

2015

Community
Health
Assessment



Public Health
Prevent. Promote. Protect.

INDEPENDENCE
HEALTH
DEPARTMENT

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Introduction

Vision and Scope of this Assessment

The Independence Community Health Assessment (CHA) is comprised of findings from the Community Health Survey, data from Missouri Information for Community Assessment (MICA), Healthy People 2020 (HP2020), and other quantitative data sources. The 2015 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 key factors of services provided by the Independence Health Department (IHD)

City Description

Independence is the fourth largest city in the state of Missouri by population with 117,494 residents and is home to a variety of ethnic groups. The city is approximately 78 square miles, located in Jackson County and part of the Kansas City Metropolitan Area.

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.

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, according to the Independence Chamber of Commerce.



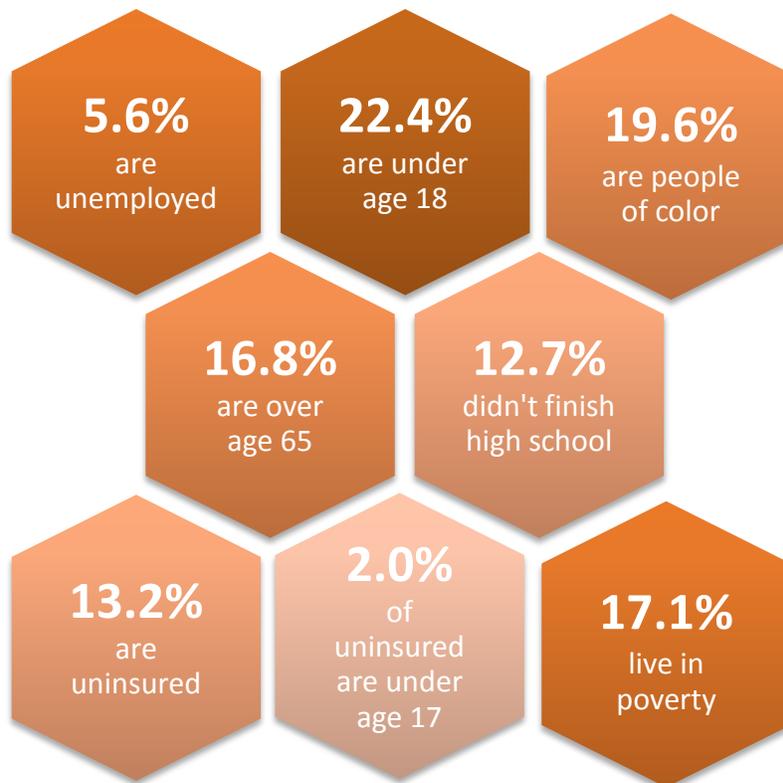
Findings

This CHA covers the city of Independence, which is comprised of the neighborhoods of Fairmont, McCoy, Maywood, Santa Fe, Bundschu, Bristol, 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 questions that provide an assessment of various health indicators.

Survey respondents identified public health indicators and 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

Population of 117,494



DATA SOURCE: U.S. Census Bureau

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

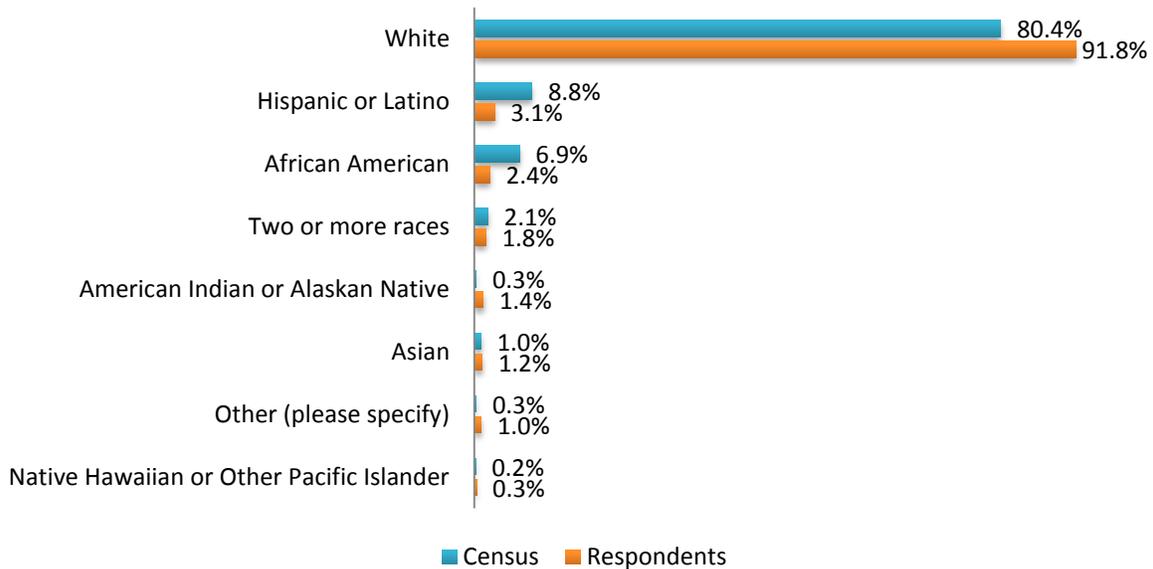
behaviors of that area. While age, gender, race and ethnicity are important characteristics that have an impact on an individual’s health, the distribution of these characteristics in a community may affect the number and type of services and resources available. The section below provides an overview of the population of Independence.



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. With a population of 117,494 residents, Independence comprises about 17% of Jackson County’s total population of 683,191.¹

Figure 1: Race of Community Health Survey Respondents vs U.S. Census



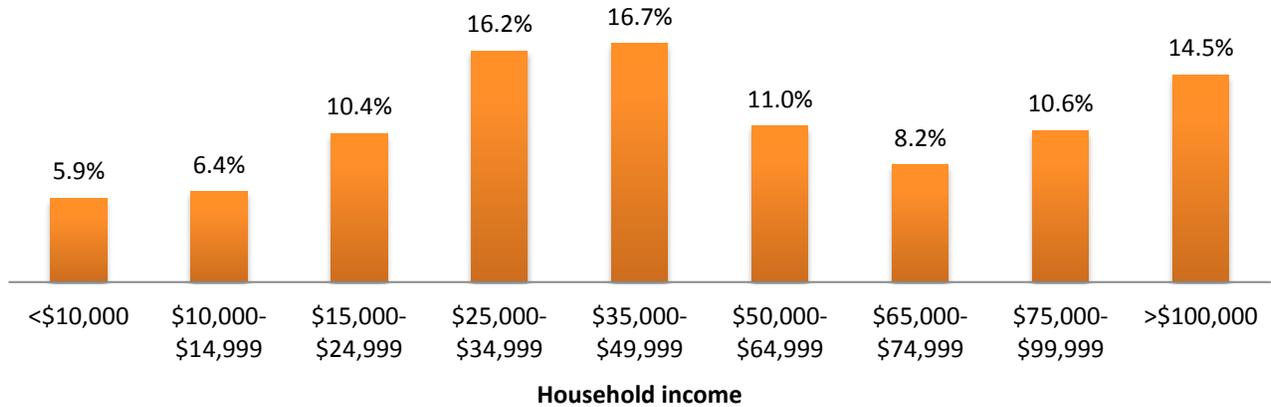
DATA SOURCE: IHD 2015 Community Health Survey and U.S. Census Bureau

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.

Highlighting the importance of income, education, the perception of safety and access to healthcare is important to draw the association to public health (**Figure 2**). The inclusion of this data is important to identifying inequities of health in Independence.

Figure 2: During the past 12 months, what was the total combined income of all members of your household before taxes?



DATA SOURCE: IHD 2015 Community Health Survey

Educational Attainment

“Early childhood education is important.”
-Survey Respondent

“Education should be considered a priority.”
- Survey Respondent

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

Higher educated adults

- Are more likely to live healthier lives.
- Can more easily find employment, earn a steady income, and make better decisions according to the Health Equity Index.²

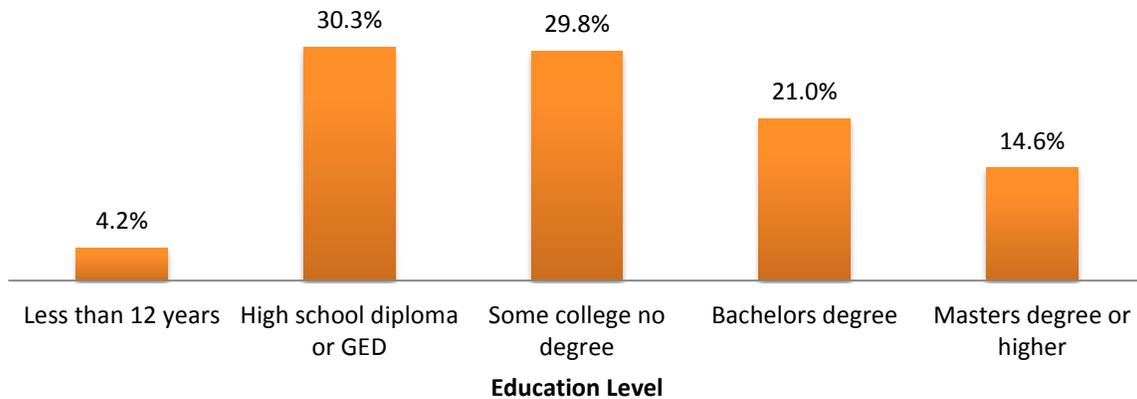
Higher education attainment comparison

- Adult education attainment in Independence is at a lower level than Jackson County and Missouri but slightly higher than the national average.

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.³

Having a bachelor’s degree is another bump in the potential for increased earning. On average, 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.³

Figure 3: What is the highest educational level you have completed?



DATA SOURCE: IHD 2015 Community Health Survey

Income, Poverty, and Employment

What does a healthy community look like?

“A city without low income and poverty.”

-Survey Respondent

“Less obesity and less poverty.”

-Survey Respondent

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.⁴ 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.⁵ 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 Missouri. The difference between Independence and Missouri is about an 8% gap, as shown in **Table 1**.

The Centers for Disease Control and Prevention (CDC) defines poverty as a person or families with income below a certain limit. Poverty rates for Independence reflect the surrounding area. Approximately 13% of Independence residents received Food Stamp/SNAP benefits in 2015, which is consistent with Missouri’s poverty rate.

The American Community Survey (ACS) conducted in 2014 estimated that 61.8% of the population in Independence at least 16 years of age were in the workforce and that 5.6% were unemployed. Among families with children less than 6 years of age, 70.6% had both parents in the workforce. Of those families with children between 6 and 17 years of age, 57.4% of families had both parents in the workforce.¹

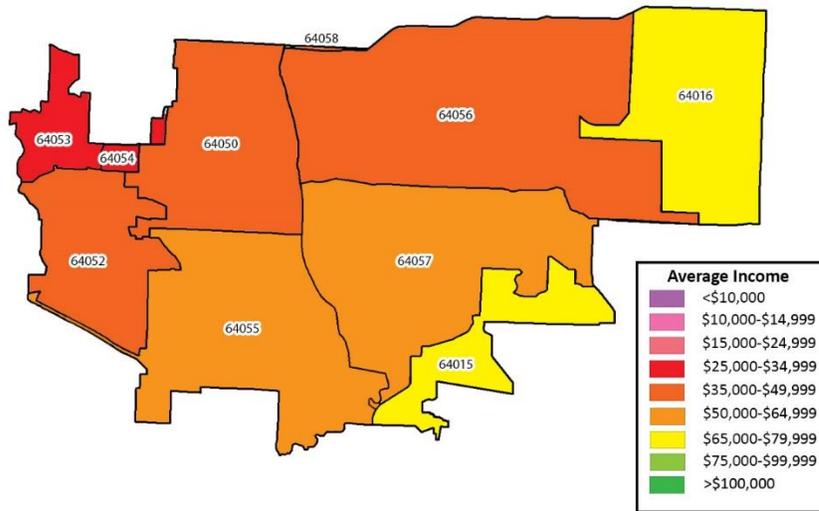
Table 1: Independence Socioeconomics

| | Independence | Missouri | Percent +/- for Independence, from 2013-2014 |
|---|--------------|----------|--|
| Average Family Size, 2010 Census | 2.4 | 3.0 | N/A |
| Per capita money income (dollars), 2014 | \$23,390 | \$26,006 | -0.08% |
| Median household income, 2014 | \$44,038 | \$47,764 | -0.50% |
| Unemployed, Civilian Labor Force, 2014 | 5.6% | 5.3% | -12.5% |
| Individuals below the poverty rate, 2010-2014 | 17.1% | 15.6% | N/A |

DATA SOURCE: U.S. Census Bureau

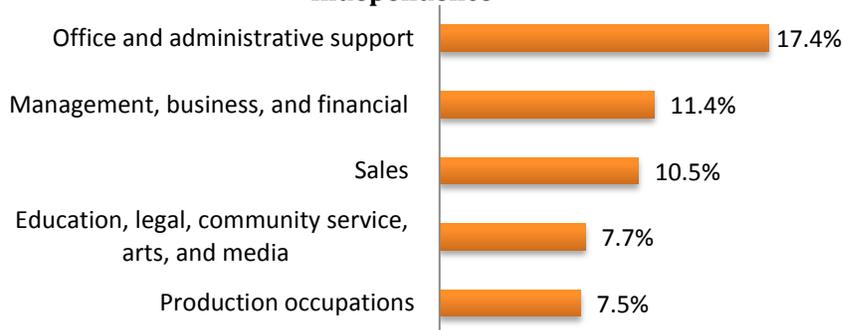
Figure 4: Average Income by Zip Code

Average Income
 "During the past twelve months, what was the total combined income of all members of your household before taxes?"



DATA SOURCE: IHD 2015 Community Health Survey

Figure 5: Top Five Employment Industries in Independence



DATA SOURCE: U.S. Census Bureau

Housing and Environmental Quality

What does a healthy community look like?

“Everyone helps to keep the neighborhood clean, helps their neighbors in need.”

- Survey Respondent

“Clean and well-kept houses, streets and parks.”

- Survey Respondent

Table 2 : Independence Housing

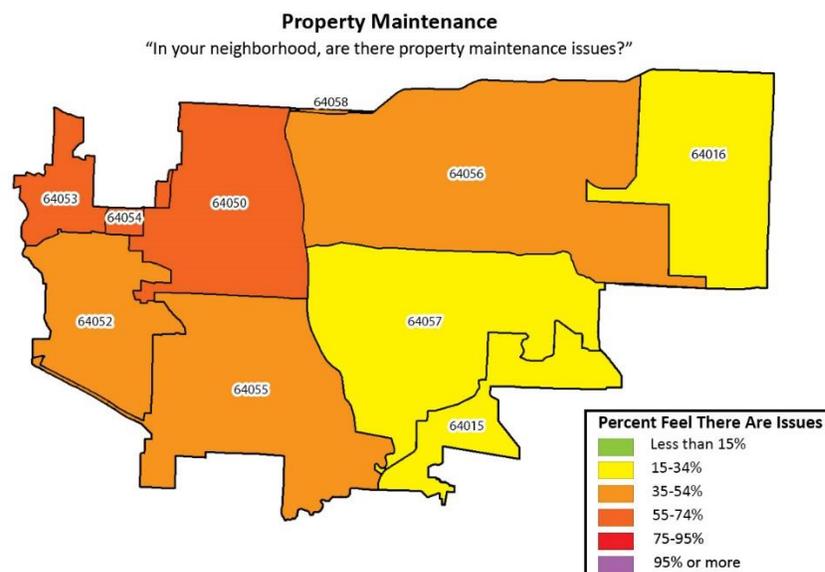
| | Independence | Missouri |
|--|--------------|-----------|
| Housing units in multi-unit structures, 2008-2012 | 20.50% | 19.70% |
| Median value of owner-occupied housing units, 2014 | \$98,800 | \$136,700 |
| Median Gross Rent, 2014 | \$761 | \$740 |
| Median Mortgage, 2014 | \$1,123 | \$1,225 |

DATA SOURCE: U.S. Census Bureau

Environmental quality addresses the health impacts of the environment on the human body. Proper environmental management helps to mitigate preventable illnesses caused by the built environment.⁶ Environmental health includes all of the physical, biological, social, and cultural surroundings outside of the human host.⁷ Factors such as unclean areas with excessive garbage, refusing to follow City building codes or pollution from industrial sources may lessen the quality of the environment.

Environmental health risks at home and the pollution of indoor residential air are becoming increasingly recognized as sources of injury and exacerbation of illness.⁸ 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 caused by pollution to citizens in the U.S., Missouri, Jackson County, and Independence is not related to race, ethnicity, language, or country of origin.⁹

Figure 6: Property Maintenance by Zip Code



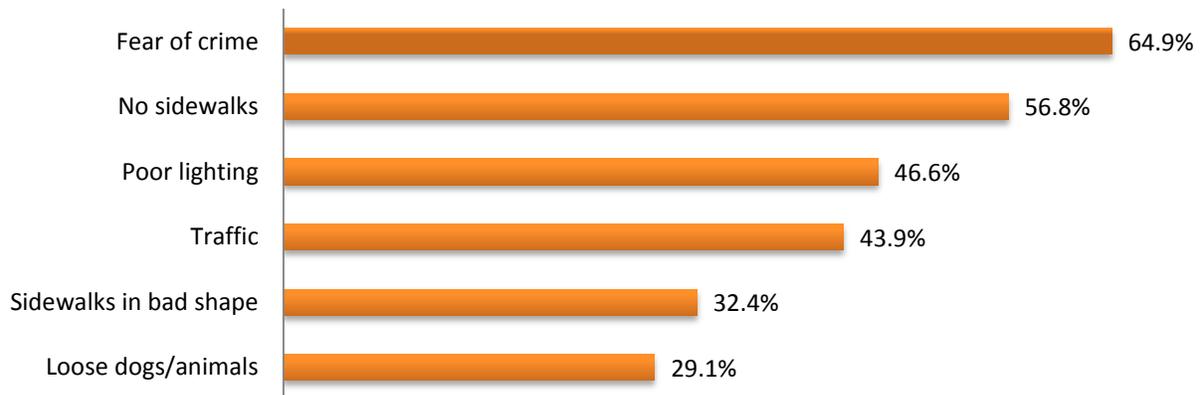
DATA SOURCE: Community Health Survey, 2015

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.¹⁰

Transportation

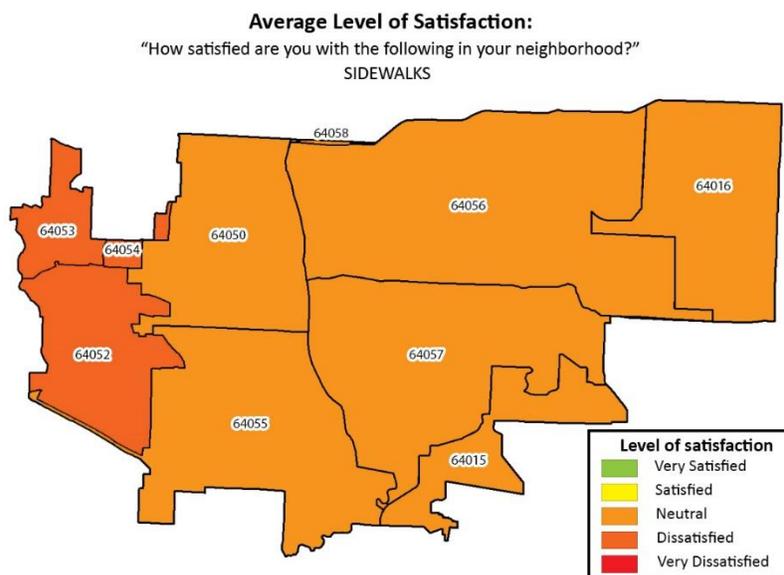
Transportation influences everyday life in the region, especially the health of the community. Independence is largely a car-dependent city that has limited opportunity for alternative modes of transportation, such as walking or biking. A barrier to transportation is the lack of sidewalks or sidewalks in disrepair. Survey respondents expressed feeling unsafe when walking. Survey participants indicated specific challenges to safe walking, citing crime, lack of sidewalks, and poor lighting as some of the most important problems facing walkability (*Figure 7*).

Figure 7: Why do you feel it is not safe to walk in your neighborhood?



DATA SOURCE: IHD 2015 Community Health Survey

Figure 8: Average Level of Satisfaction of Sidewalks by Zip Code



DATA SOURCE: IHD 2015 Community Health Survey

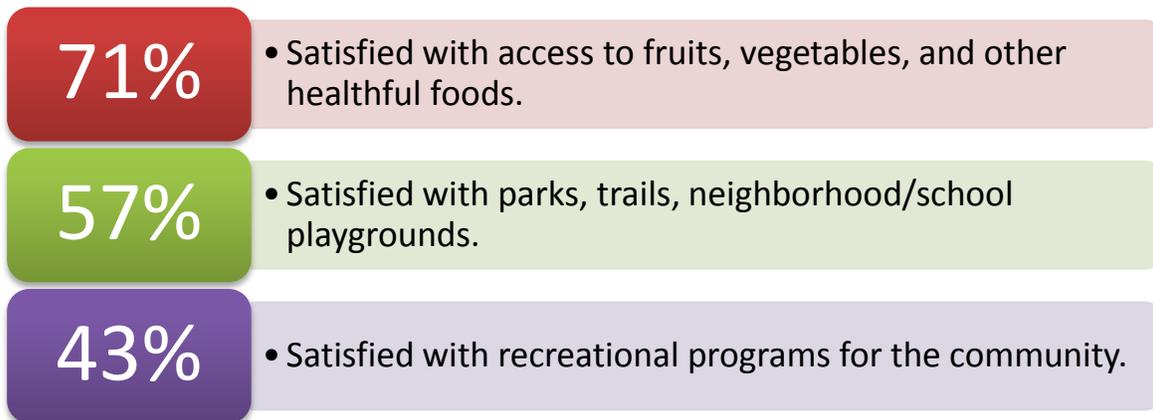
Access to Healthy Foods and Recreation

What does a healthy community look like?

“Convenient access to healthy food and safe places for indoor and outdoor activities in parks,”
- Survey Respondent

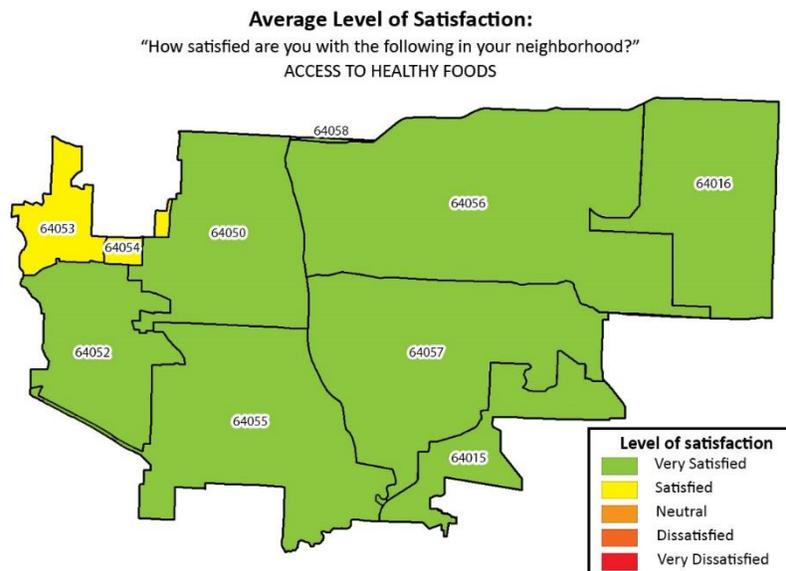
“A community with multiple options for safe exercise and healthy food options.”
- Survey Respondent

The graphic below 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.



DATA SOURCE: IHD 2015 Community Health Survey

Figure 9: Average Level of Satisfaction: Access to Healthy Food by Zip Code



DATA SOURCE: IHD 2015 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.¹¹

Overall, Independence residents have substantial access to recreational facilities. In Jackson County, 94% of residents have access to recreational facilities. A recreational facility is defined by the County Health Rankings as an establishment 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.¹²

Crime and Safety

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

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

- Survey Respondent

"No patrols and drug infested."

- Survey Respondent

"Cars and trucks park on sidewalks."

- Survey Respondent

Violent crime Independence 2015

- Estimated total was 3% above the 2010 level and 37% below the 2005 level.
- 2-year trend showed that violent crime offenses increased by 5%.

Property crime Independence 2015

- Estimated total was 16% below the 2010 level and 26% below the 2005 level.
- 2-year trend showed that property crime offenses declined by 8%.

FBI Report National trend

- Violent crimes at national level decreased in 2013 by 12% when compared to 2009 and 14% when compared to 2004 levels.

DATA SOURCE: Federal Bureau of Investigation

*Violent crimes include murder (manslaughter), rape, robbery, and aggravated assault. Property crimes include burglary, larceny-theft, motor vehicle theft, and arson.

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 behaviors. In the U.S., it is estimated that every day, three women die due to domestic violence. In 2007, 1,336 deaths, 82% of which were women, resulted from domestic violence.¹³

Child abuse includes physical, emotional, or sexual abuse or neglect of a child under the age of 18.¹⁴ Child abuse ranges in seriousness and can lead to death in some cases. The Independence child abuse rate decreased over the past ten years, which mimics the state’s decrease in emergency department (ED) visits.



Domestic Violence

- Independence has a 106% higher rate of domestic violence cases when compared to the state of Missouri in 2015.



Child Abuse

- Independence has a 27% higher rate of abuse related injuries in children under 15 years when compared to the state of Missouri.

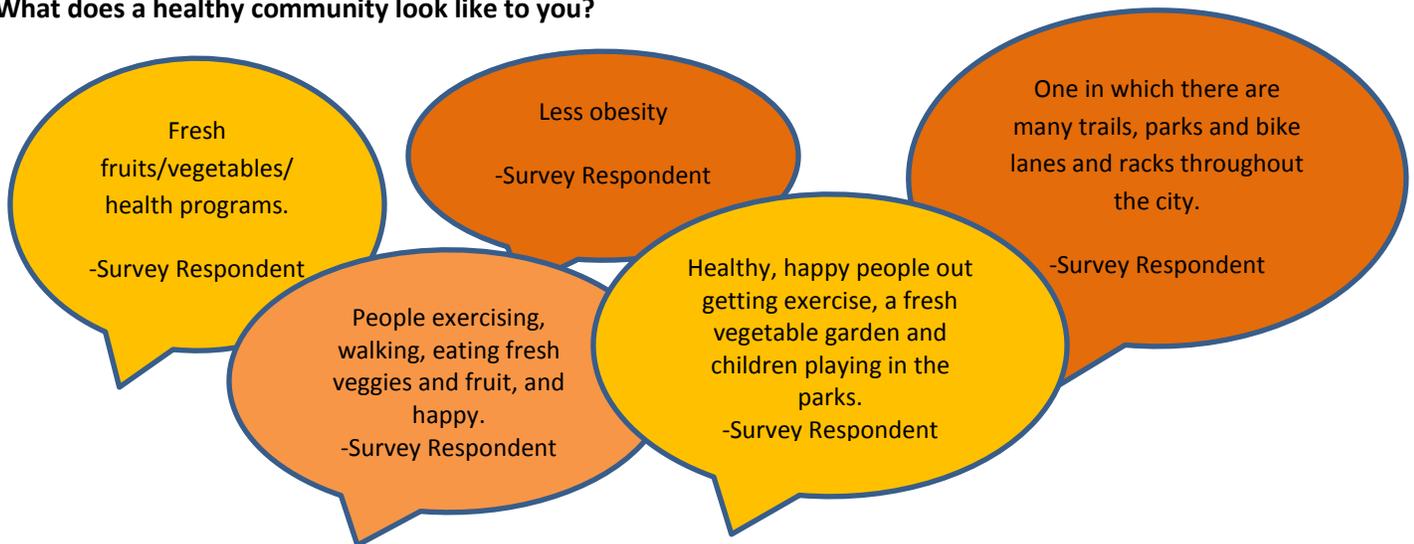
DATA SOURCE: Missouri State Highway Patrol and MICA

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.

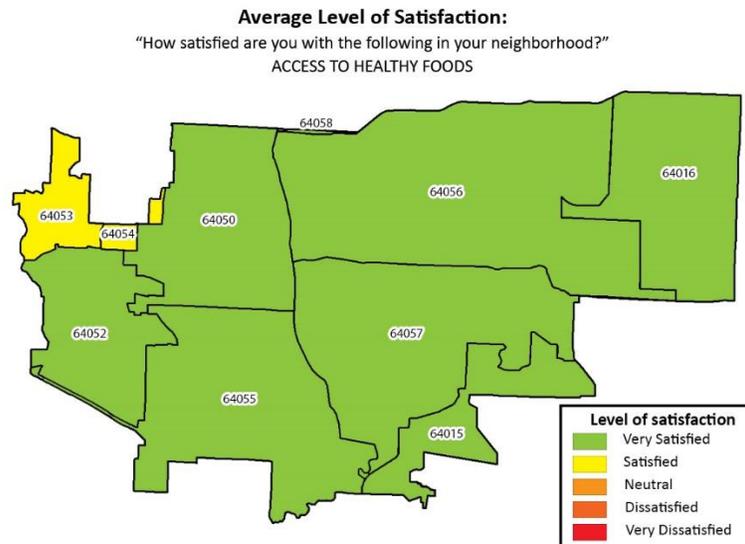
Healthy Eating

What does a healthy community look like to you?



Community Health Survey 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 it emerged as a top concern for both children and adults. The following section will explain in more detail how these lifestyle behaviors affect the health of residents in Independence.

Figure 10: Average Satisfaction in Access to Healthy Foods by Zip Code

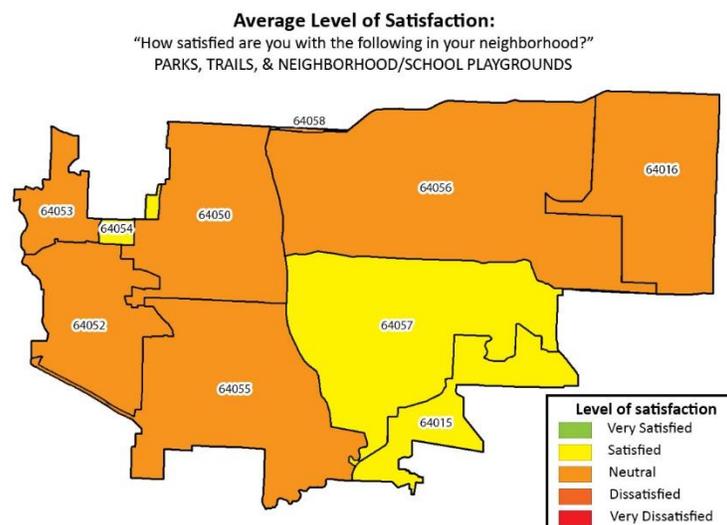


DATA SOURCE: IHD 2015 Community Health Survey

Physical Activity

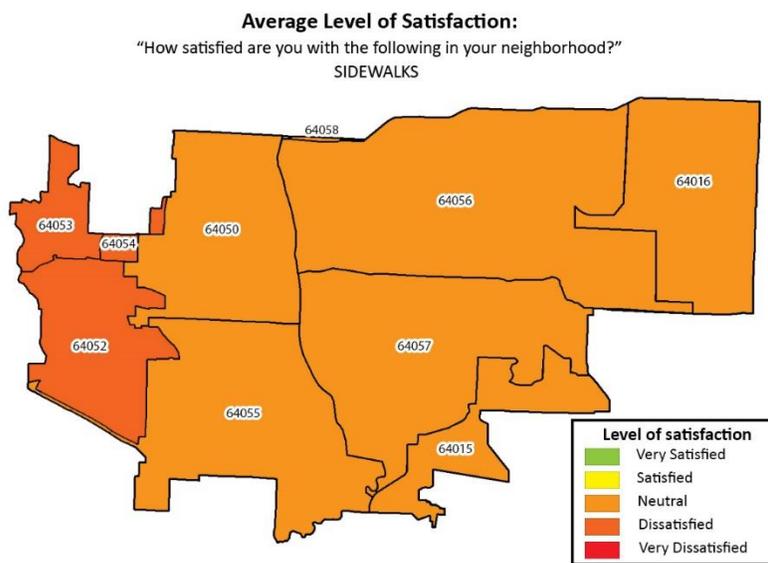
Overall, survey respondents reported there is opportunity for improvement in access to physical activity facilities and programs. The survey details respondents’ opinions regarding recreational programs enjoyed by children, teens, adults, and seniors. The proportion of community members satisfied or very satisfied with recreational programs was 43%. More than half of respondents reported being satisfied or very satisfied with parks, trails and neighborhood or school playgrounds (**Figure 11**). The percentage of respondents reporting they were satisfied or very satisfied with sidewalks was 36% (**Figure 12**).

Figure 11: Average Satisfaction in Parks, Trails and Playgrounds by Zip Code



DATA SOURCE: IHD 2015 Community Health Survey

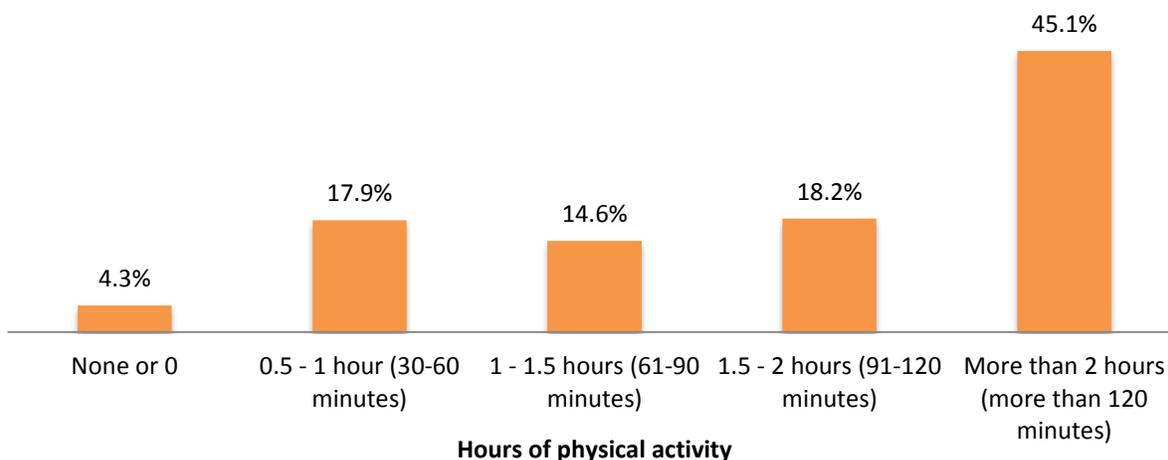
Figure 12: Average Satisfaction in Sidewalks by Zip Code



DATA SOURCE: IHD 2015 Community Health Survey

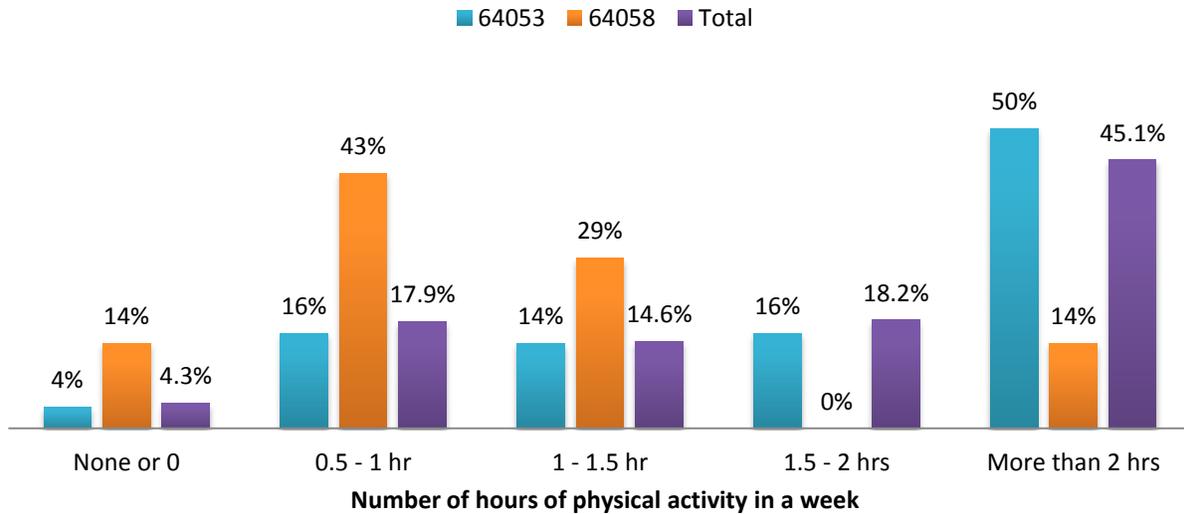
Less than one quarter of respondents indicated they spent an hour or less per day performing some sort of physical activity (**Figure 13**). In the 64058 zip code, 57 percent of the respondents received less than one hour of physical activity in a week. Zip code 64058 also had the least number of respondents who had more than two hours of physical activity. Zip code 64053 is the only one where 50% or more of the respondents had more than two hours of physical activity in a week (**Figure 14**). Respondents who indicated they use a bicycle for some form of physical activity totaled 22%. Forty-three percent of respondents indicated they use the city parks or trails.

Figure 13: How many hours of physical activity do you usually get in a week?



DATA SOURCE: IHD 2015 Community Health Survey

Figure 14: How many hours of physical activity do you usually get in a week?



DATA SOURCE: IHD 2015 Community Health Survey

Overweight and Obese

Overweight and *obese* 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. For the respondents who provided their weight and height, 28% of the respondents were obese, and 57% 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.¹⁵ 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. A child whose BMI is equal to or greater than 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.¹⁶

30.2% current adult Missouri obesity rate (2014) ⁽²⁾

Obesity has risen **6.3%** in 10 years ⁽²⁾

Childhood obesity among children ages 2-4 has decreased for low-income families in Missouri by **1%** ⁽⁴²⁾

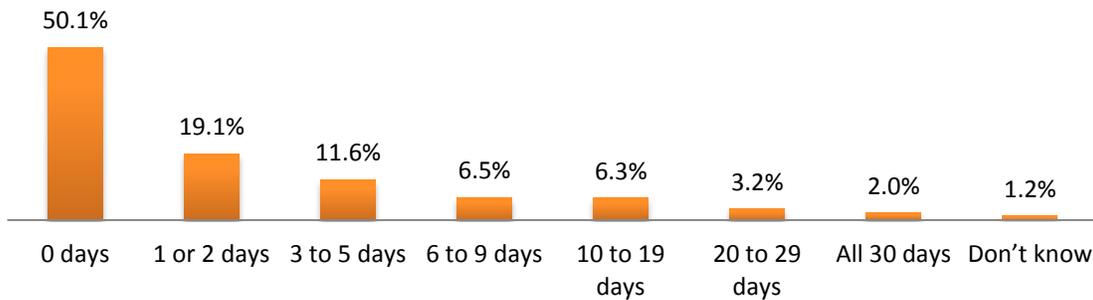
1/3 of children are now overweight or obese ⁽⁴¹⁾

HP2020 addresses both physical activity and healthy foods in its goals and objectives, calling for improved access to healthy foods especially for children and increasing the level of physical activity for 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 2020.¹⁷ Obesity, nutrition, and physical activity are “Winnable Battles” listed by the CDC, which advocates for environmental and policy-level changes to facilitate healthy eating and physical activity levels.¹¹

Alcohol

Excessive alcohol use is the third leading lifestyle-related cause of death in the U.S., accounting for approximately 88,000 deaths each year.¹⁸ While secondary data specific to Independence was not available for this assessment, **Figure 15** shows respondent results for alcohol consumption. Forty-nine percent had at least one alcoholic drink in the last 30 days, which is lower than the national average of 56% in 2013, according to the National Institute of Health. 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 24.9%.¹⁹ 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.²⁰

Figure 15: During the past 30 days, on how many days did you have at least one drink of alcohol beverage such as beer, wine, a malt beverage or liquor?

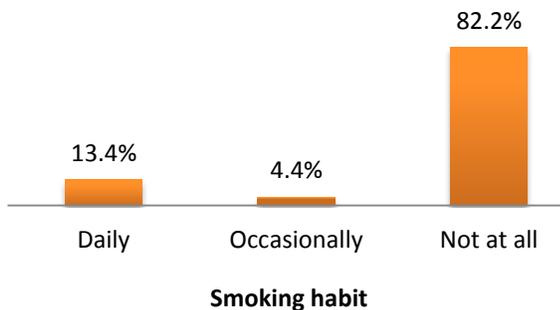


DATA SOURCE: IHD 2015 Community Health Survey

Tobacco

Tobacco use is the leading preventable cause of death in the U.S. and accounts for 480,000 deaths annually or approximately one in five deaths.^{21, 22} Survey respondents reported an estimated 18% of Independence residents still smoke in some regard (**Figure 16**). Current national smoking has declined from nearly 21 of every 100 adults (20.9%) in 2005 to nearly 18 of every 100 adults (17.8%) in 2013.^{22, 23}

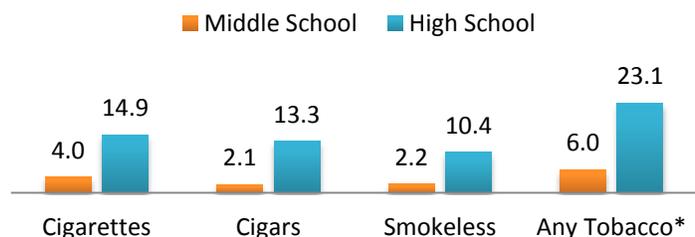
Figure 16: In the past year, have you smoked cigarettes on a daily basis, less than daily, or not at all?



DATA SOURCE: IHD 2015 Community Health Survey

Although cigarette smoking has declined among U.S. youth in recent years, only 2.5% of middle school students and 9.2% high school students report use; the use of other tobacco products have increased.²⁴ Youth tobacco use in Missouri closely resembles youth tobacco use in the nation. In 2014, nearly 25 of every 100 high school students (24.6%) and nearly 8 of every 100 middle school students (7.7%) used some type of tobacco product.²⁴

Figure 17: Missouri 2013 Youth Tobacco Survey



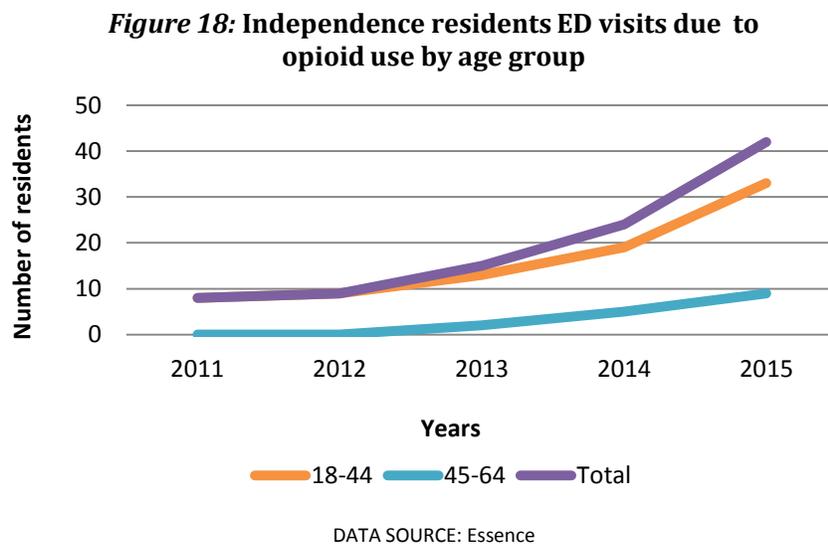
DATA SOURCE: Missouri Department of Health and Senior Services

Electronic cigarettes, hookahs, and smokeless tobacco are all on the rise with middle and high school students. A study funded by National Institute on Drug Abuse (NIDA), National Cancer Institute (NCI), the U.S. Food and Drug Administration (FDA), and Center for Tobacco Products found that students who reported using electronic cigarettes by the time they started high school were more likely to report later use of traditional tobacco products. The finding highlights the importance of learning more about how e-cigarettes can affect teen smoking patterns.²⁵ **Figure 17** shows students who smoke cigarettes, cigars, used smokeless tobacco, or used any form of tobacco on one or more of the 30 days prior to the Missouri 2013 Youth Tobacco Survey.

Drug Abuse

Community Health Survey respondents reported alcohol, tobacco and drug abuse as areas of concern. 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.²⁶ Recognizing and recommending interventions at the local, state, and national level is a public health priority.²⁷ 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 declining.²⁴

Figure 18 shows the increase in ED visits due to opioid use. This trend follows what others have seen around the United States, such as the 3.4 fold increase in overdose deaths seen nationwide according to the National Institute of Health.²⁴ The highest rates of drug use occur in adults ages 18-25.²⁴



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

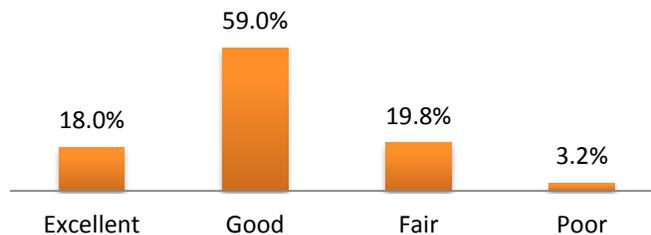
“There are things known and there are things unknown and in between are the doors of perception.”
- Aldous Huxley

“Humans see what they want to see.”

- Rick Riordan

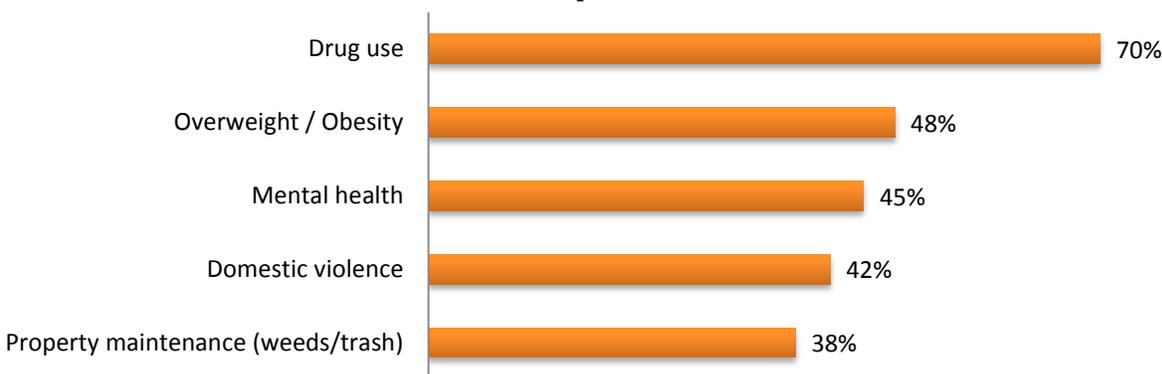
Seventy-seven percent of respondents rated their health as good or excellent (**Figure 19**). Based on the survey, the following issues are the top five overall perceived public health problems in Independence: 1) drug abuse, 2) overweight/obesity, 3) mental health, 4) domestic violence and 5) property maintenance (**Figure 20**). 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 the CDC or HP2020.

Figure 19: How would you rate your health?



DATA SOURCE: IHD 2015 Community Health Survey

Figure 20: FIVE most important OVERALL public health concerns in Independence



DATA SOURCE: IHD 2015 Community Health Survey

1) Drug Abuse

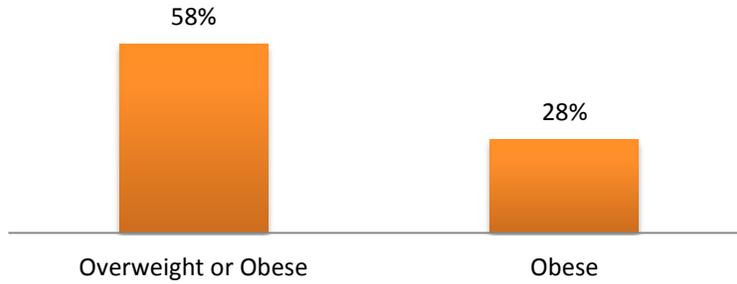
Ten million young people aged 12 to 29 in America are currently in need of treatment for substance abuse and addiction. In 2015, drug overdose deaths outnumbered motor vehicle traffic deaths in five states. By 2010, 31 states including Missouri had more drug overdose deaths than motor vehicle traffic deaths and the trend continues. According to the CDC, in 2015, more than 129 people died from drug overdose every day in the United States.

The highest rates of drug use occur in adults ages 18-25.²⁴ According to 2014 Gallup data, Missouri had been ranked 8th in states that use drugs or medications which affect mood.²⁸ 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 declining.²⁹

2) Overweight and Obesity

Overweight and obesity rates throughout the nation have been increasing over the past several decades. Twenty-two states have obesity rates above 30%. In 2014, Missouri adult obesity rate was 30%, up slightly from 2012 at 29%.³⁰

Figure 21: Prevalence of overweight and obesity among respondents



DATA SOURCE: IHD 2015 Community Health Survey

3) Mental Health

Millions of Americans are affected by mental health conditions every year. Nearly one-fifth of U.S. and Missouri adults suffer from a mental disorder. According to the National Survey on Drug Use and Health (NSDUH), an estimated 18.5% of U.S. adults ages 18 and older reported having a mental illness in the past year.³¹ By comparison, Missouri adults are estimated to have a slightly higher rate at 19.1% with any mental illness and 4.7% with serious mental illness.³¹ Approximately one-tenth of U.S. and Missouri adolescents experience major depressive episodes.³¹ Depression has been found to be a risk factor for multiple chronic diseases including hypertension, cardiovascular disease, and diabetes.³²

During 2009-2013, Independence residents made an average of 19.4 per 1,000 ED visits and had an average rate of 168.5 per 10,000 hospitalizations due to mental health disorders.²¹ By comparison, Missouri has less ED visits and hospitalizations due to mental health disorders with 13.1 per 1,000 and 130.0 per 10,000 respectively.²¹ In 2013, the suicide rate for Independence was 21.8 per 100,000, compared to 15.6 per 100,000 for the state.²¹

4) Domestic Violence

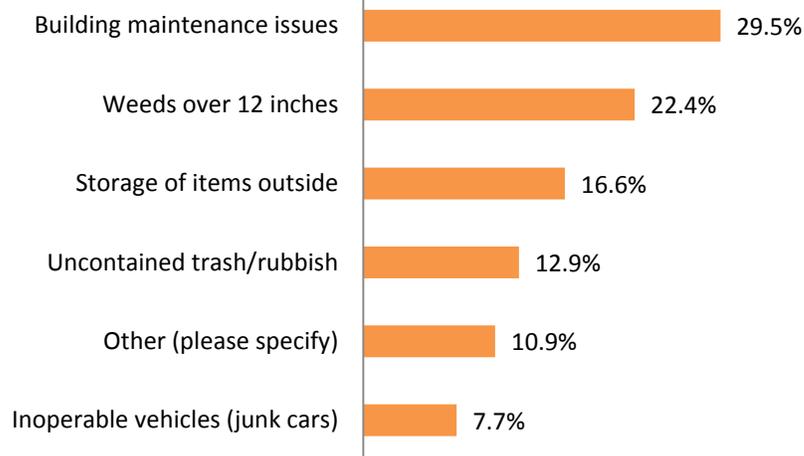
One in three women and one in four men have reported being physically abused by an intimate partner. The presence of a gun in a domestic violence situation increases the risk of homicide by 500%.³³ According to the Missouri State Highway Patrol Uniform Crime reporting program, Independence had a slight rate decrease from 163 to 160 incidences per 10,000 residents between 2004 and 2013.³⁴ However, this rate was higher than the Missouri rate, which went from 68 in 2004 to 69 incidences per 10,000 residents in 2013.³⁴ The data indicated that in 2015 domestic violence in the state increased by two percent from 2014.³⁴ In Independence, the increase was 21%.³⁴



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 risk factors such as tobacco use, unhealthy diets, physical inactivity, harmful use of alcohol, as well as risks associated with disease outbreaks.³⁵ The City of Independence has developed municipal codes intended to protect the life, health, safety, and welfare of its residents. The Property Maintenance Code sets standards by which development should conform. Those include the maintenance of grass and weeds, restricted open storage, nuisance vehicles, refuse, rubbish, garbage, rodents, insects, and building upkeep (**Figure 22**).

Figure 22: What issue do you feel is the biggest problem in your neighborhood?



DATA SOURCE: IHD 2015 Community Health Survey

Leading Causes of Hospitalization and Death

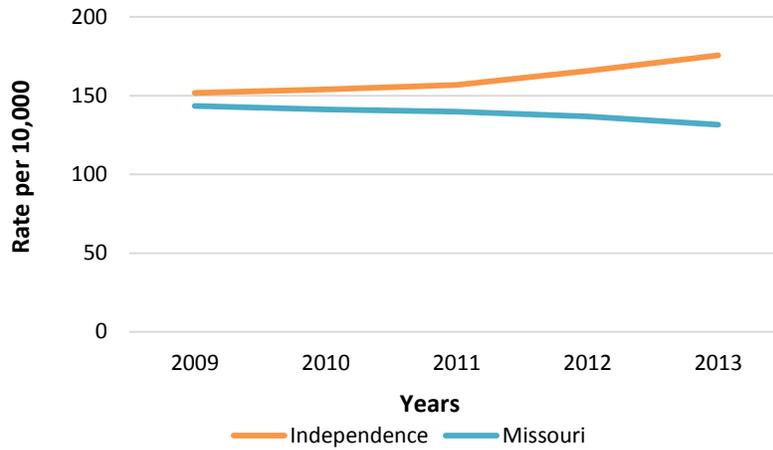
The leading cause of hospitalization in Independence is heart and circulation problems. However, after adjusting for age, the Independence rate is slightly below the state average. The greatest difference between Independence and the state was the larger rate of mental disorders. Mental disorders include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

**Table 3: Age-Adjusted Hospitalization Rate; 2004-2013
(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 |
|-----------------------------------|--------------------------------|----------------------------|------------|
| All Diseases/Conditions | 1,289.2 | 1,208.5 | 80.7 |
| Heart and Circulation | 204.5 | 203.7 | 0.8 |
| Pregnancy/Childbirth/Reproduction | 163.6 | 147.6 | 16.0 |
| Mental Disorders | 160.3 | 121.4 | 38.9 |
| Digestive System | 137.3 | 122.6 | 14.7 |
| Respiratory (Throat and Lung) | 117.3 | 121.8 | -4.5 |
| Injury and Poisoning | 113.5 | 106.5 | 7.0 |
| Bone/Connective Tissue/Muscle | 68.6 | 68.1 | 0.7 |
| Kidneys/Bladder/Genitalia | 63.4 | 61.2 | 2.2 |
| Nutrition/Metabolic/Immunity | 45.8 | 44.4 | 1.4 |
| Neoplasms/Malignant (cancer) | 35.4 | 36.5 | -1.1 |
| Infection | 35.0 | 33.1 | 1.9 |

DATA SOURCE: MICA

Figure 23: Preventable Hospitalization, 2009-2013



DATA SOURCE: MICA

The leading cause of death in Independence is cancer, while there have been improvements for cardiovascular-related deaths in Independence as indicated in **Table 4**. Cardiovascular-related and stroke deaths were the only causes of death that were lower in Independence than the state. Independence leads the metro area in deaths due to nephritis and kidney disease among men as well as deaths due to digestive diseases in women.

Table 4: Age-Adjusted Death Rate; 2004-2013
(All rates are per year and per 10,000 people who are age-adjusted to the US 2000 standard population)

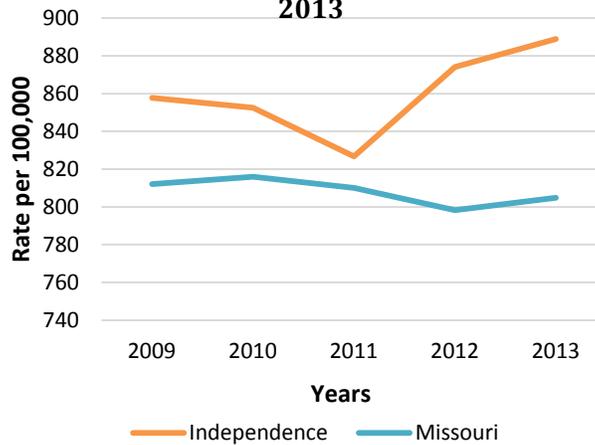
| | Independence Age-Adjusted Rate | Missouri Age-Adjusted Rate | Difference |
|---|--------------------------------|----------------------------|------------|
| All Cancers | 193.3 | 187.8 | 5.5 |
| Heart Disease | 192.0 | 212.4 | -20.4 |
| Chronic Lower Respiratory Disease | 60.9 | 50.5 | 10.4 |
| Stroke/Cerebrovascular Disease | 43.3 | 46.9 | -3.6 |
| Alzheimer's Disease | 42.4 | 26.3 | 16.1 |
| All other accidents and adverse effects* | 36.3 | 31.8 | 4.5 |
| Diabetes | 22.8 | 21.5 | 1.3 |
| Kidney Disease | 22.7 | 18.1 | 4.6 |
| Other digestive diseases** | 21.4 | 19.3 | 2.1 |
| Suicide | 18.9 | 13.9 | 5.0 |

DATA SOURCE: MICA

*Includes water/air/space/other/unspecified accidents, falls, accidental drowning and submersion, discharge of firearms, exposure to smoke/fire/flames, poisoning and exposure to noxious substances.

** Diseases of appendix, hernia, cholelithiasis and other disorders of gallbladder.

Figure 24: All-Cause Mortality, 2009-2013



DATA SOURCE: MICA

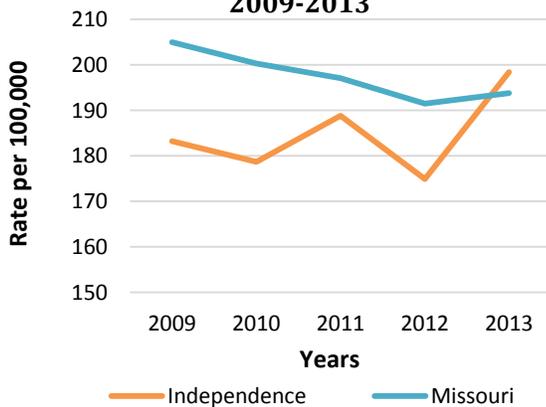
Health Areas

Chronic Disease

- Heart Disease**

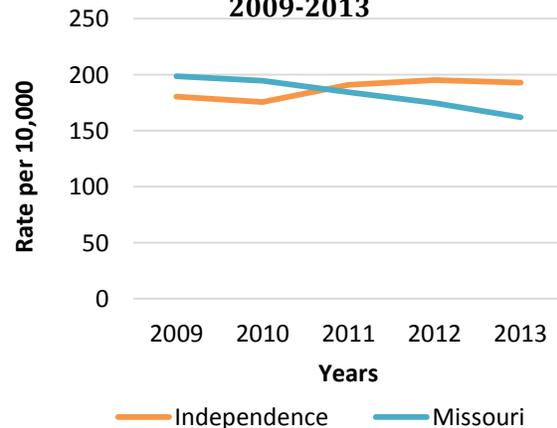
Heart disease accounts for almost one in every four deaths and is the leading cause of death for both men and women. Moreover, heart disease is the leading cause of death for most ethnicities, including African Americans, Hispanics, and whites.³⁶ The Health Indicator Warehouse showed the total Missouri age-adjusted rate by 2010 census data was 202 deaths per 100,000 state residents, and the Independence total rate was 177 per 100,000.^{37, 38} The mortality rate from heart disease steadily declined from 2009-2012, with a slight increase in 2012 for Missouri.³⁸ The mortality rate for Independence has fluctuated, with a sharp increase from 2012 to 2013.³⁹ (**Figure 25**) During the same period, the rate of hospitalizations for heart disease in Independence has remained consistent, while the rate for hospitalization for the state has decreased. (**Figure 26**).

Figure 25: Age-adjusted Mortality Rate: Heart Disease, 2009-2013



DATA SOURCE: MICA

Figure 26: Age-Adjusted Hospitalization Rate: Heart Disease, 2009-2013

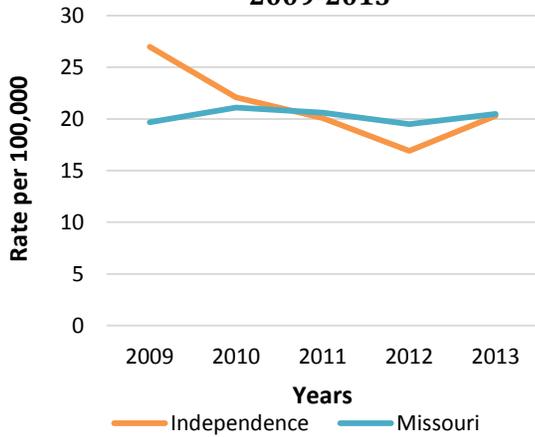


DATA SOURCE: MICA

- **Diabetes**

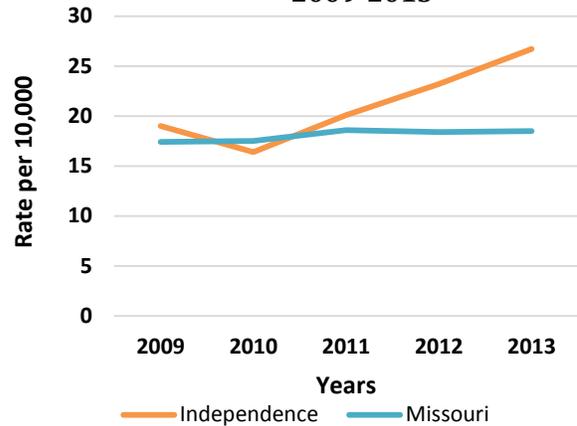
In 2014, 29.1 million people nationwide had diabetes, while 86 million people were considered pre-diabetic.⁴⁰ The diabetes mortality rate for Missouri has remained stable. In comparison, the diabetes mortality rate declined in Independence from 2009 to 2012 but increased in 2013.³⁸ Hospitalizations due to diabetes have consistently been higher for Independence than for Missouri as a whole (*Figures 27 and 28*).

Figure 27: Mortality Rate: Diabetes, 2009-2013



DATA SOURCE: MICA

Figure 28: Hospitalization: Diabetes, 2009-2013

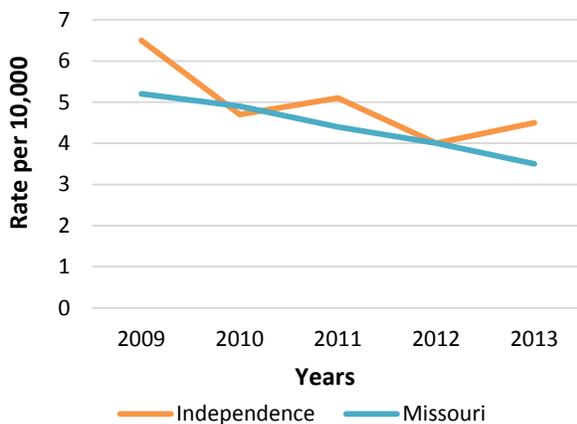


DATA SOURCE: MICA

- **Chronic Lower Respiratory Disease (CLRD)**

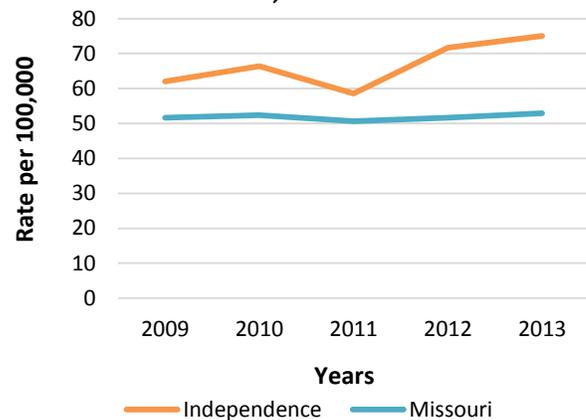
Chronic Lower Respiratory Disease, which includes Chronic Obstructive Pulmonary Disease (COPD), causes airflow blockage and breathing-related problems. It includes emphysema, chronic bronchitis, and in some cases asthma. In 2011, COPD was the third leading cause of death, with 15 million people reported being diagnosed.⁴¹ 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.⁴¹ The COPD mortality rate declined for men over this period, but remained stable for women.⁴² In 2011, between 8% and 9% of Missouri residents had COPD.⁴² The rates for CLRD for Independence were higher than for the state.⁴² Independence CLRD rates have increased from 2011 to 2013.⁴² By contrast, while the state of Missouri hospitalizations rates show a decrease, Independence hospitalization rates fluctuate from 2009-2013 (*Figures 29 and 30*).⁴²

Figure 29: Hospitalization: CLRD, 2009-2013



DATA SOURCE: MICA

Figure 30: Mortality Rate: CLRD Deaths, 2009-2013

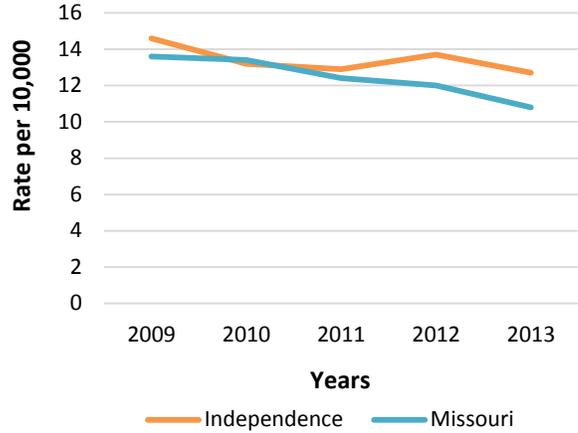


DATA SOURCE: MICA

- **Asthma**

According to the American Lung Association (ALA), asthma affects 25.9 million Americans of all ages.⁴² Asthma is the number one cause of school absenteeism among children accounting for more than 14 million total missed days of school.⁴² For the 2014-2015 school year the Independence School District (ISD) reported 16% of their students had a diagnosis of asthma. Available data from the state indicates hospitalizations for asthma has shown a slight decrease for both the state and Independence.⁴²

Figure 31: Hospitalization: Asthma, 2009-2013



DATA SOURCE: MICA

Mental and Behavioral Health

In 2014, 14,903 Jackson County residents received treatment for serious mental illness.⁴³ 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.

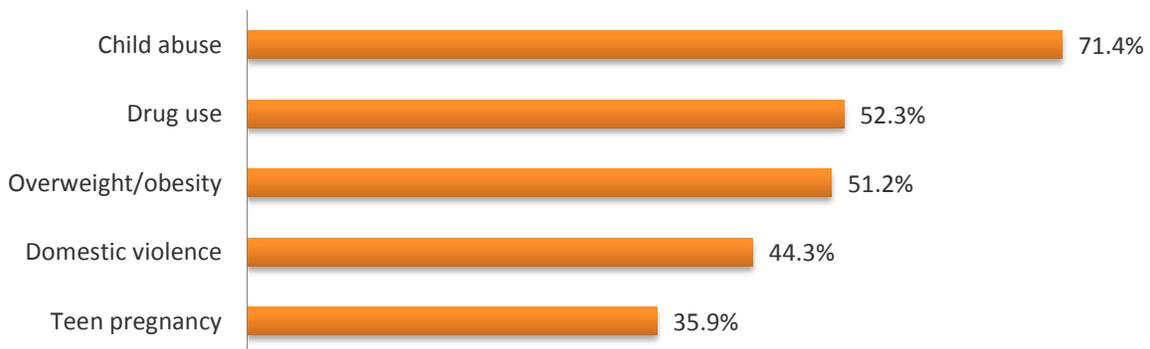
In northwest Missouri, including Jackson County, 21% of those 18 and older had a mental illness in the past year with 5% having a serious mental illness in the past year.⁴³ These disorders resulted in substantial impairment in carrying out major life activities.

IHD recognizes that mental and behavioral health may influence 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 Services (CMHS) for additional services.

Maternal and Child Health

- **Community Perceptions**

Figure 33: Five Most Important Overall Public Health Concerns for Children in Independence.



- **Teen Pregnancy**

The birth rate for teenagers age 15-19 from 2012 to 2013 showed a 7% decrease per 1,000 residents in Missouri compared to a 10% decrease in the U.S.⁴⁴ As the fifth perceived childhood public health problem in the CHA, Independence has a higher rate of teen pregnancy than both the county and state according to 2013 data from the Missouri Department of Health and Senior Services (MO DHSS).⁴¹ Missouri was ranked 18 out of 50 (#1 is best, #50 is worst) in 2013 with 5,857 teen births compared to 2010 when the state was ranked 26.⁴⁴ Teen child bearing in 2010 cost the public \$184 million in Missouri and 9.4 billion nationally.⁴⁵

- **Infant Mortality**

The infant mortality rate is an estimate of the number of infant deaths for every 1,000 live births. Causes of infant mortality include: birth defects, preterm birth, maternal complication of pregnancy, sudden infant death syndrome, and injuries. In 2014, 23,000 infants died in the United States.⁴⁶ During 2002-2012, Independence’s infant mortality rate was 6.3 per 1,000 live births, compared to the state’s infant mortality rate, which was 7.3 per 1,000 live births.⁴¹ By contrast, sudden infant death syndrome (SIDS) was slightly higher, which accounted for a rate of 0.8 per 1,000 live births, compared to the state’s rate of 0.5 per 1,000 live births during the same years.⁴¹ A baby with low birthweight is a baby born less than five pounds, eight ounces.⁴⁷ During 2008-2012, low birthweight in Independence was slightly lower than the state, which accounted for an rate of 7.7, compared to the state average rate of 8.⁴²

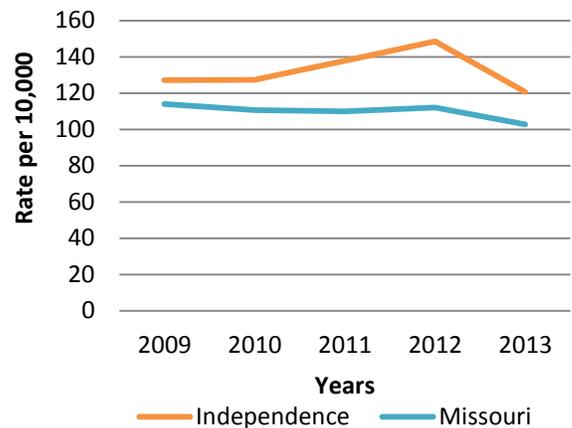
- **Childhood Obesity**

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 2011.³⁰ 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.⁴⁸ While this trend among the very young is promising, the report shows that rate of overweight/obese children (17%) has remained stable over that same time period.⁴⁸

- **Child Accidents**

Independence child injury ED rates are higher than that of the state from 2009 to 2013.⁴¹ Through 2009-2012, the state child injury ED rates remained steady.⁴¹ Rates for the state decreased slightly from 2012 to 2013.⁴¹ By comparison, Independence child injury ED rates showed a steady increase from 2010 to 2012 and a sharp decrease from 2012 to 2013. (Figure 32)

**Figure 32: Child Injury ED Visits
Ages 1-14, 2009-2013**



DATA SOURCE: MICA

Communicable Diseases

Missouri law, 19 CSR 20-20.020 requires reporting the identification of certain diseases and conditions to the health department and to the MO DHSS. The IHD's Communicable Disease staff processed 1,527 reported disease cases in 2015, of which 527 required further investigation. Overall, in 2015, there was a 42% increase in the total number of cases that required investigation compared to the previous year. IHD staff utilized eight surveillance sites that report daily and weekly communicable disease activity to monitor disease trends in the community.

For the years 2014 and 2015, influenza, animal bites, Hepatitis B and Hepatitis C were the leading communicable diseases among residents. In 2015, there was a Shigella outbreak in the Kansas City Metro area. Independence experienced a 1300% increase in reported Shigella cases joining the above reportable conditions as one of the top five conditions affecting residents.

Table 5: Percent of Total Reported Communicable Diseases in Independence

| | 2015 |
|--------------|------|
| Influenza | 49% |
| Animal Bites | 25% |
| Hepatitis C | 19% |
| Shigellosis | 4% |
| Hepatitis B | 3% |

DATA SOURCE: IHD Surveillance

In the 2014-15 influenza season, 59% of children (6 months to 17 years) and 44% of adults 18 years or older were vaccinated for influenza in the United States according to CDC. IHD provided over 1,800 influenza vaccinations to area school-age residents. Students were also provided the opportunity to get other vaccinations such as Tdap (pertussis booster). Bi-annual immunization audits on area childcare centers and home daycares resulted in a 100% compliant status for the facilities, meaning all children are age appropriately immunized or have proper exemption documentation.

Sexually Transmitted Infections (STI)

IHD collects and records STI 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.

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

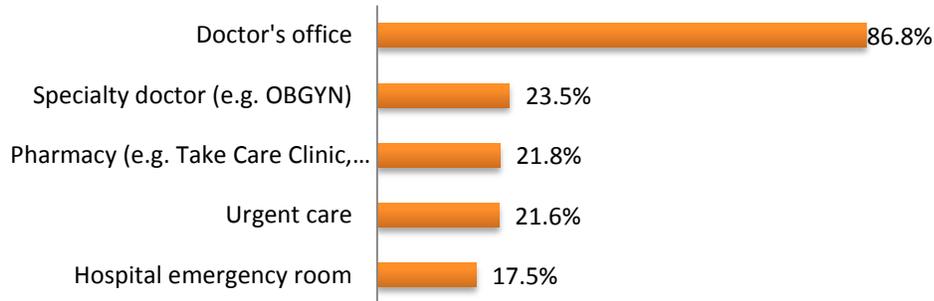
"Of all the forms of inequality, injustice in health care is the most shocking and inhumane."

- Dr. Martin Luther King, Jr.

Accessing Health Care Services: Insurance Coverage and Cost

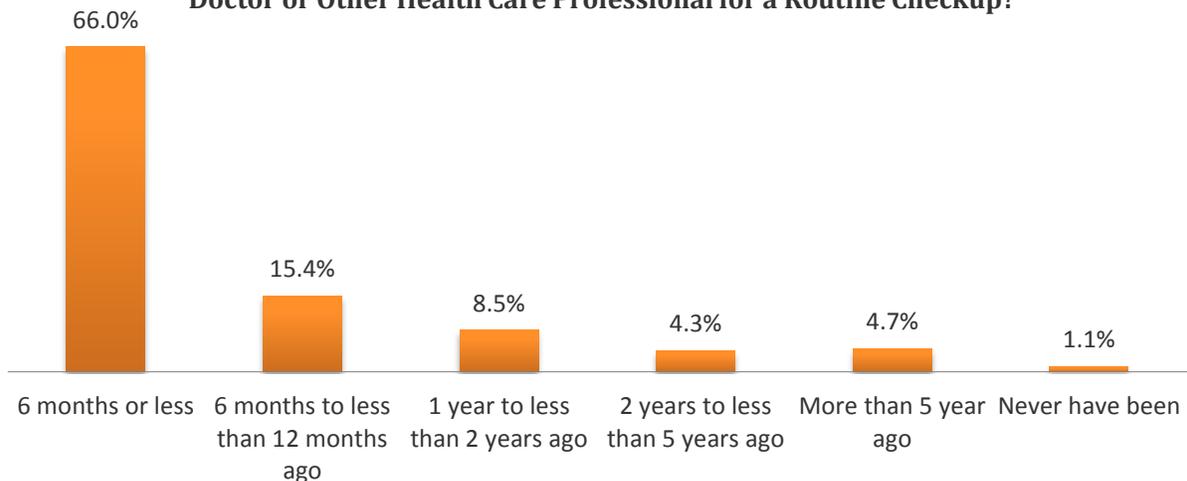
The Community Health Survey asked respondents a series of questions about accessing health care. When respondents were asked to select all options that applied to where they went for normal/routine health care, 87% of respondents checked that they went to a traditional health care facility, with 35% to non-traditional health care facilities (chiropractors, pharmacy, etc.), and 39% going to urgent care or ED respectively (**Figure 34**). Ninety percent of the respondents indicated that they had visited a doctor for a routine checkup and 78% had visited a dentist within the last two years (**Figure 35**).

Figure 34: Top Five Places Respondents Went When Sick or in Need of Advice About Health (Routine Health Care/Non-emergency).



DATA SOURCE: IHD 2015 Community Health Survey

Figure 35: About How Long Has It Been Since You Last Saw or Talked to a Doctor or Other Health Care Professional for a Routine Checkup?



DATA SOURCE: IHD 2015 Community Health Survey

The majority (94%) of respondents reported they participated in a form of health insurance, an increase of five percent from the 2013 Community Health Assessment (**Figure 36**). Of 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 37**). For those respondents that indicated they did not have insurance, the majority said it was due to cost (87%). There is a need for more education on provisions of the Affordable Care Act (ACA) as pre-existing condition (which 6% of respondents listed as the reason for lack of insurance) should no longer be a reason for insurance denial (**Figure 38**).

Figure 36: Percent of Respondents that had Insurance in 2013 vs 2015

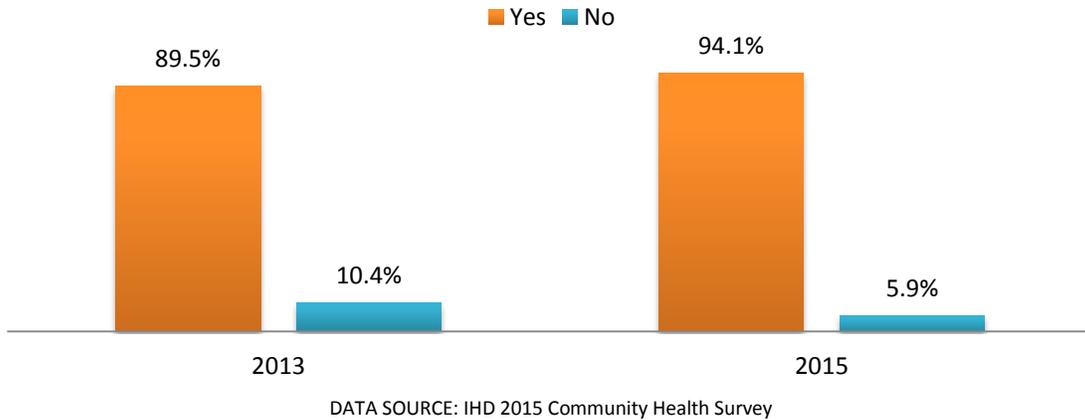


Figure 37: What Kind of Health Insurance Do You Have?

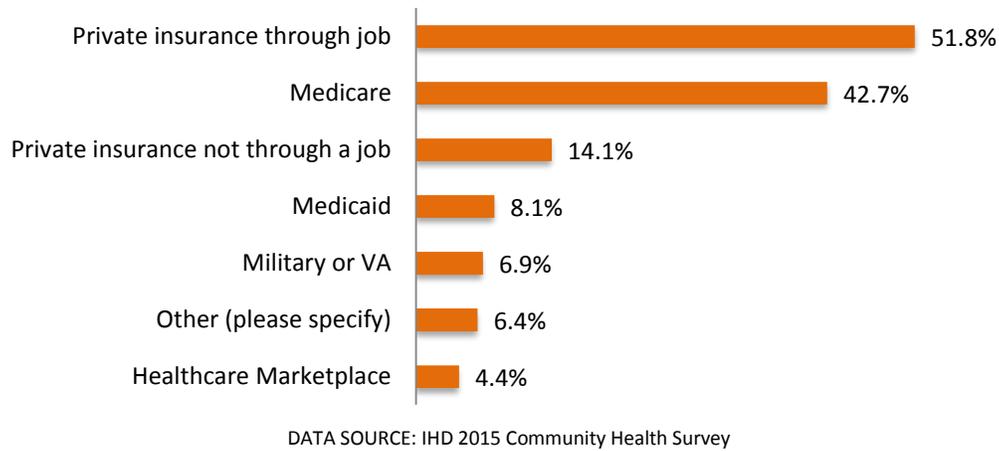
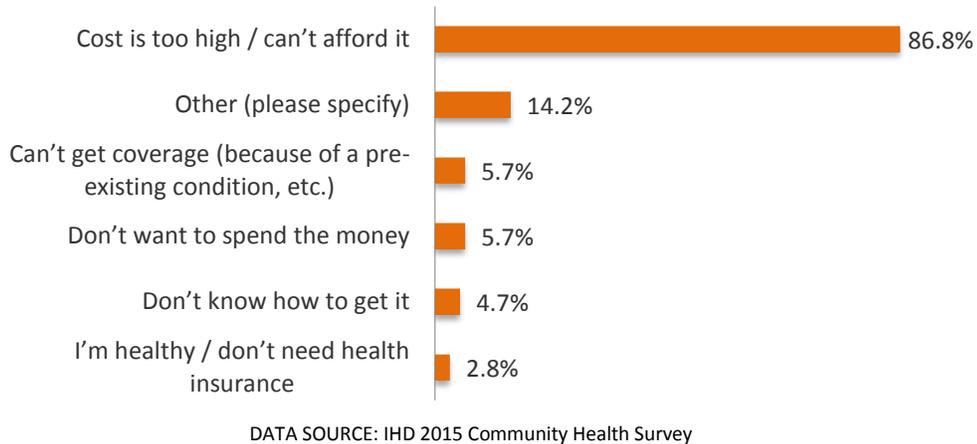


Figure 38: Why Do You Not Have Health Insurance? Please Check All That Apply.



Public Health Services in 2015

- **Disease Prevention**

The Disease Prevention 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 ten 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

➤ **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.

A tobacco use prevention media campaign aimed at teens was continued for a third year. Independence youth assisted in determining the locations of advertisements placed on billboards near schools, the Independence Center and on social media. A youth anti-tobacco night was also held at a Missouri Mavericks Hockey game.

The City Council passed an ordinance limiting the purchase of tobacco and alternate nicotine devices to age 21 and over. The ordinance was recommended by the Advisory Board of Health after research by staff.

➤ **Improving Access to Healthy Foods**

One additional store in Independence agreed to participate in the Stock Healthy Shop Healthy Initiative, which aims to create greater access to healthful foods for Independence residents. Staff provided assistance to the 254 community and school garden beds in Independence, while several new school gardens and community gardens were added. Over 1,300 packets of seeds and 960 plants were delivered to low-income residents and school gardens.

➤ **Promoting Physical Activity**

The 4th Annual Independence Park Trot 5K Run/Walk was held with more than 2,000 participants.

As many as 54 participants met weekly to walk a one-mile route at several city parks and trails for The Mile Starts Here walking program. Approximately 900 miles were walked by the participants during the year.

The Department partnered with the Missouri Mavericks for a fourth year to promote the Get Healthy Independence smartphone application. This free app lists parks, trails, farmers' markets, and community gardens in Independence. Search "Get Healthy Independence," and download the application for free.

International Walk to School Day at Santa Fe Elementary was a success. Students met at Santa Fe Park to enjoy a healthy smoothie on the Bike Blender before walking a mile to school.

The Department partnered with five local businesses to provide assistance on their worksite wellness initiatives. Ideas for challenges, fitness promotion, the Bike Blender, and program evaluation were some of the ways support was provided.

- ***Environmental Public Health***

IHD Environmental Public Health Division includes Animal Services, Permitted Establishments, and Property Maintenance. Animal Services is tasked with ensuring public safety from dangerous animals and preventing the spread of zoonotic diseases. Permitted Establishment 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 2,141 establishments in 2015. Property Maintenance staff work in partnership with the people of Independence to promote and maintain a safe and desirable living and working environment. The City of Independence has developed municipal codes intended to protect the life, health, safety, and welfare of its residents. The Property Maintenance Code sets the minimum standards by which development must conform.

- **Operation Litter Less**

Independence Animal Services continues to offer free and reduced-cost spay and neuter vouchers to qualifying Independence and Jackson County residents. There were 291 vouchers issued in 2015.

- **Association of Food and Drug Officials (AFDO) Grants Awarded**

The Health Department was awarded several grants from AFDO to pursue three different projects. Staff worked to develop the project ideas, which included foodborne illness investigation training for five staff members, pursuit of retail food program standards, and tablet integration into the field inspection process.

- **Property Maintenance Officer Named “Code Enforcement Officer of the Year”**

This summer, Property Maintenance Officer David Dickerson received the Missouri Code Enforcement Officer of the Year award from the Missouri Association of Code Enforcement (MACE). MACE is an organization dedicated to providing exceptional quality and cutting-edge training for code enforcement professionals. The award was presented to Dickerson at the Association’s annual meeting in Lake Ozark, Missouri.

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

There were four NCCP cleanups held, yielding more than 90 tons of trash and brush. The final compliance rate after cleanup was 98.9% for the year.

- ***Communicable Disease and Immunization***

The Communicable Disease and Immunization Division is dedicated to a variety of activities and programs that affect the health, safety, and well-being of the community. Staff are involved in many areas of, communicable disease prevention and control, immunizations, asthma education, capacity building and service coordination.

The Communicable Disease and Epidemiology staffs have the responsibility for the following:

- Tracking disease trends in the community.
- Conducting investigations on reported cases of reportable communicable diseases and outbreaks.
- Vaccination clinics (influenza, Tdap, meningitis).

- 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.

➤ **Teen Pregnancy Prevention**

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

➤ **Ebola**

Communicable disease staff was responsible for directly monitoring travelers that returned from Ebola-impacted countries. Health status was monitored frequently to assure a proper response should symptoms appear.

➤ **Vaccination Coverage and Promotion**

Bi-annual onsite immunization audits occur at all 52 childcare centers and home daycares licensed in Independence. Records were reviewed on more than 4,717 children to assure age-appropriate immunizations. After review and education were provided to parents and providers; all records were 100% compliant.

School-based influenza vaccination clinics were offered in both the Independence and Fort Osage School Districts for grades pre-K-12, with 1,843 influenza vaccinations administered. The overall flu vaccination rate for students was 10%; some schools had a rate as high as 26%. The vaccination effort in the schools was effective in reducing the number of missed days related to respiratory illnesses for the students. School-based Tdap (pertussis booster) clinics were also offered to the Independence School District (ISD) to prepare for eighth grade requirements; 292 students were vaccinated with Tdap.

IHD became recognized as a Specialty Provider in the Vaccines for Children (VFC) program, which allows for a focus on community or school-based clinics. Vaccine is offered at no cost for Medicaid eligible, uninsured, or underinsured children. The Department also partnered with Vaxcare to be able to bill insurance companies for those that are insured.

➤ **Open Airways**

The Open Airways for Schools (OAS) program took steps to manage asthma, improve school performance, and lessen severe asthma episodes in children. The program works by teaching children how to take control of their asthma. 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 also provided for asthma education for the school staff.

➤ **Combating Antibiotic-resistance Stewardship**

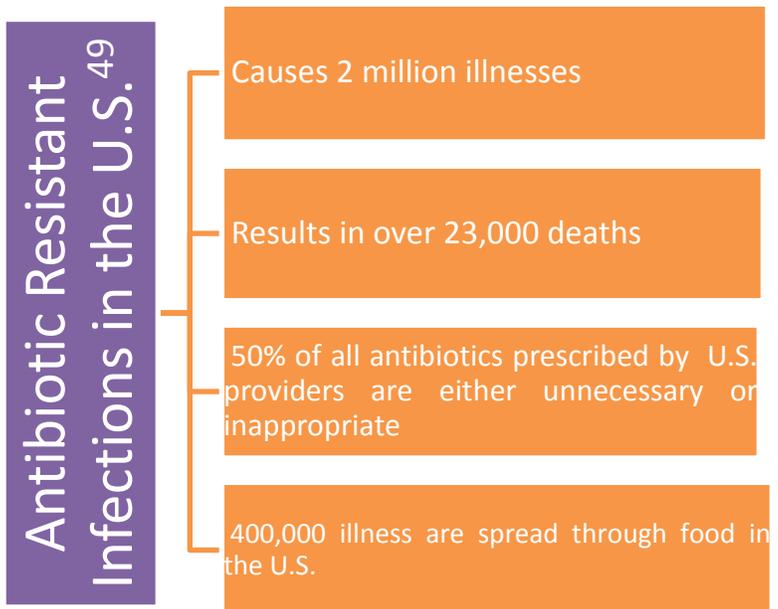
Antibiotic-resistant infections are associated with many morbidity and mortality cases each year. *Clostridium difficile* (C. difficile) is a unique bacterial infection that, although not significantly

resistant to the drugs used to treat it, is directly related to antibiotic use and resistance. *C. Difficile* causes 250,000 illnesses and 14,000 deaths in the United States each year.⁸⁶ Drug-resistant *Neisseria gonorrhoeae* causes an estimated 246,000 cases with less than five deaths annually.⁸⁶ Drug-resistant *Campylobacter* causes an estimated 310,000 cases and 28 deaths annually.⁸⁶ *Methicillin-resistant Staphylococcus aureus* (MRSA) causes 80,000 illnesses and 11,000 deaths annually.⁸⁶ These are a few examples of conditions that have also been seen locally.

CDC identified four core actions to fight antibiotic resistance:

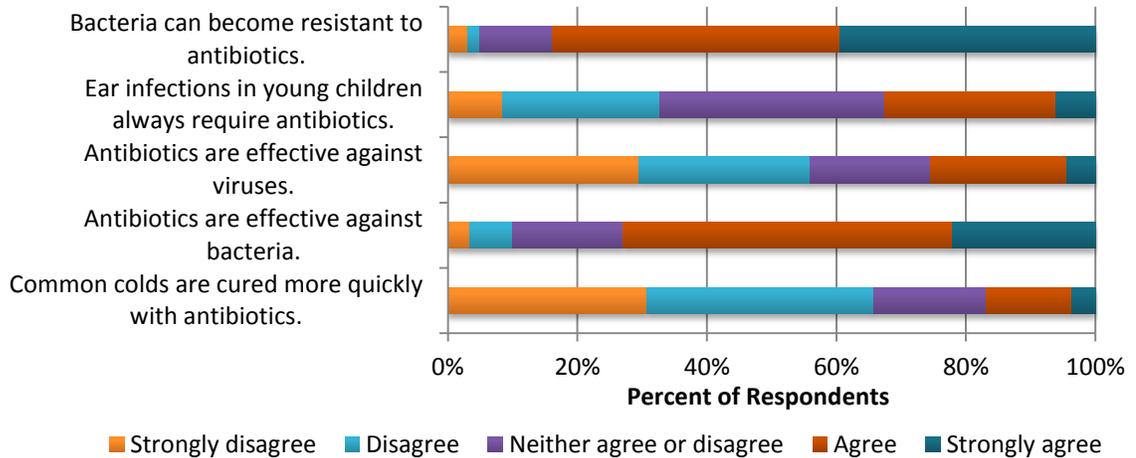
1. Preventing infections and preventing the spread of resistance.
2. Tracking resistance patterns.
3. Improving use of today's antibiotics (Antibiotic Stewardship).
4. Developing new antibiotics and diagnostic tests.

Antibiotic-resistant infections can happen anywhere. Data show that most happen in the general community; however, most deaths related to antibiotic resistance happen in healthcare settings, such as hospitals and nursing homes. Antibiotic-resistant bacteria pose a high risk to people receiving chemotherapy, undergoing complex surgery such as a cardiac bypass or joint replacements, having rheumatoid arthritis, in dialysis for end-stage renal disease or organ and bone marrow transplants.



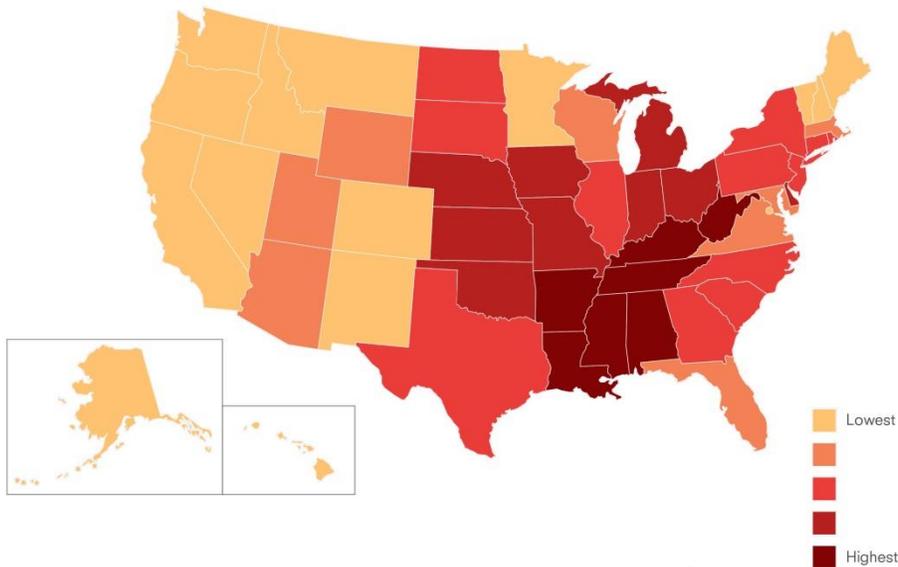
Antibiotics are powerful drugs that are generally safe and very helpful in fighting disease, but there are times when antibiotics can actually be harmful. Antibiotics are responsible for almost 1 out of 5 ED visits for adverse drug events.⁴⁹ Antibiotics are the most common cause of ED visits for adverse drug events in children under the age of 18 years of age.⁴⁹ There is a need for a safety and stewardship antibiotic program.

Figure 39: How Much Do You Agree or Disagree with the Following Statements Regarding Antibiotics?



DATA SOURCE: IHD 2015 Community Health Survey

Figure 40: Community Antibiotic Prescribing Rates by State (2013/2014)*



*Antibiotic prescription per 1,000 persons
 Prescribing data from 2014; population from 2013
 DATA SOURCE: IMS Health

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. Two Rivers Hospital in Raytown, Western Missouri Mental Health, and Truman Medical Center West are also available to Independence citizens. Jackson County also provides limited mental health services.

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 limited by locations and schedule. The Kansas City Area Transportation Authority (KCATA) provides bus routes for transportation on 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.

Native Americans feel there is no source of regular care in the area. They often have to travel to a neighboring state to receive health care services through the American Indian Health Services. Foster children do not receive timely services due to not having a medical home. Foster children are faced with the issue of consistency and availability of services. The immigrant and refugees community members have a different expectation about health care services, as well as lack of understanding on how the U.S health system works.

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 include, but are 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 Kansas 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:

The Need to Continue Public Health 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 the development of coordinated messages pertaining to obesity prevention.
- The promotions of school and community-based addiction and prevention programs have shown that they could help children, teens, and adolescents to develop the skills and abilities to live a drug- and tobacco-free life as well as develop coping mechanisms to tackle stress and improve mental health. Promotion of mental health and intervention would help individuals develop and sustain positive mental self-image, reduce risks related to development of mental illness and/or prevent substance abuse. 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. Recovery from mental health and substance abuse issues are supported by treatment and support services in the community according to the U.S. Substance Abuse and Mental Health Services Administration.
- Teen pregnancy is the fifth-perceived childhood public health problem in Independence, according to the CHA. Independence has consistently had a higher rate of teen pregnancy than the state and has a higher rate of teen pregnancy than both the county and state according to 2013 MO DHSS data. Missouri has a higher teen pregnancy rate than the national average, and the U.S. has the highest teen pregnancy rates of any industrial nation. Teen child bearing costs about \$215 million in Missouri every year. National data in 2014 indicated the teen birth rate was at 24 births per 1,000 girls. In Missouri, the rate was 27.2 births per 1,000 girls. This was a nine percent decrease from the 2013 rate for both the nation and state. 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.

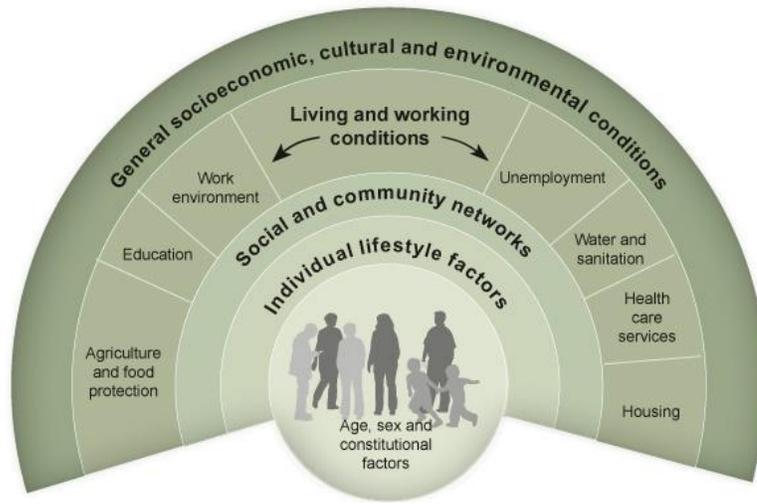
Social, Community and Public Health Networks

Numerous services, resources and organizations are working to meet the needs of Independence residents. Throughout the development of this document, many community-based and regional organizations were involved, as well as the public at large. 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.

The following diagram in **Figure 41** provides a visual representation detailing the upstream factors influencing individual lifestyle factors.

Figure 41: Social Determinants of Health Framework



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

Primary Quantitative Data Collection

The IHD conducted the Community Health Survey and a focus group in the fall of 2015. IHD staff in consultation with community members created the survey instrument used for this assessment in order to address health indicators associated with health promotion and disease prevention. IHD mailed the six-page survey to 12,727 households in Independence. The use of Geographic Information Systems (GIS) allowed the sample to be statistically significant for each zip code within Independence city limits. Residents could complete the survey online using SurveyMonkey® or mail the completed paper survey to IHD.

Five hundred and eighty three (583) surveys were returned due to address change or unoccupied addresses. Out of the 12,727 households that received a survey, 2,047 households completed surveys giving the 2015 Community Health Survey a 16% response rate.

Secondary Quantitative Data Collection

To provide a salient community health profile for Independence, the Community Health Assessment 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, 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, community members participated in two focus groups through the Hungry and Homeless Coalition, a group addressing the needs of the

underserved in Independence. 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 social services.

Analyses and Limitations

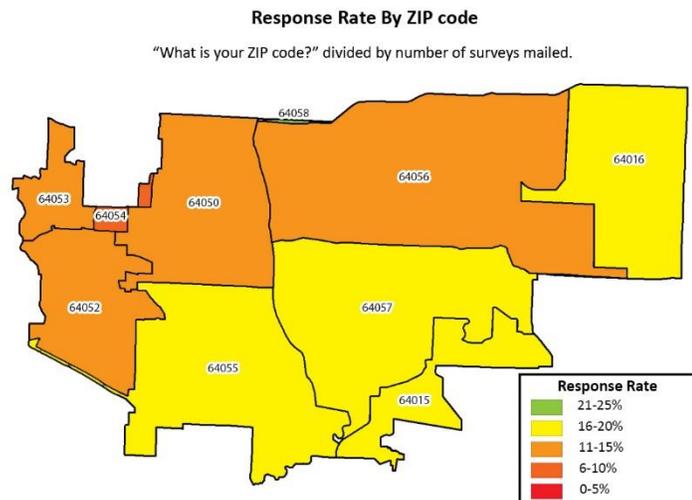
The assessment process included synthesizing existing (secondary) data on social, economic, and health indicators in the region. Primary quantitative information from a survey to community members from across the 10 zip codes was also used to create a health profile for Independence. The quantitative 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 2014. 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 eight gift cards and one potential bonus gift card for online submission, which may have influenced the demographic of the respondents. The surveys had a low representation from low-income homes. Addition of survey completion options is needed. This includes providing postage stamps, participating in health fairs and in-person options at different locations such as at WIC offices/food stamp offices, libraries, community centers etc.

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

Figure 12: Response Rate by Zip Code



DATA SOURCE: IHD 2015 Community Health Survey

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Appendix A: Community Health Survey

City of Independence Community Health Assessment Survey

The Health Department is conducting a community health assessment to identify the public health needs of the community. Results will be made available to the public, however, all individual responses will be anonymous. Filling out the survey should take **10-15 minutes**. Your opinion is important to us! If you complete the survey, you will be eligible to enter a drawing for one of eight \$50 gift cards. Online surveys are entered into a bonus drawing for a \$100 gift card. Complete the survey online at www.research.net/s/IHDSurvey2015 or return the survey in the enclosed envelope by **October 23, 2015**.

For questions, please call 816-325-7185.

My Community

1. What do you think are the FIVE most important overall public health concerns in Independence? Please choose FIVE.

- | | | |
|---|--|---|
| <input type="checkbox"/> Alcohol | <input type="checkbox"/> Drug use | <input type="checkbox"/> Mental health |
| <input type="checkbox"/> Animal control | <input type="checkbox"/> Exercise | <input type="checkbox"/> Overweight/obesity |
| <input type="checkbox"/> Availability of health care | <input type="checkbox"/> Fluoride in the water | <input type="checkbox"/> Property maintenance (weeds/trash) |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Food poisoning | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Child abuse | <input type="checkbox"/> Heart disease | <input type="checkbox"/> Teen pregnancy |
| <input type="checkbox"/> Childcare | <input type="checkbox"/> Immunizations | <input type="checkbox"/> Tobacco use |
| <input type="checkbox"/> Clean restaurants | <input type="checkbox"/> Injury | |
| <input type="checkbox"/> Domestic violence | <input type="checkbox"/> Lung disease | |
| <input type="checkbox"/> Other (please specify) _____ | | |

2. What do you think are the FIVE most important overall public health concerns for **children** in Independence? Please choose FIVE.

- | | | |
|---|--|---|
| <input type="checkbox"/> Alcohol | <input type="checkbox"/> Drug use | <input type="checkbox"/> Mental health |
| <input type="checkbox"/> Animal control | <input type="checkbox"/> Exercise | <input type="checkbox"/> Overweight/obesity |
| <input type="checkbox"/> Availability of health care | <input type="checkbox"/> Fluoride in the water | <input type="checkbox"/> Property maintenance (weeds/trash) |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Food poisoning | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Child abuse | <input type="checkbox"/> Heart disease | <input type="checkbox"/> Teen pregnancy |
| <input type="checkbox"/> Childcare | <input type="checkbox"/> Immunizations | <input type="checkbox"/> Tobacco use |
| <input type="checkbox"/> Clean restaurants | <input type="checkbox"/> Injury | |
| <input type="checkbox"/> Domestic violence | <input type="checkbox"/> Lung disease | |
| <input type="checkbox"/> Other (please specify) _____ | | |

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

| | Very dissatisfied | Dissatisfied | Neither satisfied nor dissatisfied | Satisfied | Very satisfied |
|---|--------------------------|--------------------------|------------------------------------|--------------------------|--------------------------|
| Access to fruits, vegetables, and other healthful foods | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Bike lanes on roads | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Bike racks | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Community gardens | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Emergency points in parks/on trails | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Parks, trails, neighborhood/school playgrounds | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Protection from secondhand smoke in parks | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Recreational programs for the community | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sidewalks | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Access to Care

4. Where do you/your household members **usually** go when sick or need advice about your/their health (routine health care/non-emergency)? 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"/> Hospital 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 or health center (Planned Parenthood, Swope Health Services) | | |
| <input type="checkbox"/> Other (please specify) _____ | | |

Thank you for completing the survey!

5. Do you currently have health insurance? Yes No (If no, skip to 5b)
- a. What kind? Please check all that apply. (Answer then continue to question 6)
- Private insurance through job Medicare Medicaid
 Private insurance not through a job Military or VA Healthcare Marketplace
 Other (please specify) _____
- b. Why not? Please check all that apply.
- Cost is too high/can't afford it I'm healthy/don't need health insurance
 Don't want to spend the money Can't get coverage (because of a pre-existing condition, etc.)
 Don't know how to get it Other (please specify) _____
6. About how long has it been since you last saw or talked to a doctor or other health care professional for a routine checkup?
A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.
- 6 months or less 1 year to less than 2 years ago More than 5 year ago
 6 months to less than 12 months ago 2 years to less than 5 years ago Never have been
7. How long has it been since you last visited a dentist? Include all types of dentists, such as, orthodontists, oral surgeons, and all other dental specialists, as well as dental hygienists.
- 6 months or less 1 year to less than 2 years ago More than 5 year ago
 6 months to less than 12 months ago 2 years to less than 5 years ago Never have been
8. How long has it been since you had your teeth cleaned by a dentist or dental hygienist?
- 6 months or less 1 year to less than 2 years ago More than 5 year ago
 6 months to less than 12 months ago 2 years to less than 5 years ago Never have been
9. Have you or anyone in your household ever been prescribed prescription fluoride tablets, drops or treatments?
- Yes No Don't know
10. 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"/> CityScene | <input type="checkbox"/> City 7 | <input type="checkbox"/> Computer/internet |
| <input type="checkbox"/> Friends/family | <input type="checkbox"/> Grocery stores | <input type="checkbox"/> Health care providers |
| <input type="checkbox"/> Health department | <input type="checkbox"/> Local newspapers | <input type="checkbox"/> Newsletters |
| <input type="checkbox"/> Posters | <input type="checkbox"/> Radio | <input type="checkbox"/> Smartphone app |
| <input type="checkbox"/> Social media | <input type="checkbox"/> Social services offices | <input type="checkbox"/> TV news |
| <input type="checkbox"/> Talk shows | <input type="checkbox"/> WIC | |
| <input type="checkbox"/> Other (please specify) _____ | | |
11. Did you get a flu shot in the last year? Yes No
12. In the last five to ten years, have you received the Tdap (tetanus, diphtheria, and pertussis) vaccine that is most commonly known to protect against whooping cough and tetanus?
- Yes No I don't know
13. Are the children in your household current on their recommended immunizations (shots)?
- Yes No (Proceed to 13 a) Exempt (Skip to 13 b)
 I don't know/I'm not sure Not applicable
- a. If no, why not? Please check all that apply. (Answer then continue to question 14)
- Clinic hours do not meet my needs Cost Don't know where to go
 No insurance No transportation Need more information
 Other (please specify) _____
- b. If exempt, check all that apply
- Parent exemption Medical exemption Religious exemption

Antibiotic Use & Handwashing

14. 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"/> |

15. 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 daycare sooner. | <input type="checkbox"/> |

16. 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"/> |

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

- Always Usually Sometimes Rarely Never

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

- Yes No I'm not sure

Tobacco Use

19. Does anyone in your household have an asthma diagnosis? Yes No

20. In the past year, how often have you smoked cigarettes?
 Daily Occasionally Not at all (Skip to question 25)

21. How often do you currently smoke cigarettes?
 Daily Occasionally Not at all

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

23. 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 Quitting classes/support group
 Electronic cigarette (e-cigarette) Medication (Zyban, Chantix, etc.)
 Telephone quit line Nicotine replacement (gum, patches, and lozenges)
 Other (please specify) _____

24. 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

Thank you for completing the survey!

25. Do you currently use any of the following nicotine products? Please check all that apply.
- Chewing tobacco Cigars Dissolvable tobacco
 Snuff No, I do not use any of these products Other (please specify) _____
26. Have you ever used electronic cigarettes (E-cig, E-hookah, Vape)? Yes No
27. Do you think electronic cigarette advertising is targeted towards youth? Yes No Don't notice advertising
28. 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
29. 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 Other (please specify) _____

Preteen/Teen Pregnancy

30. 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 _____
31. 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
32. 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 and Drug Use

33. During the past 30 days, on how many days did you have at least one drink of alcohol beverage such as beer, wine, a malt beverage or liquor? _____
- 0 days 1 or 2 days 3 to 5 days 6 to 9 days
 10 to 19 days 20 to 29 days All 30 days Don't know
34. 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
35. Have you or anyone in your household used any of the following drugs in the past: (Please check all that apply)
- Cocaine Heroin Marijuana or hashish
 Crack cocaine Methamphetamine (Meth) Prescription drug (Abuse)
 None Other (please specify) _____
36. Have you ever, even once, used a needle to inject a drug not prescribed by a doctor? Yes No

Nutrition

37. How many servings of fruits do you usually eat in a day? (1 serving = 1cup)
 0 1 2 3 4 5 or more
38. How many servings of vegetables do you usually eat in a day? (1 serving = 1cup)
 0 1 2 3 4 5 or more

39. Where do you get your fruits and vegetables? Please check all that apply.
- | | | | |
|---|---|--|---|
| <input type="checkbox"/> Community garden | <input type="checkbox"/> Convenience store | <input type="checkbox"/> Ethnic store | <input type="checkbox"/> Farmers' market |
| <input type="checkbox"/> Food pantry | <input type="checkbox"/> Grocery store | <input type="checkbox"/> Mobile market | <input type="checkbox"/> Personal/family garden |
| <input type="checkbox"/> I do not eat fruits and vegetables | <input type="checkbox"/> Other (please specify) _____ | | |
40. How do you travel to the grocery store? Please check all that apply.
- | | | |
|---|---|-------------------------------|
| <input type="checkbox"/> Bus | <input type="checkbox"/> Friend, relative or neighbor drives | <input type="checkbox"/> Taxi |
| <input type="checkbox"/> Drive self | <input type="checkbox"/> Share a Fare or other door-to-door transport | <input type="checkbox"/> Walk |
| <input type="checkbox"/> Don't grocery shop | | |
41. Are you aware that SNAP benefits (food stamps) can be used at the Independence Farmers' and Crafters' Market?
- Yes No

Physical Activity

42. How many hours of physical activity do you usually get in a week?
- | | | |
|--|---|---|
| <input type="checkbox"/> 0 | <input type="checkbox"/> 0.5 – 1 hour (30 – 60 min.) | <input type="checkbox"/> 1 – 1.5 hours (61 – 90 min.) |
| <input type="checkbox"/> 1.5 – 2 hours (91 – 120 min.) | <input type="checkbox"/> More than 2 hours (more than 120 min.) | |
43. Do you use city parks, sports fields or trails? Yes (Proceed to 43 a) No (Skip to 43 b)
- a. If yes, how do you use the park or trail? Please check all that apply.
- | | | | |
|--------------------------------------|---|---|---|
| <input type="checkbox"/> Cycling | <input type="checkbox"/> Playgrounds/spraygrounds | <input type="checkbox"/> Run | <input type="checkbox"/> Special events |
| <input type="checkbox"/> Team sports | <input type="checkbox"/> Walk | <input type="checkbox"/> Other (Please specify) _____ | |
- b. If no, why not? Please check all that apply.
- | | | |
|--|---|---|
| <input type="checkbox"/> Don't have enough time/interest | <input type="checkbox"/> Safety concern (lighting, sidewalks) | |
| <input type="checkbox"/> Physical limitations | <input type="checkbox"/> Transportation | <input type="checkbox"/> Other (please specify) _____ |
44. Do you feel it is safe to walk in your neighborhood? Yes No (Proceed to 44 a)
- a. If no, why not? Please check all that apply.
- | | | |
|---|---|---------------------------------------|
| <input type="checkbox"/> Fear of crime | <input type="checkbox"/> Loose dogs/animals | <input type="checkbox"/> No sidewalks |
| <input type="checkbox"/> Poor lighting | <input type="checkbox"/> Sidewalks in bad shape | <input type="checkbox"/> Traffic |
| <input type="checkbox"/> Other (please specify) _____ | | |

Environmental Health

45. 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.
- | | | |
|--|--|---|
| <input type="checkbox"/> Building maintenance issues | <input type="checkbox"/> Inoperable vehicles (junk cars) | <input type="checkbox"/> Storage of items outside |
| <input type="checkbox"/> Uncontained trash/rubbish | <input type="checkbox"/> Weeds over 12 inches | <input type="checkbox"/> Other _____ |
46. 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?
- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Very important | <input type="checkbox"/> Somewhat important | <input type="checkbox"/> Not very important | <input type="checkbox"/> Not at all important |
|---|---|---|---|
47. If you believed you or someone in your family had food poisoning, 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.
- | | | | |
|--------------------------------------|--|--|--|
| <input type="checkbox"/> Very likely | <input type="checkbox"/> Somewhat likely | <input type="checkbox"/> Not very likely | <input type="checkbox"/> Not at all likely |
|--------------------------------------|--|--|--|
48. 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 no, skip to question 49)
- If yes, how do you usually review the inspection reports?
- | | |
|---|---------------------------------|
| <input type="checkbox"/> At restaurants | <input type="checkbox"/> Online |
|---|---------------------------------|
- If yes, how often do they influence your decision about where to eat?
- | | | | | |
|---------------------------------|----------------------------------|------------------------------------|---------------------------------|--------------------------------|
| <input type="checkbox"/> Always | <input type="checkbox"/> Usually | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Rarely | <input type="checkbox"/> Never |
|---------------------------------|----------------------------------|------------------------------------|---------------------------------|--------------------------------|

Animal Services

49. Do you have pets at your residence? Yes No
50. How many times have you contacted Animal Services for assistance with animal control issues in the past year?
- | | | | |
|------------------------------|------------------------------|-----------------------------|--|
| <input type="checkbox"/> 1-2 | <input type="checkbox"/> 3-5 | <input type="checkbox"/> 6+ | <input type="checkbox"/> None (If none, skip to question 54) |
|------------------------------|------------------------------|-----------------------------|--|

51. How did you report the animal control issue(s)? Please check all that apply.
 By phone to Animal Services By phone to Independence Police Department
 Online In person at Animal Services
 Other _____
52. Was the issue resolved? Yes, by Animal Services Yes, not by Animal Services No
53. If the issue was resolved by Animal Services, were you satisfied with the resolution? Yes No Not Applicable
54. From the list below, please select the THREE most important issues:
 ___ Abandoned animals ___ Animal neglect and cruelty ___ Barking dogs
 ___ Dangerous dogs ___ Dead animals on roadways ___ Injured animals
 ___ Unrestrained cats ___ Unrestrained dogs

About You

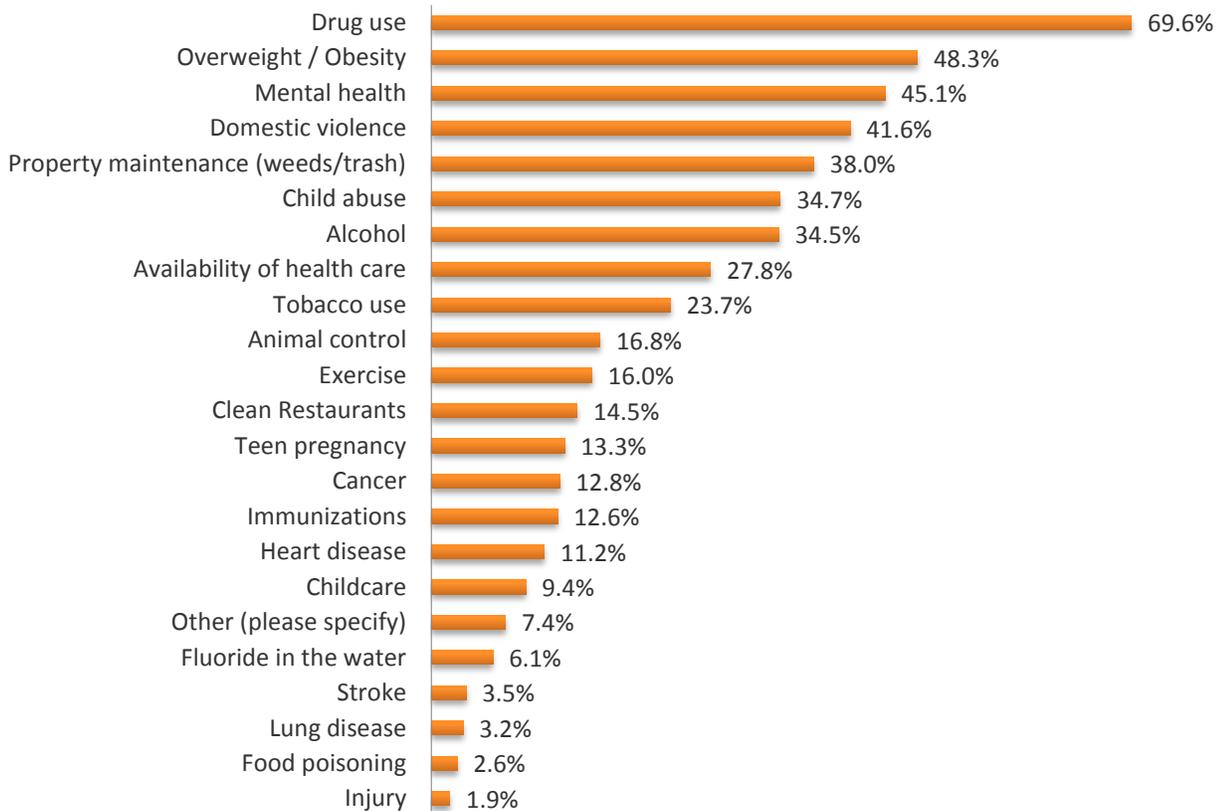
55. What is your zip code? 64050 64052 64053 64054 64055
 64056 64057 64058 64015 64016
 Other _____
56. What is your sex? Male Female
57. What is your year of birth? _____
58. What is your height? _____ ft. _____ in.
59. What is your weight? _____ lbs.
60. How do you describe yourself? Please check all that apply.
 White African American Native Hawaiian or Other Pacific Islander
 Hispanic or Latino Asian American Indian or Alaskan Native
 Two or more races Other (please specify) _____
61. What language do you speak at home? Please check only one.
 English Spanish Other (please specify) _____
62. What is the total number of people in your household? _____
63. What is the total number of children under 18 years of age in your household? _____
64. What is your employment status? Please check all that apply.
 Full time Part time Multiple jobs Student Unemployed Retired Self-employed
 Other (please specify) _____
65. If you work, does your employer offer any of these worksite wellness benefits? Please select all that apply.
 Biometric screening Flexible work hours Employee health clinic
 Financial incentives Health risk assessment Not applicable
 Other (please specify) _____ None of the above
66. During the past 12 months, what was the total combined income of all members of your household before taxes?
 < \$10,000 \$10,000-\$14,999 \$15,000-\$24,999
 \$25,000-\$34,999 \$35,000-\$49,999 \$50,000-\$64,999
 \$65,000-\$74,999 \$75,000- \$99,999 > \$100,000
67. Which of the following best describes your home?
 Single-family home Duplex Mobile home Condo or townhome
 Assisted Living Senior Independent Living Nursing home
 Apartment (in a building with 3 or more apartments) Other (please specify) _____
68. What is the highest grade or level of school you have completed or the highest degree you have received?
 Less than 12 years High school diploma or GED Some college no degree Bachelor's degree Master's degree or higher
69. How would you rate your health? Excellent Good Fair Poor
70. What does a healthy community look like to you?

Thank you for completing the survey!

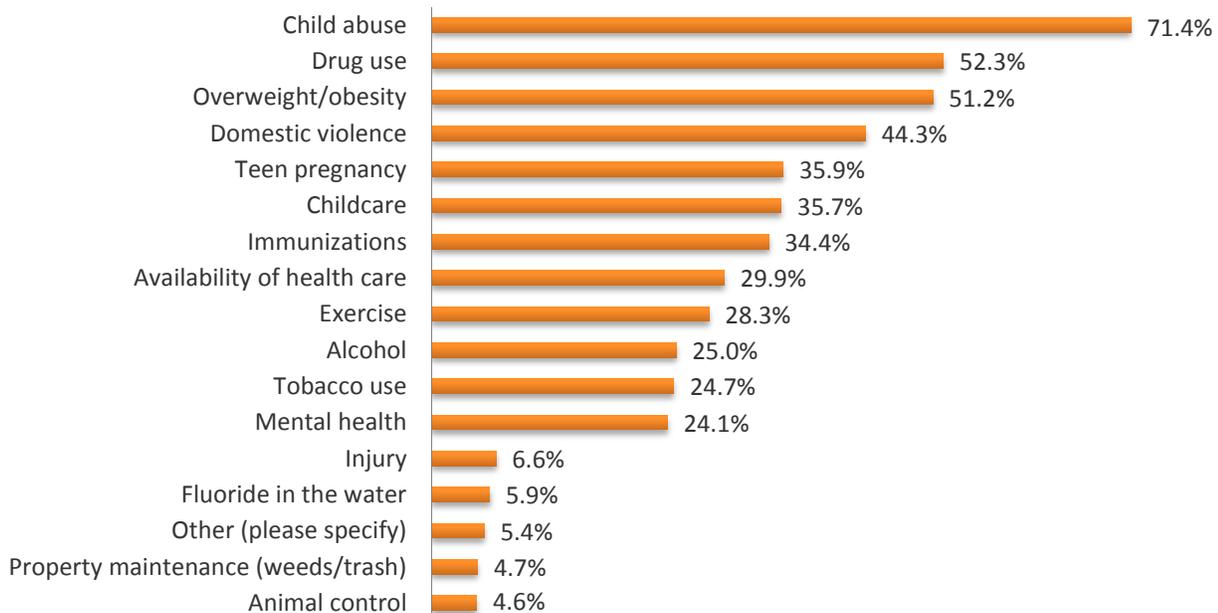
Appendix B:
Community Health Survey: Results

My Community

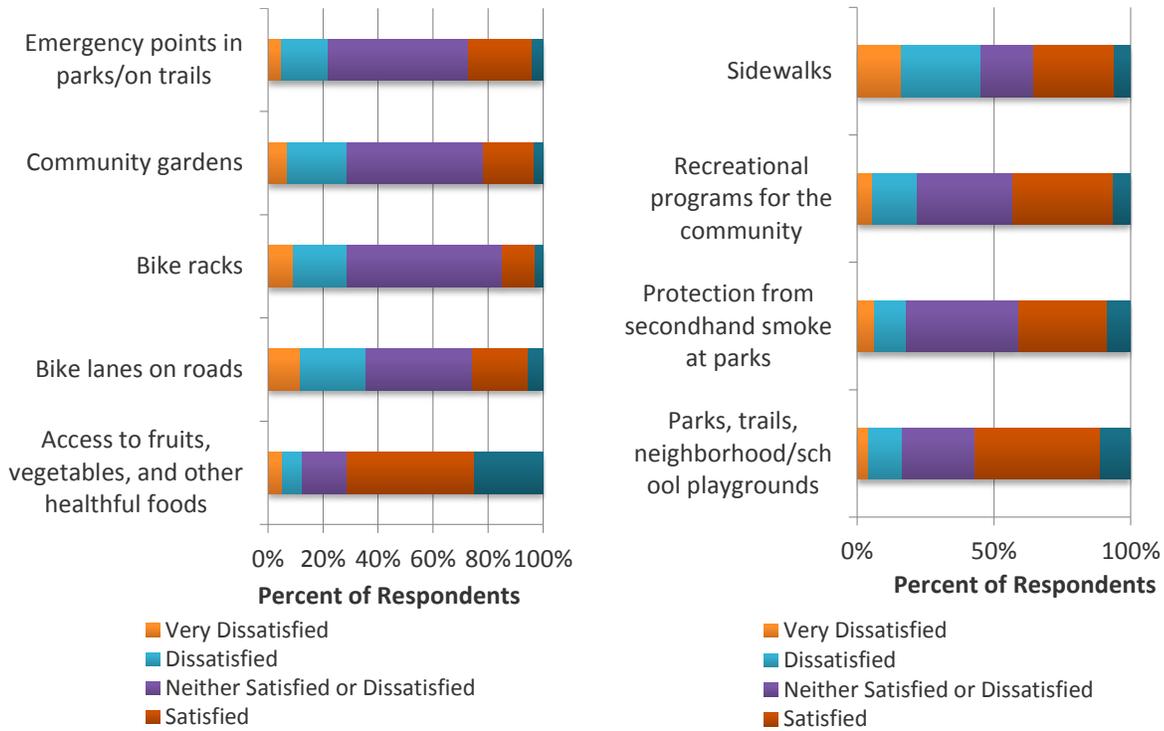
1. What do you think are the FIVE most important OVERALL public health concerns in Independence? Please choose FIVE.



2. What do you think are the FIVE most important overall public health concerns for children in Independence? Please choose FIVE.

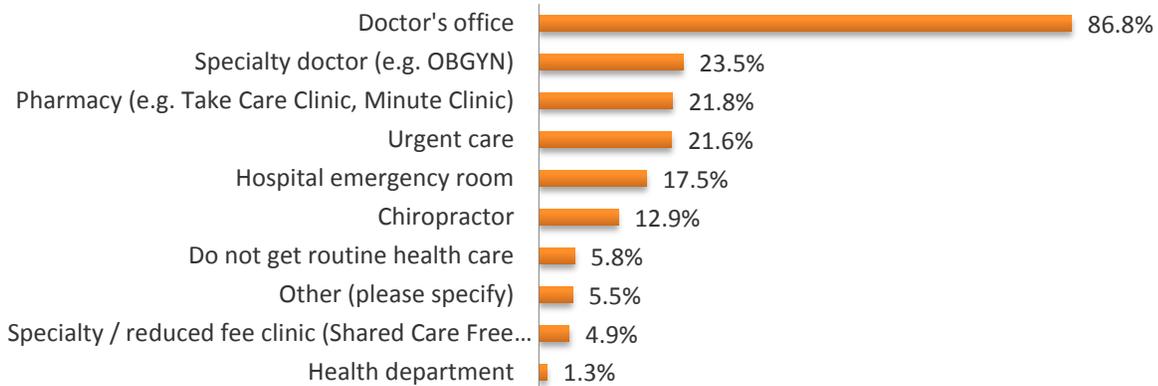


3. How satisfied are you with the following in your neighborhood?

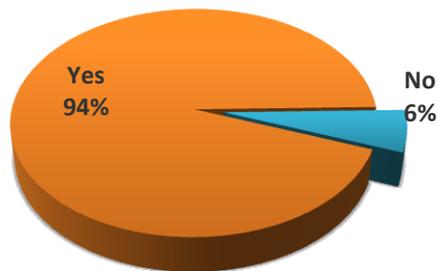


Access to Care

4. Where do you/your household members usually go when sick or need advice about your/their health (routine health care/non-emergency)? Please check all that apply.



5. Do you currently have health insurance?



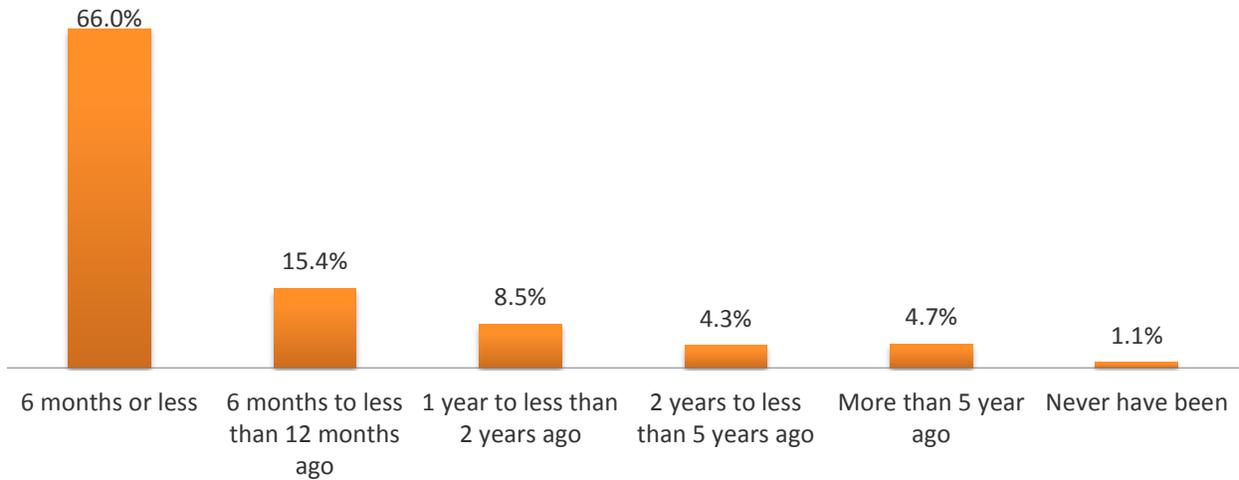
If yes, what kind? Please check all that apply.

| | Number | Percent |
|-------------------------------------|--------|---------|
| Healthcare Marketplace | 82 | 4.4% |
| Other | 118 | 6.4% |
| Military or VA | 128 | 6.9% |
| Medicaid | 150 | 8.1% |
| Private insurance not through a job | 260 | 14.1% |
| Medicare | 789 | 42.7% |
| Private insurance through a job | 957 | 51.8% |

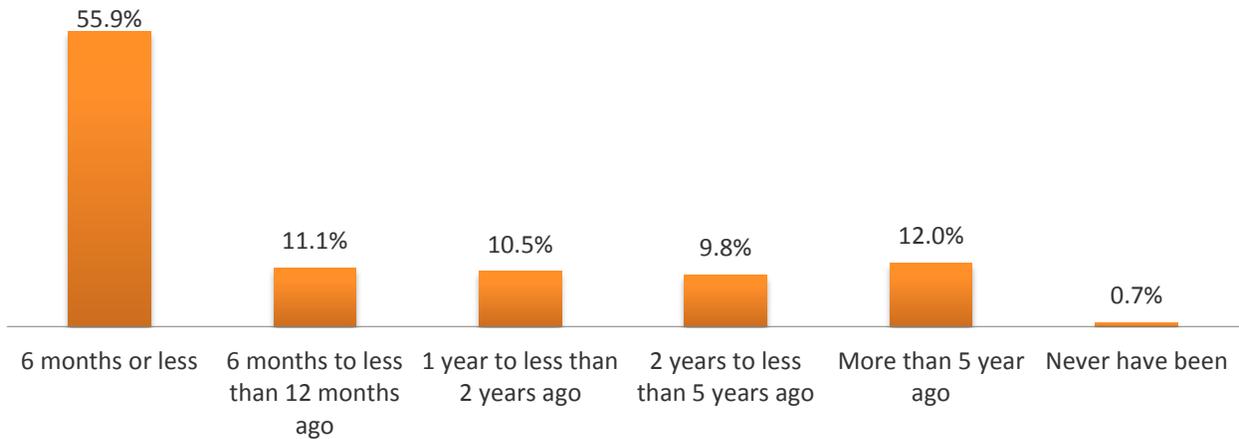
If no, why not? Please check all that apply.

| | Number | Percent |
|--|--------|---------|
| I'm healthy / don't need health insurance | 3 | 2.8% |
| Don't know how to get it | 5 | 4.7% |
| Don't want to spend the money | 6 | 5.7% |
| Can't get coverage (because of a pre-existing condition, etc.) | 6 | 5.7% |
| Other | 15 | 14.2% |
| Cost is too high/can't afford it | 92 | 86.8% |

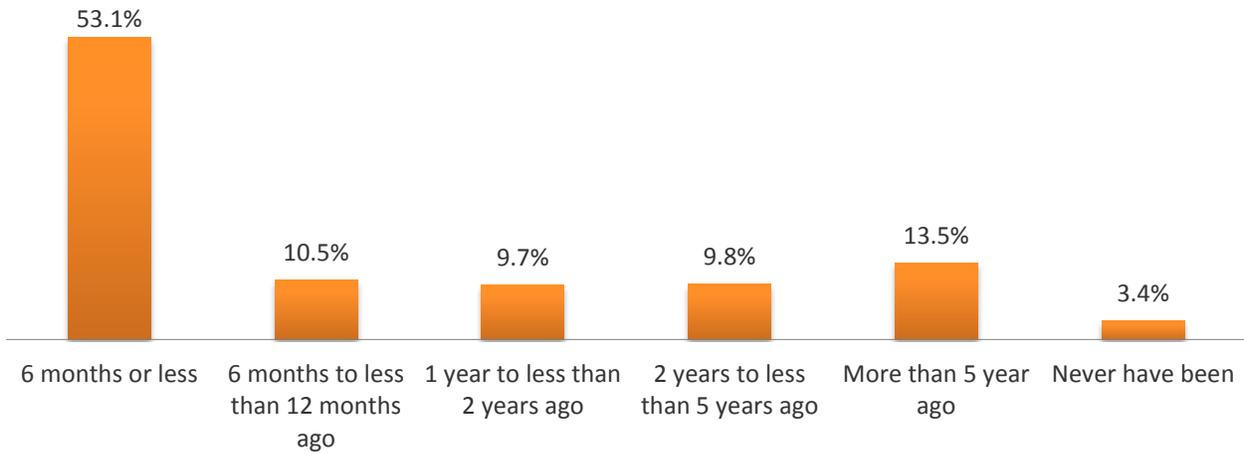
6. About how long has it been since you last saw or talked to a doctor or other health care professional for a routine checkup?



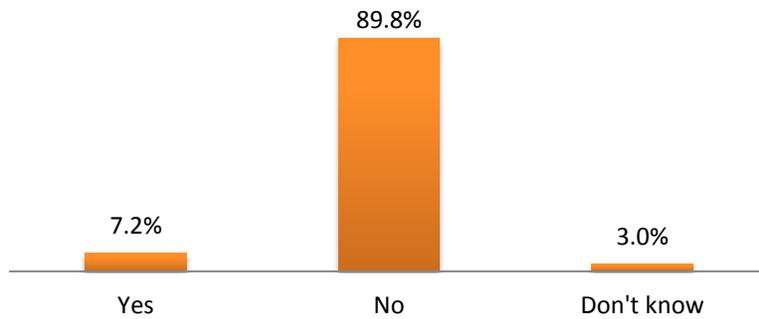
7. How long has it been since you last visited a dentist? Include all types of dentists, such as, orthodontists, oral surgeons, and all other dental specialists, as well



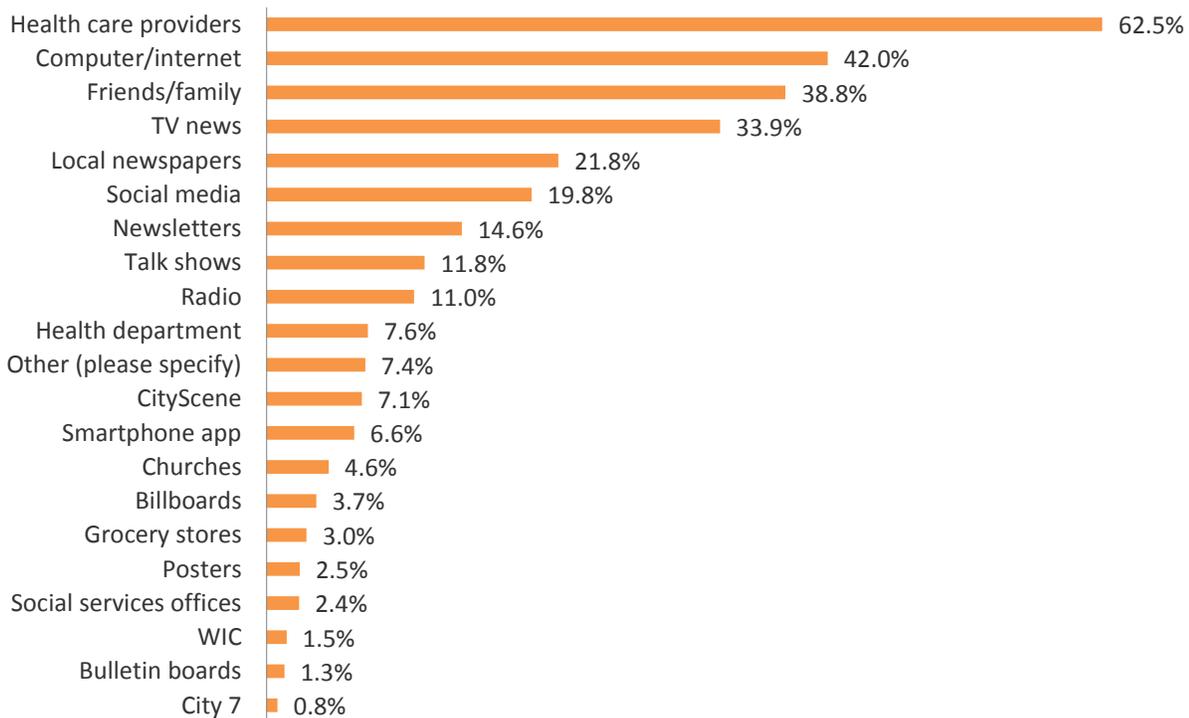
8. How long has it been since you had your teeth cleaned by a dentist or dental hygienist?



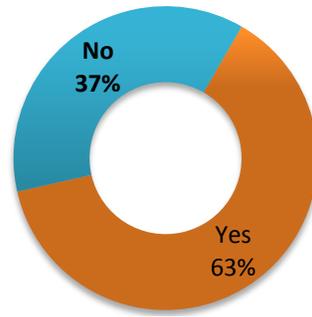
9. Have you or anyone in your household ever been prescribed prescription fluoride tablets, drops or treatments?



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



11. Did you get a flu shot in the last year?



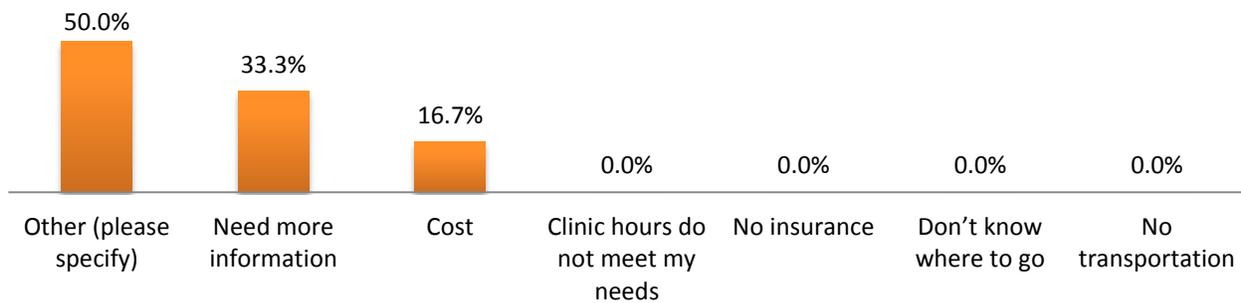
12. In the last five to ten years, have you received the Tdap (tetanus, diphtheria, and pertussis) vaccine that is most commonly known to protect against whooping cough and tetanus?

| | Number | Percent |
|------------|--------|---------|
| Yes | 912 | 50.8% |
| No | 837 | 40.5% |
| Don't know | 212 | 8.8% |

13. Are the children in your household current on their recommended immunizations (shots)?

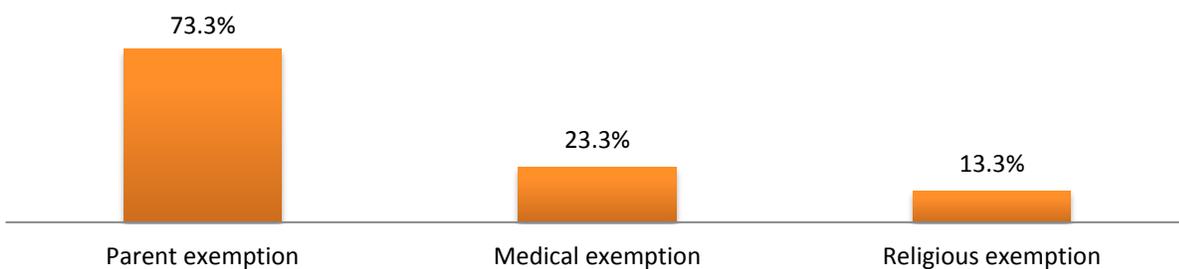
| | Number | Percent |
|---------------------------|--------|---------|
| Yes | 548 | 28.9% |
| No | 16 | 0.8% |
| Exempt | 112 | 5.9% |
| I don't know/I'm not sure | 8 | 0.4% |
| Not Applicable | 1210 | 63.9% |

a. Why aren't children in your household current on their recommended vaccines and immunizations? Please check all that apply.



Other: Prefer not, we don't immunize, harmful to children

b. Why are children in your household exempt? Please check all that apply.



Antibiotic Use & Handwashing

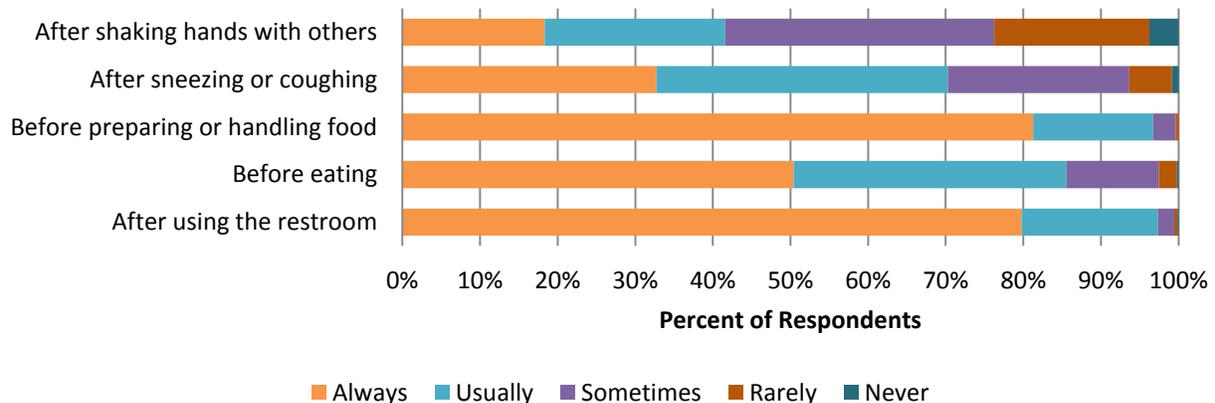
14. How much do you agree or disagree with the following statements regarding antibiotics?

| | Strongly Disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
|---|-------------------|----------|----------------------------|-------|----------------|
| Common cold are cured more quickly with antibiotics | 31% | 35% | 17% | 13% | 4% |
| Antibiotics are effective against bacteria | 3% | 7% | 17% | 51% | 22% |
| Antibiotics are effective against viruses | 30% | 26% | 19% | 21% | 4% |
| Ear infections in young children always require antibiotics | 8% | 24% | 35% | 26% | 6% |
| Bacteria can become resistant to antibiotics (this mean the antibiotics may no longer work) | 3% | 2% | 11% | 44% | 39% |

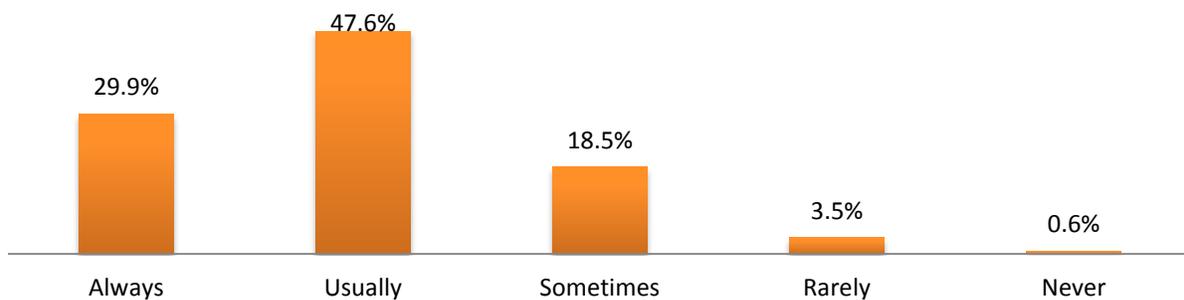
15. How often do you do the following?

| | Always | Usually | Sometimes | Never | NA |
|---|--------|---------|-----------|-------|-----|
| Stop taking antibiotics when you start to feel better. | 3% | 7% | 18% | 68% | 4% |
| Save leftover antibiotics for the next time you get sick. | 2% | 6% | 17% | 70% | 5% |
| Skip or miss doses of antibiotics. | 0% | 3% | 30% | 64% | 3% |
| Share prescribed antibiotics with someone else. | 0% | 1% | 5% | 90% | 4% |
| Request an antibiotic from a doctor so that you or your child can return to work, school, or day care sooner. | 3% | 6% | 16% | 58% | 18% |

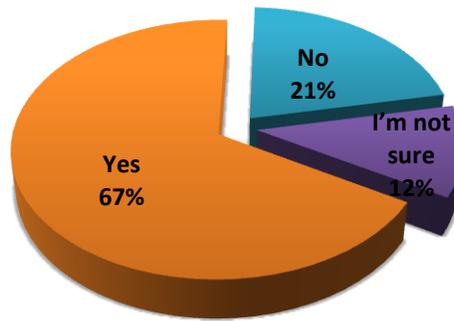
16. How often do you wash your hands in the following situations?



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



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

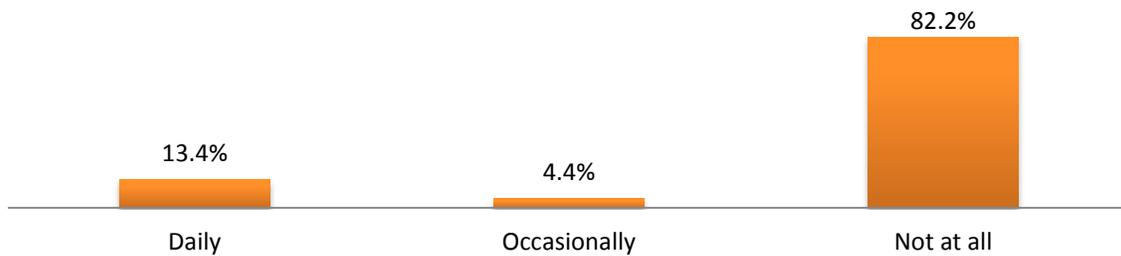


Tobacco Use

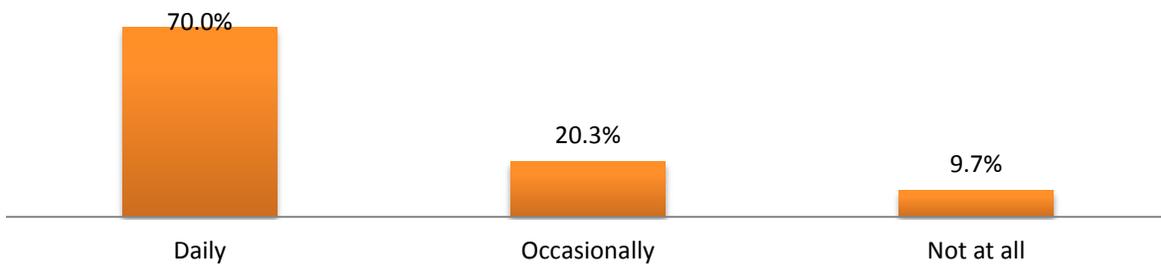
19. Does anyone in your household have an asthma diagnosis?

| | Number | Percent |
|-----|--------|---------|
| Yes | 385 | 19.9% |
| No | 1551 | 80.1% |

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

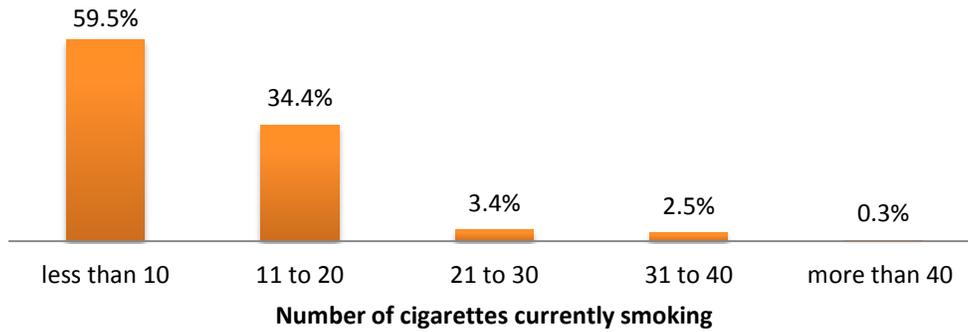


21. How often do you currently smoke cigarettes?

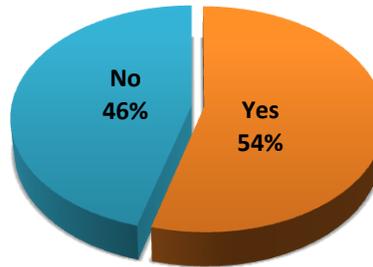


22. On a normal day, how many cigarettes do you currently smoke?

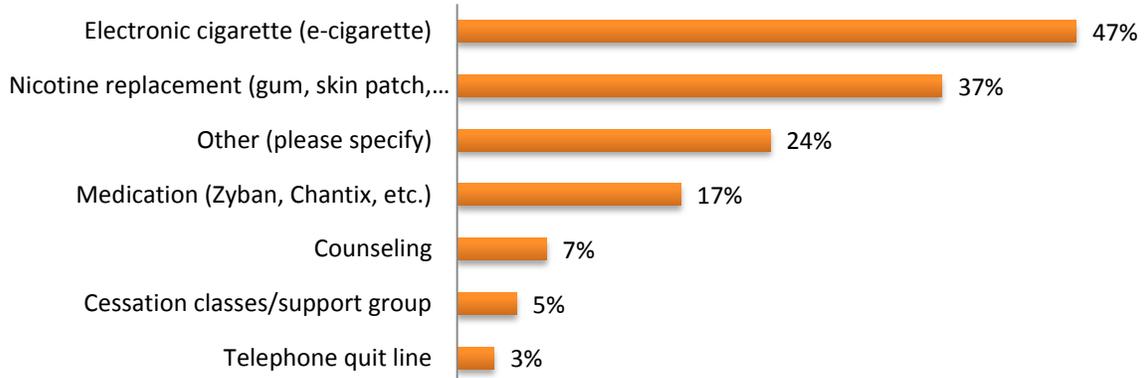
| Number of cigarettes | Frequency | Percent | Cumulative |
|----------------------|-----------|---------|------------|
| less than 10 | 194 | 59.5% | 59.5% |
| 11 to 20 | 112 | 34.4% | 93.9% |
| 21 to 30 | 11 | 3.4% | 97.2% |
| 31 to 40 | 8 | 2.5% | 99.7% |
| more than 40 | 1 | 0.3% | 100.0% |
| Total | 326 | 100.0% | |



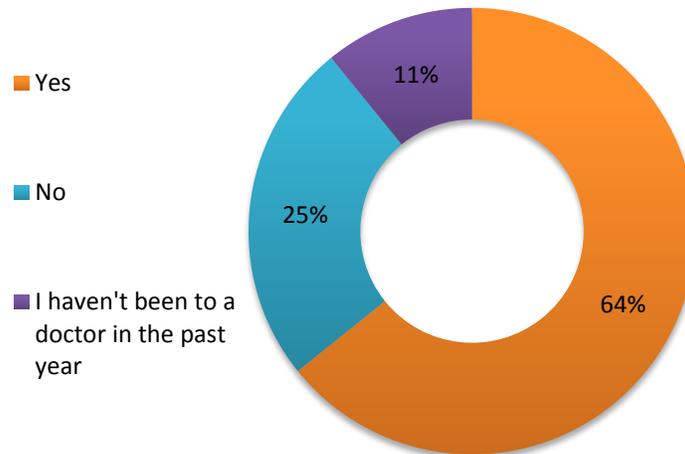
23. During the past 12 months, have you tried to stop smoking cigarettes?



23 A. Did you use any of the following to help you quit smoking? Please check all that apply.



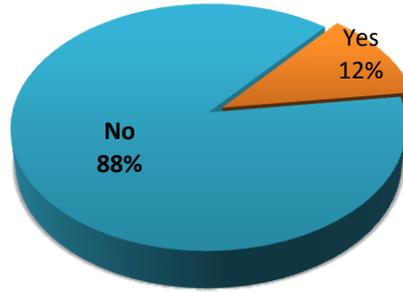
24. During any visit to a doctor or health care provider in the past 12 months, were you advised to quit smoking?



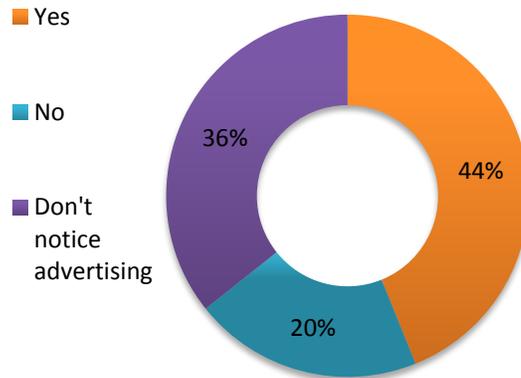
25. Do you currently use any of the following nicotine products? Please check all that apply.



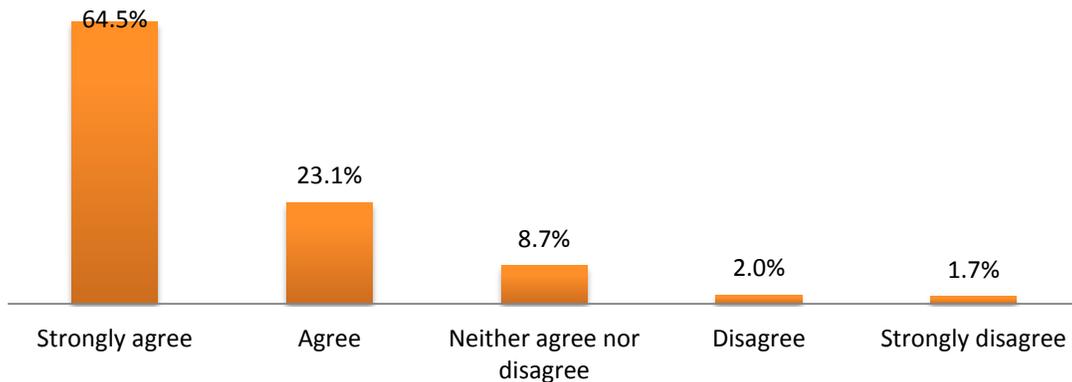
26. Have you ever used electronic cigarettes (E-cig, E-hookah, Vape)?



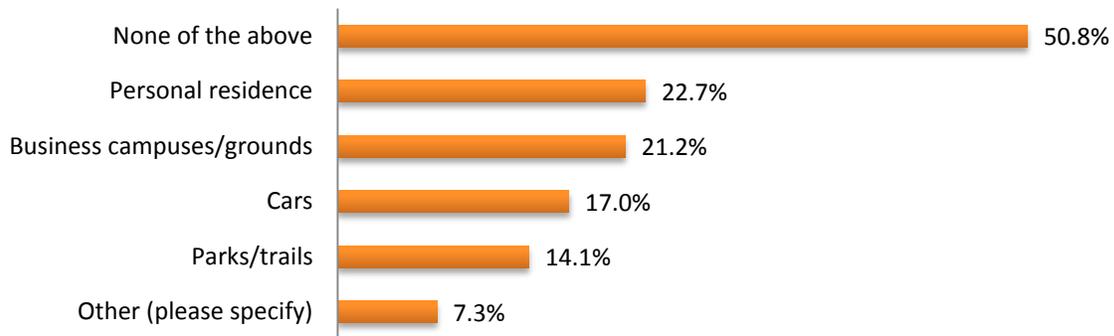
27. Do you think electronic cigarette advertising is targeted towards youth?



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

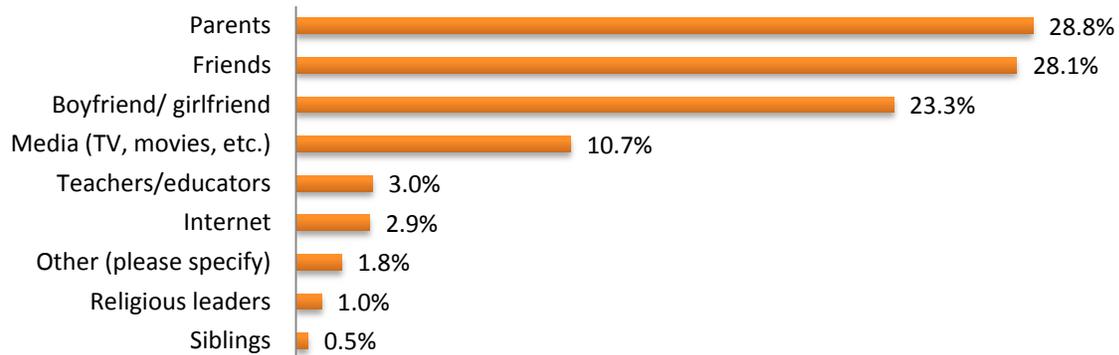


29. In the past 12 months, have you been exposed to secondhand smoke in any of the following places while in Independence? Please check all that apply.

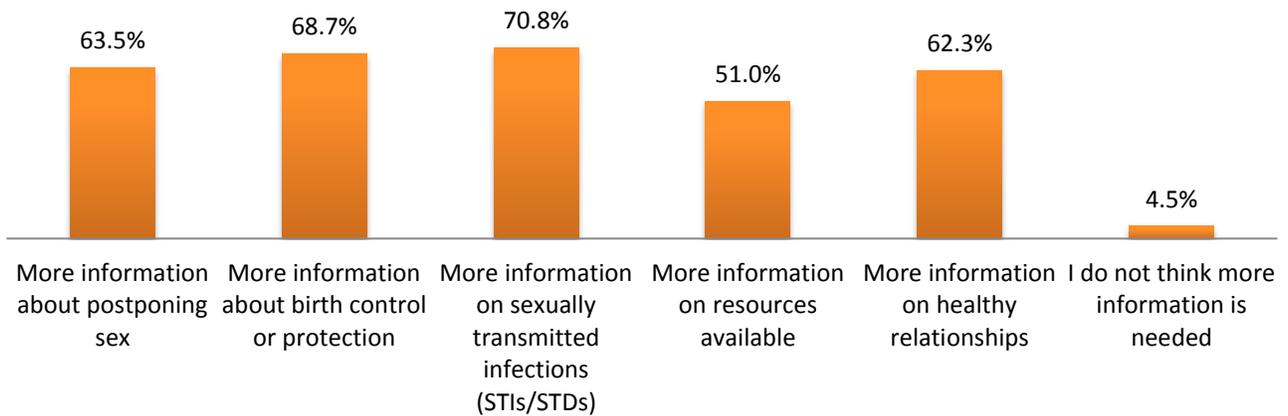


Preteen/Teen Pregnancy

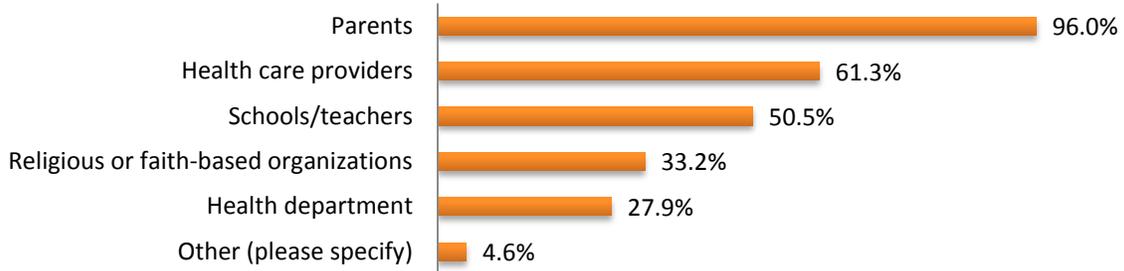
30. When it comes to preteens/teens' decisions about sex, who do you think is most influential? Please check only ONE.



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

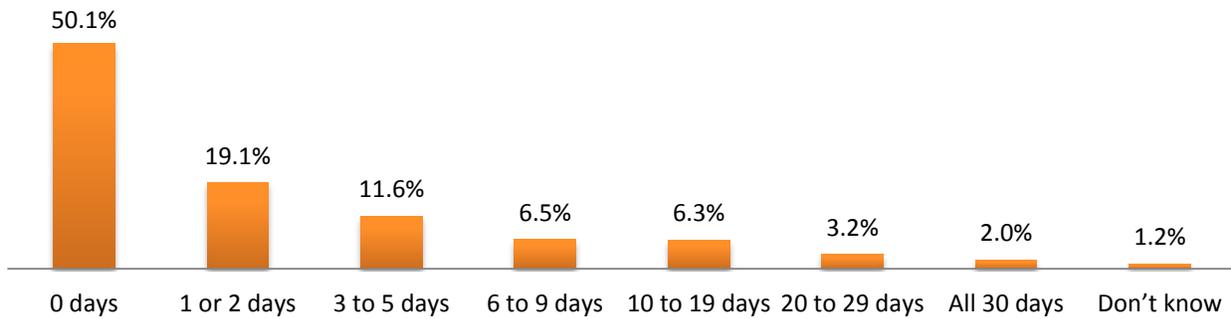


32. Who do you think should be responsible for talking to preteens/teens about issues like sexual activity and the risks of pregnancy and sexually transmitted infections?

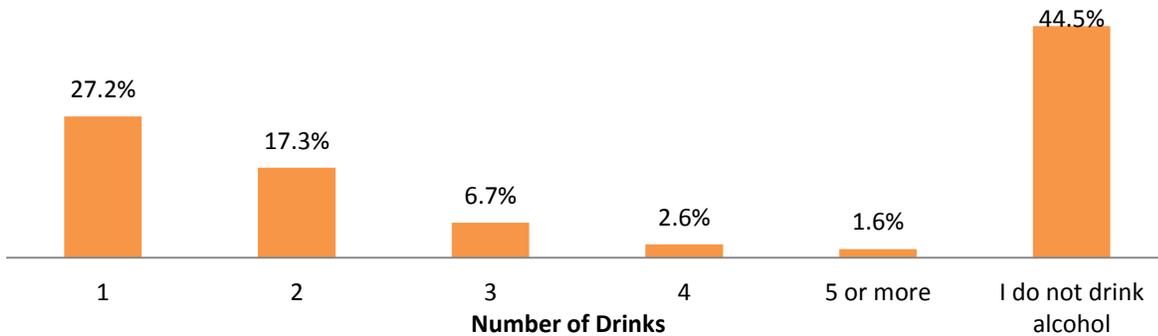


Alcohol and Drug Use

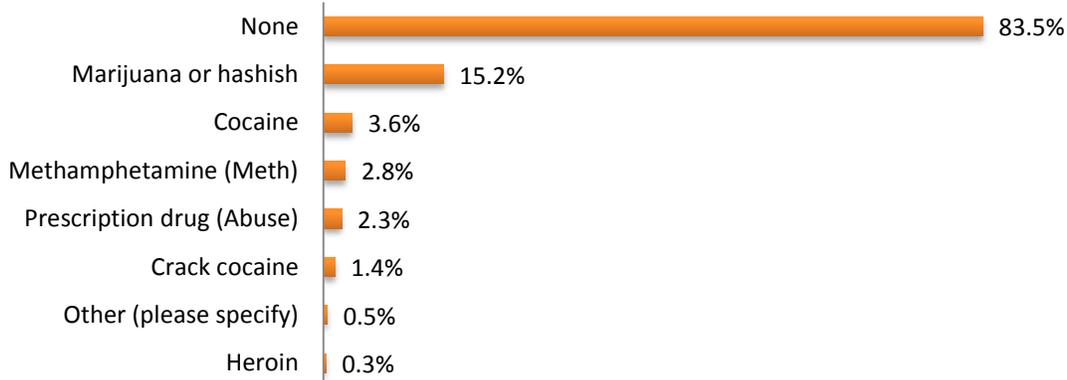
33. During the past 30 days, on how many days did you have at least one drink of alcohol beverage such as beer, wine, a malt beverage or liquor?



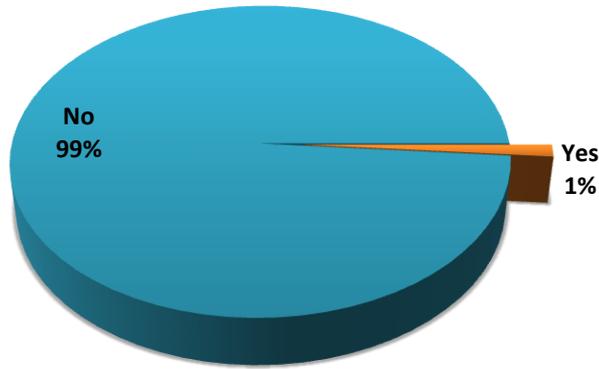
34. On average, on the days when you drink alcohol, about how many drinks do you have?



35. Have you or anyone in your household used any of the following drugs in the past

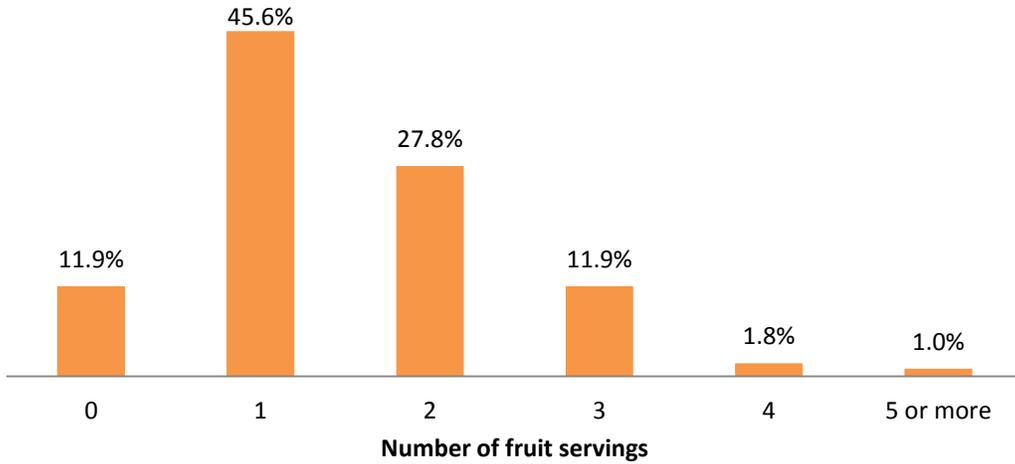


36. Have you ever, even once, used a needle to inject a drug not prescribed by a doctor?

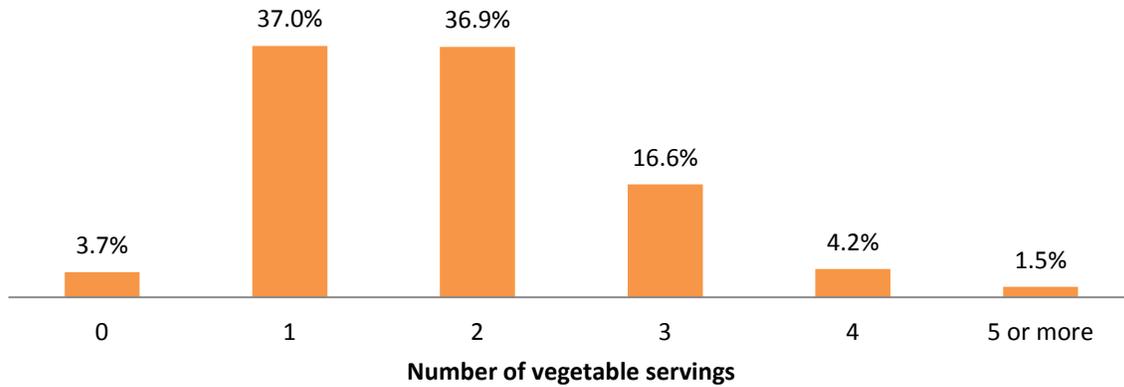


Nutrition

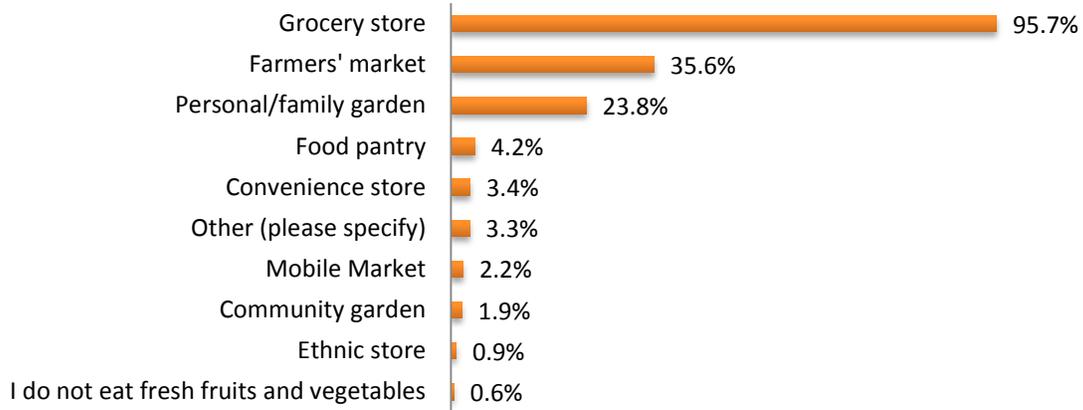
37. How many servings of fruits do you usually eat in a day?



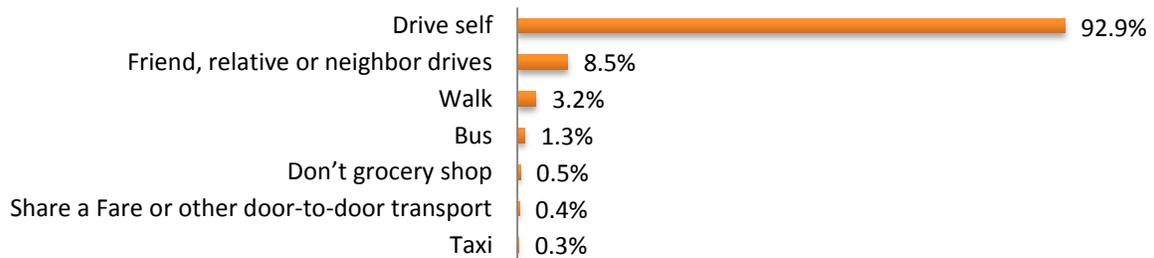
38. How many servings of vegetables do you usually eat in a day?



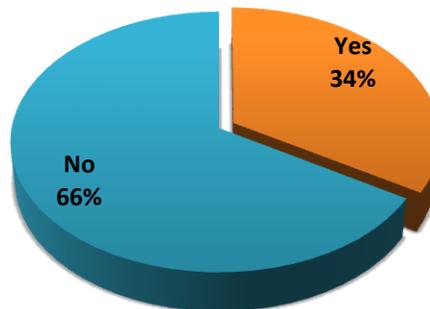
39. Where do you get your fruits and vegetables?



40. How do you travel to the grocery store? Please check all that apply.

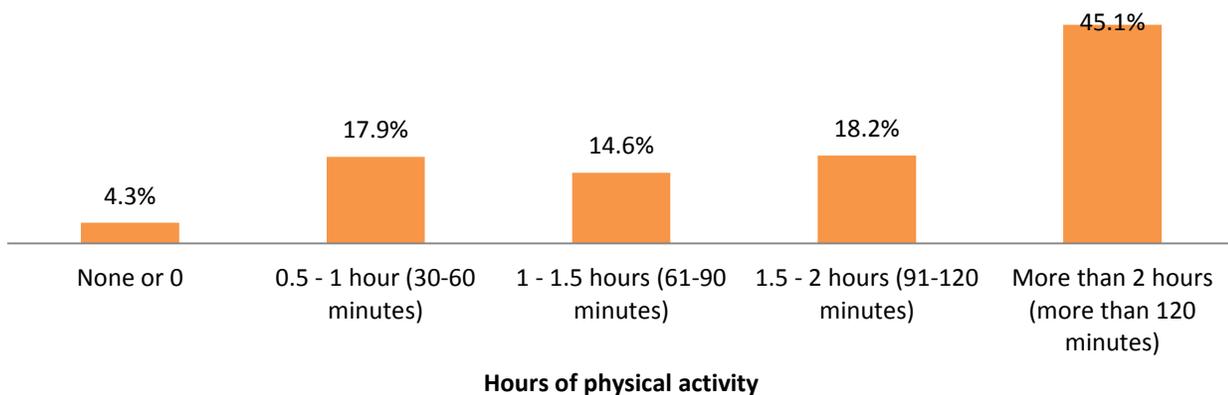


41. Are you aware that SNAP benefits (food stamps) can be used at the Independence Farmers' and Crafters' Market?

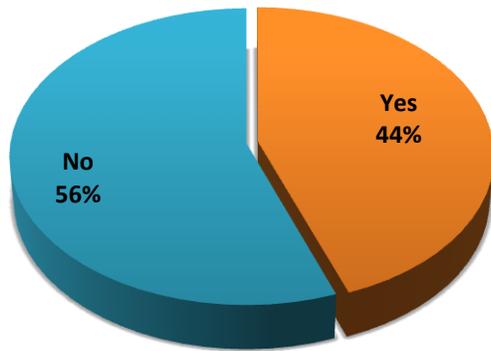


Physical Activity

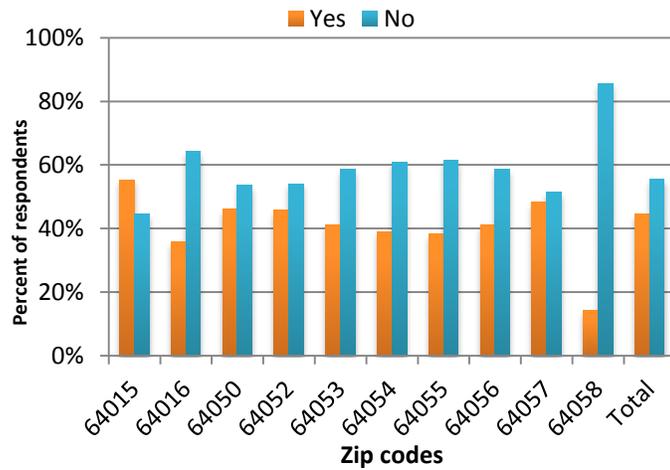
42. How many hours of physical activity do you usually get in a week?



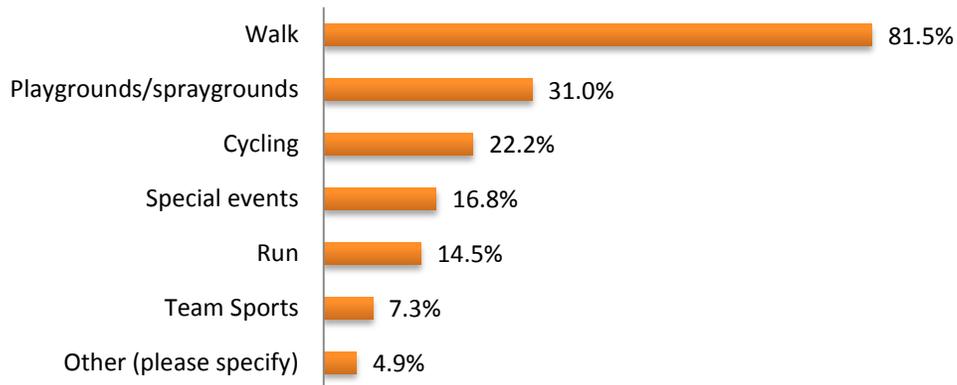
43. Do you use city parks or trails?



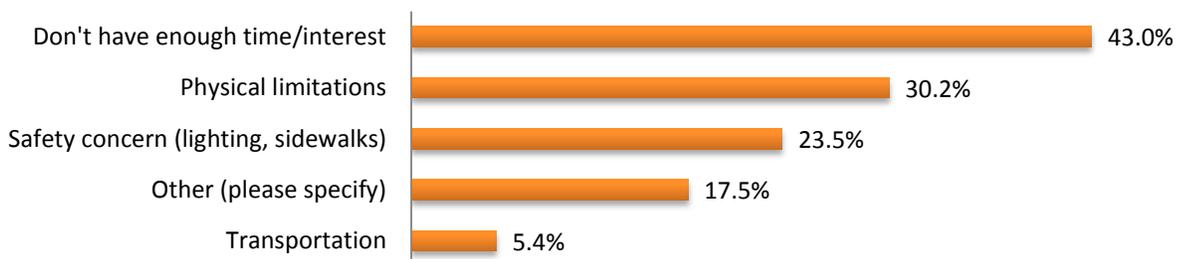
City parks or trails use by zip



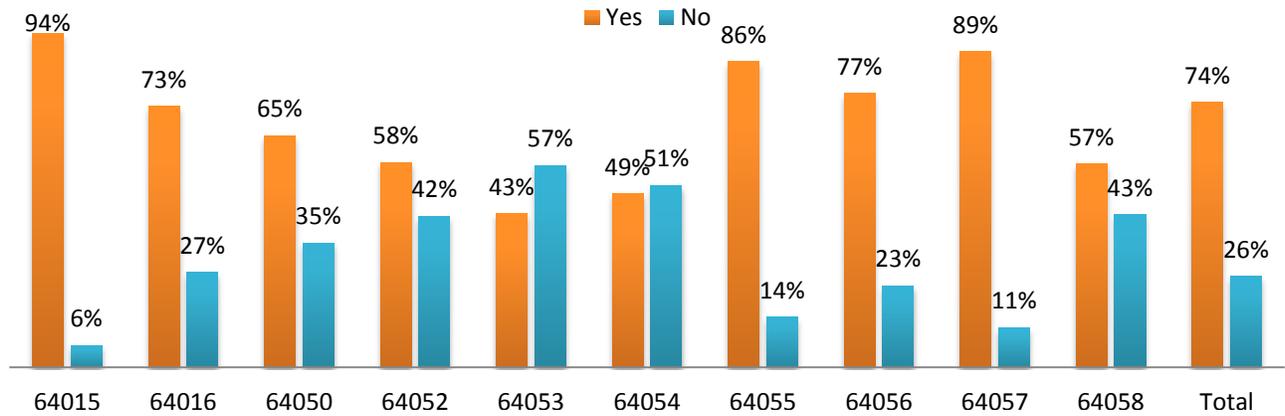
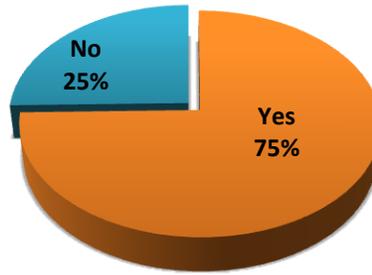
43 A. How do you use the park or trail?



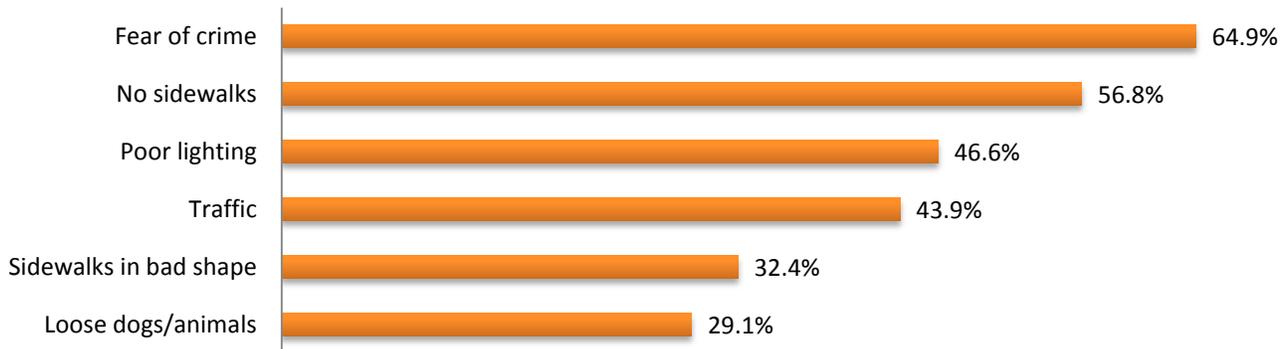
43 B. Why do you not use the parks or trails? Please check all that apply.



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

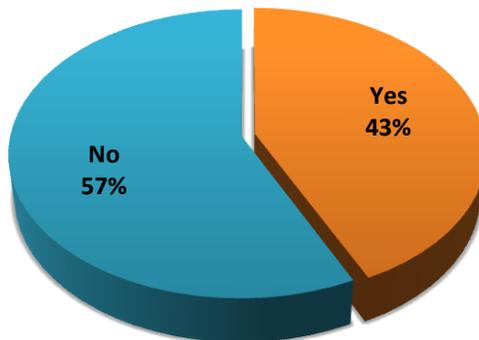


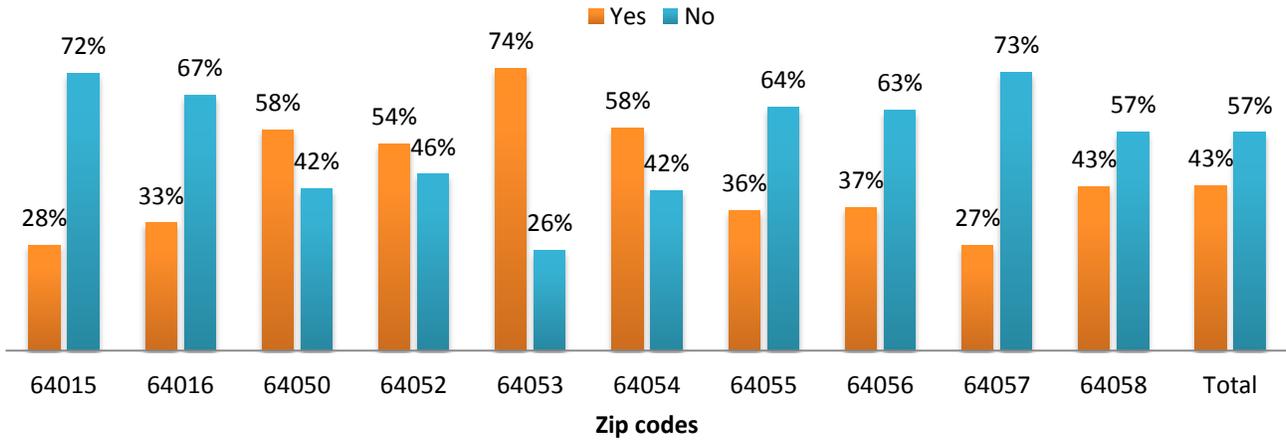
44 A. Why do you feel it is not safe to walk in your neighborhood?



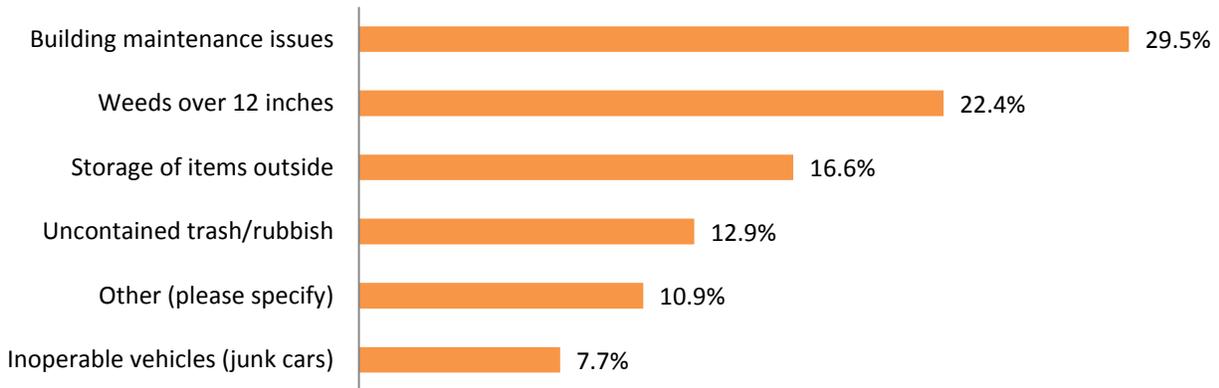
Environmental Health

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

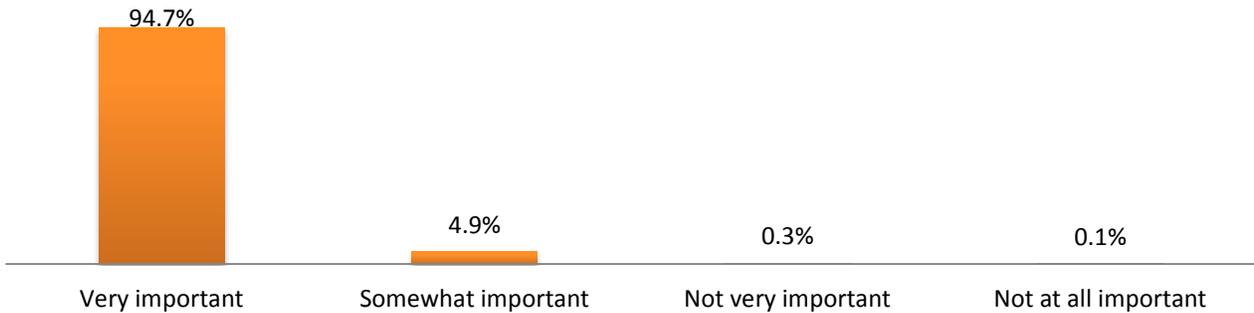




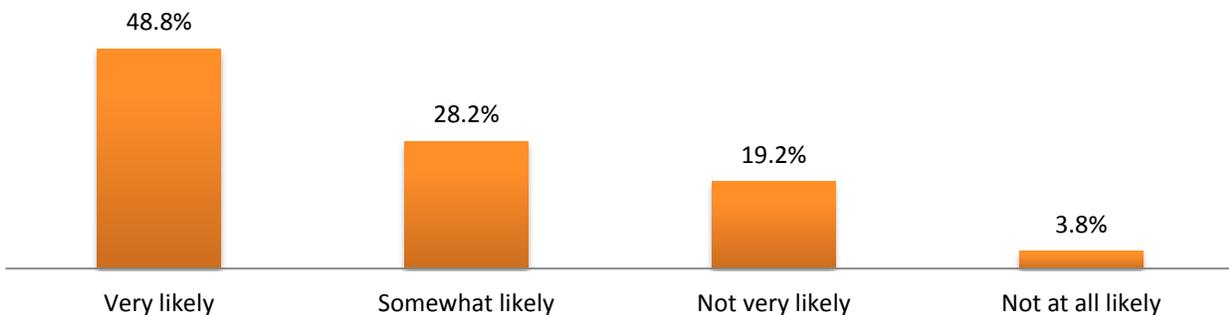
45 A. What issue do you feel is the biggest problem in your neighborhood?



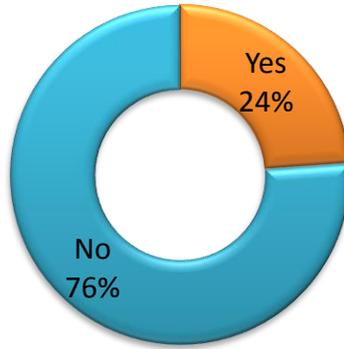
46. How important do you feel routine inspection of restaurants is in making sure that food is safe to eat?



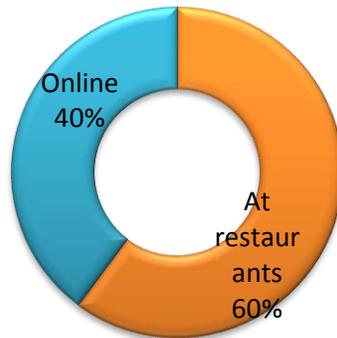
47. If you believed you or someone in your family had food poisoning, how likely would you be to report it?



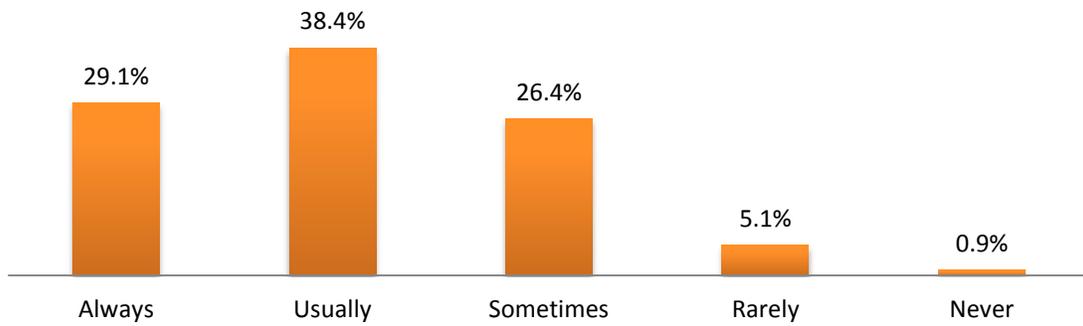
48. Do you usually review food service inspection reports?



48 A. How do you usually review the inspection reports?

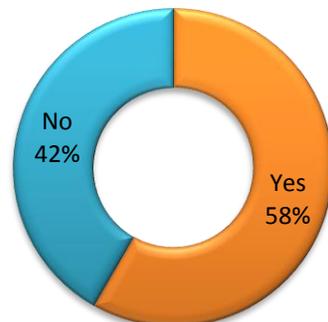


48 B. How often do food service inspection reports influence your decision about where to eat?

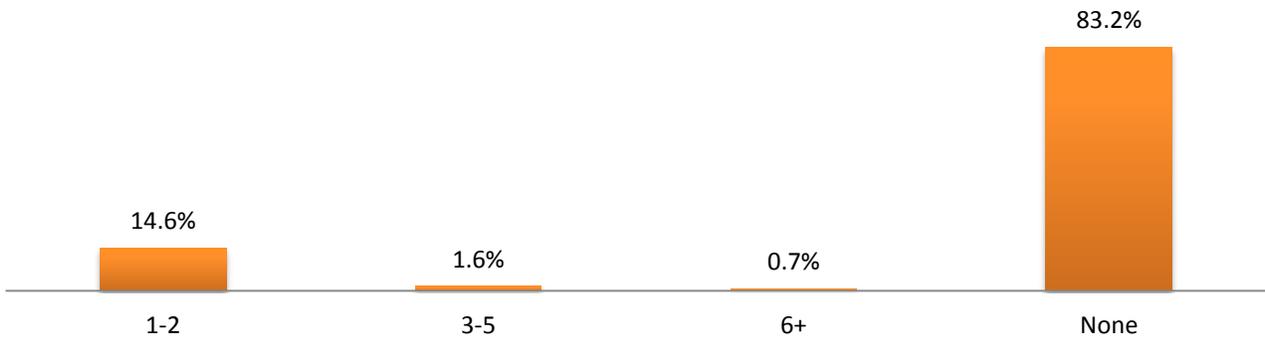


Animal Services

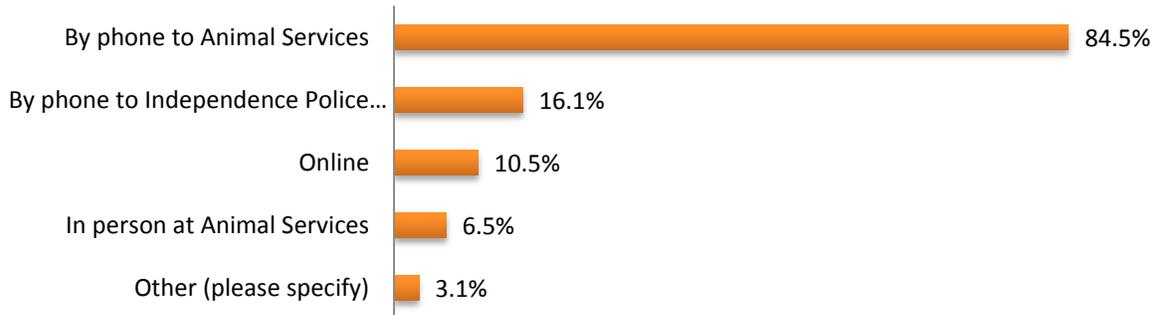
49. Do you have pets at your residence?



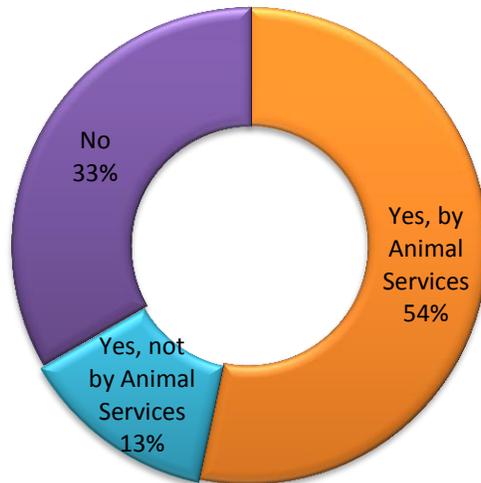
50. How many times have you contacted Animal Services for assistance with animal control issues in the past year?



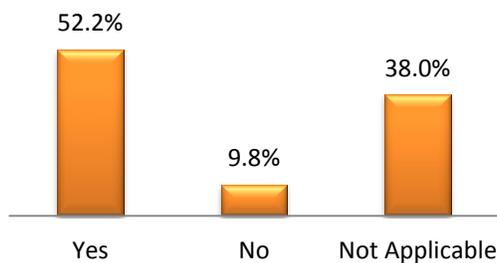
51. How did you report the animal control issue(s)?



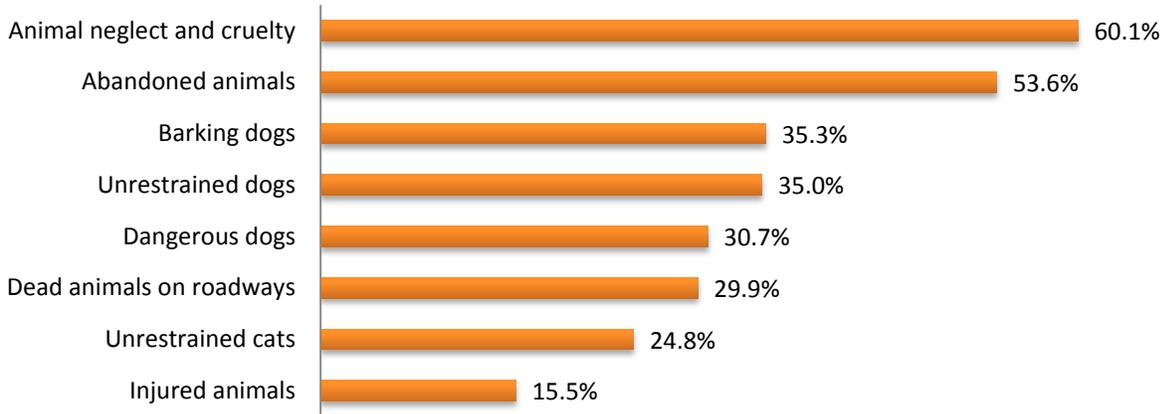
52. Was the issue resolved?



53. If the issue was resolved by Animal Services, were you satisfied with the resolution?

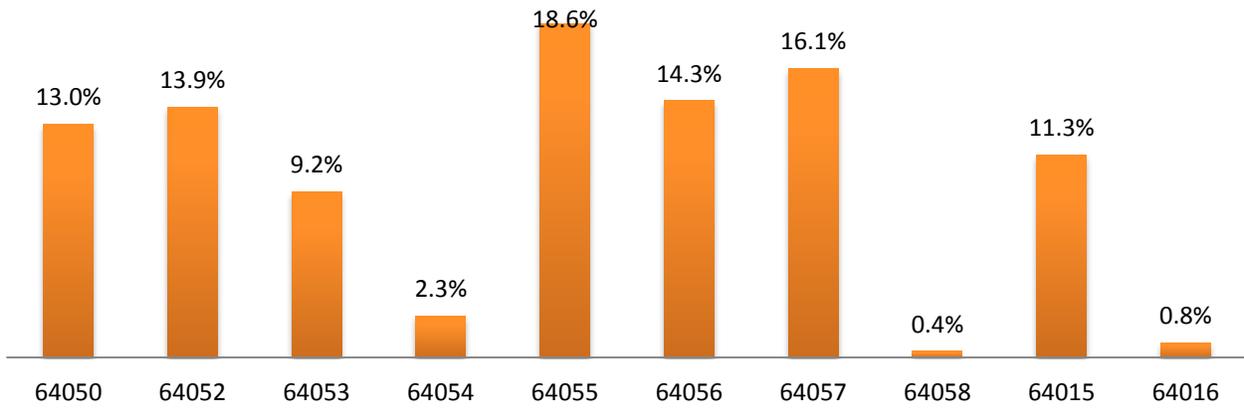


54. Top THREE animal issues in Independence

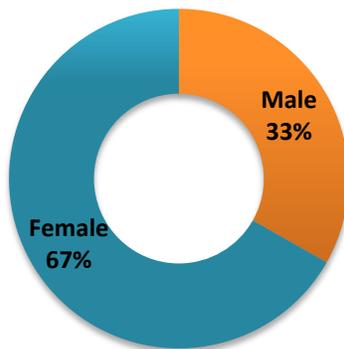


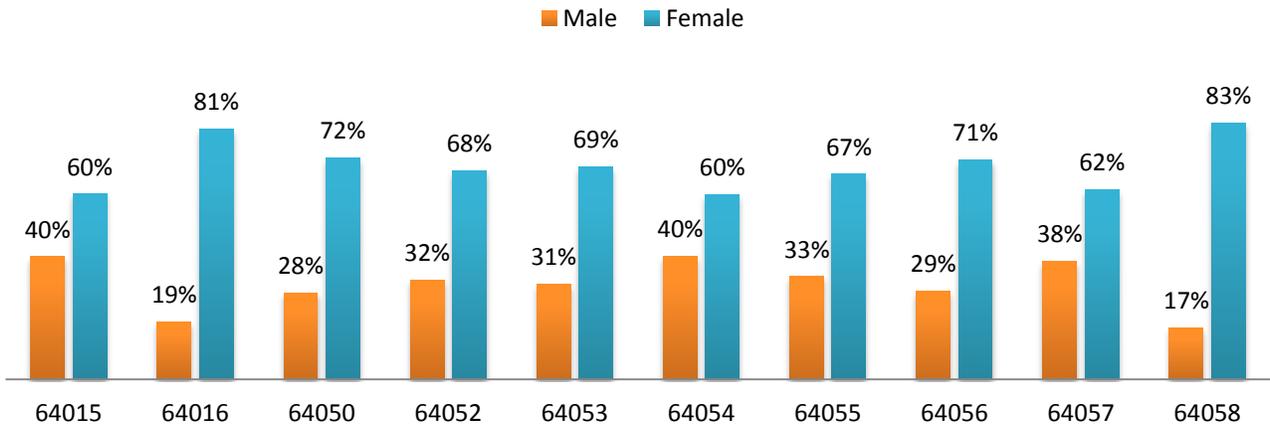
About You

55. What is your zip code?

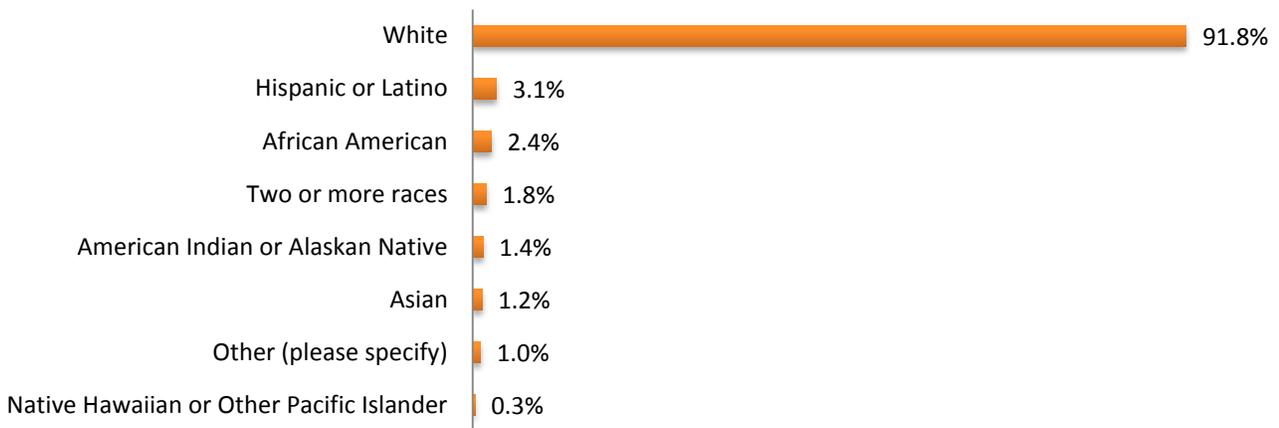


56. What is your gender?

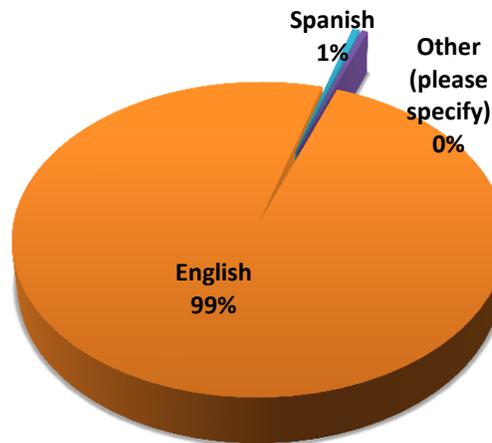




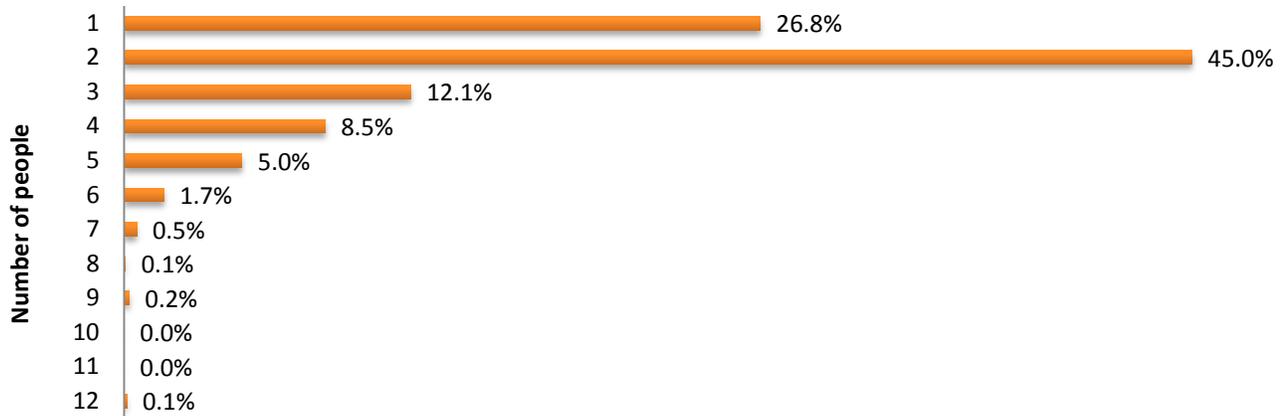
How do you describe yourself? Please check all that apply.



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



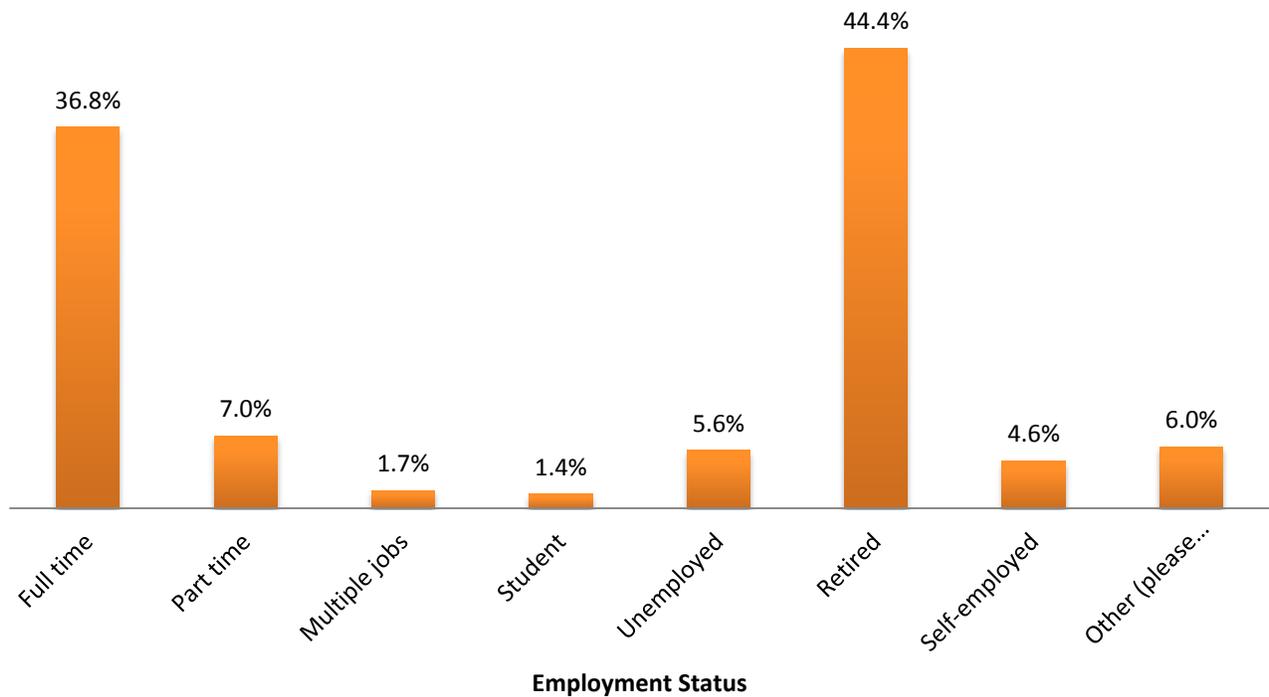
62. What is the total number of people in your household?



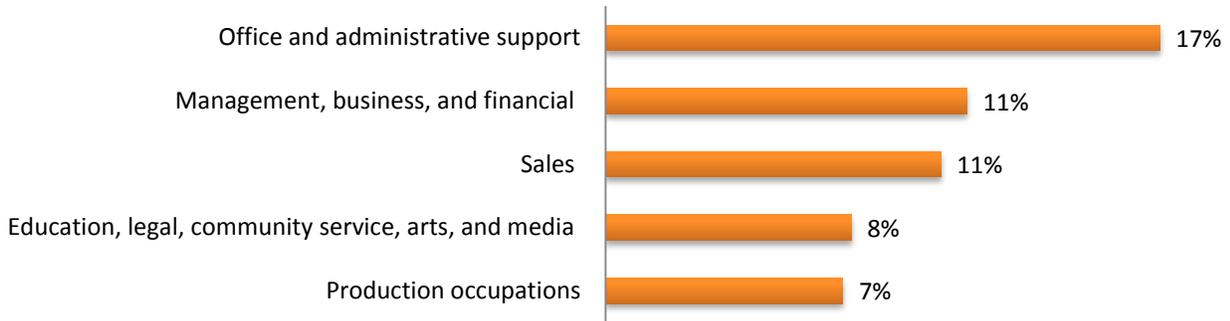
63. What is the total number of children under 18 years of age in your household?



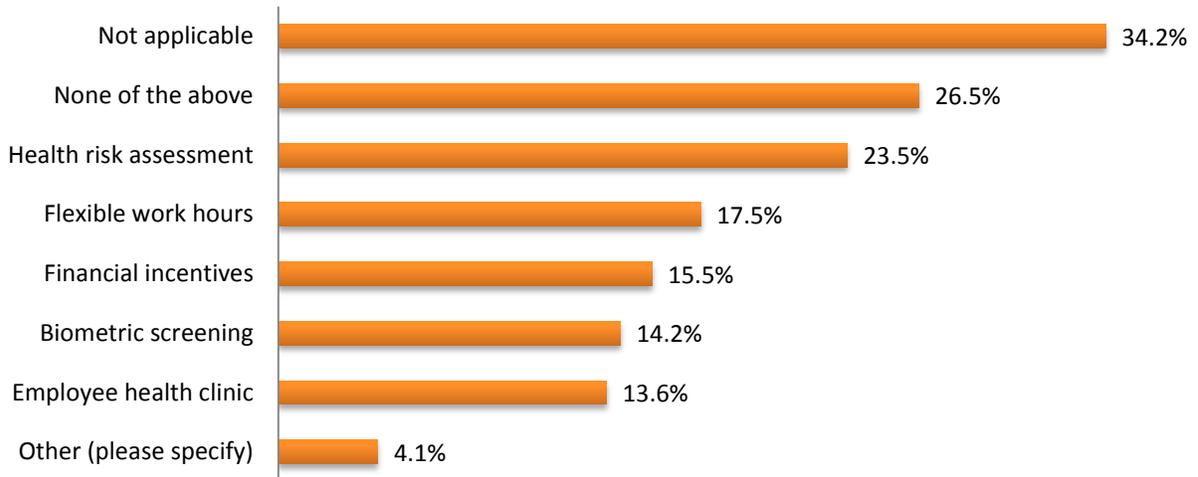
64. What is your employment status? Please check all that apply.



Top employment industry in Independence



65. If you work, does your employer offer any of these worksite wellness benefits?



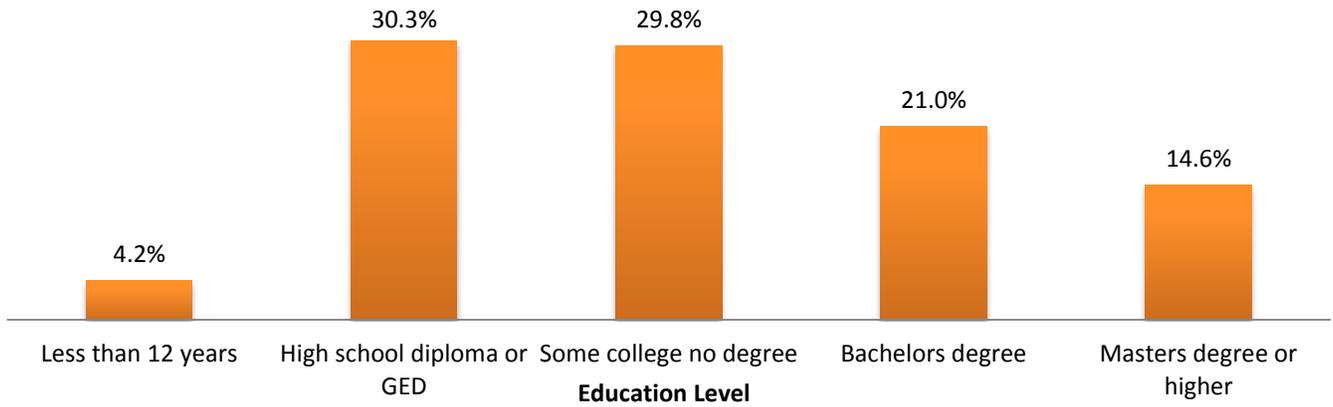
66. During the past 12 months, what was the total combined income of all members of your household before taxes?



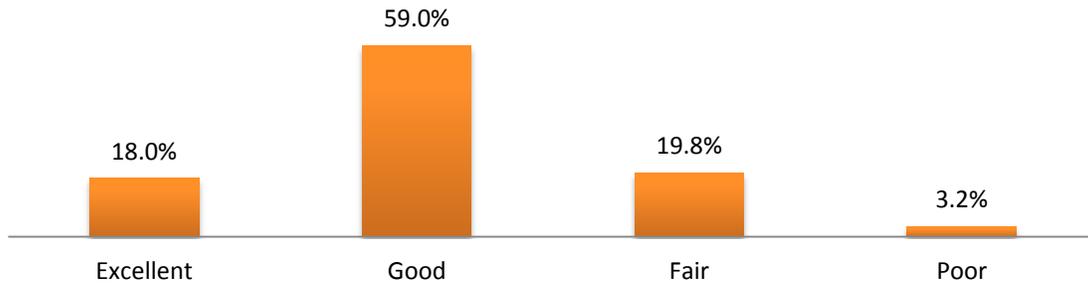
67. Which of the following best describes your home?



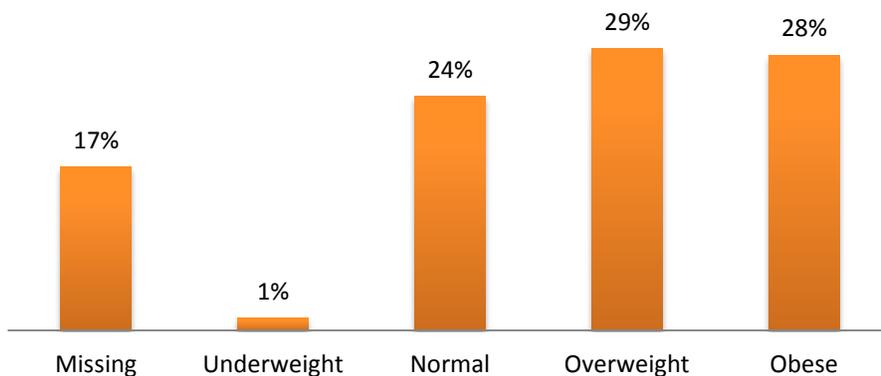
68. What is the highest educational level you have completed?



69. How would you rate your health?



Weight status of respondents who completed the Community Health Assessment



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 |