Everybody has a Role in Rural Health Care Delivery

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Center for Health Sciences
Center for Rural Health
Tulsa, Oklahoma

April 2, 2009
What is an Osteopathic Physician (D.O.)?
The Osteopathic Profession in Oklahoma

- Osteopathic Medicine originated by the principles defined by Andrew Taylor Still, M.D., D.O. in 1874.
- Oklahoma Osteopathic Association (OOA) started in 1900.
- Represents nearly 1,600 Osteopathic Physicians in Oklahoma
- D.O.s practice in 66 of the state’s 77 counties
- 69% of the D.O.s practicing in Oklahoma are graduates of the OSU College of Osteopathic Medicine.

- Osteopathic Medicine stresses the primary care specialties:
  - Family Medicine
  - Internal Medicine
  - Pediatrics
  - Obstetrics/Gynecology
Oklahoma State University Center for Health Sciences

- 1972: Founded by the Oklahoma State Legislature
- 1988: Merged with Oklahoma State University
- 2001: Designated as the “Oklahoma State University Center for Health Sciences
Oklahoma State University Center for Rural Health

- 2001: Created by the Oklahoma State Legislature as “Oklahoma Rural Health Policy and Research Center”
- 2005: Name changed to “OSU Center for Rural Health”

**Mission**
The Center for Rural Health's mission is to support the Oklahoma State University Center for Health Sciences and its College of Osteopathic Medicine by seeking to improve healthcare in rural Oklahoma through 1) Student education; 2) Residency training; 3) Research; 4) Program applications; 5) Advocacy; and 6) Alliances with others who share its goals.

**Vision**
The Center for Rural Health's vision is to uniquely impact healthcare professionals from the time they are youth through the time they are practicing in rural communities through recruitment, training, and support services, thereby strengthening the broader healthcare delivery systems in rural communities.
Rural Health in Oklahoma
Defining Rural

- No single, universally preferred definition of “rural” serves all policy purposes. To date, more than 15 different definitions of “rural” are used by federal health programs.

- Why is “rural” difficult to define?
  - Definitions are scale dependent.
  - Rural is more than just an area, it is also certain socioeconomic, cultural, and healthcare characteristics that are often hard to quantify or not readily defined in existing datasets.
  - Rural designations can change through time to reflect underlying shifts in population and geographic boundaries.
Rural Oklahoma
2009

**County Designation**
- Rural (68)
- Mixed Urban & Rural (5)
- Urban (4)

Source: Adapted from WWAMI Rural Health Research Center (2006)

**Population by Rural, Urban, or Mixed**
- Rural 1,667,573 (46.6%)
- Urban 1,606,836 (44.9%)
- Mixed 304,803 (8.5%)
# Selected Socioeconomic & Demographic Comparison of Rural and Urban Oklahoma

<table>
<thead>
<tr>
<th></th>
<th>Rural</th>
<th>Urban</th>
<th>Mixed</th>
<th>Oklahoma</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>White</strong></td>
<td>76%</td>
<td>71%</td>
<td>82%</td>
<td>74%</td>
</tr>
<tr>
<td><strong>Black</strong></td>
<td>4%</td>
<td>12%</td>
<td>3%</td>
<td>7%</td>
</tr>
<tr>
<td><strong>Native American</strong></td>
<td>11%</td>
<td>4%</td>
<td>6%</td>
<td>8%</td>
</tr>
<tr>
<td><strong>Hispanic</strong></td>
<td>4%</td>
<td>7%</td>
<td>3%</td>
<td>5%</td>
</tr>
<tr>
<td><strong>Other</strong></td>
<td>5%</td>
<td>6%</td>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td><strong>% of Population 65+ Years Old</strong></td>
<td>15%</td>
<td>11%</td>
<td>11%</td>
<td>13%</td>
</tr>
<tr>
<td><strong>Average Median Age (years)</strong></td>
<td>38.2</td>
<td>32.7</td>
<td>36.3</td>
<td>37.8</td>
</tr>
<tr>
<td><strong>% of Population Living in Poverty</strong></td>
<td>17%</td>
<td>13%</td>
<td>10%</td>
<td>15%</td>
</tr>
<tr>
<td><strong>Average Median Household Income</strong></td>
<td>$28,856</td>
<td>$37,247</td>
<td>$38,882</td>
<td>$29,943</td>
</tr>
<tr>
<td><strong>% of Population without a High School Diploma or G.E.D.</strong></td>
<td>23%</td>
<td>16%</td>
<td>18%</td>
<td>19%</td>
</tr>
</tbody>
</table>

Data Source: U.S. Census Bureau (2000)
State of the State’s Rural Health

2007 Edition
Produced by
OSU Center for Rural Health

Available as a printable PDF at:
http://ruralhealth.okstate.edu

Select the “Research & Data” link
Problems Facing Rural Healthcare Delivery

- Persistent need for primary care providers and other healthcare professionals.
- Shortage of medical sub-specialties.
- Existing medical sub-specialties must cover large geographic areas.
- Patient transportation and access to care.
- Emergency medical services must also cover large geographic areas.
- Large population without health insurance coverage.
- Lower revenue base.
- Aging hospital facilities.
Commonwealth Fund Commission

Aiming Higher:
Results from a State Scorecard on Health System Performance

• Oklahoma ranked 50th in terms of total health system performance (tied with Mississippi).
  ➢ Access: 49th
  ➢ Quality: 43rd
  ➢ Avoidable Hospital Use & Costs: 50th
  ➢ Equity: 50th
  ➢ Healthy Lives: 47th

• Hawaii ranked #1 overall
  ➢ Access: Hawaii
  ➢ Quality: Rhode Island
  ➢ Avoidable Hospital Use & Costs: Utah
  ➢ Equity: Massachusetts
  ➢ Health Lives: Utah

“Aiming Higher: Results from a State Scorecard on Health System Performance.”
New York: The Commonwealth Fund.
United Health Foundation

America’s Health Rankings:
A Call to Action for People & Their Communities - 2008 Edition

- Oklahoma ranks 43rd in overall health. Up four from 2007! (1st – Vermont; 50th – Louisiana)
- Over 25% of the state’s population smokes.
- In 2008, approximately 28.8% of the state’s population was considered obese, an increase of over 148% since 1990.
- Oklahoman’s have limited access to primary care physicians: 79.9 primary care physicians per 100,000 population (49th in the nation)
- Oklahoma ranks 49th in the number of deaths attributable to cardiovascular disease (371.0 deaths per 100,000 population).
- A disproportionate number of Oklahomans die prematurely (9,624 years lost per 100,000 population).
- Approximately 18% of Oklahomans do not have health insurance.

Population without Health Insurance
2004

Percent of County’s Population without Health Insurance
- 21.0% to 29.0%
- 19.0% to 20.9%
- 17.0% to 18.9%
- 15.0% to 16.9%
- 11.7% to 14.9%

Source: Oklahoma Health Care Authority (2005)

Comparison of the Population without Health Insurance 2004

- United States: 14%
- Oklahoma: 17%
- Urban Oklahoma: 16%
- Rural Oklahoma: 19%
- Mixed Urban & Rural Oklahoma: 15%
Active Physicians
2007

Source: Oklahoma Board of Osteopathic Examiners (01/2007) Oklahoma Board of Medical Licensure and Supervision (02/2007)

Active Physicians
1 dot = 1 physician
- Orange: Osteopathic physician
- Blue: Allopathic physician

Mixed
161
2%

Rural
1,795
25%

Urban
5,198
73%

Active Physicians by Rural, Urban, or Mixed

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Number of Patient Care Physicians in Oklahoma & Neighboring States Per 100,000 Population

- **Colorado**: 236
- **Kansas**: 204
- **Missouri**: 215
- **New Mexico**: 215
- **Arkansas**: 189
- **Texas**: 194
- **Oklahoma**: 158

**U.S. = 239**

Primary Care Physicians
2007

Active Primary Care Physicians
1 dot = 1 physician
Source: Oklahoma Board of Osteopathic Examiners (01/2007)
Oklahoma Board of Medical Licensure & Supervision (02/2007)

Primary Care Physicians by Rural, Urban, or Mixed

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Number of Primary Care Physicians in Oklahoma & Neighboring States Per 100,000 Population

- **Colorado**: 116.6
- **Kansas**: 101.6
- **Missouri**: 106.2
- **New Mexico**: 113.6
- **Arkansas**: 98.7
- **Texas**: 95.5
- **U.S.**: 119.9


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Figure 3. Active Primary Care Physicians by Degree Type Per 100,000 Population

Massachusetts (1)
Vermont (2)
Maine (3)
Maryland (4)
Hawaii (5)
New York (6)
Rhode Island (7)
Alaska (8)
Connecticut (9)
Minnesota (10)
New Hampshire (11)
New Jersey (12)
Oregon (13)
Pennsylvania (14)
Washington (15)
Michigan (16)
North Dakota (17)
Delaware (18)
West Virginia (19)
Wisconsin (20)
Colorado (21)
Illinois (22)
Ohio (23)
New Mexico (23)
U.S. Average
Virginia (26)
California (26)
Montana (27)
Tennessee (28)
South Dakota (28)
Florida (30)
Missouri (31)
Nebraska (32)
Kansas (33)
North Carolina (34)
Iowa (35)
Louisiana (36)
Kentucky (37)
Indiana (38)
Arizona (39)
Arkansas (40)
South Carolina (41)
Wyoming (41)
Oklahoma (43)
Georgia (44)
Alabama (45)
Nevada (46)
Texas (47)
Idaho (48)
Utah (49)
Mississippi (50)

Number per 100,000 Population

State Median = 87.6

Sources: July 1, 2006 Population Estimates, U.S. Census Bureau. Physician data are from the AMA Physician Masterfile (January 2007).

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“…a greater emphasis on primary care can be expected to lower the costs of care, improve health through access to more appropriate services, and reduce the inequities in the population’s health.” (pg. 458-459)

Radiological Technology Programs in Oklahoma 2009

Encouraging Rural & Primary Care Practice
Osteopathic Residency and Internship Programs, 2008

Notes:
OPTI = Osteopathic Postdoctoral Training Institution
* = Residency starting in 2009
For Additional Information...

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