

in this issue...

- 3** HCC's Telemedicine Program Targets Diabetic and Depressed Patients
- 4** Pathways Advocates for Children's Mental Health
- 5** COVERSA Partners with Lafayette Regional Health Center
- 6** News Briefs
- 7** Should More Money Go Up in Smoke?



Living Well in *Lafayette County*

Live Healthy, Live Well Program Steadily Gains Momentum

Program Targets Obesity and Tobacco Cessation

Eighteen percent of Lafayette County adults smoke and 31 percent are obese, according to the latest County Health Rankings. To tackle these health risk factors, the Health Care Collaborative (HCC) of Rural Missouri, along with collaborating partners Lafayette County Health Department and University of Missouri Extension, have developed and implemented programs to address obesity and tobacco prevention and control.

Through the Social Innovation for Missouri grant administered by the Health Care Collaborative of Rural Missouri changes are taking place all over the County.



Lexington has opened bids for Safe Routes to School sidewalk projects and plans for a Rails to Trails project are underway.

Sidewalks and Connectivity Routes

One of the objectives of Live Healthy, Live Well program is to provide an environment that encourages safe physical activity, accessibility and community for area families.

With leadership from the Missouri Extension, sidewalk projects in Lexington and Higginsville have been completed.

Moreover, collaborative efforts continue in Lexington and Higginsville to create connectivity routes. Lexington has opened bids for Safe Routes to School sidewalk projects and plans for a Rails to Trails project are underway.

A landscape design firm has created Connectivity Master Plans that detail how to improve the walking environments of Lexington and Higginsville.

"This has been a truly collaborative effort," said Tom Corporon, Community Health Manager at HCC. "We enlisted the help of area students to participate in a photo voice project where they provided feedback using snapshots taken of areas that provided supportive assets and deterrents to physical activity in Lexington and Higginsville. Also, elementary and middle school parents participated in a "walkability" survey in both Lexington and Higginsville."

The Active & Healthy Schools (AHS) program has expanded from Leslie Bell Elementary in Lexington to Grandview Elementary in Higginsville, Odessa Upper Elementary and McQuerry Elementary. The program incorporates physical activity and healthy eating in the day-to-day school setting. Walking clubs and a walking school bus are among other

continued on page 2



initiatives incorporated into the AHS program.

The HCC developed a fitness web site that caters to middle and high school students. It can be found at www.4everfit.hccnetwork.org

An evidence-based walking program was developed for adults. Overall, 1033 people completed the program. Worksites wellness programs have been conducted in Higginsville and Lexington. Case studies are available at www.hccnetwork.org/workplace-wellness.

"A second year of SIM grant funding allows us to continue and expand programs already in motion," said Lynda Johnson, nutrition and education specialist at Missouri Extension. "Our goal is to help individuals of all ages have greater access to physical activity as well as inspire habits that make the healthy choice the right choice when it comes to nutrition."

Healthy Foods

Another objective of the program is to increase access to healthy and fresh foods. As a result, the Missouri Extension:

- Worked with fruit and vegetable growers to bring more fresh produce into schools.
- Conducted workshops with school food service personnel to demonstrate how locally grown fresh produce can be incorporated into school recipes.

- Equipped five schools with equipment for more efficient preparation and student access at meal time.

- Purchased and installed a cold storage unit at the Lexington food pantry with additional plans to install more units in Higginsville, Odessa and Waverly.



- Launched an EBT (electronic benefit transfer) program at the Lexington Farmer's Market. Plans are underway to duplicate the program throughout Lafayette County.

- Taught evidence-based "Show-Me" nutrition curriculum to

1st through 4th grades in Lexington, Higginsville, Odessa, Concordia and Wellington.

- Partnered with Opaa! Food Service to conduct classroom tastings of new vegetables served with school lunches.
- Supports school gardens in Lexington, Higginsville and Odessa, along with Grow Lab curriculum that supports indoor gardens in all six school districts.

Tobacco Prevention

A third objective is to expand smoking prevention and cessation in schools, worksites, and public use areas. The Lafayette County Health Department has been instrumental in leading this charge.

Students With a Goal (S.W.A.G.) continue to advocate for smoke-free environments throughout the County. High school students from Lexington, Higginsville and Odessa have been active in a variety of smoke-free initiatives. Some include:



- A smoke-free public service announcement on KMZU radio
- Presentations to City Council members
- Odessa high schools created an anti-smoking fence message with styrofoam cups that read, "Hang Tuff, Don't Puff."
- Odessa students organized activities for National Kick Butts Day in early spring. All S.W.A.G. groups signed a banner to "Stand Against Tobacco."

"The big tobacco companies spend millions of dollars every year to try to fool teenagers into trying their products," said Glenda Bertz, RN at Lafayette County Health Department, and co-sponsor of S.W.A.G. I am very proud of the S.W.A.G. students for taking a stand to make Lafayette County a healthier community in which to live."

The Lafayette County Health Department has also been instrumental in helping businesses and organizations establish no-smoking policies, as well as conducting smoking cessation programs.

Year one SIM funding, provided by grants from the Missouri Foundation for Health (MFH), Blue Cross and Blue Shield of Kansas City and the Health Care Foundation of Greater Kansas City totaled \$261,202. Year two funding, provided by MFH, REACH Foundation and the Health Care Foundation totaled \$271,854.

The Health Care Collaborative of Rural Missouri (formerly the Health Care Coalition of Lafayette County), has plans to apply for a third round of funding in 2013.

HCC Reaches Individuals Suffering from Diabetes and Depression through Telemedicine

“Telemedicine, which enables patients to visit with their primary care or mental health provider via television, is one way we can expand service offerings to these patients who happen to reside in medically underserved areas.”

The Health Care Collaborative (HCC) of Rural Missouri, a rural health network, was recently awarded almost a half million dollars over three years from the U.S. Department of Health and Human Services Health Resources and Services Administration (HRSA). The funds will support a program to treat uninsured and underinsured individuals suffering from diabetes and/or depression via telemedicine. Counties included in the initiative are Lafayette, Carroll and Saline. HCC’s participating partners include Lafayette Regional Health Center, Pathways Community Health, I-70 Community Hospital, Carroll County Memorial Hospital, and Fitzgibbon Hospital.

Program goals include:

- Improving access to education and health care outcomes for people diagnosed with diabetes and/or depression
- Increasing knowledge and comfort levels among providers, patients and consumers when using telemedicine to support primary and specialty health care
- Improving health outcomes of patients with diabetes and/or depression
- Sustaining the program beyond the grant period to expand services to include other chronic illnesses

“The premise behind the program is to leverage telemedicine to reach and treat patients who are suffering from diabetes and depression,” said HCC’s Executive Director Toniann Richard. “Telemedicine, which enables patients to visit with their primary care or mental health provider via television, is one way we can expand service offerings to these patients who happen to reside in medically underserved areas.”

All three participating counties, with a collective population of 67,001, are federally designated as health professional shortage areas (HPSAs) for both primary care and mental health services.

Access-to-care barriers have created serious health disparities among this

population. For instance, the Missouri Department of Health and Human Services (MO DHSS) reports that uncontrolled hospital admission rates per 10,000 population in Lafayette County is 19.6 percent (total residents 32,960), 26.2 percent for Carroll County (total residents 10,285) and 27.7 percent for Saline County (total residents 23,756).

Additionally, the suicide rate in 2007 per 100,000 was 8.9 percent in Lafayette County, 17.2 percent in Carroll County and 9.2 percent in Saline County compared with 12.7 percent overall in Missouri (Source: MO DHSS). While county rates for depression are not readily available, rates for Missouri indicate the state ranks as one of the highest for incidences of adult depression at 9.2 percent (Source: Behavioral Risk Factor Surveillance System, 2008).

“These risk factors and demographic indicators were both sobering and motivating,” Richard said. “Sobering because so many people we come in contact with are struggling—many of whom struggle silently because they don’t know how to ask for help, or feel like they don’t have the means to pay for it. Motivating because it mobilized the HCC and our Network partners to create a program that begins the healing process for many individuals who have been left behind.”

Richard also said that tackling diabetes and depression—which sometimes act as co-occurring illnesses—fall perfectly into the Lexington-based, 501(c)(3) not-for-profit’s mission: advocating for the health and wellbeing of individuals living in rural Missouri.

HCC plans to enroll 700 individuals diagnosed with diabetes and/or depression into the program over the next three years. Almost half will be uninsured and at or below the 200% Federal Poverty Level. The program begins August 1, 2012.

Pathways Advocates for Children's Mental Health Services at State Level

According to the National Alliance on Mental Illness (NAMI), four million children and adolescents in the U.S. suffer from a serious mental disorder that causes significant functional impairment at home, at school and with peers.

In any give year, only 20 percent of children with mental disorders are indentified and receive mental health services.

Half of all lifetime cases of mental disorders begin by age 14. Despite effective treatments, there are long delays sometimes decades between the initial onset of symptoms and when treatment is sought and received. An untreated mental disorder can lead to more severe, more difficult to treat illness along with co-occurring mental illness.

Approximately 50 percent of students age 14 and older who are living with mental illness drop out of high school. This is the highest dropout rate of any disability group.

Advocating change

Pathways Community Health is addressing this problem at the State level by advocating for a larger presence among mental health providers in schools. Currently, community health care centers cannot go into a school setting, provide onsite therapy and bill Medicaid. Pathways' CEO Mel Fetter and Chief Clinical Officer Gloria Miller are working to change this law.

"Current guidelines state that only Medicaid students with an individual education plan (IEP) can be billed within the school system," said Clinical Services Director Theresa Presley, MSW, LCSW, RPT at Pathways. Presely added this includes children identified with special needs like autism or learning disabilities. As it relates to mental health, a child would receive an IEP in the school system if deemed emotionally disturbed, meaning their behaviors and mental health disrupts learning and classroom instruction.

Ultimately, this leaves a huge gap for other children who struggle emotionally but don't have IEPs.

To get around this hurdle, Pathways has secured grant funds to provide mental health services to students in Cass and Lafayette counties. With funding support from the Health

Care Foundation of Greater Kansas City, they've had a presence in schools in Concordia and Sante Fe for the last five years.

Grant support has also enabled them into the Belton school district. During the 2010-2011 school year, Pathways had three therapists in Belton schools. In January 2012, Pathways was able to secure funds for one therapist. Presley said they've resubmitted a grant to the Belton School Foundation to get three more therapists in schools for the upcoming school year.

"Although we are very thankful, this is not ideal," Presley said. "Grants come and go from year to year. For example, during the 2010-2011 school year, we had three therapists through grant funds from the Belton School Foundation and were very confident we'd get grant funds for August of last year and we did not."

A call to action

The need for children's mental health care is increasing. That's why Presley stresses the importance of providing school staff with professional development and training so they are aware of early warning signs and can respond to the needs of students with emotional and behavioral problems. Presley said just knowing where to turn for mental health care once they've identified students with this need is a huge first step.

"Some of the situations are getting more and more extreme and the resources are not increasing for these children and their families," Presley said. "Many children are struggling with mental health issues because of problems at home. That's why it's crucial for the school, community, mental health and primary care providers to work together."

For more information, contact Pathways at 660-885-8131 or visit PathwaysOnline.org for a location near you. Pathways' crisis hotlines are available 24 hours a day, 7 days a week: 1-888-279-8188 (Johnson, Cass & Lafayette counties) or 1-800-833-3915 (Bates, Benton, Camden, Cedar, Cole, Crawford, Dent, Gasconade, Henry, Hickory, Maries, Miller, Laclede, Osage, Pulaski, Phelps, St. Clair and Vernon counties).

Approximately 50 percent of students age 14 and older who are living with mental illness drop out of high school. This is the highest dropout rate of any disability group.

Collection of Victim Evidence Regarding Sexual Assault Now Serves Lafayette County



A rape occurs every two minutes in the United States. One in four women will be a victim of violent crime. Over half of these sexual assaults go unreported, and 97% of rapists never spend a day in jail.

COVERSA, which stands for collection of victim evidence regarding sexual assault, aims to improve the collection of forensic evidence, provide acute intervention services, collaborate with sexual assault advocates (like MOCSA and House of Hope) to be used in a court of law.

Before COVERSA, a victim's only option to receive treatment and guidance was to go to an emergency room. In many instances, these individuals waited several hours in busy, congested waiting areas and in some cases examined by doctors and nurses not specifically trained in sexual assault or lacked the proper sensitivity to handle sexual assault patients. Consequently, many opted out of the exam and the perpetrator did not see a day in court.

As a result, COVERSA partners with hospitals to provide private exam rooms for these victims, along with sexual assault nurse examiners (SANEs) that the non-profit trains and deploys. With help from a \$25,000 grant from the Health Care Foundation of Greater Kansas City, COVERSA recently formed a partnership with Lafayette Regional Health Center, making the hospital one of its eight sexual assault outreach sites.

"Lafayette Regional Health Center is glad to partner with COVERSA and offer this service to the community—although unfortunate that this need exists," said Kim Leakey, LRHC's chief nursing officer.

Last year, COVERSA served 225 victims throughout its outreach sites. This year, the organization has seen a 15% increase in forensic exams. This comes at a time when funding from the Missouri Department of Public Safety has been cut by 67%.

"Our job is to be neutral, objective and unbiased when collecting forensic evidence from a rape victim," said COVERSA Program Director Carolyn Cordle, RN, BSN, SANE-A. "We listen to the patients' recollection of their assault, collect evidence and provide resources to make sure they are provided for both medically and psychologically through our partnership with MOCSA."

COVERSA also provides community outreach and education to help students, first responders, and public safety officials understand the trauma associated with rape, prevention techniques and workshops to lessen the stigma associated with sexual assault for both women and men.

COVERSA, which is the only community-based agency of its kind in the Kansas City Metro area, will celebrate 12 years this August.

Through its SANE program, COVERSA has contracts with Lafayette Regional Health Center, North Kansas City Hospital, Centerpoint Medical Center, Cass Regional Medical Center, Research Medical Center, St. Joseph Medical Center, Liberty Hospital and Ray County Hospital.

To learn more, visit COVERSA.org.

New Briefs

Provisions for the TANF Drug Testing Law Still Up in the Air

House Bill 73, signed into law on July 12, 2011, requires TANF (Temporary Assistance to Needy Families) recipients suspected of illegal drug use to undergo drug testing. The law stipulates those who fail or refuse to take the test would be ineligible to receive assistance for three years—unless they enroll in an approved drug treatment program and do not test positive for six months. Also, if a parent is deemed ineligible for TANF because of illegal drug use, his or her child's benefits will not be affected.



Instead, a protective payee would be designated to ensure the child receives benefits.

In an earlier interview, Seth Bundy, director of communications for the Missouri Department of Social Services, said part of developing this program includes submitting proposed rules and regulations to the Joint Committee on

Administration Rules—along with identifying any necessary supplemental funding needed to implement the program.

Bundy was recently asked the status of the proposed law and said once the budget is passed, they would have a better handle on next steps.

Medicare Covers Counseling and Screening for Obesity

According to the latest estimates, 30% of Medicare beneficiaries are obese. In response to this growing health risk problem, Medicare now covers counseling and screening for individuals who are considered obese, or have a body mass index (BMI) over 30.

Medicare enables beneficiaries who screen positive for obesity to receive obesity screening and counseling as a part of its primary care and preventive services. Other benefits include:



- One face-to-face counseling visit every week for one month and then every other week for an additional five months

- If at least 6.6 pounds are lost during the first six months of counseling, individuals may receive a monthly counseling visit for an additional six months.

Contact your physician for more information.

For the Children Golf Tournament

For the Children Foundation, the main fund-raising arm



of Pathways Community Health and Royal Oaks Hospital, is trying to fill the gaps from state budget cuts by raising money for children who suffer with behavioral health issues but have no way to pay for treatment.

The proceeds from its 12th Annual Charity Golf Tournament, set for August 18, 2012 at Old Kinderhook Golf Course at the Lake of the Ozarks, will support children's behavioral health treatment services.

"There are a lot of children who fall through the gaps because they don't qualify for Medicaid, don't have health insurance and their families can't afford to pay for their treatment," said Judy Cavender, For the Children's executive director.

All participants will receive a commemorative golf polo shirt, light breakfast, post-tournament lunch along with door and flight prizes. The cost for an individual is \$200 or \$800 for a team. To learn more about sponsor levels, or to register for the event, visit www.forthethechildren-forthefuture.org.

Should More Money Go Up in Smoke?



Missouri has become the poster state for the lowest taxes on cigarettes. Besides brandishing the lowest tax rate other state, Missouri has received a failing grade for tobacco cessation and smoking programs spending \$58,693 in 2011 to prevent tobacco use statewide.

Missouri spends about 53 cents per smoker on cessation programs. However, the Center for Disease Control (CDC) recommends spending \$10.53 per smoker.

Show-Me A Brighter Future, a coalition of Missouri organizations and individuals led by the American Cancer Society, the American Cancer Society Cancer Action Network and the Health Care Foundation of Greater Kansas City, have partnered on a petition initiative to be included on the November ballot that would help address Missouri's health, smoking and school funding problems through a proposed \$.73 tax increase per pack on cigarettes and an increased tax on other tobacco products by generating an additional \$283 million in new revenue annually.

"The future health of Missouri depends on this initiative," said Norm Siegel, board member, Health Care Foundation of Greater Kansas City. "Tobacco use takes an enormous health and economic toll on each and every Missouri family and a tobacco tax increase will go a long way to reduce that burden."

The proposed ballot initiative would generate \$279 million annually in new revenue for the state.

Revenue from the tobacco tax would pay for elementary and secondary education (50%), higher education for public college and universities to support educational opportunities for healthcare workforce (30%) and prevention and cessation programs (20%).

According to Tobacco Free Kids, raising cigarette taxes reduces smoking rates in both adults and minors. Tobacco industry supporters agree that this will hurt business.

Ron Leone a lobbyist for associations that represent gas stations and convenience stores—places where cigarettes can be purchased—contends that cigarettes taxes are high already. "When a consumer buys a pack of cigarettes today, they pay 17 cents in state tax, \$1.01 in federal tax and then they pay state and local sales tax," he said.

Warren Erdman, a Kansas City business leader and former Chairman of the University of Missouri Board of Curators, said the time is right for this initiative in Missouri. "This ballot initiative provides Missourians with an important and timely opportunity to improve the state's health outcomes, reduce the number of youth and adult smokers and provide badly needed support for students attending Missouri schools. This is a win-win for Missouri families."

Healthy Recipe: Cheesecake Brownies

Total Time: 1 hr
Prep: 20 min
Cook: 40 min
Yield: 16 (2-inch) square brownies
Ingredients
· Cooking spray
Cheesecake topping:
· 8 ounces reduced-fat cream cheese (Neufchâtel)
· 1/3 cup sugar
· 1/2 teaspoon vanilla extract
· 1 large egg



Brownie Layer:
· 2 ounces semisweet chocolate, coarsely chopped
· 3 tablespoons unsalted butter
· 2 tablespoons canola oil
· 1 cup all-purpose flour
· 1/2 cup unsweetened Dutch-process cocoa powder
· 1 teaspoon baking powder
· 1/2 teaspoon fine sea salt
· Pinch cayenne pepper
· 3/4 cup packed dark brown sugar
· 1/4 cup granulated sugar
· 1/2 cup lowfat buttermilk
· 2 large egg whites
· 2 teaspoons vanilla extract

Directions

Position the rack in the lower third of the oven and preheat the oven to 350 degrees F. Line an 8 by 8-inch baking pan with foil so it hangs over the edges by about 1-inch. Spray with cooking spray.

Cheesecake topping: In a medium bowl and using an electric mixer at medium speed, beat the cream cheese until smooth and creamy, about 1 minute. Beat in the sugar and the vanilla until very smooth, 1 to 2 minutes. Beat in the egg until well blended. Set aside.

Brownie layer: Put the chocolate, butter, and oil in a small microwave-safe bowl and heat at 75 percent power for 30 seconds. Stir and microwave again until melted and smooth, about 30 seconds longer. (Alternatively, put the chocolate, butter, and oil in a small heatproof bowl. Bring a small saucepan filled with 1 inch or so of water to a very slow simmer; set the bowl over, not touching, the water, and stir occasionally, until melted and smooth.)

Combine the flour, cocoa powder, baking powder, salt, and cayenne in a medium bowl. Combine the brown sugar and granulated sugar in a large bowl. Whisk in the buttermilk, egg whites, and vanilla. Add the chocolate mixture and whisk vigorously until fully incorporated and the batter is thick and glossy. Gradually add the flour mixture and stir just until it disappears.

Reserve 1/2 cup brownie batter and set aside. Scrape the remaining brownie batter into the prepared pan. Pour the cheesecake mixture evenly over top. Drop the reserved brownie batter in large dollops over the topping. Draw the handle of a wooden spoon through the two batters to create a swirled effect.

Bake until the top is just set, 40 to 45 minutes. Let cool completely in the pan on a wire rack. Lift brownies out of the pan by the foil and peel off the foil. Spray a knife with cooking spray and cut into 2-inch squares.

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Nutritional analysis per serving: 1 brownie. Calories 200; Total Fat 10g; (Sat Fat 4 g, Mono Fat 3 g, Poly Fat 1 g); Protein 4 g; Carb 27 g; Fiber 1 g; Cholesterol 30 mg; Sodium 180 mg

Food Network Kitchens created this lightened-up recipe from a user submission.

HCF News and Notes

STUDY SHOWS COST OF NEARLY \$13.5 MILLION OF UNTREATED MENTAL ILLNESS IN LAFAYETTE COUNTY

HCF has released findings from research by The HSM Group that examines the cost of untreated mental illness in adults in Lafayette County, Kansas.

Approximately one in every 10 adults has a serious mental illness (SMI). Although serious mental illnesses such as major depression, schizophrenia, bipolar disorder, and anxiety disorders can be effectively treated, about 40% of cases are untreated.

Overall, the annual cost burden of untreated SMI to Lafayette County is estimated to be \$13.5 million. A high proportion (87.5%) of these costs are in the form of indirect costs to employers and individuals. These include unrealized earnings due to higher unemployment rates, the cost of lost productive time at work due to untreated SMI (presenteeism), time missed from work (absenteeism), and unrealized earnings due to permanent disability or premature death (suicides).

About 10.5% of the overall costs are estimated to be direct costs, or medical expenses associated with lack of sustained treatment. The remaining costs are due to criminal activity, Social Security disability, and social welfare administration costs.

So who pays these costs? In Lafayette County, SMI is estimated to cost:

- Nearly \$4.9 million per year to private sector, including employers, institutionalization, or suicide.
- \$6.1 million to individuals/families annually in unrealized earning due to unemployment, disability,
- Government - State and local governments \$1.2 million per year and \$1.2 million per year to Federal government.

For more information, visit hcfgkc.org/costs-untreated-mental-illness.



Healthy people in healthy communities. That is the vision of the Health Care Foundation of Greater Kansas City (HCF). HCF provides leadership, advocacy and resources that eliminate barriers to quality health for the uninsured and underserved in our service area, which includes Lafayette County.

Since we began grantmaking in 2005, HCF has awarded over \$140 million to non-profit agencies addressing health needs in the community. Specific priority areas are healthy lifestyles, mental health and safety net health care. For more information, visit www.hcfgkc.org.

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