



- 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

A decorative graphic consisting of several parallel white lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the page.



WOULDN'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](https://www.healthcatalyst.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

EDUCATION

Traditional Education
Health Literacy
Mental Health

FINANCES

Insurance
OTC Meds
Food
Employment

OTHER

Nutrition
Transportation
Safety at home
Cell Phone
Language
Zipcode
Race/Ethnicity

LIFE EXPECTANCY RANKINGS

COUNTRIES

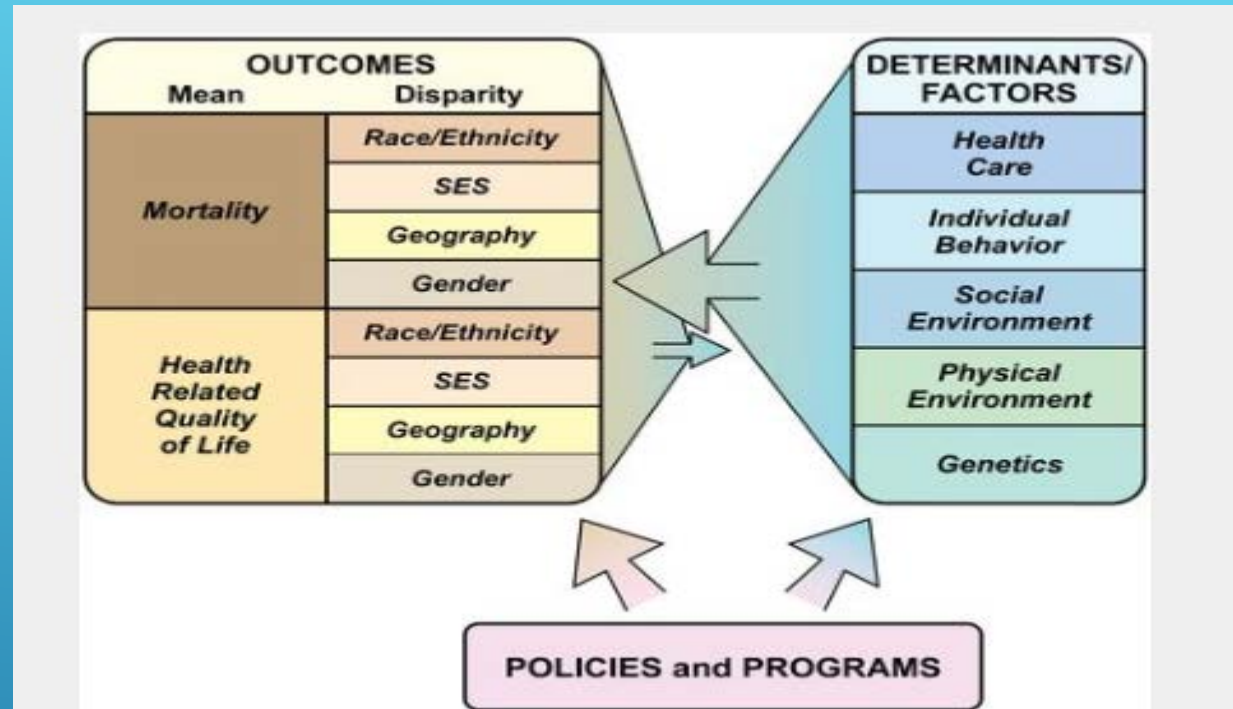
Japan...1
Switzerland...2
Singapore...3
South Korea...11
Chile 28
USA...30
Cuba...31

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

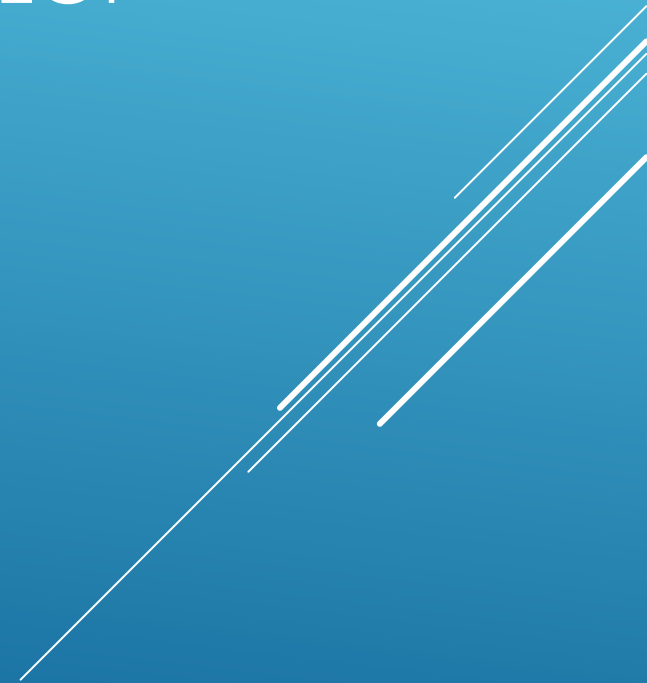
Johnson...80.04 years
Riley...79.84 years
Douglas...78.63
Norton...77.67 years
Sheridan 77.54 years
Decatur... 76.91 years
Sedgwick...75.25 years
Wyandotte...72.65 year



Healthcare 20%, Behaviors 30%,
Social Environment 40%,
Physical Environment 10%

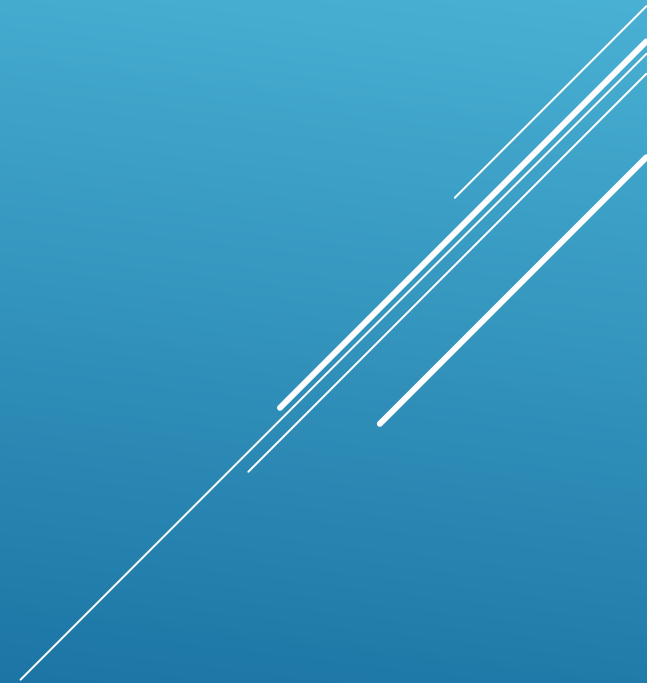
HEALTH DISPARITIES ARE

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



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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

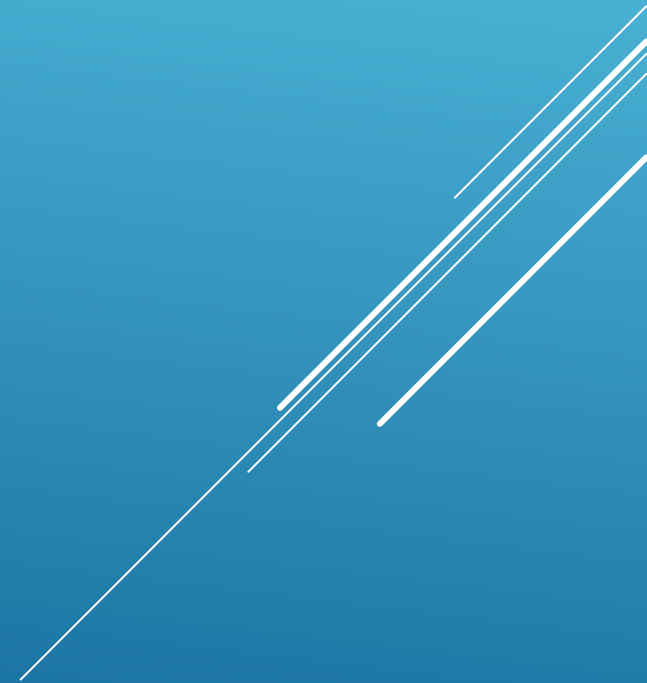
“BOB” BOX

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



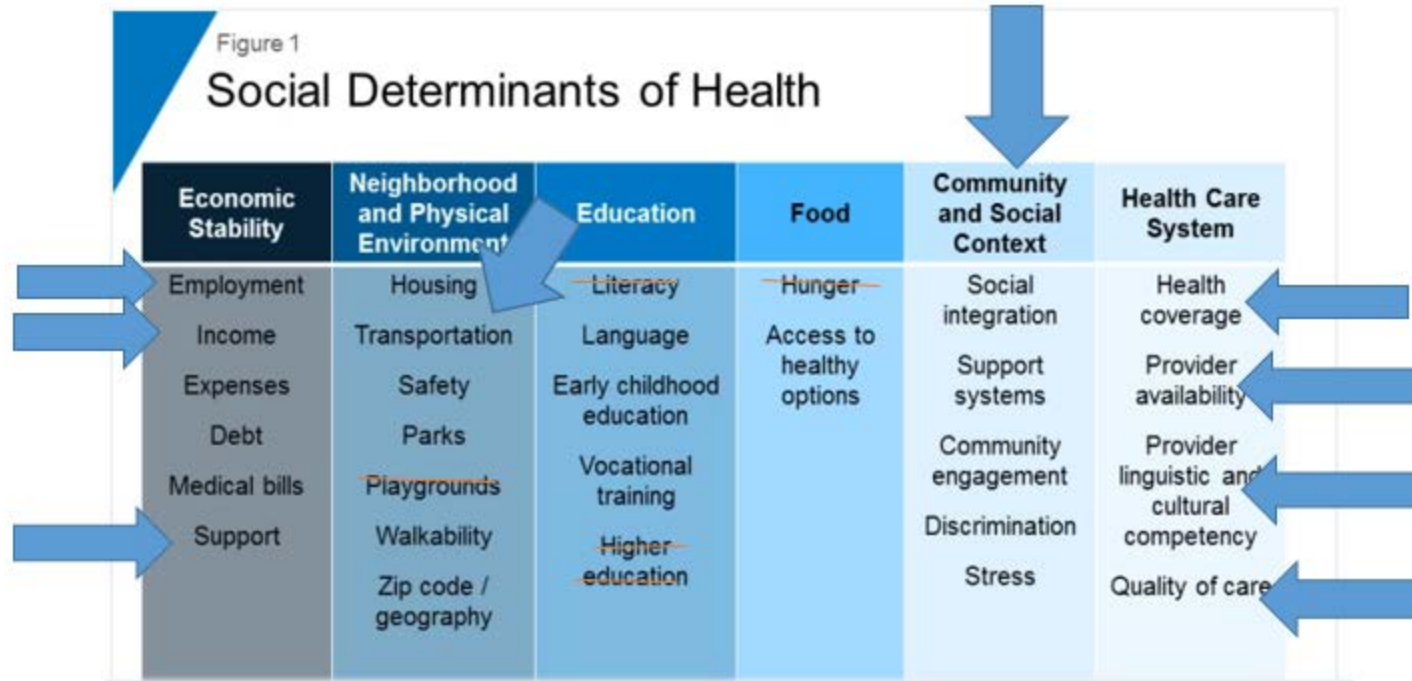
THIS IS JACK.....

He's been inside the flags his entire life until one day....



Figure 1

Social Determinants of Health



HE WAS CAUGHT IN A RIP CURRENT

EDUCATION

Good Health Literacy

FINANCES

COBRA ended

No Income

Had to pay insurance

OTHER

Stress



WHAT DID WE DO?

EDUCATION

Continued building Health Literacy so family understood choices

Discussed options

FINANCES

Marketplace Insurance

340B Drug Plan

Financial Assistance

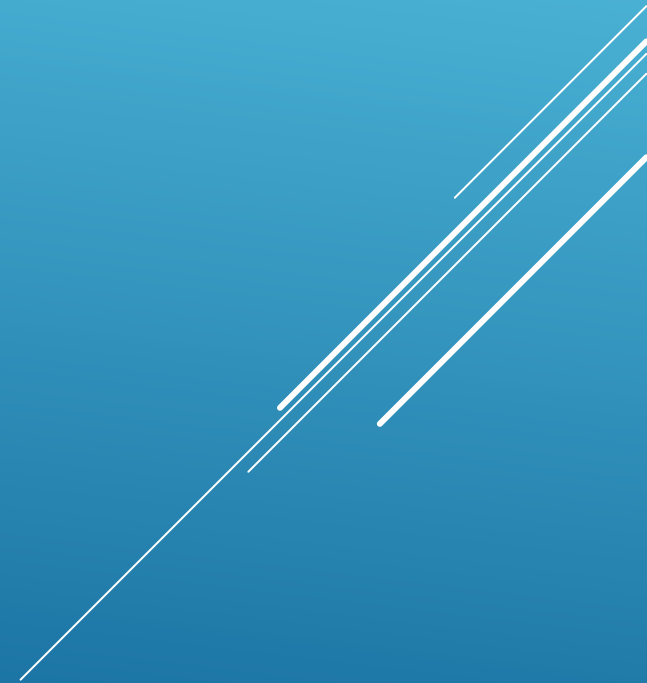
OTHER

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

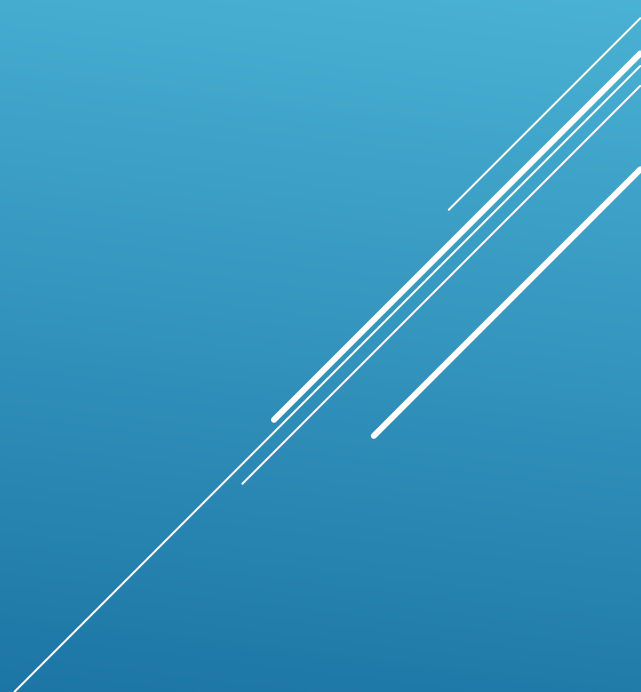
ASK FOR HELP

GET THE RIGHT PEOPLE INVOLVED

COVER KANSAS PROJECT

SOCIAL SERVICES

VALUE PEOPLE ABOVE ALL ELSE





HOW CAN I HELP?



SOURCES

Health Equity: Why it Matters and How to Achieve it

<https://www.healthcatalyst.com/health-equit-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

https://en.wikipedia.org/wiki/List_of_countries_by_life_expectancy