

Rural Health Disparities

PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER WASHINGTON

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Rural Health Resources Live
February, 2008

Assessing Rural Health

- **Goals:**

- To identify the **health disparities** affecting rural areas
- To target health care activities more effectively to address **population health issues** in rural areas

Defining the Rural-Urban Continuum

- Using the Rural-Urban Commuting Area (RUCA) coding system, we classified Washington State zip codes as:

- Urban Core
- Suburban
- Large Town Rural
- Small Town and Isolated Rural

From high density,
Commuting destination

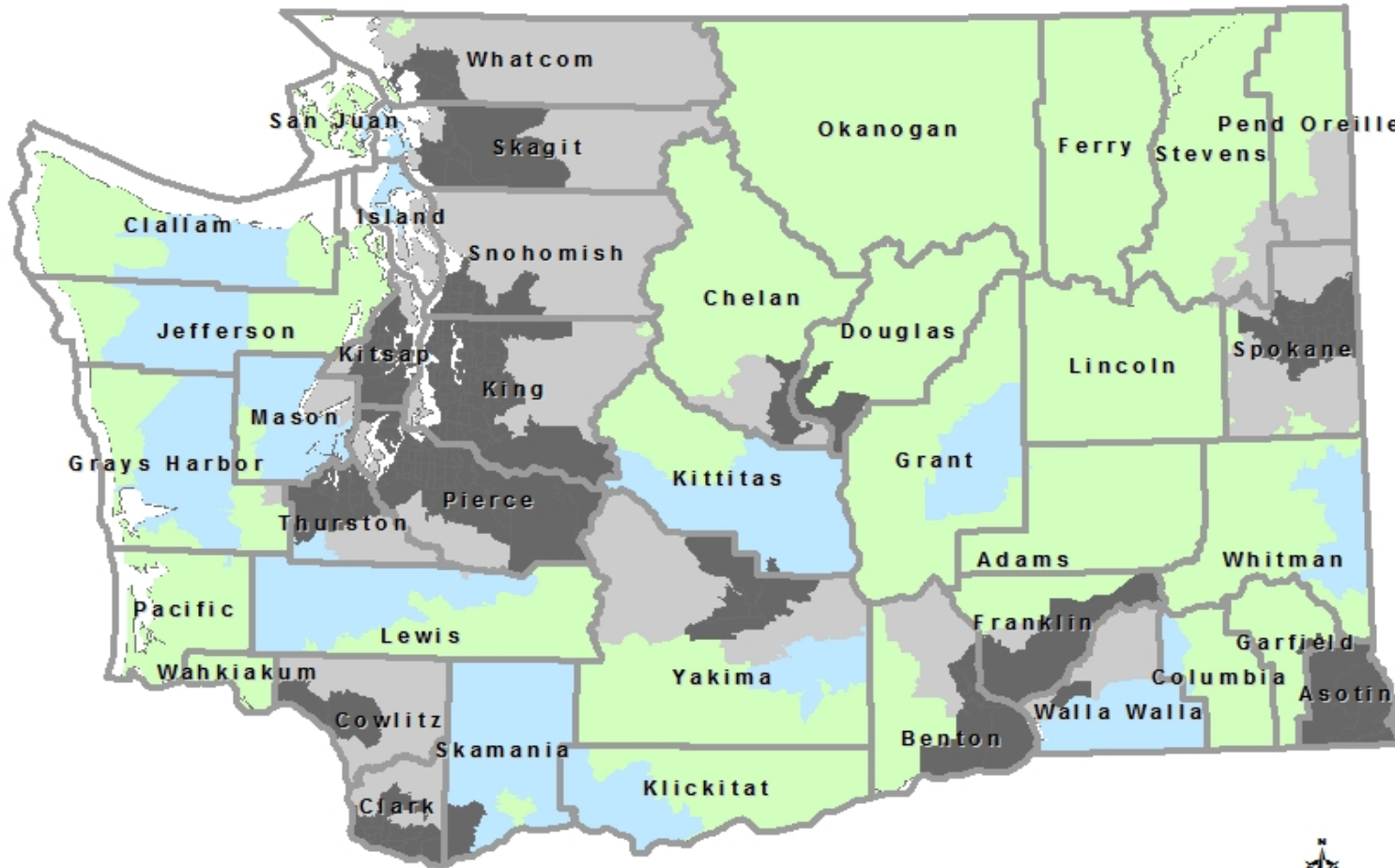
To low density with minimal
Outward commuting

FOR MORE INFO...

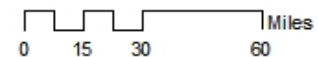
The University of Washington , WWAMI Rural Health Research
Center at <http://depts.washington.edu/uwruca/>

2/7/2008

Rural and Urban Areas Based on RUCA Codes



September 11, 2007
 Created with ArcGIS
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Rural Characteristics

- **About 68% of Washington State's land area.**
- **About 15% of the State's population**
- **More people living below 2 times the US Federal Poverty Level:**
 - 36% in rural areas
 - 24% in the state as a whole.
- **More older people:**
 - Median age of 40 in rural areas
 - Median age of 36 in the state as a whole.

Health Problems Studied

Maternal & Child Health

- First trimester prenatal care
- Maternal cigarette smoking
- Teen birth rate
- Low birth weight
- Teen physical activity
- Teen cigarette smoking
- Teen overweight
- Teen alcohol use
- Childhood unintentional injury hospitalizations

Prevention and Health Promotion

- Adult cigarette smoking
- Adult physical activity
- Adult overweight/obese
- Adult fruit/vegetable consumption
- Adult binge drinking
- Adults with diabetes
- Adult poor mental Health

Health Problems Studied, Cont.

Communicable Disease

- Reported Chlamydia infections
- Treated Chlamydia infections
- Influenza vaccine

Access to Care

- Adults with unmet medical need
- Adults with a personal health care provider
- Adult dental care
- Adults with health insurance coverage
- Adult preventive cancer screening
(Breast, Cervical, Colorectal)

13 Health Disparities for Which Rural Areas Need to Catch up.

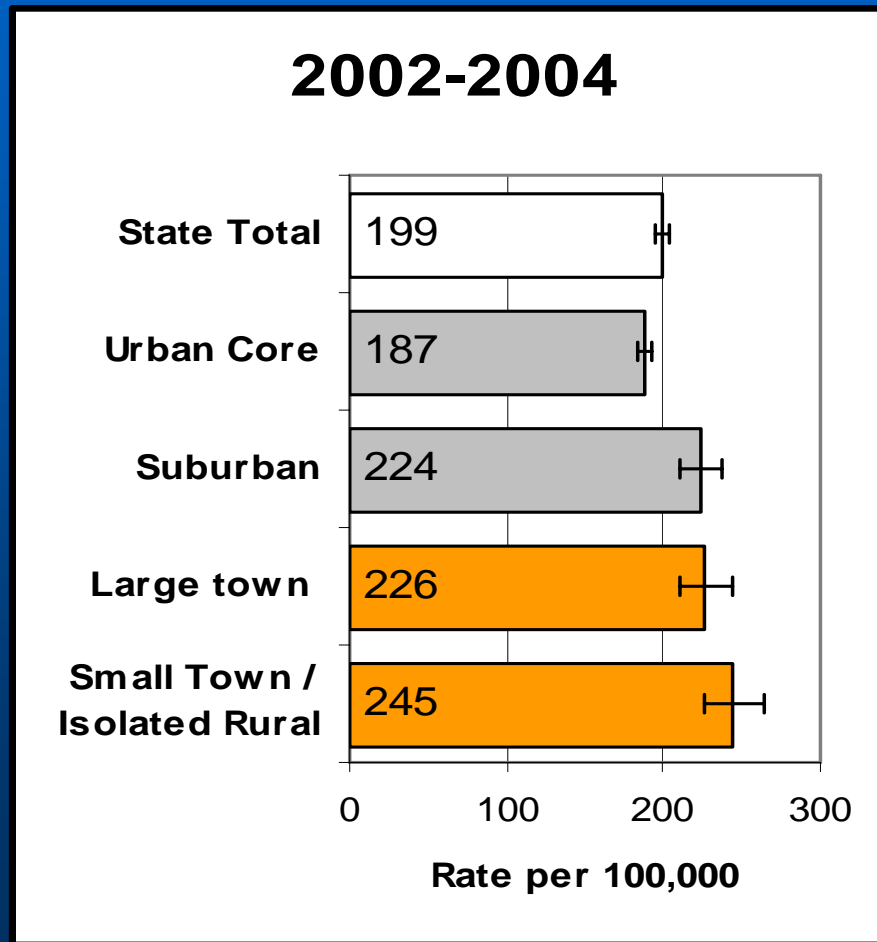
- **These disparities are:**

- Children Hospitalized Due to Unintentional Injuries
- Pregnant Women Receiving First Trimester Prenatal Care
- Teenage Births
- Women Smoking Cigarettes During Pregnancy
- Adults Smoking Cigarettes
- Adults with Unmet Medical Needs
- Adults with a Personal Health Care Provider
- Women Receiving Cervical Cancer Screening
- Adults Overweight/Obese
- Adults Receiving Preventive Colorectal Cancer Screening
- Women Receiving Breast Cancer Screening
- Adults Receiving Annual Dental Care
- Adults with Health Insurance

Rural Areas Have

Higher Rates of Children Hospitalized Due to Unintentional Injuries

(Rate of hospitalization for unintentional injury per 100,000 children ages 0 to 17)



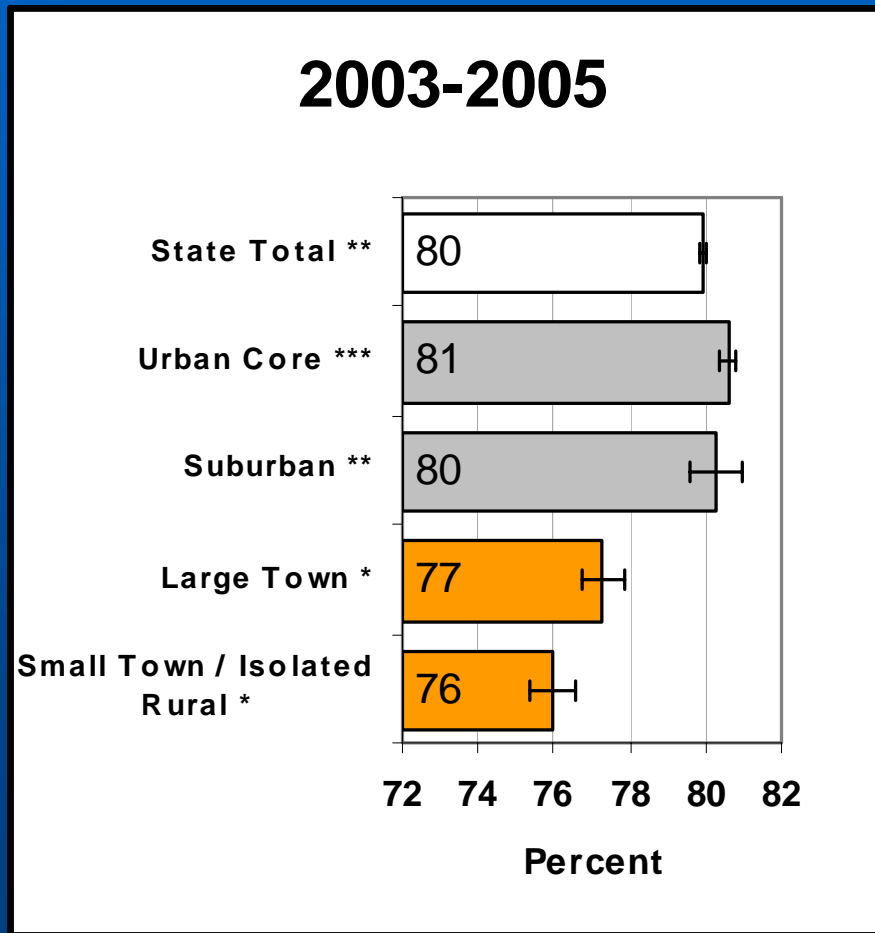
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Data source: DOH, Comprehensive Hospital Abstract Reporting System

Rural Areas Have

Lower Percentage of Pregnant Women Receiving First Trimester Prenatal Care
(Percent of women giving birth who received prenatal care starting in the first trimester of pregnancy)

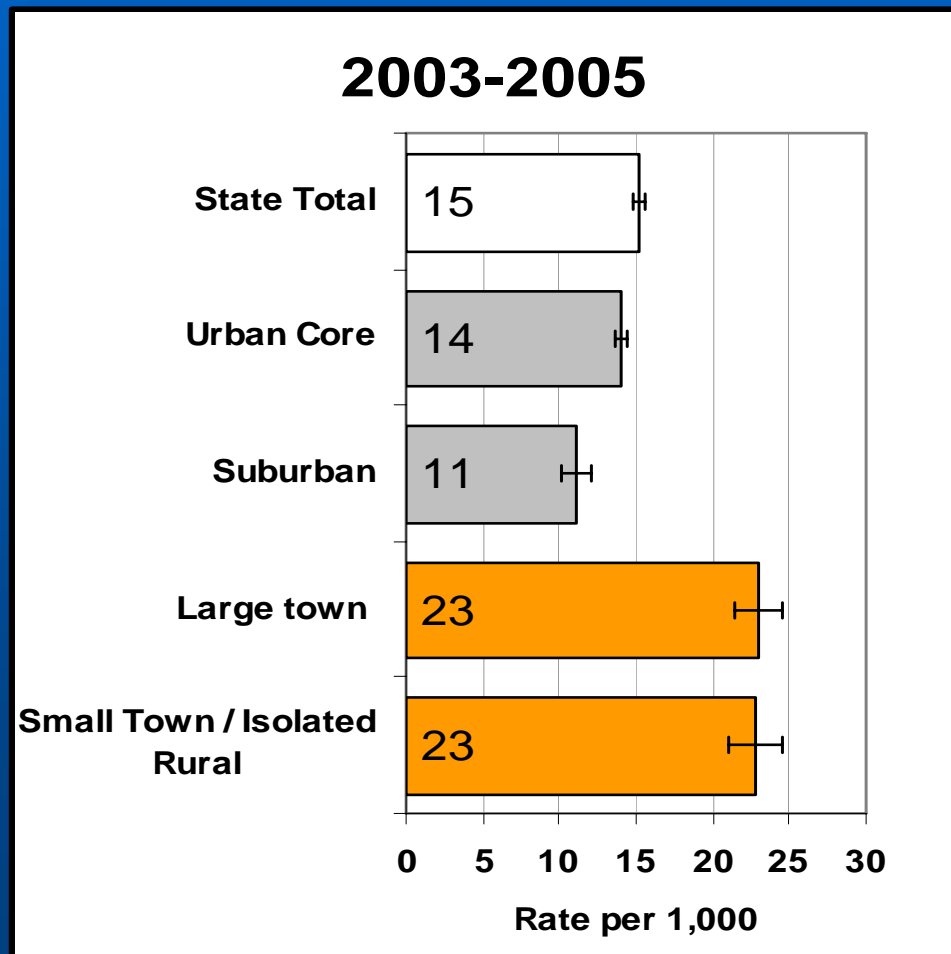


Missing data:

- * 5%- 10% missing data,
- ** 10%-19% missing data,
- *** 20% or more missing data

Rural Areas Have Higher Rates of Teenage Births

(Rate of live born infants per 1,000 women ages 15 to 17)

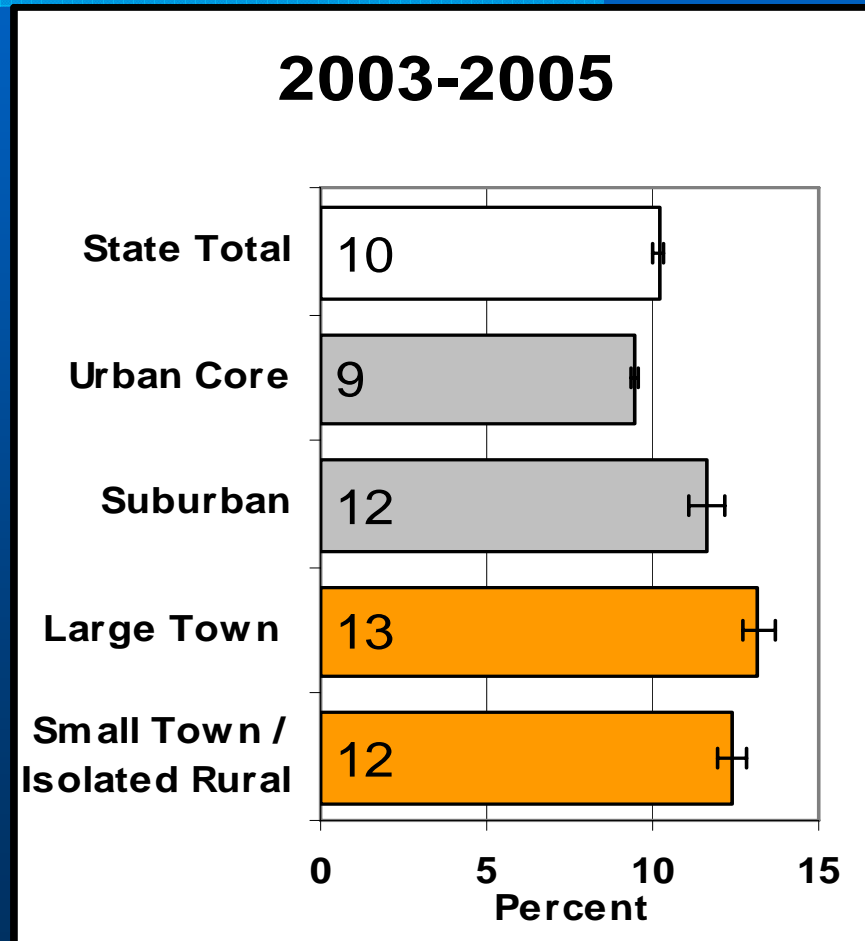


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Data source: DOH, Birth Certificates

Rural Areas Have

Higher Percentages of Women Smoking Cigarettes During Pregnancy
(Percent of women giving birth who smoked any time during pregnancy)



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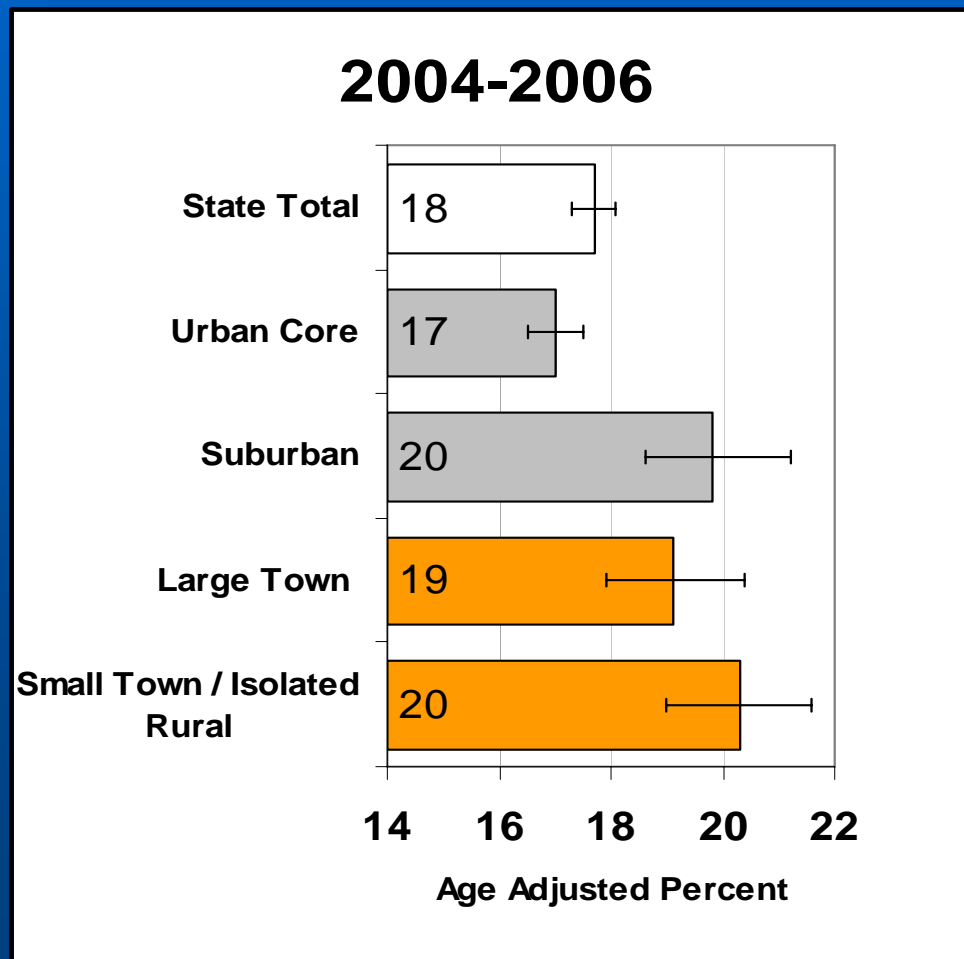
12

Data source: DOH, Birth Certificates

Rural Areas Have

Higher Percentages of Adults Smoking Cigarettes

(Percent of adults age 18 or older who smoked at least 100 cigarettes in their lifetime and are current smokers)



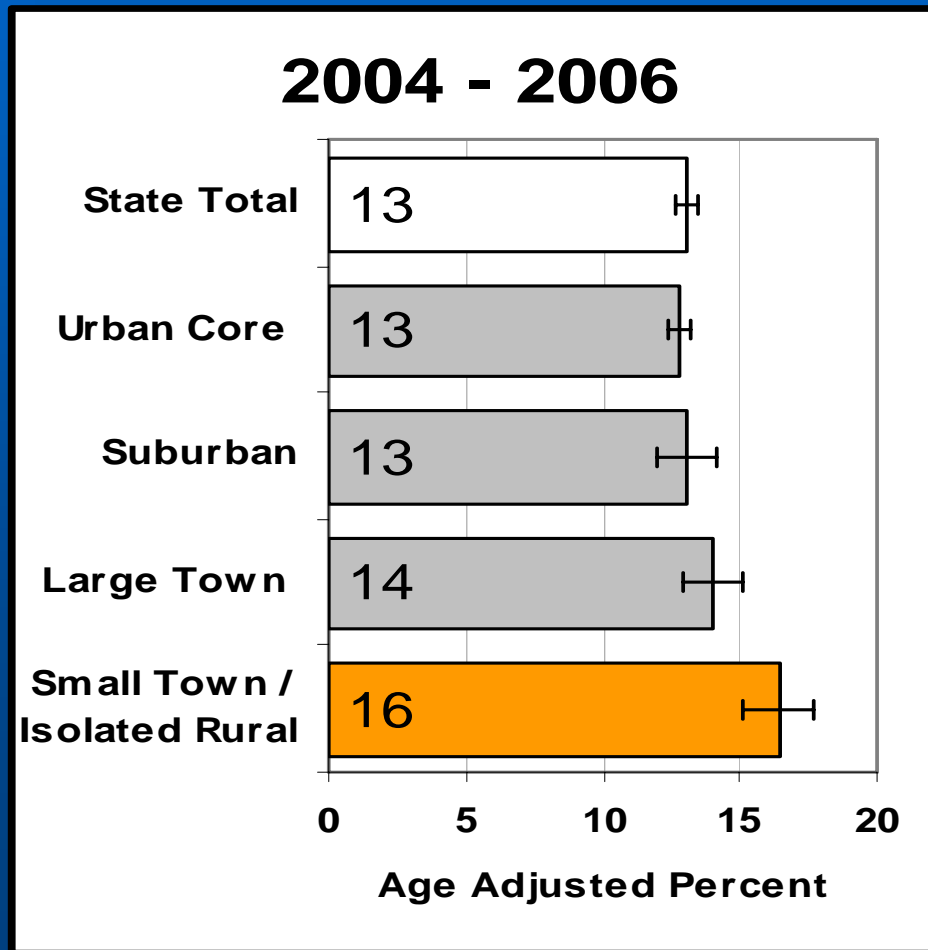
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Data source: DOH, Behavioral Risk Factor Surveillance System

Rural Areas Have Higher Percentages of Adults with Unmet Medical Needs

(Percent of adults age 18 or older who reported needing to see a doctor within the past year but could not due to cost)

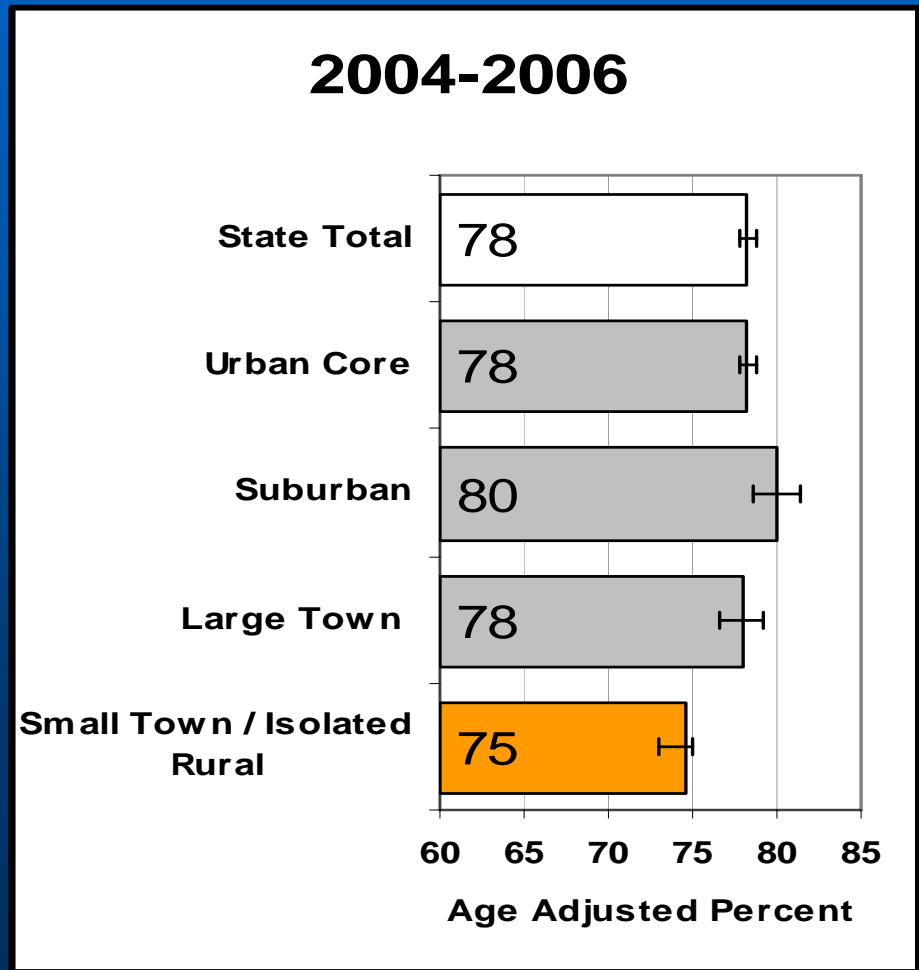


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Data source: DOH, Behavioral Risk Factor Surveillance System

Rural Areas Have Lower Percentage of Adults with a Personal Health Care Provider (Percent of adults age 18 or over who report a usual source of Health Care)

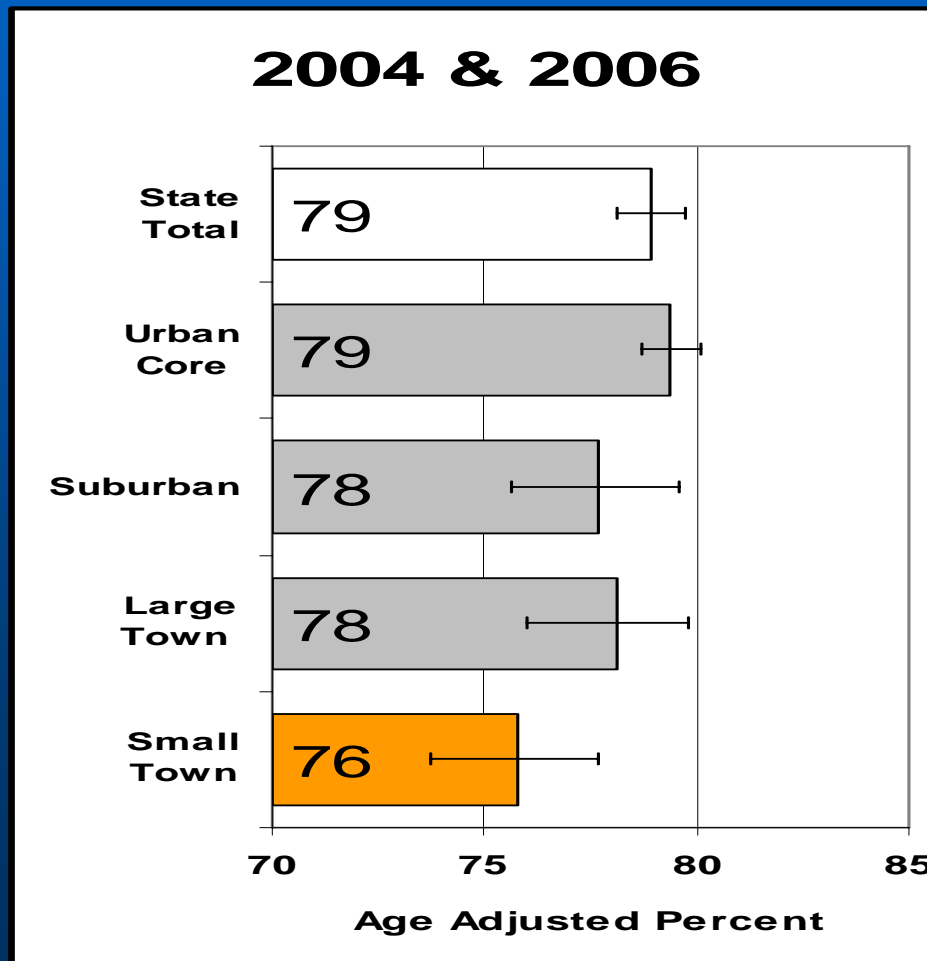


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Rural Areas Have

Lower Percentage of Women Receiving Cervical Cancer Screening

(Percent of women age 18 or older who report receiving a pap smear test within the last 3 years)

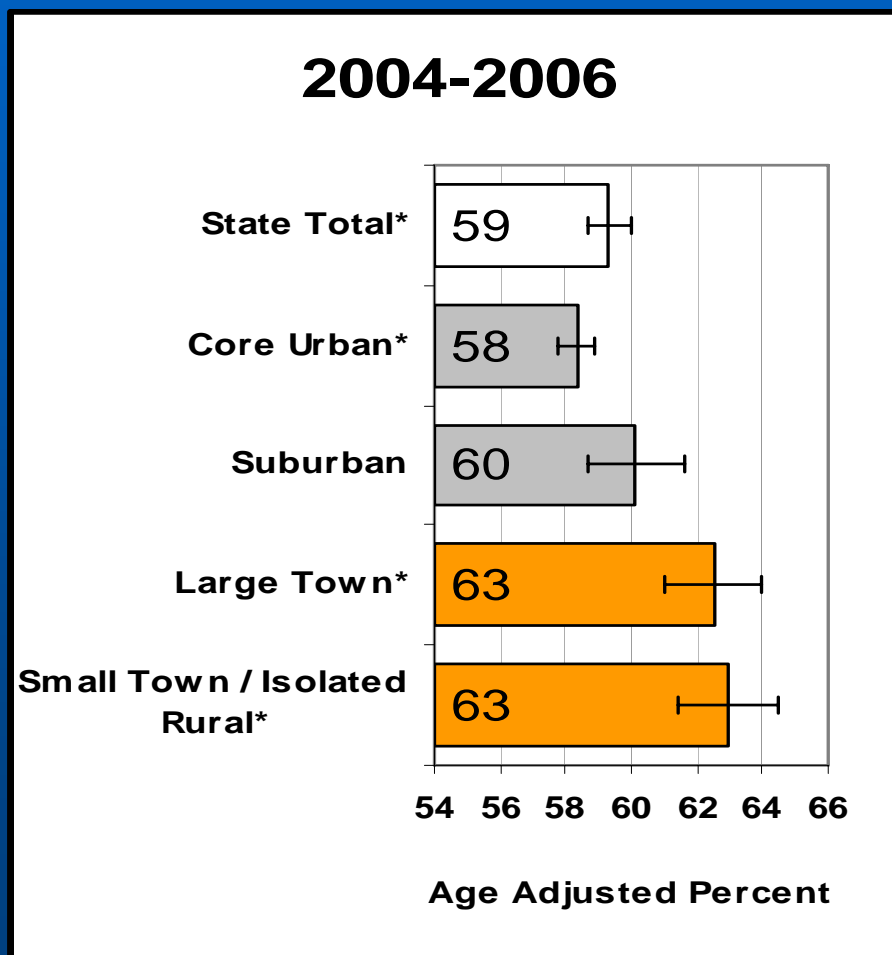


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Data source: DOH, Behavioral Risk Factor Surveillance System

Rural Areas Have Higher Percentages of Adults Overweight/Obese (Percent of adults age 18 or older who have body mass index greater than 25)



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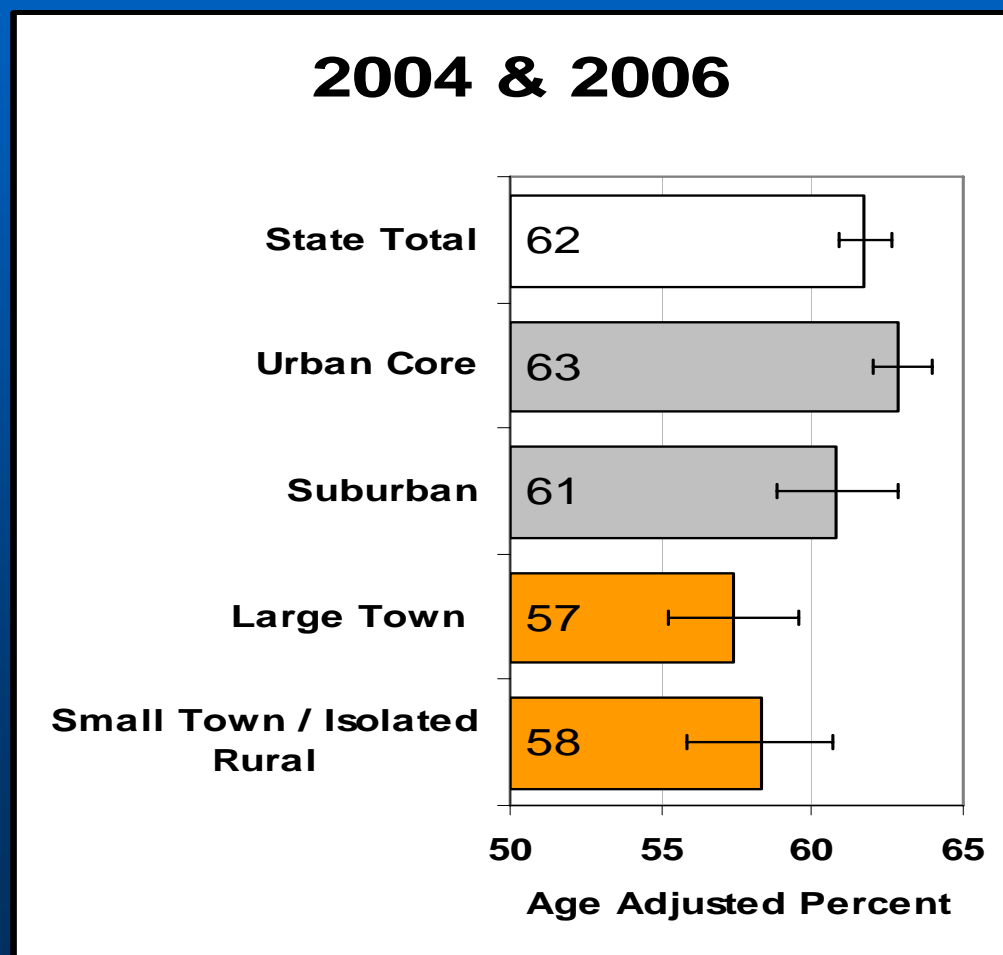
Data source: DOH, Behavioral Risk Factor Surveillance System

Missing data: * 5%- 10% missing data

Rural Areas Have

Lower Percentage of Adults Receiving Preventive Colorectal Cancer Screening

(Percent of adults age 50 or older who had a blood stool test in the past year, sigmoidoscopy in the past 5 years, or colonoscopy in the past 10 years)



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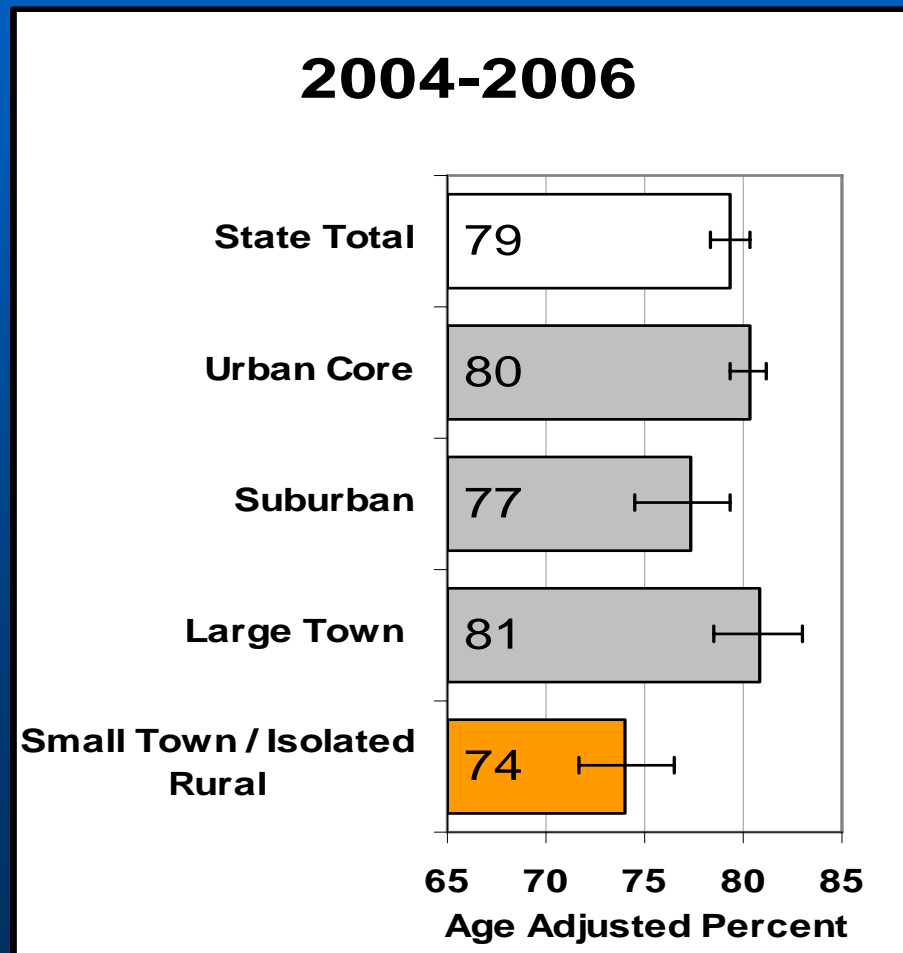
18

Data source: DOH, Behavioral Risk Factor Surveillance System

Rural Areas Have

Lower Percentage of Women Receiving Breast Cancer Screening

(Percent of women age 50 or older who report receiving a mammogram within the past 2 years)



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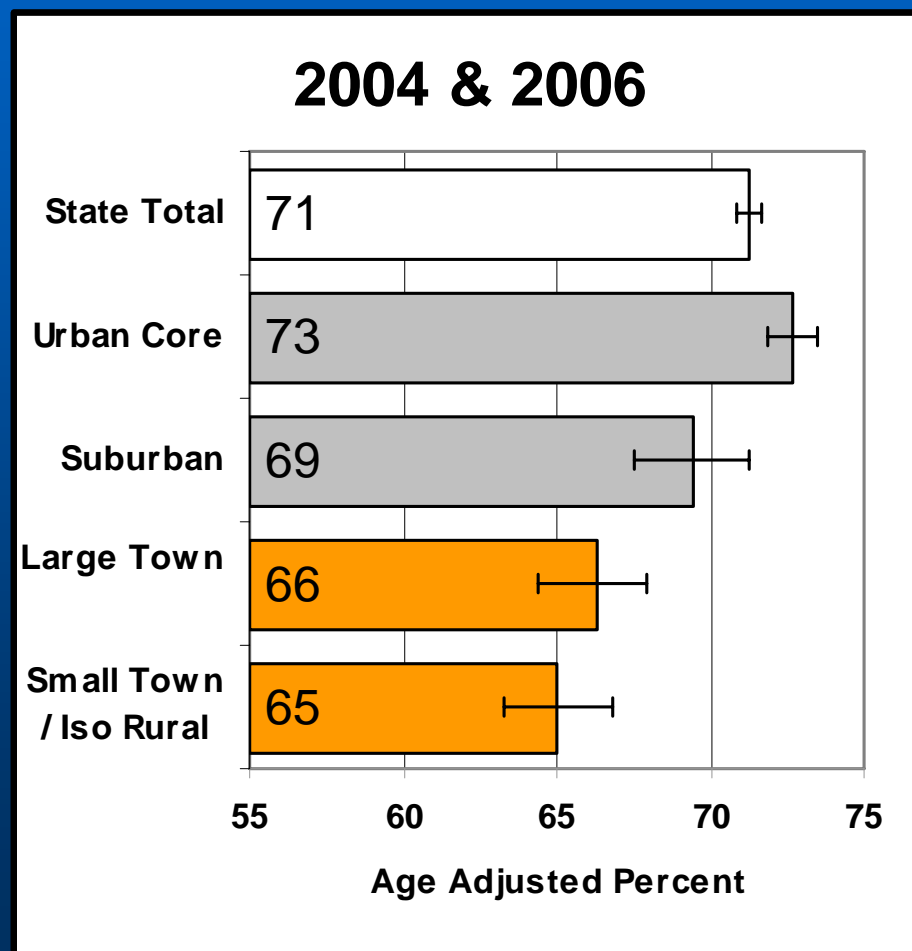
19

Data source: DOH, Behavioral Risk Factor Surveillance System

Rural Areas Have

Lower Percentages of Adults Receiving Annual Dental Care

(Percent of adults age 18 or older who reported visiting a dentist or dental clinic during the last year)



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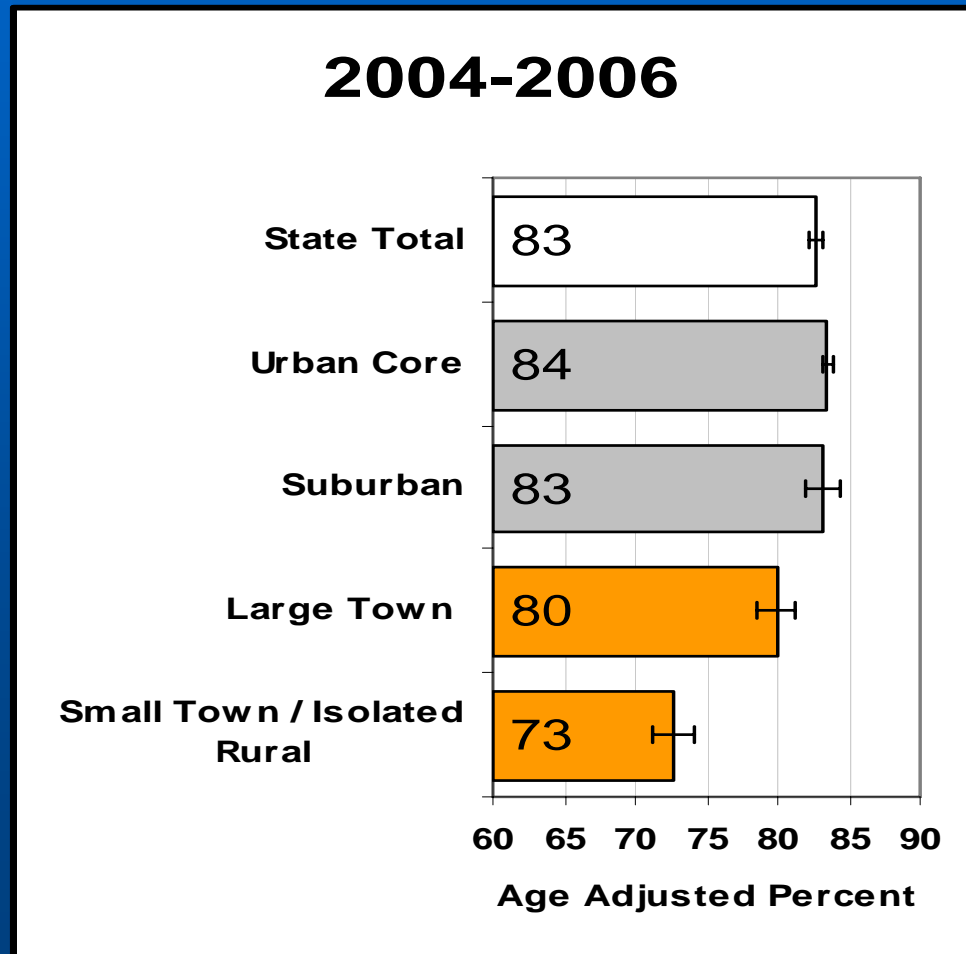
20

Data source: DOH, Behavioral Risk Factor Surveillance System

Rural Areas Have

Lower Percentage of Adults with Health Insurance

(Percent of adults age 18 to 64 who reported currently having health insurance)



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Data source: DOH, Behavioral Risk Factor Surveillance System

Assessing Rural Health

● Conclusions:

- ➡ From the equity perspective, rural areas deserve the same health outcomes as the state as a whole.
- ➡ Closing health disparities identified in this presentation will require special efforts and collaborations between the providers of health care services and their community.
- ➡ Better population health measures in rural areas is also an indicator of quality health care in rural areas.