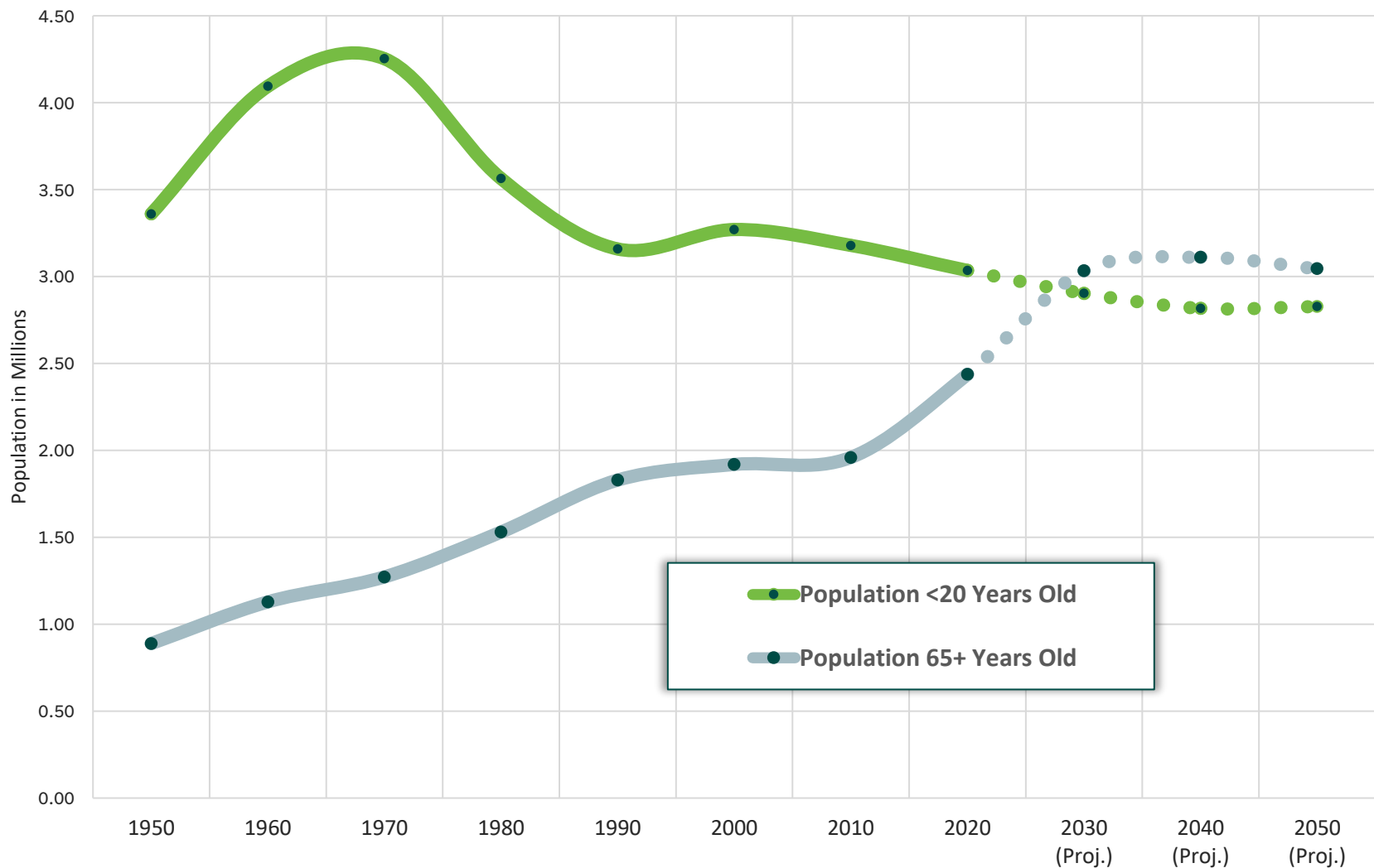


Average Age of Rural and Urban Pennsylvanians, 1990 to 2020

Data source: Decennial Censuses, U.S. Census Bureau.

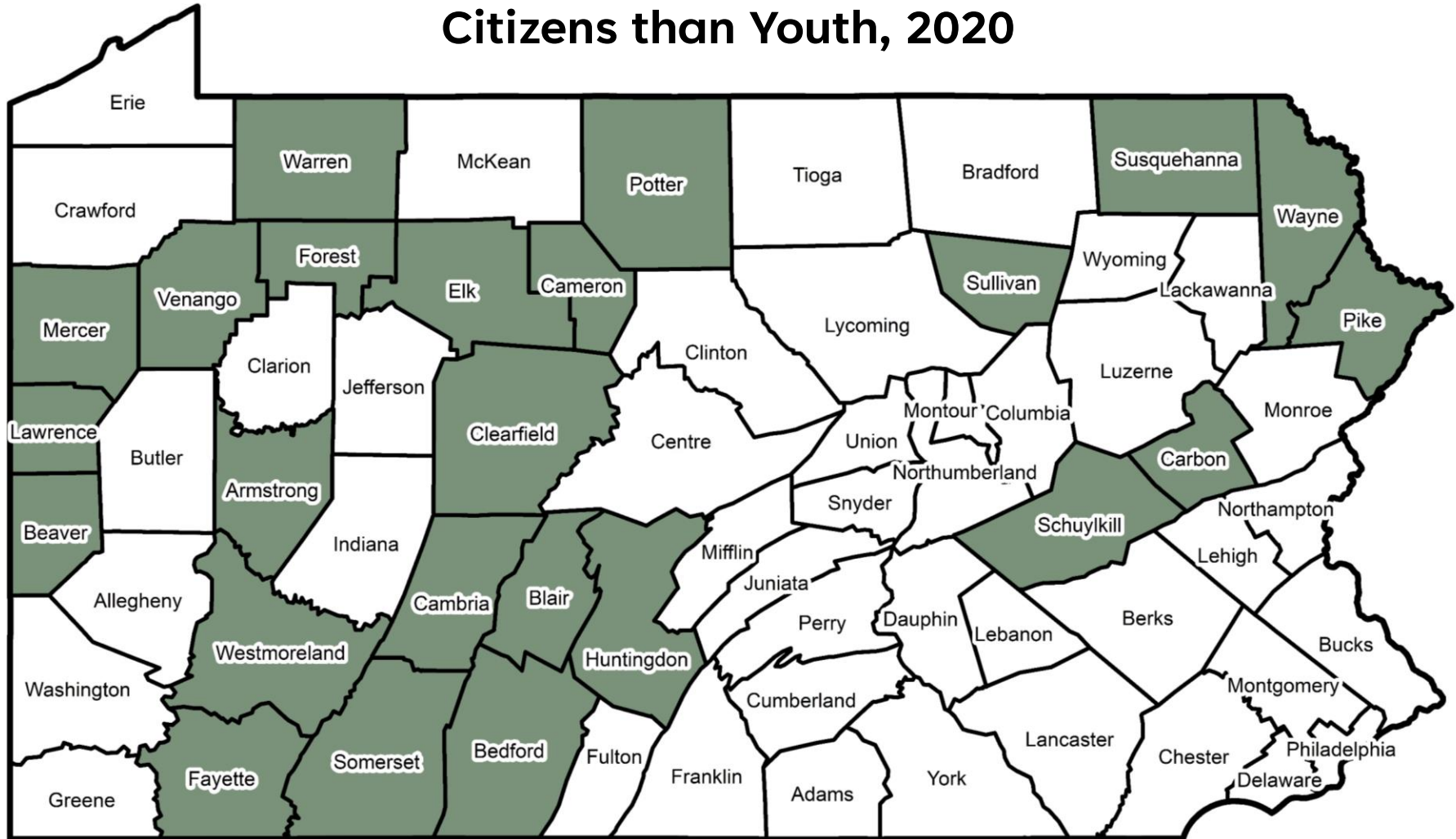


Number of Youth and Senior Citizens in Pennsylvania, 1950 to 2050 *(Projected)*



Data sources: U.S. Census Bureau and the Pennsylvania State Data Center.

Pennsylvania Counties with More Senior Citizens than Youth, 2020

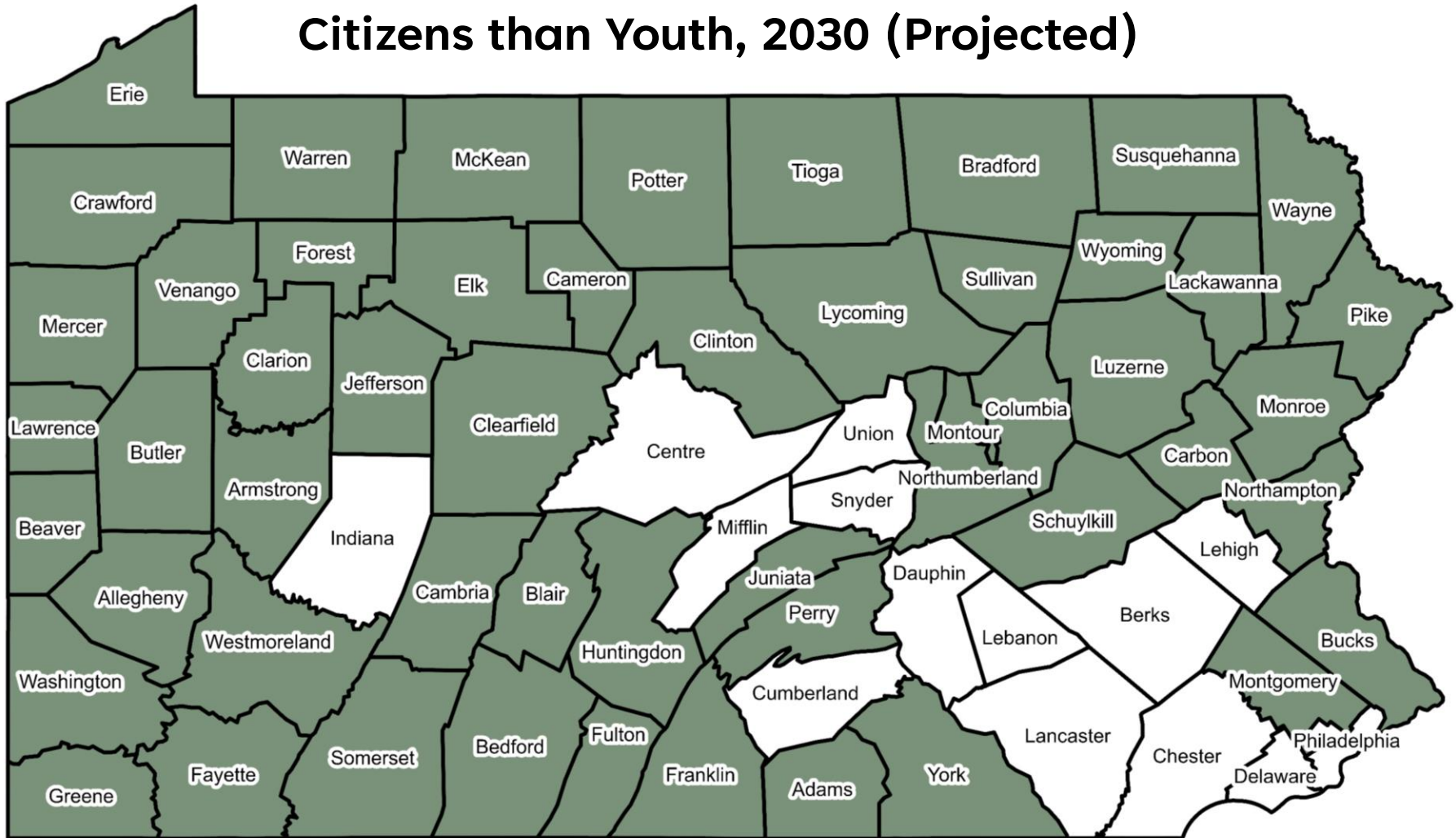


Statewide = 26 Counties Have More Senior Citizens Than Youth

■ County With More Senior Citizens Than Youth

□ County With More Youth Than Senior Citizens

Pennsylvania Counties with More Senior Citizens than Youth, 2030 (Projected)



Statewide = 53 Counties Have More Senior Citizens Than Youth

■ County With More Senior Citizens Than Youth

□ County With More Youth Than Senior Citizens



Alzheimer's: From Diagnosis to Support

Projections of Alzheimer's Disease Based on Age, 2020 to 2040

Estimated Alzheimer's Disease Cases - 2020

Pennsylvania:
268,991

Rural: 77,154

Urban: 191,837

Projected Alzheimer's Disease Cases - 2040

Pennsylvania:
401,687

Rural: 113,089

Urban: 288,598

Estimated Increase in Alzheimer's Cases Attributable to Smoking and Obesity, 2020

Estimated Increase in Cases from Smoking - 2020

Pennsylvania:
19,600

Rural: 6,227

Urban: 13,373

Estimated Increase in Cases from Obesity - 2020

Pennsylvania:
26,363

Rural: 7,982

Urban: 18,381

Skilled Nursing Facilities, 2024

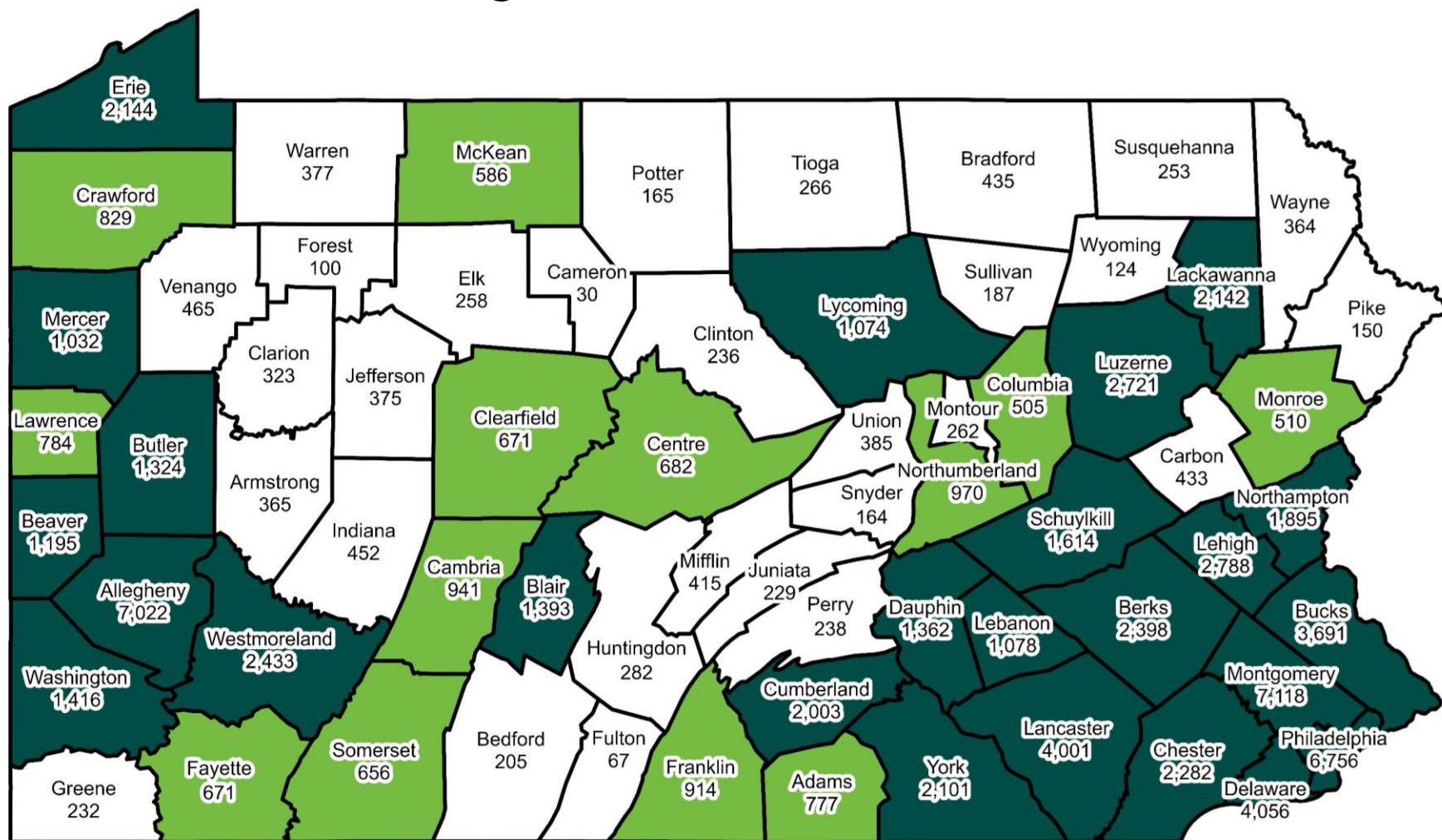
County	SNF Count
Adams	6
Allegheny	52
Armstrong	4
Beaver	6
Bedford	2
Berks	15
Blair	10
Butler	12
Bucks	32
Cambria	9
Carbon	3
Cecil	0
Centre	6
Chester	20
Clearfield	4
Clinton	2
Crawford	6
Columbia	4
Cumberland	17
Dauphin	8
Delaware	27
Erie	18
Franklin	9
Fayette	7
Fulton	1
Harrisburg	0
Huntingdon	3
Indiana	5
Juniata	3
Lackawanna	17
Lancaster	31
Lebanon	10
Lehigh	17
Lawrence	8
Luzerne	24
Lycoming	8
McKean	6
Monroe	4
Montgomery	59
Montour	2
Morris	0
Mifflin	3
Northampton	11
Northumberland	7
Perry	3
Pike	2
Potter	2
Penns. Water	0
Schuylkill	13
Snyder	1
Somerset	6
Sullivan	2
Susquehanna	3
Tioga	3
Union	3
Washington	12
Westmoreland	19
Wayne	3
Warren	3
York	15
Wyoming	1

<5 Nursing Facilities
 5 to 9 Nursing Facilities
 10+ Nursing Facilities

	Number of Skilled Nursing Facilities
<i>Rural</i>	223
<i>Urban</i>	443

Center for
RURAL
Pennsylvania

Skilled Nursing Facilities Licensed Beds, 2024



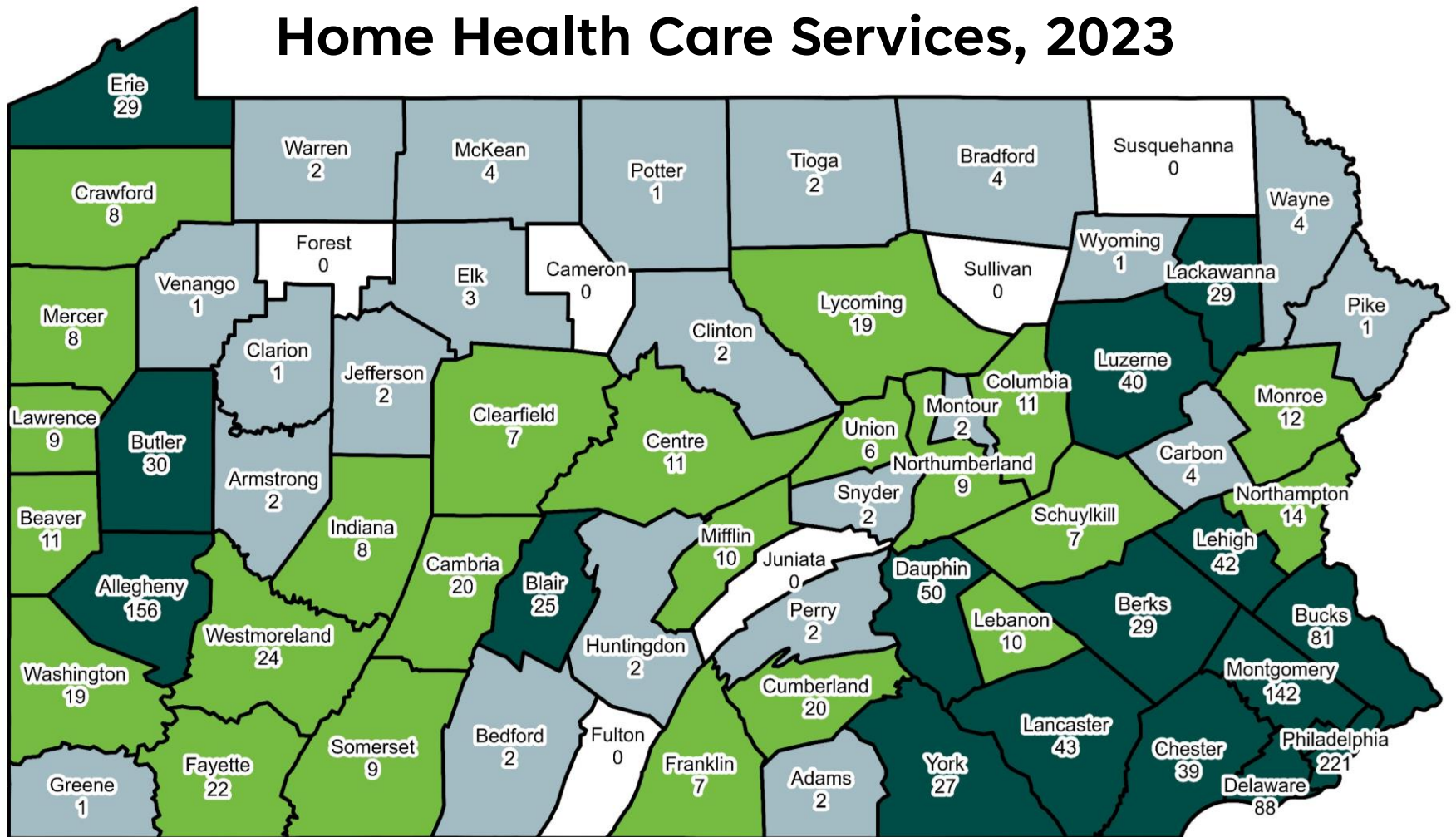
Statewide = 84,372 Licensed Beds

- <500 Licensed Beds
- 500 to 999 Licensed Beds
- 1,000+ Licensed Beds

	Number of Licensed Beds
<i>Rural</i>	25,186
<i>Urban</i>	59,186

Data source: Pennsylvania Department of Health.

Home Health Care Services, 2023



Statewide Total = 1,399 Home Health Care Services

- No Home Health Care Service Located in County
- <5 Home Health Care Service
- 5 to 24 Home Health Care Service
- 25+ Home Health Care Service

Note: Based on NAICS Code 621600. This industry comprises establishments primarily engaged in providing skilled nursing services in the home, along with a range of the following: personal care services; homemaker and companion services; physical therapy; medical social services; medications; medical equipment and supplies; counseling; 24-hour home care; occupation and vocational therapy; dietary and nutritional services; speech therapy; audiology; and high-tech care, such as intravenous therapy.

Average Number of Employees and Average Weekly Wage for Home Health Care Services, 2013 and 2023

Data source: Quarterly Census of Employment and Wages, PA Department of Labor and Industry

Rural Pennsylvania

Urban Pennsylvania

2013

Average # of
Employees:
8,045

Average
Weekly
Wage: \$650

2023

Average # of
Employees:
10,482

Average
Weekly
Wage: \$907

2013

Average # of
Employees:
31,908

Average
Weekly
Wage: \$735

2023

Average # of
Employees:
60,228

Average
Weekly
Wage: \$909

In both rural and urban Pennsylvania, the number of home health care workers has been steadily increasing over the past 10 years.



Aging and Mental Health: Access, Support, and Care

Social Determinants of Health for Seniors (Age 65+) in Pennsylvania



29% of seniors rely solely on Medicare for their health coverage



42% of seniors have both private health insurance and Medicare coverage



9% of seniors are living below the federal poverty level



40% of senior households live alone



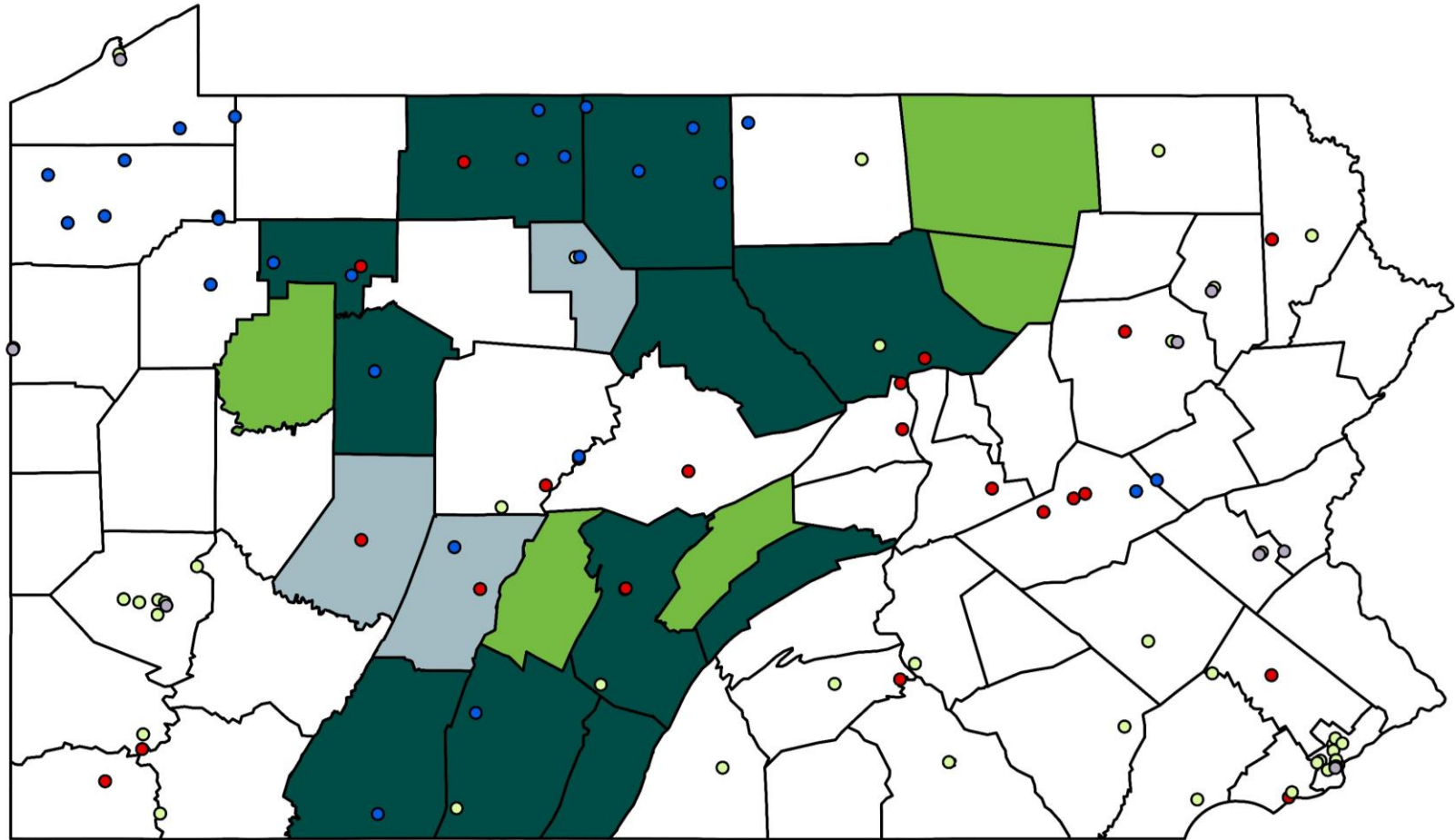
40% of senior households are Asset Limited, Income Constrained, Employed (ALICE)

Health Professional Shortage Area Definition

A Health Professional Shortage Area (HPSA) is a geographic area, population group, or health care facility that has been designated by the Health Resources and Services Administration (HRSA) as having a shortage of health professionals. There are three categories of HPSAs: 1. Primary Care 2. Dental Health 3. Mental Health

Type of HPSA	Definition
Geographic HPSA	A shortage of providers for an entire group of people within a defined geographic area
Population HPSA	A shortage of providers for a specific group of people within a defined geographic area. Examples include low-income populations, homeless populations, and migrant farmworker populations.
Facility HPSA	Correctional Facility, State/County Mental Hospital, FQHCs, FQHCs Look-Alikes, Certified Rural Health Clinics, etc.

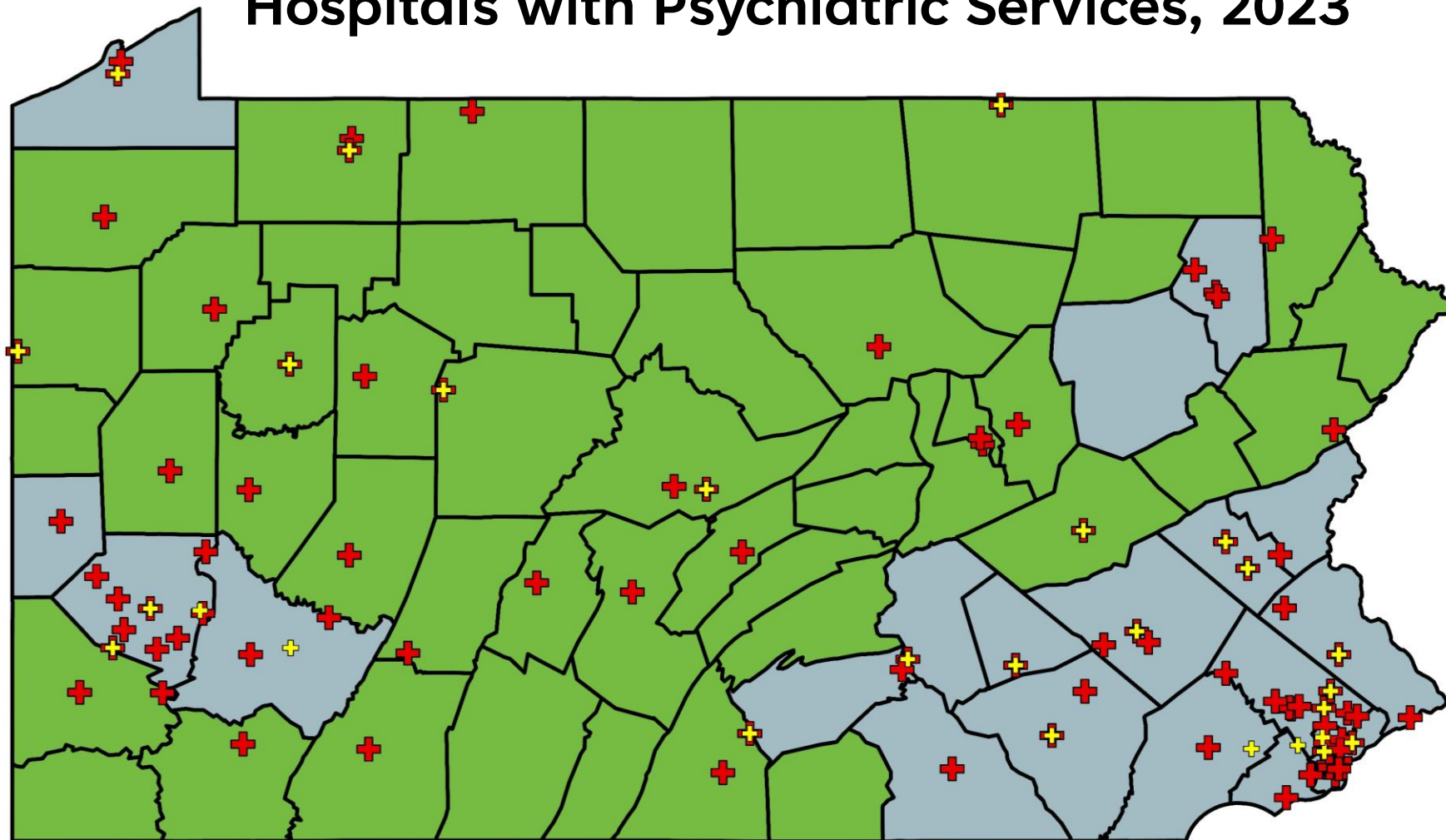
Health Professional Shortage Areas & Facilities, Mental Health, 2025



- Correctional Facility (n=23)
- Federally Qualified Health Center (n=42)
- Federally Qualified Health Center Look A Like (n=8)
- Rural Health Clinic (n=28)
- Geographic HPSA (n=3)
- HPSA Population (n=5)
- High Needs Geographic HPSA (n=11)

Mental Health	# of HPSA Areas	# of HPS Facilities
<i>Statewide</i>	19	101
<i>Rural Counties</i>	18	55
<i>Urban Counties</i>	1	46

Hospitals with Psychiatric Services, 2023



Statewide Total = 93 Hospitals with Psychiatric Services*

✚ Hospitals with Children (<17) Psychiatric Services (n=27)

✚ Hospitals with Adult (17+) Psychiatric Services (n=88)

**Note: A hospital may provide both adult and children psychiatric services*

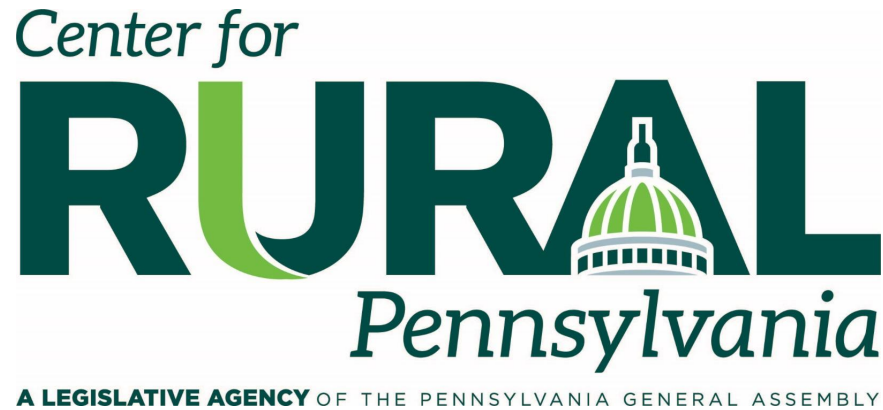
Data Source: Pennsylvania Department of Health.

Number of Active Licensees by Type for Rural and Urban Pennsylvania, 2025

License Type	Active Number of Licensees	
	<i>Rural</i>	<i>Urban</i>
Behavior Specialist	1,018	3,198
Certified Registered Nurse Practitioner+	3,129	11,651
Clinical Social Worker	1,306	6,154
Dietitian-Nutritionist (LDN)	854	3,464
Marriage and Family Therapist	91	824
Medical Physician and Surgeon*	6,066	33,800
Medical Physician Assistant*	2,703	7,248
Osteopathic Physician and Surgeon*	1,774	6,549
Osteopathic Physician Assistant*	981	1,959
Pharmacist	4,350	14,614
Practical Nurse	20,078	30,477
Professional Counselor	2,077	8,089
Psychologist	680	4,827
Registered Nurse	49,159	147,339
Social Worker	1,539	7,143

*Can prescribe medications

+Depending on scope of practice can prescribe certain medications



Thank You

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