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COMMUNITY HEALTH ASSESSMENT (CHA)

A Supplement to the CHA Handbook

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COMMUNITY HEALTH ASSESSMENT (CHA)

A Supplement to the CHA Handbook

APRIL 2015

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INTRODUCTION

Community assessment is the regular and systematic collection, analysis and dissemination of information on the health of the community, including statistics on health status, awareness of community health needs and strengths, and the utilization of available expertise to understand this information.

This section focuses on the collection and analysis of health-related data. The data are broken down into several sections:

- Demographics
- Education
- Socio-Economic
- Maternal and Child Health (MCH)
- Mortality
- Health Behaviors
- Disease and Poor health
- Violence and Injuries
- Access
- Environmental

Each section includes questions to consider when collecting and analyzing data, a list of selected indicators, links to the indicator website and data sources for other indicators. This is a list of indicators recommended for all jurisdictions in Kansas to include in their community or state health assessments. Other indicators should be considered, depending on local circumstances, from local data sources, special studies, state and federal agencies.

Questions to Consider for All Indicators:

- How has this indicator been changing? Is it getting better or worse?
- How does this county/region compare on this indicator to other communities (counties, the state, the nation)?
- Do the trends seem reflective of the age profile of the county/region? Of the racial/ethnic diversity of the county/region? Of the poverty rates in the county/region? Of other factors?

OVERVIEW OF SOURCES OF INFORMATION

Kansas Health Matters

www.kansashealthmatters.org

The Kansas Health Matters website is intended to help hospitals, health departments, community members and policymakers learn about the health of the community and how to improve it. It provides local health data, resources, promising best practices, and information about community events related to important community health issues. The site specifically aims at supporting the development of community health assessments and community health improvement plans by hospitals and local health departments, but its content is also relevant for anyone interested in how to assess and improve the health of communities. Kansas Health Matters was created by the Kansas Health Matters Partnership (a collaborative among several Kansas organizations).

Kansas County Health Rankings

<http://www.countyhealthrankings.org> (click on Kansas)

This site contains county-level information for 15 measures that are described by 29 indicators of health status as well as health determinants. Values for one or multiple counties can be compared and downloaded. Regional values for some of the indicators also are available.

Kansas Information for Communities (KIC)

<http://kic.kdheks.gov>

KIC is a health information portal maintained by the Kansas Department of Health and Environment with health data that one can query as well as links to many other data reports and information. KIC enables one to query vital events and other health care data. Data sets that can be queried are: births, deaths, cancer incidence, hospital discharges by diagnosis, hospital discharges by procedure, Kansas population estimates and pregnancies. KIC also allows grouping of data by preparedness region.

Kansas Department Of Health And Environment (KDHE)

Kansas Annual Summary of Vital Statistics

<http://www.kdheks.gov/hci/annsumm.html>

The Kansas Annual Summary of Vital Statistics is KDHE's report on births, deaths, marriages, marriage dissolutions and abortions for each calendar year.

Kansas Annual Behavioral Risk Factor Surveillance System Data

<http://www.kdheks.gov/brfss/>

Site includes local (county-level) behavioral risk factor data.

Kansas State Department of Education – Comparative Reports

<http://cpfs.ksde.org/cpfs/>

This site has detailed information on schools and education by county and school district.

U.S. Census Bureau: State and County Quick Facts

<http://quickfacts.census.gov/qfd/>

Quick Facts provides frequently requested U.S. Census Bureau information at the national, state, county, and city level.

Small Area Income and Poverty Estimates (SAIPE)

<http://www.census.gov/did/www/saipe/index.html>

The U.S. Census Bureau, with support from other federal agencies, created the Small Area Income and Poverty Estimates (SAIPE) program to provide more current estimates of selected income and poverty statistics than those from the most recent decennial census.

Estimates are created for school districts, counties and states. The main objective of this program is to provide updated estimates of income and poverty statistics for the administration of federal programs and the allocation of federal funds to local jurisdictions. These estimates combine data from administrative records, intercensal population estimates and the decennial census with direct estimates from the American Community Survey to provide consistent and reliable single-year estimates. These model-based single-year estimates are more reflective of current conditions than multi-year survey estimates.

American Community Survey

<http://www.census.gov/acs/www/>

The American Community Survey (ACS) is an ongoing survey that collects data on a sample of the population every year—giving communities the current information they need to plan investments and services. Annual estimates are generated for areas with populations of at least 65,000. For areas with populations between 20,000 and 65,000, estimates are generated every three years. All areas have estimates updated at least every five years. The ACS asks about age, sex, race, household composition, income and benefits, health insurance, education, veteran status, disabilities, transportation to work and basic costs of living.

U.S. Bureau of Labor: Local Area Unemployment Statistics

<http://www.bls.gov/lau/tables.htm>

This site contains state, urban and county data on employment.

COMPARISON JURISDICTIONS

Measures from one jurisdiction usually gain more meaning when they are compared to those in neighboring or similar jurisdictions. The Kansas Health Matters website allows users to compare health measures in one county to the Kansas measure, to the county's public health preparedness region, or other counties as selected by the user.

To compare a county to peer counties:

1. Navigate to kansashealthmatters.org
2. Under the "Find Data" drop-down menu, choose "Community Dashboard"
3. Select the county of interest
4. Select the health measure of interest

At the bottom of the indicator page for the selected health measure, select "view by: County" to compare a county of interest to all other Kansas counties. You can also click on the "Create Indicator Comparison Report" link to customize a report to include peer counties, one or more public health preparedness regions and/or the state.

KEY HEALTH INDICATORS

Key health indicators represent a foundation for community health needs assessment efforts. The 20 indicators, taken from the 100 core health indicators in Kansas Health Matters address health issues of high public health relevance that are most prevalent throughout Kansas. The Kansas Health Matters Partnership recommends these measures be part of every health assessment and improvement discussion. While communities may want to address other issues, the priority indicators should be reviewed. All the priority indicators are available on the Kansas Health Matters website.

- Percentage of Adults Participating in Recommended Level of Physical Activity
- Percentage of Adults Who are Obese
- Percentage of Adults Who are Overweight
- Percent of Infants Fully Immunized at 24 Months
- Percentage of Adults Ages 18 Years and Older Who Received a Flu Shot During the Past 12 Months
- Sexually Transmitted Disease Rate
- Infant Mortality Rate
- Percent of Births Where Mother Smoked During Pregnancy
- Percent of Births with Low Birth Weight
- Percentage of Adults Who Currently Smoke Cigarettes
- Percentage of Adults with Diagnosed Diabetes
- Age-adjusted Heart Disease Mortality Rate per 100,000 population
- Age-adjusted Mortality Rate per 100,000 Population
- Age-adjusted Suicide Mortality Rate per 100,000 Population
- Age-adjusted Traffic Injury Mortality Rate per 100,000 Population
- Percentage of Adults with Fair or Poor Self-Perceived Health Status
- Rate of Violent Crime per 1,000 Population
- Uninsured Adult Population Rate
- Percentage of Adults with High Cholesterol
- Percentage of Adults with Hypertension

SPECIFIC INDICATORS AND SOURCES

The following list contains several sources of data and a description of indicators that could be helpful for a CHA process. Please note many of these indicators are also available on Kansas Health Matters but sometimes these sites may contain additional information not available the site. Also, in some cases, the values reported for each indicator by Kansas Health Matters and these sites may be slightly different, due to differences in methods and statistical adjustments. When in conflict, it is strongly recommended to use the values from Kansas Health Matters, which are usually the official values reported by the Kansas Department of Health and Environment.

DEMOGRAPHICS

Questions to Consider

- How does a population differ from the state by age, race and sex? Where are the greatest variations?
- Is the population increasing or decreasing?
- What are the county/region’s largest age groups? Are there large variations that are likely to impact health or the need for certain types of health promotion and disease prevention activities?
- Do the data suggest special health needs in certain areas, such as family planning, obstetrics or geriatrics?
- Is the population aging (an increasing proportion of older people over time)?
- Is the county/region becoming more racially and ethnically diverse?

Selected Indicators	Website
Population by age	http://quickfacts.census.gov/qfd/states/20000.html
Population by race	http://quickfacts.census.gov/qfd/states/20000.html
Population by ethnicity	http://quickfacts.census.gov/qfd/states/20000.html
Languages spoken at home	http://quickfacts.census.gov/qfd/states/20000.html

EDUCATION

Questions to Consider

- What is the overall educational level of the population in the area?
- Has the dropout rate been increasing or decreasing?
- Are schools providing more free and reduced-price lunches?
- Is the racial and ethnic diversity of public school enrollees increasing?

Selected Indicators	Website
Dropout rate	http://online.ksde.org/k12/k12.aspx
Free and reduced lunches	http://online.ksde.org/k12/k12.aspx
School enrollment by race and ethnicity	http://online.ksde.org/k12/k12.aspx
4 th Grade Students Proficient in Reading	http://online.ksde.org/k12/k12.aspx

ECONOMIC STATUS

Questions to Consider

- How does the income in the county/region compare to that in other counties and the state?
- How does the county/region’s population differ from the state in terms of socioeconomic characteristics? Where are the greatest variations?
- How does the size of the WIC population compare to that of similar counties or the state?

Selected Indicators	Website
Median household income	http://quickfacts.census.gov/qfd/states/20000.html
All ages in poverty	http://www.census.gov/did/www/saipe/index.html
Under age 18 in poverty	http://www.census.gov/did/www/saipe/index.html
Unemployment rate	http://www.dol.ks.gov/LMIS/Default.aspx

MATERNAL AND CHILD HEALTH

Questions to Consider

- For planning purposes, has the birth rate increased in past years? Has the poverty rate also increased?
- What are the demographic characteristics of mothers? Has the percent of mothers over age 35 increased over the years? Has the percent under age 20 increased? What is the racial composition of mothers? Has this changed over time?
- What percent of mothers have received prenatal care in the first trimester? Has this increased over time? Do younger mothers receive prenatal care later or earlier?
- Are infants born healthy (look at birth outcomes of infants including low birth weight, infant mortality, prematurity)? Note that you may have to aggregate years for these indicators.

Selected Indicators	Website
Birth rate	http://www.kdheks.gov/hci/annsumm.html
Low birth weight	http://www.countyhealthrankings.org
Teen pregnancy rate	http://kic.kdheks.gov/
Births to unmarried women	http://www.countyhealthrankings.org
Early prenatal care	http://kic.kdheks.gov/
Infant mortality rate (IMR)	http://www.kansashealthmatters.org/

MORTALITY

Questions to Consider

- What are the leading causes of death in the county/region? Have these remained consistent or are they changing? What age/race/sex groups are involved?
- Examine the leading causes of death by age group. Where does the county/region vary considerably from the state?
- Are there large variations in the age-adjusted rates in specific race or sex groups?
- Looking at data from prior time periods, what trends can be identified in the mortality data?
- Compare the mortality rates for chronic conditions? Are there any trends in chronic conditions? What is getting better? What is getting worse?

Selected Indicators	Website
Overall death rate	http://www.kdheks.gov/hci/annsumm.html
Infant deaths	http://www.kdheks.gov/hci/annsumm.html
Deaths related to tobacco	http://www.kdheks.gov/hci/annsumm.html
Deaths from motor vehicle accidents	http://www.kdheks.gov/hci/annsumm.html

HEALTH BEHAVIORS

Questions to Consider

- Compare the various risk behaviors in adults to the state. Where are the greatest variations? Has there been an increase in risk behaviors?
- Compare the various protective behaviors in adults to the state. Where are the greatest variations? Has there been an increase in behaviors?
- Compare the various protective behaviors in students to the state. Where are the greatest variations? Has there been an increase in behaviors?

Selected Indicators	Website
Adult smoking	http://www.kansashealthmatters.org/
Adult obesity	http://www.kansashealthmatters.org/
Physical inactivity	http://www.kansashealthmatters.org/
Excessive drinking	http://www.kansashealthmatters.org/
Teen birth rate	http://www.kansashealthmatters.org/

DISEASE AND POOR HEALTH

Questions to Consider

- How do the sexually transmitted disease rates compare to other counties and the state?
- Are these rates increasing or decreasing?
- Are there disparities in these rates among different subpopulations in the county/region?

Selected Indicators	Website
Poor or fair health	http://www.kansashealthmatters.org/
Poor physical health days	http://www.countyhealthrankings.org/
Poor mental health days	http://www.countyhealthrankings.org/
Low birth weight	http://www.kansashealthmatters.org/
Sexually transmitted disease	http://www.kansashealthmatters.org/

VIOLENCE AND INJURIES

Questions to Consider

- Are trends in violence among adolescents increasing or decreasing?
- Are trends in violence among adults increasing or decreasing?
- What age/race/sex groups are impacted most by violent causes of death?
- Compare the mortality rates to the state? Where are the greatest variations?
- Are any of these trends reflective of population trends in the county/region (e.g., increased traffic, increased elderly population)?
- What age/race/sex groups are impacted most by unintentional causes of death?
- Are suicide mortality rates in the county/region increasing or decreasing?
- What mental health services are available to the county/region?
- Is there a shortage of mental health professionals in the area?

Selected Indicators	Website
Violent crime	http://www.kansashealthmatters.org/
Motor vehicle crash death rate	http://www.countyhealthrankings.org/
Premature death	http://www.countyhealthrankings.org/

ACCESS

Questions to Consider

- What percentage of residents in the county/region has insurance coverage? Has it been increasing or decreasing?
- Has the rate of physician-to-population in the county/region been increasing or decreasing? Is it lower or higher than the state average?
- Are residents in the county/region able to get the health care they need?

Selected Indicators	Website
Percentage of uninsured	http://www.kansashealthmatters.org/
Ratio of mental health providers to population	http://www.countyhealthrankings.org/
Ratio of dentist to population	http://www.kansashealthmatters.org/
Could not see a doctor due to costs	http://www.countyhealthrankings.org/

ENVIRONMENTAL HEALTH

Questions to Consider

- What is the role of the environment in disease?
- What is the air quality?
- What is the quality of water? Is water safe for drinking and for recreational use?
- What is the extent of developed land?
- How much and what types of waste are generated and managed?
- What type of public health nuisance complaints have been received by local government (e.g. garbage houses, meth labs)? Have they increased or decreased over the years? Are there certain types that have increased?
- What types of calls/complaints/referrals are logged that relate to environmental health issues (e.g. sewage draining into an open ditch, odor from a feedlot, secondhand smoke/clean indoor air act, others)? Have any type increased or decreased? What are the effects on the community?
- What is the maintenance status of houses in the county/region? Do they represent a health hazard?

Selected Indicators	Website
Housing with increased lead risk	http://www.kansashealthmatters.org/modules.php?op=modload&name=NS-Indicator&file=indicator&iid=764511
Nitrates and coliform levels in water	http://www.kansashealthmatters.org/modules.php?op=modload&name=NS-Indicator&file=index&&topic1=State&topic2=Kansas&topic=80
Air pollution-particulate matter days	http://www.countyhealthrankings.org/
Air pollution ozone days	http://www.epa.gov/airdata/ad_rep_aqi.html
Access to recreational facilities	http://www.countyhealthrankings.org/
Limited access to healthy foods	http://www.countyhealthrankings.org/
Fast food restaurants	http://www.countyhealthrankings.org/

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