



2015

Northland Health Care Alliance Community Health Assessment Executive Summary





The state of American health is a much-discussed topic. You don't have to search hard to find news stories, magazine articles, opinion columns, and documentaries dissecting the health status of American citizens. Obesity is skyrocketing. Cancer, heart disease, and diabetes are leading killers. Far too few people are eating a healthy diet or finding time to exercise. Mental health issues, including substance abuse, are taking a major toll on individuals and families. And while we have the most sophisticated medical care available anywhere in the world, a substantial portion of the population struggles to gain access to care of any kind.

We know there are significant health issues facing America, and facing us right here in the Northland. The question is, what do we do about them?

How do we help the kids and parents, the teens and seniors, the men and women who call the Northland home, to live healthier lives?

How do we improve the health of our community, and ultimately, the quality of the life for our citizens?

We begin by asking questions.

Community Feedback

Northland Health Care Alliance Member Organizations

Clay County Public Health Center
 Kansas City Health Department
 KC Metro Physicians-ACO
 Liberty Hospital
 MetroCARE
 North Kansas City Hospital
 Northland Community Services Coalition
 Northland Health Care Access
 Platte County Health Department
 Saint Luke's Hospital
 Samuel U. Rodgers Health Center
 Tri-County Mental Health

In 2014, the members of the Northland Health Care Alliance (NHC Alliance) initiated a Community Health Assessment to gather qualitative and quantitative data about the current state of health of citizens in Clay and Platte Counties and in other Northland communities utilizing the Mobilizing for Action through Planning and Partnerships (MAPP) process.

The assessment included a Northland Community Health Survey shared with citizens through 63 partner organizations, as well as social and traditional media. The survey asked participants to rate the overall health of the community, to identify the health problems they believe are most important, to rate the “risky behaviors” they believe are having the greatest impact on the community, to identify resources, gaps, and barriers regarding access to care. The survey was made available in English and Spanish language versions and in online and paper formats. More than 1100 Northland residents responded.

The MAPP process includes six phases:

- 1 Organizing for Success and Partnership Development
- 2 Visioning
- 3 Four MAPP Assessments
- 4 Identify Strategic Issues
- 5 Formulate Goals & Strategies
- 6 Take Action



Diversity Advisory Council For Health Equity Members

American Indian Council
 Catholic Charities
 Children's Mercy Hospital
 Clay County African American Legacy
 Clay County Public Health Center
 Coalition of Hispanic Women Against Cancer
 Communities Creating Opportunities
 Homeless Service Coalition of Greater Kansas City
 Independence Health Department
 Jackson County Health Department
 Jewish Vocational Services
 Kansas City Anti-Violence Project
 Kansas City Missouri Health Department
 Liberty Parks and Recreation
 Lopez Language Services
 MCKC Community Health Worker
 Metropolitan Community Colleges
 Mid-Continent Public Library
 Mother and Child Health Coalition
 Platte County Health Department
 Samuel U. Rodgers Health Center
 St. Luke AME Church
 The Human Agenda
 U.S. Department of Health and Human Services
 UMKC
 United Way of Greater Kansas City
 Vietnamese American Community of Greater Kansas City
 YMCA

In addition to the survey, NHC Alliance member Clay County Public Health Center conducted public forums in six communities (Excelsior Springs, Smithville, North Kansas City, Kearney, Gladstone, Liberty) to gather feedback and gain deeper insight into the health issues most important to individual communities. To further the commitment to gathering feedback from as broad and diverse an audience as possible, CCPHC also established the Diversity Advisory Council on Health Equity (DACHE). This group has met monthly since 2014 to discuss health care and access issues from the perspectives of minority and underserved communities.

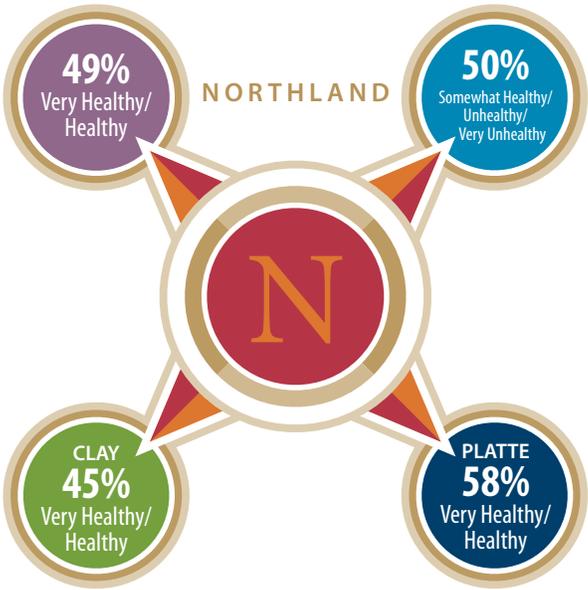
Community Survey Partners

Alzheimer's Association
 American Indian Council
 CHIA Award Winners
 Clay County Public Administrator
 Clay County Public Health Center
 Clay County Senior Services
 Crossroads Hospice
 Diversity Advisory Council for Health Equity
 Family Promise
 Gladstone, City of
 Good Samaritan Center
 HealthCare USA
 Heartland Habitat for Humanity
 Hillcrest Hope Clay Co.
 Home State Health
 KCP&L
 Kansas City Missouri Health Department
 Liberty, City of
 Liberty Hospital
 Linden Woods Village
 Little Wolf Productions
 Love Inc. of Clay County
 Missouri City School District
 Missouri Gas Energy
 North Kansas City, City of
 North Kansas City Business Council
 North Kansas City Hospital
 North Platte School District
 Northland Career Center
 Northland Community Services Coalition
 Northland Health Care Access
 Northland Mother and Child Health Partnership
 Northland Neighborhoods
 Northland Shepherd's Center
 Park Hill School District
 Parkville, City of
 Phoenix Housing
 Platte City Area Chamber of Commerce
 Platte City, City of
 Platte County Back-to-School Fair Committee
 Platte Co. Board of Services
 Platte County Health Department
 Platte County Public Administrator
 Platte County R-3 School District
 Platte County Senior Fair Committee
 Platte County Senior Fund
 Primrose Retirement
 Rebuilding Together Clay County
 Right at home
 Riverside, City of
 Saint Luke's Health System
 Seniors Blue Book
 Shepherds Center – Kansas City
 St. Therese School
 The Whole Person
 Tri-County Mental Health
 University of Missouri Extension
 Vocational Rehabilitation
 West Platte School District

Here’s what the responses to the survey and feedback from the forums and meetings told us:

Opinion is fairly evenly divided about how healthy the community is, but the majority of people are satisfied with the quality of life in the Northland, and feel it is a good place to live, raise children and grow old.

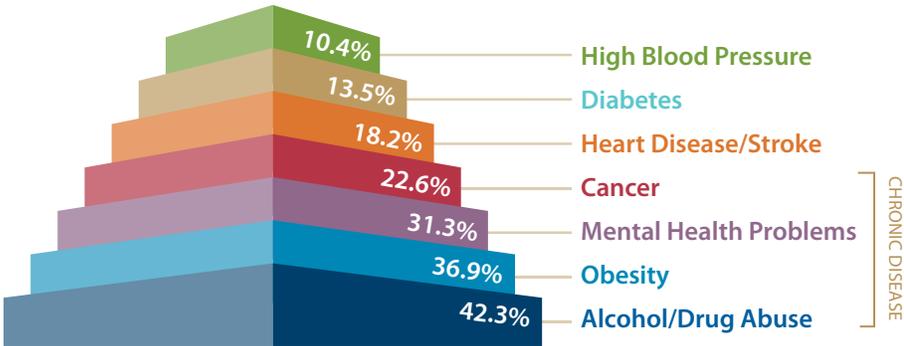
1. How healthy is my community?



2. What is my quality of life in the Northland?



3. What are the most important health problems in my community?

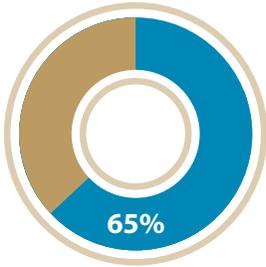


4. What are the most important “risky behaviors” in my community?



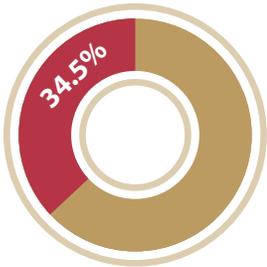
Health and wellness are inextricably tied to health care access. The community survey, community forums, and discussions with the Diversity Advisory Council raised this issue repeatedly. While more than half of survey respondents agreed the Northland has enough health and wellness assets, resources, and activities to meet their needs, a third also said there is not enough health care access for low income citizens in the community. **The financial implications of health care are underscored by the 30% of residents who said they chose not to receive health care services in the past year because of cost.** In Clay County, this statement was especially true for the uninsured, those who pay for health care by cash only. In Platte County those who use public insurance were more likely to agree. In general, female residents of the Northland chose not to receive health care services due to cost at higher rates than males.

5. Is there adequate Health Care Access in my Community?



Agree/Strongly Agree

The community has enough health and wellness activities to meet my needs.



Disagree/Strongly Disagree

There is enough access to medical care for residents with low income in our community.



Agree/Strongly Agree

In the last year, I chose not to receive health care services due to cost.

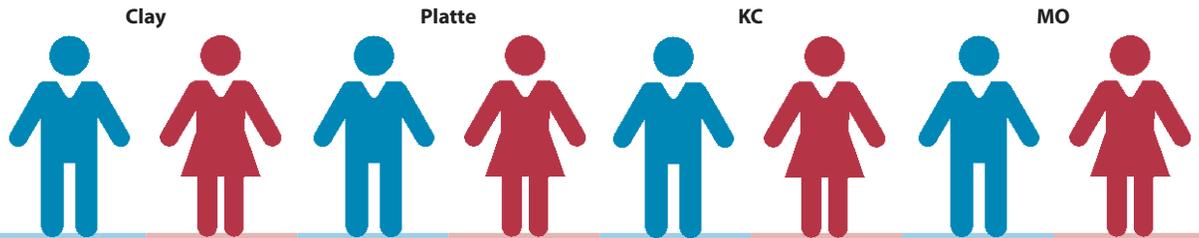
Community Profile

Before asking the question, “How healthy is our community?” it is important to first gain an understanding of just what that community looks like. A review of general demographic information and socioeconomic indicators helped the Northland Health Care Alliance gain insight into the factors having the most significant effect on the overall health of our community. This analysis of statistical data about illness, health behaviors, and social determinants of health (e.g. poverty), uncovered crucial information about the health status of citizens. It is enlightening to note this analysis identified the same health issues and concerns as those raised through the community health survey and community health forums.

The Northland by the Numbers

Indicator

Source: US Census
2010



Age Group	Clay Male	Clay Female	Platte Male	Platte Female	KC Male	KC Female	MO Male	MO Female
<5	3.7%	3.6%	3.2%	3.1%	3.8%	3.7%	3.3%	3.2%
5-14	7.4%	7.0%	7.1%	6.8%	6.6%	6.4%	6.7%	6.4%
15-24	6.1%	6.1%	6.2%	6.0%	6.6%	7.1%	7.1%	6.9%
25-44	14.1%	14.6%	13.5%	13.8%	14.8%	14.8%	12.8%	12.8%
45-64	12.7%	13.5%	14.2%	14.9%	12.1%	13.0%	13.1%	13.9%
64-74	2.9%	3.3%	3.2%	3.3%	2.6%	3.2%	3.5%	4.0%
75 and older	1.8%	3.1%	1.8%	2.9%	1.9%	3.2%	2.5%	4.0%
2000: 184,006; 2010: 221, 939 17% increase		2000: 73,781; 2010: 89,322 21% increase		2000: 441,545; 2010: 459,787 4% increase				

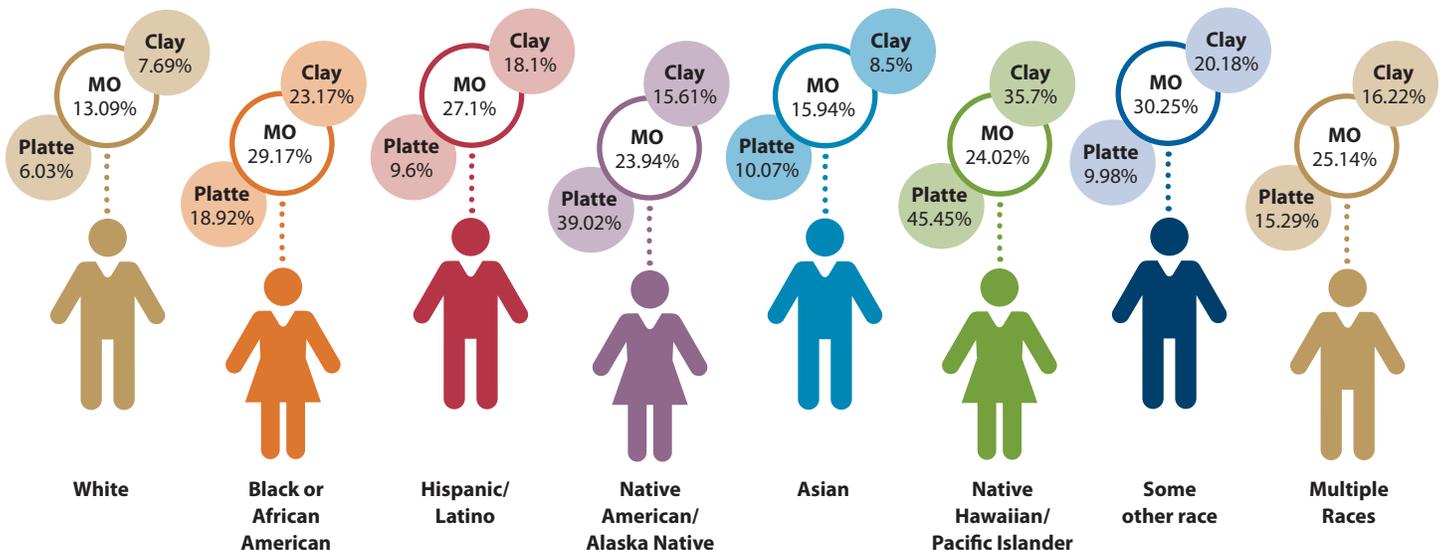
Demographic Profile: Race/Ethnic Distribution

White	Black or African American	Hispanic or Latino	Native American/ Alaska Native	Asian	Native Hawaiian or other Pacific Islander	Some other race (specify)
						
Clay 87.5%	Clay 5.2%	Clay 5.9%	Clay 0.5%	Clay 2.1%	Clay 0.3%	Clay 1.8%
Platte 87.2%	Platte 5.9%	Platte 5.0%	Platte 0.5%	Platte 2.3%	Platte 0.3%	Platte 1.3%
KC 59.2%	KC 29.9%	KC 10.0%	KC 0.5%	KC 2.5%	KC 0.2%	KC 7.7%
MO 82.8%	MO 11.6%	MO 3.5%	MO 0.5%	MO 2.5%	MO 0.1%	MO 1.3%

There's a strong connection between income and health. It has long been clear richer, better-educated people live longer than poorer, less-educated people. Looking at the Northland as a whole, only 11% of the total Clay County population and 8.5% of the Platte County population is living below the Federal Poverty Level (\$20,008 for a family of four). **However, when the numbers are broken down by race and by head of household they reveal that 23% of African American households in Clay County and about 19% in Platte**

Percent of Persons in Poverty by Race and Ethnicity

Population below 100% FPL – Percent by race and ethnicity
American Community Survey via Community Commons, 2009-2013



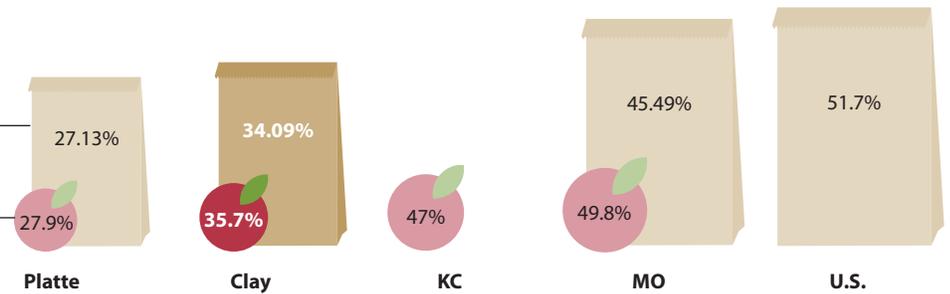
County are living at or below the Federal Poverty Level. Nearly 30% of households headed by females in Clay and Platte Counties and are living at or below the Federal Poverty Level.

More than a quarter of Platte County students and one-third of Clay County students are eligible for Free or Reduced Price Lunches, although in some schools, the number of eligible students is 70% or greater.

Free and Reduced Price Lunch

Children Eligible for Free and Reduced Price Lunch
National Center for Education Statistics, 2012-13

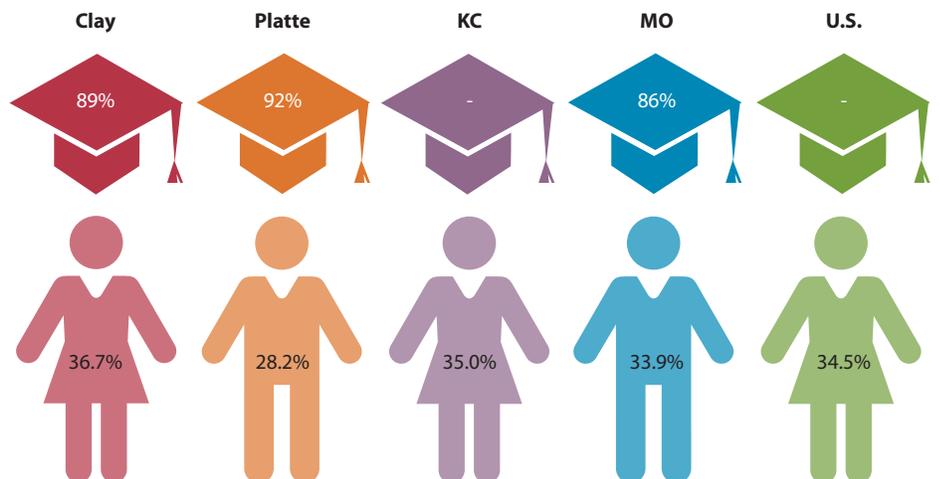
Percent of children enrolled in school free/reduced lunch programs
Kids Count, Dese.mo.gov, 2013



Some might be surprised by the correlation between educational attainment and health. Research has demonstrated the better educated a person is, the better health outcomes he or she is likely to enjoy. These better health outcomes can be seen in both morbidity rates for acute and chronic diseases, in mortality rates, and in life expectancy. Further, those with four years of education beyond high school also report more positive health behaviors. They are less likely to smoke, to drink a lot, to be overweight or obese, or to use illegal drugs. **These findings may have serious implications for the Northland where 36.7% of Clay County residents and 28.2% of Platte County residents aged 25 and above have a high school diploma or less.**

High School Graduation Rate

High School graduation Rate: Percent of 9th grade cohorts that graduate in 4 years
County Health Rankings & Roadmaps, 2015 Report, 2011-12



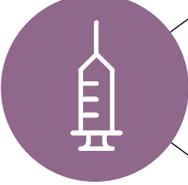
Persons aged 25 and older with a high school diploma or less

U.S. Department of Commerce United States Census Bureau American Fact Finder, 2013

How Healthy Is the Northland?

Chronic Disease

Chronic diseases are the leading causes of death and disability in the U.S. They are associated with high healthcare cost, low productivity and loss of quality of life, yet they are the most preventable of all health problems. **According to the Missouri Department of Health and Senior Services, nearly 7 out of every 10 Missourians who die each year will die of a chronic disease.** As expected, cancer, heart disease, chronic lower respiratory disease and cerebrovascular disease (stroke) were the leading causes of death for Northland citizens in 2014.

		Platte	Clay	KC	MO	Healthy People 2020
Heart Disease MICA, 2012 		121.1	151.6	165.2	191.5	103.5
	Heart Disease (mortality per 100,000)					
		149.6/100,000	165.5/100,000	187.9/100,000	181.0/100,000	161.4/100,000
Cancer MICA, 2012 	Mortality – Age adjusted Rates: All cancers: AAM, Total (mortality per 100,000)	151/100,000	167.7/100,000	174.6/100,000	177.5/100,000	
	Mortality – Age adjusted Rates: All cancers: White (mortality per 100,000)	90.4@/100,000	104.9@/100,000	212.6/100,000	222.3/100,000	
	Mortality – Age adjusted Rates: All cancers: Black/African American (mortality per 100,000)					
COPD MICA–Chronic, 2012 	Chronic obstructive lung disease (mortality per 100,000)	38.9/100,000	51.1/100,000	48.7/100,000	51.6/100,000	
		15.4/100,000	15.8/100,000	23.5/100,000	20.2/100,000	66.6/100,000
Diabetes MICA, 2011-2013 	Mortality – Age adjusted Rates: All cancers: AAM, Total (mortality per 100,000)	14.0/100,000	15.5/100,000	18.3/100,000	18.6/100,000	
	Mortality – Age adjusted Rates: All cancers: White (mortality per 100,000)	91.9@/100,000	18.7@/100,000	36.1/100,000	38.0/100,000	
	Mortality – Age adjusted Rates: All cancers: Black/African American (mortality per 100,000)					

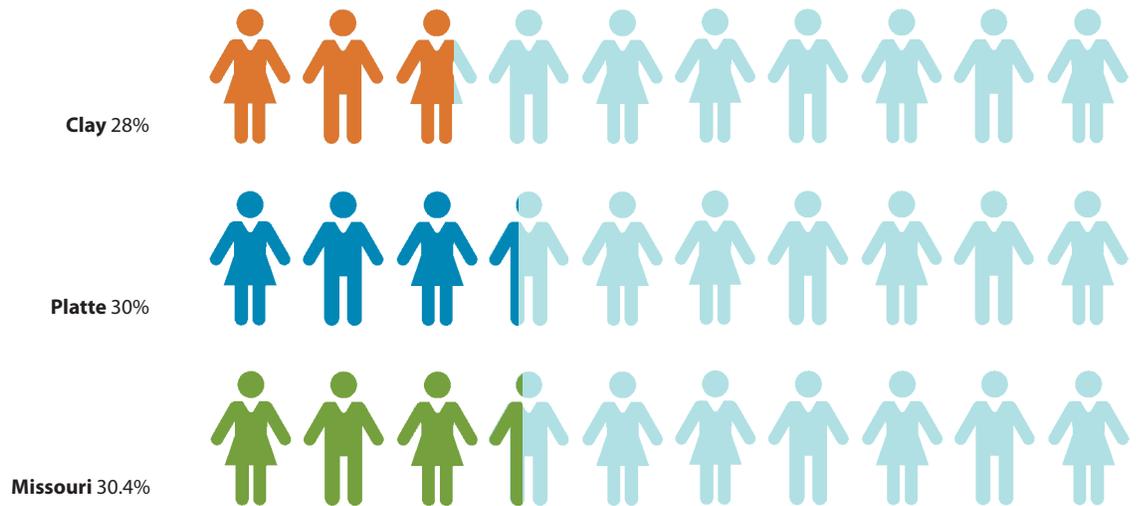
* @ symbol indicates an unstable rate with fewer than 20 events.

Health Behaviors - A Description of Contributing Causes

Chronic diseases are impacted by health choices. Those who are overweight/obese, who smoke, who use or abuse drugs or alcohol, and who do not eat a healthy diet or exercise regularly are at far greater risk to develop and die from a chronic disease. The most current health behavior data captured for the Northland makes clear where the greatest challenges to reducing chronic diseases lie. Approximately 30% of the Northland population is obese. Far too few are eating an adequate diet of fruits and vegetables, and 25% of adults reported they are participating in no leisure time physical activity. Discussion at the Community Health Forums revealed a lack of access to healthy eating and active living opportunities for residents.

Obesity

Healthy People 2011
Baseline 33.9; Target 30.5



Fruit and Vegetable Consumption

Percent of Adults with Inadequate Fruit and Vegetable Consumption

BRFSS via Community Commons, 2005-2009



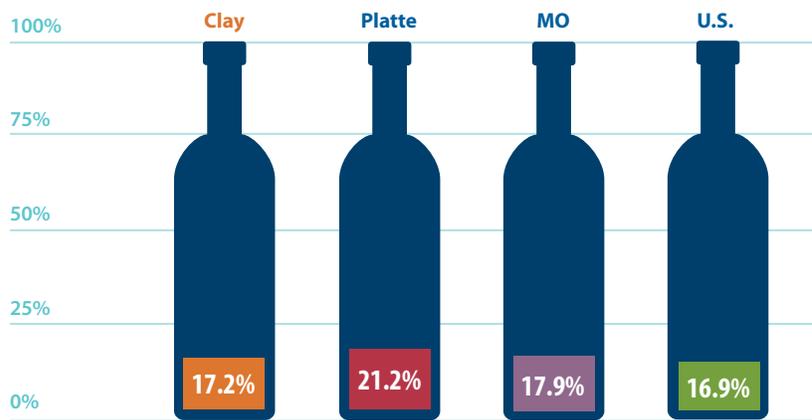
Mental Illness and Substance Abuse

The Missouri Department of Mental Health estimates that nearly one in five Missouri adults suffers from mental illness and one in 13 suffers from substance use disorders. It's not surprising that mental health problems and alcohol/drug abuse were among the top health issues identified in the community health assessment survey. **The issue is particularly significant as the U.S. Department of Health and Human Services, Health Resources and Services Administration identified Clay and Platte Counties as a Designated Health Professional Shortage Area (HPSA) for Mental Health in 2015, meaning neither county has an adequate number of mental health professionals to meet community needs.**

Mental health and substance abuse issues are frequently inter-related. Data gathered through the National Survey on Drug Use and Health suggest over 40 percent of adults with a substance disorder have co-occurring mental illness. While little county-level statistical data on the use and abuse of alcohol and drugs is available, we do know binge drinking (consuming 5 or more drinks in a single occasion for males, 4 or more drinks in single occasion for females) is a problem in the Northland. Additionally, the Missouri Student Survey administered to students in 6th through 12th grades by the Missouri Department of Mental Health provides interesting insights into possible future trends.

Binge Drinking

BRFSS via Community Commons, 2006-2012



Clay & Platte County Student Survey Responses



Clay: 38% | Platte: 45% said marijuana is easy to get.



Clay: 18% | Platte 19% believe it would be easy to get other drugs, such as cocaine, methamphetamine and ecstasy.



Clay: 60% | Platte: 64% of students indicated they believe it is easy to obtain alcohol.



Clay: 51% | Platte 54% have friends who drink alcohol.

Maternal and Child Health

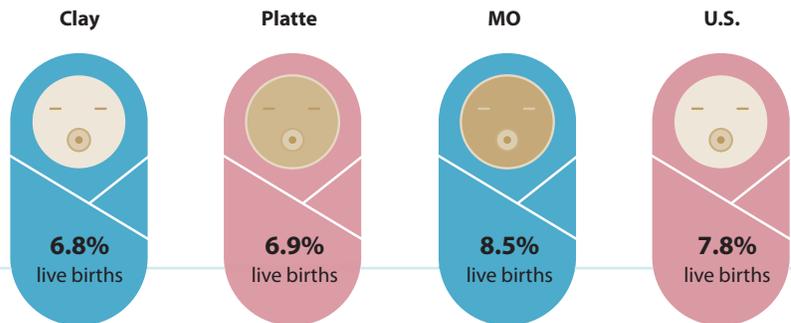
Ensuring healthy pregnancies, births and infancies protects adult health and plays a key role in determining the health of the next generation. Yet social determinants such as poverty and racial disparities can impact the health status of a mother as well as her ability to access to care. The data from the Northland suggests these issues may be having negative implications for poor mothers and children in the community. The good news is the majority of Northland mothers receive prenatal care during pregnancy. While the incidence of low birth weight babies in both Clay and Platte Counties is lower than in neighboring Kansas City, **nonwhite mothers are almost twice as likely to have low birth weight babies than white mothers in Clay County and about 30% more likely to do so in Platte County.** The disparity in neonatal and postnatal mortality rates between white and nonwhite mothers in the Northland is stark. **The neonatal mortality rate for nonwhite mothers is double for nonwhite infants.**

Low Birth Weight

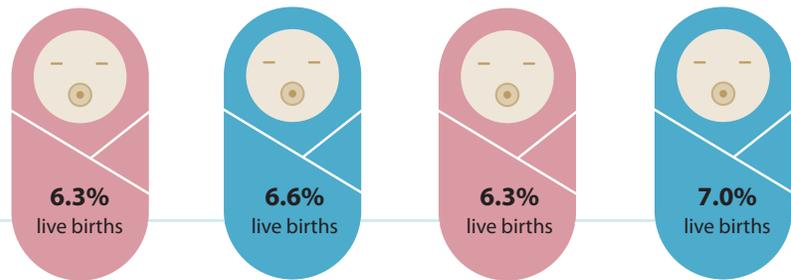
2008-2012

Missouri Department of Health and Senior Services, Community Data Profiles, Infant Health (updated 7/3/13), <http://health.mo.gov/data/CommunityDataProfiles/index.html>, Retrieved December 2, 2014

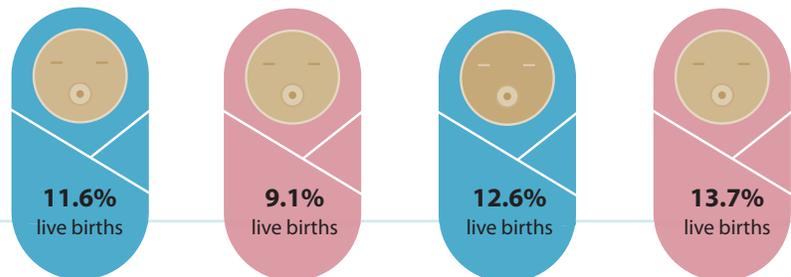
Low birth weight: percent of total live births



Low birth weight: percent of white live births



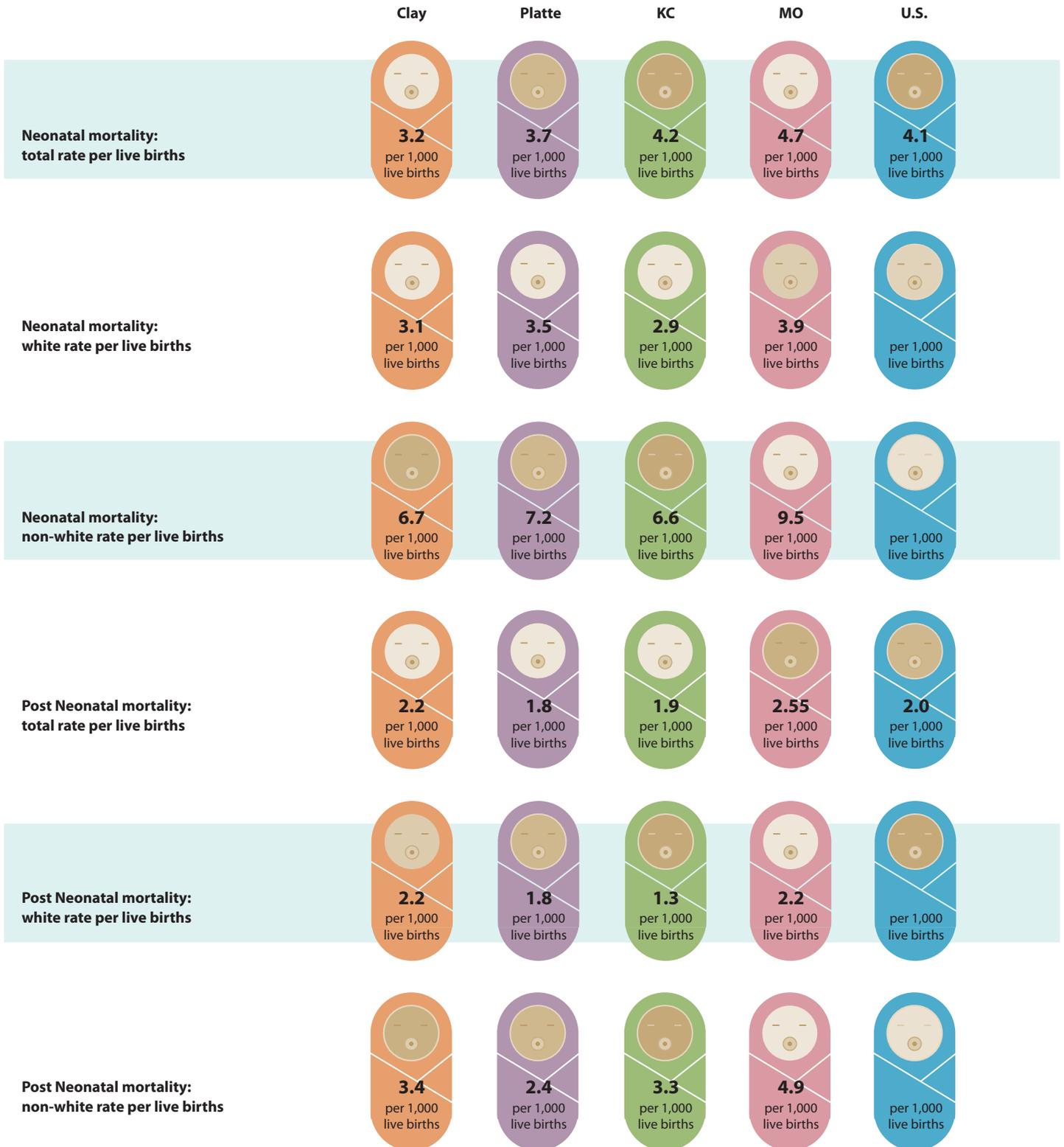
Low birth weight: percent of non-white live births



Neonatal Mortality

2002-2012

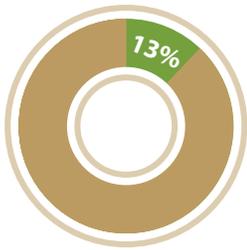
Missouri Department of Health and Senior Services, Community Data Profiles, Infant Health (updated 7/3/13), <http://health.mo.gov/data/CommunityDataProfiles/index.html>, Retrieved November 19, 2014



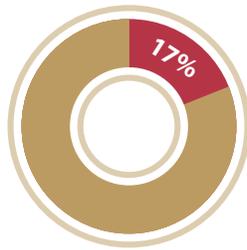
Health Care Access

Having access to care, and in particular to care from a primary care provider, is an essential component to improving the health of an individual and to influencing positive health outcomes in the community as a whole. Access to this kind of health care is a challenge for some Northland residents.

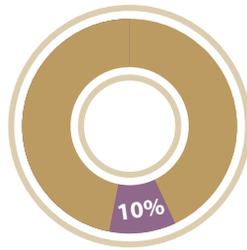
Health Care Access



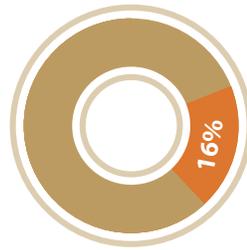
Clay: 13%
Platte: 11%
of the county population has no health insurance.



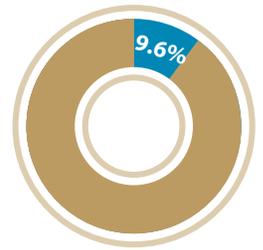
Northland: 17%
of Community Health Survey respondents indicated they do not have a doctor they see when they are sick.



Northland: 10%
of survey respondents say they do not have access to the medical specialists they need.



Clay: 16%
Platte: 5.1%
of survey respondents who pay for health services by cash only say they do not have access to the medical specialists they need.

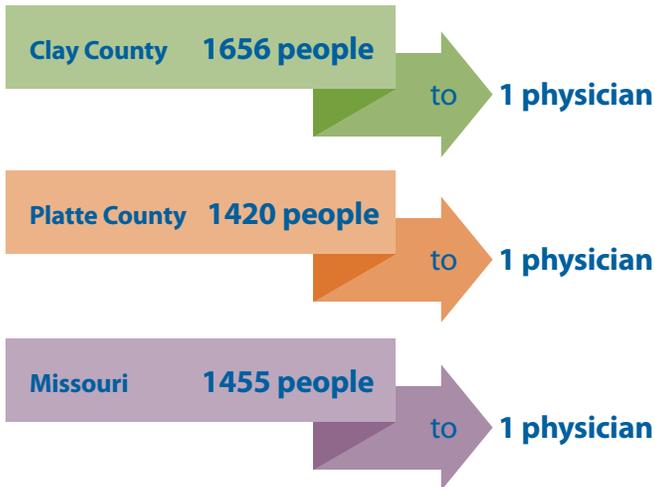


Clay: 9.6%
Platte: 7.4%
of the county population without a regular source of primary care, and did not get health care in the last 12 months.

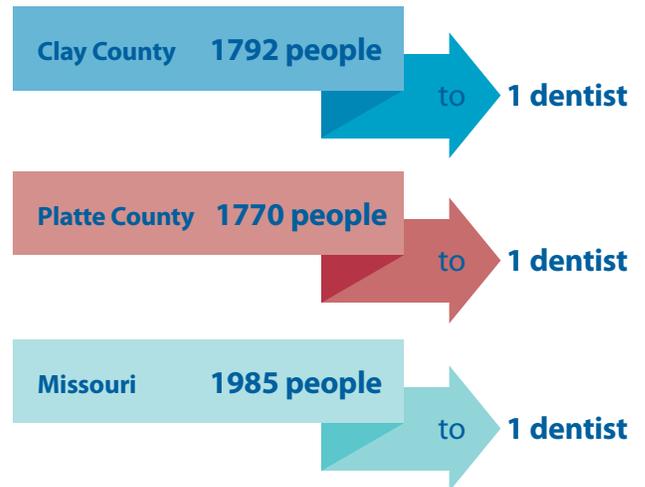
General Population to Physician Ratio

Licensed primary care physicians

(general practice, family practice, internal, ob/gyn, and pediatrics)



Dentists



What does this mean and where do we go from here?

Analysis of the health data, including the feedback obtained through the Community Health Assessment Survey and forums, led the Northland Health Care Alliance to identify three key health priorities that must be addressed in order to improve the health and quality of life for all Northland citizens.

Priority 1: Access to care

Why?

- In 2015, the U.S. Department of Health and Human Services, Health Resources and Services Administration identified Clay County and Platte County as a Designated Health Professional Shortage Area (HPSA) for Mental Health.
- There are 1792 patients to every dentist in Clay County, 1770 patients to every dentist in Platte County. In primary data provided by three hospitals in the Northland, unspecified disorder of the teeth and dental caries (tooth decay) were among the top ten leading diagnoses for emergency room visits in the patient pay population. This suggests access to dental care may be an issue for some populations.
- According to the latest data available, nearly 10% of Clay County residents and 17.4% of Platte County residents have no regular source for primary care and reported they had not received medical care in the previous 12 months.
- 30% of respondents to the Northland Community Health Survey said they had chosen not to receive health care in the past year due to cost.
- More than 23% of African Americans living in Clay County and 19% in Platte County live below the Federal Poverty Level, compared to 8% of whites. Poverty is a significant indicator of health inequities.
- Households headed by females are at particular risk for living in poverty. In both Clay and Platte Counties, one-third of female headed households live at 125% or below the Federal Poverty Level. This could have serious implications for access to health care services for these women and their families.
- Rural residents are at a higher risk for experiencing higher rates of risky health behaviors and tend to have reduced access to health care. About a quarter of Northland residents live in rural communities.

- Low birth weights occur more frequently in non-white infants in the Northland. In Clay County 6.3% of white children are born with low birth weights, while 11.6% percent of non-white children have low birth weights. In Platte County, 6.6% of white babies are born with low birth weights, compared to 9.6% of nonwhite babies.
- The neonatal mortality rate for nonwhite infants in Clay and Platte Counties is double the rate for white infants.

Priority 2: Mental health and substance abuse

Why?

- The Missouri Department of Mental Health estimates that nearly one in five Missouri adults experiences mental illness and one in 13 have been diagnosed with use disorders. Recognition of the impact mental health issues and substance abuse has on the community is large and growing.
- Mental health problems were identified by 31% of the Community Health Survey respondents as one of the top three health problems in the community.
- More than 42% of respondents identified substance abuse, frequently linked to mental health problems, as a top health priority in for the community.
- 38% of Clay County youth and 45% of Platte County youth responding to the Missouri Student Survey said marijuana is easy to get. Nearly 20% (18% Clay County, 19.5% Platte County) believe it would be easy to get other drugs such as cocaine, methamphetamine and ecstasy. 64% of the youth surveyed in Platte County, 59% in Clay County, said they believe it is easy to obtain alcohol. More than half (51% Clay County, 54.5% Platte County) have friends who drink alcohol.
- Primary data provided by Northland hospitals showed the two leading causes of inpatient visits for the 1-14 age group were related to depression. Depression was also the leading cause of inpatient hospitalizations in the 15-24 age group.

Priority 3: Chronic Disease

Why?

- Chronic disease is the number one killer in the Northland.
- The seriousness of this issue is recognized by the community at large as indicated by the high percentage of Northland Community Health Survey respondents who listed obesity (37%), heart attack and stroke (18%), and high blood pressure (10%) as serious community health problems.

- Missouri has the 16th highest rate of adult obesity (BMI of 30 or more) in America at 30.4%. In Clay County, 28% of the population is obese; in Platte County 30%.
- More than 80% of Clay and Platte County adults do not eat an adequate diet of fruits and vegetables.
- More than a quarter of adults in the Northland reported that they did not participate in any leisure time physical activity.

These priorities were chosen for their interconnectedness and for the monumental impact they are having on the overall health of our community. Moving the needle on these issues will require collaboration and communication to develop and implement a thoughtful and effective plan of action focused on improving the health of our community. The members of the Northland Health Care Alliance are committed to taking a leadership role as convener for this effort, engaging a wide range of organizations including public health systems, government agencies, schools, faith-based organizations, the business community, nonprofit entities, as well as individual citizens as champions of health, to effect change and make the Northland a healthier place to live, work, and play.

The full Northland Community Health Assessment Report is available at clayhealth.com and plattecountyhealthdept.com.

Acknowledgements

Community Health Assessment Report Technical Creation

Data Collection and Analysis:

Clay County Public Health Center

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Kansas City Health Department

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Frank Thompson

Liberty Hospital

Suzanne Leamer

Platte County Health Department

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