

Community Health Needs Assessment 2022

Components

About our Community

Healthy Behaviors

Preventative Health

Access to Care


Health Profile of the Community

Mental Health

About the Survey



Data Limitations



The 2022 CHNA was significantly limited by the lack of data updates by the State of Missouri due to the pandemic. Many data sources were not updated since the 2019 CHNA.



Major Themes

Data is in short supply to see any impact we may have made on cancer screening rates.

Mental health is a significant concern to the population we serve.

Ability to pay for care and the cost of care continue to be major themes.

Substance abuse is a rising concern.

Unhealthy behaviors are significant and downstream implications are apparent.

Our community feels that we are not meeting the need for access to primary care appointments with a physician.



About Our Community

Who We Serve

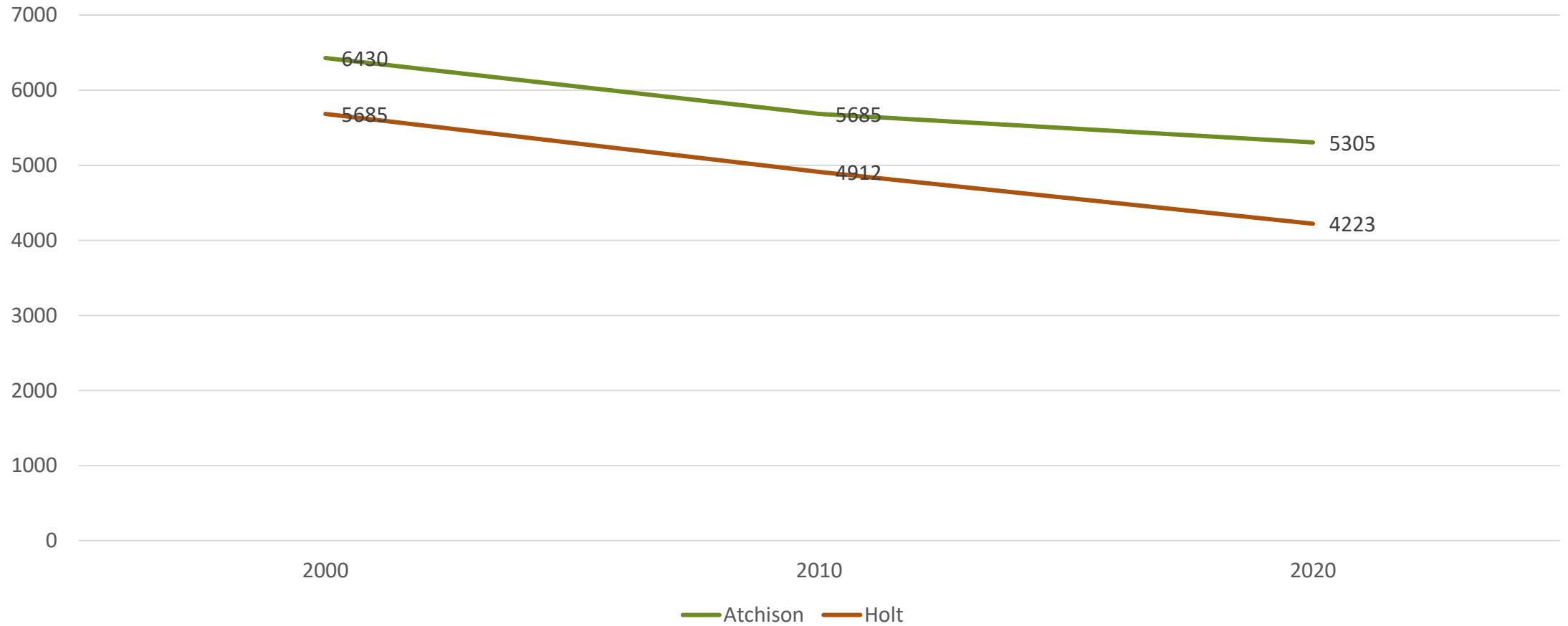
Outpatient

- 66% Atchison County
- 13% Holt County

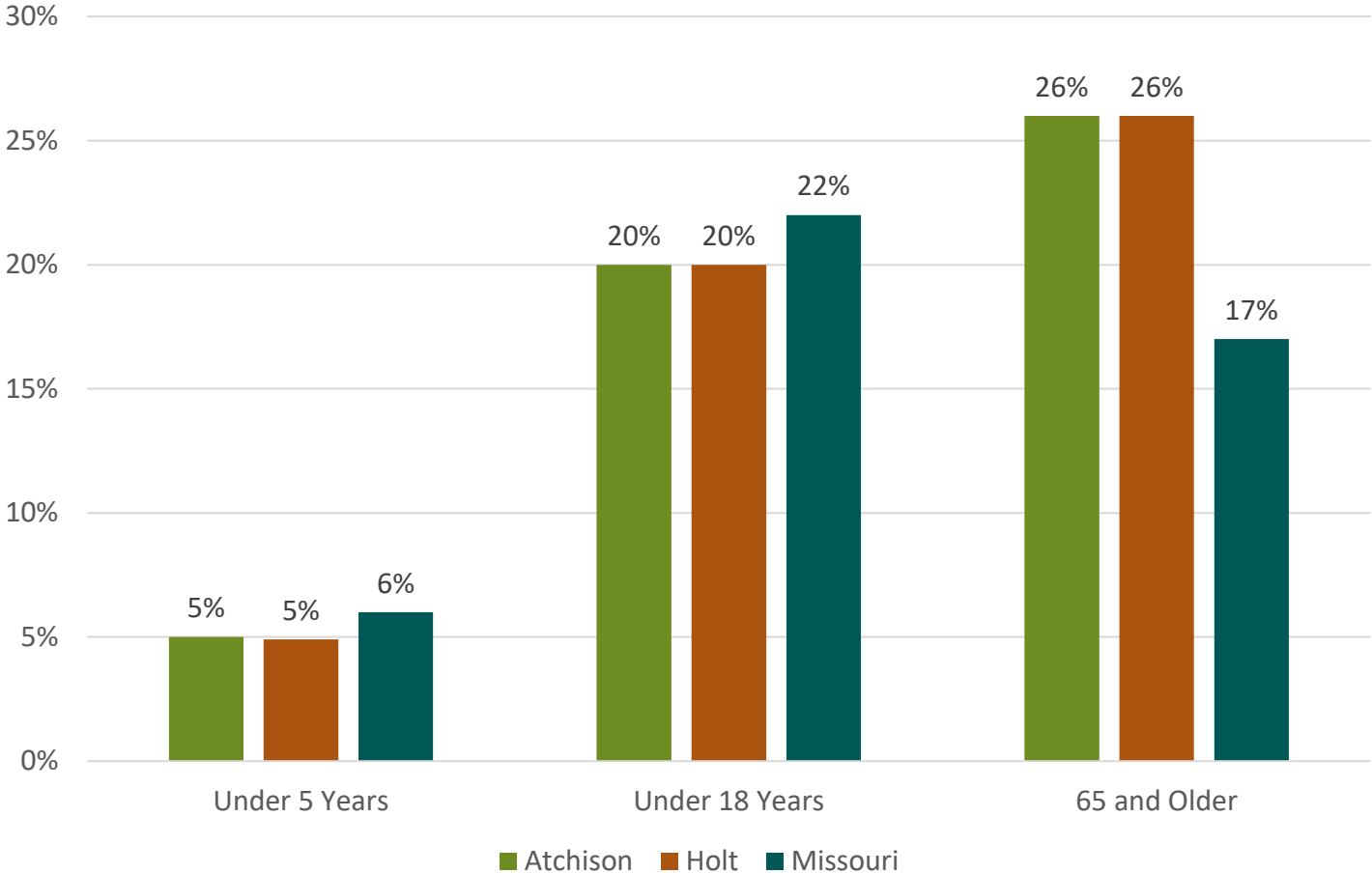
Inpatient

- 44% Atchison County
- 15% Holt County

Declining Population Continues



Aging Population



Atchison and Holt Counties have an aging population. Compared to the 2019 CHNA, the percentage of individuals in the 65 and older population has increased and is substantially higher than the State of Missouri as a whole.

In rural Missouri counties, the largest single age group was 55-59 compared to urban which is 25–29-year-olds.

Poverty and Life Expectancy are Linked

Household Income

- Atchison County \$51,625
- Holt County \$46,442
- State of Missouri \$57,290

Persons in Poverty

- Atchison 12%
- Holt 12%
- State of Missouri 12%

About Rural Missouri

- Rural counties in Missouri had a higher rate of poverty than urban counties.
- Female rural residents have higher poverty rates than males.
- Atchison and Holt County compare favorably in poverty rates to other rural Missouri Counties in overall poverty and childhood poverty.
- Free and Reduced Lunch program participation is slightly lower across area school districts than the state at 45.6% compared to 49.5%.

Educational attainment is a major predictor of health outcomes.

Over 90% of Atchison and Holt County residents have a high school diploma.

Lower rates of county residents have bachelor's degrees compared to the State of Missouri. 18.2% of Holt County residents have a bachelor's degree or higher, 22.7% of Atchison County residents and 29.9% of Missouri residents.

Unemployment can Contribute to Poor Health Outcomes

- COVID-19 had an early impact on unemployment in Missouri including local communities.
- Unemployment rates remained elevated through early months in 2021 in Missouri but have returned to pre-pandemic levels in both rural and urban areas.
- 10% of Atchison and Holt County populations have a disability.



Healthy Behaviors

Alcohol and Substance Abuse

Approximately 22% of Atchison and Holt County residents smoke cigarettes, compared to 20% of all Missourians.

**County Health Rankings*

56% of Northwest Missourians currently report drinking alcohol, with 28.4% reporting binge or heavy drinking. 16.5% of Atchison and Holt County residents report heavy drinking.

**<https://exploremohealth.org/reports/missouri-health-atlas/>*

Marijuana use is growing in Northwest Missouri. In 2014, 8.2% of Northwest Missouri adults used marijuana compared to 9.2% in 2020, when the latest data became available.

**Behavioral Health Profile 2021*

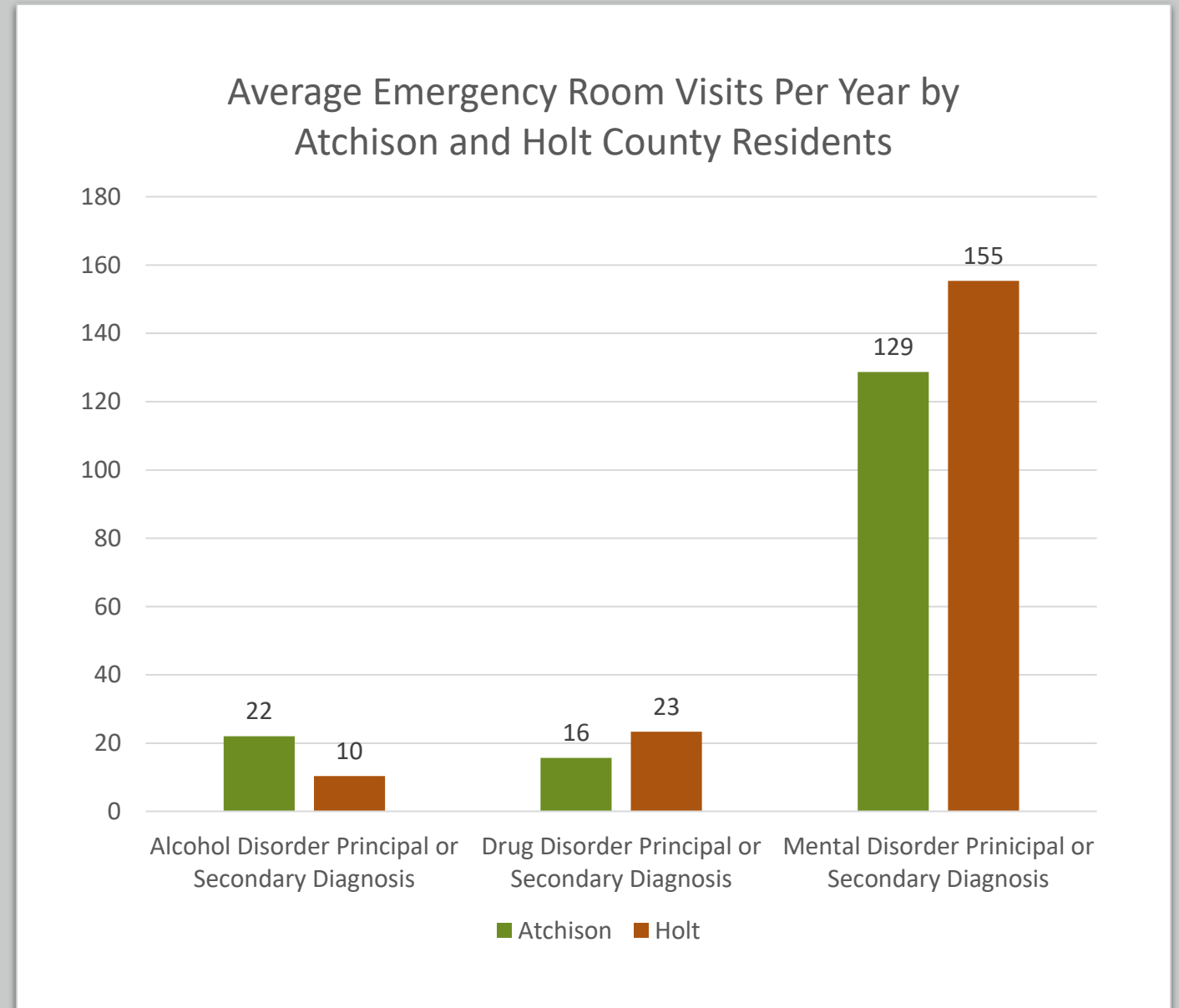
4.2% of Northwest Missouri adults abuse prescription drugs.

**Behavioral Health Profile 2021*

Alcohol and Substance Abuse: Healthcare

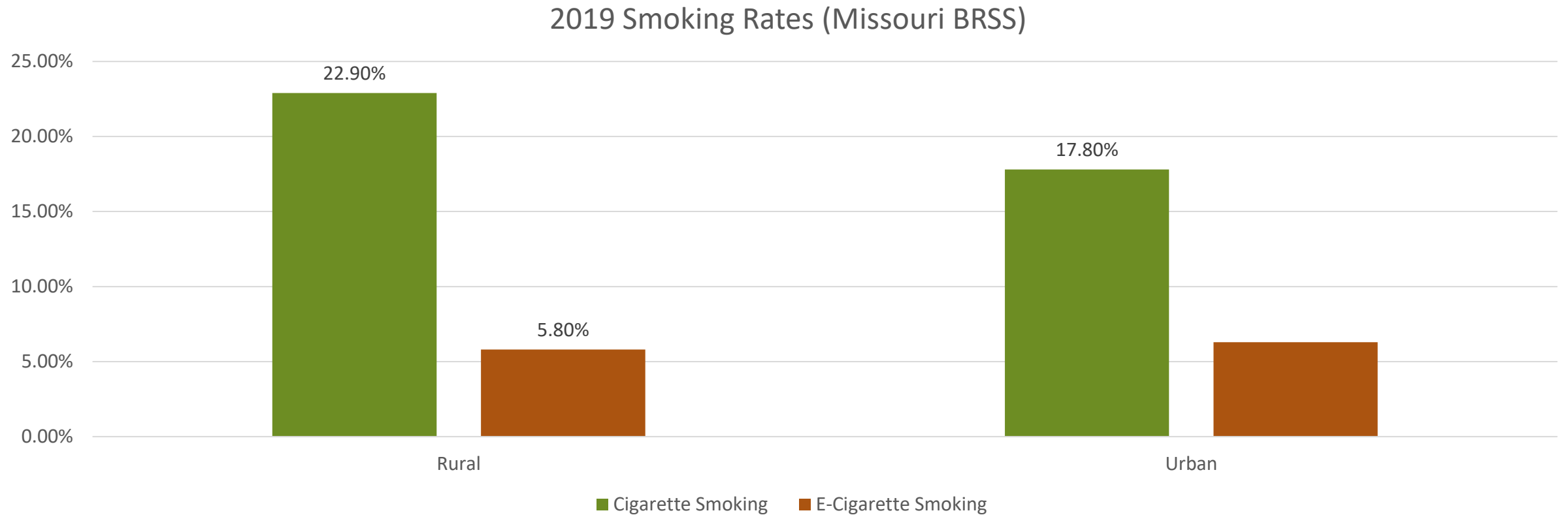
- On average, there are 53 DWI or DUI arrests made per year in Atchison and Holt Counties.
- An average of 6 out of home juvenile placements per year due to parental drug use.

**2022 Status Report on Missouri's Substance Use and Mental Health*



Smoking

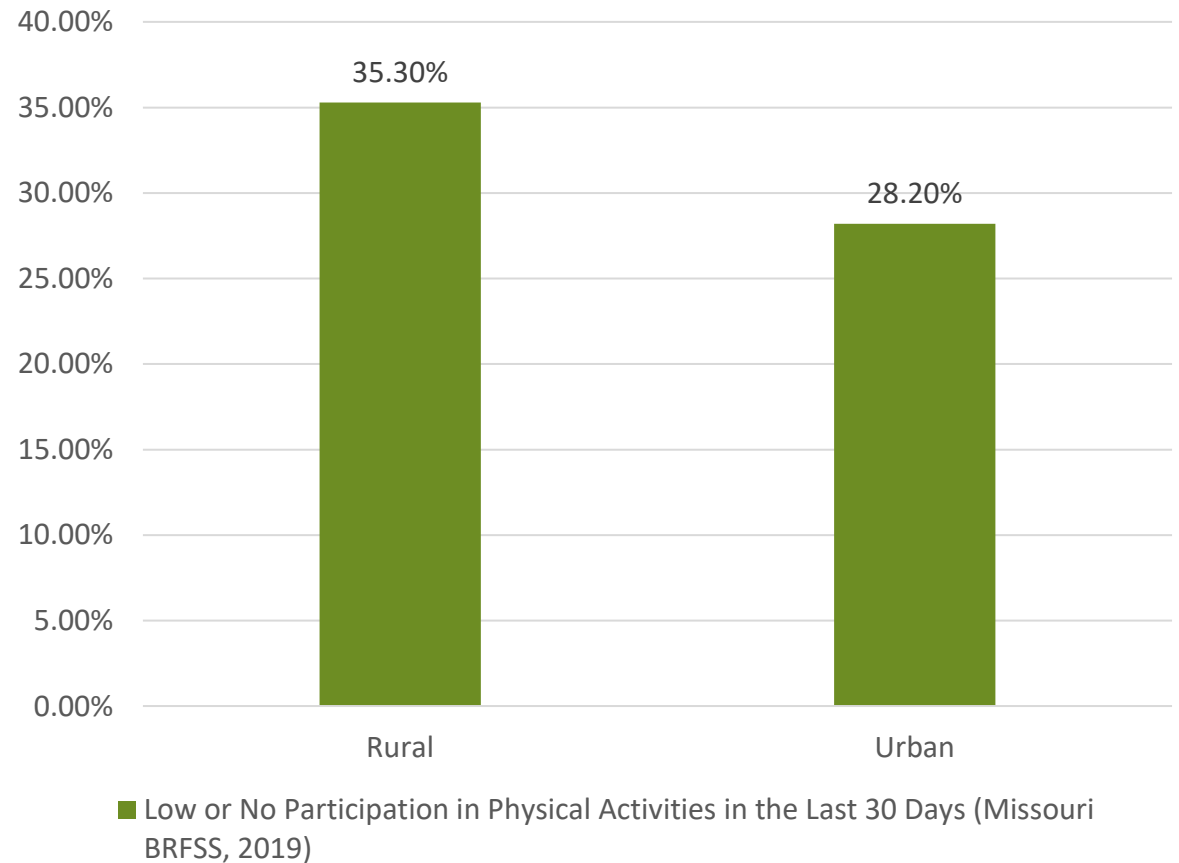
22% of Atchison and 23% of Holt County residents reporting smoking regularly.



Physical Inactivity

- 30% of Atchison County and 33% of Holt County residents report no leisure time physical activity.
- CHNA Focus Group participants feel childhood obesity has increased and that the pandemic contributed to increased sedentary lifestyles among children and adults in our community.

Low or No Participation in Physical Activities in the Last 30 Days (Missouri BRFSS, 2019)



Adult Obesity

35%

- Atchison County Residents with a BMI over 30

36%

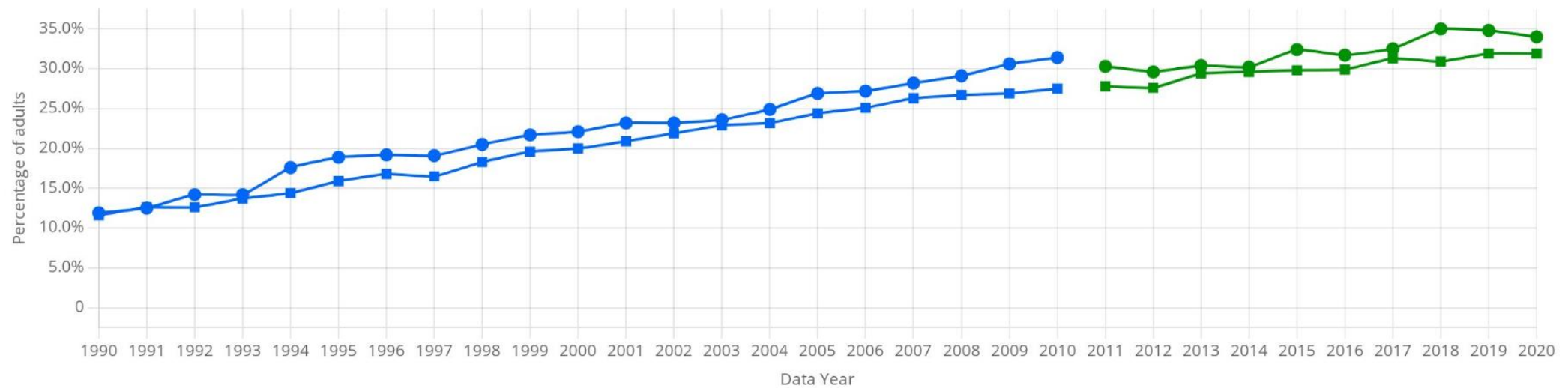
- Holt County Residents with a BMI over 30

36%

- Missourians with a BMI over 30

Obesity on the Rise

Trend: Obesity, Missouri, United States



Percentage of adults with a body mass index of 30.0 or higher based on reported height and weight

● Missouri ■ United States

Source: <https://www.americashealthrankings.org/explore/annual/measure/Obesity/state/MO>

Health Behavior Rankings

The Health Behaviors Rank is a weighted combination ranking of Missouri Counties of Adult Smoking, Adult Obesity, Food Environment Index, Physical Inactivity, Access to Exercise Opportunities, Excessive Drinking, Alcohol- Impaired Driving Deaths, Sexually Transmitted Infections and Teen Birth Factors.

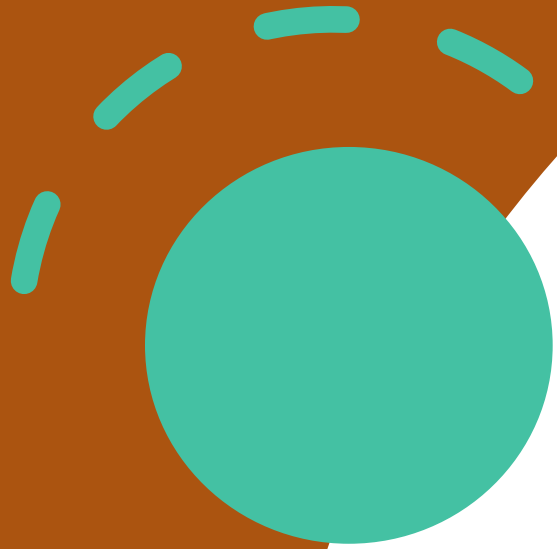
Atchison County

**15 out of
115**

Holt County

**20 out of
115**

Source: <https://exploremohealth.org/>

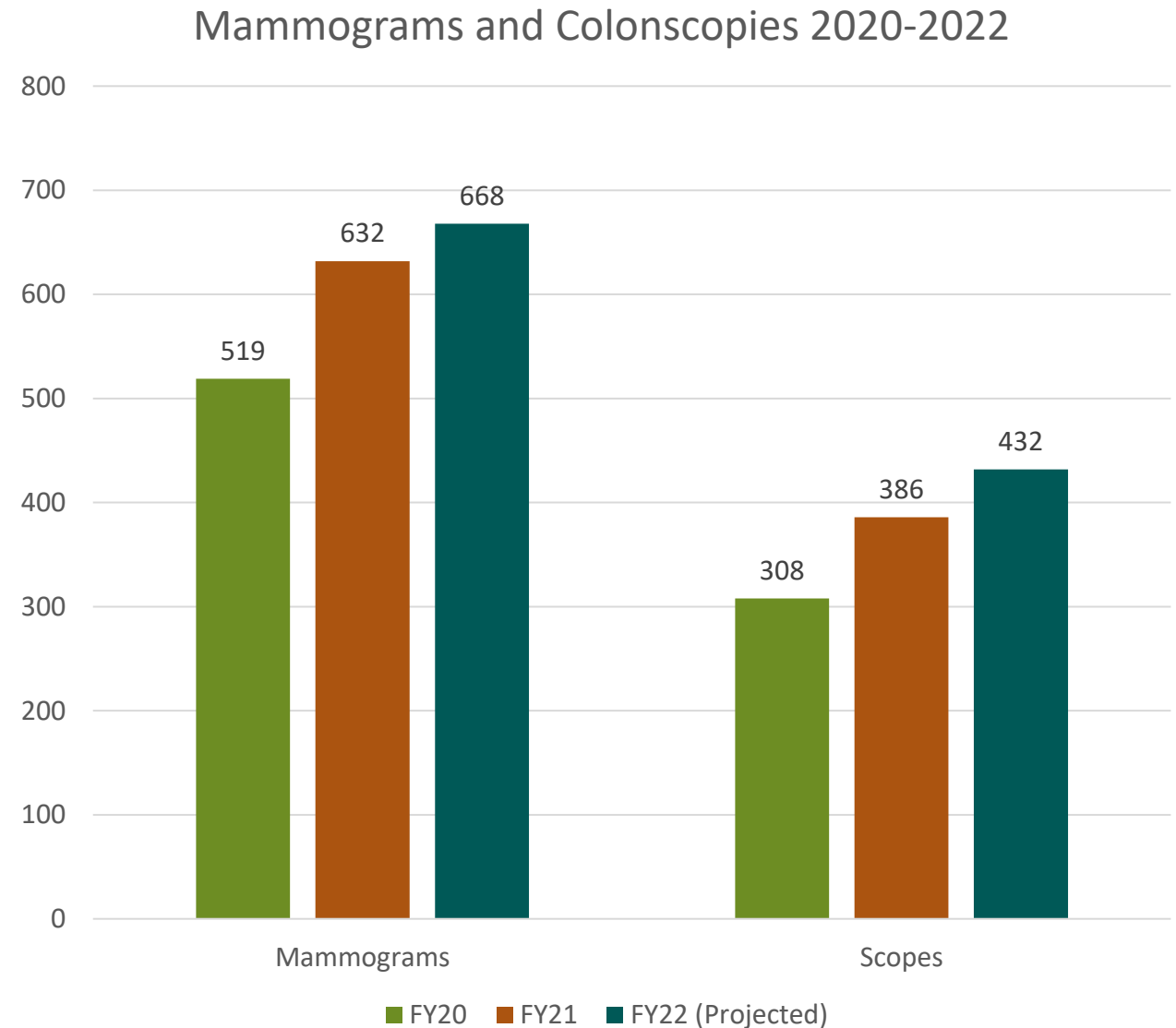


Preventative Health

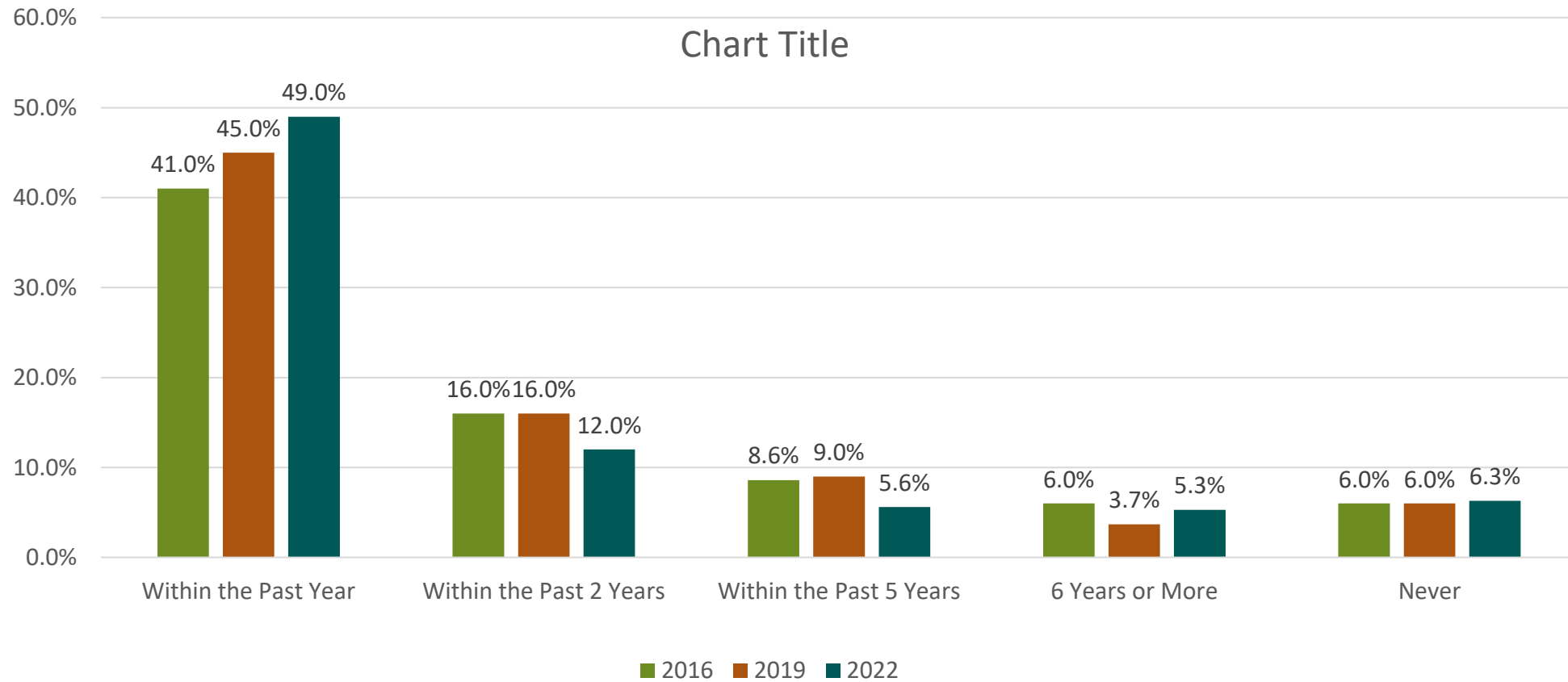
Breast Cancer and Colorectal Cancer Screening

In the 2019 Community Health Needs Assessment, increasing colorectal cancer and breast cancer screenings was identified as a priority based on the latest data at the time (2016).

Unfortunately, the latest data available to us today is 2019 which does not reflect the impact of our work. We can, however, show significant increases in mammograms and scopes over the last 3 years.

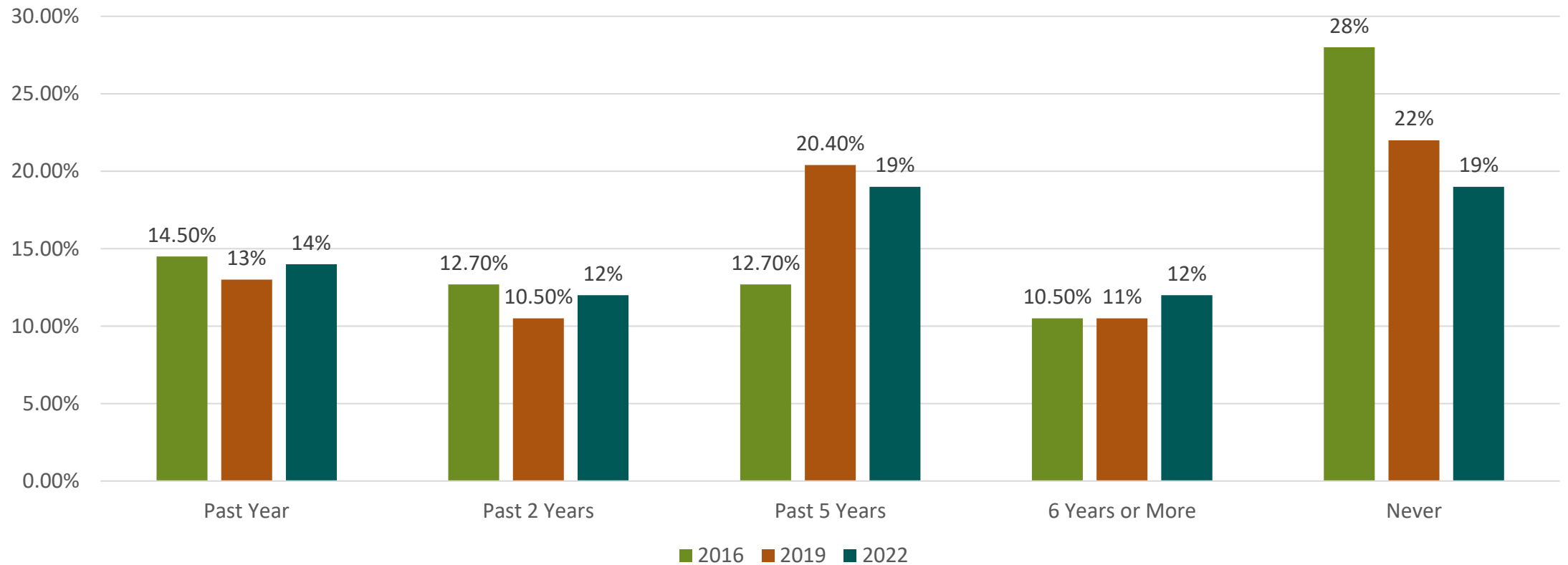


Mammogram CHNA Survey Data



Colonoscopy CHNA Survey Data

Chart Title



Heart Health

- 94% of CHNA respondents report having their blood pressure checked in the last year
- 78% of CHNA respondents report having their blood cholesterol checked in the last year. 86% of Missourians have had their cholesterol checked in the last 5 years.
- 75% of CHNA respondents report having their blood checked for diabetes within the past year. 8.8% have never had their blood checked for diabetes.
- **Latest county level data has not been updated since the 2019 Community Health Needs Assessment.*

Adult Immunizations

Approximately 47% of Atchison and Holt County residents received an influenza vaccination last year. 68% of Missourians reported an annual influenza vaccination.

*County Health Rankings and Roadmaps

65% of Atchison County residents and 48.2% of Holt County residents have received a COVID-19 vaccination.

*Missouri Department of Health

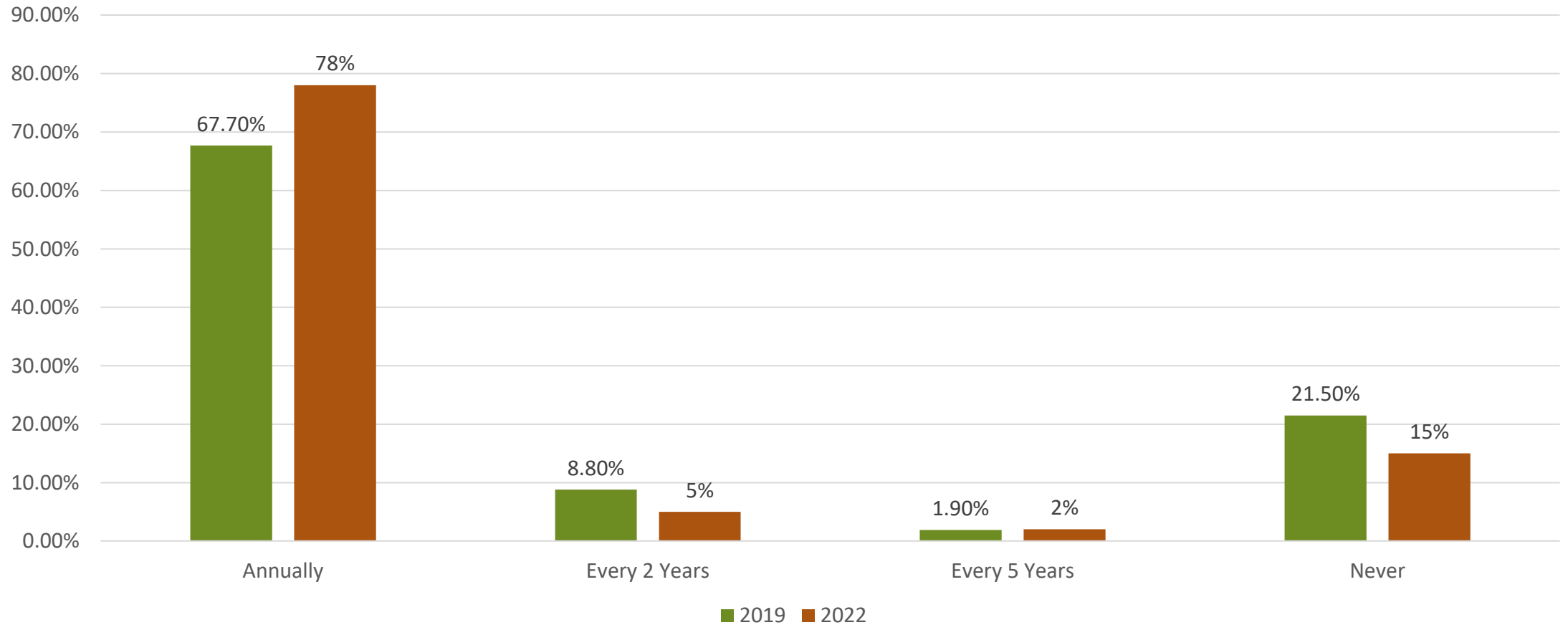
72% of Missourians 65 and older report every having received a pneumonia vaccination.

*KFF

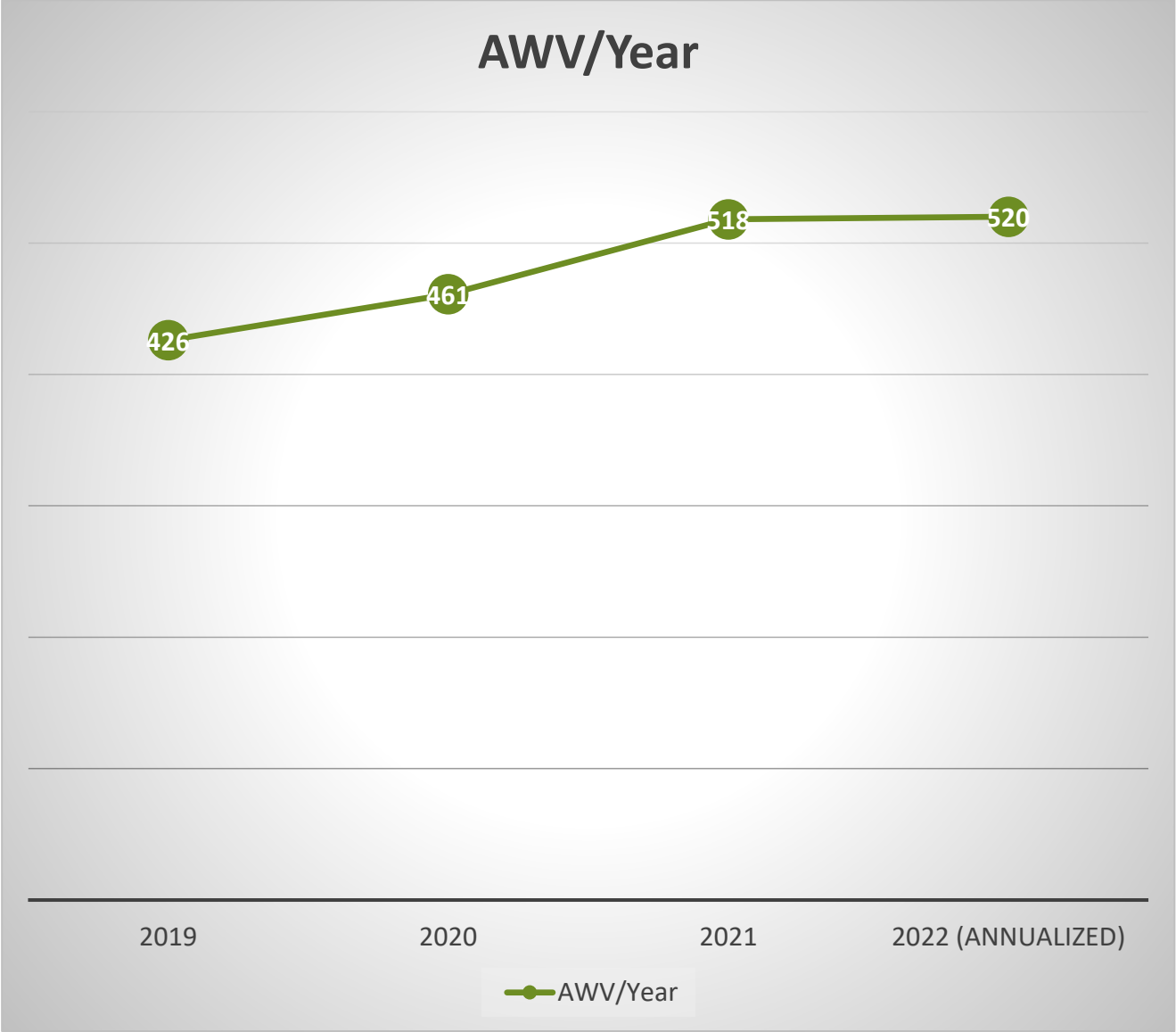
Preventable Hospital Stays

- Atchison County ranks in the 5th quintile (bottom 20%) for preventable hospital stays in the State of Missouri.
- Holt County ranks in the 2nd quintile for preventable hospital stays in the State of Missouri.

Regular Check Ups: CHNA Survey Results



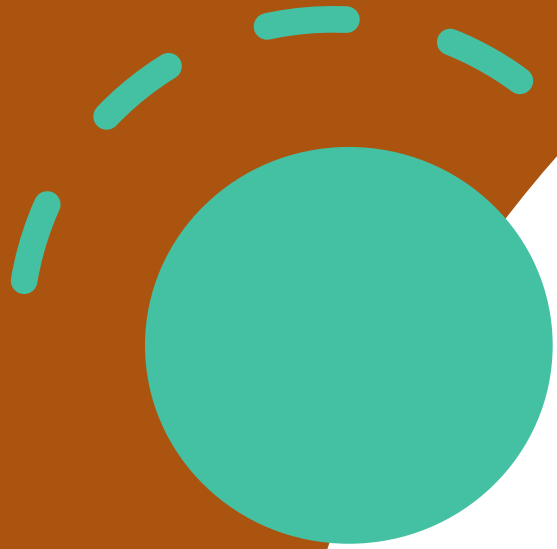
Annual Wellness Visits



Clinical Care Rank

- The Clinical Care Rank is a weighted combination of uninsured, primary care physicians, dentists, mental health providers, preventable hospital stays and mammography screening factors.
 - Atchison 4th Quintile, 76 out of 114 Missouri Counties
 - Holt 3rd Quintile, 54 out of 114 Missouri Counties

Source: <https://exploremohealth.org/>



Access to Care

Access to Healthcare Providers

- The ratio of primary care physicians to population in the State of Missouri is 1:1400.
- In Atchison and Holt Counties, it is 1:4764.
- The ratio of mid-level providers and primary care physicians to population is 1:1361.
- 99% of CHNA respondents report that they have a provider (physician or mid-level) they can go to.
- **85% of CHNA respondents report that they when they had a healthcare need, they had a physician or mid-level they could go to.**

Source: www.countyhealthrankings.org

Access to Healthcare Providers



68% Could not get a convenient appointment



6% say the provider was not taking new patients



8% say no transportation to their appointment



2% say that their insurance was not accepted



31% say they can not afford it

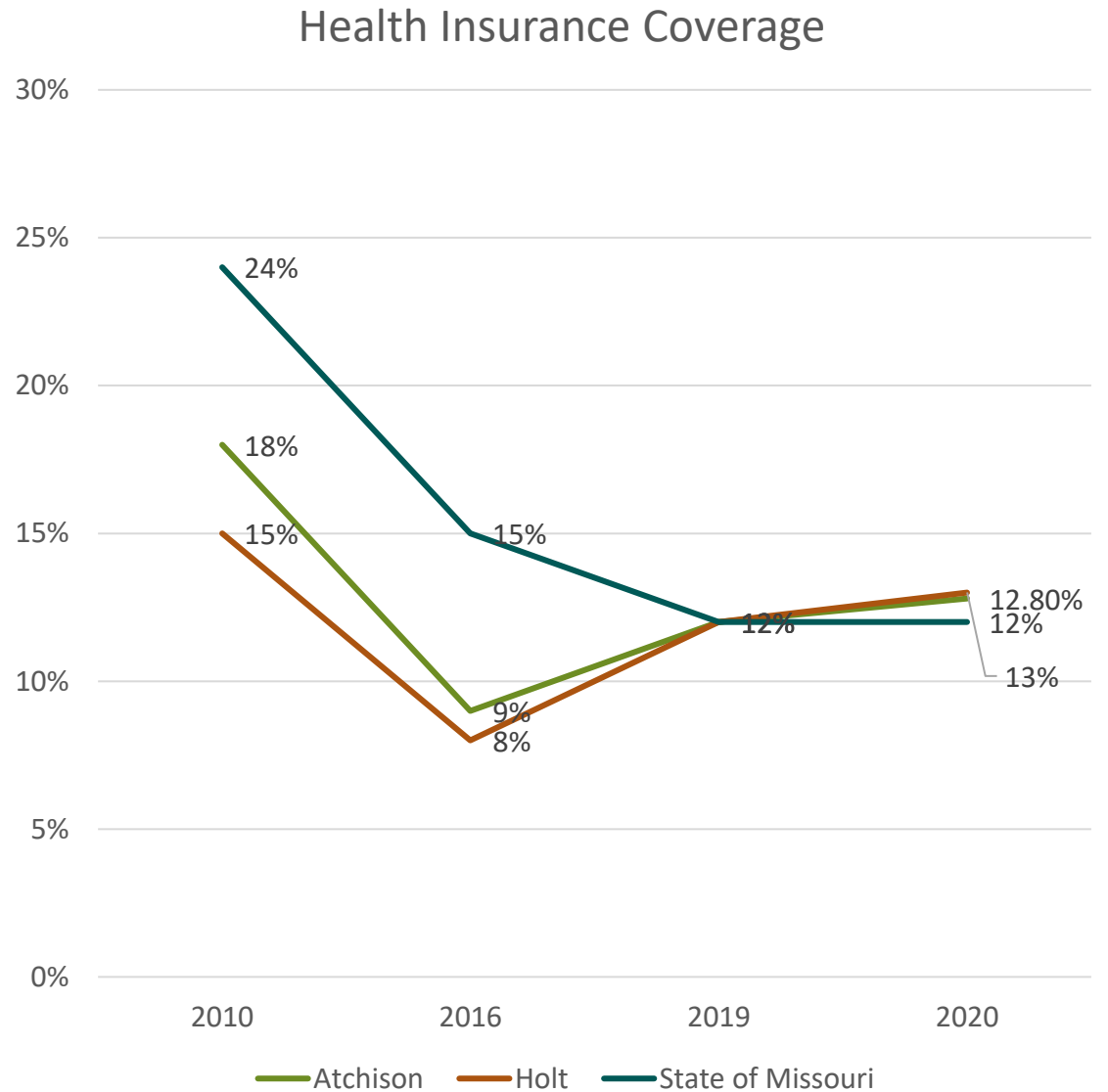
** 15% of respondents in 2022 reported not being able to see a mid-level or doctor when they needed care.*

**In 2019, 78% reported not being able to get a convenient appointment and 30% reported not being able to afford it. In 2016, 66% reported not being able to get a convenient appointment and 50% reported not being able to afford it.*

Health Insurance

- “Individuals without health insurance are less likely to have a primary care provider, and they may not be able to afford healthcare services and medications they need”

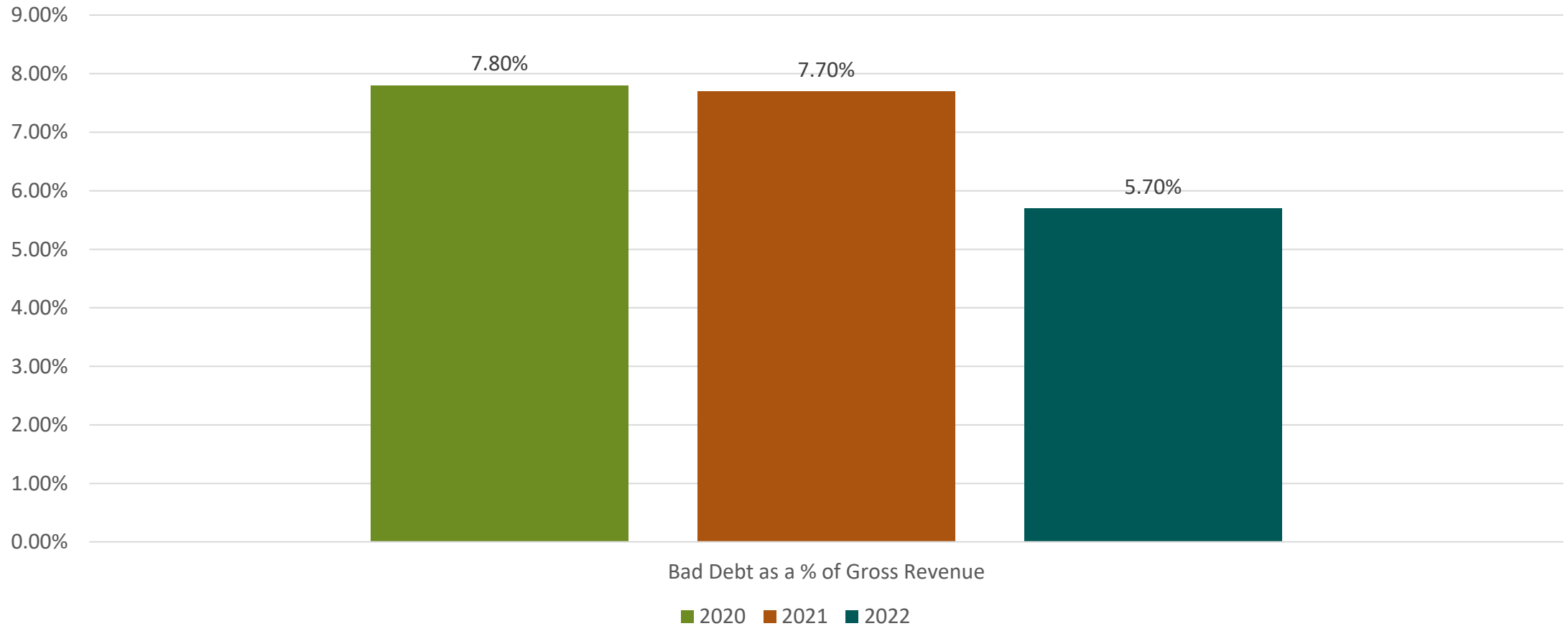
Health in Rural Missouri Biennial Report



Cost of Care and Ability to Pay

- CHNA respondents believe that the ability to pay for care is the most pressing health issue in our community.
- 26% of CHNA respondents report medical, dental or prescription copays are a large enough issue that they sometimes go without services or prescriptions
- 23% of CHNA respondents report that not having enough money to pay for the doctor, dentist or pharmacy is a problem in their household

Bad Debt and Charity Care at Community Hospital-Fairfax



Transportation

CHNA Focus Group participants cite transportation as a major issue for the elderly.

Rural residents, including those in Atchison and Holt County, spend more time driving to health care services than urban counterparts.

Residents in Atchison and Holt County have limited access to public transportation services due to fixed schedules, required scheduled pick ups or drop offs hours before the appointment or cost.



Health Profile

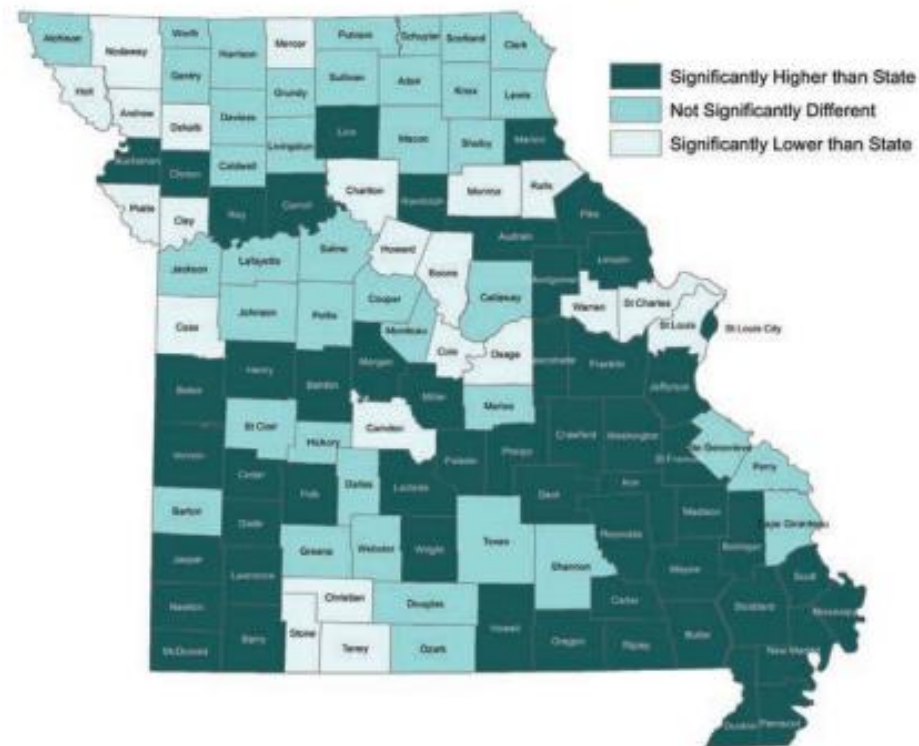
Leading Causes of Death

1. Heart Disease
2. Cancer
3. Chronic Lower Respiratory Disease
4. Unintentional Injuries
5. Stroke
6. Alzheimer's
7. Diabetes
8. Kidney Disease
9. Pneumonia
10. Suicide

Source: <https://healthapps.dhss.mo.gov/MoPhims/ProfileBuilder?pc=10>

*2009-2019 latest data available. Before COVID-19 pandemic.

Death Rates from All Causes
Missouri, 2009-2019



Source: The Missouri Public Health Information Management System (MOPHIMS): Death MICA.

Source:

<https://health.mo.gov/living/families/ruralhealth/pdf/biennial2020.pdf>

Life Expectancy

- From 2009-2019, Atchison County Residents lived an average of 78.1 years. Women live an average of 80.3 and men live an average of 75.9 years. Atchison County ranks 29 out of 114 Missouri Counties.
- From 2009-2019, Holt County Residents lived an average of 78.9 years. Women lived an average of 81.7 years and men lived an average of 76.5 years for a 17 out of 114 Missouri County ranking.
- Missouri residents live, on average, 77.4 years.

Source: <https://health.mo.gov/data/lifeexpectancy/>

*Life expectancy numbers are updated through 2019 and do not account for the impact of COVID-19.



COVID-19 In Rural Missouri

Source: Health in Missouri Biennial Report

[https://www.usnews.com/news/healthiest-communities/coronavirus-data/covid-deaths?active\[\]=29005&active\[\]=29087&chart_type=line](https://www.usnews.com/news/healthiest-communities/coronavirus-data/covid-deaths?active[]=29005&active[]=29087&chart_type=line)

Rural Missouri experienced a higher COVID-19 mortality rate than statewide and urban rates.

Males living in rural areas were 16% more likely to die from COVID-19 than males in urban areas. Females were 7% more likely to die from COVID-19 than their urban counterparts.

COVID-19 is expected to rank as the third leading cause of death for the year 2020 following heart disease and cancer. These only include figures where COVID-19 was the leading cause of death and not the secondary cause of death.

20,454 Missourians were lost to COVID-19 to date. 50 were residents of Atchison or Holt County.

Leading Cause of Death: Heart Disease

Heart disease remains prevalent in Atchison and Holt County and across rural Missouri. Death rates from heart disease are declining across Missouri rural counties, but remain higher than for urban counterparts

Interesting fact-31.6% of CHNA respondents report having high blood pressure. A key indicator for heart disease.

Heart Disease Death Rates by Year
Missouri, 2009-2019



*Indicates a rate that is statistically significantly higher, using 95% confidence intervals
Age-adjusted rates per 100,000 population

Heart Disease Death Rate
Missouri, 2009-2019



*Indicates a rate this is statistically significantly higher, using 95% confidence intervals
Age-adjusted rates per 100,000 population

Source:

<https://health.mo.gov/living/families/ruralhealth/pdf/biennial2020.pdf>

Other Leading Causes of Death

Second Leading Cause of Death: Cancer

- Rural Missourians have a higher death rate from cancer than urban counties; however, cancer death rates are decreasing.
- Lung and colorectal cancer are the leading types of cancer in Atchison and Holt County and tend to occur at higher rates than urban areas.

Source:

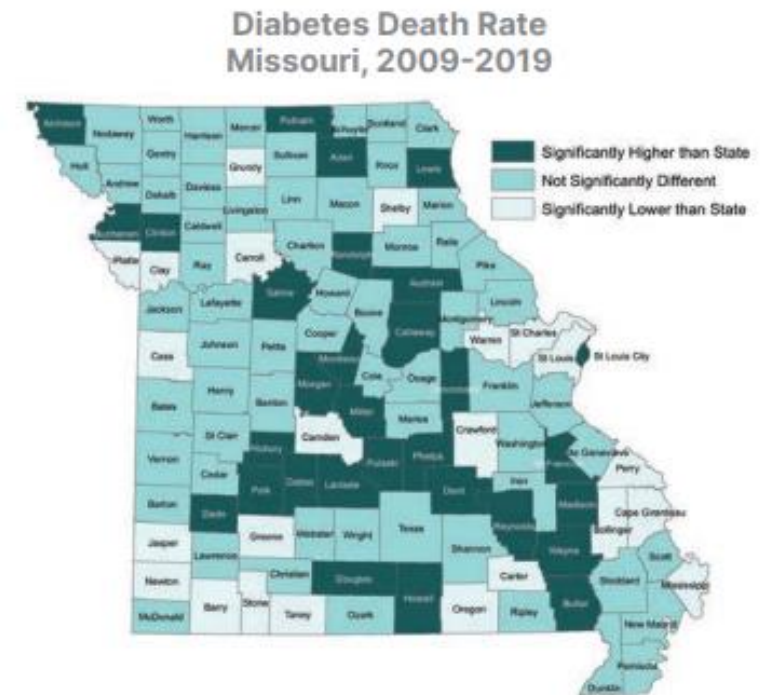
<https://healthapps.dhss.mo.gov/MoPhims/ProfileBuilder?pc=10>

Third Leading Cause of Death: Chronic Lower Respiratory Disease

- Rural Missourians are 44.9% more likely to die from chronic lower respiratory diseases than urban Missourians.
- Death rates in Atchison and Holt County are higher than the State of Missouri.

Other Concerns Continue

- Rural counties have higher stroke death rate than urban counties.
- Complications from diabetes are higher in Atchison and Holt than state rates.
- Alzheimer's is the sixth leading cause of death in Missouri. In aging populations, this continues to be a concern.



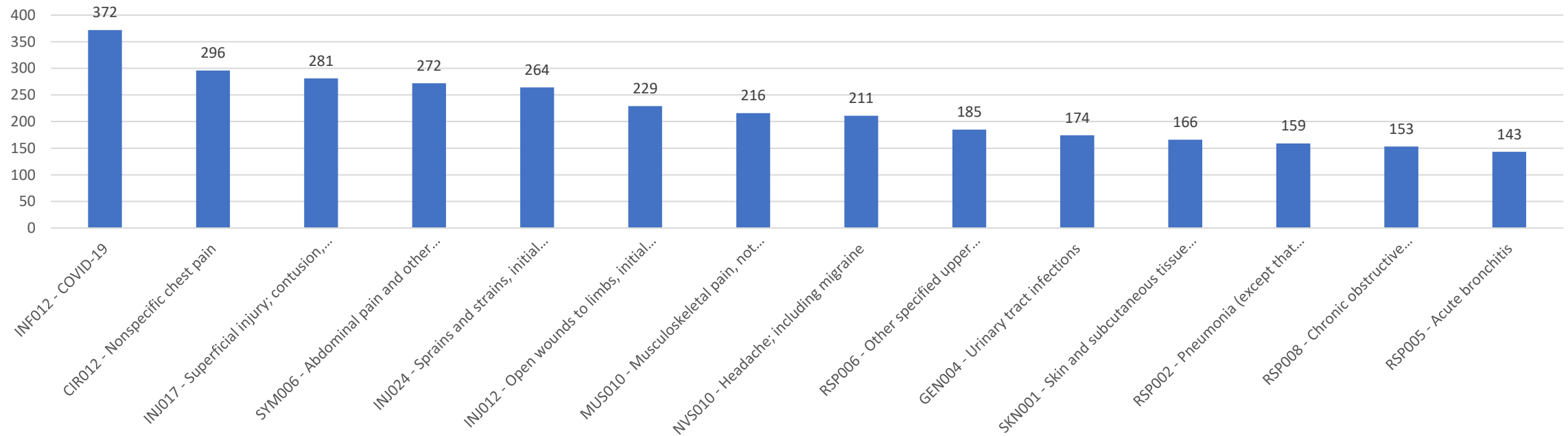
e Missouri Public Health Information Management System (MOPHIMS): Death M

Source:

<https://health.mo.gov/living/families/ruralhealth/pdf/biennial2020.pdf>

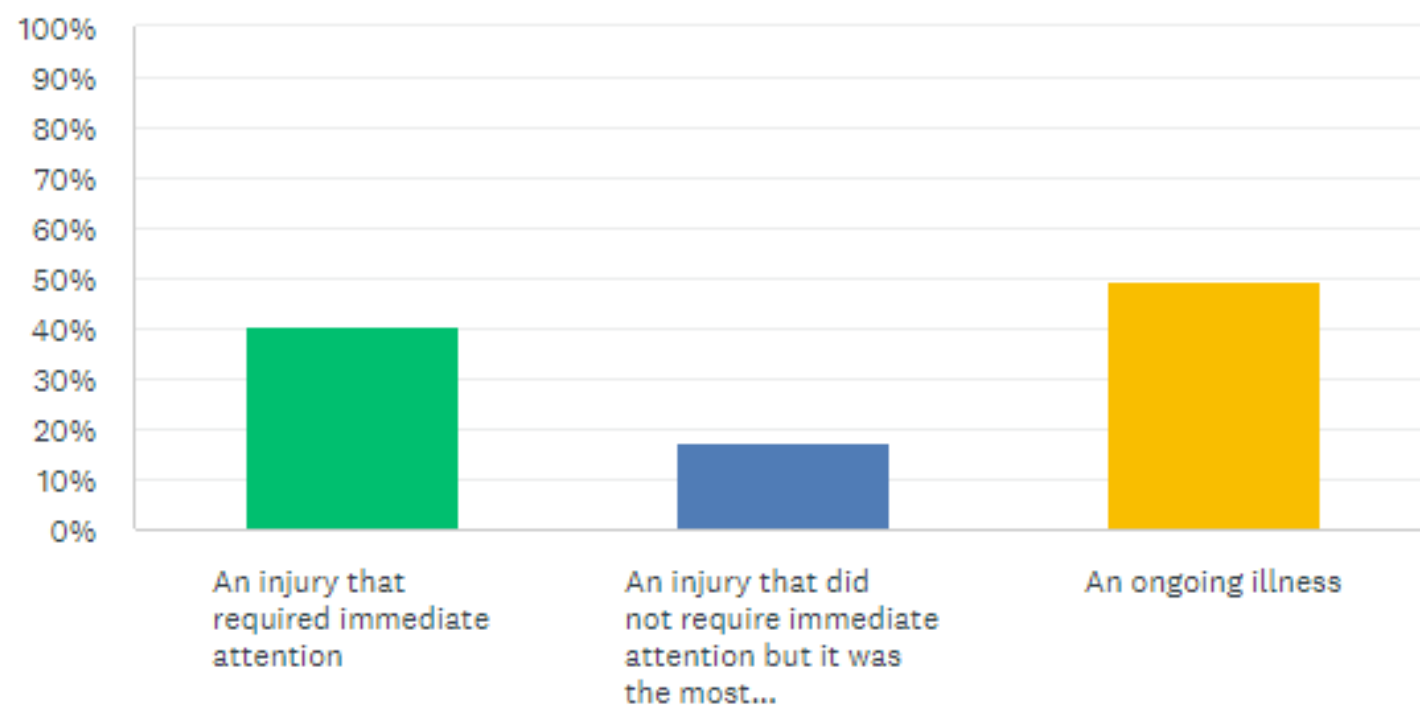
Emergency Room Utilization

Emergency Room Discharge Count (July 2019-February 2022)



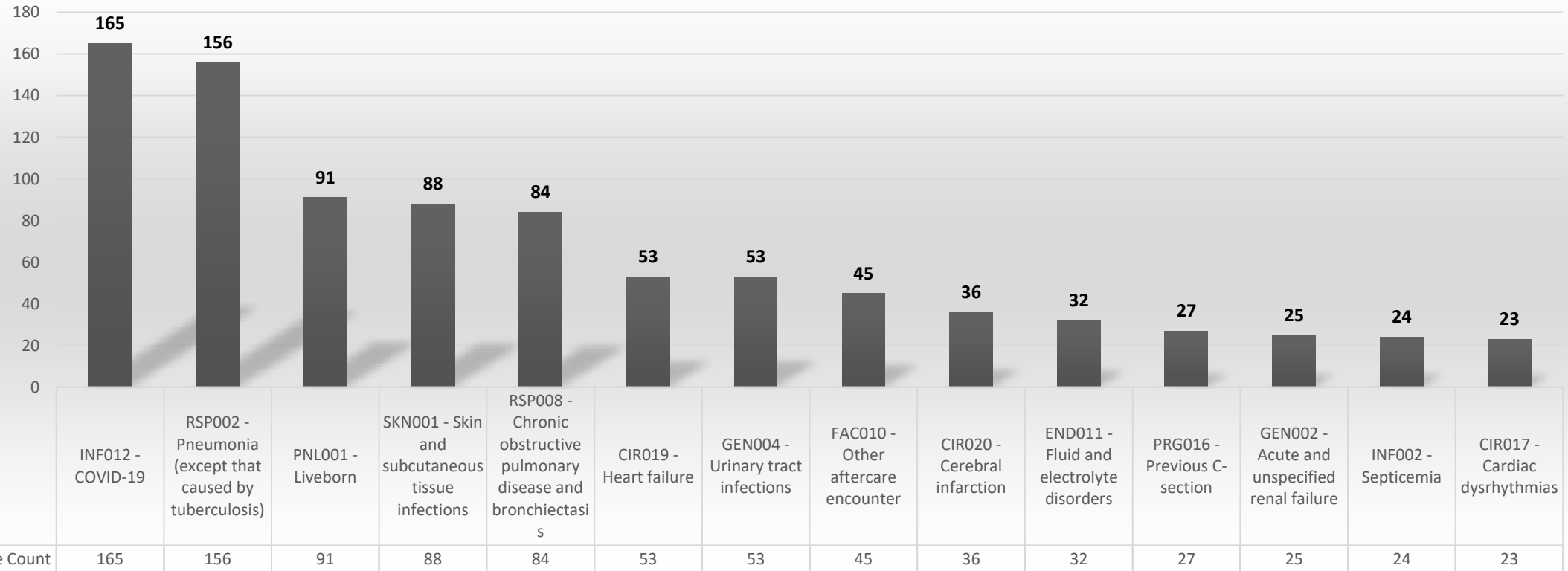
If you or a household member used a hospital emergency room in the past 12 months was it due to: (Choose all that apply)

Answered: 149 Skipped: 263



Inpatient Utilization

Inpatient Discharge Count by Diagnosis (July 2019-February 2022)



Poor or Fair Health



Approximately 17% of Atchison and Holt County residents report poor or fair health.



Residents from Atchison and Holt report around 4.3 physically unhealthy days per month.



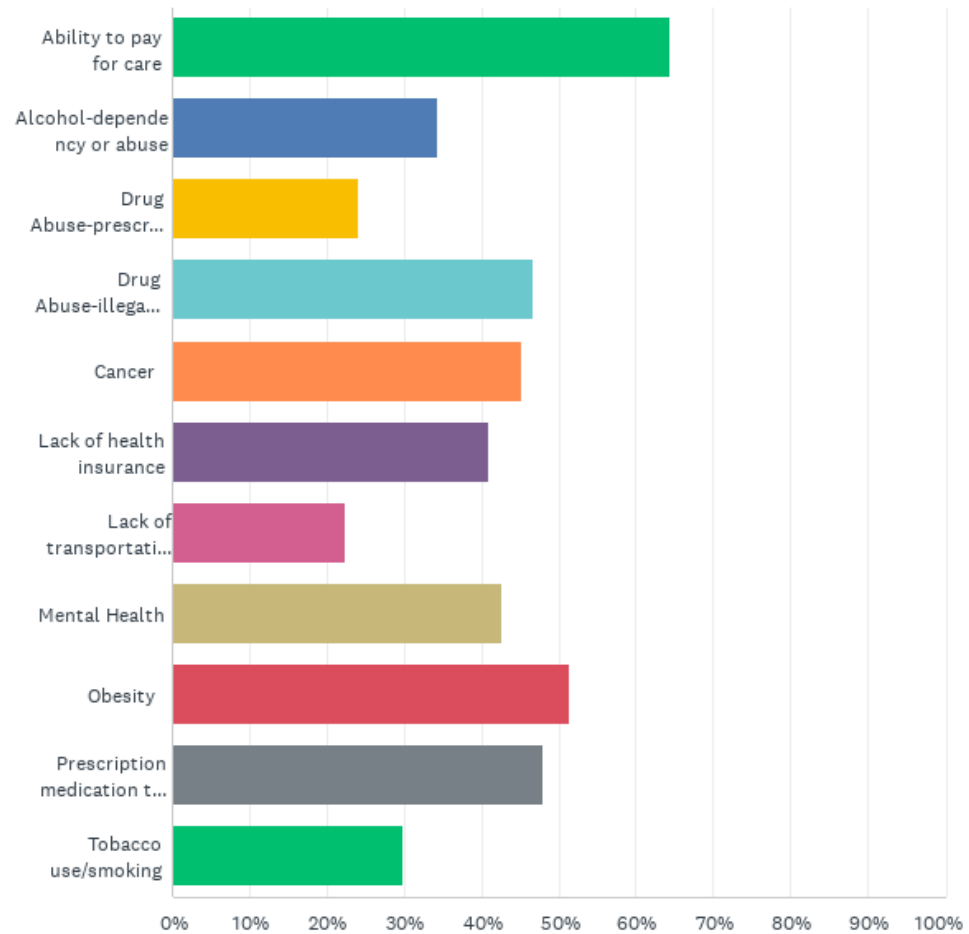
13% of residents describe 14 or more days of poor physical health.



While these statistics may seem startling, both counties rank favorably compared to the remainder of the state.

Source: <https://exploremohealth.org/>

Q27 What do you think are the most pressing health problems in your community?(Choose all that apply.)



When Asked
what Other
Health
Services are
Needed,
CHNA
Respondents
Said

Transportation

More Access to Physician Clinic Appointments

Mental Health Providers

Urgent Care (ER Alternative)

Better Outpatient Coordination of Care

Chemotherapy

ENT

Podiatry

Dermatology

Pulmonology

Healthy Community Activities



Mental Health

Mental Health is a Growing Issue

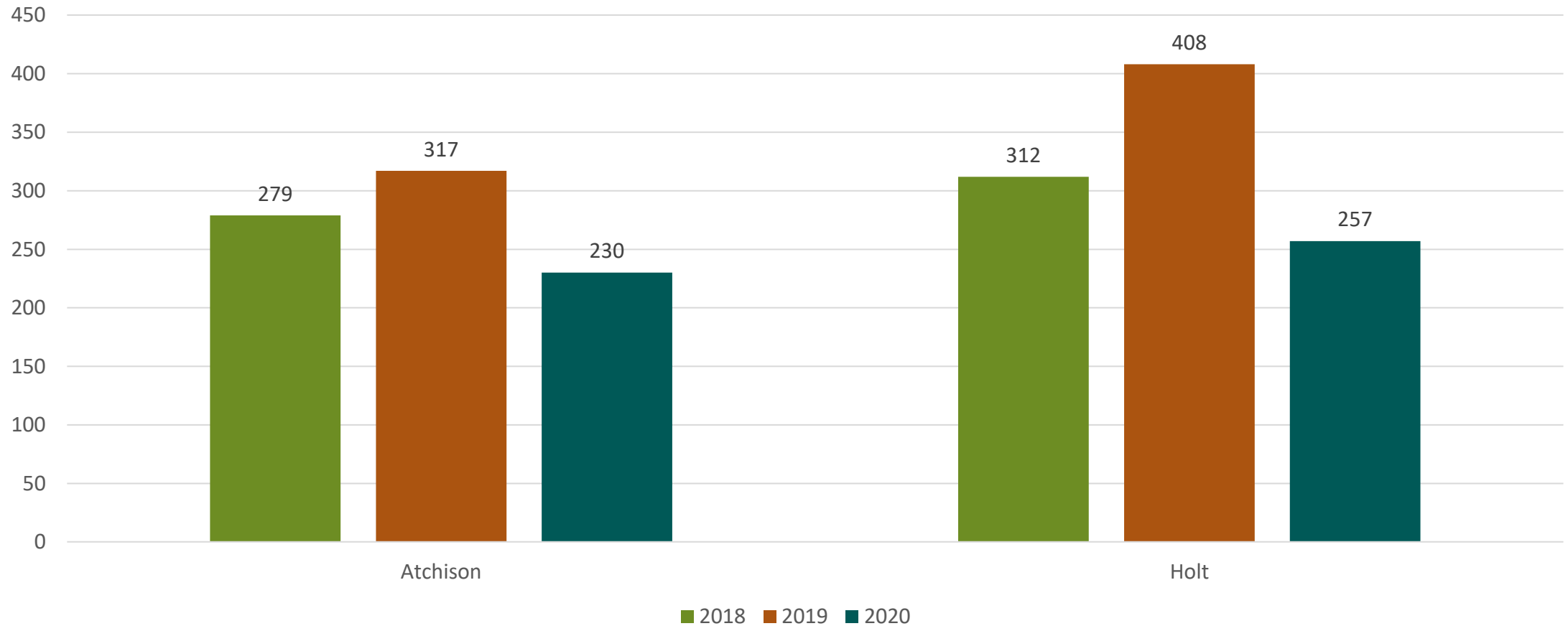
13% of Atchison and Holt County adults report frequent mental distress

33% of CHNA respondents report depression sometimes being a problem in their household

CHNA Focus Group Members cited mental health of their constituencies as their primary concern

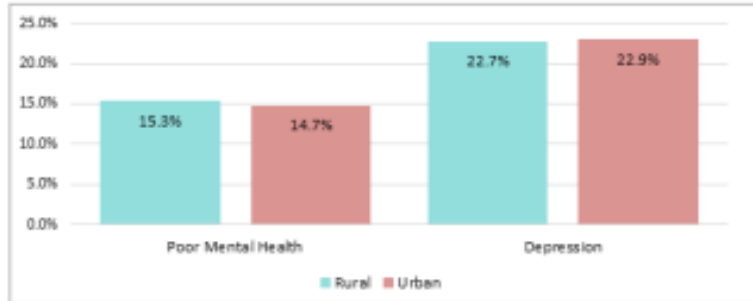
Source: <https://exploremohealth.org/>

Emergency Room Encounters (Mental Illness Principal or Secondary Diagnosis)



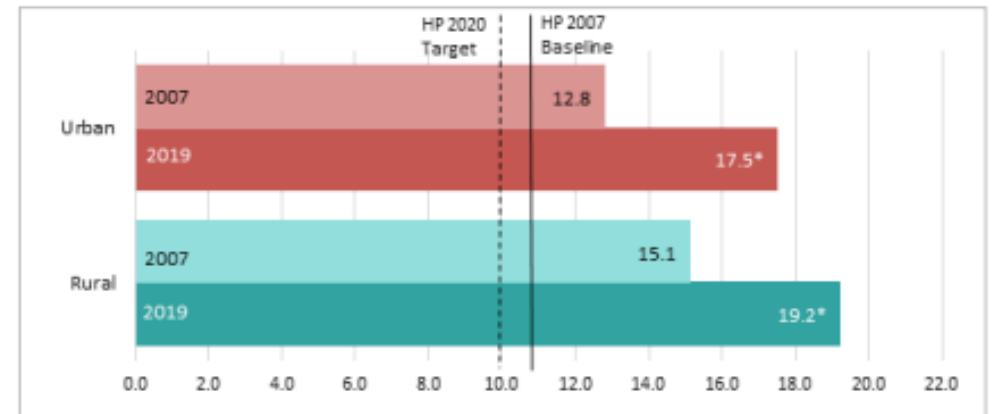
Mental Health

Mental Health Among Adults Missouri BRFSS, 2019



*Indicates a statistically significant difference at the 95% confidence level. Results are based on response of “Yes” to the questions “Ever told you had a depressive disorder (including depression, major depression, dysthymia, or minor depression)?” or a response of “14 days or more” to the question “Including stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?”

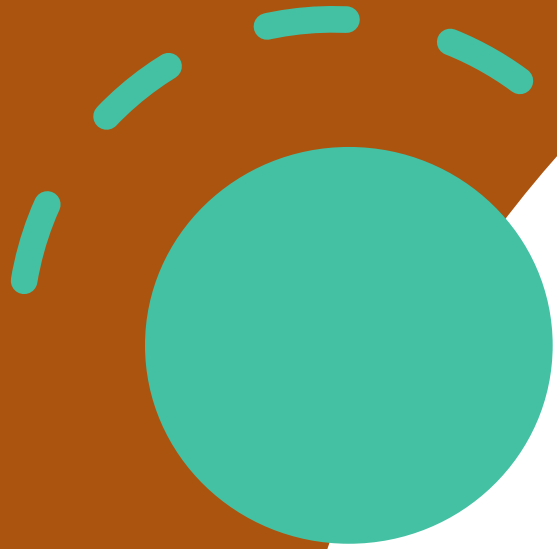
Suicide Death Rates Missouri, 2007 and 2019



*Indicates a rate that is statistically significantly higher, using 95% confidence intervals
Age-adjusted rates per 100,000 population

Source:

<https://health.mo.gov/living/families/ruralhealth/pdf/biennial2020.pdf>



About the Survey

Who Responded

- 420 individuals with 939 household members represented
- Primarily women
- Primarily Atchison County
- 50% with household incomes less than \$75,000/year
- 250 surveys were mailed to a random list of individuals 65 and older, 84 responded
- 306 surveys were collected electronically



Outreach



Paid reach on social media



Pop up on website



Mailing to 250 senior adults



Public speaking engagements in front of approximately 100



Email distribution to approximately 150

Focus Group Participants

Second Harvest

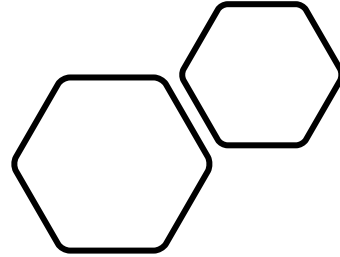
Local Clergy

School Administration and Nursing Staff

Other Healthcare Providers

Public Administrators

The CHNA was adopted by the CH-F Board of Directors on May 25, 2022. Implementation Plan will soon be adopted.



- Questions about the CHNA Survey or process can be directed to
- Ann Schlueter
- COO
- (660) 686-2317
- AnnS@FairfaxMed.com