Whither Goes Kansas?

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Some Sobering Facts

- **Kansas is aging**: 20% will be over age 65 by 2060.
- **Kansas is becoming more diverse**: More than 50% will be of Hispanic, Black, or AI/AN race by 2060.
- **Kansas is becoming more urban**: Most urban areas grew by 81 percent in past 50 years; most rural, decreased 41 percent in this period.

Some Sobering Implications

- **Kansas is aging**: Social isolation, poor health, and disability will continue to grow.
- **Kansas is becoming more diverse**: Poverty will grow; behavioral health problems will grow.
- **Kansas is becoming more urban**: Intergroup problems will increase; violence will increase; rural areas will continue to decline.

Additional Sources

Rural Farm Crisis

Farmers Dig Deep To Weather Slumping Ag Economy, But Don't Call It A Crisis

By Grant Gerlock & Esther Honig • March 18, 2019 (published on March 22, 2019)

“

Farm income has taken a long, hard fall, dropping 50 percent since hitting a high point in 2013. Add to that near-record levels of farm debt, and you have a recipe for financial stress.

But while economists say they can see storm clouds building, it’s not a full-blown crisis. That’s because relatively few farms have been pushed past the breaking point into Chapter 12 bankruptcy — or, worse, into losing the farm entirely.

These will occur

UNLESS--

Some Sobering Actions

Kansas builds community level partnerships to “improve community health and prosperity”; behavioral health is a key component.

Kansas moves “upstream” to address the social determinants of health—housing, jobs, social support, education.

Kansas addresses the problem of lack of health insurance in 10-12% of the population.

Building Community Partnerships

- US Surgeon General Dr. Jerome Adams has developed a Call to Action to

  "*Improve Community Health and Prosperity*"

- Work is underway to complete this work right now.

- Watch for the upcoming Surgeon General's Report.

Surgeon General's Areas of Focus

- (1) Available information that suggests; (a) private sector investments in community health have improved health and prosperity of the workforce and communities; AND (b) that healthier communities help private sector businesses to be more efficient, profitable, successful, or competitive;
- (2) Types of investments the private sector and local policy makers can consider to improve health and wellness of employees and families, and community well-being and prosperity;
- (3) Types of partners or coalitions that have invested in community health and the scope of their collaborations and contributions;
- (4) Descriptions of important barriers to and facilitators.
- (5) Private sector and local policy maker rationales for making investments in community health; and
- (6) Successful efforts by local policy makers to promote and sustain private sector investments in community health.

Some Considerations for Kansas

- Primary efforts to build community collaborations must be at the county/local level, and state government entities and associations must play supportive roles.

- Such efforts must involve the private sector, the public sector, and the not-for-profit sector, including local churches, synagogues, and mosques, and other community institutions.

Some Considerations for Kansas

- Essential Local Implementation Steps:
  - ✓ Identify Natural Leaders
  - ✓ Identify Key Entities and Organizations/Build Coalitions
  - ✓ Convene the Group
  - ✓ Identify Key Issues
  - ✓ Identify Needed Actions
  - ✓ Prioritize Needed Actions
  - ✓ Begin Work on Priorities
  - ✓ Benchmark Success

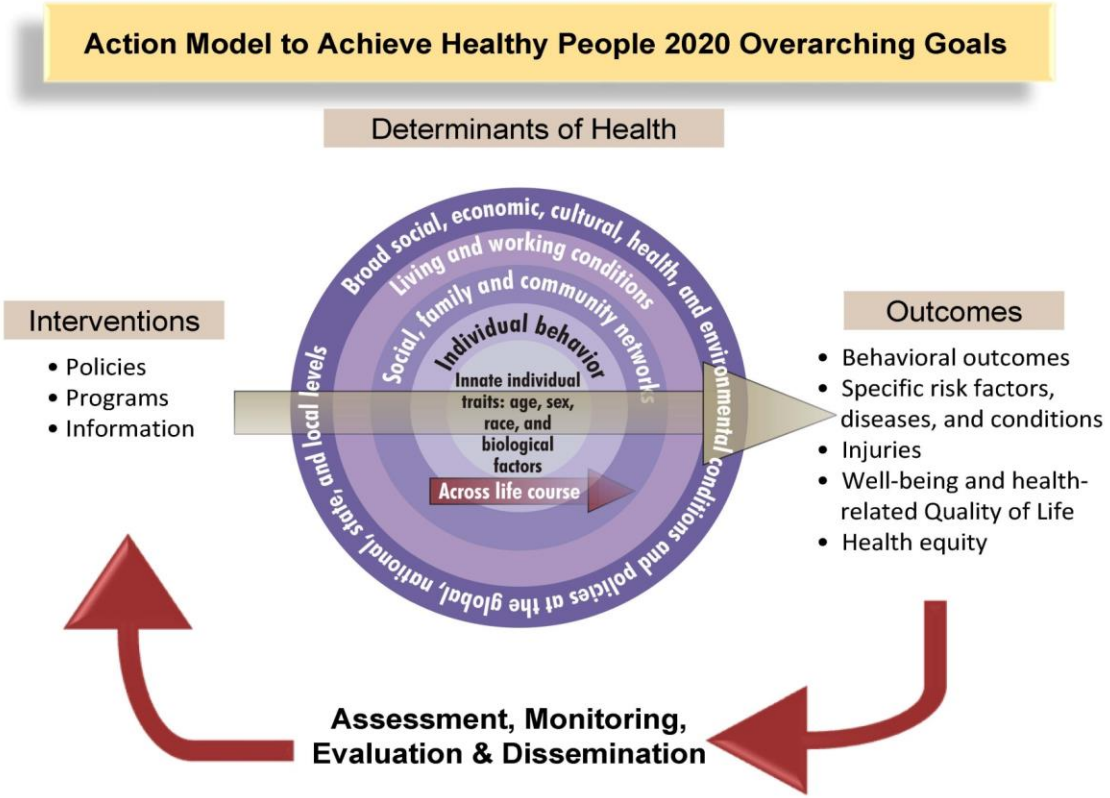
Community Health and Wellbeing

- Some Health and Wellbeing (H&W) Principles:

H & W does not begin in the doctor's office

H & W does not begin in prevention and promotion initiatives

H & W begins in community social and physical determinants of health.


Action Model to Achieve Healthy People 2020 Overarching Goals
Determinants of Health
Broad social, economic, cultural, health, and environmental conditions and policies at the global, national, state, and local levels
Living and working conditions
Social, family and community networks
Individual behavior
Innate individual traits: age, sex, race, and biological factors
Across life course
Interventions
• Policies
• Programs
• Information
Outcomes
• Behavioral outcomes
• Specific risk factors, diseases, and conditions
• Injuries
• Well-being and health-related Quality of Life
• Health equity
Assessment, Monitoring, Evaluation & Dissemination

Important Factoid

80-90% of one's health status is due to one's social and physical determinants of health

Health Insurance

- Currently, the national rate of un-insurance is about 6 – 9.5% overall, and about 16% for persons with behavioral health conditions.

- In Kansas, the rate of un-insurance is 10-12% overall, and, by extension, about 17-20% for those with behavioral health conditions.

What actions can be taken?

Health Insurance

- Undertake the ACA Medicaid Expansion

OR

- Do a more targeted Medicaid expansion for adults with serious mental illness or serious substance use conditions under an 1115 waiver.

- Expand Federally Qualified Health Centers (FQHCs) and Rural Health Centers (RHCs).

FOCUS ON KANSAS

TWO COUNTY EXAMPLES FROM KANSAS: REPUBLIC and NEOSHO

Republic County

Ranks 95 out of 102 on all health factors

Republic County – Demographics

	County	State
Population	4,691	2,913,123
% below 18 years of age	20.4%	24.5%
% 65 and older	27.6%	15.4%
% Non-Hispanic African American	0.5%	5.8%
% American Indian and Alaskan Native	0.3%	1.2%
% Asian	0.5%	3.1%
% Native Hawaiian/Other Pacific Islander	0.0%	0.1%
% Hispanic	1.9%	11.9%
% Non-Hispanic white	95.6%	75.9%
% not proficient in English	0%	2%
% Rural	100.0%	25.8%

Republic County – Social and Economic Factors

Indicators	Republic County	Top U.S. Performers	Kansas
High school graduation	86%	96%	87%
Some college	74%	73%	70%
Unemployment	2.8%	2.9%	3.6%
Children in Poverty	16%	11%	15%
Income inequality	4.0	3.7	4.3
Children in single-parent households	17%	20%	29%
Social associations	48.9	21.9	13.7
Violent crime	169	63	365
Injury deaths	139	57	73

Republic County – Health Behaviors

Indicators	Republic County	Top U.S. Performers	Kansas
Adult smoking	16%	14%	17%
Adult obesity	38%	26%	33%
Food environment index	7.8	8.7	6.9
Physical inactivity	27%	19%	24%
Access to exercise opportunities	55%	91%	80%
Excessive drinking	14%	13%	17%
Alcohol-impaired driving deaths	25%	13%	24%
Sexually-transmitted infections	127.0	152.8	417.6
Teen births	25	14	28

Republic County – Clinical Care

Indicators	Republic County	Top U.S. Performers	Kansas
Uninsured	10%	6%	10%
Primary care physicians	1,170:1	1,050:1	1,310:1
Dentists	4,690:1	1,260:1	1,740:1
Mental health providers	2,350:1	310:1	530:1
Preventable hospitals stays	5,675	2,765	4,078
Mammography screening	39%	49%	43%
Flu vaccinations	46%	52%	44%

Republic County – Length of Life and Quality of Life

Indicators	Republic County	Top U.S. Performers	Kansas
Premature death	10,200	5,400	6,900
Poor and fair health	15%	12%	15%
Poor physical health days	3.2	3.0	3.1
Poor mental health days	3.4	3.1	3.3
Low birthweight	8%	6%	7%

Republic County – Additional Health Outcomes

Indicators	Republic County	Top U.S. Performers	Kansas
Life expectancy	76.2	81.0	78.6
Premature age-adjusted mortality	440	280	350
Frequent physical distress	10%	9%	9%
Frequent mental distress	11%	10%	10%
Diabetes prevalence	9%	9%	10%

Neosho County

Ranks 66 out of 102 on all health factors

Neosho County – Demographics

	County	State
Population	16,015	2,913,123
% of population 18 years of age	24.3%	24.5%
% 65 and older	19.4%	15.4%
% Non-Hispanic African American	1.3%	5.8%
% American Indian and Alaskan Native	1.5%	1.2%
% Asian	0.7%	3.1%
%of Native Hawaiian/Other Pacific Islander	0.1%	0.1%
% Hispanic	5.2%	11.9%
% Non-Hispanic white	90.1%	75.9%
% non proficient in English	1%	2%
% Females	50.1%	50.2%
% Rural	45.1%	25.8%

Neosho County – Social and Economic Factors

Indicators	Neosho County	Top U.S. Performers	Kansas
High school graduation	92%	96%	87%
Some college	68%	73%	70%
Unemployment	5.2%	2.9%	3.6%
Children in Poverty	22%	11%	15%
Income inequality	5.0	3.7	4.3
Children in single-parent households	34%	20%	29%
Social associations	21.7	21.9	13.7
Violent crime	277	63	365

Neosho County – Health Behaviors

Indicators	Neosho County	Top U.S. Performers	Kansas
Adult smoking	19%	14%	17%
Adult obesity	36%	26%	33%
Food environment index	7.5	8.7	6.9
Physical inactivity	29%	19%	24%
Access to exercise opportunities	74%	91%	80%
Excessive drinking	15%	13%	17%
Alcohol-impaired driving deaths	31%	13%	24%
Sexually-transmitted infections	214.1	152.8	417.6
Teen births	39	14	28

Neosho County – Clinical Care

Indicators	Neosho County	Top U.S. Performers	Kansas
Uninsured	8%	6%	10%
Primary care physicians	1,790:1	1,050:1	1,310:1
Dentists	2,670:1	1,260:1	1,740:1
Mental health providers	890:1	310:1	530:1
Preventable hospitals stays	6,521	2,765	4,078
Mammography screening	41%	49%	43%
Flu vaccinations	39%	52%	44%

Neosho County – Length of Life and Quality of Life

Indicators	Neosho County	Top U.S. Performers	Kansas
Premature death	7,100	5,400	6,900
Poor and fair health	17%	12%	15%
Poor physical health days	3.4	3.0	3.1
Poor mental health days	3.7	3.1	3.3
Low birthweight	7%	6%	7%

Neosho County – Additional Health Outcomes

Indicators	Neosho County	Top U.S. Performers	Kansas
Life expectancy	77.9	81.0	78.6
Premature age-adjusted mortality	370	280	350
Frequent physical distress	11%	9%	9%
Frequent mental distress	12%	10%	10%
Diabetes prevalence	14%	9%	10%

Use of Internet

- **Drop-In Centers In Rural Kansas Aim To Address Dangers Of Isolation:** 3/27/2017

- **SUNFLOWER HEALTH PLAN CELEBRATES NATIONAL NO ONE EATS ALONE DAY WITH KANSAS'S TURNER MIDDLE SCHOOL:** 02/09/18

Discussion

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