

Growing up rural: An overview of children's health status in rural America

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The teaser

- Some children have to make do with less:
 - ◆ Fewer resources
 - ◆ Fewer health care providers
- Which leads to different outcomes

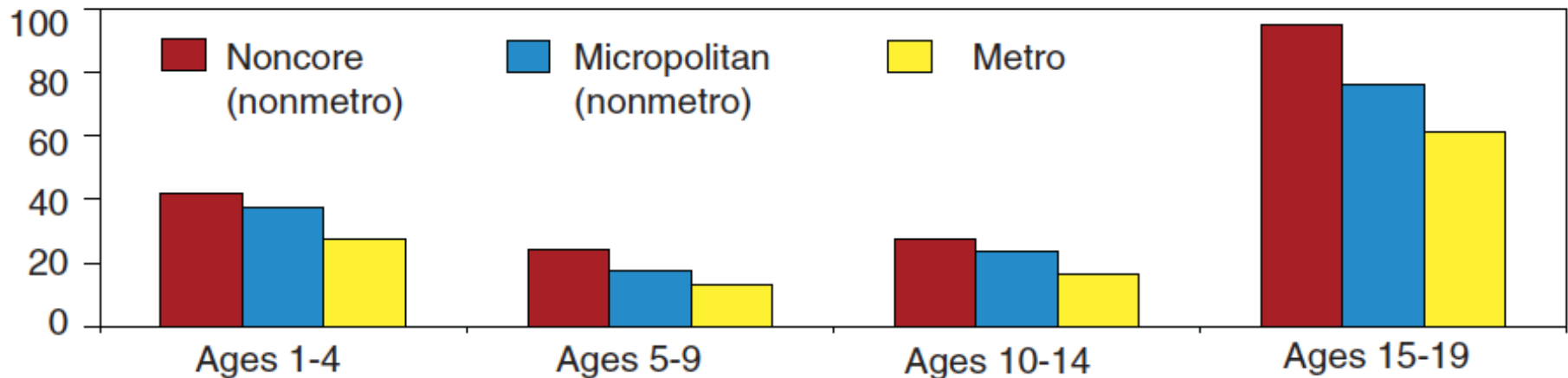


What we wish to end:

Rural children are more likely to die

Child mortality rates by age group and geographic area

Deaths per 100,000 children



Source: Calculated by ERS using Census Bureau 2005 population estimates.

Rural America at a Glance, 2008 edition, ERS/USDA.



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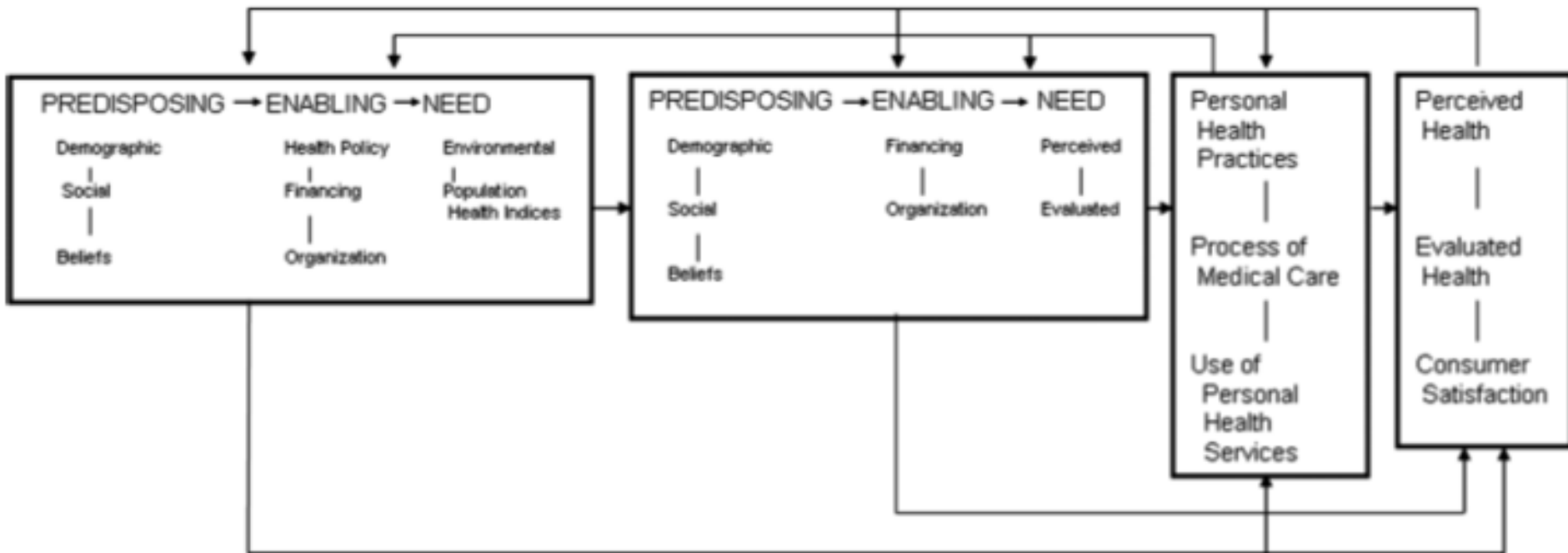
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Conceptually: Andersen

Contextual
characteristics

Individual
characteristics

Behaviors Outcomes



Andersen, Medical Care 2008



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Not rural: New York County, NY

Manhattan:



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Image credit: <http://office.microsoft.com/en-us/images/results.aspx?ex=2&qu=manhattan#ai:MP90040249>



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Rural: Loving County, TX

Loving County:

0.1 person per
square mile



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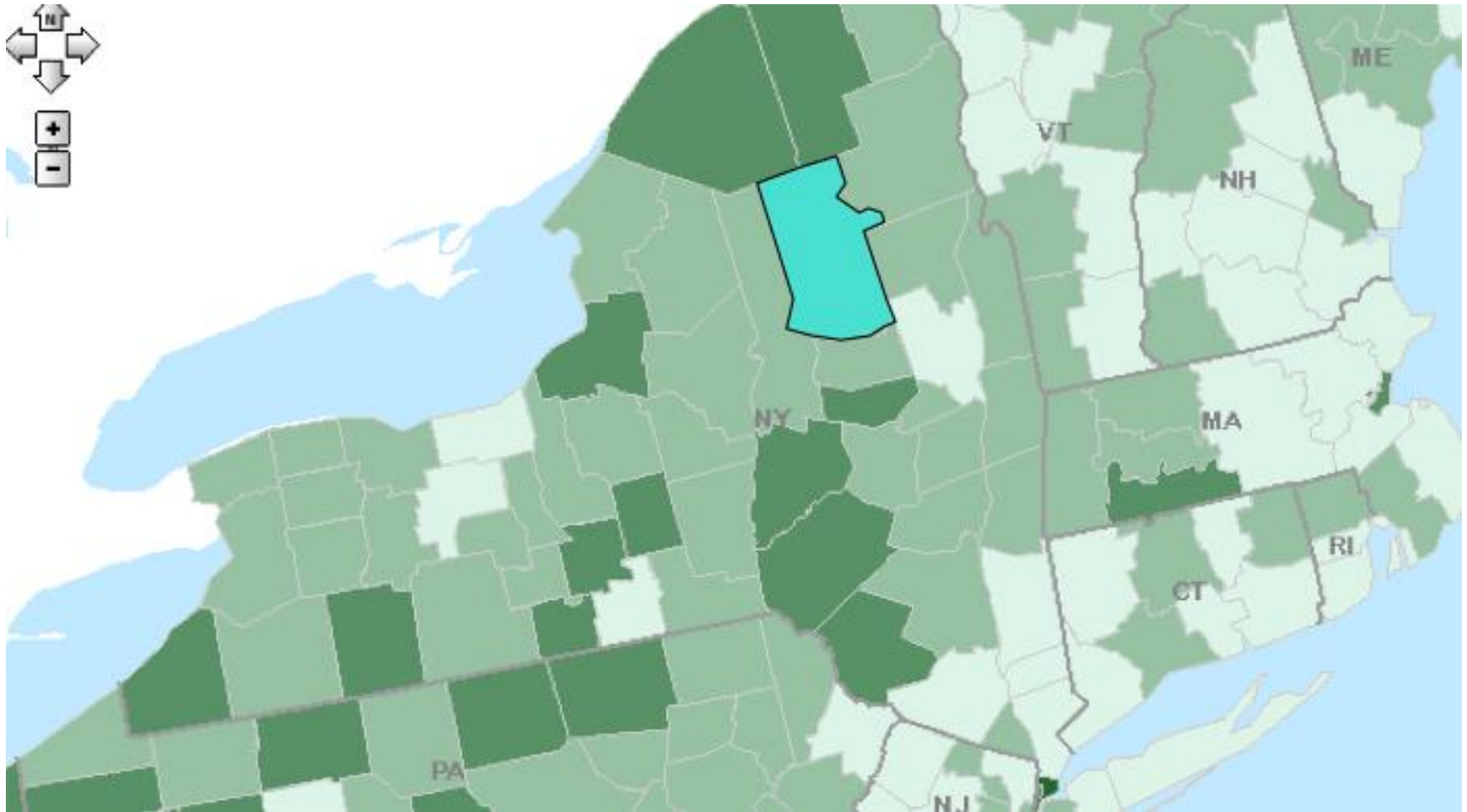
Image:

<http://www.rootsweb.ancestry.com/~txloving//>



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Also rural: Hamilton County, NY



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<http://maps.ers.usda.gov/FoodAtlas/foodenv5.aspx>



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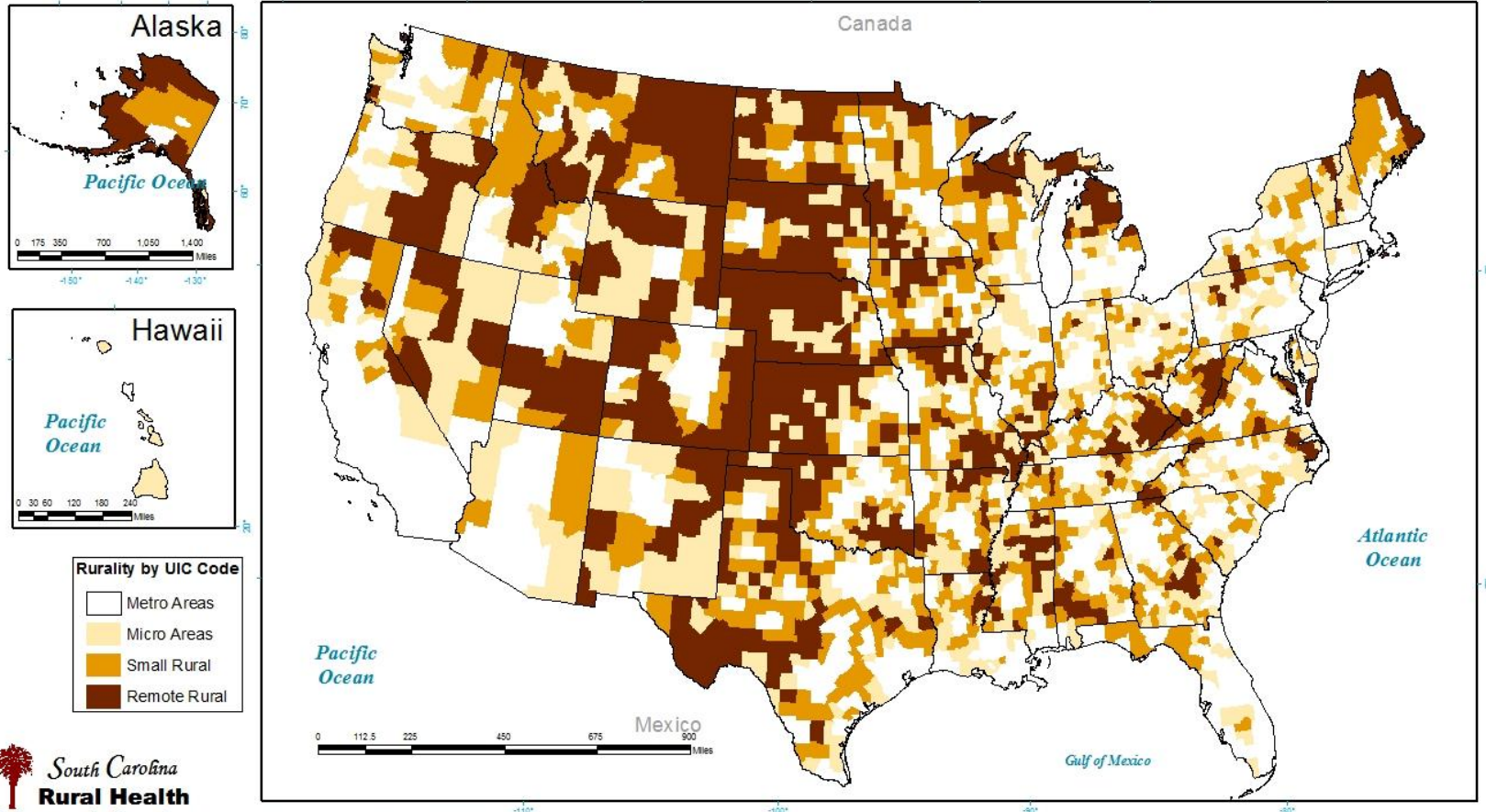
Definitions – What is rural, anyway?

- Rural:
 - ◆ Multiple definitions:
 - ☞ By county
 - ☞ By Census tract
 - ☞ By ZIP Code
 - ◆ Multiple grades of “rural”
 - ☞ “Micropolitan”
 - ☞ Frontier
- In today’s presentation, principally defined as residence in a non-metropolitan county.



Rural America

Distribution of Rurality across the US (County)



SOURCE: Area Resource File (2008)

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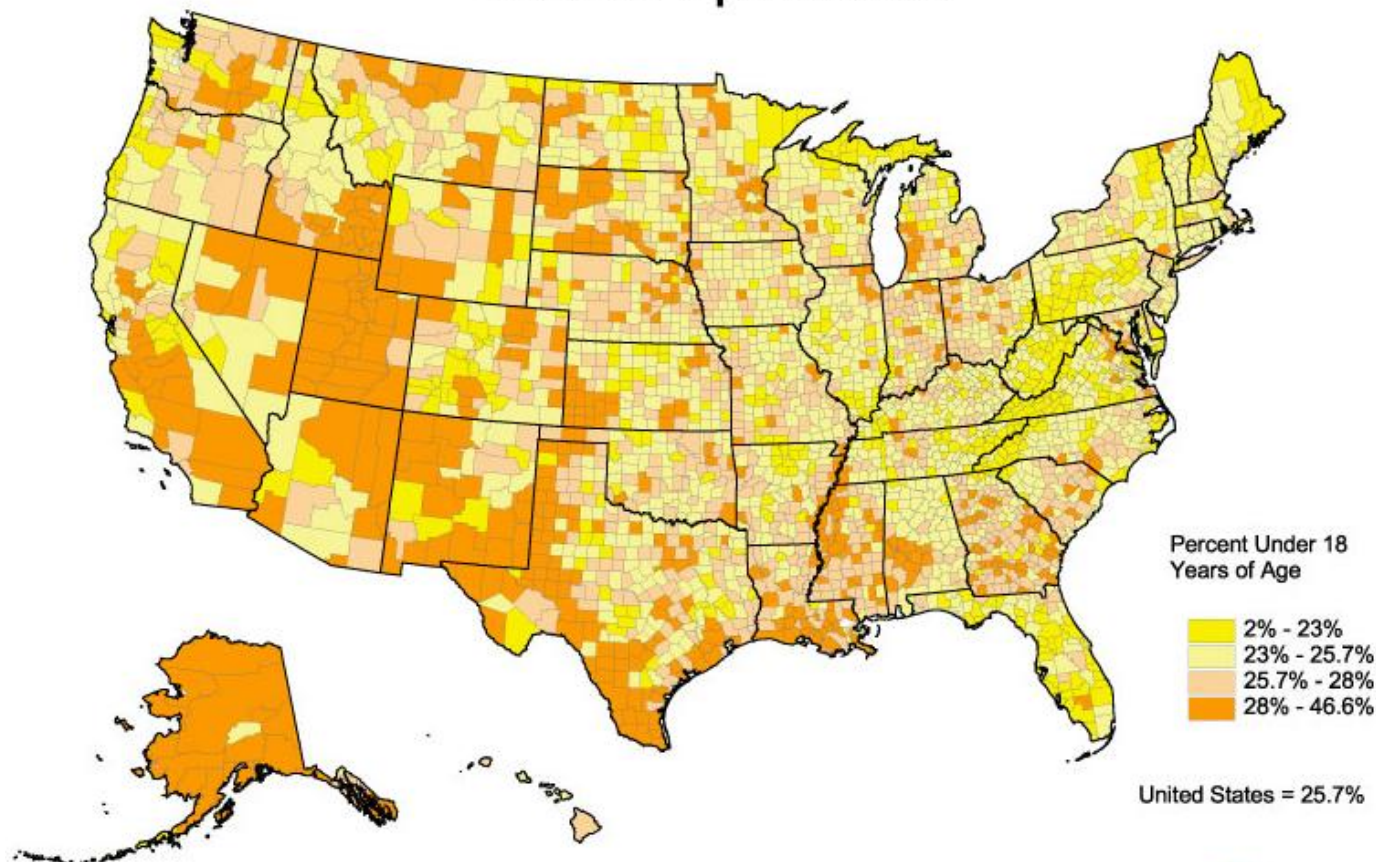
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Children in America

Youth Populations



Source: United States Census Bureau, Census of Population and Housing, 2000
Note: Alaska and Hawaii are not to scale.



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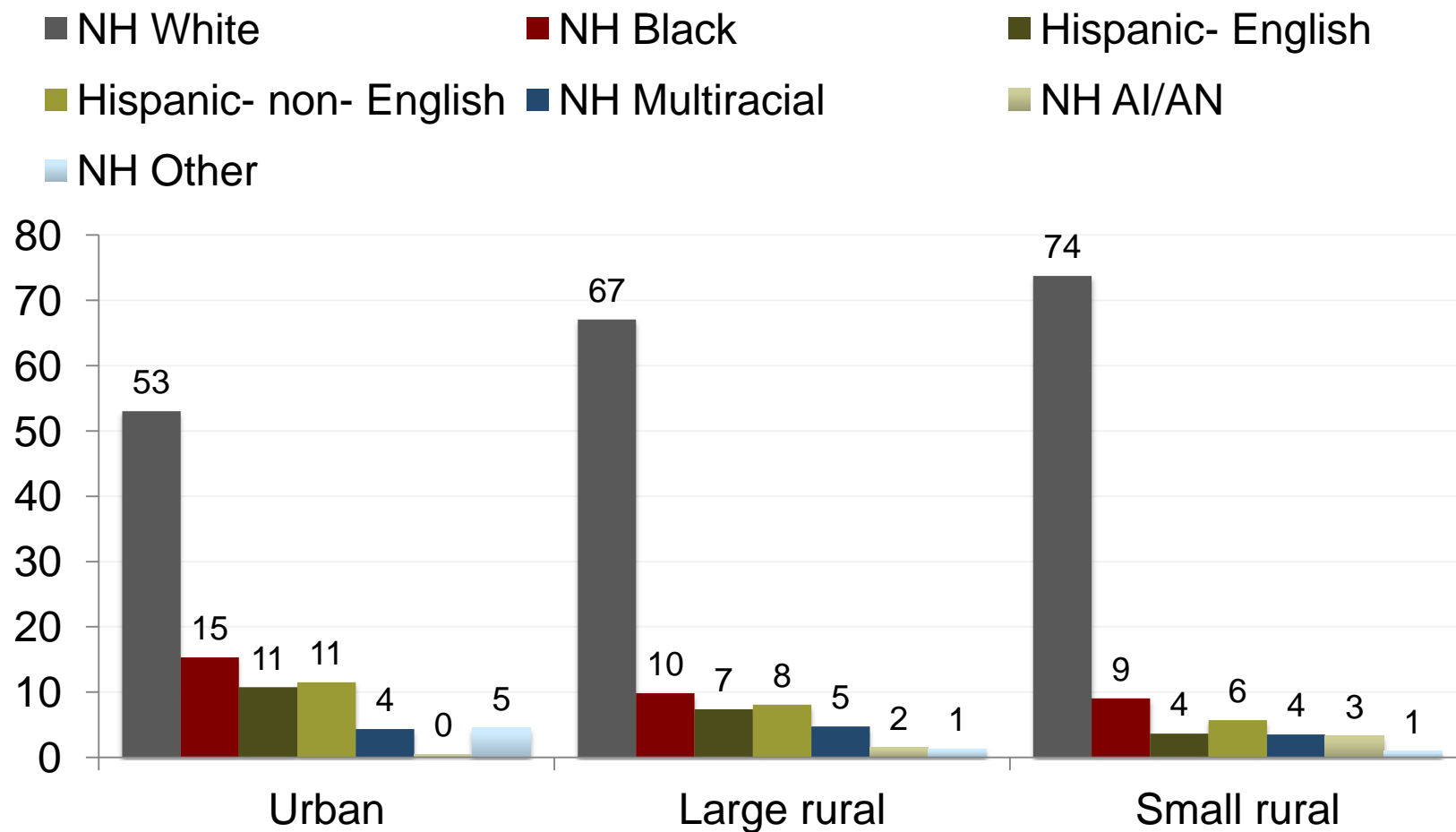
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Source: <http://www.raconline.org/maps/#hpsa>

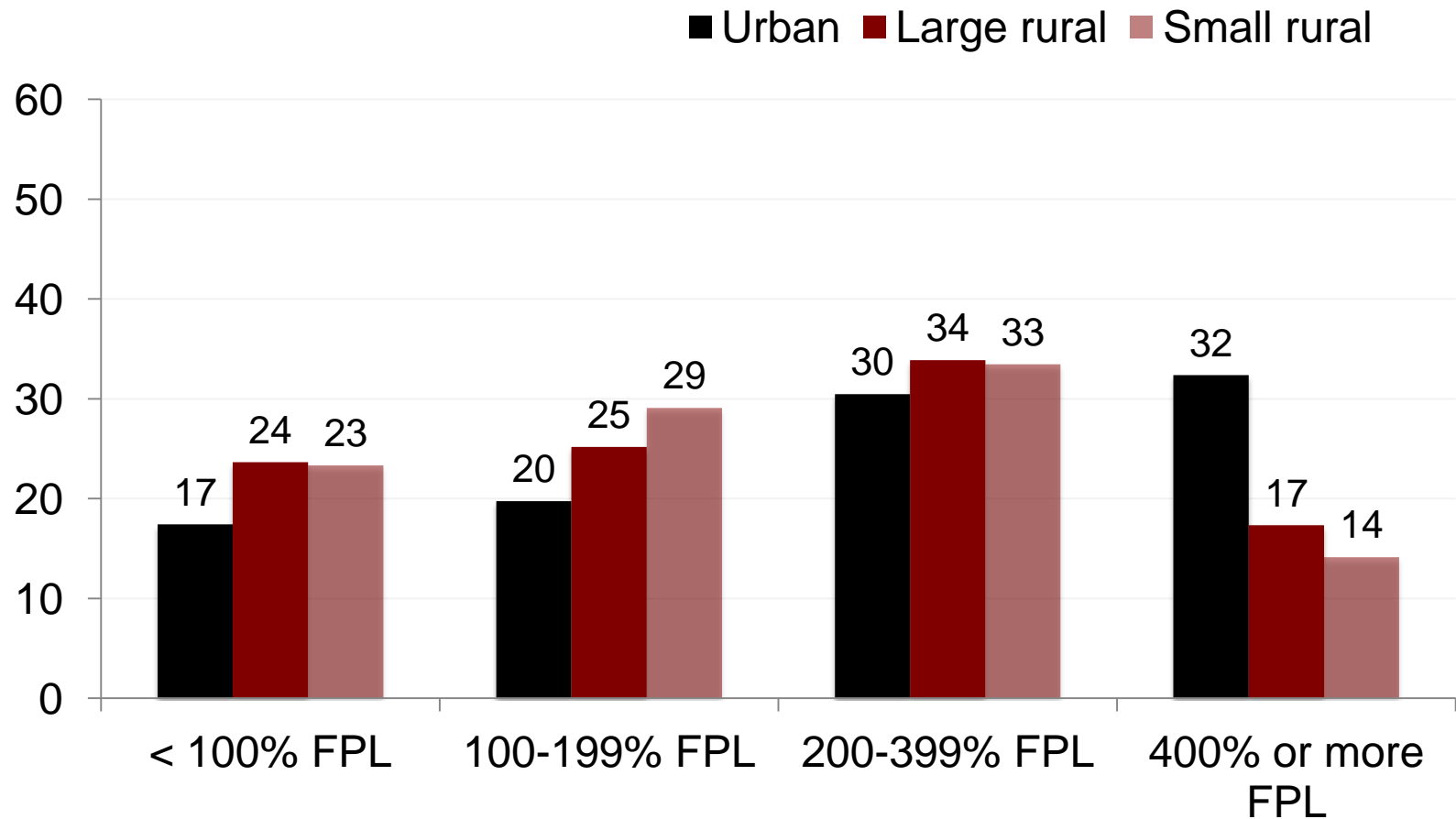


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Rural counties have proportionately more white children

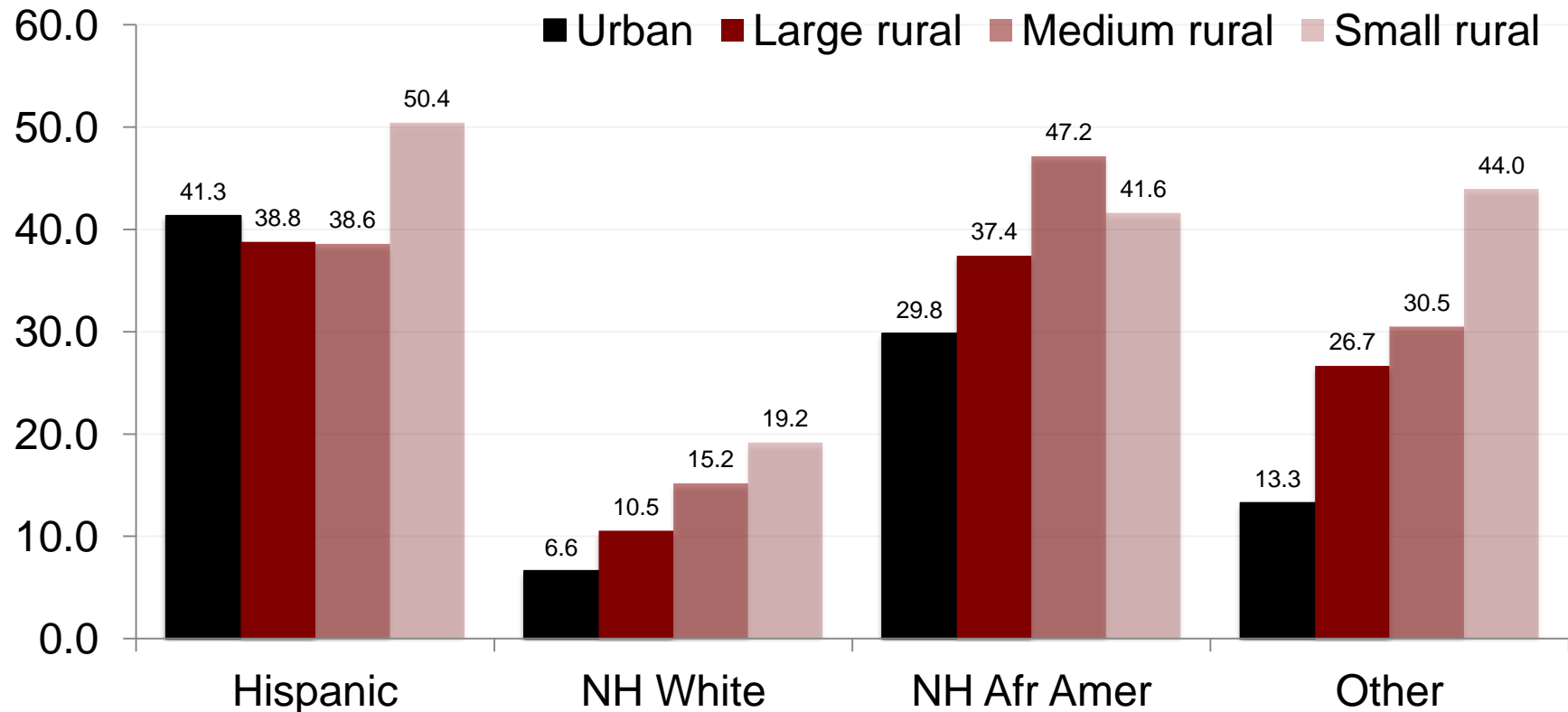


Rural families more likely to be poor



Rural minority families in particular

Percent families living below the Federal Poverty Line, 2003 NSCH

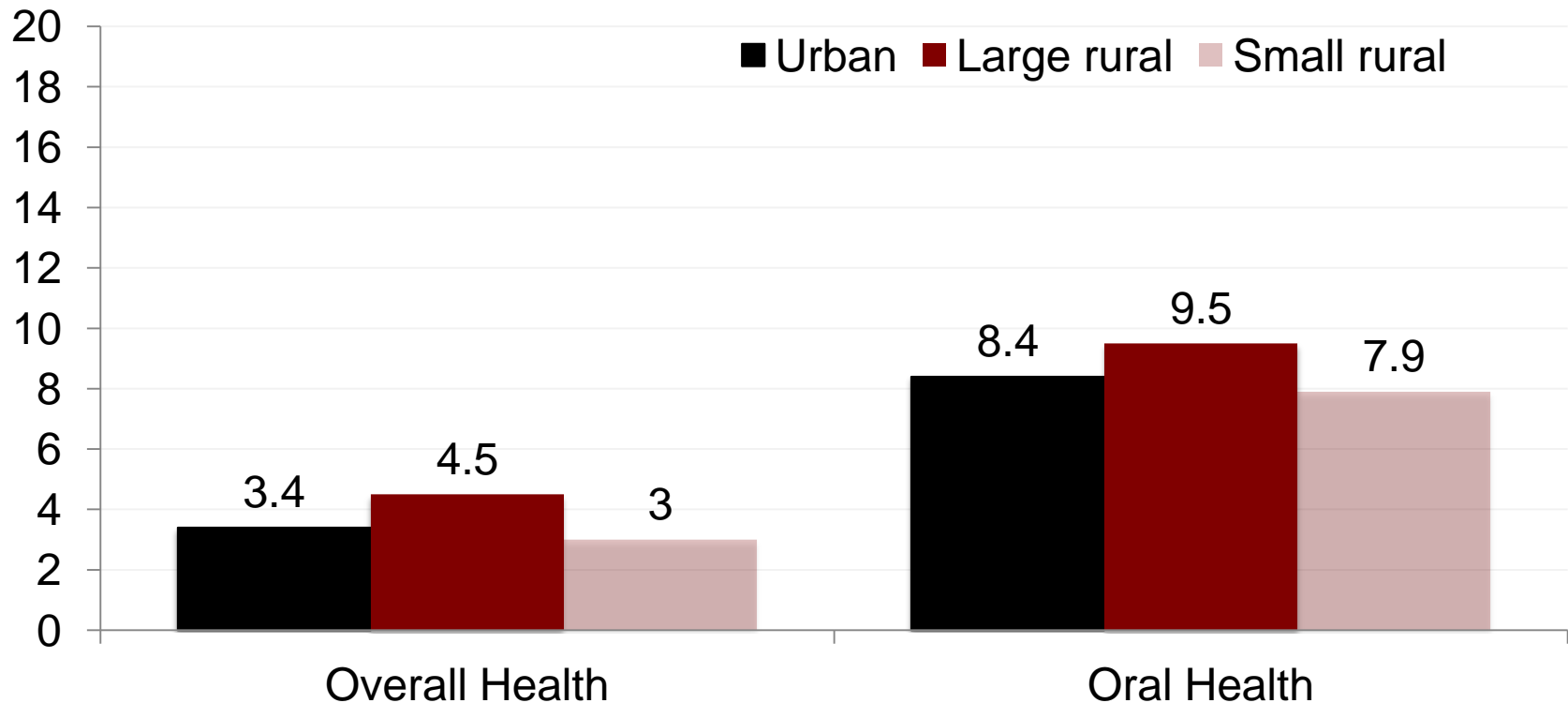


Source: Author's analysis, 2003 NSCH

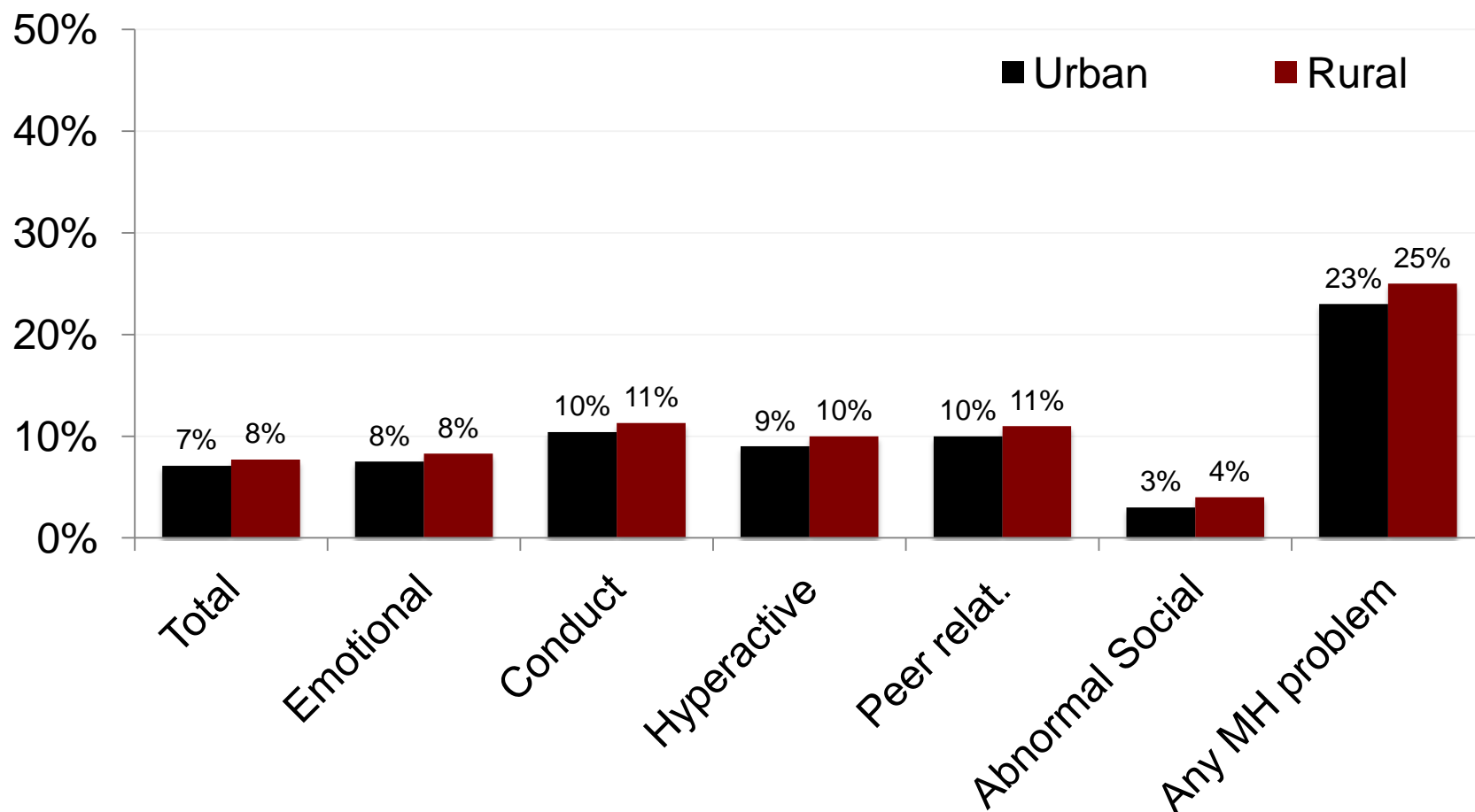


Similar health status

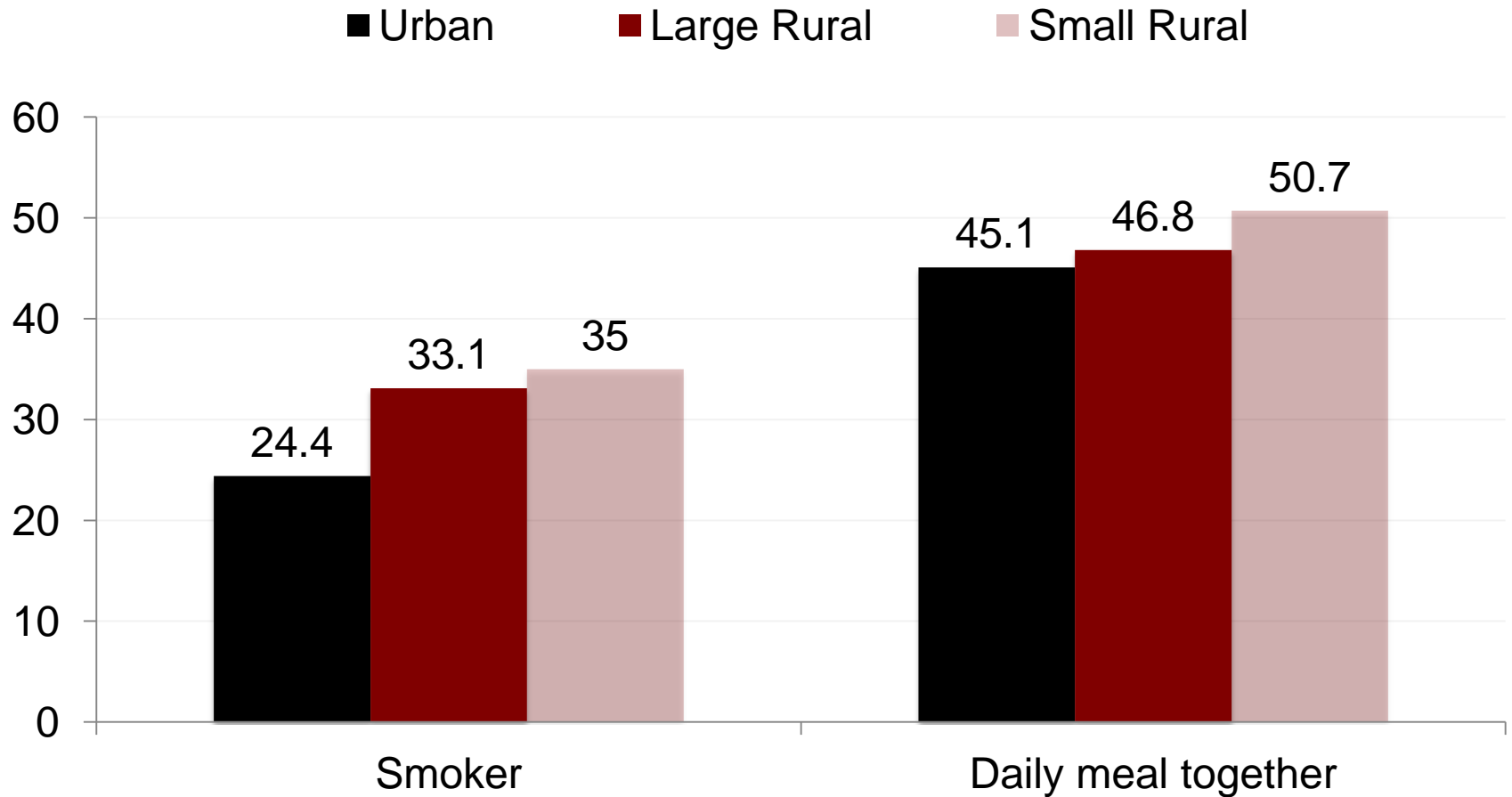
Percent of children whose health status, oral health, were described as “fair” or “poor”



Similar rates for emotional problems



Mixed picture for home risks





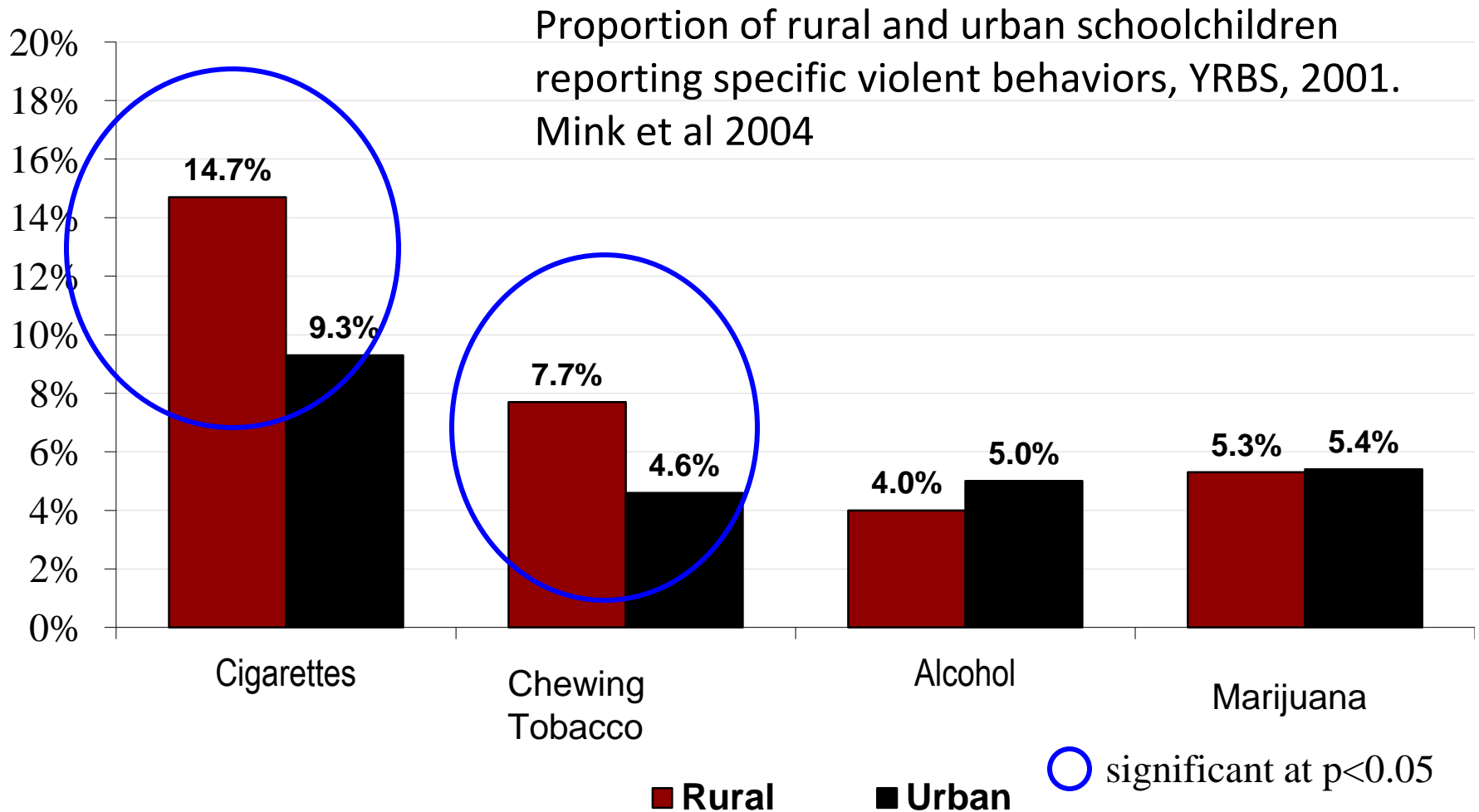
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Drug Use at School



Weight paradox

- Rural children **more** likely to be **overweight, obese**
- Rural children **less** likely to be **physically inactive**



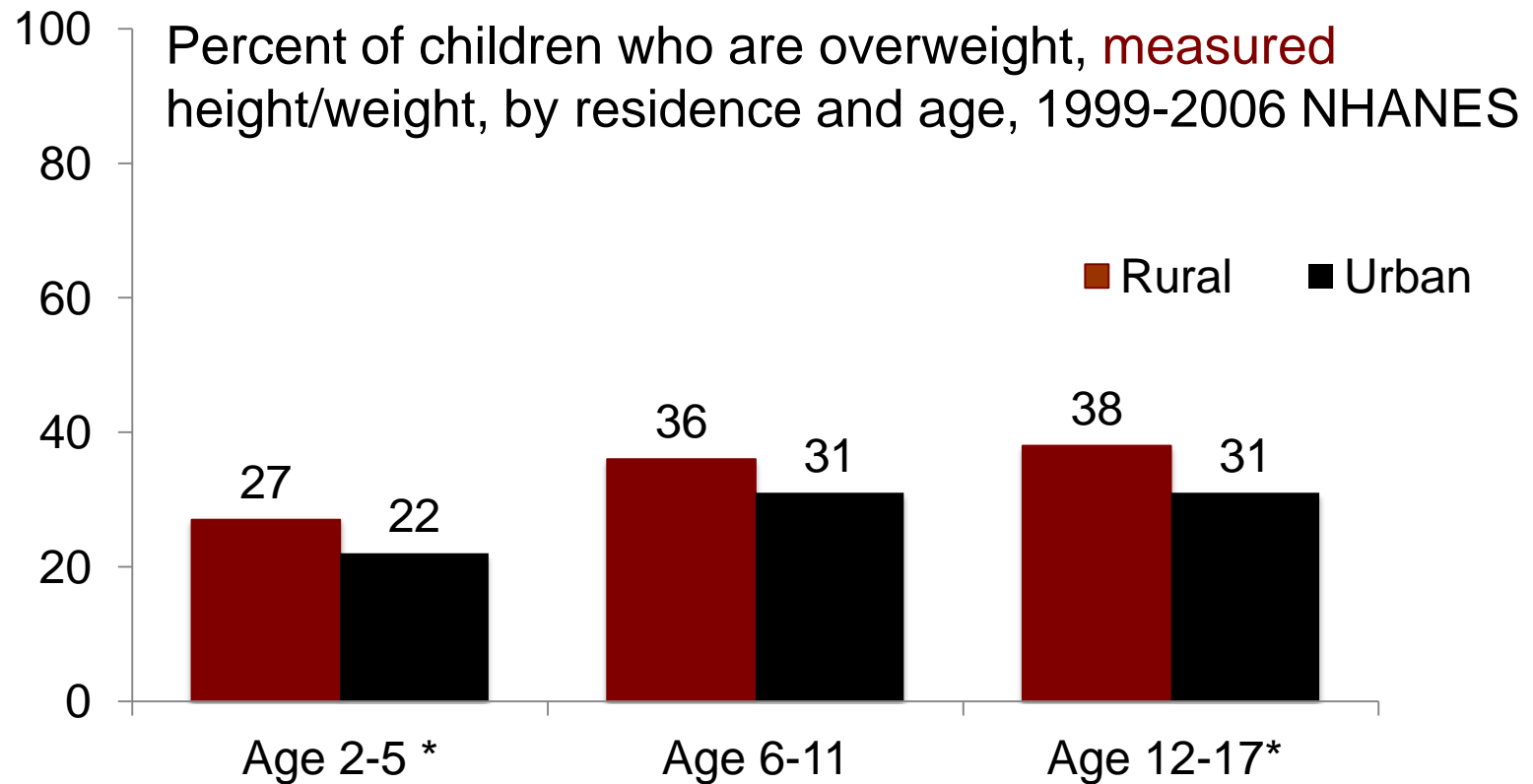
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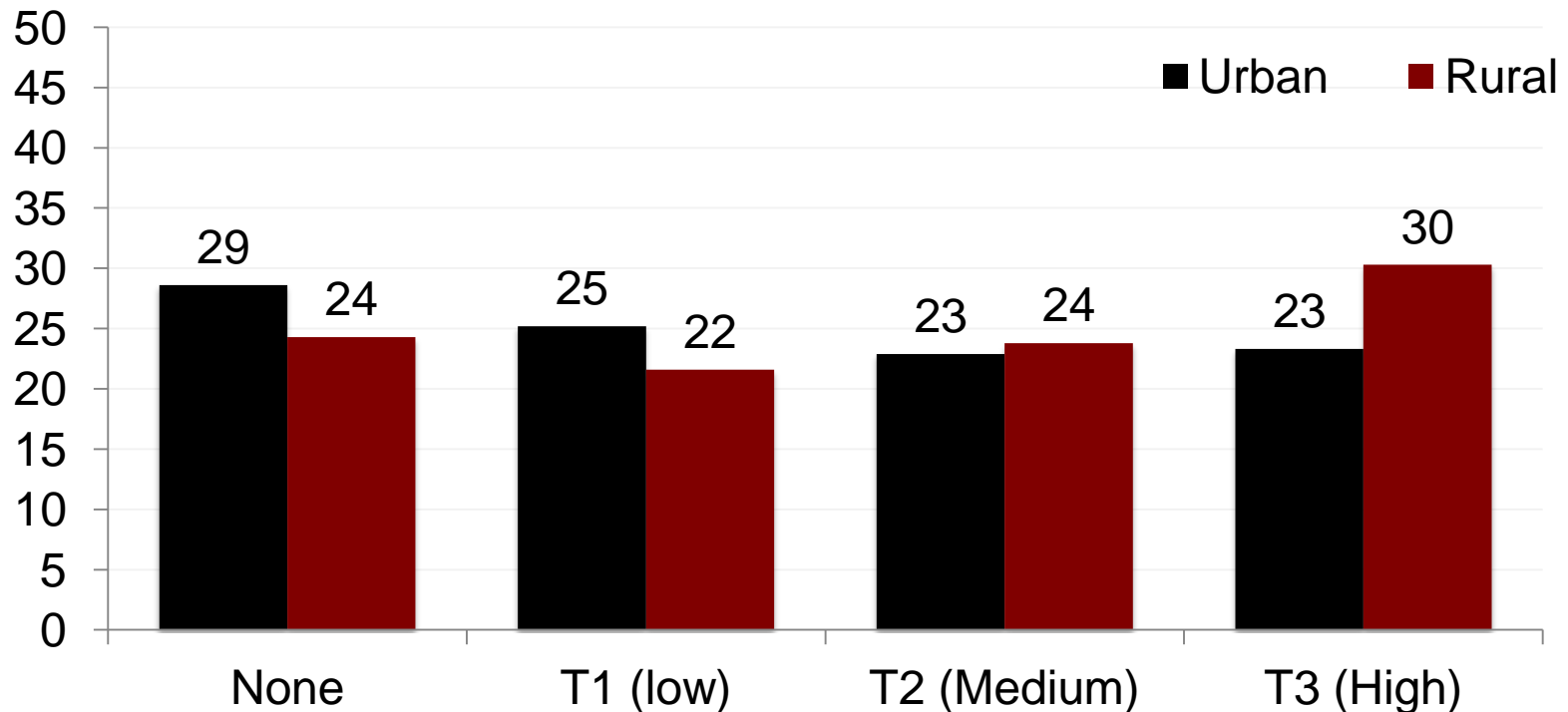
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Measured: rural kids heavier

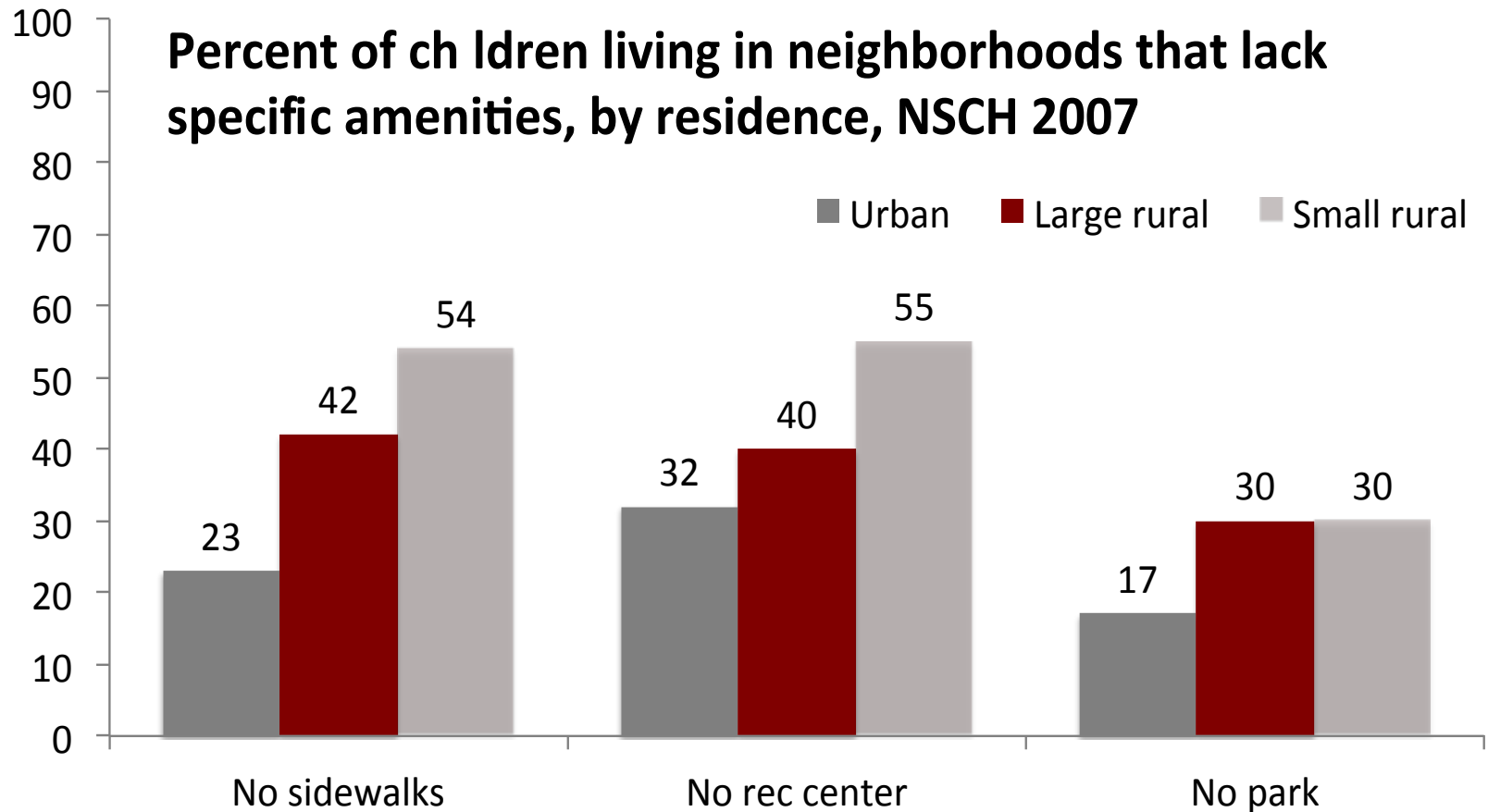


But rural kids still more active

Percent of girls aged 12-19 years old and corresponding physical activity terciles, by residence, 1999-2006 NHANES

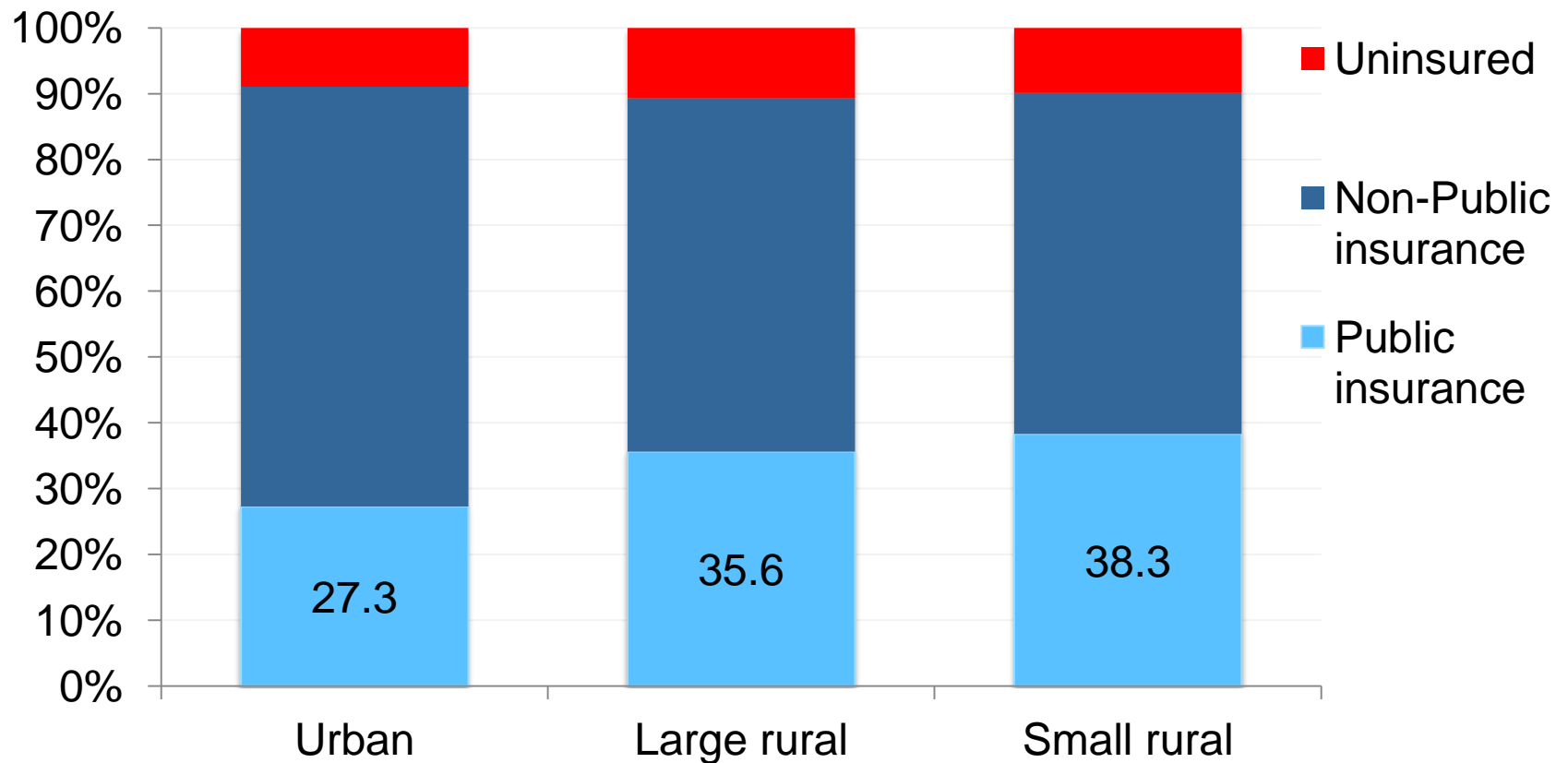


Physical activity barriers



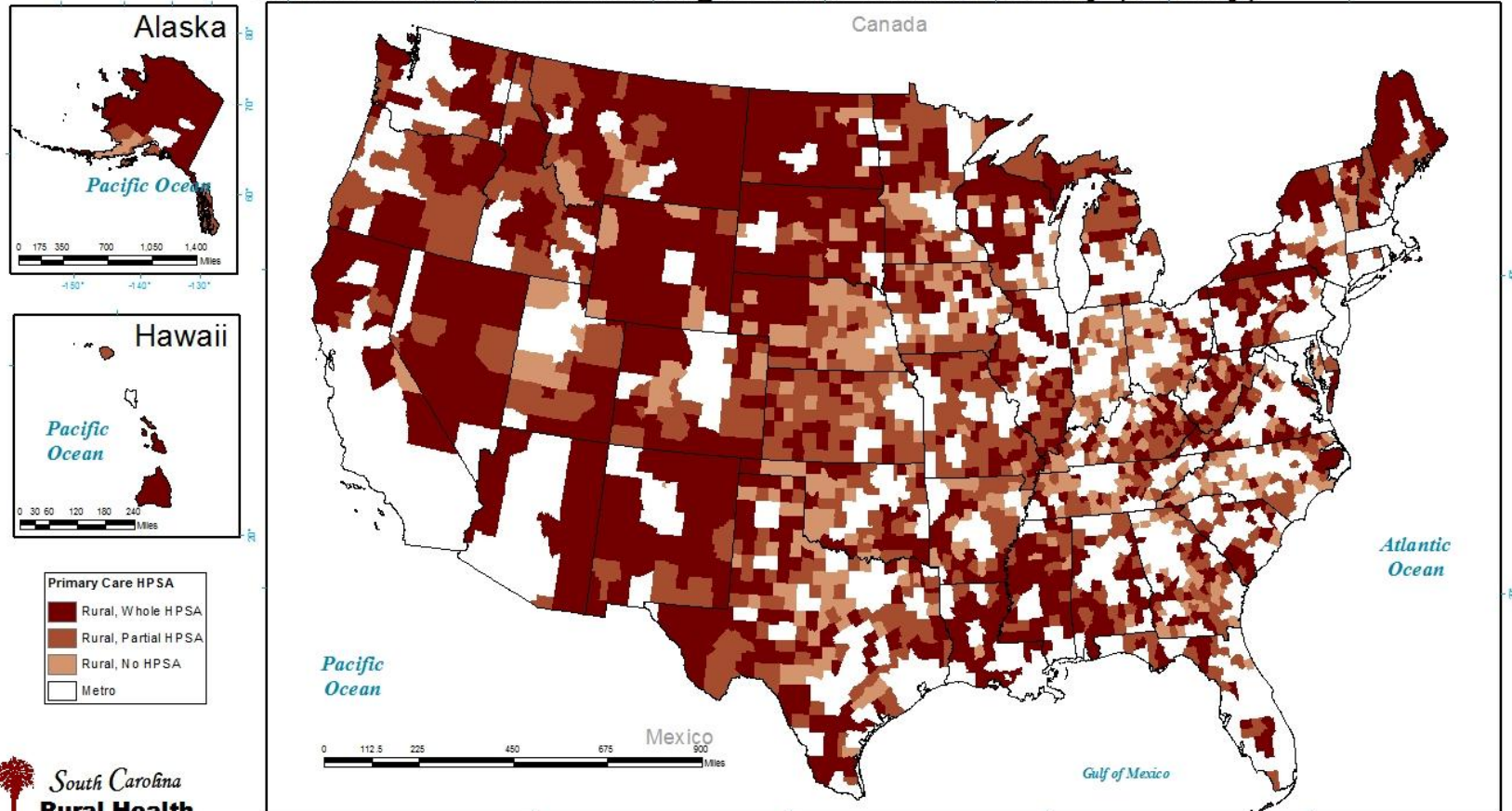
Access to care

Health insurance source among children, by residence, 2007



Rural areas often lack providers

Distribution of Primary Care
Health Professional Shortage Areas across Rurality (County)



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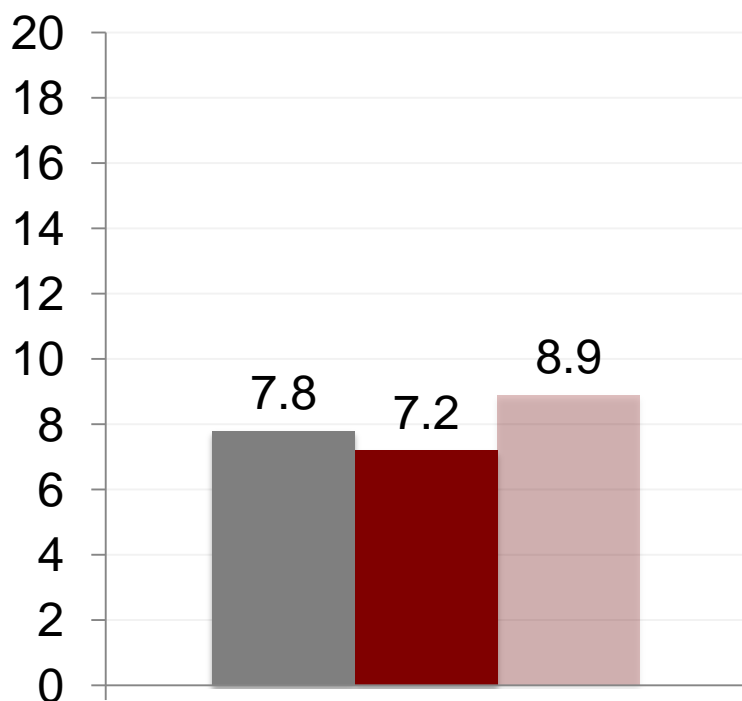
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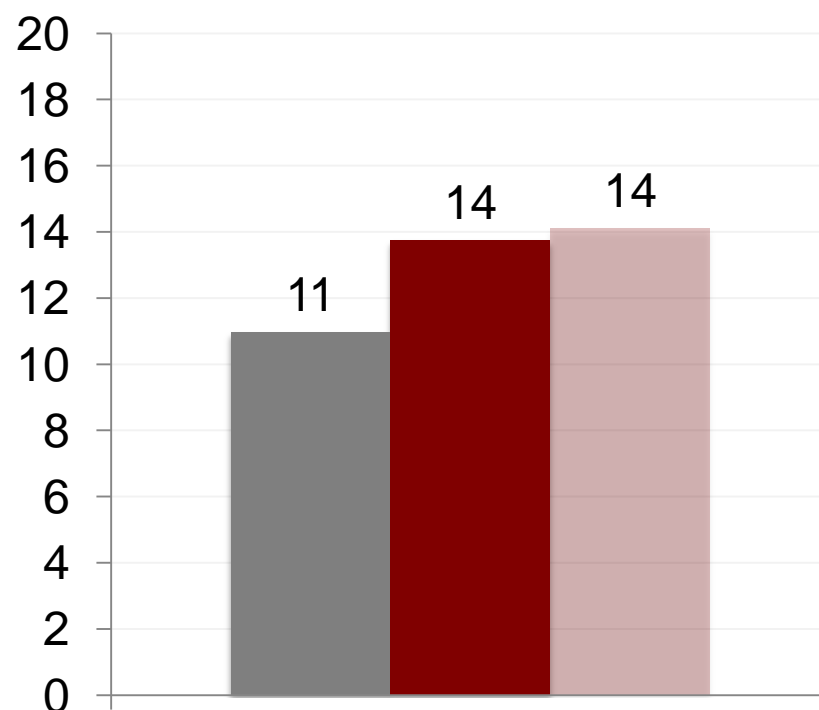
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Access reported, but less preventive care

Percent of children who lack a personal provider, made no preventive medical visits in the last year, 2007 NSCH



Lack personal MD, RN



No preventive visit in year

■ Urban ■ Large Rural ■ Small Rural

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Conclusions

- Rural children are not inherently different from other children
- Differing economic and physical contexts have adverse effects among rural children
- Research and interventions need to address the unique context of rural children



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Useful web sites:

- <http://rhr.sph.sc.edu/index.php>
- <http://childhealthdata.org/learn/NSCH>
- <http://www.ers.usda.gov/briefing/rurality/>
- <http://www.ers.usda.gov/foodatlas/>
- <http://www.rupri.org/>
- <http://www.raconline.org/>
- <http://www.hrsa.gov/ruralhealth/>



SCRHRC Reports on Children

- Diet, Physical Activity, and Sedentary Behaviors as Risk Factors for Childhood Obesity: An Urban and Rural Comparison. November 23, 2010
- Dental Health and Access to Care among Rural Children: A National and State Portrait. September 20, 2008
- Overweight and Physical Inactivity among Rural Children Aged 10-17: A National and State Portrait. May 2007
- Early Alcohol Use, Rural Residence, and Adulthood Employment. June 2006
- Trends in Uninsurance among Rural Minority Children. June 2006
- Mental Health Risk Factors, Unmet Needs, and Provider Availability for Rural Children. September 2005
- Poverty, Stress, and Violent Disagreements in the Home among Rural Families. August 2005
- Violence and Rural Teens: Teen Violence, Drug Use, and School-Based Prevention Services in Rural America. March 2005
- Development of a Methodology for Assessing the Effect of a Lay Home Visitation Program for Rural High-Risk Women and Infants. February 2004



Questions / Comments

Thanks!

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