

2011

Community Health Assessment
Evaluation Report



Independence Health Department
515 S. Liberty
Independence, MO 64050

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Executive Summary

Overview and Methodology

The City of Independence Health Department (IHD) in collaboration with the University of Kansas Medical Center conducted a community health survey during 2011 to: 1) get baseline data on demographic information and health risk behaviors in Independence, MO, 2) allow IHD to evaluate Building a Healthier Independence (BHI) program outcomes, and 3) create a strategic plan to address the health needs of the community.

The six-page survey was mailed to a random sample of 8,048 households (2,012 households per Council District) in the City of Independence. Residents were given the option to complete the survey online using SurveyMonkey® or mail the completed paper survey to the University of Kansas Medical Center. Approximately two weeks after the surveys were mailed, residents who received the survey received a reminder phone call to complete the survey using the Healthcare Notification System (HNS), an automated mass notification system. All households that returned the survey were eligible to participate in an iPod raffle funded by the Building a Healthier Independence initiative.

Of the 8,048 households that received a survey, 1,677 households completed surveys and 319 surveys were returned due to address change or incorrect addresses. The community health survey received a 21.7% response rate. The results of the random sample of 1,677 households have a 95% level of confidence with a precision of at least $\pm .92\%$.

This report contains:

- Executive summary of the methodology
- City description
- Major health indicators
- Major citizen satisfaction findings
- Perceived overall public health problems in Independence
- Top five public health priorities in Independence
- Charts and graphs depicting the overall results of the survey
- GIS maps that show the results for selected questions on maps of the City
- Tabular data for all questions on the survey
- Sample survey instrument.

City Description

Independence is the fourth largest city in the state of Missouri, encompasses over 78 square miles and has a current population of approximately 121,180. It is the county seat of Jackson County, which has a total population of 660,095 people. The Kansas City metropolitan area encompasses 11 counties and has a total population of 1.925 million.

There are four excellent school districts that draw from students residing in the city of Independence: Independence, Fort Osage, Blue Spring and Raytown. Residents enjoy over 40 parks and outstanding shopping facilities that offer a wide variety of choices ranging from the historic Independence Square to one of the finest malls in the surrounding area.

Independence is also a city with many opportunities for business and economic development. The development of the Little Blue Valley in the eastern part of the city has already brought new jobs and career opportunities. An estimated 5,000 new jobs will also be created in the next 20 years, bringing 20,000 new residents to Independence. Redevelopment is also occurring in the older, more established western sections of the city.

Independence enjoys four distinct seasons, with none being overly severe. The coldest month is January with an average temperature of 35 degrees F, and the warmest month is July with an average temperature of 89 degrees F. Independence averages 34.1 inches of rain and 20.2 inches of snow per year. The driest month is February and the wettest is June. The city of Independence lies 1,000 feet above sea level.

Source: US Census Bureau and Independence Chamber of Commerce



Section 1: Major Health Indicators

Major Health Indicators:

- **Health Information.** The top five sources of health information reported by respondents were: healthcare providers (23%), TV news (16%), computer/internet (15%), family/friends (14%), and local newspapers (10%).
- **Health Rating.** Seventy-three percent (73%) of respondents reported that they were in good or excellent health, while 27% reported that they were in poor or fair health.
- **Access to Care.** The majority (82%) of respondents reported that no one in their household is currently having trouble getting medical care. For those respondents that indicated that someone in their household was having trouble getting medical care, the top three issues reported were: cost of medical care (28%), no insurance coverage (26%), and cost of prescription drugs (19%).
- **Flu Vaccinations.** Over half (56%) of respondents reported that they received a flu shot in the last year.
- **Smoking Status.** The majority (81%) of respondents reported that they have not smoked cigarettes in the past year. Of the remaining 19% that reported that they have smoked daily or less than daily in the past year, 35% reported they do not currently smoke.
- **Smoking Cessation Advertisements.** Sixty-seven percent (67%) of respondents reported that they have noticed information about the dangers of smoking cigarettes or information that encourages quitting in the last 30 days. The top three places where respondents noticed the information were: billboards (22%), newspaper (18%), and their physician (14%).
- **Smoking Cessation Classes Offered by the Health Department.** Of the respondents that reported they currently smoke daily or less than daily, 69% reported that they would consider using a program to help them quit smoking if offered by the health department and 22% were aware that the health department had a program to help people quit smoking.
- **Consumption of Fresh Fruits and Vegetables.** Ninety-two percent (92%) of respondents reported that they eat fresh fruits and 89% reported that they eat fresh vegetables. The majority (64%) of respondents reported that they shop at the grocery store and 24% reported that they shop at the farmer's market for fresh fruits and vegetables.

- **Overweight and Obesity.** Thirty five percent (35%) of respondents were overweight and 35% were obese using their reported height and weight to calculate Body Mass Index (BMI). On average, the respondents within the 64054 and 64058 zip codes were obese, respondents within the 64016 zip code were normal, and all remaining zip codes were overweight.
- **Farmer's Market.** Of those respondents that reported that they do not shop at the farmer's market, 47% indicated that it is because they are not open at convenient times and 15% indicated that it was because it is too far away. The top three suggested locations for the new farmer's market were: 40 Hwy and Little Blue Pkwy. (31%), 24 Hwy and M-291 (31%), and Englewood (19%).
- **Calorie Posting.** The majority (73%) of respondents reported that they would like restaurants in Independence to post calories on their menu. Sixty-four percent (64%) of respondents reported that they would change what they ordered based on caloric content.
- **City Parks or Trail Usage.** Forty-two percent (42%) of respondents indicated that they do use the city parks or trails. Of those that indicated that they use the city parks or trails, 78% reported using them for walking, exercise, or play. Of those that indicated that they do not use the city parks or trails, 30% reported that they were concerned with their safety and 29% reported that they do not have enough time.
- **Neighborhood Safety.** Seventy-eight percent (78%) of respondents reported that they feel safe walking in their neighborhood. The top three reasons respondents reported they do not feel safe walking in their neighborhood were: no sidewalks (28%), fear of crime (25%), and traffic (15%).
- **Transportation to School.** Forty-eight percent (48%) of respondents reported that children in their household get to school by the bus and 42% get to school by car. Only 9% of respondents reported that their children walk by him/herself or with an adult to school. The top three concerns respondents reported that kept them from letting their child walk to school were: distance (26%), traffic (17%), and fear of crime (14%).
- **Childhood Public Health Problems in Independence.** Respondents indicated that the following five areas were the most important childhood public health problems in Independence: (1) overweight/obesity (13%), (2) child abuse (11%), (3) alcohol and drug abuse (9%), (4) domestic violence (8%), and (5) exercise (7%).
- **Overall Public Health Problems in Independence.** Respondents indicated that the following five areas were the most important overall public health problems in Independence: (1) alcohol and drug abuse (13%), (2) overweight/obesity (13%), (3) domestic violence (9%), (4) tobacco use (8%), and (5) child abuse (6%).

Section 2: Major Citizen Satisfaction Findings

Major Citizen Satisfaction Findings:

- **Access to Fresh Fruits and Vegetables.** Seventy-four percent (74%) of respondents reported that they are satisfied or very satisfied with the access to fresh fruits and vegetables in their neighborhood.
- **Sidewalks.** Over half (56%) of respondents reported that they are satisfied or very satisfied with the number of sidewalks in their neighborhood. The respondents within the following zip codes were most satisfied with the sidewalks in their neighborhood: 64015, 64057, and 64058.
- **Trails.** The majority (61%) of respondents reported that they are satisfied or very satisfied with the number of trails (for walking or biking) in their neighborhood. The respondents within the 64058 zip code were least satisfied with the trails in their neighborhood, while the respondents in the 64057 and 64015 zip codes were the most satisfied.
- **Bike Lanes on Roads.** Sixty-four percent (64%) of respondents reported that they are dissatisfied or very dissatisfied with the number of bike lanes on roads in their neighborhood. The respondents within the 64058 zip code were least satisfied with the bike lanes on roads in their neighborhood.
- **Parks.** Seventy-six percent (76%) of respondents reported that they are satisfied or very satisfied with the parks in their neighborhood.
- **Emergency Points in Parks/on Trails.** Over half (52%) of respondents reported that they are dissatisfied or very dissatisfied with the number of emergency points in parks/on trails in their neighborhood. The respondents within the 64058 zip code were least satisfied with the emergency points in parks/on trails in their neighborhood.
- **Food Inspection and Safety Programs.** The majority (72%) of respondents reported that they are satisfied or very satisfied with the food inspection and safety programs in their neighborhood.
- **Neighborhood or School Playgrounds.** Eight-one percent (81%) of respondents reported that they are satisfied or very satisfied with the neighborhood or school programs in their neighborhood. The respondents within the 64053 zip code were least satisfied with the neighborhood or school playgrounds in their neighborhood.
- **Recreational Programs for Children.** Sixty-seven percent (67%) of respondents reported that they are satisfied or very satisfied with the recreational programs for children in their neighborhood. The respondents within the following zip codes were

most satisfied with the recreational programs for children in their neighborhood: 64015, 64057, and 64058.

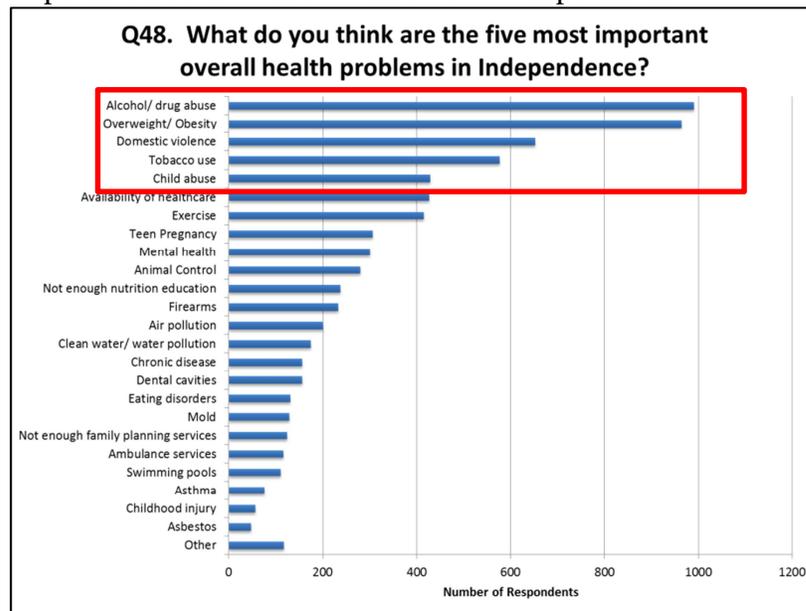
- **Recreational Programs for Teens.** Over half (58%) of respondents reported that they are satisfied or very satisfied with the recreational programs for teens in their neighborhood. The respondents within the 64053 zip code were least satisfied with the recreational program for teen in their neighborhood, while the respondents in the 64058 zip code were the most satisfied.
- **Recreational Programs for Adults.** The majority (61%) of respondents reported that they are satisfied or very satisfied with the recreational programs for adults in their neighborhood.
- **Recreational Programs for Seniors.** Sixty-five percent (65%) of respondents reported that they are satisfied or very satisfied with the recreational programs for seniors in their neighborhood.
- **Protection from Secondhand Smoke at Outdoor Youth Activities.** Seventy-four percent (74%) of respondents reported that they are satisfied or very satisfied with the amount of protection from secondhand smoke at outdoor youth activities in their neighborhood.
- **Public Transportation.** The majority (60%) of respondents reported that they are satisfied or very satisfied with public transportation in their neighborhood. The respondents within the 64016 zip code were least satisfied with public transportation in their neighborhood, while the respondents in the 64058 zip code were the most satisfied.
- **Health Education for Children in Schools.** Seventy-five percent (75%) of respondents reported that they are satisfied or very satisfied with the health education for children in the schools within their neighborhood.
- **Childcare Facilities.** Seventy-four percent (74%) of respondents reported that they are satisfied or very satisfied with the childcare facilities in their neighborhood.
- **Services for Children with Special Needs.** The majority (70%) of respondents reported that they are satisfied or very satisfied with services for special needs in their neighborhood.
- **Disaster Response Plans.** The majority (63%) of respondents reported that they are satisfied or very satisfied with disaster response plans in their neighborhood.

Section 3: Perceived Overall Public Health Problems

Top 5 Perceived Public Health Problems

The following issues were identified by survey respondents as the top five public health problems in Independence: 1) alcohol and drug abuse, 2) overweight/obesity, 3) domestic violence, 4) tobacco use, and 5) child abuse (see Figure 1). 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. When possible, data for Independence are compared with data for the state of Missouri and/or the United States. Public health goals reflect national goals as outlined by Healthy People 2020, a ten-year national plan for improving the health of Americans, or the Centers for Disease Control and Prevention (CDC).

Figure 1: Five Most Important Overall Health Problems in Independence



Source: 2011 Community Health Survey

#1 Alcohol and Drug Abuse

Background

Excessive alcohol use is the third leading lifestyle-related cause of death in the U.S., accounting for approximately 79,000 deaths each year.¹ *Binge drinking* is defined for women as four or more drinks on a single occasion and for men as five or more drinks on one occasion. *Heavy drinking* is defined as more than one drink per day on average for women and more than two drinks per day on average for men. *Excessive drinking* is binge drinking, heavy drinking or both.²

Potential negative health consequences of excessive alcohol use include increased risk for injury, violence, miscarriage and birth defects, alcohol poisoning, and risky sexual behavior (which can lead to sexually transmitted infections and unintended pregnancy). Over time, alcohol use can contribute to increased risk for cancer, liver disease, cardiovascular disease, neurological problems, and social and mental health consequences¹.

¹ Centers for Disease Control and Prevention. (2011). Fact sheets: Alcohol use and health. Available at www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm

² Centers for Disease Control and Prevention. (2011). Fact sheets: Alcohol use and health. Available at www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm

Illicit drug use refers to any use of marijuana, cocaine, hallucinogens, or inhalants, or any nonmedical use of prescription drugs.¹ These drugs can all have serious health consequences, including disruptions to the body's cardiovascular and metabolic systems; damage to the nervous system; increased chance of stroke; psychosis; and risky behaviors, which increase the chances of injury to self or others, sexually transmitted infections, and death.²

Current trends

In 2009, 39.3% of youth in Missouri reported consuming at least one alcoholic drink in the past 30 days, compared to a national rate of 41.8%. The rate of binge drinking for Missouri youth was 25.3%, compared to a national rate of 24.2%. Among adults, rates for binge drinking were also close to the national average, with 15.6% of Missouri adults reporting binge drinking during the past 30 days compared to 15.1% adults in the nation.³

Nationwide, adolescent drug use (notably cocaine, methamphetamines, and inhalant) has declined since a peak in the late-1990s, but this trend has leveled off in the past few years. Even more concerning is an increase in reported use of marijuana among middle school and high school students in 2010. Rates of marijuana use in the month prior to the survey are now higher than that for cigarettes.³

In 2010, about 9% of the U.S. population (age 12 and older) reported using one or more illicit drugs in the past month, an increase from the rates for 2002-2008. The highest rates of drug use occur in adults ages 18-20 and 21-25.⁴ According to the most recent data available, Missouri rates for drug use were significantly lower than the national rates from 2002-2006.⁵ However, data from the 2011 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 (see Figures 2 and 3).

¹ Centers for Disease Control and Prevention. (2010). Health, United States, 2010: Health risk factors (Web update). Available at www.cdc.gov/nchs/data/hus/10.pdf#061

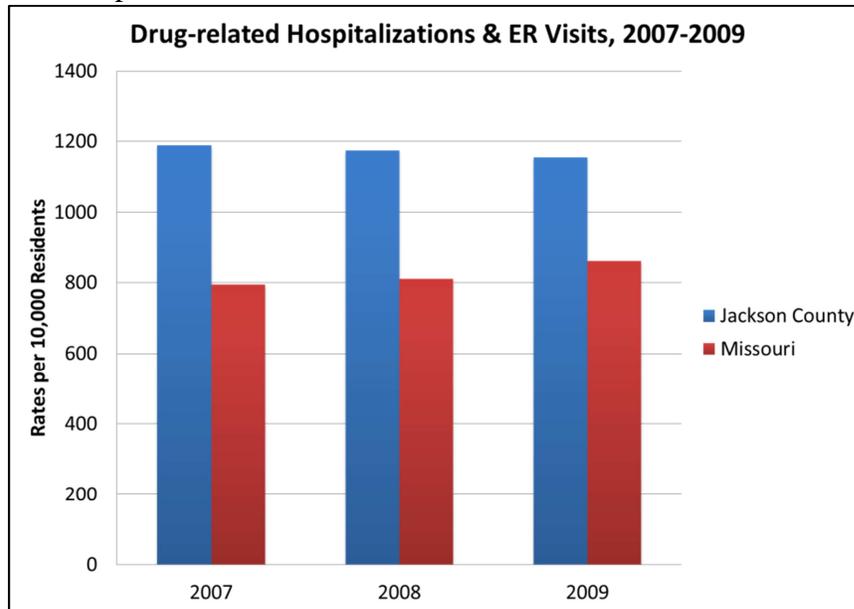
² National Institute on Drug Abuse. (2011). InfoFacts. Available at www.drugabuse.gov/publications/term/160/InfoFacts

³ Centers for Disease Control and Prevention. (2012). Chronic disease indicators. State/area profile: Missouri compared with United States. Available at apps.nccd.cdc.gov/cdi.

⁴ Substance Abuse and Mental Health Services Administration. (2011). Results from the 2010 National Survey on Drug Use and Health: Summary of national findings. Available at www.samhsa.gov/data/NSDUH/2k10NSDUH/2k10Results.htm#2.4

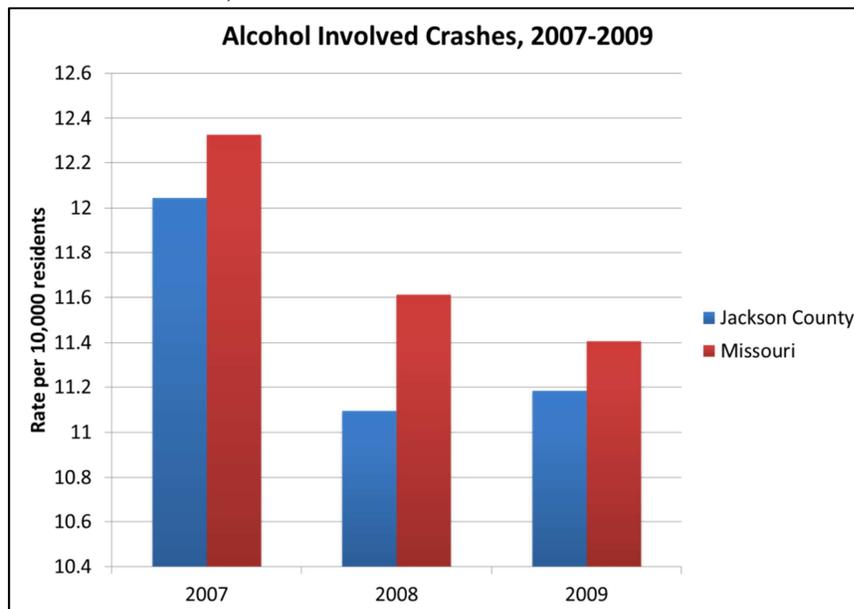
⁵ SAMHSA (2008)

Figure 2: Drug-related Hospitalizations & ER Visits, 2007-2009



Source: 2011 Status Report on Missouri's Substance Abuse and Mental Health Problems

Figure 3: Alcohol Involved Crashes, 2007-2009



Source: 2011 Status Report on Missouri's Substance Abuse and Mental Health Problems

Who is at risk

Anyone who chooses to drink alcohol should do so in moderation (no more than one drink on average per day for women, and no more than two drinks on average per day for men). However, some groups should avoid drinking completely, including children and adolescents (anyone under the age of 21), women who are pregnant or may become pregnant, people suffering from certain medical conditions or

taking certain medications that may be affected by alcohol, or anyone who is unable to control the amount of alcohol they consume.¹

Rates of marijuana and other illicit drug use are higher among males of all ages, except for abuse of prescription drugs, for which the rate among women is nearly equal to that for men. The highest rates for marijuana, prescription drug abuse, and all illicit drug use occur among people aged 18-25.²

Public health goals

Substance abuse is one of the topics addressed by Healthy People 2020, a ten-year national plan for improving the health of Americans. The overall goal outlined in Healthy People 2020 for substance abuse is to “reduce substance abuse to protect the health, safety, and quality of life for all, especially children”. The Healthy People 2020 Leading Health Indicators, or high-priority objectives, related to alcohol and drug use are: 1) to reduce the proportion of adolescents reporting use of alcohol, marijuana or illicit drugs and 2) reduce the proportion of people of all ages engaging in binge drinking.³

#2 Overweight and Obesity

Background

Overweight and *obesity* are designations given to ranges of weight that are greater than what is considered healthy. In adults, overweight is defined as 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. Overweight and obesity increase risk for numerous conditions, including heart disease, stroke, type II diabetes, and cancer.⁴

Because of the different developmental processes, overweight and obesity are defined differently for children and adolescents than they are for adults. Growth charts outline specific criteria for appropriate weight in infants, children, and youth. Overweight and obesity are defined in terms of age- and sex-related percentiles of BMI. A child whose BMI is equal to or greater than that of 85% of his or her peers (same age and sex), but less than 95% percent 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.⁵

A number of factors contribute to the problem of childhood obesity by either increasing the caloric intake or limiting the physical activity of children and youth. These factors include the availability of sugary drinks and less healthy food options at schools, marketing of unhealthy food/beverage options, lack of daily physical activity in most schools, increasing portion sizes, lack of support for breastfeeding, and increased TV/electronic media usage by children and youth.⁶

¹ Centers for Disease Control and Prevention. (2011). Fact sheets: Alcohol use and health. Available at www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm

² Centers for Disease Control and Prevention. (2010). Health, United States, 2010: Health risk factors (Web update). Available at www.cdc.gov/nchs/data/hus/10.pdf#061

³ Healthy People. (2011). Substance abuse. Available at healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicId=40

⁴ Centers for Disease Control and Prevention. (2012). Overweight and obesity: Adult obesity. Available at www.cdc.gov/obesity/data/adult.html

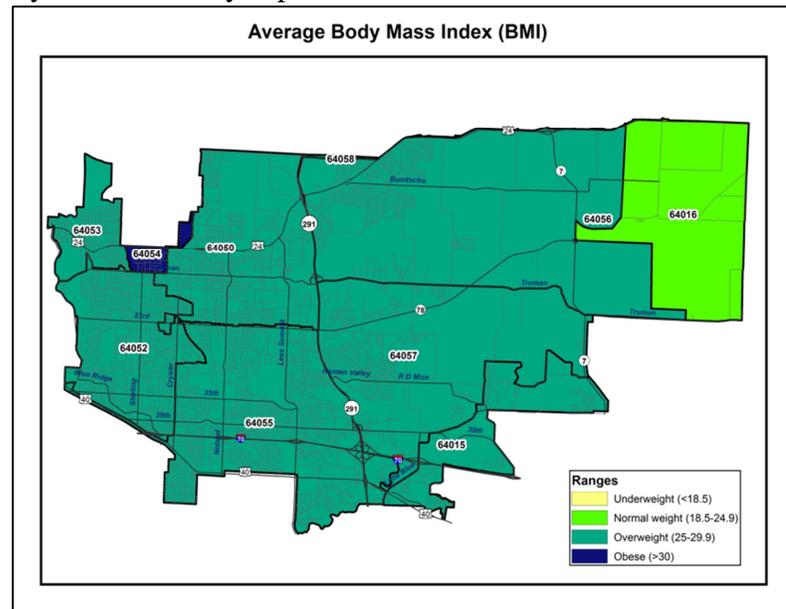
⁵ Centers for Disease Control and Prevention. (2011). Childhood overweight and obesity. Available at www.cdc.gov/obesity/childhood/index.html

⁶ Centers for Disease Control and Prevention. (2011). Childhood overweight and obesity. Available at www.cdc.gov/obesity/childhood/index.html

Current trends

Overweight and obesity rates throughout the nation have been increasing over the past several decades. More than one-third (35.7%) of American adults and 17% of children are now obese. In Missouri, obesity has risen from approximately 21% of the adult population in 2001 to approximately 31% in 2011.¹ Another 34% of adults in Missouri are overweight.² According to the 2011 City of Independence Community Health Survey, nearly 36% of respondents were obese (BMI of 30 or greater), and another 35% were overweight (BMI of 25-29.9%).

Figure 4: Average Body Mass Index by Zip code



Source: 2011 Community Health Survey

Who is at risk

Nationally, African American adults have the highest rates of obesity (44.1%), followed by Hispanics (37.9%) and whites (32.6%).³ Among children, Hispanic boys and non-Hispanic black girls are significantly more likely to be overweight.⁴ People who live in areas where there is limited access to healthy food options and/or safe places to engage in physical activity are at greater risk for being overweight or obese.

Public health goals

Weight is affected by both diet/nutrition and physical activity. Healthy People 2020 addresses both of these factors in its goals and objectives, calling for improved access to healthy foods, especially for children, and increasing the level of physical activity of people of all ages. Together these will facilitate progress towards the objectives of increasing the proportion of the population that is a healthy weight

¹ United Health Foundation. (2011). America's Health Rankings. Missouri. Available at www.americashealthrankings.org/MO

² Missouri Department of Health and Senior Services (DHSS). (n.d.). Behavioral Risk Factor Surveillance System (BRFSS). Available at health.mo.gov/data/brfss/index.php

³ Centers for Disease Control and Prevention. (2012). Overweight and obesity: Adult obesity. Available at www.cdc.gov/obesity/data/adult.html

⁴ Centers for Disease Control and Prevention. (2011). Childhood overweight and obesity. Available at www.cdc.gov/obesity/childhood/index.html

and reducing the proportion of the population that is obese by 10% to 30.6% by 2020.¹ Obesity, nutrition and overweight/obesity are also listed as Winnable Battles by the CDC, which advocates environmental and policy-level changes to facilitate healthy eating and physical activity levels.²

#3 Domestic Violence

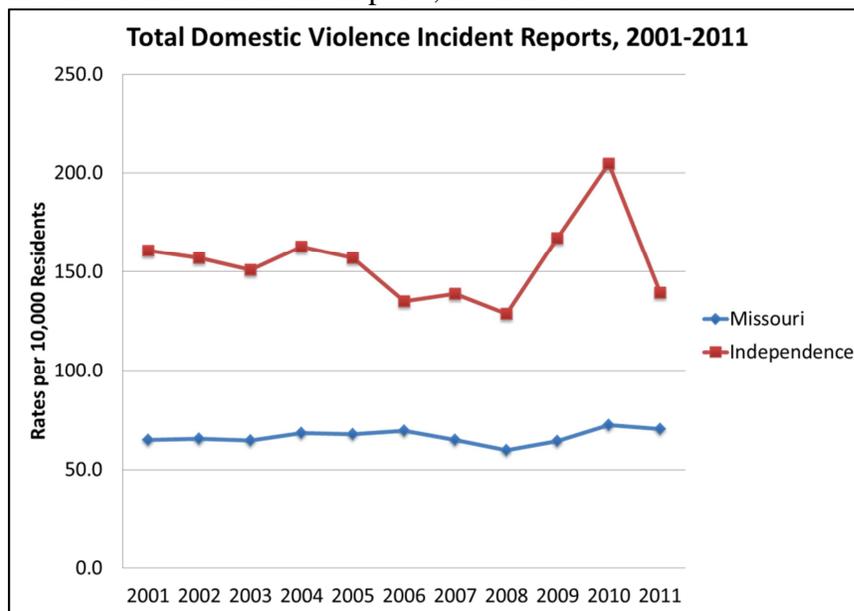
Background

Intimate partner violence (IPV), often called domestic violence, includes any instance of physical or sexual violence, threats of physical or sexual violence, or emotional abuse by a current or former spouse or partner. Many of the consequences of IPV are physical—minor injuries like bruises or cuts, or major injuries such as broken bones or serious trauma. Other effects of IPV are psychological, including depression, anxiety, or symptoms of post-traumatic stress disorder. IPV can result indirectly in further negative health effects by contributing to other unhealthy or risky behavior. Some victims of IPV may even contemplate or attempt suicide.³

Current trends

Intimate partner violence is notoriously underreported, because victims fear that they will not be believed or that no one will be able to help. But almost three out of ten women and one out of ten men in the U.S. have experienced violence or intimidation from a current or former intimate partner. In 2007, 2,340 deaths in the U.S. resulted from IPV, 70% of which were women.⁴ From 2001-2011, the City of Independence had a significantly higher rate of domestic violence reports than the state of Missouri (see Figure 5).

Figure 5: Total Domestic Violence Incident Reports, 2001-2011



Source: Missouri State Highway Patrol Uniform Crime Reporting Program

¹ Healthy People. (2012). Topics and objectives—Healthy People. Available at healthypeople.gov/2020/topicsobjectives2020/default.aspx.

² Centers for Disease Control and Prevention. (2011). Winnable Battles: Nutrition, physical activity, and obesity. Available at www.cdc.gov/WinnableBattles/Obesity/index.html

³ Centers for Disease Control and Prevention. (2012). Fact sheet: Understanding intimate partner violence. Available at www.cdc.gov/ViolencePrevention/pdf/IPV_Factsheet-a.pdf.

Who is at risk

Intimate partner violence is difficult to understand and predict. However, there are certain factors that make someone more likely to hurt his or her partner, including a history of violent or aggressive behavior, being exposed to or a victim of violence as a child, alcohol or drug use, or stressful life events such as unemployment.¹

Public health goals

Healthy People 2020 contains goals and objectives for Injury and Violence Prevention, including the reduction of intimate partner violence, sexual violence, and exposure of children to violence.² Preventing IPV will require changes at all levels: individuals, relationships, communities, and society as a whole.¹

#4 Tobacco Use

Background

Smoking is the leading preventable cause of death in the U.S. and accounts for 443,000 deaths annually, or approximately one in five deaths.³ For every smoking-related death, another 20 people suffer from smoking-related illness or disability, including those caused by secondhand smoke.⁴ Smoking and exposure to secondhand smoke, and other forms of tobacco use, contribute to risk for cancers of the lungs, mouth, throat, and larynx; heart disease; stroke; respiratory infections; and sudden infant death syndrome.⁵

More than 80% of adult smokers began smoking before the age of 18, and adolescents who use other forms of tobacco (e.g., chewing tobacco or snuff) are more likely to smoke as adults when compared to adolescents who do not use tobacco in any form.⁶

Current trends

In 2011, 19% of all adults in the U.S. smoked; 21.5% of men smoked and 17.3% of women⁷. In Missouri, the rate of smoking has dropped from 27.2% to 21.1% in the past ten years, although the state still ranks poorly when compared to other states, coming in 40th out of the 50 states and Washington, D.C.⁸ According to the City of Independence 2011 Community Health Assessment, 19% of respondents in Independence reported having smoked in the past year.

Every day in the U.S., an estimated 3,800 youth under the age of 18 smoke their first cigarette. Youth tobacco use in Missouri closely resembles youth tobacco use in the nation. In 2009, 19.5% of U.S. high school students and 5.2% of U.S. middle school students reported having smoked at least once

¹ Centers for Disease Control and Prevention. (2012). Fact sheet: Understanding intimate partner violence. Available at www.cdc.gov/ViolencePrevention/pdf/IPV_Factsheet-a.pdf.

² Healthy People. (2012). Injury and violence prevention. Available at healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicId=24

³ Centers for Disease Control and Prevention. (2011). Fact sheet. Adult cigarette smoking in the United States: Current estimate. Available at www.cdc.gov/tobacco/data_statistics/fact_sheets/adult_data/cig_smoking/index.htm

⁴ Centers for Disease Control and Prevention. (2003). Cigarette smoking—attributable morbidity—United States, 2000. *Morbidity and Mortality Weekly Report*, 52(35), 842–844. Available from www.cdc.gov/mmwr/preview/mmwrhtml/mm5235a4.htm

⁵ Centers for Disease Control and Prevention. (2011). Tobacco use: Targeting the nation's leading killer at a glance 2011. Available at www.cdc.gov/chronicdisease/resources/publications/aag/osh.htm

⁶ Centers for Disease Control and Prevention. (2012). Smoking & tobacco use: Youth and tobacco use. Available at www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm

⁷ Centers for Disease Control and Prevention. (2011b). Fact sheet. Adult cigarette smoking in the United States: Current estimate. Available at www.cdc.gov/tobacco/data_statistics/fact_sheets/adult_data/cig_smoking/index.htm

⁸ United Health Foundation. (2011). America's Health Rankings. Missouri. Available at www.americashealthrankings.org/MO

in the past month³. In Missouri in 2009, 19.4% of high school students and 5.7% of middle school students reported having smoked in the past month. Since 2003, tobacco use and cigarette smoking have steadily declined among both middle school and high school students in Missouri.¹

Who is at risk

The highest smoking rates are typically among men, people living below the poverty level, people with less education, people living in the Midwest and in the South, and American Indians and Alaskan Natives.² The following factors increase the risk for youth to begin smoking or using tobacco in other forms: low socioeconomic status, having parents or relatives who use tobacco, having peers who use tobacco or approve of tobacco use, accessibility of tobacco at a low price, low academic achievement, exposure to tobacco marketing, low self-esteem, and aggressive behavior. Boys are slightly more likely to smoke than girls, and non-Hispanic white youth are more likely than both Hispanic and black youth to smoke.⁵

Public health goals

One of the Healthy People 2020 objectives in the area of tobacco use is to reduce the national smoking rate to 12%.³ The CDC has identified tobacco use as one of its Winnable Battles and advocates strategies based on the Institute of Medicine's 2007 consensus report, entitled *Ending the Tobacco Problem: A Blueprint for the Nation*. This report calls for state and local governments to take actions such as increasing taxes on tobacco, enacting smoking restrictions, implementing evidence-based smoking prevention programs in schools, and offering smoking cessation programs for smokers who want to quit.⁴

#5 Child Abuse

Background

Child maltreatment includes physical, emotional, or sexual abuse or neglect of a child under the age of 18.⁵ Child abuse or neglect is more likely to be committed by the parent(s) of the child than by other relatives or caretakers.⁶ Child maltreatment ranges in seriousness, and can lead to death in some cases.

Current trends

Each year, more than 3 million cases of child maltreatment are reported in the U.S., and more than 740,000 children and youth are treated in hospital emergency departments for injuries resulting from violence.² In 2008, 1,740 children and youth ages 0-17 are estimated to have died from abuse/neglect; 80% of those were infants and children younger than 4 years.³ In Jackson County, rates of child abuse and neglect have been increasing in recent years, but remain below the state average (see Figure 6).

¹ Missouri Department of Health and Senior Services (DHSS). (2011). Results from 2011 Missouri Youth Tobacco Survey. Available at health.mo.gov/data/yts/data.php

² Centers for Disease Control and Prevention (2011a). CDC reports vital information on smoking. Available at www.cdc.gov/features/vitalsigns/adultsmoking.

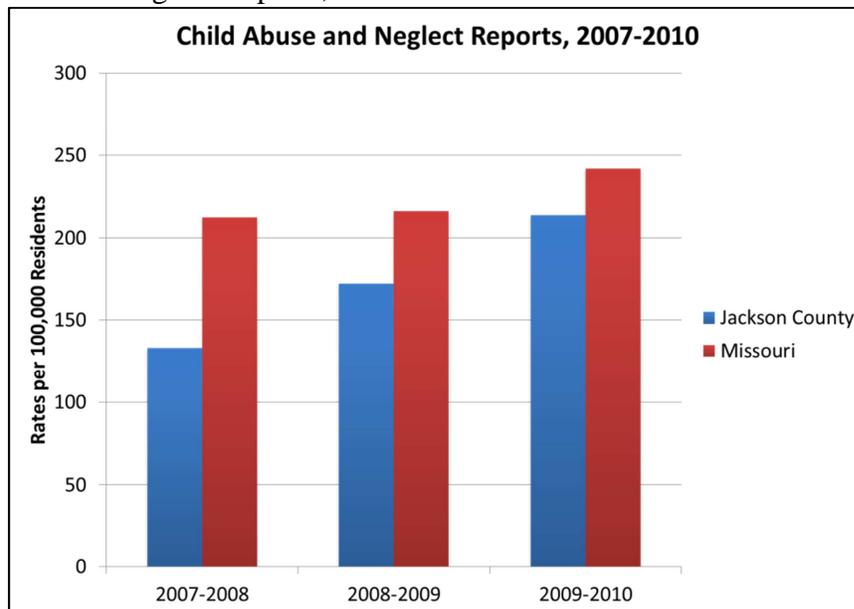
³ Healthy People. (2012). Tobacco use. Available at healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicId=41

⁴ Centers for Disease Control and Prevention. (2011c). Tobacco use: Targeting the nation's leading killer at a glance 2011. Available at www.cdc.gov/chronicdisease/resources/publications/aag/osh.htm

⁵ Centers for Disease Control and Prevention. (2012). Injury Center: Violence prevention. Child maltreatment prevention. Available at www.cdc.gov/ViolencePrevention/childmaltreatment/index.html.

⁶ Centers for Disease Control and Prevention. (2010). Child maltreatment: Facts at a glance. Available at www.cdc.gov/violenceprevention/pdf/CM-DataSheet-a.pdf.

Figure 6: Child Abuse and Neglect Reports, 2007-2010



Source: 2011 Status Report on Missouri's Substance Abuse and Mental Health Problems

Who is at risk

Some children are more likely than others to be victims of abuse/neglect. African American children are more likely than other groups to suffer abuse/neglect, and girls are slightly more likely to be victims of abuse/neglect than boys. The highest rate of maltreatment occurs in infants less than one year old (21.7 per 1,000). The rate of maltreatment decreases as children get older, with the lowest rate (5.5 per 1,000) occurring in youth ages 16-17.¹ Children with health problems or mental or physical disabilities are also at an increased risk for suffering abuse or neglect, as caring for these children can be a source of stress for parents who may become overwhelmed.²

Public health goals

Healthy People 2020 recognizes the seriousness of child maltreatment, and addresses the problem with two objectives under the topic of Violence Prevention. The first is to reduce all cases of child maltreatment and the second is to reduce the number of child deaths due to abuse and neglect.³

¹ Centers for Disease Control and Prevention. (2010). Child maltreatment: Facts at a glance. Available at www.cdc.gov/violenceprevention/pdf/CM-DataSheet-a.pdf.

² U.S. Department for Health and Human Services. (n.d.). Child abuse and neglect. Administration for Children and Families, Children's Bureau. Available at www.childwelfare.gov/can/index.cfm

³ Healthy People. (2012). Injury and violence prevention. Available at healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicId=24

Section 4: Top 5 Public Health Priorities

Top 5 Public Health Priorities

The following five health issues are the leading priorities for the city of Independence, as identified by the Missouri Department of Health and Senior Services Missouri Information for Community Assessment (MICA) Priorities tool. These diseases and conditions are prioritized based on ten factors, including number of deaths, number of hospitalizations and ER visits, disability burden, and amenability to change. The top five public health priorities for Independence are: 1) chronic obstructive pulmonary disease, 2) heart disease, 3) alcohol- and substance-related deaths, 4) diabetes, and 5) motor vehicle accidents (see Figure 7).¹

Figure 7: Prioritization of Selected Diseases and Conditions in Independence

| Prioritization of Selected Diseases and Conditions in Independence |
|--|
| 1. Chronic Obstructive Pulmonary Disease (COPD) |
| 2. Heart Disease |
| 3. Alcohol and Substance Related Deaths |
| 4. Diabetes |
| 5. Motor Vehicle Accidents |

Source: Missouri Information for Community Assessment

#1 Chronic Obstructive Pulmonary Disease (COPD)

Background

Chronic Obstructive Pulmonary Disease (COPD) refers to a group of slowly progressive diseases that cause blockages in the airways that interfere with breathing, including emphysema and chronic bronchitis.² Chronic lower respiratory disease, which includes both COPD and asthma, was the 3rd leading cause of death in the United States in 2009.³ COPD is the 5th highest priority for the state of Missouri, and the top priority for Independence.¹

Current trends

Nationally, the prevalence of COPD remained stable from 1998 to 2009 (the most recent year for which data are available), and was significantly higher in women than in men. The COPD mortality rate declined for men over this period of time, but remained stable for women.⁴ The rates for both hospitalizations and deaths due to COPD were slightly higher for Independence than for the state of Missouri as a whole from 1999-2009 (see Figures 8 and 9).¹

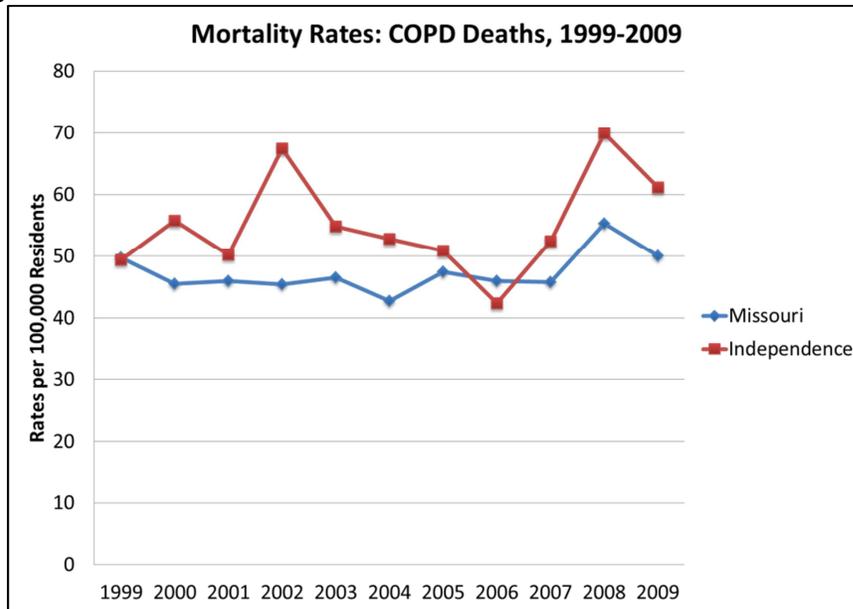
¹ Missouri Department of Health and Senior Services. (2011). Priorities MICA. Available at health.mo.gov/data/mica/PriorityMICA/index.html

² Centers for Disease Control and Prevention. (2011). Chronic obstructive pulmonary disease (COPD). Available at www.cdc.gov/copd/index.htm

³ Centers for Disease Control and Prevention. (2012). Leading causes of death. Available at www.cdc.gov/nchs/fastats/lcod.htm

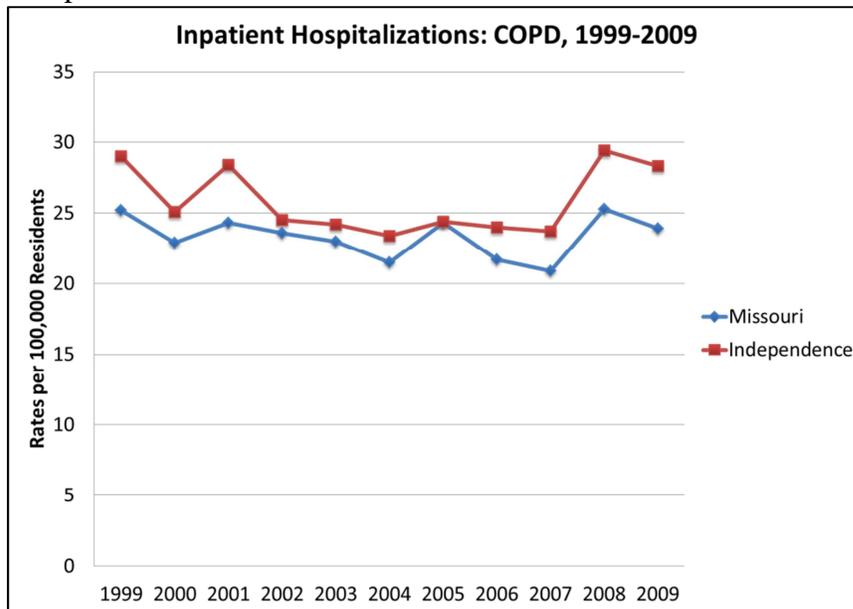
⁴ Akinbami, L. J. & Liu, X. (2011). Chronic obstructive pulmonary disease (COPD) among adults aged 18 and over in the United States, 1998–2009. National Center for Health Statistics Data Brief. Available at www.cdc.gov/nchs/data/databriefs/db63.htm

Figure 8: Mortality Rates: COPD



Source: Missouri Information for Community Assessment

Figure 9: Inpatient Hospitalizations: COPD



Source: Missouri Information for Community Assessment

Who is at risk

Exposure to tobacco smoke is the most significant risk factor for developing COPD and accounts for approximately nine out of ten COPD-related deaths. Anyone who smokes currently, has smoked in the past, or is exposed to secondhand smoke is at higher risk for developing COPD. Additionally, exposure to certain chemicals, dust or other pollutants in the home or workplace may increase risk for developing COPD. Finally, some people have a certain rare genetic condition that increases the likelihood of

developing COPD.¹ COPD is more common in older adults, white and Puerto Rican adults, and adults living below the poverty level.²

Public health goals

Healthy People 2020 objectives focus on early diagnosis and mitigating the effects of COPD by reducing deaths, hospitalizations, ER visits, and activity limitations of people with COPD.³

#2 Heart Disease

Background

Heart disease refers to various conditions of the heart, including ischemic heart disease, rheumatic heart disease, hypertensive heart disease, pulmonary embolism, valve disorders, cardiomyopathy, atrial fibrillation, and congestive heart failure.⁴ The most common of these conditions is coronary artery disease, in which cholesterol deposits, or plaque, build up and block the blood vessels that supply blood to the muscles of the heart. Other heart conditions include heart attack, irregular heart rhythms, infections, and heart failure. Together, these conditions are the number one leading cause of death in the U.S.⁵ Heart disease is the second leading priority for Independence, and the third for Missouri.⁴

Current trends

Heart disease accounts for almost one in every four deaths; in 2008, more than 616,000 Americans died from heart disease.⁵ The mortality rate from heart disease steadily declined from 1999-2009 both for Missouri and for the City of Independence, and the mortality rate for Independence has consistently stayed below the state rate (see Figure 10).⁴ During the same time period, the rate of hospitalizations for heart disease in Independence has followed the trend for the state of Missouri, but decreased at a faster rate in recent years (see Figure 11).

¹ Centers for Disease Control and Prevention. (2011). Chronic obstructive pulmonary disease (COPD). Available at www.cdc.gov/copd/index.htm

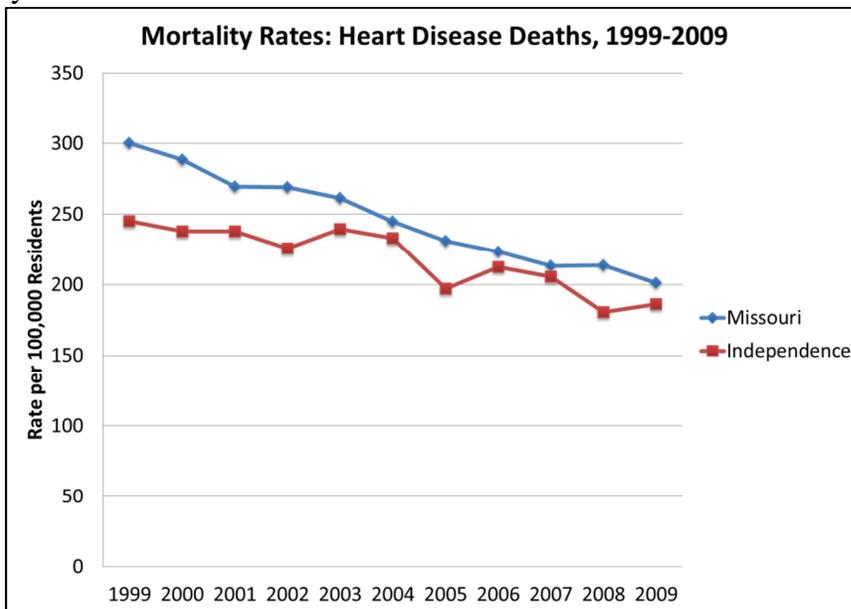
² Akinbami, L. J. & Liu, X. (2011). Chronic obstructive pulmonary disease (COPD) among adults aged 18 and over in the United States, 1998–2009. National Center for Health Statistics Data Brief. Available at www.cdc.gov/nchs/data/databriefs/db63.htm

³ Healthy People. (2012). Respiratory diseases. Available at healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicId=36

⁴ Missouri Department of Health and Senior Services. (2011). Priorities MICA. Available at health.mo.gov/data/mica/PriorityMICA/index.html

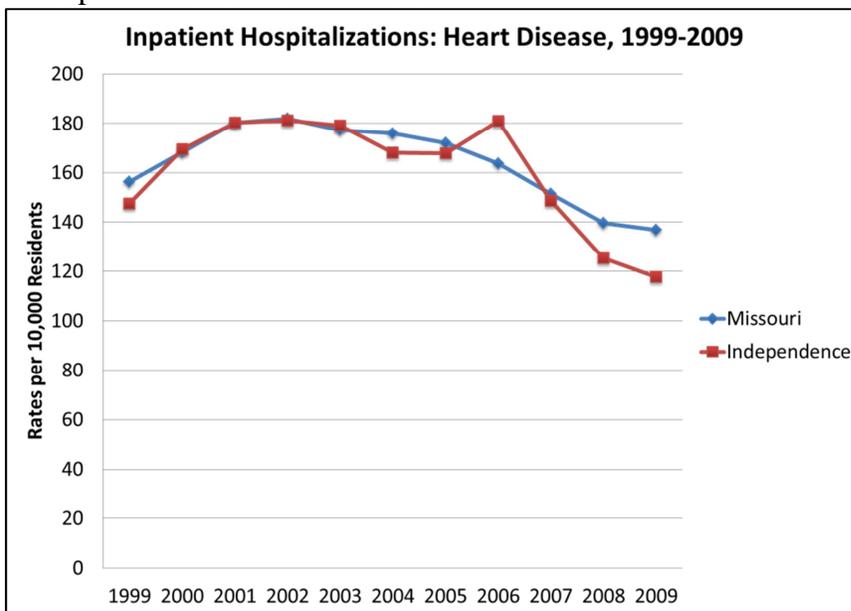
⁵ Centers for Disease Control and Prevention. (2012). Heart disease. Available at www.cdc.gov/heartdisease/index.htm

Figure 10: Mortality Rates: Heart Disease



Source: Missouri Information for Community Assessment

Figure 11: Inpatient Hospitalizations: Heart Disease



Source: Missouri Information for Community Assessment

Who is at risk

Risk factors for heart disease include smoking/tobacco use; a diet high in saturated fats, cholesterol, or sodium; physical inactivity; obesity; and excessive alcohol use. Other health conditions arise from some of the same lifestyle-related risk factors, such as high levels of LDL cholesterol, high blood pressure, and diabetes, and also increase the risk for heart disease. There is also a genetic component to heart disease, so people with a family history of heart disease may have a greater risk for developing heart disease.¹

¹ Centers for Disease Control and Prevention. (2012). Heart disease. Available at www.cdc.gov/heartdisease/index.htm

Public health goals

Heart disease is a major priority in Healthy People 2020, with numerous goals and objectives related to prevention, early detection/treatment, and mitigation of the effects of heart disease. Some objectives focus on reducing risk factors, such as high blood pressure and obesity, while others focus on increasing awareness of symptoms of heart disease and increased use of screening for early detection.¹

#3 Alcohol- and Substance-Related Deaths

Background

According to Priorities MICA, this category includes all deaths for which alcohol or any other drug was the underlying cause of death. This includes deaths involving substance dependence, nondependent use, accidental poisoning, or suicide, as well as chronic diseases for which alcohol or drugs were the primary cause (e.g., cirrhosis or chronic liver disease). Priorities MICA does not include deaths from motor vehicle accidents (MVA) that result from alcohol or drug use in this category, placing them instead in the MVA category; therefore, the actual impact of alcohol and other drugs may actually be greater than is indicated by this ranking. Alcohol- and substance-related deaths are the second highest priority for the state of Missouri.²

Current trends

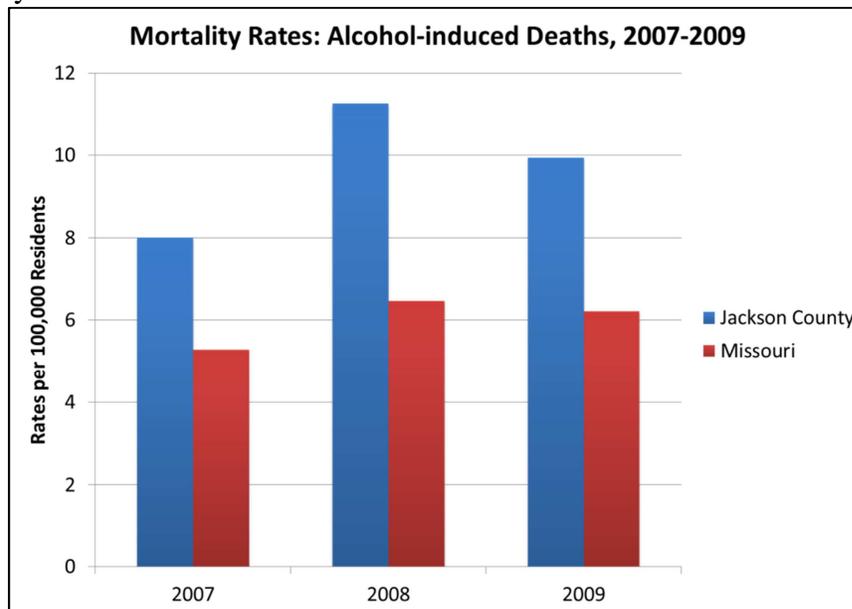
The rates of deaths due to alcohol and drugs are higher in Jackson County than in Missouri as a whole. Figures 12 and 13 illustrate the rates of alcohol- and drug-induced deaths in Jackson County and Missouri for 2007-2009 (the most recent year for which data are available).³

¹ Healthy People. (2012). Heart disease and stroke. Available at healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicId=21

² Missouri Department of Health and Senior Services. (2011). Priorities MICA. Available at health.mo.gov/data/mica/PriorityMICA/index.html

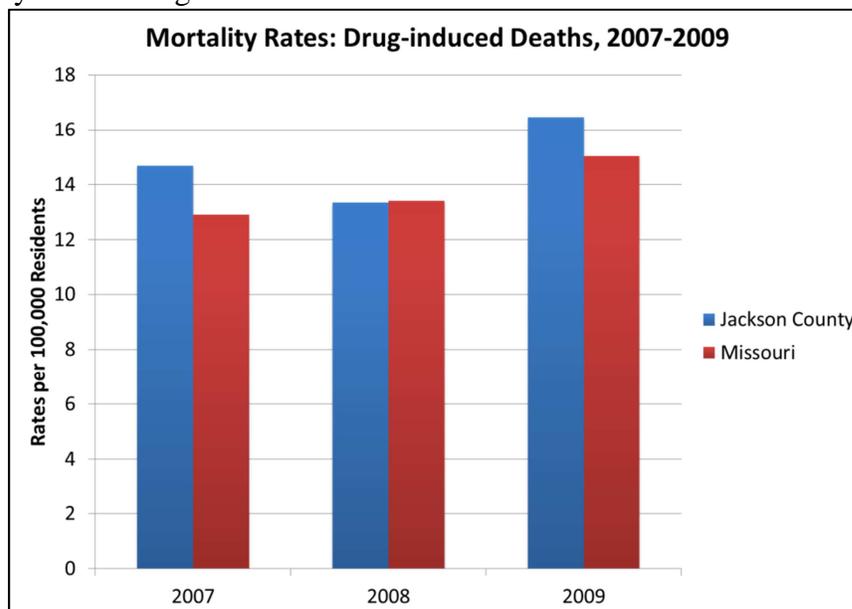
³ Missouri Department of Health and Senior Services. (2011). 2011 Status report on Missouri's substance abuse and mental health problems. Available at <http://dmh.mo.gov/ada/rpts/2011StatusReport.htm>

Figure 12: Mortality Rates: Alcohol-induced Deaths



Source: 2011 Status Report on Missouri's Substance Abuse and Mental Health Problems

Figure 13: Mortality Rates: Drug-induced Deaths



Source: 2011 Status Report on Missouri's Substance Abuse and Mental Health Problems

Who is at risk

Excessive alcohol use contributes to the risk for death due to alcohol, so people who are heavy drinkers or binge drinkers are at a greater risk for adverse health conditions and death. Men, people between the ages of 18-34, and people with an income greater than \$75,000 are more likely to binge drink; members of the military, college students, and high school students who drink are also more likely to binge drink than other populations.¹

¹ Centers for Disease Control and Prevention. (2011). Excessive alcohol use: Addressing a leading risk for death, chronic disease, and injury—At a glance 2011. Available at www.cdc.gov/chronicdisease/resources/publications/aag/alcohol.htm

People initiate drug use for many different reasons, but once an addiction is formed, it becomes difficult to stop taking drugs. Prevention is the best treatment, so targeting children and adolescents for prevention is the most effective strategy. Some factors that place youth at higher risk for drug use include aggressive behavior, poor academic performance, mental illness, poor social skills, and lack of parental supervision. Certain structural factors, such as poverty and availability of drugs, increase the likelihood that young people will begin using or abusing illicit drugs or prescription medications.¹

Public health goals

Healthy People 2020's goals related to alcohol- and drug-related deaths is to reduce both by 10% by 2020. The target rate for drug-related deaths is 11.3 deaths per 100,000 population.² This is significantly lower than the current rate for Jackson County of 13-16.5 deaths per 100,000. The national target for alcohol-induced deaths is a decrease from an average of 79,646 deaths per year to only 71,681 deaths due to alcohol per year.³ A 10% decrease in alcohol-related deaths for Jackson County would mean reducing the number of deaths by 5-8 deaths by the year 2020.

#4 Diabetes

Background

Diabetes is a disease characterized by elevated blood glucose levels, caused by the body's inability to produce or use insulin, which normally helps the body use glucose for energy. The build-up of glucose in the bloodstream leads to a host of health problems. Diabetes increases the risk for heart disease and stroke, and leading to kidney disease, blindness, lower extremity amputations, damage to the nervous system, dental disease, and complications during pregnancy.³

There are several types of diabetes. Type I, formerly known as juvenile onset or insulin-dependent diabetes, occurs when the body's immune system attacks the cells in the pancreas that produce insulin, and insulin must be supplied through injections or a pump.⁴ Type II, previously called non-insulin-dependent, occurs when the pancreas is unable to keep up with the body's needs for insulin, resulting in a buildup of glucose in the blood. Type II diabetes accounts for 90-95% of all diabetes diagnoses. Gestational diabetes occurs during pregnancy and can lead to complications with the birth if left untreated.⁴ People with diabetes are about twice as likely to die as those of the same age that do not have diabetes. Diabetes is the seventh leading cause of death in the U.S., and the sixth leading cause of death in Missouri.^{4,4}

Current trends

In 2010, diabetes affected an estimated 25.8 million people, or 8.3% of the population; however, 7 million of those cases went undiagnosed. Also in 2010, nearly 27% of U.S. adults aged 65 and older (10.9 million people) had diabetes, and 1.9 million people aged 20 and older were newly diagnosed with diabetes.⁵ In 2011, 429,000 Missourians, or 9.4% of the state's population, had diabetes.¹ For most years

¹ National Institute on Drug Abuse. (2010). Drug abuse and addiction. Available at www.drugabuse.gov/publications/science-addiction/drug-abuse-addiction

² Healthy People. (2012) Substance abuse. Available at healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicId=40

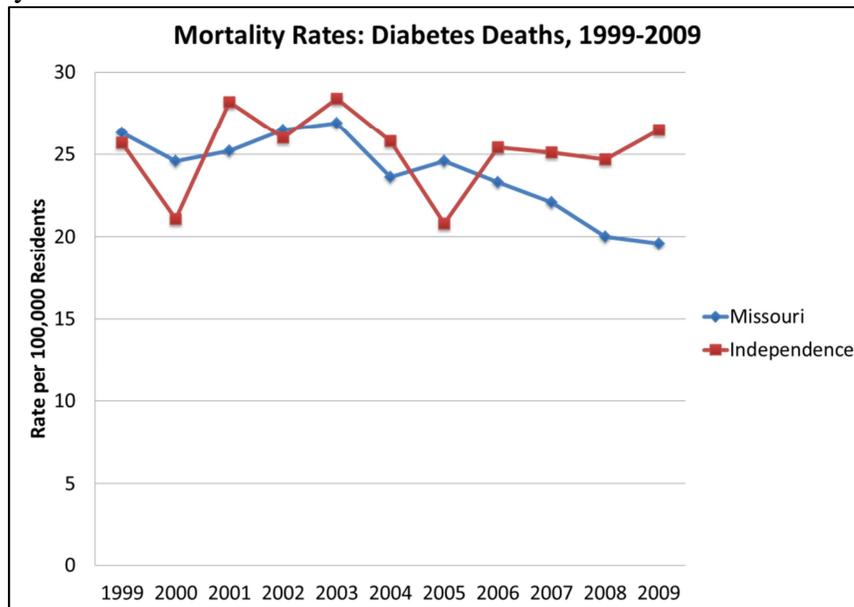
³ Centers for Disease Control and Prevention. (2011). National diabetes fact sheet: National estimates and general information on diabetes and prediabetes in the United States, 2011. Available at www.cdc.gov/diabetes/pubs/pdf/ndfs_2011.pdf

⁴ Missouri Department of Health and Senior Services (DHSS). (2011). Priorities MICA. Available at health.mo.gov/data/mica/PriorityMICA/index.html

⁵ Centers for Disease Control and Prevention. (2011). National diabetes fact sheet: National estimates and general information on diabetes and prediabetes in the United States, 2011. Available at www.cdc.gov/diabetes/pubs/pdf/ndfs_2011.pdf

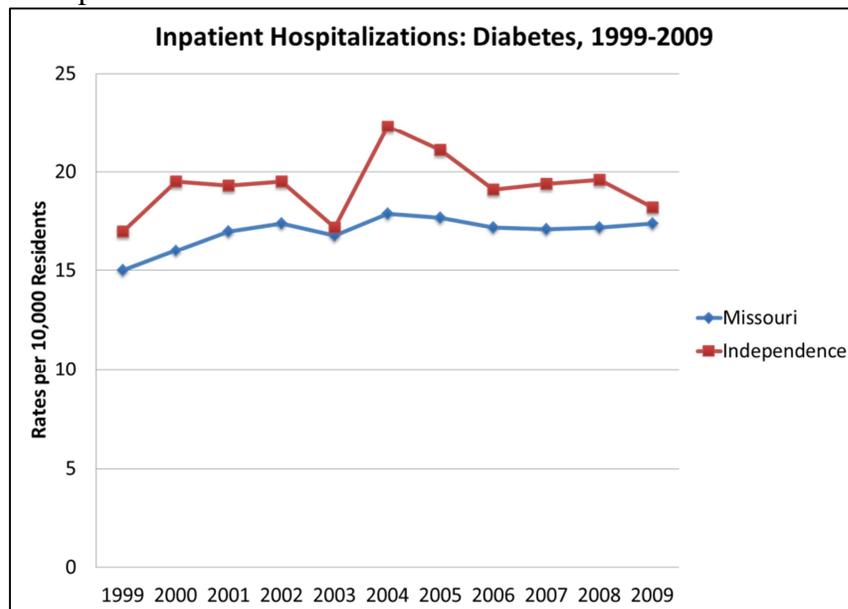
between 1999 and 2009, the rate of deaths due to diabetes was higher in Independence than in the state of Missouri, and hospitalizations due to diabetes have consistently been higher for Independence than for Missouri as a whole (see Figure 14 & 15).

Figure 14: Mortality Rates: Diabetes



Source: Missouri Information for Community Assessment

Figure 15: Inpatient Hospitalizations: Diabetes



Source: Missouri Information for Community Assessment

Who is at risk

People who are older, are overweight or obese, have a family history of diabetes or a personal history of gestational diabetes, are physically inactive, or have glucose intolerance have a higher risk of

¹ United Health Foundation. (2011). America's Health Rankings. Missouri. Available at www.americashealthrankings.org/MO

developing type II diabetes. Race/ethnicity also affects an individual's risk; African Americans, Hispanic/Latino Americans, Native Americans, and some Asian Americans and Pacific Islanders are at higher risk for developing type II diabetes. Risk factors for type I diabetes are less well understood, but include genetic, autoimmune, and environmental factors.¹

Public health goals

Healthy People 2020 again takes a multi-level approach to diabetes, with objectives focusing on prevention, early detection, and mitigation of diabetes and related conditions. One of these is a Leading Health Indicator for Healthy People 2020: to reduce the proportion of the diabetic population with an average blood sugar level above a certain level.²

#5 Motor Vehicle Accidents

Background

Motor Vehicle Accidents (MVA) are the leading cause of death for Americans aged 5-34. Inconsistent or improper use of safety belts and child restraint systems, alcohol-impaired driving, and distracted driving (talking on the phone or texting while driving) all contribute to MVA. Adult safety belt use is the single most effective way to prevent injuries and fatalities from MVA, and about one in three deaths involves a driver who has been drinking alcohol.^{3,4} Policies governing use of safety belts and alcohol-impaired driving are very effective ways of discouraging unsafe practices and reducing the number of MVA.¹ MICA Priorities includes deaths from MVA that involve alcohol or drugs in this category. Motor vehicle accidents are the fifth leading priority for Independence, and ninth priority for the state of Missouri.⁵

Current trends

Motor vehicle accidents are the leading cause of death for children in the U.S.; in 2009, 1,314 children died as a result of MVA and another 179,000 were injured.⁶ MVA are also the leading cause of death for American teenagers, accounting for one in three deaths in 15-19 year olds in 2009.⁷ In the U.S. in 2008, more than 5,500 older adults (aged 65 and older) died and more than 183,000 were injured as a result of MVA.⁸ From 1999-2009, the rate of deaths due to MVA was lower in Independence than the state as a whole (see Figure 16), but MVA remain one of the top five priorities for the City of Independence.

¹ Centers for Disease Control and Prevention. (2012). Diabetes public health resource. Available at www.cdc.gov/diabetes/consumer/learn.htm

² Healthy People. (2012). Diabetes. Available at healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicId=8

³ Centers for Disease Control and Prevention. (2011). Injury prevention & control: Motor vehicle safety. Available at www.cdc.gov/motorvehiclesafety/index.html

⁴ Centers for Disease Control and Prevention. (2011). Vital Signs. Drinking and driving: A threat to everyone. Available at www.cdc.gov/vitalsigns/drinkinganddriving/?s_cid=vitalsigns-092-bb

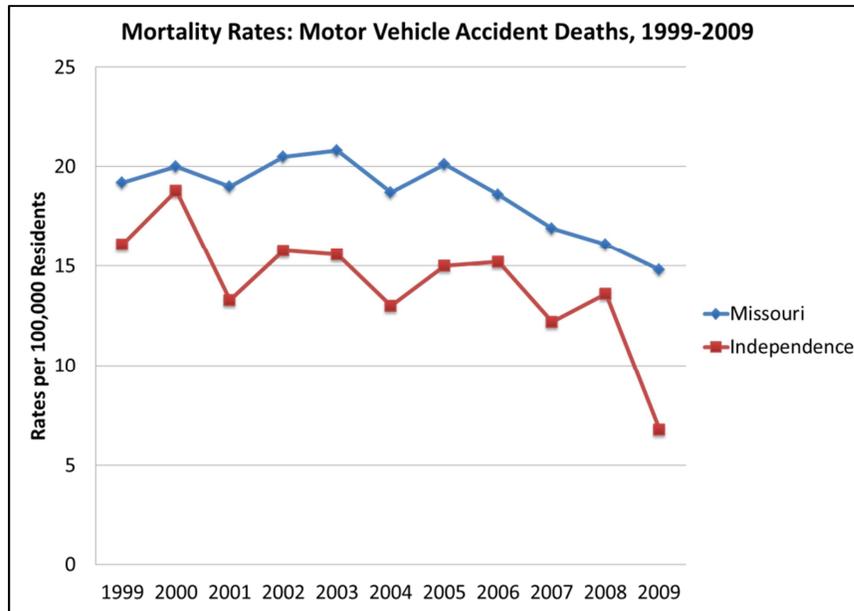
⁵ Missouri Department of Health and Senior Services (DHSS). (2011). Priorities MICA. Available at health.mo.gov/data/mica/PriorityMICA/index.html

⁶ Centers for Disease Control and Prevention. (2011). Child passenger safety: Fact sheet. Available at www.cdc.gov/MotorVehicleSafety/Child_Passenger_Safety/CPS-Factsheet.html

⁷ Centers for Disease Control and Prevention. (2010). Policy impact: Teen driver safety. Available at www.cdc.gov/Motorvehiclesafety/teenbrief/index.html

⁸ Centers for Disease Control and Prevention. (2011). Older adult drivers: Get the facts. Available at www.cdc.gov/Motorvehiclesafety/Older_Adult_Drivers/adult-drivers_factsheet.html

Figure 16: Mortality Rates: Motor Vehicle Accident Deaths



Source: Missouri Information for Community Assessment

Who is at risk

Child passengers, teenage drivers, and older adult drivers are the populations most at risk for injury or death from MVA. Children are likely to be harmed when adult drivers have been drinking or do not properly restrain young children or ensure that older children use safety belts.¹ Teen drivers are more likely than any other age group to be in an accident. Inexperience, distractions from other teen passengers, texting/talking on the phone, and not wearing safety belts all contribute to risk of accidents for teen drivers.² The risk of serious injury or death from MVA increases for older adults, mainly because of increased susceptibility to injury due to aging, as well as potential decline in vision, cognitive and physical functioning.³ Across all age groups, men are more likely to die from MVA, and to drive after drinking alcohol, accounting for more than 80% of alcohol-impaired driving cases in 2010.⁴

Public health goals

The CDC has identified prevention of deaths and injuries from MVA as one of its “Winnable Battles”, public health priorities with a significant impact on the health and safety of the public and for which effective prevention strategies are known.⁵ The CDC has targeted three in order to prevent injuries from MVA: increasing the use of safety belts, improving the safety of teen drivers, and reducing alcohol-impaired driving.⁶ Healthy People 2020 also identifies MVA as a public health priority, under

¹ Centers for Disease Control and Prevention. (2011). Child passenger safety: Fact sheet. Available at www.cdc.gov/MotorVehicleSafety/Child_Passenger_Safety/CPS-Factsheet.html

² Centers for Disease Control and Prevention. (2011). Injury prevention & control: Motor vehicle safety. Available at www.cdc.gov/motorvehiclesafety/index.html

³ Centers for Disease Control and Prevention. (2011). Older adult drivers: Get the facts. Available at www.cdc.gov/Motorvehiclesafety/Older_Adult_Drivers/adult-drivers_factsheet.html

⁴ Centers for Disease Control and Prevention. (2011). Vital Signs. Drinking and driving: A threat to everyone. Available at www.cdc.gov/vitalsigns/drinkinganddriving/?s_cid=vitalsigns-092-bb

⁵ Centers for Disease Control and Prevention. (2012). Winnable Battles: Motor vehicle injuries. Available at www.cdc.gov/WinnableBattles/MotorVehicleInjury/

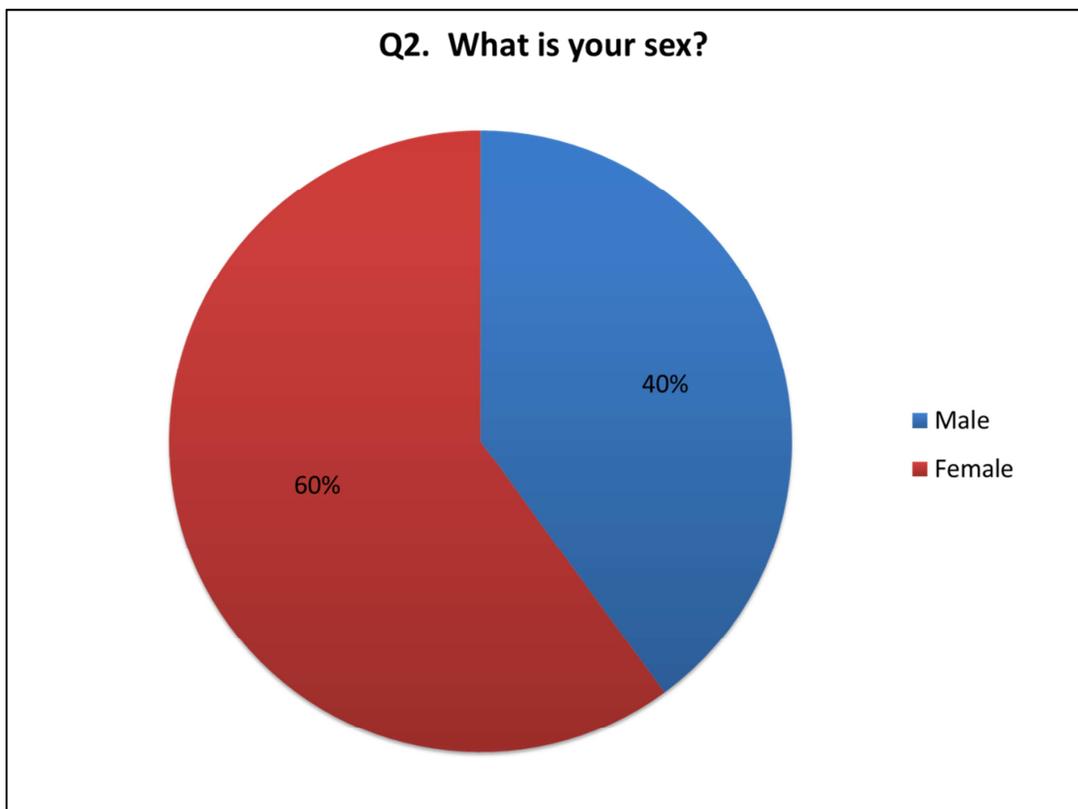
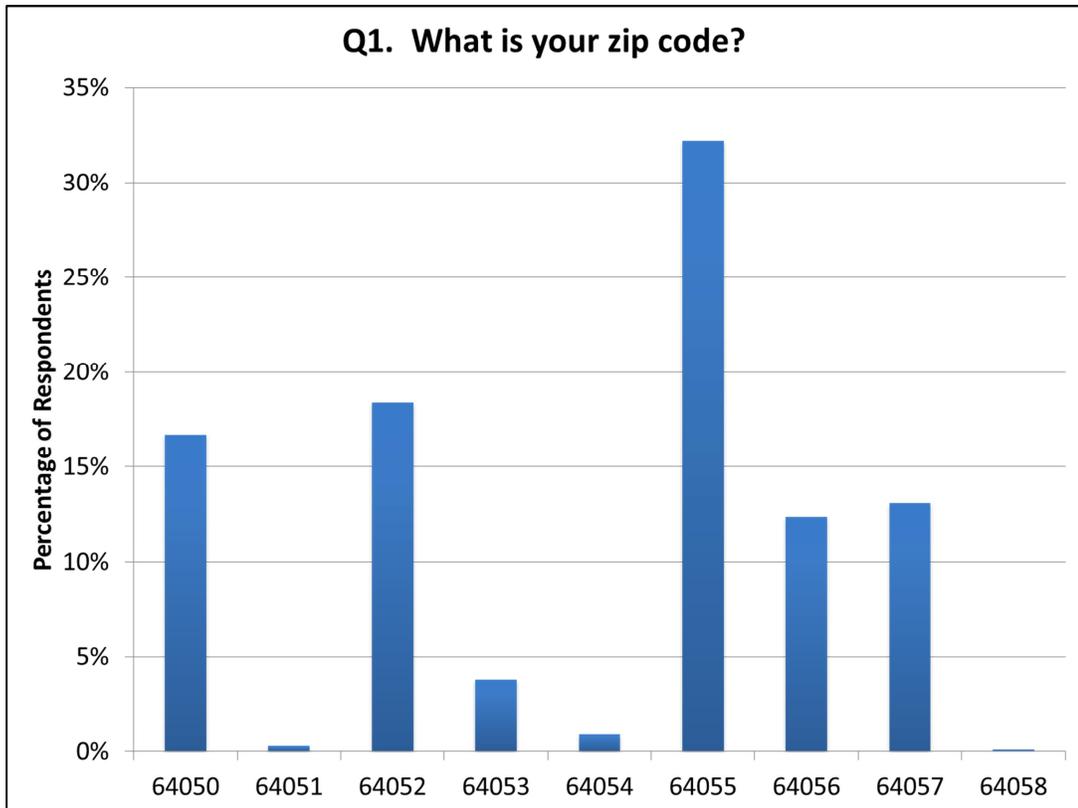
⁶ Centers for Disease Control and Prevention. (2012). Winnable Battles: Motor vehicle injuries. Available at www.cdc.gov/WinnableBattles/MotorVehicleInjury/

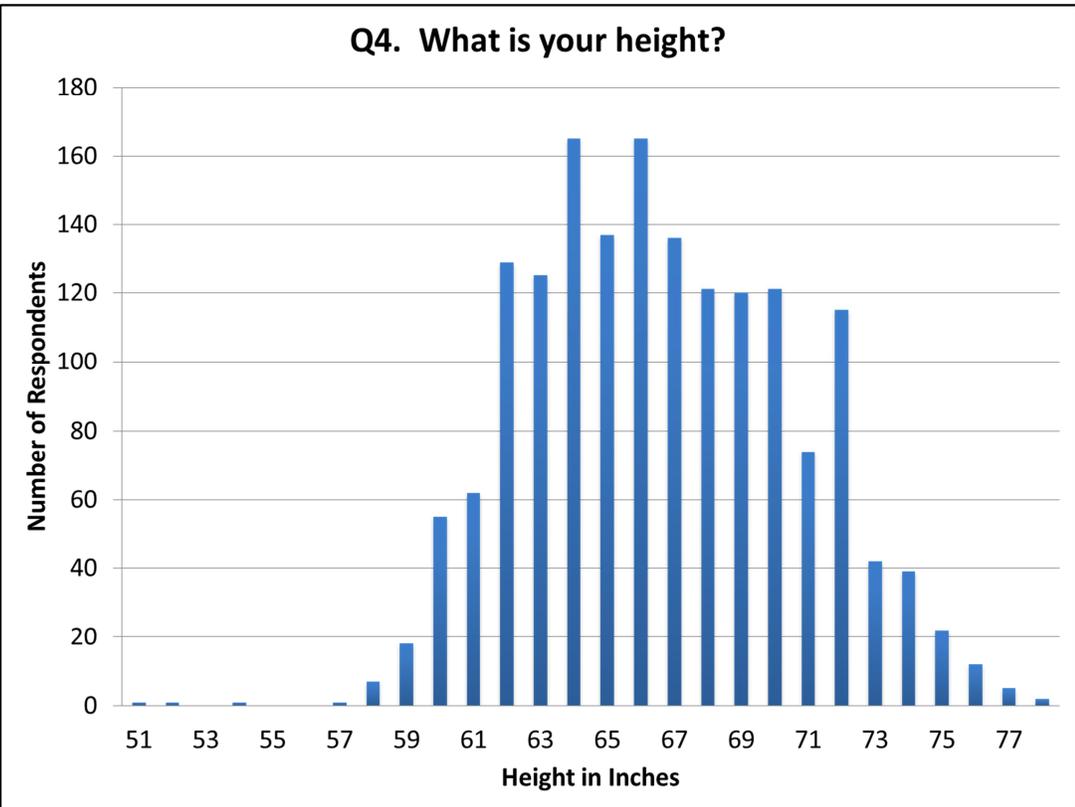
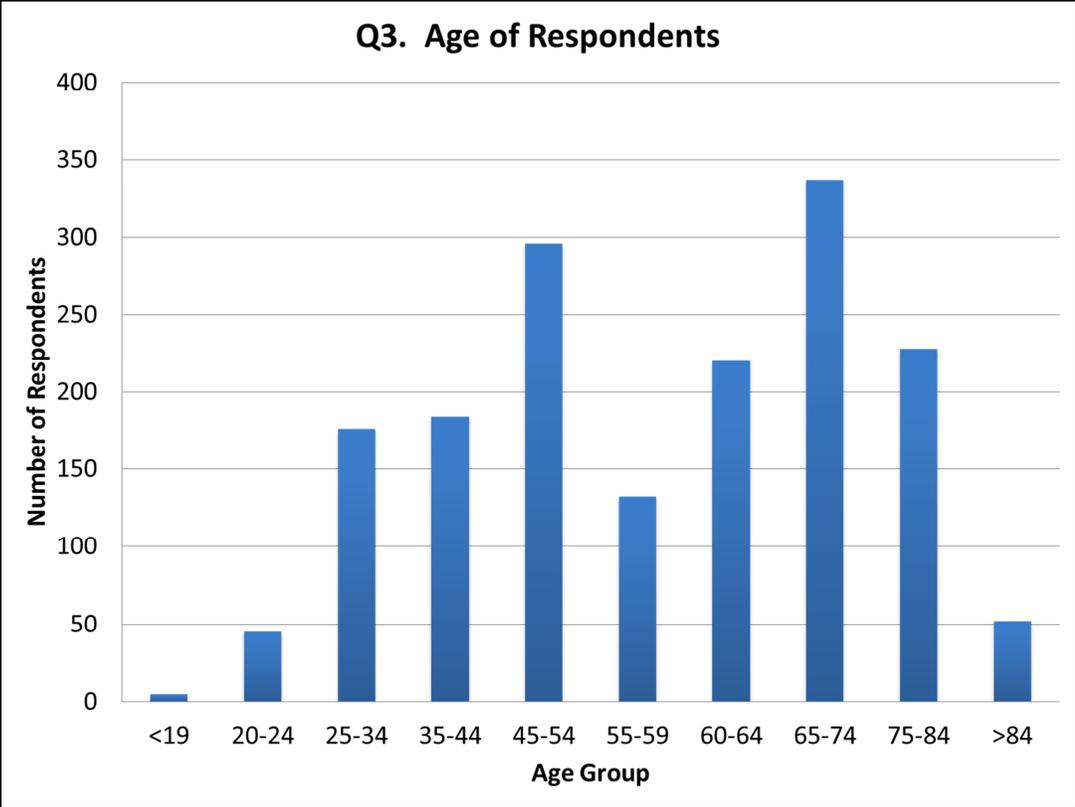
the category of Injury and Violence Prevention. Objectives include reducing both fatal and nonfatal MVA, reducing deaths and injuries from MVA, and increasing the use of safety belts and child restraint systems.¹

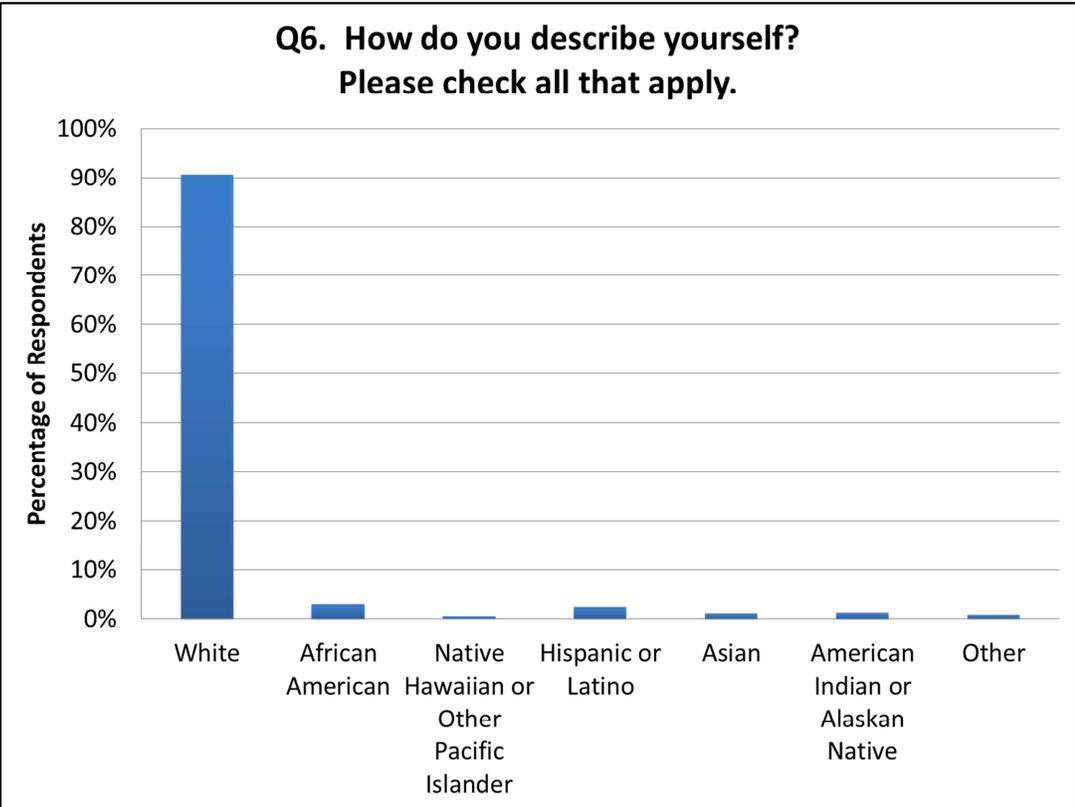
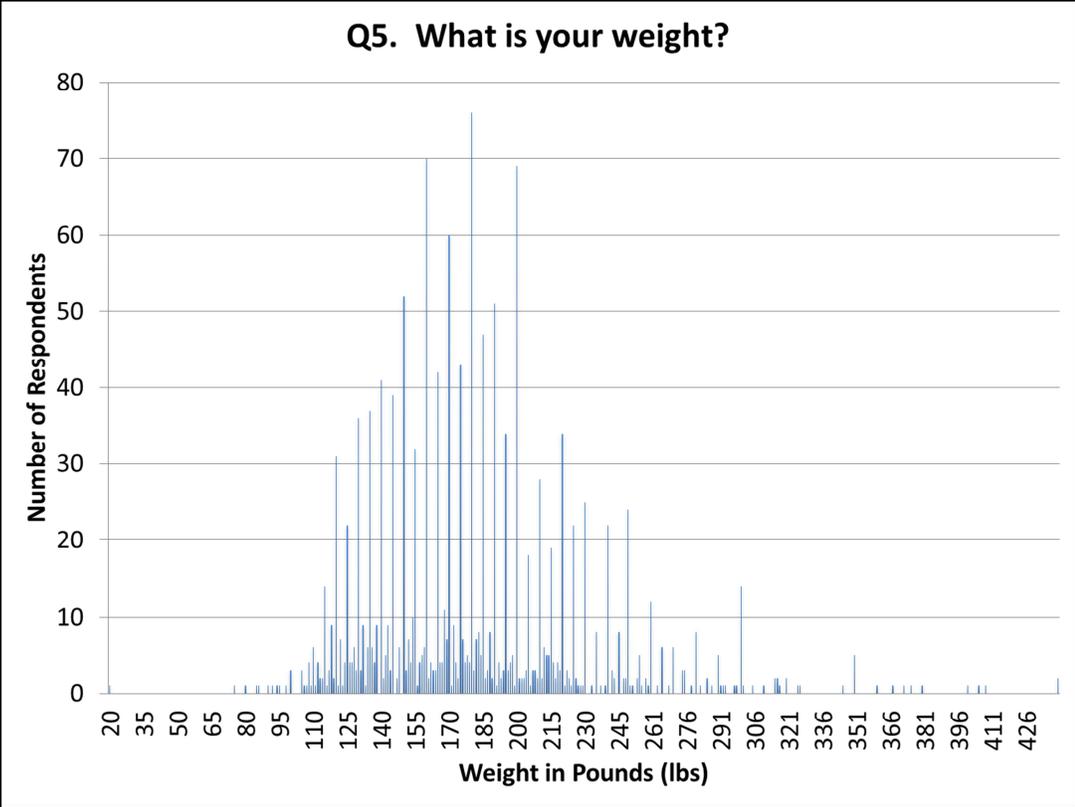
¹ Healthy People. (2012). Injury and violence prevention. Available at healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicId=24

Section 5: Charts & Graphs

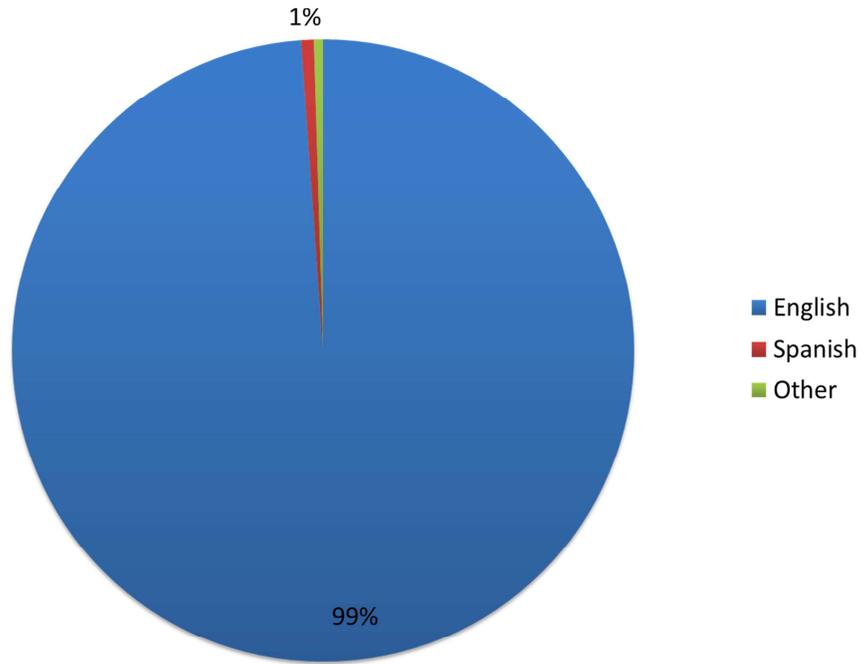
Demographics



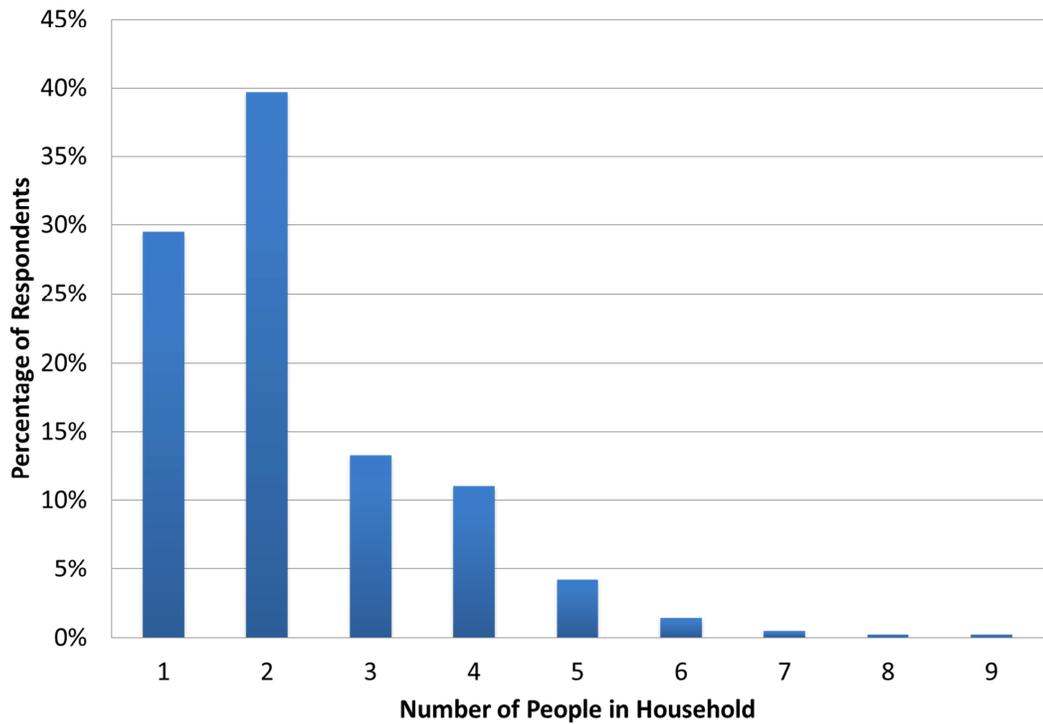


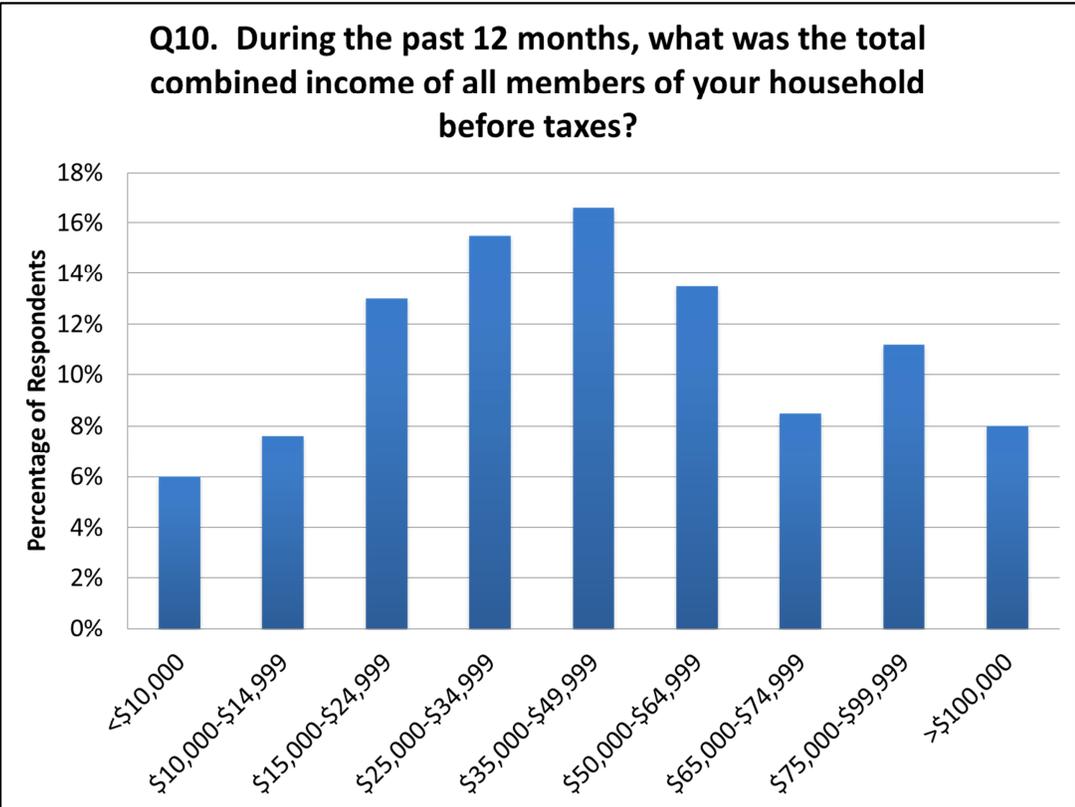
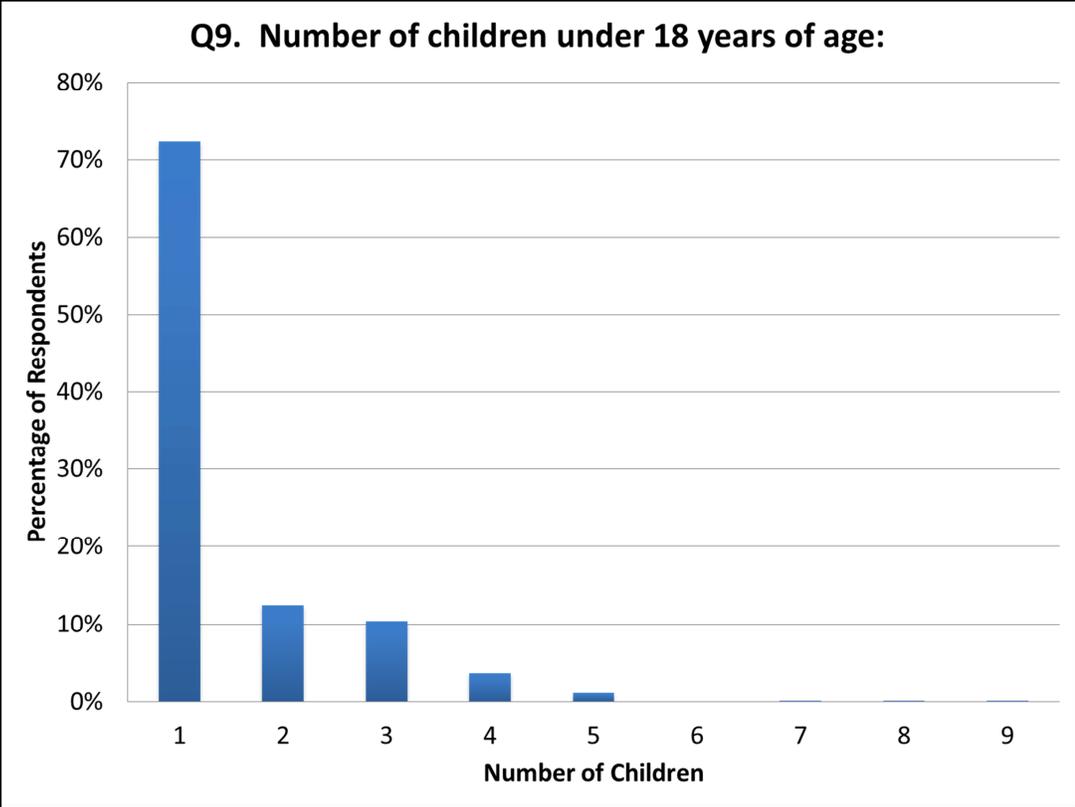


Q7. What language do you primarily speak at home?

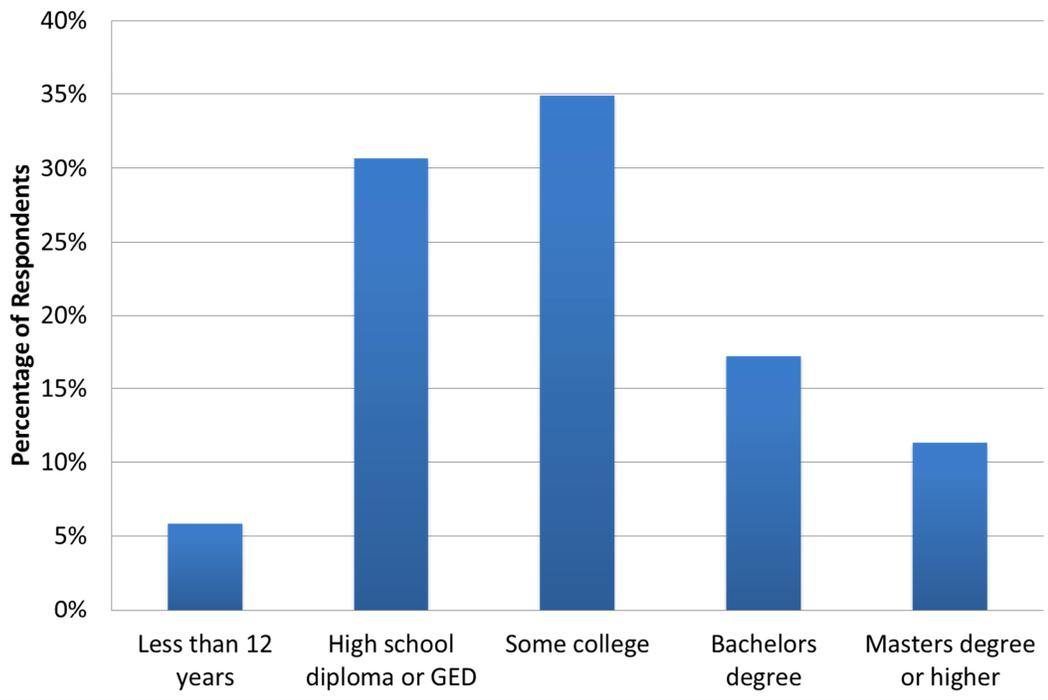


Q8. Total number of people in your household:

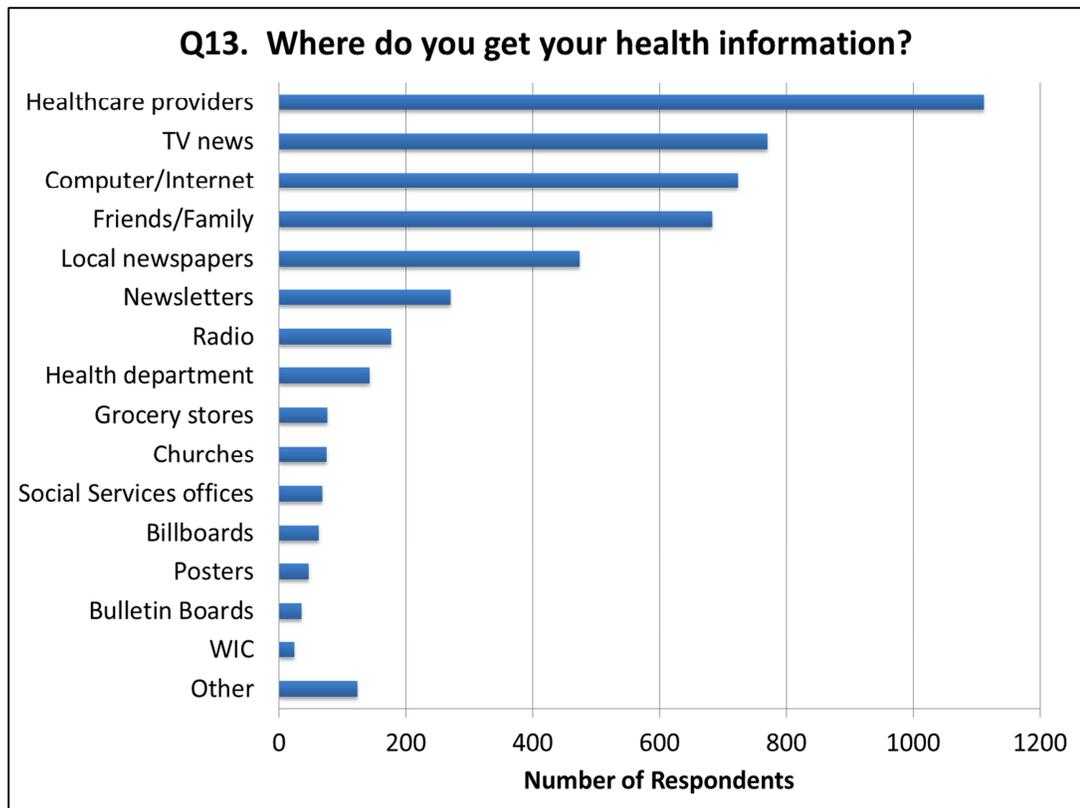
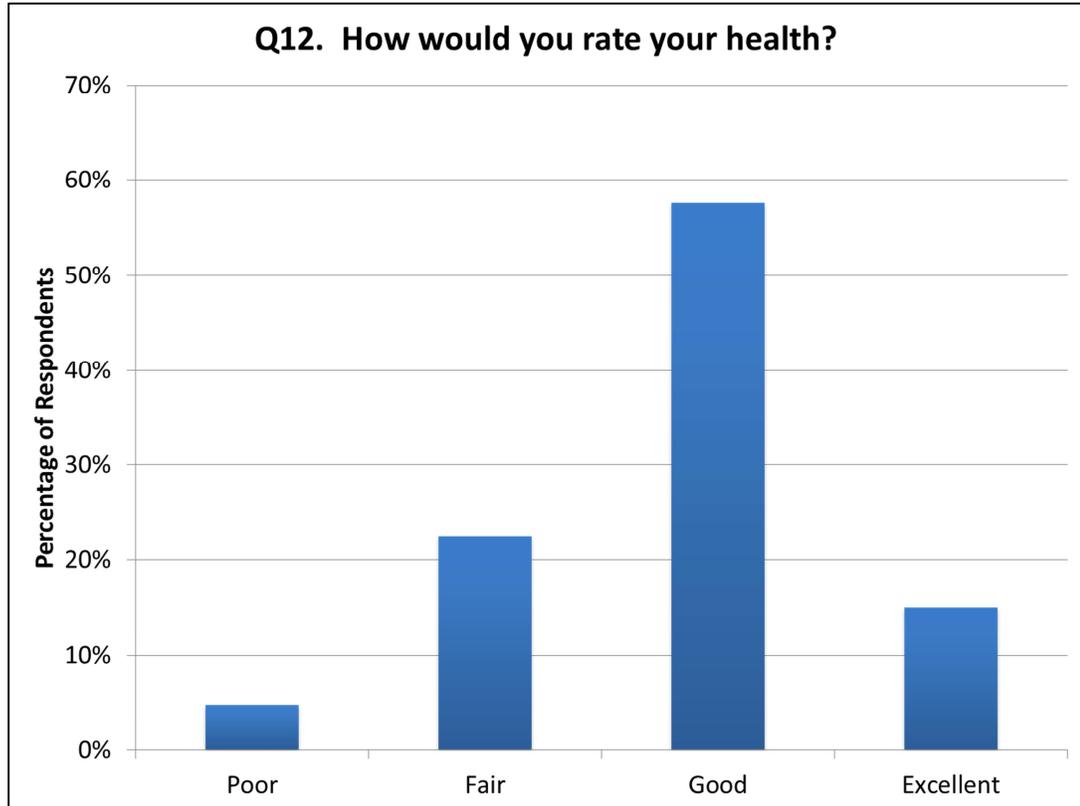


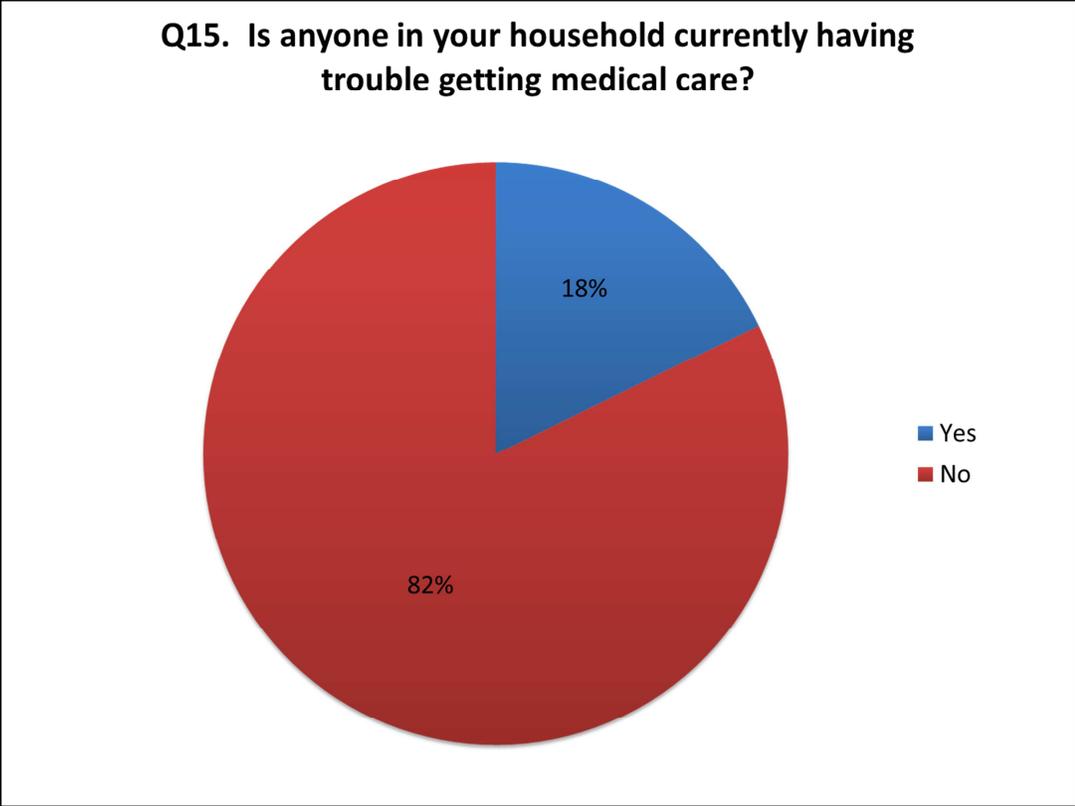
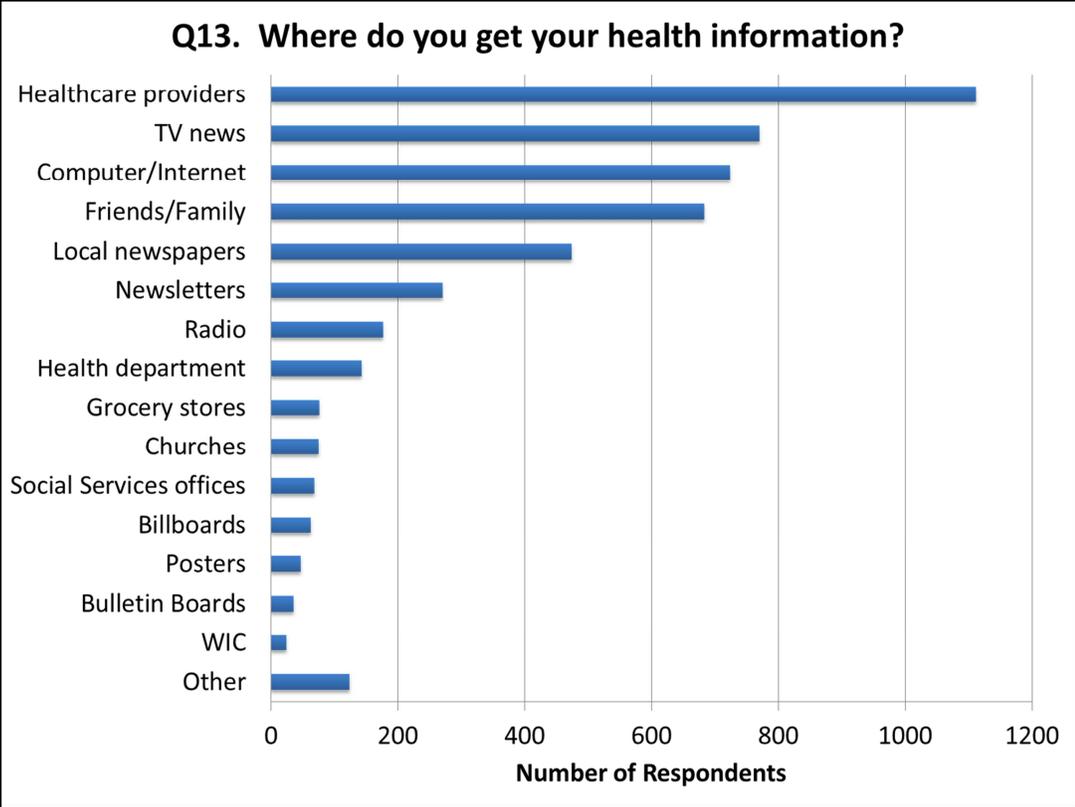


Q11. What is the highest educational level you have completed?

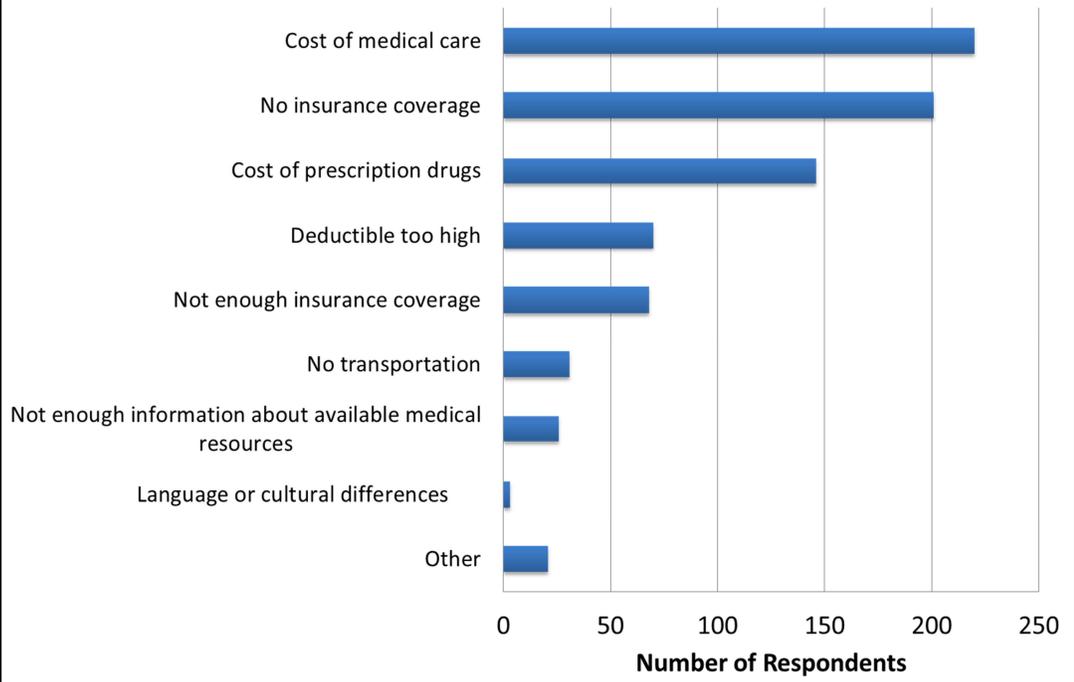


About Your Health

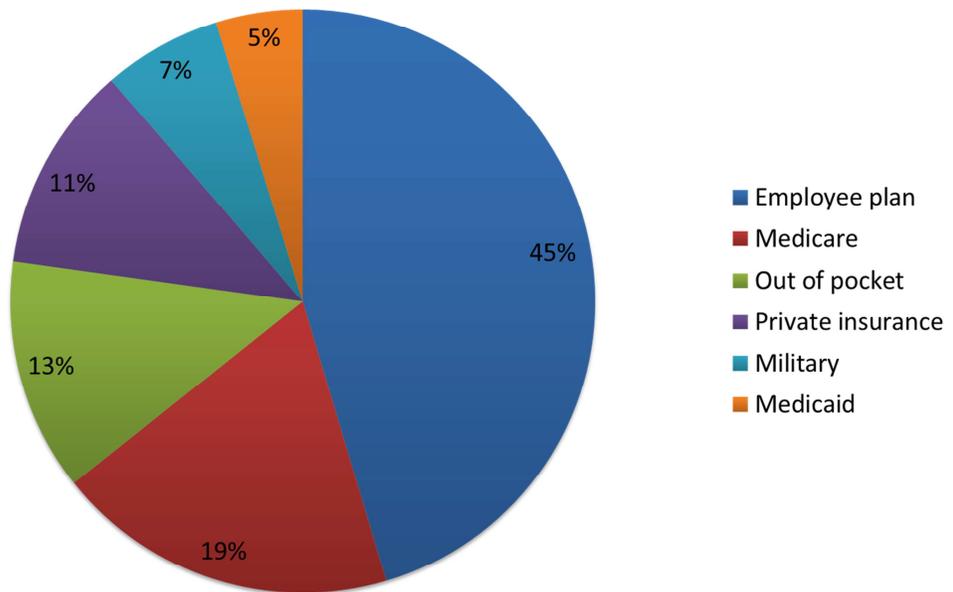




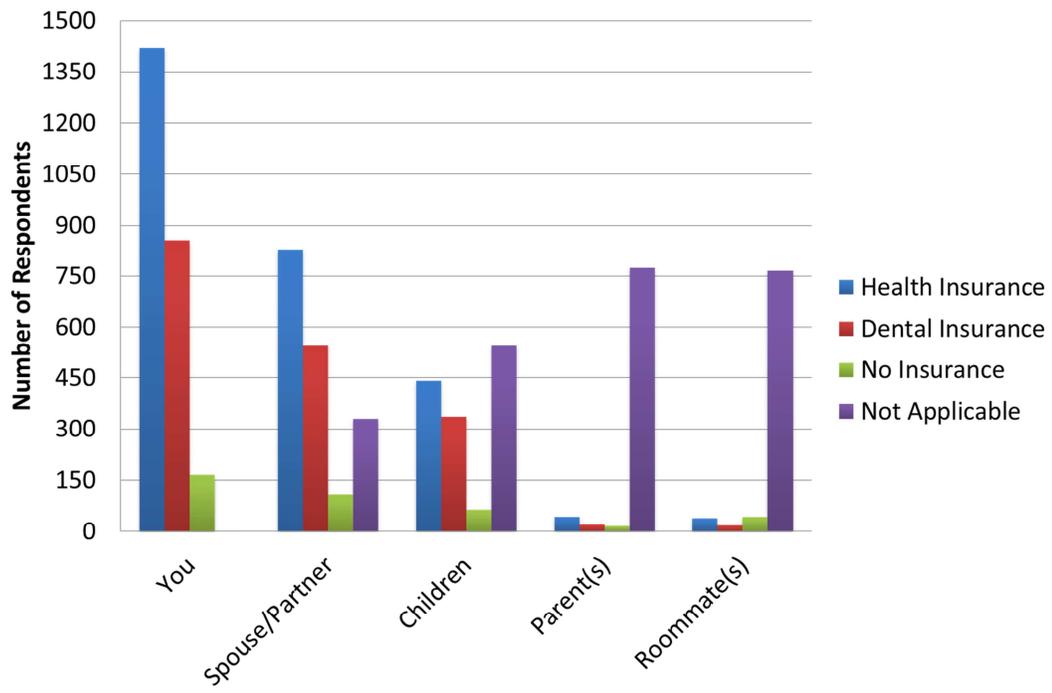
**15a. If yes, what issues are they having?
Please check all that apply.**



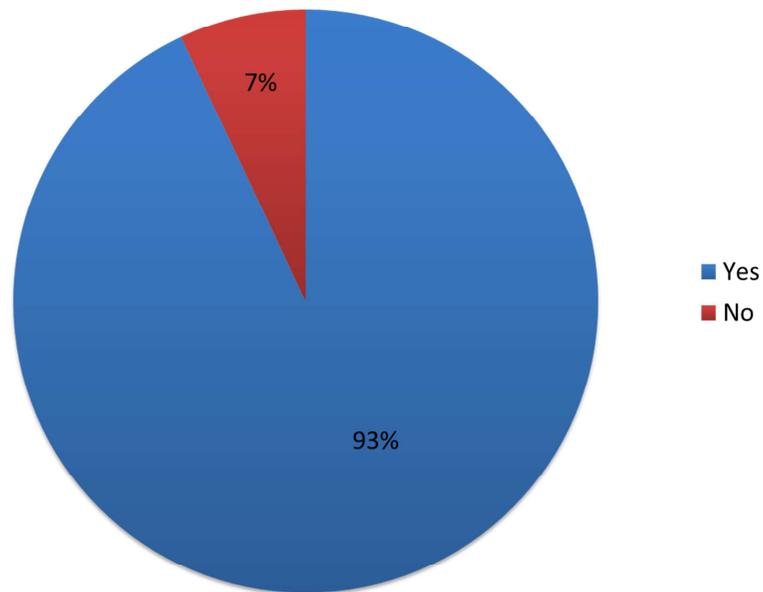
Q16. What type of healthcare coverage do people in your household use to pay for MOST medical care?



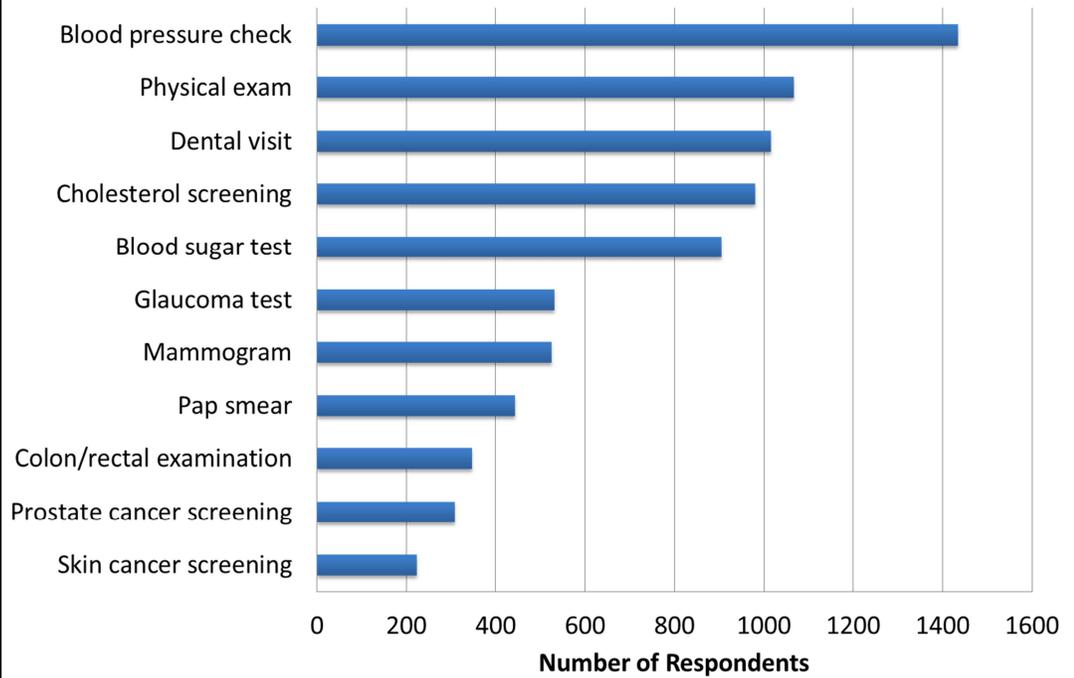
Q17. Who in your household has health and/or dental insurance? Please check all that apply.



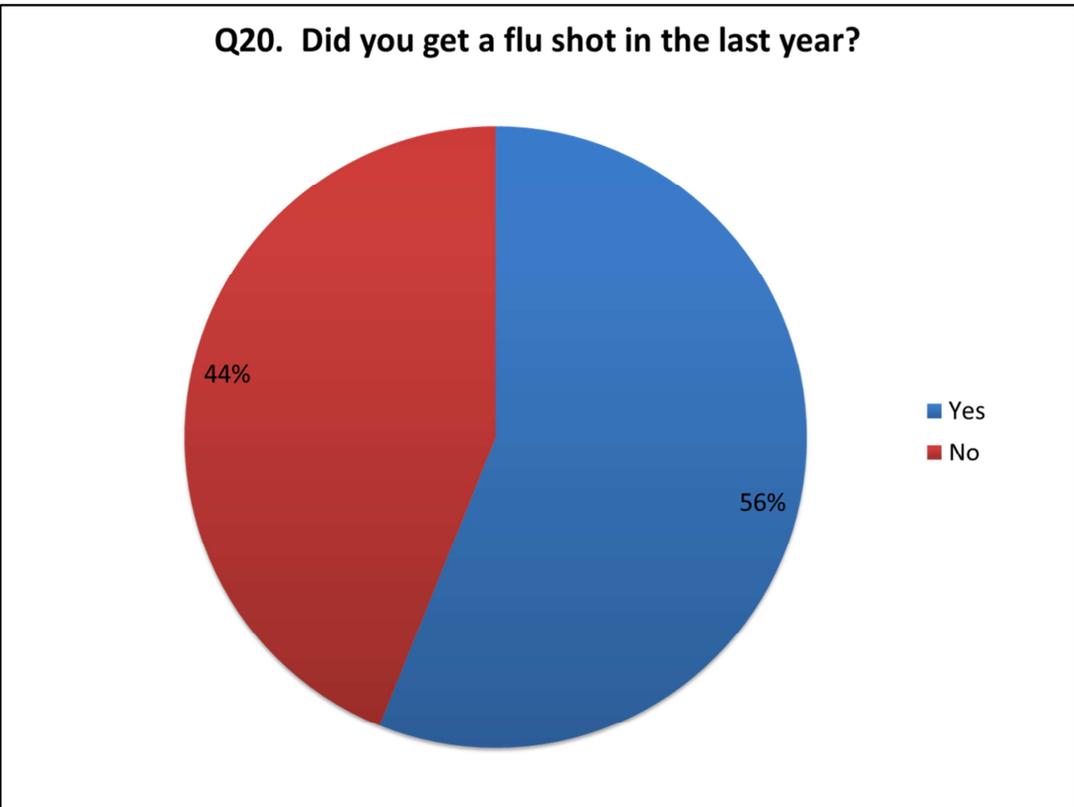
Q18. Have you visited a doctor or other healthcare provider in the last year?



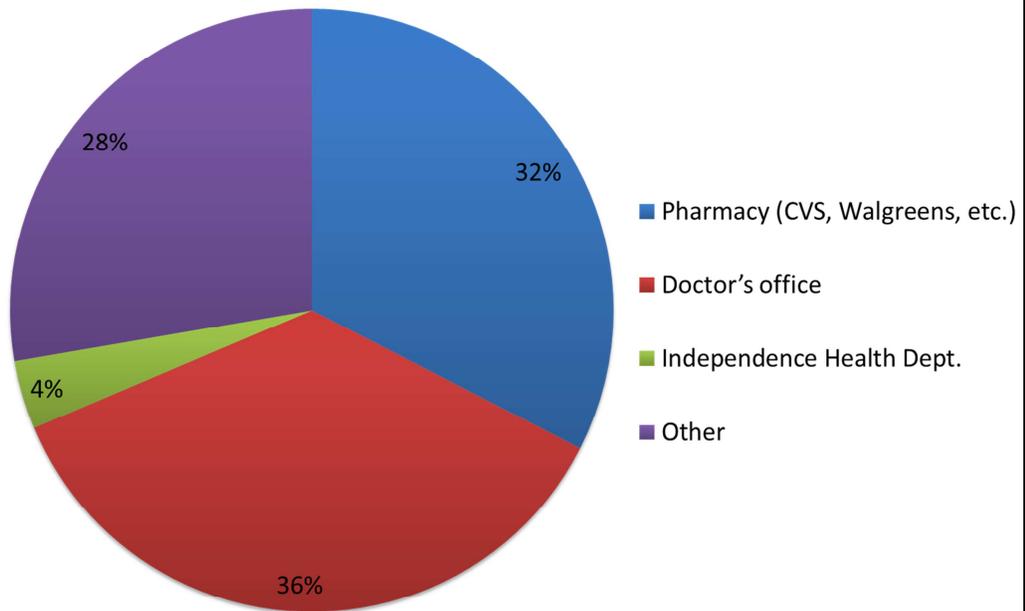
Q19. Please check all of the following that you have done in the last year.



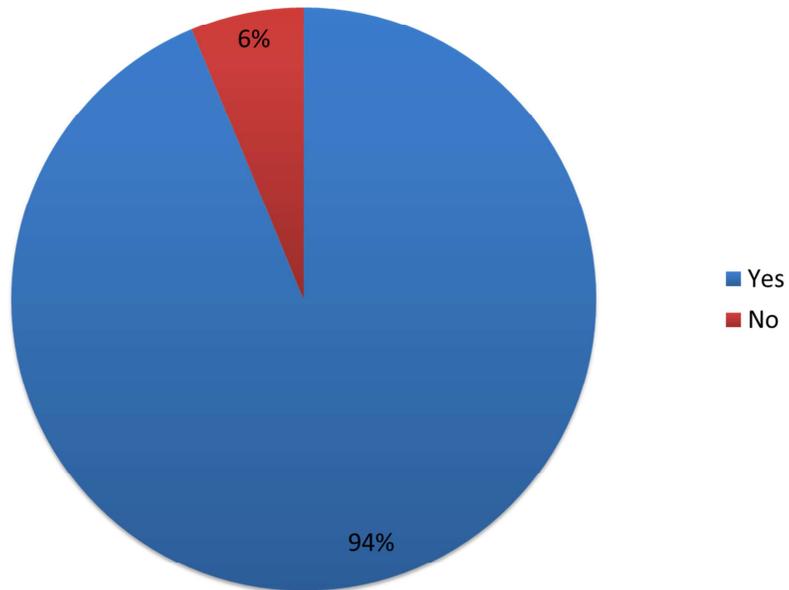
Q20. Did you get a flu shot in the last year?

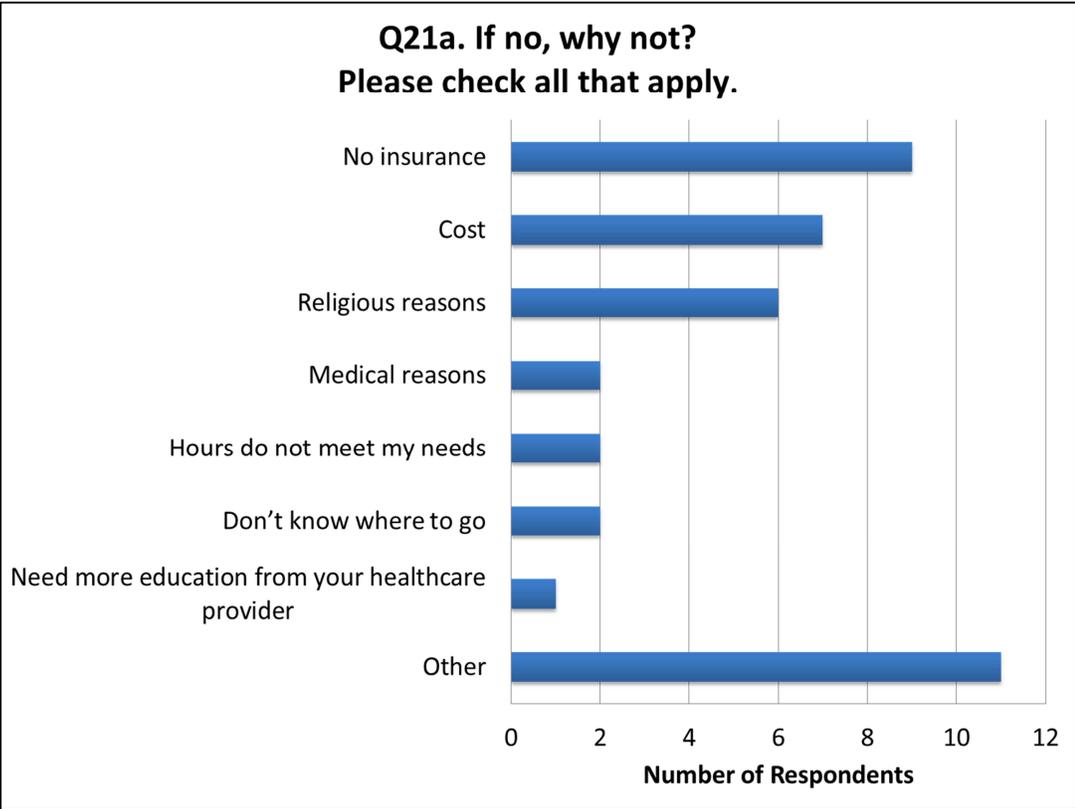


Q20a. If yes, where did you get it?

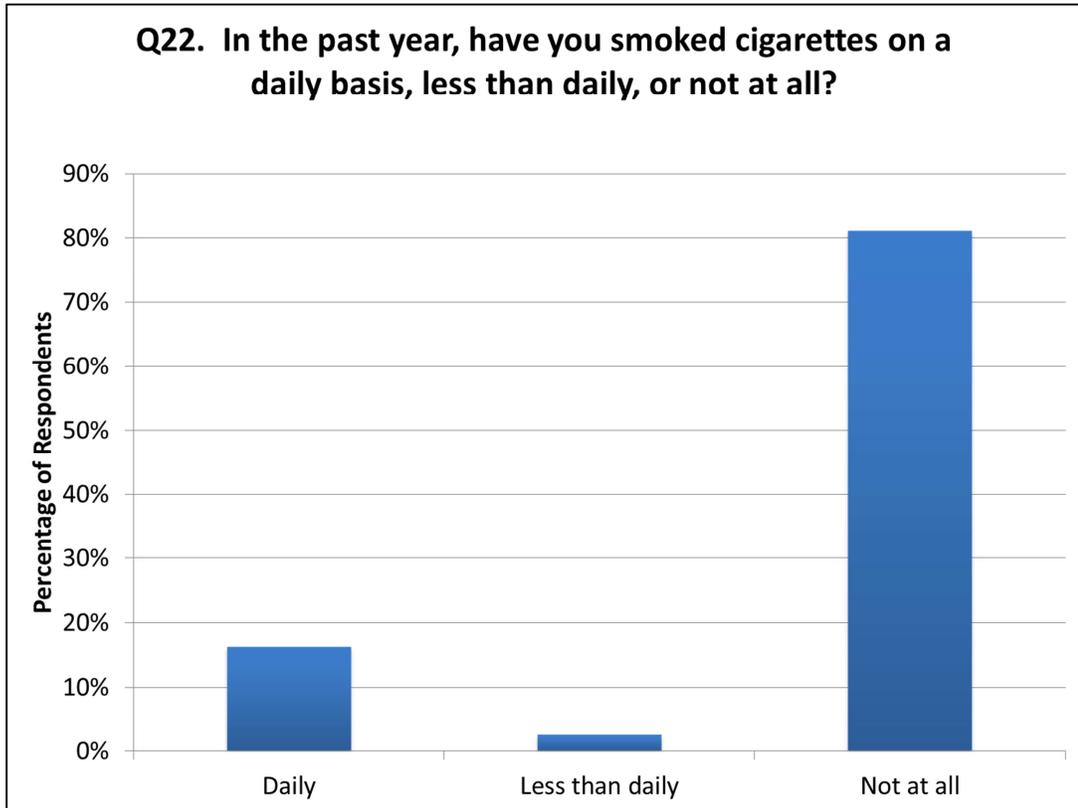


Q21. Are the children in your household current on their recommended vaccines and immunizations?

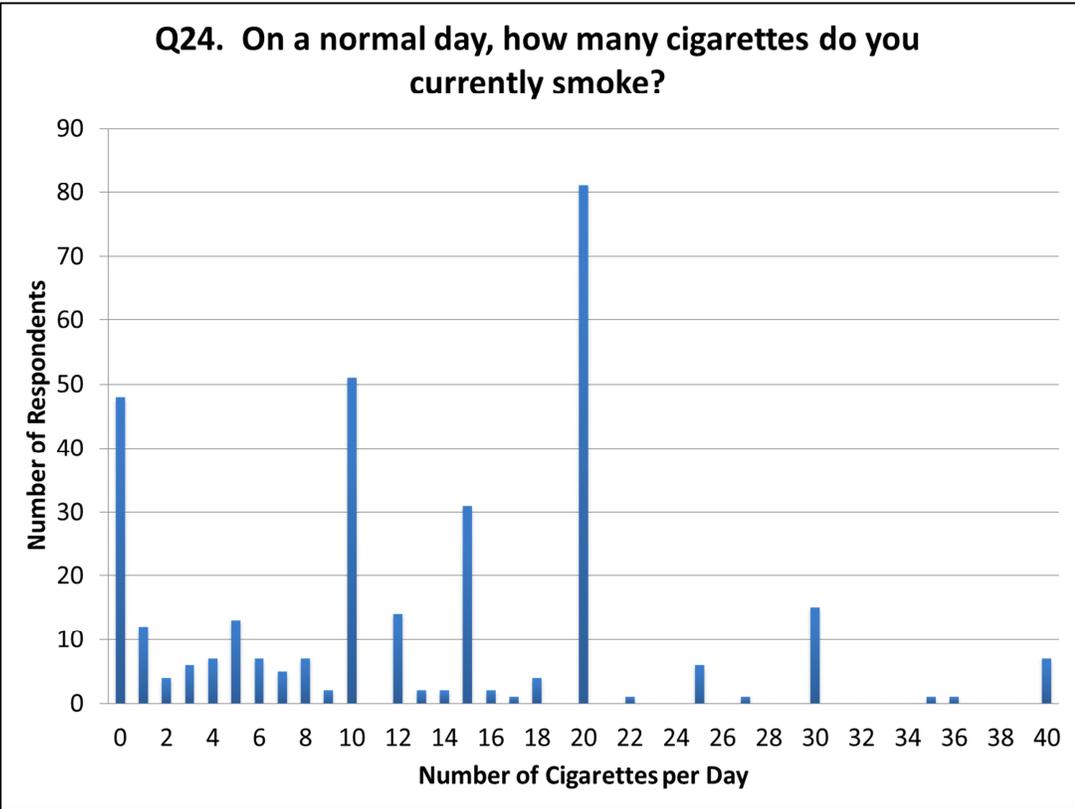
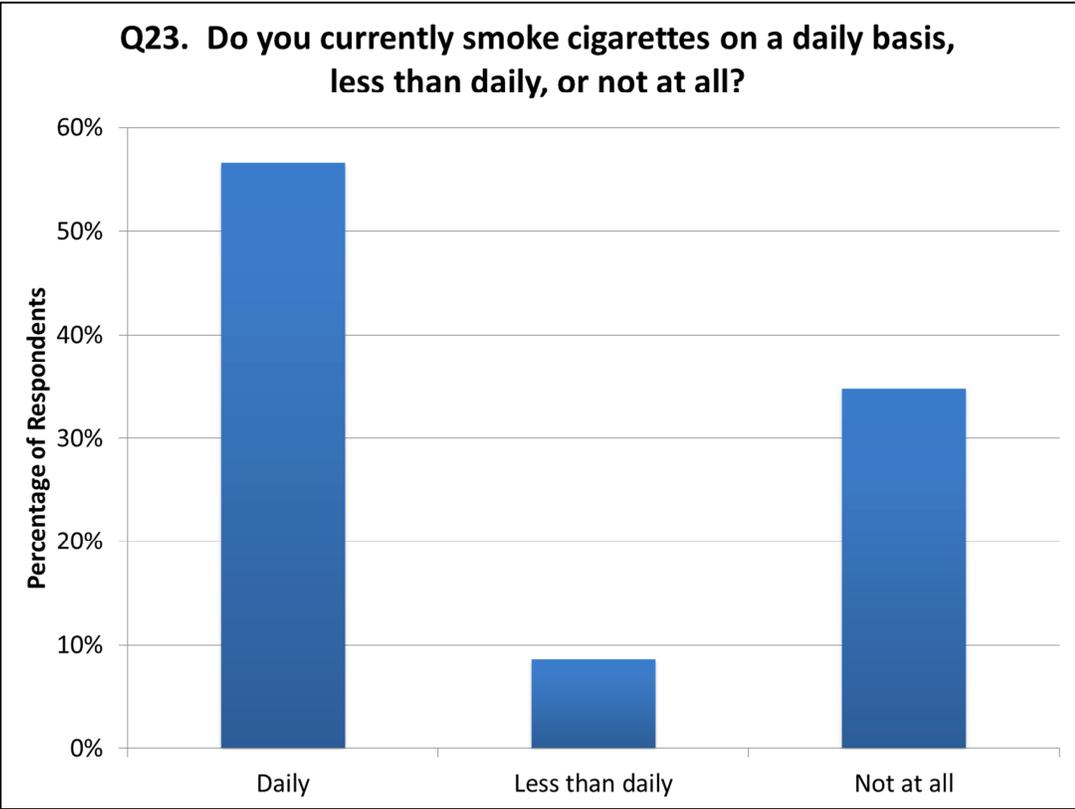




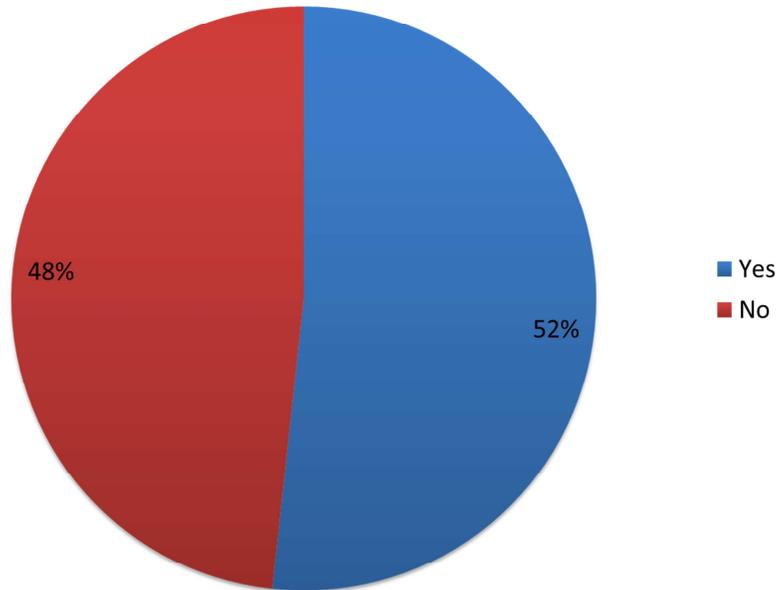
Tobacco Use



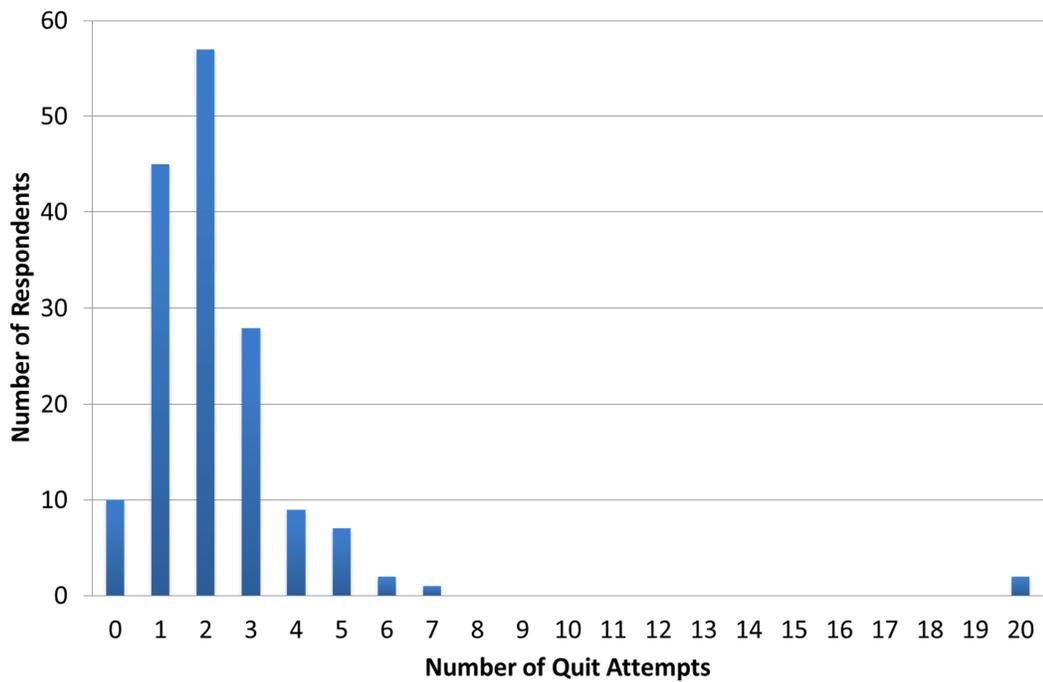
If respondent answered “Not at all” they skipped to question 27. If the respondent answered “Daily” or “Less than daily” they continued to 23.

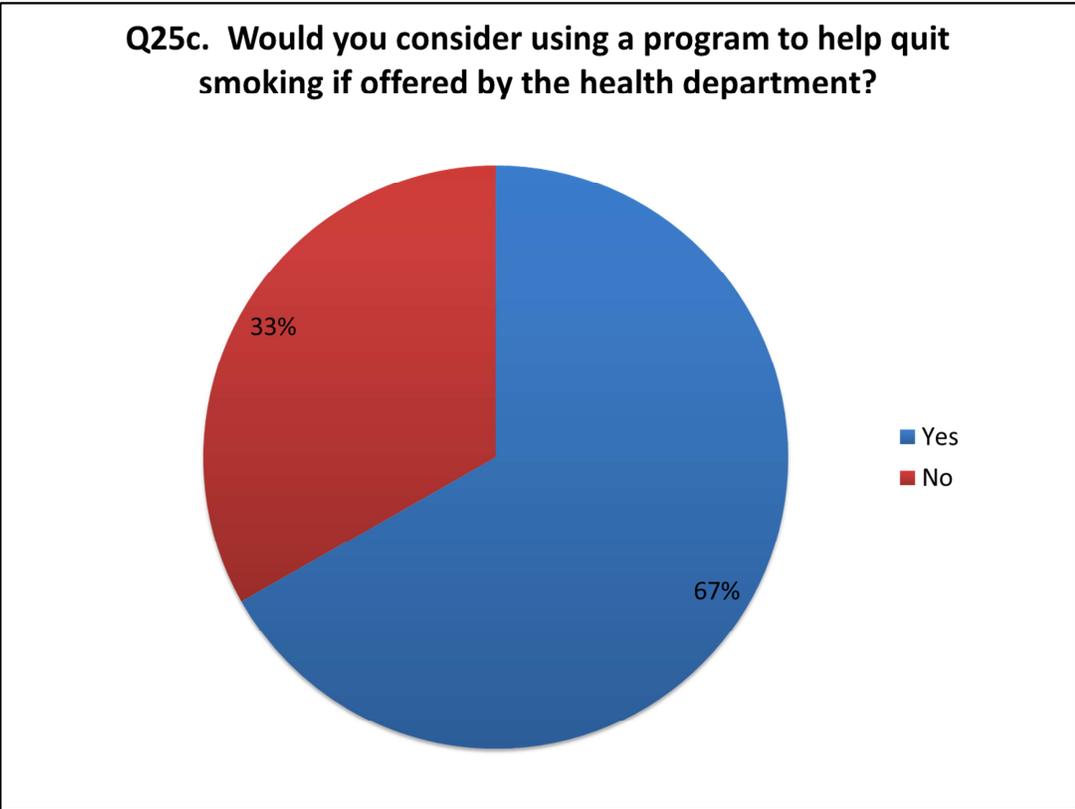
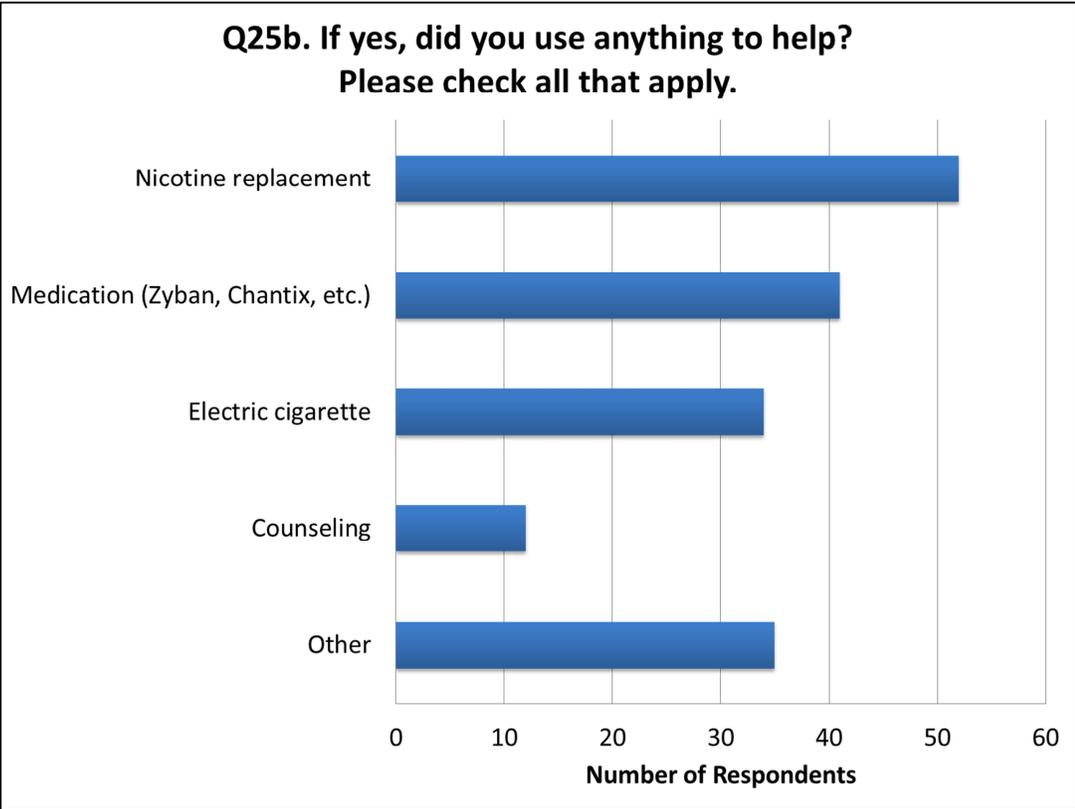


Q25. During the past 12 months, have you tried to stop smoking cigarettes?

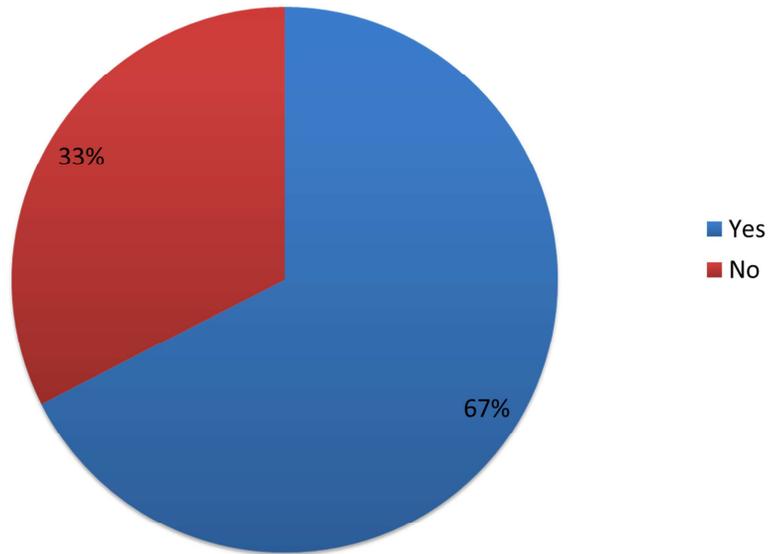


Q25a. How many times have you tried to quit smoking in the past 12 months?

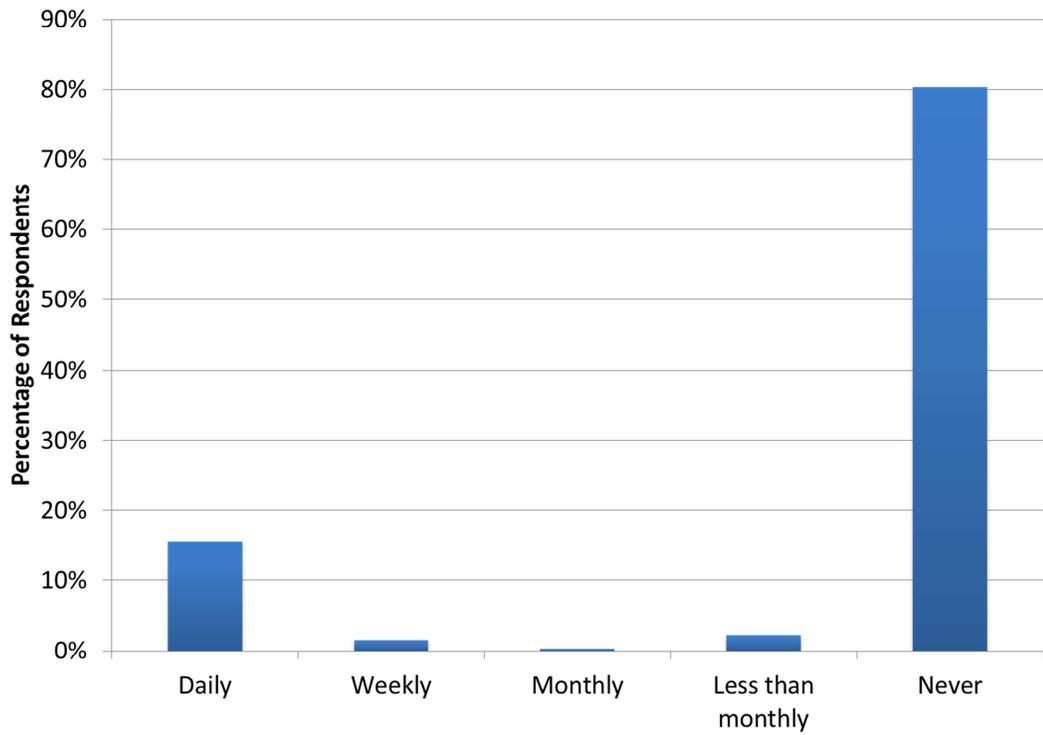


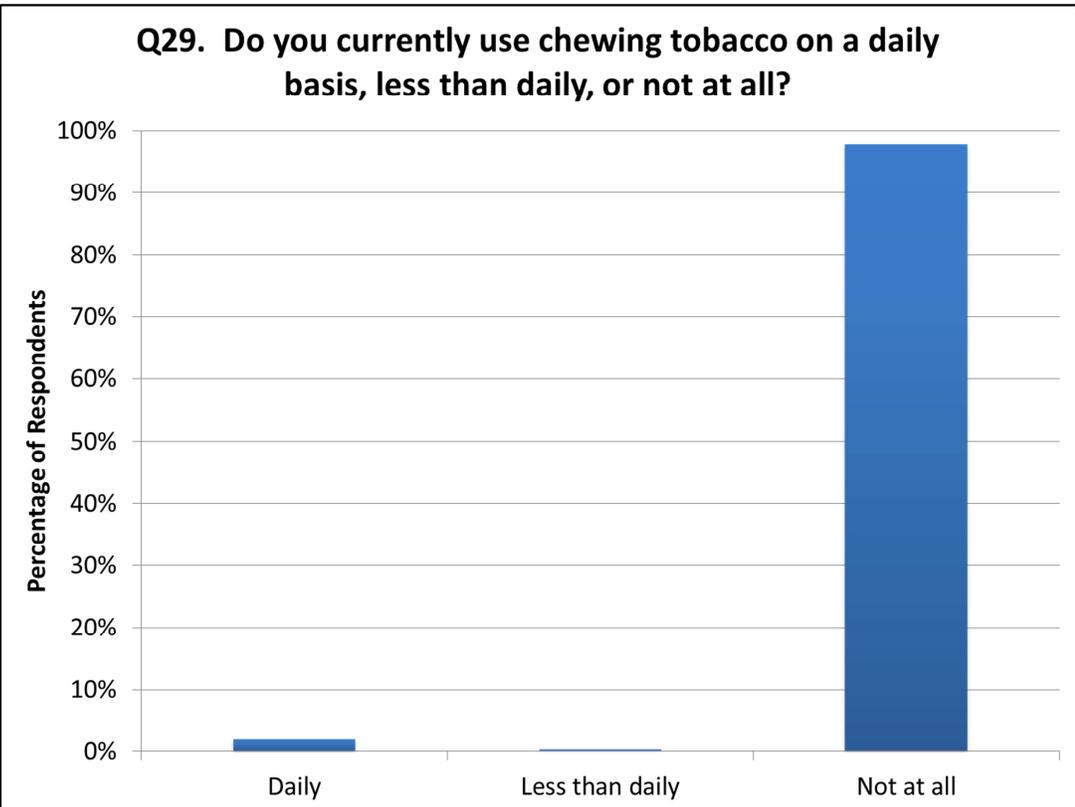
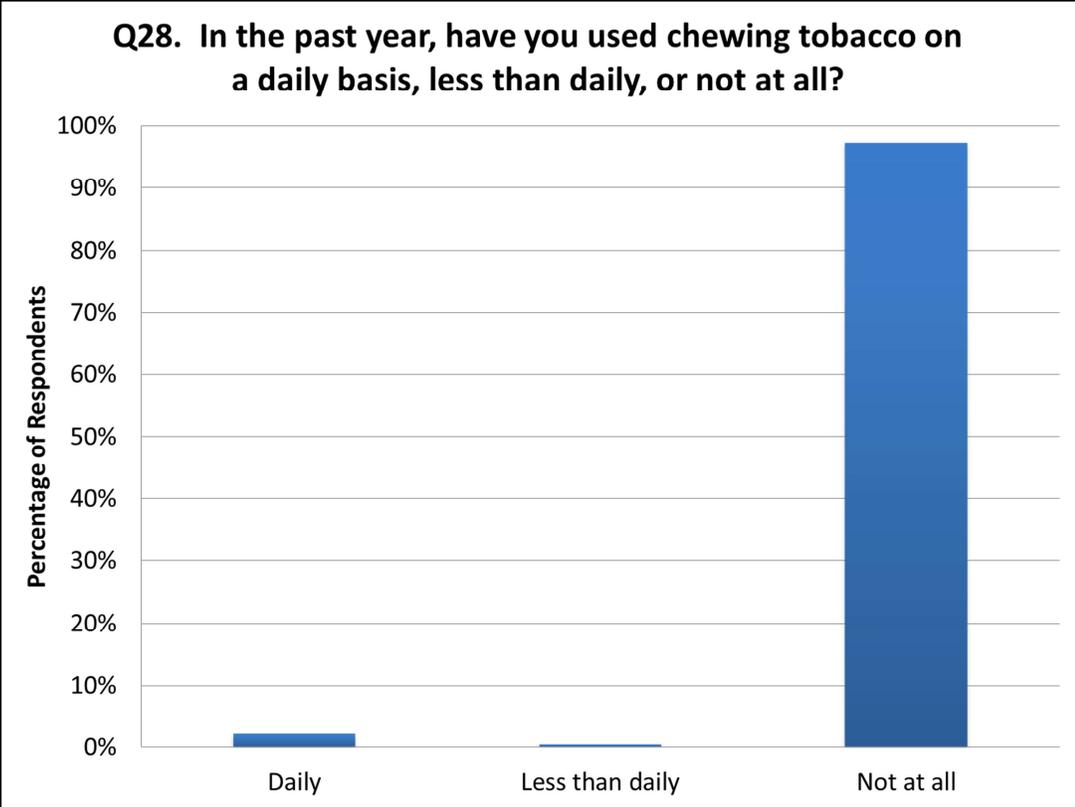


Q26. During any visit to a doctor or health care provider in the past 12 months, were you advised to quit smoking?

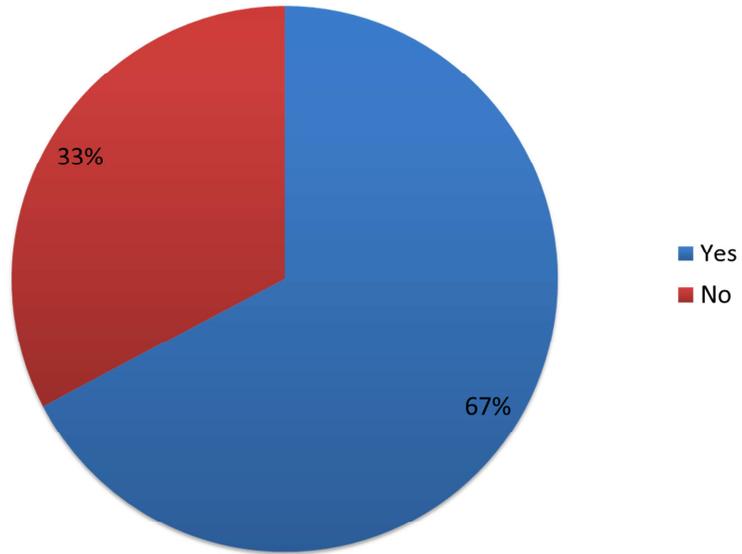


Q27. How often does anyone smoke inside your home?

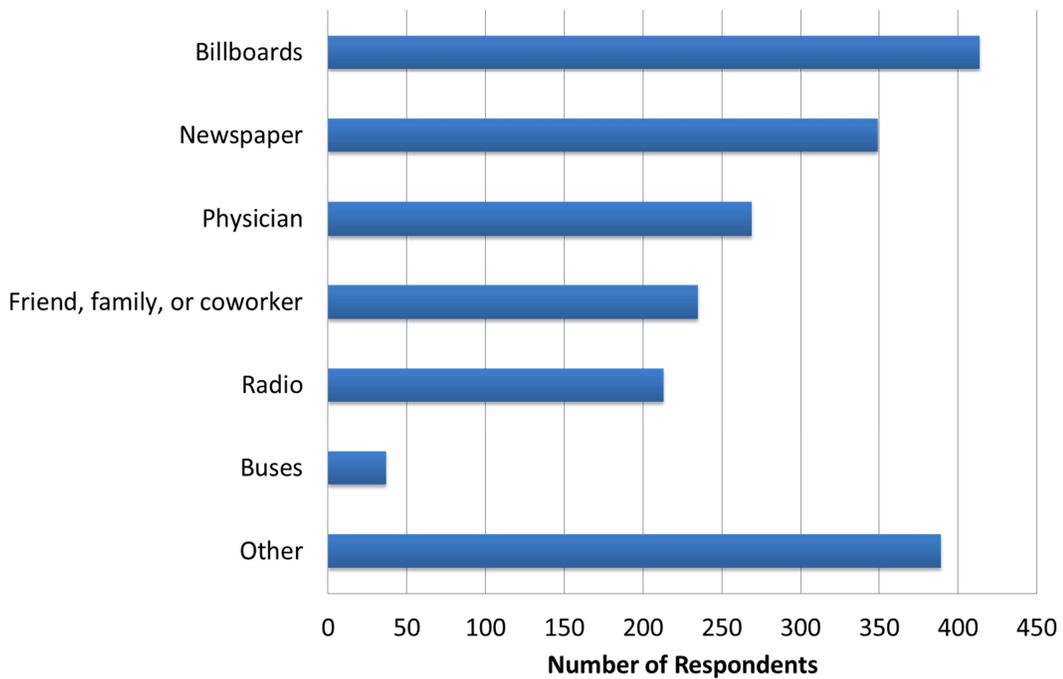




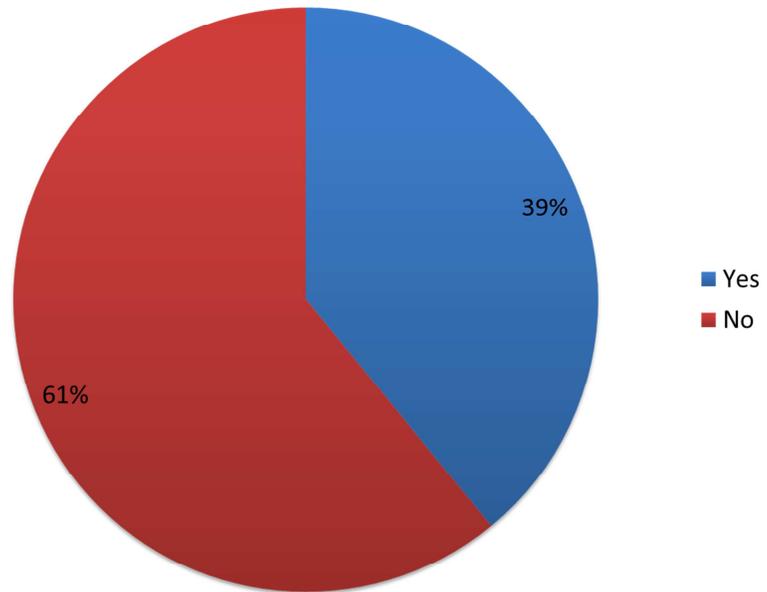
Q30. In the last 30 days, have you noticed information about the dangers of smoking cigarettes or information that encourages quitting?



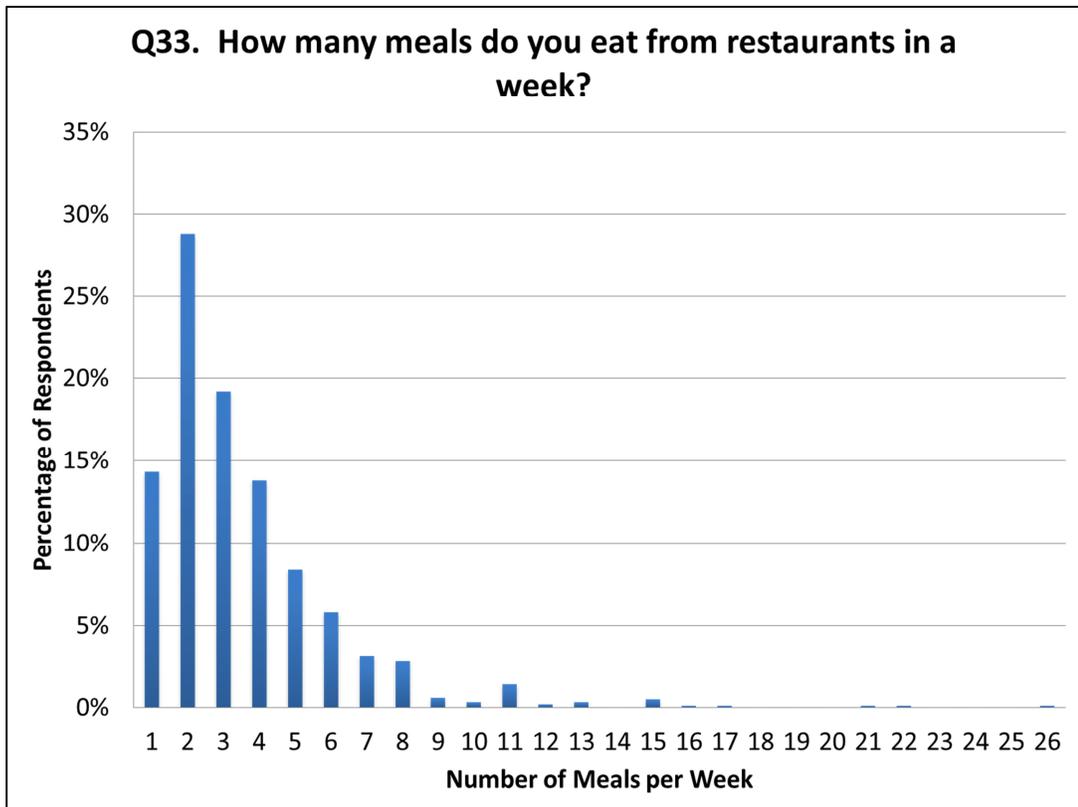
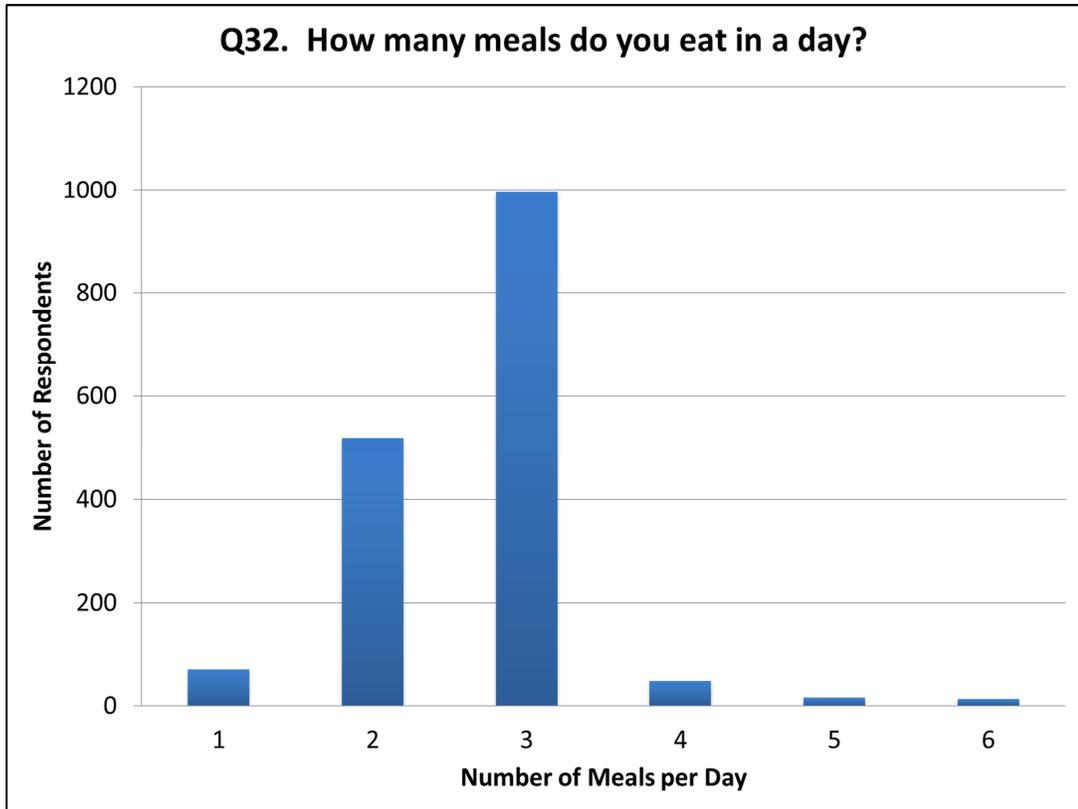
**Q30a. If yes, where did you notice the information?
Please check all that apply.**



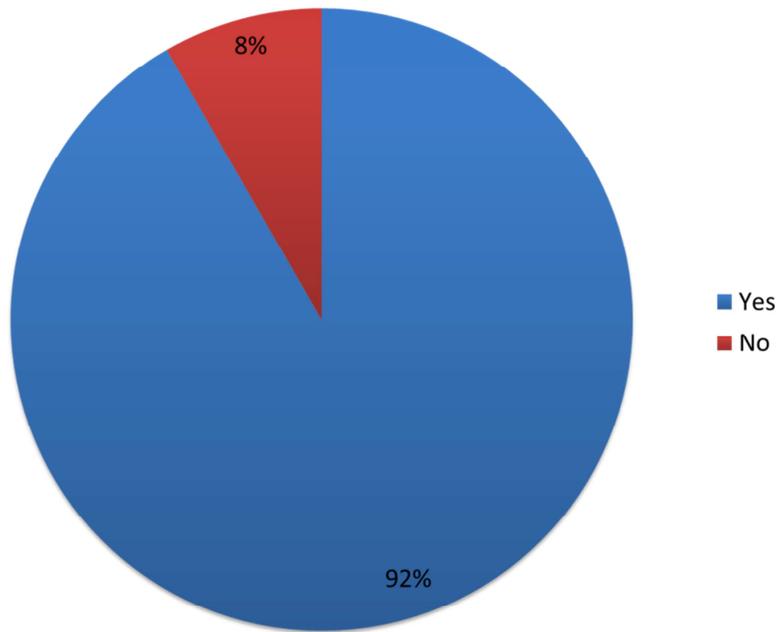
Q31. Did you know that the health department has programs to help people quit smoking?



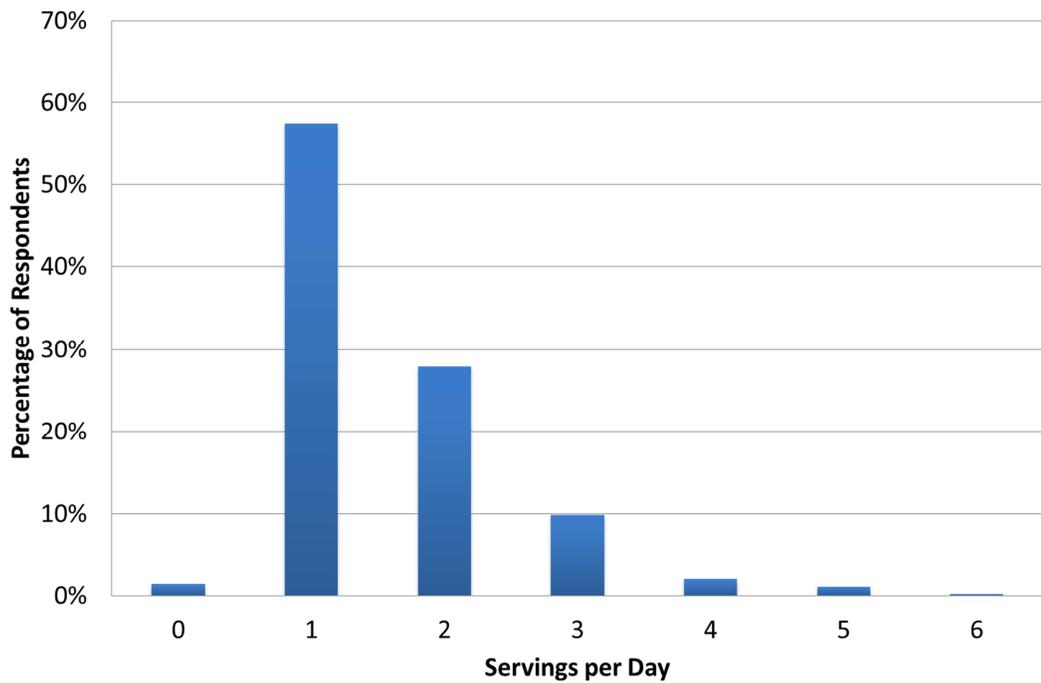
Nutrition



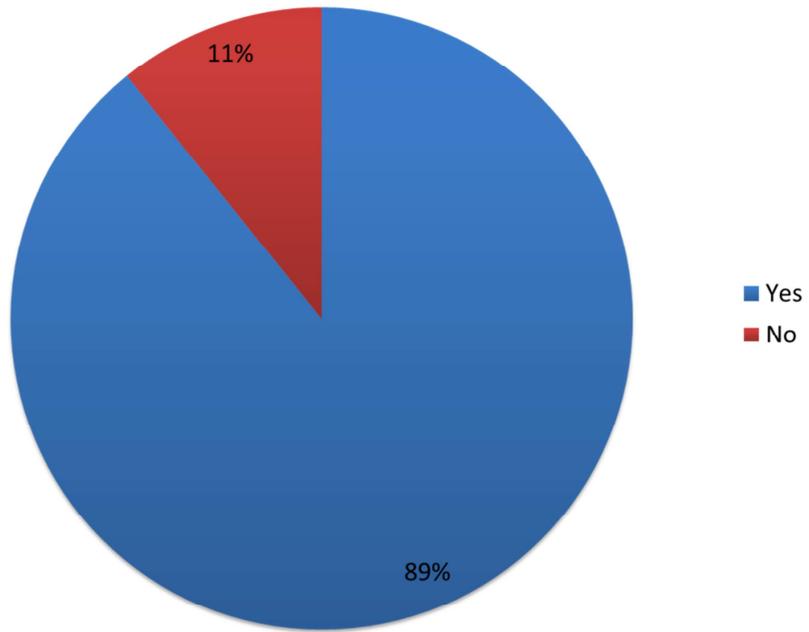
Q34. Do you eat fresh fruits?



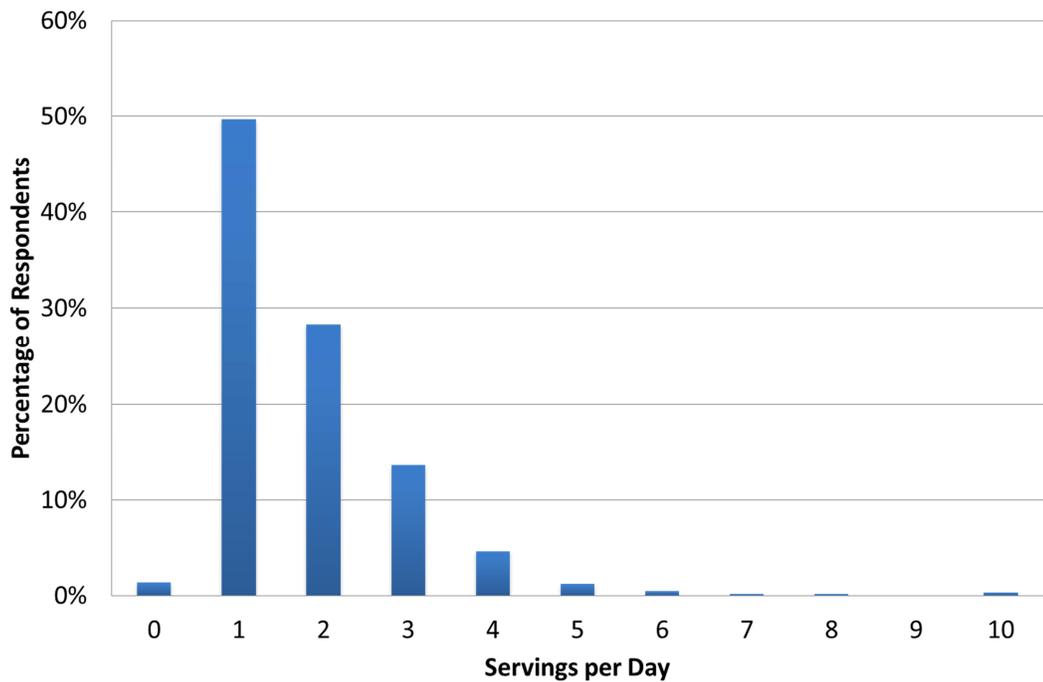
Q34a. If yes, how many servings of fruit do you eat in a day?

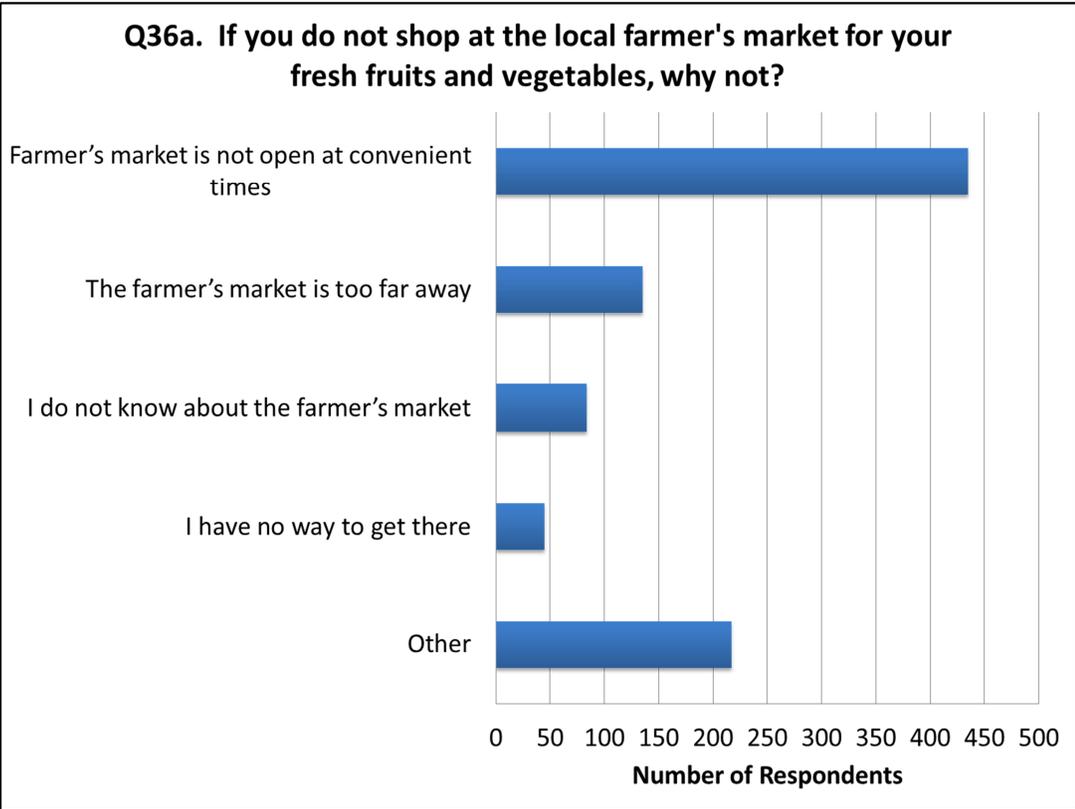
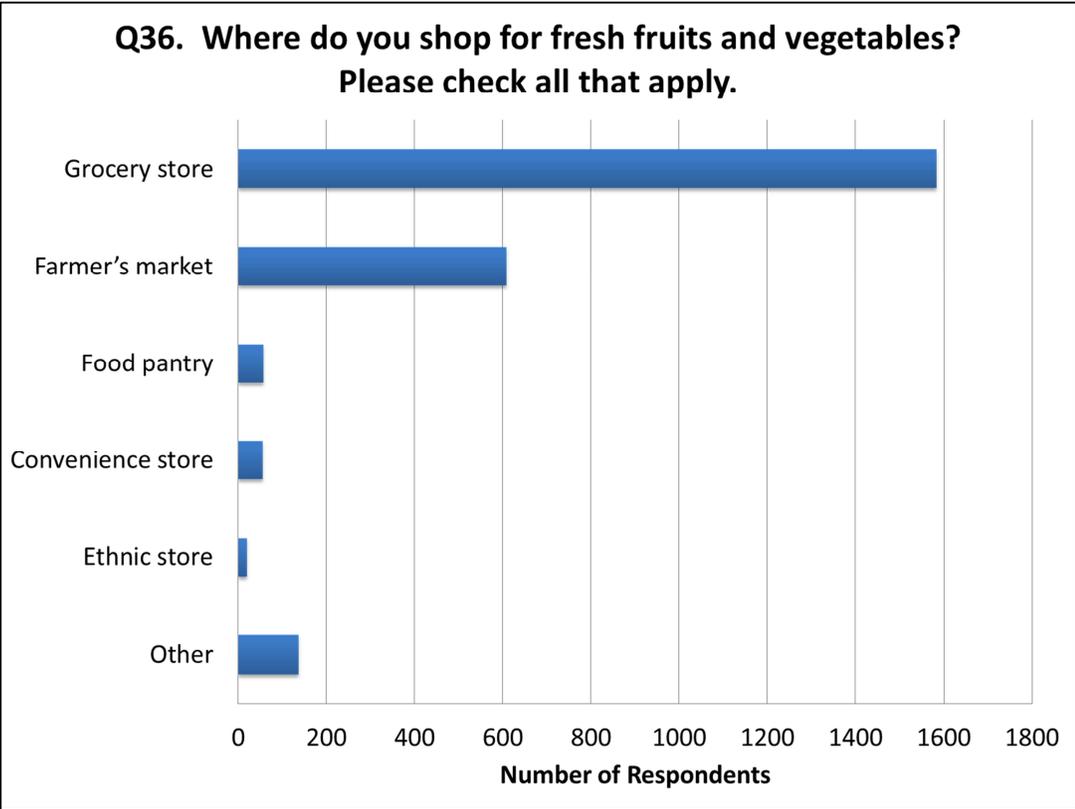


Q35. Do you eat fresh vegetables?

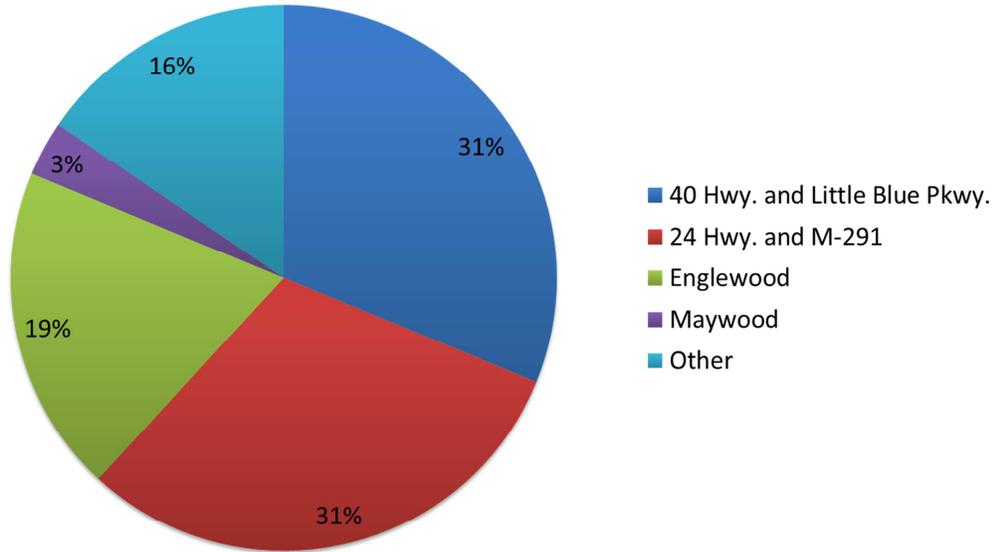


Q35a. If yes, how many servings of vegetables do you eat in a day?

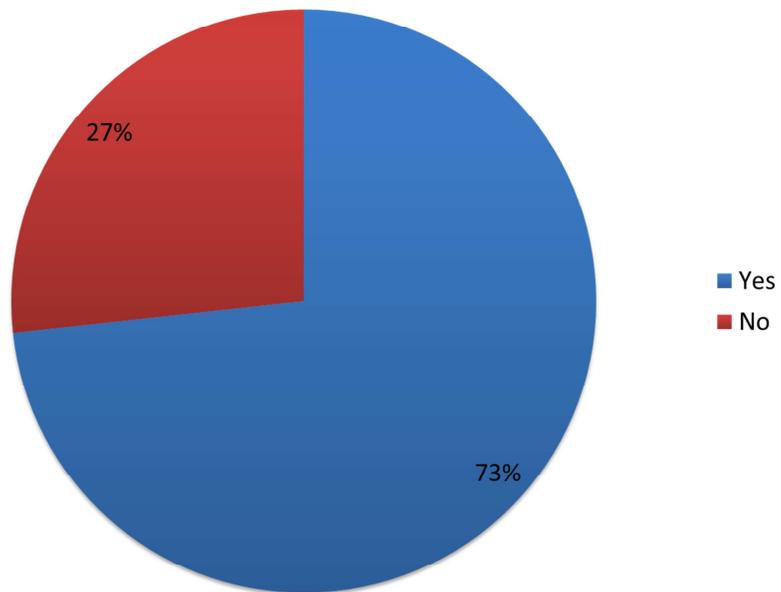




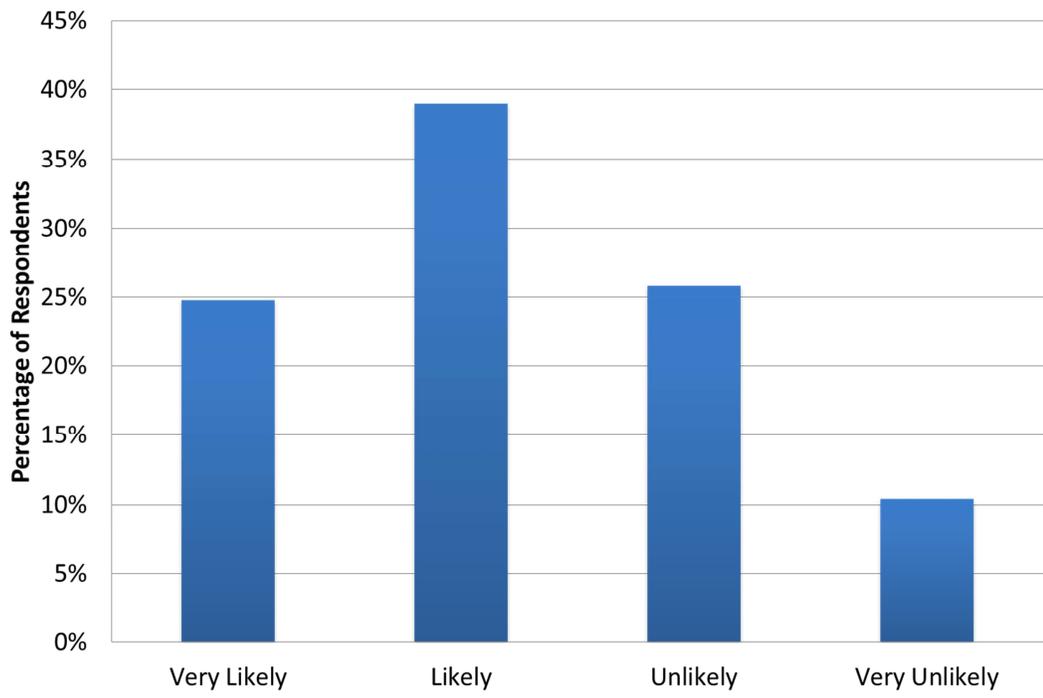
Q37. If a new farmer's market was brought into Independence, where would you suggest for the new location?



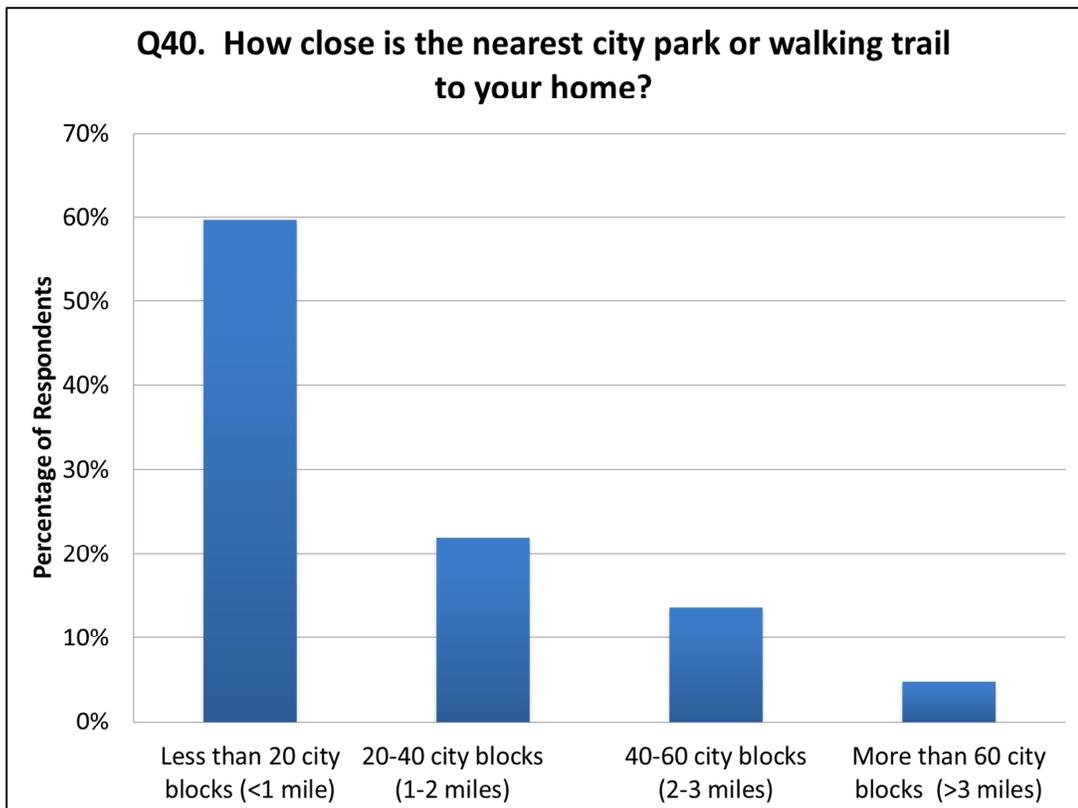
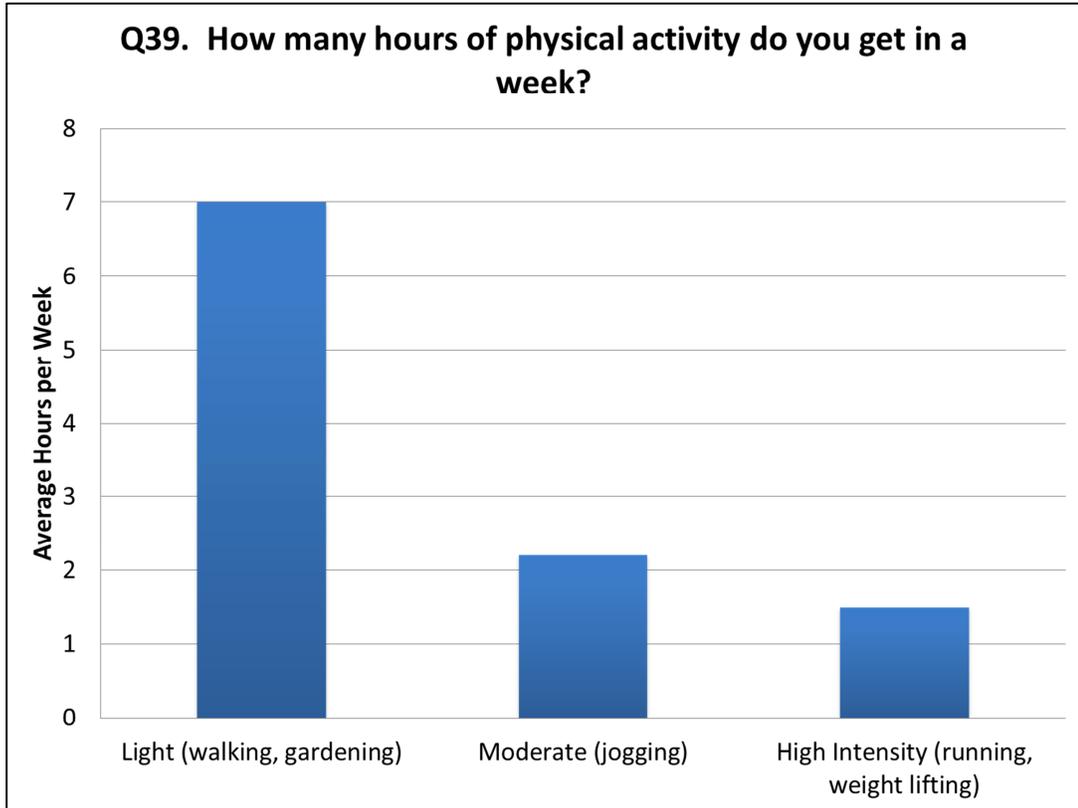
Q38. Would you like restaurants in Independence to post calories on their menu?



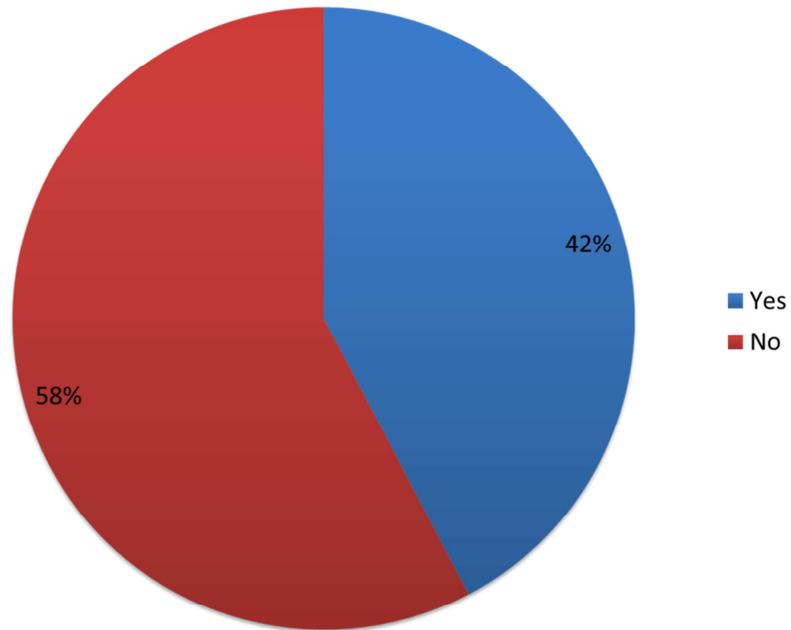
Q38a. Would you change your order if you knew the number of calories for each food item?



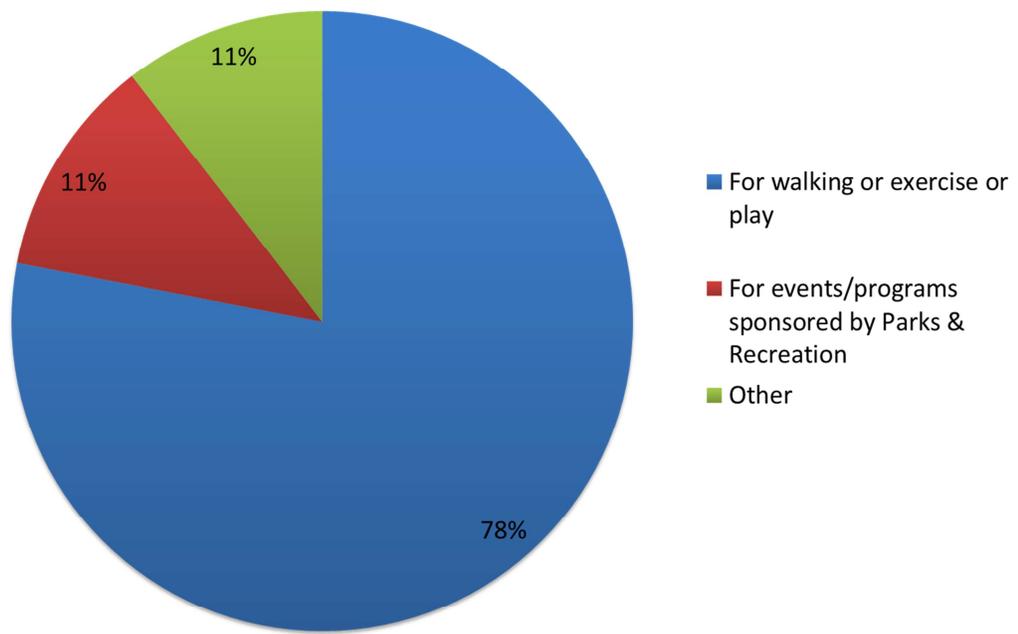
Physical Activity



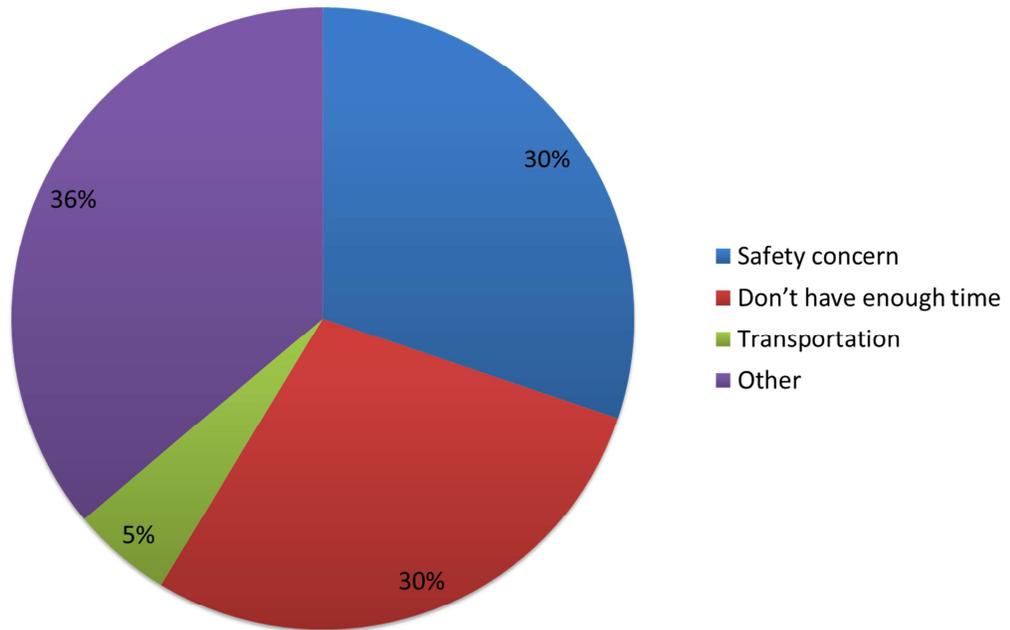
Q41. Do you use city parks or trails?



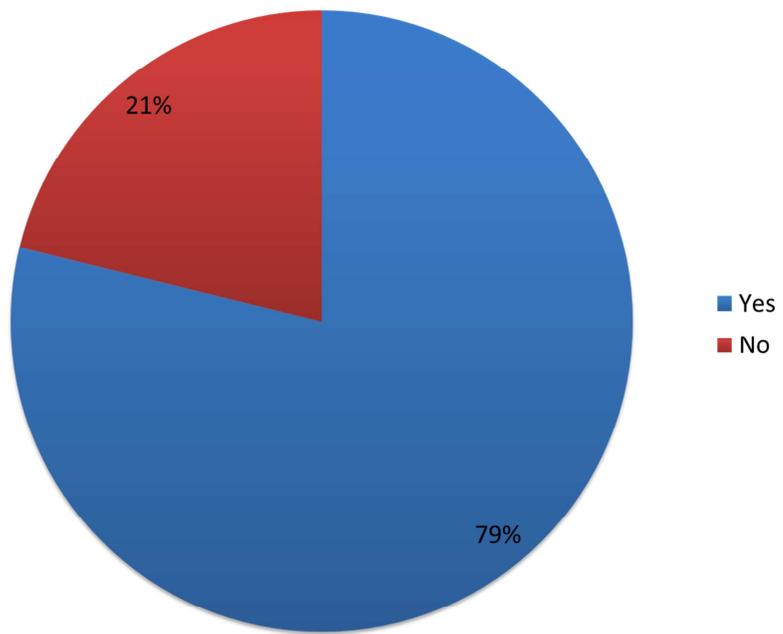
Q41a. If yes, how do you use the park or trail?

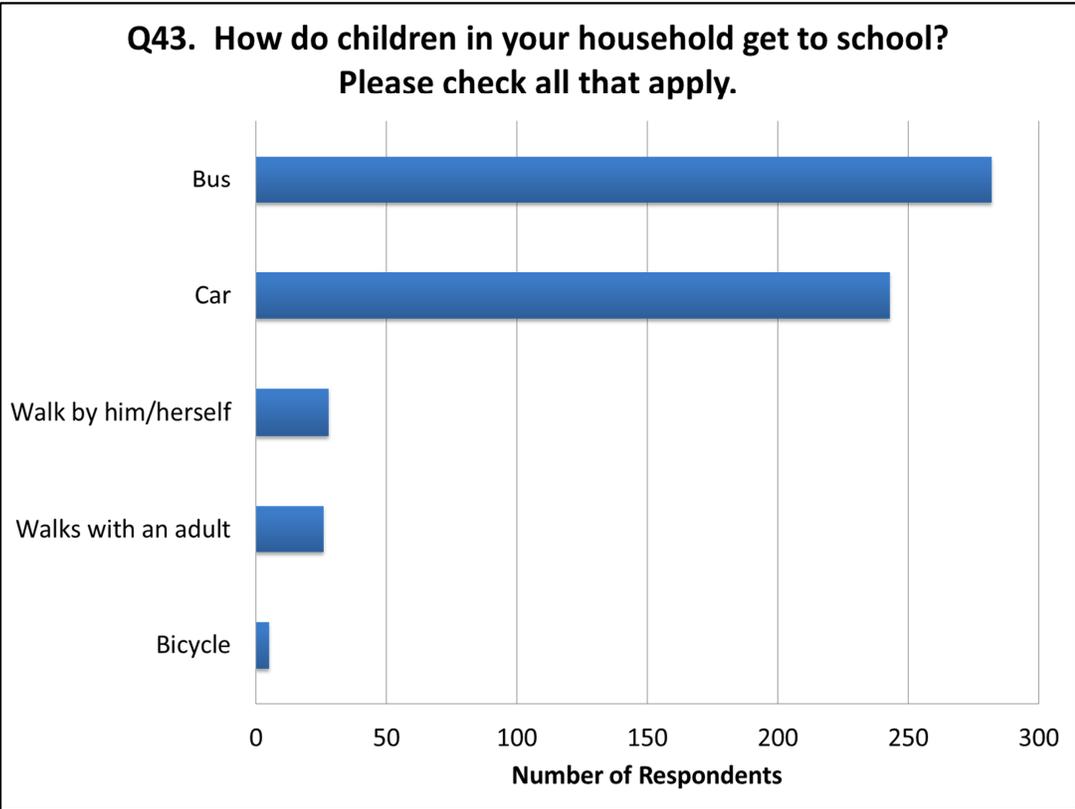
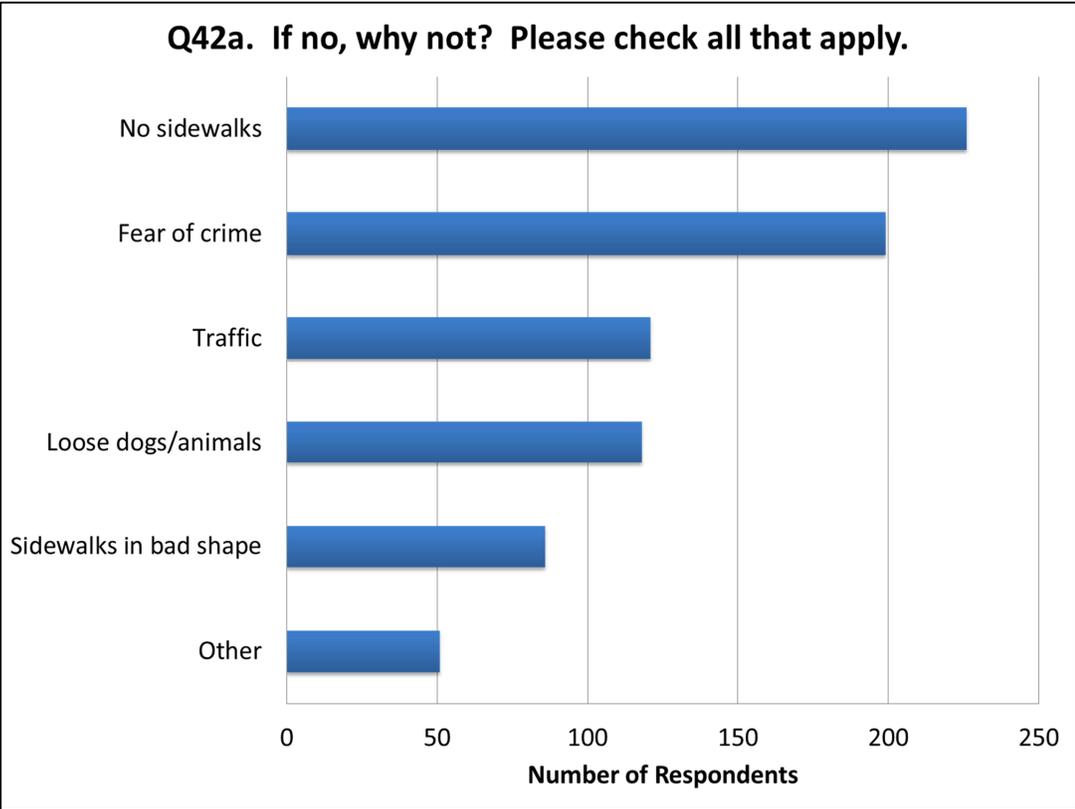


Q41b. If no, why not?

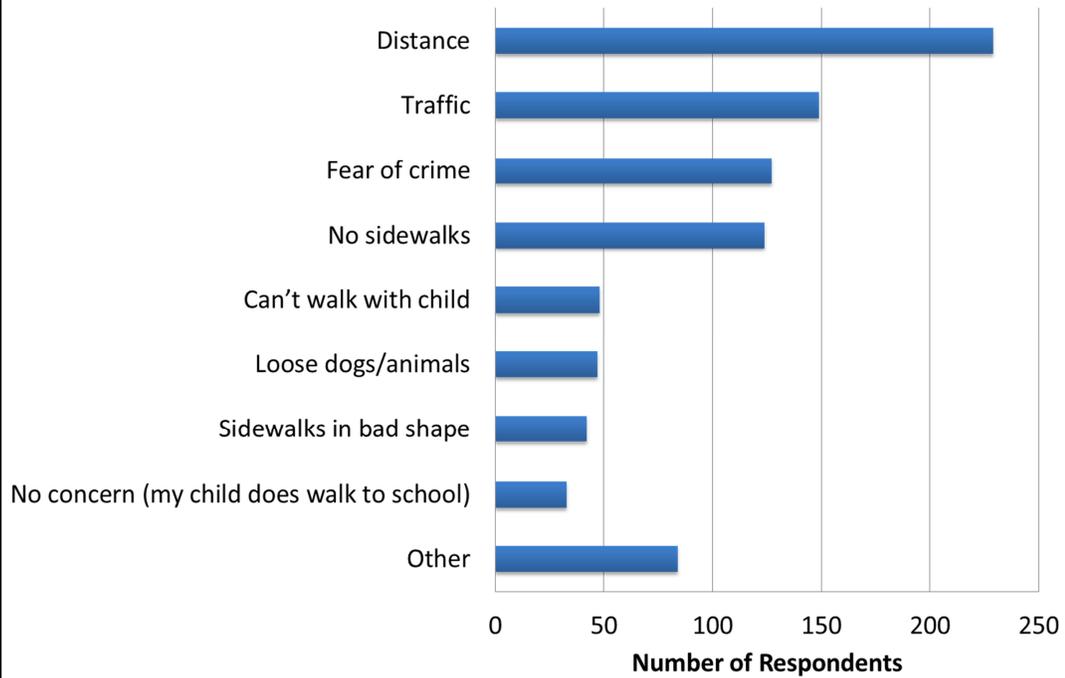


Q42. Do you feel it is safe to walk in your neighborhood?

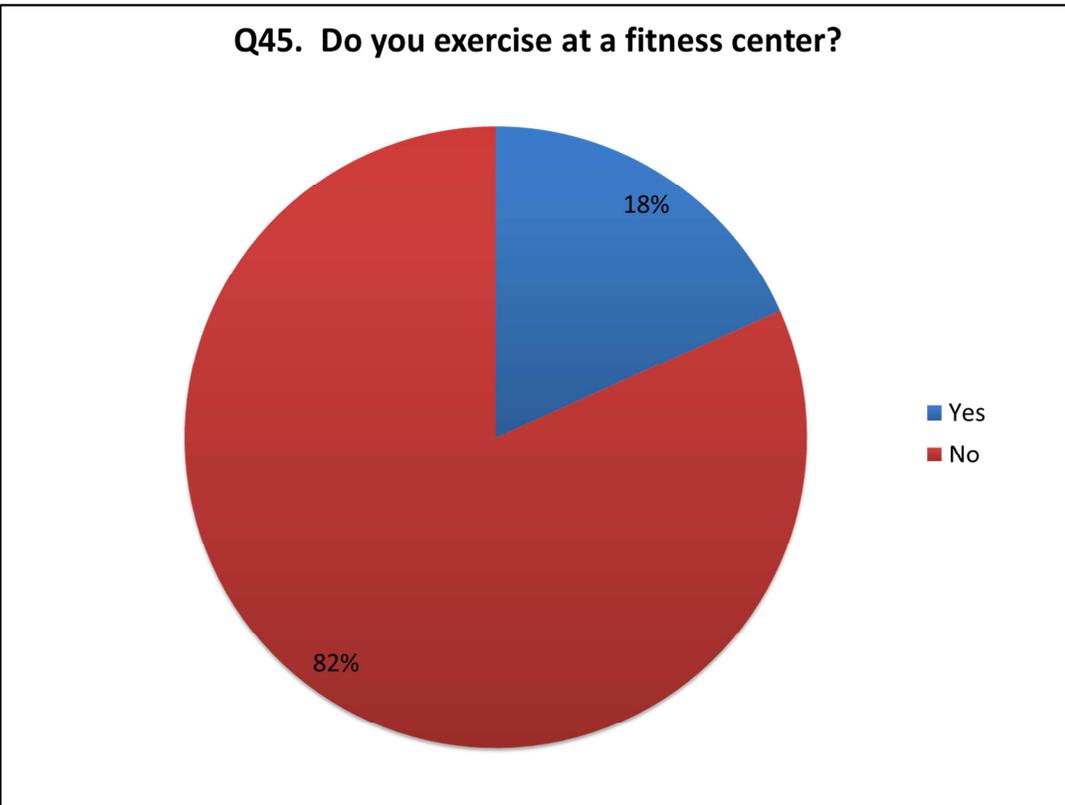


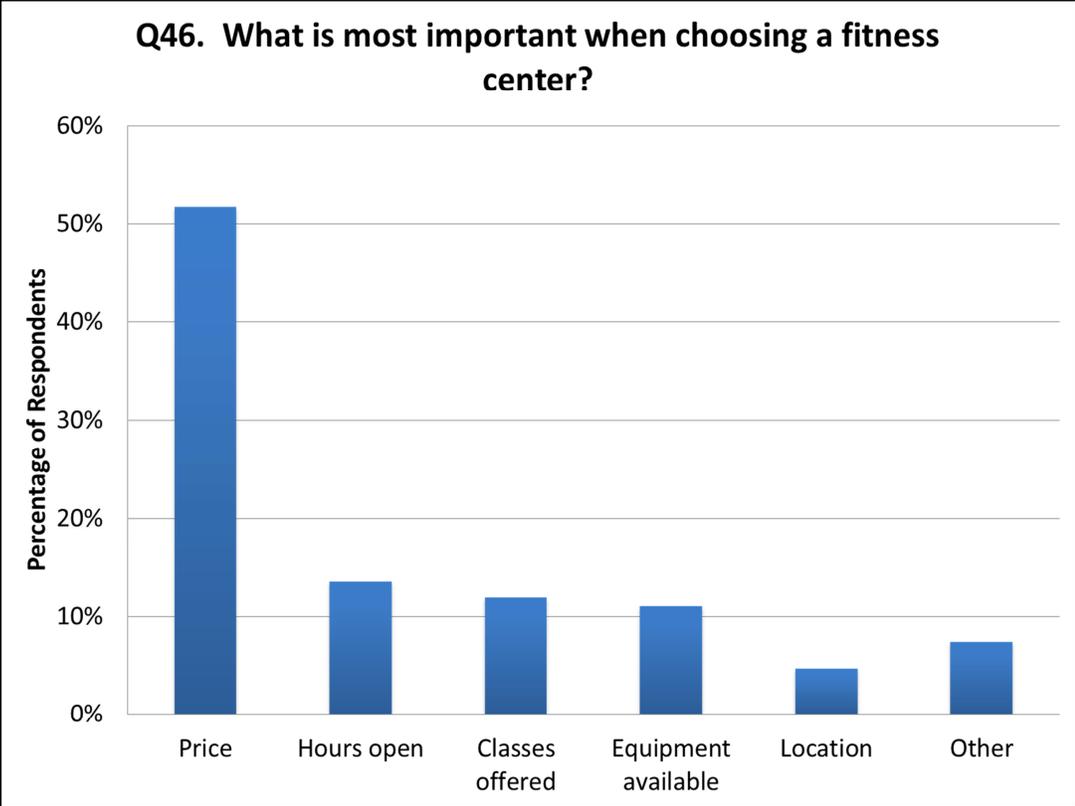
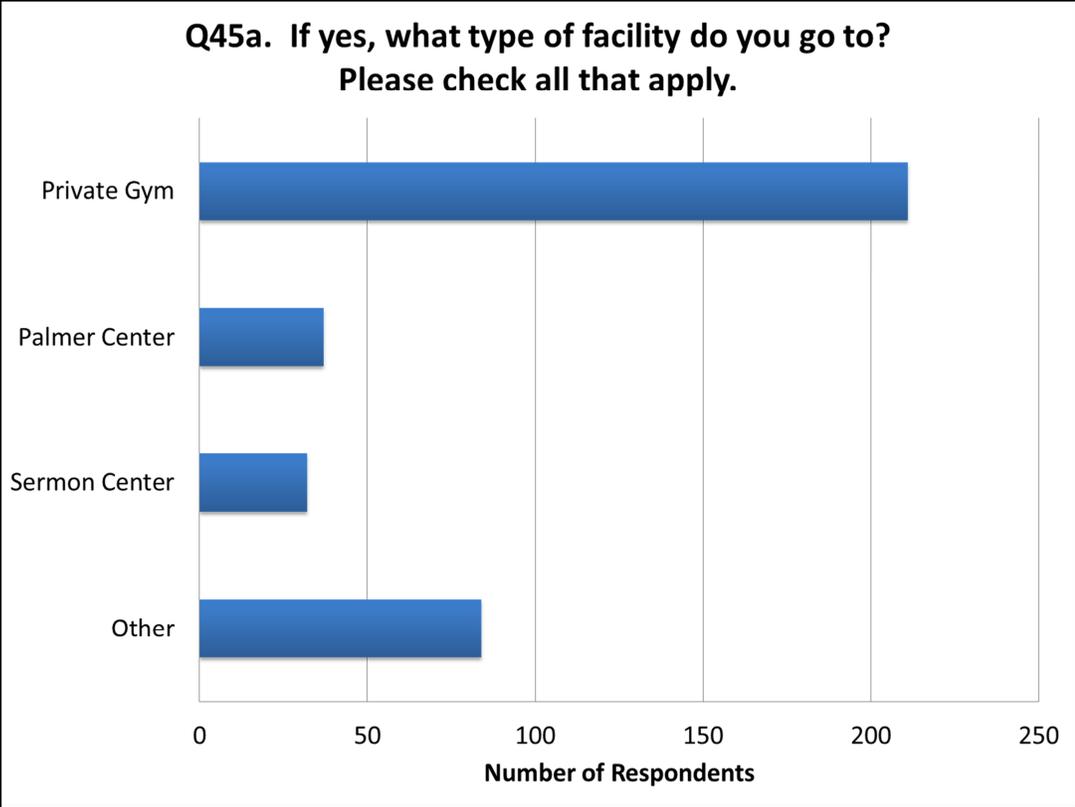


Q44. What concerns stop you from letting your child walk to school? Please check all that apply.

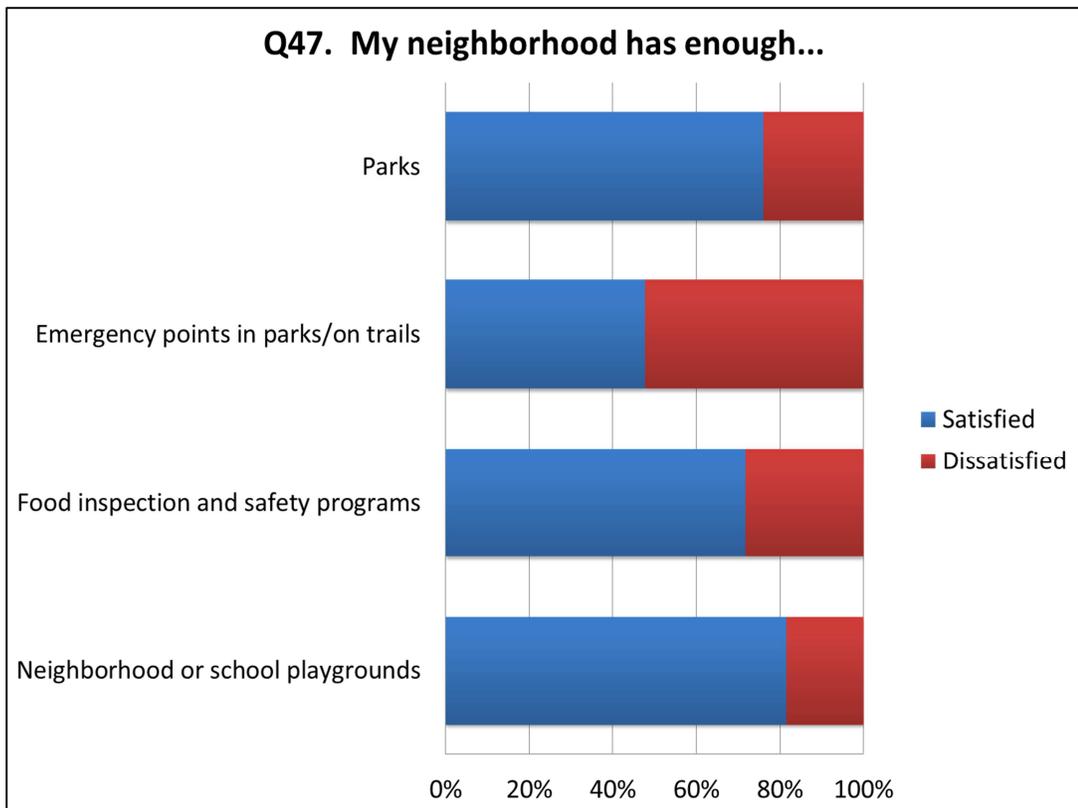
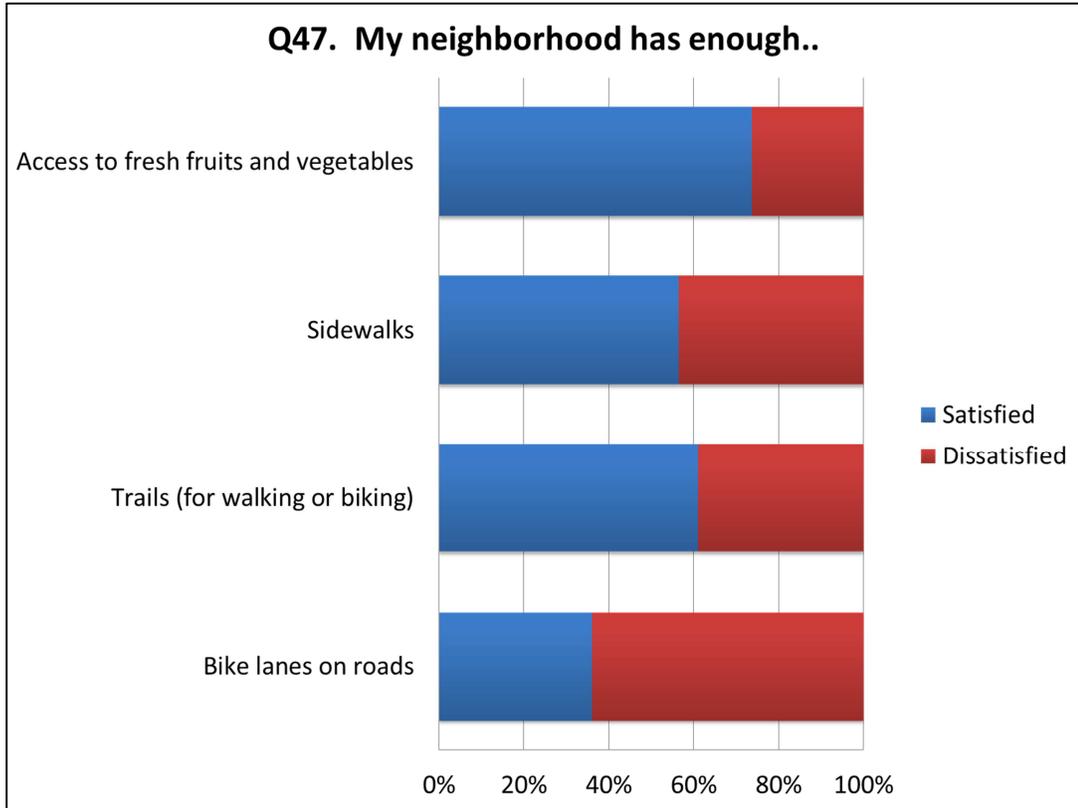


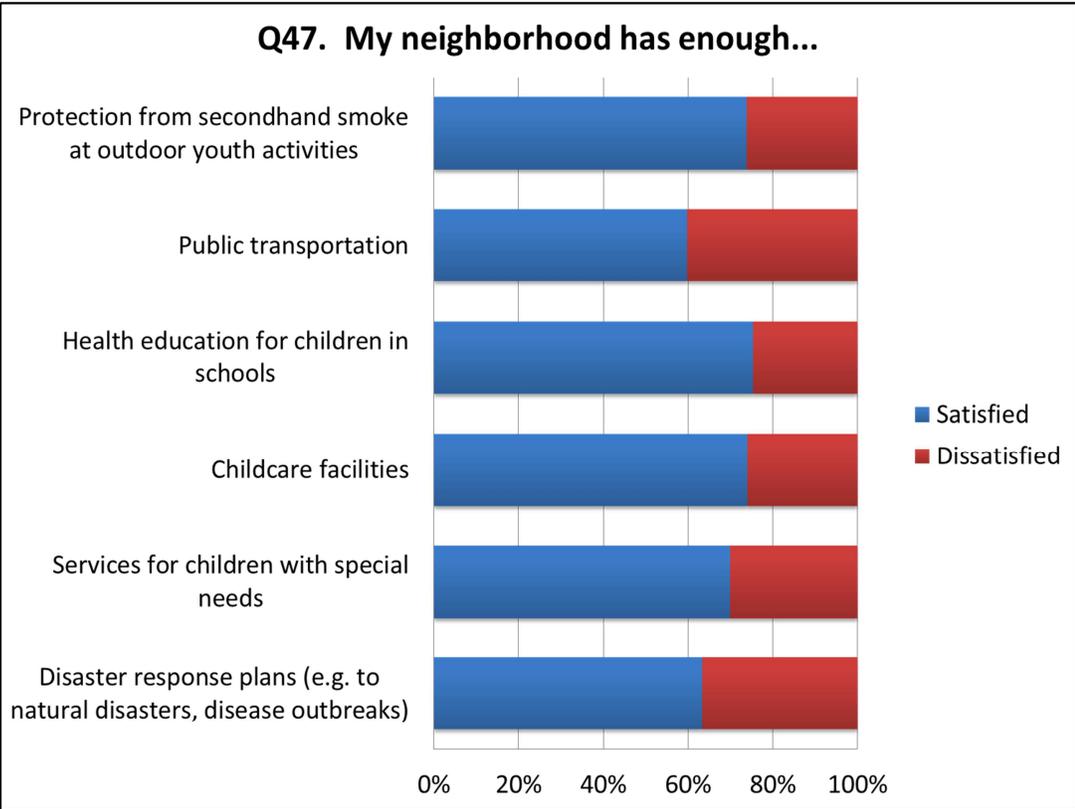
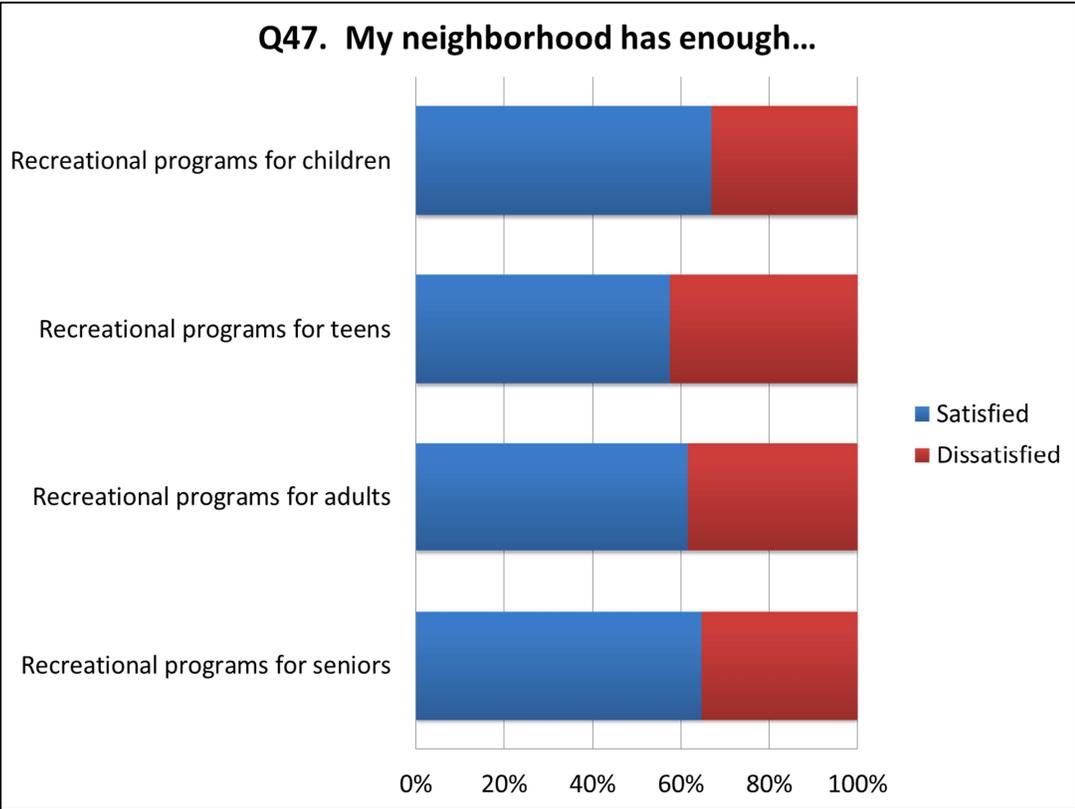
Q45. Do you exercise at a fitness center?



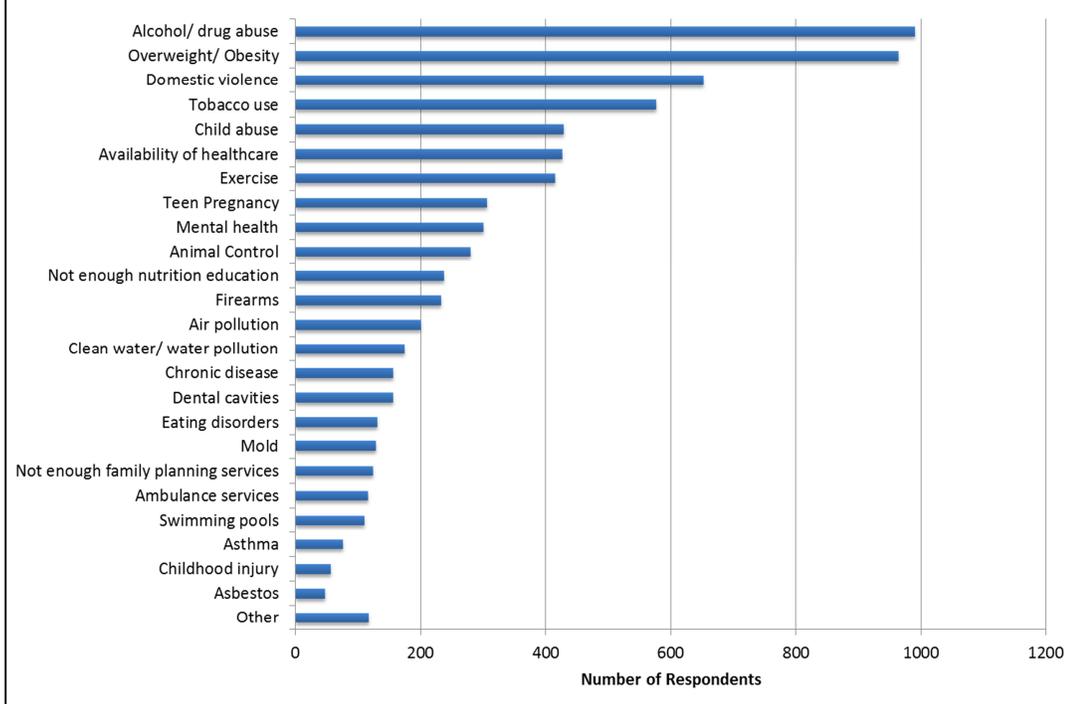


My Community

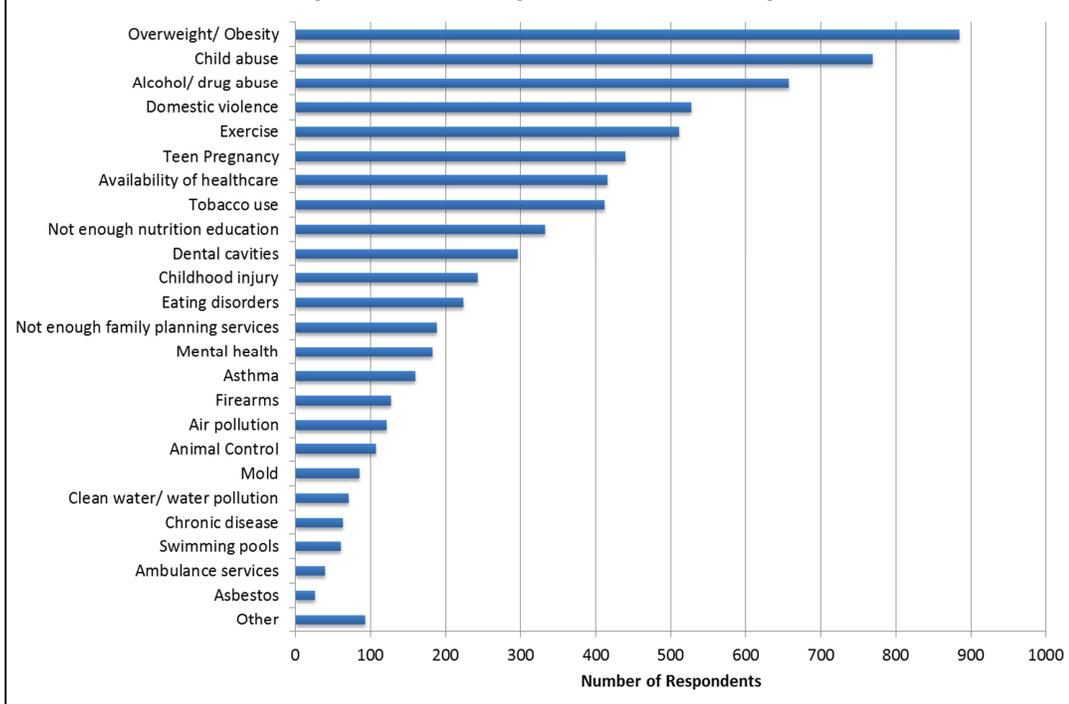




Q48. What do you think are the five most important overall health problems in Independence?



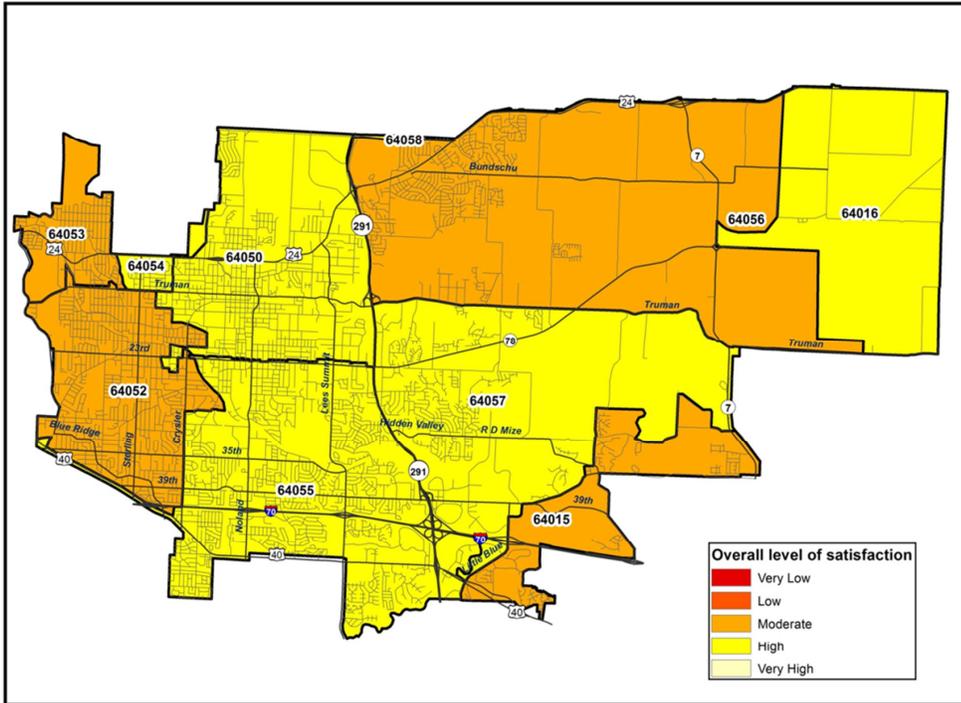
Q49. What do you think are the five most important childhood public health problems in Independence?



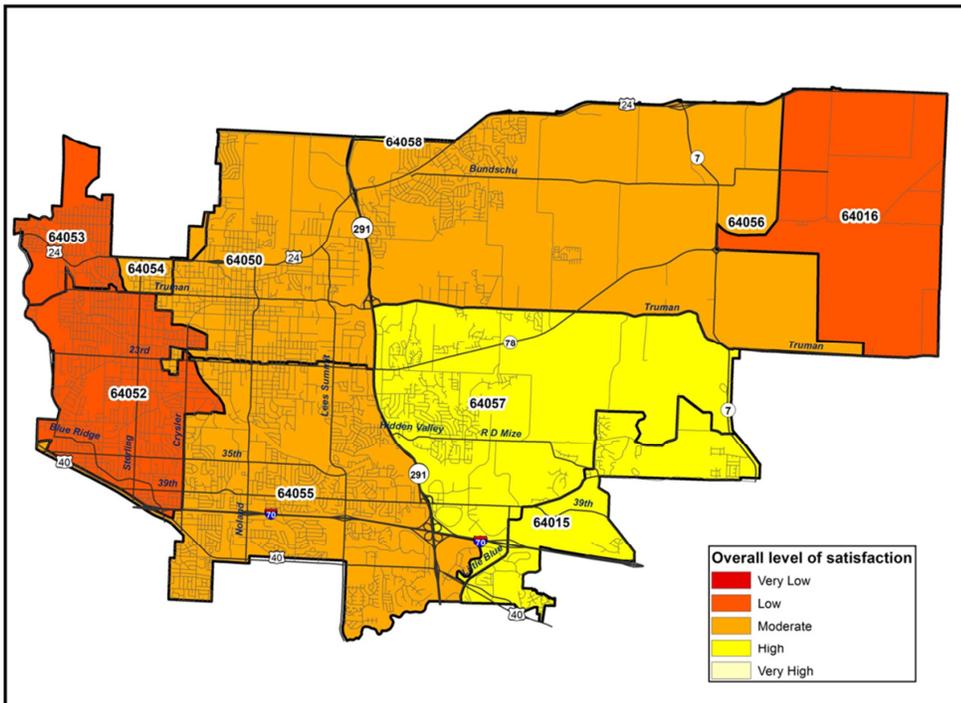
Section 6: GIS Mapping

Satisfaction Analysis

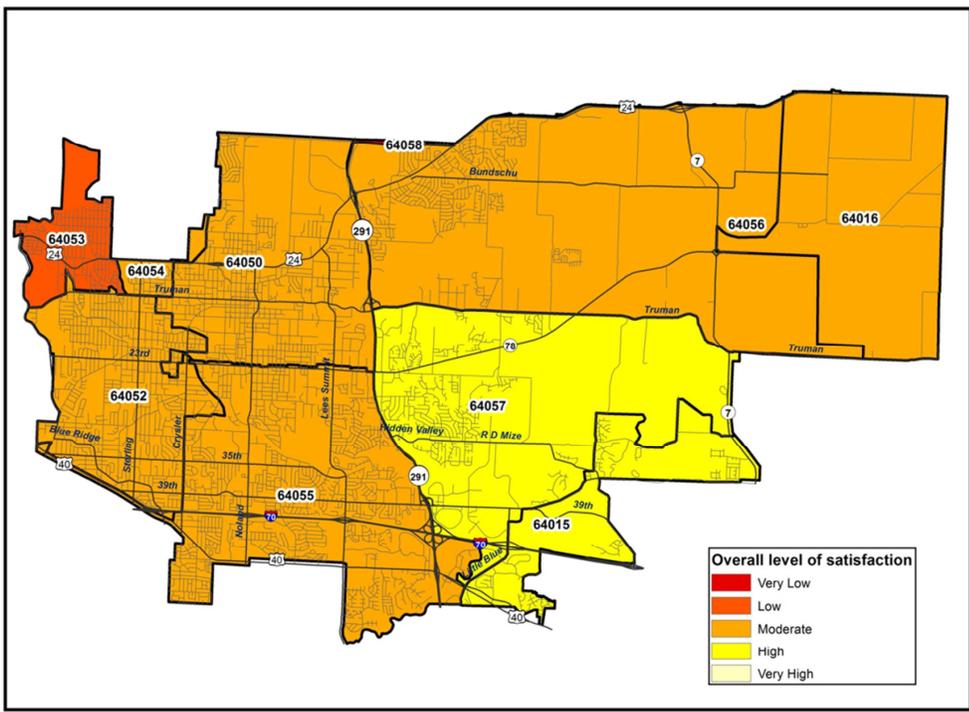
Level of Satisfaction:
"My neighborhood has enough access to fresh fruits and vegetables."



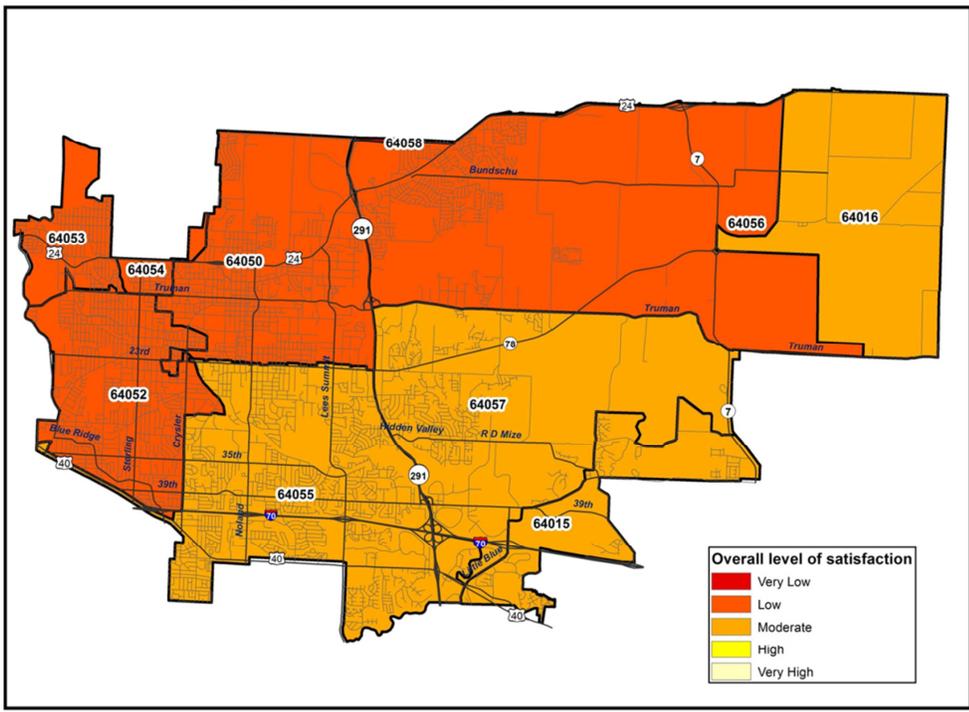
Level of Satisfaction:
"My neighborhood has enough sidewalks."



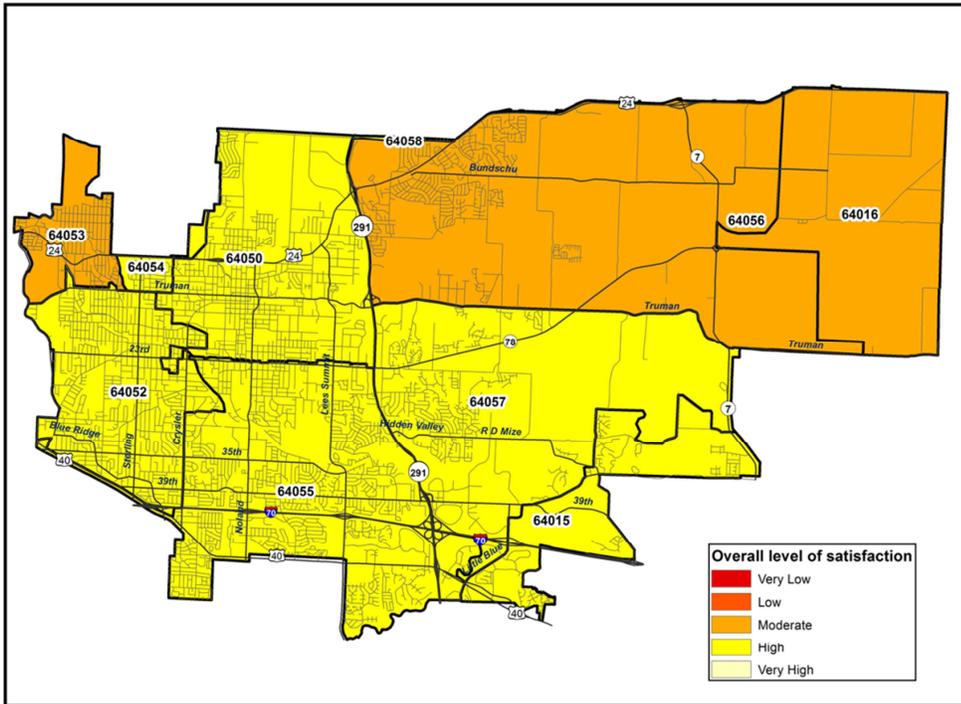
Level of Satisfaction:
"My neighborhood has enough trails."



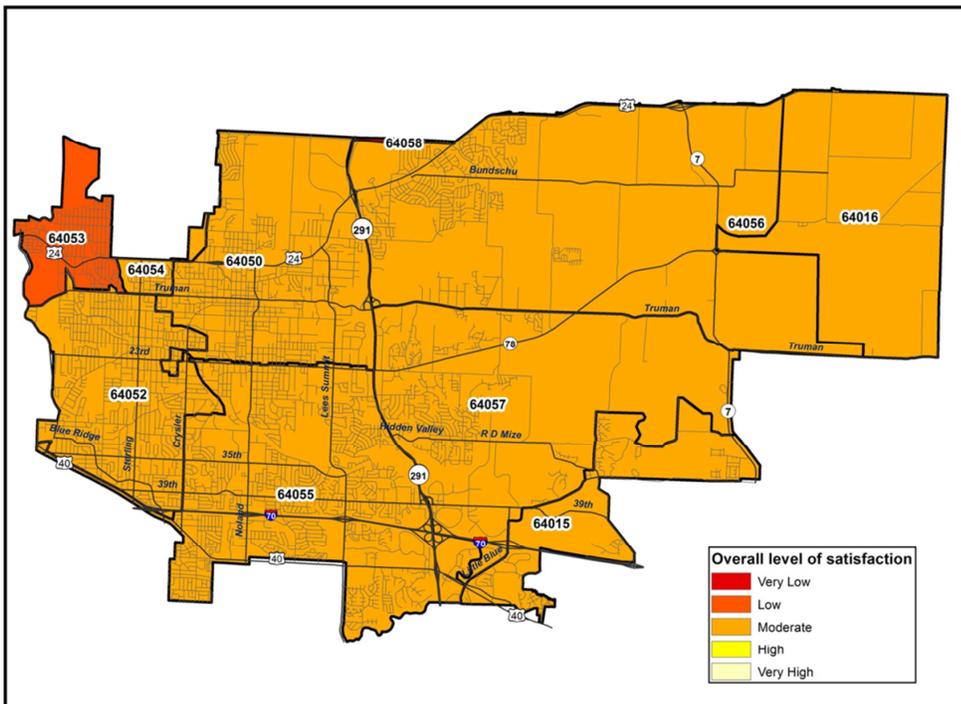
Level of Satisfaction:
"My neighborhood has enough bike lanes on roads."



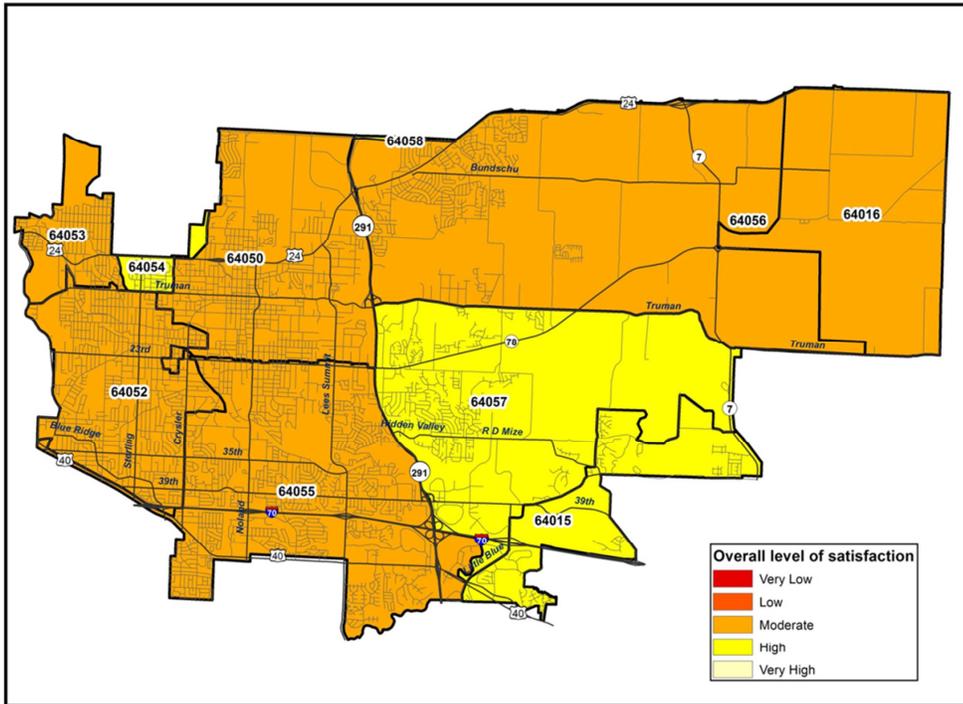
Level of Satisfaction:
"My neighborhood has enough parks."



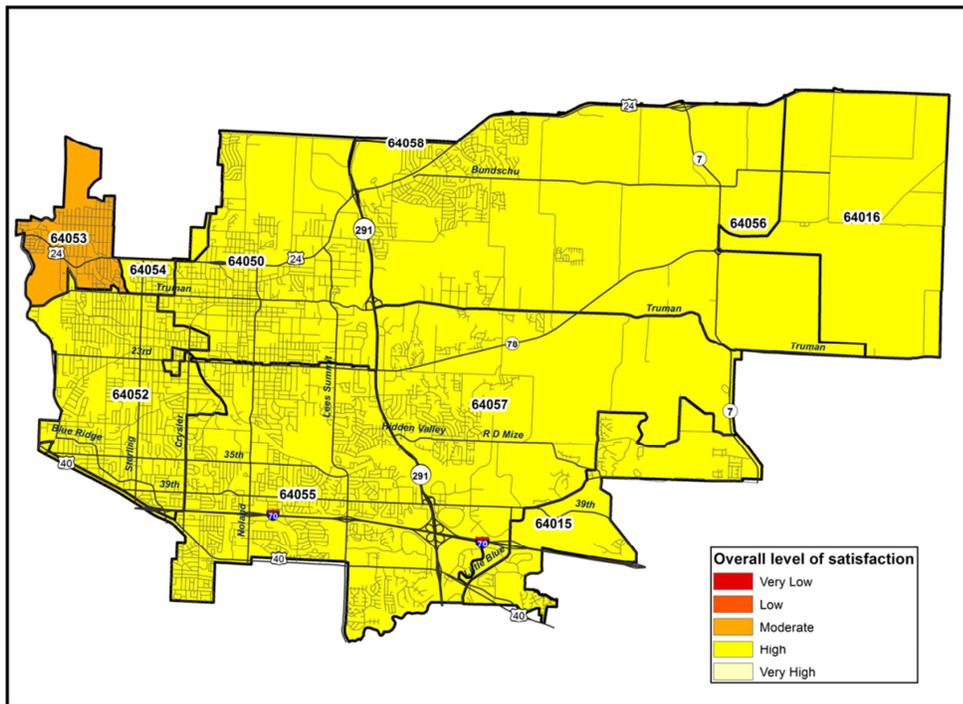
Level of Satisfaction:
"My neighborhood has enough emergency points in parks/on trails."



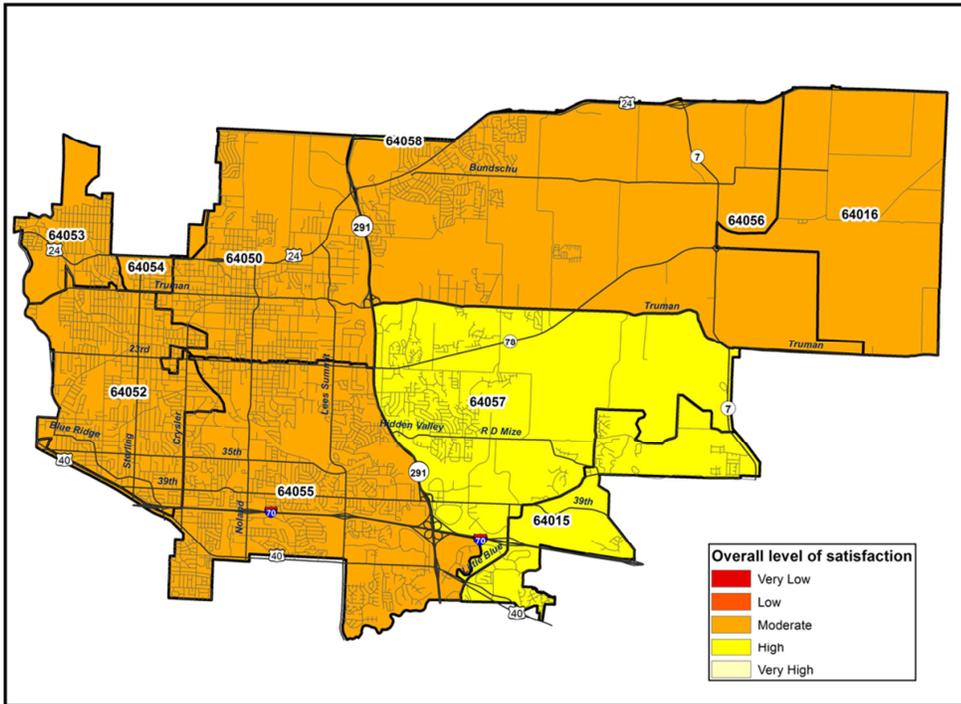
Level of Satisfaction:
"My neighborhood has enough food inspection and safety programs."



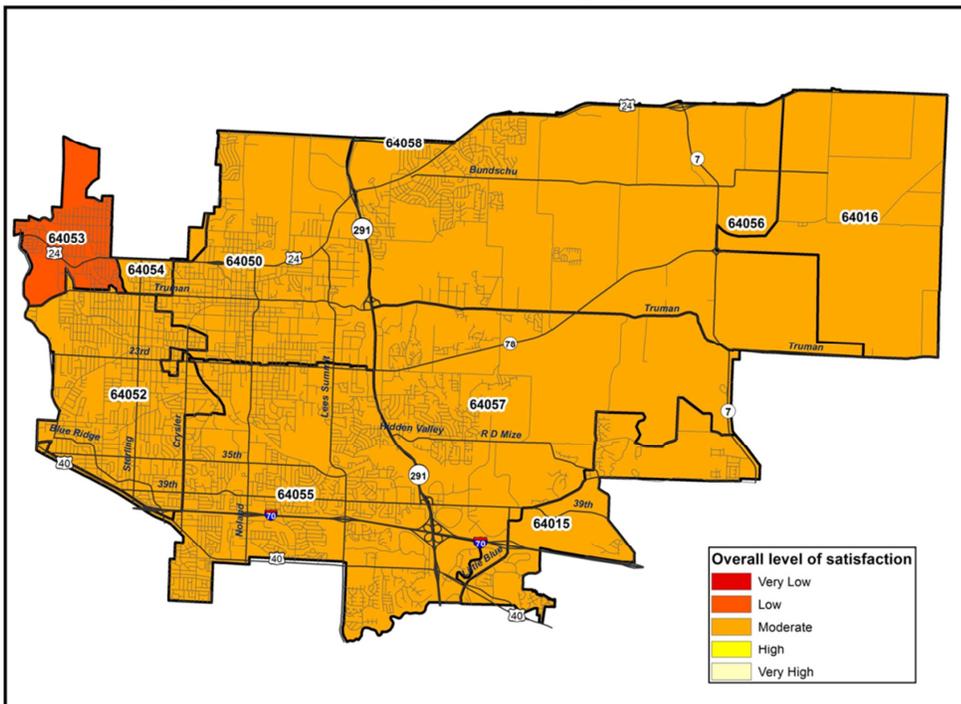
Level of Satisfaction:
"My neighborhood has enough neighborhood or school playgrounds."



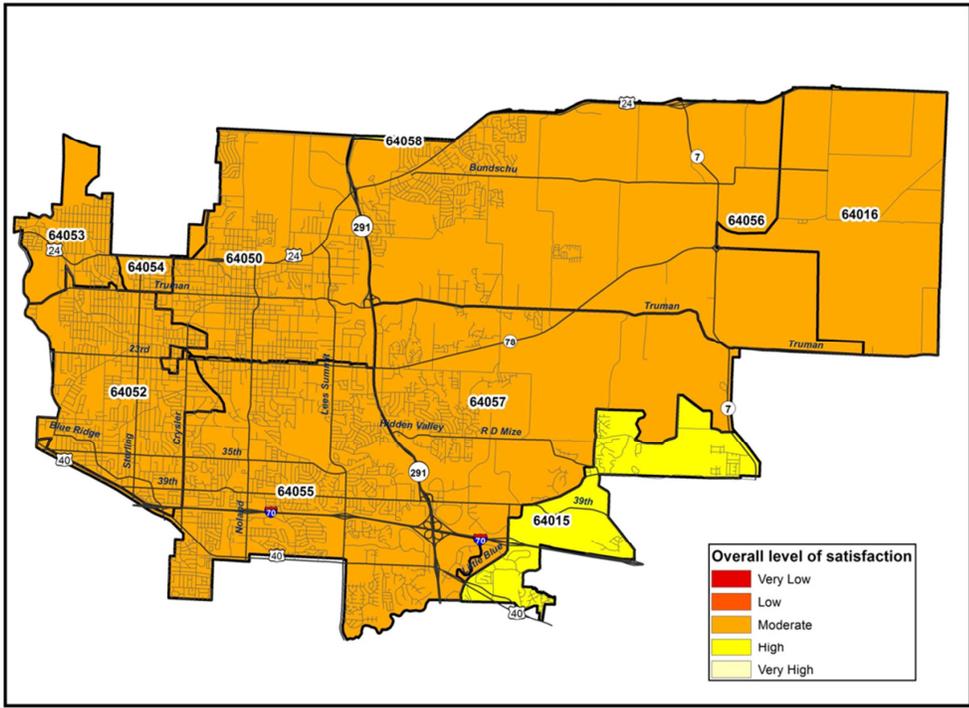
Level of Satisfaction:
"My neighborhood has enough recreational programs for children."



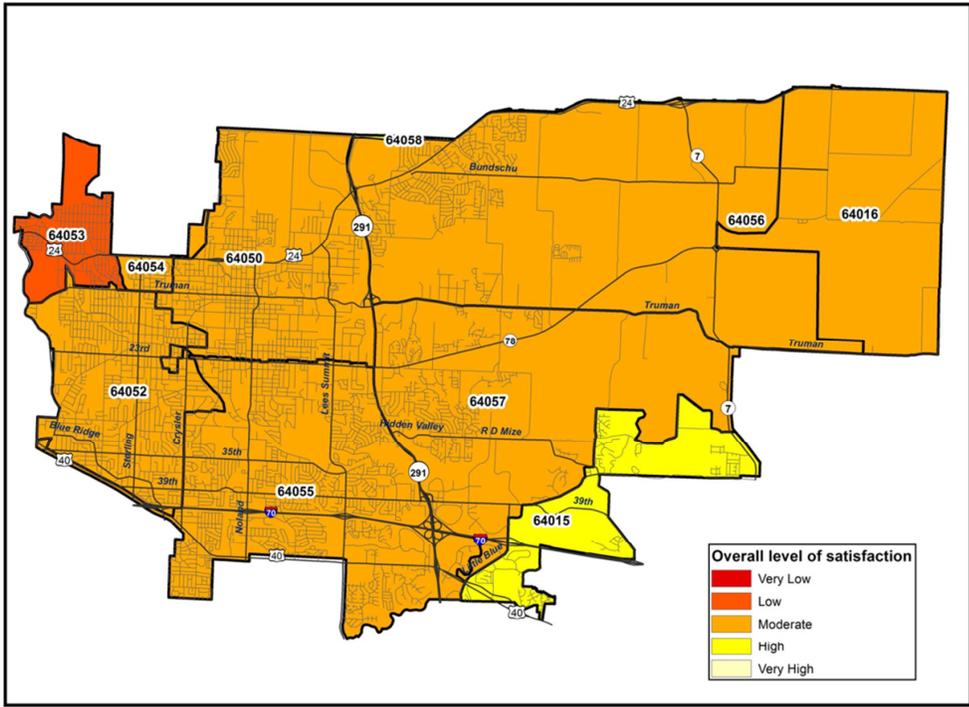
Level of Satisfaction:
"My neighborhood has enough recreational programs for teens?"

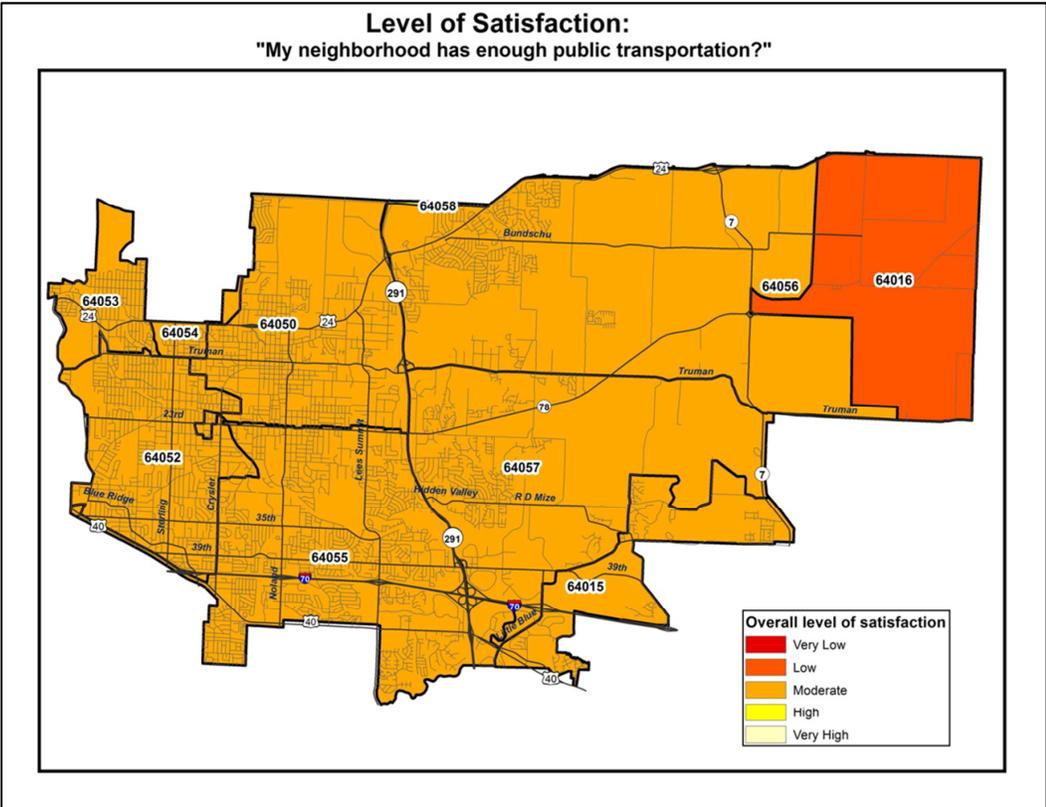
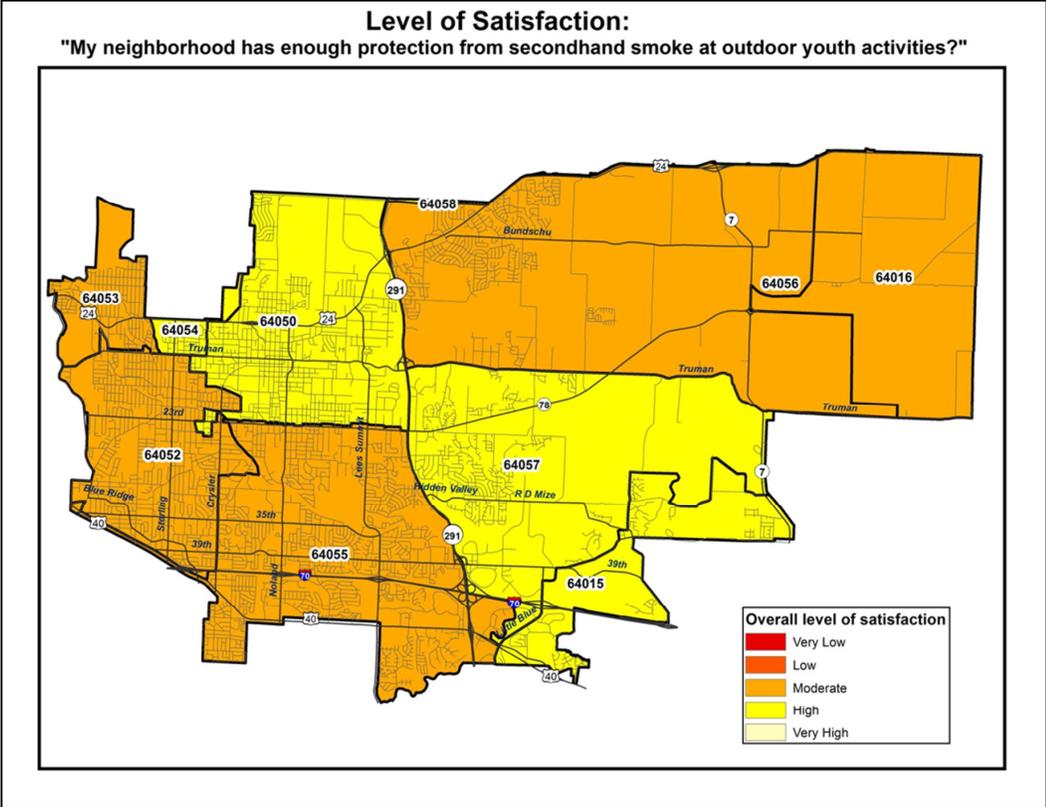


Level of Satisfaction:
"My neighborhood has enough recreational programs for adults?"

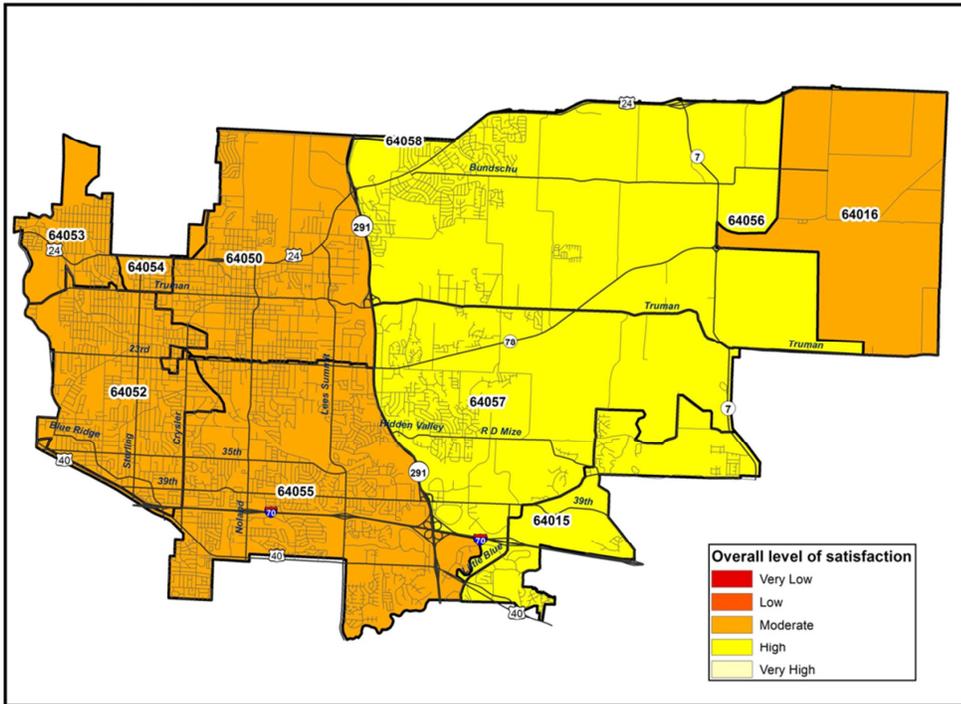


Level of Satisfaction:
"My neighborhood has enough recreational programs for seniors?"

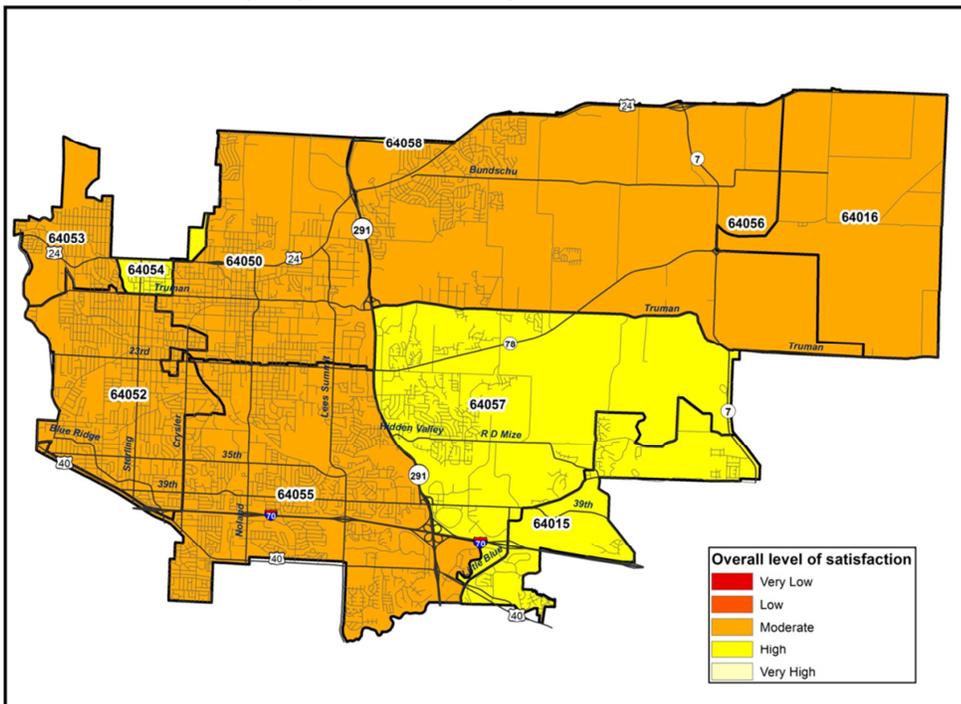




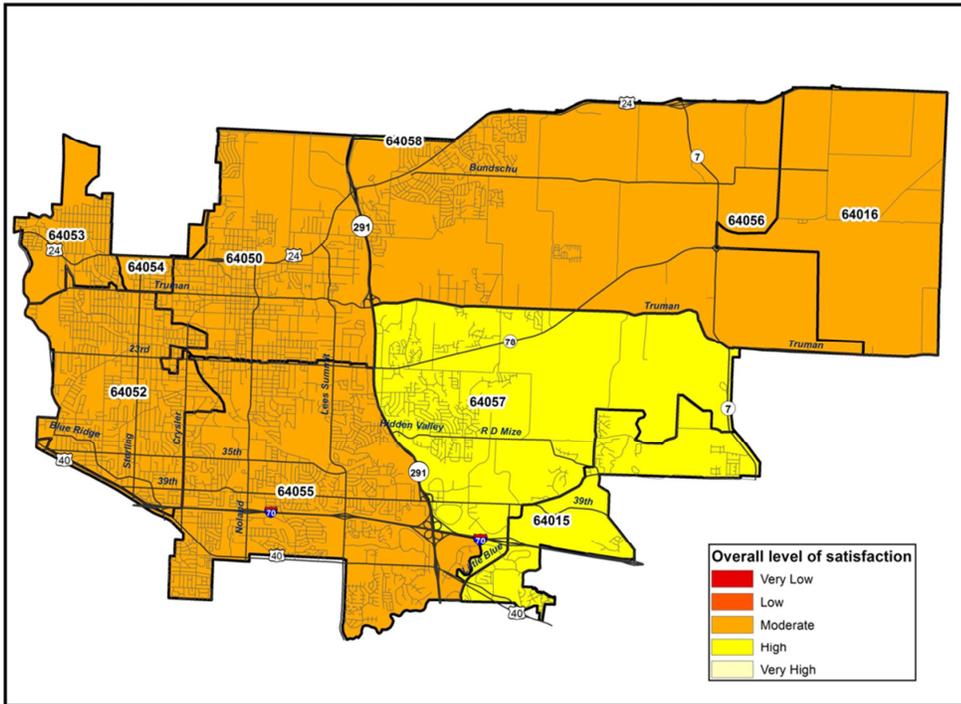
Level of Satisfaction:
"My neighborhood has enough health education for children in schools?"



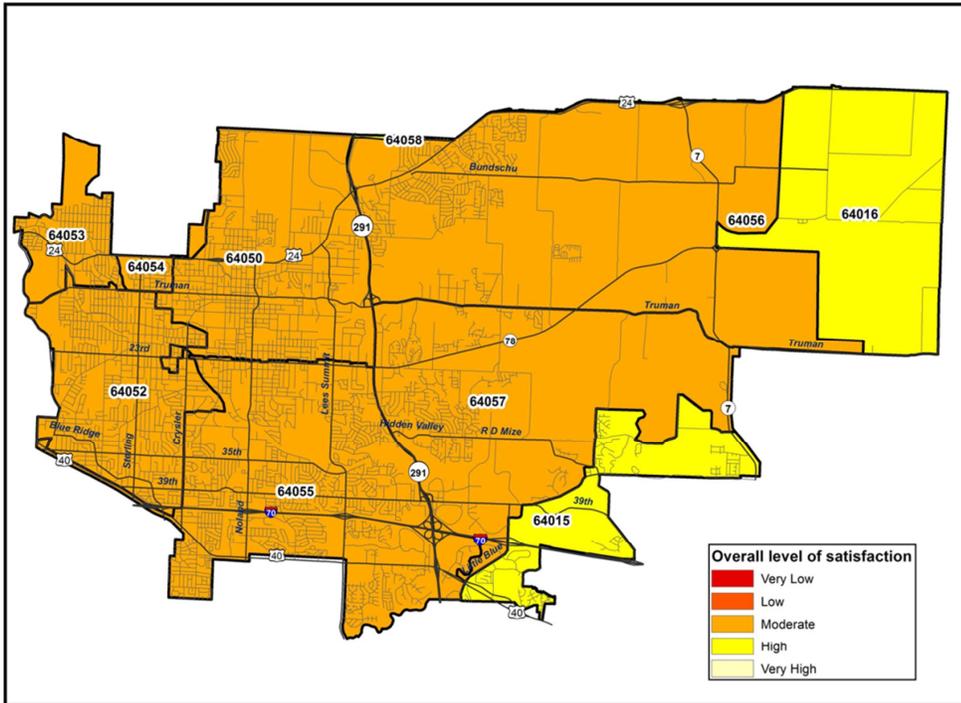
Level of Satisfaction:
"My neighborhood has enough childcare facilities?"



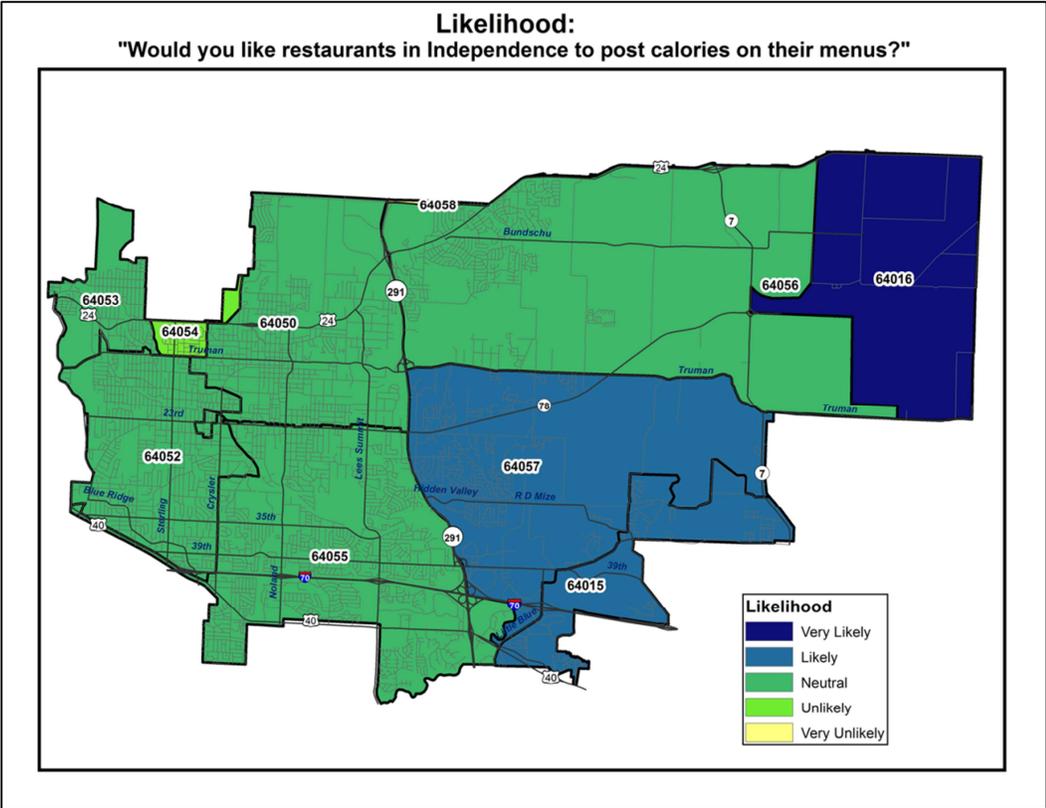
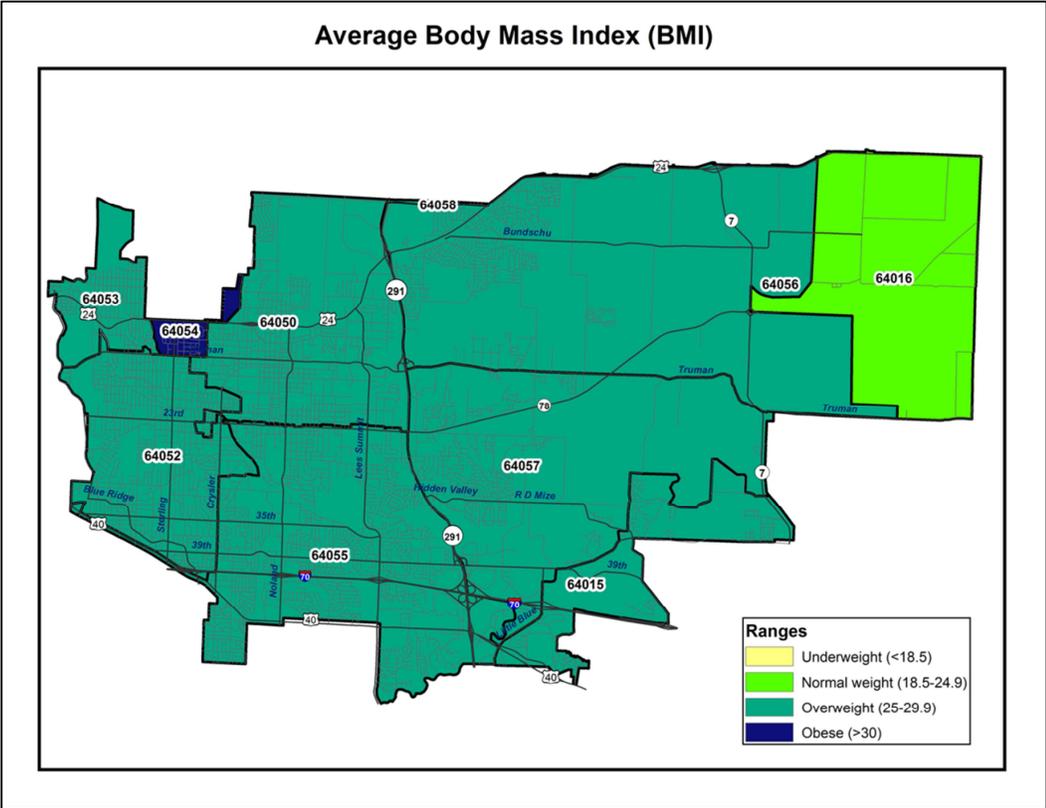
Level of Satisfaction:
"My neighborhood has enough services for children with special needs?"



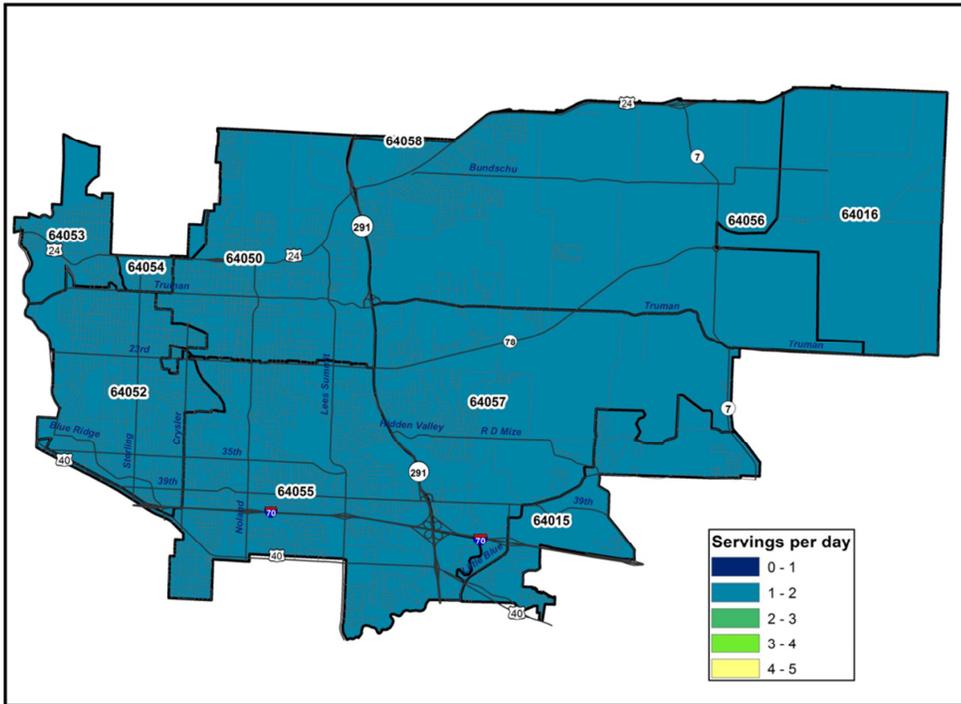
Level of Satisfaction:
"My neighborhood has enough disaster response plans?"



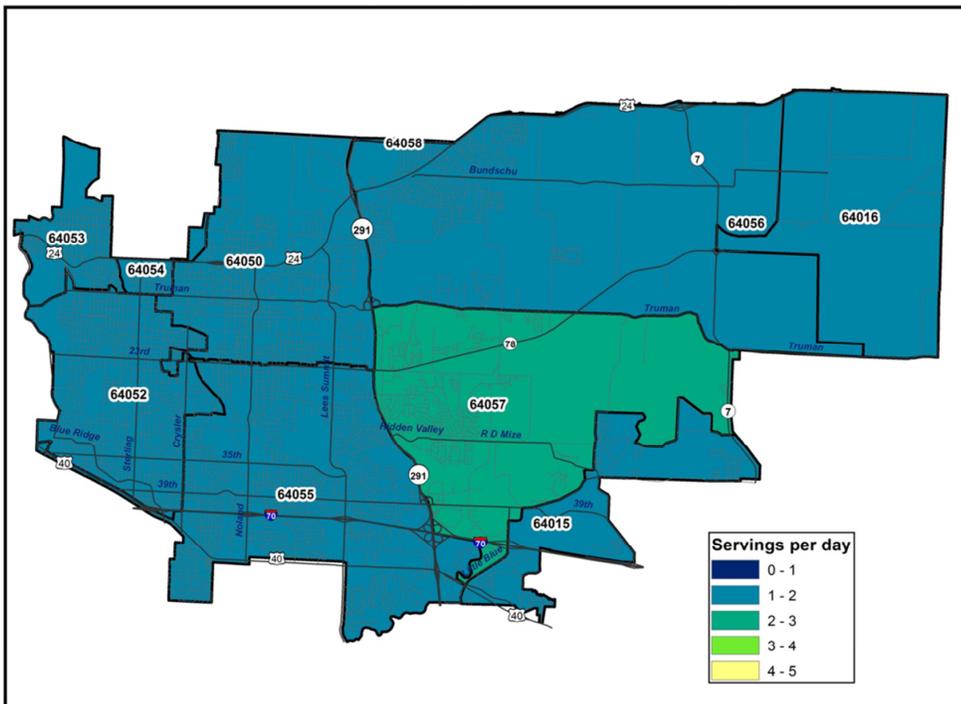
Other Health Indicators



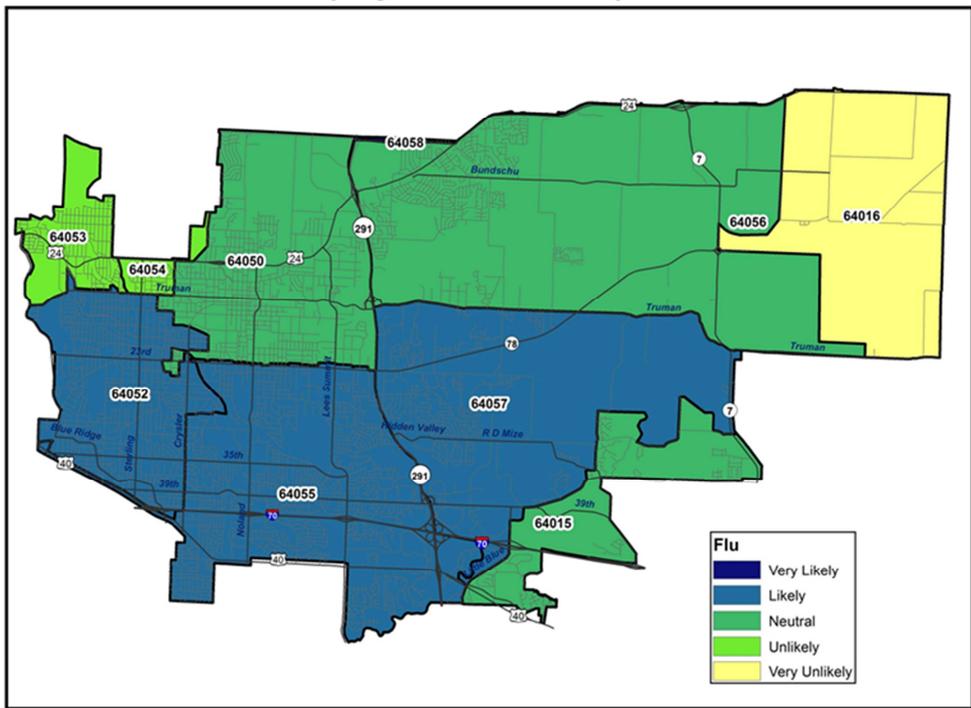
Average Servings of Fresh Fruit
How many servings of fruit do you eat in a day?



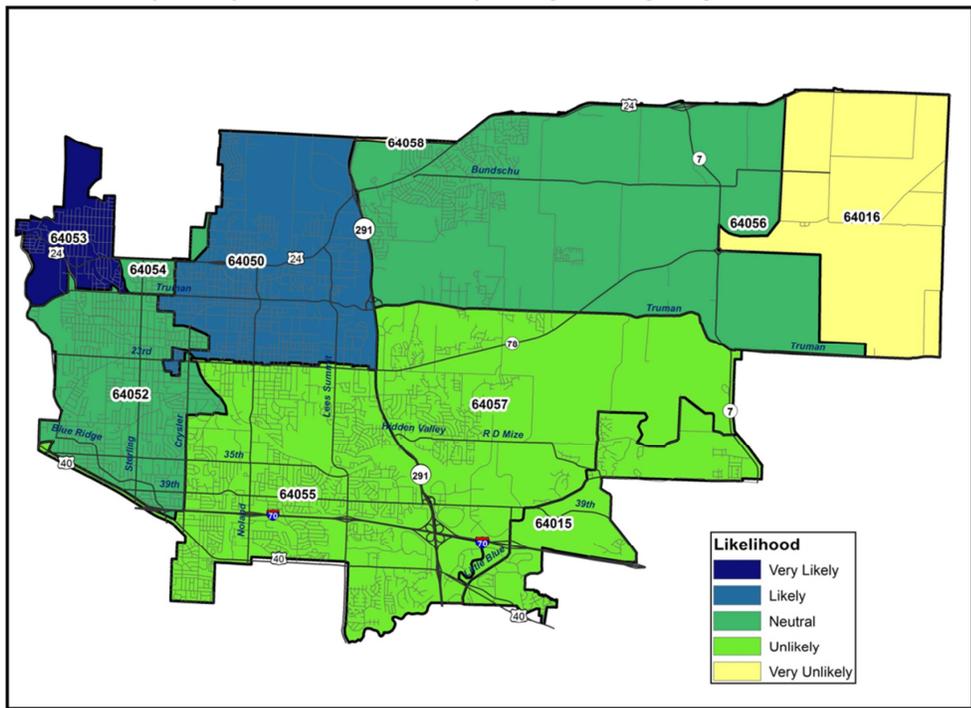
Average Servings of Fresh Vegetables
How many servings of vegetables do you eat in a day?



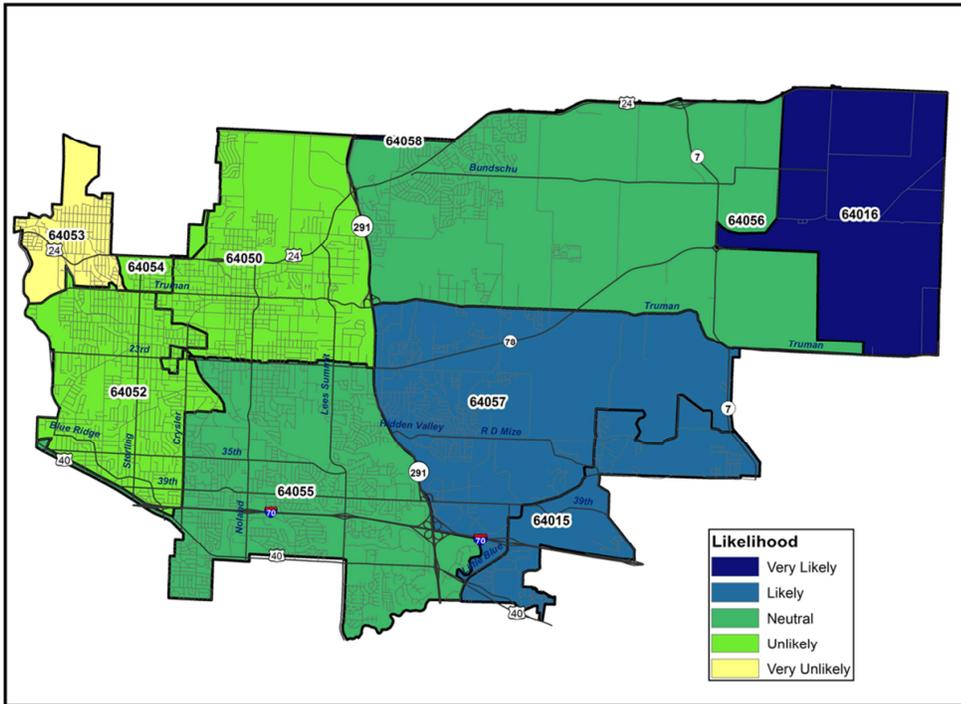
Likelihood:
"Did you get a flu shot in the last year?"



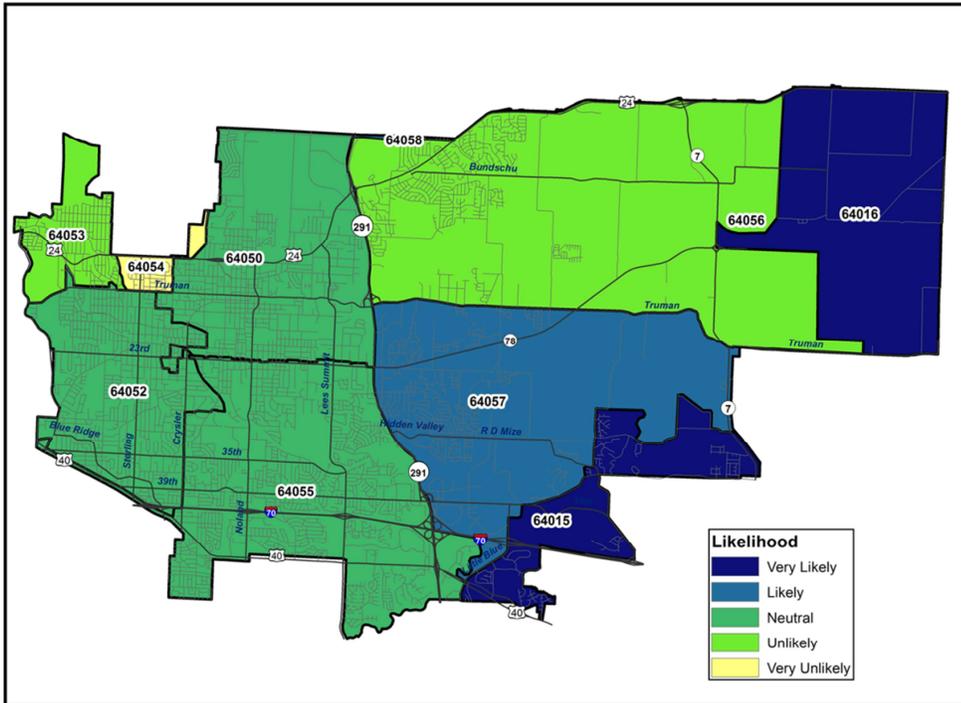
Likelihood:
"Is anyone in your household currently having trouble getting medical care?"



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

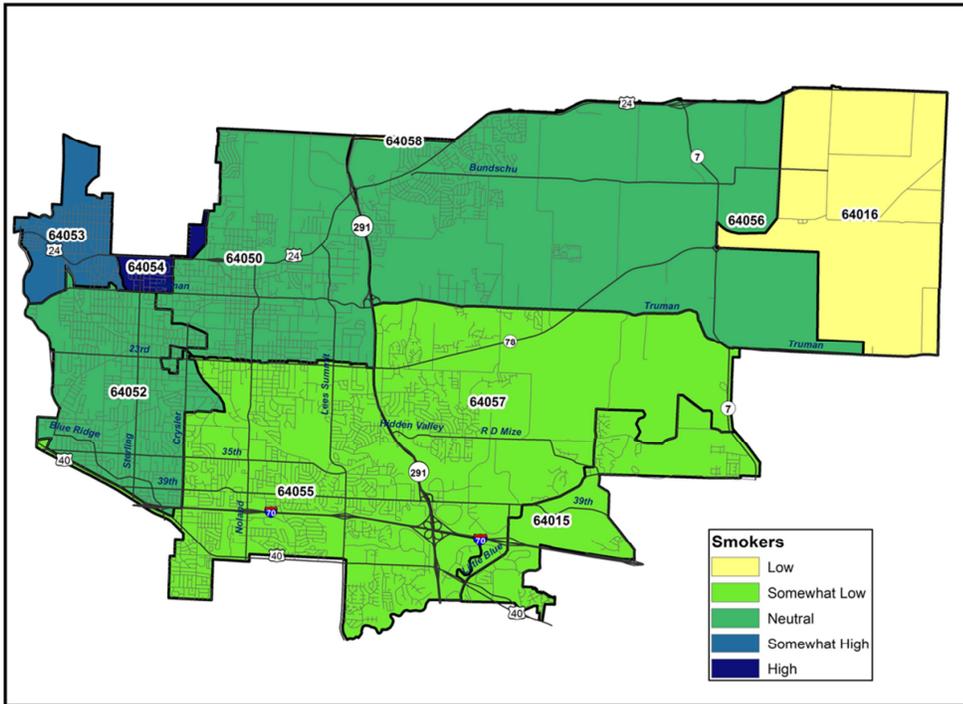


Likelihood:
 "Do you use city parks or trails?"



Location of Smokers:

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



Section 7: Tabular Data

Demographics

1. What is your zip code?

| | Number | Percent |
|-------|--------|---------|
| Other | 38 | 2.3% |
| 64050 | 280 | 16.7% |
| 64051 | 5 | 0.3% |
| 64052 | 310 | 18.4% |
| 64053 | 63 | 3.8% |
| 64054 | 15 | 0.9% |
| 64055 | 541 | 32.2% |
| 64056 | 208 | 12.4% |
| 64057 | 220 | 13.1% |
| 64058 | 2 | 0.1% |

2. What is your sex?

| | Number | Percent |
|--------|--------|---------|
| Male | 665 | 39.9% |
| Female | 1000 | 60.1% |

3. What is your year of birth?

| Number | Minimum | Mean | Standard Deviation | Median | Maximum |
|--------|---------|------|--------------------|--------|---------|
| 1674 | 17 | 57.2 | 17.2 | 58 | 104 |

4. What is your height?

| Number | Minimum | Mean | Standard Deviation | Median | Maximum |
|--------|---------|------|--------------------|--------|---------|
| 1676 | 51 | 66.6 | 4.0 | 66.0 | 78.0 |

5. What is your weight?

| Number | Minimum | Mean | Standard Deviation | Median | Maximum |
|--------|---------|-------|--------------------|--------|---------|
| 1510 | 20.0 | 181.7 | 47.7 | 175.0 | 440.0 |

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

| | Number | Percent |
|--|--------|---------|
| White | 1562 | 90.7% |
| African American | 54 | 3.1% |
| Native Hawaiian or Other Pacific Islander | 9 | 0.5% |
| Hispanic or Latino | 42 | 2.4% |
| Asian | 21 | 1.2% |
| American Indian or Alaskan Native | 22 | 1.3% |
| Other | 13 | 0.8% |

7. What language do you primarily speak at home?

| | Number | Percent |
|---------|--------|---------|
| English | 1664 | 98.9% |
| Spanish | 11 | 0.7% |
| Other | 8 | 0.5% |

8. Total number of people in your household:

| Number | Minimum | Mean | Standard Deviation | Median | Maximum |
|--------|---------|------|-----------------------|--------|---------|
| 1677 | 1.0 | 2.3 | 1.3 | 2.0 | 9.0 |

9. Number of children under 18 years of age:

| Number | Minimum | Mean | Standard Deviation | Median | Maximum |
|--------|---------|------|-----------------------|--------|---------|
| 1467 | 1.0 | 1.5 | 1.0 | 1.0 | 9.0 |

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

| | Number | Percent |
|--------------------|--------|---------|
| <\$10,000 | 96 | 6.0% |
| \$10,000-\$14,999 | 121 | 7.6% |
| \$15,000-\$24,999 | 207 | 13.0% |
| \$25,000-\$34,999 | 246 | 15.5% |
| \$35,000-\$49,999 | 265 | 16.7% |
| \$50,000-\$64,999 | 215 | 13.5% |
| \$65,000-\$74,999 | 136 | 8.5% |
| \$75,000- \$99,999 | 179 | 11.2% |
| >\$100,000 | 127 | 8.0% |

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

| | Number | Percent |
|-------------------------------|--------|---------|
| Less than 12 years | 98 | 5.9% |
| High school diploma or GED | 509 | 30.7% |
| Some college | 580 | 34.9% |
| Bachelors degree | 285 | 17.2% |
| Masters degree or higher | 188 | 11.3% |

About Your Health

12. How would you rate your health?

| | Number | Percent |
|-----------|--------|---------|
| Poor | 80 | 4.8% |
| Fair | 376 | 22.5% |
| Good | 962 | 57.6% |
| Excellent | 253 | 15.1% |

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

| | Number | Percent |
|-------------------------|--------|---------|
| Billboards | 63 | 1.3% |
| Bulletin boards | 36 | 0.7% |
| Churches | 75 | 1.5% |
| Computer/Internet | 724 | 14.9% |
| Friends/Family | 683 | 14.0% |
| Grocery stores | 76 | 1.6% |
| Health department | 143 | 2.9% |
| Healthcare providers | 1112 | 22.8% |
| Local newspapers | 474 | 9.7% |
| Newsletters | 271 | 5.6% |
| Posters | 47 | 1.0% |
| Radio | 177 | 3.6% |
| Social Services offices | 69 | 1.4% |
| TV news | 770 | 15.8% |
| WIC | 24 | 0.5% |
| Other | 124 | 2.5% |

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

| | Number | Percent |
|---|--------|---------|
| Chiropractor | 268 | 8.7% |
| Doctor's office | 1564 | 50.5% |
| Emergency room | 196 | 6.3% |
| Health department | 31 | 1.0% |
| Pharmacy (e.g. Take Care Clinic, Minute Clinic) | 313 | 10.1% |
| Planned Parenthood | 12 | 0.4% |
| Specialty doctor (e.g. OBGYN) | 434 | 14.0% |
| Urgent Care | 196 | 6.3% |
| Other | 83 | 2.7% |

15. Is anyone in your household currently having trouble getting medical care?

| | Number | Percent |
|-----|--------|---------|
| Yes | 295 | 17.8% |
| No | 1362 | 82.2% |

If yes, what issues are they having? Please check all that apply.

| | Number | Percent |
|--|--------|---------|
| Cost of medical care | 220 | 28.0% |
| Cost of prescription drugs | 146 | 18.6% |
| Deductible too high | 70 | 8.9% |
| Not enough insurance coverage | 68 | 8.7% |
| Not enough information about available medical resources | 26 | 3.3% |
| No insurance coverage | 201 | 25.6% |
| Language or cultural differences | 3 | 0.4% |
| No transportation | 31 | 3.9% |
| Other | 21 | 2.7% |

16. What type of healthcare coverage do people in your household use to pay for MOST medical care?

| | Number | Percent |
|--------------------------|--------|---------|
| Employee plan | 595 | 45.4% |
| Medicaid | 63 | 4.8% |
| Medicare | 248 | 18.9% |
| Military | 86 | 6.6% |
| Out of pocket (self-pay) | 169 | 12.9% |
| Private insurance | 150 | 11.4% |

17. Who in your household has health and/or dental insurance? Please check all that apply.

| | Health Insurance | Dental Insurance | No Insurance | Not Applicable |
|----------------|------------------|------------------|--------------|----------------|
| You | 1421 | 856 | 165 | 3 |
| Spouse/Partner | 829 | 545 | 109 | 330 |
| Children | 442 | 337 | 65 | 544 |
| Parent(s) | 44 | 20 | 16 | 773 |
| Roommate(s) | 40 | 19 | 43 | 766 |

18. Have you visited a doctor or other healthcare provider in the last year?

| | Number | Percent |
|-----|--------|---------|
| Yes | 1525 | 92.9% |
| No | 115 | 7.01% |

19. Please check all of the following that you have done in the last year:

| | Number | Percent |
|---------------------------|--------|---------|
| Blood pressure check | 1435 | 18.4% |
| Blood sugar test | 905 | 11.6% |
| Cholesterol screening | 980 | 12.6% |
| Colon/rectal examination | 347 | 4.5% |
| Dental visit | 1016 | 13.1% |
| Glaucoma test | 532 | 6.8% |
| Mammogram | 525 | 6.7% |
| Pap smear | 444 | 5.7% |
| Physical exam | 1067 | 13.7% |
| Prostate cancer screening | 308 | 4.0% |
| Skin cancer screening | 223 | 2.9% |

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

| | Number | Percent |
|-----|--------|---------|
| Yes | 935 | 56.1% |
| No | 732 | 43.9% |

If yes, where did you get it?

| | Number | Percent |
|---------------------------------|--------|---------|
| Pharmacy (CVS, Walgreens, etc.) | 301 | 32.6% |
| Independence Health Dept. | 34 | 3.7% |
| Doctor's office | 333 | 36.0% |
| Other | 256 | 27.7% |

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

| | Number | Percent |
|----------------|--------|---------|
| Yes | 464 | 29.6% |
| No | 31 | 2.0% |
| Not Applicable | 1075 | 68.5% |

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

| | Number | Percent |
|---|--------|---------|
| Cost | 7 | 17.5% |
| Don't know where to go | 2 | 5.0% |
| Hours do not meet my needs | 2 | 5.0% |
| Medical reasons | 2 | 5.0% |
| No insurance | 9 | 22.5% |
| No transportation | 0 | 0.0% |
| Religious reasons | 6 | 15.0% |
| Need more education from your healthcare provider | 1 | 2.5% |
| Other | 11 | 27.5% |

Tobacco Use

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

| | Number | Percent |
|-----------------|--------|---------|
| Daily | 271 | 16.3% |
| Less than daily | 44 | 2.6% |
| Not at all | 1350 | 81.1% |

If you answered “Not at all” please skip to 27. If you answered “Daily” or “Less than daily” please continue to 23.

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

| | Number | Percent |
|-----------------|--------|---------|
| Daily | 250 | 56.6% |
| Less than daily | 38 | 8.6% |
| Not at all | 154 | 34.8% |

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

| Number | Minimum | Mean | Standard Deviation | Median | Maximum |
|--------|---------|------|--------------------|--------|---------|
| 331 | 0.0 | 12.8 | 9.4 | 12.0 | 40.0 |

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

| | Number | Percent |
|-----|--------|---------|
| Yes | 165 | 51.7% |
| No | 154 | 48.3% |

Number of tries:

| Number | Minimum | Mean | Standard Deviation | Median | Maximum |
|--------|---------|------|--------------------|--------|---------|
| 161 | 0.0 | 2.3 | 2.4 | 2.0 | 20.0 |

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

| | Number | Percent |
|-----------------------------------|--------|---------|
| Counseling | 12 | 6.9% |
| Electric cigarette | 34 | 19.5% |
| Medication (Zyban, Chantix, etc.) | 41 | 23.6% |
| Nicotine replacement | 52 | 29.9% |
| Other | 35 | 20.1% |

Would you consider using a program to help quit smoking if offered by the health department?

| | Number | Percent |
|-----|--------|---------|
| Yes | 177 | 66.8% |
| No | 88 | 33.2% |

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

| | Number | Percent |
|-----|--------|---------|
| Yes | 216 | 67.5% |
| No | 104 | 32.5% |

27. How often does anyone smoke inside your home?

| | Number | Percent |
|-------------------|--------|---------|
| Daily | 244 | 15.6% |
| Weekly | 23 | 1.5% |
| Monthly | 5 | 0.3% |
| Less than monthly | 36 | 2.3% |
| Never | 1259 | 80.3% |

28. In the past year, have you used chewing tobacco on a daily basis, less than daily, or not at all?

| | Number | Percent |
|-----------------|--------|---------|
| Daily | 35 | 2.2% |
| Less than daily | 8 | 0.5% |
| Not at all | 1566 | 97.3% |

29. Do you currently use chewing tobacco on a daily basis, less than daily, or not at all?

| | Number | Percent |
|-----------------|--------|---------|
| Daily | 32 | 2.0% |
| Less than daily | 4 | 0.3% |
| Not at all | 1565 | 97.8% |

30. In the last 30 days, have you noticed information about the dangers of smoking cigarettes or information that encourages quitting?

| | Number | Percent |
|-----|--------|---------|
| Yes | 1029 | 67.3% |
| No | 500 | 32.7% |

If yes, where did you notice the information? Please check all that apply.

| | Number | Percent |
|--------------------------------|--------|---------|
| Billboards | 414 | 21.7% |
| Buses | 37 | 1.9% |
| Friend, family, or coworker | 235 | 12.3% |
| Newspaper | 349 | 18.3% |
| Physician | 269 | 14.1% |
| Radio | 213 | 11.2% |
| Other | 389 | 20.4% |

31. Did you know that the health department has programs to help people quit smoking?

| | Number | Percent |
|-----|--------|---------|
| Yes | 559 | 39.1% |
| No | 872 | 60.9% |

Nutrition

32. How many meals do you eat in a day?

| Number | Minimum | Mean | Standard Deviation | Median | Maximum |
|--------|---------|------|--------------------|--------|---------|
| 1662 | 1.0 | 2.7 | 0.7 | 3.0 | 6.0 |

33. How many meals do you eat from restaurants in a week? (e.g., fast food, sit down restaurants, etc.)

| Number | Minimum | Mean | Standard Deviation | Median | Maximum |
|--------|---------|------|--------------------|--------|---------|
| 1623 | 0.0 | 2.5 | 2.6 | 2.0 | 25.0 |

How many meals do you prepare from scratch in a week? (3 or more uncooked ingredients)?

| Number | Minimum | Mean | Standard Deviation | Median | Maximum |
|--------|---------|------|--------------------|--------|---------|
| 1565 | 0.0 | 7.1 | 6.1 | 5.0 | 30.0 |

34. Do you eat fresh fruits?

| | Number | Percent |
|-----|--------|---------|
| Yes | 1525 | 91.7% |
| No | 138 | 8.3% |

If yes, how many servings of fruit do you eat in a day? (1 serving = 1cup)

| Number | Minimum | Mean | Standard Deviation | Median | Maximum |
|--------|---------|------|--------------------|--------|---------|
| 1360 | 0.0 | 1.6 | 0.9 | 1.0 | 6.0 |

35. Do you eat fresh vegetables?

| | Number | Percent |
|-----|--------|---------|
| Yes | 1484 | 89.2% |
| No | 179 | 10.8% |

If yes, how many servings of vegetables do you eat in a day? (1 serving = 1cup)

| Number | Minimum | Mean | Standard Deviation | Median | Maximum |
|--------|---------|------|--------------------|--------|---------|
| 1324 | 0.0 | 1.8 | 1.2 | 1.0 | 10.0 |

36. Where do you shop for fresh fruits and vegetables? Please check all that apply.

| | Number | Percent |
|--|--------|---------|
| I do not eat fresh fruits and vegetables | 30 | 1.2% |
| Convenience store | 55 | 2.2% |
| Ethnic store | 20 | 0.8% |
| Farmer's market | 609 | 24.4% |
| Food pantry | 57 | 2.3% |
| Grocery store | 1583 | 63.5% |
| Other | 137 | 5.5% |

If you do not shop at the local farmer's market for your fresh fruits and vegetables, why not?

| | Number | Percent |
|---|--------|---------|
| I do shop at the farmer's market | 129 | 12.3% |
| I do not know about the farmer's market | 84 | 8.0% |
| The farmer's market is too far away | 135 | 12.9% |
| I have no way to get there | 45 | 4.3% |
| Farmer's market is not open at convenient times | 435 | 41.6% |
| Other | 217 | 20.8% |

37. If a new farmer's market was brought into Independence, where would you suggest for the new location?

| | Number | Percent |
|-------------------------------|--------|---------|
| 24 Hwy. and M-291 | 432 | 30.7% |
| Englewood | 273 | 19.4% |
| Maywood | 46 | 3.3% |
| 40 Hwy. and Little Blue Pkwy. | 440 | 31.2% |
| Other | 218 | 15.5% |

38. Would you like restaurants in Independence to post calories on their menu?

| | Number | Percent |
|-----|--------|---------|
| Yes | 1176 | 73.3% |
| No | 429 | 26.7% |

Would you change what you order if you knew the number of calories for each food item?

| | Number | Percent |
|---------------|--------|---------|
| Very likely | 402 | 24.8% |
| Likely | 631 | 39.0% |
| Unlikely | 418 | 25.8% |
| Very Unlikely | 169 | 10.4% |

Physical Activity

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

Light physical activity (e.g., walking, gardening) hours/week

| Number | Minimum | Mean | Standard Deviation | Median | Maximum |
|--------|---------|------|--------------------|--------|---------|
| 1450 | 0.0 | 7.0 | 6.2 | 5.0 | 20.0 |

Moderate physical activity (e.g., jogging) hours/week

| Number | Minimum | Mean | Standard Deviation | Median | Maximum |
|--------|---------|------|--------------------|--------|---------|
| 1012 | 0.0 | 2.2 | 3.8 | 0.0 | 20.0 |

High intensity physical activity (e.g., running, weight lifting) hours/week

| Number | Minimum | Mean | Standard Deviation | Median | Maximum |
|--------|---------|------|--------------------|--------|---------|
| 960 | 0.0 | 1.5 | 3.5 | 0.0 | 20.0 |

40. How close is the nearest city park or walking trail to your home?

| | Number | Percent |
|-------------------------------------|--------|---------|
| Less than 20 city blocks (<1 mile) | 930 | 59.7% |
| 20-40 city blocks (1-2 miles) | 342 | 22.0% |
| 40-60 city blocks (2-3 miles) | 211 | 13.6% |
| More than 60 city blocks (>3 miles) | 74 | 4.8% |

41. Do you use city parks or trails?

| | Number | Percent |
|-----|--------|---------|
| Yes | 686 | 42.3% |
| No | 936 | 57.7% |

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

| | Number | Percent |
|---|--------|---------|
| For walking or exercise or play | 624 | 78.0% |
| For events/programs sponsored by Parks & Recreation | 92 | 11.5% |
| Other | 84 | 10.5% |

If no, why not?

| | Number | Percent |
|------------------------|--------|---------|
| Don't have enough time | 282 | 28.5% |
| Safety concern | 299 | 30.2% |
| Transportation | 51 | 5.2% |
| Other | 357 | 36.1% |

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

| | Number | Percent |
|-----|--------|---------|
| Yes | 1280 | 78.8% |
| No | 344 | 21.2% |

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

| | Number | Percent |
|------------------------|--------|---------|
| Fear of crime | 199 | 24.8% |
| Loose dogs/animals | 118 | 14.7% |
| No sidewalks | 226 | 28.2% |
| Sidewalks in bad shape | 86 | 10.7% |
| Traffic | 121 | 15.1% |
| Other | 51 | 6.4% |

43. How do children in your household get to school? Please check all that apply.

| | Number | Percent |
|---------------------------------------|--------|---------|
| There are no children in my household | 1003 | 63.2% |
| Bicycle | 5 | 0.3% |
| Bus | 282 | 17.8% |
| Car | 243 | 15.3% |
| Walk by him/herself | 28 | 1.8% |
| Walks with an adult | 26 | 1.6% |

44. What concerns stop you from letting your child walk to school? Please check all that apply.

| | Number | Percent |
|---|--------|---------|
| There are no children in my household | 1002 | 53.2% |
| Distance | 229 | 12.1% |
| Fear of crime | 127 | 6.7% |
| No concern (my child does walk to school) | 33 | 1.8% |
| No sidewalks | 124 | 6.6% |
| Sidewalks in bad shape | 42 | 2.2% |
| Can't walk with child | 48 | 2.5% |
| Traffic | 149 | 7.9% |
| Loose dogs/animals | 47 | 2.5% |
| Other | 84 | 4.5% |

45. Do you exercise at a fitness center?

| | Number | Percent |
|-----|--------|---------|
| Yes | 291 | 18.3% |
| No | 1296 | 81.7% |

If yes, what type of facility do you go to? Please check all that apply.

| | Number | Percent |
|---|--------|---------|
| Sermon Center | 32 | 8.8% |
| Palmer Center | 37 | 10.2% |
| Private Gym (24 Hour Fitness, Gold's Gym, YMCA) | 211 | 58.0% |
| Other | 84 | 23.1% |

46. What is most important when choosing a fitness center?

| | Number | Percent |
|---------------------|--------|---------|
| Classes offered | 82 | 11.9% |
| Equipment available | 76 | 11.0% |
| Hours open | 93 | 13.5% |
| Price | 357 | 51.7% |
| Location | 32 | 4.6% |
| Other | 50 | 7.3% |

My Community

47. My neighborhood has enough...

| | Very Dissatisfied | Dissatisfied | Satisfied | Very Satisfied |
|--|-------------------|--------------|-----------|----------------|
| Access to fresh fruits and vegetables | 6.0% | 20.3% | 56.8% | 16.9% |
| Sidewalks | 17.4% | 26.2% | 42.9% | 13.5% |
| Trails (for walking or biking) | 10.4% | 28.5% | 47.8% | 13.3% |
| Bike lanes on roads | 21.1% | 43.0% | 30.1% | 5.9% |
| Parks | 6.5% | 17.5% | 60.8% | 15.2% |
| Emergency points in parks/on trails | 12.3% | 39.9% | 43.0% | 4.7% |
| Food inspection and safety programs | 5.9% | 22.4% | 63.0% | 8.7% |
| Neighborhood or school playgrounds | 4.4% | 14.2% | 68.9% | 12.6% |
| Recreational programs ...for children | 7.0% | 26.2% | 59.8% | 7.1% |
| ...for teens | 8.5% | 34.0% | 51.9% | 5.6% |
| ...for adults | 7.9% | 30.7% | 55.7% | 5.8% |
| ...for seniors | 8.7% | 26.7% | 56.6% | 8.0% |
| Protection from secondhand smoke at outdoor youth activities | 5.8% | 20.4% | 62.4% | 11.4% |
| Public transportation | 12.1% | 28.1% | 54.6% | 5.2% |
| Health education for children in schools | 4.2% | 20.6% | 69.0% | 6.3% |
| Childcare facilities | 4.8% | 21.2% | 67.8% | 6.2% |
| Services for children with special needs | 5.9% | 24.2% | 64.6% | 5.3% |
| Disaster response plans (e.g. to natural disasters, disease outbreaks) | 9.0% | 27.8% | 58.4% | 4.9% |

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

| | Number | Percent |
|-------------------------------------|--------|---------|
| Air pollution | 201 | 2.7% |
| Alcohol/drug use | 991 | 13.4% |
| Ambulance services | 116 | 1.6% |
| Animal control | 280 | 3.8% |
| Asbestos | 47 | 0.6% |
| Asthma | 76 | 1.0% |
| Availability of healthcare | 427 | 5.8% |
| Child abuse | 429 | 5.8% |
| Chronic disease | 156 | 2.1% |
| Childhood injury | 57 | 0.8% |
| Clean water/ water pollution | 175 | 2.4% |
| Dental cavities | 156 | 2.1% |
| Domestic violence | 652 | 8.8% |
| Eating disorders | 131 | 1.8% |
| Exercise | 415 | 5.6% |
| Firearms | 233 | 3.1% |
| Mental health | 301 | 4.1% |
| Mold | 129 | 1.7% |
| Not enough family planning services | 124 | 1.7% |
| Not enough nutrition education | 238 | 3.2% |
| Overweight/obesity | 964 | 13.0% |
| Swimming pools | 110 | 1.5% |
| Teen pregnancy | 306 | 4.1% |
| Tobacco use | 577 | 7.8% |
| Other | 117 | 1.6% |

49. Why do you think are the FIVE most important childhood public health problems in Independence?

| | Number | Percent |
|-------------------------------------|--------|---------|
| Air pollution | 122 | 1.7% |
| Alcohol/drug use | 657 | 9.3% |
| Ambulance services | 39 | 0.6% |
| Animal control | 107 | 1.5% |
| Asbestos | 26 | 0.4% |
| Asthma | 160 | 2.3% |
| Availability of healthcare | 416 | 5.9% |
| Child abuse | 769 | 10.9% |
| Chronic disease | 63 | 0.9% |
| Childhood injury | 243 | 3.5% |
| Clean water/ water pollution | 71 | 1.0% |
| Dental cavities | 296 | 4.2% |
| Domestic violence | 527 | 7.5% |
| Eating disorders | 224 | 3.2% |
| Exercise | 511 | 7.3% |
| Firearms | 127 | 1.8% |
| Mental health | 183 | 2.6% |
| Mold | 85 | 1.2% |
| Not enough family planning services | 188 | 2.7% |
| Not enough nutrition education | 333 | 4.7% |
| Overweight/obesity | 885 | 12.6% |
| Swimming pools | 60 | 0.9% |
| Teen pregnancy | 440 | 6.3% |
| Tobacco use | 412 | 5.9% |
| Other | 93 | 1.3% |

Appendix A: Community Health Survey

City of Independence Community Health Survey

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

Please return this survey in the enclosed envelope by October 14, 2011. For questions, please call 816-325-7185.

1. What is your zip code? 64050 64051 64052 64053 64054 64055
 64056 64057 64058 64059 Other _____
2. What is your sex? Male Female
3. What is your year of birth? _____
4. What is your height? _____ ft _____ in 5. What is your weight? _____ lbs
6. 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
 Other (please specify) _____
7. What language do you primarily speak at home? English Spanish Other (please specify) _____
8. Total number of people in your household: _____ 9. Number of children under 18 years of age: _____
10. 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
11. What is the highest educational level you have completed?
 Less than 12 years High school Some college Bachelors degree Masters degree or higher diploma or GED

About Your Health

12. How would you rate your health?
 Poor Fair Good Excellent
13. Where do you get your health information (information on local health care resources, educational information, etc.)? Please check all that apply.
 Billboards Bulletin boards Churches Computer/Internet Friends/Family
 Grocery stores Health department Healthcare providers Local newspapers Newsletters
 Posters Radio Social Services offices TV news WIC
 Other (please specify) _____
14. Where do you/your household members go for normal/routine care? Please check all that apply.
 Chiropractor Doctor's office Emergency room
 Health department Pharmacy (e.g. Take Care Clinic, Minute Clinic)
 Planned Parenthood Specialty doctor (e.g. OBGN) Urgent care
 Other (please specify) _____

15. Is anyone in your household currently having trouble getting medical care?

- Yes No

If yes, what issues are they having? Please check all that apply.

- Cost of medical care Cost of prescription drugs Deductible too high
 Fear of deportation Not enough insurance coverage Not enough information about available medical resources
 No insurance coverage Language or cultural differences
 No transportation
 Other (please specify) _____

16. What type of healthcare coverage do people in your household use to pay for MOST medical care?

- Employee plan Medicaid Medicare
 Military Out of pocket (self-pay) Private insurance

17. Who in your household has health and/or dental insurance? Please check all that apply.

| | Health Insurance | Dental Insurance | No Insurance | Not Applicable |
|----------------|--------------------------|--------------------------|--------------------------|--------------------------|
| You | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Spouse/Partner | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Children | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Parent(s) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Roommate(s) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

18. Have you visited a doctor or other healthcare provider in the last year? Yes No

19. Please check all of the following that you have done in the last year:

- Blood pressure check Blood sugar test Cholesterol screen Colon/rectal examination
 Dental visit Glaucoma test Mammogram Pap smear
 Physical exam Prostate cancer screening Skin cancer screening

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

- Yes No

If yes, where did you get it?

- Pharmacy (CVS, Walgreens, etc.) Independence Health Department
 Doctor's office Other (please specify) _____

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

- Yes No Not Applicable

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

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

Tobacco Use

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

- Daily Less than daily Not at all

If you answered "Not at all" please skip to 27. If you answered "Daily" or "Less than daily" please continue to 23.

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

- Daily Less than daily Not at all

24. On a normal day, how many cigarettes do you currently smoke? _____
25. During the past 12 months, have you tried to stop smoking cigarettes?
 Yes: Number of tries _____ No
 If yes, did you use anything to help? Please check all that apply.
 Counseling Electric cigarette Medication (Zyban, Chantix, etc.)
 Nicotine replacement (gum, inhaler, skin patch, nose spray, etc.)
 Other (please specify) _____
 Would you consider using a program to help quit smoking if offered by the health department? Yes No
26. During any visit to a doctor or health care provider in the past 12 months, were you advised to quit smoking?
 Yes No
27. How often does anyone smoke inside your home?
 Daily Weekly Monthly Less than monthly Never
28. In the past year, have you used chewing tobacco on a daily basis, less than daily, or not at all?
 Daily Less than daily Not at all
29. Do you currently use chewing tobacco on a daily basis, less than daily, or not at all?
 Daily Less than daily Not at all
30. In the last 30 days, have you noticed information about the dangers of smoking cigarettes or information that encourages quitting?
 Yes No
 If yes, where did you notice the information? Please check all that apply.
 Billboards Buses Friend, family, or coworker Newspaper Physician Radio
 Other (please specify) _____
31. Did you know that the health department has programs to help people quit smoking? Yes No

Nutrition

32. How many meals do you eat in a day? _____
33. How many meals do you eat from restaurants in a week? (e.g., fast food, sit down restaurants, etc.) _____
 How many meals do you prepare from scratch in a week? (**3 or more uncooked ingredients**) _____
34. Do you eat fresh fruits? Yes No
 If yes, how many servings of fruit do you eat in a day? (1 serving = 1 cup) _____
35. Do you eat fresh vegetables? Yes No
 If yes, how many servings of vegetables do you eat in a day? (1 serving = 1 cup) _____
36. Where do you shop for fresh fruits and vegetables? Please check all that apply.
 I do not eat fresh fruits and vegetables
 Convenience store Ethnic store Farmer's market
 Food pantry Grocery store
 Other (please specify) _____
 Why do you use this source(s)? _____

If you do not shop at the local farmer's market for your fresh fruits and vegetables, why not?

- I do not know about the farmer's market The farmer's market is too far away
 I have no way to get there Farmer's market is not open at convenient times
 Other (please specify) _____

37. If a new farmer's market was brought into Independence, where would you suggest for the new location?

- 24 Hwy. and M-291 Englewood Maywood 40 Hwy. and Little Blue Pkwy.
 Other (please specify) _____

38. Would you like restaurants in Independence to post calories on their menu?

- Yes No

Would you change what you order if you knew the number of calories for each food item?

- Very Likely Likely Unlikely Very Unlikely

Why or why not? _____

Physical Activity

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

- Light physical activity (e.g., walking, gardening) _____ hours/week
Moderate physical activity (e.g., jogging) _____ hours/week
High intensity physical activity (e.g., running, weight lifting) _____ hours/week

40. How close is the nearest city park or walking trail to your home?

- Less than 20 city blocks (<1 mile) 20-40 city blocks (1-2 miles)
 40-60 city blocks (2-3 miles) More than 60 city blocks (>3 miles)

41. Do you use city parks or trails? Yes No

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

- For walking or exercise or play
 For events/programs sponsored by Parks & Recreation
 Other (please specify) _____

If no, why not?

- Don't have enough time
 Safety concern
 Transportation
 Other (please specify) _____

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

- Yes No

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

- Fear of crime Loose dogs/animals No sidewalks Sidewalks in bad shape
 Traffic Other (please specify) _____

43. How do children in your household get to school? Please check all that apply.

- There are no children in my household Bicycle Bus Car
 Walks by him/herself Walks with an adult

44. What concerns stop you from letting your child walk to school? Please check all that apply.
- | | | |
|---|---------------------------------------|---|
| <input type="checkbox"/> There are no children in my household | <input type="checkbox"/> Distance | <input type="checkbox"/> Fear of crime |
| <input type="checkbox"/> No concerns (My child does walk to school) | <input type="checkbox"/> No sidewalks | <input type="checkbox"/> Sidewalks in bad shape |
| <input type="checkbox"/> Can't walk with child | <input type="checkbox"/> Traffic | <input type="checkbox"/> Loose dogs/animals |
| <input type="checkbox"/> Other (please specify) _____ | | |

45. Do you exercise at a fitness center?
- Yes No
- If yes, what type of facility do you go to? Please check all that apply.
- Sermon Center Palmer Center Private Gym (24 Fitness, Gold's Gym, YMCA)
- Other (please specify) _____

46. What is most important when choosing a fitness center?
- Classes offered Equipment available Hours open Price Location
- Other (please specify) _____

My Community

47. My neighborhood has enough...

| | Very Satisfied | Satisfied | Dissatisfied | Very Dissatisfied |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| Access to fresh fruits and vegetables | <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"/> |
| Trails (for walking or biking) | <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"/> |
| Parks | <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"/> |
| Food inspection and safety programs | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Neighborhood or school playgrounds | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Recreational programs ... for children | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| ... for teens | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| ... for adults | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| ... for seniors | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Protection from secondhand smoke at outdoor youth activities | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Public transportation | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Health education for children in schools | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Childcare facilities | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Services for children with special needs | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Disaster response plans (e.g. to natural disasters, disease outbreaks) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

48. What do you think are the FIVE most important overall public health problems in Independence?

Please number 1 to 5 (1 = Most important, 5 = Less important)

- | | | |
|--|---|---|
| <input type="checkbox"/> Air pollution | <input type="checkbox"/> Alcohol/drug use | <input type="checkbox"/> Ambulance services |
| <input type="checkbox"/> Animal control | <input type="checkbox"/> Asbestos | <input type="checkbox"/> Asthma |
| <input type="checkbox"/> Availability of healthcare | <input type="checkbox"/> Child abuse | <input type="checkbox"/> Chronic disease |
| <input type="checkbox"/> Childhood injury | <input type="checkbox"/> Clean water/ water pollution | <input type="checkbox"/> Dental cavities |
| <input type="checkbox"/> Domestic violence | <input type="checkbox"/> Eating disorders | <input type="checkbox"/> Exercise |
| <input type="checkbox"/> Firearms | <input type="checkbox"/> Mental health | <input type="checkbox"/> Mold |
| <input type="checkbox"/> Not enough family planning services | <input type="checkbox"/> Not enough nutrition education | <input type="checkbox"/> Overweight/Obesity |
| <input type="checkbox"/> Swimming pools | <input type="checkbox"/> Teen pregnancy | <input type="checkbox"/> Tobacco use |
| <input type="checkbox"/> Other (please specify) _____ | | |

49. What do you think are the FIVE most important childhood public health problems in Independence?

Please number 1 to 5 (1 = Most important, 5 = Less important)

- | | | |
|--|---|---|
| <input type="checkbox"/> Air pollution | <input type="checkbox"/> Alcohol/drug use | <input type="checkbox"/> Ambulance services |
| <input type="checkbox"/> Animal control | <input type="checkbox"/> Asbestos | <input type="checkbox"/> Asthma |
| <input type="checkbox"/> Availability of healthcare | <input type="checkbox"/> Child abuse | <input type="checkbox"/> Chronic disease |
| <input type="checkbox"/> Childhood injury | <input type="checkbox"/> Clean water/ water pollution | <input type="checkbox"/> Dental cavities |
| <input type="checkbox"/> Domestic violence | <input type="checkbox"/> Eating disorders | <input type="checkbox"/> Exercise |
| <input type="checkbox"/> Firearms | <input type="checkbox"/> Mental health | <input type="checkbox"/> Mold |
| <input type="checkbox"/> Not enough family planning services | <input type="checkbox"/> Not enough nutrition education | <input type="checkbox"/> Overweight/Obesity |
| <input type="checkbox"/> Swimming pools | <input type="checkbox"/> Teen pregnancy | <input type="checkbox"/> Tobacco use |
| <input type="checkbox"/> Other (please specify) _____ | | |

Thank you for completing the survey!