



Public Health
Prevent. Promote. Protect.

Community Health Assessment

2013

"We promise to make life better by protecting the public's health, preventing disease and injury, and promoting health care services in order that all citizens of Independence may achieve their fullest health potential"
-Larry Jones, Director

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INDEPENDENCE

HEALTH

DEPARTMENT

Building a
Healthier
Independence

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Vision and Scope of this Assessment

The Independence Community Health Assessment (CHA) is comprised of findings from a Community Health Survey, data from Missouri Information for Community Assessment (MICA), Healthy People 2020 (HP2020) and other quantitative data sources. Beginning in October 2013 and ending in April 2014, the 2013 CHA lays the foundation and guidance for the City of Independence by:

- Gaining a greater understanding of the health issues of Independence residents
- Identifying key public health issues
- Identifying sectors that factor into services provided by the Independence Health Department (IHD)

City Description

Independence is the fourth largest city in the state of Missouri by population with 117,270 residents, which continues to grow and houses a variety of ethnic groups. The city is approximately 78 square miles located in Jackson County and a very small portion of Clay County. Independence is part of the Kansas City Metropolitan Area.

Students residing in the Independence may receive their education from one of four public school districts within the city (Independence, Blue Springs, Fort Osage and Raytown). Higher education institutions within the city of Independence include Park College-Independence Campus, Graceland University, Metropolitan Community College-Blue River, National American University, Faith Bible College and the University of Missouri Extension.

There are many different attractions in Independence, including the Harry S Truman National Historic Site, as Independence is the hometown of President Truman and his wife, Bess. Residents can also enjoy trails, parks, museums, libraries and various shopping areas. There is a great variety of food establishments ranging from small local restaurants to major chain restaurants.

Since 1940, the Santa-Cali-Gon Days Festival has taken place in Independence during Labor Day weekend to celebrate the city's heritage as the starting point of the California, Santa Fe and Oregon Trails. The 74-year-old event has become one of the nation's leading festivals and now attracts more than 225,000 people annually.

Community Health Assessment Methods

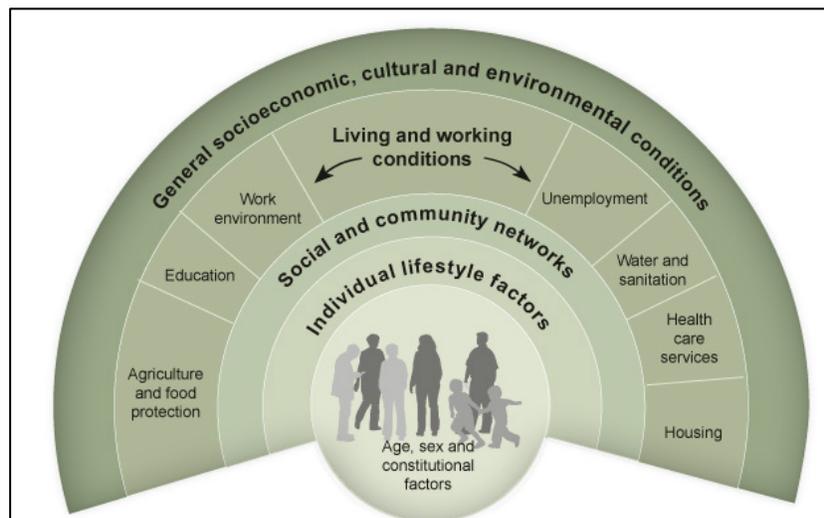
The methods section details how quantitative data for the CHA focuses the lens of public health in a direction with both breadth and depth. Specifically, the CHA defines health in the broadest sense and recognizes that multiple mechanisms determine health—from lifestyle behaviors (e.g., healthy eating and active living), to medical services (e.g., access to care), to social and economic factors (e.g., household income) to the physical environment (e.g., property maintenance and animal services). The beginning discussion of this section describes the larger social determinants of health framework that helped to guide this process.

Social Determinants of Health Framework

It is important to recognize that multiple factors affect health, and there is a dynamic relationship between people and their environments. Where and how people live, work, play and learn are interconnected factors that are critical to consider when assessing a community's health. Not only do genetics and lifestyle behaviors affect one's health, but also upstream factors such as employment status and quality of housing may influence health more than previously thought. The social determinants of health framework addresses the distribution of wellness and illness among a population—its patterns, origins, and implications. While the data to which we have access is often a snapshot of a population in time, the people represented by that data have lived their lives in ways that are enabled and constrained by economic circumstances, social context and government policies. Building on this framework, this assessment utilizes data to discuss which populations are healthiest and least healthy in the community, as well as to examine the larger social and economic factors associated with good and poor health.

The following diagram in *Figure 1* provides a visual representation detailing the upstream factors influencing individual lifestyle factors.

Figure 1: Social Determinants of Health Framework



DATA SOURCE: World Health Organization, Commission on Social Determinants of Health (2005)

Primary Quantitative Data Collection

The City of Independence Health Department (IHD) conducted a Community Health Survey and a focus group in the fall 2013. IHD mailed the six-page survey to 10,587 households in the city of Independence. The use of Geographic Information Systems (GIS) allowed the sample to be statistically significant for each zip code within the Independence city limits. Residents could complete the survey online using SurveyMonkey® or mail the completed paper survey to IHD.

Surveys returned due to address change or incorrect addresses occurred for 488 of the 10,587 mailed surveys. Out of the 10,099 households that received a survey, 1,922 households completed surveys giving the 2013 Community Health Survey a 19% response rate.

Secondary Quantitative Data Collection

To provide a salient community health profile for the city of Independence, the CHA required harvesting secondary quantitative data drawn from national, state and local sources. This allowed the development of a portrait of these areas that discusses health, social and economic characteristics. Data sources included but were not limited to U.S. Census, Centers for Disease Control and Prevention (CDC), MICA, IHD and County Health Rankings. Types of data included self-reporting of health behaviors from large, population-based surveys such as the Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Survey (YRBS), as well as public health disease surveillance data and vital statistics based on birth and death records.

Qualitative Data Collection

In addition to a community-wide health survey and quantitative data, more than 60 community members participated in three focus groups. IHD identified sectors of the community to target for the focus groups. These randomly-selected sectors gave the focus groups a representative sample. Focus group discussions examined community members' perceptions of the healthy eating, active living and needs in the community. Discussions also explored the assets and resources they have identified as working well in their community as well as challenges that many residents currently face in seeking these services.

Analyses and Limitations

The assessment process included synthesizing existing (secondary) data on social, economic, and health indicators in the region as well as primary quantitative information from a survey to community members from across the 10 zip codes to create a health profile for Independence. The quantitative data collection sought to elicit the perspectives and opinions in a range of a representative sample from different audiences. To identify priorities and opportunities for action, surveys elicited key information from residents.

As with all research efforts, there are several limitations related to the assessment's research methods. For the secondary data analyses, several sources did not provide current data stratified by race/ethnicity, gender or age—thus, for the total population these data were not subject to analyzation. It is also important to note that there were geographic limitations to the BRFSS data, which are only available for Jackson County as a whole and YRBS data, which are only available for the state as a whole

from 2009. In several instances, MICA data are also limited to Jackson County. Additionally, in many cases across all sources, some data were suppressed and not available because population counts were too small to report.

Likewise, data based on self-reports (i.e., BRFSS, YRBS, Community Health Survey) should be interpreted with particular caution. In some instances, respondents may over- or under-report behaviors and illnesses based on fear of social stigma or misunderstanding of the question's intention. In addition, respondents may be prone to recall bias—that is, they may attempt to answer accurately but remember incorrectly. In some surveys, reporting and recall bias may differ according to a risk factor or health outcome of interest. All households that returned the survey were eligible to participate in a raffle of six Kindle E-readers, which may have influenced the demographic of the respondents.

Despite these limitations, most of the self-report surveys here benefit from large sample sizes and repeated administrations, enabling comparison over time.

FINDINGS

Located in Eastern Jackson County, the area covered by this CHA, the city of Independence comprises the neighborhoods of Fairmont, McCoy, Maywood, Santa Fe, Bundschu, Bristle and many more. Survey respondents rated elements of their neighborhood. Residents described their level of satisfaction ranging from *very dissatisfied* to *very satisfied* as a response. Residents answered socio-economic and demographic-information questions that provide a vibrant assessment of various health indicators.

Respondents identified city parks and trails as assets that they utilize. Respondents use the parks for a range of activities included but not limited to exercising, playgrounds and special events. Residents highly value more pathways along city streets for cyclists and pedestrians to enhance active living in their neighborhoods.

Survey respondents identified public health outcomes giving way to conclusions about the health of the community. This assessment will show how demographics, social environment, health behaviors and healthcare access are interrelated. These factors have implications for community health and well-being.

Demographics

The health of a community is associated with numerous factors including the resources and services available (e.g., safe green space, access to healthy foods) as well as who lives in the community. Significantly related to the demographics of a community are the rates of health outcomes and behaviors of that area. While age, gender, race and ethnicity are important characteristics that have an impact on an individual's health, the distribution of these characteristics in a community may affect the number and type of services and resources available. The section below provides an overview of the population of the City of Independence.

Population

In 2012, the city of Independence had an estimated population of 117,270, which is a 0.4% increase over the 2010 U.S. Census (*Table 1*). While Independence is located in Jackson County, the state’s second largest county by population, Independence is the fourth largest municipality in Missouri. Other municipalities bordering the city include Kansas City (Missouri’s largest city), Raytown, Lee’s Summit, Blue Springs, Buckner and Sugar Creek; which vary in terms of size, growth patterns, wealth and composition of residents. The city of Independence comprises about 17% of Jackson County’s total population of 677,377.

Table 1: Independence Population 2012 Estimates

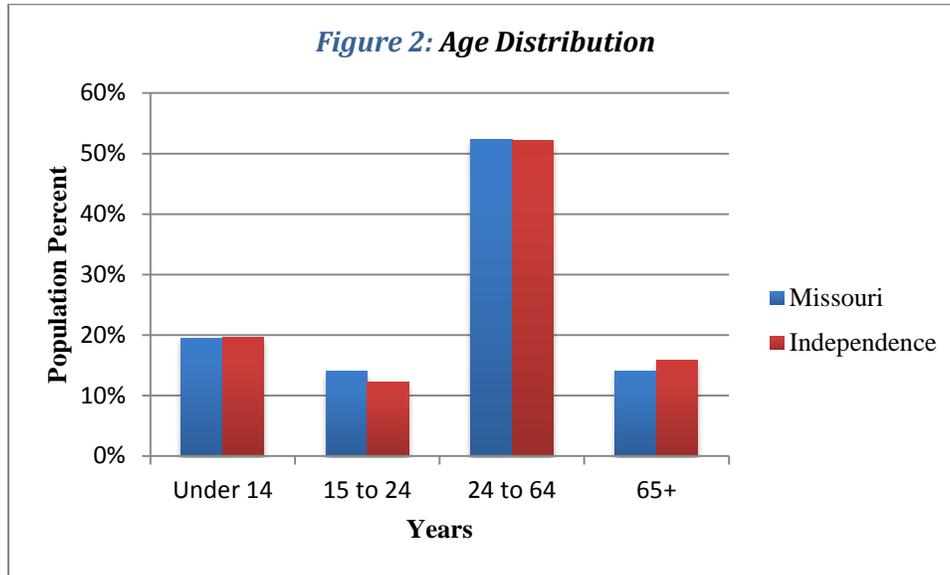
	Independence	Jackson County	Missouri	USA
Population, 2012	117,270	677,377	6,024,522	313,873,685
Population, percent change, April 1, 2010 to July 1, 2012	0.4%	0.5%	0.6%	1.7%

DATA SOURCE: U.S. Census Bureau

Respondents reported living in single-family homes (85%) more than all other structures combined. According to the U.S. Census, there are an estimated 29,442 (62%) family households in the city of Independence, which is slightly lower than the state average (66%). Of the 62% of family households, an estimated 15,604 have children under the age of 18 living in the home.

Age Distribution

The city of Independence largely reflects a population age distribution consistent with that of Missouri: the majority (52%) of both populations are between the ages of 24-64 (*Figure 2*). The estimated age distribution varies little among cities within Jackson County. Independence’s age distribution of the 24-54 age groups (40%) is consistent with the populations of other cities within Jackson County such as Kansas City (44%), Lee’s Summit (43%) and Blue Springs (42%). However, Independence has a slightly higher proportion of adults 65 and older (16%) than compared with the state as a whole (14%).



DATA SOURCE: U.S. Census Bureau

Race/Ethnicity

Most residents replying to the Community Health Survey identified as white (94%) and English-speaking (99%). According to U.S. Census data, 86% of City residents identify as white, while 94% spoke only English in the home. By contrast, State of Missouri residents were more ethnically and racially diverse.

Table 2: Independence Race/Ethnicity

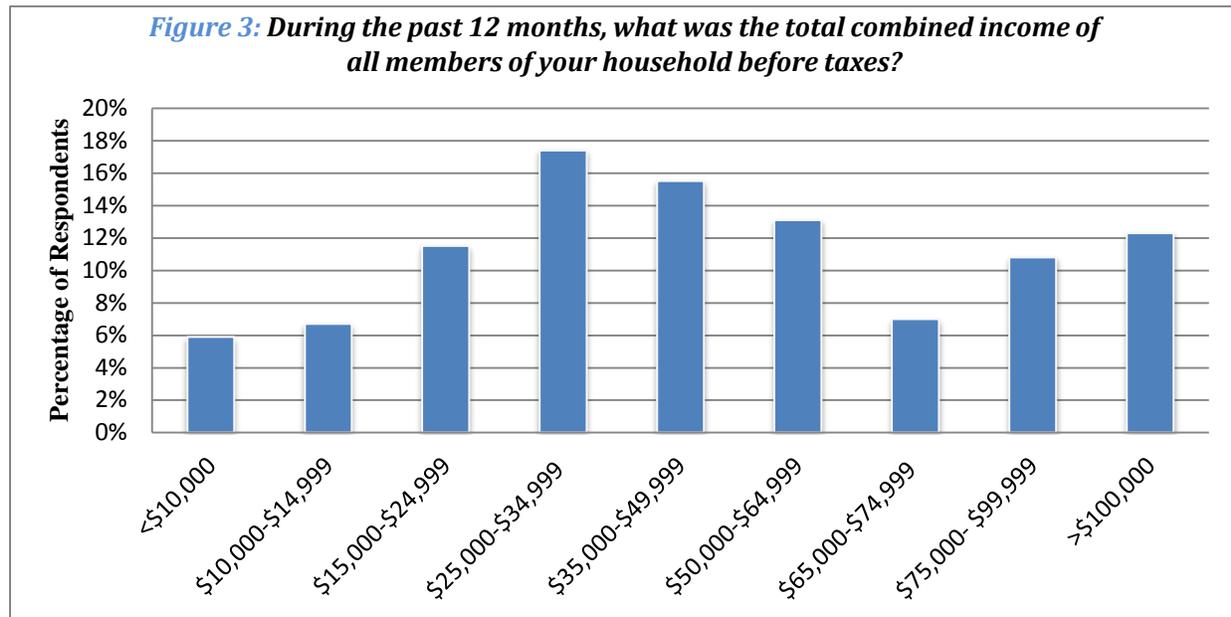
	Missouri		Independence	
	Estimate	Percent	Estimate	Percent
Total population	5,982,413	5,982,413	116,513	116,513
One race	5,848,113	97.8%	113,174	97.1%
White	4,972,530	83.1%	99,954	85.8%
Black or African American	689,683	11.5%	7,072	6.1%
American Indian and Alaska Native	22,704	0.4%	433	0.4%
Asian	96,035	1.6%	1,262	1.1%
Native Hawaiian and Other Pacific Islander	5,812	0.1%	318	0.3%
Some other race	61,349	1.0%	4,135	3.5%
Two or more races	134,300	2.2%	3,339	2.9%
Hispanic or Latino (of any race)	212,152	3.5%	9,775	8.4%

DATA SOURCE: U.S. Census Bureau

Social and Physical Environment

The social environment as discussed in this report includes education, employment, poverty and crime. These factors affect the health of individuals and groups living in communities. For example, additional years of formal education strongly correlate with improved work and economic opportunities, reduced psychosocial stress and healthier lifestyles. Poverty can result in reduced access to health services and negative health consequences, such as increased risk of mortality, increased prevalence of medical conditions and disease incidence, depression and poor health behaviors.

Focus group members identified social and economic determinants of health outcomes. Respondents reported the total combined incomes for the household and the highest level of education attained (*Figure 3*). Highlighting the importance of income, education, the perception of safety and access to healthcare is important to draw the association to public health. The inclusion of this data is important to identifying inequities of health in Independence.



DATA SOURCE: IHD 2013 Community Health Survey

Educational Attainment

“Education is the most powerful weapon which you can use to change the world.”

- **President Nelson Mandela, South Africa**

“Upon books the collective education of the race depends; they are the sole instruments of registering, perpetuating and transmitting thought.”

- **President Harry S Truman, United States**

Students residing in Independence receive their education from one of the four public school districts (Independence, Blue Springs, Fort Osage and Raytown). There are also four facilities for higher education within the city of Independence.

Adults who complete college are more likely to live healthier lives. Quantitative data show educational attainment among local, county, state and national levels. In general, Independence’s education is at a lower level than other averages (*Table 3*). A review of the literature for the Health Equity Index shows that, with higher education, adults are able to more easily find employment, earn a steady income, and make better decisions⁽⁵⁹⁾. These factors play a role in health outcomes and studies have shown that college graduates live longer compared to individuals who do not complete high school⁽⁶⁰⁾.

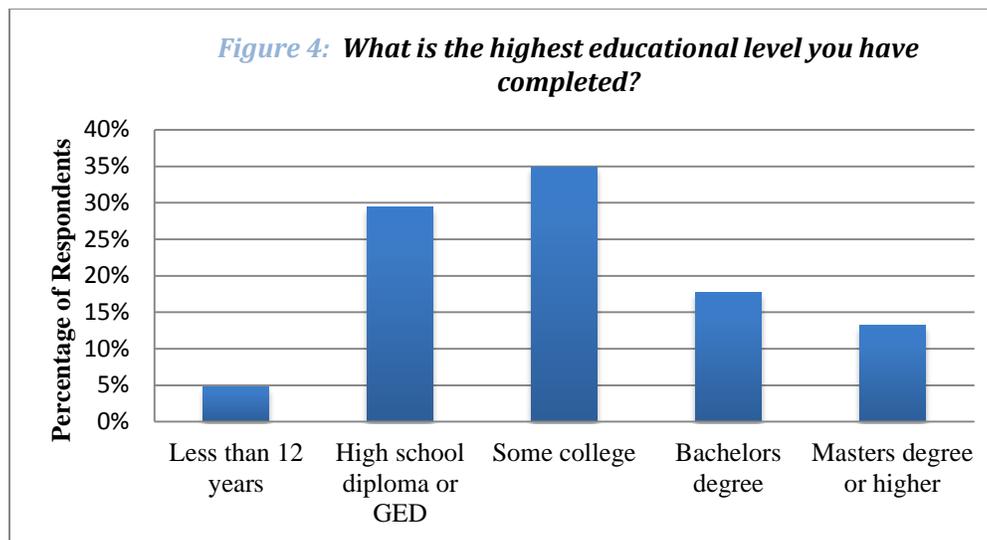
Table 3: Independence Education

	Independence	Jackson County	Missouri	USA
High school graduate or higher, percent of persons age 25+, 2008-2012	86%	88%	87%	86%
Bachelor's degree or higher, percent of persons age 25+, 2008-2012	17%	27%	26%	29%

DATA SOURCE: U.S. Census Bureau

Studies have shown median lifetime earnings grow in direct relation to educational attainment. Over the course of a career, those without a high school diploma or GED will fail to make at least \$1 million, which translates to slightly more than \$24,000 a year (\$11.70 per hour) over a 40-year span. Getting a high school diploma can improve lifetime earnings by one-third; not finishing high school is a steep penalty for those without the education—almost \$9,000 a year less than people with a high school education ⁽⁶¹⁾.

The largest group (35%) of respondents indicated they had attended some college, while 31% of respondents obtained at least a Bachelor’s degree (Figure 4). Having a Bachelor’s degree is another bump in the potential for increased earning. Residents with a Bachelor’s degree will make \$2.3 million over a 40-year career, which is an estimated \$56,700 per year (\$27.26 per hour). Studies have shown those with a Bachelor’s degree make 74% more than just having a high school diploma. To expand upon that idea, the Bachelor’s degree relates and opens the door to the increased income levels attained with a graduate degree. Respondents indicated holding a graduate degree at a rate of 43%, which is higher than the reported 33% reported nationally ⁽⁶¹⁾.



DATA SOURCE: IHD 2013 Community Health Survey

Income, Poverty and Employment

Higher incomes make it easier to buy medical insurance and medical care, nutritious foods, and better childcare and to live in a safe neighborhood with good schools and recreational facilities. Income levels also influence life expectancy with lower income earners experiencing lower life expectancies ⁽⁶⁾. It has

been widely observed that poverty relates to ill health and vice versa, creating a cycle between income and health that can continue across lifetimes and generations ⁽⁷⁾. Lower income communities have shown higher rates of asthma, obesity, diabetes, heart disease and child poverty.

The median household income in Independence is significantly lower than that of Jackson County, the State of Missouri and the U.S. as a whole. The difference between Independence and Missouri is about a 5% gap, as shown in [Table 4](#). The 5% gap equates to a difference of \$87,040 over a 40-year career. Compared to the U.S., that gap is a 15% and a lifetime income difference of \$327,960.

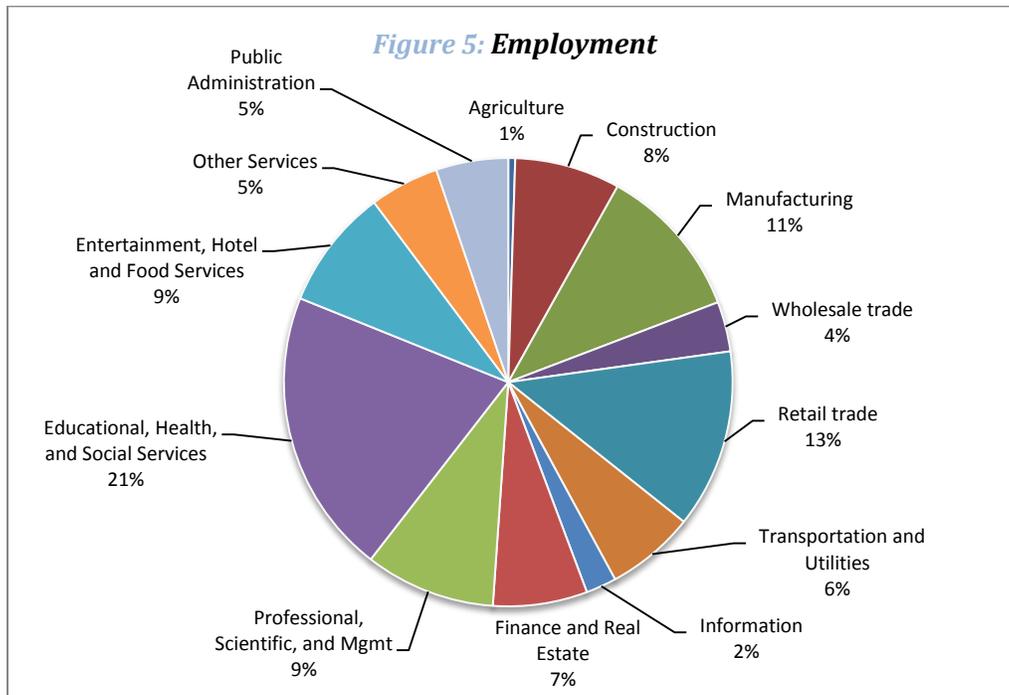
The CDC defines poverty as a person or families with income below a certain limit are considered to be below the poverty level. Poverty rates for Independence reflect the surrounding area. In 2012, the poverty rate for Independence was 16%, which is higher than the national average of 15% and lower than Jackson County (17%). In Independence, an estimated 18,473 out of 114,766 individuals are below the poverty line. Approximately 13% of Independence residents received Food Stamp/SNAP benefits in 2012, which is consistent with Missouri’s poverty rate.

Table 4: Independence Socioeconomics

	Independence	Jackson County	Missouri	USA
Housing units in multi-unit structures, 2008-2012	21.4%	25.5%	19.7%	25.9%
Median value of owner-occupied housing units, 2008-2012	\$105,100	\$128,400	\$138,400	\$181,400
Persons per household, 2008-2012	2.43	2.45	2.46	2.61
Per capita money income in past 12 months (2012 dollars), 2008-2012	\$23,238	\$25,965	\$25,546	\$28,051
Median household income, 2008-2012	\$44,847	\$47,023	\$47,333	\$53,046
Persons below poverty level, 2008-2012	16.1%	17.0%	15.0%	14.9%
Unemployed, Civilian Labor Force	7%		6%	

DATA SOURCE: U.S. Census Bureau

The estimated 2012 unemployment rate for Independence was 7%, slightly higher than the rate (6%) for Missouri ([Figure 5](#)). As seen in [Figure 5](#), the highest proportion of Independence’s work force are employed in education, health and social services (21%), professional, scientific and management (9%) and finance and real estate (7%). Similar to the rest of the state, Independence has an equal proportion of adults employed in professional, scientific and management positions (9%) and finance and real estate (7%).



Housing and Environmental Quality

“One of the most important factors in our continued growth is the construction of more good, up-to-date housing. In a country such as ours there is no reason why decent homes should not be within the reach of all.”

- President Harry S Truman, United States

“Young people want access to certain lifestyle amenities and they want them within walking distance of home and work.”

- Mayor Eileen Weir, City of Independence

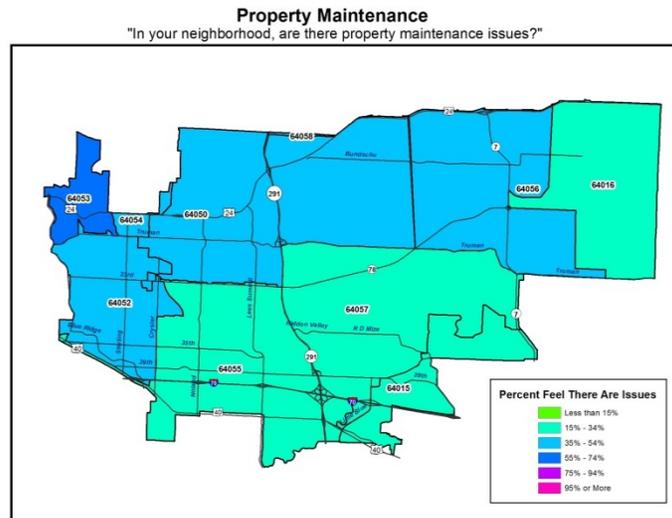
The median value of a home for Independence is \$105,100, which is significantly lower than county, state and national averages (**Table 4**). The gross rent for Independence is \$742 and the gross mortgage is \$1,131, while Missouri’s is \$712 and \$1,232 for the rent and mortgage respectively ⁽⁶⁷⁾.

Environmental quality addresses the health impacts of the environment on the human body. Proper environmental management helps to mitigate preventable illness caused by the built environment ⁽²⁴⁾. Environmental health includes all of the physical, biological, social and cultural surroundings outside of the human host ⁽²⁵⁾. Factors such as unclean areas with excessive garbage, refusing to follow City building codes or pollution from industrial sources lessen the quality of the environment.

Becoming increasingly recognized as sources of injury and exacerbation of illness are home environmental health risks and the pollution of indoor residential air ⁽²⁷⁾. This is true particularly in vulnerable populations such as pregnant women, infants, children, the elderly and those living with a chronic medical condition or disability. The risk pollution may cause to citizens in the U.S., Missouri, Jackson County and Independence is blind to race, ethnicity, language or country of origin ⁽²⁸⁾.

Survey respondents differed greatly in their opinions of their environmental health, especially property maintenance issues. Areas closer to Kansas City tend to have more issues as seen in *Figure 7*.

Figure 7: Property Maintenance issues by Zip Code

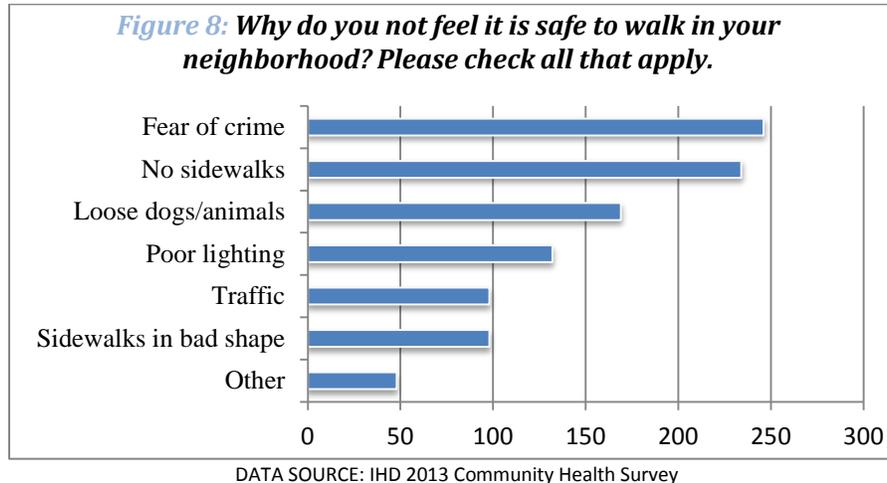


DATA SOURCE: IHD 2013 Community Health Survey

Poor environmental quality has its greatest impact on people whose health status is already at risk. Therefore, environmental health regulations must address the societal and environmental factors that increase the likelihood of exposure and disease. Homes and other community environments are concerns because they may expose individuals to indoor air pollution, inadequate heating and sanitation, structural problems, electrical and fire hazards and lead-based paint hazards ⁽²⁹⁾.

Transportation

Transportation influences everyday life in the region, especially the health of the community. Independence is largely a car-dependent city that has limited opportunity for alternative modes of transportation, such as walking or biking. A barrier to transportation is the lack of sidewalks or sidewalks in disrepair. Survey respondents expressed feeling unsafe when walking, and this issue may require more investigation. Survey participants indicated specific challenges to safe walking, citing crime, lack of sidewalks and loose animals as some of the most important problems facing walkability (*Figure 8*).



Access to Healthy Foods and Recreation

“For overall health, [you] just feel better when you eat them [fruit]. Some of the best peaches I ever ate I bought at the farmer’s market a few years ago. They were the best.”

- Focus Group Participant

“You have a hard time finding some fresh sweet potatoes and greens.”

- Focus Group Participant

“I get plenty of food, but it’s not very healthy food because I have to go to the food pantry and get not fresh food up at the bread pantry and the farmer’s market is kind of a help because they give you two for one for your food stamps but it’s seasonal.”

- Focus Group Participant

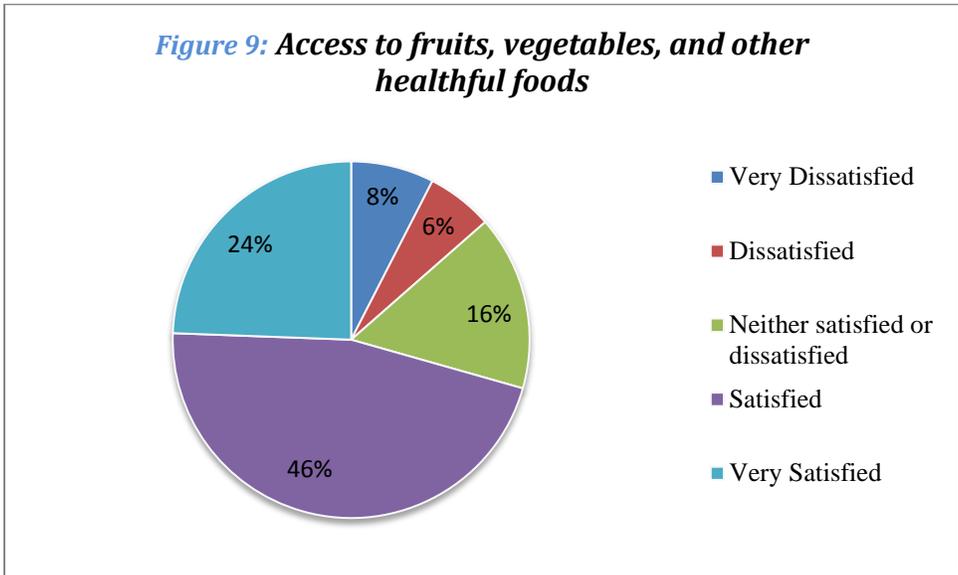
“When I walk into a convenience store, I don’t expect them to be selling wonderful healthy food. I expect them to be selling convenience foods.”

- Focus Group Participant

Focus group participants identified issues related to access to healthy foods. Some participants described rising food costs as a concern. This resulted in accessing healthy foods based on price rather than location or nutritional content. Access mainly was an issue concerning time in which a participant shopped for healthy foods. Some felt the stores were not open during convenient hours or were seasonal in nature, such as farmers’ markets. Transportation did not seem to be an issue because most participants were willing to drive out of their way to meet their needs.

Figure 9 shows the results from respondents in terms of their satisfaction with access to fruit, vegetables and other healthful foods. The majority of respondents (69%) reported they are satisfied or very satisfied with the access to fresh fruits and vegetables in their neighborhood.

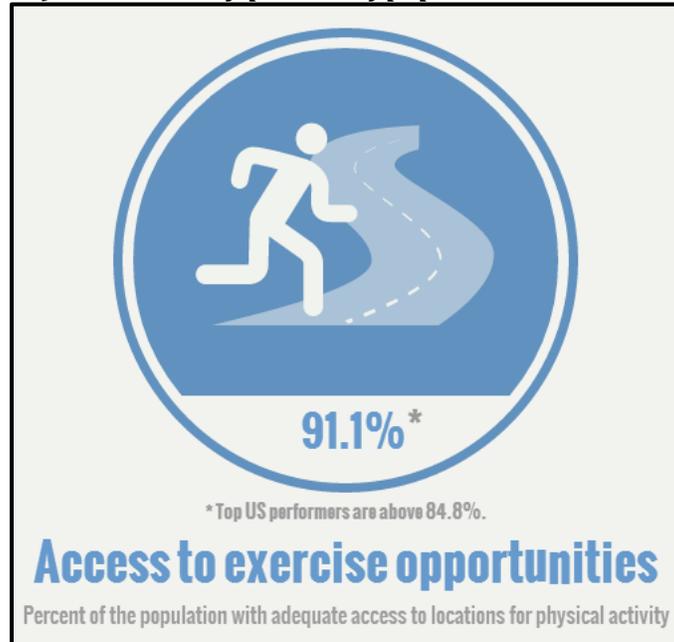
Figure 9: Access to fruits, vegetables, and other healthful foods



DATA SOURCE: IHD 2013 Community Health Survey

Closely related to obesity rates is the availability of healthy foods and opportunities for physical activity and recreation. Increased physical activity is associated with lower risks of type 2 diabetes, cancer, stroke, hypertension, cardiovascular disease and premature mortality independent of obesity. The role of the built environment is important for encouraging physical activity. Individuals who live closer to sidewalks, parks and gyms are more likely to exercise⁽¹⁴⁾.

Overall, Independence residents have substantial access to recreational facilities. A recreational facility is defined by the County Health Rankings as establishments primarily engaged in operating fitness and recreational sports facilities, featuring exercise and other active physical fitness conditioning or recreational sports activities such as swimming, skating or racquet sports (**Figure 10**)⁽⁶⁸⁾.

Figure 10: Jackson County percent of population with activity access**Crime and Safety**

"(The) grass along road(s) (is) too tall and not clean."

- Survey Respondent

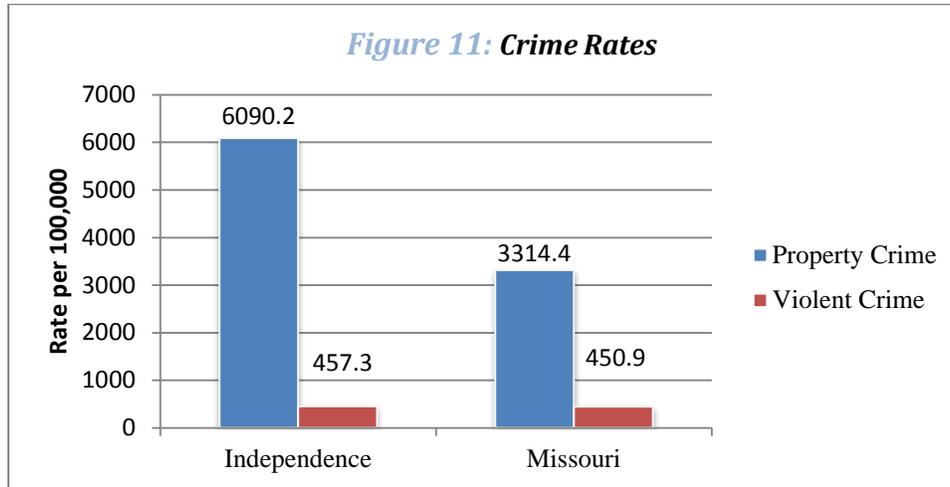
"No patrols and drug infested."

- Survey Respondent

"Cars and trucks park (sic) on sidewalks."

- Survey Respondent

The quotes listed above come from the IHD's Community Health Survey. In response to "Why do you feel it is not safe to walk in your neighborhood?" the option to select "Other" gave respondents the ability to write a short comment. Their comments follow the statistics for Independence crime rates, as both violent and property crime is higher than the state average ([Figure 11](#)).

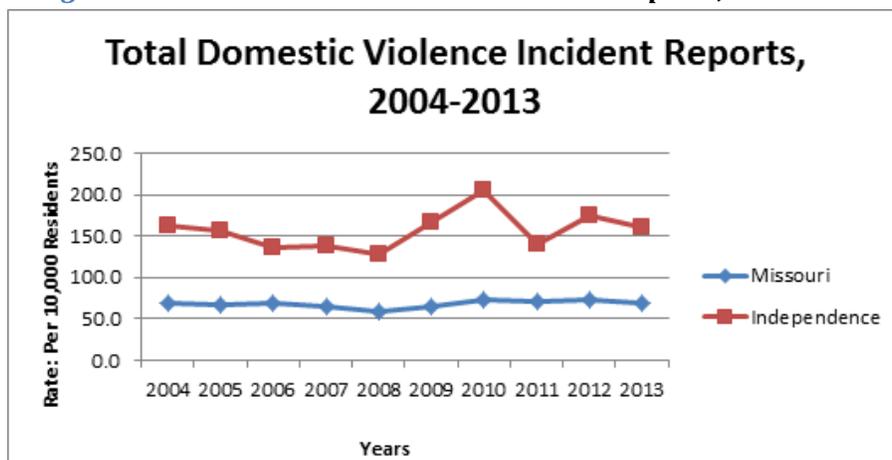


DATA SOURCE: Federal Bureau of Investigation

The importance of feeling safe in one’s community can influence neighborhood cohesion. Respondents expressed their concern with domestic violence and child abuse. Domestic violence includes any instance of physical or sexual violence, threats of physical or sexual violence or emotional abuse. Many of the consequences of intimate partner violence (IPV) are physical, but other effects are psychological, including depression, anxiety or symptoms of post-traumatic stress disorder. IPV can result indirectly in further negative health effects by contributing to other unhealthy or risky behavior.

In the U.S., 1,336 deaths, 82% of which were women, resulted from domestic violence in 2007 ⁽¹⁵⁾. From 2001-2011, the city of Independence had a significantly higher rate of domestic violence reports than the state of Missouri (*Figure 12*).

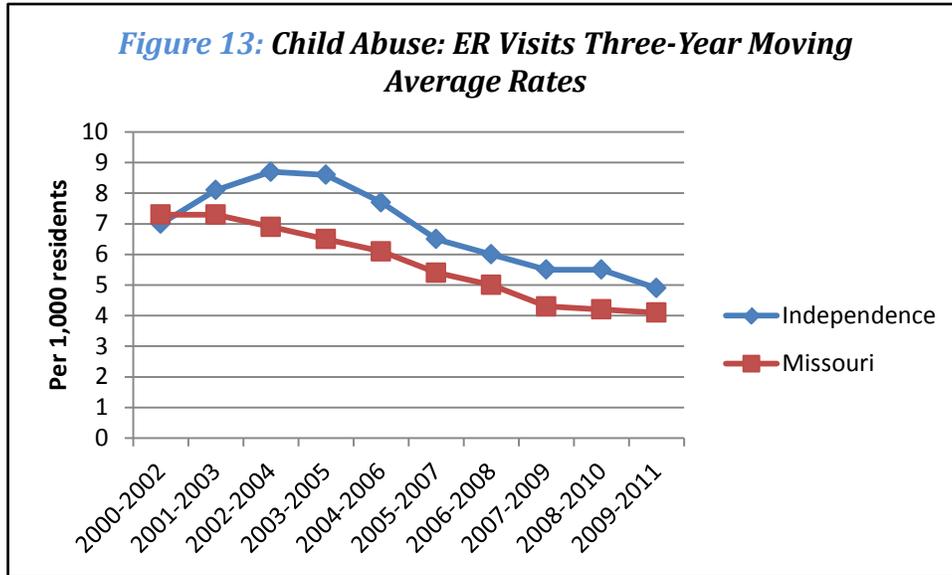
Figure 12: Total Domestic Violence Incident Reports, 2004-2013



DATA SOURCE: Missouri State Highway Patrol

Child abuse includes physical, emotional, or sexual abuse or neglect of a child under the age of 18 ⁽¹⁸⁾. Child abuse ranges in seriousness and can lead to death in some cases (*Figure 13*). In 2008, it is estimated 1,740 children and youth ages 0-17 died from abuse/neglect; 80% of those were infants and

children younger than 4-years-old ⁽¹⁹⁾. *Figure 13* shows the Independence rate is a statistically significant decrease, which mimics the State’s decrease in emergency room visits.



DATA SOURCE: MICA

The seriousness of child maltreatment in HP2020 is a concern for Public Health. HP2020 recognizes the problem with two objectives under the topic of Violence Prevention. The first is to reduce all cases of child maltreatment and the second is to reduce the number of child deaths due to abuse and neglect (23).

Health Behaviors

This section examines lifestyle behaviors among Independence residents that support or hinder health. It examines several aspects of individuals’ personal health behaviors and risk factors (including physical activity, nutrition, alcohol and substance use) that result in the leading causes of morbidity and mortality among area residents. This analysis tracks measures that are a part of the HP2020 Initiative, which is a 10-year agenda focused on improving the nation’s health. Where appropriate and available, this assessment compares Independence statistics to the state as a whole as well as HP2020 targets. However, due to data constraints, some measures are available only for Jackson County and in some cases, only state-level data are available.

Healthy Eating

“In addition to fresh fruits and vegetables, and that kind of thing - I would expect to be able to buy eggs, and bread, and milk...”

- Focus Group Participant

“That’s the big - that’s the healthy, that’s what I need to focus on, so that’s why I’m drawn to these other places.”

- Focus Group Participant

"I think it would be great for people downtown to go in there and be able to choose a healthier drink, you know, have some orange juice or strawberry milk or chocolate milk, or something."

- Focus Group Participant

"He's going to buy that which will actually benefit him, his hair, and his bones and help him feel healthier and stronger."

- Focus Group Participant

"...So vitamins and supplements and nutritional supplements is absolutely critical to healthy mind, healthy body, healthy way of life and that must be made available."

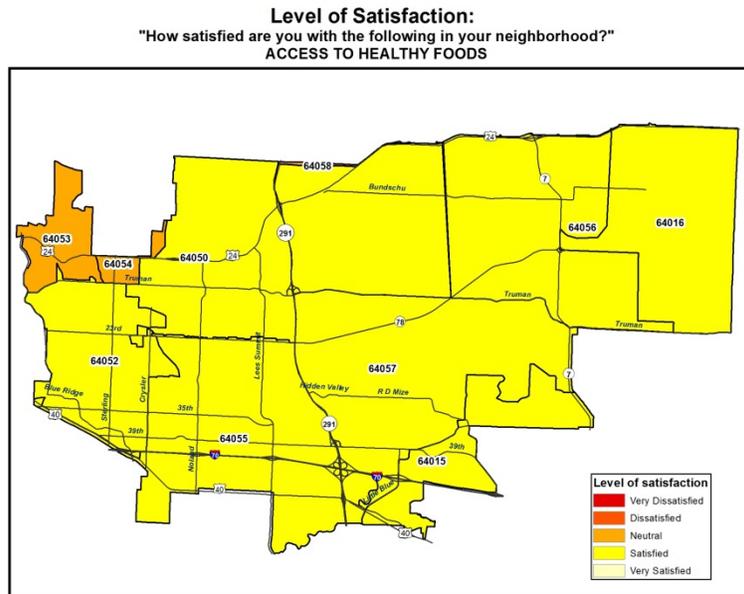
- Focus Group Participant

Focus group participants reported the importance of having a healthier food environment to maintain health. Survey respondents gave priority to the issue of obesity - particularly, healthy eating and physical activity – and emerged as a top concern among both children and adults. The following section will explain in more detail how these lifestyle behaviors affect the health of residents in Independence.

Focus group participants described struggling to afford fresh fruits and vegetables when the cost is too high or the items are not on sale. Some participants expressed that healthy food is available but not affordable. Several focus group participants indicated that the availability and marketing of fast food also presents challenges to healthy eating because of its comparative convenience and affordability.

Most of the respondents reported they shop at the grocery store for their fruits and vegetables; with farmers' markets being the second choice. The respondents indicated there was an increase in the use of personal/family gardens as a source of fresh vegetables and fruits. The respondents averaged about one-and-a-half servings of fruits and about two servings of vegetables a day. Sixty-nine percent (69%) of respondents reported they are satisfied or very satisfied with the access to fresh fruits and vegetables in their neighborhood ([Figure 14](#)).

Figure 14: Satisfaction in Access to Healthy Foods by Zip Code

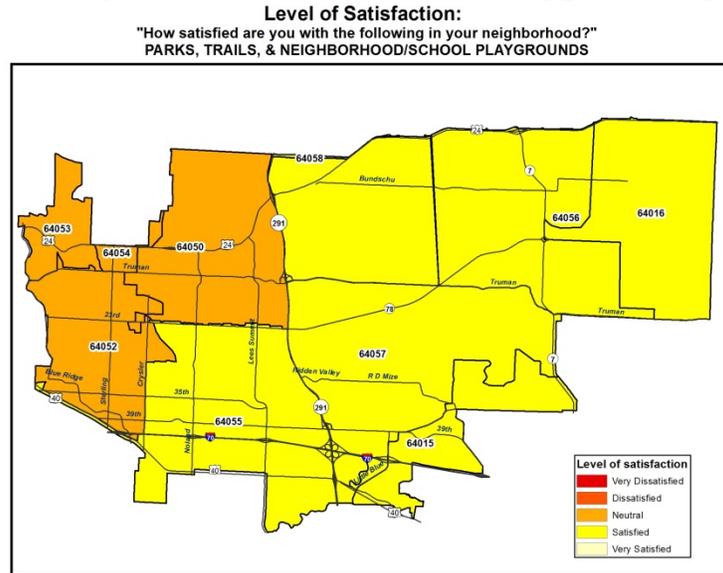


DATA SOURCE: IHD 2013 Community Health Survey

Physical Activity

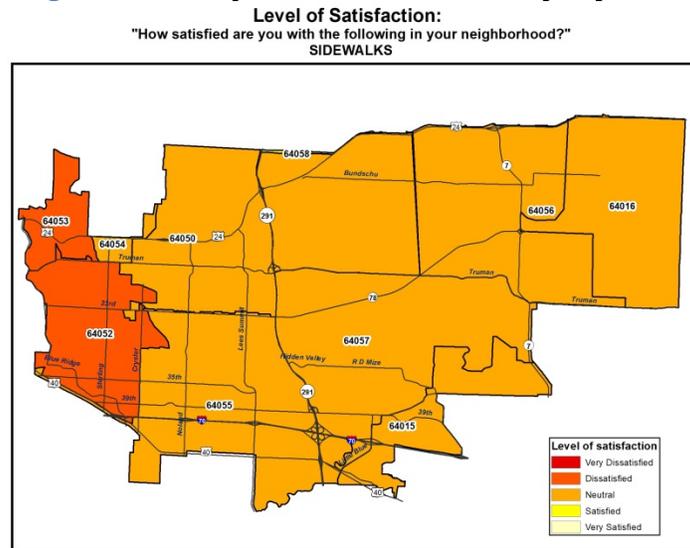
Overall, focus group and survey respondents reported there is opportunity for improvement in access to physical activity facilities and programs. Half of respondents (50%) reported being satisfied or very satisfied with parks, trails and neighborhood or school playgrounds (Figure 15). The percentage of respondents reporting they were satisfied or very satisfied with sidewalks was 34% (Figure 16). The survey details respondents’ opinions regarding recreational programs enjoyed by children, teens, adults and seniors. The proportion of community members satisfied or very satisfied with recreational programs was 36%.

Figure 15: Satisfaction in Parks, Trails and Playgrounds by Zip Code



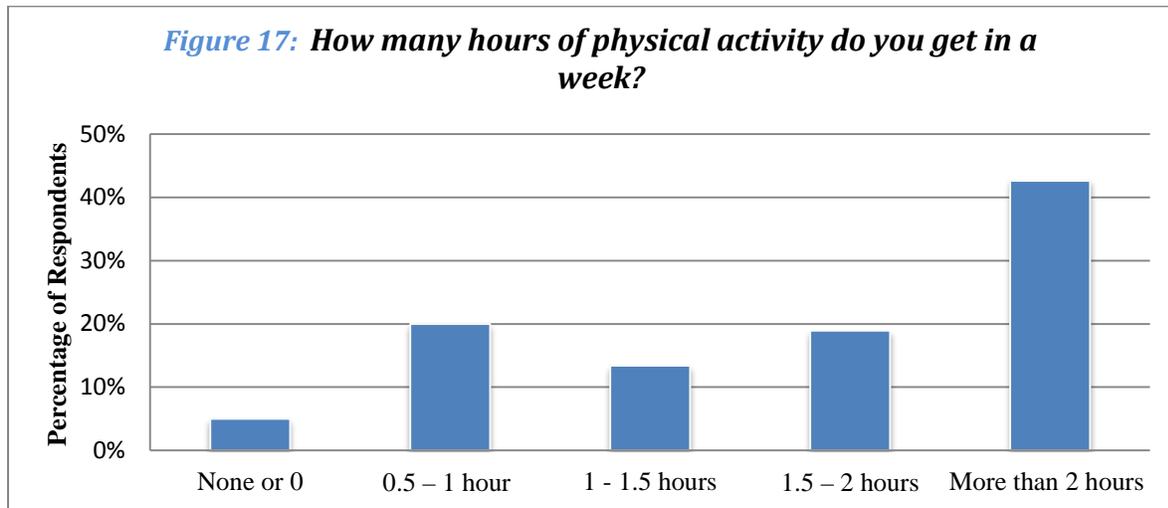
DATA SOURCE: IHD 2013 Community Health Survey

Figure 16: Satisfaction in Sidewalks by Zip Code



DATA SOURCE: IHD 2013 Community Health Survey

One quarter (25%) of respondents indicated they spent an hour or less per day performing some sort of physical activity (*Figure 17*). Respondents who indicated they use a bicycle for some form of physical activity totaled 22%. Forty-three percent (43%) of respondents indicated they use the city parks or trails.



DATA SOURCE: IHD 2013 Community Health Survey

Overweight and Obesity

Overweight and *obesity* are designations given to ranges of weight that are greater than a normal, healthy weight. In adults, overweight is having a Body Mass Index (BMI); a ratio determined by weight and height, between 25 and 29.9, while obesity is defined as a BMI of 30 or greater. Thirty-six percent (36%) of the respondents were obese and a total of 68% were either obese or overweight using their reported height and weight to calculate their BMI.

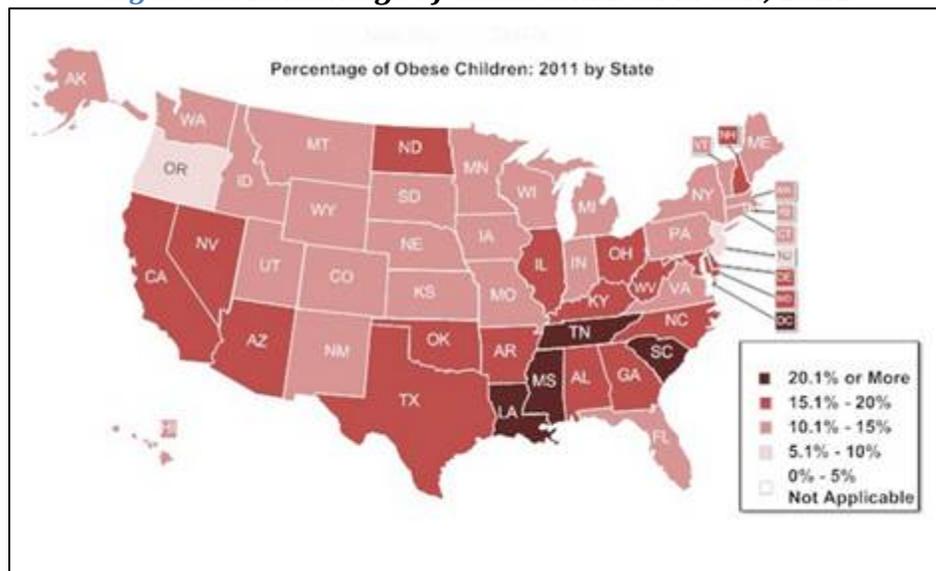
Overweight and obesity increase risk for numerous conditions, including heart disease, stroke, type 2 diabetes and cancer ⁽¹⁰⁾. Because of the different developmental processes, overweight and obesity differ for children and adolescents versus adults. Growth charts outline specific criteria for appropriate weight in infants, children and youth. Overweight and obesity examines age- and sex-related percentiles of BMI. A child whose BMI is equal to or greater than that of 85% of his or her peers (same age and sex), but less than 95% of peers is classified as overweight. A child whose BMI is greater than that of 95% of his or her peers is considered obese. Childhood overweight and obesity contribute to health problems such as high blood pressure and cholesterol, respiratory difficulties, joint and muscle discomfort, psychosocial problems and increased risk for diabetes. Children who are overweight or obese are also more likely to be obese as adults ⁽³⁹⁾.

A number of factors contribute to the problem of childhood obesity by either increasing the caloric intake or limiting the physical activity of children and youth. These factors include the availability of sugary drinks and less healthy food options at schools, marketing of unhealthy food/beverage options, lack of daily physical activity in most schools, increasing portion sizes, lack of support for breastfeeding and increased TV/electronic media usage by children and youth.

Overweight and obesity rates throughout the nation have been increasing during the past several decades. More than one-third (36%) of American adults and 17% of children are now obese. In Missouri, obesity has risen from approximately 21% of the adult population in 2001 to approximately 31% in 2011 ⁽¹¹⁾. In 2012, 36% of adults in Missouri were overweight and 30% were obese ⁽¹²⁾. According to the 2013 City of Independence Community Health Survey, 32% were overweight (BMI of 25-29.9%) and nearly 36% of respondents were obese (BMI of 30% or greater).

Overweight and obesity rates throughout the nation have been increasing over the past several decades. More than one-third of children are now overweight or obese⁽⁴¹⁾. In Missouri, the Robert Wood Johnson Foundation (RWJF) reported a decrease in “obesity rates among 2- to 4-year-olds from low-income families between 2008 and 2011. Over that period, Missouri's rate fell from 14% to 13%, a statistically significant decrease according to the CDC analysis⁽⁴²⁾.” Another recent report from the Journal of the American Medical Association found a decrease of 43% over the past decade in the same age group⁽⁴³⁾. While this trend among the very young is promising, the report shows that rates of overweight/obesity in adults (33%) and children (17%) remains stable over that same period. See [Figure 18](#) for depiction of where Missouri stands as of 2011.

Figure 18: Percentage of Obese Children in USA, 2011



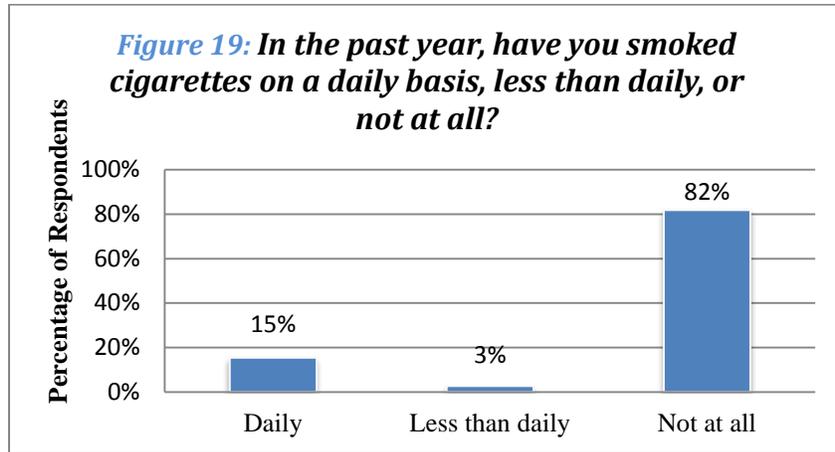
DATA SOURCE: National Conference of State Legislatures

Weight affects both diet/nutrition and physical activity. HP2020 addresses both of these factors in its goals and objectives, calling for improved access to healthy foods especially for children and increasing the level of physical activity of people of all ages. Together these will facilitate progress toward the objectives of increasing the proportion of the population that is a healthy weight and reducing the proportion of the population that is obese from 33.9% to 30.5% by 2020⁽¹³⁾. Obesity, nutrition and physical activity are “Winnable Battles” listed by the CDC, which advocates environmental and policy-level changes to facilitate healthy eating and physical activity levels⁽¹⁴⁾.

Alcohol, Tobacco and Drug Abuse

Community Health Survey respondents reported alcohol, tobacco and drug abuse as areas of concern. Excessive alcohol use is the third leading lifestyle-related cause of death in the U.S., accounting for approximately 88,000 deaths each year⁽¹⁾. Tobacco use is the leading preventable cause of death in the U.S. and accounts for 443,000 deaths annually or approximately one in five deaths⁽⁶²⁾. Substance abuse in children and adolescents can lead to problems well into adulthood. Measured against adults using drugs or alcohol, children and adolescents transgress from occasional use to substance abuse at a faster rate⁽³⁰⁾. Recognizing and recommending interventions at the local, state and national level is a public health priority⁽³¹⁾.

Survey respondents also reported an estimated 18% of Independence residents still smoke in some regard (*Figure 19*). This data was just under the national smoking rate of 20% ⁽⁵⁸⁾. Rates for binge drinking in Missouri were also close to the national average, with 16% of Missouri adults reporting binge drinking during the past 30 days compared to 15% adults in the nation ⁽⁴⁾. The highest rates of drug use occur in adults ages 18-25 ⁽⁵⁾. According to the most recent data available, Missouri rates for drug use were similar to the national rates in 2011-2012 ⁽⁶⁾. However, data from the 2013 Status Report on Missouri’s Substance Abuse and Mental Health Problems indicate that drug use occurs at a greater rate in Jackson County than in the state of Missouri even while it appears to be decreasing.

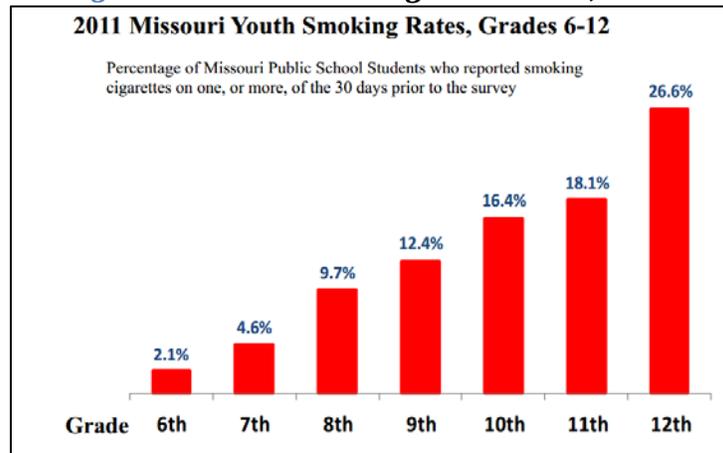


DATA SOURCE: IHD 2013 Community Health Survey

While data specific to Independence was not available for this assessment, Missouri reported in 2009 that 39% of youth consumed at least one alcoholic drink in the past 30 days, compared to a national rate of 42%. The rate of binge drinking for Missouri youth was 25%, compared to a national rate of 24% ⁽³²⁾.

Every day in the U.S., an estimated 3,800 youths under the age of 18 smoke their first cigarette. Youth tobacco use in Missouri closely resembles youth tobacco use in the nation. Data from 2009 shows 20% of high school students and 5% of middle school students in the U.S. reported having smoked at least once in the past month ⁽⁵⁶⁾. In 2009 in Missouri, 19% of high school students and 5.7% of middle school students reported having smoked in the past month. However, since 2003, tobacco use and cigarette smoking have steadily declined between both middle school and high school students in Missouri ⁽⁵⁷⁾. *Figure 20* depicts the smoking rate in the state of Missouri.

Figure 20: Youth Smoking in Missouri, 2011



DATA SOURCE: Missouri Department of Health and Senior Services

Health Outcomes

This section of the report provides an overview of leading health conditions in Independence from an epidemiological perspective of examining incidence, hospitalization and mortality data, as well as discussing the pressing concerns that residents and leaders identified during in-depth conversations and surveys.

Perceived Health Status

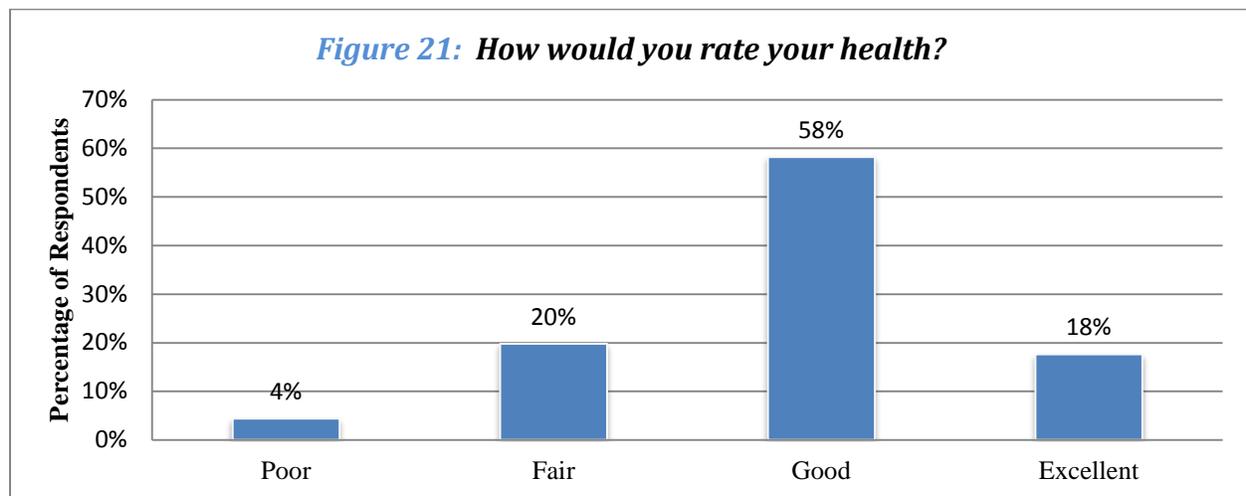
“There are things known and there are things unknown and in between are the doors of perception.”

- Aldous Huxley

“Humans see what they want to see.”

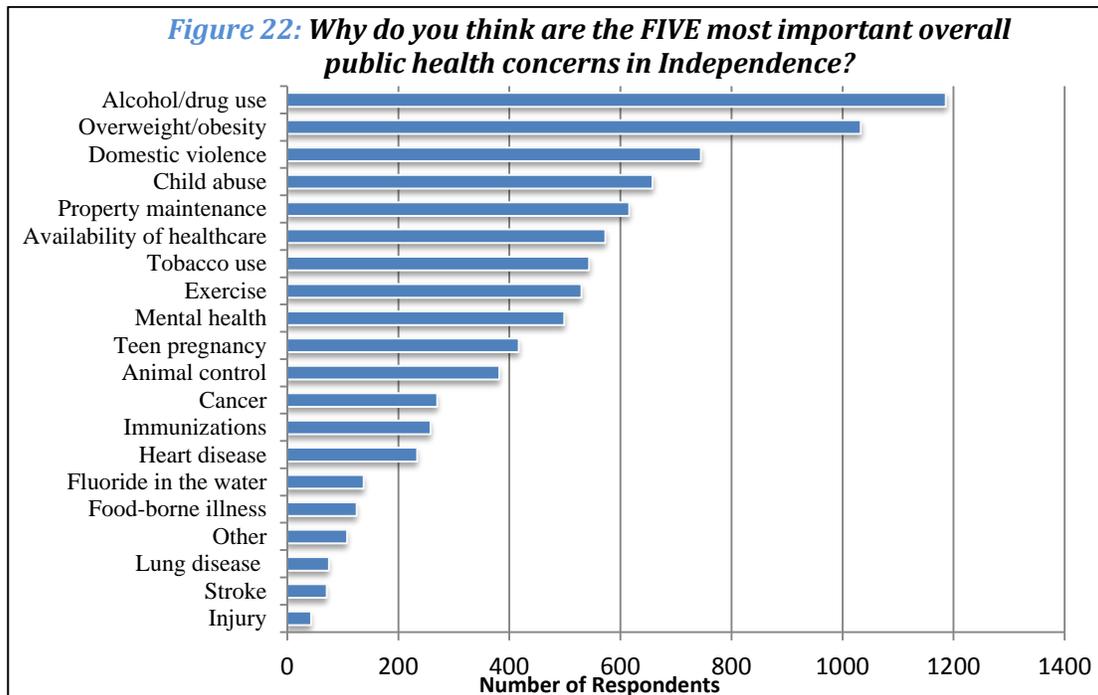
- Rick Riordan

Figure 21: How would you rate your health?



DATA SOURCE: IHD 2013 Community Health Survey

Seventy-six percent (76%) of respondents rated their health as good or excellent (*Figure 21*). Based on the Survey, the following issues are the top overall five perceived public health problems in Independence: 1) alcohol and drug abuse, 2) overweight/obesity, 3) domestic violence, 4) child abuse and 5) property maintenance (*Figure 22*). This report includes background information on the problem and its effects on health, current trends, high-risk populations and public health goals for each of the five topics. Public health goals reflect national goals as outlined by HP2020, a 10-year national plan for improving the health of Americans, or the CDC.



1) Alcohol and Drug Abuse

Among adults, rates for binge drinking were also close to the national average, with 16% of Missouri adults reporting binge drinking during the past 30 days compared to 15% adults in the nation ⁽⁴⁾.

The highest rates of drug use occur in adults ages 18-25 ⁽⁵⁾. According to the most recent data available, Missouri rates for drug use were similar to the national rates in 2011-2012 ⁽⁶⁾. However, data from the 2013 Status Report on Missouri’s Substance Abuse and Mental Health Problems indicate that drug use occurs at a greater rate in Jackson County than in the state of Missouri even while it appears to be decreasing.

2) Overweight and Obesity

Overweight and obesity rates throughout the nation have been increasing over the past several decades. More than one-third (36%) of American adults and 17% of children are now obese. In Missouri, obesity has risen from approximately 21% of the adult population in 2001 to approximately 31% in 2011 ⁽¹¹⁾. In 2012, 36% of adults in Missouri were overweight and 30% were obese ⁽¹²⁾. According to the 2013 City of Independence Community Health Survey, nearly

36% of respondents were obese (BMI of 30% or greater) and another 32% were overweight (BMI of 25-30%).

3) Domestic Violence

Almost three out of 10 women and one out of 10 men in the U.S. have experienced violence or intimidation from a current or former intimate partner. In 2007, 1,336 deaths in the U.S. resulted from IPV, 82% of which were women ⁽¹⁵⁾. According to the Missouri State Highway Patrol Uniform Crime reporting program, the city of Independence had a slight decrease in the domestic violence rate from 163 to 160 incidences per 10,000 residents between 2004 and 2013. However, this rate was higher than the state of Missouri rate, which went from 68 in 2004 to 69 incidences per 10,000 residents in 2013.

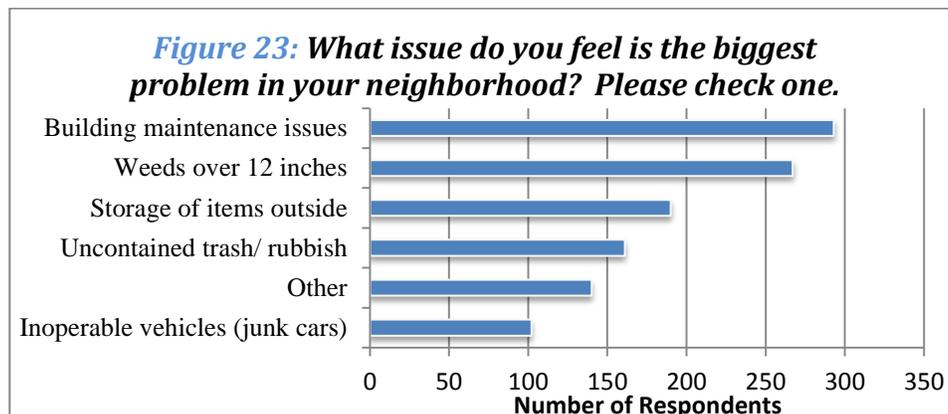
4) Child Abuse

Each year, the U.S. reports more than three million cases of child maltreatment and more than 740,000 children and youth visit hospital emergency departments for injuries resulting from violence ⁽²⁰⁾. In 2008, more than 1,700 children and youth ages 0-17 died from abuse/neglect; 80% of those were infants and children younger than four years ⁽¹⁹⁾. There remains a rising trend of fatalities linked to child abuse in the U.S. In Missouri, the State Child Fatality Review Panel indicated that deaths dues to child abuse increased from 27 in 2010 to 43 in 2012 ⁽⁶⁹⁾. The panel defined deaths due to child abuse to included deaths from firearm, poisoning, drowning, fire/burn and strangulation/suffocation.

5) Property Maintenance*

In the next 15 years, one in every six human beings will live in an urban area. Urbanization is associated with many health challenges related to water, environment, violence and injury, non-communicable diseases and their risk factors like tobacco use, unhealthy diets, physical inactivity, harmful use of alcohol as well as risks associated with disease outbreaks ⁽²⁶⁾. The City of Independence has developed municipal codes intended to protect the life, health, safety and welfare of its residents. The Property Maintenance Code and Health Code set standards by which development should conform, which include the maintenance of grass and weeds, restricted open storage, nuisance vehicles, refuse, rubbish, garbage, rodents, insects, building upkeep and decay-resistant paints **(Figure 23)**.

* City of Independence Health Department considers the inclusion of “Property Maintenance” the result of the proximity of questions related to the maintenance issues portion of the Community Health Survey.



DATA SOURCE: IHD 2013 Community Health Survey

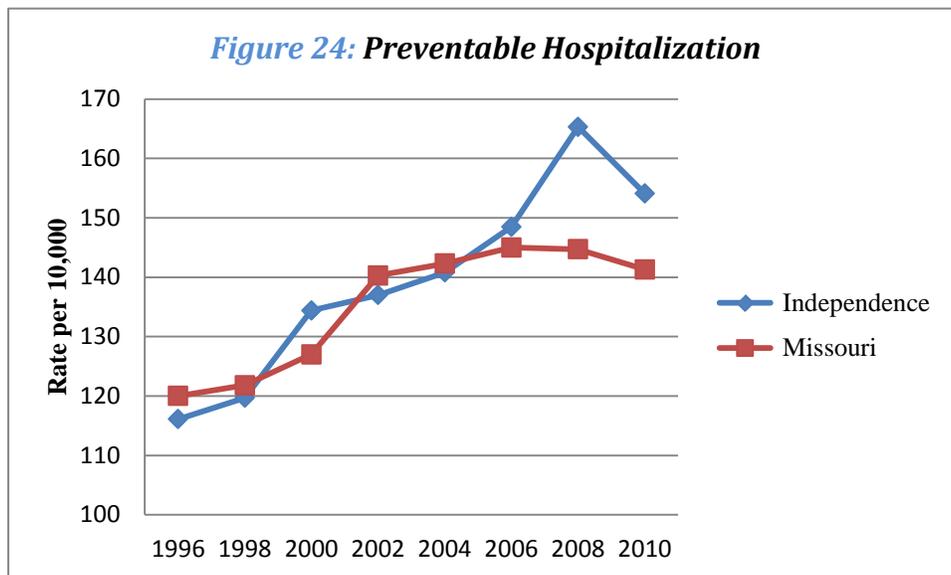
Leading Causes of Hospitalization and Death

The leading cause of hospitalization in Independence is heart and circulation problems. However, Independence age-adjusted rate is slightly below the state average. The greatest difference between Independence and the state was the largest in mental disorders. Mental disorders include psychosis, depression, affective personality disorders, schizophrenia and alcohol related disorders.

Table 5: Age-Adjusted Hospitalization Rate; 2001-2011
(All rates are per year and per 10,000 people who are age-adjusted to the US 2000 standard population)

	Independence Age-Adjusted Rate	Missouri Age-Adjusted Rate
All Diseases/Conditions	1,213.7	1,172.4
Heart and Circulation	173.7	184
Mental Disorders	166.7	130.4
Pregnancy/Childbirth/Reproduction	155.7	139.9
Digestive System	138.4	119.6
Injury and Poisoning	108.8	103.8
Respiratory (Throat and Lung)	103.1	117.7
Kidneys/Bladder/Genitalia	66.1	58.1
Bone/Connective Tissue/Muscle	59.3	64.9
Infection	44	38.3
Nutrition/Endocrine/Metabolic/Immunity	39.1	42.6
Neoplasms	38.1	45.6

DATA SOURCE: MICA



DATA SOURCE: MICA

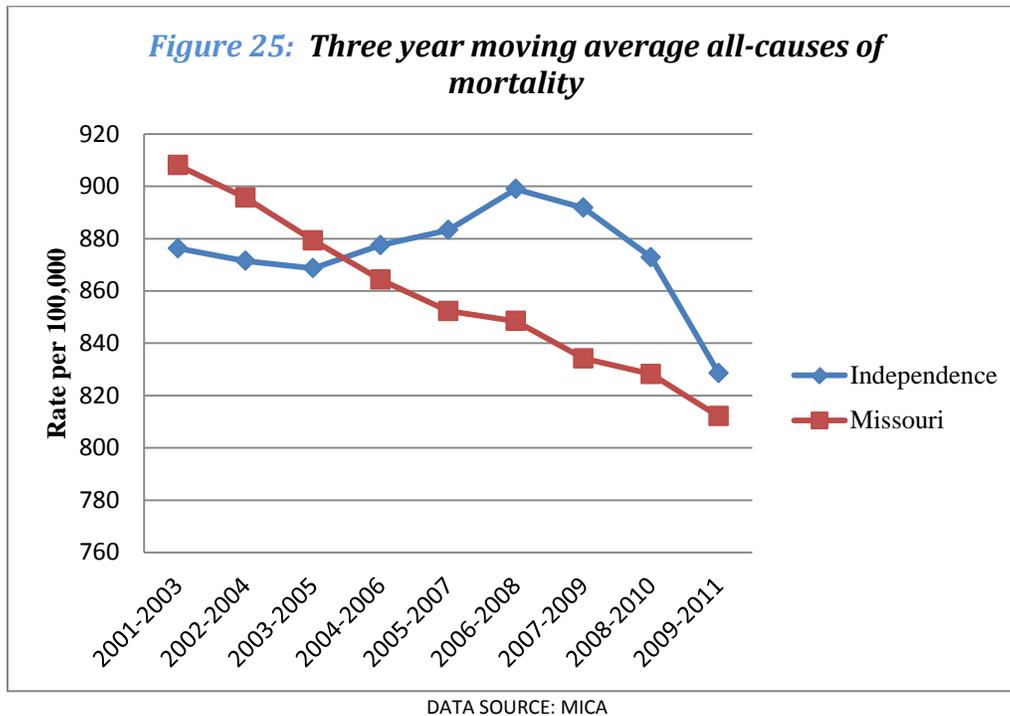
In 2010, Independence does not show any significant difference in the rate of preventable hospitalizations when compared to Missouri (*Figure 24*).

While the Independence rate for all causes of death does not show a statistically significant trend from 1991 to 2011, Missouri’s trend shows a significant decrease. Both Independence and Missouri’s trend for death caused by heart disease shows a downward trend, though Independence has a significantly lower rate (*Table 6*).

Table 6: Age-Adjusted Death Rate; 2001-2011
(All rates are per year and per 10,000 people who are age-adjusted to the US 2000 standard population)

	Independence Age-Adjusted Rate	Missouri Age-Adjusted Rate	Difference
Heart Disease	204.6	230.8	-26.2
All Cancers	190.7	193.3	-2.6
Stroke/Cerebrovascular Disease	46.7	51.6	-4.9
Chronic Lower Respiratory Disease	57.7	49.3	8.4
Total Unintentional Injuries	46.1	46.8	-0.7
Motor Vehicle Accidents	13.4	17.6	-4.2
Alzheimer's Disease	38.6	24.4	14.2
Diabetes	24.9	23	1.9
Pneumonia and Influenza	17.1	21.8	-4.7
Kidney Disease	21.8	17.9	3.9

DATA SOURCE: MICA



Health Areas

“Heart disease continues to be the number one killer; cancer, the number two killer, not far behind. The tragic aspect of these deadly diseases is that they could all be cured, I do believe, if we had sufficient funding.”

-Congressman Arlen Specter, United States

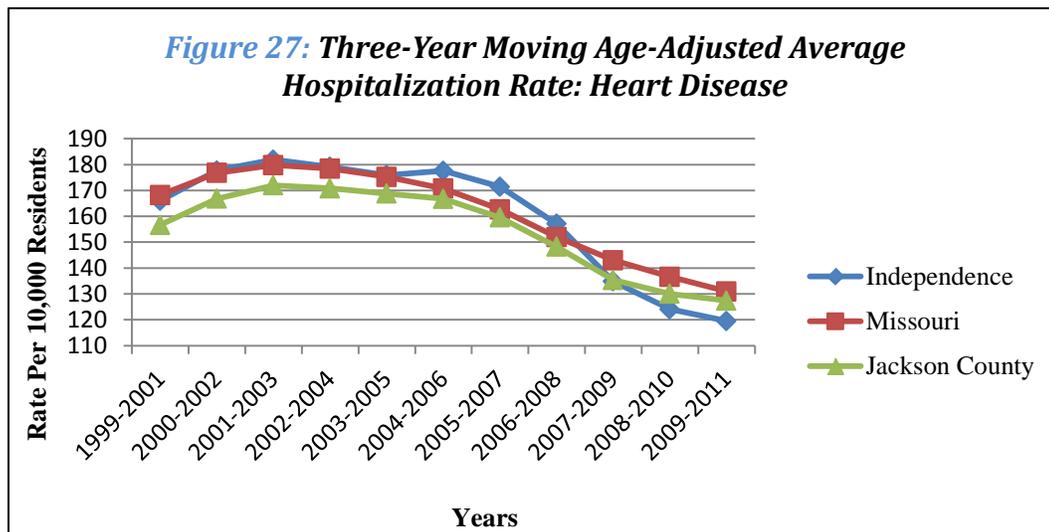
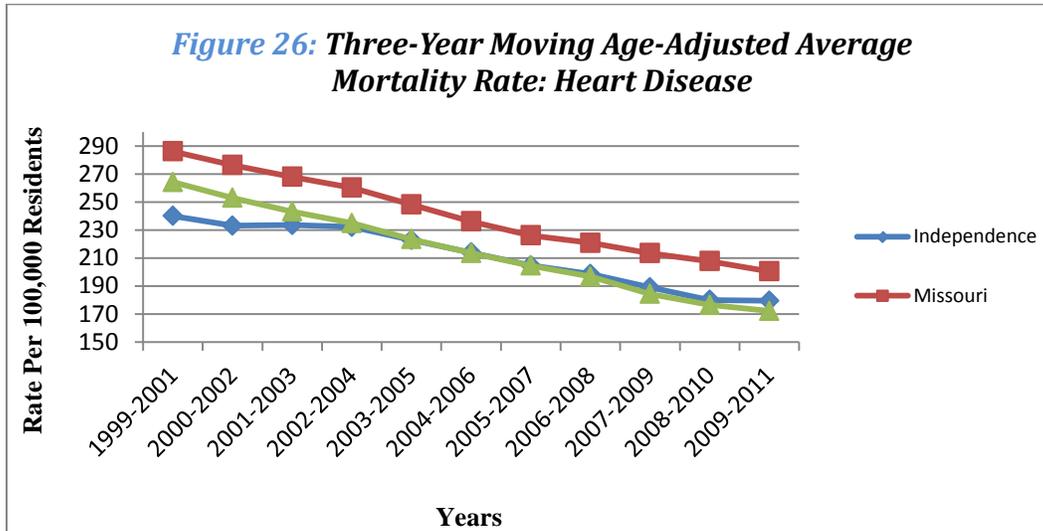
“In addition to relieving patient suffering, research is needed to help reduce the enormous economic and social burdens posed by chronic diseases such as osteoporosis, arthritis, diabetes, Parkinson's and Alzheimer's diseases, cancer, heart disease and stroke.”

-Congressman Ike Skelton, United States

Chronic Disease

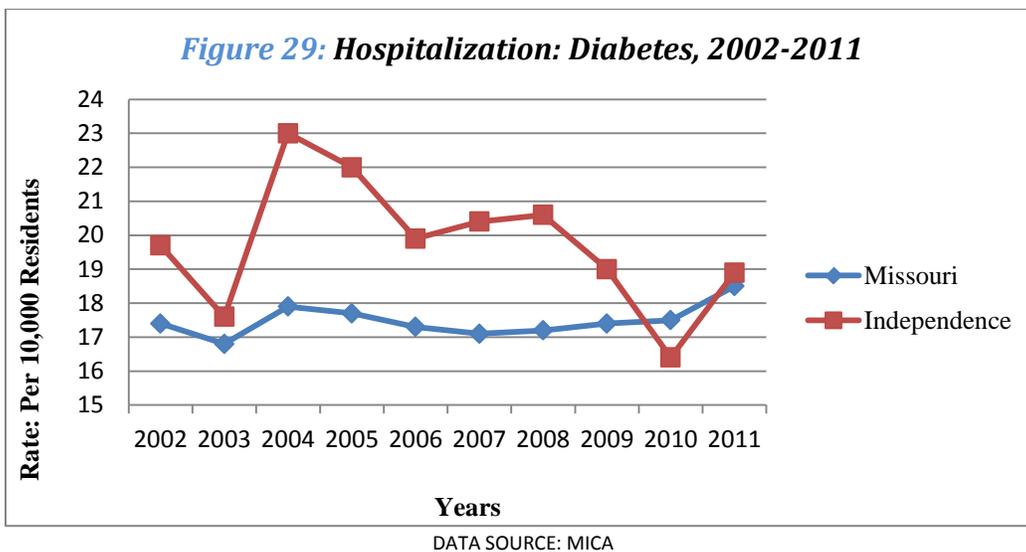
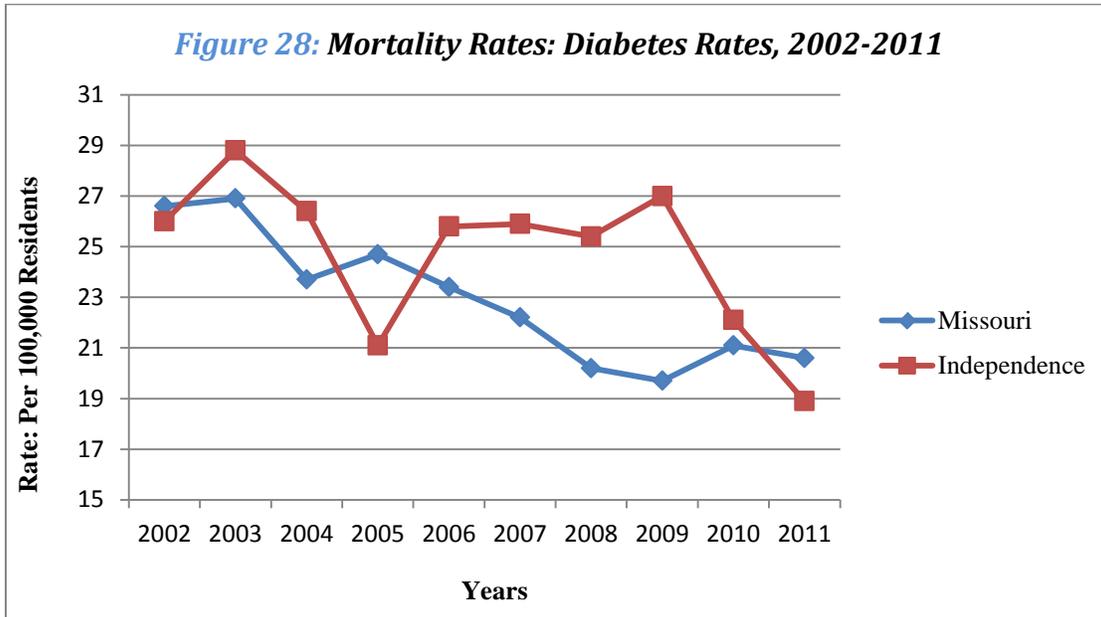
- **Heart Disease**

Heart disease accounts for almost one in every four deaths. According to the Kaiser Family Foundation, 250 males and 164 females per 100,000 by gender died in Missouri per 2010 data ⁽⁶³⁾. The Health Indicator Warehouse showed the total Missouri age-adjusted rate by 2010 census data was 202 deaths per 100,000 state residents ⁽⁶⁴⁾ and the Independence total rate being 177 per 100,000 ⁽⁶⁵⁾. The mortality rate from heart disease steadily declined from 1999-2011 for Missouri, Jackson County and Independence. The mortality rate for Independence has consistently stayed below the state rate (*Figure 26*) ⁽⁶⁶⁾. During the same period, the rate of hospitalizations for heart disease in Independence has followed the trend for the state of Missouri, but has decreased at a faster rate in recent years (*Figure 27*).



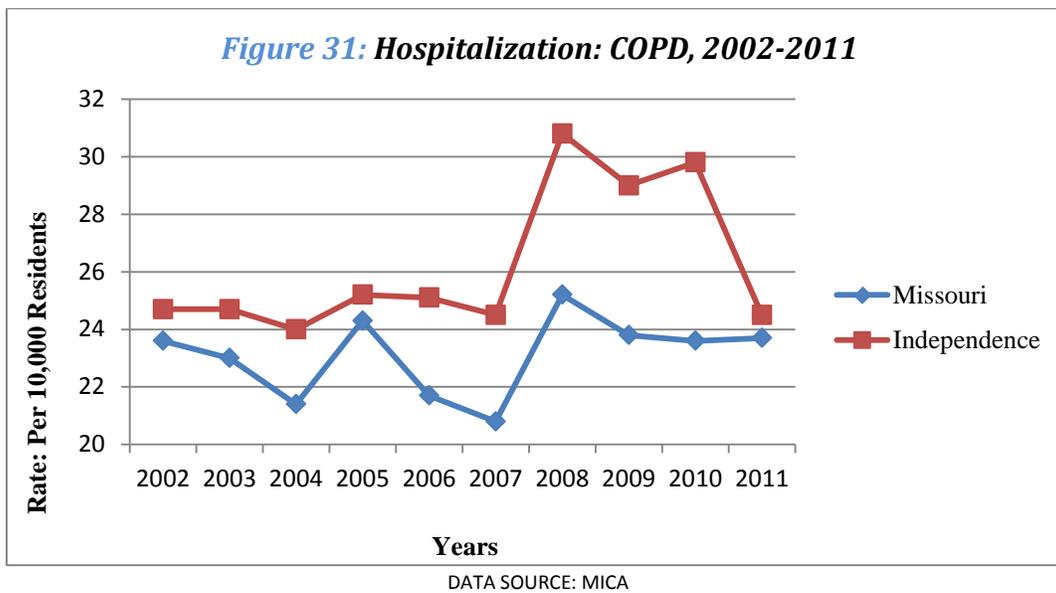
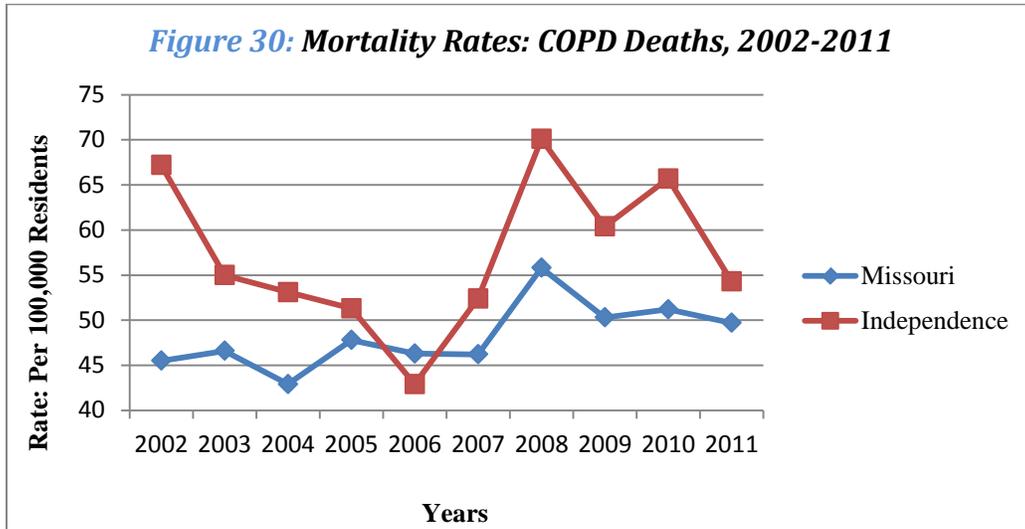
- Diabetes**

In the 2011, diagnosed diabetes reached an estimated 21 million people nationwide - 467,372 Missourians (10% of the state’s population). The diabetes mortality rate has declined in both the state and Independence. For most years between 2002 and 2011, the rate of death due to diabetes was higher in Independence than in the state of Missouri. Hospitalizations due to diabetes have consistently been higher for Independence than for Missouri as a whole (*Figures 28 and 29*).



- **Chronic Obstructive Pulmonary Disease (COPD)**

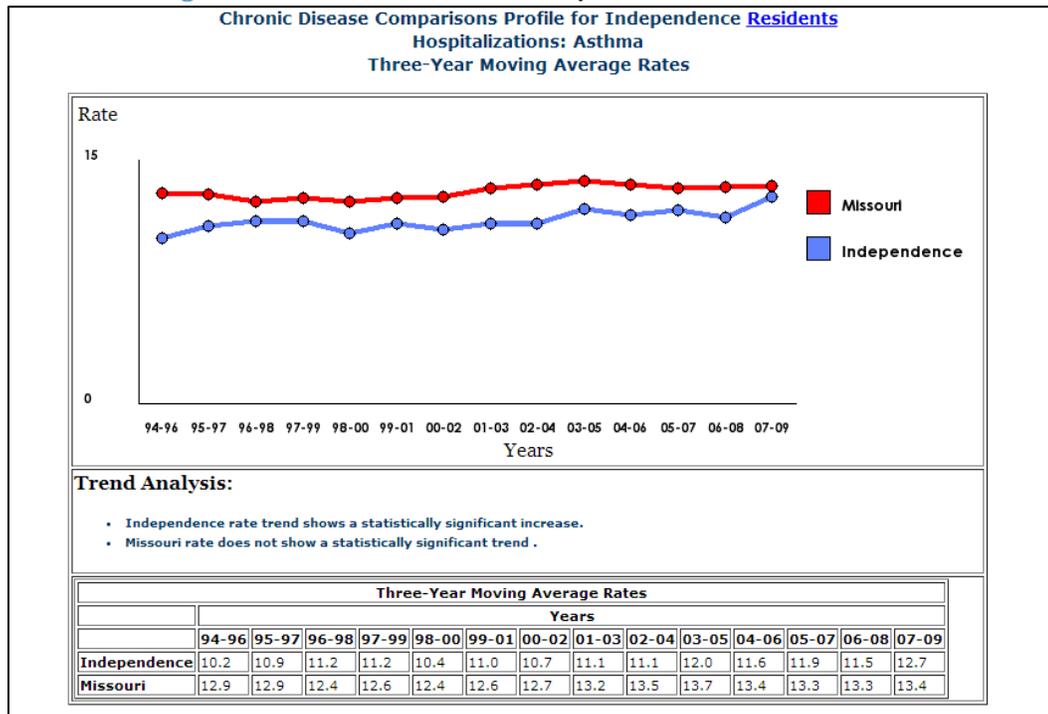
Nationally, the prevalence of COPD remained stable from 1998 to 2009 (the most recent year for which data are available) and was significantly higher in women than in men. The COPD mortality rate declined for men over this period, but remained stable for women ⁽⁹²⁾. In 2011, between 8% and 9% of Missouri residents had COPD ⁽⁹¹⁾⁽⁹²⁾. The rates for both hospitalizations and deaths due to COPD were slightly higher for Independence than for the state of Missouri as a whole from 1999-2009 (**Figures 30 and 31**) ⁽¹⁾.



- Asthma**

According to the American Lung Association (ALA), asthma affects 20 million Americans of all ages. Asthma is the number one cause of school absenteeism among children accounting for more than 14 million total missed days of school. For 2012-2013, the Independence School District (ISD) reported 18% of their students had a diagnosis of asthma. Hospitalizations are increasing due to asthma as reported by the State for the City of Independence.

Figure 32: Chronic Disease in Independence and Missouri



DATA SOURCE: MICA

Mental and Behavioral Health

In the 2012 state fiscal year, 14,653 Jackson County residents received treatment for serious mental illness. While there is data on those who receive treatment, data on mental health in the general population is very limited. This is especially true at the local level.

In northwest Missouri, 21% of those 18 and older had a mental illness in the past year with 5% having a serious mental illness in the past year. These disorders resulted in substantial impairment in carrying out major life activities.

IHD recognizes that mental and behavioral health may influence the city residents' health outcomes. The City of Independence Health Department does not collect data, nor does it provide services for mental and behavioral health. Residents are referred to Jackson County, which does provide some services at the county level for residents of Independence. Residents are also referred to Comprehensive Mental Health (CMH) for additional services.

Maternal and Child Health

- **Teen Pregnancy**

The birth rate for teenagers age 15-19 from 2007 to 2011 showed there was a decrease from 42 to 31 births per 1,000 residents of U.S., a decrease in teen births of 25%. As the fourth-perceived childhood public health problem in the CHA, Independence has a higher rate of teen pregnancy than both the county and state. Missouri was ranked 31st out of 50 (#1 is best, #50 is worst) in 2012 with 6,944 teen births compared to 2008 when the state was ranked 26th with 13,580⁽⁹⁵⁾.

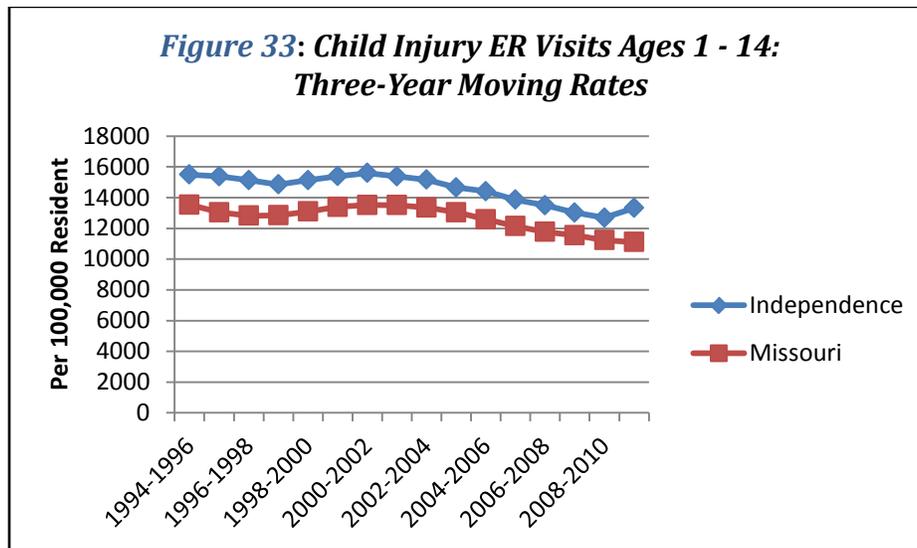
Teen child bearing in 2008 cost the public about \$215 million in Missouri and \$11 billion nationally. In 2010, Medicaid funding covered an estimated 42% of births in Missouri ⁽⁹⁵⁾.

- **Childhood Obesity**

In Missouri, the RWJF reported a decrease in “obesity rates among 2- to 4-year-olds from low-income families between 2008 and 2011. Over that period, Missouri’s rate fell from 13.9% to 12.9%, a statistically significant decrease according to the CDC.” Another recent report from the Journal of the American Medical Association found a 43% decrease over the past decade in the same age group. While this trend among the very young is promising, the report shows that rate of overweight/obesity children (17%) has remained stable over that same time.

- **Child Accidents**

Through 2008-2010, both Independence and the state show a statistically significant decrease in the rate of child injury emergency room visits (*Figure 33*).



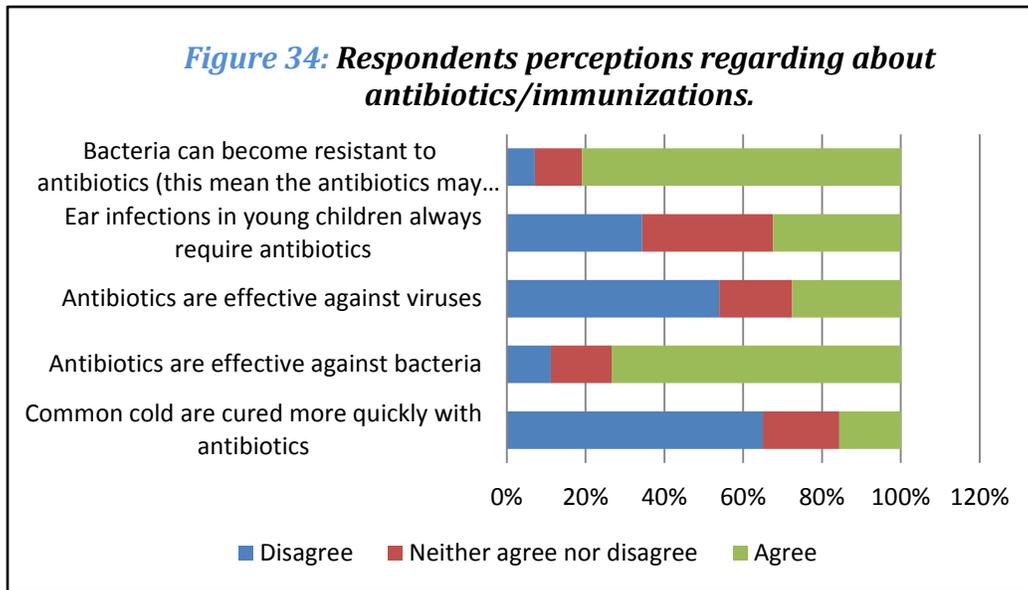
- **Community Perceptions**

The following issues are the top overall five perceived public health problems for children in Independence based on the Survey: 1) alcohol and drug abuse, 2) child abuse, 3) overweight/obesity, 4) teen pregnancy and 5) tobacco use. Public health goals reflect national goals as outlined by HP2020, a 10-year national plan for improving the health of Americans, or the CDC.

Communicable Diseases

Missouri law, 19 CSR 20-20.020, requires reporting within a specified period of certain diseases and conditions to the health department and to Missouri Department of Health and Senior Services. The Communicable Disease staff processed 1,879 reported disease cases in 2013, of which 256 required further investigation. IHD staff utilized eight surveillance sites that report daily or weekly communicable disease activity to monitor disease trends in the community.

In 2012, the state had a prevalence of immunizations for influenza of 40% persons ages 18-64 and 67% for ages 65 and older. During that same time, the prevalence of pneumococcal immunizations in persons ages 65 and older was 71%. *Figure 34* provides information from respondents about their perceptions of immunizations and general knowledge.



DATA SOURCE: 2013 Community Health Survey

Sexually Transmitted Infections (STI)

Table 7 shows the number of reported cases of various STIs in the Independence. IHD collected and recorded these data using its communicable disease surveillance system. While IHD does not provide STI treatment or testing, Jackson County Health Department offers confidential STI and Human Immunodeficiency Virus (HIV) testing. Treatment is available as needed and high-risk reduction counseling is also available. Most services and treatments given are free of charge except prescriptions for medication.

Table 7: Incidence of STIs in Independence

	2012	2013
Chlamydia	176	162
Gonorrhea	82	89
HIV	3	10
HIV/AIDS	0	1
Syphilis	4	9
Total	265	271

DATA SOURCE: IHD Surveillance

Health Care Access and Utilization

"When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless and intelligence cannot be applied."

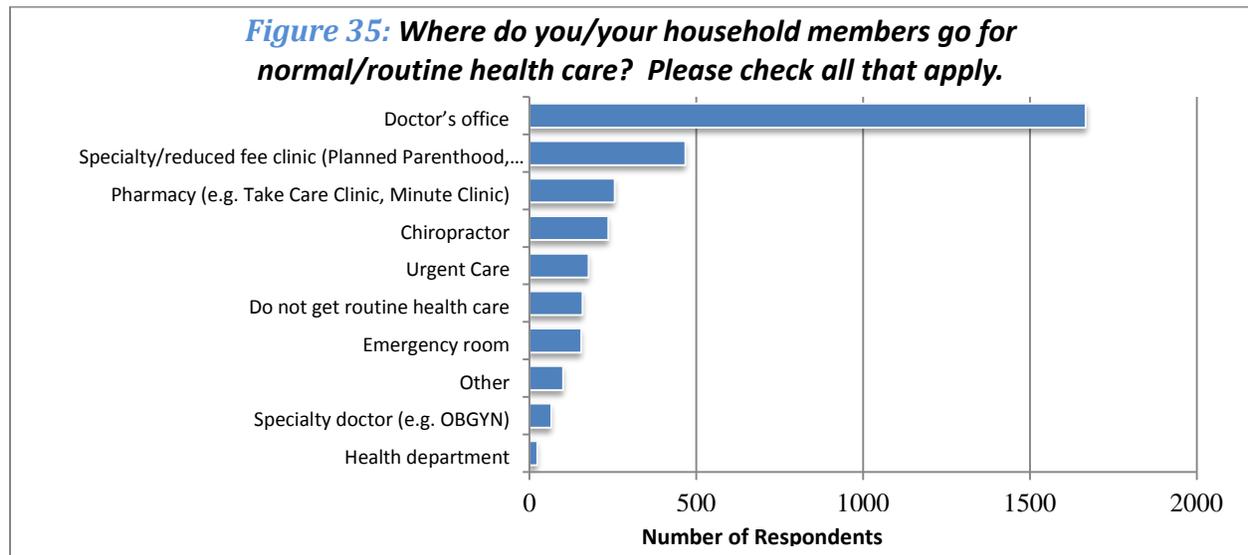
- Herophilus

"Of all the forms of inequality, injustice in health care is the most shocking and inhumane."

- Dr. Martin Luther King, Jr.

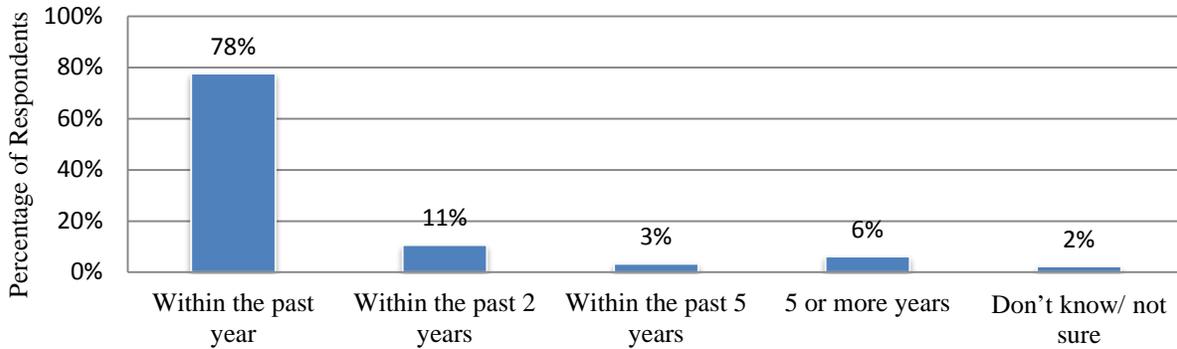
Accessing Health Care Services: Insurance Coverage and Cost

The Community Health Survey asked respondents a series of questions about accessing health care. When respondents were asked to select all options that applied to where they went for normal/routine health care, 89% of respondents checked that they went to a traditional health care facility, with 54% to non-traditional health care facilities (chiropractors, pharmacy, etc.), and 17% going to urgent care or emergency room respectively (*Figure 35*). Eight-nine percent (89%) of the respondents indicated that they had visited a doctor for a routine checkup within the last two years (*Figure 36*).



DATA SOURCE: IHD 2013 Community Health Survey

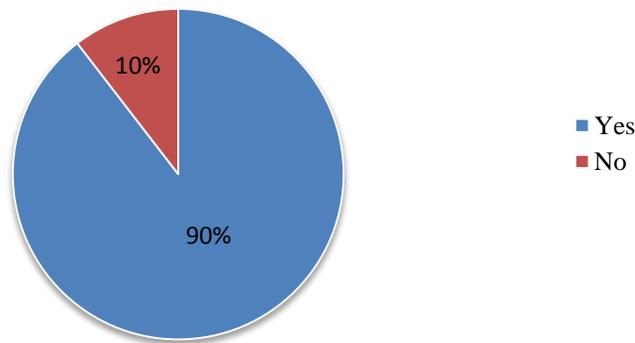
Figure 36: About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.



DATA SOURCE: IHD 2013 Community Health Survey

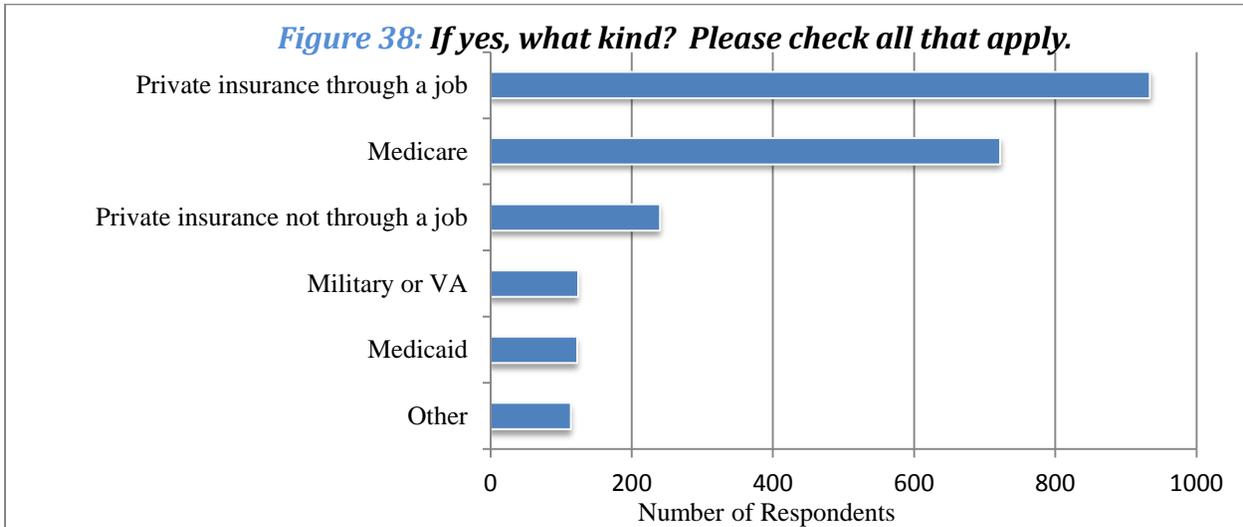
The majority (90%) of respondents reported they participated in a form of health insurance (*Figure 37*). Those that indicated they had insurance, 69% of the respondents selected they had insurance through a private insurance entity, 57% through a government funded program and the remaining through other sources (*Figure 38*). For those respondents that indicated they did not have insurance, the majority said it was due to cost (70%) (*Figure 39*). For those without insurance, the majority (61%) indicated they do not know or needed more information before participating in the Affordable Care Act (ACA) and 18% would not participate (*Figure 40*).

Figure 37: Do you currently have health insurance?



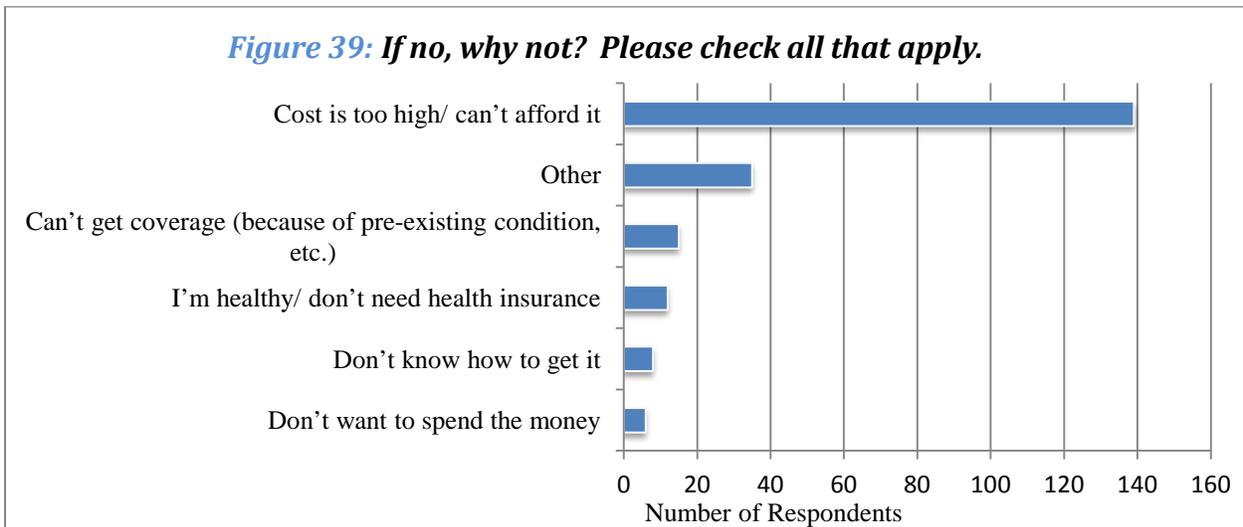
DATA SOURCE: IHD 2013 Community Health Survey

Figure 38: If yes, what kind? Please check all that apply.



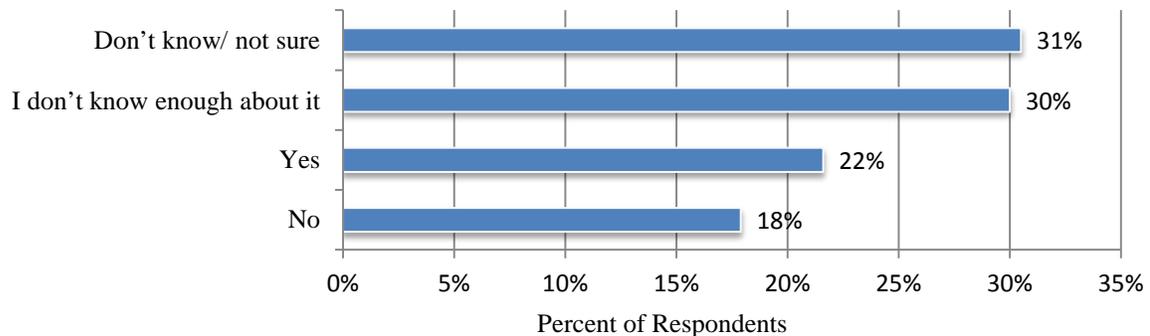
DATA SOURCE: IHD 2013 Community Health Survey

Figure 39: If no, why not? Please check all that apply.



DATA SOURCE: IHD 2013 Community Health Survey

Figure 40: If you do not have health insurance, do you plan to apply for the new federal health insurance as part of the Affordable Care Act?



DATA SOURCE: IHD 2013 Community Health Survey

Public Health Services

- **Disease Prevention and Control**

The Disease Prevention and Control Division of IHD informs, motivates and helps individuals and groups to assume responsibility for improving the health of themselves, their families and their community. The staff promotes voluntary adoption and maintenance of health practices and lifestyles that will lead to the highest level of individual and community health, and advocates social and environmental changes as needed to facilitate these goals. The division works on prevention and slowing the progression of chronic disease. Chronic diseases include cardiovascular disease, stroke, arthritis, cancer, diabetes, pulmonary disease and Alzheimer’s disease. Nearly seven out of 10 Missourians who die each year die of a chronic illness. The staff works with programs to reduce the burden of chronic disease. The best way to reduce chronic disease is to live your life with healthy lifestyles, thus preventing chronic disease from beginning. Some examples are:

- Good Nutrition
- Never using tobacco products
- Daily physical exercise
- Keeping your weight in an ideal range

The Communicable Disease and Epidemiology staffs are part of Disease Prevention and Control Division of IHD and have the responsibility for the following:

- Tracking disease trends in the community
- Conducting investigations on reported cases of reportable communicable diseases and outbreaks influenza prevention clinics
- Providing communicable disease and immunization education to child care facilities, schools and parents
- Ensuring children in child care facilities are properly immunized
- Comparing and interpreting data in order to detect possible changes in the health status of the population.

- Using leading edge disease surveillance systems to detect changes in trends or distribution of diseases in order to investigate outbreaks, prevent, and control diseases in the community.
- Maintaining partnerships with the healthcare community

The division also conducts educational and exercise programs for our senior residents at various locations throughout the City. In addition, presentations are available on a wide range of health topics in the community or the work place.

➤ **Reducing Tobacco Use**

The use of tobacco products and unapproved nicotine delivery devices (including e-cigarettes) is against policy on all property or grounds operated by the Health Department, including parking areas. The division launched a tobacco use prevention media campaign aimed at teens. Staff collaborated with advisors from the Truth® campaign, nation-wide leaders in teen tobacco prevention efforts, to develop the messages for this campaign. The division also surveyed six multi-unit housing complexes to determine tenant interest level in smoke-free multi-unit housing. Staff is currently assisting housing management to develop smoke-free policies.

➤ **Improving Access to Healthy Foods**

Two convenience stores in Independence agreed to participate in the Healthy Corner Stores Initiative, which aims to create greater access to healthy foods for Independence residents. Health Department staff met with several Independence businesses to share the benefits of offering healthy vending items to employees in the workplace. Staff provided assistance to the 16 community and school gardens throughout the city. Staff coordinated various community gardening classes and school gardening programs. Additionally, seasonal plant and seed distributions events at the Health Department provided access for the community.

➤ **Promoting Physical Activity**

- The second annual Independence Park Trot 5K Run/Walk hosted more than 1,700 participants. The sponsors included Centerpoint Medical Center, Nature's Pantry, Bass Pro Shops, The Examiner and the Government Employees Health Association.
- The Mile Starts Here walking program returned for a second year. More than 100 participants met weekly to walk a designated one-mile route at several city parks and trails.
- The City of Independence became a Let's Move! City, a program developed by First Lady Michelle Obama. This program aims to decrease childhood obesity through a number of healthy eating and active living initiatives.
- The Get Healthy Independence app allows users to find parks, trails, local farmers' markets and community gardens.
- Improving Local Public Health Preparedness and Response Capacity.
- The Health Department received a 100% rating on the Technical Assistance Review of the Emergency Response Guide from the CDC and the Missouri State Emergency Management Agency. This review specifically tested the Health Department's ability to provide medical countermeasures to all Independence residents within 48 hours.

➤ **Animal Services**

In 2013, animal services staff processed 5,035 animal-related cases. The top five calls for services were for unrestrained animals, owner/stray animal surrender, abuse/neglect/ care of animals, dead animal pick up and animal bite in that order. To improve service and efficiency of the team, the department purchased tranquilizer guns and certified each animal service staff in its proper use. Animal Services staff moved to the Health Department building at 515 S. Liberty Street.

• ***Environmental Public Health***

IHD environmental health staff are tasked to regulate educate and license institutions through routine inspections, complaint investigations and continuous training in all food/drink establishments, retail grocery, child daycare facilities, lodging, massage therapy, tattoo parlors and commercial swimming pools/spas. The staff inspected 2,364 establishments in 2013.

➤ **Electronic Records**

In order to ensure accurate record keeping while conserving space, the Health Department began scanning closed cases using a laser fiche system. This form of records management offers document imaging, which allows for handwritten elements of a hard-copy case to be stored electronically. In 2013, 15,153 cases that originated from Fiscal Year 2011-2013 became electronically stored.

➤ **Food Handler Training Program**

The Health Department issued 6,250 Food Handler and Food Manager Permits to food service workers, with more than 26% (1,657) of all food handler cards renewed online.

➤ **Temporary Event Guidelines Update**

The temporary event guidelines informational packet includes updated guidelines for sampling. This ensures that all food-related temporary event vendors know the requirements for the City of Independence. The sampling guidelines will be particularly helpful for Santa-Cali-Gon vendors who operate in multiple jurisdictions throughout the country.

➤ **Santa-Cali-Gon**

The Health Department received 105 Temporary Health Permit applications related to Santa-Cali-Gon festivities.

➤ **Regional Food Handler Reciprocity Agreement**

The Food Handler Reciprocity Agreement allows for the acceptance of food-handler training cards without transfer fee among six local public health agencies including Independence, Cass County, Clay County, Platte County, Jackson County, and Kansas City, Missouri. The agreement has eased the financial burden on local businesses and food handlers while still meeting public health standards. The Health Department played a lead role in developing the project through the Mid-America Regional Council (MARC) and submitting award applications to the National Association of County and City Health Officials (NACCHO) and the National Environmental Health Association (NEHA).

➤ **Neighborhood Code Compliance Program (NCCP)**

The NCCP now looks at three areas instead of eight due to funding challenges. A team approach that included all environmental public health staff assists these inspections. These three cleanups yielded more than 94 tons of trash and brush. The compliance rates rose from 52.6% compliance on the pre-cleanup inspection to 87.3% compliance on the final inspection.

➤ **Android App Created for Property Maintenance Cases**

The City of Independence Technology Services and Health departments created a new app that replaced the officers' current digital cameras for documenting property maintenance inspections. Uploaded pictures taken using the app are located and sent to the City's server from the field. The new process significantly reduced staff time required to process photos, reduced paper usage, freed much needed space on employees' computer hard drives and streamlined the inspection process.

• ***Maternal and Child Health Unit***

The Maternal and Child Health Unit is dedicated to a variety of activities and programs that affect the health, safety, and well-being of the community. Nurses are involved in many areas of immunizations, asthma education, capacity building and service coordination. The Open Airways for Schools (OAS) program took steps to manage asthma, improve school performance and less severe asthma episodes in children. The program works by teaching children that it is okay to have asthma and that they can take control of their asthma.

➤ **Teen Pregnancy Prevention**

The Teen Pregnancy Prevention Coalition of Independence brings partners together with the common goal of reducing teen pregnancies. The coalition meets monthly and has representation from more than 20 agencies with interest in the health of our teens and community.

➤ **Childcare**

The "Start Right" childcare recognition program promotes the health and safety of children enrolled in childcare settings. The program built on minimum licensing standards and incorporated emergency preparedness, indoor and outdoor safety, safe sleep, communicable disease, physical activity, nutrition, and general facility safety.

➤ **Vaccination Coverage and Promotion**

Bi-annual onsite immunization audits occur at 54 childcare centers and home daycares licensed in Independence. Records reviewed on more than 4,750 children to assure age-appropriate immunizations became relevant data. After review and education provided to parents and providers, all records were 100% compliant. Free Tetanus, Diphtheria and Pertussis (Tdap) vaccines were given to 82 parents, grandparents and others in close contact with infants to prevent Pertussis (Whooping Cough). More than 430 doses of influenza vaccine were administered to City employees to prevent flu illness.

➤ **Combating Antibiotic Stewardship**

IHD published “Local Antibiotic Stewardship Program: At the Nexus of Public Health and Health Care” for Public Health Foundation. The article described progress and direction on the interventions and goals established for this program. The IHD collaborated with Centerpoint Medical Center and the ISD to educate healthcare providers, pharmacists and individuals on proper antibiotic use.

➤ **Open Airways**

The Health Department’s grant from the Health Care Foundation of Greater Kansas City expands the OAS asthma education program for third through fifth graders in all 18 of the ISD’s elementary schools. Funding is provided for asthma education for the school staff.

Gaps in Health Care System and Transportation Barriers

Mental health service is lacking in Independence. There is only one inpatient mental health provider in Independence. Comprehensive Mental Health Services provides mental health services such as inpatient and outpatient addiction recovery, inpatient and outpatient services for individuals and families and limited inpatient and outpatient services for seriously and persistently mentally ill. The majority of other locations that offer inpatient services other than the Independence branch are vast. Two Rivers Hospital in Raytown, Western Missouri Mental Health, and Truman Medical Center West are also available to Independence citizens.

Independence has one hospital that provides emergency services and inpatient acute care. According to the Local Investment Commission (LINC), the Independence/Eastern Jackson County region has a shortage of physicians in this area. The ratio is one physician for every 298 clients.

Transportation to health care facilities is also an issue in Independence. Many who do not have access to transportation have a difficult time attaining health care. The public bus system in Independence is in limited locations and schedule. The Kansas City Area Transportation Authority (KCATA) provides bus routes for transportation in a time schedule. IndeBus service complements the KCATA and tries to increase coverage. Older Adults Transportation Service (OATS) transportation and taxi service is also available. American Medical Response (AMR) also provides ambulance service throughout the city.

Hospital and Health Care Services

The City of Independence has only one hospital, Centerpoint Medical Center, but there are numerous hospitals in the surrounding area. Centerpoint offers a level II trauma center, an accredited chest pain center, cardiovascular services, orthopedic services, an accredited cancer program, neuroscience services, a level III neonatal intensive care unit and outpatient services, including a surgery center. Other hospitals often used by Independence residents, including but not limited to, Truman Medical Center, Children’s Mercy, North Kansas City Hospital and Saint Luke’s Hospital.

Low cost health services, such as Federally Qualified Health Centers (FQHC), also exist in Independence. Swope Health Services is an FQHC in Independence and has several locations throughout the Kansa City Metro Area.

There are 97 primary care providers (general, family, internal, and geriatrics) and four dentists that accept Medicare in Independence. There are also 47 residential care facilities and six skilled nursing facilities located throughout Independence.

Conclusion - Community Health Priorities

Reviewing the secondary social, economic and epidemiological data in Independence presents a scope of health in the community. Via surveys and focus groups with community residents and leaders, this assessment report provides an overview of the social and economic environment of the area, the health conditions and behaviors that most affect the population, and the perceptions of strengths and gaps in the current public health and health care environment. Two main themes emerged from synthesizing these data points:

Public Health Need to Continue Their Efforts Toward Goals

- Being overweight or obese is a factor of concern that affected both adults and children of Independence. This is in alignment with the 2013-2018 IHD Community Health Improvement Plan that was created in consultation with community partners/stakeholders and the IHD's vision of the *Building a Healthier Independence* initiative. The IHD Community Health Improvement Plan 2013-2018 has set a goal to reduce overweight and obesity in Independence by improving access to healthy foods, increasing opportunity and places for physical activity, increasing knowledge and skills for weight reduction and facilitating in developing coordinated messages pertaining to obesity prevention.
- The promotions of school and community-based addiction and prevention programs have shown that they could help children, teen and adolescents to develop the skills and abilities to live a tobacco free life. Education and promotion of moderation management stresses balance, self-management and personal responsibility. There are tobacco cessation programs for individuals to take part in like betobaccofree.gov that parents, educators and health professionals may utilize. A HP2020 objective in the area of tobacco use is to reduce the national smoking rate.
- Teen pregnancy is the fourth-perceived childhood public health problem in Independence, according to the CHA. Independence has consistently had a higher rate of teen pregnancy than the state. Missouri was ranked 31st out of 50 in 2012 with 6,944 teen births compared to 2008 when the state was ranked 26th with 13,580. Teen child bearing in 2008 cost the public about \$215 million in Missouri and \$11 billion nationally. Independence has the Teen Pregnancy Prevention Coalition made up of more than 20 community partners to educate and promote awareness in order to reduce teen pregnancies. The coalition meets monthly with interest in the health of teens and community.

Social, Community and Public Health Networks

Numerous services, resources and organizations are working to meet the needs of Independence residents. Throughout the development of this document, the strong work related to health in which many community-based and regional organizations are involved was recognized. IHD, Jackson County Health Department, and Centerpoint Medical Center, along with dozens of local health and social service organizations are key players in the community to meet current and future needs.

Overall, participants were hopeful for the future and saw that the discussions occurring in the region would create momentum for moving forward with innovative, collaborative approaches toward health.

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Appendix A: Community Health Survey

City of Independence Community Health Survey

This community survey is part of a larger study to help guide health programs in Independence, MO over the next five years. Results will be made available to the public. Filling out the survey should only take **10-15 minutes**, and your responses are completely anonymous. Your opinion is important to us!

Please return this survey in the enclosed envelope by October 4, 2013. For questions, please call 816-325-7185.

Access to Care

- Where do you / your household members go for normal / routine health care? Please check all that apply.

<input type="checkbox"/> Do not get routine health care	<input type="checkbox"/> Chiropractor	<input type="checkbox"/> Doctor's office
<input type="checkbox"/> Emergency room	<input type="checkbox"/> Health department	<input type="checkbox"/> Specialty doctor (e.g. OBGYN)
<input type="checkbox"/> Urgent care	<input type="checkbox"/> Pharmacy (e.g. Take Care Clinic, Minute Clinic)	
<input type="checkbox"/> Specialty / reduced fee clinic (Planned Parenthood, Shared Care Free Clinic, Swope Health Services)		
<input type="checkbox"/> Other (please specify) _____		
- Do you currently have health insurance? Yes No
 If yes, what kind? Please check all that apply.

<input type="checkbox"/> Private insurance through job	<input type="checkbox"/> Medicare	<input type="checkbox"/> Medicaid
<input type="checkbox"/> Private insurance not through a job	<input type="checkbox"/> Military or VA	<input type="checkbox"/> Other (please specify) _____

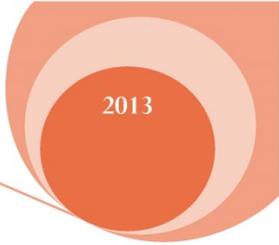
 If no, why not? Please check all that apply.

<input type="checkbox"/> Cost is too high / can't afford it	<input type="checkbox"/> I'm healthy / don't need health insurance
<input type="checkbox"/> Don't want to spend the money	<input type="checkbox"/> Can't get coverage (because of a pre-existing condition, etc.)
<input type="checkbox"/> Don't know how to get it	<input type="checkbox"/> Other (please specify) _____
- If you do not have health insurance, do you plan to apply for the new federal health insurance as part of the Affordable Care Act?
 Yes No Don't know / not sure I don't know enough about it
- About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.

<input type="checkbox"/> Within the past year	<input type="checkbox"/> Within the past 2 years	<input type="checkbox"/> Within the past 5 years
<input type="checkbox"/> 5 or more years ago	<input type="checkbox"/> Don't know / not sure	
- Where do you get your health information (information on local health care resources, educational information, etc.)? Please check all that apply.

<input type="checkbox"/> Billboards	<input type="checkbox"/> Bulletin boards	<input type="checkbox"/> Churches	<input type="checkbox"/> Computer/Internet	<input type="checkbox"/> Friends/Family
<input type="checkbox"/> Grocery stores	<input type="checkbox"/> Health department	<input type="checkbox"/> Health care providers	<input type="checkbox"/> Local newspapers	<input type="checkbox"/> Newsletters
<input type="checkbox"/> Posters	<input type="checkbox"/> Radio	<input type="checkbox"/> Social Services offices	<input type="checkbox"/> TV news	<input type="checkbox"/> WIC
<input type="checkbox"/> Talk shows	<input type="checkbox"/> Other (please specify) _____			
- How would you prefer to get information about City health programs? Please check all that apply.

<input type="checkbox"/> Billboards	<input type="checkbox"/> City Scene	<input type="checkbox"/> City website	<input type="checkbox"/> City 7	<input type="checkbox"/> Examiner ads
<input type="checkbox"/> Examiner articles	<input type="checkbox"/> Facebook	<input type="checkbox"/> Smartphone app	<input type="checkbox"/> Text message	<input type="checkbox"/> Twitter
- Have you gotten a flu shot in the last year? Yes No
- Have you ever received the Tdap (tetanus, diphtheria, and pertussis) vaccine that is most commonly known to protect against whooping cough?
 Yes No I don't know



9. Are the children in your household current on their recommended vaccines and immunizations?
 Yes No I don't know / I'm not sure Not applicable

If no, why not? Please check all that apply.

- Cost Don't know where to go Hours do not meet my needs
 Medical reasons No insurance No transportation
 Religious reasons Need more information Other (please specify) _____

Antibiotic Use & Handwashing

10. How much do you agree or disagree with the following statements about antibiotics?

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
Common colds are cured more quickly with antibiotics.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Antibiotics are effective against bacteria.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Antibiotics are effective against viruses.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ear infections in young children always require antibiotics.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bacteria can become resistant to antibiotics (this means the antibiotics may no longer work).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

11. How often do you do the following?

	Always	Usually	Sometimes	Never	NA
Stop taking antibiotics when you start to feel better.	<input type="checkbox"/>				
Save leftover antibiotics for the next time you get sick.	<input type="checkbox"/>				
Skip or miss doses of antibiotics.	<input type="checkbox"/>				
Share prescribed antibiotics with someone else.	<input type="checkbox"/>				
Request an antibiotic from a doctor so that you or your child can return to work, school, or day care sooner.	<input type="checkbox"/>				

12. Do you wash your hands more often during flu / cold season than at other times during the year?

- Yes No I'm not sure

13. When you wash your hands, how often do you wash for 20 seconds with warm water and soap?

- Always Usually Sometimes Rarely Never

14. How often do you wash your hands in the following situations?

	Always	Usually	Sometimes	Rarely	Never
After using the restroom	<input type="checkbox"/>				
Before eating	<input type="checkbox"/>				
Before preparing or handling food	<input type="checkbox"/>				
After sneezing or coughing	<input type="checkbox"/>				
After shaking hands with others	<input type="checkbox"/>				

Tobacco Use

15. In the past year, have you smoked cigarettes on a daily basis, less than daily, or not at all?

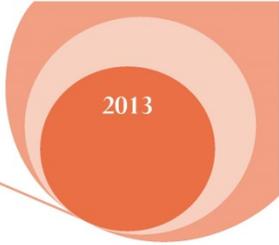
- Daily Less than daily Not at all

If you answered "Not at all" please skip to 20. If you answered "Daily" or "Less than daily" please continue to 14.

16. Do you currently smoke cigarettes on a daily basis, less than daily, or not at all?

- Daily Less than daily Not at all

17. On a normal day, how many cigarettes do you currently smoke? _____



18. During the past 12 months, have you tried to stop smoking cigarettes? Yes No
 If yes, did you use anything to help? Please check all that apply.
 Counseling Cessation classes / support group Electronic cigarette (e-cigarette)
 Medication (Zyban, Chantix, etc.) Nicotine replacement (gum, patches, lozenges)
 Telephone quitline Other (please specify) _____
19. Did you know that the health department offers programs to help people quit smoking? Yes No
20. During any visit to a doctor or health care provider in the past 12 months, were you advised to quit smoking?
 Yes No I haven't been to see a doctor in the past year
21. Do you currently use any of the following nicotine products? Please check all that apply.
 Chewing tobacco Cigars Dissolvable tobacco
 Electronic cigarettes Snuff Other (please specify) _____
 No, I do not use any of these products
22. How much do you agree or disagree with the following statement? Secondhand smoke is harmful to a person's health.
 Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree
23. In the past 12 months, have you been exposed to secondhand smoke in any of the following places while in Independence? Please check all that apply.
 Business campuses / grounds Cars Parks / trails Personal residence
 None of the above

Preteen/Teen Pregnancy

24. When it comes to preteens/teens' decisions about sex, who do you think is most influential? Please check only one.
 Boyfriend/Girlfriend Friends Internet Media (TV, movies, etc.)
 Parents Religious leaders Siblings Teachers / educators
 Other _____
25. In order to prevent preteen/teen pregnancy and promote healthy behaviors in our community, what kind of information should be provided? Please check all that apply.
 More information about postponing sex More information on resources available
 More information about birth control or protection More information on healthy relationships
 More information on sexually transmitted infections (STIs/STDs)
 I do not think more information is needed
26. Who do you think should be responsible for talking to preteens/teens about issues like sexual activity and the risks of pregnancy and sexually transmitted infections? Please check all that apply.
 Health care providers Health department Parents Religious / faith-based organizations
 Schools / teachers Other (please specify) _____

Alcohol Use

27. On average, how many days per week do you drink at least one alcoholic beverage such as beer, wine, a malt beverage or liquor? _____
28. On average, on the days when you drink alcohol, about how many drinks do you have?
 1 2 3 4 5 or more I do not drink alcohol

Nutrition

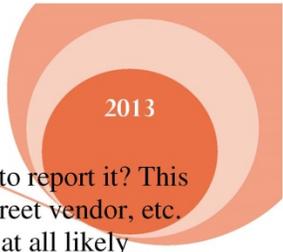
29. How many servings of fruits do you usually eat in a day? (1 serving = 1cup)
 0 1 2 3 4 5 or more
30. How many servings of vegetables do you usually eat in a day? (1 serving = 1cup)
 0 1 2 3 4 5 or more
31. Where do you get your fruits and vegetables? Please check all that apply.
 Community garden Convenience store Ethnic store Farmers' market
 Food pantry Grocery store Mobile market Personal / family garden
 I do not eat fruits and vegetables Other (please specify) _____

Physical Activity

32. How many hours of physical activity do you usually get in a week?
 0 0.5 – 1 hour (30 – 60 min.) 1 – 1.5 hours (61 – 90 min.)
 1.5 – 2 hours (91 – 120 min.) More than 2 hours (more than 120 min.)
33. Do you use city parks or trails? Yes No
 If yes, how do you use the park or trail? Please check all that apply.
 Exercise Playgrounds Special events
 If no, why not?
 Don't have enough time / interest Physical limitations Safety concern (lighting, sidewalks)
 Transportation Other (please specify) _____
34. Do you feel it is safe to walk in your neighborhood? Yes No
 If no, why not? Please check all that apply.
 Fear of crime Loose dogs / animals No sidewalks Poor lighting
 Sidewalks in bad shape Traffic Other (please specify) _____
35. Do you consider yourself a:
 Non-cyclist Bicycle commuter Competitive / serious cyclist
 Recreational rider Other (please specify) _____
36. Which of the following would you personally consider valuable? Please check all that apply.
 Better access to affordable helmets Increase cyclist education about roadway safety
 Increase motorist education about cyclists Make it easier to bring bicycles on public transit
 More or better bicycle parking More or better signs and maps that show bike routes
 More pathways alongside city streets for cyclists and pedestrians
 More shared lanes on city streets where cars and bikes can safely travel side by side
 Other (please specify) _____

Environmental Health

37. In your neighborhood, are there property maintenance issues? Yes No
- If yes, what issue do you feel is the biggest problem in your neighborhood? Please check one.
 Building maintenance issues Inoperable vehicles (junk cars) Storage of items outside
 Uncontained trash / rubbish Weeds over 12 inches Other _____
38. How important do you feel routine inspection of restaurants (and other sites where food is handled / prepared) is in making sure that food is safe to eat?
 Very important Somewhat important Not very important Not at all important



39. If you believed that you or someone in your family had a foodborne illness, how likely would you be to report it? This could be from any food source such as a restaurant, cafeteria, catered event, take out, grocery store, street vendor, etc.
 Very likely Somewhat likely Not very likely Not at all likely
40. Are food service inspection reports easily found in the restaurants you eat at?
 Yes No I didn't know they are posted
41. Food service inspection reports are available at restaurants and online through the health department's website. Do you usually review food service inspection reports? Yes No
- If yes, how do you usually review the inspection reports?
 At restaurants Online
- If yes, how often do they influence your decision about where to eat?
 Always Usually Sometimes Rarely Never

Animal Services

42. How many animals do you have at your residence?
 Dogs: 0 1 2 3 4 5 or more
 Cats: 0 1 2 3 4 5 or more
 Other: 0 1 2 3 4 5 or more
43. How often do you see loose / unrestrained animals in your neighborhood?
 Often Occasionally Rarely Never
44. Have you ever filed an animal-related complaint / request with the City? Yes No
- If yes, how did you file the complaints / requests? Please check all that apply.
 By phone Online In person Other _____
- If yes, how satisfied were you with the City's response to your complaint/request?
 Very Satisfied Somewhat satisfied Somewhat dissatisfied Very dissatisfied

My Community

45. What do you think are the FIVE most important overall public health concerns in Independence?
 Alcohol / drug use Animal control Availability of health care
 Cancer Child abuse Domestic violence
 Exercise Fluoride in the water Food-borne illness
 Heart disease Immunizations Injury
 Lung disease Mental health Overweight / Obesity
 Property maintenance (weeds/trash) Stroke Teen pregnancy
 Tobacco use Other (please specify) _____
46. Which of these items do you believe are a public health concern for children in Independence? Please choose FIVE.
 Alcohol / drug use Animal control Availability of health care
 Cancer Child abuse Domestic violence
 Exercise Fluoride in the water Food-borne illness
 Heart disease Immunizations Injury
 Lung disease Mental health Overweight / Obesity
 Property maintenance (weeds/trash) Stroke Teen pregnancy
 Tobacco use Other (please specify) _____

Appendix B:
Community Health Survey: Results

Access to Care

1. Where do you/your household members go for normal/routine health care?
Please check all that apply.

	Number	Percent
Health department	23	1.20%
Specialty doctor (e.g. OBGYN)	65	3.30%
Other	101	5.10%
Emergency room	155	7.90%
Do not get routine health care	159	8.10%
Urgent Care	177	9%
Chiropractor	236	12.10%
Pharmacy (e.g. Take Care Clinic, Minute Clinic)	255	12.90%
Specialty/reduced fee clinic (Planned Parenthood, Shared Free Clinic, Swope Health Services)	467	23.70%
Doctor's office	1667	84.50%

2. Do you currently have health insurance?

	Number	Percent
Yes	1697	89.60%
No	198	10.40%

If yes, what kind? Please check all that apply.

	Number	Percent
Other	114	6.72%
Medicaid	123	7.20%
Military or VA	124	7.31%
Private insurance not through a job	240	14.14%
Medicare	722	42.55%
Private insurance through a job	934	55.04%

If no, why not? Please check all that apply.

	Number	Percent
Don't want to spend the money	6	3%
Don't know how to get it	8	4%
I'm healthy/don't need health insurance	12	6.10%
Can't get coverage (because of pre-existing condition)	15	7.60%
Other	35	17.70%
Cost is too high/can't afford it	139	70.20%

3. If you do not have health insurance, do you plan to apply for the new federal health insurance as part of the Affordable Care Act?

	Number	Percent
No	34	17.90%
Yes	41	21.60%
I don't know enough about it	28.8	30.00%
Don't know/ not sure	58	30.50%

4. About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.

	Number	Percent
Within the past year	1460	78%
Within the past 2 years	200	10.60%
Within the past 5 years	62	3.30%
5 or more years	117	6.20%
Don't know/ not sure	43	2.30%

5. Where do you get your health information (information on local health care resources, educational information, etc.)? Please check all that apply.

	Number	Percent
WIC	26	1.30%
Posters	30	1.50%
Bulletin boards	34	1.70%
Grocery stores	45	2.30%
Churches	53	2.70%
Billboards	56	2.80%
Social Services offices	67	3.40%
Health department	140	7.10%
Other	169	8.60%
Radio	179	9.10%
Newsletters	289	14.60%
Talk shows	301	15.30%
Local newspapers	402	20.40%
TV news	659	33.40%
Friends/Family	708	35.90%
Computer/Internet	841	42.60%
Health care providers	1,159	58.70%

6. How would you prefer to get information about City health programs? Please check all that apply.

	Number	Percent
Twitter	18	0.90%
City 7	117	5.90%
Smartphone app	149	7.60%
Billboards	177	9.00%
Text message	195	9.90%
Facebook	250	12.70%
Examiner ads	268	13.60%
Examiner articles	484	24.50%
City Scene	608	30.80%
City website	623	31.60%

7. Have you gotten a flu shot in the last year?

	Number	Percent
Yes	1063	57%
No	803	43%

8. Have you ever received the Tdap (tetanus, diphtheria, and pertussis) vaccine that is most commonly known to protect against whooping cough?

	Number	Percent
Yes	1,174	62.30%
No	353	18.70%
I don't know	356	18.90%

9. Are the children in your household current on their recommended vaccines and immunizations?

	Number	Percent
Yes	498	27.20%
No	34	1.90%
I don't know/ I'm not sure	12	0.70%
Not Applicable	1290	70.30%

If no, why not? Please check all that apply.

	Number	Percent
Don't know where to go	0	0%
Hours do not meet my needs	0	0%
No transportation	0	0%
Need more information	1	2.90%
Medical reasons	2	6%
Religious reasons	3	8.80%
No insurance	4	11.80%
Cost	6	17.60%
Other	6	17.60%

Antibiotic Use and Hand washing

10. How much do you agree or disagree with the following statements about antibiotics?

	Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
Common cold are cured more quickly with antibiotics	31%	34%	19%	12%	4%
Antibiotics are effective against bacteria	5%	6%	15%	49%	24%
Antibiotics are effective against viruses	28%	26%	19%	22%	6%
Ear infections in young children always require antibiotics	8%	26%	33%	25%	7%
Bacteria can become resistant to antibiotics (this mean the antibiotics may no longer work)	5%	2%	12%	46%	35%

11. How often do you do the following?

	Always	Usually	Sometimes	Never	NA
Stop taking antibiotics when you start to feel better.	2.90%	6.40%	16.60%	69.60%	4.60%
Save leftover antibiotics for the next time you get sick.	2.30%	5.00%	17.00%	71.20%	4.50%
Skip or miss doses of antibiotics.	0.60%	1.80%	29.50%	64.80%	3.40%
Share prescribed antibiotics with someone else.	0.30%	0.80%	6.30%	89.50%	3.20%
Request an antibiotic from a doctor so that you or your child can return to work, school, or day care sooner.	2.70%	5.70%	16.10%	57.20%	18.30%

12. Do you wash your hands more often during flu/ cold season than at other times during the year?

	Number	Percent
Yes	1,201	63.80%
No	536	28.50%
I'm not sure	144	7.70%

13. When you wash your hands, how often do you wash for 20 seconds with warm water and soap?

	Number	Percent
Always	598	31.90%
Usually	903	48.20%
Sometimes	281	15%
Rarely	87	4.60%
Never	6	0.30%

14. How often do you wash your hands in the following situation?

	Always	Usually	Sometimes	Rarely	Never
After using the restroom	83.90%	13.10%	2.40%	0.60%	0.10%
Before eating	49.10%	34.30%	13.70%	2.80%	0.20%
Before preparing or handling food	83.00%	12.70%	3.70%	0.40%	0.20%
After sneezing or coughing	33.70%	34.30%	24.90%	6.30%	0.80%
After shaking hands with others	17.50%	23.30%	32%	21.80%	5.40%

Tobacco Use

15. In the past year, have you smoked cigarettes on a daily basis, less than daily, or not at all?

	Number	Percent
Daily	291	15.50%
Less than daily	50	2.70%
Not at all	1,538	81.90%

16. Do you currently smoke cigarettes on a daily basis, less than daily, or not at all?

	Number	Percent
Daily	269	80.10%
Less than daily	42	12.50%
Not at all	25	7.40%

17. On a normal day, how many cigarettes do you currently smoke?

Number	Minimum	Mean	Standard Deviation	Median	Maximum
323	0	12.27	8.842	10	40

If yes, did you use anything to help? Please check all that apply.

	Number	Percent
Cessation classes/ support group	6	3.80%
Counseling	6	3.80%
Electric cigarette	51	32.30%
Medication (Zyban, Chantix, etc.)	23	14.60%
Nicotine replacement (gum, patches, lozenges)	41	25.90%
Telephone quitline	6	3.80%
Other	46	29.10%

19. Did you know that the health department offers programs to help people quit smoking?

	Number	Percent
Yes	147	42.70%
No	197	57.30%

20. During any visit to a doctor or health care provider in the past 12 months, were you advised to quit smoking?

	Number	Percent
Yes	209	60.60%
No	79	22.90%
I haven't been to see a doctor in the past year	57	16.50%

21. Do you currently use any of the following nicotine products? Please check all that apply.

	Number	Percent
Snuff	0	0%
Dissolvable tobacco	2	0.60%
Chewing tobacco	5	1.50%
Cigars	12	3.50%
Other	34	10%
Electronic cigarettes	61	17.90%
No, I do not use any of these products	214	62.80%

22. How much do you agree or disagree with the following statement? Secondhand smoke is harmful to a person's health.

	Number	Percent
Strongly agree	1,164	63%
Agree	454	24.60%
Neither agree nor disagree	175	9.50%
Disagree	38	2.10%
Strongly disagree	18	1%

23. In the past 12 months, have you been exposed to secondhand smoke in any of the following places while in Independence? Please check all that apply.

	Number	Percent
Parks/ trails	198	10.80%
Cars	305	16.60%
Business campuses/ grounds	350	19.10%
Personal residence	391	21.30%
None of the above	995	54.30%

Preteen/Teen Pregnancy

24. When it comes to preteens/teen’s decisions about sex, who do you think is most influential? Please check only one.

	Number	Percent
Others	53	3.00%
Siblings	61	3.40%
Religious leaders	96	5.40%
Internet	127	7.10%
Teachers/ educators	155	8.70%
Media (TV, movies, etc.)	295	16.50%
Boyfriend/girlfriend	406	22.70%
Friends	553	30.90%
Parents	733	40.90%

25. In order to prevent preteen/teen pregnancy and promote healthy behaviors in our community, what kind of information should be provided? Please check all that apply.

	Number	Percent
I do not think more information is needed	84	4.70%
More information on resources available	926	51.70%
More information on healthy relationships	1147	64.00%
More information about birth control or protection	1,188	66.30%
More information about postponing sex	1,197	66.80%
More information on sexually transmitted infections (STIs/STDs)	1,265	70.60%

26. Who do you think should be responsible for talking to preteens/teens about issues like sexual activity and the risks of pregnancy and sexually transmitted infections? Please check all that apply.

	Number	Percent
Other	91	5%
Health department	487	26.70%
Religious/faith-based organizations	650	35.60%
Schools/teachers	969	53%
Health care providers	1,078	59%
Parents	1,756	96.10%

Alcohol Use

27. On average, how many days per week do you drink at least one alcoholic beverages such as beer, wine, a malt beverage or liquor?

Number	Minimum	Mean	Standard Deviation	Median	Maximum
1,809	0	0.86	1.602	0	7

28. On average, on the days when you drink alcohol, about how many drinks do you have?

Number	Minimum	Mean	Standard Deviation	Median	Maximum
1,816	0	0.85	1.16	0	5

Nutrition

29. How many servings of fruits do you usually eat in a day? (1 serving = 1cup)

Number	Minimum	Mean	Standard Deviation	Median	Maximum
1,854	0	1.55	1.019	1	5

30. How many servings of vegetables do you usually eat in a day? (1 serving = 1cup)

Number	Minimum	Mean	Standard Deviation	Median	Maximum
1,856	0	1.92	1.007	1.92	5

31. Where do you get your fruits and vegetables? Please check all that apply.

	Number	Percent
I do not eat fresh fruits and vegetables	17	0.90%
Ethnic store	22	1.20%
Mobile market	39	2.10%
Other	42	2.30%
Community garden	55	3.00%
Convenience store	55	3%
Food pantry	82	4.40%
Personal/family garden	542	29.20%
Farmer's market	742	39.90%
Grocery store	1,786	96.10%

Physical Activity

32. How many hours of physical activity do you get in a week?

	Number	Percent
None or 0	92	5%
0.5 – 1 hour	368	20%
1 - 1.5 hours	247	13.40%
1.5 – 2 hours	348	18.90%
More than 2 hours	783	42.60%

33. Do you use city parks or trails?

	Number	Percent
Yes	793	42.90%
No	1,054	57.10%

If yes, how do you use the park or trail? Please check all that apply.

	Number	Percent
Exercise	607	76.90%
Playgrounds	263	33.30%
Special events	182	23.10%

If no, why not?

	Number	Percent
Transportation	60	6.20%
Other	207	21.50%
Safety concern (lighting, sidewalks)	228	23.70%
Physical limitations	254	26.30%
Don't have enough time/ interest	374	38.80%

34. Do you feel it is safe to walk in your neighborhood?

	Number	Percent
Yes	780	76.40%
No	241	23.60%

If no, why not? Please check all that apply.

	Number	Percent
Other	48	11.30%
Sidewalks in bad shape	98	23.00%
Traffic	98	23.00%
Poor lighting	132	31%
Loose dogs/animals	169	39.70%
No sidewalks	234	54.90%
Fear of crime	246	57.70%

35. Do you consider yourself a:

	Number	Percent
Bicycle commuter	7	0.40%
Competitive/ serious cyclist	8	0.50%
Other	19	1.10%
Recreational rider	338	19.50%
Non-cyclist	1,358	78.50%

36. Which of the following would you personally consider valuable? Please check all that apply.

	Number	Percent
Other	150	9.70%
Make it easier to bring bicycles on public transit	195	12.50%
Better access to affordable helmets	223	14.40%
More of better bicycle parking	271	17.40%
Increase motorist education about cyclists	522	33.60%
More shared lanes on city streets where cars and bikes can safely travel side by side	541	34.80%
More or better signs and maps that show bike routes	582	37.50%
Increase cyclist education about roadway safety	592	38.10%
More pathways alongside city streets for cyclists and pedestrians	1,001	64.40%

Environmental Health

37. In your neighborhood, are there property maintenance issues?

	Number	Percent
Yes	702	38.80%
No	1,105	61.20%

If yes, what issue do you feel is the biggest problem in your neighborhood? Please check one.

	Number	Percent
Inoperable vehicles (junk cars)	102	14.50%
Other	140	20.10%
Uncontained trash/ rubbish	161	22.90%
Storage of items outside	190	27.10%
Weeds over 12 inches	267	38.00%
Building maintenance issues	293	41.70%

38. How important do you feel routine inspection of restaurants (and other sites where food is handled/prepared) is in making sure that food is safe to eat?

	Number	Percent
Very important	1,766	95.40%
Somewhat important	77	4.20%
Not very important	4	0.20%
Not at all important	4	0.20%

39. If you believed that you or someone in your family had a foodborne illness, how likely would you be to report it? This could be from any food source such as a restaurant, cafeteria, catered event, take out, grocery store, street vendor, etc.

	Number	Percent
Very likely	857	48.40%
Somewhat likely	531	30%
Not very likely	329	18.60%
Not at all likely	55	3.10%

40. Are food service inspection reports easily found in the restaurants you eat at?

	Number	Percent
Yes	632	35.90%
No	390	22.10%
I didn't know they are posted	739	42%

41. Food service inspection reports are available at restaurants and online through the health department's website. Do you usually review food inspection reports?

	Number	Percent
Yes	313	17.80%
No	1,444	82.20%

If yes, how do you usually review the inspection reports?

	Number	Percent
At restaurants	194	68.90%
Online	89	31.40%

If yes, how often do they influence your decision about where to eat?

	Number	Percent
Always	109	34.80%
Usually	112	35.80%
Sometimes	75	24%
Rarely	13	4.20%
Never	4	1.30%

Animal Services

42. How many animals do you have at your residence?

	Number	Minimum	Mean	Standard Deviation	Median	Maximum
Dogs	1,973	0	0.58	0.88	0	5
Cats	1,973	0	0.42	0.813	0	5
Other	1,973	0	0.08	0.499	0	5

44. Have you ever filed an animal-related complaint/ request with the City?

	Number	Percent
Yes	354	20%
No	1,412	80%

If yes, how did you file the complaints/requests? Please check all that apply.

	Number	Percent
By phone	307	89%
Online	29	8.40%
In person	28	8.10%
Other	9	2.60%

If yes, how satisfied were you with the City's response to your complaint/request?

	Number	Percent
Very satisfied	101	29.30%
Somewhat satisfied	102	28.30%
Somewhat dissatisfied	57	16.50%
Very dissatisfied	85	24.60%

My Community

45. Why do you think are the FIVE most important overall public health concerns in Independence?

	Number	Percent
Injury	43	2.40%
Stroke	71	4%
Lung disease	75	4.30%
Other	108	6.10%
Food-borne illness	125	7.10%
Fluoride in the water	138	7.80%
Heart disease	234	13.30%
Immunizations	258	14.60%
Cancer	270	15.30%
Animal control	382	21.70%
Teen pregnancy	417	23.70%
Mental health	499	28.30%
Exercise	530	30.10%
Tobacco use	544	30.90%
Availability of healthcare	573	32.50%
Property maintenance	616	34.90%
Child abuse	658	37.30%
Domestic violence	745	42.30%
Overweight/obesity	1,033	58.60%
Alcohol/drug use	1,186	67.30%

46. Which of these items do you believe are a public health concern for children in Independence? Please choose FIVE.

	Number	Percent
Stroke	7	0.40%
Lung disease	13	0.70%
Heart disease	33	1.90%
Cancer	48	2.80%
Food-borne illness	78	4.50%
Other	83	4.80%
Injury	97	5.60%
Property maintenance	134	7.70%
Fluoride in the water	136	7.80%
Animal control	165	9.50%
Mental health	296	17%
Immunizations	549	31.50%
Availability of healthcare	610	35%
Domestic violence	708	40.60%
Exercise	739	42.40%
Tobacco use	753	43.20%
Teen pregnancy	774	44.40%
Overweight/obesity	1,066	61.10%
Child abuse	1,107	63.50%
Alcohol/drug use	1,184	67.90%

47. How satisfied are you with the following in your neighborhood?

	Very Dissatisfied	Dissatisfied	Neither satisfied or dissatisfied	Satisfied	Very Satisfied	I don't know
Access to fruits, vegetables, and other healthful foods	7.40%	5.90%	15.60%	45.40%	24.00%	1.80%
Bike lanes on roads	10.40%	24.60%	34.20%	13.80%	3.20%	13.50%
Bike racks	7.20%	18.30%	43.30%	8.30%	1.60%	21.30%
Community gardens	6.60%	17.70%	40.30%	13.30%	2.10%	20.10%
Emergency points in parks/ on trails	5.50%	14.90%	38.70%	15.50%	2.50%	22.90%
Parks, trails, neighborhood/ school playgrounds	5.00%	10.30%	24.10%	40.30%	9.70%	10.60%
Protection from secondhand smoke at parks	4.90%	10.80%	35.90%	24.80%	8.50%	15.10%
Recreational programs for the community	5.30%	11.60%	33.60%	30.50%	5.60%	13.30%
Sidewalks	15.80%	27.30%	18.80%	29.20%	5.00%	3.90%

Demographics

48. What is your zip code?

	Number	Percent
64050	264	14.70%
64052	281	15.60%
64053	174	9.70%
64054	59	3.30%
64055	323	18.00%
64056	173	9.60%
64057	264	14.70%
64058	5	0.30%
64015	227	12.60%
64016	24	1.30%
64129	2	0.10%
64133	1	0.10%
64136	0	0%

49. What is your sex?

	Number	Percent
Male	672	37.30%
Female	1129	62.70%

50. What is your year of birth?

Minimum	Mean	Standard Deviation	Median	Maximum
1900	1954.27	15.999	1953	1999

51. What is your height?

Minimum	Mean	Standard Deviation	Median	Maximum
49	66.1	3.985	66	78

52. What is your weight?

Minimum	Mean	Standard Deviation	Median	Maximum
84	179.31	44.764	175	560

53. How do you describe yourself? Please check all that apply.

	Number	Percent
White	1677	93.60%
Hispanic or Latino	43	2.40%
African American	36	2.00%
American Indian or Alaskan Native	36	2.00%
Other	26	1.50%
Asian	19	1.10%
Native Hawaiian or Other Pacific Islander	9	0.50%

54. What language do you most often speak at home? Please check only one.

	Number	Percent
English	1,774	98.90%
Spanish	14	0.80%
Other	5	0.30%

55. What is the total number of people in your household?

Minimum	Mean	Standard Deviation	Median	Maximum
1	2.28	1.352	2	20

56. What is the total number of children under 18 years of age in your household?

Minimum	Mean	Standard Deviation	Median	Maximum
0	0.44	0.976	0	8

57. During the past 12 months, what was the total combined income of all members of your household before taxes?

	Number	Percent
<\$10,000	96	5.90%
\$10,000-\$14,999	109	6.70%
\$15,000-\$24,999	187	11.50%
\$25,000-\$34,999	283	17.40%
\$35,000-\$49,999	252	15.50%
\$50,000-\$64,999	213	13.10%
\$65,000-\$74,999	114	7.00%
\$75,000- \$99,999	176	10.80%
>\$100,000	200	12.30%

58. Which of these best describes your home?

	Number	Percent
Single-family home	1,498	83.90%
Apartment (in a building with 3 or more apartments)	111	6.20%
Duplex	64	3.60%
Mobile home	53	3.00%
Condo or townhome	52	2.90%
Other	8	0.40%

59. What is the highest educational level you have completed?

	Number	Percent
Less than 12 years	86	4.80%
High school diploma or GED	526	29.40%
Some college	623	34.90%
Bachelor's degree	317	17.70%
Master's degree or higher	235	19.20%

60. How would you rate your health?

	Number	Percent
Poor	78	4.40%
Fair	355	19.80%
Good	1042	58.20%
Excellent	316	17.60%

Appendix C: Glossary

GLOSSARY

ACA	Affordable Care Act
ALA	American Lung Association
AMR	American Medical Response (AMR)
BMI	Body Mass Index
BRFSS	Behavioral Risk Factor Surveillance System
CDC	Centers for Disease Control and Prevention
CHA	Community Health Assessment
CMH	Comprehensive Mental Health
COPD	Chronic Obstructive Pulmonary Disease
FQHC	Federally Qualified Health Centers
GIS	Geographic Information Systems
HP2020	Healthy People 2020
IHD	Independence Health Department
IPV	Intimate Partner Violence
ISD	Independence School District
KCATA	Kansas City Area Transportation Authority (KCATA)
LINC	Local Investment Commission
MARC	Mid-America Regional Council
MICA	Missouri Information for Community Assessment
NACCHO	National Association of County and City Health Officials
NCCP	Neighborhood Code Compliance Program
NEHA	National Environmental Health Association
OAS	Open Airways for Schools
OATS	Older Adults Transportation Service (OATS)
RWJF	Robert Wood Johnson Foundation
STI	Sexually Transmitted Infections
YRBS	Youth Risk Behavior Survey