

## 2.4 Livability: Community Health

**Vision: Hutchinson is the healthiest community in Kansas, a mecca for active, thriving people.**

Community health can include many aspects of the community, from healthy eating, to medical care access, to exercise options. This Plan section highlights some indicators of community health and analyzes the role of the City with respect to policies and practices that impact the health of residents. The City has been a partner with organizations and initiatives that focus on creating a healthier Hutchinson. Building upon those partnerships, the City can do its part when it comes to promoting healthy lifestyles in our community.

### Background

#### Reno County Health Report Card

Health reporting is critical to assessing the current health of a community. The Kansas Department of Health and Environment (KDHE) provides health-related reporting through the Kansas Health Matters database. F.2.4.a. shows a selection of indicators of community health. The table provides the latest recorded data per section, the Kansas average, the United States average, prior values for Reno County and benchmarks of the Kansas Initiative: Healthy People 2020. This section focuses on a few of the health categories, as reported in the Kansas Health Matters by the KDHE. Additional national data sources have been used for supplemental purposes.

#### Healthcare Access



According to the Community Survey most Hutchinson residents feel they have adequate access to healthcare: medical care (71%), dental care (60%) and vision care (59%). In Reno County, there are 1,984 residents per primary care physician. Our primary care resident to physician ratio is higher than both the state and national average, meaning that each

doctor is potentially responsible for more patients. The number of residents per dentist also compares unfavorably with the State, with 3,493 residents per dentist in Reno County and 2,734 residents per dentist as the Kansas average. Reno County is also below the state average with respect to number of staffed hospital beds per 1,000 people, with 2.6 staffed bed ratios in Reno County and 3.4 at the State.

#### Exercise, Nutrition & Weight

Another facet of community health is food insecurity, which is defined as “limited or uncertain availability of nutritionally adequate foods or uncertain ability to acquire these foods in socially acceptable ways” (USDA). Reno County has a higher food insecurity rate

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(13.8%) than the median Kansas County (12.9%). Food insecurity is primarily an indicator of economic constraints individuals face when affording food, but can also reflect a geographic issue for food access. Compared to the state (14.2%) and nation (15.4%), Reno County is more food secure. However, Reno County has more children who are food insecure, with 22.2% compared to the state (21.3%) and the nation (20.9%).

Another measure of health and nutrition is the Food Environment Index. This Index is calculated using food insecurity plus access to grocery stores. Reno County's Food Insecurity Index is 7.1, which is similar to the state average of 7.2.

Finally, Reno County adults consume more fruit (47.9%) than the state (41.7%) and nation (39.2%). Consumption of the recommended daily allowance of vegetables (22.5%) is comparable to the state (22.9%) and nation (23.1%). Adults fall significantly short of meeting recommended aerobic and strengthening exercise standards (13.3% in Reno County, 17.9% in the state and 20.4% in the nation). This is likely a contributor to the rising number of obese and overweight adults in the county (see F.2.4.a.).

### Wellness & Lifestyle

Women and men have shorter life expectancies in Reno County than the state and nation. The average life expectancy for Hutchinson women is 80.1 years of age; for Hutchinson men it is 74.8. However, residents in Reno County have a better self-perceived outlook on their health, with only 14.3% of adults reporting a fair to poor health status, compared to 15.4% throughout the state and 16.9% across the nation.

### Mental Health & Substance Abuse

More than 21% of Reno County residents have been diagnosed with a depressive disorder at some point in their life. This is above the state average (18.1%) and national average (18.7%). While there are multiple depressive disorders that vary in complexity and seriousness, the rising number of people facing mental disorders has created a growing concern among residents in Hutchinson. Seventy percent of survey respondents supported using tax dollars to fund mental health services and education; the most-funded category for community health.

In addition to funding mental health services and education, survey respondents strongly supported more drug and alcohol rehab/prevention programs, with 61% favoring allocation of tax dollars to those efforts. Drug and alcohol consumption is a concern for Reno County residents. In the two-year period from 2012 to 2014, there were 14.6 drug poisoning deaths per 100,000 population reported in Reno County. This number is higher than the state average of 11.3 deaths per 100,000 population. In addition to drug poisoning, Reno County also has a higher percentage of adults who smoke (22.4%) compared to the state (20%) and nation (19%). This number has decreased from 25.3% in 2011. However, the most alarming smoking-related statistic is for women who smoke while pregnant. From 2012 to 2014, 17.4% of births reported that the mother smoked while pregnant. This is double the nation's average (8.7%). Fortunately, this statistic has decreased from 18.6% of pregnancies during the last reporting period.

| Kansas Health Matters                                                               | Reno County | Kansas | United States | Prior Value for Reno County | Healthy People 2020 Target |
|-------------------------------------------------------------------------------------|-------------|--------|---------------|-----------------------------|----------------------------|
| <b>Health/Access to Health Services</b>                                             |             |        |               |                             |                            |
| Ratio of population to primary care physicians (2014)                               | 1984.1      | 1895.9 | 2664.7        | 1669.2 (2013)               |                            |
| Staffed hospital bed ratio (2014)                                                   | 2.6         | 3.4    | 0.11          | 2.4 (2013)                  |                            |
| <b>Health/Exercise, Nutrition &amp; Weight</b>                                      |             |        |               |                             |                            |
| Child food insecurity rate (2014)                                                   | 22.2%       | 21.3%  | 20.9%         | 23.1% (2013)                |                            |
| Food insecurity rate (2014)                                                         | 13.8%       | 14.2%  | 15.4%         | 14 (2013)                   |                            |
| Percent of adults meeting exercise recommendations (2013)                           | 13.3%       | 17.9%  | 20.4%         | 17.2%                       | <b>20.1%</b>               |
| Percent of adults who are obese (2013)                                              | 30.2%       | 30%    | 28.9%         | 27.7%                       | <b>30.5%</b>               |
| Percent of adults who are overweight (2013)                                         | 36.1%       | 35.3%  | 35.4%         | 36.5%                       |                            |
| Percent of adults who reported consuming fruit less than 1 time per day (2013)      | 47.9%       | 41.9%  | 39.2%         | 43.8% (2012)                |                            |
| Percent of adults who reported consuming vegetables less than 1 time per day (2013) | 22.5%       | 22.9%  | 23.1%         | 28.5%                       |                            |
| <b>Health/Maternal, Fetal &amp; Infant Health</b>                                   |             |        |               |                             |                            |
| Infant mortality rate (2010-14)<br><i>Deaths per 1,000 births</i>                   | 9.9         | 6.3    | 6             | 9.9 (2009-13)               | <b>6</b>                   |
| Percent of births where mothers smoked during pregnancy (2012-2014)                 | 17.4%       | 12.7%  | 8.7%          | 18.6% (2011-13)             | <b>1.4%</b>                |
| Percent of births where prenatal care began in first trimester (2012-14)            | 76.9%       | 79.4%  | 74%           | 76.3%                       | <b>77.9%</b>               |
| <b>Health/Mental Health &amp; Mental Disorders</b>                                  |             |        |               |                             |                            |
| Depression: medicare population (2014)                                              | 20.4%       | 17.2%  | 16.2%         | 18.3% (2013)                |                            |
| Percent of adults who were ever diagnosed with a depressive disorder (2013)         | 21.7%       | 18.1%  | 18.7%         | 20.7% (2012)                |                            |
| <b>Health/Substance Abuse</b>                                                       |             |        |               |                             |                            |
| Drug poisoning death rate (2012-14)<br><i>Deaths per 100,000 population</i>         | 14.6        | 11.3   | 13.9          | 9.3 (2011-13)               |                            |
| Percent of adults who are binge drinkers (2013)                                     | 10.4%       | 15.4%  | 16.8%         | 15% (2012)                  | <b>24.4%</b>               |
| Percent of Adults who currently smoke cigarettes (2013)                             | 22.4%       | 20%    | 19%           | 25.3%                       | <b>12%</b>                 |

| Kansas Health Matters                                                              | Reno County | Kansas  | United States | Prior Value for Reno County | Healthy People 2020 Target |
|------------------------------------------------------------------------------------|-------------|---------|---------------|-----------------------------|----------------------------|
| <b>Heath/Wellness &amp; Lifestyle</b>                                              |             |         |               |                             |                            |
| Life expectancy for females (2010)                                                 | 80.1 yr     | 80.5 yr | 80.8 yr       | 80.0 yr (2000)              |                            |
| Life expectancy for males (2010)                                                   | 74.8 yr     | 75.8 yr | 76.1 yr       | 74.9 yr (2000)              |                            |
| Percent of adults with fair or poor self-perceived health status (2013)            | 14.3%       | 15.4%   | 16.9%         | 15% (2000)                  |                            |
| <b>Environment</b>                                                                 |             |         |               |                             |                            |
| Access to Exercise Opportunities (2016)                                            | 60.8%       | 76.5%   |               | 66.6%                       |                            |
| Fast Food Restaurant Density (2012)<br><i>Restaurants per 1,000 population</i>     | 0.79        |         |               | 0.84                        |                            |
| Food Environment Index (2016)                                                      | 7.1         | 7.2     |               | 7.3                         |                            |
| Grocery Store Density (2012)<br><i>Stores per 1,000 population</i>                 | 0.19        |         |               | 0.17                        |                            |
| Recreation and Fitness Facilities (2012)<br><i>Facilities per 1,000 population</i> | 0.06        |         | 0.06          | 0.08                        |                            |

F.2.4.a. Reno County Health Report (Kansas Department of Health and Environment: Kansas Health Matters)

## Healthcare Facilities



Hutchinson has many healthcare providers and facilities. The community benefits from being home to the Hutchinson Regional Medical Center, a regional hospital. In addition, Hutchinson is home to the Hutchinson Clinic, which provides four locations within Reno County and offers additional emergency short-term care

to residents. The Prairie Star Clinic is a government-funded, affordable healthcare option that is also housed within Hutchinson. M.2.4.a shows the offices of all healthcare providers in the City.

## Health-Related Initiatives

### HEAL

The City of Hutchinson has partnered with other local and county organizations in the development of the Healthy Eating, Active Living initiative, known as HEAL. HEAL was created with a mission to “promote health and wellness in Reno County.” Some important projects supported by HEAL have been the adoption of the City’s Complete Streets policy and the 2014 Bicycle and Pedestrian Master Plan; completion of the Community Gardens policy; and inclusion of mandatory sidewalks in the City of Hutchinson Subdivision Regulations. The initiative has been successful in receiving grant funding for health-related projects, most recently to provide Reno County residents with a Spaces to Places

educational seminar that focused on turning underutilized spaces into opportunities for residents to have a more healthy environment.

**Health Improvement Council**

The Reno County Health Improvement Council was formed and tasked with creating a plan for improving mental health and other health-related issues. In April and August 2016, the task force held community workshops to begin creation of the first Reno County Community Health Improvement Plan. F.2.4.b. shows some of the strategies and tasks the group has identified. The task force is currently finishing the three-year plan, which also includes obesity prevention. The plan will establish goals and strategies targeted at obesity and mental health in Hutchinson and Reno County.

| Obesity Strategies                             | Mental Health Strategies                              |
|------------------------------------------------|-------------------------------------------------------|
| Community education on fitness, healthy eating | Community education on mental illness                 |
| Create demand for healthy businesses           | Include Law Enforcement in mental health training     |
| More community gardens/gardens in schools      | Create a resource list for all organizations involved |
| Emphasis on creating a healthy environment     | Research Breakthrough Clubs                           |

**F.2.4.b.** Community Health Improvement Plan Strategies 2016 (Health Improvement Council)

## Goals, Performance Measures, Issues and Strategies

### Issues

#### Active Living

1. Healthcare in Civic Discussions. By most measures, Hutchinson has room to improve in terms of community health. Local decisions may impact the overall health of the community through the built environment, fiscal policy and social services. In recent years, the City has made strides towards promoting a healthier environment through such measures as requiring sidewalks in subdivisions and reinvesting in and expanding parks. The health community needs to be a part of the discussion. Inviting health professionals to participate in City commissions and boards can improve the conversation between the City and the health community, furthering the City’s goals related to health.
2. Exercise Access. Obesity is a growing concern in Hutchinson. More than 30% of adults in Reno County are classified as obese. In addition, 36.1% of adults are classified as overweight, making the percentage of overweight or obese adults 66.1%. This is an alarming statistic that exceeds both state and national averages, and is on the rise (F.2.4.a.). One thing local government can do to promote healthy weights is ensure residents have access to environments that promote physical



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activity. Almost 57% of Hutchinson residents do not live within one-quarter mile of a park (see the Parks & Recreation portion of this Plan). Designing the community for active residents allows for residents to be more active and potentially reach the recommended 150 minutes of exercise per week (Office of Disease Prevention and Health Promotion).

3. Parks & Trail System Programming. For those residents that live within walking distance of a park, current park programming is limited and does not include many exercise opportunities. Adding outdoor gyms and exercise classes in parks can increase activity levels and park usership. Walking groups can take advantage of trails and other amenities. Adding a health component to programming can increase activity levels, thereby reducing obesity and improving overall community health.

## Community Health

| Goal                                                                                                                    | Performance Measures                                                                                                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| G.2.4.a. Hutchinson residents have access to quality medical services, healthy food options and exercise opportunities. | <ul style="list-style-type: none"> <li>- Decrease in physician to population ratio</li> <li>- Decrease in Food Environment index</li> <li>- Increase in percentage of residents with access to exercise opportunities</li> </ul> |

### Strategies

- S.2.4.a.1. **Invite medical professionals to join or participate in City commissions and initiatives.**
- S.2.4.a.2. **Test pilot the use of outdoor exercise equipment in City parks. If successful, promote inclusion of exercise equipment and classes in parks & trails programming.**
- S.2.4.a.3. **Facilitate active living through development design requirements.**

### Mental Health & Substance Abuse

1. Mental Health. A recent study conducted by Greenbush, the Southeast Education Service Center, on behalf of the Kansas Department of Aging and Disability Services, found that Reno County ranked among the bottom of Kansas counties in regard to mental health and substance abuse (Greenbush Education Service Center). F.2.4.c. compares Reno County mental health indicators with state averages. Reno County is ranked 94th out of 105 counties for mental health treatment outpatient admissions. On average the county has 23.34 admissions per 1,000 residents. The state averages 13.68 per 1,000 residents. The Community Health Improvement Plan focuses strategies to address the growing mental health concerns in Reno County. The City can contribute to the success of these efforts through education and projecting a positive community image.

| Mental Health Needs Assessment                                                            |                 |                        |
|-------------------------------------------------------------------------------------------|-----------------|------------------------|
| Mental health treatment admissions (outpatient)<br><i>Rate per 1,000 pop. over age 10</i> |                 | Rank<br><b>94/105</b>  |
|                                                                                           | 13.68           | 23.34                  |
|                                                                                           | State average ↑ | Reno County ↑          |
| DOC court commitments (adult)<br><i>Rate per 1,000 pop. over age 18</i>                   |                 | Rank<br><b>93/105</b>  |
|                                                                                           | 1.85            | 2.58                   |
|                                                                                           | State average ↑ | Reno County ↑          |
| Single-parent families<br><i>Percent of households</i>                                    |                 | Rank<br><b>89/105</b>  |
|                                                                                           | 28.60%          | 32.76%                 |
|                                                                                           | State average ↑ | Reno County ↑          |
| Out-of-home child placement<br><i>Rate per 1,000 pop. under age 18</i>                    |                 | Rank<br><b>88/105</b>  |
|                                                                                           | 12.44           | 19.51                  |
|                                                                                           | State average ↑ | Reno County ↑          |
| Child removal due to parental substance use<br><i>Rate per 1,000 pop. under age 18</i>    |                 | Rank<br><b>85/105</b>  |
|                                                                                           | 0.98            | 2.09                   |
|                                                                                           | State average ↑ | Reno County ↑          |
| Marijuana treatment admissions (youth)<br><i>Rate per 1,000 pop. age 10 to age 18</i>     |                 | Rank<br><b>93/105</b>  |
|                                                                                           | 4.53            | 5.83                   |
|                                                                                           | State average ↑ | Reno County ↑          |
| Marijuana treatment admissions (adult)<br><i>Rate per 1,000 pop. over age 18</i>          |                 | Rank<br><b>93/105</b>  |
|                                                                                           | 0.94            | 1.55                   |
|                                                                                           | State average ↑ | Reno County ↑          |
| Alcohol treatment admissions (youth)<br><i>Rate per 1,000 pop. age 10 to age 18</i>       |                 | Rank<br><b>79/105</b>  |
|                                                                                           | 0.79            | 1.39                   |
|                                                                                           | State average ↑ | Reno County ↑          |
| Alcohol treatment admissions (adult)<br><i>Rate per 1,000 pop. over age 18</i>            |                 | Rank<br><b>59/105</b>  |
|                                                                                           | 1.92            | 2.04                   |
|                                                                                           | State average ↑ | Reno County ↑          |
| Other drug treatment admissions (youth)<br><i>Rate per 1,000 pop. age 10 to age 18</i>    |                 | Rank<br><b>94/105</b>  |
|                                                                                           | 1.76            | 3.18                   |
|                                                                                           | State average ↑ | Reno County ↑          |
| Other drug treatment admissions (adult)<br><i>Rate per 1,000 pop. over age 18</i>         |                 | Rank<br><b>105/105</b> |
|                                                                                           | 0.66            | 1.26                   |
|                                                                                           | State average ↑ | Reno County ↑          |

<sup>1</sup>Larger county ranking indicates greater need

F.2.4.c. Mental Health Needs Assessment 2015  
(Jim Heck, Hutchinson News)

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2. Substance Abuse. Substance abuse is a pressing issue for Reno County. In April 2015, then Mayor Jade Piros de Carvalho announced the creation of a Mayoral Drug Impact Task Force to study the impacts of drug use at both the individual and community level and to develop strategies for reducing substance abuse in the region. The statistics bear out the need for intervention, as Reno County is ranked 93rd in marijuana treatment admission for adults, with 1.55 persons out of 1,000 seeking treatment. For other drug treatment, Reno County is ranked last, 105th, in the state. In Reno County 3.18 persons out of 1,000 admit themselves for drug treatment. The state average is 1.76 per 1,000 population. Facing similar challenges as mental health, substance abuse is rarely discussed in polite society. The task force brings together many organizations, including government agencies, faith-based organizations, law enforcement and medical professionals and continues to work towards specific goals, which include:
  - Community health, families of those with addictions, curriculum in schools
  - Increase the number of employers who have a policy of “safe disclosure”
  - Establishing a treatment facility with detox center
  - Medication assisted treatment

### Community Health

| Goal                                                                                 | Performance Measures                                                                                                                                                               |
|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| G.2.4.b. Hutchinson residents are strong and hardy, reflecting our prairie heritage. | <ul style="list-style-type: none"> <li>- Decrease in the number of residents diagnosed with depressive disorders</li> <li>- Decrease in the number of substance abusers</li> </ul> |

#### Strategies

- S.2.4.b.1. **Conduct ongoing education efforts with Law Enforcement and Fire personnel in Crisis Intervention skills when dealing with Mental Health Consumers, Drug Offenders and the Homeless.**
- S.2.4.b.2. **Remove regulatory barriers for placement of adult day care, mental and substance treatment facilities and recovery homes in the community.**

#### Future Strategies

- FS.2.4.a.1 **Partner with the state and South Hutchinson to promote a wide range of physical activities along the Arkansas River.**

# M.2.4.a Healthcare Providers



