



# Kansas Health Extension

-taking an active role in community health-

Erin Yelland, Elaine Johannes, and Ellyn Mulcahy





## Session Objectives

- ▶ Paint the picture of public health in Kansas
- ▶ Why PSE?
- ▶ Identify current opportunities, realities, and possibilities
- ▶ Hear from you: Focus groups



# Public Health in Kansas

- ▶ What is Public Health?
- ▶ Who provides Public Health?
- ▶ How do we communicate & educate Public Health?

# Public Health Indicators in Kansas

	KS	USA
Obesity	31.0%	30.0%
Maternal smoking in pregnancy	11.8%	8.5%
<b>Children in Poverty</b>	<b>18%</b>	<b>23%</b>
<b>Cigarette Use</b>	<b>17.7%</b>	<b>18.1%</b>
Traffic injury mortality*	14	10.8
Liquor Store Density*	21.5	10.4
<b>Food Environment Index#</b>	<b>7.2</b>	<b>7.3</b>
Violent Crime* (# of reported violent crime offenses)	360	199
STIs* (new <i>Chlamydia</i> cases)	381.6	287.7

\*(per 100,000) #(based on two measures)

[http://www.countyhealthrankings.org/sites/default/files/state/downloads/CHR2016\\_KS.pdf](http://www.countyhealthrankings.org/sites/default/files/state/downloads/CHR2016_KS.pdf)

# Public Health Indicators in Kansas

	KS	USA
Obesity	31.0%	30.0%
<b>Maternal smoking in pregnancy</b>	<b>11.8%</b>	<b>8.5%</b>
Children in Poverty	18%	23%
Cigarette Use	17.7%	18.1%
<b>Traffic injury mortality*</b>	<b>14</b>	<b>10.8</b>
<b>Liquor Store Density*</b>	<b>21.5</b>	<b>10.4</b>
Food Environment Index <sup>#</sup>	7.2	7.3
<b>Violent Crime*</b> (# of reported violent crime offenses)	<b>360</b>	<b>199</b>
<b>STIs*</b> (new <i>Chlamydia</i> cases)	<b>381.6</b>	<b>287.7</b>

\*(per 100,000) <sup>#</sup>(based on two measures)

[http://www.countyhealthrankings.org/sites/default/files/state/downloads/CHR2016\\_KS.pdf](http://www.countyhealthrankings.org/sites/default/files/state/downloads/CHR2016_KS.pdf)

# Public Health in Kansas: Indicators Vary by County

	KS	USA
Obesity (23-39)	31.0%	30.0%
Maternal smoking in pregnancy	11.8%	8.5%
Children in Poverty (8-35)	18%	23%
Cigarette Use (13-23)	17.7%	18.1%
Traffic injury mortality*	14	10.8
Liquor Store Density*	21.5	10.4
Food Environment Index# (2.8-9.2)	7.2	7.3
Violent Crime* (0-648)	360	199
STIs* (new <i>Chlamydia</i> cases) (62-704)	381.6	287.7

\*(per 100,000) #(based on two measures)

[http://www.countyhealthrankings.org/sites/default/files/state/downloads/CHR2016\\_KS.pdf](http://www.countyhealthrankings.org/sites/default/files/state/downloads/CHR2016_KS.pdf)

# Indicators vary by county: Obesity

	KS	USA
Obesity (23-39)	31.0%	30.0%
Maternal smoking during pregnancy	8.5%	8.5%
Children in Poverty	23%	23%
Cigarette Use	18.1%	18.1%
Traffic injury mortality	10.8	10.8
Liquor Store Density*	21.5	10.4
Food Environment Index# (2.8-9.2)	7.2	7.3
Violent Crime* (0-648)	360	199
STIs* (new <i>Chlamydia</i> cases) (62-704)	381.6	287.7

- 7<sup>th</sup> highest in the USA
- 42.7% in African Americans
- 75.7% in American Indian/Alaska Native

\*(per 100,000) #(based on two measures)



# Public Health in Kansas

- ▶ The Kansas Association of Local Health Departments (KALHD) vision statement:  
“KALHD’s vision is a system of local health departments committed to helping all Kansans achieve optimal health by providing Foundational Public Health Services (FPHS).”
- ▶ An assessment of local capabilities and capacities to deliver the FPHS
- ▶ What is the minimum package for public health services in Kansas?
- ▶ A health department in KS may not be equipped to deliver the FPHS
- ▶ These services are not to be completed only by local government, but in partnership.



# Foundational Public Health Services Model

Version 1.0, March 2014





## How do we achieve this?

- ▶ Health programs have traditionally focused on individual behavior
- ▶ This assumes that if we teach what makes us healthy, we will find a way.
- ▶ Today, we realize it's not sufficient to know how to be healthy – need practical, readily available, healthy options.
- ▶ This = Policy, Systems and Environmental change.

# Where we live affects our health: Is PSE a solution?

Setting	Programs/Events	PSE
School	Celebrate national nutrition month	Add fresh fruits and vegetables to the a-la-carte options in schools
Community	Host a community bike ride and parade	Implement policy to ensure community roads are for safe biking, walking and driving
Worksite	Hold health screenings for staff	Implement a healthy vending machine policy that offers healthy snacks

# What next?

<u>Expand</u> Settings	<u>Evaluate</u> Programs/Events	PSE – <u>becomes best practice</u>	What next?
School	<u>Assess</u> national nutrition month	Fresh fruits and vegetables become <u>best practice</u>	<u>Educate</u> : health benefits of fruit and vegetables, school gardens
Community	<u>Assess</u> community bike rides	<u>Maintain</u> active-ready community roads	<u>Perpetuate</u> : bike helmet fittings, community bike swaps
Worksite	<u>Regular</u> health screenings	<u>Support</u> healthy vending machine policy	What next?

# Who will create/implement/evaluate?

## The Kansas Public Health Workforce:

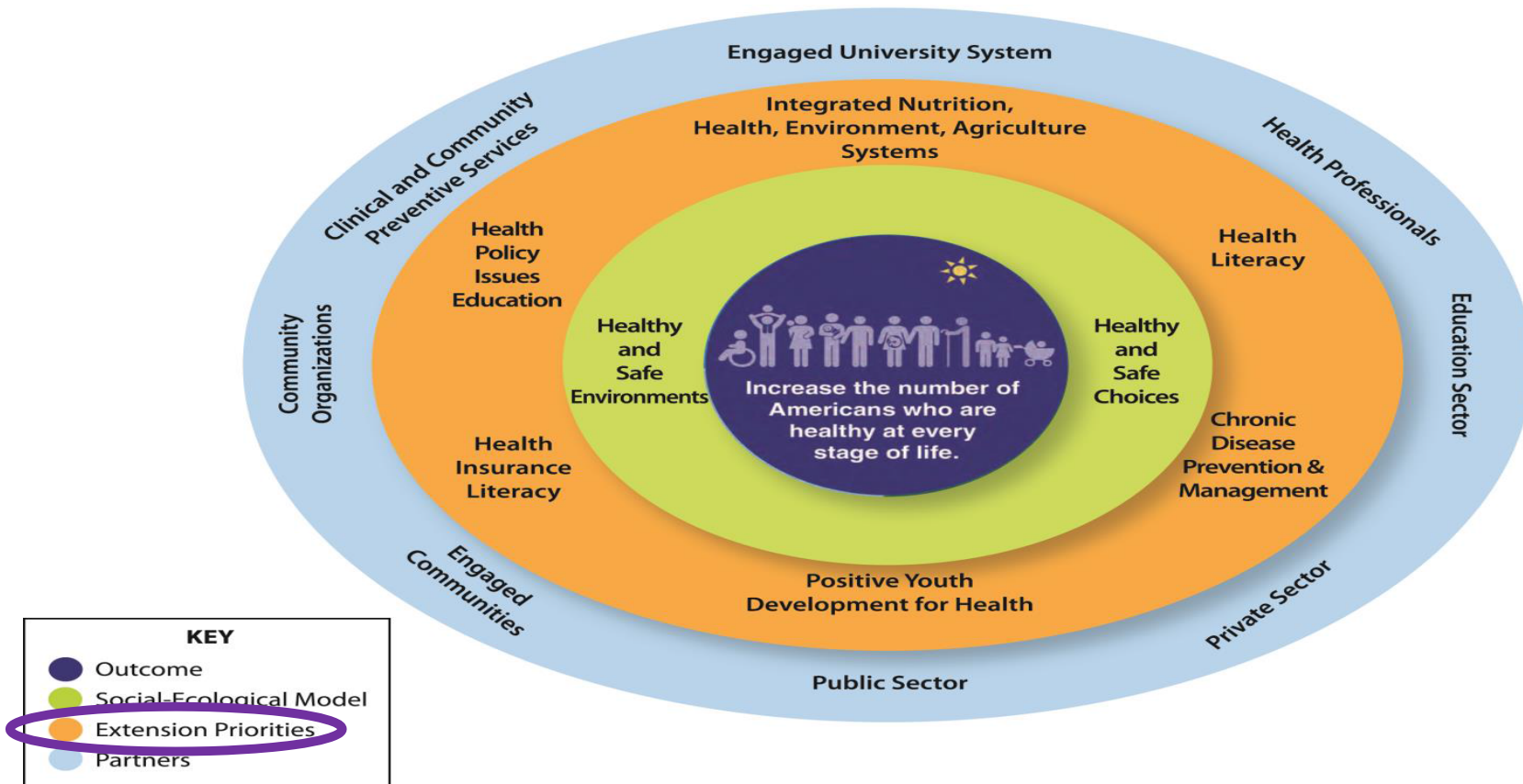
### ▶ KS Health Departments & KDHE

- ~ 2,450 public health workers
- Administrative support staff, nurses, social workers, physicians, and epidemiologists
- 55% aged 46-65 yrs
- Reported low or lacking proficiency in Policy Development/Program Planning

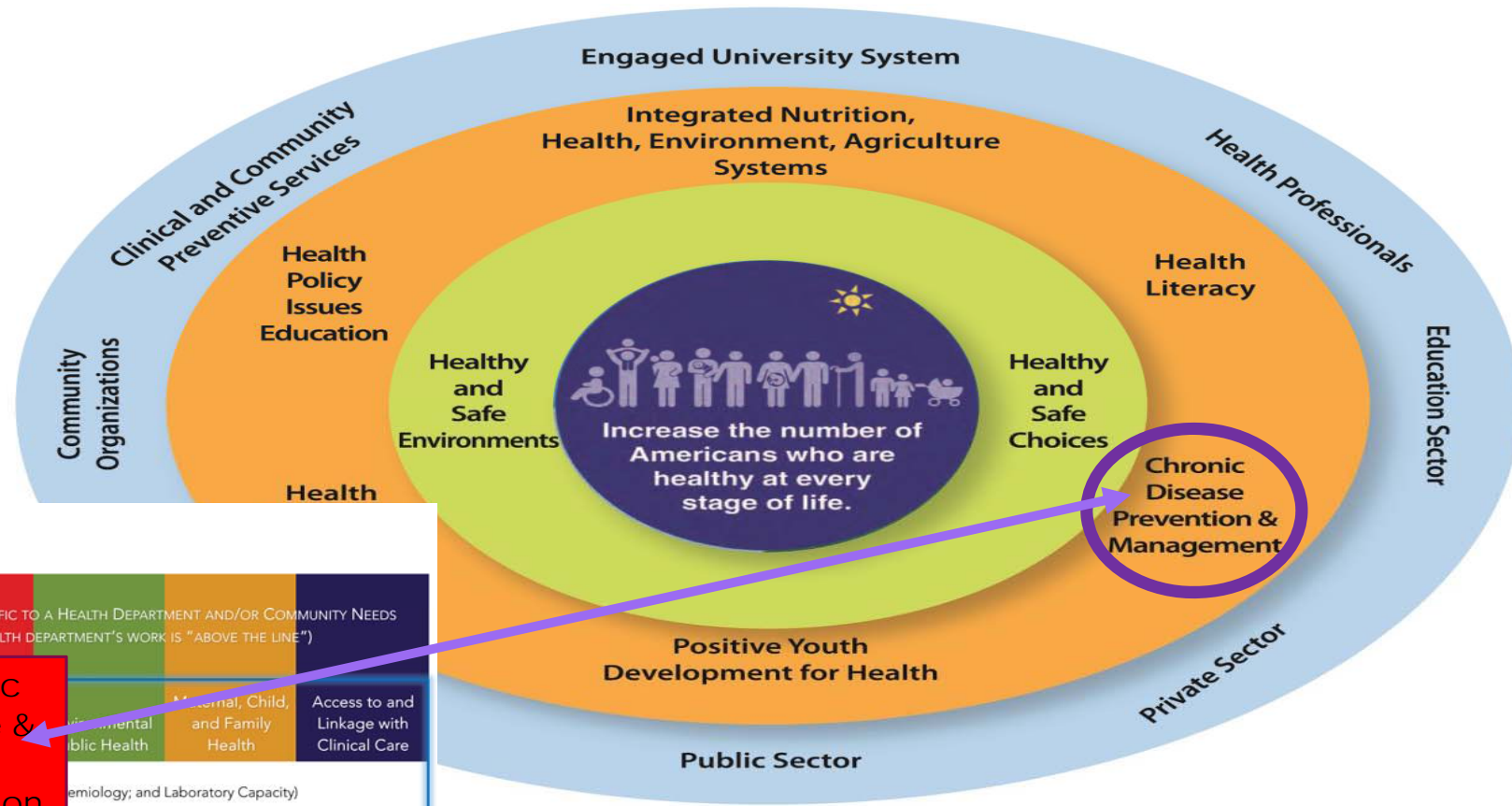
### ▶ Extension Agents

# Extension is Public Health: Public Health is Extension

## Cooperative Extension's National Framework for Health & Wellness



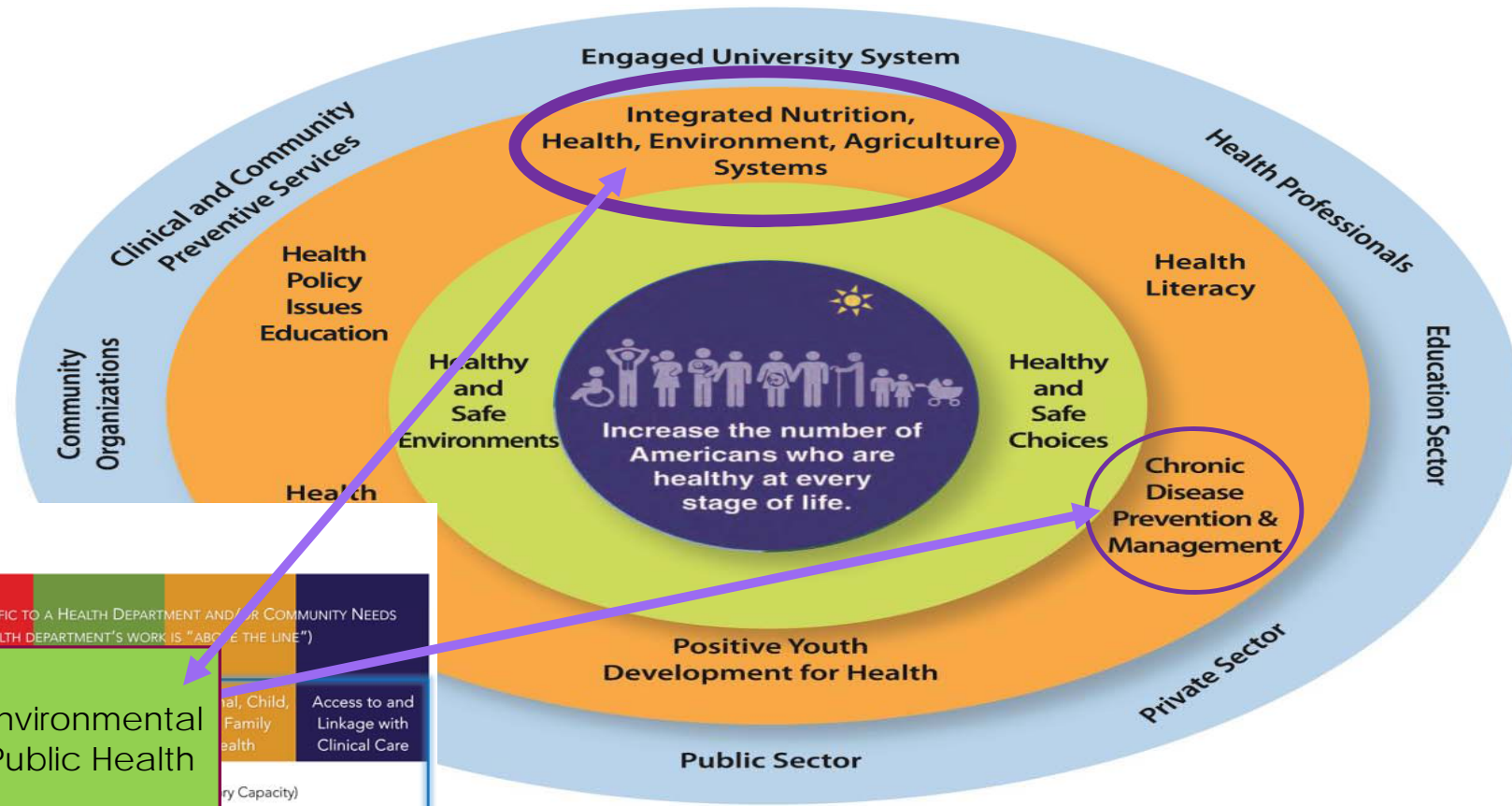
# Extension: Foundational Public Health



Foundational Public Health Services Model  
Version 1.0, March 2014



# Extension: Foundational Public Health

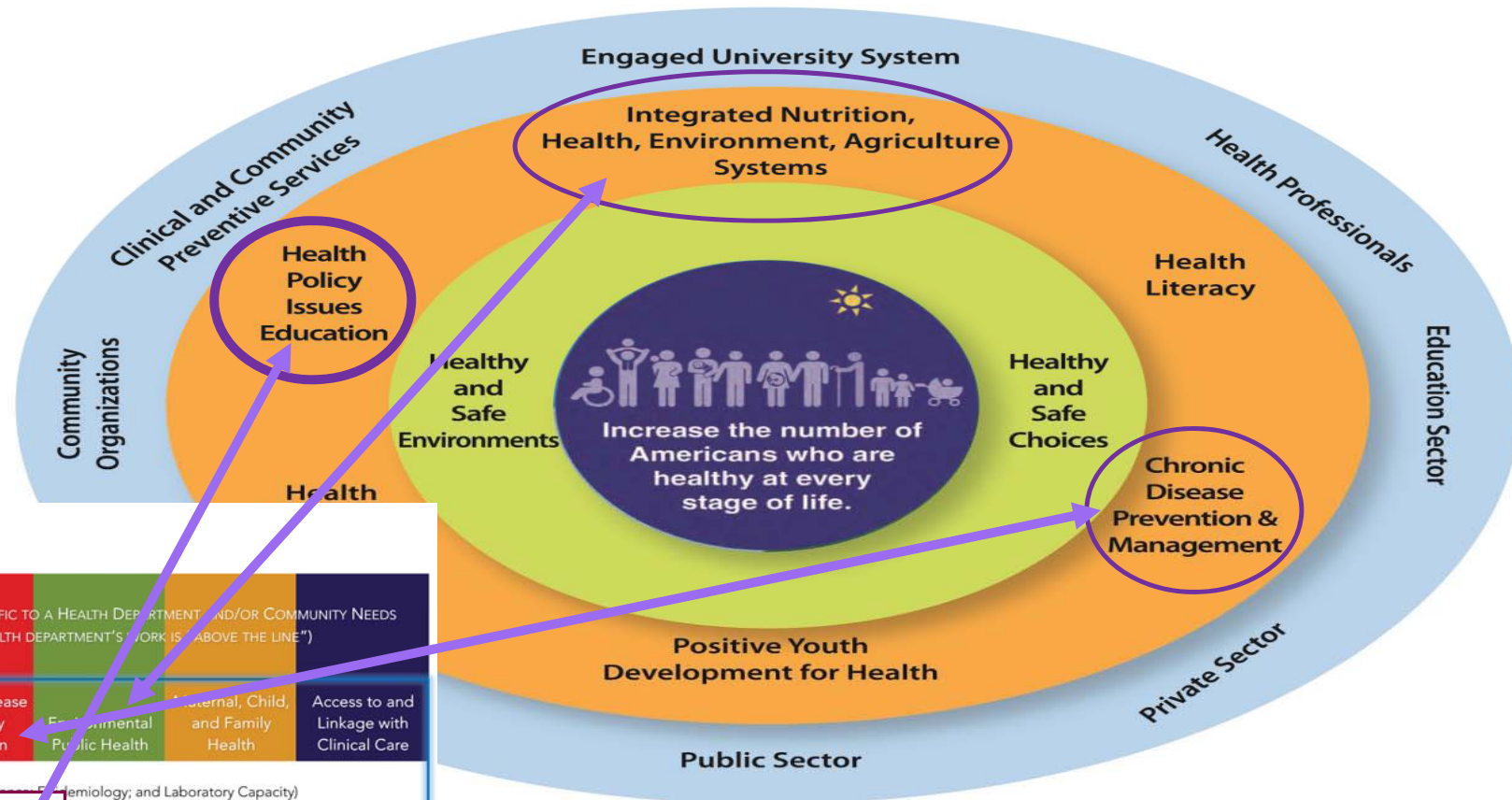


Foundational Public Health Services Model  
Version 1.0, March 2014





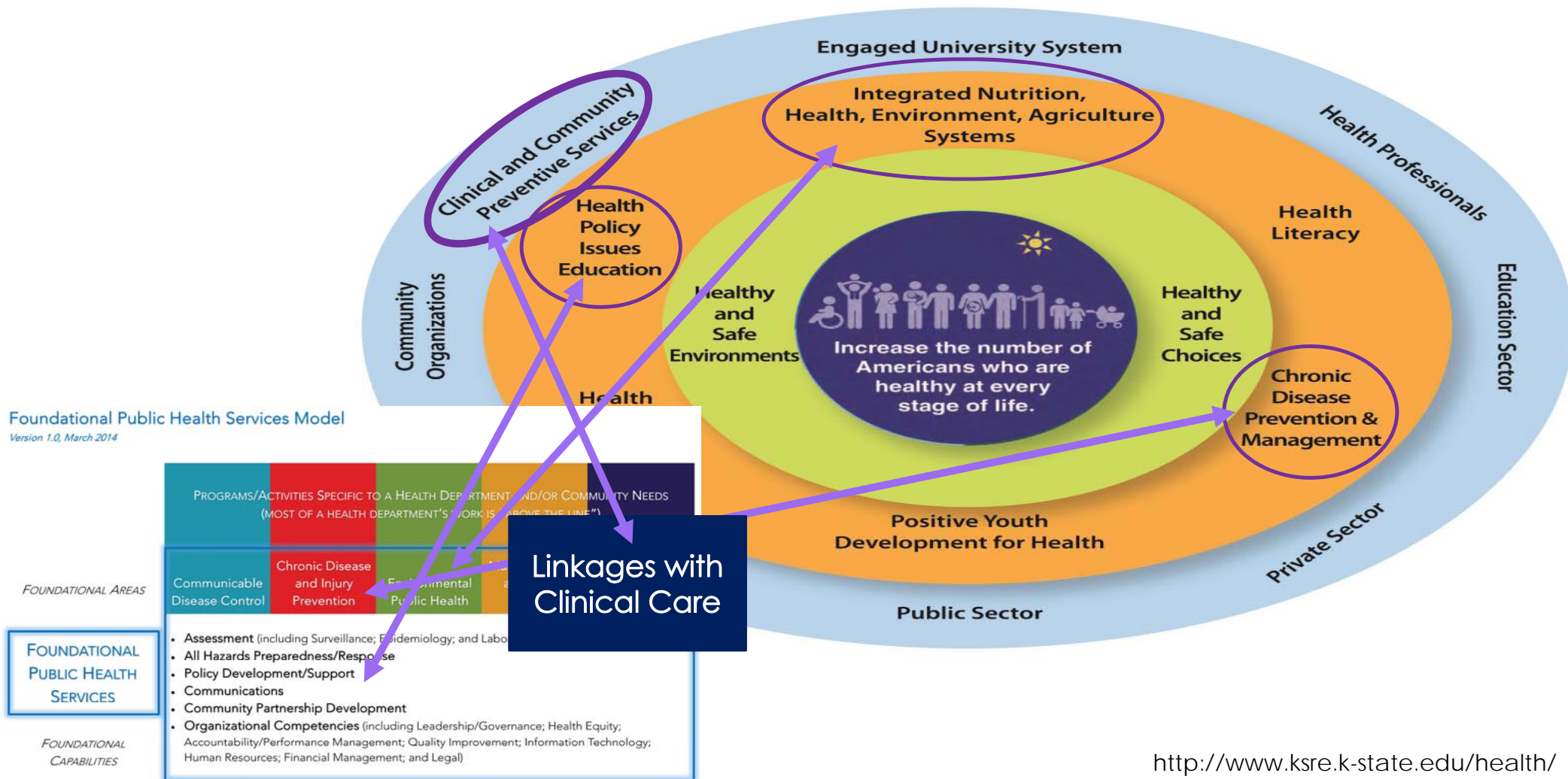
# Extension: Foundational Public Health



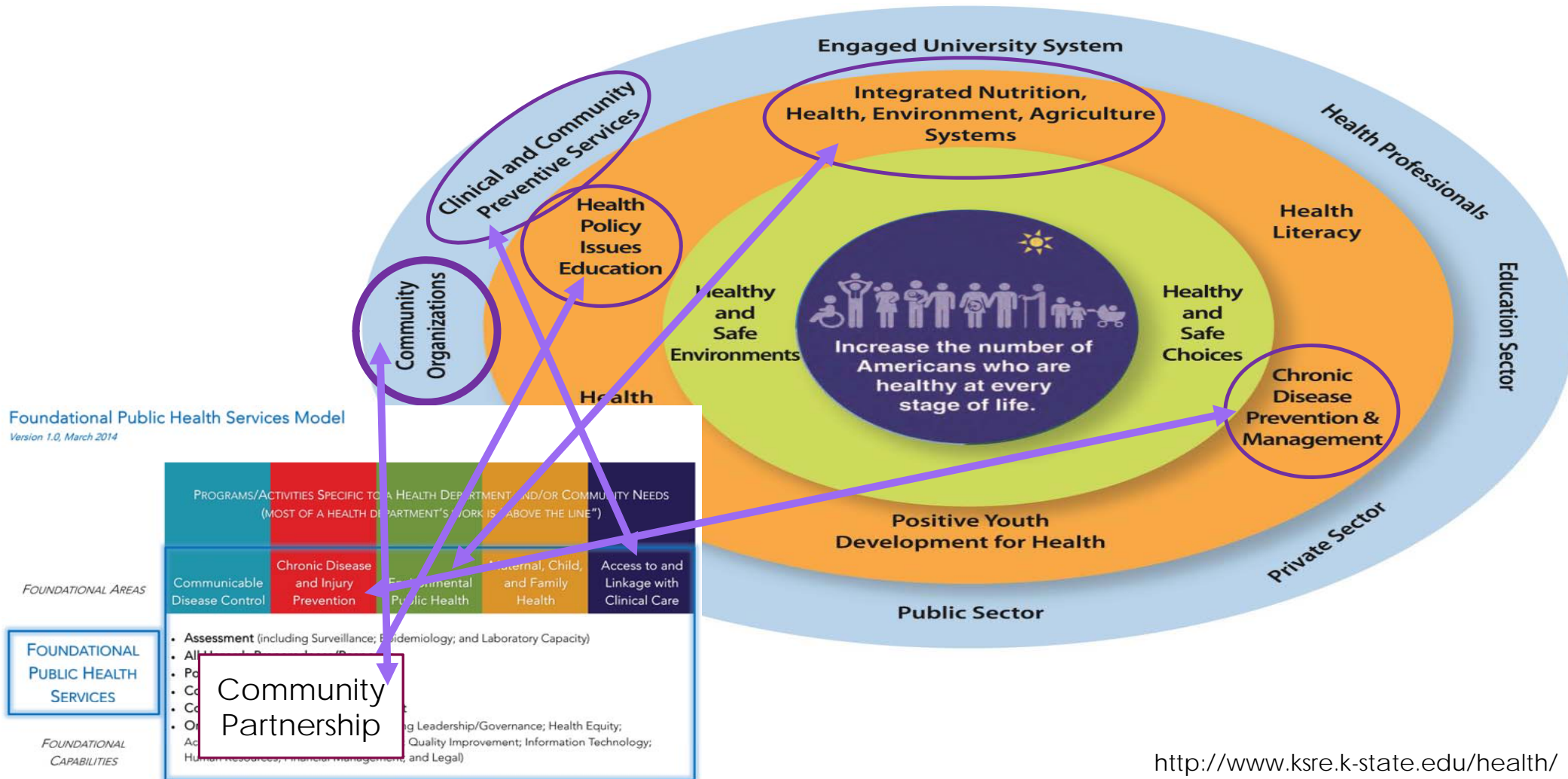
Foundational Public Health Services Model  
Version 1.0, March 2014



# Extension: Foundational Public Health



# Extension: Foundational Public Health

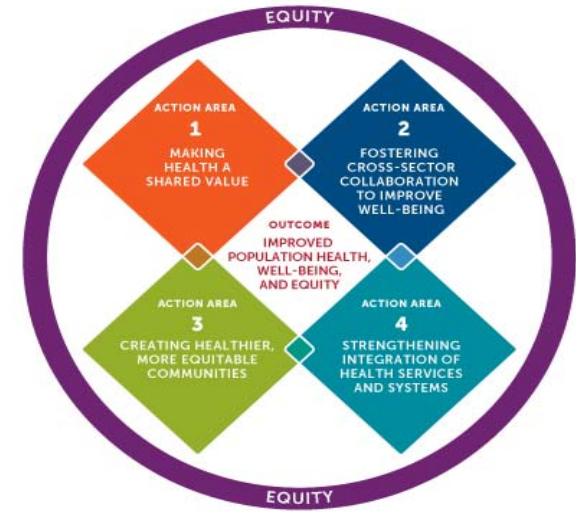
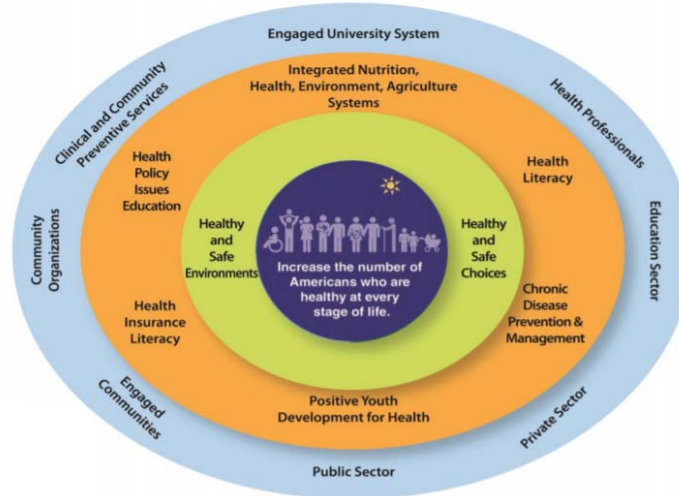


# Current Opportunities



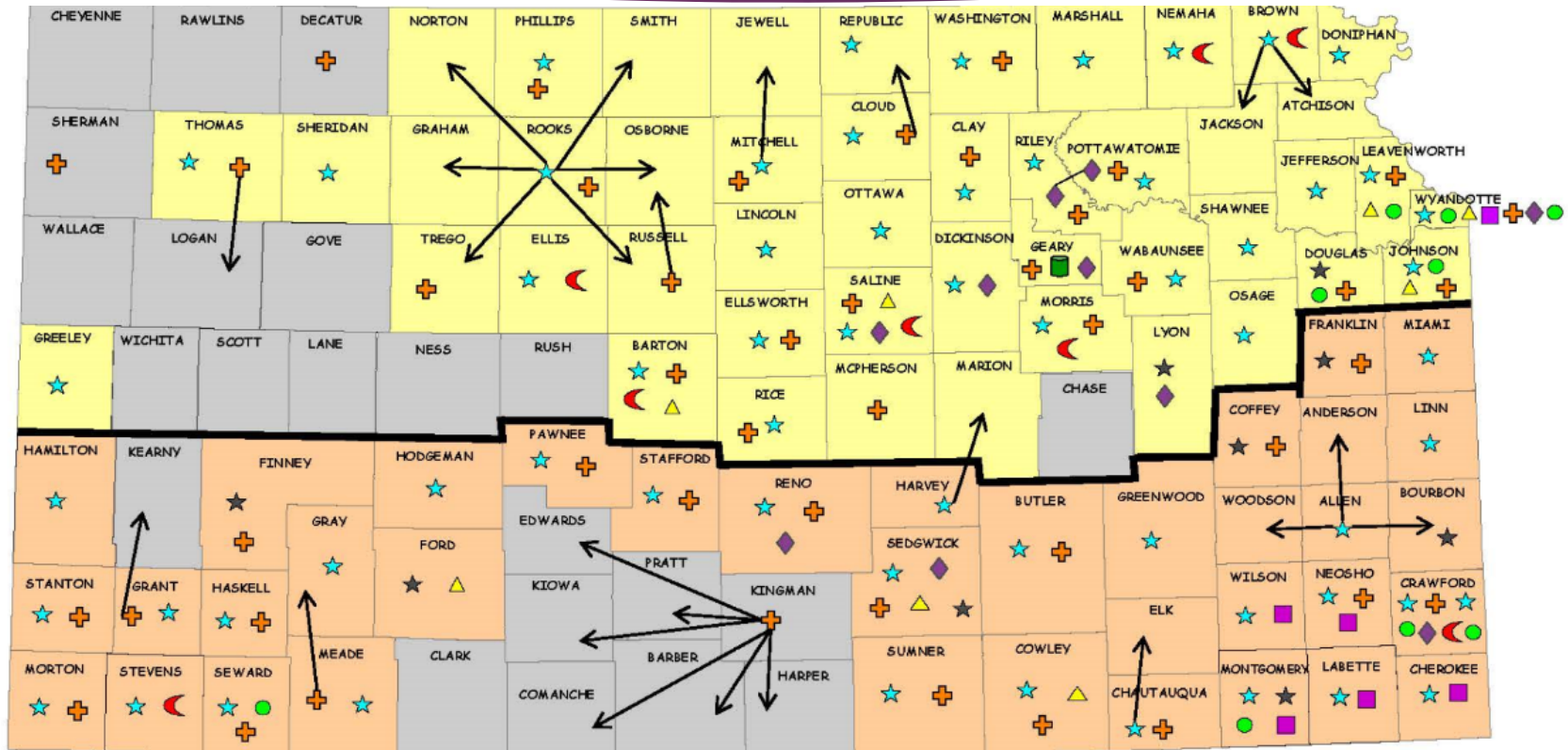
**Grand Challenges**

## Cooperative Extension's National Framework for Health & Wellness



**Culture of Health**

# Current Realities



# Current Possibilities

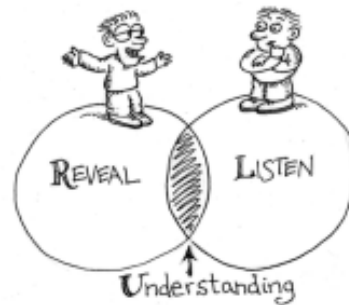
## Arkansas Wellness Ambassadors



## HOSA (Health Occupations Students of America)



# Let's Discuss

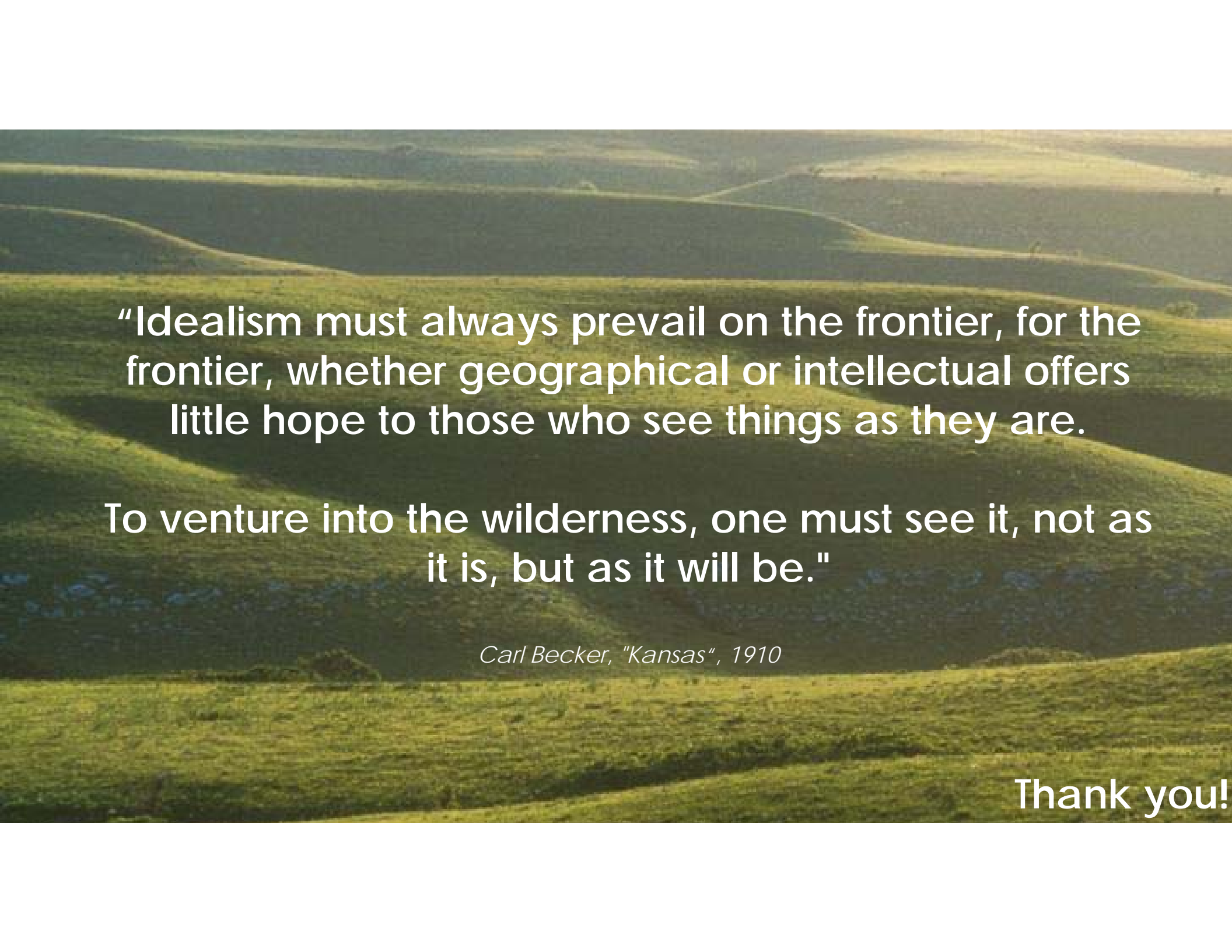




# Next Steps

- ▶ Review your input
- ▶ Plan regional trainings:
  - ▶ Community health principles
  - ▶ Health and health care systems in Kansas
  - ▶ PSE
  - ▶ Building Extension capacity
  - ▶ Support local Extension health work





"Idealism must always prevail on the frontier, for the frontier, whether geographical or intellectual offers little hope to those who see things as they are.

To venture into the wilderness, one must see it, not as it is, but as it will be."

*Carl Becker, "Kansas", 1910*

Thank you!