FY2021-2023

Capstone Rural Health Center
STRATEGIC PLAN

CAPSTONE RURAL HEALTH CENTER

Vision
Healthy Patients, Healthy Families, Healthy Communities

Mission
Meeting family health needs by providing high quality health and wellness services
through a nurse-managed model.

Values
Compassion
Innovation
Respect
Quality
Excellence
Compassion

The contents of the strategic plan were developed in a series of planning sessions. Planning sessions included the Executive, Operations/Corporate Compliance, Finance, and Clinical Directors. Directors met on July 9, August 20, and September 24, 2020. Data were compiled by relevant team members.

Effective Date	**Board Approval Date**	**Revision Date**
08/16/2020	*11/19/2020*	*11/19/2020*

NEEDS ASSESSMENT
SUMMARY

Community Health Needs Assessment (CHNA): Unfavorable Indicators
The demographic, social economic factors, physical environment, clinical care, health behaviors, and
health outcome indicators below are taken from the comprehensive Community Health Needs Assessment produced
from Community Commons. They represent all of the indicators not meeting Alabama's benchmark. A complete needs
assessment can be viewed in the report titled Community Health Needs Assessment (CHNA): 2020.
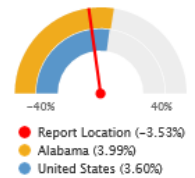
Demographic: Migration Patterns - Total Population
This indicator reports the net migration rate of the total population between 2000 and 2010.

Report Area	Starting Population (2000)	Ending Population (2010)	Natural Change	Net Migration	Migration Rate
Report Location	90,920	91,206	3,625	-3,335	**-3.53%**
Walker County, AL	67,353	66,824	2,627	-3,155	-4.51%
Winston County, AL	23,567	24,382	998	-180	-0.73%
Alabama	4,231,215	4,789,759	374,892	183,646	3.99%
United States	267,981,052	309,745,042	30,987,709	10,776,072	3.60%

Net Migration Rate, 2000 to 2010
- Report Location (–3.53%)
- Alabama (3.99%)
- United States (3.60%)

Note: This indicator is compared to the state average.
Data Source: University of Wisconsin Net Migration Patterns for US Counties. 2000 to 2010. Source geography: County
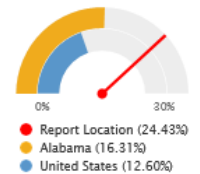
Demographic: Population with Any Disability
This indicator reports the percentage of the total civilian non-institutionalized population with a disability. The report
area has a total population of 87,297 for whom disability status has been determined, of which 21,325 or 24.43% have
any disability. This indicator is relevant because disabled individuals comprise a vulnerable population that requires
targeted services and outreach by providers.

Report Area	Total Population (For Whom Disability Status Is Determined)	Population with a Disability	Population with a Disability, Percent
Report Location	87,297	21,325	**24.43%**
Walker County, AL	63,756	15,390	24.14%
Winston County, AL	23,541	5,935	25.21%
Alabama	4,785,040	780,618	16.31%
United States	317,941,631	40,071,666	12.60%

Population with a Disability, Percent
- Report Location (24.43%)
- Alabama (16.31%)
- United States (12.60%)

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2014-18. Source geography: Tract
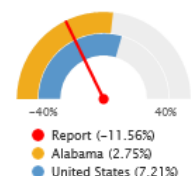
Demographic: Migration Patterns - Young Adult
This indicator reports the net migration rate of young adults (age 20-39) between 2000 and 2010. This indicator is
important because Millennials now constitute the largest proportion of the workforce, and their migration patterns
affect the viability of local economies across the United States.

Report Area	Starting Population (2000)	Ending Population (2010)	Natural Change	Net Migration	Migration Rate
Report Location	25,428	20,999	-1,680	-2,745	**-11.56%**
Walker County, AL	18,731	15,688	-1,084	-1,958	-11.10%
Winston County, AL	6,697	5,311	-596	-787	-12.90%
Alabama	1,260,570	1,264,856	-29,547	33,833	2.75%
United States	82,285,240	83,662,776	-4,246,194	5,623,696	7.21%

Net Migration Rate of Young Adults, 2000 to 2010
- Report (–11.56%)
- Alabama (2.75%)
- United States (7.21%)

Note: This indicator is compared to the state average.
Data Source: University of Wisconsin Net Migration Patterns for US Counties. 2000 to 2010. Source geography: County
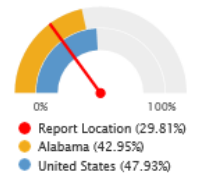
Social Economic Factors: Access - Preschool Enrollment (Age 3-4)

This indicator reports the percentage of the population age 3-4 that is enrolled in school. This indicator helps identify places where pre-school opportunities are either abundant or lacking in the educational system.

Report Area	Population Age 3-4	Population Age 3-4 Enrolled in School	Population Age 3-4 Enrolled in School, Percent
Report Location	2,513	749	**29.81%**
Walker County, AL	1,904	596	31.30%
Winston County, AL	609	153	25.12%
Alabama	120,515	51,757	42.95%
United States	8,164,659	3,913,159	47.93%

Percentage of Population Age 3-4 Enrolled in School

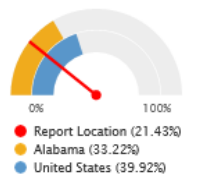- Report Location (29.81%)
- Alabama (42.95%)
- United States (47.93%)

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2014-18. Source geography: Tract

Social Economic Factors: Attainment - Associate's Level Degree or Higher

21.43% of the population aged 25 and older, or 13,320 have obtained an Associate's level degree or higher. This indicator is relevant because educational attainment has been linked to positive health outcomes.

Report Area	Total Population Age 25+	Population Age 25+ with Associate's Degree or Higher	Percent Population Age 25+ with Associate's Degree or Higher
Report Location	62,158	13,320	**21.43%**
Walker County, AL	44,974	9,762	21.71%
Winston County, AL	17,184	3,558	20.71%
Alabama	3,299,958	1,096,088	33.22%
United States	218,446,071	87,205,374	39.92%

Percent Population Age 25+ with Associate's Degree or Higher

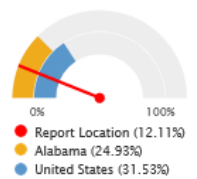- Report Location (21.43%)
- Alabama (33.22%)
- United States (39.92%)

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2014-18. Source geography: Tract

Social Economic Factors: Attainment - Bachelor's Degree or Higher

12.11% of the population aged 25 and older, or 7,530 have obtained a Bachelor's level degree or higher. This indicator is relevant because educational attainment has been linked to positive health outcomes.

Report Area	Total Population Age 25+	Population Age 25+ with Bachelor's Degree or Higher	Population Age 25+ with Bachelor's Degree or Higher, Percent
Report Location	62,158	7,530	**12.11%**
Walker County, AL	44,974	5,204	11.57%
Winston County, AL	17,184	2,326	13.54%
Alabama	3,299,958	822,595	24.93%
United States	218,446,071	68,867,051	31.53%

Population Age 25+ with Bachelor's Degree or Higher, Percent

- Report Location (12.11%)
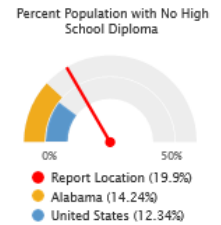- Alabama (24.93%)
- United States (31.53%)

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2014-18. Source geography: Tract

Social Economic Factors: Attainment - No High School Diploma

Within the report area there are 12,361 persons aged 25 and older without a high school diploma (or equivalency) or higher. This represents 19.89% of the total population aged 25 and older. This indicator is relevant because educational attainment is linked to positive health outcomes (Freudenberg & Ruglis, 2007).

Report Area	No High School Diploma	High School Only	Some College	Associates Degree	Bachelor's Degree	Graduate or Professional Degree
Report Location	19.9%	37.2%	21.5%	9.3%	7.5%	4.6%
Walker County, AL	19.14%	37.1%	22.1%	10.1%	7.2%	4.4%
Winston County, AL	21.85%	37.4%	20.1%	7.2%	8.3%	5.2%
Alabama	14.24%	30.9%	21.6%	8.3%	15.6%	9.3%
United States	12.34%	27.1%	20.6%	8.4%	19.4%	12.1%

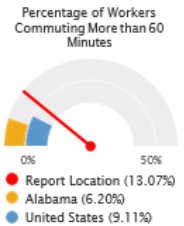Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2014-18. Source geography: County

Social Economic Factors: Commuter Travel Patterns - Long Commute

This indicator reports the percentage of the population that commutes to work for over 60 minutes each direction.

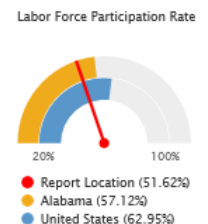| Report Area	Population Age 16+ that Commutes to Work	Population Commuting More than 60 Minutes	Population Commuting More than 60 Minutes, Percent
Report Location	32,062	4,190	13.07%
Walker County, AL	23,678	3,046	12.86%
Winston County, AL	8,384	1,144	13.65%
Alabama	1,984,564	123,106	6.20%
United States	143,148,111	13,033,642	9.11%

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2014-18. Source geography: Tract

Social Economic Factors: Employment - Labor Force Participation Rate

The table below displays the labor force participation rate for the report area. According to the 2014 – 2018 American Community Survey, of the 71,331 working age population, 36,822 are included in the labor force. The labor force participation rate is 51.62%.

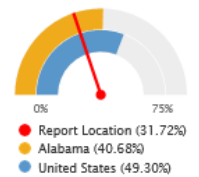| Report Area	Total Population Age 16+	Labor Force	Labor Force Participation Rate
Report Location	71,331	36,822	51.62%
Walker County, AL	51,826	27,082	52.26%
Winston County, AL	19,505	9,740	49.94%
Alabama	3,894,696	2,224,606	57.12%
United States	257,754,872	162,248,196	62.95%

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2014-18. Source geography: County

Social Economic Factors: Income - Families Earning Over $75,000

In the report area, 31.72%, or 7,513 families report a total annual income of $75,000 or greater. Total income includes all reported income from wages and salaries as well as income from self-employment, interest or dividends, public assistance, retirement, and other sources. As defined by the US Census Bureau, a family household is any housing unit in which the householder is living with one or more individuals related to him or her by birth, marriage, or adoption. A non-family household is any household occupied by the householder alone, or by the householder and one or more unrelated individuals.

Report Area	Total Families	Families with Income Over $75,000	Percent Families with Income Over $75,000
Report Location	23,683	7,513	31.72%
Walker County, AL	17,379	5,842	33.62%
Winston County, AL	6,304	1,671	26.51%
Alabama	1,229,905	500,290	40.68%
United States	78,697,103	38,798,884	49.30%

Percent Families with Income Over $75,000
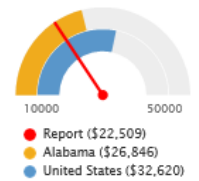- Report Location (31.72%)
- Alabama (40.68%)
- United States (49.30%)

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2014-18. Source geography: Tract

Social Economic Factors: Income - Per Capita Income

The per capita income for the report area is $22,509. This includes all reported income from wages and salaries as well as income from self-employment, interest or dividends, public assistance, retirement, and other sources. The per capita income in this report area is the average (mean) income computed for every man, woman, and child in the specified area.

Report Area	Total Population	Total Income ($)	Per Capita Income ($)
Report Location	88,368	$1,989,083,700	$22,509
Walker County, AL	64,493	$1,468,636,900	$22,772
Winston County, AL	23,875	$520,446,800	$21,798
Alabama	4,864,680	$130,597,616,700	$26,846
United States	322,903,030	$10,533,302,424,400	$32,620

Per Capita Income ($)
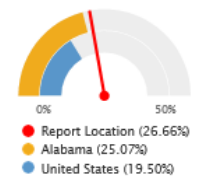- Report ($22,509)
- Alabama ($26,846)
- United States ($32,620)

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2014-18. Source geography: Tract

Social Economic Factors: Poverty - Children Below 100% FPL

In the report area 26.66% or 5,072 children aged 0-17 are living in households with income below the Federal Poverty Level (FPL). This indicator is relevant because poverty creates barriers to access including health services, healthy food, and other necessities that contribute to poor health status.

Report Area	Total Population	Population Under Age 18	Population Under Age 18 in Poverty	Percent Population Under Age 18 in Poverty
Report Location	86,977	19,025	5,072	26.66%
Walker County, AL	63,468	14,083	3,890	27.62%
Winston County, AL	23,509	4,942	1,182	23.92%
Alabama	4,742,208	1,082,647	271,470	25.07%
United States	314,943,184	72,382,641	14,117,014	19.50%

Percent Population Under Age 18 in Poverty
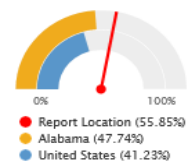- Report Location (26.66%)
- Alabama (25.07%)
- United States (19.50%)

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2014-18. Source geography: Tract

Social Economic Factors: Poverty - Children Below 200% FPL

In the report area 55.85% or 10,625 children are living in households with income below 200% of the Federal Poverty Level (FPL). This indicator is relevant because poverty creates barriers to access including health services, healthy food, and other necessities that contribute to poor health status.

Report Area	Total Population Under Age 18	Population Under Age 18 at or Below 200% FPL	Percent Population Under Age 18 at or Below 200% FPL
Report Location	19,025	10,625	55.85%
Walker County, AL	14,083	7,702	54.69%
Winston County, AL	4,942	2,923	59.15%
Alabama	1,082,647	516,899	47.74%
United States	72,382,641	29,845,052	41.23%

Percent Population Under Age 18 at or Below 200% FPL
- Report Location (55.85%)
- Alabama (47.74%)
- United States (41.23%)

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2014-18. Source geography: Tract
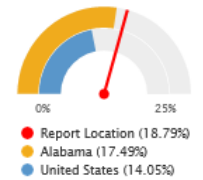
Social Economic Factors: Poverty - Population Below 100% FPL

Poverty is considered a key driver of health status.

Within the report area 18.79% or 16,342 individuals are living in households with income below the Federal Poverty Level (FPL). This indicator is relevant because poverty creates barriers to access including health services, healthy food, and other necessities that contribute to poor health status.

Report Area	Total Population	Population in Poverty	Population in Poverty, Percent
Report Location	86,977	16,342	**18.79%**
Walker County, AL	63,468	12,525	19.73%
Winston County, AL	23,509	3,817	16.24%
Alabama	4,742,208	829,400	17.49%
United States	314,943,184	44,257,979	14.05%

Population in Poverty, Percent

Report Location (18.79%)
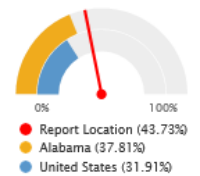Alabama (17.49%)
United States (14.05%)

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2014-18. Source geography: Tract

Social Economic Factors: Poverty - Population Below 200% FPL

In the report area 43.73% or 38,033 individuals are living in households with income below 200% of the Federal Poverty Level (FPL). This indicator is relevant because poverty creates barriers to access including health services, healthy food, and other necessities that contribute to poor health status.

Report Area	Total Population	Population with Income at or Below 200% FPL	Percent Population with Income at or Below 200% FPL
Report Location	86,977	38,033	**43.73%**
Walker County, AL	63,468	27,048	42.62%
Winston County, AL	23,509	10,985	46.73%
Alabama	4,742,208	1,792,925	37.81%
United States	314,943,184	100,490,740	31.91%

Percent Population with Income at or Below 200% FPL

Report Location (43.73%)
Alabama (37.81%)
United States (31.91%)

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2014-18. Source geography: Tract

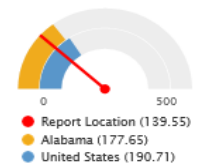**Social Economic Factors: Affordable Housing - Assisted Housing Units**

This indicator reports the total number of HUD-funded assisted housing units available to eligible renters as well as the unit rate (per 10,000 total households).

Social Economic Factors: Housing Stock - Mortgage Lending

Lending institutions must report all loans for home purchases, home improvements, and mortgage refinancing based on the Home Mortgage Disclosure Act (HMDA) of 1975. This indicator displays information derived from the 2014 HMDA loan-level data files. Within the report area there are 1,277 home loan originations with an approval rate of 44.20% percent.

Report Area	Total Population (2010)	Home Loan Originations	Home Loans Originations, Approval Rate	Home Loan Originations, Rate per 10,000 Population
Report Location	91,507	1,277	44.20%	**139.55**
Walker County, AL	67,023	821	39.72%	122.50
Winston County, AL	24,484	456	55.47%	186.24
Alabama	4,779,736	84,914	47.29%	177.65
United States	312,470,869	5,959,108	51.57%	190.71

Home Loan Origination Rate per 10,000 Pop.

Report Location (139.55)
Alabama (177.65)
United States (190.71)

Note: This indicator is compared to the state average.
Data Source: Federal Financial Institutions Examination Council, Home Mortgage Disclosure Act. Additional data analysis by CARES. 2014.
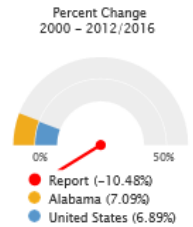
Social Economic Factors: Housing Stock - Net Change

The change in number of households within the report area from 2000 to 2014/2018 is shown below. Total households for the report area decreased by -4,032 * -1, or -10.48% in those counties reported in the 2018 American Community Survey (ACS) 5-year data. This compares to a statewide increase of 7.09%.

Report Area	Total Households (2000)	Total Households (2018)	Change in Households	Percent Change
Report Location	38,471	34,439	-4,032	**-10.48%**
Walker County, AL	28,364	25,036	-3,328	-11.73%
Winston County, AL	10,107	9,403	-704	-6.97%
Alabama	1,737,080	1,860,269	123,189	7.09%
United States	105,480,101	112,744,143	7,264,042	6.89%

Percent Change
2000 – 2012/2016

● Report (–10.48%)
● Alabama (7.09%)
● United States (6.89%)

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. US Census Bureau, Decennial Census. 2014-18. Source geography: County
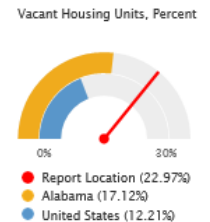
Social Economic Factors: Vacancy (ACS)

This indicator reports the number and percentage of housing units that are vacant. A housing unit is considered vacant by the American Community Survey if no one is living in it at the time of interview. Units occupied at the time of interview entirely by   persons who are staying two months or less and who have a more permanent residence elsewhere are considered to be temporarily occupied, and are classified as "vacant."

Report Area	Total Housing Units	Vacant Housing Units	Vacant Housing Units, Percent
Report Location	44,706	10,267	**22.97%**
Walker County, AL	31,057	6,021	19.39%
Winston County, AL	13,649	4,246	31.11%
Alabama	2,244,462	384,193	17.12%
United States	136,384,292	16,654,164	12.21%

Vacant Housing Units, Percent

● Report Location (22.97%)
● Alabama (17.12%)
● United States (12.21%)

Note: This indicator is compared to the state average.
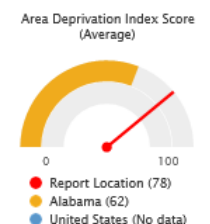Data Source: US Census Bureau, American Community Survey. 2014-18. Source geography: Tract

Social Economic Factors: Area Deprivation Index

This indicator reports the average (population weighted) Area Deprivation Index (ADI) for the selected area. The ADI is a metric used to rank neighborhoods by socioeconomic status disadvantage in a region of interest (e.g. at the state or national level). ADI scores range from 1 to 100, with 1 representing the least disadvantaged areas.

Report Area	Total Population	State Percentile	National Percentile
Report Location	90,053	67	**78**
Walker County, AL	65,923	67	77
Winston County, AL	24,130	70	79
Alabama	4,729,272	No data	62
United States	316,515,021	No data	No data

Area Deprivation Index Score
(Average)

● Report Location (78)
● Alabama (62)
● United States (No data)

Note: This indicator is compared to the state average.
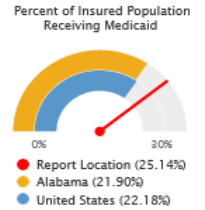Data Source: 2019. Source geography: Tract

Social Economic Factors: Insurance - Population Receiving Medicaid

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

Report Area	Total Population (For Whom Insurance Status is Determined)	Population with Any Health Insurance	Population Receiving Medicaid	Percent of Insured Population Receiving Medicaid
Report Location	87,297	77,409	19,464	**25.14%**
Walker County, AL	63,756	56,769	13,887	24.46%
Winston County, AL	23,541	20,640	5,577	27.02%
Alabama	4,785,040	4,307,566	943,319	21.90%
United States	317,941,631	288,188,864	63,906,660	22.18%

Percent of Insured Population Receiving Medicaid

- Report Location (25.14%)
- Alabama (21.90%)
- United States (22.18%)

Note: This indicator is compared to the state average.
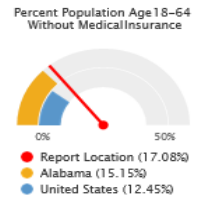Data Source: US Census Bureau, American Community Survey. 2014-18. Source geography: Tract

Social Economic Factors: Insurance - Uninsured Adults

The lack of health insurance is considered a key driver of health status.

This indicator reports the percentage of adults age 18 to 64 without health insurance coverage. This indicator is relevant because lack of insurance is a primary barrier to healthcare access including regular primary care, specialty care, and other health services that contributes to poor health status.

Report Area	Total Population Age 18 - 64	Population with Medical Insurance	Percent Population with Medical Insurance	Population Without Medical Insurance	Percent Population Without Medical Insurance
Report Location	50,512	41,886	82.92%	8,626	**17.08%**
Walker County, AL	36,845	30,741	83.43%	6,104	16.57%
Winston County, AL	13,667	11,145	81.55%	2,522	18.45%
Alabama	2,887,210	2,449,818	84.85%	437,392	15.15%
United States	195,883,847	171,496,973	87.55%	24,386,874	12.45%

Percent Population Age 18–64 Without Medical Insurance

- Report Location (17.08%)
- Alabama (15.15%)
- United States (12.45%)

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, Small Area Health Insurance Estimates. 2018. Source geography: County

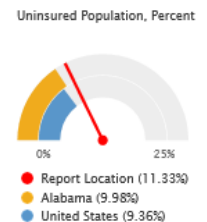## Social Economic Factors: Insurance - Uninsured Children

The lack of health insurance is considered a key driver of health status.

Social Economic Factors: Insurance - Uninsured Population (ACS)

The lack of health insurance is considered a key driver of health status. In the report area 11.33% of the total civilian non-institutionalized population are without health insurance coverage. The rate of uninsured persons in the report area is greater than the state average of 9.98%. This indicator is relevant because lack of insurance is   a primary barrier to healthcare acess including regular primary care, specialty care, and other health services that contributes to   poor health status.

Report Area	Total Population (For Whom Insurance Status is Determined)	Uninsured Population	Uninsured Population, Percent
Report Location	87,297	9,888	**11.33%**
Walker County, AL	63,756	6,987	10.96%
Winston County, AL	23,541	2,901	12.32%
Alabama	4,785,040	477,474	9.98%
United States	317,941,631	29,752,767	9.36%

Uninsured Population, Percent

- Report Location (11.33%)
- Alabama (9.98%)
- United States (9.36%)

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2014-18. Source geography: Tract
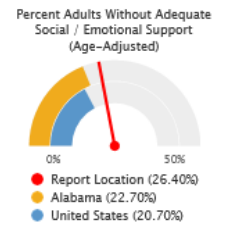
Social Economic Factors: Lack of Social or Emotional Support
This indicator reports the percentage of adults aged 18 and older who self-report that they receive insufficient social and emotional support all or most of the time. This indicator is relevant because social and emotional support is critical for navigating the challenges of daily life as well as for good mental health. Social and emotional support is also linked to educational achievement and economic stability.

Social Economic Factors: SNAP Benefits - Households Receiving SNAP (ACS)

Report Area	Total Population Age 18+	Estimated Population Without Adequate Social / Emotional Support	Crude Percentage	Age-Adjusted Percentage
Report Location	71,070.00	17,869	25.10%	26.40%
Walker County, AL	52,062.00	12,547	24.10%	23.80%
Winston County, AL	19,008.00	5,322	28.00%	33.40%
Alabama	3,615,219.00	813,424	22.50%	22.70%
United States	232,556,016.00	48,104,656	20.70%	20.70%

Percent Adults Without Adequate Social / Emotional Support (Age-Adjusted)
● Report Location (26.40%)
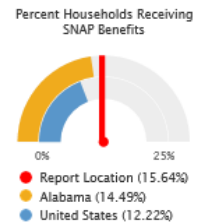● Alabama (22.70%)
● United States (20.70%)

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

In the report area, an estimate 5,387 or 15.64% households receive Supplemental Nutrition Assistance Program (SNAP) benefits. The value for the report area is greater than the national average of 12.22%. This indicator is relevant because it assesses vulnerable populations which are more likely to have multiple health access, health status, and social support needs; when combined with poverty data, providers can use this measure to identify gaps in eligibility and enrollment.

Report Area	Total Households	Households Receiving SNAP Benefits	Percent Households Receiving SNAP Benefits
Report Location	34,439	5,387	15.64%
Walker County, AL	25,036	4,050	16.18%
Winston County, AL	9,403	1,337	14.22%
Alabama	1,860,269	269,603	14.49%
United States	119,730,128	14,635,287	12.22%

Percent Households Receiving SNAP Benefits
● Report Location (15.64%)
● Alabama (14.49%)
● United States (12.22%)

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2014-18. Source geography: Tract
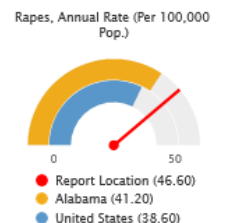
Social Economic Factors: Violent Crime - Rape
This indicator reports the rate of rape (reported by law enforcement) per 100,000 residents.

Within the report area, the 3-year total of reported rapes was 125, which equates to an annual rate of 46.60 rapes per 100,000 people, higher than the statewide rate of 41.20.

Report Area	Total Population	Rapes, 3-year Total	Rapes, Annual Rate (Per 100,000 Pop.)
Report Location	89,395	125	46.60
Walker County, AL	65,529	101	51.30
Winston County, AL	23,866	24	33.50
Alabama	4,888,271	6,056	41.20
United States	366,886,849	425,743	38.60

Rapes, Annual Rate (Per 100,000 Pop.)
● Report Location (46.60)
● Alabama (41.20)
● United States (38.60)

Note: This indicator is compared to the state average.
Data Source: Federal Bureau of Investigation, FBI Uniform Crime Reports. Additional analysis by the National Archive of Criminal Justice Data. Accessed via the Inter-university Consortium for Political and Social Research. 2015-17. Source geography: County
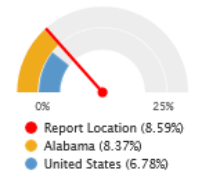
Social Economic Factors: Young People Not in School and Not Working

This indicator reports the percentage of youth age 16-19 who are not currently enrolled in school and who are not employed. The report area has a total population of 4,251 between the ages, of which 8.59% are not in school and not employed.

Report Area	Population Age 16-19	Population Age 16-19 Not in School and Not Employed, Percent
Report Location	4,251	8.59%
Walker County, AL	3,161	6.11%
Winston County, AL	1,090	15.78%
Alabama	260,322	8.37%
United States	17,021,831	6.78%

Note: This indicator is compared to the state average.
Data Source: US Census Bureau, American Community Survey. 2014-18. Source geography: Tract

Population Age 16–19 Not in School and Not Employed, Percent
- Report Location (8.59%)
- Alabama (8.37%)
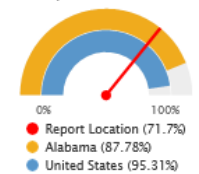- United States (6.78%)

Physical Environment: Built Environment - Broadband Access

This indicator reports the percentage of population with access to high-speed internet. Data are based on the reported service area of providers offering download speeds of 25 MBPS or more and upload speeds of 3 MBPS or more. This data represents both wireline   and fixed/terrestrial wireless internet providers. Cellular internet providers are not included.

Report Area	Total Population (2010)	Access to DL Speeds > 25MBPS (2019)
Report Location	91,507	71.7%
Walker County, AL	67,023	76.77%
Winston County, AL	24,484	57.81%
Alabama	4,779,736	87.78%
United States	312,471,327	95.31%

Note: This indicator is compared to the state average.
Data Source: National Broadband Map. June 2019. Source geography: Tract

Percentage of Population with Access to Broadband Internet (DL Speeds > 25MBPS)
- Report Location (71.7%)
- Alabama (87.78%)
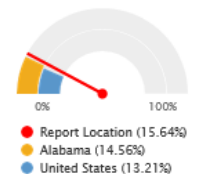- United States (95.31%)

Physical Environment: Climate & Health - Drought Severity

Drought is defined as a moisture deficit bad enough to have social, environmental or economic effects. The Drought Monitor map identifies areas of drought and labels them by intensity1. D1 is the least intense level and D4 the most intense. In the report area, 15.64% of weeks during the 2017-2019 period were spent in drought (any level). An additional 21.64% of weeks were categorized spent in "abnormally dry conditions" (D0) indicating that drought could occur, or that the area is recovering from drought but are not yet back to normal.

Report Area	Time Period	Weeks in D0 (Abnormally Dry), Percent	Weeks in D1 (Moderate Drought), Percent	Weeks in D2 (Severe Drought), Percent	Weeks in D3 (Extreme Drought), Percent	Weeks in D4 (Exceptional Drought), Percent	Weeks in Drought (Any), Percent
Report Location	2017-2019	21.64%	6.07%	8.51%	1.06%	0.00%	15.64%
Walker County, AL	2017-2019	22.83%	4.95%	10.13%	1.45%	0.00%	16.53%
Winston County, AL	2017-2019	18.39%	9.14%	4.07%	0.00%	0.00%	13.21%
Alabama	2017-2019	18.22%	9.06%	3.94%	1.55%	0.00%	14.56%
United States	2017-2019	16.22%	7.81%	4.49%	0.83%	0.08%	13.21%

Note: This indicator is compared to the state average.
Data Source: US Drought Monitor. 2017-2019. Source geography: Tract
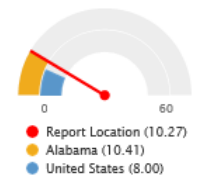
Weeks in Drought (Any), Percent
- Report Location (15.64%)
- Alabama (14.56%)
- United States (13.21%)

Physical Environment: Food Environment - SNAP-Authorized Food Stores

This indicator reports the number of SNAP-authorized food stores as a rate per 10,000 population. SNAP-authorized stores include grocery stores as well as supercenters, specialty food stores, and convenience stores that are authorized to accept SNAP (Supplemental Nutrition Assistance Program) benefits. The report area contains 94 total SNAP-Authorized Retailers with a rate of 10.27.

Report Area	Total Population (2010)	Total SNAP-Authorized Retailers	SNAP-Authorized Retailers, Rate per 10,000 Population
Report Location	91,507	94	**10.27**
Walker County, AL	67,023	67	10.00
Winston County, AL	24,484	27	11.03
Alabama	4,779,736	4,974	10.41
United States	312,383,875	250,022	8.00

SNAP–Authorized Retailers, Rate (Per 10,000 Population)
- Report Location (10.27)
- Alabama (10.41)
- United States (8.00)

Note: This indicator is compared to the state average.
Data Source: US Department of Agriculture, Food and Nutrition Service, USDA - SNAP Retailer Locator. Additional data analysis by CARES. 2020. Source geography: Tract
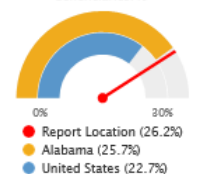
Clinical Care: High Blood Pressure Management

This indicator reports the number and percentage of Medicare beneficiaries not adhering to blood pressure medication schedules. Nonadherence is defined having medication coverage days at less than 80%.

Report Area	Medicare Beneficiaries	Blood Pressure Medication Nonadherence, Percentage
Report Location	23,058	**26.2%**
Walker County, AL	17,209	27.0%
Winston County, AL	5,849	24.0%
Alabama	965,909	25.7%
United States	53,841,665	22.7%

Blood Pressure Medication Nonadherence among Medicare Beneficiaries: %
- Report Location (26.2%)
- Alabama (25.7%)
- United States (22.7%)

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, Interactive Atlas of Heart Disease and Stroke. 2017. Source geography: County
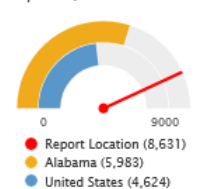
Clinical Care: Hospitalizations - Preventable Conditions

This indicator reports the preventable hospitalization rate among Medicare beneficiaries for the latest reporting period. Preventable hospitalizations include hospital admissions for one or more of the following conditions: diabetes with short-term complications, diabetes with long-term complications, uncontrolled diabetes without complications, diabetes with lower-extremity amputation, chronic obstructive pulmonary disease, asthma, hypertension, heart failure, bacterial pneumonia, or urinary tract infection. Rates are presented per 100,000 beneficiaries. In the latest reporting period, there were 12,776 Medicare beneficiaries in the report area. The preventable hospitalization rate was 8,631. The rate in the report area was higher than the state rate of 5,983 during the same time period.

Report Area	Medicare Beneficiaries	Preventable Hospitalizations, Rate per 100,000 Beneficiaries
Report Location	12,776	**8,631**
Walker County, AL	8,468	6,526
Winston County, AL	4,308	12,770
Alabama	579,331	5,983
United States	33,648,235	4,624

Preventable Hospital Events, Rate per 100,000 Beneficiaries
- Report Location (8,631)
- Alabama (5,983)
- United States (4,624)

Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, Mapping Medicare Disparities Tool. 2017. Source geography: County

Clinical Care: Opioid Drug Claims

This indicator provides information about Medicare Part D opioid drug claims. Report data includes the number of Medicare Part D claims (for both original prescriptions and refills), and the number of opioid drug claims as a percentage of total prescription drug claims.

Report Area	Medicare Beneficiaries	Total Prescription Drug Claims	Opioid Drug Claims	Opioid Drug Claims, Percentage of Total Claims
Report Location	23,058	667,994	54,477	**8.2%**
Walker County, AL	17,209	483,542	43,021	8.9%
Winston County, AL	5,849	184,452	11,456	6.2%
Alabama	965,909	28,477,231	2,042,805	7.2%
United States	54,577,161	1,466,300,795	74,104,230	5.1%

Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, *CMS Geographic Variation Public Use File* . 2017. Source geography: County
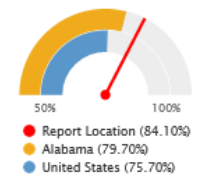
Health Behaviors: Fruit/Vegetable Consumption

In the report area an estimated 60,263, or 84.10% of adults over the age of 18 are consuming less than 5 servings of fruits and vegetables each day. This indicator is relevant because current behaviors are determinants of future health, and because unhealthy eating habits may cause of significant health issues, such as obesity and diabetes.

Report Area	Total Population (Age 18+)	Total Adults with Inadequate Fruit / Vegetable Consumption	Percent Adults with Inadequate Fruit / Vegetable Consumption
Report Location	71,614.00	60,263	**84.10%**
Walker County, AL	53,089.00	43,905	82.70%
Winston County, AL	18,525.00	16,358	88.30%
Alabama	3,509,577.00	2,797,133	79.70%
United States	227,279,010.00	171,972,118	75.70%

Percent Adults with Inadequate Fruit / Vegetable Consumption
- Report Location (84.10%)
- Alabama (79.70%)
- United States (75.70%)

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, *Behavioral Risk Factor Surveillance System*. Accessed via the *Health Indicators Warehouse*. US Department of Health & Human Services, *Health Indicators Warehouse*. 2005-09. Source geography: County
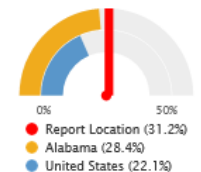
Health Behaviors: Physical Inactivity

Within the report area, 22,015 or 31.2% of adults aged 20 and older self-report no leisure time for activity, based on the question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?" This indicator is relevant because current behaviors are determinants of future health and this indicator may illustrate a cause of significant health issues, such as obesity and poor cardiovascular health.

Report Area	Population Age 20+	Adults with no Leisure Time Physical Activity	Adults with no Leisure Time Physical Activity, Percent
Report Location	66,881	22,015	**31.2%**
Walker County, AL	48,502	15,472	29.9%
Winston County, AL	18,379	6,543	34.7%
Alabama	3,654,714	1,071,880	28.4%
United States	243,068,284	55,261,407	22.1%

Percentage of Adults with No Leisure-Time Physical Activity, 2016
- Report Location (31.2%)
- Alabama (28.4%)
- United States (22.1%)

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, *National Center for Chronic Disease Prevention and Health Promotion*. 2017. Source geography: County
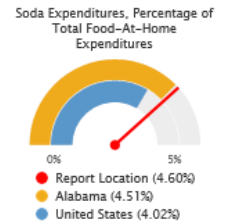
Health Behaviors: Soda Expenditures

This indicator reports soft drink consumption by census tract by estimating expenditures for carbonated beverages, as a percentage   of total food-at-home expenditures. This indicator is relevant because current behaviors are determinants of future health and this indicator may illustrate a cause of significant health issues such as diabetes and obesity. Expenditures data are suppressed for single counties and single-geography custom areas. Rank data are not available custom report areas or multi-county areas.

Report Area	State Rank	Z-Score (US)	Z-Score (Within-State)	Average Expenditures (USD)	Percentage of Food-At-Home Expenditures
Report Location	Suppressed	1.63	0.53	$248.11	**4.60%**
Walker County, AL	48.00	1.58	0.42	Suppressed	Suppressed
Winston County, AL	54.00	1.78	0.85	Suppressed	Suppressed
Alabama	No data	0.76	No data	$237.22	4.51%
United States	No data	No data	No data	$236.04	4.02%

Soda Expenditures, Percentage of Total Food–At–Home Expenditures

● Report Location (4.60%)
● Alabama (4.51%)
● United States (4.02%)

Note: This indicator is compared to the state average.
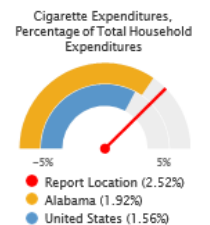Data Source: Nielsen, Nielsen SiteReports. 2014. Source geography: Tract

Health Behaviors: Tobacco Expenditures

This indicator reports estimated expenditures for cigarettes, as a percentage of total household expenditures. This indicator is relevant because tobacco use is linked to leading causes of death such as cancer and cardiovascular disease. Expenditures data are suppressed for single counties and single-geography custom areas. Rank data are not available custom report areas or multi-county areas. Expenditures data are suppressed for single counties and single-geography custom areas. Rank data are not available custom report areas or multi-county areas.

Report Area	State Rank	Z-Score (US)	Z-Score (Within-State)	Average Expenditures (USD)	Percentage of Food-At-Home Expenditures
Report Location	Suppressed	2.43	2.03	$1,084.78	**2.52%**
Walker County, AL	58.00	2.30	1.86	Suppressed	Suppressed
Winston County, AL	66.00	2.80	2.53	Suppressed	Suppressed
Alabama	No data	0.36	No data	$899.69	1.92%
United States	No data	No data	No data	$822.70	1.56%

Cigarette Expenditures, Percentage of Total Household Expenditures

● Report Location (2.52%)
● Alabama (1.92%)
● United States (1.56%)

Note: This indicator is compared to the state average.
Data Source: Nielsen, Nielsen SiteReports. 2014. Source geography: Tract
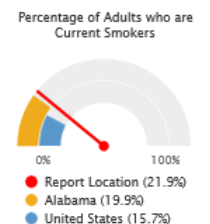
Health Behaviors: Tobacco Usage - Current Smokers

This indicator reports the percentage of adults who report that they smoke most days or every day.

Report Area	Population Age 20+	Current Smokers	Current Smokers, Percent
Report Location	20,459	4,481	**21.9%**
Walker County, AL	15,200	3,448	22.7%
Winston County, AL	5,259	1,033	19.6%
Alabama	2,464,084	489,191	19.9%
United States	170,662,372	26,830,634	15.7%

Percentage of Adults who are Current Smokers

● Report Location (21.9%)
● Alabama (19.9%)
● United States (15.7%)

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via County Health Rankings. 2020. Source geography: County
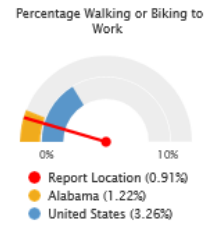
Health Behaviors: Walking or Biking to Work

This indicator reports the percentage of the population that commutes to work by either walking or riding a bicycle.

Report Area	Population Age 16+	Population Walking or Biking to Work	Percentage Walking or Biking to Work
Report Location	32,848	298	0.91%
Walker County, AL	24,210	268	1.11%
Winston County, AL	8,638	30	0.35%
Alabama	2,051,445	25,092	1.22%
United States	150,571,044	4,908,631	3.26%

Note: This indicator is compared to the state average.
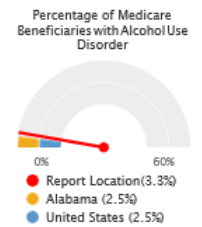Data Source: US Census Bureau, American Community Survey. 2014-18. Source geography: Tract

Health Outcomes: Alcohol Use Disorder (Medicare Population)

This indicator reports the percentage of the Medicare fee-for-service population with Alcohol Use Disorder.

Report Area	Total Medicare Fee-for-Service Beneficiaries	Beneficiaries with Alcohol Use Disorder	Percentage with Alcohol Use Disorder
Report Location	12,776	426	3.3%
Walker County, AL	8,468	175	2.1%
Winston County, AL	4,308	251	5.8%
Alabama	579,331	14,769	2.5%
United States	33,725,823	854,882	2.5%

Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS Geographic Variation Public Use File. 2017. Source geography: County
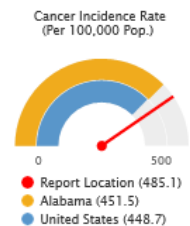
Health Outcomes: Cancer Incidence - All Sites

This indicator reports the age adjusted incidence rate (cases per 100,000 population per year) of cancer (all sites) adjusted to 2000 U.S. standard population age groups (Under age 1, 1-4, 5-9, ..., 80-84, 85 and older).

In the report area, there were 588 new cases of cancer reported, for an incidence rate of 485.1 per 100,000 people. Statewide, the incidence rate is 451.5 per 100,000 people.

Report Area	Estimated Total Population	New Cases (Annual Average)	Cancer Incidence Rate (Per 100,000 Pop.)
Report Location	121,210	588	485.1
Walker County, AL	86,727	445	513.1
Winston County, AL	34,482	143	414.7
Alabama	5,877,076	26,535	451.5
United States	372,877,646	1,673,102	448.7

Note: This indicator is compared to the state average.
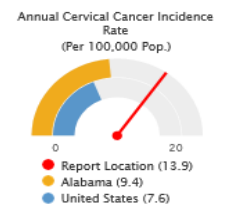Data Source: State Cancer Profiles. 2013-17. Source geography: County

Health Outcomes: Cancer Incidence - Cervical

This indicator reports the age adjusted incidence rate (cases per 100,000 population per year) of females with cervical cancer adjusted to 2000 U.S. standard population age groups (Under age 1, 1-4, 5-9, ..., 80-84, 85 and older).

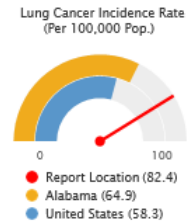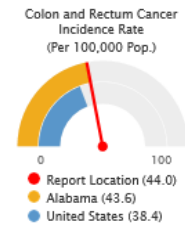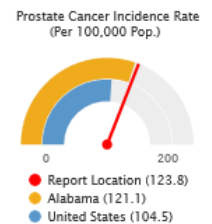| Report Area	Estimated Total Population (Female)	New Cases (Annual Average)	Cancer Incidence Rate (Per 100,000 Pop.)
Report Location	35,971	5	13.9
Walker County, AL	35,971	5	13.9
Winston County, AL	No data	Suppressed	Suppressed
Alabama	2,542,553	239	9.4
United States	168,855,263	12,833	7.6

Note: This indicator is compared to the state average.
Data Source: State Cancer Profiles. 2012-16. Source geography: County

Health Outcomes: Cancer Incidence - Colon and Rectum

This indicator reports the age adjusted incidence rate (cases per 100,000 population per year) of colon and rectum cancer adjusted to 2000 U.S. standard population age groups (Under age 1, 1-4, 5-9, ..., 80-84, 85 and older).

Report Area	Estimated Total Population	New Cases (Annual Average)	Cancer Incidence Rate (Per 100,000 Pop.)
Report Location	132,321	109	**82.4**
Walker County, AL	94,748	83	87.6
Winston County, AL	37,572	26	69.2
Alabama	6,097,072	3,957	64.9
United States	380,048,027	221,568	58.3

Note: This indicator is compared to the state average.
Data Source: State Cancer Profiles. 2013-17. Source geography: County

Lung Cancer Incidence Rate (Per 100,000 Pop.)
Report Location (82.4)
Alabama (64.9)
United States (58.3)

Health Outcomes: Cancer Incidence - Lung

This indicator reports the age adjusted incidence rate (cases per 100,000 population per year) of lung cancer adjusted to 2000 U.S. standard population age groups (Under age 1, 1-4, 5-9, ..., 80-84, 85 and older).

In the report area, there were 109 new cases of lung cancer reported, for an incidence rate of 82.4 per 100,000 people. Statewide, the incidence rate is 64.9 per 100,000 people.

Report Area	Estimated Total Population	New Cases (Annual Average)	Cancer Incidence Rate (Per 100,000 Pop.)
Report Location	118,262	52	**44.0**
Walker County, AL	84,051	39	46.4
Winston County, AL	34,210	13	38.0
Alabama	5,809,633	2,533	43.6
United States	370,377,604	142,225	38.4

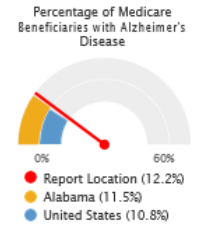Note: This indicator is compared to the state average.
Data Source: State Cancer Profiles. 2013-17. Source geography: County

Colon and Rectum Cancer Incidence Rate (Per 100,000 Pop.)
Report Location (44.0)
Alabama (43.6)
United States (38.4)

Health Outcomes: Cancer Incidence - Prostate

This indicator reports the age adjusted incidence rate (cases per 100,000 population per year) of males with prostate cancer adjusted to 2000 U.S. standard population age groups (Under age 1, 1-4, 5-9, ..., 80-84, 85 and older).

Report Area	Estimated Total Population (Male)	New Cases (Annual Average)	Cancer Incidence Rate (Per 100,000 Pop.)
Report Location	61,371	76	**123.8**
Walker County, AL	42,243	58	137.3
Winston County, AL	19,128	18	94.1
Alabama	2,881,915	3,490	121.1
United States	184,610,526	192,918	104.5

Note: This indicator is compared to the state average.
Data Source: State Cancer Profiles. 2013-17. Source geography: County

Prostate Cancer Incidence Rate (Per 100,000 Pop.)
Report Location (123.8)
Alabama (121.1)
United States (104.5)

Health Outcomes: Chronic Conditions - Alzheimer's Disease (Medicare Population)

In the report area, there were 1,556 cases with Alzheimer's Disease out of the 12,776 total Medicare Fee-for-Service beneficiaries. This 12.2% is greater than the state's reported 11.5%.

Report Area	Total Medicare Fee-for-Service Beneficiaries	Beneficiaries with Alzheimer's Disease	Beneficiaries with Alzheimer's Disease, Percent
Report Location	12,776	1,556	**12.2%**
Walker County, AL	8,468	1,088	12.8%
Winston County, AL	4,308	468	10.9%
Alabama	579,331	66,838	11.5%
United States	33,725,823	3,657,903	10.8%

Percentage of Medicare Beneficiaries with Alzheimer's Disease
- Report Location (12.2%)
- Alabama (11.5%)
- United States (10.8%)

Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS Geographic Variation Public Use File . 2017. Source geography: County
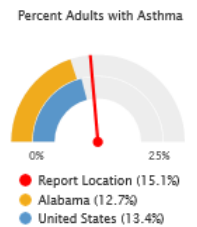
Health Outcomes: Chronic Conditions - Asthma Prevalence (Adult)

This indicator reports the percentage of adults aged 18 and older who self-report that they have ever been told by a doctor, nurse, or other health professional that they had asthma. This indicator is relevant because asthma is a prevalent problem in the U.S. that is often exacerbated by poor environmental conditions.

Report Area	Survey Population (Adults Age 18+)	Total Adults with Asthma	Percent Adults with Asthma
Report Location	83,517	12,592	**15.1%**
Walker County, AL	64,625	11,158	17.3%
Winston County, AL	18,892	1,434	7.6%
Alabama	3,636,012	460,674	12.7%
United States	237,197,465	31,697,608	13.4%

Percent Adults with Asthma
- Report Location (15.1%)
- Alabama (12.7%)
- United States (13.4%)

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Additional data analysis by CARES. 2011-12. Source geography: County
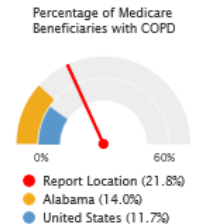
Health Outcomes: Chronic Conditions - COPD (Medicare Population)

This indicator reports the percentage of the Medicare fee-for-service population with COPD.

Report Area	Total Medicare Fee-for-Service Beneficiaries	Beneficiaries with COPD	Percentage with COPD
Report Location	12,776	2,784	**21.8%**
Walker County, AL	8,468	1,716	20.3%
Winston County, AL	4,308	1,068	24.8%
Alabama	579,331	81,357	14.0%
United States	33,725,823	3,946,157	11.7%

Percentage of Medicare Beneficiaries with COPD
- Report Location (21.8%)
- Alabama (14.0%)
- United States (11.7%)

Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS Geographic Variation Public Use File . 2017. Source geography: County
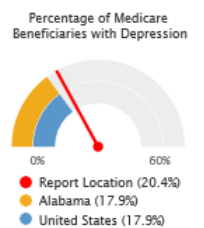
Health Outcomes: Chronic Conditions - Depression (Medicare Population)

This indicator reports the percentage of the Medicare fee-for-service population with depression.

Report Area	Total Medicare Fee-for-Service Beneficiaries	Beneficiaries with Depression	Beneficiaries with Depression, Percent
Report Location	12,776	2,611	**20.4%**
Walker County, AL	8,468	1,794	21.2%
Winston County, AL	4,308	817	19.0%
Alabama	579,331	103,820	17.9%
United States	33,725,823	6,047,681	17.9%

Percentage of Medicare Beneficiaries with Depression
- Report Location (20.4%)
- Alabama (17.9%)
- United States (17.9%)

Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS Geographic Variation Public Use File . 2017. Source geography: County
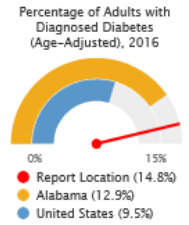
Health Outcomes: Chronic Conditions - Diabetes (Adult)

Within the report area, 11,283 or 14.8% of adults aged 20 and older self-report that they have ever been diagnosed with diabetes.

Report Area	Population Age 20+	Adults with Diagnosed Diabetes	Adults with Diagnosed Diabetes, Age-Adjusted Rate
Report Location	66,906	11,283	**14.8%**
Walker County, AL	48,567	7,285	13.0%
Winston County, AL	18,339	3,998	20.0%
Alabama	3,653,943	530,018	12.9%
United States	245,628,960	25,942,874	9.5%

Percentage of Adults with Diagnosed Diabetes (Age–Adjusted), 2016

● Report Location (14.8%)
● Alabama (12.9%)
● United States (9.5%)

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. 2017. Source geography: County
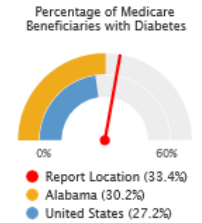
Health Outcomes: Chronic Conditions - Diabetes (Medicare Population)

In the report area, there were 4,272 cases with Diabetes out of the 12,776 total Medicare Fee-for-Service beneficiaries. This 33.4% is greater than the state's reported 30.2%.

Report Area	Total Medicare Fee-for-Service Beneficiaries	Beneficiaries with Diabetes	Beneficiaries with Diabetes, Percent
Report Location	12,776	4,272	**33.4%**
Walker County, AL	8,468	2,962	35.0%
Winston County, AL	4,308	1,310	30.4%
Alabama	579,331	174,931	30.2%
United States	33,725,823	9,188,128	27.2%

Percentage of Medicare Beneficiaries with Diabetes

● Report Location (33.4%)
● Alabama (30.2%)
● United States (27.2%)

Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS Geographic Variation Public Use File . 2017. Source geography: County
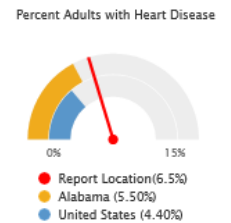
Health Outcomes: Chronic Conditions - Heart Disease (Adult)

5,441, or 6.5% of adults aged 18 and older have ever been told by a doctor that they have coronary heart disease or angina. This indicator is relevant because coronary heart disease is a leading cause of death in the U.S. and is also related to high blood pressure, high cholesterol, and heart attacks.

Report Area	Survey Population (Adults Age 18+)	Total Adults with Heart Disease	Percent Adults with Heart Disease
Report Location	83,276	5,441	**6.5%**
Walker County, AL	64,947	3,776	5.80%
Winston County, AL	18,329	1,665	9.10%
Alabama	3,629,058	201,204	5.50%
United States	236,406,904	10,407,185	4.40%

Percent Adults with Heart Disease

● Report Location(6.5%)
● Alabama (5.50%)
● United States (4.40%)

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Additional data analysis by CARES. 2011-12. Source geography: County
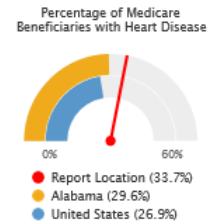
Health Outcomes: Chronic Conditions - Heart Disease (Medicare Population)

In the report area, there were 4,308 cases with Heart Disease out of the 12,776 total Medicare Fee-for-Service beneficiaries. This 33.7% is greater than the state's reported 29.6%.

Report Area	Total Medicare Fee-for-Service Beneficiaries	Beneficiaries with Heart Disease	Beneficiaries with Heart Disease, Percent
Report Location	12,776	4,308	**33.7%**
Walker County, AL	8,468	2,919	34.5%
Winston County, AL	4,308	1,389	32.2%
Alabama	579,331	171,379	29.6%
United States	33,725,823	9,076,698	26.9%

Percentage of Medicare Beneficiaries with Heart Disease

● Report Location (33.7%)
● Alabama (29.6%)
● United States (26.9%)

Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS Geographic Variation Public Use File . 2017. Source geography: County
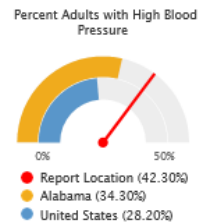
Health Outcomes: Chronic Conditions - High Blood Pressure (Adult)

30,041, or 42.30% of adults aged 18 and older have ever been told by a doctor that they have high blood pressure or hypertension.

Report Area	Total Population (Age 18+)	Total Adults with High Blood Pressure	Percent Adults with High Blood Pressure
Report Location	71,070.00	30,041	**42.30%**
Walker County, AL	52,062.00	22,647	43.50%
Winston County, AL	19,008.00	7,394	38.90%
Alabama	3,615,219.00	1,240,020	34.30%
United States	232,556,016.00	65,476,522	28.20%

Percent Adults with High Blood Pressure

● Report Location (42.30%)
● Alabama (34.30%)
● United States (28.20%)

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the Health Indicators Warehouse. US Department of Health & Human Services, Health Indicators Warehouse. 2006-12. Source geography: County
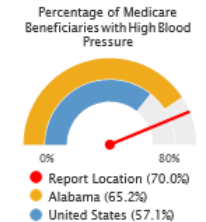
Health Outcomes: Chronic Conditions - High Blood Pressure (Medicare Population)

In the report area, there were 8,948 cases with High Blood Pressure out of the 12,776 total Medicare Fee-for-Service beneficiaries. This 70.0% is greater than the state's reported 65.2%.

Report Area	Total Medicare Fee-for-Service Beneficiaries	Beneficiaries with High Blood Pressure	Beneficiaries with High Blood Pressure, Percent
Report Location	12,776	8,948	**70.0%**
Walker County, AL	8,468	5,926	70.0%
Winston County, AL	4,308	3,022	70.1%
Alabama	579,331	377,868	65.2%
United States	33,725,823	19,269,721	57.1%

Percentage of Medicare Beneficiaries with High Blood Pressure

● Report Location (70.0%)
● Alabama (65.2%)
● United States (57.1%)

Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS Geographic Variation Public Use File . 2017. Source geography: County
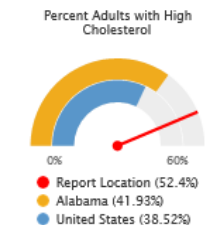
Health Outcomes: Chronic Conditions - High Cholesterol (Adult)

This indicator reports the percentage of adults aged 18 and older who self-report that they have ever been told by a doctor, nurse, or other health professional that they had high blood cholesterol.

Report Area	Survey Population (Adults Age 18+)	Total Adults with High Cholesterol	Percent Adults with High Cholesterol
Report Location	53,572	28,066	**52.4%**
Walker County, AL	43,138	23,468	54.40%
Winston County, AL	10,434	4,598	44.07%
Alabama	2,825,419	1,184,716	41.93%
United States	180,861,326	69,662,357	38.52%

Percent Adults with High Cholesterol

● Report Location (52.4%)
● Alabama (41.93%)
● United States (38.52%)

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Additional data analysis by CARES. 2011-12. Source geography: County
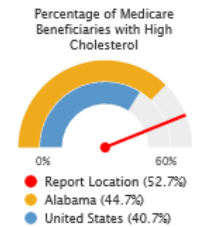
Health Outcomes: Chronic Conditions - High Cholesterol (Medicare Population)

This indicator reports the percentage of the Medicare fee-for-service population with hyperlipidemia, which is typically associated with high cholesterol.

Report Area	Total Medicare Fee-for-Service Beneficiaries	Beneficiaries with High Cholesterol	Percent with High Cholesterol
Report Location	12,776	6,728	**52.7%**
Walker County, AL	8,468	4,585	54.1%
Winston County, AL	4,308	2,143	49.7%
Alabama	579,331	258,734	44.7%
United States	33,725,823	13,714,033	40.7%

Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS Geographic Variation Public Use File . 2017. Source geography: County
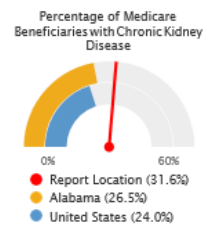
Health Outcomes: Chronic Conditions - Kidney Disease (Medicare Population)

This indicator reports the percentage of the Medicare fee-for-service population with Kidney Disease.

Report Area	Total Medicare Fee-for-Service Beneficiaries	Beneficiaries with Chronic Kidney Disease	Percentage with Chronic Kidney Disease
Report Location	12,776	4,035	**31.6%**
Walker County, AL	8,468	2,970	35.1%
Winston County, AL	4,308	1,065	24.7%
Alabama	579,331	153,578	26.5%
United States	33,725,823	8,098,278	24.0%

Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS Geographic Variation Public Use File . 2017. Source geography: County
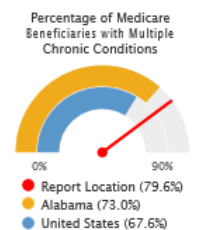
Health Outcomes: Chronic Conditions - Multiple Chronic Conditions (Medicare Population)

In the report area, there were 10,196 cases with multiple chronic conditions out of the 12,815 total Medicare Fee-for-Service beneficiaries. This 79.6% is greater than the state's reported 73.0%.

Report Area	Total Medicare Fee-for-Service Beneficiaries	Beneficiaries with 2 or More Chronic Conditions	Beneficiaries with 2 or More Chronic Conditions, Percent
Report Location	12,815	10,196	**79.6%**
Walker County, AL	8,494	6,821	80.3%
Winston County, AL	4,321	3,375	78.1%
Alabama	581,381	424,408	73.0%
United States	33,834,314	22,871,996	67.6%

Note: This indicator is compared to the state average.
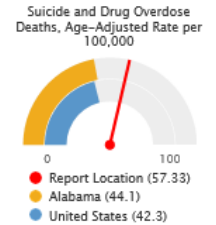Data Source: Centers for Medicare and Medicaid Services. 2017. Source geography: County

Health Outcomes: Deaths of Despair (Suicide + Drug/Alcohol Poisoning)

This indicator reports the rate of death due to intentional self-harm (suicide), alcohol-related disease, and drug overdoses per 100,000 population. Figures are reported as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available.

In the report area, there were an average of 55 deaths of despair annually among the total population of 88,543. The age adjusted death rate of 57.33 per every 100,000 people is greater than the state's reported rate of 44.1.

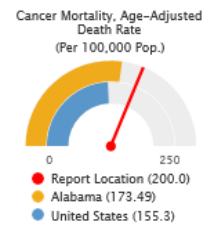| Report Area	Total Population	Average Annual Deaths, 2013-2017	Crude Death Rate (Per 100,000 Pop.)	Age-Adjusted Death Rate (Per 100,000 Pop.)
Report Location	88,543	55	61.89	57.33
Walker County, AL	64,700	45	69.2	64.8
Winston County, AL	23,843	10	41.9	37.2
Alabama	4,866,855	2,264	46.5	44.1
United States	323,258,000	143,800	44.5	42.3

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2014-18. Source geography: County

Suicide and Drug Overdose Deaths, Age–Adjusted Rate per 100,000
- Report Location (57.33)
- Alabama (44.1)
- United States (42.3)

Health Outcomes: Mortality - Cancer

This indicator reports the rate of death due to malignant neoplasm (cancer) per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available. This indicator is relevant because cancer is a leading cause of death in the United States.

In the report area, there were 251 average annual deaths due to cancer among the total population of 88,543. The age adjusted death rate of 200.0 per every 100,000 people is greater than the state's reported rate of 173.49.

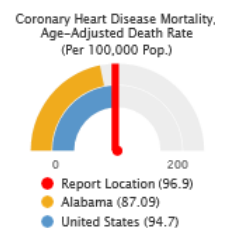| Report Area	Total Population	Average Annual Deaths, 2013-2017	Crude Death Rate (Per 100,000 Pop.)	Age-Adjusted Death Rate (Per 100,000 Pop.)
Report Location	88,543	251	283.7	200.0
Walker County, AL	64,700	192	296.8	213.6
Winston County, AL	23,843	59	248.3	163.4
Alabama	4,866,855	10,420	214.11	173.49
United States	323,258,000	596,810	184.6	155.3

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2014-18. Source geography: County

Cancer Mortality, Age–Adjusted Death Rate (Per 100,000 Pop.)
- Report Location (200.0)
- Alabama (173.49)
- United States (155.3)

Health Outcomes: Mortality - Coronary Heart Disease

Within the report area the rate of death due to coronary heart disease (ICD10 Codes I20-I25) per 100,000 population is 96.9. This rate is less than the Healthy People 2020 target of less than or equal to 103.4.

Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available. This indicator is relevant because heart disease is a leading cause of death in the United States.

Report Area	Total Population	Average Annual Deaths, 2013-2017	Crude Death Rate (Per 100,000 Pop.)	Age-Adjusted Death Rate (Per 100,000 Pop.)
Report Location	88,543	113	127.8	96.9
Walker County, AL	64,700	84	130.4	102.8
Winston County, AL	23,843	29	120.8	81.2
Alabama	4,866,855	5,085	104.48	87.09
United States	323,258,000	365,301	113.0	94.7

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2014-18. Source geography: County

Coronary Heart Disease Mortality, Age–Adjusted Death Rate (Per 100,000 Pop.)
- Report Location (96.9)
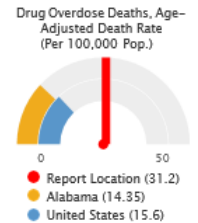- Alabama (87.09)
- United States (94.7)

Health Outcomes: Mortality - Drug Poisoning

rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available.

In the report area, there were 21 average annual deaths due to drug poisoning among the total population of 89,607. The age adjusted death rate of 31.2 per every 100,000 people is greater than the state's reported rate of 14.35.

Report Area	Total Population	Average Annual Deaths, 2013-2017	Crude Death Rate (Per 100,000 Pop.)	Age-Adjusted Death Rate (Per 100,000 Pop.)
Report Location	89,607	21	23.4	**31.2**
Walker County, AL	65,590	19	28.7	31.2
Winston County, AL	24,017	2	9.2	Suppressed
Alabama	4,845,480	675	13.93	14.35
United States	318,689,254	49,715	15.6	15.6

Drug Overdose Deaths, Age–Adjusted Death Rate (Per 100,000 Pop.)
Report Location (31.2)
Alabama (14.35)
United States (15.6)

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2014-18. Source geography: County
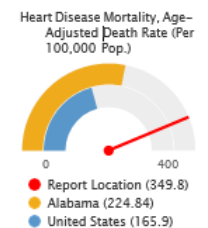
Health Outcomes: Mortality - Heart Disease

Within the report area the rate of death due to heart disease (ICD10 Codes I00-I09, I11, I13, I20-I151) per 100,000 population is 349.8. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available. This indicator is relevant because heart disease is a leading cause of death in the   United States.

Report Area	Total Population	Average Annual Deaths, 2013-2017	Crude Death Rate (Per 100,000 Pop.)	Age-Adjusted Death Rate (Per 100,000 Pop.)
Report Location	88,543	396	447.7	**349.8**
Walker County, AL	64,700	319	493.0	395.4
Winston County, AL	23,843	77	324.6	226.0
Alabama	4,866,855	12,971	266.53	224.84
United States	323,258,000	637,258	197.1	165.9

Heart Disease Mortality, Age–Adjusted Death Rate (Per 100,000 Pop.)
Report Location (349.8)
Alabama (224.84)
United States (165.9)

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2014-18. Source geography: County
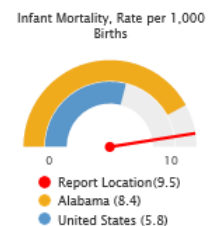
Health Outcomes: Mortality - Infant Mortality (CDC)

This indicator reports information about infant mortality. Data are available for counties with ten or more deaths during the report period. In the report area, 51 infant deaths occurred during the 2012-18 seven-year period. The infant mortality rate was 9.5, which is higher than the statewide rate of 8.4.

Report Area	Number of Infant Deaths	Deaths per 1,000 Live Births
Report Location	51	**9.5**
Walker County, AL	51	9.5
Winston County, AL	No data	No data
Alabama	6,498	8.4
United States	307,478	5.8

Infant Mortality, Rate per 1,000 Births
Report Location(9.5)
Alabama (8.4)
United States (5.8)

Note: This indicator is compared to the state average.
Data Source: University of Wisconsin Population Health Institute, County Health Rankings & Roadmap. 2012-2018. Source geography: County

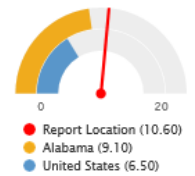## Health Outcomes: Mortality - Infant Mortality (HRSA)

This indicator reports the rate of deaths to infants less than one year of age per 1,000 births. This indicator is relevant because high rates of infant mortality indicate the existence of broader issues pertaining to access to care and maternal and child health.

Report Area	Total Births	Infant Deaths	Infant Mortality Rate (Per 1,000 Births)
Report Location	5,475	58	10.60
Walker County, AL	4,200	45	10.80
Winston County, AL	1,275	13	10.50
Alabama	311,820	2,838	9.10
United States	20,913,535	136,369	6.50

Note: This indicator is compared to the state average.
Data Source: US Department of Health & Human Services, Health Resources and Services Administration, Area Health Resource File. 2006-10. Source geography: County

Health Outcomes: Mortality - Life Expectancy
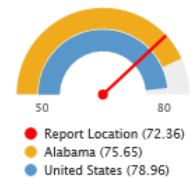
This indicator reports the average life expectancy at birth.

Report Area	Total Population (2014)	Life Expectancy at Birth (2014)
Report Location	89,473	72.36
Walker County, AL	65,336	71.57
Winston County, AL	24,137	74.51
Alabama	4,842,481	75.65
United States	318,386,421	78.96

Note: This indicator is compared to the state average.
Data Source: Institute for Health Metrics and Evaluation. 2017. Source geography: County

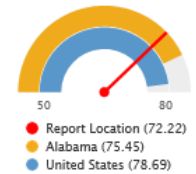## Health Outcomes: Mortality - Life Expectancy (Census Tract)

This indicator reports the average life expectancy at birth.

Report Area	Total Population (2011-2015)	Life Expectancy at Birth (2010-15)
Report Location	90,053	72.22
Walker County, AL	65,923	71.35
Winston County, AL	24,130	74.85
Alabama	4,830,620	75.45
United States	320,098,094	78.69

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention and the National Center for Health Statistics, U.S. Small-Area Life Expectancy Estimates Project. 2010-15. Source geography: Tract
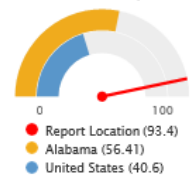
Health Outcomes: Mortality - Lung Disease

This indicator reports the rate of death due to chronic lower respiratory disease per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available. This indicator is relevant because lung disease is a leading cause of death in the United States.

Report Area	Total Population	Average Annual Deaths, 2013-2017	Crude Death Rate (Per 100,000 Pop.)	Age-Adjusted Death Rate (Per 100,000 Pop.)
Report Location	88,543	118	133.3	93.4
Walker County, AL	64,700	79	122.4	88.7
Winston County, AL	23,843	39	162.7	105.9
Alabama	4,866,855	3,347	68.77	56.41
United States	323,258,000	155,285	48.0	40.6

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2014-18. Source geography: County
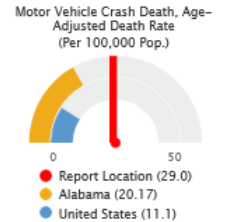
Health Outcomes: Mortality - Motor Vehicle Crash

This indicator reports the rate of death due to motor vehicle crashes per 100,000 population, which include collisions with another motor vehicle, a nonmotorist, a fixed object, and a non-fixed object, an overturn, and any other non-collision. This indicator is relevant because motor vehicle crash deaths are preventable and they are a cause of premature death.

In the report area, there were 26 average annual deaths due to motor vehicle crashes among the total population of 88,543. The age adjusted death rate of 29.0 per every 100,000 people is greater than the state's reported rate of 20.17.

Report Area	Total Population	Average Annual Deaths, 2013-2017	Crude Death Rate (Per 100,000 Pop.)	Age-Adjusted Death Rate (Per 100,000 Pop.)
Report Location	88,543	26	29.6	**29.0**
Walker County, AL	64,700	19	29.7	30.2
Winston County, AL	23,843	7	29.4	26.0
Alabama	4,866,855	994	20.42	20.17
United States	323,258,000	37,059	11.5	11.1

Motor Vehicle Crash Death, Age–Adjusted Death Rate (Per 100,000 Pop.)
- Report Location (29.0)
- Alabama (20.17)
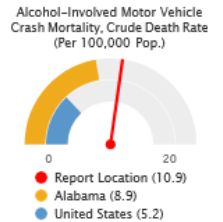- United States (11.1)

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2014-18. Source geography: County

Health Outcomes: Mortality - Motor Vehicle Crash, Alcohol-Involved

Motor vehicle crash deaths are preventable and are a leading cause of death among young persons. In the report area, there were 30 persons killed in motor vehicle crashes involving alcohol during the multi-year report period. The annual (crude) mortality rate for   the report area is 10.9, which is higher than the state average of 8.9.
Note: Fatality counts are based on the location of the crash and not the decedent's residence.

Report Area	Total Population (2010)	Alcohol-Involved Crash Deaths (2014-2018)	Alcohol-Involved Crash Deaths, Annual Rate per 100,000 Pop.
Report Location	91,507	30	**10.9**
Walker County, AL	67,023	24	11.9
Winston County, AL	24,484	6	8.2
Alabama	4,779,736	1,283	8.9
United States	312,443,997	48,806	5.2

Alcohol–Involved Motor Vehicle Crash Mortality, Crude Death Rate (Per 100,000 Pop.)
- Report Location (10.9)
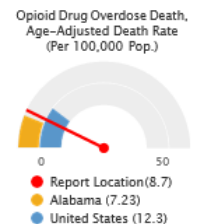- Alabama (8.9)
- United States (5.2)

Note: This indicator is compared to the state average.
Data Source: US Department of Transportation, National Highway Traffic Safety Administration, Fatality Analysis Reporting System. 2014-2018. Source geography: Address

Health Outcomes: Mortality - Opioid Overdose Deaths

This indicator reports the rate of death due to opioid drug overdose per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available.

Report Area	Total Population	Average Annual Deaths, 2013-2017	Crude Death Rate (Per 100,000 Pop.)	Age-Adjusted Death Rate (Per 100,000 Pop.)
Report Location	88,543	5	8.0	**8.7**
Walker County, AL	64,700	5	8.0	8.7
Winston County, AL	23,843	No data	-1.0	Suppressed
Alabama	4,866,855	337	6.92	7.23
United States	323,258,000	39,424	12.2	12.3

Opioid Drug Overdose Death, Age–Adjusted Death Rate (Per 100,000 Pop.)
- Report Location(8.7)
- Alabama (7.23)
- United States (12.3)

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2014-18. Source geography: County

Health Outcomes: Mortality - Premature Death

This indicator reports Years of Potential Life Lost (YPLL) before age 75 per 100,000 population for all causes of death, age-adjusted to the 2000 standard. YPLL measures premature death and is calculated by subtracting the age of death from the 75-year benchmark. This indicator is relevant because a measure of premature death can provide a unique and comprehensive look at overall health status.

In the report area, there were 2,190 premature deaths, leading to the loss of 34,086 potential years of life. The rate of years lost is 14,044 per every 100,000 people, which is greater than the state's loss rate of 9,956.

Report Area	Premature Deaths, 2016-2018	Years of Potential Life Lost, 2016-2018 Average	Years of Potential Life Lost, Rate per 100,000 Population
Report Location	2,190	34,086	14,044
Walker County, AL	1,675	27,038	15,206
Winston County, AL	515	7,049	10,860
Alabama	163,582	2,716,014	9,956
United States	7,616,614	127,141,260	6,977

Years of Potential Life Lost, Rate per 100,000 Population

- Report Location (14,044)
- Alabama (9,956)
- United States (6,977)

Note: This indicator is compared to the state average.
Data Source: University of Wisconsin Population Health Institute, County Health Rankings. 2016-2018. Source geography: County
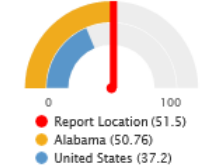
Health Outcomes: Mortality - Stroke

Within the report area there are an estimated 51.5 deaths due to cerebrovascular disease (stroke) per 100,000 population. This is greater than the Healthy People 2020 target of less than or equal to 33.8. Figures are reported as crude rates, and as rates age- adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available. This indicator is relevant because stroke is a leading cause of death in the United States.

Report Area	Total Population	Average Annual Deaths, 2013-2017	Crude Death Rate (Per 100,000 Pop.)	Age-Adjusted Death Rate (Per 100,000 Pop.)
Report Location	88,543	60	67.5	51.5
Walker County, AL	64,700	43	66.5	52.4
Winston County, AL	23,843	17	70.5	49.0
Alabama	4,866,855	2,917	59.94	50.76
United States	323,258,000	141,952	43.9	37.2

Stroke Mortality, Age–Adjusted Death Rate (Per 100,000 Pop.)

- Report Location (51.5)
- Alabama (50.76)
- United States (37.2)

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2014-18. Source geography: County
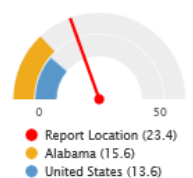
Health Outcomes: Mortality - Suicide

This indicator reports the rate of death due to intentional self-harm (suicide) per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available. This indicator is relevant because suicide is an indicator of poor mental health.

In the report area, there were 19 average annual deaths due to suicide among the total population of 88,543. The age adjusted death rate of 23.4 per every 100,000 people is greater than the state's reported rate of 15.6.

Report Area	Total Population	Average Annual Deaths, 2013-2017	Crude Death Rate (Per 100,000 Pop.)	Age-Adjusted Death Rate (Per 100,000 Pop.)
Report Location	88,543	19	21.9	23.4
Walker County, AL	64,700	16	24.1	23.4
Winston County, AL	23,843	4	15.9	Suppressed
Alabama	4,866,855	782	16.1	15.6
United States	323,258,000	45,500	14.1	13.6

Suicide, Age–Adjusted Death Rate (Per 100,000 Pop.)

- Report Location (23.4)
- Alabama (15.6)
- United States (13.6)

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2014-18. Source geography: County
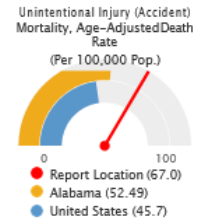
Health Outcomes: Mortality - Unintentional Injury

This indicator reports the rate of death due to unintentional injury (accident) per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are resummarized for report areas from county level data, only where data is available. This indicator is relevant because accidents are a leading cause of death in the U.S.

In the report area, there were 63 average annual deaths due to accidents among the total population of 88,543. The age adjusted death rate of 67.0 per every 100,000 people is greater than the state's reported rate of 52.49.

Report Area	Total Population	Average Annual Deaths, 2013-2017	Crude Death Rate (Per 100,000 Pop.)	Age-Adjusted Death Rate (Per 100,000 Pop.)
Report Location	88,543	63	70.7	**67.0**
Walker County, AL	64,700	49	76.0	73.6
Winston County, AL	23,843	13	56.2	49.3
Alabama	4,866,855	2,631	54.06	52.49
United States	323,258,000	156,187	48.3	45.7

Unintentional Injury (Accident) Mortality, Age–Adjusted Death Rate (Per 100,000 Pop.)
- Report Location (67.0)
- Alabama (52.49)
- United States (45.7)

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2014-18. Source geography: County
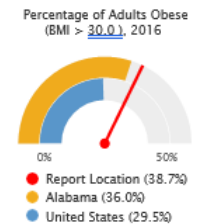
Health Outcomes: Obesity

38.7% of adults aged 20 and older self-report that they have a Body Mass Index (BMI) greater than 30.0 (obese) in the report area. Excess weight may indicate an unhealthy lifestyle and puts individuals at risk for further health issues.

Report Area	Population Age 20+	Adults with BMI > 30.0 (Obese)	Adults with BMI > 30.0 (Obese), Percent
Report Location	66,790	25,617	**38.7%**
Walker County, AL	48,414	19,075	39.8%
Winston County, AL	18,376	6,542	35.7%
Alabama	3,653,314	1,320,006	36.0%
United States	243,101,202	72,159,365	29.5%

Percentage of Adults Obese (BMI > 30.0), 2016
- Report Location (38.7%)
- Alabama (36.0%)
- United States (29.5%)

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. 2017. Source geography: County

Health Outcomes: Poor Mental Health Days

This indicator reports the average number of self-reported physically unhealthy days in past 30 days among adults (age-adjusted).
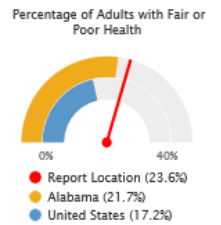
Report Area	Population Age 20+	Average Poor Mental Health Days per Month
Report Location	20,459	5.3
Walker County, AL	15,200	5.4
Winston County, AL	5,259	5.0
Alabama	1,232,042	4.8
United States	85,322,148	4.0

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via County Health Rankings. 2020. Source geography: County

Health Outcomes: Poor or Fair Health

This indicator reports the percentage of adults age 18 and older who self-report having poor or fair health. This indicator is relevant because it is a measure of general poor health status.

Report Area	Population Age 20+	Adults with Poor or Fair Health	Percentage of Adults with Poor or Fair Health
Report Location	20,459	4,832	23.6%
Walker County, AL	15,200	3,705	24.4%
Winston County, AL	5,259	1,127	21.4%
Alabama	2,464,084	535,108	21.7%
United States	170,662,372	29,402,007	17.2%

Percentage of Adults with Fair or Poor Health
- Report Location (23.6%)
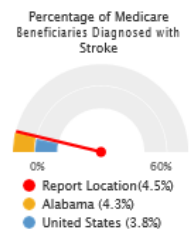- Alabama (21.7%)
- United States (17.2%)

Note: This indicator is compared to the state average.
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via County Health Rankings. 2020. Source geography: County

Health Outcomes: Stroke (Medicare Population)

In the report area, there were 570 diagnoses of stroke out of the 12,776 total Medicare Fee-for-Service beneficiaries. This 4.5% is greater than the state's reported 4.3%.

Report Area	Total Medicare Fee-for-Service Beneficiaries	Beneficiaries Diagnosed with Stroke	Percent Diagnosed with Stroke
Report Location	12,776	570	4.5%
Walker County, AL	8,468	396	4.7%
Winston County, AL	4,308	174	4.0%
Alabama	579,331	24,680	4.3%
United States	33,725,823	1,275,072	3.8%

Percentage of Medicare Beneficiaries Diagnosed with Stroke
- Report Location (4.5%)
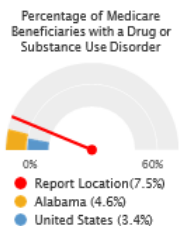- Alabama (4.3%)
- United States (3.8%)

Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS Geographic Variation Public Use File . 2017. Source geography: County

Health Outcomes: Substance Use Disorder (Medicare Population)

This indicator reports the percentage of the Medicare fee-for-service population with Substance Use Disorder.

Report Area	Total Medicare Fee-for-Service Beneficiaries	Beneficiaries with Drug/Substance Use Disorder	Percentage with Drug/Substance Use Disorder
Report Location	12,776	955	7.5%
Walker County, AL	8,468	542	6.4%
Winston County, AL	4,308	413	9.6%
Alabama	579,331	26,582	4.6%
United States	33,725,823	1,137,437	3.4%

Percentage of Medicare Beneficiaries with a Drug or Substance Use Disorder
- Report Location (7.5%)
- Alabama (4.6%)
- United States (3.4%)

Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS Geographic Variation Public Use File . 2017. Source geography: County
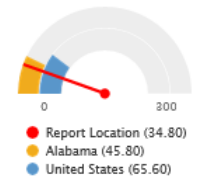
Healthcare Workforce: Access to Care - Dentists

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

Report Area	Total Population, 2015	Dentists, 2015	Dentists, Rate per 100,000 Pop.
Report Location	89,171.00	31.00	**34.80**
Walker County, AL	65,294.00	27.00	41.35
Winston County, AL	23,877.00	4.00	16.75
Alabama	4,858,979.00	2,224.00	45.80
United States	321,418,820.00	210,832.00	65.60

Dentists, Rate per 100,000 Pop.
- Report Location (34.80)
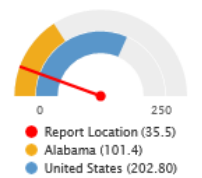- Alabama (45.80)
- United States (65.60)

Healthcare Workforce: Access to Care - Mental Health

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

Report Area	Estimated Population	Number of Mental Health Providers	Ratio of Mental Health Providers to Population (1 Provider per x Persons)	Mental Health Care Provider Rate (Per 100,000 Population)
Report Location	87,371	31	2,818.4	**35.5**
Walker County, AL	63,711	29	2,196.9	45.5
Winston County, AL	23,660	2	11,830	8.5
Alabama	9,752,927	9,893	985.8	101.4
United States	317,105,555.00	643,219.00	493.00	202.80

Mental Health Care Provider Rate (Per 100,000 Population)
- Report Location (35.5)
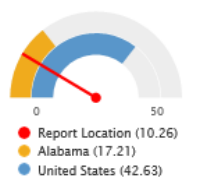- Alabama (101.4)
- United States (202.80)

Healthcare Workforce: Access to Care - Mental Health Providers

This indicator reports the number of providers with a CMS National Provider Identifier (NPI) that specialize in mental health. Mental health providers include licensed clinical social workers and other credentialed professionals specializing in psychiatry, psychology, counselling, or child, adolescent, or adult mental health. The number of facilities that specialize in mental health are also listed (but are not included in the calculated rate). Data are from the latest Centers for Medicare and Medicaid Services (CMS) National Provider Identifier (NPI) downloadable file.

Report Area	Total Population (2017)	Number of Facilities	Number of Providers	Providers, Rate per 100,000 Population
Report Location	87,680	4	9	**10.26**
Walker County, AL	63,935	4	9	14.08
Winston County, AL	23,745	0	0	0.00
Alabama	9,750,240	315	1,678	17.21
United States	650,294,242	32,677	277,197	42.63

Mental Health Care Providers, Rate per 100,000 Population
- Report Location (10.26)
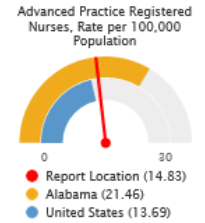- Alabama (17.21)
- United States (42.63)

Healthcare Workforce: Access to Care - Nurse Practitioners
This indicator reports the number of nurses with a CMS National Provider Identifier (NPI). Nurse counted for this indicator include all advanced practice registered nurses (APRNs) and nurse practitioners, regardless of sub-specialty. Data are from the latest Centers for Medicare and Medicaid Services (CMS) National Provider Identifier (NPI) downloadable file. There are a total 13 nurse practitioners in the report area, with a rate of 14.83 per 100,000 population.

Report Area	Total Population (2017)	Number of Facilities	Number of Providers	Providers, Rate per 100,000 Population
Report Location	87,680	1	13	**14.83**
Walker County, AL	63,935	0	11	17.20
Winston County, AL	23,745	1	2	8.42
Alabama	9,750,240	84	2,092	21.46
United States	650,294,242	4,479	89,031	13.69

Advanced Practice Registered Nurses, Rate per 100,000 Population

- Report Location (14.83)
- Alabama (21.46)
- United States (13.69)

Note: This indicator is compared to the state average.
Data Source: Centers for Medicare and Medicaid Services, CMS Geographic Variation Public Use File . February, 2020. Source geography: Address

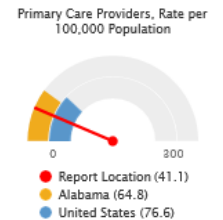**Healthcare Workforce: Access to Care - Primary Care**
This indicator reports the number of primary care physicians per 100,000 population. Doctors classified as "primary care physicians" by the AMA include: General Family Medicine MDs and DOs, General Practice MDs and DOs, General Internal Medicine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

Within the report area there are 36 primary care physicians serving a population of 87,680. This means there is a rate of 41.1 primary care physicians for every 100,000 people.

Report Area	Total Population (2017)	Primary Care Physicians (2017)	Primary Care Physicians, Rate per 100,000 Pop.
Report Location	87,680	36	**41.1**
Walker County, AL	63,935	26	40.67
Winston County, AL	23,745	10	42.11
Alabama	4,875,120	3,160	64.8
United States	325,147,121	249,103	76.6

Primary Care Providers, Rate per 100,000 Population

- Report Location (41.1)
- Alabama (64.8)
- United States (76.6)

Note: This indicator is compared to the state average.
Data Source: US Department of Health & Human Services, Health Resources and Services Administration, Area Health Resource File. 2017. Source geography: County
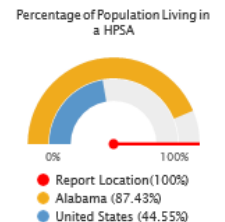
Healthcare Workforce: Health Professional Shortage Areas - Dental Care
This indicator reports the percentage of the population that is living in a geographic area designated as a "Health Professional Shortage Area" (HPSA), defined as having a shortage of dental health professionals. This indicator is relevant because a shortage of health professionals contributes to access and health status issues.

Report Area	Total Area Population	Population Living in a HPSA	Percentage of Population Living in a HPSA
Report Location	91,507	91,507	**100%**
Walker County, AL	67,023	67,023	100%
Winston County, AL	24,484	24,484	100%
Alabama	4,779,736	4,178,894	87.43%
United States	308,745,538	137,561,125	44.55%

Percentage of Population Living in a HPSA

- Report Location(100%)
- Alabama (87.43%)
- United States (44.55%)

Note: This indicator is compared to the state average.
Data Source: US Department of Health & Human Services, Health Resources and Services Administration, Health Resources and Services Administration. February 2019. Source geography: HPSA

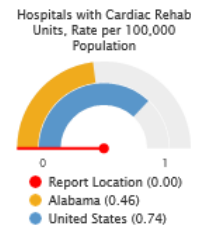**Healthcare Workforce: Hospitals with Cardiac Rehabilitation Units**

This indicator reports the number of hospitals with Cardiac Rehabilitation Units in the report area. This indicator is relevant because hospitals are community assets that provide health care to vulnerable populations.

Within the report area, there are 0 of these hospitals to serve the area's 91,507 total population.

Report Area	Total Population (2010)	Hospitals with Cardiac Rehab Units	Hospitals, Rate per 100,000 Population
Report Location	91,507	0	**0.00**
Walker County, AL	67,023	0	0.00
Winston County, AL	24,484	0	0.00
Alabama	4,779,736	22	0.46
United States	312,471,327	2,301	0.74

Hospitals with Cardiac Rehab Units, Rate per 100,000 Population

● Report Location (0.00)
● Alabama (0.46)
● United States (0.74)

Note: This indicator is compared to the state average.
Data Source: US Department of Health & Human Services, Center for Medicare & Medicaid Services, Provider of Services File. 2018. Source geography: Address
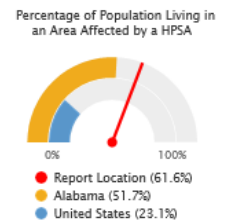
Healthcare Workforce: Population Living in a Health Professional Shortage Area

This indicator reports the percentage of the population that is living in a geographic area designated as a "Health Professional Shortage Area" (HPSA), defined as having a shortage of primary medical care, dental or mental health professionals. This indicator is relevant because a shortage of health professionals contributes to access and health status issues.

Report Area	Total Population (ACS 2017 5-Year Estimates)	Population Living in an Area Affected by a HPSA	Percentage of Population Living in an Area Affected by a HPSA	Percentage of HPSA Population Underserved
Report Location	88,368	54,453	**61.6%**	33.6%
Walker County, AL	64,493	30,773	47.7%	30.2%
Winston County, AL	23,875	23,680	99.2%	37.9%
Alabama	4,864,680	2,512,877	51.7%	39.8%
United States	322,903,030	74,701,828	23.1%	53.7%

Percentage of Population Living in an Area Affected by a HPSA

● Report Location (61.6%)
● Alabama (51.7%)
● United States (23.1%)

Note: This indicator is compared to the state average.
Data Source: US Department of Health & Human Services, Health Resources and Services Administration, Health Resources and Services Administration. February 2019. Source geography: HPSA
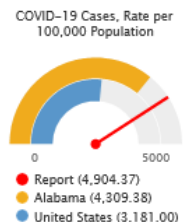
COVID-19: Confirmed Cases

This indicator reports incidence rate of confirmed COVID-19 cases per 100,000 population. Data for this indicator are updated daily and derived from the Johns Hopkins University data feed.

In the report area, there have been 4,285 total confirmed cases of COVID-19. The rate of confirmed cases is 4,904.37 per 100,000 population, which is greater than the state average of 4,309.38. Data are current as of 11/12/2020 7:25:32 PM (CDT).

Report Area	Total Population	Total Confirmed Cases	Confirmed Cases, Rate per 100,000 Population	Last Update (CDT)
Report Location	87,371	4,285	**4,904.37**	11/12/2020 7:25:32 PM
Walker County, AL	63,711	3,203	5,027.39	11/12/2020 7:25:32 PM
Winston County, AL	23,660	1,082	4,573.12	11/12/2020 7:25:32 PM
Alabama	4,887,871	210,637	4,309.38	11/12/2020 7:25:32 PM
United States	326,262,499	10,378,422	3,181.00	11/12/2020 7:25:32 PM

COVID-19 Cases, Rate per 100,000 Population

● Report (4,904.37)
● Alabama (4,309.38)
● United States (3,181.00)

Note: This indicator is compared to the state average.
Data Source: Johns Hopkins University. Accessed via ESRI. Additional data analysis by CARES. 2020. Source geography: County
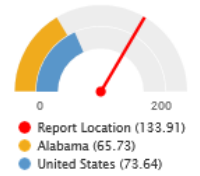
COVID-19: Mortality

In the report area, there have been 117 total deaths among patients with confirmed cases of the coronavirus disease COVID-19. The mortality rate in the report area is 133.91 per 100,000 population, which is greater than the state average of 65.73. Data are current as of 11/12/2020 7:25:32 PM (CDT).

Report Area	Total Population	Total Deaths	Deaths, Rate per 100,000 Population	Last Update (CDT)
Report Location	87,371	117	133.91	11/12/2020 7:25:32 PM
Walker County, AL	63,711	96	150.68	11/12/2020 7:25:32 PM
Winston County, AL	23,660	21	88.76	11/12/2020 7:25:32 PM
Alabama	4,887,871	3,213	65.73	11/12/2020 7:25:32 PM
United States	326,262,499	240,258	73.64	11/12/2020 7:25:32 PM

COVID–19 Deaths, Crude Rate per 100,000 Population

● Report Location (133.91)
● Alabama (65.73)
● United States (73.64)

Note: This indicator is compared to the state average.
Data Source: Johns Hopkins University. Accessed via ESRI. Additional data analysis by CARES. 2020. Source geography: County

OBJECTIVES AND STRATEGIES

Introduction

Capstone Rural Health Center (CRHC), a Federally Qualified Health Center, is far more than just healthcare providers. CRHC is deeply rooted in the community, dedicated to nourishing and enriching the overall quality of life for CRHC patients. Since 2001, CRHC has been a leading health care provider, providing comprehensive primary care services that treat illness and promote and maintain health, to individuals who are medically underserved or face barriers to needed care. CRHC incorporates prevention and health promotion, treatment of illness, and management of chronic disease—often all during the same visit.

FY 2021 – FY 2023 Plan

This document is a blueprint for CRHC as it addresses ongoing access and service delivery issues throughout an evolving healthcare system. The Strategic Plan reflects Capstone Rural Health Center's commitment to build upon past successes while advancing its mission, vision, and values to improve health access and achieve health equity through access to patient centered quality healthcare services, a skilled health workforce, and innovative programs. The Strategic Plan sets forth five goals.

> Goal 1: Improve Access to High Quality Healthcare and Services
> Goal 2: Strengthen Health Workforce
> Goal 3: Build Healthier Communities
> Goal 4: Maintain Operational Excellence
> Goal 5: Support Organizational Development

Key Highlights:

- Because of their continuing relevance, the first three goals are the same as those in CRHC's *Strategic Plan 2016-2018* and *2018-2020*. Objectives and strategies have been updated.
- The fourth goal from CRHC's *Strategic Plan 2018-2020*, *Improve Health Equity*, was moved to the third goal. This supports the goal to integrate health equity into quality assurance processes.
- Goals five and six in CRHC's *Strategic Plan 2018-2020*, *Strengthen Program Management* and *Maintain Financial Stability* were important as CRHC improved and strengthened operation and program efficiency. For CRHC's *Strategic Plan 2021-2023*, the goals were combined and modified to acknowledge and continue operational excellence.
- Finally, the fifth goal was created to focus on growth strategy as CRHC experiences significant growth and anticipates additional growth over the next three years.

For each of these goals, objectives and strategies are outlined. The Strategic Plan presents objectives reflecting important changes and outcomes that CRHC plans to achieve, and key strategies that indicate the main approaches CRHC intends to take to reach these objectives.

The Strategic Plan will aid in planning and resource allocation decisions over the next three years to align with the U.S. Department of Health and Human Services' *Strategic Plan 2019-2022*. The CRHC Strategic Plan is a dynamic document to which changes may be made as the Board of Directors of Capstone Rural Health Center adjust to new circumstances, while keeping focus on the meeting the needs of the communities and patient population it serves.

GOAL 1 | Improve Access to High Quality Health Care and Services

Objective 1.A.: Improve capacity & strength of Capstone Rural Health Center

How We Will Accomplish Our Objective:

- ❖ Seek opportunities to increase the number of healthcare access points in areas with identified need to expand the availability of services to underserved, disadvantaged, and geographically isolated populations.

- ❖ Continue to expand, grow, or strengthen service lines beyond primary care based on identified community needs.
  - o Pharmacy Services: Prioritize opening at Arley, Jasper.
  - o Transportation Services
  - o Case Management
  - o Health Education
  - o Optometry Services:
  - o Dental Services
  - o Behavioral Health
  - o Telehealth
  - o Enrollment Assistance:

- ❖ Continue to seek collaborations with partners including other Federally Qualified Health Centers that are contiguous and within our service area to maximize resources available.

- ❖ Continue to focus on patient-centered care delivery.

Objective 1.B.: Improve quality and efficiency of the health center

How We Will Accomplish Our Objective:

- ❖ Improve patient outcomes as reflected by clinical quality measures in order to attain performance-based awards.

- ❖ Improve provider knowledge of EMR in order to further the use of health information technology and subsequently improve quality measurement and reporting.

- ❖ Continue to use the Quality Assurance Committee to drive clinical, operational, and financial excellence. Engage QA Committee in decision-making for process improvements.

- ❖ Improve communications and responsiveness between the health care team and patients/or patient representative.
  - o Website / Social Media: Evaluate options for support/monitoring
  - o Phone Call Accessibility: Evaluate options for call center
  - o Scheduling: Evaluation options for call center
  - o Patient Portal: Promote utilization of portal
  - o Health Literacy

GOAL 2 | Strengthen Health Workforce

Objective 2.A.: Improve and maintain skillset and knowledge base of all Capstone Rural Health Center staff as a resource for the community at large to interact as a learning community.

How We Will Accomplish Our Objective:

- ❖ Improve communication between administration and clinical staff to remove existing barriers and empower employees.

- ❖ Continuously engage employees in learning opportunities that allows them to maximize their effectiveness and efficiencies in their respective positions ensuring the learning, enhancement, and updating of essential knowledge and skills, including
    - o cultural and linguistic appropriateness in care delivery;
    - o technical assistance, training, and other opportunities to help providers effectively use health information technology;
    - o and provider training and continuing education.

- ❖ Actively participate in opportunities with colleges and universities that seek clinical residencies with an emphasis on advanced practice nursing.

- ❖ Evaluate and improve capacity to effectively manage clinical residencies, placements, and volunteers.

- ❖ Support human resources recruitment activities to maximize recruitment and retention of high-quality professionals.

GOAL 3 | Build Healthier Communities

Objective 3.A.: Improve health within the service area by the use of community partnerships and collaboration with stakeholders.

How We Will Accomplish Our Objective:

- ❖ Develop and support partnerships with stakeholders in the health and non-health sectors in order to link people to services and resources that improve population health, with emphasis on new clinic sites in Winston County.

- ❖ Support the integration and coordination of public health with primary care, including behavioral and oral health services, to improve individual outcomes and overall population health.

Objective 3.B.: Promote continuous awareness and education regarding health promotion and disease prevention within the service area.

How We Will Accomplish Our Objective:

- ❖ Utilize available means (social media, local meetings, and events) to increase awareness of healthy living and disease prevention to improve individual and population health.

- ❖ Utilize resources to promote services offered by Health Center.

- ❖ Continue to implement innovative ways to remove community perception of free clinic and/or clinic for uninsured

- ❖ Explore innovative ways to balance one-time patient visits and promotion of whole-person care.

Objective 3.C.: Reduce disparities in access and quality of care to improve health outcomes across the service area.

How We Will Accomplish Our Objective:

- ❖ Focus resources and services on diseases and conditions with the greatest health disparities and promote outreach efforts to reach populations most affected.

- ❖ Incorporate evaluation of health equity measures into Quality Assurance Committee.

- ❖ Integrate cultural competency and education across all staff, lines of service, and policies as needs are identified by the QA committee.

- ❖ Improve provider knowledge of EMR in order to further the use of health information technology and subsequently improve quality measurement and reporting.

GOAL 4 | Maintain Operational Excellence

Objective 4.A.: Maintain efficiency and effectiveness of operations and strong risk management.

How We Will Accomplish Our Objective:

- ❖ Adhere to Compliance Manual with all HRSA Program Center Requirements for the Health Center Program.

- ❖ Maintain strong Corporate Compliance Program (inclusive but not limited to; HIPPA, FTCA, Billing, Fraud, False Claims, and miscellaneous regulatory matters), including annual report, committee, and risk management officer

- ❖ Continue to support the use of third-party consultants to conduct patient satisfaction surveys.

- ❖ Monitor operations' logistics, including scheduling, purchasing, building maintenance, etc., to ensure systems are functioning best for staff and patient engagement, especially as operations grow.

Objective 4.B.: Maintain financial resources at a comfortable level to fund CRHC mission.

How We Will Accomplish Our Objective:

- ❖ Maintain current financial oversight practices:
    - o Prepare financial reports routinely and accurately for appropriate utilization by the CRHC Board of Directors and management team.
    - o Maintain an active and engaged finance committee.
    - o Complete annual compliance audit successfully with no material findings noted.
    - o Maintain financial performance measures at acceptable levels.
    - o Maintain process for developing an annual capital budget.

- ❖ Continue utilization of third-party vendor to ensure providers are credentialed with all accepting insurance carriers.

- ❖ Prioritize growth of CRHC financial reserves.

- ❖ Monitor finance oversight logistics to ensure systems are functioning as operations grow, including consideration of controller role.

GOAL 5 | Support Organizational Development

Objective 5.A.: Establish strategies for organizational growth.

How We Will Accomplish Our Objective:

- ❖ Create decision-making process that allows key Directors to evaluate and deliberate on decisions that implicate CRHC operations, finances, and/or clinical practice.

- ❖ Engage organizational leaders and stakeholders to gather input on organizational strengths, challenges, and opportunities.

- ❖ Consider alternatives for organizational structure to support captured and potential (planned) growth, including prioritization of growth by department and additional leadership and coordination capacity.

- ❖ Explore opportunities to maintain and strengthen organizational culture and performance, including through employee onboarding, retention, and support.

- ❖ Define key messages for internal and external audiences and stakeholders that reinforce the organizational culture ("One Capstone") and patient service/community outreach.