**COMMUNITY HEALTH SCORECARD OVERVIEW**

Health starts where we live, work and play

*Priority is given to metrics that are repeatable, reliable and regional data; otherwise will use best available local information. 2010 commitments from National County Rankings, MHA, AHRQ and so on allows regional and county data for at least 3 years.*

*Most measurements can be further segmented into relevant target groups such as youth (0-18), working age people (18-64) and seniors (65+). Further, group specific metrics will reveal issues unique to that population e.g., motor vehicle accidents in the younger population. The aim of this report is to remain at a very high level, with details and subsets of the population created later.*

# CORE COMPETENCY: DELIVERING BEST AND SAFEST

**Measure**: Preventable Hospitalizations (Index of 9 chronic and 3 acute conditions)

**Definition**: AHRQ PQI (prevention quality indicators), assess the quality of outpatient care delivery as measured by hospitalizations that should be preventable if appropriate high quality, community-based primary care is provided

**Baseline/Potential Goals**: Current MHA Regional 2009 overall rate is 2,178/100,000; Missouri rate is 1,879/100,000. St Louis University will run Heartland regional data to use rather than MHA regional results; Information also available for all Missouri counties.

**Source and Frequency**: HIDI data, annually reviewed, funding secured for next two years

**Rationale**: Links well to Heartland Health goal to drive care closer to home, less invasiveness and lower cost.

**Measure:** Smoking Attributable Deaths (Index of 18 diseases)

**Definition:** An estimate of the number of deaths which were attributable to smoking. This is the only mortality indicator for which the numbers of events are estimates. All other mortality numbers are counts of actual death certificates.

**Baseline/Potential Goals:** 2008 age adjusted, per 100,000 Buchanan rate is 177.3; Missouri rate is 147.1; meeting or exceeding the state rate is a good short term goal

**Source and Frequency:** State Department of Health has all counties and may be able to conduct a regional rate for our use in the community card

**Rationale:** Smoking reduction and improvement is an essential individual health target that affects delivery cost and effectiveness. Smokers have longer lengths of stay and require more resources.

**Measure:** Access to affordable health care- Uninsured rate (no coverage in last 12 months)

**Definition:** While the uninsured rate is not ideal, since it can’t reflect multiple elements of affordability; it remains the best proxy for access.

**Baseline/Potential Goals:** 2009 Buchanan County Uninsured rate is 13.2%, up significantly from 2007; slightly better than the 2009 USA rate of 13.6%. As health reform unfolds over the next 5 years it should improve coverage

**Source and Frequency:** Local BRFSS (Stjoehealthinfo.org) and State BRFSS (older data)

**Rationale**: Access and affordability is the public’s top health care concern. The 2010 community survey confirmed its importance locally as the top item followed by smoking and obesity.

# CORE COMPETENCY: INDIVIDUAL HEALTH IMPROVMENT

**Measure:** Current smoking rate

**Definition:** BRFSS question: In the last 12 months did you smoke cigarettes? (yes)

**Baseline/Potential Goals:** 2009 Buchanan County rate is 27.9%; Missouri rate is 25% and the 90th percentile in the state is 19%.

**Source and Frequency:** The MHA Assessing the Health of Our Communities and the County Health Rankings use the same source data from the University of Wisconsin Population Health Institute; providing a consistent regional and national data set for the next 3 years (possibly more depending on funds). Locally, we have more current data for Buchanan County via our BRFSS partnership with the St Joseph Health Department. Partners: Tobacco Coalition, Alliance, Roundtable…

**Rationale:** Smoking remains the number one preventable death strategy and top health improvement strategy

**Measure:** Physical Activity

**Definition:** BRFSS- Any physical activity in past month? (yes)

**Baseline/Potential Goals:** 2009 Buchanan County is 52.3%; the Missouri rate is 72.4%. We need to meet the Missouri rate at minimum

**Source and Frequency:** Local and state BRFSS, Partners: Alliance, MoCan, schools, Roundtable…

**Rationale:** Physical activity is highly correlated to obesity rates and is related to stress reduction and cardiac health

**Measure:** Nutrition/Obesity

**Definition:** BRFSS calculated BMI rate of greater than 30 (overweight is 25-30)

**Baseline/Potential Goals:** County Rankings and MHA reports Buchanan 32%; the Missouri rate is 28%

**Source and Frequency:** Funding for National County Rankings is secured for 3 years. Local BRFSS will be conducted in 2011, Partners: Alliance, schools, MoCan, Roundtable…

**Rationale:** Obesity in all age groups is driving multiple morbidity issues. Better ways to measure nutrition is needed.

**Measure:** Substance Abuse/Binge Drinking

**Definition:** BRFSS question- number of drinks per occasion (5 or more is binge drinking)

**Baseline/Potential Goals:** National County Rankings and MHA reports Buchanan is 17%; the Missouri rate is 16% and the 90th percentile is 6%

**Source and Frequency:** Funding for National County Rankings is secured for 3 years. Local BRFSS will be conducted in 2011, Partners: Youth Alliance, Public safety…

**Rationale:** Our local binge drinking rates are relatively high

**Measure:** Mental Health

**Definition:** BRFSS- poor mental health days in the past 30 days

**Baseline/Potential Goals:** Buchanan County rate is 3.8 days in past 30 days; Missouri rate 3.6

**Source and Frequency:** BRFSS National County ranks; other potential metrics: Inadequate social support, Quality of life, mental health ER visits, Partners: Mental health community…

**Rationale:** Mental health everywhere in the region and most of the USA is in distress

# CORE COMPETENCY: COMMUNITY HEALTH IMPROVMENT

## Adapted from the Robert Wood Johnson Foundation, “Commission to Build a Healthier America”- Key Factor to success is partnering with willing and appropriate stakeholders

**Measure:** Income/Poverty

**Definition:** Federal poverty rate by county

**Baseline/Potential Goals:** 2008 Buchanan Poverty rate is 15%; Missouri is 13.5. It is noteworthy that only 2 of 15 Northwest Missouri Counties meet or exceed the state poverty rate. Further, only 2 of 15 counties Median income meet or exceed the state rate. Other metrics to consider: public school free and reduced lunch rate, under age 18 in poverty, Income inequality

**Source and Frequency:** American Community Survey (ACS), Partners: CAP, InterServ, Faith community, United Way

**Rationale:** For centuries poverty has been linked to ill health. It is not difficult to understand why the poor would have worse health than people with greater economic means. We know that even middle class people generally have poorer health than the most affluent.

**Measure:** Education

**Definition:** % Adults with Bachelor Degree or More by age 25

**Baseline/Potential Goals:** The 2007 Buchanan rate is 16.3%; Missouri is 24% and the USA is 27%; in the Northwest Missouri only one county exceeds the state rate. Other potential metrics: high school graduation and dropout rates, grade level achievements in math and reading,

**Source and Frequency:** ACS, Partners: SJSD, P-20, MWSU

**Rationale:** Education has profound health effects. More education makes an individual more aware of healthy and unhealthy choices and makes it easier to make healthy choices.

**Measure:** Employment/Work

**Definition:** Unemployment rate as defined by Missouri/Feds

**Baseline/Potential Goals:** October 2010 Northwest region rate is 7.5%; Missouri is 9.4. Other possible metrics- total employment, per capita income,

**Source and Frequency:** Missouri Economic Research and Information Center (MERIC) Partners: Business Roundtable on Health, Chamber,

**Rationale:** Work can influence health in many ways, including links both with health care insurance and with physically hazardous exposures in the workplace.

**Measure:** Early Life Experience

**Definition:** Will work with “Success by Six” to select primary indicator

**Baseline/Potential Goals:** There are multiple possible indicators and goals, the following are potentially viable: Education of mothers with less than 12 years school, child abuse/neglect, childhood poverty, infant mortality, low birth weight, mothers without high school diploma, early prenatal care, kindergarten readiness, credentialed child care, licensed childcare

**Source and Frequency:** Partners: Success by Six/United Way

**Rationale:** Early childhood experience can have a powerful influence on individual health, not just in childhood but throughout life. Children born premature and underweight are more likely to face health problems than their peers which can later lead to other factors which negatively impact health.

**Measure:** Housing

**Definition:** Substandard Housing is a calculation in the American Community Survey (ACS) that combines homes without complete plumbing, without complete kitchen facilities and no telephone services. Most housing is evaluated individually via inspections after a complaint, there are few community based measures.

**Baseline/Potential Goals:** 2008 Buchanan substandard housing rate is 3.8%; the Missouri rate is 3.3%. Other metrics to consider are Households paying more than 30% for housing cost.

**Source and Frequency:** The ACS in Buchanan will be every three years, Partners: CAP, Housing Authority, City, County, Mo-Kan Regional

**Rationale:** Poor quality housing exposes a risk to many conditions that can contribute to health, such as indoor allergens that can lead to and exacerbate asthma, injuries and exposure to lead and other toxic substances.

**Measure:** Community/Built Environment

**Definition:** Buchanan Access to healthy foods;

**Baseline/Potential Goals:** 23% of Buchanan food outlets meet “healthy food outlet standards”; Missouri is 35% and the 90th percentile is 54%. Other possible metrics: Liquor store density; miles of hike bike trail locally and regionally, policy analysis e.g., sidewalks, non-motor transport, active living standards

**Source and Frequency:** National County Health Rankings and the US Census Business Patterns, Partners: City Planning, Transportation, Public Works

**Rationale:** Characteristics of communities can influence health in many direct and indirect ways. For example, neighborhoods can be physically hazardous because of air and chemical pollution, traffic, lack of sidewalks and safe places to exercise.

**Measure:** Race and Ethnicity

**Definition:** Health disparities- is the difference in outcomes by race and ethnicity

**Baseline/Potential Goals:** State data suggests there are disparities, and state health department analysts are willing to create a regional rate for our use, as well as, St Joseph. Second, the AHRQ preventable hospitalization data can sort by disparities if there is adequate sample size.

**Source and Frequency:** TBD, State DHSS and St Louis University

**Rationale:** Racial and ethnic background has profound effects on an individual’s health because of the different social and economic experiences-advantages and disadvantages-that go along with race and ethnicity.

**Measure:** The Economy

**Definition:** Working with Community Alliance Jobs/economy group to define. A typical metric is average weekly wages

**Baseline/Potential Goals:** 2009 Buchanan weekly wage was $660 compared to Missouri at $773; other potential metrics- county tax sales revenue, total employment,

**Source and Frequency:** MERIC quarterly census of wages, Partners: Chamber, Federal Reserve, Community Alliance

**Rationale:** The general economy environment can affect health by affection levels of unemployment, wages and benefits, barriers to educational attainment and availability of social and health services.