• 40,000 people a day visit
• 2500 rescues per year
• 1km stretch (.62 miles)

Sheridan, Decatur, Thomas, Cheyenne, Norton, Sherman, Graham, Wallace, Logan, Gove, & Trego Counties...37,793 people
ALWAYS SWIM BETWEEN THE RED & YELLOW FLAGS!
HOW TO SPOT A RIP CURRENT OR ‘RIPS’
HOXIE MEDICAL CLINIC

Peggy Ritter
WON'T IT BE GREAT....

IF ALL OUR PATIENTS SWAM INSIDE THE FLAGS?
HEALTH INEQUITIES-DEFINED BY THE WORLD HEALTH ORGANIZATION- AS SYSTEMATIC DIFFERENCES IN THE HEALTH STATUS OF DIFFERENT POPULATION GROUPS- HAVE BEEN IN THE NATIONAL SPOTLIGHT FOR YEARS.

Health Catalyst.com/health-equity-why-it-matters-how-to-achieve-it

Health inequities are the result of more than individual choice or random occurrence; they are the result of poverty, structural racism, and discrimination. Health systems are just one cog in the wheel of the health inequity issue, but the role they play in the problem is a big one.
## Rip Currents in Healthcare

<table>
<thead>
<tr>
<th>EDUCATION</th>
<th>FINANCES</th>
<th>OTHER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Traditional Education</td>
<td>Insurance</td>
<td>Nutrition</td>
</tr>
<tr>
<td>Health Literacy</td>
<td>OTC Meds</td>
<td>Transportation</td>
</tr>
<tr>
<td>Mental Health</td>
<td>Food</td>
<td>Safety at home</td>
</tr>
<tr>
<td></td>
<td>Employment</td>
<td>Cell Phone</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Language</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Zipcode</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Race/Ethnicity</td>
</tr>
</tbody>
</table>
LIFE EXPECTANCY RANKINGS

COUNTRIES
Japan...1
Switzerland...2
Singapore...3
South Korea...11
Chile 28
USA...30
Cuba...31

STATES
Minnesota...78.7 years
California...78.6 years
Connecticut...78.4 years
North Dakota...77.2 years
Wyoming...76.2 years
Kansas...76.1 years
Pennsylvania...76 years

COUNTIES
Johnson...80.04 years
Riley...79.84 years
Douglas...78.63
Norton...77.67 years
Sheridan...77.54 years
Decatur...76.91 years
Sedgwick...75.25 years
Wyandotte...72.65 year
Healthcare 20%, Behaviors 30%, Social Environment 40%, Physical Environment 10%
HEALTH DISPARITIES ARE DIFFERENCES IN HEALTH OR IN THE KEY DETERMINANTS OF HEALTH SUCH AS EDUCATION, SAFE HOUSING, AND DISCRIMINATION, WHICH ADVERSELY AFFECT MARGINALIZED OR EXCLUDED GROUPS.
HEALTH EQUITY means that everyone has a fair and just opportunity to be as healthy as possible. This requires removing obstacles to health such as poverty and discrimination, and their consequences, including powerlessness and lack of access to good jobs with fair pay, quality education and housing, safe environments, and health care.
EQUALITY vs EQUITY
Equality
Equity
GOALS

Immediate….what do you need TODAY
Short Term…next few weeks
Long Term…root of the problem and how to fix it
MEET CJ...

Been on disability for 22 years
Medicare
Several chronic health issues
Only income is Social Security
Communication difficulties
Mobility difficulties
WHAT DID WE DO?

FQHC…Sliding Fee Discount Program

Food Stamps Application

“BOB” BOX

Transportation Van to and from appointments

Satellite Clinic closer to home for routine check ups

Hospital…Financial Assistance

Medicare…Extra Help
MEET CATHY....

EDUCATION
8th grade
Unaware of programs

FINANCES
Waitress
Low income
No insurance
Not “in the system”

OTHER
Rural NW Kansas
4 clinics w/in 50 miles
Less than desirable home life
Transportation
WHAT DID WE DO?

- FQHC
- Sliding Fee/Nominal Fee/Hardship Waiver
  - 340B Drug Plan
- Chamber Bucks for OTC Meds
- Hospital Financial Assistance Program
  - Meals
- Food bank
- Early Detection Works
  - Medicaid
MEET....
EDUCATION

"A" Student
College Educated

FINANCES

Employed

OTHER

Transitioned from home to college

Never judge a person by their looks or their situation

Think outside the box

Immediate vs long term "fix"

Is your policy up to date with

you have the right people

Employed they have the right mindset and the heart for truly helping people
THIS IS JACK......

He’s been inside the flags his entire life until one day....
### Social Determinants of Health

<table>
<thead>
<tr>
<th>Economic Stability</th>
<th>Neighborhood and Physical Environment</th>
<th>Education</th>
<th>Food</th>
<th>Community and Social Context</th>
<th>Health Care System</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employment</td>
<td>Housing</td>
<td>Literacy</td>
<td>Hunger — Access to healthy options</td>
<td>Social integration</td>
<td>Health coverage</td>
</tr>
<tr>
<td>Income</td>
<td>Transportation</td>
<td>Language</td>
<td>Food</td>
<td>Support systems</td>
<td>Provider availability</td>
</tr>
<tr>
<td>Expenses</td>
<td>Safety</td>
<td>Early childhood education</td>
<td>Hunger — Access to healthy options</td>
<td>Community engagement</td>
<td>Provider availability</td>
</tr>
<tr>
<td>Debt</td>
<td>Parks</td>
<td>Vocational training</td>
<td>Food</td>
<td>Discrimination</td>
<td>Provider linguistic and cultural competency</td>
</tr>
<tr>
<td>Medical bills</td>
<td>Playgrounds</td>
<td>Higher education</td>
<td>Food</td>
<td>Stress</td>
<td>Quality of care</td>
</tr>
<tr>
<td>Support</td>
<td>Walkability</td>
<td>Zip code / geography</td>
<td>Food</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Figure 1: Social Determinants of Health
HE WAS CAUGHT IN A RIP CURRENT

<table>
<thead>
<tr>
<th>EDUCATION</th>
<th>FINANCES</th>
<th>OTHER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good Health Literacy</td>
<td>COBRA ended</td>
<td>Stress</td>
</tr>
<tr>
<td></td>
<td>No Income</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Had to pay insurance</td>
<td></td>
</tr>
</tbody>
</table>
WHAT DID WE DO?

EDUCATION
Continued building Health Literacy so family understood choices
Discussed options

FINANCES
Marketplace Insurance
340B Drug Plan
Financial Assistance

OTHER
Spent time getting to know him
Put together a gift bag to get his mind off anxiety as he went to other facility
Let his family know they weren’t in this alone
WHAT CAN YOU DO?
ASK QUESTIONS…
FIND OUT WHAT MATTERS TO THE PATIENT
WHAT DO THEY WANT HELP WITH
WHAT ARE THEIR FEARS/CONCERNS/BARRIERS?
FIND ANSWERS
YOU DON’T HAVE ALL OF THEM
THINK OUTSIDE THE BOX
ASK FOR HELP
GET THE RIGHT PEOPLE INVOLVED
COVER KANSAS PROJECT
SOCIAL SERVICES
VALUE PEOPLE ABOVE ALL ELSE
HOW CAN I HELP?
Health Equity: Why it Matters and How to Achieve it
https://www.healthcatalyst.com/health-equity-why-it-matters-how-to-achieve-it

What is Population Health?
https://www.improvingpopulationhealth.org/blog/what-is-population-health.html

Find out how health your county is
www.countyhealthrankings.org/app/kansas/2019/overview

Wikipedia: List of countries by life expectancy