

# Mitchell County Community Health Needs Assessment



Mitchell County, KS

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Collaboratively Created by:

Mitchell County Health Department

Mitchell County Hospital Health Systems

Mitchell County Regional Medical Foundation

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## Executive Summary

The Patient Protection and Affordable Care Act created a new IRS code, which imposes additional requirements on tax-exempt hospitals. Specifically hospitals must complete a Community Health Needs Assessment (CHNA) at least once every three years. The CHNA must include input from persons who represent the broad interest of the community and persons having public health knowledge or expertise. The assessment must be made widely available to the public, and a written implementation strategy, adopted by the Board of Directors, must be developed to address identified community needs.

Mitchell County Health Department partnered with Mitchell County Hospital Health Systems, Mitchell County Regional Medical Foundation and the AWARE NCK (local health coalition) to conduct a comprehensive community health assessment of Mitchell County. Through the assessment process the collective group met all requirements and generated opportunities for improvement of health and wellness for Mitchell County.

Individuals from the collaborating entities came together to form the CHNA steering committee with the AWARE NCK team leading the actions steps of the assessment. The steering committee along with AWARE NCK coalition members researched and analyzed community health data, conducted surveys to determine strategic outcomes and proposed a strategic action plan to address the assessment issues. From the collection of the plan a public meeting was held to present to the general patrons of Mitchell County.

Contained in the full report is a detailed overview of the assessment process, key findings and priority strategies for the Mitchell County Community Health Needs Assessment process. Below is an overview of the assessment process and priority strategies that were identified through the Mitchell County CHNA.

### Data Collection Methodology:

- Review of local and regional existing data provided by state organizations and national resources (secondary data)
- Countywide sampling survey of 500 household survey in Mitchell County performed by North Central Regional Planning Commission
- CHANGE Tool assessment survey process performed on local Mitchell County sectors by collaboration of Mitchell County Regional Medical Foundation and AWARE NCK health coalition

Secondary data and the survey results collected by the collaborating Mitchell County leadership team for the CHNA showed a multiple key findings. The leadership team reviewed all findings and data and collaborated to create the top three health related priorities for Mitchell County:

Priority #1: Increase overall physical activity and health eating for adults and youth in Mitchell County.

Priority #2: Increase collaborative efforts between healthcare organizations of Mitchell County to educate and reduce chronic disease.

Priority #3: Decrease tobacco usage in Mitchell County residents.

Through collaboration and planning of the Mitchell County CHNA leadership team Priority areas #1 and #2 were selected for action plans and implementation strategies to focus on for the overall health of Mitchell County. Priority area #3 will be addressed in future years in Mitchell County through a collaboration of the current CHNA leadership team and the Mitchell County Health Department through implementation strategies of the Chronic Disease Risk Reduction Grant program of the Mitchell County Health Department and the local Mitchell County Health Families Coalition.

**Priority #1 Increased physical activity and access to health eating for Mitchell County Residents.**

- Foster education and engagement from Mitchell County citizens to increase physical activity options and usage.
  - Address through wellness initiatives:
    - AWARE NCK coalition to support and engage policymakers and decisionmakers of Mitchell County to create and implement community connectivity plans to increasing walking, biking and running in Mitchell County,.
    - Targeted plans: Safe Routes to School City of Beloit, Comprehensive Planning for the City of Beloit, Increased sidewalk budget and planning for all communities of Mitchell County.
- Foster increased education and engagement from Mitchell County citizens to make healthy eating choices.
  - Address through nutrition initiatives:
    - AWARE NCK coalition to support and engage policymaker, business entities and worksite and general community members to increase access to health food choices/options for Mitchell County.
    - Targeted plans: Partnership for health food education with local grocery stores of Mitchell County, Food policy council research and implementation, increased usage and support of Mitchell County community gardens and farmer's markets.

**Priority #2: Increase collaborative efforts between healthcare organizations of Mitchell County to educate and reduce chronic disease.**

- Creation of Mitchell County Leadership team to implement community health improvement planning to focus on reducing chronic disease in Mitchell County residents.
  - Address through Health System Collaborative initiatives:
    - MCHHS, Mitchell County Health Department and Mitchell County Regional Medical Foundation to collaborate to create shared stakeholder team to lead community health improvement planning for Mitchell County.

-Targeted plans: Creation of stakeholder steering committee to encompass stakeholders from across Mitchell County; extensive research on health related chronic disease prevalence in Mitchell County; community health improvement planning and implementation across community coalitions and community health systems.



## Mitchell County CHNA: Full Report

### *Mitchell County Demographics*

#### *Geography:*

Mitchell County, Kansas, consists of 701 square miles, lying in north-central Kansas. Mitchell county is bordered by Jewell County to the north, Cloud County to the east, Lincoln County to the south and Osborne County to the west. Located along US Hwy 24 approximately 20 plus miles west of US-81 hwy.

#### *Total Population*

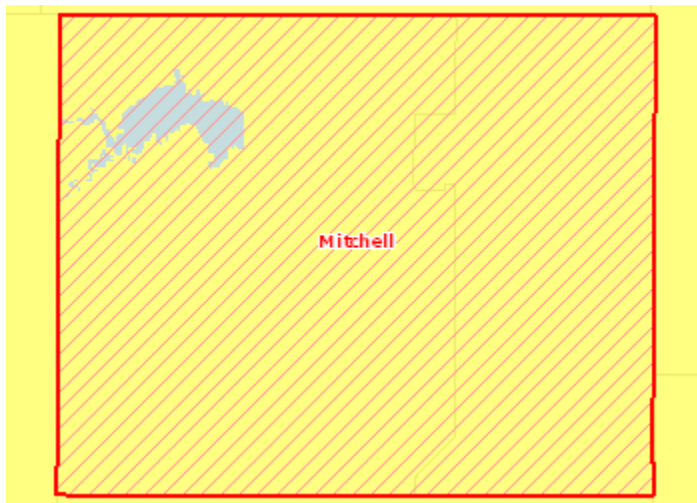
Reviewing and understanding the current population data was a key part of the Mitchell County CHNA process to better plan and strategize the community health needs and the community health improvement process.

A total of 6,368 people live in the 701.61 square mile report area defined for this assessment according to the U.S. Census Bureau American Community Survey 2009-13 5-year estimates. The population density for this area, estimated at 9.08 persons per square mile, is less than the national average population density of 88.23 persons per square mile.

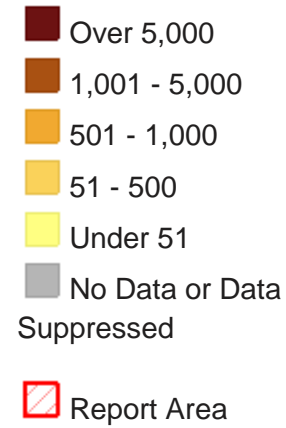


Report Area	Total Population	Total Land Area (Square Miles)	Population Density (Per Square Mile)
Mitchell County, KS	6,368	701.61	9.08
Kansas	2,868,107	81,737.08	35.09
United States	311,536,591	3,530,997.6	88.23

Data Source: US Census Bureau, [American Community Survey](#). Source geography: Tract

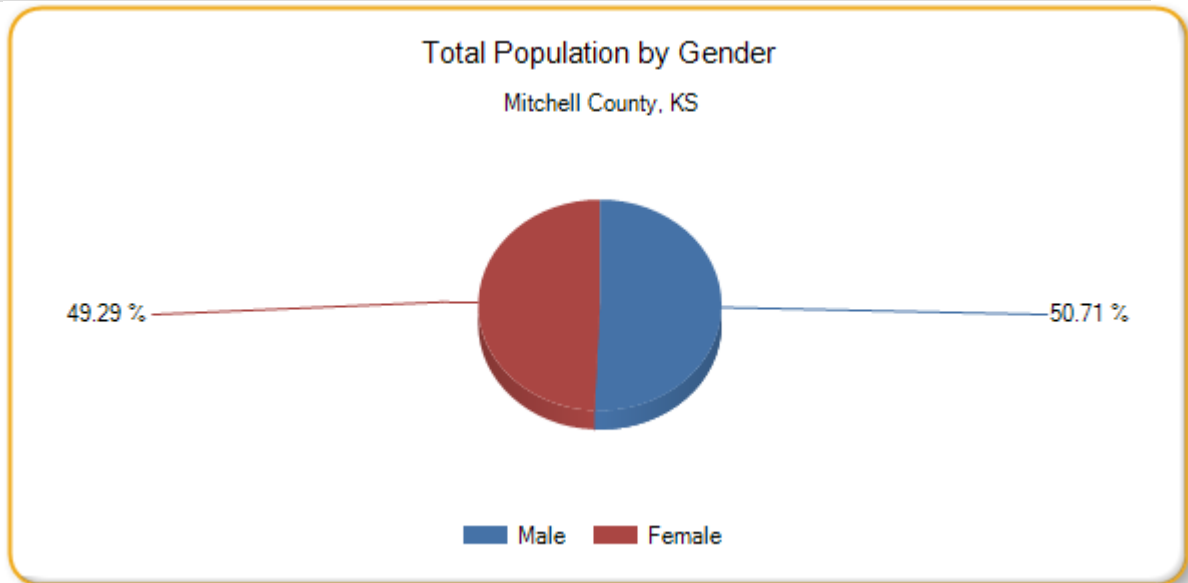


**Population, Density  
(Persons per Sq Mile)  
by Tract, ACS 2009-13**



**Total Population by Gender**

Report Area	Male	Female	Percent Male	Percent Female
Mitchell County, KS	3,229	3,139	50.71%	49.29%
Kansas	1,425,049	1,443,058	49.69%	50.31%
United States	153,247,408	158,289,184	49.19%	50.81%



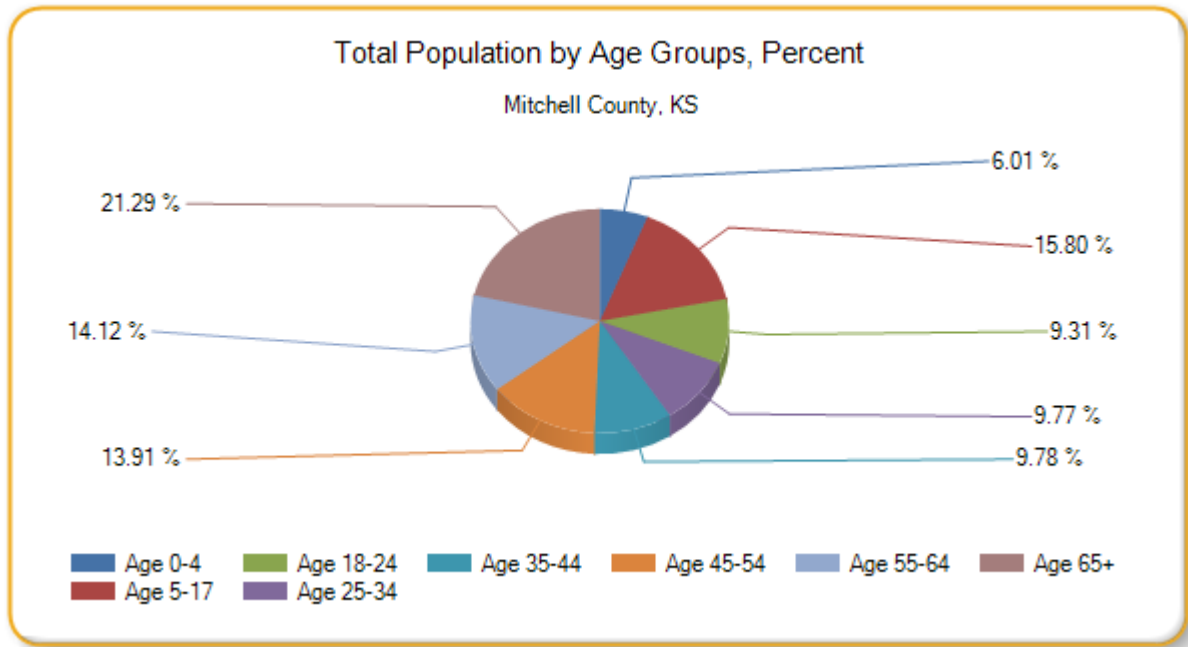
**Total Population by Age Groups, Total**

Report Area	Age 0-4	Age 5-17	Age 18-24	Age 25-34	Age 35-44	Age 45-54	Age 55-64	Age 65
Mitchell County, KS	383	1,006	593	622	623	886	899	1,356
Kansas	202,761	522,001	293,335	381,456	346,176	393,937	342,189	386,252
United States	20,052,112	53,825,364	31,071,264	41,711,276	40,874,160	44,506,268	37,645,104	41,851,040

**Total Population by Age Groups, Percent**

Report Area	Age 0-4	Age 5-17	Age 18-24	Age 25-34	Age 35-44	Age 45-54	Age 55-64	Age 65
Mitchell County, KS	6.01%	15.8%	9.31%	9.77%	9.78%	13.91%	14.12%	21.29%
Kansas	7.07%	18.2%	10.23%	13.3%	12.07%	13.74%	11.93%	13.47%
United States	6.44%	17.28%	9.97%	13.39%	13.12%	14.29%	12.08%	13.43%



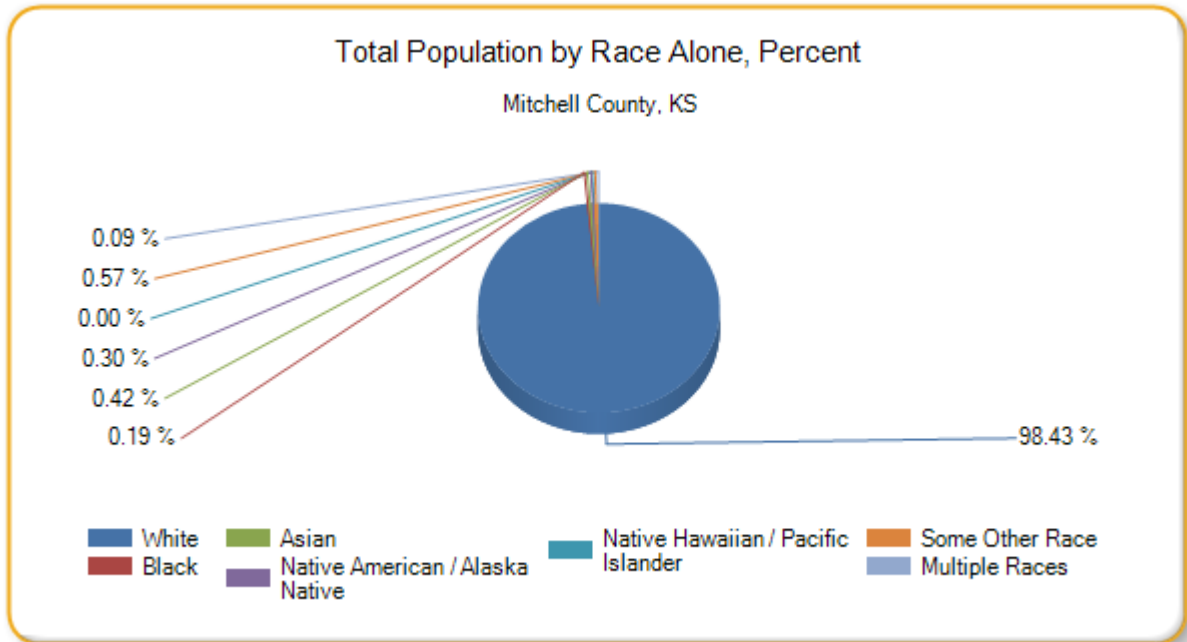


### Total Population by Race Alone, Total

Report Area	White	Black	Asian	Native American / Alaska Native	Native Hawaiian / Pacific Islander	Some Other Race	Multiple Races
Mitchell County, KS	6,268	12	27	19	0	36	6
Kansas	2,449,273	164,299	70,408	23,958	1,887	65,807	92,475
United States	230,592,576	39,167,008	15,231,962	2,540,309	526,347	14,746,054	8,732,333

**Total Population by Race Alone, Percent**

Report Area	White	Black	Asian	Native American / Alaska Native	Native Hawaiian / Pacific Islander	Some Other Race	Multiple Races
Mitchell County, KS	98.43%	0.19%	0.42%	0.3%	0%	0.57%	0.09%
Kansas	85.4%	5.73%	2.45%	0.84%	0.07%	2.29%	3.22%
United States	74.02%	12.57%	4.89%	0.82%	0.17%	4.73%	2.8%

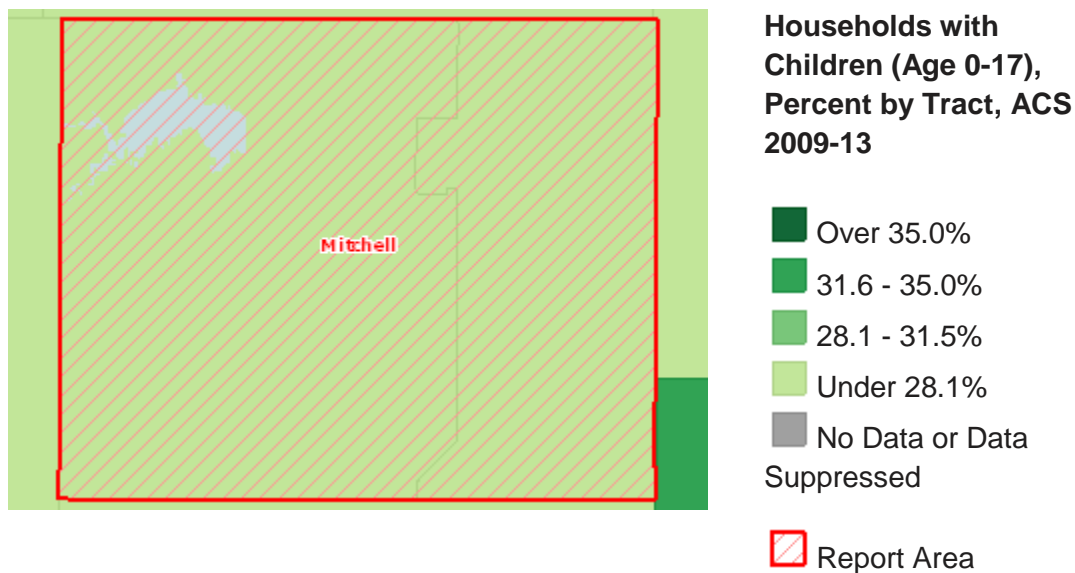


*Families with Children*

According to the most recent the American Community Survey estimates, 24.36% of all occupied households in the report area are family households with one or more child(ren) under the age of 18. A family household is any housing unit in which the householder is living with one or more individuals related to him or her by birth, marriage, or adoption. A non-family households are any households occupied by the householder alone, or by the householder and one or more unrelated individuals.

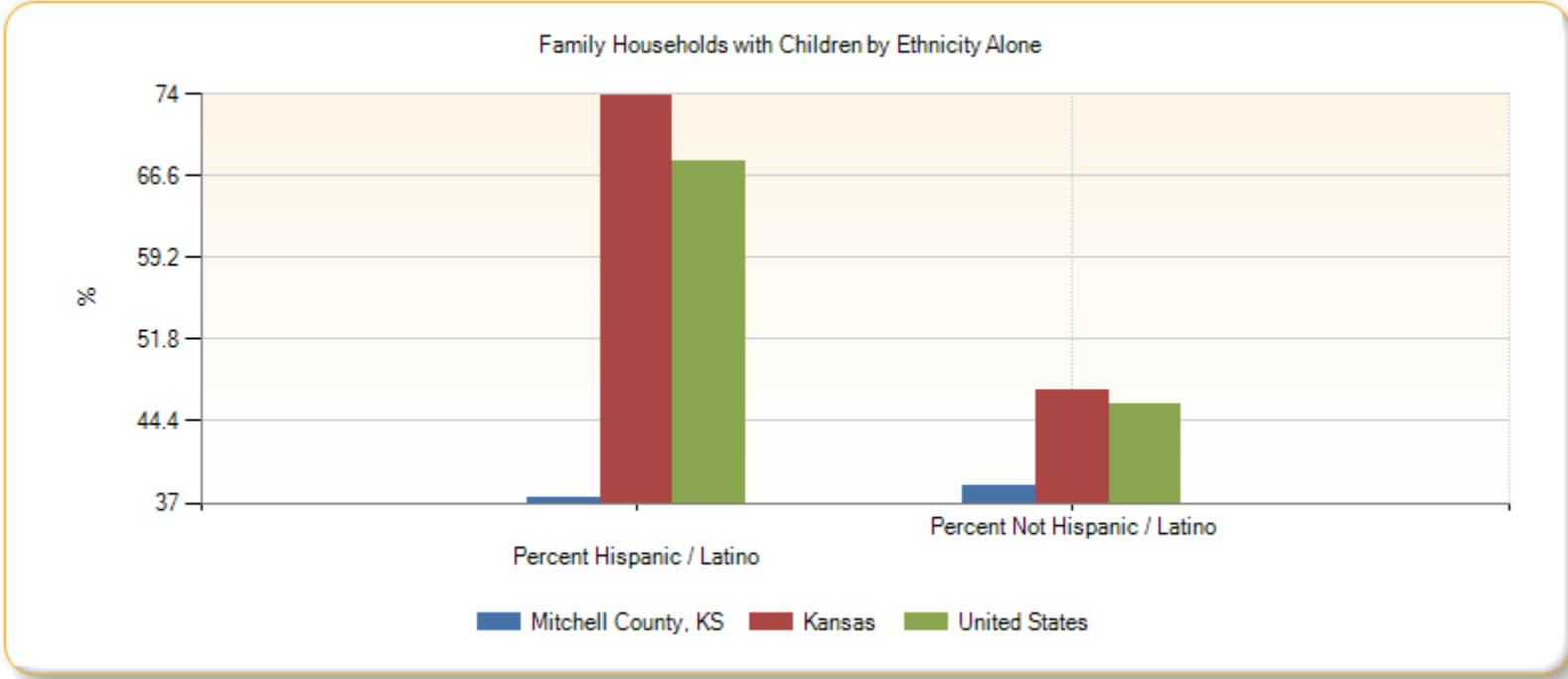
Report Area	Total Households	Total Family Households	Families with Children (Under Age 18)	Families with Children (Under Age 18), Percent of Total Households
Mitchell County, KS	2,804	1,770	683	24.36%
Kansas	1,110,440	729,607	362,197	32.62%
United States	115,610,216	76,744,360	37,741,108	32.65%

Data Source: US Census Bureau, [American Community Survey](#). Source geography: Tract



### Family Households with Children by Ethnicity Alone

Report Area	Total Hispanic / Latino	Total Not Hispanic / Latino	Percent Hispanic / Latino	Percent Not Hispanic / Latino
Mitchell County, KS	9	674	37.5%	38.6%
Kansas	45,541	315,309	73.91%	47.2%



Report Area	Total Hispanic / Latino	Total Not Hispanic / Latino	Percent Hispanic / Latino	Percent Not Hispanic / Latino
United States	7,195,881	30,405,692	67.82%	45.98%

