

RURAL HEALTH STATISTICS

<p>Economy</p>	<ul style="list-style-type: none"> ● Low socioeconomic status (SES) is associated with an increased risk for many diseases, including cardiovascular disease, arthritis, diabetes, chronic respiratory diseases, cervical cancer, and frequent mental distress. ● Children (2–5 years) from poor families experienced a greater number of untreated dental cases than children from non-poor families. (CDC) ● Rural Indiana counties were affected more significantly by the 2009 recession than the country as a whole. Unemployment among 20-24-year-olds is substantially higher in rural counties. (Source)
<p>Access to resources</p>	<ul style="list-style-type: none"> ● One in 10 Indiana residents lacks any health insurance. (Source) ● Rural residents are more likely to be uninsured or covered by Medicaid and less likely to have private insurance coverage than residents of metropolitan areas. (CDC) ● Lower-income and minority communities are less likely to have access to grocery stores with a wide variety of fruits and vegetables. (CDC) ● In rural America, 88.5% of trips are made using a private automobile; the choice and ability to own a vehicle can impact quality of life and create disadvantages. (Source)
<p>Education</p>	<ul style="list-style-type: none"> ● In 2006, adults with less than a high school degree were 50% less likely to have visited a doctor in the past 12 months compared to those with at least a bachelor’s degree. (CDC)
<p>Health & wellness</p>	<ul style="list-style-type: none"> ● Rural hospitals accounted for 59% of the decline in the number of U.S. community hospitals between 2015 and 2019. (Source) ● Indiana is a Designated Health Professional Shortage Area for the categories of primary care (75% of need met), dental health (32% of need met), and mental health (32% of need met), as of April 2021. (Source) ● Leading health risk factors in Montgomery County: obesity (27%), physical inactivity (26%), smoking (20%), excessive drinking (18%), diabetes (13%). (Source) ● Rising mortality rates among rural working-class whites (“despair deaths” i.e. suicide, liver disease, and accidental poisonings including opioid and other drug overdoses) may be associated with economic, mental, and family distress. In 2014, the rate of suicide was 54% higher for those living in remote rural counties than for urban residents. (Source)

RURAL HEALTH INNOVATION

[Mobile Integrated Community Health Program](#) (Maryland)

- Challenge: County does not have a hospital or urgent care system
- Goal: Connect patients with resources to reduce the use of emergency services and hospital visits/readmissions
- Intervention: Delivering in-person or virtual patient support from a paramedic, nurse, recovery specialist, and pharmacist
- Results: Enrolled 200+ patients (2016-2019) and demonstrated nearly \$4 million in healthcare costs

[My Virtual Clinic School-Based Telehealth Program](#) (Indiana)

- Challenge: high poverty rates and disproportionately low number of primary care providers in the county
- Goal: Improve healthcare access for school-aged children in rural, underserved community
- Intervention: Collaboration among three local organizations, several school districts, and the state's rural health association to create a school-based telehealth program for acute illness

[Partnering with Package Delivery Services to Move Goods and People](#) (Texas)

- Challenge: Texas is a sprawling state with diverse populations and mobility needs.
- Goal: Provide innovative delivery of services and generate additional revenue
- Intervention: Creating a new hybrid business model: rural transit agency + package delivery program

RESOURCES

IU Community Profile Dashboard	<i>Find data specific to Montgomery County in categories related to health, education, housing, and demographics:</i> https://iu.maps.arcgis.com/apps/opsdashboard/index.html#/5966c5e2178f4436a48c970921bbe0e0
Rural Health Information Hub	<i>Online resources include data visualizations, case studies, and tools for success, plus browse for rural funding opportunities:</i> https://www.ruralhealthinfo.org/
ValleyHUB Farm & Food Social Enterprise	<i>Proposed partner for intervention to improve nutrition and healthy food access</i> https://www.kvcc.edu/valleyhub/valleyhub_farm_and_food_hub_social_enterprise/
Rural Community Health Toolkit	<i>Topics include Aging in Place, Rural Maternal Health, Access to Care for Rural People with Disabilities, Community Health Workers, Diabetes Prevention and Management, Food Access, Early Childhood Health, and more:</i> https://www.ruralhealthinfo.org/toolkits
Rural Community Health Gateway	<i>Choose from 4 categories you want help with: #1 Identifying an Intervention, #2 Funding an Intervention, #3 Evaluation and Sustainability, #4 Sharing Your Results</i> https://www.ruralhealthinfo.org/community-health
Indiana Rural Health Association - Rural Health Network	<i>Supports rural healthcare organizations as they coordinate services and improve access to care. View the 2020 annual report:</i> https://www.indianaruralhealth.org/clientuploads/services/indiana-statewide-rural-health-network/Marketing/InSRHN_Annual_Report_2020_final_6.26.2020.pdf
Rural Health Research Gateway	<i>Browse rural health research key findings:</i> https://www.ruralhealthresearch.org/recaps
Indiana State Office of Rural Health	<i>Partners with state and regional entities to enhance public health services for all Indiana rural residents</i> https://www.in.gov/isdh/24432.htm and 317-233-7451
Future of Rural Health Care Recommendations	<i>Learn about four proposed solutions, plus other promising practices:</i> https://www.aha.org/system/files/media/file/2021/05/final-recommendations-future-of-rural-health-care-task-force-may-2021.pdf
Federal Office of Rural Health Policy	<i>Part of the U.S. Department of Health and Human Services promotes better healthcare services in rural America & provides rural-specific grant programs. Find funding resources:</i> https://www.hrsa.gov/rural-health/index.html