

2015 Community Health Needs Assessment

LAKE
REGIONAL
HEALTH SYSTEM



**Lake Regional Health System
Community Health Needs Assessment
October 2015**

Contents

Executive Summary	1
Introduction	3
General Description of Hospital	3
Community Served by Hospital	3
Defined Community	4
Community Population Demographics	4
Socioeconomic Characteristics of the Community	8
Income and Employment	8
Poverty	9
Education	11
Uninsured	12
Transportation	13
Health Status of the Community	14
Community Safety Risks	14
Leading Causes of Death	15
Health Outcomes and Factors	16
Health Outcomes.....	16
Overweight and Obesity.....	16
Substance Abuse.....	17
Pregnancy and Sexual Health.....	18
Preventable Hospital Stays.....	19
Diabetes Management.....	20
Mammography Screening.....	20
Local Health Care Resources	21
Hospitals	21
Other Health Care Facilities and Providers	21
Community Health Assessment	23
Secondary Data Analysis.....	23
Survey Methodology	23
Survey Key Findings	24
Survey Response Summary	24
Community Focus Groups Methodology.....	25
Community Focus Groups Key Findings.....	26
Mennonite Community Stakeholder Interview	28
Prioritization of Identified Health Needs	30
Considerations for Meeting Identified Community Health Needs	30
Health Issues of Uninsured Persons, Low-Income Persons and Minority Groups	30
Implementation Plan	30
Limitations	30
Appendices	
A – Acknowledgements	31
B – Questions for Community Focus Groups.....	32
C – Community Survey	33
D – Prioritization Tool.....	44
E – Sources	46
F – Community Survey Summary Results	48

Lake Regional Health System Community Health Needs Assessment Executive Summary

The following is a summary of the 2015 Community Health Needs Assessment conducted by Lake Regional Health System, a tax-exempt hospital facility. The health system worked collaboratively with health care representatives from Camden, Miller and Morgan counties to collect and analyze health data, gather input from community members, and to identify and prioritize local health needs.

For this assessment, the community is defined as 22 ZIP codes located within Camden, Miller or Morgan counties and within a 25-mile radius of Lake Regional Hospital in Osage Beach, Mo.

Community Health Assessment Process

This needs assessment is comprised of quantitative and qualitative data. In May 2015, Lake Regional began collecting and reviewing existing demographic and socioeconomic data about the community. Secondary data collected by various organizations, such as the U.S. Census Bureau, the Robert Wood Johnson Foundation's County Health Rankings & Roadmaps, the U.S. Centers for Disease Control and Prevention, and state of Missouri, was vital to the assessment; these sources are cited beneath each respective information table. Input from community members adds depth to the data collected and is helpful in determining how resources may be used to improve the health of our community. Primary data collection involved a needs assessment survey and community focus groups.

During June and July 2015, a total of 732 community surveys were collected online and via paper copy. The survey was intended to yield information about the overall health of the community. Areas surveyed include demographic and socioeconomic characteristics, behavioral risk factors, health conditions and access to health care. Notice of the survey was shared with the community through local media, social media and the health system's e-newsletter. To reach low-income, medically underserved and chronically ill populations, a paper version of the survey was distributed at support groups, community events, county health department sites, a free clinic site and Lake Regional primary care clinics. The online survey was shared with lake-area community partners, including school districts; population health partners, including county health departments; and business partners, including chambers of commerce. Lake Regional employees also participated in the survey.

Three focus groups were conducted to gain input from individuals who have special knowledge of the health status of the community. Discussion topics included health and quality of life; barriers to health care; underserved populations; and potential solutions. Forums were held in Osage Beach, Camdenton and Laurie.

Health Issues

According to secondary data sources, the leading causes of death in Camden, Miller and Morgan counties are 1) heart disease, 2) cancer and 3) smoking-attributable illness. All three counties have higher rates of premature death than the Missouri overall rate.

The rate of overweight and obese individuals within the defined community also is high, putting area residents at risk of developing further health issues. According to the U.S. Centers for Disease Control and Prevention's Division of Nutrition, Physical Activity and Obesity, 35.33 percent of Missouri adults are considered overweight, 45.91 percent of Morgan residents and 39.24 percent of Camden County residents are overweight. Among adults in Miller County, 34.4 percent are considered obese. This is approximately 4 percent higher than the state average of 30.35 percent. High rates of overweight and obesity may be a result of low levels of physical activity. All three counties have higher inactivity rates than Missouri at 26 percent.

Prioritization Process

Lake Regional's Community Benefit Committee met in July and August 2015 to review the data collected from secondary research, focus group feedback and the community needs assessment survey. The committee included a multidisciplinary group of Lake Regional employees, including educators, a chronic condition coordinator, a social worker, Emergency Department personnel, and stroke and STEMI coordinators; local health department administrators; a free clinic administrator; and a school district representative. Common themes were identified, scored and weighted to prioritize the health needs of the community. The top community health priorities identified are as follows.

- access to primary and specialty care providers
- mental health
- smoking/tobacco use
- physical inactivity and obesity

Implementation Plan

Plans to address priority items identified by the Community Health Needs Assessment are outlined in the report Lake Regional Community Health Implementation Plan. The implementation plan is scheduled to be presented to the Lake Regional Health System Board of Directors on Feb. 26, 2016.

Following approval of the Community Health Needs Assessment by the Lake Regional Health System Board of Directors on Dec. 4, 2015, the assessment report will be made available to the public online at www.lakeregional.com. For more information, contact Lake Regional Health System Public Relations at 573-348-8755 or info@lakeregional.com.



Michael E. Henze, CEO
Lake Regional Health System

INTRODUCTION

The following steps were taken by Lake Regional Health System to conduct the Community Health Needs Assessment.

- The community served by Lake Regional Health System was defined as described in the section “Defined Community.”
- Demographic and socioeconomic data was gathered from secondary sources for each of the counties in the defined service area. Information on the leading causes of death and morbidity was reviewed, along with health outcome and health factor data retrieved from www.countyhealthrankings.org.
- A Community Health Assessment Survey was conducted among 723 individuals residing in Camden, Miller and Morgan counties. Results are reported in the section “Community Health Assessment Survey.”
- Three focus groups were held to gain input from public health experts and community health allies. Participants identified problems, resources, barriers and solutions related to health care in the lake area.
- Health needs were prioritized using a method that weighs 1) the ability to measure outcomes based on data, 2) the number of community members affected, 3) the consequences of not addressing the problem and 4) the prevalence of common themes among data collected from primary and secondary sources. (See Appendix D.)
- Strategies to address health needs were developed based on identified priorities, taking into account Lake Regional Health System’s perceived degree of influence and ability to impact overall health.

General Description of Hospital

Lake Regional Health System, is a 501(c)(3) corporation. A 15-member board of directors governs the hospital and ensures appropriate medical services are available to area residents and visitors.

The 500,000 square foot, 116-bed acute care hospital is accredited by The Joint Commission. The Emergency Department is a state-designated Level III Trauma Center that treats nearly 35,000 patients annually, including tourists visiting the Lake of the Ozarks. The hospital also is a state-designated Level II Stroke Center.

More than 100 physicians and mid-level providers care for Lake Regional patients. The health system, which employs more than 1,000 individuals, operates seven freestanding primary care clinics; 18 specialty clinics; two urgent care clinics; a wound healing center; four satellite physical and cardiac rehab therapy sites; three retail pharmacies; and home health services.

Community Served by the Hospital

Lake Regional Health System, located in the city of Osage Beach in Camden County, Mo., is accessible by U.S. Highway 54. The hospital serves multiple, mostly rural communities surrounding the Lake of the Ozarks, including populations located in Morgan County to the north and Miller County to the east.

Osage Beach is 45 miles southwest of Jefferson City, the state capital, and approximately 80 miles south of Columbia, Mo., where the nearest academic medical center is located. St. Louis is approximately 180 miles northeast; Kansas City, Mo., is approximately 180 miles northwest; Springfield, Mo., is approximately 100 miles southwest of Osage Beach.

The Lake of the Ozarks is one of the largest man-made lakes in the United States. With more than 1,150 miles of shoreline, the lake encompasses 54,000 acres. The Lake of the Ozarks is a vacation and retirement destination for people from many Midwest cities.

Defined Community

For the purposes of this assessment, the community is defined as the ZIP codes within a 25-mile radius of Lake Regional Health System and located in Camden, Miller or Morgan counties. (The full, three-county land area encompasses 1,856 square miles.)

The following 22 ZIP codes meet these criteria and are included in the 2015 Community Health Needs Assessment:

<u>City</u>	<u>ZIP</u>	<u>County</u>	<u>City</u>	<u>ZIP</u>	<u>County</u>
Barnett	65011	Morgan	Macks Creek	65786	Camden
Brumley	65017	Miller	Montreal	65591	Camden
Camdenton	65020	Camden	Osage Beach	65065	Camden
Climax Springs	65324	Camden	Richland	65556	Camden
Eldon	65026	Miller	Roach	65787	Camden
Gravois Mills	65037	Morgan	Rocky Mount	65072	Miller
Iberia	65486	Miller	Stoutland	65567	Camden
Kaiser	65047	Miller	Stover	65078	Morgan
Lake Ozark	65049	Miller	Sunrise Beach	65079	Camden
Laurie	65038	Morgan	Tuscumbia	65082	Miller
Linn Creek	65052	Camden	Versailles	65084	Morgan

Community Population Demographics

According to the 2010 U.S. Census, the population of Camden, Miller and Morgan counties totaled 89,315.

Population change in the three-county service area from 2000 to 2010 and forward estimates are shown in the table below. Between 2000 and 2010, each of the counties within Lake Regional's service area has experienced population growth. Camden County experienced the greatest increase, with greater than 18 percent growth.

The Missouri Office of Administration projects population increases for Camden, Miller and Morgan counties through 2030. The greatest population increase is expected in Camden County.

The female population represents an estimated 49.66 percent of the service area, while the male population represented 50.34 percent.

Population Estimates

	Total Population, 2000 Census	Total Population, 2010 Census	Percent Change	Approximate Population Density per Square Mile	Males	Females	Projected 2020 Population	Projected 2030 Population
Camden	37,051	44,002	18.76%	66.83	49.5%	50.5%	46,290	49,124
Miller	23,564	24,748	5.02%	41.97	49.83%	50.17%	27,277	28,404
Morgan	19,309	20,565	6.5%	34.13	49.65%	50.35%	23,357	24,827
Missouri	5,595,213	5,988,927	7.04%	87.41	48.97%	51.03%	6,389,850	6,746,762

Source: American Community Survey 5-Year Estimates (2009-2013) and Missouri Population Projections by County, Age, and Sex (2000-2030).

Populations in all three counties are predominantly white, with the greatest diversity found in Camden County. Asians make up 0.44 percent of the service area, Native Americans and Alaska Natives represent 0.53 percent, and 1.48 percent identify as being multiple races. Less than 1 percent of residents in each county are African American, and less than 3 percent of residents identify as Hispanic.

Race and Ethnicity

	White	Black	Asian	Native American or Alaska Native	Native Hawaiian or Pacific Islander	Some Other Race	Multiple Races	Hispanic or Latino	Non-Hispanic or Latino
Camden	42,461	190	281	185	0	225	480	1,050	42,772
	96.89%	0.43%	0.64%	0.42%	0%	0.51%	1.1%	2.4%	97.6%
Miller	24,049	46	106	132	0	44	486	376	24,487
	96.73%	0.19%	0.43%	0.53%	0%	0.18%	1.95%	1.51%	98.49%
Morgan	19,695	141	10	157	0	34	355	370	20,022
	96.58%	0.69%	0.05%	0.77%	0%	0.17%	1.74%	1.81%	98.19%
Missouri	4,984,653	691,128	98,962	22,781	6,263	64,155	139,240	219,705	5,787,477
	82.98%	11.51%	1.65%	0.38%	0.1%	1.07%	2.32%	3.66%	96.34%

Source: American Community Survey 5-Year Estimates (2009-2013).

The growing Hispanic population in the area may experience barriers to accessing care due to language differences, lack of transportation, uninsured status or lack of appropriate legal identification documentation. A small portion of the community has been identified as having a language barrier to health care. Morgan County has the highest percentage of linguistically isolated people at 2.05 percent and the highest rate of residents with limited English proficiency at 3.34 percent. This may be representative of the Mennonite and Russian populations that live in and around Versailles, Mo.

Children in the area may also be at a disadvantage when language barriers may affect their ability to communicate health concerns. In 2013, 71 students in Camden County were identified by school districts as having limited English language skills. In Miller County, 21 students were reported as being English language learners.

Language Barriers to Health Care

	Linguistically Isolated Population		Population with Limited English Proficiency		Child English Language Learners
	Number	Percent	Number	Percent	Number
Camden	714	1.72%	793	1.91%	71
Miller	97	0.42%	128	0.55%	21
Morgan	393	2.05%	640	3.34%	0
Missouri	71,013	1.26%	128,049	2.28%	26,131

Source: American Community Survey 5-Year Estimates (2009-2013) and Missouri Indicators by County (2013).

The Lake of the Ozarks region is a recreation destination that attracts large seasonal crowds, as well as a growing population of second homeowners and retirees. The service area has a relatively aged population, with the median age of Camden, Miller and Morgan counties being approximately 7.5 years higher than the median age of Missouri (45.5 years vs. 37.95 years). The percentage of residents age 65 or older is higher in all three counties than the state average of 14.35 percent. Camden County has the highest percentage of people over the age of 65 at 22.6 percent, followed by Morgan County at 22.4 percent and Miller County at 16.68 percent.

Age Demographics

	0-4	5-17	18-24	25-34	35-44	45-54	55-64	65+	Median
Camden	2,217	6,103	2,858	4,038	4,428	6,469	7,804	9,905	M 49.3
	5.06%	13.93%	6.52%	9.21%	10.1%	14.76%	17.81%	22.6%	F 49.2
Miller	1,591	4,467	1,867	2,764	3,058	3,671	3,297	4,148	M 40.5
	6.4%	17.97%	7.51%	11.12%	12.3%	14.76%	13.26%	16.68%	F 40.8
Morgan	1,212	3,168	1,482	1,818	2,035	2,891	3,219	4,567	M 46.5
	5.94%	15.54%	7.27%	8.92%	9.98%	14.18%	15.79%	22.4%	F 47.3
Missouri	383,011	1,030,033	591,530	784,179	741,194	869,091	746,106	862,038	M 36.6
	6.38%	17.15%	9.85%	13.05%	12.34%	14.47%	12.42%	14.35%	F 39.3

Source: American Community Survey 5-Year Estimates (2009-2013) and Missouri Population Projections by County, Age, and Sex (2000-2030).

Age is one factor that can affect community health care needs. For the age category that uses health care services most, 65 and older, population in the three-county area is projected to increase by 14,510 individuals from 2010 to 2030. This rise in elderly residents may have certain implications for the growth and development of resources and services.

Population Projections by Age

Age	Camden			Miller			Morgan		
	2010	2020	2030	2010	2020	2030	2010	2020	2030
0-4	1,857	1,868	1,645	1,709	1,706	1,615	1,206	1,317	1,259
5-9	1,679	1,854	1,678	1,661	1,759	1,662	1,165	1,279	1,299
10-14	1,692	1,807	1,852	1,654	1,724	1,708	1,214	1,225	1,328
15-19	2,000	1,661	1,869	1,643	1,584	1,665	1,312	1,164	1,268
20-24	1,985	1,434	1,565	1,564	1,436	1,487	1,147	1,013	1,015
25-29	1,940	1,736	1,471	1,677	1,493	1,426	1,037	1,095	963
30-34	1,717	2,189	1,610	1,404	1,645	1,501	883	1,214	1,065
35-39	1,997	2,358	2,144	1,507	1,814	1,603	1,062	1,197	1,255
40-44	2,232	2,103	2,726	1,625	1,485	1,728	1,244	1,048	1,432
45-49	3,207	2,555	3,071	1,846	1,551	1,853	1,660	1,324	1,486
50-54	3,857	3,145	3,017	1,881	1,650	1,502	1,671	1,633	1,371
55-59	4,305	5,092	4,148	1,706	1,964	1,650	1,743	2,230	1,780
60-64	4,523	6,042	5,070	1,556	2,047	1,811	1,747	2,198	2,166
65-69	3,578	5,155	6,371	1,251	1,717	2,011	1,530	1,989	2,593
70-74	2,320	3,614	5,112	950	1,392	1,881	1,109	1,478	1,918
75-79	1,368	1,999	3,084	759	1,010	1,441	729	927	1,250
80-84	833	1,012	1,698	611	650	1,003	505	537	753
85+	570	666	993	546	650	857	422	489	626
Total	41,660	46,290	49,124	25,550	27,277	28,404	21,386	23,357	24,827

Source: Missouri Population Projections by County, Age, and Sex (2000-2030).

Comparing data for Camden, Miller and Morgan Counties with statewide data reveals the service area has a veteran population 5 percent higher than the Missouri average and 7 percent higher than the national average, with the highest number of veterans residing in Camden County. These statistics may be related to the proximity of Fort Leonard Wood in neighboring Pulaski County, approximately 60 miles southeast of Lake Regional Health System.

Veteran Population

	Total Population Age 18+	Total Veterans	18-34	35-54	55-64	65-74	75+
Camden	35,497	5,092	146	944	1,366	1,511	1,125
		14.34%	2.12%	8.66%	17.5%	23.79%	31.66%
Miller	18,801	2,496	158	417	666	598	657
		13.28%	3.41%	6.2%	20.2%	25.91%	35.71%
Morgan	16,010	2,224	80	402	530	661	551
		13.89%	2.43%	8.16%	16.46%	24.44%	29.59%
Missouri	4,573,203	479,828	35,367	119,342	118,424	99,881	106,814
		10.49%	2.6%	7.43%	15.87%	21.25%	27.24%
U.S.	236,576,896	21,263,780	1,723,443	5,345,824	4,908,389	4,505,687	4,780,436
		8.99%	2.39%	6.28%	13.04%	19.63%	25.3%

Source: American Community Survey 5-Year Estimates (2009-2013).

Camden, Miller and Morgan Counties all have a higher percentage of disabled residents than the Missouri average of 14.01 percent. Morgan County has the highest percentage of disabled residents at 21.87 percent, followed by Miller County at 20.03 percent and Camden County at 18.41 percent.

Disabled Population

	Total Disabled Population	Under 18	18-64	Above 65	Male	Female
Camden	8,006	346	4,197	3,463	4,333	3,673
	18.41%	4.18%	16.52%	35.37%	20.18%	16.69%
Miller	4,927	327	2,920	1,680	2,726	2,201
	20.03%	5.4%	20.11%	41.81%	22.2%	17.88%
Morgan	4,398	385	2,433	1,580	2,180	2,218
	21.87%	8.8%	21.44%	36.04%	21.8%	21.95%
Missouri	825,674	64,283	447,803	313,588	400,999	424,675
	14.01%	4.56%	12.23%	38.06%	13.99%	14.04%

Source: American Community Survey 5-Year Estimates (2009-2013).

SOCIOECONOMIC CHARACTERISTICS OF THE COMMUNITY

Socioeconomic factors can affect a community's access to health care services. The various factors examined below include, but are not limited to unemployment, median income, home ownership, poverty rates in adults and children, the insurance status of residents, and educational attainment information.

Income and Employment

Lake Regional Health System is the largest employer in the community, with more than 1,000 employees. Other major employers include Premium Outlets, Camdenton R-III School District, Tan-Tar-A Resort, Gates Corporation and The Lodge of Four Seasons.

Major Employers

Business Name	Location	Product/Service	Number of Employees
Premium Outlets	Osage Beach	Retail	800-1200
Camdenton R-III School District	Camdenton	Education	677
Tan-Tar-A Resort	Osage Beach	Resort/Hotel	560
Gates Corporation	Versailles	Manufacturing	550
The Lodge of the Four Seasons	Lake Ozark	Resort/Hotel	460
Hy-Vee	Osage Beach	Retail	435
Walmart Supercenter	Camdenton	Retail	430
Walmart Supercenter	Osage Beach	Retail	430
Eldon R-I School District	Eldon	Education	315
Johnson Controls	Eldon	Manufacturing	410
School of the Osage R-II District	Lake Ozark	Education	250
Camden County	Camdenton	Government	240
Morgan County R-II School District	Versailles	Education	225
Target	Osage Beach	Retail	150
Good Shepherd Nursing Home	Versailles	Health Care	150
Opies, Inc.	Eldon	Transportation/Distribution	150
Speedline Technologies	Camdenton	Manufacturing	140

Source: Lake of the Ozarks Major Employers (2014). <http://lorenc.com/employers.asp>

Comparing data for Camden, Miller and Morgan Counties reveals the percent of unemployed individuals in all three counties is higher than the state and national averages of 7.2 percent and 6.8 percent, respectively. Camden and Morgan Counties are experiencing a 10.9 percent unemployment rate, and Miller County is close behind at 10 percent. Local, state and national unemployment rates have decreased since the last needs assessment conducted in 2012.

Unemployment

	Labor Force	Number Employed	Number Unemployed	Unemployment Rate
Camden	17,986	16,034	1,952	10.9
Miller	11,514	10,364	1,150	10
Morgan	7,953	7,087	866	10.9
Missouri	3,047,734	2,829,623	218,111	7.2
U.S.	157,063,087	146,343,342	10,719,745	6.8

Unemployment Rate = $[Total\ Unemployed] / [Total\ Labor\ Force] * 100$ Source: Local Area Unemployment Statistics (March 2015).

Median household income is significantly lower in Miller and Morgan Counties than the state as a whole. The median household income in each county is less than the state average of \$47,380. Morgan County is the lowest at \$32,621, followed by Miller County at \$37,853. Camden County has the highest median income in

the service area at \$41,350. The following table includes all reported income from wage, salaries, self-employment, interest or dividends, public assistance, retirement and other sources. According to the Small Area Income and Poverty Estimates, Morgan and Camden County experienced between an 11.5 percent and 32.2 percent decrease in median household income from 2007 to 2013. Miller County households experienced a 5.5 percent to 11.4 percent decline in median income during the same period.

Income Information

	Total Income	Per Capita Income	Total Households	Median Household Income	Households Receiving Public Assistance	Average Public Assistance Received
Camden	\$1,009,579,328	\$23,038	17,278	\$41,350	381	\$3,445
Miller	\$481,963,104	\$19,384	9,676	\$37,853	388	\$2,671
Morgan	\$365,728,704	\$17,934	8,018	\$32,621	241	\$2,522
Missouri	\$154,080,706,560	\$25,649	2,360,131	\$47,380	58,702	\$3,008

Source: American Community Survey Profile Report (2011-2013) and Small Area Income and Poverty Estimates.

Poverty

Camden County has a poverty rate of 16.08 percent, the lowest of the three counties. All three counties have a poverty rate higher than the state average of 15.46 percent. Miller County has the lowest poverty rate among children in the three counties at 31.4 percent, which is approximately 10 percent higher than both the state and national averages.

Poverty Statistics

	Total Population	Population in Poverty		Population Under 18	Population Under Age 18 in Poverty		Total Students
		Number	Percent		Number	Percent	
Camden	43,421	6,980	16.08%	8,226	2,663	32.37%	5,849
Miller	24,477	5,120	20.92%	5,933	1,863	31.4%	4,574
Morgan	20,025	4,676	23.35%	4,302	1,413	32.85%	2,099
Missouri	5,826,484	900,929	15.46%	1,383,754	299,285	21.63%	913,399
U.S.	303,692,064	46,663,432	15.37%	72,748,616	15,701,799	21.58%	49,936,793

Source: American Community Survey 5-Year Estimates (2009-2013).

Food insecurity is defined as the economic and social condition of limited or uncertain access to adequate food at the household-level. Food insecurity rates in all three counties are slightly lower than the state average of 17.12 percent. Miller County has the largest food insecure population at 16.32 percent. Morgan and Camden County have food insecurity levels of 15.77 percent and 14.59 percent, respectively.

The following table examines the rate of establishments (as it was in 2012) related to the food insecurity rate in the area. Grocery stores are characterized as supermarkets and smaller stores primarily engaged in retailing canned and frozen foods, fresh fruits and vegetables, and/or fresh and prepared meats. Convenience stores and large general merchandise stores that also retail food (such as supercenters and warehouse club stores) are excluded.

Food Insecurity Rate

	Grocery Stores		Fast Food Restaurants		Food Insecure Population	
	Number	Rate	Number	Rate	Number	Percent
Camden	9	20.45	27	61.36	6,380	14.59%
Miller	7	28.29	17	68.69	4,050	16.32%
Morgan	10	48.63	9	43.76	3,230	15.77%
Missouri	1,092	18.23	4,105	68.54	1,031,030	17.12%

Source: County Business Patterns (2013) and Food Insecurity Rate (2012).

High poverty rates within the service area are further evidenced by the percentage of students eligible for free or reduced lunch. Nearly 64 percent of students in Morgan County are extended free or reduced lunches daily as a result of their overall household income or related socioeconomic factors. Children in households that are enrolled in the Supplemental Nutrition Assistance Program automatically qualify for free or reduced lunch in public schools. Camden, Miller and Morgan counties have a higher percentage of households receiving SNAP benefits than the state as a whole. Rates of SNAP authorized retailers are per 100,000 residents.

Supplemental Nutrition Assistance Program

	Total Households	Households Receiving SNAP Benefits		SNAP-Authorized Retailers		Students Eligible for Free/Reduced Lunch	
		Number	Percent	Total	Rate	Number	Percent
Camden	17,647	2,409	13.65%	45	102.27	3,275	55.99%
Miller	10,034	1,803	17.97%	26	105.06	2,489	54.42%
Morgan	8,164	1,535	18.8%	26	126.43	1,343	63.98%
Missouri	2,360,131	321,187	13.61%	4,543	75.86	408,726	45.49%
U.S.	115,610,216	14,339,330	12.4%	245,113	78.44	25,615,437	51.7%

Source: American Community Survey 5-Year Estimates (2009-2013) and SNAP Retailer Locator (2014).

The homeownership rate in all three counties is higher than the state average of 68.4 percent. In Morgan County, more than 80 percent of residents are homeowners, followed by 78.2 percent in Camden County and 77.1 percent in Miller County. Miller and Morgan counties have slightly higher rates of occupied units with one or more substandard conditions than the state as a whole. Camden and Miller counties are in line with the state with 14 percent of residents experiencing severe housing problems. Morgan County exceeds the state average for severe housing problems by 4 percent.

Housing Information

	Camden	Miller	Morgan	Missouri
Housing Units	41,044	12,670	15,331	2,719,001
Homeownership Rate	78.2%	77.1%	80.1%	68.4%
Total Occupied Units	17,647	10,034	8,164	2,360,131
Owner Occupied	13,802	7,734	6,541	1,613,941
Renter Occupied	3,845	2,300	1,532	746,190
Occupied Units with 1 or More Substandard Conditions	5,125 29.04%	3,195 31.84%	2,776 34%	704,745 29.86%
Severe Housing Problems	14%	14%	18%	14%

Source: State and County QuickFacts (2010-2014) and American Community Survey 5-Year Estimates (2009-2013).

The following table indicates the number of related children age seventeen and under who live in families headed by a person without a spouse present in the home.

Children in Single Parent Households

	Camden	Miller	Morgan
Number	2,896	2,763	1,122
Percent	32.6%	41.5%	28.3%

Source: Missouri Indicators by County (2011 and 2012).

Education

The service area has a higher high school graduation rate than the state average of 87.6 percent. Graduation rates are highest in Morgan County at 97.17 percent, followed by Camden County at 95.36 percent and Miller County at 94.25 percent. Camden County has the highest number of total students, teachers and staff, and the lowest overall ratio of the number of students per teacher.

District Graduation Rates

	Graduation Rate	Dropout Rate	Students per Classroom Teachers	Total Students	Total Teachers and Certified Staff
Camden County Districts					
Camdenton R-III	94.96%	1.7%	18	4,275	400
Climax Springs R-IV	100%	2.3%	11	235	33
Macks Creek R-V	100%	0%	13	362	47
School of the Osage R-II	96.55%	0%	18	1,892	178
Stoutland R-II	85.29%	0%	16	505	47
Camden County Summary	95.36%	0.8%	15.2	7,269	705
Miller County Districts					
Eldon R-I	87.34%	0.5%	18	1,956	186
Miller Co. R-III	100%	0%	13	226	43
St. Elizabeth R-IV	100%	0%	14	238	41
Iberia R-V	89.66%	4.2%	16	742	68
Miller County Summary	94.25%	1.18%	15.3	3,162	338
Morgan County Districts					
Morgan Co. R-I	96.97%	0%	19	642	60
Morgan Co. R-II	97.37%	0.4%	18	1,456	141
Morgan County Summary	97.17%	0.2%	18.5	2,098	201

Source: District and Building Graduation and Dropout Indicators (2014).

The percentage of residents older than 25 who have completed high school or higher is lower than the state average, 88.7 percent, in Miller and Morgan counties. Camden County has the highest rate at 89.9 percent, followed by Miller County at 84.8 percent and Morgan County at 42.1 percent. Miller and Morgan counties have higher illiteracy rates than the state average of 7.5 percent.

Educational Attainment

	Camden	Miller	Morgan
Population 18-24 Years	2,858	1,867	1,482
Less than High School Graduate	21.2%	25.8%	33.4%
High School Graduate (includes equivalency)	36.7%	40.7%	42.8%
Some College (includes Associate Degrees)	34.0%	29.4%	23.8%
Bachelor's Degree or higher	8.0%	4.2%	0.0 %
Population 25 Years and Older	32,644	16,938	1,453
Less than 9th Grade	3.7%	4.9%	8.9%
9-12 Grade (no diploma)	7.0%	10.4%	11.9%
High School Graduate (includes equivalency)	36.0%	41.6%	4.7%
Some College (no degree)	25.0 %	23.9%	19.3%
Associate's Degree	7.6%	4.8%	5.4%
Bachelor's Degree	12.8 %	9.8%	9.2%
Graduate/Professional Degree	8.0%	4.7%	3.5%
High School Degree or Higher	89.4%	84.8%	42.1%
Illiteracy Rates	7.0%	9.2%	9.4%

Source: American Community Survey 5-Year Estimates (2009-2013) and National Assessment of Adult Literacy (2003).

Uninsured

The percent of uninsured residents younger than age 65 is higher in all three counties than the state and national averages. Miller County has the fewest uninsured residents under age 65. Morgan County has a significantly higher percentage of uninsured children than the other two counties at 36.74 percent, nearly four times higher than Missouri.

Insurance Status

	Camden	Miller	Morgan	Missouri	United States	
Population with Any Health Insurance	35,966	20,519	15,506	5,115,811	260,878,816	
Population Receiving Medicaid	7,127	5,400	4,327	875,012	52,714,280	
Percent of Insured Population Receiving Medicaid	19.82%	26.32%	27.91%	17.1%	20.21%	
Medicaid Recipients	Under 18	3,974	2,939	1,840	462,599	26,509,624
	18-64	2,483	1,929	2,028	320,704	20,304,530
	Over 65	670	532	459	91,709	5,900,133
Total Uninsured Population	7,514	4,074	4,601	776,915	45,569,668	
Uninsured Population	Under 18	9.23%	8.14%	26.74%	6.73%	7.61%
	18-64	26.48%	24.66%	29.71%	18.54%	20.59%
	Over 65	0.23%	0%	1.37%	0.42%	0.97%

Source: American Community Survey 5-Year Estimates (2009-2013) and Small Area Health Insurance Estimates (2012).

Transportation

Lack of transportation is a commonly cited barrier to health care. The following table indicates the different methods of transportation lake-area residents used to commute to work. A greater percentage of Camden, Miller and Morgan county residents work from home than overall Missouri residents. Workers in all three counties carpool 3 percent to 5 percent more than the state average of 9.6 percent. 1.5 percent of Missouri residents use public transportation when commuting to work, which is three times higher than the rate of public transportation usage in Camden, Miller and Morgan counties.

Commuting to Work

	Camden		Miller		Morgan		Missouri	
Workers age 16 and Older	17,732		10,156		6,487		2,738,553	
Average Commute Time (in minutes)	21.1		28.8		25.0		23.1	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Drove Alone	13,792	77.8%	7,706	75.9%	4,670	72.0%	2,231,164	81.5%
Carpooled	2,209	12.5%	1,363	13.4%	934	14.4%	262,599	9.6%
Public Transportation (excludes taxis)	83	0.5%	40	0.4%	33	0.5%	40,285	1.5%
Walked	258	1.5%	178	1.8%	217	3.3%	53,663	2.0%
Other Means	310	1.7%	238	2.3%	173	2.7%	34,373	1.3%
Worked at Home	1,080	6.1%	631	6.2%	460	7.1%	116,469	4.3%

Source: American Community Survey 5-Year Estimates (2009-2013).

HEALTH STATUS OF THE COMMUNITY

Community Safety Risks

The following tables illustrate various community safety risks, including the rate of crime, domestic violence and traffic safety issues, as well as water safety issues unique to the lake area. The rate of violent crime is based on the number of offenses reported by law enforcement per 100,000 residents. Violent crimes include homicide, rape, robbery and aggravated assault.

Camden County has a higher incidence of domestic violence, general crime, violent crime, traffic crashes and boating injuries than the other two counties within the service area, likely due to its population size. Rates of crime and violent crime are highest in Morgan County. Miller County has the highest rate of domestic violence within the community.

Crime Rate

	Camden		Miller		Morgan	
	Incidents	Rate	Incidents	Rate	Incidents	Rate
Domestic Violence	348	792.7	278	1,123.4	223	1,113.0
Crime	888	2,023	617	2,493	509	2,540
Violent Crime	76	191.32	47	264.77	71	348.2

Reported by Law Enforcement per 100,000 Residents Source: Uniform Crime Reporting – State Data (2010-2012) and Crime in Missouri (2013).

The table below indicates the total number of child abuse and neglect reports and referrals received by the Missouri Department of Social Services in the year 2014. Substantiated incidents refer to children in the tri-county area that are victims of substantiated abuse or neglect, meaning there are visible signs of abuse and neglect or physical and/or credible verbal evidence provided by the child, perpetrator or witness.

Once substantiated, reported incidents can be placed in up to six of the following categories: neglect, physical abuse, sexual abuse, emotional abuse, medical neglect and educational neglect. The rate is expressed per 1,000 children under the age of 18. Rates of child abuse and neglect are highest in Morgan County, where approximately 13 out of every 1,000 children is a victim. Miller County has the lowest rate of abuse and neglect, with an estimated 10 of every 1,000 children experiencing abuse.

Child Abuse and Neglect

		Total Children Reported	Substantiated Incidents	Physical Abuse		Emotional Abuse		Medical Neglect		Sexual Abuse		Educ. Neglect	
				Number	Rate	Number	Rate	Number	Rate	Number	Rate	Number	Rate
Camden	Number	811	89	17	27	4	0	22	0				
	Rate	96.66	10.61	33.3%	52.9%	7.8%	0.0%	43.1%	0				
Miller	Number	692	61	12	28	4	1	9	0				
	Rate	112.63	9.93	31.6%	73.7%	10.5%	2.6%	23.7%	0				
Morgan	Number	491	59	8	25	4	1	6	0				
	Rate	108.29	13.01	25.0%	78.1%	12.5%	3.1%	18.8%	0				

Source: Child Abuse and Neglect Annual Report (2014).

There are approximately 150 square miles within Camden, Miller and Morgan counties. The Lake of the Ozarks Convention and Visitors Bureau describes the area as “the Midwest’s premier lake resort destination ... defined by the Lake and its many waterfront accommodations” (CVB 2015). Although much of the area’s economic activity can be attributed to the appeal of the lake, this unique aspect of the area poses additional safety risks to the community. For example, boating injuries and fatalities.

Traffic and Water Safety

	Camden	Miller	Morgan
Traffic Crashes (2011)	819	508	298
Alcohol Related Crashes (2012)	65	48	48
- Fatalities (2012)	4	2	2
BWI Arrests (2014)	62	1	12
Boating Fatalities (2014)	4	0	1
Boating Injuries (2014)	36	0	11
Drowning (2014)	2	1	1

Source: Status Report on Missouri’s Substance Abuse and Mental Health Problems (2014), Boating Numbers (2014), and Traffic Safety Compendium (2011).

Leading Causes of Death

The following table illustrates the leading causes of death in Camden, Miller and Morgan counties from 2003 to 2013. These are consistent with the top causes of death in Missouri during the same time period. Mortality rates are per year, per 100,000 residents and are age-adjusted.

Miller County has the highest rate of deaths caused by heart disease, cancer, chronic lower respiratory disease and kidney disease within the three counties. The highest rate of smoking attributable deaths and death related to Alzheimer’s, stroke and diabetes occurs in Morgan County. Camden County has the highest suicide rate and the most unintentional injury deaths per 100,000 residents.

Leading Causes of Death

	Camden		Miller		Morgan		Missouri
	Events	Rate	Events	Rate	Events	Rate	Rate
Heart Disease	1,363	220.9	901	266.2	763	228.5	216.7
Cancer	1,146	161.7	687	205.0	696	204.0	188.9
Smoking-Attributable (estimated)	918	133.9	558	166.0	590	170.0	145.2
Total Unintentional Injuries	315	67.1	180	64.5	147	61.2	47.5
Chronic Lower Respiratory Disease	315	47.8	197	58.8	205	58.4	50.3
Stroke	255	44.0	142	42.5	166	49.9	47.8
Alzheimer’s Disease	127	22.1	73	20.8	90	26.9	25.8
Diabetes	84	13.6	77	22.9	109	31.9	22.0
Pneumonia and Influenza	75	12.5	69	20.3	65	19.1	20.3
Kidney Disease	88	13.7	52	15.2	49	14.3	18.1
Suicide	77	17.4	29	10.3	31	12.4	13.7

Source: Leading Causes of Death Profile for Missouri Residents (2003-2013).

HEALTH OUTCOMES AND FACTORS

The following tables illustrate health outcomes, such as mortality and morbidity, and health factors, including health behaviors and clinical care, for each of the three counties in the service area. Premature death indicates the years of potential life lost before age 75 per 100,000 residents. All three counties have higher rates of premature death than Missouri state. Morgan County has the highest rate of premature death, with 8,798 years lost.

Child mortality is expressed as the rate of deaths among children under age 18 per 100,000 population. The highest rate of child mortality occurs in Camden County, but all three counties are below the state rate of 59.9 deaths per 100,000 children. Poor health days refer to the average number of days within the past month that an individual has experienced poor physical or mental health. Miller and Morgan County residents experience more poor physical health days than the average Missourian, while Camden and Morgan County experience more poor mental health days than the state average.

Diabetes rates among adults in Miller County are higher than the state rate of 9.62 percent. In Morgan County, 36.6 percent of adults have high blood pressure, while the state average is 29.5 percent. Both Camden and Miller counties have higher rates of high cholesterol than Missouri, at 45.67 percent and 45 percent respectively. Among Missouri residents, 4.82 percent suffer from heart disease, while more than 5 percent of all Camden, Miller and Morgan county residents have the disease.

Health Outcomes

	Camden	Miller	Morgan	Missouri
Premature Death	7,763	7,773	8,798	7,714
Child Mortality	57.3	53.3	56.1	59.9
Poor or Fair Health	17.4%	22.1%	20.9%	16%
Poor Physical Health Days	3.2	4.4	4.6	3.7
Poor Mental Health Days	4.4	2.8	5.0	3.8
Diabetic Population (age 20+)	8.3%	10%	8.6%	9.62%
Asthma Prevalence (age 18+)	6.93%	9.15%	11.52%	14.15%
Adults (18+) with High Cholesterol	45.67%	45%	34.94%	40.42%
Adults (18+) with Heart Disease	5.56%	5.09%	5.39%	4.82%
Adults (18+) with High Blood Pressure	27.8%	26.9%	36.6%	29.5%

Source: County Snapshot (2015) and Behavioral Risk Factor Surveillance System Data (2011-2012).

Overweight and obese individuals are at risk of developing further health issues. According to the U.S. Centers for Disease Control and Prevention's Division of Nutrition, Physical Activity and Obesity, 35.33 percent of Missouri adults are considered overweight, 45.91 percent of Morgan residents and 39.24 percent of Camden County residents are overweight. 34.4 percent of adults in Miller County are considered obese. This is approximately 4 percent higher than the state average of 30.35 percent.

High rates of overweight and obesity may be a result of low levels of physical activity. All three counties have higher inactivity rates than Missouri at 26 percent.

Overweight and Obese Populations

Overweight: BMI 25-30, Obese: BMI > 30

	Total Population Age 18+	Percent of Inactivity	Overweight Adults	Percent Overweight Adults	Total Population Age 20+	Obese Adults	Percent Obese Adults	Access to Exercise Opportunities
Camden	31,304	29%	12,283	39.24%	34,804	9,780	27.5%	76%
Miller	16,104	31%	3,515	21.83%	18,298	6,331	34.4%	55%
Morgan	19,870	32%	9,123	45.91%	15,397	4,188	26.8%	42%
Missouri	4,363,655	26%	1,541,649	35.33%	4,456,386	1,365,174	30.35%	77%

Source: Division of Nutrition, Physical Activity, and Obesity Data (2012) and Behavioral Risk Factor Surveillance System Survey Data (2011-2012).

Substance Use and Abuse

The use of alcohol and tobacco are factors that affect population health. The following table reports the percentage of adults ages 18 and older who self-report heavy alcohol consumption. Heavy alcohol consumption is defined as more than two drinks per day on average for men and one drink per day on average for women. ‘Hospital Episode’ refers to hospitalization and/or emergency room visits resulting from the use or abuse of the indicated substance.

Alcohol, Tobacco and Drug Usage

	Camden	Miller	Morgan
Estimated Adults Smoking Regularly	39.9%	28%	36.7%
Estimated Adults Drinking Excessively	15%	14%	17%
Total Alcohol Hospital Episodes	529	276	300
Total Liquor Law Arrests	86	60	10
Total DUI Arrests	373	221	90
Total Alcohol Deaths	3	0	3
Total Drug Hospital Episodes	364	258	152
Total Drug Arrests	233	182	110
Total Drug Deaths	7	2	3

Source: Behavioral Risk Factor Surveillance System Survey Data (2011-2012), Health Indicator Warehouse Data (2013), and Status Report on Missouri’s Substance Abuse and Mental Health Problems (2013).

Camden County has the highest percentage of smokers at 39.9 percent. Morgan County has the highest percentage of adults drinking excessively at 17 percent, while Camden County has the most alcohol-related hospital episodes and liquor law arrests. Total drug hospital episodes, arrests and deaths are higher in Camden County than in both Miller and Morgan counties.

The table below indicates the number of students in grades 6 through 12 who self-reported using the following substances at least once in their lifetime. Rates of students who have tried or currently use tobacco and alcohol are higher in all three counties than the United States as a whole. Sixth through twelfth graders in Camden and Morgan counties have used tobacco and alcohol at a rate nearly 15 percent higher than the national average of 22.7 percent. Marijuana use of minors exceeds the national rate by 4.2 percent in Camden County. Morgan County students grades 6 through 12 report misusing over-the-counter medications and hallucinogens at rates approximately twice that of the national average.

Substance Use Grades 6–12

	Tobacco	Alcohol	Marijuana	Inhalants	RX Abuse	OTC Abuse	Hallucinogens
Camden	37.0%	43.1%	19.4%	1.2%	10.2%	0.0%	1.2%
Miller	29.3%	34.7%	8.6%	3.3%	6.5%	2.5%	1.1%
Morgan	38.4%	42.2%	16.2%	2.0%	11.2%	6.1%	3.6%
U.S.	22.7%	33.3%	15.2%	2.9%	7.4%	2.9%	1.9%

Source: Missouri Student Survey County Reports (2014).

Pregnancy and Sexual Health

Incidence of low birth weight is a health outcome often indicative of a population’s overall health status. The following table reports the percentage of total births that are considered low birth weight, or under 2500 grams, as well as the rate of total births to women ages 15 to 19 per 1,000 female residents age 15 to 19.

The percentage of low weight births is less than the state average in all three counties. The teen birth rate, however, is higher than the state average in Miller County, at 5 percent, and in Morgan County, at 5.9 percent. Camden County’s teen birth rate is equal to the Missouri average of 3.9 percent.

Birth Statistics

	Total Live Births	Total Low Weight Births	Percent Low Weight Births	Female Population Age 15 - 19	Births to Mothers Age 15 - 19	Percent Teen Births
Camden	2,982	191	6.4%	1,187	46	3.9%
Miller	2,338	157	6.7%	805	40	5.0%
Morgan	1,869	121	6.5%	667	33	5.9%
Missouri	556,612	44,529	8%	206,847	8,170	3.9%

Source: Health Indicators Warehouse Data (2013) and National Vital Statistics System Data (2006-2012).

The total number of sexually transmitted infections and incidence rates can be used to measure a population's health status. High rates of infections can indicate poor health and unsafe sex practices. The following table presents the most current county-level data regarding Chlamydia (2012), gonorrhea (2012) and HIV/AIDS (2010). Rates are reported per 100,000 residents. All three counties in the Lake Regional service area have lower rates of Chlamydia, gonorrhea and HIV than the state as a whole. Camden County has the highest rate of Chlamydia, with approximately 220 infections per 100,000 people. Miller County has the highest rate of HIV at 58.4, followed by Morgan County at 34.2 and Camden County at 17.4. There were no reported cases of gonorrhea in Miller and Morgan County in the year 2012.

STI and HIV Incidents

	Camden	Miller	Morgan	Missouri
Chlamydia Incidence Rate	219.8	214	107.3	463.09
Total Chlamydia Infections	96	53	22	27,835
Gonorrhea Incidence Rate	13.7	0	0	131.25
Total Gonorrhea Infections	6	0	0	7,889
HIV Prevalence	17.4	58.4	34.2	222.75
Population with HIV/AIDS	7	12	6	11,087

Source: National Center for Hepatitis, STD, and TB Prevention (2010-2012).

Preventable Hospital Stays

The preventable hospital stays rate and the percentage of diabetic and mammography screenings is a relevant indicator of the clinical care that exists within a certain geographic region. In each of the three following tables, measures that summarize the data for the entire service area are included.

Preventable hospital stays indicates the discharge rate (per 1,000 Medicare enrollees) for conditions known as Ambulatory Care Sensitive Conditions, including pneumonia, dehydration, asthma, diabetes and other conditions, that could have been prevented if adequate primary care resources were available and accessed by those patients. The tri-county service area has an ACS discharge rate of 64.62, which is just slightly below the Missouri average of 64.71. The rate of ACS discharges is highest in Morgan County at 73.45, followed by Miller County at 68.95 and Camden County at 58.83.

Preventable Hospital Stays

	Total Medicare Part A Enrollees	Ambulatory Care Sensitive Condition Hospital Discharges	Ambulatory Care Sensitive Condition Discharge Rate
Service Area	14,947	965	64.62
Camden	8,188	481	58.83
Miller	2,739	188	68.95
Morgan	4,020	295	73.45
Missouri	620,963	40,179	64.71

Source: Dartmouth Atlas of Health Care (2012).

Diabetes management indicates the percentage of diabetic Medicare patients who have had a hemoglobin A1c test, a blood test that measures blood sugar levels, administered by a health care professional within the past year. The percentage of diabetes among Medicare beneficiaries is lowest in Morgan County at 22.3 percent, followed by Camden County at 22.4 percent. All three counties fall short of the Missouri average of Medicare enrollees that receive an annual diabetes exam.

Diabetes Management

	Total Medicare Beneficiaries	Medicare Enrollees with Diabetes with Annual Exam	Percent Medicare Enrollees with Diabetes with Annual Exam	Medicare Enrollees with Diabetes	Percent Medicare Enrollees with Diabetes
Service Area	17,658	1,454	83.47%	3,993	22.61%
Camden	8,036	771	82.39%	1,798	22.37%
Miller	4,866	279	84.8%	1,136	23.35%
Morgan	4,756	403	84.66%	1,059	22.27%
Missouri	771,145	62,447	85.62%	201,307	26.1%

Source: Dartmouth Atlas of Health Care (2012) and Diabetes – Medicare Population (2012).

The mammography screenings table below denotes the percentage of female Medicare enrollees older than age 67 who have received at least one mammogram within the past two years. Camden County has the highest percentage of female Medicare enrollees that were screened for breast cancer. Miller County has the lowest percentage of mammography screenings at 59.56 percent, almost three percent behind the state average of 62.17 percent.

Mammography Screening

	Female Medicare Enrollees Ages 67-69	Female Medicare Enrollees with Mammogram in Past 2 Years	Percent Female Medicare Enrollees with Mammogram in Past 2 Years
Service Area	1,319	846	64.14%
Camden	742	500	67.39%
Miller	225	134	59.56%
Morgan	352	212	60.23%
Missouri	48,778	30,322	62.17%

Source: Dartmouth Atlas of Health Care (2012).

LOCAL HEALTH CARE RESOURCES

Hospitals

Lake Regional Health System, a 116-bed facility, is the only hospital in the three-county area. Each county in the service area — Camden, Miller and Morgan Counties — is federally designated as a Health Professional Shortage Area. Each county also includes federally designated Medically Underserved Areas, a designation based on having too few primary care providers, high infant mortality, high poverty or a high elderly population.

Lake Regional Health System services include a Level III trauma center, Level II stroke center, ICU, a birth center, and comprehensive cardiac, orthopedic and oncology care. Area residents also seek treatment at acute care facilities in surrounding communities. Acute care providers are as follows.

City	Distance	Acute Care Hospital	Bed Size
Osage Beach	--	Lake Regional Health System	116
Lebanon	36 miles	Mercy	78
Jefferson City	48 miles	Capital Region Medical Center	100
	50 miles	SSM Health St. Mary's Hospital	167
Springfield	89 miles	Cox Health	746
	85 miles	Mercy	886
Columbia	80 miles	Boone Hospital Center	394
	80 miles	University of Missouri Health Care	274

Other Health Care Facilities and Providers

Lake Regional Health System operates seven Rural Health Certified primary care clinics and two urgent care clinics within the community. Additional health services in the area are as follows.

Behavioral Health

Capital Region Center for Mental Wellness – Jefferson City
 Cornerstone Counseling & Consulting – Osage Beach
 Lake Behavioral Health Consultants – Osage Beach
 Mental Wellness, LLC – Osage Beach
 Ozark Mental Health Specialists – Osage Beach
 Pathways Community Behavioral Health Care – Camdenton, Eldon
 SSM Health St. Mary's Hospital – Jefferson City (inpatient care, adults only)

Free/Sliding Scale Community Clinics and Health Services

County Health Departments – Camden, Miller and Morgan
 Medical Missions for Christ Community Health Center – Camdenton

Federally Qualified Health Centers

Central Ozarks Medical Center – Camdenton, Osage Beach, Richland
 Prairie Hills Clinic – Versailles

Primary Care

Capital Region Medical Center – Eldon, Versailles
 Central Ozarks Medical Center – Camdenton, Osage Beach, Richland
 Jefferson City Medical Group – Osage Beach
 Lake Regional Health System – Camdenton, Eldon, Iberia, Lake Ozark, Laurie, Macks Creek, Osage Beach
 Mercy – Camdenton, Richland

Prairie Hills Clinic – Versailles
SSM Health Medical Group – Lake Ozark
Westlake Medical Center – Laurie

Specialty Care – Osage Beach

Lake Regional Arthritis and Rheumatism
Lake Regional Cancer Center
Lake Regional Cardio-Thoracic Surgery
Lake Regional Cardiology/Heart and Vascular/Cardiovascular Institute
Lake Regional Ear, Nose and Throat
Lake Regional Endocrinology
Lake Regional General Surgery
Lake Regional Infectious Disease
Lake Regional Neurology
Lake Regional Nephrology
Lake Regional Orthopedics
Lake Regional Obstetrics and Gynecology
Lake Regional Urology
Lake Regional Wound Healing Center

Urgent Care

Lake Regional Urgent Care – Eldon, Osage Beach
SSM Health Urgent Care – Lake Ozark

COMMUNITY HEALTH ASSESSMENT

Planning for the 2015 Community Health Needs Assessment began with a steering committee meeting May 19, 2015, at Lake Regional Health System. Attendees included Project Coordinator Jennifer Bethurem, Lake Regional Health System director of Public Relations; Dan Sabourin, R.N., Lake Regional Health System director of Occupational Resources; Billye Bennett, R.N., Lake Regional Health System Community Education coordinator; and Bee Dampier, R.N., Camden County Health Department administrator. This group developed a timeline for implementing the survey and focus groups; reviewed the survey questionnaire; and identified opportunities for gathering input from underserved populations. For a complete list of Community Health Needs Assessment Committee members, see Appendix A.

The Community Health Needs Assessment was conducted using three methods: secondary data analysis; surveys completed by community members and community leaders; and community focus group discussions.

Secondary Data Analysis

Existing data previously collected for other purposes, called secondary data, was compiled from a variety of credible state and federal sources to provide a context for analysis and interpretation. The secondary sources are listed on pages 48-50 of Appendix E. The Robert Wood Johnson Foundation's County Health Rankings & Roadmaps tool, (www.countyhealthrankings.org) enabled side-by-side comparison of county health status based on health factors, including socio-economic factors, and outcomes, including mortality and morbidity.

The diseases/risk factors selected for inclusion in the analysis were based on the U.S. Centers for Disease Control's Behavioral Risk Factor Surveillance System (BRFSS) survey that annually collects information on health conditions, behaviors, prevention practices and access to care. According to the Missouri Department of Health & Senior Services website, "BRFSS data are used to identify emerging health problems, establish health objectives and track their progress, and develop and evaluate public health policies and programs to address identified problems." (<http://health.mo.gov/data/brfss>)

Survey Methodology

From June 1 to July 25, 2015, the Community Health Needs Assessment Survey was conducted to yield information about the overall health of the community. Survey topics included demographic and socio-economic characteristics, behavioral risk factors, health conditions and access to health care. A total of 863 surveys were collected through a combination of paper and online surveys. Notice of the survey was shared with the community through local newspapers, radio stations, social media, Lake Regional's e-newsletter and community groups.

A link to the online survey was emailed to individuals and organizations identified as community partners, population health partners and business partners in the Lake Regional service area. This group included the Lake Regional Community Pulse Panel, LRHS employees, area school districts, health departments, emergency medical services, law enforcement personnel, competing clinics, the ministerial alliance and local health advocacy groups.

Paper surveys were disseminated at support groups; community events; county health department and free clinic sites; local businesses; and Lake Regional primary care clinics. Lake Regional staff was available to help respondents complete surveys, as necessary, to overcome literacy issues.

The survey instrument is based on the U.S. Centers for Disease Control's Behavioral Risk Factor Surveillance System (BRFSS) and local public health surveys.

Survey Key Findings

- Depression was cited as the top quality of life issue in the service area. Substance abuse rates may be related to mental health issues, such as depression and a lack of access to behavioral health specialists.
- The top three most pressing health concerns cited related to economic factors: ability to pay for care, drug abuse (illegal substances), and health care that is too expensive/lack of health insurance.
- The use of tobacco products was cited as a major or minor problem for 21 percent of respondents, and smoking cessation and/or prevention was the second most in-demand health education service.
- Eighteen percent of households surveyed indicated they lacked money to buy nutritious food. This economic issue may contribute to other health and quality of life issues, including depression, obesity and diabetes management.

Survey Response Summary

Among respondents, 78 percent were female, which is more than the 50.34 percent of the population that is female in the community. According to American Community Survey 5-year Estimates, 20.65 percent of the service area is age 65 and older, while 25 percent of survey respondents were over the age of 65. The race distribution of survey respondents was consistent with that of the secondary data collected regarding race within the Lake Regional Health System service area.

The 2015 Community Health Needs Assessment Survey questionnaire and detailed results are provided in Appendix C and Appendix F. Top responses to select questions follow.

Most Pressing Health Concerns in Community

1. Ability to pay for care (11%)
2. Drug abuse – illegal substances (8%)
3. Health care too expensive (8%)
4. Lack of health insurance (8%)
5. Obesity (8%)
6. Tobacco use/smoking (7%)
7. Alcohol – dependency or abuse (6%)
8. Drug abuse – prescription medication (6%)
9. Prescription medication too expensive (6%)
10. Lack of dental care (5%)
11. Mental health (5%)

Medical Services Needed in Community

1. Counseling/mental health services (17%)
2. Alcohol and drug abuse treatment (16%)
3. Adult primary care services (14%)
4. Women’s services (11%)

Community Health Education Services Needed in Community

1. Smoking cessation and/or prevention (13%)
2. Diet and/or exercise (13%)
3. Alcohol abuse (12%)
4. Drug abuse (11%)
5. Stress management (10%)

The 2015 Community Health Needs Assessment Survey asked participants multiple questions about quality of life issues. The top self-reported concerns are as follows. Percentages reflect combined responses for “major problem” and “minor problem” within the household.

Quality of Life Issues

1. Depression (32%)
2. Not enough money to pay for medical care/prescriptions (31%)
3. Use of tobacco products (21%)
4. Not able to afford nutritious food (18%)
5. Not enough money to pay for food (14%)
6. Not enough money to pay for mental health counselor (14%)
7. Not enough money to pay for housing (11%)
8. Adult substance abuse – alcohol and legal or illegal drugs (13%)
9. Not able to afford transportation (8%)

Community Focus Groups Methodology

Three focus groups were conducted in order to gain the input of individuals who have special knowledge of the health status of the tri-county community. These discussions included topics beyond that of what was covered in the Community Health Needs Assessment Survey, such as: health and quality of life, barriers to health care, underserved populations and potential solutions. Engaging community members, health advocates and health care professionals in a discussion was intended to foster a better understanding of factors impacting health and quality of life in the area.

The public was notified via local media. In addition, approximately 250 personal invitations were sent to specific individuals/organizations via mail. Lake Regional collected data at three locations in Camden and Morgan Counties. These forums were held in Osage Beach, Camdenton and Laurie during the month of July. Focus group data for Miller County was collected by Capital Region Medical Center in May and shared with Lake Regional.

A total of 55 lake-area health allies joined together to uncover the community's most pressing health care needs and present visions for a healthy community. Some of the groups represented are as follows:

Community Partners

- Eldon School District
- City of Eldon
- Lake Ozark Fire District
- Knights of Columbus
- New Horizons Support Group
- Retired residents
- Camdenton RIII School District
- City of Osage Beach
- Osage Beach Ambulance
- Elks
- PAVE Americorp

Population Health Partners

- Miller County Health Department
- Lake Regional Auxiliary and Staff
- Pathways Family Counseling Center
- Medical Missions for Christ Community Health Center
- Mercy Hospital
- Local Area Needs Initiative
- Camden County Health Department
- Parish Nurses
- Central Ozarks Medical Center
- Katy Trail Community Health
- Mental Wellness

Business Partners

- Eldon Chamber of Commerce
- COMO Connect
- Rolling Hills Country Club
- Mid-MO Electric

Data from the four focus groups was compiled to reveal common themes among the three counties. The following paragraphs detail the focus group process.

Before the group arrived, a facilitator organized seating into a semi circle and fixed four sheets of paper to a wall at the front of the room. The sheets were labeled as follows: Problems/Concerns, Resources, Barriers/Challenges, and Solutions. In addition to the primary facilitator, two other Lake Regional employees were present. One employee listened to participant feedback and wrote down key points on the respective sheet of displayed paper. The other employee took notes on the information to later compare data with other focus group feedback and derive conclusions.

To begin, the facilitator thanked people for coming and reviewed the goals of the meeting. Participants were informed that Lake Regional was gathering local data as part of developing a plan to improve health and quality of life in Camden, Miller and Morgan County. To encourage open participation, the facilitator emphasized that community input is vital in helping to identify and prioritize needs, create solutions and plan for services.

Participants were asked a series of questions about health and quality of life in Camden, Miller or Morgan County. The group was instructed to keep in mind the broad definition of health as they considered these questions: a state of complete physical, mental and social well-being, and not just the absence of disease. To view a full list of the questions asked, please see Appendix B.

To close, the facilitator thanked the group for sharing their concerns and perspectives on these issues. Participants were informed the input they provided would be compiled and analyzed during the next several months.

Community Focus Groups Key Findings

- People of all ages suffer from mental health issues, but there is no psychiatric inpatient care available to treat all demographics. Many residents do not have access to behavioral health services due to the limited number of providers and a general lack of resources. Lack of mental health services contribute to other problems in the area, such as high levels of addiction and substance abuse.
- There is concern for the quality of life of children in the tri-county area. Many children are experiencing homelessness, hunger and abuse. In addition, children often adopt their parents' bad habits, such as inactivity and poor nutrition, which leads to childhood obesity.
- Some common barriers to health care include lack of transportation and lack of insurance. Uninsured and underinsured groups have trouble accessing primary care services because of high co-pays, deductibles and sliding scale fees. Similarly, families living in poverty often cannot arrange or afford transportation to receive medical services, especially if they have to travel long distances. Both of these issues contribute to lack of care coordination.

Data from the four focus groups was compiled to reveal common themes among the three counties. The following topics were brought up at two or more focus groups.

Problems/Concerns

Socio-economic Status

- Homelessness — all age groups are affected
- Poverty and unemployment — partially attributable to seasonal jobs
- Uninsured and underinsured groups have trouble accessing primary care services — inability to pay high co-pays, deductibles and sliding scale fees, results in misuse of emergency departments

Safety/Physical Environment

- Poor nutrition — unhealthy food choices, inability to purchase healthy foods, children are not being fed at home
- Addiction and substance abuse — adults, teens, and elementary school children
- Child abuse and domestic violence

Behaviors

- Tobacco use and smoking

Factors

- Lack of education about wellness and prevention — those in need do not understand how to access available resources
- Patients enter the system with advanced diseases — due to inability to seek primary care or lack of awareness about screening services

Outcomes

- Obesity — all age groups
- Diabetes
- Mental illness and behavioral health problems

Clinical Care

- Limited access to mental health services (i.e. no psychiatric inpatient care available)
- Limited availability of doctors — primary care physicians and specialist access, difficult to get convenient and timely appointments
- Lack of care coordination — gaps in continuity of care

Resources

Health Facilities

- Local health departments
- Lake Regional Health System Clinics
- Central Ozarks Medical Center Clinics
- Capital Region Clinics
- VA Clinics
- Pathways Family Counseling Center of Missouri
- Center for Cognitive Disorders
- Mental Wellness Center
- Medical Missions for Christ Clinic
- Katy Trail Community Health
- Osage Beach Care Center

Shelters

- Citizens Against Domestic Violence
- Helping Hands Homeless Shelter
- Lighthouse Mission

Transportation

- Show-Me Medical Transportation and refund program
- COMO Connect
- OATS Bus – transports patients on Medicare

Organizations

- Miller County Cares Coalition
- Local Area Needs Initiative (LANI)
- Mustang Closet – helps fulfill the need for clothing and shoes
- Buddy Pack – feeds children not being fed at home
- Lion’s Club
- United Way
- Elks
- Community Leaders Educating about Resistance (CLEAR)
- Local churches (ministerial alliance)
- Food pantries
- Meals on Wheels

Barriers/Challenges

- Transportation — families in poverty are unable to travel long distances to receive care, large segment of the population can’t arrange/afford transportation
- Gaps in Medicaid coverage — the working poor can’t qualify for Medicaid (no Medicaid expansion in Missouri), does not cover visits to doctor’s offices (health care coverage does not always equal access to care)
- Not enough funding — health departments, local organizations, volunteer programs
- Lack of statewide coordination — state agencies and service providers vary by county, no partnerships between existing services and resources

Suggested Solutions

- Expand health education — outreach to promote healthy living and drug awareness in schools, caregiver education, diabetes, nutrition/exercise, smoking cessation, the importance of prevention and health screenings, additional support groups
- Take services to the population — send physicians to rural locations one or two days per week and rotating specialists; hold community events and screenings in satellite locations and not always at the hospital
- Develop an acute/inpatient psychiatric care facility that treats all age ranges
- Organized transportation options — develop a system to transport people to and from health care services (possibly with the help of churches)
- Connect resources — publicize a referral line; facilitate partnerships between health care facilities and local organizations; expand marketing to increase awareness about existing resources; include non-profit agencies in community health fairs

Mennonite Community Stakeholder Interview

There is a large Mennonite population that resides in the Morgan County area. To capture the input of this population, Lake Regional’s Community Liaison conducted a personal interview with a leader and small business owner within the group. The individual was asked very similar questions to the ones asked at the three community focus groups. For example, the leader was asked to comment on health and quality of life in the lake area, barriers to improving the health and quality of life of area residents, opinions about issues that affect the health of area residents and areas of greatest concern regarding health care and services.

The largest theme that emerged was the importance of prevention and making healthy lifestyle choices. Lifestyle has a huge impact on overall health. The Mennonites have a mostly agricultural community, but within the past few years many members have opened small business and sought out alternative sources of income. Busier schedules result in less exercise and the consumption of more processed foods. Unhealthy lifestyles affect the quality of life of many lake-area residents, and poor habits are learned at an early age. To combat this epidemic of inactivity and poor nutrition, the business owner suggested that Lake Regional form a lifestyle awareness group. By encouraging self-sufficiency and the use of underutilized parks and trails, the health system can empower people to make small changes in their lives that will have a big impact on future health outcomes.

PRIORITIZATION OF IDENTIFIED HEALTH NEEDS

Methodology

Lake Regional’s Community Health Needs Assessment Committee (see Appendix A) analyzed the secondary data, focus group feedback and community survey responses and prioritized community health needs using the tool in Appendix D. Health concerns were scored 1 (lowest) to 4 (highest) based on A) the ability to measure outcomes using data, B) number of people affected, C) consequence of not addressing the problem and D) prevalence of common themes among the data sources.

A weighted average was assigned to each item, with the greatest weight given to number of people affected and consequence of not addressing the problem. Although other community health issues were reviewed (Appendix D), the health concerns determined to represent the greatest community health needs follow.

Health Concern	Weighted Score
Service availability (access to primary and specialty care providers)	5.3
Smoking/tobacco use	4.7
Physical inactivity and obesity	4.7
Mental health and depression	4.5

CONSIDERATIONS FOR MEETING IDENTIFIED COMMUNITY HEALTH NEEDS

Health Issues of Uninsured Persons, Low-Income Persons and Minority Groups

Input was sought and collected from community stakeholders who work with medically underserved and/or low-income populations, including county health department administrators, a free clinic administrator, individuals representing federally qualified health centers, and local physicians and caregivers. In addition, Lake Regional representatives sought to survey low-income and uninsured individuals seeking treatment at the Camden and Morgan County health departments; Medical Missions for Christ, a free clinic; and at Lake Regional primary care clinics. Reading assistance was provided, as necessary, for completing the survey. The community served by the hospital includes very few minorities or linguistically isolated individuals. (See page 5, “Race and Ethnicity,” and Appendix F.)

Implementation Plan

An implementation plan to address the priorities identified in this Community Health Needs Assessment is scheduled to be presented to the Lake Regional Health System Board of Directors on Feb. 26, 2016. A budget was adopted for provision of services outlined in the implementation plan.

Study Limitations

Community Health Needs Assessment survey findings are based on self-reported data. Although we have no reason to doubt the accuracy of the information gathered, we have in no way attempted to verify the truth of individual responses, nor would doing so have been possible.

Survey respondents were more female and slightly older than the community population. Among respondents, 78 percent were female, which is more than the 50.34 percent of the population that is female in the community, according to American Community Survey 5-year Estimates. And, 20.65 percent of the service area is age 65 and older, while 25 percent of survey respondents were older than age 65.

Lake Regional employees participated in this survey. These individuals may have higher incomes, education levels and access to employer-sponsored insurance coverage than the three-county community.

Because of technical issues, results for question 46 were omitted from Appendix F.

APPENDIX A

Acknowledgements

The Community Health Needs Assessment Committee worked on this project with contributions from community stakeholders, public health experts and community members.

Community Health Needs Assessment Committee

Lake Regional Health System Employees:

Billye Bennett, R.N., Education coordinator
Jennifer Bethurem, Public Relations Director
Kristi Brown, R.N., Certified Diabetes Educator
Rebecca Caufield, Social Worker
Sharon Fishback, Stepdown Unit manager
Marcy Maxwell, Cancer Center Director
Willie Maxwell, R.N., Cardiac Catheterization Lab manager
Patti Muxlow, R.N., senior vice president of Clinical Services
Dawn Powell, R.N., Med/Surg Nurse Educator
Peter Rao, Lake Regional Medical Group executive director
Dan Sabourin, R.N., Occupational Medicine director
Mitch Shields, Community Liaison
Tracy Simmons, Primary Care and Population Health Management assistant director
Erin Whitcomb, R.N., Intensive Care Unit manager
Jill Wilke, R.N., Chronic Care director
Tom Williams, vice president of Employee and Community Development
Larae Wood, R.N., Emergency Department/Stroke Coordinator

Community Participants:

Carolyn Bowling, Medical Missions for Christ Free Clinic administrator
Bee Dampier, Camden County Health Department administrator
Bruce Jenkins, Miller County Health Department administrator

Community Stakeholders

Thank you to the following individuals who participated in our focus group and data gathering process.

Bee Dampier, Camden County Health Department administrator*♦
Bruce Jenkins, Miller County Health Department administrator*♦
Shawn Brantley, Morgan County Health Department administrator*♦
Carolyn Bowling, Medical Missions for Christ Free Clinic administrator*
Lynette Black, Katy Trail Community Health, clinic manager*
Toni O'Rourke, Katy Trail Community Health, care coordinator*
Julie Dill, Camdenton R-III School District, assistant superintendent
Penny Lyons, City of Osage Beach, mayor
Mark Amsinger, Lake Ozark Fire District, fire chief
Floyd Handy, City of Osage Beach Ambulance, supervisor
Jennifer Isenberg, Mercy Life Line, flight nurse supervisor
John Olivarri, City of Osage Beach, alderman
Anita Fleis, Pathways Community Health
Fred Boley, Pathways Community Health
Cody Worthley, Morgan County Adult Detention Center, jail administrator

♦ *Public health expert*

* *Works with medically underserved or low-income populations and/ or chronic disease management*

APPENDIX B

Questions for Community Focus Groups

The following is a list of questions that were asked at all three focus groups conducted in Camden and Morgan counties. Order varied based on the level of audience participation and the direction of the discussion.

1. In general, how would you rate health and quality of life in Camden/Miller/Morgan County? Poor, fair, good, or excellent. In your opinion, has health and quality of life in Camden/Miller/Morgan County improved, stayed the same, or declined over the past few years?
2. In your opinion, what are the most critical health and quality of life issues in Camden/Miller/Morgan County? What do you perceive to be the most serious health issues facing this community?
 - a. Why do you think that is the case?
 - b. What other factors have contributed to that?
 - c. What resources are available in your community to address these issues? What is the most beneficial health resource or service in this community?
 - d. What are the barriers to accessing these resources or improving health and quality of life in Camden/Miller/Morgan County?
 - e. What actions, programs, or strategies do you think would make the biggest difference in your community? What solutions would help solve the problems and reduce/remove the barriers listed? What needs to be done to address these issues?
3. Are there people or groups of people whose health or quality of life may not be as good as others?
 - a. Who are these people or groups?
 - b. Why do you think their health/quality of life isn't as good as others?
4. In your opinion, what can the hospital do to improve health and quality of life in Camden/Miller/Morgan County?
5. What is your vision for a healthy community? What changes, in particular, would you like to see over the next couple of years?
6. Is there anything you would like to add? Are there other recommendations that you have or suggestions you would like to make?

APPENDIX C

Community Survey Tool

This survey is being conducted by Lake Regional Health System to assess health needs in our community. Responses will remain confidential. To receive a \$5 Amazon gift card for completing the survey, please provide your email address at the end.

1. What is your ZIP code? _____

2. Gender?

- a. Male
- b. Female

3. What is your race?

- a. White (Caucasian)
- b. Black or African American
- c. Asian
- d. Native American or Alaska Native
- e. Native Hawaiian or Pacific Islander
- f. Multiple Races
- g. Other, please specify: _____

4. Do you identify as Hispanic or Latino?

- a. Yes
- b. No

5. What are the ages of the people who live in your household?

You					18-24	25-44	45-54	55-64	65+
Person 2	0-35 months	3-5	6-12	13-17	18-24	25-44	45-54	55-64	65+
Person 3	0-35 months	3-5	6-12	13-17	18-24	25-44	45-54	55-64	65+
Person 4	0-35 months	3-5	6-12	13-17	18-24	25-44	45-54	55-64	65+
Person 5	0-35 months	3-5	6-12	13-17	18-24	25-44	45-54	55-64	65+
Person 6	0-35 months	3-5	6-12	13-17	18-24	25-44	45-54	55-64	65+

6. About how long have you lived in the area?

- a. Less than a year
- b. 1-2 years
- c. 3-5 years
- d. 6-10 years
- e. 11-20 years
- f. More than 20 years

HEALTH BEHAVIORS

7. How often do you wear a seat belt when you drive or ride in a car?

- a. Always
- b. Nearly always
- c. Sometimes

- d. Seldom
- e. Never

8. During the past 12 months, have you received a flu shot?

- a. Yes
- b. No

9. Have you ever been told by a doctor you had high blood pressure?

- a. Yes
- b. No

9a. If yes, is any medication currently prescribed for your high blood pressure?

- a. Yes
- b. No

10. Have you ever been told by a doctor you should lose weight for health reasons?

- a. Yes
- b. No

11. During the past month, have you participated in any physical activities or exercise, such as running, walking, golf, etc.?

- a. Yes
- b. No

11a. If yes, how many times a week do you take part in this activity?

- a. 1-2 days
- b. 3-4 days
- c. 5-7 days

11b. How many minutes or hours do you usually keep at this activity?

- a. 0 to 15 minutes
- b. 15 to 30 minutes
- c. 30 minutes to 1 hour
- d. 1 to 2 hours
- e. Over 2 hours

12. Are you currently trying to lose weight?

- a. Yes
- b. No

12a. If yes, how are you trying to lose weight?

- a. Eating fewer calories
- b. Increasing physical activity
- c. Both
- d. Other, please specify: _____

13. Have you smoked at least 100 cigarettes in your life?

- a. Yes
- b. No

13a. If yes, how old were you when you first started smoking regularly? _____

14. Do you smoke now?

- a. Yes
- b. No

14a. If yes, how many cigarettes do you smoke on an average day? _____

15. Have you ever been told by a doctor that you have any of the following conditions?

(circle all that apply)

- a. Adult asthma
- b. Angina or coronary artery disease
- c. Bacterial pneumonia
- d. Cancer – If yes, what type: _____
- e. CHF (congestive heart failure)
- f. COPD (chronic obstructive pulmonary disease)
- g. Diabetes or high blood sugar
- h. Heart attack
- i. High cholesterol
- j. Hypertension (high blood pressure)
- k. Overweight or obesity
- l. Stroke
- m. A doctor has never told me I have any of the above conditions

16. Has a child in your household (age 17 or younger) been told by a doctor that they have any of the following conditions? (circle all that apply)

- a. Asthma
- b. Diabetes
- c. Overweight or obesity
- d. No child in my household has been told by a doctor that they suffer from asthma, diabetes, or obesity

16a. If a child in your household has asthma, how many times during the past 12 months did you visit an emergency room because of the asthma? _____

17. Has a child in your household (age 17 or younger) used the following? (circle all that apply)

- a. Alcohol
- b. Drugs
- c. Tobacco
- d. No child in my household has used alcohol, drugs, or tobacco

18. Has a child in your household (age 17 or younger) become pregnant?

- a. Yes
- b. No

MEDICAL CARE

19. Including yourself, how many members of your household are disabled?

- a. 0
- b. 1
- c. 2

d. 3 or more

20. Including yourself, how many adults (age 18 or older) in your household are in poor or fair health (less than good)?

- a. 0
- b. 1
- c. 2
- d. 3 or more

21. Is any child (age 17 or younger) in your household in poor or fair health (less than good)?

- a. Yes, 1
- b. Yes, 2 or more
- c. No

22. Are you or any household member a PRIMARY caregiver for an aged, disabled, or chronically ill person (including a parent, spouse, or other relative)?

- a. Yes
- b. No

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

- a. Within the past year
- b. Within the past two years
- c. Within the past five years
- d. 5 or more years ago

24. If your last visit was more than two years ago, what is the reason?

- a. I do not have a medical condition that requires any care and I receive health screenings from another provider service
- b. I do not routinely receive any health screenings
- c. I could not schedule due to work or personal conflicts with normal business hours
- d. I could not afford the payments due, regardless of insurance status
- e. I could not arrange transportation

25. When you or a household member have a health care need:

25a. Do you have a doctor you can go to?

- a. Yes
- b. No

25b. Do you have a dentist you can go to?

- a. Yes
- b. No

25c. Do you have a mental health or substance abuse counselor you can go to?

- a. Yes
- b. No

26. How many times during the past 12 months have you or any household member used a hospital emergency room? (circle only one)

- a. None
- b. 1-2 times
- c. 3-5 times
- d. 6 or more times

27. If you or a household member used a hospital emergency room in the past 12 months, was it due to:

- a. An injury that required immediate attention
- b. An injury that did not require immediate attention but the ER was the most convenient/only service available
- c. An ongoing illness

28. Have you or anyone in your household had any difficulty finding a doctor within the past two years?

- a. Yes
- b. No

28a. If yes, why would you say you had trouble finding a doctor?

- a. Couldn't get a convenient appointment
- b. Didn't know how to get in contact with one
- c. Doctor was not taking new patients
- d. No transportation
- e. Would not accept your insurance
- f. Other, please specify: _____

29. Have you or anyone in your household had any difficulty finding a specialist in your area within the past 2 years?

- a. Yes
- b. No

29a. If yes, what kind of specialist did you look for?

- a. Family practice
- b. Gynecologist
- c. Cancer specialist
- d. Heart specialist
- e. Orthopedic specialist
- f. Pediatrician
- g. Pulmonologist
- h. Neurologist
- i. Mental Health specialist
- j. Dental specialist
- k. Other, please specify: _____

29b. Why would you say you had trouble finding a specialist when you needed one?

- a. No appointments available

- b. No specialist available in this area
- c. Couldn't get transportation
- d. Didn't know how to find one
- e. Other, please specify: _____

30. When is the last time you had your blood cholesterol level checked?

- a. Within the past year
- b. Within the past two years
- c. Within the past five years
- d. Over five years ago
- e. Never

31. Have you ever been told by a doctor or other health care professional that your blood cholesterol level is too high?

- a. Yes
- b. No

32. When were you last checked for diabetes?

- a. Within the past year
- b. Within the past two years
- c. Within the past five years
- d. Over five years ago
- e. Never

33. Have you ever been told by a doctor or health care professional you have high blood sugar?

- a. Yes
- b. No

34. When were you most recently screened for colon cancer?

- a. Within the past year
- b. Within the past 2 years
- c. Within the past 5 years
- d. 6 years or more
- e. Never

35. When was your last mammogram?

- a. Within the past year
- b. Within the past 2 years
- c. Within the past 5 years
- d. 6 years or more
- e. Never
- f. N/A, I'm a man

36. When was your last clinical breast exam?

- a. Within the past year
- b. Within the past 2 years

- c. Within the past 5 years
- d. 6 years or more
- e. Never
- f. N/A, I'm a man

37. When was your last PAP smear?

- a. Within the past year
- b. Within the past 2 years
- c. Within the past 5 years
- d. 6 years or more
- e. Never
- f. N/A, I'm a man

38. What would you say are the most pressing health problems in your community?

(circle all that apply – continues onto the next page)

- a. Ability to pay for care
- b. Alcohol – dependency or abuse
- c. Alcohol – underage drinking
- d. Drug abuse – prescription medications
- e. Drug abuse – illegal substances
- f. Cancer
- g. Child abuse
- h. Domestic violence
- i. Health care too expensive
- j. Lack of health insurance
- k. Lack of transportation to care
- l. Lack of dental care
- m. Lack of prenatal care
- n. Mental health
- o. Obesity
- p. Prescription medication too expensive
- q. Teen pregnancy
- r. Tobacco use/smoking
- s. Travel times to services are too long
- t. Other, please specify: _____

39. What medical services are most needed in your community? (circle all that apply)

- a. Adult primary care services
- b. Alcohol and drug abuse treatment
- c. Cancer treatment
- d. Counseling/mental health services
- e. Diabetes care
- f. Emergency/trauma care
- g. Heart care services

- h. Orthopedic care (bone and joint)
- i. Pediatric services
- j. Women’s services (obstetrics/gynecological services)
- k. Other, please specify: _____

40. What kinds of health education services are most needed in your community?

- a. Alcohol abuse
- b. Alzheimer’s disease
- c. Asthma
- d. Cancer screening
- e. Child abuse/family violence
- f. Diabetes
- g. Diet and/or exercise
- h. Drug abuse
- i. HIV/AIDS
- j. Sexually transmitted diseases
- k. Smoking cessation and/or prevention
- l. Stress management
- m. Other, please specify: _____

41. What health or community services should Lake Regional Health System provide that currently are not available?

42. What ideas or suggestions do you have for improving the overall health of the Lake area community?

SOCIAL AND ECONOMIC FACTORS

43. What is your highest level of education?

- a. Left high school without a diploma
- b. High school diploma
- c. GED
- d. Currently attending or have attended some college
- e. 2-year college degree
- f. 4-year college degree
- g. Graduate-level degree

44. Including yourself, how many adults in your household are retired?

None 1 2 3 4 or more

45. Including yourself, how many adults (age 18 or older) in your household are employed full time, year-round?

None 1 2 3 4 or more

46. How many household members are currently covered by health insurance (including coverage by Medicaid, Medicare, or private insurance)?

Number of **adults** (18 and older) covered by health insurance: _____

Number of **children** (17 and younger) covered by health insurance: _____

Number of household members **not covered** by insurance: _____

47. If you or members of your household have health insurance coverage, how is it obtained? (circle all that apply)

- a. Medicare A
- b. Medicare B
- c. Medicaid
- d. Through retirement insurance plan
- e. Through an employer's health insurance plan
- f. Veterans' Administration
- g. Privately purchased

47a. Do any of these insurance policies provide dental coverage?

- a. Yes
- b. No

47b. Do any of these insurances pay for prescription drugs?

- a. yes, with co-payment
- b. yes, with no co-payment
- c. no

47c. Are medical, dental or prescription co-pays a large enough problem or expense that you postpone or go without services or prescriptions?

- a. Yes
- b. No

48. Do you have trouble finding transportation to health care services?

- a. Yes
- b. No

48a. How many miles do you travel, one way (circle option one on each line):

To see a doctor?	1-5	6-10	11-20	21-30	30-60	> 1 hour	N/A
To a hospital?	1-5	6-10	11-20	21-30	30-60	> 1 hour	N/A
To school or job training?	1-5	6-10	11-20	21-30	30-60	> 1 hour	N/A
To get child care?	1-5	6-10	11-20	21-30	30-60	> 1 hour	N/A
To your workplace?	1-5	6-10	11-20	21-30	30-60	> 1 hour	N/A

49. Counting all income sources from everyone in your household, what was the combined household income last year? (circle only one)

- a. Less than \$20,000
- b. \$20,000 - \$29,999
- c. \$30,000 - \$39,999
- d. \$40,000 - \$49,999
- e. \$50,000 - \$59,999
- f. \$60,000 - \$69,999
- g. \$70,000 - \$79,999
- h. \$80,000 - \$89,999
- i. \$90,000 - \$99,999
- j. \$100,000 - \$199,999
- k. \$200,000 or more

PHYSICAL ENVIRONMENT

50. How would you describe your housing situation? (circle only one)

- a. Own house or condo
- b. Rent a house, apartment, or room
- c. Living in a group home
- d. Living temporarily with a friend or relative
- e. Multiple families sharing an apartment or house
- f. Living in a shelter
- g. Living in a motel
- h. Living in senior housing or assisted living
- i. Other, please specify: _____

51. Household issues: *Some of the following may have been a problem for you or someone in your household. If it has been a problem in your household during the **past 12 months**, please tell us how much of a problem it has been. (circle option one on each line)*

- | | | | |
|---|------------------|------------------|---------------|
| Adult substance abuse (alcohol or legal medications) | | | |
| a. Not a problem | b. Minor Problem | c. Major Problem | d. Don't know |
| Adult substance abuse (illegal drugs) | | | |
| a. Not a problem | b. Minor Problem | c. Major Problem | d. Don't know |
| Underage drinking | | | |
| a. Not a problem | b. Minor Problem | c. Major Problem | d. Don't know |
| Caring for an adult with disabilities | | | |
| a. Not a problem | b. Minor Problem | c. Major Problem | d. Don't know |
| Caring for a child with disabilities | | | |
| a. Not a problem | b. Minor Problem | c. Major Problem | d. Don't know |
| Child abuse | | | |
| a. Not a problem | b. Minor Problem | c. Major Problem | d. Don't know |
| Physical violence against adults | | | |
| a. Not a problem | b. Minor Problem | c. Major Problem | d. Don't know |

Depression

- a. Not a problem b. Minor Problem c. Major Problem d. Don't know

Not having enough money for food

- a. Not a problem b. Minor Problem c. Major Problem d. Don't know

Not able to afford nutritious food (fresh vegetables and fruits)

- a. Not a problem b. Minor Problem c. Major Problem d. Don't know

Not able to afford transportation

- a. Not a problem b. Minor Problem c. Major Problem d. Don't know

Not having enough money to pay for housing

- a. Not a problem b. Minor Problem c. Major Problem d. Don't know

Not having enough money to pay the doctor, dentist, or pharmacy

- a. Not a problem b. Minor Problem c. Major Problem d. Don't know

Not having enough money to pay for mental health counselor

- a. Not a problem b. Minor Problem c. Major Problem d. Don't know

Use of tobacco products

- a. Not a problem b. Minor Problem c. Major Problem d. Don't know

Not being able to find or afford after-school child care

- a. Not a problem b. Minor Problem c. Major Problem d. Don't know

Sexual abuse

- a. Not a problem b. Minor Problem c. Major Problem d. Don't know

Teen pregnancy

- a. Not a problem b. Minor Problem c. Major Problem d. Don't know

Other issues, please specify: _____

Thank you for completing this survey. To receive a \$5 Amazon gift card, please provide your email address: _____. To provide feedback to Lake Regional on an ongoing basis, join the Community Pulse Panel online at www.pulsepanel.org/lakeregional.

APPENDIX D

Prioritization Tool

Please enter a ranking 1 through 4 for each health concern by category. 1 = Low Impact; 4 = High Impact

<u>Heath Concern</u>	A) Ability to Measure Outcomes Based on Data (.5)	B) Number of People Affected (1.0)	C) Consequences of Not Addressing Problem (1.0)	D) Prevalence of Common Themes (.5)	Total Score	Weighted Score
Access to health care providers	4	4	4	4	16	5.3
Access to specialists, including psychiatric care	4	4	4	4	16	5.3
Access to dentists	2	2	2	2	8	1.5
Access to nutritious foods	2	3.5	4	4	13.5	4.5
Ability to pay for health care	1	4	4	4	13	4.3
Caring for a person with disabilities (adult or child)	2	2	2	2	8	1.5
Transportation	1	3	3	4	11	3.7
Adult substance abuse (alcohol, legal or illegal meds)	2	4	4	4	14	4.7
Underage drinking	2	4	1	1	8	2.7
Smoking/tobacco use	2	4	4	4	14	4.7
Physical inactivity and overweight/obesity	2	4	4	4	14	4.7
Cancer	4	4	4	1	13	4.3
Diabetes and high blood sugar	4	3	4	3	14	4.7
Respiratory health	4	4	4	1	13	4.3
Mental health and depression	3	4	2.5	4	13.5	4.5
Cardiovascular health	4	4	4	2	14	4.7
High cholesterol	4	4	2	2	12	4.0
Child Abuse and Neglect	3	2	3	1	9	3.0
Domestic Violence (physical violence against adults)	3	2	3	1	9	3.0
Teen Pregnancy	2	1	2	1	6	2.0
Sexually Transmitted Diseases	2	1	1	1	5	1.7
Motor Vehicle Crashes	3	2	4	1	10	3.3

Scoring Guide

A. Ability to measure outcomes based on data

4 = LRHS currently collects data and has established goals.

3 = LRHS currently collects data.

2 = Data is available from a secondary source.

1 = No data is available.

B. Number of people affected

4 = > 20%

3 = > 10%

2 = > 5%

1 = \leq 5%

C. Consequences of not addressing the problem

4 = high morbidity; high economic cost

3 = high morbidity; low economic cost

2 = low morbidity; high economic cost

1 = low morbidity; low economic cost

D. Prevalence of common themes

4 = consistent feedback from 4 or more stakeholder groups

3 = consistent feedback from 3 stakeholder groups

2 = consistent feedback from 2 stakeholder groups

1 = feedback from 1 stakeholder group

APPENDIX E

Sources

American Community Survey 5-Year Estimates. (2009-2013). Retrieved June 2014 from U.S. Census Bureau, American Community Survey. <http://www.census.gov/programs-surveys/acs/>

American Community Survey Profile Report. (2011-2013). Retrieved June 2015 from Missouri Census Data Center. <http://census.missouri.edu/acs/profiles/report.php>

Behavioral Risk Factor Surveillance System Survey Data. (2011-2012). Retrieved from Centers for Disease Control and Prevention. Accessed June 2015 via Community Commons.

Boating Numbers (2014). Retrieved June 2015 via mail from Lieutenant Keverne L. McCollum, Missouri State Highway Patrol.

Child Abuse and Neglect Annual Report. (2014). Retrieved June 2015 from Missouri Department of Social Services, Children's Division. <http://dss.mo.gov/re/pdf/can/2014-missouri-child-abuse-neglect-annual-report.pdf>

Counties of the LOCLG Region. (2014). Retrieved June 2015 from Lake of the Ozarks Council of Local Governments. <http://www.loclg.org/camdencounty.htm>

County Business Patterns. (2013). Retrieved June 2015 from U.S. Census Bureau. <http://censtats.census.gov/cgi-bin/cbpnaic/cbpsect.pl>

County Snapshot. (2015). Retrieved June 2015 from County Health Rankings and Roadmaps. <http://www.countyhealthrankings.org/app/missouri/2015/compare/snapshot?counties=131%2B141%2B029>

Crime in Missouri. (2013). Retrieved June 2015 from Missouri State Highway Patrol, Statistical Analysis Center. http://www.mshp.dps.missouri.gov/mshpweb/sac/publication_crime_960grid.html

Dartmouth Atlas of Health Care. (2012). Retrieved June 2015 from Dartmouth College Institute for Health Policy and Clinical Practice. <http://www.dartmouthatlas.org/>

District and Building Graduation and Dropout Indicators. (2014). Retrieved June 2015 from Missouri Department of Elementary and Secondary Education. <http://mcds.dese.mo.gov/guidedinquiry/pages/district-and-school-information.aspx>

Diabetes (Medicare Population). (2012). Retrieved from Centers for Medicare and Medicaid Services. Accessed June 2015 via Community Commons Health Indicators Report. <http://www.cms.gov/>

Division of Nutrition, Physical Activity, and Obesity Data. (2012). Retrieved from Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. Accessed June 2015 via Community Commons Health Indicators Report. <http://www.cdc.gov/nccdphp/dnpao/index.html>

Food Insecurity Rate. (2012). Retrieved from Feeding America. Accessed June 2015 via Community Commons Health Indicators Report.

Health Indicators Warehouse Data. (2013). Retrieved from U.S. Department of Health and Human Services. Accessed June 2015 via Community Commons Health Indicators Report.

Kids Harbor Statistics. (2014). Retrieved June 2015 from Executive Director Cara Gerdiman, Kids Harbor Child Advocacy Center. <http://www.kidsharbormo.org/services.asp>

Lake of the Ozarks Major Employers. (2014). Retrieved June 2015 from Lake of the Ozarks Regional Economic Development Council. <http://loredc.com/employers.asp>

Leading Causes of Death Profile for Missouri Residents. (2003-2013). Retrieved June 2015 from Missouri Department of Health and Senior Services. <http://health.mo.gov/data/CommunityDataProfiles/>

Local Area Unemployment Statistics. (March 2015). Retrieved June 2015 from United States Department of Labor, Bureau of Labor Statistics. <http://data.bls.gov/map/MapToolServlet>

Missouri Indicators by County. (2013). Retrieved June 2015 from Kids Count Data Center. <http://datacenter.kidscount.org/data#MO/2/0>

Missouri Population Projections by County, Age, and Sex. (2000-2030). Retrieved June 2015 from Missouri Office of Administration. <http://oa.mo.gov/budget-planning/demographic-information/population-projections/2000-2030-projections>

Missouri Student Survey County Reports. (2014). Retrieved June 2015 from Missouri Department of Mental Health, Missouri Behavioral Health Epidemiology Workgroup. <http://dmh.mo.gov/ada/mobhew/msscounyreportindex.html>

National Assessment of Adult Literacy. (2003). Retrieved June 2015 from National Center for Education Statistics. <http://nces.ed.gov/naal/estimates/StateEstimates.aspx>

National Center for Hepatitis, HIV, STD, and TB Prevention. (2010-2012). Retrieved June 2015 from Centers for Disease Control, U.S. Department of Health and Human Services. <http://www.cdc.gov/nchhstp/>

National Vital Statistics System Data. (2006-2012). Retrieved from Centers for Disease Control and Prevention. Accessed June 2015 via Community Commons Health Indicators Report.

Small Area Health Insurance Estimates. (2012). Retrieved June 2015 from U.S. Census Bureau. <http://www.census.gov/did/www/sahie/>

Small Area Income and Poverty Estimates. (2007-2013). Retrieved June 2015 from U.S. Census Bureau. http://www.census.gov/did/www/saibe/data/interactive/saibe.html?s_appName=saipe&map_yearSelector=2013&map_geoSelector=aa_c

SNAP Retailer Locator. (2014). Retrieved June 2015 from U.S. Department of Agriculture, Food and Nutrition Service. <http://www.fns.usda.gov/snap/retailerlocator>

Status Report on Missouri's Substance Abuse and Mental Health Problems. (2014). Retrieved October 2015 from Missouri Department of Mental Health, Indicators, Services, and Surveys by Geographic Area. <http://dmh.mo.gov/ada/rpts/2014statusreport.html>

State and County QuickFacts. (2010-2014). Retrieved June 2015 from U.S. Census Bureau. <http://quickfacts.census.gov/qfd/states/29000.html>

Traffic Safety Compendium. (2011). Retrieved June 2015 from Missouri State Highway Patrol, Statistical Analysis Center. http://www.mshp.dps.missouri.gov/MSHPWeb/SAC/publication_traffic_960grid.html

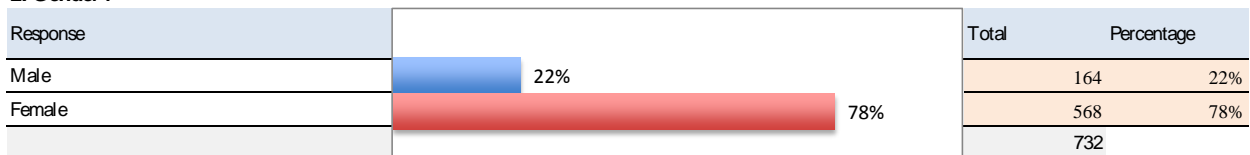
Uniform Crime Reporting – State Data. (2010-2012). Retrieved June 2015 from Federal Bureau of Investigation. <https://www.fbi.gov/about-us/cjis/ucr/ucr>

1. What is your ZIP code?

Grand Total = 732

ZIP	Total	ZIP	Total
65011	6	65079	51
65017	10	65082	10
65020	176	65084	25
65026	42	65324	4
65037	30	65326	4
65038	5	65355	1
65047	9	65486	10
65049	84	65556	34
65052	47	65567	3
65065	121	65591	13
65072	6	65786	17
65078	12	65787	12

2. Gender ?



3. What is your race?



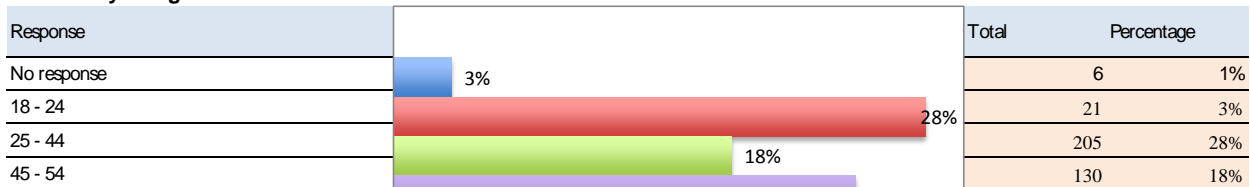
What is your race? (Other, please specify...)



The response(s) to this question can be found in the appendix.

4. Do you identify as Hispanic or Latino?



5. What is your age?



55 - 64		24%	178	24%
65+		26%	192	26%
			732	

What are the ages of the people who live in your household?

	0-35 months	3-5 years	6-12 years	13-17 years	18-24 years
Person 2	17	6	10	18	16
Person 3	16	5	36	14	11
Person 4	8	5	41	9	5
Person 5	4	3	23	4	0
Person 6	3	1	8	3	0
	48	20	118	48	32

	25-44 years	45-54 years	55-64	65+	Total
Person 2	147	110	115	182	621
Person 3	112	54	30	14	292
Person 4	90	31	12	4	205
Person 5	49	11	4	1	99
Person 6	25	6	1	0	47
	423	212	162	201	1,264

6. About how long have you lived in the area?

Response	Total	Percentage
Less than a year	21	3%
1-2 years	38	5%
3-5 years	54	7%
6-10 years	117	16%
11-20 years	216	30%
More than 20 years	279	38%
	725	

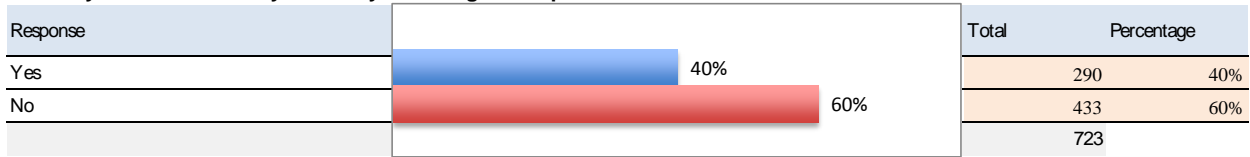
7. How often do you wear a seat belt when you drive or ride in a car?

Response	Total	Percentage
Always	613	84%
Nearly always	76	10%
Sometimes	24	3%
Seldom	6	1%
Never	7	1%
	726	

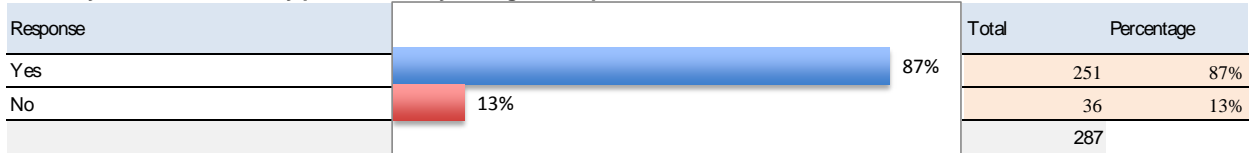
8. During the past 12 months, have you received a flu shot?

Response	Total	Percentage
Yes	592	82%
No	133	18%
	725	

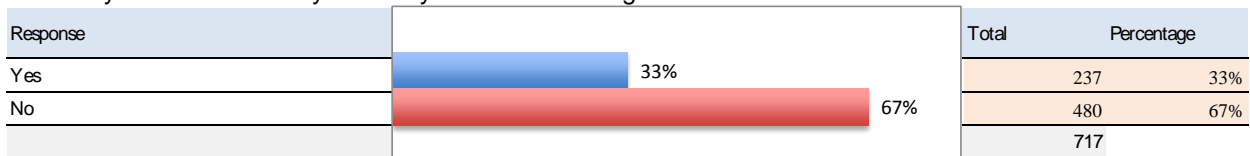
9. Have you ever been told by a doctor you had high blood pressure?



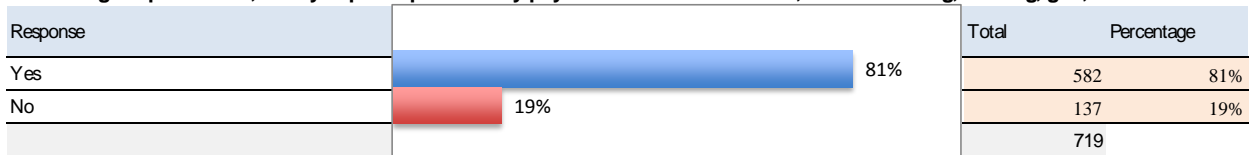
9a. Is any medication currently prescribed for your high blood pressure?



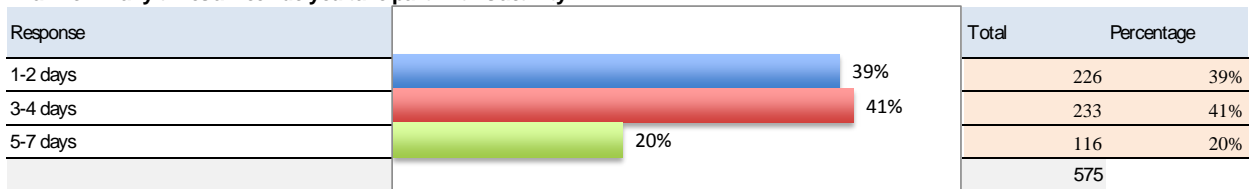
10. Have you ever been told by a doctor you should lose weight for health reasons?



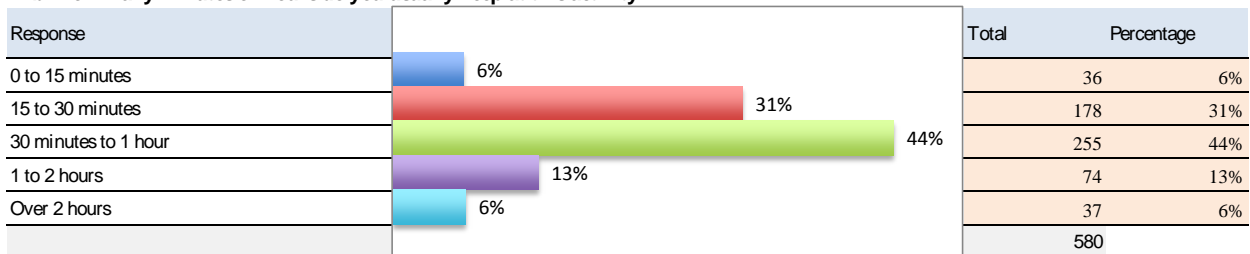
11. During the past month, have you participated in any physical activities or exercise, such as running, walking, golf, etc.?



11a. How many times a week do you take part in this activity?



11b. How many minutes or hours do you usually keep at this activity?



12. Are you currently trying to lose weight?

Response	Total	Percentage
Yes	426	59%
No	299	41%
	725	

12a. How are you trying to lose weight?

Response	Total	Percentage
Eating fewer calories	65	16%
Increasing physical activity	31	8%
Both	302	74%
Other, please specify...	10	2%
	408	

How are you trying to lose weight? (Other, please specify...)

Weight Watchers (2); TruFit (1); Hula Hooping (1); low-carb (2); diet pills (1); low sugar (1); 21 day fix (1); reducing bread intake (1)

13. Have you smoked at least 100 cigarettes in your life?

Response	Total	Percentage
Yes	309	45%
No	385	55%
	694	

13a. How old were you when you first started smoking regularly?

Response	Total	Percentage
age 12 and younger	14	4.6%
age 13	16	5.3%
age 14	17	5.6%
age 15	37	12.3%
age 16	58	19.3%
age 17	27	9.0%
age 18	52	17.3%
age 19	20	6.6%
age 20	12	4.0%
age 21	10	3.3%
age 22-29	29	9.6%
age 30 - 39	6	2.0%
age 40 and older	3	1.0%
	301	

14. Do you smoke now?

Response	Total	Percentage
Yes	107	15%
No	608	85%
	715	

14a. How many cigarettes do you smoke on an average day?

Response	Total	Percentage
4 or fewer	13	12.5%
5 to 6	10	9.6%
7 to 8	5	4.8%
9 to 10	20	19.2%
11 to 12	6	5.8%
13 to 14	0	0.0%
15 to 16	12	11.5%
17 to 18	2	1.9%
20 (full pack)	24	23.1%
21 - 29	4	3.8%
30	5	4.8%
40	2	1.9%
50	1	1.0%

104

15. Have you ever been told by a doctor that you have any of the following conditions? (check all that apply)

Response	Total	Percentage
Adult asthma	56	5%
Angina or coronary artery disease	32	3%
Bacterial pneumonia	16	1%
Cancer (please indicate type):	72	6%
CHF (Congestive heart failure)	14	1%
COPD (chronic obstructive pulmonary disease)	16	1%
Diabetes or high blood sugar	81	7%
Heart attack	30	3%
High cholesterol	205	18%
Hypertension (high blood pressure)	207	18%
Overweight or obesity	182	16%
Stroke	6	1%
A doctor has never told me I have any of the above conditions	211	19%
	1,128	

Have you ever been told by a doctor that you have any of the following conditions? (Cancer (please indicate type): *Note: some respondents indicated more than one type of cancer.*

Response	Total
basal cell	6
bladder	1
bone marrow	1
breast	24
carinoid tumor	1
cervical	3
chronic lymphocytic leukemia	1
colon	2
Hodgkin's	2
kidney	1
larynx	1
leukemia	1

lung	3
lymphoma	2
melanoma	6
myelofibrosis	1
ocular melanoma	1
ovarian	1
prostate	3
skin	13
symanoma	1
thyroid	2
uterine	1
78	

16. Has a child in your household (age 17 or younger) been told by a doctor that they have any of the following conditions? (check all that apply)

Response	Total	Percentage
Asthma	53	8%
Diabetes	4	1%
Overweight or obesity	18	3%
No child in my household has been told by a doctor that they suffer from asthma, diabetes, or obesity	557	88%
632		

16a. How many times during the past 12 months did you visit an emergency room because of the asthma of the child in your household?

Response	Total	Percentage
0	39	83.0%
1	4	8.5%
2	2	4.3%
3	2	4.3%
47		

17. Has a child in your household (age 17 or younger) used the following? (check all that apply)

Response	Total	Percentage
Alcohol	29	4%
Drugs	13	2%
Tobacco	22	3%
No child in my household has used alcohol, drugs, or tobacco	584	90%
648		

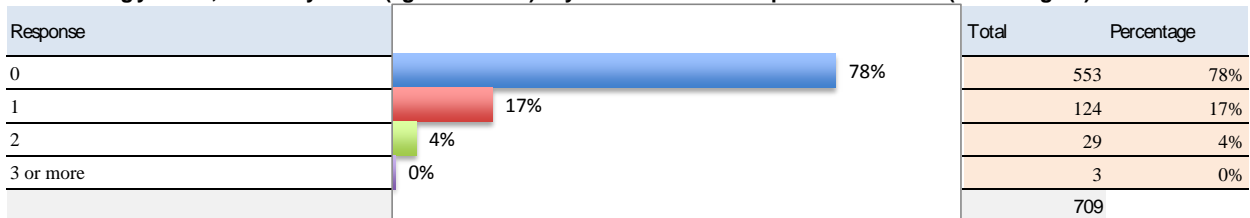
18. Has a child in your household (age 17 or younger) become pregnant?

Response	Total	Percentage
Yes	6	1%
No	621	99%
627		

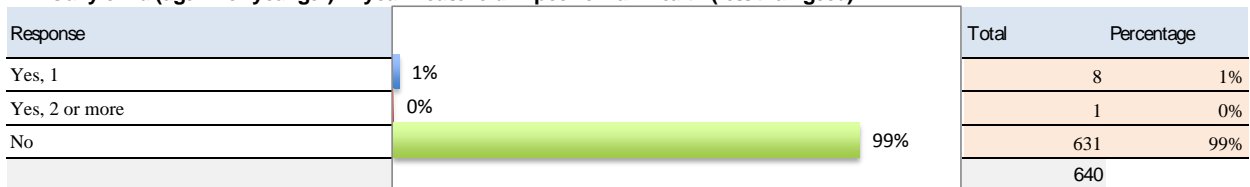
19. Including yourself, how many members of your household are disabled?



20. Including yourself, how many adults (age 18 or older) in your household are in poor or fair health (less than good)?



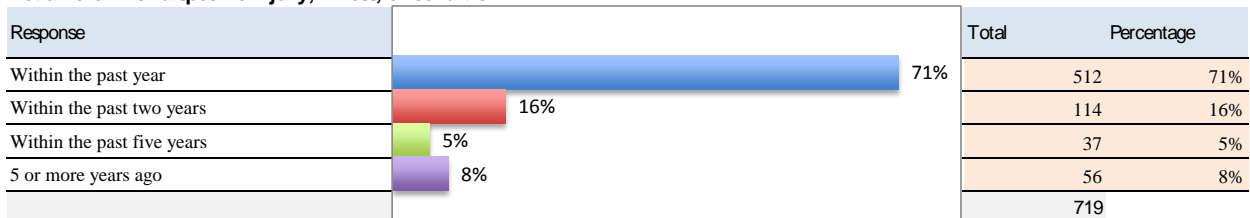
21. Is any child (age 17 or younger) in your household in poor or fair health (less than good)?



22. Are you or any household member a PRIMARY caregiver for an aged, disabled, or chronically ill person? (including a parent, spouse, or other relative)



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



24. If your last visit was more than two years ago, what is the reason?

Response	Total	Percentage
I do not have a medical condition that requires any care and I receive health screenings from another provider service	26	25%
I do not routinely receive any health screenings	33	31%
I could not schedule due to work or personal conflicts with normal business hours	13	12%
I could not afford the payments due, regardless of insurance status	33	31%
I could not arrange transportation	0	0%
	105	

25. When you or a household member have a health care need:

	Total Yes	Total No	TOTAL	Percentage No
Do you have a doctor you can go to?	685	34	719	5%
Do you have a dentist you can go to?	622	93	715	13%
Do you have a mental health or substance abuse counselor you can go to?	152	535	687	78%

26. How many times during the past 12 months have you or any household member used a hospital emergency room? (select only one)

Response	Total	Percentage
None	419	58%
1-2 times	268	37%
3-5 times	28	4%
6 or more times	4	1%
	719	

27. If you or a household member used a hospital emergency room in the past 12 months, was it due to:

Response	Total	Percentage
An injury that required immediate attention	166	59%
An injury that did not require immediate attention but the ER was the most convenient/only service available	35	12%
An ongoing illness	81	29%
	282	

28. Have you or anyone in your household had any difficulty finding a doctor within the past two years?

Response	Total	Percentage
Yes	69	10%
No	649	90%
	718	

28a. Why would you say you had trouble finding a doctor ?

Response	Total	Percentage
Couldn't get a convenient appointment	17	20%
Didn't know how to get in contact with one	6	7%
Doctor was not taking new patients	19	23%
No transportation	1	1%
Would not accept your insurance	7	8%
Other, please specify...	34	40%
	84	

Why would you say you had trouble finding a doctor? (Other, please specify...)

The response(s) to this question can be found in the appendix.

29. Have you or anyone in your household had any difficulty finding a specialist in your area within the past 2 years?

Response	Total	Percentage
Yes	113	16%
No	439	61%
Did not look for a specialist within the past 2 years	164	23%
	716	

29a. If yes, what kind of specialist did you look for?

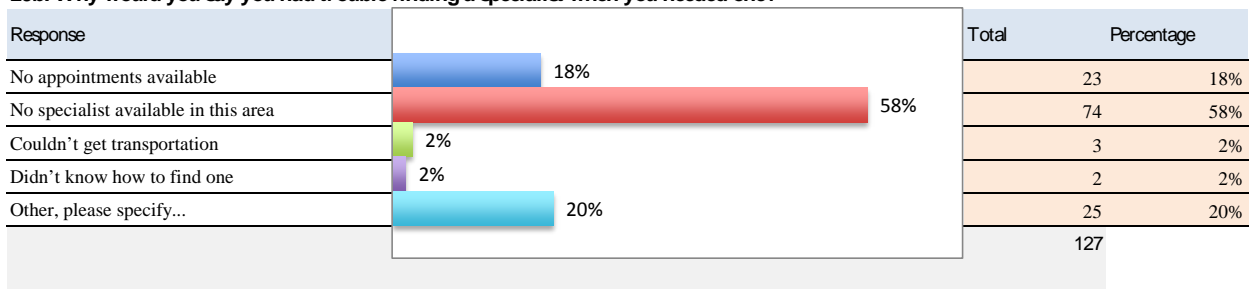
Response	Total	Percentage
Family practice	5	3%
Gynecologist	21	12%
Cancer specialist	3	2%
Heart specialist	10	6%
Orthopedic specialist	16	9%
Pediatrician	7	4%
Pulmonologist	7	4%
Neurologist	13	8%
Mental Health specialist	16	9%
Dental specialist	17	10%
Other, please specify...	55	32%
	170	

If yes, what kind of specialist did you look for? (Other, please specify...)

Response	Total
allergist	1
bariatrics	1
cardiologist	1
dermatologist	5
ENT	2
endocrinologist	4
gastroenterologist	5
immunologist	1
internal medicine	1
neurosurgeon	3
orthopedic surgeon	1
otoneurologist	1
ophthalmologist	1
pain management	1
pediatric cardiologist	3
pediatric gastroenterologist	2
pediatric immunologist	1
pediatric behavioral health specialist	2
pediatric neurologist	1
pediatric pulmonologist	1
pelvic specialist	1
podiatrist	1
psychiatrist	2
rheumatologist	3
spine surgeon	2
surgeon	1
urologist	7

55

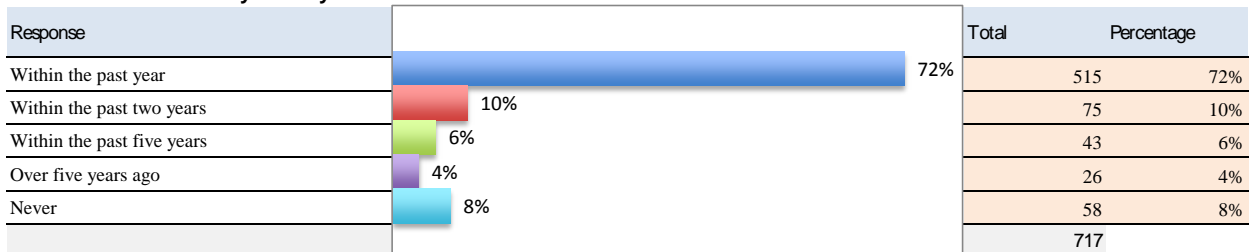
29b. Why would you say you had trouble finding a specialist when you needed one?



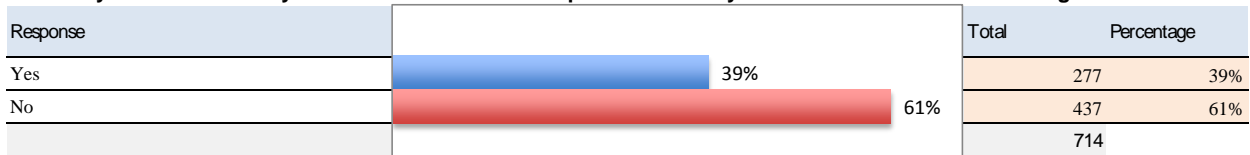
Why would you say you had trouble finding a specialist when you needed one? (Other, please specify...)

Response	Total
do not have insurance	3
not covered by insurance	6
cannot afford	3
didn't know where to go	1
did not like/reputation of local specialists	5
difficulty finding affordable dental care	1
lack of OB/GYNs	2
lack of pediatric specialists	1
wait time too long	1
referred to physician in Columbia	1
	24

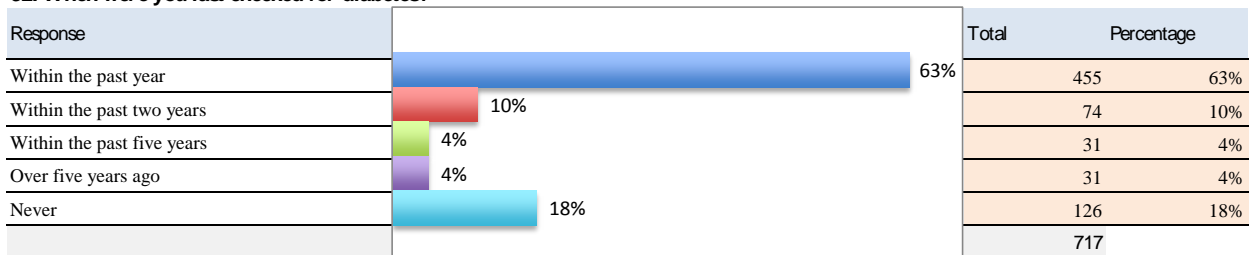
30. When is the last time you had your blood cholesterol level checked?



31. Have you ever been told by a doctor or other health care professional that your blood cholesterol level is too high?



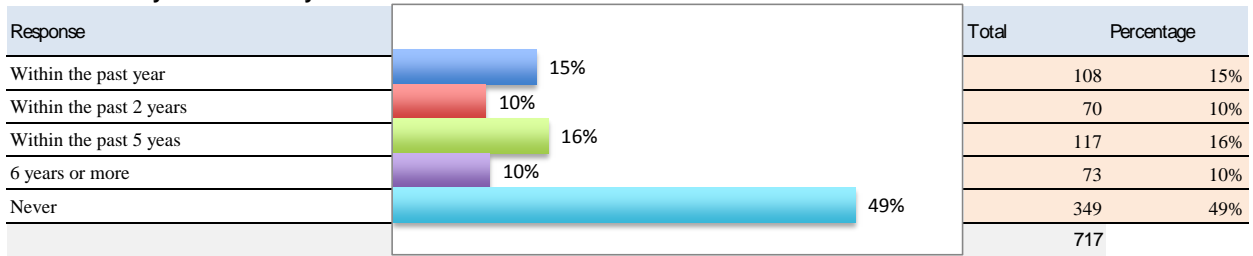
32. When were you last checked for diabetes?



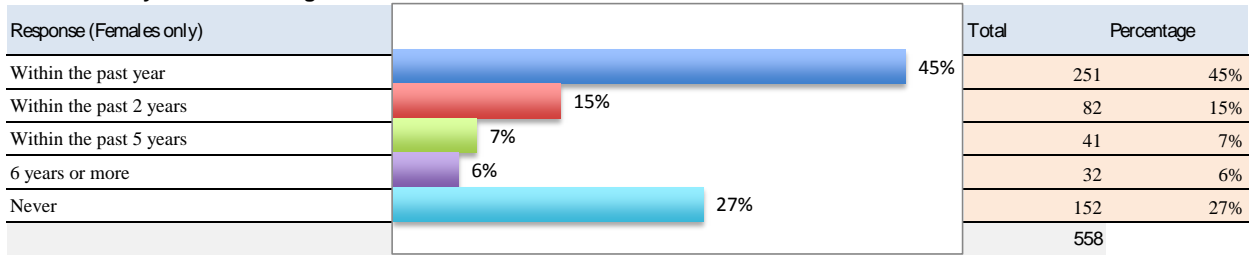
33. Have you ever been told by a doctor or health care professional you have high blood sugar?



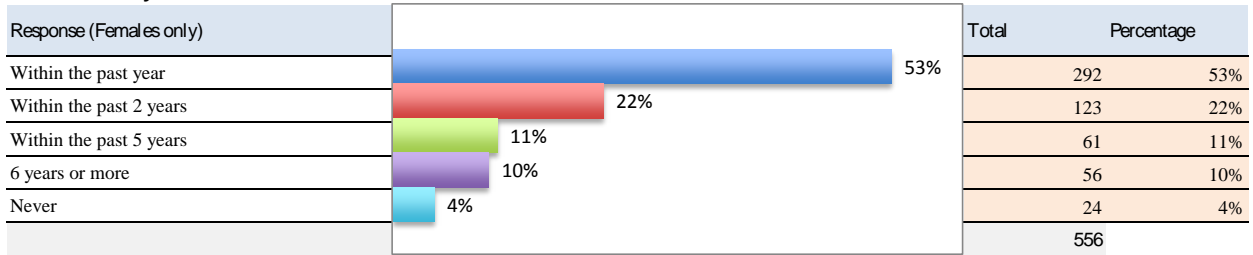
34. When were you most recently screened for colon cancer ?



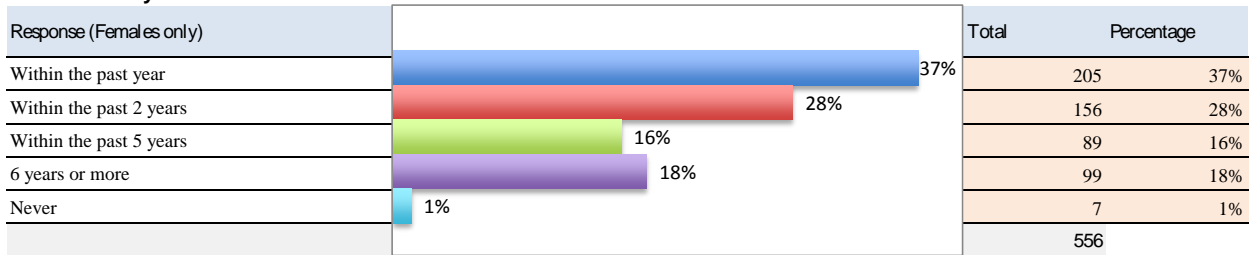
35. When was your last mammogram?



36. When was your last clinical breast exam?



37. When was your last PAP smear ?



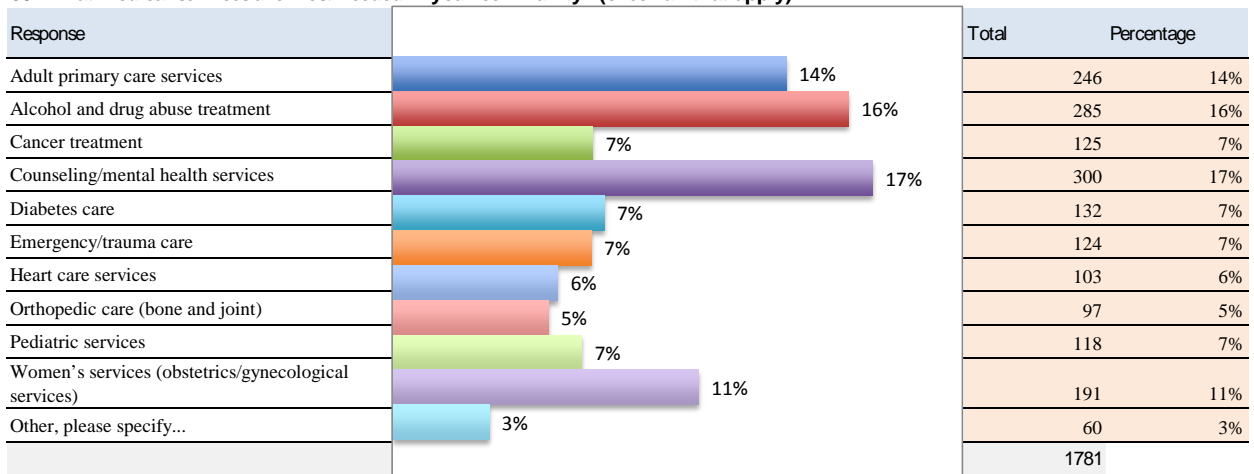
38. What would you say are the most pressing health problems in your community? (check all that apply)

Response	Total	Percentage
Ability to pay for care	507	11%
Alcohol – dependency or abuse	287	6%
Alcohol – underage drinking	152	3%
Drug abuse – prescription medications	275	6%
Drug abuse – illegal substances	343	8%
Cancer	174	4%
Child abuse	145	3%
Domestic violence	167	4%
Health care too expensive	344	8%
Lack of health insurance	362	8%
Lack of transportation to care	184	4%
Lack of dental care	229	5%
Lack of prenatal care	36	1%
Mental health	227	5%
Obesity	341	8%
Prescription medication too expensive	256	6%
Teen pregnancy	95	2%
Tobacco use/smoking	322	7%
Travel times to services are too long	64	1%
Other, please specify...	23	1%
	4533	

What would you say are the most pressing health problems in your community? (Other, please specify...)

Response	Total
access to primary care - new patients	1
cannot afford insurance	2
don't know	4
nutrition	2
heart	1
housecall by physician	1
lack of pediatric specialists	1
lack of health education	2
lack of physical activity	1
mental health	1
poor education	1
migraines	1
lack of specialists and referrals	2
cannot afford care	1
time off work	1
wait time in doctor's office	1

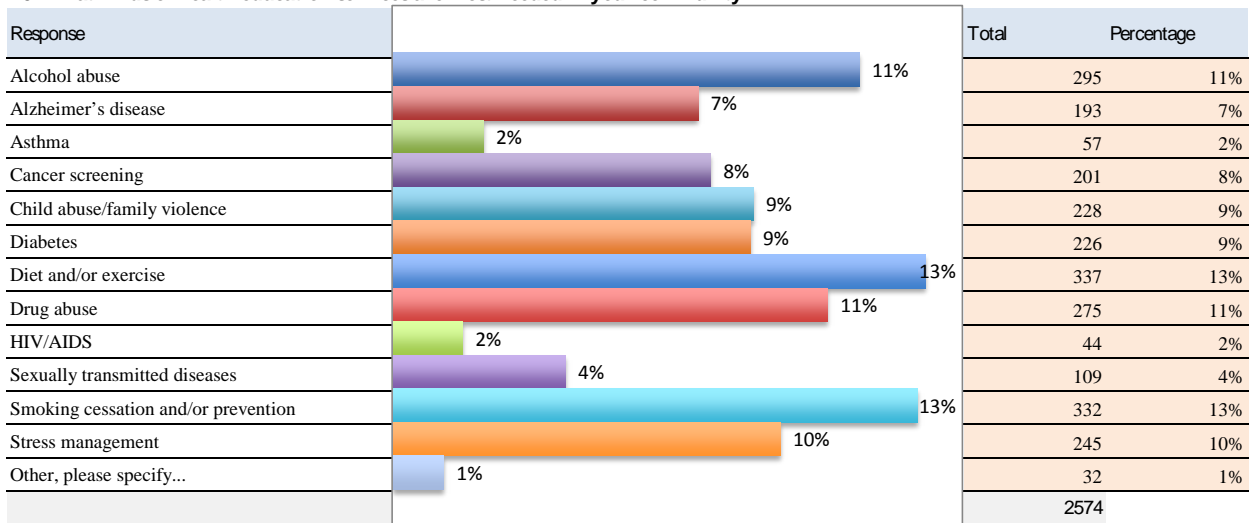
39. What medical services are most needed in your community? (check all that apply)



What medical services are most needed in your community? (Other, please specify...)

Response	Total
urology	7
dental care	4
pain management	4
additional doctors	3
high quality care	3
smoking cessation	3
bariatric services	2
cheaper medical care	2
gastroenterologist	2
mental health	2
spine surgeon	3
drug dependency care	1
expanded support groups	1
eye care	1
dermatologist	1
housecalls by physicians	1
immunology	1
after-hours care	1
Medicare education	1
nursing home physician	1
pediatric specialists	1
rheumatology	1
senior care	1
transportation	1
urgent care	1
weight management/nutrition counseling	1

40. What kinds of health education services are most needed in your community?



What kinds of health education services are most needed in your community? (Other, please specify...)

Response	Total
arthritis care	1
elder abuse	1
medications	1
mental health	2
nutrition	1
obesity	1
Parkinson's	1
support groups	2
spousal separation (nursing home, death)	1
transportation to appointments	1
underage drinking	1

41. What health or community services should Lake Regional Health System provide that currently are not available?

Response	Total
behavioral health	48
obesity/weight loss education programs	11
addiction education/treatment	10
affordable health care/access for low income	10
exercise classes for seniors/community	9
transportation assistance	6
expanded women's health providers/services	5
expanded urgent care/open later	5
smoking cessation	4
affordable dental care	4
pediatric specialists	4
bariatrics	4
expansion in Morgan County	4
stress management	3
health/mental health education in schools	3
child care	3
adult day care	2
elder care education	2
dedicated pediatrics unit	2
shingles education	2
free cancer screenings	1
eye exams	1
mobile mammogram	1
health fairs/screenings timed for working adults	1

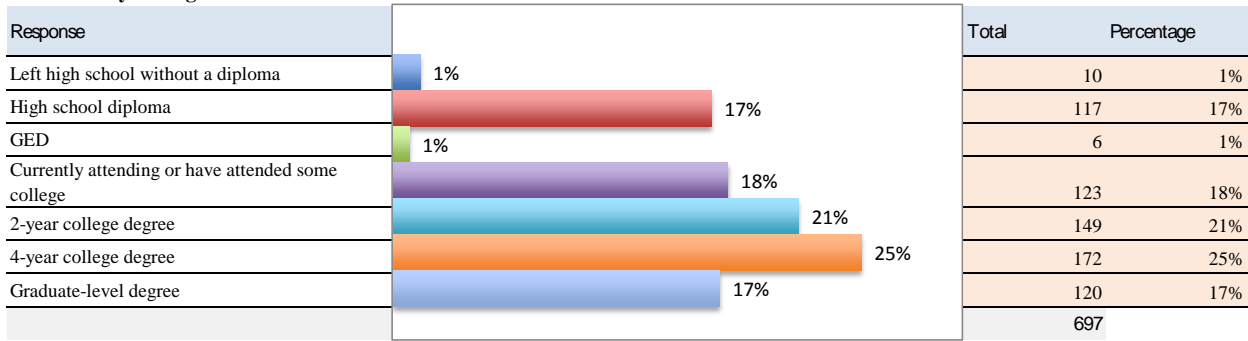
145

42. What ideas or suggestions do you have for improving the overall health of the Lake area community?

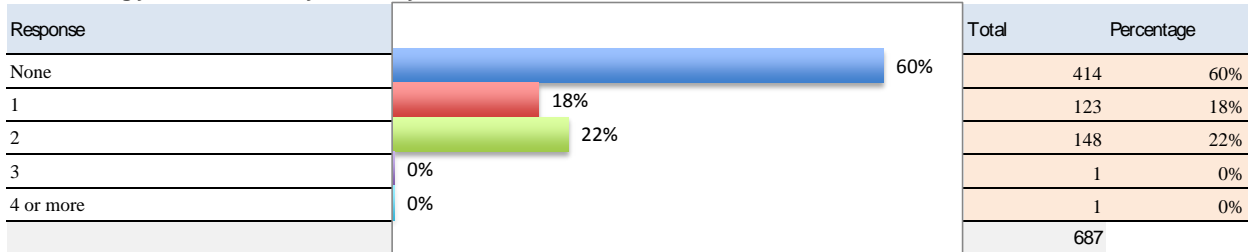
Response	Total
smoking ban/smoking cessation education	19
community classes/health fairs/screenings	11
behavioral health	10
nutrition/obesity/weight loss education	10
affordable health care/access for low income	9
affordable dental care	9
outreach to schools (nutrition/smoking/exercise)	9
bike trail/increased fitness opportunities	8
substance abuse education/treatment	6
transportation assistance	6
community fitness/weight loss challenge	5
expanded urgent care locations	4
evening health education classes	3
additional primary care physicians	3
coordinated population health management	1
improved access to nutritious foods	1

114

43. What is your highest level of education?



44. Including yourself, how many adults in your household are retired?

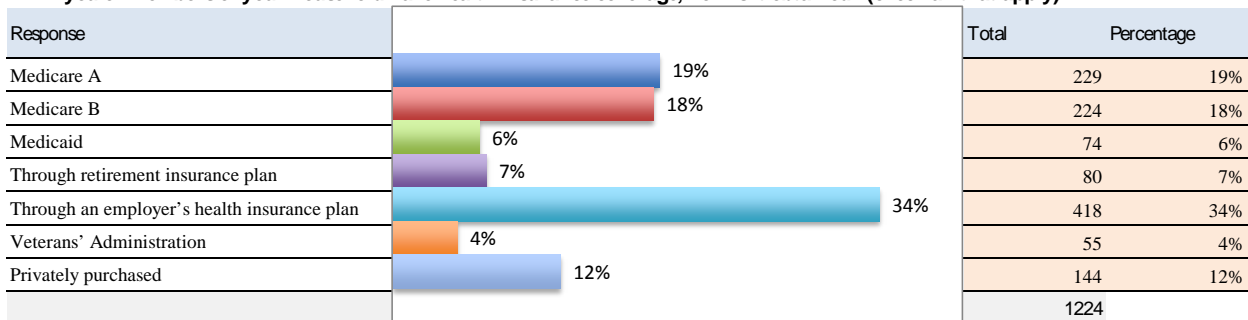


45. Including yourself, how many adults (18+) in your household are employed full time, year-round?



46. (omitted)

47. If you or members of your household have health insurance coverage, how is it obtained? (check all that apply)



47a. Do any of these insurance policies provide dental insurance?

Response	Total	Percentage
Yes	424	63%
No	252	37%
	676	

47b. Do any of these insurance policies pay for prescription drugs?

Response	Total	Percentage
Yes, with co-payment	610	89%
Yes, with no co-payment	39	6%
No	40	6%
	689	

47c. Are medical, dental, or prescription co-pays a large enough problem or expense that you postpone or go without services or prescriptions?

Response	Total	Percentage
Yes	236	34%
No	455	66%
	691	

48. Do you have trouble finding transportation to health care services?

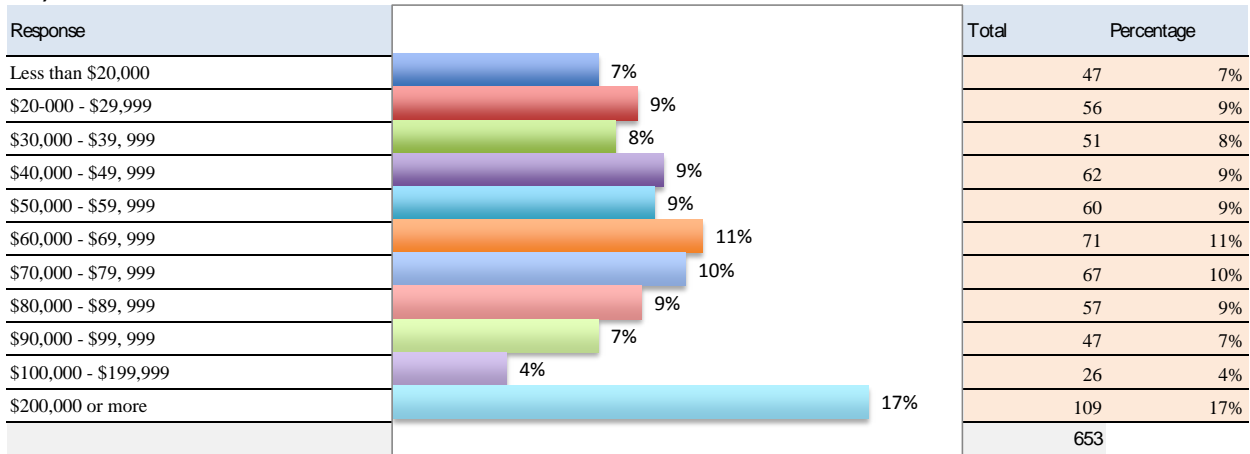
Response	Total	Percentage
Yes	16	2%
No	668	98%
	684	

48a. How many miles do you travel, one way:

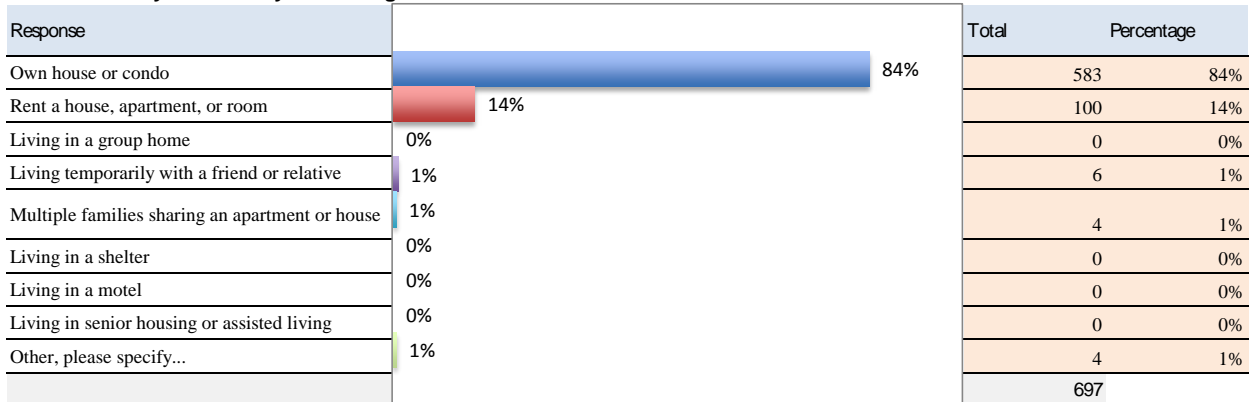
	1-5	6-10	11-20	21-30
To see a doctor?	147	143	185	72
To a hospital?	75	124	197	128
To school or job training?	41	56	77	35
To get child care?	33	40	29	17
To your workplace?	93	126	140	67

	31-60	>1 Hour	N/A
To see a doctor?	75	54	4
To a hospital?	115	32	5
To school or job training?	25	16	309
To get child care?	6	3	412
To your workplace?	56	13	121

49. Counting all income sources from everyone in your household, what was the combined household income last year? (select only one)



50. How would you describe your housing situation?



51. Household issues

	Not a problem	Percentage	Minor problem	Percentage	Major problem	Percentage
Adult substance abuse (alcohol or legal medication)	585	90.3%	34	5.2%	26	4.0%
Adult substance abuse (illegal drugs)	612	95.5%	13	2.0%	13	2.0%
Underage drinking	613	97.0%	10	1.6%	3	0.5%
Caring for an adult with disabilities	572	89.7%	45	7.1%	18	2.8%
Caring for a child with disabilities	607	96.5%	12	1.9%	5	0.8%
Child abuse	616	97.8%	5	0.8%	4	0.6%
Physical violence against adults	614	97.3%	9	1.4%	5	0.8%
Depression	441	68.2%	165	25.5%	39	6.0%
Not having enough money for food	551	86.2%	65	10.2%	23	3.6%
Not able to afford nutritious foods (fresh vegetables and fruits)	525	82.0%	79	12.3%	36	5.6%
Not able to afford transportation	584	91.7%	38	6.0%	12	1.9%
Not having enough money to pay for housing	564	88.7%	53	8.3%	17	2.7%
Not having enough money to pay the doctor, dentist, or pharmacy	446	69.3%	133	20.7%	65	10.1%
Not having enough money to pay for mental health counselor	536	84.1%	46	7.2%	40	6.3%
Use of tobacco products	495	77.6%	83	13.0%	50	7.8%
Not being able to find or afford after-school	575	92.0%	16	2.6%	13	2.1%
Sexual abuse	615	97.6%	2	0.3%	3	0.5%
Teen pregnancy	604	97.1%	2	0.3%	2	0.3%

	Don't know	Percentage	Grand Total
Adult substance abuse (alcohol or legal medication)	3	0.5%	648
Adult substance abuse (illegal drugs)	3	0.5%	641
Underage drinking	6	0.9%	632
Caring for an adult with disabilities	3	0.5%	638
Caring for a child with disabilities	5	0.8%	629
Child abuse	5	0.8%	630
Physical violence against adults	3	0.5%	631
Depression	2	0.3%	647
Not having enough money for food	0	0.0%	639
Not able to afford nutritious foods (fresh vegetables and fruits)	0	0.0%	640
Not able to afford transportation	3	0.5%	637
Not having enough money to pay for housing	2	0.3%	636
Not having enough money to pay the doctor, dentist, or pharmacy	0	0.0%	644
Not having enough money to pay for mental health counselor	15	2.4%	637
Use of tobacco products	10	1.6%	638
Not being able to find or afford after-school child care	21	3.4%	625
Sexual abuse	10	1.6%	630
Teen pregnancy	14	2.3%	622