

Grant County, Kansas Community Health Profile Summary of Findings

Representatives from the Healthy Lifestyles Initiative in Grant County are conducting a community health assessment (CHA) as a community-wide collaborative effort. Two assessment approaches have been employed to gather and analyze information related to community health within the county:

1. A data profile providing historical and current information on a key set of core indicators.
2. A community survey soliciting input from residents about their health behaviors and community health issues.

Data collection has been completed by the CHA team members with limited guidance from the Kansas Health Institute in analyzing and synthesizing results for the data profile and community survey. Detailed reports for each of the assessments accompany this summary.

The assessments provide a broad view of health and health-related issues within the region. The following themes emerge across the assessments.

Economic well-being:

Among the indicators where Grant County performs especially well in the state and region are indicators of economic well-being. The unemployment rate is lower than that of Kansas as a whole (4.2 percent in Grant county, versus 5.9 in Kansas), the Median income is the highest in the region and higher than the Kansas average (\$58,955 in Grant County versus \$50,594 in Kansas), and the food insecurity rate is just 10.4 percent, compared to 15.1 in Kansas. These indicators are encouraging, as socioeconomic status is closely linked with overall health. However, there are some areas where Grant County has room for improvement.

Access to Care:

According to the Core Indicators report, Grant County has a higher ratio of population to physician (2,628.3) than the Kansas average (1,723.8). There are also more people per dentist: 6,805 in Grant County versus 2,618 in Kansas. Furthermore, Grant County has a higher rate of uninsured (25 percent) than the Kansas average (19.1 percent), although Grant County is second lowest in the region in uninsurance. Additionally, survey respondents felt that Access to Health Care was one of the top five issues that need to be addressed for themselves personally, for their families, and also for the community as a whole. Among the top barriers to care were the costs of healthcare and insurance problems/lack of coverage (especially for Spanish-speakers). Other barriers were unfriendly providers, long waits for appointments, and a lack of trust for health care providers.

Healthy Foods

The core indicators report shows that the obesity rate in Grant County is 34 percent, compared to the Kansas rate of 28.8 percent. Additionally, the regional percent of adults consuming the recommended amount of fruits and vegetables is 16.7 percent, which is lower than the state rate of 18.6 percent. Survey respondents felt that *Lack of knowledge about how to eat healthy* was one of the top priorities to be addressed for themselves personally, for their families, and for the community as a whole. Furthermore, survey respondents felt that there was low access to healthy foods in restaurants and convenience stores, and 93 percent want more choices for affordable, healthy meals. Just 61 percent have shopped at the local farmers' market. An opportunity exists in this area, as 95 percent of survey respondents are willing to make lifestyle changes in order to incorporate more healthy meals into their diet.

Mental Health/Substance Abuse

Suicide prevention was listed as the top priority to be addressed in the community. Additionally, less than half of survey respondents (44 percent) felt that there were adequate drug and alcohol treatment services available for youth. Slightly more (48 percent) felt that the drug and alcohol treatment services available to adults were adequate. However, 73 percent feel that access to these services is important, and 76 percent would seek these services in Grant County, if needed.

Active Living

The regional rate of adults achieving the recommended amount of physical activity is less than half-43.7 percent. In Kansas, 48.5 percent of adults get the recommended amount of activity. In Grant County, just 58 percent of survey respondents use the Grant County recreational facility, and just 54 percent use the walking and biking paths. However, 93 percent of survey respondents indicated that they are willing to make lifestyle changes to incorporate more activity into their daily routine.

Teen Pregnancy/Infant Mortality

Teen pregnancy was listed in the top three priorities to be addressed in the community. According to the core indicators report, the teen pregnancy rate is 16.7 percent, compared to 9.5 percent in Kansas as a whole. The infant mortality rate is 8.9 deaths per 1,000 live births, and the Kansas rate is 7.0 deaths per 1,000 live births.

Taken together, the results of the primary and secondary data provide important insight into the health status and areas for improvement within Grant County and will provide a solid foundation from which the county's stakeholders may begin to identify priorities and intervention strategies.