

Reno County Community Health Improvement Plan

2022

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Summary

The Community Health Improvement Plan is derived from a collaborative group of partners who are seeking to provide imperative services that reach all citizens. Public Health endeavors are all around us. It's the sidewalk that you used to walk on this AM, or the smoke free restaurant that you enjoyed time in connecting with friends over the past month. Public Health's role is to ensure that Health is represented in all conversations.

It takes cross sector leadership among collaborative leaders to make change on community health issues. Just promoting healthy choices won't eliminate health disparities. Instead, public health organizations and their partners in sectors like education, transportation, and housing need to take action to improve the conditions in people's environments.

Supporting community health is an endeavor for our community that will pay great dividends in economic and educational growth and strengthen social and community connectivity. The priorities and plans in this document reflect the ideals of citizens in our community and begin with addressing conditions within our community where people live, learn, work, and play. These actions will provide a roadmap for all entities to connect and for citizens to live healthier lives.

Addressing Social Determinants of Health

Good Health begins where we live, learn, work and play. Stable housing, quality schools, access to good jobs, neighborhood safety, and culturally competent healthcare are important influences within communities.

Social Determinants of Health contribute to community wide health disparities and inequities. For Example, people who don't have access to grocery stores with healthy foods are less likely to have good nutrition. That raises their risk of health conditions like heart disease, diabetes, and obesity — and even lowers life expectancy relative to people who do have access to healthy foods.

We are aiming to support Reno County with the data, knowledge, and tools for businesses, health care entities, and not-for-profits to expand their reach to all populations so that everyone can live the healthiest life possible.

Figure 1: Social Determinants of Health



Adapted from: Healthy People 2020

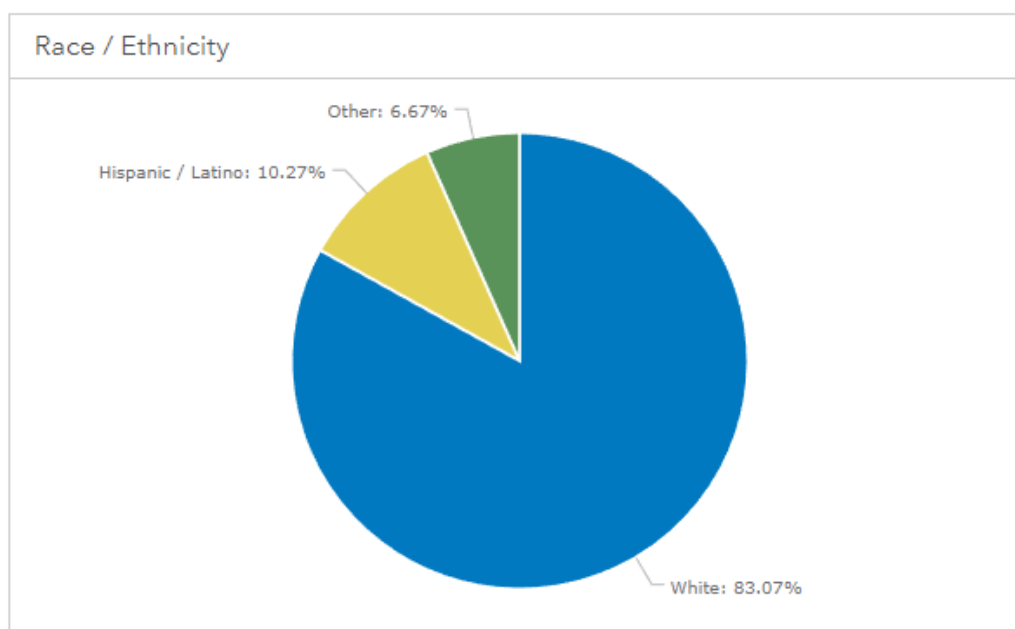
Examples of social determinants of health include:

- Availability of resources to meet daily needs (e.g., safe housing and local food markets)
- Access to educational, economic, and job opportunities
- Access to health care services
- Quality of education and job training
- Availability of community-based resources in support of community living and opportunities for recreational and leisure-time activities
- Transportation options
- Public safety
- Social support
- Social norms and attitudes (e.g., discrimination, racism, and distrust of government)
- Exposure to crime, violence, and social disorder (e.g., presence of trash and lack of cooperation in a community)
- Socioeconomic conditions (e.g., concentrated poverty and the stressful conditions that accompany it)
- Residential segregation
- Language/Literacy
- Access to mass media and emerging technologies (e.g., cell phones, the Internet, and social media)
- Culture

Demographics

Reno County is one of the geographically largest counties in Kansas (1,255 square miles) with a total population of 61,898. It is home to Hutchinson—the county seat—with a population of 40,006 and several small surrounding communities. Reno County is the 9th most populated county in the state of Kansas out of 105 counties. The median household income for Reno County is \$50,675 and for Hutchinson \$52,277, both of which are below the state’s rate of \$61,084. As the third largest rural county in Kansas, residency is 83% Caucasian, 10% Latino, and 3% African American.

Figure 1: Race/Ethnicity in Reno County¹



Rural Reno County is home to a significant number of Amish families who are traditionally fairly dependent upon agriculture and value a minimalist lifestyle. In 1992, there were three Amish settlements in Kansas with an estimated total population of 675.² As of 2022, there are ten settlements with a population of 2,230.³

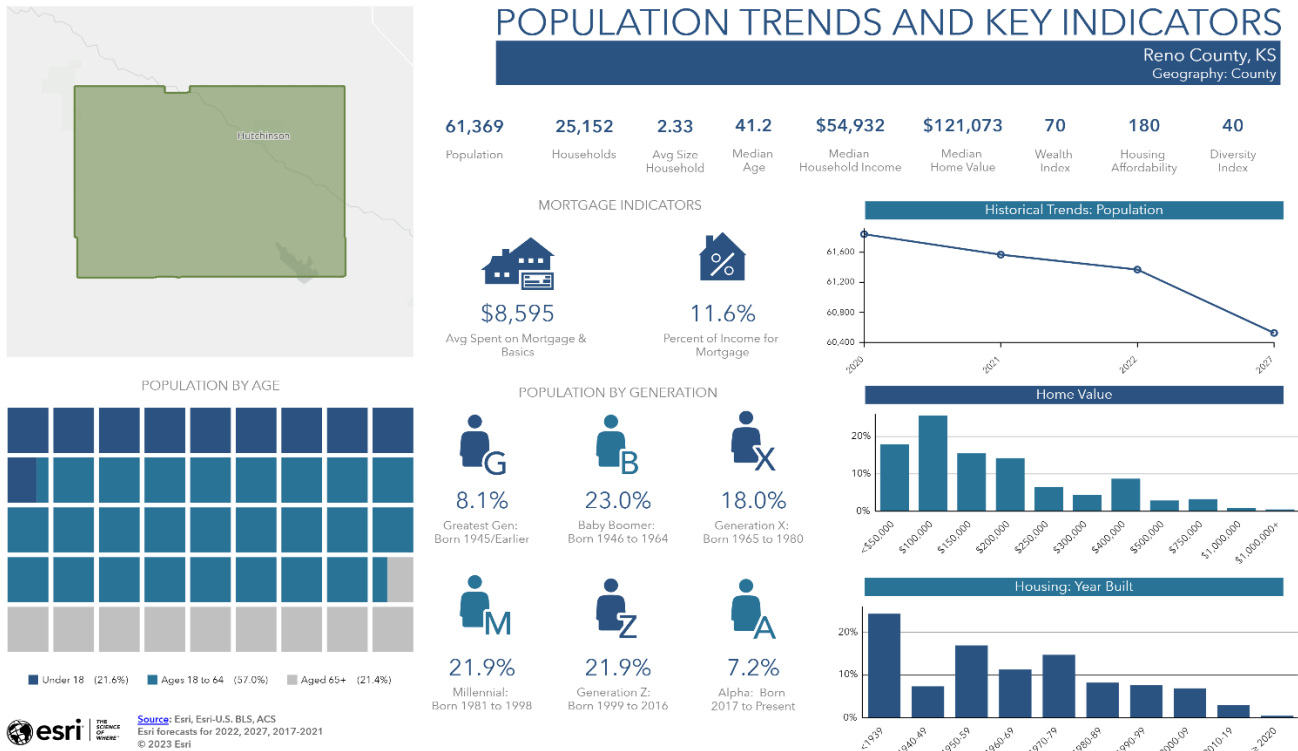
Hutchinson has three state prison facilities (minimum, medium, and maximum security) that provide steady employment for many but draw several transient families to the area who need a variety of social services. Additionally, an estimated 94 manufacturing businesses operate within Reno County, employing 3,252 persons. The combination of shift work and vigorous activities needed in the manufacturing industries has the potential to take a harsh toll on employees’ health if not managed properly.

¹ Reno County CHA 2022 <https://renocountycha-reno.hub.arcgis.com/pages/demographics>

² “Amish Population Change 1992-2013, Top Ten States,” *Young Center for Anabaptist and Pietist Studies*, Elizabethtown College, https://groups.etown.edu/amishstudies/files/2015/08/Population_Change_1992-2013.pdf

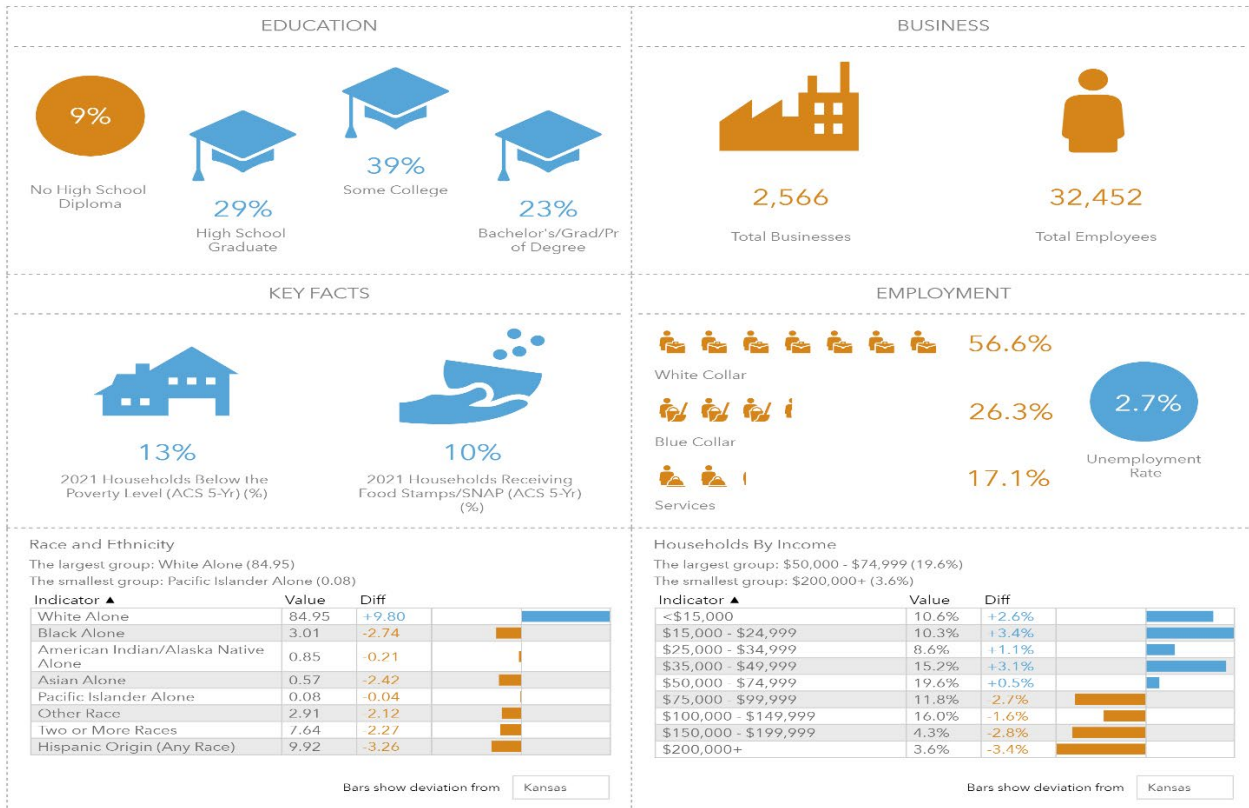
³ “Amish Population, 2019,” *Young Center for Anabaptist and Pietist Studies*, Elizabethtown College, <http://groups.etown.edu/amishstudies/statistics/population-2019/>

Figure 2: Demographics & Trends in Reno County



Key Facts

Reno County, KS
Geography: County



This infographic contains data provided by Esri, Esri Data Axle, ACS. The vintage of the data is 2022, 2017-2021.

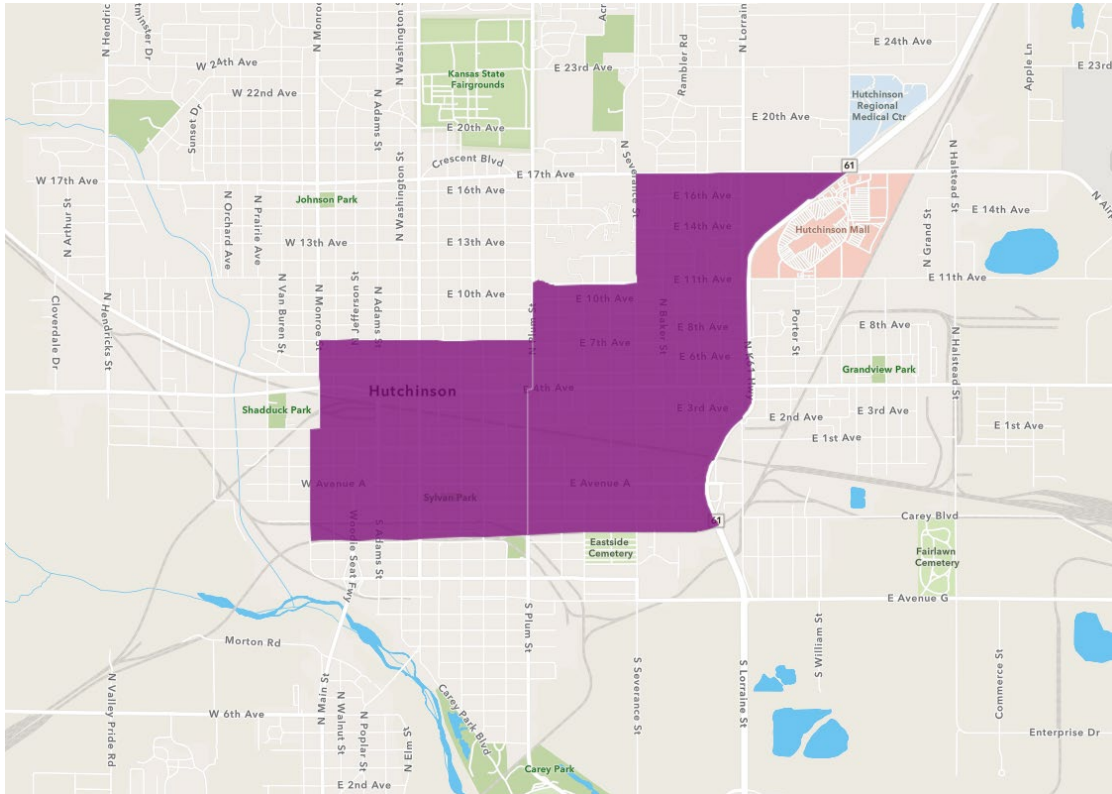
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Socioeconomic Factors and Vulnerable Populations

The Center for Applied Research and Engagement Systems identifies vulnerable populations as areas where **20 percent or more of the inhabitants are living in poverty and/or 25 percent of the population age 25 or older hold less than a high school diploma**. In 2022, the federal poverty level for a family of four was \$27,750. Higher poverty rates are often attributed to poor economic conditions or lack of economic opportunity. The estimated 2019 poverty level in Reno County is slightly higher than the Kansas average—each at 13.5 and 12 percent, respectively.

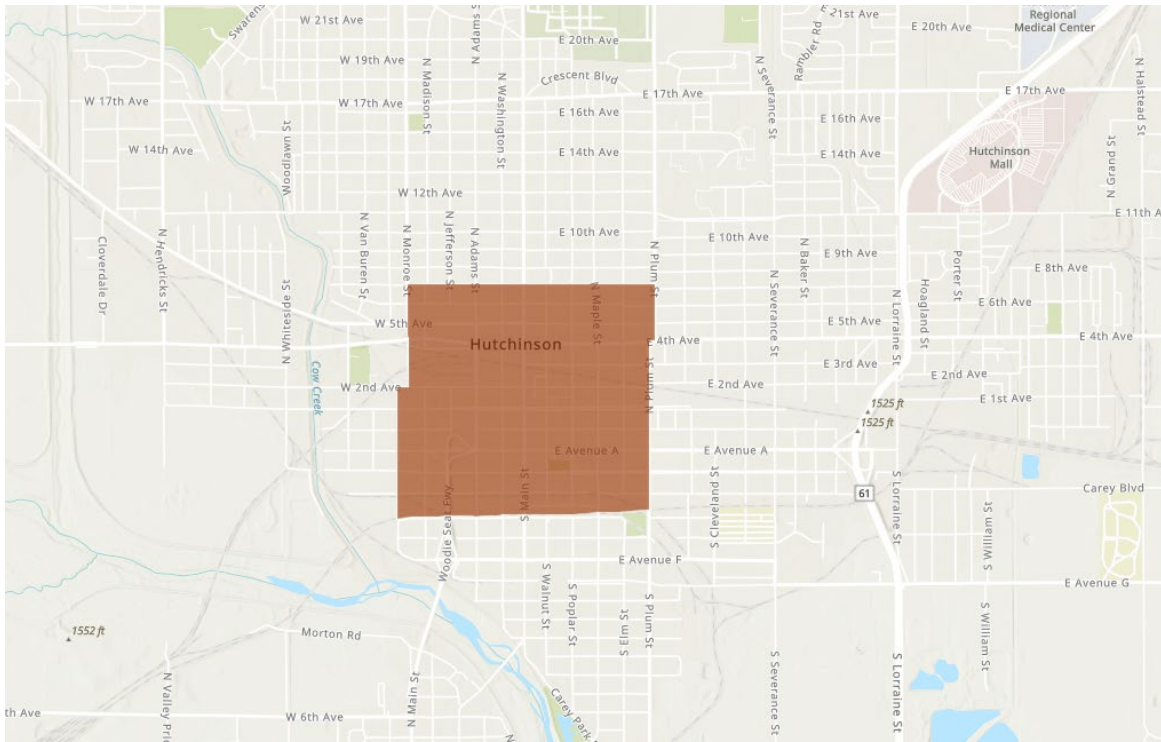
There are two census tract areas located in south-central Hutchinson, where more than 20 percent of all households are living below the federal poverty line.

Figure 3: Census Tracts - 20 Percent or More of Population Living in Poverty



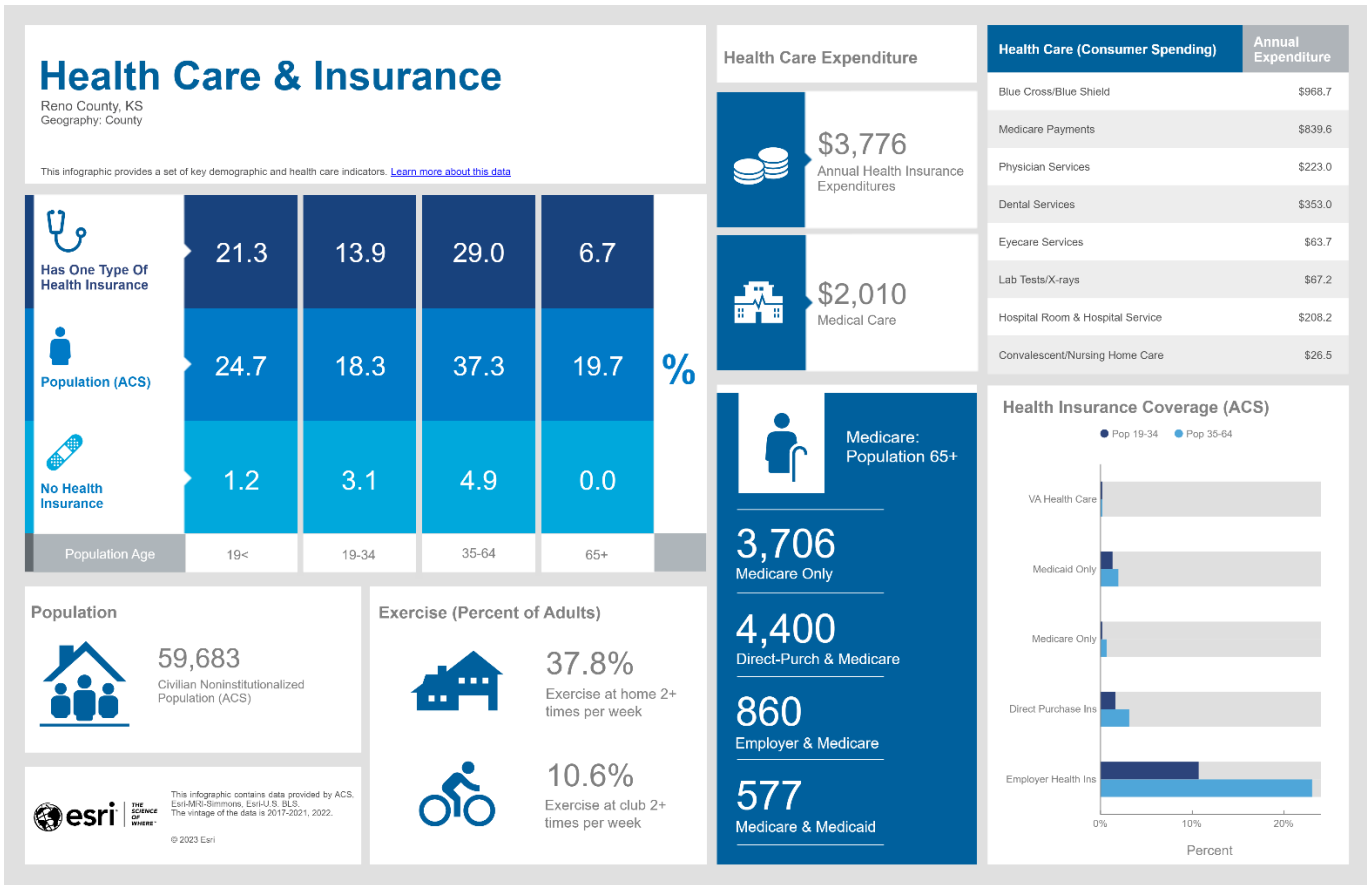
There are three census tracts where more than 15 percent of the population have less than a high school diploma. One census tract in Hutchinson meets both thresholds. In total, four census tracts within Hutchinson are identified as socially vulnerable populations.

Figure 4: Census Tract - 15 Percent or More of Population with Less Than a High School Diploma



Over 9.4 percent of Reno County residents do not have health insurance with the average household expenses on health insurance at \$3,776. In comparison, the state averages a 8.8 percent uninsured population rate, with \$4,487 spent on annual health insurance expenditures. Overall, Reno County residents visit a doctor less frequently than the Kansas average and spend roughly \$700 less on total health care costs. The average household in Reno County also spends close to \$345 on prescription drugs compared to the Kansas average of \$390.

Figure 5: Health Care & Insurance Statistics



Food Environment

A healthy diet is known to reduce the risk of chronic diseases, such as obesity. At the same time, nationally, less than 10 percent of the population meets the recommendations for the intake of fruits and vegetables.⁴ Access to healthy food sources is a common barrier within the Reno County community. The Reno County Food Advisory Board is working on a food system assessment for Reno County assessment and will work on identifying key strategies to address the gaps in food security over the next 5 years.

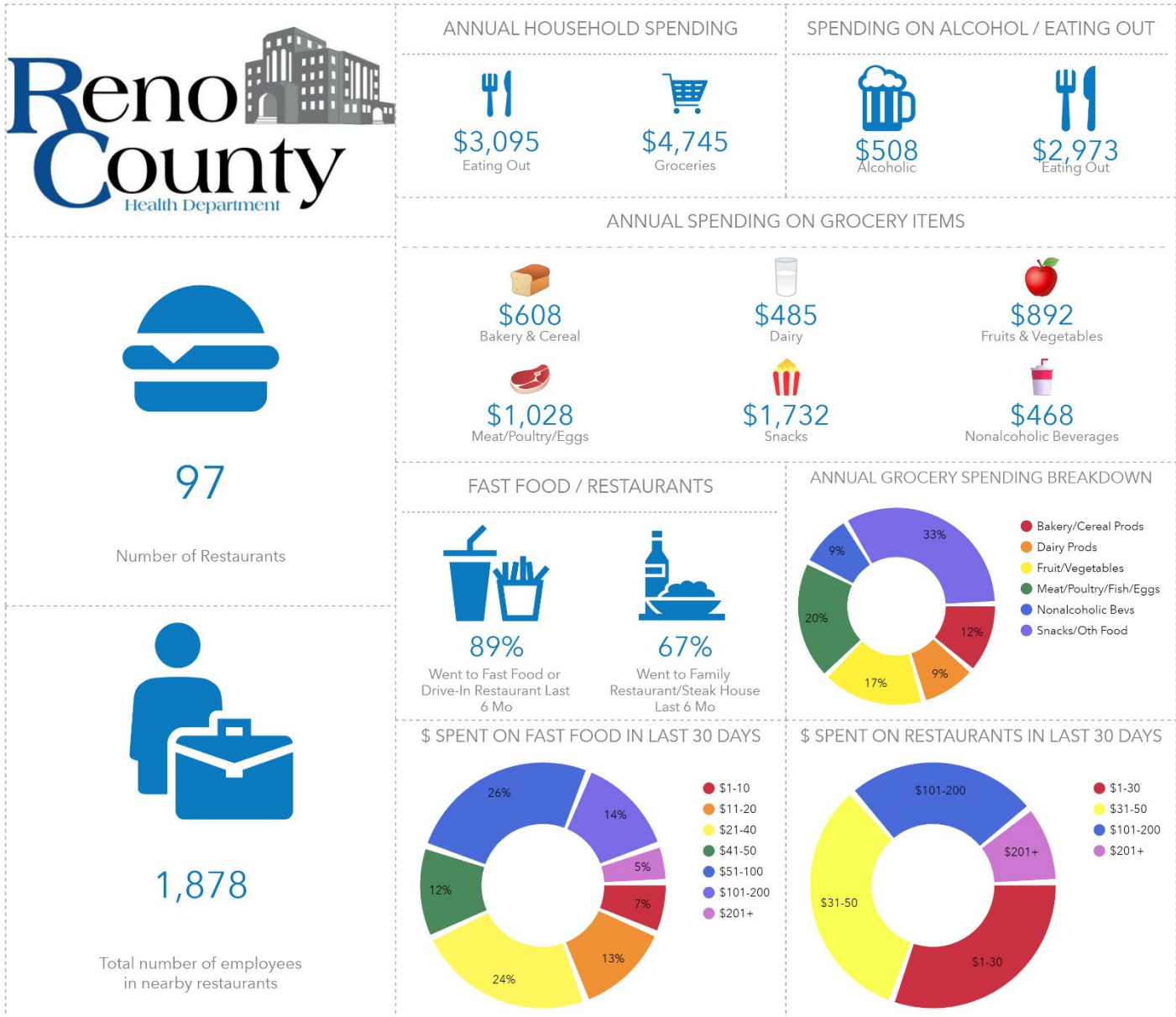
According to Kansas Health Matters, more residents of Reno County are food insecure 11.3% compared to Kansas 9.7%. “Food insecurity is an economic and social indicator of the health of a community. The US Department of Agriculture defines food insecurity as limited or uncertain availability of nutritionally adequate foods or uncertain ability to acquire these foods in socially acceptable ways.” In Reno County, unless you live in one of two towns you do not have access to a local grocery store. This is just one of the links in the system that we will be evaluating throughout this process. Additionally, 11.7% of Reno County Residents live below the poverty level, (U.S Census Bureau, 2021 ACS 5 yr. estimate). This creates another barrier when there is not a local food system, especially for our rural citizens. We are excited to engage our county residents through targeted questionnaires and listening sessions to make sure we are hearing from all populations.

The average household in Reno County spends about \$1,669 on groceries per person each year. Data from Esri and GfK MRI in Figure 7 illustrates average annual household spending on grocery items, where the single largest purchasing category (32 percent) are snacks. Additionally, nearly 36 percent of Reno County residents went to a fast-food restaurant more than nine times within 30 days. While the recommended calorie intake can range anywhere from 1,600 to 3,000 calories based on factors such as age and sex, one trip to a fast-food restaurant can account for more than half of the daily recommended calorie intake. These lifestyle behaviors contribute to higher rates of obesity and other preventable chronic diseases such as cardiovascular disease and type 2 diabetes. In Reno County, 35 percent of Reno County residents are obese.⁵

⁴ Centers for Disease Control and Prevention, 2020, “Poor Nutrition,”
<https://www.cdc.gov/chronicdisease/resources/publications/factsheets/nutrition.htm>

⁵ Kansas Health Matters, 2017, “Percent of Adults who are Obese,”
<https://www.kansashealthmatters.org/indicators/index/view?indicatorId=2269&localeTypeId=2>

Figure 6: Food & Grocery Spending



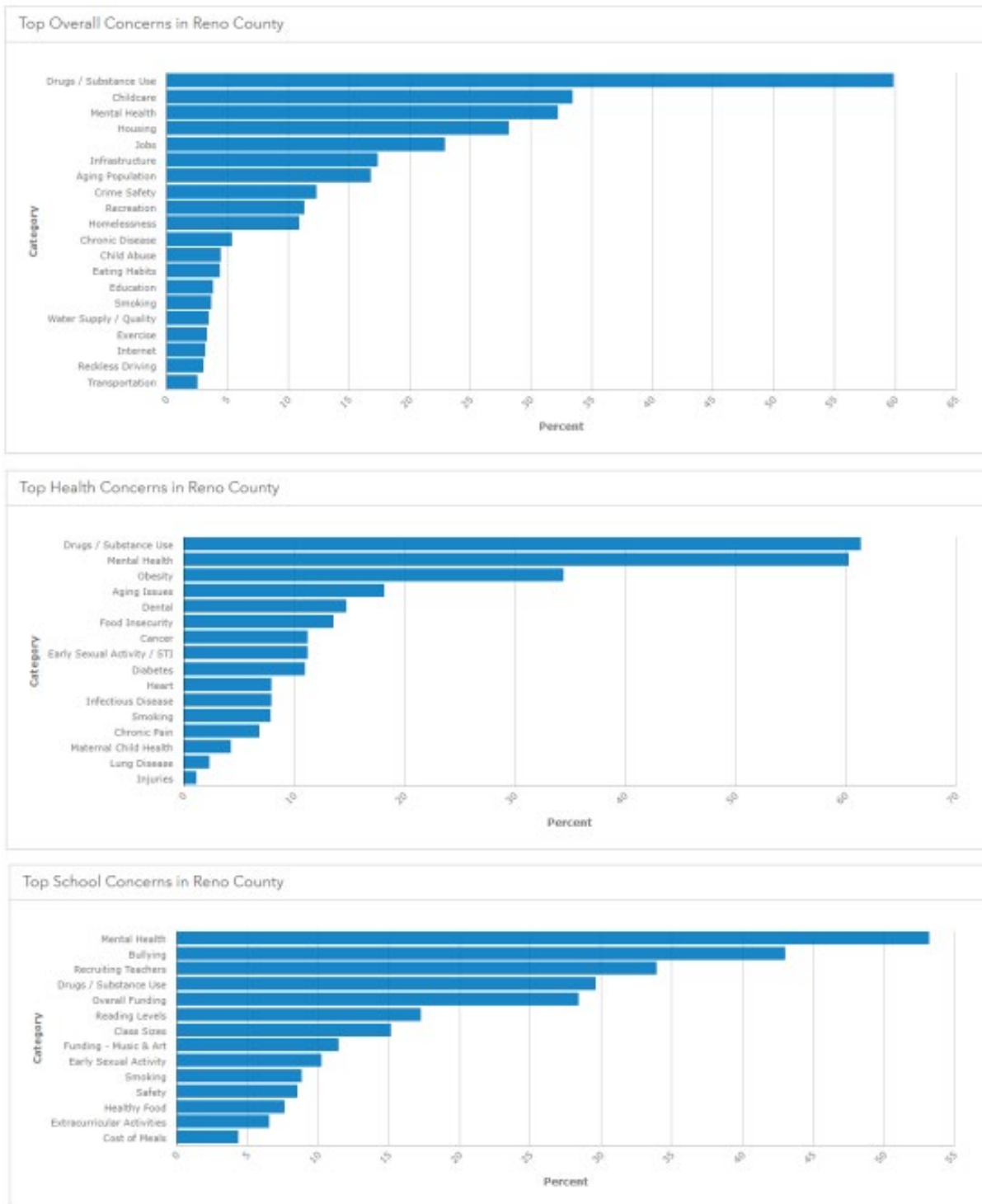
Source: This infographic contains data provided by Esri-U.S. BLS, Esri-MRI-Simmons. The vintage of the data is 2022.

Overview of the 2022 Community Health Needs Assessment

In 2022, a Community Health Needs Assessment (CHNA) was conducted. There were 796 responses to the survey with 319 people providing explanations about why they chose their answers. The local priority-setting scores ascertained in the CHNA show the top social/behavioral issues facing Reno County include drug/substance use, mental health, childcare and access to care. Results from the survey indicate drug use represented a significant portion of neighborhood and community concerns. Where Reno County residents do not feel safe, it is often attributed to drug-related activity (Figure 9 and Figure 10).

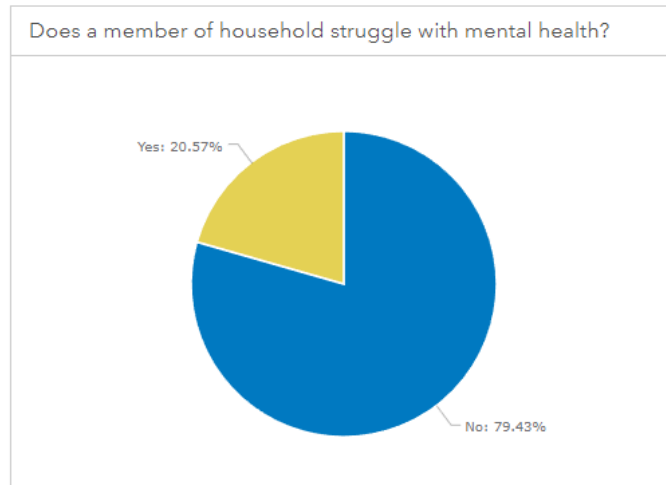
Through the community input of the CHNA the Healthcare Access Taskforce along with help from several community partners and Heal Reno County with the help of Pathways to a Healthy Kansas grant funds completed several community listening sessions to gain more input from community members. Information from the focus groups supported the data we received in the CHNA survey and from there the Healthcare Access Taskforce was able to work with existing community groups whose focuses were on the community priorities. HAT was able to put goals and actions down which you will find in this document.

Figure 7: CHNA - Biggest Concerns Facing Reno County



The CHNA results also reveal a strong relationship between households where a family member struggles with mental health and whether the respondent feels the home is thriving (Figure 11 and **Figure 12**).

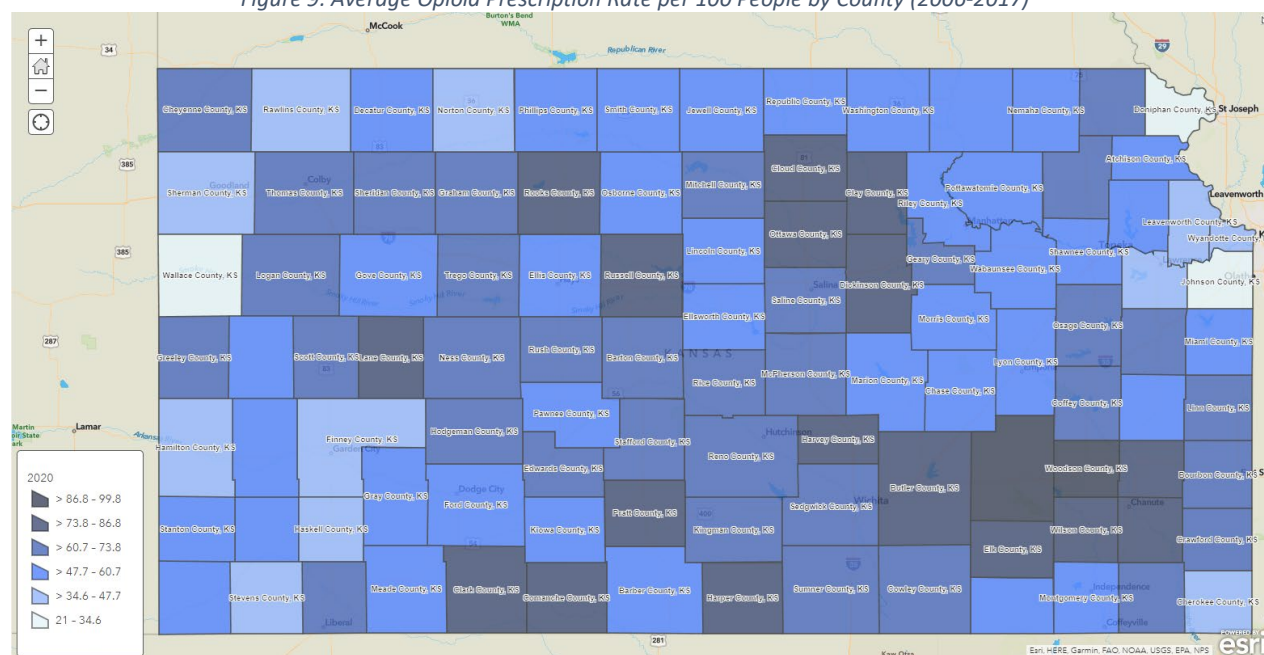
Figure 8: CHNA - Household Struggles with Mental Health



Priority Areas and Strategies

Priority Area 1 of this edition of the Community Health Improvement Plan focuses on issues surrounding Substance Misuse. In 2019, Reno County released the Opioid Needs Assessment to address some of the Substance Misuse concerns. According to the Centers for Disease Control and Prevention, “studies have reported an association between opioid prescribing and nonmedical use.” In 2020, the average yearly prescription rate in Reno County was 68.9 prescriptions per 100 residents (Figure 13).⁶ In 2016, opioid claims made up nearly 5% of all prescription claims (Figure 14).⁷

Figure 9: Average Opioid Prescription Rate per 100 People by County (2006-2017)

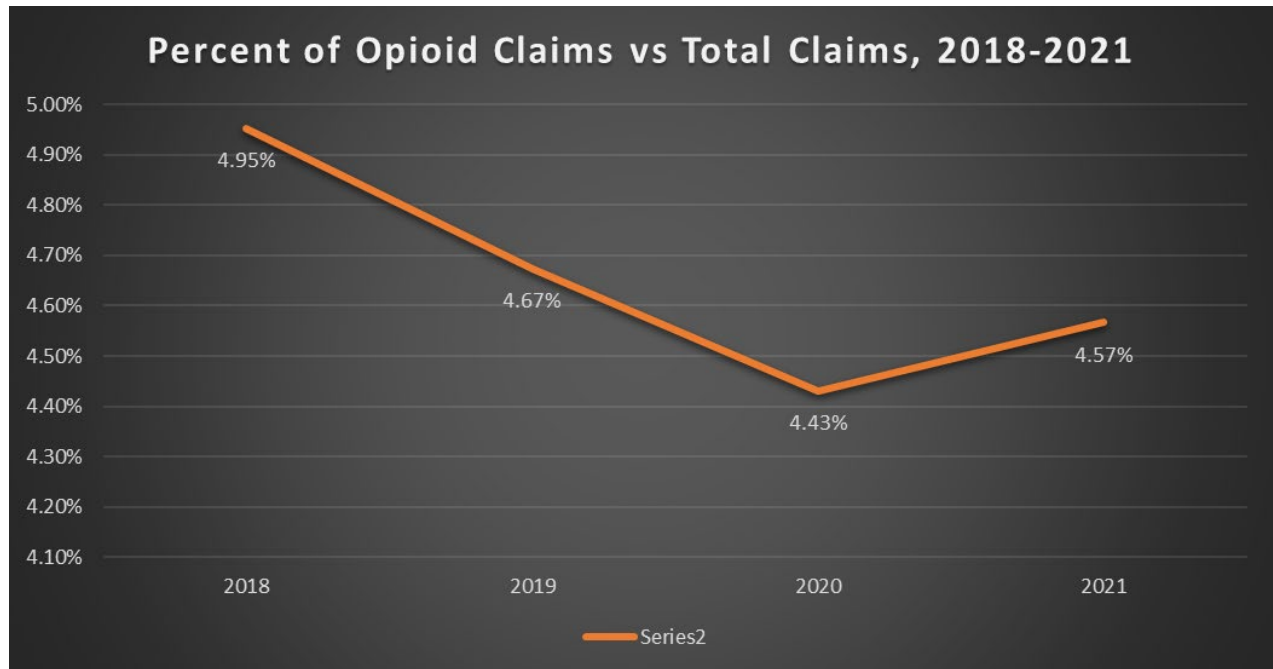


68.9 per 100 People 2020

⁶ Centers for Disease Control and Prevention, “U.S. Opioid Prescribing Rate Maps,” March 2020, <https://www.cdc.gov/drugoverdose/maps/rxrate-maps.html>

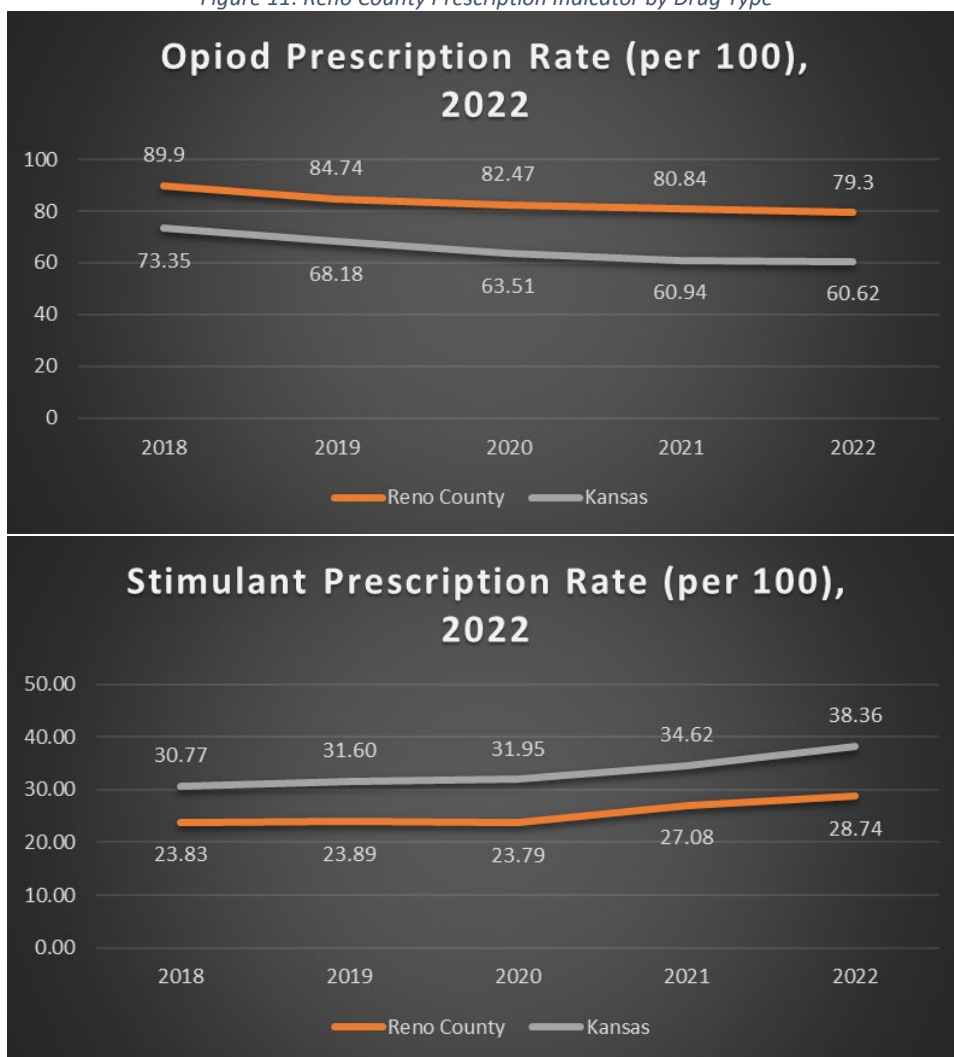
⁷ Centers for Medicare & Medicaid Services, “CMS Opioid Prescribing,” May 2019, <https://www.cms.gov/Research-Statistics-Data-and-Systems/Statistics-Trends-and-Reports/Medicare-Provider-Charge-Data/OpioidMap>

Figure 10: Percentage of Opioid Claims versus All Claims by County (2018-2021)



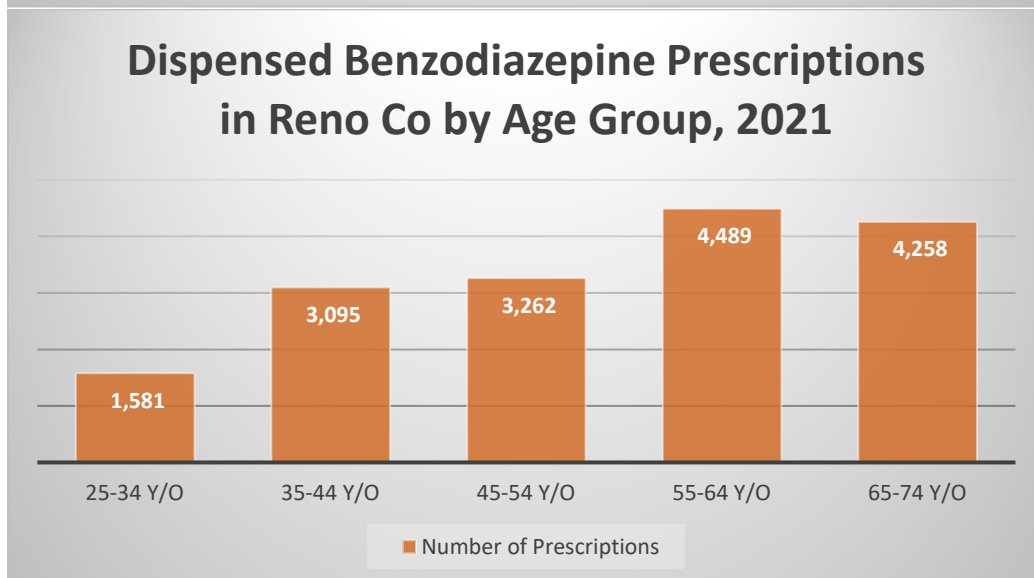
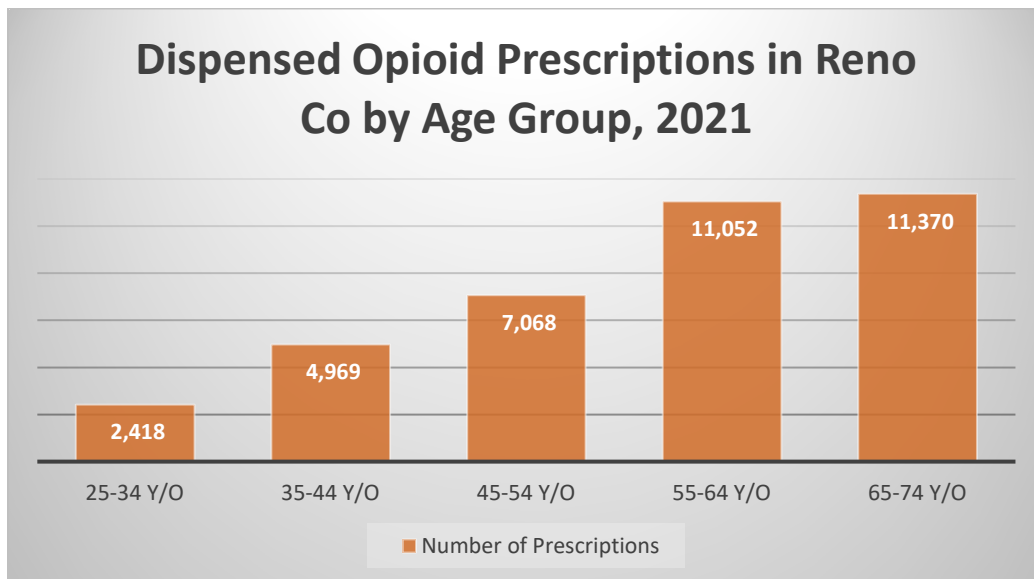
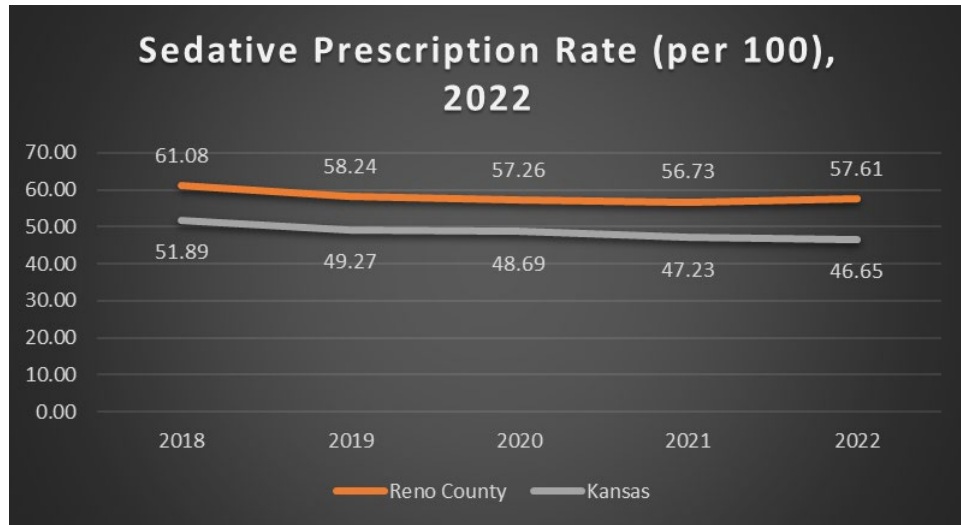
In 2016 and 2017, opioid prescription rates are more than doubled the next highest number of prescriptions for a controlled substance (Figure 15).⁸ Benzodiazepines affect the central nervous system and are used for conditions related to anxiety, sleep disorders, muscle relaxation, etc. The third highest prescription rate is among zolpidem tartrates, used as sedatives or sleep aids. Between 2016 and 2018, approximately 2.2 per 10,000 Reno County residents were hospitalized due to drug poisoning events.⁹

Figure 11: Reno County Prescription Indicator by Drug Type



⁸ Kansas Department of Health & Environment, “Kansas Epidemiological Data Dashboard,” accessed August 2020, http://www.preventoverdoseks.org/ktracs_data.htm

⁹ Kansas Health Matters, “Poisoning (Drugs) Hospital Admission Rate,” January 2020, <https://www.kansashealthmatters.org/indicators/index/view?indicatorId=6777&localeId=1017>



Dispensed Stimulant Prescriptions in Reno Co by Age Group, 2021

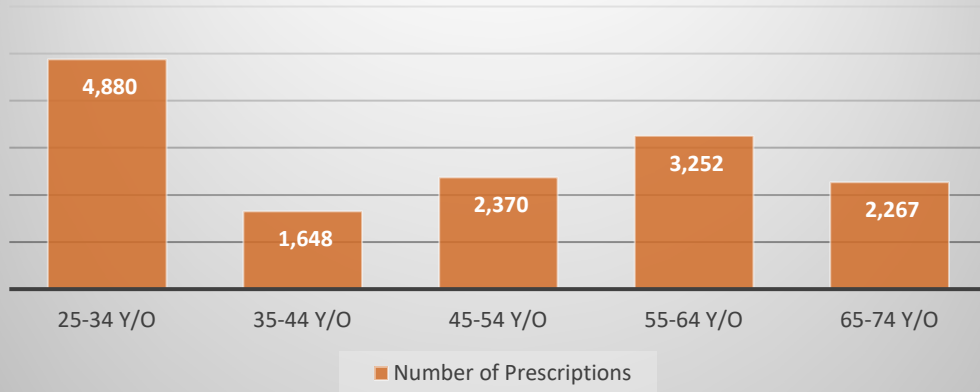
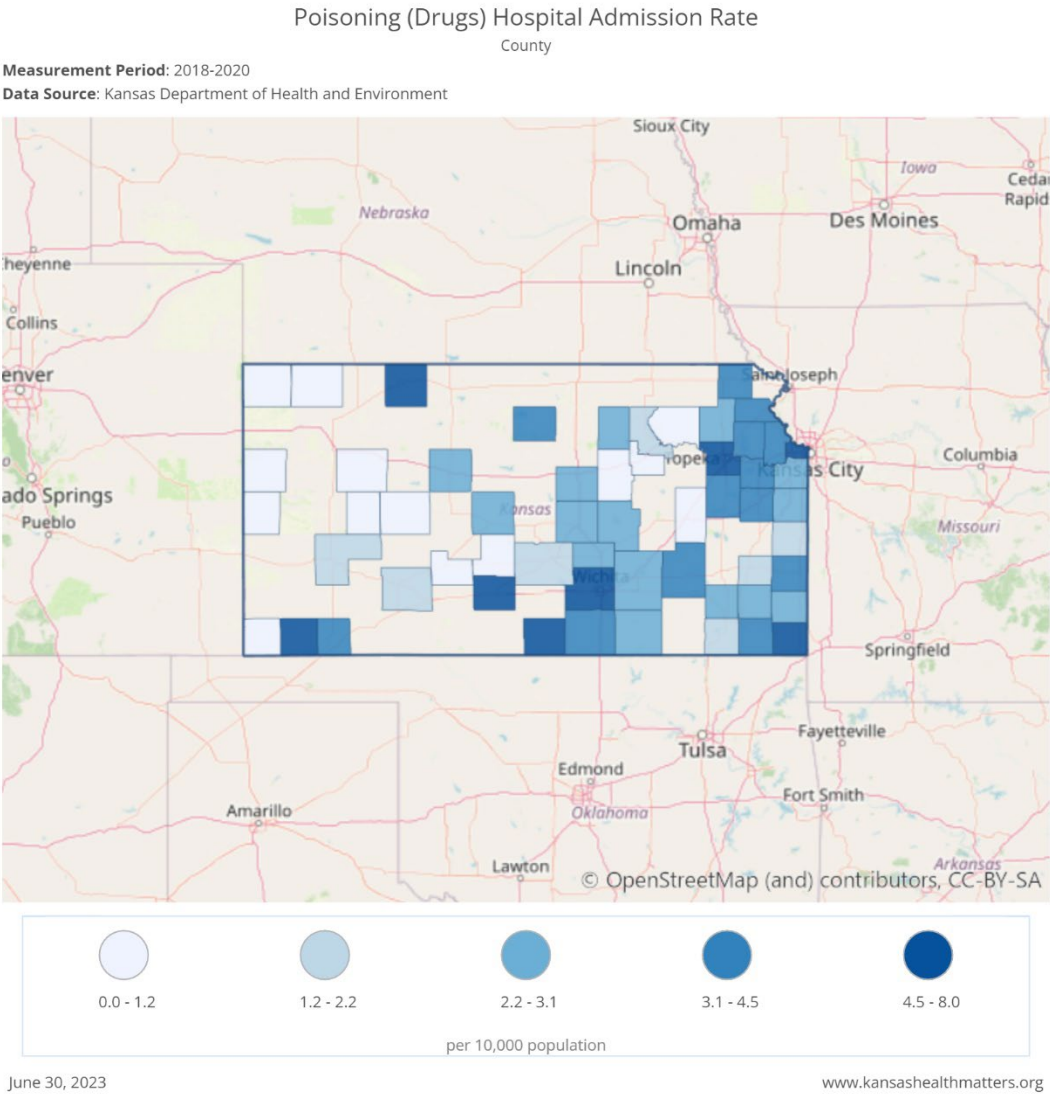
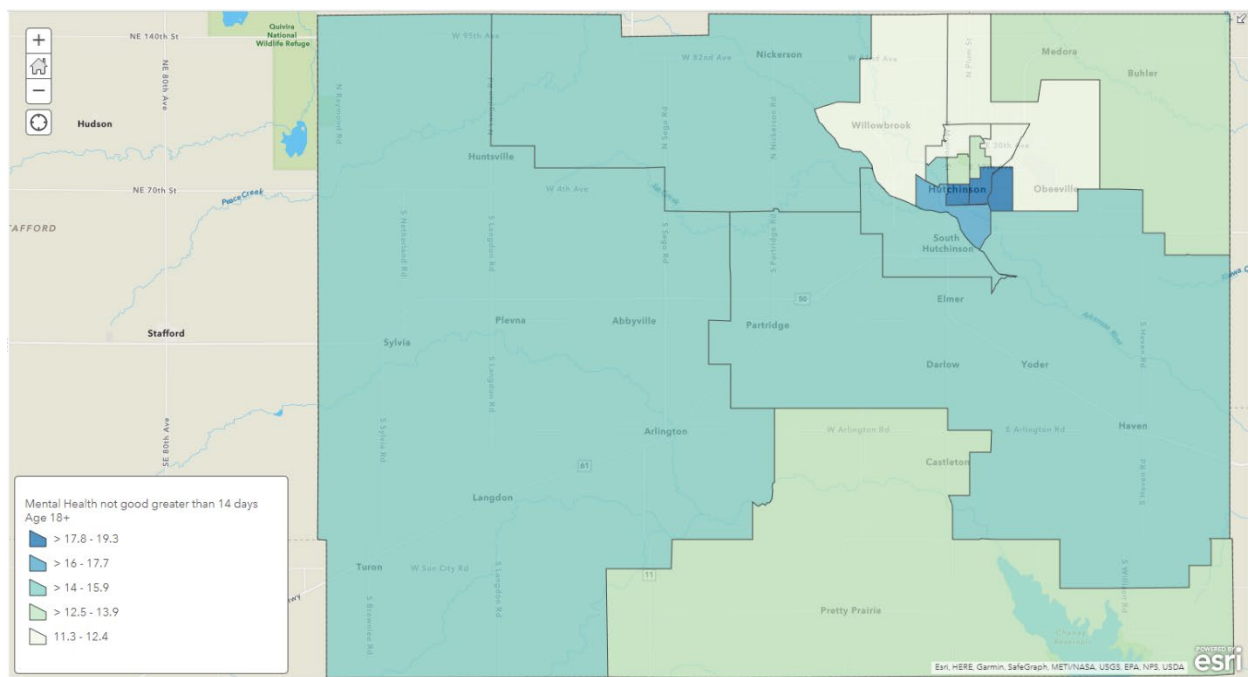


Figure 12: Drug Poisoning Hospital Admission Rates per 10,000 People (2016-2018)



The second priority area focuses on mental health. In 2017, roughly 7.5 percent of Reno County residents reported 14 or more days of poor mental health within 30 days, and 43.3 percent of those respondents said their mental health kept them from doing their usual activities such as self-care, work, or recreation.¹⁰ According to the 2019 County Health Rankings, when compared to the rest of Kansas, Reno County is in the highest percentile of reported mentally unhealthy days within 30 days (Figure 16).

Figure 13: Percentage of Adults by Tract with Poor Mental Health for more than 14 Days (2019)



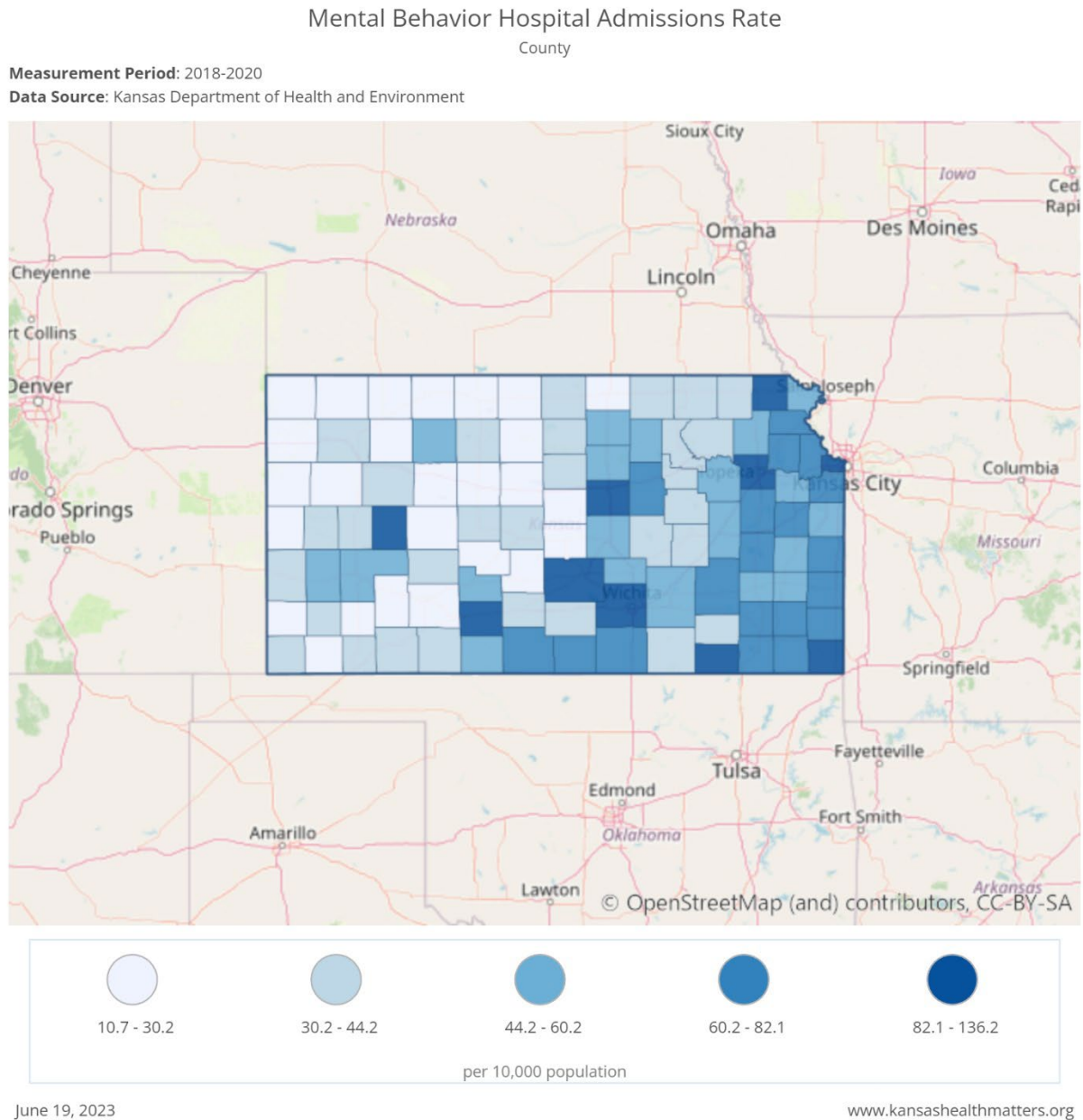
Since 2011, Reno County generally rates higher than the state average for adults who were ever diagnosed with a depressive disorder reaching a peak of 19.4 percent in 2017.¹¹ Depressive disorders recognized in the data include depression, major depression, dysthymia, and minor depression. Between 2018 through 2020, approximately 93.2 per 10,000 residents in Reno County were admitted to a hospital for reasons related to mental behavior.¹²

¹⁰ Kansas Department of Health & Environment, "2017 Kansas Behavioral Risk Factor Surveillance System Local Data," https://www.kdheks.gov/brfss/HRSReports/2017/County/reno_2017chrs.pdf

¹¹ Kansas Health Matters, "Percent of Adults Who Were Ever Diagnosed with a Depressive Disorder," January 2019, <https://www.kansashealthmatters.org/indicators/index/view?indicatorId=2278&localeId=1017>

¹² Kansas Health Matters, "Mental Behavior Hospital Admissions Rate," January 2020, <https://www.kansashealthmatters.org/indicators/index/view?indicatorId=6791&localeId=1017>

Figure 14: Mental Behavior Hospital Admissions Rate per 10,000 people (2016-2018)

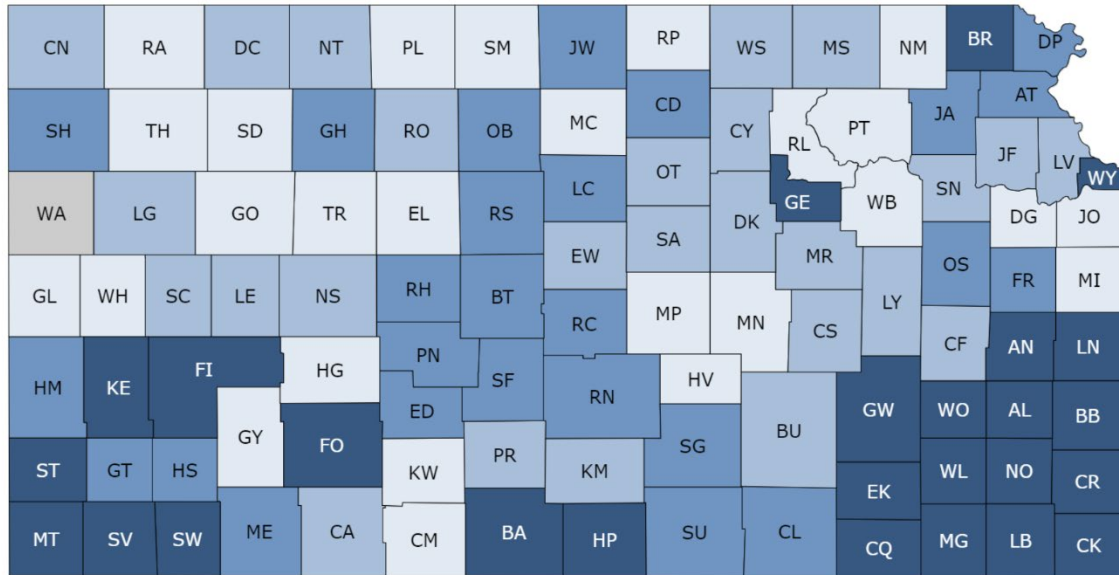


Many things influence how well and how long we live. Health Factors represent those things we can improve to live longer and healthier lives. They are indicators of the future health of our communities.

No single factor determines an individual's or community's health. Instead, intersecting factors – from air and water quality to housing conditions – create overall health. The County Health Rankings highlight opportunities for improvement by ranking the health of nearly every county in the nation across four Health Factors:

- [Health Behaviors](#), including alcohol and drug use, diet and exercise, sexual activity and tobacco use
- [Clinical Care](#), including health care access and quality
- [Social and Economic Factors](#), including education, employment, income, family and social support and community safety
- [Physical Environment](#), including air and water quality, housing and transit

2023 Health Factors - Kansas



Health Factor Ranks 1 to 26 27 to 52 53 to 78 79 to 104



Health Outcomes tell us how long people live on average within a community, and how much physical and mental health people experience in a community while they are alive.

Health Outcomes are influenced by many factors, such as clean water, affordable housing, the quality of medical care and the availability of good jobs. Programs and policies at the local, state and federal levels influence these factors.

There are often significant differences between communities based on where we live, how much money we make and our races and ethnicities. Data are often broken down by characteristics of people or where they live. Breaking data down can reveal inequalities that are otherwise hidden. Breaking data down can help us understand where and why health outcomes differ across a county; how health

Priority Area 1: Substance Use

Goal 1: Reno County Community Members will have a better understanding of the link between substance use and mental health				
Activities	Timeframe	Responsibility	Measurable	Potential Partners
Activity 1.1.1: Support a marketing campaign by sharing information about the link between substance use and mental health	2023-2026	Reno Recovery Collaborative	# of individuals touched in outreach events # of outreach events	Horizons Mental Health Center Reno County Health Department Reno Recovery Collaborative
Progress:				
Activity 1.1.2: Develop advertising for the Reno Recovery Portal to encourage consumers struggling with substance use disorder to seek out care and engage in rehabilitation services.	2023-2026	Reno County Health Department Health Education Staff IT staff	# of website visits # of QR codes handed out # of QR code locations	United Way of Reno County Horizons Mental Health Center
Progress:				

Goal 2: Reno County Employers will understand the benefits of hiring individuals with lived experience				
Activity	Timeframe	Responsibility	Measurable	Potential Partners
Activity 1.2.1: Provide recommendations to businesses on employing, training, and retaining employees with a history of substance use disorder or lived experience	2023-2026	Reno County Health Dept. Kuhn Krause Collins Peer Mentors ADM - Work Release Program	# of educational presentations to businesses # of people touched by presentations	Society of Human Resource Members Reno County Chamber of Commerce Oxford House
Progress:				
Activity 1.2.2: Create a public-facing portal on common practices for hiring people with lived experience	2023-2026	Reno County Health Dept. Reno County Data Analyst Reno County IT Current businesses who employ individuals with Lived Experience	A public web page	National Safety Council Reno County Chamber of Commerce Society of Human Resource Members
Progress:				

Goal 3: Reduce the prescribed opioid impact in Reno County				
Activity	Timeframe	Responsibility	Measurable	Potential Partners

Activity 1.3.1: Maintain an opioid prescribing rate of 25% or less in Reno County	2026	HRMC Hutch Clinic Prairie Star	Rate of opioid prescribing	HRMC Hutchinson Clinic Health Dept. Medical Consultants Dentists
Progress:				

Goal: 4: Public Health and Safety Partners will have a better understanding of Emerging Drug Trends				
Activity	Timeframe	Responsibility	Measurable	Potential Partners
Activity 4.1.1: Regularly meet with partners to communicate emerging drug trends.	2023-2026	Reno County Health Department Reno County Data Analyst Epidemiology	# of meeting held # of attendees	Public Safety Sector Medical Sector Treatment Sector
Progress:				
Activity 4.2.1: Monitor progress on identifying substances in Reno County via medical screening	2024-2025	Kansas Recovery Network KDHE SACK Oxford Houses	# of samples collected # of samples sent to KDHE # of samples analyzed	HRMC Reno County Health Dept
Progress:				

Goal 5: Create a stronger recovery support system through the establishment of an overdose fatality review board (OFRB)				
Activity	Timeframe	Responsibility	Measurable	Potential Partners
Activity 5.1.1: Develop interagency data sharing agreements	2023-2024	Reno County Health Department	# of signed data sharing agreements	Public Safety Sector Medical Sector
Progress:				
Activity 5.1.2: Establish regular meetings for the OFRB	2023-2026	Reno County Health Department Reno County Data Analyst	# of meetings held	Overdose Fatality Review Board Members
Progress:				
Activity 5.1.3: Recommendations from Overdose Fatality Review Board	2023-2026	Reno County Health Department Reno County Data Analyst	# of recommendations	Overdose Fatality Review Board Members

Progress:				
Activity 5.1.4: Establish a Governing board for the Overdose Fatality Review Board	2023-2026	Reno County Health Department Reno County Data Analyst	# of recruited members	Community members
Progress:				

Priority Area 2: Mental Health

Goal 1: Increase Mental Health Awareness/Care to reduce stigma and improve access to mental health resources.				
Activity	Timeframe	Responsibility	Measurable	Potential Partners
Activity 1.1.1: Identify and build relationships with key local school staff and engage in strategic outreach with staff members	2023-2025	Horizon's Mental Health School based Services; Participating school districts	# of schools participating	All School Districts Principles Social workers Counselors
Progress:				
Activity 1.1.2: Be a resource of education for all schools by: •Identifying best practices • Being a resource for Social Connectivity •Building a culture of mental wellness in schools •Research and influence local school policy related to mental health resources •Increasing collaboration between essential resources and local schools	2023-2026	Horizon's Mental Health School based Services; Participating school districts	# of mental health trained staff in school setting	All School Districts Rise Up Reno Trauma Informed Training
Progress:				

Goal 2: Have a therapist or liaison in every school in Reno County				
Activity	Timeframe	Responsibility	Measurable	Potential Partners
Activity 2.1.1: Create Role Clarification within the schools	2023-2026	Horizons	# of therapists/positions in Reno County schools	
Progress:				

Goal 3: Reduce the stigma of mental health issues within the Reno County Community				
Activity	Timeframe	Responsibility	Measuarable	Potential Partners

Activity 3.1.1: Increase the awareness of individuals/organizations through mental health learning. Provide resources to individuals/organizations, and create productive connecting points for those who struggle with mental health.	2023-2026	Horizons Mental Health Center Reno Recovery Collaborative	# of presentatons # of resources offered	Hutchinson Police Department Reno County Sheriff's Office Reno County EMS and Hutchinson Fire Reno County Schools Reno County Businesses
Progress:				
Activity 3.1.2: Increase connections and support of groups affected by mental health	2023-2026	Horizons Mental Health ACT Team and Crisis Stabelization Team Milestone Clubhouse	# of connections	Reno County Health Department New Beginnings Hutch Clinic Prarie Star Stepping Up Council SACK
Progress:				
Activity 3.1.3: Increase connections and support of individuals affected by mental health by hosting anti-stigma events, connecting with strategic consumers and promoting all levels of conversation that increases the inclusion of those who struggle with mental illness	2023-2026	Horizons Mental Health Center Advisory Council Milestone Clubhouse	# of anti stigma events hosted	Talk 20 ICE Trainings Suicide Prevention Collaborative Hutch Rec-Third Thursday HCC
Progress:				

Goal 4: Strengthen partnerships between law enforcement and mental health providers/organizations to facilitate training and programs to redirect persons with mental illnesses from the criminal justice system to the mental health treatment system.

Activity	Timeframe	Responsibility	Measurable	Potential Partners
Activity 4.1.1: Provide training and education for local law enforcement about mental health, including Mental Health First Aid training and support for Crisis Intervention Team (CIT)	2023-2026	Horizon's Mental Health Center	# of trainings given to law enforcement	Hutchinson Police Department Reno County Sheriff's Office
Progress:				
Activity 4.1.2: Advocate for mental health resources utilizing the Justice System and Co-Responder Program	2023-2026	Horizon's Mental Health Center Stepping Up Council SACK	# of resources	Reno County Commissioners Hutchinson City Council Reno County Sheriff's Office State Level Out Patient Treatment Support

Progress:				
Activity 4.1.3: Create a transitional housing place and crisis intervention place for those coming out of jail and have data points for monthly reports	2023-2026	Carrefour Unhoused Conversation Group New Beginnings Hutchinson Police Department Reno County Sheriff's Department	# of unhoused jail population discharging to a housing option	Stepping Up; RCCF; HPD; Court System
Progress:				
Goal 5: Explore funding for a diversion court for mental health consumers.				
Activity:	Timeframe	Responsibility	Measurable	Potential Partners
Activity 5.1.1:	2023-2026	Stepping Up Council	funding source	Reno County Judges Reno County District Attorney's Office
Progress:				

Priority Area 3: Access to Care

Goal 1: Develop a plan for free and reduced transportation to care				
Activity	Timeframe	Responsibility	Measurable	Potential Partners
Activity 1.1.1: Work with RCAT to find opportunities for funding for free transportation.	2026	Healthcare Access Taskforce	# of discussions about free transportation.	RCAT Medical Entities
Progress:				

Goal 2: Provide equitable access to healthcare to all Reno County Citizens				
Activity	Timeframe	Responsibility	Measurable	Potential Partners
Activity 1.2.1: Medical entities will collaborate to offer satellite clinics	2026	HAT	# of clinics established	Medical Entities Not-For-Profits
Progress:				

Goal 3: Recruit multiple medical disciplines to Hutchinson				
Activity	Timeframe	Responsibility	Measurable	Potential Partners

Aubrey providing				
Progress:				

Priority 4: Child Care				
Goal 1: Provide Equitable and Affordable Childcare for Reno County Citizens	Timeframe	Responsibility	Measuarable	Potential Partners
Activity 4.1.1: Provide Grant funding to increase 0-5 childcare spots in Reno County	2023-2026	Reno County Childcare Taskforce	# of spots created # of Grants received	
Progress:				
Activity 4.1.2: Establish shared service opportunities for all providers:	2026	Reno County Childcare Taskforce	Task Force data stating who and what is being performed for shared service and who is participating.	
Progress:				
Activity 4.1.2: Coordinate purpose driven groups and collaboratoin among childcare service providers.	2026	Reno County Childcare Taskforce	System Map	

Monitoring and Evaluation

The Community Health Improvement Plan is a living document owned by the community. Progress toward the specific activities will be recorded in the above section plans as they occur.

Reno County Health Department will collect quarterly progress toward activities, strategies, and goals as work is completed and will inform the community, healthcare access taskforce, and workgroups of progress both formally and informally.

To keep the work flowing and the direction in mind, there will be a status report generated and published by the end of May each year the CHIP is active. During this time, there will be a progress evaluation and feedback opportunity for the community and stakeholders.

Summary and Next Steps

In the fall of 2024, stakeholders will begin planning the survey for the next Community Health Needs Assessment, which will be conducted in 2025. The CHNA will help distinguish health priority areas of most importance to Reno County residents and assist in measuring our success in carrying out our objectives within the 2020 CHIP.

Executive Summary:

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