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# Introduction

## **Vision and Scope of this Assessment**

The Independence Community Health Assessment (CHA) is comprised of findings from the Community Health Survey, data from Missouri Information for Community Assessment (MICA), Healthy People 2030 (HP2030), and other quantitative data sources. The 2022 CHA lays the foundation and guidance for the City of Independence by:

- Gaining a greater understanding of the health issues of Independence residents
- Identifying key public health issues
- Evaluating services currently provided by the Independence Health & Animal Services Department (IHAS)



## **City Description**

Independence is the fifth largest city in Missouri by population with 122,088<sup>1</sup> residents and is home to a variety of ethnic groups. The city is approximately 78 square miles, located in Jackson County, and is part of the Kansas City Metropolitan Area.

There are many different attractions in Independence, including the Harry S. Truman National Historic Site, as Independence is the hometown of President Truman and his wife, Bess. Residents can also enjoy trails, parks, museums, libraries, and various shopping areas.

Since 1940, the Santa-Cali-Gon Days Festival has taken place in Independence during Labor Day weekend to celebrate the city's heritage as the starting point of the California, Santa Fe, and Oregon Trails. The 82-year-old event has become one of the nation's leading festivals and now attracts more than 300,000 people annually, according to the Independence Chamber of Commerce.



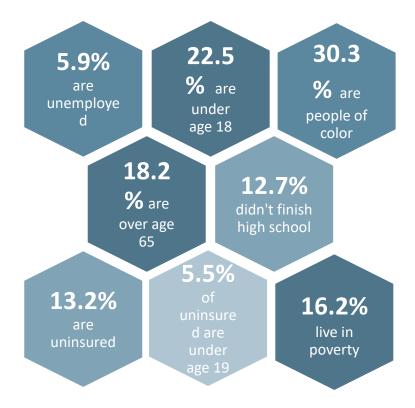
# **Findings**

This CHA covers Independence, which is comprised of the neighborhoods of Fairmont, McCoy, Maywood, Santa Fe, Bundschu, Bristol, and many more. Residents described their level of satisfaction as ranging from *very dissatisfied* to *very satisfied* as a response. Residents answered socioeconomic and demographic questions that provide an assessment of various health indicators.

Survey respondents identified public health indicators and outcomes giving way to conclusions about the health of the community. This assessment will show how demographics, social environment, health behaviors, and healthcare access are interrelated. These factors have implications for community health and well-being.

## **Demographics**

Population of 122,088



DATA SOURCE: U.S. Census Bureau

The health of a community is associated with numerous factors including the resources and services available (e.g., safe green space, access to healthy foods) as well as who lives in the community. Significantly related to the demographics of a community are the rates of health outcomes and behaviors of that area. While age, gender, race, and ethnicity are important characteristics that have an

impact on an individual's health, the distribution of these characteristics in a community may affect the number and type of services and resources available. The section below provides an overview of the population of Independence.

## **Population Size**

Independence is the fifth-largest municipality in Missouri. Other municipalities bordering the city include Kansas City (Missouri's largest city), Raytown, Lee's Summit, Blue Springs, Buckner, and Sugar Creek, which vary in terms of size, growth patterns, wealth, and composition of residents. With a population of 122,088 residents according to the 2021 ACS population estimates, Independence comprises about 17% of Jackson County's total population of 716,862.1

## Race and Ethnicity

The City of Independence has a population that is 70% white, 12% Hispanic or Latino, and 8% black or African American. Seven (7) percent of the population identifies as having two or more races. The remaining 3% of the population identifies as Asian, American Indian or Alaskan Native, Native Hawaiian or other Pacific Islander, or some other race.

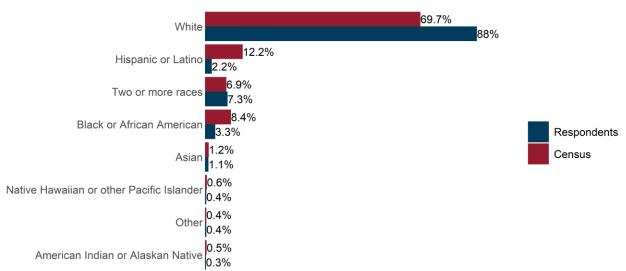


Figure 1: Race of Community Health Survey Respondents vs U.S. Census

## **Age Distribution**

Table 1 shows the percentage of the population of Independence by age and sex. Females make up 51.2% of the population while males make up the other 48.8%<sup>1</sup>.

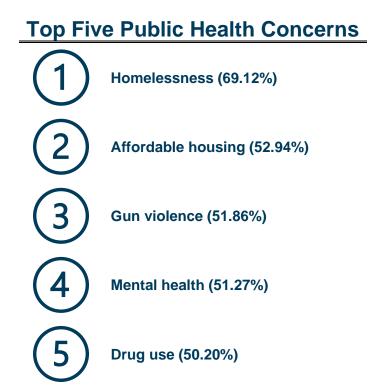
In Independence, 20% of the population is over the age of 65. People aged 65 and older have unique health concerns compared to the rest of the population including increased risk of falls, chronic diseases, and serious complications from infectious diseases<sup>2</sup>. Additionally, 21% of the population is under 18 years of age. Like older adults, children and adolescents have different health concerns. The health needs

Table 1: Breakdown of Independence by Age and Sex					
Age	Female				
Under 5 years	3.75%	2.10%			
5 to 14 years	5.71%	5.79%			
15 to 24 years	5.88%	5.64%			
25 to 44 years	11.01%	11.27%			
45 to 64 years	13.74%	15.13%			
65 to 74 years	5.99%	5.52%			
75 and older	2.70%	5.78%			
Total	48.8%	51.2%			

of these special populations should be considered separately from other groups to properly address them.

## **Identified Public Health Concerns**

In addition to ranking their health, residents were asked what they perceived as the most important public health concerns for the city.



DATA SOURCE: IHD 2022 Community Health Survey

This report includes background information on the problem and its effects on health, current trends, high-risk populations, and public health goals for each of the five topics. Public health goals reflect national goals as outlined by the CDC or HP2030.

#### 1) Houselessness

In 2020, there were over 580,000 people experiencing houselessness with 70% of them being individuals and 30% families with children.<sup>3</sup> Across the nation, the number of people who were unhoused increased by 2% from 2019-2020, and has increased every year from 2016-2020.<sup>4</sup> From 2019-2020, the number of people who were unhoused and sheltered stayed roughly the same only dropping by less than one percent; however, the number of

unsheltered individuals increased by seven percent.4

Rates of houselessness are not equal across all populations. 74% of people who were unhoused were over the age of 24 in 2020. Slightly more men than women experience houselessness. Around half of those experiencing houselessness were white, with African American and Hispanic/Latino people making up another large piece of the population. While data specific to Independence was unavailable, the Greater Kansas City Area (Kansas City, Independence, Lee's Summit, and Jackson County) experienced trends similar to those nationwide.

People without housing die on average

12 years

general U.S. population.<sup>6</sup>

Houselessness has been connected to declines in physical and mental health. Individuals in these situations experience higher rates of mental illness, drug and alcohol use, tuberculosis, and other infections. The higher rates of health issues seen among those who are unhoused stem from a lack of access to care, food, protection from the elements, and social services.

#### 2) Affordable Housing

Severe housing problems have become a growing concern over recent years. These problems include a lack of complete kitchen facilities, lack of plumbing facilities, overcrowding, and cost-burdened or severely cost-burdened occupants. Households are considered cost burdened if over 30% of their income is spent on housing and are considered severely cost-burdened when they spend over 50% of their income on housing. Cost-burdened households are a public health concern because renters in these homes sacrifice other necessities like health, food, and healthcare to pay for housing costs.

In 2021, 33% of Independence residents paid 30% or more of their income on monthly housing costs, which is higher than the Missouri rate of 25% of residents paying 30% or more of their income on housing costs. Increasing affordable housing options through local and national housing development policies, rental vouchers, and subsidized housing programs can help cost-burdened individuals afford to house. More collaboration between the public health and housing sectors is needed to reduce the burden of housing costs on residents.<sup>7</sup>

Table 3: Independence Housing <sup>1</sup>					
	2015	2021			
Housing units in multi-unit structures	20.8%	19.2%			
Median value of owner- occupied housing units	\$100,200	\$154,700			
Median Gross Rent	\$959	\$890			
Median Mortgage	\$1,072	\$1,182			

#### 3) Gun Violence

Firearm-related injuries and deaths in the United States are a public health crisis. In 2020, there were more than 45,222 deaths in the United States, averaging about 124 people dying from a firearm-related injury each day. Multiple age groups are affected by firearm-related injuries as they were among the top five causes of death for people ages 1-44 in 2020. Comprehensive state- and community-level prevention strategies are critical for reducing the risk of violence that leads to firearm-related injuries and deaths.

Suicides account for more than half of these firearm-related deaths. Additionally, the number of suicides committed using a firearm has increased by 25% in the last ten years<sup>11</sup>. Several agencies offer guidance aimed to help reduce firearm violence. The Department of Justice updated its guide for federal firearms licensees (FFL), and the Department of Veteran Affairs produces a toolkit guiding safe firearm storage for suicide prevention. The Independence Health and Animal Services Department works with local organizations to promote safe firearm storage and collaborate on suicide prevention efforts.

#### 4) Mental Health

1 in 5 adults and 1 in 6 youth in the United States experience a mental health disorder each year. Suicide is the second leading cause of death among people aged 10-14 and the third leading cause of death among those aged 15-24 in the United States<sup>12</sup>. A little over half of all suicides in 2020 involved a gun<sup>11</sup>. Millions of Americans are affected by mental illness yearly. In

2020 alone, more than 12 million adults and 3 million adolescents (aged 12-17) had serious thoughts of suicide. 12

The rate of suicide in Independence has nearly doubled in youth under age 19 from 2009-2020. Among Independence youth, 116 individuals under the age of 19 were hospitalized for self-inflicted injury from 2005-2015. Seventeen Independence youth under the age of 19 died as a result of self-inflicted injury from 2009-2019. In addition to the increasing rate of suicide among Independence youth, Independence had a higher suicide rate than Eastern Jackson County, Kansas City, the State of Missouri, and the United States in 2020 14,15.

## 5) Drug Use

Drug overdoses (both fatal and nonfatal) have become an epidemic in Missouri over the past decade. Drug overdose is the leading cause of death among adults aged 18-44 in Missouri. In 2021, 1 out of 47 deaths was attributed to opioid overdose in Missouri. Over 70% of drug overdose deaths nationwide involve opioids (i.e. fentanyl, heroin, hydrocodone, etc.).<sup>16</sup>

There is a current fentanyl crisis. Fentanyl is 50 times stronger than heroin and 100 times stronger than morphine.<sup>17</sup> Due to its potency and the fact it is cheap to produce, it is often added to other drugs including heroin, methamphetamine, and cocaine.<sup>18</sup> Fentanyl-laced drugs are made to resemble other opioids. Many may be unaware their drugs are laced with fentanyl and take their usual dose of the drug and subsequently overdose, which is extremely dangerous.<sup>17</sup>

IHAS has partnered with other agencies to distribute naxolone, an opioid reversal medication, to members of the public for free to help reduce fentanyl deaths in our community. IHAS is also participating in overdose prevention efforts with other local community organizations.

## **Social and Physical Environment**

The social environment as discussed in this report includes education, employment, poverty, and crime. These factors affect the health of individuals and groups living in communities. For example, additional years of formal education strongly correlate with improved work and economic opportunities, reduced psychosocial stress, and healthier lifestyles. Poverty can result in reduced access to health services and negative health consequences, such as the increased risk of mortality, increased prevalence of medical conditions and disease incidence, depression, and poor health behaviors. The inclusion of this data is important to identifying inequities of health in Independence (**Figure 2**).

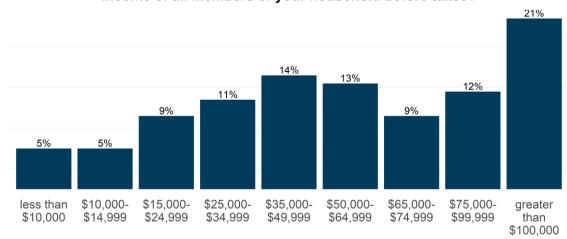


Figure 2: During the past 12 months, what was the total combined income of all members of your household before taxes?

DATA SOURCE: IHD 2022 Community Health Survey

#### **Educational Attainment**

Students residing in Independence receive their education from one of four public school districts (Independence, Blue Springs, Fort Osage, and Raytown). There are also four facilities for higher education within Independence. The graduation rate for Missouri for the 2021-2022 school year was 89.7%. The Independence, Blue Springs, and Fort Osage school districts had higher graduation rates at 93.9%, 97.4%, and 92.3% respectively. Raytown, however, had a lower rate at 80.6%<sup>19</sup>.



A healthy community is one in which all residents have access to a quality education -Survey Respondent

# Higher educated adults

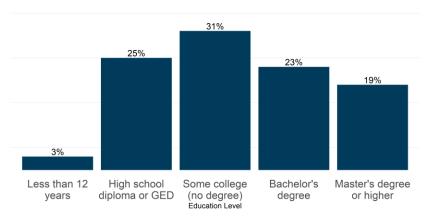
- Are more likely to live healthier lives.
- Have significantly increased employment prospects and lifetime earnings.<sup>20</sup>

# Higher education attainment comparison

 Adult education attainment in Independence is at a lower level than Jackson County and Missouri but slightly higher than the national average.

Studies have shown median lifetime earnings grow in direct relation to educational attainment. Over the course of a career, the median earnings of someone without a high school diploma or GED is \$1.2 million, which translates to just under \$30,000 a year (\$14.42 per hour) over 40 years. Getting a high school diploma can improve lifetime earnings to \$1.6 million: not finishing high school is a steep penalty

Figure 3: What is the highest grade or level of school you have completed or the highest degree you have received?



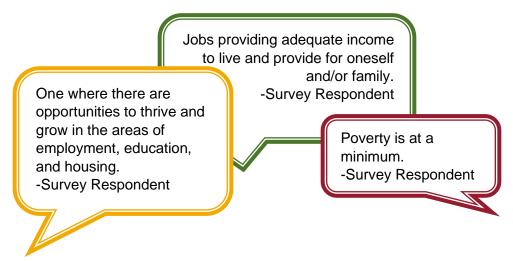
DATA SOURCE: IHD 2022 Community Health Survey

for those without the education—around \$10,000 a year less than people with a high school education.<sup>20</sup>

Having a bachelor's degree adds another bump in the potential for increased earnings. On average, residents with a bachelor's degree will make \$2.8 million over a 40-year career, which is an estimated \$70,000 per year (\$33.65 per hour). Studies have shown those with a bachelor's degree make 75% more than those who only have a high school diploma.<sup>20</sup> To expand upon that idea, the bachelor's degree opens the door to the increased income levels attained with a graduate degree.

## Income, Poverty, and Employment

### What does a healthy community look like?



Higher incomes make it easier to buy medical insurance and medical care, nutritious foods, better childcare, and to live in a safe neighborhood with good schools and recreational facilities. Unmet social needs, environmental factors, and barriers to accessing health care contribute to worse health outcomes for people with lower incomes. Over a lifetime, people who live in impoverished communities are at an increased risk for mental illness, chronic disease, higher mortality, and lower life expectancy. The median household income in Independence is significantly lower than that of Missouri. The difference between Independence and Missouri is about a 17% gap, as shown in Table 2.

The Centers for Disease Control and Prevention (CDC) defines poverty as a person or family with income below a certain limit. Poverty rates for Independence reflect the surrounding area. Approximately 12.3% of Independence households received Food Stamp/SNAP benefits in 2022, which is consistent with Missouri's poverty rate.

The American Community Survey (ACS) conducted in 2021 estimated that 58.2% of the population in Independence at least 16 years of age were in the workforce and that 5.9% were unemployed. Among families with children less than 6 years of age, 71.2% had both parents in the workforce. Of those families with children between 6 and 17 years of age, 58.0% of families had both parents in the workforce.<sup>1</sup>

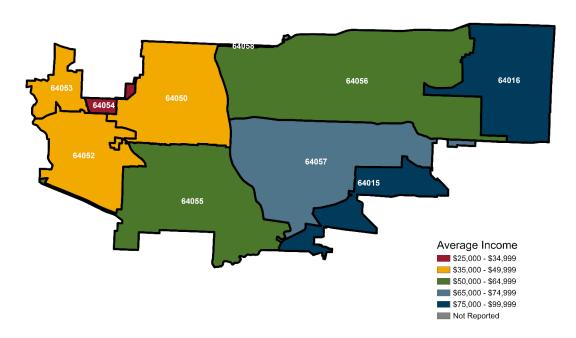


Figure 4: Average Income of Survey Respondents by Zip Code

Table 2: Independence Socioeconomics						
	Independence	Missouri	Percent +/- for Independence, from 2018			
Average Family Size, 2021 ACS	2.9	3.1	-9.38%			
Per capita money income (dollars), 2020	\$28,197	\$31,839	-16.65%			
Median household income, 2021	\$52,919	\$61,847	-14.56%			
Unemployed, Civilian Labor Force, 2021	5.9%	4.6%	90.32%			
Individuals below the poverty rate, 2021	16.2%	12.7%	23.66%			

## **Housing and Environmental Quality**

#### What does a healthy community look like?



A safe place with quiet neighborhoods, opportunities for community engagement, and free or low-cost health, safety, food, and public spaces.

-Survey Respondent



Environmental quality addresses the health impacts of the environment on the human body. The environment is the air we breathe, the food and water we consume, and the places where we live, work, and play. There is a connection between the environment and the health of individuals and communities.<sup>22</sup> Factors such as unclean areas with excessive garbage, refusal to follow building codes or pollution from industrial sources may lessen the quality of the environment.

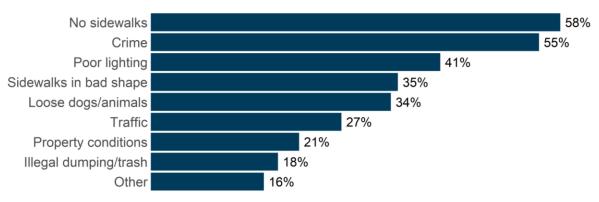
Environmental health risks at home and the pollution of indoor residential air can lead to non-communicable diseases including stroke, ischaemic heart disease, COPD, and lung cancer.<sup>23</sup> This is true, particularly in vulnerable populations such as pregnant women, infants, children, the elderly, and those living with a chronic medical condition or disability.

Poor environmental quality has the greatest impact on people whose health status is already at risk. Therefore, environmental health regulations must address the societal and environmental factors that increase the likelihood of exposure and disease. Tracking these factors is key to figuring out where and how people are exposed to pollutants. Laws and policies to reduce different types of pollution can also help prevent many serious health problems and deaths.<sup>24</sup>

## **Transportation**

Transportation influences everyday life in the region, especially the health of the community. Independence is largely a car-dependent city that has limited opportunities for alternative modes of transportation, such as walking or biking. A barrier to transportation is the lack of sidewalks or sidewalks in disrepair. Survey respondents expressed feeling unsafe when walking. Survey participants indicated specific challenges to safe walking, citing crime, lack of sidewalks, and poor lighting as some of the most important problems facing walkability (*Figure 5*).

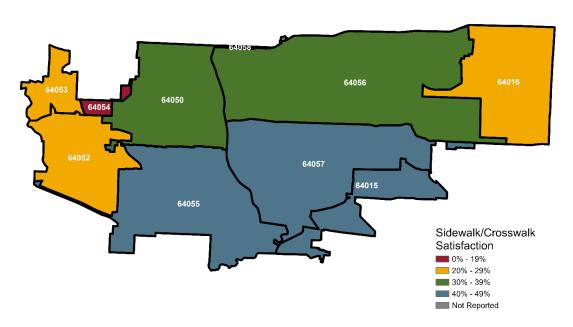
Figure 5: Why do you feel it is not safe walking in your neighborhood?



DATA SOURCE: IHD 2022 Community Health Survey

Figure 6: Sidewalk and Crosswalk Satisfaction by Zip Code

Percent of respondents satisfied or very satisfied with sidewalks and crosswalks in their neighborhoods



DATA SOURCE: IHD 2022 Community Health Survey

## **Access to Healthy Foods and Recreation**

### What does a healthy community look like?



Safe and clean. Access to grocery stores with fresh meat, vegetables, and fruit

## -Survey Respondent

The graphic below shows the results from respondents in terms of their satisfaction with access to fruit, vegetables, and other healthful foods. The majority of respondents (72%) reported they are satisfied or very satisfied with the access to fresh fruits and vegetables in their neighborhood.



DATA SOURCE: IHD 2022 Community Health Survey

The availability of healthy foods and opportunities for physical activity and recreation is closely related to obesity rates. Increased physical activity is associated with lower risks of type 2 diabetes, cancer, stroke, hypertension, cardiovascular disease, and premature mortality independent of obesity. The role of the built environment is important for encouraging physical activity. Individuals who live closer to sidewalks, parks, and gyms are more likely to exercise.<sup>25</sup>

Overall, Independence residents have substantial access to recreational facilities. In Jackson County, 88% of residents have access to recreational facilities. A recreational facility is defined by the County Health Rankings as an establishment primarily engaged in operating fitness and recreational sports facilities, featuring exercise and other active physical fitness conditioning or recreational sports activities such as swimming, skating, or racquet sports.<sup>25</sup>

## **Crime and Safety**

# Violent crime Independence 2020

- Estimated total was 58% above the 2015 level and 63% above the 2010 level.
- 2-year trend showed that violent crime offenses increased by 52%.

# Property crime Independence 2020

- Estimated total was 12% below the 2015 level and 26% below the 2010 level.
- 2-year trend showed that property crime offenses declined by 13%.

# FBI Report

## National trend

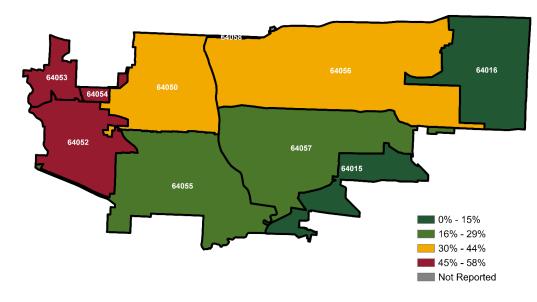
• Violent crimes at national level increased in 2020 by 8% when compared to 2013 and decreased 1.5% when compared to 2009 levels.

DATA SOURCE: Federal Bureau of Investigation<sup>26</sup>

The importance of feeling safe in one's community can influence neighborhood cohesion. Respondents expressed their concern about domestic violence and child abuse. Domestic violence includes any instance of physical or sexual violence, threats of physical or sexual violence, or emotional abuse. Many of the consequences of intimate partner violence (IPV) are physical, but other effects are psychological, including depression, anxiety, or symptoms of post-traumatic stress disorder. IPV can result indirectly in further negative health effects by contributing to other unhealthy or risky behaviors. In

Figure 7: Do you feel it is safe to walk in your neighborhood?

Percent of respondents that do not feel safe walking in their neighborhoods



the U.S., data suggests about 1 in 5 homicide victims are killed by an intimate partner. Data also showed that over half the female homicide victims in the United States are killed by a current or former male intimate partner.<sup>27</sup>

Child abuse includes physical, emotional, or sexual abuse or neglect of a child under the age of 18.28 Child abuse ranges in seriousness and can lead to death in some cases. Reports of child abuse in Missouri have decreased by 26.7% since 2017.29

<sup>\*</sup>Violent crimes include murder (manslaughter), rape, robbery, and aggravated assault. Property crimes include burglary, larceny theft, motor vehicle theft, and arson.

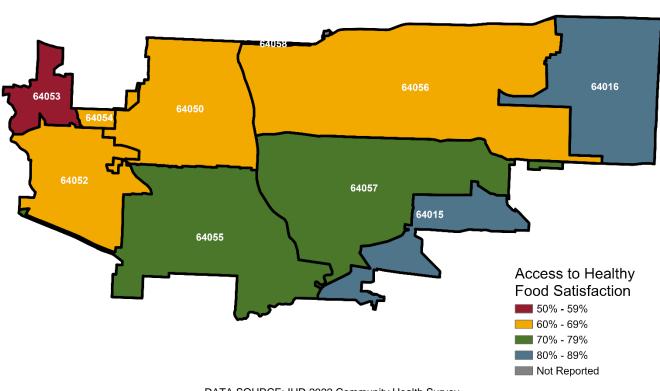
## **Health Behaviors**

This section examines lifestyle behaviors among Independence residents that support or hinder health. It examines several aspects of individuals' personal health behaviors and risk factors (including physical activity, nutrition, sleep, alcohol, and substance use) that result in the leading causes of morbidity and mortality among area residents. This analysis tracks measures that are a part of the HP2030 Initiative, which is a 10-year agenda focused on improving the nation's health. Where appropriate and available, this assessment compares Independence statistics to the state as a whole, as well as HP2030 targets. However, due to data constraints, some measures are available only for Jackson County, and, in some cases, only state-level data are available.

## **Healthy Eating**

Community Health Survey participants reported the importance of having a healthier food environment to maintain health. Many respondents stated that healthy foods, community gardens, and grocery stores are an important part of a healthy community. Access to foods that support healthy dietary patterns is one of the pieces of the social determinants of health. A study from 2015 found that the average distance to the nearest supermarket from households in the United States was 2.9 miles. Individuals who do not have access to a vehicle or public transportation and who do not live within walking distance of stores with healthy foods have limited access to foods that support healthy dietary patterns<sup>30</sup>. Improving access to these foods for all communities can help address health disparities and improve population health.

Figure 8: Access to Healthy Foods Satisfaction by Zip Code



Percent of respondents satisfied or very satisfied with access to healthy foods in their neighborhoods

## **Physical Activity**

Overall, survey respondents reported there is an opportunity for improvement in access to physical activity facilities and programs. The survey details respondents' opinions regarding recreational programs enjoyed by children, teens, adults, and seniors. The proportion of community members satisfied or very satisfied with recreational programs was 40%. Half of the respondents reported being satisfied or very satisfied with parks, trails, and neighborhood or school playgrounds (**Figure 9**). The percentage of respondents reporting they were satisfied or very satisfied with sidewalks was 36% (**Figure 9**).

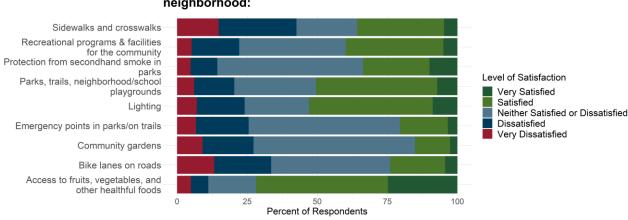


Figure 9: How satisfied are you with the following in your neighborhood:

Less than one-quarter of respondents indicated they spent an hour or less per day performing some sort of physical activity (**Figure 10**). Respondents who indicated they participate in physical activities such as running, golf, gardening, or walking for exercise in the past month totaled 76%. Additionally, sixty-two percent of respondents indicated they use the city parks or trails.

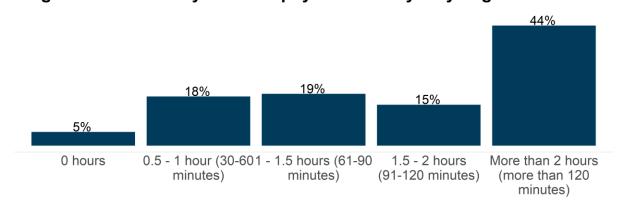


Figure 10: How many hours of physical activity do you get in a week?

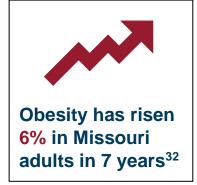
## **Overweight and Obese**

Overweight and obese are designations given to ranges of weight that are greater than a healthy

weight. In adults, overweight is having a Body Mass Index (BMI), a ratio determined by weight and height, between 25 and 29.9, while obesity is defined as a BMI of 30 or greater. For the respondents who provided their weight and height, 34% of the respondents were obese, and 64% were either obese or overweight using their reported height and weight to calculate their BMI.

Those who are overweight and may suffer from obesity face an increased risk

for numerous conditions, including high blood pressure, breathing problems (asthma and sleep apnea), type 2 diabetes, joint problems such as osteoarthritis and musculoskeletal discomfort, and gallbladder disease.<sup>31</sup>



# 1 in 5 children are affected by obesity<sup>31</sup>

Childhood overweight and obesity contribute to health problems such as high blood pressure and cholesterol, respiratory difficulties, joint and muscle discomfort, psychosocial problems, and increased risk for diabetes. Children who are overweight or

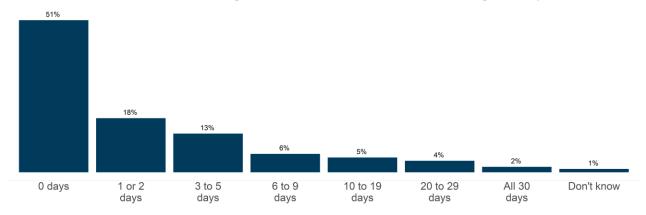
obese are also more likely to be obese as adults.31

HP2030 addresses both physical activity and healthy foods in its goals and objectives, calling for improved access to healthy foods, especially for children, and increasing the level of physical activity for people of all ages. Together these will facilitate progress toward the objectives of increasing the proportion of the population that is a healthy weight and reducing the proportion of adults aged 20 years and over that is obese from 41.8% to 36% by 2030.

#### Alcohol

Excessive alcohol use is the third leading lifestyle-related cause of death in the U.S., accounting for approximately 140,000 deaths each year.<sup>33</sup> While secondary data specific to Independence was not available for this assessment, *Figure 11* shows respondent results for alcohol consumption. Forty-eight percent had at least one alcoholic drink in the last 30 days, which is lower than the national average of 55% in 2019, according to the National Institute of Health. According to the 2019 Youth Risk Behavior Survey, 27.9% of Missouri high school students reported consuming at least one alcoholic drink in the last 30 days before the survey, compared to a national rate of 29.2%. 15.2% of Missouri high school students reported binge drinking in the last 30 days before the survey, compared to the national rate of 13.7%.<sup>34</sup> Rates for binge drinking in Missouri were also close to the national average, with 18.1% of Missouri adults reporting binge drinking during the past 30 days compared to 17% of adults in the nation.<sup>35</sup>

Figure 11: During the past 30 days, how many days did you have at least one drink of alcohol beverage such as beer, wine, a malt beverage, or liquor?

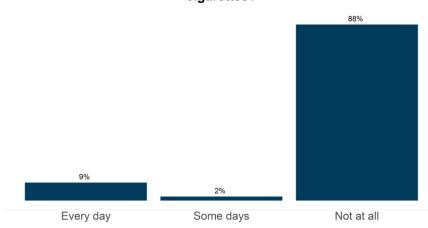


DATA SOURCE: IHD 2022 Community Health Survey

#### **Tobacco**

Tobacco use remains the leading preventable cause of death in the U.S. and accounts for 480,000 deaths annually or approximately one in five deaths.<sup>36</sup> Survey respondents reported an estimated 11% of Independence residents still smoke in some regard (*Figure 12*). Current national smoking has declined from nearly 21 of every 100 adults (20.9%) in 2005 to nearly 13 of every 100 adults (12.5%) in 2020.<sup>36</sup>

Figure 12: In the past 30 days, how often have you smoked cigarettes?

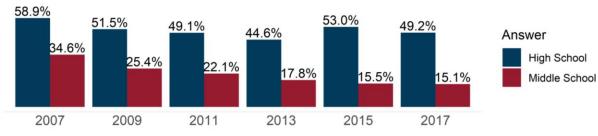


During 2019-2020, cigarette smoking declined among U.S. youth. In 2022, only 1% of middle school students and 2% of high school students report use. The use of other tobacco products also decreased.<sup>37</sup> Youth tobacco use in Missouri closely resembles youth tobacco use in the nation. In 2019, 6.5% of Missouri high school youths reported currently smoking cigarettes, compared to the nation's 6%.<sup>34</sup>

Electronic cigarettes, hookahs, smokeless tobacco, and all other kinds of tobacco use are on the decline among middle and high school students. The Missouri Youth and Tobacco, 2007-2017, which reports results from the Youth Tobacco Survey and Youth Risk Behavior Survey, shows the beginning of the decline of youths who have ever used any kind of tobacco product in *Figure 13*. In the United States, only 11.3% of middle schoolers and 34% of high schoolers had ever tried any tobacco product.<sup>37</sup>

Figure 13: Missouri Youth and Tobacco, 2007-2017

Percentage of middle and high school students who ever used any form of tobacco



DATA SOURCE: Missouri DHSS

## **Drug Abuse**

Community Health Survey respondents reported tobacco and drug abuse as areas of concern. Substance abuse in children and adolescents can lead to problems well into adulthood. Drug overdose is the leading cause of death for adults 18-44 in Missouri, with 70% of those deaths involving opioids. <sup>16</sup> Jackson County has a drug overdose mortality rate of around 35 deaths per 100,000 population. <sup>16</sup> The rate of drug overdose deaths in Jackson County is slightly lower than in the state of Missouri as a whole. Drug use and opioid hospitalizations have increased across the United States, seen with the 2.8 times increase in emergency department visits related to opioid use from 2005 to 2017. <sup>38</sup>

## Sleep



Sleep is important for the health and well-being of individuals and populations. People who do not get enough sleep are at an increased risk of chronic health problems like obesity, heart disease, stroke, and dementia<sup>39</sup>. Additionally, short sleep can have an impact on the immune system leading to a higher risk of infection and a reduction in natural killer cell activity (the cells responsible for killing tumor cells)<sup>40</sup>. Lack of sleep can have an impact on performance at work and school. In the United States, drowsy driving is responsible for approximately 100,000 motor vehicle crashes every year. Adults should get 7 or more hours of sleep per night, while children 18 and under need more than that. Improving sleep habits and sleep environments can help improve the health of the population<sup>41</sup>.

## **Health Outcomes**

This section of the report provides an overview of leading health conditions in Independence from an epidemiological perspective of examining incidence and mortality data.

#### **Perceived Health Status**

Self-perceived health status is important for understanding and identifying the potential health needs of the community. This measure is influenced by physical, behavioral, and socioeconomic factors and is predictive of mortality.<sup>42</sup> Overall, Independence residents see themselves as healthy. Eighty-four percent of respondents rated their health as good, very good, or excellent (*Figure 14*).

9%

Excellent Very good Good Fair Poor

## **Leading Causes of Death**

The mortality rate in Independence is higher than that of Missouri and the surrounding areas of Eastern Jackson County (EJC) and Kansas City (Figure 16). The leading cause of death in Independence is heart disease followed by cancer and chronic lower respiratory disease (CLRD) (*Table 4*). Accidents and Alzheimer's disease were the only causes of death that were lower in Independence than in the state. In 2020, COVID-19 became one of the top five causes of death among Independence residents and Missouri with rates of 57.36 and 87.07 per 100,000 people respectively<sup>14</sup>. Rates have not yet been made available for 2021.

Table 4: Leading Causes of Death by Age-Adjusted Rate per 100,000; 2009-2020 (DHSS, MICA, 2022)					
Cause	Independence rate per 100,000	Missouri rate per 100,000	Difference		
Heart Disease	195.9	194.2	1.7		
Cancer	185.6	172.5	13.1		
Chronic Lower Respiratory	67.4	50.7	16.7		
Disease					
Accidents (unintentional injuries)*	53.7	53.8	-0.1		
Stroke/Cerebrovascular Disease	42.9	40.96	1.94		
Alzheimer's Disease	29.03	29.7	-0.67		
Kidney Disease	25.7	19.02	6.68		
Other Digestive Disease**	24	19	5		
Suicide	23.67	16.6	7.07		
Diabetes	20.9	20.5	0.38		

All rates are per year and per 100,000 people who are age-adjusted to the US 2000 standard population

<sup>\*</sup>Includes water/air/space/other/unspecified accidents, falls, accidental drowning and submersion, discharge of firearms, exposure to smoke/fire/flames, poisoning, and exposure to noxious substances.

<sup>\*\*</sup> Diseases of the appendix, hernia, cholelithiasis, and other disorders of the gallbladder.

Figure 15: All-Cause Mortality, 2009-2020



DATA SOURCE: MICA

## **Health Areas**

#### **Chronic Disease**

Chronic diseases are one of the leading causes of death and disability. Six out of ten Americans currently live with a chronic disease<sup>43</sup>. In Missouri, approximately seven in every ten deaths are attributed to a chronic disease<sup>44</sup>. These diseases are often caused by poor health behaviors including tobacco use, poor nutrition, lack of physical activity, and excessive alcohol use<sup>43</sup>.

#### • Heart Disease

Heart disease accounts for one in every five deaths and is the leading cause of death for both men and women in the United States. Moreover, heart disease is the leading cause of death for most racial and ethnic groups in the United States, including African American, American Indian, Alaska Native, Hispanic, and white men.<sup>45</sup> Missouri data showed the total Missouri age-adjusted rate by 2000 standard population was 196 deaths per 100,000 state residents, and the Independence total rate was 203 per 100,000.<sup>14</sup> The mortality rate from heart disease has fluctuated from 2012-2020, with the 2020 mortality rate being slightly higher than the 2012 rate in Missouri. The mortality rate for Independence sharply increased after 2012, since then it has fluctuated slightly but remained high. <sup>14</sup>

210
200
190
190
180
170
160
Place

EJC
Independence

Kansas City
Missouri

Year

Figure 16: Mortality Rate: Heart Disease, 2009-2020

#### Stroke

In 2020, 1 in 6 deaths from cardiovascular disease was due to stroke. First-time stroke occurs nearly twice as much in those who are black or African American as for those that are white. Stroke death rates have decreased among all races and ethnicities since 2013, except for Hispanics who have seen a slight increase. Risk of stroke increases with age, but strokes can occur at any age. In 2014, 38% of people hospitalized for stroke were less than 65 years old. Missouri Information for Community Assessment (MICA) data shows that the death rate from

stroke has increased slightly from 38 deaths per 100,000 state residents in 2018 to 40 deaths per 100,000. Independence has seen a sharper increase with 38 deaths per 100,000 residents in 2018 to 45 deaths per 100,000 in 2020. The mortality rate for stroke in Independence fluctuates greatly but is currently higher than the state's mortality rate.

Place

EJC
Independence
Kansas City
Missouri

Year

Figure 17: Mortality Rate: Stroke, 2009-2020

## Chronic Lower Respiratory Disease

Chronic Lower Respiratory Disease (CLRD), which includes Chronic Obstructive Pulmonary Disease (COPD), causes airflow blockage and breathing-related problems. It includes emphysema, chronic bronchitis, and, in some cases, asthma. In 2018, CLRD was the fourth leading cause of death, with 15.7 million people reported being diagnosed. Nationally, the prevalence of CLRD remained stable from 2011 to 2020 and was significantly higher in women than in men.<sup>48</sup> The mortality rate declined for women over this period but remained stable for men. In 2020, between 7% and 8% of Missouri residents had CLRD.<sup>48</sup> The rates for CLRD for Independence were higher than for the state. Independence CLRD rates have increased from 2016 to 2020.<sup>14</sup>

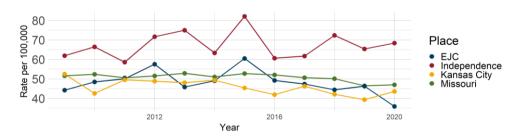


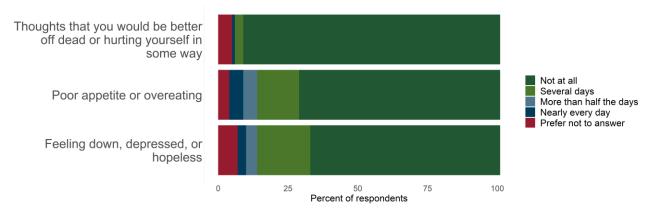
Figure 18: Mortality Rate: Chronic Lower Respiratory Disease 2009-2020

#### **Mental and Behavioral Health**

Of the 23 public health concerns for Independence provided on the Community Health Assessment Survey, mental health is ranked the 4<sup>th</sup> top issue. In 64015 and 64016, mental health was identified as the top public health concern.

Millions of Americans are affected by mental illness each year. <sup>12</sup> Common signs of mental illness include excessive worry or fear, feeling depressed for several days, becoming isolated, changes in sleeping habits, changes in eating habits, overuse of substances such as drugs and alcohol, and thoughts of suicide. <sup>49</sup> Among survey respondents, 26% reported they have felt down, depressed, or hopeless over the last two weeks. Additionally, 25% reported they have experienced poor appetite or have overeaten for several or more days over the last two weeks (Figure 19). 21% reported these problems have made it difficult for them to work, take care of things at home, or get along with people.

Figure 19: Over the last two weeks, how often have you been bothered by the following problems:



The COVID-19 pandemic has had far-reaching repercussions for societies, health systems, and economies. It has also had a profound negative impact on mental health.<sup>50</sup> Among survey respondents, 30.7% reported they feel the COVID-19 pandemic has negatively impacted their mental health.

79%

Experienced negative impacts from change in social interactions

**51%** 

**Experienced increased** feelings of depression

**53**%

Experienced anxiety about their own health or health of their loved ones

Although IHAS does not directly provide mental and behavioral health services, the department is collaborating with Independence Fire on a new crisis co-responder program. Residents are referred to local behavioral health organizations and the 988 Suicide and Crisis Lifeline.

#### **Communicable Diseases**

Missouri law 19 CSR 20-20.020 requires reporting the identification of certain diseases and conditions to the health department and to the state. IHAS's Communicable Disease staff processed 931 reported disease cases, excluding COVID-19 and Monkeypox, in 2022. Reported cases are investigated as needed to help prevent the spread of disease. Please note: cases reported for 2021 begin in July when the Health Department took over cases from Jackson County.

#### Intestinal Illness

Intestinal-related diseases are typically transmitted through contaminated food or water, contact with animals or their environment, or direct contact with an infected person. These diseases can be caused by bacteria such as *E. coli* and *Salmonella* or parasites such as *Cryptosporidium*. Certain groups of people are more likely to become seriously ill from these diseases including adults aged 65 and older, children younger than 5 years of age, and pregnant women<sup>51</sup>.

Table 5: Number of Reported Intestinal Illness Cases in Independence, 2021-2022 (IHD, 2022)					
Disease 2021 2022 Total					
Campylobacteriosis	19	34	53		
Salmonellosis	10	11	21		
Cryptosporidiosis	2	5	7		
Giardiasis	0	1	1		
E. Coli	6	7	13		
Shigellosis	0	6	6		
Shiga Toxin	0	1	1		
Yersiniosis	0	2	2		
Cyclosporiasis	4	0	4		
Total	41	63	108		

The CDC estimates that around 1 in 6 people in the United States get sick with a foodborne illness each year, although not all are reported. Foodborne illnesses are typically underreported because only a fraction of people seek care and are diagnosed<sup>52</sup>. The top five known germs causing foodborne illnesses in the United States are Norovirus, *Salmonella* (non-typhoidal), *Clostridium perfringens*, *Campylobacter*, and *Staphylococcus aureus*<sup>53</sup>.

#### Hepatitis

Hepatitis is a term that means inflammation of the liver. This can be caused by several things including heavy alcohol use, toxins, and some medications. Most often, however, hepatitis is caused by a virus. There are three most common types of viral hepatitis in the United States: hepatitis A, hepatitis B, and hepatitis C.

Hepatitis A is a short-term infection that can last for a couple of weeks to several months, and most people usually recover completely and do not have long-lasting liver damage. It is spread through close personal contact or contaminated food or drink. There is a vaccine available for Hepatitis A.

Hepatitis B can be a mild, short-term illness or a life-long chronic disease. It is a leading cause of liver cancer and is primarily spread through contact with blood, semen, or other body fluids or someone infected. There is also a vaccine available for Hepatitis B.

Hepatitis C can also range from a mild, short-term illness to a life-long chronic infection. Most people will develop a chronic disease, and this virus is also a leading cause of liver cancer. It is spread through blood, and no vaccine is currently available<sup>54</sup>.

Table 6: Number of Reported Hepatitis Cases in Independence, 2021-2022 (IHD, 2022)					
Disease	2021	2022	Total		
Hepatitis A	25	27	52		
Hepatitis B	7	9	16		
Hepatitis C	30	54	84		
Total	62	90	152		

#### Vector-Borne Diseases

Vector-borne diseases are diseases that are spread through the bite of a mosquito, tick, or flea. In the United States, cases of these diseases more than doubled between 2004-2018. The most reported vector-borne disease in the US is Lyme disease<sup>55</sup>.

Table 7: Number of Reported Vector-Borne Cases in Independence, 2021-2022 (IHD, 2022)					
Disease	2021	2022	Total		
Rocky Mountain	4	0	4		
Spotted Fever	4	0			
Lyme Disease	3	1	4		
Ehrlichiosis	0	3	3		
West Nile Virus	1	0	1		
Total	8	4	12		

#### COVID-19

The coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. It is spread by droplets and small particles that are exhaled by an infected individual. These droplets can be inhaled by other people as well as come into contact with their nose, eyes, and mouth. Surfaces can be contaminated by these particles for a short time in certain situations.

Symptoms can be similar to flu symptoms, including fever or chills, cough, sore throat, congestion or runny nose, muscle aches, headaches, vomiting, and diarrhea. COVID-19 can also cause shortness of breath and difficulty breathing, loss of taste, and other symptoms depending on the variant of the virus. These symptoms can range from mild to severe and can sometimes require hospitalization.<sup>56</sup>

Table 8: Number of Reported Covid-19 Cases and Deaths in Independence, 2020-2022 (IHD, 2022)				
	2020	2021	2022	Total
Cases	7463	13194	14207	34864

#### Vaccinations

There has been a slight decline in the overall required vaccination rate in the U.S. since 2019. During the 2020-2021 school year, statewide required vaccination rates among students starting kindergarten across the nation decreased from 95% in the previous school year to 94%. This rate decreased again in the 2021-2022 school year to 93%.<sup>57</sup> Only 2.6% of kindergarten students had exemptions, with 2.3% of those being nonmedical. 3.9% of kindergarteners nationwide did not have their state's required vaccinations and were not exempt.<sup>57</sup> Independence-specific data was not available for kindergarten vaccination rates.

## **Sexually Transmitted Infections (STI)**

Sexually transmitted infections, such as Chlamydia and Gonorrhea, are infections that are spread primarily through sexual contact. These diseases can impact people of all ages; however, youth ages 15-24 see the highest burden of infection. This age group accounted for almost half of all new STIs that were reported in 2018<sup>58</sup>.

While IHAS does not provide STI treatment or testing, Jackson County Health Department offers confidential STI and human immunodeficiency virus (HIV) testing. Treatment is available as needed, and high-risk reduction counseling is also available. Most services and treatments given are free of charge except prescriptions for medication.

Table 8: Reported Cases of Sexually Transmitted Infections by Month in Independence, 2022 (IHD, 2023)						
	HIV	Syphilis	Chlamydia	Gonorrhea	Total	
January	1	5	12	9	27	
February	1	1	10	15	27	
March	6	3	15	14	38	
April	1	1	11	8	21	
May	2	5	12	10	29	
June	5	2	7	8	22	
July	0	2	24	8	34	
August	2	2	11	15	30	
September	2	2	9	8	21	
October	3	0	17	10	30	
November	4	3	9	9	25	
December	1	0	9	11	21	
Total	28	26	146	125	325	

#### **Animal Services**

The human-animal bond is a mutually beneficial relationship between people and animals that can influence the mental and physical health of both parties.<sup>59</sup> Pets influence our mental health by decreasing anxiety, stress, and feelings of loneliness. In a nationwide survey conducted by the Human and Animal Bond Research Institute (HABRI) and Maws Petcare, 80% of pet owners said that pets make them feel less lonely, and 76% agree that human-pet interaction can help address social isolation. Over half of the respondents over the age of 55 got a pet to improve their mental health.<sup>60</sup> For those suffering from mental illness, the mental health benefits can be lifesaving. Animals have been shown to reduce feelings of loneliness and create a distraction from negative thoughts including suicidal ideation.<sup>61</sup>

Table 9: Intake and Outcome for the Independence Animal Shelter, 2019-2022 (IHD, 2022)					
Intake Adoptions Return to Owner					
2019	1,157	611	249		
2020	1,146	778	279		
2021	1,758	991	440		
2022	1,547	971	399		

The Independence-run animal shelter operates with the goal of reuniting lost animals with their families and finding new homes for animals in need. The shelter has a vet clinic to provide services, including spay/neuter and microchipping procedures for the animals that are taken in.

The shelter also offers a Trap-Neuter-Return (TNR) program for community cats in Independence and unincorporated Jackson County. Community cats are humanely trapped, spayed/neutered, vaccinated, ear-tipped, and returned to their outdoor home. The TNR clinic captured and returned 125 cats in 2020, 207 in 2021, and 349 in 2022.

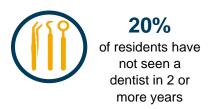
In addition to the above services, the Independence Animal Services officers are based out of the shelter. Independence Animal Services officers are the first responders for issues and emergencies concerning animals. Animal Services Officers are responsible for enforcing city codes regarding the keeping and caring of animals in Independence to promote health, safety, and welfare for both people and animals. In 2022, Animal Services received almost 5,000 calls, including reports of animal abuse/neglect, unrestrained animals, rabies exposure, injured animals, and aggressive/dangerous animals.

Table 10: Animal Services Call and Case Activity 2022 (IHD, 2022)					
	Cases	Calls			
Abuse/Neglect	787	1530			
Aggressive/Dangerous/Vicious	115	246			
Animal Surrender	165	136			
Injured Animal	196	281			
Rabies Exposure	311	634			
Unrestrained Animal	933	1251			
Wildlife	350	83			
Other	501	627			
Total	3,358	4,786			

## **Health Care Access and Utilization**

## **Accessing Health Care Services: Insurance Coverage and Cost**

Access to timely and quality care is important for the health of the population. The Community Health Survey asked respondents a series of questions about accessing health care. When respondents were asked if they get an annual/yearly physical exam, 84% of respondents checked that they do. When asked what reasons kept those who did not seek medical care from doing so, 30% reported they were concerned about the cost of health care. Among survey respondents, 70% get yearly dental exams, and 70% had visited a dentist within the last year.



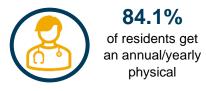
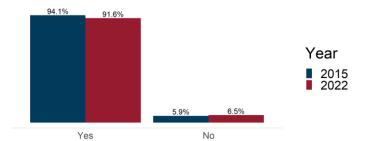


Figure 20: Percent of repondents that had health insurance in 2015 vs 2022



The majority (91.5%) of respondents reported they participated in a form of health insurance, a decrease of 2.5% from the 2015 Community Health Assessment (*Figure 20*). When asked if the other people in their household have health insurance coverage, only 7% responded no. Of the respondents that chose not to seek medical care, 11% indicated a lack of insurance.

## **Public Health Services in 2022**

#### • Communicable Disease and Immunization

The Communicable Disease and Immunization staff is dedicated to a variety of activities and programs that affect the health, safety, and well-being of the community.

They have the responsibility for the following:

- Tracking disease trends in the community.
- Conducting investigations on reported cases of reportable communicable diseases and outbreaks.
- Vaccination clinics (COVID-19)
- > Providing communicable disease and immunization education to childcare facilities, schools, and parents.
- Ensuring children in childcare facilities are properly immunized.
- Comparing and interpreting data to detect possible changes in the health status of the population.
- Maintaining partnerships with the healthcare community.

#### Disease Prevention and Emergency Preparedness

The Disease Prevention staff of IHAS informs, motivates, and helps individuals and groups to assume responsibility for improving the health of themselves, their families, and their

community. The staff promotes health practices and lifestyles that will lead to the highest level of individual and community health and advocates social and environmental changes as needed to facilitate these goals. Public health emergency preparedness planning and education are provided in collaboration with City, regional, and state emergency officials.

#### Youth Mental Health

The disease prevention team is working to improve the current state of mental health in Independence. The Independence Suicide and Mental Health Task Force was formed in 2021 with a mission to lower the rate of teen suicide and improve the mental health of Independence youth. Here, local stakeholders meet monthly and discuss efforts being performed to reach this goal. Current members include IHAS, Children's Mercy, Comprehensive Mental Health, the Independence School District, local religious leaders, etc.

Mental Health First Aid (MHFA) is a skills-based training course offered by the department. It teaches participants how to recognize and respond to signs of mental health challenges and substance use issues in adults and children. Teachers, coaches, employers, parents, and hospital and school staff should know MHFA. There are three MHFA programs: adult, youth, and teen.

IHAS staff regularly attend events hosted by the City to hand out health promotional and educational materials to the public. IHAS collaborates with the communications department of the City to post mental health messages and resources on social media using a series called Mental Health Mondays. This series is to raise awareness of various issues and provide education to the public. Mental Health Monday messages have included Children's Mental Health Week, National Suicide Awareness Month, National Bullying Prevention Month, National Impaired Driving Month, etc.

## > Early Childhood Education Classes

IHAS works with many local childcare providers to improve the health status of children in childcare. To accomplish this, the department provides free health promotion classes approved by the State to preschool-aged children attending childcare centers located in Independence. Classes include handwashing, nutrition, oral hygiene, physical activity, bullying prevention, poison prevention, and sun and water safety.

#### Reducing Health Disparities

IHAS administers a grant that aims to reduce health disparities and decrease cases of COVID-19 by providing Independence residents with subscriptions to grocery delivery services and providing computers to areas of town/community centers in Independence.

Providing both high-risk and underserved populations in Independence as well as families that have at least one COVID-19-positive member with a subscription to grocery delivery service would reduce their risk of outside exposures and contracting COVID-19. It also allows families to effectively quarantine or isolate as needed. Providing computers for areas of town/community centers in Independence that meet the criteria for being high-risk and underserved, increases the accessibility of healthful foods and the ability for these populations to access telehealth services. Both would lead to improved health outcomes in the targeted populations.

Populations being served will include racial and ethnic minority groups residing in Independence as well as those under the age of 65 with a disability, living in poverty, and/or having no computer access.

#### Emergency Preparedness

Any number of public health emergencies could occur in Independence and the surrounding areas ranging from natural disease outbreaks to deliberate acts of terrorism involving the use of biological agents. The Emergency Preparedness team works to educate the public on ways to prepare and develop plans to use during emergencies.

Public health has a significant role to play in emergency response. Public health's main functions are to provide the community with a plan to maintain good health, prevent its citizens from getting ill, and control the spread of disease. Once a public health threat is suspected or identified, the responsibility of public health is to coordinate the overall response. This requires conducting an epidemiological investigation to determine the source, informing medical providers of the status of the situation, providing prophylactic antibiotics or vaccines as appropriate, and informing the public how to respond to protect themselves.

#### Permitted Establishments

Permitted Establishments regulate, educate, and license through routine inspections, complaint investigations, and continuous training in all food/drink establishments, retail grocery, child day care facilities, lodging, massage therapy, tattoo parlors, and commercial swimming pools/spas.

#### Animal Services

The mission of the Animal Services Division is to protect the safety and welfare of people and animals in our community by promoting an environment of responsible pet ownership. Staff strives to take a leadership role in promoting humane care for animals in the community, promote spay and neuter initiatives to reduce pet overpopulation, make every effort to reunite pets with their families, and promote efforts to increase pet retention.

#### > Trap-Neuter-Return (TNR) Program

In the TNR program, community cats are humanely trapped for the purpose of sterilizing them to prevent unwanted litters of kittens in the community. TNR services are offered for community cats from Independence and unincorporated Jackson County. The charge is \$20 and includes spay/neuter, ear tip, tattoo (the universal signs that a community cat has been spayed/neutered), vaccinations, and parasite treatment.

#### Pet food pantry

The shelter provides dog or cat food for residents of Independence and unincorporated Jackson County who are struggling to feed their pets. Those in need can call and schedule a pickup time to receive a monthly allotment of food.

## **Hospital and Health Care Services**

Independence has one hospital, Centerpoint Medical Center, but there are numerous hospitals in the surrounding area. Centerpoint offers a level II trauma center, an accredited chest pain center, cardiovascular services, orthopedic services, an accredited cancer program, neuroscience services, a level III neonatal intensive care unit, and outpatient services, including a surgery center. Other hospitals often used by Independence residents include University Health, Children's Mercy, North Kansas City Hospital, and Saint Luke's Hospital.

Low-cost health services, such as federally qualified health centers (FQHC), also exist in Independence, such as Swope Health Services, which has several locations throughout the metro area.

## **Methods**

## **Community Health Assessment Methods**

The methods section details how quantitative data for the CHA focuses the lens of public health in a direction with both breadth and depth. Specifically, the CHA defines health in the broadest sense and recognizes that multiple mechanisms determine health—from lifestyle behaviors (e.g., healthy eating and active living), to medical services (e.g., access to care), to social and economic factors (e.g., household income) to the physical environment (e.g., property maintenance and animal services). The beginning discussion of this section describes the larger social determinants of the health framework that helped to guide this process.

#### Social Determinants of Health Framework

It is important to recognize that multiple factors affect health, and there is a dynamic relationship between people and their environments. Where and how people live, work, play, and learn are interconnected factors that are critical to consider when assessing a community's health. Not only do genetics and lifestyle behaviors affect one's health, but also upstream factors such as employment status and quality of housing may influence health more than previously thought. The social determinants of health framework address the distribution of wellness and illness among a population—its patterns, origins, and implications. While the data to which we have access is often a snapshot of a population in time, the people represented by that data have lived their lives in ways that are enabled and constrained by economic circumstances, social context, and government policies. Building on this framework, this assessment utilizes data to discuss which populations are healthiest and least healthy in the community, as well as to examine the larger social and economic factors associated with good and poor health. The following diagram in *Figure 21* provides a visual representation detailing the upstream factors influencing individual lifestyle factors.

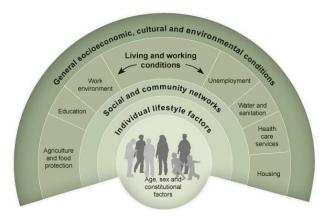


Figure 21: Social Determinants of Health Framework

DATA SOURCE: World Health Organization, Commission on Social Determinants of Health (2005)

## **Primary Quantitative Data Collection**

IHAS conducted the Community Health Survey in the fall of 2022. IHAS staff in consultation with community members created the survey instrument used for this assessment to address health indicators associated with health promotion and disease prevention. IHAS mailed the six-page survey to 9,996 households in Independence. The use of Geographic Information Systems (GIS) allowed the sample to be statistically significant for each zip code within Independence city limits. Residents could complete the survey online using Microsoft Forms or mail the completed paper survey to the department.

Out of the 9,996 households that received a survey, 993 households completed surveys and 34 surveys were completed online, giving the 2022 Community Health Survey a 10% response rate.

## **Secondary Quantitative Data Collection**

To provide a salient community health profile for Independence, the Community Health Assessment required harvesting secondary quantitative data drawn from national, state, and local sources. This allowed the development of a portrait of these areas that discusses health, social, and economic characteristics. Data sources included but were not limited to U.S. Census, CDC, MICA, IHAS, and County Health Rankings. Types of data included self-reporting of health behaviors from large, population-based surveys such as the Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Survey (YRBS), as well as public health disease surveillance data and vital statistics based on birth and death records.

#### Qualitative Data Collection

A community-wide health survey was conducted, where responses were either mailed in or submitted online.

## **Analyses and Limitations**

The assessment process included synthesizing existing (secondary) data on social, economic, and health indicators in the region. Primary quantitative information from a survey to community members from across the 10 zip codes was also used to create a health profile for Independence. The quantitative data collection sought to elicit the perspectives and opinions of a range of representative samples from different audiences. To identify priorities and opportunities for action, surveys elicited key information from residents.

As with all research efforts, there are several limitations related to the assessment's research methods. For the secondary data analyses, several sources did not provide current data stratified by race/ethnicity, gender, or age—thus, for the total population these data were not subject to analysis. It is also important to note that there were geographic limitations to the BRFSS data, which are only available at the county level as a whole, and YRBSS data, which are only available at the state level. In several instances, data from MICA is also limited to Jackson County. Across all sources, some data were suppressed and not available because population counts were too small to report.

Likewise, data based on self-reports (i.e., BRFSS, YRBSS, Community Health Survey) should be interpreted with particular caution. In some instances, respondents may over- or under-report

behaviors and illnesses based on fear of social stigma or misunderstanding of the question's intention. In addition, respondents may be prone to recall bias—that is, they may attempt to answer accurately but remember incorrectly. In some surveys, reporting and recall bias may differ according to a risk factor or health outcome of interest. All households that returned the survey were eligible to participate in a raffle of 10 Fitbit Charge 5s, which may have influenced the demographic of the respondents. The surveys had a low representation of low-income homes. Additional survey completion options are needed in the future to reach underrepresented groups. This includes providing postage stamps, participating in health fairs, and in-person options at different locations such as WIC offices/food stamp offices, libraries, community centers, etc.

Despite these limitations, most of the self-report surveys here benefit from large sample sizes and repeated administrations, enabling comparison over time.

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**Appendix A: Community Health Survey** 

### City of Independence Community Health Assessment Survey

The Health Department is conducting a community health assessment to identify the public health needs of the community. Funding for this survey was provided by the OPHI health disparities project which aims to identify communities that have been impacted by COVID-19. Results will be made available to the public; however, all individual responses will be anonymous. Filling out the survey should take **10-15 minutes**. Your opinion is important to us! If you complete the survey, you will be eligible to enter a drawing for one of ten Fitbit Charge 5. Entries for the drawing will be kept separate from survey answers. Complete the survey online at **indep.us/CHA2022** or return the survey in the enclosed envelope by **November 1, 2022** 

For questions, please call 816-325-7186.

#### **My Community**

1. In your opinion, what are the FIVE most important public health concerns for Independence in the n	ext 5 years?		
Please choose FIVE.			
<ul><li>— Affordable housing</li><li>— Drug use</li><li>— Lung disea</li></ul>	se		
<ul><li>— Alcohol</li><li>— Pandemic planning</li><li>— Mental head</li></ul>	ılth		
<ul><li>— Animal control</li><li>— Food poisoning</li><li>— Obesity</li></ul>	ž –		
<ul><li>— Availability of health</li><li>— Gun violence</li><li>— Unplanned</li></ul>	<ul> <li>Unplanned pregnancy</li> </ul>		
care — Heart disease/Stroke — Tobacco/n	<ul> <li>Tobacco/nicotine use</li> </ul>		
<ul><li>— Cancer</li><li>— Homelessness</li><li>— Other (ple</li></ul>	ise specify)		
<ul><li>— Child abuse</li><li>— Immunizations</li><li>—</li></ul>			
<ul><li>— Childcare</li><li>— Infectious diseases</li><li>—</li></ul>			
<ul><li>— Domestic violence</li><li>— Injury</li></ul>			
2. How satisfied are you with the following in your neighborhood?			
Vor. Neither	Vorus		
Very dissatisfied Dissatisfied satisfied or dissatisfied	ried Very satisfie		
Access to fruits, vegetables, and other healthful foods			
Bike lanes on roads			
Lighting			
Community gardens			
Emergency points in parks/on trails			
Parks, trails, neighborhood/school playgrounds			
Protection from secondhand smoke in parks			
Recreational programs & facilities for the community			
Sidewalks and crosswalks			
3. Do you use city parks, sports fields or trails? Yes (Proceed to 3a) No (Skip to 3b)			
3a. If yes, how do you use the park or trail? Please check all that apply.			
Cycling Special event Other (please s	pecify)		
☐ Playgrounds/spraygrounds ☐ Team sports			
☐ Run ☐ Walk			
3b. If no, why not? Please check all that apply.			
□No time/interest □Transportation □			
Physical limitations Condition of park or trail			
Safety concern (lighting, sidewalks, crime)  Other (please specify)	<del></del>		
4. Do you feel it is safe to walk in your neighborhood? Yes No (Proceed to 4a)			
4a. If no, why not? Please check all that apply.	/41-		
☐ Crime       ☐ Poor lighting       ☐ Illegal dumping         ☐ Loose dogs/animals       ☐ Sidewalks in bad shape       ☐ Property conditions			
☐ No sidewalks ☐ Traffic ☐ Other <b>Health Status</b>	<del></del>		
5. Would you say that your health is:			
Excellent Very Good Good Fair	Poor		

6.	Do you have any difficulty performing		because of mental he	-
	Yes	☐ No		Prefer not to answer
7.	During the past 12 months, did you rece	eive counseling or the	erapy from a mental	health professional such as a
	psychiatrist, psychologist, psychiatric n	urse, or clinical socia	al worker?	
	Yes (Proceed to 7a)	☐ No		Prefer not to answer
	a. If yes, are you currently receivi	ng counseling or the	rapy from a mental h	ealth professional?
	Yes	□No	17	Prefer not to answer
8.	Do you feel comfortable talking with so	_	ental health?	
	Yes	□No		Prefer not to answer
9	Do you feel that the COVID-19 panden	_	nacted your mental l	
7.	Yes (Proceed to 9a)	No	pacted your montar i	Prefer not to answer
	a. If yes, how has COVID impactor	_	19	I Telef not to answer
	Change in eating habits	ca your memar nearn	Change in socia	1 interactions
	Change in sleeping habits		Anxiety about of	
	Difficulty concentrating		_	ealth of loved ones
10	Change in academic performance	1 1 1 .		gs of depression
10.	Was there a time in the past 12 months	wnen you needed tre	atment for a mental	nealth problem, but you did not
	get it?			
	Yes (Proceed to 10a)	☐ No		Prefer not to answer
	a. If yes, why not?			
	Did not have insurance		_	th other things (food, housing)
	Concerned about the cost		_	or have an interpreter available
	Did not have money to pay for the c			nfortable or welcome at the clinic
	Did not know where to go for care/c	elinic was too		tell anyone my personal business
	far away			it COVID-19/the pandemic
	Did not have a way to get there		None of the abo	ve (please specify)
	Could not get time off work/school			_
	Could not find childcare			
11.	Over the last two weeks, how often hav	e you been bothered	by the following pro	blems: feeling down, depressed,
	or hopeless?			
	☐ Not at all	☐ More than half t		Prefer not to answer
	Several days	Nearly every da	У	
12.	Over the last two weeks, how often hav	e you been bothered	by the following pro	blems: poor appetite or
	overeating?			
	☐ Not at all	☐ More than half t	the days	Prefer not to answer
	☐ Several days	☐ Nearly every da	y	
13.	Over the last two weeks, how often hav	e you been bothered	by the following pro	blems: thoughts that you would
	be better off dead or hurting yourself in	some way?		
	☐ Not at all	☐ More than half t	the days	Prefer not to answer
	☐ Several days	☐ Nearly every da	y	
14.	How difficult have these problems mad	e it for you to do you	r work, take care of	things at home, or get along with
	people?			
	☐ Not at all difficult	☐ Very difficult		Prefer not to answer
	☐ Somewhat difficult	Extremely diffic	cult	
Access	to Care			
1.5	D 4.1 11.1.01.1	1.		141.1
15.	Do you currently have any kind of health	in insurance coverage	e, including private r	leafth insurance or government
	plans such as Medicare or Medicaid?	□ N <sub>o</sub>		Due for matter and
1.0	Yes	□ No	andly besself 101 '	Prefer not to answer
16.	Not including yourself, do the people in	·	rentry have health in	
1.7	Yes	□ No		☐ Not Applicable
1/.	Do you get an annual/yearly physical ex			Due for not to
	Yes	☐ No		Prefer not to answer

18.	•	sons kept you, or someone	you live with, from s	eeking care (Please mark all that
	apply to you):			
	Did not have insurance		Could not fin	
	Concerned about the cost			with other things (food, housing)
	Did not have money to pay	- ·	_	ide or have an interpreter available
	Did not know where to go	for care/clinic was too	<del></del>	comfortable or welcome at the clinic
	far away			to tell anyone my personal business
	Did not have a way to get			oout COVID-19/the pandemic
	Could not get time off wor		None of the a	bove (please specify)
19.	Do you get an annual/yearly d	ental exam?		
	Yes	☐ No		Prefer not to answer
20.	How long has it been since yo	u last visited the dentist or	a dental clinic for any	y reason?
	☐ Within the past year	☐ Within the p	oast 5 years	☐ Don't know/Not sure
	☐ Within the past 2 years	5 or more ye	ears ago	☐ Never
21.	Did you get the flu shot in the	last year?	☐ No (Proc	eed to 21a)
	1a. If no, why not? Please	check all that apply:		
	Clinic hours didn't meet m	y Did not kno	w where to go	☐ Needed more information
	needs	☐ No insuranc	e	Safety concerns
	Cost	No transpor	tation	_ •
	Other (please specify)			
22.	Have you ever had a COVID-	19 vaccine? Yes	No (Proc	eed to 22a)
	1b. If you, why not? Pleas			,
	Clinic hours didn't meet m		w where to go	Need more information
	needs	No insuranc	_	Safety concerns
	Cost	☐ No transpor		
	Other (please specify)			
23.	Are the children in your house	ehold current on their recor	nmended immunizatio	ons (shots)?
	Yes	Exempt (Sk		Not applicable
	No (Proceed to 23a)	☐ I don't knov		
	1c. If no, why not? Please		V/1 III IIot Bare	
	Clinic hours didn't meet m		w where to go	Need more information
	needs	No insuranc	_	Safety concerns
	Cost	☐ No transpor		Concerns about COVID-19
	Other (please specify)	110 transpor	uuton	Concerns about COVID 17
	1d. If exempt, check all th	at annly		
	Medical exemption	at appry.	Religious exe	amption
24		information (information		sources, educational information,
24.	etc.)? Please check all that app		on focal ficatiff care fe	sources, educational information,
	Billboards	Friends/family	Newsletters	Social services
	Bulletin boards	Grocery stores	Posters	offices
	Churches	Health care	Podcasts	TV news
	City Newsletter	providers	Radio	Talk shows
	City 7	Health department	Smartphone	
	Computer/internet	Local newspapers	Social media	<del>-</del>
	Other (please specify)			
Lifesty				
25.			ou participate in any	physical activities or exercises such
	as running, golf, gardening, or	walking for exercise?		
_	Yes		☐ No	
26.	How many hours of physical a			
		ur (30 – 60 min.)		
	$\square$ 1.5 – 2 hours (91 – 120 mi	n.)   More than 2	hours (more than 120	) min.)

27.	How many servings of fruits do you usus	ally eat in a day? (1 serving = 1 cup)	
	0 1	<u></u>	∫ 4
28.	How many servings of vegetables do you		
		<u></u>	∫ 4
29.	Where do you get your fruits and vegeta		
	Community garden	Food pantry (Proceed to	Personal/family garden
	Convenience store	<u>29</u> a)	☐ I do not eat fruits and
	Ethnic Market	Grocery store	vegetables
	Farmer's market	☐ Mobile market	
	Other (please specify)	<u></u>	
	29a. What percentage of your grocer	ries come from a food pantry?	
	All	Some but not most	None
	☐ Most but not all	☐ Very little	
30.	On average, how many hours of sleep do	you get in a 24-hour period?	
	☐ More than 7 hours	Less than 7 hour	rs
31.	How often do you use seatbelts when yo	u drive or ride in a car?	
	Always	Seldom	☐ Never drive or ride in a car
	Nearly always	Never	
	Sometimes	Don't know/not sure	
32.	How often do you wear a helmet when y	ou drive or ride a motorcycle?	
	Always	Seldom	Never drive or ride a
	Nearly always	Never	motorcycle
	Sometimes	Don't know/not sure	•
33.	If you have a child in your household, ho	<del></del>	ey ride a bike/scooter/skateboard?
	Always	Seldom	Never ride a
	☐ Nearly always	Never	bike/scooter/skateboard
	Sometimes	Don't know/not sure	
34.	The following list includes things that so	ome people have done to prepare their ho	ousehold for a disaster or
	emergencies. Please indicate which of th		
		for use in the event of an emergency?	
		ngs like food, flashlight, blankets, and ti	re chains?
	Have multiple ways to be alerted to v	= = = = = = = = = = = = = = = = = = = =	
	Established a plan to communicate w	_	
	Put active, working smoke detectors		
	Put active, working carbon monoxide		
	☐ None of the above	<b>,</b>	
<u>Substa</u>	<u>nce Use</u>		
35	In the past 30 days, how often have you	smoked cigarettes?	
33.	Every day	Some days	☐ Not at all
36	Do you currently smoke cigarettes?	Yes (Proceed to 36a)	<del></del>
50.	36a. On a normal day, how many cig	_	,
37	During the past 12 months, have you tries	=	(Proceed to 37a) No
37.	37a. If yes, did you use anything to l		(110ccca to 37a) 110
	Counseling	Quitting classes.	/support group
	Electronic cigarette (e-cigarette), vap		ement (gum, patches, and
	Medication (Zyban, Chantix, etc)	lozenges)	ement (gum, patenes, and
	Telephone quit line	Other (please sp	pecify)
38	In the past 30 days, how often have you		
50.	Every day	Some days	☐ Not at all
39	During the past 12 months, have you tries	<del></del>	
٥,,	Yes (Proceed to 39a)	No	. 0P

	39a. If yes, did you use anyt	thing to help? Please check	all that apply.	
	☐ Counseling		☐ Nicotine replace	ement (gum, patches, and
	Medication (Zyban, Chantix,	, etc)	lozenges)	
	Telephone quit line		Other (please spe	ecify)
	Quitting classes/support grou	ıp		
40.	Do you <u>currently</u> use any of the	following nicotine products	? Please check all tha	t apply.
	☐ Chewing tobacco	☐ Snuff		Other (please specify)
	Cigars	☐ None		
	☐ Dissolvable tobacco			
41.	During the past 30 days, on how	many days did you have at	least one drink of alc	cohol beverage such as beer,
	wine, a malt beverage, or liquor			
	0 days	3 to 5 days	☐ 10 to 19 days	All 30 days
	1 or 2 days	6 to 9 days	☐ 20 to 29 days	☐ Don't know
42.	On average, on the days when ye	ou drink alcohol, about how	many drinks do you	have?
	$\square$ 1 $\square$ 2	☐ 3  ☐ 4	<u> </u>	☐ I do not drink
43.	Have you or anyone in your hou	sehold used any of the follo	wing drugs in the pas	st 30 days: (Please check all that
	apply)			
	Cocaine	Marijuana or hashish	_	None
	Crack cocaine	Methamphetamine (Me		Other (please specify)
	Heroin	Prescription drug (Abus		
44.	Has anyone in your household e			_
	☐ Yes ☐ No	Prefer not to a	ınswer	I don't know
Enviro	nmental Health			
45	II	:	- ( 1 - 41 24 1	61:-111-1/1
43.	How important do you feel routi	=	s (and other sites whe	ere rood is nandled/prepared) are
	in making sure that food is safe to Very important Som		Not very important	Not at all important
16	If you believed you or someone	-		<del></del> .
40.	could be from any food source s	•		•
	etc.	ucii as a restaurant, careteria	i, catered event, take	out, grocery store, street vendor,
		newhat likely	Not very likely	☐ Not at all likely
47	How important do you feel routi			
т/.		-	Not very important	☐ Not at all important
48	How important do you feel routi			
		newhat important	Not very important	Not at all important
			Trot very important	
<b>Anima</b>	l Services			
49.	Do you have pets at your resider	nce? Yes (Proceed to	49a and 49b)	☐ No
	49a. If yes, how many?			
	□ 1-2	☐ 3-4		☐ More than 4
	49b. If yes, are your pets up	to date on their rabies vacci	nation?	
	Yes		☐ No	
50.	Do you feed or provide care to s		Yes (Proceed to 50a	and 50b) No
	50a. If yes, are they spayed	or neutered?		
	Yes		☐ No	
	_ 50b. If yes, how many?			_
	☐ 1-5	□ 6-10		☐ More than 10
51.	From the list below, please selec		nt issues:	
	Abandoned animals	Barking dogs		Injured animals
	Animal hoarding	Dangerous dog		Unrestrained cats
	Animal neglect and cruelty	Dead animals	on roadwavs	Unrestrained dogs

About	You
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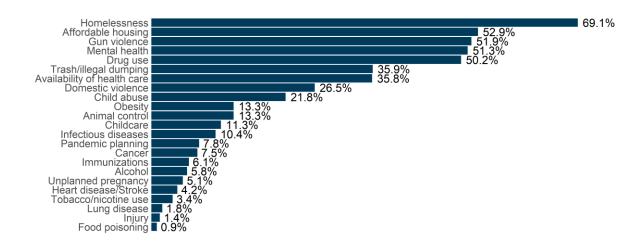
52. What is your zip code? 64050	☐ 64052 ☐ 64057	☐ 64053 ☐ 64058	☐ 64054 ☐ 64015	☐ 64055 ☐ 64016
53. What year were you born?		□ 04030	0-0-1015	04010
54. What is your height? ft				
55. What is your weight?				
56. How do you currently identify your g				
A man		nder woman	□ Pr	refer not to answer
A woman		nary person	_	don't know
A transgender man		ot mentioned		ion t know
57. Which of the following best represen	_			
Lesbian/Gay	Bisexual	or yoursen.	$\Box$ 1	don't know
Straight	Other			ion t mio w
58. How do you describe yourself? Pleas	_	nnly		
	k or African Am		Native Hawaiia	an or other Pacific Islander
	panic or Latino			an or Alaskan Native
Other (please specify)		·		ar or reasing race v
59. What language do you speak at home				
	panish		Other (please spec	ify)
60. What is the total number of people in	-			
61. What is the total number of children				
62. What is your employment status? Ple			<u></u>	<del></del>
Full time Part time Mu			nemployed R	etired Self-employed
Other (please specify)			.ep.10,00011	emen sen empreyen
63. During the past 12 months, what was		ed income of al	ll members of you	r household before taxes?
☐ less than \$10,000	S25,000-S		•	55,000-\$74,999
\$10,000-\$14,999	\$35,000-\$			75,000-\$99,999
\$15,000-\$24,999	\$50,000-\$	*		reater than \$100,000
64. Which of the following best describe		,	<b>_</b> &	
☐ Apartment ☐ Mobile h	•	Single family	home	Senior Independent Living
Duplex Nursing 1				Condo or townhome
Other (please specify)		_	·	
65. What is the highest grade or level of		completed or th	e highest degree y	ou have received?
	Some			Master's degree or higher
High school diploma or GED	Bache	lor's degree		
66. What does a healthy community look	like to you?	-		
<u>-</u>				

Funding for this project was provided by the Missouri Department of Health and Senior Services, through the Health Disparities Program Office, contract # DH220051723. This project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$35,569,951 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official view of, nor an endorsement, by CDC/HHS, or the U.S. Government.

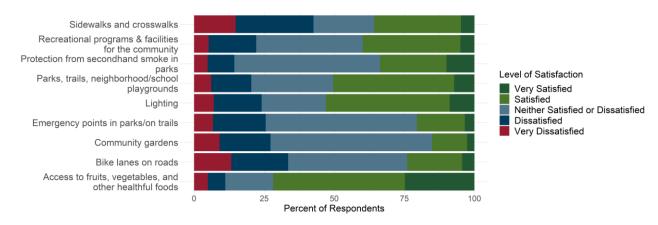
Appendix B: Community	Health	Survey	Results

## **My Community**

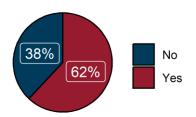
1. In your opinion, what are the FIVE most important public health concerns for Independence in the next 5 years? Please choose FIVE.



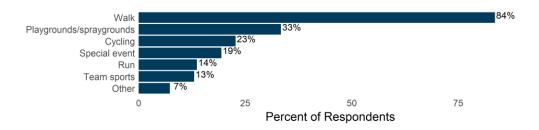
2. How satisfied are you with the following in your neighborhood?



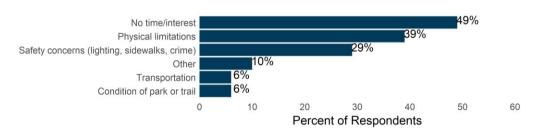
3. Do you use city parks, sports fields or trails?



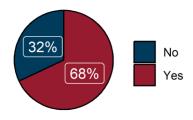
If yes, how do you use the park or trail? Please check all that apply



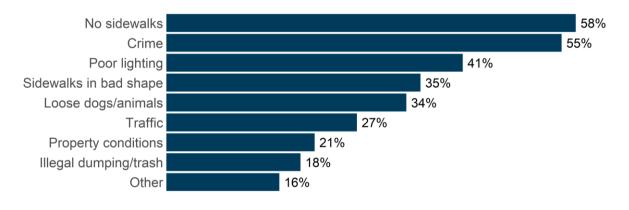
If no, why not? Please check all that apply



4. Do you feel it is safe to walk in your neighborhood?

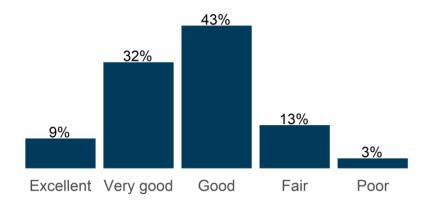


If no, why not? Please check all that apply

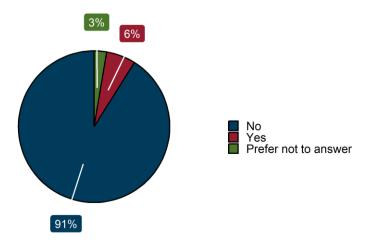


## **My Status**

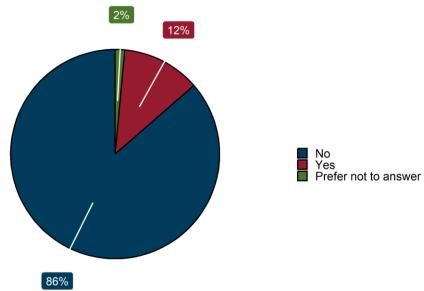
5. Would you say that your health is:



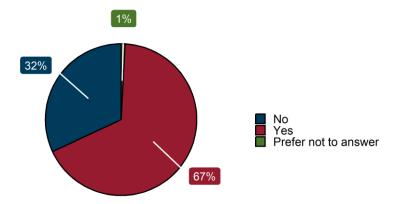
6. Do you have any difficulty performing your daily activities because of mental health problems?



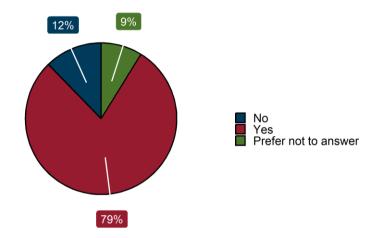
7. During the past 12 months, did you receive counseling or therapy from a mental health professional such as a psychiatrist, psychologist, psychiatric nurse, or clinical social worker?



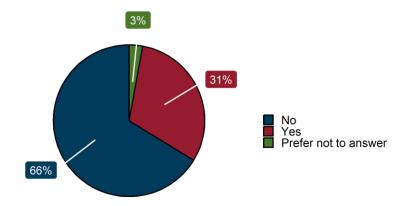
If yes, are you currently receiving counseling or therapy from a mental health professional?



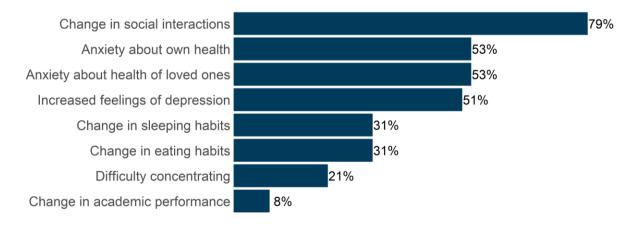
8. Do you feel comfortable talking with someone about your mental health?



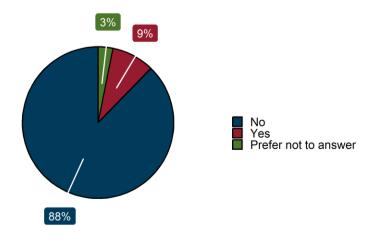
9. Do you feel that the COVID-19 pandemic has negatively impacted your mental health?



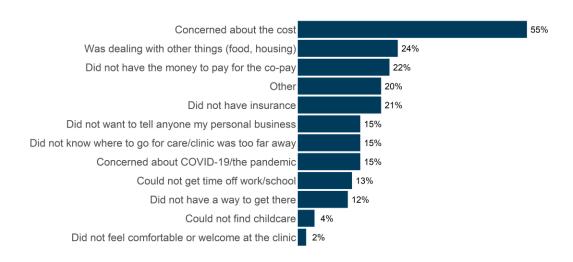
If yes, how has COVID impacted your mental health?



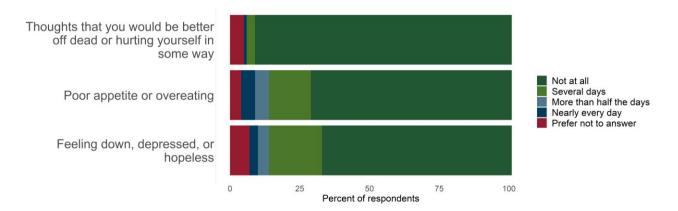
10. Was there a time in the past 12 months when you needed treatment for a mental health problem, but you did not get it?



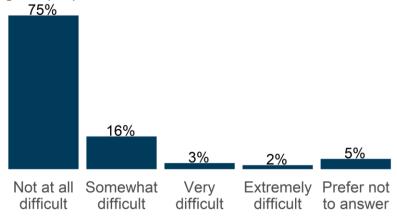
If yes, why not?



11, 12, and 13 Over the last two weeks, how often have you been bothered by the following problems: feeling down, depressed, or hopeless?, poor appetite or overeating?, thoughts that you would be better off dead or hurting yourself in some way?

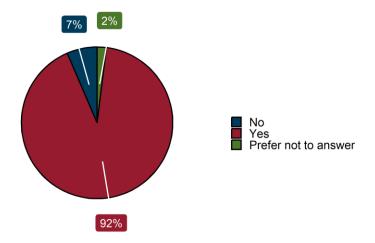


14. How difficult have these problems made it for you to do your work, take care of things at home, or get along with people?

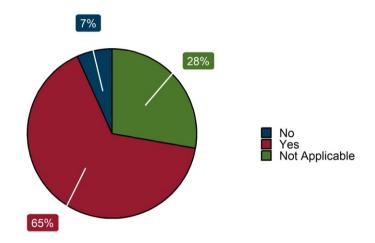


### **Access to Care**

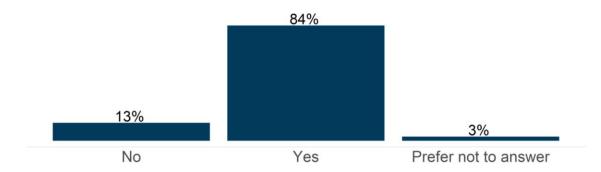
15. Do you currently have any kind of health insurance coverage, including private health insurance or government plans such as Medicare or Medicaid?



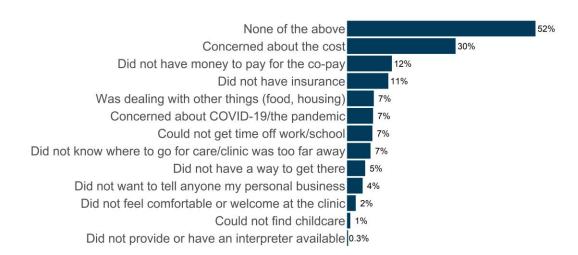
16. Not including yourself, do the people in your household currently have health insurance coverage?



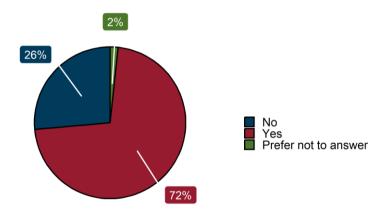
17. Do you get an annual/yearly physical exam?



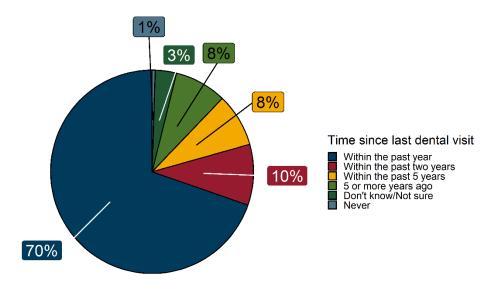
18. Have any of the following reasons kept you, or someone you live with, from seeking care (Please mark all that apply to you):



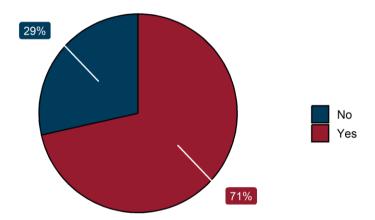
19. Do you get an annual/yearly dental exam?



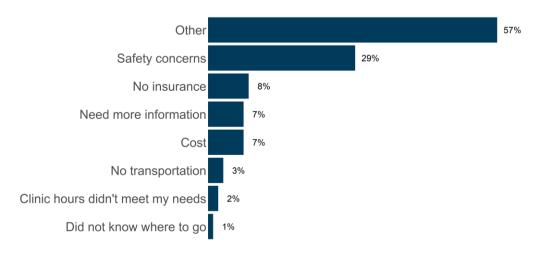
20. How long has it been since you last visited the dentist or a dental clinic for any reason?



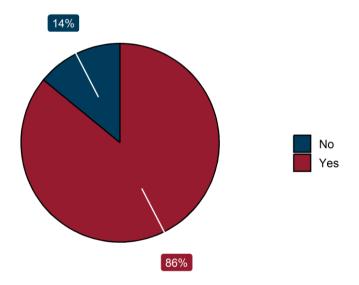
21. Did you get the flu shot in the last year?



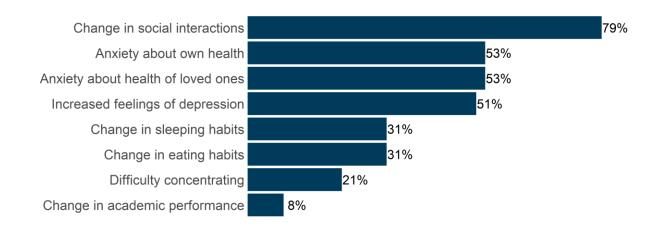
If no, why not? Please check all that apply:



#### 22. Have you ever had a COVID-19 vaccine?



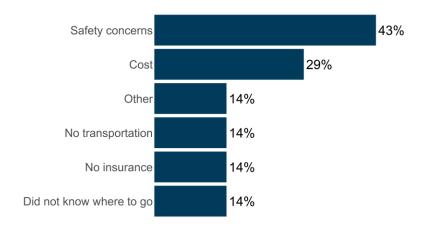
If no, why not? Please check all that apply:



23. Are the children in your household current on their recommended immunizations (shots)?

#### Households with kids: All households: 2% 6% 21% 0.3% Yes No Exempt 0.4% Yes Nο I don't know/I'm not sure Exempt I don't know/I'm not sure Not applicable 91%

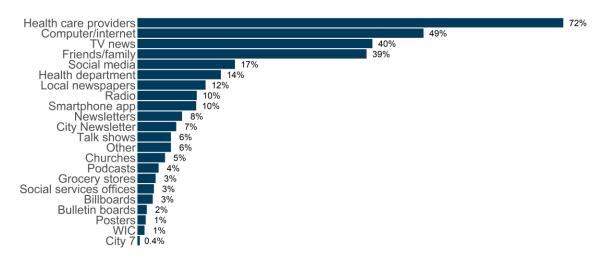
If no, why not? Please check all that apply:



23b. If exempt, check all that apply.

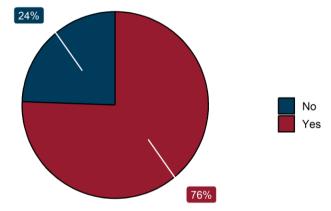
No participants had children that were exempt from immunizations (those that were marked as exempt actually did not have children).

24. Where do you get your health information (information on local health care resources, educational information, etc.)? Please check all that apply.

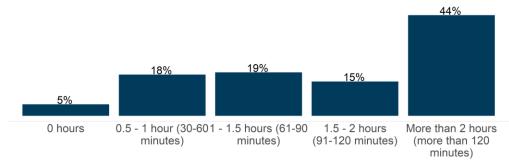


# **Lifestyle**

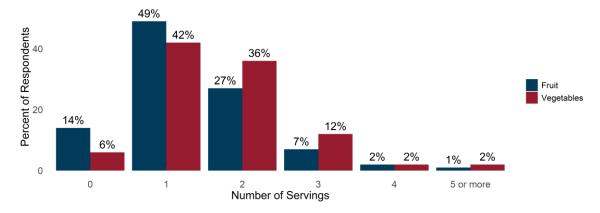
25. During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, golf, gardening, or walking for exercise?



26. How many hours of physical activity do you get in a week?

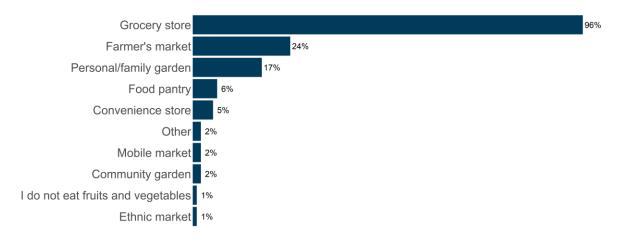


27. How many servings of fruits do you usually eat in a day? (1 serving = 1 cup)

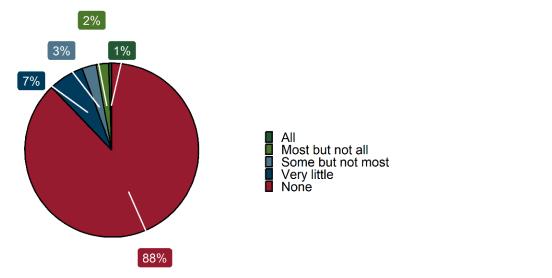


28. How many servings of vegetables do you usually eat in a day? (1 serving = 1 cup) See above

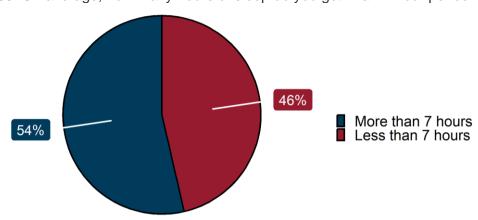
29. Where do you get your fruits and vegetables? Please check all that apply.



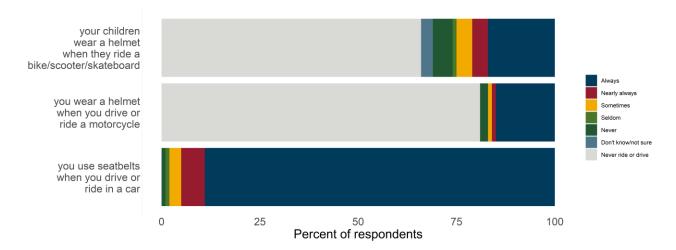
29a. What percentage of your groceries come from a food pantry?



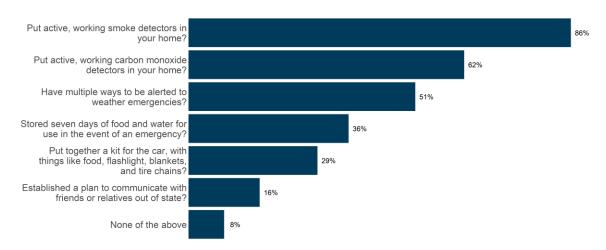
30. On average, how many hours of sleep do you get in a 24-hour period?



31., 32, and 33 How often do you: use seatbelts when you drive or ride in a car?, wear a helmet when you drive or ride a motorcycle?, your children wear a helmet when they ride a bike/scooter/skateboard?

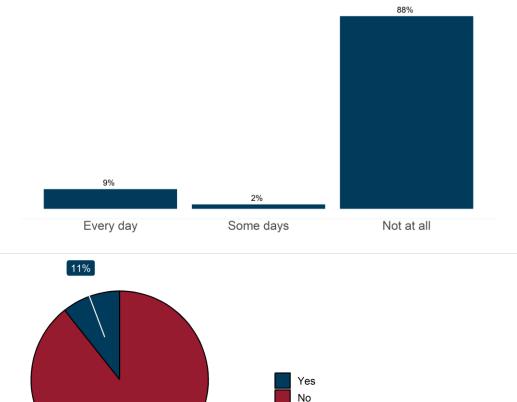


34. The following list includes things that some people have done to prepare their household for a disaster or emergencies. Please indicate which of the following you have done at your home.

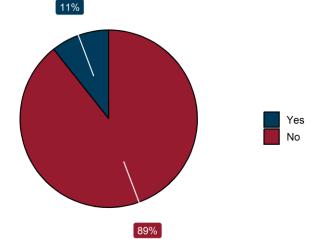


### **Substance Use**

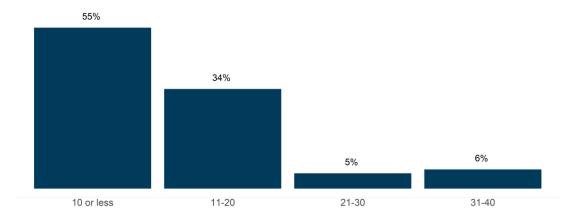
35. In the past 30 days, how often have you smoked cigarettes?



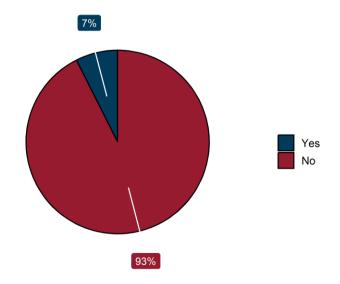
36. Do you currently smoke cigarettes?



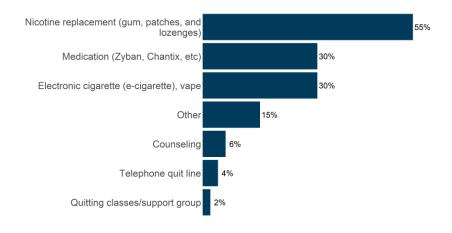
36a. On a normal day, how many cigarettes do you smoke?



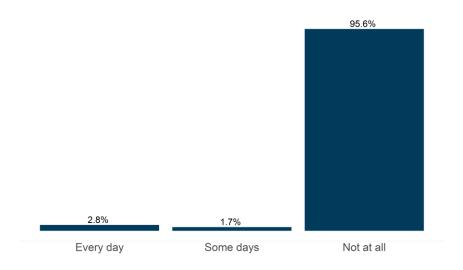
37. During the past 12 months, have you tried to stop smoking cigarettes?



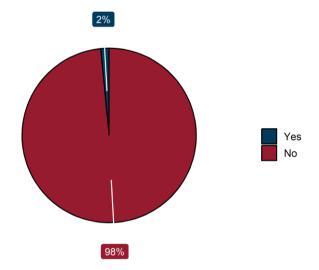
If yes, did you use anything to help? Please check all that apply.



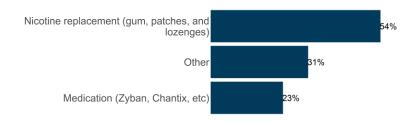
38. In the past 30 days, how often have you used an e-cigarette or vape product?



39. During the past 12 months, have you tried to stop smoking Electronic cigarettes, e-cigs or vaping?



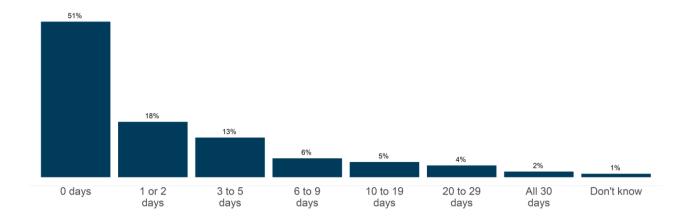
If yes, did you use anything to help? Please check all that apply.



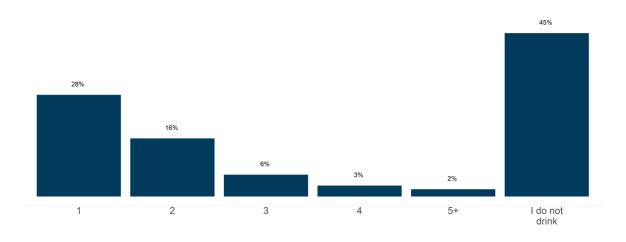
40. Do you <u>currently</u> use any of the following nicotine products? Please check all that apply.



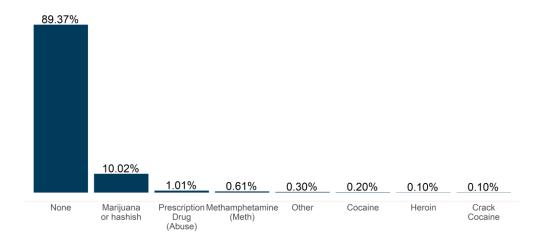
41. During the past 30 days, on how many days did you have at least one drink of alcohol beverage such as beer, wine, a malt beverage, or liquor?



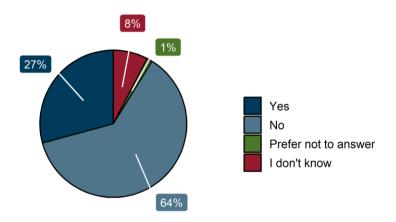
42. On average, on the days when you drink alcohol, about how many drinks do you have?



43. Have you or anyone in your household used any of the following drugs in the past 30 days: (Please check all that apply)

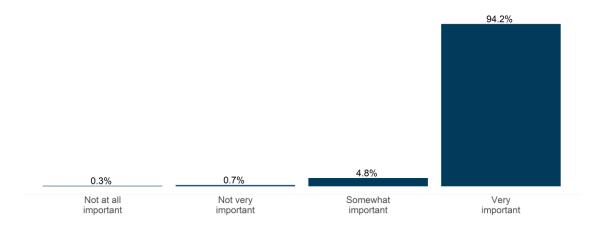


44. Has anyone in your household ever been prescribed opioids?

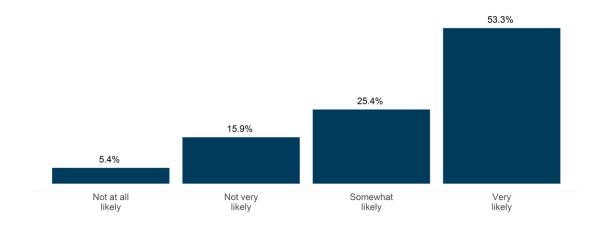


# **Environmental Health**

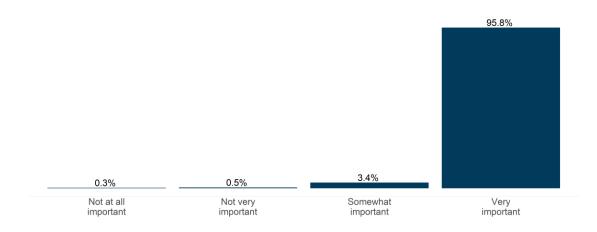
45. How important do you feel routine inspections of restaurants (and other sites where food is handled/prepared) are in making sure that food is safe to eat?



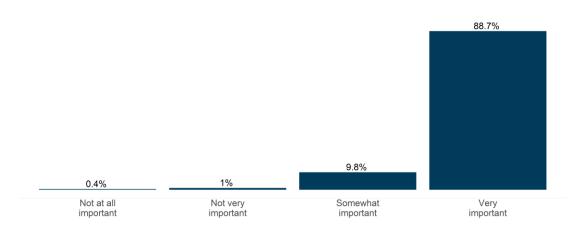
46. If you believed you or someone in your family had food poisoning, how likely would you be to report it? This could be from any food source such as a restaurant, cafeteria, catered event, take out, grocery store, street vendor, etc.



47. How important do you feel routine inspections of childcare facilities are?

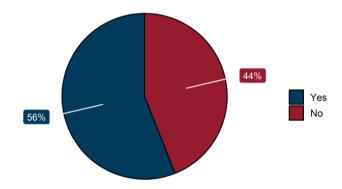


48. How important do you feel routine inspections of lodging (hotels, motels, bed and breakfasts, etc.) are?

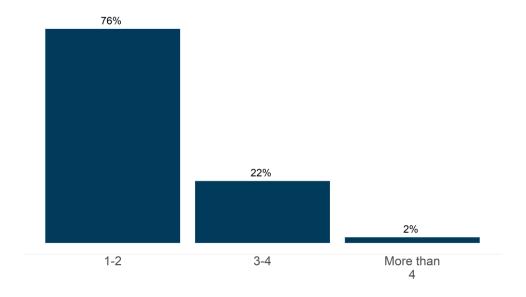


### **Animal Services**

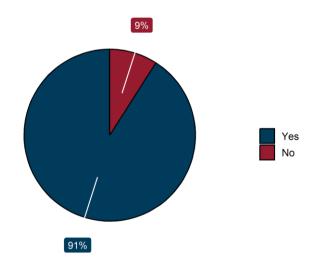
### 49. Do you have pets at your residence?



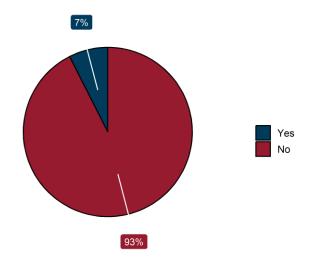
If yes, how many?



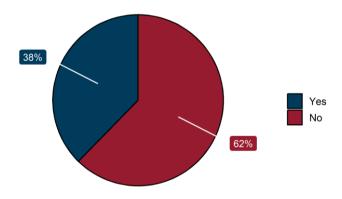
If yes, are your pets up to date on their rabies vaccination?



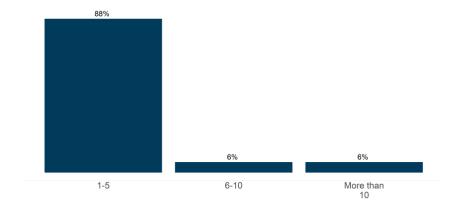
### 50. Do you feed or provide care to stray cats in your area?



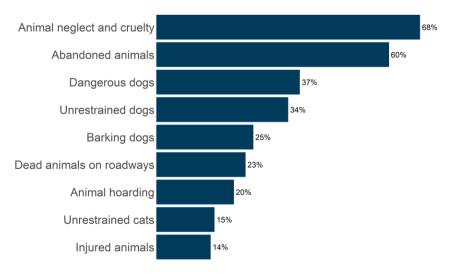
If yes, are they spayed or neutered?



If yes, how many?

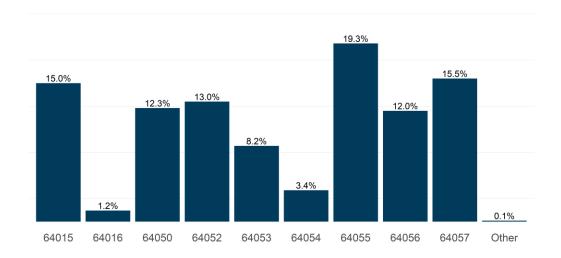


51. From the list below, please select the THREE most important issues:

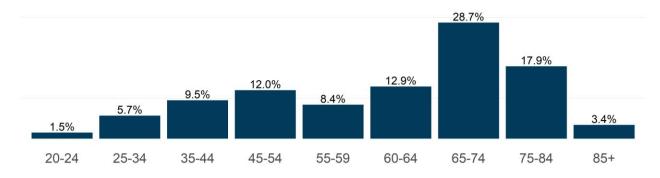


# **About You**

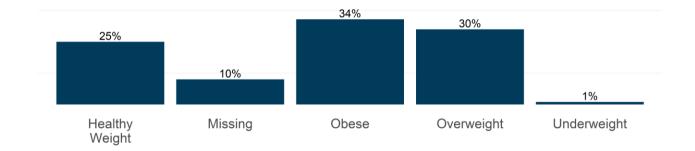
### 52. What is your zip code?



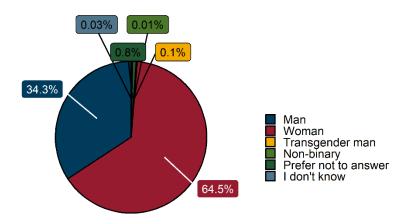
### 53. Age of respondents who completed the Community Health Assessment



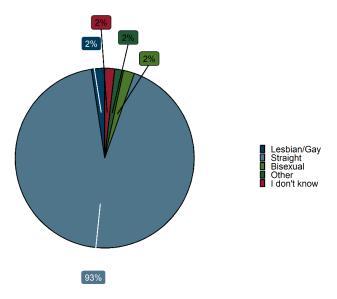
54 and 55: Weight status of respondents who completed the Community Health Assessment



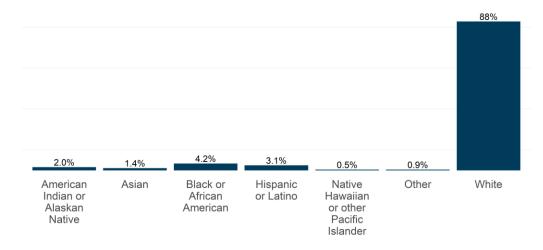
### 56. How do you currently identify your gender?



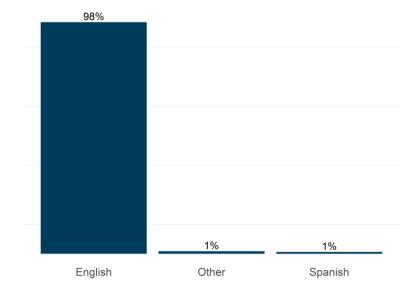
### 57. Which of the following best represents how you think of yourself?



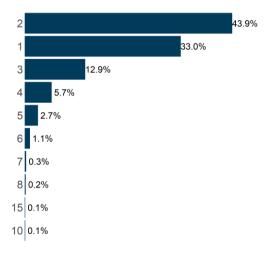
58. How do you describe yourself? Please check all that apply.



59. What language do you speak at home?



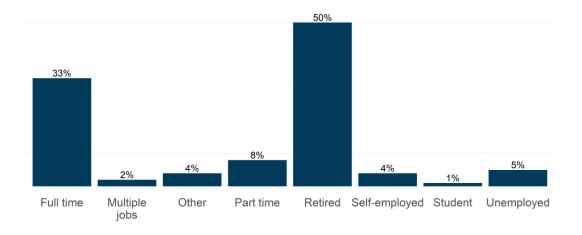
60. What is the total number of people in your household?



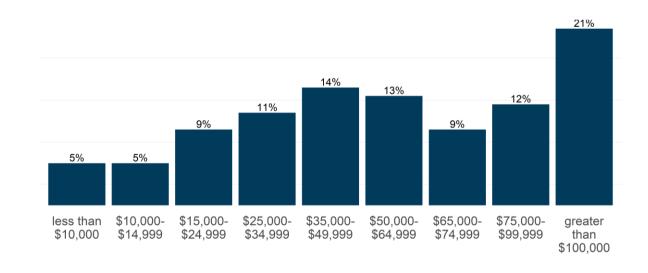
61. What is the total number of children under 18 years of age in your household?



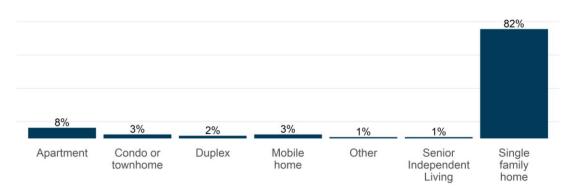
62. What is your employment status? Please check all that apply.



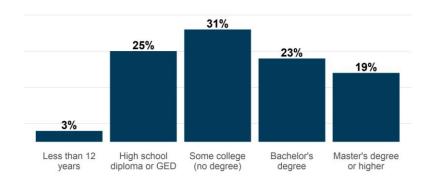
63. During the past 12 months, what was the total combined income of all members of your household before taxes?



#### 64. Which of the following best describes your home?



65. What is the highest grade or level of school you have completed or the highest degree you have received?



**Appendix C: Glossary** 

#### **Glossary**

ACS - American Community Survey

BMI - Body Mass Index

BRFSS - Behavioral Risk Factor Surveillance System

CDC - Centers for Disease Control and Prevention

CHA - Community Health Assessment

CLRD - Chronic Lower Respiratory Disease

COI - City of Independence

COPD - Chronic Obstructive Pulmonary Disease

DHSS - Department of Health and Senior Services

ED - Emergency Department

EJC - Eastern Jackson County

FDA - Food and Drug Administration

FQHC - Federally Qualified Health Center

FVRCP - Feline viral minotracheitis, feline calicivirus, and feline panleukopenia

GED - General Education Development

GIS - Global Positioning System

HP2030 - Healthy People 2030

IHD - Independence Health Department

IPV - Intimate Partner Violence

MHFA - Mental Health First Aid

MICA - Missouri Information for Community Assessment

MO - Missouri

NEHA - National Environmental Health Association

RFFM - Retail Flexible Funding Model

SAMHSA - Substance Abuse and Mental Health Services

SNAP - Supplemental Nutrition Assistance Program

TNR - Trap Neuter Return

WIC - Special Supplemental Nutrition Program for Women, Infants, and Children

YRBS - Youth Risk Behavior Survey

HABRI- Human Animal Bond Research Institute

TNR- Trap-Neuter-Release