



Rockcastle Regional Hospital and Respiratory Care Center

Community Health Needs Assessment



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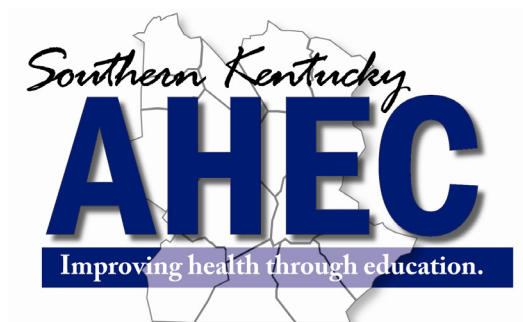
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This Community Health Needs Assessment was conducted by the Southern Kentucky Area Health Education Center (So. KY AHEC). The So KY AHEC is an organization funded primarily by state and federal governments with a mission of improving health in a 15-county area of southern Kentucky that includes Rockcastle County. Though it is hosted by Rockcastle Regional Hospital in Mt. Vernon, the So KY AHEC has a separate mission and scope of work than the hospital. The So KY AHEC coordinates student clinical rotations, provides continuing medical education, provides health education, and health career promotion to school children, and performs work related to community health improvement.

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www.soahec.org



Thank you, from Rockcastle Regional Hospital and Respiratory Care Center, Inc.

Dear Community:

On behalf of our local board of directors, physicians, and employees, I would like to extend our sincere thanks for the opportunity to care for you, your friends, and your family for the past 60 years! We look forward to continue serving you in the years ahead.

Our mission at Rockcastle Regional Hospital and Respiratory Care Center (RHRCC) is to be a family-oriented team of healthcare professionals dedicated to delivering the highest quality of care to those we serve.

We do so by providing comprehensive, evidence-based, cost-effective health care services and education. We collaborate with others to coordinate and improve the health of our community, and commit our skills and resources to benefit the whole person through all stages of life. RHRCC strives to be the health care provider and employer of choice in our area.

To support the fulfillment of our mission and vision as a nonprofit hospital, as well as meet the requirements enacted by the 2010 Patient Protection and Affordable Care Act, Rockcastle Regional Hospital and Respiratory Care Center has conducted a Community Health Needs Assessment (CHNA). A CHNA is essentially a review of current health activities, resources, initiatives, gaps and limitations to identify areas of improvement.

We are pleased to present you with the results of our 2016 CHNA. We invite your feedback and comments on our current CHNA, as your input will help guide and impact our next CHNA which will be undertaken again in three years.

Stephen A. Estes
President and CEO
Rockcastle Regional Hospital and Respiratory Care Center

Executive Summary

Project Overview

In 2010, Congress enacted the Patient Protection and Affordable Care Act that requires non-profit 501(c)3 hospitals to conduct a Community Health Needs Assessment (CHNA) and adopt an implementation strategy every three years. This CHNA, a follow-up to a similar study conducted in 2013, is a systematic, data-driven approach to determining the health status, behaviors and needs of residents in the service area of Rockcastle Regional Hospital and Respiratory Care Center (RHRCC).

A CHNA provides information so that communities may identify issues of greatest concern and decide to commit resources to those areas, thereby making the greatest possible impact on community health status.

In 2016, **RHRCC** partnered with the Rockcastle Healthy Community Coalition (a group composed of residents, civic groups, and other community leaders) to form a steering committee. The committee's goal was to determine the significant unmet needs of the community, consistent with the IRS requirements. So AHEC also reviewed and analyzed data from multiple sources including: the Kentucky Hospital Association, United States Census Data (www.census.gov), University of Wisconsin Population Health Institute's County Health Rankings Data (www.CountyHealthrankings.org), and other available needs assessments and reports.

See page 62 for complete list of resources

The CHNA provides a foundation for the organization's efforts to guide community benefit planning to improve the health status of the community served.

Rockcastle Regional Hospital & Respiratory Care Center, Inc. serves the residents of Rockcastle and surrounding counties in rural, southern Kentucky. While the hospital values and recognizes all the communities it serves, for purpose of the CHNA, the community is defined as the service area of Rockcastle County. The residents of Rockcastle County account for approximately 72% of inpatient cases, 54% of Emergency Department patients, and 82% of outpatients.

Rockcastle Regional, So KY AHEC, the Cumberland Valley District Health Department, community-based organizations, and other key informants gathered as a *steering committee* to understand and address unmet needs of the county. With input from the committee, the So. KY AHEC then drove the research process – and from that work completed this assessment in October 2016.

Primary data was collected through a health needs assessment survey and focus groups provided a perspective on what the community sees as primary health needs and possible solutions (*see Appendix, for survey and community forum summaries*). Secondary data from local, state, and federal sources was compiled from information on disease prevalence, health indicators, health equity, and mortality. Based on data collected, the steering committee conducted a prioritization ranking exercise (*See Appendix*) to determine the top-ranked priority areas for the county:

1. Substance Abuse/Mental Health
2. Obesity (especially in children)/physical activity
3. Cancer
4. Heart disease/tobacco
5. Oral Health/Hygiene

In addition to selecting the five broad priorities for action, the Steering Committee selected three overarching themes for all priorities:

They are:

1. Lack of Access
2. Health Inequalities
3. Unhealthy Behaviors

In terms of hospital planning, the community's top suggestions include: offsite fitness and wellness classes in outlying areas of the county, increased local access to a wider variety of specialists, and radiation treatment. At the end of this report you will find a section regarding Rockcastle Regional Hospital's strategic priorities in light of the assessment's findings. These priorities (based on severity, feasibility, potential to achieve outcomes and prevalence in the population) are grouped under three categories – cancer care and prevention, health education, mental health and substance abuse. Beneath each heading you will find a description of how the hospital plans to address these issues within the context of our overall approach, mission commitments and key clinical strengths.

This report will be disseminated throughout the community and made available on the hospital's Web site: <http://rockcastleregional.org/>

This CHNA will serve as a tool toward reaching three basic goals:

- 1. To improve residents' health status, increase their life spans, and elevate their overall quality of life.** A healthy community is not only one where its residents suffer little from physical and mental illness, but also one where its residents enjoy a high quality of life.
- 2. To reduce the health disparities among residents.** By gathering demographic information along with health status and behavior data, it will be possible to identify population segments that are most at-risk for various diseases and injuries. Intervention plans aimed at targeting these individuals may then be developed to combat some of the socio-economic factors which have historically had a negative impact on residents' health.
- 3. To increase accessibility to preventive services for all community residents.** More accessible preventive services will prove beneficial in accomplishing the first goal (improving health status, increasing life spans, and elevating the quality of life), as well as lowering the costs associated with caring for late-stage diseases resulting from a lack of preventive care.

Evaluation of Prior Implementation Strategy

Rockcastle Regional's strategic priorities developed as a result of the 2013 Community Health Needs Assessment focused on three areas. Below is a summary of progress made in each of those areas.

Priority One: Healthcare Access and Enhancement of Services

- Over the past three years, RHRCC has expanded its services to include a “Quick Care” clinic staffed by Advanced Registered Nurse Practitioners. The clinic is open seven days a week to increase patient access.
- Physician offices now offer extended hours one day a week.
- Achieved level IV trauma ED in 2015, allowing the facility to be part of the greater trauma system that allows us to move people to the optimal level of care more quickly.
- Celebrated the completion of the new Cancer Center & Infusion Center on June 19, 2015. Besides adding to the comfort of patients, the new suites were needed to accommodate growing volumes with the addition of our newest medical oncologist, Dr. Ravneet Thind from UK Healthcare's Markey Cancer Center. The new center is equipped with the latest technology and amenities to address individual patient needs. The expansion includes 8 infusion suites and 4 exam rooms, growing from 1,120 sq. ft. to 5,400 sq. ft.
- Continuously assesses the need for specialists and actively recruits those for which there is enough demand. One of the most recently recruited specialists was Dr. Bethanie Hammond, board certified diagnostic radiologist and Rockcastle County native, who will be an integral part of the new Breast Imaging Center of Excellence.

Priority Two: Health Education

Recognizing the value of health education in terms of prevention and quality of life, an emphasis was placed on this area in RHRCC's strategic planning. The goal was to increase the number of wellness, education, and prevention-related community contact by 25%, bringing the total number to 12,650.

- RHRCC far exceeded the goal, by reaching 23,589 community members in 2015. These events included such programs as (but not limited to): “Dinner with a Doc,” “County-Wide Stride Race Series”, “Longest Day of Play,” and “Children's Safety Fair.”

Priority Three: Substance Abuse

During the 2013 CHNA process, substance abuse emerged as the community's most important health concern. Due to scarce funding for substance abuse treatment, RHRCC did not intend to address the concern comprehensively. However, efforts have been made to provide education and resources for the community.

- In mid-2013, a licensed professional counselor was placed in the Medical Arts Building. Among conditions the counselor treats are those related to mental health and/or substance abuse. The counselor does intake evaluation, mental health diagnosis, treatment plans, and suicide/anxiety/depression assessments.
- Participation in UNITE (Unlawful Narcotics, Investigations, Treatment, and Education) coalition meeting and events. Sponsor Annual UNITE Dinner
- Project e-Prevent: Sponsored and aided in the planning/implementation of a state-wide electronic cigarette conference.
- Hospital staff members participate as Chairs of the local ASAP (Area Substance Abuse Policy) Board.
- Implementation of evidence-based Tobacco Cessation Program: American Lung Association's Freedom from Smoking.

Description of the Organization

Rockcastle Regional Hospital and Respiratory Care Center has been providing quality healthcare to Rockcastle and surrounding counties for more than 50 years. Starting as an acute-care facility in 1956, the hospital has adapted as healthcare needs have changed. In 1980, Rockcastle Regional opened its first long-term care unit with 32 beds and added 28 more beds just 12 years later. In 2006, Rockcastle Regional grew by 19 beds. We expanded again by 14 beds in 2009 to meet the growing demand for quality ventilator care. Today our Respiratory Care Center facility offers comfortable, professional, long-term care for 93 ventilator-dependent patients, mostly from Kentucky. Today, in addition to inpatient, outpatient, and home health care services, we are the only facility in the state that specializes in caring for ventilator-dependent adults and children.

Our Mission

Rockcastle Regional Hospital and Respiratory Care Center is a family-oriented team of healthcare professionals dedicated to delivering the highest quality of care to those we serve.

Our Vision

Rockcastle Regional Hospital and Respiratory Care Center's vision is to be the hospital of choice for healthcare in Rockcastle County and surrounding areas and to be the facility of choice nationwide in ventilator care.

Our Values

Our work will be guided by our commitment to quality of care, patient safety, service excellence, cleanliness, and the health of our community.

Rockcastle Regional Hospital & Respiratory Care Center Services:

- Inpatient
- Outpatient
- Cancer care
- Cardiology
- Diagnostic imaging
- Medical Nutrition Therapy
- Emergency
- Infusions services
- Laboratory
- Home health
- Pediatric services
- Retail pharmacy
- Surgery
- Therapy
- Rehabilitation (including cardiac and pulmonary rehab)
- Quick Care

The hospital also has a fully equipped fitness center and a wellness & education center, where community fitness and education classes take place.

Rockcastle Regional has experienced sustained and continued growth through the years. In 2015, there were three major expansions: local physician, Dr. Griffith moved his office to the campus of RHRCC, New Cancer Care and Infusion Center, and Pediatrics doubled the amount of space in the clinic and created a well-child area of the waiting room. In October of 2015, a 67,000-square foot construction project began and will add 28 new ventilator beds, brings the total to 121 and making our hospital the largest freestanding ventilator facility in the country. In addition to the added beds, the project will add:

- Dialysis Clinic (a first for Rockcastle County)
- 2,200-square foot resident rehabilitation center
- 85 new full-time jobs (bringing total to 735)
- New day rooms for resident activities
- Four beds that accommodate bariatric patients
- A dedicated resident dining facility
- A larger chapel dedicated to residents
- A new employee child development center

RRHRC has recently begun the process to become a *Breast Imaging Center of Excellence* (BICOE). In order to receive this designation, a center must be fully accredited in mammography, stereostatic breast biopsy, breast ultrasound, and breast MRI. RHRCC has been accredited by the American College of Radiology in mammography since the early nineties, and will be seeking accreditation in the other four modalities. Upon receiving this accreditation, RHRCC will be the first BICOE in South Central and Eastern Kentucky and one of fourteen in the state.

The organization is a seven-time Kentucky Hospital Association Quality Award Winner, a U.S. News & World Report Best Nursing Home for 2013 and 2014, a winner of the Women's Choice Award for America's 100 Best Hospitals for Patient Experience 2013-2015, was recognized with the Women's Choice Award as an America's Best Emergency Care Hospital in 2015 and 2016, and a recipient of the 2013 Jackson Healthcare Charitable Services Award. RHRCC is one of only 251 hospitals in the country to receive a five-star rating by the Centers for Medicare & Medicaid Services.

Studer Group® has recognized Rockcastle Regional Hospital and Respiratory Care Center as its December 2015 Organization of the Month for achieving and sustaining exceptional results in clinical, operational, and financial areas. The award is given to high-performing healthcare facilities that achieve measurable positive results in key quality areas such as patient satisfaction, financial stability, and employee engagement.

It also has won multiple awards for community outreach in recent years. The hospital connected with 23,589 community members with 194 programs and outreach efforts in 2015, and generated a

community prevention/education/health promotion benefit of \$221,812. In 2012 the hospital also provided \$2.7 million in indigent care and \$2.8 million in charity care.

RHRCC was named a 2016 Best Place to Work by the Kentucky Chamber of Commerce and the Kentucky Society for Human Resource Management's (KYSHRM).

In 2015, RHRCC added nine physicians to the team-for a total of 127 physicians and consulting physicians on staff. Many of the visiting physicians are employed by the University of Kentucky HealthCare, as Rockcastle Regional Hospital has partnerships with UK entities such as Markey Cancer Center and the Gill Heart Institute. The hospital also has a service agreement with Baptist Health Lexington.

Physicians are on staff who specialize in the following:

- Adolescent Medicine
- Allergy/immunology
- Cardiology
- Cardiothoracic surgery
- Dentistry
- Endocrinology
- Family medicine
- Gastroenterology
- General Surgery
- Gynecology
- Internal medicine
- Interventional cardiology
- Nephrology
- Nerve study
- Neurology
- Neurosurgery
- Oncology
- Optometry
- Orthopedic surgery
- Otolaryngology ENT
- Pathology/cytopathology
- Pediatric cardiology
- Pediatric Interventional Cardiology
- Pediatric Surgery
- Pediatric urology
- Pediatrics
- Plastic and reconstructive surgery
- Podiatry
- Pulmonology
- Radiology
- Rheumatology
- Sleep medicine
- Teleradiology
- Urological surgery
- Urology

Patient Origin and Migration Trends

Of the 1,913 times Rockcastle County residents were admitted to hospitals in 2014, 37 percent, or 711, were at Rockcastle Regional Hospital. The complete list is as follows:

2015 Kentucky Patient Origin Report Kentucky Hospital Association
Total Discharges of Rockcastle County Residents by facility January 1, 2014-December 31, 2014
Acute Adult & Pediatric

2014 Acute Adult & Pediatric					
Facility	Quarter 1	Quarter 2	Quarter 3	Quarter 4	Total
Rockcastle Regional	188	179	158	186	711
UK Chandler Medical Center	105	102	84	87	378
Baptist Health Richmond	38	30	33	24	125
Baptist Health Lexington	27	33	35	43	138
Lake Cumberland Regional	22	24	22	35	103
Saint Joseph London	24	36	10	22	92
UK Healthcare Good Samaritan	19	21	29	18	87
Saint Joseph Berea	15	25	22	18	80
Ephraim McDowell Fort Logan	8	6	13	7	34
Saint Joseph Hospital	11	9	12	17	49
Ephraim McDowell Regional	4	11	21	5	41
Saint Joseph East	12	8	13	10	43
Hazard ARH Reg Medical Center	1	1	3	2	7
Baptist Health Corbin	1	1	1	3	6
Jewish Hospital	2	0	2	0	4
Shriners Hospital for Children	0	3	1	0	4
Kosair Children's Hospital	1	0	2	0	3
Clark Reg Medical Center	0	0	0	2	2
Frankfort Reg Medical Center	0	0	0	1	1
Kings Daughters Medical Center	0	1	0	0	1
Manchester Memorial Hospital	1	0	0	0	1
Norton Brownsboro Hospital	1	0	0	0	1
Norton Suburban Hospital	1	0	0	0	1
St. Elizabeth Florence	0	0	1	0	1

This assessment focuses on Rockcastle Regional Hospital's acute care and outpatient services.

Though the hospital occasionally serves patients from other counties, the vast majority (72 percent of inpatients) are residents of Rockcastle County.

Description of the Community Served

Rockcastle Regional Hospital & Respiratory Care Center is located in Mount Vernon, Kentucky, in Rockcastle County. Created out of Knox, Lincoln, Madison, and Pulaski counties it was the 52nd Kentucky County in order of formation. Isaac Lindsey, who came here with a hunting party in 1767, observed a

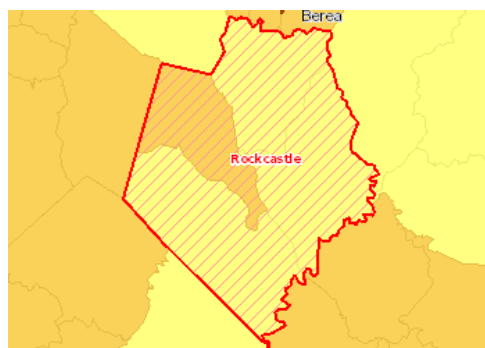
lone rock which resembled an ancient castle. From this the river was named, later the county. The county is nestled in the foothills of southeastern Kentucky with Interstate 75 bisecting the county from North to South. Mount Vernon is located 54 miles south of Lexington (second largest city in Kentucky) 129 miles south of Louisville (largest city in Kentucky), 133 miles south of Cincinnati, Ohio and 119 miles north of Knoxville, Tennessee. Interstate 75 brings tourism travelers to the county of Rockcastle. The interstate also brings travelers to RHRCC who fall ill or are in accidents while passing through the area.



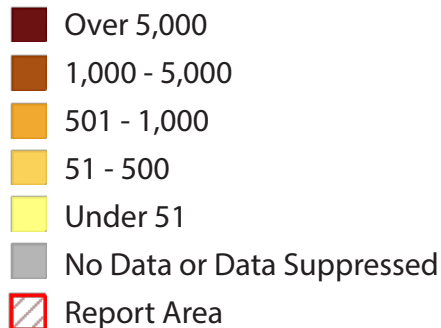
Two pioneer trails, Boone's Trace and the Wilderness Road, intersect in Rockcastle at Mt. Vernon,

Report Area	Total Population	Total Land Area (Square Miles)	Population Density (Per Square Mile)
Rockcastle County, KY	16,965	316.55	53.59
Kentucky	4,383,272	39,483.74	111.01
United States	314,107,083	3,531,932.26	88.93

Data Source: US Census Bureau, American Community Survey. 2010-14. Source geography: Tract

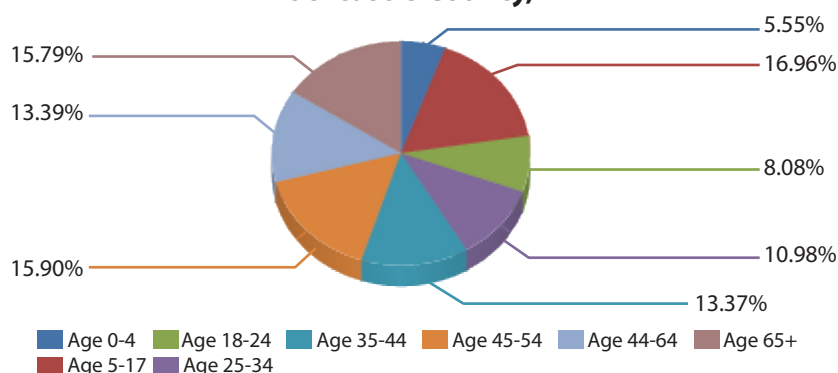


Population, Density (Persons per Sq Mile) by Tract, ACS 2010-14



which became the fork in the trail as Daniel Boone made his way from North Carolina to Boonesboro (rockcastlecountyky.com). There are three incorporated towns located within the county: Mt. Vernon (the county seat), Brodhead, and Livingston. (<http://www.rockcastlecountyky.com/about.html>)

Total Population by Age Groups, Total Rockcastle County, KY



An estimated 15.79% percent of the population in Rockcastle County is age 65 or older according to the U.S. Census Bureau American Community Survey 2010-14 5-year estimates. An estimated total of 2,678 older adults resided in the area during this time period. The number of persons age 65 or older is relevant because this population has unique health needs which should be considered separately from other age groups.

Total Population by Race Alone, Percent

Report Area	White	Black	Asian	Native American/ Alaska Native	Native Hawaiian/ Pacific Islander	Some Other Race	Multiple Races
Rockcastle County, KY	97.94%	0.14%	0.06%	0.93%	0.09%	0.18%	0.65%
Kentucky	87.73%	7.87%	1.22%	0.21%	0.05%	0.95%	1.98%
United States	73.81%	12.6%	5%	0.82%	0.17%	4.7%	2.91%

While there are similarities between Rockcastle's age demographics and the state, there is very little racial or ethnic diversity in Rockcastle County.

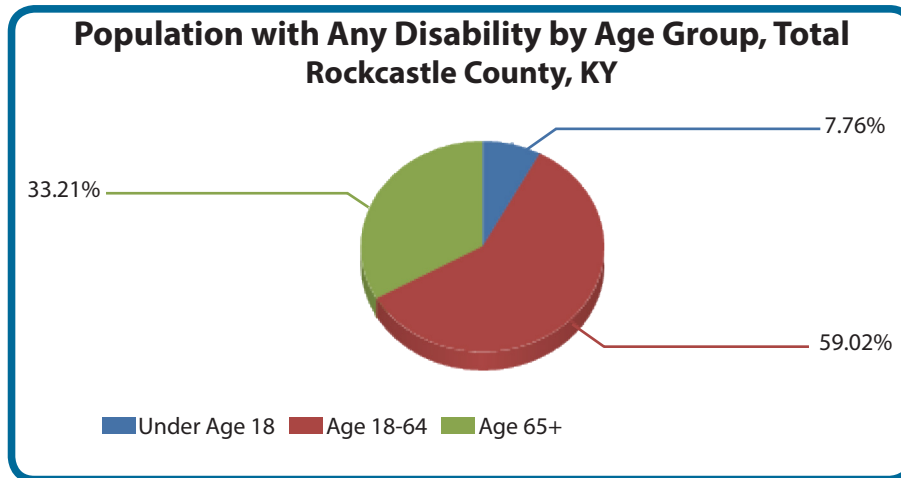
Families with Children

According to the most recent the American Community Survey estimates, 34.23% of all occupied households in the report area are family households with one or more child(ren) under the age of 18. As defined by the US Census Bureau, a family household is any housing unit in which the householder is living with one or more individuals related to him or her by birth, marriage, or adoption. A non-family household is any household occupied by the householder alone, or by the householder and one or more unrelated individuals.

Report Area	Total Households	Total Family Households	Families with Children (Under Age 18)	Families with Children (Under Age 18) Percent of Total Households
Rockcastle County, KY	6,634	4,753	2,275	34.23%
Kentucky	1,702,235	1,134,316	538,691	31.65%
United States	116,211,088	76,958,064	37,554,348	32.32%

Data Source: US Census Bureau, American Community Survey, 2010-14. Source geography: Tract

Population with Any Disability



This indicator reports the percentage of the total civilian non-institutionalized population with a disability. This indicator is relevant because disabled individuals comprise a vulnerable population that requires targeted services and outreach by providers.

Report Area	Total Population (For When Disability Status is Determined)	Total Population With a Disability	Percent Population With a Disability
Rockcastle County, KY	16,671	3,851	23.1%
Kentucky	4,296,790	728,871	16.96%
United States	309,082,272	37,874,568	12.25%

Data Source: US Census Bureau, American Community Survey, 2010-14. Source geography: Tract

Social Determinants of Health

About Social Determinants

Health starts in our homes, schools, workplaces, neighborhoods, and communities. We know that taking care of ourselves by eating well and staying active, not smoking, getting the recommended immunizations and screening tests, and seeing a doctor when we are sick all influence our health. Our health is also determined in part by access to social and economic opportunities; the resources and supports available in our homes, neighborhoods, and communities; the quality of our schooling; the safety of our workplaces; the cleanliness of our water, food, and air; and the nature of our social interactions and relationships. The conditions in which we live explain in part why some Americans are healthier than others and why Americans more generally are not as healthy as they could be.

•Healthy People 2020 (www.healthypeople.gov)

Social Economic Factors

Economic and social insecurity often are associated with poor health. Poverty, unemployment, and lack of educational achievement affect access to care and a community's ability to engage in healthy behaviors. Without a network of support and a safe community, families cannot thrive. Ensuring access to social and economic resources provides a foundation for a healthy community.

Rockcastle County, is relatively poor. It is identified as a “distressed” county by the Appalachian Regional Commission (ARC). ARC designated distressed counties are considered the most economically depressed. They rank in the worst 10 percent of the nation's counties. The ARC uses an index-based county economic classification system to identify and monitor the economic status of Appalachian counties. The system involves the creation of a national index of county economic status through a comparison of each county's averages for three economic indicators—three-year average unemployment rate, per capita market income, and poverty rate—with national averages. The resulting values are summed and averaged to create a composite index value for each county. Each county in the nation is then ranked, based on its composite index value, with higher values indicating higher levels of distress. Poverty creates barriers to access including health services, healthy food, and other necessities that contribute to poor health status.

Report Area	Total Populations	Population in Poverty	Percent Population in Poverty
Rockcastle County, KY	16,610	4,155	25.02%
Kentucky	4,248,233	803,866	18.92%
United States	306,226,400	47,755,608	15.59%

Data Source: US Census Bureau, American Community Survey. 2010-14. Source geography: Tract

High School Graduation Rate (EdFacts)

Within the report area 97.4% of students are receiving their high school diploma within four years. This indicator is relevant because research suggests education is one the strongest predictors of health ([Freudenberg Ruglis, 2007](#)).

Report Area	Total Student Cohort	Estimated Number of Diplomas Issued	Cohort Graduation Rate
Rockcastle County, KY	195	190	97.4
Kentucky	47,340	42,072	88.9
United States	3,127,886	2,635,290	84.3

Data Source: US Department of Education, ED Facts. Accessed via DATA.GOV. Additional data analysis by CARES. 2013-14. Source geography: School District

The Rockcastle County school system consists of one high school, one middle school, three elementary schools, an area technology center, and an adult education center. In recent years, the district has routinely scored above the state average in standardized testing, and several of county schools have won awards such as Roundstone Elementary’s National Title I Distinguished School Award (and five consecutive Commonwealth Pacesetter Awards). Rockcastle County Middle School is one of the top 20 middle schools in the state. (<http://rockcastle.kyschools.us>)

In spite of recent strides in education as indicated by standardized test scores, Rockcastle, like many of its neighboring counties, falls below the state and national average in terms of percentage of high school graduates. This indicator is relevant because educational attainment is linked to positive health outcomes.

Report Area	Total Population Age 25	Population Age 25 with No High School Diploma	Percent Population Age 25 with No High School Diploma
Rockcastle County, KY	11,777	2,722	23.11%
Kentucky	2,939,709	486,190	16.54%
United States	209,056,128	28,587,748	13.67%

Data Source: US Census Bureau, American Community Survey. 2010-14. Source geography: Tract

The county has a robust tourism and entertainment sector. Renfro Valley, a small community within a mile of downtown Mt. Vernon, is known as “Kentucky’s Country Music Capital” and is home to the Renfro Valley Entertainment Center and the Kentucky Music Hall of Fame. The entertainment center features some of the country’s most famous country, gospel, and bluegrass acts and is a destination for thousands every year. The Kentucky Music Hall of Fame honors the commonwealth’s finest music professionals and features a museum that attracts tourists from all over the nation.

As part of the effort to promote and develop adventure tourism opportunities across the state, the community of Livingston is now a “Kentucky Trail Town.” The Kentucky Trail Town Program is designed to help connect communities to trail systems and develop the locations as tourist destinations. It guides travelers to trails, food, lodging, campgrounds, museums, entertainment and other services. The designation helps communities improve their local tourism economies and add more jobs. Livingston is a great example of a Trail Town with its proximity to the Daniel Boone National Forest and the Sheltoewee Trace; the combination of hiking trails, horseback riding and the Rockcastle River make Livingston a perfect place for those seeking outdoor adventure.

Local residents say one of the county’s greatest needs is having more, better-paying jobs. This is significant because studies show that those with higher incomes are more likely to be healthier than those with lower incomes. The two largest employers are Rockcastle Regional Hospital and Rockcastle County Schools. A good portion of the economy is driven by small businesses and the service industry. A data processing center called SourceHOV is a major local employer. Anchor Packaging, B&H Tool and Integrity Mold & Die are a couple of the few local manufacturers.

Unemployment Rate

Total unemployment in the report area for the current month was 513, or 7.5% of the civilian non-institutionalized population age 16 and older (non-seasonally adjusted). This indicator is relevant because unemployment creates financial instability and barriers to access including insurance coverage, health services, healthy food, and other necessities that contribute to poor health status.

Report Area	Labor Force	Number Employed	Number Unemployed	Unemployment Rate
Rockcastle County, KY	6,854	6,341	513	7.5
Kentucky	1,972,042	1,856,902	115,140	5.8
United States	159,988,338	151,733,570	8,254,768	5.2

Data Source: US Department of Labor, Bureau of Labor Statistics. 2016 - March. Source geography: County

Income - Per Capita Income

The per capita income for the report area is \$17,145. This includes all reported income from wages and salaries as well as income from self-employment, interest or dividends, public assistance, retirement, and other sources. The per capita income in this report area is the average (mean) income computed for every man, woman, and child in the specified area.

Report Area	Total Population	Total Income (\$)	Per Capita Income (\$)
Rockcastle County, KY	16,965	\$290,876,608	\$17,145
Kentucky	4,383,272	\$104,061,403,136	\$23,740
United States	314,107,072	\$8,969,237,037,056	\$28,554

Data Source: US Census Bureau, American Community Survey. 2010-14. Source geography: Tract

Income - Public Assistance Income

This indicator reports the percentage households receiving public assistance income. Public assistance income includes general assistance and Temporary Assistance to Needy Families (TANF). Separate payments received for hospital or other medical care (vendor payments) are excluded. This does not include Supplemental Security Income (SSI) or noncash benefits such as Food Stamps.

Report Area	Total Households	Households with Public Assistance Income	Percent Households with Public Assistance Income
Rockcastle County, KY	6,634	215	3.24%
Kentucky	1,702,235	43,006	2.53%
United States	116,211,088	3,274,407	2.82%

Data Source: US Census Bureau, American Community Survey. 2010-14. Source geography: Tract

Population Receiving SNAP Benefits (ACS)

This indicator reports the estimated percentage of households receiving the Supplemental Nutrition Assistance Program (SNAP) benefits. This indicator is relevant because it assesses vulnerable populations which are more likely to have multiple health access, health status, and social support needs; when combined with poverty data, providers can use this measure to identify gaps in eligibility and enrollment.

Report Area	Total Households	Households Receiving SNAP Benefits	Percent Households Receiving SNAP Benefits
Rockcastle County, KY	6,634	1,585	23.89%
Kentucky	1,702,235	294,172	17.28%
United States	116,211,088	15,089,358	12.98%

Data Source: US Census Bureau, American Community Survey. 2010-14. Source geography: Tract

Insurance - Population Receiving Medicaid

This indicator reports the percentage of the population with insurance enrolled in Medicaid (or other means-tested public health insurance). This indicator is relevant because it assesses vulnerable populations which are more likely to have multiple health access, health status, and social support needs; when combined with poverty data, providers can use this measure to identify gaps in eligibility and enrollment.

Report Area	Total Population (For Whom Insurance Status is Determined)	Population with Any Health Insurance	Population Receiving Medicaid	Percent of Insured Population Receiving Medicaid
Rockcastle County, KY	16,671	14,506	4,743	32.7%
Kentucky	4,296,790	3,730,707	835,385	22.39%
United States	309,082,272	265,204,128	55,035,660	20.75%

Data Source: US Census Bureau, American Community Survey. 2010-14. Source geography: Tract

Like most counties in Kentucky, Rockcastle's economy historically has been agriculturally based. This has changed significantly in recent years, 2012 US Agriculture Census data reveals there are 677 farm operations on 90.856 acres- which represents 44.8% of total county land. In comparison to Kentucky's average farm operations that make up 51.6% of the state's total land area, and US farm operations made up 40.5% of total land area in the country (cedik.ca.uky.edu). 1,510 people directly receive income from farm operations in the county- this accounts for approximately 29% of Rockcastle's total employment. This is significant from the standpoint of health and health care because rural communities, which also tend to be farming communities, face unique barriers to good health.

The National Rural Health Association cites some of the differences in rural and non-rural health:

- Only about ten percent of physicians practice in rural America despite the fact that nearly one-fourth of the population lives in these areas.
- Although only one-third of all motor vehicle accidents occur in rural areas, two-thirds of the deaths attributed to these accidents occur on rural roads.
- Rural residents are nearly twice as likely to die from unintentional injuries other than motor vehicle accidents as are urban residents. Rural residents are also at a significantly higher risk of death by gunshot than urban residents.
- Abuse of alcohol and use of tobacco is a significant problem among rural youth. The rate of DUI arrests is significantly greater in non-urban counties.
- Rural eighth graders are twice as likely to smoke cigarettes.
- There are 60 dentists per 100,000 population in urban areas versus 40 per 100,000 in rural areas.
- The suicide rate among rural men is significantly higher than in urban areas.
- Medicare payments to rural hospitals and physicians are dramatically
- less than those to their urban counterparts for equivalent services.

(ruralhealthweb.org)

Lack of a Consistent Source of Primary Care

This indicator reports the percentage of adults aged 18 and older who self-report that they do not have at least one person who they think of as their personal doctor or health care provider. This indicator is relevant because access to regular primary care is important to preventing major health issues and emergency department visits.

Report Area	Survey Population (Adults Age 18)	Total Adults Without Any Regular Doctor	Percent Adults Without Any Regular Doctors
Rockcastle County, KY	12,513	2,245	17.94%
Kentucky	3,311,523	635,011	19.18%
United States	236,884,932	52,290,932	22.07%

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Additional data analysis by CARES. 2011-12. Source geography: County

Lack of Social or Emotional Support

This indicator reports the percentage of adults aged 18 and older who self-report that they receive insufficient social and emotional support all or most of the time. This indicator is relevant because social and emotional support is critical for navigating the challenges of daily life as well as for good mental health. Social and emotional support is also linked to educational achievement and economic stability.

Report Area	Total Population Age 18	Estimated Population Without Adequate Social/Emotional Support	Crude Percentage	Age-Adjusted Percentage
Rockcastle County, KY	13,100	3,013	23%	23.2%
Kentucky	3,294,652	649,046	19.7%	19.7%
United States	232,556,016	48,104,656	20.7%	20.7%

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the Health Indicators Warehouse. US Department of Health & Human Services, Health Indicators Warehouse. 2006-12. Source geography: County



Education and literacy are closely related, and literacy has been identified as the single best predictor of a person's health status. Limited health literacy has been associated with poor health outcomes in a number of studies. These ran the gamut from increased hospitalizations and higher use of emergency departments to lower use of preventive services (e.g. mammography). Poor health literacy is also linked to poorer outcomes with diabetes, asthma, hypertension and heart failure among others. Along with decreased knowledge of health conditions and how to care for themselves, studies have shown that people with low health literacy have increased difficulty with proper use of medications.

Population with Associate's Level Degree or Higher

17.59% of the population aged 25 and older, or 2,071 have obtained an Associate's level degree or higher. This indicator is relevant because educational attainment has been linked to positive health outcomes.

Report Area	Total Population (Age 18)	Total Adults with Associate's Level Degree or Higher	Percent Adults with Associate's Level Degree or Higher
Rockcastle County, KY	11,777	2,071	17.59%
Kentucky	2,939,709	854,395	29.05%
United States	209,056,128	77,786,232	37.21%

Data Source: US Census Bureau, American Community Survey, 2010-14. Source geography: Tract

Although there is not a bricks-and-mortar institute of higher learning inside Rockcastle County, Somerset Community College (SCC) has campuses in Somerset and London, each of which are within commuting distance. Berea College and Eastern Kentucky University (EKU) are 17 and 28 miles, respectively, from Mt. Vernon. Dual credit courses through SCC and EKU are available to Rockcastle County High School students. Rockcastle Regional offers an online Medicaid Nurse Aide class that creates a pathway to becoming a state-registered nursing assistant.

Community Health Services & Resources

In addition to Rockcastle Regional Hospital, other local organizations whose missions are related to health and well-being include:

Rockcastle Health and Rehabilitation, a 104-bed nursing home in Brodhead, Kentucky, serves the entire county. Its clinical team includes a full-time registered dietitian, respiratory therapist, dedicated wound care nurse, mental health counselor, nurse practitioner and clinical support staff. Clinical services for its residents include a 24-hour on-call physician, geriatric/psychiatric nurse practitioner, physical, occupational and speech therapies, wound care, cardiac care, diabetic care, hospice care, therapeutic recreation, psychosocial intervention, behavior health program management, and podiatry, dental and optometry services.

Cumberland Valley District Health Department is located in Mt. Vernon on Richmond Street. It provides the following services:

- Preventative health care screenings
- Well child assessments
- Women, Infant and Children (WIC) Program
- Immunizations
- Family planning
- Folic Acid counseling and supplementation
- Preconception care and counseling
- Phenylketonuria (PKU) screening
- Medical nutrition therapy
- Chronic disease screening
- Cancer screening
- Sexually transmitted disease diagnosis, treatment and follow-up
- HIV testing and counseling services

Rockcastle County has two adult day care facilities which are both located within the city limits of Mt. Vernon. *Rockcastle Senior Citizens and Adult Day Health* provides meals, personal care, wound care, recreational activities, Meals on Wheels for homebound residents and minor home repair. Similar services, not including Meals on Wheels and home repair, are provided by *Wayne Stewart Adult Health*.

The Kentucky Cabinet for Health and Family Services has three offices in Rockcastle County: the Office of Family Support, the Office of Protection and Permanency, and Child Support Enforcement. Each of these offices provide a wide range of services including child/adult abuse and neglect, assistance with food stamps, welfare, and Kentucky Medicaid, and child support enforcement.

The Rockcastle County School Health Services provides first aid care to students and employees who become sick or injured at school. Health Services also maintains the health records required by the Department of Education and does health screenings for the students.
(<http://rockcastle.kyschools.us>).

There is one BSN prepared district nurse for Rockcastle County. Each school within the county has a trained nursing assistant under the supervision of the principal and district school nurse.

The district RN oversees the health services provided by nursing staff, advises the health assistants, monitors the students' health records helps with vision, hearing, and scoliosis screening, and provides mini-health lessons as needed.

Some of the community's major health concerns are substance abuse and mental illness. There are no inpatient facilities in Rockcastle County for the treatment of psychiatric-related conditions. The following table is a breakdown of where Rockcastle Countians received inpatient care in 2015 for psychiatric-related conditions:

Total Discharges by Facility - psychiatric care

	Age 0-17	Age 18+	Grand Total
Hazard ARH Regional Medical Center		41	41
Baptist Health Corbin	16	17	43
Ridge Behavioral Health System	16	14	30
Lake Cumberland Regional Hospital	0	20	20
Ephraim McDowell Regional Medical Center	0	15	15
UK Healthcare Good Samaritan Hospital	6	6	12
Bourbon Community Hospital	0	5	5
Our Lady of Peace	0	4	4
Rockcastle Regional Hospital	0	3	3
UK Chandler Medical Center	2	1	3
University of Louisville Hospital	0	1	1

2015 Kentucky Patient Origin Report Psychiatry County Profile: January 1, 2014- December 31, 2014

Access to Mental Health Providers

This indicator reports the rate of the county population to the number of mental health providers including psychiatrists, psychologists, clinical social workers, and counsellors that specialize in mental health care.

Report Area	Estimated Population	Number of Mental Health Providers	Ratio of Mental Health Providers to Population (1 Provider per x Persons)	Mental Health Care Provider Rate (Per 100,000 Population)
Rockcastle County, KY	16,835	1	16,835	5.9
Kentucky	4,377,849	7,874	556	179.8
United States	317,105,555	643,219	493	202.8

Data Source: University of Wisconsin Population Health Institute, County Health Rankings. 2016. Source geography: County

Cumberland River Comprehensive Care Center (CRCCC) is community based not-for-profit organization providing services in mental health, developmental delay, intellectual disabilities and chemical dependency for eight Southeastern Kentucky counties. CRCCC provides outpatient substance abuse and mental health services for residents of Rockcastle County of all ages. It is one of 14 regional comprehensive care centers established by the Kentucky legislature to provide mental, substance abuse, and mental retardation-related services. Rockcastle is one of eight counties served by CRCC. Services can be provided in a variety of settings from individual, couple, marital, family or group counseling for mental health and substance abuse issues to referral services for in-patient hospitalization. CRCCC offers sessions with counselors, as well as with a peer support specialist if needed, and a variety of opportunities for adults and children with Developmental Delay/Intellectual Disabilities.

The facility accepts private insurance, worker's compensation, Medicaid, and Medicare is accepted. CRCCC also has a sliding fee scale available to those without third party payment. On staff are two part-time psychiatrists, a nurse practitioner certified in mental health, a psychiatric nurse, licensed mental health professionals as well as several certified counselors.

Among others programs offered are court approved DUI classes, a therapeutic rehabilitation day program for individuals with mental health needs as well an adult day training program for individuals with developmental delays. Case management is offered for qualifying individuals to assist with the negotiation of community resources. Children and their families are provided services in both the school and clinic settings. Regionally, crisis stabilization residential services and inpatient substance abuse services are available through the referral process. Also available to all county residents is a 24 hour crisis hotline which is able to respond in emergency situations.

There are a several faith-based recovery programs available throughout the county. These 12 step programs address a variety of addictions.

Another option for the treatment of substance abuse involves Operation UNITE, an acronym for the Unlawful Narcotics Investigations, Treatment, and Education, Inc. It is a non-profit corporation that serves the 32 counties of the Fifth Congressional District, including Rockcastle. In addition to law enforcement and education components, Operation UNITE also coordinates in patient treatment for substance abusers. Those meeting eligibility requirements may call UNITE and request treatment. If they qualify, they are referred to one of 20 treatment facilities (most in Kentucky), for what is typically a 90-day inpatient program, and UNITE assumes the cost of the treatment. (*operationunite.org*)

There is one Alcoholics Anonymous meeting hosted weekly at a local church.

Christian Appalachian Project is an interdenominational, non-profit Christian organization committed to serving people in need in Appalachia by providing physical, spiritual and emotional support through a wide variety of programs and services. The organization has facilities in Rockcastle County and serves the county in a variety of ways:

- Housing: helps keep families warm, safe, and dry. Provides a more healthful environment for them to live in. Elderly Housing: same thing, just focusing on ages 60+ and things like ramps, windows, insulation
- Elderly services: provides socialization for the elderly as well as home visits, transportation to the doctor, grocery, etc.; helps them maintain independence
- Prescription assistance: Helps low-income people of all ages afford their medication
- Emergency Assistance
- In-home respite: helps keep families intact and not have to rely on nursing homes, provides mental/physical respite for caregivers
- Family life child development: health and wellness is included in preschool curriculum, nutritious meals provided according to federal guidelines, home visitors work with children that may have developmental delays
- Counseling: mental health and well-being
- Grateful Bread food pantry: providing food to low income households and community awareness/education
- Grateful Threadz gently used clothing store: low cost clothes for all ages
- Family advocacy: Small Farms & Gardens helps people plan/afford/start gardens and grow/preserve their own nutritious food. Emergency Assistance: help people whose homes have burned, utilities being shut off, etc.

Emergency services are provided by the Rockcastle County Emergency Medical Service (EMS), a private, non-profit organization that offers both Basic Life Support (BSL) and Advanced life Support (ALS) and makes between 3,000 and 3,500 runs annually. Many of those runs are related to respiratory distress and cardiac events, most in patients over the age of 50. It has been estimated that 30 percent of the EMS's trauma runs result from traffic accidents on Interstate 75.

The rural nature of the county sometimes creates additional hazards for victims of accidents or sudden illness. In outlying areas, it could take as much as an hour to pick up the patient and take him to the hospital after the 911 call is made. Add to that the time it might take to get a CT scan and reading, there may be little time to spare if the patient is, for example, a stroke victim needing “clot-buster” medication within three hours of the onset of symptoms. (Brock, 2011).

White House Clinic-Mt. Vernon is a division of White House Clinics, which is a 501(c) 3 non-profit corporation. Its clinics are Federally Qualified Health Care Centers which receive federal funding to offset costs for uninsured and low-income patients. Their physicians are supported by nurse practitioners, physician assistants, licensed clinical social workers, and other health care professionals. White House Clinics offer on-site dental, pharmacy services, laboratory services, mammography services, and x-ray services.

Lifeline Home Health, in partnership with Rockcastle Regional Hospital, and Cumberland Valley Home Health, a part of the Cumberland Valley District Health Department, are the two home health agencies in Rockcastle County. Both provide homecare – which might include a range of services from respite to palliative care – by nurses, therapists, social workers, and home health aides. They serve the entire county.

Other services offered in Rockcastle County are:

- Three dentists' offices. There is also an office that specializes in partials and dentures. A mobile dental clinic typically visits all of the county's schools each year, primarily providing cleaning and cavity-screening services, with other services such as fillings also available.
- One eye clinic housing two part-time optometrists.
- Three retail pharmacies in Mt. Vernon and one pharmacy in Brodhead.
- Three durable medical equipment providers.
- Brodhead Community Mission has emergency funds to assist individuals in need and food pantry.
- Low or no-cost transportation to get healthcare services may be provided by Rural Transit Enterprises Coordinated, Inc. (RTEC), a non-profit corporation headquartered in Mt. Vernon which provides community transit services to a 12-county area.

Health Status

General

This section of the assessment reviews the health status of Rockcastle County residents. Comparisons are provided with the state of Kentucky and the United States. This in-depth assessment of the mortality and morbidity data, health outcomes, health factors, and mental health indicators of residents that make up the community will enable RHRCC to identify priority health issues related to the health status of its residents.

According to the University of Wisconsin Population Health Institutes' 2016 County Health Rankings, Rockcastle County was the 91st healthiest of Kentucky's 120 counties (countyhealthrankings.org). The county's ranking have declined since 2010, the first year the rankings were published, when it was ranked 76th. The Rankings are based on a model of population health that emphasizes the many factors that, if improved, can help make communities healthier places to live, learn, work and play. The County Health Rankings measure the health of nearly all counties in the nation and rank them within states. The Rankings are compiled using county-level measures from a variety of national and state data sources. These measures are standardized and combined using scientifically-informed weights.

The population of Rockcastle County, like that of many Kentucky counties suffers from relatively poor health. Risk factors such as smoking and obesity, and illnesses such as heart disease and diabetes on the average occur at higher rates in Rockcastle County than in the nation as a whole, often these are higher than the statewide average (see graphics below).

Tobacco Usage - Current Smokers

In the report area an estimated 3,616, or 27.6% of adults age 18 or older self-report currently smoking cigarettes some days or every day. This indicator is relevant because tobacco use is linked to leading causes of death such as cancer and cardiovascular disease.

Report Area	Total Population Age 18	Total Adults Regularly Smoking Cigarettes	Percent Population Smoking Cigarettes (Crude)	Percent Population Smoking Cigarettes (Age-Adjusted)
Rockcastle County, KY	13,100	3,616	27.6%	28.2%
Kentucky	3,294,652	843,431	25.6%	26.1%
United States	232,556,016	41,491,223	17.8%	18.1%

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the Health Indicators Warehouse. US Department of Health Human Services, Health Indicators Warehouse. 2006-12. Source geography: County

Diabetes (Adult)

This indicator reports the percentage of adults aged 20 and older who have ever been told by a doctor that they have diabetes. This indicator is relevant because diabetes is a prevalent problem in the U.S.; it may indicate an unhealthy lifestyle and puts individuals at risk for further health issues.

Report Area	Total Population Age 20	Population with Diagnosed Diabetes	Population with Diagnosed Diabetes, Crude Rate	Population with Diagnosed Diabetes, Age Adjusted Rate
Rockcastle County, KY	12,843	1,631	12.7	11.1%
Kentucky	3,250,667	724,823	11.78	10.79%
United States	234,058,720	37,766,703	9.85	9.11%

Heart Disease (Adult)

994, or 8% of adults aged 18 and older have ever been told by a doctor that they have coronary heart disease or angina. This indicator is relevant because coronary heart disease is a leading cause of death in the U.S. and is also related to high blood pressure, high cholesterol, and heart attacks.

Report Area	Total Population (Age 18)	Total Adults with Poor Heart Disease	Percent Adults with Heart Disease
Rockcastle County, KY	12,442	994	8%
Kentucky	3,286,020	194,665	5.9%
United States	236,406,904	10,407,185	4.4%

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Additional data analysis by CARES. 2011-12. Source geography: County

Cancer Deaths (age-adjusted rate per 100,000 population)	Rockcastle	Kentucky
All Cancers	227	201
Lung and Bronchus	88	70
Colorectal	24	18
Breast	28	22
Prostate		20

About the Indicator: Breast Cancer Death Rate is the number of deaths per 100,000 females. Prostate Cancer Death Rate is the number of deaths per 100,000 males. Data for counties with fewer than 15 deaths is considered unstable and has been suppressed.

Data Source: [Kentucky Cancer Registry](#)

Report Area	Stroke Deaths (per 100,000 populations): Age-adjusted rate of deaths (due to stroke per year.
Rockcastle County, KY	57
Kentucky	42

Obesity

39% of adults aged 20 and older self-report that they have a Body Mass Index (BMI) greater than 30.0 (obese) in the report area. Excess weight may indicate an unhealthy lifestyle and puts individuals at risk for further health issues.

Report Area	Total Population (Age 20)	Adults with BMI > 30.0 (Obese)	Percent Adults with BMI > 30.0 (Obese)
Rockcastle County, KY	12,819	4,961	39%
Kentucky	3,248,518	1,048,808	32.1%
United States	231,417,834	63,336,403	27.1%

Data Source: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. 2012. Source geography: County

Dental Health

Good oral health is the result of positive forces in a complex range of issues—from environmental, socio-cultural and behavioral factors to education and health service access. Though integral to personal well-being, oral health receives less attention and less funding than general physical health. Dental care is not covered by most public and private health insurance plans. With the exception of government employee plans and children’s Medicaid programs, dental insurance coverage requires a separate policy. Only basic children’s dental services are mandatory for Medicaid. Adult care is optional for state Medicaid programs. Dental care, other than hospital emergency care, is not covered by Medicare or TriCare, the basic military insurance.

This indicator reports the percentage of adults age 18 and older who self-report that six or more of their permanent teeth have been removed due to tooth decay, gum disease, or infection. This indicator is relevant because it indicates lack of access to dental care and/or social barriers to utilization of dental services

Report Area	Total Population (Age 18)	Total Adults with Poor Dental Health	Percent Adults with Poor Dental Health
Rockcastle County, KY	13,029	4,204	32.3%
Kentucky	3,294,652	782,958	23.8%
United States	235,375,690	36,842,620	15.7%

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Additional data analysis by CARES. 2006-10. Source geography: County

Poor General Health

Within the report area 28.3% of adults age 18 and older self-report having poor or fair health in response to the question “Would you say that in general your health is excellent, very good, good, fair, or poor?” This indicator is relevant because it is a measure of general poor health status.

Report Area	Total Population Age 18	Estimated Population with Poor or Fair Health	Crude Percentage	Age Adjusted Percentage
Rockcastle County, KY	13,100	3,707	28.3%	27.6%
Kentucky	3,294,652	724,823	22%	21.1%
United States	232,556,016	37,766,703	16.2%	15.7%

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the Health Indicators Warehouse. US Department of Health & Human Services, Health Indicators Warehouse. 2006-12. Source geography: County



Rankings Methods

The *County Health Rankings* measure the health of nearly all counties in the nation and ranks them within states. The Rankings are compiled using county-level measures from a variety of national and state data sources. These measures are standardized and combined using scientifically-informed weights.

	Rockcastle County	Error Margin	Top U.S. Performers	Kentucky	Rank of 120
Poor physical health days **	5.3	5.1 - 5.5	2.9	5.0	
Poor mental health days **	4.4	4.2 - 4.6	2.8	4.6	
Low birthweight	10%	9 - 12%	6%	9%	
Health Factors					86
Health Behaviors					87
Adult Smoking **	26%	25 - 28%	14%	26%	
Adult Obesity	39%	32 - 45%	25%	32%	
Food environment index	7.4		8.3	7.1	
Physical inactivity	34%	28 - 41%	20%	29%	
Access to exercise opportunities	57%		91%	70%	
Excessive drinking **	11%	11-12%	12%	14%	
Alcohol-impaired driving deaths	17%	8 - 28%	14%	29%	
Sexually transmitted deaths	94.1		134.1	391.2	
Teen births	52	44 - 59	19	47	
Clinical Care					74
Uninsured	19%	17 - 21%	11%	17%	
Primary care physicians	2,380 : 1		1,040 : 1	1,500 : 1	
Dentists	8,410 : 1		1,340 : 1	1,610 : 1	
Mental health providers	16,830 : 1		370 : 1	560 : 1	
Preventable hospital stays	112	96 - 129	38	85	
Diabetic monitoring	83%	72 - 94%	90%	86%	
Mammography screening	59%	47 - 70%	71%	58%	
Social and Economic Factors					82
High school graduation	92%		93%	88%	
Some college	46%	39 - 54%	72%	59%	
Unemployment	7.4%		3.5%	6.5%	
Children in poverty	32%	23 - 41%	13%	26%	
Income inequality	5.5	4.6 - 6.5	3.7	5.1	
Children in single-parent households	31%	22 - 41%	21%	34%	
Social associations	6.0		22.1	10.8	
Violent crime	65		59	235	
Injury deaths	120	97 - 144	51	82	
Physical environment					72
Air pollution - particulate matter	13%		9.5	13.5	
Drinking water violations	No		No		
Severe housing problems	15%	12 - 18%	9%	14%	
Driving alone to work	87%	84 - 90%	71%	82%	
Long commute - driving alone	42%	35 - 48%	15%	28%	

2016

^ 10th/90th percentile, i.e., only 10% are better.

Note: Blank values reflect unreliable or missing data

** Data should not be compared with prior years due to changes in definition/methods

Environment

It is often said that individuals are responsible for their own health, but research suggests that health behavior changes are not easily accomplished in the face of a culture and environment that do not support good health. For example, environmental factors such as the availability of safe-sidewalks to encourage walking and the existence of smoke-free laws to discourage smoking have long been known to have a positive influence on community and individual health. Though many public establishments do not allow indoor smoking, no smoke free laws exist in Rockcastle County. Secondhand smoke damages the DNA, blood vessels. And lung tissue, causing cancer, heart and lung disease. It is the third leading cause of preventable death in the United States.

In 2011, a study sponsored by the Cumberland Valley District Health Department assessed the air quality in 10 public venues in the county and found that workers and patrons are exposed to harmful levels of secondhand smoke. The average level of indoor air pollutions in Rockcastle's public venues was 4.2 higher than the outdoor standard and 8.2 times greater than Lexington, Kentucky's average levels after the implementation of their smoke-free laws. (Hahn 2011).

As more and more businesses and workplaces elect to go smoke free, the industry continues to develop products to circumvent the efforts. Many of these products are touted as a safe, effective means of quitting traditional tobacco products. The latest device is known as electronic cigarettes/vapes. Testimonials on websites and commercials say these devices can be used anywhere and are virtually harmless to the user and by-standers. The products are sold in a variety of "candy flavors" and colorful packaging which makes them especially appealing to young people. According to the CDC's Morbidity and Mortality Weekly Report, emerging tobacco products such as e-cigarettes and hookahs are quickly gaining popularity among middle- and high-school students. Recent data collected in our local school systems certainly support the CDC's findings.

In 2015, RRHRC, SoAHEC, and a variety of partners began to address this ever-growing issue by hosting a state-wide conference: Project ePrevent to educate healthcare workers, school personnel, students, policy makers, and the general public. Due to the overwhelming interest in the topic, the concern of youth initiation, etc. the consensus is to further develop materials and continuing education offerings that inform on the latest scientific findings regarding these products.

Other environmental factors may affect public health in Rockcastle County:

Food Access - Fast Food Restaurants

This indicator reports the number of fast food restaurants per 100,000 population. Fast food restaurants are defined as limited-service establishments primarily engaged in providing food services (except snack and nonalcoholic beverage bars) where patrons generally order or select items and pay before eating. This indicator is relevant because it provides a measure of healthy food access and environmental influences on dietary behaviors.

Report Area	Total Population	Number of Establishments	Establishments, Rate per 100,000 Population
Rockcastle County, KY	17,056	3	41.04
Kentucky	4,339,367	3,155,806	72.7
United States	312,732,537	227,486	72.7

Data Source: US Census Bureau, County Business Patterns. Additional data analysis by CARES. 2013.

Source geography: County

Food Access - Grocery Stores

The lack of “good” grocery stores was noted during the community focus groups. “Poor quality limited produce choice, high cost, and access only in one town.” Approximately nine percent of the population has no car, yet lives more than one mile from a grocery store (cedik.ca.uky.edu)

This indicator reports the number of grocery stores per 100,000 population. Grocery stores are defined as supermarkets and smaller grocery stores primarily engaged in retailing a general line of food, such as canned and frozen foods; fresh fruits and vegetables; and fresh and prepared meats, fish, and poultry. Included are delicatessen-type establishments. Convenience stores and large general merchandise stores that also retail food, such as supercenters and warehouse club stores are excluded. This indicator is relevant because it provides a measure of healthy food access and environmental influences on dietary behaviors.

Report Area	Total Population	Number of Establishments	Establishments, Rate per 100,000 Population
Rockcastle County, KY	17,056	3	17.59
Kentucky	4,339,367	806	18.6
United States	316,128,839	66,286	21.2

Data Source: US Census Bureau, County Business Patterns. Additional data analysis by CARES. 2013.

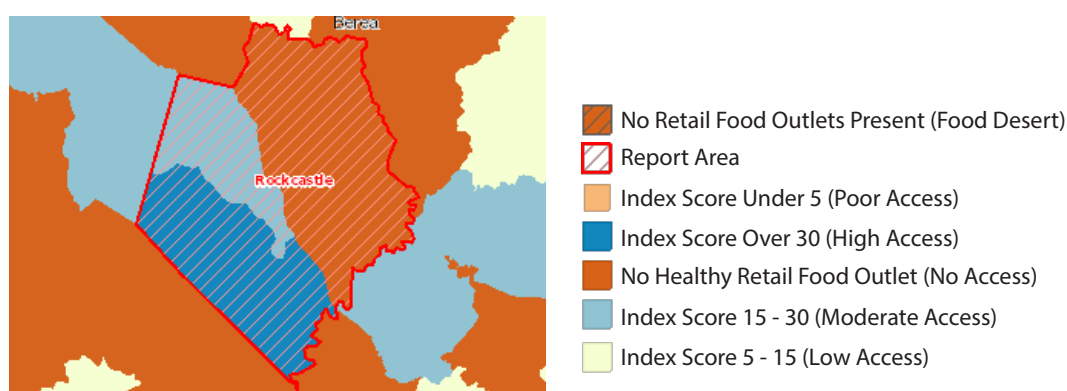
Source geography: County

Food Access - Modified Retail Food Environment Index

This indicator reports the percentage of population living in census tracts with no or low access to healthy retail food stores. Figures are based on the CDC Modified Retail Food Environment Index. For this indicator, low food access tracts are considered those with index scores of 10.0 or less.

Report Area	Total Populations	Percent Population in Tracts with No Food Outlet	Percent Population in Tracts with No Healthy Food Outlet	Percent Population in Tracts with Low Healthy Food Access	Percent Population in Tracts with Moderate Healthy Food Access	Percent Population in Tracts with High Healthy Food Access
Rockcastle County, KY	17,056	0%	35.84%	0%	41.08%	23.08%
Kentucky	4,339,470	1.04%	23.64%	23.26%	47.02%	5.04%
United States	312,474,470	0.9%	18.63%	30.89%	43.28%	5.02%

Data Source: Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity, and Obesity. 2011. Source geography: Tract



Modified Retail Food Environmental Index Score by Tract,
DNPAO 2011

- The CDC reports the #1 cause of death amongst 1-44 year olds is unintentional injuries. According to the Kentucky Injury and Prevention Research Center's 2015 Community Injury Profiles report, Rockcastle County's crude rate per 100,000 of injury-related emergency department visits in 2014 was 14,091 compared to 10,644 for the state as a whole (safekentucky.org)
- Many local residents say there are inadequate fitness-related recreational facilities. There are smaller parks offering some opportunity for socializing and exercise, but no government-sponsored parks and recreation system. The Rockcastle Healthy Community Coalition has made efforts to develop more opportunities for physical activity through events such as Longest Day of Play and 2nd Sunday and have supplied signage for existing walking trails. Rockcastle Regional Hospital offers physical fitness facilities and activities, though due to space limitations there is a waiting list for membership in the fitness center. There are volunteer-driven youth sports leagues available to young residents. A 9-hole golf course and swimming pool are accessible to members of the local country club. In the southern portion of the county, the city of Livingston, is near several outdoor attractions – the Rockcastle River, Red Hill Horse Camp, several historic hiking trails and the Sheltolee Trace, as well as the Daniel Boone National Forest. The town has a trailhead with a visitor center that provides information about trails, attractions and local businesses related to outdoor adventure.

Substance abuse, social and mental health issues

Results from the community survey and forums reveal that substance abuse is a major concern in the county.

Nationally, drug overdose deaths are on the rise, and opioids – primarily prescription pain relievers and heroin—are the main driver of those deaths. Opioids were involved in 28,647 deaths in 2014, and opioid overdoses nationally have quadrupled since 2000, according to the CDC.

In 2014, the five states with the highest rates of death due to drug overdose were West Virginia, New Mexico, New Hampshire, Kentucky and Ohio.

According to the Kentucky Office of Drug Control Policy, there were fewer than five drug overdose deaths in Rockcastle County in each of the years 2013, 2014 and 2015. The county's average annual rate of overdose deaths is 28.11 per 100,000 residents. By comparison, the state average is 24.53 per 100,000 residents.

Drug arrests and justice system interventions

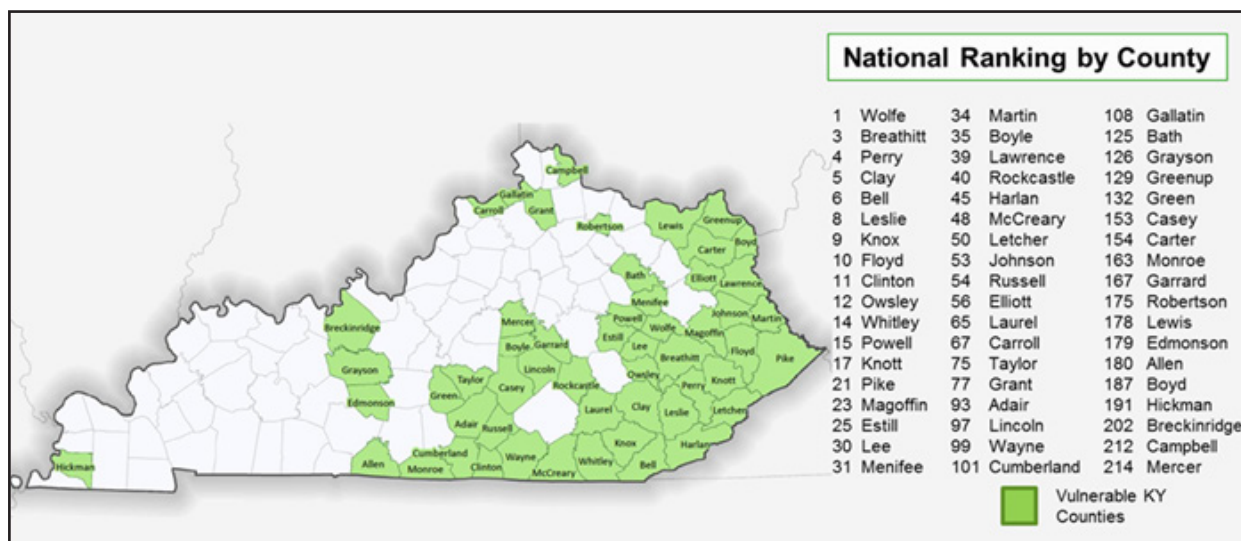
Rockcastle's 2014 drug arrest rate of 3,126 per 100,000 of the population was the 6th highest of the state's 120 counties and more than twice the state's average, according to kentuckyhealthfacts.org.

Kentucky State Police report that 447 drug arrests were made in Rockcastle County in 2014. Two hundred and ninety-two of these arrests were for synthetic narcotics or drugs other than cocaine, marijuana, methamphetamine, or heroin. Sixty-nine arrests were for marijuana; 68 were for methamphetamine, 15 were for opium or cocaine & their derivatives, and three were for heroin.

Often an arrest creates a pathway to drug treatment. Rockcastle County Drug Court is a program that manages non-violent drug offenders. Instead of spending time in jail, eligible participants complete a substance abuse program supervised by a judge. Drug Court graduates are more likely to return to productive lives and stay gainfully employed, pay child support and meet other obligations. Drug Court seeks to intervene and break the cycle of substance abuse, addiction and crime by coordinating the efforts of the judiciary, prosecution, defense bar, probation, law enforcement and mental health, social services and treatment providers.

Intravenous drug users “vulnerable”

According to local newspaper accounts, law enforcement report that discarded hypodermic needles have been discovered in both secluded and residential areas of Rockcastle County in the last year, underscoring a concern shared by many communities, particularly those in Kentucky, and particularly in light of a nearby outbreak of disease spread by intravenous drug use.



Counties vulnerable to outbreaks are in green

“Both HIV and hepatitis C can be transmitted when people who inject drugs share their needles,” Doug Hogan, acting communications director for the Cabinet for Health and Family Services, said in an e-mail to Kentucky Health News. “Many of Kentucky’s HCV cases are among rural youth, ages 12-29, who have been sharing needles.”

In late 2014, an outbreak of HIV infection rapidly spread among a network of intravenous drug users in a small rural community in Southern Indiana. The outbreak led the CDC to perform an analysis to identify other counties in the U.S. that are particularly vulnerable to rapid transmission of HIV or hepatitis C infection among people who inject drugs. Researchers examined all 3,143 counties in the U.S. and based their rankings on six variables: the number of overdose deaths, per-capita income, unemployment, percent non-Hispanic white population, prescription opioid sales, and prescription sales for opioid treatments such as buprenorphine.

In the 2016 report, the CDC determined that 54 of the 220 most vulnerable counties in the U.S. are in Kentucky; Rockcastle County is the 40th most vulnerable. (The report points out that being identified as vulnerable does not indicate a risk of HIV or hepatitis C infection for all residents because the analysis was limited to those who inject drugs.)

Mental health

During the course of the three community forums, the issue of mental health and limited availability of services was a reoccurring topic of discussion.

According to the National Alliance on Mental Illness (NAMI), one in five adults in the US experience a mental illness in a given year and 20% of youth ages 13-18 live with a mental health condition. Six hundred Kentuckians die by suicide annually, and the majority of those have an underlying mental illness.

Rockcastle Countians report six days in the last 30 days when mental health, including stress, depression, and problems with emotions, was not good, compared to a statewide average of five days, according to kentuckyhealthfacts.org.

Access

Like many rural communities, Rockcastle County is a designated Health Professional Shortage Area (HPSA) by the Health Resources and Services Administration (HRSA). HSPAs have shortages of primary, mental, and/or mental health providers and may be geographic (county or service area), demographic (low income population), or institutional (comprehensive health center, federally qualified health center or other public facility). Medically underserved area /populations are areas or populations designated by HRSA as having: too few primary care providers, high infant mortality rate, high poverty and/or high elderly population.

Access to Dentists

Across the United States, shortages of dental professionals are common. The scope of dental practice is limited by state dental licensure boards, which are only gradually expanding the type of oral health services permitted for delivery by non-dentists. As this happens, the oral health workforce expands and more services become available to more people, generally at lower costs.

This indicator reports the number of dentists per 100,000 population. This indicator includes all dentists - qualified as having a doctorate in dental surgery (D.D.S.) or dental medicine (D.M.D.), who are licensed by the state to practice dentistry and who are practicing within the scope of that license.

Report Area	Total Population, 2013	Dentists 2013	Dentists - Rate per 100,000 Population
Rockcastle County, KY	16,693	1	6
Kentucky	4,395,295	2,612	59.4
United States	316,128,839	199,743	63.2

Data Source: US Department of Health & Human Services, Health Resources and Services Administration, Area Health Resource File. 2013. Source geography: County

Clinical Care

A lack of access to care presents barriers to good health. The supply and accessibility of facilities and physicians, the rate of un-insurance, financial hardship, transportation barriers, cultural competency, and coverage limitations affect access.

Rates of morbidity, mortality, and emergency hospitalizations can be reduced if community residents access services such as health screenings, routine tests, and vaccinations. Prevention indicators can call attention to a lack of access or knowledge regarding one or more health issues and can inform program interventions.

Access to Primary Care

This indicator reports the number of primary care physicians per 100,000 population. Doctors classified as “primary care physicians” by the AMA include: General Family Medicine MDs and DOs, General Practice MDs and DOs, General Internal Medicine MDs and General Pediatrics MDs. Physicians age 75 and over and physicians practicing sub-specialties within the listed specialties are excluded. This indicator is relevant because a shortage of health professionals contributes to access and health status issues.

Report Area	Total Population, 2012	Primary Care Physicians 2012	Primary Care Physicians Rate per 100,000 Population
Rockcastle County, KY	17,006	7	41.2
Kentucky	4,380,415	2,824	64.5
United States	313,914,040	233,862	74.5

Data Source: US Department of Health Human Services, Health Resources and Services Administration, Area Health Resource File, 2012. Source geography: County

Research shows that the availability of health insurance has a significant effect on access to care. The safety net of community clinics and public hospitals doesn't fully substitute for the access to care that insurance provides, according to the Kaiser Family Foundation. The uninsured are more likely to forgo needed care and are less likely to receive preventive care and services for major health conditions and chronic diseases. Those with insurance have better physical and mental health and a lower mortality rate.

According to kentuckyhealthfacts.org, the percentage of adults age 18-64 not covered by private health insurance in Rockcastle County is 10% compared with 10% statewide. It is interesting to note that this number has decreased from 14% three years ago. Despite the increase in the numbers of residents covered, 22% reported that there was a time in the past year when they needed to see a doctor but couldn't because of cost. The community survey revealed that residents report forgoing important screenings, etc. due to cost (high deductibles).

Steering Committee - Process

To collect primary data from the community, as required, a steering committee composed of community partners was formed to develop a plan and review the data. The committee consisted of representatives from a cross-section of the community including the following organizations or demographic groups:

- Rockcastle Regional Hospital and Respiratory Care Center
- Senior Citizen at-large
- Rockcastle County Schools
- Cumberland Valley District Health Department
- EMS
- Anthem Blue Cross and Blue Shield
- Rockcastle County Cooperative Extension Office
- Whitehouse Clinic
- City of Mt. Vernon
- City of Brodhead
- Daniel Boone Community Action
- Head Start
- Well Care Health Plans

The committee held its initial meeting in March of 2016, when it reviewed and revised the previous survey from 2013. The resulting 15 question survey was then distributed through mass mailing and was also made available through a link on the RHRCC homepage.

Although the survey is not scientifically valid, it provided a way to gather more qualitative data and give the hospital and community a sense of what most concerns the community in terms of health and health care.

The survey was designed to:

- *Understand the community's need for services and concerns about the delivery of health care in the community;*
- *Provide a sense of the community's health and well-being;*
- *Determine which healthcare services are more likely to be used locally and which services are most often sought outside of the county;*
- *Solicit suggestions and help identify any gaps in services.*

Four-hundred eight (408) surveys were completed by residents of Rockcastle County.

Answers and input were tabulated by the Southern KY AHEC staff and an Eastern Kentucky University Public Health Intern.

In addition to the surveys, a focus group discussion was held in each of the county's three largest towns: Mt. Vernon, Brodhead, and Livingston. A cross-section of individuals from each community were sought to take part in the discussions to ensure fair representation. Among those present at the discussions were small business owners, city officials, school nurses, teachers, local first responders, Head Start, and parents. Efforts were made to include a representative sampling of demographic groups.

To encourage objective discussion, So AHEC partners who reside outside of the county and have no affiliation with RHRCC were utilized to facilitate and record comments for the three groups was a response to seven questions to express strengths, needs, and opportunities (details of the findings are shared later in this report).

Once surveys were tabulated and the focus group discussions were complete, the steering committee reassembled and was presented with the findings of each. Considering RHRCC's Mission, Vision and Values and the community assessment data the committee was asked to rank the community's most important health problems and needs as well as provide suggestions for hospital priorities.

After the steering committee's ranking, additional tabulation and analysis, a description and summary of the primary data uncovered as a part of the Community Health Needs Assessment was prepared.

Health Status (Summary Primary of data)

As part of the CHNA, feedback was sought from the general public regarding what they considered the greatest health needs and possible opportunities in the community. The primary data was collected from August –September 2015. The methodology used to collect data included a community wide survey and focus groups.

Community Focus Group

Mt Vernon

Biggest Health Issues: drugs, lack of treatment services for substance abuse, obesity, access to physical activity, smoking, poor dental health

What RHRCC can do: After-hours services-on call for mental health services, birthing center/ prenatal care, education and prevention programming (alzheimers/dementia education and substance abuse, etc.)

Brodhead

Biggest Issues: drugs, obesity, cancer, poor dental hygiene, access to physical activity, limited services for seniors and their caregivers

What RHRCC can do: Wellness programming brought to three cities (exercise/healthy eating), Dental Clinics, and Radiation Services

Livingston

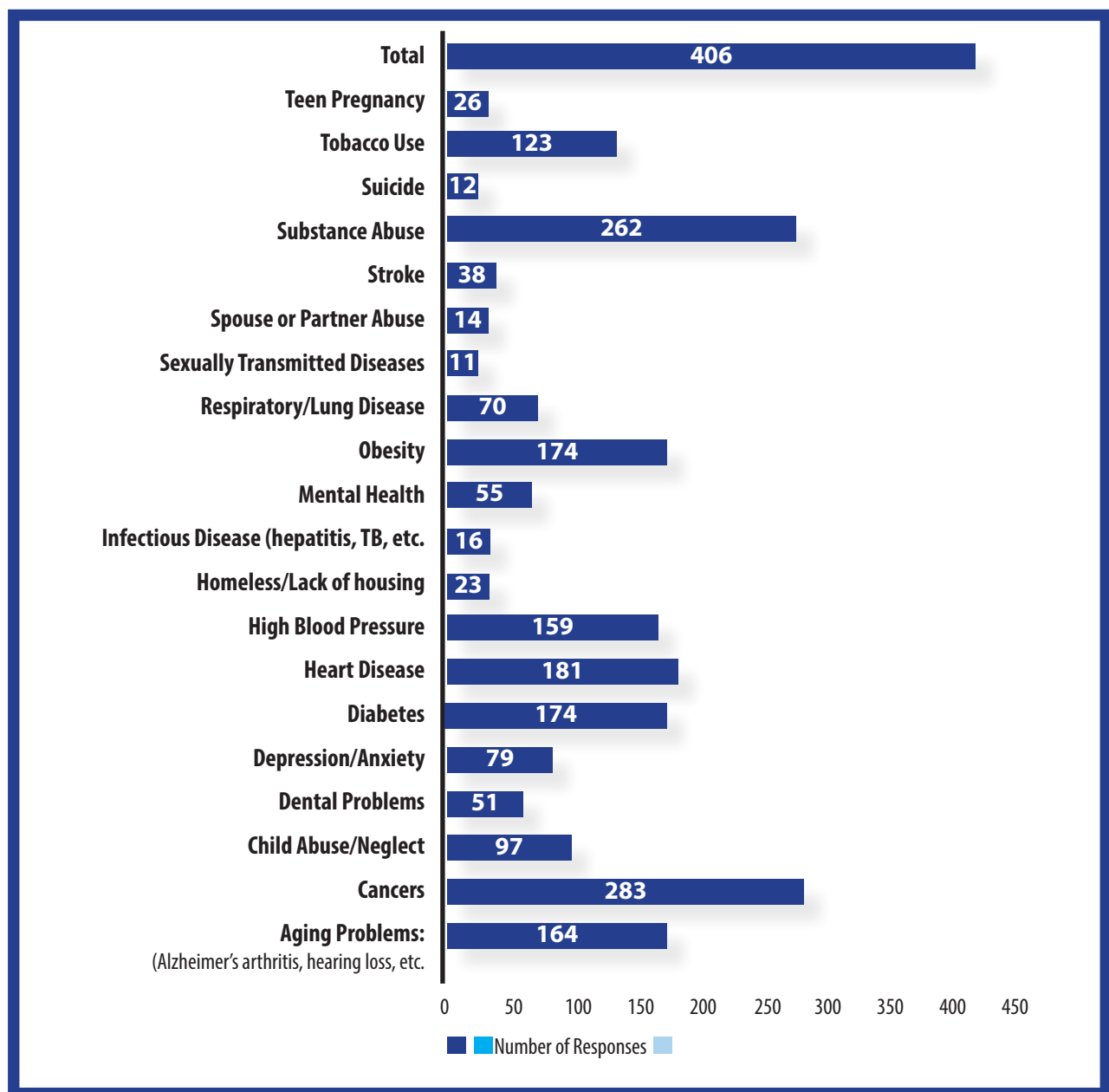
Biggest Issues: Drugs, Hepatitis (B & C), Obesity, access to physical activity, access to health care providers (specifically mental health)

What RHRCC can do: Educational Opportunities (diabetes and cooking, physical activity), offsite clinics in Livingston and Brodhead, More specialists

Community Input-Surveys (See Appendix)

The Community Survey was mailed to every household in our primary service area. As previously mentioned, there were 408 respondents. The primary objective was to have a better understanding of community perception regarding greatest health problems, personal health issues, barriers, opportunities, and whether people knew about and/or used the services at RHRCC.

Given a listing of health concerns, respondents were asked to select up to five of the greatest health issues facing Rockcastle County (see graphic below). Substance abuse was one of the top five problems, along with cancer, heart disease, obesity/diabetes (tied), child abuse & neglect. Substance abuse was selected as the top health concern in each of the three focus group discussions. Survey respondents reported methamphetamine as the “most serious substance abuse problem in Rockcastle County,” followed by prescription drug abuse.



When asked the respondent's personal health, the vast majority said they were either somewhat healthy or healthy. This was interesting when asked if they had any chronic disease. After evaluation of the data, it was presumed that those with the mentioned health issues had them under control (through medication or diet) or believed themselves to be healthy despite their health issues (*See Additional Survey Findings for full results*).

Respondents were asked to identify major barriers in seeking health care. The majority of respondents have some form of health care coverage whether it is private, Medicare, Medicaid or Military/VA. Still, barriers exist for members of the community in seeking healthcare services. The comments regarding screenings reveal that although they have insurance deductibles are often too high and thus, the cost outweighs the benefit. However, 59.5% saw their family doctor at least twice in the last 12 months.

When asked for recommendations on what the hospital should consider in planning for the next 3 to 5 years, the top items were:

- More Specialists and Family Physicians-specifically OBGYN & Dermatology
- Off-site clinics to reach other parts of the county
- Indoor Wellness Facility Open to the Public
- Increase Mental Health Services: Drug Treatment/Behavioral Health
- Education and Prevention Programs

Priority Community Health Needs Identified

Using findings obtained through the community survey and collection of primary and secondary data, the Steering Committee completed and analysis of these inputs (see Appendix pages 59-61) to identify community health needs. Recommendations were made to RHRCC's Board for consideration in planning for the next three years.

Process

This section outlines the steps taken to determine top priorities.

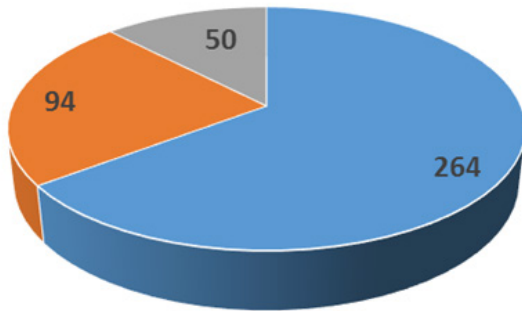
SoAHEC compiled the results of the primary data from the survey and the community focus groups and presented a summary to the Steering Committee. Considering RHRCC's mission, vision, and values; the committee discussed these findings and reviewed health outcomes and factors gleaned from the County Health Rankings. Participants were divided into two groups. Each group went through a series of questions to determine needs and how to address them (*See Appendix for list of participants and methodology*).

CNHA Community Top Five Priority Health Issues

RANK	PRIMARY NEED	GROUPINGS
1	Mental Health	Substance Abuse - and the issues connected with it
		Mental/Behaviorial Health Problems
2	Obesity	Inactivity/lack of opportunity county-wide
		Increased obesity in children
3	Cancer	Access to care - lack of radiation treatment locally
		Public Awareness/More Screenings
		Education/Prevention
4	Heart Disease	High Blood Pressure
		Stroke
		Tobacco use and other lifestyle factors
5	Oral Health/Hygiene	Poor oral health observed in schools
		Few dentists in the county
		Education/prevention

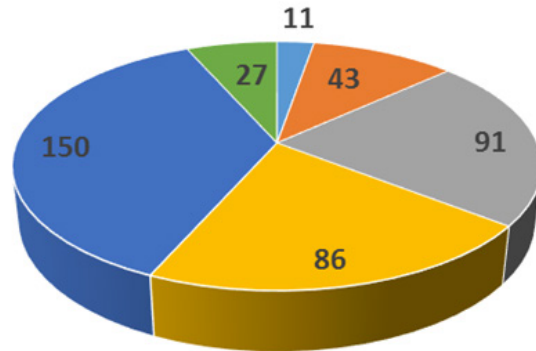
Additional Survey Findings

Gender of Respondents



■ Female ■ Male ■ No Responses

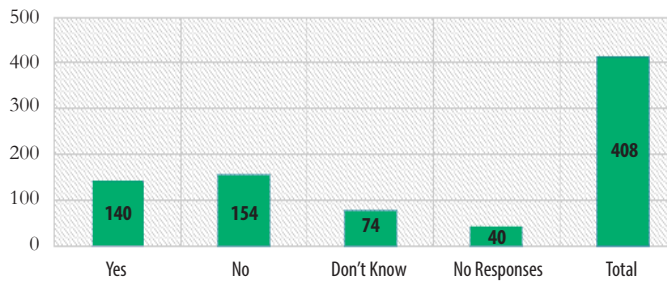
Age of Respondents



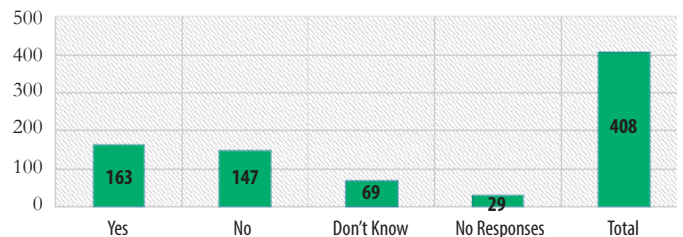
■ 18-25 ■ 26-39 ■ 40-54 ■ 55-64 ■ 65+ ■ No Responses

Respondents were asked, do people in the county have difficulty getting the following?:

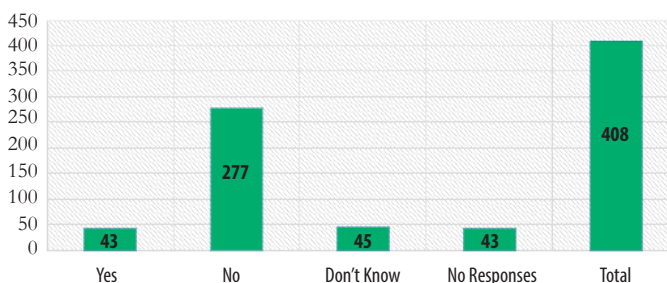
Dental Care



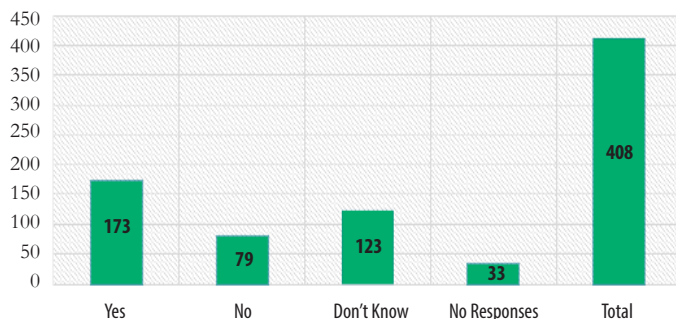
Access to Safe Walking & Physical Activity



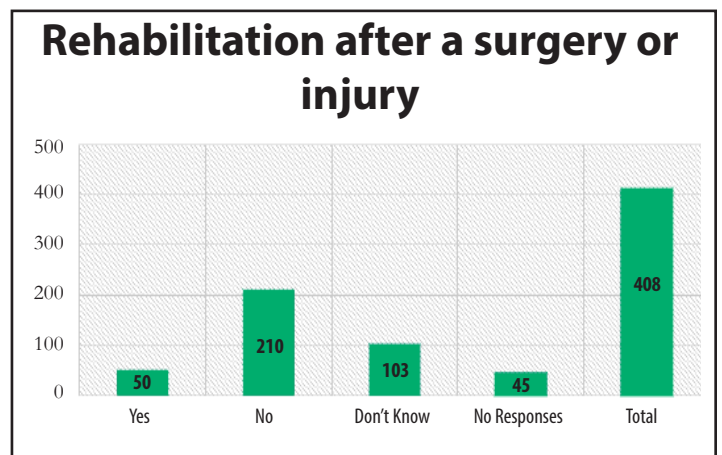
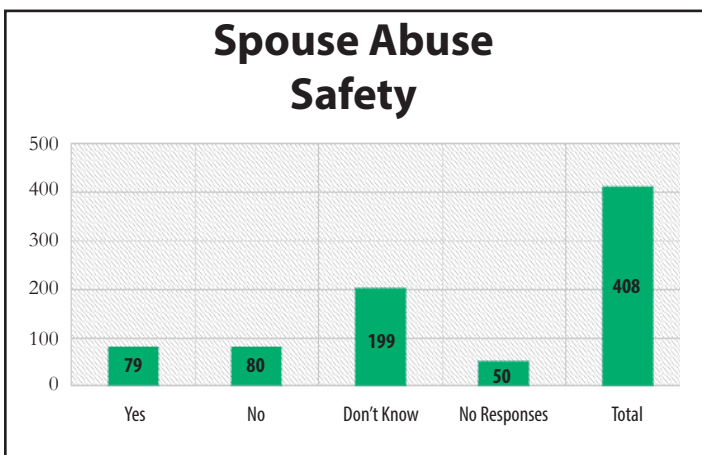
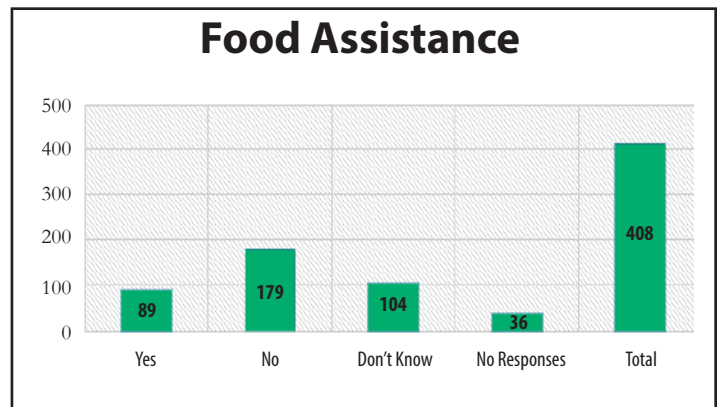
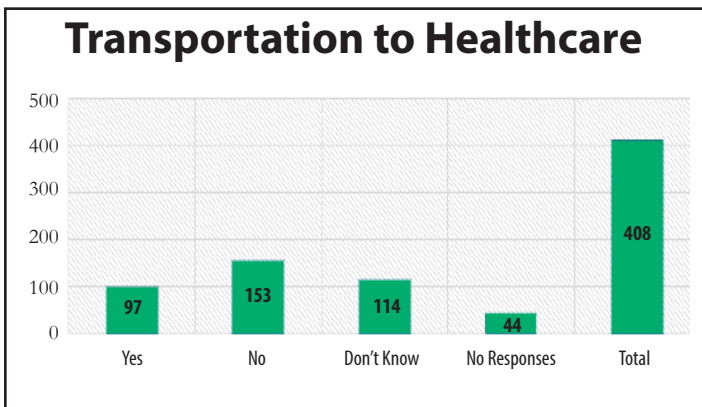
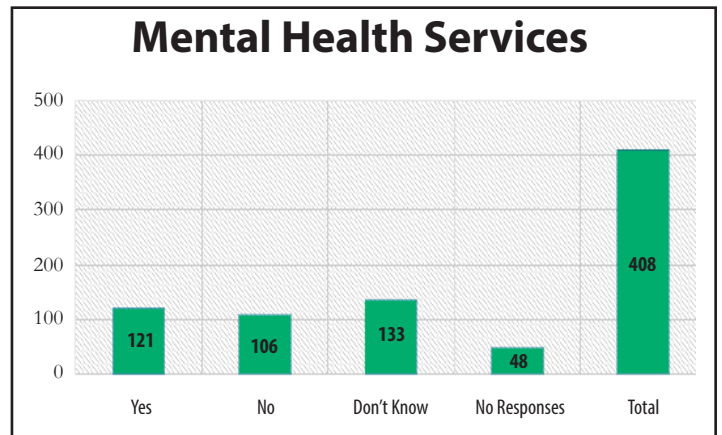
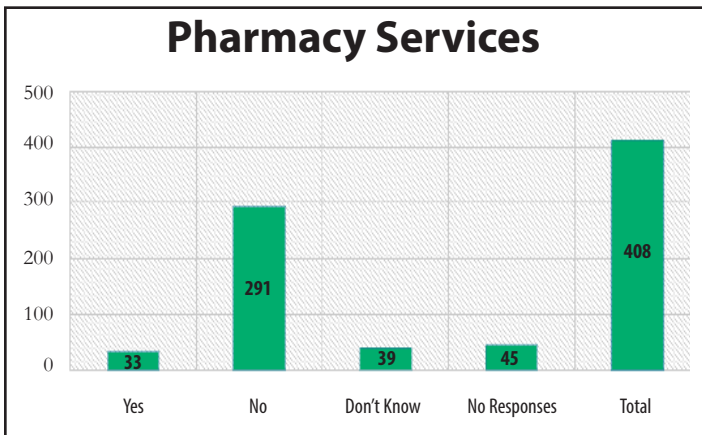
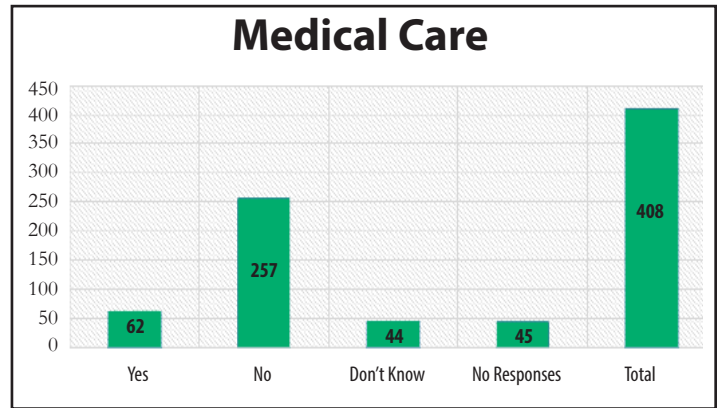
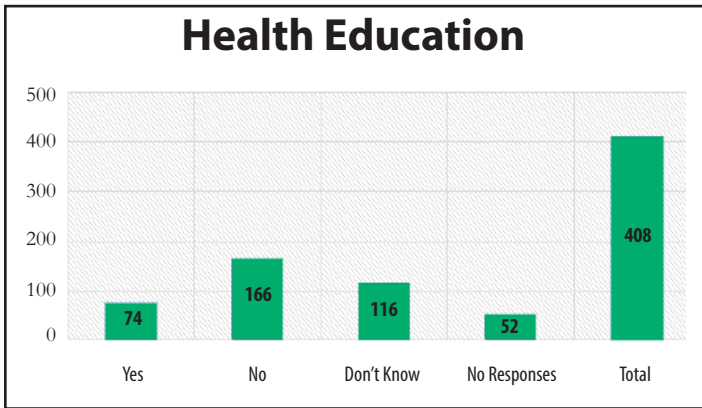
Emergency Medical Care/ 911 Service

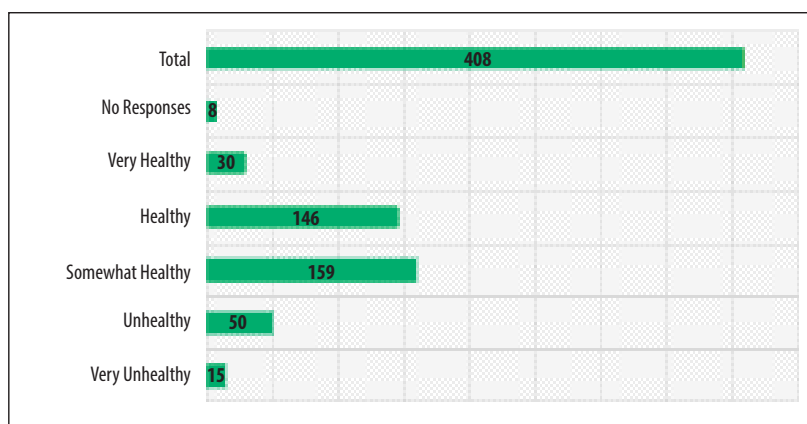


Drug/Alcohol Treatment

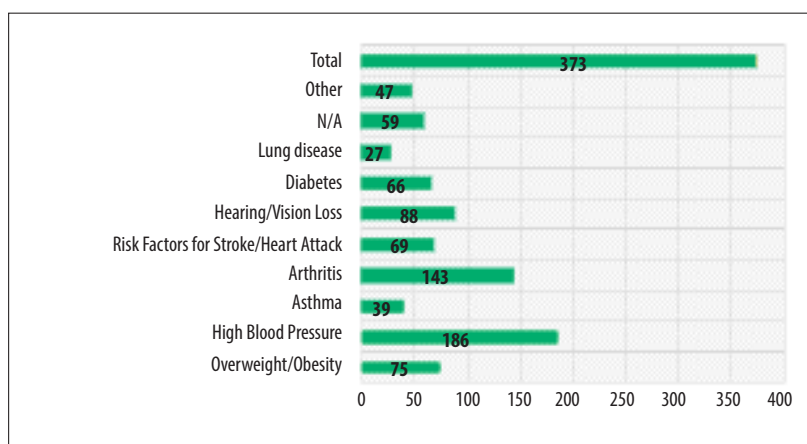


Respondents were asked, do people in the county have difficulty getting the following?:

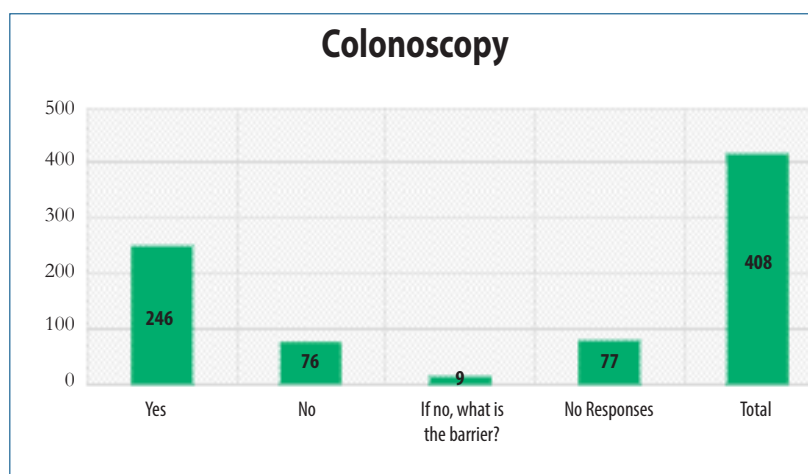




Have you been told by a doctor, nurse, or other health professional that you have one or more of the following chronic illnesses?



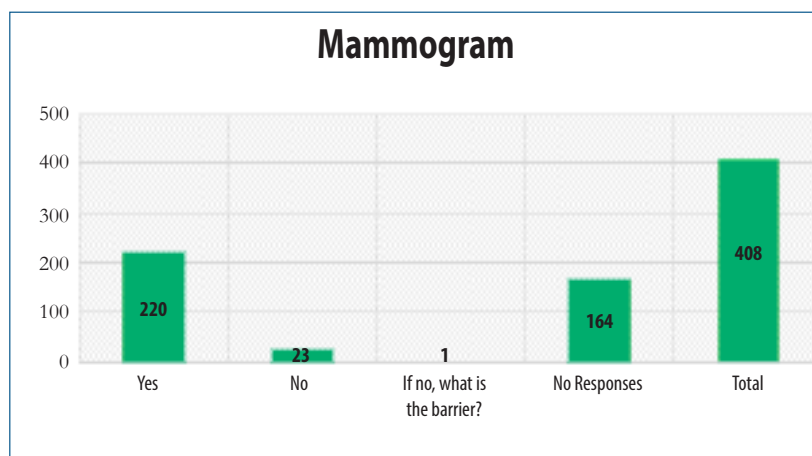
If over 50, have you had a colonoscopy? If no, what is the barrier?



Barrier responses included the following:

- Don't want one!
- Don't need one!
- Doctor has never recommended one.
- Too expensive!
- Too risky a test! To me, this is a surgery! I'm healthy and I don't need it!
- I have one scheduled next month!

If female and over 50, have you had a mammogram? If no, why not?

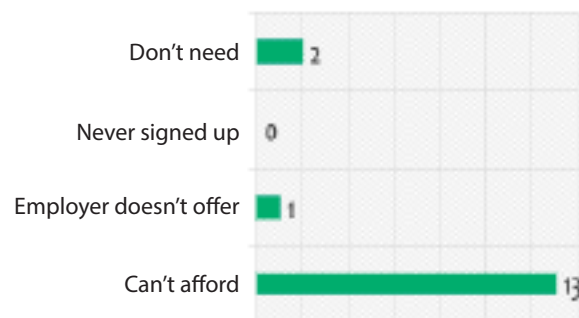
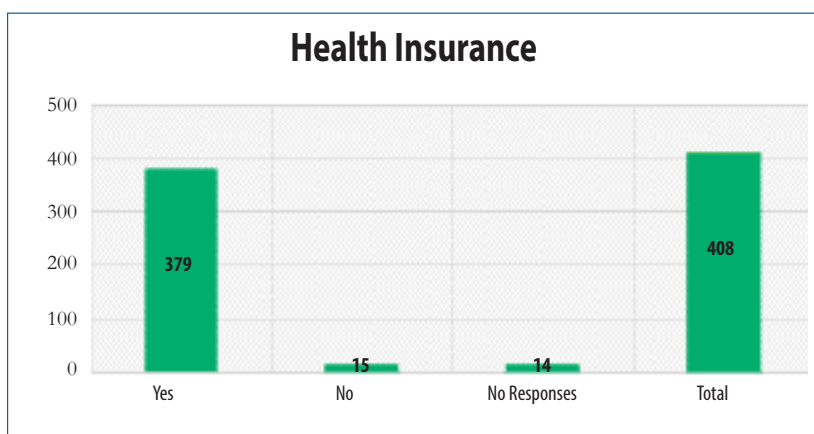


Responses ranged from:

- Don't want one
- Don't need one
- Doctor has never recommended
- Doctor has recommended, I've just never made the appointment

Do you have health insurance?

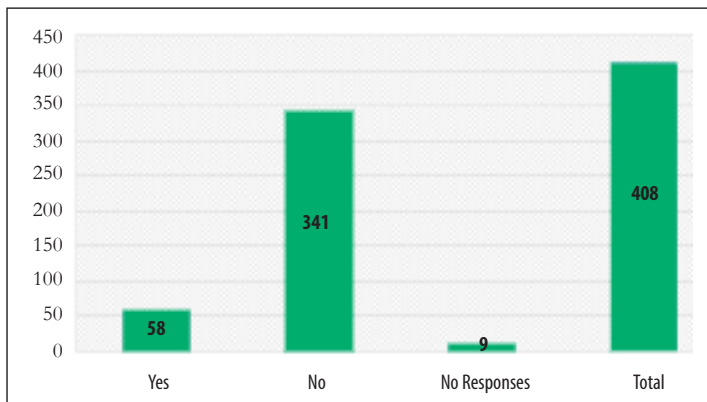
If no, why not?



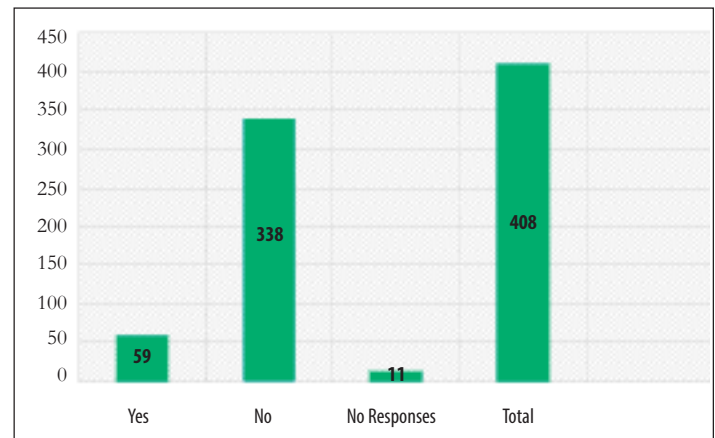
How many times a year do you use the following services?

	0-1	2-5	5-10	10+
Family Doctor	87	243	50	18
Emergency Room	307	50	4	1
Urgent Treatment	297	33	5	4
Clinic (i.e. WHC)	272	40	12	5
Specialist	195	122	18	5
Alternative Therapy	279	8	8	7

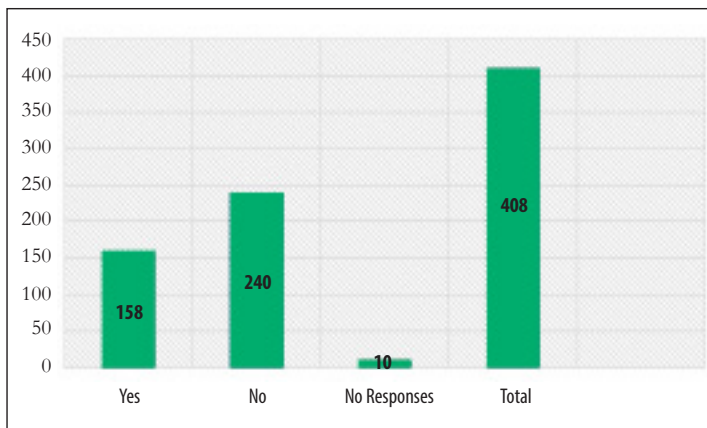
Do you use tobacco products? (this includes electronic cigarettes and vapor pens)



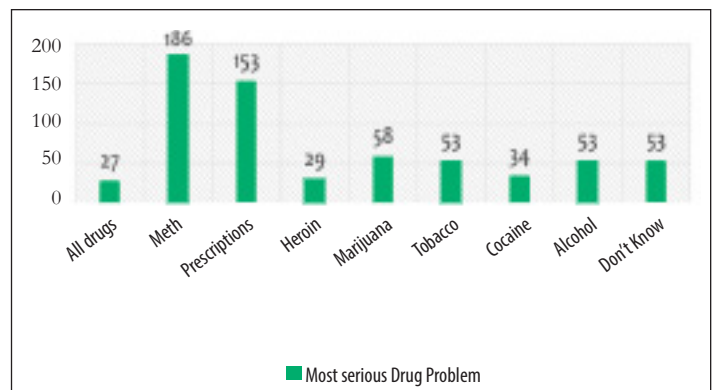
Are you exposed to secondhand smoke at home or in the workplace?



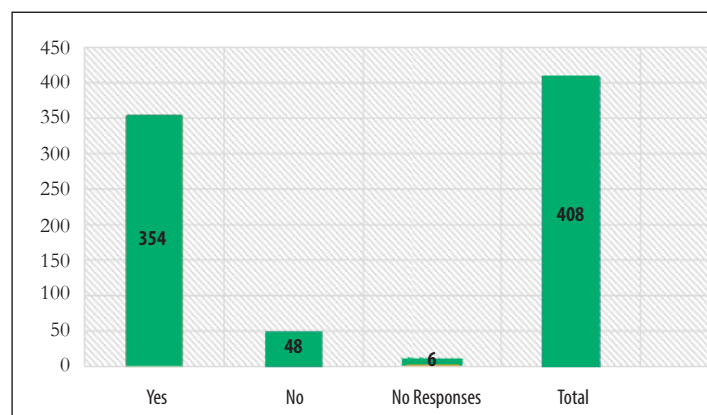
Have you or a family member been affected by drug use?



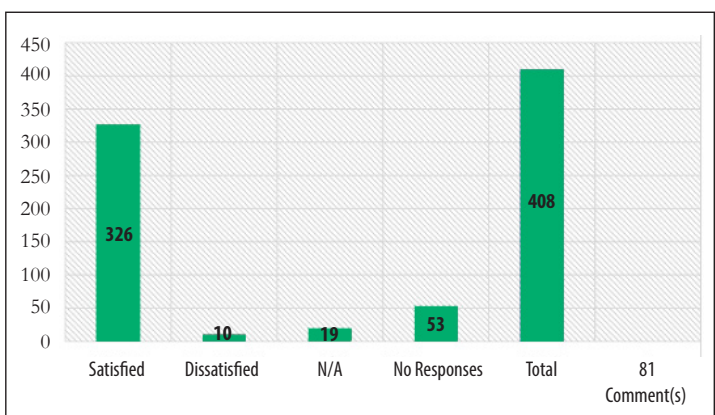
Which of the following do you think is the most serious substance abuse problem in Rockcastle County?



Do you use services at RHRCC?



If so, were you satisfied?

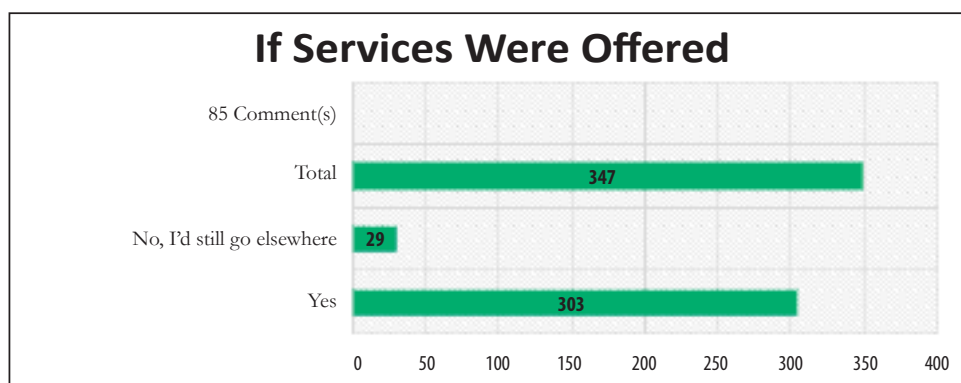


* Comments (see later in report)

What additional healthcare services are needed locally to better address the health problems in Rockcastle County?

- * Drug Treatment
- * OBGYN
- * Indoor Wellness facility open to the public
- * Better Mental Health Services
- * More specialists
- * More Health Education Programs
- * More Family Doctors
- * Senior Services/Programs
- * Dialysis

If the health services you needed were here, would you use them or still continue to go elsewhere?



The overwhelming response from those who indicated they would still go elsewhere was that they were already an established patient in another hospital system.

What other factors, related to healthcare, should RHRCC consider in planning for the next two years?

- * Offsite clinics
- * Drug Treatment
- * Public Fitness Facility/Offsite classes
- * Mental Health
- * More specialists (specifically mentioned: OBGYN)
- * Hepatitis C
- * Diabetic Care
- * Radiation Treatment

The focus groups provided opportunities for the community to express strengths, needs, and opportunities. Each participant responded based on the background and affiliations of the particular group or individual.

1. What are some health issues that have impacted you or the community?

- Substance Abuse/Mental Health Issues
- Obesity/lack of opportunities for Physical Activity
- Cancer (various types)
- Diabetes
- Heart Disease
- High Blood Pressure
- Aging Population

2. What is your vision of a healthy community?

- Healthy, functioning families (parents who are productive citizens, free of drug use, capable of caring & providing for their families, involvement)
- Drug free/fewer funerals
- Healthy eating (available/affordable)
- Collaboration between county/city/state agencies
- Accessible Directory of available resources (i.e. 411 system)
- Partnerships with other communities within our region in sharing of services and resources.
- Support groups
- Mentoring program such as “Big Brothers/Big Sisters” for young people in the county who may lack “positive” role models at home.
- Community Grant writers (group of volunteers who are willing to give their time/talent)
- More citizens learning how they can help the community by participating in Leadership Rockcastle County and/or volunteering in community
- Cleanliness (poor hygiene observed in school. Result of neglect?)
- Parks & Recreation activities for kids, an active community.
- Good hospital/ better access to doctors

3. What resources are available in Rockcastle County?

- Police/Law enforcement
- Fire Department/Rescue Squad
- Senior Citizen Program
- Tourism

- Local people/volunteers. Community pulls together for each other
- Celebrate Recovery
- Churches
- Baptist Association
- Fitness Center at RRHRC
- Community Food Drive
- CAP, Grateful Threadz & Food Bank
- Nursing Home
- Low income and senior housing
- FRYSC's
- Leadership Rockcastle
- Ashlee House
- Extension Office
- Comp Care
- PRIDE clean-up
- Head Start/Early Headstart (has community resource listing)
- Community Action
- HANDS/First Steps
- UNITE
- RHRCC
- School System
- Library (internet use/ job search, etc.)
- Adult Education
- RTEC
- Space to Create

4. What are the barriers?

- Lack of money/fewer grant opportunities
- Lack of education
- Low parent involvement
- Lack of jobs
- Lack of motivation
- No good grocery stores
- Lack of activities for children, other than sports (i.e. community gardens would be good option)
- Poor nutrition
- Lack of exercise opportunities (wait list at RHRCC fitness center. No local gyms or YMCA)
- Too “proud” to ask for help

- Transportation (high cost)
- Time (people are very busy w/ job, youth sports & other responsibilities)
- Communication issues (getting the message or people wanting to “avoid” certain issues)
- Low health literacy
- Lack of resources in general (especially health)
- Everything is located in Mt Vernon (doctors, courthouse, pharmacy, etc.) outlying areas have nothing much. Long distance for necessities.
- Hard to attract interest of people outside of the community
- Restriction of experiences (most people don’t leave their backyard)
- Kids not raised by parents, being raised by grandparents
- Vacant or rental homes-affecting tax prices
- Loss of one county school in 1994-loss jobs, property value decreased, increased travel for families involved in extracurricular activities.

5. What’s great about our community?

- The people, community support, looking out for each other
- Location (I-75 easy access to anywhere)
- Fire department/police
- Trail Town, Depot Park, & lake, provides safe walking & recreation
- Livingston KY Proud designation
- Events held frequently in small towns (i.e. Livingston)
- Churches-same Christian values. High standards and morals
- History/tradition
- Transparency of local government & citizens
- New sidewalks in Brodhead & Livingston
- School system-great people, care for our children
- RHRCC
- Athletics-big for community
- Grandparents as Parents
- Health Council
- Animal Shelter
- Dr. Chism (vet)

What additional services would you like to see Rockcastle Regional offer?

- Birthing center/maternity and prenatal care
- After hours services-on call for mental health services
- Dialysis clinic
- Alzheimers/dementia education
- Providing education to young people, i.e. prevention program like “Reality Store.” could partner with UNITE.
- Local Wellness Programming/ facilities in the three cities: Bringing health education and fitness classes on location (topics specifically mentioned: Body Recall and/or other classes geared at seniors, healthy eating, planning meal budget, cooking classes)
- Dental Care Clinics
- Orthopedic Care: Casts, Surgeries
- Surgeons: General and Emergency
- Radiation Services
- Assisted Living
- Caregiving/Companionship Training
- Massage/spa
- Branch in Livingston & Brodhead 1-2 days a week would help. (Clinic/office/small pharmacy)
- Branch of EMS, substation to help with quicker response.
- Free community health fair once per year (blood tests, screenings, etc.)
- Big surgery room and surgical team
- Treat illnesses here vs. transfer to Lexington
- Build better relationships w/ smaller communities in county
- Pharmacy-Delivery service

As with the survey results, a connection can be made between the different diseases. After substance abuse, obesity is listed as the second most concerning health problem. This one condition alone can be the cause of other diseases listed. According CDC, obesity in children has both short and long term risks and puts them at risk as youth/teens and adults. Diabetes, heart disease, stroke, high cholesterol, high blood pressure, bone and joint problems (arthritis), sleep apnea, several types of cancer and social/psychological problems such as poor self-esteem.

Participants in the survey and focus groups were also asked to give their perception of RHRCC.

- Personal experience and that of family members has been very good
- Appreciate the services that are provided
- Involvement in and support of the community and schools- pay tuition for locals pursuing medical career
- Clean!!
- Progressing and providing jobs for the community. Building on-expanding their services.
- Visionary-thinking outside the box. Trying new things.
- Overly caring staff. They treat patients like family.
- Trustworthy
- Friendly
- Willing to help
- Close proximity
- “Fortunate to have the hospital in this small, rural community”
- Understaffed
- Does NOT offer competitive pay-scale. This can deter some from applying or staying long-term
- AHEC gives a positive representation and are wonderful resources for schools & local health care providers.
- PR Department does great job in letting community know about services and highlighting the great things happening.
- Some staff members feel underappreciated
- Has advanced GREATLY!
- Awesome pediatric department
- Rushed MD visits- wait 1.5 hours for 5 minute visit
- Long ER waits-you won’t see the same ER twice. Sometimes receptionists are “rude/snooty.”
- Band-Aid station, “quick fix”- many are transferred to Lexington. Hospital may not be providing all the services they are capable of doing
- Process for blood alcohol/urine toxicology screens is time consuming & delays police service
- Understaffed-some great doctors, just not enough of them.
- Violation of confidentiality multiple times
- AWESOME!!—
- Very professional, treat me with respect
- Long wait times in ER and doctor offices
- Very good hospital
- Go there for minor problems, only
- Staff are wonderful, very caring and personable
- Better than UK!
- Not enough specialists come
- They are great at everything!

Priority 1:

Cancer care and prevention

One of the issues of most concern to the community is cancer care and prevention, and we continue to address it on many fronts, including treatment, education and screening. To increase our capacity to provide an array of services that address cancer, we are planning the following:

- Recruitment of full-time community based medical oncologist (August 2017).
- Attainment of Commission on Cancer Accreditation from the American College of Surgeons, a key step to improving clinical patient outcomes. The commission sets standards to ensure quality, multidisciplinary, and comprehensive cancer care delivery. Achieving accreditation will ensure state-of-the-art, high quality cancer care through implementation of best practices.
- Continuing the process of becoming a Breast Imaging Center of Excellence (BICOE), a certification by the American College of Radiology given to breast imaging facilities that meet a rigorous set of quality standards and have implemented a robust set of programs and modules. Already accredited in mammography, we will seek additional BICOE-required accreditations, which include stereotactic breast biopsy, breast ultrasound, and breast MRI. Technology upgrades are also underway. Transition from 2-D to 3-D digital mammography is scheduled for July 2017, giving us the added capability of performing stereotactic guided breast biopsies on-site.
- Implementation of additional strategic prevention & screening programs, increase value through tracking and monitoring outcomes from those programs
- Adding patient navigation services
- Adding survivorship clinic with survivorship care planning
- Growing our low-dose CT screening program
- Begin professional development / provider education for clinical staff (physicians, extenders, nursing, etc.—annually)

Though many in the community identified radiation oncology as a needed service, financial and other barriers make its provision currently difficult to obtain. Rockcastle Regional will focus on other areas that address and expand cancer care and prevention. We will re-assess at a later date the possibility of providing radiation oncology services.

Priority 2:

Health education

Though Rockcastle Regional is known for its robust health education activity, feedback generated from this assessment unveiled many concerns such as obesity, heart disease and oral health, that might be addressed with increased education.

Exercise is known to prevent chronic disease or improve the health status of those with certain diseases or conditions such as heart disease or obesity. Rockcastle Regional will continue to promote and facilitate exercise through the availability of our fitness center, classes at our wellness center and events such as the Countywide Stride run/walk series.

To address diabetes through education, new interventions are being planned such as Prevent T2, a program developed by the Centers for Disease Control that helps people with prediabetes prevent or delay the development of type 2 diabetes. Rockcastle clinicians who have become trained lifestyle coaches will lead yearlong classes for those with prediabetes.

The hospital will also continue to offer free or reduced-price health screenings as a part of certain health promotional events. The organizational goal for the number of community contacts in 2017 is 29,000, compared to the 2014 goal of 12,650.

Outreach Plan

Event/Program	Type of Activity	Target Audience	2017 Date(s)
Rock Your Baby	Teenage Pregnancy Support	RCHS teens	periodically
Countywide Stride Run/Walk Race Series	physical activity	community	monthly
School career fairs	career education	local schools	periodically
School health fairs	health education	local schools	periodically
Faith Community Nursing	health screenings/education	church congregations	ongoing
School field trips	career/health education	local schools	periodically
Grandparents Raising Teens	teenage smoking awareness	community	annually
Dinner with a Doctor	education	community	quarterly
Freedom from Smoking	smoking cessation	community	ongoing
Love Your Heart	heart disease awareness/education	women	February
RCHS Breast Health	education	RCHS female teens	annually
Cancer support group	education and support	community	monthly
Incredible Colon	education	local schools	March
Elementary school enrichment programs	physical activity	local schools	periodically
Redbud Walk	physical activity	community	April
Roundstone Field Day	physical activity	local schools	May
Project e-Prevent	education	children	annually
Diabetes Management Class	education	community	annually
CPR for Freshman	education	RCHS Freshmen	annually
Longest Day of Play	education	community	June

Outreach Plan, continued

Event/Program	Type of Activity	Target Audience	2017 Date(s)
Strides Against Cancer Horse Show	awareness, fundraising	community	July
Relay for Life	awareness, fundraising	community	annually
Kids Health & Safety Fair	education, physical activity	community	July
Little World's Fair	education	community	August
Walk to End Alzheimer's	awareness, fundraising	community	annually
Walk for Autism	awareness	community	annually
CAP Hunger Walk	awareness	community	September
Health Joe Expo	health screenings/education	community	annually
Cholesterol screenings	health screenings/education	community	annually
The Rock Moves	physical activity	RCHS	annually
Bittersweet Festival	education	community	October
Ladies Night Out	awareness, education	women	October
Pinkoween	awareness, education	local schools	October
Rock the Pink Football Game	awareness, education, fundraising	community	October
Health Signals education (print)		community	quarterly
The Pink Paper (print)	education, awareness	community	October
Rockcastle Strides (print)	education	community	annually
Online health education (electronic)	education	community	ongoing
Reduced-price mammograms	health screenings, education	women	annually

Priority 3:

Mental health and substance abuse

Mental health care and substance abuse issues emerged as top concern during the assessment process. We grouped them together because substance abuse ultimately involves mental health services if treatment is sought. Both have long been identified as priorities in our community, but both present a challenge to us in terms of addressing comprehensively.

In 2013, the year of our most recent prior Community Health Needs Assessment, we hired a licensed professional counselor, and in 2016, hired a certified social worker who does counseling. Both currently have full caseloads of patients, only a few of which are seen for substance abuse issues.

Rockcastle Regional will explore the possibility of hiring more counselors, perhaps as early as 2018 as dictated by need and available resources and space. Other options we have discussed and will monitor include the addition of a psychiatrist or psychiatric nurse practitioner. We will also keep open the option of utilizing technology such as telemedicine, in which a local patient can be treated by a psychiatric professional at a remote location, as a way to create access to additional services.

At Rockcastle Regional Hospital's outpatient sites, as is the case in most rural communities, the majority of mental health care is provided by primary care providers. We will work to provide those clinicians with the latest in continuing education related to mental health and substance abuse.

2016 Community Forum Ground Rules

1. Silence all cell phones.
2. Respond briefly to the group activity, thus allowing each participant an opportunity to take his/her turn.
3. Maintain **respect** of views or opinions that might differ from yours.
4. **Maintain confidentiality** about what is said in the room during this discussion-- that you don't talk about what others say here to others who are not part of this discussion.
5. **Avoid side conversations** - to show your respect for others in the room, we ask that you stay focused on the discussion. We ask that you make a conscious effort to listen actively to hear what is being said.

No interruptions – everyone has a voice. Each individual present will have an opportunity to give their input.

Community Focus Group

Meeting Facilitator: *Taylor Readnower*

Recorder: Katie Cowan

1. What are some health issues that have impacted you or the community?
2. What is your vision of a healthy community?
3. What resources are available in Rockcastle County?
4. What are the barriers?
5. What is your perception of Rockcastle Regional Hospital?
6. What's great about our community?
7. What additional services would you like to see Rockcastle Regional offer?

Steering Committee

Steering Committee Member Name	Organization/Group
Danny Ashlock	Anthem
Jana Bray	RHRCC
Morgan Bray	RHRCC
Tracy Bullens	RHRCC
Chris Burchett	Anthem Medicaid
Rachel Cash	Brodhead resident/college student
Ronnie Cash	Retired principal/business owner
Tamara Cox	Daniel Boone Community Action
Canaan Davis	EKU Public Health Intern
Rhonda Childress	Rockcastle ATC
Christie Green	CVDHD
Dr. George Griffith	RRHCC
Wesley Hall	EKU Public Health Intern w/ CVDHD
Angie Halstead	White House Clinic
Dwain Harris	SoAHEC
Regina Hull-Brown	Rockcastle Co Schools
Nikki Howard	EKU Public Health
Rebecca Isaacs	Rockcastle Co Schools
Nancy Keber	CVDHD
Nicky LeGood	WellCare Health Plan
Steve McKinney	Chamber of Commerce
Tom Mills	Rockcastle Co Extension
Charlie Napier	WRVK
Melinda Osborne	CVDHD
Kelly Owens	SoAHEC
Andrew Pensol	Rockcastle EMS
Taylor Readnower	SoAHEC
Dreama Roberts	Head Start
Kayla Rowe	RRHCC
Crystal Rush	City of Mt Vernon
Sherry Spragens	SoAHEC
LeeAnn	Taylor Cumberland River Regional Prevention Center
Misty Whitaker	EKU Nursing
Rachel Wright	Rockcastle County Extension

CNHA 2016: Timeline

- I. **March 2016:** Steering Committee Meeting #1
 - a. Reviewed previous community survey tool for edits
 - b. Scheduled a series of 3 Community Focus Groups
- II. **March – September 2016:** Data Collection
 - a. Identified hospital service area, collected and assembled secondary data related to community health status.
 - b. Analyzed utilization of services, patient origin and migration trends.
 - c. Conducted focus groups
 - d. Distributed Community Surveys
- III. **September 2016:** Steering Committee Meeting #2
 - a. Presented County Health Rankings Data, Survey and Focus Group findings to the Steering Committee
 - b. Determined unmet needs
 - c. Compiled & reviewed all data
- IV. **October 2016:** Compile report
 - a. Review for edits
- V. **October-December 2016:** Hospital Board Meeting
 - a. Present the final report to hospital & make available to public

CNHA Steering Community Meeting #2

Tuesday, September 13, 2016
10:30am -Noon

- I. Welcome
- II. Review Previous Meeting & Health Survey Results – Kelly Owens
- III. Group Processing- Kelly Owens and small group facilitators
 - a. Activity 1: Given the mission, vision, and values of RHRCC and the community assessment data, identify the most important health issues or problems for RHRCC to address in the next 3-5 years.

Process:

- Utilize “round robin” format in each group to list issues or problems **(10 minutes)**
- From the list of issues, each group member then selects the most important 5 issues to be addressed **(5 minutes)**

(This will be done by each participant being given 5 sticky dots to cast votes. Participants may place all 5 on 1 issue or they may be spread across multiple issues)

Note: While there may be 1 or more issues or problems to which you are personally committed, keep in mind that your focus is related to the needs of the community.

- b. Activity 2: Related to the TOP 5 health issues or problems, in order of priority, identify KNOWN services currently offered by RHRCC/medical & community partners that address each of the issues or problems identified. (use “round robin” techniques) **(25 minutes)**
- c. Activity 3: Related to the TOP 5 health issues or problems, identify service gaps or needed services to address each issue. (Use “round robin” technique) **(30 minutes)**
- d. Activity 4: What actions should RHRCC take in meeting these health issues or problems? (use “round robin” technique) **(15 minutes)**

From the list of actions, each group member then selects the most important 5 actions to be taken by the hospital over the next 3-5 years. **(5 minutes)**

(This will be done by each participant being given 5 sticky dots to cast votes. Participants may place all 5 votes on 1 issue or they may be spread across multiple issues)

- e. Small Group Reporting

IV. Next Steps

Small Group Rules

Silence all cell phones. Please leave the room if you must respond to a call. Respond briefly to the group activity, thus allowing each participant an opportunity to take his/her turn.

Maintain respect of views/opinions that may differ from yours.

Community Health Needs Assessment Survey 2016



Please complete the survey on the opposite side and return this entire page in the enclosed envelope.

Name:

Phone:

At Rockcastle Regional Hospital and Respiratory Care Center, we want to deliver the best care we possibly can. To better understand the needs of our community, we are asking you to complete this survey and send back to us in the postage-paid envelope. If you choose, you may include your name and contact info (below) for a chance at \$100. **To earn THREE chances at the cash, toss the paper and go to rockcastleregional.org to complete the survey online.** There will be 5 \$100 giveaways. Deadline is Aug. 12.

We want to hear from you.



Gender

- ☐ Female
☐ Male

Age

- ☐ 18-25 ☐ 26-39
☐ 40-54 ☐ 55-64
☐ 65+

In the following list, what do you think are the most important health problems in your community? (select up to five)

- ☐ Aging Problems (Alzheimer's, arthritis, hearing loss, etc.)
☐ Cancers
☐ Child Abuse/Neglect
☐ Dental Problems
☐ Depression/Anxiety
☐ Diabetes
☐ Heart Disease
☐ High Blood Pressure
☐ HIV/AIDS
☐ Homeless/Lack of housing
☐ Infectious Disease (hepatitis, TB, etc.)
☐ Lack of Seatbelt/Child Safety Seat Usage
☐ Mental Health
☐ Obesity
☐ Respiratory/Lung disease
☐ Sexually transmitted diseases
☐ Spouse or Partner Abuse
☐ Stroke
☐ Substance Abuse
☐ Suicide
☐ Tobacco Use
☐ Teen Pregnancy

Do people in our county have difficulty getting the following?

- Access to safe walking & physical activity: ☐ Yes ☐ No ☐ Don't know
Child Care: ☐ Yes ☐ No ☐ Don't know
Dental Care: ☐ Yes ☐ No ☐ Don't know
Emergency Medical Care/911 service: ☐ Yes ☐ No ☐ Don't know
Drug/Alcohol Treatment: ☐ Yes ☐ No ☐ Don't know
Health Education Programs: ☐ Yes ☐ No ☐ Don't know
Medical Care: ☐ Yes ☐ No ☐ Don't know
Pharmacy Services: ☐ Yes ☐ No ☐ Don't know
Mental Health Services: ☐ Yes ☐ No ☐ Don't know
Transportation to Health Care: ☐ Yes ☐ No ☐ Don't know
Food Assistance: ☐ Yes ☐ No ☐ Don't know
Spouse Abuse Safety: ☐ Yes ☐ No ☐ Don't know
Rehabilitation after a surgery or injury: ☐ Yes ☐ No ☐ Don't know

How would you rate your personal health?

- ☐ Very Unhealthy ☐ Unhealthy
☐ Somewhat Healthy ☐ Healthy ☐ Very Healthy

Have you been told by a doctor, nurse, or other health professional that you have one or more the following chronic illnesses? (check all that apply)

- ☐ Overweight/Obesity ☐ High Blood Pressure ☐ Asthma
☐ Arthritis ☐ Risk Factors for Stroke/Heart Attack
☐ Hearing/Vision Loss ☐ Diabetes ☐ Lung disease ☐ N/A
☐ Other: _____

If over 50, have you had a colonoscopy? ☐ Yes ☐ No

If no, what is the barrier? _____

If you're a woman over 50, have you had a mammogram?

- ☐ Yes ☐ No

If no, what is the barrier? _____

Do you have health insurance?

- ☐ Yes ☐ No

If no, why not?

- ☐ Cannot afford it ☐ My employer doesn't offer it
☐ Never signed up ☐ I feel I don't need it

Do you use any tobacco products (including electronic cigarettes and/or vapor pens)?

- ☐ Yes ☐ No

Are you exposed to secondhand smoke at home or in the workplace?

- ☐ Yes ☐ No

Have you or a family member been affected by drug abuse?

- ☐ Yes ☐ No

Which of the following do you think is the most serious substance abuse problem in Rockcastle County?

- ☐ Alcohol ☐ Tobacco ☐ Cocaine ☐ Marijuana
☐ Methamphetamine
☐ Prescription Drugs ☐ Heroin
☐ Other: _____

How many times a year do you use the following services?

	0-1	2-5	5-10	10+
Family Doctor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Emergency Room	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Urgent Care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clinic (i.e. White House Clinic)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Specialist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alternative Therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Do you use services at Rockcastle Regional Hospital?

- ☐ Yes ☐ No

If yes, how satisfied were you?

- ☐ Satisfied ☐ Dissatisfied ☐ N/A

Comment: _____

What additional healthcare services are needed locally to better address the health problems in Rockcastle County? _____

If the health services you needed were here, would you use them or still go elsewhere? ☐ Yes ☐ No, I'd still go elsewhere

Comments: _____

Please see reverse side for instructions.

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