

# Mitchell County Community Health Needs Assessment

**CREATING A CULTURE OF HEALTH**

2020-2021



Collaboratively Created by:  
Mitchell County Health Department  
Mitchell County Hospital Health Systems  
Mitchell County Regional Medical Foundation

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## Executive Summary

Internal Revenue Code (IRC) Section 501(r) requires health care organizations to assess the health needs of their communities and adopt implementation strategies to address identified needs. Per IRC Section 501(r), a byproduct of the Affordable Care Act, to comply with federal tax-exemption requirements, a tax-exempt hospital facility must:

- Conduct a community health needs assessment (CHNA) every three years.
- Adopt an implementation strategy to meet the community health needs identified through the assessment.
- Report how it is addressing the needs identified in the CHNA and a description of needs that are not being addressed with the reasons why such needs are not being addressed. The CHNA must take into account input from persons including those with special knowledge of or expertise in public health, those who serve or interact with vulnerable populations and those who represent the broad interest of the community served by the hospital facility. The hospital facility must make the CHNA widely available to the public. This CHNA, which describes both a process and a document, is intended to document Mitchell County Hospital's compliance with IRC Section 501(r) (3). Health needs of the community have been identified and prioritized so that the Hospital may adopt an implementation strategy to address specific needs of the community.

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 this 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 Mitchell County Regional Medical Foundation leading with consultation from Judy Johnston of the University of Kansas. 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.

The Mitchell County CHNA process involved:

- Evaluation of implementation strategies from previous years CHNA reports
- Review of local and regional existing data provided by state organizations and national resources (secondary data)
- Interview process of key health collaborators and community organizations
- Surveying of community citizens

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

## Description of the Affiliated Health Center

Mitchell County Hospital Health Systems is located in Beloit, Kansas. Mitchell County Hospital is a general medical and surgical hospital with a 25 acute care beds, 4 private ICU rooms and a distinct part observation unit with two semi-private rooms. Additionally MCHHS houses a 40 bed long-term care facility. Services provided include dietary, a Level IV designated emergency unit, geriatric special care unit, laboratory, long-term care, nursery/obstetrics unit, physical therapy and occupational therapy service, pulmonary and cardiac rehabilitation, radiology, respiratory care, many other support services.

### Our Mission

To serve our patients and communities with exceptional healthcare in a compassionate and healing environment.

### Our Vision

**To be the preferred healthcare leader of North Central Kansas by:**

- Building committed teams and effective partnerships, both in our organization and throughout our border region
- Excelling in customer service, as evidenced by patient satisfaction and measurable outcomes
- Enhancing technology and service growth
- Being an employer of choice, providing opportunities for growth, and integrating our values into all levels of our organization
- Maintaining financial sustainability and providing appropriate levels of assets.

### Our Values

**Excellence:** Performing at nothing less than our best and valuing the opportunity for improvement, learning and growth.

**Accountability:** Being professionally and personally responsible to our patients, co-workers and community for our actions and our work.

**Dignity:** Honoring and respecting each individual's unique worth and value.

**Compassion:** Reaching out with care, empathy, trust and concern for all

**Teamwork:** Working together with support, trust and communication to achieve common goals.



## Evaluation of Prior Implementation Strategies:

The implementation strategy for fiscal years 2017-2018 Mitchell County CHNA focused on the following three actions to address identified health needs of Mitchell County:

**Priority #1: Work collaboratively with community stakeholders and community health providers to improve the education and engagement of community care models in connecting Mitchell County patrons to mental health understanding, providers and services.**

**Priority #2: Work collaboratively with community stakeholders and community members to better define the substance abuse issues in Mitchell County and connect leadership, education, resources and engagement to find solutions for these increasing issues.**

**Priority #3: Increase Mitchell County health providers communications, engagement and align actions to develop and implement an integrated culture of care and support with united and aligned stakeholders working towards community health change.**

The three priorities identified through the 2017-2018 Mitchell County CHNA are outlined in more detail below:

**Priority #1: Work collaboratively with community stakeholders and community health providers to improve the education and engagement of community care models in connecting Mitchell County patrons to mental health understanding, providers and services.**

The following initiatives occurred to respond to the needs identified in Priority Area #1:

AWARE NCK coalition hosted speaker Vanessa Lohf to discuss the topic of adverse childhood experiences (ACEs) and the long lasting impact that traumatic events in childhood like abuse and neglect can have on the mental and physical health of individuals and families. The session included how organizations and individuals can play an important role in supporting and preventing traumatic experiences to create more resilient communities.

**Priority #2: Work collaboratively with community stakeholders and community members to better define the substance abuse issues in Mitchell County and connect leadership, education, resources and engagement to find solutions for these increasing issues.**

The following initiatives occurred to respond to the needs identified in Priority Area #2:

The Mitchell County Health Department was awarded an Opioid Crisis Response grant in 2019 to help better understand and address substance abuse issues across Mitchell County. Activities and areas of focus included:

- Increasing knowledge of adverse childhood experiences (ACEs) through training opportunities
- Increasing knowledge of regional substance abuse/opioid crisis needs
- Policy and protocol opportunities to address opioid abuse
- Increasing public awareness of risks associated with prescription/illicit opioid usage
- Increasing care coordination among support organizations through referral mechanisms

## Evaluation of Prior Implementation Strategies:

**Priority #3: Increase Mitchell County health providers communications, engagement and align actions to develop and implement an integrated culture of care and support with united and aligned stakeholders working towards community health change.**

The following initiatives occurred to respond to the needs identified in Priority Area #3:

The Mitchell County Regional Medical Foundation has focused on connecting diversified health providers and community service organizations as a priority action step to improve healthcare collaborative systems and processes. In January of 2020 the Medical Foundation launched an online HIPPA compliant community referral system called IRIS to help aide our county's health provider organizations to better refer patients to needed community services. Currently the North Central KS IRIS system hosts approximately 80 individuals that represent 60 partner organizations that can quickly and efficiently refer community members to services across our area. Due to the pandemic the roll out of IRIS has been slower than expected. The Medical Foundation continues to develop the IRIS product for better usage and delivery of referral services and to reach our CHNA goals.

In 2021 the Mitchell County Regional Medical Foundation in partnership with the Mitchell County Health Department launched care resource coordination for our community. Care resource coordination has brought more connection and referral among community partners to better serve patrons in need of services.

## Summary of 2020-2021 CHNA Findings:

Health needs were identified and prioritized based on information gathered and analyzed through the 2020-2021 CHNA conducted by the Mitchell County Hospital Health Systems, Mitchell County Health Department and Mitchell County Regional Medical Foundation. These health needs are discussed in greater detail later in this report. The following significant needs were identified:

- Drug, Alcohol, Substance Abuse and Violence Prevention and Support
  - Tobacco Cessation Programs
- Education and Caregiver Support
  - Parkinson Support
  - Alzheimer's Dementia Support
- Health Education (Classes on Health Topics)
  - Nutrition Education and Support—Diet Counseling, Weight Management Coaching
- Employee Wellness Programs
  - Access to Healthy Food Options at work
  - Healthy Behavior Incentives
  - Health Risk Assessments
  - Breastfeeding Support through Access to Private Breastfeeding Spaces at Work
- Health Insurance Selection and Education
- Chronic Disease Self-Management Programs
- Access to Healthy Foods
  - Community Supported Agriculture
  - Food and Farm Council
- After-hour Non-emergency Care and Telemedicine Options
- Access to Exercise Facility
- Childcare
  - Access to childcare on evenings/nights/weekends
  - Childcare for Special Needs Children
  - Gardening activities for childcare
  - Health and parenting education
- Financial Wellness Education
- Healthy Aging Programs
- Stress and Resilience Programs

[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

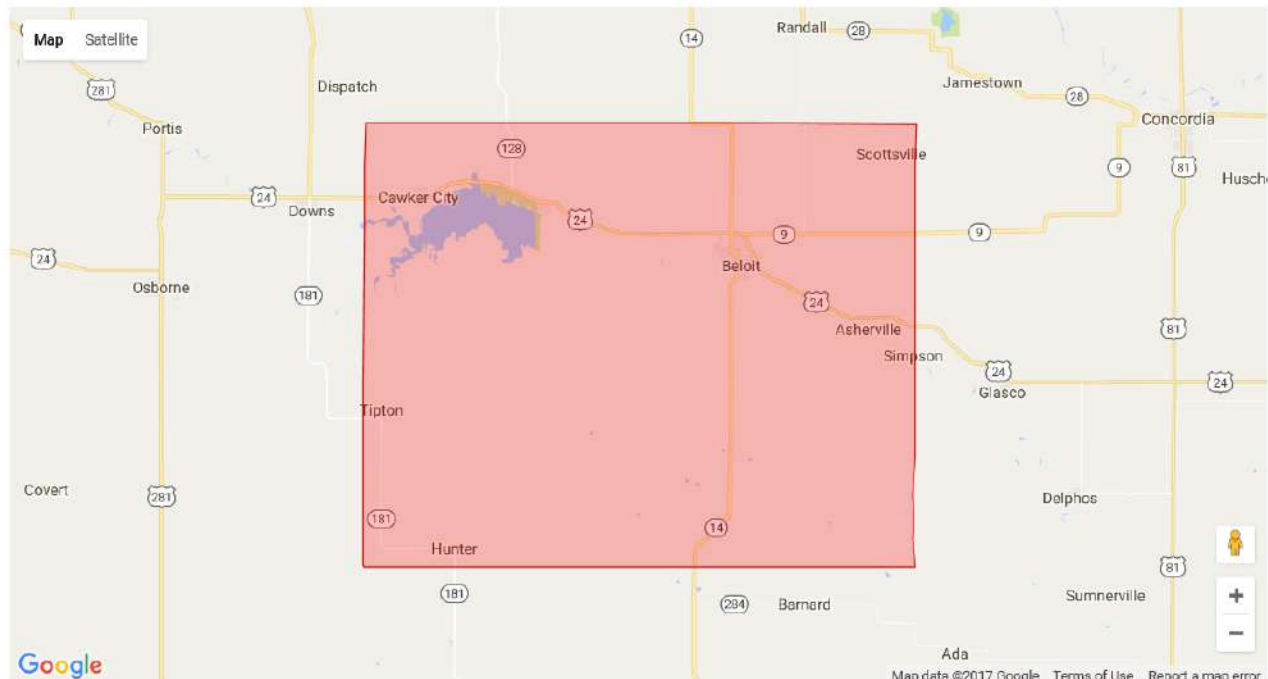
Reviewing and understanding the current population data was a key part of the Mitchell County CHNA process to better plan and strategize the community health needs and the community health improvement process.

A total of 6,145 people live in the 701.79 square mile report area defined for this assessment according to the U.S. Census Bureau American Community Survey 2015-19 5-year estimates. The population density for this area, estimated at 9 persons per square mile, is less than the national average population density of 92 persons per square mile.

Report Area	Total Population	Total Land Area (Square Miles)	Population Density (Per Square Mile)
Mitchell County, KS	6,145	701.79	9
Kansas	2,910,652	81,758.39	36
United States	324,697,795	3,532,068.58	92

Data Source: US Census Bureau, [American Community Survey](#). 2015-19. Source geography: Tract

## Map Of Mitchell County, Kansas





## Total Population By Age

### **Population Age 18-64**

Of the estimated 6,145 total population in the report area, an estimated 3,320 persons are between the ages of 18 and 64, representing 54.03% of the population. These data are based on the latest U.S. Census Bureau American Community Survey 5-year estimates. The number of adults in the report area is relevant because this population has unique needs which should be considered separately from other age groups.

Report Area	Total Population	Population Age 18-64	Population Age 18-64, Percent
Mitchell County, KS	6,145	3,320	54.03%
Kansas	2,910,652	1,750,255	60.13%
United States	324,697,795	200,484,607	61.74%

Data Source: US Census Bureau, [American Community Survey](#). 2015-19. Source geography: Tract

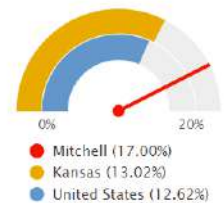
## Total Population By Population with Any Disability

### Population with Any Disability

This indicator reports the percentage of the total civilian non-institutionalized population with a disability. The report area has a total population of 5,999 for whom disability status has been determined, of which 1,020 or 17.00% have any disability. This indicator is relevant because disabled individuals comprise a vulnerable population that requires targeted services and outreach by providers.

Report Area	Total Population (For Whom Disability Status Is Determined)	Population with a Disability	Population with a Disability, Percent
Mitchell County, KS	5,999	1,020	17.00%
Kansas	2,851,091	371,131	13.02%
United States	319,706,872	40,335,099	12.62%

Population with a Disability,  
Percent



Note: This indicator is compared to the state average.

Data Source: US Census Bureau, American Community Survey, 2015-19. Source geography: Tract → [Show more details](#)



[View larger map](#)

Disabled Population, Percent by Tract, ACS 2015-19

- Over 18.0%
- 15.1 - 18.0%
- 12.1 - 15.0%
- Under 12.1%
- No Data or Data Suppressed
- Mitchell County, KS

## Socioeconomic Characteristics of Community

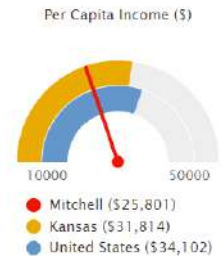
### Income - Per Capita Income

The per capita income for the report area is \$25,801. This includes all reported income from wages and salaries as well as income from self-employment, interest or dividends, public assistance, retirement, and other sources. The per capita income in this report area is the average (mean) income computed for every man, woman, and child in the specified area.

Report Area	Total Population	Total Income (\$)	Per Capita Income (\$)
Mitchell County, KS	6,145	\$158,549,200	<b>\$25,801</b>
Kansas	2,910,652	\$92,599,519,100	\$31,814
United States	324,697,795	\$11,073,131,694,900	\$34,102

Note: This indicator is compared to the state average.

Data Source: [US Census Bureau, American Community Survey, 2015-19](#). Source geography: Tract → [Show more details](#)



## Socioeconomic Characteristics of Community

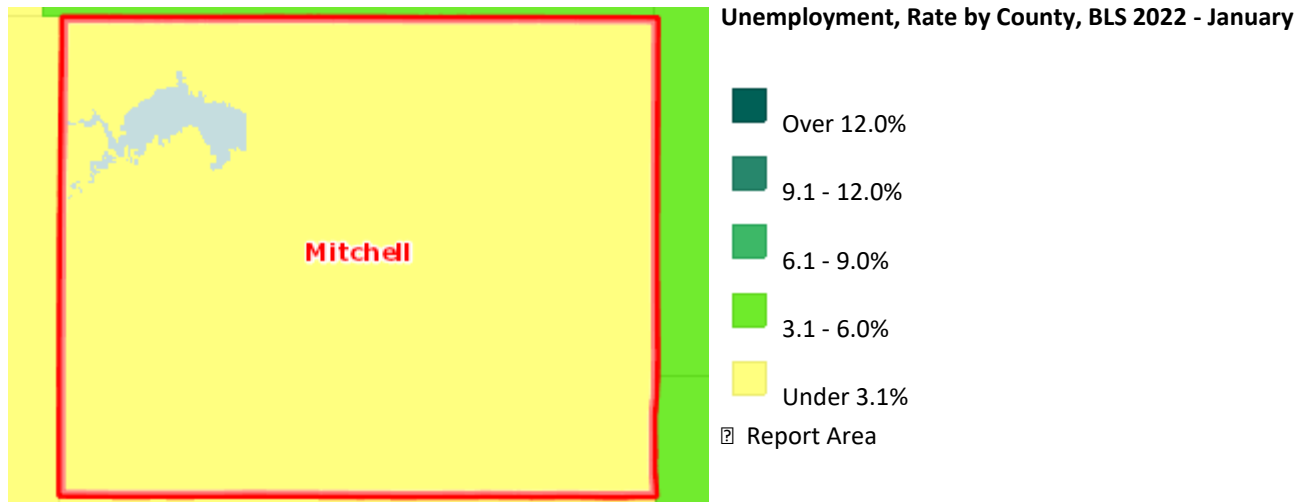
### Unemployment Rate

Total unemployment in the report area for the current month equals 59, or 1.7% of the civilian non-institutionalized population age 16 and older (non-seasonally adjusted). This indicator is relevant because unemployment creates financial instability and barriers to access including insurance coverage, health services, healthy food, and other necessities that contribute to poor health status.

Report Area	Labor Force	Number Employed	Number Unemployed	Unemployment Rate
Mitchell County, KS	3,427	3,368	59	<b>1.7%</b>
Kansas	1,493,325	1,453,316	40,009	2.7%
United States	164,035,520	156,751,332	7,284,189	4.4%

Note: This indicator is compared to the state average.

Data Source: US Department of Labor, Bureau of Labor Statistics. 2022 - January. Source geography: County → [Show more details](#)



## Socioeconomic Characteristics of Community

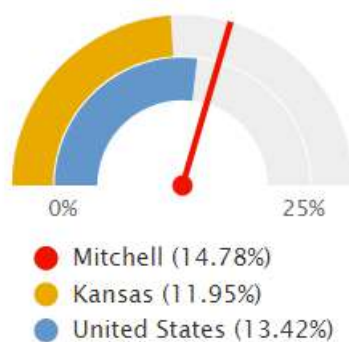
### **Poverty - Population Below 100% FPL**

Poverty is considered a *key driver* of health status.

Within the report area 14.78% or 874 individuals are living in households with income below the Federal Poverty Level (FPL). This indicator is relevant because poverty creates barriers to access including health services, healthy food, and other necessities that contribute to poor health status.

Report Area	Total Population	Population in Poverty	Population in Poverty, Percent
Mitchell County, KS	5,912	874	<b>14.78%</b>
Kansas	2,826,056	337,739	11.95%
United States	316,715,051	42,510,843	13.42%

Population in Poverty, Percent





## Socioeconomic Characteristics of Community

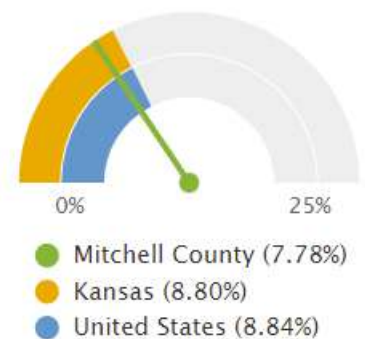
### Insurance - Uninsured Population

The lack of health insurance is considered a *key driver* of health status.

In the report area 7.78% of the total civilian non-institutionalized population are without health insurance coverage. The rate of uninsured persons in the report area is less than the state average of 8.80%. This indicator is relevant because lack of insurance is a primary barrier to healthcare access including regular primary care, specialty care, and other health services that contributes to poor health status.

Report Area	Total Population (For Whom Insurance Status is Determined)	Uninsured Population	Uninsured Population, Percent
Mitchell County, KS	5,999	467	7.78%
Kansas	2,851,091	251,030	8.80%
United States	319,706,872	28,248,613	8.84%

Uninsured Population, Percent



### Uninsured Population By Age Group

This indicator reports the percentage of uninsured population by age group.

Report Area	Under Age 18	Age 18 - 64	Age 65 +
Mitchell County, KS	1.31%	13.78%	1.05%
Kansas	5.23%	12.56%	0.48%
United States	5.08%	12.42%	0.79%

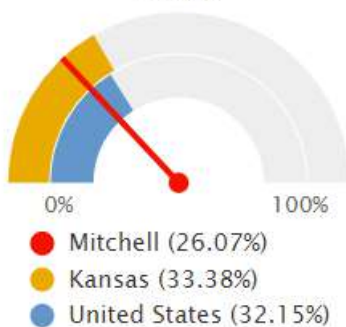
## Socioeconomic Characteristics of Community

### **Population—Bachelor's Degree or Higher**

26.07% of the population aged 25 and older, or 1,082 have obtained a Bachelor's level degree or higher. This indicator is relevant because educational attainment has been linked to positive health outcomes.

Report Area	Total Population Age 25+	Population Age 25+ with Bachelor's Degree or Higher	Population Age 25+ with Bachelor's Degree or Higher, Percent
Mitchell County, KS	4,150	1,082	<b>26.07%</b>
Kansas	1,902,279	635,070	33.38%
United States	220,622,076	70,920,162	32.15%

Population Age 25+ with Bachelor's Degree or Higher, Percent



## Socioeconomic Characteristics of Community

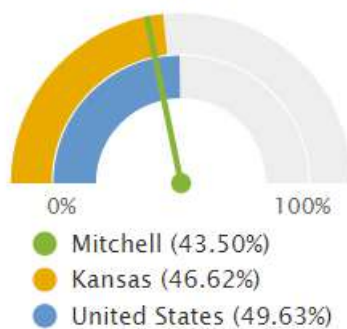
### **Children Eligible for Free/Reduced Price Lunch**

Free or reduced price lunches are served to qualifying students in families with income between under 185 percent (reduced price) or under 130% (free lunch) of the US federal poverty threshold as part of the federal National School Lunch Program (NSLP).

Out of 993 total public school students in the report area, 432 were eligible for the free or reduced price lunch program in the latest report year. This represents 43.50% of public school students, which is lower than the state average of 46.62%.

Report Area	Total Students	Students Eligible for Free or Reduced Price Lunch	Students Eligible for Free or Reduced Price Lunch, Percent
Mitchell County, KS	993	432	<b>43.50%</b>
Kansas	492,160	229,436	46.62%
United States	50,829,148	25,226,683	49.63%

Percentage of Students Eligible for Free or Reduced Price School Lunch



## Physical Environment

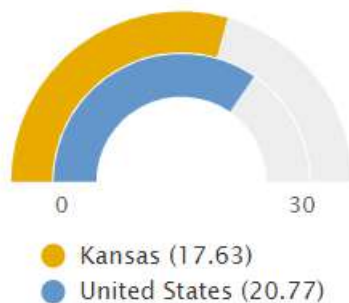
A community's health also is affected by the physical environment. A safe, clean environment that provides access to healthy food and recreation opportunities is important to maintaining and improving community health.

### **Food Access - Grocery Stores**

Healthy dietary behaviors are supported by access to healthy foods, and Grocery Stores are a major provider of these foods. Grocery stores are defined as supermarkets and smaller grocery stores primarily engaged in retailing a general line of food, such as canned and frozen foods; fresh fruits and vegetables; and fresh and prepared meats, fish, and poultry. Delicatessen-type establishments are also included. Convenience stores and large general merchandise stores that also retail food, such as supercenters and warehouse club stores, are excluded. This indicator describes the number of grocery stores and the number of grocery stores per 100,000 in the report area

Report Area	Total Population (2010)	Number of Establishments	Establishments, Rate per 100,000 Population
Mitchell County, KS	6,373	Suppressed	Suppressed
Kansas	2,853,118	503	17.63
United States	308,745,538	64,132	20.77

Grocery Stores, Rate per 100,000 Population

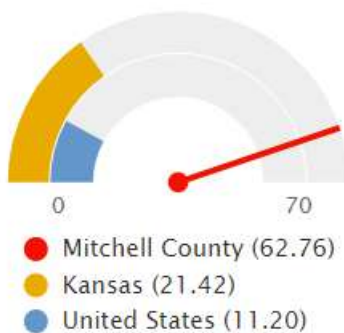


## Liquor Store Access

There are 4 establishments in the report area primarily engaged in retailing packaged alcoholic beverages, such as ale, beer, wine, and liquor. The number of liquor stores per 100,000 population provides a measure of environmental influences on dietary behaviors and the accessibility of healthy foods. Note this data excludes establishments preparing and serving alcohol for consumption on premises (including bars and restaurants) or which sell alcohol as a secondary retail product (including gas stations and grocery stores).

Report Area	Total Population (2010)	Number of Establishments	Establishments, Rate per 100,000 Population
Mitchell County, KS	6,373	4	<b>62.76</b>
Kansas	2,853,118	611	21.42
United States	308,745,538	34,576	11.20

Liquor Stores, Rate per 100,000 Population



## **Beer, Wine and Liquor Stores, Rate per 100,000 Population by Year, 2010 through 2019**

Report Area	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Mitchell County, KS	62.76	62.76	47.07	47.07	78.46	62.76	78.46	62.76	62.76	62.76
Kansas	21.77	20.96	21.35	21.24	21.87	22.33	22.36	21.7	21.42	21.42
United States	10.2	10.32	10.47	10.61	10.75	10.91	11	11.18	11.2	11.2

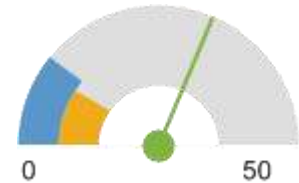


## Recreation and Fitness Facility Access

This indicator reports the number per 100,000 population of recreation and fitness facilities as defined by North American Industry Classification System (NAICS) Code 713940. This indicator is relevant because access to recreation and fitness facilities encourages physical activity and other healthy behaviors.

Report Area	Total Population	Number of Establishments	Establishments, Rate per 100,000 Population
Mitchell County, KS	6,373	2	31.38
Kansas	2,853,118	273	9.57
United States	308,745,538	33,980	11.01

Recreation and Fitness Facilities, Rate (Per 100,000 Population)



■ Mitchell County, KS (31.38)  
■ Kansas (9.57)  
■ United States (11.01)

## Percent Adults Physically Inactive by Year, 2004 through 2019

Report Area	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Mitchell County, KS	18.4%	17.8%	18.8%	20.4%	20.6%	19.8%	15.5%	18.5%	16.5%	21.0%	19.0%	20.8%	19.9%	23.1%	19.9%	21.5%
Kansas	21.4%	17.0%	21.5%	21.5%	22.5%	21.7%	21.3%	21.5%	19.9%	23.1%	21.6%	22.9%	21.2%	23.8%	21.7%	23.0%
United States	21.2%	18.8%	21.6%	21.7%	22.4%	22.3%	22.0%	21.9%	20.5%	22.0%	20.8%	21.4%	20.7%	21.5%	20.9%	22.0%

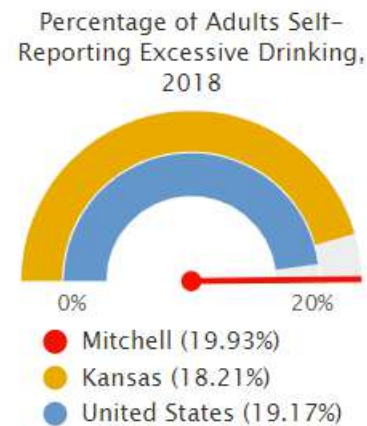
## Health Behaviors

Health behaviors such as poor diet, a lack of exercise, and substance abuse contribute to poor health status.

### Alcohol - Heavy Alcohol Consumption

In the report area, 1,225, or 19.93% adults self-report excessive drinking in the last 30 days, which is greater than the state rate of 18.21%. Data for this indicator were based on survey responses to the 2018 Behavioral Risk Factor Surveillance System (BRFSS) annual survey and are used for the 2021 County Health Rankings. Excessive drinking is defined as the percentage of the population who report at least one binge drinking episode involving five or more drinks for men and four or more for women over the past 30 days, or heavy drinking involving more than two drinks per day for men and more than one per day for women, over the same time period. Alcohol use is a behavioral health issue that is also a risk factor for a number of negative health outcomes, including: physical injuries related to motor vehicle accidents, stroke, chronic diseases such as heart disease and cancer, and mental health conditions such as depression and suicide. There are a number of evidence-based interventions that may reduce excessive/binge drinking; examples include raising taxes on alcoholic beverages, restricting access to alcohol by limiting days and hours of retail sales, and screening and counseling for alcohol abuse (Centers for Disease Control and Prevention, Preventing Excessive Alcohol Use, 2020).

Report Area	Total Population (2018)	Adults Reporting Excessive Drinking	Percentage of Adults Reporting Excessive Drinking
Mitchell County, KS	6,150	1,225	<b>19.93%</b>
Kansas	2,911,505	530,129	18.21%
United States	327,167,434	62,733,046	19.17%



## Health Behaviors

Health behaviors such as poor diet, a lack of exercise, and substance abuse contribute to poor health status.

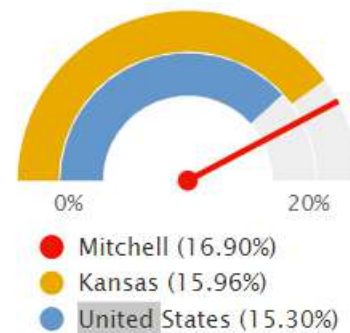
### Tobacco Usage - Current Smokers

In the report area an estimated 710, or 14.2% of adults age 18 or older self-report currently smoking cigarettes some days or every day. This indicator is relevant because tobacco use is linked to leading causes of death such as cancer and cardiovascular disease. This indicator reports the percentage of adults age 18 and older who report having smoked at least 100 cigarettes in their lifetime and currently smoke every day or some days.

Within the report area there are 16.90% adults who have smoked or currently smoke of the total population.

Report Area	Total Population (2019)	Adult Current Smokers (Crude)	Adult Current Smokers (Age-Adjusted)
Mitchell County, KS	5,979	<b>16.90%</b>	19.00%
Kansas	2,913,314	15.96%	16.59%
United States	328,239,523	15.30%	15.70%

Percentage of Adults who are Current Smokers



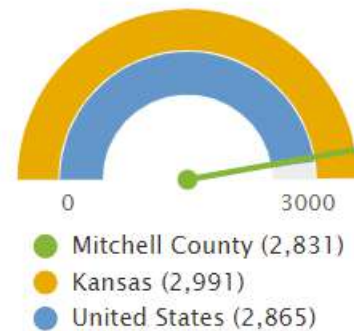
## Clinical Care

### Hospitalizations—Preventable Conditions

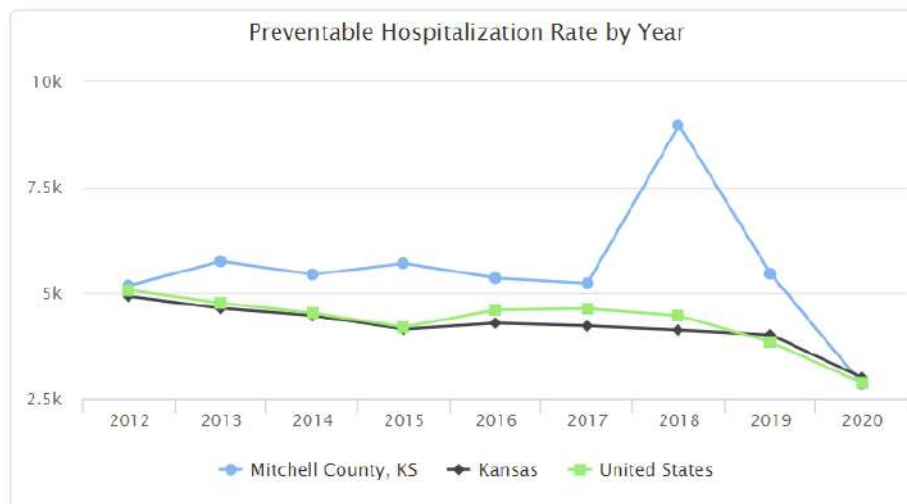
This indicator reports the preventable hospitalization rate among Medicare beneficiaries for the latest reporting period. Preventable hospitalizations include hospital admissions for one or more of the following conditions: diabetes with short-term complications, diabetes with long-term complications, uncontrolled diabetes without complications, diabetes with lower-extremity amputation, chronic obstructive pulmonary disease, asthma, hypertension, heart failure, bacterial pneumonia, or urinary tract infection. Rates are presented per 100,000 beneficiaries. In the latest reporting period there were 1,529 Medicare beneficiaries in the report area. The preventable hospitalization rate was 2,831. The rate in the report area was lower than the state rate of 2,991 during the same time period.

Report Area	Medicare Beneficiaries	Preventable Hospitalizations, Rate per 100,000 Beneficiaries
Mitchell County, KS	1,529	2,831
Kansas	506,523	2,991
United States	57,235,207	2,865

Preventable Hospital Events, Rate per 100,000 Beneficiaries



### Preventable Hospitalization Rate by Year



## Health Outcomes and Factors

Measuring morbidity and mortality rates allows assessing linkages between social determinants of health and outcomes. By comparing, for example, the prevalence of certain chronic diseases to indicators in other categories (e.g., poor diet and exercise) with outcomes (e.g., high rates of obesity and diabetes), various causal relationship may emerge, allowing a better understanding of how certain community health needs may be addressed.

This section of the assessment reviews the health status of Mitchell County residents health outcomes and factors. As in the previous section, comparisons are provided with the state of Kansas and the United States. This in-depth assessment of the mortality and morbidity data, health outcomes, health factors and mental health indicators of the county residents that make up the CHNA community will enable the collaborative team to identify priority health issues related to the health status of its residents.

Good health can be defined as a state of physical, mental and social well-being, rather than the absence of disease or infirmity. According to Healthy People 2030, the national health objectives released by the U.S. Department of Health and Human Services, individual health is closely linked to community health. Community health, which includes both the physical and social environment in which individuals live, work and play, is profoundly affected by the collective behaviors, attitudes and beliefs of everyone who lives in the community. Healthy people are among a community's most essential resources.

Numerous factors have a significant impact on an individual's health status: lifestyle and behavior, human biology, environmental and socioeconomic conditions, as well as access to adequate and appropriate health care and medical services. Studies by the American Society of Internal Medicine conclude that up to 70% of an individual's health status is directly attributable to personal lifestyle decisions and attitudes. Persons who do not smoke, drink in moderation (if at all), use automobile seat belts (car seats for infants and small children), maintain a nutritious low-fat, high-fiber diet, reduce excess stress in daily living and exercise regularly have a significantly greater potential of avoiding debilitating diseases, infirmities and premature death. The interrelationship among lifestyle/behavior, personal health attitude and poor health status is gaining recognition and acceptance by both the general public and health care providers. Some examples of lifestyle/behavior and related health care problems include the following:

### Lifestyle Choices

Tobacco Usage

Alcohol, Drug Substance Abuse  
Mental Illness

Poor nutrition

Physical Inactivity

Stress Factors

### Increased Disease Risk/Health Outcomes

Cardiovascular disease  
Emphysema Chronic bronchitis

Cirrhosis of liver  
Motor vehicle crashes  
Unintentional injuries  
Suicide Homicide

Obesity  
Digestive disease  
Depression-Mental Health Illness  
Pre-Diabetic/Diabetic Risk

Cardiovascular Disease  
Pre-Diabetic/Diabetic Risk  
Depression/Mental Health Illness

Depression/Mental Health Illness  
Alcohol, Drug, Tobacco, Substance Abuse  
Cardiovascular Disease  
Pre-Diabetic/Diabetic Risk



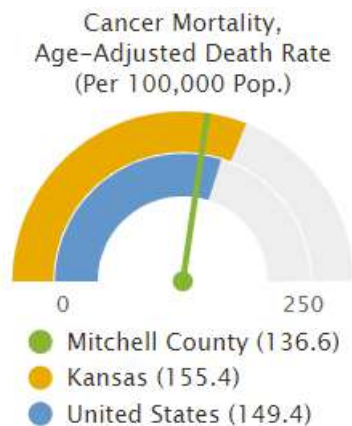
## Health Outcomes and Factors

### Mortality - Cancer

This indicator reports the 2016-2020 five-year average rate of death due to malignant neoplasm (cancer) per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available. This indicator is relevant because cancer is a leading cause of death in the United States.

Within the report area, there are a total of 69 deaths due to cancer. This represents an age-adjusted death rate of 136.6 per every 100,000 total population.

Report Area	Total Population, 2016-2020 Average	Five Year Total Deaths, 2016-2020 Total	Crude Death Rate (Per 100,000 Population)	Age-Adjusted Death Rate (Per 100,000 Population)
Mitchell County, KS	6,076	69	227.1	<b>136.6</b>
Kansas	2,911,807	27,742	190.5	155.4
United States	326,747,554	2,998,371	183.5	149.4



## Health Outcomes and Factors

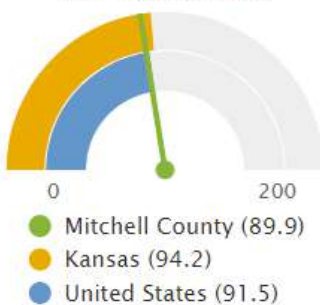
### **Mortality - Coronary Heart Disease**

This indicator reports the 2016-2020 five-year average rate of death due to coronary heart disease (ICD10 Codes I20-I25) per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available. This indicator is relevant because coronary heart disease is a leading cause of death in the United States.

Within the report area, there are a total of 55 deaths due to coronary heart disease. This represents an age-adjusted death rate of 89.9 per every 100,000 total population.

Report Area	Total Population, 2016-2020 Average	Five Year Total Deaths, 2016-2020 Total	Crude Death Rate (Per 100,000 Population)	Age-Adjusted Death Rate (Per 100,000 Population)
Mitchell County, KS	6,076	55	181.1	<b>89.9</b>
Kansas	2,911,807	17,181	118.0	94.2
United States	326,747,554	1,838,830	112.5	91.5

Coronary Heart Disease Mortality,  
Age-Adjusted Death Rate  
(Per 100,000 Pop.)



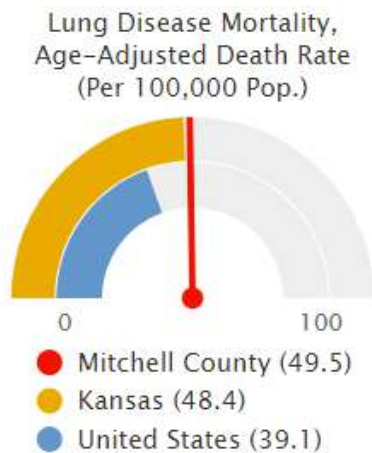
## Health Outcomes and Factors

### Mortality - Lung Disease

This indicator reports the 2016-2020 five-year average rate of death due to chronic lower respiratory disease per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available. This indicator is relevant because lung disease is a leading cause of death in the United States.

Within the report area, there are a total of 33 deaths due to lung disease. This represents an age-adjusted death rate of 49.5 per every 100,000 total population.

Report Area	Total Population, 2016-2020 Average	Five Year Total Deaths, 2016-2020 Total	Crude Death Rate (Per 100,000 Population)	Age-Adjusted Death Rate (Per 100,000 Population)
Mitchell County, KS	6,076	33	108.6	<b>49.5</b>
Kansas	2,911,807	8,745	60.1	48.4
United States	326,747,554	783,919	48.0	39.1



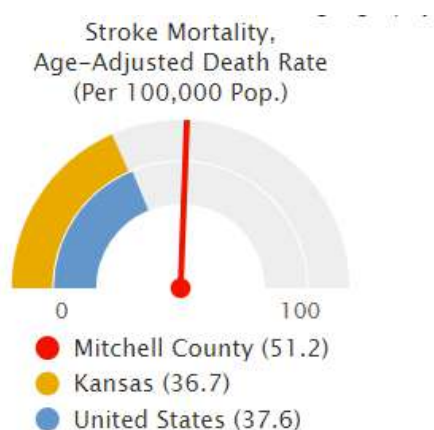
## Health Outcomes and Factors

### Mortality - Stroke

This indicator reports the 2016-2020 five-year average rate of death due to cerebrovascular disease (stroke) per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available. This indicator is relevant because stroke is a leading cause of death in the United States.

Within the report area, there are a total of 34 deaths due to stroke. This represents an age-adjusted death rate of 51.2 per every 100,000 total population.

Report Area	Total Population, 2016-2020 Average	Five Year Total Deaths, 2016-2020 Total	Crude Death Rate (Per 100,000 Population)	Age-Adjusted Death Rate (Per 100,000 Population)
Mitchell County, KS	6,076	34	111.9	<b>51.2</b>
Kansas	2,911,807	6,700	46.0	36.7
United States	326,747,554	746,604	45.7	37.6



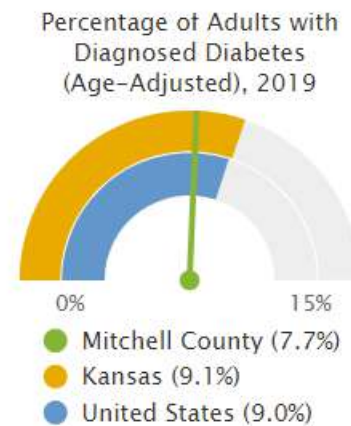
## Health Outcomes and Factors

### **Chronic Conditions - Diabetes (Adult)**

This indicator reports the number and percentage of adults age 20 and older who have ever been told by a doctor that they have diabetes. This indicator is relevant because diabetes is a prevalent problem in the U.S.; it may indicate an unhealthy lifestyle and puts individuals at risk for further health issues.

Within the report area, 450 of adults age 20 and older have diabetes. This represents 7.7% of the total survey population.

Report Area	Population Age 20+	Adults with Diagnosed Diabetes	Adults with Diagnosed Diabetes, Age-Adjusted Rate
Mitchell County, KS	4,412	450	<b>7.7%</b>
Kansas	2,131,731	217,845	9.1%
United States	239,919,249	24,189,620	9.0%





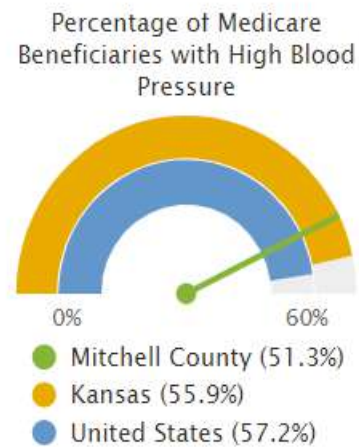
## Health Outcomes and Factors

### **Chronic Conditions - High Blood Pressure (Adult)**

This indicator reports the number and percentage of the Medicare fee-for-service population with hypertension (high blood pressure). Data are based upon Medicare administrative enrollment and claims data for Medicare beneficiaries enrolled in the fee-for-service program.

Within the report area, there were 734 beneficiaries with hypertension (high blood pressure) based on administrative claims data in the latest report year. This represents 51.3% of the total Medicare fee-for-service beneficiaries.

Report Area	Total Medicare Fee-for-Service Beneficiaries	Beneficiaries with High Blood Pressure	Beneficiaries with High Blood Pressure, Percent
Mitchell County, KS	1,430	734	51.3%
Kansas	402,024	224,539	55.9%
United States	33,499,472	19,162,770	57.2%



## Health Outcomes and Factors

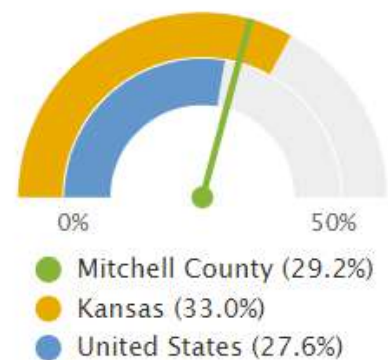
### **Obesity**

This indicator reports the number and percentage of adults aged 20 and older self-report having a Body Mass Index (BMI) greater than 30.0 (obese). Respondents were considered obese if their Body Mass Index (BMI) was 30 or greater. Body mass index (weight [kg]/height [m]<sup>2</sup>) was derived from self-report of height and weight. Excess weight may indicate an unhealthy lifestyle and puts individuals at risk for further health issues.

Within the report area, there are a total of 1,299 adults age 20 and older who self-reported having a BMI greater than 30.0. This represents a 29.2% of the survey population.

Report Area	Population Age 20+	Adults with BMI > 30.0 (Obese)	Adults with BMI > 30.0 (Obese), Percent
Mitchell County, KS	4,403	1,299	<b>29.2%</b>
Kansas	2,130,656	704,379	33.0%
United States	243,082,729	67,624,774	27.6%

Percentage of Adults Obese (BMI > 30.0), 2019



## Health Outcomes and Factors

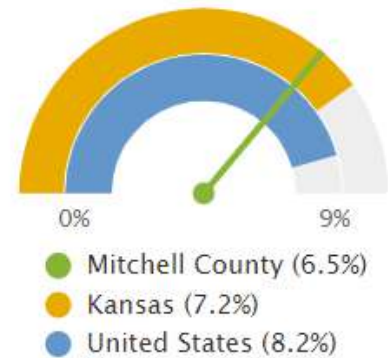
### Low Birth Weight

This indicator reports the percentage of live births where the infant weighed less than 2,500 grams (approximately 5 lbs., 8 oz.). These data are reported for a 7-year aggregated time period. Data were from the National Center for Health Statistics - Natality Files (2013-2019) and are used for the 2021 County Health Rankings.

Within the report area, there were 36 infants born with low birth weight. This represents 6.5% of the total live births.

Report Area	Total Live Births	Low Birthweight Births	Low Birthweight Births, Percentage
Mitchell County, KS	550	36	6.5%
Kansas	525,771	37,647	7.2%
United States	54,416,819	4,440,508	8.2%

Percentage of Infants with Low Birthweight: %



## Data Collection Process

In 2020-2021 Mitchell County Hospital Health Systems in collaboration with Mitchell County Health Department and Mitchell County Regional Medical Foundation began efforts to conduct a comprehensive Community Health Needs Assessment of Mitchell County.

### Data Collection Methodology:

1. Invite organizational partnerships who represent at least eight sectors of the community to be involved in the CHNA process (healthcare, public health, worksites, early childcare & education, schools, faith communities, Research & Extension, and community environment). Community environment should include built environment, public policies that impact health and wellness, and/or public safety, such as law enforcement, fire fighters, and EMS.
2. Consultant Judy Johnston of the University of Kansas (academic partner) will meet with Mitchell County partners and other interested community members to review data and assessment survey questions for their sector and provide input for possible revisions &/or additions. Review of local and regional existing data was made possible by state organizations and national resources (secondary data). Published local health indicators for Mitchell County were collected from multiple sources including Kansas Health Matters, Community Commons and the Kansas Department of Health and Environment and relevant data is shown within the indicators in this report.
3. Academic partner revises survey as recommended by partners and prepares the survey for dissemination (electronic, paper/pencil, or both).
4. Academic partner trains community volunteers of protocol for survey administration, delivery of incentives (if applicable), verification of addresses, and research ethics.
5. Community volunteers assist with dissemination and collection of paper surveys making sure to receive response from traditionally underserved populations within the community.
6. Academic partner then analyzes survey data and graphs the results, creating a PPT presentation for the community. Academic partner provides one or more community presentations of data and responds to questions.

## Community Stakeholder Profiles

Community partners from Mitchell County (see Appendix B for a list of stakeholder participants) worked for the following types of organizations and agencies:

- Healthcare
- Public Health
- Worksites
- Early Childcare and Education
- Schools
- Faith Communities
- K-State Research and Extension
- Community Environment

## Secondary Data Review & Interpretations of Mitchell County CHNA Leadership Team

Major prevalence of areas most noticed and why they exist interpretations from Mitchell County CHNA leadership team:

<b>Cardiac</b>	Tobacco, Physical Activity, Genetics, Nutrition, Lack of Education, Values/Culture
<b>Drugs</b>	Cyclical, Missing Something, RX (too much), Experimental, Filling a Void, Lack of Spiritual Significance
<b>Diabetes</b>	Nutrition, Genetics, Physical Inactivity
<b>Tobacco</b>	Generational, Poverty, Cyclical, Core Values, Community Mind-Set
<b>Obesity</b>	Nutrition, Mental, Environmental, Advertising, Spiritual Void, Cultural, Values, Pleasure Seeking
<b>Health Care Coverage</b>	Expensive, Changing, Complicated, Conditioned Expectations, Personal Responsibility Issue
<b>Cancer</b>	Genetics, Environmental (Alcohol and Drugs), Physical Activity, Nutrition, Tobacco
<b>Mental Health</b>	Relates to all health categories
<b>Food Insecurity</b>	Education, Societal Changes towards convenience, available access to healthy food, Culture changes, Environmental conditions

Priority setting is a required step in the community benefit planning process. The IRS regulations indicate that the CHNA must provide a prioritized description of the community health needs identified through the CHNA and include a description of the process and criteria used in prioritizing the health needs. Using findings obtained through the collection of primary and secondary data, the CHNA leadership team completed an analysis of these identified community health needs. The following data was analyzed to identify health needs for the community:

Leading Causes of Mortality in Mitchell County

Health Outcomes and Factors

Primary & Secondary Data

Health Needs of Vulnerable Populations

The leadership team of Mitchell County analyzed and interpreted all methods and data used in the Mitchell County CHNA process. From the findings of the data acquired the leadership team selected the community health need priorities based on a ranking system including: How many members of our community are impacted by this issue; How important is this problem to our community; Prevalence of common underlying themes; What are the impacts of addressing this problem for our community; Impact of the problem on disparate/vulnerable populations of our communities. From this ranking system and discussion the CHNA leadership team recommended focuses for the coming years priorities.

### The following needs were identified for the 2020-2021 CHNA prioritization process:

- Drug, Alcohol, Substance Abuse and Violence Prevention and Support
  - Tobacco Cessation Programs
- Education and Caregiver Support
  - Parkinson Support
  - Alzheimer's Dementia Support
- Health Education (Classes on Health Topics)
  - Nutrition Education and Support—Diet Counseling, Weight Management Coaching
- Employee Wellness Programs
  - Access to Healthy Food Options at work
  - Healthy Behavior Incentives
  - Health Risk Assessments
  - Breastfeeding Support through Access to Private Breastfeeding Spaces at Work
- Health Insurance Selection and Education
- Chronic Disease Self-Management Programs
- Access to Healthy Foods
  - Community Supported Agriculture
  - Food and Farm Council
- After-hour Non-emergency Care and Telemedicine Options
- Access to Exercise Facility
- Childcare
  - Access to childcare on evenings/nights/weekends
  - Childcare for Special Needs Children
  - Gardening activities for childcare
  - Health and parenting education
- Financial Wellness Education
- Healthy Aging Programs

## Appendix A - Community Stakeholder Participants

Thank you to the following organizations and individuals who participated throughout the Mitchell County CHNA process and gave their time, perspective and leadership:

- USD 273 and USD272 School District Representatives
- NCK Technical College
- Mitchell County Commissioner Representatives
- Mitchell County Ministerial Alliance
- BOOST Ministries
- Mitchell County Food Pantry Representatives
- Mitchell County Hospital Health System
- Mitchell County and City of Beloit Law Enforcement Representatives
- Beloit Medical
- North Central Kansas Regional Planning Commission Representatives
- Quality Healthcare Inc. Representatives
- Mitchell County Health Department
- Mitchell County Regional Medical Foundation
- NCK Wellness Center
- K-State Research and Extension Post Rock District
- Various Worksites



## Appendix B - Community Survey

### **Mitchell & Jewell Counties, KS, Community Health and Wellness Survey**

Your community is part of Pathways to a Healthy Kansas, a Blue Cross and Blue Shield of Kansas (BCBSKS) initiative. The purpose of this survey is to gather your perceptions about opportunities for physical activity, healthy eating, and commercial tobacco prevention and control in your community. This survey also collects your perceptions of available health and wellness resources in Mitchell & Jewell Counties and needed resources, as well as some information about you and your household. We want to collect only one survey per household. Please tell household members when you complete the survey so that they do not also complete it.

The information gathered in this survey will inform efforts to improve the health of Mitchell and Jewell Counties. The survey should take about 20 minutes to complete if you answer every question. Not everyone will need to answer every section of the survey, so be sure to read the instructions with each question carefully. Your participation in this survey is completely voluntary and there will be no penalty or loss of benefits to which you are otherwise entitled if you decide not to participate. The goal is to collect one completed survey from 80% of the households in each community located in the two counties. We ask that you only complete one survey per household.

You will receive a \$10 gift card for completing the survey and a separate verification form that includes your street address. The verification form cannot be associated with your survey and it will allow us to assure that we have received completed surveys from all geographic areas of our community. There are no foreseeable risks associated with taking the survey. Your responses to this survey will be anonymous; we are not collecting any information in the survey that will be used to personally identify you. Your responses will be combined with other responses from participants. You may choose to skip questions that you don't feel comfortable answering and you may stop at any time. If you have any questions about this survey, please contact Shelby Bohnert, Development Director, Mitchell County Regional Medical Foundation, 785-738-9493, [sbohnert@mitchellcountyrmf.org](mailto:sbohnert@mitchellcountyrmf.org) or Stephanie Simmons, Executive Director, Mitchell County Regional Medical Foundation, 785-738-9493, [ssimmons@mitchellcountyrmf.org](mailto:ssimmons@mitchellcountyrmf.org). We thank you for your participation!

**In what county do you live?**

☐ Jewell County      ☐ Mitchell County

**1. In general, how would you rate the overall health of the North Central Kansas?**

☐ Very unhealthy    ☐ Unhealthy    ☐ Somewhat healthy    ☐ Healthy    ☐ Very healthy

**Please indicate your level of agreement with each of the statements below.**

**2. In general, my community has sufficient opportunities for physical activity.**

☐ Strongly disagree    ☐ Disagree    ☐ Neither agree nor disagree    ☐ Agree    ☐ Strongly agree

**3. In general, my community has sufficient options for healthy eating.**

☐ Strongly disagree    ☐ Disagree    ☐ Neither agree nor disagree    ☐ Agree    ☐ Strongly agree

**Survey continues on the back of this page.**

4. Please rate your level of support for policies that prohibit use of all commercial tobacco products, including cigarettes, chewing tobacco, vaping products and any other products, in all outdoor spaces that are open to the general public (e.g., parks, trails, sidewalks).

☐ Strongly disagree ☐ Disagree ☐ Neither agree nor disagree ☐ Agree ☐ Strongly agree

5. Please rate your level of support for policies that prohibit use of all commercial tobacco products, including cigarettes, chewing tobacco, vaping products and any other products in all indoor spaces that are open to the general public, including private businesses where the public may go (e.g., food pantries, restaurants, hospitals).

☐ Strongly disagree ☐ Disagree ☐ Neither agree nor disagree ☐ Agree ☐ Strongly agree

6. Community conditions (e.g., housing, transportation, education) impact overall health.

☐ Strongly disagree ☐ Disagree ☐ Neither agree nor disagree ☐ Agree ☐ Strongly agree

7. Were you aware of the Pathways to a Healthy Kansas initiative that is being implemented by the North Central Kansas Health Collaborative in Jewell and Mitchell Counties?

☐ No ☐ Yes ☐ Unsure

8. Please select one (1) definition of health/wellness that you prefer from the list below:

☐ Health/wellness is the lack of disease.

☐ Health/wellness is a state of best physical, mental and social welfare and not just the lack of disease.

☐ Health/wellness is an active, lasting process of becoming aware of choices and making decisions toward a more satisfying life.

☐ Health/wellness is the state of being strong, undamaged, or whole, in body, mind, or soul; especially, the state of being free from physical disease or pain.

☐ I don't know

☐ I prefer not to answer

9. My health/wellness is affected by the environments where I live, learn, work, play and pray.

☐ I totally agree ☐ I partially agree ☐ I disagree ☐ I'm unsure ☐ I prefer not to answer

10. My personal choices affect how healthy/well I am.

☐ I totally agree ☐ I partially agree ☐ I disagree ☐ I'm unsure ☐ I prefer not to answer

11. The healthcare system has control over my health/wellness.

☐ I totally agree ☐ I partially agree ☐ I disagree ☐ I'm unsure ☐ I prefer not to answer

For questions 12-21, in Column 1 check all the resources in the category that you think or know are available in your community or can be accessed within a reasonable distance. In Column 2, mark all of the resources that are not available in your community or cannot be accessed within a reasonable distance, but you want to have available. If a resource is NOT available and you DO NOT want/need it, leave it blank.

Survey Continues on the next page

**12. Healthcare resources/services****Available    Wanted**

- |                          |   |
|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> Access to pharmacy/prescription medication                               |
| <input type="checkbox"/> | <input type="checkbox"/> After-hours non-emergency care   |
| <input type="checkbox"/> | <input type="checkbox"/> Ambulance service  |
| <input type="checkbox"/> | <input type="checkbox"/> Assisted living communities  |
| <input type="checkbox"/> | <input type="checkbox"/> Behavioral health/mental health services                                 |
| <input type="checkbox"/> | <input type="checkbox"/> Breastfeeding support (Lactation consult etc.)                           |
| <input type="checkbox"/> | <input type="checkbox"/> Chronic disease self-management (Hypertension, Diabetes, Arthritis etc.) |
| <input type="checkbox"/> | <input type="checkbox"/> Dementia/Alzheimer's disease care  |
| <input type="checkbox"/> | <input type="checkbox"/> Dental screening   |
| <input type="checkbox"/> | <input type="checkbox"/> Developmental Check-up (age 0-5 speech, vision, hearing, & dental)       |
| <input type="checkbox"/> | <input type="checkbox"/> Domestic violence prevention & support                                   |
| <input type="checkbox"/> | <input type="checkbox"/> Education and support for medications                                    |
| <input type="checkbox"/> | <input type="checkbox"/> Emotional well-being support services                                    |
| <input type="checkbox"/> | <input type="checkbox"/> Diabetes prevention support  |
| <input type="checkbox"/> | <input type="checkbox"/> Diabetes management support  |
| <input type="checkbox"/> | <input type="checkbox"/> Drug and alcohol abuse prevention, support & treatment                   |
| <input type="checkbox"/> | <input type="checkbox"/> Early Detection Works program (mammography for uninsured women)          |
| <input type="checkbox"/> | <input type="checkbox"/> Emergency care   |
| <input type="checkbox"/> | <input type="checkbox"/> Fall prevention  |
| <input type="checkbox"/> | <input type="checkbox"/> Family medicine clinic   |
| <input type="checkbox"/> | <input type="checkbox"/> Health information and advisory services                                 |
| <input type="checkbox"/> | <input type="checkbox"/> High-risk obstetrical (pregnancy) care                                   |
| <input type="checkbox"/> | <input type="checkbox"/> Hospital care  |
| <input type="checkbox"/> | <input type="checkbox"/> Preventive dental services   |
| <input type="checkbox"/> | <input type="checkbox"/> Preventive care (immunizations, disease screening, etc.)                 |
| <input type="checkbox"/> | <input type="checkbox"/> Medical equipment resources  |
| <input type="checkbox"/> | <input type="checkbox"/> Nursing home care  |
| <input type="checkbox"/> | <input type="checkbox"/> Nutrition/diet counseling  |
| <input type="checkbox"/> | <input type="checkbox"/> Obstetrical/prenatal (pregnancy) care                                    |
| <input type="checkbox"/> | <input type="checkbox"/> Parkinson's Support  |
| <input type="checkbox"/> | <input type="checkbox"/> Physical exams required for admission to school, pre-school, and daycare |
| <input type="checkbox"/> | <input type="checkbox"/> Physical exams for sports  |
| <input type="checkbox"/> | <input type="checkbox"/> Physical therapy   |
| <input type="checkbox"/> | <input type="checkbox"/> Restorative dental services  |
| <input type="checkbox"/> | <input type="checkbox"/> Sexual violence prevention & support                                     |
| <input type="checkbox"/> | <input type="checkbox"/> Support for caregivers   |
| <input type="checkbox"/> | <input type="checkbox"/> Telemedicine options   |
| <input type="checkbox"/> | <input type="checkbox"/> Weight management coaching   |
| <input type="checkbox"/> | <input type="checkbox"/> I prefer not to answer   |

**Survey continues on the back of this page.**

**13. How much do you agree or disagree with the following definition of public health:**

Public health is the science and art of preventing disease, prolonging life and improving quality of life through organized efforts and informed choices of society, organizations (public and private), communities and individuals.

- ☐ Agree   ☐ Strongly agree   ☐ Strongly disagree   ☐ Disagree  
☐ Neither agree nor disagree   ☐ Prefer not to answer

**14. Public Health resources/services****Available   Wanted**

- |                          |   |
|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> Breastfeeding support (education, support groups etc.)   |
| <input type="checkbox"/> | <input type="checkbox"/> Communicable disease investigation (Example: COVID-19 Case Investigation)                                  |
| <input type="checkbox"/> | <input type="checkbox"/> Environmental health monitoring (air, water, sewer, & septic)  |
| <input type="checkbox"/> | <input type="checkbox"/> Family planning services   |
| <input type="checkbox"/> | <input type="checkbox"/> Health education (classes on health topics)  |
| <input type="checkbox"/> | <input type="checkbox"/> Health screening (blood pressure, blood sugar, height/weight, hearing, vision)                             |
| <input type="checkbox"/> | <input type="checkbox"/> Home Health Services   |
| <input type="checkbox"/> | <input type="checkbox"/> Programs to support pregnant women and families with babies  |
| <input type="checkbox"/> | <input type="checkbox"/> Immunization Services (Adult & Child)  |
| <input type="checkbox"/> | <input type="checkbox"/> Physical exams required for admission to school, pre-school, & daycare                                     |
| <input type="checkbox"/> | <input type="checkbox"/> Sexually Transmitted Disease (STD)/Sexually Transmitted Infections (STI) information, testing, & treatment |
| <input type="checkbox"/> | <input type="checkbox"/> Tuberculosis testing & treatment   |
| <input type="checkbox"/> | <input type="checkbox"/> WIC (Special Supplemental Nutrition Program Women, Infants, & Children)                                    |
| <input type="checkbox"/> | <input type="checkbox"/> I prefer not to answer   |

Do you or any member of your household currently work at a job outside the home?

- ☐ Yes   ☐ No   ☐ Don't know   ☐ Prefer not to answer

**If "No", "Don't know", or "Prefer not to answer" skip Question #15 and go to the qualifying question for Question #16: Preschool/Daycare Health/Wellness Resources on page 5.**

**If yes, please answer Question #15: Work Site Health/Wellness Resources**

**15. Work Site Health/Wellness Resources****Available   Wanted**

- |                          |  |
|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> Access to exercise facilities/programs at work  |
| <input type="checkbox"/> | <input type="checkbox"/> Access to healthy food options at work  |
| <input type="checkbox"/> | <input type="checkbox"/> Breastfeeding support through access to private breastfeeding spaces at work              |
| <input type="checkbox"/> | <input type="checkbox"/> Employee wellness program   |
| <input type="checkbox"/> | <input type="checkbox"/> Health education (classes on health topics and nutrition)                                 |
| <input type="checkbox"/> | <input type="checkbox"/> Health insurance  |
| <input type="checkbox"/> | <input type="checkbox"/> Incentives for practicing healthy behaviors (insurance discounts, gift cards, free items) |

**Survey continues on next page.**

**Available   Wanted**

- |                          |  |
|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> Paid time off or vacation & sick pay  |
| <input type="checkbox"/> | <input type="checkbox"/> Safety and ergonomics assessments   |
| <input type="checkbox"/> | <input type="checkbox"/> Supplemental Insurance (Cancer, vision, LTD, STD, Life)   |
| <input type="checkbox"/> | <input type="checkbox"/> Tobacco cessation programs and support quitting   |
| <input type="checkbox"/> | <input type="checkbox"/> Dental insurance  |
| <input type="checkbox"/> | <input type="checkbox"/> Employee Assistance Program (provides free and confidential assessments, short-term counseling, referrals, and follow-up services to help employees deal with issues that affect their emotional and mental well-being) |
| <input type="checkbox"/> | <input type="checkbox"/> Tobacco-free environment (no tobacco of any kind may be used on property, including e-cigarettes)   |
| <input type="checkbox"/> | <input type="checkbox"/> Health risk appraisals with feedback  |
| <input type="checkbox"/> | <input type="checkbox"/> Flexible work schedules   |
| <input type="checkbox"/> | <input type="checkbox"/> I prefer not to answer  |
| <input type="checkbox"/> | <input type="checkbox"/> I prefer not to answer  |

Is any member of your household currently attending a day care or preschool of any kind (center or in-home care)? ☐ Yes      ☐ No      ☐ Don't know      ☐ Prefer not to answer

If "No", "Don't know", or "Prefer not to answer" skip Question #16 and go to the qualifying question for Question #17: School-Based Health and Wellness Resources on page 6.

If yes, please answer Question #16: Preschool/Daycare Health/Wellness Resources.

**16. Preschool/Daycare Health/Wellness Resources****Available   Wanted**

- |                          |   |
|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> Access to quality, affordable childcare  |
| <input type="checkbox"/> | <input type="checkbox"/> Access to childcare in the evenings, nights and on weekends  |
| <input type="checkbox"/> | <input type="checkbox"/> Access to childcare for children with special needs  |
| <input type="checkbox"/> | <input type="checkbox"/> Access to quality, affordable pre-school   |
| <input type="checkbox"/> | <input type="checkbox"/> Access to healthy foods at childcare/pre-school (healthy meals//snacks/low-sugar served)                       |
| <input type="checkbox"/> | <input type="checkbox"/> Access to physical activity opportunities at childcare/pre-school throughout the day                           |
| <input type="checkbox"/> | <input type="checkbox"/> Dental screening   |
| <input type="checkbox"/> | <input type="checkbox"/> Gardening activities at childcare/pre-school   |
| <input type="checkbox"/> | <input type="checkbox"/> Health education for kids at childcare/pre-school  |
| <input type="checkbox"/> | <input type="checkbox"/> Health and parenting education for parents at childcare/pre-school   |
| <input type="checkbox"/> | <input type="checkbox"/> Tobacco-free environment (no tobacco of any kind or vaping products may be used on daycare/preschool property) |
| <input type="checkbox"/> | <input type="checkbox"/> I prefer not to answer   |

Is any member of your household currently going to grade school, middle school/junior high school, or high school?

☐ Yes      ☐ No      ☐ Don't know      ☐ Prefer not to answer

Survey continues on the back of this page

If no, "Don't know" or "Prefer not to answer" skip Questions #17 & #18 and go to the qualifying question for Questions #19: Health/Wellness Resources in Faith Communities on page 7.

**17. In what school district or private school does the child attend classes?**

- ☐ Beloit Public Schools
- ☐ Rock Hills Public Schools
- ☐ St. Johns' Catholic Schools
- ☐ Tipton Catholic High School
- ☐ Lakeside/Waconda Public Schools
- ☐ Pike Valley Public Schools
- ☐ Home School
- ☐ Online Learning
- ☐ Prefer Not to answer

**18. School Health/Wellness Resources**

**Available    Wanted**

- |                          |   |
|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> Access to healthy foods (cafeteria, vending, school stores, & concessions)                                     |
| <input type="checkbox"/> | <input type="checkbox"/> Access to behavioral/mental health services  |
| <input type="checkbox"/> | <input type="checkbox"/> Access to physical activity opportunities  |
| <input type="checkbox"/> | <input type="checkbox"/> Access to substance abuse prevention services (Drugs, alcohol, tobacco, etc.)                                  |
| <input type="checkbox"/> | <input type="checkbox"/> Alcohol use cessation services   |
| <input type="checkbox"/> | <input type="checkbox"/> Preventive dental services (including screening examinations, fluoride treatment and dental hygiene education) |
| <input type="checkbox"/> | <input type="checkbox"/> Vision screening   |
| <input type="checkbox"/> | <input type="checkbox"/> Health education and self-care (classes on health topics)  |
| <input type="checkbox"/> | <input type="checkbox"/> Health services/school nurse   |
| <input type="checkbox"/> | <input type="checkbox"/> Hearing screening  |
| <input type="checkbox"/> | <input type="checkbox"/> Hearing specialist   |
| <input type="checkbox"/> | <input type="checkbox"/> Opportunities for family involvement   |
| <input type="checkbox"/> | <input type="checkbox"/> Psychological counseling   |
| <input type="checkbox"/> | <input type="checkbox"/> Psychological testing  |
| <input type="checkbox"/> | <input type="checkbox"/> Tobacco use (smoking & chew) and vaping cessation services   |
| <input type="checkbox"/> | <input type="checkbox"/> Tobacco-free environment (no tobacco of any kind or vaping products may be used on school property)            |
| <input type="checkbox"/> | <input type="checkbox"/> I prefer not to answer   |

Do you or any member(s) of your household currently go to a faith community or place of worship (church, synagogue, temple, or mosque)?

- ☐ Yes            ☐ No            ☐ Don't know            ☐ Prefer not to answer

If no, "Don't know", or "Prefer not to answer" skip Question # 19 and go to question #20: K-State Research and Extension on the next page. If yes, please answer question #19.

Survey continues on next page.

**19. Health/Wellness Resources in Faith Communities****Available    Wanted**

- |                          |   |
|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> Access to healthy foods (healthy food options at church-sponsored events)                    |
| <input type="checkbox"/> | <input type="checkbox"/> Blessing Box (24 Hour Access to Food and other Necessities)                                  |
| <input type="checkbox"/> | <input type="checkbox"/> Community Crisis Support (Clothes, Toiletries Etc.)  |
| <input type="checkbox"/> | <input type="checkbox"/> Community Meals  |
| <input type="checkbox"/> | <input type="checkbox"/> Community Resource Room (Clothes, Toiletries Etc.)   |
| <input type="checkbox"/> | <input type="checkbox"/> Counseling   |
| <input type="checkbox"/> | <input type="checkbox"/> Divorce Support  |
| <input type="checkbox"/> | <input type="checkbox"/> Food bank/food pantry  |
| <input type="checkbox"/> | <input type="checkbox"/> Grief Support  |
| <input type="checkbox"/> | <input type="checkbox"/> Health education (classes on health topics)  |
| <input type="checkbox"/> | <input type="checkbox"/> Health screening (blood pressure, blood sugar, etc.)   |
| <input type="checkbox"/> | <input type="checkbox"/> Marriage or Relationship Support and Counseling  |
| <input type="checkbox"/> | <input type="checkbox"/> Narcotics Anonymous (NA) & Alcoholics Anonymous (AA) Support Groups                          |
| <input type="checkbox"/> | <input type="checkbox"/> Physical activity opportunities with other members   |
| <input type="checkbox"/> | <input type="checkbox"/> Prayer/meditation options  |
| <input type="checkbox"/> | <input type="checkbox"/> Social support (Mom's day out, women's group, men's group, youth group)                      |
| <input type="checkbox"/> | <input type="checkbox"/> Summer Food Programs (Kid's Café)  |
| <input type="checkbox"/> | <input type="checkbox"/> Tobacco-free environment (no tobacco of any kind or vaping products may be used on property) |
| <input type="checkbox"/> | <input type="checkbox"/> I prefer not to answer   |

**20. K-State Research and Extension Office health and wellness resources****Available    Wanted**

- |                          |  |
|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> Babysitting and Childcare provider clinics  |
| <input type="checkbox"/> | <input type="checkbox"/> Chronic disease self-management programs (Management of Diabetes, COPD, Asthma Arthritis, etc.) |
| <input type="checkbox"/> | <input type="checkbox"/> Farm and Rural Business Management Education (Succession planning, marketing, financials, etc.) |
| <input type="checkbox"/> | <input type="checkbox"/> Financial wellness education  |
| <input type="checkbox"/> | <input type="checkbox"/> Growing Fruits and Vegetables and Landscaping   |
| <input type="checkbox"/> | <input type="checkbox"/> Health and Nutrition Classes  |
| <input type="checkbox"/> | <input type="checkbox"/> Health insurance selection and use education  |
| <input type="checkbox"/> | <input type="checkbox"/> Healthy Aging Programs  |
| <input type="checkbox"/> | <input type="checkbox"/> Healthy Home Resources (Radon and Water Testing)  |
| <input type="checkbox"/> | <input type="checkbox"/> Information on food safety regulations  |
| <input type="checkbox"/> | <input type="checkbox"/> Kansas 4-H  |

**Survey continues on back of this page.**



**Available    Wanted**

- |                          |   |
|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> Nutrition programs for low-income families (SNAP-ED)                                     |
| <input type="checkbox"/> | <input type="checkbox"/> Physical activity programs (Walk Kansas, Stay Strong, Stay Healthy)                      |
| <input type="checkbox"/> | <input type="checkbox"/> Stress and Resilience programs (work/life balance, mental health, communication)         |
| <input type="checkbox"/> | <input type="checkbox"/> Unbiased Medicare decision-making assistance (Senior Health Insurance Counseling, SHICK) |
| <input type="checkbox"/> | <input type="checkbox"/> Workplace wellness trainings and resources   |
| <input type="checkbox"/> | <input type="checkbox"/> Youth development programs (school enrichment, community leadership development etc.)    |
| <input type="checkbox"/> | <input type="checkbox"/> I prefer not to answer   |

**21. Community Environment Health and Wellness Resources****Available    Wanted**

- |                          |  |
|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> Access to healthy foods for residents of all income levels  |
| <input type="checkbox"/> | <input type="checkbox"/> Access to exercise facilities and gyms  |
| <input type="checkbox"/> | <input type="checkbox"/> Camping facilities  |
| <input type="checkbox"/> | <input type="checkbox"/> Community garden  |
| <input type="checkbox"/> | <input type="checkbox"/> Community social events/celebrations  |
| <input type="checkbox"/> | <input type="checkbox"/> Community Supported Agriculture ("subscription" service to buy local, seasonal food directly from a farmer)     |
| <input type="checkbox"/> | <input type="checkbox"/> Community water fluoridation  |
| <input type="checkbox"/> | <input type="checkbox"/> Farmers' Market   |
| <input type="checkbox"/> | <input type="checkbox"/> Food and Farm Council   |
| <input type="checkbox"/> | <input type="checkbox"/> Parks and Recreation Department-sponsored activities and classes for individuals of all ages and ability levels |
| <input type="checkbox"/> | <input type="checkbox"/> Sidewalk accessibility  |
| <input type="checkbox"/> | <input type="checkbox"/> Tobacco-free policies in all public places  |
| <input type="checkbox"/> | <input type="checkbox"/> Walking/running/biking trails   |
| <input type="checkbox"/> | <input type="checkbox"/> I prefer not to answer  |

**22. How do you prefer to receive information or services?**

- ☐ Individual and group learning experiences/consultation
- ☐ Online trainings and workshops
- ☐ On-demand, online access to research-based resources (social media, website, video, email)
- ☐ Publications and newsletters
- ☐ Access to research-based resources via print (newspaper, fact sheet, etc.)

**Survey continues on the next page.**

**DEMOGRAPHIC INFORMATION**

1. How old is the person completing this survey? Age: \_\_\_\_\_ ☐ Prefer not to answer
2. Sex of person completing this survey ☐ Male ☐ Female ☐ Prefer not to answer
3. In what community do you receive your healthcare? (check all that apply)
  - ☐ Belleville ☐ Beloit ☐ Mankato ☐ Salina ☐ Smith Center
  - ☐ Superior, NE ☐ Other \_\_\_\_\_ ☐ Prefer not to answer
4. How long does it usually take for you to get to your healthcare provider? (Please write your answer in minutes). \_\_\_\_\_ minutes ☐ Don't know ☐ Prefer not to answer
5. Household Income – What is your approximate total household income?
  - ☐ Less than \$10,000 ☐ \$10,000 to \$24,999 ☐ \$25,000 to \$39,999
  - ☐ \$40,000 to \$54,999 ☐ \$55,000 to \$69,999 ☐ \$70,000 to \$84,999
  - ☐ \$85,000 to \$99,999 ☐ \$100,000 or more ☐ Prefer not to answer
6. What is the highest level of education that the head of your household has completed?
  - ☐ Some high school ☐ Graduated from high school
  - ☐ Some college ☐ Graduated college with an associate's degree
  - ☐ Graduated college with a bachelor's degree ☐ Advanced degree (e.g., Master's, PhD, MD, JD)
7. Health Insurance status of person completing the survey. (SELECT ALL THAT APPLY)
  - ☐ Insured through employer ☐ Buy my own health insurance in an open market
  - ☐ Buy health insurance through the Affordable Care Act/Obamacare Market Place
  - ☐ Medicaid/KanCare ☐ Medicare no Medicare Supplement
  - ☐ Medicare plus Medicare Supplemental Insurance or Medicare Advantage plan
  - ☐ Uninsured ☐ Don't know ☐ Prefer not to answer
8. Ethnic origin (or race) of the person completing the survey (SELECT ALL THAT APPLY)
  - ☐ White, not of Hispanic origin ☐ Black, not of Hispanic origin ☐ Hispanic or Latino
  - ☐ White, of Hispanic origin ☐ Black, of Hispanic origin
  - ☐ Native American or American Indian ☐ Asian or Pacific Islander
  - ☐ Mixed race ☐ Other \_\_\_\_\_ ☐ Prefer not to answer
9. Language spoken most of the time in your home:
  - ☐ English ☐ Spanish ☐ Other \_\_\_\_\_ ☐ Prefer not to answer
10. Number of people in each age category who live in your home:
  - \_\_\_\_\_ Under 5 years old \_\_\_\_\_ 5-17 years old \_\_\_\_\_ 18-64 years old
  - \_\_\_\_\_ 65 years old or older \_\_\_\_\_ Prefer not to answer

Thank you for completing the Community Health and Wellness Survey!

## Appendix C - Mitchell County CHNA Sources

Discharges by Population

Demographics-Socioeconomic Factor Data

Community Commons via American Community Survey

<http://www.communitycommons.org/>

Healthcare Resources

Community Commons , CMS.gov, HRSA

Note: Please note all cited sources for the Mitchell County CHNA on the specific demographic and socioeconomic pages per the 2020-2021 Mitchell County CHNA report