Rural Health in Missouri

Understanding Challenges to Improve the Health for All Missourians
Rural Defined

- Missouri:
  - 114 counties, plus the City of St. Louis
- According to the U.S. Census Bureau, 101 counties are considered ‘rural’.
- An ‘urban’ county has over 150 people per square mile and contains at least part of the central city of a Census-defined Metropolitan Statistical Area (DHSS, 2011).
Rural in Missouri

- Of the 6 million people that live in Missouri, over 1.6 million live in rural areas of the state (USDA, 2011).

http://www.ers.usda.gov/statefacts/MO.HTM
Impact on Socioeconomic Status

• Rural areas throughout Missouri have lower socioeconomic status compared to the urban counties of the State.

• Rural counties in Missouri had a poverty rate of 17.2%, which is much higher than their urban counterparts at 13.1% (DHSS, 2011).

• The rate of children living in poverty was 25.3% in rural counties compared to 18.2% for the urban counties, and the highest rate was from Wright County, a rural county, with a rate of 45.1% (DHSS, 2011).
Insurance Status

• Insurance status is an important proxy for health care access. When comparing rural areas to both urban settings and to the state as a whole, rural counties generally have higher percentages of their population without insurance (DHSS, 2011).


• Statistically, in counties that had significantly higher rates than that of the state’s 15.3% rate, all counties were rural (DHSS, 2010).

Education

• For the entire state, 14.4% of residents do not have a high school education.

• In rural counties, over 20% of residents over the age of 25 do not have a high school education (DHSS, 2011).

Education’s Link to Health

• Babies whose mothers have less than a high school education are nearly twice as likely to die before their first birthday.

• The % of individuals reporting being in ‘poor’ or ‘fair’ health (compared to ‘good’ or ‘better’ health) increases as levels of income and education decrease. Adults who have not finished high school are more than four times more likely to be in ‘poor’ or ‘fair’ health.

• College graduates can expect to live at least 5 yrs longer than individuals who have not finished high school.

Access to Care

• In MO, there are 118 general medial/surgical hospitals
  – 68 of these hospitals are located in rural counties (DHSS, 2011).
• Of the 68 rural hospitals, 36 are Critical Access Hospitals (CAH) (DHSS, 2011). Critical Access Hospitals are certified hospitals that receive 101% reimbursement from Medicare. To obtain critical access hospital designation, these hospitals must be in a rural area and must be 35 miles away from another hospital (Rural Assistance Center, 2011).
Critical Access

• Critical Access Hospitals can only have a maximum of 25 acute care inpatient beds and there must be 24-hour emergency services available (Rural Assistance Center, 2011).

• The most difficult part of a Critical Access Hospital is maintaining emergency services that are available at all hours. Most of the CAHs in Missouri operate at the 25-bed capacity (Flex-Monitoring Survey, 2012).
Critical Access & the ACA

• As part of Affordable Care Act (ACA), Critical Access Hospitals will be included in the Centers for Medicare and Medicaid Services (CMS) Value-Based Purchasing Plan (Flex Monitoring Team, 2012).


• Value-Based purchasing programs evaluate hospitals on performance measures such as tobacco screening, health care associated infection rates and different antibiotics usage in certain timeframes. Critical access hospitals will have different provisions.
Pulaski County’s 56 beds are served through Ft. Leonard Wood Army Hospital. The hospital serves military personnel and only stabilizes non-military personnel in emergency cases.
Primary Care Physicians per 10,000 Residents

Dental Health

• In MO: 72 counties with a ratio of dentist to the population greater than 1 to 3,000
  – 69 of these counties are rural (DHSS, 2011).
  – 6 rural counties have no dentists at all.
  – Only 28% of dentists work in rural counties while 37% of people live in these rural counties (DHSS, 2011).

Life Expectancy

• State life expectancy: 77.1 years
  – Urban Counties: 77.6 years
  – Rural Counties: 76.2 years
  – Southeast MO (no urban counties): 74.8 years
    (DHSS, 2011)
Leading Causes of Death

- Heart disease
- Cancer
- Stroke
- Chronic lower respiratory disease
- Total unintentional injuries
- Pneumonia

(DHSS Death MICA)
Death Rates

• State rate: 871.5 deaths per 100,000 people
• Southeast MO (no urban): 971.4 deaths per 100,000 people
• Urban Heart Disease Mortality: 235/100,000
• Rural Heart Disease Mortality: 261.5/100,000

(DHSS, 2011)
Potential Solutions

- Medicaid Expansion
- Telehealth/telemedicine
- Primary Care Pipeline program for new docs
- Increasing geographic scope of practice for nurse practitioners and other providers
Medicaid Expansion

- If Missouri takes the Medicaid Expansion, an estimated 200,000-300,000 more Missourians will be covered.
- Rural Missouri is estimated to gain the most.
The Most Dramatic Impact is in Rural Areas
Impact on the Uninsured by Region

- **Northwest Missouri**
  - Newly Covered: 19,601
  - Reduction in Uninsured: 27%

- **Kansas City Metro**
  - Newly Covered: 50,186
  - Reduction in Uninsured: 27%

- **Northeast Missouri**
  - Newly Covered: 27,162
  - Reduction in Uninsured: 28%

- **Southwest Missouri**
  - Newly Covered: 60,564
  - Reduction in Uninsured: 29%

- **Southeast Missouri**
  - Newly Covered: 37,501
  - Reduction in Uninsured: 31%

- **St. Louis Metro**
  - Newly Covered: 71,992
  - Reduction in Uninsured: 26%

The Missouri Medicaid Expansion: Good for All Missourians, report, Washington University in St. Louis
Missouri Telehealth Network

Current Sites in Red, Future Sites in Yellow, & Current and Future Sites in Orange

Center for Health Policy
University of Missouri
Training Programs for Rural Primary Care Docs

• Recruit & sustain through grants
  – Office of Primary Care & Rural Health
  – J-1 Visa Waver Program for foreign medical grads
  – National Health Service Corps
  – University of MO Area Health Education Center
Expanding Scope of Practice

• Advance Practice Nurses
  – Currently limited from prescribing any schedule I or II medications
  – Must be within a 50-mile radius of an overseeing physician

• Community Health Workers
Contact Us

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Sources

- Missouri Foundation for Health Rural Health [http://www.mffh.org/content/392/rural-health-resources.aspx](http://www.mffh.org/content/392/rural-health-resources.aspx)