

Rural Health Concerns Index
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Work Group on Health Promotion & Community Development
The University of Kansas

Access to Health Services

Emergency vehicles, such as ambulances, get to accidents quickly.

Basic health care, such as regular check ups, is available and affordable.

Schools provide basic health care services to students.

Financial help is available for people with chronic health problems.

Health insurance is available and affordable.

Screenings and other preventive health care services are available and affordable.

Vaccinations are available and affordable.

Hospice programs are available to people who are dying and their families.

People have access to basic health care services, including dental, eye exams, glasses, and orthodontic care as needed.

Evening and satellite clinics provide health care and mental health counseling services as needed.

Mental health problems are recognized and treated in our community.

Medical and dental treatment are available and affordable.

Emergency Medical Services are available.

People who need health care get it.

People have access to health and wellness information.

Adolescent Pregnancy

Teens do not practice premarital sex.

Schools provide age-appropriate information on human sexuality and the prevention of sexually-transmitted diseases.

Parents know how to talk to their children about human sexuality (issues such as reproduction, abstinence, and contraceptives).

Young people discourage each other from becoming pregnant or getting others pregnant.

Teens have access to affordable birth control through community clinics.

Our community encourages abstinence.

Schools offer supervised recreational and social activities for youth.

Parents closely monitor parties in their homes.

Teens know the risks involved with having unprotected sex, including pregnancy and sexually-transmitted diseases.

Teens have access to health care services (such as birth control, pregnancy testing, abortion, prenatal care) without requiring parental consent.

Teens are assured of confidentiality in provision of health care services.

Sexually active teens use birth control.

Teens have access to birth control and counseling through school-based clinics.

Youth understand the consequences of becoming a parent as a teen.

Teens have (or are helped to develop) short- and long-term goals or plans for the future.

Teens have skills in decision making and assertiveness to handle peer pressure.

All teens have access to jobs and education in our community.

Alcohol and Drug Abuse

People do not abuse drugs or alcohol.

People do not drink and drive.

Young people discourage their friends from drinking and driving.

Treatment for drug addictions is available and affordable.

People don't sell or use drugs in the community.

Teachers help students who abuse alcohol and other drugs.

Minors don't have access to alcohol in our community.

Public areas are well supervised to discourage young people from drinking, using, or selling drugs.

Laws against selling alcohol to minors are strictly enforced.

Community members work together to stop alcohol and drug use by teens.

Friends discourage each other from using drugs and alcohol.

Youth understand the effects of alcohol and drug abuse.

Schools provide effective and age-appropriate programs about alcohol and drug abuse.

School policies against drinking or using drugs on school grounds are strictly enforced.

Policies against using alcohol or drugs in the workplace are strictly enforced.

Alcoholism is recognized and treated.

Kids do not have access to drugs or alcohol.

Support groups are available for those who are addicted to alcohol or drugs.

Parents know how to talk to their kids about drugs and alcohol.

Communities work with police to keep drugs out of their neighborhoods.

Crack cocaine is not available.

A local detox and sober house are available regardless of ability to pay.

Kids help each other avoid using alcohol and drugs.

Parents, teachers, and youth cooperate in addressing alcohol and drug abuse.

Cancer

Teens and young adults don't smoke or chew tobacco.

Farmers avoid using chemicals known to cause cancer (such as pesticides on crops and hormones to livestock that are known carcinogens).

Herbicides, pesticides, and household chemicals are handled safely.

People get screened for colorectal, lung, breast, and prostate cancer.

People routinely perform self-exams (such as breast or testicle exams).

People get regular checkups to detect and prevent the spread of cancer.

People eat foods low in fat and high in fiber.

Public schools provide information about healthy lifestyles to prevent cancer.

Lower insurance rates are available for non-smokers.

Insurance companies offer lower rates for patients who practice healthy lifestyles.

Businesses encourage healthy behaviors while employees are at work (such as stop smoking clinics, eating healthy foods, and incentives for exercise).

Schools serve low fat, high fiber foods in their lunch programs.

Public buildings and places of employment prohibit smoking.

Regular checkups and early intervention procedures (such as breast exams and removal of tumors) are affordable.

Low-income people are able to buy foods low in fat and high in fiber.

Programs to help people stop smoking are available and affordable.

Support groups and networks are available for people who are dying and their families.

Communities promote health and wellness with free public events.

Smoking ordinances are strictly enforced.

Hospice programs are available for people who are dying of cancer.

State and local laws do not allow the sale of fresh fruits and vegetables that are sprayed with pesticides.

Cigarette vending machines are banned.

Minors cannot buy cigarettes or smokeless tobacco.

People know how to reduce their risk for cancer and heart disease.

Child Abuse, Domestic Violence, and Sexual Assault

Children are free from abuse and sexual assault.

Women are free from abuse from their spouses and mates.

Women are free from sexual assault.

Victims of child abuse get the help they need.

Victims of domestic violence get the help they need.

Victims of rape and sexual assault get the help they need.

Medical and emergency room personnel who treat domestic violence and sexual assault cases do so without blaming the victim.

Medical and law enforcement personnel refer victims of domestic violence to appropriate resources for support, shelter, or other services.

Schools educate students about the causes and prevention of domestic violence and sexual assault.

School teachers, emergency workers, and police recognize and offer support to people who are victims of domestic violence or sexual assault.

Environmental Health

The community's air is of good quality.

The community's water is of good quality.

Houses are free of lead-based paint.

Hazardous wastes are disposed of properly.

Materials are recycled.

Rivers and lakes are safe for fishing and swimming.

Houses are free of radon gas.

The community's toxic wastes are disposed of safely.

Communities are encouraged to recycle items that contribute to environmental pollution.

State and local laws discourage throwing away plastic, aluminum cans, or glass containers.

Illegal dumping of toxic waste can be reported simply and anonymously.

Businesses that dispose of toxic wastes in an unsafe and illegal way are fined and expected to clean up the waste.

Heart Disease

Outreach programs encourage overweight people to begin diet and exercise programs.

People eat enough bread, fruits, and vegetables.

People buy and prepare foods low in salt.

Grocery stores label healthy foods.

Health professionals provide counseling in good nutrition.

School lunches are low in fat and sodium.

Students receive effective nutrition education from preschool through grade school.

Restaurants provide low salt and low fat menu items.

Worksites serve foods that are low in fat, cholesterol, and salt.

Children take part in regular physical activities.

People take part in regular physical activities.

Worksite programs are available to help employees exercise.

Health care providers assess and counsel patients about their physical fitness as a normal part of routine physical examinations.

Doctors strongly encourage patients who are not physically fit to exercise regularly.

Students participate in daily physical fitness programs at school.

Physical education classes teach skills which can be used to promote participation in lifetime physical activity, such as jogging and swimming.

Opportunities for physical activity are available and affordable.

Adults have their blood pressure checked regularly.

Adults have their cholesterol level checked at least every five years.

People with high blood cholesterol receive adequate counseling.

Swimming pools, nature trails, parks and other recreational sites are available.

Worksites provide classes designed to promote exercise, stress management, and a healthy diet.

Employers give bonuses or time off to employees who attend classes designed to promote exercise, stress management, and a healthy diet.

Bicycle and walking paths are available.

Injury Control

Parents know how to prevent household injuries to their young children, such as keeping medication out of reach.

Water safety and swimming education programs are available to help prevent drowning and head and spinal injuries.

There are laws designed to reduce the risk of injuries from firearms.

Children know how to use the 911 emergency phone system.

People know how to prevent home fires (for example, not smoking while in bed).

People avoid high-risk activities that cause spinal cord injuries.

Non-smoking home owners get discounts on their home insurance.

Day-care homes and centers meet state requirements for child safety (for example, all poisons and household cleaners are kept out of reach, toddlers are not able to climb up or down stairs inside the house).

Hot water is measured at the tap to make sure the water heater temperature is set at a safe level.

Toys that are used by small children are safe.

Local ordinances prevent drinking and boating accidents.

Landlords install smoke detectors in all rented apartments or homes.

Supervised community swimming pools are available.

Accidental over medication of adults is avoided.

People use proper lifting techniques to prevent back injuries.

Firearms are kept out of reach of children.

People use farm machinery safely.

Infant ride in car seats with safety belts.

Drivers' education classes are available and effective.

Bicycle riders wear helmets.

Motorcycle riders wear helmet.

People use safety belts.

Drivers caught driving under the influence are severely punished.

Laws for drunk driving are strictly enforced.

Speeding laws are strictly enforced.

Drinking age laws are strictly enforced.

Employees follow safety regulations (for example, wear goggles or hard hats when necessary).

A 911 number for reporting accidents and getting immediate help is available to everyone, including people who are deaf.

Hospitals provide medical care to people without insurance.

Mother and Child Health

Pregnant women eat healthy foods.

Pre and postnatal care are affordable and available.

Pregnant women avoid smoking, drinking alcohol, and using drugs.

Pregnant women get enough exercise.

Schools provide teens with information about healthy pregnancies.

Infants are born healthy.

Quality childbirth education classes are available and affordable.

Lower medical rates are available to women who exercise regularly, eat good foods, and do not smoke while pregnant.

Pregnant women and infants receive adequate medical care.

Minority and low-income women and infants receive adequate medical care.

Medical care is available and affordable for all pregnant women throughout their pregnancies.

Adequate medical care is available and affordable for at-risk babies (such as those with low birth weights and immature development).

All pregnant women have their food and nutritional needs met regardless of ability to pay.

Schools provide education about pregnancy and the needs of the baby.

Health care is provided to families of at-risk babies regardless of ability to pay.

Parents of young children (age 6 or younger) do not smoke in the home.

Quality day care is available and affordable.

Older Adults and Independent Living

Adequate nursing homes are available for older adults who need them.

Older adults can remain in their own home as long as possible.

Older adults (people over age 70) have adequate housing.

Older adults can choose from several types of living arrangements.

Older adults and people with disabilities can get transportation to medical offices, banks, churches, and visits with friends.

Medicare, Medicaid, and private insurance cover the cost of health care.

Older adults get flu and pneumonia shots.

Older women get mammograms and pap tests regularly.

Older adults get yearly cancer screens.

Older adults living alone who have fallen or are suddenly ill are discovered and treated quickly.

Older adults get the kinds of treatment they need to recover from illness or injury.

Doctors, nurses, and pharmacists regularly review what medicines older adults are taking.

Prescription drugs are affordable and come with clear instructions.

Low income older adults enjoy a good quality of life in our community.

Older adults attend church services, social events, and maintain friendships.

There are support groups for older adults that cover issues like Alzheimer's disease, grief, and money management.

Mental health services treat older adults for depression, bereavement, or other issues.

Friends, families, and neighbors help older adults with light chores, transportation, and house maintenance.

Home based services are available and affordable.

Older adults get the help they need to stay in their homes even if they have health problems.

Hospice services are available and affordable.

Respite services are available and affordable.

Older adults have lifestyles that increase their years of healthy life.

Older adults get enough nutritious food to eat.

Older adults are able to get home delivered meals or are able to attend group meals.

Older adults with special diets are able to get the types of meals they need.

Older adults get enough exercise.

Older adults avoid problems with alcohol.

The homes of older adults have bath grab bars, good lighting, and other features to prevent injury.

There are opportunities for older adults to take classes through local junior colleges, technical schools, and other programs.

Senior services are used by all kinds of older adults, from very active, healthy elders to older adults with special needs.

There are opportunities for older adults to perform community service in many parts of our community.

Older adults are able to maintain their dignity.

Older adults are able to stay independent.

Senior citizens and others who need help walking can get canes and walkers at low cost.

Sexually Transmitted Disease and HIV/AIDS

Young people avoid unsafe sex.

People avoid unsafe sex.

Clinics anonymously screen and test people for AIDS and HIV antibodies.

Support groups are available for people who are HIV positive or have AIDS.

Support groups and counseling services are available for families, partners, and friends of people who are HIV positive or have AIDS.

Schools teach kids how to keep from getting or giving AIDS.

Clinics provide counseling services for people who are HIV positive.

People use condoms unless they are completely sure of their partner's sexual history.

Females who have AIDS or HIV infection do not become pregnant.

People avoid doing things that put them at high risk for HIV infection and AIDS.

Health care professionals give accurate and culturally appropriate information about reducing risks of AIDS and HIV infection.

Affordable medical treatment is available to people who are HIV positive or who have AIDS.

People who are HIV positive or who have AIDS are not discriminated against.

Partners of people with a sexually transmitted disease are notified.

People know how people get HIV infection and AIDS.

People know how to protect themselves from HIV/AIDS and other sexually transmitted diseases.

People know the symptoms of sexually transmitted diseases and where to get treatment.

Schools provide information about sexually transmitted diseases and how to avoid them.

Young people who are sexually active can easily get condoms.

Community outreach programs encourage use of sterile needles and safe sex practices among drug users.

Health educators know how to identify and counsel those at risk for AIDS.

Smoking and Tobacco Use

Cigarettes and smokeless tobacco are not sold to kids.

Families discourage their children from smoking, drinking, and using drugs.

Kids discourage each other from smoking.

Kids are able to resist pressure from friends to smoke cigarettes.

Friends discourage each other from smoking cigarettes and using smokeless tobacco.

Programs to help people quit smoking are available and affordable.

Schools educate students about the harmful effects of smoking cigarettes and using smokeless tobacco.

School policies against smoking on school grounds are strictly enforced.

Employers prohibit smoking or restrict it to certain areas.

No-smoking ordinances for public buildings are strictly enforced.

Restaurants have adequate nonsmoking sections.

Policies that prohibit smoking or limit it are strictly enforced.

Laws that prohibit selling cigarettes to minors are strictly enforced.

Vending machines are not available for minors to buy cigarette.

Communities prohibit advertising of tobacco products on billboards.

Violence

People are safe in our community.

Youth avoid violent crime.

Youth avoid gang-related activity.

Youth do not take their own life.

Youth do not carry weapons.

Kids don't hurt others.

Schools teach kids how to solve problems without violence.

Laws prevent the widespread distribution of handguns and automatic weapons.

Handgun laws are strictly enforced.

High crime areas are well-lit.

Local neighborhoods organize crime watch councils.

People do not own automatic weapons.

School rules against carrying weapons are strictly enforced.